

# 5th Run with the Police 5k

Des Moines, IA

May 18, 2019

60s and sunny

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.

Last updated May 18, 2019 11:03 AM

CLASS				
PLACE	PLACE	FINISHER	TIME	PACE
1	1 M20	Jake Sutton, 27, Waukee, IA	17:44	5:42
Pace: <a href="#">6:00</a>   <a href="#">7:00</a>   <a href="#">8:00</a>   <a href="#">9:00</a>   <a href="#">10:00</a>   <a href="#">11:00</a>   <a href="#">12:00</a>   <a href="#">13:00</a>   <a href="#">14:00</a>   <a href="#">15:00</a>   <a href="#">Top</a>				
2	2 M20	Brady Horner, 26, Waukee, IA	18:40	6:00
3	1 M30	Bruce Huckfeldt, 38, Waukee, IA	19:58	6:26
4	3 M20	Nicholes Knoebber, 24, Ames, IA	19:59	6:26
1	1 W30	Mischa Impossible, 36*, West Des Moines, IA	20:03	6:27
5	1 JrM	Cooper Majors, 15, Ankeny, IA	20:23	6:34
6	1 M40	Dave Zimmer, 47, Polk City, IA	20:33	6:37
7	2 M30	Mike Lovelady, 35, Des Moines, IA	20:46	6:41
8	4 M20	Matthew Gulleen, 26, Ames, IA	20:53	6:43
9	3 M30	Ben Carter, 35, Waukee, IA	21:15	6:50
10	4 M30	Mark Neyens, 30, Des Moines, IA	21:27	6:54
2	1 W40	Angelica Grubel, 48*, Ormond Beach, FL	21:35	6:57
Pace: <a href="#">6:00</a>   <a href="#">7:00</a>   <a href="#">8:00</a>   <a href="#">9:00</a>   <a href="#">10:00</a>   <a href="#">11:00</a>   <a href="#">12:00</a>   <a href="#">13:00</a>   <a href="#">14:00</a>   <a href="#">15:00</a>   <a href="#">Top</a>				
11	5 M30	Clint Varley, 38, West Des Moines, IA	21:52	7:02
3	2 W30	Heather Iburg, 38*, Saint Charles, IA	22:00	7:05
4	1 JrW	Ikilas Hasan, 16*, North High School	22:00	7:05
12	2 JrM	Hunter Trogden, 17, Lincoln High School	22:00	7:05
13	3 JrM	Austin Kuebler, 16, Des Moines, IA	22:01	7:05
14	5 M20	Bo Woolman, 29, Des Moines, IA	22:04	7:06

15	1 M60	John Taylor III, 60, Des Moines, IA	22:25	7:13
16	4 JrM	Yogesh Gurung, 17, North High School	22:26	7:13
5	1 W20	Jane Simpson, 29*, Des Moines, IA	22:43	7:18
17	5 JrM	Braden Blackorby, 13, Johnston, IA	22:49	7:20
18	1 M50	Mike Loss, 53, Clive, IA	23:28	7:33
19	6 M20	Josh Boeschon, 24, Des Moines, IA	23:43	7:38
20	2 M50	Jim Sandor, 53, West Des Moines, IA	23:45	7:38
21	7 M20	David Drucker, 27, West Des Moines, IA	23:46	7:39
22	6 JrM	Carson Cornwell, 12, Johnston, IA	23:50	7:40
23	8 M20	Myles Schrage, 27, Ankeny, IA	24:07	7:46
24	6 M30	Siddhartha Shrivastav, 36, West Des Moines, IA	24:10	7:46
25	3 M50	Todd Eipperle, 54, Ankeny, IA	24:18	7:49
6	2 W40	Kristy Pomrenke, 46*, Ankeny, IA	24:19	7:50
7	2 W20	Traci Rimbey, 28*, Des Moines, IA	24:29	7:53
26	7 M30	Luke Harden, 35, Grimes, IA	24:34	7:54
27	8 M30	Cole Schinkel, 34, Ankeny, IA	24:41	7:56
Pace: <a href="#">6:00</a>   <a href="#">7:00</a>   <a href="#">8:00</a>   <a href="#">9:00</a>   <a href="#">10:00</a>   <a href="#">11:00</a>   <a href="#">12:00</a>   <a href="#">13:00</a>   <a href="#">14:00</a>   <a href="#">15:00</a>   <a href="#">Top</a>				
28	7 JrM	Jack Power, 13, West Des Moines, IA	24:55	8:01
8	3 W30	Kari Hernandez, 32*, Pleasant Hill, IA	24:57	8:02
29	8 JrM	Alexis Juarez, 17, North High School	24:59	8:02
9	3 W40	Alicia Ballantini, 40*, Grimes, IA	25:10	8:06
30	4 M50	Douglas Philiph, 59, Des Moines, IA	25:18	8:08
31	2 M60	Mark Eikenberry, 63, Des Moines, IA	25:19	8:09
10	4 W40	Amy Mulhern, 47*, Ankeny, IA	25:22	8:10
11	4 W30	Amy Darr, 33*, West Des Moines, IA	25:36	8:14
32	5 M50	John Leto, 51, Des Moines, IA	25:52	8:19
12	1 W50	Lisa McCullough, 50*, Polk City, IA	26:07	8:24
33	9 M20	Alex Anderson, 25, Marshalltown, IA	26:08	8:24
34	10 M20	Zach Dykstra, 24, Ankeny, IA	26:08	8:25
35	9 M30	Todd Olson, 30, Des Moines, IA	26:08	8:25
36	9 JrM	Bryan Salgado, 16, North High School	26:18	8:28

