

## 26th Fifth Season 8 Kilometer (4.97 miles)<sub>2</sub>

Cedar Rapids, Iowa

July 4, 2011

64 degrees and sunny at start

Results by Cal Murdock

5k results [here](#)

Click on the "pace" links to move about through the results. Use the Find option of your Web Browser to find the performance of a specific individual.

PLACE	CLASS PLACE	FINISHER	CHIP TIME	FINAL TIME	PACE
1	OpM	Macdonard Ondara, 26, Santa Fe, NM	22:41	22:42	4:34
2	OpM	Samuel Ndereba, 34, Royersford, PA	22:42	22:42	4:34
3	OpM	Juluis Kibet Koskey, 29, Hebron, KY	23:04	23:04	4:38
4	OpM	Moses Maweru, 33, Coon Rapids, MN	23:23	23:23	4:42
5	OpM	Julius Kiptoo, 33, Toledo, OH	23:24	23:25	4:42
6	OpM	Sammy Malakwen, 33, Two Harbors, MN	23:29	23:29	4:43
7	OpM	Richard Kandie, 26, Coon Rapids, MN	23:35	23:35	4:45
8	OpM	Festus Kigen, 25, Coon Rapids, MN	23:40	23:41	4:46
9	OpM	Kevin Chelimo, 28, Johnson City, TN	23:48	23:48	4:47
10	OpM	Samuel Kosgei, 26, Santa Fe, NM	23:48	23:48	4:47
11	1 M25	Chris Erichsen, 25, St. Paul, MN	23:56	23:56	4:49
12	2 M25	Staphan Shay, 25, Huntington Beach, CA	23:58	23:58	4:49
13	3 M25	Craig Leon, 26, Athens, OH	24:09	24:09	4:51
14	1 M30	David Tuwei, 32, Coon Rapids, MN	24:11	24:11	4:52
15	4 M25	Guor Marial, 26, Ames, IA	24:30	24:31	4:56
16	1 M35	Matt Thull, 36, Milwaukee, WI	24:49	24:49	4:59
Pace: <a href="#">5:00</a>   <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="#">Top</a>					
17	1 M20	Sammy Rotich, 24, West Des Moines, IA	24:57	24:57	5:01
18	5 M25	Nick Bowerman, 28, Dubuque, IA	25:08	25:08	5:03
19	2 M30	Dennis Mokaya Nyakundi, 31, Mankato, MN	25:11	25:12	5:04
20	2 M35	Julius Rotich, 36, West Des Moines, IA	25:15	25:15	5:05
21	2 M20	Hillary Bor, 21, Ames, IA	24:18	25:18	5:05
22	6 M25	Dave Lyons, 28, Portland, OR	25:22	25:22	5:06
23	MM	Keith Mulhollon, 41, Lake Geneva, WI	25:41	25:41	5:10
24	7 M25	Christopher Jensen, 29, Marion, IA	25:55	25:56	5:13
25	8 M25	Nathan Hopp, 28, West Amana, IA	26:01	26:02	5:14
1	OpW	Diane Johnson-Nukuri, 26*, Iowa City, IA	26:07	26:07	5:15
26	3 M20	Nicholas Synan, 20, Iowa City, IA	26:12	26:13	5:16
27	9 M25	Phil Young, 25, North Liberty, IA	26:30	26:31	5:20
28	1 M45	John Mirth, 49, Platteville, WI	26:44	26:45	5:23
2	OpW	Doreen Kitaka, 27*, Coon Rapids, MN	26:47	26:47	5:23
29	10 M25	John Njoroge, 27, Coon Rapids, MN	26:48	26:48	5:23
30	4 M20	Lewi Manirumva, 20, Fort Dodge, IA	26:51	26:53	5:24
3	OpW	Emily Brown, 26*, Minnetonka, MN	26:59	26:59	5:26
31	1 M15	Sam Read, 19, Marion, IA	27:10	27:12	5:28
32	5 M20	Hunter Hills, 22, Swisher, IA	27:15	27:17	5:29
4	OpW	Erin Moeller, 33*, Mount Vernon, IA	27:23	27:24	5:31
5	OpW	Jill Swope, 27*, Athens, GA	27:28	27:29	5:32
6	OpW	Pasca Cheruiyot, 24*, New York, NY	27:31	27:32	5:32
33	2 M15	Robert Hogg, 17, Cedar Rapids, IA	27:36	27:37	5:33
34	6 M20	Tyler Sullivan, 23, Coralville, IA	27:40	27:41	5:34
35	11 M25	Ryan Kruger, 27, Iowa City, IA	27:40	27:42	5:34
7	OpW	Atalelech Asfaw, 28*, Albuquerque, NM	27:47	27:47	5:35

36	3	M15	Kyle Stocker, 18, Solon, IA	27:46	27:53	5:36
37	1	M40	Brett Stephenson, 40, Cedar Rapids, IA	27:51	27:53	5:36
38	4	M15	Josh Evans, 15, Cedar Rapids, IA	27:53	27:55	5:37
39		GMM	Phil Kauder, 50, Cascade, IA	27:58	27:59	5:38
40	5	M15	Jake Gerber, 19, Cedar Rapids, IA	28:00	28:01	5:38
8		OpW	Mary Akor, 34*, Hawthorne, CA	28:04	28:04	5:39
41	12	M25	Scott Johnson, 28, Cedar Rapids, IA	28:04	28:06	5:39
42	6	M15	Luke Karamitros, 18, Atlantic, IA	28:02	28:10	5:40
43	7	M20	Keith Terry, 21, Cedar Rapids, IA	28:07	28:10	5:40
44	2	M40	Michael Kabela, 44, North Liberty, IA	28:13	28:14	5:41
45	7	M15	Matthew Stocker, 18, Solon, IA	28:16	28:24	5:43
46	8	M20	Mike Miroux, 22, Spring Valley, IL	28:23	28:24	5:43
9		OpW	Casey Owens, 28*, Des Moines, IA	28:26	28:27	5:43
47	8	M15	Isaac Jensen, 16, Iowa City, IA	28:47	28:49	5:48
48	9	M15	Dain Gerber, 16, Anamosa, IA	28:53	29:01	5:50
49	13	M25	Andy Phillips, 27, Iowa City, IA	29:02	29:03	5:51
10		OpW	Jen Van Otterloo, 25*, Sioux Center, IA	29:08	29:09	5:52
50	10	M15	Noah Williams, 18, Monticello, IA	29:19	29:21	5:54
11	1	W30	Rael Murey, 30*, Coon Rapids, MN	29:25	29:26	5:55
12	1	W20	Casey McDermott, 22*, Newton, IA	29:26	29:27	5:55
51	3	M35	Kent Miskimen, 39, Fairfax, IA	29:28	29:31	5:56
52	1	M50	Bobby Paxton, 54, Minneapolis, MN	29:35	29:37	5:57
Pace: <a href="#">5:00</a>   <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="#">Top</a>						

13	2	W20	Megan Lessard, 23*, Iowa City, IA	29:52	29:52	6:00
14	3	W20	Kelsey Hart, 20*, Solon, IA	29:54	29:55	6:01
53	2	M45	Greg Skopec, 49, Coralville, IA	29:57	29:58	6:02
54	9	M20	Tyson Squires, 20, Belle Plaine, IA	29:58	30:03	6:03
55	4	M35	Mark Ironside, 36, Swisher, IA	30:02	30:03	6:03
56	10	M20	John Kennedy, 23, Iowa City, IA	30:05	30:05	6:03
57	11	M20	Tim Anderson, 24, Cedar Rapids, IA	30:05	30:06	6:03
58	2	M50	Jim McCoy, 53, Madison, WI	30:16	30:17	6:05
59	5	M35	Jeff Engen, 37, Center Point, IA	30:21	30:23	6:07
60	3	M30	Chris Waterbury, 34, Marengo, IA	30:26	30:29	6:08
61	14	M25	Alex Dietz, 25, Iowa City, IA	30:33	30:36	6:09
62	15	M25	Ross Kilgore, 26, Coralville, IA	30:32	30:38	6:10
63	16	M25	Jeff McClure, 26, Cedar Rapids, IA	30:35	30:39	6:10
64	11	M15	Zach Burhite, 17, Marion, IA	30:38	30:40	6:10
65	12	M15	Matt Wittman, 17, Cedar Rapids, IA	30:37	30:42	6:10
66	3	M40	Patrick Schulte, 42, Minneapolis, MN	30:46	30:48	6:12
67	13	M15	Tyler Chlystun, 17, Marion, IA	30:47	30:49	6:12
68	14	M15	Christopher Welch, 16, Albia, IA	30:48	30:49	6:12
69	15	M15	Kyle Read, 16, Marion, IA	30:48	30:50	6:12
15	1	W25	Brooke Ferguson, 28*, Fort Dodge, IA	30:50	30:52	6:12
70	1	JrM	Dillon Decklever, 9, Cedar Rapids, IA	30:55	30:59	6:14
71	4	M40	David Reid, 44, Fairfax, IA	31:01	31:02	6:15
72	16	M15	Brandon Decker, 17, Cedar Rapids, IA	31:02	31:04	6:15
73	4	M30	Derek McChurch, 30, Des Moines, IA	31:06	31:08	6:16
16	2	W25	Elaina Mertens, 25*, Cedar Rapids, IA	31:13	31:15	6:17
74	6	M35	Keith Duster, 38, Solon, IA	31:17	31:20	6:18
75	17	M15	Walker Thompson, 17, Cedar Rapids, IA	31:14	31:21	6:18
76	18	M15	Ryan Andersen, 17, Marion, IA	31:20	31:22	6:18
77	19	M15	Luke Galloway, 16, Walford, IA	31:17	31:24	6:19
17	3	W25	Alice Anderson, 28*, Marion, IA	31:24	31:26	6:19
78	20	M15	Jared Heitz, 18, Walford, IA	31:25	31:32	6:21
79	3	M50	Jim Quigley, 54, Johnston, IA	31:31	31:33	6:21
18	4	W20	Beth Ripperger, 22*, Knoxville, IA	31:33	31:34	6:21
80	5	M40	David Julian, 41, Marion, IA	31:34	31:35	6:21
81	5	M30	Cale Stephens, 34, Swisher, IA	31:06	31:37	6:21
82	6	M30	Jeremy Richardson, 34, Cedar Rapids, IA	31:33	31:40	6:22
83	6	M40	Chad Kruger, 43, Cedar Rapids, IA	31:39	31:41	6:22
84	3	M45	Bob Brooker, 48, Cedar Rapids, IA	31:46	31:49	6:24
85	21	M15	Sean Kennedy, 18, Robins, IA	31:33	31:49	6:24
86	7	M40	James Berger, 40, Cedar Rapids, IA	31:41	31:51	6:24
87	2	JrM	Joshua Yeager, 14, Center Point, IA	31:50	31:53	6:25

