

## 100th Drake Relay Runners:

[\(results below\)](#)

April 25th was a great day for running - temperature, rain and wind cooperated for a record number of finishers, 1309 in the 8 km and 951 in the Half-Marathon.

Diane Nukuir set the women's 8km record in 27:05 and Robyn Friedman crushed the women's Half-Marathon record in 1:16:07. Robyn Friedman, Lisa Marshall, Patricia Goodwin and Connie Prince-Houlihan set age division records. See below for records.

The 100th year was special as the race had three great looking shirts for you to select your favorite, special ASICS socks, finisher commemorative medals and jackets for age division winners. See below for age division awards breakdown.

2009 was a much anticipated year. On-the-ROADS the previous 5 years had averaged 1750 entrants, the plan was for 2000 this year.

2500 entrants this year did create last minute challenges as more shirts, cups, water, food, etc were order last minute. Not everything worked, regrettably, but we did try to do our best.

\* Medals ran out at around 2 hours into the Half-Marathon. Extra medals have been order and they will arrive in June. If you did not get a medal, you will via the mail on June 20.

\* Chip timing is often misunderstood. At Drake we are using the gun to start the race and not net time (difference between crossing the start and finish line). Pace signs and runners assisting in lining up correctly might help in the future.

\* Chips, if you did not return you chip, do so by mailing it to 1631 38th Street, Des Moines, Iowa, 50310. Thank you.

\* Awards in the age divisions are great ASICS coats. They will be mailed out or stop at Fitness Sports on Thursday, April 30th, 5:30-6:00 pm.

\* Race time limits of 1 hour in the 8km and 2.5 hours in the Half will b more strictly enforced in the future. We understand everyone's enthusiasm to participate in the 100th year but in the future we ask that runners honor this race rule.

\* We have never had a bottleneck of runners getting their packets, Friday 4 to 6pm was a surprise. We will attempt to make that work in 2010, no one is more frustrated in long lines than the organizers..

Lastly as volunteer organizer of this event for the last 26 years it was great to be a part of the 100th year. We appreciate your support of the Drake Relays. Races and runners expectations have changed through the years, often it is hard to make everything worked perfectly. Hopefully you can forgive our mistakes. Do remember running is about going the distance as fast as you can, train hard, run hard and the reward is a great day.

Cal Murdock - Race Director

## 41st Drake Relays On-the-ROADS Half-Marathon (13.109 miles)-2

Des Moines, Iowa

April 25, 2009

50s and Overcast

Results by Cal Murdock

[8 K Overall](#)   [8 K Age Groups](#)   [1/2 Mara Overall](#)   [1/2 mara Age Groups](#)

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
1	1 M25	Randy Bill, 27, Cedar Falls, IA	1:08:17	5:13
2	2 M25	Julius Kosgei, 29, Searcy, AR	1:09:17	5:17
3	1 M30	Marty Dalton, 33, Earlham, IA	1:09:41	5:19

4	1	M20	Ricky Reusser, 24, Ames, IA	1:10:08	5:21
5	2	M30	Julius Rotich, 34, West Des Moines, IA	1:11:44	5:28
6	2	M20	Andrew Clausen, 20, Bourbonnais, IL	1:12:46	5:33
7	3	M20	Andrew Van Nurden, 24, Brookings, SD	1:13:25	5:36
8	4	M20	Brian Werner, 22, West Des Moines, IA	1:15:14	5:44
9	3	M25	Martin Popp, 26, West Des Moines, IA	1:15:22	5:45
10	1	M35	Louis Dewild, 35, Des Moines, IA	1:15:53	5:47
11	4	M25	Joseph Aulwes, 28, Bondurant, IA	1:16:05	5:48
1	1	W35	Robyn Friedman, 36*, Lambs Grove, IA	1:16:06	5:48
12	2	M35	Todd Christensen, 39, Altoona, IA	1:17:40	5:55
13	5	M25	Paul Barnd, 28, Des Moines, IA	1:17:44	5:56
14	5	M20	Joseph Tisinger, 20, Bettendorf, IA	1:17:56	5:57
15	3	M30	Greg Bell, 30, Polk City, IA	1:18:21	5:59
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="#">14:00</a>   <a href="#">15:00</a>   <a href="#">Top</a>					
16	6	M25	Seth Comfort, 28, Des Moines, IA	1:18:40	6:00
17	6	M20	Patrick Davis, 21, Ames, IA	1:19:53	6:06
18	1	M40	Lee Hammerand, 40, Urbandale, IA	1:20:42	6:09
19	7	M25	Nick Maas, 27, Storm Lake, IA	1:21:04	6:11
20	1	M45	Keith Abels, 47, Ogden, IA	1:21:19	6:12
21	1	JrM	Logan Koch, 19, Des Moines, IA	1:21:44	6:14
22	7	M20	Dustin Essex, 21, Des Moines, IA	1:22:34	6:18
23	8	M25	Scott Camiliere, 26, Ames, IA	1:22:36	6:18
24	8	M20	Bryce Heitman, 21, Williamsburg, IA	1:22:47	6:19
25	9	M20	Jacob Flaws, 22, Carlisle, IA	1:22:53	6:19
26	4	M30	Tanner Clark, 30, Iowa City, IA	1:23:08	6:20
27	10	M20	Brent Westphal, 20, Urbandale, IA	1:23:11	6:21
28	11	M20	Nick Newbury, 20, Greenfield, IA	1:23:35	6:23
2	1	W40	Lisa Marshall, 41*, Granger, IA	1:23:46	6:23
29	12	M20	Isaiah Klavitter, 22, Ames, IA	1:23:47	6:23
30	13	M20	Chris Harms, 21, Independence, IA	1:23:51	6:24
31	2	M45	Todd Haugen, 45, Story City, IA	1:23:52	6:24
32	14	M20	Corey Kientoff, 23, Ames, IA	1:23:55	6:24
33	3	M35	John Anthofer, 36, Urbandale, IA	1:24:03	6:25
34	2	M40	Steve Feltz, 44, West Des Moines, IA	1:24:09	6:25

35	9	M25	Kyle Keraus, 28, Johnston, IA	1:24:27	6:27
36	2	JrM	Jason Jared, 19, LeClaire, IA	1:24:32	6:27
37	15	M20	Chris Rosso, 20, Ames, IA	1:24:45	6:28
38	5	M30	Mike Mullins, 31, Ames, IA	1:24:52	6:28
39	4	M35	Jason Wentworth, 38, Urbandale, IA	1:25:14	6:30
40	16	M20	Nick Howard, 22, Ames, IA	1:25:15	6:30
41	10	M25	Joshua Wandrey, 25, Ankeny, IA	1:25:26	6:31
3	1	W25	Bridget Easley, 28*, Lincoln, NE	1:25:28	6:31
42	5	M35	Scott Jones, 37, Ankeny, IA	1:25:29	6:31
4	2	W25	Anne Dreyer, 25*, Mt. Pleasant, IA	1:25:33	6:31
43	6	M30	John Hindley, 30, West Des Moines, IA	1:26:09	6:34
5	1	W30	Courtney Mann, 30*, Omaha, NE	1:26:18	6:35
44	3	M40	Frank Levy, 41, West Des Moines, IA	1:26:28	6:36
45	3	M45	Rod Williams, 47, Warrensburg, MO	1:26:39	6:37
46	4	M45	Troy Zeleznik, 46, West Des Moines, IA	1:26:43	6:37
47	4	M40	Doug Hammerand, 44, Carlisle, IA	1:26:50	6:37
6	2	W40	Christine Price, 40*, Des Moines, IA	1:26:52	6:38
48	5	M45	Phil Kauder, 48, Cascade, IA	1:26:55	6:38
49	11	M25	Chris Schooley, 28, Urbandale, IA	1:26:57	6:38
50	12	M25	Matthew Hoffman, 29, Ames, IA	1:27:14	6:39
51	6	M35	Jim Mulligan, 36, Urbandale, IA	1:27:27	6:40
52	17	M20	Tony Beal, 20, Albia, IA	1:27:59	6:43
53	13	M25	Jacob Rattray, 26, Ames, IA	1:28:13	6:44
54	6	M45	David Frank, 46, Adel, IA	1:28:18	6:44
55	5	M40	Mike Rieks, 41, Urbandale, IA	1:28:30	6:45
56	14	M25	Jon Kalvig, 27, West Des Moines, IA	1:28:47	6:46
57	6	M40	Mark Caples, 41, Ankeny, IA	1:28:48	6:46
7	2	W30	Colleen Webb, 31*, Des Moines, IA	1:28:55	6:47
58	15	M25	Benjamin Frambach, 26, Albuquerque, NM	1:29:07	6:48
59	7	M35	Matthew Henry, 39, Des Moines, IA	1:29:16	6:49
60	16	M25	Phillip James, 26, West Des Moines, IA	1:29:21	6:49
61	8	M35	Matthew Zepeda, 35, Waukee, IA	1:29:34	6:50
62	18	M20	Alex Deutmeyer, 23, Ames, IA	1:29:47	6:51
63	17	M25	Dustin Kouba, 27, Grand Forks, ND	1:29:53	6:51

