

Urbandale July 4th William Courtney 5.1 km

Urbandale, IA

July 4, 2016

64 degrees, overcast

Results by Michael Franke

Click on the "pace" links to move about through the results. Use the Find option of your Web Browser to find the performance of a specific individual.

Last updated July 4, 2016 2:43 PM

PLACE	CLASS	FINISHER	TIME	PACE
	PLACE			
1	1 M19	Griffin Jaworski, 23, Des Moines, IA	16:01	5:03
2	1 M14	Ryan Schweizer, 18, Urbandale, IA	16:44	5:17
3	2 M19	Dan Jensen, 24, Urbandale, IA	16:53	5:19
4	3 M19	Patrick Davis, 29, Urbandale, IA	17:26	5:30
5	1 M30	Jack Johnson, 35, West Des Moines, IA	17:41	5:35
6	4 M19	Ryan Frisbie, 25, Iowa City, IA	18:04	5:42
7	2 M14	Zach Fry, 14, Des Moines, IA	18:08	5:43
8	3 M14	John Penningroth, 18, Urbandale, IA	18:10	5:44
9	4 M14	Drake Henrichs, 18, Urbandale, IA	18:21	5:47
10	5 M14	Thomas Bussey, 17, Urbandale, IA	18:23	5:48
11	2 M30	Timothy Ives, 35, Pleasant Hill, IA	18:28	5:49
1	1 W19	Ellen Davis, 29*, Urbandale, IA	18:31	5:51
12	6 M14	Kevin Conner, 15, West Des Moines, IA	18:44	5:54
13	7 M14	Will Ode, 15, Des Moines, IA	18:46	5:55
14	8 M14	Matthew Bishop, 16, West Des Moines, IA	18:59	5:59
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				
15	9 M14	Niall Moore, 16, Windsor Heights, IA	19:18	6:05
16	5 M19	Chris Miller, 25, Dubuque, IA	19:22	6:06
17	10 M14	Jake Miller, 15, Dubuque, IA	19:22	6:07
18	11 M14	Sam Hall, 14, West Des Moines, IA	19:30	6:09
19	12 M14	Alex Smith, 18, Urbandale, IA	19:30	6:09
20	1 M40	Terry Kruse, 49, Clive, IA	19:37	6:11
21	2 M40	Scott Heidesch, 44, West Des Moines, IA	19:50	6:15
22	13 M14	Drew Brase, 15, Des Moines, IA	19:58	6:18
23	14 M14	Grant Acyomo, 18, Ankeny, IA	20:05	6:20
24	15 M14	Drake Strnad, 15, Ankeny, IA	20:07	6:21
25	3 M30	Matthew Laho, 34, Richmond, VA	20:17	6:24
2	1 W40	Carrie Van Quathem, 44*, Urbandale, IA	20:21	6:25
26	6 M19	Quinn Lafrentz, 20, Urbandale, IA	20:24	6:26
27	3 M40	Lee Hammerand, 48, Urbandale, IA	20:30	6:28
28	16 M14	Tad Schweizer, 18, Urbandale, IA	20:37	6:30
29	17 M14	Paul Johnson, 14, Clive, IA	20:41	6:31
30	18 M14	Erik Miller, 18, Urbandale, IA	20:47	6:33
31	19 M14	Nathan Kellar, 14, Urbandale, IA	20:49	6:34
32	1 JrM	Jaxson Plumb, 11, Des Moines, IA	20:49	6:34
33	1 M12	Kenny Cronin, 13, Clive, IA	20:53	6:35
34	4 M40	James Thornton, 45, Ankeny, IA	20:58	6:37
35	1 M50	Loran Storts, 51, Clive, IA	21:01	6:38
36	20 M14	Jared Witke, 17, Urbandale, IA	21:06	6:39
37	1 M60	Willie Lahart, 63, Urbandale, IA	21:10	6:41
38	21 M14	Jackson Bridie, 15, Grimes, IA	21:13	6:42
39	22 M14	Karson Kleve, 14, Urbandale, IA	21:14	6:42
3	1 W14	Avery Peterson, 16*, Urbandale, IA	21:14	6:42
40	23 M14	Michael Ode, 17, Des Moines, IA	21:22	6:44

41	2	M50	Ben Lounsbury, 51, West Des Moines, IA	21:30	6:47
42	2	M60	3sticks McBride, 60, Des Moines, IA	21:34	6:48
43	7	M19	Griffin Rhode, 19, Urbandale, IA	21:35	6:48
44	24	M14	Luke Lounsbury, 14, West Des Moines, IA	21:38	6:49
45	2	JrM	Aidan O'Connor, 11, Johnston, IA	21:42	6:51
46	25	M14	Jacob Fopma, 14, Urbandale, IA	21:45	6:52
47	26	M14	Alex Gisi, 15, West Des Moines, IA	21:46	6:52
4	2	W19	Cassi Solol-McDonnell, 28*, Stilwell, KS	21:51	6:54
5	1	W30	Bethany Cochran, 33*, Clive, IA	21:51	6:54
6	3	W19	Molly Doruska, 19*, Ankeny, IA	22:00	6:56
7	2	W30	Janelle Hodovic, 38*, West Des Moines, IA	22:01	6:57
48	3	JrM	Cooper Hardersen, 11, Urbandale, IA	22:02	6:57
49	8	M19	Andy Saigh, 20, West Des Moines, IA	22:02	6:57
50	4	JrM	Jackson Heidesch, 11, West Des Moines, IA	22:04	6:58
51	27	M14	Noah Fopma, 14, Urbandale, IA	22:07	6:59
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					

