

Fifth Season Races * 8K Run *** Overall & Divisions**Event: 8K Run [5K results here](#)

Date: Friday, July 04, 2014

Location: Cedar Rapids

Weather: Cool 60°

Overall and Age Divisions***Results By: On The Run Race Timing***

Place	Gender	Division	Name	City	4K	Gun Time	Pace mpm	Chip Time	Pace mpm
1	1	1 OVM	Edward Kiptum Tabut, M31	Coon Rapids, MN	12:19	24:16	4:53/M	24:16	4:53/M
2	2	2 OVM	Joseph Amenya, M35	Grand Prairie, TX	12:20	24:25	4:55/M	24:23	4:54/M
3	3	3 OVM	Zach Baker, M22	Iowa City, IA	12:31	24:26	4:55/M	24:24	4:55/M
4	4	4 OVM	Sammy Rotich, M27	West Des Moines, IA	12:22	24:40	4:58/M	24:38	4:57/M
5	5	5 OVM	David Kipkoech Tuwei, M35	Coon Rapids, MN	12:19	24:44	4:59/M	24:44	4:59/M
6	6	6 OVM	Adam Bohach, M30	La Crosse, WI	12:50	25:29	5:08/M	25:27	5:07/M
7	7	7 OVM	Aron Kehoe, M26	Burlington, IA	12:50	25:36	5:09/M	25:34	5:09/M
8	8	1 M30	Nathan Hopp, M31	West Amana, IA	13:18	25:42	5:10/M	25:40	5:10/M
9	1	1 OVF	Cynthia Limo, F24	Lansing, MI	13:19	25:48	5:11/M	25:46	5:11/M
10	9	2 M30	Michael Nordberg, M33	Cedar Rapids, IA	13:02	25:57	5:13/M	25:54	5:13/M
11	10	3 M30	Christopher Jensen, M32	Marion, IA	13:19	26:00	5:14/M	25:58	5:13/M
12	11	1 M35	Julius Kirwa Choge, M36	Coon Rapids, MN	13:00	26:07	5:15/M	26:05	5:15/M
13	12	1 M25	Phil Young, M28	North Liberty, IA	13:06	26:15	5:17/M	26:12	5:16/M
14	13	1 M20	Sam Read, M22	Marion, IA	13:20	26:27	5:19/M	26:25	5:19/M
15	14	4 M30	Nate Canton, M34	North Liberty, IA	13:26	26:38	5:21/M	26:35	5:21/M
16	2	2 OVF	Ann Wanjiru, F28	Lansing, MI	13:20	26:42	5:22/M	26:42	5:22/M
17	15	1 M15	Tyler Day, M17	Gilbert, AZ	13:44	26:42	5:22/M	26:38	5:21/M
18	16	2 M15	Mitch Pritts, M18	Cedar Rapids, IA	13:47	26:46	5:23/M	26:42	5:22/M

19	17	3 M15	Josh Yeager, M17	Center Point, IA	13:42	26:50	5:24/M	26:47	5:23/M
20	18	4 M15	Preston Kauder, M17	Cascade, IA	13:40	26:53	5:24/M	26:50	5:24/M
21	19	2 M25	Andrew Sabin, M27	Cedar Rapids, IA	13:27	26:55	5:25/M	26:53	5:24/M
22	20	2 M20	Chase Moser, M22	Cedar Rapids, IA	13:41	27:03	5:27/M	27:00	5:26/M
23	21	3 M25	Aaron Skopec, M26	Burlington, IA	13:57	27:26	5:31/M	27:24	5:31/M
24	22	3 M20	Jon Ameling, M22	Cedar Rapids, IA	13:52	27:27	5:31/M	27:23	5:30/M
25	23	5 M30	Scott Johnson, M31	Ames, IA	14:00	27:28	5:31/M	27:23	5:31/M
26	3	3 OVF	Doreen Kitaka, F31	Coon Rapids, MN	13:47	27:28	5:32/M	27:25	5:31/M
27	24	2 M35	John Watkins, M35	Iowa City, IA	13:52	27:30	5:32/M	27:27	5:31/M
28	25	5 M15	Daniel Murphy, M17	Marion, IA	13:47	27:38	5:33/M	27:35	5:33/M
29	26	6 M15	Andrew Meyer, M17	Bellevue, IA	14:05	27:52	5:36/M	27:48	5:36/M
30	27	4 M20	Matt Stocker, M21	Solon, IA	14:14	27:59	5:38/M	27:56	5:37/M
31	4	4 OVF	Samantha Bluske, F23	Ames, IA	14:02	28:00	5:38/M	27:56	5:37/M
32	28	7 M15	Daniel Pape, M19	Cedar Rapids, IA	14:00	28:14	5:41/M	28:12	5:40/M
33	29	3 M35	Mark Thompson, M36	Iowa City, IA	14:20	28:17	5:41/M	28:15	5:41/M
34	30	5 M20	Aaron Schmidt, M24	Fort Dodge, IA	14:08	28:21	5:42/M	28:16	5:41/M
35	5	5 OVF	Ashley Miller, F25	Lincoln, NE	14:05	28:24	5:43/M	28:22	5:42/M
36	31	8 M15	Tysen Vandraska, M16	Swisher, IA	14:40	28:37	5:45/M	28:33	5:45/M
37	32	9 M15	Kyle Read, M19	Marion, IA	14:22	28:38	5:46/M	28:34	5:45/M
38	33	10 M15	Michael Marshall, M17	Center Point, IA	14:39	28:42	5:47/M	28:40	5:46/M
39	34	11 M15	Logan Murray, M15	Mount Pleasant, IA	14:23	28:46	5:47/M	28:43	5:47/M
40	35	12 M15	Ryan Murphy, M15	Marion, IA	14:24	28:48	5:48/M	28:45	5:47/M
41	36	13 M15	Jay Halverson, M18	Cedar Rapids, IA	14:26	28:57	5:49/M	28:53	5:49/M
42	37	14 M15	Tanner Rathje, M18	Marion, IA	13:58	28:57	5:49/M	28:54	5:49/M
43	38	4 M35	Cary Richey, M36	Cedar Rapids, IA	14:44	29:06	5:51/M	29:03	5:51/M
44	39	1 MMs	David Julian, M44	Cedar Rapids, IA	14:27	29:16	5:53/M	29:13	5:53/M
45	40	4 M25	Cory McAnelly, M29	Des Moines, IA	14:36	29:20	5:54/M	29:15	5:53/M
46	41	5 M25	Tyler Sullivan, M26	Iowa City, IA	14:51	29:26	5:55/M	29:24	5:55/M

