

GRAND BLUE MILE
DES MOINES, IA.
4/22/14

OVERALL	DIVP	First Name	Last Name	M/F	City	St	division	Pl	M/F	Time	Split
1E	1	Leo	Manzano	M			MEN	1		04:05.7	2:11
2E	2	Pat	Casey	M			MEN	2		04:05.8	2:12
3E	3	Garrett	Heath	M			MEN	3		04:06.4	2:11
4E	4	Jack	Bolas	M			MEN	4		04:07.4	2:12
5E	5	Matt	Elliott	M			MEN	5		04:08.5	2:13
6E	6	Jeff	See	M			MEN	6		04:08.6	2:12
7E	7	Donald	Cowart	M			MEN	7		04:08.9	2:13
8E	8	Travis	Burkstrand	M			MEN	8		04:09.2	2:12
9E	9	Dorian	Ulrey	M			MEN	9		04:09.6	2:12
10E	10	Craig	Miller	M			MEN	10		04:09.6	2:12
11E	11	Aj	Acosta	M			MEN	11		04:10.3	2:12
12E	12	Jon	Peterson	M			MEN	12		04:10.6	2:12
13E	13	Travis	Fitzke	M			MEN	13		04:10.7	2:12
14E	14	Diego	Estrada	M			MEN	14		04:12.9	2:12
15E	15	Ryan	Martin	M			MEN	15		04:13.9	2:12
1	1	Ben	Jaskowiak	M	Des Moines	IA	M2024	1		04:20.0	2:11
2	2	Robert	Scanlon	M	Ames	IA	M2024	2		04:22.7	2:12
3	1	Drew	Burmahl	M	Cedar Rapids	IA	M2529	3		04:26.0	2:12
4	3	Chris	Robertson	M	Ames	IA	M2024	4		04:28.1	2:12
5	4	Adam	Sohl	M	Ames	IA	M2024	5		04:28.3	2:08
6	2	Ernesto A.	Ramirez	M	Cedar Falls	IA	M2529	6		04:29.3	2:12
7	5	Daniel	Sevcik	M	Ames	IA	M2024	7		04:31.2	2:12
8	1	Martin	Popp	M	West Des Moines	IA	M3034	8		04:31.5	2:12
1E	1	Heather	Kampf	F			WMEN	1		04:32.6	2:20
2E	2	Katie	Mackey	F			WMEN	2		04:33.3	2:20
9	3	Austin	Tegels	M	Cedar Falls	IA	M2529	9		04:33.5	2:13
3E	3	Sara	Hall	F			WMEN	3		04:33.8	2:21
4E	4	Heather	Wilson	F			WMEN	4		04:34.8	2:20
5E	5	Laura	Thweatt	F			WMEN	5		04:35.3	2:19
10	1	Greg	Bell	M	Polk City	IA	M3539	10		04:36.4	2:14
6E	6	Lea	Wallace	F			WMEN	6		04:36.6	2:20
7E	7	Stephanie	Garcia	F			WMEN	7		04:37.5	2:20
8E	8	Nicole	Schappert	F			WMEN	8		04:37.5	2:20
9E	9	Molly	Beckwith-Ludlow	F			WMEN	9		04:38.1	2:20
11	2	Mark	Thompson	M	Iowa City	IA	M3539	11		04:38.3	2:20
12	1	Michael	Libruk	M	Watervliet	NY	M1419	12		04:38.4	2:12
10E	10	Angela	Bizzarri	F			WMEN	10		04:39.1	2:20
11E	11	Lauren	Johnson	F			WMEN	11		04:40.2	2:20
13	3	Ryan	Anderson	M	Rochester	MN	M3539	13		04:41.4	2:16
14	4	Ryan	Schafbuch	M	Ames	IA	M2529	14		04:42.4	2:23
15	6	Jake	Sutton	M	West Des Moines	IA	M2024	15		04:42.7	2:13
12E	12	Gabriele	Grunewald	F			WMEN	12		04:43.9	2:20
13E	13	Meghan	Peyton	F			WMEN	13		04:45.8	2:20
16	2	Scott	Johnson	M	Ames	IA	M3034	16		04:46.2	2:21
17	1	Vic	Morales	M	Johnston	IA	M4044	17		04:46.9	2:16
18	5	Graham	McCaleb	M	Battlefield	MO	M2529	18		04:47.5	2:22
19	2	Sam	McMichael	M	Des Moines	IA	M1419	19		04:49.2	2:17
20	3	Nathan	Janssen	M	Ames	IA	M1419	20		04:49.6	2:26
21	4	Zachary	Smith	M	Urbandale	IA	M1419	21		04:50.3	2:22
22	1	David	Bailey	M	Davenport	IA	M5054	22		04:50.9	2:26
23	5	Cesar	Marquez	M	Cedar Falls	IA	M1419	23		04:51.1	2:17
24	2	Marc	Peterson	M	Ames	IA	M4044	24		04:52.3	2:24
25	4	Jason	Vogel	M	Clive	IA	M3539	25		04:52.5	2:25
26	3	Eric	Goers	M	Iowa City	IA	M4044	26		04:52.5	2:26
27	6	Jj	Grinvalds	M	Urbandale	IA	M2529	27		04:52.9	2:23
28	6	Graham	Isaacson	M	Aurora	IL	M1419	28		04:53.0	2:22
29	7	Nick	Smith	M	Des Moines	IA	M1419	29		04:53.9	2:24
30	8	Jackson	Fink	M	Des Moines	IA	M1419	30		04:55.0	2:22
31	4	Joel	Frye	M	Des Moines	IA	M4044	31		04:55.5	2:24
14E	14	Lauren	Wallace	F			WMEN	14		04:56.3	2:20
32	9	Aaron	Havens	M	Ames	IA	M1419	32		04:56.4	2:24
33	3	Sean	Severe	M	Des Moines	IA	M3034	33		04:56.6	2:25
34	5	Rocky	Hardy	M	West Des Moines	IA	M3539	34		04:57.3	2:33
35	1	Traci	Kresser	F	Clive	IA	F2529	1		04:57.6	2:21
36	10	Matt	Tanner	M	Johnston	IA	M1419	35		04:57.7	2:24
37	1	Christopher	Birler	M	Polk City	IA	M4549	36		04:58.2	2:23
38	11	Patrick	Finnegan	M			M1419	37		04:59.0	2:24
39	12	Zach	Klonne	M	Ames	IA	M1419	38		04:59.9	2:34
40	13	Tommy	Merfeld	M	Clive	IA	M1419	39		05:00.1	2:23
41	7	Michael	Matula	M	Urbandale	IA	M2529	40		05:00.4	2:32
42	7	Lucas	David	M	Ames	IA	M2024	41		05:01.2	2:26
43	8	Andrew	Nordyke	M	Des Moines	IA	M2024	42		05:01.7	2:28
44	6	Jon	Rathje	M	Ankeny	IA	M3539	43		05:02.1	2:30
45	7	Ryan	Fye	M	Clive	IA	M3539	44		05:02.3	2:30
46	14	John	Clingan	M	West Des Moines	IA	M1419	45		05:02.8	2:23
47	8	Michael	McLachlan	M	Otsego	MN	M2529	46		05:03.2	2:21
48	1	Susie	Duke	F	Marshalltown	IA	F3034	2		05:03.8	2:22
49	8	Jeremy	Haack	M	Urbandale	IA	M3539	47		05:03.9	2:33
50	2	Arturo	Garcia	M	Bloomington	IL	M4549	48		05:04.7	2:28
51	2	Kristy	Harken	F	Ankeny	IA	F3034	3		05:04.9	2:21
52	3	John	Armon	M	Cedar Rapids	IA	M4549	49		05:05.2	2:35
53	15	Eric	Fluegge	M	West Des Moines	IA	M1419	50		05:05.4	2:23
54	9	Andrew	Townsend	M	Clive	IA	M2529	51		05:06.9	2:32
55	16	Nathan	Herbers	M	Urbandale	IA	M1419	52		05:07.7	2:28
56	9	Ravi	Bhave	M	Ames	IA	M3539	53		05:07.9	2:30
57	5	Luke	Spencer	M	Des Moines	IA	M4044	54		05:08.0	2:29
58	10	Joel	Stam	M	Pleasant Hill	IA	M2529	55		05:08.0	2:32
59	17	Andy	Saigh	M	West Des Moines	IA	M1419	56		05:08.1	2:27
60	18	William	Graham	M	Ames	IA	M1419	57		05:08.2	2:34
61	4	Toby	Moore	M	Waukee	IA	M3034	58		05:08.2	2:28

62	5	Fernando	Flores	M	Urbandale	IA	M3034	59	05:08.5	2:26
63	19	Christian	Minor	M	Urbandale	IA	M1419	60	05:09.2	2:29
64	20	Christopher	Kennedy	M	Downers Grove	IL	M1419	61	05:09.3	2:32
65	2	Craig	Christians	M	Bellevue	NE	M5054	62	05:10.1	2:36
66	10	Stu	Sorrel	M	Clive	IA	M3539	63	05:10.3	2:29
67	3	Yelena	Nanaziashvili	F	Clive	IA	F3034	4	05:11.0	2:23
68	11	Scott	Carkhuff	M	Newton	IA	M2529	64	05:12.2	2:30
69	11	Nathan	Wenck	M	Carroll	IA	M3539	65	05:14.1	2:37
70	9	Anthony	Meyer	M	Bettendorf	IA	M2024	66	05:14.7	2:35
71	4	Jim	Robidoux	M	Polk City	IA	M4549	67	05:14.9	
72	6	Mitch	Kearney	M	West Des Moines	IA	M3034	68	05:15.1	2:32
73	7	David	Krohse	M	Des Moines	IA	M3034	69	05:15.5	2:34
74	12	Dan	McMartin	M	Ankney	IA	M3539	70	05:15.6	2:33
75	21	Zane	Johnson	M	Johnston	IA	M1419	71	05:16.1	2:39
76	8	Josh	Aaron	M	Pleasant Hill	IA	M3034	72	05:18.6	2:41
77	10	Erik	Ivanov	M	Ames	IA	M2024	73	05:19.5	2:42
78	9	Matt	Meier	M	Urbandale	IA	M3034	74	05:19.6	2:37
79	5	Scott	Engelhardt	M	West Des Moines	IA	M4549	75	05:20.1	2:38
80	12	Zach	Betz	M	Urbandale	IA	M2529	76	05:20.3	2:31
81	11	Brian	Wall	M	Windsor Heights	IA	M2024	77	05:20.6	2:30
82	13	Dan	Cychosz	M	Des Moines	IA	M2529	78	05:21.5	2:37
83	10	Adrian	Stamper	M	Des Moines	IA	M3034	79	05:22.8	2:34
84	13	Michael	Gorski	M	Des Moines	IA	M3539	80	05:23.0	2:34
85	22	Nathan	Hawley	M	West Des Moines	IA	M1419	81	05:23.1	2:33
86	2	Ashley	Albers	F	Keystone	IA	F2529	5	05:23.2	2:26
87	6	Eric	Welch	M	Woodward	IA	M4549	82	05:24.2	2:41
88	6	Jason	Hahn	M	Des Moines	IA	M4044	83	05:25.1	2:39
89	14	Mitchell	Marovets	M	West Des Moines	IA	M2529	84	05:26.5	2:41
90	12	Aj	Harris	M	West Des Moines	IA	M2024	85	05:27.3	2:41
91	11	Nate	Cloe	M	Des Moines	IA	M3034	86	05:27.3	2:38
92	23	Tristan	Clubb	M	Des Moines	IA	M1419	87	05:27.3	2:32
93	14	Scott	Heisler	M	Clive	IA	M3539	88	05:27.7	2:38
94	1	Beverly	Flores	F	Urbandale	IA	F3539	6	05:29.1	2:34
95	2	Jennifer	Groos	F	Norwalk	IA	F3539	7	05:29.4	2:36
96	4	Stephanie	Mortenson	F	Windsor Heights	IA	F3034	8	05:29.4	2:35
97	7	Brian	Berard	M			M4044	89	05:29.6	2:36
98	12	Michael	McGinn	M	Johnston	IA	M3034	90	05:29.6	2:35
99	1	Christine	Price	F	Des Moines	IA	F4549	9	05:30.6	2:33
100	15	Troy	Henrich	M	Clive	IA	M3539	91	05:31.1	2:37
101	1	Joe	Bolkcom	M	Iowa City	IA	M5559	92	05:31.2	2:46
102	13	Tyler	Coder	M	Ames	IA	M2024	93	05:31.2	2:34
103	14	Moe	Giglio	M	Lansing	IL	M2024	94	05:31.2	2:38
104	2	Scott	Winkel	M	Des Moines	IA	M5559	95	05:31.7	2:42
105	13	Kevin Thomas	McCarthy	M	Des Moines	IA	M3034	96	05:32.8	2:39
