

## Ames 4M on the 4th

July 4, 2005

[4 K results here](#)

Place	Last	First	Gender	Event	Age	City	State	Time	Place
1	Leach	Shane	M	Four Mile	32	Ames	IA	22:22	1
2	Gulbrandsen	Kendall	M	Four Mile	18	Hampton	IA	22:38	2
3	Eller	Andy	M	Four Mile	17	Ames	IA	23:14	3
4	Bird	Sam	M	Four Mile	15	Ames	IA	23:19	4
5	moody	fred	M	Four Mile	31	Ames	IA	24:18	5
6	Fitz	Dave	M	Four Mile	50	Ames	IA	24:23	6
7	Bannantine	John	M	Four Mile	39	Ames	IA	24:46	7
8	Pounds	Tyler	M	Four Mile	23	Ames	IA	25:21	8
9	Webb	Randall	M	Four Mile	43	Ames	IA	25:25	9
10	Weber	Dale	M	Four Mile	41	Ames	IA	25:25	10
11	Leach	Sydney	F	Four Mile	30	Ames	IA	25:28	11
12	Rattray	Jacob	M	Four Mile	22	Ames	IA	25:45	12
13	Jenks	William	M	Four Mile	40	Ames	IA	26:00	13
14	Ryken	Jim	M	Four Mile	34	Ames	IA	26:00	14
15	Hunter	Robert	M	Four Mile	15	Ames	IA	26:05	15
16	Gillen	Tyler	M	Four Mile	26	Ames	IA	26:12	16
17	Bird	Leo	M	Four Mile	14	Ames	IA	26:48	17
18	Loneragan	Steven	M	Four Mile	39	Ames	IA	27:01	18
19	Burke	John	M	Four Mile	43	Ames	IA	27:11	19
20	McBreen	Steve	M	Four Mile	45	Ames	IA	27:16	20
21	Haan	Matt	M	Four Mile	32	Ames	IA	27:36	21
22	Jeff	Girdner	M	Four Mile	45	Sheboygan	WI	28:52	22
23	Rover	Brittany	F	Four Mile	16	Ames	IA	29:01	23
24	Schuck	Ron	M	Four Mile	45	Ames	IA	29:12	24
25	Garrett	Jody	F	Four Mile	24	Ames	IA	29:14	25
26	Hibbing	Duchess	F	Four Mile	17	Ames	IA	29:21	26
27	Welp	Stan	M	Four Mile	53	Ames	IA	29:36	27
28	Gulbrandsen	Don	M	Four Mile	42	Hampton	IA	29:36	28
29	Block	Dave	M	Four Mile	62	Ames	IA	29:41	29
30	Niggemeyer	Kurt	M	Four Mile	29	Ames	IA	30:05	30
31	Jungmann	Mark	M	Four Mile	22	Ames	IA	30:06	31
32	Pleasants	John	M	Four Mile	55	Ames	IA	30:24	32
33	White	Dave	M	Four Mile	31	Ames	IA	30:27	33
34	Harms	Cory	M	Four Mile	39	Ames	IA	30:27	34
35	Ordal	Tim	M	Four Mile	37	Ames	IA	30:29	35
36	Hurley	Brian	M	Four Mile	38	Johnston	IA	30:30	36
37	Strand	Jayne	F	Four Mile	16	Ames	IA	30:58	37
38	Bird	Emily	F	Four Mile	18	Ames	IA	31:31	38
39	Rupnow	Sandy	F	Four Mile	61	Newton	IA	31:41	39
40	Albrecht	Abi	F	Four Mile	20	Fort Dodge	IA	31:49	40
41	Bergan	Bill	M	Four Mile	63	Ames	IA	31:56	41
42	Allen	Danny	M	Four Mile	39	Buda	TX	32:00	42
43	Huston	Paul	M	Four Mile	37	Ames	IA	32:16	43
44	Brennan	Thomas	M	Four Mile	57	Ames	IA	32:27	44
45	Drummond	Carrie	F	Four Mile	31	Ames	IA	32:30	45
46	Shaw	Mark	M	Four Mile	48	Ames	IA	32:34	46
47	Brown	Kyle	M	Four Mile	30	Des Moines	IA	32:36	47
48	McQuiston	Lori	F	Four Mile	42	Maxwell	IA	32:48	48
49	Jenks	Christopher	M	Four Mile	10	Ames	IA	33:06	49
50	Porter	Tracy	F	Four Mile	31	Ames	IA	33:33	50
51	Alexander	Devon	M	Four Mile	32	Minneapolis	MN	33:43	51
52	Pohlman	Tom	M	Four Mile	54	Ames	IA	33:47	52
53	Shirk	Bob	M	Four Mile	??	Ames	IA	33:49	53
54	Brand	Jason	M	Four Mile	21	Ames	IA	33:49	54
55	Tuttle	Emily	F	Four Mile	19	Ames	IA	33:54	55
56	Lowry	Jennifer	F	Four Mile	21	Ames	IA	33:55	56
57	boothe	tracey	F	Four Mile	38	ames	IA	34:04	57
58	Sander	Julie	F	Four Mile	23	Ames	IA	34:18	58
59	Le	Phuong	F	Four Mile	30	Ames	IA	34:18	59
60	Dauterive	Don	M	Four Mile	53	Ames	IA	34:39	60
61	Bratten	Laurel	F	Four Mile	23	Ames	IA	34:51	61
62	Stout	Dave	M	Four Mile	22	Ames	IA	34:59	62
63	Hanchett	Jessica	F	Four Mile	24	Ames	IA	35:03	63
64	Schmitt	Bill	M	Four Mile	44	Alleman	IA	35:05	64
65	Stensland	Wendy	F	Four Mile	31	Kelly	IA	35:06	65
66	Philips	Kristi	F	Four Mile	16	Ames	IA	35:06	66
67	Lafrentz	Valerie	F	Four Mile	19	Ankeny	IA	35:19	67
68	Hundertmark	Sarah	F	Four Mile	16	Ames	IA	35:33	68
69	McBride	Sara	F	Four Mile	28	Huxley	IA	35:47	69
70	Brockway	Maggie	F	Four Mile	13	Ames	IA	36:16	70
71	Branaman	Rosie	F	Four Mile	42	Boone	IA	36:29	71
72	Reitano	Jenny	F	Four Mile	28	Grimes	IA	36:42	72
73	Wilson	Shana	F	Four Mile	31	Ames	IA	36:47	73
74	Wilson	Danny	M	Four Mile	31	Ames	IA	36:48	74
75	Hagley	Joyce	F	Four Mile	43	Ames	IA	36:51	75
76	White	Jen	F	Four Mile	28	Ames	IA	37:02	76
77	Lichtenauer	David	M	Four Mile	51	Johnston	IA	37:03	77
78	Schmitt	Jan	F	Four Mile	44	Alleman	IA	37:04	78
79	Simodynes	Terri	F	Four Mile	31	Ames	IA	37:17	79
80	Pederson	Erin	F	Four Mile	25	Ames	IA	37:29	80
81	Jacobson	Doug	M	Four Mile	47	Ames	IA	37:29	81
82	Pounds	Diana	F	Four Mile	55	Ames	IA	37:30	82
83	Flattery	Michelle	F	Four Mile	35	Ames	IA	38:22	83

