

22nd Red Flannel Run - 3 Mile

Riverfront YMCA - Des Moines, Iowa

Feb. 12, 2011

25 degrees and Sunny

Results by [Cal Murdock](#)

[5 Mile 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	FINISHER	TIME	PACE
1	OpM	Daniel Sevcik, 20, Ames, IA	15:51	5:17
2	1 M15	Aaron Roberts, 18, Audubon, IA	16:30	5:30
3	2 M15	John Snyder, 16, Des Moines, IA	17:01	5:40
4	3 M15	Nick Yaeger, 16, Boone, IA	17:02	5:40
5	1 M40	Jason Wentworth, 40, Urbandale, IA	17:49	5:56
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				
6	1 M30	Jared McLaren, 32, Grimes, IA	18:00	6:00
7	2 M30	John Neer, 31, Des Moines, IA	18:05	6:02
8	2 M40	Ed Tormey, 46, Indianola, IA	18:21	6:07
9	3 M30	David Krohse, 31, Des Moines, IA	18:33	6:11
10	4 M30	Rocky Hardy, 36, West Des Moines, IA	18:39	6:13
11	4 M15	Nate Johnson, 16, Saint Paul, MN	18:47	6:16
12	5 M15	Evan Jones, 15, Pella, IA	19:02	6:21
13	1 M50	Thomas McBride, 55, Des Moines, IA	19:05	6:22
14	1 M20	Brennen Nears, 20, Marshalltown, IA	19:24	6:28
15	6 M15	Hunter Hilsabeck, 15, Winterset, IA	19:29	6:30
1	OpW	Katelyn Smith, 14*, Ankeny, IA	19:29	6:30
16	2 M20	Wesley Ohrt, 20, Haverhill, IA	19:33	6:31
17	3 M40	Bob O'Connor, 45, Fort Dodge, IA	19:37	6:32
18	4 M40	Peter Hill, 40, Ankeny, IA	20:03	6:41
2	1 W15	Bailey Eppard, 15*, Johnston, IA	20:05	6:42
3	1 W20	Tara Loan, 28*	20:21	6:47
19	2 M50	Steve McKibben, 50, Clive, IA	20:32	6:51
20	5 M30	Gary Burch, 38, Waukee, IA	20:35	6:52
4	2 W20	Hedda Burnett, 29*, Ames, IA	20:38	6:53
21	6 M30	Wesley Nyberg, 31, Ankeny, IA	20:39	6:53
5	1 W30	Amy Drefke, 30*, Ankeny, IA	20:45	6:55
22	3 M20	Eric Rowley, 29, Des Moines, IA	20:46	6:55
23	4 M20	Noah Tabor, 23	20:53	6:57
24	7 M30	Jeremy Mueller, 34, West Des Moines, IA	20:56	6:58
25	5 M40	Shawn Howard, 41, Clarinda, IA	20:57	6:59
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				
26	6 M40	Mark Berkenpas, 45, Norwalk, IA	21:11	7:03
27	8 M30	Ryan Forret, 37, Des Moines, IA	21:13	7:04
28	7 M40	Scott Meyer, 46, Pella, IA	21:13	7:04
29	9 M30	Tonyu Guerra, 38, Ankeny, IA	21:27	7:09
6	2 W30	Karen Gale, 39*, Marshalltown, IA	21:29	7:10
30	10 M30	Brent Whipps, 31, Ankeny, IA	21:33	7:11

31	1 M10	Andrew Clark, 14, Des Moines, IA	21:39	7:13
32	5 M20	Aaron Heffernan, 25, Ottumwa, IA	21:41	7:14
7	2 W15	Tiffany Christensen, 15*, Eagle Grove, IA	21:53	7:17
33	11 M30	Travis Kasch, 35, Urbandale, IA	21:54	7:18
34	6 M20	Peter Foley, 24, Marion, IA	21:59	7:19
35	3 M50	Randy Davis, 54, Altoona, IA	21:59	7:20
36	12 M30	Wes Hall, 31, Ankeny, IA	22:04	7:21
37	4 M50	John Roberts, 54, Audubon, IA	22:09	7:23
38	1 M60	Tom Kirkwood, 67, Dyersville, IA	22:09	7:23
8	3 W20	Cassie Schmitz, 27*, Des Moines, IA	22:14	7:25
39	13 M30	Michael McCormick, 39, Ankeny, IA	22:18	7:26
40	14 M30	Joe Mark, 30, Des Moines, IA	22:27	7:29
9	4 W20	Tamara Hancock, 29*, Ames, IA	22:28	7:29
41	15 M30	Kyle Ament, 33, Colfax, IA	22:30	7:30
10	3 W30	Molly Weber, 36*, Waukee, IA	22:33	7:31
42	7 M20	Nick Sprecher, 28, Ames, IA	22:35	7:32
43	8 M20	Jeremy Sprecher, 26, Ames, IA	22:35	7:32
11	5 W20	Heather Glass, 23*, Des Moines, IA	22:36	7:32
44	16 M30	Alex Albright, 31, Des Moines, IA	22:38	7:32
12	6 W20	Erin Bone, 26*, Ankeny, IA	22:50	7:36
45	17 M30	Dustin Henke, 35, Troy, MO	22:58	7:39
46	18 M30	Adam Shockey, 33, Troy, MO	23:02	7:40
47	19 M30	Al Perales, 39, Ankeny, IA	23:06	7:42
48	20 M30	Todd Forret, 39, Indianola, IA	23:06	7:42
49	5 M50	Art Millikan, 58, Hedrick, IA	23:13	7:44
50	2 M10	Jack Fink, 12, Des Moines, IA	23:20	7:47
13	3 W15	Breanna Rodriguez, 17*, Des Moines, IA	23:22	7:47
51	21 M30	Jerry Rodriguez, 35, Des Moines, IA	23:24	7:48
52	3 M10	Zach Hougland, 13, Bloomfield, IA	23:24	7:48
53	4 M10	Austin James, 10, Dallas Center, IA	23:25	7:48
54	22 M30	Jason Lyons, 34, Urbandale, IA	23:27	7:49
55	23 M30	Andy Richardson, 33, Huxley, IA	23:27	7:49
56	9 M20	Kristopher Keller, 29, Des Moines, IA	23:28	7:49
14	4 W15	Leigh Langheough, 19*, Des Moines, MN	23:28	7:49
57	8 M40	Michael Gould, 48, West Des Moines, IA	23:33	7:51
58	10 M20	Benjamin Truehart, 25, Urbandale, IA	23:35	7:52
59	11 M20	Cody White, 25, Des Moines, IA	23:36	7:52
60	5 M10	Thomas Gould, 11, West Des Moines, IA	23:42	7:54
15	1 JrW	Helen Gould, 9*, West Des Moines, IA	23:42	7:54
61	24 M30	Nick Rivera, 30, Des Moines, IA	23:47	7:56
62	12 M20	James Eaton, 21, Des Moines, IA	23:48	7:56
63	7 M15	Connor Fisher, 17, Pleasant Hill, IA	23:49	7:56
64	8 M15	Tyler Schlideski, 19, Des Moines, IA	23:54	7:58
16	4 W30	Stacy Berenguel, 31*, Des Moines, IA	23:55	7:58
17	5 W15	Makenna Fisher, 16*, Pleasant Hill, IA	23:56	7:59
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				
65	9 M40	Frank DiTomaso, 44, Bondurant, IA	24:01	8:00
66	10 M40	Aric Birchmier, 41, Ankeny, IA	24:03	8:01
67	13 M20	Paolo Orlando, 23, Ankeny, IA	24:06	8:02
68	14 M20	Joey Bustos, 20, Des Moines, IA	24:08	8:02
69	11 M40	Tad McDowell, 40, Ottumwa, IA	24:09	8:03
18	5 W30	Crystal Vigon, 31*, Menlo, IA	24:11	8:03
19	6 W15	McKinney Carney, 15*, Des Moines, IA	24:11	8:04
20	1 W10	Emma Buchanan, 14*, Des Moines, IA	24:11	8:04
70	6 M50	Greg Madison, 55, Ankeny, IA	24:12	8:04
21	1 W40	Tracy Everett, 41*, Pleasant Hill, IA	24:16	8:05
71	15 M20	Mat Miller, 27, Ames, IA	24:18	8:06
72	25 M30	Michael Permann, 38, Grimes, IA	24:22	8:07
22	7 W20	Rachel Hawks, 24*, Des Moines, IA	24:23	8:07
73	16 M20	David Wonders, 23, Waukee, IA	24:23	8:08
74	7 M50	Gerry Bustos, 50, Des Moines, IA	24:25	8:08

