

34th Capital Pursuit 10 Mile**Des Moines, IA****Sep. 18, 2016**

60s and partly cloudy

Results by Cal Murdock

[5K results](#)

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.

Last updated Sep. 18, 2016 11:02 AM

PLACE	CLASS	FINISHER	TIME	PACE
PLACE	PLACE			
1	OpM	Brogan Austin, 24, West Des Moines, IA	50:00	5:00
2	OpM	Adam Bohach, 32, Decorah, IA	51:20	5:08
3	OpM	Conor Wells, 23, Minneapolis, MN	51:37	5:10
4	1 M20	Terry Nielsen, 23, West Des Moines, IA	53:40	5:22
5	1 M30	Nathan Hopp, 33, Amana, IA	54:53	5:29
6	2 M20	Jake Sutton, 25, West Des Moines, IA	55:08	5:31
7	3 M20	Austin Tegels, 29, Des Moines, IA	55:15	5:31
8	2 M30	Scott Johnson, 34, Johnston, IA	55:36	5:34
9	3 M30	Chris Nealy, 36, Des Moines, IA	55:46	5:35
10	4 M30	Scott Cale, 34, Carroll, IA	57:05	5:42
11	5 M30	Patric Carruthers-Green, 30, Des Moines, IA	57:25	5:44
12	4 M20	Peter Augustine Kazery, 25, Osceola, IA	57:34	5:45
13	5 M20	John Paul Sevcik, 22, Des Moines, IA	57:57	5:48
14	OpW	Obsie Birru, 27*, Des Moines, IA	57:57	5:48
15	6 M30	Jack Johnson, 36, West Des Moines, IA	58:35	5:51
16	1 M40	Kevin Barnes, 44, Indianola, IA	59:21	5:56
17	7 M30	Jacob Kaemmer, 39, Des Moines, IA	59:49	5:59
18	8 M30	Sean Severe, 32, Des Moines, IA	59:52	5:59
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 Top				
19	6 M20	Thomas Had, 27, Urbandale, IA	1:00:08	6:01
20	OpW	Pasca Myers, 30*, Fort Dodge, I	1:00:11	6:01
21	OpW	Casey McDermott, 27*, Grinnell, IA	1:00:22	6:02
22	1 W20	Flannery Cerbin-Bohach, 29*, Decorah, IA	1:00:44	6:04
23	7 M20	David Roney, 25, Windsor Heights, IA	1:00:45	6:04
24	9 M30	Rick Fesler, 34, Boiling Springs, PA	1:01:11	6:07
25	2 M40	Paxton Bennett, 42, West Des Moines, IA	1:01:13	6:07
26	10 M30	Matthew McDermott, 38, West Des Moines, IA	1:01:29	6:09
27	11 M30	Matthew Hilbert, 33, West Des Moines, IA	1:01:59	6:12
28	12 M30	Nathan Wenck, 39, Carroll, IA	1:02:44	6:16
29	13 M30	Douglas Schroeder, 30, Minneapolis, MN	1:02:47	6:17
30	14 M30	Neil Young, 34, Des Moines, IA	1:03:42	6:22
31	15 M30	Lance Gunkel, 37, Clive, IA	1:03:47	6:23
32	8 M20	Mitchell Davis, 25, Des Moines, IA	1:04:02	6:24
33	3 M40	Mark Timmerman, 46, Indianola, IA	1:04:26	6:27
34	9 M20	Zewude Kia, 29, Desmoines, IA	1:04:41	6:28
35	16 M30	Aaron Wheelock, 36, Des Moines, IA	1:04:49	6:29
36	17 M30	Heath Moenck, 30, Indianola, IA	1:04:58	6:30
37	4 M40	Ben Reyes, 42, Saint Charles, IA	1:05:07	6:31
38	5 M40	Steve Houg, 41, Urbandale, IA	1:05:09	6:31
39	1 W40	Joanne Sackett, 48*, Des Moines, IA	1:05:15	6:31

40	10	M20	Logan Marvin, 24, Johnston, IA	1:05:16	6:32
41	2	W20	Sara Hendrickson, 29*, Altoona, IA	1:05:25	6:33
