



6th Loop the Lake

Gray's Lake - Des Moines, IA

April 8, 2006

Sunny & 40s - Perfect

Results by Cal Murdock

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
PLACE	PLACE			
1		Marty Dalton, 29, Stuart, IA	24:57	5:01
2		Jacob Kaemmer, 29, Des Moines, IA	26:08	5:15
3		Andrew Rinn, 38, West Des Moines, IA	26:26	5:19
4	1 M25	Timothy Ives, 25, Des Moines, IA	26:50	5:24
5	1 M30	Patrick Riley, 32, Des Moines, IA	27:36	5:33
6	2 M30	Kevin Barnes, 34, Indianola, IA	27:52	5:36
7	2 M25	Jon Rathje, 27, Ankeny, IA	28:07	5:39
8	1 M35	Todd Christensen, 36, Altoona, IA	28:42	5:46
9	3 M25	Alex White, 25, West Des Moines, IA	28:45	5:47
1		Robyn Friedman, 33*, Lambs Grove, IA	29:32	5:57
10		Todd Haugen, 42, Story City, IA	29:33	5:57
11	2 M35	Chris Bowers, 37, Ottumwa, IA	29:37	5:57
12	1 M40	David Hall, 40, Pleasant Hill, IA	29:41	5:58
2		Melind Courage-Carlberg, 32*, Urbandale, IA	29:43	5:59
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				
13	2 M40	Stephen Fyfe, 41, Pella, IA	30:08	6:04
14	1 M50	3Sticks McBride, 50, Des Moines, IA	30:13	6:05
15	3 M40	Steve Pohlmeyer, 40, Urbandale, IA	30:18	6:06
16	1 M20	Cameron Dye, 21, Iowa City, IA	30:38	6:10
17	3 M30	Bryan Friedman, 34, Lambs Grove, IA	30:49	6:12
18	1 M45	Rob Gillum, 45, Des Moines, IA	30:56	6:13
19	4 M30	Todd Schemper, 31, Des Moines, IA	30:59	6:14
20	5 M30	Matthew Zepeda, 32, Waukee, IA	31:06	6:15
21	4 M40	Troy Zeleznik, 43, West Des Moines, IA	31:09	6:16
22	3 M35	Mike Rieks, 38, Urbandale, IA	31:19	6:18
23	2 M20	Nathan White, 22, Des Moines, IA	32:00	6:26
24	5 M40	Kip Headley, 44, Urbandale, IA	32:16	6:29

3		Kerri Ury, 33*, Urbandale, IA	32:21	6:30
25	6	M30 David Olsen, 33, West Des Moines, IA	32:35	6:33
26	6	M40 Craig Wittenberg, 41, Pella, IA	32:37	6:34
27	7	M40 Blake Harms, 43, Clive, IA	32:57	6:38
28	2	M45 Scott Boever, 45, Des Moines, IA	32:59	6:38
29	4	M35 Steve Willem, 39, Earlham, IA	33:18	6:42
30	1	JrM Evan Selsor, 13, Winterset, IA	33:21	6:43
31	3	M20 Kelsey Clint, 22, Ankeny, IA	33:35	6:45
32	7	M30 Bryan Schlotterback, 34, Pleasant Hill, IA	33:38	6:46
33	8	M40 Dan Gustafson, 43, West Des Moines, IA	33:39	6:46
34	5	M35 Troy Koerselman, 36, Ankeny, IA	33:42	6:47
35	8	M30 Dave Garcia, 34, West Des Moines, IA	33:49	6:48
4	1	W35 Brenda Doubek, 36*, Baxter, IA	33:51	6:48
36	6	M35 Brian Krueger, 35, Urbandale, IA	33:52	6:49
5	1	W20 Elizabeth Raygor, 22*, Windsor Heights, IA	33:53	6:49
37	9	M30 Tim Lowe, 33, Des Moines, IA	33:56	6:49
38	9	M40 Brian Willem, 44, Urbandale, IA	33:56	6:50
39	10	M40 Joe Short, 41, Johnston, IA	34:13	6:53
40	4	M25 Chad Till, 28, Johnston, IA	34:22	6:55
41	7	M35 Chris Galligan, 36, Clive, IA	34:34	6:57
42	1	M65 Mike Bender, 65, Des Moines, IA	34:38	6:58
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				

