

Matt's Race - 5 Kilometer (3.1 miles)

[10K results are here](#)

Waterworks Park - Des Moines, Iowa

June 14, 2003

70, sunny, humid

Results by Cal Murdock

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.

"*" indicates females

PLACE	CLASS	FINISHER	TIME	PACE
PLACE	PLACE			
1		Jacob Kaemmer, 26, Des Moines, IA	17:00	5:28
2	1 M15	Brett Carter, 15, Indianola, IA	17:16	5:33
3	2 M15	Davis Linden, 17, Grinnell, IA	17:33	5:39
4	1 M40	Kevin Otte, 43, Clive, IA	17:46	5:43
5	1 M19	Justin Barber, 22, Midland, TX	17:48	5:44
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				
1		Hannah Roeder, 15*, Des Moines, IA	19:01	6:07
6	1 M30	Chad Lee, 30, West Des Moines, IA	19:04	6:08
2	1 W30	Jenny Weber, 30*, Des Moines, IA	19:46	6:22
7	2 M30	Jamie Aveni, 37, Des Moines, IA	19:52	6:23
3	1 JrW	Nicole Wilson, 14*, Urbandale, IA	20:42	6:39
8	3 M30	Patrick McDermott, 30, Ankeny, IA	20:58	6:45
9	2 M40	Mark Courter, 46, Urbandale, IA	21:05	6:47
10	2 M19	Joe Wickard, 20, Des Moines, IA	21:13	6:49
11	3 M19	Ryan Terwilliger, 20, Eagle Grove, IA	21:18	6:51
12	4 M19	Tim McCloud, 25, Des Moines, IA	21:19	6:52
13	3 M15	Blake Arney, 18, Columbia, MO	21:23	6:53
14	4 M30	Todd Halbach, 31, Ankeny, IA	21:24	6:53
15	5 M30	Thomas Anderson, 36, Clive, IA	21:33	6:56
4	2 W30	Angela Palen, 32*, Norwalk, IA	21:34	6:56
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				
5	1 W19	Sally Sandberg, 20*, Cedar Rapids, IA	21:47	7:01
16	1 M50	Steve Carter, 56, Indianola, IA	21:48	7:01
17	6 M30	Philip Behrends, 30, Des Moines, IA	22:09	7:08
18	1 JrM	Alexander Adams, 14, Indianola, IA	22:21	7:11
19	4 M15	Jason Foersch, 16, Leon, IA	22:22	7:12
20	5 M19	David McConnell, 21, Des Moines, IA	22:30	7:14
21	6 M19	Steve Bunch, 19, Lovilia, IA	22:38	7:17
6	2 W19	Bryony Jones, 22*, Des Moines, IA	22:40	7:18
22	7 M30	Tim Ordal, 35, Ames, IA	22:49	7:20
7	2 JrW	Haley Madison, 14*, Ankeny, IA	22:50	7:21
8	3 W30	Tami Draper, 32*, Des Moines, IA	22:58	7:23
23	8 M30	Randy Spurr, 35, Norwalk, IA	23:00	7:24
24	5 M15	JohnPaul Williams, 15, Pleasantville, IA	23:08	7:26
25	9 M30	David Hardisty, 30, Des Moines, IA	23:10	7:27
26	10 M30	Kevin Croft, 36, Des Moines, IA	23:14	7:29
27	7 M19	Heather Boeke, 23, Des Moines, IA	23:21	7:31
28	3 M40	Tom Williams, 44, Pleasantville, IA	23:31	7:34
29	6 M15	Gerald Awe, 15, Corwith, IA	23:37	7:36
30	11 M30	Rich Cuevas, 37, Pleasant Hill, IA	23:39	7:37
31	8 M19	Matthew Watters, 29, Ankeny, IA	23:48	7:39
32	4 M40	Brad Shipman, 48, Van Meter, IA	23:55	7:42
9	4 W30	Michelle Schaeffer, 37*, Ankeny, IA	23:56	7:42
33	9 M19	Charles Larson, 22, Ankeny, IA	23:57	7:42
34	12 M30	Kelly Parisho, 35, Des Moines, IA	24:01	7:44
35	2 JrM	Kit Anderson, 11, Norwalk, IA	24:04	7:45
36	5 M40	Gary Nordquist, 40, West Des Moines, IA	24:15	7:48
10	3 W19	Jill Logsdon, 20*, Maxwll, IA	24:22	7:50
37	10 M19	Nate Ogbourne, 24, Carlisle, IA	24:36	7:55
38	2 M50	Gary Fall, 56, Des Moines, IA	24:37	7:55
39	3 M50	Larry Detwiler, 59, Des Moines, IA	24:38	7:55
11	5 W30	Sharon Van Roekel, 38*, Pella, IA	24:44	7:57
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				

