

22nd Capital Pursuit 10 MILE

Des Moines, Iowa

Sept. 4, 2004

70 Degrees & Humid

Results by Cal Murdock

[5 Kilo results here](#) [10 M Clydesdale /
Fillies](#)

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	M25 Jacob Kaemmer, 27, Des Moines, IA	54:14	5:25
2	1	JrM Ryan McCurnin, 18, Mason City, IA	54:57	5:30
3	1	M20 Joshua Maxwell, 24, Des Moines, IA	55:19	5:32
4	1	M40 Phil Kauder, 43, Cascade, IA	55:24	5:32
5	2	M40 Kent Lang, 42, Sedalia, MO	56:35	5:39
6	2	M25 Rob Semelroth, 29, West Des Moines, IA	56:36	5:40
7	1	M35 Brad Wall, 36, Ankeny, IA	56:54	5:41
8	1	M45 Keith Fevold, 46, Des Moines, IA	57:25	5:44
9	2	M35 Joe Marshall, 36, Granger, Ia	57:53	5:47
10	3	M35 Terry Gendron, 38, Davenport, IA	57:55	5:47
11	2	M20 Tim Ives, 23, Des Moines, IA	57:59	5:48
12	3	M25 Kyle Klingman, 28, Newton, IA	58:21	5:50
13	1	M30 Guy Willey, 30, Ames, IA	58:36	5:52
14	2	M30 Luke Spencer, 33, Des Moines, IA	58:43	5:52
15	4	M25 Kevin Egan, 29, Des Moines, IA	59:47	5:59
16	3	M40 Tim Knott, 42, Waukee, IA	59:52	5:59
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 Top				
17	2	M45 Joseph Haynes, 49, Ames, IA	1:00:34	6:03
18	4	M40 Mike Kuckta, 41, Council Bluffs, KS	1:00:40	6:04
19	3	M30 Steven Brown, 33, Minburn, IA	1:01:06	6:07
1	1	W25 Bethany Helms, 26*, Iowa City, IA	1:01:13	6:07
20	4	M30 Michael Robinson, 32, Ankeny, IA	1:01:35	6:09
2	1	W30 Robyn Friedman, 31*, Lambs Grove, IA	1:02:15	6:13
21	2	JrM Michael Haynes, 16, Ames, IA	1:02:33	6:15
22	5	M25 John McKlveen, 28, Evanston, IL	1:02:39	6:16
23	5	M30 Alex Johnson, 30, Des Moines, IA	1:02:48	6:17
24	5	M40 Doug Hammerand, 40, Carlisle, IA	1:03:21	6:20
25	6	M25 Colin Greenan, 27, Ames, IA	1:03:50	6:23
3	1	W35 Lisa Marshall, 36*, Granger, IA	1:03:59	6:24
4	2	W25 Anna Gullingsrud, 27*, Des Moines, IA	1:04:20	6:26
26	1	M50 Rick Ironside, 50, Marion, IA	1:04:27	6:27
27	6	M40 Kevin Otte, 44, Clive, IA	1:04:44	6:28
5	3	W25 Jana Peterson, 26*, Iowa City, IA	1:05:25	6:32
28	4	M35 David Jackson, 37, Huxley, IA	1:05:30	6:33
29	7	M40 Rob Mosher, 40, West Des Moines, IA	1:05:43	6:34
30	5	M35 John Parker, 36, Bettendorf, IA	1:06:26	6:39
31	8	M40 Jeff Perry, 43, Bondurant, IA	1:06:30	6:39
32	3	M45 Tim Fyfe, 46, Clear Lake, IA	1:06:36	6:40
33	4	M45 Dave Fitz, 49, Ames, IA	1:06:59	6:42
34	7	M25 Ulf Jentler, 28, West Des Moines, IA	1:07:13	6:43
35	9	M40 Jim Heinlen, 42, Lincoln, NE	1:07:14	6:43
6	2	W35 Christine Price, 35*, Des Moines, IA	1:07:15	6:43

7	1	W45 Tricia McClain, 47*, Altoona, IA	1:07:22	6:44
36	6	M35 Bill Bennett, 39, Cedar Rapids, IA	1:07:35	6:45
37	7	M35 Steve Dodge, 37, Iowa City, IA	1:07:40	6:46
38	10	M40 Ed Bell, 44, Clive, IA	1:07:41	6:46
39	3	JrM John Meyer, 19, Ames, IA	1:08:10	6:49
40	8	M35 Brian Palmer, 36, Des Moines, IA	1:08:28	6:51
41	9	M35 Alan Alberto, 39, West Des Moines, IA	1:08:36	6:52
42	8	M25 Anthony Cendana, 29, West Des Moines, IA	1:08:46	6:53
43	10	M35 Lee Hill, 36, Des Moines, IA	1:08:51	6:53
44	6	M30 Richard Bundy, 33, Ankeny, IA	1:08:58	6:54
45	1	M55 David Schulte, 57, Granger, IA	1:09:03	6:54
46	7	M30 Ryan Elsbernd, 32, Des Moines, IA	1:09:19	6:56
47	11	M40 Stewart Baldner, 44, Dallas Center, IA	1:09:23	6:56
48	11	M35 Scott Sterrett, 35, Hudson, IA	1:09:28	6:57
49	3	M20 Justus Hallam, 22, Ames, IA	1:09:35	6:57
50	5	M45 Mark Movic, 47, Des Moines, IA	1:09:38	6:58
51	4	M20 Nathan Wise, 20, Des Moines, IA	1:09:40	6:58
52	1	M60 Mike Bender, 63, Des Moines, IA	1:09:52	6:59

