

Mathew Mason Memorial Run - 5k overall

Results By  If you have questions [contact us here](#)

[2006 MATT'S RACE 10K Overall results here](#)

Place	Div/Tot	No.	Race	Name	Age	Sex	City	St	"chip"	Time	Pace
=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====
1	1/16	197	5K	Paul Kilgore	31	M	Des Moines	IA	17:09	17:11	5:33
2	1/8	463	5K	Andrew Simmons	41	M			18:40	18:41	6:02
3	1/9	239	5K	Tom McBride	50	M	Des Moines	IA	18:45	18:47	6:04
4	2/16	297	5K	Ben Reyes	32	M	St Charles	IA	19:00	19:02	6:09
5	1/6	167	5K	Rodney Ingle	17	M	Mitchellville	IA	19:01	19:05	6:10
6	1/11	444	5K	Alex Wirth-Cauchon	45	M			19:27	19:30	6:18
7	3/16	476	5K	Bryan Schlotterback	34	M			19:49	19:53	6:25
8	1/17	37	5K	Caleb Brown	25	M	West Des Moines	IA	19:55	19:57	6:27
9	1/21	202	5K	Lisa Klein	36	F	Des Moines	IA	20:37	20:39	6:40
10	2/8	117	5K	Kevin Goodwin	41	M	Otley	IA	20:43	20:48	6:43
11	2/11	461	5K	Dennis O'Donnell	45	M			21:20	21:23	6:54
12	1/11	271	5K	Matthew Palen	38	M	Norwalk	IA	21:24	21:27	6:56
13	4/16	237	5K	Matthew Maxwell	33	M	Des Moines	IA	21:34	21:39	6:59
14	2/11	236	5K	Patrick Mattingly	37	M	Van Meter	IA	21:41	21:43	7:01
15	1/9	433	5K	Chad Follis	24	M			21:43	21:46	7:01
16	5/16	477	5K	Brian Lerg	32	M			21:53	21:59	7:06
17	1/15	453	5K	Katie Seales	16	F			22:04	22:08	7:09
18	1/14	434	5K	Chris Calhoun	13	M			21:56	22:09	7:09
19	2/9	258	5K	Randy Mundt	50	M	Urbandale	IA	22:19	22:23	7:14
20	2/17	157	5K	Derin Holt	25	M	Knoxville	IA	22:38	22:43	7:20
21	2/14	437	5K	Hank Schellhorn	11	M			22:32	22:44	7:20
22	3/17	107	5K	Drew Fober	28	M	Des Moines	IA	22:23	22:50	7:22
23	3/11	470	5K	Douglas Johnston	45	M			22:55	22:59	7:25
24	2/9	245	5K	Chase McCool	20	M	Des Moines	IA	22:42	23:09	7:28
25	3/9	65	5K	Jeff Crane	50	M	West Des Moines	IA	23:09	23:14	7:30
26	3/9	420	5K	Michael Bryant	22	M			23:10	23:16	7:31
27	4/17	369	5K	Jonathan Weaver	28	M	Altoona	IA	23:07	23:17	7:31
28	3/8	466	5K	Chris Kannapel	43	M			23:09	23:18	7:31
29	5/17	458	5K	Able Mahaffey	27	M			22:58	23:21	7:32
30	2/6	409	5K	Danjin Zulic	18	M	Ankeny	IA	23:13	23:25	7:34
31	6/16	479	5K	Matthew Wilson	31	M			23:13	23:25	7:34
32	3/14	392	5K	Jacob Wiemers	10	M	West Des Moines	IA	23:24	23:28	7:35
33	3/6	331	5K	Jay Seymour	18	M	Martensdale	IA	23:20	23:29	7:35
34	4/11	435	5K	Craig Calhoun	48	M			23:22	23:36	7:37
35	4/9	405	5K	Keith Zediker	24	M	Johnston	IA	23:15	23:38	7:38
36	2/15	199	5K	Genna Kinley	15	F	Waukee	IA	23:49	23:58	7:44
37	1/15	394	5K	Toni Wiemers	46	F	West Des Moines	IA	23:58	24:02	7:45
38	4/6	264	5K	Dmytro Nikolayenko	19	M	West Des Moines	IA	23:54	24:03	7:46
