

Freeze Fest 5K Run/Walk

Squaw Creek Park, Marion, IA

Feb. 27, 2010

Results by Kauder Racing

[Individual results below](#)

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

CLASS				
PLACE	PLACE	FINISHER	TIME	PACE
Open Men				
1	1 M20	Tyler Sullivan, 21, Coralville, IA	16:56	5:27

Open Women				
1	1 W15	Carolyn Newhouse, 16, Marion, IA	19:49	6:23

CLASS				
PLACE	PLACE	FINISHER	TIME	PACE
Men Under 15				
75	1	Maverick Guyer, 13, Cedar Rapids, IA	24:47	7:58
101	2	Aaron Jencks, 14, Cedar Rapids, IA	27:23	8:49
140	3	Ethan Jedlicka, 9, Marion, IA	32:25	10:26
152	4	Liam Weldon, 13, Le Claire, IA	39:30	12:43
153	5	McKenna Weldon, 13, Cedar Rapids, IA	39:30	12:43

Men 15 - 19				
2	1	Dwight Schrute, 19, Scranton, PA	17:05	5:30
18	2	Benjamin Lewenczuk, 19, Marion, IA	20:22	6:33
43	3	Ryan Smith, 15, Ely, IA	22:33	7:16
52	4	Jordan Breffle, 15, Toddville, IA	23:04	7:25

83	5	Kevin Landis, 17, Cedar Rapids, IA	25:36	8:14
95	6	Matthew Williams, 15, Marion, IA	26:45	8:37
100	7	Calvin Brophy, 17, Cedar Rapids, IA	27:18	8:47

Men 20 - 24

38	1	Ryan Mahoney, 24, Cedar Rapids, IA	21:51	7:02
44	2	Matthew Hass, 24, Iowa City, IA	22:34	7:16
50	3	Andrew Cogan, 24, Dubuque, IA	23:01	7:24
72	4	Anthony Walls, 23, Tiffin, IA	24:38	7:56
112	5	David DeWitt, 23, Marion, IA	28:33	9:11
154	6	Todd Plagman, 24, North Liberty, IA	41:11	13:15

Men 25 - 29

8	1	Craig Goldsmith, 27, Cedar Rapids, IA	18:57	6:06
11	2	Jeff Friedman, 26, Dubuque, IA	19:27	6:15
12	3	Daren Schumaker, 29, Cedar Rapids, IA	19:31	6:17
16	4	Ross Kilgore, 25, Coralville, IA	20:02	6:27
22	5	Bret Weber, 25, Independence, IA	20:51	6:43
35	6	Beau Brink, 27, Cedar Rapids, IA	21:42	6:59
36	7	Bradley Soat, 27, Dubuque, IA	21:43	6:59
45	8	John Hackbarth, 27, Cedar Rapids, IA	22:38	7:17
61	9	Jeff Miller, 29, Cedar Rapids, IA	23:42	7:38
65	10	Andrew Roberts, 26, Cedar Rapids, IA	24:10	7:47
67	11	Kelly Huston, 26, Iowa City, IA	24:12	7:47
70	12	josh peterson, 26, shenandoah, IA	24:28	7:53
77	13	Shawn Kmetz, 29, Cedar Rapids, IA	25:11	8:06
80	14	Daniel Buckgridge, 29, Cedar Rapids, IA	25:15	8:08
92	15	Jonathan Curran, 26, Cedar Rapids, IA	26:16	8:27
111	16	Adam Steele, 25, Norway, IA	28:32	9:11
137	17	Ryan Griastead, 29, Bloomfield, IA	31:52	10:15
139	18	Sudhanwa Kholgade, 27, Marion, IA	32:17	10:23
149	19	Steve Vollbrecht, 29, Solon, IA	36:49	11:51

Men 30 - 34

4	1	Mark Thompson, 32, Iowa City, IA	17:57	5:47
13	2	Nick Quanrud, 34, Cedar Rapids, IA	19:35	6:18
27	3	Jeremy Bartlett, 34, Alburnett, IA	21:10	6:49
47	4	Ryan Scheckel, 31, Palo, IA	22:48	7:20
58	5	Chris Nims, 33, Robins, IA	23:29	7:33
82	6	Locas Boddicker, 30, North Liberty, IA	25:29	8:12
87	7	Shaun Cassels, 30, Cedar Rapids, IA	25:56	8:21
89	8	Doug Fishwild, 31, Marion, IA	26:00	8:22
98	9	Mike Vogl, 33, shellsburg, IA	26:52	8:39
99	10	Jeremiah Buehler, 32, Marion, IA	26:56	8:40
106	11	Josh Eggers, 33, Cedar Rapids, IA	27:53	8:58
107	12	Adam Peterson, 30, Marion, IA	27:54	8:59
113	13	Chris Maiers, 33, Dubuque, IA	28:34	9:12
121	14	Don Foltz, 32, Center Point, IA	29:40	9:33
124	15	Tim Freeze, 30, Marion, IA	30:15	9:44
129	16	Shawn Leuck, 30, Cedar Rapids, IA	30:53	9:57
132	17	Christopher Lintecum, 32, Marion, IA	31:10	10:02
136	18	Matt Wells, 34, Marion, IA	31:51	10:15
142	19	Aaron Thompson, 34, Marion, IA	32:35	10:29
145	20	Dave Isenberry, 34, Cedar Rapids, IA	33:41	10:50

Men 35 - 39

5	1	Lars Anderson, 39, Iowa City, IA	18:00	5:48
15	2	David Thatcher, 35, Cedar Rapids, IA	19:42	6:21
34	3	Jerry Kilgore, 35, Cedar Rapids, IA	21:41	6:59
37	4	Christian Horak, 38, Marion, IA	21:50	7:01
51	5	Bret Oleson, 39, Marion, IA	23:02	7:25
53	6	Barry Breffle, 39, Toddville, IA	23:05	7:26
54	7	Heath Regennitter, 35, Marion, IA	23:07	7:26
57	8	Scott Ziehr, 35, Iowa City, IA	23:13	7:28
69	9	Jeremy Cohn, 36, Marion, IA	24:26	7:52

71	10	Nathan Bowman, 35, Iowa City, IA	24:31	7:53
81	11	Kevin McComb, 38, Marion, IA	25:17	8:08
84	12	Stephen Szewc, 37, Marion, IA	25:37	8:15
110	13	Jim Spencer, 39, Marion, IA	28:31	9:11
114	14	Larry Schaul, 38, Cedar Rapids, IA	28:41	9:14
116	15	Robert Swehla, 35, Cedar Rapids, IA	28:56	9:19
122	16	Greg Joseph, 38, Hiawatha, IA	30:02	9:40
127	17	Matthew Van Maanen, 37, Cedar Rapids, IA	30:41	9:53
130	18	Shane Lloyd, 37, Cedar Rapids, IA	30:57	9:58
148	19	Chad Gammon, 37, Cedar Rapids, IA	35:34	11:27