64	7 M40	Lance Bergeson, 40, Des Moines, IA	1:30:03	6:52
65	7 M30	Nathan Wenck, 31, Carroll, IA	1:30:06	6:52
66	1 M55	Peter Silberstein, 56, Bellevue, NE	1:30:23	6:54
67	7 M45	Jeff Paulson, 49, Menomonee Falls, WI	1:30:24	6:54
68	18 M25	Justin Gerber, 29, Pella, IA	1:30:27	6:54
69	9 M35	Tom Scroggins, 37, Ankeny, IA	1:30:53	6:56
70	1 M50	Jimmy Stanziola, 53, Overland Park, KS	1:31:00	6:56
71	10 M35	Bryan Michael, 36, Des Moines, IA	1:31:01	6:57
72	8 M30	Jared McLaren, 30, Grimes, IA	1:31:14	6:58
73	8 M40	Todd Bindel, 41, West Des Moines, IA	1:31:18	6:58
74	8 M45	Tim Huffman, 48, Ackworth, IA	1:31:23	6:58
75	11 M35	Matthew Israel, 35, Ankeny, IA	1:31:26	6:58
76	9 M40	Chad Forde, 41, Atlantic, IA	1:31:27	6:59
77	19 M20	Jeff Zelenovich, 24, Pleasant Hill, IA	1:31:32	6:59
78	9 M30	Lance Gunkel, 30, Clive, IA	1:31:33	6:59
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="#">14:00</a>   <a href="#">15:00</a>   <a href="#">Top</a>				
79	19 M25	Neal Denhartog, 28, Ames, IA	1:31:43	7:00
80	10 M40	Brian Palmer, 40, Des Moines, IA	1:31:48	7:00
81	10 M30	Doug Sturm-Smith, 34, Des Moines, IA	1:31:58	7:01
82	11 M30	Scott Heisler, 33, West Des Moines, IA	1:32:10	7:02
83	12 M30	Tyler Schwiesow, 32, Des Moines, IA	1:32:13	7:02
84	13 M30	James Clevenger, 30, West Des Moines, IA	1:32:22	7:03
85	20 M25	Mike McGinn, 28, Des Moines, IA	1:32:40	7:04
86	9 M45	Jeff Beal, 48, Albia, IA	1:32:49	7:05
87	11 M40	Larry Goodell, 43, Clive, IA	1:32:51	7:05
88	12 M40	Jeff Miller, 42, Davenport, IA	1:32:54	7:05
89	12 M35	Todd Ratliff, 36, Albia, IA	1:33:04	7:06
90	2 M50	Randy Wadle, 50, Newton, IA	1:33:10	7:06
91	13 M35	Dave Garcia, 37, Knoxville, IA	1:33:18	7:07
92	3 M50	Dave Fitz, 54, Ames, IA	1:33:19	7:07
93	3 JrM	Lane Hovey, 15, Dallas Center, IA	1:33:20	7:07
94	14 M30	Douglas Schaefer, 32, Bellevue, NE	1:33:30	7:08
95	10 M45	Craig Edmondson, 49, Ames, IA	1:33:30	7:08
96	20 M20	Jacob Johnson, 24, West Des Moines, IA	1:33:33	7:08

8	3	W40	Jennifer Abbott, 40*, Ankeny, IA	1:33:34	7:08
97	4	M50	Kirk Jefson, 52, Forest City, IA	1:33:35	7:08
98	15	M30	Nick Quanrud, 34, Cedar Rapids, IA	1:33:37	7:08
99	11	M45	Mark Seaman, 49, West Des Moines, IA	1:33:38	7:09
100	16	M30	Jason Lawry, 33, Waukee, IA	1:33:41	7:09
101	12	M45	Michael Long, 49, Ames, IA	1:34:25	7:12
102	13	M40	Tony Oberman, 41, Waukee, IA	1:34:25	7:12
103	21	M20	Ryan McCurnin, 22, Mason City, IA	1:34:27	7:12
104	14	M35	Dave Olsen, 36, West Des Moines, IA	1:34:31	7:13
105	4	JrM	Cole Delker, 15, Des Moines, IA	1:34:32	7:13
106	14	M40	Matt Mixdorf, 44, Ankeny, IA	1:34:35	7:13
107	13	M45	Don Cummings, 46, Pleasant Hill, IA	1:34:43	7:14
108	15	M40	John Lajoie, 41, Ankeny, IA	1:34:45	7:14
9	2	W35	Lori Knights, 36*, Polk City, IA	1:34:47	7:14
10	3	W35	Melissa Bruhl, 37*, Ankeny, IA	1:35:01	7:15
109	21	M25	Ryan Glick, 27, Clive, IA	1:35:07	7:15
110	5	JrM	Zeke Gunnink, 16, Clive, IA	1:35:17	7:16
111	15	M35	Todd Morehead, 37, Burlington, IA	1:35:20	7:16
112	6	JrM	Trevor Lund, 16, Johnston, IA	1:35:22	7:16
11	1	W50	Tricia McClain, 52*, Altoona, IA	1:35:24	7:17
113	16	M40	Tony Hunt, 40, Waukee, IA	1:35:25	7:17
12	4	W40	Sandy Sabelka, 41*, Denver, IA	1:35:28	7:17
114	16	M35	Deon Wingert, 35, Carroll, IA	1:35:36	7:18
115	5	M50	Terry Eason, 52, Waukee, IA	1:35:39	7:18
116	14	M45	Jeff Perry, 48, Bondurant, IA	1:35:45	7:18
117	17	M30	Scott Koch, 31, West Des Moines, IA	1:35:53	7:19
118	2	M55	Steve Sjolund, 58, Minneapolis, MN	1:35:53	7:19
119	17	M35	Donald Hurt, 35, West Des Moines, IA	1:35:59	7:19
120	15	M45	David Christens, 49, West Des Moines, IA	1:36:02	7:20
121	7	JrM	Sam Burt, 17, Des Moines, IA	1:36:04	7:20
122	3	M55	Peter Percival, 55, Des Moines, IA	1:36:06	7:20
123	18	M30	Josh Jones, 33, Ankeny, IA	1:36:09	7:20
13	1	W20	Hilary Woodhouse, 23*, Des Moines, IA	1:36:18	7:21
124	16	M45	Timothy Mooney, 47, Ames, IA	1:36:19	7:21

125	8	JrM	Dustin Quade, 19, Peosta, IA	1:36:25	7:21
126	22	M25	Matt Hargleroad, 28, Bellingham, WA	1:36:28	7:21
14	3	W25	Sarah Hesser, 26*, St Paul, MN	1:36:30	7:22
127	19	M30	Brian Wells, 31, Rochester, MN	1:36:32	7:22
15			Lindsay Smith*, Drake	1:36:38	7:22
128	9	JrM	Luke Sesker, 18, Norwalk, IA	1:36:43	7:23
129	17	M40	Dennis Haney, 41, Des Moines, IA	1:36:49	7:23
130	6	M50	Tom Heuer, 51, Des Moines, IA	1:36:52	7:23
16	4	W35	Jennifer Masini, 36*, Ames, IA	1:37:00	7:24
17	5	W35	Kaiti Muelhaupt, 37*, Des Moines, IA	1:37:04	7:24
131	10	JrM	Jake Sutton, 17, West Des Moines, IA	1:37:05	7:24
132	23	M25	Zach Cloe, 26, Cedar Rapids, IA	1:37:07	7:24
133	24	M25	Nate Cloe, 29, Des Moines, IA	1:37:10	7:25
134	1	M60	David Schulte, 62, Granger, IA	1:37:10	7:25
135	18	M35	Troy Jepsen, 35, Ames, IA	1:37:10	7:25
136	19	M35	Jason Hahn, 38, Des Moines, IA	1:37:13	7:25
137	11	JrM	Ryan Christensen, 17, Washington, IA	1:37:16	7:25
138	7	M50	Mike Christensen, 50, Washington, IA	1:37:16	7:25
139	20	M30	Russ Flug, 34, Waukee, IA	1:37:16	7:25
18	4	W25	Kate Schmitt, 28*, Chicago, IL	1:37:22	7:26
140	18	M40	Deon Summer, 42, Urbandale, IA	1:37:26	7:26
141	21	M30	Steve Zimmer, 33, Westwood, KS	1:37:28	7:26
142	19	M40	Jeff Osmundson, 44, Pleasant Hill, IA	1:37:29	7:26
143	22	M30	Jason Tietz, 32, Glendale Hts, IL	1:37:35	7:27
144	23	M30	Levi Chodur, 31, Des Moines, IA	1:37:41	7:27
145	20	M35	Devin Miller, 37, Ankeny, IA	1:37:45	7:27
146	24	M30	Bryan O'Neill, 30, West Des Moines, IA	1:37:46	7:27
147	25	M30	Todd Southwick, 30, Ankeny, IA	1:37:48	7:28
148	20	M40	Curt Jahde, 42, Anita, IA	1:37:51	7:28
149	21	M35	Chad Roethler, 36, Urbandale, IA	1:37:53	7:28
150	21	M40	Patrick Dunn, 42, Norwalk, IA	1:37:58	7:28
151	22	M35	Troy Green, 37, Des Moines, IA	1:38:04	7:29
152	26	M30	Konrad Christensen, 34, Ankeny, IA	1:38:06	7:29
153	23	M35	Jason Hennessey, 35, Des Moines, IA	1:38:11	7:29