84	Etter	Sara	F	Four Mile	30	Nevada	IA	39:04	84
85	Welter	Natalie	F	Four Mile	47	Ames	IA	39:33	85
86	reyna	angel	F	Four Mile	68	ames	IA	39:58	86
87	Thomas	Tara	F	Four Mile	49	Johnston	IA	40:29	87
88	Schulte	Sarah	F	Four Mile	21	Ames	IA	40:29	88
89	Smith	Lynn	M	Four Mile	37	Ames	IA	40:35	89
90	Imlan	Traci	F	Four Mile	39	Ames	IA	40:53	90
91	Stephens	Kate	F	Four Mile	25	Ames	IA	43:52	91
92	Wiese	Lyndsay	F	Four Mile	25	Ames	IA	43:52	92
93	Ellingson	Patricia	F	Four Mile	55	Ames	IA	44:03	93
94	Keeney	Betty	F	Four Mile	68	Ames	IA	50:25	94
95	Keeney	Dennis	M	Four Mile	68	Ames	IA	58:52	95
96	Pleasants	Barbara	F	Four Mile	55	Ames	IA	59:27	96
97	Fasehun	Risikara	F	Four Mile	61	Ames	IA	59:27	97
98	Fasehun	Festus	M	Four Mile	61	Ames	IA	59:28	98
99	King	Chris	F	Four Mile	52	Ames	IA	59:30	99

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