

# Drake Relays On-the-Roads Half-Marathon

Des Moines, Iowa

April 24, 2004

50 degrees and cloudy

Results by Cal Murdock

[8K 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
PLACE	PLACE			
1	1 M25	Marty Dalton, 28, Earlham, IA	1:08:42	5:14
2	2 M25	Julius Rotich, 28, West Des Moines, IA	1:09:47	5:19
3	1 M35	Dave Halferty, 35, Topeka, KS	1:10:01	5:20
4	3 M25	Andrew Smith, 27, Lebanon, IL	1:10:38	5:23
5	4 M25	Ralph Wiggum, 26, St Paul, MN	1:12:15	5:31
6	1 M20	Michael Booth, 24, Winnipeg	1:12:53	5:34
7	2 M20	Nick Rector, 23, Lincoln, NE	1:13:20	5:36
8		Greg Michler, Lindenwood University	1:13:33	5:37
9	5 M25	Benjamin Lewis, 25, Iowa City, IA	1:13:46	5:38
10	6 M25	Francis Kimeli, 28, Olathe, KS	1:13:58	5:39
11		Dan Minor, Lindenwood University	1:14:46	5:42
12	7 M25	Kyle Kepler, 28, Cedar Falls, IA	1:14:59	5:43
13	1 M40	Phil Kauder, 43, Cascade, IA	1:16:01	5:48
14	3 M20	Pat Keehner, 24, Farmersburg, IA	1:16:13	5:49
15	8 M25	Rob Semelroth, 29, West Des Moines, IA	1:16:23	5:50
16	2 M35	Terry Gendron, 37, Davenport, IA	1:16:33	5:50
17	9 M25	Alexander Piel, 25, Ames, IA	1:16:50	5:52
18		Michael Aitken, Lindenwood University	1:17:20	5:54
19	2 M40	Todd Vandervort, 40, Eagan, MN	1:18:07	5:58
20	1 M45	Keith Fevold, 46, Des Moines, IA	1:18:13	5:58
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="#">Top</a>				
21	1 M30	Todd Christensen, 34, Altoona, IA	1:18:55	6:01
22	2 M30	Luke Spencer, 32, Des Moines, IA	1:19:33	6:04
23	3 M30	Matt Zinno, 32, Ankeny, IA	1:19:35	6:04
24	3 M35	Joe Marshall, 36, Granger, Ia	1:19:53	6:06
25	4 M30	Chad Witt, 31, West Des Moines, IA	1:19:57	6:06
26	4 M35	Roger Scott, 39, Clive, IA	1:20:47	6:10
27	4 M20	Aaron Sage, 22, Ames, IA	1:20:51	6:10
28	5 M30	Ryan Elsbernd, 32, Des Moines, IA	1:21:15	6:12
1	1 W25	Bethany Helms, 26*, Iowa City, IA	1:21:19	6:12
29	6 M30	Jason Huntley, 31, Ames, IA	1:21:31	6:13
2	1 W30	Robyn Friedman, 31*, Lambs Grove, IA	1:21:35	6:13
3	2 W25	Marie Sample, 27*, Marshall, MN	1:22:22	6:17
30	3 M40	Greg Skopec, 42, Coralville, IA	1:22:58	6:20
31	5 M35	Guy Murray, 36, Levonia, MI	1:23:04	6:20
32	4 M40	Todd Haugen, 40, Story City, IA	1:23:09	6:21
4	1 W35	Renee Kruse, 36*, Dakota Dunes, SD	1:23:15	6:21
33	5 M20	Seth Comfort, 23, West Des Moines, IA	1:23:30	6:22
34	7 M30	Alex Johnson, 30, Des Moines, IA	1:24:06	6:25

35	5	M40	Rod Williams, 42, Warrensburg, MO	1:24:13	6:26
5	2	W35	Lisa Marshall, 36*, Granger, Ia	1:24:20	6:26
36	6	M20	Nathan Hopp, 21, West Amana, IA	1:24:28	6:27
37	10	M25	Dan Gilliatt, 25, Winterset, IA	1:24:32	6:27
38	11	M25	Ryan Mitchell, 26, Ottumwa, IA	1:24:38	6:27
39	6	M35	Doug Hammerand, 39, Carlisle, IA	1:24:39	6:27
40	7	M35	Steve Feltz, 39, West Des Moines, IA	1:25:04	6:29
41	8	M35	Doug Vander Weide, 37, West Des Moines, IA	1:25:05	6:29
6	3	W25	Erin Moeller, 26*, Cedar Rapids, IA	1:25:10	6:30
42	1	M50	Rick Ironside, 50, Marion, IA	1:25:14	6:30
43	8	M30	Larry Loffredo, 33, Norwalk, IA	1:25:32	6:32
44	9	M35	Mark Caples, 36, Ankeny, IA	1:25:35	6:32
45	7	M20	Bryan Grosbach, 20, McPherson, KS	1:25:37	6:32
46	12	M25	Andrew Spence, 27, Cincinnati, OH	1:25:40	6:32
7	4	W25	Erin Ward, 29*, Eagan, MN	1:25:41	6:32
47	10	M35	Frank Levy, 36, Urbandale, IA	1:25:47	6:33
48	13	M25	Daniel Blascyk, 25, Cloquet, MN	1:25:58	6:34
49	14	M25	David Sample, 28, Marshall, MN	1:26:05	6:34
50	11	M35	Alan Alberto, 39, Clive, IA	1:26:11	6:35
51	15	M25	Ross Polking, 27, West Des Moines, IA	1:26:15	6:35
8	3	W35	Jennifer Romagna, 36*, Dubuque, IA	1:26:42	6:37
52	9	M30	Scott Heidesch, 32, Johnston, IA	1:26:45	6:37
53	6	M40	Troy Zeleznik, 41, West Des Moines, IA	1:26:49	6:37
54	2	M45	Tim Gallagher, 47, Bedford, IA	1:26:50	6:37
55	3	M45	Dave Fitz, 49, Ames, IA	1:26:54	6:38
56	7	M40	Tim Lynch, 41, Cedar Rapids, IA	1:27:47	6:42
57	8	M40	Rusty Potts, 41, Pleasant Hill, IA	1:28:05	6:43
58	4	M45	Tim Fuchtman, 46, Ankeny, IA	1:28:45	6:46
59	12	M35	Marc Gillotti, 36, West Des Moines, IA	1:28:53	6:47
60	16	M25	Isabel Sanchez, 28, Ottumwa, IA	1:28:57	6:47
61	9	M40	Jeff Perry, 43, Bondurant, IA	1:29:22	6:49
62	17	M25	Mark Simons, 26, North Liberty, IA	1:29:27	6:49
63	18	M25	Ryan Scheckel, 25, Walford, IA	1:29:34	6:50
64	1	JrM	A J Kenny, 18, Fort Dodge, IA	1:29:38	6:50
65	10	M30	Chad Lee, 31, West Des Moines, IA	1:29:45	6:51
66	11	M30	Carl Noftsger, 30, Altoona, IA	1:29:47	6:51
67	13	M35	Alex Fink, 35, Des Moines, IA	1:29:51	6:51
68	12	M30	Doug Whyte, 31, Iowa City, IA	1:29:56	6:52
69	13	M30	John Anthofer, 31, Urbandale, IA	1:30:00	6:52
70	19	M25	Conrad Hanson, 28, Urbandale, IA	1:30:13	6:53
71	10	M40	Brad Ortmeier, 40, Urbandale, IA	1:30:18	6:53
72	14	M35	Donald Wells, 36, West Des Moines, IA	1:30:25	6:54
73	11	M40	Doug Adams, 42, Urbandale, IA	1:30:29	6:54
74	12	M40	Jeff Anker, 40, Polk City, IA	1:30:31	6:54
75	2	JrM	Josh Bennett, 17, Ankeny, IA	1:30:48	6:56
76	14	M30	Timothy Speltz, 30, Rockford, IL	1:30:56	6:56
77	20	M25	Nathan Wenck, 26, Carroll, IA	1:30:57	6:56
78	15	M35	Ted Rossiter, 38, Des Moines, IA	1:30:58	6:56
9	1	W20	Kimberly Hemstreet, 23*, Detroit, MI	1:31:06	6:57
79	21	M25	Nate Dunn, 28, Cedar Rapids, IA	1:31:19	6:58
80	13	M40	Tom Green, 44, Des Moines, IA	1:31:20	6:58
81	22	M25	Ulf Jentler, 27, West Des Moines, IA	1:31:23	6:58
82	16	M35	Todd Knoop, 35, Iowa City, IA	1:31:23	6:58
10	1	W45	Tricia McClain, 47*, Altoona, IA	1:31:24	6:58
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="#">Top</a>					
83	3	JrM	Jared Stanton, 19, Marshalltown, IA	1:31:43	7:00
84	17	M35	Brett Faulkner, 38, Dayton, IA	1:31:45	7:00
85	5	M45	Greg Madison, 49, Ankeny, IA	1:31:50	7:00
86	23	M25	Aaron Juhnke, 26, Kansas City, MO	1:31:56	7:01
87	8	M20	Mike Wilson, 21, Altoona, IA	1:31:56	7:01
88	2	M50	Steven Sjolund, 53, Minneapolis, MN	1:32:06	7:02
89	9	M20	Nick Getschman, 22, Iowa City, IA	1:32:13	7:02
90	18	M35	Edward Duckworth, 36, Indianola, IA	1:32:14	7:02

