

29th Capital Pursuit 10 Miles

Des Moines, Iowa

Sep. 25, 2011

50s and Cloudy

Results by Cal Murdock

5K results [here](#)

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	OpM	Marcus Murphy, 29, Dubuque, IA	53:06	5:19
2	OpM	Jacob Kaemmer, 34, Des Moines, IA	54:09	5:25
3	OpM	Marty Dalton, 35, Earlham, IA	54:41	5:28
4	1 M25	Martin Popp, 28, West Des Moines, IA	54:52	5:29
5	2 M25	Tyler Sewald, 29, Greeley, CO	57:12	5:43
6	1 M19	Jeff Grassmeyer, 24, West Des Moines, IA	57:24	5:44
7	1 M40	Kevin Barnes, 40, Indianola, IA	58:06	5:49
8	1 M35	John Anthofer, 39, Urbandale, IA	58:50	5:53
1	OpW	Semehar Tesfaye, 20*, Ames, IA	58:52	5:53
9	1 M30	Joshua Hochstein, 34, Ames, IA	59:22	5:56
2	OpW	Danna Kelly, 24*, West Des Moines, IA	59:46	5:59
10	2 M40	Steve Brown, 40, Minburn, IA	59:55	5:59
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 Top				
11	3 M40	Matthew Christensen, 40, Salt Lake City, UT	59:57	6:00
12	4 M40	Todd Christensen, 42, Altoona, IA	1:00:24	6:02
13	2 M35	Konrad Christensen, 36, Ankeny, IA	1:01:21	6:08
14	3 M25	Benjamin Lindell, 25, West Des Moines, IA	1:01:52	6:11
15	2 M19	Nicholas Newbury, 22, Johnston, IA	1:02:05	6:12
16	5 M40	Chris Bowers, 43, Ottumwa, IA	1:02:50	6:17
17	2 M30	Lance Gunkel, 32, Clive, IA	1:03:07	6:19
3	OpW	Angela Berry, 24*, Ottumwa, IA	1:03:10	6:19
18	6 M40	Mark Timmerman, 41, Indianola, IA	1:03:35	6:21
4	1 W30	Anna Bergman, 34*, Des Moines, IA	1:03:38	6:22
19	3 M30	Joshua Magie, 31, Ames, IA	1:03:46	6:23
20	3 M35	Matt Oleson, 35, West Des Moines, IA	1:04:01	6:24
21	7 M40	Andy Emerson, 42, Columbia, MO	1:04:06	6:25
22	4 M35	Jay Pennington, 39, Des Moines, IA	1:04:39	6:28
5	2 W30	Colleen Webb, 34*, Des Moines, IA	1:04:59	6:30
23	8 M40	Luke Spencer, 40, Des Moines, IA	1:05:10	6:31
6	3 W30	Yelena Nanaziashvili, 30*, Clive, IA	1:05:29	6:33
7	1 W35	Trisha Schlick, 37*, Ames, IA	1:05:32	6:33
24	4 M30	John Neer, 32, Des Moines, IA	1:05:33	6:33
25	1 M45	Brian Willem, 49, Urbandale, IA	1:05:33	6:33
26	1 M55	Willie Lahart, 58, Newton, IA	1:05:34	6:33
27	9 M40	Lance Bergeson, 43, Des Moines, IA	1:05:35	6:33
28	5 M35	Tag Noel, 35, Windsor Heights, IA	1:05:52	6:35
29	5 M30	Jason Frederick, 34, Waukee, IA	1:06:02	6:36
30	6 M35	Adam Albright, 35, Des Moines, IA	1:06:10	6:37
8	1 W40	Christine Price, 42*, Des Moines, IA	1:06:24	6:38
9	1 W25	Janelle Butch, 28*, Des Moines, IA	1:06:36	6:40
31	6 M30	Joe Purvis, 32, Newton, IA	1:06:40	6:40

32	1	M50	James Quigley, 54, Johnston, IA	1:06:41	6:40
33	4	M25	Cody Edwards, 26, West Des Moines, IA	1:06:47	6:41
34	7	M35	Daniel Pinkerton, 35, Des Moines, IA	1:06:55	6:41
10	1	W19	Elizabeth Ripperger, 22*, Knoxville, IA	1:06:58	6:42
35	10	M40	Peter Hill, 40, Ankeny, IA	1:07:17	6:44
36	5	M25	Adrian Stamper, 27, Des Moines, IA	1:07:26	6:45
37	2	M45	Todd Hagen, 48, Story City, IA	1:07:34	6:45
38	7	M30	Matt Meier, 31, Urbandale, IA	1:07:53	6:47
39	8	M35	Ryan Elsbernd, 39, Des Moines, IA	1:08:02	6:48
40	3	M45	Joe DuPre, 47, Pella, IA	1:08:06	6:49
41	4	M45	Troy Zeleznik, 49, West Des Moines, IA	1:08:15	6:49
42	9	M35	Rick Berg, 39, Ankeny, IA	1:08:17	6:50
43	6	M25	Donovan Hill, 26, Altoona, IA	1:08:20	6:50
44	11	M40	Matt Anderson, 41, Des Moines, IA	1:08:23	6:50
45	10	M35	Marc Hollander, 37, West Des Moines, IA	1:08:40	6:52
46	2	M50	Bruce Drummond, 53, Des Moines, IA	1:09:15	6:55
47	8	M30	Justin Davis, 32, Algona, IA	1:09:24	6:56
48	9	M30	Aaron Wheelock, 31, Des Moines, IA	1:09:38	6:58
49	11	M35	David Larson, 39, West Des Moines, IA	1:09:38	6:58
50	3	M50	Keith Gutschenritter, 52, Wdm, IA	1:09:45	6:58
51	10	M30	Jeremy Mueller, 34, West Des Moines, IA	1:09:48	6:59
52	12	M35	Shawn Kleckner, 36, Ogden, IA	1:09:49	6:59
53	5	M45	Andrew Smart, 49, Ankeny, IA	1:09:51	6:59
54	11	M30	Randy Sturm, 33, Belmond, IA	1:09:53	6:59
11	2	W19	Sara Hendrickson, 24*, Des Moines, IA	1:09:54	6:59