39	3/11	49	5K	Matt Chappell	35	M	Van Meter	IA	24:00	24:04	7:46
40	3/15	80	5K	Lacey Degroot	19	F	Oskaloosa	IA	24:10	24:17	7:50
41	5/9	391	5K	Joe Wickard	23	M	Des Moines	IA	23:53	24:20	7:51
42	7/16	190	5K	Ian Kalmanowitz	30	M	Colorado Spring	CO	24:12	24:24	7:53
43	1/21	312	5K	Michelle Schaeffer	40	F	Ankeny	IA	24:18	24:24	7:53
44	6/17	478	5K	Ryan McCoy	26	M			24:10	24:24	7:53
45	2/21	722	5K	Stacy Farr	35	F	West Des Moines	IA	24:15	24:27	7:54
46	4/14	8	5K	Dan Andersen	13	M	Ankeny	IA	24:13	24:33	7:56
47	2/21	198	5K	Mary Kinley	40	F	Waukee	IA	24:41	24:51	8:01
48	7/17	142	5K	Tom Hendricks	29	M	Des Moines	IA	24:27	24:54	8:02
49	1/3	83	5K	Larry Detwiler	62	M	Des Moines	IA	24:51	24:57	8:03
50	3/21	177	5K	Deb Janssen	37	F	Bondurant	IA	24:45	25:07	8:07
51	8/16	309	5K	Tony Sacco	32	M	West Des Moines	IA	24:47	25:14	8:09
52	8/17	125	5K	Rex Gray	25	M	West Des Moines	IA	25:05	25:28	8:13
53	9/17	445	5K	Josh Giddings	25	M			25:31	25:37	8:16
54	10/17	225	5K	Mike Marasco	28	M	Des Moines	IA	25:23	25:37	8:16
55	4/11	218	5K	Travis Loscher	35	M	Knoxville	IA	25:34	25:40	8:17
56	1/21	194	5K	Colleen Kelly	30	F	Des Moines	IA	25:26	25:40	8:17

57	1/30	89	5K Kristin Dyer	27	F Pleasantville	IA	25:22	25:41	8:17
89	5/5	808	5K Brian Okeefe	42	M		25:39		
58	1/12	321	5K Kellie Seales	13	F Rhodes	IA	25:53	26:00	8:24
59	4/15	292	5K Lucinda Rasmussen	19	F Ankeny	IA	25:46	26:02	8:24
60	2/21	70	5K Michele Dahlen	31	F West Des Moines	IA	25:48	26:02	8:24
61	9/16	164	5K Larry Hunt	31	M Windsor Heights	IA	25:43	26:05	8:25
62	3/21	87	5K Tami Draper	34	F Des Moines	IA	25:51	26:06	8:26
63	2/3	317	5K John Schneller	62	M West Des Moines	IA	26:01	26:07	8:26
64	5/14	393	5K Zachary Wiemers	13	M West Des Moines	IA	26:03	26:07	8:26
65	3/21	30	5K Kelli Bodwell	40	F Waukee	IA	26:03	26:09	8:27
66	5/6	296	5K Zachary Reese	18	M Des Moines	IA	26:01	26:22	8:31
67	5/15	366	5K Miah Watson	19	F Winterset	IA	26:04	26:23	8:31
68	11/17	156	5K Trenton Hol	29	M Des Moines	IA	26:09	26:26	8:32
69	4/8	226	5K Marty Mareen	42	M Johnston	IA	26:14	26:26	8:32
70	2/30	155	5K Lydia Hol	28	F Des Moines	IA	26:11	26:28	8:33
71	1/12	40	5K Leah Bruxvoort	23	F New Sharon	IA	26:28	26:35	8:35
72	2/15	81	5K Lana Degroot	45	F Oskaloosa	IA	26:28	26:35	8:35
73	5/11	313	5K Darwin Schmig	48	M Des Moines	IA	26:17	26:37	8:35
74	2/12	246	5K Erin McCool	20	F Des Moines	IA	26:10	26:38	8:36
75	4/9	256	5K Chris Mitchell	51	M Clear Lake	IA	26:42	26:47	8:39
76	4/21	287	5K Amy Probasco	35	F Knoxville	IA	26:46	26:51	8:40
