



26th Capital Pursuit 10 Mile

Des Moines, Iowa

Sept. 28, 2008

60s, cool, foggy

Results by Cal Murdock

5K results [here](#)

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		Rop Kipkoech, 31, West Des Moines, IA	52:30	5:15
2		Skyler Nesheim, 24, Des Moines, IA	52:30	5:15
3		Jacob Kaemmer, 31, Des Moines, IA	54:22	5:26
4	1 M25	Nick Bowerman, 25, Urbandale, IA	54:36	5:28
5	2 M25	Martin Popp, 25, West Des Moines, IA	54:52	5:29
6	3 M25	Tim Ives, 28, Des Moines, IA	56:39	5:40
7		Brad Wall, 40, Ankeny, IA	57:10	5:43
8	1 M35	Patrick Riley, 35, Des Moines, IA	58:11	5:49
9	2 M35	Kevin Barnes, 37, Indianola, IA	58:45	5:52
10	1 M20	Chris Cooper, 23, Des Moines, IA	58:46	5:53
11	1 M40	Lee Hammerand, 40, Urbandale, IA	59:21	5:56
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 Top				
12	4 M25	Joseph Aulwes, 27, Bondurant, IA	1:00:12	6:01
1		Ashley Tousley, 24*, Des Moines, IA	1:00:28	6:03
13	1 M30	Abel Shaw, 30, Humboldt, IA	1:01:26	6:09
2		Lisa Marshall, 40*, Granger, IA	1:01:33	6:09
14	3 M35	John Anthofer, 36, Urbandale, IA	1:02:02	6:12
15	4 M35	Scott Heidesch, 36, Urbandale, IA	1:02:26	6:15
16	5 M25	Ryan Kramer, 29, Des Moines, IA	1:02:35	6:15
17	1 M50	Keith Fevold, 50, Johnston, IA	1:02:47	6:17
18	2 M20	Dustin Essex, 21, Des Moines, IA	1:03:28	6:21
19	5 M35	Ryan Elsbernd, 36, Des Moines, IA	1:03:34	6:21
20	6 M25	Caleb Brown, 28, Des Moines, IA	1:03:39	6:22
21	2 M30	Anthony Cendana, 33, West Des Moines, IA	1:04:09	6:25
22	2 M50	Bob Layton, 52, Urbandale, IA	1:04:27	6:27
23	1 M45	Todd Haugen, 45, Story City, IA	1:04:37	6:28
24	7 M25	Scott Camiliere, 25, Ames, IA	1:04:42	6:28
25	3 M30	Mark Solomon, 33, Pella, IA	1:04:55	6:29
26	8 M25	John Neer, 29, Des Moines, IA	1:05:04	6:30

27	4	M30 Inigo Ibarra, 32, Johnston, IA	1:05:16	6:32
3		Ellen Pollard, 41*, Ames, IA	1:05:20	6:32
28	3	M50 Dave Fitz, 53, Ames, IA	1:05:39	6:34
29	2	M40 Lance Bergeson, 40, Des Moines, IA	1:05:42	6:34
30	9	M25 Dan Schuknecht, 28, Ankeny, IA	1:05:50	6:35
4	1	W30 Colleen Webb, 31*, Des Moines, IA	1:05:52	6:35
31	3	M40 John Bannantine, 43, Ames, IA	1:05:54	6:35
32	6	M35 John Glover, 39, Ames, IA	1:06:07	6:37
33	4	M40 Brian Ortell, 41, Ottumwa, IA	1:06:23	6:38
34	5	M40 Craig Wittenberg, 43, Pella, IA	1:06:47	6:41
35	5	M30 Conrad Hanson, 33, Urbandale, IA	1:06:50	6:41
36	6	M40 Kyle Weuve, 42, Urbandale, IA	1:06:54	6:41
37	7	M40 Mike Rieks, 41, Urbandale, IA	1:07:01	6:42
38	2	M45 Andrew Smart, 46, Ankeny, IA	1:07:03	6:42
39	7	M35 Tom Scroggins, 37, Ankeny, IA	1:07:09	6:43
40	3	M45 Blake Harms, 45, Waukee, IA	1:07:12	6:43
5	1	W35 Jenny Schultze, 36*, Clive, IA	1:07:14	6:43
41	8	M40 Brian Palmer, 40, Des Moines, IA	1:07:39	6:46
42	4	M45 Troy Zeleznik, 46, West Des Moines, IA	1:07:46	6:47
43	9	M40 David Jackson, 41, Cambridge, IA	1:07:54	6:47
44	6	M30 Joel Rinderknecht, 34, Waukee, IA	1:07:57	6:48
45	10	M25 Carl Wertzberger, 27, Des Moines, IA	1:08:07	6:49
46	11	M25 Jacob Nelson, 27, Johnston, IA	1:08:11	6:49
47	10	M40 Joe Short, 44, Johnston, IA	1:08:14	6:49
48	8	M35 Matthew Hemry, 38, Des Moines, IA	1:08:14	6:49
49	7	M30 Nate Geurkink, 30, Des Moines, IA	1:08:15	6:49
50	9	M35 Richard Bundy, 37, Ames, IA	1:08:16	6:50
51	3	M20 John Meyer, 23, Ames, IA	1:08:37	6:52
6	2	W30 Trisha Schlick, 34*, Ames, IA	1:08:40	6:52
52	4	M50 Allen Miller, 51, Ames, IA	1:08:40	6:52
53	12	M25 Lance Gunkel, 29, Clive, IA	1:08:44	6:52
54	5	M45 David Christens, 49, West Des Moines, IA	1:08:46	6:53
55	8	M30 Steve Houg, 33, West Des Moines, IA	1:08:52	6:53
56	13	M25 Benjamin Ross, 27, Des Moines, IA	1:09:01	6:54
57	6	M45 Dale Knoshaug, 46, Des Moines, IA	1:09:11	6:55
58	1	M55 James Jacobsen, 58, Des Moines, IA	1:09:32	6:57
59	10	M35 Barry Thomas, 39, Ames, IA	1:09:37	6:58
60	5	M50 John Mulligan, 51, La Vista, NE	1:09:45	6:58
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 Top				
61	4	M20 Donovan Hill, 23, Altoona, IA	1:10:18	7:02
62	7	M45 Troy Price, 45, Parkersburg, IA	1:10:24	7:02
7	1	W25 Amanda Ives, 27*, Des Moines, IA	1:10:31	7:03
63	6	M50 Pete Sandler, 53, West Des Moines, IA	1:10:43	7:04
64	8	M45 Matt McCright, 49, Urbandale, IA	1:10:53	7:05
8	2	W25 Nicole Wendl, 27*, Des Moines, IA	1:10:55	7:05
65	9	M45 Michael Long, 48, Ames, IA	1:10:59	7:06
66	5	M20 Barry Kell, 24, Marshalltown, IA	1:11:01	7:06
67	10	M45 Jeff Feder, 47, Norwalk, IA	1:11:04	7:06
68	11	M45 Keith Gutschenritter, 49, West Des Moines, IA	1:11:18	7:08
69	9	M30 Randy Sturm, 31, Belmond, IA	1:11:30	7:09
70	7	M50 Mark Movic, 52, Des Moines, IA	1:11:37	7:10
71	11	M35 Rob Hansen, 36, Des Moines, IA	1:11:42	7:10
9	1	W20 Melissa Knight, 21*, Ames, IA	1:11:43	7:10
72	11	M40 Scott Greenwood, 41, Des Moines, IA	1:11:47	7:11
73	12	M35 Mark Vander Linden, 38, Des Moines, IA	1:11:52	7:11
74	12	M40 Richard Bain, 43, West Des Moines, IA	1:12:05	7:12
75	13	M35 David Larson, 36, West Des Moines, IA	1:12:15	7:13
10	1	W45 Laurie Kuestner, 46*, West Des Moines, IA	1:12:16	7:14
76	13	M40 Norm Bach, 41, Marshalltown, IA	1:12:19	7:14
77	14	M35 Mike Fraizer, 37, West Des Moines, IA	1:12:28	7:15
11	2	W35 Lisa Fraizer, 37*, West Des Moines, IA	1:12:29	7:15
78	14	M40 Christopher Kyhl, 41, Johnston, IA	1:12:33	7:15
79	1	JrM Colton Aman, 19, Blair, NE	1:12:39	7:16