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55	12	M40	Jim Hagelie, 43, Waukee, IA	1:10:05	7:00
12	4	W30	Jodi Sunderman, 30*, Des Moines, IA	1:10:08	7:01
56	6	M45	John Prester, 46, Des Moines, IA	1:10:21	7:02
13	2	W40	Ellen Pollard, 44*, Ames, IA	1:10:49	7:05
57	7	M45	Ben Lousbury, 46, West Des Moines, IA	1:11:03	7:06
58	1	M60	James Jacobson, 61, Des Moines, IA	1:11:09	7:07
59	#813			1:11:16	7:08
14	2	W25	Jessica Schroeder, 25*, Urbandale, IA	1:11:17	7:08
60	7	M25	Jonatha Escohar, 28, Des Moines, IA	1:11:17	7:08
15	3	W25	Stephanie Mortenson, 29*, Urbandale, IA	1:11:45	7:10
61	2	M55	Pete Sandler, 56, West Des Moines, IA	1:11:59	7:12
62	4	M50	Duke Reichardt, 52, Clive, IA	1:12:24	7:14
63	13	M40	Brent Monson, 42, Des Moines, IA	1:12:25	7:14
64	13	M35	Brandon Eckardt, 38, Des Moines, IA	1:12:31	7:15
65	8	M45	Pat Hamilton, 45, Algona, IA	1:12:33	7:15
66	12	M30	Joe McAwesome, 30, Clive, IA	1:12:41	7:16
67	13	M30	Trent Lienau, 32, West Des Moines, IA	1:12:56	7:18
68	14	M40	Brian Terhark, 43, Waukee, IA	1:13:01	7:18
69	15	M40	David Schneider, 40, Clive, IA	1:13:02	7:18
70	14	M30	Jeremy Driscoll, 31, Des Moines, IA	1:13:04	7:18
71	9	M45	Dale Knoshaug, 49, Des Moines, IA	1:13:07	7:19
16	3	W40	Lori Foster, 42*, Webster City, IA	1:13:09	7:19
72	15	M30	Joe Lynn, 32, West Des Moines, IA	1:13:11	7:19
73	2	M60	David Schulte, 64, Granger, IA	1:13:17	7:20
17	1	W50	Kristy Cain, 52*, Urbandale, IA	1:13:18	7:20
74	16	M40	Brad Rounds, 42, Ankeny, IA	1:13:20	7:20
18	2	W35	Tina Kafer, 35*, Jamaica, IA	1:14:00	7:24
75	17	M40	George Stock, 41, Ankeny, IA	1:14:10	7:25
76	8	M25	Jared Tee, 25, Ankeny, IA	1:14:13	7:25
77	14	M35	Jon Pena, 38, Grimes, IA	1:14:22	7:26
78	18	M40	Brendan Chuapoco, 42, Des Moines, IA	1:14:26	7:27
79	10	M45	John DeAngelis, 47, Des Moines, IA	1:14:27	7:27
80	11	M45	Brian Culich, 49, Des Moines, IA	1:14:28	7:27
81	9	M25	Dan Zagoren, 26, Des Moines, IA	1:14:36	7:28
19	1	W55	Beth Henriksen, 55*, Ames, IA	1:14:40	7:28
82	19	M40	Scott Greenwood, 44, Des Moines, IA	1:14:46	7:29
20	5	W30	Erica Upmeyer, 34*, West Des Moines, IA	1:14:51	7:29
21	4	W40	Kelly Sorensen, 41*, West Des Moines, IA	1:14:58	7:30