40	3	JrM Nicholas Schneider, 12, Clive, IA	24:56	8:01
41	11	M19 Michael Fackler, 25, West Des Moines, IA	24:57	8:02
12	4	W19 Erika Nortemann, 21*, Des Moines, IA	24:57	8:02
42	12	M19 Bryan Weible, 26, Des Moines, IA	25:03	8:03
43	13	M30 Todd Essing, 35	25:03	8:04
44	14	M30 Mark Easler, 36, Clive, IA	25:03	8:04
13	1	W15 Stacie Suntken, 18*, Indianola, IA	25:09	8:06
45	13	M19 Kourtney Miller, 25, Ames, IA	25:13	8:07
14	6	W30 Jill Kopecky, 35*, Des Moines, IA	25:18	8:08
46	15	M30 Brent McClure, 32, Des Moines, IA	25:26	8:11
15	3	JrW Megan Stratton, 13*, Collins, IA	25:31	8:13
16	4	JrW Katie Seales, 13*, Rhodes, IA	25:32	8:13
17	7	W30 Natalie Bierley, 38*, Des Moines, IA	25:42	8:16
18	8	W30 Lisa Bonnichsen, 36*, Ames, IA	25:49	8:18
19	5	W19 Jen Ogbourne, 25*, Carlisle, IA	25:50	8:19
20	2	W15 Lauren Link, 15*, Des Moines, IA	25:50	8:19
47	14	M19 Ryan Nemmers, 20, Des Moines, IA	25:54	8:20
48	16	M30 Harold Barnes, 34, Newton, IA	25:57	8:21
49	15	M19 Matthew Day, 27, Des Moines, IA	26:15	8:27
21	1	W40 Mary Cooper, 47*, Des Moines, IA	26:18	8:28
22	6	W19 Brittany Jones, 19*, Ankeny, IA	26:20	8:28
50	17	M30 Phil Ferguson, 37, Des Moines, IA	26:33	8:33
23	7	W19 Jennifer Smith, 21*, Des Moines, IA	26:35	8:33
51	18	M30 Ray Seidelman, 30, West Des Moines, IA	26:35	8:33
52	19	M30 Shawn Bown, 36, Des Moines, IA	26:37	8:34
53	16	M19 Keith Pooock, 28, Ankeny, IA	26:40	8:35
54	7	M15 Robert Best, 16, Des Moines, IA	26:48	8:38
24	9	W30 Kelli Bodwell, 37*	26:57	8:40
55	6	M40 Larry Davey, 45, Indianola, IA	27:02	8:42
56	20	M30 Allan Tunks, 36, Des Moines, IA	27:02	8:42
57	21	M30 Stephen Waymire, 37, Des Moines, IA	27:03	8:42
58	22	M30 Sean Sexton, 34, Des Moines, IA	27:20	8:48
59	8	M15 Zack Reese, 15, Des Moines, IA	27:21	8:48
25	8	W19 Laura Geil, 26*, Indianola, IA	27:23	8:49
26	3	W15 Erika Ehlers, 16*, Urbandale, IA	27:24	8:49
60	7	M40 Karl Ehlers, 44, Urbandale, IA	27:24	8:49
27	2	W40 Cheryl Standing, 47*, Des Moines, IA	27:29	8:51
28	4	W15 Lacey De Groot, 16*, Oskaloosa, IA	27:31	8:51
29	3	W40 Lana De Groot, 42*, Oskaloosa, IA	27:32	8:52
61	9	M15 Jeremy Denmon, 15, Slater, IA	27:34	8:52