88	12	M20	Jacob Schueller, 20, Cedar Rapids, IA	31:45	31:57	6:26
89	7	M30	Ethan Domke, 32, Iowa City, IA	31:57	32:01	6:26
90	4	M45	Brett Roehlk, 48, Cedar Rapids, IA	32:04	32:04	6:27
91	8	M40	Mike Lambert, 40, Monticello, IA	32:04	32:07	6:28
92	8	M30	Eric Munson, 31, Cedar Rapids, IA	32:03	32:10	6:28
93	13	M20	Kyle Polich, 23, Coralville, IA	32:04	32:14	6:29
94	17	M25	Matt Hilby, 25, Cedar Rapids, IA	32:21	32:25	6:31
19	5	W20	Sharon Heyer, 22*, Cedar Rapids, IA	32:18	32:26	6:31
20	1	W15	Lauren Benzing, 16*, Solon, IA	32:26	32:29	6:32
95	4	M50	Robert Hartkemeyer, 50, Hiawatha, IA	32:29	32:33	6:33
96	9	M40	Kyle Kolthoff, 43, Owens Cross Roads, AL	32:40	32:46	6:35
97	3	JrM	Tanner Johnson, 14, Denver, IA	32:45	32:49	6:36
98	9	M30	Brian Peck, 34, Cedar Rapids, IA	32:43	32:49	6:36
99	14	M20	Matt MacDonald, 21, Cedar Rapids, IA	32:46	32:50	6:36
100	10	M40	Dave Beckman, 44, Cedar Rapids, IA	32:48	32:53	6:37
101	5	M45	Jeff Madsen, 49, Cedar Rapids, IA	32:52	32:55	6:37
102	11	M40	Tom Daubs, 40, Marion, IA	32:58	33:06	6:39
103	22	M15	Corbin Beastrom, 19, Cedar Rapids, IA	33:01	33:06	6:39
104	10	M30	Jeff Kreinbring, 33, Solon, IA	33:02	33:10	6:40
105	11	M30	Chris Bauer, 31, Marion, IA	33:09	33:13	6:41
106	6	M45	Timothy Squiers, 49, Belle Plaine, IA	33:11	33:16	6:41
107	23	M15	Tyler Steele, 16, Keystone, IA	33:15	33:17	6:42
108	18	M25	Trevor Garson, 26, Marion, IA	33:11	33:18	6:42
109	12	M40	Pete Goedken, 40, Hiawatha, IA	33:23	33:27	6:44
21	1	W35	Megan Andresen, 35*, Marion, IA	33:27	33:29	6:44
110	12	M30	Dustin Peet, 30, Cedar Rapids, IA	33:27	33:32	6:45
111	24	M15	Devin Dills, 16, Cedar Rapids, IA	33:34	33:36	6:45
112	19	M25	Joel Cardo, 29, Center Point, IA	33:34	33:40	6:46
113	7	M35	Michael Reardon, 39, Cedar Rapids, IA	33:36	33:41	6:47
22	4	W25	Julie Johnston, 27*, Cedar Rapids, IA	33:40	33:43	6:47
23	2	W30	Carrie DeSotel, 30*, Cedar Rapids, IA	33:36	33:44	6:47
114	7	M45	Chris Jensen, 48, Iowa City, IA	33:33	33:46	6:47
24	1	JrW	Shannon Gorman, 14*, Springville, IA	33:37	33:47	6:48
25	2	W15	Courtney Bruns, 16*, West Branch, IA	33:42	33:50	6:48
115	5	M50	Dallas Robertson, 54, Iowa City, IA	33:51	33:52	6:49
116	13	M40	Samuel Houston, 44, Cedar Rapids, IA	33:55	33:58	6:50
117	25	M15	Logan Heitz, 15, Walford, IA	33:58	34:05	6:51
118	14	M40	Luke Turner, 42, Hiawatha, IA	34:02	34:08	6:52
119	15	M40	Steve Hawtrey, 44, Mount Vernon, IA	34:05	34:08	6:52
120	20	M25	Zach Paulson, 28, Cedar Rapids, IA	33:36	34:10	6:52
121	6	M50	Patrick Mally, 54, Lake Elmo, MN	34:09	34:13	6:53
26	3	W30	Mindy Olson, 32*, Iowa City, IA	34:09	34:13	6:53
122	4	JrM	Maverick Guyer, 14, Cedar Rapids, IA	34:11	34:15	6:53
123	7	M50	Guy Olson, 54, Cedar Rapids, IA	34:11	34:16	6:54
124	16	M40	Bradley Weyer, 42, Swisher, IA	33:46	34:16	6:54
27	4	W30	Tamara Loan, 30*, Cedar Rapids, IA	34:17	34:20	6:54
125	8	M35	Austin Allen, 36, Cedar Rapids, IA	34:11	34:25	6:55
126	8	M45	Michael Glavan, 48, Cedar Rapids, IA	34:22	34:27	6:56
127	15	M20	Matt Carey, 24, Cedar Rapids, IA	34:20	34:30	6:56
128	8	M50	Greg Reynolds, 50, Cedar Rapids, IA	34:23	34:31	6:56
28	3	W15	Anna Bruns, 17*, West Branch, IA	34:24	34:31	6:57
129	17	M40	Jeffrey Cater, 42, Cedar Rapids, IA	34:35	34:37	6:58
29	4	W15	Lindsey Bruns, 16*, West Branch, IA	34:32	34:39	6:58
130	13	M30	Tim McCormick, 34, Palo, IA	34:35	34:40	6:58
131	9	M35	Chad LeFevere, 35, Shellsburg, IA	34:36	34:41	6:59
Pace: <a href="#">5:00</a>   <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="#">Top</a>						
30	5	W25	Sara Ziehr, 29*, Iowa City, IA	34:36	34:49	7:00
132	21	M25	Richard Ayala, 29, Arvada, CO	34:31	34:50	7:00
31	2	W35	Roxanne Johnston, 35*, Toddville, IA	34:43	34:51	7:00
133	14	M30	Christopher Nims, 34, Robins, IA	34:36	34:51	7:01
134	15	M30	Jeff Zoltowski, 34, Marion, IA	34:50	34:52	7:01
135	16	M20	Alan Freeman, 21, Cedar Rapids, IA	34:44	34:52	7:01
32	5	W30	Daniela Williams, 34*, North Liberty, IA	34:48	34:53	7:01
136	9	M45	Mike Schulte, 46, Cedar Rapids, IA	34:50	34:54	7:01

137	1	M55	Mike Skopec, 55, Traer, IA	34:56	35:00	7:02
138	16	M30	Jon Myers, 34, North Liberty, IA	34:54	35:00	7:02
33	6	W20	Ramsey Steiner, 21*, Cedar Rapids, IA	34:50	35:00	7:02
139	10	M45	Bob Lotz, 48, North Liberty, IA	34:32	35:04	7:03
140	9	M50	Craig Brophy, 50, Cedar Rapids, IA	35:05	35:10	7:04
141	5	JrM	Tyler Day, 14, Gilbert, AZ	34:57	35:17	7:06
142	10	M50	Matt Brandt, 50, Cedar Rapids, IA	35:15	35:19	7:06
34		MW	Karen Martin, 49*, Lisbon, IA	35:19	35:21	7:07
143	26	M15	Travis Prior, 16, Center Point, IA	35:09	35:23	7:07
35	6	W30	Erica Lewis, 33*, Cedar Rapids, IA	35:09	35:24	7:07
144	11	M45	Robert Rodriguez, 47, Cedar Rapids, IA	35:22	35:25	7:07
36	6	W25	Liz Jobe, 26*, Chicago, IL	35:20	35:27	7:08
145	11	M50	Kurt Langel, 53, Cedar Rapids, IA	35:27	35:29	7:08
146	17	M30	Tim Kalis, 32, Kansas City, MO	35:20	35:31	7:09
147	18	M30	James Thomas, 31, Marion, IA	35:24	35:33	7:09
148	18	M40	David Steines, 44, Mount Vernon, IA	35:29	35:34	7:09
37	5	W15	Breanna Gaster, 17*, Walford, IA	35:27	35:34	7:09
149	10	M35	Rob Weber, 39, Western Springs, IL	35:22	35:35	7:09
150	19	M40	Andrew Degen, 42, Coralville, IA	35:16	35:37	7:10
151	12	M45	Steve Brown, 49, Cedar Rapids, IA	35:35	35:38	7:10
38	7	W20	Rebecca Dennis, 22*, Cedar Rapids, IA	35:27	35:41	7:11
39	7	W25	Elizabeth Steele, 26*, Norway, IA	35:41	35:46	7:12
40	3	W35	Jen Egan Smith, 38*, Sumner, IA	35:36	35:46	7:12
152	13	M45	Lane Prochnow, 47, Cedar Rapids, IA	35:38	35:48	7:12
41	6	W15	Allison Kindig, 18*, Cedar Rapids, IA	35:46	35:50	7:12
42	1	W45	Jane McGee, 49*, Hiawatha, IA	35:43	35:53	7:13
153	12	M50	Phil Stickland, 50, Bournemouth, Dorset	35:53	35:58	7:14
154	2	M55	Mike Howard, 58, Gilbertsville, KY	35:47	36:01	7:15
155	14	M45	John Peters, 46, Cedar Rapids, IA	35:41	36:02	7:15
156	20	M40	Mark Beason, 40, Cedar Rapids, IA	35:54	36:04	7:15
43	8	W20	Tara Squiers, 23*, Dubuque, IA	35:51	36:06	7:16
157	22	M25	Josh Handke, 26, Dubuque, IA	35:51	36:07	7:16
44	4	W35	Kim Blankenship, 35*, Cedar Rapids, IA	36:07	36:11	7:17
158	23	M25	Kyle Mallie, 26, Cedar Rapids, IA	36:00	36:12	7:17
159	11	M35	Jason Schoenbeck, 36, Cedar Rapids, IA	35:46	36:16	7:18
160	12	M35	Chad Bosch, 35, Cedar Rapids, IA	36:13	36:19	7:18
161	24	M25	Nathan Kelley, 27, Cedar Rapids, IA	36:03	36:20	7:18
162	1	M60	Gene Wandling, 60, Iowa City, IA	36:18	36:20	7:19
163	15	M45	Kelly Steele, 47, Hiawatha, IA	36:12	36:25	7:19
164	2	M60	David Coates, 63, Cedar Rapids, IA	36:16	36:26	7:20
165	21	M40	Todd Gelo, 42, Cedar Rapids, IA	36:17	36:27	7:20
166	3	M60	Bob Strickland, 60, Marion, IA	36:25	36:28	7:20
45	5	W35	Eunice Chelagat, 36*, Coon Rapids, MN	36:27	36:29	7:20
167	19	M30	Charlie Shaw, 31, Cedar Rapids, IA	36:20	36:30	7:20
168	22	M40	Brian Gallagher, 41, Cedar Rapids, IA	36:25	36:30	7:21
169	13	M50	Steven Keane, 51, Cedar Rapids, IA	36:21	36:30	7:21
46		GMW	Andriette Wickstrom, 56*, Storm Lake, IA	36:31	36:34	7:21
170	14	M50	Tim Kelly, 52, Iowa City, IA	36:30	36:35	7:21
171	23	M40	Mark Akers, 41, North Liberty, IA	36:43	36:52	7:25
172	27	M15	Tyler Hubler, 19, Cedar Rapids, IA	36:35	36:52	7:25
173	28	M15	Charlie Parks, 18, Cedar Rapids, IA	36:55	36:59	7:26
174	25	M25	Robby Marvin, 27, Cedar Rapids, IA	36:48	37:02	7:27
175	16	M45	Horacio Olivo, 49, Iowa City, IA	36:41	37:03	7:27
176	29	M15	Sean Kenel, 18, Cedar Rapids, IA	36:47	37:05	7:28
177	26	M25	Dan Gahring, 28, Cedar Rapids, IA	36:52	37:06	7:28
178	24	M40	Terry Sullivan, 43, Marion, IA	36:48	37:07	7:28
179	17	M20	Jerry Harland, 22, Cedar Rapids, IA	37:06	37:09	7:28
180	15	M50	Michael Schneekloth, 51, Cedar Rapids, IA	36:50	37:11	7:29
181	13	M35	Charlie Schimberg, 35, Cedar Rapids, IA	36:59	37:12	7:29
47	7	W15	Chantal Fruhling, 19*, Cedar Rapids, IA	37:13	37:13	7:29
182	25	M40	Daryl Latham, 40, Cedar Rapids, IA	37:02	37:14	7:29
183	17	M45	Bob Read, 46, Marion, IA	36:58	37:21	7:31
184	14	M35	Scott Ziehr, 36, Iowa City, IA	37:09	37:22	7:31
185	26	M40	Steve Feldmann, 43, Iowa City, IA	37:13	37:23	7:31
186	15	M35	Brent Fillenworth, 39, Cedar Rapids, IA	37:05	37:25	7:32

