

Sweet Corn Festival 5 km

Adel, IA

Aug. 9, 2008

warm and sunny

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.

PLACE	CLASS PLACE	FINISHER	TIME	PACE
1	1 M30	Marty Dalton, 32, Stuart, IA	15:40	5:02
2	2 M30	Julius Rotich, 33, West Des Moines, IA	15:44	5:04
3	1 M19	Nathan White, 24, Des Moines, IA	15:52	5:06
4	3 M30	Jacob Kaemmer, 31, Des Moines, IA	16:21	5:15
5	2 M19	Brian Werner, 22, West Des Moines, IA	16:21	5:16
6	3 M19	Tim Ives, 27, Des Moines, IA	16:34	5:20
7	4 M19	Mason Frank, 19, Adel, IA	16:40	5:22
8	5 M19	Kevin Morgan, 19, Des Moines, IA	16:45	5:23
9	1 M15	Matt Cahalan, 17, Winterset, IA	16:58	5:28
10	2 M15	Brogan Austin, 16, Boone, IA	17:02	5:29
11	3 M15	Tyler Rich, 17, Clive, IA	17:05	5:30
12	6 M19	Derek Roberts, 19, Adel, IA	17:09	5:31
13	7 M19	Kyle Selsor, 19, Winterset, IA	17:14	5:33
14	4 M15	Joshua Maguire, 16, West Des Moines, IA	17:42	5:42
1	1 W19	Ashley Tousley, 24*, Des Moines, IA	17:55	5:46
15	1 M40	Keith Abels, 46, Ogden, IA	18:05	5:49
16	5 M15	Andrew Barrett, 16, Des Moines, IA	18:07	5:50
17	6 M15	Rob Allen, 17, West Des Moines, IA	18:11	5:51
18	7 M15	Eric Burns, 16, Clive, IA	18:12	5:51
19	8 M19	Anthony Lyala, 19, Des Moines, IA	18:14	5:52
20	4 M30	Matt Pries, 35, Grimes, IA	18:15	5:52
21	9 M19	Tony White, 22, Des Moines, IA	18:17	5:53
22	8 M15	Mitch Wink, 15, Urbandale, IA	18:22	5:54
23	10 M19	David Lindenberg, 29, Grimes, IA	18:24	5:55
24	9 M15	Tucker Levis, 18, West Des Moines, IA	18:25	5:56
25	10 M15	Chris Brady, 16, West Des Moines, IA	18:26	5:56
26	11 M19	El Cerdo, 21, Des Moines, IA	18:26	5:56
27	11 M15	Erick Pence, 18, Waukee, IA	18:37	5:59
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				
28	12 M15	Jordan Hoyt, 16, Waukee, IA	18:42	6:01
29	12 M19	Daniel Grandon, 25, Waukee, IA	18:48	6:03
30	1 M50	Paul Grinvalds, 50, West Des Moines, IA	18:57	6:06
31	13 M15	Patrick Kinley, 15, West Des Moines, IA	18:59	6:06
2	1 W15	Ashlie Decker, 16*, Des Moines, IA	18:59	6:07
32	1 JrM	Chad Gutschenritter, 14, West Des Moines, IA	19:01	6:07
33	2 M40	David Frank, 46, Adel, IA	19:05	6:08
34	13 M19	Jj Grinvalds, 20, West Des Moines, IA	19:08	6:09
35	14 M15	Kaleb Seaton, 16, Urbandale, IA	19:20	6:13
36	15 M15	Mason Walters, 15, Urbandale, IA	19:21	6:14
37	2 M50	Thomas McBride, 52, Des Moines, IA	19:25	6:15