80	15	M35 Matthew Deweerdt, 36, West Des Moines, IA	1:12:40	7:16
12	2	W20 Holly Horan, 22*, Iowa City, IA	1:12:44	7:16
81	14	M25 Scott Shumaker, 26, Waukee, IA	1:12:45	7:16
82	1	M60 Marek Jarecki, 60, Ames, IA	1:12:46	7:17
83	10	M30 Jeremy Mueller, 31, West Des Moines, IA	1:12:50	7:17
84	12	M45 Chris Kannapel, 45, Windsor Heights, IA	1:13:01	7:18
85	2	M60 David Schulte, 61, Granger, IA	1:13:02	7:18
86	15	M40 Archie O'Donnahay, 41, Urbandale, IA	1:13:23	7:20
87	6	M20 Jose Soto-Arias, 24, Ames, IA	1:13:31	7:21
88	15	M25 Justin Davis, 29, Algona, IA	1:13:35	7:21
89	16	M40 Mark Yontz, 40, Urbandale, IA	1:13:38	7:22
90	17	M40 Max Studer, 44, Norwalk, IA	1:13:40	7:22
91	16	M35 Timothy Gootec, 38, Urbandale, IA	1:13:44	7:22
92	11	M30 M Decker, 33, Ankeny, IA	1:13:47	7:23
93	17	M35 Brian Appleby, 38, West Des Moines, IA	1:13:58	7:24
13	3	W20 Jennifer Samuels, 24*, West Des Moines, IA	1:13:59	7:24
94	13	M45 Brendan Finn, 47, Ames, IA	1:13:59	7:24
95	14	M45 Randall Webb, 47, Boone, IA	1:14:04	7:24
14	2	W45 Carla Stoner, 46*, West Des Moines, IA	1:14:05	7:24
96	15	M45 David Teachout, 48, Des Moines, IA	1:14:06	7:25
15	1	W40 Peg McMahon, 42*, Des Moines, IA	1:14:09	7:25
16	3	W25 Jennifer Redd, 27*, Ames, IA	1:14:11	7:25
97	8	M50 Brad Shipman, 53, Altoona, IA	1:14:16	7:26
17	3	W45 Lisa Simonetta, 49*, Des Moines, IA	1:14:17	7:26
98	16	M45 Mike Johnson, 46, Urbandale, IA	1:14:21	7:26
99	16	M25 Tyler Price, 27, West Des Moines, IA	1:14:22	7:26
100	18	M40 John Urban, 40, Johnston, IA	1:14:26	7:27
101	19	M40 Richard Mockobee, 40, Norwalk, IA	1:14:37	7:28
102	12	M30 Dan Buettner, 33, Des Moines, IA	1:14:37	7:28
18	1	W50 Beth Henriksen, 52*, Ames, IA	1:14:49	7:29
19	3	W35 Cindy Elsbernd, 37*, Des Moines, IA	1:14:55	7:29
103	9	M50 Jonathan Wendel, 53, Ames, IA	1:14:57	7:30
104	17	M45 Mark Seaman, 49, West Des Moines, IA	1:14:58	7:30
105	10	M50 Bruce Drummond, 50, Des Moines, IA	1:15:01	7:30
106	18	M35 John Stirling, 37, Ankeny, IA	1:15:02	7:30
107	19	M35 Patrick Mattingly, 39, Johnston, IA	1:15:05	7:30
108	13	M30 Ryan Brown, 34, Ankeny, IA	1:15:09	7:31
109	18	M45 Loyed Hedges, 48, Des Moines, IA	1:15:10	7:31
20	4	W25 Stephanie Healey, 27*, Norwalk, IA	1:15:11	7:31
110	20	M40 Greg Hanna, 42, Clive, IA	1:15:12	7:31
111	17	M25 Joseph McGargill, 27, West Des Moines, IA	1:15:18	7:32
21	5	W25 Stephanie Mortenson, 26*, Urbandale, IA	1:15:24	7:32
112	7	M20 Zachary Hollingsworth, 21, Kirksville, MO	1:15:25	7:32
113	21	M40 Steve Cannon, 42, Des Moines, IA	1:15:36	7:34
114	22	M40 Gary Munkvold, 44, Ames, IA	1:15:36	7:34
115	20	M35 Steve Wiseman, 38, West Des Moines, IA	1:15:38	7:34
116	8	M20 Eric Peterson, 22, Ames, IA	1:15:43	7:34
22	4	W35 Heidi Lepper Barrett, 38*, Johnston, IA	1:15:46	7:35
117	21	M35 Tim Bartleman, 35, Polk City, IA	1:15:52	7:35
118	14	M30 Mike Gauthier, 33, West Des Moines, IA	1:15:57	7:36
23	4	W20 Kelly Handegard, 22*, Ames, IA	1:15:59	7:36
119	11	M50 Rick Snyder, 54, Winterset, IA	1:16:00	7:36
24	2	W40 Deedee Doherty, 41*, Johnston, IA	1:16:01	7:36
25	6	W25 Amber Bonnstetter, 28*, Fort Dodge, IA	1:16:03	7:36
26	3	W30 Sara Weis, 31*, West Des Moines, IA	1:16:04	7:36
120	23	M40 Mickey Munley, 43, Grinnell, IA	1:16:05	7:36
27	5	W35 Amy Burgess, 37*, Urbandale, IA	1:16:06	7:37
28	7	W25 Christina German, 28*, Urbandale, IA	1:16:09	7:37
121	3	M60 Rolf Koford, 60, Ames, IA	1:16:16	7:38
122	24	M40 Dennis Haney, 40, Des Moines, IA	1:16:21	7:38
29	5	W20 Erin Bone, 23*, West Des Moines, IA	1:16:24	7:38
30	4	W45 Kirsty Moen, 49*, West Des Moines, IA	1:16:25	7:38
123	9	M20 Jordan Seaberg, 22, Des Moines, IA	1:16:25	7:38
124	12	M50 Tim Flowers, 50, Ankeny, IA	1:16:26	7:39