52	28	M14	Aidan Cunningham, 14, Urbandale, IA	22:10	7:00
53	5	M40	Rob Shaw, 47, Des Moines, IA	22:11	7:00
8	2	W14	Kelsey Schweizer, 15*, Urbandale, IA	22:20	7:03
9	2	W40	Kathy Schweizer, 46*, Urbandale, IA	22:23	7:04
54	29	M14	Joseph Bussey, 14, Urbandale, IA	22:27	7:05
10	1	W12	Clara Toot, 13*, Johnston, IA	22:33	7:07
55	2	M12	Carson Houg, 12, Urbandale, IA	22:34	7:07
11	3	W30	Jessica Schroeder, 30*, Urbandale, IA	22:37	7:08
56	3	M50	Scott Freeman, 54, Urbandale, IA	22:44	7:10
57	9	M19	James Knuuttila, 29, Somerville, MA	22:47	7:11
12	3	W14	Megan Szalay, 14*, Urbandale, IA	22:50	7:12
58	30	M14	Michael Fraizer, 14, West Des Moines, IA	22:53	7:13
59	4	M50	Erik Swee, 50, Urbandale, IA	22:53	7:13
60	4	M30	Caleb Hegna, 39, Des Moines, IA	22:54	7:13
13	1	W50	Beth Schweizer, 50*, Urbandale, IA	22:56	7:14
61	6	M40	Mike Fraizer, 45, West Des Moines, IA	22:57	7:14
62	5	JrM	Jackson Ode, 11, Des Moines, IA	22:57	7:15
14	3	W40	Cara Kennedy-Ode, 44*, Des Moines, IA	23:05	7:17
63	7	M40	Matthew Gardner, 46, Johnston, IA	23:06	7:17
64	8	M40	Eric Toot, 47, Johnston, IA	23:12	7:19
65	9	M40	John Weber, 46, Ankeny, IA	23:13	7:19
66	10	M40	Jon Pena, 43, Grimes, IA	23:14	7:20
67	31	M14	Evan Reiter, 15, Ankeny, IA	23:16	7:20
68	32	M14	Adam Jackson, 16, Windsor Heights, IA	23:20	7:21
69	6	JrM	Michael Pfister, 11, Johnston, IA	23:28	7:24
70	11	M40	Patrick Mattingly, 47, Johnston, IA	23:30	7:25
71	33	M14	Andrew Korver, 17, Urbandale, IA	23:36	7:27
72	5	M50	Kurt Subra, 52, Polk City, IA	23:39	7:28
73	3	M60	David Miller, 64, Urbandale, IA	23:40	7:28
74	34	M14	Michael Castellano, 17, Des Moines, IA	23:42	7:29
15	4	W40	Rachel Hoyer, 41*, Johnston, IA	23:43	7:29
16	4	W14	Lexi Smith, 16*, Dallas Center, IA	23:47	7:30
17	5	W14	Sydney Smith, 14*, Dallas Center, IA	23:49	7:31
75	3	M12	Tommy Hancock, 12, Urbandale, IA	24:03	7:35
18	4	W30	Stephanie Majeran, 32*, Urbandale, IA	24:06	7:36
19	5	W40	Robin Riggins, 49*, Urbandale, IA	24:08	7:37
76	6	M50	Rick Cullwell, 57, Highlands Ranch, CO	24:19	7:40
77	12	M40	Michael Tiedens, 41, Des Moines, IA	24:23	7:41
78	7	M50	Paul Brees, 58, Urbandale, IA	24:26	7:43
79	35	M14	Isaac Bailey, 14, Clive, IA	24:26	7:43
80	5	M30	Matt Jackson, 39, Des Moines, IA	24:27	7:43
20	2	W12	Aleah McBee, 12*, Des Moines, IA	24:28	7:43
81	7	JrM	Evan Holt, 11, Urbandale, IA	24:28	7:43
82	8	JrM	Tommy Hensley, 10, Urbandale, IA	24:28	7:43
83	4	M12	Jack Neel, 13, Des Moines, IA	24:29	7:43
84	36	M14	Colin LaBrie, 15, Des Moines, IA	24:30	7:44
85	13	M40	Aaron Henrichs, 41, Urbandale, IA	24:31	7:44
86	9	JrM	Alex Wear, 11, Urbandale, IA	24:35	7:45

87	8 M50	Brad Johnson, 51, Johnston, IA	24:37	7:46
88	6 M30	Mike Reed, 35, Urbandale, IA	24:38	7:46
89	9 M50	Patrick Walter, 55, Urbandale, IA	24:38	7:46
90	10 M50	Gary Thompson, 52, Urbandale, IA	24:41	7:47
21	4 W19	McKenzie Smith, 19*, Dallas Center, IA	24:44	7:48
22	5 W19	Kelly Bruett, 22*, West Des Moines, IA	24:47	7:49
23	6 W14	Mariea Stanco, 17*, Johnston, IA	24:50	7:50
91	5 M12	Brayden Lumley, 13, Urbandale, IA	24:52	7:51
92	14 M40	Juan Jaramillo, 40, Pittsburgh, PA	24:53	7:51
93	15 M40	Paul Forristall, 42, Altoona, IA	24:55	7:52
24	7 W14	Emily Leonhart, 18*, Urbandale, IA	24:56	7:52
94	37 M14	Mike Maigaard, 15, Clive, IA	24:57	7:52
95	7 M30	Jeremy Bethards, 33, Urbandale, IA	24:58	7:53
96	10 JrM	Isaac Forristall, 11, Altoona, IA	25:10	7:56
97	10 M19	Colby Judd, 29, Des Moines, IA	25:11	7:56
98	8 M30	Jon Beeman, 39, Johnston, IA	25:13	7:57
25	6 W40	Beth McDonald, 43*, Prole, IA	25:18	7:59
99	11 JrM	Andrew Heldenbrand, 9, Ankeny, IA	25:19	7:59
100	16 M40	Matt Heldenbrand, 40, Ankeny, IA	25:20	7:59
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				