42	1	W30	Colleen Webb, 39*, Des Moines, IA	1:06:24	6:38
43	6	M40	Michael Bupp, 44, Gardners, PA	1:06:38	6:40
44	11	M20	Aron Block, 25, Des Moines, IA	1:07:17	6:44
45	1	M50	Kurt Leland, 52, Huxley, IA	1:07:30	6:45
46	2	M50	Troy Zeleznik, 54, West Des Moines, IA	1:07:31	6:45
47	3	M50	Loran Storts, 51, Clive, IA	1:07:42	6:46
48	4	M50	Todd Haugen, 50, Des Moines, IA	1:07:52	6:47
49	7	M40	TyrannoMarco Hollander, 42, West Des Moines, IA	1:08:16	6:50
50	5	M50	My Cross, 50, Clive, IA	1:08:27	6:51
51	18	M30	Dan Ross, 37, Clive, IA	1:08:38	6:52
52	19	M30	Justin Davis, 37, Algona, IA	1:08:58	6:54
53	1	M60	Willielahart@Gma Lahart, 63, Urbandale, IA	1:09:21	6:56
54	12	M20	Kyle Hoehns, 27, Ankeny, IA	1:09:24	6:56
55	20	M30	Brian Petersen, 32, Ankeny, IA	1:09:40	6:58
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 Top					
56	3	W20	Elizabeth Crimmins, 25*, Des Moines, IA	1:09:58	7:00
57	21	M30	Matt Meier, 36, Urbandale, IA	1:10:01	7:00
58	8	M40	James Thornton, 45, Ankeny, IA	1:10:03	7:00
59	9	M40	Gemechisa Mosa, 42, Grimes, IA	1:10:12	7:01
60	6	M50	Ben Lounsbury, 51, West Des Moines, IA	1:10:50	7:05
61	4	W20	Lisa Wegman, 26*, Des Moines, IA	1:10:55	7:05
62	2	W30	Laura Hamman, 31*, Madison, WI	1:11:03	7:06
63	22	M30	Mike Castegnoli, 32, West Des Moines, IA	1:11:19	7:08
64	10	M40	David Larson, 44, West Des Moines, IA	1:11:52	7:11
65	3	W30	Jenna Hejlik, 32*, Des Moines, IA	1:11:57	7:12
66	2	W40	Katie Chaupoco, 44*, Des Moines, IA	1:12:08	7:13
67	5	W20	Alyssa Arends, 23*, Ankeny, IA	1:12:32	7:15
68	11	M40	Troy Thompson, 47, West Des Moines, IA	1:12:39	7:16
69	12	M40	Jason Hahn, 45, Des Moines, IA	1:13:01	7:18
70	7	M50	Chuck Fritz, 52, Clive, IA	1:13:01	7:18
71	23	M30	Sean Lunde, 30, Des Moines, IA	1:13:09	7:19
72	13	M40	David Steward, 47, Earlham, IA	1:13:29	7:21
73	1	W60	Andriette Wickstrom, 61*, Storm Lake, IA	1:14:02	7:24
74	3	W40	Annika Veeder, 44*, Des Moines, IA	1:14:05	7:24
75	6	W20	Molly Rhodes, 25*, Des Moines, IA	1:14:18	7:26
76	8	M50	Bruce Drummond, 58, Des Moines, IA	1:14:20	7:26
77	7	W20	Kate Schmerbach, 26*, Des Moines, IA	1:14:31	7:27
78	14	M40	Chris Compton, 40, Ankeny, IA	1:14:55	7:29
79	24	M30	Jeremy Mueller, 39, Waukee, IA	1:14:59	7:30
80	4	W30	Kelly Vander Esch, 39*, Johnston, IA	1:15:17	7:32
81	15	M40	David Ness, 45, Johnston, IA	1:15:42	7:34
82	5	W30	Stephanie Mortenson, 34*, Windsor Heights, IA	1:15:57	7:36
83			Jonathan Escobar, Mexico City	1:16:10	7:37
84	25	M30	Patrick Phelan, 39, Des Moines, IA	1:16:11	7:37
85	16	M40	Andrew Shipley, 49, Des Moines, IA	1:16:25	7:38
86	26	M30	Charlie Daugherty, 35, Pella, IA	1:16:27	7:39
