



Flower Power 5 km

Botanical Center, Des Moines, IA

June 23, 2012

68 degrees, overcast

Results by Michael Franke

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

PLACE	CLASS	FINISHER	TIME	PACE
1	OpM	John Havenga, 29, NeWton, IA	17:47	5:43
2	1 M20	Taelor Bohnsack, 22, Wilton, IA	18:18	5:53
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				
3	1 M30	Dan Ross, 33, Clive, IA	19:09	6:10
4	1 M25	Andrew Trentmann, 25, Urbandale, IA	19:39	6:19
5	2 M20	Andrew Jorgensen, 23, Ankeny, IA	19:40	6:20
6	1 M14	Tyler Gilbreath, 16, Des Moines, IA	19:55	6:24
7	2 M25	Scott Brown, 29, Urbandale, IA	19:55	6:25
8	1 M45	Chris Ross, 45, Des Moines, IA	20:16	6:31
1	OpW	Sara Cooper, 27*, Des Moines, IA	20:21	6:33
9	1 M40	Bryan Trout, 42, Ankeny, IA	21:06	6:47
2	1 W25	Erin Renze, 27*, Des Moines, IA	21:24	6:53
10	2 M14	Jared Pugh, 16, Grimes, IA	21:34	6:56
11	1 M55	Brad Ewest, 58, Ankeny, IA	21:38	6:58
12	2 M30	Jerad Lally, 34, Des Moines, IA	21:41	6:59
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				
13	3 M14	Carlos Buendia, 15, Des Moines, IA	21:50	7:01
14	1 M35	Paxton Bennett, 38, Des Moines, IA	21:50	7:02
15	2 M40	Eric Jaskolka, 41, West Des Moines, IA	21:51	7:02
16	4 M14	Andrew Jones, 15, Des Moines, IA	21:52	7:02
3	2 W25	Rebecca Minardi, 25*, Des Moines, IA	21:53	7:02
17	3 M40	Tony Guerra, 40, Ankeny, IA	21:56	7:03
18	2 M45	Dale Christians, 46, Urbandale, IA	21:57	7:04
19	3 M30	Aaron Herman, 33, Des Moines, IA	22:00	7:05
20	5 M14	Bryce Hanna, 14, Urbandale, IA	22:00	7:05
21	2 M55	Paul Carlson, 55, Ankeny, IA	22:06	7:07
22	2 M35	Cory Shook, 38, Pleasant Hill, IA	22:12	7:09
23	1 M50	Rich McGee, 50, Johnston, IA	22:24	7:12
24	3 M25	Mike Renze, 28, Des Moines, IA	22:24	7:13
4	3 W25	Connie Eshelman, 26*, West Des Moines, IA	22:27	7:14
25	4 M30	Scott Kruthoff, 31, Ankeny, IA	22:33	7:15
5	1 W14	Trina Moreno, 14*, Urbandale, IA	22:34	7:16
6	1 W30	Andrea Rothrock, 30*, Ankeny, IA	22:34	7:16
7	1 W45	Ellen Middleswart, 47*, Urbandale, IA	22:44	7:19
8	2 W14	Mila Kaut, 15*, Des Moines, IA	22:50	7:21
26	1 M17	Kyle Kephart, 18, Carlisle, IA	22:53	7:22
9	1 W40	Teri Colins, 43*, Windsor Heights, IA	22:54	7:22
10	1 W35	Allison Johnson, 37*, Des Moines, IA	23:23	7:31
27	4 M25	Matt Pearson, 29, Ankeny, IA	23:31	7:34
11	2 W30	Carly Groben, 30*, Des Moines, IA	23:38	7:36
28	1 JrM	Kyle Kopf, 12, West Des Moines, IA	23:41	7:37
29	3 M35	Adam Weis, 35, West Des Moines, IA	23:45	7:39
12	2 W40	Marcey Norland, 44*, Algona, IA	23:48	7:40
13	3 W14	Jessica Pugh, 14*, Grimes, IA	23:49	7:40

