

Dam to Downtown 10K Run

Iowa City, IA

June 12, 2010

70 & Overcast, light rain off and on

Results by Kauder Racing

[Individuals](#)

[Mens Awards](#)

[Womens Awards](#)

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.

CLASS					
PLACE	PLACE		FINISHER	TIME	PACE
Open Men					
1	1 M19		Phil Young, 24, North Liberty, IA	34:20	5:31
2	2 M30		Nate Canton, 30, North Liberty, IA	35:11	5:40
3	3 M35		Ben Fish, 35, Iowa City, IA	36:55	5:56

Open Women

1	1 JrW		Jill Stephenson, 18, Iowa City, IA	41:21	6:39
2	2 W45		Sheryl Miller, 47, Coralville, IA	41:43	6:43
3	3 W30		Michelle McMurray, 34, Rock Island, IL	42:05	6:46

CLASS					
PLACE	PLACE		FINISHER	TIME	PACE
Men Under 19					
7	1		Isaac Jensen, 15, Iowa City, IA	38:12	6:09
8	2		Benjamin Fick, 15, Coralville, IA	39:18	6:19
16	3		Michael Rundell, 15, Solon, IA	43:15	6:58

Men 19 - 24

6	1		Daniel Novak, 22, Iowa City, IA	38:06	6:08
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37	2	Josh Whitney, 23, Iowa City, IA	50:41	8:09
73	3	Michael Hagerty, 20, Iowa City, IA	1:01:04	9:50

Men 25 - 29

18	1	Justin Swafford, 25, Iowa City, IA	43:39	7:01
26	2	John Poeltler, 26, Coralville, IA	46:09	7:26
29	3	Ryan Ahlers, 27, Iowa City, IA	47:06	7:35

Men 30 - 34

9	1	Thos Trefz, 31, Iowa City, IA	39:49	6:24
13	2	Tyson Ketelsen, 30, Iowa City, IA	42:13	6:48
17	3	Lucas Llado, 33, Coralville, IA	43:17	6:58

Men 35 - 39

11	1	Derek Frank, 35, Coralville, IA	40:48	6:34
14	2	Randy Lamm, 35, Solon, IA	42:49	6:53
28	3	David Isherwood, 37, Iowa City, IA	46:57	7:33

Men 40 - 44

15	1	Murry Mente, 43, Tipton, IA	43:04	6:56
23	2	William Iverson, 42, Iowa City, IA	44:40	7:11
24	3	Robert Cornell, 44, Iowa City, IA	45:27	7:19

Men 45 - 49

5	1	Greg Skopec, 48, Coralville, IA	37:55	6:06
12	2	Eric Wortman, 46, Iowa City, IA	41:12	6:38
21	3	Chris Jensen, 47, Iowa City, IA	44:11	7:07

Men 50 - 54

4	1	Tim Skopec, 50, Iowa City, IA	37:40	6:04
10	2	Tom Novak, 51, Iowa City, IA	40:22	6:30
32	3	John Seymour, 52, Bella Vista, AR	47:35	7:39

Men 55 - 59

33	1	Tom Langenfeld, 56, Iowa City, IA	48:38	7:50
52	2	Michael Mulder, 55, Iowa City, IA	55:08	8:52
64	3	Mike Simpson, 57, Iowa City, IA	57:51	9:18

Men 60 & Up

42	1	Clayton Briggs, 61, Coralville, IA	51:33	8:18
59	2	Rod Raabe, 64, Swisher, IA	55:57	9:00
60	3	Bruce Mueller, 63, Coralville, IA	56:23	9:04

CLASS

PLACE	PLACE	FINISHER	TIME	PACE
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Women Under 19

6	1	Melanie Holman, 17, Iowa City, IA	45:21	7:18
29	2	Hannah Skopec, 18, Iowa City, IA	54:16	8:44
67	3	Anna Mabry, 12, Iowa City, IA	1:03:58	10:18

Women 19 - 24

8	1	Melina Park, 23, Bozeman, MT	46:36	7:30
20	2	Taylor Finch, 21, Grinnell, IA	52:22	8:26
26	3	Laura Nass, 22, Iowa City, IA	53:49	8:40

Women 25 - 29

4	1	Christine Ziemer, 28, Iowa City, IA	42:20	6:49
5	2	Lynn Dobyys, 26, Iowa City, IA	43:06	6:56
7	3	Sara Ziear, 28, Iowa City, IA	46:35	7:30

Women 30 - 34

9	1	Lynn Westfall, 30, Coralville, IA	49:09	7:54
10	2	Sara Hektoen, 33, Iowa City, IA	49:13	7:55

