



Loop the Lake 8 km

Gray's Lake, Des Moines, IA

April 9, 2011

cool, overcast

Results by Michael Franke

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.

CLASS				
PLACE	PLACE	FINISHER	TIME	PACE
1	OpM	Julius Rotich, 36, West Des Moines, IA	25:25	5:06
2	OpM	Christ Bourke, 23, Des Moines, IA	25:28	5:07
1	OpW	Ashley Tollakson, 27*, Des Moines, IA	28:15	5:40
3	OpM	Vic Morales, 36, Johnston, IA	28:32	5:44
4	1 M20	Joshua Wandrey, 27, Ankeny, IA	28:40	5:45
5	1 M30	Michael Western, 32, Waverly, IA	28:57	5:49
6	2 M20	Jon Dyck, 27, Ankeny, IA	29:09	5:51
7	3 M20	Darin Schukucht, 28, Pella, IA	29:46	5:58
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 Top				
8	4 M20	Shawn Goedken, 26, Urbandale, IA	30:01	6:02
9	5 M20	Chris Herms, 23, West Des Moines, IA	30:26	6:07
10	2 M30	David Krohse, 31, Des Moines, IA	30:30	6:07
11	3 M30	Mike Cunningham, 32, Urbandale, IA	30:34	6:08
12	4 M30	John Neer, 31, Des Moines, IA	30:50	6:11
13	MM	Todd Haugen, 47, Story City, IA	31:12	6:16
14	5 M30	Larry Gant, 32, Johnston, IA	31:20	6:17

15	1 M40	Troy Zeleznik, 48, West Des Moines, IA	31:31	6:20
16	6 M20	Joel Post, 28, Lansing, MI	31:40	6:21
17	7 M20	Nate Sanders, 28, West Des Moines, IA	31:43	6:22
18	2 M40	Lance Bergeson, 42, Des Moines, IA	31:51	6:24
19	1 M50	3sticks McBride, 55, Des Moines, IA	32:17	6:29
20	3 M40	Luigi Calviello, 40, West Des Moines, IA	32:23	6:30
21	4 M40	Kevin Cline, 44, Grimes, IA	32:54	6:36
22	6 M30	Randy Sturm, 33, Belmond, IA	33:03	6:38
23	7 M30	Chris Gasche, 38, Norwalk, IA	33:04	6:38
24	1 JrM	sam amadeo, 14, Des Moines, IA	33:05	6:38
2	OpW	Angela Conlon, 22*, Des Moines, IA	33:14	6:40
25	2 M50	Scott Boever, 50, Urbandale, IA	33:23	6:42
26	5 M40	Brent Monson, 41, Des Moines, IA	33:49	6:47
27	8 M30	Mark Wisham, 34, Des Moines, IA	33:51	6:48
3	OpW	Carrie Van Quathem, 39*, Urbandale, IA	33:52	6:48
28	8 M20	Corey Jansen, 29, Ankeny, IA	34:03	6:50
4	1 W30	Krista Jipson, 31*, Clive, IA	34:05	6:51
29	6 M40	Benjamin Lounsbury, 46, West Des Moines, IA	34:20	6:54
30	9 M30	Joe Lynn, 31, West Des Moines, IA	34:23	6:54
5	1 W20	Stephanie Mortenson, 29*, Urbandale, IA	34:27	6:55
31	7 M40	Curt Retz, 45, West Des Moines, IA	34:32	6:56
32	10 M30	Jeremy Mueller, 34, West Des Moines, IA	34:40	6:58
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 Top				
33	11 M30	Steve Houg, 36, West Des Moines, IA	34:56	7:01
34	12 M30	Robert Rehkemper, 33, Urbandale, IA	35:09	7:03
6	MW	Angie Neville, 41*, Bondurant, IA	35:14	7:04
35	8 M40	Joe Davisson, 47, West Des Moines, IA	35:18	7:05
36	13 M30	Brent Allen, 30, Johnston, IA	35:19	7:05
37	14 M30	Aaron Wheelock, 30, Des Moines, IA	35:20	7:06
38	3 M50	Joe Blunk, 59, Ames, IA	35:23	7:06
39	15 M30	Matt Reiter, 33, West Des Moines, IA	35:31	7:08
40	9 M40	Scott Meyer, 46, Pella, IA	35:35	7:09