43	5	M25 Todd Lemley, 26, Des Moines, IA	34:50	7:00
44	6	M25 Joe Lynn, 26, West Des Moines, IA	34:55	7:02
6	1	W30 Kim Mueller, 31*, Ankeny, IA	34:58	7:02
45	2	JrM Nathan Wiemers, 15, West Des Moines, IA	35:01	7:03
7	2	W30 Emily Kell, 30*, Urbandale, IA	35:03	7:03
46	10	M30 Shawn Miller, 34, Des Moines, IA	35:03	7:03
47	8	M35 Damon Youmans, 35, Indianola, IA	35:10	7:05
48	7	M25 Matt Whitaker, 26, Leon, IA	35:12	7:05
49	11	M40 Benjamin Lounsbury, 41, West Des Moines, IA	35:24	7:07
8	2	W35 Amy Burgess, 35*, Urbandale, IA	35:26	7:08
50	12	M40 Scott Meyer, 41, Pella, IA	35:28	7:08
9	3	W35 Joanne Parker, 38*, Panora, IA	35:28	7:08
51	8	M25 Eric Ludwig, 26, Des Moines, IA	35:36	7:10
52	9	M35 Richard Mockobee, 38, Norwalk, IA	35:45	7:12
53	3	M45 Steven Wandro, 48, Des Moines, IA	35:48	7:12
54	11	M30 Greg Eekhoff, 33, Johnston, IA	35:49	7:12
55	4	M45 Thomas Bernau, 45, Des Moines, IA	35:50	7:13
56	13	M40 Andy Roat, 44, Des Moines, IA	35:51	7:13
57	10	M35 Matt Smith, 39, Ankeny, IA	35:57	7:14
10		Carla Stoner, 43*, West Des Moines, IA	35:58	7:14
11	3	W30 Jennifer Caskey, 32*, Earlham, IA	36:00	7:14
58	14	M40 Mark Bissing, 44, West Des Moines, IA	36:10	7:16
59	1	M55 Roger Heinle, 56, Whiting, IA	36:11	7:17
60	5	M45 Joe Hildreth, 48, Norwalk, IA	36:11	7:17
61	12	M30 Jeremy Dunlavey, 31, Ankeny, IA	36:26	7:20
62	2	M55 Joe Keefer, 59, Des Moines, IA	36:28	7:20
63	13	M30 Shai Simchi, 31, Pleasant Hill, IA	36:30	7:20
64	14	M30 Harold Otis, 30, Des Moines, IA	36:30	7:21
65	9	M25 Kourtney Miller, 28, Ames, IA	36:31	7:21
66	15	M30 Chad Bartholomew, 34, Des Moines, IA	36:33	7:21
67	2	M50 Steve Taylor, 54, Des Moines, IA	36:34	7:21
68	16	M30 Casey Smith, 34, West Des Moines, IA	36:41	7:23
12	1	W25 Kathy McKay, 26*, Pleasant Hill, IA	36:46	7:24
69	3	M55 Roy Ney, 57, Des Moines, IA	36:54	7:25
13	4	W35 Kelly Kegans, 36*, West Des Moines, IA	36:55	7:26
70	3	M50 Alan Gross, 51, Des Moines, IA	37:00	7:27
71	15	M40 Joe Akers, 40, Des Moines, IA	37:02	7:27
72	4	M55 Bob Overstreet, 55, Des Moines, IA	37:03	7:27
73	10	M25 Cory Claussen, 29, Des Moines, IA	37:05	7:28
74	4	M20 Anthony Hodges, 23, West Des Moines, IA	37:06	7:28
14	5	W35 Jean Furler, 36*, Indianola, IA	37:09	7:28
75	4	M50 David McClung, 51, Des Moines, IA	37:11	7:29

76	17	M30 Mike Decker, 31, Ankeny, IA	37:12	7:29
15	2	W20 Tiffany Moore, 22*, Ames, IA	37:14	7:29
16	3	W20 Karen Rolwes, 23*, Ames, IA	37:18	7:30
77	11	M35 Jim Jensen, 39, West Des Moines, IA	37:19	7:30
17	6	W35 Beth Seuferer, 35*, West Des Moines, IA	37:19	7:30
78	3	JrM Tyler Christians, 12, Urbandale, IA	37:22	7:31
79	11	M25 Luke Bennett, 26, Coralville, IA	37:32	7:33
80	12	M25 Joshua Manning, 25, Altoona, IA	37:34	7:33
81	5	M50 John Ytzen, 52, Creston, IA	37:36	7:34
82	6	M50 Joe Blunk, 54, Ames, IA	37:39	7:34
83	13	M25 Joshua Burke, 26, West Des Moines, IA	37:40	7:35
84	6	M45 Mark Graeve, 45, Des Moines, IA	37:40	7:35
85	5	M20 Scott Shumaker, 24, West Des Moines, IA	37:41	7:35
18	1	W40 Heather Stilborn, 44*, Des Moines, IA	37:42	7:35
86	14	M25 Jeremy Mueller, 29, West Des Moines, IA	37:43	7:35
19	7	W35 Teri Collins, 37*, Ames, IA	37:44	7:35
20	4	W30 Stacy Farr, 34*, West Des Moines, IA	37:50	7:37
87	7	M50 Mark Borseth, 50, Johnston, IA	37:57	7:38
88	18	M30 Eric Camper, 34, Des Moines, IA	38:07	7:40
21	5	W30 Meghan Schumacker, 31*, Altoona, IA	38:13	7:41
89	19	M30 Rob Hansen, 34, Des Moines, IA	38:14	7:41
90	20	M30 Daniel Adams, 30, Des Moines, IA	38:15	7:42
91	21	M30 Darin Hendrix, 31, Ankeny, IA	38:16	7:42
92	12	M35 David Lagrange, 35, Winterset, IA	38:17	7:42
93	16	M40 Jim Jacobsen, 40, Winterset, IA	38:17	7:42
22	2	W25 Mindy Sauer, 27*, Urbandale, IA	38:28	7:44
94	5	M55 Steven Benton, 55, West Des Moines, IA	38:43	7:47
23	1	JrW Megan Willem, 14*, Urbandale, IA	38:43	7:47
24	6	W30 Dana Conner, 32*, Clive, IA	38:44	7:48
95	22	M30 Bill Bond, 33, Waukee, IA	38:48	7:48
96	23	M30 Darin Ferguson, 34, West Des Moines, IA	38:48	7:48
97	17	M40 Dan Schroeder, 40, Ankeny, IA	38:49	7:49
98	6	M55 Don Miller, 58, Clive, IA	38:49	7:49
99	18	M40 Dale Christians, 40, Urbandale, IA	38:50	7:49
100	15	M25 Antonio Hernandez, 27, Iowa City, IA	38:52	7:49
101	24	M30 Chris Roling, 34, Des Moines, IA	38:55	7:50
102	25	M30 Jason Wulf, 33, Des Moines, IA	38:58	7:50
103	26	M30 Ryan Smidt, 30, West Des Moines, IA	38:59	7:51
104	27	M30 Rob Beeler, 33, Urbandale, IA	39:00	7:51
25	7	W30 Ami Bolles, 33*, Waukee, IA	39:00	7:51
105	7	M45 Mark Courter, 49, Urbandale, IA	39:02	7:51
106	1	M70 Alvin Ravenscroft, 72, Ames, IA	39:04	7:51
107	28	M30 Scott Pearson, 30, West Des Moines, IA	39:07	7:52
108	8	M50 John Vujnovich, 51, Des Moines, IA	39:09	7:52
109	7	M55 Carl Voss, 57, Des Moines, IA	39:10	7:53
110	8	M45 Jeffrey Goddman, 47, Des Moines, IA	39:14	7:54
111	9	M50 T A Meyer, 53, Johnston, IA	39:16	7:54
26	8	W30 Jennifer Creekmuj, 33*, Mason City, IA	39:18	7:54
112	6	M20 Brad Krueger, 20, Des Moines, IA	39:18	7:54
113	19	M40 David Crowe, 42, Des Moines, IA	39:23	7:55
114	20	M40 Glen Dippold, 43, Clive, IA	39:24	7:55
115	9	M45 Jeff Smith, 45, Indianola, IA	39:24	7:56
116	4	JrM Jacob Wiemers, 10, West Des Moines, IA	39:24	7:56
117	29	M30 Shane Michael, 31, Urbandale, IA	39:25	7:56
27	3	W25 Cheryl Dralle, 28*, Des Moines, IA	39:28	7:56
118	10	M50 Mike Harvey, 51, Urbandale, IA	39:32	7:57
119	10	M45 Galyn Wiemers, 46, West Des Moines, IA	39:33	7:57
120	30	M30 Ross Jensen, 31, Johnston, IA	39:33	7:57
121	16	M25 Chris Larson, 29, West Des Moines, IA	39:35	7:58
28	8	W35 Carmen Jacobsen, 35*, West Des Moines, IA	39:37	7:58
122	11	M45 George Howe, 49, West Des Moines, IA	39:38	7:58
123	21	M40 Gerard Amadeo, 40, Des Moines, IA	39:40	7:59
124	8	M55 Al Hildestad, 56, Des Moines, IA	39:43	7:59