101	11 M50	Dale Christians, 50, Urbandale, IA	25:26	8:01
102	38 M14	Dyer Jarabek, 14, West Des Moines, IA	25:33	8:04
103	39 M14	Colin Recker, 14, West Des Moines, IA	25:34	8:04
26	8 W14	Reese Dial, 14*, Urbandale, IA	25:41	8:06
104	12 JrM	Johnny Fox, 11, Des Moines, IA	25:43	8:07
27	9 W14	Alyssa Weber, 17*, Waykee, IA	25:43	8:07
28	3 W12	Vivian Chen, 13*, Johnston, IA	25:45	8:07
105	9 M30	Ryan Fox, 37, Des Moines, IA	25:53	8:10
29	5 W30	Jamie Johnson, 36*, West Des Moines, IA	26:02	8:13
30	7 W40	Jennifer Goodman, 40*, Johnston, IA	26:03	8:13
31	10 W14	Grace Recker, 17*, West Des Moines, IA	26:04	8:13
32	11 W14	Sarah Shadle, 16*, Clive, IA	26:08	8:15
33	6 W30	Stephanie Mortenson, 34*, West Des Moines, IA	26:08	8:15
106	40 M14	August Mote, 17, Des Moines, IA	26:09	8:15
107	41 M14	Christian Anderson, 14, Cumming, IA	26:09	8:15
108	42 M14	Steffen Osborn, 14, Waukee, IA	26:11	8:16
109	43 M14	Matthew Probst, 14, Urbandale, IA	26:14	8:17
110	6 M12	Michael Wunn, 13, Clive, IA	26:16	8:17
111	10 M30	Archi Trujillo, 37, Altoona, IA	26:17	8:18
34	12 W14	Laurel McGonegle, 16*, Urbandale, IA	26:19	8:18
35	4 W12	Claire Heldenbrand, 13*, Ankeny, IA	26:28	8:21
112	13 JrM	Ashton Hensley, 8, Urbandale, IA	26:29	8:21
36	1 JrW	Kameron Smith, 11*, Dallas Center, IA	26:34	8:23
113	14 JrM	Beau Schneider, 10, Grimes, IA	26:34	8:23
37	7 W30	Cindy Lande, 31*, Urbandale, IA	26:40	8:25
38	8 W30	Emily Feekes, 34*, Des Moines, IA	26:41	8:25
114	44 M14	Wyatt Kacmarynski, 15, Urbandale, IA	26:42	8:25
115	12 M50	Sean Smith, 53, Urbandale, IA	26:43	8:26
116	15 JrM	Ryan Trujillo, 11, Altoona, IA	26:48	8:27
39	2 JrW	Samantha Craven, 10*, Johnston, IA	26:50	8:28
117	16 JrM	Cole Schott, 8, Urbandale, IA	26:54	8:29
118	17 JrM	Brady Christiansen, 10, Urbandale, IA	26:58	8:30
119	11 M30	Tanner Hensley, 38, Urbandale, IA	26:58	8:31
120	18 JrM	Gabe Shaw, 11, Des Moines, IA	27:10	8:34
40	13 W14	Maggie Gardner, 14*, Johnston, IA	27:16	8:36
41	6 W19	Joanna Judd, 25*, Ankeny, IA	27:17	8:37
121	11 M19	Colin Judd, 26, Ankeny, IA	27:18	8:37
42	8 W40	Keely Rosenberg, 45*, Des Moines, IA	27:18	8:37
122	17 M40	Dean Luttrell, 45, Urbandale, IA	27:21	8:38
43	3 JrW	Erin Van Quathem, 11*, Urbandale, IA	27:21	8:38
44	14 W14	Rockie Greenslade, 14*, Des Moines, IA	27:22	8:38
45	15 W14	Ally Redenius, 14*, Urbandale, IA	27:26	8:39
123	19 JrM	Joe Hughes, 11, Des Moines, IA	27:28	8:40