75	26	M30	Jeff Cochran, 36, Manson, IA	24:25	8:08
23	6	W30	Sarah Slattenow, 35*, Bondurant, IA	24:25	8:08
76	27	M30	Trent Drake, 30, Urbandale, IA	24:27	8:09
77	12	M40	Rich Gordon, 42, Des Moines, IA	24:28	8:09
78	17	M20	Brice Antons, 20, Des Moines, IA	24:28	8:09
79	8	M50	Mike Flanagan, 52, Bondurant, IA	24:29	8:10
24	7	W30	Kara Lindsey, 35*, Des Moines, IA	24:31	8:10
80	18	M20	Sean Bremer, 24, Ankeny, IA	24:34	8:11
81	9	M50	Kirk Tibbetts, 55, Urbandale, IA	24:35	8:11
25	2	W40	Bobbi Snodgrass, 48*, Indianola, IA	24:36	8:12
82	19	M20	Ted Schreur, 23, Des Moines, IA	24:37	8:12
26	8	W30	Allison Vaughn, 33*, Marshalltown, IA	24:39	8:13
83	28	M30	Skipp Slattenow, 39, Bondurant, IA	24:45	8:15
84	29	M30	Brian Geiken, 32, Des Moines, IA	24:46	8:15
27	1	W50	Dagni Flavey, 57*, Des Moines, IA	24:51	8:17
28	8	W20	Rebecca Petersen, 27*, Saint Cloud, MN	24:54	8:18
29	7	W15	Jamie Howett, 19*, Des Moines, IA	24:54	8:18
85	30	M30	Nathan Spangler, 30, West Des Moines, IA	24:55	8:18
86	20	M20	Brandon Ewing, 24, Johnston, IA	24:56	8:18
30	8	W15	Maggie Hougland, 16*, Bloomfield, IA	24:57	8:19
87	21	M20	Scott Crannell, 29, Waukee, IA	25:01	8:20
88	22	M20	Devin Shriver, 24, Ft Dodge, IA	25:01	8:20
89	13	M40	Richard Schmidt, 42, Des Moines, IA	25:01	8:20
31	3	W40	Tracy Cheney, 48*, West Des Moines, IA	25:02	8:21
32	4	W40	Nancy Hougland, 48*, Bloomfield, IA	25:06	8:22
90	6	M10	Nolan Roethler, 10, Urbandale, IA	25:08	8:22
91	31	M30	Chad Roethler, 38, Urbandale, IA	25:08	8:23
92	2	M60	Kelly McMullan, 62, Boone, IA	25:14	8:25
93	23	M20	Adam Leidal, 29, Ankeny, IA	25:15	8:25
33	9	W20	Danielle Farrell, 26*, West Des Moines, IA	25:16	8:25
94	24	M20	Jesse Truax, 25, Ankeny, IA	25:17	8:26
95	10	M50	Craig Hamrick, 56, Lemars, IA	25:19	8:26
96	9	M15	Austin Moore, 18, West Des Moines, IA	25:20	8:27
97	25	M20	Patrick McClain, 28, Altoona, IA	25:20	8:27
34	5	W40	Cindy Jansen, 46*, Johnston, IA	25:23	8:27
35	2	W10	Madison Johannsen, 14*, Altoona, IA	25:23	8:28
98	32	M30	Scott Long, 35, Altoona, IA	25:23	8:28
99	33	M30	Bobby Sheperd, 31, Indianola, IA	25:25	8:28
100	26	M20	Eric Wilson, 29, Marshalltown, IA	25:27	8:29
36	6	W40	Jane Angstman, 40*, Clive, IA	25:28	8:29
101	11	M50	Paul Mortiz, 52, Ankeny, IA	25:31	8:30
102	27	M20	John Maly, 29, Des Moines, IA	25:32	8:31
103	10	M15	Alex Kahler, 19, Moravia, IA	25:34	8:31
37	9	W30	Jen Machan, 34*, Ankeny, IA	25:34	8:31
104	12	M50	John Moreland, 53, Des Moines, IA	25:37	8:32
105	13	M50	Eric Tabor, 55, West Des Moines, IA	25:37	8:32
38	7	W40	Debby Birchmier, 42*, Ankeny, IA	25:39	8:33
39	10	W30	Michele Scaglione, 36*, Des Moines, IA	25:43	8:34
106	14	M40	Dale Christians, 45, Des Moines, IA	25:46	8:35
40	10	W20	Megan Evans, 25*, Des Moines, IA	25:47	8:35
107	34	M30	Shiju Sasidharan, 31, Des Moines, IA	25:47	8:36
41	11	W20	Kelsey Nicol, 28*, Ankeny, IA	25:49	8:36
108	35	M30	Dan Drefue, 31, Ankeny, IA	25:52	8:37
109	11	M15	Trevin Lee, 19, Boone, IA	25:52	8:37
42	11	W30	Leeann Albright, 31*, Des Moines, IA	25:55	8:38
110	14	M50	Larry Moklestad, 53, Boone, IA	25:57	8:39
111	15	M50	Tom Killeen, 50, Clive, IA	26:00	8:40
112	16	M50	Scott Post, 50, Des Moines, IA	26:00	8:40
113	28	M20	Billy Ware, 29, Grimes, IA	26:00	8:40
114	15	M40	Ed Husar, 43, West Des Moines, IA	26:10	8:43
43	12	W30	Elizabeth DiTomaso, 32*, Bondurant, IA	26:11	8:43
44	3	W10	Kara Neustrom, 14*, West Des Moines, IA	26:12	8:44

45	9 W15	Maddie Hamborg, 15*, West Des Moines, IA	26:12	8:44
115	17 M50	Bruce Clark, 51, West Des Moines, IA	26:13	8:44
116	29 M20	Eric Peterson, 25, Des Moines, IA	26:14	8:45
117	30 M20	Jorunn Musil, 23, Ankeny, IA	26:14	8:45
118	36 M30	Michael Simpson, 33, Des Moines, IA	26:16	8:45
119	31 M20	Bryan Kane, 21, Des Moines, IA	26:19	8:46
120	1 JrM	Max Olinger, 9, Ankeny, IA	26:22	8:47
121	37 M30	Dominic Leon, 34, Des Moines, IA	26:26	8:49
46	4 W10	Delilah Perales, 13*, Ankeny, IA	26:27	8:49
122	16 M40	Keith Jones, 43, Pella, IA	26:29	8:49
123	3 M60	Richard Newkirk, 62, Pella, IA	26:32	8:50
47	13 W30	Anne Enderlin, 30*, Waukee, IA	26:33	8:51
48	5 W10	Sandra Kromminga, 14*, Johnston, IA	26:38	8:52
124	38 M30	Roger Wolfe, 31, Macksburg, IA	26:42	8:54
49	6 W10	Emma Thayer, 14*, Urbandale, IA	26:42	8:54
50	12 W20	Maggie Downs, 24*, Creston, IA	26:42	8:54
125	17 M40	Jeff Kling, 49, Sully, IA	26:50	8:57
51	13 W20	Lisa Mollenhauer, 28*, Clive, IA	26:50	8:57
52	14 W20	Allyssa Herrin, 24*, West Des Moines, IA	26:55	8:58
53	8 W40	Cindy Donahue, 41*, Des Moines, IA	26:57	8:59
54	15 W20	Chelsea Campbell, 23*, Ankeny, IA	26:57	8:59
126	18 M50	Doug Tibken, 50, West Des Moines, IA	26:58	8:59
127	12 M15	Kyle McKim, 17, Boone, IA	26:59	8:59
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				

128	13 M15	Jamie Bricker, 16, Greenfield, IA	27:01	9:00
129	39 M30	Victor Young, 34, Des Moines, IA	27:01	9:00
130		Mike McKim, Boone, IA	27:03	9:01
131	32 M20	Keith Christianson, 29, Marshalltown, IA	27:04	9:01
132	40 M30	Josh Broughton, 37, Des Moines, IA	27:05	9:01
133	18 M40	Ryan Kahler, 45, Moravia, IA	27:05	9:02
55	16 W20	Holly Morgan, 24*, Urbandale, IA	27:06	9:02
134	41 M30	Todd Nickell, 34, Bondurant, IA	27:06	9:02
56	14 W30	Anna Cole, 31*, Des Moines, IA	27:07	9:02
57	17 W20	Robin Noelle Weiler, 27*, Des Moines, IA	27:09	9:03
58	15 W30	Angela Kessler, 38*, Ames, IA	27:09	9:03
135	19 M50	Jeffrey Thompson, 50, Des Moines, IA	27:09	9:03
59	18 W20	Rebecca Johnson, 22*, Des Moines, IA	27:09	9:03
136	19 M40	Alan Backstrom, 40, Van Meter, IA	27:10	9:03
60	19 W20	Rachel Liedtke, 27*, West Des Moines, IA	27:11	9:04
137	7 M10	Briles Christenson, 14, Des Moines, IA	27:13	9:04
138	20 M50	Jim Christenson, 53, Des Moines, IA	27:13	9:04
139	33 M20	Patrick Turpin, 27, Des Moines, IA	27:14	9:04
61	20 W20	Erin Mendenhall, 28*, West Des Moines, IA	27:15	9:05
140	42 M30	Matt Braafhart, 35, Des Moines, IA	27:16	9:05
62	9 W40	Lori McKim, 49*, Boone, IA	27:18	9:06
141	43 M30	Dwight Rastetter, 39, Johnston, IA	27:20	9:06
142	20 M40	Blair Smith, 40, Des Moines, IA	27:20	9:07
63	10 W15	Sarah Clark, 19*, Ames, IA	27:21	9:07
64	21 W20	Erin Momont, 20*, Des Moines, IA	27:23	9:08
143	21 M50	Kevin Hircock, 50, Adel, IA	27:24	9:08
65	22 W20	Molly Hircock, 24*, Adel, IA	27:24	9:08
144	22 M50	Rick Hanna, 50, New Sharon, IA	27:25	9:08
66	16 W30	Tammy Burch, 37*, Waukee, IA	27:29	9:09
67	7 W10	Savannah Oswald, 13*, West Des Moines, IA	27:32	9:11
145	44 M30	Sean Augspurger, 33, Altoona, IA	27:37	9:12
68	23 W20	Jennifer Rich, 24*, Des Moines, IA	27:37	9:12
69	2 W50	Cheryl Murad, 52*, Urbandale, IA	27:37	9:12
70	10 W40	Sheri Coughenower, 43*, Indianola, IA	27:39	9:13
71	24 W20	Angie Criger, 28*, West Des Moines, IA	27:40	9:13
72	25 W20	Marit Florke, 26*, West Des Moines, IA	27:40	9:13
73	26 W20	Laura Honts, 26*, Urbandale, IA	27:41	9:13