77	6/14	475	5K Skyler Schlotterback	10	M		26:48	26:52	8:40
78	12/17	112	5K Collin Freeburg	26	M Norwalk	IA	26:45	27:05	8:44
79	7/14	46	5K Dice Caprenter	12	M Des Moines	IA	26:48	27:06	8:45
80	3/30	16	5K Shelbie Barrett	29	F Grimes	IA	27:04	27:13	8:47
81	4/21	132	5K Beth Hargens	40	F Minden	IA	27:14	27:21	8:50
82	6/15	430	5K Danielle Johnson	19	F		27:17	27:36	8:54
83	5/11	99	5K Brad Estes	37	M Urbandale	IA	27:20	27:39	8:56
84	5/21	139	5K Sarah Heikens	40	F Ames	IA	27:23	27:41	8:56
85	2/12	244	5K Amber McCool	14	F Des Moines	IA	27:20	27:47	8:58
86	4/30	102	5K Jessie Filter	25	F Kilkenney	MN	27:26	27:48	8:58
87	6/9	299	5K Andy Richter	21	M Kilkenney	MN	27:25	27:48	8:58
88	6/11	298	5K Mark Richter	48	M Kilkenney	MN	27:25	27:49	8:59
89	5/30	186	5K Laura Juffer	29	F Adel	IA	27:27	27:50	8:59
90	6/30	78	5K Bobbi Jo Davis	29	F Des Moines	IA	26:54	27:53	9:00
91	7/11	418	5K Mike McCoy	49	M		27:44	27:58	9:02
92	5/8	252	5K Rick Medina	40	M Des Moines	IA	27:47	28:04	9:04
93	5/21	181	5K Ann Jeffries	38	F Des Moines	IA	27:54	28:06	9:04
94	4/21	211	5K Ruth Lerg	31	F West Des Moines	IA	28:01	28:07	9:05
95	3/12	417	5K Annalise Johnson	23	F		27:49	28:08	9:05
96	10/16	389	5K Jason Whitten	30	M Runnells	IA	27:59	28:11	9:06
97	4/12	426	5K Mary Sunderman	22	F		27:56	28:14	9:07
98	1/3	462	5K Ted Nemmers	57	M		28:07	28:15	9:07
99	8/11	62	5K Randal Cook	47	M Des Moines	IA	28:09	28:17	9:08
100	13/17	325	5K Eric Seifert	28	M Urbandale	IA	27:57	28:17	9:08
101	5/21	79	5K Debra Dawes	32	F Windsor Heights	IA	28:04	28:28	9:11
102	5/9	307	5K Dennis Rustad	51	M Des Moines	IA	28:23	28:29	9:11
103	11/16	398	5K Mark Williams	30	M Des Moines	IA	28:14	28:41	9:16
104	7/30	480	5K Jamie Wilson	27	F		28:28	28:52	9:19
105	14/17	419	5K Steve Sampson	26	M		28:29	28:52	9:19
106	7/15	429	5K Brianna Johnson	16	F		28:36	28:54	9:20
107	7/9	34	5K Cory Briggs	24	M Ankeny	IA	28:30	28:55	9:20
108	12/16	281	5K Joel Pettit	34	M Des Moines	IA	28:31	28:57	9:21
109	5/12	124	5K Analee Gray	21	F West Des Moines	IA	28:39	29:02	9:22
110	8/15	365	5K Mikayla Watson	18	F Winterset	IA	28:43	29:02	9:22
111	3/12	436	5K Anna Schellhorn	12	F		28:50	29:03	9:22
90	9/9	709	5K Liz Bryant	35	F West Des Moines	IA	28:54		
112	6/21	744	5K Maggie McCay	37	F		28:54	29:10	9:25
113	7/21	272	5K Dixie Palm	37	F Des Moines	IA	29:02	29:18	9:27
114	6/21	274	5K Melissa Parker	34	F Des Moines	IA	28:59	29:21	9:28
115	6/21	2	5K Beth Adams	40	F Indianola	IA	29:07	29:25	9:30
116	6/12	446	5K Shelly Giddings	24	F		29:22	29:28	9:31
117	7/21	302	5K Tobi Roesler	32	F Urbandale	IA	29:12	29:30	9:31
