

21st Capital Pursuit 10 mile

Des Moines, Iowa

Aug. 30, 2003

60 degrees and cloudy

Results by Cal Murdock

[Send in an evaluation of the race here!](#)

10 MILE	5 KILO	10M CLYDES	5K CLYDES
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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 PLACE	FINISHER	TIME	PACE
1		Julius Rotich, 27, West Des Moines, IA	51:24	5:08
2		Kyle Kepler, 28, Cedar Falls, IA	53:46	5:23
3		Chris Sabul, 35, Urbandale, IA	54:43	5:28
4	1 M25	Jon Rathje, 25, Urbandale, IA	54:59	5:30
5	2 M25	Jacob Kaemmer, 26, Des Moines, IA	55:44	5:34
6	3 M25	Benjamin Lewis, 25, Iowa City, IA	55:46	5:35
7	1 JrM	Jon Thomas, 16, Des Moines, IA	55:54	5:35
8	1 M30	Andy Kauder, 31, Cedar Rapids, IA	56:43	5:40
9	1 M35	Brad Wall, 35, Ankeny, IA	56:58	5:42
10	2 M30	Steve Brown, 32, Minburn, IA	57:27	5:45
11	4 M25	Marc O'Neal, 25, Davenport, IA	57:38	5:46
12		Keith Fevold, 45, Des Moines, IA	57:49	5:47
13	3 M30	Todd Christensen, 34, Altoona, IA	57:57	5:48
14	4 M30	Kevin Barnes, 31, Indianola, IA	58:29	5:51
15	5 M25	J J Bailey, 28, Des Moines, IA	58:39	5:52
16	6 M25	Sam Grotewold, 25, New York, NY	58:49	5:53
17	1 M45	Joseph Haynes, 48, Ames, IA	58:52	5:53
18	1 M20	Kevin Johnson, 23, Des Moines, IA	59:12	5:55
19	2 M20	Dan Gilliatt, 24, Pleasant Hill, IA	59:19	5:56
20	1 M40	Bill Kaemmer, 44, Des Moines, IA	59:32	5:57
21	3 M20	Tim Ives, 22, Des Moines, IA	59:42	5:58
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 Top				
22	5 M30	Bryan Friedman, 31, Lambs Grove, IA	59:59	6:00
1		Robyn Friedman, 30*, Lambs Grove, IA	1:00:00	6:00
23	2 M40	Greg Skopeck, 41, Coralville, IA	1:00:13	6:01
24	2 M35	Chris Bowers, 35, Ottumwa, IA	1:00:18	6:02
25	6 M30	Ryan Elsbernd, 31, Des Moines, IA	1:00:35	6:03
26	7 M30	Jason Huntley, 30, Ames, IA	1:00:48	6:05
27	3 M40	Mike Kuckta, 40, Council Bluffs, IA	1:00:51	6:05
28	7 M25	Colin Greenan, 26, Ames, IA	1:00:56	6:06
2		Christy Nielsen-Crotts, 28*, Council Bluffs, IA	1:01:10	6:07
29	4 M40	Kevin Otte, 43, Clive, IA	1:01:19	6:08
30	8 M30	Patrick Riley, 30, Des Moines, IA	1:01:29	6:09
3		Heather May, 33*, Bloomington, IN	1:02:08	6:13
31	2 M45	Rick Ironside, 49, Marion, IA	1:02:14	6:13
32	8 M25	Daniel Poock, 26, Cedar Rapids, IA	1:02:32	6:15

33	4	M20 Lee Greenberg, 21, Chicago, IL	1:02:50	6:17
4	1	W35 Lisa Marshall, 35*, Granger, Ia	1:03:14	6:19
34	3	M35 Doug Hammerand, 39, Carlisle, IA	1:03:20	6:20
35	3	M45 Dave Fitz, 48, Ames, IA	1:03:30	6:21
36	1	M50 Curt Krieger, 51, Mason City, IA	1:03:45	6:22
37	9	M30 Scott Heidesch, 31, Johnston, IA	1:03:53	6:23
38	4	M45 Clyde Lawler, 47, Marshalltown, IA	1:04:08	6:25
39	10	M30 Ryan Wilcox, 32, Des Moines, IA	1:04:33	6:27
40	9	M25 Lucas De Witt, 29, Spencer, IA	1:04:55	6:29
41	4	M35 John Patrick Parker, 35, Bettendorf, IA	1:05:02	6:30
42	11	M30 Carl Noftsgar, 30, Altoona, IA	1:05:17	6:32
43	5	M40 Jeff Perry, 42, Bondurant, IA	1:05:23	6:32
44	6	M40 Curtis Adams, 42, Elliott, IA	1:05:28	6:33
45	5	M20 Derek McChurch, 22, Indianola, IA	1:05:34	6:33
46	5	M45 Greg Madison, 48, Ankeny, IA	1:05:36	6:34
47	6	M45 Michael Hoffman, 49, Clive, IA	1:05:39	6:34
48	12	M30 Chad Witt, 30, West Des Moines, IA	1:05:42	6:34
49	5	M35 Doug Kintzle, 38, Des Moines, IA	1:05:44	6:34
50	13	M30 Luke Spencer, 32, Des Moines, IA	1:05:46	6:35
5	1	W20 Kristen Mitchell, 24*, Ottumwa, IA	1:05:46	6:35
51	2	M50 Rick Hagan, 53, Urbandale, IA	1:05:47	6:35
52	6	M35 David Primeau, 35, Urbandale, IA	1:05:48	6:35
53	6	M20 Craig Goldsmith, 21, Ames, IA	1:05:51	6:35
54	7	M35 Alan Alberto, 38, Clive, IA	1:05:51	6:35
55	2	JrM Jacob Haynes, 18, Ames, IA	1:05:55	6:35
6	1	W30 Christine Price, 34*, Des Moines, IA	1:06:06	6:37
56	7	M20 Benjamin Nunnikoven, 24, Pella, IA	1:06:29	6:39
57	7	M45 Mark Movic, 46, Des Moines, IA	1:06:39	6:40
58	3	M50 Steve Taylor, 52, Des Moines, IA	1:06:50	6:41
59	8	M35 Jeremy Singer, 35, Ames, IA	1:06:57	6:42
60	9	M35 David Jackson, 36, Huxley, IA	1:07:18	6:44
61	3	JrM Michael Haynes, 15, Ames, IA	1:07:18	6:44
62	14	M30 Steve Dorenkamp, 34, West Des Moines, IA	1:07:26	6:45
63	1	M55 David Schulte, 56, Granger, Ia	1:07:28	6:45
7	2	W30 Katy Muelhaupt, 31*, Des Moines, IA	1:07:35	6:45
64	7	M40 Gavin Naylor, 42, Ames, IA	1:07:52	6:47
8	3	W30 Traci Hart, 34*, Waukee, IA	1:08:19	6:50
65	8	M40 Mike Johnson, 41, Urbandale, IA	1:08:22	6:50
66	15	M30 Michael Spaur, 32, Pella, IA	1:08:28	6:51
67	9	M40 Dale Knoshaug, 41, Des Moines, IA	1:08:32	6:51
68	10	M25 Conrad Hanson, 28, Urbandale, IA	1:08:39	6:52
9		Tricia McClain, 46*, Altoona, IA	1:08:41	6:52
69	16	M30 Scott Sterrett, 34, West Des Moines, IA	1:08:43	6:52
70	10	M40 David Christens, 44, West Des Moines, IA	1:08:45	6:52
71	10	M35 Brian Palmer, 35, Des Moines, IA	1:08:56	6:54
72	11	M35 Shane Smith, 35, Urbandale, IA	1:09:01	6:54
73	17	M30 Michael Ferrari, 32, Des Moines, IA	1:09:01	6:54
74	11	M40 Craig Edmondson, 43, Malvern, IA	1:09:07	6:55
75	12	M35 Rob Reicks, 39, Van Meter, IA	1:09:14	6:55
10	2	W35 Julie Zierke-Clark, 38*, Clive, IA	1:09:19	6:56
76	1	M60 John Brown, 60, Kenyon, MN	1:09:33	6:57
11	3	W35 Sandy Sabelka, 36*, Denver, IA	1:09:34	6:57
77	18	M30 Rich Bundy, 32, Ankeny, IA	1:09:34	6:57