91	4	JrM	Matt Berndt, 19, Newton, IA	1:32:17	7:02
92	14	M40	Terry Lingner, 41, Grimes, IA	1:32:20	7:03
93	5	JrM	Cory Rauch, 19, Davenport, IA	1:32:22	7:03
94	10	M20	Jeff Uittenbogaard, 22, Iowa City, IA	1:32:30	7:03
95	3	M50	Nigel Wright, 52, Marion, IA	1:32:34	7:04
96	15	M40	Alex Wirth-Cauchon, 43, Des Moines, IA	1:32:34	7:04
97	19	M35	Mark Lowe, 38, West Des Moines, IA	1:32:37	7:04
98	11	M20	Anthony Pudlo, 20, Itasca, IL	1:32:49	7:05
99	16	M40	Steve Sikkink, 43, Des Moines, IA	1:33:00	7:06
100	15	M30	Mark Bradley, 33, Sussex, WI	1:33:00	7:06
101	20	M35	Doug Kintzle, 39, Des Moines, IA	1:33:01	7:06
102	21	M35	David Primeau, 36, Des Moines, IA	1:33:01	7:06
103	6	JrM	Mark Lussenden, 18, Morris, MN	1:33:04	7:06
104	22	M35	Craig Hanken, 37, Des Moines, IA	1:33:10	7:06
11	2	W30	Traci Hart, 34*, Waukee, IA	1:33:14	7:07
12	3	W30	Jennifer Masini, 31*, Ames, IA	1:33:24	7:07
105	6	M45	Tom Heuer, 46, Des Moines, IA	1:33:24	7:08
106	7	M45	Joseph Yuhus, 47, Minneapolis, MN	1:33:33	7:08
107	24	M25	Randy Blockhus, 25, West Des Moines, IA	1:33:43	7:09
108	17	M40	Dale Knoshaug, 42, Des Moines, IA	1:33:43	7:09
109	8	M45	Joe Winch, 48, Knoxville, IA	1:33:45	7:09
13	2	W20	Mia Richter, 22*, Milford, IA	1:34:13	7:11
110	25	M25	Rusty Seifert, 28, Iowa City, IA	1:34:18	7:12
14	4	W30	Beth Bakros, 34*, Des Moines, IA	1:34:19	7:12
111	9	M45	Brad Nielsen, 45, Des Moines, IA	1:34:30	7:13
112	1	M55	David Schulte, 57, Granger, Ia	1:34:47	7:14
113	4	M50	Dennis Francis Wheeler, 54, Urbandale, IA	1:34:52	7:14
114	26	M25	Colin Greenan, 27, Ames, IA	1:34:53	7:14
15	1	W50	Nancy Hoegh, 51*, Clive, IA	1:34:58	7:15
115	1	M60	John Brown, 60, Kenyon, MN	1:35:03	7:15
116	27	M25	Keith Lyles, 29, Des Moines, IA	1:35:08	7:15
117	18	M40	David Christens, 44, West Des Moines, IA	1:35:12	7:16
118	16	M30	Troy Troncin, 31, Urbandale, IA	1:35:15	7:16
119	19	M40	Ron Schuck, 43, Ames, IA	1:35:21	7:16
120	12	M20	Aaron Sage, 24, Ames, IA	1:35:28	7:17
16	2	W50	Janelle Swanberg, 53*, Davenport, IA	1:35:29	7:17
121	13	M20	Jeritt Bushaw, 22, Cedar Falls, IA	1:35:33	7:17
122	28	M25	Michael Roberts, 25, Springville, IA	1:35:40	7:18
123	20	M40	Jeff Feder, 43, Des Moines, IA	1:35:41	7:18
124	17	M30	Christopher Siewert, 33, Urbandale, IA	1:35:43	7:18
125	23	M35	Tom Hamilton, 39, Clive, IA	1:35:44	7:18
126	14	M20	Kyle Mertz, 21, Urbandale, IA	1:35:45	7:18
127	2	M60	Frank Bay, 64, Milan, IL	1:35:48	7:19
128	29	M25	Brian Pence, 25, Cedar Rapids, IA	1:35:57	7:19
129	18	M30	Todd Erzen, 31, Des Moines, IA	1:35:59	7:19
130	15	M20	Kevin Lidstone, 24, Ames, IA	1:36:01	7:20
131	24	M35	Greg Storey, 38, Rochester, MN	1:36:11	7:20
132	25	M35	Michael Rieks, 36, West Des Moines, IA	1:36:16	7:21
17	5	W25	Jana Severson, 26*, West Des Moines, IA	1:36:18	7:21
133	19	M30	Richard Bundy, 33, Ankeny, IA	1:36:23	7:21
18	5	W30	Ani Trane, 34*, West Des Moines, IA	1:36:34	7:22
19	6	W30	Pam Connolly, 34*, Dubuque, IA	1:36:37	7:22
134	26	M35	Michael Gasperi, 37, Johnston, IA	1:36:38	7:22
135	21	M40	Kary Schulte, 41, Des Moines, IA	1:36:40	7:22
136	5	M50	Bill Wieland, 50, West Des Moines, IA	1:36:45	7:23
137	30	M25	Doug Sturm-Smith, 29, Des Moines, IA	1:36:45	7:23
20	4	W35	Kelley Bruns, 38*, Leon, IA	1:36:51	7:23
21	3	W20	Elizabeth Raygor, 20*, Windsor Heights, IA	1:36:52	7:23
138	27	M35	Jeff Osmundson, 39, Pleasant Hill, IA	1:36:56	7:24
139	22	M40	Bill Molis, 43, Davenport, IA	1:37:09	7:25
140	2	M55	Roy Ney, 55, Des Moines, IA	1:37:15	7:25
141	20	M30	Scott Mills, 33, Des Moines, IA	1:37:17	7:25
22	2	W45	Sheila Maddock, 48*, Johnston, IA	1:37:18	7:25
142	16	M20	Rockland Bare, 24, Urbandale, IA	1:37:22	7:26