37	10 JrM	Faisal Madmud, 16, North High School	26:20	8:29
38	11 JrM	Austin Eiskant, 17, Lincoln High School	26:21	8:29
39	12 JrM	Roman Levine, 12, West Des Moines, IA	26:25	8:30
40	13 JrM	Noah Santizo, 9, Urbandale, IA	26:29	8:31
13	5 W30	Alaina Santizo, 37*, Urbandale, IA	26:29	8:31
14	5 W40	Deb VanVelzen, 48*, Cumming, IA	26:32	8:32
41	2 M40	Eric Vaughn, 49, Perry, IA	26:34	8:33
42	14 JrM	Ro Maung, 16, North High School	26:34	8:33
43	3 M40	Reggie Torno, 46, West Des Moines, IA	26:36	8:34
44	6 M50	Peter Grubel, 57, Ormond Beach, FL	26:46	8:37
15	3 W20	Christina Ulrey, 27*, Des Moines, IA	26:59	8:41
45	4 M40	Robert Rasmussen, 46, Des Moines, IA	27:10	8:45
46	10 M30	Matthew York, 32, Grimes, IA	27:14	8:46
16	2 W50	Jennifer Bushbaum, 53*, Urbandale, IA	27:16	8:47
47	15 JrM	Eric Tello, 17, North High School	27:20	8:48
48	11 M20	Taylor Rasmussen, 28, Des Moines, IA	27:25	8:49
17	6 W30	Ann McTaggart, 36*, Des Moines, IA	27:29	8:51
49	11 M30	Oscar Terrazas, 38, Pleasant Hill, IA	27:34	8:52
50	16 JrM	Hae Blu Ar, 17, North High School	27:35	8:52
18	7 W30	Amberlei Roth, 31*, Collins, IA	27:38	8:53
19	8 W30	Lauren Clark, 36*, Des Moines, IA	27:40	8:54
51	12 M20	Joshua Zieman, 28, West Des Moines, IA	27:40	8:54
52	5 M40	Ross Aronson, 40, Adel, IA	27:47	8:56
53	17 JrM	Parker Swigert, 18, North High School	27:55	8:59
Pace: <a href="#">6:00</a>   <a href="#">7:00</a>   <a href="#">8:00</a>   <a href="#">9:00</a>   <a href="#">10:00</a>   <a href="#">11:00</a>   <a href="#">12:00</a>   <a href="#">13:00</a>   <a href="#">14:00</a>   <a href="#">15:00</a>   <a href="#">Top</a>				
54	12 M30	Pravinkumar Gangadharan, 35, Des Moines, IA	27:58	9:00
55	13 M30	Kevin Sanders, 32, Urbandale, IA	28:01	9:01
20	3 W50	Becky Wilson, 57*, Des Moines, IA	28:05	9:02
21	4 W20	Laura Twiford, 24*, West Des Moines, IA	28:07	9:03
22	4 W50	Annette Westberg, 50*, Woodward, IA	28:07	9:03
56	6 M40	Matt Shelton, 45, Des Moines, IA	28:10	9:04
57	7 M50	Matt Meendering, 51, Clive, IA	28:11	9:04

58	14 M30	Rocky Phetdavieng, 31, Des Moines, IA	28:17	9:06
23	6 W40	Cinnamon Schulz, 43*, Carlisle, IA	28:25	9:09
59	18 JrM	Brandon Cox, 12, Villisca, IA	28:31	9:11
60	15 M30	Travis Roseberry, 35, West Des Moines, IA	28:31	9:11
61	16 M30	Brian Fyfe, 31, Adel, IA	28:33	9:11
24	5 W50	Lisa Rempe, 51*, Urbandale, IA	28:34	9:12
62	17 M30	Luke Sieleman, 38, Urbandale, IA	28:38	9:13
25	5 W20	Tiffany Drucker, 27*, West Des Moines, IA	28:38	9:13
26	9 W30	Ashley Funkhauser, 37*, Des Moines, IA	28:41	9:14
27	10 W30	Hali Woods, 32*, Des Moines, IA	28:43	9:14
28	11 W30	Kaitlin Courtney, 30*, Adel, IA	28:47	9:16
63	13 M20	Jake Berman, 29, Des Moines, IA	28:48	9:16
64	14 M20	Devin DePhillips, 28, Ankeny, IA	28:54	9:18
65	8 M50	Mark Whitfield, 50, Des Moines, IA	28:55	9:18
66	18 M30	Rob Lembke, 35, Windsor Heights, IA	28:58	9:19
67	19 M30	David Kuntz, 32, Des Moines, IA	29:00	9:20
29	6 W20	Hali VanVelzen, 23*, Des Moines, IA	29:08	9:22
68	9 M50	Joedy VanVelzen, 56, Cumming, IA	29:08	9:22
30	7 W20	Morgan Maharry, 25*, Des Moines, IA	29:09	9:23
31	2 JrW	Macin Ling, 9*, Des Moines, IA	29:10	9:23
69	15 M20	Trey Newman, 22, Des Moines, IA	29:15	9:25
70	3 M60	David Brandt, 64, Urbandale, IA	29:21	9:27
71	19 JrM	Lucas Brandt, 8, Granger, IA	29:21	9:27
72	20 M30	Scott Palmer, 35, Lake Park, IA	29:28	9:29
73	20 JrM	Lucas Casas, 17, North High School	29:31	9:30
74	4 M60	Tim Woods, 69, Des Moines, IA	29:32	9:30
75	7 M40	Anthony Ballantini, 46, Grimes, IA	29:40	9:33
32	12 W30	Melissa Bjurstrom, 34*, Ankeny, IA	29:43	9:34
76	21 M30	Hans Sickles, 34, Urbandale, IA	29:50	9:36
33	3 JrW	Madeline Chambers, 15*, Altoona, IA	29:57	9:38
34	7 W40	Danielle Shelton, 48*, Urbandale, IA	29:59	9:39
35	4 JrW	Josie Chapman, 8*, Clive, IA	30:03	9:40

36	13	W30	Jolyn Chapman, 38*, Clive, IA	30:03	9:40
37	14	W30	Mikayla Thompson, 30*, Grimes, IA	30:03	9:40
77	22	M30	Micah Thompson, 36, Grimes, IA	30:04	9:40
38	8	W20	Kassandra Sprecher, 26*, Des Moines, IA	30:17	9:45
78	16	M20	Gibson Akers, 25, Des Moines, IA	30:19	9:45
39	6	W50	Andrea Weber, 59*, Newhall, IA	30:24	9:47
40	15	W30	Louise Price, 37*, Grimes, IA	30:36	9:51
41	9	W20	Haley Vaughn, 20*, Perry, IA	30:39	9:52
79	8	M40	Scott Decker, 45, Des Moines, IA	30:40	9:52
80	21	JrM	Tebaira Abede, 16, North High School	30:40	9:52
42	16	W30	Heather Albertson, 35*, Pleasant Hill, IA	30:41	9:53
81	23	M30	David Gee, 34, Ankeny, IA	30:41	9:53
82	22	JrM	Arturo Zaragoza, 16, North High School	30:42	9:53
83	24	M30	Scott Paradis, 36, Windham, ME	30:46	9:54
84	23	JrM	Wyatt DeMoss, 9, Bondurant, IA	30:58	9:58
85	25	M30	Michael DeMoss, 36, Bondurant, IA	30:59	9:58
Pace: <a href="#">6:00</a>   <a href="#">7:00</a>   <a href="#">8:00</a>   <a href="#">9:00</a>   <a href="#">10:00</a>   <a href="#">11:00</a>   <a href="#">12:00</a>   <a href="#">13:00</a>   <a href="#">14:00</a>   <a href="#">15:00</a>   <a href="#">Top</a>					
43	17	W30	Stacie Krahn, 32*, Lone Tree, IA	31:03	10:00
44	8	W40	Mandy Shepherd, 40*, Urbandale, IA	31:06	10:00
86	9	M40	Aaron Hartje, 48, Des Moines, IA	31:10	10:02
87	10	M50	James Arthur, 55, Pleasant Hill, IA	31:16	10:04
45	1	W60	Arlys Sikkink, 68*, Des Moines, IA	31:31	10:08
46	18	W30	Megan McAfee, 32*, Des Moines, IA	31:35	10:10
47	7	W50	Merry Ridnour, 54*, Perry, IA	31:37	10:10
48	19	W30	Jana McClelland, 39*, Ankeny, IA	31:37	10:10
49	5	JrW	Ana Simms, 11*, Urbandale, IA	31:38	10:11
50	9	W40	Martha Rowe, 42*, Indianola, IA	31:38	10:11
51	2	W60	Shirley Hoveland, 60*, Des Moines, IA	31:40	10:11
52	8	W50	Kimberly Abbott, 58*, Ankeny, IA	31:41	10:12
88	24	JrM	David Hernandez, 17, Des Moines, IA	31:43	10:12
53	10	W40	Lindsey Cornwell, 42*, Johnston, IA	31:50	10:15
89	17	M20	Caleb Davis, 28, Urbandale, IA	31:52	10:15
90	10	M40	Travis Kramer, 43, Ames, IA	31:52	10:15