47	42	6 M25	Adam Kassem, M25	Cedar Rapids, IA	14:37	29:29	5:56/M	29:26	5:55/M
48	43	5 M35	Marty Klipp, M38	Cedar Rapids, IA	15:04	29:33	5:57/M	29:30	5:56/M
49	44	1 MGM	Bobby Paxton, M57	Minneapolis, MN	15:05	29:35	5:57/M	29:31	5:56/M
50	45	6 M35	Gregg Hennigan, M36	Coralville, IA	15:01	29:37	5:57/M	29:34	5:57/M
51	46	1 M45	Roger Cassill, M48	Fairfax, IA	15:11	29:43	5:59/M	29:39	5:58/M
52	47	1 M50	Jeff Nietert, M53	Palo, IA	14:59	29:44	5:59/M	29:40	5:58/M
53	6	6 OVF	Erin Moeller, F36	Mount Vernon, IA	15:09	29:50	6:00/M	29:47	6:00/M
54	7	7 OVF	Flannery Cerbin, F27	La Crosse, WI	14:55	29:52	6:00/M	29:49	6:00/M
55	48	1 M40	Andrew Kauder, M42	Cedar Rapids, IA	15:10	30:10	6:04/M	30:07	6:03/M
56	49	2 M50	Greg Skopec, M52	Coralville, IA	15:09	30:10	6:04/M	30:06	6:03/M
57	8	1 F20	Alexina Wilson, F21	Cedar Falls, IA	15:30	30:11	6:04/M	30:06	6:03/M
58	50	7 M35	Mark Ironside, M39	Swisher, IA	14:58	30:14	6:05/M	30:10	6:04/M
59	51	8 M35	Joe Lahart, M35	Cedar Rapids, IA	15:23	30:16	6:05/M	30:09	6:04/M
60	52	15 M15	Samuel Eck, M16	Cedar Rapids, IA	15:14	30:17	6:06/M	30:10	6:04/M
61	9	2 F20	Harper Beasley, F20	Iowa City, IA	15:13	30:20	6:06/M	30:15	6:05/M
62	10	3 F20	Nicole Benson, F23	Peoria, IL	14:40	30:21	6:06/M	30:18	6:06/M
63	53	6 M20	Trevor Oates, M20	Hiawatha, IA	15:26	30:22	6:07/M	30:18	6:06/M
64	54	16 M15	Adam Ross, M18	Cedar Rapids, IA	15:03	30:36	6:09/M	30:32	6:09/M
65	55	1 JRM	Maki Mohr, M14	McHenry, IL	15:27	30:36	6:09/M	30:32	6:09/M
66	56	17 M15	Cameron Steffens, M15	Swisher, IA	15:03	30:36	6:09/M	30:33	6:09/M
67	57	2 M45	John Armon, M48	Cedar Rapids, IA	15:18	30:42	6:11/M	30:38	6:10/M
68	11	4 F20	Emily Eimers, F23	Algona, IA	15:27	30:45	6:11/M	30:41	6:10/M
69	58	9 M35	Randall Stanford, M36	Fairfield, IA	15:29	30:49	6:12/M	30:45	6:11/M
70	59	7 M25	Jose Escoriza, M27	Dubuque, IA	15:28	30:50	6:12/M	30:50	6:12/M
71	12	5 F20	Carolyn Newhouse, F20	Marion, IA	15:30	30:51	6:12/M	30:47	6:11/M
72	60	6 M30	Craig Goldsmith, M32	Marion, IA	15:14	30:57	6:13/M	30:54	6:13/M
73	61	2 M40	Mark Johnson, M41	Hiawatha, IA	15:58	31:01	6:14/M	30:56	6:13/M
74	62	3 M40	Lyle Murray, M42	Mount Pleasant, IA	15:33	31:11	6:16/M	31:08	6:16/M
75	63	7 M30	John Hackbarth, M32	Cedar Rapids, IA	16:00	31:12	6:17/M	31:06	6:15/M

76	64	8 M30	Zach Schmit, M30	Cedar Rapids, IA	16:03	31:16	6:17/M	31:04	6:15/M
77	13	1 F15	Courtney Bruns, F19	West Branch, IA	15:31	31:20	6:18/M	31:16	6:17/M
78	65	9 M30	Matthew Neukirch, M31	Iowa City, IA	16:01	31:26	6:19/M	31:22	6:19/M
79	66	2 JRM	Patrick Gorman, M14	Springville, IA	15:32	31:30	6:20/M	31:23	6:19/M
80	67	18 M15	Ryan Miller, M15	Marion, IA	15:32	31:30	6:20/M	31:23	6:19/M
81	68	10 M35	Jeff Kreinbring, M36	Solon, IA	15:49	31:31	6:20/M	31:26	6:19/M
82	69	8 M25	Ben Peiffer, M26	Cedar Rapids, IA	15:26	31:34	6:21/M	31:30	6:20/M
83	70	11 M35	Mike Newman, M36	Cedar Rapids, IA	16:02	31:37	6:22/M	31:33	6:21/M
84	71	3 M45	Michael Hughes, M47	Cedar Rapids, IA	16:07	31:39	6:22/M	31:34	6:21/M
85	72	12 M35	Chris Waterbury, M37	North Liberty, IA	16:05	31:40	6:22/M	31:35	6:21/M
86	73	19 M15	Noah Decker, M17	Cedar Rapids, IA	15:41	31:40	6:22/M	31:37	6:22/M
87	74	3 M50	Randy Brecht, M53	Middle Amana, IA	16:09	31:40	6:22/M	31:36	6:21/M
88	75	4 M50	Don Lansing, M53	Marion, IA	16:07	31:47	6:24/M	31:41	6:23/M
89	14	2 F15	Lauren Benzing, F19	Solon, IA	15:46	31:51	6:24/M	31:46	6:23/M
90	76	10 M30	Joel Cardo, M32	Center Point, IA	16:17	32:01	6:26/M	31:56	6:25/M
91	77	20 M15	Trey Squires, M17	Belle Plaine, IA	16:30	32:06	6:27/M	32:00	6:26/M
92	15	3 F15	Lindsey Bruns, F19	West Branch, IA	15:59	32:12	6:29/M	32:08	6:28/M
93	78	4 M45	Tim Vipond, M48	Cedar Rapids, IA	16:31	32:14	6:29/M	32:09	6:28/M
94	79	7 M20	Tyson Squiers, M23	Dubuque, IA	16:30	32:25	6:31/M	32:19	6:30/M
95	16	4 F15	Emmie Skopec, F17	Coralville, IA	16:27	32:31	6:32/M	32:27	6:32/M
96	17	5 F15	Grace Coen, F16	Newton, IA	16:33	32:31	6:33/M	32:26	6:31/M
97	18	1 F25	Elaina Mertens, F28	Mount Vernon, IA	16:18	32:33	6:33/M	32:28	6:32/M
98	80	21 M15	Logan Heitz, M18	Walford, IA	16:35	32:36	6:34/M	32:32	6:33/M
99	81	13 M35	Matthew Wiley, M39	Cedar Rapids, IA	17:05	32:41	6:35/M	32:32	6:33/M
100	82	1 M60	Ken Konicek, M62	Pinedale, WY	16:26	32:42	6:35/M	32:39	6:34/M
101	83	9 M25	Zach Hill, M28	Iowa City, IA	16:17	32:45	6:35/M	32:30	6:32/M
102	84	8 M20	Michael Ropp, M21	Cedar Rapids, IA	16:15	32:50	6:36/M	32:44	6:35/M
103	85	14 M35	Don Johnson, M35	Marion, IA	16:42	32:53	6:37/M	32:46	6:35/M
104	86	22 M15	Jonathon Rockwell, M19	Cedar Rapids, IA	16:33	32:57	6:38/M	32:53	6:37/M