143	21	M30	Michael Luebbers, 32, Shell Rock, IA	1:37:29	7:26
144	28	M35	Shane Smith, 36, Urbandale, IA	1:37:33	7:27
145	7	JrM	Andrew Miller, 17, Ames, IA	1:37:41	7:27
146	31	M25	Austine Kiragu, 27, Mitchell, SD	1:37:53	7:28
147	17	M20	Jonathon Schreiner, 20, Des Moines, IA	1:37:53	7:28
148	23	M40	Rob Gillum, 43, Des Moines, IA	1:37:54	7:28
149	10	M45	Mark Movic, 47, Des Moines, IA	1:38:07	7:29
23	5	W35	Jean Seward, 39*, Clive, IA	1:38:09	7:29
150	11	M45	Hank Manning, 48, Urbandale, IA	1:38:11	7:29
151	24	M40	Don Cumings, 41, Ankeny, IA	1:38:20	7:30
152	6	M50	Paul James, 50, Stanley, IA	1:38:39	7:32
24			Amy Smith*, Drake	1:38:39	7:32
25	6	W35	Brenda O'Hare, 36*, Ankeny, IA	1:38:47	7:32
153	29	M35	Wade Steward, 37, LeGrand, IA	1:38:48	7:32
26	7	W35	Sandy Shirley, 35*, Lead, SD	1:39:08	7:34
154	30	M35	Andrew Shipley, 37, West Des Moines, IA	1:39:12	7:34
155	22	M30	Mike Gardner, 34, Ankeny, IA	1:39:14	7:34
27	7	W30	Cindy Elsbernd, 33*, Des Moines, IA	1:39:17	7:34
156	12	M45	Bruce Jolivet, 47, Garner, IA	1:39:27	7:35
157	25	M40	Scott Boever, 43, Des Moines, IA	1:39:29	7:35
158	13	M45	Loras Kremer, 45, Atkins, IA	1:39:30	7:35
28	1	W40	Mandi Kowal, 40*, Iowa City, IA	1:39:32	7:36
159	18	M20	Dustin Tompkins, 20, Springfield, MO	1:39:36	7:36
160	31	M35	Kent Heikens, 39, Ames, IA	1:39:46	7:37
161	32	M35	Charles Lackore, 37, Clive, IA	1:39:52	7:37
162	26	M40	Scott Weber, 41, Polk City, IA	1:39:52	7:37
29	8	W30	Lisa Witt, 33*, West Des Moines, IA	1:39:54	7:37
163	33	M35	Lee Hill, 35, Des Moines, IA	1:39:57	7:37
164	23	M30	Geoffrey Dunmore, 30, Iowa City, IA	1:40:02	7:38
165	27	M40	Jeffrey Myers, 41, Superior, WI	1:40:03	7:38
166	19	M20	Alex Niswander, 24, Altoona, IA	1:40:05	7:38
167	14	M45	Ted Sage, 47, Ames, IA	1:40:07	7:38
168	24	M30	Troy Koerselman, 34, Ankeny, IA	1:40:09	7:38
30	3	W45	Sue Boley, 47*, Maxwell, IA	1:40:16	7:39
169	34	M35	Bob Oakley, 39, Des Moines, IA	1:40:20	7:39
170	7	M50	Don Myers, 52, Rochester, MN	1:40:31	7:40
31	4	W20	Kristin McLaughlin, 21*, Des Moines, IA	1:40:37	7:41
171	32	M25	Jared Kline, 26, Des Moines, IA	1:40:43	7:41
172	15	M45	Michael Wheelock, 48, Ames, IA	1:40:58	7:42
32	6	W25	Emily Kell, 28*, Urbandale, IA	1:41:01	7:42
33	5	W20	Amber Klemme, 20*, Cedar Falls, IA	1:41:07	7:43
173	25	M30	Brian Gentry, 34, Des Moines, IA	1:41:07	7:43
174	35	M35	Mike Lowe, 39, West Des Moines, IA	1:41:08	7:43
175	26	M30	Troy Jepsen, 30, Ames, IA	1:41:13	7:43
34	1	JrW	Danielle Farrell, 19*, Des Moines, IA	1:41:16	7:44
176	28	M40	William Ieuter, 41, Wilmette, IL	1:41:18	7:44
177	29	M40	Timothy Mooney, 41, Ames, IA	1:41:25	7:44
178	16	M45	Scott Nichols, 48, Ames, IA	1:41:26	7:44
179	3	M60	Bill Johansen, 64, Plano, TX	1:41:31	7:45
180	20	M20	Jason Harle, 21, Ames, IA	1:41:33	7:45
181	21	M20	Andrew Coleman, 20, Des Moines, IA	1:41:35	7:45
35	8	W35	Kim Arndt, 39*, Indianola, IA	1:41:35	7:45
182	17	M45	Martin Kenworthy, 45, Des Moines, IA	1:41:37	7:45
183	36	M35	Mark Davis, 36, Urbandale, IA	1:41:46	7:46
184	30	M40	Fabian Menalled, 43, Bozeman, MT	1:41:53	7:46
185	37	M35	Dave Lipinski, 37, New Hartford, IA	1:41:58	7:47
186	27	M30	Andre Drost, 30, Des Moines, IA	1:42:04	7:47
187	38	M35	Greg Johnson, 36, Marion, IA	1:42:05	7:47
188	31	M40	Tom Sauer, 44, Ames, IA	1:42:13	7:48
189	3	M55	Larry Walden, 56, Marshalltown, IA	1:42:26	7:49
190	4	M55	Chuck Huss, 55, Iowa City, IA	1:42:35	7:50
191	8	M50	Rick Hall, 51, Urbandale, IA	1:42:37	7:50
192	32	M40	Tony Perkins, 44, Urbandale, IA	1:42:40	7:50
193	33	M25	Nic Weers, 26, Shakopee, MN	1:42:41	7:50
194	39	M35	Bill Walker, 36, Clive, IA	1:42:42	7:50

195	9	M50	T A Meyer, 51, Johnston, IA	1:42:43	7:50										
196	40	M35	Jeff Burchfield, 37, Altoona, IA	1:42:45	7:50										
197	10	M50	Jeff Smith, 51, Mondovi, WI	1:42:46	7:50										
198	41	M35	Jason Soliday, 36, West Des Moines, IA	1:42:46	7:50										
199	42	M35	Mike Regan, 35, Iowa City, IA	1:42:47	7:50										
200	43	M35	Erick Mandt, 35, Cedar Falls, IA	1:42:47	7:50										
201	28	M30	John Vogelaar, 31, Des Moines, IA	1:42:49	7:51										
202	44	M35	William Diesslin, 39, Ames, IA	1:42:51	7:51										
	36	4	W45 Sally Spencer, 48*, Des Moines, IA	1:42:55	7:51										
203	4	M60	Ron Bickel, 61, Pleasant Hill, IA	1:42:55	7:51										
	37	7	W25 Jennifer Faeth, 25*, Ankeny, IA	1:42:57	7:51										
	38	9	W30 Tammy Westhoff Gentry, 31*, Des Moines, IA	1:42:59	7:51										
204	45	M35	Douglas Kendall, 35, Tracy, IA	1:43:00	7:51										
205	34	M25	Ben Weers, 29, Pleasant Hill, IA	1:43:07	7:52										
206	11	M50	Kevin Cunningham, 52, Des Moines, IA	1:43:16	7:53										
207	46	M35	Jim Hagelie, 36, Marshalltown, IA	1:43:23	7:53										
	39	9	W35 Cathy Walsh, 36*, San Diego, CA	1:43:35	7:54										
40	10	W30	Janell Kallenbach, 31*, Norwalk, IA	1:43:44	7:55										
208	29	M30	Jason Hahn, 33, Des Moines, IA	1:43:48	7:55										
209	33	M40	Rod Bubke, 44, Ankeny, IA	1:43:49	7:55										
	41	11	W30 Dawn Keller, 31*, Shell Rock, IA	1:43:51	7:55										
210	30	M30	Dave Freeseaman, 33, West Des Moines, IA	1:43:52	7:55										
211	47	M35	Timothy Bergan, 38, Newton, IA	1:43:55	7:56										
212	18	M45	Tom Techlenburg, 49, Humboldt, IA	1:43:57	7:56										
213	19	M45	David McClung, 49, Des Moines, IA	1:44:00	7:56										
214	22	M20	Steve Bunch, 20, Lovilia, IA	1:44:03	7:56										
	42	8	W25 Lindsay Wade, 28*, Weldon, IA	1:44:07	7:57										
215	23	M20	Jon Elbert, 20, Iowa City, IA	1:44:20	7:58										
	43	2	W40 JoAnn Kobes, 44*, Des Moines, IA	1:44:25	7:58										
216	5	M55	Carl Voss, 55, Des Moines, IA	1:44:26	7:58										
	44	3	W40 Rachel Stauffer, 41*, Des Moines, IA	1:44:26	7:58										
217	20	M45	Phil Algreen, 47, Earlham, IA	1:44:36	7:59										
218	48	M35	Steven Janssens, 36, Des Moines, IA	1:44:37	7:59										
219	8	JrM	Jon Asper, 18, Des Moines, IA	1:44:41	7:59										
220	34	M40	Dale Weher, 40, Ames, IA	1:44:43	7:59										
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221	35	M40	Kent Kelderman, 44, Clive, IA	1:44:46	8:00										
222	31	M30	Andrew Long, 31, Grimes, IA	1:44:51	8:00										
223	35	M25	Brian Davenport, 29, Minneapolis, MN	1:44:51	8:00										
	45	6	W20 Nicole Rieken, 22*, Cedar Falls, IA	1:44:52	8:00										
224	21	M45	Max Petersen, 47, South Barrington, IL	1:44:55	8:00										
225	36	M40	Rustin Davenport, 44, Mason City, IA	1:44:59	8:01										
	46	3	W50 Elaine Van Dyck, 50*, Des Moines, IA	1:45:07	8:01										
226	36	M25	Michael Powelka, 29, Cedar Rapids, IA	1:45:07	8:01										
227	12	M50	Paul Von Ebers, 51, Des Moines, IA	1:45:08	8:01										
228	37	M40	Steve Rossler, 44, Newton, IA	1:45:13	8:02										
	47	5	W45 Shamrae Kemmet, 45*, Adel, IA	1:45:18	8:02										
	48	12	W30 Lori DeVries, 31*, Johnston, IA	1:45:22	8:02										
229	22	M45	James Malarkey, 47, Belton, MO	1:45:27	8:03										
230	38	M40	Matt Weiss, 43, Ames, IA	1:45:31	8:03										
231	39	M40	Kevin Allen, 43, Des Moines, IA	1:45:34	8:03										
	49	7	W20 Kara Dickey, 23*, West Des Moines, IA	1:45:35	8:03										
232	49	M35	Jay Alexander, 39, Des Moines, IA	1:45:44	8:04										
233	37	M25	John Myers, 26, Minneapolis, MN	1:45:45	8:04										
	50	6	W45 Jeanne McCurnin, 48*, Mason City, IA	1:45:48	8:04										
234	13	M50	Michael Wagoner, 50, Riyadh, Saudi Arabia	1:45:49	8:04										
	51	8	W20 Jessica Fink, 21*, Denison, IA	1:45:53	8:05										
	52	10	W35 Sondra Longcor, 37*, Marion, IA	1:45:53	8:05										
235	32	M30	Dave York, 31, Minneapolis, MN	1:45:59	8:05										
236	40	M40	Michael Long, 44, Ames, IA	1:46:01	8:05										
237	41	M40	Steven McBreen, 44, Ames, IA	1:46:08	8:06										
238	42	M40	Rex Williams, 43, Des Moines, IA	1:46:15	8:06										
239	23	M45	Paul Pappas, 45, Everett, WA	1:46:21	8:07										

