

31st Capital Pursuit 10 Mile**Des Moines, Iowa****Sep. 29, 2013****60s & Perfect**

Results by Cal Murdock

[5K results](#)

Use the Find option of your Web Browser to find the performance of a specific individual.

PLACE	CLASS	FINISHER	TIME
PLACE	PLACE		
1	OpM	Luke Demmel, 23, Des Moines, IA	54:12
2	OpM	Chris Nealy, 33, Des Moines, IA	55:07
3	OpM	Eric Cogdill, 32, Ankeny, IA	56:44
4	1 M30	Scott Johnson, 31, Ames, IA	57:22
5	1 M35	Jon Rathje, 35, Ankeny, IA	58:53
6	MM	Kevin Barnes, 42, Indianola, IA	59:07
7	2 M35	Joshua Hochstein, 36, Ames, IA	59:58
8	2 M30	G Grape, 30, Rye, NH	59:59
9	1 M20	Marshall Phares, 23, West Des Moines, IA	1:00:30
10	3 M30	Jack Johnson, 33, West Des Moines, IA	1:00:40
11	MM	Scott Engelhardt, 46, Urbandale, IA	1:01:42
12	1 M25	Kyle Young, 28, Ames, IA	1:02:00
13	1 M45	Chris Bowers, 45, Ottumwa, IA	1:02:10
14	3 M35	Dan Pinkerton, 37, Des Moines, IA	1:02:15
15	4 M35	Matthew Wilson, 38, Clive, IA	1:03:42
16	2 M20	Mitchell Davis, 22, Algona, IA	1:04:07
17	5 M35	Randy Sturm, 36, Garner, IA	1:04:16
18	4 M30	Aaron Wheelock, 33, Des Moines, IA	1:04:27
19	1 M50	Todd Haugen, 50, Des Moines, IA	1:05:05
20	OpW	Stephanie Mortenson, 31*, Windosor Heights, IA	1:05:09
21	3 M20	Patrick Gerhardt, 23, Jefferson, IA	1:05:32
22	2 M25	Ben Lindell, 27, West Des Moines, IA	1:05:53
23	6 M35	Jeremy Johnson, 36, West Des Moines, IA	1:05:53
24	7 M35	Adam Albright, 37, Des Moines, IA	1:06:13
25	OpW	Carrie Van Quathem, 41*, Urbandale, IA	1:06:26
26	OpW	Trishey Schlick, 39*, Ames, IA	1:07:04
27	5 M30	Zachary Kraft, 33, Norwalk, IA	1:07:11
28	6 M30	Caleb Brown, 33, Des Moines, IA	1:07:15
29	8 M35	Matt Meier, 35, Urbandale, IA	1:07:34
30	7 M30	Neil Young, 31, Des Moines, IA	1:08:19
31	2 M45	Ben Lounsbury, 48, West Des Moines, IA	1:08:48
32	MW	Christine Price, 44*, Des Moines, IA	1:08:51
33	1 M40	David Larson, 41, West Des Moines, IA	1:08:57
34	2 M50	Brian Willem, 51, Urbandale, IA	1:09:16
35	3 M25	Gavin White, 29, Clive, IA	1:09:40
36	9 M35	Jacob Kaemmer, 36, Des Moines, IA	1:09:40
37	1 W25	Sara Hendrickson, 26*, Des Moines, IA	1:09:45
38	3 M45	Darvish Shadravan, 45, Ankeny, IA	1:10:09
39	1 W30	Alana Stamas, 31*, Des Moines, IA	1:10:23
40	4 M45	Joe DuPre, 49, Pella, IA	1:10:28
41	5 M45	Tim Steenhoek, 45, Pleasant Hill, IA	1:11:01