106	15	Andy	Bernholtz	M	Ankeny	IA	M2529	97	05:33.4	2:47
107	16	Jared	Tee	M	Ankeny	IA	M2529	98	05:34.1	2:40
108	17	Dilon	Flanders	M	Grimes	IA	M2529	99	05:34.1	2:42
109	14	Neil	Young	M	Des Moines	IA	M3034	100	05:34.2	2:39
110	15	David	Paulson	M	Urbandale	IA	M2024	101	05:35.0	2:44
111	1	Naomi	Hill	F	Ankeny	IA	F1419	10	05:35.1	2:36
112	16	James E	Clevenger	M	West Des Moines	IA	M3539	102	05:36.4	2:42
113	15	Christopher	Harken	M	Ankeny	IA	M3034	103	05:36.5	2:46
114	17	Dan	Engstler	M	Slater	IA	M3539	104	05:36.7	2:50
115	8	Brett	Christensen	M	Clive	IA	M4044	105	05:36.9	2:42
116	18	Cory	McHale	M	Des Moines	IA	M2529	106	05:37.2	2:45
117	19	Tim	Wieland	M	Des Moines	IA	M2529	107	05:37.6	2:42
118	18	Michael	Lee	M	West Des Moines	IA	M3539	108	05:37.6	2:52
119	20	Greg	Foote	M	Des Moines	IA	M2529	109	05:38.0	2:41
120	3	Robert	Hartkemeyer	M	Hiawatha	IA	M5054	110	05:38.1	2:42
121	16	Mike	Birkel	M	Ames	IA	M2024	111	05:38.8	2:35
122	16	Nathaniel	Welch	M	Grimes	IA	M3034	112	05:38.9	2:44
123	9	David	Olsen	M	West Des Moines	IA	M4044	113	05:39.5	2:50
124	17	Bryce	Sprosty	M	Des Moines	IA	M2024	114	05:39.6	2:40
125	10	Dan	Spielbauer	M	Johnston	IA	M4044	115	05:40.5	2:49
126	17	Michael	Wilson	M	Des Moines	IA	M3034	116	05:40.5	2:40
127	3	Thomas	McBride	M	Des Moines	IA	M5559	117	05:41.5	2:47
128	1	Carrie	Van Quathem	F	Urbandale	IA	F4044	11	05:41.7	2:36
129	21	Wes	Lammey	M	Des Moines	IA	M2529	118	05:41.9	2:50
130	22	John	Mongar	M	Ames	IA	M2529	119	05:42.1	2:46
131	18	Renner	Walker	M	Des Moines	IA	M3034	120	05:42.1	2:44
132	19	Jeremy	Mueller	M	Waukee	IA	M3539	121	05:42.1	2:43
133	18	Nathan	Temeyer	M	Des Moines	IA	M2024	122	05:42.8	2:47
134	3	Summer	Rehkemper	F	Urbandale	IA	F3539	12	05:42.9	2:34
135	19	Hiram	Campbell	M	West Des Moines	IA	M2024	123	05:43.6	2:44
136	2	Katelyn	Melcher	F	Ankeny	IA	F1419	13	05:44.2	2:45
137	4	Mike	Furrow	M			M5054	124	05:46.5	2:49
138	19	Ryan	O'Hare	M			M3034	125	05:46.5	2:48
139	20	Patrick	Cavanaugh	M	Des Moines	IA	M3034	126	05:46.6	2:49
140	24	Daniel	Suhr	M	Altoona	IA	M1419	127	05:47.0	2:42
141	23	Colin	Smith	M	Ankeny	IA	M2529	128	05:47.0	2:36
142	7	Chuck	Fritz	M	Clive	IA	M4549	129	05:47.2	2:40
143	20	Jake	Martin	M	Des Moines	IA	M2024	130	05:47.8	2:42
144	21	Jarrid	Cyr	M	West Des Moines	IA	M3034	131	05:48.1	2:45
145	11	Mike	Kock	M	Clive	IA	M4044	132	05:48.5	2:49
146	8	Tim	Hart	M	Johnston	IA	M4549	133	05:48.5	2:53
147	24	Michael	Nedved	M	Urbandale	IA	M2529	134	05:48.7	2:45
148	1	Savana	Alt	F	Ankeny	IA	F0113	14	05:48.8	2:45
149	20	Ryan	Blane	M	West Des Moines	IA	M3539	135	05:49.2	2:57
150	9	Wayne	Douet	M	Ames	IA	M4549	136	05:49.8	2:39
151	21	Daren	Munroe	M	Des Moines	IA	M3539	137	05:49.9	2:50
152	3	Carley	Castelein	F	Des Moines	IA	F1419	15	05:50.3	2:42
153	25	Ben	Safris	M	Des Moines	IA	M1419	138	05:51.0	2:52
154	26	Josh	Boeschen	M	Des Moines	IA	M1419	139	05:51.1	2:53
155	12	Jeff	Wamser	M	Pleasant Hill	IA	M4044	140	05:52.0	2:54
156	22	Paul	Marquardt	M	Des Moines	IA	M3034	141	05:52.2	2:45

157	5	Gail	Vander Wilt	F	Ankeny	IA	F3034	16	05:52.3	2:47
158	13	Shane	Smith	M	West Des Moines	IA	M4044	142	05:52.3	2:49
159	1	Max	Holt	M	West Des Moines	IA	M0113	143	05:53.1	2:56
160	25	Travis	Bogaard	M	Des Moines	IA	M2529	144	05:53.6	2:55
161	4	Rachel	Hoger	F	Johnston	IA	F3539	17	05:54.0	2:42
162	3	Lacey	Mitchell	F	Indianola	IA	F2529	18	05:54.6	2:39
163	2	Brett	Gifford	M	Des Moines	IA	M0113	145	05:55.1	2:58
164	14	Mark	Drake	M	West Des Moines	IA	M4044	146	05:55.3	2:57
165	5	Robyn	Clevenger	F	West Des Moines	IA	F3539	19	05:55.9	2:48
166	4	Jeff	Peterson	M	Iowafalls	IA	M5559	147	05:56.4	2:46
167	4	Brooke	Pottorff	F	West Des Moines	IA	F2529	20	05:56.8	2:44
168	23	John	Woodward	M	Ankeny	IA	M3034	148	05:57.3	2:56
169	24	Cory	Briggs	M	West Des Moines	IA	M3034	149	05:57.5	2:54
170	2	Erica	Benson	F	Des Moines	IA	F0113	21	05:58.0	2:49
171	21	Stephen	Rifner	M	Granger	IA	M2024	150	05:58.0	3:01
172	26	Drew	Crawford	M	Norwalk	IA	M2529	151	05:58.1	2:47
173	1	Willie	Lahart	M	Newton	IA	M60UP	152	05:58.1	2:52
174	15	Jon	Pena	M	Grimes	IA	M4044	153	05:58.4	2:54
175	4	Bree	Yarges	F			F1419	22	05:58.6	2:50
176	16	Steve	Billingsley	M			M4044	154	05:58.8	2:56
177	2	Jenny	Weber	F			F4044	23	05:59.0	2:46
178	17	Dan	Petrak	M			M4044	155	05:59.1	2:55
179	3	Rowen	Abbas	M	Des Moines	IA	M0113	156	05:59.1	2:51
180	18	Matthew	Morgan	M	Ankeny	IA	M4044	157	05:59.2	2:51
181	27	Austin	Johnson	M			M1419	158	05:59.3	2:50
182	10	Mike	Dammen	M	Urbandale	IA	M4549	159	05:59.4	2:56
183	28	Tyler	Gilbreath	M	Des Moines	IA	M1419	160	05:59.4	2:57
184	25	Anthony	Pudlo	M	Waukee	IA	M3034	161	06:00.0	2:43
185	27	Halley	Griess	M	Urbandale	IA	M2529	162	06:00.5	2:54
186	22	Burton	Joseph	M			M3539	163	06:00.8	2:57
187	6	Kristine	Reed	F	Ankeny	IA	F3034	24	06:01.4	2:48
188	2	Mark	Hayes	M	Creston	IA	M60UP	164	06:01.7	2:56
189	5	Steve	Falck	M	Des Moines	IA	M5559	165	06:03.0	2:54
190	28	Dustin	Hockman	M	West Des Moines	IA	M2529	166	06:03.2	2:48
191	29	Ross	Sickora	M	West Des Moines	IA	M2529	167	06:03.6	2:52
192	1	Meagen	Kirts	F	West Des Moines	IA	F2024	25	06:04.0	2:43
193	11	Steve	Pohlmeier	M	Urbandale	IA	M4549	168	06:04.2	3:01
194	6	James	Hunter	M	Council Bluffs	IA	M5559	169	06:05.1	3:02
195	22	Taylor	Norland	M	West Des Moines	IA	M2024	170	06:05.8	2:52
196	4	Luke	Jackman	M	Waukee	IA	M0113	171	06:06.5	2:59
197	5	Nic	Baack	M	Carlisle	IA	M0113	172	06:07.5	3:00
198	19	Mark	Hanrahan	M	Urbandale	IA	M4044	173	06:07.8	2:55
199	23	Roy	Cazares	M	Edinburg	TX	M2024	174	06:08.1	2:52
200	5	Tom	Waterman	M	Davenport	IA	M5054	175	06:08.2	2:56
201	20	Brian	Peppenger	M	Grimes	IA	M4044	176	06:08.5	2:49
202	26	Jessie	Johnson	M	Waukee	IA	M3034	177	06:09.1	2:54
203	5	Carissa	Bryson	F	West Des Moines	IA	F2529	26	06:09.5	2:49
204	6	Gina	Messamer	F	Des Moines	IA	F2529	27	06:10.0	2:49
205	12	Bill	Ford	M			M4549	178	06:10.6	3:13
206	7	Stephanie	Majeran	F	Urbandale	IA	F3034	28	06:10.7	2:49
207	21	Jonathan	Suddarth	M	Winterset	IA	M4044	179	06:11.0	3:11
208	23	Cory	Schultes	M	Johnston	IA	M3539	180	06:11.6	2:57
209	8	Lindsey	Horner	F	Des Moines	IA	F3034	29	06:11.8	2:37
210	24	Nishant	Kumar	M	Ames	IA	M3539	181	06:12.0	3:00
211	6	Sara	Schwendinger	F	Des Moines	IA	F3539	30	06:12.8	2:52
212	3	Lydia	Hill	F	Ankeny	IA	F0113	31	06:13.9	2:48
213	27	Matt	Sales	M	Des Moines	IA	M3034	182	06:15.2	3:02
214	9	Aryn	McLaren	F			F3034	32	06:15.2	2:54
215	28	Lance	Johnston	M	Huxley	IA	M3034	183	06:15.8	3:06
216	24	Jacob	Caryl	M			M2024	184	06:16.2	2:56
217	7	Paul	Brees	M	Urbandale	IA	M5559	185	06:17.2	3:09
218	25	Josh	Russell	M	Des Moines	IA	M3539	186	06:17.3	3:00
219	29	Quinn	Hildman	M			M3034	187	06:17.7	3:11
220	7	Nicole	Russell	F	Des Moines	IA	F3539	33	06:17.9	3:00
221	3	Bob	Strickland	M	Cedar Rapids	IA	M60UP	188	06:18.0	
222	22	Gary	Burch	M	Clive	IA	M4044	189	06:18.1	3:02
223	8	Pete	Sandler	M	West Des Moines	IA	M5559	190	06:19.3	3:09
224	26	Lee	Patten	M	Ankeny	IA	M3539	191	06:19.6	3:05
225	13	Dan	Holm	M	Ankeny	IA	M4549	192	06:20.0	3:06
226	2	Marie	Egbert	F	Ames	IA	F2024	34	06:20.2	2:49
227	4	Arianna	Jackson	F			F0113	35	06:20.2	2:54
228	10	Amanda	Ives	F	Pleasant Hill	IA	F3034	36	06:22.0	2:57
229	8	Emily	Kell	F	Urbandale	IA	F3539	37	06:22.3	2:57
230	1	Kristy	Cain	F	Urbandale	IA	F5054	38	06:22.7	2:56
231	6	Jacob	Ford	M			M0113	193	06:23.5	3:14
232	6	Roadog	McKibben	M	Clive	IA	M5054	194	06:23.6	2:58