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29	9	W30	Suzy Marker, 33*, Ankeny, IA	39:44	8:00
125	22	M40	Daniel Collins, 43, West Des Moines, IA	39:46	8:00
126	5	JrM	Zachary Henaman, 12, West Des Moines, IA	39:47	8:00
30	4	W20	Crystal Nord, 21*, Ames, IA	39:59	8:03
127	31	M30	Trent Groetken, 33, West Des Moines, IA	40:05	8:04
31	4	W25	Tawnya Hawkings, 25*, Indianola, IA	40:07	8:04
128	12	M45	Michael Miller, 45, Norwalk, IA	40:07	8:04
129	6	JrM	Ben Teusch, 16, Jefferson, IA	40:08	8:04
130	13	M35	Jim Teusch, 39, Jefferson, IA	40:08	8:04
32	5	W20	Tori Bateman, 21*, Ames, IA	40:09	8:05
131	1	M60	Larry Detwiler, 62, Des Moines, IA	40:12	8:05
132	17	M25	Jason Lamping, 29, Johnston, IA	40:13	8:05
33	1	W45	Toni Wiemers, 45*, West Des Moines, IA	40:17	8:06
34	5	W25	Jodi Van Wyk, 29*, Des Moines, IA	40:19	8:07
133	23	M40	Scott Kristy, 42, Exira, IA	40:23	8:07
134	18	M25	Scott Ahrenholz, 29, Johnston, IA	40:24	8:08
135	14	M35	Brian Whalen, 38, Urbandale, IA	40:34	8:10
136	13	M45	Duane Meyer, 48, Waukee, IA	40:35	8:10
35	9	W35	Rachelle Gehring, 37*, Waukee, IA	40:36	8:10
36	6	W25	Laura Drees, 28*, Indianola, IA	40:37	8:10
37	6	W20	Jennifer Eyberg, 24*, Iowa City, IA	40:37	8:10
137			Tony Newking, Des Moines, IA	40:41	8:11
38	2	W45	Nancy Willert, 49*, Nevada, IA	40:43	8:12
138	15	M35	Jon Mireles, 39, West Des Moines, IA	40:44	8:12
139	19	M25	Matthew Berkland, 28, Perry, IA	40:45	8:12
140	16	M35	John Goedken, 37, Des Moines, IA	40:46	8:12
39	7	W25	Kelly Kirkland, 27*, Columbus, OH	40:51	8:13
141	24	M40	Rob Harlan, 44, Des Moines, IA	40:51	8:13
142	32	M30	Matt Vaske, 34, Norwalk, IA	40:52	8:13
143	11	M50	Doug Potter, 54, Des Moines, IA	40:55	8:14
144	25	M40	James McGraw, 44, Waukee, IA	40:56	8:14
40	10	W30	Annika Cornelisse, 34*, Des Moines, IA	41:00	8:15
145	20	M25	Tony Messer, 25, Clive, IA	41:01	8:15
41	8	W25	Sally Shumaker, 26*, Davenport, IA	41:06	8:16
146	7	M20	Joseph Mayhugh, 24, Norwalk, IA	41:07	8:16
147	2	M65	John Beamer, 66, Des Moines, IA	41:09	8:17
42	10	W35	Danielle Sharpe, 36*, West Des Moines, IA	41:10	8:17
43	3	W45	Liesa Meislahn, 49*, Audubon, IA	41:19	8:19
148	26	M40	James Ramsey, 43, Urbandale, IA	41:26	8:20
149	12	M50	John Meyer, 50, West Des Moines, IA	41:28	8:20
150	17	M35	Bret Staples, 37, Urbandale, IA	41:30	8:21
151	18	M35	Robert Stomp, 36, Des Moines, IA	41:32	8:21
44	7	W20	Ashley Scheidel, 23*, Des Moines, IA	41:33	8:22
152	9	M55	Bill Lorenz, 58, Carlisle, IA	41:35	8:22
153	8	M20	Brian Shaul, 24, Des Moines, IA	41:36	8:22
45	9	W25	Michelle Capobianco, 27*, Urbandale, IA	41:37	8:22
154	27	M40	Tom Benton, 43, Exira, IA	41:42	8:23
155	13	M50	Dean Berkland, 53, Perry, IA	41:43	8:23
46	11	W35	Valerie Hamilton, 35*, Algona, IA	41:43	8:24
156	19	M35	Pat Hamilton, 39, Algona, IA	41:44	8:24
47	2	JrW	Rachel Bailin, 19*, Urbandale, IA	41:47	8:24
157	14	M45	Dean Bierwagen, 45, Ames, IA	41:55	8:26
158	7	JrM	Kyle Weber, 11, Earlham, IA	41:58	8:26
159	20	M35	Chris Burch, 35, Des Moines, IA	41:59	8:27
48	8	W20	Jennifer Smith, 23*, Des Moines, IA	42:01	8:27
49	3	JrW	Carolyn Evans, 11*, Urbandale, IA	42:06	8:28
50	1	W50	Julia Batten, 50*, Carlisle, IA	42:09	8:29
51	10	W25	Molly Pickering, 28*, Carlisle, IA	42:09	8:29
52	11	W30	Patty Karbacka, 32*, Ankeny, IA	42:09	8:29
53	2	W40	Sue Holden, 41*, Des Moines, IA	42:11	8:29
54	2	W50	Paula Dierenfeld, 51*, Johnston, IA	42:11	8:29
160	21	M25	Robert Walker, 26, Des Moines, IA	42:18	8:31
55	11	W25	Jessica Manning, 26*, Altoona, IA	42:21	8:31
161	10	M55	Richard Marriott, 58, Perry, IA	42:22	8:31