42	3 M50	Andrew Smart, 51, Ankeny, IA	1:11:31
43	4 M25	Dilon Flanders, 25, Des Moines, IA	1:11:40
44	8 M30	Joe McAAwesome, 32, Clive, IA	1:11:47
45	1 M55	Bruce Drummond, 55, Des Moines, IA	1:11:47
46	2 W30	Tracy Daugherty, 33*, Ankeny, IA	1:11:49
47	6 M45	Brian Palmer, 45, Des Moines, IA	1:12:04
48	7 M45	Chris Ross, 47, Grinnell, IA	1:12:06
49	2 M40	Matthew Morgan, 42, Ankeny, IA	1:12:10
50	1 M60	Peter Percival, 60, Des Moines, IA	1:12:16
51	8 M45	Tony Oberman, 46, Clive, IA	1:12:18
52	1 JrM	Luke Mohan, 14, Clive, IA	1:12:18
53	9 M45	Craig Wittenberg, 48, Pella, IA	1:12:19
54	3 M40	Jason Hahn, 42, Des Moines, IA	1:12:23
55	2 M60	James Jacobsen, 63, Des Moines, IA	1:12:23
56	9 M30	Mike Reed, 33, Urbandale, IA	1:12:25
57	10 M45	Brian Benjamin, 48, Perry, IA	1:12:25
58	4 M50	Don Cumings, 50, Ankeny, IA	1:12:32
59	10 M30	Phillip Cox, 32, Ankeny, IA	1:12:47
60	1 W20	Kaitlin Reed, 22*, Des Moines, IA	1:12:55
61	5 M25	Kyle Vollstedt, 28, Granger, IA	1:13:00
62	4 M40	Ronald Crees, 43, Bondurant, IA	1:13:14
63	1 W35	Angie Heim, 38*, Norwalk, IA	1:13:15
64	5 M50	Scott Freeman, 51, Urbandale, IA	1:13:23
65	3 M60	Mark Hayes, 63, Creston, IA	1:13:37
66	3 W30	Mimi Reed, 30*, Urbandale, IA	1:13:38
67	2 W35	Erin Bailey, 39*, Des Moines, IA	1:13:44
68	6 M50	Keith Gutschenritter, 54, West Des Moines, IA	1:13:49
69	4 W30	Bethany Cochran, 30*, Waukee, IA	1:13:50
70	10 M35	Steve Oberbroeckling, 35, Bondurant, IA	1:13:51
71	11 M35	Douglas Cutler, 38, Pella, IA	1:13:59
72	1 W40	Kelly Sorensen, 43*, West Des Moines, IA	1:14:04
73	2 M55	Pete Sandler, 58, West Des Moines, IA	1:14:08
74	6 M25	Dan Zagoren, 28, Clive, IA	1:14:14
75	7 M50	Mark Ilas, 50, Clive, IA	1:14:14
76	5 M40	Jon Pena, 40, Grimes, IA	1:14:19
77	5 W30	Jodi Berman, 31*, Ankeny, IA	1:14:26
78	4 M20	Jake Waddingham, 23, Macksburg, IA	1:14:27
79	6 W30	Trisha Joseph, 33*, West Des Moines, IA	1:14:30
80	6 M40	Brendan Chuapoco, 44, Des Moines, IA	1:14:42
81	7 M40	Craig Johnson, 43, Bondurant, IA	1:14:43
82	3 W35	Rachel Hoger, 38*, Johnston, IA	1:14:51
83	11 M45	Scott Meyer, 48, Pella, IA	1:14:52
84	7 M25	Ryan Hull, 25, Ankeny, IA	1:15:01
85	1 W45	Tami Prescott, 46*, Urbandale, IA	1:15:12
86	5 M20	Nathaniel Kenne, 23, Algona, IA	1:15:14
87	8 M40	Jon Kaller, 42, Johnston, IA	1:15:16
88	8 M50	Duke Reichardt, 54, Clive, IA	1:15:40
89	8 M25	Mike Castagnoli, 29, West Des Moines, IA	1:15:48
90	9 M50	Roadog McKibben, 52, Clive, IA	1:15:59
91	10 M50	Dale Knoshaug, 51, Des Moines, IA	1:16:01
92	12 M45	Kenneth Karl Overton, 45, Des Moines, IA	1:16:01
93	2 W25	Allie Mackey, 27*, Urbandale, IA	1:16:08
94	9 M25	Joe Mathias, 28, Des Moines, IA	1:16:08
95	1 M65	John Schneller, 69, West Des Moines, IA	1:16:14
96	9 M40	John Anglick, 41, Indianola, IA	1:16:16
97	13 M45	Charlie Neibergall, 48, Urbandale, IA	1:16:23
98	10 M40	Ian Lawler, 42, Huxley, IA	1:16:25
99	11 M30	Joseph Zambreno, 34, Ankeny, IA	1:16:27
100	4 M60	Gregory Chlebicki, 63, Des Moines, IA	1:16:29
101	2 W40	Beth Palmer, 44*, Des Moines, IA	1:16:45
102	7 W30	Jamie Johnson, 33*, West Des Moines, IA	1:16:46