41	16 M30	Trent Donnelly, 34, Dexter, IA	35:35	7:09
7	2 W30	Summer Rehkemper, 34*, Urbandale, IA	35:43	7:10
42	10 M40	Pat Hamilton, 44, Algona, IA	35:50	7:12
43	1 M60	Roger Heinle, 61, Whiting, IA	35:57	7:13
44	9 M20	Mike Israel, 29, Johnston, IA	36:01	7:14
45	4 M50	Jeff Feder, 50, Norwalk, IA	36:10	7:16
46	11 M40	scott greenwood, 43, Des Moines, IA	36:12	7:16
47	10 M20	Michael Hotze, 29, Carson, IA	36:21	7:18
48	2 M60	Chuck Clark, 60, Carroll, IA	36:36	7:21
49	2 JrM	Zachary Thompson, 11, Perry, IA	36:44	7:23
8	2 W20	Rachel Hawks-Lester, 24*, West Des Moines, IA	36:55	7:25
50	17 M30	Juan Lara, 37, Wes Desmoines, IA	36:58	7:25
51	11 M20	Ken Hutchison, 28, West Des Moines, IA	36:58	7:25
52	12 M40	Scott Bandy, 46, Indianola, IA	37:00	7:26
53	18 M30	Justin Frerichs, 31, Johnston, IA	37:06	7:27
54	19 M30	Jason Lamping, 34, Johnston, IA	37:06	7:27
55	5 M50	Bobby Gadams, 50, Ankeny, IA	37:08	7:27
56	13 M40	Kevin McCarty, 40, West Des Moines, IA	37:11	7:28
9	1 JrW	Cassidy Gornick, 15*, Norwalk, IA	37:21	7:30
10	3 W20	Jenny Schulte, 29*, West Des Moines, IA	37:27	7:31
57	20 M30	Jason Clevenger, 33, Johnston, IA	37:30	7:32
58	21 M30	Lance Castle, 37, West Des Moines, IA	37:31	7:32
59	1 M70	Mike Bender, 70, Des Moines, IA	37:40	7:34
11	1 W50	Nancy Willert, 54*, Nevada, IA	37:47	7:35
12	1 W40	Lisa Brock, 49*, CeNtralia, MO	37:48	7:35
60	3 M60	Al Hildestad, 61, Des Moines, IA	37:50	7:36
13	3 W30	Barbara Lynn, 36*, North Liberty, IA	37:53	7:36
14	4 W20	Dena Sample, 28*, West Des Moines, IA	37:55	7:37
61	12 M20	Clint Cummings, 29, Des Moines, IA	38:02	7:38
62	14 M40	Glen Dippold, 48, Clive, IA	38:05	7:39
15	2 W40	Dawn Cooksley, 42*, North Liberty, IA	38:08	7:39

63	22	M30	Scott Yegge, 37, Ankeny, IA	38:09	7:39
16	5	W20	Erin Conrad, 24*, Des Moines, IA	38:14	7:40
64	23	M30	Aaron Fopma, 36, Webster City, IA	38:18	7:41
17	4	W30	Cheryl Dralle, 33*, Des Moines, IA	38:19	7:42
18	5	W30	Shelby Cork, 35*, West Des Moines, IA	38:20	7:42
19	2	JrW	Catie Kruse, 14*, Dallas Center, IA	38:23	7:42
65	15	M40	Dale Christians, 45, Urbandale, IA	38:24	7:43
66	16	M40	Greg Schenck, 45, Waukee, IA	38:29	7:44
20	6	W30	Stacy Berenguel, 31*, Des Moines, IA	38:39	7:46
67	24	M30	Brandon Rohlfen, 32, Ankeny, IA	38:42	7:46
68	13	M20	Daniel Logue, 29, Des Moines, IA	38:45	7:47
69	14	M20	Todd, 26, West Des Moines, IA	38:51	7:48
70	25	M30	Casey Niemann, 37, Waukee, IA	38:52	7:48
21	3	W40	Janeal Lyons, 45*, Waukee, IA	38:58	7:49
22	2	W50	Gail Bormann, 52*, Waukee, IA	38:58	7:49
71	26	M30	Brian Cunningham, 37, Chaska, MN	39:04	7:51
72	15	M20	Jacob Mroz, 22, Marshalltown, IA	39:06	7:51
73	27	M30	Evan Taylor, 31, Urbandale, IA	39:07	7:51
74	6	M50	William Mitchener, 54, Red Wing, MN	39:11	7:52
75	28	M30	Jonathan Montpas, 37, Newton, IA	39:16	7:53
23	4	W40	Leslie French, 45*, Cedar Rapids, IA	39:27	7:55
76	17	M40	kevin moreland, 49, West Des Moines, IA	39:29	7:56
77	29	M30	Wayne Pantini, 38, Creston, IA	39:37	7:57
78	16	M20	Lance Johnston, 27, Ankeny, IA	39:38	7:57
79	18	M40	Paul Rearick, 42, Ankeny, IA	39:46	7:59
80	7	M50	Mike Carlson, 59, Winterset, IA	39:48	7:59