38	16	M15	Cole Decker, 15, Des Moines, IA	19:27	6:15
39	17	M15	Kyle Burns, 17, Urbandale, IA	19:29	6:16
40	2	JrM	Cody Breitsprecher, 14, Dayton, IA	19:34	6:18
41	18	M15	Beau Schmitz, 16, Clive, IA	19:35	6:18
42	3	M40	Steve Pohlmeier, 42, Urbandale, IA	19:35	6:18
43	19	M15	Joe Pitsor, 16, Johnston, IA	19:37	6:19
44	20	M15	Trevor Lund, 15, Johnston, IA	19:38	6:19
45	21	M15	Jake Zenk, 15, Urbandale, IA	19:38	6:19
46	5	M30	Ryan Klinkenborg, 38, West Des Moines, IA	19:39	6:19
47	4	M40	Lance Bergeson, 40, Des Moines, IA	19:46	6:21
48	3	JrM	Zachary Wood, 14, Norwalk, IA	19:58	6:25
49	22	M15	Isaac Akers, 15, West Des Moines, IA	20:03	6:27
50	23	M15	Luke Sesker, 17, Norwalk, IA	20:03	6:27
51	24	M15	Jon Aden, 17, Adel, IA	20:09	6:29
52	5	M40	Keith Gutschenritter, 49, West Des Moines, IA	20:09	6:29
53	3	M50	Mark Jones, 54, Omaha, NE	20:15	6:31
54	6	M30	Jason Wentworth, 37, Urbandale, IA	20:19	6:32
55	25	M15	Nick Coleman, 15, Des Moines, IA	20:20	6:33
	3	1	JrW Allie Vaughan, 14*, Clive, IA	20:21	6:33
56	26	M15	Lucas Brightwell, 17, Des Moines, IA	20:27	6:35
57	7	M30	Mike Foose, 33, PaPillion, NE	20:29	6:35
58	27	M15	Taylor Hircock, 17, Adel, IA	20:29	6:36
59	28	M15	Adam Schwartz, 17, Urbandale, IA	20:30	6:36
60	8	M30	Jason Lawry, 32, Waukee, IA	20:30	6:36
61	29	M15	Peter Schulte, 17, Des Moines, IA	20:32	6:36
62	14	M19	Michael Huff, 19, Boone, IA	20:36	6:38
	4	2	W15 Colette Gnade, 17*, Waukee, IA	20:38	6:38
63	30	M15	Colin Harrington, 17, Adel, IA	20:40	6:39
	5	1	W30 Heather Every, 32*, Grimes, IA	20:41	6:39
	6	2	JrW Sierra Hughes, 12*, Norwalk, IA	20:41	6:39
	7	3	JrW jenny luksan, 13*, West Des Moines, IA	20:44	6:40
	8	4	JrW Emily Brush, 14*, Clive, IA	20:51	6:43
64	31	M15	Jordan Metz, 18, Pleasant Hill, IA	20:53	6:43
65	32	M15	Lukas Schrodtt, 17, Prole, IA	20:55	6:44
66	33	M15	Phil Downey, 17, Clive, IA	20:57	6:45
67	9	M30	Jeremy Mueller, 31, West Des Moines, IA	21:00	6:45
68	4	JrM	Aj Rich, 14, Clive, IA	21:12	6:49
69	10	M30	Andrew McCoy, 32, Des Moines, IA	21:19	6:51
	9	2	W19 Amanda Ives, 27*, Des Moines, IA	21:24	6:53
70	5	JrM	Charlie Harmeyer, 14, West Des Moines, IA	21:25	6:53
71	11	M30	Tom Mertz, 35, Urbandale, IA	21:25	6:54
10	3	W19	Alissa Duffy, 19*, West Des Moines, IA	21:26	6:54
72			M Decker, Ankeny, IA	21:28	6:55
73	6	M40	Mark Seaton, 45, Urbandale, IA	21:33	6:56
11	4	W19	Scott Shumaker, 26*, Waukee, IA	21:37	6:57
74	12	M30	Jason Rowe, 30, Des Moines, IA	21:43	6:59
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75	7	M40	William Henrick, 45, Clive, IA	21:47	7:00
76	13	M30	Brian Holvey, 37, West Des Moines, IA	22:01	7:05
77	15	M19	nick wood, 19, Norwalk, IA	22:04	7:06
78	14	M30	Jeff Johnston, 31, Clive, IA	22:06	7:06
79	34	M15	Trevor Edwards, 16, West Des Moines, IA	22:06	7:07
80	15	M30	Alan Wood, 38, Norwalk, IA	22:10	7:08
81	8	M40	Steven Mckibben, 47, Clive, IA	22:11	7:08
82	35	M15	Dane Peddycoart, 15, Des Moines, IA	22:13	7:09
83	16	M30	Craig Schneider, 34, Waukee, IA	22:14	7:09
84	36	M15	Seth Oconner, 15, Winterset, IA	22:15	7:09
85	6	JrM	Johnny Carey, 14, West Des Moines, IA	22:15	7:10
86	37	M15	Josh Tatz, 15, Urbandale, IA	22:18	7:11
87	7	JrM	Alex Parott, 14, Des Moines, IA	22:22	7:12

88	9	M40	Tyler Dunker, 43, Clive, IA	22:24	7:12
89	17	M30	Russ McCullough, 36, Ames, IA	22:25	7:13
90	10	M40	Bob Stopek, 44, Adel, IA	22:27	7:13
91	4	M50	Roy Ney, 59, Des Moines, IA	22:30	7:14
92	18	M30	Chris Doster, 34, Redfield, IA	22:30	7:15
12	3	W15	Ashley Ayala, 16*, Des Moines, IA	22:31	7:15
93	11	M40	Erik Swee, 42, Urbandale, IA	22:33	7:15
94	16	M19	Ben Cadwell, 28, Grimes, IA	22:36	7:16
13	5	JrW	Ana Muilenburg, 11*, Waukee, IA	22:37	7:17
14	1	W40	Jenean Griffith, 48*, Panora, IA	22:38	7:17
95	8	JrM	Kyle Ferguson, 11, Adel, IA	22:41	7:18
96	19	M30	John Turpen, 39, Waukee, IA	22:43	7:19
97	12	M40	David Peshel, 43, Adel, IA	22:44	7:19
15	6	JrW	Grace McLaughlin, 14*, West Des Moines, IA	22:46	7:20
98	20	M30	Kevin Patterson, 31, Clive, IA	22:47	7:20
16	2	W30	Tracy Porter, 34*, Ames, IA	22:48	7:20
17	3	W30	Dawn Hayes, 37*, Waukee, IA	22:56	7:23
99	13	M40	Jeff Smith, 47, Indianola, IA	22:57	7:23
100	14	M40	Todd Hall, 40, Adel, IA	22:58	7:23
18	2	W40	Lisa Wink, 42*, Urbandale, IA	23:03	7:25
19	4	W15	Aimee Thacker, 15*, Des Moines, IA	23:03	7:25
101	1	M60	Mike May, 61, Indianola, IA	23:04	7:25
102	17	M19	Mark Moeller, 27, Ankeny, IA	23:06	7:26
103	15	M40	Karl Overton, 40, Stuart, IA	23:06	7:26
104	16	M40	Scott Geadelmann, 43, Adel, IA	23:16	7:29
105	21	M30	Ian Bradley, 39, Johnston, IA	23:17	7:30
106	22	M30	Chad Buresh, 34, Clive, IA	23:20	7:30
107	17	M40	Glen Dippold, 45, Clive, IA	23:22	7:31
108	9	JrM	Brad Haupts, 14, Waukee, IA	23:22	7:31
109	23	M30	Tracy Draeger, 36, Johnston, IA	23:33	7:35
110	24	M30	Michael Fisher, 39, Adel, IA	23:34	7:35
111	18	M40	Joseph Bantz, 42, West Des Moines, IA	23:35	7:35
20	1	W50	Kathi Dellaca, 55*, Des Moines, IA	23:36	7:35
112	18	M19	Chris Cooper, 26, Des Moines, IA	23:36	7:36
113	19	M19	William Scales, Jr., 26, Des Moines, IA	23:42	7:38
114	19	M40	David Wilkerson, 48, Adel, IA	23:43	7:38
115	20	M40	Steve McNeal, 47, Adel, IA	23:49	7:40
21	4	W30	Kristen Burgess, 31*, Urbandale, IA	23:51	7:41
22	5	W30	Sarah Mertz, 30*, Urbandale, IA	23:56	7:42
116	21	M40	Chuck Maw, 48, Borbonais, IL	23:57	7:42
23	5	W19	Kassidy Lyons, 21*, Waukee, IA	23:57	7:43
117	22	M40	Steve Geadelmann, 43, Des Moines, IA	23:59	7:43
24	6	W30	Kara Sinnard, 35*, Waukee, IA	24:02	7:44
118			Janes Rohert, Des Moines, IA	24:04	7:45
25	2	W50	Mary Curran, 51*, Earlham, IA	24:10	7:46
119	20	M19	Ryan Thompson, 28, Des Moines, IA	24:13	7:47
120	10	JrM	Tom Lensing, 14, Clive, IA	24:14	7:48
121	11	JrM	Luke Veenstra, 12, Des Moines, IA	24:19	7:49
26	6	W19	Jenny Salmon, 19*, Johnston, IA	24:22	7:50
122	25	M30	Terry Cowman, 37, Winterset, IA	24:26	7:52
123	26	M30	Randy Johnson, 31, Newton, IA	24:27	7:52
124	12	JrM	Bryce Tiffany, 13, Perry, IA	24:27	7:52
27	5	W15	Allie Plagman, 15*, Adel, IA	24:27	7:52
28	7	JrW	Maranda Metz, 13*, Pleasant Hill, IA	24:28	7:52
125	21	M19	Ryan Janke, 27, West Des Moines, IA	24:28	7:52
29	7	W19	Mary Nelson, 29*, Grimes, IA	24:29	7:53
126	38	M15	Zane Leviner, 15, West Des Moines, IA	24:32	7:54
30	8	W19	Alyssa Jones, 23*, Guthrie Center, IA	24:32	7:54
127	27	M30	Phil Hunt, 31, Waterloo, IA	24:33	7:54
128	28	M30	Matt McElroy, 34, West Des Moines, IA	24:34	7:54
129	5	M50	Leroy Edge, 52, Adel, IA	24:35	7:54
130	23	M40	Jeffrey Dimon, 47, Urbandale, IA	24:35	7:55