103	3 W40	Denise Carleton, 42*, Ankeny, IA	1:16:54
104	12 M35	Jeremy Dunlavey, 39, Ankeny, IA	1:16:58
105	3 M55	Edgar Harris, 55, Des Moines, IA	1:17:03
106	5 M60	Galen Wilke, 62, Ames, IA	1:17:04
107	3 W25	Stephanie Majeran, 29*, Urbandale, IA	1:17:14
108	11 M50	Brad Nielsen, 54, Des Moines, IA	1:17:26
109	12 M50	David Schnoes, 53, West Des Moines, IA	1:17:32
110	4 W40	Amy Burgess, 42*, Urbandale, IA	1:17:38
111	8 W30	Dena Kroska, 31*, Ankeny, IA	1:17:39
112	13 M50	Steve Rossler, 53, Newton, IA	1:17:39
113	5 W40	Jenny Sinclair, 42*, Carlisle, IA	1:17:48
114	6 W40	Jennifer Toliver, 40*, Waukee, IA	1:17:49
115	6 M60	Steven Fulton, 62, Whitten, IA	1:17:50
116	9 W30	Audrey Bell, 33*, Polk City, IA	1:17:52
117	1 W50	Rose Wignall, 53*, Creston, IA	1:18:08
118	11 M40	Perry Xu, 43, Clive, IA	1:18:11
119	12 M40	Ryan Judas, 40, Urbandale, IA	1:18:12
120	13 M35	Chris Compton, 37, Ankeny, IA	1:18:16
121	14 M35	Tom Handorf, 37, Gladbrook, IA	1:18:21
122	13 M40	Alex Van Quathem, 43, Urbandale, IA	1:18:42
123	4 W35	Sarah Zinn-Burggraaf, 35*, Clive, IA	1:18:53
124	7 M60	Richard Martin, 64, Ames, IA	1:18:55
125	12 M30	Ben Barndollar, 33, Des Moines, IA	1:18:57
126	10 W30	Tara Notz, 34*, Ankeny, IA	1:19:04
127	2 W45	Brenda O'Hare, 45*, Ankeny, IA	1:19:27
128	15 M35	Clint Jones, 38, West Des Moines, IA	1:19:39
129	14 M50	David Teachout, 53, Des Moines, IA	1:19:43
130	7 W40	Melissa O'Connor, 40*, Johnston, IA	1:19:44
131	8 M60	Sam Fisher, 64, Boone, IA	1:19:44
132	3 W45	Amy Harris, 48*, Des Moines, IA	1:19:45
133	14 M45	Brian Terhark, 45, Clive, IA	1:19:55
134	14 M40	David Schneider, 42, Clive, IA	1:19:55
135	15 M50	Randy Westman, 54, Russell, IA	1:19:56
136	2 M65	Mike May, 66, Indianola, IA	1:20:03
137	4 W45	Theresa McClure, 45*, Johnston, IA	1:20:04
138	15 M40	Tony Guerra, 41, Ankeny, IA	1:20:10
139	11 W30	Shawna Stevenson, 34*, Kellogg, IA	1:20:14
140	16 M50	Kent Kelderman, 54, Ankeny, IA	1:20:16
141	1 W55	Beth Henriksen, 57*, Ames, IA	1:20:35
142	16 M40	Brian Oetken, 41, Urbandale, IA	1:20:41
143	16 M35	Nate Hunt, 36, West Des Moines, IA	1:20:52
144	9 M60	Al Hildestad, 64, Des Moines, IA	1:20:57
145	12 W30	Jessica McLeran, 32*, Urbandale, IA	1:21:05
146	10 M25	Lance Johnston, 29, Huxley, IA	1:21:25
147	5 W35	Macenzie Rubin, 36*, Ankeny, IA	1:21:37
148	5 W45	Jerri Kleihauer, 47*, Clive, IA	1:21:44
149	15 M45	Dan Holm, 48, Ankeny, IA	1:21:51
150	6 W45	Melissa Yolish, 45*, Urbandale, IA	1:21:54
151	17 M40	Jeffrey Steenhoek, 43, Des Moines, IA	1:21:55
152	8 W40	Jeanna English, 41*, West Des Moines, IA	1:21:56
153	2 W50	Martha Freeman, 50*, Urbandale, IA	1:22:00
154	13 M30	Karen Mathes, 30, Polk City, IA	1:22:00
155	6 W35	Erin Lewis, 35*, Polk City, IA	1:22:01
156	18 M40	Mark Mathison, 43, Ames, IA	1:22:07
157	16 M45	Dan Gornick, 49, Norwalk, IA	1:22:13
158	17 M45	Kent Bain, 48, West Des Moines, IA	1:22:20
159	9 W40	Lisa Schwarte, 42*, West Des Moines, IA	1:22:22
160	1 JrW	Shivani Kumaresan, 14*, Des Moines, IA	1:22:25
161	13 W30	Kathy Flickinger, 30*, Ankeny, IA	1:22:25
162	19 M40	Alan Wanamaker, 43, Ames, IA	1:22:26
163	10 W40	Kelcy Lofgren, 43*, Ankeny, IA	1:22:29
164	2 W55	Veronica Demmel, 57*, Marshalltown, IA	1:22:30