125	18	M25 Ian Asplund, 28, Des Moines, IA	1:16:26	7:39
126	25	M40 Douglas Kendall, 40, Otley, IA	1:16:32	7:39
31	6	W35 Carmen Jacobsen, 37*, West Des Moines, IA	1:16:33	7:39
127	22	M35 Jim Persell, 39, Lee Summit, MO	1:16:34	7:39
128	26	M40 Tom Detaeye, 43, Clive, IA	1:16:38	7:40
129	27	M40 Scott Bandy, 43, Indianola, IA	1:16:40	7:40
130	23	M35 Andrew Doria, 35, Urbandale, IA	1:16:43	7:40
131	28	M40 Rod Hanus, 43, Webster City, IA	1:16:44	7:40
132	19	M45 Duke Reichardt, 49, Clive, IA	1:16:45	7:40
133	2	M55 Chuck Clark, 57, Carroll, IA	1:16:49	7:41
134	15	M30 Jared Althoff, 30, Dubuque, IA	1:16:50	7:41
32	7	W35 Mary Mouw, 39*, Des Moines, IA	1:17:03	7:42
135	4	M60 Dale Andres, 61, West Des Moines, IA	1:17:07	7:43
136	29	M40 Michael Gaspari, 41, Clive, IA	1:17:13	7:43
137	30	M40 Wade Steward, 42, Legrand, IA	1:17:27	7:45
33	8	W35 Lori Foster, 39*, Webster City, IA	1:17:30	7:45
34	9	W35 Beth Palmer, 39*, Des Moines, IA	1:17:32	7:45
35	8	W25 Jill Meimann, 29*, Cedar Rapids, IA	1:17:40	7:46
138	24	M35 Greg Hoff, 36, Johnston, IA	1:17:40	7:46
139	25	M35 Tim Roetman, 35, Johnston, IA	1:17:42	7:46
36	10	W35 Dawn Hayes, 37*, Waukee, IA	1:17:44	7:46
140	31	M40 Joe Hrdlicka, 42, West Des Moines, IA	1:17:54	7:47
37	11	W35 Carrie Van Quathem, 36*, Urbandale, IA	1:17:55	7:47
141	16	M30 Caleb Hegna, 31, Des Moines, IA	1:17:57	7:48
142	26	M35 Jason Potter, 38, West Des Moines, IA	1:17:59	7:48
143	3	M55 Denny Wheeler, 58, Urbandale, IA	1:17:59	7:48
38	9	W25 Katie Simpson, 25*, La Vista, NE	1:18:01	7:48
144	13	M50 Mark Borseth, 53, Johnston, IA	1:18:02	7:48
145	32	M40 Brad Lenz, 40, Ames, IA	1:18:03	7:48
39	12	W35 Wendy Hanson, 35*, Urbandale, IA	1:18:07	7:49
146	14	M50 Ed Harris, 50, Des Moines, IA	1:18:08	7:49
147	20	M45 Alan Farley, 49, Perry, IA	1:18:09	7:49
148	21	M45 Marcus Dunn, 45, Clive, IA	1:18:12	7:49
149	15	M50 Hank Manning, 53, Des Moines, IA	1:18:20	7:50
40	3	W40 Amy Harris, 43*, Des Moines, IA	1:18:21	7:50
150	17	M30 Matthew Andres, 33, Ankeny, IA	1:18:28	7:51
41	13	W35 Diane Iversen, 38*, Ankeny, IA	1:18:36	7:52
151	27	M35 Steven Benz, 37, Udell, IA	1:18:40	7:52
42	5	W45 Nancy Mc Donald, 46*, Coal Valley, IL	1:18:54	7:53
152	19	M25 Jesse Stumbaugh, 28, West Des Moines, IA	1:18:56	7:54
43	14	W35 Julie Dalbey, 36*, Urbandale, IA	1:19:01	7:54
153	33	M40 Humberto Gutierrez, 43, Ankeny, IA	1:19:02	7:54
44	4	W30 Sol Rajch, 31*, Johnston, IA	1:19:02	7:54
154	34	M40 Jon Mireles, 42, West Des Moines, IA	1:19:03	7:54
155	22	M45 Dave Endres, 45, West Des Moines, IA	1:19:03	7:54
156	35	M40 Kenneth Overton, 40, Stuart, IA	1:19:04	7:54
45	15	W35 Stephanie Longnecker, 36*, Clive, IA	1:19:05	7:54
46	5	W30 Melissa Cope, 33*, Cherokee, IA	1:19:07	7:55
47	4	W40 Brenda O'Hare, 40*, Ankeny, IA	1:19:08	7:55
157	18	M30 Jeremy Dunlavey, 34, Ankeny, IA	1:19:10	7:55
158	36	M40 Dan Duffy, 44, Perry, IA	1:19:14	7:55
159	1	M65 Clay Whiteis, 66, Des Moines, IA	1:19:15	7:55
160	37	M40 Dave Daniels, 40, Urbandale, IA	1:19:16	7:56
48	2	W50 Nancy Willert, 52*, Nevada, IA	1:19:22	7:56
161	19	M30 Tom Schultz, 33, Ames, IA	1:19:23	7:56
49	5	W40 Sandra Witty, 41*, Clive, IA	1:19:28	7:57
162	4	M55 Lee Tesdell, 57, Slater, IA	1:19:29	7:57
50	6	W20 Meghan Mulligan, 20*, La Vista, NE	1:19:34	7:57
163	16	M50 Michael Wheelock, 53, Ames, IA	1:19:37	7:58
164	2	JrM Sam Burt, 16, Des Moines, IA	1:19:37	7:58
51	10	W25 Kayte Atkins, 27*, Des Moines, IA	1:19:41	7:58
165	28	M35 John Turpen, 39, Waukee, IA	1:19:43	7:58
52	6	W30 Emily Kell, 32*, Urbandale, IA	1:19:45	7:58
53	6	W40 Robin Prier-Ross, 42*, Clive, IA	1:19:50	7:59

