

Beaverdale Beaverdash 5 km

Des Moines, IA

Sept. 20, 2008

mild and sunny

Results by Michael Franke

[1M results](#)

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 |
|--|--------|---|-------|------|
| 1 | 1 M30 | Matthew Gabrielson, 30, Minneapolis, MN | 14:29 | 4:40 |
| Pace: 5:00 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 Top | | | | |
| 2 | 1 M20 | Tim Ives, 28, Des Moines, IA | 16:08 | 5:11 |
| 3 | 2 M20 | Evan Jurkovich, 22, Des Moines, IA | 16:11 | 5:12 |
| 4 | 3 M20 | Seth Comfort, 27, Des Moines, IA | 16:36 | 5:20 |
| 5 | 2 M30 | Patrick Riley, 35, Des Moines, IA | 16:53 | 5:26 |
| 6 | 4 M20 | Tj Tollakson, 29, Des Moines, IA | 17:16 | 5:33 |
| 7 | 5 M20 | David Lindenberg, 29, Grimes, IA | 17:17 | 5:34 |
| 1 | 1 W20 | Ashley Tousley, 29*, Des Moines, IA | 17:33 | 5:39 |
| 8 | 3 M30 | Darin Arkema, 39, Sully, IA | 17:40 | 5:41 |
| 9 | 1 M11 | Christopher Welch, 13, Albia, IA | 18:01 | 5:48 |
| 10 | 6 M20 | Nathan Brotherton, 23 | 18:08 | 5:50 |
| 11 | 7 M20 | Matt Johnson, 29, Des Moines, IA | 18:18 | 5:53 |
| 12 | 1 M50 | Paul Grinvalds, 50, West Des Moines, IA | 18:20 | 5:54 |
| 13 | 8 M20 | Caleb Brown, 28, Des Moines, IA | 18:23 | 5:55 |
| 14 | 9 M20 | dan ross, 29, Des Moines, IA | 18:23 | 5:55 |
| 2 | 2 W20 | Kristy Feldman, 28*, Grimes, IA | 18:28 | 5:57 |
| 15 | 10 M20 | Kent Carlson, 29, Des Moines, IA | 18:30 | 5:57 |
| Pace: 5:00 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 Top | | | | |
| 16 | 2 M11 | Sloan Beninga, 14, Parkersburg, IA | 18:48 | 6:03 |
| 17 | 2 M50 | Thomas McBride, 53, Des Moines, IA | 18:53 | 6:05 |
| 18 | 1 M40 | Mike Rieks, 49, Urbandale, IA | 19:07 | 6:09 |
| 19 | 4 M30 | Darin Dowling, 35, Des Moines, IA | 19:12 | 6:11 |
| 20 | 5 M30 | Matthew Zepedo, 35, Waukee, IA | 19:20 | 6:13 |
| 21 | 1 M15 | Michael Donahue, 19, Des Moines, IA | 19:27 | 6:16 |
| 22 | 3 M50 | Thomas Heuer, 51, Des Moines, IA | 19:39 | 6:19 |
| 23 | 6 M30 | Scott Heisler, 39, West Des Moines, IA | 19:53 | 6:24 |
| 24 | 7 M30 | Jeremy Mueller, 31, West Des Moines, IA | 19:57 | 6:25 |
| 3 | 3 W20 | Jayne Anderson, 29*, Des Moines, IA | 20:00 | 6:26 |
| 25 | 4 M50 | Mark Clark, 51, Des Moines, IA | 20:01 | 6:26 |
| 4 | 4 W20 | Katie Larsen, 22*, Des Moines, IA | 20:01 | 6:27 |
| 26 | 2 M15 | Tyler Christians, 15, Urbandale, IA | 20:07 | 6:28 |
| 27 | 8 M30 | Steven Robinson, 35, Des Moines, IA | 20:16 | 6:31 |
| 28 | 9 M30 | Jay Rewerts, 30, Urbandale, IA | 20:20 | 6:32 |
| 29 | 2 M40 | Mark Yontz, 40, Urbandale, IA | 20:24 | 6:34 |
| 30 | 10 M30 | Mike Patrick, 32, Des Moines, IA | 20:26 | 6:34 |
| 5 | 5 W20 | Amanda Ives, 27*, Des Moines, IA | 20:29 | 6:35 |
| 31 | 11 M30 | Matt Anderson, 38, Des Moines, IA | 20:34 | 6:37 |
| 32 | 12 M30 | Aaron Kennedy, 31, Dsm, IA | 20:41 | 6:39 |
| 33 | 11 M20 | Mike McGinn, 29, Des Moines, IA | 20:42 | 6:40 |
| 34 | 13 M30 | Marty Mitchell, 34, Des Moines, IA | 20:45 | 6:40 |
| 35 | 14 M30 | Adam Albright, 39, Des Moines, IA | 20:47 | 6:41 |

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|--|----|--|-------|------|
| 36 | 3 | M40 Mike Furrow, 46, Urbandale, IA | 20:50 | 6:42 |
| 37 | 4 | M40 Lee Hill, 40 | 20:54 | 6:43 |
| 38 | 15 | M30 Kevin Patterson, 31, Clive, IA | 20:56 | 6:44 |
| 6 | 1 | W30 Rob Hansen, 39*, Des Moines, IA | 20:56 | 6:44 |
| 39 | 16 | M30 Brad Luftus, 36, Ankeny, IA | 21:00 | 6:45 |
| 40 | 17 | M30 Matt Clausen, 39, Urbandale, IA | 21:03 | 6:46 |
| 41 | 1 | M60 Don Utsinger, 61, Cedar Rapids, IA | 21:10 | 6:49 |
| 42 | 18 | M30 Kurt Sparks, 30, Des Moines, IA | 21:14 | 6:50 |
| 43 | 19 | M30 Jason Rosenthal, 32, Urbandale, IA | 21:15 | 6:50 |
| 44 | 5 | M40 Andy Roat, 46, Des Moines, IA | 21:16 | 6:51 |
| 45 | 20 | M30 Ian Bradley, 39, Johnston, IA | 21:18 | 6:51 |
| 7 | 1 | W11 Abigail Vaughn, 12*, Des Moines, IA | 21:20 | 6:52 |
| 46 | 21 | M30 Able Mahaffey, 30, Altoona, IA | 21:23 | 6:53 |
| 47 | 3 | M11 Harrison Farrell, 14, Des Moines, IA | 21:29 | 6:55 |
| 8 | 6 | W20 Jodi Harding, 20*, Des Moines, IA | 21:29 | 6:55 |
| 48 | 22 | M30 Charles Graham, 39, Des Moines, IA | 21:35 | 6:57 |
| 49 | 6 | M40 Alex Gonzalez, 40, Des Moines, IA | 21:37 | 6:57 |
| 50 | 5 | M50 Bruce Drummond, 50, Des Moines, IA | 21:38 | 6:58 |
| 51 | 12 | M20 Clint Olson, 29, Urbandale, IA | 21:42 | 6:59 |
| Pace: 5:00 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 Top | | | | |

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|----|----|---|-------|------|
| 52 | 4 | M11 Dakota Weeter, 13, Johnston, IA | 21:46 | 7:00 |
| 53 | 23 | M30 Daren Munroe, 39, Des Moines, IA | 21:53 | 7:03 |
| 54 | 24 | M30 David Zwank, 35, Adel, IA | 21:54 | 7:03 |
| 9 | 2 | W11 Russell Erwin, 14*, Urbandale, IA | 22:00 | 7:05 |
| 10 | 2 | W30 Karen Kennedy, 39*, Des Moines, IA | 22:06 | 7:07 |
| 11 | 1 | W40 Amy Harris, 43*, Des Moines, IA | 22:14 | 7:09 |
| 55 | 25 | M30 Jason Carmichael, 31, Des Moines, IA | 22:14 | 7:09 |
| 12 | 7 | W20 Andrea Rothrock, 26*, Ankeny, IA | 22:15 | 7:09 |
| 56 | 26 | M30 Tom Buck, 39, Ankeny, IA | 22:22 | 7:12 |
| 57 | 27 | M30 Greg Luna, 39, Des Moines, IA | 22:30 | 7:14 |
| 58 | 28 | M30 Joel Feilmeier, 39, Des Moines, IA | 22:34 | 7:16 |
| 59 | 13 | M20 Beau Blanchard, 27, Grimes, IA | 22:47 | 7:20 |
| 60 | 7 | M40 Scott Long, 49, Des Moines, IA | 22:53 | 7:22 |
| 61 | 8 | M40 Dale Christians, 42, Urbandale, IA | 22:54 | 7:22 |
| 13 | 3 | W11 Emily Christians, 12*, Urbandale, IA | 22:54 | 7:22 |
| 62 | 9 | M40 Glen Dippold, 46, Clive, IA | 22:55 | 7:23 |
| 63 | 6 | M50 Bill Krier, 50, Urbandale, Ia | 22:56 | 7:23 |
| 14 | 3 | W30 jones julie, 37*, Sully, IA | 23:00 | 7:24 |
| 64 | 5 | M11 Joe Amadeo, 14, Des Moines, IA | 23:00 | 7:24 |
| 65 | 29 | M30 Justin Hartman, 39, Des Moines, IA | 23:04 | 7:25 |
| 66 | 14 | M20 Jake Withers, 29, Des Moines, IA | 23:05 | 7:25 |
| 67 | 7 | M50 John Brostad, 57, Storm Lake, IA | 23:05 | 7:26 |
| 68 | 10 | M40 Rick Schmidt, 40, Des Moines, IA | 23:10 | 7:27 |
| 69 | 2 | M60 James Rohret, 60, Des Moines, IA | 23:11 | 7:28 |
| 70 | 30 | M30 Larry Hunt, 39, Windsor Heights, IA | 23:13 | 7:28 |
| 71 | 8 | M50 brian Shriver, 59, Fort Dodge, IA | 23:15 | 7:29 |
| 72 | 31 | M30 Ryan Thole, 31, Des Moines, IA | 23:17 | 7:30 |
| 73 | 11 | M40 Jon Stahl, 43, Urbandale, IA | 23:19 | 7:30 |
| 74 | 12 | M40 Kip Fennelly, 41, Indianola, IA | 23:28 | 7:33 |
| 75 | 32 | M30 Matt Weinecke, 39, Des Moines, IA | 23:28 | 7:33 |
| 76 | 33 | M30 Brent Rickabaugh, 36, West Des Moines, IA | 23:32 | 7:34 |
| 77 | 3 | M60 Jim Matthews, 68, Baxter, IA | 23:33 | 7:35 |
| 78 | 13 | M40 Barry Jones, 40, Des Moines, IA | 23:34 | 7:35 |
| 79 | 1 | JrM Alec Rickabaugh, 10, West Des Moines, IA | 23:34 | 7:35 |
| 80 | 34 | M30 Wade Den Hartog, 34, Johnston, IA | 23:35 | 7:35 |
| 15 | 8 | W20 Robyn Clevenger, 29*, West Des Moines, IA | 23:36 | 7:36 |
| 16 | 4 | W30 Ginger Miller, 38*, Ankeny, IA | 23:38 | 7:36 |
| 81 | 15 | M20 Jake Rohe, 29, Des Moines, IA | 23:41 | 7:37 |
| 82 | 16 | M20 Jeff Jones, 27, Des Moines, IA | 23:48 | 7:40 |
| 83 | 9 | M50 Mark Stelmacher, 54, West Des Moines, IA | 23:51 | 7:41 |
| 84 | 35 | M30 Johnny Sattler, 39, Clive, IA | 23:52 | 7:41 |
| 85 | 3 | M15 Sam Burt, 16, Des Moines, IA | 23:57 | 7:42 |
| 17 | 9 | W20 Jill Logsdon, 26*, Baxter, IA | 23:58 | 7:43 |
| 86 | 36 | M30 Victor Young, 32, Des Moines, IA | 23:58 | 7:43 |