162	22	M25	Kelly Wallace, 29, West Des Moines, IA	42:23	8:32
163	23	M25	Tyler Rogers, 26	42:27	8:32
56	12	W30	Colleen Kelly, 30*, Des Moines, IA	42:29	8:33
164	33	M30	Adam Van Dike, 31, Clive, IA	42:32	8:33
57	3	W40	Jackie Ackerman, 40*, Johnston, IA	42:33	8:34
165	34	M30	Patrick Harrington, 30, Nevada, IA	42:35	8:34
58	12	W35	Kristina Kercher, 37*, Waukee, IA	42:36	8:34
59	13	W30	Tabby Hinderaker, 32*, Des Moines, IA	42:36	8:34
166	21	M35	Shaine Yates, 36, Indianola, IA	42:37	8:34
167	35	M30	Bryan Siever, 32, Des Moines, IA	42:37	8:34
168	22	M35	Daniel Lagrange, 35, Des Moines, IA	42:39	8:35
60	9	W20	Katie Martin, 22*, Iowa City, IA	42:41	8:35
61	12	W25	Robin Dickson, 29*, West Des Moines, IA	42:45	8:36
62	10	W20	Leann Williamsen, 23*, Des Moines, IA	42:52	8:37
63	11	W20	Katie Rodemyer, 21*, Clive, IA	42:55	8:38
169	24	M25	Jeff Austin, 27, Ankeny, IA	42:55	8:38
170	28	M40	Todd Weber, 42, Earlham, IA	42:57	8:38
171	29	M40	Keith Henaman, 40, West Des Moines, IA	43:00	8:39
172	23	M35	Timothy Bryan, 39, Indianola, IA	43:01	8:39
173	8	JrM	Zachary Wiemers, 13, West Des Moines, IA	43:02	8:39
64	14	W30	Jody Budde, 32*, West Des Moines, IA	43:02	8:39
65	4	W40	Pamela Gallagher, 42*, Ankeny, IA	43:04	8:40
174	15	M45	Duncan Gallagher, 46, Ankeny, IA	43:04	8:40
66	13	W35	Sheri Coughenower, 38*, Indianola, IA	43:06	8:40
175	14	M50	Paul Lindaman, 51, Carlisle, IA	43:08	8:41
67	12	W20	Jane Pettijohn, 22*, Des Moines, IA	43:12	8:41
176	30	M40	Michael Cook, 41, Urbandale, IA	43:13	8:42
68	15	W30	Krista Bartholomew, 31*, Des Moines, IA	43:14	8:42
177	36	M30	Brandon Stucki, 30, Indianola, IA	43:15	8:42
178	9	M20	Adam Hoffman, 24, Des Moines, IA	43:15	8:42
179	10	M20	Ben Schreurs, 24, Ankeny, IA	43:17	8:42
69	13	W25	Lindy Van Dike, 29*, Clive, IA	43:23	8:44
70	13	W20	Meighan Ruby, 22*, Waukee, IA	43:23	8:44
71	14	W25	Erin Rollenhagen, 26*, Waukee, IA	43:24	8:44
180	25	M25	Chase Petsche, 27, Des Moines, IA	43:24	8:44
181	2	M60	Jim Lowe, 60, Des Moines, IA	43:25	8:44
72	15	W25	Erica Simbro, 26*, Des Moines, IA	43:26	8:44
73	4	W45	Julie Younger, 47*, Ankeny, IA	43:28	8:45
74	5	W45	Claire Andreasen, 48*, Ames, IA	43:32	8:45
75	5	W40	Sherri Huff, 43*, Winterset, IA	43:38	8:47
182	11	M20	Alex Hoffman, 21, Des Moines, IA	43:43	8:48
76	16	W30	Marsha Mapes, 34*, Winterset, IA	43:45	8:48
77	14	W35	Debra Scorpiniti, 38*, West Des Moines, IA	43:51	8:49
78	6	W40	Kelly Greene, 43*, Cumming, IA	43:55	8:50
79	17	W30	Stacy Moffitt, 32*, Indianola, IA	43:57	8:51
183	26	M25	Trevor Duncan, 29, Grimes, IA	43:57	8:51
80	16	W25	Rebecca Meis, 29*, West Des Moines, IA	44:00	8:51
184	3	M60	William McCollaugh, 62, Ankeny, IA	44:01	8:51
185	27	M25	Matt Getting, 28, Clive, IA	44:01	8:51
186	11	M55	Mark McGrath, 57, Des Moines, IA	44:07	8:53
81	14	W20	Kesley Egli, 22*, Ankeny, IA	44:10	8:53
82	15	W35	Valerie Schultz, 39*, Grinnell, IA	44:13	8:54
187	4	M60	Jack Matthews, 62, Stuart, IA	44:16	8:54
83	7	W40	Lisa Lemon, 43*, Des Moines, IA	44:17	8:55
84	16	W35	Elizabeth Sedrel, 38*, Des Moines, IA	44:18	8:55
85	17	W25	Amanda Bowers, 26*, West Des Moines, IA	44:19	8:55
188	31	M40	Chengjian Liu, 42, Johnston, IA	44:20	8:55
189	24	M35	Larry Smith, 38, Ankeny, IA	44:22	8:55
86	18	W25	Kecia Goodman, 29*, Ames, IA	44:25	8:56
190	32	M40	Charlie Neibergall, 41, Urbandale, IA	44:29	8:57
87	17	W35	Jean Carlson-Johnson, 39*, Clive, IA	44:30	8:57
191	16	M45	Darwin Schmig, 48, Des Moines, IA	44:37	8:59
88	15	W20	Sara Westergaard, 23*, Albany, NY	44:40	8:59
89	18	W30	Lisa Veltri, 33*, Pittsburgh, PA	44:42	8:59