87	27	M30	Burton Joseph, 38, West Des Moines, IA	1:16:29	7:39
88	13	M20	Jon Fitzpatrick, 29, Indianola, IA	1:16:32	7:39
89	17	M40	Noah Swanson, 41, Dulles, VA	1:16:34	7:39
90	4	W40	Kathy Schweizer, 47*, Urbandale, IA	1:16:39	7:40
91	28	M30	Randy Sturm, 38, Garner, IA	1:16:40	7:40
92	5	W40	Jeanna English, 44*, West Des Moines, IA	1:16:47	7:41
93	14	M20	Ben Huf, 27, Melbourne, AU	1:16:58	7:42
94	8	W20	Lauren Dayton, 28*, Cincinnati, OH	1:17:08	7:43
95	29	M30	Ross Kelderman, 32, Johnston, IA	1:17:12	7:43
96	6	W30	Danielle Kelloway, 33*, Grimes, IA	1:17:13	7:43
97	7	W30	Allison Kohlhaas, 33*, Clive, IA	1:17:43	7:46
98	18	M40	Brian Terhark, 48, Clive, IA	1:17:44	7:46
99	19	M40	Timothy Gootee, 46, Urbandale, IA	1:17:54	7:47

100	8 W30	Robyn Clevenger, 37*, West Des Moines, IA	1:17:54	7:47
101	30 M30	Caleb Hegna, 39, Des Moines, IA	1:17:55	7:47
102	31 M30	Rajesh Chalamalasetti, 39, West Des Moines, IA	1:17:56	7:48
103	6 W40	Kelli Brockmann, 41*, Waukee, IA	1:18:03	7:48
104	20 M40	Richard Mockobee, 48, Norwalk, IA	1:18:05	7:48
105	9 M50	Don Blair, 56, Ames, IA	1:18:13	7:49
106	10 M50	Don Cumings, 53, Ankeny, IA	1:18:52	7:53
107	21 M40	Tony Guerra, 44, Ankeny, IA	1:18:59	7:54
108	15 M20	Marcus Varnum, 23, Ankeny, IA	1:19:01	7:54
109	11 M50	Dave Endres, 53, West Des Moines, IA	1:19:06	7:55
110	9 W30	Kat Sandie, 34*, Waukee, IA	1:19:08	7:55
111	32 M30	Jason Dreckman, 37, West Des Moines, IA	1:19:23	7:56
112	22 M40	Roger Selesky, 46, Ankeny, IA	1:19:24	7:56
113	16 M20	Dillon Mellick, 27, Waukee, IA	1:19:32	7:57
114	33 M30	Travis Squires, 32, Ankeny, IA	1:19:40	7:58
115	34 M30	Matthew Sly, 33, Urbandale, IA	1:19:40	7:58
116	12 M50	Christopher Ross, 50, Des Moines, IA	1:19:44	7:58
117	10 W30	Darcy Ehrmann, 34*, Cedar Rapids, IA	1:19:50	7:59
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 Top				
118	11 W30	Jamie Johnson, 36*, West Des Moines, IA	1:19:58	8:00
119	13 M50	John DeAngelis, 52, Des Moines, IA	1:20:00	8:00
120	7 W40	Denise Carleton, 45*, Ankeny, IA	1:20:09	8:01
121	1 JrM	Gabe Cook, 13, West Des Moines, IA	1:20:18	8:02
122	8 W40	Rachel Hoyer, 41*, Johnston, IA	1:20:27	8:03
123	12 W30	Bridget Sheeder, 35*, Casey, IA	1:20:28	8:03
124	9 W40	Kristin Adkins, 47*, Brooklyn, IA	1:20:46	8:05
125	1 W50	Kristy Cain, 57*, West Des Moines, IA	1:20:49	8:05
126	23 M40	John Buzzoni, 42, Polk City, IA	1:20:55	8:05
127	10 W40	Mary Ducar, 47*, Ankeny, IA	1:20:58	8:06
128	24 M40	Tom Handorf, 40	1:20:58	8:06
129	11 W40	Nikki Roetman, 42*, Urbandale, IA	1:21:21	8:08
130	9 W20	Alicia Dusenbury, 28*, Ankeny, IA	1:21:21	8:08