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|-----|----|--|-------|------|
| 18 | 10 | W20 Ana Nelson, 29*, Des Moines, IA | 23:59 | 7:43 |
| 19 | 2 | W40 Kathy Nettleton, 40*, Des Moines, IA | 24:03 | 7:44 |
| 87 | 37 | M30 David Breese, 39, Des Moines, IA | 24:05 | 7:45 |
| 88 | 17 | M20 Nathan Stewart, 29, Des Moines, IA | 24:05 | 7:45 |
| 20 | 3 | W40 Shari Osier, 49*, Bondurant, IA | 24:06 | 7:45 |
| 89 | 6 | M11 Austin Binning, 13, Des Moines, IA | 24:08 | 7:46 |
| 21 | 4 | W11 Monica Anton, 14*, Cedar Falls, IA | 24:10 | 7:47 |
| 90 | 38 | M30 Jeff Beath, 39, Ankeny, IA | 24:11 | 7:47 |
| 91 | 39 | M30 Dale Grieder, 39, Ankeny, IA | 24:12 | 7:47 |
| 92 | 10 | M50 Terry Grepentine, 57, West Bend, IA | 24:14 | 7:48 |
| 93 | | Ken Bernstein, Des Moines, IA | 24:16 | 7:49 |
| 94 | 18 | M20 Andy Reinders, 29, West Des Moines, IA | 24:22 | 7:50 |
| 22 | 11 | W20 Kristen Prewitt, 29*, Grimes, IA | 24:23 | 7:51 |
| 95 | 14 | M40 Brad Mills, 49, Waukee, IA | 24:23 | 7:51 |
| 96 | 40 | M30 chad johnson, 39, West Des Moines, IA | 24:31 | 7:53 |
| 97 | 41 | M30 Mike Dillon, 39, Des Moines, IA | 24:32 | 7:54 |
| 98 | 19 | M20 Nathan Stanton, 29, Des Moines, IA | 24:33 | 7:54 |
| 99 | 20 | M20 Thoddeus Brandt, 26, Urbandale, IA | 24:34 | 7:54 |
| 100 | 11 | M50 John Just, 59, Des Moines, IA | 24:36 | 7:55 |
| 101 | 4 | M15 Joseph Harper, 15, Des Moines, IA | 24:36 | 7:55 |
| 23 | 4 | W40 Kimberly Stewart, 40*, Des Moines, IA | 24:37 | 7:55 |
| 102 | 12 | M50 Bob Overstreet, 58, Des Moines, IA | 24:38 | 7:55 |
| 103 | 15 | M40 Joe Cacciatore, 43, Urbandale, IA | 24:38 | 7:56 |
| 24 | 12 | W20 Amy Burrell, 28*, Des Moines, IA | 24:44 | 7:58 |
| 104 | 13 | M50 Dennis Woline, 57, Des Moines, IA | 24:44 | 7:58 |
| 25 | 5 | W30 Jill Witte, 33*, Urbandale, IA | 24:46 | 7:58 |
| 105 | 42 | M30 Jared Brostad, 30, Des Moines, IA | 24:49 | 7:59 |

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|-----|----|---|-------|------|
| 26 | 1 | W50 Laurie Briden, 59*, Van Meter, IA | 24:51 | 8:00 |
| 106 | 43 | M30 Bradley Hanchak, 39, Des Moines, IA | 24:52 | 8:00 |
| 27 | 13 | W20 Judy Leinen, 22*, Des Moines, IA | 24:53 | 8:00 |
| 28 | 6 | W30 Erin Budreau, 33*, Des Moines, IA | 24:55 | 8:01 |
| 107 | 44 | M30 Bryan Siever, 39, Des Moines, IA | 24:55 | 8:01 |
| 108 | 16 | M40 Tom Wieck, 41, Des Moines, IA | 24:56 | 8:01 |
| 29 | 5 | W40 Coreen Sweeney, 43*, Clive, IA | 24:56 | 8:01 |
| 109 | 7 | M11 Henry Long, 14, Des Moines, IA | 24:57 | 8:02 |
| 110 | 17 | M40 Bernie Burke, 46, Des Moines, IA | 25:05 | 8:04 |
| 111 | 45 | M30 Jon Dreibelbis, 38, Des Moines, IA | 25:06 | 8:04 |
| 30 | 7 | W30 Mary Nelson, 30*, Grimes, IA | 25:07 | 8:05 |
| 112 | 46 | M30 Patrick Lanigan, 39, Urbandale, IA | 25:08 | 8:05 |
| 113 | 5 | M15 Nels Engblom, 17, Grimes, IA | 25:08 | 8:05 |
| 114 | 21 | M20 Aaron Rothrock, 29, Ankeny, IA | 25:09 | 8:06 |
| 31 | 8 | W30 Jane Angstman, 39*, Clive, IA | 25:11 | 8:06 |
| 115 | 14 | M50 Craig Johnsen, 55, Des Moines, IA | 25:11 | 8:06 |
| 116 | 18 | M40 Dave Briden, 49, Van Meter, IA | 25:15 | 8:07 |
| 32 | 14 | W20 Lori Peymann, 29*, Des Moines, IA | 25:16 | 8:08 |
| 117 | 47 | M30 Kevin Smith, 34, Ankeny, IA | 25:19 | 8:09 |
| 118 | 15 | M50 Mary Cooper, 53, Des Moines, IA | 25:19 | 8:09 |
| 119 | 48 | M30 Laura Lanigan, 39, Urbandale, IA | 25:22 | 8:10 |
| 120 | 16 | M50 Mike Walag, 57, Des Moines, IA | 25:23 | 8:10 |
| 121 | 19 | M40 Sam Rizzuti, 44, Urbandale, IA | 25:29 | 8:12 |
| 122 | 49 | M30 Dwight Rastetter, 37, Johnston, IA | 25:33 | 8:13 |
| 123 | 20 | M40 Tim Houge, 48, Urbandale, IA | 25:42 | 8:16 |
| 33 | 6 | W40 Catherine Engblom, 45*, Grimes, IA | 25:44 | 8:17 |
| 34 | 15 | W20 Rachel Davies, 29*, Winterset, IA | 25:44 | 8:17 |
| 35 | 9 | W30 Lori Reha, 31*, Ankeny, IA | 25:45 | 8:17 |
| 124 | 22 | M20 Jason Chapman, 29, Clive, IA | 25:46 | 8:17 |
| 125 | 50 | M30 jeff rude, 39, Des Moines, IA | 25:47 | 8:18 |
| 126 | 23 | M20 Sean Mansfield, 29, Des Moines, IA | 25:48 | 8:18 |
| 36 | 2 | W50 Betsy Frederes, 50*, Clive, IA | 25:48 | 8:18 |
| 127 | 24 | M20 Tim Kurth, 29, Windsor Heights, IA | 25:49 | 8:18 |
| 128 | 51 | M30 Pat Vilmont, 34, Waukee, IA | 25:51 | 8:19 |
| 129 | 25 | M20 Tim Anderson, 27, Urbandale, IA | 25:51 | 8:19 |
| 37 | 10 | W30 Danika Vilmont, 35*, Waukee, IA | 25:52 | 8:19 |