62	4	M50 Earl Smith, 55	27:42	8:55
63	5	M50 Eugene Rasmussen, 56, Ankeny, IA	27:43	8:55
64	6	M50 Ted Nemmers, 54, Clive, IA	27:45	8:56
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				
65	17	M19 Daniel Pallardy, 19	27:57	9:00
30	10	W30 Ellen Moore, 33*, Clive, IA	28:00	9:01
31	11	W30 Sheila Bell, 38*, Altoona, IA	28:01	9:01
66	7	M50 William Kennedy, 56, Ankeny, IA	28:04	9:02
67	8	M40 Randy Cook, 44, Des Moines, IA	28:04	9:02
68	9	M40 Dan Jamison, 41, Woodward, IA	28:15	9:06
32	5	W15 Kaylee Draper, 16*, Des Moines, IA	28:22	9:08
33	9	W19 Amy Gould, 25*, Des Moines, IA	28:33	9:11
69	4	JrM Quinn Pallardy, 14, Columbia, MO	28:40	9:13
34	4	W40 Linda Feiden, 42*, West Des Moines, IA	28:46	9:15
35	6	W15 Samantha Wickard, 17*, Des Moines, IA	28:50	9:17
36	10	W19 Christine Hoffman, 29*, West Des Moines, IA	28:56	9:19
70	23	M30 Mike Wetzel, 36, Norwalk, IA	28:59	9:19
37	5	W40 Denise McConnell, 42*, Des Moines, IA	29:00	9:20
38	7	W15 Ashley Terwilliger, 15*, Eagle Grove, IA	29:00	9:20
71	10	M15 Danjin Zulic, 15, Ankeny, IA	29:16	9:25
39	12	W30 Cari Wetzel, 34*, Des Moines, IA	29:18	9:26
72	10	M40 Phil Johnson, 49, Hampton, IA	29:22	9:27
40	5	JrW Kelsy Draper, 14*, Des Moines, IA	29:25	9:28
41	11	W19 Hilary Van Vark, 26*, Pella, IA	29:30	9:30
42	12	W19 Katie Peterson, 26*, Pella, IA	29:31	9:30
73	5	JrM Lucas Palar, 13, Carlisle, IA	29:32	9:30
43	13	W19 Dawn Winter, 26*, Huxley, IA	29:33	9:30
44	6	JrW Holly Whitney, 12*, Slater, IA	29:35	9:31
45	6	W40 Mary Tabor, 40*, Des Moines, IA	29:36	9:31
46	13	W30 Jennifer Duggan, 33*, Des Moines, IA	29:39	9:32
47	14	W30 Sharilyn Mauro, 38*, Des Moines, IA	29:42	9:33
48	14	W19 Sarah Carter, 27*, West Des Moines, IA	29:46	9:35
49	8	W15 Lucinda Rasmussen, 16*, Ankeny, IA	29:47	9:35
74	8	M50 Michael Suggett, 57, Des Moines, IA	29:48	9:35
75	6	JrM T J Suntken, 11, Indianola, IA	29:50	9:36
50	15	W19 Steph Suntken, 22*, Indianola, IA	29:51	9:36
76	7	JrM Nicholas Schneider, 10, Clive, IA	29:56	9:38
51	16	W19 Laura Bresnahan, 26*, CorAlville, IA	29:59	9:39
52	15	W30 Katherine Pickett, 31*, Grimes, IA	30:04	9:40