165	7 W45	Kelly Shelley, 48*, Clive, IA	1:22:33
166	18 M45	Cj Osborn, 48, Newton, IA	1:22:44
167	20 M40	Jason Wittmer, 42, Clive, IA	1:22:51
168	14 M30	Daniel Mick, 33, Urbandale, IA	1:22:55
169	7 W35	Nikki Roetman, 39*, Urban Dale, IA	1:23:04
170	17 M35	Edwin Rosado II, 39, Ankeny, IA	1:23:06
171	8 W35	Susanne Kennedy, 36*, Des Moines, IA	1:23:09
172	11 W40	Dotty Johnson, 43*, Urbandale, IA	1:23:11
173	3 W50	Sue Schmitz, 52*, Des Moines, IA	1:23:12
174	21 M40	Frank Wennerholt, 41, Grimes, IA	1:23:30
175	15 M30	Bret Nelson, 33, Grimes, IA	1:23:38
176	12 W40	Lisa Hovey, 42*, Urbandale, IA	1:23:38
177	19 M45	Bryan Pollpeter, 45, Runnells, IA	1:23:41
178	8 W45	Dawn Wellman, 49*, Johnston, IA	1:23:43
179	9 W45	Leah Tokheim, 49*, Johnston, IA	1:23:43
180	4 M55	Terry Lint, 59, Clive, IA	1:23:49
181	22 M40	George Stock, 43, Ankeny, IA	1:23:53
182	1 M70	Clay Whiteis, 71, Des Moines, IA	1:23:53
183	5 M55	Thomas McGrath, 57, Elk River, MN	1:24:00
184	23 M40	Michael Mock, 43, West Des Moines, IA	1:24:21
185	9 W35	Mary DeCarlo, 35*, Truro, IA	1:24:29
186	1 W60	Maggie Haaland, 61*, Ames, IA	1:24:36
187	14 W30	Memory Eltjes, 34*, Waukee, IA	1:24:40
188	4 W25	Jenny Vinzant, 29*, West Des Moines, IA	1:24:46
189	2 W60	Kathi Dellaca, 60*, Windsor Heights, IA	1:24:55
190	13 W40	Carrie Wright, 40*, West Des Moines, IA	1:24:58
191	2 M70	Tom Kirkwood, 70, Dyersville, IA	1:24:58
192	16 M30	Jeremy Koons, 33, Waukee, IA	1:24:59
193	10 W35	Kristi Emick, 36*, Ankeny, IA	1:24:59
194	20 M45	Scott Bandy, 48, Indianola, IA	1:25:08
195	21 M45	Sean Wolfe, 49, Urbandale, IA	1:25:14
196	22 M45	Mike Mohan, 45, Clive, IA	1:25:17
197	11 W35	Erin Hunt, 35*, West Des Moines, IA	1:25:34
198	6 M55	John Curtin, 57, Des Moines, IA	1:25:35
199	10 M60	Bill Parks, 60, Des Moines, IA	1:25:36
200	12 W35	Lauri Meythaler-Mullins, 35*, Des Moines, IA	1:25:48
201	1 W15	Madeline Browning, 17*, Des Moines, IA	1:25:49
202	18 M35	Paxton Bennett, 39, Des Moines, IA	1:25:52
203	4 W50	Cindy De Prenger, 53*, Otley, IA	1:25:59
204	15 W30	Cara Rexroat, 31*, Des Moines, IA	1:26:09
205	5 W50	Wilma Osmun, 53*, Creston, IA	1:26:15
206	16 W30	Liz Adelman, 32*, Des Moines, IA	1:26:19
207	17 W30	Erin Lehman, 34*, Urbandale, IA	1:26:34
208	11 M60	Lee Tesdell, 62, Slater, IA	1:26:36
209	24 M40	Matt Meter, 43, Ankeny, IA	1:26:37
210	14 W40	Erin Rewerts, 43*, Nevada, IA	1:26:38
211	15 W40	Tricia Crain, 40*, Nevada, IA	1:26:39
212	19 M35	Asween Mallick, 35, Des Moines, IA	1:26:50
213	3 M65	Roy Ney, 65, Des Moines, IA	1:26:58
214	20 M35	Benjamin McAlister, 36, Johnston, IA	1:27:04
215	13 W35	Lacey Paine, 36*, Urbandale, IA	1:27:06
216	14 W35	Jennifer Butler, 36*, West Des Moines, IA	1:27:16
217	18 W30	Abby Buhrow, 34*, Norwalk, IA	1:27:17
218	16 W40	Michelle Madden, 40*, West Des Moines, IA	1:27:20
219	6 W50	Denise Charter-Jones, 52*, Urbandale, IA	1:27:24
220	10 W45	Rebecca Brannan, 48*, Urbandale, IA	1:27:24
221	5 W25	Rebekah Clark-Bryner, 29*, Ames, IA	1:27:26
222	11 M25	Craig Neiderheiser, 27, Altoona, IA	1:27:39
223	17 M50	Rick Krause, 53, Clive, IA	1:27:39

