

## Sponsored by



## 32nd Capital Pursuit 10 mile

Des Moines, IA

Sep. 21, 2014

50s, sunny & windy at start

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 PLACE	FINISHER	TIME	PACE
1	OpM	Ben Jaskowiak, 25, Des Moines, IA	52:53	5:17
2	OpM	Nathan Hopp, 31, West Amana, IA	53:49	5:23
3	OpM	Chris Nealy, 34, West Des Moines, IA	56:23	5:38
4	MM	Joel Frye, 42, Des Moines, IA	56:39	5:40
5	1 M30	Julius Rotich, 39, Des Moines, IA	56:56	5:42
6	2 M30	Scott Cale, 32, Carroll, IA	57:23	5:44
7	1 M40	Jay Pennington, 42, Des Moines, IA	57:28	5:45
1	OpW	Pasca Myers, 28*, Fort Dodge, IA	57:33	5:45
8	1 M20	Zach Wittenberg, 22, Des Moines, IA	58:34	5:51
2	OpW	Samantha Bluske, 23*, Ames, IA	59:23	5:56
Pace: <a href="#">6:00</a>   <a href="#">7:00</a>   <a href="#">8:00</a>   <a href="#">9:00</a>   <a href="#">10:00</a>   <a href="#">11:00</a>   <a href="#">12:00</a>   <a href="#">13:00</a>   <a href="#">Top</a>				
9	3 M30	Jack Johnson, 34, West Des Moines, IA	1:00:15	6:01
10	4 M30	Nathan Wenck, 37, Carroll, IA	1:00:28	6:03
3	OpW	Traci Kresser, 28*, Clive, IA	1:00:33	6:03
11	2 M20	Kipp Schuler, 26, University Park, IA	1:00:54	6:05
12	5 M30	Matthew McDermott, 36, West Des Moines, IA	1:01:04	6:06
4	1 W30	Susie Duke, 34*, Marshalltown, IA	1:01:30	6:09
13	6 M30	Sean Severe, 30, Des Moines, IA	1:02:19	6:14
14	3 M20	Aron Block, 23, Des Moines, IA	1:02:42	6:16
15	7 M30	Kenny Miller, 37, Maryville, MO	1:03:14	6:19
16	2 M40	Scott Engelhardt, 47, West Des Moines, IA	1:03:20	6:20
5	1 W20	Obsie Birru, 25*, Des Moines, IA	1:03:35	6:21
17	8 M30	Aaron Wheelock, 34, Des Moines, IA	1:03:41	6:22
18	9 M30	James Krzak, 39, West Des Moines, IA	1:04:20	6:26
6	2 W20	Meghan Bowden, 26*, Ames, IA	1:04:29	6:27
19	10 M30	Stu Sorrel, 38, Clive, IA	1:05:43	6:34
20	4 M20	Zachary Bales-Henry, 28, Des Moines, IA	1:05:58	6:36
21	3 M40	Matt Anderson, 44, Des Moines, IA	1:06:16	6:38
22	11 M30	Ryan Hennigan, 34, Waukee, IA	1:06:22	6:38
23	12 M30	Randy Sturm, 36, Garner, IA	1:06:38	6:40
24	13 M30	Neil Young, 32, Des Moines, IA	1:06:49	6:41
25	14 M30	Scott Heisler, 39, Clive, IA	1:06:50	6:41
26	5 M20	Eric Polle, 28, West Des Moines, IA	1:07:07	6:43
7	MW	Trisha Schlick, 40*, Ames, IA	1:07:09	6:43

27	6 M20	Nathaniel Kenne, 24, Algona, IA	1:07:40	6:46
28	7 M20	Ryan Ziegler, 26, Des Moines, IA	1:07:47	6:47
29	4 M40	David Primeau, 46, Des Moines, IA	1:08:07	6:49
30	1 M50	Rick Scharff, 52, West Des Moines, IA	1:08:33	6:51
8	1 W40	Christine Price, 45*, Des Moines, IA	1:09:15	6:55
31	5 M40	David Steward, 45, Earlham, IA	1:09:31	6:57
32	15 M30	Matthew Schell, 37, Clive, IA	1:09:50	6:59