131	29	M30	Mike Nigro, 34, Waukee, IA	24:35	7:55
31	6	W15	Ashley Wink, 16*, Urbandale, IA	24:36	7:55
32	7	W15	Brittany Angell, 18*, West Des Moines, IA	24:36	7:55
33	3	W40	Gayle Luedke, 42*, Iowa City, IA	24:37	7:55
132	24	M40	Jon Stahl, 43, Urbandale, IA	24:40	7:56
133	30	M30	Den Hartog, 34, Johnston, IA	24:41	7:57
134	22	M19	Jason Bahr, 21, Grimes, IA	24:42	7:57
135	31	M30	Jeff Colwell, 32, Waukee, IA	24:43	7:57
34	7	W30	Mindy Benson, 30*, Newton, IA	24:44	7:58
136	6	M50	Sam Korpela, 54, Dm, IA	24:45	7:58
35	4	W40	Phyllis Eshelman, 47*, Bridgewater, IA	24:47	7:58
137	39	M15	August Nick, 15, Greenville, WI	24:48	7:59
138	7	M50	Art Millikin, 56, Hedrick, IA	24:49	7:59
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139	8	M50	Jim Dornfeld, 54, West Des Moines, IA	24:50	8:00
140	13	JrM	Ryan Siedenburger, 13, Johnston, IA	24:56	8:01
141	32	M30	Marc Havnen, 38, Clive, IA	24:56	8:01
36	5	W40	Janeal Lyons, 42*, Waukee, IA	24:57	8:02
142	2	M60	John Schneller, 64, West Des Moines, IA	25:02	8:03
143	25	M40	Timothy Doud, 40, Waukee, IA	25:12	8:06
144	26	M40	Rob Mauritz, 49, Adel, IA	25:13	8:07
37	8	W30	Karen Oberman, 39*, Waukee, IA	25:14	8:07
145	40	M15	Aj Stork, 15, Des Moines, IA	25:15	8:07
38	8	W15	Kelsey Knoblauch, 15*, Urbandale, IA	25:15	8:08
39	9	W19	Kaylee Pence, 19*, Waukee, IA	25:16	8:08
146	33	M30	Robert Campbell, 30, Ankeny, IA	25:17	8:08
147	27	M40	Brad Mills, 49, Waukee, IA	25:17	8:08
40			Amanda Gruis*, Clive, IA	25:18	8:09
148	41	M15	Drew Evans, 16, West Des Moines, IA	25:19	8:09
149	23	M19	Kevin Cruz, 25, Omaha, NE	25:19	8:09
41	10	W19	Elizabeth Tiarks, 27*, Council Bluffs, IA	25:20	8:09
42	6	W40	Elizabeth Bolton, 48*, Vienna, VA	25:21	8:09
150	14	JrM	Trevor Harsh, 11, Adel, IA	25:24	8:10
151	34	M30	Chad Sailsbury, 33, Urbandale, IA	25:28	8:12
43	11	W19	Karla Bokhoven, 19*, Encinitas, CA	25:30	8:12
44	9	W15	Liz Heuertz, 17*, Clive, IA	25:30	8:12
45	3	W50	Peggy Noid, 50*, Marshalltown, IA	25:34	8:14
152	9	M50	Todd Elverson, 52, Des Moines, IA	25:38	8:15
46	9	W30	Laura Juffer, 31*, Adel, IA	25:40	8:15
153	24	M19	Tim Anderson, 26, Urbandale, IA	25:41	8:16
154	42	M15	Marcos Murillo, 16, Adel, IA	25:42	8:16
155	43	M15	Devin Peshel, 15, Adel, IA	25:42	8:16
156	25	M19	Curt Hunt, 25, Guthrie Center, IA	25:43	8:17
157	26	M19	Tim Hunt, 29, Davenport, IA	25:44	8:17
158	35	M30	Kevin Voss, 30, Muscatine, IA	25:45	8:17
159	36	M30	Todd Forret, 37, Indianola, IA	25:50	8:19
160	10	M50	Kevin Curran, 54, Earlham, IA	25:51	8:19
161	44	M15	Ben Seveck, 15, Des Moines, IA	25:51	8:19
47	10	W15	Carrie Pieper, 16*, Adel, IA	25:52	8:19
48	11	W15	Hannah Kono, 17*, Waukee, IA	25:53	8:20
162	37	M30	Adam Doll, 31, Adel, IA	25:55	8:20
163	27	M19	Meredith Cadwell, 26, Grimes, IA	25:55	8:20
164	15	JrM	Ryan Krugler, 13, Adel, IA	25:56	8:21
49	7	W40	Kathy Prichard, 47*, Sioux City, IA	26:01	8:22
165	28	M40	Jon Norenberg, 47, Modesto, CA	26:03	8:23
50	12	W19	Melissa Linde, 21*, Ankeny, IA	26:05	8:23
51	10	W30	Karla Schumacher, 37*, Adel, IA	26:05	8:24
166	38	M30	John Hoelker, 36, Dexter, IA	26:06	8:24
52	8	W40	Anita Applegate, 44*, Adel, IA	26:08	8:24
53	11	W30	Jennifer Nemmers, 31*, Clive, IA	26:13	8:26
167	45	M15	Ian Sparks, 18, Winterset, IA	26:14	8:26