131	1 JrW	Morgan Allen, 18*, Winterset, IA	1:21:25	8:08
132	25 M40	Marty Dalton, 40, Earlham, IA	1:21:25	8:08
133	35 M30	Mike Owens, 39, Urbandale, IA	1:21:38	8:10
134	14 M50	Tim Flowers, 58, West Des Moines, IA	1:21:50	8:11
135	13 W30	Carrie Schwake, 33*, Ankeny, IA	1:21:59	8:12
136	14 W30	Tasha Main, 37*, West Des Moines, IA	1:22:07	8:13
137	12 W40	Tammy Gentry, 44*, Des Moines, IA	1:22:15	8:13
138	13 W40	Sue Honkamp, 41*, Des Moines, IA	1:22:15	8:13
139	15 M50	John Dillon, 56, Urbandale, IA	1:22:24	8:14
140	2 M60	Sam Fisher, 67, Boone, IA	1:22:29	8:15
141	14 W40	Sonya Hayworth-Cooksey, 44*, Libertyville, IA	1:22:36	8:16
142	10 W20	Claire Mellick, 26*, Waukee, IA	1:22:37	8:16
143	26 M40	Colin Witt, 42, Des Moines, IA	1:22:38	8:16
144	15 W40	Lori Kiene, 43*, Ankeny, IA	1:22:57	8:18
145	27 M40	Joe Meyers, 46, Des Moines, IA	1:23:02	8:18
146	15 W30	Megan Phillips, 31*, Grimes, IA	1:23:02	8:18
147	16 W30	Shanna Harrington, 36*, Des Moines, IA	1:23:05	8:18
148	11 W20	Hannah Mason, 25*, Osceola, IA	1:23:25	8:20
149	2 W50	Michelle Deverell, 54*, Mason City, IA	1:23:28	8:21
150	16 W40	Kate Kelly, 40*, Minneapolis, MN	1:23:45	8:22
151	28 M40	Justin Anderson, 43, Johnston, IA	1:23:46	8:23
152	12 W20	Amelia Borgomainerio, 26*, Fairfield, IA	1:23:57	8:24
153	16 M50	Todd Mattison, 57, Des Moines, IA	1:24:18	8:26
154	29 M40	Darren Cornwell, 42, Johnston, IA	1:24:25	8:26
155	36 M30	Michael Meyer, 30, Norwalk, IA	1:24:30	8:27
156	17 W30	Katie Meyer, 30*, Norwalk, IA	1:24:31	8:27
157	18 W30	Jodi Jenkins, 39*, Johnston, IA	1:24:32	8:27
158	17 W40	Aileen Crawford, 41*, Ankeny, IA	1:24:44	8:28
159	30 M40	Karl Lundy, 43, Des Moines, IA	1:24:57	8:30

160	3 M60	Richard Martin, 67, Ames, IA	1:25:03	8:30
161	13 W20	Lindsey Burton, 24*, Fairfield, IA	1:25:04	8:30
162	19 W30	Cynthias Lande, 31*, Urbandale, IA	1:25:10	8:31
163	3 W50	Leah Tokheim, 52*, Johnston, IA	1:25:27	8:33
164	4 M60	John Curtin, 60, Des Moines, IA	1:25:49	8:35
165	14 W20	Angel Banks-Adams, 28*, Ankeny, IA	1:26:04	8:36
166	20 W30	Carole Curtis, 39*, Des Moines, IA	1:26:05	8:36
167	21 W30	Kelly Vowels, 38*, Clive, IA	1:26:09	8:37
168	37 M30	Tom Acton, 39, Granger, IA	1:26:09	8:37
169	38 M30	Colby Gardner, 36, West Des Moines, IA	1:26:10	8:37
170	39 M30	Martin McCombs, 37, Des Moines, IA	1:26:11	8:37
171	2 W60	Vicki Vanderkwaak, 60*, Johnston, IA	1:26:20	8:38
172	18 W40	Courtney Donaldson, 40*, Urbandale, IA	1:26:29	8:39
173	31 M40	Bill Kallestad, 45, Des Moines, IA	1:26:30	8:39
174	32 M40	Jenny Goodman, 41, Johnston, IA	1:26:39	8:40
175	4 W50	Nancy Willert, 59*, Onaga, KS	1:26:40	8:40