224	21 M35	David Schwendinger, 38, Des Moines, IA	1:28:02
225	19 W30	Courtney Behrens, 33*, West Des Moines, IA	1:28:02
226	4 M65	Gene Behrens, 65, Des Moines, IA	1:28:04
227	7 M55	Steven Wandro, 56, Des Moines, IA	1:28:07
228	17 W40	Stephanie Wignall, 43*, Ankeny, IA	1:28:08
229	18 M50	Michael Lee, 54, Ames, IA	1:28:12
230	12 M60	David Friedgood, 64, West Des Moines, IA	1:28:20
231	12 M25	Keith Kistenmacher, 28, West Des Moines, IA	1:28:37
232	25 M40	Tim Houlette, 41, Altoona, IA	1:28:37
233	8 M55	John Vujnovich, 59, Des Moines, IA	1:28:42
234	11 W45	Jodi Runge, 48*, Des Moines, IA	1:28:47
235	20 W30	Erin Sawhill, 31*, Des Moines, IA	1:28:52
236	19 M50	Mike Mathewson, 54, Pella, IA	1:29:02
237	15 W35	Krista Banyas, 38*, Pleasant Hill, IA	1:29:09
238	21 W30	Jennifer Jones, 34*, Urbandale, IA	1:29:10
239	20 M50	Cody Kilgore, 52, Adel, IA	1:29:16
240	21 M50	Scott Franklin, 53, Urbandale, IA	1:29:18
241	3 W55	Karen Riley, 56*, West Des Moines, IA	1:29:25
242	16 W35	Katie Sudler, 36*, Winterset, IA	1:29:25
243	26 M40	Marty Wolske, 41, West Des Moines, IA	1:29:27
244	23 M45	Scott Mortimer, 48, Cumming, IA	1:29:28
245	12 W45	Penny Luthens, 47*, Urbandale, IA	1:29:28
246	17 W35	Michelle Roozeboom, 35*, West Des Moines, IA	1:29:30
247	4 W55	Joyce A Vance, 56*, Des Moines, IA	1:29:34
248	9 M55	Terry Eason, 56, Waukee, IA	1:29:34
249	22 M50	Jeff Damman, 51, Ankeny, IA	1:29:38
250	18 W35	Michelle Kalb, 37*, Waukee, IA	1:29:39
251	5 W55	Betsy Happe, 55*, Urbandale, IA	1:29:44
252	18 W40	Teri Johnson, 43*, Urbandale, IA	1:29:46
253	19 W40	Jennifer Fejfar, 43*, Urbandale, IA	1:29:51
254	27 M40	Dan Uppena, 41, Urbandale, IA	1:29:52
255	10 M55	Paul Erickson, 57, Urbandale, IA	1:30:07
256	11 M55	Rick Riley, 56, West Des Moines, IA	1:30:11
257	1 M15	Carlos Buendia, 17, Des Moines, IA	1:30:12
258	28 M40	Mark Hanrahan, 44, Urbandale, IA	1:30:13
259	29 M40	Jonathan Montpas, 40, Des Moines, IA	1:30:14
260	22 W30	Andrea Reser, 34*, Urbandale, IA	1:30:16
261	2 M15	Nate Jones, 15, Des Moines, IA	1:30:17
262	22 M35	Anthony Cendana, 38, Cumming, IA	1:30:17
263	20 W40	Melissa Gatzionis, 42*, Urbandale, IA	1:30:19
264	19 W35	Amy Hanrahan, 35*, West Des Moines, IA	1:30:20
265	24 M45	Larry Gaston, 46, Des Moines, IA	1:30:20
266	2 W20	Alyssa Schwartz, 22*, West Des Moines, IA	1:30:20
267	23 M50	Brad Riley, 50, Urbandale, IA	1:30:26
268	23 W30	Trina Flack, 32*, Ankeny, IA	1:30:29
269	24 W30	Jennifer Rogers, 33*, Nevada, IA	1:30:30
270	12 M55	David Luers, 55, Bondurant, IA	1:30:38
271	3 M15	Sam Elsbernd, 16, Des Moines, IA	1:31:12
272	13 M25	Ajdin Hedzic, 25, Ankeny, IA	1:31:13
273	25 M45	Bryant Siefken, 46, Des Moines, IA	1:31:19
274	20 W35	Gentry Smith, 36*, Des Moines, IA	1:31:23
275	24 M50	Steve Timmons, 53, Pleasantville, IA	1:31:24
276	21 W35	Jenae Halstead, 35*, Dsm, IA	1:31:26
277	7 W50	Jill Oconnell, 50*, Urbandale, IA	1:31:36
278	6 W25	Lauren Whitney, 29*, West Des Moines, IA	1:31:38
279	7 W25	Ashley Edwards, 29*, West Des Moines, IA	1:31:38
280	13 W45	Jean Dingeman, 49*, Pella, IA	1:31:46
281	23 M35	Brant Sharp, 35, Des Moines, IA	1:32:08