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| 38 | 11 | W30 | Tricia Hingst, 38*, West Des Moines, IA | 25:53 | 8:20 |
| 39 | 5 | W11 | Toni Murken, 14*, Des Moines, IA | 25:55 | 8:21 |
| 40 | 6 | W11 | Andrea Renner, 13*, Urbandale, IA | 25:56 | 8:21 |
| 41 | 12 | W30 | Kris Fagen, 35*, Urbandale, IA | 25:56 | 8:21 |
| 42 | 13 | W30 | Danette Stritt, 39*, West Des Moines, IA | 25:59 | 8:22 |
| 130 | 2 | JrM | Grant Acoymo, 10, Ankeny, IA | 26:01 | 8:22 |
| 43 | 7 | W11 | Edward Kempf, 14*, Des Moines, IA | 26:05 | 8:24 |
| 131 | 21 | M40 | Randy Catron, 49, Urbandale, IA | 26:06 | 8:24 |
| 132 | 26 | M20 | Drew Luder, 21, Des Moines, IA | 26:12 | 8:26 |
| 133 | 27 | M20 | Mike Blake, 22, Des Moines, IA | 26:13 | 8:26 |
| 134 | 22 | M40 | Paul Sapp, 49, Des Moines, IA | 26:13 | 8:26 |
| 44 | 14 | W30 | Heather Jacobus, 35*, Des Moines, IA | 26:16 | 8:27 |
| 135 | 17 | M50 | Mark McGrath, 59, Des Moines, IA | 26:17 | 8:27 |
| 45 | 16 | W20 | Sara Berg, 29*, Johnston, IA | 26:18 | 8:28 |
| 136 | 52 | M30 | Jason Clevenger, 30, Johnston, IA | 26:19 | 8:28 |
| 137 | 23 | M40 | Kent Tipping, 49, Urbandale, IA | 26:20 | 8:28 |
| 138 | 53 | M30 | Andrew Lashier, 32, Johnston, IA | 26:23 | 8:29 |
| 46 | 8 | W11 | Jessie Tindall, 13*, Urbandale, IA | 26:23 | 8:29 |
| 139 | 54 | M30 | Patrick Bohnenkamp, 39, West Des Moines, IA | 26:24 | 8:30 |
| 47 | 15 | W30 | Lisa Martin, 39*, Johnston, IA | 26:24 | 8:30 |
| 140 | 24 | M40 | Paul Turner, 45, Des Moines, IA | 26:25 | 8:30 |
| 141 | 55 | M30 | Ted Johnson, 39, Des Moines, IA | 26:26 | 8:30 |
| 142 | 28 | M20 | Jeffrey Danielson, 29, Des Moines, IA | 26:27 | 8:31 |
| 143 | 18 | M50 | Mike Cornelison, 59, Ankeny, IA | 26:28 | 8:31 |
| 48 | 7 | W40 | Deb Avitt, 47*, Des Moines, IA | 26:28 | 8:31 |
| 144 | 8 | M11 | Josh Boesch, 14, Urbandale, IA | 26:31 | 8:32 |
| 145 | 56 | M30 | Jeffery Steenhoek, 38, Des Moines, IA | 26:32 | 8:32 |
| 146 | 9 | M11 | Heath Evans, 13, Des Moines, IA | 26:33 | 8:33 |
| 147 | 25 | M40 | joseph barry, 49, Des Moines, IA | 26:36 | 8:33 |
| 49 | 17 | W20 | Katie Brown, 27*, Ofallon, MO | 26:37 | 8:34 |
| 148 | 29 | M20 | Josh Brown, 29, Ofallon, MO | 26:37 | 8:34 |
| 50 | 18 | W20 | Crystle Campa, 26*, West Des Moines, IA | 26:38 | 8:34 |
| 149 | 57 | M30 | James Kramer, 39, Des Moines, IA | 26:39 | 8:34 |
| 51 | 16 | W30 | Debbie Hunt, 39*, Windsor Heights, IA | 26:39 | 8:35 |
| 52 | 3 | W50 | Susan Cook, 50*, Des Moines, IA | 26:40 | 8:35 |
| 53 | 17 | W30 | Lori Buhr, 34*, Pleasant Hill, IA | 26:41 | 8:35 |
| 54 | 18 | W30 | Erin Reagen, 35*, Des Moines, IA | 26:41 | 8:35 |
| 55 | 1 | W15 | Hannah Rohret, 19*, Des Moines, IA | 26:42 | 8:35 |
| 150 | 6 | M15 | John Preston, 16, Des Moines, IA | 26:43 | 8:36 |
| 151 | 10 | M11 | Jacob Jansen, 12 | 26:43 | 8:36 |
| 152 | 58 | M30 | Benjamin Poole, 39, Grimes, IA | 26:45 | 8:36 |
| 153 | 59 | M30 | Matt Klein, 32, Des Moines, IA | 26:47 | 8:37 |
| 56 | 19 | W20 | Joni Sheperd, 26*, Indianola, IA | 26:47 | 8:37 |
| 57 | 2 | W15 | Maggie Pendants, 17*, Adel, IA | 26:48 | 8:37 |
| 58 | 19 | W30 | Michelle Nelson, 39*, Sioux City, IA | 26:48 | 8:37 |
| 59 | 20 | W30 | Stacy Speck, 39*, Des Moines, IA | 26:49 | 8:38 |
| 154 | 60 | M30 | matt schmidt, 39, Des Moines, IA | 26:49 | 8:38 |
| 60 | 8 | W40 | Kimberly Wente, 40*, Urbandale, IA | 26:49 | 8:38 |
| 61 | 21 | W30 | Melinda Hill, 39*, Johnston, IA | 26:51 | 8:38 |
| 155 | 7 | M15 | Pat Poston, 18, De Soto, IA | 26:51 | 8:38 |
| 62 | 20 | W20 | Molly Gill, 27*, Des Moines, IA | 26:52 | 8:39 |
| 156 | 26 | M40 | Craig Linscheid, 41, Johnston, IA | 26:54 | 8:39 |
| 63 | 22 | W30 | Emily Toering, 39*, Waukee, IA | 26:54 | 8:39 |
| 64 | 23 | W30 | Molly Ramsey, 31*, Des Moines, IA | 26:55 | 8:40 |
| 157 | 27 | M40 | Jay Erickson, 48, Clive, IA | 26:56 | 8:40 |
| 158 | 28 | M40 | Shawn Bown, 42, Des Moines, IA | 26:58 | 8:41 |
| 159 | 30 | M20 | John Maly, 26 | 26:59 | 8:41 |
| 65 | 9 | W40 | Cindy Jansen, 43*, Johnston, IA | 26:59 | 8:41 |
| 160 | 29 | M40 | Todd Mithelman, 40, Johnston, IA | 27:01 | 8:42 |
| 161 | 19 | M50 | Paul Bush, 50, Des Moines, IA | 27:02 | 8:42 |
| 66 | 24 | W30 | Kim Connolly, 30*, Des Moines, IA | 27:03 | 8:42 |
| 162 | 61 | M30 | Peter Parks, 31, Bondurant, IA | 27:03 | 8:42 |
| 67 | 21 | W20 | Katrina Schultz, 26*, West Des Moines, IA | 27:04 | 8:43 |
| 163 | 31 | M20 | Mike Sams, 26, Ankeny, IA | 27:05 | 8:43 |
| 68 | 25 | W30 | Jennifer Halfpap, 32*, Urbandale, IA | 27:06 | 8:43 |

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|--|----|--|-------|------|
| 69 | 26 | W30 Alyson Morrison, 32*, Urbandale, IA | 27:06 | 8:43 |
| 70 | 22 | W20 Melisa Wardlow, 29*, Des Moines, IA | 27:07 | 8:43 |
| 164 | 62 | M30 Eric Jackson, 30, Des Moines, IA | 27:09 | 8:44 |
| 165 | 63 | M30 Steven Anton, 35, Cedar Falls, IA | 27:11 | 8:45 |
| 71 | 27 | W30 Leslie Soyer, 39*, Norwalk, IA | 27:12 | 8:45 |
| 166 | 32 | M20 Chris Truman, 29, New Virginia, IA | 27:12 | 8:45 |
| 72 | 23 | W20 Drew Aspenson, 29*, Des Moines, IA | 27:13 | 8:45 |
| 73 | 24 | W20 Nicole Aspenson, 29*, Des Moines, IA | 27:13 | 8:45 |
| 74 | 25 | W20 Bridget Lechtenberg, 24*, Des Moines, IA | 27:13 | 8:46 |
| 75 | 3 | W15 Maddison Jansen, 19*, Lynnville, IA | 27:14 | 8:46 |
| 167 | 20 | M50 Larry Zahm, 52, Des Moines, IA | 27:15 | 8:46 |
| 168 | 64 | M30 Nathan Haggard, 39, Urbandale, IA | 27:16 | 8:47 |
| 76 | 28 | W30 Jennifer Krambeck, 33*, Des Moines, IA | 27:17 | 8:47 |
| 169 | 30 | M40 Mark Nevenhoven, 49, W Des Moines, IA | 27:17 | 8:47 |
| 77 | 26 | W20 Memory Eltjes, 29*, Urbandale, IA | 27:19 | 8:47 |
| 170 | 33 | M20 Dan Boyce, 29, Urbandale, IA | 27:20 | 8:48 |
| 78 | 9 | W11 Kayla Linscheid, 13*, Johnston, IA | 27:22 | 8:48 |
| 79 | 10 | W40 Nancy Linscheid, 42*, Johnston, IA | 27:23 | 8:49 |
| 80 | 27 | W20 Bre Damstetter, 23*, Des Moines, IA | 27:24 | 8:49 |
| 81 | 11 | W40 Jackie Cacciatore, 46*, Urbandale, IA | 27:28 | 8:50 |
| 171 | 65 | M30 Ben Krambeck, 33, Des Moines, IA | 27:34 | 8:52 |
| 82 | 4 | W50 Debby Weehler, 54*, Des Moines, IA | 27:34 | 8:52 |
| 172 | 34 | M20 Austin Scott, 23, Carroll, IA | 27:34 | 8:52 |
| 173 | 66 | M30 Nic Nelson, 39, Sioux City, IA | 27:35 | 8:53 |
| 83 | 28 | W20 Eileen Kurth, 29*, Windsor Heights, IA | 27:35 | 8:53 |
| 174 | | Colten Mills, Altoona, IA | 27:36 | 8:53 |
| 175 | 31 | M40 Gregg Erwood, 49, Clive, IA | 27:39 | 8:54 |
| 176 | 67 | M30 Shawn Karaidos, 31, Des Moines, IA | 27:40 | 8:54 |
| 177 | 35 | M20 Glenn Thome, 29, Windsor Heights, IA | 27:43 | 8:55 |
| 178 | 36 | M20 Jason Ostergaard, 20, Des Moines, IA | 27:46 | 8:56 |
| 84 | 29 | W30 Angie Karaidos, 32*, Des Moines, IA | 27:47 | 8:56 |
| 85 | 12 | W40 Lisa Lemon, 46*, Des Moines, IA | 27:47 | 8:56 |
| 86 | 29 | W20 Sara St John, 26*, Des Moines, IA | 27:48 | 8:57 |
| 87 | 30 | W30 Melissa O'Connor, 39*, Los Angeles, CA | 27:49 | 8:57 |
| 88 | 30 | W20 Meghan Teigen, 26*, Windsor Heights, IA | 27:49 | 8:57 |
| 89 | 5 | W50 Jamey Cox, 50*, Cambridge, IA | 27:51 | 8:58 |
| 179 | 32 | M40 Randy Jansen, 46, Johnston, IA | 27:52 | 8:58 |
| 90 | 31 | W30 Kathy Agocs, 37*, Urbandale, IA | 27:53 | 8:58 |
| 180 | 21 | M50 Phil Leder, 59, Bothell, WA | 27:53 | 8:58 |
| 91 | 32 | W30 Sarah Maxwell, 31*, Adel, IA | 27:54 | 8:59 |
| 92 | 33 | W30 Sara Albright, 39*, Des Moines, IA | 27:55 | 8:59 |
| 181 | 68 | M30 Jacob Moran, 30, Des Moines, IA | 27:56 | 8:59 |
| Pace: 5:00 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 Top | | | | |
| 93 | 31 | W20 Katie Hammitt, 25*, West Des Moines, IA | 27:58 | 9:00 |
| 182 | 69 | M30 Eric Seifert, 30, West Des Moines, IA | 27:58 | 9:00 |
| 94 | 32 | W20 Stacy Berenguel, 29*, Des Moines, IA | 27:58 | 9:00 |
| 183 | 22 | M50 gary soreide, 59, Panora, IA | 27:58 | 9:00 |
| 184 | 3 | JrM Keith McClure, 9, Des Moines, IA | 27:59 | 9:00 |
| 95 | 34 | W30 Lisa Hermann, 37*, West Des Moines, IA | 28:01 | 9:01 |
| 185 | 23 | M50 neil olson, 59, Boone, IA | 28:04 | 9:02 |
| 96 | 33 | W20 Lindsay Daniel, 28*, Des Moines, IA | 28:06 | 9:03 |
| 186 | 33 | M40 Wayne Ostergaard, 49, Des Moines, IA | 28:07 | 9:03 |
| 187 | 37 | M20 Matt Unger, 29, Des Moines, IA | 28:08 | 9:03 |
| 188 | 70 | M30 Brent Millis, 33, Des Moines, IA | 28:11 | 9:04 |
| 97 | 34 | W20 Kelly Brown, 29*, Des Moines, IA | 28:11 | 9:04 |
| 98 | 35 | W20 Kelsey Hastings, 20*, Cedar Falls, IA | 28:12 | 9:04 |
| 189 | 71 | M30 Michael Naig, 39, Des Moines, IA | 28:13 | 9:05 |
| 99 | 35 | W30 Kristy Rosenthal, 31*, Urbandale, IA | 28:14 | 9:05 |
| 190 | 72 | M30 Neal Westin, 34, Des Moines, IA | 28:15 | 9:05 |
| 100 | 36 | W30 Deb Anderson, 38*, Des Moines, IA | 28:15 | 9:05 |
| 101 | 6 | W50 Sandy Sparks, 55*, Norwalk, IA | 28:16 | 9:06 |
| 191 | 34 | M40 Gary Kasperbauer, 45, Des Moines, IA | 28:16 | 9:06 |
| 102 | 37 | W30 Sally Overton, 38*, Des Moines, IA | 28:17 | 9:06 |
| 192 | 11 | M11 Jacob Evans, 12, Altoona, IA | 28:17 | 9:06 |

