

Grace's Lemonade 5K Run *** 5K Run ***

Overall & Divisions

Event: 5K Run

Date: Saturday, July 27, 2019

Location: Ada Hayden Park * Ames, IA

Weather: Clear Skies and Sunny 65°

Overall and Age Divisions

Results By: Brett Carney - All-American Timing

Place	Gender	Division	Name	City	Gun Time	Pace mpm
1	1	1 OVM	Bennett Ryken, M16	Ames	17:40	5:41/M
2	2	1 M15	Carter Peterson, M15	Ames	18:32	5:58/M
3	3	1 M9	Brayden Picken, M13	Johnston	18:38	6:00/M
4	4	2 M9	Preston Arnett, M13	El Paso	18:59	6:07/M
5	5	1 M20	Benjamin Pyle, M29	Ames	19:02	6:08/M
6	6	2 M15	Nicolas Thompson, M15	State Center	19:05	6:09/M
7	7	1 M40	Marc Peterson, M49	Ames	19:08	6:09/M
8	1	1 OVF	Amy Yuska, F31	Van Meter	19:16	6:12/M
9	8	2 M40	Carver Nebbe, M49	Ames, IA	19:46	6:22/M
10	9	3 M15	Jacob Kautman, M16	Ames	19:49	6:23/M
11	10	3 M9	Ian Hurley, M13	Johnston	19:53	6:24/M
12	2	1 F9	Claire Helmers, F13	Ames	19:54	6:24/M
13	3	2 F9	Marley Turk, F12	Ames	20:11	6:30/M
14	4	1 F15	Nicole Martindale, F19	Ames, IA	20:35	6:38/M
15	11	1 M30	Jason Rasmussen, M37	Ames	21:03	6:46/M
16	5	3 F9	Mia Kautman, F12	Ames	21:03	6:46/M
17	12	3 M40	Jason Niegsch, M47	Ames	21:47	7:01/M
18	13	2 M20	Mark Bollom, M23	Ames	21:56	7:04/M
19	14	3 M20	Alex Miller, M27	Pleasant Hill	22:17	7:10/M
20	6	1 F40	Elisabeth Miranowski, F42	Riverside	22:17	7:10/M
21	7	4 F9	Sydney Turk, F14	Ames	22:17	7:10/M
22	8	2 F15	Hannah Thatcher, F18	Ames	22:27	7:14/M
23	9	3 F15	MacKenzie Anderson, F19	Ames, IA	22:27	7:14/M
24	15	4 M40	Matt Keller, M44	Ankeny	22:30	7:15/M
25	16	4 M15	Connor Hamers, M16	Ames	22:44	7:19/M