46	9	W40	Jennifer Cunningham, 43*, Urbandale, IA	27:28	8:40
47	16	W14	Grace Lindberg, 14*, Des Moines, IA	27:32	8:41
124	20	JrM	Gunnar Breding, 11, Urbandale, IA	27:33	8:42
125	4	M60	Jim Halliwell, 62, West Des Moines, IA	27:34	8:42
48	9	W30	Annie Breding, 39*, Urbandale, IA	27:35	8:42
126			#526	27:38	8:43
127	45	M14	Noah Mable, 15, Urbandale, IA	27:38	8:43
128	12	M30	Joel Goetsch, 34, Urbandale, IA	27:38	8:43
49	17	W14	Meagan Halliwell, 18*, Camron, NC	27:39	8:43
129	21	JrM	Bryce Baughman, 9, West Des Moines, IA	27:40	8:44
50	7	W19	Rachel Fuson, 23*, Urbandale, IA	27:43	8:45
51	5	W12	Shae Bernhardt, 12*, Waukee, IA	27:45	8:45
130	7	M12	Kaden McBee, 13, Des Moines, IA	27:50	8:47
52	10	W40	Erin Sweeney, 40*, Boise, ID	27:50	8:47
131	22	JrM	Brendan Bewyer, 8, Urbandale, IA	27:52	8:47
132	18	M40	Aaron Bewyer, 42, Urbandale, IA	27:52	8:48
53	10	W30	Marti Jo McBee, 39*, Des Moines, IA	27:57	8:49
54	8	W19	Samantha Storts, 19*, Clive, IA	27:59	8:50
133	8	M12	Dane Cole, 12, Waukon, IA	28:00	8:50
134	19	M40	Matt Cole, 43, Waukon, IA	28:01	8:50
135	46	M14	Nicholas Wagner, 15, Urbandale, IA	28:03	8:51
136	23	JrM	Blake Grask, 9, Clive, IA	28:04	8:51
55	6	W12	Sydney Dial, 12*, Urbandale, IA	28:05	8:52
137	5	M60	Bill Mahanna, 63, Grimes, IA	28:06	8:52
138	47	M14	Casey Shanaberger, 15, Urbandale, IA	28:06	8:52
139	48	M14	Victor Jarman, 17, Urbandale, IA	28:07	8:52
56	7	W12	Eadie Bewyer, 12*, Urbandale, IA	28:08	8:52
140	24	JrM	Carter Hartman, 11, Urbandale, IA	28:08	8:53
57	11	W40	Casey Conner, 46*, West Des Moines, IA	28:08	8:53
141	9	M12	Jacob Wagner, 12, Urbandale, IA	28:09	8:53
142	20	M40	Herb Hartman, 40, Urbandale, IA	28:12	8:54
58	18	W14	Lizzie Eppink, 18*	28:15	8:55
143	21	M40	Graham Fuller, 45, Johnston, IA	28:20	8:56
144	25	JrM	Dylan Roberts, 11, Johnston, IA	28:20	8:56
59	12	W40	Lisa Fraizer, 44*, West Des Moines, IA	28:23	8:57
60	8	W12	Madison Fraizer, 12*, West Des Moines, IA	28:23	8:57
61	9	W19	Jessi Carver, 19*, Urbandale, IA	28:24	8:58
145	22	M40	Michael Rhode, 47, Urbandale, IA	28:27	8:59
62	10	W19	Alexandria Algreen, 29*, Clive, IA	28:28	8:59
63	11	W19	Meredith Willey, 29*, Norwalk, IA	28:29	8:59
64	12	W19	Michelle Hannan, 28*, Des Moines, IA	28:30	8:59
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					
146	12	M19	Grant Selby, 22, Urbandale, IA	28:37	9:02
147	6	M60	Denny Wheeler, 66, Urbandale, IA	28:38	9:02
148	49	M14	Sam Rempe, 14, Urbandale, IA	28:39	9:02
149	10	M12	Eli Kading, 13, Casey, IA	28:39	9:02
150	23	M40	Graham Giles, 41, Urbandale, IA	28:40	9:03
151	13	M30	Ryan Omvig, 32, Spirit Lake, IA	28:41	9:03
65	11	W30	Lindsey O'Neil, 37*, Clive, IA	28:42	9:03
152	24	M40	Thomas Doruska, 46, Ankeny, IA	28:46	9:04
153	14	M30	Aaron Hurd, 33, St. Paul, MN	28:46	9:05
154	25	M40	James Beal, 46, Urbandale, IA	28:47	9:05
66	13	W40	Karrie Cole, 46*, Waukon, IA	28:47	9:05
155	15	M30	Nick Reed, 32, Urbandale, IA	28:48	9:05
67	12	W30	Heather Reed, 33*, Urbandale, IA	28:48	9:05
156	50	M14	Matt Horvath, 14, West Des Moines, IA	28:53	9:07
157	13	M50	John Noll, 54, Clive, IA	28:55	9:07
158	16	M30	Alykhan Gulamali, 32, Jacksonville, FL	28:57	9:08
159	14	M50	Fred Sullivan, 53, Jersey City, NJ	29:01	9:09
68	19	W14	Ellen Loyd, 17*, West Des Moines, IA	29:02	9:10
69	20	W14	Leah Lentsch, 16*, West Des Moines, IA	29:07	9:11
160	26	M40	Luke Magerko, 44, Des Moines, IA	29:10	9:12
70	14	W40	Angie Doyle-Scar, 45*, Des Moines, IA	29:11	9:12
71	1	W60	Paula Diefenfeld, 61*, Johnston, IA	29:11	9:12