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|-----|----|--|-------|------|
| 103 | 13 | W40 Carol Woodruff, 49*, Des Moines, IA | 28:18 | 9:06 |
| 193 | 73 | M30 Michael Bird, 39, Des Moines, IA | 28:19 | 9:07 |
| 194 | 35 | M40 Mark Hoven, 49, Ankeny, IA | 28:23 | 9:08 |
| 104 | 36 | W20 Jessica Keehn, 29*, Des Moines, IA | 28:24 | 9:08 |
| 195 | 38 | M20 Benjamin Briggs, 28, Des Moines, IA | 28:24 | 9:08 |
| 196 | 74 | M30 David Doty, 39, Altoona, IA | 28:25 | 9:09 |
| 105 | 38 | W30 Kory Riley, 39*, Des Moines, IA | 28:28 | 9:09 |
| 106 | 37 | W20 Abby Reynolds, 29*, West Des Moines, IA | 28:32 | 9:11 |
| 107 | 39 | W30 Angie Young, 39*, Winterset, IA | 28:32 | 9:11 |
| 108 | 38 | W20 Lauren Nelson, 29*, West Des Moines, IA | 28:33 | 9:11 |
| 109 | 40 | W30 Shar Nevenhoven, 39*, W Des Moines, IA | 28:34 | 9:11 |
| 110 | 39 | W20 Mary Schwab, 27*, Des Moines, IA | 28:35 | 9:12 |
| 111 | 14 | W40 Amy Nicholis, 40*, Urbandale, IA | 28:38 | 9:13 |
| 112 | 41 | W30 Teresa Volcheck, 39*, West Des Moines, IA | 28:38 | 9:13 |
| 113 | 42 | W30 Kristine Forret, 30*, Des Moines, IA | 28:39 | 9:13 |
| 114 | 7 | W50 Joyce Burch, 53*, Pella, IA | 28:39 | 9:13 |
| 115 | 40 | W20 Stephanie Davis, 29*, Urbandale, IA | 28:41 | 9:14 |
| 116 | 43 | W30 Amy Hutchins, 39*, Des Moines, IA | 28:42 | 9:14 |
| 197 | 24 | M50 Rick Jones, 59, Emmetsburg, IA | 28:43 | 9:15 |
| 198 | 75 | M30 Joel Jackman, 37, Des Moines, IA | 28:44 | 9:15 |
| 199 | 76 | M30 Justin Cremer, 30, Des Moines, IA | 28:44 | 9:15 |
| 117 | 44 | W30 Tracey Jackman, 38*, Des Moines, IA | 28:45 | 9:15 |
| 200 | 39 | M20 Gabe Wells, 24, Urbandale, IA | 28:45 | 9:15 |
| 201 | 40 | M20 Ian Smit, 29, Des Moines, IA | 28:46 | 9:15 |
| 118 | 45 | W30 Susie Bocken, 38*, Des Moines, IA | 28:47 | 9:16 |
| 119 | 46 | W30 Bonnie Baumhardt, 31*, Urbandale, IA | 28:48 | 9:16 |
| 202 | 25 | M50 Gary Turner, 53, West Des Moines, IA | 28:48 | 9:16 |
| 203 | 41 | M20 Ryan Foley, 29, Davenport, IA | 28:49 | 9:16 |
| 204 | 36 | M40 Ted Redenius, 40, Grimes, IA | 28:50 | 9:17 |
| 120 | | Faye Damanti*, Hermitage, TN | 28:50 | 9:17 |
| 121 | 41 | W20 Ashley Becker, 25*, Des Moines, IA | 28:51 | 9:17 |
| 122 | 42 | W20 Karrie Drake, 29*, West Des Moines, IA | 28:52 | 9:17 |
| 123 | 47 | W30 Amy Gates, 39*, Urbandale, IA | 28:57 | 9:19 |
| 124 | 8 | W50 Ann Greubel, 58*, Indianola, IA | 28:58 | 9:19 |
| 125 | 48 | W30 Taylor Lamb, 31*, Waukee, IA | 28:58 | 9:19 |
| 126 | 43 | W20 Ashley Large, 23*, Ankeny, IA | 28:58 | 9:19 |
| 127 | 44 | W20 Jennifer Sealine, 24*, West Des Moines, IA | 28:59 | 9:19 |
| 128 | 15 | W40 Christy Plain, 49*, Des Moines, IA | 28:59 | 9:20 |
| 205 | 77 | M30 Blair Smith, 38, Des Moines, IA | 29:00 | 9:20 |
| 129 | 49 | W30 Mary Smith, 38*, Des Moines, IA | 29:01 | 9:20 |
| 130 | 45 | W20 Katherine Tuttle, 29*, Des Moines, IA | 29:02 | 9:21 |
| 206 | 42 | M20 Andrew Brock, 29, Bettendorf, IA | 29:05 | 9:21 |
| 131 | 50 | W30 Eva Nunn, 39*, Panora, IA | 29:07 | 9:22 |
| 207 | 78 | M30 Jim Steinberg, 39, Adel, IA | 29:10 | 9:23 |
| 132 | 51 | W30 Karla Nyren, 39*, Johnston, IA | 29:11 | 9:23 |
| 133 | 16 | W40 Deanne Mundt, 46*, Urbandale, IA | 29:14 | 9:24 |
| 208 | 79 | M30 Matt Braafaart, 33 | 29:15 | 9:25 |
| 209 | 43 | M20 Martr Lechtenberg, 26, Des Moines, IA | 29:15 | 9:25 |
| 134 | | Trina Cooney*, Des Moines, IA | 29:17 | 9:25 |
| 210 | 44 | M20 Ryan Murphy, 29, West Des Moines, IA | 29:17 | 9:25 |
| 135 | 46 | W20 Brianna Shriver, 29*, Fort Dodge, IA | 29:18 | 9:26 |
| 136 | 47 | W20 Jessica Carper, 29*, West Des Moines, IA | 29:19 | 9:26 |
| 137 | 10 | W11 Lisa Murphy, 14*, West Des Moines, IA | 29:20 | 9:26 |
| 138 | 17 | W40 Cynthia Macdougall, 43*, Urbandale, IA | 29:20 | 9:26 |
| 139 | 48 | W20 Mary Tesdall, 29*, Urbandale, IA | 29:21 | 9:27 |
| 140 | 49 | W20 Jessica Dicks, 29*, Urbandale, IA | 29:21 | 9:27 |
| 211 | 80 | M30 Charles Isaacson, 32, Des Moines, IA | 29:23 | 9:27 |
| 141 | 18 | W40 Deb Thomas, 49*, Pleasantville, IA | 29:24 | 9:27 |
| 142 | 50 | W20 Callie Dunbar, 29*, West Des Moines, IA | 29:24 | 9:28 |
| 143 | 52 | W30 Erin O'Leary, 39*, Ankeny, IA | 29:25 | 9:28 |
| 144 | 53 | W30 Michelle Nelson, 32* | 29:26 | 9:28 |
| 145 | 19 | W40 Dixie Palm, 49*, Altoona, IA | 29:27 | 9:29 |
| 212 | 45 | M20 Dustin Carlson, 29, Martensdale, IA | 29:29 | 9:29 |
| 146 | 51 | W20 Krystle Willaby, 29*, Des Moines, IA | 29:29 | 9:29 |
| 147 | 54 | W30 Kari Walker, 39*, Pleasant Hill, IA | 29:31 | 9:30 |