168	11	M50	Jody Swilky, 56, Des Moines, IA	26:14	8:27
54	13	W19	Stacy Berenguel, 29*, Des Moines, IA	26:20	8:28
169	12	M50	Robert Stone, 55, Ankeny, IA	26:23	8:29
55	8	JrW	Kelsay Hannam, 14*, Des Moines, IA	26:23	8:29
56	9	W40	Sue Dawes, 49*, Kansas City, MO	26:24	8:30
57	10	W40	Jane Brommel, 48*, Norwalk, IA	26:24	8:30
170	29	M40	Alan Brommel, 47, Norwalk, IA	26:25	8:30
58	14	W19	Darci Pratt, 25*, West Des Moines, IA	26:27	8:31
171	28	M19	Andy Paine, 26, West Des Moines, IA	26:28	8:31
59	11	W40	Coreen Sweeney, 43*, Clive, IA	26:30	8:31
60	12	W40	heather worthington, 40*, West Des Moines, IA	26:30	8:32
61	12	W15	Mackenzie Thacker, 15*, Des Moines, IA	26:33	8:33
62	9	JrW	Molly Bramble, 14*, Waukee, IA	26:36	8:34
172	39	M30	Jason Slycord, 33, Van Meter, IA	26:36	8:34
173	16	JrM	Tate Jensen, 12, De Soto, IA	26:38	8:34
63	10	JrW	Jazlin sprague, 12*, Earlham, IA	26:39	8:34
64	12	W30	Sarah McCoy, 31*, Des Moines, IA	26:39	8:35
174	13	M50	Darwin Schmig, 51, Des Moines, IA	26:40	8:35
175	40	M30	Tony Schmalz, 38, West Des Moines, IA	26:41	8:35
176	17	JrM	Dakota Glenn, 13, Adel, IA	26:42	8:36
65	15	W19	Katie Wulkow, 27*, Grimes, IA	26:44	8:36
177	18	JrM	Zach McEntee, 14, West Des Moines, IA	26:50	8:38
178	19	JrM	Noah Norenberg, 9, Munich	26:52	8:39
66	13	W40	Laura August, 45*, Greenville, WI	26:55	8:40
67	14	W40	Uta Norenberg, 40*, Munich	26:56	8:40
68	15	W40	Sherri Geneser, 47*, Granger, IA	26:59	8:41
179	20	JrM	Nathan Jones, 12, Adel, IA	27:00	8:41
69	16	W19	Alisha Harper, 24*, Prole, IA	27:01	8:42
70	13	W15	Lean Jessen, 15*, Urbandale, IA	27:01	8:42
71	11	JrW	Michelle Vanroekel, 13*, Adel, IA	27:02	8:42
72	17	W19	Natalie Clark, 20*, Adel, IA	27:02	8:42
180	29	M19	Derek Wilkerson, 20, Adel, IA	27:03	8:42
73	13	W30	Jennifer Popp, 34*, Adel, IA	27:06	8:43
181	30	M40	Jeff Blosser, 41, West Des Moines, IA	27:07	8:44
182	41	M30	john bradley, 39, West Des Moines, IA	27:08	8:44
183	31	M40	gregg erwood, 48, Clive, IA	27:09	8:44
184	21	JrM	Zachary Ferguson, 8, Adel, IA	27:09	8:44
74	16	W40	MaryBeth Scott, 40*, Clive, IA	27:10	8:45
185	32	M40	joseph barry, 40, Clive, IA	27:15	8:46
75	18	W19	Boundi Lo Vanh, 27*, Des Moines, IA	27:16	8:46
76	12	JrW	Hannah Hansen, 13*, Adel, IA	27:16	8:47
77	14	W15	Emily Linschied, 15*, Johnston, IA	27:17	8:47
78	17	W40	Nancy Linschied, 42*, Johnston, IA	27:17	8:47
186	33	M40	Larry Phillips, 46, West Des Moines, IA	27:18	8:47
79	18	W40	Sue Wilson, 41*, Onalaska, WI	27:22	8:48
80	19	W40	Heidi Lucs, 43*, West Des Moines, IA	27:23	8:49
187	22	JrM	George Reis, 9, Urbandale, IA	27:24	8:49
81	20	W40	Amy Mullingbrook, 42*, Ankeny, IA	27:25	8:49
188	23	JrM	Zachary Thompson, 8, Perry, IA	27:26	8:50
189	42	M30	Keith Jackson, 31, Waukee, IA	27:28	8:50
82	19	W19	Lindsey Heiserman, 24*, Eden Prairie, MN	27:29	8:51
190	30	M19	Phillippe Taborga, 29, Adel, IA	27:31	8:51
83	21	W40	Janine Seibert, 46*, Granger, IA	27:32	8:52
191	24	JrM	Caleb Kistenmacher, 9, Urbandale, IA	27:33	8:52
84	20	W19	Julie Kistenmacher, 26*, Urbandale, IA	27:35	8:52
192	31	M19	Benjamin Anderson, 23, Des Moines, IA	27:36	8:53
85	14	W30	Amy Piepmeier, 30*, Adel, IA	27:38	8:53
86	22	W40	Amy Nichols, 40*, Urbandale, IA	27:39	8:54
87	4	W50	Jerry Linde, 53*, Ankeny, IA	27:40	8:54
88	15	W30	Kathi Beach, 31*, Humboldt, IA	27:43	8:55
89	21	W19	Jessie Noid, 26*, Eden Prairie, MN	27:44	8:55