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54	7	W20 Amy Benes, 21*, Des Moines, IA	1:19:59	8:00
55	16	W35 Kelly Sorensen, 38*, West Des Moines, IA	1:20:01	8:00
56	7	W30 Krista Banyas, 33*, Altoona, IA	1:20:04	8:00
166	2	M65 John Brown, 65, Kenyon, MN	1:20:09	8:01
57	8	W20 Dana Beltran, 20*, La Vista, NE	1:20:12	8:01
167	23	M45 Mark Brownell, 48, Ankeny, IA	1:20:13	8:01
58	1	JrW Taylor Klobertanz, 19*, La Vista, NE	1:20:23	8:02
59	6	W45 Brenda Bright, 48*, Ames, IA	1:20:23	8:02
168	24	M45 Kevin Techau, 49, Des Moines, IA	1:20:29	8:03
169	20	M25 Nick Elliott, 28, Des Moines, IA	1:20:30	8:03
170	3	JrM Mitchell McCoy, 14, West Des Moines, IA	1:20:34	8:03
60	7	W40 Jana Edwards, 41*, West Des Moines, IA	1:20:36	8:04
61	11	W25 Alana Stamas, 26*, Des Moines, IA	1:20:43	8:04
62	8	W30 Katie Gibson, 33*, New York, NY	1:20:47	8:05
171	38	M40 Jeff Andersen, 40, Grimes, IA	1:20:49	8:05
63	8	W40 Theresa McCclure, 40*, Johnston, IA	1:20:51	8:05
172	10	M20 Jacob Johnson, 24, West Des Moines, IA	1:20:54	8:05
64	9	W40 Barb Mendoza, 42*, Grimes, IA	1:20:55	8:06
65	7	W45 Bobbi Snodgrass, 46*, Indianola, IA	1:21:00	8:06
66	12	W25 Laura Jontz, 26*, Des Moines, IA	1:21:03	8:06
173	5	M55 Tom Farr, 56, Des Moines, IA	1:21:03	8:06
174	25	M45 James Hayes, 47, Des Moines, IA	1:21:05	8:06
175	20	M30 Casey Niemann, 34, Waukee, IA	1:21:07	8:07
176	21	M30 Mike Patrick, 32, Des Moines, IA	1:21:09	8:07
67	10	W40 Tave Porto, 42*, West Des Moines, IA	1:21:10	8:07
68	17	W35 Stacy Farr, 37*, West Des Moines, IA	1:21:13	8:07
69	9	W30 Laurie Meythaler-Mullin, 30*, Des Moines, IA	1:21:16	8:08
70	10	W30 Nikki Roetman, 34*, Johnston, IA	1:21:17	8:08
177	3	M65 Jim Matthews, 68, Baxter, IA	1:21:19	8:08
178	17	M50 Curtis Husske, 52, Maxwell, IA	1:21:25	8:08
71	13	W25 Emily Frana, 26*, Clive, IA	1:21:27	8:09
179	6	M55 Kevin Cunningham, 57, Des Moines, IA	1:21:28	8:09
72	14	W25 Jill Logsdon, 26*, Baxter, IA	1:21:33	8:09
180	4	JrM Jimmy Dillon, 16, Carlisle, IA	1:21:37	8:10
73	11	W30 Kecia Goodman, 31*, Ames, IA	1:21:39	8:10
181	21	M25 Timothy Fencil, 29, Ames, IA	1:21:40	8:10
182	29	M35 Robert Benson, 38, Des Moines, IA	1:21:42	8:10
183	39	M40 Phil Weber, 41, Norwalk, IA	1:21:47	8:11
184	26	M45 Timothy Orr, 47, Johnston, IA	1:21:51	8:11
185	27	M45 Gary Freese, 48, Johnston, IA	1:21:51	8:11
74	8	W45 Annette Vaverka, 48*, Grinnell, IA	1:22:02	8:12
186	7	M55 David Friedgood, 59, West Des Moines, IA	1:22:11	8:13
187	5	M60 Rick Krause, 60, West Des Moines, IA	1:22:14	8:13
75	11	W40 Ellen Middleswart, 43*, Urbandale, IA	1:22:21	8:14
76	15	W25 Darci Pratt, 25*, West Des Moines, IA	1:22:30	8:15
188	5	JrM Justin Dillon, 13, Carlisle, IA	1:22:35	8:15
189	22	M30 Jonathan Scroggs, 32, Ankeny, IA	1:22:51	8:17
77	9	W45 Annette Krause, 46*, West Des Moines, IA	1:22:58	8:18
78	1	W55 Nancy Harvey, 55*, Ankeny, IA	1:23:05	8:18
79	9	W20 Lindsey Meyer, 23*, Des Moines, IA	1:23:07	8:19
80	10	W20 Crista Wilkening, 24*, West Des Moines, IA	1:23:07	8:19
81	18	W35 Jessica Schrock, 37*, Altoona, IA	1:23:17	8:20
82	19	W35 Tonia Johnson, 35*, Altoona, IA	1:23:18	8:20
190	40	M40 Charlie Neibergall, 43, Urbandale, IA	1:23:19	8:20
83	12	W30 Angie Heim, 33*, Norwalk, IA	1:23:31	8:21
191	22	M25 Brent Allen, 28, Johnston, IA	1:23:37	8:22
192	23	M30 Daniel Asklund, 34, Webster City, IA	1:23:37	8:22
84	10	W45 Julie Olmstead, 45*, Webster City, IA	1:23:38	8:22
193	18	M50 John Curtin, 52, Des Moines, IA	1:23:42	8:22
194	41	M40 Joe Akers, 43, Grimes, IA	1:23:45	8:22
195	24	M30 Wade Dew Hartog, 34, Johnston, IA	1:23:50	8:23
196	19	M50 Mike Aman, 52, Blair, NE	1:23:51	8:23
85	12	W40 Erin Downs, 40*, Urbandale, IA	1:23:53	8:23