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78	8	M20 Brian Bartusek, 21, Des Moines, IA	1:10:02	7:00
12	4	W30 Lisa Witt, 32*, West Des Moines, IA	1:10:07	7:01
79	13	M35 Steve Leweller, 38, Des Moines, IA	1:10:09	7:01
80	8	M45 Bob Grote, 49, West Des Moines, IA	1:10:21	7:02
81	9	M20 Randy Blockhus, 24, West Des Moines, IA	1:10:33	7:03
82	19	M30 R John Milligan, 33, Pella, IA	1:10:40	7:04
13	1	W40 Lisa Simonetta, 44*, Des Moines, IA	1:10:41	7:04
14	4	W35 Kim Arndt, 38*, Indianola, IA	1:10:47	7:05
83	20	M30 Christopher Olson, 30, Ames, IA	1:10:48	7:05
84	14	M35 Randy Kallem, 37, Ankeny, IA	1:10:50	7:05

85	21	M30	Chad Lee, 30, West Des Moines, IA	1:10:56	7:06
86	12	M40	Michael Bruce, 41, Johnston, IA	1:11:05	7:06
87	15	M35	Lee Hill, 35, Des Moines, IA	1:11:12	7:07
15	1	W25	Jennifer Swendseid, 28*, Lawrence, KS	1:11:14	7:07
88	13	M40	Scott Boever, 43, Des Moines, IA	1:11:14	7:07
16	2	W40	Melanie Anderson, 41*, Clive, IA	1:11:25	7:08
89	4	M50	Peter Percival, 50, Des Moines, IA	1:11:28	7:09
90	5	M50	Rick Hall, 50, Urbandale, IA	1:11:38	7:10
91	9	M45	Ron Hankins, 45, West Des Moines, IA	1:11:43	7:10
92	16	M35	Lance Van Vleet, 38, Indianola, IA	1:11:48	7:11
93	10	M45	Don Owens, 45, Des Moines, IA	1:11:49	7:11
94	11	M45	Rick Gubbels, 46, Des Moines, IA	1:11:49	7:11
95	12	M45	Frank Dittrich, 46, Davenport, IA	1:11:49	7:11
96	4	JrM	Nathan Wise, 19, Des Moines, IA	1:11:50	7:11
97	13	M45	Doug Lockwood, 47, Storm Lake, IA	1:12:01	7:12
17	5	W30	Cindy Elsbernd, 32*, Des Moines, IA	1:12:02	7:12
18	5	W35	Dawn Brooks, 35*, Moline, IL	1:12:37	7:16
98	17	M35	Kent Heikens, 38, Ames, IA	1:12:43	7:16
99	22	M30	Ruben Sandoval, 32, Moline, IL	1:12:45	7:16
100	18	M35	Joseph Kerns, 39, Ames, IA	1:12:46	7:17
101	14	M40	Scott Vermillion, 40, Des Moines, IA	1:12:56	7:18
102	15	M40	David Teachout, 43, Des Moines, IA	1:12:57	7:18
103	14	M45	Hank Manning, 48, Urbandale, IA	1:12:59	7:18
104	16	M40	Don Cumings, 40, Ankeny, IA	1:13:00	7:18
105	19	M35	Steve Janssens, 35, Des Moines, IA	1:13:00	7:18
19	6	W30	Wendy Hanson, 30*, Urbandale, IA	1:13:03	7:18
20	6	W35	Kathy Hale, 39*, Bondurant, IA	1:13:04	7:18
106	17	M40	David Flory, 43, Ames, IA	1:13:09	7:19
107	15	M45	Jonathan Wendel, 48, Ames, IA	1:13:10	7:19
108	18	M40	Allen Benson, 44, Ankeny, IA	1:13:14	7:19
21	1	W45	Jeanne McCurnin, 47*, Mason City, IA	1:13:15	7:19
22	2	W45	Andriette Wickstrom, 48*, Storm Lake, IA	1:13:19	7:20
109	2	M55	Don Miller, 55, Clive, IA	1:13:20	7:20
110	11	M25	Travis Swendseid, 28, Lawrence, KS	1:13:20	7:20
111	19	M40	Jeff Feder, 42, Des Moines, IA	1:13:47	7:23
112	20	M40	Wayne Lacher, 41, Menlo, IA	1:13:52	7:23
23	3	W45	Beth Henriksen, 47*, Ames, IA	1:13:53	7:23
24	4	W45	Vicki Vanderkwaak, 47*, Johnston, IA	1:13:58	7:24
113	16	M45	Warren Peterson, 49, Ackworth, IA	1:13:59	7:24
114	12	M25	Patrick Ferdig, 26, Littleton, CO	1:14:00	7:24
115	17	M45	Jeff Niffenegger, 46, West Des Moines, IA	1:14:01	7:24
116	18	M45	Terry Lint, 49, Clive, IA	1:14:08	7:25
25	5	W45	Debra Wood, 49*, Raytown, MO	1:14:08	7:25
117	6	M50	Joe Blunk, 51, Ames, IA	1:14:11	7:25
118	21	M40	Kevin Techau, 44, Des Moines, IA	1:14:12	7:25
119	20	M35	Mark Davis, 36, Urbandale, IA	1:14:12	7:25
120	22	M40	Andy Roat, 41, Des Moines, IA	1:14:17	7:26
121	3	M55	Norm Vos, 57, Pella, IA	1:14:22	7:26
122	7	M50	Reuben Douglas, 54, Denver, IA	1:14:36	7:28
123	8	M50	Don Myers, 52, Rochester, MN	1:14:41	7:28
124	23	M40	Larry Kirchner, 43, Estherville, IA	1:14:50	7:29
125	24	M40	Rex Williams, 42, Des Moines, IA	1:14:53	7:29
26	7	W30	Jennifer Smith, 34*, Waukee, IA	1:14:56	7:30
126	25	M40	Doug Ross, 43, Ankeny, IA	1:15:12	7:31
127	19	M45	Rick Raper, 45, Bellevue, NE	1:15:24	7:32
128	23	M30	Tom Trygstad, 31, West Des Moines, IA	1:15:28	7:33
129	20	M45	Tim Flowers, 45, Ankeny, IA	1:15:30	7:33
27	2	W20	Carissa Shima, 24*, Waterloo, IA	1:15:31	7:33
130	24	M30	Brian Chase, 33, Sherman Oaks, CA	1:15:36	7:34
131	21	M45	Mike Clayton, 48, Ames, IA	1:15:41	7:34
28	6	W45	Susan Ridenour, 45*, Des Moines, IA	1:15:55	7:35
132	26	M40	Kent Kelderman, 44, Clive, IA	1:16:00	7:36
29	7	W45	Sally Spencer, 47*, Des Moines, IA	1:16:13	7:37
133	9	M50	Robert McDonald, 52, Colona, IL	1:16:15	7:37
134	10	M50	Mike Gray, 53, Waterloo, IA	1:16:16	7:38