19	5	W25	Jennifer Samuels, 25*, West Des Moines, IA	1:38:14	7:30
154	8	M50	Pete Sandler, 53, West Des Moines, IA	1:38:30	7:31
155	27	M30	Benjamin Lacey, 34, Ankeny, IA	1:38:37	7:31
156	4	M55	Randall Wilson, 59, Des Moines, IA	1:38:45	7:32
157	17	M45	David Foster, 46, Norwalk, IA	1:38:52	7:32
158	22	M40	Scott Greenwood, 41, Des Moines, IA	1:38:53	7:33
20	6	W35	Carrie Krohn, 36*, Orange City, IA	1:38:55	7:33
21	7	W35	Mary Landhuis, 36*, Clarinda, IA	1:38:57	7:33
159	1	M65	Bruce Mortenson, 65, Minnetonka, MN	1:39:02	7:33
160	18	M45	Bill Hansen, 48, Iowa Falls, IA	1:39:05	7:33
161	28	M30	Jon Beeman, 31, Johnston, IA	1:39:13	7:34
22	5	W40	Teresa Wells, 40*, Des Moines, IA	1:39:14	7:34
162	29	M30	Adam Bjornson, 32, Norwalk, IA	1:39:23	7:35
163	25	M25	Justin Schiele, 28, Eagan, MN	1:39:23	7:35
164	19	M45	Steve Sikkink, 48, Des Moines, IA	1:39:26	7:35
165	20	M45	Doug Adams, 47, Urbandale, IA	1:39:27	7:35
166	26	M25	Joseph McGargill, 27, West Des Moines, IA	1:39:33	7:36
23	1	JrW	Isabel Shinnick-Gordon, 17*, Iowa City, IA	1:39:37	7:36
24	6	W40	Cindy Light, 43*, Perry, IA	1:39:47	7:37
167	21	M45	Bill Mollis, 48, Davenport, IA	1:39:49	7:37
168	24	M35	Dan Henderson, 38, Ankeny, IA	1:39:49	7:37
169	25	M35	Ronald Crees, 39, Bondurant, IA	1:39:53	7:37
170	27	M25	Scott Shumaker, 27, Waukee, IA	1:39:54	7:37
171	22	M45	David Nelson, 47, North Liberty, IA	1:39:57	7:37
172	30	M30	Jeremy Mueller, 32, West Des Moines, IA	1:40:03	7:38
25	2	W20	Sarah Whitters, 20*, Cedar Rapids, IA	1:40:07	7:38
173	23	M45	William Smalley, 49, Waukee, IA	1:40:08	7:38
26	8	W35	Carrie Van Quathem, 37*, Urbandale, IA	1:40:10	7:38
27	6	W25	Emily Berg, 26*, Ames, IA	1:40:11	7:39
174	23	M40	Brett Shaffer, 42, West Des Moines, IA	1:40:13	7:39
175	31	M30	Erich Baker, 32, Ankeny, IA	1:40:15	7:39

176	32	M30	Mike Patrick, 32, Des Moines, IA	1:40:17	7:39
177	28	M25	Josh Cowman, 27, Pella, IA	1:40:22	7:39
28	2	W50	Beth Henriksen, 53*, Ames, IA	1:40:22	7:39
178	24	M40	Kevin Guest, 40, Rea, MO	1:40:23	7:39
179	29	M25	Nick Greb, 27, Windsor Heights, IA	1:40:24	7:39
180	5	M55	Brad Ewest, 55, Thompson, IA	1:40:34	7:40
29	1	W45	Nancy Phelps, 45*, West Des Moines, IA	1:40:38	7:41
181	24	M45	John Stanley, 48, Grimes, IA	1:40:40	7:41
182	9	M50	Marty Kenworthy, 50, West Des Moines, IA	1:40:50	7:42
30	7	W40	Kathy Hale, 44*, Bondurant, IA	1:40:54	7:42
183	33	M30	Jeremy Bartlett, 33, Alburnett, IA	1:41:02	7:42
31	3	W20	Ashley Charmichael, 24*, Iowa City, IA	1:41:02	7:42
184	22	M20	Eric Saxton, 24, West Des Moines, IA	1:41:21	7:44
185	25	M40	Seth Watkins, 40, Clarinda, IA	1:41:23	7:44
186	26	M40	Mark Rocarek, 44, Vinton, IA	1:41:27	7:44
32	8	W40	Beth Schweizer, 43*, Urbandale, IA	1:41:29	7:44
187	34	M30	David Senchina, 30, Ankeny, IA	1:41:34	7:45
188	26	M35	C J. Lage, 35, Des Moines, IA	1:41:38	7:45
189	25	M45	Jeff Feder, 48, Norwalk, IA	1:41:40	7:45
190	27	M40	Rob Gloe, 41, West Des Moines, IA	1:41:41	7:45
191	30	M25	Nick Elliott, 29, Des Moines, IA	1:41:41	7:45
33	4	W20	Keihly Moore, 23*, Hollywood, SC	1:41:45	7:46
192	26	M45	Steven McKibben, 48, Clive, IA	1:41:48	7:46
193	35	M30	Mark Barglof, 30, Altoona, IA	1:41:50	7:46
194	36	M30	Luke Craven, 30, Des Moines, IA	1:41:52	7:46
34	9	W35	Jennifer Potratz, 36*, Clive, IA	1:42:01	7:47
195	31	M25	Patrick Cole, 27, West Des Moines, IA	1:42:03	7:47
196	10	M50	Bruce Drummond, 51, Des Moines, IA	1:42:05	7:47
197	23	M20	Ryan Noe, 20, Ottumwa, IA	1:42:06	7:47
198	28	M40	Dan Kayser, 44, Des Moines, IA	1:42:21	7:48
199	37	M30	Todd Sechser, 32, Charlottesville, VA	1:42:25	7:49
200	38	M30	Nate Geurkink, 31, Des Moines, IA	1:42:25	7:49
201	27	M35	David Hardisty, 36, Panora, IA	1:42:27	7:49
202	32	M25	James Morgan, 27, Stuart, IA	1:42:29	7:49

35	2	W45	Rae Letourneau, 47*, West Des Moines, IA	1:42:30	7:49
203	6	M55	Joe Blunk, 57, Ames, IA	1:42:37	7:50
204	28	M35	Timothy Gootee, 38, Urbandale, IA	1:42:42	7:50
36	9	W40	Shelley Goodell, 42*, Clive, IA	1:42:43	7:50
37	7	W25	Rachel Parks, 27*, Des Moines, IA	1:42:45	7:50
205	29	M35	Tim Bartleman, 36, Polk City, IA	1:42:47	7:50
206	2	M60	Mike Patavina, 62, Clarinda, IA	1:42:51	7:51
38	3	W50	Colleen Boran, 52*, Forest City, IA	1:42:58	7:51
39	3	W30	Keri McDermott, 33*, Des Moines, IA	1:42:59	7:51
207	30	M35	Wes Chaplin, 36, Pella, IA	1:42:59	7:51
40	8	W25	Amanda Lowery, 28*, Lincoln, NE	1:43:00	7:51
208	2	M65	John Brown, 65, Kenyon, MN	1:43:01	7:51
209	29	M40	Jason Soliday, 41, West Des Moines, IA	1:43:03	7:52
41	5	W20	Kelly McCarthy, 22*, Iowa City, IA	1:43:04	7:52
42	9	W25	Jennifer Ross, 26*, Ames, IA	1:43:16	7:53
210	11	M50	Paul Grinvalds, 50, West Des Moines, IA	1:43:19	7:53
211	39	M30	William Fenske, 32, Des Moines, IA	1:43:20	7:53
212	24	M20	Brian Ruggle, 23, Iowa City, IA	1:43:20	7:53
213	7	M55	Paul James, 55, Stanley, IA	1:43:23	7:53
214	8	M55	Nick Scott, 57, Cedar Rapids, IA	1:43:26	7:53
215	12	M50	Jon Jochims, 51, Marshalltown, IA	1:43:29	7:54
216	3	M60	Rolf Koford, 60, Ames, IA	1:43:30	7:54
217	40	M30	Jeremy Dyvig, 32, Waukee, IA	1:43:35	7:54
218	41	M30	Brady Fleming, 32, Clive, IA	1:43:35	7:54
219	31	M35	Doug McKinstry, 38, Polk City, IA	1:43:43	7:55
220	13	M50	Tim Flowers, 51, Ankeny, IA	1:43:47	7:55
221	42	M30	Jason Frederick, 32, Waukee, IA	1:43:51	7:55
222	25	M20	Mark Berns, 20, Ames, IA	1:43:53	7:55
223	30	M40	Jeff Bevis, 40, Johnston, IA	1:44:04	7:56
224	27	M45	Kevin Dear, 49, Mason City, IA	1:44:06	7:56
225	32	M35	Brent Rickabaugh, 37, West Des Moines, IA		
				1:44:09	7:57
226	33	M25	Scott Lacey, 29, Ankeny, IA	1:44:09	7:57
227	34	M25	Matt Oliver, 28, Milo, IA	1:44:11	7:57

43	6	W20	Whitney Reno, 20*, Humeston, IA	1:44:11	7:57
228	9	M55	Dennis F Wheeler, 59, Urbandale, IA	1:44:14	7:57
229	14	M50	Brian Piper, 54, Western Springs, IL	1:44:14	7:57
230	26	M20	Charles Evelson, 24, Ames, IA	1:44:15	7:57
44	10	W25	Katrina Fowler, 26*, Des Moines, IA	1:44:15	7:57
231	33	M35	Joe Kowzan, 39, Pella, IA	1:44:17	7:57
232	43	M30	Scott Crawford, 30, Clive, IA	1:44:22	7:58
233	44	M30	Brian Peck, 32, Cedar Rapids, IA	1:44:27	7:58
234	28	M45	Brian Culich, 46, Des Moines, IA	1:44:27	7:58
235	27	M20	Dominic Boomgarden, 23, Ankeny, IA	1:44:30	7:58
45	4	W50	Jeanne McCurnin, 53*, Mason City, IA	1:44:35	7:59
236	28	M20	Paul O'Kane, 20, Pella, IA	1:44:40	7:59
237	34	M35	Kevin Boyle, 39, Winterset, IA	1:44:40	7:59
238	15	M50	Rick Snyder, 54, Winterset, IA	1:44:42	7:59
239	10	M55	Gary Porter, 58, Hudson, WI	1:44:43	7:59
240	31	M40	David Lake, 41, Altoona, IA	1:44:44	7:59
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241	32	M40	Timothy Bergan, 43, Atlantic, IA	1:44:49	8:00
242	33	M40	Steven Johnson, 42, Waukee, IA	1:44:54	8:00
47	10	W40	Lisa Hughes, 44*, Muscatine, IA	1:44:54	8:00
243	34	M40	Kent Bain, 43, West Des Moines, IA	1:44:56	8:00
48	8	W20	Heidi Palmer, 24*, Ankeny, IA	1:44:59	8:00
244	11	M55	Rick Hall, 56, Urbandale, IA	1:45:01	8:01
49	9	W20	Elizabeth Steele, 24*, Cedar Rapids, IA	1:45:07	8:01
245	35	M35	George Stock, 39, Ankeny, IA	1:45:08	8:01
246	29	M45	Steve Rossler, 49, Newton, IA	1:45:12	8:01
50	11	W25	Erin Jansen, 28*, Ankeny, IA	1:45:15	8:02
51	4	W30	Nikki Roetman, 34*, Johnston, IA	1:45:16	8:02
52	12	W25	Alana Stamas, 27*, Des Moines, IA	1:45:21	8:02
247	3	M65	John Schneller, 65, West Des Moines, IA	1:45:23	8:02
53	13	W25	Kristin Anderson, 26*, Ames, IA	1:45:26	8:03
54	14	W25	Shelley Heckert, 28*, Indianola, IA	1:45:32	8:03
248	35	M40	Doug Kintzle, 44, Urbandale, IA	1:45:33	8:03