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

33	6 M40	Kyle Weuve, 48, Urbandale, IA	1:09:59	7:00
9	3 W20	Sara Hendrickson, 27*, Des Moines, IA	1:10:10	7:01
10	4 W20	Kait Reed, 23*, West Des Moines, IA	1:10:22	7:02
34	8 M20	Armond Luthens, 20, Urbandale, IA	1:10:26	7:03
35	7 M40	David Larson, 42, West Des Moines, IA	1:11:17	7:08
36	8 M40	Andrew Shipley, 47, West Des Moines, IA	1:11:34	7:09
37	16 M30	Jared Otte, 33, Waukee, IA	1:11:39	7:10
38	2 M50	Todd Haugen, 51, Des Moines, IA	1:11:56	7:12
39	3 M50	Daniel Bergman, 52, Ankeny, IA	1:12:07	7:13
40	17 M30	Trent Lienau, 35, West Des Moines, IA	1:12:11	7:13
11	2 W40	Carrie Van Quathem, 42*, Urbandale, IA	1:12:20	7:14
41	9 M40	Scot Nash, 43, Des Moines, IA	1:12:23	7:14
12	1 W50	Andriette Wickstrom, 59*, Storm Lake, IA	1:12:34	7:15
42	18 M30	Braydn Girdler, 38, Granger, IA	1:12:52	7:17
13	2 W50	Kathy Hale, 50*, Bondurant, IA	1:12:56	7:18
14	3 W40	Katie Chuapoco, 42*, Des Moines, IA	1:13:27	7:21
43	19 M30	Chris Compton, 38, Ankeny, IA	1:13:58	7:24
15	4 W40	Jennifer Mills, 41*, West Des Moines, IA	1:14:20	7:26
44	4 M50	Steve Falck, 56, Des Moines, IA	1:14:22	7:26
16	2 W30	Bethany Cochran, 31*, Waukee, IA	1:14:30	7:27
45	10 M40	Scott Greenwood, 47, Des Moines, IA	1:14:30	7:27
46	20 M30	Douglas Cutler, 39, Pella, IA	1:14:34	7:27
47	21 M30	Eric Rowley, 32, Des Moines, IA	1:14:37	7:28
48	1 M60	James Jacobsen, 64, Des Moines, IA	1:14:45	7:28
17	3 W30	Gabriele Garza, 37*, West Des Moines, IA	1:14:49	7:29
49	22 M30	Justin Hyde, 36, Des Moines, IA	1:14:56	7:30
50	5 M50	Don Cumings, 51, Ankeny, IA	1:15:03	7:30
51	11 M40	Brendan Chuapoco, 45, Des Moines, IA	1:15:10	7:31
52	12 M40	Brian Brunk, 45, Des Moines, IA	1:15:14	7:31
53	23 M30	Joseph Zambreno, 35, Ankeny, IA	1:15:18	7:32
54	24 M30	Russell Campbell-Porter, 31, Des Moines, IA	1:15:32	7:33
55	13 M40	Tony Guerra, 42, Ankeny, IA	1:15:36	7:34
56	14 M40	Kenneth Overton, 46, Des Moines, IA	1:15:47	7:35
57	15 M40	Doug Staudt, 46, Urbandale, IA	1:15:49	7:35
58	16 M40	Matthew Morgan, 43, Ankeny, IA	1:15:57	7:36
59	25 M30	Caleb Hegna, 37, Des Moines, IA	1:16:01	7:36
18	5 W40	Mary Rinn, 46*, West Des Moines, IA	1:16:08	7:37
60	2 M60	Mark Hayes, 64, Creston, IA	1:16:21	7:38
61	17 M40	Joel Crawford, 40, Ankeny, IA	1:16:23	7:38
62	26 M30	Ross Kelderman, 30, Des Moines, IA	1:16:32	7:39
63	6 M50	Tom Heuer, 57, Des Moines, IA	1:16:36	7:40
64	9 M20	Dustin Shannon, 28, West Des Moines, IA	1:16:45	7:40
65	7 M50	Kent Kelderman, 55, Ankeny, IA	1:16:50	7:41
66	27 M30	Matthew Stodden, 35, Des Moines, IA	1:16:53	7:41
67	18 M40	Brian Peppenger, 45, Grimes, IA	1:16:56	7:42
68	28 M30	Andy Barkley, 33, Des Moines, IA	1:17:08	7:43
19	5 W20	Molly Rhodes, 23*, Des Moines, IA	1:17:23	7:44
69	19 M40	Brian Terhark, 46, Clive, IA	1:17:24	7:44
70	8 M50	Joe Manning, 52, Winfield, IL	1:17:36	7:46
71	29 M30	Matt Jakcson, 38, Des Moines, IA	1:17:41	7:46
72	20 M40	Mike Rieks, 47, Urbandale, IA	1:18:03	7:48
20	4 W30	Jamie Johnson, 34*, West Des Moines, IA	1:18:05	7:48
73	30 M30	Nick Roerig, 35, Clive, IA	1:18:11	7:49
21	6 W20	Allie Marr, 27*, Ames, IA	1:18:13	7:49
22	5 W30	Dena Kroska, 32*, Ankeny, IA	1:18:15	7:49