233	4	Gerald	Church	M	Studio City	CA	M60UP	195	06:24.2	2:46
234	7	Truman	Thompson	M	Iowa City	IA	M0113	196	06:24.3	3:05
235	11	Kelly	Parriott	F	West Des Moines	IA	F3034	39	06:24.3	3:01
236	14	Chris	Vlahakis	M	Ankeny	IA	M4549	197	06:24.8	3:19
237	3	Lori	Devries	F	Newton	IA	F4044	40	06:24.8	3:03
238	15	Jung Su	Jimmerson	M	Norwalk	IA	M4549	198	06:25.3	2:54
239	25	Zachary	Roozeboom	M	Ames	IA	M2024	199	06:25.9	2:40
240	5	Marley	Pearce	F	Urbandale	IA	F0113	41	06:26.0	3:10
241	23	Matt	Vanheukelom	M	Des Moines	IA	M4044	200	06:26.3	3:09
242	6	Meghna	Mallapan	F	West Des Moines	IA	F0113	42	06:26.4	3:00
243	2	Rose	Wignall	F	Creston	IA	F5054	43	06:26.4	3:03
244	2	Rebecca	McIntosh	F	Des Moines	IA	F4549	44	06:26.4	2:55
245	30	Eric	Peterson	M	Des Moines	IA	M2529	201	06:26.5	3:02
246	8	Ethan	Drown	M	Urbandale	IA	M0113	202	06:26.7	3:05
247	26	Wesley	Miller	M	Des Moines	IA	M2024	203	06:27.1	2:51
248	9	Jacob	Ivers	M	Winterset	IA	M0113	204	06:27.2	3:05
249	5	Tom	Wolfe	M	Cedar Rapids	IA	M60UP	205	06:27.6	3:10
250	29	:zachary	Kobes	M	Des Moines	IA	M1419	206	06:27.6	3:03
251	31	Christopher	Snyder	M			M2529	207	06:27.7	3:18

252	27	Ryan	Wise	M	Des Moines	SD	M3539	208	06:28.1	3:09
253	16	Matthew	Daniels	M			M4549	209	06:28.3	3:16
254	17	Terry	Anderson	M	Chicago	IL	M4549	210	06:29.3	3:06
255	3	Beth	Palmer	F	Des Moines	IA	F4549	45	06:29.4	1:54
256	30	Mark	Kelly	M	Des Moines	IA	M1419	211	06:29.5	3:15
257	10	Nick	Nyren	M			M0113	212	06:29.9	3:02
258	24	Shawn	Severson	M	Waukee	IA	M4044	213	06:30.2	3:12
259	30	Eric	Vander Wall	M			M3034	214	06:30.4	3:07
260	11	Lincoln	Swanson	M	Waukee	IA	M0113	215	06:30.6	3:05
261	12	Stacia	Weber	F	Ankeny	IA	F3034	46	06:31.3	2:59
262	9	Amy	Houston	F	Des Moines	IA	F3539	47	06:31.3	3:13
263	7	Jonathan	Wickert	M	Ames	IA	M5054	216	06:31.3	3:13
264	27	Michael	Halsey	M	Des Moines	IA	M2024	217	06:31.5	3:00
265	31	Aaron	Heuss	M	Des Moines	IA	M3034	218	06:31.9	3:09
266	32	Steven	Postma	M	West Des Moines	IA	M2529	219	06:32.5	3:20
267	32	Allen	Joy	M			M3034	220	06:32.8	3:11
268	18	Richard	Mockobee	M	Norwalk	IA	M4549	221	06:35.2	3:09
269	25	Greg	Porter	M	Marion	IL	M4044	222	06:35.2	3:11
270	33	Jess	Hoffert	M	Des Moines	IA	M2529	223	06:35.7	3:12
271	33	Jon	Wilke	M			M3034	224	06:35.9	3:10
272	5	Jordan	Veatch	F			F1419	48	06:36.2	3:06
273	1	Unknown	Runner	M			M????	225	06:36.7	3:14
274	34	Joel	Brett	M			M3034	226	06:36.8	3:18
275	34	Ryne	Oller	M	Des Moines	IA	M2529	227	06:37.4	3:15
276	26	Ryan	Judas	M	Urbandale	IA	M4044	228	06:37.6	3:16
277	12	Blake	Licht	M	Urbandale	IA	M0113	229	06:37.7	3:17
278	6	Jerry	Lawson	M	Winona	MN	M60UP	230	06:38.0	3:13
279	7	Abbie	Davitt	F	Norwalk	IA	F0113	49	06:38.2	3:21
280	8	David	Heddinge	M	West Des Moines	IA	M5054	231	06:38.4	3:12
281	13	Zach	Marker	M			M0113	232	06:38.5	3:19
282	14	Thurman	Christiansen	M	Clive	IA	M0113	233	06:38.7	3:15
283	35	William	Battistone Jr	M	West Des Moines	IA	M2529	234	06:39.3	3:24
284	3	Martina	Wolf	F	West Des Moines	IA	F2024	50	06:39.4	3:23
285	27	George	Stock	M	Ankeny	IA	M4044	235	06:39.5	3:22
286	28	Rich	Davitt	M	Norwalk	IA	M4044	236	06:40.6	3:21
287	13	Christina	O'Hare	F			F3034	51	06:41.0	3:09
288	8	Madison	Judas	F	Urbandale	IA	F0113	52	06:41.1	3:17
289	7	Erica	Mundt	F	Ankeny	IA	F2529	53	06:43.1	3:21
290	4	Susan	Coon	F	Earlham	IA	F4549	54	06:43.3	3:03
291	29	Adam	Ehlis	M			M4044	237	06:43.4	3:17
292	28	Aaron	Cheong	M	Des Moines	IA	M2024	238	06:43.5	3:17
293	15	Noah	Smith	M	Des Moines	IA	M0113	239	06:43.7	3:21
294	36	Levi	Stevens	M	Des Moines	IA	M2529	240	06:43.7	3:24
295	37	Brian	Lapcewich	M	West Des Moines	IA	M2529	241	06:44.9	3:25
296	8	Melissa	Smith	F	Ankeny	IA	F2529	55	06:44.9	2:55
297	16	Garrett	Weber	M			M0113	242	06:44.9	3:23
298	17	Keegan	Garton	M	Urbandale	IA	M0113	243	06:45.5	3:46
299	31	Brandon	Short	M			M1419	244	06:45.6	3:21
300	28	Nathan	Weber	M			M3539	245	06:46.2	3:23
301	4	Andria	Nelson	F	Ankeny	IA	F4044	56	06:46.2	3:05
302	14	Betsy	McKibbin	F	Van Meter	IA	F3034	57	06:46.6	2:55
303	10	Jennifer	Girdler	F	Granger	IA	F3539	58	06:47.0	3:12
304	18	Rubin	McLuen	M	Des Moines	IA	M0113	246	06:47.1	3:06
305	29	Aaron	Henrichs	M	Urbandale	IA	M3539	247	06:47.3	3:15
306	32	Marcus	Mitchell	M			M1419	248	06:47.5	3:21
307	35	Matt	Rowles	M	Des Moines	IA	M3034	249	06:48.2	3:14
308	9	James	Srail	M			M5054	250	06:48.2	3:16
309	9	Tim	Flowers	M	Ankeny	IA	M5559	251	06:49.3	3:23
310	38	Neil	Mohlman	M	West Des Moines	IA	M2529	252	06:49.6	3:32
311	30	Kheksavanh	Sensouk	M			M3539	253	06:51.0	3:13
312	3	Bobbi	Snodgrass	F	Indianola	IA	F5054	59	06:51.1	3:08
313	31	Jared	McLaren	M			M3539	254	06:51.3	3:30
314	19	Noah	Mable	M	Urbandale	IA	M0113	255	06:51.5	3:29
315	20	Nick	Marker	M			M0113	256	06:51.7	3:31
316		Unknown	Runner						06:53.1	3:27
317	9	Katherine	Srail	F			F0113	60	06:53.7	3:23
318	21	Tucker	Langenberg	M	Urbandale	IA	M0113	257	06:53.9	3:07
319	33	Logan	Essy	M			M1419	258	06:53.9	3:47
320	11	Angela	Wright	F	Des Moines	IA	F3539	61	06:54.0	3:45
321	19	Edward	Short	M			M4549	259	06:54.5	3:31
322	6	Maddie	Gibson	F	Wdm	IA	F1419	62	06:54.6	3:14
323	22	Henry	Fink	M	Des Moines	IA	M0113	260	06:54.7	3:22
324	10	Brad	Sprang	M	New Brighton	MN	M5054	261	06:54.9	3:16
325	23	Dylan	Licht	M	Urbandale	IA	M0113	262	06:56.4	3:27
326	4	Wilma	Osmun	F	Creston	IA	F5054	63	06:56.7	3:14
327	12	Rachel	Rowley	F	Windsor Heights	IA	F3539	64	06:57.2	3:13
328	39	Keith	Kistenmacher	M	Windsor Heights	IA	M2529	263	06:57.4	3:29
329	9	Sadye	Scott-Hainchek	F	Des Moines	IA	F2529	65	06:57.9	3:17
330	7	Madison	Fisher	F	Des Moines	IA	F1419	66	06:58.2	3:20
331	32	Jody	Lucero	M	Des Moines	IA	M3539	264	06:59.4	3:13
332	24	Cody	Pearce	M	Urbandale	IA	M0113	265	07:00.5	3:28
333	25	Jack	Arender	M	Urbandale	IA	M0113	266	07:00.6	3:37
334	10	Andrew	Stroud	M	Dm	IA	M5559	267	07:00.7	3:30
335	7	Johnny	Ytzen	M	Creston	IA	M60UP	268	07:01.1	3:28
336	34	Taylan	Berard	M			M1419	269	07:01.8	3:17
337	8	Tianna	Berard	F			F1419	67	07:01.8	3:18
338	33	Bryan	Schumacker	M	Altoona	IA	M3539	270	07:03.3	3:38
339	30	Curt	Blades	M	Urbandale	IA	M4044	271	07:03.6	3:12
340	26	Davis	Kuhlers	M	Urbandale	IA	M0113	272	07:04.9	3:29
341	27	Owen	Lucero	M	Des Moines	IA	M0113	273	07:04.9	3:24
342	4	Kelsey	Pigg	F	Waukee	IA	F2024	68	07:05.0	3:33
343	34	Eli	Stover	M	Osceola	IA	M3539	274	07:05.9	3:34
344	29	Alan	May	M	Des Moines	IA	M2024	275	07:06.1	3:26
345	31	Matt	Gannon	M	Des Moines	IA	M4044	276	07:06.9	3:23
346	35	Kirk	Ojendyk	M	Urbandale	IA	M3539	277	07:07.6	3:31

347	28	Jack	Mulligan	M	Urbandale	IA	M0113	278	07:07.9	3:36
348	5	Rachelle	Bowers	F	Des Moines	IA	F4044	69	07:08.3	3:18
349	5	Marilyn	Perez	F	Des Moines	IA	F2024	70	07:08.9	3:16
350	29	Beau	Carenza	M	Urbandale	IA	M0113	279	07:09.3	3:21
351	9	Anna	Vanheukelom	F	Des Moines	IA	F1419	71	07:09.4	3:44
352	30	Landon	Siegfried	M			M0113	280	07:09.4	3:39
353	6	Becky	Baack	F	Carlisle	IA	F4044	72	07:09.6	3:27
354	5	Holly	Hanson	F	Des Moines	IA	F4549	73	07:09.7	3:14
355	11	Philip	Brown	M			M5559	281	07:09.7	3:38
356	10	Jordan	Rhodes	F			F1419	74	07:09.9	3:28
357	35	Nick	Norrell	M			M1419	282	07:10.2	3:44
358	31	Noah	Bowers	M	Des Moines	IA	M0113	283	07:10.3	3:32
359	36	Victor	Svecs	M	West Des Moines	IA	M3034	284	07:10.4	3:34
360	6	Chelsey	Davis	F	West Des Moines	IA	F2024	75	07:10.7	3:22
361	11	James	Arthur	M	Des Moines	IA	M5054	285	07:11.0	3:33
362	36	Jeremy	Melton	M	Des Moines	IA	M3539	286	07:11.1	3:30