74	17 W30	Betsy Yates, 31*, West Des Moines, IA	27:43	9:14
146	45 M30	Harold Otis, 35, West Des Moines, IA	27:43	9:14
75	3 W50	Elaine Lindaman, 56*, West Des Moines, IA	27:45	9:15
147	21 M40	Kent Schrof, 48, West Des Moines, IA	27:46	9:15
148	22 M40	Tom Benton, 48, Exira, IA	27:49	9:16
149	23 M40	John Sparks, 42, Ames, IA	27:49	9:16
150	34 M20	Avery Gaston, 21, Altoona, IA	27:49	9:16
151	46 M30	Ryan Case, 38, Clive, IA	27:50	9:16
152	4 M60	Roger Munns, 62, Des Moines, IA	27:52	9:17
153	24 M40	Jack Nicholson, 43, Knoxville, IA	27:52	9:17
76	27 W20	Abbey Wells, 24*, West Des Moines, IA	27:52	9:17
154	35 M20	Johnny Lukehart, 28, Cedar Falls, IA	27:53	9:17
77	28 W20	Chelsey Davis, 21*, Des Moines, IA	27:54	9:18
155	36 M20	Nathan Johnson, 25, West Des Moines, IA	27:54	9:18
78	29 W20	Megan Buck, 22*, Kirksville, MO	27:55	9:18
79	11 W40	Carole Gill, 48*, Ames, IA	27:56	9:18
80	8 W10	Hannah Snodgrass, 12*, Indianola, IA	27:58	9:19
156	47 M30	Ethan Petersen, 32, Saint Cloud, MN	28:01	9:20
157	8 M10	Arie Van Zee, 14, Minburn, IA	28:01	9:20
81	18 W30	Jill Vandenoord, 31*, Des Moines, IA	28:01	9:20
158	23 M50	Darwin Schmig, 53, Des Moines, IA	28:03	9:21
82	12 W40	Shanda Noonan, 40*, Ankeny, IA	28:04	9:21
159	14 M15	Chad Moklestad, 16, Boone, IA	28:07	9:22
160	48 M30	Jon Heim, 30, Des Moines, IA	28:07	9:22
83	19 W30	Amanda Bricker, 31*, Des Moines, IA	28:07	9:22
84	30 W20	Rachel Roth, 29*, Windsor Heights, IA	28:07	9:22
85	31 W20	Amber VanSoelen, 21*, Sully, IA	28:14	9:25
86	20 W30	Cindy Runyan, 39*, Sully, IA	28:16	9:25
161	24 M50	David Nysten, 53, West Des Moines, IA	28:17	9:25
87	4 W50	Paula Bueneke, 51*, West Des Moines, IA	28:18	9:26
88	32 W20	Brittany Lourens, 23*, Des Moines, IA	28:20	9:26
162	49 M30	Michael Riggs, 31, West Des Moines, IA	28:21	9:27
163	25 M40	John Tigges, 40, Waukee, IA	28:25	9:28
164	26 M40	Matthew Paul, 42, Des Moines, IA	28:26	9:28
89	13 W40	Amy Hilmes, 42*, Des Moines, IA	28:26	9:29
165	15 M15	Grant Schrof, 15, West Des Moines, IA	28:27	9:29
90	33 W20	Michael Lewis, 26*, Bayard, IA	28:30	9:30
166	50 M30	Scott Meldrum, 37, Cambridge, IA	28:30	9:30
91	14 W40	Jenny Topic, 44*, West Des Moines, IA	28:31	9:30
92	21 W30	Julie Roethler, 37*, Urbandale, IA	28:33	9:31
93	34 W20	Jessica Beckert, 28*, Johnston, IA	28:38	9:32
167	9 M10	Brett Henderson, 14, Ankeny, IA	28:39	9:33
94	35 W20	Jill Heddinger, 27*, West Des Moines, IA	28:39	9:33
168	27 M40	Todd Siefkas, 40, Clive, IA	28:39	9:33
169	28 M40	Troy Taylor, 40, Waukee, IA	28:39	9:33
95	36 W20	Nicole Moriniere, 23*, Des Moines, IA	28:39	9:33
170	51 M30	Matt McGraw, 36, Ankeny, IA	28:41	9:33
96	37 W20	Megan Brunk, 25*, Ankeny, IA	28:41	9:34
97	15 W40	MaryAnn Moklestad, 47*, Boone, IA	28:41	9:34
171	2 JrM	Ethan Oetken, 8, Urbandale, IA	28:42	9:34
172	52 M30	Brian Oetken, 38, Urbandale, IA	28:42	9:34
173	29 M40	Dan Henderson, 40, Ankeny, IA	28:43	9:34
98	38 W20	Natalie Graf, 21*, Kirksville, MO	28:43	9:34
99	16 W40	Rebecca Campbell, 48*, Grimes, IA	28:44	9:34
174	30 M40	Charles Anderson, 41, Prole, IA	28:44	9:35
100	39 W20	Natalie Lewis, 26*, Bayard, IA	28:45	9:35
101	40 W20	Alyssa Jones, 25*, Guthrie Center, IA	28:45	9:35
175	31 M40	Duane Thomas, 48, West Des Moines, IA	28:46	9:35
176	53 M30	Chad Moore, 33, Windsor Heights, IA	28:47	9:36
102	41 W20	Stephanie Thomas, 28*, Clive, IA	28:48	9:36
103	22 W30	Elisha Busch, 30*, Winterset, IA	28:49	9:36
104	23 W30	Shawna Tice, 31*, Sully, IA	28:49	9:36

105	24	W30	Tracy Wolfe, 32*, Macksburg, IA	28:50	9:36
177	32	M40	Linell Means, 44, West Des Moines, IA	28:51	9:37
106	25	W30	Holly McIlroy, 39*, Des Moines, IA	28:52	9:37
178	33	M40	Scott McIlroy, 40, Des Moines, IA	28:52	9:37
179	54	M30	Justin Bassett, 30, Des Moines, IA	28:53	9:37
107	42	W20	Kari Dudley, 28*, Coralville, IA	28:53	9:38
108	26	W30	Barbara O'Connor, 37*, Fort Dodge, IA	28:54	9:38
109	27	W30	Stephanie Swenson, 35*, Des Moines, IA	28:56	9:38
110	11	W15	Rachel DeCarlo, 16*, Des Moines, IA	28:56	9:38
111	12	W15	Monica DeCarlo, 16*, Des Moines, IA	28:56	9:38
112	28	W30	Jessica Nielsen, 31*, Johnston, IA	28:56	9:39
180	34	M40	Jeff Harrold, 43, Des Moines, IA	28:58	9:39
113	29	W30	Trina Radske-Suchan, 36*, Waukee, IA	29:00	9:40
114	5	W50	Debbie Mitchell, 54*, Clear Lake, IA	29:02	9:41
115	43	W20	Nikki Moklestad, 23*, Boone, IA	29:03	9:41
116	30	W30	Tammy Paris-Walker, 38*, Boone, IA	29:04	9:41
117			Freya Royal*, Newton, IA	29:06	9:42
118	31	W30	Kirsten Royal, 38*, Newton, IA	29:06	9:42
119	32	W30	Kelly Johnston, 32*, Indianola, IA	29:07	9:42
120	33	W30	Jen Throckmorton, 30*, West Des Moines, IA	29:07	9:42
121	13	W15	Megan Berntson, 15*, West Des Moines, IA	29:08	9:43
181	25	M50	Leroy Edge, 55, Adel, IA	29:08	9:43
122	34	W30	Amber Lewis, 32*, Waukee, IA	29:09	9:43
123	35	W30	Dayna Humphrey, 31*, Ankeny, IA	29:09	9:43
124	36	W30	Wendy Swanson, 38*, Boone, IA	29:09	9:43
125	17	W40	Jennifer Benna, 42*, Ankeny, IA	29:11	9:44
126	37	W30	Jill Bartachek, 38*, West Des Moines, IA	29:11	9:44
182	35	M40	Darin Bartachek, 40, West Des Moines, IA	29:11	9:44
183	10	M10	Brett Neustrom, 12, West Des Moines, IA	29:13	9:44
127	18	W40	Kaylynne Christenson, 41*, Boone, IA	29:14	9:44
128	38	W30	Tiffany Roberts, 35*, Winterset, IA	29:15	9:45
129	44	W20	Mollie Payne, 25*, West Des Moines, IA	29:16	9:45
184	37	M20	Troy Blasius, 25, Mankato, MN	29:16	9:45
185	36	M40	Trent Becker, 42, Gilbert, IA	29:16	9:45
130	19	W40	Brooke Lovelace, 40*, Newton, IA	29:17	9:45
186	55	M30	Phil Hundling, 36, Newton, IA	29:17	9:45
131	20	W40	Jan Moore, 47*, West Des Moines, IA	29:19	9:46
187	26	M50	Steve Jacobs, 55, Des Moines, IA	29:19	9:46
132	45	W20	Mary Wilson, 25*, West Des Moines, IA	29:20	9:46
188	56	M30	Jon Porter, 32, Ames, IA	29:20	9:47
133	9	W10	Emma Kohls, 13*, Ames, IA	29:23	9:48
134	46	W20	Michelle Howe, 25*, West Des Moines, IA	29:24	9:48
189	27	M50	Kirk Neustrom, 50, West Des Moines, IA	29:30	9:50
190	28	M50	Mike Winjum, 54, Des Moines, IA	29:30	9:50
135	21	W40	Tina Neustrom, 47*, West Des Moines, IA	29:30	9:50
136	47	W20	Megan Goaley, 29*, Des Moines, IA	29:31	9:50
191	37	M40	David Kizzier, 49, Granger, IA	29:32	9:50
137	1	W60	Marcy McMullan, 60*, Boone, IA	29:34	9:51
192	11	M10	David Parker, 12, Des Moines, IA	29:34	9:51
138	39	W30	Penny Osberg, 31*, Dexter, IA	29:35	9:52
139	40	W30	Bess Wood, 39*, Des Moines, IA	29:35	9:52
140	6	W50	Tammy Berenguel, 51*, Des Moines, IA	29:35	9:52
193	57	M30	Mark Phillips, 32, Des Moines, IA	29:36	9:52
194	38	M40	Patrick Onken, 43, Norwalk, IA	29:37	9:52
195	39	M40	Wade Riedinger, 48, Urbandale, IA	29:37	9:52
141	48	W20	Molly O'Brien, 28*, Urbandale, IA	29:38	9:52
196	40	M40	Mike Williams, 43, Johnston, IA	29:38	9:53
142	49	W20	Michelle Kastner, 24*, Ankeny, IA	29:41	9:53
143	50	W20	Joni Shepherd, 28*, Indianola, IA	29:42	9:54
197	29	M50	Tim Cooney, 51, Norwalk, IA	29:42	9:54
144	10	W10	Megan Henderson, 12*, Ankeny, IA	29:44	9:54
145	41	W30	Katie Kunert, 34*, Des Moines, IA	29:44	9:54