249	36 M40	Jay Fische, 44, Pleasant Hill, IA	1:45:33	8:03
55	10 W20	Tanna Harshbarger, 24*, West Des Moines, IA	1:45:35	8:03
56	10 W35	Michelle L Madden, 35*, West Des Moines, IA	1:45:37	8:03
250	45 M30	Heath Bullock, 34, West Des Moines, IA	1:45:37	8:03
251	46 M30	Heath Bullock, 34, West Des Moines, IA	1:45:37	8:03
252	47 M30	John Myers, 31, Minneapolis, MN	1:45:43	8:04
253	30 M45	Christopher Delaney, 49, Ames, IA	1:45:48	8:04
254	31 M45	Craig Ogilvie, 47, Ames, IA	1:45:48	8:04
255	12 M55	Alan Dispirito, 55, Ames, IA	1:45:49	8:04
256	4 M65	Ron Bickel, 66, Pleasant Hill, IA	1:45:54	8:05
57	11 W20	Riley Barth, 21*, Iowa City, IA	1:45:56	8:05
257	37 M40	Bruce Wearda, 40, Bakersfield, CA	1:45:59	8:05
258	12 JrM	Brad Haupt, 15, Waukee, IA	1:46:10	8:06
259	32 M45	Marcus Dunn, 45, Clive, IA	1:46:14	8:06
58	5 W50	Nancy Willert, 52*, Nevada, IA	1:46:18	8:07
260	16 M50	Bill Kaemmer, 50, Hillsboro, OR	1:46:19	8:07
261	38 M40	Doug Staudt, 40, Cedar Falls, IA	1:46:21	8:07
262	39 M40	Patrick Mattingly, 40, Johnston, IA	1:46:22	8:07
263	36 M35	Jeff Russell, 37, Des Moines, IA	1:46:22	8:07
264	33 M45	Mike Carstens, 47, Ankeny, IA	1:46:24	8:07
265	40 M40	John Turpen, 40, Waukee, IA	1:46:24	8:07
266	48 M30	Stew Bevis, 34, Des Moines, IA	1:46:28	8:07
59	11 W35	Tammy Gentry, 36*, Des Moines, IA	1:46:30	8:07
267	34 M45	Scott Boever, 48, Urbandale, IA	1:46:31	8:07
268	49 M30	Tyson Burton, 30, Cedar Falls, IA	1:46:33	8:08
60	12 W20	Jamie Olson, 23*, Ames, IA	1:46:38	8:08
269	41 M40	Burt Porter, 44, Ankeny, IA	1:46:40	8:08
61	11 W40	Deedee Doherty, 41*, Johnston, IA	1:46:40	8:08
62	12 W40	Beth Palmer, 40*, Des Moines, IA	1:46:41	8:08
270	17 M50	Steven Falck, 50, Des Moines, IA	1:46:43	8:08
271	29 M20	Jimmy Vowell, 24, Des Moines, IA	1:46:43	8:08
63	13 W40	Ruth Regehr, 43*, Clarinda, IA	1:46:46	8:09

272	13	M55	Timothy Olson, 58, West Des Moines, IA	1:46:53	8:09
273	42	M40	Dan Crew, 40, West Des Moines, IA	1:46:56	8:09
64	14	W40	Brenda O'Hare, 41*, Ankeny, IA	1:46:58	8:10
274	35	M25	Nathan Linderman, 29, Des Moines, IA	1:46:58	8:10
65	15	W25	Emily Carlson, 25*, Des Moines, IA	1:46:59	8:10
275	43	M40	Shawn Finney, 44, Waukee, IA	1:46:59	8:10
66	12	W35	Diane Iversen, 38*, Ankeny, IA	1:47:01	8:10
276	44	M40	Rich Cunningham, 43, Davenport, IA	1:47:04	8:10
277	18	M50	Mike Gardner, 54, Solon, IA	1:47:05	8:10
278	13	JrM	Jay Hornung, 19, Madrid, IA	1:47:05	8:10
279	4	M60	Ed Schooley, 60, Waukee, IA	1:47:05	8:10
280	50	M30	Christopher Nims, 32, Cedar Rapids, IA	1:47:10	8:10
281	51	M30	Jason Bernstein, 33, Altoona, IA	1:47:11	8:11
282	52	M30	Eric Recker, 31, Pella, IA	1:47:11	8:11
67	13	W20	Calla Nassif, 20*, Iowa City, IA	1:47:13	8:11
68	5	W30	Macenzie Rubin, 31*, Ankeny, IA	1:47:16	8:11
283	36	M25	Jason Thrap, 28, West Des Moines, IA	1:47:21	8:11
284	37	M35	Mark Hanrahan, 39, Urbandale, IA	1:47:22	8:11
285	38	M35	Brad McDonough, 38, Solon, IA	1:47:23	8:11
286	45	M40	Kenneth Overton, 41, Des Moines, IA	1:47:26	8:12
69	13	W35	Tami Skriver, 37*, Walford, IA	1:47:29	8:12
287	35	M45	Kent Kelderman, 49, Ankeny, IA	1:47:30	8:12
288	39	M35	David Ness, 38, Johnston, IA	1:47:35	8:12
70	15	W40	Denise Langhoff, 41*, Marion, IA	1:47:38	8:13
289	37	M25	Joe Lynn, 29, West Des Moines, IA	1:47:39	8:13
290	46	M40	Phil Weber, 42, Norwalk, IA	1:47:43	8:13
291	19	M50	Duke Reichardt, 50, Clive, IA	1:47:44	8:13
292	38	M25	Dirk Whitebreast, 29, Tama, IA	1:47:48	8:13
71	14	W20	Jessica Schroeder, 23*, Urbandale, IA	1:47:52	8:14
72	14	W35	Melanie Larson, 35*, Gowrie, IA	1:47:54	8:14
293	53	M30	Daren Munroe, 33, Des Moines, IA	1:47:58	8:14
73	15	W35	Jennifer Smith, 39*, Waukee, IA	1:48:04	8:15
74	6	W30	Kelsi Huseman, 33*, Clarinda, IA	1:48:05	8:15
294	54	M30	Jason Dreckman, 30, West Des Moines, IA	1:48:07	8:15

295	47 M40	Matt Smith, 42, Ankeny, IA	1:48:10	8:15
296	5 M60	Richard Townsend, 60, Johnston, IA	1:48:13	8:15
297	40 M35	Christian Martin, 37, West Des Moines, IA	1:48:14	8:15
298	48 M40	Clark Mitchell, 40, Clive, IA	1:48:16	8:15
299	30 M20	Brandon Russell, 23, Johnston, IA	1:48:17	8:16
300	6 M60	Tim Smith, 62, Freeport, IL	1:48:20	8:16
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302	36 M45	Matt Brandt, 48, Cedar Rapids, IA	1:48:22	8:16
75	7 W30	Jennie Shipley, 31*, Ankeny, IA	1:48:22	8:16
303	37 M45	James Buresh, 48, Wadena, MN	1:48:24	8:16
304	20 M50	David Coyne, 52, St Paul, MN	1:48:28	8:16
76	3 W45	Lynette Buresh, 48*, Wadena, MN	1:48:28	8:16
305	7 M60	Dale Andres, 61, West Des Moines, IA	1:48:34	8:17
77	16 W40	Angie Rice, 41*, Urbandale, IA	1:48:40	8:17
78	8 W30	Jennifer Borton, 32*, Golden, CO	1:48:42	8:17
79	4 W45	Mary Krause, 47*, West Des Moines, IA	1:48:42	8:18
306	39 M25	Thomas Viner, 29, Cedar Rapids, IA	1:48:44	8:18
80	16 W25	Jamie Hindley, 29*, West Des Moines, IA	1:48:46	8:18
307	41 M35	James Pennington, 37, Des Moines, IA	1:48:48	8:18
308	40 M25	Todd Pederson, 29, Ankeny, IA	1:48:50	8:18
81	9 W30	Sarah Andersson, 33*, West Des Moines, IA	1:48:51	8:18
82	17 W25	Misty Levis, 29*, West Des Moines, IA	1:48:51	8:18
309	21 M50	Hank Manning, 53, Des Moines, IA	1:48:57	8:19
83	18 W25	Michelle Isaacson, 25*, Des Moines, IA	1:49:00	8:19
310	42 M35	Ben Trannel, 36, West Des Moines, IA	1:49:00	8:19
84	19 W25	Allison Pitts, 27*, St Paul, MN	1:49:00	8:19
311	49 M40	Shane McMahon, 42, Ankeny, IA	1:49:01	8:19
85	16 W35	Stephanie Longnecker, 36*, Clive, IA	1:49:07	8:19
312	38 M45	Dave Endres, 46, West Des Moines, IA	1:49:08	8:19
86	1 W55	Jan Mohs, 57*, Urbandale, IA	1:49:17	8:20
313	43 M35	Eric Holm, 38, Waukee, IA	1:49:17	8:20
314	44 M35	Xu Perry, 38, Clive, IA	1:49:19	8:20