23	3	W50	Rose Wignall, 54*, Creston, IA	1:18:23	7:50
24	4	W50	Dana Kramer, 52*, Urbandale, IA	1:18:26	7:51
74	31	M30	Ryan Wise, 39, Des Moines, IA	1:18:27	7:51
75	9	M50	David Desing, 51, Urbandale, IA	1:18:42	7:52
25	7	W20	Randi Pruitt, 29*, Urbandale, IA	1:18:46	7:53
26	6	W30	Kacey Sutter, 32*, Urbandale, IA	1:18:46	7:53
76	3	M60	Richard Martin, 65, Ames, IA	1:18:58	7:54
77	21	M40	Tim Annett, 46, West Des Moines, IA	1:18:58	7:54
78	22	M40	Dan Laird, 47, Des Moines, IA	1:19:02	7:54
27	7	W30	Jessica McLeran, 33*, Urbandale, IA	1:19:04	7:54
28	8	W30	Stefanie Boyd, 35*, Ankeny, IA	1:19:08	7:55
79	10	M20	Blake Chapman, 28, Des Moines, IA	1:19:11	7:55
80	23	M40	Dan Holm, 49, Ankeny, IA	1:19:12	7:55
81	24	M40	Alex Van Quathem, 44, Urbandale, IA	1:19:14	7:55
82	25	M40	Tim Roetman, 41, Urbandale, IA	1:19:29	7:57
29	9	W30	Sarah Andersson, 39*, West Des Moines, IA	1:19:30	7:57
83	4	M60	Sam Fisher, 65, Boone, IA	1:19:31	7:57
30	6	W40	Ellen Middleswart, 49*, Urbandale, IA	1:19:48	7:59
Pace: <a href="#">6:00</a>   <a href="#">7:00</a>   <a href="#">8:00</a>   <a href="#">9:00</a>   <a href="#">10:00</a>   <a href="#">11:00</a>   <a href="#">12:00</a>   <a href="#">13:00</a>   <a href="#">Top</a>					
31	10	W30	Stephanie Majeran, 30*, Urbandale, IA	1:20:02	8:00
32	11	W30	Erin Hunt, 36*, West Des Moines, IA	1:20:23	8:02
33	8	W20	Emily Feldkamp, 24*, Ames, IA	1:20:29	8:03
84	10	M50	Mark Movic, 57, Des Moines, IA	1:20:40	8:04
85	32	M30	Kevin Birusingh, 39, West Des Moines, IA	1:20:48	8:05
34	12	W30	Susanne Kennedy, 37*, Des Moines, IA	1:20:50	8:05
86	33	M30	Ryan Schulte, 38, Waukee, IA	1:20:54	8:05
87	11	M20	Steve Canady, 29, West Des Moines, IA	1:21:01	8:06
35	7	W40	Katie Wittmer, 41*, Clive, IA	1:21:02	8:06
36	8	W40	Janna English, 42*, West Des Moines, IA	1:21:08	8:07
37	13	W30	Sara Schwendinger, 37*, Des Moines, IA	1:21:20	8:08
38	14	W30	Kiley Mars, 35*, West Des Moines, IA	1:21:30	8:09
88	34	M30	Nate Hunt, 37, West Des Moines, IA	1:21:47	8:11
39	15	W30	Rachel Rowley, 38*, Windsor Heights, IA	1:21:56	8:12
89	26	M40	Jason Wittmer, 43, Clive, IA	1:22:03	8:12
90	11	M50	Greg Burmeister, 51, Eagle Grove, IA	1:22:06	8:13
91	1	JrM	Zachary Rinke, 13, Urbandale, IA	1:22:22	8:14
92	27	M40	John Buzzoni, 40, Polk City, IA	1:22:28	8:15
40	9	W40	Lisa Hovey, 43*, Urbandale, IA	1:22:34	8:15
41	16	W30	Christie Birchem, 32*, Prairie Village, KS	1:22:35	8:15
93	12	M50	Michael Boyle, 54, Ankeny, IA	1:22:36	8:16
42	5	W50	Martha Freeman, 51*, Urbandale, IA	1:22:43	8:16
43	10	W40	Nikki Roetman, 40*, Urbandale, IA	1:22:44	8:16
44	11	W40	Michelle Vincent, 41*, Slater, IA	1:22:46	8:17
94	35	M30	Christopher Fitzgerald, 30, Des Moines, IA	1:22:47	8:17
45	6	W50	Kristy Cain, 55*, Urbandale, IA	1:22:48	8:17
95	13	M50	David Caris, 54, Des Moines, IA	1:22:49	8:17
96	14	M50	Kent Weeden, 53, Des Moines, IA	1:22:51	8:17
46	17	W30	Jamilee Noble, 30*, Johnston, IA	1:22:53	8:17
47	18	W30	Miriam Hager, 36*, Urbandale, IA	1:22:53	8:17
48	19	W30	Shawna Boeding, 38*, Des Moines, IA	1:22:56	8:18
97	36	M30	Jason Boeding, 39, Des Moines, IA	1:22:57	8:18
49	9	W20	Allie Mackey, 28*, Johnston, IA	1:23:02	8:18
98	28	M40	Brian Hendrickson, 45, Shellsburg, IA	1:23:07	8:19
99	5	M60	Joe Blunk, 62, Ames, IA	1:23:13	8:19
100	29	M40	Steve Callistein, 48, Des Moines, IA	1:23:35	8:21
101	30	M40	Charlie Neibergall, 49, Urbandale, IA	1:23:39	8:22
102	31	M40	Cj Osborn, 49, Newton, IA	1:23:58	8:24
103	32	M40	Eric Prosperi, 45, Des Moines, IA	1:24:00	8:24
104	33	M40	Matt Smith, 41, Johnston, IA	1:24:00	8:24
105	34	M40	Marty Wolske, 42, West Des Moines, IA	1:24:26	8:27
106	15	M50	John DeAngelis, 50, Des Moines, IA	1:24:30	8:27