30	4	M35	John Buzzoni, 38, Polk City, IA	23:53	7:41
14	3	W30	Emily Freedman, 33*, Des Moines, IA	23:58	7:43
15	1	W20	Adair Brown, 22*, Des Moines, IA	23:59	7:43
31	4	M40	Barry Jones, 44, Des Moines, IA	24:00	7:43
32	6	M14	Travis Dredske, 14, Des Moines, IA	24:13	7:48
33	5	M30	Eric Rowley, 30, Des Moines, IA	24:14	7:48
16	4	W14	Casey Middleswart, 14*, Urbandale, IA	24:17	7:49
17	5	W14	Nicole Benson, 16*, Urbandale, IA	24:18	7:49
18	4	W25	Kristina Vitzthum, 29*, West Des Moines, IA	24:21	7:50
34	2	JrM	Carter Gornick, 13, Norwalk, IA	24:25	7:51
35	6	M30	Lane McMullen, 34, North Liberty, IA	24:28	7:52
19	4	W30	Stacy Berenguel, 33*, Des Moines, IA	24:30	7:53
20	1	W50	Leann Priddy, 50*, Chandler, AZ	24:34	7:54
36	1	M60	Fred Wolf, 60, Urbandale, IA	24:35	7:55
21	6	W14	Courtney McCann, 15*, Colorado Springs, CO	24:36	7:55
22	5	W25	Kendra Parker, 27*, Ankeny, IA	24:36	7:55
23	1	JrW	Kenzie Hanna, 12*, Urbandale, IA	24:36	7:55
24	7	W14	Morgan Allen, 14*, Winterset, IA	24:37	7:55
37	5	M40	Mark Hanna, 41, Urbandale, IA	24:48	7:59
38	3	JrM	Steffen Priddy, 12, Chandler, AZ	24:50	7:59
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					
39	4	JrM	Michael Allen, 11, Winterset, IA	24:51	8:00
40	3	M45	Norbert Kaut, 49, Des Moines, IA	24:55	8:01
25	6	W25	Kristen Nebergall, 26*, Des Moines, IA	24:56	8:01
41	5	M35	Greg Knight, 35, Fort Wayne, IN	24:57	8:02
42	6	M40	Steve Schneider, 41, Altoona, IA	25:03	8:04
43	4	M45	James Arthur, 48, Des Moines, IA	25:05	8:04
26	2	W35	Melissa McMullen, 35*, North Liberty, IA	25:07	8:05
44	5	M45	Dan Gornick, 47, Norwalk, IA	25:07	8:05
27	2	W50	Phyllis Eshelman, 50*, Bridgewater, IN	25:09	8:05
45	7	M40	Jeff Magner, 42, Ankeny, IA	25:12	8:06
46	3	M20	Abdirahman Elmi, 20, Des Moines, IA	25:14	8:07
47	5	M25	Jason Noble, 28, Des Moines, IA	25:15	8:07
48	3	M55	John John, 59, West Des Moines, IA	25:17	8:08
49	5	JrM	Eli Jaskolka, 10, West Des Moines, IA	25:24	8:10
50	8	M40	Scott Russell, 40, West Des Moines, IA	25:33	8:13
28	5	W30	Rebecca Russell, 32*, West Des Moines, IA	25:34	8:14
29	6	W30	Jessica Durand, 30*, Des Moines, IA	25:41	8:16
30	3	W35	Rhonda Potratz, 37*, Altoona, IA	25:42	8:16
31	3	W40	Kay Kemp, 43*, Urbandale, IA	25:43	8:16
32	7	W30	Mandy Shepherd, 34*, Urbandale, IA	25:43	8:17
33	4	W40	Laura Belin, 43*, Windsor Heights, IA	25:44	8:17
34	2	JrW	Emaleigh Carter, 12*, Dexter, IA	25:48	8:18
51	7	M14	Ray Edwards, 16, Des Moines, IA	25:56	8:21
52	6	M35	Kenny Podrazik, 35, Grimes, IA	25:56	8:21
35	3	JrW	Ashlyn Perry, 8*, Johnston, IA	25:57	8:21
53	6	JrM	Noah Loffredo, 13, Norwalk, IA	25:58	8:21
54	4	M20	Joseph Gallagher, 23, Ames, IA	26:01	8:22
36	7	W25	Jessica Ballou, 29*, Des Moines, IA	26:08	8:24
55	9	M40	Zachery Becker, 41, Des Moines, IA	26:12	8:26
56	7	M35	Jonathan Ahl, 38, West Des Moines, IA	26:14	8:26
37	2	W20	Lindsey Moon, 22*, Johnston, IA	26:14	8:27
38	1	W55	Mary Cooper, 56*, Des Moines, IA	26:23	8:29
39	3	W20	Kelsey Moon, 22*, Johnston, IA	26:27	8:30
57	6	M45	Scott Atkinson, 47, Urbandale, IA	26:28	8:31
58	2	M60	Richard Newkirk, 63, Ankeny, IA	26:29	8:31
40	1	W17	Harlee Van De Voort, 17*, Pella, IA	26:32	8:32
41	4	W35	Carrie Buzzoni, 38*, Polk City, IA	26:33	8:32
59	7	JrM	Kevin Stenstrom, 13, Windsor Heights, IA	26:35	8:33
60	7	M45	Rick Medina, 46, Des Moines, IA	26:39	8:35
42	3	W50	Kary Austin, 50*, Grimes, IA	26:42	8:35
61	3	M60	Jim Tiedermann, 62, Iowa City, IA	26:46	8:37
62	7	M30	John MacDonald, 33, Des Moines, IA	26:49	8:38
63	2	M50	Paul Miller, 52, Johnston, IA	26:50	8:38