83	3	M55	Mark Stelmacher, 57, West Des Moines, IA	1:15:07	7:31
22	3	W19	Emily Fletcher, 23*, West Des Moines, IA	1:15:09	7:31
84	20	M40	Timothy Gootee, 41, Urbandale, IA	1:15:20	7:32
85	5	M50	Allen Miller, 54, Ames, IA	1:15:24	7:32
86	12	M45	Alan Alberto, 46, Clive, IA	1:15:32	7:33
23	6	W30	Andrea Beisser, 30*, Ames, IA	1:15:34	7:33
87	21	M40	Steve Johnson, 44, Waukee, IA	1:15:36	7:34
88	6	M50	Roadog McKibben, 50, Clive, IA	1:15:48	7:35
89	16	M30	Mitch Prashak, 30, Ankeny, IA	1:15:54	7:35
90	13	M45	Rob Reicks, 47, Van Meter, IA	1:15:58	7:36
24	2	W50	Kris Saggau, 51*, West Des Moines, IA	1:16:00	7:36
91	14	M45	Todd Harper, 48, Norwalk, IA	1:16:02	7:36
92	17	M30	Kyle Ament, 34, Colfax, IA	1:16:13	7:37
93	15	M45	Marcus Dunn, 48, West Des Moines, IA	1:16:25	7:38
94	16	M45	Michael McCulloch, 45, Des Moines, IA	1:16:31	7:39
25	3	W35	Kirstin Isenhardt, 37*, Urbandale, IA	1:16:38	7:40
26	5	W40	Dawn Hayes, 40*, Waukee, IA	1:16:41	7:40
95	22	M40	Kenneth Overton, 43, Des Moines, IA	1:16:50	7:41
27	4	W35	Laura Reynolds, 35*, West Des Moines, IA	1:16:54	7:41
96	15	M35	David Olsen, 39, West Des Moines, IA	1:17:02	7:42
97	16	M35	Hollis Elliott, 38, Urbandale, IA	1:17:12	7:43
28	5	W35	Angie Heim, 36*, Norwalk, IA	1:17:14	7:43
98	17	M45	Kent Bain, 46, West Des Moines, IA	1:17:16	7:44
99	7	M50	David Teachout, 51, Des Moines, IA	1:17:29	7:45
100	18	M30	Phil Cox, 30, Ankeny, IA	1:17:40	7:46
29	1	W45	Carla Stoner, 49*, West Des Moines, IA	1:17:41	7:46
101	4	M55	David Miller, 59, Urbandale, IA	1:17:48	7:47
30	6	W35	Barbara Lynn, 36*, North Liberty, IA	1:17:52	7:47
102	3	M60	Steven Fulton, 60, Whitten, IA	1:17:54	7:47
103	23	M40	Mike Rieks, 44, Urbandale, IA	1:18:00	7:48
104	24	M40	Rusty Ramseyer, 41, Des Moines, IA	1:18:01	7:48
31	4	W25	Rebekah Huff, 25*, Des Moines, IA	1:18:02	7:48
32	5	W25	Erin Bone, 26*, Ankeny, IA	1:18:06	7:49
105	8	M50	Jeff Feder, 50, Norwalk, IA	1:18:20	7:50
106	4	M60	Richard Martin, 62, Ames, IA	1:18:23	7:50
107	5	M55	Jeffrey Crane, 55, West Des Moines, IA	1:18:34	7:51
33	6	W40	Denise Carleton, 40*, Ankeny, IA	1:18:41	7:52
108	25	M40	Perry Xu, 41, Clive, IA	1:18:45	7:52
109	9	M50	Kent Kelderman, 52, Ankeny, IA	1:18:47	7:53
110	17	M35	Roshan Pradhan, 39, West Des Moines, IA	1:19:06	7:55
34	2	W45	Dana Kramer, 49*, Urbandale, IA	1:19:14	7:55
35	7	W30	Lori Reha, 34*, Ankeny, IA	1:19:17	7:56
36	7	W40	Dawn Cooksley, 43*, North Liberty, IA	1:19:18	7:56
111	10	M25	Caleb Pike, 29, Des Moines, IA	1:19:18	7:56
112	5	M60	Chuck Clark, 60, Carroll, IA	1:19:21	7:56
113	1	JrM	Nicholas Bakke, 18, Papillion, NE	1:19:25	7:56
114	6	M60	Mark Hayes, 61, Creston, IA	1:19:27	7:57
115	7	M60	Mike May, 64, Indianola, IA	1:19:40	7:58
37	2	W55	Veronica Demmel, 55*, Marshalltown, IA	1:19:43	7:58
38	8	W40	Danielle Lin, 43*, Des Moines, IA	1:19:45	7:58
39	7	W35	Michelle Madden, 38*, West Des Moines, IA	1:19:47	7:59
40	3	W45	Leah Tokheim, 47*, Johnston, IA	1:19:50	7:59
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 Top					
116	1	M65	Clay Whiteis, 69, Des Moines, IA	1:19:58	8:00
117	11	M25	Joshua Sprague, 28, Johnston, IA	1:20:04	8:00
118	18	M35	Jeremy Dunlavey, 37, Ankeny, IA	1:20:10	8:01
119	19	M30	Kelly Crow, 33, Ankeny, IA	1:20:33	8:03
120	26	M40	Doug McKinstry, 40, Polk City, IA	1:20:35	8:03
121	19	M35	Josh Dolezal, 36, Windsor Heights, IA	1:20:37	8:04
122	27	M40	Brad Lenz, 43, Ames, IA	1:20:41	8:04
41	8	W35	Jodi Douglas, 35*, Altoona, IA	1:20:53	8:05
123	28	M40	Michael Kato, 44, West Des Moines, IA	1:20:55	8:05
124	6	M55	Terry Lint, 57, Clive, IA	1:20:56	8:06

42	4	W45	Robin Prier Ross, 45*, Clive, IA	1:21:02	8:06
43	4	W19	Katie Sczublewski, 22*, Ames, IA	1:21:04	8:06
125	8	M60	Al Hildestad, 62, Des Moines, IA	1:21:06	8:07
44	3	W50	Wilma Osmun, 51*, Creston, IA	1:21:14	8:07
126	7	M55	Jim Fletcher, 59, Fort Dodge, IA	1:21:20	8:08
127	2	JrM	Max Rice, 17, Des Moines, IA	1:21:33	8:09
45	5	W45	Amy Harris, 46*, Des Moines, IA	1:21:36	8:10
128	20	M35	Anthony Cendana, 36, West Des Moines, IA	1:21:37	8:10
46	8	W30	Sarah Zinn-Burggraaf, 33*, Clive, IA	1:21:39	8:10
47	9	W40	Brenda O'Hare, 43*, Ankeny, IA	1:21:41	8:10
48	5	W19	Emily Morse, 24*, Des Moines, IA	1:21:45	8:10
49	9	W35	Jennifer Toliver, 38*, Waukee, IA	1:21:49	8:11
129	21	M35	Clint Jones, 36, West Des Moines, IA	1:21:49	8:11
130	8	M55	Bill Parks, 58, Des Moines, IA	1:21:51	8:11
50	4	W50	Denise Whiting, 52*, Iowa City, IA	1:21:53	8:11
51	5	W50	Gail Borman, 53*, Waukee, IA	1:21:58	8:12
131	29	M40	Kraig Kirkpatrick, 42, West Des Moines, IA	1:21:59	8:12
132	30	M40	Rick Glowacki, 42, Waukee, IA	1:22:00	8:12
133	20	M30	Paul Espey, 30, Des Moines, IA	1:22:01	8:12
134	22	M35	Tyson Crawford, 36, Osceola, IA	1:22:03	8:12
52	9	W30	Jessica McLeran, 30*, Des Moines, IA	1:22:11	8:13
135	12	M25	Andrew Hanson, 29, West Des Moines, IA	1:22:13	8:13
136	31	M40	Phil Raddall, 42, West Des Moines, IA	1:22:16	8:14
53	6	W45	Carrie Crawford, 46*, Des Moines, IA	1:22:20	8:14
54	10	W30	Mary DeCarlo, 33*, Grimes, IA	1:22:21	8:14
137	9	M60	Richard Blanshan, 64, Polk City, IA	1:22:31	8:15
55	11	W30	Stacy Berenguel, 32*, Des Moines, IA	1:22:36	8:16
56	6	W25	Kelly Johnston, 27*, West Des Moines, IA	1:22:42	8:16
57	7	W25	Shawnae Raymond, 29*, Clive, IA	1:22:45	8:16
138	21	M30	Nicholas Rivera, 30, Des Moines, IA	1:22:46	8:17
58	8	W25	Tara Olaby, 27*, Des Moines, IA	1:22:47	8:17
139	32	M40	Eric Camper, 40, Des Moines, IA	1:22:57	8:18
140	18	M45	Matt Smith, 45, Ankeny, IA	1:23:13	8:19
59	10	W35	Rachel Hoger, 36*, Johnston, IA	1:23:15	8:19
60	12	W30	Aryn Flood, 32*, Des Moines, IA	1:23:18	8:20
141	33	M40	Thomas McMahon, 42, Des Moines, IA	1:23:18	8:20
61	9	W25	Kellie Hasken, 26*, Des Moines, IA	1:23:19	8:20
62	10	W25	Maria Brownell, 26*, West Des Moines, IA	1:23:20	8:20
142	13	M25	Tom Hasker, 26, Des Moines, IA	1:23:20	8:20
63	7	W45	Julie Olmstead, 48*, Webster City, IA	1:23:21	8:20
143	10	M50	Bobby Gadams, 50, Ankeny, IA	1:23:23	8:20
144	10	M60	Sam Fisher, 62, Boone, IA	1:23:27	8:21
145	9	M55	Mark Hanson, 58, Ankeny, IA	1:23:41	8:22
64	11	W35	Nikki Roetman, 37*, Johnston, IA	1:23:54	8:23
146	3	M19	Jeremy Hilsabeck, 23, Marshalltown, IA	1:23:58	8:24
65	11	W25	Marisa Tank, 28*, West Des Moines, IA	1:23:59	8:24
147	10	M55	Scott Schoneberg, 55, Des Moines, IA	1:24:02	8:24
66	13	W30	Leah Martin, 33*, West Des Moines, IA	1:24:08	8:25
148	11	M55	Eldon Hulst, 55, Des Moines, IA	1:24:11	8:25
149	22	M30	Randy Collison, 31, Bondurant, IA	1:24:12	8:25
150	34	M40	Craig Johnson, 41, Bondurant, IA	1:24:12	8:25
151	23	M30	Rob Peterson, 33, Urbandale, IA	1:24:13	8:25
152	14	M25	Nathan Beck, 29, West Des Moines, IA	1:24:14	8:25
67	3	W55	Nancy Harvey, 58*, Ankeny, IA	1:24:15	8:26
153	23	M35	Jason Marcel, 36, Des Moines, IA	1:24:18	8:26
154	35	M40	Alex Van Quathem, 41, Urbandale, IA	1:24:23	8:26
155	11	M60	Dale Andres, 64, West Des Moines, IA	1:24:30	8:27
68	12	W25	Emily Dreher, 28*, West Des Moines, IA	1:24:31	8:27
69	14	W30	Jamie Seiler, 34*, West Des Moines, IA	1:24:32	8:27
70	13	W25	Katherine Flickinger, 28*, Ankeny, IA	1:24:34	8:27
71	10	W40	Stacy Farr, 40*, Des Moines, IA	1:24:34	8:27
156	19	M45	Jay Fisher, 47, Pleasant Hill, IA	1:24:35	8:27
72	1	JrW	Sarah Kromminga, 14*, Johnston, IA	1:24:36	8:28
73	2	JrW	Sandra Kromminga, 14*, Johnston, IA	1:24:36	8:28