Pace: [6:00](#) | [7:00](#) | [8:00](#) | [9:00](#) | [10:00](#) | [11:00](#) | [12:00](#) | [13:00](#) | [14:00](#) | [Top](#)

81	19	M40	Michael McCulloch, 44, Des Moines, IA	39:50	8:00
24	5	W40	Sue DeBartolo, 46*, Ankeny, IA	39:53	8:00
25	6	W20	Keri Eaton, 29*, Des Moines, IA	39:57	8:01
82	17	M20	manny garcia, 28, Carlisle, IA	40:00	8:02
83	8	M50	Alan Gross, 56, Des Moines, IA	40:04	8:03
84	9	M50	Kevin Cunningham, 59, Des Moines, IA	40:04	8:03

26	7 W30	Erin Jansen, 30*, Ankeny, IA	40:10	8:04
27	8 W30	Mindy Moore, 35*, West Des Moines, IA	40:12	8:04
85	30 M30	Dom Dittman, 32, Urbandale, IA	40:20	8:06
28	6 W40	Karin Eshelman, 41*, Windsor Heights, IA	40:29	8:08
29	7 W40	Kelly Kegans, 41*, Des Moines, IA	40:30	8:08
30	8 W40	Casey Conner, 41*, West Des Moines, IA	40:31	8:08
31	9 W30	Amy Mitchell, 33*, Ankeny, IA	40:34	8:09
86	20 M40	Corey Engebretson, 41, Johnston, IA	40:37	8:09
32	10 W30	Erin Zea, 35*, Ankney, IA	40:37	8:09
33	11 W30	Irene Castellano, 37*, West Des Moines, IA	40:43	8:10
34	7 W20	Stacy Plotts, 26*, Altoona, IA	40:43	8:10
35	8 W20	Sarah Barthole, 26*, Pleasant Hill, IA	40:48	8:11
87	21 M40	David Wonnell, 42, Cambridge, IA	40:48	8:12
88	22 M40	James Arthur, 46, Des Moines, IA	40:50	8:12
36	3 JrW	Sarah Kromminga, 14*, Johnston, IA	40:53	8:13
37	4 JrW	Ellen Bennett, 14*, Ankeny, IA	40:54	8:13
38	12 W30	Rachel Hoger, 36*, Johnston, IA	40:56	8:13
89	23 M40	nick tornabane, 42, Waukee, IA	40:56	8:13
39	3 W50	Betsy Frederes, 53*, Clive, IA	40:58	8:13
90	10 M50	Gerry Bustos, 50, East Moine, IL	41:00	8:14
91	4 M60	Ron Wilharm, 64, Tracy, IA	41:01	8:14
40	9 W40	Valerie Hamilton, 40*, Algona, IA	41:01	8:14
92	11 M50	Richard Hanna, 50, New Sharon, IA	41:02	8:14
93	12 M50	Bill Wedenking, 56, Des Moines, IA	41:03	8:14
41	4 W50	Cindy De Prenger, 50*, Otley, IA	41:04	8:15
42	10 W40	Lisa Schwarte, 40*, West Des Moines, IA	41:05	8:15
94	31 M30	Patrick Leer, 38, Wauke, IA	41:07	8:15
43	13 W30	Annika Cornelisse, 39*, Des Moines, IA	41:08	8:15
44	14 W30	Michele Loder, 36*, West Des Moines, IA	41:13	8:17
45	11 W40	Tracy Cheney, 48*, West Des Moines, IA	41:14	8:17
95	32 M30	Travis Hipsabeck, 30, Prairie City, IA	41:17	8:17
96	33 M30	Eric Camper, 39, Des Moines, IA	41:17	8:17