43	8	W25	Jenna Carney, 27*, Dallas Center, IA	26:51	8:38
44	9	W25	Kristen Donald, 29*, Ankeny, IA	26:52	8:39
64	8	M35	Brian Fairbanks, 36, Otley, IA	27:01	8:42
45	10	W25	Kristin Bernhardt, 26*, Ankeny, IA	27:06	8:43
65	4	M60	Buzz Hoffman, 64, West Des Moines, IA	27:08	8:44
66	3	M50	Greg Boal, 53, West Des Moines, IA	27:10	8:45
67	6	M25	Tyler Eason, 29, Pella, IA	27:13	8:45
46	5	W40	K Susan Macy, 43*, Ankeny, IA	27:22	8:48
47	11	W25	Kamie Mauldin, 28*, Des Moines, IA	27:29	8:51
48	8	W30	Megan Zach, 33*, Des Moines, IA	27:48	8:57
49	8	W14	Paige Norland, 14*, Algona, IA	27:55	8:59
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					
50	9	W30	Stacy John, 30*, Clive, IA	27:59	9:00
51	10	W30	Tami Fairbanks, 34*, Otley, IA	28:01	9:01
68	7	M25	Matthew Steenhoek, 28, Washington, DC	28:10	9:04
52	11	W30	Sara Weringa, 33*, Clear Lake, IA	28:17	9:06
69	5	M60	Roger Kelly, 61, Bettendorf, IA	28:18	9:06
70	4	M55	David Nysten, 55, West Des Moines, IA	28:19	9:07
53	5	W35	Jennifer Nemmers, 35*, Clive, IA	28:21	9:07
54	12	W30	Amy Stanwood, 32*, Des Moines, IA	28:22	9:08
71	8	M30	Gary Goudelock, 33, Des Moines, IA	28:25	9:09
72	9	M30	Ben Miller-Coleman, 33, Des Moines, IA	28:26	9:09
55	12	W25	Elizabeth Wyatt, 29*, Des Moines, IA	28:28	9:10
56	6	W35	Cindy Perry, 35*, Johnston, IA	28:43	9:14
57	13	W30	Sara Nygaard, 34*, West Des Moines, IA	28:49	9:16
58	4	W50	Nancy Nagel, 54*, Boone, IA	28:50	9:17
59	6	W40	Tresa Moon, 44*, Johnston, IA	28:51	9:17
60	7	W35	Lisa Baumhover, 37*, Woodward, IA	28:52	9:17
73	8	M45	Tom Miller, 47, West Des Moines, IA	28:53	9:18
74	8	JrM	Spencer Dunham, 11, Waukee, IA	28:54	9:18
75	10	M40	Ed Dunham, 40, Waukee, IA	28:54	9:18
61	14	W30	Megan Knight, 31*, Fort Wayne, IN	28:55	9:18
62	2	W17	Nhu Duong, 17*, Des Moines, IA	28:56	9:19
76	10	M30	Burton Joseph, 34, West Des Moines, IA	28:57	9:19
77	9	JrM	Sal Fratianni, 7, West Des Moines, IA	29:00	9:20
78	9	M45	Bart Kopf, 47, West Des Moines, IA	29:11	9:23
63	8	W35	Heather Camacho, 35*, Des Moines, IA	29:12	9:24
64	9	W35	Monica Wilke-Brown, 35*, Des Moines, IA	29:13	9:24
65	15	W30	Becky Bonefas, 32*, Urbandale, IA	29:14	9:24
66	9	W14	Adrienne Robinson, 16*, Des Moines, IA	29:15	9:25
67	10	W35	Kristen Kouba, 37*, West Des Moines, IA	29:18	9:26
79	11	M40	Brent Kouba, 40, West Des Moines, IA	29:18	9:26
68	13	W25	Shannon Hanson, 26*, Humboldt, IA	29:19	9:26
69	2	W55	Judy Cusack, 55*, Centennial, CO	29:22	9:27
70	11	W35	Daphne Roberts, 37*, Dodge Center, MN	29:23	9:27
71	12	W35	Veronica Eberling, 36*, Vinton, IA	29:24	9:28
72	5	W50	Annie Strawn, 52*, St. Charles, IA	29:24	9:28
73	16	W30	Dawn Gries, 31*, Des Moines, IA	29:25	9:28
74	7	W40	Sue Whipple, 42*, Norwalk, IA	29:26	9:28
80	4	M50	Jeff Purdy, 52, Winterset, IA	29:28	9:29
75	4	JrW	Aanna Ehler, 12*, Adel, IA	29:33	9:31
76	3	W17	Ellie Davenport, 17*, Des Moines, IA	29:35	9:31
77	4	W20	Laura Krogh, 21*, Ankeny, IA	29:36	9:31
78	17	W30	Charlie Duncan, 30*, Adel, IA	29:37	9:32
79	8	W40	Cindi Douglass, 41*, Des Moines, IA	29:37	9:32
80	18	W30	Elisha Busch, 32*, Winterset, IA	29:38	9:32
81	19	W30	January Lochman, 33*, Urbandale, IA	29:39	9:32
82	13	W35	Heidi Long, 37*, Indianola, IA	29:39	9:33
81	9	M35	Walter Long, 37, Indianola, IA	29:41	9:33
83	6	W50	Tammy Berenguel, 52*, Des Moines, IA	29:43	9:34
84	14	W25	Courtney Wagler, 28*, Ankeny, IA	29:44	9:34
85	3	W55	Sara Dreyer, 55*, Altoona, IA	29:45	9:35
82	5	M50	Steve Vanderlinden, 52, Chappel Hill, NC	29:47	9:35
83	12	M40	Jason Vargason, 40, Ankeny, IA	29:50	9:36
86	15	W25	Shannon Perez, 29*, West Des Moines, IA	29:53	9:37