198	41 M40	Jeff Reece, 44, Pleasant Hill, IA	29:44	9:55
199	42 M40	Michael Turck, 40, West Des Moines, IA	29:44	9:55
200	30 M50	Eric Horstmann, 50, Des Moines, IA	29:46	9:55
146	7 W50	Nancy Nagel, 53*, Ames, IA	29:47	9:56
147	22 W40	Tammy Newton, 48*, Norwalk, IA	29:50	9:56
201	16 M15	Ryan Sullivan, 15, Clive, IA	29:50	9:56
148	42 W30	Kerri Waller, 35*, Winterset, IA	29:51	9:57
202	12 M10	Jackson Harris, 11, Clive, IA	29:52	9:57
149	23 W40	Marsha Mapes, 40*, Winterset, IA	29:52	9:57
150	51 W20	Megan Pearson, 22*, Ames, IA	29:53	9:57
151	43 W30	Kim Melone, 33*, West Des Moines, IA	29:54	9:58
203	43 M40	Tom Anderson, 40, Van Meter, IA	29:54	9:58
204	13 M10	Peter Rodda, 11, Van Meter, IA	29:54	9:58
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205	5 M60	Earl Smith, 62, Des Moines, IA	30:00	10:00
152	24 W40	Jane Collignon, 48*, West Des Moines, IA	30:00	10:00
206	3 JrM	Tommaso Calviello, 6, West Des Moines, IA	30:00	10:00
207	4 JrM	Matteo Calviello, 6, West Des Moines, IA	30:00	10:00
153	44 W30	Irene Castellano, 37*, West Des Moines, IA	30:00	10:00
154	11 W10	Madison Fisher, 13*, Pleasant Hill, IA	30:03	10:01
155	45 W30	Merenciana Paulus, 30*, Des Moines, IA	30:03	10:01
156	52 W20	Kelsey Bauer, 24*, Des Moines, IA	30:03	10:01
157	46 W30	Anne Crannell, 31*, Waukee, IA	30:04	10:01
208	58 M30	Jason Schnell, 38, Sully, IA	30:04	10:01
209	44 M40	Jay Fisher, 46, Pleasant Hill, IA	30:06	10:02
210	59 M30	Blake Jaschke, 36, Polk City, IA	30:08	10:03
158	47 W30	Anne Whatley, 37*, Des Moines, IA	30:09	10:03
159	48 W30	Christy Joyce, 37*, Des Moines, IA	30:09	10:03
211	31 M50	Steve Bogle, 53, Ankeny, IA	30:11	10:04
160	53 W20	Rachelle O'Leary, 25*, Urbandale, IA	30:12	10:04
161	49 W30	Jennifer Daniels, 36*, Des Moines, IA	30:12	10:04
212	60 M30	Morgan Streeter, 39, Des Moines, IA	30:12	10:04
162	12 W10	Lilly Perales, 14*, Ankeny, IA	30:14	10:04
163	50 W30	Patty Moore, 38*, Ankeny, IA	30:14	10:05
164	8 W50	Carolyn Ware, 50*, Grimes, IA	30:15	10:05
213	45 M40	Brian Whalen, 43, Urbandale, IA	30:15	10:05
165	51 W30	Holly Anderson, 38*, Van Meter, IA	30:16	10:05
166	54 W20	Christine Gage, 23*, Polk City, IA	30:16	10:05
167	55 W20	Jessica Goecke, 26*, Ankeny, IA	30:16	10:05
168	52 W30	Tracy Leshner, 39*, Cambridge, IA	30:19	10:06
169	25 W40	Kolice Koester, 41*, West Des Moines, IA	30:21	10:07
170	56 W20	Kristine O'Meara, 25*, Johnston, IA	30:21	10:07
171	53 W30	Stacey Haviland, 37*, West Des Moines, IA	30:21	10:07
172	54 W30	Krista DeWitt, 32*, Ankeny, IA	30:25	10:08
173	55 W30	Anne Case, 36*, Clive, IA	30:31	10:10
174	26 W40	Cheri Bustos, 49*, Des Moines, IA	30:32	10:10
214	61 M30	Bill Bond, 38, Ankeny, IA	30:32	10:11
175	57 W20	Hilary Nation, 29*, Rippey, IA	30:33	10:11
176	56 W30	Carmen Snider, 31*, Des Moines, IA	30:39	10:13
177	57 W30	Sara Michael, 36*, Des Moines, IA	30:41	10:13
215	14 M10	Jeremy Urquhart, 10, Cedar Rapids, IA	30:42	10:14
178	58 W30	Cara Flynn, 33*, Coralville, IA	30:43	10:14
179	59 W30	Crista Showler, 30*, Bondurant, IA	30:43	10:14
216	32 M50	Joseph Gunderson, 51, Des Moines, IA	30:45	10:15
180	58 W20	Amber Russell, 27*, Ankeny, IA	30:45	10:15
181	60 W30	Michelle Ware, 30*, Grimes, IA	30:45	10:15
182	9 W50	Jackie Kilby, 59*, Pella, IA	30:46	10:15
217	5 JrM	Cade Grevengoed, 7, West Des Moines, IA	30:47	10:15
218	15 M10	Blake Grevengoed, 10, West Des Moines, IA	30:47	10:15
219	62 M30	Tim Suchan, 39, Waukee, IA	30:49	10:16
183	61 W30	Amy Grevengoed, 38*, West Des Moines, IA	30:49	10:16

184	59 W20	Rachael Owens, 29*, Des Moines, IA	30:49	10:16
185	62 W30	Stacie Behrens, 37*, Johnston, IA	30:50	10:17
186	60 W20	Kimberly Keller, 27*, Des Moines, IA	30:50	10:17
187	63 W30	Shelli Quam, 35*, Johnston, IA	30:50	10:17
220	46 M40	Chris Schmitt, 40, Waukee, IA	30:52	10:17
188	61 W20	Traci Schmitt, 27*, Waukee, IA	30:53	10:17
189	64 W30	Bobbie Bohnsack, 37*, Johnston, IA	30:55	10:18
190	27 W40	Kelli Peters, 44*, Urbandale, IA	30:56	10:18
191	65 W30	Jessie Shafer, 30*, Des Moines, IA	30:58	10:19
221	63 M30	Chris Shafer, 30, Des Moines, IA	30:58	10:19
192	28 W40	Melanie Hall, 43*, Urbandale, IA	30:59	10:19
193	66 W30	Jackie Safley, 39*, Ankeny, IA	30:59	10:19
194	67 W30	Jennifer Acton, 36*, Winterset, IA	31:01	10:20
222	38 M20	Andy Heuer, 23, West Des Moines, IA	31:02	10:20
195	68 W30	Tami Romick, 36*, Urbandale, IA	31:02	10:21
223	47 M40	Jon Espenscheid, 45, Marshalltown, IA	31:02	10:21
224	39 M20	Sean Winters, 29, West Des Moines, IA	31:03	10:21
225	64 M30	Ryan Potter, 31, Iowa City, IA	31:03	10:21
226	40 M20	William Patton, 22, Cedar Falls, IA	31:04	10:21
196	62 W20	Ariel Wilson, 22*, Ankeny, IA	31:04	10:21
227	65 M30	Eric Wildman, 36, Indianola, IA	31:04	10:21
228	66 M30	Geoff Wood, 32, Windsor Heights, IA	31:05	10:21
229	41 M20	Ted Craig, 27, Des Moines, IA	31:06	10:22
230	67 M30	Jeremial Rife, 35, Des Moines, IA	31:08	10:22
231	17 M15	Luke Benna, 16, Ankeny, IA	31:08	10:23
197	13 W10	Peri Benna, 14*, Ankeny, IA	31:09	10:23
198	63 W20	Nikki Schneider, 26*, Collins, IA	31:09	10:23
232	68 M30	Nate Bradburn, 30, West Des Moines, IA	31:10	10:23
199	14 W15	Erin Marshall, 15*, Cumming, IA	31:11	10:24
200	64 W20	Erica Ledwon, 26*, Johnston, IA	31:12	10:24
201	69 W30	Brooke Tekolste, 32*, West Des Moines, IA	31:12	10:24
202	65 W20	Lindsy Wagner, 28*, West Des Moines, IA	31:13	10:24
203	70 W30	Karin Sorensen, 31*, Guttenberg, IA	31:14	10:25
233	69 M30	Brian O'Leary, 30, Des Moines, IA	31:15	10:25
234	42 M20	David Lawrence, 29, Pleasant Hill, IA	31:15	10:25
204	2 JrW	Jasmine Rumley, 9*, Des Moines, IA	31:16	10:25
205	15 W15	Mega Gaffney, 16*, Johnston, IA	31:17	10:25
235	16 M10	Riley Schnell, 13, Sully, IA	31:18	10:26
236	70 M30	Matthew Harrington, 33, Ankeny, IA	31:18	10:26
237	18 M15	Kyle Barton, 19, Waverly, IA	31:19	10:26
206	16 W15	Alexandra Madole, 19*, Dallas Center, IA	31:19	10:26
207	66 W20	Patti Easker, 23*, Ames, IA	31:21	10:27
238	19 M15	Joseph Becker, 15, Gilbert, IA	31:21	10:27
208	67 W20	Rachel Rivenbark, 20*, Ames, IA	31:21	10:27
209	68 W20	Aliss Knutson, 23*, Ames, IA	31:21	10:27
210	10 W50	Nan Tibbetts, 53*, Urbandale, IA	31:22	10:27
211	29 W40	Dawn Melton, 49*, Ankeny, IA	31:22	10:27
239	33 M50	Patrick Hoyer, 51, Des Moines, IA	31:23	10:27
212	71 W30	Stephanie Tullis, 34*, Ankeny, IA	31:24	10:28
213	69 W20	Courtney Butters, 25*, Des Moines, IA	31:27	10:29
240	34 M50	Dave Tomlinson, 54, Waukee, IA	31:27	10:29
214	30 W40	Kathy Erickson, 46*, Des Moines, IA	31:27	10:29
215	72 W30	Tracy Uhlman, 30*, Earlham, IA	31:27	10:29
216	70 W20	Jessica Tomlinson, 29*, Waukee, IA	31:28	10:29
217	31 W40	Anastasia Hurn, 42*, Johnston, IA	31:28	10:29
241	48 M40	Jason Erickson, 41, Des Moines, IA	31:28	10:29
218	1 W70	Marge Nielsen, 75*, Spencer, IA	31:29	10:30
242	71 M30	Kendra Rockhold, 38, Allerton, IA	31:30	10:30
243	72 M30	Alex Romp, 32, West Des Moines, IA	31:30	10:30
219	73 W30	Debbie Merten, 30*, Reasnor, IA	31:31	10:30
220	71 W20	Sarah Hutchison, 22*, Urbandale, IA	31:31	10:30
221	32 W40	Angie Lauer, 44*, Lorimor, IA	31:32	10:30