18	3	Heather Stevens, 34, Riverside, IA	51:26	8:17
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Women 35 - 39

12	1	Stephanie Hoeper, 35, North Liberty, IA	49:40	7:59
23	2	Mary Etre, 38, Coralville, IA	52:48	8:30
24	3	Rachael Lacina, 35, Iowa City, IA	53:00	8:32

Women 40 - 44

21	1	Jodi Graff, 41, Iowa City, IA	52:27	8:26
27	2	Tara Coady-Sierra, 44, Iowa City, IA	54:02	8:42
32	3	Erin Hazen, 41, Solon, IA	56:24	9:05

Women 45 - 49

16	1	Molley Whaley, 49, Iowa City, IA	51:21	8:16
90	2	Cynthia Morrison, 47, Solon, IA	1:12:53	11:44

Women 50 - 54

13	1	Muriel Naumann, 54, Iowa City, IA	50:12	8:05
42	2	Laurie Stunz, 54, Iowa City, IA	58:36	9:26
47	3	Anna Davis, 54, Iowa City, IA	59:41	9:36

CLASS

PLACE	PLACE	FINISHER	TIME	PACE
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Individuals

1	OpM	Phil Young, 24, North Liberty, IA	34:20	5:31
2	OpM	Nate Canton, 30, North Liberty, IA	35:11	5:40
3	OpM	Ben Fish, 35, Iowa City, IA	36:55	5:56

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

4	1 M50	Tim Skopec, 50, Iowa City, IA	37:40	6:04
5	1 M45	Greg Skopec, 48, Coralville, IA	37:55	6:06
6	1 M19	Daniel Novak, 22, Iowa City, IA	38:06	6:08
7	1 JrM	Isaac Jensen, 15, Iowa City, IA	38:12	6:09

8	2	JrM	Benjamin Fick, 15, Coralville, IA	39:18	6:19
9	1	M30	Thos Trefz, 31, Iowa City, IA	39:49	6:24
10	2	M50	Tom Novak, 51, Iowa City, IA	40:22	6:30
11	1	M35	Derek Frank, 35, Coralville, IA	40:48	6:34
12	2	M45	Eric Wortman, 46, Iowa City, IA	41:12	6:38
1		OpW	Jill Stephenson, 18*, Iowa City, IA	41:21	6:39
2		OpW	Sheryl Miller, 47*, Coralville, IA	41:43	6:43
3		OpW	Michelle McMurray, 34*, Rock Island, IL	42:05	6:46
13	2	M30	Tyson Ketelsen, 30, Iowa City, IA	42:13	6:48
4	1	W25	Christine Ziemer, 28*, Iowa City, IA	42:20	6:49
14	2	M35	Randy Lamm, 35, Solon, IA	42:49	6:53
15	1	M40	Murry Mente, 43, Tipton, IA	43:04	6:56
5	2	W25	Lynn Dobyys, 26*, Iowa City, IA	43:06	6:56
16	3	JrM	Michael Rundell, 15, Solon, IA	43:15	6:58
17	3	M30	Lucas Llado, 33, Coralville, IA	43:17	6:58
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 Top					
18	1	M25	Justin Swafford, 25, Iowa City, IA	43:39	7:01
19	4	JrM	Zach Slusher, 15, Solon, IA	43:53	7:04
20	5	JrM	Thomas Bernard, 15, Mt Vernon, IA	43:59	7:05
21	3	M45	Chris Jensen, 47, Iowa City, IA	44:11	7:07
22	6	JrM	James Wenzel, 14, Springville, IA	44:14	7:07
23	2	M40	William Iverson, 42, Iowa City, IA	44:40	7:11
6	1	JrW	Melanie Holman, 17*, Iowa City, IA	45:21	7:18
24	3	M40	Robert Cornell, 44, Iowa City, IA	45:27	7:19
25	7	JrM	Nate Marti, 15, Mt Vernon, IA	45:57	7:24
26	2	M25	John Poeltler, 26, Coralville, IA	46:09	7:26
7	3	W25	Sara Ziear, 28*, Iowa City, IA	46:35	7:30
8	1	W19	Melina Park, 23*, Bozeman, MT	46:36	7:30
27	4	M30	Ryan Nicholson, 31, North Liberty, IA	46:43	7:31
28	3	M35	David Isherwood, 37, Iowa City, IA	46:57	7:33
29	3	M25	Ryan Ahlers, 27, Iowa City, IA	47:06	7:35
30	4	M35	Scott Ziear, 35, Iowa City, IA	47:24	7:38
31	4	M25	Kurt Parker, 29, Manchester, IA	47:28	7:38