87	2	W45	Michelle Silliman, 45*, Winterset, IA	29:56	9:38
88	16	W25	Christina Schave, 29*, Ankeny, IA	29:57	9:38
84	6	M50	Daniel Clark, 53, West Des Moines, IA	30:05	9:41
85	1	M65	Michael Kent, 66, Des Moines, IA	30:05	9:41
89	17	W25	Keely Pearson, 28*, Ankeny, IA	30:06	9:41
90	18	W25	Rachel Eick, 27*, West Des Moines, IA	30:08	9:42
86	8	M25	Chris Eick, 25, West Des Moines, IA	30:17	9:45
91	19	W25	Kristina Warnemunde, 28*, Des Moines, IA	30:19	9:45
92	10	W14	Julia Austin, 14*, Grimes, IA	30:30	9:49
87	2	M17	Josh Beehler, 17, Johnston, IA	30:32	9:49
93	20	W30	Jeanna Weigel, 32*, Ankeny, IA	30:33	9:50
94	21	W30	Emily Williams-Bouska, 33*, Des Moines, IA	30:37	9:51
95	22	W30	Jeni Pulliam, 32*, Des Moines, IA	30:38	9:51
96	14	W35	Bridget Johnson, 36*, Des Moines, IA	30:40	9:52
88	5	M20	Seth Thomas, 21, Centerville, IA	30:48	9:55
89	8	M14	Sam Elsbernd, 15, Des Moines, IA	30:50	9:55
97	3	W45	Margaret Long, 49*, Des Moines, IA	30:50	9:55
90	3	M17	Max Rice, 18, Des Moines, IA	30:51	9:56
98	20	W25	Tessa Murphy, 28*, Urbandale, IA	30:52	9:56
99	7	W50	Linda Rogers, 52*, Des Moines, IA	30:55	9:57
100	11	W14	Linzee Abuhl, 14*, Des Moines, IA	31:00	9:58
101	23	W30	Sharla Good, 30*, Des Moines, IA	31:02	9:59
102	9	W40	Linda Crowley, 43*, Urbandale, IA	31:03	9:59
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					
103	15	W35	Jackie Nolte, 38*, Elkhart, IA	31:04	10:00
91	10	M35	Justin Hurt, 39, Des Moines, IA	31:08	10:01
104	16	W35	Valerie Wilcox, 38*, Ames, IA	31:08	10:01
92	7	M50	David Hegedus, 52, West Des Moines, IA	31:09	10:01
105	17	W35	Michelle Corwin, 37*, West Des Moines, IA	31:10	10:02
106	18	W35	Renee Batts, 39*, Ankeny, IA	31:10	10:02
107	12	W14	Nhat Duong, 16*, Des Moines, IA	31:12	10:02
108	21	W25	Lori Steenhoek, 28*, Washington, DC	31:13	10:03
93	8	M50	Dean Thomas, 50, Centerville, IA	31:13	10:03
109	22	W25	Jennifer Hall, 27*, West Des Moines, IA	31:14	10:03
110	23	W25	Sara Hanes, 25*, Ankeny, IA	31:15	10:03
111	5	W20	Katie O'Connell, 23*, Urbandale, IA	31:17	10:04
112	24	W30	Mary De la Cruz, 31*, Des Moines, IA	31:19	10:05
113	19	W35	Erika Eckley, 38*, Carlisle, IA	31:22	10:06
114	4	W45	Ronda Silvers, 48*, Knoxville, IA	31:25	10:07
115	6	W20	Karrie Phillips, 24*, Monroe, IA	31:26	10:07
116	20	W35	Rachel Wilke- Shapiro, 37*, Des Moines, IA	31:30	10:08
117	5	W45	Jennifer Topic, 46*, West Des Moines, IA	31:32	10:09
118	8	W50	Denny Kigin, 52*, West Des Moines, IA	31:33	10:09
119	4	W17	Krissy Markley, 17*, Windsor Heights, IA	31:34	10:09
94	9	M25	Nick Priaulx, 29, West Des Moines, IA	31:35	10:10
120	24	W25	Ashley Burlage, 28*, West Des Moines, IA	31:36	10:10
95	5	M55	Jim Havenga, 59, Holland, MI	31:38	10:11
121	25	W30	Heather Ashton, 31*, Des Moines, IA	31:39	10:11
122	21	W35	Alissa Phelps, 36*, Urbandale, IA	31:40	10:11
96	10	M45	Mark Phelps, 46, Urbandale, IA	31:41	10:12
123	26	W30	Erin Ford, 32*, Fort Dodge, IA	31:46	10:13
124	25	W25	Heidy Savage, 27*, Des Moines, IA	31:48	10:14
125	6	W45	Cindy Bussanmas, 49*, Des Moines, IA	31:49	10:14
126	26	W25	Grace Kiang, 29*, St. Louis, MO	31:53	10:15
97			Marcus Brooker, BoNdurant, IA	32:01	10:18
127	7	W20	Kelly Gallagher, 20*, Ames, IA	32:02	10:18
128	5	JrW	Rachel Gillette, 13*, Ankeny, IA	32:04	10:19
129	22	W35	Kirsten Dirks, 36*, Kansas City, MO	32:10	10:21
130	23	W35	Crista Carlile, 36*, Urbandale, IA	32:10	10:21
131	7	W45	Annette Allender, 46*, Ankeny, IA	32:18	10:23
132	27	W25	Stephanie Filer, 29*, Des Moines, IA	32:20	10:24
98	11	M35	Todd McNichols, 38, Ankeny, IA	32:21	10:25
99	10	M25	Jonathan Chang, 29, St. Louis, MO	32:25	10:26
133	27	W30	Stephanie Mathews, 32*, Urbandale, IA	32:27	10:26
100	9	M50	Doug Strawn, 51, St. Charles, IA	32:42	10:31