240	33	M30	Seth Dunham, 31, Overland Park, KS	1:46:30	8:07
241	43	M40	Daniel Baldi, 41, Des Moines, IA	1:46:37	8:08
53	9	W25	Jayne Sykora, 25*, Des Moines, IA	1:46:51	8:09
242	50	M35	Steve Cannon, 37, Des Moines, IA	1:46:52	8:09
54	11	W35	Sharon Johnson, 35*, Urbandale, IA	1:46:56	8:09
55	4	W50	Jan Mohs, 52*, Clive, IA	1:46:59	8:10
243	44	M40	Brian Wiebke, 43, Marion, IA	1:47:03	8:10
244	24	M45	Steve Vaught, 46, Des Moines, IA	1:47:06	8:10
245	51	M35	Christopher Halligan, 36, Melrose, MA	1:47:07	8:10
246	34	M30	Dennis Halligan, 31, Saint Charles, IL	1:47:08	8:10
56	10	W25	Jennifer Cronin, 29*, West Des Moines, IA	1:47:11	8:11
247	38	M25	Matthew Cronin, 28, West Des Moines, IA	1:47:11	8:11
57	9	W20	Shanna Duffy, 21*, West Des Moines, IA	1:47:12	8:11
248	45	M40	Charlie Steffen, 43, Cedar Rapids, IA	1:47:15	8:11
58	11	W25	Kelli Kilgore, 25*, West Des Moines, IA	1:47:17	8:11
249	25	M45	John Wieland, 46, Des Moines, IA	1:47:17	8:11
250	46	M40	Dave Endres, 41, West Des Moines, IA	1:47:20	8:11
59	2	JrW	Keisie Goodman, 19*, Colfax, IA	1:47:23	8:12
251	39	M25	Aaron Herman, 25, West Des Moines, IA	1:47:25	8:12
252	6	M55	Joel Beane, 56, Marshalltown, IA	1:47:27	8:12
253	14	M50	Rick Gustafson, 50, Ogden, IA	1:47:28	8:12
60	13	W30	Amy Burgess, 33*, Urbandale, IA	1:47:29	8:12
254	35	M30	Tom Trygstad, 32, West Des Moines, IA	1:47:29	8:12
61	4	W40	Denise Charter-Jones, 42*, Urbandale, IA	1:47:30	8:12
255	47	M40	Benjamin Allen, 40, Des Moines, IA	1:47:37	8:13
62	12	W35	Jennifer Abbott, 35*, Ankeny, IA	1:47:47	8:13
256	15	M50	Jon Scoles, 53, Mason City, IA	1:47:49	8:14
257	26	M45	Tim Flowers, 46, Ankeny, IA	1:47:52	8:14
63	10	W20	Jennifer Mueller, 21*, Des Moines, IA	1:47:57	8:14
64	11	W20	Lindsay Cook, 23*, Urbandale, IA	1:48:00	8:14
258	36	M30	Chris Robinson, 34, Cedar Rapids, IA	1:48:02	8:14
259	52	M35	Cary Osborn, 39, Newton, IA	1:48:03	8:15
65	12	W20	Nicole Wendl, 22*, West Des Moines, IA	1:48:03	8:15
66	14	W30	Heather Huntley, 30*, Ames, IA	1:48:11	8:15
260	27	M45	John Vujnovich, 49, Des Moines, IA	1:48:16	8:16
261	9	JrM	James McLoughlin, 18, Fort Dodge, IA	1:48:17	8:16
67	13	W20	Jill Logsdon, 21*, Ames, IA	1:48:21	8:16
262	16	M50	Gerald Hill, 51, Mitchellville, IA	1:48:26	8:16
263	37	M30	Dan Koestner, 34, Grimes, IA	1:48:32	8:17
68	13	W35	Rebecca Brannan, 39*, Urbandale, IA	1:48:46	8:18
264	48	M40	Marty McDonald, 43, Urbandale, IA	1:48:53	8:18
265	38	M30	Matthew Zepeda, 30, Waukee, IA	1:48:53	8:18
69	5	W40	Nancy Whitcanack, 42*, Coal Valley, IL	1:48:56	8:19
266	39	M30	Shawncorbin Corbin, 32, Clive, IA	1:49:01	8:19
267	28	M45	Rollie Berg, 48, Madrid, IA	1:49:04	8:19
268			Timothy Lowe, Clive, IA	1:49:06	8:19
269	40	M25	Eric O'Connor, 25, Johnston, IA	1:49:08	8:20
270	53	M35	Matthew Tullis, 36, Marshalltown, IA	1:49:10	8:20
271	54	M35	David Daniels, 35, Des Moines, IA	1:49:15	8:20
272	41	M25	Chris George, 27, Waukee, IA	1:49:17	8:20
70	14	W20	Alissa Hardin, 22*, Urbandale, IA	1:49:17	8:20
273	40	M30	Patrick Nehls, 31, West Des Moines, IA	1:49:18	8:20
71	15	W30	Laurie Baker, 31*, Waukee, IA	1:49:26	8:21
274	41	M30	Bill Kallestad, 33, Des Moines, IA	1:49:33	8:21
275	17	M50	Robert McDonald, 53, Coal Valley, IL	1:49:36	8:22
276	55	M35	Thomas Wieck, 37, Des Moines, IA	1:49:37	8:22
277	18	M50	Rob Stetson, 50, Johnston, IA	1:49:40	8:22
72	3	JrW	Ali Kirsch, 18*, Iowa City, IA	1:49:42	8:22
278	29	M45	Lou Scallon, 45, Ames, IA	1:49:45	8:22
279	56	M35	Richard Mockobee, 36, Norwalk, IA	1:49:53	8:23
73	4	JrW	Amber Millikin, 19*, Hedrick, IA	1:49:59	8:23
280	49	M40	Scott Vermillion, 41, Des Moines, IA	1:50:00	8:24
281	57	M35	Tim Pepper, 37, Indianola, IA	1:50:00	8:24
282	19	M50	Kirk Dau, 52, Ames, IA	1:50:01	8:24
74	14	W35	Dee Mable, 39*, Urbandale, IA	1:50:04	8:24