157	20	M45	John Kromminga, 47, Johnston, IA	1:24:37	8:28
74	14	W25	Jessica Gunsolley, 28*, Ankeny, IA	1:24:42	8:28
75	15	W25	Britta Wey, 26*, Johnston, IA	1:24:48	8:29
76	16	W25	Tarah Colt, 25*, Urbandale, IA	1:24:52	8:29
158	4	M19	Andrew Buel, 24, Urbandal, IA	1:24:52	8:29
77	15	W30	Gina David, 32*, West Des Moines, IA	1:24:54	8:29
159	12	M60	David Friedgood, 62, West Des Moines, IA	1:24:56	8:30
78	8	W45	Sarah DeAngelis, 45*, Des Moines, IA	1:24:57	8:30
79	12	W35	Kari Smith, 36*, Ankeny, IA	1:25:05	8:30
80	6	W50	Mary Krause, 50*, West Des Moines, IA	1:25:06	8:31
160	11	M50	Kevin Krause, 51, West Des Moines, IA	1:25:11	8:31
161	15	M25	Lance Johnston, 27, Ankeny, IA	1:25:12	8:31
81	3	JrW	Ellen Bennett, 14*, Ankeny, IA	1:25:13	8:31
82	11	W40	Morgan Krause, 43*, West Des Moines, IA	1:25:14	8:31
162	24	M30	Lewis Ophem, 32, Oskaloosa, IA	1:25:15	8:31
163	21	M45	Jonathan Wickert, 47, Ames, IA	1:25:17	8:32
83	16	W30	Trina Flack, 30*, Ankeny, IA	1:25:19	8:32
84	12	W40	Danielle Sharpe, 42*, West Des Moines, IA	1:25:23	8:32
164	36	M40	Barry Jones, 43, Des Moines, IA	1:25:27	8:33
165	37	M40	Mike Biegger, 41, Des Moines, IA	1:25:30	8:33
85	13	W40	Keri Frommelt, 40*, Ankeny, IA	1:25:32	8:33
166	38	M40	Jeff White, 42, Ankeny, IA	1:25:33	8:33
167	3	JrM	Carlos Buendia, 15, Des Moines, IA	1:25:35	8:33
86	17	W25	Emily Orna, 27*, Grimes, IA	1:25:38	8:34
168	24	M35	Paxton Bennett, 37, Des Moines, IA	1:25:38	8:34
169	25	M35	Ahmed Choudhury, 39, Urbandale, IA	1:25:42	8:34
170	25	M30	Steve Olsen, 34, Altoona, IA	1:25:42	8:34
87	18	W25	Christa Vander Leest, 25*, Ankeny, IA	1:25:54	8:35
88	19	W25	Jessica Pilling, 29*, Clive, IA	1:25:56	8:36
89	14	W40	Valerie Hamilton, 40*, Algona, IA	1:25:59	8:36
171	16	M25	Patrick Mansheim, 27, West Des Moines, IA	1:26:01	8:36
172	12	M55	John Curtin, 55, Des Moines, IA	1:26:03	8:36
90	20	W25	Tara Hofbauer, 29*, Des Moines, IA	1:26:07	8:37
91	15	W40	Beth Seufferer, 40*, West Des Moines, IA	1:26:08	8:37
92	16	W40	Anjela Shutts, 40*, Des Moines, IA	1:26:12	8:37
93	17	W30	Abby Buhrow, 32*, Norwalk, IA	1:26:13	8:37
173	26	M35	Kent Altena, 39, Polk City, IA	1:26:17	8:38
174	13	M60	Dennis Wheeler, 61, Urbandale, IA	1:26:28	8:39
175	26	M30	Patrick Bernardy, 31, West Des Moines, IA	1:26:40	8:40
94	21	W25	Ashlee Prochnow, 25*, Ames, IA	1:26:40	8:40
176	22	M45	Tom Duff, 48, Des Moines, IA	1:26:42	8:40
177	23	M45	Jeff Damman, 49, Ankeny, IA	1:26:49	8:41
178	27	M30	Curt Rogers, 30, Kansas City, KS	1:26:52	8:41
95	18	W30	Amber Crews, 33*, Clive, IA	1:26:54	8:41
96	13	W35	Christa Addy, 35*, Des Moines, IA	1:26:56	8:42
179	39	M40	Keith Jones, 43, Pella, IA	1:26:58	8:42
97	19	W30	Amber Severin, 30*, Waukee, IA	1:26:58	8:42
98	20	W30	Nicole Birkett, 33*, Waukee, IA	1:26:58	8:42
99	9	W45	Penny Luthens, 45*, Urbandale, IA	1:27:12	8:43
180	12	M50	Phelan Thomas, 54, West Des Moines, IA	1:27:13	8:43
100	17	W40	Theresa McClure, 43*, Johnston, IA	1:27:22	8:44
101	1	W60	Connie Robinson, 60*, Bondurant, IA	1:27:30	8:45
102	14	W35	Laura Lockard, 36*, Des Moines, IA	1:27:30	8:45
103	10	W45	Laura Thomas, 46*, West Des Moines, IA	1:27:32	8:45
181	24	M45	Sean Schaben, 45, Johnston, IA	1:27:34	8:45
104	18	W40	Erin Rewerts, 41*, Nevada, IA	1:27:47	8:47
182	13	M50	Cody Kilgore, 50, West Des Moines, IA	1:27:49	8:47
183	40	M40	Steven McIntosh, 41, Des Moines, IA	1:27:49	8:47
184	41	M40	Matt Kubovich, 40, Johnston, IA	1:27:50	8:47
105	19	W40	Lisa Schwarte, 40*, West Des Moines, IA	1:27:50	8:47
185	42	M40	James Shriver, 40, Pella, IA	1:27:51	8:47
186	13	M55	Brad Shipman, 56, Altoona, IA	1:27:54	8:47