135	21	M35 Eric Jones, 38, Waukee, IA	1:16:17	7:38
30	7	W35 Suzanne Lowe, 35*, West Des Moines, IA	1:16:20	7:38
136	13	M25 Mike Mullins, 25, Ames, IA	1:16:21	7:38
137	11	M50 Lonnie Cleland, 54, Des Moines, IA	1:16:33	7:39
138	1	M70 Jim Schleisman, 70, Jefferson, IA	1:16:38	7:40
31	8	W45 Kathleen Wendel, 48*, Ames, IA	1:16:38	7:40
139	25	M30 Thomas Hart, 34, Des Moines, IA	1:16:46	7:41
140	5	JrM Steve Bunch, 19	1:16:51	7:41
141	4	M55 Reed Moore, 56, Kelley, IA	1:16:52	7:41
142	12	M50 John Goerdts, 51, Urbandale, IA	1:16:54	7:41
32	3	W40 Karen Fosse, 44*, Iowa City, IA	1:17:03	7:42
33	4	W40 JoAnn Kobes, 43*, Des Moines, IA	1:17:06	7:43
34	5	W40 Rachel Stauffer, 40*, Des Moines, IA	1:17:06	7:43
143	22	M45 Charles Phillips, 45, Urbandale, IA	1:17:16	7:44
35	8	W30 Beth Seufferer, 32*, West Des Moines, IA	1:17:17	7:44
144	22	M35 Gary Grafft, 39, Marengo, IA	1:17:23	7:44
145	23	M35 Kirk Irwin, 38, Johnston, IA	1:17:25	7:44
36	6	W40 Nancy Whitcanack, 41*, Colona, IL	1:17:28	7:45
146	2	M60 Clay Whiteis, 61, Des Moines, IA	1:17:30	7:45
37	1	JrW Melanie Wise, 16*, Des Moines, IA	1:17:37	7:46
147	24	M35 Bob Oakley, 38, Des Moines, IA	1:17:38	7:46
148	25	M35 Joe Hrdlicka, 37, West Des Moines, IA	1:17:39	7:46
149	23	M45 Ricky Snyder, 49, Winterset, IA	1:17:41	7:46
150	27	M40 Ben Shaberman, 42, Des Moines, IA	1:17:45	7:46
151	13	M50 Bill Parks, 50, Des Moines, IA	1:17:48	7:47
152	28	M40 Rod Bubke, 44, Ankeny, IA	1:17:54	7:47
38	9	W30 Amy Burgess, 32*, Clive, IA	1:17:57	7:48
153	29	M40 Dave Endres, 40, West Des Moines, IA	1:18:00	7:48
154	24	M45 Mark Roberts, 46, Urbandale, IA	1:18:05	7:48
155	14	M50 Roger Heinle, 53, Whiting, IA	1:18:08	7:49
156	30	M40 Duane Wise, 44, Des Moines, IA	1:18:16	7:50
157	26	M30 Eric Stotts, 33, Urbandale, IA	1:18:21	7:50
158	26	M35 Dave Salaba, 38, Cumming, IA	1:18:22	7:50
159	25	M45 Paul Nathenson, 49, Lincoln, NE	1:18:28	7:51
160	27	M30 Vince Raso, 32, Spring Hill, IA	1:18:31	7:51
161	31	M40 John Largay, 43, Phoenix, AZ	1:18:32	7:51
162	26	M45 Stephen McCoy, 45, Cedar Rapids, IA	1:18:34	7:51
39	10	W30 Heather Huntley, 30*, Ames, IA	1:18:37	7:52
163	32	M40 Douglas Johnston, 42, Des Moines, IA	1:18:40	7:52
164	27	M45 John Vujnovich, 49, Des Moines, IA	1:18:44	7:52
165	28	M45 Steve Vance, 45, Sheldahl, IA	1:18:45	7:52
40	7	W40 Denise Charter-Jones, 42*, Urbandale, IA	1:18:51	7:53
166	15	M50 Douglas Bryner, 52, Ames, IA	1:18:56	7:54
167	16	M50 Larry Zimpleman, 51, Cumming, IA	1:18:57	7:54
41	8	W35 Sarah Wiese, 36*, West Des Moines, IA	1:19:00	7:54
168	29	M45 Steven Wandro, 46, Des Moines, IA	1:19:06	7:55
169	27	M35 Ed Lackore, 36, Clive, IA	1:19:09	7:55
42	11	W30 Beth Kruckenberg, 34*, Ames, IA	1:19:10	7:55
170	30	M45 Dave Weber, 49, Ames, IA	1:19:10	7:55
171	28	M30 Patrick Mattingly, 34, Van Meter, IA	1:19:13	7:55
172	10	M20 Tim Baker, 20, Ames, IA	1:19:14	7:55
173	3	M60 Jim Matthews, 63, Baxter, IA	1:19:25	7:56
43	8	W40 Becky Nichols, 43*, Des Moines, IA	1:19:26	7:57
174	33	M40 Joel Barcus, 44, West Des Moines, IA	1:19:27	7:57
175	31	M45 Tim Saigh, 47, West Des Moines, IA	1:19:32	7:57
44	9	W45 Nancy Willert, 46*, Nevada, IA	1:19:40	7:58
176	28	M35 Fabio Rozo, 39, Minneapolis, MN	1:19:54	7:59
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 Top				
177	29	M35 John Bonnicksen, 37, Ames, IA	1:19:57	8:00
178	30	M35 David Crowe, 39, Des Moines, IA	1:19:59	8:00
179	34	M40 Jeff Trimble, 43, Des Moines, IA	1:20:02	8:00
180	17	M50 Kevin Cunningham, 51, Des Moines, IA	1:20:07	8:01
181	31	M35 Dan Holm, 38, Ankeny, IA	1:20:09	8:01
45	12	W30 Christine Vortherms, 30*, Des Moines, IA	1:20:09	8:01