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192	2	M70	Gene Harding, 75, Des Moines, IA	44:46	9:00
193	9	JrM	Benjamin Merrick, 12, Truro, IA	44:51	9:01
90	19	W30	Haley Miller, 30*, Des Moines, IA	44:58	9:03
194	25	M35	Brian Hood, 37, Iowa City, IA	45:04	9:04
195	26	M35	Jeff Sanders, 39, Waukee, IA	45:04	9:04
196	37	M30	Matthew Leaf, 33, Atlantic, IA	45:11	9:05
197	27	M35	Blair Smith, 35, Des Moines, IA	45:14	9:06
198	17	M45	Donald Little, 47, Des Moines, IA	45:18	9:07
199	33	M40	David Kroner, 41, Johnston, IA	45:20	9:07
91	19	W25	Jess Stoffel, 25*, Iowa City, IA	45:21	9:07
200	18	M45	Mike Novelli, 47, Urbandale, IA	45:23	9:08
201	34	M40	Rich Holmes, 43, Newton, IA	45:24	9:08
202	28	M25	Ashley Altieri, 25, West Des Moines, IA	45:24	9:08
203	28	M35	Gary Magneson, 37, Urbandale, IA	45:26	9:08
204	35	M40	Andrew Kahl, 41, Des Moines, IA	45:27	9:09
92	3	W50	Elaine Lindaman, 51*, Carlisle, IA	45:27	9:09
93	16	W20	Jennifer Meyer, 22*, Ames, IA	45:37	9:11
94	20	W25	Danell Duncan, 27*, Grimes, IA	45:38	9:11
205	29	M35	Scott Bixby, 35, Waukee, IA	45:41	9:11
95	21	W25	Tonya Cook, 26*, Pleasantville, IA	45:42	9:12
96	8	W40	Tammy Newton, 43*, Norwalk, IA	45:44	9:12
206	19	M45	Willy Hildreth, 45, Des Moines, IA	45:44	9:12
207	38	M30	Patrick Martin, 33, West Des Moines, IA	45:47	9:13
208	39	M30	Dennis Darnell, 32, Des Moines, IA	45:47	9:13
97	9	W40	Kelli Bodwell, 40*, Waukee, IA	45:48	9:13
98	18	W35	Renae O'Brien, 36*, West Des Moines, IA	45:57	9:15
99	19	W35	Kari Greenfield, 35*, Des Moines, IA	45:57	9:15
209	40	M30	Shawn Gilliam, 33, Des Moines, IA	46:01	9:15
100	22	W25	Alison Monsma, 26*, Des Moines, IA	46:01	9:15
101	10	W40	Mary Cauley, 43*, Urbandale, IA	46:02	9:16
102	11	W40	Joan Wollenzien, 44*, West Des Moines, IA	46:02	9:16
103	6	W45	Audrey Porter, 47*, Urbandale, IA	46:03	9:16
104	20	W35	Kerty Levy, 39*, Des Moines, IA	46:03	9:16
105	17	W20	Joni Shepherd, 23*, Indianola, IA	46:04	9:16
210	41	M30	Adam Smith, 31, West Des Moines, IA	46:07	9:17
106	20	W30	Bridget Obermeier, 34*, Audubon, IA	46:09	9:17
107	23	W25	Anne Monsma, 28*, Des Moines, IA	46:11	9:18
211	36	M40	Tom Guessford, 41, Norwalk, IA	46:14	9:18
108	21	W35	Amy Gates, 36*, Urbandale, IA	46:15	9:18
109	24	W25	Jennifer Gibson, 25*, Des Moines, IA	46:16	9:18
110	25	W25	Marsha Bro, 25*, Des Moines, IA	46:23	9:20
111	21	W30	Nicole Jansen, 33*, Ankeny, IA	46:26	9:21
112	1	W60	Ginny Fletchall, 64*, Ames, IA	46:27	9:21
212	37	M40	John Noll, 43, Clive, IA	46:28	9:21
213	42	M30	Chad Jacobsen, 34, Urbandale, IA	46:29	9:21
214	43	M30	Tony Lovejoy, 33, Waukee, IA	46:29	9:21
113	12	W40	Debra Degraff, 44*, Runnells, IA	46:30	9:21
114	18	W20	Renee Esch, 22*, Ames, IA	46:30	9:21
215	44	M30	Brian Hostetter, 32, Ankeny, IA	46:31	9:21
115	22	W30	Jill Youmans, 32*, Indianola, IA	46:32	9:22
116	13	W40	Brenda McGraw, 43*, Waukee, IA	46:38	9:23
117	14	W40	Debra Lyons, 43*, West Des Moines, IA	46:39	9:23
216	20	M45	William Niebur, 48, Des Moines, IA	46:42	9:24
217	21	M45	Ray Bening, 48, Des Moines, IA	46:43	9:24
218	15	M50	Larry Zahm, 50, Des Moines, IA	46:43	9:24
118	4	JrW	Beth Stracke, 18*, Harlan, IA	46:46	9:25
119	19	W20	Allison Stracke, 22*, Harlan, IA	46:47	9:25
120	22	W35	Peggy Hintze, 36*, Bondurant, IA	46:47	9:25
219	22	M45	Mark Hansing, 49, Urbandale, IA	46:48	9:25
121	15	W40	Beth Adams, 40*, Indianola, IA	46:51	9:26
220	38	M40	Nick Adams, 43, Indianola, IA	46:51	9:26
122	4	W50	Mary Gross, 53*, Des Moines, IA	46:53	9:26
221	30	M35	Ted Bolles, 35, Waukee, IA	46:54	9:26
123	5	JrW	Megan Jans, 19*, Maxwell, IA	46:56	9:26