Pace: [6:00](#) | [7:00](#) | [8:00](#) | [9:00](#) | [10:00](#) | [11:00](#) | [12:00](#) | [13:00](#) | [Top](#)

53	12	M40 Mark Bissing, 43, West Des Moines, IA	1:10:13	7:01
54	6	M45 Allen Miller, 47, Ames, IA	1:10:28	7:03
8	3	W35 Tami Prescott, 37*, Urbandale, IA	1:10:43	7:04
9	4	W35 Traci Hart, 35*, Waukee, IA	1:10:47	7:05
55	12	M35 Jeff Osmundson, 39, Pleasant Hill, IA	1:10:50	7:05
56	2	M50 Steve Taylor, 53, Des Moines, IA	1:10:57	7:06
57	7	M45 Thomas Heuer, 47, Des Moines, IA	1:11:00	7:06
58	13	M40 Dale Knoshaug, 42, Des Moines, IA	1:11:05	7:06
59	8	M45 David Christens, 45, West Des Moines, IA	1:11:21	7:08
10	2	W30 Beth Bakros, 34*, Des Moines, IA	1:11:45	7:10
60	9	M25 Rocky Bare, 25, Des Moines, IA	1:11:53	7:11
61	13	M35 Brent Smidt, 35, Clive, IA	1:11:58	7:12
62	14	M40 Jeff Feder, 43, Des Moines, IA	1:12:13	7:13
63	9	M45 Bruce Drummond, 46, La Crosse, WI	1:12:16	7:14
11	4	W25 Erin Bresnan, 28*, Indianola, IA	1:12:19	7:14
12	5	W25 Amber Garrett, 28*, Arion, IA	1:12:19	7:14
64	3	M50 Peter Percival, 51, Des Moines, IA	1:12:31	7:15
65	15	M40 Steven McBreen, 44, Ames, IA	1:12:32	7:15
13	3	W30 Cindy Elsbernd, 33*, Des Moines, IA	1:12:37	7:16
66	10	M45 Martin Kenworthy, 46, Des Moines, IA	1:12:53	7:17
67	4	M50 Dennis Julius, 51, Storm Lake, IA	1:12:58	7:18
14	5	W35 Kim Arndt, 39*, Indianola, IA	1:13:01	7:18
15	2	W45 Jeanne McCurnin, 48*, Mason City, IA	1:13:07	7:19
68	14	M35 Jim Hagelie, 36, Marshalltown, IA	1:13:14	7:19
69	1	M70 Jim Schleisman, 71, Jefferson, IA	1:13:26	7:21
16	6	W35 Jean Seward, 39*, Clive, IA	1:13:28	7:21
17	3	W45 Sheila Maddock, 48*, Johnston, ID	1:13:34	7:21
70	5	M50 Richard Guffy, 54, Des Moines, IA	1:13:41	7:22
71	16	M40 David Teachout, 44, Des Moines, IA	1:13:44	7:22
72	11	M45 Brad Shipman, 49, Van Meter, IA	1:13:46	7:23
18	7	W35 Jennifer Smith, 35*, Waukee, IA	1:13:53	7:23
73	15	M35 Randy Kallem, 38, Des Moines, IA	1:14:10	7:25
74	17	M40 Scott Iverson, 44, Polk City, IA	1:14:13	7:25
19	1	W40 Rae Letourneau, 42*, West Des Moines, IA	1:14:13	7:25
75	18	M40 Dana Jurgens, 40, Chariton, IA	1:14:47	7:29
20	4	W30 Shelly Law, 31*, Des Moines, IA	1:15:02	7:30
21	6	W25 Kim Mueller, 29*, Ankeny, IA	1:15:05	7:30
22	5	W30 Nadine Woods, 31*, Urbandale, IA	1:15:09	7:31
76	2	M55 Reed Moore, 57, Kelley, IA	1:15:11	7:31
77	12	M45 Jonathan Wendel, 49, Ames, IA	1:15:14	7:31
78	19	M40 Michael Long, 44, Ames, IA	1:15:19	7:32
79	10	M25 Jon Beeman, 27, West Des Moines, IA	1:15:31	7:33
23	1	JrW Tiffany Jurgens, 19*, Ankeny, IA	1:15:33	7:33
24	2	W40 Kimberly Taylor, 43*, West Des Moines, IA	1:15:50	7:35
25	3	W40 Kathy Larson, 40*, West Des Moines, IA	1:15:53	7:35