54	20 W30	Alexandr Lifka-Reselman, 31*, Des Moines, IA	31:56	10:16
91	11 M50	Steve Waymier, 53, Des Moines, IA	31:56	10:17
55	9 W50	Jamie Bachman, 50*, West Des Moines, IA	31:56	10:17
56	10 W50	Sonya Heitshusen, 52*, Adel, IA	31:58	10:17
57	21 W30	Lindsay Morris, 34*, Ankeny, IA	32:00	10:18
58	6 JrW	Mallory Lovejoy, 11*, Des Moines, IA	32:09	10:21
92	11 M40	Rodney Briggs, 40, Johnston, IA	32:12	10:22
59	22 W30	Molly Rasmussen, 37*, Ankeny, IA	32:18	10:24
60	11 W40	Jodi Scott, 46*, Urbandale, IA	32:26	10:26
93	12 M50	Mark Miller, 57, Winterset, IA	32:26	10:26
94	5 M60	John Bergman, 62, Urbandale, IA	32:32	10:28
61	23 W30	Joelle Link, 32*, Carlisle, IA	32:34	10:29
62	24 W30	Lisa Reavis, 32*, Newton, IA	32:35	10:29
63	10 W20	Anna Puffett, 26*, State Center, IA	32:35	10:29
95	12 M40	Dana Wingert, 49, Des Moines, IA	32:37	10:30
96	13 M40	Kevin Gott, 48, Pleasant Hill, IA	32:44	10:32
64	11 W50	Catherine Fitzpatrick, 58*, West Des Moines, IA	32:46	10:33
65	12 W50	Christine Wilson, 51*, Des Moines, IA	32:49	10:34
66	25 W30	Tara Klocke, 36*, Ankeny, IA	32:51	10:34
67	11 W20	Ashley Rahe, 29*, Algona, IA	33:04	10:38
68	12 W20	Madison Pfeffer, 22*, Fenton, IA	33:04	10:38
69	26 W30	Marissa Lee, 30*, Adel, IA	33:06	10:39
97	14 M40	Jason Shepherd, 43, Urbandale, IA	33:08	10:40
70	13 W20	Colleen Frank, 27*, Des Moines, IA	33:11	10:41
98	13 M50	Hector Arias, 50, West Des Moines, IA	33:12	10:41
99	25 JrM	Tucker Marks, 8, Des Moines, IA	33:15	10:42
71	13 W50	Julie Marks, 54*, Des Moines, IA	33:17	10:43
100	15 M40	Brant Sharp, 41, Des Moines, IA	33:25	10:45
101	6 M60	Dan Berry, 64, Des Moines, IA	33:25	10:45
72	27 W30	Shannon Archer, 35*, Ankeny, IA	33:29	10:46

102	16 M40	Tim Hostetter, 41, Waukee, IA	33:32	10:47
73	12 W40	Tiffany Hostetter, 40*, Waukee, IA	33:32	10:47
74	28 W30	Chelsea Schippers, 32*, Prairie City, IA	33:32	10:47
103	26 M30	Shawn Clark, 37, Des Moines, IA	33:37	10:49
75	7 JrW	Jermina Reid, 13*, Des Moines, IA	33:41	10:50
76	14 W50	Lisa Meendering, 50*, Clive, IA	33:45	10:52
77	14 W20	Ashley Adams, 27*, Johnston, IA	33:47	10:52
104	18 M20	Michael Kelly, 26, West Des Moines, IA	33:54	10:55
78	29 W30	Jennifer Klyn, 30*, Des Moines, IA	33:55	10:55
Pace: <a href="#">6:00</a>   <a href="#">7:00</a>   <a href="#">8:00</a>   <a href="#">9:00</a>   <a href="#">10:00</a>   <a href="#">11:00</a>   <a href="#">12:00</a>   <a href="#">13:00</a>   <a href="#">14:00</a>   <a href="#">15:00</a>   <a href="#">Top</a>				
105	14 M50	Al Anderson, 53, Clive, IA	34:24	11:04
79	15 W20	Lindsey Thumble, 24*, Witamore, IA	34:27	11:05
80	15 W50	Elizabeth Harden Slocum, 54*, Des Moines, IA	34:39	11:09
81	3 W60	Karen Mattiussi, 71*, Adel, IA	34:51	11:13
82	4 W60	Jill Gray, 61*, Carlisle, IA	35:03	11:17
83	30 W30	Karly York, 31*, Grimes, IA	35:12	11:20
106	26 JrM	Andrew Decker, 14, Des Moines, IA	35:13	11:20
84	13 W40	Kandi Shelton, 42*, Des Moines, IA	35:18	11:22
107	15 M50	Mike Wagner, 56, Clive, IA	35:24	11:23
108	17 M40	Rodrigo Santizo, 40, Urbandale, IA	35:47	11:31
109	27 JrM	Will Santizo, 6, Urbandale, IA	35:47	11:31
85	16 W20	Heidi Walters, 25*, Des Moines, IA	35:48	11:31
110	19 M20	Aaron Laird, 29, Oskaloosa, IA	35:48	11:31
86	16 W50	Sonja Diener, 52*, Ankeny, IA	35:50	11:32
111	7 M60	Keith Hartje, 69, Ankeny, IA	35:56	11:34
112	18 M40	Curt Brass, 46, Des Moines, IA	35:57	11:34
87	14 W40	Meghan Davis, 45*, Newton, IA	35:57	11:34
113	16 M50	Jeremy Reid, 59, Des Moines, IA	35:59	11:35
88	17 W50	Linda McCullum, 52*, West Des Moines, IA	35:59	11:35
114	8 M60	Philip Mattiussi, 62, Adel, IA	35:59	11:35
89	18 W50	Kathy KirbyPower, 56*, West Des Moines, IA	36:03	11:36
90	5 W60	Paula Campos, 61*, Des Moines, IA	36:03	11:36