176	17 M50	Kent Kelderman, 57, Ankeny, IA	1:27:00	8:42
177	17 M20	Christopher McIntyre, 23, Indianola, IA	1:27:08	8:43
178	19 W40	Jenna Porter, 42*, Des Moines, IA	1:27:14	8:43
179	5 M60	Russ Nay, 62, Runnells, IA	1:27:17	8:44
180	5 W50	Peg McMahon, 50*, Des Moines, IA	1:27:22	8:44
181	6 W50	Rebecca Brannan, 51*, Urbandale, IA	1:27:26	8:45
182	7 W50	Kathi Prien, 55*, West Des Moines, IA	1:27:30	8:45
183	22 W30	Abi Kincade, 31*, Windsor Heights, IA	1:27:31	8:45
184	23 W30	Angel Shawda, 39*, Urbandale, IA	1:27:38	8:46
185	8 W50	Denise Charter-Jones, 55*, Urbandale, IA	1:27:42	8:46
186	40 M30	Kevin Sanders, 30, Urbandale, IA	1:27:45	8:46
187	24 W30	Macenzie Rubin, 39*, Ankeny, IA	1:27:48	8:47
188	25 W30	Beth Borrett, 33*, Ankeny, IA	1:27:49	8:47
189	26 W30	Laura Weiglein, 31*, Richfield, MN	1:27:52	8:47
190	20 W40	Wendy Muller, 48*, Urbandale, IA	1:27:53	8:47
191	33 M40	Scott Sundstrom, 43, Des Moines, IA	1:27:53	8:47
192	3 W60	Maggie Haaland, 64*, Ames, IA	1:28:15	8:49
193	27 W30	Kathryn Cloe, 34*, Des Moines, IA	1:28:22	8:50
194	18 M20	Zach Robertson, 28, Ankeny, IA	1:28:22	8:50
195	15 W20	Michelle Robertson, 28*, Ankeny, IA	1:28:23	8:50
196	28 W30	Maja Quiles, 38*, Des Moines, IA	1:28:31	8:51
197	41 M30	Tom Duffy, 38, Clive, IA	1:28:34	8:51
198	18 M50	Scott Bandy, 51, Indianola, IA	1:28:39	8:52
199	42 M30	Michael Hayden, 31, Ankeny, IA	1:28:40	8:52
200	21 W40	Lisa Schwarte, 45*, West Des Moines, IA	1:28:59	8:54
201	29 W30	Mary DeCarlo, 38*, Grimes, IA	1:29:07	8:55
202	19 M50	Jay Fisher, 52, Des Moines, IA	1:29:15	8:55
203	20 M50	Vance Voss, 52, Ankeny, IA	1:29:15	8:55
204	21 M50	Joe Akers, 51, Gimes, IA	1:29:21	8:56
205	22 W40	Carrie Wright, 43*, West Des Moines, IA	1:29:33	8:57
206	34 M40	David Schneider, 45, Clive, IA	1:29:46	8:59
207	30 W30	Jessica Ferris, 30*, West Des Moines, IA	1:29:50	8:59
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 Top				
208	31 W30	Brenda Sanchez, 37*, West Des Moines, IA	1:30:23	9:02
209	32 W30	Eliza Kampton, 35*, Des Moines, IA	1:30:29	9:03
210	33 W30	Tara Miller, 36*, Ankeny, IA	1:30:37	9:04
211	22 M50	Sohail Ghaemi, 57, Des Moines, IA	1:30:41	9:04
212	9 W50	Beth Lori, 55*, Ankeny, IA	1:30:45	9:04
213	10 W50	Wilma Osmun, 56*, Creston, IA	1:31:07	9:07
214	43 M30	Asween Mallick, 38, West Des Moines, IA	1:31:11	9:07
215	23 M50	Doug Hoyng, 54, Clive, IA	1:31:11	9:07
216	11 W50	Kris Robson, 50*, Urbandale, IA	1:31:12	9:07
217	23 W40	Joni Tonnemacher, 46*, Johnston, IA	1:31:12	9:07
218	35 M40	Rocky Sposato, 42, Des Moines, IA	1:31:34	9:09
219	44 M30	Andy Whitehead, 34, Mount Vernon, IA	1:31:35	9:09