Men 40 - 44

7	1	Mike Kabela, 43, North Liberty, IA	18:49	6:03
19	2	william iverson, 42, Iowa City, IA	20:27	6:35
21	3	Dennis Lee, 42, Walford, IA	20:47	6:41
28	4	Chad Kruger, 41, Cedar Rapids, IA	21:15	6:50
29	5	David Reid, 43, Fairfax, IA	21:21	6:52
59	6	Dave Zahradnik, 40, Cedar Rapids, IA	23:31	7:34
79	7	Todd Montgomery, 41, Cedar Rapids, IA	25:15	8:07
102	8	Troy Montgomery, 40, Cedar Rapids, IA	27:39	8:54
126	9	Rob Schmit, 41, Cedar Rapids, IA	30:39	9:52
138	10	Mike Regan, 41, Iowa City, IA	32:09	10:21
156	11	Brian Weldon, 43, Le Claire, IA	48:48	15:42

Men 45 - 49

3	1	Michael Newhouse, 45, Marion, IA	17:52	5:45
6	2	Phil Kauder, 48, Cascade, IA	18:09	5:50
9	3	Rick Till, 47, Dubuque, IA	18:59	6:06
14	4	Mike Schulte, 45, Cedar Rapids, IA	19:36	6:18
20	5	Don Lansing, 48, Marion, IA	20:34	6:37
23	6	Ernesto Venzor, 48, Conesville, IA	21:02	6:46
25	7	Craig Brophy, 49, Cedar Rapids, IA	21:04	6:47

30	8	Darl Van Rheenen, 48, Amana, IA	21:22	6:53
31	9	John Ogden, 49, Cedar Rapids, IA	21:27	6:54
32	10	Rick Colton, 49, Marion, IA	21:33	6:56
55	11	Doug Thompson, 49, Cedar Rapids, IA	23:08	7:27
60	12	Jeff Pick, 48, Cedar Rapids, IA	23:42	7:38
74	13	Ramsey Frangul, 45, Marion, IA	24:43	7:57
78	14	Jonn Strausser, 45, Anamosa, IA	25:11	8:06
88	15	Mike Yeries, 45, Oxford, IA	26:00	8:22
94	16	Michael McElmeel, 46, Cedar Rapids, IA	26:44	8:36
96	17	Rick Hemann, 46, Marion, IA	26:46	8:37
97	18	Hadley Swanson, 47, Rock Island, IL	26:49	8:38
103	19	David Beckmann, 46, Cedar Rapids, IA	27:41	8:55
109	20	James Weldon, 49, Cedar Rapids, IA	28:23	9:08

Men 50 - 54

10	1	Ron Gierut, 52, Cedar Rapids, IA	19:23	6:14
17	2	Bill Oliver, 52, Cedar Rapids, IA	20:07	6:29
39	3	Gary Boesenberg, 50, Solon, IA	21:53	7:03
41	4	Doug Hansel, 50, Colesburg, IA	22:03	7:06
42	5	Dave Farmer, 52, Postville, IA	22:16	7:10
46	6	Chuck Soat, 50, Dubuque, IA	22:45	7:19
48	7	Guy Olson, 52, Cedar Rapids, IA	22:55	7:22
49	8	Kurt Langel, 52, Cedar Rapids, IA	22:57	7:23
56	9	Colin Flynn, 52, Cedar Rapids, IA	23:11	7:28
66	10	Kim Brant, 50, Atkins, IA	24:12	7:47
76	11	Steven Kimm, 54, Norway, IA	25:06	8:05
85	12	Marty Robinson, 51, Cedar Rapids, IA	25:38	8:15
90	13	Scott Immerfall, 54, Marion, IA	26:11	8:26
91	14	Joe McGrath, 53, Cedar Rapids, IA	26:14	8:27
105	15	Jim Becker, 51, Watkins, IA	27:44	8:55
134	16	Dennis Brown, 54, Wellman, IA	31:39	10:11
141	17	Bill Copper, 54, Marion, IA	32:27	10:27
158	18	Randy Wallace, 53, Waterloo, IA	50:19	16:12

Men 55 - 59

26	1	Michael Nurre, 56, Cedar Rapids, IA	21:06	6:47
33	2	Bob Strickland, 59, Cedar Rapids, IA	21:39	6:58
40	3	Nick Scott, 58, Cedar Rapids, IA	21:56	7:03
64	4	Warren Feerer, 59, Cedar Rapids, IA	24:04	7:45
73	5	Doug Lord, 55, Lisbon, IA	24:41	7:57
86	6	Randy Cogan, 55, East Dubuque, IL	25:45	8:17
104	7	Art Millikin, 57, Hendrick, IA	27:42	8:55
108	8	Dan Tucker, 58, Cedar Rapids, IA	28:05	9:02
131	9	John Becker, 59, Cedar Rapids, IA	30:58	9:58
133	10	Nick Gearhart, 58, Cedar Rapids, IA	31:37	10:10
135	11	Larry Cohn, 58, Springville, IA	31:44	10:13
146	12	John Lindstrom, 58, Cedar Rapids, IA	33:50	10:54
160	13	Larry Plagman, 55, Carson, IA	54:49	17:39

Men 60 - 64

24	1	Jim Shimek, 62, Fairfax, IA	21:03	6:47
62	2	Dale Hanna, 60, Cedar Rapids, IA	23:55	7:42
63	3	Andrew Hazer, 60, Columbia, IA	23:56	7:42
68	4	Bruce Bachmann, 60, Cedar Rapids, IA	24:17	7:49
93	5	Jim Tiedemann, 60, Iowa City, IA	26:31	8:32
117	6	Roy Gaddis, 60, Solon, IA	28:58	9:20
143	7	Rod Raabe, 64, Swisher, IA	33:13	10:42
144	8	Dennis Baier, 63, Cedar Rapids, IA	33:27	10:46
150	9	Mike VanHorn, 60, Cedar Rapids, IA	37:58	12:13

Men 65 - 69

118	1	John Johnson, 67, Cedar Rapids, IA	29:05	9:22
120	2	Jim Meister, 66, Cedar Rapids, IA	29:39	9:33
125	3	Davis Eidahl, 68, Richland, IA	30:28	9:48
147	4	Wayne Martin, 66, Central City, IA	34:19	11:03