107	16 M50	Gary Fotiu, 57, Earlham, IA	1:24:43	8:28
50	10 W20	Lisa McGonegle, 24*, Norwalk, IA	1:24:57	8:30
51	7 W50	Nancy Willert, 58*, Albia, IA	1:25:00	8:30
52	20 W30	Andrea Reser, 35*, Urbandale, IA	1:25:06	8:31
108	35 M40	Kieran Williams, 47, Windsor Heights, IA	1:25:06	8:31
53	8 W50	Leah Tokheim, 50*, Johnston, IA	1:25:08	8:31
54	9 W50	Marilyn Wendell, 50*, Ankeny, IA	1:25:09	8:31
55	12 W40	Kris Robson, 48*, Urbandale, IA	1:25:09	8:31
109	36 M40	Scott Bandy, 49, Indianola, IA	1:25:10	8:31
56	21 W30	Abby Buhrow, 35*, Norwalk, IA	1:25:14	8:31
110	37 M40	Paul Rearick, 45, Ankeny, IA	1:25:15	8:31
57	1 W60	Kathi Dellaca, 61*, Windsor Heights, IA	1:25:24	8:32
111	6 M60	Mark Hanson, 61, Des Moines, IA	1:25:31	8:33
58	22 W30	Jodi Jenkins, 37*, Johnston, IA	1:25:37	8:34
112	37 M30	Benjamin Barndoller, 34, Des Moines, IA	1:25:45	8:34
59	23 W30	Karen Steck, 37*, Johnston, IA	1:25:46	8:35
60	13 W40	Amy Harris, 49*, Des Moines, IA	1:25:48	8:35
113	38 M30	Jason Dreckman, 35, West Des Moines, IA	1:25:50	8:35
61	14 W40	Leslie French, 49*, Cedar Rapids, IA	1:25:53	8:35
62	15 W40	Teri Johnson, 43*, Urbandale, IA	1:25:59	8:36
63	16 W40	Tammy Gentry, 42*, Des Moines, IA	1:26:02	8:36
64	24 W30	Sue Honkamp, 39*, Des Moines, IA	1:26:02	8:36
65	25 W30	Jane Jensen, 36*, Norwalk, IA	1:26:09	8:37
66	10 W50	Denise Charter-Jones, 53*, Urbandale, IA	1:26:11	8:37
114	38 M40	Troy Kueter, 44, West Des Moines, IA	1:26:12	8:37
67	17 W40	Sonya Hemshassen, 47*, Des Moines, IA	1:26:13	8:37
68	26 W30	Katie White, 39*, Windsor Heights, IA	1:26:19	8:38
69	18 W40	Rebecca Brannan, 49*, Urbandale, IA	1:26:21	8:38
115	39 M40	Michael Stimson, 44, Johnston, IA	1:26:25	8:38
116	39 M30	Steve Voigt, 36, Pewaukee, WI	1:26:33	8:39
117	17 M50	John Curtin, 58, Des Moines, IA	1:26:41	8:40
70	27 W30	Emily Orna, 30*, Grimes, IA	1:26:46	8:41
118	7 M60	Dennis Wheeler, 64, Urbandale, IA	1:26:47	8:41
119	40 M40	Tod McComb, 49, Des Moines, IA	1:26:54	8:41
120	18 M50	Mark Jackson, 50, Story City, IA	1:26:59	8:42
121	19 M50	Dan Gornick, 50, Norwalk, IA	1:27:00	8:42
71	19 W40	Ann Betten, 47*, Clive, IA	1:27:05	8:42
72	20 W40	Robin Prier-Ross, 48*, Clive, IA	1:27:05	8:42
122	41 M40	Thomas Tuttle, 47, West Des Moines, IA	1:27:07	8:43
73	28 W30	Jennifer Krzak, 36*, West Des Moines, IA	1:27:10	8:43
123	20 M50	Greg Anderson, 52, West Des Moines, IA	1:27:12	8:43
74	21 W40	Diane Nelson, 48*, Ankeny, IA	1:27:14	8:43
124	21 M50	David Sturzaker, 58, Johnston, IA	1:27:15	8:43
125	42 M40	Jeff Steenhoek, 44, Des Moines, IA	1:27:17	8:44
75	22 W40	Michelle Madden, 41*, West Des Moines, IA	1:27:31	8:45
76	23 W40	Chris Mathews, 45*, Des Moines, IA	1:27:39	8:46
77	11 W50	Carol Stratemeyer, 58*, Des Moines, IA	1:27:48	8:47
126	40 M30	Bhpinder Brar, 31, Johnston, IA	1:27:59	8:48
127	12 M20	Keith Kistenmacher, 29, Windsor Heights, IA	1:28:01	8:48
78	24 W40	Penny Luthens, 48*, Urbandale, IA	1:28:03	8:48
128	43 M40	Michael Mohan, 46, Clive, IA	1:28:11	8:49
79	29 W30	Shelby Cork, 39*, Harlan, IA	1:28:17	8:50
80	30 W30	Jodi Trewet, 39*, Granger, IA	1:28:21	8:50
81	31 W30	Coralynn Trewet, 35*, Ankeny, IA	1:28:21	8:50
82	32 W30	Nicole Quade, 35*, Norwalk, IA	1:28:28	8:51
129	41 M30	Carl Koedam, 37, Ankeny, IA	1:28:31	8:51
83	25 W40	Leigh VanderHolt, 46*, Norwalk, IA	1:28:33	8:51
130	44 M40	Karl Lundy, 41, Des Moines, IA	1:28:43	8:52
84	26 W40	Jenna Porter, 40*, Des Moines, IA	1:28:50	8:53
85	27 W40	Melinda Nye, 40*, Ankeny, IA	1:28:51	8:53
131	22 M50	Steve Timmons, 54, Pleasantville, IA	1:28:55	8:53
86	28 W40	Shanda Noonan, 43*, Ankeny, IA	1:28:56	8:54
132	23 M50	Phelan Thomas, 57, Clive, IA	1:28:56	8:54