118	7/12	396	5K Krystle Willaby	23	F Des Moines	IA	29:28	29:32	9:32
119	8/21	189	5K Carrie Kalmanowitz	34	F Colorado Spring	CO	29:33	29:45	9:36
120	13/16	71	5K Mathieu Dahlen	34	M West Des Moines	IA	29:34	29:50	9:38
121	8/30	209	5K Laura Larson	26	F Des Moines	IA	29:42	29:50	9:38
122	9/15	212	5K Lauren Link	18	F Pleasant Hill	IA	30:03	30:17	9:47

123	3/3	737	5K Jim Jefson	64	M West Des Moines	IA	30:04	30:20	9:47
124	9/30	280	5K Melissa Perrin	29	F Urbandale	IA	30:09	30:20	9:48
125	3/15	145	5K Mary Hester	45	F Urbandale	IA	30:29	30:33	9:52
126	8/21	126	5K Kay Gustin	35	F Altoona	IA	30:17	30:39	9:54
127	10/30	457	5K Stephanie Mahaffey	26	F		30:15	30:39	9:54
128	6/6	108	5K Tanner Frangenberg	15	M Huxley	IA	30:24	30:47	9:56
129	4/12	467	5K Savannah Kannapel	9	F		30:38	30:49	9:57
130	8/12	38	5K Bethany Brown	21	F Wilton	IA	30:29	30:53	9:58
131	9/21	75	5K Sandy Darveau	38	F West Des Moines	IA	30:36	30:58	10:00
132	6/11	382	5K Mike Wetzel	39	M Norwalk	IA	30:10	31:00	10:00
133		381	5K Kim Wetzel	38	Norwalk	IA	30:16	31:06	10:02
134	8/14	44	5K Tyler Canine	4	M Urbandale	IA	30:01	31:09	10:03
135	11/30	45	5K Teresa Canine	28	F Urbandale	IA	30:01	31:10	10:03
136	4/15	373	5K Trudy Wells	48	F West Des Moines	IA	30:03	31:10	10:04
137	1/5	359	5K Zeta Van Blaricum	53	F Des Moines	IA	31:00	31:11	10:04
138	7/21	465	5K Lisa Kannapel	40	F		31:04	31:14	10:05
139	10/21	35	5K Tricia Brock	35	F Clive	IA	30:54	31:14	10:05
140	11/21	163	5K Daunelle Hughes	37	F Des Moines	IA	30:58	31:18	10:06
141	9/11	133	5K Roger Hargens	48	M Minden	IA	31:22	31:30	10:10
142	7/11	411	5K Jamie Sauter	35	M		31:23	31:32	10:11
143	12/30	193	5K Melissa Keller	25	F Ames	IA	31:25	31:42	10:14
144	8/9	247	5K John McDonald	22	M Clive	IA	31:19	31:45	10:15
145	6/9	248	5K Steve McDonald	54	M Clive	IA	31:18	31:45	10:15
146	12/21	82	5K Stephanie Dermody	37	F Norwalk	IA	31:45	31:53	10:17
147	7/9	260	5K Russ Nay	52	M Altoona	IA	31:32	31:54	10:18
148		201	5K Sam Kirk	12	Des Moines	IA	31:36	31:55	10:18
149	9/14	251	5K Dylan Medina	12	M Des Moines	IA	31:37	31:55	10:18
150	15/17	138	5K Greg Hayes	29	M Des Moines	IA	31:42	31:56	10:18
151	13/30	240	5K Vicki McCarthy	28	F Waukee	IA	31:35	31:56	10:19
152	14/16	268	5K Mike Nolan	32	M Windsor Heights	IA	31:35	31:56	10:19
153	6/8	243	5K Daniel McCool	44	M Des Moines	IA	31:29	31:58	10:19
154	8/9	390	5K Steve Wickard	54	M Duluth	GA	31:38	32:01	10:20
155	8/11	269	5K Kevin Overgaard	39	M Dakota City	IA	31:38	32:02	10:20
156	10/15	162	5K Rachel Howieson	17	F Carlisle	IA	31:59	32:12	10:24