161	5	Robert Rampulla, 66, Hiawatha, IA	54:50	17:39
-----	---	-----------------------------------	-------	-------

CLASS

PLACE	PLACE	FINISHER	TIME	PACE
-------	-------	----------	------	------

Women Under 15

28	1	Hanna Grissel, 14, Marion, IA	25:31	8:13
73	2	Paige Callanan, 14, Cedar Rapids, IA	31:22	10:06
107	3	Kaitlyn Gammon, 8, Cedar Rapids, IA	35:34	11:27
143	4	Sarah Wallace, 13, Waterloo, IA	50:19	16:12
144	5	Gillian Glessner, 8, Cedar Rapids, IA	50:43	16:20

Women 15 - 19

4	1	Sarah Lindemulder, 18, Ottumwa, IA	22:08	7:07
68	2	Kristin Wasson, 16, Cedar Rapids, IA	30:12	9:43
79	3	Micki DeWitt, 17, Rapids City, IL	31:47	10:14
133	4	Hilary Erickson, 17, Cedar Rapids, IA	43:53	14:08

Women 20 - 24

3	1	Cathy Hass, 24, Iowa City, IA	20:42	6:40
8	2	Amanda Harris, 22, Dubuque, IA	22:50	7:21
18	3	Allison Carroll, 21, Iowa City, IA	24:34	7:54
25	4	Lisa Blum, 24, Cedar Rapids, IA	25:14	8:07
26	5	Brandy Jacobs, 24, Ames, IA	25:16	8:08
36	6	Jana Callanan, 20, Cedar Rapids, IA	26:37	8:34
37	7	Kayla Olson, 21, Cedar Falls, IA	26:37	8:34
45	8	Ashley Christensen, 23, Ames, IA	27:45	8:56
57	9	Christine Gabel, 20, Marion, IA	28:59	9:20
65	10	Mandi Rodger, 21, Waverly, IA	29:56	9:38
67	11	Colleen Zack, 21, Waverly, IA	30:09	9:42
100	12	Melanie Kintzle, 23, Dubuque, IA	34:25	11:05

103 13 Sarah Landis, 20, Cedar Rapids, IA 35:01 11:16

Women 25 - 29

2 1 Alice Anderson, 27, Marion, IA 20:18 6:32
5 2 Julie Johnston, 25, Cedar Rapids, IA 22:15 7:10
6 3 Michelle Silver, 26, Cedar Rapids, IA 22:44 7:19
9 4 Elizabeth Steele, 25, Norway, IA 23:02 7:25
10 5 Darcy Ehrmann, 28, Cedar Rapids, IA 23:11 7:28
12 6 Sara Ziehr, 28, Iowa City, IA 23:30 7:34
21 7 Cassy Townsley, 27, Cedar Rapids, IA 24:47 7:59
32 8 Sara Verhorevoort, 25, Waterloo, IA 26:13 8:26
39 9 Leah Thurston, 25, Cedar Rapids, IA 26:53 8:39
48 10 Laura Platner, 28, Cedar Rapids, IA 28:02 9:01
51 11 Marirda Mergele, 27, Cedar Rapids, IA 28:40 9:13
59 12 Kari Lammer, 25, Marion, IA 29:10 9:23
60 13 Katalin Kalodick, 27, Marion, IA 29:28 9:29
61 14 Elizabeth Nottger, 29, North Liberty, IA 29:31 9:30
62 15 Jennifer Kluesner, 28, Iowa City, IA 29:33 9:31
64 16 Amanda Vollbrecht, 27, Solon, IA 29:52 9:37
72 17 Justine Juran, 27, Marion, IA 31:01 9:59
81 18 Catherine Lipinski, 25, Hiawatha, IA 31:53 10:16
84 19 Silje Lynne, 26, Marion, IA 32:17 10:24
89 20 Samantha Cumley, 26, Iowa City, IA 33:10 10:41

Women 30 - 34

14 1 Emily Blomme, 31, Ely, IA 23:54 7:42
16 2 Jill Scheckel, 30, Palo, IA 24:30 7:53
17 3 Heidi Anhalt, 32, Cedar Rapids, IA 24:31 7:53
29 4 Mariah Hurley, 33, Cedar Rapids, IA 25:34 8:14
31 5 Brandy Hoffmeier, 32, Cedar Rapids, IA 26:07 8:24
50 6 Beth Ngo, 34, Hiawatha, IA 28:25 9:09
54 7 Salina Winsor, 33, Marion, IA 28:50 9:17

63	8	Kendra Holland, 31, Cedar Rapids, IA	29:47	9:35
76	9	Karissa Brincks, 33, Center Point, IA	31:39	10:11
78	10	Sheri Bosch, 33, Cedar Rapids, IA	31:45	10:13
87	11	Melissa Rammelsberg, 30, Atkins, IA	32:52	10:35
90	12	Jessica Raabe, 30, Cedar Rapids, IA	33:13	10:41
98	13	jennifer houlihan, 31, Cedar Rapids, IA	34:05	10:58
99	14	Hawley Landenberger, 31, Cedar Rapids, IA	34:14	11:01
102	15	Dusty Gloede, 30, Cedar Rapids, IA	34:57	11:15
106	16	Cheryl Carder, 30, Cedar Rapids, IA	35:32	11:26
110	17	Johnna Lintecum, 32, Marion, IA	35:47	11:31
111	18	Kelly Wilkinson, 33, Marion, IA	35:55	11:34
114	19	Stacey Evenson, 31, Cedar Rapids, IA	36:06	11:37
115	20	Sandy Skaar, 32, Cedar Rapids, IA	36:21	11:42

Women 35 - 39

20	1	Sara Gallery, 38, Troy Mills, IA	24:46	7:58
22	2	Bonnie Seely, 37, Cedar Rapids, IA	24:50	8:00
23	3	Lynette Brown, 38, North Liberty, IA	24:59	8:02
30	4	Karla Westpheling, 38, Cedar Rapids, IA	25:46	8:17
35	5	Jennifer Joyce, 36, Hiawatha, IA	26:34	8:33
40	6	Denise Stapley, 39, Cedar Rapids, IA	27:09	8:44
43	7	Lori Long, 38, Cedar Rapids, IA	27:26	8:50
49	8	Sara Swanson, 39, Riverside, IA	28:22	9:08
52	9	Katie Iverson, 35, Iowa City, IA	28:44	9:15
56	10	Dawn Stuart, 35, Cedar Rapids, IA	28:55	9:18
66	11	Tracy Cole, 35, Manchester, IA	29:58	9:39
71	12	Robin Blackburn, 39, North Liberty, IA	30:59	9:59
74	13	Lauri Lamm-Usher, 35, Cedar Falls, IA	31:26	10:07
80	14	Amy Tersiner, 36, Marion, IA	31:50	10:15
82	15	Rosa Paget, 35, Cedar Rapids, IA	32:03	10:19
88	16	Kellie Sauser, 38, Cedar Rapids, IA	32:59	10:37
127	17	Katherine Hurst, 35, Coralville, IA	40:11	12:56
129	18	Bridget Scales, 37, Cedar Rapids, IA	40:29	13:02