87	17	W40	Cindy Shelton, 41*, Urbandale, IA	1:49:19	8:20
315	50	M40	Mark Davis, 41, Urbandale, IA	1:49:19	8:20
316	51	M40	Cary Osborn, 44, Newton, IA	1:49:20	8:20
317	55	M30	Matthew Andres, 34, Ankeny, IA	1:49:26	8:21
318	56	M30	Jeremy Rubin, 32, Ankeny, IA	1:49:29	8:21
319	31	M20	Brandon Nordine, 24, Cedar Rapids, IA	1:49:29	8:21
320	57	M30	Tory Mears, 30, West Des Moines, IA	1:49:31	8:21
321	58	M30	Daniel Adams, 33, Waukee, IA	1:49:36	8:22
88	20	W25	Wendy Bloomhuff, 27*, Ankeny, IA	1:49:37	8:22
322	22	M50	Lee Schneider, 51, Olathe, KS	1:49:41	8:22
323	45	M35	Barry Fox, 39, West Es Moines, IA	1:49:41	8:22
324	39	M45	Wayne Lacher, 47, Stuart, IA	1:49:42	8:22
89	21	W25	Lacey Corcoran, 28*, Des Moines, IA	1:49:45	8:22
325	23	M50	Curtis Husske, 53, Maxwell, IA	1:49:45	8:22
90	22	W25	Courtney Shelquist, 25*, Ankeny, IA	1:49:53	8:23
326	24	M50	Brian Lampe, 50, Johnston, IA	1:49:57	8:23
91	23	W25	Tamara Loan, 28*, Cedar Rapids, IA	1:49:59	8:23
327	59	M30	Buck Olsen, 31, Urbandale, IA	1:50:06	8:24
328	41	M25	Jakob Thorud, 25, West Des Moines, IA	1:50:14	8:24
329	40	M45	Scott McFetridge, 45, Des Moines, IA	1:50:17	8:25
92	6	W50	Muriel Nauman, 53*, Iowa City, IA	1:50:21	8:25
330	60	M30	Joshua Brown, 30, Westwood, KS	1:50:22	8:25
331	32	M20	Corey Dossett, 24, Des Moines, IA	1:50:22	8:25
332	42	M25	Eldon Whetstone, 28, Carmel, IN	1:50:22	8:25
333	43	M25	John Odorzynski, 29, Fitchburg, WI	1:50:22	8:25
93	15	W20	Kelly Wood, 23*, Oxford, IA	1:50:23	8:25
94	5	W45	Becky Nichols, 48*, Des Moines, IA	1:50:27	8:25
95	16	W20	Lani Hefel, 24*, Des Moines, IA	1:50:28	8:26
334	52	M40	Thad Stiles, 41, Nora Springs, KY	1:50:33	8:26
96	18	W40	Heidi Kramer, 42*, Johnston, IA	1:50:34	8:26
335	53	M40	Todd Keech, 43, Johnston, IA	1:50:34	8:26
336	46	M35	Michael Dahlhauser, 37, Oskaloosa, IA	1:50:38	8:26
337	44	M25	Shai Feingold, 25, Des Moines, IA	1:50:39	8:26
338	41	M45	Joe Knight, 47, Spring Green, WI	1:50:42	8:27

339	54	M40	Bob Levinstein, 43, Des Moines, IA	1:50:42	8:27
97	2	JrW	Emily Meyer, 19*, Des Moines, IA	1:50:45	8:27
340	25	M50	John Sorenson, 54, Des Moines, IA	1:50:46	8:27
98	10	W30	Beth Pfohl, 33*, Iowa City, IA	1:50:46	8:27
99	11	W30	Sarah Clark, 31*, Iowa City, IA	1:50:46	8:27
341	61	M30	Matt Carnahan, 34, Urbandale, IA	1:50:46	8:27
342	55	M40	Rod Haws, 42, Ankeny, IA	1:50:53	8:27
343	33	M20	Kevin Wang, 23, Ames, IA	1:50:54	8:28
344	34	M20	Grant Wanninger, 24, Cedar Rapids, IA	1:50:58	8:28
345	42	M45	James Bice, 45, Norwalk, IA	1:51:08	8:29
100	12	W30	Megan Gerst Rocker, 32*, Oakdale, MN	1:51:16	8:29
101	17	W20	Jennifer Lose, 23*, Des Moines, IA	1:51:17	8:29
102	24	W25	Michelle Stoffel, 27*, Johnston, IA	1:51:20	8:30
103	2	W55	Toni Pappas, 56*, Redding, CA	1:51:21	8:30
346	26	M50	Paul Pappas, 50, Aurora, CO	1:51:21	8:30
104	18	W20	Natalie Andrews, 20*, Ames, IA	1:51:26	8:30
347	43	M45	Ahmad Abu-Hawash, 48, Ames, IA	1:51:26	8:30
105	19	W20	Sara Larson, 23*, Clive, IA	1:51:27	8:30
348	62	M30	Eric O'Connor, 30, Johnston, IA	1:51:27	8:30
349	47	M35	Eric Kinman, 38, Des Moines, IA	1:51:28	8:30
350	44	M45	David Jass, 46, Ankeny, IA	1:51:30	8:30
351	56	M40	Shawn Nelson, 43, Ankeny, IA	1:51:32	8:30
352	57	M40	Dave Lemons, 44, Des Moines, IA	1:51:33	8:30
353	45	M45	Tom McCauley, 48, West Des Moines, IA	1:51:34	8:31
354	63	M30	Jake Reed, 31, West Des Moines, IA	1:51:34	8:31
355	48	M35	Tim Carver, 35, Urbandale, IA	1:51:34	8:31
356	14	M55	David Gee, 57, Cedar Rapids, IA	1:51:35	8:31
106	13	W30	Kendra Lerdal, 31*, Ankeny, IA	1:51:44	8:31
357	64	M30	Joe Hunerdosse, 33, Spring Hil, KS	1:51:44	8:31
107	25	W25	McKinsey Gonder, 27*, Humboldt, IA	1:51:45	8:31
108	17	W35	Amy Jones, 35*, West Des Moines, IA	1:51:45	8:31
109	18	W35	Sara Bridie, 35*, Clarinda, IA	1:51:46	8:32
110	19	W35	Nadine Woods, 36*, Johnston, IA	1:51:46	8:32
358	65	M30	Nicholas Wendt, 30, Des Moines, IA	1:51:48	8:32

359	66 M30	Jesper Andersson, 33, West Des Moines, IA	1:51:50	8:32
111	20 W20	Rachel Adair, 23*, Oskaloosa, IA	1:51:56	8:32
360	45 M25	Stephen Brown, 29, Des Moines, IA	1:51:56	8:32
361	46 M25	Andy Sneller, 29, Omaha, NE	1:51:56	8:32
362	49 M35	Ben Reyes, 35, St Charles, IA	1:51:57	8:32
363	47 M25	Justin Schlicher, 27, Ankeny, IA	1:51:59	8:32
364	27 M50	David Swenson, 54, Ames, IA	1:51:59	8:33
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365	67 M30	Kevin Utech, 31, Grinnell, IA	1:52:01	8:33
366	46 M45	Eric Howes-Vonstein, 46, Vinton, IA	1:52:03	8:33
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368	58 M40	Jeff Lamoureux, 41, Jefferson, IA	1:52:04	8:33
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125	28 W25	Anne Musgrave, 29*, Des Moines, IA	1:53:02	8:37
126	22 W40	Patti Plath, 44*, West Des Moines, IA	1:53:02	8:37
375	70 M30	Mark Holm, 33, Ankeny, IA	1:53:02	8:37

376	51	M35	Vinaya Sharma, 37, Hinsdale, IL	1:53:04	8:37
127	7	W45	Kathi Prien, 47*, West Des Moines, IA	1:53:04	8:37
128	16	W30	Mitchell McGonigal, 32*, Hubbard, IA	1:53:08	8:38
129	23	W20	Corinn Rathbun, 22*, Ames, IA	1:53:08	8:38
377	71	M30	Jeff Foster, 31, Keystone, CO	1:53:12	8:38
130	8	W50	D. Peterson, 51*, Grimes, IA	1:53:12	8:38
378	35	M20	Eric Peterson, 23, Ames, IA	1:53:14	8:38
131	24	W20	Erica Kabat, 20*, Bettendorf, IA	1:53:14	8:38
132	8	W45	Brenda Bright, 48*, Ames, IA	1:53:18	8:39
379	48	M25	Eric Tange, 28, Urbandale, IA	1:53:20	8:39
380	49	M25	Justus Hallam, 26, Ames, IA	1:53:22	8:39
133	17	W30	Erin Budreau, 33*, Des Moines, IA	1:53:24	8:39
381	48	M45	Brian Wiebke, 48, Marion, IA	1:53:26	8:39
382	28	M50	Rob Battles, 50, Pleasant Hill, IA	1:53:27	8:39
134	21	W35	Beth Seuferer, 38*, West Des Moines, IA	1:53:34	8:40
383	72	M30	Larry Hunt, 34, Ankeny, IA	1:53:38	8:40
384	50	M25	Eric Hyde, 28, Des Moines, IA	1:53:39	8:40
385	49	M45	Jeff Smith, 48, Indianola, IA	1:53:40	8:40
386	60	M40	Wade Steward, 42, LeGrand, IA	1:53:41	8:40
135	9	W45	Toni Wiemers, 48*, West Des Moines, IA	1:53:41	8:40
387	52	M35	Tom Trygstad, 37, Clive, IA	1:53:46	8:41
388	50	M45	Rick Krause, 48, West Des Moines, IA	1:53:49	8:41
389	51	M45	Daniel Reed, 48, Edina, MN	1:53:52	8:41
390	29	M50	Joseph Henry, 52, Des Moines, IA	1:53:52	8:41
391	73	M30	Dave Orr, 34, Humboldt, IA	1:54:00	8:42
392	52	M45	Vincent Carbino, 49, Ankeny, IA	1:54:03	8:42
136	25	W20	Maggie Meyer, 24*, Des Moines, IA	1:54:11	8:43
393	74	M30	David Muenchrath, 31, Clarinda, IA	1:54:14	8:43
137	26	W20	Rachel Pecha, 22*, Cedar Falls, IA	1:54:14	8:43
138	22	W35	Heather Woody, 35*, Coralville, IA	1:54:15	8:43
394	75	M30	Marc Reed, 30, Forest City, IA	1:54:15	8:43
139	29	W25	Jenna Hogan, 28*, Des Moines, IA	1:54:16	8:43
395	16	M55	Dick Mullen, 56, Urbandale, IA	1:54:16	8:43
396	53	M45	Jamie Shea, 47, Marion, IA	1:54:21	8:43