363	7	Megan	Reiss	F			F2024	76	07:11.4	3:51
364	8	Al	Hildestad	M	Des Moines	IA	M60UP	287	07:11.7	3:39
365	37	Jon	Curry	M			M3034	288	07:11.9	3:23
366	37	Kevin	Briggeman	M			M3539	289	07:12.3	3:40
367	7	Mary	Vanheukelom	F	Des Moines	IA	F4044	77	07:12.5	3:44
368	20	John	Bunz	M	Des Moines	IA	M4549	290	07:12.8	3:49
369	32	Tanner	Teem	M	Urbandale	IA	M0113	291	07:12.9	3:46
370	38	Heston	Clark	M			M3034	292	07:13.3	3:36
371	21	David	Haller	M	Urbandale	IA	M4549	293	07:13.4	3:57
372	30	Jake	Daniels	M	Saint Charles	IA	M2024	294	07:13.4	3:38
373	10	Ashley	Tan	F	Urbandale	IA	F0113	78	07:13.6	3:29
374	12	Tom	Killeen	M	Clive	IA	M5054	295	07:13.9	3:28
375	11	Elizabeth	Saunders	F	Des Moines	IA	F0113	79	07:14.8	3:43
376	36	Benjamin	Mowitz	M	Pleasant Hill	IA	M1419	296	07:17.4	3:44
377	32	Matt	Pullin	M	Des Moines	IA	M4044	297	07:17.6	3:41
378	33	Kevin	Saunders	M	Des Moines	IA	M4044	298	07:18.3	3:45
379	39	Jonathan	Clark	M	Woodward	IA	M3034	299	07:19.0	3:36
380	33	Roman	Reinhardt	M	Des Moines	IA	M0113	300	07:19.1	3:41
381	10	Natalie	McLain	F	Indianola	IA	F2529	80	07:19.2	3:31
382	34	Koufax	Christiansen	M	Clive	IA	M0113	301	07:19.3	3:41
383	40	Matt	Radermacher	M			M2529	302	07:20.1	3:48
384	11	Amber	Carson	F	Dm	IA	F2529	81	07:20.1	3:32
385	12	Beth	Giles	F			F0113	82	07:20.3	3:37
386	22	Gary	Waters	M	Altoona	IA	M4549	303	07:20.3	3:30
387	35	Marcus	Stutz	M	Des Moines	IA	M0113	304	07:20.5	3:21
388	41	Jitendra	Tripathi	M	Des Moines	IA	M2529	305	07:20.5	3:12
389	23	Karim	Amiry	M			M4549	306	07:20.6	3:28
390	6	Laura	Belin	F	Windsor Heights	IA	F4549	83	07:20.7	3:37
391	11	Rosie	Cook	F	Des Moines	IA	F1419	84	07:20.8	3:46
392	40	Derek	McChuch	M	Des Moines	IA	M3034	307	07:21.1	3:47
393	36	Ryan	Carlin	M	Huxley	IA	M0113	308	07:21.1	3:29
394	13	Patrick	Weepie	M	Altoona	IA	M5054	309	07:21.2	3:26
395	13	Morgan	Pearce	F	Urbandale	IA	F0113	85	07:21.3	3:39
396	14	Erin	Van Quathem	F	Urbandale	IA	F0113	86	07:22.0	3:37
397	31	Jose	Godinez	M	West Des Moines	IA	M2024	310	07:24.4	3:28
398	12	Kaitlin	Moulin	F	Johnston	IA	F2529	87	07:25.1	3:19
399	8	Amy	Speer	F	West Des Moines	IA	F2024	88	07:25.3	3:47
400	42	Derek	Vander Linden	M			M2529	311	07:25.5	3:33
401	15	Mikayla	Gabrielson	F	Urbandale	IA	F0113	89	07:25.9	3:41
402	32	Ben	Berger	M	Des Moines	IA	M2024	312	07:26.1	3:52
403	34	Troy	Weiland	M			M4044	313	07:26.8	3:47
404	35	Bradley	Bergman	M	Des Moines	IA	M4044	314	07:27.6	3:52
405	36	Anshul	Dixit	M			M4044	315	07:27.7	3:40
406	37	Robby	Chickering	M			M1419	316	07:27.7	3:58
407	37	Jack	Bergman	M	Des Moines	IA	M0113	317	07:27.8	3:53
408	38	Doug	Mizer	M	West Des Moines	IA	M3539	318	07:28.1	3:53
409	38	Gavin	Petrak	M			M0113	319	07:28.4	3:40
410	16	Kaylee	Reininga	F	Des Moines	IA	F0113	90	07:28.5	3:38
411	15	Stephanie	Licht	F	Urbandale	IA	F3034	91	07:28.7	3:30
412	39	Cooper	Ketcham	M	Clive	IA	M0113	320	07:28.8	3:38
413	12	Dennis	Schrodt	M			M5559	321	07:28.8	3:41
414	40	Payton	Mizer	M	West Des Moines	IA	M0113	322	07:29.4	3:54
415	41	Miles	Curtis	M	Des Moines	IA	M0113	323	07:30.3	3:52
416	43	Jacob	Johnson	M	Waukee	IA	M2529	324	07:31.9	3:31
417	41	Jeff	Glade	M	Urbandale	IA	M3034	325	07:32.4	3:58
418	24	Jeff	Hodges	M			M4549	326	07:32.4	3:51
419	42	Jacob	Strachan	M	Urbandale	IA	M3034	327	07:32.7	3:58
420	12	Emily	Nyren	F			F1419	92	07:32.9	3:53
421	1	Jaden	Studer	F	Johnston	IA	F????	93	07:33.0	3:59
422	17	Avery	Wermers	F	Ankeny	IA	F0113	94	07:33.4	3:38
423	33	Jared	Starkweather	M	West Des Moines	IA	M2024	328	07:33.6	3:50
424	25	David	Carlin	M	Huxley	IA	M4549	329	07:33.9	3:46
425	9	Simon	Casady	M	Indianola	IA	M60UP	330	07:34.4	3:41
426	13	Amy	Miller	F	Des Moines	IA	F3539	95	07:34.7	3:38
427	42	Owen	Barstad	M	Des Moines	IA	M0113	331	07:35.2	3:54
428	39	Andrew	Dellaca	M	Des Moines	IA	M3539	332	07:35.9	3:19
429	34	David	Cornelious III	M			M2024	333	07:36.0	3:56
430	16	Amy	Kruger	F			F3034	96	07:36.6	3:56
431	38	Atul	Chandran	M			M1419	334	07:36.6	3:51
432	37	Matthew	Thompson	M	Altoona	IA	M4044	335	07:36.7	3:53
433	44	Ivan	Esquivel	M	Grimes	IA	M2529	336	07:36.9	3:12
434	14	Megan	Elfers	F	Clive	IA	F3539	97	07:37.1	3:24
435	43	Adam	Brewer	M	Clive	IA	M3034	337	07:37.8	3:47
436	43	Kael	Ternes	M	Urbandale	IA	M0113	338	07:38.3	3:23
437	9	Kayla	Kuennen	F			F2024	98	07:38.6	3:58
438	40	Jonathan	Wright	M	Des Moines	IA	M3539	339	07:39.5	3:46
439	8	Laura	Ryan	F			F4044	99	07:39.9	3:56
440	13	Addie	Schumacher	F			F1419	100	07:40.2	3:58
441	18	Gracie	Chickering	F			F0113	101	07:41.0	3:59

442	35	Grant	Houser	M	Des Moines	IA	M2024	340	07:41.5	3:55
443	17	Valarie	Leonard	F	Des Moines	IA	F3034	102	07:41.6	3:54
444	36	Daniel	Park	M	Ames	IA	M2024	341	07:42.4	3:45
445	26	David	Brown	M			M4549	342	07:44.0	3:44
446	39	Noah	Baccam	M			M1419	343	07:44.1	4:01
447	44	Sam	Belding	M	Ankeny	IA	M0113	344	07:44.3	3:50
448	19	Holland	Brockmann	F			F0113	103	07:44.4	4:00
449	1	Ann	Hegstrom	F	De Soto	IA	F5559	104	07:44.4	3:21
450	38	Jason	Belding	M	Ankeny	IA	M4044	345	07:44.6	3:49
451	45	Henry	Groos	M	Norwalk	IA	M0113	346	07:44.8	4:02
452	46	Jate	Nicol	M			M0113	347	07:45.1	3:55
453	44	Jared	Nicol	M			M3034	348	07:45.1	3:55
454	39	Dan	Davis	M	Urbandale	IA	M4044	349	07:45.2	3:59
455	14	James	Conway	M			M5054	350	07:45.3	3:39
456	20	Julie	Srail	F			F0113	105	07:45.3	3:46
457	7	K. Susan	Macy	F	Ankeny	IA	F4549	106	07:45.5	3:24
458	15	Amy	Fahrman	F	Ankeny	IA	F3539	107	07:45.6	3:50
459	40	Scott	Decker	M			M4044	351	07:45.7	4:08
460	10	Samantha	Cox	F	Des Moines	IA	F2024	108	07:45.9	3:40
461	5	Sally	Weepie	F	Altoona	IA	F5054	109	07:46.1	3:51
462	21	Faith	Putz	F	Des Moines	IA	F0113	110	07:46.7	3:58
463	16	Jeni	Sundermeyer	F	Pleasant Hill	IA	F3539	111	07:46.7	4:03
464	47	Riley	Wells	M			M0113	352	07:46.8	3:54
465	14	Mackenzie	Taylor	F	Ankeny	IA	F1419	112	07:47.1	4:07
466	18	Nina	Amato	F	Ankeny	IA	F3034	113	07:47.2	4:02
467	22	Lauren	Schulze	F	Clive	IA	F0113	114	07:47.4	4:07
468	23	Ally	Redenius	F	Urbandale	IA	F0113	115	07:47.4	4:03
469	17	Stacey	Agnew	F	Des Moines	IA	F3539	116	07:47.4	3:59
470	45	Josh	Gibbons	M	Urbandale	IA	M3034	353	07:47.5	3:51
471	40	Rey	Khalil	M	Des Moines	IA	M1419	354	07:47.5	3:31
472	9	Jenny	Schulze	F	Clive	IA	F4044	117	07:47.7	4:07
473	19	Joyce	Johnson	F	Des Moines	IA	F3034	118	07:47.8	3:57
474	41	Tony	Cendana	M	Des Moines	IA	M3539	355	07:48.6	3:31
475	41	Brannen	Huffman	M			M1419	356	07:49.0	4:01
476	27	Malcolm	Wells	M			M4549	357	07:49.6	3:55
477	18	Erin	Pearce	F	Urbandale	IA	F3539	119	07:50.0	3:49
478	48	Joshua	Barron	M	Des Moines	IA	M0113	358	07:50.6	4:04
479	41	William	Ross	M			M4044	359	07:50.9	3:52
480	42	Brock	Hager	M			M3539	360	07:51.2	3:39
481	19	Tina	Kalar	F	Pleasant Hill	IA	F3539	120	07:51.4	3:42
482	49	Tyler	Cooney	M	Grimes	IA	M0113	361	07:51.5	4:15
483	43	Rick	Brcka	M	Altoona	IA	M3539	362	07:52.0	3:43
484	37	Jonathan	Patterson	M			M2024	363	07:52.5	3:59
485	15	John	Hawley	M	West Des Moines	IA	M5054	364	07:52.9	3:58
486	8	Jerri	Kleihauer	F			F4549	121	07:53.0	4:07
487	46	Tom	Paulson	M	Des Moines	IA	M3034	365	07:53.1	4:00
488	47	Joseph	Wenndt	M	West Des Moines	IA	M3034	366	07:53.2	3:39
489	50	Ayden	Baccam	M			M0113	367	07:53.4	4:03
490	13	Nicole	McConnell	F	Mitchellville	IA	F2529	122	07:53.6	3:34
491	24	Paige	Ryan	F			F0113	123	07:53.6	3:57
492	51	Michael	Merfeld	M	Clive	IA	M0113	368	07:54.1	4:09
493	28	Ron	Debolt	M			M4549	369	07:54.2	3:54