53	17	W19 Allison Schafer, 23*, Des Moines, IA	30:05	9:41
54	18	W19 Stephanie Mahaffey, 23*, Altoona, IA	30:10	9:42
55	1	W60 Clarene Jefson, 60*, West Des Moines, IA	30:15	9:44
56	16	W30 Stephanie Dermody, 34*, Norwalk, IA	30:22	9:46
57	19	W19 Tara McFarling, 27*, West Des Moines, IA	30:24	9:47
58	20	W19 Dawn Farrell, 29*, Urbandale, IA	30:25	9:47
59	7	W40 Mary Jo Williams, 40*, Pleasantville, IA	30:26	9:48
60	2	W60 Ladell Lybarger, 60*, Des Moines, IA	30:31	9:49
61	21	W19 Beth Davis, 25*, Des Moines, IA	30:57	9:58

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62	22	W19 Holly Reese, 23*, Des Moines, IA	31:07	10:01
63	17	W30 Tammy Stahle, 35*, Urbandale, IA	31:12	10:02
77	24	M30 Jason Faidley, 31, Newton, IA	31:19	10:05
64	23	W19 Jill Aldrich, 22*, Altoona, IA	31:21	10:05
65	18	W30 Jil Schneider, 37*, Clive, IA	31:22	10:06
66	24	W19 Amanda Whitmarsh, 25*	31:22	10:06
67	25	W19 Gretchen Powell, 25*, West Des Moines, IA	31:25	10:06
68	26	W19 Shelbie Barrett, 26*, Johnston, IA	31:25	10:07
69	27	W19 Lauren Prunty, 29*, Des Moines, IA	31:26	10:07
78	18	M19 Lawrence Prunty, 27, Des Moines, IA	31:26	10:07
79	1	M60 Maurice Smith, 67, Des Moines, IA	31:28	10:07
80	25	M30 Jamie Sauter, 32, Indianola, IA	31:28	10:08
70		Jill Carson*, Des Moines, IA	31:34	10:09
71	8	W40 Christine Van Haaften, 40*, Pella, IA	31:36	10:10
81	11	M40 Joe Giudicessi, 47	31:40	10:11
72	9	W40 Debbie Mitchell, 46*, Ankeny, IA	31:49	10:14
82	8	JrM Charlie Engblom, 10, Grimes, IA	31:57	10:17
83	9	JrM Same Houge, 9, Urbandale, IA	31:57	10:17
73	10	W40 Catherine Engblom, 40*, Grimes, IA	32:05	10:19
84	26	M30 Doug Rex, 38, West Des Moines, IA	32:06	10:20
74	28	W19 Christine Collier, 27*, Grimes, IA	32:23	10:25
85	12	M40 Mark Minear, 49, Carlisle, IA	32:27	10:27
75	19	W30 Laura Werstein, 30*, West Des Moines, IA	33:34	10:48
86	19	M19 Steven Steenbeke, 27, Urbandale, IA	33:44	10:51
76	20	W30 Brenda Ingle, 38*, Des Moines, IA	33:45	10:52
77	11	W40 Christie Norris, 46*, West Des Moines, IA	33:46	10:52
78	29	W19 Katie Patterson, 21*, Des Moines, IA	34:08	10:59

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79	12	W40 Nancy Mundy, 41*, Des Moines, IA	34:20	11:03
87	27	M30 Thomas Stein, 34, Des Moines, IA	34:44	11:10
88	2	M60 David Lybarger, 60, Des Moines, IA	35:00	11:16
80	21	W30 Maria Wittern, 35*, West Des Moines, IA	35:27	11:25
81	22	W30 Jennifer Reymond, 32*, Des Moines, IA	35:37	11:28
82	9	W15 Emily Marty, 15*, Baxter, IA	35:56	11:34
83	23	W30 Andrea Fant, 34*, West Des Moines, IA	36:31	11:45
84	13	W40 Luann Link, 46*, Des Moines, IA	36:56	11:53

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85	30	W19 Joni Leinen, 27*, West Des Moines, IA	37:29	12:04
89	9	M50 Steve McDonald, 51, Clive, IA	37:30	12:04
90	20	M19 John McDonald, 19, Clive, IA	37:31	12:04
86	31	W19 Meghan West, 23*, Altoona, IA	37:35	12:06
87	32	W19 Cori Kuhn, 23*, Des Moines, IA	37:42	12:08
88	33	W19 Marcia Nosbisch, 26*, West Des Moines, IA	37:48	12:10
91	21	M19 Paul Pedersen, 27, Des Moines, IA	38:39	12:26
89	7	JrW Ashli Fanning, 11*, Des Moines, IA	38:47	12:29
90	24	W30 Staci Fanning, 33*, Des Moines, IA	38:47	12:29
91	10	W15 Chantel Young, 15*, Des Moines, IA	39:17	12:38
92	1	W50 Darlene Miller, 52*, Urbandale, IA	39:35	12:44
93	25	W30 Amy Smith, 31*, West Des Moines, IA	40:13	12:57