46	1	W55 Sandy Rupnow, 59*, Ames, IA	1:20:12	8:01
182	32	M35 David Daniels, 35, Des Moines, IA	1:20:13	8:01
183	35	M40 Jim Frank, 43, Des Moines, IA	1:20:14	8:01
184	33	M35 Ed McCann, 39, Johnston, IA	1:20:17	8:02
185	14	M25 Jared Kline, 26, Des Moines, IA	1:20:22	8:02
186	29	M30 Mark Leichty, 34, Ames, IA	1:20:34	8:03
187	34	M35 John Schley, 37, Des Moines, IA	1:20:35	8:03
188	5	M55 Joel Beane, 56, Marshalltown, IA	1:20:37	8:04
47	13	W30 Jody Angus, 30*, Des Moines, IA	1:20:43	8:04
48	2	W25 Nariza Nunez, 27*, Pella, IA	1:20:43	8:04
189	18	M50 Dennis Johnson, 54, Des Moines, IA	1:20:45	8:04
190	35	M35 Jeff Farrell, 39, Des Moines, IA	1:20:45	8:04
49	14	W30 Jean Furler, 33*, Indianola, IA	1:20:49	8:05
191	19	M50 Steven Evans, 52, Pella, IA	1:20:50	8:05
192	20	M50 Mike McEnroe, 52, West Des Moines, IA	1:20:50	8:05
193	30	M30 Matt Feldmann, 32, Ames, IA	1:20:54	8:05
194	31	M30 Ron Wiedman, 32, Grimes, IA	1:21:07	8:07
195	15	M25 Jason Wiedman, 28, Ankeny, IA	1:21:07	8:07
196	16	M25 Brandon Hufford, 28, West Des Moines, IA	1:21:12	8:07
197	32	M30 Mark Scigliano, 30, Des Moines, IA	1:21:13	8:07
198	32	M45 Tom Noteboom, 48, Johnston, IA	1:21:13	8:07
199	33	M45 Doug Keast, 46, Altoona, IA	1:21:14	8:07
200	36	M40 Jim Sanders, 43, Johnston, IA	1:21:14	8:07
201	36	M35 Mark Shelton, 36, Des Moines, IA	1:21:15	8:07
202	37	M40 Warren Peterson, 44, West Des Moines, IA	1:21:17	8:08
203	33	M30 Jason Hahn, 32, Des Moines, IA	1:21:24	8:08
204	38	M40 Jeff Kling, 42, Sully, IA	1:21:26	8:09
50	3	W20 Jill Logsdon, 21*, Ames, IA	1:21:27	8:09
51	15	W30 Amy Price, 32*, Ankeny, IA	1:21:28	8:09
205	37	M35 Richard Mockobee, 35, Norwalk, IA	1:21:29	8:09
52	3	W25 Martha Rockwell, 27*, Ankeny, IA	1:21:31	8:09
206	21	M50 Richard Guffy, 53, Des Moines, IA	1:21:34	8:09
207	38	M35 Scott Schoneberg, 37, Des Moines, IA	1:21:38	8:10
208	34	M45 Steve Vaught, 45, Des Moines, IA	1:21:50	8:11
209	1	M65 Dave Coppinger, 66, Waukee, IA	1:21:50	8:11
210	35	M45 David Skidmore, 45, Des Moines, IA	1:21:53	8:11
211	36	M45 Jim Ostiguy, 47, Johnston, IA	1:21:59	8:12
53	10	W45 Leesa Thorgaard, 47*, Ames, IA	1:22:03	8:12
212	39	M40 Thomas Shide, 40, Urbandale, IA	1:22:06	8:13
213	40	M40 Rick Probst, 41, Grimes, IA	1:22:07	8:13
54	9	W40 Teri Feldmann, 42*, Des Moines, IA	1:22:07	8:13
55	4	W25 Danielle McGuire, 28*, Des Moines, IA	1:22:08	8:13
214	22	M50 David Friedgood, 54, Clive, IA	1:22:13	8:13
56	9	W35 Rebecca Brannan, 38*, Urbandale, IA	1:22:13	8:13
215	39	M35 William Olson, 38, Urbandale, IA	1:22:14	8:13
57	10	W35 Joyce Christianson, 38*, Baxter, IA	1:22:24	8:14
216	17	M25 Zachary Moore, 26, Des Moines, IA	1:22:25	8:14
217	40	M35 Jeff Harper, 39, Des Moines, IA	1:22:27	8:15
58	16	W30 Laurie Myklestad, 34*, Des Moines, IA	1:22:29	8:15
218	41	M35 Kent Pollpeter, 36, Des Moines, IA	1:22:30	8:15
219	6	M55 Michael Thompson, 59, Des Moines, IA	1:22:32	8:15
59	4	W20 Jennifer Faeth, 24*, Ankeny, IA	1:22:32	8:15
220	41	M40 Michael O'Brien, 40, Des Moines, IA	1:22:33	8:15
221	42	M40 Brian Culich, 41, Des Moines, IA	1:22:33	8:15
60	5	W25 Katie Thilges, 29*, Ankeny, IA	1:22:34	8:15
61	6	W25 Stacy Dietch, 26*, Des Moines, IA	1:22:40	8:16
222	34	M30 Keith Adams, 31, Ames, IA	1:22:41	8:16
223	42	M35 Brian Whalen, 35, Urbandale, IA	1:22:42	8:16
62	11	W35 Barb Kellogg, 39*, Winterset, IA	1:22:43	8:16
224	23	M50 Terry Sacre, 52, Cedar Falls, IA	1:22:45	8:16
63	10	W40 Julie Martin, 40*, Urbandale, IA	1:22:46	8:17
225	43	M35 Mike Albertson, 38, West Des Moines, IA	1:22:50	8:17
226	11	M20 Adam Greimann, 22, Minburn, IA	1:22:55	8:17
227	44	M35 Brian Standley, 37, Ames, IA	1:23:00	8:18
228	37	M45 James Pech, 47, West Des Moines, IA	1:23:04	8:18