187	16 M50	Bill Heitz, 50, Walford, IA	37:22	37:31	7:33
188	18 M20	Mathew Haager, 23, Coralville, IA	37:11	37:32	7:33
189	20 M30	Wes Hepker, 31, North Liberty, IA	37:13	37:33	7:33
190	27 M25	Leo Buzalsky, 27, Cedar Rapids, IA	37:18	37:35	7:33
191	18 M45	Todd Kramer, 46, Cedar Rapids, IA	36:58	37:35	7:34
48	2 JrW	Allison Culver, 14*, Cedar Rapids, IA	37:29	37:36	7:34
192	30 M15	Alex Herington, 19, Cedar Rapids, IA	37:36	37:38	7:34
193	4 M60	Norm Arons, 64, Cedar Rapids, IA	37:29	37:41	7:35
194	17 M50	Keith Kenel, 50, Cedar Rapids, IA	37:24	37:42	7:35
195	16 M35	Brady Van Voorst, 36, Cedar Rapids, IA	37:28	37:46	7:36
49	1 W40	Patty Benzing, 43*, Solon, IA	37:29	37:46	7:36
50	2 W40	Rita Taylor-Stewart, 44*, Atkins, IA	37:42	37:49	7:36
196	18 M50	James Shell, 51, Hiawatha, IA	37:39	37:50	7:37
197	21 M30	Doug Fishwild, 32, Marion, IA	37:43	37:52	7:37
198	5 M60	Warren Feerer, 61, Cedar Rapids, IA	37:52	37:55	7:37
199	6 M60	Dale Hanna, 62, Cedar Rapids, IA	37:49	37:55	7:38
200	19 M50	Allan Mallie, 51, Mount Vernon, IA	37:52	37:58	7:38
201	20 M50	Kevin Costigan, 51, Cedar Rapids, IA	37:50	37:58	7:38
202	6 JrM	Samuel Eck, 13, Cedar Rapids, IA	37:37	38:01	7:39
203	19 M45	DeWayne Heintz, 47, Cedar Rapids, IA	37:52	38:02	7:39
204	3 M55	Brad Scott, 58, Marion, IA	37:58	38:02	7:39
51	6 W35	Tami Skriver, 39*, Walford, IA	37:48	38:02	7:39
205	21 M50	Dan Gee, 54, Cedar Rapids, IA	37:51	38:03	7:39
52	2 W45	Traci Vercande, 46*, Robins, IA	37:51	38:05	7:40
206	22 M50	Jim Cox, 50, Robins, IA	37:46	38:08	7:40
207	27 M40	Kevin Cano, 41, Cedar Rapids, IA	38:01	38:09	7:40
53	8 W15	Allison Pitz, 16*, Cedar Rapids, IA	37:55	38:10	7:41
208	23 M50	Ted Olson Jr., 51, Hiawatha, IA	37:48	38:10	7:41
54	7 W30	Mariah Hurley, 34*, Cedar Rapids, IA	38:04	38:11	7:41
209	22 M30	Dustin Rahe, 33, Palo, IA	38:08	38:12	7:41
210	17 M35	Chad Gammon, 38, Cedar Rapids, IA	38:08	38:12	7:41
211	18 M35	Brian Huber, 35, Cedar Rapids, IA	38:02	38:16	7:42
212	4 M55	Tom Dirks, 55, Mingo, IA	38:09	38:16	7:42
213	1 M65	Tom Kirkwood, 67, Dyersville, IA	38:13	38:17	7:42
55	8 W30	Melissa Bishop, 30*, Cedar Rapids, IA	38:11	38:18	7:42
56	9 W30	Dawn Buckheister, 34*, Cedar Rapids, IA	37:56	38:18	7:42
214	20 M45	Tim Wittman, 46, Cedar Rapids, IA	38:04	38:19	7:42
57	10 W30	Carrie Powicki Kaufman, 34*, Hiawatha, IA	38:06	38:19	7:42
215	5 M55	Mike Gardner, 57, Solon, IA	38:12	38:20	7:43
216	19 M35	John Carr, 39, Marion, IA	38:17	38:20	7:43
217	6 M55	Mark Duskocil, 56, Cedar Hill, TX	38:19	38:24	7:43
218	7 JrM	Colton Lagrange, 10, Swisher, IA	38:24	38:24	7:43
58	3 W40	Diana Croghan, 42*, Center Point, IA	38:15	38:27	7:44
219	31 M15	Zach Parsons, 19, Cedar Rapids, IA	38:04	38:27	7:44
220	20 M35	Kori Sickles, 36, Cedar Rapids, IA	38:06	38:28	7:44
59	8 W25	Amy Wadlington, 27*, Des Moines, IA	38:20	38:28	7:44
221	21 M45	Philippe Carrez, 45, Cedar Rapids, IA	38:28	38:30	7:44
222	24 M50	Joe McGrath, 54, Cedar Rapids, IA	38:25	38:30	7:45
60	11 W30	Nadine Myers, 30*, Walker, IA	38:21	38:30	7:45
223	7 M60	Bruce Bachmann, 61, Cedar Rapids, IA	38:25	38:31	7:45
61	9 W15	Sarah Manders, 16*, Cedar Rapids, IA	38:27	38:32	7:45
224	22 M45	Larry Ihde, 46, Cedar Rapids, IA	38:10	38:34	7:45
225	21 M35	Dean Karl, 36, Cedar Rapids, IA	38:30	38:35	7:46
226	28 M25	Michael Yearous, 25, Marion, IA	38:30	38:44	7:47
227	29 M25	Brian Zias, 28, Minneapolis, MN	38:38	38:45	7:48
62	12 W30	Heather Fleming, 34*, Robins, IA	38:35	38:48	7:48
228	25 M50	Steve Schuchmann, 50, Arlington, IA	38:44	38:49	7:48
63	10 W15	Katharine Manders, 19*, Cedar Rapids, IA	38:46	38:52	7:49
64	11 W15	Carolyn Newhouse, 17*, Marion, IA	38:46	38:52	7:49
65	12 W15	Lexi Bernstein, 16*, Cedar Rapids, IA	38:46	38:53	7:49
229	26 M50	Neal Scharmer, 54, Cedar Rapids, IA	38:23	38:53	7:49
230	23 M30	John Dulle, 33, Cedar Rapids, IA	38:24	38:53	7:49
231	30 M25	Will Ketchen, 26, Cedar Rapids, IA	38:51	38:55	7:50
66	9 W25	Vanessa Vega, 28*, Cedar Rapids, IA	38:34	38:56	7:50
232	7 M55	John Smith, 57, Cedar Rapids, IA	38:48	38:56	7:50

67	13	W30	Chantelle Sieren, 32*, Robins, IA	38:48	38:58	7:50
233	27	M50	Kim Brant, 52, Atkins, IA	38:52	38:58	7:50
234	23	M45	Anthony Nicholson, 47, O'Fallon, IL	38:24	39:00	7:51
235	24	M45	Leonard Strand, 45, Cedar Rapids, IA	38:41	39:00	7:51
236	22	M35	Deidre Nims, 35, Robins, IA	38:29	39:01	7:51
237	28	M50	Jay Wiebold, 54, Caucasian, IA	38:49	39:04	7:52
238	8	JrM	Raymond Wright, 14, Marion, IA	38:31	39:05	7:52
239	8	M55	Tom Vanberkum, 59, Marion, IA	39:00	39:05	7:52
240	23	M35	Edwin Lindeman, 36, Cedar Rapids, IA	38:54	39:05	7:52
241	9	M55	Charlie Funk, 57, Iowa City, IA	39:03	39:06	7:52
242	29	M50	John Nollsch, 54, Cedar Rapids, IA	38:46	39:08	7:52
243	25	M45	Kevin Steele, 49, Lisbon, IA	38:59	39:10	7:53
244	24	M35	Greg Schmidt, 38, Cedar Rapids, IA	38:47	39:10	7:53
245	26	M45	Dan Dirks, 45, Coralville, IA	39:04	39:11	7:53
246	25	M35	Jaye Heater, 38, Marion, IA	38:55	39:11	7:53
247	30	M50	Doug Thompson, 51, Cedar Rapids, IA	39:00	39:14	7:53
248	28	M40	Brady Novak, 41, Cedar Rapids, IA	38:38	39:16	7:54
249	9	JrM	Riley Walton, 10, Cedar Rapids, IA	39:08	39:17	7:54
250	24	M30	Joe Mies, 30, Cedar Rapids, IA	38:50	39:18	7:54
251	25	M30	Bradley Runyon, 34, Cedar Rapids, IA	38:56	39:18	7:54
252	27	M45	Jeff Pick, 49, Cedar Rapids, IA	39:02	39:19	7:54
253	29	M40	Brian Long, 42, Cedar Rapids, IA	39:15	39:19	7:55
68	4	W40	Annette Lorenz, 40*, Cedar Rapids, IA	39:01	39:20	7:55
254	30	M40	Peter Pardubsky, 43, Cedar Rapids, IA	39:11	39:21	7:55
255	31	M50	Nick Daedlow, 52, Independence, IA	39:05	39:22	7:55
256	26	M35	Barry Anderson, 38, Mount Vernon, IA	39:16	39:22	7:55
69	3	W45	Sara Todd, 48*, Cedar Rapids, IA	39:10	39:22	7:55
257	32	M50	Robin Roberts, 54, Cedar Rapids, IA	39:06	39:24	7:56
258	31	M40	Rob Rust, 41, Cedar Rapids, IA	39:10	39:25	7:56
259	27	M35	Aaron Maue, 35, Walker, IA	39:11	39:25	7:56
260	2	M65	David Kutter, 68, Cedar Rapids, IA	39:10	39:26	7:56
261	33	M50	Joe Schmall, 52, Robins, IA	38:59	39:26	7:56
70	1	W50	Belinda Gee, 53*, Cedar Rapids, IA	39:17	39:30	7:57
262	32	M15	Mitchell McLaughlin, 18, Cedar Rapids, IA	39:15	39:30	7:57
263	31	M25	Mike Miller, 28, Lone Tree, IA	38:57	39:31	7:57
71	7	W35	Lisa Bata, 39*, Cedar Rapids, IA	39:17	39:32	7:57
72	5	W40	Tina Brooker, 42*, Cedar Rapids, IA	39:10	39:33	7:57
73	14	W30	Jill Scheckel, 32*, Palo, IA	39:09	39:36	7:58
74	2	W50	Tracy Jandik, 50*, Robins, IA	39:26	39:36	7:58
264	3	M65	Sylvan Addink, 69, Iowa City, IA	39:36	39:39	7:59
265	32	M40	David Parker, 41, Cedar Rapids, IA	39:21	39:41	7:59
266	28	M45	Mike Yeries, 46, Oxford, IA	39:37	39:41	7:59
75	3	W50	Sharon Hollinrake, 54*, Marion, IA	39:36	39:43	7:59
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76	8	W35	Leslie Page, 39*, St. Paul, MN	39:24	39:44	8:00
267	32	M25	Jeff Bendull, 28, Urbana, IA	39:30	39:45	8:00
268	33	M40	Mathieu Cagnard, 40, Cedar Rapids, IA	39:31	39:46	8:00
269	8	M60	David Gee, 60, Cedar Rapids, IA	39:15	39:48	8:00
270	28	M35	Ryan Post, 38, Marion, IA	39:30	39:48	8:00
77	6	W40	Wendy Anderson, 40*, Ely, IA	39:25	39:51	8:01
271	29	M45	John Walton, 48, Cedar Rapids, IA	39:43	39:52	8:01
272	33	M15	Dillon Stuckenschneider, 16, Cedar Rapids, IA	39:51	39:53	8:01
273	26	M30	Thomas Vogliardo, 31, Cedar Rapids, IA	39:33	39:55	8:02
78	4	W50	Denise Whiting, 52*, Iowa City, IA	39:37	39:56	8:02
274	9	M60	Freddie Koontz, 63, Cedar Rapids, IA	39:51	39:57	8:02
275	10	M60	Bill Ingels, 61, Cedar Rapids, IA	39:44	39:58	8:02
276	29	M35	Michael Jandik, 36, Marion, IA	39:27	39:59	8:03
277	27	M30	Dan Wolfe, 33, Cedar Rapids, IA	39:37	39:59	8:03
278	30	M35	Christopher Shockey, 39, Freeport, IL	39:21	40:00	8:03
279	34	M15	Brian Simons, 18, Cedar Rapids, IA	39:35	40:00	8:03
280	35	M15	Kevin Simons, 15, Cedar Rapids, IA	39:36	40:01	8:03
79	15	W30	Stacy Huber, 34*, Cedar Rapids, IA	39:48	40:02	8:03
281	28	M30	Matt Cook, 31, Marion, IA	39:54	40:02	8:03