97	18 M20	Josh Burrows, 26, Des Moines, IA	41:20	8:18
98	24 M40	Wayne Johnson, 48, Johnston, IA	41:24	8:19
99	25 M40	Patrick Hammen, 46, Waukee, IA	41:26	8:19
100	34 M30	Thomas Touney, 31, West Des Moines, IA	41:28	8:19
101	35 M30	Michael Bird, 34, Des Moines, IA	41:30	8:20
46	15 W30	Susanne Kennedy, 34*, Des Moines, IA	41:32	8:20
47	12 W40	Michelle Mullin, 46*, Des Moines, IA	41:44	8:23
102	26 M40	bryan trout, 40, Ankeny, IA	41:44	8:23
103	27 M40	Joe Quinn, 49, Des Moines, IA	41:46	8:23
48	13 W40	Heather Stilborn, 48*, Clive, IA	41:47	8:23
49	16 W30	amanda barsness, 33*, West Des Moines, IA	41:49	8:24
50	17 W30	Erin Lehman, 32*, Urbandale, IA	41:51	8:24
104	28 M40	Matt Kubovich, 40, Johnston, IA	41:52	8:24
105	29 M40	Blair Smith, 40, Des Moines, IA	41:53	8:24
106	30 M40	Cody Kilgore, 49, West Des Moines, IA	41:55	8:25
51	18 W30	Sarah Zinn-Burggraaf, 33*, Clive, IA	42:00	8:26
107	31 M40	Jeff Garrison, 43, West Des Moines, IA	42:08	8:27
108	32 M40	John Noll, 48, Clive, IA	42:09	8:28
109	36 M30	Reed Kooker, 36, Des Moines, IA	42:12	8:28
52	14 W40	Mary Smith, 40*, Des Moines, IA	42:13	8:29
53	5 W50	Maggie Haaland, 59*, Ames, IA	42:15	8:29
54	15 W40	Jill Smith, 41*, Clive, IA	42:16	8:29
55	19 W30	Juli Cambron, 39*, Indianola, IA	42:23	8:30
110	37 M30	Jon Heim, 30, Des Moines, IA	42:23	8:31
56	20 W30	Shelly Hanson, 38*, Webster City, IA	42:24	8:31
111	33 M40	Jim Duong, 47, Des Moines, IA	42:36	8:33
112	19 M20	Matthew Gilbert, 25, Des Moines, IA	42:37	8:33
57	21 W30	Danielle McKechnie, 38*, West Des Moines, IA	42:38	8:34
58	16 W40	Jodi Runge, 46*, Des Moined, IA	42:41	8:34
113	20 M20	Aaron Knepper, 28, Altoona, IA	42:42	8:34
59	22 W30	Jennifer Castle, 38*, West Des Moines, IA	42:45	8:35
60	6 W50	Julia Batten, 55*, Carlisle, IA	42:46	8:35

61	23	W30	kami meyer, 33*, Indianola, IA	42:48	8:36
62	17	W40	Jean Dingeman, 47*, Pella, IA	42:50	8:36
114	5	M60	Richard Newkirk, 62, Ankeny, IA	42:55	8:37
63	24	W30	Kelly Rand, 34*, West Des Moines, IA	42:57	8:37
115	38	M30	Randy Arnold, 31, Ankeny, IA	43:00	8:38
116	34	M40	Dan Gornick, 46, Norwalk, IA	43:01	8:38
64	18	W40	Tammy Jones, 40*, Ankeny, IA	43:08	8:39
65	9	W20	Sarah Bergeson, 24*, Cedar Rapids, IA	43:25	8:43
117	39	M30	Wyatt Myers, 33, Des Moines, IA	43:30	8:44
118	6	M60	Mark McGrath, 62, Des Moines, IA	43:38	8:46
119	35	M40	Steve Callistein, 44, Des Moines, IA	43:39	8:46
66	10	W20	Aimee Kittell, 29*, West Des Moines, IA	43:40	8:46
67	25	W30	Janet Tan, 34*, West Des Moines, IA	43:41	8:46
68	11	W20	Rachel Liedtke, 27*, West Des Moines, IA	43:43	8:47
120	36	M40	jeff magner, 41, Ankeny, IA	43:44	8:47
121	37	M40	Troy Taylor, 40, Waukee, IA	43:49	8:48
69	12	W20	Jessica Johnson, 24*, Bettendorf, IA	44:02	8:50
122	40	M30	Jason Johnson, 35, Maxwell, IA	44:02	8:50
70	13	W20	Shannon Henson, 25*, Des Moines, IA	44:05	8:51
123	21	M20	William Scales, 29, Des Moines, IA	44:05	8:51
124	38	M40	Ze Hui Han, 45, West Des Moines, IA	44:10	8:52
125	39	M40	larry smith, 43, Ankeny, IA	44:12	8:52
126	41	M30	Michael Lewis, 31, Grimes, IA	44:13	8:53
127	42	M30	Drew Clevenger, 35, St. Ansgar, IA	44:13	8:53
128	7	M60	Allan Goldberg, 61, Des Moines, IA	44:16	8:53
71	26	W30	Sara Schwendinger, 34*, Des Moines, IA	44:17	8:53
129	8	M60	neil olson, 60, boone, IA	44:17	8:54
130	43	M30	David Schwendinger, 36, Des Moines, IA	44:19	8:54
131	22	M20	Brandon Degroot, 29, West Des Moines, IA	44:22	8:54
132	44	M30	Gene Spalding, 36, West Des Moines, IA	44:22	8:54
72	7	W50	Cheryl Murad, 52*, Urbandale, IA	44:23	8:55
73	14	W20	Nina Lovan, 24*, Pleasant Hill, IA	44:23	8:55