397	30	M50	Robin Roberts, 52, Cedar Rapids, IA	1:54:23	8:44
140	30	W25	Lauren Haakinson, 27*, Chicago, IL	1:54:24	8:44
141	23	W40	Kelli Slocum, 42*, North Liberty, IA	1:54:24	8:44
142	18	W30	Kari Bakeris, 34*, Coralville, IA	1:54:25	8:44
398	9	M60	Darrell Zmolek, 60, Dubuque, IA	1:54:25	8:44
143	24	W40	Jill Wanninger, 44*, Jefferson, IA	1:54:27	8:44
144	10	W45	Vicki Malmanger, 47*, Bondurant, IA	1:54:28	8:44
399	61	M40	Joe Akers, 43, Grimes, IA	1:54:31	8:44
400	31	M50	Brian Scott, 53, Johnston, IA	1:54:41	8:45
401	17	M55	Rob Stetson, 55, Johnston, IA	1:54:45	8:45
402	51	M25	Stephen Moore, 26, Waverly, IA	1:54:54	8:46
145	11	W45	Annette Krause, 47*, West Des Moines, IA	1:55:02	8:46
403	54	M45	Jim Logan, 47, Des Moines, IA	1:55:05	8:47
146	19	W30	Heidi Anhalt, 31*, Cedar Rapids, IA	1:55:06	8:47
147	20	W30	Kara Stalzer, 34*, West Des Moines, IA	1:55:07	8:47
148	21	W30	Shelley McIntyre, 34*, Des Moines, IA	1:55:09	8:47
404	10	M60	Del Lark, 60, Des Moines, IA	1:55:11	8:47
405	11	M60	Larry Walden, 62, Marshalltown, IA	1:55:13	8:47
149	23	W35	Jody Budde, 35*, Iowa City, IA	1:55:17	8:48
150	25	W40	Desiree Ingham, 41*, Des Moines, IA	1:55:17	8:48
406	36	M20	Matthew Riggs, 24, Marion, IA	1:55:17	8:48
407	32	M50	John Meyer, 53, West Des Moines, IA	1:55:23	8:48
151	22	W30	Becky Krieg, 31*, West Des Moines, IA	1:55:26	8:48
152	24	W35	Heather Brunk, 37*, Johnston, IA	1:55:32	8:49
153	26	W40	Joann Green, 41*, Urbandale, IA	1:55:32	8:49
408	76	M30	John Marshall III, 33, Omaha, NE	1:55:36	8:49
154	27	W20	Heather McCall, 23*, Minneapolis, MN	1:55:36	8:49
409	55	M45	Tom Hauser, 48, Chanhassen, MN	1:55:39	8:49
155	4	W55	Diane Yagla, 56*, Iowa City, IA	1:55:42	8:50
156	31	W25	Laura Jontz, 26*, Des Moines, IA	1:55:43	8:50
157	3	JrW	Ali Meyer, 19*, West Des Moines, IA	1:55:45	8:50
158	32	W25	Tanya Poshusta, 29*, Rochester, MN	1:55:45	8:50
159	33	W25	Jill Schmitz, 29*, Panama, IA	1:55:47	8:50
160	25	W35	Jennifer Veak, 35*, Des Moines, IA	1:55:50	8:50

161	28	W20	Jamie Cross, 21*, Iowa City, IA	1:55:57	8:51
410	53	M35	Bob Sinclair, 39, Williamsburg, IA	1:56:02	8:51
411	54	M35	Chad Strauss, 36, Johnston, IA	1:56:08	8:52
162	34	W25	Meredith Cadwell, 26*, Grimes, IA	1:56:11	8:52
412	52	M25	Benjamin Cadwell, 29, Grimes, IA	1:56:12	8:52
163	29	W20	Kelli Krogman, 21*, Ames, IA	1:56:16	8:52
413	55	M35	Todd Erzen, 36, Des Moines, IA	1:56:16	8:52
164	35	W25	Stephanie Migawa, 28*, Blue Grass, IA	1:56:17	8:52
165	36	W25	J Longnecker, 26*, Johnston, IA	1:56:18	8:52
166	30	W20	Kellie Tholen, 23*, Tipton, IA	1:56:19	8:52
167	31	W20	Raquel Telfer, 22*, Underwood, IA	1:56:19	8:52
414	62	M40	Gerard Amadeo, 43, Des Moines, IA	1:56:20	8:52
168	37	W25	Darcy Ehrmann, 27*, Cedar Rapids, IA	1:56:23	8:53
169	26	W35	Lori Griswold, 39*, Fort Madison, IA	1:56:26	8:53
170	27	W35	Julie Peterson, 38*, Ames, IA	1:56:33	8:53
171	23	W30	Megan Jones-Schiebel, 32*, Washington, IA		
				1:56:35	8:54
415	56	M45	Steve Siglin, 49, Iowa City, IA	1:56:37	8:54
172	38	W25	Nicole Herrold, 27*, Urbandale, IA	1:56:41	8:54
173	27	W40	Rebecca Brannan, 44*, Urbandale, IA	1:56:46	8:54
174	28	W35	Cheryl Smith, 37*, Urbandale, IA	1:56:47	8:54
416	18	M55	Mark Ramsey, 57, Cedar Rapids, IA	1:56:48	8:55
417	63	M40	Randy Sutton, 42, Des Moines, IA	1:56:48	8:55
418	64	M40	Scott Newbury, 44, Waukee, IA	1:56:56	8:55
175	12	W45	Denise Charter-Jones, 47*, Urbandale, IA	1:57:03	8:56
419	56	M35	Ron Bily, 37, Inianola, IA	1:57:04	8:56
420	77	M30	Shaun Cassells, 30, Cedar Rapids, IA	1:57:07	8:56
176	39	W25	Melissa Bocardo, 28*, Knob Noster, MO	1:57:10	8:56
421	65	M40	Tom Wieck, 42, Des Moines, IA	1:57:11	8:56
422	78	M30	Chad Pfohl, 34, Iowa City, IA	1:57:17	8:57
177	32	W20	Tracy Hundertmark, 22*, Ames, IA	1:57:18	8:57
423	53	M25	Christopher Fitzgerald, 25, Des Moines, IA		
				1:57:20	8:57
178	40	W25	Christie Muenzenberger, 27*, Des Moines, IA		

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179	33 W20	Gina Jones, 24*, Pella, IA		1:57:20	8:57
424	33 M50	Randy Derby, 50, Urbandale, IA		1:57:21	8:57
180	24 W30	Jen Gerber, 30*, Pella, IA		1:57:21	8:57
181	41 W25	Tara Scroggin, 27*, Lenexa, KS		1:57:27	8:58
182	25 W30	Nicole Schultz, 30*, Urbandale, IA		1:57:39	8:58
425	79 M30	Peter Frett, 31, Des Moines, IA		1:57:40	8:59
426	66 M40	James Lunders, 40, Johnston, IA		1:57:41	8:59
427	67 M40	Brad Willie, 41, Urbandale, IA		1:57:41	8:59
428	68 M40	Bill McGinn, 42, Johnston, IA		1:57:41	8:59
183	29 W35	Debbie Hunt, 35*, Ankeny, IA		1:57:41	8:59
429	57 M45	Rob Gillum, 48, Des Moines, IA		1:57:43	8:59
430	54 M25	Tom Howe, 28, Ames, IA		1:57:44	8:59
431	19 M55	Forey Jacobson, 58, Des Moines, IA		1:57:45	8:59
432	20 M55	T A Meyer, 56, Johnston, IA		1:57:48	8:59
184	30 W35	Beverly Williams, 37*, Prairie City, IA		1:57:53	8:59
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433	69 M40	Daniel Smidt, 41, West Des Moines, IA		1:57:56	9:00
185	31 W35	Dina Oliver, 38*, Des Moines, IA		1:57:56	9:00
186	32 W35	Renee Fickbohm, 35*, Johnston, IA		1:57:57	9:00
434	70 M40	Trevor Myers, 41, Des Moines, IA		1:58:07	9:01
435	57 M35	Steven Benz, 38, Udell, IA		1:58:11	9:01
187	13 W45	Kriss Uehling, 46*, Ottumwa, IA		1:58:13	9:01
436	58 M35	David Reis, 36, Carroll, IA		1:58:17	9:01
188	42 W25	Jessica Pilling, 26*, Clive, IA		1:58:20	9:02
189	33 W35	Tammy Mickey, 36*, Melcher, IA		1:58:23	9:02
437	21 M55	Kevin Cooney, 57, Des Moines, IA		1:58:25	9:02
438	55 M25	Brian Kroska, 28, Ankeny, IA		1:58:26	9:02
439	80 M30	Dominick Villotti, 34, Urbandale, IA		1:58:28	9:02
190	34 W20	Melissa Ditch, 24*, Center Point, IA		1:58:31	9:02
440	34 M50	Blake Barnes, 54, Mason City, IA		1:58:32	9:02
441	35 M50	David Schaefer, 52, Edina, MN		1:58:32	9:02
442	14 JrM	Zach Stanley, 16, Grimes, IA		1:58:47	9:04
191	9 W50	Julie Hansen, 52*, Milford, IA		1:58:55	9:04