26	10	5 F9	Ellie Pyle, F14	Ames	22:55	7:23/M
27	17	2 M30	Dan McClanahan, M33	Ames	23:24	7:32/M
28	18	4 M20	Gilbert Gonzales, M26	Ames, IA	23:33	7:35/M
29	11	1 F30	Jennifer Stimson, F34	Urbandale	23:36	7:36/M
30	12	2 F30	Anne Berthelsen, F38	Marshalltown	23:48	7:39/M
31	19	4 M9	Samuel Sadow, M10	Ames	23:51	7:40/M
32	20	5 M40	Anand Balasubramanian, M40	Ames	23:53	7:41/M
33	13	6 F9	Emelia Hauser, F14	State Center	24:06	7:45/M
34	21	3 M30	Kenny Carey, M32	Ames	24:14	7:48/M
35	22	5 M9	Ben Barber, M13	Ames	24:20	7:50/M
36	23	5 M20	Josue Avila, M26	Ames, IA	24:23	7:51/M
37	24	1 M50	David Tucker, M57	Ames	24:24	7:51/M
38	25	4 M30	Ben Erbes, M36	Ames, IA	24:24	7:51/M
39	14	3 F30	Hiliary Burns, F37	Ames	24:33	7:54/M
40	26	2 M50	Mark Leichty, M50	Ames	24:48	7:59/M
41	27	1 JRM	Levi Turk, M7	Ames, IA	24:52	8:00/M
42	28	6 M40	Jesse Turk, M43	Ames	24:54	8:01/M
43	15	2 F40	Rita Hamers, F44	Ames	24:55	8:01/M
44	16	3 F40	Tonja Goodwin, F46	Ames	25:15	8:07/M
45	29	3 M50	Chad Copley, M51	Ames	25:19	8:09/M
46	17	4 F30	Paige Moore, F33	Ankeny	25:23	8:10/M
47	30	5 M30	Tony Moore, M33	Ankeny	25:24	8:10/M
48	31	7 M40	Aaron Sadow, M44	Ames	25:25	8:11/M
49	18	1 F20	Carlie Smith, F27	Ames	25:33	8:13/M
50	19	2 F20	Abbey Boyd, F23	Ames	25:41	8:16/M
51	32	1 M60	Delayne Stokke, M61	Ames	25:48	8:18/M
52	20	5 F30	Aimee Burch, F30	Ames	25:56	8:21/M
53	33	6 M9	Gavin Knudsen, M13	Grimes	25:59	8:22/M
54	34	8 M40	Ethan Gindt, M47	Ames, IA	26:01	8:22/M
55	21	4 F40	Jennie Schonhorst, F40	Huxley	26:12	8:26/M
56	22	5 F40	Jen Brekke, F44	Ames	26:16	8:27/M
57	35	6 M20	David Livingston, M20	Ames	26:21	8:29/M
58	23	7 F9	Lucy Brekke, F14	Ames	26:23	8:30/M
59	36	9 M40	Joe Brekke, M45	Ames	26:28	8:31/M
60	24	6 F30	Mikki Hamdorf, F34	Urbandale	26:29	8:31/M
61	25	3 F20	Sabrinna Hegelheimer, F20	Ames	26:32	8:33/M
62	26	4 F20	Claire Ausman, F20	Nevada	26:33	8:33/M
63	37	7 M9	Isaac Thorpe, M9	Ames	26:33	8:33/M
64	27	7 F30	Amy Logan, F33	Ames, IA	26:37	8:34/M
65	28	8 F9	Lila Kruckenberg, F11	Ames	26:39	8:35/M
66	29	9 F9	Miki Yakobson, F10	Ames	26:39	8:35/M
67	30	10 F9	Kendra Goodwin, F14	Ames	26:40	8:35/M
68	31	1 F50	Annette Westberg, F50	Woodward	26:43	8:36/M
69	32	8 F30	Patty Diersen, F38	Ames	26:45	8:37/M
70	38	8 M9	Daniel Yakobson, M14	Ames	26:48	8:38/M
71	33	11 F9	Ally Donavon, F14	Ames	26:51	8:39/M
72	34	12 F9	Eliza Loecke, F14	Ames	26:51	8:39/M