145	19	Heather Weers, 39, Marion, IA	51:20	16:31
-----	----	-------------------------------	-------	-------

Women 40 - 44

7	1	Deb Gaddis, 43, Solon, IA	22:49	7:20
13	2	Jill Hopkins, 41, Springville, IA	23:52	7:41
19	3	Liz Efting, 42, Cedar Rapids, IA	24:45	7:58
33	4	Sarah Williams, 43, Marion, IA	26:23	8:29
42	5	Rosie Lee, 44, Marion, IA	27:24	8:49
46	6	Pauline Kilkeets, 44, Solon, IA	27:51	8:58
53	7	Leslie French, 44, Cedar Rapids, IA	28:44	9:15
75	8	Cheryl Read, 44, Marion, IA	31:30	10:08
83	9	Julie Borelli, 41, Mount Pleasant, IA	32:16	10:23
86	10	Jennifer Stalder, 40, Cedar Rapids, IA	32:41	10:31
94	11	Lori Miene, 44, Cedar Rapids, IA	33:35	10:49
101	12	Jennifer Burkart, 43, Marion, IA	34:50	11:13
108	13	Janine Wasson, 43, Cedar Rapids, IA	35:35	11:27
128	14	Janice Jedlicka, 44, Marion, IA	40:26	13:01
138	15	Julie Kann, 42, Cedar Rapids, IA	45:23	14:36

Women 45 - 49

11	1	Jona McDermaid, 48, Chillicothe, IL	23:22	7:31
15	2	Lori Gabel, 47, Marion, IA	23:57	7:42
24	3	Traci Vercande, 45, Robins, IA	25:05	8:04
27	4	Lisa Ogden, 48, Cedar Rapids, IA	25:23	8:10
34	5	Tina Becker, 48, Watkins, IA	26:33	8:33
47	6	Deanna Haddy, 49, Cedar Rapids, IA	27:55	8:59
58	7	Cathy Taylor, 48, Cedar Rapids, IA	29:04	9:21
69	8	Mary Drake, 46, Cedar Rapids, IA	30:34	9:50
77	9	Lisa Flaherty, 47, Fairfax, IA	31:45	10:13
104	10	Kris Lee, 45, Walford, IA	35:04	11:17
105	11	Susan Lloyd, 46, Cedar Rapids, IA	35:28	11:25
136	12	Nancy Landis, 48, Cedar Rapids, IA	44:14	14:14

Women 50 - 54

38	1	Sharon Robertson, 53, Alburnett, IA	26:50	8:38
44	2	Lorrie Copper, 53, Marion, IA	27:27	8:50
55	3	Patti Sprague, 50, Mt Vernon, IA	28:52	9:17
85	4	Janet Rampulla, 53, Hiawatha, IA	32:29	10:27
92	5	Terri Archibald, 52, Cedar Rapids, IA	33:30	10:47
109	6	Molly Cook, 50, Cedar Rapids, IA	35:46	11:31
112	7	Mary Wallace, 50, Waterloo, IA	35:56	11:34
124	8	Barb Linostrom, 54, Cedar Rapids, IA	38:35	12:25
126	9	Jan Heeren, 50, Fairfax, IA	39:08	12:36
132	10	Rhonda Schneider-Smith, 50, Ely, IA	43:45	14:05
142	11	Diane Godfrey, 54, Cedar Rapids, IA	49:47	16:02

Women 55 - 59

41	1	Ann Vestle, 55, Cedar Rapids, IA	27:22	8:48
70	2	Jann Baustian, 57, Cedar Rapids, IA	30:55	9:57
95	3	Linnea Martin, 56, Marion, IA	33:42	10:51
122	4	Sarah Plagman, 56, Carson, IA	38:11	12:17
123	5	Jan Burback, 57, Hiawatha, IA	38:23	12:21

Women 60 - 64

116	1	Ann Sindlinger, 60, Cedar Rapids, IA	36:23	11:43
-----	---	--------------------------------------	-------	-------

Women 65 - 69

146	1	Delores Burkart, 69, Marion, IA	64:41	20:50
-----	---	---------------------------------	-------	-------

CLASS

PLACE	PLACE	FINISHER	TIME	PACE
-------	-------	----------	------	------

Individuals

1	OpM	Tyler Sullivan, 21, Coralville, IA	16:56	5:27
2	1 M15	Dwight Schrute, 19, Scranton, PA	17:05	5:30
3	1 M45	Michael Newhouse, 45, Marion, IA	17:52	5:45
4	1 M30	Mark Thompson, 32, Iowa City, IA	17:57	5:47
5	1 M35	Lars Anderson, 39, Iowa City, IA	18:00	5:48
6	2 M45	Phil Kauder, 48, Cascade, IA	18:09	5:50
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				
7	1 M40	Mike Kabela, 43, North Liberty, IA	18:49	6:03
8	1 M25	Craig Goldsmith, 27, Cedar Rapids, IA	18:57	6:06
9	3 M45	Rick Till, 47, Dubuque, IA	18:59	6:06
10	1 M50	Ron Gierut, 52, Cedar Rapids, IA	19:23	6:14
11	2 M25	Jeff Friedman, 26, Dubuque, IA	19:27	6:15
12	3 M25	Daren Schumaker, 29, Cedar Rapids, IA	19:31	6:17
13	2 M30	Nick Quanrud, 34, Cedar Rapids, IA	19:35	6:18
14	4 M45	Mike Schulte, 45, Cedar Rapids, IA	19:36	6:18
15	2 M35	David Thatcher, 35, Cedar Rapids, IA	19:42	6:21
1	OpW	Carolyn Newhouse, 16*, Marion, IA	19:49	6:23
16	4 M25	Ross Kilgore, 25, Coralville, IA	20:02	6:27
17	2 M50	Bill Oliver, 52, Cedar Rapids, IA	20:07	6:29
2	1 W25	Alice Anderson, 27*, Marion, IA	20:18	6:32
18	2 M15	Benjamin Lewenczuk, 19, Marion, IA	20:22	6:33
19	2 M40	william iverson, 42, Iowa City, IA	20:27	6:35
20	5 M45	Don Lansing, 48, Marion, IA	20:34	6:37
3	1 W20	Cathy Hass, 24*, Iowa City, IA	20:42	6:40
21	3 M40	Dennis Lee, 42, Walford, IA	20:47	6:41
22	5 M25	Bret Weber, 25, Independence, IA	20:51	6:43
23	6 M45	Ernesto Venzor, 48, Conesville, IA	21:02	6:46
24	1 M60	Jim Shimek, 62, Fairfax, IA	21:03	6:47
25	7 M45	Craig Brophy, 49, Cedar Rapids, IA	21:04	6:47
26	1 M55	Michael Nurre, 56, Cedar Rapids, IA	21:06	6:47
27	3 M30	Jeremy Bartlett, 34, Alburnett, IA	21:10	6:49