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94	26	W30 Tonya Bunch, 37*, Lovilia, IA	40:31	13:02
92	10	M50 Steve Wickard, 51, Des Moines, IA	40:45	13:07
95	8	JrW Kara Hinshaw, 12*, Ankeny, IA	40:47	13:07
96	2	W50 Carole Weltha, 50*, PaTterson, IA	40:51	13:09
97	14	W40 Muriel Hinshaw, 41*, Ankeny, IA	40:53	13:09
98	34	W19 Sarah O'Rourke, 26*, West Des Moines, IA	42:09	13:34
99	35	W19 Amanda Corbin, 25*, Des Moines, IA	42:14	13:36
100	27	W30 Diana Cahlouns, 38*, Omaha, NE	42:23	13:38
101	28	W30 Jill Msith, 37*, West Des Moines, IA	42:23	13:38
93	11	M15 Joshua Foersch, 18, Leon, IA	43:10	13:54
102	3	W50 Sharon Blubaugh, 56*, Des Moines, IA	43:15	13:55

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103	36	W19 Amber Terrones, 20*, Des Moines, IA	44:18	14:15
94	22	M19 Charles Mercer, 22, Ames, IA	44:18	14:15
104	37	W19 Stacey Randall, 27*, Urbandale, IA	44:18	14:15
95	11	M50 Curtis Randall, 54, West Des Moines, IA	44:19	14:16
105	4	W50 Jean Burt, 51*, Des Moines, IA	44:19	14:16

106	38	W19	Lauren Fox, 19*, Des Moines, IA	44:20	14:16
107	39	W19	Emily Burt, 19*, Des Moines, IA	44:20	14:16
108	40	W19	Judy Card, 29*, Des Moines, IA	44:27	14:18
96	28	M30	Terry Cole, 34, Des Moines, IA	44:49	14:25
109	41	W19	Jill Sterling, 27*, Des Moines, IA	45:03	14:30
110	29	W30	Noelle Zmolek, 36*, Des Moines, IA	45:03	14:30
111	30	W30	Amber Darby, 32*, Des Moines, IA	45:13	14:33
97	29	M30	Chris Sterling, 30, Des Moines, IA	45:15	14:34
112	9	JrW	Emily Seeman, 10*, Jamaica, IA	45:22	14:36
98	3	M60	David Creighton Sr, 64, Des Moines, IA	45:25	14:37
113	31	W30	Michelle Ouverson, 39*, West Des Moines, IA	45:25	14:37
114	15	W40	Rose McKeeber, 47*, Urbandale, IA	45:28	14:38
115	16	W40	Eric Nielson, 45*, Ankeny, IA	45:36	14:40
116	32	W30	Linda Johnson, 39*, Des Moines, IA	45:44	14:43
117	42	W19	Katie Boston, 23*, Waukee, IA	45:44	14:43
118	43	W19	Erin Boston, 28*, DeSoto, IA	45:45	14:43
119	33	W30	Bonnie Young, 31*, Des Moines, IA	46:02	14:49
120	11	W15	Sarah Wignall, 15*, Des Moines, IA	46:28	14:57
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					