105	87	1 M55	Daryl Julich, M58	Cedar Rapids, IA	16:49	32:58	6:38/M	32:52	6:37/M
106	88	15 M35	Steve Berger, M35	Cedar Rapids, IA	16:36	32:58	6:38/M	32:52	6:37/M
107	89	10 M25	Bryan Jones, M29	Cedar Rapids, IA	16:32	33:01	6:39/M	32:56	6:38/M
108	19	6 F15	Alyssa Averhoff, F18	Cedar Rapids, IA	16:47	33:02	6:39/M	32:55	6:37/M
109	90	11 M25	Dan Fagan, M28	Chicago, IL	17:20	33:03	6:39/M	32:48	6:36/M
110	91	11 M30	Jon Archer, M30	Marion, IA	16:55	33:05	6:39/M	32:59	6:38/M
111	92	16 M35	Aaron Kelly, M39	Marion, IA	16:16	33:14	6:41/M	33:10	6:40/M
112	93	17 M35	Chris Carstensen, M37	Cedar Rapids, IA	16:52	33:15	6:41/M	33:07	6:40/M
113	94	3 JRM	Danny Buser, M14	Fairfax, IA	16:52	33:19	6:42/M	33:12	6:41/M
114	95	4 M40	Jim Berger, M43	Cedar Rapids, IA	16:56	33:22	6:43/M	33:14	6:41/M
115	20	1 F30	Tamara Abkes, F33	Cedar Rapids, IA	16:59	33:25	6:43/M	33:15	6:41/M
116	96	5 M50	Scott Reed, M52	Cedar Rapids, IA	16:41	33:26	6:43/M	33:19	6:42/M
117	97	5 M45	Thomas Wolle, M48	Cedar Rapids, IA	17:04	33:28	6:44/M	33:23	6:43/M
118	98	5 M40	Andrew Breitsprecher, M40	Ely, IA	16:32	33:29	6:44/M	33:25	6:43/M
119	99	6 M40	Tom Daubs, M43	Marion, IA	16:50	33:33	6:45/M	33:28	6:44/M
120	100	9 M20	Corbin Beastrom, M22	Cedar Rapids, IA	17:15	33:34	6:45/M	33:22	6:43/M
121	101	12 M25	Trenton Roehlk, M27	Cedar Rapids, IA	17:03	33:34	6:45/M	33:29	6:44/M
122	102	23 M15	Nathan Homan, M16	Cedar Rapids, IA	16:43	33:35	6:45/M	33:26	6:44/M
123	103	13 M25	Matt Sima, M26	Cedar Rapids, IA	17:46	33:40	6:46/M	33:26	6:44/M
124	104	7 M40	Greg Schmidt, M41	Cedar Rapids, IA	17:07	33:45	6:47/M	33:37	6:46/M
125	105	6 M45	Kevin Short, M45	Edmond, OK	17:24	33:46	6:47/M	33:38	6:46/M
126	106	6 M50	Timothy Squires, M52	Belle Plaine, IA	17:28	33:47	6:48/M	33:42	6:47/M
127	107	14 M25	Zach Fetzer, M27	Minneapolis, MN	16:42	33:51	6:49/M	33:46	6:47/M
128	108	12 M30	Josh Reaktenwalt, M34	Cedar Rapids, IA	17:22	33:56	6:50/M	33:47	6:48/M
129	109	10 M20	Mitch Martin, M20	Cedar Rapids, IA	17:35	33:56	6:50/M	33:56	6:50/M
130	110	13 M30	Sean Thompson, M32	Iowa City, IA	17:05	33:57	6:50/M	33:48	6:48/M
131	21	2 F30	Julie Johnston, F30	Cedar Rapids, IA	16:58	34:00	6:50/M	33:55	6:49/M
132	111	7 M45	Ken Wright, M45	Cedar Rapids, IA	17:58	34:05	6:51/M	33:30	6:44/M
133	112	14 M30	Matt Townsley,	Mount	17:09	34:09	6:52/M	33:58	6:50/M

		M32		Vernon, IA						
134	22	3 F30	Emily Burmeister, F31	Marion, IA	17:31	34:14	6:53/M	34:06	6:52/M	
135	113	11 M20	Jacob Schueller, M23	Cedar Rapids, IA	17:14	34:15	6:53/M	34:07	6:52/M	
136	114	8 M45	Samuel Houston, M47	Cedar Rapids, IA	17:13	34:16	6:54/M	34:10	6:52/M	
137	115	18 M35	Dan Vondra, M35	Iowa City, IA	17:29	34:20	6:54/M	34:13	6:53/M	
138	23	4 F30	Liz Healy, F31	Ely, IA	17:12	34:22	6:55/M	34:16	6:54/M	
139	116	1 M65	Jim Shimek, M66	Fairfax, IA	17:12	34:24	6:55/M	34:20	6:54/M	
140	117	19 M35	Brian Peck, M37	Cedar Rapids, IA	17:23	34:25	6:55/M	34:16	6:54/M	
141	118	15 M25	Matt Hilby, M28	Cedar Rapids, IA	17:48	34:26	6:56/M	34:07	6:52/M	
142	119	20 M35	Chris Nims, M37	Robins, IA	17:01	34:30	6:56/M	34:26	6:56/M	
143	24	5 F30	Darcy Ehrmann, F32	Cedar Rapids, IA	17:24	34:31	6:57/M	34:23	6:55/M	
144	25	6 F30	Carolyn Plaza, F32	Cedar Rapids, IA	17:38	34:33	6:57/M	34:24	6:55/M	
145	120	9 M45	Todd Gelo, M45	Cedar Rapids, IA	17:14	34:39	6:58/M	34:33	6:57/M	
146	26	2 F25	Hannah Rigler, F26	Iowa City, IA	17:22	34:41	6:59/M	34:34	6:57/M	
147	121	2 M55	Dave Martin, M59	Cedar Rapids, IA	17:22	34:41	6:59/M	34:36	6:58/M	
148	27	3 F25	Riley Barth, F27	Cedar Rapids, IA	17:53	34:42	6:59/M	34:34	6:57/M	
149	122	24 M15	Harlan Horst, M19	Urbana, IA	17:12	34:44	6:59/M	34:34	6:57/M	
150	123	12 M20	Mark Lahart, M23	Des Moines, IA	17:40	34:46	7:00/M	34:39	6:58/M	
151	124	15 M30	Josh Berka, M33	Iowa City, IA	17:38	34:47	7:00/M	34:40	6:58/M	
152	125	25 M15	Connor Jacobmeyer, M16	Cedar Rapids, IA	17:10	34:49	7:00/M	34:42	6:59/M	
153	28	4 F25	Tara Handke, F26	Dubuque, IA	17:33	34:50	7:01/M	34:44	6:59/M	
154	29	5 F25	Anne Brophy, F28	Iowa City, IA	18:04	34:52	7:01/M	34:26	6:56/M	
155	126	7 M50	Mark Casteel, M54	York, PA	17:36	34:56	7:02/M	34:49	7:00/M	
156	30	1 F35	Stacie Merta, F35	Marion, IA	17:20	34:57	7:02/M	34:52	7:01/M	
157	127	16 M25	David Savino, M25	Cedar Rapids, IA	18:27	34:57	7:02/M	34:44	6:59/M	
158	128	8 M50	Greg Reynolds, M53	Cedar Rapids, IA	17:41	35:03	7:03/M	34:51	7:01/M	
159	31	6 F25	Mollie Fagan, F25	Cedar Rapids, IA	17:48	35:06	7:04/M	34:50	7:00/M	
160	32	2 F35	Roxanne Johnston, F38	Toddville, IA	17:39	35:08	7:04/M	35:02	7:03/M	
161	129	26 M15	Elijah Duval, M17	Marion, IA	18:03	35:14	7:05/M	35:03	7:03/M	
162	130	9 M50	Matt Brandt, M53	Cedar Rapids, IA	17:48	35:15	7:05/M	35:09	7:04/M	
163	33	1 FM5	Joy Tinnes, F45	Iowa City, IA		35:15	7:05/M	35:15	7:05/M	
164	34	7 F30	Lori Meierbachtol, F33	Cedar Rapids, IA	17:48	35:16	7:06/M	35:08	7:04/M	