282	22 W35	Jeni Sundermeyer, 38*, Pleasant Hill, IA	1:32:09
283	5 M65	Larry Farrell, 66, Des Moines, IA	1:32:09
284	23 W35	Jamie Hackett, 37*, Waukee, IA	1:32:17
285	24 M35	Eric Raker, 39, Des Moines, IA	1:32:23
286	24 W35	Lauri Ericson, 37*, Des Moines, IA	1:32:33
287	8 W25	Laura Albrecht, 26*, Ankeny,, Ia	1:32:42
288	3 W60	Elaine Van Dyck, 60*, Des Moines, IA	1:32:49
289	25 W35	Heather Spong, 37*, Pella, IA	1:32:51
290	26 W35	Kelly Munter, 35*, Ankeny, IA	1:32:55
291	25 W30	Melissa Starr, 33*, Ankeny, IA	1:32:57
292	8 W50	Kim Taylor, 52*, West Des Moines, IA	1:32:58
293	25 M35	Jonathan Russell, 37, Urbandale, IA	1:32:59
294	21 W40	Tami Draper, 43*, Des Moines, IA	1:33:20
295	22 W40	Chris Mathews, 44*, Des Moines, IA	1:33:22
296	25 M50	Patrick Weepie, 52, Altoona, IA	1:33:26
297	26 M45	Tod McComb, 48, Des Moines, IA	1:33:52
298	14 W45	Meredith Drummond, 45*, Des Moines, IA	1:33:55
299	27 M45	Brian Bowman, 47, Des Moines, IA	1:33:56
300	9 W50	Rebecca Banzhaf, 51*, Marshalltown, IA	1:34:01
301	4 M15	Quamb Phong, 19, Des Moines, IA	1:34:05
302	26 M35	Burton Joseph, 35, West Des Moines, IA	1:34:06
303	28 M45	Steven Behrends, 45, West Des Moines, IA	1:34:23
304	30 M40	Patrick Leer, 40, Waukee, IA	1:34:28
305	27 W35	Sara Cutler, 37*, Carlisle, IA	1:34:33
306	15 W45	Robin Casmirri, 45*, Clive, IA	1:34:36
307	23 W40	Janet Lose, 40*, Des Moines, IA	1:34:37
308	26 W30	Dawn Gries, 32*, Des Moines, IA	1:34:37
309	27 W30	Jennifer Horner, 30*, Waukee, IA	1:34:38
310	26 M50	Dan Schmitz, 51, Des Moines, IA	1:34:38
311	6 M65	Duane Osmun, 65, Creston, IA	1:34:45
312	10 W50	Sally Finder Weepie, 50*, Altoona, IA	1:34:57
313	28 W35	Susan Harris, 39*, West Des Moines, IA	1:34:58
314	29 M45	Erik Luthens, 49, Urbandale, IA	1:35:00
315	6 W55	Julia Batten, 57*, Carlisle, IA	1:35:06
316	24 W40	Jennifer York, 44*, Ames, IA	1:35:16
317	27 M50	Tim Gehm, 52, Johnston, IA	1:35:21
318	25 W40	Jill Bartachek, 42*, Wdsm, IA	1:35:25
319	4 W60	Christine Mondak, 61*, Ames, IA	1:35:54
320	29 W35	Jennifer McNichols, 37*, Ankeny, IA	1:35:55
321	26 W40	Kelly Roberson, 43*, Des Moines, IA	1:36:03
322	2 W15	E Keeghan Corcoran, 17*, Des Moines, IA	1:36:09
323	28 M50	Todd Weber, 50, Earlham, IA	1:36:10
324	3 W15	Adrienne Robinson, 17*, Des Moines, IA	1:36:16
325	17 M30	Josh Wright, 30, West Des Moines, IA	1:36:16
326	13 M60	Mark McGrath, 64, Des Moines, IA	1:36:18
327	4 W15	Jordan Rhodes, 18*, Des Moines, IA	1:36:23
328	27 W40	Cindy Elsbernd, 42*, Des Moines, IA	1:36:24
329	5 W15	Vi Nguyen, 19*, Des Moines, IA	1:36:41
330	18 M30	Hieu Nguyen, 34, Des Moines, IA	1:36:42
331	28 W30	Tiffany Kayser, 33*, Cambridge, IA	1:37:00
332	11 W50	Patti Wachtendorf, 54*, Des Moines, IA	1:37:09
333	30 W35	Stacie Feilmeier, 39*, Clive, IA	1:37:12
334	31 W35	Tanya Teeter, 35*, Clive, IA	1:37:12
335	28 W40	Melanie Loecke, 44*, Urbandale, IA	1:37:14
336	16 W45	Sonya Johnson, 46*, Clive, IA	1:37:15
337	31 M40	Tim Runyan, 44, Waukee, IA	1:37:24
338	17 W45	Kristin Runyan, 45*, Waukee, IA	1:37:24
339	6 W15	Tran Nguyen, 15*, Des Moines, IA	1:37:41
340	30 M45	Tom Morris, 49, West Des Moines, IA	1:37:42
341	19 M30	Matt Hoffman, 32, West Des Moines, IA	1:37:44
342	32 M40	Dan McElroy, 40, West Des Moines, IA	1:38:03
343	32 W35	Maura Miller, 35*, Ankeny, IA	1:38:17