494	9	Lisa	McCullough	F	Polk City	IA	F4549	124	07:54.8	3:33
495	16	Scott	Froyen	M			M5054	370	07:55.2	4:07
496	42	Matthew	Hager	M	West Des Moines	IA	M4044	371	07:56.1	4:15
497	44	Mike	Wood	M	Perry	IA	M3539	372	07:56.3	3:55
498	13	Jeff	Egli	M	Ankeny	IA	M5559	373	07:57.1	4:09
499	52	Grant	Brown	M			M0113	374	07:57.3	4:03
500	14	Katharine	Cyr	F	West Des Moines	IA	F2529	125	07:57.8	3:28
501	43	Dan	Twedt	M	West Des Moines	IA	M4044	375	07:57.9	3:55
502	11	Elizabeth	Oller	F	Des Moines	IA	F2024	126	07:58.0	3:35
503	45	Brad	Willemsen	M			M3539	376	07:58.0	4:10
504	42	Keith	Ward-Taylor	M			M1419	377	07:58.1	4:12
505	10	Sara	Altemeier	F	Ankeny	IA	F4044	127	07:58.1	3:53
506	44	Jorge	Marquez	M	Cedar Falls	IA	M4044	378	07:58.2	3:54
507	25	Anna	Twedt	F	West Des Moines	IA	F0113	128	07:58.2	3:55
508	15	Michelle	Lahner	F	Ankeny	IA	F2529	129	07:58.4	3:43
509	26	Mallory	Kell	F	Urbandale	IA	F0113	130	07:58.8	4:01
510	53	Joshua	Larreau	M			M0113	379	07:58.9	3:58
511	29	Jerry	Lovejoy	M	Des Moines	IA	M4549	380	07:59.1	3:42
512	10	Andrea	Hoeg	F			F4549	131	07:59.7	4:10
513	30	Barry	Jones	M	Pleasant Hill	IA	M4549	381	08:00.0	4:15
514	12	Elizabeth	Opie	F	West Des Moines	IA	F2024	132	08:00.1	4:04
515	43	Jake	Rhodes	M			M1419	382	08:00.3	4:16
516	45	Adam	Massick	M	Windsor Heights	IA	M2529	383	08:00.5	4:29
517	46	Jake	Comer	M	Grimes	IA	M2529	384	08:00.7	4:29
518	13	Dawn	Schroeder	F	Des Moines	IA	F2024	133	08:00.8	3:37
519	54	Zachary	Schemper	M	Des Moines	IA	M0113	385	08:01.0	4:17
520	46	Todd	Schemper	M	Des Moines	IA	M3539	386	08:01.0	4:17
521	55	Alex	Wear	M	Urbandale	IA	M0113	387	08:01.2	4:11
522	56	Alec	Cose	M			M0113	388	08:01.2	3:58
523	48	Matt	Bosma	M			M3034	389	08:01.2	4:17
524	17	Joe	Anderson	M	Des Moines	IA	M5054	390	08:01.3	4:13
525	57	Andrew	Cose	M			M0113	391	08:01.4	3:57
526	49	Michael	Reed	M	Urbandale	IA	M3034	392	08:01.9	4:11
527	10	Buzz	Hoffman	M	West Des Moines	IA	M60UP	393	08:02.0	3:59
528	47	Ben	Carstens	M			M3539	394	08:02.0	4:01
529	38	Collin	Miller	M			M2024	395	08:02.2	3:56
530	16	Chelsie	Anderson	F	Johnston	IA	F2529	134	08:02.3	4:11
531	11	Coreen	Sweeney	F	Clive	IA	F4549	135	08:02.5	3:49
532	58	Tanner	Drabek	M	Altoona	IA	M0113	396	08:02.8	3:58
533	18	Mark	Newman	M	West Des Moines	IA	M5054	397	08:03.3	4:04
534	27	Apeksha	Adhikari	F			F0113	136	08:04.4	4:07
535	14	Emily	Johansen	F			F2024	137	08:04.7	4:13
536	59	Kaden	Emanuel	M	West Des Moines	IA	M0113	398	08:04.8	4:13

537	48	Aj	Gramlich	M	West Des Moines	IA	M3539	399	08:04.9	4:08
538	39	Adam	Dolan	M			M2024	400	08:05.2	4:00
539	28	Bailey	Gramlich	F	West Des Moines	IA	F0113	138	08:05.2	4:09
540	50	Michael	Hensing	M	Clive	IA	M3034	401	08:05.3	3:57
541	15	Sofia	Rossi	F			F1419	139	08:05.3	4:04
542	15	Lisa	Myers	F			F2024	140	08:05.5	4:00
543	31	Bill	May	M			M4549	402	08:05.5	4:22
544	19	Roger	Queck	M	Fontanelle	IA	M5054	403	08:05.7	3:40
545	32	Sean	Sweeney	M	Des Moines	IA	M4549	404	08:06.0	4:06
546	60	Crey	Abbas	M	Des Moines	IA	M0113	405	08:06.0	4:15
547	47	Chris	Jones	M	Ankeny	IA	M2529	406	08:06.2	3:47
548	40	Tommy	Stoll	M			M2024	407	08:06.5	4:13
549	61	Brandon	Barron	M	Des Moines	IA	M0113	408	08:06.6	4:05
550	17	Brittiany	Block	F			F2529	141	08:06.8	4:15
551	45	Cory	Abbas	M	Des Moines	IA	M4044	409	08:06.8	4:16
552	44	Zachary	Ostendorf	M			M1419	410	08:06.9	3:49
553	29	Audrey	Hager	F	Urbandale	IA	F0113	142	08:07.0	4:01
554	62	Darius	Manual	M			M0113	411	08:07.2	4:06
555	11	Nicky	Cooney	F			F4044	143	08:08.3	4:15
556	18	Ashlee	Schuling	F	Bondurant	IA	F2529	144	08:08.8	4:18
557	41	Devun	Miller	M			M2024	412	08:09.0	4:09
558	20	Cara	Norris	F			F3034	145	08:09.1	3:58
559	20	Will	Hildreth	M			M5054	413	08:09.2	4:05
560	16	Hassatu	Diallo	F	Des Moines	IA	F1419	146	08:09.2	4:01
561	16	Erin	Evans	F			F2024	147	08:09.4	3:58
562	30	Mary	Nelson	F	Johnston	IA	F0113	148	08:09.5	4:21
563	63	Kade	Van Meeteren	M			M0113	414	08:09.5	4:11
564	12	Elizabeth	Dawley	F	Des Moines	IA	F4549	149	08:10.3	4:00
565	2	Jan	Atchison	F			F5559	150	08:10.3	4:01
566	46	Terry	Merfeld	M	Des Moines	IA	M4044	415	08:10.4	4:09
567	64	Devin	Gramlich	M	West Des Moines	IA	M0113	416	08:10.5	4:09
568	65	Kyle	Merfeld	M	Des Moines	IA	M0113	417	08:10.7	4:10
569	31	Tessa	Streich	F	Des Moines	IA	F0113	151	08:11.4	4:23
570	13	Christina	Plain	F			F4549	152	08:11.7	4:05
571	21	Jeff	Niemann	M			M5054	418	08:11.8	4:07
572	17	Jennifer	Konrad	F	Des Moines	IA	F2024	153	08:12.1	4:10
573	32	Hannah	Groos	F	Norwalk	IA	F0113	154	08:12.1	4:06
574	18	Morgan	Dezenski	F	Des Moines	IA	F2024	155	08:12.2	4:10
575	48	Michael	Howlett	M			M2529	419	08:12.5	4:21
576	19	Kayla	Smith	F			F2529	156	08:13.2	4:10
577	51	Neil	Van Heukelem	M	Des Moines	IA	M3034	420	08:13.3	3:51
578	19	Katherine	Hunt	F	West Des Moines	IA	F2024	157	08:13.3	4:14
579	22	John	Aller	M	Des Moines	IA	M5054	421	08:13.4	4:17
580	33	Brooke	Woodyard	F			F0113	158	08:13.8	4:13
581	12	Rebecca	Coady	F	Urbandale	IA	F4044	159	08:13.9	4:16
582	34	Taylor	Mulligan	F	Urbandale	IA	F0113	160	08:14.0	4:03
583	66	Reid	May	M			M0113	422	08:14.7	4:22
584	21	Keri	Gramlich	F	West Des Moines	IA	F3034	161	08:14.8	4:10
585	20	Sheena	Bass	F	Clive	IA	F2529	162	08:15.2	3:59
586	13	Karla	Nyren	F			F4044	163	08:15.3	3:56
587	14	Joe	Henry	M	Des Moines	IA	M5559	423	08:15.8	3:58
588	67	Levi	Hill	M	Ankeny	IA	M0113	424	08:16.0	4:12
589	11	Robert	Stone	M	Ankeny	IA	M60UP	425	08:16.3	3:54
590	20	Meghan	McCall	F	West Des Moines	IA	F2024	164	08:16.3	4:05
591	1	Janice	Ott	F	Marshalltown	IA	F60UP	165	08:16.4	4:01
592	68	Kevin	Martin	M	Des Moines	IA	M0113	426	08:16.5	4:00
593	14	Michelle	Cornelious	F			F4044	166	08:16.7	4:11
594	17	Aryn	Book	F			F1419	167	08:16.7	4:06
595	21	Samantha	Peterson	F	Clive	IA	F2529	168	08:16.8	4:15
596	15	Tammy	Burch	F	Clive	IA	F4044	169	08:16.8	3:29
597	69	Caleb	Gramlich	M	West Des Moines	IA	M0113	427	08:17.4	4:09
598	16	Stefani	Tanner	F	Johnston	IA	F4044	170	08:17.4	4:05
599	33	Craig	Hanken	M			M4549	428	08:17.5	4:12
600	70	David	Nelson	M	Johnston	IA	M0113	429	08:17.5	4:20
601	20	Shelly	Nelson	F	Johnston	IA	F3539	171	08:17.6	4:21
602	6	Laura	McCall	F	West Des Moines	IA	F5054	172	08:17.6	4:09
603	22	Miriam	Van Heukelem	F	Des Moines	IA	F3034	173	08:17.7	3:52
604	21	Melissa	Garton	F	Urbandale	IA	F3539	174	08:18.1	4:19
605	71	Tristan	Clark	M	Swan	IA	M0113	430	08:18.4	4:19
606	35	Tiffany	Denger	F			F0113	175	08:18.7	4:07
607	72	Carter	Bowen	M	Dallas Center	IA	M0113	431	08:18.8	4:14
608	15	James	Macksey	M	Newton	IA	M5559	432	08:19.1	4:08
609	36	Laila	Fisher	F	Des Moines	IA	F0113	176	08:19.6	4:13
610	47	Aaron	Clutts	M	Des Moines	IA	M4044	433	08:19.6	4:20
611	34	Jay	Fisher	M	Des Moines	IA	M4549	434	08:19.7	4:13
612	35	Sean	McSwain	M			M4549	435	08:19.9	4:02
613	23	Mark	Merfeld	M	Clive	IA	M5054	436	08:20.0	4:17
614	23	Ayden	Verlengia	F	Johnston	IA	F3034	177	08:20.2	4:16
615	49	Christopher	Groos	M	Norwalk	IA	M3539	437	08:20.3	4:05
616	73	Owen	Wignall	M			M0113	438	08:20.7	4:19
617	24	Tom	Mitchell	M	Ankeny	IA	M5054	439	08:20.8	4:16
618	74	Brayden	Vander Wilt	M	Ankeny	IA	M0113	440	08:20.9	4:06
619	36	Mark	Coady	M	Urbandale	IA	M4549	441	08:21.1	4:17
620	75	Nick	Krusemark	M			M0113	442	08:21.8	4:19
621	12	Mark	Elliott	M	Maxwell	IA	M60UP	443	08:22.0	4:10
622	76	Javaci	Williams	M			M0113	444	08:23.8	4:03
623	37	Mahayla	Claiser	F	Urbandale	IA	F0113	178	08:23.9	4:25
624	52	Ramakrishnan	Krishnamurthy	M	Des Moines	IA	M3034	445	08:24.1	3:59