124	23	W30	Lisa Paulsen, 33*, Exira, IA	46:59	9:27
125	24	W30	Dawn Atwood, 31*, Colfax, IA	47:17	9:31
222	39	M40	Paul Christiansen, 42, Des Moines, IA	47:21	9:31
126	25	W30	Marchele Cosenza, 32*, Indianola, IA	47:21	9:32
127	26	W25	Sara McBride, 29*, Huxley, IA	47:22	9:32
128	16	W40	Heather Bacino, 43*, Des Moines, IA	47:22	9:32
129	17	W40	Carol Ossian, 40*, Huxley, IA	47:22	9:32
223	31	M35	Ronald Coe, 37, Ankeny, IA	47:26	9:33
130	7	W45	Pam Swanson, 49*, Indianola, IA	47:31	9:34
131	27	W25	Jennifer Drey, 25*, Elkhart, IA	47:33	9:34
224	29	M25	Kirk Bagby, 28, Des Moines, IA	47:34	9:34
132	28	W25	Andrea Bagby, 27*, Des Moines, IA	47:44	9:36
133	5	W50	Sharon Novinger, 50*, Collins, IA	47:47	9:37
225	40	M40	Greg Lamair, 42, West Des Moines, IA	47:49	9:37
134	18	W40	Mary Lafferty, 40*, Des Moines, IA	47:50	9:37
226	30	M25	Chris Chambers, 28, Norwalk, IA	47:52	9:38
135	29	W25	Mindi Harrison, 29*, Des Moines, IA	47:54	9:38
136	30	W25	Stephanie Bjornson, 26*, Norwalk, IA	47:59	9:39
227	41	M40	Larry O'Brien, 43, West Des Moines, IA	47:59	9:39
137	19	W40	Linda Frangenberg, 44*, Huxley, IA	48:05	9:40
138	26	W30	Jill Waring, 33*, Des Moines, IA	48:07	9:41
139	27	W30	Kristin Busby, 31*, Ankeny, IA	48:08	9:41
140	23	W35	Deborah Clark, 38*, Des Moines, IA	48:08	9:41
141	31	W25	Joanna Veltri, 28*, Des Moines, IA	48:08	9:41
228	12	M55	Charlie Johnson, 57, Brayton, IA	48:09	9:41
229	45	M30	Ryan Post, 32, Urbandale, IA	48:11	9:42
142	28	W30	Laura Post, 30*, Urbandale, IA	48:11	9:42
143	24	W35	Lois Holmes, 35*, Newton, IA	48:11	9:42
230	13	M55	Steve Wacht, 56, Indianola, IA	48:12	9:42
144	25	W35	Dixie Palm, 37*, Des Moines, IA	48:12	9:42
145	20	W20	Casey Evans, 23*, West Des Moines, IA	48:14	9:42
146	32	W25	Tammie Krausman, 27*, Des Moines, IA	48:15	9:42
231	23	M45	John Lins, 48, Carlisle, IA	48:18	9:43
147	1	W65	Breta Westlund, 66*, Urbandale, IA	48:22	9:44
148	1	W55	Catherine Smith, 57*, West Des Moines, IA	48:28	9:45
149	26	W35	Jodi Waddell, 37*, Adel, IA	48:28	9:45
150	29	W30	Karen Morkin, 33*, Des Moines, IA	48:28	9:45
151	27	W35	Linda Asmussen, 36*, Bondurant, IA	48:30	9:45
232	16	M50	Tom Schoelerman, 54, West Des Moines, IA	48:31	9:46
152	20	W40	Pam Bissing, 44*, West Des Moines, IA	48:32	9:46
153	6	W50	Luanne Dezwarte, 52*, Knoxville, IA	48:33	9:46
154	30	W30	Amy Minder, 30*, Waukee, IA	48:40	9:47
233	24	M45	Stephen Day, 47, Urbandale, IA	48:41	9:48
155	31	W30	Kimberly Donner, 32*, Ames, IA	48:43	9:48
234	25	M45	Bill Schmitt, 45, Alleman, IA	48:44	9:48
156	21	W40	Sharon Koele, 41*, Des Moines, IA	48:46	9:49
157	8	W45	Debbi Cornell, 45*, Urbandale, IA	48:47	9:49
158	21	W20	Mollie Fondroy, 21*, State Center, IA	48:49	9:49
159	33	W25	Stephanie Edler, 29*, State Center, IA	48:49	9:49
160	22	W20	Abbey Crall, 21*, Indianola, IA	48:50	9:49
161	32	W30	Heidi Ihle, 31*, Huxley, IA	48:52	9:50
162	28	W35	Mary Topf, 37*, Des Moines, IA	48:53	9:50
163	34	W25	Michelle Howe, 27*, Des Moines, IA	48:53	9:50
164	35	W25	Ryan Honkomp, 28*, Clive, IA	48:54	9:50
165	23	W20	Athena Lyons, 22*, Ames, IA	48:55	9:50
166	33	W30	Krista Jacob, 34*, Des Moines, IA	48:56	9:51
235	3	M65	Lynn Fletchall, 65, Ames, IA	48:56	9:51
167	36	W25	Danielle Wain, 28*, Ames, IA	49:02	9:52
168	29	W35	Jennie Zoss, 36*, Pleasantville, IA	49:03	9:52
236	42	M40	Kollin Kirby, 42, Waukee, IA	49:05	9:52
169	24	W20	Jessica Snyder, 23*, Prairie City, IA	49:11	9:54
170	34	W30	Sarah Murphy, 30*, Des Moines, IA	49:24	9:56
171	37	W25	Mary Demers, 25*, Des Moines, IA	49:25	9:56
237	31	M25	Ian Demers, 25, Des Moines, IA	49:25	9:56
172	30	W35	Brooke McKamy, 35*, Marshalltown, IA	49:26	9:57