344	33 M40	Nathan Schmidt, 44, Altoona, IA	1:38:36
345	29 W40	Sue Shivers, 44*, Bondurant, IA	1:38:37
346	20 M30	Huy Huynh, 32, Urbandale, IA	1:38:38
347	21 M30	Josh Welter, 31, Saint Paul, MN	1:38:42
348	7 W55	Natalie Welter, 55*, Story City, IA	1:38:42
349	34 M40	Kelly Cordaro, 42, Johnston, IA	1:38:57
350	18 W45	Marci Cordaro, 46*, Johnston, IA	1:38:57
351	8 W55	Susan Duoblys, 58*, Des Moines, IA	1:38:58
352	12 W50	Tammy Newton, 50*, Carlisle, IA	1:39:21
353	31 M45	Jamie Lawler, 45, West Des Moines, IA	1:39:40
354	35 M40	John Hoelker, 41, Dexter, IA	1:39:44
355	32 M45	Ronald Pins, 45, Cedar Rapids, IA	1:39:57
356	3 W20	Elena Davis, 21*, West Des Moines, IA	1:40:00
357	30 W40	Jamie Bachman, 44*, West Des Moines, IA	1:40:23
358	27 M35	Kyle Brown, 38, Des Moines, IA	1:40:23
359	9 W25	Leah Neal, 25*, Des Moines, IA	1:40:25
360	29 W30	Megan Roettger, 33*, Clive, IA	1:40:38
361	33 W35	Melanie Staver, 39*, Afton, IA	1:40:46
362	13 W50	Kagendo Randall, 51*, Urbandale, IA	1:40:54
363	33 M45	Joe Akers, 48, Grimes, IA	1:41:20
364	19 W45	Heather Behrends, 45*, West Des Moines, IA	1:41:33
365	7 W15	Yaneth Almendarez, 15*, Des Moines, IA	1:41:34
366	14 W50	Jan Atchison, 54*, Rhodes, IA	1:41:34
367	8 W15	Justis Head, 17*, Des Moines, IA	1:41:46
368	1 W65	Marie Quanbeck, 65*, Newton, IA	1:41:46
369	30 W30	Candace Clark, 33*, Marion, IA	1:42:08
370	31 W30	Sarah Riggins, 31*, West Des Moines, IA	1:42:08
371	34 W35	Amy Kissell, 39*, Des Moines, IA	1:42:09
372	32 W30	Andrea Kjos, 32*, Ankeny, IA	1:42:16
373	10 W25	Mollie Tjelmeland, 29*, Roland, IA	1:42:46
374	9 W55	Jackie Kunnen, 57*, West Des Moines, IA	1:42:53
375	15 W50	Christine Brandenburg, 50*, Urbandale, IA	1:42:56
376	31 W40	Michelle Spencer, 43*, West Des Moines, IA	1:43:16
377	32 W40	Mary Kottmeyer, 41*, West Des Moines, IA	1:43:21
378	33 W40	Kate Walton, 41*, Indianola, IA	1:43:22
379	34 W40	Brenda Jackson, 41*, Waukee, IA	1:43:23
380	35 W35	Amy Fallis, 39*, Pleasantville, IA	1:43:40
381	36 W35	Joyana Pilquist, 37*, Clive, IA	1:43:42
382	37 W35	Beth Jones, 36*, West Des Moines, IA	1:43:44
383	38 W35	Michele Loder, 38*, West Des Moines, IA	1:43:45
384	16 W50	Colleen De Bruin, 53*, Urbandale, IA	1:43:47
385	3 M70	Bill Lawless, 70, Des Moines, IA	1:43:55
386	13 M55	Mark Hacker, 59, Des Moines, IA	1:43:56
387	39 W35	Erika Eckley, 39*, Carlisle, IA	1:45:23
388	35 W40	Sally Overton, 43*, Des Moines, IA	1:46:01
389	17 W50	Kim Smith, 50*, Urbandale, IA	1:46:07
390	11 W25	Rebecca Miller, 28*, Clive, IA	1:46:43
391	33 W30	Melissa Garrels, 33*, Clive, IA	1:46:43
392	40 W35	Stephanie Edler, 37*, State Center, Iowa	1:46:50
393	36 W40	Kate Rodriguez, 40*, Des Moines, IA	1:46:54
394	34 W30	Lisa Brunner, 34*, Des Moines, IA	1:47:05
395	35 W30	Nicole Essink, 33*, Altoona, IA	1:47:07
396	37 W40	Tracy Hansen, 43*, Story City, IA	1:47:47
397	41 W35	Terri Hogan, 38*, Ankeny, IA	1:47:48
398	36 W30	Tee Thomas, 30*, Story City, IA	1:47:51
399	37 W30	Amanda Freel, 30*, Ankeny, IA	1:48:12
400	9 W15	Sarah Nguyen, 17*, Des Moines, IA	1:48:49
401	38 W30	Carrie Baker, 30*, Martensdale, IA	1:48:54
402	39 W30	Kirsten Garland, 32*, Waukee, IA	1:48:59