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|-----|----|-----|---|-------|------|
| 213 | 46 | M20 | Chris Lange, 29, Des Moines, IA | 29:32 | 9:30 |
| 214 | 12 | M11 | Connor Noonan, 14, Ankeny, IA | 29:33 | 9:30 |
| 148 | 55 | W30 | Kathy Amos, 32*, Ankeny, IA | 29:33 | 9:31 |
| 149 | 56 | W30 | Shanda Noonan, 39*, Ankeny, IA | 29:36 | 9:31 |
| 150 | 52 | W20 | Stephanie Mahaffey, 29*, Altoona, IA | 29:36 | 9:32 |
| 151 | 57 | W30 | Teresa Bjork, 39*, Madrid, IA | 29:39 | 9:32 |
| 152 | 53 | W20 | Nora Faircloth, 29*, Des Moines, IA | 29:43 | 9:34 |
| 215 | 81 | M30 | Jerry Owen, 39, Des Moines, IA | 29:45 | 9:34 |
| 153 | 20 | W40 | Kristie Greenstreet, 42*, Clive, IA | 29:45 | 9:34 |
| 154 | 54 | W20 | Lisa Bender, 29*, Martensdale, IA | 29:45 | 9:35 |
| 155 | 55 | W20 | Sarah Gude, 29*, Des Moines, IA | 29:46 | 9:35 |
| 156 | 21 | W40 | Skipper Hollwager, 41*, Des Moines, IA | 29:48 | 9:35 |
| 157 | 56 | W20 | Jackie Surber, 29*, Des Moines, IA | 29:48 | 9:35 |
| 158 | 58 | W30 | Sara Bird, 30*, Des Moines, IA | 29:49 | 9:36 |
| 159 | 59 | W30 | Dana Riley, 39*, Des Moines, IA | 29:49 | 9:36 |
| 160 | 22 | W40 | Angela Rider, 40*, Des Moines, IA | 29:50 | 9:36 |
| 161 | 60 | W30 | Laura Bridyeman, 35*, Des Moines, IA | 29:52 | 9:36 |
| 216 | 13 | M11 | Drew Smith, 11, Des Moines, IA | 29:53 | 9:37 |
| 162 | 57 | W20 | Danielle Lauzon, 29*, Guthrie Center, IA | 29:55 | 9:38 |
| 217 | 37 | M40 | Todd Garner, 42, Des Moines, IA | 29:55 | 9:38 |
| 163 | 58 | W20 | Shannon Rees, 29*, Guthrie Center, IA | 29:55 | 9:38 |
| 164 | 61 | W30 | Ginny Halling, 39*, Ankeny, IA | 29:56 | 9:38 |
| 218 | 26 | M50 | Jim Horton, 54, Des Moines, IA | 29:56 | 9:38 |
| 165 | 23 | W40 | Lisa K Morgan, 49*, Pella, IA | 30:01 | 9:39 |
| 166 | 11 | W11 | Michael Little, 14*, Pleasant Hill, IA | 30:01 | 9:40 |
| 167 | 59 | W20 | Beth Borrett, 29*, Ankeny, IA | 30:02 | 9:40 |
| 219 | 38 | M40 | Scott McClure, 48, Des Moines, IA | 30:04 | 9:41 |
| 168 | 60 | W20 | Carla Elliott, 29*, Urbandale, IA | 30:05 | 9:41 |
| 169 | 24 | W40 | Tammy Berenguel, 49*, Des Moines, IA | 30:05 | 9:41 |
| 220 | 27 | M50 | Jim Lowrey, 56, Johnston, IA | 30:07 | 9:42 |
| 170 | 61 | W20 | Ashley Pringle, 22*, West Des Moines, IA | 30:07 | 9:42 |
| 171 | 1 | JrW | Ashlee Osier, 10*, Bondurant, IA | 30:08 | 9:42 |
| 172 | 9 | W50 | Marilyn Arends, 57*, West Des Moines, IA | 30:08 | 9:42 |
| 221 | 47 | M20 | Josh Ostergaard, 29, Des Moines, IA | 30:10 | 9:42 |
| 173 | 25 | W40 | Noelle Zmolek, 41*, Des Moines, IA | 30:11 | 9:43 |
| 174 | 10 | W50 | Gail Stelmacher, 54*, West Des Moines, IA | 30:18 | 9:45 |
| 222 | 39 | M40 | Stephen McGoldrick, 49, Urbandale, IA | 30:20 | 9:46 |
| 175 | 12 | W11 | Katie Meimann, 14*, Des Moines, IA | 30:20 | 9:46 |
| 176 | 13 | W11 | Megan Meimann, 14*, Des Moines, IA | 30:21 | 9:46 |
| 223 | 4 | M60 | Jim Meimann, 65, Des Moines, IA | 30:21 | 9:46 |
| 177 | 62 | W30 | Jen Wille, 39*, Clive, IA | 30:21 | 9:46 |
| 224 | 40 | M40 | Paul Beaman, 49, Des Moines, IA | 30:21 | 9:46 |
| 178 | 63 | W30 | Beth Ziegmann, 39*, Clive, IA | 30:22 | 9:46 |
| 179 | 62 | W20 | Mindy Chapman, 29*, Clive, IA | 30:24 | 9:47 |
| 180 | 63 | W20 | Melissa Bartecki, 27*, Des Moines, IA | 30:25 | 9:47 |
| 181 | 64 | W20 | Sonja Brandt, 27*, Urbandale, IA | 30:31 | 9:49 |
| 225 | 5 | M60 | Jack Matthews, 64, Stuart, IA | 30:32 | 9:49 |
| 226 | 48 | M20 | Robert Walker, 29, Des Moines, IA | 30:34 | 9:50 |
| 182 | 64 | W30 | Jodi Bacon, 39*, Urbandale, IA | 30:39 | 9:52 |
| 227 | 4 | JrM | Jared Bacon, 10, Urbandale, IA | 30:40 | 9:52 |
| 183 | 65 | W20 | Robyn Reiersen, 29*, Ames, IA | 30:40 | 9:52 |
| 228 | 14 | M11 | Kaine Lindberg, 14, Des Moines, IA | 30:40 | 9:52 |
| 184 | 26 | W40 | Cindy Blay, 42*, Ankeny, IA | 30:41 | 9:52 |
| 185 | 2 | JrW | Madeline Gibson, 8*, West Des Moines, IA | 30:41 | 9:52 |
| 186 | | | Amy Carter*, Urbandale, IA | 30:42 | 9:53 |
| 229 | 49 | M20 | Coryom Reiersen, 29, Ames, IA | 30:42 | 9:53 |
| 187 | 65 | W30 | Kristie Oliver, 35*, Des Moines, IA | 30:44 | 9:53 |
| 230 | 82 | M30 | William Howe, 30, Des Moines, IA | 30:46 | 9:54 |
| 188 | 66 | W20 | Brooke Jones, 29*, West Des Moines, IA | 30:46 | 9:54 |
| 189 | 67 | W20 | Alison Bauer, 26*, Paton, IA | 30:48 | 9:55 |
| 190 | 68 | W20 | Sarah Parks, 28*, Bondurant, IA | 30:49 | 9:55 |
| 191 | 66 | W30 | Angie Christenson, 33*, West Des Moines, IA | 30:50 | 9:55 |
| 192 | 67 | W30 | Bobbie Fontenot, 39*, West Des Moines, IA | 30:51 | 9:55 |
| 193 | 69 | W20 | Andrea Bauer, 25*, Harlan, IA | 30:56 | 9:57 |
| 194 | 27 | W40 | Trudy Hastings, 44*, Panora, IA | 30:57 | 9:58 |

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|--|----|-----|--|-------|-------|
| 195 | 68 | W30 | Jeneane Moody, 35*, Des Moines, IA | 30:58 | 9:58 |
| 196 | 14 | W11 | Lori Meeker, 14*, Des Moines, IA | 30:58 | 9:58 |
| 197 | 28 | W40 | Janelle Erwood, 49*, Clive, IA | 30:59 | 9:58 |
| 198 | 69 | W30 | Karen Vandyke, 36*, Des Moines, IA | 30:59 | 9:58 |
| 199 | 70 | W30 | Catherine Bechtel, 34*, Des Moines, IA | 31:01 | 9:59 |
| 200 | 15 | W11 | Isabella Engblom, 13*, Grimes, IA | 31:03 | 9:59 |
| Pace: 5:00 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 Top | | | | | |
| 201 | 71 | W30 | Lisa Thole, 31*, Des Moines, IA | 31:03 | 10:00 |
| 202 | 29 | W40 | Colette Mithelman, 40*, Johnston, IA | 31:05 | 10:00 |
| 203 | 70 | W20 | Michelle Howe, 29*, Des Moines, IA | 31:06 | 10:00 |
| 231 | 83 | M30 | Dan Valencia, 32 | 31:08 | 10:01 |
| 204 | 71 | W20 | Lauren Whitney, 24*, West Des Moines, IA | 31:08 | 10:01 |
| 205 | 72 | W20 | Heidi Rushing, 29*, Des Moines, IA | 31:09 | 10:01 |
| 232 | | | Tim Mills, Altoona, IA | 31:09 | 10:02 |
| 233 | 6 | M60 | Dale Roberson, 60, Altoona, IA | 31:10 | 10:02 |
| 206 | 30 | W40 | Heidi Schoeneck, 49*, Des Moines, IA | 31:11 | 10:02 |
| 207 | | | Kennady Mills*, Altoona, IA | 31:12 | 10:03 |
| 208 | 31 | W40 | Sherry Poole, 44*, Grimes, IA | 31:15 | 10:03 |
| 209 | 72 | W30 | Julia Husak, 32*, Des Moines, IA | 31:22 | 10:06 |
| 210 | 73 | W20 | Kelly Tabor, 29*, W Des Moines, IA | 31:22 | 10:06 |
| 211 | 73 | W30 | Jeanie Kerber, 36*, Johnston, IA | 31:23 | 10:06 |
| 234 | 84 | M30 | Jason Teidaman, 35, Urbandale, IA | 31:23 | 10:06 |
| 212 | 32 | W40 | Becky Scholtec, 49*, Des Moines, IA | 31:23 | 10:06 |
| 213 | 74 | W20 | Jill McGargill, 29*, West Des Moines, IA | 31:25 | 10:07 |
| 214 | 74 | W30 | Jamie Jackson, 32*, Des Moines, IA | 31:28 | 10:07 |
| 215 | 75 | W30 | Ashley Olson, 35*, Des Moines, IA | 31:29 | 10:08 |
| 216 | 75 | W20 | Mindy Sauer, 29*, Urbandale, IA | 31:33 | 10:09 |
| 235 | 50 | M20 | Adam Luechtefeld, 29, Des Moines, IA | 31:34 | 10:09 |
| 217 | 76 | W20 | Cadence Kuklinski, 29*, Des Moines, IA | 31:34 | 10:09 |
| 218 | 77 | W20 | Kristin Compton, 29*, Altoona, IA | 31:35 | 10:10 |
| 219 | 1 | W60 | Char Coon, 60*, Urbandale, IA | 31:35 | 10:10 |
| 220 | 76 | W30 | Brenda Mishler, 39*, Des Moines, IA | 31:40 | 10:11 |
| 221 | 78 | W20 | Anna Jones, 29*, Des Moines, IA | 31:42 | 10:12 |
| 222 | 33 | W40 | Tilda Brown Swanson, 46*, Des Moines, IA | 31:42 | 10:12 |
| 223 | 34 | W40 | Carol Hemphill, 44*, Urbandale, IA | 31:43 | 10:12 |
| 224 | 77 | W30 | Sara Osterloh, 31*, Des Moines, IA | 31:43 | 10:12 |
| 225 | 16 | W11 | Brooke Efnor, 13*, Grimes, IA | 31:44 | 10:13 |
| 236 | 85 | M30 | Cory Morris, 39, Clive, IA | 31:44 | 10:13 |
| 237 | 86 | M30 | Kim Card, 39, Des Moines, IA | 31:44 | 10:13 |
| 238 | 87 | M30 | Stu Card, 39, Des Moines, IA | 31:49 | 10:14 |
| 226 | 35 | W40 | Diana Samuelson, 42*, Waukee, IA | 31:49 | 10:14 |
| 239 | 41 | M40 | Kevin Sanders, 43, West Des Moines, IA | 31:50 | 10:15 |
| 240 | 88 | M30 | Ken Wolf, 31, Des Moines, IA | 31:56 | 10:16 |
| 227 | 78 | W30 | Katrisha Heidemann, 37*, Granger, IA | 31:56 | 10:17 |
| 241 | 42 | M40 | Steve Cox, 48, Cambridge, IA | 31:58 | 10:17 |
| 242 | 89 | M30 | Tom Stein, 39, Des Moines, IA | 31:59 | 10:18 |
| 228 | 79 | W30 | Melinda Allen, 39*, Waukee, IA | 32:00 | 10:18 |
| 229 | 79 | W20 | Claire Koestner, 29*, Davenport, IA | 32:01 | 10:18 |
| 243 | 90 | M30 | Kyle Connolly, 33, Des Moines, IA | 32:09 | 10:21 |
| 244 | 43 | M40 | Tom Hunter, 43, West Des Moines, IA | 32:15 | 10:23 |
| 230 | 4 | W15 | Stephanie Schultz, 19*, Davenport, IA | 32:17 | 10:23 |
| 231 | 80 | W30 | Manon Bryant, 39*, Urbandale, IA | 32:18 | 10:24 |
| 232 | 11 | W50 | Christine Hildreth, 56*, Johnston, IA | 32:19 | 10:24 |
| 245 | 91 | M30 | Chad Christensen, 39, Des Moines, IA | 32:20 | 10:24 |
| 233 | 80 | W20 | Stephanie Neumayer, 26* | 32:22 | 10:25 |
| 234 | 17 | W11 | Lori Slack, 14*, Urbandale, IA | 32:25 | 10:26 |
| 246 | 92 | M30 | Paul Hofman, 39, Pella, IA | 32:28 | 10:27 |
| 247 | 93 | M30 | Travis Turnbull, 39, Pella, IA | 32:30 | 10:28 |
| 248 | 51 | M20 | Glen Miller, 29, Grimes, IA | 32:32 | 10:28 |
| 235 | 81 | W30 | Rochelle Pavon, 39*, Urbandale, IA | 32:32 | 10:28 |
| 236 | 12 | W50 | Cindy Cooper, 51*, Des Moines, IA | 32:33 | 10:28 |
| 237 | 81 | W20 | Jessica Durand, 27*, Des Moines, IA | 32:34 | 10:29 |
| 238 | 82 | W20 | Ann Wright, 29*, Des Moines, IA | 32:36 | 10:29 |
| 249 | 5 | JrM | Nick Stange, 10, West Des Moines, IA | 32:45 | 10:32 |