165	35	1 F40	Natalie Hempy, F43	Solon, IA	17:53	35:18	7:06/M	35:10	7:04/M
166	131	27 M15	Jacob Herndon, M18	Cedar Rapids, IA	17:08	35:21	7:07/M	35:13	7:05/M
167	36	6 F20	Sarah Ritchie, F24	Cedar Rapids, IA	17:33	35:22	7:07/M	35:19	7:06/M
168	132	21 M35	Christopher Ellis, M38	Cedar Rapids, IA	18:16	35:24	7:07/M	34:59	7:02/M
169	37	1 FGM	Andriette Wickstrom, F59	Storm Lake, IA	17:59	35:27	7:08/M	35:22	7:07/M
170	38	3 F35	Julie Golding, F36	Cedar Rapids, IA	17:58	35:30	7:08/M	35:23	7:07/M
171	133	10 M50	Larry Moser, M54	Cedar Rapids, IA	18:27	35:31	7:09/M	35:18	7:06/M
172	134	13 M20	Brian Ropp, M20	Cedar Rapids, IA	18:01	35:31	7:09/M	35:16	7:06/M
173	135	17 M25	Joseph Marshall, M25	Cedar Rapids, IA	18:10	35:35	7:09/M	35:24	7:07/M
174	136	10 M45	Jason Aarhus, M46	Cedar Rapids, IA	18:17	35:38	7:10/M	35:30	7:08/M
175	137	22 M35	Curt Richey, M38	Marion, IA	17:34	35:39	7:10/M	35:31	7:09/M
176	138	11 M50	Ray Marshall, M53	Cedar Rapids, IA	18:10	35:39	7:10/M	35:31	7:09/M
177	139	28 M15	Jack Brokaw, M18	Cedar Rapids, IA	18:17	35:42	7:11/M	35:20	7:07/M
178	140	23 M35	Joe Graf, M37	Iowa City, IA	17:59	35:46	7:12/M	35:39	7:10/M
179	141	29 M15	Matthew Wardlaw, M19	Marion, IA	18:14	35:48	7:12/M	35:33	7:09/M
180	142	30 M15	Riley Johanson, M17	Oxford, IA	18:09	35:51	7:13/M	35:42	7:11/M
181	143	11 M45	Ron Hellweg, M46	Cedar Rapids, IA	18:40	35:52	7:13/M	35:40	7:10/M
182	144	31 M15	Matthew Mohr, M15	McHenry, IL	17:25	35:53	7:13/M	35:50	7:12/M
183	145	12 M50	Jim Buser, M50	Fairfax, IA	18:21	35:54	7:13/M	35:45	7:12/M
184	146	14 M20	Andrew Bridgewater, M24	Cedar Rapids, IA	17:56	35:55	7:13/M	35:43	7:11/M
185	39	1 JRF	Laura Feld, F14	Cedar Rapids, IA	18:02	35:55	7:14/M	35:49	7:12/M
186	40	4 F35	Dawn Buckheister, F37	Cedar Rapids, IA	18:05	35:56	7:14/M	35:47	7:12/M
187	147	8 M40	Sutherland Junge, M40	Swisher, IA	17:56	35:56	7:14/M	35:48	7:12/M
188	148	24 M35	Bret Williamson, M38	Cedar Rapids, IA	18:04	35:57	7:14/M	35:51	7:13/M
189	149	25 M35	Brian Danly, M36	Cedar Rapids, IA	18:19	35:59	7:14/M	35:21	7:07/M
190	150	15 M20	Dalton Atwood, M23	Cedar Rapids, IA	18:38	36:00	7:15/M	35:37	7:10/M
191	151	18 M25	Nick Parilo, M25	Marion, IA	18:08	36:01	7:15/M	35:51	7:13/M
192	152	19 M25	Steven Lavrenz,	Lafayette, IN	18:17	36:05	7:16/M	35:56	7:14/M

M26										
193	41	7 F15	Madalyn Genskow, F15	Marion, IA	18:03	36:08	7:16/M	36:02	7:15/M	
194	42	7 F25	Elizabeth Steele, F29	Norway, IA	18:28	36:10	7:16/M	36:04	7:15/M	
195	153	3 M55	Tim Kelly, M55	Iowa City, IA	18:32	36:13	7:17/M	36:07	7:16/M	
196	43	8 F30	Bethany Heidemann, F32	Cedar Falls, IA	18:33	36:14	7:17/M	36:07	7:16/M	
197	154	32 M15	Evan Bednar, M17	Cedar Rapids, IA	18:39	36:17	7:18/M	36:04	7:15/M	
198	155	20 M25	Michael Tierney, M27	Cedar Rapids, IA	18:02	36:19	7:18/M	36:10	7:16/M	
199	156	16 M20	Jared Heitz, M21	Walford, IA	18:33	36:19	7:18/M	36:03	7:15/M	
200	44	8 F15	Megan Ely, F16	Cedar Rapids, IA	18:24	36:20	7:18/M	36:09	7:16/M	
201	45	5 F35	Keri Mounce, F39	Iowa City, IA	18:54	36:20	7:19/M	36:02	7:15/M	
202	157	33 M15	Adam Goldberg, M19	Cedar Rapids, IA	18:29	36:21	7:19/M	36:01	7:15/M	
203	158	2 M60	Bob Strickland, M63	Cedar Rapids, IA	18:04	36:25	7:20/M	36:20	7:18/M	
204	159	21 M25	Ryan Clark, M27	Cedar Rapids, IA	17:55	36:36	7:22/M	36:30	7:21/M	
205	160	3 M60	Michael Nurre, M60	Cedar Rapids, IA	18:16	36:39	7:22/M	36:32	7:21/M	
206	161	16 M30	Kyle Hoffman, M33	Marion, IA	18:51	36:44	7:23/M	36:35	7:22/M	
207	162	12 M45	Bob Read, M49	Marion, IA	18:26	36:46	7:24/M	36:34	7:21/M	
208	163	22 M25	Kyle Mallie, M29	Cedar Rapids, IA	18:22	36:46	7:24/M	36:28	7:20/M	
209	164	4 JRM	Riley Walton, M13	Cedar Rapids, IA	17:52	36:47	7:24/M	36:38	7:22/M	
210	165	4 M55	Kevin Overton, M58	West Point, IA	18:55	36:47	7:24/M	36:37	7:22/M	
211	166	13 M45	John Peters, M49	Cedar Rapids, IA	18:03	36:48	7:24/M	36:41	7:23/M	
212	167	23 M25	Eric Freese, M27	Cedar Rapids, IA	19:03	36:53	7:25/M	36:37	7:22/M	
213	46	6 F35	Natalee Thompson, F36	Iowa City, IA	19:27	36:54	7:25/M	36:38	7:22/M	
214	47	1 F50	Jane McGee, F52	Hiawatha, IA	18:34	36:57	7:26/M	36:47	7:24/M	
215	168	14 M45	Larry Kram, M46	Cedar Rapids, IA	18:37	37:00	7:27/M	36:51	7:25/M	
216	169	17 M20	Jake Wittman, M23	Cedar Rapids, IA	18:56	37:03	7:27/M	36:55	7:26/M	
217	170	17 M30	Jeffrey Haderthauer, M34	Marion, IA	18:57	37:03	7:27/M	36:50	7:25/M	
218	48	9 F30	Liz Craig, F32	Iowa City, IA	18:58	37:04	7:27/M	36:38	7:22/M	
219	49	2 F40	Annette Lorenz, F43	Cedar Rapids, IA	18:31	37:04	7:27/M	36:55	7:26/M	
220	50	3 F40	Sonja Krob, F43	Mount Vernon, IA	19:13	37:05	7:28/M	36:46	7:24/M	