220	36 M40	Cliff Baker, 42, Urbandale, IA	1:31:52	9:11
221	34 W30	Michell Roozeboom-Baker, 38*, West Des Moines, IA	1:32:21	9:14

222	37 M40	Steven Behrends, 48, West Des Moines, IA	1:32:27	9:15
223	24 M50	Alex Van Wyk, 54, Des Moines, IA	1:32:35	9:15
224	35 W30	Cindy Boyce, 37*, Ankeny, IA	1:32:44	9:16
225	38 M40	Dwight Berns, 49, Altoona, IA	1:33:21	9:20
226		Rachel Parinton*, Des Moines, IA	1:33:23	9:20
227	16 W20	Deena Klesel, 28*, Ankeny, IA	1:33:59	9:24
228	39 M40	Eric Conrad, 45, Des Moinesdes Moi, IA	1:34:13	9:25
229	24 W40	Chris Mathews, 47*, Des Moines, IA	1:34:23	9:26
230	40 M40	Chris Schmidt, 44, Ankeny, IA	1:34:29	9:27
231	4 W60	Paula Dierenfeld, 62*, Johnston, IA	1:34:40	9:28
232	17 W20	Sarah Bishop, 29*, Clive, IA	1:34:51	9:29
233	18 W20	Madison Shaffer, 20*, Marion, IA	1:34:53	9:29
234	19 W20	Elly Sourwine, 20*, Iowa City, IA	1:34:58	9:30
235	12 W50	Patti Wachtendorf, 57*, Urbandale, IA	1:35:27	9:33
236	36 W30	Shannon Henson, 30*, Des Moines, IA	1:35:35	9:33
237	25 W40	Jeni Sundermeyer, 41*, Pleasant Hill, IA	1:35:36	9:34
238	41 M40	Darko Lokmic, 43, Johnston, IA	1:35:41	9:34
239	26 W40	Karen Dhawan, 47*, Grimes, IA	1:35:54	9:35
240	42 M40	Marty Wolske, 44, West Des Moines, IA	1:35:58	9:36
241	13 W50	Annie Strawn, 56*, Saint Charles, IA	1:36:17	9:38
242	27 W40	Stacy Farr, 45*, Clive, IA	1:36:20	9:38
243	25 M50	Neal Bredbeck, 56, Fort Lauderdale, FL	1:36:22	9:38
244	26 M50	Don Owens, 58, Des Moines, IA	1:36:58	9:42
245	27 M50	Rick Gubbels, 59, Des Moines, IA	1:36:58	9:42
246	37 W30	Mindy Sauer, 37*, Urbandale, IA	1:37:12	9:43
247	28 W40	Carrie Buzzoni, 43*, Polk City, IA	1:37:23	9:44
248	38 W30	Samantha Hayden, 31*, Ankeny, IA	1:37:33	9:45
249	14 W50	Lori McQuiston, 53*, Maxwell, IA	1:37:51	9:47
250	15 W50	Juanita Swoboda, 52*, Des Moines, IA	1:38:08	9:49
251	39 W30	Jill Eimermann, 39*, Des Moines, IA	1:38:31	9:51
252	28 M50	Mark Swehla, 56, Des Moines, IA	1:38:36	9:52
253	5 W60	Julia Batten, 60*, Carlisle, IA	1:38:41	9:52
254	16 W50	Sarah DeAngelis, 50*, Des Moines, IA	1:39:05	9:54
255	29 W40	Lisa Ash, 49*, West Des Moines, IA	1:39:10	9:55
256	40 W30	Lisa Grote, 31*, Huxley, IA	1:39:14	9:55
257	30 W40	Patty Williams, 46*, Urbandale, IA	1:39:25	9:56
258	31 W40	Mandy Hollander, 42*, West Des Moines, IA	1:39:26	9:57
259	45 M30	Dave Jones, 32, West Des Moines, IA	1:39:32	9:57
260	41 W30	Kristi Caylor, 33*, West Des Moines, IA	1:39:33	9:57
261	6 W60	Carol Stratemeyer, 60*, Des Moines, IA	1:39:46	9:59
262	20 W20	Jenna Marzen, 29*, Ankeny, IA	1:39:48	9:59
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 Top				