91	17	W20	Daykota Shelton, 22*, Des Moines, IA	36:06	11:37
92	18	W20	Alayna Westerkamp, 27*, Grimes, IA	36:13	11:39
93	31	W30	Jessica Cheeley, 30*, Grimes, IA	36:13	11:39
115	19	M40	Tim Thilges, 46, Ankeny, IA	36:19	11:41
94	6	W60	Amy Fuson, 63*, Indianola, IA	36:19	11:41
116	20	M40	Tad Geiger, 44, Clive, IA	36:23	11:43
117	27	M30	Eric Peterson, 33, Des Moines, IA	36:24	11:43
95	19	W20	Laura Glas, 28*, West Des Moines, IA	36:24	11:43
96	32	W30	Jenny Amsbaugh, 35*, Pleasant Hill, IA	36:24	11:43
97	8	JrW	Emily Lisenko, 13*, Pleasantville, IA	36:31	11:45
118	17	M50	Terry Rempe, 58, Urbandale, IA	36:31	11:45
98	20	W20	Kylie Hervey, 29*, Perry, IA	36:33	11:46
119	28	M30	Jesse Ramirez, 33, Des Moines, IA	36:33	11:46
99	19	W50	Dawn Wagner, 55*, Clive, IA	36:36	11:47
120	18	M50	Ed Acoymo, 54, Ankeny, IA	36:37	11:47
121	9	M60	Mike Beck, 72, Ankeny, IA	36:39	11:48
100	33	W30	Mandi Highland, 38*, Des Moines, IA	36:40	11:48
122	28	JrM	Devin Warner, 13, Des Moines, IA	36:45	11:49
101	15	W40	Amy Johnson, 45*, Madrid, IA	37:06	11:56
102	20	W50	Nancy Sandor, 51*, West Des Moines, IA	37:08	11:57
123	20	M20	Matthew Kanour, 27, Des Moines, IA	37:13	11:58
Pace: <a href="#">6:00</a>   <a href="#">7:00</a>   <a href="#">8:00</a>   <a href="#">9:00</a>   <a href="#">10:00</a>   <a href="#">11:00</a>   <a href="#">12:00</a>   <a href="#">13:00</a>   <a href="#">14:00</a>   <a href="#">15:00</a>   <a href="#">Top</a>					
103	16	W40	Dunja Simms, 46*, Urbandale, IA	37:20	12:01
104	17	W40	Maricela Castillo, 40*, Des Moines, IA	37:22	12:01
124	29	M30	James Crippen, 38, Polk City, IA	37:33	12:05
105	34	W30	Sonja Schinkel, 34*, Ankeny, IA	37:39	12:07
106	21	W20	Amanda Spoonhaltz, 29*, Des Moines, IA	37:51	12:11
125	29	JrM	Ethan Marquez, 12, Des Moines, IA	37:51	12:11
107	22	W20	Elizabeth Gibson, 25*, Gower, MO	38:16	12:19
108	18	W40	Christine Lemke, 46*, Des Moines, IA	38:34	12:25
109	19	W40	Ashley DeVries, 42*, Altoons, IA	38:34	12:25
110	35	W30	Rhonda Hayes, 32*, Storm Lake, IA	38:47	12:29



111	21	W50	Pom Kavan, 52*, Storm Lake, IA	38:47	12:29
112	23	W20	Emily Antle, 26*, Ankeny, IA	38:48	12:29
113	36	W30	Zia Bingaman, 32*, Des Moines, IA	38:50	12:30
126	21	M20	Nic Barrett, 25, West Des Moines, IA	38:54	12:31
127	19	M50	James Barrett, 59, West Des Moines, IA	38:54	12:31
114	24	W20	Jessie Ceraso, 25*, Indianola, IA	39:02	12:34
128	22	M20	Samuel Hyden, 25, Davenport, IA	39:02	12:34
129	20	M50	Dale Grundmeier, 58, Stuart, IA	39:04	12:34
130	21	M50	Rick Schraeger, 53, Johnston, IA	39:19	12:39
115	22	W50	Julie Schraeger, 53*, Johnston, IA	39:19	12:39
131	30	JrM	Keegan Byrd, 6, Ankeny, IA	39:21	12:40
132	30	M30	Joe Byrd, 36, Ankeny, IA	39:22	12:40
116	9	JrW	Paige Porter, 19*, Indianola, IA	39:22	12:40
117	37	W30	Courtney Harden, 31*, Grimes, IA	39:25	12:41
118	23	W50	Dawn Buzynski, 52*, West Des Moines, IA	39:28	12:42
133	31	M30	Ryan Price, 37, Grimes, IA	39:37	12:45
119	24	W50	Susan Meyer, 58*, West Des Moines, IA	39:41	12:46
120	7	W60	Kimberly Weeks, 60*, Altoona, IA	39:49	12:49
121	25	W50	Michelle Bowden, 53*, Waukee, IA	39:49	12:49
122	10	JrW	Iris McCarthy, 14*, Des Moines, IA	39:59	12:52
134	31	JrM	Noah Sever, 11, Norwalk, IA	40:02	12:53
135	21	M40	Tybee Sever, 43, Norwalk, IA	40:02	12:53
136	10	M60	John Sarcone, 68, Des Moines, IA	40:03	12:53
123	25	W20	Molli Davis, 29*, Urbandale, IA	40:06	12:54
124	8	W60	Pamela Steffen, 64*, Des Moines, IA	40:07	12:55
137	32	JrM	Matthew Lovan, 7, Waukee, IA	40:09	12:55
125	38	W30	Khong Lovan, 39*, Waukee, IA	40:10	12:55
126	9	W60	Kimberly Glynn, 64*, Des Moines, IA	40:12	12:56
127	20	W40	Maria Davis, 49*, West Des Moines, IA	40:13	12:56
128	26	W20	Jordan Samuelson, 29*, Des Moines, IA	40:22	12:59