73	39	4 M50	Mike Parsons, M59	Ames, IA	27:05	8:43/M
74	35	5 F20	Alyssa Gaede, F22	Crystal Lake	27:05	8:43/M
75	40	2 M60	Gary Gartin, M68	Dayton,Oh, IA	27:10	8:45/M
76	36	2 F50	Nicola Bowler, F50	Ames	27:31	8:51/M
77	37	6 F20	Alyssa Miller, F24	Pleasant Hill	27:46	8:56/M
78	41	10 M40	Ryan Martin, M46	Ames, IA	27:53	8:59/M
79	38	6 F40	Cori Peterson, F42	Ames, IA	28:05	9:02/M
80	42	5 M50	Dave Evans, M54	Ames	28:08	9:03/M
81	43	7 M20	Jeremy Winzer, M29	Pine Bluff	28:16	9:06/M
82	39	13 F9	Sarah Feddersen, F12	Ames	28:16	9:06/M
83	40	14 F9	Brooke Hamers, F13	Ames	28:16	9:06/M
84	44	11 M40	Brad Bloemke, M49	Belmond	28:33	9:11/M
85	45	12 M40	John Livingston, M47	Ames	28:39	9:13/M
86	41	9 F30	Emily Beaudry, F30	Ames	28:41	9:14/M
87	42	15 F9	Taylor Pyle, F12	Ames	28:54	9:18/M
88	46	13 M40	David Miller, M41	Ames	28:55	9:18/M
89	43	3 F50	Jodi Baker, F50	Ankeny	28:59	9:20/M
90	44	7 F40	Susan Pyle, F41	Ames	29:01	9:20/M
91	47	6 M50	Brian Hurley, M52	Johnston	29:03	9:21/M
92	45	10 F30	Rachel Thompson, F30	Ames	29:20	9:26/M
93	46	1 F60	Cherie Hill, F67	Ellsworth	29:46	9:35/M
94	47	11 F30	Stephanie Winzer, F32	Pine Bluff	29:49	9:36/M
95	48	7 F20	Stephanie Haase, F28	Iowa City	29:51	9:37/M
96	49	8 F40	Dana Levine, F42	Ames	30:05	9:41/M
97	50	8 F20	Madeline Fritz, F20	Clive	30:08	9:42/M
98	51	4 F50	Sharla Matthys, F53	Boone	30:09	9:42/M
99	48	7 M50	Paul Livingston, M53	Ames	30:11	9:43/M
100	52	5 F50	Tracey Boothe, F52	Ames, IA	30:11	9:43/M
101	53	9 F20	Grace Rigdon, F21	Swisher	30:17	9:45/M
102	54	12 F30	Alyssa Broussard, F31	Ames	30:37	9:51/M
103	55	6 F50	Carla Schimelfenig, F58	Nevada	30:38	9:52/M
104	56	9 F40	Elizabeth Gindt, F47	Ames, IA	30:41	9:53/M
105	57	2 F60	Christine Stokke, F60	Ames	30:47	9:55/M
106	58	7 F50	Julie Roberts, F59	Ames	30:55	9:57/M
107	49	3 M60	Terry Olson, M69	Ames	31:10	10:02/M
108	59	13 F30	Megan Reuther, F38	Altoona	31:21	10:05/M
109	60	14 F30	Ashley Hardt, F34	Grimes	31:22	10:06/M
110	61	15 F30	Erin Norton, F37	Ames	31:26	10:07/M
111	62	16 F30	Traci Smith, F30	Gilbert	31:31	10:09/M
112	63	17 F30	Heather Bray, F39	Ames	31:31	10:09/M
113	64	10 F40	Sara Moeller, F41	Boone	31:55	10:16/M
114	50	6 M30	Robert Johnson, M31	Ames	31:58	10:17/M
115	51	8 M20	Jordan Moore, M25	Story City	32:33	10:29/M
116	65	3 F60	Marie Edwards, F64	Ames	32:39	10:31/M
117	66	4 F60	Susana Goggi, F61	Ames	32:54	10:35/M
118	67	10 F20	Holly Carter, F28	Ames	33:24	10:45/M
119	68	5 F60	Sandy Rupnow, F75	Ames, IA	33:33	10:48/M
120	69	11 F40	Brenda Allen, F45	Ames	33:56	10:55/M
121	52	9 M9	Eiler Hardt, M12	Grimes	34:14	11:01/M