283	58	M35	Joe Hrdlicka, 38, Des Moines, IA	1:50:06	8:24
284	50	M40	Don Camp, 42, Boone, IA	1:50:07	8:24
75	15	W20	Mary Sue Nowacki, 20*, Des Moines, IA	1:50:09	8:24
76	16	W20	Mara Cardon, 20*, Mt. Vernon, IA	1:50:09	8:24
285	51	M40	Daniel Mallonee, 43, Cedar Rapids, IA	1:50:15	8:25
286	42	M30	Tanmaya Bhatnagar, 31, West Des Moines, IA	1:50:18	8:25
77	16	W30	Beth Seuferer, 33*, West Des Moines, IA	1:50:27	8:26
287	7	M55	Richard Panning, 55, Angola, IN	1:50:30	8:26
288	52	M40	Allen Benson, 44, Ankeny, IA	1:50:32	8:26
289	30	M45	Paul Ruggle, 49, Newton, IA	1:50:35	8:26
290	8	M55	Doug Nelson, 58, West Allis, WI	1:50:46	8:27
291	59	M35	Brian Whalen, 36, Urbandale, IA	1:50:47	8:27
78	7	W45	Kim Gustafson, 48*, Denison, IA	1:50:48	8:27
292	20	M50	Steve Gassmann, 50, Indianola, IA	1:50:51	8:27
293	43	M30	Travis Kiewiet, 32, Hudson, IA	1:50:57	8:28
294	53	M40	David Crowe, 40, Des Moines, IA	1:51:09	8:29
79	15	W35	Lisa Broderick, 38*, Baxter, IA	1:51:16	8:29
295	42	M25	Steve Carlson, 28, Chicago, IL	1:51:21	8:30
296	21	M50	Mike Gray, 53, Waterloo, IA	1:51:29	8:30
80	16	W35	Julie Lowery, 35*, West Des Moines, IA	1:51:31	8:30
297	31	M45	Jim Ostiguy, 48, Johnston, IA	1:51:42	8:31
298	60	M35	Miles Jefferis, 37, Vadnais Heights, MN	1:51:45	8:32
299	61	M35	Gary Grafft, 39, Marengo, IA	1:51:47	8:32
300	43	M25	Jeffrey Bodensteiner, 27, Minneapolis, MN	1:51:50	8:32
81	12	W25	Jill Goldstein, 26*, Des Moines, IA	1:51:55	8:32
301	24	M20	Scott Collings, 23, Des Moines, IA	1:51:58	8:33
82	17	W35	Cindy Sheehy, 38*, West Des Moines, IA	1:52:07	8:33
302	5	M60	Jim Matthews, 63, Baxter, IA	1:52:07	8:33
303	10	JrM	Justin Purdy, 19, Springfield, MO	1:52:09	8:33
304	32	M45	Bill Laramy, 45, Eagan, MN	1:52:10	8:33
83	18	W35	Becky Gambish, 35*, Fort Dodge, IA	1:52:16	8:34
84	19	W35	Lisa Springer, 38*, Ft. Dodge, IA	1:52:16	8:34
305	25	M20	Jon Morton, 20, Iowa City, IA	1:52:17	8:34
306	22	M50	Ron Kinner, 51, Des Moines, IA	1:52:18	8:34
85	17	W20	Amber Bonnstetter, 23*, Fort Dodge, IA	1:52:25	8:35
307	54	M40	Greg Alberts, 40, Windsor Heights, IA	1:52:26	8:35
86	13	W25	Heather Fleming, 27*, Cedar Rapids, IA	1:52:32	8:35
87	18	W20	Anne Marsch, 23*, Des Moines, IA	1:52:33	8:35
308	44	M25	Mark Smith, 27, Cedar Falls, IA	1:52:35	8:35
309	44	M30	Cabel Gray, 32, Iowa City, IA	1:52:36	8:35
88	5	W50	Carol Kirsch, 52*, Iowa City, IA	1:52:40	8:36
89	19	W20	Tressa Meyer, 23*, Ames, IA	1:52:41	8:36
310	23	M50	Kevin Shay, 50, Urbandale, IA	1:52:42	8:36
311	26	M20	Jack Brandau, 24, West Des Moines, IA	1:52:44	8:36
90	20	W35	Joyce Christianson, 39*, Baxter, IA	1:52:45	8:36
312	33	M45	Jeff Brandau, 48, Topeka, KS	1:52:46	8:36
313	62	M35	Tony Adams, 36, Mason City, IA	1:52:47	8:36
314	6	M60	Ron Scott, 67, Keokuk, IA	1:52:52	8:37
91	6	W40	Heather Stilborn, 41*, Clive, IA	1:52:58	8:37
92	21	W35	Jean Johnson, 38*, Des Moines, IA	1:52:58	8:37
315	34	M45	Denis Schmitt, 49, West Des Moines, IA	1:53:02	8:37
316	63	M35	Daron Fritz, 37, Lake Mills, IA	1:53:04	8:38
93	7	W40	Julie Martin, 40*, Urbandale, IA	1:53:11	8:38
317	45	M25	Dave Orr, 29, Dakota City, IA	1:53:16	8:38
318	24	M50	John Hemminger, 50, Des Moines, IA	1:53:18	8:39
94	17	W30	Jodi Reinke, 31*, Ankeny, IA	1:53:19	8:39
95	18	W30	Stacy Farr, 33*, West Des Moines, IA	1:53:22	8:39
96	6	W50	Karen Cummins, 55*, Madison, SD	1:53:31	8:40
319	55	M40	Allan Urlis, 40, Norwalk, IA	1:53:35	8:40
320	35	M45	David Swenson, 49, Des Moines, IA	1:53:35	8:40
321	36	M45	Michael Corum, 48, Pella, IA	1:53:35	8:40
97	8	W40	Carol Litscher, 43*, West Des Moines, IA	1:53:37	8:40
322	9	M55	Don Miller, 56, Clive, IA	1:53:43	8:41
323	56	M40	Rick Probst, 42, Grimes, IA	1:53:46	8:41

324	46	M25	Nate Rider, 27, Shawnee, KS	1:53:47	8:41
98	9	W40	Shari Doyle, 42*, Clive, IA	1:53:49	8:41
325	47	M25	Wes Strode, 27, Shawnee, KS	1:53:50	8:41
99	14	W25	Kendra Lerdal, 26*, Urbandale, IA	1:53:53	8:41
100	20	W20	Nicole Fritz, 21*, Ames, IA	1:53:57	8:42
326	64	M35	Dennis Haney, 36, Des Moines, IA	1:54:00	8:42
327	37	M45	Paul Kruse, 46, Granger, IA	1:54:03	8:42
101	10	W40	Judith Kacena, 43*, Cedar Rapids, IA	1:54:04	8:42
328	38	M45	Duke Reichardt, 45, Clive, IA	1:54:05	8:42
102	22	W35	Teresa Wells, 35*, Des Moines, IA	1:54:12	8:43
329	39	M45	Randy Essex, 46, Des Moines, IA	1:54:12	8:43
330	27	M20	Billy Boland, 20, Omaha, NE	1:54:12	8:43
103	21	W20	Molly Alesch, 21*, Des Moines, IA	1:54:13	8:43
331	40	M45	Daniel Rosenberg, 47, Des Moines, IA	1:54:16	8:43
104	22	W20	Kristin Pavlovich, 20*, Charles City, IA	1:54:16	8:43
332	57	M40	Kent Weeden, 42, Des Moines, IA	1:54:20	8:43
333	58	M40	Freddie Morris, 42, Eau Claire, WI	1:54:27	8:44
105	23	W20	Becky Decourcey, 22*, Iowa City, IA	1:54:39	8:45
106	24	W20	Katie Anderson, 20*, Washington, IL	1:54:40	8:45
107	8	W45	Cynthia Lehrkamp, 45*, Carroll, IA	1:54:43	8:45
334	41	M45	James Fuller, 45, Marshalltown, IA	1:54:44	8:45
108	23	W35	Jill Berg, 35*, West Des Moines, IA	1:54:48	8:46
335	45	M30	Joseph Heimer, 33, Ankeny, IA	1:54:49	8:46
109	15	W25	Emily Kimes-Schwiesow, 28*, Des Moines, IA	1:54:49	8:46
110	19	W30	Jennifer York, 34*, Ames, IA	1:54:52	8:46
336	59	M40	Austin Palmer, 43, West Des Moines, IA	1:54:54	8:46
337	7	M60	Ken Simons, 66, Arvada, CO	1:54:58	8:46
338	25	M50	David Eash, 51, Solon, IA	1:55:00	8:46
339	46	M30	Pete Guerra, 34, Cedar Rapids, IA	1:55:09	8:47
111	16	W25	Lisa Johnson, 27*, Cedar Rapids, IA	1:55:10	8:47
112	11	W40	Nancy Kanne, 43*, Carroll, IA	1:55:11	8:47
113	25	W20	Jill Arganbright, 23*, Cedar Falls, IA	1:55:17	8:48
114	26	W20	Mayra Mauris, 20*, Des Moines, IA	1:55:18	8:48
340	60	M40	Tom Johnson, 42, West Des Moines, IA	1:55:18	8:48
341	26	M50	Kim Smith, 53, Ames, IA	1:55:18	8:48
115	17	W25	Janet Scigliano, 28*, Des Moines, IA	1:55:27	8:48
342	65	M35	David Stout, 38, Des Moines, IA	1:55:27	8:48
343	42	M45	Dave Zimbeck, 46, Sioux Falls, SD	1:55:29	8:49
116	12	W40	Lori McQuiston, 40*, Maxwell, IA	1:55:33	8:49
344	61	M40	Thomas Shide, 40, Urbandale, IA	1:55:40	8:49
117	18	W25	Emily Petersen, 25*, Iowa City, IA	1:55:48	8:50
345	48	M25	Michael O'Donnell, 25, West Des Moines, IA	1:55:50	8:50
118	19	W25	Becky Dyke, 27*, Rochester, MN	1:55:53	8:50
119	20	W30	Keri Frommelt, 33*, Ankeny, IA	1:56:01	8:51
346	43	M45	John Meyer, 48, West Des Moines, IA	1:56:02	8:51
120	21	W30	Jill Johnson, 32*, West Des Moines, IA	1:56:02	8:51
347	47	M30	Eric Stotts, 34, Urbandale, IA	1:56:03	8:51
121	9	W45	D Peterson, 46*, Grimes, IA	1:56:05	8:51
122	22	W30	Susie McAreavy, 33*, Clive, IA	1:56:06	8:51
123	13	W40	Linda Adams, 44*, Oskaloosa, IA	1:56:08	8:52
124	5	JrW	Kara Evans, 19*, Iowa City, IA	1:56:18	8:52
125	14	W40	Kris Boeckman, 41*, Carroll, IA	1:56:20	8:52
126	24	W35	Lisa Yarrow, 36*, Mason City, IA	1:56:23	8:53
348	28	M20	Andrew Bunch, 21, Wildwood, MO	1:56:24	8:53
127	25	W35	Tave Porto, 37*, West Des Moines, IA	1:56:30	8:53
128	23	W30	Stephanie Wishman, 33*, Clive, IA	1:56:30	8:53
129	15	W40	Kathy Larson, 40*, West Des Moines, IA	1:56:30	8:53
130	26	W35	Carrie Vorbrich, 39*, Des Moines, IA	1:56:31	8:53
349	66	M35	Malcolm Tomatani, 38, West Des Moines, IA	1:56:32	8:53
350	27	M50	Gary Payne, 54, Des Moines, IA	1:56:37	8:54
351	28	M50	Dennis Linn, 52, Pella, IA	1:56:45	8:54
352	29	M20	Brian Cheney, 22, Ames, IA	1:56:47	8:55
353	30	M20	Justus Hallam, 21, Ames, IA	1:56:48	8:55