87	33	W30	Brookann Redick, 34*, Des Moines, IA	1:28:57	8:54
133	42	M30	Matt Griffin, 33, Des Moines, IA	1:28:57	8:54
134	13	M20	Eric Olson, 26, Bondurant, IA	1:29:05	8:54
88	11	W20	Jenessa Koedam, 29*, Ankeny, IA	1:29:07	8:55
89	29	W40	Jennifer York, 45*, Ames, IA	1:29:09	8:55
135	24	M50	Bob Schoby, 55, Blair, NE	1:29:26	8:57
90	12	W50	Pamela Pomerenk, 54*, Boone, IA	1:29:36	8:58
91	30	W40	Michele Ramsey, 42*, Cumming, IA	1:29:40	8:58
92	34	W30	Mariah Chapman, 37*, Ankeny, IA	1:29:41	8:58
136	45	M40	John Harris, 44, Ankeny, IA	1:29:45	8:58
137	25	M50	Tom Sueppel, 53, West Des Moines, IA	1:29:51	8:59
Pace: <a href="#">6:00</a>   <a href="#">7:00</a>   <a href="#">8:00</a>   <a href="#">9:00</a>   <a href="#">10:00</a>   <a href="#">11:00</a>   <a href="#">12:00</a>   <a href="#">13:00</a>   <a href="#">Top</a>					
93	31	W40	Stephanie Wignall, 44*, Ankeny, IA	1:29:59	9:00
138	26	M50	Cody Kilgore, 53, Adel, IA	1:30:00	9:00
94	32	W40	Dona Cretors, 44*, Grimes, IA	1:30:01	9:00
95	12	W20	Bailey Mendenhall, 27*, Johnston, IA	1:30:12	9:01
96	13	W20	Lindsay Paris, 25*, Johnston, IA	1:30:13	9:01
97	33	W40	Karmel Sueppel, 45*, West Des Moines, IA	1:30:20	9:02
139	27	M50	Todd Weber, 51, Earlham, IA	1:30:35	9:03
98	1	W15	Rosie Cook, 17*, Des Moines, IA	1:30:40	9:04
140	1	M15	Sam Elsbernd, 17, Des Moines, IA	1:30:41	9:04
141	43	M30	Derek McChurch, 33, Des Moines, IA	1:30:41	9:04
142	44	M30	Anthony Cendana, 39, Cumming, IA	1:30:42	9:04
99	34	W40	Erin Rewerts, 44*, Nevada, IA	1:30:48	9:05
100	35	W30	Angel Shawda, 37*, Urbandale, IA	1:30:50	9:05
101	13	W50	Barb Baker, 54*, Grinnell, IA	1:30:53	9:05
143	46	M40	Steven Behrends, 46, West Des Moines, IA	1:30:57	9:06
102	35	W40	Jennifer Noonan, 43*, Solon, IA	1:30:57	9:06
144	28	M50	Scott Dean, 50, Des Moines, IA	1:31:13	9:07
103	36	W40	Kimberly Hatting, 47*, Grinnell, IA	1:31:17	9:08
145	29	M50	Alex Van Wyk, 52, Des Moines, IA	1:31:18	9:08
146	30	M50	Steven Wandro, 57, Des Moines, IA	1:31:24	9:08
104	36	W30	Heather Hunter, 38*, Ankeny, IA	1:31:30	9:09
105	14	W20	Abi Albrecht, 29*, Windsor Heights, IA	1:31:38	9:10
106	37	W40	Jenny Gray, 40*, Ankeny, IA	1:31:39	9:10
107	14	W50	Deb Fritz, 56*, Des Moines, IA	1:31:45	9:10
108	37	W30	Jennifer Girdler, 39*, Granger, IA	1:31:47	9:11
109	2	W60	Elaine Van Dyck, 60*, Des Moines, IA	1:31:48	9:11
110	38	W40	Kelly Roberson, 44*, Des Moines, IA	1:31:49	9:11
111	39	W40	Cheryl Ouellette, 43*, Ankeny, IA	1:31:52	9:11
147	31	M50	Mike Aman, 57, Blair, NE	1:32:03	9:12
112	2	W15	Jazzaray James, 16*, West Des Moines, IA	1:32:09	9:13
113	40	W40	Cindy Elsbernd, 43*, Des Moines, IA	1:32:09	9:13
148	47	M40	Cliff Baker, 40, Waukee, IA	1:32:14	9:13
149	45	M30	Tom Duffy, 36, West Des Moines, IA	1:32:14	9:13
114	15	W20	Laitie Mather, 27*, West Des Moines, IA	1:32:15	9:13
115	38	W30	Erin Sawhill, 32*, Des Moines, IA	1:32:22	9:14
150	32	M50	David Klinkenburg, 54, Windsor Heights, IA	1:32:29	9:15
151	2	M15	Ben Mowitz, 15, Des Moines, IA	1:32:35	9:15
152	48	M40	Jonathan Montpas, 41, Des Moines, IA	1:32:36	9:16
116	15	W50	Jan Atchison, 55*, Rhodes, IA	1:32:43	9:16
117	16	W20	Brittany Telk, 25*, Ankeny, IA	1:32:49	9:17
118	17	W20	Jaclyn Rebman, 29*, Ankeny, IA	1:32:51	9:17
119	18	W20	Janell Christians, 28*, Des Moines, IA	1:32:51	9:17
153	33	M50	Michael Lee, 55, Ames, IA	1:33:09	9:19
120	41	W40	Tonya Miller, 42*, Solon, IA	1:33:22	9:20
121	42	W40	Holly Hanson, 45*, Des Moines, IA	1:33:31	9:21
154	46	M30	Brant Sharp, 36, Des Moines, IA	1:33:38	9:22
155	47	M30	Steve Olney, 35, West Des Moines, IA	1:33:38	9:22
122	19	W20	Sarah Haley, 29*, Des Moines, IA	1:33:39	9:22
123	39	W30	Jill Schwarz, 38*, Des Moines, IA	1:33:46	9:23
124	43	W40	Joni Tonnemacher, 44*, Johnston, IA	1:33:46	9:23
125	16	W50	Dawn Wellman, 50*, Johnston, IA	1:33:46	9:23