32	3	M50	John Seymour, 52, Bella Vista, AR	47:35	7:39
33	1	M55	Tom Langenfeld, 56, Iowa City, IA	48:38	7:50
9	1	W30	Lynn Westfall, 30*, Coralville, IA	49:09	7:54
10	2	W30	Sara Hektoen, 33*, Iowa City, IA	49:13	7:55
11	4	W25	Jamie Zahasky, 29*, Iowa City, IA	49:24	7:57
12	1	W35	Stephanie Hoeper, 35*, North Liberty, IA	49:40	7:59

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13	1	W50	Muriel Naumann, 54*, Iowa City, IA	50:12	8:05
34	5	M35	Jerrett Ferguson, 36, Solon, IA	50:20	8:06
35	4	M50	Bryce Henson, 54, North Liberty, IA	50:36	8:09
36	5	M30	Brian Giese, 30, North Liberty, IA	50:37	8:09
37	2	M19	Josh Whitney, 23, Iowa City, IA	50:41	8:09
38	8	JrM	Keegan Paisley, 13, Solon, IA	50:42	8:10
39	5	M25	Tyler Edwards, 25, North Liberty, IA	50:46	8:10
40	6	M25	Blake Edwards, 27, Iowa City, IA	50:46	8:10
14	5	W25	Anna Cigrand, 27*, Iowa City, IA	51:01	8:12
15	6	W25	Jessica Flanigan, 25*, Iowa City, IA	51:20	8:16
16	1	W45	Molley Whaley, 49*, Iowa City, IA	51:21	8:16
17	7	W25	Lindsey Cospers, 25*, Iowa City, IA	51:22	8:16
41	6	M30	Michael Heenan, 34, Coralville, IA	51:25	8:16
18	3	W30	Heather Stevens, 34*, Riverside, IA	51:26	8:17
42	1	M60	Clayton Briggs, 61, Coralville, IA	51:33	8:18
19	4	W30	Angela Strobel, 32*, Coralville, IA	51:55	8:21
43	6	M35	Terry Tack, 39, Coralville, IA	51:56	8:21
44	7	M25	Kris Eveland, 28, Tipton, IA	51:56	8:21
45	4	M45	Chris Jeffrey, 46, Iowa City, IA	52:16	8:25
20	2	W19	Taylor Finch, 21*, Grinnell, IA	52:22	8:26
21	1	W40	Jodi Graff, 41*, Iowa City, IA	52:27	8:26
22	5	W30	Jessica Brown, 34*, Iowa City, IA	52:40	8:28
23	2	W35	Mary Etre, 38*, Coralville, IA	52:48	8:30
46	4	M40	Daniel Dirks, 44, Coralville, IA	52:58	8:31
24	3	W35	Rachael Lacina, 35*, Iowa City, IA	53:00	8:32

25	4	W35	Julie Smith, 37*, West Branch, IA	53:35	8:37
26	3	W19	Laura Nass, 22*, Iowa City, IA	53:49	8:40
27	2	W40	Tara Coady-Sierra, 44*, Iowa City, IA	54:02	8:42
28	5	W35	Heather Woody, 36*, Coralville, IA	54:06	8:42
29	2	JrW	Hannah Skopec, 18*, Iowa City, IA	54:16	8:44
47	8	M25	Phil Pattee, 26, Iowa City, IA	54:24	8:45
48	7	M35	Joel Abrams, 36, Ely, IA	54:44	8:48
49	9	JrM	Riley Marvin, 11, Coralville, IA	54:48	8:49
50	5	M40	J C. Luxton, 41, Iowa City, IA	54:49	8:49
51	5	M50	Bob George, 54, Iowa City, IA	54:55	8:50
52	2	M55	Michael Mulder, 55, Iowa City, IA	55:08	8:52
53	6	M40	Jim Wilkes, 41, Iowa City, IA	55:10	8:53
30	6	W30	Karen Davison, 33*, North Liberty, IA	55:24	8:55
54	9	M25	Ben Horton, 28, Iowa City, IA	55:32	8:56
55	10	M25	Kyle Stine, 29, Iowa City, IA	55:45	8:58
56	7	M30	Benjamin Munoz, 34, Iowa City, IA	55:52	8:59
57	5	M45	Kevin Wise, 48, Iowa City, IA	55:52	8:59