263	21 W20	Katy Duffy, 28*, West Des Moines, IA	1:40:00	10:00
264	2 JrM	Theo Whitehead, 12, Des Moines, IA	1:40:37	10:04
265	17 W50	Amy Harris, 51*, Des Moines, IA	1:40:47	10:05
266	29 M50	John Moran, 59, Story City, IA	1:41:11	10:07
267	32 W40	Stephanie Wignall, 46*, Ankeny, IA	1:41:23	10:08
268	33 W40	Kari Anderson, 42*, Johnston, IA	1:41:24	10:08
269	34 W40	Laura Bidinger, 47*, West Des Moines, IA	1:41:37	10:10
270	35 W40	Vicki Born, 49*, Norwalk, IA	1:41:49	10:11
271	42 W30	Jessica Thorne, 34*, Norwalk, IA	1:41:50	10:11
272	30 M50	Lloyd Vanderkwaak, 59, Johnston, IA	1:41:55	10:11
273	22 W20	Ashley Saunders, 27*, West Des Moines, IA	1:42:03	10:12
274	18 W50	Laurie Wirtz, 55*, Waukee, IA	1:42:04	10:12
275	43 W30	Rachael Bigg, 30*, Altoona, IA	1:42:13	10:13
276	44 W30	Rosemary Perez, 39*, Ames, IA	1:42:25	10:14
277	23 W20	Rachel Duffield, 25*, Des Moines, IA	1:42:39	10:16
278	19 W50	Deb Fritz, 57*, Des Moines, IA	1:43:10	10:19
279	45 W30	Melinda Urick, 39*, Urbandale, IA	1:43:16	10:20
280	6 M60	Robert Zagar, 60, Des Moines, IA	1:43:19	10:20
281	7 M60	Larry Farrell, 69, Des Moines, IA	1:43:24	10:20
282	24 W20	Emily Woiwood, 28*, West Des Moines, IA	1:43:51	10:23

283	20 W50	Natalie Welter, 58*, Story City, IA	1:44:07	10:25
284	25 W20	Alison Wengryn, 29*, Des Moines, IA	1:44:43	10:28
285	46 W30	Tara Bogner, 36*, West Des Moines, IA	1:44:48	10:29
286	47 W30	Melanie Mueller, 38*, Des Moines, IA	1:45:05	10:30
287	21 W50	Shelly Weatherby, 55*, West Des Moines, IA	1:45:05	10:30
288	36 W40	Angie Doyle Scar, 45*, Des Moines, IA	1:45:12	10:31
289	37 W40	Gretchen Hageman, 41*, Marshalltown, IA	1:45:13	10:31
290	48 W30	Beth Jones, 39*, West Des Moines, IA	1:45:13	10:31
291	38 W40	Jill Hill, 42*, West Des Moines, IA	1:45:42	10:34
292	22 W50	Leslie Bramwell, 52*, West Des Moines, IA	1:45:42	10:34
293	49 W30	Kate Sherer, 33*, Des Moines, IA	1:46:53	10:41
294	1 M70	Roger Kimball, 76, Grimes, IA	1:47:46	10:47
295	50 W30	Katie Stephens, 33*, Winterset, IA	1:48:22	10:50
296	51 W30	Allisha Kent, 36*, Waukee, IA	1:48:42	10:52
297	39 W40	Susan Haris, 42*, West Des Moines, IA	1:48:54	10:53
298	8 M60	Duane Osmun, 68, Creston, IA	1:48:58	10:54
299	23 W50	Carlyn Crowe, 51*, Des Moines, IA	1:49:02	10:54
300	40 W40	Stacey Enloe, 40*, Waukee, IA	1:49:08	10:55
301	41 W40	Misty Hade, 41*, Ankeny, IA	1:49:08	10:55
302	52 W30	Erin Whitehead, 36*, Mount Vernon, IA	1:49:10	10:55
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 Top				
303	42 W40	Julie Hahn, 45*, Des Moines, IA	1:50:58	11:06
304	9 M60	David Gaulke, 64, Indianola, IA	1:51:28	11:09