72	4 JrW	Kiley Lumley, 10*, Urbandale, IA	29:12	9:13
73	15 W40	Carrie Forristall, 40*, Altoona, IA	29:16	9:14
161	11 M12	Kyel Peterson, 13, Urbandale, IA	29:25	9:17
162	13 M19	Luke Fitzpatrick, 27, Fort Wayne, IN	29:30	9:18
74	5 JrW	Avery Van Quathem, 10*, Urbandale, IA	29:31	9:19
75	9 W12	Elizabeth Johnson, 13*, Clive, IA	29:32	9:19
76	6 JrW	Leah Rhode, 11*, Urbandale, IA	29:34	9:20
77	2 W60	Arlene Dabill, 66*, Urbandale, IA	29:35	9:20
163	7 M60	Carl Voss, 67, Des Moines, IA	29:35	9:20
78	10 W12	Emma Heldenbrand, 13*, Ankeny, IA	29:36	9:20
164	26 JrM	Eli Wees, 9, Urbandale, IA	29:37	9:21
165	8 M60	Tim Saigh, 60, West Des Moines, IA	29:40	9:22
79	13 W19	Katie Hester, 23*, Urbandale, IA	29:41	9:22
80	16 W40	Courtney Donaldson, 40*, Urbandale, IA	29:46	9:24
166	27 M40	Van Plumb, 49, Des Moines, IA	29:49	9:24
167	28 M40	Jason Henness, 46, West Des Moines, IA	30:02	9:28
81	11 W12	Ellie Johnson, 13*, Clive, IA	30:02	9:29
168	12 M12	Miles Kading, 12, Casey, IA	30:06	9:30
169	15 M50	Paul Cain, 50, Urbandale, IA	30:16	9:33
82	13 W30	Megan Kading, 39*, Casey, IA	30:19	9:34
170	27 JrM	Zachary Schwarte, 10, West Des Moines, IA	30:21	9:34
171		#487	30:25	9:36
83	17 W40	Lisa Schwarte, 45*, West Des Moines, IA	30:28	9:37
172	17 M30	Michael Gillespie, 34, Urbandale, IA	30:28	9:37
173	29 M40	Bob Lyons, 40, Clive, IA	30:32	9:38
84	2 W50	Debbie Albertson, 58*, West Des Moines, IA	30:34	9:38
85	14 W19	Abbie Duis, 25*, Des Moines, IA	30:39	9:40
86	12 W12	Sophie Schneider, 12*, Grimes, IA	30:41	9:41
87	14 W30	Melissa Krumm, 31*, Urbandale, IA	30:47	9:43
88	15 W30	Liz Metzger, 39*, Johnston, IA	30:49	9:43
89	7 JrW	Sophie Metzger, 9*, Johnston, IA	30:49	9:43
90	18 W40	Dawn Farrell, 42*, Clive, IA	30:56	9:46
174	18 M30	Shane Huston, 39, Urbandale, IA	30:57	9:46
91	19 W40	Becky Weathers, 48*, Grimes, IA	30:57	9:46
92	16 W30	Jolene Jungling, 34*, Des Moines, IA	31:01	9:47
175	19 M30	Ryan Leemkuil, 32, Urbandale, IA	31:06	9:49
176	30 M40	Mike Harris, 48, Urbandale, IA	31:06	9:49
93	17 W30	Abigail Luhrs, 31*, Urbandale, IA	31:06	9:49
94	8 JrW	Elizabeth Noll, 11*, Clive, IA	31:08	9:49
95	13 W12	Maleah Greenslade, 12*, Des Moines, IA	31:08	9:49
177	28 JrM	Joe Rempe, 11, Urbandale, IA	31:13	9:51
178	29 JrM	Collin Comito, 10, Urbandale, IA	31:20	9:53
96	3 W50	Maureen Jackson, 51*, Windsor Heights, IA	31:25	9:55
97	14 W12	Katie Comito, 12*, Urbandale, IA	31:40	9:59
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				
98	21 W14	Caroline Comito, 14*, Urbandale, IA	31:41	10:00
179	31 M40	Christian Comito, 45, Urbandale, IA	31:42	10:00
180	30 JrM	Nate Hammerand, 10, Urbandale, IA	31:43	10:00
99	4 W50	Mary Hester, 57*, Urbandale, IA	31:49	10:02
100	20 W40	Ann Baughman, 44*, West Des Moines, IA	31:52	10:03
101	18 W30	Allison Wallace, 37*, Urbandale, IA	31:53	10:03
102	21 W40	Stephanie Comito, 43*, Urbandale, IA	31:56	10:04
103	22 W14	Ellie Billerbeck, 18*, Urbandale, IA	31:57	10:05
181	20 M30	Patrick Young, 39, West Des Moines, IA	32:07	10:08
104	15 W19	Elizabeth Oka, 26*, Moravia, CA	32:14	10:10
105	23 W14	Jessica Gard, 17*, Grimes, IA	32:17	10:11
106	16 W19	Danae Dabney, 19*, Urbandale, IA	32:23	10:13
107	17 W19	Mackenzie Brees, 19*, Urbandale, IA	32:24	10:13
108	15 W12	Clarisse Vannoy, 12*, Urbandale, IA	32:25	10:14
109	22 W40	Lara Olson, 44*, Urbandale, IA	32:25	10:14
110	19 W30	Christina Carr, 32*, Pleasant Hill, IA	32:26	10:14
111	5 W50	Jane Smith, 50*, Ankeny, IA	32:27	10:14
112	20 W30	Chia-Li Oho, 30*, Ankeny, IA	32:27	10:14
182	31 JrM	Dylan Webb, 9, Des Moines, IA	32:27	10:14