121	44	W19	Brady Weible, 25*, Des Moines, IA	47:33	15:18
99	23	M19	Cameron Pope, 28, Denver, CO	47:34	15:18
122	34	W30	Sheri Kempkes, 37*, Des Moines, IA	47:40	15:20
123	35	W30	Paula Slagle, 38*, Des Moines, IA	47:41	15:21
124	5	W50	Bonnie Keeton, 52*, Redfield, IA	48:26	15:35
125	45	W19	Cori Keeton, 28*, Denver, CO	48:27	15:35
100	12	M50	Gary Keeton, 51, Redfield, IA	48:29	15:36
126	36	W30	Laurie Green, 38*, Des Moines, IA	48:37	15:39
127	46	W19	Brooke McNabb, 29*, Altoona, IA	48:38	15:39
128	3	W60	Adelle McNabb, 64*, Urbandale, IA	48:39	15:39
129	47	W19	Lyndi Curphy, 22*, Pleasant Hill, IA	49:04	15:48
130	48	W19	Miranda Marim, 24*	49:05	15:48
131	49	W19	Jessica Burke, 20*, Pleasant Hill, IA	49:05	15:48
132	50	W19	Shannon Fethers, 26*, Des Moines, IA	49:06	15:48
133	37	W30	Julia Goheen, 31*, Des Moines, IA	49:07	15:48
134	51	W19	Sara Lark, 21*, Des Moines, IA	49:07	15:48
135	52	W19	Nannette Schminkey, 26*, Pleasant Hill, IA	49:09	15:49
136	53	W19	Jenni Dunaway, 27*, Des Moines, IA	49:38	15:58
137	38	W30	Lynne Hyde, 39*, Ankeny, IA	49:38	15:58
101	13	M50	Robert Dunaway, 59, Monroe, IA	49:39	15:59
138	54	W19	Jennifer Dodd, 28*, Des Moines, IA	49:40	15:59
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					

139	17	W40	Pam Larsen, 44*, Urbandale, IA	49:46	16:01
140	39	W30	Jodi Stedman, 30*, West Des Moines, IA	50:02	16:06
141	18	W40	Peggy Carpenter, 46*, Johnston, IA	50:05	16:07
102	14	M50	John Kouri, 56, Des Moines, IA	50:06	16:07
142	19	W40	Elaine Kouri, 49*, Des Moines, IA	50:09	16:08
143	20	W40	Sundhild Barrett, 44*, Des Moines, IA	50:10	16:08
144	55	W19	Tara Tarnowski, 22*, Des Moines, IA	50:10	16:09
103	13	M40	Larry Barrett, 46, Des Moines, IA	50:11	16:09
145	4	W60	Mary Mercury, 61*, Altoona, IA	50:17	16:11
146	5	W60	Carol Brittain, 64*, Des Moines, IA	50:17	16:11
147	6	W60	Donna Toombs, 64*, Des Moines, IA	50:20	16:12
148	40	W30	Andrea Spalding, 30*, West Des Moines, IA	50:30	16:15
104	24	M19	Gene Spalding, 28, West Des Moines, IA	52:23	16:51
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					