221	51	9 F15	Sarah Hanna, F16	Cedar Rapids, IA	18:26	37:07	7:28/M	36:57	7:26/M
222	171	18 M20	Isaac Hoffmann, M23	Cedar Falls, IA		37:08	7:28/M	37:08	7:28/M
223	172	18 M30	John Bratland, M34	Cedar Rapids, IA	18:23	37:08	7:28/M	36:58	7:26/M
224	52	10 F30	Vanessa Vega, F31	Cedar Rapids, IA	18:56	37:11	7:29/M	36:55	7:26/M
225	173	5 JRM	Cole Tharp, M14	Vinton, IA	20:41	37:11	7:29/M	36:28	7:20/M
226	174	9 M40	Brad Comer, M41	Iowa City, IA	18:30	37:14	7:29/M	37:08	7:28/M
227	175	26 M35	Tim Kalis, M35	Kansas City, MO	19:13	37:17	7:30/M	36:57	7:26/M
228	176	19 M30	Zach Paulson, M31	Cedar Rapids, IA	19:44	37:17	7:30/M	37:00	7:27/M
229	177	10 M40	Eric Gift, M42	Cedar Rapids, IA	19:16	37:19	7:30/M	37:07	7:28/M
230	178	15 M45	Jeff Girman, M46	Cedar Rapids, IA	19:18	37:20	7:31/M	37:04	7:27/M
231	179	20 M30	Tyson Switzer, M30	Cedar Rapids, IA	19:18	37:21	7:31/M	37:04	7:27/M
232	180	27 M35	Scott Noll, M35	Marion, IA	19:37	37:22	7:31/M	37:07	7:28/M
233	181	21 M30	Eric Ransom, M34	North Liberty, IA	19:18	37:23	7:31/M	37:05	7:27/M
234	53	8 F25	Samantha Douglass, F26	Cedar Rapids, IA	19:17	37:23	7:31/M	37:11	7:29/M
235	182	16 M45	Randy Harris, M47	Cedar Rapids, IA	19:17	37:27	7:32/M	36:49	7:24/M
236	183	13 M50	Scott Kacena, M50	Cedar Rapids, IA	19:14	37:29	7:32/M	37:04	7:27/M
237	184	28 M35	Ryan Malloy, M36	Williamsburg, IA	19:22	37:29	7:32/M	37:16	7:30/M
238	185	19 M20	Jacob Meyer, M21	Cedar Rapids, IA	19:07	37:30	7:33/M	37:20	7:31/M
239	186	34 M15	Mitchell Lorenz, M17	Swisher, IA	20:41	37:31	7:33/M	37:09	7:28/M
240	187	11 M40	Mathieu Cagnard, M43	Cedar Rapids, IA	18:53	37:32	7:33/M	37:21	7:31/M
241	54	7 F35	Lori Anderson, F35	Cedar Rapids, IA	19:02	37:34	7:33/M	37:12	7:29/M
242	188	17 M45	Tim Wittman, M49	Cedar Rapids, IA	19:14	37:35	7:34/M	37:28	7:32/M
243	55	4 F40	Rae Lynn Lamparek, F43	Swisher, IA	18:40	37:37	7:34/M	37:28	7:32/M
244	189	4 M60	Brad Scott, M61	Marion, IA	19:12	37:40	7:35/M	37:34	7:33/M
245	190	14 M50	Steven Brown, M52	Cedar Rapids, IA	19:24	37:42	7:35/M	37:27	7:32/M
246	191	29 M35	Jason Schoenbeck, M39	Cedar Rapids, IA	18:54	37:43	7:35/M	37:25	7:32/M
247	192	15 M50	Kevin Costigan, M54	Cedar Rapids, IA	19:16	37:44	7:35/M	37:29	7:32/M
248	193	22 M30	Dan Gahring, M31	Cedar Rapids, IA	19:36	37:45	7:36/M	37:21	7:31/M

IA										
249	194	16 M50	Eric Wasson, M51	Cedar Rapids, IA	18:25	37:45	7:36/M	37:35	7:34/M	
250	195	30 M35	Dustin Boxa, M38	Fairfax, IA	19:18	37:46	7:36/M	37:19	7:30/M	
251	56	11 F30	Felisha Junge, F33	Swisher, IA	19:01	37:46	7:36/M	37:37	7:34/M	
252	196	5 M55	Bryce Henson, M58	North Liberty, IA	20:00	37:47	7:36/M	37:29	7:32/M	
253	197	18 M45	Chuck Hardin, M47	Cedar Rapids, IA	19:05	37:50	7:37/M	37:37	7:34/M	
254	198	20 M20	Zach Parsons, M22	Cedar Rapids, IA	19:15	37:50	7:37/M	37:41	7:35/M	
255	199	31 M35	Tim McCormick, M37	Palo, IA	19:35	37:51	7:37/M	37:37	7:34/M	
256	57	8 F35	Angie McCormick, F37	Palo, IA	19:35	37:51	7:37/M	37:37	7:34/M	
257	200	23 M30	Aaron Craven, M34	Plymouth, MN	19:19	37:55	7:38/M	37:27	7:32/M	
258	58	1 F45	Rita Taylor-Stewart, F47	Atkins, IA	19:08	37:55	7:38/M	37:42	7:35/M	
259	201	12 M40	Brian Fagan, M42	Cedar Rapids, IA	19:31	37:57	7:38/M	37:42	7:35/M	
260	202	32 M35	Todd Prokop, M35	Ely, IA	19:16	38:04	7:39/M	37:52	7:37/M	
261	203	17 M50	Scott Gerstein, M50	Scottsdale, AZ	20:19	38:04	7:39/M	37:43	7:35/M	
262	204	33 M35	Santiago Martinez, M38	Bettendorf, IA	19:33	38:06	7:40/M	37:37	7:34/M	
263	59	10 F15	Sarah Manders, F19	Cedar Rapids, IA	19:41	38:07	7:40/M	37:52	7:37/M	
264	205	24 M25	Clayton Besong, M26	Cedar Rapids, IA	18:50	38:08	7:40/M	38:08	7:40/M	
265	206	18 M50	Steve Noonan, M54	Robins, IA	19:48	38:09	7:40/M	37:56	7:38/M	
266	207	21 M20	Tyler Hubler, M22	Cedar Rapids, IA	18:56	38:10	7:41/M	37:58	7:38/M	
267	60	2 F50	Kallie Harris, F50	Cedar Rapids, IA	19:11	38:12	7:41/M	38:03	7:39/M	
268	61	12 F30	Amy Howells, F30	Des Moines, IA	19:25	38:12	7:41/M	37:59	7:39/M	
269	208	34 M35	Cory Goldensoh, M37	Cedar Rapids, IA	19:26	38:13	7:41/M	37:49	7:36/M	
270	62	9 F35	Deidre Nims, F38	Robins, IA	19:39	38:16	7:42/M	38:02	7:39/M	
271	209	6 M55	Jay Wiebold, M57	Cedar Rapids, IA	19:22	38:21	7:43/M	38:06	7:40/M	
272	63	10 F35	Sandra Ahrendsen, F37	Cedar Rapids, IA	20:03	38:21	7:43/M	37:59	7:38/M	
273	64	2 F45	Dana Foster, F47	Dike, IA	19:24	38:22	7:43/M	38:09	7:41/M	
274	210	35 M15	Andrew Sheeley, M17	Cedar Rapids, IA	17:57	38:23	7:43/M	38:14	7:42/M	
275	211	13 M40	Robert Pollitt, M42	Cedar Rapids, IA	18:34	38:24	7:43/M	38:15	7:42/M	
276	212	24 M30	Jared Aarons, M34	Cedar Rapids, IA	19:20	38:26	7:44/M	38:17	7:42/M	