238	26	M45 Michael Harper, 45, West Des Moines, IA	49:26	9:57
173	7	W50 Lori Petsche, 50*, Norfolk, NE	49:34	9:58
239	27	M45 Kim Taylor, 45, West Des Moines, IA	49:36	9:59
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240	32	M35 David Phillips, 38, Des Moines, IA	49:42	10:00
174	31	W35 Maria Ruhtenberg, 35*, Des Moines, IA	49:43	10:00
175	32	W35 Kate Walmsley, 36*, Johnston, IA	49:43	10:00
241	4	M65 Bob Hopson, 69, Altoona, IA	49:47	10:01
176	9	W45 Jan Schmitt, 45*, Alleman, IA	49:51	10:02
177	35	W30 Kori Heuss, 32*, Ames, IA	49:51	10:02
178	38	W25 Marra Pirtle, 27*, Ankeny, IA	49:54	10:02
179	36	W30 Molly Pirtle, 33*, Des Moines, IA	49:54	10:02
180	33	W35 Kristi Magneson, 36*, Urbandale, IA	49:55	10:03
242	28	M45 Marc Hollander, 48, Urbandale, IA	50:06	10:05
181	2	W55 Dee Wittmack, 59*, Urbandale, IA	50:09	10:05
182	37	W30 Laura Werstein, 33*, West Des Moines, IA	50:14	10:06
183	38	W30 Nova Ebersole, 34*, Montour, IA	50:22	10:08
184	39	W30 Lisa Vetterlein, 31*, Des Moines, IA	50:23	10:08
185	39	W25 Kelsey Parker, 25*, Des Moines, IA	50:37	10:11
243	32	M25 David Parker, 26, Des Moines, IA	50:47	10:13
244	33	M25 Matt Reiter, 28, West Des Moines, IA	50:51	10:14
245	34	M25 Mike Marasco, 28, Des Moines, IA	51:07	10:17
186	40	W25 Shannon Kent, 28*, Waukee, IA	51:10	10:18
187		Tanya Teeter*, Ottumwa, IA	51:10	10:18
246	10	JrM Ryan Siedenburger, 11, Johnston, IA	51:33	10:22
188	34	W35 Dina Siedenburger, 39*, Johnston, IA	51:34	10:22
189	25	W20 Courtney Schieffer, 22*, Des Moines, IA	51:37	10:23
247	17	M50 Gary Richtsmeier, 50, Johnston, IA	51:43	10:24
190	22	W40 Michelle Jans, 42*, Maxwell, IA	51:45	10:25
191	8	W50 Karen Howard, 52*, Ames, IA	51:50	10:26
248	18	M50 Steven Jacobs, 50, West Des Moines, IA	51:55	10:27
192	23	W40 Maggie Thompson, 40*, Perry, IA	51:56	10:27
193	41	W25 Amanda Doran, 26*, Yale, IA	51:56	10:27
249	5	M60 Dave Egleston, 61, West Des Moines, IA	52:11	10:30
194	35	W35 Jody Kiehne, 39*, Des Moines, IA	52:14	10:30
195	24	W40 Robin Ripperger, 42*, Urbandale, IA	53:04	10:41
196	25	W40 Lori Meeker, 40*, Windsor Heights, IA	53:13	10:42
197	26	W40 Josephine Snyder, 43*, Winterset, IA	53:41	10:48
198	42	W25 Annemarie McDevitt, 29*, Perry, IA	53:56	10:51
199	43	W25 Emily Martin, 25*, Des Moines, IA	53:56	10:51
200	36	W35 Pam Lund, 39*, Granger, IA	54:04	10:53
250	29	M45 Tom Kristensen, 45, Ankeny, IA	54:07	10:53
201	40	W30 Jennifer Eubanks, 34*, Des Moines, IA	54:09	10:54
251	19	M50 Charles Reichardt, 53, Clive, IA	54:17	10:55
202	37	W35 Treva Olson, 36*, Ankeny, IA	54:33	10:58
203	38	W35 Sherri Hotzler, 37*, Webster City, IA	54:33	10:59
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				