80	16	W30	Amber Cook, 33*, Marion, IA	39:54	40:03	8:03
81	7	W40	Christine Day, 41*, Palo, IA	39:44	40:03	8:03
82	8	W40	Vena Nurre, 41*, Fairfax, IA	39:44	40:03	8:03
83	13	W15	Stephanie Lindo, 19*, Cedar Rapids, IA	39:43	40:06	8:04
282	33	M25	Jonathan Melchor, 29, Cedar Rapids, IA	39:57	40:09	8:05
283	31	M35	Jason Haag, 36, Marion, IA	39:40	40:11	8:05
284	36	M15	Paul Drahos, 17, Lexington, VA	39:44	40:12	8:05
84	9	W20	Taylor Vermie, 21*, Cedar Rapids, IA	39:53	40:13	8:05
85	10	W20	Chelsee Shortt, 23*, Cedar Rapids, IA	39:59	40:19	8:06
285	29	M30	Matthew Ternes, 31, Greer, SC	40:02	40:21	8:07
86	10	W25	Candace Wood, 29*, Marion, IA	40:00	40:24	8:08
87	11	W25	Carissa Oltmann, 29*, Cedar Rapids, IA	39:53	40:26	8:08
286	34	M25	Andy Petersen, 28, Cedar Rapids, IA	40:16	40:27	8:08
287	10	M55	Greg Jobe, 57, Marion, IA	40:21	40:28	8:08
288	30	M30	Michael Armstrong, 32, Central City, IA	40:06	40:28	8:08
88	1	W55	Muriel Naumann, 55*, Iowa City, IA	40:16	40:29	8:09
289	35	M25	Matthew McLaughlin, 25, Chicago, IL	40:15	40:30	8:09
290	34	M40	Chris McMann, 41, Robins, IA	40:16	40:30	8:09
291	19	M20	Reece Ealy, 21, Williamsburg, IA	40:14	40:30	8:09
89	14	W15	Taylor Wolf, 19*, West Branch, IA	40:15	40:30	8:09
90	15	W15	Rachel Brant, 19*, Atkins, IA	40:25	40:31	8:09
292	30	M45	David Diebold, 49, Cedar Rapids, IA	40:16	40:34	8:09
293	31	M30	Cody Crawford, 31, Marion, IA	39:58	40:34	8:09
294	34	M50	Phillip Huber, 51, Cedar Rapids, IA	40:19	40:35	8:10
91	16	W15	Elizabeth Frerichs, 18*, Cedar Rapids, IA	40:13	40:36	8:10
295	35	M50	Dave Vognsen, 51, Cedar Rapids, IA	40:12	40:36	8:10
92	12	W25	Laura Stradt, 28*, Marion, IA	40:09	40:37	8:10
296	32	M30	Jared Aarons, 31, Cedar Rapids, IA	40:27	40:37	8:10
297	31	M45	Doug Webb, 45, Satellite Beach, FL	40:20	40:38	8:10
93	17	W30	Josh Brodeur, 30*, Cedar Rapids, IA	40:03	40:43	8:11
94	18	W30	Lisa Christensen, 31*, Cedar Rapids, IA	40:35	40:45	8:12
298	36	M50	Paul Johanson, 51, Oxford, IA	40:28	40:46	8:12
95	19	W30	Lori Kasparek, 32*, Iowa City, IA	40:37	40:48	8:12
299	35	M40	Richard Zettler, 42, Cedar Rapids, IA	40:35	40:48	8:12
300	33	M30	Eric Ransom, 31, North Liberty, IA	40:39	40:49	8:13
96	9	W35	Katie Thompson, 36*, Cedar Rapids, IA	40:43	40:50	8:13
97	20	W30	Sheri Bosch, 34*, Cedar Rapids, IA	40:43	40:50	8:13
301	36	M40	Steven Sheeley, 41, Cedar Rapids, IA	40:31	40:50	8:13
302	11	M55	Tom Wieseler, 58, Mount Vernon, IA	40:14	40:52	8:13
303	32	M45	Dave Schreck, 49, Cedar Rapids, IA	40:39	40:53	8:13
304	34	M30	Todd Prokop, 32, Ely, IA	40:24	40:54	8:14
98	13	W25	Katie McMenimen, 29*, Ann Arbor, MI	40:43	40:55	8:14
305	35	M30	Gaurav Khatri, 32, Cedar Rapids, IA	40:53	40:56	8:14
306	37	M50	Tim Faber, 51, Marion, IA	40:15	40:56	8:14
307	36	M30	Nick Mahoney, 31, Marion, IA	40:49	41:00	8:15
308	37	M40	Bill Koons, 41, Williamsburg, IA	40:35	41:00	8:15
309	20	M20	Andrew Bergquist, 22, Lone Rock, IA	40:52	41:03	8:15
99	14	W25	Kortney Moel, 28*, Lisbon, IA	40:52	41:03	8:15
310	4	M65	Rod Raabe, 65, Swisher, IA	40:58	41:04	8:16
311	37	M30	Lane McMullen, 33, North Liberty, IA	40:41	41:04	8:16
100	21	W30	Jennifer McCluskey, 31*, Cedar Rapids, IA	41:03	41:07	8:16
312	38	M50	Lowell Johnson, 51, Cedar Rapids, IA	40:45	41:08	8:16
101	2	W55	Lynn Dennis, 56*, Cedar Rapids, IA	40:54	41:08	8:16
313	37	M15	Ryan Richmond, 15, Center Point, IA	40:40	41:09	8:17
314	12	M55	William Johnson, 55, Iowa City, IA	40:56	41:10	8:17
102	10	W35	Alecia Allen, 35*, Cedar Rapids, IA	40:54	41:10	8:17
315	38	M40	Peter Cole, 40, Cedar Rapids, IA	40:52	41:11	8:17
103	11	W35	Julie Pecinovsky, 39*, Cedar Rapids, IA	40:52	41:15	8:18
104	12	W35	Anita Volk, 37*, Palo, IA	41:02	41:15	8:18
316	13	M55	Steven Kimm, 55, Norway, IA	41:03	41:15	8:18
105	13	W35	Stacy DeMoss, 36*, Cedar Rapids, IA	40:59	41:17	8:18
317	38	M30	Denton DeSotel, 31, Cedar Rapids, IA	41:09	41:20	8:19
106	11	W20	Sarah Laster, 23*, Cedar Rapids, IA	41:10	41:20	8:19
107	15	W25	Brianna Balint, 28*, Cedar Rapids, IA	41:01	41:21	8:19
108	5	W50	Mary Keane, 51*, Cedar Rapids, IA	41:11	41:22	8:19