122	70	16 F9	Reagan Livingston, F14	IA	34:15	11:01/M
123	53	4 M60	Frank Amos, M86	Ames, IA	34:31	11:06/M
124	71	12 F40	Stephanie Livingston, F44	Ames	34:32	11:07/M
125	72	17 F9	Ella Wertz, F13	State Center	34:37	11:09/M
126	73	18 F9	Kate Hauser, F12	State Center	34:46	11:11/M
127	54	2 JRM	Callum Smith, M6	Pella	34:46	11:11/M
128	55	14 M40	Ryle Smith, M41	Pella	34:46	11:11/M
129	74	18 F30	Lisa Smith, F38	Pella	34:47	11:12/M
130	75	11 F20	Laura Evans, F20	Ames	35:13	11:20/M
131	76	12 F20	Sarah Evans, F26	Ames	35:14	11:20/M
132	56	3 JRM	Micah Leichty, M7	Ames	35:24	11:24/M
133	57	15 M40	Chad Steenhoek, M44	Ames	35:41	11:29/M
134	77	13 F20	Leah Locke, F29	Ames	35:41	11:29/M
135	78	8 F50	Karen Davis, F52	Stuart	35:53	11:33/M
136	58	5 M60	Ricardo Martinez, M63	Nevada	36:42	11:49/M
137	79	19 F9	Ella Leichty, F9	Ames	36:53	11:52/M
138	80	13 F40	Kristen Leichty, F48	Ames	36:53	11:52/M
139	81	1 JRF	Miriam Sadow, F7	Ames	36:56	11:53/M
140	82	2 JRF	Keertna Anand, F7	Ames	36:57	11:53/M
141	83	19 F30	Grace Wilkinson, F31	Ames	37:13	11:59/M
142	84	6 F60	Kim Larson, F65	Sarasota,Fl, IA	37:39	12:07/M
143	85	4 F15	Hannah Sand, F17	Waukee	38:38	12:26/M
144	59	5 M15	Danny Haisch, M18	Clive	38:39	12:26/M
145	86	9 F50	Candy Bidler Hurley, F52	Johnston	39:03	12:34/M
146	87	14 F40	Amber Wiertzema, F42	Ames	39:14	12:38/M
147	60	7 M30	Ben Stimson, M35	Clive	39:48	12:49/M
148	88	10 F50	Laurie Coder, F53	Urbandale	40:14	12:57/M
149	89	7 F60	Janie Kruger, F62	Grimes	40:15	12:57/M
150	61	8 M50	Ed Steyer, M58	Ames	40:52	13:09/M
151	90	11 F50	Jodi Steyer, F58	Ames	40:52	13:09/M
152	91	12 F50	Carol Kisling, F51	Ames	41:00	13:12/M
153	62	8 M30	Ben Smith, M33	Ames, IA	41:08	13:15/M
154	92	13 F50	Jane Houk, F59	Ames	41:31	13:22/M
155	93	20 F9	Zara Bowler, F9	Ames	41:33	13:22/M
156	94	14 F20	Tanya Houser, F27	State Center	42:37	13:43/M
157	95	15 F20	Darci Judge, F27	Colo	42:38	13:43/M
158	96	14 F50	Ann Rasmussen, F58	Ames	43:05	13:52/M
159	97	8 F60	Peggy Best, F61	Ames	43:16	13:55/M
160	98	15 F50	Delesia Stoeffler, F55	Nevada	44:29	14:19/M
161	99	9 F60	Catherine Bazylnski, F65	Ames	45:25	14:37/M
162	63	10 M9	Andy Converse, M14	Ames	45:55	14:47/M
163	64	9 M50	William Peden, M59	Marshalltown	46:03	14:49/M
164	100	10 F60	Pat Thompson, F65	Marshalltown	46:04	14:50/M
165	101	16 F50	Tracy Ferch, F53	State Center	46:09	14:51/M
166	102	11 F60	Lois Burg, F63	State Center	46:09	14:51/M
167	65	11 M9	Will Williams, M13	Ames	47:47	15:23/M
168	103	17 F50	Mandy Fales-Williams, F51	Ames	48:17	15:32/M
169	104	16 F20	Katie Hays, F29	St. Petersburg	49:12	15:50/M