74	19	W40	Denna Mitchell, 46*, Greenfield, IA	44:24	8:55
133	40	M40	Michael Ream, 40, Des Moines, IA	44:26	8:55
75	20	W40	Julie Schwalbe, 45*, Des Moines, IA	44:26	8:55
76	8	W50	Sharon Tahtinen, 55*, West Des Moines, IA	44:27	8:55
77	27	W30	Sarah Maxwell, 34*, Adel, IA	44:28	8:56
134	23	M20	Brian Kautzky, 26, West Des Moines, IA	44:28	8:56
78	15	W20	Bridget Kautzky, 26*, West Des Moines, IA	44:29	8:56
135	13	M50	Darwin Schmig, 53, Des Moines, IA	44:34	8:57
79	21	W40	Denyce Wingert, 43*, West Des Moines, IA	44:35	8:57
136	24	M20	Matthew McKinney, 29, West Des Moines, MN	44:36	8:57
80	1	W60	Alida Droppert, 62*, Pella, IA	44:38	8:58
81	22	W40	Denise Richardson, 45*, Urbandale, IA	44:39	8:58
137	14	M50	Marty Kalton, 52, Des Moines, IA	44:41	8:58
82	28	W30	Heather Spong, 34*, Pella, IA	44:42	8:58
83	16	W20	Mala DeVore, 29*, Ankeny, IA	44:47	8:59
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 Top					
84	17	W20	kathryn western, 27*, Waverly, IA	44:51	9:00
85	29	W30	Melissa Noel, 35*, Windsor Heights, IA	44:53	9:01
86	30	W30	krissy young, 32*, West Des Moines, IA	44:56	9:01
138	41	M40	Doug Stine, 41, West Des Moines, IA	44:58	9:02
87	18	W20	Jennifer Rich, 24*, Des Moines, IA	45:01	9:02
88	23	W40	Michelle Willenborg, 41*, Urbandale, IA	45:02	9:02
89	31	W30	Mimi Hayden, 38*, St. Louis, MO	45:02	9:03
90	32	W30	Dee mcdonald, 39*, Urbandale, Ia, Ia	45:03	9:03
91	19	W20	Jamie Schuck, 25*, Grimes, IA	45:04	9:03
139	42	M40	Tim McCoy, 41, Hartford, IA	45:05	9:03
92	33	W30	Heather Bitting, 34*, Johnston, IA	45:07	9:04
93	34	W30	Corissa Arndt, 34*, Indianola, IA	45:14	9:05
140	15	M50	Alan McLearn-Montz, 53, Ankeny, IA	45:15	9:05
94	9	W50	Joyce Burch, 55*, Pella, IA	45:17	9:05
95	35	W30	Brindusa Velica, 38*, Des Moines, IA	45:19	9:06
141	43	M40	Zachery Becker, 40, Des Moines, IA	45:21	9:06
96	5	JrW	Bailey Swackhamer, 13*, Des Moines, IA	45:24	9:07