157	11/15	449	5K Heather Howieson	18	F		32:00	32:13	10:24
158	12/15	342	5K Tonya Snodgrass	16	F Carlisle	IA	32:00	32:13	10:24
159	2/3	182	5K Joe Jeffries	57	M Des Moines	IA	32:02	32:14	10:24
160	14/30	219	5K Tracy Lowe	25	F Des Moines	IA	32:17	32:31	10:30
161	15/30	308	5K Alicia Sabo	27	F Johnston	IA	32:16	32:35	10:31
162	5/12	173	5K Cejae Jacobsen	11	F Dallas Center	IA	31:35	32:36	10:31
163	10/14	174	5K Anthony Jacobsen	8	M Dallas Center	IA	31:35	32:37	10:32
164	8/21	130	5K Beth Hanson	41	F West Des Moines	IA	32:28	32:48	10:35
165	7/8	131	5K Rick Hanson	43	M West Des Moines	IA	32:28	32:49	10:35
166	9/21	438	5K Kristi Tracy	34	F		32:48	33:11	10:43
167	9/9	448	5K Rj Nay	21	M		32:54	33:16	10:44
168	16/30	410	5K Stacey Thompson	25	F		33:14	33:28	10:48
169	9/12	425	5K Courtney Lansink	23	F		33:18	33:32	10:49
170	13/21	407	5K Noelle Zmolek	39	F Des Moines	IA	33:07	33:43	10:53
171	6/12	408	5K Zoe Zmolek	3	F Des Moines	IA	33:07	33:43	10:53
172	14/21	74	5K Amber Darby	35	F Des Moines	IA	33:07	33:43	10:53
173	1/2	183	5K Clarene Jefson	63	F West Des Moines	IA	33:35	33:51	10:55
174	17/30	295	5K Holly Reese	26	F Des Moines	IA	33:47	34:08	11:01
175	9/11	348	5K Thomas Stein	37	M Des Moines	IA	34:02	34:29	11:08
176	11/14	315	5K Joshua Schmitz	10	M Urbandale	IA	34:18	34:37	11:10
177	12/14	316	5K Justin Schmitz	7	M Urbandale	IA	34:28	34:48	11:14
178	18/30	97	5K Heidi Ernst	29	F Olathe	KS	34:29	35:07	11:20
179	19/30	388	5K Erin Whitten	29	F Runnells	IA	34:54	35:08	11:20
180	5/15	213	5K Luann Link	49	F Pleasant Hill	IA	35:01	35:15	11:23
181	1/1	338	5K Maurice Smith	70	M Des Moines	IA	35:01	35:19	11:24
182	2/5	439	5K Janet Dutcher	52	F		35:30	35:36	11:29
183	20/30	114	5K Sara Fults	27	F Ames	IA	35:14	35:39	11:30
184	21/30	294	5K Kate Reardon	27	F Ames	IA	35:14	35:39	11:30
185	16/17	15	5K John Baldwin	27	M Des Moines	IA	35:43	35:56	11:36
186	13/14	468	5K Denali Kannapel	11	M		36:12	36:22	11:44
187	7/12	119	5K Cassidy Gornick	10	F Norwalk	IA	35:16	36:26	11:46
188	14/14	121	5K Carter Gornick	7	M Norwalk	IA	35:39	36:50	11:53
189	8/8	120	5K Dan Gornick	41	M Norwalk	IA	35:41	36:51	11:54
91	5/5	759	5K Shawna Robinson	25	F Earlham	IA	36:29		
92	8/8	719	5K Don Ellis	49	M Prole	IA	36:29		

190	13/15	265	5K Olga Nikolayenko	17	F Des Moines	IA	37:01	37:12	12:00
191	14/15	326	5K Yasmine Sepehri	16	F West Des Moines	IA	37:02	37:12	12:00
192	9/21	432	5K Christine Butler	44	F		37:37	37:42	12:10
193	8/12	118	5K Katie Goodwin	8	F Otley	IA	38:50	38:55	12:34