229	43	M40	Greg Alberts, 40, Windsor Heights, IA	1:23:06	8:19
230	44	M40	Randy Derby, 44, Urbandale, IA	1:23:07	8:19
231	24	M50	David Eash, 50, Solon, IA	1:23:08	8:19
64	11	W40	Angela Shotkoski, 42*, Marshalltown, IA	1:23:13	8:19
65	1	W50	Carol Kirsch, 51*, Iowa City, IA	1:23:15	8:19
232	45	M35	Jon Greising, 39, Johnston, IA	1:23:16	8:20
233	38	M45	Mark Koskamp, 45, Des Moines, IA	1:23:16	8:20
234	12	M20	Mike O'Connor, 24, Urbandale, IA	1:23:17	8:20
235	39	M45	Wayne Ellis, 45, Clive, IA	1:23:21	8:20
66	12	W35	Lisa Broderick, 37*, Baxter, IA	1:23:22	8:20
236	40	M45	Randy Essex, 45, Urbandale, IA	1:23:23	8:20
67	13	W35	Gayle Ferry, 39*, Ankeny, IA	1:23:24	8:20
237	45	M40	Dan Seemuth, 41, Clive, IA	1:23:28	8:21
238	46	M40	Austin Palmer, 43, West Des Moines, IA	1:23:28	8:21
239	46	M35	Matthew Tullis, 35, Marshalltown, IA	1:23:30	8:21
68	12	W40	Karen Smith, 40*, Jefferson City, MO	1:23:31	8:21
69	5	W20	Kendra Kindley, 22*, Knoxville, IA	1:23:32	8:21
70	14	W35	Sonya Heitschusen, 36*, Des Moines, IA	1:23:35	8:21
240	41	M45	James Usgaard, 45, Urbandale, IA	1:23:37	8:22
71	15	W35	Kim Greder, 39*, Colo, IA	1:23:37	8:22
241	25	M50	Jim Russell, 53, Colo, IA	1:23:46	8:23
242	42	M45	Greg Swanson, 45, Norwalk, IA	1:23:56	8:24
72	13	W40	Jane Hemminger, 41*, Des Moines, IA	1:23:56	8:24
243	43	M45	Peter Scanlon, 48, Clive, IA	1:23:57	8:24
244	7	M55	George Riley, 56, Des Moines, IA	1:23:58	8:24
245	35	M30	Kane Harrington, 33, Boone, IA	1:24:00	8:24
246	44	M45	John Hemminger, 49, Des Moines, IA	1:24:02	8:24
73	7	W25	Stephanie Grant, 27*, Ankeny, IA	1:24:05	8:24
74	17	W30	Lori Mooney, 31*, Urbandale, IA	1:24:06	8:25
247	26	M50	Del Lark, 54, Des Moines, IA	1:24:06	8:25
248	36	M30	Loren Boozell, 30, Indianola, IA	1:24:08	8:25
75	18	W30	Nichole Carlson, 31*, Urbandale, IA	1:24:11	8:25
249	27	M50	Tomm Pfitzenmaier, 51, Adel, IA	1:24:20	8:26
76	14	W40	Teresa Thomas, 40*, Urbandale, IA	1:24:33	8:27
77	16	W35	Rebecca Holzwarth, 37*, Urbandale, IA	1:24:33	8:27
250	47	M40	Paul Bishop, 40, Clive, IA	1:24:41	8:28
251	48	M40	Price Flanagan, 41, Des Moines, IA	1:24:46	8:29
78	8	W25	Joy Vermillion, 28*, Des Moines, IA	1:24:51	8:29
252	45	M45	Mark Hansing, 46, Urbandale, IA	1:25:03	8:30
79	9	W25	Kristie Smith, 28*, Urbandale, IA	1:25:11	8:31
253	28	M50	John LaMarche, 54, Des Moines, IA	1:25:13	8:31
254	49	M40	John Beals, 41, Des Moines, IA	1:25:14	8:31
255	50	M40	Denise Harklau, 41, Ames, IA	1:25:16	8:32
256	4	M60	Bill Lawless, 60, Des Moines, IA	1:25:20	8:32
257	51	M40	Rick Reitz, 42, Des Moines, IA	1:25:25	8:32
258	47	M35	Chris Sabul, 35, Urbandale, IA	1:25:29	8:33
80	17	W35	Dee Mable, 38*, Urbandale, IA	1:25:29	8:33
81	18	W35	Karen Dassinger, 38*, West Des Moines, IA	1:25:31	8:33
82	10	W25	Brandee Jenkins, 27*, Des Moines, IA	1:25:32	8:33
259	46	M45	Dave Lichtenauer, 49, Johnston, IA	1:25:37	8:34
260	47	M45	Randy Mundt, 48, Urbandale, IA	1:25:37	8:34
261	48	M45	Paul Kruse, 45, Granger, IA	1:25:39	8:34
83	11	W25	Terra Hines, 26*, Coralville, IA	1:25:39	8:34
84	2	W50	Barb Wheelock, 51*, Madrid, IA	1:25:39	8:34
262	52	M40	Greg Courtney, 44, Ames, IA	1:25:40	8:34
263	48	M35	Gerard Amadeo, 37, Des Moines, IA	1:25:46	8:35
264	49	M45	Mike Zuendel, 49, Des Moines, IA	1:25:47	8:35
85	11	W45	D Peterson, 46*, Grimes, IA	1:25:48	8:35
265	37	M30	Brent McClure, 32, Des Moines, IA	1:25:59	8:36
266	53	M40	Jim McIntyre, 43, Urbandale, IA	1:26:01	8:36
86	19	W35	Cindy Sheehy, 38*, West Des Moines, IA	1:26:02	8:36
267	8	M55	Dick Hogan, 57, Urbandale, IA	1:26:17	8:38
87	12	W45	Becky Knutson, 46*, Urbandale, IA	1:26:19	8:38
88	15	W40	Kristy Cain, 44*, Urbandale, IA	1:26:34	8:39
268	9	M55	Lou Hockenbergh, 55, Clive, IA	1:26:42	8:40