90		paige evans*, Waukee, IA	27:45	8:56
91	15	W15 Emily Johansen, 17*, Waukee, IA	27:46	8:56
92	13	JrW Maddy Bradley, 10*, Des Moines, IA	27:47	8:57
93	22	W19 Megan Clark, 24*, Ankeny, IA	27:49	8:57
94	23	W19 Ashley Hollingshead, 22*, Johnston, IA	27:50	8:57
95	16	W15 Emily Baker, 16*, West Des Moines, IA	27:54	8:59
193	43	M30 Trent Holmberg, 37, Adel, IA	27:56	8:59
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				

194	34	M40 Mike Barger, 46, Adel, IA	27:58	9:00
195	35	M40 Jeff Hackney, 41, Round Rock, TX	27:59	9:00
196	36	M40 Jay Albright, 46, Clive, IA	28:01	9:01
197	37	M40 Joseph Baker, 47, West Des Moines, IA	28:03	9:02
198	44	M30 Justin Larson, 37, Waukee, IA	28:04	9:02
199	25	JrM Jackson Ver Woert, 12, De Soto, IA	28:06	9:02
96	16	W30 Kristin Wicks, 38*, De Soto, IA	28:07	9:03
97	17	W30 Sarah Cowman, 30*, Winterset, IA	28:10	9:04
98		Jo Arbuckle*, Des Moines, IA	28:12	9:04
99	18	W30 Jenae Halstead, 30*, Des Moines, IA	28:14	9:05
100	17	W15 Steph Giudici, 16*, Clive, IA	28:15	9:05
101	19	W30 Jennifer Downs, 37*, Van Meter, IA	28:16	9:06
102	23	W40 Maggie Thompson, 42*, Perry, IA	28:18	9:06
200	14	M50 Larry Zahm, 52, Des Moines, IA	28:19	9:07
103	24	W19 Allison Leinen, 25*, Adel, IA	28:24	9:08
104	24	W40 Dianna Gioffredi, 42*, West Des Moines, IA	28:25	9:08
201		Glenn Mischel, Clive, IA	28:25	9:09
105	25	W40 Barb Krugler, 47*, Adel, IA	28:26	9:09
106	26	W40 Carol Conway, 43*, Altoona, IA	28:27	9:09
202	32	M19 Blake McKibbin, 26, Des Moines, IA	28:31	9:11
203	45	M30 jim steinberg, 31, Adel, IA	28:32	9:11
204	26	JrM Eric Siedenburger, 10, Johnston, IA	28:32	9:11
107	20	W30 Michele Dahlen, 34*, West Des Moines, IA	28:32	9:11
108	21	W30 Joy Foose, 33*, Perry, IA	28:33	9:11
205	38	M40 Brad Burnett, 42, Waukee, IA	28:33	9:11
109	22	W30 Danette Stritt, 31*, Des Moines, IA	28:35	9:12
110	25	W19 Danielle Lauzon, 24*, Panora, IA	28:37	9:13
111	26	W19 Shannan Rees, 21*, Guthrie, IA	28:38	9:13
112	23	W30 Laurie Marriott, 34*, West Des Moines, IA	28:38	9:13
113	27	W19 Kristine Forret, 29*, Des Moines, IA	28:43	9:14
114	28	W19 Abby Arneson, 24*, West Des Moines, IA	28:43	9:15
115	27	W40 Judi Hamaker, 41*, Van Wert, IA	28:44	9:15
116	28	W40 Kathie Reis, 40*, Urbandale, IA	28:47	9:16
117	24	W30 Lyndsay Marron, 32*, Clive, IA	28:58	9:19
206	46	M30 Timothy Crannell, 34, Lehigh Acres, FL	29:00	9:20
118	25	W30 Michele Abbott, 37*, Urbandale, IA	29:03	9:21
207	47	M30 Lang Barrett, 31, Urbandale, IA	29:08	9:22
119	26	W30 Amy Brensel, 32*, De Soto, IA	29:08	9:23
120	29	W40 Alyson Skahill, 41*, West Des Moines, IA	29:12	9:24
208	27	JrM Michael Etnyre, 13, Pella, IA	29:16	9:25
209	33	M19 Mike Gardner, 25, North Liberty, IA	29:18	9:26
121	29	W19 Heather Gardner, 23*, North Liberty, IA	29:18	9:26
122	30	W40 Kristen Trost, 42*, West Des Moines, IA	29:19	9:26
210	46	M15 Brett Campbell, 18, Adel, IA	29:19	9:26
123	27	W30 Jenny Wille, 35*, Van Meter, IA	29:20	9:26
124	28	W30 Teresa Volcheck, 39*, West Des Moines, IA	29:20	9:26
211	28	JrM Michael Riordan, 11, Norwalk, IA	29:22	9:27
125	31	W40 Tammy Berenguel, 49*, Des Moines, IA	29:23	9:27
212	29	JrM Ben Geadelmann, 12, Adel, IA	29:26	9:28
213	47	M15 Sam Hambrecht, 16, Adel, IA	29:27	9:28
126	32	W40 Deb Shull, 47*, Adel, IA	29:29	9:29
127	14	JrW Katie Sumpter, 13*, Adel, IA	29:31	9:30
214	39	M40 James Conway, 44, Altoona, IA	29:32	9:30