197	20	M50 Wesley Winterink, 52, Ames, IA	1:24:04	8:24
198	25	M30 Victor Young, 32, Des Moines, IA	1:24:04	8:24
199	21	M50 David Swenson, 53, Ames, IA	1:24:07	8:25
200	42	M40 Rob Shaw, 40, Des Moines, IA	1:24:08	8:25
86	20	W35 Jennifer Slack, 37*, Ankeny, IA	1:24:09	8:25
87	13	W40 Laura Thomas, 43*, West Des Moines, IA	1:24:10	8:25
201	22	M50 Mike Clayton, 53, Ames, IA	1:24:11	8:25
202	28	M45 Jeff Damman, 46, Ankeny, IA	1:24:12	8:25
88	16	W25 Jessica Pilling, 26*, Clive, IA	1:24:12	8:25
203	6	M60 Philip Hodges, 60, Ames, IA	1:24:14	8:25
89	13	W30 Stephanie Clemens, 34*, Des Moines, IA	1:24:15	8:25
204	23	M50 Mike Rathier, 50, Grimes, IA	1:24:16	8:26
90	2	JrW Samantha Konz, 19*, Sioux City, IA	1:24:17	8:26
91	17	W25 Amber Downs, 29*, Ankeny, IA	1:24:18	8:26
205	43	M40 David Chicken, 41, Waukee, IA	1:24:20	8:26
92	18	W25 Courtney Shelquist, 25*, Ankeny, IA	1:24:22	8:26
206	24	M50 Mark Ostrem, 50, Rochester, MN	1:24:24	8:26
93	19	W25 Rachel Pierce, 26*, Urbandale, IA	1:24:31	8:27
207	23	M25 Adam Rogers, 29, West Des Moines, IA	1:24:32	8:27
208	30	M35 Dana Cox, 38, Earlham, IA	1:24:38	8:28
94	20	W25 Sarah Danik, 25*, Des Moines, IA	1:24:42	8:28
209	31	M35 Aaron Jones, 37, Ankeny, IA	1:24:45	8:28
95	11	W20 Erica Reams, 24*, West Des Moines, IA	1:24:51	8:29
96	21	W35 Danielle Sharpe, 39*, West Des Moines, IA	1:24:52	8:29
97	21	W25 Kristen Prewitt, 29*, Grimes, IA	1:24:56	8:30
98	11	W45 Marcia Swinneyshay, 49*, Ankeny, IA	1:24:58	8:30
99	14	W40 Rebecca Brannan, 43*, Urbandale, IA	1:25:01	8:30
210	32	M35 Michael Biegger, 38, Des Moines, IA	1:25:04	8:30
100	3	W50 Vicki Vanderkwaak, 52*, Johnston, IA	1:25:13	8:31
101	12	W45 Nola Seaberg, 46*, Des Moines, IA	1:25:14	8:31
211	8	M55 Denny Lincicum, 58, Ankeny, IA	1:25:15	8:31
102	22	W35 Amy Kintzle, 37*, Urbandale, IA	1:25:18	8:32
212	44	M40 Doug Kintzle, 43, Urbandale, IA	1:25:18	8:32
103	14	W30 Amy Price, 32*, Parkersburg, IA	1:25:30	8:33
213	26	M30 Jonathan Altes, 33, Norwalk, IA	1:25:49	8:35
104	13	W45 Kriss Uehling, 45*, Ottumwa, IA	1:25:55	8:35
214	9	M55 John Pleasants, 59, Ames, IA	1:26:13	8:37
105	14	W45 Laurie Wahlig, 47*, West Des Moines, IA	1:26:17	8:38
215	33	M35 Jeff Davis, 39, West Des Moines, IA	1:26:18	8:38
216	25	M50 Josephy Henry, 51, Des Moines, IA	1:26:22	8:38
106	15	W30 Sarah Andersson, 33*, West Des Moines, IA	1:26:26	8:39
107	15	W40 Carrie Crawford, 43*, Des Moines, IA	1:26:29	8:39
108	22	W25 Melissa Gourley, 27*, Urbandale, IA	1:26:42	8:40
217	24	M25 Benjamin Briggs, 28, Des Moines, IA	1:26:44	8:40
109	16	W40 Denna Mitchell, 43*, Greenfield, IA	1:26:48	8:41
110	16	W30 Stacy Kuehler, 32*, West Des Moines, IA	1:26:50	8:41
218	26	M50 David Cunningham, 54, Forest City, IA	1:27:01	8:42
219	25	M25 Kyle Cunningham, 28, West Des Moines, IA	1:27:02	8:42
111	23	W35 Jane Schmitt, 36*, Des Moines, IA	1:27:03	8:42
220	29	M45 John Beals, 46, Des Moines, IA	1:27:10	8:43
221	26	M25 Randy Arnold, 28, Ankeny, IA	1:27:14	8:43
222	27	M25 Travis Bergeson, 26, West Des Moines, IA	1:27:19	8:44
112	17	W40 Beth Morton, 44*, West Des Moines, IA	1:27:19	8:44
113	18	W40 Kris Robson, 42*, Urbandale, IA	1:27:24	8:44
223	7	M60 Michael Reams, 62, West Des Moines, IA	1:27:29	8:45
224	27	M50 Stephen McCoy, 50, Cedar Rapids, IA	1:27:30	8:45
114	19	W40 Karen Chicken, 40*, Waukee, IA	1:27:31	8:45
225	45	M40 Matt White, 41, Johnston, IA	1:27:37	8:46
226	10	M55 Al Hildestad, 59, Des Moines, IA	1:27:43	8:46
115	12	W20 Tamara Arredondo, 22*, Kirksville, MO	1:27:44	8:46
227	27	M30 Dominick Villotti, 33, Urbandale, IA	1:27:45	8:46
116	24	W35 Andrea Hoekstra, 36*, Des Moines, IA	1:27:54	8:47
117	23	W25 Laura Fralzek, 25*, West Des Moines, IA	1:27:54	8:47
228	28	M30 Ryan Myers, 30, Des Moines, IA	1:27:56	8:48
118	17	W30 Laura Drees, 31*, Indianola, IA	1:28:00	8:48