134	8	W20	Amber Daugherty, 23*, Ames, IA	32:49	10:34
101	10	JrM	Jacob Dunham, 7, Waukee, IA	32:51	10:34
135	10	W40	Kara Dunham, 40*, Waukee, IA	32:52	10:35
136	9	W20	Meg Stpeter, 24*, ColFax, IA	32:53	10:35
137	10	W20	Natalie McLain, 24*, Indianola, IA	32:53	10:35
138	8	W45	Angic Lauer, 45*, Lorimor, IA	32:55	10:36
102	11	M30	James Munson, 30, Des Moines, IA	32:57	10:36
139	28	W25	Lindsay Friedmeyer, 28*, Ankeny, IA	33:01	10:38
140	24	W35	Janel Hartwigsen, 35*, Ankeny, IA	33:02	10:38
141	11	W40	Amy Schlarmann, 43*, Worthington, IA	33:04	10:38
142	13	W14	Jori Jones, 15*, Des Moines, IA	33:09	10:40
143	11	W20	Sarah Keller, 23*, Denver, CO	33:11	10:41
144	5	W17	Rachel Challendar, 17*, Des Moines, IA	33:11	10:41
145	28	W30	Heather Carman, 34*, Des Moines, IA	33:12	10:41
146	12	W20	Natalie Unsted, 23*, Ames, IA	33:13	10:41
103	11	M45	Donald Johnson, 49, Garner, IA	33:15	10:42
104	12	M30	Danny Hansen, 32, Clear Lake, IA	33:16	10:42
147	29	W30	Lindsay Reinert, 31*, West Des Moines, IA	33:23	10:45
148	30	W30	Amy Van Pelt, 31*, West Dsm, IA	33:24	10:45
149	25	W35	Charmi Geerdes, 37*, Nevada, IA	33:35	10:48
150	12	W40	Tracy Hendrix, 44*, Des Moines, IA	33:38	10:49
151	9	W45	Marcia Otting, 47*, Des Moines, IA	33:38	10:49
152	13	W20	Kari Thomas, 24*, Centerville, IA	33:41	10:50
153	14	W20	Crystal Maldonado, 21*, Centerville, IA	33:41	10:50
154	10	W45	Stacy Thomas, 47*, Centerville, IA	33:42	10:51
155	26	W35	Susan Hollar, 36*, West Des Moines, IA	33:44	10:51
156	6	W17	Paige Stanton, 17*, Windsor Heights, IA	33:47	10:52
157	6	JrW	Elizabeth Saunders, 8*, Des Moines, IA	33:50	10:53
158	7	W17	Bailee Person, 17*, West Des Moines, IA	33:51	10:54
159	13	W40	Angela Allen, 40*, Winterset, IA	33:52	10:54
105	13	M40	Kevin Saunders, 40, Des Moines, IA	33:56	10:55
160	31	W30	Alyson Fleming, 34*, Des Moines, IA	33:56	10:55