187	14	M55	Donald Schoen, 59, West Des Moines, IA	1:28:09	8:49
188	43	M40	Jason Paulson, 40, Grimes, IA	1:28:10	8:49
106	11	W45	Debra Lyons, 48*, West Des Moines, IA	1:28:11	8:49
107	21	W30	Stacey Purvis, 32*, Newton, IA	1:28:20	8:50
108	12	W45	Sherry Smiley, 45*, Cumming, IA	1:28:28	8:51
109	22	W30	Kristi Emick, 34*, Ankeny, IA	1:28:29	8:51
110	13	W45	Brenda McGraw, 49*, Waukee, IA	1:28:30	8:51
189	1	M70	Jim Matthews, 71, Baxter, IA	1:28:30	8:51
190	25	M45	James McGraw, 49, Waukee, IA	1:28:32	8:51
111	22	W25	Jamie Newel, 26*, Grimes, IA	1:28:43	8:52
191	14	M60	Lee Tesdell, 60, Slater, IA	1:28:44	8:52
112	14	W45	Kris Robson, 45*, Urbandale, IA	1:28:46	8:53
113	15	W45	Dawn Wellman, 47*, Johnston, IA	1:28:46	8:53
114	20	W40	Liz Bryant, 40*, West Des Moines, IA	1:28:57	8:54
192	14	M50	Bob Irving, 53, Des Moines, IA	1:29:00	8:54
193	26	M45	Alex Van Wyk, 49, Des Moines, IA	1:29:08	8:55
194	27	M35	Venkateshwara Narayanan, 35, West Des Moines, IA	1:29:10	8:55
115	4	W55	Sharon Tahtinen, 56*, W. Des Moines, IA	1:29:11	8:55
116	16	W45	Kathy Hale, 47*, Bondurant, IA	1:29:20	8:56
195	44	M40	Pete Bowen, 44, Bondurant, IA	1:29:20	8:56
196	17	M25	Robert Seaberg, 26, Des Moines, IA	1:29:28	8:57
197	28	M30	Adam Brinkmeier, 32, Altoona, IA	1:29:31	8:57
117	21	W40	Mary Ducur, 42*, Ankeny, IA	1:29:33	8:57
118	22	W40	Dona Cretors, 41*, Grimes, IA	1:29:33	8:57
119	15	W35	Tricia Crain, 38*, Nevada, IA	1:29:39	8:58
198	29	M30	Dee Crow, 31, Ankeny, IA	1:29:50	8:59
120	23	W30	Robin Greenlee, 31*, Ames, IA	1:29:51	8:59
199	18	M25	David Estaver, 28, Urbandale, IA	1:29:51	8:59
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121	7	W50	Sue Schmitz, 50*, Des Moines, IA	1:29:58	9:00
200	28	M35	Tom Schultz, 36, Ames, IA	1:30:05	9:00
201	27	M45	Dan Schmitz, 49, Des Moines, IA	1:30:27	9:03
202	15	M50	Michael Stanley, 54, Clive, IA	1:30:29	9:03
122	23	W25	Laura Dillavou, 27*, Ankeny, IA	1:30:33	9:03
203	5	M19	Ryan Buss, 24, W Des Moines, IA	1:30:34	9:03
204	4	JrM	Charlie Hasselman, 18, Des Moines, IA	1:30:36	9:04
205	28	M45	Brian Benjamin, 46, Perry, IA	1:30:39	9:04
206	30	M30	Randy Arnold, 31, Ankeny, IA	1:30:42	9:04
123	8	W50	Jan Atchison, 52*, Rhodes, IA	1:30:52	9:05
124	16	W35	Cindy Kovacs, 37*, Ankeny, IA	1:31:00	9:06
125	17	W45	Julia Tentinger, 46*, West Des Moines, IA	1:31:05	9:06
126	23	W40	Amy Price, 40*, Ankeny, IA	1:31:12	9:07
127	17	W35	Lois Frazer, 37*, Ankeny, IA	1:31:20	9:08
128	9	W50	Kim Taylor, 50*, West Des Moines, IA	1:31:23	9:08
207	45	M40	Kevin Snyder, 41, West Des Moines, IA	1:31:28	9:09
129	24	W30	Aimee Kittell, 30*, West Des Moines, IA	1:31:29	9:09
130	18	W35	Jill Bartachek, 39*, Wdsm, IA	1:31:34	9:09
131	19	W35	Ana Allen, 38*, West Des Moines, IA	1:31:36	9:10
132	25	W30	Tasha Yepsen, 30*, Cedar Rapids, IA	1:31:37	9:10
133	18	W45	Susan Eggert, 46*, Pella, IA	1:31:42	9:10
134	24	W25	Darci Pratt, 28*, West Des Moines, IA	1:32:00	9:12
208	19	M25	Halley Griess, 25, Des Moines, IA	1:32:02	9:12
135	24	W40	Barbara Batchelor, 44*, Clive, IA	1:32:03	9:12
136	25	W40	Stephanie Wignall, 41*, Ankeny, IA	1:32:04	9:12
137	26	W30	Liz Walderbach, 33*, Des Moines, IA	1:32:10	9:13
209	46	M40	Jeff Davis, 42, West Des Moines, IA	1:32:18	9:14
138	26	W40	Maria Davis, 42*, West Des Moines, IA	1:32:19	9:14
210	29	M45	Erik Luthens, 47, Urbandale, IA	1:32:25	9:14
139	25	W25	Ellen Wade, 27*, Pleasant Hill, IA	1:32:33	9:15
140	27	W40	Tami Draper, 41*, Des Moines, IA	1:32:37	9:16
141	20	W35	Jennifer Girdler, 36*, Granger, IA	1:32:40	9:16
211	16	M50	Randy Westman, 52, Russell, IA	1:32:41	9:16