80	16	M35 Jeffrey Bevis, 35, Johnston, IA	1:15:59	7:36
81	6	M50 Steve Gassmann, 51, Indianola, IA	1:16:09	7:37
82	13	M45 Pete Sandler, 49, West Des Moines, IA	1:16:11	7:37
83	14	M45 Kent Kelderman, 45, Clive, IA	1:16:12	7:37
26	4	W45 Beth Henriksen, 48*, Ames, IA	1:16:22	7:38
84	8	M30 Thad Douglas, 31, West Des Moines, IA	1:16:26	7:39
85	20	M40 Benjamin Allen, 41, Des Moines, IA	1:16:27	7:39
86	21	M40 Douglas Ross, 44, Ankeny, IA	1:16:34	7:39
87	9	M30 Brian Krueger, 33, Des Moines, IA	1:16:38	7:40
88	17	M35 John Priester, 39, Des Moines, IA	1:16:49	7:41
89	15	M45 Craig Hildreth, 46, Lytton, IA	1:16:54	7:41
90	10	M30 David Samani, 33, Smyrna, GA	1:16:57	7:42
91	11	M25 Stew Bevis, 29, Altoona, IA	1:17:02	7:42
92	11	M30 Kris Vanderkamp, 32, Ankeny, IA	1:17:07	7:43
93	18	M35 Douglas Kendall, 36, Tracy, IA	1:17:11	7:43
94	16	M45 Tim Flowers, 46, Ankeny, IA	1:17:13	7:43
95	19	M35 Michael Lowe, 39, West Des Moines, IA	1:17:13	7:43
96	20	M35 Patrick Mattingly, 35, Van Meter, IA	1:17:23	7:44
97	17	M45 Phil Algreen, 47, Earlham, IA	1:17:27	7:45
98	18	M45 Mike Broderick, 47, Urbandale, IA	1:17:28	7:45
99	7	M50 Roger Heinle, 54, Whiting, IA	1:17:38	7:46
100	12	M30 Michael Spaur, 33, Pella, IA	1:17:51	7:47
101	13	M30 Jason Pewe, 30, Urbandale, IA	1:17:54	7:47
102	3	M55 Lonnie Cleland, 55, Des Moines, IA	1:17:57	7:48
103	19	M45 Don Owens, 46, Des Moines, IA	1:17:57	7:48
104	8	M50 Jim Beranek, 52, Pella, IA	1:17:59	7:48
105	21	M35 Mark Davis, 37, Urbandale, IA	1:18:04	7:48
106	22	M40 Kerry Anderson, 43, Clive, IA	1:18:08	7:49
107	22	M35 Ron Clingman, 39, West Des Moines, IA	1:18:10	7:49
27	8	W35 Margie Augustine, 35*, Des Moines, IA	1:18:12	7:49
108	23	M35 John Schley, 38, Des Moines, IA	1:18:18	7:50
109	24	M35 Richard Mockobee, 36, Norwalk, IA	1:18:21	7:50
110	25	M35 Timothy Bergan, 39, Newton, IA	1:18:27	7:51
111	23	M40 Ed McCann, 40, Johnston, IA	1:18:29	7:51
28	7	W25 Jennifer Faeth, 25*, Ankeny, IA	1:18:38	7:52
112	24	M40 Bob Brooker, 41, Cedar Rapids, IA	1:18:39	7:52
113	25	M40 Price Flanagan, 42, Des Moines, IA	1:18:39	7:52
114	26	M40 Daniel Reed, 43, Edina, MN	1:18:40	7:52
115	27	M40 Jeff Schaub, 40, West Des Moines, IA	1:18:43	7:52
116	9	M50 Charles Smith, 53, Urbandale, IA	1:18:53	7:53
117	28	M40 Wayne Lacher, 42, Menlo, IA	1:19:04	7:54
118	10	M50 Robert McDonald, 53, Coal Valley, IL	1:19:06	7:55
119	26	M35 Brian Whalen, 36, Urbandale, IA	1:19:07	7:55
29	4	W40 Becky Nichols, 44*, Des Moines, IA	1:19:08	7:55
120	14	M30 Kevin Burt, 34, Cedar Rapids, IA	1:19:11	7:55
30	5	W40 Kathi Prien, 42*, West Des Moines, IA	1:19:13	7:55
121	27	M35 Dan Holm, 39, Ankeny, IA	1:19:23	7:56
31	6	W40 Rhonda Lockin, 42*, Clive, IA	1:19:28	7:57
122	12	M25 Noah Swanson, 29, Davenport, IA	1:19:30	7:57
123	13	M25 Nick Hillman, 27, Dana, IA	1:19:31	7:57
124	11	M50 Tim Olson, 54, West Des Moines, IA	1:19:36	7:58
32	6	W30 Stephanie Longnecker, 32*, Clive, IA	1:19:38	7:58
33	7	W40 Teri Feldmann, 43*, Des Moines, IA	1:19:40	7:58
125	20	M45 Steven Wandro, 47, Des Moines, IA	1:19:42	7:58
126	21	M45 Dave Swenson, 49, Ames, IA	1:19:43	7:58
34	1	W50 Elaine Van Dyck, 50*, Des Moines, IA	1:19:47	7:59
127	12	M50 Rick Hagan, 54, Urbandale, IA	1:19:48	7:59
128	29	M40 Tom McCauley, 43, Des Moines, IA	1:19:51	7:59
35	7	W30 Keri Frommelt, 33*, Ankeny, IA	1:19:54	7:59
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 Top				
129	30	M40 Michael O'Brien, 41, Des Moines, IA	1:19:58	8:00
130	28	M35 Tim Pepper, 38, Indianola, IA	1:20:00	8:00
36	5	W45 Kathleen Wendel, 49*, Ames, IA	1:20:07	8:01
131	14	M25 Ben Weers, 29, Pleasant Hill, IA	1:20:08	8:01