170	66	10 M50	Mark Greufe, M54	Ames	49:13	15:50/M
171	105	17 F20	Maria Greufe, F20	Ames	49:14	15:51/M
172	106	18 F50	Holly Greufe, F53	Ames	49:18	15:52/M
173	107	18 F20	Rachel Eash, F28	Ames	49:43	16:00/M
174	67	9 M20	Zac Eash, M28	Ames	49:43	16:00/M
175	108	20 F30	Cassie Musser, F35	Boone	51:04	16:26/M
176	109	21 F30	Chelsea Steele, F34	Ankeny	51:18	16:31/M
177	68	16 M40	Brian Steele, M44	Ankeny	51:18	16:31/M
178	110	22 F30	Brenna Finnerty, F37	Des Moines	51:55	16:43/M
179	111	19 F50	Diana Finnerty, F57	IA	51:55	16:43/M
180	69	6 M60	Scott Fimmerty, M84	Ames, IA	51:57	16:43/M
181	112	15 F40	Cristina Bonaccorsi, F43	Ames	52:24	16:52/M
182	113	3 JRF	Harini Anand, F2	Ames	52:24	16:52/M
183	114	23 F30	Robbyn Anand, F37	Ames	52:26	16:52/M
184	115	20 F50	Linda Livingston, F53	Ames	52:31	16:54/M
185	116	21 F50	Pamela Dougherty, F51	Laurel	52:31	16:54/M
186	117	12 F60	Gale Livingston, F73	Ames	52:33	16:55/M
187	118	13 F60	Carol Miller, F65	Ames	55:19	17:48/M
188	70	17 M40	Jonathan Miranda, M41	Ames	55:39	17:55/M
189	119	24 F30	Nayadette Padilla, F39	Ames	55:39	17:55/M
190	71	11 M50	Eddie Boylston, M50	Ames	57:03	18:22/M
191	120	22 F50	Terri Boylston, F58	Ames	57:04	18:22/M
192	121	23 F50	Sharon Fox, F53	Ames	57:04	18:22/M

Overall and Age Divisions

Overall Male

Place	Name	City	Gun Time	Pace mpm
1	Bennett Ryken, M16	Ames	17:40	5:41/M

Overall Female

Place	Name	City	Gun Time	Pace mpm
1	Amy Yuska, F31	Van Meter	19:16	6:12/M

M[8 & Under]

Place	Name	City	Gun Time	Pace mpm
1	Levi Turk, M7	Ames, IA	24:52	8:00/M
2	Callum Smith, M6	Pella	34:46	11:11/M
3	Micah Leichty, M7	Ames	35:24	11:24/M

F[8 & Under]

Place	Name	City	Gun Time	Pace mpm
1	Miriam Sadow, F7	Ames	36:56	11:53/M
2	Keertna Anand, F7	Ames	36:57	11:53/M

3	Harini Anand, F2	Ames	52:24	16:52/M
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M[9-14]

Place	Name	City	Gun Time	Pace mpm
1	Brayden Picken, M13	Johnston	18:38	6:00/M
2	Preston Arnett, M13	El Paso	18:59	6:07/M
3	Ian Hurley, M13	Johnston	19:53	6:24/M
4	Samuel Sadow, M10	Ames	23:51	7:40/M
5	Ben Barber, M13	Ames	24:20	7:50/M
6	Gavin Knudsen, M13	Grimes	25:59	8:22/M
7	Isaac Thorpe, M9	Ames	26:33	8:33/M
8	Daniel Yakobson, M14	Ames	26:48	8:38/M
9	Eiler Hardt, M12	Grimes	34:14	11:01/M
10	Andy Converse, M14	Ames	45:55	14:47/M
11	Will Williams, M13	Ames	47:47	15:23/M

F[9-14]

Place	Name	City	Gun Time	Pace mpm
1	Claire Helmers, F13	Ames	19:54	6:24/M
2	Marley Turk, F12	Ames	20:11	6:30/M
3	Mia Kautman, F12	Ames	21:03	6:46/M
4	Sydney Turk, F14	Ames	22:17	7:10/M
5	Ellie Pyle, F14	Ames	22:55	7:23/M
6	Emelia Hauser, F14	State Center	24:06	7:45/M
7	Lucy Brekke, F14	Ames	26:23	8:30/M
8	Lila Kruckenberg, F11	Ames	26:39	8:35/M
9	Miki Yakobson, F10	Ames	26:39	8:35/M
10	Kendra Goodwin, F14	Ames	26:40	8:35/M
11	Ally Donavon, F14	Ames	26:51	8:39/M
12	Eliza Loecke, F14	Ames	26:51	8:39/M
13	Sarah Feddersen, F12	Ames	28:16	9:06/M
14	Brooke Hamers, F13	Ames	28:16	9:06/M
15	Taylor Pyle, F12	Ames	28:54	9:18/M
16	Reagan Livingston, F14	IA	34:15	11:01/M
17	Ella Wertz, F13	State Center	34:37	11:09/M
18	Kate Hauser, F12	State Center	34:46	11:11/M
19	Ella Leichty, F9	Ames	36:53	11:52/M
20	Zara Bowler, F9	Ames	41:33	13:22/M