IA										
277	213	19 M50	John Ernst, M50	Cedar Rapids, IA	19:32	38:32	7:45/M	37:56	7:38/M	
278	214	20 M50	Loren Timm, M52	Williamsburg, IA	19:38	38:33	7:45/M	38:26	7:44/M	
279	215	5 M60	Greg Jobe, M60	Marion, IA	19:59	38:38	7:46/M	38:31	7:45/M	
280	216	35 M35	Justin Williams, M36	North Liberty, IA	19:18	38:38	7:46/M	38:27	7:44/M	
281	65	3 F45	Traci Vercande, F49	Robins, IA	19:34	38:40	7:47/M	38:24	7:43/M	
282	217	36 M35	Kori Sickles, M39	Cedar Rapids, IA	20:11	38:41	7:47/M	38:02	7:39/M	
283	218	14 M40	Alick Zulu, M40	Marion, IA	19:42	38:41	7:47/M	38:29	7:44/M	
284	66	13 F30	Amy Jobe, F31	Marion, IA	19:59	38:41	7:47/M	38:34	7:46/M	
285	67	4 F45	Amy Homan, F47	Cedar Rapids, IA	19:45	38:42	7:47/M	38:31	7:45/M	
286	68	9 F25	Liz Jobe, F29	Marion, IA	20:00	38:42	7:47/M	38:35	7:46/M	
287	219	2 M65	David Coates, M66	Cedar Rapids, IA	19:46	38:43	7:47/M	38:34	7:46/M	
288	220	25 M25	Jordan Cannon, M29	Cedar Rapids, IA	19:23	38:45	7:48/M	38:27	7:44/M	
289	221	19 M45	Dan Dirks, M48	Coralville, IA	19:48	38:47	7:48/M	38:35	7:46/M	
290	69	5 F45	Diana Croghan, F45	Center Point, IA	19:22	38:48	7:48/M	38:38	7:46/M	
291	222	6 JRM	Nolan Pithan, M14	Cedar Rapids, IA	19:16	38:52	7:49/M	38:29	7:44/M	
292	223	37 M35	Doug Fishwild, M35	Cedar Rapids, IA	20:03	38:53	7:49/M	38:40	7:47/M	
293	224	20 M45	Peter Pardubsky, M46	Cedar Rapids, IA	19:47	38:56	7:50/M	38:42	7:47/M	
294	70	11 F35	Keri Christensen, F37	Anamosa, IA	20:02	38:57	7:50/M	38:45	7:48/M	
295	225	15 M40	Kevin Cano, M44	Cedar Rapids, IA	19:24	39:07	7:52/M	38:56	7:50/M	
296	226	26 M25	John Christopherson, M28	Cedar Rapids, IA	20:00	39:07	7:52/M	38:48	7:48/M	
297	227	16 M40	Steven Sheeley, M44	Cedar Rapids, IA	19:45	39:08	7:52/M	38:51	7:49/M	
298	228	21 M45	Tom Ross, M45	Swisher, IA	19:46	39:09	7:52/M	38:54	7:49/M	
299	229	21 M50	Rick Klinger, M51	Cedar Rapids, IA	20:10	39:09	7:53/M	38:42	7:47/M	
300	71	3 F50	Sara Todd, F51	Cedar Rapids, IA	19:34	39:09	7:53/M	38:59	7:50/M	
301	230	7 M55	Thomas Dirks, M58	Mingo, IA	19:54	39:09	7:53/M	38:58	7:50/M	
302	231	22 M45	Todd Montgomery, M45	Cedar Rapids, IA	19:29	39:11	7:53/M	38:56	7:50/M	
303	72	14 F30	Cassy Townsley, F32	Mount Vernon, IA	19:30	39:12	7:53/M	38:57	7:50/M	
304	232	38 M35	Dustin Rahe, M36	Cedar Rapids, IA	20:32	39:17	7:54/M	38:59	7:50/M	

IA										
305	73	6 F45	Jane Kelly, F49	Cedar Rapids, IA	20:19	39:27	7:56/M	39:11	7:53/M	
306	233	39 M35	Kevin Hansen, M35	Delmar, IA	20:21	39:28	7:56/M	39:12	7:53/M	
307	234	6 M60	Lyle Theisen, M62	Anamosa, IA	20:02	39:29	7:57/M	39:22	7:55/M	
308	235	17 M40	Brad Wilson, M42	Hiawatha, IA	20:20	39:30	7:57/M	39:11	7:53/M	
309	74	12 F35	Suzanne Johannes, F38	Swisher, IA	19:52	39:30	7:57/M	39:20	7:55/M	
310	236	27 M25	Spencer Stater, M25	Cedar Rapids, IA	19:53	39:31	7:57/M	39:15	7:54/M	
311	237	18 M40	Sean Palmer, M40	Cedar Rapids, IA	19:48	39:33	7:57/M	39:10	7:53/M	
312	238	40 M35	John Wennekamp, M35	Marion, IA	20:38	39:34	7:58/M	39:08	7:52/M	
313	239	22 M50	John Demory, M52	North Liberty, IA	20:04	39:35	7:58/M	39:20	7:55/M	
314	240	41 M35	Mark Wehr, M36	Fairfax, IA	20:37	39:35	7:58/M	38:49	7:49/M	
315	241	23 M45	Jeffrey Linder, M46	Cedar Rapids, IA	20:12	39:37	7:58/M	39:21	7:55/M	
316	75	10 F25	Kristin Ferring, F29	Cedar Rapids, IA	20:29	39:38	7:58/M	39:19	7:55/M	
317	76	7 F20	Josie Visser, F22	Cedar Rapids, IA	20:29	39:39	7:59/M	39:20	7:55/M	
318	77	13 F35	Amy Sams, F36	Cedar Rapids, IA	19:50	39:41	7:59/M	39:25	7:56/M	
319	242	7 M60	David Bryan, M60	Geneva, IL	20:17	39:43	7:59/M	39:32	7:57/M	
320	243	23 M50	Kevin Steele, M52	Lisbon, IA	20:22	39:45	8:00/M	39:25	7:56/M	
321	78	11 F15	Katelyn Gloeckner, F15	Springville, IA	19:06	39:46	8:00/M	39:39	7:58/M	
322	244	1 M70	Dennis Kruger, M71	Dike, IA	19:41	39:51	8:01/M	39:38	7:58/M	
323	79	11 F25	Laura Bailey, F27	Cedar Rapids, IA	20:52	39:53	8:01/M	39:27	7:56/M	
324	80	1 F55	Evelia Hauck, F59	Coralville, IA	20:30	39:53	8:01/M	39:26	7:56/M	
325	245	42 M35	Aaron Maue, M38	Walker, IA	20:16	39:54	8:02/M	39:43	7:59/M	
326	81	2 JRF	Faith Maue, F10	Walker, IA	20:17	39:54	8:02/M	39:42	7:59/M	
327	82	15 F30	Lynn Westfall, F34	Coralville, IA	20:23	39:54	8:02/M	39:39	7:59/M	
328	83	7 F45	Julie Slinger, F45	Hiawatha, IA	20:54	39:57	8:02/M	39:29	7:56/M	
329	246	22 M20	Shane Nielsen, M20	Hiawatha, IA	21:31	39:59	8:03/M	39:09	7:53/M	
330	247	8 M55	John Burke, M56	Cedar Rapids, IA	20:50	40:02	8:03/M	39:37	7:58/M	
331	248	43 M35	Matthew Fettkether, M36	Cedar Rapids, IA	22:07	40:04	8:04/M	39:37	7:58/M	
332	249	24 M45	Timothy Cahill, M47	Lisbon, IA	20:06	40:04	8:04/M	39:47	8:00/M	
333	250	19 M40	Brady Novak, M44	Cedar Rapids, IA	20:49	40:06	8:04/M	39:28	7:56/M	
334	84	12 F15	Brady Hoffman, F18	Fairfax, IA	20:46	40:08	8:04/M	39:41	7:59/M	