132	13	M50 Douglas Bryner, 53, Ames, IA	1:20:16	8:02
133	29	M35 Bob Thompson, 36, Urbandale, IA	1:20:22	8:02
134	30	M35 John Turpen, 35, Waukee, IA	1:20:23	8:02
135	15	M25 Ben Long, 29, Des Moines, IA	1:20:25	8:02
136	4	M55 Reuben Douglas, 55, Denver, IA	1:20:29	8:03
137	14	M50 Mike Zuendel, 50, Des Moines, IA	1:20:33	8:03
138	5	M55 Carl Voss, 55, Des Moines, IA	1:20:38	8:04
139	15	M50 Steven Sondall, 54, Marshalltown, IA	1:20:48	8:05
	37	8 W40 Heather Stilborn, 41*, Clive, IA	1:20:49	8:05
140	22	M45 John Wieland, 46, Des Moines, IA	1:20:51	8:05
	38	8 W30 Regina Doering, 31*, West Des Moines, IA	1:20:55	8:05
141	16	M50 Alan Gross, 50, Des Moines, IA	1:20:58	8:06
142	31	M40 Greg Huyser, 43, Indianola, IA	1:20:59	8:06
143	32	M40 Steven Sanders, 41, Des Moines, IA	1:21:00	8:06
144	31	M35 Dennis Haney, 36, Des Moines, IA	1:21:05	8:06
145	15	M30 Bill Kallestad, 33, Des Moines, IA	1:21:12	8:07
146	5	M20 Andrew Carney, 20, Ames, IA	1:21:20	8:08
147	2	M60 Clay Whiteis, 62, Des Moines, IA	1:21:21	8:08
	39	9 W35 Dee Mable, 39*, Urbandale, IA	1:21:27	8:09
	40	10 W35 Beth Palmer, 35*, Des Moines, IA	1:21:27	8:09
148	33	M40 Jim McIntyre, 44, Urbandale, IA	1:21:28	8:09
149	17	M50 Steven Pecenka, 54, Boone, IA	1:21:29	8:09
	41	11 W35 Ellen Middleswart, 39*, Urbandale, IA	1:21:38	8:10
150	34	M40 Rick Probst, 42, Grimes, IA	1:21:41	8:10
	42	8 W25 Amber Baybayan, 28*, Des Moines, IA	1:21:47	8:11
151	23	M45 Randy Essex, 46, Des Moines, IA	1:21:47	8:11
152	32	M35 Donald Wells, 36, Wdm, IA	1:21:53	8:11
153	16	M25 Ezra Hallam, 25, Ames, IA	1:21:54	8:11
154	16	M30 Scott Heidesch, 32, Johnston, IA	1:21:55	8:11
155	33	M35 Matthew Tullis, 37, Marshalltown, IA	1:21:56	8:12
156	24	M45 James Usgaard, 46, Urbandale, IA	1:21:58	8:12
157	34	M35 Doug Kintzle, 39, Urbandale, IA	1:22:01	8:12
	43	12 W35 Jean Johnson, 38*, Des Moines, IA	1:22:02	8:12
158	25	M45 Stephen McCoy, 46, Cedar Rapids, IA	1:22:03	8:12
159	35	M35 William Staplin, 35, Des Moines, IA	1:22:04	8:12
160	26	M45 Hank Manning, 49, Des Moines, IA	1:22:06	8:13
161	27	M45 Duke Reichardt, 46, Clive, IA	1:22:07	8:13
162	36	M35 Brad Edmister, 37, Des Moines, IA	1:22:11	8:13
163	37	M35 Eric Jones, 39, Waukee, IA	1:22:19	8:14
164	18	M50 John Vujnovich, 50, Des Moines, IA	1:22:20	8:14
165	19	M50 Kevin Cunningham, 52, Des Moines, IA	1:22:21	8:14
166	38	M35 Scott Meyer, 39, Pella, IA	1:22:23	8:14
167	28	M45 Jeff Hileman, 46, Knoxville, IA	1:22:24	8:14
	44	2 W50 Nancy Harvey, 51*, Ankeny, IA	1:22:26	8:15
168	6	M55 John Pleasants, 55, Ames, IA	1:22:27	8:15
169	29	M45 Duane Wise, 45, Des Moines, IA	1:22:30	8:15
	45	1 W20 Erica Reams, 20*, Iowa City, IA	1:22:33	8:15
170	17	M30 David Larson, 32, West Des Moines, IA	1:22:38	8:16
	46	6 W45 Pamela Wood, 49*, Janesville, Ia	1:22:39	8:16
171	35	M40 Michael Darr, 43, Granger, IA	1:22:54	8:17
172	20	M50 Rodney Olson, 51, West Des Moines, IA	1:22:55	8:17
173	39	M35 Joe Sawyer, 37, Ankeny, IA	1:22:56	8:18
174	40	M35 Brian Mann, 35, West Des Moines, IA	1:22:57	8:18
175	30	M45 Michael Harvey, 49, Urbandale, IA	1:22:59	8:18
	47	7 W45 D Peterson, 47*, Grimes, IA	1:23:02	8:18
	48	9 W25 Julie Leonard, 27*, Urbandale, IA	1:23:04	8:18
176	7	M55 David Friedgood, 55, Clive, IA	1:23:15	8:19
177	31	M45 Tim Hatling, 47, Des Moines, IA	1:23:24	8:20
	49	9 W40 Nancy Whitcanack, 42*, Coal Valley, IL	1:23:26	8:21
178	17	M25 Ted Johnson, 28, Des Moines, IA	1:23:28	8:21
179	36	M40 Jeff Harper, 40, Des Moines, IA	1:23:35	8:21
180	41	M35 Mike Albertson, 39, West Des Moines, IA	1:23:37	8:22
181	37	M40 Rob Reicks, 40, Van Meter, IA	1:23:37	8:22
182	3	M60 Fred McCurnin, 60, Mason City, IA	1:23:40	8:22
183	42	M35 Rodger Main, 35, Ames, IA	1:23:53	8:23