142	44 M40	Doug Rex, 46, Clive, IA	45:28	9:08
97	20 W20	Abbey Wells, 24*, Wdm, IA	45:29	9:08
98	24 W40	Coreen Sweeney, 46*, Clive, IA	45:39	9:10
143	2 M70	Alvin Ravenscroft, 77, Ames, IA	45:40	9:10
99	21 W20	Haylie Davis, 23*, Wdm, IA	45:43	9:11
100	22 W20	Jenn Sealine, 27*, Des Moines, IA	45:45	9:11
101	23 W20	Brooke Jetmund, 26*, Des Moines, IA	45:46	9:11
102	25 W40	Susan Brandt, 49*, Urbandale, IA	45:49	9:12
144	25 M20	Matt McDermott, 25, Des Moines, IA	45:50	9:12
145	45 M30	Knone Keoouthia, 37, Des Moines, IA	45:52	9:13
146	46 M30	Robert Greedy, 31, Ames, IA	45:54	9:13
103	24 W20	Claire Muselman, 26*, West Des Moines, IA	45:54	9:13
147	47 M30	Jesper Andersson, 35, West Des Moines, IA	45:58	9:14
104	36 W30	Kari Anderson, 37*, West Des Moines, IA	45:59	9:14
105	37 W30	Megan Mrky-Webster, 36*, Urbandale, IA	46:03	9:15
106	25 W20	Taylor Coder, 29*, Urbandale, IA	46:04	9:15
148	45 M40	Drew Bracken, 48, Indianola, IA	46:04	9:15
107	26 W20	Kristine Stone, 29*, West Des Moines, IA	46:05	9:15
108	27 W20	Katie McDermott, 24*, Des Moines, IA	46:05	9:15
109	10 W50	Tammy Berenguel, 51*, Des Moines, IA	46:09	9:16
110	28 W20	jill heddinger, 27*, West Des Moines, IA	46:09	9:16
111	29 W20	Jessica Beckert, 28*, Johnston, IA	46:11	9:16
112	30 W20	Lindsay Van Zee, 29*, Des Moines, IA	46:12	9:17
149	16 M50	Hank Hanson, 54, Bondurant, IA	46:31	9:20
113	38 W30	Jenny Chung, 31*, Johnston, IA	46:43	9:23
150	48 M30	Erik Tetmeyer, 38, West Des Moines, IA	46:48	9:24
151	46 M40	Steve Argersinger, 43, Pleasant Hill, IA	46:50	9:24
114	31 W20	holly morgan, 25*, urbdandale, IA	46:53	9:25
115	32 W20	Natalie Deming, 23*, Des Moines, IA	46:54	9:25
116	11 W50	Karen Mroz, 51*, Marshalltown, IA	46:58	9:26
152	17 M50	Dennis Howard, 57, Des Moines, IA	47:13	9:29
117	39 W30	Amy Ziller, 36*, Des Moines, IA	47:20	9:30