119	4	W50 Claire Andreasen, 51*, Ames, IA	1:28:04	8:48
120	25	W35 Andrea Corcoran, 39*, Des Moines, IA	1:28:11	8:49
121	26	W35 Marzia Benson, 39*, Des Moines, IA	1:28:11	8:49
122	5	W50 Pamela Reynolds, 52*, Johnston, IA	1:28:15	8:49
123	27	W35 Julie Peterson, 37*, Ames, IA	1:28:15	8:49
124	28	W35 Stephanie Paulson, 36*, Grimes, IA	1:28:23	8:50
229	11	M20 Brian Schenkelberg, 22, West Des Moines, IA	1:28:24	8:50
230	29	M30 Braydn Girdler, 32, Granger, IA	1:28:26	8:51
125	20	W40 Gwyndolyn McMillin, 42*, Des Moines, IA	1:28:27	8:51
231	30	M45 Price Flanagan, 46, Des Moines, IA	1:28:27	8:51
126	6	W50 Julia Batten, 52*, Carlisle, IA	1:28:34	8:51
127	24	W25 Mindi Decker, 28*, Des Moines, IA	1:28:35	8:51
128	21	W40 Karen Dassinger, 44*, West Des Moines, IA	1:28:35	8:51
129	29	W35 Jennifer Galluzzo, 38*, West Des Moines, IA	1:28:37	8:52
130	30	W35 Sherilyn Rittgers, 35*, Ankeny, IA	1:28:39	8:52
131	25	W25 Anne Musgrave, 29*, Des Moines, IA	1:28:44	8:52
132	26	W25 Mimi Nguyen, 25*, Des Moines, IA	1:28:50	8:53
232	31	M45 James McGraw, 46, Waukee, IA	1:28:50	8:53
133	27	W25 Sally Bennett, 29*, Ankeny, IA	1:28:57	8:54
134	28	W25 Candace Wilson, 29*, Pella, IA	1:28:57	8:54
135	15	W45 Tracy Cheney, 45*, West Des Moines, IA	1:28:58	8:54
233	32	M45 Tony McBride, 46, Clive, IA	1:28:59	8:54
234	11	M55 Richard Newkirk, 59, Ankeny, IA	1:29:07	8:55
235	33	M45 Todd Weber, 45, Earlham, IA	1:29:20	8:56
136	31	W35 Jennifer Veak, 35*, Des Moines, IA	1:29:24	8:56
236	12	M55 Doug Hoffman, 57, West Des Moines, IA	1:29:31	8:57
137	7	W50 Jeannie Tison, 50*, Des Moines, IA	1:29:35	8:57
237	30	M30 Chad Moore, 31, Windsor Heights, IA	1:29:39	8:58
238	34	M45 Bob Schoby, 49, Blair, NE	1:29:42	8:58
239	28	M25 Jason Gunkel, 27, Clive, IA	1:29:43	8:58
240	35	M45 Will Hildreth, 48, Des Moines, IA	1:29:46	8:59
138	29	W25 Eliza Nosek, 26*, Des Moines, IA	1:29:48	8:59
139	16	W45 Brenda McGraw, 46*, Waukee, IA	1:29:48	8:59
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140	18	W30 Deborah Humpal, 31*, Des Moines, IA	1:29:59	9:00
241	8	M60 Louis Hockenberg, 60, Clive, IA	1:30:06	9:01
141	22	W40 Sue Holden, 43*, Des Moines, IA	1:30:07	9:01
242	13	M55 Mark McGrath, 59, Des Moines, IA	1:30:20	9:02
142	19	W30 Staci Bohlen, 34*, W Des Moines, IA	1:30:32	9:03
143	32	W35 Rabbecca Jones, 36*, Des Moines, IA	1:30:34	9:03
243	14	M55 Gery Haag, 55, Johnston, IA	1:30:47	9:05
144	17	W45 Carrie Moore, 46*, Urbandale, IA	1:30:49	9:05
244	34	M35 Ross Douma, 37, Waukee, IA	1:30:49	9:05
145	33	W35 Tammy Mickey, 35*, Melcher, IA	1:30:51	9:05
146	34	W35 Heather Brunk, 36*, Johnston, IA	1:30:54	9:05
147	35	W35 Theresa Forbes, 38*, Des Mines, IA	1:30:59	9:06
245	36	M45 Greg Allen, 48, Des Moines, IA	1:31:00	9:06
246	37	M45 Bernie Burke, 46, Des Moines, IA	1:31:05	9:06
148	23	W40 Julie Arks, 43*, Des Moines, IA	1:31:06	9:07
149	24	W40 Kellie Markey, 42*, Pleasant Hill, IA	1:31:10	9:07
247	28	M50 Dennis Howard, 54, Des Moines, IA	1:31:13	9:07
150	18	W45 Julie Hale, 46*, Des Moines, IA	1:31:16	9:08
248	29	M25 Ben Warren, 27, Des Moines, IA	1:31:16	9:08
151	19	W45 Mary Schrunck, 47*, Ames, IA	1:31:17	9:08
152	20	W30 Robin Dickson, 32*, Des Moines, IA	1:31:18	9:08
249	38	M45 Rob Gillum, 47, Des Moines, IA	1:31:19	9:08
153	30	W25 Janelle Buxton, 25*, Des Moines, IA	1:31:19	9:08
154	21	W30 Sara Cutler, 32*, Carlisle, IA	1:31:27	9:09
250	15	M55 Jim Smith, 56, Winterset, IA	1:31:31	9:09
251	39	M45 Scott Hinkle, 47, Fort Dodge, IA	1:31:38	9:10
155	22	W30 Heather Bitting, 32*, Altoona, IA	1:31:39	9:10
156	31	W25 Kristina Baumann, 25*, Urbandale, IA	1:31:39	9:10

157	8	W50 Paula Dierenfeld, 54*, Johnston, IA	1:31:43	9:10
158	36	W35 Maria Davis, 39*, West Des Moines, IA	1:31:45	9:10
159	32	W25 Kate Gregory, 26*, Grimes, IA	1:31:45	9:10
160	9	W50 Kimberly Bach, 52*, Ankeny, IA	1:31:56	9:12
161	20	W45 Pamela Gallagher, 45*, Ankeny, IA	1:31:58	9:12
252	40	M45 Duncan Gallagher, 48, Ankeny, IA	1:31:58	9:12
162	33	W25 Kara McClure, 28*, Dallas Center, IA	1:32:05	9:12
253	41	M45 Terry Mitchell, 46, West Des Moines, IA	1:32:11	9:13
163	34	W25 Elizabeth Burt, 26*, Des Moines, IA	1:32:13	9:13
164	35	W25 Kathy Patten, 25*, Des Moines, IA	1:32:28	9:15
165	10	W50 Natalie Welter, 50*, Story City, IA	1:32:34	9:15
166	36	W25 Nikki Landenberger, 25*, West Des Moines, IA	1:32:38	9:16
167	23	W30 Liz Nelson, 31*, Des Moines, IA	1:32:44	9:16
168	25	W40 Leslie Bramwell, 44*, Des Moines, IA	1:32:44	9:16
169	24	W30 Jill Hill, 34*, West Des Moines, IA	1:32:45	9:16
254	16	M55 Mark Ohnemus, 55, Carlisle, IA	1:33:00	9:18
170	37	W25 Kelly Boesenbergs, 27*, Ankeny, IA	1:33:02	9:18
171	38	W25 Lindsey Nelson, 27*, Johnston, IA	1:33:09	9:19
172	37	W35 Kelcy Lofgren, 38*, Ankeny, IA	1:33:09	9:19
173	25	W30 Latris Overspade, 33*, Ankeny, IA	1:33:24	9:20
174	13	W20 Stephanie Gross, 23*, Des Moines, IA	1:33:27	9:21
175	1	W60 Patricia Schulte, 60*, Granger, IA	1:33:29	9:21
176	38	W35 Lisa Martin, 39*, Johnston, IA	1:33:39	9:22
177	26	W30 Megan Flynn, 31*, Ankeny, IA	1:33:40	9:22
178	27	W30 Sally Scroggs, 34*, Ankeny, IA	1:33:42	9:22
179	26	W40 Barb Kellogg, 44*, Winterset, IA	1:33:48	9:23
255	35	M35 Steve Satori, 38, Pella, IA	1:33:48	9:23
180	27	W40 Andrea Dryer, 41*, Cedar Falls, IA	1:33:50	9:23
256	31	M30 Jesper Andersson, 33, West Des Moines, IA	1:33:54	9:23
181	39	W35 Alecia Rahn-Blakeslee, 35*, Ankeny, IA	1:33:54	9:23
182	39	W25 Brooke Randleman, 25*, Carlisle, IA	1:34:01	9:24
183	40	W25 Jill Buckner, 25*, Urbandale, IA	1:34:03	9:24
184	41	W25 Yayne Anderson, 29*, Des Moines, IA	1:34:06	9:25
257	42	M45 Tom Clegg, 47, Urbandale, IA	1:34:11	9:25
185	40	W35 Lauri Sundo, 37*, Waukee, IA	1:34:16	9:26
186	28	W30 Mary Fratianni, 34*, West Des Moines, IA	1:34:18	9:26
187	41	W35 Gigi Filer, 35*, Des Moines, IA	1:34:35	9:27
188	42	W35 Ann Evans, 38*, Carlisle, IA	1:34:38	9:28
189	29	W30 Karey Brower, 32*, Carlisle, IA	1:34:38	9:28
258	17	M55 Douglas Bryner, 57, Ames, IA	1:34:50	9:29
259	29	M50 Steve Shifflett, 50, Ames, IA	1:34:52	9:29
190	43	W35 Maggie McCay, 39*, Des Moines, IA	1:34:57	9:30
260	32	M30 Bryan Di Donato, 30, Des Moines, IA	1:35:06	9:31
191	44	W35 Julie Liebe, 38*, Prairie City, IA	1:35:11	9:31
261	43	M45 Randy Catron, 49, Urbandale, IA	1:35:21	9:32
192	21	W45 Leesa Shoemaker, 45*, Polk City, IA	1:35:25	9:32
193	30	W30 Tammy Steenhoek, 32*, Prairie City, IA	1:35:28	9:33
194	28	W40 Heather Behrends, 40*, West Des Moines, IA	1:35:30	9:33
195	45	W35 Stacy Barth, 39*, Urbandale, IA	1:35:44	9:34
196	31	W30 Stephanie Wright, 30*, Des Moines, IA	1:35:51	9:35
197	32	W30 Jeni Sundermeyer, 33*, Pleasant Hill, IA	1:35:51	9:35
198	42	W25 Lindsey Brelsford, 27*, Waukee, IA	1:35:57	9:36
199	29	W40 Kristin Hunt, 40*, Ankeny, IA	1:35:58	9:36
262	30	M50 Dave Lichtenauer, 54, Johnston, IA	1:35:59	9:36
200	14	W20 Laura Severson, 22*, Story City, IA	1:36:22	9:38
263	12	M20 Grant Severson, 22, Story City, IA	1:36:22	9:38
201	43	W25 Chandra Wheetley, 25*, Johnston, IA	1:36:25	9:38
202	22	W45 Cheryl Murad, 49*, Urbandale, IA	1:36:27	9:39
203	33	W30 Kristi Polonsky, 31*, Keosauqua, IA	1:36:30	9:39
264	33	M30 Jason Polonsky, 33, Keosauqua, IA	1:36:30	9:39
204	15	W20 Calee Himes, 23*, Des Moines, IA	1:36:38	9:40
205	11	W50 Jo Ellen O'Neal, 51*, Des Moines, IA	1:36:51	9:41
206	16	W20 Kathryn Merrifield, 23*, West Des Moines, IA		