89	20	W35 Betsy Jepsen, 37*, Urbandale, IA	1:26:44	8:40
269	50	M45 Doug Jepsen, 49, Urbandale, IA	1:26:44	8:40
270	29	M50 James Smith, 51, Winterset, IA	1:26:46	8:41
90	2	W55 Susan Smith, 55*, Des Moines, IA	1:26:49	8:41
91	19	W30 Maria Davis, 34*, West Des Moines, IA	1:26:49	8:41
271	49	M35 Jay Hagedorn, 39, Des Moines, IA	1:26:55	8:41
272	51	M45 Lloyd Vanderkwaak, 46, Johnston, IA	1:27:02	8:42
273	52	M45 Dennis Rustad, 48, Des Moines, IA	1:27:08	8:43
274	50	M35 Todd Rowland, 38, Knoxville, IA	1:27:15	8:43
275	13	M20 Todd Higginbotham, 24, Knoxville, IA	1:27:16	8:44
276	38	M30 Shannon Haus, 33, Ankeny, IA	1:27:19	8:44
92	12	W25 Shelley Bricker, 28*, Des Moines, IA	1:27:21	8:44
277	53	M45 Karl Klotzbach, 48, Decorah, IA	1:27:25	8:44
93	21	W35 Penny Luthens, 37*, Urbandale, IA	1:27:30	8:45
278	54	M40 Mik Van Gorp, 40, West Des Moines, IA	1:27:35	8:45
94	16	W40 Lori McQuiston, 40*, Maxwell, IA	1:27:41	8:46
95	22	W35 Denna Mitchell, 38*, Greenfield, IA	1:27:46	8:47
96	17	W40 Tina Newbury, 40*, Greenfield, IA	1:27:46	8:47
279	51	M35 Mike Martin, 38, Grimes, IA	1:27:47	8:47
97	13	W25 Karen McFadden, 27*, Des Moines, IA	1:27:55	8:47
280	30	M50 Mark McGrath, 54, Des Moines, IA	1:27:57	8:48
98	13	W45 Susan Duoblys, 48*, Des Moines, IA	1:27:58	8:48
99	14	W45 Julia Batten, 47*, Carlisle, IA	1:28:01	8:48
281	10	M55 Norm Ostbloom, 56, Des Moines, IA	1:28:03	8:48
100	14	W25 Kimberly Assman, 26*, Waukee, IA	1:28:06	8:49
282	52	M35 Kevin Christensen, 38, Des Moines, IA	1:28:08	8:49
101	23	W35 Tave Porto, 37*, West Des Moines, IA	1:28:15	8:49
283	54	M45 Steve Shifflett, 45, Ames, IA	1:28:19	8:50
284	18	M25 Bret Dillon, 29, Des Moines, IA	1:28:22	8:50
102	3	W55 Pat Schulte, 55*, Granger, IA	1:28:22	8:50
103	6	W20 Alicia Bartz, 24*, Urbandale, IA	1:28:25	8:50
104		Garielle Killian*, Adel, IA	1:28:26	8:51
105	20	W30 Christina Killian, 33*, Adel, IA	1:28:38	8:52
285	11	M55 Bob Larson, 55, Grinnell, IA	1:28:45	8:52
106	18	W40 Terri Selberg, 44*, Urbandale, IA	1:28:48	8:53
107	15	W25 Carrie Specht, 27*, Des Moines, IA	1:28:50	8:53
108	15	W45 Pamela Wood, 48*, Janesville, Ia	1:28:53	8:53
286	12	M55 Michael Reams, 57, West Des Moines, IA	1:28:55	8:53
287	55	M40 Lane Vellinga, 41, Waukee, IA	1:28:57	8:54
109	21	W30 Susie Fehr, 34*, Des Moines, IA	1:29:01	8:54
110	16	W25 Melinda Hill, 28*, Des Moines, IA	1:29:07	8:55
288	56	M40 John Eure, 42, West Des Moines, IA	1:29:18	8:56
289	31	M50 Bill Seglar, 53, Clive, IA	1:29:19	8:56
290	14	M20 Chris Petermann, 24, Cedar Rapids, IA	1:29:22	8:56
111	17	W25 Dawn Winter, 27*, Huxley, IA	1:29:23	8:56
291	5	M60 Craig Whitney, 60, Slater, IA	1:29:25	8:56
112	18	W25 Angie Heim, 28*, West Des Moines, IA	1:29:31	8:57
292	32	M50 Ed Pooock, 52, Cedar Rapids, IA	1:29:32	8:57
113	22	W30 Jennifer Trygstad, 30*, West Des Moines, IA	1:29:37	8:58
293		Paul Carlson, Clive, IA	1:29:39	8:58
114	19	W40 Nancy Dickerson, 40*, West Des Moines, IA	1:29:44	8:58
115	23	W30 Brenda Jackson, 31*, Des Moines, IA	1:29:45	8:58
294	53	M35 Tim Titus, 35, West Des Moines, IA	1:29:47	8:59
295	39	M30 Bill Kallestad, 32, Des Moines, IA	1:29:54	8:59
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296	15	M20 Robby Thoren, 20, Perry, IA	1:29:58	9:00
116	20	W40 Julianne Ross, 42*, Clive, IA	1:29:59	9:00
297	19	M25 Nate Ogbourne, 25, Carlisle, IA	1:30:00	9:00
298	40	M30 Dave Wehrman, 34, Altoona, IA	1:30:02	9:00
299	55	M45 Steve Garasky, 45, Ames, IA	1:30:02	9:00
117	24	W30 Kim Kramer, 34*, West Des Moines, IA	1:30:04	9:00
118	25	W30 Jennifer Cole, 30*, Des Moines, IA	1:30:11	9:01
300	56	M45 Ron Burkhardt, 47, Pleasant Hill, IA	1:30:25	9:02