Pace: [6:00](#) | [7:00](#) | [8:00](#) | [9:00](#) | [10:00](#) | [11:00](#) | [12:00](#) | [13:00](#) | [14:00](#) | [15:00](#)

| [Top](#) 129 27 W20 Brenda McCormick, 29\*, Des Moines, IA 40:29 13:02

130 28 W20 Hailey Buzynski, 22\*, West Des Moines, IA 40:36 13:04

131	21	W40	Kelli Soyer, 47*, Des Moines, IA	40:38	13:05
132	29	W20	Lindsey Buzynski, 21*, West Des Moines, IA	40:41	13:05
138	22	M50	Mark Buzynski, 55, West Des Moines, IA	40:41	13:06
139	32	M30	John May, 33, Des Moines, IA	41:00	13:12
140	33	JrM	Conner Brooner, 14, Des Moines, IA	41:25	13:20
141	34	JrM	James Madewell, 8, Ankeny, IA	41:31	13:22
133	39	W30	Kassi Hall, 31*, Ankeny, IA	41:39	13:24
134	11	JrW	Melodie Madewell, 6*, Ankeny, IA	41:41	13:25
135	22	W40	Ang Clark, 49*, Clive, IA	41:48	13:27
136	30	W20	Ellaine Watkins, 28*, Des Moines, IA	41:49	13:27
137	23	W40	Sherry Kooiker, 48*, Le Mars, IA	41:49	13:27
138	31	W20	Olivia Erdelt, 20*, Ankeny, IA	41:49	13:27
139	12	JrW	Kylie Winkler, 15*, Norwalk, IA	42:03	13:32
140	32	W20	Jena Wiley, 28*, Chariton, IA	42:05	13:32
141	33	W20	Abigail Menendez, 27*, Urbandale, IA	42:19	13:37
142	22	M40	Travis Schooley, 48, Des Moines, IA	42:29	13:40
143	23	M40	Jeremy Belloma, 43, Des Moines, IA	42:29	13:40
142	24	W40	Janet Lose, 45*, Indianola, IA	42:30	13:40
143	26	W50	Mary Jo Gazzo, 55*, Altoona, IA	42:31	13:41
144	34	W20	Samantha Hepperly, 27*, Norwalk, IA	42:32	13:41
144	23	M20	Greg Hepperly, 29, Norwalk, IA	42:32	13:41
145	40	W30	Heidi Sharp, 39*, Des Moines, IA	42:33	13:41
146	10	W60	Susan Acoymo, 61*, Ankeny, IA	42:50	13:47
147	41	W30	Kathryn Beary, 30*, Earlham, IA	43:00	13:50
148	35	W20	Lexi Horner, 20*, Urbandale, IA	43:09	13:53
149	42	W30	Trudy Paulson, 38*, Des Moines, IA	43:12	13:54
150	13	JrW	Shyan Wilson, 18*, Des Moines, IA	43:13	13:54
151	11	W60	Sandra Johnson, 67*, Lucas, IA	43:13	13:55
145	24	M40	Eric Hartman, 44, Urbandale, IA	43:14	13:55
152	36	W20	Haley Grimes, 27*, Grimes, IA	43:24	13:58
153	37	W20	Dayna Finley, 27*, Bondurant, IA	43:24	13:58
154	27	W50	Lori Jansen, 57*, Urbandale, IA	43:25	13:58

Pace: [6:00](#) | [7:00](#) | [8:00](#) | [9:00](#) | [10:00](#) | [11:00](#) | [12:00](#) | [13:00](#) | [14:00](#) | [15:00](#) | [Top](#)

155	38	W20	Olivia Weber, 28*, West Des Moines, IA	43:36	14:02
146	25	M40	Tony Chambers, 43, Altoona, IA	43:39	14:03
156	43	W30	Amerist Chambers, 38*, Altoona, IA	43:39	14:03
147	35	JrM	Tayvin Warner, 11, Des Moines, IA	43:54	14:08
157	25	W40	Cassie VanArkel, 44*, Urbandale, IA	43:56	14:08
158	26	W40	Angela Hartman, 43*, Urbandale, IA	43:56	14:08
159	27	W40	Kelli Anderson, 41*, Urbandale, IA	43:57	14:08
160	14	JrW	Riley Hartman, 5*, Urbandale, IA	43:57	14:09
161	28	W40	Andrea Mattingly, 45*, Boone, IA	44:22	14:17
162	28	W50	Kerry Shelley, 58*, West Des Moines, IA	44:26	14:18
163	29	W40	Kelly Crawford, 44*, Ankeny, IA	44:43	14:24
148	36	JrM	Jackson Bogle, 11, Altoona, IA	44:48	14:25
164	29	W50	Suzie Fagen, 59*, Des Moines, IA	44:54	14:27
149	26	M40	Brett Bowman, 48, Altoona, IA	45:35	14:40
165	30	W40	Valeria Pallwitz, 44*, Pleasant Hill, IA	45:39	14:41
150	27	M40	Scott Pallwitz, 44, Pleasant Hill, IA	45:39	14:41
166	31	W40	Glynn Bogle, 40*, Altoona, IA	45:42	14:42
167	15	JrW	Grace McCarthy, 19*, Des Moines, IA	45:43	14:43
168	32	W40	Melissa Snell-Gunter, 47*, Osceola, IA	45:54	14:46
169	39	W20	Ashley Foreman, 28*, Grimes, IA	46:00	14:48
170	16	JrW	Natasha Brown, 18*, North High School	46:00	14:48
171	17	JrW	Camille Gervais, 17*, North High School	46:00	14:48

Pace: [6:00](#) | [7:00](#) | [8:00](#) | [9:00](#) | [10:00](#) | [11:00](#) | [12:00](#) | [13:00](#) | [14:00](#) | [15:00](#) | [Top](#)

172	12	W60	Ann DiDonato, 62*, Des Moines, IA	47:20	15:14
173	44	W30	Laura Graham, 37*, Des Moines, IA	47:20	15:14
174	30	W50	Tracey Orman, 53*, Johnston, IA	47:34	15:18
175	40	W20	Jessica Orman, 20*, Johnston, IA	47:34	15:18
176	13	W60	Henrietta Kreider, 62*, Johnston, IA	47:35	15:19
177	41	W20	Kourtnei Peglow, 28*, Des Moines, IA	47:37	15:19
151	11	M60	Kevin Prendergast, 64, Des Moines, IA	47:40	15:20
178	45	W30	Amy Dempsey, 34*, West Des Moines, IA	47:52	15:24