184	18	M30	Dave Tometich, 34, Muscatine, IA	1:23:55	8:23
50	13	W35	Sonya Heitschusen, 37*, Des Moines, IA	1:24:09	8:25
51	8	W45	Carla Steele, 46*, Des Moines, IA	1:24:13	8:25
52	9	W30	Stephanie Wishman, 33*, Clive, IA	1:24:14	8:25
185	21	M50	David Eash, 51, Solon, IA	1:24:15	8:25
186	43	M35	Joe Akers, 39, West Des Moines, IA	1:24:20	8:26
53	14	W35	Denna Mitchell, 39*, Greenfield, IA	1:24:22	8:26
54	15	W35	Krisanne Colby, 35*, Urbandale, ID	1:24:30	8:27
55	1	W60	Sandy Rupnow, 60*, Newton, IA	1:24:36	8:28
187	8	M55	Al Hildestad, 55, Des Moines, IA	1:24:42	8:28
56	10	W40	Cheryl Mendenhall, 42*, Des Moines, IA	1:24:47	8:29
188	22	M50	Jim Russell, 54, Colo, IA	1:24:49	8:29
189	44	M35	John Bonnichsen, 38, Ames, IA	1:24:50	8:29
190	45	M35	Mark Kuennen, 36, Ames, IA	1:24:57	8:30
191	46	M35	Kevin Christensen, 39, Des Moines, IA	1:25:01	8:30
192	19	M30	Brian Gugat, 30, Urbandale, IA	1:25:03	8:30
57	16	W35	Anita True, 37*, Lincoln, NE	1:25:04	8:30
193	18	M25	Jared Kline, 27, Des Moines, IA	1:25:09	8:31
194	32	M45	Wesley Winterink, 48, Ames, IA	1:25:12	8:31
195	23	M50	John Hemminger, 50, Des Moines, IA	1:25:14	8:31
196	33	M45	John Curtin, 48, Des Moines, IA	1:25:15	8:31
197	20	M30	David Orr, 30, Dakota City, IA	1:25:26	8:33
58	10	W25	Madelaine Jerousek, 26*, Des Moines, IA	1:25:27	8:33
198	47	M35	George Clark, 35, Pella, IA	1:25:28	8:33
199	48	M35	Dan Gornick, 39, Norwalk, IA	1:25:29	8:33
59	10	W30	Silvia Hansell, 33*, Des Moines, IA	1:25:32	8:33
60	11	W30	Christen Schipper, 34*, Clive, IA	1:25:33	8:33
200	38	M40	Thomas Duff, 41, Des Moines, IA	1:25:34	8:33
61	12	W30	Erin Wormley, 34*, West Des Moines, IA	1:25:38	8:34
201	49	M35	Scott Krueger, 35, Clive, IA	1:25:38	8:34
62	9	W45	Mandy Corliss, 49*, Des Moines, IA	1:25:39	8:34
202	34	M45	Steve McCann, 49, Pella, IA	1:25:44	8:34
203	39	M40	Matthew Hart, 44, Ankeny, IL	1:25:56	8:36
204	50	M35	Todd Rowland, 39, Knoxville, IA	1:26:17	8:38
63	11	W25	Shelley Bricker, 29*, Des Moines, IA	1:26:26	8:39
64	13	W30	Katie Wainwright, 34*, Des Moines, IA	1:26:27	8:39
205	35	M45	Peter Scanlon, 49, Clive, IA	1:26:29	8:39
206	9	M55	Michael Reams, 58, West Des Moines, IA	1:26:30	8:39
65	12	W25	Brandee Jenkins, 28*, Des Moines, IA	1:26:31	8:39
207	24	M50	Glen Oglia, 52, Des Moines, IA	1:26:31	8:39
66	10	W45	Betsy Frederes, 46*, Clive, IA	1:26:34	8:39
208	19	M25	Chad Till, 27, Johnston, IA	1:26:35	8:39
67	13	W25	Jennifer Downe, 28*, Norwalk, IA	1:26:36	8:40
68	14	W25	Angie Heim, 29*, West Des Moines, IA	1:26:38	8:40
69	2	W20	Amanda Smith, 22*, Ames, IA	1:26:47	8:41
70	11	W45	Gail Bormann, 46*, Waukee, IA	1:26:52	8:41
209	25	M50	Kim Smith, 53, Ames, IA	1:27:06	8:43
71	11	W40	Laurie Wahlig, 43*, West Des Moines, IA	1:27:08	8:43
72	15	W25	Christine Kellogg, 27*, Des Moines, IA	1:27:10	8:43
210	10	M55	Chuck Rayburn, 57, Clive, IA	1:27:12	8:43
211	36	M45	Jim Christenson, 47, Des Moines, IA	1:27:37	8:46
212	40	M40	Del Christensen, 44, Adel, IA	1:27:38	8:46
73	12	W45	Becky Knutson, 47*, Urbandale, IA	1:27:41	8:46
74	17	W35	Betsy Jepsen, 38*, Urbandale, IA	1:27:41	8:46
75	16	W25	Carrie Specht, 28*, Des Moines, IA	1:27:42	8:46
213	37	M45	Jon Leinen, 45, Des Moines, IA	1:27:50	8:47
214	26	M50	Steve Rose, 52, Indianola, IA	1:27:54	8:47
76	13	W45	Laura Preussel, 45*, Des Moines, IA	1:27:58	8:48
215	41	M40	Bart Reese, 43, Greenwood, MO	1:28:01	8:48
77	3	W20	Kasey Strosahl, 22*, Ames, IA	1:28:06	8:49
78	18	W35	Anna Buss, 37*, Clive, IA	1:28:10	8:49
79	14	W30	Dana Conner, 31*, Clive, IA	1:28:11	8:49
80	14	W45	Julia Batten, 48*, Carlisle, IA	1:28:16	8:50
216	38	M45	Steve Shifflett, 46, Ames, IA	1:28:18	8:50
81	17	W25	Stephanie Smith, 28*, Ankeny, IA	1:28:27	8:51