318	38 M15	Nicholas Seedorff, 19, Hiawatha, IA	41:00	41:22	8:19
109	6 W50	Lori Gichard, 50*, Cedar Rapids, IA	41:13	41:23	8:19
110	12 W20	Dana Steben, 21*, Lombard, IL	40:54	41:23	8:19
319	39 M30	Matt Gutting, 33, Kahoka, MO	41:06	41:26	8:20
111	13 W20	Alexa Schirm, 23*, Vinton, IA	40:51	41:27	8:20
320	1 M70	Jim Kee, 72, Coralville, IA	41:24	41:33	8:21
112	14 W35	Sharon Rickertsen, 38*, Walford, IA	41:19	41:34	8:22
113	7 W50	Patricia Kenel, 50*, Cedar Rapids, IA	41:17	41:35	8:22
321	10 JrM	Zach Drahos, 10, Cedar Rapids, IA	41:07	41:36	8:22
114	3 W55	Karen Thimmesch, 55*, Tiffin, IA	41:26	41:38	8:22
322	32 M35	Fred Daviere, 36, Cedar Rapids, IA	41:06	41:38	8:22
323	33 M35	Ian Kleman, 37, Cedar Rapids, IA	41:18	41:40	8:23
324	11 JrM	Riley Johanson, 14, Oxford, IA	41:23	41:42	8:23
115	8 W50	Lorrie Copper, 54*, Marion, IA	41:28	41:42	8:23
325	39 M40	David Long, 41, Monroe, MI	41:28	41:43	8:23
116	16 W25	Lindsey Trimble, 29*, Cedar Rapids, IA	41:16	41:43	8:23
326	14 M55	Craig Johnson, 55, Cedar Rapids, IA	41:31	41:45	8:24
327	36 M25	Ryan White, 27, Cedar Rapids, IA	41:35	41:45	8:24
328	39 M50	Jim Schnoebelen, 51, Cedar Rapids, IA	41:11	41:49	8:25
117	9 W40	Mimi Coffey, 42*, Fort Worth, TX	41:28	41:49	8:25
329	33 M45	David Klostermann, 46, Cedar Rapids, IA	41:39	41:50	8:25
330	34 M45	Monty Beal, 48, Coralville, IA	41:21	41:50	8:25
331	11 M60	Willis Sneller, 64, Cedar Rapids, IA	41:36	41:52	8:25
332	40 M50	James Craig, 54, Cedar Rapids, IA	41:25	41:52	8:25
118	9 W50	Jackie Barnum, 50*, Cedar Rapids, IA	41:47	41:55	8:26
119	17 W15	Anna Siddall, 19*, Cedar Rapids, IA	41:41	41:59	8:27
120	1 W60	Claudia Scott, 60*, Marion, IA	41:55	41:59	8:27
333	34 M35	Ryan Rieck, 35, Center Point, IA	41:50	42:02	8:27
121	18 W15	Rachel House, 18*, Cedar Rapids, IA	41:28	42:03	8:27
334	39 M15	Matt Watson, 18, Cedar Rapids, IA	41:28	42:03	8:27
335	40 M30	Anith Mathai, 32, Iowa City, IA	41:32	42:03	8:28
336	41 M50	Brian Mohling, 51, Marion, IA	41:59	42:06	8:28
337	42 M50	Jeff Allard, 52, Cedar Rapids, IA	41:56	42:08	8:29
338	37 M25	Joshua Stoos, 29, Cedar Rapids, IA	41:36	42:11	8:29
339	41 M30	Ben Venteicher, 33, Cedar Rapids, IA	42:00	42:11	8:29
122	17 W25	Lindy Tommasin, 27*, Maynard, IA	42:06	42:17	8:30
123	10 W50	Carol Stephens, 50*, Westminster, CO	42:03	42:21	8:31
124	19 W15	Chelsea Burhite, 19*, Marion, IA	42:20	42:22	8:31
340	40 M40	Mike Burhite, 40, Marion, IA	42:20	42:23	8:31
125	15 W35	Kathryn Karl, 35*, Cedar Rapids, IA	42:04	42:25	8:32
126	22 W30	Jose Ramos, 31*, Iowa City, IA	41:59	42:29	8:33
341	12 JrM	Luke Carey, 13, Cedar Rapids, IA	42:13	42:29	8:33
342	43 M50	Tim Waddilove, 54, Cedar Rapids, IA	42:16	42:33	8:34
127	18 W25	Samantha Ternes, 28*, Greer, SC	42:16	42:36	8:34
128	23 W30	Sara Prokop, 33*, Ely, IA	42:10	42:37	8:34
343	38 M25	Zachary French, 27, Cedar Rapids, IA	42:20	42:40	8:35
344	35 M35	Matthew Piersall, 35, Cedar Rapids, IA	42:27	42:43	8:35
345	35 M45	Michael Schueller, 48, Cedar Rapids, IA	42:24	42:44	8:36
346	41 M40	Todd Montgomery, 42, Cedar Rapids, IA	42:26	42:46	8:36
129	20 W15	Molly Boomershine, 19*, Hiawatha, IA	42:39	42:47	8:36
347	36 M45	Tim Carey, 45, Cedar Rapids, IA	42:33	42:49	8:37
348	37 M45	Edward Meissner, 48, Cedar Rapids, IA	42:34	42:51	8:37
349	44 M50	Dan Filip, 52, Cedar Rapids, IA	42:39	42:52	8:37
350	45 M50	Scott Schulte, 50, Cedar Rapids, IA	42:10	42:52	8:37
130	4 W45	Stephanie Frazee, 45*, Fairfax, IA	42:24	42:54	8:38
131	16 W35	Kara Gracey, 37*, Kalona, IA	42:15	42:55	8:38
351	38 M45	Eric Wasson, 48, Cedar Rapids, IA	42:28	42:57	8:38
132	24 W30	Kathryn Ramsey, 31*, Cedar Rapids, IA	42:21	42:57	8:38
352	36 M35	James Davis, 38, Kalona, IA	42:18	42:57	8:38
353	15 M55	Dwayne Bonnett, 59, Strawberry Point, IA	42:52	43:00	8:39
354	12 M60	Al Kacere, 63, Marion, IA	42:37	43:00	8:39
355	37 M35	Jason Reiseck, 38, Ely, IA	42:31	43:00	8:39
356	16 M55	Randy King, 58, Marion, IA	42:54	43:05	8:40
357	42 M30	Adam Peterson, 32, Marion, IA	42:52	43:07	8:40
358	43 M30	Justin Williams, 33, North Liberty, IA	42:38	43:08	8:41

359	39 M25	Jason Hodge, 28, Cedar Rapids, IA	42:54	43:09	8:41
360	42 M40	Larry Kram, 43, Cedar Rapids, IA	42:47	43:12	8:41
361	38 M35	Eric Schulz, 38, Marion, IA	42:53	43:12	8:41
362	39 M35	David Hemmes, 36, Marion, IA	42:51	43:17	8:42
133	21 W15	Abby Sourwine, 17*, Marion, IA	42:57	43:17	8:42
363	43 M40	Stephen Day, 44, Champlin, MN	43:00	43:21	8:43
364	21 M20	Matt Giersberg, 23, Cedar Rapids, IA	42:41	43:22	8:43
134	25 W30	Tara Gibney, 30*, Chicago, IL	42:52	43:23	8:44
135	22 W15	Elly Sourwine, 15*, Marion, IA	43:04	43:24	8:44
365	40 M35	Rob Kasper, 39, Cedar Rapids, IA	42:57	43:24	8:44
366	40 M15	Nathan Castek, 18, Hiawatha, IA	43:13	43:26	8:44
367	44 M30	John Wennekamp, 32, Marion, IA	43:02	43:29	8:45
368	13 M60	Dan Tucker, 60, Cedar Rapids, IA	43:30	43:30	8:45
136	5 W45	Joan Kramer, 49*, Cedar Rapids, IA	43:24	43:33	8:45
137	10 W40	Traci Beitzel, 44*, Cedar Rapids, IA	43:27	43:33	8:46
138	14 W20	Angie Shaffer, 23*, Alburnett, IA	43:12	43:34	8:46
139	26 W30	Melissa McMullen, 34*, North Liberty, IA	43:12	43:35	8:46
369	45 M30	Kraig Myers, 34, Walker, IA	43:25	43:36	8:46
370	5 M65	Paul Jim Berger, 66, Cedar Rapids, IA	43:06	43:36	8:46
371	44 M40	John Humphries, 40, Cedar Rapids, IA	43:12	43:37	8:46
372	46 M30	Jason Dwight, 32, North Liberty, IA	43:11	43:38	8:47
373	46 M50	Dave Beastrom, 51, Cedar Rapids, IA	43:38	43:42	8:47
140	27 W30	Noreen Thurston, 33*, Cedar Rapids, IA	43:28	43:43	8:47
374	45 M40	Jeff Allen, 40, North Liberty, IA	43:41	43:43	8:48
375	1806f88		43:35	43:43	8:48
141	15 W20	Jessica Snook, 21*, Cedar Rapids, IA	43:21	43:45	8:48
142	17 W35	Amy Drahos, 37*, Cedar Rapids, IA	43:17	43:46	8:48
376	14 M60	Mark Watson, 60, Cedar Rapids, IA	43:12	43:46	8:48
377	47 M30	Jeremy Hissem, 30, Avoca, IA	43:14	43:48	8:49
378	47 M50	John Burke, 53, Cedar Rapids, IA	43:31	43:49	8:49
143	16 W20	Brittney Pasker, 22*, Cedar Rapids, IA	43:37	43:50	8:49
144	17 W20	Whitley Allard, 22*, Cedar Rapids, IA	43:38	43:50	8:49
145	11 W40	Holly Deeds, 44*, Atkins, IA	43:28	43:52	8:49
379	48 M50	Dean Mallie, 54, Lisbon, IA	43:34	43:53	8:50
146	19 W25	Tara Burke, 29*, North Liberty, IA	43:45	43:54	8:50
380	48 M30	Ryan Hoagland, 30, Cedar Rapids, IA	43:15	43:54	8:50
381	13 JrM	Adam Froehlich, 13, Cedar Rapids, IA	43:20	43:55	8:50
147	11 W50	Julie Rosenberg, 53*, Cedar Rapids, IA	43:38	43:55	8:50
382	39 M45	Karl Rosenberg, 46, Cedar Rapids, IA	43:39	43:57	8:50
148	18 W20	Keely Burke, 20*, Cedar Rapids, IA	43:43	44:01	8:51
383	49 M30	Keith Perry, 34, Cedar Rapids, IA	43:46	44:01	8:51
149	6 W45	Julie Wittman, 48*, Cedar Rapids, IA	43:51	44:03	8:52
150	20 W25	Amy Perry, 28*, Cedar Rapids, IA	43:48	44:04	8:52
384	49 M50	Joel Easton, 53, Cedar Rapids, IA	43:30	44:05	8:52
385	14 JrM	Bryan Castek, 14, Hiawatha, IA	43:53	44:06	8:52
151	12 W50	LeAndra Hartman, 54*, Sterling, IL	43:45	44:07	8:52
152	21 W25	Erin Taylor, 27*, Marion, IA	43:56	44:08	8:53
153	12 W40	LaRee Landt, 41*, Hiawatha, IA	43:47	44:08	8:53
386	40 M45	Chris WorthingtonBarnes, 48, Cedar Rapids, IA	43:52	44:10	8:53
154	19 W20	Stephanie Kopecky, 24*, Cedar Rapids, IA	43:44	44:10	8:53
155	18 W35	Erica Liedtke, 36*, Urbana, IA	43:52	44:11	8:53
156	28 W30	Jeff Haderthauer, 31*, Marion, IA	43:30	44:13	8:54
387	15 M60	Don Dixon, 64, Cedar Rapids, IA	43:36	44:15	8:54
157	29 W30	Mackenzie Pedersen, 31*, West Liberty, IA	43:50	44:17	8:54
158	13 W50	Sheryl Weber-Paxton, 53*, Minneapolis, MN	44:05	44:17	8:54
159	7 W45	Christine Botkin, 45*, Cedar Rapids, IA	43:52	44:19	8:55
160	22 W25	Charisa Sorensen, 26*, Iowa City, IA	43:53	44:20	8:55
388	40 M25	Zach Hill, 25, Iowa City, IA	43:53	44:20	8:55
161	30 W30	Sarah Andresen, 34*, Olin, IA	44:09	44:21	8:55
389	16 M60	Lee Bendull, 62, Vinton, IA	44:06	44:22	8:55
390	15 JrM	Jabe Gonder, 13, Cedar Rapids, IA	43:59	44:23	8:56
391	41 M25	Ausnain Shan, 28, Cedar Rapids, IA	44:09	44:24	8:56
392	46 M40	Greg DeWolf, 42, Fairfax, VA	44:04	44:25	8:56
393	16 JrM	Jack DeWolf, 12, Fairfax, VA	44:05	44:25	8:56