156	49	M40	Brian Applesby, 44, West Des Moines, IA	1:33:49	9:23
126	3	W60	Paula Dierenfeld, 60*, Johnston, IA	1:33:52	9:23
127	40	W30	Chree Berneal, 34*, Waukee, IA	1:33:53	9:23
128	20	W20	Emily Feldkamp, 24*, Ames, IA	1:33:54	9:23
157	50	M40	Jeff Davis, 45, West Des Moines, IA	1:33:57	9:24
129	44	W40	Maria Davis, 45*, West Des Moines, IA	1:33:57	9:24
158	48	M30	Kyle Brown, 39, Des Moines, IA	1:34:07	9:25
159	1	M70	Jim Harman, 73, Crest Hill, IL	1:34:12	9:25
130	21	W20	Libby Kropp, 22*, Shawnee, KS	1:34:12	9:25
131	45	W40	Jenny Federspiel, 41*, Iowa City, IA	1:34:19	9:26
132	46	W40	Melissa Gatzionis, 43*, Urbandale, IA	1:34:22	9:26
133	47	W40	Kristin Adkins, 45*, Brooklyn, IA	1:34:26	9:27
134	3	W15	Jordan Rhodes, 19*, Des Moines, IA	1:34:45	9:28
160	51	M40	Paxton Bennett, 40, West Des Moines, IA	1:34:45	9:28
135	48	W40	Lisa Schwarte, 43*, West Des Moines, IA	1:34:48	9:29
136	49	W40	Kelly Lentsch, 43*, West Des Moines, IA	1:34:48	9:29
137	17	W50	Janice Woolery, 53*, Des Moines, IA	1:34:52	9:29
138	41	W30	Stacy Dietch, 37*, Ankeny, IA	1:34:57	9:30
139	1	W70	Sandy Rupnow, 70*, Ames, IA	1:34:58	9:30
161	34	M50	Erik Luthens, 50, Urbandale, IA	1:35:02	9:30
140	42	W30	Rosemary Perez, 37*, Ames, IA	1:35:11	9:31
141	50	W40	Aletha Lenz, 42*, Urbandale, IA	1:35:19	9:32
162	52	M40	Bruce Kolling, 42, Johnston, IA	1:35:22	9:32
142	51	W40	Kelly Richardson, 45*, Iowa City, IA	1:35:27	9:33
143	43	W30	Kristi Caylor, 31*, West Des Moines, IA	1:35:29	9:33
163	49	M30	Wyatt Myers, 36, Des Moines, IA	1:35:41	9:34
144	44	W30	Sacha Wise, 38*, Des Moines, IA	1:35:45	9:34
145	52	W40	Traci Thomas, 45*, West Des Moines, IA	1:35:45	9:34
146	18	W50	Patti Wachtendorf, 55*, Clive, IA	1:35:54	9:35
147	45	W30	Angela Peters, 39*, Mason City, IA	1:35:58	9:36
164	35	M50	Terry Mitchell, 52, Waukee, IA	1:36:01	9:36
148	53	W40	Colleen Bentzen, 44*, West Des Moines, IA	1:36:03	9:36
149	22	W20	Katie Riley, 25*, Ankeny, IA	1:36:25	9:38
165	53	M40	Bret-Wayne Dillon-Hanse, 40, Des Moines, IA	1:36:34	9:39
150	46	W30	Marisa Tank, 31*, Waukee, IA	1:36:43	9:40
151	47	W30	Erin Reese, 32*, Des Moines, IA	1:36:48	9:41
152	48	W30	Kayla Davidson, 32*, Ankeny, IA	1:36:53	9:41
153	49	W30	Briget Johnson, 36*, West Des Moines, IA	1:36:55	9:41
166	50	M30	Tim Rypma, 34, Des Moines, IA	1:37:02	9:42
154	23	W20	Angel Banks, 26*, West Des Moines, IA	1:37:24	9:44
167	36	M50	Travis Kneale, 50, Des Moines, IA	1:37:36	9:46
168	37	M50	Kevin Hircock, 54, Adel, IA	1:37:48	9:47
155	24	W20	Molly Hircock, 28*, West Des Moines, IA	1:37:48	9:47
156	50	W30	Kate Selden, 35*, Des Moines, IA	1:38:06	9:49
157	51	W30	Sarah Barrett, 36*, Amherst, NH	1:38:06	9:49
158	25	W20	Vanessa Pinter, 24*, Des Moines, IA	1:38:07	9:49
159	54	W40	Katie Glatt, 40*, Ankeny, IA	1:38:12	9:49
160	52	W30	Jeni Sundermeyer, 39*, Pleasant Hill, IA	1:38:12	9:49
169	8	M60	Simon Casady, 65, Indianola, IA	1:38:22	9:50
161	55	W40	Michele Dahlen, 40*, West Des Moines, IA	1:38:26	9:51
170	54	M40	Jamie Lawler, 46, West Des Moines, IA	1:38:31	9:51
171	51	M30	Jesper Andersson, 39, West Des Moines, IA	1:38:41	9:52
172	9	M60	Larry Farrell, 67, Des Moines, IA	1:38:42	9:52
162	19	W50	Cheryl Mendenhall, 52*, Des Moines, IA	1:38:46	9:53
163	26	W20	Hannah Haas, 25*, Windsor Heights, IA	1:39:12	9:55
164	56	W40	Laura Bidinger, 45*, West Des Moines, IA	1:39:15	9:55
165	57	W40	Jill Bartachek, 42*, Wdsm, IA	1:39:31	9:57
173	38	M50	Greg Ronald, 55, West Des Moines, IA	1:39:33	9:57
174	52	M30	Joshua Bertocki, 30, Des Moines, IA	1:39:35	9:57
166	53	W30	Amanda Rauen, 31*, Dubuque, IA	1:39:50	9:59
175	39	M50	Craig Cutts, 51, Ackworth, IA	1:39:50	9:59