118	33 W20	Chelsey Mitchener, 24*, Des Moines, IA	47:22	9:31
119	34 W20	Erin Momont, 20*, Des Moines, IA	47:31	9:32
120	35 W20	Selma Brkic, 29*, Clive, IA	47:35	9:33
153	49 M30	Brian Donadson, 31, Urbandale, IA	47:46	9:35
121	36 W20	Brenna Larsen, 29*, Des Moines, IA	47:48	9:36
122	37 W20	Jamie Reimann, 23*, Johnston, IA	47:48	9:36
154	26 M20	Nathan Johnson, 25, West Des Moines, IA	47:49	9:36
123	26 W40	Angie Swackhamer, 40*, Des Moines, IA	47:51	9:36
124	27 W40	Becky Veach, 42*, Des Moines, IA	47:55	9:37
125	38 W20	Holly Klotz, 24*, Ankeny, IA	47:56	9:37
126	28 W40	Jan Moore, 48*, West Des Moines, IA	47:58	9:38
155	18 M50	John Littler, 52, Casey, IA	48:01	9:38
127	39 W20	Lori Bryan, 29*, Ankeny, IA	48:02	9:39
128	40 W20	Molly O'Brien, 28*, Urbandale, IA	48:05	9:39
129	41 W20	Krissy Daniel, 27*, Ankeny, IA	48:11	9:41
130	42 W20	Stacy Crouse, 26*, Johnston, IA	48:12	9:41
131	29 W40	Anne Hess, 41*, Grimes, IA	48:12	9:41
156	50 M30	joseph dunlay, 30, Maxwell, IA	48:17	9:42
132	40 W30	Eva Moritz, 38*, Ankeny, IA	48:17	9:42
133	41 W30	Andrea Quam, 35*, Urbandale, IA	48:17	9:42
134	42 W30	amanda uthe, 30*, Maxwell, IA	48:18	9:42
157	3 M70	Frank Amos, 77, Ames, IA	48:19	9:42
135	43 W20	Brooke Archibald, 25*, West Des Moines, IA	48:20	9:42
136	43 W30	Dawn Christensen, 35*, Grimes, IA	48:21	9:42
137	44 W20	Mallary Wilcox, 27*, West Des Moines, MN	48:23	9:43
138	45 W20	Allison Gill, 24*, Des Moines, IA	48:25	9:43
139	44 W30	nicole lester-eki, 38*, Waukee, IA	48:27	9:44
140	46 W20	Alma Henry, 29*, Johnston, IA	48:30	9:44
158	27 M20	Eric Nybeck, 26, Ankeny, IA	48:41	9:46
141	47 W20	Jessica Nybeck, 28*, Ankeny, IA	48:41	9:47
159	28 M20	Tony Steffes, 28, Des Moines, IA	48:50	9:48
142	48 W20	Abby Kratoska, 28*, Granger, IA	48:50	9:48
143	30 W40	Melinda Allen, 42*, Waukee, IA	48:50	9:48

144	45 W30	Mary Fratianni, 36*, West Des Moines, IA	49:05	9:51
160	47 M40	Toby Hoy, 42, Van Meter, IA	49:10	9:52
145	46 W30	Gina Boomershine, 39*, Urbandale, IA	49:13	9:53
146	47 W30	Sue Mears, 39*, Urbandale, IA	49:13	9:53
147	31 W40	Kristin Phillips, 43*, Urbandale, IA	49:14	9:53
148	48 W30	Virginia Tonelli, 30*, Waukee, IA	49:20	9:54
161	4 M70	Jim Matthews, 70, Baxter, IA	49:26	9:56
149	49 W30	Kathlene DeFoe, 31*, Des Moines, IA	49:27	9:56
150	32 W40	Diane Kruse, 41*, Dallas Center, IA	49:34	9:57
151	12 W50	Deb Baker, 50*, Urbandale, IA	49:40	9:58
152	13 W50	nancy betz, 52*, Grimes, IA	49:40	9:58
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 Top				
153	33 W40	Teresa Strauss, 40*, Waukee, IA	49:50	10:00
154	49 W20	Erin McKeown, 28*, West Des Moines, IA	50:00	10:02
155	50 W20	Kati Nizzi, 28*, Urbandale, IA	50:00	10:02
162	51 M30	Evan Starcevic, 31, Johnston, IA	50:02	10:03
156	51 W20	Mia Puth, 28*, West Des Moines, IA	50:06	10:04
157	52 W20	Nicole Aspenson, 27*, Des Moines, IA	50:09	10:04
158	34 W40	Maggie Thompson, 45*, Perry, IA	50:09	10:04
163	52 M30	scott Newland, 39, Cumming, IA	50:16	10:05
159	35 W40	Carol Hemphill, 46*, Urbandale, IA	50:23	10:07
160	50 W30	Joy Fopma, 36*, Webster City, IA	50:31	10:08
161	36 W40	Maribel Gadams, 41*, Ankeny, IA	50:42	10:11
162	51 W30	Jessica Eagan, 32*, Norwalk, IA	50:46	10:11
163	53 W20	Christina Lane, 26*, Des Moines, IA	50:48	10:12
164	52 W30	Gabrielle Carlson, 38*, West Des Moines, IA		
			51:12	10:17
165	54 W20	Brigitte Arnold, 29*, Ankeny, IA	51:15	10:17
166	37 W40	Marian Greer, 48*, Urbandale, IA	51:22	10:19
167	55 W20	Chelsea Parrott, 23*, Des Moines, IA	51:22	10:19
168	56 W20	Jessica Damm, 23*, Newton, IA	51:25	10:19
169	38 W40	Kristi Tetmeyer, 43*, West Des Moines, IA	51:31	10:21