305	43 W40	Sally Overton, 46*, Des Moines, IA	1:51:45	11:10
306	53 W30	Talene McCullough, 39*, Altoona, IA	1:51:50	11:11
307	24 W50	Suellen Overton, 54*, Waukee, IA	1:52:23	11:14
308	44 W40	Lynette Morano, 40*, Norwalk, IA	1:52:31	11:15
309	45 W40	Michelle Becker, 45*, Adel, IA	1:52:33	11:15
310	46 W40	Stephanie McFarland, 46*, Des Moines, IA	1:53:03	11:18
311	54 W30	Sarah Copple, 37*, Norwalk, IA	1:53:14	11:19
312	55 W30	April Fleischman, 37*, West Des Moines, IA	1:53:31	11:21
313	7 W60	Gail Stelmacher, 62*, West Des Moines, IA	1:53:50	11:23
314	56 W30	Angela Becker, 34*, Des Moines, IA	1:54:08	11:25
315	47 W40	Amy Ann Pearson, 46*, Des Moines, IA	1:54:10	11:25
316	48 W40	Kimberly Majors, 48*, Ankeny, IA	1:54:14	11:25
317	57 W30	Candice Fantauzzi, 32*, Des Moines, IA	1:54:37	11:28
318	10 M60	Dennis Howard, 62, Des Moines, IA	1:55:11	11:31
319	43 M40	Kyle Brown, 41, Des Moines, IA	1:57:21	11:44
320	8 W60	Karen Kennedy, 61*, West Des Moines, IA	1:58:25	11:50
321	26 W20	Ashley Miller, 28*, Clear Lake, IA	1:58:35	11:51
322	58 W30	Simonne Stricker, 33*, West Des Moines, IA	1:59:11	11:55
323	27 W20	Jessica Wear, 29*, Waukee, IA	1:59:11	11:55
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 Top				
324	44 M40	Joel Wilkins, 40, Bedford, TX	2:00:46	12:05
325	49 W40	Erika Eckley, 42*, Carlisle, IA	2:00:47	12:05
326	11 M60	Mark Hacker, 62, Des Moines, IA	2:02:17	12:14
327	25 W50	Susan Bilk, 58*, West Des Moines, IA	2:02:28	12:15
328	50 W40	Jodi Selby, 48*, Adel, IA	2:04:49	12:29
329	59 W30	Mia Anania, 38*, Clive, IA	2:06:49	12:41
330	26 W50	Jane Bredbeck, 56*, Fort Lauderdale, FL	2:06:50	12:41
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 Top				
331	27 W50	Lucy Riggins, 55*, Des Moines, IA	2:10:10	13:01
332	12 M60	John Fries, 61, Urbandale, IA	2:12:58	13:18
333	51 W40	Tramelle Chandler, 49*, Norwalk, IA	2:17:38	13:46
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 Top				

334 28 W50 Marcia Morales, 52*, Des Moines, IA 2:27:09 14:43
* indicates females
7 finishers among Males (no age given)
2 finishers among Men Under 20
18 finishers among Men 20 - 29
45 finishers among Men 30 - 39
44 finishers among Men 40 - 49
30 finishers among Men 50 - 59
12 finishers among Men 60 - 69
1 finishers among Men 70 & Up
1 finishers among Women Under 20
27 finishers among Women 20 - 29
59 finishers among Women 30 - 39
51 finishers among Women 40 - 49
28 finishers among Women 50 - 59
8 finishers among Women 60 - 69
1 finishers among Females (no age given)
159 male finishers
175 female finishers
334 total finishers

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