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

176	53	M30	Matt Hackett, 39, Waukee, IA	1:40:03	10:00
177	54	M30	Paul Coveyou, 37, Des Moines, IA	1:40:17	10:02
167	58	W40	Heather Schebel, 40*, West Des Moines, IA	1:40:17	10:02
168	27	W20	Brittany Montgomery, 28*, Des Moines, IA	1:40:18	10:02
169	20	W50	Annie Strawn, 54*, St. Charles, IA	1:40:22	10:02
170	54	W30	Robyn Winner, 34*, Johnston, IA	1:40:24	10:02
171	55	W30	Candice Fantauzzi, 30*, Des Moines, IA	1:40:25	10:02
178	10	M60	Duane Osmun, 66, Creston, IA	1:40:27	10:03
172	21	W50	Wilma Osmun, 54*, Creston, IA	1:40:28	10:03
173	28	W20	Chelsea Drumheller, 27*, Granger, IA	1:40:30	10:03
174	22	W50	Gwen Johnston, 52*, Greenfield, IA	1:40:39	10:04
175	59	W40	Denna Mitchell, 49*, Greenfield, IA	1:40:39	10:04
176	56	W30	Staci Burr, 39*, West Des Moines, IA	1:40:42	10:04
179	55	M30	Robert Rypma, 30, Des Moines, IA	1:41:12	10:07
177	23	W50	Kagendo Randall, 52*, West Des Moines, IA	1:41:26	10:09
178	57	W30	Sarah Crane, 32*, Des Moines, IA	1:41:35	10:09
179	58	W30	Melissa Lugar, 38*, West Des Moines, IA	1:41:35	10:09
180	59	W30	Jennifer Williams, 35*, Ankeny, IA	1:41:53	10:11
180	55	M40	Joe Akers, 49, Grimes, IA	1:41:56	10:12
181	11	M60	David Dickens, 66, Ankeny, IA	1:41:59	10:12
182	56	M40	Dan McElroy, 41, West Des Moines, IA	1:42:00	10:12
183	57	M40	Eric Conrad, 43, Des Moines, IA	1:42:57	10:18
184	12	M60	Dennis Howard, 60, Des Moines, IA	1:43:04	10:18
181	60	W30	Holly Tucker, 34*, Des Moines, IA	1:43:08	10:19
182	60	W40	Tina Hade, 46*, Des Moines, IA	1:43:45	10:22
183	61	W30	Jennifer Gonnerman, 34*, Waukee, IA	1:43:47	10:23
185	40	M50	James Arthur, 50, Des Moines, IA	1:43:51	10:23
186	41	M50	Bill Williams, 54, Chariton, IA	1:44:09	10:25
184	61	W40	Kari Anderson, 40*, Johnston, IA	1:44:30	10:27
185	29	W20	Rachel Wolver, 25*, Urbandale, IA	1:44:31	10:27
186	24	W50	Lori Lipscomb, 51*, Johnston, IA	1:44:38	10:28
187	25	W50	Ruth Comer, 52*, Chariton, IA	1:44:46	10:29
188	26	W50	Colleen De Bruin, 54*, Urbandale, IA	1:44:56	10:30
187	56	M30	Raj Sangera, 32, Des Moines, IA	1:45:07	10:31
188	42	M50	John Moran, 57, Story City, IA	1:45:25	10:32
189	62	W40	Deb Anderson, 44*, Des Moines, IA	1:45:31	10:33
189	58	M40	Sam Rupp, 41, Johnston, IA	1:46:00	10:36
190	62	W30	Lisa Schoessler, 39*, West Des Moines, IA	1:47:04	10:42
191	27	W50	Lori Burmeister, 50*, Clive, IA	1:47:35	10:45
190	57	M30	Steve Olsen, 37, Altoona, IA	1:47:44	10:46
192	63	W30	Stephanie Olsen, 37*, Altoona, IA	1:47:44	10:46
193	63	W40	Christa LePorte, 40*, West Des Moines, IA	1:48:03	10:48
191	59	M40	Barry Jones, 46, Des Moines, IA	1:48:05	10:48
192	3	M15	Jake Rhodes, 16, Des Moines, IA	1:48:05	10:48
194	64	W40	Soko Starobin, 44*, Ames, IA	1:48:26	10:51
195	64	W30	Terri Hogan, 39*, Ankeny, IA	1:49:41	10:58
193	60	M40	Rocky Sposato, 40, Des Moines, IA	1:49:51	10:59
Pace: <a href="#">6:00</a>   <a href="#">7:00</a>   <a href="#">8:00</a>   <a href="#">9:00</a>   <a href="#">10:00</a>   <a href="#">11:00</a>   <a href="#">12:00</a>   <a href="#">13:00</a>   <a href="#">Top</a>					
196	65	W30	Lisa Brunner, 35*, Des Moines, IA	1:49:56	11:00
197	66	W30	Heidi Sharp, 35*, Des Moines, IA	1:49:57	11:00
198	67	W30	Dawn Sposato, 37*, Des Moines, IA	1:50:02	11:00
194	2	M70	William Lawless, 71, Des Moines, IA	1:50:08	11:01
199	30	W20	Jena Daubenger, 22*, West Des Moines, IA	1:50:14	11:01
200	31	W20	Kelly Caylor, 29*, West Des Moines, IA	1:50:21	11:02
201	68	W30	Julianna Tunney, 31*, Des Moines, IA	1:51:01	11:06
202	69	W30	Breanne Costa, 35*, Waukee, IA	1:53:18	11:20
203	70	W30	Emily Johnson, 36*, Windsor Heights, IA	1:53:18	11:20
204	28	W50	Brenda Auxier-Mailey, 56*, Windsor Heights, IA	1:53:54	11:23