28	4	M40	Chad Kruger, 41, Cedar Rapids, IA	21:15	6:50
29	5	M40	David Reid, 43, Fairfax, IA	21:21	6:52
30	8	M45	Darl Van Rheenen, 48, Amana, IA	21:22	6:53
31	9	M45	John Ogden, 49, Cedar Rapids, IA	21:27	6:54
32	10	M45	Rick Colton, 49, Marion, IA	21:33	6:56
33	2	M55	Bob Strickland, 59, Cedar Rapids, IA	21:39	6:58
34	3	M35	Jerry Kilgore, 35, Cedar Rapids, IA	21:41	6:59
35	6	M25	Beau Brink, 27, Cedar Rapids, IA	21:42	6:59
36	7	M25	Bradley Soat, 27, Dubuque, IA	21:43	6:59
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					
37	4	M35	Christian Horak, 38, Marion, IA	21:50	7:01
38	1	M20	Ryan Mahoney, 24, Cedar Rapids, IA	21:51	7:02
39	3	M50	Gary Boesenberg, 50, Solon, IA	21:53	7:03
40	3	M55	Nick Scott, 58, Cedar Rapids, IA	21:56	7:03
41	4	M50	Doug Hansel, 50, Colesburg, IA	22:03	7:06
4	1	W15	Sarah Lindemulder, 18*, Ottumwa, IA	22:08	7:07
5	2	W25	Julie Johnston, 25*, Cedar Rapids, IA	22:15	7:10
42	5	M50	Dave Farmer, 52, Postville, IA	22:16	7:10
43	3	M15	Ryan Smith, 15, Ely, IA	22:33	7:16
44	2	M20	Matthew Hass, 24, Iowa City, IA	22:34	7:16
45	8	M25	John Hackbarth, 27, Cedar Rapids, IA	22:38	7:17
6	3	W25	Michelle Silver, 26*, Cedar Rapids, IA	22:44	7:19
46	6	M50	Chuck Soat, 50, Dubuque, IA	22:45	7:19
47	4	M30	Ryan Scheckel, 31, Palo, IA	22:48	7:20
7	1	W40	Deb Gaddis, 43*, Solon, IA	22:49	7:20
8	2	W20	Amanda Harris, 22*, Dubuque, IA	22:50	7:21
48	7	M50	Guy Olson, 52, Cedar Rapids, IA	22:55	7:22
49	8	M50	Kurt Langel, 52, Cedar Rapids, IA	22:57	7:23
50	3	M20	Andrew Cogan, 24, Dubuque, IA	23:01	7:24
51	5	M35	Bret Oleson, 39, Marion, IA	23:02	7:25
9	4	W25	Elizabeth Steele, 25*, Norway, IA	23:02	7:25
52	4	M15	Jordan Breffle, 15, Toddville, IA	23:04	7:25
53	6	M35	Barry Breffle, 39, Toddville, IA	23:05	7:26

54	7	M35	Heath Regennitter, 35, Marion, IA	23:07	7:26
55	11	M45	Doug Thompson, 49, Cedar Rapids, IA	23:08	7:27
56	9	M50	Colin Flynn, 52, Cedar Rapids, IA	23:11	7:28
10	5	W25	Darcy Ehrmann, 28*, Cedar Rapids, IA	23:11	7:28
57	8	M35	Scott Ziehr, 35, Iowa City, IA	23:13	7:28
11	1	W45	Jona McDermaid, 48*, Chillicothe, IL	23:22	7:31
58	5	M30	Chris Nims, 33, Robins, IA	23:29	7:33
12	6	W25	Sara Ziehr, 28*, Iowa City, IA	23:30	7:34
59	6	M40	Dave Zahradnik, 40, Cedar Rapids, IA	23:31	7:34
60	12	M45	Jeff Pick, 48, Cedar Rapids, IA	23:42	7:38
61	9	M25	Jeff Miller, 29, Cedar Rapids, IA	23:42	7:38
13	2	W40	Jill Hopkins, 41*, Springville, IA	23:52	7:41
14	1	W30	Emily Blomme, 31*, Ely, IA	23:54	7:42
62	2	M60	Dale Hanna, 60, Cedar Rapids, IA	23:55	7:42
63	3	M60	Andrew Hazer, 60, Columbia, IA	23:56	7:42
15	2	W45	Lori Gabel, 47*, Marion, IA	23:57	7:42
64	4	M55	Warren Feerer, 59, Cedar Rapids, IA	24:04	7:45
65	10	M25	Andrew Roberts, 26, Cedar Rapids, IA	24:10	7:47
66	10	M50	Kim Brant, 50, Atkins, IA	24:12	7:47
67	11	M25	Kelly Huston, 26, Iowa City, IA	24:12	7:47
68	4	M60	Bruce Bachmann, 60, Cedar Rapids, IA	24:17	7:49
69	9	M35	Jeremy Cohn, 36, Marion, IA	24:26	7:52
70	12	M25	josh peterson, 26, shenandoah, IA	24:28	7:53
16	2	W30	Jill Scheckel, 30*, Palo, IA	24:30	7:53
17	3	W30	Heidi Anhalt, 32*, Cedar Rapids, IA	24:31	7:53
71	10	M35	Nathan Bowman, 35, Iowa City, IA	24:31	7:53
18	3	W20	Allison Carroll, 21*, Iowa City, IA	24:34	7:54
72	4	M20	Anthony Walls, 23, Tiffin, IA	24:38	7:56
73	5	M55	Doug Lord, 55, Lisbon, IA	24:41	7:57
74	13	M45	Ramsey Frangul, 45, Marion, IA	24:43	7:57
19	3	W40	Liz Efting, 42*, Cedar Rapids, IA	24:45	7:58
20	1	W35	Sara Gallery, 38*, Troy Mills, IA	24:46	7:58