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58	8	M30	Jeffrey McFarland, 32, North Liberty, IA	55:53	9:00
59	2	M60	Rod Raabe, 64, Swisher, IA	55:57	9:00
60	3	M60	Bruce Mueller, 63, Coralville, IA	56:23	9:04
31	6	W35	April Marvin, 39*, Coralville, IA	56:24	9:04
32	3	W40	Erin Hazen, 41*, Solon, IA	56:24	9:05
61	7	M40	Tim Hazen, 41, Iowa City, IA	56:35	9:06
33	4	W19	Allison Bruggeman, 21*, Iowa City, IA	56:35	9:06
34	5	W19	Kristin Boulter, 20*, Iowa City, IA	56:40	9:07
62	10	JrM	Matt Reiland, 15, Solon, IA	56:46	9:08
35	6	W19	Laura Rogers, 24*, Iowa City, IA	56:55	9:10
36	7	W30	Jen Ferguson, 34*, Solon, IA	57:13	9:12
63	11	M25	Nile Dusdieker, 28, Iowa City, IA	57:24	9:14
64	3	M55	Mike Simpson, 57, Iowa City, IA	57:51	9:18
65	8	M40	Sean Lyons, 41, Bettendorf, IA	57:53	9:19
37	7	W35	Lori Genkinger, 38*, Coralville, IA	57:54	9:19

38	8	W35	Amy Becicka, 36*, Fairfax, IA	57:55	9:19
39	4	W40	Pam Funke, 41*, Coralville, IA	58:05	9:21
40	8	W30	Kathleen Locher, 34*, Iowa City, IA	58:07	9:21
41	9	W35	Susan Kluver, 38*, Iowa City, IA	58:33	9:25
66	12	M25	Sam Milroy, 29, Traer, IA	58:35	9:26
67	6	M50	Paul Edwards, 50, Iowa City, IA	58:35	9:26
42	2	W50	Laurie Stunz, 54*, Iowa City, IA	58:36	9:26
43	7	W19	Theresa West, 21*, Iowa City, IA	58:43	9:27
68	8	M35	Michael Speers, 37, Swisher, IA	59:17	9:32
44	9	W30	Bridget Rinderknecht, 32*, Cedar Rapids, IA	59:22	9:33
45	10	W30	Jennifer Brandt, 30*, North Liberty, IA	59:22	9:33
69	4	M55	Jim Rudert, 57, Iowa City, IA	59:34	9:35
46	11	W30	Nazee Jabbari, 30*, Iowa City, IA	59:37	9:36
47	3	W50	Anna Davis, 54*, Iowa City, IA	59:41	9:36
48	12	W30	Brenda Buikema, 33*, North Liberty, IA	59:42	9:36
70	6	M45	Matt Nagle, 48, Mt Vernon, IA	59:59	9:39
49	4	W50	Diane Burk, 53*, Iowa City, IA	59:59	9:39
50	5	W50	Eleanor Dilkes, 51*, Iowa City, IA	1:00:19	9:42
51	13	W30	Sarah McLaughlin, 32*, North Liberty, IA	1:00:20	9:42
52	10	W35	Sara Swanson, 39*, Riverside, IA	1:00:22	9:43
53	8	W19	Marcy Rahn, 24*, Coralville, IA	1:00:26	9:43
71	7	M45	Tad Mabry, 49, Iowa City, IA	1:00:52	9:48
54	9	W19	Beth Turner, 23*, Iowa City, IA	1:00:52	9:48
72	5	M55	Richard Evans, 55, Iowa City, IA	1:00:58	9:49
73	3	M19	Michael Hagerty, 20, Iowa City, IA	1:01:04	9:50
74	9	M35	Jason Clark, 39, Iowa City, IA	1:01:06	9:50
55	8	W25	Margaret Swafford, 25*, Iowa City, IA	1:01:10	9:51
56	6	W50	Judy Stephenson, 52*, Iowa City, IA	1:01:11	9:51
75	4	M60	John Humphrey, 65, North Liberty, IA	1:01:12	9:51
57	11	W35	Tina Telander, 36*, North Liberty, IA	1:01:22	9:53
58	9	W25	Alyson Girard, 26*, North Liberty, IA	1:01:26	9:53