161	15	W20	Stephanie Schlarmann, 23*, Worthington, IA	33:57	10:55
162	27	W35	Rebecca Campbell, 36*, Norwalk, IA	33:58	10:56
163	16	W20	Jamie Sorensen, 23*, Ankeny, IA	34:01	10:57
164	7	JrW	Paige Fahrenkrug, 9*, Waukee, IA	34:06	10:58
165	14	W40	Jane Fahrenkrug, 40*, Waukee, IA	34:08	10:59
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					
166	28	W35	Heather Collier, 36*, Des Moines, IA	34:10	11:00
106	2	M65	John Hoffman, 68, Des Moines, IA	34:22	11:04
107	11	JrM	Payson Burkle, 10, Waukee, IA	34:23	11:04
167	29	W25	Nicole Lullman, 27*, Ames, IA	34:24	11:04
168	29	W35	Jennifer Burkle, 36*, Waukee, IA	34:26	11:05
108	11	M25	Brandon Paulsen, 26, Des Moines, IA	34:27	11:05
109	6	M60	Harry Breaux, 63, Des Moines, IA	34:32	11:07
169	32	W30	Jamie Nelson, 33*, Urbandale, IA	34:33	11:07
170	33	W30	Michelle Speer, 30*, Ankeny, IA	34:40	11:09
171	30	W25	Jody Smith, 28*, Knoxville, IA	34:42	11:10
172	9	W50	Janet Tingwald, 52*, Urbandale, ID	34:43	11:10
173	15	W40	Carrie Andrews, 40*, West Des Moines, IA	34:46	11:11
174	34	W30	Miriam Anania, 33*, West Des Moines, IA	34:46	11:11
110	12	M45	Kent Edelman, 49, Clive, IA	34:51	11:13
175	14	W14	Brittany Nguyen, 14*, Des Moines, IA	34:52	11:13
176	31	W25	Amber Ingwersen, 29*, Des Moines, IA	34:53	11:14
177	35	W30	Cindy Meyer, 34*, Des Moines, IA	34:58	11:15
178	36	W30	Carey Gilchrist, 34*, Knoxville, IA	35:03	11:17
111	12	M35	Christopher Mart, 36, Des Moines, IA	35:04	11:17
179	11	W45	Katie Stock, 45*, West Des Moines, IA	35:10	11:19
180	30	W35	Brenda Foley, 36*, Carroll, IA	35:19	11:22
181	31	W35	Jody Geest, 38*, 205 Nw Chapel Dr , IA	35:20	11:22
182	17	W20	Lucy Edelman, 21*, Clive, IA	35:33	11:26
183	32	W35	Amy Gorden, 38*, Urbandale, IA	35:33	11:27
112	12	M25	Ryan Caldbeck, 26, Des Moines, IA	35:42	11:29
113	13	M25	Aaron Burke, 28, Ankeny, IA	35:42	11:29
114	14	M25	Logan Scholl, 28, West Des Moines, IA	35:46	11:30