215	34	M19	Zach Steele, 24, Adel, IA	29:34	9:31
128	30	W19	Beth Stracke, 20*, North Liberty, IA	29:37	9:32
216	35	M19	Eric Downing, 27, Ankeny, IA	29:38	9:32
217	48	M30	brian crannell, 38, Adel, IA	29:38	9:32
218	40	M40	Jim Ver Woert, 40, De Soto, IA	29:40	9:33
129	29	W30	Darcy Burnett, 35*, Waukee, IA	29:42	9:33
219	48	M15	Peter Elverson, 15, Des Moines, IA	29:57	9:38
220	36	M19	Derek Overton, 19, Des Moines, IA	29:58	9:39
221	41	M40	Craig Linschied, 40, Johnston, IA	30:00	9:39
222	15	M50	Pat Steele, 55, Adel, IA	30:03	9:40
130	5	W50	Kay Harrington, 51*, Adel, IA	30:04	9:40
131	15	JrW	Samantha Riordan, 13*, Norwalk, IA	30:07	9:41
223	49	M15	Dalton Peshel, 17, Adel, IA	30:09	9:42
132	30	W30	Brenda Peshel, 37*, Adel, IA	30:16	9:44
133	33	W40	Laura Hollingshead, 45*, Johnston, IA	30:21	9:46
134	34	W40	Kim DeMeno, 41*, Huntley, IL	30:23	9:47
135	35	W40	Bene' Zehr, 44*, Ankeny, IA	30:23	9:47
224	49	M30	Jodine Weissenburger, 37, Clive, IA	30:29	9:48
136	31	W30	Shannon Corkrean, 38*, Winterset, IA	30:30	9:49
137	16	JrW	Cassi Lathrum, 14*, Saint Charles, IA	30:31	9:49
138	32	W30	Kurtz Mindy, 37*, Olathe, KS	30:31	9:49
225	16	M50	Rod Horsman, 52, Pleasantville, IA	30:34	9:50
226	50	M30	Kevin Hochstetler, 38, Adel, IA	30:38	9:51
139	36	W40	Debi Carlson, 42*, Gardner, KS	30:48	9:55
140	33	W30	Stephanie Spurling, 32*, Dexter, IA	30:50	9:55
227	42	M40	Sirpa Hall, 44, Adel, IA	30:56	9:57
141	17	JrW	Cassie Peacock, 14*, Des Moines, IA	30:59	9:58
228	51	M30	chris bart, 35, Clive, IA	31:00	9:58
229			Dennis Young	31:02	9:59
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142	6	W50	Marilyn Arends, 57*, West Des Moines, IA	31:07	10:01
230	17	M50	Robert Hartman, 57, Adel, IA	31:09	10:01
143	34	W30	Danielle Nigro, 37*, Waukee, IA	31:12	10:03
144	35	W30	Sarah Maxwell, 31*, Adel, IA	31:14	10:03
145	37	W40	Jennifer Wicks, 40*, Des Moines, IA	31:18	10:04
231	43	M40	Robert Hansen, 40, Adel, IA	31:19	10:05
146	31	W19	Becky Sailsbury, 29*, Urbandale, IA	31:20	10:05
147	38	W40	Caitlin Peterson, 43*, Urbandale, IA	31:21	10:05
148	18	JrW	Cassie Hardy, 13*, Johnston, IA	31:22	10:06
232	37	M19	Seth Hill, 29, Ames, IA	31:23	10:06
233	52	M30	Melinda Allen, 39, Waukee, IA	31:25	10:07
149	32	W19	Jaymee Harden, 23*, Grimes, IA	31:28	10:08
234	38	M19	Mark Newel, 26, Grimes, IA	31:29	10:08
150	36	W30	Brandi Knigge, 30*, Clive, IA	31:33	10:09
235	44	M40	Matt Lawson, 44, Clive, IA	31:34	10:09
236	39	M19	Wei-erh Chen, 23, Des Moines, IA	31:37	10:11
151	33	W19	Andrea Jelsma, 19*, Ankeny, IA	31:42	10:12
237	30	JrM	Dufoe Nick, 8, Adel, IA	31:47	10:14
238	45	M40	Kevin Howe, 49, Adel, IA	31:48	10:14
152	34	W19	Michelle Howe, 22*, Adel, IA	31:48	10:14
239	46	M40	Ken Henke, 46, Norwalk, IA	31:50	10:15
153	35	W19	Megan Woolworth, 26*, Grimes, IA	31:52	10:15
154	37	W30	Beth Zeigmann, 31*, Des Moines, IA	31:53	10:16
155	38	W30	abby crannell, 35*, Adel, IA	31:54	10:16
156	19	JrW	Evan Corkrean, 11*, Winterset, IA	31:55	10:16
157	18	W15	Kelly Kordick, 18*, Cumming, IA	32:02	10:19
158	20	JrW	Vicki Kordick, 12*, Cumming, IA	32:04	10:19
159	21	JrW	Sarah Reis, 7*, Adel, IA	32:10	10:21
240	53	M30	Doug Reis, 39, Adel, IA	32:11	10:21
160	39	W30	Krista Soda, 37*, Waukee, IA	32:17	10:23
161	39	W40	Vicky Foresman, 40*, Des Moines, IA	32:19	10:24