131	27	W20	Stacey Luedtka, 21*, Ames, IA	1:56:50	8:55
132	28	W20	Jennifer Woolston, 21*, Ames, IA	1:56:50	8:55
133	10	W45	Kimberly Haines, 45*, Oskaloosa, IA	1:56:54	8:55
134	11	W45	Janet Wirth-Cauchon, 45*, Des Moines, IA	1:56:59	8:55
354	31	M20	Robby Thoren, 20, Perry, IA	1:57:03	8:56
135	16	W40	Denise Whiting, 44*, Iowa City, IA	1:57:07	8:56
136	24	W30	Erin Wormley, 34*, West Des Moines, IA	1:57:10	8:56
355	67	M35	Scott Krueger, 35, Clive, IA	1:57:10	8:56
356	10	M55	Jerry Ulwelling, 58, Austin, MN	1:57:13	8:57
357	48	M30	Kevin Saunders, 32, Des Moines, IA	1:57:13	8:57
137	25	W30	Meredith Temple, 32*, Madison, WI	1:57:13	8:57
358	62	M40	Michael Darr, 42, Granger, IA	1:57:15	8:57
138	12	W45	Jo Van Arkel, 45*, Springfield, MO	1:57:17	8:57
139	17	W40	Julie Hale, 41*, Des Moines, IA	1:57:18	8:57
359	68	M35	James Scholbrock, 37, Lake Mills, IA	1:57:24	8:57
360	63	M40	Matthew Hart, 44, Ankeny, IA	1:57:26	8:58
361	69	M35	Mark Easler, 37, Clive, IA	1:57:33	8:58
140	18	W40	Michelle Soyer, 41*, Johnston, IA	1:57:34	8:58
141	7	W50	Ann Brick, 55*, Des Moines, IA	1:57:34	8:58
362	64	M40	Thomas Duff, 41, Des Moines, IA	1:57:35	8:58
363	70	M35	Jay Honohan, 39, Iowa City, IA	1:57:37	8:58
364	44	M45	Gary McGowan, 48, Forest Park, IL	1:57:38	8:58
142	29	W20	Andrea Meyer, 22*, Ames, IA	1:57:39	8:59
143	27	W35	Rachele Kugel, 38*, Des Moines, IA	1:57:39	8:59
365	11	M55	Fred McCurnin, 59, Mason City, IA	1:57:40	8:59
144	19	W40	Kristy Cain, 44*, Urbandale, IA	1:57:41	8:59
366	49	M30	Jason Klein, 30, Des Moines, IA	1:57:42	8:59
367	49	M25	Joseph Kivindy, 26, Springfield, MO	1:57:46	8:59
368	71	M35	Charlie Neibergall, 39, Urbandale, IA	1:57:50	8:59

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370	29	M50	Rodney Olson, 51, West Des Moines, IA	1:57:59	9:00
146	26	W30	Marsha Simmons, 33*, West Amana, IA	1:58:02	9:00
371	12	M55	Steven Ovel, 56, Cedar Rapids, IA	1:58:04	9:00
372	72	M35	Mike Pardun, 37, Denison, IA	1:58:05	9:01
147	21	W25	Jaci Blumhagen, 29*, Iowa City, IA	1:58:09	9:01
148	30	W20	Sarah Haeseker, 21*, Des Moines, IA	1:58:11	9:01
373	46	M45	Greg Swanson, 46, Norwalk, IA	1:58:12	9:01
374	50	M30	Don Wetherell, 33, Cedar Rapids, IA	1:58:15	9:01
149	31	W20	Kristen Stefl, 23*, Des Moines, IA	1:58:18	9:01
150	32	W20	Sally Shumaker, 24*, St Paul, MN	1:58:18	9:02
151	27	W30	Susan Johnson, 34*, Ankeny, IA	1:58:19	9:02
152	28	W30	Leah Churchman, 34*, Ankeny, IA	1:58:21	9:02
153	28	W35	Penny Luthens, 38*, Urbandale, IA	1:58:24	9:02
154	29	W35	Jan Ferrris, 39*, Urbandale, IA	1:58:24	9:02
375	47	M45	Steve Hendren, 48, Indianola, IA	1:58:46	9:04
376	51	M30	Eric Taylor, 33, Urbandale, IA	1:58:51	9:04
377	11	JrM	Ryan Olsem, 19, Lisbon, IA	1:58:53	9:04
155	30	W35	Debi Loffredo, 37*, West Des Moines, IA	1:58:55	9:04
378	8	M60	Bill Lawless, 61, Des Moines, IA	1:58:56	9:04
379	52	M30	David Walmsley, 34, Johnston, IA	1:58:58	9:05
156	8	W50	Sue Stannard, 54*, Cedar Rapids, IA	1:58:58	9:05
380	48	M45	Jeff Hostetter, 45, West Des Moines, IA	1:58:59	9:05
381	49	M45	Steve Vance, 46, Sheldahl, IA	1:59:00	9:05
157	22	W25	Shelley Bricker, 29*, Des Moines, IA	1:59:03	9:05
158	23	W25	Gail Carpenter, 25*, Iowa City, IA	1:59:04	9:05
382	32	M20	Dustin Olsem, 22, West Des Moines, IA	1:59:05	9:05
159	33	W20	Emily Smith, 20*, Ames, IA	1:59:09	9:05
160	34	W20	Kelly Houge, 20*, Ames, IA	1:59:09	9:05
161	35	W20	Lindsey Heiserman, 20*, Marshalltown, IA	1:59:14	9:06
162	31	W35	Jennifer Brandon, 36*, Des Moines, IA	1:59:29	9:07
163	32	W35	Meredith Hladik, 36*, Des Moines, IA	1:59:32	9:07
164	36	W20	Nicole Slater, 24*, Johnston, IA	1:59:36	9:07