394	17	M55	Terry Arnold, 56, Cedar Rapids, IA	44:06	44:25	8:56								
162	8	W45	Kara McCoy, 46*, Cedar Rapids, IA	44:03	44:30	8:57								
163	13	W40	Cathy Steines, 42*, Mount Vernon, IA	44:20	44:33	8:58								
164	14	W40	Lori Gaster, 41*, Walford, IA	43:58	44:35	8:58								
395	41	M35	Chad Kepros, 39, North Liberty, IA	44:00	44:35	8:58								
165	19	W35	Jennifer Duster, 37*, Solon, IA	44:09	44:38	8:59								
166	15	W40	Nadine McNeal, 44*, Shellsburg, IA	44:20	44:39	8:59								
167	20	W35	Elizabeth Standefer, 39*, Cedar Rapids, IA	44:15	44:40	8:59								
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168	9	W45	Kathy Skopec, 45*, Coralville, IA	44:36	44:43	9:00
169	21	W35	Kristi Nove, 37*, Fairfax, IA	44:28	44:44	9:00
396	50	M50	Mark Streit, 53, Bettendorf, IA	44:40	44:44	9:00
397	50	M30	Nathan Longwisch, 30, Cedar Rapids, IA	44:09	44:44	9:00
398	47	M40	Gary Benda, 44, Keokuk, IA	44:34	44:44	9:00
399	41	M45	Thomas Wolle, 45, Cedar Rapids, IA	44:50	44:50	9:01
170	14	W50	Betty Hopkins, 51*, Marion, IA	44:37	44:50	9:01
171	16	W40	Kelly Jensen, 41*, Toddville, IA	44:32	44:50	9:01
400	22	M20	Kellyn Nagle, 20, Mount Vernon, IA	44:41	44:51	9:01
172	22	W35	Abby Frazee-Pazdernik, 37*, Cedar Rapids, IA	44:38	44:51	9:01
173	17	W40	Julie Lemon, 44*, Cedar Rapids, IA	44:38	44:51	9:01
401	42	M45	Matt Nagle, 49, Mount Vernon, IA	44:42	44:51	9:01
402	42	M35	Jamie Spores, 38, West Des Moines, IA	44:13	44:53	9:02
174	2	W60	Mary Campbell, 63*, Cedar Rapids, IA	44:37	44:54	9:02
403	43	M35	Rob Bryer, 38, Olathe, KS	44:50	44:54	9:02
175	15	W50	Jackie Peters, 50*, Cedar Rapids, IA	44:34	44:55	9:02
176	3	W60	Diane Bradley, 60*, Cedar Rapids, IA	44:38	44:57	9:02
177	18	W40	Jody Rausch, 42*, Robins, IA	44:33	44:59	9:03
404	18	M55	Gregory Dirks, 57, Iowa City, IA	44:29	45:00	9:03
405	51	M30	Tracy Adams, 34, Iowa City, IA	44:21	45:01	9:03
178	16	W50	Peggy Beastro, 50*, Cedar Rapids, IA	44:38	45:02	9:03
179	20	W20	Katie Schreck, 22*, Cedar Rapids, IA	44:49	45:03	9:04
180	19	W40	Lisa Rabik, 43*, Center Point, IA	44:36	45:05	9:04
406	23	M20	Shawn Keating, 23, Marion, IA	44:53	45:06	9:04
181	17	W50	Patti Sprague, 52*, Mount Vernon, IA	44:50	45:07	9:04
182	31	W30	Adam Walsh, 31*, Hiawatha, IA	44:43	45:07	9:04
407	17	JrM	Khory Nobles, 10, Cedar Rapids, IA	45:06	45:07	9:05
408	19	M55	Stephen Runde, 57, Cedar Rapids, IA	44:52	45:08	9:05
183	23	W25	Jillian Walsh, 28*, Hiawatha, IA	44:44	45:08	9:05
409	42	M25	Royce Mahoney, 26, Marion, IA	44:28	45:08	9:05
410	17	M60	Dick Morrison, 62, Cedar Rapids, IA	44:53	45:09	9:05
411	6	M65	Dean Wieditz, 68, Vinton, IA	44:59	45:10	9:05
184	32	W30	Heather Spina, 31*, Atkins, IA	44:27	45:10	9:05
185	24	W25	Kellie Kluver, 28*, Hiawatha, IA	44:52	45:10	9:05
186	23	W35	Elizabeth Johnson, 36*, Marion, IA	44:50	45:10	9:05
187	23	W15	Jamie Vogl, 15*, Cedar Rapids, IA	44:48	45:10	9:05
412	51	M50	O'Connor David, 51, Cedar Rapids, IA	44:38	45:12	9:05
413	48	M40	Marvin Little, 40, Cedar Rapids, IA	44:40	45:13	9:06
414	18	JrM	Grant Knutson, 10, Cedar Rapids, IA	44:56	45:16	9:06
188	33	W30	Jane Chang, 31*, Iowa City, IA	44:49	45:16	9:06
189	34	W30	Erin Gutting, 32*, Kahoka, MO	44:58	45:17	9:07
190	35	W30	Lisa Clark, 33*, Cedar Rapids, IA	44:34	45:18	9:07
191	36	W30	Shawn Pierce, 32*, West Branch, IA	44:51	45:18	9:07
192	37	W30	Bonnie Benesh, 30*, Center Point, IA	44:58	45:20	9:07
193	18	W50	Patty Shaffer, 54*, Alburnett, IA	44:59	45:20	9:07
415	20	M55	Jerry Tiedt, 55, Cedar Rapids, IA	44:44	45:24	9:08
194	20	W40	Elaina Kempin, 44*, Cedar Rapids, IA	45:03	45:24	9:08
416	43	M25	Patrick Sauter, 27, Cedar Rapids, IA	45:10	45:28	9:09
417	52	M30	Chris Hubbs, 34, Hiawatha, IA	44:47	45:30	9:09
418	43	M45	Bruce Willey, 48, Cedar Rapids, IA	45:16	45:31	9:09
419	2	M70	John Leland, 75, Marion, IA	45:05	45:33	9:10
195	25	W25	Falon Scheer, 27*, Cedar Rapids, IA	45:24	45:34	9:10
420	44	M35	Russell Shadden, 39, Robins, IA	45:13	45:35	9:10
196	10	W45	Judy Goldberg, 46*, Cedar Rapids, IA	45:16	45:39	9:11

421	44	M45	Steve Unga, 48, Cedar Rapids, IA	44:58	45:40	9:11
197	26	W25	Katie Miller, 28*, Lone Tree, IA	45:05	45:41	9:11
198	21	W20	Michelle Smith, 22*, Cedar Rapids, IA	45:06	45:41	9:11
422	53	M30	Chip Thurston, 30, Cedar Rapids, IA	45:27	45:41	9:11
199	11	W45	Kelly Simons, 47*, Cedar Rapids, IA	45:16	45:42	9:12
200	27	W25	Elizabeth Healy, 28*, Ely, IA	45:08	45:47	9:12
423	44	M25	Joe Vanberkum, 26, Chicago, IL	45:28	45:48	9:13
201	24	W35	Tracy Reitmeier, 35*, Cedar Rapids, IA	45:16	45:52	9:13
202	3	JrW	Anna Drahos, 14*, Cedar Rapids, IA	45:30	45:59	9:15
424	49	M40	Tim Evans, 42, Cedar Rapids, IA	45:42	46:01	9:15
425	19	JrM	Max Olinger, 10, Ankeny, IA	45:24	46:02	9:15
426	54	M30	Eric Olinger, 33, Ankeny, IA	45:24	46:02	9:15
203	21	W40	Shelly Fabac, 44*, Shawnee, KS	45:43	46:05	9:16
204	22	W20	Holly Grieder, 24*, Cedar Rapids, IA	45:31	46:07	9:17
205	19	W50	Deanna Haddy, 51*, Cedar Rapids, IA	45:59	46:09	9:17
427	45	M35	Sean Williams, 38, Cedar Rapids, IA	45:37	46:10	9:17
428	55	M30	David Paulsen, 33, Cedar Rapids, IA	45:38	46:10	9:17
429	56	M30	Eric Strader, 31, Marion, IA	45:39	46:10	9:17
206	25	W35	Lisa Palumbo, 37*, Cedar Rapids, IA	45:31	46:11	9:17
207	23	W20	Emily Cameron, 21*, Cedar Rapids, IA	45:45	46:12	9:18
208	20	W50	Colleen Scholer, 50*, Cedar Rapids, IA	45:49	46:13	9:18
209	12	W45	Rachel Fischer, 47*, Marion, IA	45:56	46:14	9:18
430	21	M55	Rick McCormick, 59, Council Bluffs, IA	46:00	46:14	9:18
210	4	W55	Pamela Wood, 56*, Janesville, IA	45:51	46:14	9:18
211	26	W35	Jennifer Meier, 35*, Cedar Rapids, IA	45:47	46:15	9:18
212	27	W35	Trisha Ender, 35*, Cedar Rapids, IA	45:40	46:16	9:18
431	22	M55	Keith Krewer, 58, Cedar Rapids, IA	45:49	46:17	9:19
432	45	M25	Brian Kramer, 29, Atkins, IA	46:02	46:19	9:19
213	22	W40	Kristin Pilling-Davis, 42*, Minneapolis, MN			
				45:44	46:19	9:19
214	38	W30	Stephanie Robinson, 33*, Marion, IA	45:45	46:20	9:19
215	28	W35	Lori Kramer, 39*, Atkins, IA	46:02	46:20	9:19
216	28	W25	Tasha Spratt, 27*, Cedar Rapids, IA	45:52	46:20	9:19
217	29	W25	Sara Meisterling, 27*, Cedar Rapids, IA	45:53	46:20	9:19
218	13	W45	Regina Randall, 47*, Solon, IA	45:50	46:25	9:20
219	39	W30	Kristie Bixler, 30*, Lisbon, IA	46:10	46:26	9:20
220	29	W35	Anna Drexler, 36*, Chicago, IL	45:48	46:26	9:20
221	30	W35	Tawnie Kerska, 39*, Cedar Rapids, IA	46:09	46:27	9:21
433	46	M35	Joshua Pedelty, 36, Cedar Rapids, IA	46:05	46:27	9:21
434	46	M25	Joe Markwitz, 29, Marion, IA	45:57	46:28	9:21
222	40	W30	Nadia Dwight, 32*, North Liberty, IA	46:02	46:28	9:21
435	47	M35	Brad Wilson, 39, Hiawatha, IA	45:58	46:34	9:22
223	41	W30	Blair Patterson, 33*, Ankeny, IA	46:05	46:35	9:22
224	24	W15	Colette Miller, 15*, Cedar Rapids, IA	46:11	46:35	9:22
436	47	M25	Christopher Darville, 25, Robins, IA	46:33	46:36	9:22
225	31	W35	Elizabeth Miller, 35*, Hiawatha, IA	46:13	46:37	9:22
226	14	W45	Kathy Taylor, 49*, Cedar Rapids, IA	46:23	46:39	9:23
227	23	W40	JoAnna Weyer, 40*, Swisher, IA	46:09	46:39	9:23
437	48	M25	Jamie Martin, 28, Cedar Rapids, IA	46:05	46:41	9:23
228	32	W35	Ginny Buresh, 39*, Coralville, IA	46:10	46:43	9:24
229	33	W35	Amanda Freese, 37*, Cedar Rapids, IA	46:12	46:45	9:24
230	34	W35	Sherrie Kautman, 35*, Cedar Rapids, IA	46:12	46:45	9:24
438	48	M35	Kurt Myers, 39, Marion, IA	46:37	46:47	9:25
231	42	W30	Tiffany Laborde, 31*, Marion, IA	46:26	46:48	9:25
232	24	W20	Amy Hanse, 23*, Marion, IA	46:33	46:50	9:25
439	49	M35	Renee Montz, 39, Robins, IA	46:48	46:53	9:26
233	1	W70	Marilyn Wickenkamp, 76*, Newton, IA	46:46	46:55	9:26
440	41	M15	Michael Jacobsen, 19, Cedar Rapids, IA	46:27	46:55	9:26
441	57	M30	Dennis Fulkerson, 34, Lisbon, IA	46:29	46:55	9:26
234	24	W40	Lara Fredrickson, 41*, Washington, DC	46:28	47:00	9:27
442	50	M40	Wes Bruns, 43, Cedar Rapids, IA	46:23	47:01	9:27
235	35	W35	Holly Bruns, 36*, Cedar Rapids, IA	46:23	47:01	9:27
236	21	W50	Anita Shelton, 53*, West Melbourne, FL	46:52	47:02	9:28
237	25	W40	Janet Lower, 41*, Robins, IA	46:41	47:04	9:28
443	23	M55	Randy Snook, 56, Cedar Rapids, IA	46:40	47:04	9:28