113	23	W40	Tricia Hingst, 46*, Waukee, IA	32:29	10:15
114	21	W30	Colleen Webb, 39*, Des Moines, IA	32:30	10:15
115	24	W14	Anna Greenwood, 18*, Des Moines, IA	32:30	10:15
183	21	M30	Jace McDaniel, 36, Urbandale, IA	32:30	10:15
184	14	M19	Daniel Cain, 22, Urbandale, IA	32:31	10:15
185	16	M50	Ed Acoymo, 51, Ankeny, IA	32:32	10:16
186	17	M50	Shawn Plank, 51, Urbandale, IA	32:33	10:16
116	9	JrW	Kayla McLeran, 11*, Urbandale, IA	32:35	10:17
117	22	W30	Jessica McLeran, 35*, Urbandale, IA	32:35	10:17
118	3	W60	Breta Westlund, 76*, Urbandale, IA	32:37	10:17
119	18	W19	Chelsey Sims, 19*, Urbandale, IA	32:38	10:18
120	6	W50	Alicia Economos, 56*, Urbandale, IA	32:39	10:18
187	32	M40	Lindsey Bakker, 40, Urbandale, IA	32:40	10:18
188	22	M30	Josh Moore, 36, Urbandale, IA	32:40	10:18
121	7	W50	Jean Lounsbury, 52*, West Des Moines, IA	32:41	10:19
189	32	JrM	Brock Moore, 10, Urbandale, IA	32:41	10:19
190	18	M50	Bill Courtney, 56, Des Moines, IA	32:42	10:19
191	23	M30	Phil Holt, 37, Urbandale, IA	32:44	10:20
122	8	W50	Kim Weber, 55*, West Des Moines, IA	32:48	10:21
123	24	W40	Jennifer Giles, 41*, Urbandale, IA	32:50	10:22
192	33	JrM	Drew Hamilton, 11, Urbandale, IA	32:51	10:22
124	23	W30	Laura Hamilton, 39*, Urbandale, IA	32:51	10:22
125	25	W40	Terri Dial, 47*, Urbandale, IA	32:56	10:23
126	26	W40	Darcy Wold, 43*, Clive, IA	32:57	10:24
193	9	M60	Bobby Eilts, 67, Urbandale, IA	33:00	10:25
194	19	M50	Kevin Kleve, 51, Urbandale, IA	33:02	10:25
127	24	W30	Emily Judd, 32*, Des Moines, IA	33:13	10:29
195	20	M50	Dennis Judd, 55, Urbandale, IA	33:14	10:29
128	9	W50	Cheryl Judd, 55*, Urbandale, IA	33:14	10:29
129	27	W40	Jennifer Van Auken, 40*, Urbandale, IA	33:15	10:29
196	33	M40	Kurt Huyser, 46, Des Moines, IA	33:16	10:30
130	28	W40	Jennifer Cronin, 41*, Clive, IA	33:20	10:31
131	25	W14	Emily Salyer, 18*, Urbandale, IA	33:24	10:32
197	13	M12	William Bussey, 12, Urbandale, IA	33:28	10:34
198	34	M40	Recker, 44, West Des Moines, IA	33:29	10:34
132	10	JrW	Megan Young, 11*, Urbandale, IA	33:36	10:36
133	11	JrW	Allison Soderberg, 11*, Urbandale, IA	33:36	10:36
134	10	W50	Ranae Nerem, 54*, West Des Moines, IA	33:44	10:38
199	24	M30	John Mills, 36, Johnston, IA	33:49	10:40
200	25	M30	Jim Steinberg, 39, Adel, IA	33:58	10:43
135	29	W40	Jody Kerchal, 41*, Urbandale, IA	33:58	10:43
136	12	JrW	Zoe Kerchal, 11*, Urbandale, IA	33:58	10:43
137	30	W40	Analiza Alves, 40*, Windsor Heights, IA	34:02	10:44
138	31	W40	Nicole Berger, 40*, Urbandale, IA	34:12	10:47
139	32	W40	Kristin Phillips, 48*, Urbandale, IA	34:16	10:49
140	33	W40	Sue Mears, 44*, Urbandale, IA	34:16	10:49
201	34	JrM	Matthew Hammerand, 10, Urbandale, IA	34:22	10:51
141	26	W14	Madalyn Grask, 16*, Clive, IA	34:43	10:57
202	35	JrM	Nathan Tischer, 8, Urbandale, IA	34:43	10:57
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					
142	19	W19	Molly Cain, 24*, Urbandale, IA	34:57	11:02
143	11	W50	Brenda Criswell, 59*, Urbandale, IA	35:08	11:05
144	13	JrW	Marie Gookin, 10*, Des Moines, IA	35:12	11:06
145	34	W40	Elizabeth Gookin, 46*, Des Moines, IA	35:18	11:08
146	35	W40	Michelle Straumanis, 44*, Des Moines, IA	35:26	11:11
147	14	JrW	Ella Schott, 8*, Urbandale, IA	35:30	11:12
148	27	W14	Katie Cullwell, 17*, Highlands Ranch, CO	35:31	11:12
203	10	M60	Kip Albertson, 60, West Des Moines, IA	35:35	11:14
149	25	W30	Jennifer Lapp, 31*, West Des Moines, IA	35:36	11:14
150	20	W19	Courtney Warren, 21*, Clive, IA	35:42	11:16
204	21	M50	Rod Warren, 52, Clive, IA	35:42	11:16
205	36	JrM	Cael Nelmark, 10, Urbandale, IA	35:45	11:17
151	21	W19	Mallorie Goodale, 20*, Urbandale, IA	35:52	11:19
152	12	W50	Angela Goodale, 51*, Urbandale, IA	35:52	11:19