170	39 W40	Cindy Baddeloo, 49*, West Des Moines, IA	51:32	10:21
171	53 W30	Carolyn Gunkel, 31*, Clive, IA	51:42	10:23
172	40 W40	Raquel Eash, 40*, Carlisle, IA	52:28	10:32
173	6 JrW	Katelyn Knutson, 19*, St. Charles, IA	52:29	10:32
174	41 W40	Michelle Eash, 40*, Des Moines, IA	52:31	10:33
175	42 W40	Cheri Bustos, 49*, East Moine, IL	52:55	10:37
176	43 W40	Janet Powell, 48*, Des Moines, IA	52:57	10:38
177	2 W60	Jean Kristensen, 62*, West Des Moines, IA	52:58	10:38
178	44 W40	Dixie Palm, 42*, Altoona, IA	53:25	10:43
164	19 M50	Phil Johnson, 57, Hampton, IA	54:05	10:51
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 Top				
179	54 W30	Amy Ites, 35*, Ankeny, IA	54:45	11:00
180	55 W30	Angie Yegge, 35*, Ankeny, IA	54:55	11:02
181	45 W40	Mary Steim, 43*, Ankeny, IA	54:56	11:02
182	46 W40	Leesa Shoemaker, 47*, Polk City, IA	55:01	11:03
183	57 W20	Kelly Geist, 28*, Des Moines, IA	55:08	11:04
184	56 W30	Leslie Soyer, 36*, Norwalk, IA	55:10	11:05
185	58 W20	Jessie Sandvick, 29*, Marion, IA	55:25	11:08
186	59 W20	Emily Burt, 27*, Des Moines, IA	55:45	11:12
187	60 W20	Darcy Johnson, 28*, Maxwell, IA	56:09	11:16
188	47 W40	Gail Stutz, 45*, Des Moines, IA	56:16	11:18
189	57 W30	Allisha Marnin, 30*, Fontanelle, IA	56:29	11:20
190	48 W40	Lisa Chiodo, 45*, Urbandale, IA	56:34	11:21
191	49 W40	Lori McQuiston, 47*, Maxwell, IA	56:35	11:22
192	58 W30	Jocelyn Kovalski, 39*, Dallas Center, IA	56:42	11:23
193	59 W30	Melissa Pierangeli, 37*, Norwalk, IA	57:09	11:28
194	50 W40	renee reece, 46*, Norwalk, IA	57:22	11:31
195	60 W30	Rachel Nelson, 30*, Cumming, IA	58:28	11:44
196	61 W30	Michelle Sagar, 37*, Johnston, IA	58:29	11:45
165	20 M50	Nathan Callahan, 58, Cedar Falls, IA	58:33	11:45
166	3 JrM	Alex Hert, 13, Hampton, IA	59:15	11:54
197	1 W70	Jan Gillum, 75*, Des Moines, IA	59:39	11:59
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 Top				

198	62 W30	Kristin Sunde, 37*, West Des Moines, IA	1:00:10	12:05
167	48 M40	Jeffrey Ayers, 42, Altoona, PA	1:01:47	12:24
168	49 M40	Mark Walter, 48, Des Moines, IA	1:02:36	12:34
169	29 M20	Matthew McVey, 26, West Des Moines, IA	1:03:23	12:44
170	9 M60	Gary Patterson, 67, Pleasant Hill, IA	1:04:21	12:55
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 Top				
199	63 W30	Cinda Whitten, 35*, Winterset, IA	1:04:48	13:01
200	14 W50	Colleen Larimer, 51*, Bedford, IA	1:04:48	13:01
201	64 W30	Renee Hahn, 39*, West Des Moines, IA	1:07:06	13:28
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 Top				
171	5 M70	Hummer Brown, 71, Des Moines, IA	1:10:59	14:15

* indicates females

8 finishers among Males (no age given)

3 finishers among Men Under 20

29 finishers among Men 20 - 29

52 finishers among Men 30 - 39

49 finishers among Men 40 - 49

20 finishers among Men 50 - 59

9 finishers among Men 60 - 69

5 finishers among Men 70 & Up

6 finishers among Women Under 20

60 finishers among Women 20 - 29

64 finishers among Women 30 - 39

50 finishers among Women 40 - 49

14 finishers among Women 50 - 59

2 finishers among Women 60 - 69

1 finishers among Women 70 & Up

175 male finishers

197 female finishers

372 total finishers

Return to [home page](#).