443	37	M20	Freddy Witarsa, 23, Des Moines, IA	1:59:03	9:05
192	28	W40	Susan Hellickson, 40*, Des Moines, IA	1:59:05	9:05
444	71	M40	Bill Olson, 44, Urbandale, IA	1:59:06	9:05
445	72	M40	Erik Luthens, 44, Urbandale, IA	1:59:06	9:05
446	58	M45	Matthew Whitis, 47, Oskaloosa, IA	1:59:10	9:05
193	14	W45	Anne Whitis, 48*, Oskaloosa, IA	1:59:10	9:05
447	81	M30	Derek Trobaugh, 31, Windsor Heights, IA	1:59:15	9:06
448	82	M30	Colin Witt, 34, Des Moines, IA	1:59:16	9:06
449	15	JrM	Ian Weller, 19, Des Moines, IA	1:59:20	9:06
194	43	W25	Carissa Oltmann, 27*, Cedar Rapids, IA	1:59:23	9:06
450	36	M50	Mike Palmer, 50, Jefferson, IA	1:59:28	9:07
195	44	W25	Colleen Crossett, 26*, Des Moines, IA	1:59:29	9:07
451	83	M30	Wyatt Myers, 31, Des Moines, IA	1:59:30	9:07
452	84	M30	Chad Sailsbury, 34, Urbandale, IA	1:59:32	9:07
453	85	M30	Brenton Pushetonequa, 33, Tama, IA	1:59:34	9:07
196	4	JrW	Elizabeth Wiebke, 19*, Des Moines, IA	1:59:48	9:08
454	73	M40	Jay Honohan, 44, Iowa City, IA	1:59:48	9:08
455	59	M35	Peter Molgaard, 35, Anita, IA	1:59:53	9:09
197	15	W45	Lori Gabel, 46*, Marion, IA	1:59:56	9:09
456	37	M50	John Curtin, 53, Des Moines, IA	2:00:04	9:09
198	45	W25	Kacie Purl, 25*, Ames, IA	2:00:07	9:10
457	60	M35	Ahmed Choudhury, 37, Ankeny, IA	2:00:10	9:10
199	10	W50	Julia Batten, 53*, Carlisle, IA	2:00:11	9:10
200	26	W30	Molly Dietrich, 32*, Sioux Falls, SD	2:00:12	9:10
201	29	W40	Mindee Jensen, 42*, Ankeny, IA	2:00:14	9:10
202	30	W40	Karmel Sueppel, 40*, West Des Moines, IA	2:00:14	9:10
203	46	W25	Julie Kistenmacher, 26*, Urbandale, IA	2:00:15	9:10
204	47	W25	Carrie Hiner, 29*, Des Moines, IA	2:00:17	9:10
205	27	W30	Kelli Brockmann, 33*, Waukee, IA	2:00:19	9:11
206	48	W25	Megan Recker, 25*, West Des Moines, IA	2:00:19	9:11
458	22	M55	Stephen Runde, 55, Marion, IA	2:00:23	9:11
207	28	W30	Whitney Smith, 31*, Altoona, IA	2:00:25	9:11
208	29	W30	Laura Post, 33*, Marion, IA	2:00:32	9:12
459	61	M35	Ryan Post, 35, Marion, IA	2:00:32	9:12

209	30	W30	Michaela Coyle, 30*, Cedar Rapids, IA	2:00:34	9:12
210	49	W25	Elizabeth Burt, 27*, Des Moines, IA	2:00:39	9:12
460	86	M30	Nicholaus Garwick, 30, Chicago, IL	2:00:48	9:13
211	31	W30	Jenn Sands, 34*, Clarinda, IA	2:00:51	9:13
212	50	W25	Kara McClure, 28*, Dallas Center, IA	2:00:51	9:13
213	34	W35	Lisa Jenison, 37*, Ankeny, IA	2:01:00	9:14
461	59	M45	Will Hildreth, 48, Des Moines, IA	2:01:07	9:14
214	32	W30	Jennifer Koch, 32*, Milwaukee, WI	2:01:08	9:14
215	35	W35	Lori Kiene, 36*, Ankeny, IA	2:01:16	9:15
216	33	W30	Jayme Steffen, 31*, Riverside, IA	2:01:20	9:15
462	23	M55	Kevin Shay, 55, Urbandale, IA	2:01:29	9:16
463	62	M35	Mike Biegger, 39, Des Moines, IA	2:01:30	9:16
217	34	W30	Katie Worple, 34*, Saint Paul, MN	2:01:30	9:16
464	38	M50	Charles Nixon, 51, Coon Rapids, IA	2:01:31	9:16
218	36	W35	Annika Cornelisse, 37*, Des Moines, IA	2:01:31	9:16
219	35	W30	Robyn Clevenger, 30*, West Des Moines, IA		
				2:01:35	9:16
465	56	M25	Ron Zozaya, 29, Fairfax, IA	2:01:35	9:16
220	31	W40	Connie Ten Napel, 41*, Jefferson, IA	2:01:40	9:17
221	51	W25	Aubrey Villotti, 29*, Urbandale, IA	2:01:43	9:17
222	52	W25	Jill McGargill, 28*, West Des Moines, IA	2:01:45	9:17
223	53	W25	Lucie Griffin, 26*, Des Moines, IA	2:01:46	9:17
224	32	W40	Lora Sink, 40*, Cedar Falls, IA	2:01:48	9:17
225	54	W25	Sarah Naber, 28*, Des Moines, IA	2:01:48	9:17
466	57	M25	Brandon Haines, 28, Des Moines, IA	2:01:48	9:17
467	38	M20	Al Bosco, 20, Vernon Hills, IL	2:01:51	9:18
226	55	W25	Ashley Cox, 25*, West Des Moines, IA	2:01:53	9:18
227	56	W25	Erica Simbro, 29*, Des Moines, IA	2:01:55	9:18
228	11	W50	Jan Atchison, 50*, Rhodes, IA	2:01:56	9:18
229	16	W45	Tammy Newton, 46*, Norwalk, IA	2:01:56	9:18
230	37	W35	Rita Bunting, 38*, Indianola, IA	2:01:58	9:18
468	63	M35	Jason Halifax, 36, Waukee, IA	2:02:01	9:18
231	38	W35	Stacy Huff, 36*, Indianola, IA	2:02:03	9:19
232	17	W45	Julie Hale, 46*, Des Moines, IA	2:02:14	9:19

233	35	W20	Kayla Hanson, 21*, Ames, IA	2:02:21	9:20
234	33	W40	Cindy McCartan, 41*, West Des Moines, IA	2:02:22	9:20
235	36	W20	Andi Werger, 21*, West Des Moines, IA	2:02:27	9:20
236	57	W25	Kathryn Sandie, 27*, Waukee, IA	2:02:27	9:20
237	37	W20	Ashley Smith, 23*, Des Moines, IA	2:02:29	9:21
469	39	M20	Matthew Richter, 24, Des Moines, IA	2:02:29	9:21
238	36	W30	Latris Overspade, 34*, Ankeny, IA	2:02:31	9:21
470	64	M35	John McCartan, 39, West Des Moines, IA	2:02:35	9:21
239	5	W55	Mary Beth Polking, 55*, Mason City, IA	2:02:39	9:21
240	58	W25	Hannah Sneller, 25*, Omaha, NE	2:02:40	9:21
241	59	W25	Theresa Wells, 27*, Urbandale, IA	2:02:58	9:23
471	65	M35	Joel Jackman, 38, Des Moines, IA	2:03:00	9:23
472	58	M25	Kevin McCarthy, 27, Des Moines, IA	2:03:06	9:23
473	59	M25	Joseph Wimp, 28, Coralville, IA	2:03:06	9:23
474	74	M40	Steve Sink, 40, Cedar Falls, IA	2:03:12	9:24
242	37	W30	Rhonda Glaspie, 31*, Ames, IA	2:03:16	9:24
475	60	M25	Timothy Fencl, 29, Ames, IA	2:03:18	9:24
476	61	M25	Quincy Beck, 29, Urbandale, IA	2:03:19	9:24
243	39	W35	Darci Carver, 37*, Urbandale, IA	2:03:28	9:25
244	34	W40	Kelly Faga, 40*, Iowa Falls, IA	2:03:28	9:25
245	40	W35	Lauri Sundo, 37*, Waukee, IA	2:03:30	9:25
246	41	W35	Mary Ducar, 39*, Ankeny, IA	2:03:32	9:25
477	62	M25	Mark Isaacson, 26, Urbandale, IA	2:03:34	9:26
247	38	W30	Rosalyn Lehman, 31*, Pleasant Hill, IA	2:03:35	9:26
478	39	M50	Kenneth Goodard, 53, Bondurant, IA	2:03:39	9:26
248	38	W20	Amy Warg, 21*, Gilbert, IA	2:03:45	9:26
249	39	W20	Bridget Warg, 21*, Gilbert, IA	2:03:46	9:26
479	12	M60	Steven Ovel, 61, Cedar Rapids, IA	2:03:49	9:27
250	40	W20	Samantha Konz, 20*, Ames, IA	2:03:55	9:27
251	39	W30	Jana Severson, 31*, West Des Moines, IA	2:04:00	9:28
252	42	W35	Micholyn Fajen, 35*, West Des Moines, IA	2:04:05	9:28
253	1	W60	Patricia Goodwin, 62*, Minneapolis, MN	2:04:13	9:28
254	43	W35	Lynn Stover, 35*, Wichita, KS	2:04:15	9:29
480	87	M30	Brian McKibban, 30, Johnston, IA	2:04:19	9:29