162	36	W19	Heidi Andeberg, 26*, West Des Moines, IA	32:22	10:25
241	47	M40	Kevin Ryan, 46, West Des Moines, IA	32:23	10:25
163	40	W40	janelle erwood, 47*, Clive, IA	32:25	10:26
164	37	W19	Abby Dayton, 24*, West Des Moines, IA	32:34	10:29
165	38	W19	Rebecca Hansen, 24*, Clive, IA	32:36	10:29
166	39	W19	Cassie Mead, 24*, Clive, IA	32:45	10:32
167	40	W19	Kate Malo, 24*, Ankeny, IA	32:45	10:32
168	40	W30	Heather Hunt, 30*, Waterloo, IA	32:45	10:32
169	41	W40	Sherry Smiley, 42*, Cumming, IA	32:53	10:35
170	1	W60	Patsy Mattas, 61*, Des Moines, IA	32:58	10:36
242	54	M30	Scott Kurtz, 39, Olathe, KS	33:10	10:40
171	22	JrW	Madison Pettit, 12*, Adel, IA	33:23	10:45
172	19	W15	Cassie McNeal, 17*, Adel, IA	33:26	10:45
173	41	W30	Sue Shivers, 39*, Ankeny, IA	33:31	10:47
174	42	W40	Pat Rehberg, 46*, Renick, WV	33:31	10:47
243	48	M40	Paul Tauke, 44, Desoto, IA	33:41	10:50
175	23	JrW	Caitlin Tauke, 14*, Desoto, IA	33:41	10:50
176	41	W19	Dana Brenner, 25*, Clive, IA	33:44	10:51
177	43	W40	Margo Kromminga, 43*, Johnston, IA	33:48	10:53
178	42	W30	Mandy Carroll, 33*, Des Moines, IA	33:48	10:53
179	43	W30	Sarah Reksten, 30*, Chantilly, VA	33:56	10:55
180	44	W30	Kelly Jackson, 30*, Waukee, IA	33:58	10:56
181	24	JrW	Breitsprecher Josie, 10*, Dayton, IA	34:04	10:58
182	45	W30	Maureen Meis, 38*, Algona, IA	34:05	10:58
183	25	JrW	Justine Janssen, 14*, new Liberty, IA	34:09	10:59
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184	46	W30	Kelly Petrie, 35*, Adel, IA	34:10	11:00
185	44	W40	Sandy Henry, 41*, Johnston, IA	34:16	11:02
186	47	W30	Katie Givant, 32*, Des Moines, IA	34:16	11:02
187	45	W40	Julie Shepard, 42*, Des Moines, IA	34:16	11:02
188	48	W30	Christina Hlas, 37*, Adel, IA	34:18	11:02
189	49	W30	Jessica Johnston, 32*, Clive, IA	34:19	11:02
190	50	W30	Pamela Lonneman, 35*, Adel, IA	34:20	11:03
191	26	JrW	Crystal Hochstetler, 14*, Adel, IA	34:22	11:04
192	51	W30	melissa kennedy, 32*, Des Moines, IA	34:24	11:04
193	52	W30	Kerry Feuling, 30*, Des Moines, IA	34:30	11:06
194	46	W40	Pam Campbell, 42*, Adel, IA	34:32	11:07
195	42	W19	Jessica Campbell, 21*, Adel, IA	34:32	11:07
196	47	W40	Cathy Evans, 45*, Urbandale, IA	34:35	11:08
244	18	M50	Bill Miller, 53, Ames, IA	34:39	11:09
197	53	W30	Wendy Hoffman, 32*, West Des Moines, IA	34:39	11:09
198	54	W30	Tanya Schettler, 35*, West Des Moines, IA	34:39	11:09
245	19	M50	Fred Miller, 59, Dallas, TX	34:44	11:11
199	43	W19	Kim Tichy, 28*, Baxter, IA	34:49	11:12
200	48	W40	Denise Phillips, 48*, Des Moines, IA	34:52	11:13
201	27	JrW	Courtney Carlson, 9*, Gardner, KS	34:52	11:13
202	28	JrW	Maeghan Easler, 11*, Des Moines, IA	34:57	11:15
203	29	JrW	Lesa Wicks, 9*, Des Moines, IA	34:57	11:15
204	20	W15	Brooke Hochstetler, 16*, Adel, IA	35:01	11:16
246	20	M50	Kevin Holcombe, 51, Earlham, IA	35:23	11:23
205	49	W40	Kathy Barger, 47*, Adel, IA	35:34	11:27
206	55	W30	Ann Collins, 37*, Adel, IA	35:35	11:27
207	21	W15	Anna Bergman, 17*, Waukee, IA	35:36	11:27
247	40	M19	Kris Hoepfner, 25, Adel, IA	35:36	11:27
208	56	W30	Katie Lesmerises, 35*, Westerville, IA	35:53	11:33
248	31	JrM	Brody Smith, 12, Adel, IA	35:59	11:35
209	50	W40	Janet Hircock, 48*, Adel, IA	36:18	11:41
210	30	JrW	Randirae McGregor, 14*, Des Moines, IA	36:28	11:44
211	31	JrW	Natalie Hoogerwerf, 12*, Des Moines, IA	36:29	11:44
249	49	M40	Jeff Hannemann, 40, Grimes, IA	36:30	11:45
212	51	W40	Julie Smith, 46*, Des Moines, IA	36:30	11:45