194	10/21	48	5K Angie Caswell	32	F Altoona	IA	39:13	39:40	12:48
195	6/15	242	5K Christie McConathy	49	F West Des Moines	IA	39:25	39:43	12:49
196	11/21	69	5K Margaret Critz	34	F West Des Moines	IA	39:34	40:00	12:55
197	22/30	215	5K Stacy Long	27	F Ames	IA	39:41	40:10	12:58
198	12/21	285	5K Michelle Potter	31	F Des Moines	IA	39:42	40:10	12:58
199	10/21	471	5K Amy Williams	42	F		39:42	40:10	12:58
200	13/21	333	5K Amber Siever	32	F Des Moines	IA	41:28	41:51	13:30
201	23/30	191	5K Lindsay Kane	27	F Des Moines	IA	43:56	44:38	14:24
202	11/21	106	5K Christine Fisk	43	F Berwick	IA		45:00	14:31
203	14/21	32	5K Jennifer Bos	31	F Des Moines	IA	45:05	45:24	14:39
204	3/5	318	5K Marcia Schoeppner	54	F Des Moines	IA	45:11	45:31	14:41
205	24/30	41	5K Julie Buenzow	26	F Ankeny	IA	45:02	46:15	14:55
206	25/30	151	5K Melanie Hill	25	F Ankeny	IA	45:01	46:15	14:56
207	10/12	441	5K Sarah Behrens	24	F		46:04	46:54	15:08
208	26/30	122	5K Melissa Gourley	25	F Urbandale	IA	46:04	46:54	15:08
209	15/21	412	5K Tracy Akerman	38	F		46:24	47:10	15:13
210	12/21	413	5K Michelle Ouverson	42	F		46:25	47:10	15:13
211	16/21	113	5K Amy Fuller	35	F Bondurant	IA	46:58	47:41	15:23
212	7/15	84	5K Kate Doerhoff	46	F Bondurant	IA	46:59	47:42	15:23
213	8/15	207	5K Jane Kunze	45	F Mingo	IA	46:59	47:42	15:23
214	27/30	319	5K Nicole Schultz	27	F Urbandale	IA	47:34	47:57	15:28
215	15/21	42	5K Jennifer Burke	34	F Waukee	IA	47:33	47:57	15:29
216	1/1	66	5K David Creighton	67	M Des Moines	IA	47:28	48:12	15:33
217	9/12	340	5K Tiffany Snodgrass	12	F Carlisle	IA	48:09	48:27	15:38
218	10/12	403	5K Elisha Wyckoff	14	F Carlisle	IA	48:10	48:27	15:38
219	11/12	341	5K Tristin Snodgrass	10	F Carlisle	IA	48:10	48:28	15:38
220	4/5	67	5K Norma Creighton	51	F Des Moines	IA	47:48	48:33	15:40
221	13/21	344	5K Sharon Snodgrass	41	F Carlisle	IA	48:57	49:15	15:54
222	10/11	343	5K Curt Snodgrass	45	M Carlisle	IA	48:58	49:16	15:54
223	11/11	91	5K Bruce Eckhart	45	M Urbandale	IA	50:25	50:49	16:24
224	14/21	92	5K Carri Eckhart	43	F Urbandale	IA	50:25	50:49	16:24
225	9/15	222	5K Susan Lynch	48	F West Des Moines	IA		50:50	16:24
226	15/21	100	5K Cathy Evans	42	F Urbandale	IA	50:37	51:05	16:29
227		223	5K Ly Mak		M Des Moines	IA	50:43	51:30	16:37
228	10/15	224	5K Sarin Mak	49	F Des Moines	IA	50:42	51:30	16:37
229	16/21	464	5K Robin Spahr	34	F		50:46	51:40	16:40
230	16/21	14	5K Lee Ann Bakros	42	F Des Moines	IA	50:46	51:41	16:40
231	12/12	154	5K Rachel Hillman	8	F Dallas Center	IA	51:00	52:09	16:50
232	11/12	329	5K Randi Sesker	24	F Des Moines	IA	51:22	52:17	16:52