75	1	JrM	Maverick Guyer, 13, Cedar Rapids, IA	24:47	7:58
21	7	W25	Cassy Townsley, 27*, Cedar Rapids, IA	24:47	7:59
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					
22	2	W35	Bonnie Seely, 37*, Cedar Rapids, IA	24:50	8:00
23	3	W35	Lynette Brown, 38*, North Liberty, IA	24:59	8:02
24	3	W45	Traci Vercande, 45*, Robins, IA	25:05	8:04
76	11	M50	Steven Kimm, 54, Norway, IA	25:06	8:05
77	13	M25	Shawn Kmetz, 29, Cedar Rapids, IA	25:11	8:06
78	14	M45	Jonn Strausser, 45, Anamosa, IA	25:11	8:06
25	4	W20	Lisa Blum, 24*, Cedar Rapids, IA	25:14	8:07
79	7	M40	Todd Montgomery, 41, Cedar Rapids, IA	25:15	8:07
80	14	M25	Daniel Buckgridge, 29, Cedar Rapids, IA	25:15	8:08
26	5	W20	Brandy Jacobs, 24*, Ames, IA	25:16	8:08
81	11	M35	Kevin McComb, 38, Marion, IA	25:17	8:08
27	4	W45	Lisa Ogden, 48*, Cedar Rapids, IA	25:23	8:10
82	6	M30	Locas Boddicker, 30, North Liberty, IA	25:29	8:12
28	1	JrW	Hanna Grissel, 14*, Marion, IA	25:31	8:13
29	4	W30	Mariah Hurley, 33*, Cedar Rapids, IA	25:34	8:14
83	5	M15	Kevin Landis, 17, Cedar Rapids, IA	25:36	8:14
84	12	M35	Stephen Szewc, 37, Marion, IA	25:37	8:15
85	12	M50	Marty Robinson, 51, Cedar Rapids, IA	25:38	8:15
86	6	M55	Randy Cogan, 55, East Dubuque, IL	25:45	8:17
30	4	W35	Karla Westpheling, 38*, Cedar Rapids, IA	25:46	8:17
87	7	M30	Shaun Cassels, 30, Cedar Rapids, IA	25:56	8:21
88	15	M45	Mike Yeries, 45, Oxford, IA	26:00	8:22
89	8	M30	Doug Fishwild, 31, Marion, IA	26:00	8:22
31	5	W30	Brandy Hoffmeier, 32*, Cedar Rapids, IA	26:07	8:24
90	13	M50	Scott Immerfall, 54, Marion, IA	26:11	8:26
32	8	W25	Sara Verhorevoort, 25*, Waterloo, IA	26:13	8:26
91	14	M50	Joe McGrath, 53, Cedar Rapids, IA	26:14	8:27
92	15	M25	Jonathan Curran, 26, Cedar Rapids, IA	26:16	8:27
33	4	W40	Sarah Williams, 43*, Marion, IA	26:23	8:29
93	5	M60	Jim Tiedemann, 60, Iowa City, IA	26:31	8:32

34	5	W45	Tina Becker, 48*, Watkins, IA	26:33	8:33
35	5	W35	Jennifer Joyce, 36*, Hiawatha, IA	26:34	8:33
36	6	W20	Jana Callanan, 20*, Cedar Rapids, IA	26:37	8:34
37	7	W20	Kayla Olson, 21*, Cedar Falls, IA	26:37	8:34
94	16	M45	Michael McElmeel, 46, Cedar Rapids, IA	26:44	8:36
95	6	M15	Matthew Williams, 15, Marion, IA	26:45	8:37
96	17	M45	Rick Hemann, 46, Marion, IA	26:46	8:37
97	18	M45	Hadley Swanson, 47, Rock Island, IL	26:49	8:38
38	1	W50	Sharon Robertson, 53*, Alburnett, IA	26:50	8:38
98	9	M30	Mike Vogl, 33, shellsburg, IA	26:52	8:39
39	9	W25	Leah Thurston, 25*, Cedar Rapids, IA	26:53	8:39
99	10	M30	Jeremiah Buehler, 32, Marion, IA	26:56	8:40
40	6	W35	Denise Stapley, 39*, Cedar Rapids, IA	27:09	8:44
100	7	M15	Calvin Brophy, 17, Cedar Rapids, IA	27:18	8:47
41	1	W55	Ann Vestle, 55*, Cedar Rapids, IA	27:22	8:48
101	2	JrM	Aaron Jencks, 14, Cedar Rapids, IA	27:23	8:49
42	5	W40	Rosie Lee, 44*, Marion, IA	27:24	8:49
43	7	W35	Lori Long, 38*, Cedar Rapids, IA	27:26	8:50
44	2	W50	Lorrie Copper, 53*, Marion, IA	27:27	8:50
102	8	M40	Troy Montgomery, 40, Cedar Rapids, IA	27:39	8:54
103	19	M45	David Beckmann, 46, Cedar Rapids, IA	27:41	8:55
104	7	M55	Art Millikin, 57, Hendrick, IA	27:42	8:55
105	15	M50	Jim Becker, 51, Watkins, IA	27:44	8:55
45	8	W20	Ashley Christensen, 23*, Ames, IA	27:45	8:56
46	6	W40	Pauline Kilkeets, 44*, Solon, IA	27:51	8:58
106	11	M30	Josh Eggers, 33, Cedar Rapids, IA	27:53	8:58
107	12	M30	Adam Peterson, 30, Marion, IA	27:54	8:59
47	6	W45	Deanna Haddy, 49*, Cedar Rapids, 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					
48	10	W25	Laura Platner, 28*, Cedar Rapids, IA	28:02	9:01
108	8	M55	Dan Tucker, 58, Cedar Rapids, IA	28:05	9:02
49	8	W35	Sara Swanson, 39*, Riverside, IA	28:22	9:08