335	85	5 F40	Leslie Page, F42	Saint Paul, MN	20:20	40:09	8:05/M	39:49	8:01/M
336	251	20 M40	Stephen Szewc, M41	Marion, IA	20:49	40:13	8:05/M	39:43	7:59/M
337	252	28 M25	Colin Sullivan, M28	Cedar Rapids, IA	20:14	40:14	8:06/M	39:59	8:03/M
338	86	14 F35	Mariah Hurley, F37	Cedar Rapids, IA	20:12	40:15	8:06/M	40:09	8:05/M
339	253	25 M30	Josh Enloe, M33	Cedar Rapids, IA	20:58	40:15	8:06/M	39:42	7:59/M
340	254	44 M35	Ethan Gucfa, M39	Swisher, IA	20:45	40:15	8:06/M	39:49	8:01/M
341	255	9 M55	Gary Watts, M58	Iowa City, IA	20:37	40:16	8:06/M	40:03	8:03/M
342	256	24 M50	John Beasley, M53	Iowa City, IA	21:25	40:17	8:06/M	40:03	8:03/M
343	87	4 F50	Linda Wilson, F51	Lisbon, IA	20:20	40:21	8:07/M	39:49	8:01/M
344	257	23 M20	Benjamin Jasper, M20	Cedar Rapids, IA	20:29	40:23	8:07/M	40:09	8:05/M
345	258	21 M40	Chad Zahrt, M43	Milwaukee, WI	20:34	40:23	8:07/M	40:05	8:04/M
346	259	36 M15	Nathan Prochnow, M16	Cedar Rapids, IA	18:23	40:23	8:07/M	40:12	8:05/M
347	260	25 M50	Ted Olson, M54	Hiawatha, IA	20:48	40:24	8:08/M	39:56	8:02/M
348	88	8 F20	Brooke Martin, F20	Cedar Rapids, IA	20:40	40:25	8:08/M	40:02	8:03/M
349	261	26 M50	Dave Filip, M52	Cedar Rapids, IA	20:25	40:25	8:08/M	40:05	8:04/M
350	89	13 F15	Jenna Averhoff, F17	Cedar Rapids, IA	19:51	40:25	8:08/M	40:10	8:05/M
351	262	37 M15	Chris Knight, M15	Hiawatha, IA	19:46	40:26	8:08/M	40:20	8:07/M
352	263	45 M35	Brandon Edwards, M35	Spartanburg, SC	20:30	40:28	8:08/M	40:06	8:04/M
353	264	24 M20	Matthew Buser, M20	Omaha, NE	19:43	40:29	8:09/M	40:20	8:07/M
354	265	27 M50	Bill Freese, M52	Cedar Rapids, IA	20:48	40:30	8:09/M	40:12	8:05/M
355	90	16 F30	Michelle Hackbarth, F31	Cedar Rapids, IA	20:59	40:33	8:10/M	40:12	8:05/M
356	91	17 F30	Nadine Myers, F33	Walker, IA	20:58	40:34	8:10/M	40:12	8:05/M
357	92	9 F20	Jill Kuehnle, F22	Cedar Rapids, IA	20:28	40:35	8:10/M	40:21	8:07/M
358	266	10 M55	Randy Snook, M59	Cedar Rapids, IA	20:18	40:38	8:10/M	40:27	8:08/M
359	267	11 M55	Mark Bakkum, M59	Cedar Rapids, IA	20:23	40:40	8:11/M	40:27	8:08/M
360	93	2 F55	Lynn Harman, F59	Cedar Rapids, IA	20:35	40:42	8:11/M	40:21	8:07/M
361	268	25 M45	Brian Long, M45	Cedar Rapids, IA	20:43	40:43	8:11/M	40:30	8:09/M
362	269	46 M35	Adam Lewis, M37	Cedar Falls, IA	20:40	40:43	8:11/M	40:23	8:07/M
363	270	28 M50	Jeff Freeman, M51	Cedar Rapids, IA	20:05	40:44	8:12/M	40:29	8:09/M

364	271	29 M50	Wendell Horst, M51	Urbana, IA	20:39	40:44	8:12/M	40:27	8:08/M
365	272	22 M40	John Carr, M42	Manchester, IA	21:26	40:44	8:12/M	40:04	8:04/M
366	94	12 F25	Audrey McGrath, F28	Cedar Rapids, IA	20:46	40:45	8:12/M	40:21	8:07/M
367	273	30 M50	Steven Keane, M54	Cedar Rapids, IA	20:15	40:47	8:12/M	40:39	8:11/M
368	274	2 M70	Tom Kirkwood, M70	Dyersville, IA	20:09	40:48	8:12/M	40:41	8:11/M
369	275	47 M35	G T Karr, M35	Iowa City, IA	20:55	40:48	8:12/M	40:22	8:07/M
370	95	13 F25	Katie Reed, F27	Johnson City, TN	21:03	40:48	8:12/M	40:27	8:08/M
371	276	26 M45	Patrick Shannon, M48	Cedar Rapids, IA	21:12	40:49	8:13/M	40:27	8:08/M
372	277	8 M60	Mike Gardner, M60	Solon, IA	20:11	40:55	8:14/M	40:37	8:10/M
373	96	18 F30	Carissa Oltmann, F32	Cedar Rapids, IA	21:03	40:57	8:14/M	40:40	8:11/M
374	97	6 F40	Megan Foley Nicpon, F41	Iowa City, IA	20:39	40:58	8:14/M	40:35	8:10/M
375	98	14 F15	Emily Manders, F16	Cedar Rapids, IA	20:43	40:59	8:15/M	40:44	8:12/M
376	99	19 F30	Amber Doyle, F34	Cedar Rapids, IA	20:40	41:00	8:15/M	40:35	8:10/M
377	278	31 M50	Jeff Pick, M52	Cedar Rapids, IA	21:08	41:03	8:15/M	40:42	8:11/M
378	100	5 F50	Cindy McCarthy, F50	Cedar Rapids, IA	20:53	41:03	8:16/M	40:43	8:12/M
379	279	38 M15	Eathan McMahan, M17	Cedar Rapids, IA	22:01	41:06	8:16/M	40:16	8:06/M
380	280	23 M40	Chad Gammon, M41	Cedar Rapids, IA	21:02	41:07	8:16/M	40:48	8:12/M
381	101	10 F20	Molly Boomershine, F22	Hiawatha, IA	20:51	41:08	8:16/M	40:32	8:09/M
382	281	9 M60	James Maher, M62	Phoenix, AZ	20:45	41:11	8:17/M	41:03	8:15/M
383	282	3 M70	David Kutter, M71	Cedar Rapids, IA	20:34	41:12	8:17/M	40:55	8:14/M
384	102	20 F30	Amber Schouten, F31	Cedar Rapids, IA	21:04	41:12	8:17/M	40:54	8:14/M
385	103	21 F30	Melissa East, F32	Swisher, IA	20:51	41:16	8:18/M	40:59	8:15/M
386	283	24 M40	Troy Smith, M40	Cedar Rapids, IA	20:47	41:16	8:18/M	40:58	8:14/M
387	284	48 M35	Luke Felderman, M35	Lisbon, IA	21:29	41:16	8:18/M	40:37	8:10/M
388	285	49 M35	Ryan Buresh, M36	Cedar Rapids, IA	21:22	41:18	8:18/M	40:52	8:13/M
389	286	32 M50	Steven Hagarty, M53	Cedar Rapids, IA	21:02	41:18	8:19/M	41:02	8:15/M
390	287	50 M35	Michael Erickson, M38	Cedar Rapids, IA	21:35	41:20	8:19/M	40:48	8:13/M