217	39	M45 John Moran, 47, Story City, IA	1:28:50	8:53
218	11	M55 Lou Hockenberg, 56, Clive, IA	1:28:50	8:53
82	19	W35 Lisa Samani, 36*, Smyrna, GA	1:28:59	8:54
83	12	W40 Kim O'Brien, 40*, Des Moines, IA	1:29:18	8:56
219	21	M30 Brian Hostetter, 31, Ankeny, IA	1:29:20	8:56
84		Susie Fehr*, Des Moines, IA	1:29:22	8:56
220	51	M35 Joe Tragesser, 38, West Des Moines, IA	1:29:26	8:57
221	40	M45 Karl Klotzbach, 49, Decorah, IA	1:29:27	8:57
222	27	M50 Michael McEnroe, 53, West Des Moines, IA	1:29:36	8:58
85	13	W40 Julie Hale, 42*, Des Moines, IA	1:29:37	8:58
223	52	M35 Matt McCoy, 38, Des Moines, IA	1:29:42	8:58
224	12	M55 Mark McGrath, 55, Des Moines, IA	1:29:44	8:58
86	18	W25 Staci Scholten, 25*, Ankeny, IA	1:29:44	8:58
225	42	M40 Lane Vellinga, 42, Waukeg, IA	1:29:45	8:58
87	15	W45 Colleen Dooley, 47*, Urbandale, IA	1:29:46	8:59
88	3	W50 Mary Gross, 52*, Des Moines, IA	1:29:47	8:59
89	14	W40 Lorrie Lockin, 40*, Des Moines, IA	1:29:50	8:59
226		Paul Carlson, Clive, IA	1:29:51	8:59
90	20	W35 Meredith Konz, 36*, Des Moines, IA	1:29:53	8:59
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 Top				
227	41	M45 David Kozlowski, 45, West Des Moines, IA	1:30:08	9:01
228	13	M55 Gerald Graves, 55, Van Meter, IA	1:30:09	9:01
229	43	M40 John Mc Donald, 42, Norwalk, IA	1:30:09	9:01
230	22	M30 Lary Hostak,Jr, 33, Cedar Rapids, IA	1:30:12	9:01
231	53	M35 Jeff Davis, 35, West Des Moines, IA	1:30:19	9:02
232	23	M30 Jason Shaw, 31, West Des Moines, IA	1:30:24	9:02
233	44	M40 Jim Frank, 44, Des Moines, IA	1:30:31	9:03
91	19	W25 Janan Felts, 28*, Urbandale, IA	1:30:34	9:03
92	16	W45 Ginny Rand, 46*, Des Moines, IA	1:30:36	9:04
234	20	M25 Michael Morrison, 29, Urbandale, IA	1:30:51	9:05
235	14	M55 Robert Pratt, 57, Des Moines, IA	1:30:53	9:05
236	45	M40 John Beals, 42, Des Moines, IA	1:30:55	9:05
93	21	W35 Tave Porto, 38*, West Des Moines, IA	1:30:55	9:05
237	46	M40 Brent Niland, 42, West Des Moines, IA	1:31:11	9:07
238	47	M40 Mark Weinhardt, 43, Des Moines, IA	1:31:14	9:07
94	15	W30 Jill McKim, 30*, West Des Moines, IA	1:31:19	9:08
95	22	W35 Sandra Stone, 37*, Des Moines, IA	1:31:27	9:09
96	23	W35 Kimberly Stewart, 36*, Des Moines, IA	1:31:29	9:09
97	20	W25 Jodi Krupp, 28*, West Des Moines, IA	1:31:30	9:09
239	28	M50 Mark Tripp, 52, Des Moines, IA	1:31:33	9:09
98	4	W50 Jane Borst, 54*, Des Moines, IA	1:31:37	9:10
240	29	M50 Bill Seglar, 54, Clive, IA	1:31:43	9:10
99	16	W30 Jodie Warth, 31*, Clive, IA	1:31:45	9:10
241	21	M25 Andrew Stiles, 25, Humeston, IA	1:31:52	9:11
242	15	M55 Gary Fall, 57, Des Moines, IA	1:31:53	9:11
100	21	W25 Annie Johnson, 26*, West Des Moines, IA	1:31:54	9:11
101	5	W50 Debbie Earleywine, 51*, Des Moines, IA	1:31:57	9:12
102	24	W35 Susan Eggert, 39*, Pella, IA	1:31:58	9:12
103	15	W40 Kathy Faber, 40*, Clive, IA	1:32:00	9:12
104	17	W30 Christine Baker, 30*, Davenport, IA	1:32:24	9:14
243	30	M50 David Lichtenauer, 50, Johnston, IA	1:32:33	9:15
105	16	W40 Pamela Brown, 41*, Clive, IA	1:32:43	9:16
244	31	M50 Rick Hoyer, 52, West Des Moines, IA	1:32:54	9:17
245	42	M45 Ron Burkhardt, 48, Pleasant Hill, IA	1:32:59	9:18
106	18	W30 Julie Meller, 32*, Des Moines, IA	1:33:13	9:19
246	32	M50 Larry Jenkins, 54, Ames, IA	1:33:25	9:20
107	19	W30 Tiffany Koenig, 31*, West Des Moines, IA	1:33:28	9:21
247	54	M35 Tim Guessford, 39, Des Moines, IA	1:33:52	9:23
108	20	W30 Jenny Nordstrom, 31*, Des Moines, IA	1:33:53	9:23
248	24	M30 Danny Aldini, 31, Des Moines, IA	1:33:55	9:23
249	25	M30 Steve West, 34, Norwalk, IA	1:34:12	9:25
250	16	M55 Bill Lorenz, 56, Carlisle, IA	1:34:27	9:27
251	55	M35 Stephen Shird, 39, Ankeny, IA	1:34:33	9:27
109	25	W35 Kim Kramer, 36*, West Des Moines, IA	1:34:34	9:27