205	29 W50	Christine Brandenburg, 51*, Urbandale, IA	1:53:58	11:24
206	65 W40	Julie Hahn, 43*, Des Moines, IA	1:54:07	11:25
207	71 W30	Allisha Kent, 34*, Waukee, IA	1:54:23	11:26
195	58 M30	Jason Kent, 39, Waukee, IA	1:54:23	11:26
208	72 W30	Nicole Combs, 35*, Ankeny, IA	1:54:46	11:29
209	73 W30	Stacey Lyman, 36*, Bondurant, IA	1:55:40	11:34
210	74 W30	Alicia Rowley, 31*, Des Moines, IA	1:55:46	11:35
211	75 W30	Katie Williams, 36*, Des Moines, IA	1:55:46	11:35
Pace: <a href="#">6:00</a>   <a href="#">7:00</a>   <a href="#">8:00</a>   <a href="#">9:00</a>   <a href="#">10:00</a>   <a href="#">11:00</a>   <a href="#">12:00</a>   <a href="#">13:00</a>   <a href="#">Top</a>				

212	30 W50	Lucy Riggins, 53*, Des Moines, IA	2:00:38	12:04
213	76 W30	Holly Grasmick, 33*, Des Moines, IA	2:00:51	12:05
214	32 W20	Samantha Roberts, 25*, Johnston, IA	2:00:51	12:05
215	4 W15	Marit Simmons, 15*, Des Moines, IA	2:01:36	12:10
216	66 W40	Tammy Calhoun, 44*, West Des Moines, IA	2:01:37	12:10
217	67 W40	Noreen Nsereko, 41*, Johnston, IA	2:01:37	12:10
218	68 W40	Jacqui Morrow, 42*, Overland Park, KS	2:02:19	12:14
219	33 W20	Nicole Mortenson, 29*, Bondurant, IA	2:02:40	12:16
220	69 W40	Dawn Farrell, 40*, Clive, IA	2:02:40	12:16
221	31 W50	Debra Ashby, 51*, Norwalk, IA	2:04:18	12:26
222	34 W20	Melanie Bickford, 29*, Roselle, IL	2:04:18	12:26
196	61 M40	Kevin Taylor, 41, Ankeny, IA	2:09:53	12:59
Pace: <a href="#">6:00</a>   <a href="#">7:00</a>   <a href="#">8:00</a>   <a href="#">9:00</a>   <a href="#">10:00</a>   <a href="#">11:00</a>   <a href="#">12:00</a>   <a href="#">13:00</a>   <a href="#">Top</a>				

197	13 M60	Dick Hogan, 68, Urbandale, IA	2:11:19	13:08
198	14 M60	Mark Hacker, 60, Des Moines, IA	2:11:37	13:10
223	70 W40	Tamara Van Dee, 43*, Ankeny, IA	2:11:39	13:10

\* indicates females

8 finishers among Males (no age given)

1 finishers among Men Under 15

3 finishers among Men 15 - 19

13 finishers among Men 20 - 29

58 finishers among Men 30 - 39

61 finishers among Men 40 - 49

42 finishers among Men 50 - 59

14 finishers among Men 60 - 69

2 finishers among Men 70 & Up

4 finishers among Women 15 - 19

34 finishers among Women 20 - 29

76 finishers among Women 30 - 39

70 finishers among Women 40 - 49

31 finishers among Women 50 - 59

3 finishers among Women 60 - 69

1 finishers among Women 70 & Up

202 male finishers

219 female finishers

421 total finishers

Return to [home page](#).