625	24	Emily	Meyer	F	Waukee	IA	F3034	179	08:25.0	4:06
626	38	Jayna	Kelly	F	Johnston	IA	F0113	180	08:25.6	4:23
627	39	Gabriel	Dodson	F			F0113	181	08:25.8	4:04
628	53	Nicholas	Meyne	M			M3034	446	08:25.8	4:17
629	48	Chris	Tanner	M	Johnston	IA	M4044	447	08:26.0	4:05
630	37	Mark	Kleihauer	M			M4549	448	08:26.2	4:14
631	25	Bill	Vipond	M	Ankeny	IA	M5054	449	08:26.7	3:44

632	40	Emma	Cochran	F	Urbandale	IA	F0113	182	08:26.7	4:23
633	41	Lexi	Tindell	F	Urbandale	IA	F0113	183	08:27.6	4:23
634	45	Aaron	Brown	M			M1419	450	08:27.6	4:26
635	3	Tracy	Sandbothe	F	Des Moines	IA	F5559	184	08:27.9	4:11
636	22	Adrienne	Voelker	F	Des Moines	IA	F2529	185	08:28.4	4:18
637	77	Luke	Gorski	M	Des Moines	IA	M0113	451	08:28.5	4:15
638	42	Mia	Dukle	F			F0113	186	08:28.7	4:13
639	50	Josh	Hassler	M	West Des Moines	IA	M3539	452	08:28.8	4:08
640	43	Kaylin	Petrak	F			F0113	187	08:29.1	4:19
641	44	Frankie	Hassler	F	West Des Moines	IA	F0113	188	08:29.2	4:07
642	78	Brody	Lamp	M			M0113	453	08:29.3	4:13
643	17	Heather	Curtis	F	Des Moines	IA	F4044	189	08:29.3	4:20
644	45	Anagha	Chandran	F			F0113	190	08:29.5	4:22
645	38	John	Kelly	M	Johnston	IA	M4549	454	08:29.6	4:24
646	51	Lance	Wignall	M			M3539	455	08:29.7	4:19
647	79	Carew	Christiansen	M	Clive	IA	M0113	456	08:30.4	4:08
648	25	Pamela	Price	F			F3034	191	08:30.6	4:08
649	46	Elise	Huey	F	Urbandale	IA	F0113	192	08:30.6	4:24
650	47	Piper	Weigel	F	Urbandale	IA	F0113	193	08:30.9	4:26
651	48	Isabel	Wheeler	F			F0113	194	08:31.1	4:19
652	49	Alex	Van Quathem	M	Urbandale	IA	M4044	457	08:31.2	4:26
653	18	Maura	Mickunas	F	Des Moines	IA	F1419	195	08:31.2	4:06
654	49	Chris	Hall	M	Sioux City	IA	M2529	458	08:31.2	4:27
655	46	Rohan	Gupta	M			M1419	459	08:31.7	3:55
656	49	Avery	Van Quathem	F	Urbandale	IA	F0113	196	08:31.7	4:26
657	50	Elizabeth	Hahn	F	Des Moines	IA	F0113	197	08:31.7	4:20
658	23	Leisa	Meeuwen-Ristuben	F	Minneapolis	MN	F2529	198	08:31.8	4:06
659	80	Kyle	Rule	M	Altoona	IA	M0113	460	08:31.8	4:20
660	24	Kate	Lindsay	F	West Des Moines	IA	F2529	199	08:31.8	4:12
661	51	Lillian	Wheeler	F			F0113	200	08:31.9	4:19
662	21	Abby	Meyers	F	Chicago	IL	F2024	201	08:32.2	4:08
663	19	Cameron	Baccam	F			F1419	202	08:32.3	4:04
664	39	Ej	Bender	M	Urbandale	IA	M4549	461	08:33.5	4:05
665	25	Gretchen	Westdal-Centers	F	Des Moines	IA	F2529	203	08:33.6	4:13
666	22	Macy	Ossian	F	Pleasant Hill	IA	F2024	204	08:33.9	4:22
667	50	Nathan	Lahner	M	Ankeny	IA	M2529	462	08:34.5	4:02
668	81	Gabriel	Wheeler	M			M0113	463	08:34.6	4:20
669	52	Steve	Wheeler	M			M3539	464	08:34.9	4:20
670	16	Timothy	Moklestad	M			M5559	465	08:35.6	4:22
671	13	Michael	McCullough	M			M60UP	466	08:35.8	4:33
672	26	Kelsey	Ermels	F	Urbandale	IA	F3034	205	08:36.0	4:14
673	23	Hannah	Lee	F	West Des Moines	IA	F2024	206	08:36.1	4:26
674	27	Mimi	Reed	F	Urbandale	IA	F3034	207	08:36.3	4:26
675	26	Bryan	Moon	M	West Des Moines	IA	M5054	467	08:38.6	4:22
676	26	Erica	Gruwell	F	Indianola	IA	F2529	208	08:38.8	4:02
677	47	Jake	Veatch	M			M1419	468	08:39.0	4:37
678	53	Dan	Zimmerman	M	West Des Moines	IA	M3539	469	08:39.3	4:34
679	51	Quince	Springer	M	Des Moines	IA	M2529	470	08:39.3	4:31
680	28	Erin	Reese	F	Des Moines	IA	F3034	209	08:39.3	4:28
681	50	Jared	Landin	M			M4044	471	08:39.5	4:26
682	52	Sydney	Landin	F			F0113	210	08:39.6	4:26
683	82	Ethan	Landin	M			M0113	472	08:39.7	4:26
684	22	Shannon	Bradford	F	Johnston	IA	F3539	211	08:40.0	4:27
685	14	Kelly	Tracy	F	Johnston	IA	F4549	212	08:40.3	4:27
686	54	Jeremy	Deluca	M	Des Moines	IA	M3539	473	08:40.5	4:18
687	14	Kevin	Lanning	M			M60UP	474	08:41.3	4:00
688	53	Peyton	Riewer	F			F0113	213	08:41.7	4:07
689	24	Anna	Short	F			F2024	214	08:42.5	4:37
690	40	Joel	Krusemark	M			M4549	475	08:42.6	4:21
691	41	Bob	Short	M			M4549	476	08:43.3	4:27
692	29	Crystal	Bechler	F	Spencer	IA	F3034	215	08:43.3	4:13
693	4	Mary Ann	Koehler	F			F5559	216	08:43.4	4:26
694	54	Brianna	Krusemark	F			F0113	217	08:43.5	4:22
695	27	Stephanie	Dagenais	F	Des Moines	IA	F2529	218	08:43.8	4:44
696	83	Colin	Short	M			M0113	477	08:44.1	4:27
697	55	Jared	Carlson	M	Norwalk	IA	M3539	478	08:44.2	4:23
698	48	Simon	Pendleton	M			M1419	479	08:44.5	4:34
699	84	Ryan	Sraill	M			M0113	480	08:44.5	4:08
700	51	Keith	Kuennen	M			M4044	481	08:44.7	4:27
701	55	Riley	Kuennen	F			F0113	219	08:45.3	4:27
702	15	Bill	Nassif	M	Des Moines	IA	M60UP	482	08:45.5	4:26
703	15	Tara	Murphy	F	Des Moines	IA	F4549	220	08:45.7	4:14
704	85	Jacob	Brown	M			M0113	483	08:45.9	4:11
705	18	Shellie	Mackel	F	Des Moines	IA	F4044	221	08:46.4	4:26
706	19	Stacy	Farr	F	Clive	IA	F4044	222	08:46.4	4:40
707	86	Griffin	Messer	M	Adel	IA	M0113	484	08:46.4	4:40
708	42	Gary	Thomas	M	Johnston	IA	M4549	485	08:46.6	4:22
709	43	Mike	Murphy	M	Des Moines	IA	M4549	486	08:46.6	3:50
710	56	Rachel	Engelhardt	F	Indianola	IA	F0113	223	08:46.7	4:17
711	7	Joy	Hein	F	West Des Moines	IA	F5054	224	08:47.0	3:52
712	28	Allison	McCarthy	F	Clive	IA	F2529	225	08:47.0	3:24
713	52	Patrick	Ryan	M			M4044	487	08:47.9	4:20
714	29	Kelsey	Lynn	F	Des Moines	IA	F2529	226	08:48.2	4:34
715	57	Payton	Ryan	F			F0113	227	08:48.2	4:20
716	53	Chad	Smith	M			M4044	488	08:48.5	4:34
717	87	Shane	Smith	M			M0113	489	08:48.8	4:35
718	23	Kisha	Barnes	F	Des Moines	IA	F3539	228	08:48.9	4:33
719	88	William	Wagner	M	Des Moines	IA	M0113	490	08:49.2	5:03
720	17	Brad	Kiewel	M	Clive	IA	M5559	491	08:50.0	4:19
721	89	Julian	Porter	M	Des Moines	IA	M0113	492	08:50.5	4:49
722	58	Samantha	Thorpe	F	Des Moines	IA	F0113	229	08:50.6	4:39
723	24	Carrie	Rausch	F	Des Moines	IA	F3539	230	08:50.7	4:50
724	20	Dawn	Farrell	F	Clive	IA	F4044	231	08:50.7	4:27
725	59	Lexi	Dean	F	Des Moines	IA	F0113	232	08:51.2	4:39
726	60	Alyssa	Farrell	F	Clive	IA	F0113	233	08:51.3	4:27

727	25	Kathleen	Willem	F			F2024	234	08:51.8	4:45
728	52	David	Johnson	M	Van Meter	IA	M2529	493	08:51.9	4:09
729	26	Janelle	Behnke	F	Des Moines	IA	F2024	235	08:52.2	4:47
730	5	Lori	Kiewel	F	Clive	IA	F5559	236	08:52.5	4:19
731	61	Taylor	Clark	F	Swan	IA	F0113	237	08:52.5	4:37
732	27	Morgan	Meier	F			F2024	238	08:52.5	4:48
733	53	Mitch	Smith	M			M2529	494	08:52.5	4:45
734	28	Kristina	Bell	F	Des Moines	IA	F2024	239	08:52.9	4:47
735	30	Kayla	Hunefeld	F	West Des Moines	IA	F2529	240	08:53.1	4:45
736	25	Carrie	Bowen	F	Dallas Center	IA	F3539	241	08:54.0	4:19
737	31	Sarah	Springer	F	Des Moines	IA	F2529	242	08:54.2	4:30
738	90	Colin	Brown	M			M0113	495	08:54.3	4:27
739	16	Wayne	Stewart	M	West Des Moines	IA	M60UP	496	08:54.4	4:17
740	56	Adam	Winn	M			M3539	497	08:54.4	4:34
741	26	Jodie	Schlotterbeck	F	Des Moines	IA	F3539	243	08:54.7	4:22
742	30	Kathleen	Ollinger	F			F3034	244	08:55.7	4:43
743	91	Elliott	Albright	M	Des Moines	IA	M0113	498	08:56.1	4:31
744	27	Sara	Albright	F	Des Moines	IA	F3539	245	08:56.1	4:30
745	62	Sydney	Dial	F	Urbandale	IA	F0113	246	08:56.2	4:25
746	54	Scott	Pelleymounter	M	West Des Moines	IA	M4044	499	08:56.5	5:02
747	17	Dave	Wolz	M	Des Moines	IA	M60UP	500	08:56.8	4:01
748	16	Terri	Dial	F	Urbandale	IA	F4549	247	08:57.1	4:26
749	6	Kathy	Ford	F	Clive	IA	F5559	248	08:57.7	4:33
750	92	Gavin	Hulling	M	Des Moines	IA	M0113	501	08:57.7	4:40
751	20	Alexandra (alle)	Brown-Law	F	Des Moines	IA	F1419	249	08:57.9	4:41
752	57	Josh	Hulling	M	Des Moines	IA	M3539	502	08:58.1	4:40
753	21	Kayla	Riewer	F			F1419	250	08:59.5	4:06
754	58	Shane	Smith	M			M3539	503	08:59.6	4:25
755	93	Jackson	Smith	M			M0113	504	08:59.7	4:26