109	20	M45	James Weldon, 49, Cedar Rapids, IA	28:23	9:08
50	6	W30	Beth Ngo, 34*, Hiawatha, IA	28:25	9:09
110	13	M35	Jim Spencer, 39, Marion, IA	28:31	9:11
111	16	M25	Adam Steele, 25, Norway, IA	28:32	9:11
112	5	M20	David DeWitt, 23, Marion, IA	28:33	9:11
113	13	M30	Chris Maiers, 33, Dubuque, IA	28:34	9:12
51	11	W25	Marirda Mergele, 27*, Cedar Rapids, IA	28:40	9:13
114	14	M35	Larry Schaul, 38, Cedar Rapids, IA	28:41	9:14
115	21	M45	Lance Greco, 48, Cedar Rapids, IA	28:43	9:15
52	9	W35	Katie Iverson, 35*, Iowa City, IA	28:44	9:15
53	7	W40	Leslie French, 44*, Cedar Rapids, IA	28:44	9:15
54	7	W30	Salina Winsor, 33*, Marion, IA	28:50	9:17
55	3	W50	Patti Sprague, 50*, Mt Vernon, IA	28:52	9:17
56	10	W35	Dawn Stuart, 35*, Cedar Rapids, IA	28:55	9:18
116	15	M35	Robert Swehla, 35, Cedar Rapids, IA	28:56	9:19
117	6	M60	Roy Gaddis, 60, Solon, IA	28:58	9:20
57	9	W20	Christine Gabel, 20*, Marion, IA	28:59	9:20
58	7	W45	Cathy Taylor, 48*, Cedar Rapids, IA	29:04	9:21
118	1	M65	John Johnson, 67, Cedar Rapids, IA	29:05	9:22
59	12	W25	Kari Lammer, 25*, Marion, IA	29:10	9:23
119	22	M45	Jeff Hoskinson, 48, Anamosa, IA	29:27	9:29
60	13	W25	Katalin Kalodick, 27*, Marion, IA	29:28	9:29
61	14	W25	Elizabeth Nottger, 29*, North Liberty, IA	29:31	9:30
62	15	W25	Jennifer Kluesner, 28*, Iowa City, IA	29:33	9:31
120	2	M65	Jim Meister, 66, Cedar Rapids, IA	29:39	9:33
121	14	M30	Don Foltz, 32, Center Point, IA	29:40	9:33
63	8	W30	Kendra Holland, 31*, Cedar Rapids, IA	29:47	9:35
64	16	W25	Amanda Vollbrecht, 27*, Solon, IA	29:52	9:37
65	10	W20	Mandi Rodger, 21*, Waverly, IA	29:56	9:38
66	11	W35	Tracy Cole, 35*, Manchester, IA	29:58	9:39
122	16	M35	Greg Joseph, 38, Hiawatha, IA	30:02	9:40
67	11	W20	Colleen Zack, 21*, Waverly, IA	30:09	9:42
68	2	W15	Kristin Wasson, 16*, Cedar Rapids, IA	30:12	9:43

123	23	M45	Eric Wasson, 47, Cedar Rapids, IA	30:12	9:43
124	15	M30	Tim Freeze, 30, Marion, IA	30:15	9:44
125	3	M65	Davis Eidahl, 68, Richland, IA	30:28	9:48
69	8	W45	Mary Drake, 46*, Cedar Rapids, IA	30:34	9:50
126	9	M40	Rob Schmit, 41, Cedar Rapids, IA	30:39	9:52
127	17	M35	Matthew Van Maanen, 37, Cedar Rapids, IA	30:41	9:53
128	24	M45	Chris Usher, 46, Cedar Falls, IA	30:46	9:54
129	16	M30	Shawn Leuck, 30, Cedar Rapids, IA	30:53	9:57
70	2	W55	Jann Baustian, 57*, Cedar Rapids, IA	30:55	9:57
130	18	M35	Shane Lloyd, 37, Cedar Rapids, IA	30:57	9:58
131	9	M55	John Becker, 59, Cedar Rapids, IA	30:58	9:58
71	12	W35	Robin Blackburn, 39*, North Liberty, IA	30:59	9:59
72	17	W25	Justine Juran, 27*, Marion, IA	31:01	9:59
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					
132	17	M30	Christopher Lintecum, 32, Marion, IA	31:10	10:02
73	2	JrW	Paige Callanan, 14*, Cedar Rapids, IA	31:22	10:06
74	13	W35	Lauri Lamm-Usher, 35*, Cedar Falls, IA	31:26	10:07
75	8	W40	Cheryl Read, 44*, Marion, IA	31:30	10:08
133	10	M55	Nick Gearhart, 58, Cedar Rapids, IA	31:37	10:10
134	16	M50	Dennis Brown, 54, Wellman, IA	31:39	10:11
76	9	W30	Karissa Brincks, 33*, Center Point, IA	31:39	10:11
135	11	M55	Larry Cohn, 58, Springville, IA	31:44	10:13
77	9	W45	Lisa Flaherty, 47*, Fairfax, IA	31:45	10:13
78	10	W30	Sheri Bosch, 33*, Cedar Rapids, IA	31:45	10:13
79	3	W15	Micki DeWitt, 17*, Rapids City, IL	31:47	10:14
80	14	W35	Amy Tersiner, 36*, Marion, IA	31:50	10:15
136	18	M30	Matt Wells, 34, Marion, IA	31:51	10:15
137	17	M25	Ryan Griastead, 29, Bloomfield, IA	31:52	10:15
81	18	W25	Catherine Lipinski, 25*, Hiawatha, IA	31:53	10:16
82	15	W35	Rosa Paget, 35*, Cedar Rapids, IA	32:03	10:19
138	10	M40	Mike Regan, 41, Iowa City, IA	32:09	10:21
83	9	W40	Julie Borelli, 41*, Mount Pleasant, IA	32:16	10:23