152	33 M30	Daniel Dempsey, 33, West Des Moines, IA	47:52	15:24
153	24 M20	Josh Minor, 25, Ankeny, IA	48:03	15:28
179	14 W60	Sara Dreyer, 62*, Altoona, IA	48:05	15:28
180	15 W60	Frances Hamilton, 63*, Altoona, IA	48:05	15:29
181	18 JrW	Autumn Lee, 19*, Des Moines, IA	48:08	15:29
182	16 W60	Kathy Prendergast, 64*, Des Moines, IA	48:16	15:32
154	28 M40	Rick Melick, 49, Ankeny, IA	48:17	15:32
183	46 W30	Amber Caudle, 36*, Atlantic, IA	48:18	15:33
184	31 W50	Stephanie Caples, 52*, Ankeny, IA	48:18	15:33
155	23 M50	Mark Caples, 51, Ankeny, IA	48:19	15:33
185	33 W40	Sami Sanger, 40*, Polk City, IA	48:19	15:33
186	32 W50	Joy Melick, 51*, Ankeny, IA	48:19	15:33
187	33 W50	Melissa Elliott, 54*, Des Moines, IA	48:37	15:39
188	34 W40	Karrie Truitt, 42*, Des Moines, IA	48:44	15:41
189	35 W40	Sara Rahe, 44*, Des Moines, IA	48:50	15:43
190	36 W40	Tiffany Bickell, 42*, Clive, IA	49:40	15:59
191	47 W30	Christina Hudson, 36*, Des Moines, IA	49:41	15:59
192	37 W40	Janelle Thompson, 49*, West Des Moines, IA	49:41	15:59
193	38 W40	Melanie Grimm, 43*, Pleasantville, IA	49:41	15:59
Pace: <a href="#">6:00</a>   <a href="#">7:00</a>   <a href="#">8:00</a>   <a href="#">9:00</a>   <a href="#">10:00</a>   <a href="#">11:00</a>   <a href="#">12:00</a>   <a href="#">13:00</a>   <a href="#">14:00</a>   <a href="#">15:00</a>   <a href="#">Top</a>				
194	42 W20	Hannah Duerr, 24*, Leon, IA	49:43	16:00
156	37 JrM	Chance Hill, 13, Ankeny, IA	49:47	16:01
157	38 JrM	Elliot Kooiker, 15, Le Mars, IA	49:47	16:01
195	34 W50	Rhonda Erdelt, 51*, Ankeny, IA	49:56	16:04
196	43 W20	Priscilla Rebollozo, 26*, Ames, IA	50:00	16:05
197	48 W30	Emily Rebollozo, 30*, Ames, IA	50:00	16:06
158	34 M30	Scotty Hudson, 30, Des Moines, IA	50:03	16:06
198	19 JrW	Adrianna Gelabert, 11*, Ames, IA	50:17	16:11
199	49 W30	Flavia Thornburg, 36*, Des Moines, IA	50:19	16:12
159	35 M30	Frank Toledo, 35, Des Moines, IA	50:20	16:12
200	50 W30	Melissa Huss, 35*, Urbandale, IA	50:21	16:12
160	36 M30	Nathan Huss, 37, Urbandale, IA	50:22	16:12
201	44 W20	Madison Dykstra, 22*, Ankeny, IA	50:24	16:13

202	45 W20	Mallory Majors, 22*, Ankeny, IA	50:24	16:13
203	39 W40	Brenda Amber, 49*, Ankeny, IA	50:25	16:13
161	37 M30	Dustin Wing, 38, Baxter, IA	50:28	16:14
204	20 JrW	Katt Wing, 8*, Baxter, IA	50:32	16:16
205	35 W50	Renee Clippert, 59*, Des Moines, IA	50:33	16:16
206	17 W60	Gail Pierce, 71*, Ankeny, IA	50:39	16:18
162	12 M60	Rich Pierce, 71, Ankeny, IA	50:39	16:18
207	46 W20	Kayla Williams, 25*, Des Moines, IA	50:56	16:23
208	36 W50	Cindy Dykstra, 51*, Ankeny, IA	51:06	16:27
163	39 JrM	Gage Heinemann, 6, Colfax, IA	51:26	16:33
209	51 W30	Natalie Heineamn, 35*, Colfax, IA	51:27	16:33
210	37 W50	Cheryl Bjurstrom, 55*, Urbandale, IA	52:06	16:46
164	24 M50	Bruce Bjurstrom, 58, Urbandale, IA	52:06	16:46
165	40 JrM	Gene Hildreth III, 13, Des Moines, IA	52:12	16:48
211	52 W30	Heather Latham, 39*, Bondurant, IA	52:36	16:56
212	53 W30	Kay Wing, 35*, Baxter, IA	52:41	16:57
166	41 JrM	Kydin Wing, 6, Baxter, IA	52:43	16:58
213	40 W40	Kim Hildreth, 43*, Des Moines, IA	52:44	16:58
Pace: <a href="#">6:00</a>   <a href="#">7:00</a>   <a href="#">8:00</a>   <a href="#">9:00</a>   <a href="#">10:00</a>   <a href="#">11:00</a>   <a href="#">12:00</a>   <a href="#">13:00</a>   <a href="#">14:00</a>   <a href="#">15:00</a>   <a href="#">Top</a>				
167	25 M50	Larry Mahlstedt, 54, Des Moines, IA	53:12	17:07
168	26 M50	Kevin Spire, 56, Des Moines, IA	53:12	17:07
214	47 W20	Merary De Guerrero, 27*, Des Moines, IA	53:25	17:11
215	18 W60	Shelly Wing, 60*, Centerville, IA	53:27	17:12
216	19 W60	Kaye Gifford, 65*, Des Moines, IA	53:27	17:12
217	20 W60	Caroyle Andrews, 60*, Des Moines, IA	53:30	17:13
218	54 W30	Christina Baker, 35*, West Des Moines, IA	54:00	17:23
219	55 W30	Erin Powell, 35*, Urbandale, IA	54:08	17:25
169	38 M30	Joe Powell, 37, Urbandale, IA	54:08	17:25
220	21 JrW	Callie Cox, 9*, Villisca, IA	54:14	17:27
170	42 JrM	Nigal Wandlaw, 19, North High School	54:18	17:29
171	39 M30	Scott Tjernagel, 32, Des Moines, IA	54:23	17:30
172	13 M60	Don Wing, 69, Centerville, IA	54:33	17:33