59	10	W25	Lacey Greenwald, 26*, Iowa City, IA	1:01:26	9:53
60	11	W25	Jamie Isherwood, 26*, Iowa City, IA	1:01:44	9:56
61	12	W25	Jikyung Kam, 27*, Coralville, IA	1:02:02	9:59
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 Top					
62	12	W35	Janeen Van Etten, 36*, Iowa City, IA	1:02:26	10:03
63	13	W25	Rebecca Orourke, 27*, Coralville, IA	1:03:08	10:10
64	14	W30	Maggie Lamm, 34*, Solon, IA	1:03:28	10:13
65	14	W25	Sarah Nebel, 26*, Iowa City, IA	1:03:30	10:13
66	7	W50	Mary Hoefer, 54*, Iowa City, IA	1:03:47	10:16
76	13	M25	Daniel Tallman, 25, St Paul, MN	1:03:52	10:17
67	3	JrW	Anna Mabry, 12*, Iowa City, IA	1:03:58	10:18
68	15	W25	Christine Pflibsen, 26*, Coralville, IA	1:03:59	10:18
69	10	W19	Amanda Froese, 24*, Iowa City, IA	1:04:15	10:20
70	16	W25	Marit Meland, 27*, Coralville, IA	1:04:33	10:23
71	15	W30	Melissa McMullen, 33*, North Liberty, IA	1:04:42	10:25
77	6	M55	Gregory Dirks, 56, Iowa City, IA	1:04:47	10:25
72	13	W35	Susan McAreavy, 39*, Coralville, IA	1:04:53	10:26
78	11	JrM	Ethan McAreavy, 10, Coralville, IA	1:04:53	10:27
79	8	M45	Marty Tunning, 48, Iowa City, IA	1:04:57	10:27
73	14	W35	Lori Beireis, 35*, North Liberty, IA	1:05:13	10:30
74	4	JrW	Jenna Mabry, 13*, Iowa City, IA	1:05:16	10:30
75	15	W35	Michelle Clark, 37*, Iowa City, IA	1:05:58	10:37
76	16	W30	Andrea Heffernan, 31*, Iowa City, IA	1:06:08	10:39
77	17	W30	Alexis Wolfe, 30*, Coralville, IA	1:06:08	10:39
80	9	M30	Lane McMullen, 32, North Liberty, IA	1:06:11	10:39
78	11	W19	Stephany Coleman, 24*, North Liberty, IA	1:06:38	10:43
81	7	M50	Dennis Tallman, 52, North Liberty, IA	1:06:57	10:46
79	16	W35	Robin Kopelman, 36*, Iowa City, IA	1:07:16	10:49
80	18	W30	Wittsle Paisley, 33*, Solon, IA	1:07:16	10:49
82	10	M35	Todd Kopelman, 36, Iowa City, IA	1:07:43	10:54
81	12	W19	Stacy Edwards, 24*, North Liberty, IA	1:07:43	10:54
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 Top					
82	8	W50	Sue Edwards, 51*, Iowa City, IA	1:08:50	11:05

83	13	W19	Kari Swanson, 22*, Iowa City, IA	1:09:24	11:10
84	17	W25	Rachel Suhrbier, 29*, Cedar Rapids, IA	1:09:25	11:10
85	18	W25	Lisa Gangol, 29*, Coralville, IA	1:09:35	11:12
86	19	W30	Allison Kirchgatter, 33*, North Liberty, IA		
				1:10:11	11:18
87	14	W19	Amanda Rudkin, 24*, Coralville, IA	1:10:58	11:25
88	19	W25	Samantha Cumley, 26*, Iowa City, IA	1:11:22	11:29
89	9	W50	Carol Hand, 54*, Iowa City, IA	1:12:39	11:41
90	2	W45	Cynthia Morrison, 47*, Solon, IA	1:12:53	11:44
91	20	W25	Lacie Kalan, 27*, Iowa City, IA	1:14:12	11:56

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83	8	M50	Mr-Ed Mulheren, 53, Charlotte, NC	1:17:25	12:27
92	21	W25	Jennifer Kersigo, 29*, Iowa City, IA	1:18:18	12:36

* indicates females

6 finishers among Males (no age given)

11 finishers among Men Under 19

3 finishers among Men 19 - 24

13 finishers among Men 25 - 29

9 finishers among Men 30 - 34

10 finishers among Men 35 - 39

8 finishers among Men 40 - 44

8 finishers among Men 45 - 49

8 finishers among Men 50 - 54

6 finishers among Men 55 - 59

4 finishers among Men 60 & Up

4 finishers among Women Under 19

14 finishers among Women 19 - 24

21 finishers among Women 25 - 29

19 finishers among Women 30 - 34

16 finishers among Women 35 - 39

4 finishers among Women 40 - 44

2 finishers among Women 45 - 49

9 finishers among Women 50 - 54

86 male finishers

89 female finishers

175 total finishers

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