212	30	M45	James Arthur, 47, Des Moines, IA	1:32:42	9:16
213	31	M30	Eric Hyde, 30, Des Moines, IA	1:32:43	9:16
142	28	W40	Jill Smith, 41*, Clive, IA	1:32:45	9:16
214	17	M50	Michael Joe Harper, 51, West Des Moines, IA		
				1:32:48	9:17
143	27	W30	Anne Kramer, 32*, Des Moines, IA	1:32:49	9:17
215	15	M60	Mark McGrath, 62, Des Moines, IA	1:33:15	9:19
144	19	W45	Ruth Comer, 49*, Chariton, IA	1:33:16	9:20
216	47	M40	James Lawler, 43, West Des Moines, IA	1:33:23	9:20
217	31	M45	Joe Akers, 46, Grimes, IA	1:33:30	9:21
218	32	M45	Geoffrey Gage, 46, Virginia Beach, VA	1:33:39	9:22
145	20	W45	Coreen Sweeney, 46*, Clive, IA	1:33:50	9:23
219	29	M35	Tim Dwight, 36, Novato, CA	1:33:51	9:23
146	21	W45	Jill Oconnell, 48*, Urbandale, IA	1:33:53	9:23
147	5	W55	Susan Duoblys, 56*, Des Moines, IA	1:33:55	9:23
148	22	W45	Bene' Zehr, 47*, Ankeny, IA	1:34:06	9:25
220	30	M35	Ross Lincoln, 37, Clive, IA	1:34:17	9:26
149	28	W30	Brookann Redick, 31*, Des Moines, IA	1:34:18	9:26
150	21	W35	Tiffany Roberts, 35*, Winterset, IA	1:34:19	9:26
221		#814		1:34:49	9:29
151	29	W30	Mariah Chapman, 34*, Ankeny, IA	1:34:58	9:30
152	30	W30	Rebecca Jordan, 33*, Ankeny, IA	1:34:58	9:30
153	22	W35	Sara Albright, 36*, Des Moines, IA	1:35:09	9:31
154	29	W40	Christy Gooding, 40*, Urbandale, IA	1:35:11	9:31
222	20	M25	Scott Weinheimer, 27, Des Moines, IA	1:35:19	9:32
155	6	W19	Ainslee Barnes, 24*, Des Moines, IA	1:35:20	9:32
156	7	W19	Heidi Ritt, 22*, Des Moines, IA	1:35:27	9:33
157	31	W30	Candace Clark, 31*, Center Point, IA	1:35:28	9:33
223	33	M45	Ron Pohlman, 48, Earlham, IA	1:35:41	9:34
224	32	M30	Erik Kolstad, 30, Clive, IA	1:35:42	9:34
158	30	W40	Traci Thomas, 42*, West Des Moines, IA	1:35:48	9:35
225	18	M50	Theo Peelen, 53, West Des Moines, IA	1:35:49	9:35
159	10	W50	Claire Andreasen, 54*, Ames, IA	1:35:55	9:35
226	16	M60	Ronald Mowers, 63, Ames, IA	1:35:58	9:36
227	15	M55	Russ Laczniaak, 55, Ames, IA	1:35:59	9:36
228	31	M35	Erik Tetmeyer, 38, West Des Moines, IA	1:35:59	9:36
160	23	W35	Amber Baybayan, 35*, Ankeny, IA	1:36:00	9:36
229	2	M65	Bill Lawless, 65, Des Moines, IA	1:36:11	9:37
230	19	M50	John Moran, 54, Story City, IA	1:36:19	9:38
231	16	M55	Jack Siemieniec, 56, Des Moines, IA	1:36:29	9:39
161	32	W30	Erin Pederson, 32*, Ames, IA	1:36:37	9:40
232	5	JrM	Christopher Henry, 18, Des Moines, IA	1:36:41	9:40
162	31	W40	Andrea Corcoran, 42*, Des Moines, IA	1:36:42	9:40
163	8	W19	Jennifer Rich, 24*, Des Moines, IA	1:36:43	9:40
164	32	W40	Kandace Drees-Dunn, 44*, Norwalk, IA	1:36:52	9:41
165	24	W35	Susan Harris, 37*, West Des Moines, IA	1:36:55	9:41
166	11	W50	Connie Whetstone, 50*, Ankeny, IA	1:37:01	9:42
233	21	M25	Keith Kistenmacher, 26, West Des Moines, IA		
				1:37:12	9:43
167	33	W30	Kirsten Garland, 30*, Clive, IA	1:37:27	9:45
234	22	M25	Zack Sammler, 28, Waukee, IA	1:37:29	9:45
168	25	W35	Connie Weaver, 36*, Clive, IA	1:37:32	9:45
169	34	W30	Andrea Reser, 32*, Urbandale, IA	1:37:45	9:46
235	34	M45	Shawn Bown, 45, Des Moines, IA	1:37:52	9:47
170	26	W35	Mindy Franzeen, 36*, Johnston, IA	1:37:53	9:47
171	33	W40	Melanie Loecke, 42*, Urbandale, IA	1:38:08	9:49
172	34	W40	Sonya Nelson, 44*, Clive, IA	1:38:08	9:49
173	27	W35	Tricia Scott, 37*, Adel, IA	1:38:11	9:49
174	35	W30	Cari Hannon, 34*, Johnston, IA	1:38:12	9:49
175	26	W25	Beth Cady, 27*, West Des Moines, IA	1:38:14	9:49
176	9	W19	Janelle Thier, 24*, Urbandale, IA	1:38:21	9:50
236	35	M45	Bob Levinstein, 45, Des Moines, IA	1:38:22	9:50
177	27	W25	Megan Thode, 29*, Kansas City, MO	1:38:34	9:51
237	33	M30	Jason Badtram, 34, Johnston, IA	1:38:34	9:51
238	20	M50	Steve Shifflett, 53, Ames, IA	1:38:35	9:51