M[15-19]

Place	Name	City	Gun Time	Pace mpm
1	Carter Peterson, M15	Ames	18:32	5:58/M
2	Nicolas Thompson, M15	State Center	19:05	6:09/M
3	Jacob Kautman, M16	Ames	19:49	6:23/M
4	Connor Hamers, M16	Ames	22:44	7:19/M
5	Danny Haisch, M18	Clive	38:39	12:26/M

F[15-19]

Place	Name	City	Gun Time	Pace mpm
1	Nicole Martindale, F19	Ames, IA	20:35	6:38/M
2	Hannah Thatcher, F18	Ames	22:27	7:14/M
3	MacKenzie Anderson, F19	Ames, IA	22:27	7:14/M
4	Hannah Sand, F17	Waukee	38:38	12:26/M

M[20-29]

Place	Name	City	Gun Time	Pace mpm
1	Benjamin Pyle, M29	Ames	19:02	6:08/M
2	Mark Bollom, M23	Ames	21:56	7:04/M
3	Alex Miller, M27	Pleasant Hill	22:17	7:10/M
4	Gilbert Gonzales, M26	Ames, IA	23:33	7:35/M
5	Josue Avila, M26	Ames, IA	24:23	7:51/M
6	David Livingston, M20	Ames	26:21	8:29/M
7	Jeremy Winzer, M29	Pine Bluff	28:16	9:06/M
8	Jordan Moore, M25	Story City	32:33	10:29/M
9	Zac Eash, M28	Ames	49:43	16:00/M

F[20-29]

Place	Name	City	Gun Time	Pace mpm
1	Carlie Smith, F27	Ames	25:33	8:13/M
2	Abbey Boyd, F23	Ames	25:41	8:16/M
3	Sabrinna Hegelheimer, F20	Ames	26:32	8:33/M
4	Claire Ausman, F20	Nevada	26:33	8:33/M
5	Alyssa Gaede, F22	Crystal Lake	27:05	8:43/M
6	Alyssa Miller, F24	Pleasant Hill	27:46	8:56/M
7	Stephanie Haase, F28	Iowa City	29:51	9:37/M
8	Madeline Fritz, F20	Clive	30:08	9:42/M
9	Grace Rigdon, F21	Swisher	30:17	9:45/M
10	Holly Carter, F28	Ames	33:24	10:45/M
11	Laura Evans, F20	Ames	35:13	11:20/M
12	Sarah Evans, F26	Ames	35:14	11:20/M
13	Leah Locke, F29	Ames	35:41	11:29/M
14	Tanya Houser, F27	State Center	42:37	13:43/M
15	Darci Judge, F27	Colo	42:38	13:43/M
16	Katie Hays, F29	St. Petersburg	49:12	15:50/M
17	Maria Greufe, F20	Ames	49:14	15:51/M
18	Rachel Eash, F28	Ames	49:43	16:00/M

M[30-39]

Place	Name	City	Gun Time	Pace mpm
1	Jason Rasmussen, M37	Ames	21:03	6:46/M
2	Dan McClanahan, M33	Ames	23:24	7:32/M

3	Kenny Carey, M32	Ames	24:14	7:48/M
4	Ben Erbes, M36	Ames, IA	24:24	7:51/M
5	Tony Moore, M33	Ankeny	25:24	8:10/M
6	Robert Johnson, M31	Ames	31:58	10:17/M
7	Ben Stimson, M35	Clive	39:48	12:49/M
8	Ben Smith, M33	Ames, IA	41:08	13:15/M

F[30-39]