206	22	M50	John Tuch, 54, Evanston, IA	35:53	11:19
153	36	W40	Cindy Salyer, 49*, Urbandale, IA	36:04	11:23
207	35	M40	John Gross, 48, Urbandale, IA	36:04	11:23
154	26	W30	Lindsey Mills, 36*, Johnston, IA	36:16	11:27
155	28	W14	Jaime Pithan, 18*, Urbandale, IA	36:17	11:27
156	37	W40	Melinda Grask, 46*, Clive, IA	36:23	11:29
157	15	JrW	Lily Schneider, 7*, Grimes, IA	36:24	11:29
158	22	W19	Kinsey Gulamali, 28*, Jacksonville, FL	36:25	11:29
159	16	JrW	Josephine Hayes, 11*, Ankeny, IA	36:35	11:33
160	27	W30	Charity Miller, 38*, West Des Moines, IA	36:44	11:35
208	15	M19	Patrick Klopfenstein, 28, Urbandale, IA	37:13	11:44
161	28	W30	Carin Sporrer, 34*, Grimes, IA	37:13	11:44
209	11	M60	Robert Green, 67, Ankeny, IA	37:19	11:46
162	29	W30	Carrie Johnson, 32*, Grimes, IA	37:25	11:48
210	12	M60	Greg Racette, 65, Urbandale, IA	37:32	11:51
211	13	M60	Ruben Rullan, 75, Urbandale, IA	37:40	11:53
163	30	W30	Sara Williams, 33*, Urbandale, IA	37:41	11:53
212	26	M30	Peter Corkrean, 37, Urbandale, IA	37:44	11:54
164	38	W40	Sara Bridie, 42*, Grimes, IA	37:46	11:55
165	29	W14	Hannah Kuehl, 14*, Urbandale, IA	37:51	11:57
166	30	W14	Emma Kuehl, 17*, Urbandale, IA	37:52	11:57
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					

167	39	W40	Karen Dixon, 46*, Ankeny, IA	38:03	12:00
168	13	W50	Margaret Long, 53*, Des Moines, IA	38:13	12:03
169	16	W12	Ana Kacmarynski, 12*, Urbandale, IA	38:34	12:10
170	40	W40	Kate Shaw, 44*, Des Moines, IA	38:58	12:18
171	17	JrW	Ruby Shaw, 9*, Des Moines, IA	38:58	12:18
172	17	W12	Olivia Holt, 13*, Urbandale, IA	39:13	12:22
173	31	W30	Stephanie Bracelin, 33*, Des Moines, IA	39:18	12:24
174	4	W60	Joan Racki, 68*, Urbandale, IA	39:21	12:25
175	41	W40	Michelle Cochran, 48*, Urbandale, IA	39:27	12:27
176	32	W30	Emily Roths, 37*, Urbandale, IA	39:55	12:36
177	42	W40	Tramelle Chandler, 49*, Norwalk, IA	40:13	12:41
178	43	W40	Jody Kiehne, 49*, Urbandale, IA	40:14	12:41
179	18	W12	Colleen Cain, 12*, Urbandale, IA	40:54	12:54
213	14	M60	John Hoffman, 72, Des Moines, IA	41:00	12:56
214	15	M60	Dennis Loxterman, 68, Johnston, IA	41:03	12:57
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					

215	27	M30	Jordan Jensen, 36, Grimes, IA	41:12	13:00
180	33	W30	Bethany Jensen, 33*, Grimes, IA	41:12	13:00
216	36	M40	Chris Kelderman, 44, Blaine, MN	41:19	13:02
181	23	W19	Jennifer Pithan, 22*, Urbandale, IA	41:37	13:08
182	18	JrW	Caitlin Webb, 11*, Des Moines, IA	42:09	13:18
183	44	W40	Robyn Swartz, 49*, Grimes, IA	42:13	13:19
217	23	M50	Guy Johnson, 55, Grimes, IA	43:00	13:34
184	45	W40	Angela Thornton, 43*, Ankeny, IA	43:21	13:41
185	14	W50	Susan Patterson Plank, 50*, Urbandale, IA	43:41	13:47
186	46	W40	Victoria Daniels, 47*, Des Moines, IA	43:43	13:47
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					

187	47	W40	Kris Alfstad, 47*, Indianola, IA	45:15	14:17
188	19	W12	Kate Cain, 12*, Urbandale, IA	45:38	14:24
189	15	W50	Kelly Cain, 50*, Urbandale, IA	46:01	14:31
218	37	JrM	John Kacmarynski, 9, Urbandale, IA	46:08	14:33
219	37	M40	Phil Kacmarynski, 45, Urbandale, IA	46:09	14:34
190	48	W40	Dawn Matthews, 47*, Ankeny, IA	46:18	14:36
191	16	W50	Deb Day, 58*, Urbandale, IA	46:36	14:42
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					

192	34	W30	Jenifer Schwartz, 36*, Des Moines, IA	47:45	15:04
193	49	W40	Brenda Holt, 42*, Urbandale, IA	49:31	15:38
194	19	JrW	Victoria Holt, 8*, Urbandale, IA	49:31	15:38
195	31	W14	Nicole Cullwell, 15*, Highlands Ranch, CO	49:34	15:38

196	50 W40	Pam Kacmarynski, 46*, Urbandale, IA	50:03	15:47
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				
197	32 W14	Madelyn Kirby, 15*, Littleton, CO	51:10	16:09
198	17 W50	Tamra Cullwell, 51*, Highlands Ranch, CO	51:58	16:24
220	24 M50	Jim Sporrer, 59, Grimes, IA	52:59	16:43
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				
221	38 M40	Cindy Obrien, 42, Des Moines, IA	1:02:19	19:40
199	51 W40	Carrie Trujillo, 40*, Altoona, IA	1:02:21	19:40
200	5 W60	Mary Obrien, 65*, Pleasant Hill, IA	1:02:22	19:41