178	28	W25	Rachel Amin, 25*, Waukee, IA	1:38:45	9:52
179	28	W35	Brenda Jackson, 39*, Waukee, IA	1:38:59	9:54
180	29	W35	Janet Lose, 38*, Des Moines, IA	1:39:00	9:54
239	48	M40	Darin Bartachek, 41, Wdsm, IA	1:39:30	9:57
240	32	M35	Greg Jones, 37, Des Moines, IA	1:39:49	9:59
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181	2	W60	Ann Greubel, 61*, Indianola, IA	1:40:11	10:01
182	30	W35	Heather Curtis, 37*, Des Moines, IA	1:40:12	10:01
241	33	M35	Joseph Frentress, 38, Pleasant Hill, IA	1:40:40	10:04
242	34	M35	Saravanan Krishnan, 36, Grimes, IA	1:40:56	10:06
183	23	W45	Janaan Reeves, 45*, Des Moines, IA	1:40:59	10:06
184	6	W55	Gail Stelmacher, 57*, West Des Moines, IA	1:41:03	10:06
185	29	W25	Krystal Berger, 26*, Urbandale, IA	1:41:25	10:08
186	36	W30	Raelynn Schroeder, 33*, Pella, IA	1:41:26	10:09
187	37	W30	Jennifer Harrington, 33*, Pella, IA	1:41:27	10:09
188	30	W25	Danielle Bloxham, 25*, West Des Moines, IA	1:41:27	10:09
189	7	W55	Jackie Kunnen, 55*, West Des Moines, IA	1:41:28	10:09
243	17	M55	Dennis Howard, 57, Des Moines, IA	1:41:35	10:09
190	38	W30	Hillary Svenby, 31*, Oskaloosa, IA	1:41:42	10:10
191	35	W40	Tracey Stelpflug, 40*, Urbandale, IA	1:41:44	10:10
192	31	W35	Mary Brown, 37*, West Des Moines, IA	1:42:17	10:14
193	39	W30	Valarie Leonard, 31*, Des Moines, IA	1:42:27	10:15
194	31	W25	Ashley Vanderheiden, 25*, Urbandale, IA	1:42:40	10:16
195	40	W30	Christina Hixson, 32*, Carlisle, IA	1:42:41	10:16
196	36	W40	Lynette Wagner, 44*, Urbandale, IA	1:42:42	10:16
244	23	M25	Kathy Warren, 28, Des Moines, IA	1:42:47	10:17
197	41	W30	Amy Piepmeier, 32*, Adel, IA	1:42:48	10:17
198	37	W40	Janet Buhrow, 42*, Grundy Center, IA	1:42:52	10:17
199	42	W30	Amy Harrison, 30*, Johnston, IA	1:42:53	10:17
200	38	W40	Janeen Micka, 41*, West Des Moines, IA	1:43:06	10:19
201	43	W30	Michelle Mortis, 32*, Des Moines, IA	1:43:06	10:19
202	24	W45	Jodi Brandon, 49*, West Des Moines, IA	1:43:08	10:19
203	44	W30	Jennifer Jones, 32*, Urbandale, IA	1:43:13	10:19
245	2	M70	Arlo Van Diest, 70, Webster City, IA	1:43:16	10:20
204	12	W50	Faith Zellweger, 51*, Prescott, IA	1:43:24	10:20
205	32	W35	Mary Kottmeyer, 39*, West Des Moines, IA	1:43:25	10:20
206	32	W25	Stacy Conradt, 29*, Des Moines, IA	1:43:58	10:24
207	39	W40	Becky Veach, 43*, Des Moines, IA	1:44:09	10:25
246	21	M50	Jim Nixson, 53, Johnston, IA	1:44:10	10:25
208	33	W25	Stephanie Hill, 28*, Des Moines, IA	1:44:16	10:26
209	40	W40	Kelly Richardson, 42*, Iowa City, IA	1:44:23	10:26
210	33	W35	Kate Evans, 39*, Des Moines, IA	1:44:38	10:28
211	4	JrW	Jordan Rhodes, 16*, Des Moines, IA	1:44:47	10:29
212	45	W30	Korrie Hoskins, 32*, Des Moines, IA	1:44:48	10:29
213	10	W19	Mary Mansheim, 24*, West Des Moines, IA	1:45:25	10:32
247	17	M60	Thomas Hostetter, 60, Ames, IA	1:45:28	10:33
214	3	W60	Catherine Kemper, 60*, Des Moines, IA	1:45:58	10:36
215	11	W19	Jennifer Ludemann, 23*, Indianola, IA	1:46:14	10:37
216	34	W35	Jessica O'Mara, 38*, Windsor Heights, IA	1:46:22	10:38
217	46	W30	Emily Williams-Bouska, 32*, Des Moines, IA	1:46:24	10:38
218	34	W25	Kristina Welsh, 28*, Des Moines, IA	1:46:27	10:39
219	12	W19	Samah Idris, 19*, Des Moines, IA	1:46:30	10:39
248	34	M30	Hieu Nguyen, 32, Des Moines, IA	1:46:31	10:39
220	5	JrW	Keeghan Corcoran, 15*, Des Moines, IA	1:46:39	10:40
221	6	JrW	Nhu Duong, 16*, Des Moines, IA	1:46:39	10:40
222	41	W40	Bill Rice, 44*, Des Moines, IA	1:46:40	10:40
223	7	JrW	Shanira Kennedy, 16*, Des Moines, IA	1:46:40	10:40
224	47	W30	Nicole Essink, 31*, Altoona, IA	1:46:41	10:40
225	35	W25	Nicole Pike, 28*, Des Moines, IA	1:46:41	10:40
226	42	W40	Kathy Schramm, 43*, Clive, IA	1:46:46	10:41
227	43	W40	Michelle Silliman, 44*, Winterset, IA	1:46:46	10:41