Place	Name	City	Gun Time	Pace mpm
1	Jennifer Stimson, F34	Urbandale	23:36	7:36/M
2	Anne Berthelsen, F38	Marshalltown	23:48	7:39/M
3	Hiliary Burns, F37	Ames	24:33	7:54/M
4	Paige Moore, F33	Ankeny	25:23	8:10/M
5	Aimee Burch, F30	Ames	25:56	8:21/M
6	Mikki Hamdorf, F34	Urbandale	26:29	8:31/M
7	Amy Logan, F33	Ames, IA	26:37	8:34/M
8	Patty Diersen, F38	Ames	26:45	8:37/M
9	Emily Beaudry, F30	Ames	28:41	9:14/M
10	Rachel Thompson, F30	Ames	29:20	9:26/M
11	Stephanie Winzer, F32	Pine Bluff	29:49	9:36/M
12	Alyssa Broussard, F31	Ames	30:37	9:51/M
13	Megan Reuther, F38	Altoona	31:21	10:05/M
14	Ashley Hardt, F34	Grimes	31:22	10:06/M
15	Erin Norton, F37	Ames	31:26	10:07/M
16	Traci Smith, F30	Gilbert	31:31	10:09/M
17	Heather Bray, F39	Ames	31:31	10:09/M
18	Lisa Smith, F38	Pella	34:47	11:12/M
19	Grace Wilkinson, F31	Ames	37:13	11:59/M
20	Cassie Musser, F35	Boone	51:04	16:26/M
21	Chelsea Steele, F34	Ankeny	51:18	16:31/M
22	Brenna Finnerty, F37	Des Moines	51:55	16:43/M
23	Robbyn Anand, F37	Ames	52:26	16:52/M
24	Nayadette Padilla, F39	Ames	55:39	17:55/M

M[40-49]

Place	Name	City	Gun Time	Pace mpm
1	Marc Peterson, M49	Ames	19:08	6:09/M
2	Carver Nebbe, M49	Ames, IA	19:46	6:22/M
3	Jason Niegsch, M47	Ames	21:47	7:01/M
4	Matt Keller, M44	Ankeny	22:30	7:15/M
5	Anand Balasubramanian, M40	Ames	23:53	7:41/M
6	Jesse Turk, M43	Ames	24:54	8:01/M
7	Aaron Sadow, M44	Ames	25:25	8:11/M
8	Ethan Gindt, M47	Ames, IA	26:01	8:22/M
9	Joe Brekke, M45	Ames	26:28	8:31/M
10	Ryan Martin, M46	Ames, IA	27:53	8:59/M
11	Brad Bloemke, M49	Belmond	28:33	9:11/M

12	John Livingston, M47	Ames	28:39	9:13/M
13	David Miller, M41	Ames	28:55	9:18/M
14	Ryle Smith, M41	Pella	34:46	11:11/M
15	Chad Steenhoek, M44	Ames	35:41	11:29/M
16	Brian Steele, M44	Ankeny	51:18	16:31/M
17	Jonathan Miranda, M41	Ames	55:39	17:55/M

F[40-49]

Place	Name	City	Gun Time	Pace mpm
1	Elisabeth Miranowski, F42	Riverside	22:17	7:10/M
2	Rita Hamers, F44	Ames	24:55	8:01/M
3	Tonja Goodwin, F46	Ames	25:15	8:07/M
4	Jennie Schonhorst, F40	Huxley	26:12	8:26/M
5	Jen Brekke, F44	Ames	26:16	8:27/M
6	Cori Peterson, F42	Ames, IA	28:05	9:02/M
7	Susan Pyle, F41	Ames	29:01	9:20/M
8	Dana Levine, F42	Ames	30:05	9:41/M
9	Elizabeth Gindt, F47	Ames, IA	30:41	9:53/M
10	Sara Moeller, F41	Boone	31:55	10:16/M
11	Brenda Allen, F45	Ames	33:56	10:55/M
12	Stephanie Livingston, F44	Ames	34:32	11:07/M
13	Kristen Leichty, F48	Ames	36:53	11:52/M
14	Amber Wiertzema, F42	Ames	39:14	12:38/M
15	Cristina Bonaccorsi, F43	Ames	52:24	16:52/M

M[50-59]