233	11/15	327	5K Shellee Sesker	45	F Bondurant	IA	51:23	52:17	16:52
234	15/15	328	5K Justine Sesker	17	F Bondurant	IA	51:23	52:17	16:52
235	9/9	397	5K Chris Willadsen	53	M West Des Moines	IA	51:28	52:31	16:57
236	28/30	98	5K Sara Esser	25	F Des Moines	IA	51:28	52:32	16:57
237		217	5K Heather Loose		F Des Moines	IA	51:29	52:33	16:57
238	12/15	26	5K Marianne Blubaugh	47	F West Des Moines	IA	53:29	53:49	17:22
239	1/1	27	5K Sharon Blubaugh	59	F Des Moines	IA	53:30	53:49	17:22
240	17/21	459	5K Darlene Danielson	41	F		53:44	54:33	17:36
241	12/12	406	5K Bobbie Zediker	24	F Johnston	IA	53:44	54:34	17:36
242	15/16	440	5K Jim Zoet	30	M		53:28	54:43	17:39
243	29/30	300	5K Rebecca Zoet	27	F Kilkenny	MN	53:30	54:45	17:40
244	18/21	200	5K Colleen Kirk	43	F Des Moines	IA	53:49	54:49	17:41
245	2/2	288	5K Judy Putney	63	F Des Moines	IA	53:48	54:49	17:41
246	13/15	250	5K Catherine Medina	46	F Des Moines	IA	53:48	54:49	17:41
247	5/5	489	5K Gloria Marr	54	F		53:35	54:55	17:43
248	10/11	275	5K Kevin Patton	37	M Des Moines	IA	54:04	55:17	17:50
249	17/21	387	5K Stephanie Whitener	31	F Des Moines	IA	54:05	55:18	17:51
250	16/16	423	5K Hoa Tu	32	M		54:06	55:25	17:53
251	18/21	421	5K Kellie Tu	32	F		54:07	55:26	17:53
252	14/15	383	5K Vicki Whaley	49	F Des Moines	IA	54:11	55:26	17:53
253	17/17	380	5K Joshua Wetmore	28	M Des Moines	IA	56:00	56:35	18:15
254	19/21	379	5K Michelle Wetmore	31	F Des Moines	IA	56:01	56:35	18:15
255	17/21	137	5K Dawnita Harvey	35	F Des Moines	IA	55:48	56:55	18:22
256	19/21	47	5K Sylvia Carman	41	F Des Moines	IA	56:05	57:10	18:27
257	3/3	362	5K Larry Vavroch	56	M Des Moines	IA	56:25	57:11	18:27
258	18/21	58	5K Mary Cleghorn	38	F Des Moines	IA	56:05	57:11	18:27
259	19/21	284	5K Mindy Pogemiller	38	F Clive	IA	56:13	57:18	18:29

260	20/21	123	5K Shawna Graeve
261	21/21	161	5K Cindy Howe
262	20/21	143	5K Laura Herbst
263		90	5K Wendy Eckhart
264	30/30	370	5K Jenny Weber
265	15/15	361	5K Linda Vavroch
266	11/11	171	5K Tony Jacobsen
267	21/21	172	5K Joanne Jacobsen
268	20/21	360	5K Wendy Vanderport
269	21/21	216	5K Eileen Loomis

44	F Des Moines	IA	56:51	57:19	18:30
44	F Des Moines	IA	56:51	57:19	18:30
36	F Urbandale	IA	56:15	57:20	18:30
	F Windsor Heights	IA	56:14	57:27	18:32
27	F Clive	IA	56:15	57:28	18:32
49	F Des Moines	IA	58:10	59:32	19:13
37	M Dallas Center	IA	58:24	59:47	19:17
38	F Dallas Center	IA	58:51	1:00:13	19:26
31	F Des Moines	IA	1:01:28	1:02:24	20:08
33	F Des Moines	IA	1:01:28	1:02:25	20:08

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