222	72 W20	Nicole Craun, 27*, West Des Moines, IA	31:32	10:31
244	43 M20	Derek Gage, 25, Polk City, IA	31:38	10:33
223	73 W20	Krista Garza, 23*, Polk City, IA	31:39	10:33
224	11 W50	Sandy Sparks, 57*, Norwalk, IA	31:40	10:33
225	74 W30	Angela Avery, 31*, West Des Moines, IA	31:42	10:34
226	75 W30	Anna LaGrossa, 30*, Des Moines, IA	31:43	10:34
227	17 W15	Breanna Severin, 16*, Des Moines, IA	31:43	10:34
245	35 M50	Hank Hanson, 54, Bondurant, IA	31:45	10:35
228	76 W30	Cora Sondgeroth, 32*, Ames, IA	31:45	10:35
229	33 W40	Kristine Kamminga, 41*, Ankeny, IA	31:45	10:35
230	74 W20	Jamie Beckert, 28*, Johnston, IA	31:46	10:35
231	18 W15	Alexandria Lee, 17*, Boone, IA	31:48	10:36
232	14 W10	Abigail Lee, 13*, Boone, IA	31:48	10:36
233	75 W20	Lindsay VanZee, 29*, Des Moines, IA	31:48	10:36
234		Wanda Berg*, Iowa City, IA	31:48	10:36
235		Maria Jebens*, Wellman, IA	31:49	10:36
236	77 W30	Amy Jardon, 36*, Cedar Falls, IA	31:50	10:36
237	34 W40	Barbara Thayer, 44*, Urbandale, IA	31:51	10:37
238	76 W20	Sunni Zak, 29*, Grimes, IA	31:51	10:37
246	44 M20	Mitchell Annan, 25, West Des Moines, IA	31:51	10:37
247	17 M10	Tucker Kiley, 10, Dallas Center, IA	31:52	10:37
248	45 M20	Chinnu Somasundaram, 28, Des Moines, IA	31:53	10:37
239	77 W20	Tiffany Thomas, 26*, Des Moines, IA	31:53	10:38
240	35 W40	Karen Kordick, 46*, Norwalk, IA	31:53	10:38
249	49 M40	Chris Schild, 41, Ankeny, IA	31:54	10:38
241	78 W20	Katie Thomas, 25*, Des Moines, IA	31:55	10:38
242	36 W40	Angie Swackhamer, 40*, Des Moines, IA	31:59	10:40
243	78 W30	Sharon Clark, 39*, Des Moines, IA	31:59	10:40
250	6 JrM	Tristan Lovell, 9, West Des Moines, IA	32:00	10:40
244	79 W30	Rebecca Nosbisch, 30*, Runnells, IA	32:01	10:40
251	46 M20	Brian Walean, 27, Ogden, IA	32:02	10:40
245	80 W30	Andrea Coon, 33*, Des Moines, IA	32:02	10:41
246	19 W15	Emily Schreur, 18*, Yankton, SD	32:03	10:41
247	81 W30	Sara Bryan, 34*, Ogden, IA	32:03	10:41
248	12 W50	Jennifer Seales, 54*, Rhodes, IA	32:07	10:42
252	47 M20	Aaron Hoover, 23, Indianola, IA	32:08	10:42
249	79 W20	Rosalyn De Haan, 26*, Des Moines, IA	32:11	10:44
250	82 W30	Sarah Bond, 34*, Ankeny, IA	32:15	10:45
251	15 W10	Morgan Dunn, 10*, Norwalk, IA	32:16	10:45
253	18 M10	Jacob Dunn, 11, Norwalk, IA	32:17	10:45
254	50 M40	Scott Schumacher, 41, Des Moines, IA	32:18	10:46
252	83 W30	Carolyn Gunkel, 31*, Des Moines, IA	32:18	10:46
255	48 M20	Jason Textor, 28, Johnston, IA	32:18	10:46
253	80 W20	Alyssa Heilman, 28*, West Des Moines, IA	32:20	10:47
254	84 W30	Eva Moritz, 38*, Ankeny, IA	32:22	10:47
256	6 M60	Greg Racette, 60, Urbandale, IA	32:24	10:48
255	81 W20	Jessica York, 24*, West Des Moines, IA	32:25	10:48
256	82 W20	Maria Lantz, 23*, West Des Moines, IA	32:25	10:48
257	37 W40	Kelly Cole, 47*, West Des Moines, IA	32:26	10:48
257	51 M40	Timothy Pinkerton, 48, Pleasantville, IA	32:28	10:49
258	52 M40	Tim Rankin, 42, Knoxville, IA	32:28	10:49
259	73 M30	Brian Nation, 31, Rippey, IA	32:28	10:49
258	83 W20	Amber Heilman, 23*, Des Moines, IA	32:28	10:49
259	84 W20	Kati McDonald, 24*, Des Moines, IA	32:28	10:49
260	53 M40	Don Brinstad, 41, Des Moines, IA	32:28	10:49
260	16 W10	Emma Schnell, 11*, Sully, IA	32:29	10:49
261	20 W15	Kelsey Dallefeld, 16*, Worthington, IA	32:29	10:49
262	38 W40	Heather Riley, 40*, Winterset, IA	32:30	10:50
263	85 W30	Londa Schnell, 35*, Sully, IA	32:30	10:50
264	86 W30	Carri Potts, 33*, Elk Horn, IA	32:32	10:50
261	74 M30	Christian Collicott, 31, Urbandale, IA	32:32	10:51
262	54 M40	Todd Whitehill, 43, Norwalk, IA	32:33	10:51

265	17 W10	Alyssa Luloff, 12*, West Des Moines, IA	32:33	10:51
266	21 W15	Katie Amonson, 18*, Waukee, IA	32:33	10:51
263	49 M20	Daryl Saunders, 21, Des Moines, IA	32:33	10:51
267	87 W30	Erin Flemmer, 32*, Granger, IA	32:36	10:52
268	85 W20	Kerry Bowlin, 24*, Boone, IA	32:37	10:52
264	36 M50	Conroy Smith, 56, Des Moines, IA	32:42	10:54
269	18 W10	Gabby Scherle, 14*, Ankeny, IA	32:44	10:54
270	13 W50	Barbara Yale, 56*, Ankeny, IA	32:45	10:55
271	88 W30	Stephanie Riggins, 30*, Des Moines, IA	32:46	10:55
272	39 W40	Angie Kinsey, 41*, Winterset, IA	32:51	10:57
273	89 W30	Hope Shafer, 38*, Grimes, IA	32:52	10:57
274	86 W20	Krista Finley, 28*, Waukee, IA	32:55	10:58
275	14 W50	Janet Hircock, 50*, Adel, IA	32:58	10:59
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265	75 M30	Scott Flatness, 33, West Des Moines, IA	33:06	11:02
276	40 W40	Merrilee Blosser, 40*, Indianola, IA	33:07	11:02
277	90 W30	Teresa Bjork, 33*, Madrid, IA	33:08	11:02
278	41 W40	Noelle Trevillyan, 43*, Des Moines, IA	33:08	11:03
279	42 W40	Amy Gates, 41*, Urbandale, IA	33:08	11:03
280	3 JrW	Caroline Fink, 9*, Des Moines, IA	33:10	11:03
281	43 W40	Stacey Brown, 46*, Pleasant Hill, IA	33:11	11:03
282	87 W20	Melissa Dyer, 28*, Clio, IA	33:11	11:04
266	50 M20	Fabio Zanetti De Souza, 26, Des Moines, IA	33:13	11:04
283	91 W30	Cindy Bartels, 39*, Promise City, IA	33:16	11:05
267	51 M20	Justin Armbruster, 27, Des Moines, IA	33:16	11:05
284	88 W20	Katherine Armbruster, 27*, Des Moines, IA	33:17	11:05
285	44 W40	Melissa Junkins, 40*, Clive, IA	33:17	11:06
286	92 W30	Tanya Hardy, 39*, Osceola, IA	33:19	11:06
268	7 M60	Larry Farrell, 64, Des Moines, IA	33:19	11:06
269	19 M10	Jared Kolb, 10, Des Moines, IA	33:22	11:07
270	76 M30	Elavalli Manoj, 31, Des Moines, IA	33:23	11:08
287	15 W50	Cheri Monahan, 50*, Clive, IA	33:25	11:08
288	89 W20	Nicole Lullman, 25*, Ames, IA	33:27	11:09
271	52 M20	Adam Fitzpatrick, 23, Adel, IA	33:31	11:10
289	90 W20	Molly Rosa, 26*, West Des Moines, IA	33:32	11:10
290	93 W30	Bonita Steinhelper, 35*, Altoona, IA	33:35	11:11
291	94 W30	Amy Lininger, 34*, Winterset, IA	33:35	11:11
292	16 W50	Lisa Schmitt, 50*, Atlantic, IA	33:36	11:12
293	91 W20	Laura Dallefeld, 25*, Des Moines, IA	33:36	11:12
272	55 M40	Mike Mitchell, 46, Ankeny, IA	33:42	11:14
294	92 W20	Beth Winkie, 26*, Grimes, IA	33:42	11:14
295	17 W50	Janet Calhoun, 55*, Urbandale, IA	33:42	11:14
296	93 W20	Rachele Davis, 27*, Hawkeye, IA	33:43	11:14
297	45 W40	Kimberly Privette, 42*, Adel, IA	33:44	11:15
298	94 W20	Tera Barrick, 27*, Johnston, IA	33:45	11:15
299	95 W20	Lacey Cheeseman, 29*, Ankeny, IA	33:45	11:15
300	2 W60	Barbara Braafhart, 61*, Pella, IA	33:45	11:15
301	46 W40	Josephine Snyder, 48*, Winterset, IA	33:46	11:15
302	95 W30	Britt German, 35*, Cumming, IA	33:49	11:16
303	18 W50	Julie Kordick, 51*, St Charles, IA	33:49	11:16
304	96 W20	Wasittha Daniels, 28*, Des Moines, IA	33:50	11:16
273	53 M20	Cam Tibbetts, 21, Urbandale, IA	33:53	11:18
305	22 W15	Lizzie Tibbetts, 18*, Urbandale, IA	33:54	11:18
274	54 M20	Matthew McClenathan, 29, Brooklyn, IA	33:54	11:18
306	96 W30	Erin Shinafelt-Spokas, 33*, Marshalltown, IA	33:55	11:18
307	97 W30	Robin Sund, 34*, Des Moines, IA	33:56	11:18
308	98 W30	Marci Thompson, 38*, Runnells, IA	33:56	11:19
309	19 W50	Sharon Sullivan, 56*, Des Moines, IA	33:56	11:19
310	99 W30	Ashby Nicki, 37*, Winterset, IA	33:57	11:19
311	97 W20	Amy Weishaar, 27*, Le Mars, IA	33:57	11:19