184	15	W14	Ollivia Enos, 15*, Des Moines, IA	35:55	11:34																
185	16	W40	Priscilla Davidson, 43*, West Des Moines, IA																		
				36:09	11:38																
186	32	W25	Jessica Plymesser, 28*, West Des Moines, IA																		
				36:09	11:38																
115	13	M35	Doug Griffith, 39, Ankeny, IA	36:26	11:44																
187	17	W40	Melissa Snell, 40*, Osceola, IA	36:27	11:44																
188	37	W30	Brandy Allen, 33*, Ankeny, IA	36:37	11:47																
189	38	W30	Rachel Plummer, 33*, Ankeny, IA	36:58	11:54																
190	18	W40	Bonnie Christensen, 41*, Clive, IA	37:02	11:55																
116	14	M40	Chad Christensen, 43, Clive, IA	37:03	11:55																
191	33	W35	Anne Powell, 37*, Indianola, IA	37:13	11:59																
192	34	W35	Michelle Champion, 39*, Des Moines, IA	37:14	11:59																
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193	35	W35	Michele Gauerke, 39*, Des Moines, IA	37:18	12:00																
194	16	W14	Ellie Bechler, 14*, Marion, IA	37:18	12:00																
195	19	W40	Samantha Gallentine, 43*, Lincoln, NE	37:19	12:00																
196	39	W30	Melanie Woolsey, 32*, Knoxville, IA	37:35	12:06																
197	20	W40	Laura Hoffman, 43*, Des Moines, IA	37:43	12:08																
198	40	W30	Robyn O'Brien, 31*, Pleasantville, NY	37:46	12:09																
199	41	W30	Sara Carson, 32*, Des Moines, IA	37:50	12:11																
200	12	W45	Heidi Kkroner, 46*, Johnston, IA	37:52	12:11																
201	21	W40	Karen VanDyke, 40*, Ankeny, IA	37:54	12:12																
202	13	W45	Julie Kunze, 49*, Urbandale, ID	38:02	12:14																
203	33	W25	Sara Sorensen, 26*, Humboldt, IA	38:03	12:15																
204	34	W25	Stephanie McLaughlin, 25*, Ames, IA	38:09	12:17																
205	18	W20	Amy Kolner, 24*, West Des Moines, IA	38:10	12:17																
206	22	W40	Jennifer Heithoff, 40*, Pine Bluffs, WY	38:25	12:22																
207	35	W25	Andrea Rich, 29*, Ames, IA	38:26	12:22																
208	19	W20	Jen Daugherty, 22*, Ames, IA	38:57	12:32																
209	17	W14	Anita Dewitt, 16*, Des Moines, IA	39:06	12:35																
210	18	W14	Asana Zilk, 15*, Des Moines, IA	39:07	12:35																
211	23	W40	Cindy Elsbernd, 41*, Des Moines, IA	39:08	12:35																
212	8	JrW	Miya Long, 8*, Des Moines, IA	39:17	12:39																
213	9	JrW	Kaitlyn Kroner, 13*, Johnston, IA	39:21	12:40																
214	42	W30	Jorie O'Leary, 32*, Des Moines, IA	39:22	12:40																
215	14	W45	J Long, 48*, Des Moines, IA	39:34	12:44																
216	24	W40	Crystal Frederick, 42*, Des Moines, IA	39:43	12:47																
117	15	M40	Jeff Frederick, 42, Des Moines, IA	39:44	12:47																
217	36	W35	Lori Knutson, 38*, Marion, IA	39:54	12:50																
218	20	W20	Monique Oakley, 20*, Des Moines, IA	39:59	12:52																
219	19	W14	Johnneisha Long, 16*, Des Moines, IA	40:00	12:52																
220	10	W50	Beth Krogh, 53*, Ankeny, IA	40:02	12:53																
221	36	W25	Jami Thomas, 27*, Centerville, IA	40:08	12:55																
222	37	W25	Donna Dubuisson, 25*, Des Moines, IA	40:14	12:57																