481	66 M35	Keith Lydon, 39, West Des Moines, IA	2:04:21	9:29
482	13 M60	John Pleasants, 60, Ames, IA	2:04:22	9:29
483	40 M20	Jonathon Matula, 20, Ames, IA	2:04:23	9:29
255	41 W20	Michele Pelzer, 21*, Iowa City, IA	2:04:23	9:29
256	42 W20	Andrea Pruisman, 24*, Blairsburg, Ia	2:04:23	9:29
484	40 M50	Brent Cooper, 54, Urbandale, IA	2:04:36	9:30
257	40 W30	Lisa Clark, 32*, Jefferson, IA	2:04:38	9:30
258	35 W40	Jodi Bacon, 40*, Urbandale, IA	2:04:38	9:30
259	44 W35	Laura Bridgeman, 35*, Des Moines, IA	2:04:39	9:30
260	36 W40	Phyllis Peter, 44*, Prairie City, IA	2:04:44	9:31
485	60 M45	Kevin Emge, 49, Grinnell, IA	2:04:44	9:31
486	88 M30	Nate Ogbourne, 30, Carlisle, IA	2:04:57	9:32
261	60 W25	Nicole Woodroffe, 25*, Des Moines, IA	2:05:02	9:32
262	37 W40	Kate Murphy, 42*, Waukee, IA	2:05:02	9:32
487	75 M40	Gerald Smith, 43, Belmond, IA	2:05:05	9:32
263	61 W25	Kimberly Dea, 29*, Ankeny, IA	2:05:18	9:33
488	63 M25	Matt Schouten, 28, Cedar Rapids, IA	2:05:20	9:34
264	41 W30	Shannon Buttz, 33*, Waukee, IA	2:05:21	9:34
265	45 W35	Bobbi Downing, 37*, West Des Moines, IA	2:05:23	9:34
266	5 JrW	Jennifer Rinehart, 19*, Naperville, IL	2:05:24	9:34
489	64 M25	Ryan Bendickson, 29, West Des Moines, IA	2:05:25	9:34
490	61 M45	Tony McBrdie, 46, Ckive, IA	2:05:29	9:34
267	18 W45	Lori McQuiston, 45*, Maxwell, IA	2:05:36	9:35
491	65 M25	Ben Warren, 27, Des Moines, IA	2:05:40	9:35
268	62 W25	Erin Gittins, 26*, West Des Moines, IA	2:05:41	9:35
492	76 M40	Jeff Collum, 40, West Des Moines, IA	2:05:45	9:35
493	62 M45	Daniel Chargo, 49, Toledo, IA	2:05:51	9:36
269	63 W25	Kailing Kong, 26*, Des Moines, IA	2:05:56	9:36
270	42 W30	Michele Williams, 32*, Massena, IA	2:06:02	9:37
271	12 W50	Pamela Wood, 54*, Janesville, IA	2:06:04	9:37
272	64 W25	Holly Dorenkamp, 27*, Johnston, IA	2:06:06	9:37
273	65 W25	Jill Foster, 27*, West Des Moines, IA	2:06:10	9:37
274	43 W30	Suzette Reed, 31*, Clarinda, IA	2:06:18	9:38
494	67 M35	Chris Burch, 38, Des Moines, IA	2:06:18	9:38

275	38	W40	Betsey Madden, 40*, Evanston, IL	2:06:21	9:38
495	77	M40	Larry Gaston, 42, Des Moines, IA	2:06:22	9:38
276	39	W40	Rachele Kugel, 43*, Des Moines, IA	2:06:25	9:39
277	19	W45	Kary Austin, 46*, Grimes, IA	2:06:26	9:39
278	66	W25	Kathy Patten, 26*, Des Moines, IA	2:06:27	9:39
279	44	W30	Megan Flynn, 31*, Des Moines, IA	2:06:38	9:40
496	41	M50	John Moran, 51, Story City, IA	2:06:40	9:40
280	40	W40	Denna Mitchell, 44*, Greenfield, IA	2:06:45	9:40
281	45	W30	Amber Sady, 30*, Reno, NV	2:06:47	9:40
497	78	M40	Steven Cannon, 42, Des Moines, IA	2:06:49	9:40
282	67	W25	Meghan Teigen, 27*, Des Moines, IA	2:06:49	9:40
283	43	W20	Christine Chinhema, 24*, Des Moines, IA	2:06:50	9:40
498	79	M40	Mark Perington, 44, Johnston, IA	2:06:55	9:41
284	68	W25	Robin Greenlee, 28*, Ames, IA	2:06:57	9:41
285	41	W40	Gina Garman, 43*, Iowa, IA	2:06:59	9:41
286	20	W45	Kelly Belin, 48*, Marion, IA	2:06:59	9:41
499	63	M45	Todd Weber, 46, Earlham, IA	2:07:00	9:41
287	44	W20	Amy Woodside, 20*, Des Moines, IA	2:07:20	9:43
288	45	W20	Jenna Flugum, 24*, Cedar Rapids, IA	2:07:21	9:43
289	69	W25	Lauren Gomez, 25*, West Des Moines, IA	2:07:25	9:43
500	68	M35	Jesse Gomez, 35, West Des Moines, IA	2:07:27	9:43
501	66	M25	Chris Langpaul, 26, West Des Moines, IA	2:07:45	9:45
290	6	W55	Mary Hillman, 55*, Grand Junction, IA	2:07:46	9:45
291	46	W30	Rebecca Meis, 32*, West Des Moines, IA	2:07:47	9:45
292	46	W20	Ashley Gulvik, 20*, Des Moines, IA	2:08:01	9:46
502	67	M25	Dan Lynch, 25, Galena, IL	2:08:03	9:46
503	69	M35	Jeremy Lynch, 37, Indianola, IA	2:08:03	9:46
293	70	W25	Jasmine Gambrall, 26*, Windsor Heights, IA	2:08:05	9:46
294	47	W30	Mary Fratianni, 34*, Des Moines, IA	2:08:10	9:47
295	13	W50	Susan Clarity, 53*, Milford, IA	2:08:28	9:48
504	68	M25	Jeremy State, 27, Cedar Rapids, IA	2:08:37	9:49
296	71	W25	Melissa Haugo, 27*, Spirit Lake, IA	2:08:37	9:49
505	5	M65	Robert Kaldenberg, 68, Winterset, IA	2:08:41	9:49

297	72	W25	Sheri Bernardy, 27*, West Des Moines, IA	2:08:41	9:49
506	41	M20	Alex Hoffman, 24, Ankeny, IA	2:08:47	9:49
298	46	W35	Cari Judge, 37*, Garwin, IA	2:08:48	9:50
507	69	M25	Kevin Abler, 28, Des Moines, IA	2:08:59	9:50
508	80	M40	Matt Tullis, 41, Marshalltown, IA	2:08:59	9:50
509	89	M30	Chris Zimmer, 31, Bloomington, MN	2:09:02	9:51
510	24	M55	Kevin Zimmer, 55, Sauk Center, MN	2:09:02	9:51
299	42	W40	Jody Haws, 42*, Ankeny, IA	2:09:04	9:51
300	47	W20	Sara Burke, 21*, Lombard, IL	2:09:06	9:51
511	70	M35	Dean Luttrell, 38, Ankeny, IA	2:09:09	9:51
512	25	M55	Dennis Howard, 55, Urbandale, IA	2:09:10	9:51
513	70	M25	Tim Anderson, 27, Urbandale, IA	2:09:12	9:51
301	47	W35	Amy Kleese, 36*, Washington, IA	2:09:26	9:52
514	90	M30	Matt Batt, 32, Cary, IL	2:09:32	9:53
302	43	W40	Jennifer Berst, 40*, Cedar Rapids, IA	2:09:35	9:53
515	91	M30	Nate Dunn, 33, Cedar Rapids, IA	2:09:35	9:53
516	42	M50	Denny Henrich, 52, Des Moines, IA	2:09:41	9:54
517	71	M35	Kevin Mann, 37, Johnston, IA	2:09:46	9:54
303	48	W20	Lacey Beenken, 22*, Swea City, IA	2:09:53	9:54
304	21	W45	Lana Degroot, 47*, Oskaloosa, IA	2:09:53	9:54
518	72	M35	Joe Beuter, 36, Des Moines, IA	2:09:56	9:55
305	49	W20	Andrea Fitzgerald, 20*, Des Moines, IA	2:10:05	9:55
519	42	M20	Ryan Olsem, 24, Marion, IA	2:10:08	9:56
306	50	W20	Sarah Olsem, 21*, Marion, IA	2:10:08	9:56
307	44	W40	So Youg Newman, 42*, Clive, IA	2:10:12	9:56
520	92	M30	Chris Richardson, 30, New York, NY	2:10:15	9:56
521	81	M40	Jeff Adix, 41, Mequon, WI	2:10:19	9:56
308	48	W30	Jenny Peterson, 34*, Waukee, IA	2:10:19	9:56
522	93	M30	Brian Dwyer, 30, West Des Moines, IA	2:10:25	9:57
309	49	W30	Angela Heathman, 31*, Oak Park, IL	2:10:36	9:58
310	50	W30	Jenni Honn, 31*, Mason City, IA	2:10:36	9:58
311	14	W50	Liz Deatsch, 53*, Mystic, IA	2:10:37	9:58
312	22	W45	Rosie Branaman, 46*, Boone, IA	2:10:41	9:58
313	51	W30	Dawn Frederickson, 33*, Lino Lakes, MN	2:10:43	9:58

523	94	M30	Richard Jablonowski, 32, Dundee, IL	2:10:46	9:58
314	52	W30	Tammy Steenhoek, 32*, Prairie City, IA	2:10:51	9:59
315	51	W20	Kaitlin Courtney, 20*, Ottumwa, IA	2:10:55	9:59
524	43	M20	Enrique Ramirez, 20, Ottumwa, IA	2:10:55	9:59

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