312	23	W15	Hannah Thayer, 17*, Urbandale, IA	33:59	11:19
313	98	W20	Katie Reber, 29*, Norwalk, IA	34:01	11:20
314	100	W30	Jamie Lovell, 32*, West Des Moines, IA	34:01	11:20
315	101	W30	Marcy Ness, 37*, Huxley, IA	34:04	11:21
316	99	W20	Nicole Heinkel, 27*, Des Moines, IA	34:04	11:21
317	102	W30	Amy Jaschke, 35*, Polk City, IA	34:06	11:22
318	103	W30	Emily Karwoski, 35*, Ankeny, IA	34:06	11:22
319	47	W40	Cathy Schneider, 41*, Des Moines, IA	34:11	11:23
320	104	W30	Genea Sporer, 32*, Ankeny, IA	34:12	11:24
275	55	M20	Bj Deviney, 20, Des Moines, IA	34:12	11:24
276	56	M20	Jesse Dick, 24, Des Moines, IA	34:12	11:24
321	20	W50	Jane Arpy, 51*, Des Moines, IA	34:14	11:24
322			Beth Jebens*, Des Moines, IA	34:14	11:24
277	56	M40	Mike Claussen, 42, Des Moines, IA	34:16	11:25
323	48	W40	Kathy Sheets, 48*, Des Moines, IA	34:18	11:26
278	57	M20	Daniel Hamann, 26, Des Moines, IA	34:19	11:26
324	3	W60	Linda Sowers, 61*, Ankeny, IA	34:23	11:28
325	105	W30	Allyson Johnson, 31*, West Des Moines, IA	34:23	11:28
326	106	W30	Krystal Basel, 30*, West Des Moines, IA	34:24	11:28
279	37	M50	Tom Mohr, 59, Pleasantville, IA	34:27	11:29
280	77	M30	Jeremy Lewis, 33, Waukee, IA	34:28	11:29
327	100	W20	Lindsey Kauffman, 27*, Des Moines, IA	34:32	11:31
328	107	W30	Kristy Jones, 31*, Norwalk, IA	34:32	11:31
281	38	M50	Rod Horsman, 59, Pleasantville, IA	34:37	11:32
329	108	W30	Kathy Soseman, 36*, Nevada, IA	34:39	11:33
330	101	W20	Jennifer Leidal, 27*, Ankeny, IA	34:42	11:34
331	109	W30	Ginger Thune, 34*, Des Moines, IA	34:44	11:35
332	4	W60	Melanie Lahart, 62*, Newton, IA	34:47	11:36
282	78	M30	Gary Kammingta, 39, Ankeny, IA	34:54	11:38
333	102	W20	Melissa Foley, 27*, Grimes, IA	34:55	11:38
334	21	W50	Marilyn Arends, 59*, West Des Moines	35:00	11:40
283	39	M50	Pat Schlepia, 52, Creston, IA	35:02	11:40
284	57	M40	Marty Cropp, 49, Urbandale, IA	35:06	11:42
335	110	W30	Judy Hillman, 38*, Dana, IA	35:10	11:43
285	79	M30	Will Hughes, 31, Urbandale, IA	35:13	11:44
336	49	W40	Heather Bacino, 48*, Waukee, IA	35:13	11:44
337	50	W40	Susan Pegg, 43*, Urbandale, IA	35:13	11:44
338	103	W20	Megan Rasmussen, 27*, West Des Moines, IA	35:14	11:45
286	58	M40	Rich Lee, 42, Des Moines, IA	35:15	11:45
287	58	M20	Matthew McVey, 26, West Des Moines, IA	35:15	11:45
339	104	W20	Kristen Bremer, 29*, Urbandale, IA	35:15	11:45
288	20	M15	Andrew Morgan, 15, Urbandale, IA	35:20	11:46
340	51	W40	Elizabeth Slocum, 46*, Des Moines, IA	35:20	11:46
289	59	M40	J Morgan, 40, Urbandale, IA	35:20	11:47
341	111	W30	Cecelia Thalberg, 36*, Grinnell, IA	35:20	11:47
342	112	W30	Diane Ercse, 35*, Iowa Falls, IA	35:23	11:47
290	80	M30	Brent Hoffman, 34, Des Moines, IA	35:23	11:48
291	81	M30	Angie Gruening, 37, Norwalk, IA	35:23	11:48
292	59	M20	Jeremy Stephenson, 28, Urbandale, IA	35:28	11:49
343	113	W30	Jennifer Irlmeier, 32*, Des Moines, IA	35:28	11:49
293	82	M30	Mathew Coen, 31, Des Moines, IA	35:28	11:49
294	40	M50	Mark Leamen, 58, State Center, IA	35:31	11:50
344	22	W50	Pam Hugen, 55*, West Des Moines, IA	35:34	11:51
295	60	M40	Patrick Dunn, 44, Norwalk, IA	35:34	11:51
345	114	W30	Shawne Kingsbury, 30*, Urbandale, IA	35:35	11:51
296	83	M30	Darin Henry, 39, Johnston, IA	35:35	11:51
297	84	M30	Brian Stevenson, 37, Urbandale, IA	35:35	11:51
346	105	W20	Pamela Price, 29*, Des Moines, IA	35:35	11:51
298	61	M40	Kevin Bettis, 42, Ames, IA	35:35	11:52
347	52	W40	Kandace Dunn, 43*, Norwalk, IA	35:35	11:52
348	115	W30	Angela Nicolli, 33*, Ames, IA	35:35	11:52
349	116	W30	Robbin Mann, 39*, Des Moines, IA	35:36	11:52

350	117	W30	Sarah Yans, 33*, Urbandale, IA	35:36	11:52
351	106	W20	Chandra Chase, 28*, West Des Moines, IA	35:36	11:52
352	107	W20	Holly Edwards, 27*, West Des Moines, IA	35:37	11:52
353	108	W20	Annie Brees, 27*, Des Moines, IA	35:38	11:52
354	109	W20	Nancy Fieg, 24*, West Des Moines, IA	35:39	11:53
355	110	W20	Brianne Kiley, 29*, Dallas Center, IA	35:39	11:53
356	111	W20	Emily Gibson, 29*, Indianola, IA	35:41	11:54
299	62	M40	Jeff Lee, 42, Boone, IA	35:41	11:54
300	20	M10	Noah Lee, 11, Boone, IA	35:42	11:54
357	4	JrW	Kenzie James, 7*, Dallas Center, IA	35:43	11:54
301	85	M30	Dan James, 35, Dallas Center, IA	35:43	11:54
358	24	W15	Jordan Foster, 19*, Redfield, IA	35:46	11:55
359	112	W20	Whitney Morgan, 24*, Menlo, IA	35:49	11:56
360	118	W30	Stacy Ham, 39*, Winterset, IA	35:51	11:57
302	8	M60	Steve Halstead, 69, Bondurant, IA	35:54	11:58
361	53	W40	Jody Leo, 48*, Altoona, IA	35:54	11:58
362	113	W20	Amanda Ostergaard, 26*, Des Moines, IA	35:55	11:58
363	114	W20	Abby Greubel, 20*, Lacona, IA	35:56	11:59
364	25	W15	Tori Greubel, 15*, Lacona, IA	35:56	11:59
365	23	W50	Caryn Westman, 59*, Russell, IA	35:58	11:59
366	115	W20	Courtney Marks, 27*, Des Moines, IA	35:59	11:59
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367	116	W20	Amy Seufert, 28*, Atlantic, IA	36:03	12:01
303	86	M30	Mike Seufert, 30, Atlantic, IA	36:03	12:01
368	117	W20	Meredith Wilson, 25*, Ankeny, IA	36:06	12:02
369	118	W20	Brianna Shriver, 23*, Ft Dodge, IA	36:07	12:02
304	41	M50	Brian Shriver, 59, Ft Dodge, IA	36:07	12:02
305	87	M30	Andrew Herrmann, 34, Des Moines, IA	36:11	12:04
370	54	W40	Cheryl Corns, 42*, Ames, IA	36:16	12:05
371	24	W50	Vickie Gardner, 55*, Altoona, IA	36:20	12:07
372	25	W50	Nancy Breen, 50*, Ankeny, IA	36:21	12:07
373	119	W30	Leslie Nagel, 30*, Ankeny, IA	36:24	12:08
306	88	M30	Jason Pulliam, 34, Des Moines, IA	36:24	12:08
374	120	W30	Jeni Pulliam, 30*, Des Moines, IA	36:24	12:08
375	121	W30	Jennifer Froehlich, 30*, Altoona, IA	36:24	12:08
376	55	W40	Shannon Holz, 47*, Cumming, IA	36:25	12:08
307	89	M30	Jonathan Suddarth, 38, Winterset, IA	36:26	12:09
308	7	JrM	Ethan Suddarth, 7, Winterset, IA	36:27	12:09
377	26	W50	Barbara Barnard, 56*, Des Moines, IA	36:27	12:09
309	63	M40	Tim Pegg, 40, Urbandale, IA	36:34	12:11
310	8	JrM	Tyler Pegg, 7, Urbandale, IA	36:34	12:11
378	56	W40	Michelle Henderson, 41*, Ankeny, IA	36:36	12:12
379	26	W15	Holly Jensen, 19*, Menlo, IA	36:41	12:13
380	119	W20	Anna Hopkins, 24*, Promise City, IA	36:42	12:14
381	57	W40	Tonya Bunch, 45*, Lovilla, IA	36:43	12:14
311	21	M10	Luke Jacoby, 14, Ankeny, IA	36:43	12:14
382	120	W20	Katie Veatch, 23*, Persia, IA	36:48	12:16
383	27	W50	Randi Bjerke, 55*, Ankeny, IA	36:50	12:16
384	122	W30	Melissa Snell, 38*, Osceola, IA	36:53	12:17
385	28	W50	Deb Sadler, 57*, Correctionville, IA	36:54	12:18
386	123	W30	Annette Head, 36*, West Des Moines, IA	36:55	12:18
312	90	M30	Fred Scherle, 38, Ankeny, IA	36:55	12:18
387	121	W20	Jessica Russ, 24*, Granger, IA	36:59	12:19
388	124	W30	Katie Little, 33*, Le Grand, IA	37:03	12:21
313	91	M30	Ben Little, 34, Le Grand, IA	37:03	12:21
389	122	W20	Andrea Jansa, 26*, Des Moines, IA	37:03	12:21
390	123	W20	Genevieve Craggs, 23*, Des Moines, IA	37:04	12:21
391	124	W20	Kari Russler, 27*, Altoona, IA	37:06	12:22
392	58	W40	Susan Greubel, 47*, Lacona, IA	37:07	12:22
393	29	W50	Connie Koester, 58*, Elkhart, IA	37:13	12:24
394	30	W50	Patti Knebel, 54*, Cedar Falls, IA	37:17	12:26