165	37	W20	Christa Bahr, 23*, Ames, IA	1:59:46	9:08
383	53	M30	Michael Dahlhauser, 32, Oskaloosa, IA	1:59:55	9:09
166	29	W30	Stephanie Longnecker, 31*, Clive, IA	2:00:07	9:10
384	54	M30	Jason Wulf, 31, Des Moines, IA	2:00:07	9:10
167	20	W40	Cheryl Mendenhall, 42*, Des Moines, IA	2:00:11	9:10
385	33	M20	Dan Evans, 23, Waukee, IA	2:00:16	9:11
386	30	M50	Todd Gaffney, 50, West Des Moines, IA	2:00:23	9:11
168	21	W40	Janet Donnelly, 44*, W. Des Moines, IA	2:00:26	9:11
387	73	M35	John Bonnicksen, 38, Ames, IA	2:00:29	9:12
388	31	M50	Rich Johnson, 51, Ankeny, IA	2:00:40	9:12
169	24	W25	Angie Heim, 28*, West Des Moines, IA	2:00:43	9:13
389	74	M35	Brian Kilmer, 39, Boone, IA	2:00:52	9:13
390	50	M45	John Kovar, 46, Ames, IA	2:00:55	9:13
391	75	M35	Mark Shelton, 37, Des Moines, IA	2:00:57	9:14
392	51	M45	Joseph Henry, 47, Des Moines, IA	2:01:00	9:14
393	32	M50	Glen Oglia, 52, Des Moines, IA	2:01:06	9:14
394	76	M35	Benjamin Stone, 36, Des Moines, IA	2:01:07	9:14
395	52	M45	Michael Slater, 47, Des Moines, IA	2:01:10	9:15
396	34	M20	Adam Greimann, 23, Perry, IA	2:01:15	9:15
397	77	M35	Jeffrey Collum, 35, West Des Moines, IA	2:01:19	9:15
170	25	W25	Leah Lenhart, 28*, West Des Moines, IA	2:01:26	9:16
171	13	W45	Julia Batten, 48*, Carlisle, IA	2:01:37	9:17
398	13	M55	Charles Potter, 55, Muscatine, IA	2:02:02	9:19
399	50	M25	Joseph Schmit, 27, West Des Moines, IA	2:02:03	9:19
172	14	W45	Laura Damstetter, 49*, Ankeny, IA	2:02:15	9:20
173	26	W25	Carrie Specht, 28*, Des Moines, IA	2:02:23	9:20
174	27	W25	Jane Riessen, 26*, Des Moines, IA	2:02:24	9:20
400	33	M50	Tim Devick, 54, Urbandale, IA	2:02:29	9:21
401	65	M40	Gary Jones, 44, Cedar Falls, IA	2:02:36	9:21
175	30	W30	Heather Brunk, 32*, Johnston, IA	2:02:37	9:21
176	31	W30	Tamara Lipinski, 31*, New Hartford, IA	2:02:38	9:21
177	32	W30	Melissa Hoskins, 32*, Mt Pleasant, IA	2:02:39	9:21
178	33	W35	Julie Alexander, 38*, Des Moines, IA	2:02:39	9:21
179	33	W30	Staci Goslar, 33*, Ute, IA	2:02:42	9:22
402	55	M30	Brian Kinman, 31, Johnston, IA	2:02:50	9:22
180	34	W35	Kelly Erickson, 36*, Mt. Vernon, IA	2:02:55	9:23
181	34	W30	Dana Conner, 31*, Des Moines, IA	2:02:59	9:23
182	15	W45	Jean Toillion, 47*, Eagle Grove, IA	2:03:00	9:23
183	35	W30	Tricia Seifert, 30*, Iowa City, IA	2:03:00	9:23
403	78	M35	Will Meier, 38, Sioux City, IA	2:03:15	9:24
184	35	W35	Ann Shelton, 36*, Urbandale, IA	2:03:19	9:24
185	16	W45	Susan Duoblys, 49*, Des Moines, IA	2:03:21	9:25
186	28	W25	Tricia Robbins, 27*, St Paul, MN	2:03:35	9:26
187	36	W30	Sharon Keenan, 34*, Grimes, IA	2:03:45	9:26
404	53	M45	Brent Cooper, 49, Urbandale, IA	2:03:56	9:27
405	14	M55	Bill Lorenz, 56, Carlisle, IA	2:04:02	9:28
406	34	M50	Jim Mease, 52, Winterset, IA	2:04:07	9:28
188	9	W50	Mary Gross, 51*, Des Moines, IA	2:04:21	9:29
407	56	M30	Jeffrey Olson, 32, Ankeny, IA	2:04:33	9:30
408	51	M25	Kris Lawson, 25, Mission, KS	2:04:36	9:30
189	37	W30	Jill Monson, 34*, Ankeny, IA	2:04:46	9:31
409	54	M45	Lloyd Vanderkwaak, 47, Johnston, IA	2:04:48	9:31
190	36	W35	Shelly Anderson, 39*, Altoona, IA	2:05:02	9:32
191	29	W25	Anne Marie Spellman, 27*, Des Moines, IA	2:05:06	9:33
192	17	W45	Linda Koele, 45*, Urbandale, IA	2:05:09	9:33
193	37	W35	Jeanne Hillsman, 37*, West Des Moines, IA	2:05:16	9:33
410	79	M35	Greg Dankert, 39, Des Moines, IA	2:05:29	9:34
194	38	W35	Heather Behrends, 35*, West Des Moines, IA	2:05:40	9:35
195	38	W30	Tiffany Koenig, 31*, West Des Moines, IA	2:05:44	9:36
196	18	W45	Colleen Dooley, 47*, Urbandale, IA	2:05:47	9:36
197	10	W50	Carolyn Schmitt, 50*, West Des Moines, IA	2:05:48	9:36
198	39	W30	Laura Fefchak, 33*, Urbandale, IA	2:05:52	9:36
199	39	W35	Lora Rogerson, 35*, Des Moines, IA	2:05:52	9:36
200	19	W45	Margaret Liston, 49*, Ogden, IA	2:06:08	9:37