756	21	Lori	Clark	F	Swan	IA	F4044	251	08:59.9	4:37
757	17	Renae	Johanningmeier	F	West Des Moines	IA	F4549	252	09:00.0	4:26
758	49	Tanner	Clark	M	Swan	IA	M1419	505	09:00.0	4:37
759	94	Brenen	Harris	M	Dallas Center	IA	M0113	506	09:01.3	4:21
760	54	Brian	Conway	M	Waukee	IA	M2529	507	09:01.5	4:23
761	8	Lori	Rubie	F	Clive	IA	F5054	253	09:02.2	4:25
762	63	Uma	Dukle	F			F0113	254	09:03.6	4:32
763	22	Leah	Churchman	F			F4044	255	09:03.7	4:27
764	42	Tab	Baldwin	M			M2024	508	09:04.0	4:40
765	55	Brad	Buck	M	Altoona	IA	M2529	509	09:04.3	4:42
766	31	Ambika	Adhikari	F			F3034	256	09:04.4	4:25
767	32	Lindsey	Herting	F	Des Moines	IA	F3034	257	09:04.6	4:43
768	33	Masha	Skemp	F	Johnston	IA	F3034	258	09:04.9	4:38
769	28	Amy	Gould	F			F3539	259	09:05.0	4:34
770	29	Becky	Wignall	F			F3539	260	09:05.1	4:42
771	22	Lauren	Wignall	F			F1419	261	09:05.1	4:42
772	23	Masha	Severin	F			F1419	262	09:05.7	4:18
773	18	Karen	Book	F			F4549	263	09:06.4	4:31
774	27	Tony	Paris	M	Denver	CO	M5054	510	09:06.4	4:24
775	34	Laura	Harper	F	Des Moines	IA	F3034	264	09:06.4	4:25
776	64	Tawnie	Schultz	F	West Des Moines	IA	F0113	265	09:06.6	4:34
777	65	Amelia	Moorlach	F	Indianola	IA	F0113	266	09:06.9	4:46
778	56	Sean	Promes	M	Des Moines	IA	M2529	511	09:07.7	4:30
779	95	Ethan	Stewart	M	Urbandale	IA	M0113	512	09:07.8	4:29
780	59	Bill	Anderson	M			M3539	513	09:07.9	4:50
781	24	Kiona	Dodson	F			F1419	267	09:08.3	4:46
782	44	Ben	Williams	M	Des Moines	IA	M4549	514	09:08.5	4:30
783	35	Shandra	Walker	F	Des Moines	IA	F3034	268	09:08.5	4:49
784	66	Olivia	Causey-Walker	F	Des Moines	IA	F0113	269	09:08.7	4:49
785	67	Reese	Dial	F	Urbandale	IA	F0113	270	09:09.1	4:49
786	30	Pallavi	Dukle	F			F3539	271	09:09.2	4:32
787	36	Charles	Johnson	F	West Des Moines	IA	F3034	272	09:09.2	4:42
788	25	Elizabeth	Short	F			F1419	273	09:09.2	4:37
789	68	Caitlin	Webb	F	Des Moines	IA	F0113	274	09:09.9	4:36
790	18	Joe	Shannahan	M	Des Moines	IA	M5559	515	09:10.0	4:48
791	37	Jill	Gifford	F	Pleasant Hill	IA	F3034	275	09:10.6	4:44
792	32	Lorin	Ditzler	F	Des Moines	IA	F2529	276	09:10.8	4:34
793	38	Kellie	Carstens	F			F3034	277	09:11.2	4:37
794	45	Michael	Krob	M	West Des Moines	IA	M4549	516	09:11.5	4:18
795	19	Jodi	Barron	F	Des Moines	IA	F4549	278	09:11.8	4:41
796	54	Matthew	Logue	M			M3034	517	09:11.9	4:30
797	18	Steve	Myers	M			M60UP	518	09:11.9	4:44
798	69	Maddi	Logue	F			F0113	279	09:11.9	4:30
799	96	Ian	Berg	M			M0113	519	09:11.9	4:46
800	9	Debbie	Illg	F			F5054	280	09:12.0	4:37
801	26	Becca	Lehman	F	Des Moines	IA	F1419	281	09:12.1	4:33
802	70	Kinzey	Johnston	F			F0113	282	09:12.2	4:39
803	71	Sara	Parker	F	Urbandale	IA	F0113	283	09:12.2	4:50
804	33	Amber	Faith	F			F2529	284	09:13.1	4:56
805	97	Aidan	Kongtahworn	M			M0113	520	09:13.1	4:46
806	55	Nat	Kongtahworn	M			M4044	521	09:13.1	4:47
807	10	Deb	Shull	F			F5054	285	09:13.7	4:41
808	98	Owen	Palmer	M	Des Moines	IA	M0113	522	09:14.6	4:38
809	29	Emma	Stevenson	F	Ankeny	IA	F2024	286	09:14.6	4:35
810	23	Allyson	Uhlenhopp	F	West Des Moines	IA	F4044	287	09:14.6	4:48
811	99	Luke	Vanheukelom	M	Des Moines	IA	M0113	523	09:14.9	4:39
812	72	Jordan	Wyer	F			F0113	288	09:15.2	4:52
813	56	Evan	Wyer	M			M4044	524	09:15.5	4:52
814	31	Anna	Bergman	F	Des Moines	IA	F3539	289	09:15.6	4:52
815	32	Kelly	Johnston	F			F3539	290	09:15.7	4:39
816	73	Greta	Bergman	F	Des Moines	IA	F0113	291	09:15.8	4:51
817	55	Aaron	Gries	M			M3034	525	09:15.9	4:42
818	74	Maggie	Gardner	F	Urbandale	IA	F0113	292	09:16.4	4:12
819	75	Abby	Mulligan	F	Urbandale	IA	F0113	293	09:16.7	4:32
820	11	Leesa	Shoemaker	F	Polk City	IA	F5054	294	09:16.8	4:23
821	39	Dawn	Gries	F			F3034	295	09:16.8	4:42

822	33	Tasha	Mulligan	F	Urbandale	IA	F3539	296	09:17.3	4:32
823	20	Pam	Campbell	F	Adel	IA	F4549	297	09:17.6	4:42
824	27	Hannah	Crooks	F	Des Moines	IA	F1419	298	09:17.6	4:46
825	40	Katie	Radermacher	F			F3034	299	09:18.5	4:34
826	12	Barb	Stagg	F	West Des Moines	IA	F5054	300	09:19.1	4:32
827	13	Cindy	Curtis	F	Ankeny	IA	F5054	301	09:19.3	4:36
828	57	Jason	Veatch	M			M4044	526	09:19.3	4:37
829	76	Kyra	Labenz	F	Johnston	IA	F0113	302	09:19.4	5:04
830	100	Max	Labenz	M	Johnston	IA	M0113	527	09:19.6	5:04
831	34	Laura	Denison	F	Des Moines	IA	F3539	303	09:20.1	4:23
832	35	Stephanie	Labenz	F	Johnston	IA	F3539	304	09:20.1	5:05
833	58	Todd	Cowman	M	Urbandale	IA	M4044	528	09:20.8	4:41
834	14	Tammy	Newton	F			F5054	305	09:21.1	4:39
835	46	Tony	Glass	M	Altoona	IA	M4549	529	09:21.9	4:30
836	56	Rory	Madsen	M	Des Moines	IA	M3034	530	09:22.7	4:32
837	34	Dalma	Hadziomerovic	F	Des Moines	IA	F2529	306	09:23.0	4:33
838	2	Sandra	Baker	F	Des Moines	IA	F????	307	09:23.2	4:46
839	21	Mindy	Blasberg	F	Des Moines	IA	F4549	308	09:23.7	4:52
840	28	Nicole	Straavaldson	F	Urbandale	IA	F1419	309	09:23.8	4:41
841	77	Mikayla	Fritz	F	Urbandale	IA	F0113	310	09:24.0	4:41
842	43	William	Adams	M	Des Moines	IA	M2024	531	09:24.1	4:38
843	59	Tom	Stoll	M			M4044	532	09:24.7	4:45
844	41	Amanda	Lansing	F			F3034	311	09:24.7	4:37
845	78	Gracie	Kriegel	F			F0113	312	09:24.8	4:43
846	101	Kincaid	Mitchell	M	New Sharon	IA	M0113	533	09:24.9	
847	22	Peggy	Kriegel	F			F4549	313	09:25.0	4:43
848	42	Kelly	Mitchell	F	New Sharon	IA	F3034	314	09:25.0	5:05
849	57	Joe	Hugen	M			M2529	534	09:25.1	3:40
850	35	Laura	Vansickle	F	Des Moines	IA	F2529	315	09:25.1	4:47
851	102	Randal	Brown	M	Des Moines	IA	M0113	535	09:25.9	4:45
852	36	Sara	Nygaard	F	West Des Moines	IA	F3539	316	09:25.9	4:48
853	43	Cassandra	Johnson	F	West Des Moines	IA	F3034	317	09:26.1	4:43
854	15	Leanne	Opie	F	West Des Moines	IA	F5054	318	09:26.2	4:31
855	30	Chelsey	Adams	F	Mitchellville	IA	F2024	319	09:26.4	4:17
856	36	Kate	Beenken	F	Des Moines	IA	F2529	320	09:26.7	4:48
857	44	Miki	Weber	F			F3034	321	09:26.8	4:45
858	103	Isaiah	Ives	M	Pleasant Hill	IA	M0113	536	09:26.9	4:51
859	79	Lydia	Ives	F	Pleasant Hill	IA	F0113	322	09:27.0	4:51
860	80	Ava	Moorlach	F	Indianola	IA	F0113	323	09:27.2	4:47
861	7	Charlotte	Schmidt	F	Clive	IA	F5559	324	09:27.2	4:44
862	81	Alexa	Weber	F			F0113	325	09:27.3	4:45
863	82	Galaxie	Pendleton	F			F0113	326	09:27.4	4:41
864	83	Ayva	Lucero	F	Des Moines	IA	F0113	327	09:27.4	4:45
865	57	Tyler	Blackman	M			M3034	537	09:27.7	4:53
866	60	Rick	Drabek	M	Clive	IA	M4044	538	09:28.0	4:59
867	104	Declan	Drabek	M	Altoona	IA	M0113	539	09:28.1	4:59
868	84	Allyson	Kuhn	F	West Des Moines	IA	F0113	328	09:28.1	4:48
869	47	Don	McCormick	M			M4549	540	09:28.4	4:49
870	16	Karen	Pierick	F			F5054	329	09:28.5	4:38
871	28	Michael	Boyle	M	Ankeny	IA	M5054	541	09:28.5	4:54
872	85	Monica	Lucero	F	Des Moines	IA	F0113	330	09:28.6	4:53
873	23	Anne	Sullivan	F	Des Moines	IA	F4549	331	09:28.7	4:54
874	86	Audrey	Freese	F	Ankeny	IA	F0113	332	09:29.0	4:56
875	87	Emily	Merfeld	F	Des Moines	IA	F0113	333	09:29.2	4:29
876	58	William	Freese	M	Ankeny	IA	M3034	542	09:29.7	4:56
877	45	Corrine	Baker	F	Ames	IA	F3034	334	09:29.7	4:41
878	17	Cynthia	Norman	F			F5054	335	09:30.1	5:09
879	24	Ceann	Abben	F	Ankeny	IA	F4549	336	09:30.3	4:39
880	25	Kimberly	Bradley	F			F4549	337	09:31.1	4:39
881	105	Garrison	Hager	M	Urbandale	IA	M0113	543	09:31.1	4:44
882	19	Keith	Prange	M	Ames	IA	M5559	544	09:31.3	4:45
883	29	Rachel	Pierick	F			F1419	338	09:31.5	4:59
884	24	Wendy	Gifford	F	Pleasant Hill	IA	F4044	339	09:31.7	4:54
885	88	Demarie	Siegfried	F			F0113	340	09:31.8	4:53
886	48	Kenny	Bradley	M			M4549	545	09:31.9	4:39
887	2	Breta	Westlund	F	Urbandale	IA	F60UP	341	09:32.1	4:43