149	41	W30	Paulette Wheeler, 33*, Urbandale, IA	53:10	17:07
150	10	JrW	Casey Rotert, 11*, Urbandale, IA	53:23	17:11
151	56	W19	Stephanie Harris, 26*, Dallas Center, IA	53:26	17:12
152	42	W30	Heidi Morrison, 32*, Clive, IA	53:28	17:12
153	43	W30	Deanna Newson, 30*	53:29	17:13
154	21	W40	Pam Close, 47*, Columbia, MO	53:31	17:13
105	15	M50	Steve Pallardy, 52, Columbia, MO	53:32	17:14
155	57	W19	Tracy Day, 29*, Des Moines, IA	53:41	17:17
156	44	W30	Lynn Anderson, 34*, Clive, IA	53:42	17:17
157	6	W50	Leslee Sandberg, 56*, Cedar Rapids, IA	53:53	17:20
106	16	M50	Michael Sandberg, 55, Cedar Rapids, IA	53:54	17:21
158	58	W19	Amanda Kuhlman, 25*, Des Moines, IA	54:24	17:30
159	59	W19	Lindsay Daniel, 23*, West Des Moines, IA	54:24	17:31
160	60	W19	Heidi Collins, 23*, West Des Moines, IA	54:25	17:31
161	45	W30	Mary Curran, 37*, West Des Moines, IA	54:44	17:37
162	61	W19	Tammy Steenhoek, 27*, Prairie City, IA	55:13	17:46
163	22	W40	Patty Keuning, 48*, Prairie City, IA	55:14	17:46
164	62	W19	Holly Mayer, 22*, Urbandale, IA	55:15	17:47
165	23	W40	Terri Kent, 43*, Des Moines, IA	55:17	17:47
166	24	W40	Malette Kent, 41*, Des Moines, IA	55:18	17:48
167	63	W19	Missy Schoeberl, 23*, Indianola, IA	55:29	17:51
168	64	W19	Macie McCoy, 23*, Indianola, IA	55:30	17:52
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169	25	W40	Linda Pausley, 49*, Des Moines, IA	56:02	18:02
107	14	M40	Charles Pausley, 49, Des Moines, IA	56:09	18:04
170	26	W40	Becky Ford-Quigley, 45*, Pleasant Hill, IA	56:23	18:09
171	7	W50	Margaret Herrick, 50*, Indianola, IA	56:23	18:09
172	27	W40	Carol Ruby, 46*, Mt. Pleasant, IA	56:26	18:10
173	28	W40	Glenda Tibben, 42*, Des Moines, IA	56:27	18:10
108	10	JrM	Steven Best, 10, Des Moines, IA	56:36	18:13
174	29	W40	Anita Best, 47*, Des Moines, IA	56:37	18:13
175	8	W50	Carolyn Suggett, 55*, Des Moines, IA	56:38	18:13
176	65	W19	Elizabeth Jochem, 19*, West Des Moines, IA	56:46	18:16
177	66	W19	Elizabeth Pearce, 19*, West Des Moines, IA	56:47	18:16
178	12	W15	Kari Moyer, 18*, West Des Moines, IA	56:48	18:17
109	30	M30	Doug Bryant, 38, West Des Moines, IA	56:49	18:17
179	46	W30	Deborah Janssen, 34*, Des Moines, IA	57:14	18:25
180	9	W50	Gloria Marr, 52*, Des Moines, IA	57:15	18:25
181	30	W40	Mary Griffin, 41*, Des Moines, IA	57:15	18:26
182	47	W30	Liz Bryant, 32*, West Des Moines, IA	57:16	18:26
110	31	M30	Robert Root, 31, Des Moines, IA	57:59	18:39
183	67	W19	Kathy Pitham, 23*, AnThon, IA	57:59	18:40
184	68	W19	Sheila Baldwin, 27*, Iowa City, IA	57:59	18:40
185	10	W50	Judy Lee, 57*, MaPelton, IA	58:00	18:40
186	69	W19	Karla Lee, 25*	58:02	18:40
187	31	W40	Coleen Chambers, 40*, Des Moines, IA	58:03	18:41
188	48	W30	Lori Bruening, 36*, Des Moines, IA	58:09	18:43
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					
189	49	W30	Jean Kutsch, 35*, Des Moines, IA	1:00:11	19:22
190	11	W50	Marilyn Boudouris, 55*, Des Moines, IA	1:00:25	19:27
111	4	M60	James Boudouris, 72, Des Moines, IA	1:00:26	19:27
191	12	W50	Zeta Van Blaricum, 50*, Des Moines, IA	1:00:26	19:27
192	13	W50	Pam Prince, 55*, Des Moines, IA	1:00:26	19:27
112	32	M30	Ron Ambrose, 39, Clive, IA	1:00:26	19:27
193	50	W30	Jodi Ford, 35*, Des Moines, IA	1:00:27	19:27
194	70	W19	Erin Quigley, 20*, Pleasant Hill, IA	1:00:27	19:27
195	32	W40	Jan Mickelson, 48*, Des Moines, IA	1:00:27	19:27
196	51	W30	Linda Ford, 32*, Ankeny, IA	1:00:27	19:27
113	33	M30	Tom Ford, 34, Ankeny, IA	1:00:27	19:27