444	58	M30	Ryan Buresh, 33, Cedar Rapids, IA	46:31	47:05	9:28
238	43	W30	Katie Buresh, 33*, Cedar Rapids, IA	46:33	47:06	9:28
445	50	M35	Chris Buresh, 35, Coralville, IA	46:33	47:06	9:28
446	59	M30	Kurt Tennyson, 33, Marion, IA	46:48	47:09	9:29
239	44	W30	Kelli Hissem, 30*, Avoca, IA	46:35	47:10	9:29
447	60	M30	Daniel Grawe, 34, Appleton, WI	46:36	47:13	9:30
240	36	W35	Angela Evans, 38*, Cedar Rapids, IA	46:56	47:14	9:30
241	45	W30	Laura Suchomel, 31*, Cedar Rapids, IA	46:46	47:16	9:30
448	51	M40	William Nibaur, 44, Cedar Rapids, IA	46:55	47:21	9:31
449	51	M35	Jason Shaffer, 37, Kirkwood, MO	46:57	47:24	9:32
242	26	W40	Christie Nibaur, 42*, Cedar Rapids, IA	47:01	47:27	9:33
450	7	M65	Mark Tyler, 69, Cedar Rapids, IA	46:49	47:28	9:33
243	30	W25	Ashley Weaver, 27*, Cedar Rapids, IA	47:17	47:31	9:33
451	52	M50	Brian Mumm, 52, Cedar Rapids, IA	46:54	47:32	9:34
452	45	M45	Tim Kroeze, 46, Cedar Rapids, IA	46:57	47:33	9:34
244	37	W35	Kathleen Ziegler, 39*, Cedar Rapids, IA	46:57	47:34	9:34
453	61	M30	Jim Wood, 33, Marion, IA	47:05	47:35	9:34
245	22	W50	Judy Hubler, 53*, Cedar Rapids, IA	47:18	47:35	9:34
246	15	W45	Michelle Davin, 45*, Cedar Rapids, IA	47:15	47:40	9:35
247	27	W40	Cherie Ridenour, 41*, Martelle, IA	47:17	47:43	9:36
248	28	W40	Ginny Greene, 42*, Cedar Rapids, IA	47:17	47:43	9:36
454	24	M55	Edward Silagi, 55, Iowa City, IA	47:17	47:45	9:36
455	46	M45	Kevin Wise, 49, Solon, IA	47:00	47:45	9:36
456	47	M45	Scott Lanning, 46, Atkins, IA	47:00	47:46	9:36
457	62	M30	Brian Jacobowitz, 34, Cedar Rapids, IA	47:15	47:47	9:37
249	5	W55	Linnea Martin, 57*, Marion, IA	47:16	47:53	9:38
250	29	W40	Robin Blackburn, 41*, North Liberty, IA	47:38	47:55	9:38
251	46	W30	Jenny Lucas, 30*, Marion, IA	47:48	47:56	9:38
252	38	W35	Tia McClintock, 35*, Fairfax, IA	47:43	47:56	9:38
253	39	W35	Laura Taylor, 38*, Cedar Rapids, IA	47:19	47:56	9:38
254	31	W25	Melissa McKeon, 29*, Riverside, IA	47:48	47:56	9:39
255	16	W45	Amy Broxey, 48*, Cedar Rapids, IA	47:27	47:57	9:39
458	18	M60	Roy Gaddis, 62, Solon, IA	47:34	47:58	9:39
256	30	W40	Deb Gaddis, 44*, Solon, IA	47:34	47:58	9:39
257	6	W55	Marlene Golinvaux, 56*, Cedar Rapids, IA	47:21	48:00	9:39
459	20	JrM	Johnny Drahos, 13, Lexington, VA	47:32	48:00	9:39
460	24	M20	Billy Hahn, 23, Cedar Rapids, IA	47:49	48:12	9:42
258	40	W35	Melissa Kolsto, 35*, Cedar Rapids, IA	47:37	48:13	9:42
259	41	W35	Holly Bartak, 35*, Grimes, IA	47:36	48:15	9:42
260	42	W35	Alison Crisman, 35*, Rockford, IL	47:36	48:15	9:42
261	31	W40	Alicia Aguiar, 44*, Cedar Rapids, IA	47:39	48:20	9:43
262	43	W35	Nicole Page, 35*, Cedar Rapids, IA	47:45	48:21	9:44
263	32	W25	Mary Gahring, 28*, Cedar Rapids, IA	48:07	48:22	9:44
264	47	W30	Angie Maske-Berka, 31*, Iowa City, IA	47:53	48:22	9:44
265	48	W30	Katie Kensinger, 31*, Marion, IA	48:09	48:23	9:44
266	49	W30	Sarah Hefflefinger, 31*, Ely, IA	48:10	48:24	9:44
267	50	W30	Carrie Semelroth, 31*, Marion, IA	47:50	48:24	9:44
268	32	W40	Wendy Frese, 44*, Cedar Rapids, IA	48:12	48:24	9:44
461	3	M70	Larry Robertson, 71, Columbus Jct, IA	48:12	48:25	9:44
462	63	M30	Justin Carey, 31, Cedar Rapids, IA	48:16	48:26	9:45
269	51	W30	Tressa Walton, 33*, Vinton, IA	47:49	48:29	9:45
270	33	W40	Angie Tharp, 40*, Vinton, IA	47:50	48:29	9:45
271	17	W45	Linda Peyton, 47*, Marion, IA	47:57	48:34	9:46
272	23	W50	Amy Keating, 51*, Marion, IA	48:23	48:37	9:47
273	34	W40	Bridget Malake, 40*, Marion, IA	48:20	48:40	9:47
463	53	M50	Eric Fischer, 50, Marion, IA	48:28	48:46	9:48
274	35	W40	Michelle Jackson, 43*, Stanwood, IA	48:25	48:49	9:49
275	25	W20	Trisha Shimak, 22*, Cedar Rapids, IA	48:33	48:49	9:49
276	52	W30	Lyz Taylor, 30*, Cedar Rapids, IA	48:33	48:50	9:49
464	54	M50	Timothy Carlson, 53, Cedar Rapids, IA	48:13	48:52	9:50
277	44	W35	Darcie Stewart, 39*, Fairfax, IA	48:21	48:55	9:50
465	52	M35	Jay Stewart, 38, Fairfax, IA	48:22	48:55	9:50
466	25	M55	Lloyd Ludolph, 59, Marion, IA	48:16	48:58	9:51
278	18	W45	Laurie Gustafson, 46*, Cedar Rapids, IA	48:36	48:59	9:51
279	45	W35	Ingrid Livingston, 39*, Cedar Rapids, IA	48:36	49:00	9:51

467	25	M20	Nick Hartkemeyer, 23, Hiawatha, IA	49:00	49:00	9:51
280	46	W35	Kim Good, 39*, Washburn, IA	48:27	49:05	9:52
281	47	W35	Lisa Langerman, 39*, Cedar Rapids, IA	48:47	49:10	9:53
282	48	W35	Kimberly McGuire, 39*, Marion, IA	48:58	49:18	9:55
283	49	W35	Michelle Clark, 38*, Iowa City, IA	48:38	49:19	9:55
468	19	M60	Jim Barcz, 60, Central City, IA	48:44	49:24	9:56
469	53	M35	Vince Krause, 37, Toddville, IA	48:56	49:29	9:57
284	36	W40	Renee Riffey, 43*, Hiawatha, IA	48:57	49:29	9:57
285	50	W35	Melissa Svarc, 36*, Marion, IA	48:58	49:32	9:58
286	24	W50	Laurie Craig, 50*, Cedar Rapids, IA	49:06	49:35	9:58
470	8	M65	Jim Meister, 67, Cedar Rapids, IA	49:17	49:41	9:59
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287	51	W35	Jennifer Patton, 39*, Cedar Rapids, IA	49:15	49:44	10:00
471	42	M15	Zach Schnoebelen, 15, Cedar Rapids, IA	49:08	49:45	10:00
472	64	M30	David Riley, 31, Cedar Rapids, IA	49:17	49:46	10:01
473	65	M30	Ted Semelroth, 31, Marion, IA	49:15	49:49	10:01
288	25	W50	Julie Schnoebelen, 51*, Cedar Rapids, IA	49:17	49:50	10:01
289	26	W20	Amanda De Hoedt, 23*, Iowa City, IA	49:17	49:51	10:02
474	66	M30	Cvitlahvac Angeles, 31, Cedar Rapids, IA	49:37	49:52	10:02
290	19	W45	Lisa Flaherty, 48*, Fairfax, IA	49:16	49:53	10:02
291	52	W35	Carolyn Olmstead, 37*, Marion, IA	49:21	49:56	10:03
292	33	W25	Anna Reyland, 27*, Cedar Rapids, IA	49:27	49:57	10:03
293	7	W55	Kathy Mathews, 55*, Iowa City, IA	49:30	49:57	10:03
294	27	W20	Tiffany Semelroth, 24*, Hiawatha, IA	49:24	49:58	10:03
295	28	W20	Heather Quick, 23*, Iowa City, IA	49:32	50:00	10:03
475	26	M55	Mike Strawhacker, 56, New London, IA	49:40	50:01	10:04
476	27	M55	Gary McClure, 56, Cedar Rapids, IA	49:43	50:02	10:04
477	55	M50	Mark Tennyson, 53, Marion, IA	49:43	50:05	10:04
478	48	M45	Anton Petrzelka, 45, Cedar Rapids, IA	49:25	50:06	10:05
479	49	M45	Kirk Haefner, 46, Hiawatha, IA	49:26	50:07	10:05
480	54	M35	Adam Frahm, 39, Cedar Rapids, IA	50:01	50:10	10:05
296	53	W35	Nicky Stansell, 37*, Cedar Rapids, IA	49:40	50:10	10:05
481	50	M45	Joe Wallace, 48, Atkins, IA	49:35	50:13	10:06
297	20	W45	Sheri Jeffery, 45*, Robins, IA	49:55	50:14	10:06
298	54	W35	Kim Chandler, 37*, Cedar Rapids, IA	49:38	50:21	10:08
482	21	JrM	Douglas Hopper, 14, Robins, IA	49:55	50:24	10:08
483	22	JrM	Sam McDermott, 12, Cedar Rapids, IA	49:51	50:24	10:08
484	56	M50	Jon Jacobsen, 51, Cedar Rapids, IA	50:01	50:30	10:09
299	34	W25	Amanda Steines, 26*, Cedar Rapids, IA	49:54	50:34	10:10
300	26	W50	Jacki Knapp, 52*, Cedar Rapids, IA	50:03	50:35	10:10
301	37	W40	Marisa Woodward, 40*, Cedar Rapids, IA	50:13	50:39	10:11
302	21	W45	Lynn O'Neill, 45*, Solon, IA	50:11	50:41	10:12
485	49	M25	Jon Taylor, 26, Marion, IA	50:43	50:43	10:12
303	25	W15	Julia Emery, 19*, Cedar Rapids, IA	50:20	50:48	10:13
486	51	M45	Tony Foxhoven, 47, Cedar Rapids, IA	50:18	50:51	10:14
304	29	W20	Andrea Castek, 20*, Hiawatha, IA	50:39	50:52	10:14
305	35	W25	Tina Shimak, 26*, Cedar Rapids, IA	50:37	50:54	10:14
306	30	W20	Leah Baugh, 20*, Robins, IA	50:21	50:57	10:15
307	31	W20	Sarah Baugh, 20*, Robins, IA	50:21	50:57	10:15
308	53	W30	Katy Haderthauer, 32*, Marion, IA	50:14	50:57	10:15
487	26	M20	Michael Patterson, 22, Marion, IA	50:21	50:57	10:15
488	57	M50	Chris Simons, 50, Cedar Rapids, IA	50:33	50:58	10:15
309	55	W35	Stephanie Mai, 36*, Ely, IA	50:42	51:13	10:18
310	38	W40	Leslie Clarke, 44*, Tucson, AZ	50:34	51:13	10:18
311	56	W35	Roseanne Ricke, 38*, Lisbon, IA	50:45	51:26	10:21
489	27	M20	Jordan Easton, 23, Cedar Rapids, IA	50:54	51:29	10:21
312	39	W40	Rosemary Russell, 42*, Cedar Rapids, IA	50:57	51:32	10:22
313	40	W40	Toni Beason, 40*, Cedar Rapids, IA	51:26	51:35	10:22
490	20	M60	Kent Lamm, 61, New London, IA	51:14	51:35	10:22
314	8	W55	Sheila Lamm, 57*, New London, IA	51:13	51:35	10:23
315	26	W15	Chelsea Houser, 18*, Marion, IA	50:55	51:35	10:23
316	32	W20	Kelsey Akers, 24*, Iowa City, IA	50:56	51:36	10:23
491	55	M35	Kevin Gent, 39, Simpsonville, SC	50:57	51:37	10:23
317	22	W45	Sue Millsap, 45*, Cedar Rapids, IA	51:10	51:37	10:23