223	8	W17	Breanna Daniels, 19*, Fort Dodge, IA	40:20	12:59																
224	25	W40	Jolene Daniels, 44*, Fort Dodge, IA	40:21	12:59																
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225	26	W40	Leigh Arthur, 42*, Des Moines, IA	40:42	13:06																
118	3	M65	Hummer Borwn, 73, Des Moines, IA	40:52	13:09																
119	15	M25	Matthew Dziejvit, 25, Des Moines, IA	40:53	13:10																
226	38	W25	Jamie Jensen, 27*, Weldon, IA	41:49	13:27																
227	27	W40	Laura Herbst, 42*, Urbandale, IA	42:09	13:34																
228	37	W35	Randi Jo Rowedder, 37*, West Des Moines, IA																		
				42:10	13:34																
229	15	W45	Sandra Larsen, 47*, Des Moines, IA	42:15	13:36																
120	16	M40	Jim Crowley, 42, Urbandale, IA	42:15	13:36																
230	43	W30	Diana Dubuisson, 33*, West Des Moines, IA	42:46	13:46																
231	16	W45	Char Schueler, 46*, Urbandale, ID	42:49	13:47																
232	11	W50	Darlene Turner, 52*, Algoona, IA	42:50	13:47																
233	4	W55	Barbara Ewest, 58*, Ankeny, IA	42:50	13:47																
121	10	M50	Steven Turner, 53, Algoona, IA	42:51	13:47																
234	5	W55	Kristeen Watson, 55*, Des Moines, IA	42:52	13:48																
235	39	W25	Allison Berg, 26*, Ankeny, IA	43:04	13:52																
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122	11 M50	Jim Thompson, 52, Ankeny, IA	43:29	14:00
236	44 W30	Jean Krewson, 34*, Slater, IA	43:41	14:03
237	10 JrW	Talia Krewson, 9*, Slater, IA	43:48	14:06
123	6 M55	Larry Steenhoek, 57, Wilmington, DE	43:49	14:06
238	40 W25	Valerie Fawcett, 25*, Columbia, MD	44:14	14:14
124	7 M60	Ming-Jong Kiang, 60, Urbandale, IA	44:14	14:14
239	38 W35	Amy Zuck, 36*, Knoxville, IA	44:53	14:27
240	39 W35	Errin Patterson, 37*, Clive, IA	44:54	14:27
241	28 W40	Annie Steil, 40*, Des Moines, IA	44:55	14:27
242	21 W20	Ruth Kiang, 24*, Philadelphia, PA	45:24	14:36
125	14 M35	Jeff Jansen, 38, Johnston, IA	45:36	14:40
126	9 M14	Kalil Wilson, 14, Johnston, IA	45:37	14:41
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243	12 W50	Pamela Long, 54*, West Des Moines, IA	50:06	16:07
127	12 JrM	Darien Krewson, 8, Slater, IA	50:16	16:11
244	22 W20	Amanda Bailey, 24*, Des Moines, IA	52:29	16:53

* indicates females

3 finishers among Males (no age given)

12 finishers among Men Under 14

9 finishers among Men 14 - 16

3 finishers among Men 17 - 19

5 finishers among Men 20 - 24

15 finishers among Men 25 - 29

12 finishers among Men 30 - 34

14 finishers among Men 35 - 39

16 finishers among Men 40 - 44

12 finishers among Men 45 - 49

11 finishers among Men 50 - 54

6 finishers among Men 55 - 59

7 finishers among Men 60 - 64

3 finishers among Men 65 & Up

10 finishers among Women Under 14

19 finishers among Women 14 - 16

8 finishers among Women 17 - 19

22 finishers among Women 20 - 24

40 finishers among Women 25 - 29

44 finishers among Women 30 - 34

39 finishers among Women 35 - 39

28 finishers among Women 40 - 44

16 finishers among Women 45 - 49

12 finishers among Women 50 - 54

5 finishers among Women 55 - 59

128 male finishers

243 female finishers

371 total finishers

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