197	52	W30	Shannon Petersen, 31*, West Des Moines, IA	1:00:29	19:28
198	53	W30	Cindy Frost, 34*, Edmond, OK	1:00:29	19:28
199	71	W19	Lisa Nash, 23*, Los Angeles, CA	1:00:30	19:28
200	72	W19	Meggan Low, 23*, Des Moines, IA	1:00:31	19:29
201	73	W19	Tiffany Hopper, 23*, West Des Moines, IA	1:00:32	19:29
114	12	M15	Trevor Barrett, 18, Des Moines, IA	1:00:33	19:29
202	13	W15	Emily Stamper, 17*, Des Moines, IA	1:00:34	19:30
203	14	W50	Jan West, 51*, Altoona, IA	1:00:38	19:31
115	5	M60	Jon West, 61, Altoona, IA	1:00:39	19:31
204	15	W50	Janice Ramsey, 57*, Woodward, IA	1:00:57	19:37
205	54	W30	Jodi Jamison, 36*, Woodward, IA	1:00:58	19:37
206	55	W30	Marjorie Glynn, 37*, West Des Moines, IA	1:00:59	19:38
207	56	W30	Kimberly Nitcher, 31*, Urbandale, IA	1:01:41	19:51
208	16	W50	Lucia Hoppenworth, 58*, Slater, IA	1:01:42	19:51
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116	11	JrM	Noah Janssen, 3, Des Moines, IA	1:02:17	20:02
209	33	W40	Connie Janssen, 49*, Des Moines, IA	1:03:00	20:17
210	7	W60	Esther Gooding, 61*, Carlisle, IA	1:03:01	20:17
117	25	M19	Scott Janssen, 29, Des Moines, IA	1:03:07	20:19
118	12	JrM	Steven Patrick, 12, Des Moines, IA	1:03:10	20:20
119	17	M50	Denny Janssen, 50, Des Moines, IA	1:03:15	20:21
211	17	W50	Rebecca Pegg, 57*, Des Moines, IA	1:03:27	20:25
120	13	JrM	Aj Fanning, 8, Des Moines, IA	1:03:28	20:25
212	57	W30	April Gordon, 32*, Des Moines, IA	1:03:28	20:26
213	34	W40	Klare Black-Logan, 40*, Johnston, IA	1:04:19	20:42
214	35	W40	Kathy French, 42*, Runnells, IA	1:04:19	20:42
215	11	JrW	Allison French, 11*, Runnells, IA	1:04:29	20:45
121	14	JrM	DavidLane French, 8, Runnells, IA	1:04:45	20:50
216	12	JrW	Lindsay French, 6*, Runnells, IA	1:04:46	20:51
217	58	W30	Jenny Westover, 32*, Urbandale, IA	1:04:47	20:51
218			Samantha Forristall*, Des Moines, IA	1:04:47	20:51
219	74	W19	Carrie Forristall, 27*, Des Moines, IA	1:04:48	20:51
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					
220	36	W40	Debbie Young, 46*, Lamoni, IA	1:06:09	21:17
221	75	W19	Mohria Potts, 24*, Lamoni, IA	1:06:09	21:17
222	18	W50	Marla Potts, 58*, Lamoni, IA	1:06:41	21:28
122	6	M60	Roger Potts, 64, Lamoni, IA	1:06:42	21:28
123	15	JrM	Anthony Jacobsen, 5, Dallas Center, IA	1:06:49	21:30
124	34	M30	Tony Jacobsen, 35, Dallas Center, IA	1:06:49	21:30
223	13	JrW	Cejae Jacobsen, 9*, Dallas Center, IA	1:06:53	21:32
125	18	M50	Douglas Watson, 58, Iowa City, IA	1:07:42	21:47

224	19	W50 Carol Watson, 55*, Iowa City, IA	1:07:42	21:47
225	76	W19 Erin Lane, 25*	1:07:43	21:47
126	26	M19 Michael Watsoj, 27	1:07:44	21:48
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226	14	JrW Rachel Hillman, 5*, Dallas Center, IA	1:09:02	22:13
227	59	W30 JoAnn Jacobsen, 36*, Dallas Center, IA	1:09:03	22:13
228	77	W19 Gina Kandris, 26*, West Des Moines, IA		:00
229	78	W19 Amber Ostercamp, 28*, West Des Moines, IA		:00

"*" indicates females

15 finishers among Men 14 & Under
12 finishers among Men 15 - 18
26 finishers among Men 19 - 29
34 finishers among Men 30 - 39
14 finishers among Men 40 - 49
18 finishers among Men 50 - 59
6 finishers among Men 60 & Up
14 finishers among Women 14 & Under
13 finishers among Women 15 - 18
78 finishers among Women 19 - 29
59 finishers among Women 30 - 39
36 finishers among Women 40 - 49
19 finishers among Women 50 - 59
7 finishers among Women 60 & Up
126 male finishers
229 female finishers
355 total finishers

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