119	26	W30 Jennifer Webster, 32*, Urbandale, IA	1:30:29	9:03
301	13	M55 Lloyd Fagin, 56, Perry, IA	1:30:33	9:03
120	24	W35 Beth Morton, 39*, West Des Moines, IA	1:30:34	9:03
121	19	W25 Tricia Scott, 29*, West Des Moines, IA	1:30:36	9:04
302	57	M45 Brent Cooper, 48, Urbandale, IA	1:30:37	9:04
122	27	W30 Libbey Wood, 30*, Clear Lake, IA	1:30:39	9:04
303	33	M50 David Ruggle, 50, Ames, IA	1:30:40	9:04
123	25	W35 Sue Wellman, 36*, West Des Moines, IA	1:30:40	9:04
304	58	M45 David McClung, 48, Des Moines, IA	1:30:42	9:04
305	54	M35 Allen Hahn, 36, Colorado Springs, CO	1:30:45	9:04
306	34	M50 Glen Oglia, 51, Des Moines, IA	1:30:49	9:05
307	41	M30 Sharon Keenan, 33, Grimes, IA	1:30:52	9:05
124	21	W40 Cheryl Mendenhall, 41*, Des Moines, IA	1:30:52	9:05
308	35	M50 Rick Hoyer, 51, West Des Moines, IA	1:30:55	9:05
309	57	M40 Margie Jass, 42, Ankeny, IA	1:31:02	9:06
125	20	W25 Jennifer Downe, 27*, Des Moines, IA	1:31:07	9:07
126	7	W20 Sarah O'Neil, 23*, West Des Moines, IA	1:31:08	9:07
310	58	M40 Brad Zaun, 41, Urbandale, IA	1:31:09	9:07
311	6	M60 Richard Doak, 62, Johnston, IA	1:31:09	9:07
127	3	W50 Maggie Ridge, 50*, Floyds Knob, IN	1:31:18	9:08
128	26	W35 Barbara Gerlach, 37*, Nevada, IA	1:31:20	9:08
129	28	W30 Laura Fefchak, 32*, Urbandale, IA	1:31:20	9:08
130	27	W35 Lora Rogerson, 35*, Des Moines, IA	1:31:21	9:08
131	28	W35 Anne Nieland, 35*, Urbandale, IA	1:31:33	9:09
312	36	M50 Gerald Dewald, 54, West Des Moines, IA	1:31:39	9:10
313	42	M30 Joe Torke, 34, West Des Moines, IA	1:31:48	9:11
314	59	M40 Paul Christiansen, 40, Urbandale, IA	1:31:54	9:11
315	55	M35 Mark Lawless, 35, Des Moines, IA	1:31:55	9:11
316	7	M60 William Wishman, 60, Clive, IA	1:31:55	9:11
317	59	M45 Rick George, 45, Omaha, NE	1:31:56	9:12
132	29	W30 Shelly Power, 30*, Urbandale, IA	1:31:59	9:12
133	22	W40 Jan Atchison, 44*, Marshalltown, IA	1:32:01	9:12
318	37	M50 Larry Jenkins, 53, Ames, IA	1:32:04	9:12
134	29	W35 Ann Shelton, 35*, Urbandale, IA	1:32:06	9:13
135	8	W20 Kirsten Sammler, 22*, West Des Moines, IA	1:32:07	9:13
136	30	W30 Susan Johnson, 33*, Ankeny, IA	1:32:15	9:13
137	31	W30 Ann Petersen, 34*, Ankeny, IA	1:32:15	9:13
138	32	W30 Juli Johnson, 33*, Coralville, IA	1:32:21	9:14
319	60	M45 Tim Miller, 46, Coralville, IA	1:32:22	9:14
320	20	M25 David Jordal, 26, Des Moines, IA	1:32:23	9:14
139	30	W35 Heather Behrends, 35*, West Des Moines, IA	1:32:23	9:14
321	38	M50 Richard Tittle, 52, West Des Moines, IA	1:32:25	9:14
140	16	W45 Denise Neumann, 47*, Ankeny, IA	1:32:33	9:15
141	21	W25 Emily Johanns, 25*, Des Moines, IA	1:32:50	9:17
142	22	W25 Jennifer Billings, 27*, West Des Moines, IA	1:32:50	9:17
143	33	W30 Sally Overton, 33*, Des Moines, IA	1:32:51	9:17
144	31	W35 Kristy Merschman, 39*, Altoona, IA	1:32:55	9:17
145	17	W45 Colleen Dooley, 46*, Urbandale, IA	1:32:59	9:18
146	4	W50 Mary Gross, 51*, Des Moines, IA	1:32:59	9:18
147	32	W35 Elizabeth Johnson, 35*, Des Moines, IA	1:33:06	9:19
148	33	W35 Carlyn Crowe, 38*, Des Moines, IA	1:33:10	9:19
149	23	W25 Greta Southall, 28*, Indianola, IA	1:33:14	9:19
150	24	W25 Krishta Pruin, 25*, Ankeny, IA	1:33:15	9:19
151	34	W35 Sandra Stone, 36*, Des Moines, IA	1:33:15	9:19
322	56	M35 Phil Weber, 36, Des Moines, IA	1:33:46	9:23
152	25	W25 Madelaine Jerousek, 25*, Des Moines, IA	1:33:47	9:23
153	26	W25 Kim Welsch, 28*, Ottumwa, IA	1:33:55	9:23
323	43	M30 Bob Burnett, 32, Des Moines, IA	1:33:55	9:23
324	44	M30 Matthew Paul, 34, Des Moines, IA	1:33:59	9:24
325	60	M40 Brent Niland, 41, West Des Moines, IA	1:34:01	9:24
154	34	W30 Pati Berger, 31*, West Des Moines, IA	1:34:02	9:24
155	27	W25 Jennifer Hotze, 27*, Ames, IA	1:34:30	9:27
156	35	W35 Kara Sue Ranney, 38*, Ames, IA	1:34:49	9:29