			1:36:52	9:41
265		Unknown???	1:36:59	9:42
266	44	M45 Kevin Moreland, 47, West Des Moines, IA	1:37:00	9:42
207	44	W25 Kelly Brown, 29*, Des Moines, IA	1:37:01	9:42
267	13	M20 Kyle Mally, 24, Bettendorf, IA	1:37:05	9:42
268	36	M35 Brad Myers, 37, Knoxville, IA	1:37:05	9:42
208	45	W25 Stephanie Shaw Ross, 26*, Des Moines, IA	1:37:19	9:44
269	18	M55 Stuart Lehr, 59, West Des Moines, IA	1:37:24	9:44
209	30	W40 Michelle Mullin, 44*, Clive, IA	1:37:28	9:45
210	46	W25 Deanna Hellman, 28*, Ankeny, IA	1:37:42	9:46
270	31	M50 Joan Bauer, 50, Audubon, IA	1:37:45	9:46
211	47	W25 Deb Lampe, 26*, Ankeny, IA	1:37:49	9:47
212	34	W30 Corrie Grubb, 30*, Des Moines, IA	1:37:52	9:47
271	32	M50 Tom Broadbooks, 52, Ankeny, IA	1:37:57	9:48
272	45	M45 Calvin Hansen, 45, West Des Moines, IA	1:38:00	9:48
273	46	M40 Jerry Cihota, 41, Urbandale, IA	1:38:19	9:50
213	31	W40 Sharon Koele, 43*, Des Moines, IA	1:38:20	9:50
214	12	W50 Linda Koele, 50*, Urbandale, IA	1:38:22	9:50
215	13	W50 Debi Bull, 50*, Des Moines, IA	1:38:24	9:50
216	2	W60 Catherine Smith, 60*, West Des Moines, IA	1:38:24	9:50
217	14	W50 Patty Keuning, 53*, Prairie City, IA	1:38:25	9:50
218	35	W30 Jill Featherstone, 33*, Des Moines, IA	1:38:36	9:52
219	36	W30 Beth Jebens, 34*, Des Moines, IA	1:38:36	9:52
220	46	W35 Nicole Mills, 39*, Johnston, IA	1:38:44	9:52
221	47	W35 Becky Thomas, 38*, Johnston, IA	1:38:44	9:52
222	37	W30 Kelly Rand, 31*, West Des Moines, IA	1:38:47	9:53
274	4	M65 William Lawless, 65, Des Moines, IA	1:38:57	9:54
275	19	M55 Nathan Callahan, 55, Cedar Falls, IA	1:38:58	9:54
223	23	W45 Kimberly Taylor, 47*, West Des Moines, IA	1:39:05	9:54
224	48	W35 Cindy Jenkins, 38*, West Des Moines, IA	1:39:13	9:55
225	32	W40 Julie Hoey, 40*, West Des Moines, IA	1:39:14	9:55
226	49	W35 Kristy Potter, 36*, West Des Moines, IA	1:39:14	9:55
227	48	W25 Jennifer O'Connor, 28*, West Des Moines, IA		
			1:39:17	9:56
228	49	W25 Erica Ruffing, 26*, West Des Moines, IA	1:39:17	9:56
276	34	M30 Chris Beach, 31, Grimes, IA	1:39:22	9:56
229	50	W25 Jennifer Halverson, 29*, Urbandale, IA	1:39:36	9:58
277	35	M30 Joshua Duden, 32, Bondurant, IA	1:39:49	9:59
278	36	M30 Zach Lincicum, 30, Ankeny, IA	1:39:49	9:59
230	17	W20 Sasha Murad, 24*, West Des Moines, IA	1:39:54	9:59
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231	50	W35 Ann Hudson, 38*, West Des Moines, IA	1:39:57	10:00
232	2	W55 Catherine Kemper, 57*, Des Moines, IA	1:39:57	10:00
233	51	W35 Jamie Bachman, 39*, West Des Moines, IA	1:39:59	10:00
279	20	M55 Earl Smith, 59, Des Moines, IA	1:40:20	10:02
280	33	M50 Brian Anstedt, 51, Norwalk, IA	1:40:20	10:02
234	52	W35 Molly Pirtle, 36*, Des Moines, IA	1:40:34	10:03
235	38	W30 Mary Meskimen, 31*, North Liberty, IA	1:40:35	10:03
236	51	W25 Kelsey Marske, 28*, Urbandale, IA	1:40:35	10:03
237	24	W45 Rosie Branaman, 46*, Boone, IA	1:40:47	10:05
281	9	M60 Norman Ostbloom, 61, Des Moines, IA	1:40:51	10:05
238	53	W35 Kimberly Mitchell, 39*, West Des Moines, IA		
			1:41:07	10:07
239	39	W30 Kathy Amos, 32*, Ankeny, IA	1:41:26	10:09
240	52	W25 Stacey Palmer, 26*, Des Moines, IA	1:41:39	10:10
241	54	W35 Melissa Parker, 37*, Des Moines, IA	1:42:10	10:13
242	33	W40 Lisa Kannapel, 42*, Windsor Heights, IA	1:42:10	10:13
243	34	W40 Marci Cordaro, 41*, Johnston, IA	1:42:10	10:13
244	35	W40 Anne Blobaum, 42*, Des Moines, IA	1:42:20	10:14
245	25	W45 Christine Hartman, 45*, Ankeny, IA	1:42:20	10:14
282	46	M45 David Soorholtz, 48, Clive, IA	1:42:41	10:16
283	37	M30 Ryan Labarre, 31, Des Moines, IA	1:42:42	10:16
246	53	W25 Sarah Ingersoll, 28*, Urbandale, IA	1:43:09	10:19
247	54	W25 Andrea Newman, 27*, Carlisle, IA	1:43:15	10:19