403	22 M30	Zack Sammler, 30, Waukee, IA	1:48:59
404	5 W60	Caryn Westman, 61*, Russell, IA	1:50:05
405	12 W25	Candice Fantauzzi, 29*, Des Moines, IA	1:50:19
406	42 W35	Vanessa Blanchfield, 37*, Des Moines, IA	1:50:20
407	40 W30	Julianna Tunney, 30*, Des Moines, IA	1:51:35
408	14 M60	Earl Smith, 64, Des Moines, IA	1:51:49
409	14 M55	Brian Anstedt, 56, Norwalk, IA	1:51:50
410	18 W50	Janet Hircock, 53*, Adel, IA	1:51:56
411	10 W15	Jazzaray James, 15*, Des Moines, IA	1:52:12
412	4 W20	Kelsi Kordick, 22*, Norwalk, IA	1:52:28
413	38 W40	Noreen Nsereko, 40*, Johnston, IA	1:52:29
414	19 W50	Lucy Riggins, 52*, Des Moines, IA	1:53:17
415	13 W25	Kellee Wilson, 29*, Johnston, IA	1:53:26
416	43 W35	Christa LePorte, 39*, West Des Moines, IA	1:54:50
417	41 W30	Amber Johnson, 31*, West Des Moines, IA	1:55:41
418	14 W25	Bianca Brashear, 28*, Altoona, IA	1:55:59
419	11 W15	Amber McCall, 17*, Des Moines, IA	1:56:21
420	39 W40	Maggie Rhodes, 41*, Des Moines, IA	1:56:33
421	42 W30	Heidi Sharp, 34*, Des Moines, IA	1:57:02
422	44 W35	Stacey Lyman, 35*, Bondurant, IA	1:57:02
423	5 W20	Rosa Bonilla, 22*, Des Moines, IA	1:58:01
424	12 W15	Asana Zilk, 17*, Des Moines, IA	1:58:02
425	45 W35	Lori Lincoln, 35*, Ankeny, IA	1:59:02
426	13 W15	Brittany Nguyen, 15*, Des Moines, IA	1:59:02
427	29 M50	Joseph Romano, 52, Johnston, IA	2:01:21
428	7 M65	Dick Hogan, 67, Urbandale, IA	2:03:01
429	30 M50	Tim Cutler, 51, Carlisle, IA	2:03:23
430	5 M15	Jake Rhodes, 15, Des Moines, IA	2:03:25
431	14 W15	Olivia Fox, 16*, Des Moines, IA	2:03:35
432	34 M45	Barry Jones, 45, Des Moines, IA	2:03:38
433	46 W35	Stacey Miller, 35*, Clinton, IA	2:03:46
434	43 W30	Latisha Little, 33*, Des Moines, IA	2:04:16
435	20 W50	Karen Romano, 52*, Johnston, IA	2:04:36
436	15 W25	Melissa Pasker, 28*, Bondurant, IA	2:06:25
437	15 W15	Ollivia Enos, 17*, Des Moines, IA	2:06:26
438	21 W50	Renee Davlin, 53*, Des Moines, IA	2:08:50

* indicates females

9 finishers among Males (no age given)

1 finishers among Men Under 15

5 finishers among Men 15 - 19

5 finishers among Men 20 - 24

13 finishers among Men 25 - 29

22 finishers among Men 30 - 34

27 finishers among Men 35 - 39

35 finishers among Men 40 - 44

34 finishers among Men 45 - 49

30 finishers among Men 50 - 54

14 finishers among Men 55 - 59

14 finishers among Men 60 - 64

7 finishers among Men 65 - 69

3 finishers among Men 70 & Up

1 finishers among Women Under 15

15 finishers among Women 15 - 19

5 finishers among Women 20 - 24

15 finishers among Women 25 - 29

43 finishers among Women 30 - 34

46 finishers among Women 35 - 39

39 finishers among Women 40 - 44

19 finishers among Women 45 - 49

21 finishers among Women 50 - 54

9 finishers among Women 55 - 59

5 finishers among Women 60 - 64
1 finishers among Women 65 - 69
219 male finishers
219 female finishers
438 total finishers

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