173	14 M60	Chuck Gifford, 64, Des Moines, IA	54:35	17:34
221	56 W30	Angela Tjernagel, 30*, Des Moines, IA	54:43	17:37
222	57 W30	Andrea Niemeyer, 33*, West Des Moines, IA	54:55	17:40
223	58 W30	Vanessa Wood, 35*, Ames, IA	55:02	17:42
224	41 W40	Christina Dixon, 46*, Norwalk, IA	55:02	17:42

Pace: [6:00](#) | [7:00](#) | [8:00](#) | [9:00](#) | [10:00](#) | [11:00](#) | [12:00](#) | [13:00](#) | [14:00](#) | [15:00](#) | [Top](#)

225	42 W40	Erin Wilson, 44*, Des Moines, IA	56:31	18:11
226	43 W40	Mary Lou Warner, 45*, Des Moines, IA	56:32	18:12
227	44 W40	Valerie Beebe, 47*, Creston, IA	56:33	18:12
174	29 M40	Chris Cox, 44, Villisca, IA	56:33	18:12
228	22 JrW	Paetyn Campbell, 7*, West Des Moines, IA	57:13	18:25
175	40 M30	Houston Brayton, 36, West Des Moines, IA	57:13	18:25
229	21 W60	Nancy Quinn, 64*, Des Moines, IA	57:58	18:39
230	45 W40	Barb Quinn, 49*, Des Moines, IA	57:59	18:39
176	27 M50	Greg Roth, 57, Pleasant Hill, IA	58:41	18:53
231	48 W20	Amanda Mellerup, 29*, Ankeny, IA	58:43	18:54
177	41 M30	Grant Mellerup, 31, Ankeny, IA	58:43	18:54
232	38 W50	Patti Jass, 54*, Pleasant Hill, IA	58:44	18:54
233	22 W60	Lu Roth, 61*, Des Moines, IA	59:00	18:59

Pace: [6:00](#) | [7:00](#) | [8:00](#) | [9:00](#) | [10:00](#) | [11:00](#) | [12:00](#) | [13:00](#) | [14:00](#) | [15:00](#) | [Top](#)

178	43 JrM	Nathaniel Schlenker, 7, Des Moines, IA	59:18	19:05
234	59 W30	Pamela Price, 37*, Des Moines, IA	59:20	19:06
235	60 W30	Sarah Schlenker, 38*, Des Moines, IA	1:00:07	19:21
236	39 W50	Lourene Bennett, 59*, Urbandale, IA	1:00:21	19:25
237	46 W40	Tisha Carter-Smith, 48*, Des Moines, IA	1:01:17	19:43

Pace: [6:00](#) | [7:00](#) | [8:00](#) | [9:00](#) | [10:00](#) | [11:00](#) | [12:00](#) | [13:00](#) | [14:00](#) | [15:00](#) | [Top](#)

179	28 M50	Charles Drucker, 56, West Des Moines, IA	1:02:20	20:04
238	47 W40	Angie Torno, 47*, West Des Moines, IA	1:02:51	20:14
239	61 W30	Heather Blue, 36*, Winterset, IA	1:03:38	20:29
240	23 JrW	Stella Belieu, 4*, Winterset, IA	1:04:16	20:41
180	42 M30	Nic Belieu, 38, Winterset, IA	1:04:17	20:41
181	25 M20	Christian Faust, 29, Bondurant, IA	1:04:27	20:45
182	43 M30	Joshua Baird, 31, Des Moines, IA	1:04:28	20:45

241	62 W30	Heather Baird, 32*, Des Moines, IA	1:04:29	20:45
242	49 W20	Alyssa Faust, 29*, Bondurant, IA	1:04:56	20:54
Pace: <a href="#">6:00</a>   <a href="#">7:00</a>   <a href="#">8:00</a>   <a href="#">9:00</a>   <a href="#">10:00</a>   <a href="#">11:00</a>   <a href="#">12:00</a>   <a href="#">13:00</a>   <a href="#">14:00</a>   <a href="#">15:00</a>   <a href="#">Top</a>				
243	63 W30	Jennifer Drucker, 33*, West Des Moines, IA		
			1:08:42	22:07
244	40 W50	Wendy Drucker, 55*, West Des Moines, IA	1:09:49	22:28
245	48 W40	Michelle Johnson, 48*, West Des Moines, IA		
			1:09:51	22:29
Pace: <a href="#">6:00</a>   <a href="#">7:00</a>   <a href="#">8:00</a>   <a href="#">9:00</a>   <a href="#">10:00</a>   <a href="#">11:00</a>   <a href="#">12:00</a>   <a href="#">13:00</a>   <a href="#">14:00</a>   <a href="#">15:00</a>   <a href="#">Top</a>				
246	23 W60	Diane Clevenger, 62*, Indianola, IA	1:18:43	25:20
247	24 W60	Nancy Evans, 66*, Des Moines, IA	1:18:44	25:20
Pace: <a href="#">6:00</a>   <a href="#">7:00</a>   <a href="#">8:00</a>   <a href="#">9:00</a>   <a href="#">10:00</a>   <a href="#">11:00</a>   <a href="#">12:00</a>   <a href="#">13:00</a>   <a href="#">14:00</a>   <a href="#">15:00</a>   <a href="#">Top</a>				
248	25 W60	Margie Bridgewater, 81*, Des Moines, IA	1:28:23	28:27

\* indicates females

- 43 finishers among Men Under 20
- 25 finishers among Men 20 - 29
- 43 finishers among Men 30 - 39
- 29 finishers among Men 40 - 49
- 28 finishers among Men 50 - 59
- 14 finishers among Men 60 & Up
- 23 finishers among Women Under 20
- 49 finishers among Women 20 - 29
- 63 finishers among Women 30 - 39
- 48 finishers among Women 40 - 49
- 40 finishers among Women 50 - 59
- 25 finishers among Women 60 & Up
- 182 male finishers
- 248 female finishers
- 430 total finishers

CLASS

PLACE PLACE FINISHER TIME PACE

**Open Men**

1	1 M20	Jake Sutton, 27, Waukee, IA	17:44	5:42
2	2 M20	Brady Horner, 26, Waukee, IA	18:40	6:00
3	3 M30	Bruce Huckfeldt, 38, Waukee, IA	19:58	6:26
4	4 M20	Nicholes Knoebber, 24, Ames, IA	19:59	6:26
5	5 JrM	Cooper Majors, 15, Ankeny, IA	20:23	6:34
6	6 M40	Dave Zimmer, 47, Polk City, IA	20:33	6:37
7	7 M30	Mike Lovelady, 35, Des Moines, IA	20:46	6:41
8	8 M20	Matthew Gulleen, 26, Ames, IA	20:53	6:43
9	9 M30	Ben Carter, 35, Waukee, IA	21:15	6:50
10	10 M30	Mark Neyens, 30, Des Moines, IA	21:27	6:54