157	28	W25 Julie Vardaman, 27*, Ames, IA	1:34:49	9:29
326	21	M25 Ryan Schnathorst, 29, Bondurant, IA	1:35:12	9:31
327	22	M25 Ben Graeber, 26, Des Moines, IA	1:35:17	9:32
328	8	M60 Lary Hostak, 60, Cedar Rapids, IA	1:35:21	9:32
329	14	M55 David Huberty, 59, Minneapolis, MN	1:35:26	9:33
330	16	M20 Matthew Weis, 23, Dunlap, IA	1:35:36	9:34
158	9	W20 Amber Clapp, 22*, Des Moines, IA	1:35:42	9:34
159	36	W35 Lea Ann Flanagan, 38*, Des Moines, IA	1:35:43	9:34
160	35	W30 Julie Heinen, 32*, Ames, IA	1:35:59	9:36
161	23	W40 Kimberly Taylor, 42*, West Des Moines, IA	1:36:01	9:36
162	29	W25 Jill McKim, 29*, West Des Moines, IA	1:36:02	9:36
163	18	W45 Linda Koele, 45*, Urbandale, IA	1:36:28	9:39
164	36	W30 Leah Churchman, 33*, Ankeny, IA	1:36:34	9:39
165	5	W50 Ann Greubel, 52*, Indianola, IA	1:36:51	9:41
166	37	W35 Ann Ellinger, 37*, West Des Moines, IA	1:36:58	9:42
167	37	W30 Anne Nizzi - Clark, 34*, West Des Moines, IA	1:37:02	9:42
168	38	W35 Lori Pence, 38*, Sigourney, IA	1:37:13	9:43
331	61	M45 Dennis Howard, 49, Des Moines, IA	1:37:21	9:44
332	9	M60 David Twombly, 62, Osceola, IA	1:37:22	9:44
333	39	M50 Larry Jablonski, 51, Urbandale, IA	1:37:25	9:44
169	39	W35 Kathy Faber, 39*, Clive, IA	1:37:28	9:45
170	24	W40 Anita Whetstine, 41*, Wellman, IA	1:37:31	9:45
334	6	JrM Nick Neff, 15, Knoxville, IA	1:37:43	9:46
171	40	W35 Heidi Asbjornsen, 37*, Roland, IA	1:37:45	9:46
172	38	W30 Lisa Schulte, 32*, Ames, IA	1:37:45	9:46
173	25	W40 Laura Ballantine, 42*, Ames, IA	1:37:47	9:47
174	39	W30 Nicole Jansen, 30*, Des Moines, IA	1:38:16	9:50
175	10	W20 Angie Gardner, 24*, Ankeny, IA	1:38:20	9:50
176	41	W35 Kay Bartolo, 38*, West Des Moines, IA	1:38:21	9:50
177	42	W35 Ann Hudson, 35*, West Des Moines, IA	1:38:23	9:50
335	40	M50 Jeff Klopfenstein, 51, Des Moines, IA	1:38:26	9:51
336	41	M50 Rick Ballantine, 50, Ames, IA	1:38:43	9:52
178	43	W35 Ida Dominguez, 37*, Johnston, IA	1:39:00	9:54
179	26	W40 Renee Sommers, 41*, Des Moines, IA	1:39:09	9:55
180	40	W30 Stacy Kluesner, 34*, Des Moines, IA	1:39:15	9:55
337	45	M30 Richard Bangma, 33, Pella, IA	1:39:28	9:57
181	30	W25 Annie Johnson, 25*, West Des Moines, IA	1:39:31	9:57
182	11	W20 Jennifer Rathje, 23*, Urbandale, IA	1:39:31	9:57
183	6	W50 Ann Marie Brick, 54*, Des Moines, IA	1:39:38	9:58
338	62	M45 Jeanne Foster, 45, Johnston, IA	1:39:38	9:58
339	46	M30 Gary Scherer, 31, West Des Moines, IA	1:39:46	9:59
340	23	M25 Kyle Brown, 28, Des Moines, IA	1:39:47	9:59
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341	47	M30 Jason Faidley, 30, Newton, IA	1:40:08	10:01
184	41	W30 Julie Jones, 32*, Sully, IA	1:40:09	10:01
185	31	W25 Katie Peterson, 26*, Pella, IA	1:40:13	10:01
186	32	W25 Hilary Van Vark, 26*, Pella, IA	1:40:14	10:01
187	19	W45 Michelle Garasky, 45*, Ames, IA	1:40:14	10:01
188	33	W25 Becky Cox, 28*, Des Moines, IA	1:40:15	10:01
189	44	W35 Shelley Birmingham, 36*, Johnston, IA	1:40:47	10:05
190	45	W35 Lisa Leon, 37*, Des Moines, IA	1:40:58	10:06
191	42	W30 Jacy Johnson, 31*, Gilbert, IA	1:41:22	10:08
342	2	M70 Mark McCormick, 70, Des Moines, IA	1:41:27	10:09
192	34	W25 Katherine Fischer, 25*, Graettinger, IA	1:41:28	10:09
193	35	W25 Kim Higginbotham, 26*, Knoxville, IA	1:41:30	10:09
194	12	W20 Denise Tennant, 24*, Des Moines, IA	1:41:30	10:09
195	13	W20 Tia Tilbury, 21*, Des Moines, IA	1:41:42	10:10
196	14	W20 Jenny West, 21*, Des Moines, IA	1:41:42	10:10
197	36	W25 Kay Godfredsen, 28*, Newton, IA	1:41:47	10:11
198	4	W55 Winnie Casper, 56*, Winterset, IA	1:41:50	10:11
199	37	W25 Stephanie Cox, 28*, Des Moines, IA	1:41:54	10:11
200	46	W35 Debra Scorpiniti, 35*, West Des Moines, IA	1:42:17	10:14

343	10	M60	Rollin Perry, 64, Cedar Falls, IA	1:42:17	10:14
201	43	W30	Dana Conner, 30*, Des Moines, IA	1:42:22	10:14
202	44	W30	Jennifer Eubanks, 31*, Des Moines, IA	1:42:28	10:15
203	20	W45	Natalie Welter, 45*, Ames, IA	1:42:29	10:15
204	21	W45	Tara Thomas, 47*, Johnston, IA	1:42:33	10:15
344	24	M25	Michael Young, 29, Des Moines, IA	1:42:35	10:15
205	38	W25	Stacy Burns, 29*, West Des Moines, IA	1:42:36	10:16
345	48	M30	John Nieland, 32, Urbandale, IA	1:42:52	10:17
206	22	W45	Sue Elliott, 46*, Ankeny, IA	1:43:19	10:20
207	27	W40	Clare Gee, 40*, Wdm, IA	1:43:42	10:22
208	28	W40	Kelli Wiggins, 40*, West Des Moines, IA	1:43:42	10:22
346	57	M35	Dan Greder, 38, Colo, IA	1:43:43	10:22
347	15	M55	Fred McCurnin, 59, Mason City, IA	1:43:46	10:23
348	61	M40	Alan Kemp, 42, Urbandale, IA	1:45:03	10:30
349	63	M45	Marc Hollander, 46, Urbandale, IA	1:46:39	10:40
209	47	W35	Leighann Sibal, 35*, West Des Moines, IA	1:47:19	10:44
210	39	W25	Robin Wasteney, 29*, Urbandale, IA	1:47:26	10:45
211	40	W25	Jennifer Bertsch, 27*, Ames, IA	1:48:34	10:51

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350	64	M45	David Yakum, 45, Des Moines, IA	1:50:52	11:05
212	29	W40	Linda Edwards, 42*, Des Moines, IA	1:52:07	11:13
213	45	W30	Jessica O'Mara, 30*, Des Moines, IA	1:52:37	11:16
214	30	W40	Diane Carroll, 43*, Des Moines, IA	1:52:39	11:16
215	41	W25	Jodi Hurn, 29*, Ames, IA	1:56:08	11:37
216	46	W30	Jennifer Reymond, 32*, Des Moines, IA	1:56:09	11:37
351	16	M55	Richard Franklin, 56, Marshalltown, IA	1:57:21	11:44

6 finishers among Men 19 & Under
 16 finishers among Men 20 - 24
 24 finishers among Men 25 - 29
 48 finishers among Men 30 - 34
 57 finishers among Men 35 - 39
 61 finishers among Men 40 - 44
 64 finishers among Men 45 - 49
 41 finishers among Men 50 - 54
 16 finishers among Men 55 - 59
 10 finishers among Men 60 - 64
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 2 finishers among Men 70 & Up
 1 finishers among Women 19 & Under
 14 finishers among Women 20 - 24
 41 finishers among Women 25 - 29
 46 finishers among Women 30 - 34
 47 finishers among Women 35 - 39
 30 finishers among Women 40 - 44
 22 finishers among Women 45 - 49
 6 finishers among Women 50 - 54
 4 finishers among Women 55 - 59
 351 male finishers
 216 female finishers
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