* indicates females

13 finishers among Men 12 - 13
 50 finishers among Men 14 - 18
 15 finishers among Men 19 - 29
 27 finishers among Men 30 - 39
 38 finishers among Men 40 - 49
 24 finishers among Men 50 - 59
 15 finishers among Men 60 & Up
 19 finishers among Women Under 12
 19 finishers among Women 12 - 13
 32 finishers among Women 14 - 18
 23 finishers among Women 19 - 29
 34 finishers among Women 30 - 39
 51 finishers among Women 40 - 49
 17 finishers among Women 50 - 59
 5 finishers among Women 60 & Up
 221 male finishers
 200 female finishers
 421 total finishers

PLACE	CLASS PLACE	FINISHER	TIME	PACE
Men				
1	1	Griffin Jaworski, 23, Des Moines, IA	16:01	5:03
2	2	Ryan Schweizer, 18, Urbandale, IA	16:44	5:17
3	3	Dan Jensen, 24, Urbandale, IA	16:53	5:19
4	4	Patrick Davis, 29, Urbandale, IA	17:26	5:30
5	5	Jack Johnson, 35, West Des Moines, IA	17:41	5:35
6	6	Ryan Frisbie, 25, Iowa City, IA	18:04	5:42
7	7	Zach Fry, 14, Des Moines, IA	18:08	5:43
8	8	John Penningroth, 18, Urbandale, IA	18:10	5:44
9	9	Drake Henrichs, 18, Urbandale, IA	18:21	5:47
10	10	Thomas Bussey, 17, Urbandale, IA	18:23	5:48

PLACE	CLASS PLACE	FINISHER	TIME	PACE
1	1	Ellen Davis, 29, Urbandale, IA	18:31	5:51
2	2	Carrie Van Quathem, 44, Urbandale, IA	20:21	6:25
3	3	Avery Peterson, 16, Urbandale, IA	21:14	6:42
4	4	Cassi Solol-McDonnell, 28, Stilwell, KS	21:51	6:54
5	5	Bethany Cochran, 33, Clive, IA	21:51	6:54
6	6	Molly Doruska, 19, Ankeny, IA	22:00	6:56
7	7	Janelle Hodovic, 38, West Des Moines, IA	22:01	6:57
8	8	Kelsey Schweizer, 15, Urbandale, IA	22:20	7:03
9	9	Kathy Schweizer, 46, Urbandale, IA	22:23	7:04
10	10	Clara Toot, 13, Johnston, IA	22:33	7:07

PLACE	CLASS PLACE	FINISHER	TIME	PACE
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Men Under 12

32	1	Jaxson Plumb, 11, Des Moines, IA	20:49	6:34
45	2	Aidan O'Connor, 11, Johnston, IA	21:42	6:51

Men 12 - 13

33	1	Kenny Cronin, 13, Clive, IA	20:53	6:35
55	2	Carson Houg, 12, Urbandale, IA	22:34	7:07

Men 14 - 18

2	1	Ryan Schweizer, 18, Urbandale, IA	16:44	5:17
7	2	Zach Fry, 14, Des Moines, IA	18:08	5:43

Men 19 - 29

1	1	Griffin Jaworski, 23, Des Moines, IA	16:01	5:03
3	2	Dan Jensen, 24, Urbandale, IA	16:53	5:19

Men 30 - 39

5	1	Jack Johnson, 35, West Des Moines, IA	17:41	5:35
11	2	Timothy Ives, 35, Pleasant Hill, IA	18:28	5:49

Men 40 - 49

20	1	Terry Kruse, 49, Clive, IA	19:37	6:11
21	2	Scott Heidesch, 44, West Des Moines, IA	19:50	6:15

Men 50 - 59

35	1	Loran Storts, 51, Clive, IA	21:01	6:38
41	2	Ben Lounsbury, 51, West Des Moines, IA	21:30	6:47

Men 60 & Up

37	1	Willie Lahart, 63, Urbandale, IA	21:10	6:41
42	2	3sticks McBride, 60, Des Moines, IA	21:34	6:48

PLACE	CLASS PLACE	FINISHER	TIME	PACE
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Women Under 12

36	1	Kameron Smith, 11, Dallas Center, IA	26:34	8:23
39	2	Samantha Craven, 10, Johnston, IA	26:50	8:28

Women 12 - 13

10	1	Clara Toot, 13, Johnston, IA	22:33	7:07
20	2	Aleah McBee, 12, Des Moines, IA	24:28	7:43

Women 14 - 18

3	1	Avery Peterson, 16, Urbandale, IA	21:14	6:42
8	2	Kelsey Schweizer, 15, Urbandale, IA	22:20	7:03

Women 19 - 29

1	1	Ellen Davis, 29, Urbandale, IA	18:31	5:51
4	2	Cassi Solol-McDonnell, 28, Stilwell, KS	21:51	6:54

Women 30 - 39

5	1	Bethany Cochran, 33, Clive, IA	21:51	6:54
7	2	Janelle Hodovic, 38, West Des Moines, IA	22:01	6:57

Women 40 - 49

2	1	Carrie Van Quathem, 44, Urbandale, IA	20:21	6:25
9	2	Kathy Schweizer, 46, Urbandale, IA	22:23	7:04

Women 50 - 59

13	1	Beth Schweizer, 50, Urbandale, IA	22:56	7:14
84	2	Debbie Albertson, 58, West Des Moines, IA	30:34	9:38

Women 60 & Up

71	1	Paula Diefenfeld, 61, Johnston, IA	29:11	9:12
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77	2	Arlene Dabill, 66, Urbandale, IA	29:35	9:20
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