252	33	M50 David Ruggle, 51, Ames, IA	1:34:38	9:28
253	48	M40 Ravi Vemulapalli, 41, Clive, IA	1:34:44	9:28
110	26	W35 Elizabeth Johnson, 37*, Des Moines, IA	1:34:53	9:29
111	21	W30 Berit Thorkelson, 32*, Des Moines, IA	1:34:55	9:29
112	17	W40 Catherine Engblom, 41*, Grimes, IA	1:34:55	9:29
254	49	M40 Jeff Jacobson, 44, Bellevue, NE	1:34:56	9:30
113	22	W30 Jennifer Kluza, 31*, Des Moines, IA	1:35:26	9:33
255	22	M25 Kevin Tiffany, 28, Des Moines, IA	1:35:27	9:33
256	17	M55 Steve Floyd, 55, Clive, IA	1:35:35	9:33
257	56	M35 Curt Stamp, 37, Des Moines, IA	1:35:35	9:33
258	50	M40 Paul Christiansen, 41, Des Moines, IA	1:35:37	9:34
259	26	M30 Dan Davis, 31, Des Moines, IA	1:35:38	9:34
260	18	M55 Stuart Lehr, 55, West Des Moines, IA	1:35:49	9:35
114	18	W40 Debora Christensen, 43*, Adel, IA	1:35:57	9:36
261	19	M55 Gerald Dewald, 55, West Des Moines, IA	1:36:20	9:38
115	27	W35 Ann Shelton, 36*, Urbandale, IA	1:36:26	9:39
116	28	W35 Heather Behrends, 36*, West Des Moines, IA	1:36:33	9:39
117	6	W50 Debbie Hubbell, 51*, Des Moines, IA	1:36:34	9:39
118	4	W20 Stacy Beattie, 24*, Runnells, IA	1:36:40	9:40
119	29	W35 Dina Siedenburg, 37*, Johnston, IA	1:36:46	9:41
262	20	M55 Lloyd Fagin, 57, Perry, IA	1:37:06	9:43
120	22	W25 Amanda Whitmarsh, 27*, Des Moines, IA	1:37:09	9:43
263	27	M30 Jason Klein, 30, Des Moines, IA	1:37:10	9:43
121	30	W35 Brinda Taylor, 38*, Ankeny, IA	1:37:11	9:43
122	19	W40 Kelli Nelsen, 42*, West Des Moines, IA	1:37:33	9:45
123	31	W35 Lanette Lecroy, 39*, Des Moines, IA	1:37:34	9:45
264	34	M50 Dennis Howard, 50, Des Moines, IA	1:37:42	9:46
124	23	W25 Becky Cox, 29*, Van Meter, IA	1:37:57	9:48
125	32	W35 Susan Cox, 35*, Des Moines, IA	1:37:59	9:48
126	17	W45 Rhonda Anderson, 45*, Clive, IA	1:37:59	9:48
127	18	W45 Sue Elliott, 47*, Ankeny, IA	1:38:00	9:48
128	24	W25 Sarah Barkema, 28*, Mason City, IA	1:38:45	9:52
265	6	M20 Sandra Heinold, 23, Des Moines, IA	1:38:49	9:53
266	4	M60 Richard Doak, 63, Johnston, IA	1:39:13	9:55
267	28	M30 Kevin Zaugg, 30, Des Moines, IA	1:39:20	9:56
129	33	W35 Jody Haws, 38*, Ankeny, IA	1:39:28	9:57
130	34	W35 Lisa Martin, 35*, Urbandale, IA	1:39:36	9:58
131	23	W30 Shana Johnson, 34*, Des Moines, IA	1:39:39	9:58
132	35	W35 Dotty Johnson, 39*, Des Moines, IA	1:39:44	9:58
268	1	M65 Rollin Perry, 65, Cedar Falls, IA	1:39:46	9:59
133	20	W40 Ginger Moore, 40*, Des Moines, IA	1:39:46	9:59
134	36	W35 Maria Davis, 35*, West Des Moines, IA	1:39:49	9:59
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 Top				
135	21	W40 Mary Dorsey, 42*, West Des Moines, IA	1:39:57	10:00
269	35	M50 Gary Lewis, 51, Waukee, IA	1:40:14	10:01
136	7	W50 Coleen Waage, 52*, West Des Moines, IA	1:40:15	10:01
270	51	M40 Neal Halder, 40, Ankeny, IA	1:40:21	10:02
271	5	M60 Lary, Sr Hostak, 61, Cedar Rapids, IA	1:40:56	10:06
137	25	W25 Heather Butler, 27*, Pella, IA	1:41:34	10:09
138	37	W35 Lea Ann Flanagan, 39*, Des Moines, IA	1:41:40	10:10
139	19	W45 Michelle Cavanaugh, 45*, Des Moines, IA	1:41:41	10:10
140	26	W25 Kerry Kish, 25*, West Des Moines, IA	1:41:45	10:10
272	43	M45 Don Peddy, 45, Ankeny, IA	1:41:48	10:11
141	38	W35 Karen Dassinger, 39*, West Des Moines, IA	1:41:51	10:11
273	57	M35 Danny Heffron, 37, Leon, IA	1:41:53	10:11
142	5	W20 Heidi Carstensen, 21*, Ames, IA	1:42:05	10:12
274	29	M30 Jason Boten, 33, Urbandale, IA	1:42:06	10:13
143	39	W35 Leighann Sibal, 36*, West Des Moines, IA	1:42:17	10:14
144	40	W35 Heidi Asbjornsen, 37*, Roland, IA	1:42:26	10:15
145	24	W30 Lisa Schulte, 33*, Ames, IA	1:42:27	10:15
275	44	M45 Marc Hollander, 47, Urbandale, IA	1:42:40	10:16
276	30	M30 Mark Wills, 34, Des Moines, IA	1:42:49	10:17
277	31	M30 Jason Faidley, 31, Newton, IA	1:43:07	10:19