228	48 W30	Melinda Kuennen, 34*, West Des Moines, IA	1:46:52	10:41
229	25 W45	Janet Powell, 48*, Des Moines, IA	1:46:53	10:41
230	49 W30	Kristy Jones, 31*, Norwalk, IA	1:47:05	10:42
231	36 W25	Keely Pearson, 27*, Ankeny, IA	1:47:22	10:44
232	37 W25	Erin Heeren, 28*, West Des Moines, IA	1:47:36	10:46
233	50 W30	Jamie Baas, 31*, Bondurant, IA	1:48:39	10:52
234	13 W50	Julie Ham, 50*, Ames, IA	1:48:42	10:52
249	6 JrM	Javier Sanchez, 18, Des Moines, IA	1:48:44	10:52
235	8 JrW	Vi Nguyen, 17*, Des Moines, IA	1:48:45	10:52
236	35 W35	Jennifer Eubanks, 39*, Des Moines, IA	1:48:52	10:53
237	38 W25	Ashley Schlader, 29*, Waukee, IA	1:49:17	10:56
250	22 M50	Dave Joensen, 50, Ames, IA	1:49:25	10:56
251	36 M45	Kevin Armstrong, 45, Des Moines, IA	1:49:32	10:57

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238	13 W19	Kiara Whitney, 21*, Des Moines, IA	1:51:06	11:07
239	9 JrW	Jori Jones, 15*, Des Moines, IA	1:51:07	11:07
252	18 M60	Earl Smith, 62, Des Moines, IA	1:51:22	11:08
253	23 M50	Brian Anstedt, 54, Norwalk, IA	1:51:23	11:08
240	39 W25	Desiree Bryant, 25*, Osceola, IA	1:51:45	11:10
241	8 W55	Joani Hollingsworth, 58*, Urbandale, IA	1:52:03	11:12
242	51 W30	Jenny Leonard, 31*, Norwalk, IA	1:53:12	11:19
243	52 W30	Tracie Corcoran, 30*, Urbandale, IA	1:53:13	11:19
244	10 JrW	Justis Head, 15*, Des Moines, IA	1:53:35	11:21
254	35 M30	Kenny Podrazik, 34, Grimes, IA	1:53:41	11:22
245	36 W35	Kathryn Fehring, 35*, Des Moines, IA	1:54:08	11:25
246	37 W35	Kate Rodriguez, 38*, Des Moines, IA	1:54:12	11:25
255	18 M55	Mark Hacker, 57, Des Moines, IA	1:54:24	11:26
247	40 W25	Libby Geistkemper, 29*, Urbandale, IA	1:54:53	11:29
248	53 W30	Tisa Johnson, 33*, Des Moines, IA	1:54:54	11:29
249	26 W45	Tammy Newton, 48*, Des Moines, IA	1:55:02	11:30
256	19 M55	Allen Butts, 58, Des Moines, IA	1:55:03	11:30
250	54 W30	Katie Ochanpaugh, 32*, Cumming, IA	1:55:51	11:35
251	55 W30	Courtney Brewer, 32*, Norwalk, IA	1:55:51	11:35
252	14 W19	Katie Branzuela, 23*, Greenfield, IA	1:56:19	11:38
253	38 W35	Jennifer Vandivier, 37*, Des Moines, IA	1:56:48	11:41
254	11 JrW	Ellie Davenport, 17*, Des Moines, IA	1:57:45	11:46
255	44 W40	Cindi Douglas, 40*, Des Moines, IA	1:57:46	11:47
257	7 JrM	Matthew Henry, 16, Des Moines, IA	1:58:58	11:54
256	56 W30	Melissa Knutson, 31*, Johnston, IA	1:59:03	11:54
257	12 JrW	Riham Hussien, 15*, Des Moines, IA	1:59:08	11:55
258	57 W30	Alyson Fleming, 33*, Des Moines, IA	1:59:51	11:59

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258	35 M35	John Haltiner, 39, Des Moines, IA	1:59:59	12:00
259	3 M65	Dick Hogan, 65, Urbandale, IA	2:00:06	12:01

* indicates females

8 finishers among Males (no age given)

7 finishers among Men Under 19

5 finishers among Men 19 - 24

23 finishers among Men 25 - 29

35 finishers among Men 30 - 34

35 finishers among Men 35 - 39

48 finishers among Men 40 - 44

36 finishers among Men 45 - 49

23 finishers among Men 50 - 54

19 finishers among Men 55 - 59

18 finishers among Men 60 - 64

3 finishers among Men 65 - 69

2 finishers among Men 70 & Up

12 finishers among Women Under 19

14 finishers among Women 19 - 24

40 finishers among Women 25 - 29

57 finishers among Women 30 - 34

38 finishers among Women 35 - 39
44 finishers among Women 40 - 44
26 finishers among Women 45 - 49
13 finishers among Women 50 - 54
8 finishers among Women 55 - 59
3 finishers among Women 60 - 64
262 male finishers
255 female finishers
517 total finishers

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