318	27	W50	Rosemary Ziskovsky, 53*, Cedar Rapids, IA	51:27	51:55	10:26
319	27	W15	Nicole Peyton, 19*, Marion, IA	51:19	51:57	10:27
320	28	W15	Hayley Rinehart, 19*, Marion, IA	51:19	51:57	10:27
321	29	W15	Libbie Randall, 15*, Solon, IA	51:27	52:02	10:28
322	41	W40	Donna Lampe, 43*, Cedar Rapids, IA	51:51	52:17	10:31
492	21	M60	Joseph Scratch, 61, Cedar Rapids, IA	52:02	52:27	10:33
493	56	M35	Ricardo Resendez, 35, Cedar Rapids, IA	51:45	52:28	10:33
323	36	W25	Jaime Ayala, 29*, Arvada, CO	51:53	52:29	10:33
494	57	M35	Aaron Thompson, 35, Marion, IA	52:12	52:34	10:34
324	54	W30	Krystal Prideaux, 33*, Vernon Hills, IL	52:49	52:49	10:37
325	42	W40	JaneAnne Parker, 40*, Cedar Rapids, IA	52:35	52:56	10:39
326	43	W40	Rosemary Moore, 43*, North Liberty, IA	52:22	53:00	10:40
495	52	M45	Dale Jensen, 46, Toddville, IA	52:40	53:14	10:42
496	22	M60	Steve Thomas, 64, Cedar Rapids, IA	52:30	53:16	10:43
497	58	M35	James McEniry, 35, Marion, IA	53:03	53:20	10:44
327	57	W35	Natalie Walter, 37*, Swisher, IA	53:07	53:22	10:44
328	58	W35	Betty Jo Blietz, 38*, San Antonio, TX	52:50	53:29	10:45
498	53	M45	Trent Hancock, 46, North Liberty, IA	52:55	53:36	10:47
329	30	W15	Autumn Crowther, 15*, West Melbourne, FL	53:29	53:38	10:47
330	31	W15	Kristin Wasson, 18*, Cedar Rapids, IA	53:17	53:46	10:49
331	59	W35	Stephanie Estrada, 35*, Cedar Rapids, IA	53:20	53:53	10:50
332	37	W25	Teresa Smith, 26*, Atkins, IA	53:13	53:55	10:51
333	60	W35	Karen Graber, 39*, Cedar Rapids, IA	53:57	54:03	10:52
334	44	W40	Leigh Hartman, 41*, Cedar Rapids, IA	53:57	54:03	10:52
335	55	W30	Carrie Slager, 30*, Minneapolis, MN	53:57	54:09	10:53
499	67	M30	Alberto Zaragoza, 30, Minneapolis, MN	53:59	54:11	10:54
336	33	W20	Elizabeth Baugh, 21*, Robins, IA	53:43	54:18	10:55
500	43	M15	Nicolas Cabeen, 19, Cedar Rapids, IA	53:43	54:18	10:55
501	58	M50	Dave Lotz, 54, Bartlett, TN	53:35	54:23	10:56
337	34	W20	Katie Cross, 23*, Cedar Rapids, IA	54:01	54:36	10:59
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502	52	M40	Kim Gordon, 40, Marion, IA	54:27	54:47	11:01
338	61	W35	Natalya Resendez, 36*, Cedar Rapids, IA	54:16	54:59	11:03
503	44	M15	Adam Goldberg, 16, Cedar Rapids, IA	54:32	55:05	11:05
339	32	W15	Carly Beastrom, 16*, Cedar Rapids, IA	54:32	55:05	11:05
340	23	W45	Frances Nicholson, 47*, O'Fallon, IL	54:30	55:06	11:05
504	68	M30	Brent Ross, 33, North Liberty, IA	54:27	55:08	11:05
505	53	M40	Matt Miller, 43, Cedar Rapids, IA	54:50	55:14	11:07
341	62	W35	Barbara Lappe, 39*, Marion, IA	54:40	55:18	11:07
342	28	W50	Jenny Ciha, 50*, Mount Vernon, IA	54:40	55:23	11:08
343	24	W45	Shelley Milks, 46*, Fairfax, IA	54:55	55:32	11:10
344	1	W65	Chin Stone, 66*, Manchester, IA	55:22	55:34	11:11
345	35	W20	Kirsten Jacobsen, 22*, Cedar Rapids, IA	55:08	55:36	11:11
346	29	W50	Darla Easton, 53*, Cedar Rapids, IA	55:03	55:38	11:11
347	45	W40	Jenny Burkart, 44*, Marion, IA	55:42	56:11	11:18
506	54	M40	Paul Gager, 44, Fort Madison, IA	55:27	56:12	11:18
348	38	W25	Jes Swiser, 28*, Cedar Rapids, IA	55:44	56:13	11:18
507	50	M25	Matthew Matheny, 29, Cedar Rapids, IA	55:43	56:13	11:18
508	23	JrM	Jacob Wenger, 8, Manchester, IA	55:32	56:16	11:19
349	56	W30	Joanna Nohr, 33*, Marion, IA	56:38	56:38	11:24
509	23	M60	John Whitson, 63, Vinton, IA	56:34	56:45	11:25
350	57	W30	Kelley Ryan, 34*, Coralville, IA	56:18	56:58	11:27
510	59	M50	Kevin Gesing, 50, Cedar Rapids, IA	56:17	56:59	11:28
351	33	W15	Lisa Hopper, 19*, Robins, IA	56:25	57:01	11:28
352	63	W35	Susan Shea, 37*, Cedar Rapids, IA	56:32	57:04	11:29
511	55	M40	Sam Shea, 40, Cedar Rapids, IA	56:32	57:04	11:29
353	39	W25	Tara Dewolf, 26*, North Liberty, IA	56:50	57:10	11:30
512	60	M50	Kevin Mohler, 50, Marion, IA	56:42	57:16	11:31
354	25	W45	Lori Miene, 45*, Cedar Rapids, IA	57:12	57:20	11:32
355	26	W45	Lore Katz, 47*, Robins, IA	57:27	57:57	11:39
513	28	M55	Randy Sterner, 59, Marion, IA	57:27	57:57	11:39
514	24	M60	Dennis Duda, 60, Marion, IA	57:35	58:17	11:43
356	58	W30	Carolyn Wilson, 34*, Cedar Rapids, IA	58:01	58:33	11:47
357	64	W35	Gina Wiley, 36*, Cedar Rapids, IA	58:04	58:36	11:47

515	59	M35	Matthew Wiley, 36, Cedar Rapids, IA	58:04	58:36	11:47								
358	59	W30	Heather Schrock, 33*, Urbana, IA	58:46	59:05	11:53								
359	36	W20	Alissa Klinsky, 24*, Cedar Rapids, IA	58:59	59:15	11:55								
360	65	W35	Gretchen Wenger, 37*, Manchester, IA	58:34	59:18	11:56								
516	54	M45	Randy Ackman, 47, Cedar Rapids, IA	58:56	59:21	11:56								
361	9	W55	Jo Ann McNiel, 58*, Cedar Rapids, IA	59:02	59:33	11:59								
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517	69	M30	Aaron Gillespie, 33, Cedar Rapids, IA	1:00:30	1:01:12	12:19								
518	29	M55	Harlan Gillespie, 57, Cedar Rapids, IA	1:00:33	1:01:15	12:19								
519	56	M40	Steve Reuter, 40, Cedar Rapids, IA	1:00:46	1:01:27	12:22								
520	25	M60	Martin Smith, 62, Cedar Rapids, IA	1:01:32	1:01:56	12:28								
521	57	M40	Christopher Puffer, 44, Marion, IA	1:02:34	1:02:55	12:39								
362	60	W30	Emily Brodeur, 30*, Cedar Rapids, IA	1:02:39	1:03:23	12:45								
363	40	W25	Melissa Stepanek, 29*, Cedar Rapids, IA	1:02:55	1:03:24	12:45								
364	66	W35	Riki Breitsprecher, 36*, Ely, IA	1:03:13	1:03:53	12:51								
522	9	M65	Gary Peters, 69, Cedar Rapids, IA	1:03:58	1:04:24	12:57								
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365	61	W30	Amy Buzalsky, 32*, Cedar Rapids, IA	1:07:04	1:07:42	13:37								
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523	4	M70	Harold Schulze, 75, Cedar Rapids, IA	1:10:35	1:11:18	14:20
366	67	W35	Marci Sinnard, 36*, Cedar Rapids, IA	1:11:00	1:11:47	14:26
367	68	W35	Kristie Webster, 38*, Cedar Rapids, IA	1:12:36	1:13:18	14:45
368	10	W55	Derenda Hurn, 56*, Cedar Rapids, IA	1:12:36	1:13:18	14:45
369	27	W45	Diane Lotz, 48*, North Liberty, IA	1:13:15	1:14:03	14:54
370	28	W45	Janine Wasson, 45*, Cedar Rapids, IA	1:13:15	1:14:05	14:54

\* indicates females

25 finishers among Males (no age given)

23 finishers among Men Under 15

44 finishers among Men 15 - 19

27 finishers among Men 20 - 24

50 finishers among Men 25 - 29

69 finishers among Men 30 - 34

59 finishers among Men 35 - 39

57 finishers among Men 40 - 44

54 finishers among Men 45 - 49

60 finishers among Men 50 - 54

29 finishers among Men 55 - 59

25 finishers among Men 60 - 64

9 finishers among Men 65 - 69

4 finishers among Men 70 & Up

3 finishers among Women Under 15

33 finishers among Women 15 - 19

36 finishers among Women 20 - 24

40 finishers among Women 25 - 29

61 finishers among Women 30 - 34

68 finishers among Women 35 - 39

45 finishers among Women 40 - 44

28 finishers among Women 45 - 49

29 finishers among Women 50 - 54

10 finishers among Women 55 - 59

3 finishers among Women 60 - 64

1 finishers among Women 65 - 69

1 finishers among Women 70 & Up

535 male finishers

358 female finishers

893 total finishers

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