248	55	W25	Cadence Kuklinski, 26*, Des Moines, IA	1:43:21	10:20
249	15	W50	Terri Bunting, 50*, West Des Moines, IA	1:43:31	10:21
250	36	W40	Vickie Namanny, 41*, Grimes, IA	1:43:38	10:22
251	26	W45	Linda Ream, 46*, Urbandale, IA	1:43:40	10:22
252	40	W30	Jill Stouffer, 31*, Waukee, IA	1:43:41	10:22
253	56	W25	Carrie Hiner, 29*, Des Moines, IA	1:43:47	10:23
254	16	W50	Liz Meimann, 54*, Nevada, IA	1:43:57	10:24
255	41	W30	Katie Thaut, 32*, Ankeny, IA	1:43:57	10:24
256	42	W30	Stephanie Edler, 32*, State Center, IA	1:44:15	10:25
257	18	W20	Mollie Tjelmeland, 24*, Roland, IA	1:44:15	10:25
258	55	W35	Kelly Pearce, 38*, Ankeny, IA	1:44:18	10:26
259	56	W35	Kathy Agocs, 37*, Urbandale, IA	1:44:28	10:27
260	57	W35	Melissa Sturm-Smith, 35*, Des Moines, IA	1:44:28	10:27
261	43	W30	Jennifer Girdler, 33*, Granger, IA	1:44:34	10:27
262	44	W30	Ann Davenport, 32*, Minneapolis, MN	1:44:35	10:27
284	47	M45	Rob Harlan, 46, Des Moines, IA	1:44:39	10:28
263	45	W30	Kathryn Cox, 31*, Urbandale, IA	1:44:48	10:29
264	58	W35	Jill Bartachek, 37*, West Des Moines, IA	1:45:49	10:35
265	59	W35	Sher Robinson, 35*, Des Moines, IA	1:45:49	10:35
266	46	W30	Whitney Smith, 30*, Altoona, IA	1:46:08	10:37
285	30	M25	Jamie Techau, 28, Des Moines, IA	1:46:20	10:38
267	57	W25	Kristine Chung, 27*, Johnston, IA	1:46:20	10:38
268	47	W30	Robin Wasteney, 34*, Des Moines, IA	1:46:30	10:39
269	27	W45	Nancy Betz, 49*, Grimes, IA	1:46:32	10:39
270	28	W45	Deb Baker, 47*, Urbandale, IA	1:46:32	10:39
286	47	M40	Tony Mauro, 41, Des Moines, IA	1:47:35	10:45
287	34	M50	Lloyd Vanderkwaak, 51, Johnston, IA	1:47:35	10:45
271	58	W25	Erin Pederson, 29*, Ames, IA	1:47:57	10:48
272	29	W45	Pa Bissing, 47*, West Des Moines, IA	1:48:25	10:50
273	48	W30	Jessica Pendleton, 30*, Johnston, IA	1:48:33	10:51
274	60	W35	Michele Schaeperkoetter, 37*, Minneapolis, MN	1:48:46	10:53
275	49	W30	Manon Bryant, 31*, Urbandale, IA	1:48:49	10:53
276	30	W45	Cindy Adams, 47*, Clive, IA	1:48:55	10:53
277	17	W50	June Vandezande, 50*, Des Moines, IA	1:48:55	10:53
278	61	W35	Kelly Richardson, 39*, Iowa City, IA	1:49:09	10:55
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 Top					
279	37	W40	Karen Brenner, 42*, Ames, IA	1:50:14	11:01
280	62	W35	Jennifer York, 39*, Ames, IA	1:50:15	11:01
281	38	W40	Robin Dillon, 43*, Carlisle, IA	1:50:58	11:06
288	35	M50	Gary Turner, 53, West Des Moines, IA	1:52:06	11:13
282	50	W30	Jennifer Vandivier, 34*, Des Moines, IA	1:52:45	11:16
289	14	M20	Brian Nekola, 24, Tama, IA	1:52:56	11:18
290	31	M25	Dirk Whitebreast, 28, Tama, IA	1:52:56	11:18
283	59	W25	Tanya Harmeyer, 25*, Bondurant, IA	1:53:03	11:18
284	18	W50	Linda Strohbeck, 54*, Urbandale, IA	1:53:47	11:23
285	39	W40	Sherry Smiley, 42*, Cumming, IA	1:53:57	11:24
286	60	W25	Erin McKeown, 25*, West Des Moines, IA	1:54:02	11:24
287	61	W25	Audra Wolfe, 27*, Urbandale, IA	1:54:28	11:27
288	62	W25	Megan Woolworth, 26*, Grimes, IA	1:54:31	11:27
289	19	W20	Meagan Oppold, 22*, Urbandale, IA	1:54:34	11:27
291	10	M60	Dick Hogan, 62, Urbandale, IA	1:55:22	11:32
290	31	W45	Lisa Lingner, 45*, Grimes, IA	1:56:00	11:36
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 Top					
291	51	W30	Kerry Feuling, 30*, Des Moines, IA	2:07:57	12:48
292	52	W30	Melissa Kennedy, 32*, Des Moines, IA	2:07:58	12:48

"*" indicates females

5 finishers among Men 19 & Under

14 finishers among Men 20 - 24

31 finishers among Men 25 - 29

37 finishers among Men 30 - 34

36 finishers among Men 35 - 39

47 finishers among Men 40 - 44

47 finishers among Men 45 - 49
35 finishers among Men 50 - 54
20 finishers among Men 55 - 59
10 finishers among Men 60 - 64
4 finishers among Men 65 - 69
2 finishers among Women 19 & Under
19 finishers among Women 20 - 24
62 finishers among Women 25 - 29
52 finishers among Women 30 - 34
62 finishers among Women 35 - 39
39 finishers among Women 40 - 44
31 finishers among Women 45 - 49
18 finishers among Women 50 - 54
2 finishers among Women 55 - 59
2 finishers among Women 60 - 64
291 male finishers
292 female finishers

583 total finishers



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