391	288	25 M20	Christopher Haman, M21	Cedar Rapids, IA	21:17	41:21	8:19/M	40:53	8:14/M
392	289	25 M40	Chris McMann, M44	Robins, IA	21:41	41:21	8:19/M	41:01	8:15/M
393	290	33 M50	Tom Satern, M54	Hiawatha, IA	21:01	41:23	8:19/M	41:04	8:16/M
394	291	26 M30	Trent Tisinger, M34	West Branch, IA	21:31	41:29	8:21/M	41:03	8:15/M
395	104	8 F45	Kim Lorenz, F48	Swisher, IA	21:47	41:32	8:21/M	41:09	8:17/M
396	292	34 M50	Lane Prochnow, M50	Cedar Rapids, IA	20:33	41:39	8:23/M	41:27	8:20/M
397	105	7 F40	Stacie Shannon, F43	Cedar Rapids, IA	21:29	41:41	8:23/M	41:20	8:19/M
398	293	26 M20	Matthew Blaser, M21	Ames, IA	20:40	41:41	8:23/M	41:19	8:19/M
399	294	27 M45	Paul Reid, M45	Cedar Rapids, IA	21:05	41:41	8:23/M	41:21	8:19/M
400	295	35 M50	Edward Luebe, M51	Cedar Rapids, IA	21:45	41:42	8:23/M	41:14	8:18/M
401	296	12 M55	William Johnson, M58	Iowa City, IA	20:58	41:42	8:23/M	41:31	8:21/M
402	297	29 M25	Robert Peck, M27	Marion, IA	21:09	41:43	8:24/M	41:31	8:21/M
403	298	28 M45	Eric Mueller, M49	Cedar Rapids, IA	20:30	41:44	8:24/M	41:34	8:22/M
404	299	26 M40	Tom Randall, M42	Cedar Rapids, IA	20:57	41:48	8:25/M	41:39	8:23/M
405	300	27 M30	Grant Elliott, M32	West Branch, IA	21:47	41:49	8:25/M	41:18	8:19/M
406	106	14 F25	Elizabeth Nguyen, F28	Cedar Rapids, IA	21:30	41:50	8:25/M	41:26	8:20/M
407	107	3 F55	Patti Sprague, F55	Mount Vernon, IA	21:15	41:51	8:25/M	41:35	8:22/M
408	301	3 M65	Don Lyle, M66	Vinton, IA	21:22	41:52	8:25/M	41:30	8:21/M
409	302	51 M35	Nathan Hein, M36	Marion, IA	21:08	41:58	8:26/M	41:37	8:22/M
410	303	28 M30	Kyle Koeppen, M31	Marion, IA	22:24	42:01	8:27/M	41:24	8:20/M
411	108	8 F40	Stacey Paulson, F42	Golden, CO	20:49	42:01	8:27/M	41:44	8:24/M
412	109	15 F35	Jen Wahlstrom, F36	Lisbon, IA	21:46	42:03	8:28/M	41:43	8:23/M
413	304	29 M30	Adam Jones, M30	Cedar Rapids, IA	20:42	42:07	8:28/M	41:47	8:24/M
414	110	11 F20	Heather Anderson, F24	Cedar Rapids, IA	21:28	42:07	8:28/M	41:51	8:25/M
415	305	30 M25	Shawn Keating, M26	Marion, IA	21:23	42:09	8:29/M	41:59	8:27/M
416	111	16 F35	Michelle Sparrgrove, F39	Anamosa, IA	21:30	42:10	8:29/M	41:46	8:24/M
417	306	27 M40	Matthew Pithan, M40	Cedar Rapids, IA	21:44	42:10	8:29/M	41:29	8:21/M
418	112	15 F25	Sara Golinvaux, F28	Cedar Rapids, IA	21:24	42:10	8:29/M	41:40	8:23/M

419	113	17 F35	Betsy Potter, F37	Jackson, MS	21:33	42:17	8:30/M	41:59	8:27/M
420	114	15 F15	Lindsay Mueller, F19	Cedar Rapids, IA	21:16	42:17	8:30/M	42:07	8:28/M
421	307	36 M50	Steve Ungs, M51	Cedar Rapids, IA	22:32	42:19	8:31/M	41:29	8:21/M
422	308	10 M60	Vernon Beninga, M64	Cedar Rapids, IA	21:12	42:23	8:31/M	42:07	8:28/M
423	115	4 F55	Suzanne Renner, F55	Freeport, IL	21:59	42:25	8:32/M	42:01	8:27/M
424	116	9 F45	Lynda Cook, F47	Cedar Rapids, IA	22:02	42:27	8:32/M	42:00	8:27/M
425	309	37 M50	John Kurtz, M51	Cedar Rapids, IA	21:08	42:29	8:33/M	42:12	8:29/M
426	117	18 F35	Andrea Lehman, F35	Cedar Rapids, IA	22:13	42:29	8:33/M	42:04	8:28/M
427	310	27 M20	Michael Wisniewski, M24	Marion, IA	21:35	42:31	8:33/M	41:59	8:27/M
428	311	7 JRM	Aidan O'Connor, M10	Cedar Rapids, IA	21:24	42:33	8:34/M	42:13	8:30/M
429	312	52 M35	Brett Caspers, M36	Ely, IA	21:31	42:37	8:34/M	42:13	8:30/M
430	313	39 M15	Wyatt Forster, M17	Cedar Rapids, IA	21:59	42:38	8:35/M	42:17	8:30/M
431	118	16 F15	Sheridan Sealy, F18	Cedar Rapids, IA	21:59	42:38	8:35/M	42:17	8:30/M
432	119	5 F55	Naumann Muriel, F58	Iowa City, IA	22:08	42:38	8:35/M	42:20	8:31/M
433	120	19 F35	Sarah St John, F35	Cedar Rapids, IA	21:55	42:41	8:35/M	42:20	8:31/M
434	314	38 M50	John Walton, M51	Cedar Rapids, IA	21:22	42:41	8:35/M		