**Open Women**

1	1 W30	Mischa Impossible, 36, West Des Moines, IA	20:03	6:27
2	2 W40	Angelica Grubel, 48, Ormond Beach, FL	21:35	6:57
3	3 W30	Heather Iburg, 38, Saint Charles, IA	22:00	7:05
4	4 JrW	Ikilas Hasan, 16, North High School	22:00	7:05
5	5 W20	Jane Simpson, 29, Des Moines, IA	22:43	7:18
6	6 W40	Kristy Pomrenke, 46, Ankeny, IA	24:19	7:50
7	7 W20	Traci Rimbey, 28, Des Moines, IA	24:29	7:53
8	8 W30	Kari Hernandez, 32, Pleasant Hill, IA	24:57	8:02
9	9 W40	Alicia Ballantini, 40, Grimes, IA	25:10	8:06
10	10 W40	Amy Mulhern, 47, Ankeny, IA	25:22	8:10

## CLASS

PLACE	PLACE	FINISHER	TIME	PACE
-------	-------	----------	------	------

**Men Under 20**



5	1	Cooper Majors, 15, Ankeny, IA	20:23	6:34
12	2	Hunter Trogden, 17, Lincoln High School	22:00	7:05
13	3	Austin Kuebler, 16, Des Moines, IA	22:01	7:05
16	4	Yogesh Gurung, 17, North High School	22:26	7:13
17	5	Braden Blackorby, 13, Johnston, IA	22:49	7:20
<b>Men 20 - 29</b>				
1	1	Jake Sutton, 27, Waukee, IA	17:44	5:42
2	2	Brady Horner, 26, Waukee, IA	18:40	6:00
4	3	Nicholes Knoebber, 24, Ames, IA	19:59	6:26
8	4	Matthew Gulleen, 26, Ames, IA	20:53	6:43
14	5	Bo Woolman, 29, Des Moines, IA	22:04	7:06
<b>Men 30 - 39</b>				
3	1	Bruce Huckfeldt, 38, Waukee, IA	19:58	6:26
7	2	Mike Lovelady, 35, Des Moines, IA	20:46	6:41
9	3	Ben Carter, 35, Waukee, IA	21:15	6:50
10	4	Mark Neyens, 30, Des Moines, IA	21:27	6:54
11	5	Clint Varley, 38, West Des Moines, IA	21:52	7:02
<b>Men 40 - 49</b>				
6	1	Dave Zimmer, 47, Polk City, IA	20:33	6:37
41	2	Eric Vaughn, 49, Perry, IA	26:34	8:33
43	3	Reggie Torno, 46, West Des Moines, IA	26:36	8:34
45	4	Robert Rasmussen, 46, Des Moines, IA	27:10	8:45
52	5	Ross Aronson, 40, Adel, IA	27:47	8:56
<b>Men 50 - 59</b>				
18	1	Mike Loss, 53, Clive, IA	23:28	7:33
20	2	Jim Sandor, 53, West Des Moines, IA	23:45	7:38
25	3	Todd Eipperle, 54, Ankeny, IA	24:18	7:49
30	4	Douglas Philiph, 59, Des Moines, IA	25:18	8:08

32	5	John Leto, 51, Des Moines, IA	25:52	8:19
----	---	-------------------------------	-------	------

**Men 60 & Up**

15	1	John Taylor III, 60, Des Moines, IA	22:25	7:13
31	2	Mark Eikenberry, 63, Des Moines, IA	25:19	8:09
70	3	David Brandt, 64, Urbandale, IA	29:21	9:27
74	4	Tim Woods, 69, Des Moines, IA	29:32	9:30
94	5	John Bergman, 62, Urbandale, IA	32:32	10:28

## CLASS

PLACE	PLACE	FINISHER	TIME	PACE
-------	-------	----------	------	------

**Women Under 20**

4	1	Ikilas Hasan, 16, North High School	22:00	7:05
31	2	Macin Ling, 9, Des Moines, IA	29:10	9:23
33	3	Madeline Chambers, 15, Altoona, IA	29:57	9:38
35	4	Josie Chapman, 8, Clive, IA	30:03	9:40
49	5	Ana Simms, 11, Urbandale, IA	31:38	10:11

**Women 20 - 29**

5	1	Jane Simpson, 29, Des Moines, IA	22:43	7:18
7	2	Traci Rimbey, 28, Des Moines, IA	24:29	7:53
15	3	Christina Ulrey, 27, Des Moines, IA	26:59	8:41
21	4	Laura Twiford, 24, West Des Moines, IA	28:07	9:03
25	5	Tiffany Drucker, 27, West Des Moines, IA	28:38	9:13

**Women 30 - 39**

1	1	Mischa Impossible, 36, West Des Moines, IA	20:03	6:27
3	2	Heather Iburg, 38, Saint Charles, IA	22:00	7:05
8	3	Kari Hernandez, 32, Pleasant Hill, IA	24:57	8:02
11	4	Amy Darr, 33, West Des Moines, IA	25:36	8:14
13	5	Alaina Santizo, 37, Urbandale, IA	26:29	8:31

**Women 40 - 49**

2	1	Angelica Grubel, 48, Ormond Beach, FL	21:35	6:57
6	2	Kristy Pomrenke, 46, Ankeny, IA	24:19	7:50
9	3	Alicia Ballantini, 40, Grimes, IA	25:10	8:06
10	4	Amy Mulhern, 47, Ankeny, IA	25:22	8:10
14	5	Deb VanVelzen, 48, Cumming, IA	26:32	8:32

**Women 50 - 59**

12	1	Lisa McCullough, 50, Polk City, IA	26:07	8:24
16	2	Jennifer Bushbaum, 53, Urbandale, IA	27:16	8:47
20	3	Becky Wilson, 57, Des Moines, IA	28:05	9:02
22	4	Annette Westberg, 50, Woodward, IA	28:07	9:03
24	5	Lisa Rempe, 51, Urbandale, IA	28:34	9:12

**Women 60 & Up**

45	1	Arlys Sikkink, 68, Des Moines, IA	31:31	10:08
51	2	Shirley Hoveland, 60, Des Moines, IA	31:40	10:11
81	3	Karen Mattiussi, 71, Adel, IA	34:51	11:13
82	4	Jill Gray, 61, Carlisle, IA	35:03	11:17
90	5	Paula Campos, 61, Des Moines, IA	36:03	11:36

Return to [home page](#).