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|--|-----|-----|--|-------|-------|
| 239 | 83 | W20 | Carrie Mueller, 29*, Grimes, IA | 32:51 | 10:34 |
| 250 | 52 | M20 | Aaron Wych, 27, Des Moines, IA | 32:51 | 10:34 |
| 251 | 44 | M40 | Matt Lawson, 44, Clive, IA | 32:54 | 10:35 |
| 240 | 13 | W50 | Sharon Tahtinen, 59*, W Des Moines, IA | 32:54 | 10:35 |
| 241 | 84 | W20 | Abbi Schutte, 29*, Des Moines, IA | 32:54 | 10:35 |
| 242 | 82 | W30 | Brandi Lawson, 31*, Clive, IA | 32:55 | 10:35 |
| 243 | 83 | W30 | Richelle Lowery, 39*, Johnston, IA | 32:56 | 10:36 |
| 244 | 36 | W40 | Noreen Christians, 43*, Urbandale, IA | 32:56 | 10:36 |
| 245 | 37 | W40 | Anne Farrell, 43*, Urbandale, IA | 32:57 | 10:36 |
| 246 | 38 | W40 | Joann Weuve, 41*, Urbandale, IA | 32:58 | 10:36 |
| 247 | 84 | W30 | Joyce Ellens, 39*, Cumming, IA | 32:58 | 10:37 |
| 248 | 18 | W11 | Quinn Stigers, 14*, Johnston, IA | 33:00 | 10:37 |
| 249 | 19 | W11 | Anne Rogers, 11*, Johnston, IA | 33:01 | 10:37 |
| 250 | 85 | W30 | Michelle Hanson, 35* | 33:02 | 10:38 |
| 252 | 7 | M60 | Bill Leonard, 78, Des Moines, IA | 33:03 | 10:38 |
| 251 | 86 | W30 | Angela Tessau, 32*, Urbandale, IA | 33:03 | 10:38 |
| 252 | 20 | W11 | Clare Farrell, 11*, Johnston, IA | 33:04 | 10:38 |
| 253 | 39 | W40 | Tina Rogers, 40*, Johnston, IA | 33:08 | 10:40 |
| 254 | 87 | W30 | Vanessa Reid, 39*, West Des Moines, IA | 33:10 | 10:40 |
| 255 | 88 | W30 | Kathleen Till-Stange, 39*, West Des Moines, IA | 33:22 | 10:44 |
| 256 | 89 | W30 | Juanita Richeson, 39*, Waukee, IA | 33:23 | 10:45 |
| 257 | 85 | W20 | Amy Williams, 29*, Knoxville, IA | 33:23 | 10:45 |
| 258 | 5 | W15 | Ashley Johnson, 15*, Des Moines, IA | 33:24 | 10:45 |
| 259 | 21 | W11 | Austin Cameron, 14*, Ankeny, IA | 33:25 | 10:45 |
| 260 | 86 | W20 | Tonya Partick, 27*, Des Moines, IA | 33:33 | 10:48 |
| 261 | 40 | W40 | Julie Shepard, 49*, Des Moines, IA | 33:37 | 10:49 |
| 253 | 94 | M30 | Gary Kamminga, 39, West Des Moines, IA | 33:42 | 10:51 |
| 254 | 95 | M30 | Louie Fournier, 39, Des Moines, IA | 33:43 | 10:51 |
| 262 | 90 | W30 | Sarah Rosenberger, 39*, Indianola, IA | 33:44 | 10:51 |
| 263 | 14 | W50 | maryellen Perkins, 59*, Panora, IA | 33:45 | 10:52 |
| 264 | 91 | W30 | Kristine Swanson, 39*, Ankeny, IA | 33:48 | 10:53 |
| 255 | 53 | M20 | Tory Olson, 29, Urbandale, IA | 33:51 | 10:54 |
| 265 | 41 | W40 | Victoria McQuerry, 40*, West Des Moines, IA | 33:51 | 10:54 |
| 266 | 42 | W40 | Trudi Rayman, 49*, Urbandale, IA | 33:52 | 10:54 |
| 267 | 92 | W30 | Laura Martin, 32*, West Des Moines, IA | 33:55 | 10:55 |
| 268 | 93 | W30 | Kate Shaw, 39*, Des Moines, IA | 33:56 | 10:55 |
| 269 | 94 | W30 | Kelly Pearce, 39*, Urbandale, IA | 33:56 | 10:55 |
| 270 | 95 | W30 | Sarah Egge, 34*, Des Moines, IA | 33:58 | 10:56 |
| 271 | 96 | W30 | Courtney Palmer, 36*, Des Moines, IA | 33:59 | 10:56 |
| 272 | 22 | W11 | Tammy Hrubetz, 14*, Des Moines, IA | 34:03 | 10:57 |
| Pace: 5:00 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 Top | | | | | |
| 273 | | | Mary Mills*, Altoona, IA | 34:10 | 11:00 |
| 256 | 96 | M30 | Brad Grier, 32, Des Moines, IA | 34:29 | 11:06 |
| 274 | 97 | W30 | Katie Givant, 34*, West Des Moines, IA | 34:31 | 11:06 |
| 275 | 98 | W30 | Kimberly Sapp, 38*, Des Moines, IA | 34:36 | 11:08 |
| 276 | 87 | W20 | Amy Kapustka, 29*, Urbandale, IA | 34:38 | 11:09 |
| 277 | | | Taylor Mills*, Altoona, IA | 34:40 | 11:09 |
| 278 | 99 | W30 | Monica Hardeman, 30*, Runnells, IA | 34:40 | 11:09 |
| 279 | 88 | W20 | Marla King, 29*, Des Moines, IA | 34:42 | 11:10 |
| 280 | 43 | W40 | Kris Price, 49*, Ankeny, IA | 34:48 | 11:12 |
| 281 | 100 | W30 | Bonnie Christensen, 37*, Des Moines, IA | 34:49 | 11:12 |
| 282 | 44 | W40 | LuAnn Ostergaard, 49*, Des Moines, IA | 34:53 | 11:14 |
| 283 | 89 | W20 | Amanda Toale, 29*, Des Moines, IA | 34:56 | 11:15 |
| 284 | 90 | W20 | Katie Byam, 26*, Johnston, IA | 35:12 | 11:20 |
| 285 | 101 | W30 | Alana Schares, 32*, Urbandale, IA | 35:13 | 11:20 |
| 286 | 102 | W30 | Tammi McClain, 37*, Alleman, IA | 35:14 | 11:20 |
| 287 | 103 | W30 | Amy Anderson, 32*, Ankeny, IA | 35:15 | 11:20 |
| 288 | 91 | W20 | Kelly Geist, 25*, Des Moines, IA | 35:15 | 11:21 |
| 289 | 92 | W20 | Ashley Burt, 22*, Des Moines, IA | 35:16 | 11:21 |
| 290 | 93 | W20 | Emily Burt, 24*, Des Moines, IA | 35:16 | 11:21 |
| 291 | 94 | W20 | Emily Sembach, 22*, West Des Moines, IA | 35:16 | 11:21 |
| 257 | 28 | M50 | Tim Cooney, 59, Des Moines, IA | 35:18 | 11:22 |
| 292 | 23 | W11 | Amanda Weaver, 14*, West Des Moines, IA | 35:27 | 11:24 |