314	60	M20	Joe Deluca, 28, Ankeny, IA	37:19	12:26
395	125	W30	Courtney Deluca, 30*, Ankeny, IA	37:19	12:26
396	125	W20	Tasha Stiger, 29*, Des Moines, IA	37:22	12:27
315	64	M40	John Beard, 45, Des Moines, IA	37:25	12:28
397	59	W40	Rosie Branaman, 48*, Boone, IA	37:28	12:29
398	126	W20	Amanda Masker, 25*, Des Moines, IA	37:30	12:30
316	61	M20	Todd Smith, 28, Des Moines, IA	37:31	12:30
317	92	M30	Nathan Hintz, 34, Des Moines, IA	37:31	12:30
318	65	M40	Kelly Powers, 49, Des Moines, IA	37:34	12:31
399	127	W20	Jessica Hummel, 24*, Indianola, IA	37:34	12:31
400	126	W30	Jamie Tullis, 39*, Boone, IA	37:37	12:32
401	127	W30	Brandie Lee, 37*, Boone, IA	37:37	12:32
319	66	M40	Patrick Thompson, 43, Runnells, IA	37:38	12:33
320	93	M30	Rajesh Nair, 30, Des Moines, IA	37:39	12:33
402	60	W40	Vanessa Reid, 40*, West Des Moines, IA	37:44	12:35
403	128	W20	Laura Sigal, 20*, Des Moines, IA	37:45	12:35
321	62	M20	Subrahmanyam Balla, 29, Des Moines, IA	37:48	12:36
322	22	M10	Blake Clark, 11, Des Moines, IA	37:49	12:36
404	129	W20	Amanda Duffield, 21*, Des Moines, IA	37:49	12:36
405	128	W30	Angela Thornton, 37*, Ankeny, IA	37:50	12:37
406	19	W10	Jaci Reeves, 12*, Newton, IA	37:59	12:39
407	31	W50	Sherry Wilkinson, 53*, West Des Moines, IA	38:11	12:44
323	94	M30	Ryan Bendickson, 31, West Des Moines, IA	38:12	12:44
324	95	M30	Jeff Teel, 37, Ankeny, IA	38:21	12:47
408	129	W30	Nicki Teel, 36*, Ankeny, IA	38:21	12:47
409	61	W40	Bonnie Christensen, 40*, Des Moines, IA	38:23	12:47
325	67	M40	Chad Christensen, 42, Des Moines, IA	38:23	12:47
410	62	W40	Tamara Billerbeck, 46*, Des Moines, IA	38:24	12:48
411	130	W30	Carmen Mendenhall, 32*, Urbandale, IA	38:27	12:49
412	130	W20	Nicole Anderson, 26*, Urbandale, IA	38:28	12:49
413	131	W20	Candie Mumm, 29*, Ankeny, IA	38:29	12:49
414	20	W10	Hailey Dejong, 11*, Melcher, IA	38:29	12:50
415	63	W40	Shelly Anderson, 43*, Des Moines, IA	38:29	12:50
416	131	W30	Tammy Mickey, 38*, Melcher, IA	38:29	12:50
417	132	W20	Sara Ware, 28*, Grimes, IA	38:31	12:50
326	9	M60	Tim Cooney, 62, Des Moines, IA	38:34	12:51
327	42	M50	Gary Lewis, 58, Waukee, IA	38:35	12:51
418	64	W40	Colleen Myhre, 46*, Ankeny, IA	38:36	12:52
328	23	M10	Brady Hackney, 11, Corydon, IA	38:39	12:53
419	65	W40	Melissa Nederhoff, 42*, Altoona, IA	38:39	12:53
420	133	W20	Murphy Olsen, 21*, New London, IA	38:41	12:53
421	132	W30	Bethan Wright, 31*, Urbandale, IA	38:46	12:55
422	21	W10	Molly Doruska, 13*, Ankeny, IA	38:46	12:55
329	68	M40	Tom Doruska, 41, Ankeny, IA	38:46	12:55
423	133	W30	Nicole Wright, 38*, Urbandale, IA	38:46	12:55
424	32	W50	Jan Hutchison, 54*, Urbandale, IA	38:47	12:55
425	33	W50	Michelle Tiedeman, 51*, Clive, IA	38:47	12:55
426	27	W15	Brianna Ward, 16*, Ackworth, IA	38:47	12:56
330	69	M40	Chris Ward, 41, Ackworth, IA	38:47	12:56
331	63	M20	Dexx Scott, 20, Des Moines, IA	38:49	12:56
427	34	W50	Christine Olsen, 51*, New London, IA	38:50	12:57
428	134	W20	Lucy Wilson, 26*, West Des Moines, IA	38:54	12:58
332	9	JrM	Nathaniel Suddarth, 7, Winterset, IA	38:59	12:59
429	134	W30	Julie Anderson-Suddarth, 37*, Winterset, IA		

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430	135	W30	Bonnie McClure, 35*, Ankeny, IA	39:01	13:00
431	136	W30	Robin Sanger, 35*, Ankeny, IA	39:01	13:00
333	10	M60	Gary Sheldon, 67, West Des Moines, IA	39:04	13:01
432	35	W50	Ann Eddy, 55*, Huxley, IA	39:09	13:03
433	137	W30	Julie Saxton, 35*, Ames, IA	39:20	13:07

434	66	W40	Ngaire West -Johnson, 42*, Ames, IA	39:21	13:07
435	138	W30	Christy Steffen, 36*, Ankeny, IA	39:22	13:07
436	139	W30	Kelly O'Connor, 32*, West Des Moines, IA	39:29	13:10
334	96	M30	Josh Dolezal, 35, Windsor Heights, IA	39:34	13:11
437	135	W20	Allison Berg, 25*, Des Moines, IA	39:37	13:12
335	24	M10	Ethan Simon, 10, Winterset, IA	39:37	13:12
438	36	W50	Kris Watson, 53*, Des Moines, IA	39:37	13:12
439	136	W20	Jen Simon, 29*, Winterset, IA	39:43	13:14
440	140	W30	Sally Olinger, 36*, Ankeny, IA	39:44	13:15
441	67	W40	Marie Gaffney, 47*, Johnston, IA	39:45	13:15
442	137	W20	Nicole Christianson, 28*, Marshalltown, IA	39:47	13:16
443	141	W30	Tara Ethington, 31*, Marshalltown, IA	39:47	13:16
336	70	M40	Kent Atha, 49, Des Moines, IA	39:48	13:16
444	138	W20	Ashley Larue, 26*, Montezuma, IA	39:51	13:17
445	142	W30	Calan Smidt, 30*, Altoona, IA	39:52	13:17
446	68	W40	Joann Robins, 46*, Ankeny, IA	39:53	13:18
447	143	W30	Trish Varner, 30*, Knoxville, IA	39:58	13:19
448	37	W50	Leslie Goldsmith, 53*, Chariton, IA	40:00	13:20
449	22	W10	Kay Ercse, 12*, Iowa Falls, IA	40:00	13:20
337	64	M20	Jake Vice, 24, Des Moines, IA	40:07	13:22
450	139	W20	Alison Vice, 24*, Des Moines, IA	40:07	13:22
338	65	M20	Jaideep Gajerawala, 26, Des Moines, IA	40:08	13:22
339	71	M40	James Stegeman, 40, Des Moines, IA	40:08	13:23
451	144	W30	Melinda Millard, 36*, Des Moines, IA	40:08	13:23
452	69	W40	Lisa Brock, 48*, Des Moines, IA	40:17	13:26
453	145	W30	Juli Zimmerman, 38*, Truro, IA	40:30	13:30
340	72	M40	Todd Colvin, 40, Baxter, IA	40:38	13:32
454	146	W30	Emily Porath, 31*, Ankeny, IA	40:40	13:33
341	43	M50	Dennis Dissinger, 51, Cumming, IA	40:47	13:35
455	140	W20	Kadie Butler, 29*, Waukee, IA	41:09	13:43
342	66	M20	Emmanuel Dcuotho, 28, Des Moines, IA	41:13	13:44
456	147	W30	Jen Pederson, 35*, Johnston, IA	41:39	13:53
343	11	M60	Roderic Shirk, 61, West Des Moines, IA	41:40	13:53
457	141	W20	Alison Fink, 23*, Carlisle, IA	41:44	13:55
458	38	W50	Donna Fink, 54*, Carlisle, IA	41:46	13:55
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344	44	M50	Joseph Munoz, 57, Perry, IA	42:00	14:00
459	142	W20	Jackie Teeple, 23*, Pleasant Hill, IA	42:01	14:00
460	148	W30	Christina McAvoy, 33*, West Des Moines, IA	42:07	14:02
461	5	JrW	Cynnavia McAvoy, 8*, West Des Moines, IA	42:08	14:02
462	23	W10	Abigail Oetken, 11*, Urbandale, IA	42:21	14:07
463	149	W30	Franny Mederos, 36*, Des Moines, IA	42:27	14:09
464	143	W20	Heidi Mathes, 28*, West Des Moines, IA	42:32	14:11
465	150	W30	Heather Oetken, 38*, Urbandale, IA	42:36	14:12
466	6	JrW	Allyssa Burg, 9*, Polk City, IA	42:46	14:15
345	97	M30	Corrie Burg, 38, Polk City, IA	42:46	14:15
467	39	W50	Becky Pitman, 51*, Mitchellville, IA	42:47	14:15
468	144	W20	Carla Porter, 25*, Van Meter, IA	42:51	14:17
469	145	W20	Crystal Bender, 27*, Grimes, IA	42:56	14:19
470	151	W30	Dena Furst, 36*, Des Moines, IA	42:57	14:19
471	152	W30	Jessica Geiken, 32*, Des Moines, IA	42:58	14:19
472	40	W50	Yoshiko Tamura, 56*, West Des Moines, IA	43:04	14:21
473	153	W30	Yoshimi Tamura, 31*, West Des Moines, IA	43:04	14:21
474	70	W40	Staci Bird, 41*, Newton, IA	43:19	14:26
346	10	JrM	Jaden Reeves, 8, Newton, IA	43:19	14:26
347	73	M40	Kyle Benna, 42, Ankeny, IA	43:28	14:29
475	71	W40	Jane Clark, 40*, Des Moines, IA	43:33	14:31
348	45	M50	Bill Melton, 56, Ankeny, IA	43:42	14:34
476	72	W40	Renee Hoyer, 48*, Des Moines, IA	43:43	14:34
477	154	W30	Sabrina Seehafer, 31*, Bradford, IA	43:48	14:36
478	155	W30	Megan Seehafer, 32*, Jefferson City, MO	43:48	14:36