Place	Name	City	Gun Time	Pace mpm
1	David Tucker, M57	Ames	24:24	7:51/M
2	Mark Leichty, M50	Ames	24:48	7:59/M
3	Chad Copley, M51	Ames	25:19	8:09/M
4	Mike Parsons, M59	Ames, IA	27:05	8:43/M
5	Dave Evans, M54	Ames	28:08	9:03/M
6	Brian Hurley, M52	Johnston	29:03	9:21/M
7	Paul Livingston, M53	Ames	30:11	9:43/M
8	Ed Steyer, M58	Ames	40:52	13:09/M
9	William Peden, M59	Marshalltown	46:03	14:49/M
10	Mark Greufe, M54	Ames	49:13	15:50/M
11	Eddie Boylston, M50	Ames	57:03	18:22/M

F[50-59]

Place	Name	City	Gun Time	Pace mpm
1	Annette Westberg, F50	Woodward	26:43	8:36/M
2	Nicola Bowler, F50	Ames	27:31	8:51/M
3	Jodi Baker, F50	Ankeny	28:59	9:20/M
4	Sharla Matthys, F53	Boone	30:09	9:42/M
5	Tracey Boothe, F52	Ames, IA	30:11	9:43/M

6	Carla Schimelfenig, F58	Nevada	30:38	9:52/M
7	Julie Roberts, F59	Ames	30:55	9:57/M
8	Karen Davis, F52	Stuart	35:53	11:33/M
9	Candy Bidler Hurley, F52	Johnston	39:03	12:34/M
10	Laurie Coder, F53	Urbandale	40:14	12:57/M
11	Jodi Steyer, F58	Ames	40:52	13:09/M
12	Carol Kisling, F51	Ames	41:00	13:12/M
13	Jane Houk, F59	Ames	41:31	13:22/M
14	Ann Rasmussen, F58	Ames	43:05	13:52/M
15	Delesia Stoeffler, F55	Nevada	44:29	14:19/M
16	Tracy Ferch, F53	State Center	46:09	14:51/M
17	Mandy Fales-Williams, F51	Ames	48:17	15:32/M
18	Holly Greufe, F53	Ames	49:18	15:52/M
19	Diana Finnerty, F57	IA	51:55	16:43/M
20	Linda Livingston, F53	Ames	52:31	16:54/M
21	Pamela Dougherty, F51	Laurel	52:31	16:54/M
22	Terri Boylston, F58	Ames	57:04	18:22/M
23	Sharon Fox, F53	Ames	57:04	18:22/M

M[60-107]

Place	Name	City	Gun Time	Pace mpm
1	Delayne Stokke, M61	Ames	25:48	8:18/M
2	Gary Gartin, M68	Dayton,Oh, IA	27:10	8:45/M
3	Terry Olson, M69	Ames	31:10	10:02/M
4	Frank Amos, M86	Ames, IA	34:31	11:06/M
5	Ricardo Martinez, M63	Nevada	36:42	11:49/M
6	Scott Fimmerty, M84	Ames, IA	51:57	16:43/M

F[60-107]

Place	Name	City	Gun Time	Pace mpm
1	Cherie Hill, F67	Ellsworth	29:46	9:35/M
2	Christine Stokke, F60	Ames	30:47	9:55/M
3	Marie Edwards, F64	Ames	32:39	10:31/M
4	Susana Goggi, F61	Ames	32:54	10:35/M
5	Sandy Rupnow, F75	Ames, IA	33:33	10:48/M
6	Kim Larson, F65	Sarasota,Fl, IA	37:39	12:07/M
7	Janie Kruger, F62	Grimes	40:15	12:57/M
8	Peggy Best, F61	Ames	43:16	13:55/M
9	Catherine Bazyliniski, F65	Ames	45:25	14:37/M
10	Pat Thompson, F65	Marshalltown	46:04	14:50/M
11	Lois Burg, F63	State Center	46:09	14:51/M
12	Gale Livingston, F73	Ames	52:33	16:55/M
13	Carol Miller, F65	Ames	55:19	17:48/M

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