213	57	W30	Shannon Spargur, 37*, Adel, IA	36:31	11:45
214	32	JrW	Sydney Carlson, 5*, Gardner, KS	36:32	11:46
250			Unknown	36:36	11:47
215	33	JrW	Reagan Schwartz, 5*, Urbandale, IA	36:38	11:47
251	32	JrM	Harsh Nolan, 8, Adel, IA	36:46	11:50
216	52	W40	Jodie Schwartz, 42*, Urbandale, IA	36:48	11:50
217	22	W15	Kawner Henderson, 15*, Adel, IA	36:48	11:50
252	33	JrM	Jacob Thompson, 11, Perry, IA	36:48	11:51
218	23	W15	Taylor Hills, 16*, Adel, IA	36:49	11:51
219	58	W30	Lisa Hills, 38*, Adel, IA	36:49	11:51
220	53	W40	Michelle Ferguson, 41*, Adel, IA	36:50	11:51
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221	34	JrW	Abigail Akers, 13*, West Des Moines, IA	37:17	12:00
253	50	M40	Paul Ferguson, 41, Adel, IA	37:22	12:01
222	54	W40	Jessica Dunker, 42*, Clive, IA	37:30	12:04
254	51	M40	Martian Greer, 46, Urbandale, IA	37:36	12:06
255	34	JrM	Ben Greer, 11, Urbandale, IA	37:36	12:06
223	59	W30	Laurie Dufoe, 36*, Adel, IA	37:56	12:12
224	35	JrW	Kari Dufoe, 11*, Adel, IA	37:56	12:12
225	36	JrW	Nina Vanderzanden, 11*, Ames, IA	38:15	12:18
256	52	M40	Joe Vanderzanden, 41, Ames, IA	38:17	12:19
226	55	W40	Karin Miller, 42*, West Des Moines, IA	38:22	12:21
227	60	W30	Michelle Comer, 34*, West Des Moines, IA	38:31	12:24
228	61	W30	Jennifer Granzow, 34*, West Des Moines, IA	38:32	12:24
229	44	W19	jessica cloke, 19*, new virginia, IA	39:12	12:37
230	45	W19	meggan molloy, 23*, eldridge, IA	39:12	12:37
231	46	W19	Amy Adams, 26*, Urbandale, IA	40:18	12:58
257	41	M19	Larry Johnson, 24, Orland Pk, IL	40:19	12:58
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					

232	47	W19	Willow McLaughlin, 25*, Ames, IA	40:38	13:05
233	7	W50	Jennifer Roberts, 52*, Des Moines, IA	40:47	13:07
234	56	W40	Jennifer Ellerman, 41*, Dallas Center, IA	40:56	13:10
235	57	W40	Jeanette Shelton, 49*, Johnston, IA	40:58	13:11
236	37	JrW	Rachel Siedenburger, 11*, Johnston, IA	41:00	13:12
237	48	W19	Rachel Egan, 22*, Clive, IA	41:05	13:13
238	38	JrW	Sarah Downey, 13*, Clive, IA	41:06	13:13
239	49	W19	Trisha Rees, 28*, Des Moines, IA	41:30	13:21
240	50	W19	Kari Durham, 26*, Des Moines, IA	41:49	13:27
241	62	W30	Wendy Young, 32*, Adel, IA	41:50	13:28
242	63	W30	Rebecca Slater, 33*, Adel, IA	41:51	13:28
243	58	W40	Jodi Henke, 44*, Norwalk, IA	41:53	13:29
244	64	W30	Gretchen Rickert, 32*, De Soto, IA	42:30	13:41
245	65	W30	Stacey Enloe, 32*, Waukee, IA	42:30	13:41
246	59	W40	Tracy Walker, 41*, Oakley, CA	42:56	13:49
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					

247	8	W50	Jo Helen Sprague, 53*, Kincaid, KS	44:46	14:24
258	55	M30	Eric Snedeker, 34, Des Moines, IA	45:07	14:31
248	51	W19	Amber Miller, 28*, Nevada, IA	45:24	14:37
249	66	W30	Amber Freel, 32*, Nevada, IA	45:25	14:37
250	60	W40	Brenda Smith, 48*, Nevada, IA	45:25	14:37
259	50	M15	Daniel Grinvalds, 18, West Des Moines, IA	45:28	14:38
251	52	W19	Julie Starnes, 28*, Waukee, IA	45:37	14:41
260	3	M60	Sybil Rasmussen, 63, Johnston, IA	46:33	14:59
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					

252	53	W19	Sarah Clark, 26*, North Liberty, IA	48:13	15:31
261	4	M60	Steve Herynk, 61, Adel, IA	48:49	15:42
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262	56	M30	Alan Myers, 33, West Des Moines, IA	55:05	17:44
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253	54	W19 Courtney Myers, 25*, West Des Moines, IA	55:06	17:44
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263	51	M15 Zach Zehr, 18, Ankeny, IA	56:03	18:02
264	52	M15 Jack Zehr, 16, Ankeny, IA	56:03	18:02

"*" indicates females

34 finishers among Men 14 & Under

52 finishers among Men 15 - 18

41 finishers among Men 19 - 29

56 finishers among Men 30 - 39

52 finishers among Men 40 - 49

20 finishers among Men 50 - 59

4 finishers among Men 60 & Up

38 finishers among Women 14 & Under

23 finishers among Women 15 - 18

54 finishers among Women 19 - 29

66 finishers among Women 30 - 39

60 finishers among Women 40 - 49

8 finishers among Women 50 - 59

1 finishers among Women 60 & Up

264 male finishers

253 female finishers

517 total finishers

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