479	73 W40	Crystal Frederick, 40*, Des Moines, IA	43:52	14:37
349	74 M40	Jeff Frederick, 41, Des Moines, IA	43:53	14:37
350	12 M60	Rick Green, 62, Urbandale, IA	44:21	14:47
480	41 W50	Kristi Green, 52*, Urbandale, IA	44:22	14:47
481	2 W70	Mary Cochran, 72*, Urbandale, IA	44:24	14:48
482	156 W30	Stephanie Wilson, 35*, Ankeny, IA	44:29	14:49
351	67 M20	Edwin Mendez, 25, Collins, IA	44:42	14:54
483	157 W30	Rebecca Madsen, 33*, Collins, IA	44:42	14:54
352	25 M10	Layne Schmitt, 13, Waukee, IA	44:46	14:55
484	158 W30	Heather Schmitt, 37*, Waukee, IA	44:48	14:56
485	74 W40	Kim Huegrich, 41*, Jewell, IA	44:50	14:57
486	28 W15	Clarie Huegrich, 15*, Jewell, IA	44:50	14:57
487	7 JrW	Noelle Huegerich, 9*, Jewell, IA	44:50	14:57
353	21 M15	Matt Huegrich, 15, Jewell, IA	44:51	14:57
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488	159 W30	Laura Frank, 39*, Altoona, IA	45:19	15:06
489	42 W50	Zoe Rehula, 54*, Huxley, IA	45:19	15:06
490	43 W50	Janet Sinclair, 56*, Indianola, IA	45:23	15:08
491	146 W20	Tanya Miller, 28*, West Des Moines, IA	45:23	15:08
492	147 W20	Jamie Jensen, 26*, Weldon, IA	45:43	15:14
493	44 W50	Cynthia Hemingway, 51*, Slater, IA	45:47	15:15
494	75 W40	Chris Burg, 41*, Polk City, IA	45:49	15:16
495	160 W30	Hollie Zeglen, 32*, Carlisle, IA	45:51	15:17
354	68 M20	Richie Rumley, 23, Carlisle, IA	45:51	15:17
355	98 M30	John Fitzgerald, 34, Clive, IA	45:52	15:17
496	161 W30	Stacey Westphal, 39*, Seymour, IA	45:54	15:18
497	148 W20	Joanna Ruff, 22*, Kirksville, MO	45:55	15:18
356	26 M10	Parker Colvin, 12, Baxter, IA	45:59	15:19
498	162 W30	Rebecca Roberts, 37*, Des Moines, IA	46:13	15:24
499	163 W30	Andrea McConahay, 35*, Corydon, IA	46:13	15:24
357	13 M60	Jack Jacque, 68, Woodward, IA	46:18	15:26
500	29 W15	Miranda Colvin, 18*, Baxter, IA	46:24	15:28
501	76 W40	Natalie Snyder, 41*, Baxter, IA	46:25	15:28
502	45 W50	Sherri Hutchins, 57*	46:27	15:29
503	8 JrW	Kristen Urquhart, 8*, Cedar Rapids, IA	46:27	15:29
504	9 JrW	Kelsey Urquhart, 8*, Cedar Rapids, IA	46:28	15:29
505	77 W40	Karen Hoover, 47*, Des Moines, IA	46:28	15:29
506	46 W50	Roberta Berry, 55*, Indianola, IA	46:29	15:29
507	24 W10	MaTayla Simon, 13*, Winterset, IA	46:34	15:31
508	30 W15	Casey Dollison, 19*, Des Moines, IA	46:38	15:33
509	164 W30	Tammy Trueblood, 37*, Adel, IA	46:41	15:34
358	99 M30	Nathan Simon, 31, Winterset, IA	46:42	15:34
510	10 JrW	Jillian Simon, 7*, Winterset, IA	46:42	15:34
359	100 M30	Tyler Kamerman, 32, Des Moines, IA	46:57	15:39
511	78 W40	Traci Thomas, 41*, West Des Moines, IA	47:09	15:43
512	79 W40	Tina Becker, 41*, Gilbert, IA	47:17	15:46
513	25 W10	Katherine Becker, 11*, Gilbert, IA	47:17	15:46
514	80 W40	Janet Fink, 41*, Des Moines, IA	47:27	15:49
515	149 W20	Sara Frather, 24*, Des Moines, IA	47:32	15:50
516	165 W30	Chris Bosworth, 34*, West Des Moines, IA	47:33	15:51
517	47 W50	Jennifer Roberts, 54*, West Des Moines, IA	47:48	15:56
518	48 W50	Char Kirby, 50*, Moulton, IA	47:49	15:56
519	150 W20	Lauren Rice, 29*, Des Moines, IA	47:49	15:56
520	151 W20	Emily Rice, 25*, Des Moines, IA	47:50	15:56
360	11 JrM	Henry Fink, 4, Des Moines, IA	47:51	15:57
521	81 W40	Linda Schumaker, 42*, Mason City, IA	47:58	15:59
361	75 M40	Patrick Weber, 47, Adel, IA	47:59	15:59
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522	82 W40	Patricia Becker, 46*, Des Moines, IA	48:10	16:03
362	76 M40	Joe Hrdlicka, 45, West Des Moines, IA	48:14	16:05

523	31 W15	McKinzie Boes, 18*, Greenfield, IA	48:25	16:08
524	49 W50	Gerry Bricker, 54*, Greenfield, IA	48:26	16:08
363	27 M10	Sean Alison, 11, Marshalltown, IA	48:36	16:12
364	1 M70	Dave Hurd, 81, Des Moines, IA	48:37	16:12
525	50 W50	Marian Johnsen, 55*, Des Moines, IA	48:47	16:15
526	152 W20	Kristen Stauffer, 20*, Des Moines, IA	48:57	16:19
527	5 W60	Carolyn Hejtmank, 66*, West Des Moines, IA	49:09	16:23
365	14 M60	Larry Hejtmank, 64, West Des Moines, IA	49:09	16:23
528	153 W20	Danni Mitchell, 28*, Indianola, IA	49:11	16:24
366	46 M50	David Bonnerup, 58, Albert Lea, MN	49:17	16:26
529	51 W50	Anne Bonnerup, 58*, Albert Lea, MN	49:17	16:26
530	52 W50	Gloria Winters, 50*, Waukee, IA	49:23	16:28
531	53 W50	Sandra Cooney, 54*, Des Moines, IA	49:24	16:28
532	166 W30	Mandy Parrish, 32*, Des Moines, IA	49:25	16:28
533	54 W50	Tammy Deviney, 52*, Des Moines, IA	49:25	16:28
534	55 W50	Mollie Cooney, 57*, Des Moines, IA	49:25	16:28
535	167 W30	Melissa McCoy, 38*, Des Moines, IA	49:27	16:29
536	83 W40	Sigvid Mays, 44*, Ankeny, IA	49:30	16:30
537	154 W20	Kim Meyers, 26*, Des Moines, IA	49:33	16:31
538	168 W30	Whitney Courtney, 31*, Des Moines, IA	49:33	16:31
539	169 W30	Ingrid Guttin, 39*, Ankeny, IA	49:33	16:31
540	170 W30	Kelly Shell, 30*, Des Moines, IA	49:34	16:31
541	84 W40	Jackie Eppard, 46*, Johnston, IA	49:43	16:34
542	26 W10	Amanda Riley, 11*, Winterset, IA	49:49	16:36
543	85 W40	Ramona Bates, 48*, Des Moines, IA	49:57	16:39
367	47 M50	Richard Singleton, 57, Des Moines, IA	49:57	16:39
368	15 M60	Dan McMullan, 60, Boone, IA	50:03	16:41
544	155 W20	Mary Pat McMullan, 21*, Boone, IA	50:04	16:41
545	86 W40	Christy Hofsaess, 41*, Winterset, IA	50:09	16:43
546	56 W50	Cynthia Enright, 54*, Chariton, IA	50:27	16:49
547	171 W30	Robin Romp, 30*, West Des Moines, IA	50:40	16:53

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548	57 W50	Vickie Lenihan-Clark, 53*, West Des Moines, IA	51:00	17:00
549	87 W40	Diane Foley, 43*, Des Moines, IA	51:01	17:00
550	156 W20	Brinden Kelly, 24*, Liberty, MO	51:05	17:01
551	157 W20	Christina Stegall, 26*, Des Moines, IA	51:05	17:02
369	12 JrM	Shayden Colvin, 7, Baxter, IA	51:12	17:04
552	172 W30	Niki Colvin, 39*, Baxter, IA	51:12	17:04
553	27 W10	Olivia Mann, 14*, Des Moines, IA	51:37	17:12
554	158 W20	Mala DeVore, 29*, Urbandale, IA	51:37	17:12
555	173 W30	Heidi Heronimus, 38*, Des Moines, IA	51:42	17:14
556	58 W50	Sue Miller, 50*, Des Moines, IA	51:42	17:14
557	88 W40	Diane Post, 46*, Des Moines, IA	51:42	17:14
558	159 W20	Nicole Post, 25*, Des Moines, IA	51:43	17:14
559	160 W20	Kristina Post, 27*, Des Moines, IA	51:43	17:14
560	161 W20	Sarah Bailey, 26*, Des Moines, IA	51:43	17:14
561	6 W60	Kathy Buffington, 63*, Des Moines, IA	51:43	17:14
562	89 W40	Lynne Alsion, 47*, Marshalltown, IA	51:57	17:19
563	32 W15	Katie Alison, 17*, Marshalltown, IA	51:57	17:19
564	174 W30	Tammy Urquhart, 38*, Cedar Rapids, IA	52:00	17:20
370	77 M40	Kevin Jones, 48, West Des Moines, IA	52:01	17:20
371	78 M40	Warren Steinkamp, 48, Ankeny, IA	52:02	17:20
372	16 M60	Brad Anderson, 61, Des Moines, IA	52:02	17:21
565	175 W30	Amber Cassady, 37*, Centerville, IA	52:14	17:25
566	90 W40	Jill Sherer, 47*, Corydon, IA	52:15	17:25
567	7 W60	Trudy Holman, 66*, Des Moines, IA	52:33	17:31
568	59 W50	Catherine Veal, 57*, Des Moines, IA	52:48	17:36
569	176 W30	Angie James, 34*, Dallas Center, IA	53:00	17:40
570	162 W20	Jennifer Young, 24*, Des Moines, IA	53:15	17:45

373	69	M20	Jordan Green, 24, Des Moines, IA	53:15	17:45
571	60	W50	Julie Young, 52*, Des Moines, IA	53:27	17:49
572	163	W20	Andrea Casebolt, 26*, Des Moines, IA	53:27	17:49
573	91	W40	Beth Brinks, 44*, Boone, IA	53:56	17:58
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574	164	W20	Lindsey Houseman, 24*, Des Moines, IA	54:03	18:01
575	165	W20	Ashley Knight, 25*, Des Moines, IA	54:03	18:01
576	166	W20	Kristen Hines, 21*, Des Moines, IA	54:03	18:01
577	11	JrW	Mary Bergstrom, 8*, Urbandale, IA	54:07	18:02
578	92	W40	Vilma Bergstrom, 46*, Urbandale, IA	54:09	18:03
579	8	W60	Margaret Epplin, 61*, Ames, IA	54:13	18:04
580	61	W50	Kathy Laczniak, 52*, Ames, IA	54:13	18:04
581	177	W30	Billi Hughes, 34*, Urbandale, IA	54:19	18:06
582	28	W10	Amanda Shelton, 12*, Urbandale, IA	54:36	18:12
583	93	W40	Danielle Shelton, 40*, Urbandale, IA	54:36	18:12
374	79	M40	Eric Engstrom, 43, Urbandale, IA	54:36	18:12
375	22	M15	Kyle Shelton, 16, Urbandale, IA	54:41	18:14
584	94	W40	Ann Shelton, 43*, Urbandale, IA	54:41	18:14
585	62	W50	Mary Brannen, 58*, Des Moines, IA	55:39	18:33
376	70	M20	Mark Joseph, 26, Des Moines, IA	56:06	18:42
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586	167	W20	Amanda Lauer, 20*, Gower, MO	1:00:27	20:09
587	178	W30	Lindsey Kalton, 33*, West Des Moines, IA	1:01:20	20:27
588	179	W30	Anna Paulsen, 35*, Grimes, IA	1:01:27	20:29

* indicates females

3 finishers among Males (no age given)

12 finishers among Men Under 10

27 finishers among Men 10 - 14

22 finishers among Men 15 - 19

70 finishers among Men 20 - 29

100 finishers among Men 30 - 39

79 finishers among Men 40 - 49

47 finishers among Men 50 - 59

16 finishers among Men 60 - 69

1 finishers among Men 70 & Up

11 finishers among Women Under 10

28 finishers among Women 10 - 14

32 finishers among Women 15 - 19

167 finishers among Women 20 - 29

179 finishers among Women 30 - 39

94 finishers among Women 40 - 49

62 finishers among Women 50 - 59

8 finishers among Women 60 - 69

2 finishers among Women 70 & Up

4 finishers among Females (no age given)

377 male finishers

587 female finishers

964 total finishers

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