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| 258 | 97 | M30 | Eric Rohe, 39, Des Moines, IA | 35:39 | 11:28 |
| 293 | 95 | W20 | Kara Smith, 29*, Des Moines, IA | 35:40 | 11:29 |
| 294 | 104 | W30 | Melanie Rosenow, 39*, Waukee, IA | 35:40 | 11:29 |
| 295 | 45 | W40 | Jill Hartong, 43*, Des Moines, IA | 35:40 | 11:29 |
| 296 | 105 | W30 | Dawn Taute, 39*, Paton, IA | 35:45 | 11:30 |
| 297 | 96 | W20 | Angela Walker, 29*, Paton, IA | 35:47 | 11:31 |
| 298 | 106 | W30 | Kristen Walker, 39*, Des Moines, IA | 35:54 | 11:33 |
| 299 | 107 | W30 | Lisa Root, 32*, Johnston, IA | 35:54 | 11:33 |
| 300 | 97 | W20 | Kelly Bissard, 26*, Urbandale, IA | 36:19 | 11:41 |
| 259 | 98 | M30 | Ben Nichols, 39, Des Moines, IA | 36:19 | 11:41 |
| 301 | 46 | W40 | Julie Brandt, 44*, Des Moines, IA | 36:20 | 11:41 |
| 260 | 45 | M40 | Steve Grasso, 49, Johnston, IA | 36:40 | 11:48 |
| 302 | 24 | W11 | Lauren Bever, 14*, Adel, IA | 36:41 | 11:48 |
| 303 | 108 | W30 | Shannon Brostad, 31*, Des Moines, IA | 36:53 | 11:52 |
| 304 | 47 | W40 | Tracy Grasso, 49*, Johnston, IA | 37:02 | 11:55 |
| 305 | 48 | W40 | Kimberly Abbott, 49*, Ankeny, IA | 37:07 | 11:57 |
| 306 | 109 | W30 | Erika York, 39*, West Des Moines, IA | 37:11 | 11:58 |
| 307 | 110 | W30 | Ara Horton, 32*, Johnston, IA | 37:11 | 11:58 |
| 308 | 15 | W50 | Kelly Fillman, 53*, Bondurant, IA | 37:13 | 11:58 |
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| 261 | 99 | M30 | Matt Bunker, 30, Windsor Heights, IA | 37:20 | 12:01 |
| 309 | 6 | W15 | Whitney Zimmerman, 18*, Huxley, IA | 37:24 | 12:02 |
| 310 | 98 | W20 | Crystal Recker, 23*, Carroll, IA | 37:25 | 12:02 |
| 311 | 99 | W20 | Jessica Little, 29*, Pleasant Hill, IA | 37:26 | 12:03 |
| 312 | 100 | W20 | Melanie Thomas, 28*, West Des Moines, IA | 37:29 | 12:04 |
| 313 | 111 | W30 | Elizabeth Wilson, 31*, Des Moines, IA | 37:29 | 12:04 |
| 262 | 100 | M30 | Joe Lang, 31, Waukee, IA | 37:40 | 12:07 |
| 314 | 112 | W30 | Jennifer Shouse, 39*, Ankeny, IA | 37:40 | 12:07 |
| 315 | 113 | W30 | Kari Doyle, 32*, Waukee, IA | 37:55 | 12:12 |
| 316 | 114 | W30 | Kerry Feuling, 39*, Des Moines, IA | 37:56 | 12:12 |
| 317 | 25 | W11 | Ann Westercamp, 11*, Clive, IA | 37:57 | 12:13 |
| 263 | 101 | M30 | Bobby Root, 36, Johnston, IA | 38:01 | 12:14 |
| 264 | 8 | M60 | Fergus Taylor, 66, Clive, IA | 38:14 | 12:18 |
| 318 | 115 | W30 | Carol Westercamp, 39* | 38:15 | 12:19 |
| 265 | 9 | M60 | Ginger Turnbull, 60, Pella, IA | 38:47 | 12:29 |
| 266 | 46 | M40 | Bob Hallgren, 40, Des Moines, Ia | 38:57 | 12:32 |
| 319 | | | Kim Wall*, West Des Moines, IA | 39:04 | 12:34 |
| 320 | 116 | W30 | Jahna Duoa, 31*, Johnston, IA | 39:08 | 12:36 |
| 321 | 16 | W50 | Krystal Logli, 59*, Clive, IA | 39:33 | 12:44 |
| 267 | 29 | M50 | Homer Hill, 59, Norwalk, IA | 39:34 | 12:44 |
| 322 | 117 | W30 | Valerie Meyer, 33*, Ankeny, IA | 39:35 | 12:44 |
| 323 | 49 | W40 | Mary McGough, 45*, Des Moines, IA | 39:35 | 12:44 |
| 324 | 118 | W30 | Jodi Jones, 34*, West Des Moines, IA | 39:39 | 12:45 |
| 325 | 50 | W40 | Jane White, 49*, Johnston, IA | 39:42 | 12:47 |
| 268 | 10 | M60 | Glenn Turnbull, 60, Pella, IA | 39:51 | 12:49 |
| 269 | 6 | JrM | Derik Allbee, 10, Sully, IA | 39:52 | 12:50 |
| 326 | 26 | W11 | Lucas Jones, 14*, Sully, IA | 39:52 | 12:50 |
| 327 | 119 | W30 | Erin Lenz, 33*, Carroll, IA | 39:54 | 12:50 |
| 270 | 7 | JrM | Logan Allbee, 4, Sully, IA | 39:54 | 12:51 |
| 328 | 3 | JrW | Michelle Anton, 9*, Cedar Falls, IA | 39:54 | 12:51 |
| 329 | 120 | W30 | Maranda Brock, 39*, Bettendorf, IA | 39:56 | 12:51 |
| 330 | 51 | W40 | Michelle Soyer, 42*, Marion, IA | 39:57 | 12:51 |
| 331 | 121 | W30 | Rae Kolbet, 35*, Ames, IA | 39:57 | 12:51 |
| 332 | 4 | JrW | Maddie Soyer, 7*, Marion, IA | 39:58 | 12:52 |
| 271 | 8 | JrM | Charlie Ellis, 7, Des Moines, IA | 40:02 | 12:53 |
| 333 | 17 | W50 | Marlou Soyer, 54*, Norwalk, IA | 40:06 | 12:54 |
| 334 | 122 | W30 | Dawn Allbee, 34*, Sully, IA | 40:06 | 12:54 |
| 335 | 52 | W40 | Dee Van Genderen, 49*, Lynnville, IA | 40:07 | 12:54 |
| 272 | 54 | M20 | Christopher Ellis, 29, Des Moines, IA | 40:09 | 12:55 |
| 336 | 18 | W50 | Reita Griffin, 54*, Coal Valley, IL | 40:20 | 12:59 |
| 337 | 19 | W50 | Julie Logan, 51*, West Des Moines, IA | 40:20 | 12:59 |
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| 338 | 123 | W30 | Shannon Schad, 39*, W Des Moines, IA | 40:29 | 13:02 |
| 339 | 101 | W20 | Danielle Jacobson, 21*, Ankeny, IA | 40:46 | 13:07 |
| 273 | | | Guest Hofman, Pella, IA | 40:57 | 13:11 |
| 340 | 124 | W30 | Christy Olson, 39*, Martensdale, IA | 40:58 | 13:11 |
| 274 | 8 | M15 | Aaron Van Gorp, 19, Pella, IA | 40:59 | 13:11 |
| 341 | 53 | W40 | Carol Murken, 46*, Des Moines, IA | 41:15 | 13:17 |
| 342 | 125 | W30 | Karla Hofman, 39*, Pella, IA | 41:16 | 13:17 |
| 343 | 7 | W15 | Briana Hofman, 19*, Pella, IA | 41:16 | 13:17 |
| 344 | 5 | JrW | Kandace Hofman, 8*, Pella, IA | 41:20 | 13:18 |
| 275 | 11 | M60 | Glenn Soyer, 63, Norwalk, IA | 41:36 | 13:23 |
| 345 | 6 | JrW | Kelsey Hofman, 10*, Pella, IA | 41:50 | 13:28 |
| 346 | 20 | W50 | Helen Henry, 59*, Newton, IA | 42:50 | 13:47 |
| 276 | 47 | M40 | Paul Anton, 41, Cedar Falls, IA | 42:58 | 13:49 |
| 347 | 7 | JrW | Mary Anton, 10*, Cedar Falls, IA | 42:58 | 13:50 |
| 348 | 54 | W40 | Shelly Anton, 40*, Cedar Falls, IA | 42:58 | 13:50 |
| 349 | 126 | W30 | Denise Conner, 36*, Altoona, IA | 43:00 | 13:50 |
| 277 | 102 | M30 | Corey Christopherson, 38, Pleasantville, IA | 43:02 | 13:51 |
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| 350 | 127 | W30 | Carla Underwood, 31*, Centerville, IA | 43:30 | 14:00 |
| 351 | 128 | W30 | Ann Duley, 39*, Centerville, IA | 43:30 | 14:00 |
| 352 | 8 | JrW | Laura Harper, 9*, Des Moines, IA | 43:40 | 14:03 |
| 353 | 9 | JrW | Anna Kucera, 9* | 43:40 | 14:03 |
| 354 | 21 | W50 | Joy McDanel, 59*, Knoxville, IA | 43:41 | 14:03 |
| 278 | 48 | M40 | Jeff Harper, 44, Des Moines, IA | 43:44 | 14:04 |
| 355 | 22 | W50 | Brenda Weeter, 57*, Johnston, IA | 44:05 | 14:11 |
| 356 | 102 | W20 | Kristy Bennett, 29*, Knoxville, IA | 44:31 | 14:19 |
| 357 | 103 | W20 | Guest Bennett, 29*, Knoxville, IA | 44:31 | 14:20 |
| 358 | 55 | W40 | Lisa Sparks, 49*, Panora, IA | 44:38 | 14:22 |
| 359 | 129 | W30 | Laura Herbst, 39*, Urbandale, IA | 45:10 | 14:32 |
| 279 | 49 | M40 | Mike Happe, 49, Ogden, IA | 45:34 | 14:40 |
| 360 | 23 | W50 | Tamara Andrews, 50*, Johnston, IA | 46:02 | 14:49 |
| 361 | 24 | W50 | Laurie Evans, 51*, Des Moines, IA | 46:02 | 14:49 |
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| 362 | 130 | W30 | Andrea Maschka, 32*, Urbandale, IA | 46:43 | 15:02 |
| 280 | 55 | M20 | Scott Walker, 29, Paton, IA | 46:43 | 15:02 |
| 281 | 56 | M20 | Adam Bauer, 24, Paton, IA | 46:56 | 15:06 |
| 363 | 27 | W11 | Kristine Erickson, 14*, Paton, IA | 46:57 | 15:06 |
| 282 | 103 | M30 | Brian Maschka, 32, Urbandale, IA | 47:04 | 15:09 |
| 364 | 56 | W40 | Lisa Kraft, 43*, West Des Moines, IA | 47:18 | 15:13 |
| 365 | 57 | W40 | Mary Horstman, 45*, Altoona, IA | 47:18 | 15:13 |
| 283 | 57 | M20 | Jerry Fasdick, 27, Davenport, IA | 47:25 | 15:16 |
| 366 | 28 | W11 | Rachel Fosdick, 14*, Davenport, IA | 47:45 | 15:22 |
| 367 | 25 | W50 | Jean Burt, 56*, Des Moines, IA | 47:51 | 15:24 |
| 368 | 104 | W20 | Elizabeth Burt, 26*, Des Moines, IA | 47:52 | 15:24 |
| 369 | 8 | W15 | Danielle De Cook, 19*, Sully, IA | 47:52 | 15:24 |
| 370 | 105 | W20 | Cassie Peterson, 25*, Des Moines, IA | 47:53 | 15:25 |
| 284 | 9 | M15 | Adam De Cook, 17, Sully, IA | 47:54 | 15:25 |
| 371 | 58 | W40 | Chetna Renner, 45*, Urbandale, IA | 47:54 | 15:25 |
| 372 | 26 | W50 | Julie Schreurs, 54*, Des Moines, IA | 48:00 | 15:27 |
| 373 | 106 | W20 | Melissa Foley, 29*, Grimes, IA | 48:39 | 15:39 |
| 374 | 59 | W40 | Mary Craver, 49*, Centerville, IA | 48:52 | 15:44 |
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| 375 | 131 | W30 | Janelle Kerr, 38*, Des Moines, IA | 50:03 | 16:06 |
| 285 | 9 | JrM | Brock Stillmunks, 10, Des Moines, IA | 50:04 | 16:07 |
| 376 | 10 | JrW | Elise Kerr, 10*, Des Moines, IA | 50:21 | 16:12 |
| 286 | 30 | M50 | Craig Fillman, 54, Paton, IA | 50:26 | 16:14 |
| 377 | 27 | W50 | Kay Kreider, 51*, Johnston, IA | 50:31 | 16:16 |
| 378 | 2 | W60 | Jean Cole, 63*, Altoona, IA | 50:32 | 16:16 |
| 379 | 29 | W11 | Pegi Erickson, 14*, Paton, IA | 50:38 | 16:18 |
| 380 | 28 | W50 | Elaine Fillman, 53*, Paton, IA | 50:39 | 16:18 |
| 287 | 104 | M30 | Sam Kollath, 37 | 50:48 | 16:21 |
| 381 | 107 | W20 | Rachel Logsdon, 22*, Des Moines, IA | 50:55 | 16:23 |