139	18	M25	Sudhanwa Kholgade, 27, Marion, IA	32:17	10:23
84	19	W25	Silje Lynne, 26*, Marion, IA	32:17	10:24
140	3	JrM	Ethan Jedlicka, 9, Marion, IA	32:25	10:26
141	17	M50	Bill Copper, 54, Marion, IA	32:27	10:27
85	4	W50	Janet Rampulla, 53*, Hiawatha, IA	32:29	10:27
142	19	M30	Aaron Thompson, 34, Marion, IA	32:35	10:29
86	10	W40	Jennifer Stalder, 40*, Cedar Rapids, IA	32:41	10:31
87	11	W30	Melissa Rammelsberg, 30*, Atkins, IA	32:52	10:35
88	16	W35	Kellie Sauser, 38*, Cedar Rapids, IA	32:59	10:37
89	20	W25	Samantha Cumley, 26*, Iowa City, IA	33:10	10:41
90	12	W30	Jessica Raabe, 30*, Cedar Rapids, IA	33:13	10:41
143	7	M60	Rod Raabe, 64, Swisher, IA	33:13	10:42
91	21	W25	Amanda Gregory, 28*, Cedar Rapids, IA	33:21	10:44
144	8	M60	Dennis Baier, 63, Cedar Rapids, IA	33:27	10:46
92	5	W50	Terri Archibald, 52*, Cedar Rapids, IA	33:30	10:47
93	22	W25	Kimberly Poston, 27*, Marion, IA	33:32	10:48
94	11	W40	Lori Miene, 44*, Cedar Rapids, IA	33:35	10:49
145	20	M30	Dave Isenberry, 34, Cedar Rapids, IA	33:41	10:50
95	3	W55	Linnea Martin, 56*, Marion, IA	33:42	10:51
96	23	W25	Blair Long, 26*, Cedar Falls, IA	33:50	10:53
146	12	M55	John Lindstrom, 58, Cedar Rapids, IA	33:50	10:54
97	24	W25	Nichole Mason, 27*, Cedar Rapids, IA	34:04	10:58
98	13	W30	jennifer houlihan, 31*, Cedar Rapids, IA	34:05	10:58
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					
99	14	W30	Hawley Landenberger, 31*, Cedar Rapids, IA	34:14	11:01
147	4	M65	Wayne Martin, 66, Central City, IA	34:19	11:03
100	12	W20	Melanie Kintzle, 23*, Dubuque, IA	34:25	11:05
101	12	W40	Jennifer Burkart, 43*, Marion, IA	34:50	11:13
102	15	W30	Dusty Gloede, 30*, Cedar Rapids, IA	34:57	11:15
103	13	W20	Sarah Landis, 20*, Cedar Rapids, IA	35:01	11:16
104	10	W45	Kris Lee, 45*, Walford, IA	35:04	11:17
105	11	W45	Susan Lloyd, 46*, Cedar Rapids, IA	35:28	11:25
106	16	W30	Cheryl Carder, 30*, Cedar Rapids, IA	35:32	11:26

107	3 JrW	Kaitlyn Gammon, 8*, Cedar Rapids, IA	35:34	11:27
148	19 M35	Chad Gammon, 37, Cedar Rapids, IA	35:34	11:27
108	13 W40	Janine Wasson, 43*, Cedar Rapids, IA	35:35	11:27
109	6 W50	Molly Cook, 50*, Cedar Rapids, IA	35:46	11:31
110	17 W30	Johnna Lintecum, 32*, Marion, IA	35:47	11:31
111	18 W30	Kelly Wilkinson, 33*, Marion, IA	35:55	11:34
112	7 W50	Mary Wallace, 50*, Waterloo, IA	35:56	11:34
113	25 W25	Gretchen McLain, 27*, Stockport, IA	35:58	11:35
114	19 W30	Stacey Evenson, 31*, Cedar Rapids, IA	36:06	11:37
115	20 W30	Sandy Skaar, 32*, Cedar Rapids, IA	36:21	11:42
116	1 W60	Ann Sindlinger, 60*, Cedar Rapids, IA	36:23	11:43
117	21 W30	Katherine Schmidt, 32*, Marion, IA	36:35	11:47
149	19 M25	Steve Vollbrecht, 29, Solon, IA	36:49	11:51
118	22 W30	Brandi Scott, 30*, Cedar Rapids, IA	37:12	11:59
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				
119	26 W25	Rebekah Dunn, 28*, Cedar Rapids, IA	37:36	12:06
150	9 M60	Mike VanHorn, 60, Cedar Rapids, IA	37:58	12:13
120	23 W30	Mindy Brown, 32*, Anamosa, IA	38:01	12:14
121	27 W25	Andrea Hinz, 26*, Anamosa, IA	38:01	12:14
122	4 W55	Sarah Plagman, 56*, Carson, IA	38:11	12:17
123	5 W55	Jan Burbach, 57*, Hiawatha, IA	38:23	12:21
124	8 W50	Barb Linostrom, 54*, Cedar Rapids, IA	38:35	12:25
125	24 W30	Candice Hopp, 34*, Donnellson, IA	38:58	12:32
126	9 W50	Jan Heeren, 50*, Fairfax, IA	39:08	12:36
151	25 M45	Chris Swanson, 48, Riverside, IA	39:30	12:43
152	4 JrM	Liam Weldon, 13, Le Claire, IA	39:30	12:43
153	5 JrM	McKenna Weldon, 13, Cedar Rapids, IA	39:30	12:43
127	17 W35	Katherine Hurst, 35*, Coralville, IA	40:11	12:56
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				
128	14 W40	Janice Jedlicka, 44*, Marion, IA	40:26	13:01
129	18 W35	Bridget Scales, 37*, Cedar Rapids, IA	40:29	13:02
154	6 M20	Todd Plagman, 24, North Liberty, IA	41:11	13:15

130	28	W25	Kara Plagman, 27*, North Liberty, IA	41:41	13:25
131	25	W30	Rebecca Bischoff, 34*, Marion, IA	41:53	13:29
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					
132	10	W50	Rhonda Schneider-Smith, 50*, Ely, IA	43:45	14:05
155	21	M30	Blaine Blackburn, 34, North Liberty, IA	43:52	14:07
133	4	W15	Hilary Erickson, 17*, Cedar Rapids, IA	43:53	14:08
134	26	W30	Serena Dalhamer, 33*, Marion, IA	44:10	14:13
135	27	W30	Christy Buehler, 32*, Marion, IA	44:14	14:14
136	12	W45	Nancy Landis, 48*, Cedar Rapids, IA	44:14	14:14
137	29	W25	Lauren Vondra, 27*, East Dubuque, IL	45:19	14:35
138	15	W40	Julie Kann, 42*, Cedar Rapids, IA	45:23	14:36
139	28	W30	Carrie Meyer, 31*, Cedar Rapids, IA	45:23	14:37
140	29	W30	Camille Meyer, 33*, Cedar Rapids, IA	45:24	14:37
141	30	W25	Michaela Fishell, 26*, Cedar Rapids, IA	45:33	14:40
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					
156	11	M40	Brian Weldon, 43, Le Claire, IA	48:48	15:42
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					
157	26	M45	Dennis Colston, 48, Cedar Rapids, IA	49:46	16:01
142	11	W50	Diane Godfrey, 54*, Cedar Rapids, IA	49:47	16:02
143	4	JrW	Sarah Wallace, 13*, Waterloo, IA	50:19	16:12
158	18	M50	Randy Wallace, 53, Waterloo, IA	50:19	16:12
144	5	JrW	Gillian Glessner, 8*, Cedar Rapids, IA	50:43	16:20
159	27	M45	David Glessner, 45, Cedar Rapids, IA	50:49	16:22
145	19	W35	Heather Weers, 39*, Marion, IA	51:20	16:31
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					
160	13				