411	35	M50	Thomas Hostetter, 53, Ames, IA	2:06:08	9:37
412	66	M40	Lane Vellinga, 42, Waukee, IA	2:06:36	9:40
201	38	W20	Alison Powers-Meyer, 23*, Ames, IA	2:06:57	9:41
413	57	M30	Phil Chia, 33, Des Moines, IA	2:07:07	9:42
202	39	W20	Jennifer Coombs, 22*, Ames, IA	2:07:18	9:43
414	36	M50	Jay Dezeeuw, 50, Spencer, IA	2:07:18	9:43
203	22	W40	Deb Conlon, 41*, Urbandale, IA	2:07:20	9:43
204	40	W35	Tracy Sabus, 36*, Urbandale, IA	2:07:20	9:43
205	11	W50	Sara Morris, 52*, West Des Moines, IA	2:07:20	9:43
206	12	W50	Joan Meyer, 55*, Escondido, CA	2:07:21	9:43
207	6	JrW	Layna Boyd, 19*, Springfield, MO	2:07:28	9:43
415	58	M30	Arthur Buck, 30, Springfield, MO	2:07:29	9:44
416	37	M50	Greg Hauser, 50, Des Moines, IA	2:07:49	9:45
208	30	W25	Tracy Deutmeyer, 28*, West Des Moines, IA	2:08:11	9:47
209	31	W25	Sarah Bingaman Schwartz, 25*, Inver Grove	Heigh, MN	
				2:08:17	9:47
210	32	W25	Kristy Conrad, 26*, Urbandale, IA	2:08:30	9:48
417	67	M40	Scott Slater, 43, Ankeny, IA	2:08:44	9:49
211	33	W25	Nicole Kelly, 29*, Ankeny, IA	2:08:45	9:49
212	40	W20	Angie Bingaman, 22*, Dubuque, IA	2:08:55	9:50
213	41	W20	Kelly Wiles, 21*, Des Moines, IA	2:09:03	9:51
418	52	M25	Zach Eichmeier, 25, Ankeny, IA	2:09:08	9:51
419	38	M50	Ron Eichmeier, 51, Emmetsburg, IA	2:09:09	9:51
420	68	M40	Frank Ross, 42, Clive, IA	2:09:10	9:51
214	23	W40	Juliane Ross, 43*, Clive, IA	2:09:10	9:51
421	80	M35	Fabio Rozo, 39, Mpls, MN	2:09:16	9:52
215	42	W20	Janelle Burger, 23*, Centerville, IA	2:09:33	9:53
216	40	W30	Juli Johnson, 34*, Coralville, IA	2:09:35	9:53
422	55	M45	Paul Peiffer, 46, Ames, IA	2:09:37	9:53
217	20	W45	Jennifer Seales, 47*, Rhodes, IA	2:09:53	9:55
423	56	M45	Randall Leib, 45, Panora, IA	2:09:59	9:55
218	24	W40	Kimberly Taylor, 43*, West Des Moines, IA	2:10:04	9:55
219	41	W35	Karyn Peterson, 38*, Clive, IA	2:10:04	9:55
220	25	W40	Kelli Wiggins, 40*, West Des Moines, IA	2:10:04	9:55
424	57	M45	Kevin Ballard, 47, Marion, IA	2:10:16	9:56
221	42	W35	Michelle Sieber, 36*, Clive, IA	2:10:23	9:57
425	81	M35	Tim Sieber, 35, Clive, IA	2:10:23	9:57
426	59	M30	Michael McDaniel, 34, Des Moines, IA	2:10:32	9:57
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222	43	W35	Robin Steinkamp, 37*, Des Moines, IA	2:10:58	10:00
427	15	M55	Ronald Mowers, 55, Ames, IA	2:11:17	10:01
428	58	M45	Steve Kenkel, 48, Toledo, IA	2:11:35	10:02
223	41	W30	Melanie Arzani, 30*, Truro, IA	2:11:43	10:03
224	26	W40	Janet Malmberg, 44*, Des Moines, IA	2:11:45	10:03
429	59	M45	Russ Laczniak, 47, Ames, IA	2:12:12	10:05
225	27	W40	Clare Gee, 40*, Wdm, IA	2:12:34	10:07
430	60	M45	Ed Larsen, 48, Urbandale, IA	2:12:34	10:07
431	16	M55	Frank Vivone, 55, Clive, IA	2:12:36	10:07
432	9	M60	Hal Chase, 61, Des Moines, IA	2:12:39	10:07
226	43	W20	Amy Schmitt, 21*, West Des Moines, IA	2:12:43	10:08
433	61	M45	Brandt Williamson, 47, Urbandale, IA	2:13:23	10:11
434	69	M40	Paul Witmer, 41, Des Moines, IA	2:13:24	10:11
227	13	W50	Deborah Hankens, 53*, Cherokee, IA	2:13:25	10:11
228	21	W45	Jill Barrick, 45*, Altoona, IA	2:13:37	10:12
229	28	W40	Elizabeth Olsem, 43*, Lisbon, IA	2:14:02	10:14
435	17	M55	Ken Peterson, 58, Adel, IA	2:14:07	10:14
230	22	W45	Becky Martin, 46*, Kirksville, MO	2:14:17	10:15
231	44	W35	Lenni Broeg, 37*, Parnell, IA	2:14:18	10:15
232	45	W35	Deborah Holte, 39*, Novinger, MO	2:14:18	10:15
233	44	W20	Elizabeth Burt, 22*, Des Moines, IA	2:14:30	10:16
234	14	W50	Geraldine Jacobson, 53*, Iowa City, IA	2:15:19	10:19
436	18	M55	Dennis Johnson, 55, Des Moines, IA	2:15:41	10:21
235	23	W45	Jeanne Foster, 46*, Johnston, IA	2:15:42	10:21
236	34	W25	Amy Mounce, 25*, Wilton, IA	2:15:44	10:21

237	45	W20	Jamie Hindley, 24*, Des Moines, IA	2:15:44	10:21
437	53	M25	Matt Jensen, 29, Iowa City, IA	2:16:31	10:25
238	15	W50	Peggy Martin, 52*, Johnston, IA	2:17:01	10:27
239	16	W50	Pat Martin, 51*, Johnston, IA	2:17:01	10:27
240	24	W45	Sara Martin, 45*, Granger, IA	2:17:02	10:27
438	39	M50	Thomas Forbes, 52, Fort Dodge, IA	2:17:32	10:30
241	25	W45	Elaine Lindaman, 49*, Carlisle, IA	2:17:38	10:30
242	42	W30	Carrie Wolter, 34*, West Des Moines, IA	2:18:31	10:34
439	12	JrM	Nathan Bloomfield, 19, Springfield, MO	2:18:59	10:36
243	46	W35	Melissa Nederhoff, 36*, Altoona, IA	2:19:20	10:38
440	13	JrM	Alex Hammer, 16, Urbandale, IA	2:19:20	10:38
441	19	M55	John Whitson, 55, Vinton, IA	2:19:38	10:39
442	60	M30	Jason Whitson, 33, West Des Moines, IA	2:19:39	10:39
443	10	M60	Richard Nehring, 64, Alden, IA	2:19:42	10:39
244	7	JrW	Alexandra Redenius, 19*, Algona, IA	2:19:57	10:41
245	46	W20	Rebecca Geffers, 21*, Grand Mound, IA	2:19:57	10:41
444	40	M50	Gerald Dewald, 54, West Des Moines, IA	2:20:20	10:42
246	47	W20	Erin Wendle, 20*, Iowa City, IA	2:20:22	10:43
247	48	W20	Kristin Cook, 21*, Iowa City, IA	2:20:23	10:43
445	41	M50	Tom Vilsack, 53, Des Moines, IA	2:20:58	10:45
248	8	JrW	Rachel Fairbank, 19*, Dryden, NY	2:21:28	10:48
249	49	W20	Meagan Smith, 21*, Springfield, MO	2:21:41	10:49
250	50	W20	Elizabeth Hardy, 20*, Des Moines, IA	2:21:41	10:49
251	35	W25	Kimberly Hembry, 27*, Indianola, IA	2:21:58	10:50
446	61	M30	Chris Champion, 33, Des Moines, IA	2:21:58	10:50
447	82	M35	Dean Miller, 36, Des Moines, IA	2:22:16	10:51
448	14	JrM	Zach Swoyer, 17, Johnston, IA	2:22:18	10:51
252	47	W35	Leighann Sibal, 36*, West Des Moines, IA	2:22:24	10:52
253	26	W45	Diane Ballard, 46*, Marion, IA	2:22:27	10:52
254	36	W25	Lisa Ragen, 27*, Des Moines, IA	2:22:32	10:52
449	54	M25	Mark Peterson, 26, Des Moines, IA	2:22:33	10:52
255	17	W50	Coleen Waage, 53*, West Des Moines, IA	2:23:35	10:57

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450	11	M60	Rollin Perry, 65, Cedar Falls, IA	2:25:03	11:04
256	51	W20	Chirtine Walsh, 22*, Indianola, IA	2:25:21	11:05
257	18	W50	Jennifer Reicks, 51*, West Des Moines, IA	2:25:27	11:06
451	42	M50	Arnie Hallam, 50, Ames, IA	2:25:55	11:08
258	48	W35	Theresa Frederiksen, 36*, Des Moines, IA	2:27:41	11:16
452	12	M60	Jim Toillion, 61, Eagle Grove, IA	2:27:43	11:16
259	49	W35	Jenice Hammitt, 37*, Vincent, IA	2:28:50	11:21
260	50	W35	Jamie Bachman, 35*, Des Moines, IA	2:29:05	11:22
453	62	M30	Mark Wills, 34, Des Moines, IA	2:29:19	11:24
454	63	M30	Richard Bangma, 33, Pella, IA	2:29:43	11:25
261	51	W35	Stephanie Downey, 36*, Omaha, NE	2:34:16	11:46
455	83	M35	Scott Maxwell, 37, Eldridge, IA	2:34:16	11:46
262	19	W50	Rose Mary Pratt, 56*, Des Moines, IA	2:35:45	11:53
456	35	M20	Nathan Broghammer, 21, Indianola, IA	2:36:00	11:54
263	52	W20	Dana Kuiken, 22*, Indianola, IA	2:36:00	11:54

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264	20	W50	Carolyn Chenoweth, 51*, Santa Cruz, CA	2:38:28	12:05
457	43	M50	Patrick Dolan, 50, Iowa City, IA	2:38:46	12:07

"\*" indicates females

14 finishers among Men 19 & Under  
 35 finishers among Men 20 - 24  
 54 finishers among Men 25 - 29  
 63 finishers among Men 30 - 34  
 83 finishers among Men 35 - 39  
 69 finishers among Men 40 - 44  
 61 finishers among Men 45 - 49  
 43 finishers among Men 50 - 54  
 19 finishers among Men 55 - 59  
 12 finishers among Men 60 & Up  
 8 finishers among Women 19 & Under

52 finishers among Women 20 - 24  
36 finishers among Women 25 - 29  
42 finishers among Women 30 - 34  
51 finishers among Women 35 - 39  
28 finishers among Women 40 - 44  
26 finishers among Women 45 - 49  
20 finishers among Women 50 & Up  
457 male finishers  
264 female finishers  
721 total finishers

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