146	2	JrW Emmelin Hallam, 19*, Ames, IA	1:43:45	10:22
278	32	M30 J D Feilweier, 34, West Des Moines, IA	1:44:33	10:27
147	22	W40 Lori Herold, 42*, Urbandale, IA	1:45:17	10:32
279	52	M40 Russ Herold, 43, Urbandale, IA	1:45:17	10:32
148	20	W45 Tara Thomas, 48*, Johnston, IA	1:46:28	10:39
280	21	M55 Dick Hogan, 58, Urbandale, IA	1:46:43	10:40
281	45	M45 David Yakum, 46, Des Moines, IA	1:46:55	10:41
149	23	W40 Pam Bissing, 43*, West Des Moines, IA	1:48:47	10:53
150	1	W55 Dee Wittmack, 57*, Urbandale, IA	1:48:48	10:53

Pace: [6:00](#) | [7:00](#) | [8:00](#) | [9:00](#) | [10:00](#) | [11:00](#) | [12:00](#) | [13:00](#) | [Top](#)

151	25	W30 Jennifer Eubanks, 32*, Des Moines, IA	1:51:02	11:06
282	33	M30 Gary Scherer, 32, West Des Moines, IA	1:51:26	11:09
283	53	M40 Tim Askland, 41, Urbandale, IA	1:51:45	11:10
284	22	M55 Anthony Renzi, 55, West Des Moines, IA	1:54:49	11:29
152	24	W40 Linda Edwards, 43*, Des Moines, IA	1:57:09	11:43
285	54	M40 Dan Greder, 40, Colo, IA	1:57:11	11:43
153	25	W40 Kim Greder, 40*, Colo, IA	1:57:11	11:43
154	27	W25 Stephanie Cox, 29*, Des Moines, IA	1:57:37	11:46
155	28	W25 Mindy Carmichael, 28*, Des Moines, IA	1:57:37	11:46
156	29	W25 Heidi Hallam, 26*, Coralville, IA	1:58:56	11:54
157	6	W20 Michelle Archibald, 24*, Des Moines, IA	1:59:17	11:56
286	46	M45 Melvin Coleman, 48, West Des Moines, IA	1:59:53	11:59

Pace: [6:00](#) | [7:00](#) | [8:00](#) | [9:00](#) | [10:00](#) | [11:00](#) | [12:00](#) | [13:00](#) | [Top](#)

158	26	W40 Carol Grandenette, 44*, West Des Moines, IA	1:59:57	12:00
159	27	W40 Diane Carroll, 44*, Des Moines, IA	2:07:56	12:48
287	58	M35 Steve Ellis, 36, Des Moines, IA	2:08:30	12:51

Pace: [6:00](#) | [7:00](#) | [8:00](#) | [9:00](#) | [10:00](#) | [11:00](#) | [12:00](#) | [13:00](#) | [Top](#)

160	26	W30 Danielle Herrera, 31*, Des Moines, IA	2:15:08	13:31
-----	----	---	---------	-------

"*" indicates females

3 finishers among Men 19 & Under

6 finishers among Men 20 - 24

22 finishers among Men 25 - 29

33 finishers among Men 30 - 34

58 finishers among Men 35 - 39

54 finishers among Men 40 - 44

46 finishers among Men 45 - 49

35 finishers among Men 50 - 54

22 finishers among Men 55 - 59

5 finishers among Men 60 - 64

1 finishers among Men 65 - 69

1 finishers among Men 70 & Up

2 finishers among Women 19 & Under

6 finishers among Women 20 - 24

29 finishers among Women 25 - 29

26 finishers among Women 30 - 34

40 finishers among Women 35 - 39

27 finishers among Women 40 - 44

20 finishers among Women 45 - 49

7 finishers among Women 50 - 54

1 finishers among Women 55 - 59

1 finishers among Women 60 & Up

287 male finishers

160 female finishers

447 total finishers

[Top](#)

Return to [home page](#).