252	43	M40 Kevin Schultes, 41, Dedham, IA	54:46	11:01
204	39	W35 Kim Edwards, 39*, Huxley, IA	54:51	11:02
205	40	W35 Heidi Imhoff, 35*, Des Moines, IA	54:52	11:02
206	27	W40 Carla Karns, 41*, Huxley, IA	54:52	11:02
253	44	M40 Kenneth Harkin, 40, Urbandale, IA	54:55	11:03
207	26	W20 Erin Gittins, 22*, Des Moines, IA	55:05	11:05
208	41	W35 Messina Bryan, 36*, Indianola, IA	55:14	11:07
209	42	W35 Laura Brewer, 35*, Indianola, IA	55:14	11:07
210	6	JrW Isabella Engblom, 10*, Grimes, IA	55:25	11:09
211	1	W70 Jan Gillum, 70*, Des Moines, IA	55:28	11:09
212	28	W40 Catherine Engblom, 43*, Grimes, IA	55:34	11:11
213	29	W40 Julie Engelken, 42*, Des Moines, IA	55:44	11:13
254	45	M40 Dale Engelken, 40, Des Moines, IA	55:44	11:13
214	41	W30 Joy Foose, 31*, Perry, IA	55:45	11:13
215	43	W35 Melody Gibson, 36*, West Des Moines, IA	55:52	11:14
255	6	M60 Gary Patterson, 62, Pleasant Hill, IA	56:13	11:19

216	44	W35 Amy Sheraden, 38*, Des Moines, IA	56:16	11:19
217	45	W35 Shelley Heisdorffer, 39*, Norwalk, IA	56:16	11:19
256	33	M35 Nick Heisdorffer, 39, Norwalk, IA	56:18	11:20
218	46	W35 Trish Anders, 39*, Des Moines, IA	56:24	11:21
219	44	W25 Jennifer Hensley, 26*, Des Moines, IA	56:59	11:28
220	30	W40 Cathy Evans, 42*, Urbandale, IA	57:20	11:32
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				
221	10	W45 Sandi Tomer, 47*, Ames, IA	59:46	12:01
222	3	W55 Martha Davis, 55*, Des Moines, IA	59:50	12:02
223	9	W50 Christy Varnum, 54*, Ames, IA	1:00:06	12:06
224	11	W45 Kirsten McCollaugh, 45*, Ankeny, IA	1:00:10	12:06
257	30	M45 David Yakum, 48, Des Moines, IA	1:00:32	12:11
225	42	W30 Bridgett Bayer, 30*, Spartanburg, SC	1:01:25	12:21
226	27	W20 Jill Carson, 23*, Des Moines, IA	1:02:57	12:40
227	43	W30 Margaret Critz, 33*, West Des Moines, IA	1:03:44	12:49
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				
228	44	W30 Wendy Marckmann, 32*, West Des Moines, IA	1:04:36	13:00
258	11	JrM Michael Kain, 17, Des Moines, IA	1:05:25	13:10
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				
229	45	W25 Amy Witt, 29*, Des Moines, IA	1:10:00	14:05
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				
230	31	W40 Julie Rossow, 44*, Woodward, IA	1:17:00	15:30
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				
231	2	W60 Cathy Todd, 61*, Grimes, IA	1:30:00	18:07

"*" indicates females

11 finishers among Men 19 & Under
 11 finishers among Men 20 - 24
 34 finishers among Men 25 - 29
 45 finishers among Men 30 - 34
 33 finishers among Men 35 - 39
 45 finishers among Men 40 - 44
 30 finishers among Men 45 - 49
 19 finishers among Men 50 - 54
 13 finishers among Men 55 - 59
 6 finishers among Men 60 - 64
 4 finishers among Men 65 - 69
 2 finishers among Men 70 & Up
 6 finishers among Women 19 & Under
 27 finishers among Women 20 - 24
 45 finishers among Women 25 - 29
 44 finishers among Women 30 - 34
 46 finishers among Women 35 - 39
 31 finishers among Women 40 - 44
 11 finishers among Women 45 - 49
 9 finishers among Women 50 - 54
 3 finishers among Women 55 - 59
 2 finishers among Women 60 - 64
 1 finishers among Women 65 - 69
 1 finishers among Women 70 & Up
 258 male finishers
 231 female finishers
 489 total finishers

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