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| 382 | 108 | W20 | Brandi Hill, 29*, Bondurant, IA | 50:55 | 16:23 |
| 383 | 132 | W30 | Mara Van Ee, 39*, Cumming, IA | 50:58 | 16:24 |
| 384 | 133 | W30 | Christy Brandt, 39*, Marion, IA | 50:58 | 16:24 |
| 385 | 30 | W11 | Ryan Mayer, 14*, Waukee, IA | 51:10 | 16:28 |
| 386 | 60 | W40 | Dede Small, 40*, Urbandale, IA | 51:29 | 16:34 |
| 387 | 134 | W30 | Molly Robinson, 39*, Des Moines, IA | 51:29 | 16:34 |
| 288 | 31 | M50 | Scott Soth, 59, Des Moines, IA | 51:32 | 16:35 |
| 388 | 135 | W30 | Emilee Lindley, 39*, Richfield, MN | 51:43 | 16:39 |
| 389 | 29 | W50 | Marcia Schoeppner, 56*, Des Moines, IA | 51:44 | 16:39 |
| 390 | 3 | W60 | Ellen Parker, 62*, Tempe, AZ | 51:45 | 16:39 |
| 391 | 30 | W50 | Corrine Verschuure, 59*, Pella, IA | 51:53 | 16:42 |
| 392 | 109 | W20 | Stacie Holst, 29*, Des Moines, IA | 51:53 | 16:42 |
| 289 | 32 | M50 | Ken Hickman, 50, Des Moines, IA | 51:54 | 16:42 |
| 393 | 136 | W30 | Gwen Lovell Kollat, 33*, Des Moines, IA | 51:59 | 16:44 |
| 394 | 61 | W40 | Lyn Anderson, 40*, Des Moines, IA | 52:02 | 16:45 |
| 395 | 137 | W30 | Nancy Olson, 39*, Johnston, IA | 52:02 | 16:45 |
| 396 | 4 | W60 | Sally Emery, 62*, Marion, IA | 52:09 | 16:47 |
| 397 | 138 | W30 | Stephanie Maret, 35*, Des Moines, IA | 52:10 | 16:47 |
| 398 | 31 | W50 | Barb Hawkins, 59*, Cincinnati, IA | 52:11 | 16:48 |
| 399 | 31 | W11 | Nancy Huisman, 14*, Centerville, IA | 52:12 | 16:48 |
| 290 | 50 | M40 | Jerry Carson, 49, Des Moines, IA | 52:16 | 16:49 |
| 400 | 32 | W11 | Laura Mayer, 14*, Waukee, IA | 52:29 | 16:53 |
| 291 | 33 | M50 | Mark Watson, 54, Des Moines, IA | 52:38 | 16:56 |

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| 292 | 58 | M20 | Mike Brungardt, 29, Huxley, IA | 53:00 | 17:04 |
| 401 | 5 | W60 | Jane Soyer, 60*, Norwalk, IA | 53:15 | 17:08 |
| 402 | 62 | W40 | Madonna Stillmunks, 46*, Des Moines, IA | 53:15 | 17:08 |
| 403 | 63 | W40 | Joni Houck, 49*, Des Moines, IA | 53:19 | 17:09 |
| 293 | 34 | M50 | Vaughn Bauer, 59, Paton, IA | 53:20 | 17:10 |
| 404 | 64 | W40 | Jodi Brungardt, 49*, Huxley, IA | 53:22 | 17:10 |
| 405 | 6 | W60 | Kathy Walker, 60*, Jefferson, IA | 53:27 | 17:12 |
| 406 | 33 | W11 | Melanie Hawkins, 14*, Cincinnati, IA | 53:32 | 17:14 |
| 407 | 110 | W20 | Ashley Hawkins, 29*, Cincinnati, IA | 53:33 | 17:14 |
| 408 | 139 | W30 | Courtney Hawkins, 34*, Centerville, IA | 53:33 | 17:14 |
| 294 | 51 | M40 | Chad Taute, 49, Paton, IA | 53:40 | 17:16 |
| 295 | 59 | M20 | Tod Walker, 24, Jefferson, IA | 54:00 | 17:23 |
| 409 | 140 | W30 | Lacey Hanchak, 39*, Des Moines, IA | 54:15 | 17:27 |
| 410 | 141 | W30 | Julie Hanchak, 39*, Altoona, IA | 54:15 | 17:28 |
| 296 | 12 | M60 | Doug Walker, 61, Jefferson, IA | 54:20 | 17:29 |
| 411 | 111 | W20 | Jen Happe, 29*, Dana, IA | 54:37 | 17:35 |
| 412 | 112 | W20 | Laura Swecker, 29*, Dana, IA | 54:37 | 17:35 |
| 413 | 34 | W11 | Amy Tasler, 14*, Paton, IA | 54:38 | 17:35 |
| 414 | 9 | W15 | Lindsey Tasler, 18*, Churdan, IA | 54:38 | 17:35 |
| 415 | 113 | W20 | Nikki Happe, 29*, Dana, IA | 54:38 | 17:35 |
| 416 | 65 | W40 | Lori Bauer, 48*, Paton, IA | 54:40 | 17:36 |
| 417 | 142 | W30 | Rochelle Dunsbergen, 31*, Pella, IA | 54:57 | 17:41 |
| 297 | 60 | M20 | Kyle Ahrenholtz, 29, Harlan, IA | 55:00 | 17:42 |
| 418 | | | Saralee Sickles*, Polk City, IA | 55:06 | 17:44 |
| 298 | 61 | M20 | Jonathan Marshall, 29, Huxley, IA | 55:35 | 17:53 |

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| 419 | 66 | W40 | Kathy Hooper, 49*, Des Moines, IA | 56:07 | 18:04 |
| 299 | 35 | M50 | J Fink, 52, Oskaloosa, IA | 56:09 | 18:04 |
| 300 | 62 | M20 | Matthew Dunsbergen, 29, Pella, IA | 56:43 | 18:15 |
| 301 | 105 | M30 | Matt Poutre, 30 | 57:18 | 18:26 |
| 420 | 114 | W20 | Leslie Steinkamp, 29*, Pella, IA | 57:23 | 18:28 |
| 421 | 115 | W20 | Christie Petersen, 27*, Prairie City, IA | 57:23 | 18:28 |
| 422 | 67 | W40 | Lori Bauer, 48*, Paton, IA | 57:42 | 18:34 |
| 302 | 52 | M40 | Jim Hooper, 49, Des Moines, IA | 57:52 | 18:37 |
| 303 | 63 | M20 | patrick tasler, 25, Des Moines, IA | 58:26 | 18:48 |
| 304 | 64 | M20 | Eric Happe, 29, Huxley, IA | 59:00 | 18:59 |

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| 423 | 68 | W40 | Lori Bauer, 49*, Paton, IA | 59:40 | 19:12 |
| 424 | 32 | W50 | Marcia Tasler, 50*, Churdan, IA | 59:49 | 19:15 |
| 425 | 143 | W30 | Dani Gryp, 39*, North Liberty, IA | 59:52 | 19:16 |
| 426 | 144 | W30 | Jacki Askelson, 39*, Johnston, IA | 59:53 | 19:16 |
| 427 | 145 | W30 | Leslee Valenta, 39*, Grimes, IA | 59:54 | 19:16 |
| 428 | 33 | W50 | Anne Raftis, 54*, West Des Moines, IA | 1:00:50 | 19:35 |
| 429 | 69 | W40 | Jacqui Powers, 47*, Urbandale, IA | 1:00:52 | 19:35 |

"*" indicates females

9 finishers among Men 10 & Under
14 finishers among Men 11 - 14
9 finishers among Men 15 - 19
64 finishers among Men 20 - 29
105 finishers among Men 30 - 39
52 finishers among Men 40 - 49
35 finishers among Men 50 - 59
12 finishers among Men 60 & Up
10 finishers among Women 10 & Under
34 finishers among Women 11 - 14
9 finishers among Women 15 - 19
115 finishers among Women 20 - 29
145 finishers among Women 30 - 39
69 finishers among Women 40 - 49
33 finishers among Women 50 - 59
6 finishers among Women 60 & Up
304 male finishers
429 female finishers
733 total finishers

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