888	31	Emily	Aller	F	Des Moines	IA	F2024	342	09:32.7	4:35
889	106	Braden	Richards	M			M0113	546	09:32.7	4:48
890	61	Aaron	Siegfried	M			M4044	547	09:32.8	4:53
891	30	Britt	Richards	F			F1419	343	09:33.0	4:48
892	89	Elle	Davis	F			F0113	344	09:33.2	4:55
893	50	Drew	Dunlap	M			M1419	548	09:33.4	5:04
894	60	Joey	Davis	M			M3539	549	09:33.7	4:55
895	32	Lan	Pham	F			F2024	345	09:33.7	4:42
896	62	Say	Baccam	M			M4044	550	09:33.9	4:17
897	25	Tammy	Calhoun	F	West Des Moines	IA	F4044	346	09:34.3	4:49
898	31	Marit	Simmons	F	Des Moines	IA	F1419	347	09:34.4	4:49
899	51	Dapre	Henderson	M			M1419	551	09:34.7	4:51
900	37	Sarah	Petrak	F			F3539	348	09:35.2	4:53
901	58	Kevin	Sanders	M	Des Moines	IA	M2529	552	09:35.4	4:26
902	107	Jensen	Petrak	M			M0113	553	09:35.6	4:54
903	46	Jodi	Essex	F	Urbandale	IA	F3034	349	09:35.9	4:50
904	108	Wyatt	Harpold	M	Des Moines	IA	M0113	554	09:36.1	5:13
905	63	Joe	Shogren	M	Altoona	IA	M4044	555	09:36.4	4:17
906	33	Alexandra	Gaffney-Peden	F	Des Moines	IA	F2024	350	09:36.8	4:33
907	64	Aaron	Harpold	M	Des Moines	IA	M4044	556	09:36.8	5:14
908	26	Courtney	Murphy	F	Des Moines	IA	F4044	351	09:37.0	4:40
909	27	Karen	Kuhn	F	West Des Moines	IA	F4044	352	09:37.0	4:47
910	109	Nathan	Sam	M			M0113	557	09:37.5	4:42
911	34	Amber	Amantea	F	Des Moines	IA	F2024	353	09:37.8	4:30
912	47	Jennifer	Schwartz	F	Urbandale	IA	F3034	354	09:38.4	4:55
913	48	Jes	Schnieiders	F	West Des Moines	IA	F3034	355	09:38.4	4:48
914	28	Renee	Cramer	F	Des Moines	IA	F4044	356	09:38.6	5:13
915	19	Brad	Titus	M			M60UP	558	09:38.8	4:45
916	35	Julie	Bolda	F	Des Moines	IA	F2024	357	09:38.9	4:50

917	26	Marla	Veenstra	F	Pleasant Hill	IA	F4549	358	09:39.0	4:55
918	29	Shannon	Maddy	F	Urbandale	IA	F4044	359	09:39.2	4:42
919	49	Laura	Stensland	F	Nevada	IA	F3034	360	09:40.5	4:45
920	44	Keaton	Hewitt	M	Des Moines	IA	M2024	559	09:40.5	4:50
921	36	Jill	Jaworski	F	West Des Moines	IA	F2024	361	09:41.2	5:07
922	37	Amanda	Stensland	F	Urbandale	IA	F2529	362	09:41.2	4:45
923	59	Joseph	Morrison	M	Des Moines	IA	M2529	560	09:41.3	5:03
924	3	Marissa	Dodson	F			F????	363	09:41.3	4:40
925	90	Jillian	Huffman	F			F0113	364	09:41.4	4:40
926	37	Jaclyn	Schneider	F	Des Moines	IA	F2024	365	09:41.4	5:06
927	45	Karen	Lichty	M	West Des Moines	IA	M2024	561	09:41.5	5:04
928	27	Laura	Steward	F			F4549	366	09:41.6	4:45
929	50	Heather	Laake	F	Ankeny	IA	F3034	367	09:41.7	4:43
930	91	Nina	Fucaloro	F			F0113	368	09:42.4	4:34
931	110	Lincoln	Harris	M	Dallas Center	IA	M0113	562	09:42.5	5:00
932	52	Myesha	Johnson	M			M1419	563	09:42.6	4:50
933	38	Stephanie	Harris	F	Dallas Center	IA	F3539	369	09:42.9	5:00
934	30	Susan	Brown	F			F4044	370	09:43.2	4:45
935	39	Vicki	Shafer	F	Des Moines	IA	F3539	371	09:43.2	4:50
936	38	Jill	Elbert	F	West Des Moines	IA	F2529	372	09:43.3	5:01
937	31	Reesa	Stanley	F	Altoona	IA	F4044	373	09:43.6	5:02
938	40	Cheryl	Larson	F	West Des Moines	IA	F3539	374	09:43.6	4:56
939	92	Emma	Elscott	F			F0113	375	09:44.1	5:12
940	93	Parker	Lundstrom	F	Ankeny	IA	F0113	376	09:44.4	4:32
941	49	David	Melz	M	West Des Moines	IA	M4549	564	09:44.5	4:45
942	59	Joel	Elscott	M			M3034	565	09:44.5	5:11
943	50	Scott	Lundstrom	M	Ankeny	IA	M4549	566	09:44.9	4:33
944	8	Skeeter	Monroe	F	Des Moines	IA	F5559	377	09:45.1	4:39
945	41	Audra	Hiebert	F	Prairie City	IA	F3539	378	09:45.2	4:46
946	42	Keetah	Dodson	F			F3539	379	09:45.3	4:37
947	51	Kerri	Bishop	F			F3034	380	09:45.4	5:06
948	3	Valentina	Shatnaya	F	Clive	IA	F60UP	381	09:45.4	4:39
949	60	Dave	Bishop	M			M2529	567	09:45.7	5:06
950	111	Ben	Brown	M	West Des Moines	IA	M0113	568	09:45.9	5:20
951	20	Bill	Lorenz	M	Des Moines	IA	M60UP	569	09:45.9	4:35
952	112	Walker	Cross	M			M0113	570	09:46.0	4:58
953	51	Shawn	Stogdill	M			M4549	571	09:46.1	4:27
954	61	Yamsi	Sinah	M	Des Moines	IA	M2529	572	09:46.4	4:37
955	60	Patrick	Bacon	M			M3034	573	09:46.6	4:42
956	52	Stacy	Bacon	F			F3034	382	09:47.2	4:43
957	62	Saurabh	Jachak	M			M2529	574	09:47.2	4:37
958	43	Amy	Jaschke	F	Polk. City	IA	F3539	383	09:47.3	4:59
959	9	Dee	Newcomb	F	Des Moines	IA	F5559	384	09:47.5	4:47
960	39	Alli	Moerman	F	Waukee	IA	F2529	385	09:47.6	5:04
961	113	Lawson	Phillips	M			M0113	575	09:48.1	4:58
962	18	Mathilde (tilda)	Brown Swanson	F	Des Moines	IA	F5054	386	09:48.1	4:47
963	94	Parker	Olson	F	Ankeny	IA	F0113	387	09:48.5	4:58
964	4	Tamara	Cross	F			F????	388	09:48.5	4:57
965	5	Josie	Cross	F			F????	389	09:48.7	4:57
966	21	Lowell	Howlett	M			M60UP	576	09:48.8	5:01
967	95	Madison	Falk	F			F0113	390	09:50.7	5:01
968	40	Sam	Heitke	F	St. Louis Park	MN	F2529	391	09:51.0	4:56
969	32	Elizabeth	Stuart	F	Des Moines	IA	F1419	392	09:51.1	5:03
970	63	Todd	Bruin	M			M2529	577	09:51.2	
971	28	Mary	Stuart	F	Des Moines	IA	F4549	393	09:51.4	5:03
972	38	Rose	Daugherty	F	Des Moines	IA	F2024	394	09:51.4	4:32
973	41	Nicole	Anderson	F	Des Moines	IA	F2529	395	09:51.8	4:46
974	44	Jessica	Hack	F	Shoreview	MN	F3539	396	09:53.2	4:56
975	39	Emily	Bisbee	F	Ankeny	IA	F2024	397	09:53.3	5:04
976	64	Ryan	Vogt	M	Ankeny	IA	M2529	578	09:53.6	5:04
977	61	James	Munson	M	Des Moines	IA	M3034	579	09:53.8	4:55
978	42	Tiffany	Brotherson	F	Des Moines	IA	F2529	398	09:54.3	5:02
979	53	Carrie	Baker	F	Des Moines	IA	F3034	399	09:54.4	5:07
980	96	Hadley	Ricklefs	F	Urbandale	IA	F0113	400	09:54.5	5:05
981	33	Skyler	Johnson	F	Des Moines	IA	F1419	401	09:54.6	5:07
982	34	Ellie	Paxson	F	Des Moines	IA	F1419	402	09:54.6	5:07
983	32	Kristin	Merfeld	F	Des Moines	IA	F4044	403	09:54.6	4:46
984	114	Thomsen	Harrison	M	Huxley	IA	M0113	580	09:54.9	5:18
985	62	Nathan	Tounsley	M	Pleasant Hill	IA	M3034	581	09:55.1	5:03
986	61	Jason	Ricklefs	M	Urbandale	IA	M3539	582	09:55.2	5:05
987	115	James	Tounsley	M	Pleasant Hill	IA	M0113	583	09:55.9	5:05
988	62	Alex	Venter	M	Johnston	IA	M3539	584	09:56.3	5:07
989	97	Kyah	Tounsley	F	Pleasant Hill	IA	F0113	404	09:56.3	5:04
990	43	Kristin	Venter	F	Johnston	IA	F2529	405	09:56.3	5:08
991	65	James	Howard	M	Des Moines	IA	M2529	585	09:56.5	4:56
992	52	Matt	Harrison	M	Huxley	IA	M4549	586	09:56.6	5:18
993	63	Karl	Pothast	M			M3539	587	09:56.7	4:44
994	46	Arnold	Sayasane	M	Des Moines	IA	M2024	588	09:57.4	4:41
995	29	Marci	Cordaro	F	Johnston	IA	F4549	406	09:57.5	5:11
996	44	Brittany	Strickland	F	Des Moines	IA	F2529	407	09:58.1	4:57
997	30	Cathy	Koster	F	Winterset	IA	F4549	408	09:58.4	5:32
998	40	Lejla	Vehabovic	F	Des Moines	IA	F2024	409	09:59.3	4:42
999	19	Lisa	Lemon	F			F5054	410	09:59.7	5:08
1000	31	Elizabeth	Sedrel	F			F4549	411	10:00.3	5:09
1001	47	Andrew	Helzer	M			M2024	589	10:00.5	5:42
1002	41	Sarah	Warth	F			F2024	412	10:00.7	4:54
1003	53	Dennis	Uhlenhopp	M	West Des Moines	IA	M4549	590	10:00.8	5:03
1004	42	Jessica	Bruin	F			F2024	413	10:00.9	5:19
1005	54	Amber	Caudle	F	Adel	IA	F3034	414	10:01.1	4:26
1006	22	Dennis	Cornelius	M	Ankeny	IA	M60UP	591	10:01.3	5:22
1007	63	Robbie	Helzer	M	West Des Moines	IA	M3034	592	10:01.4	5:42
1008	98	Reagan	Brooks	F	Urbandale	IA	F0113	415	10:01.6	4:38
1009	45	Andrea	Whitlock	F	Des Moines	IA	F2529	416	10:01.9	5:35
1010	99	Regan	Kuennen	F			F0113	417	10:02.5	5:00
1011	33	Christa	Kuennen	F			F4044	418	10:02.5	5:00

1012	46	Jessica	Christopher	F	Des Moines	IA	F2529	419	10:02.7	5:36
1013	66	Roman	Orlt	M	Waukee	IA	M2529	593	10:02.7	4:57
1014	47	Olesya	Holker	F			F2529	420	10:02.9	5:01
1015	100	Isabel	Fagen	F			F0113	421	10:03.0	5:00
1016	101	Hannah	Berg	F			F0113	422	10:03.0	5:00
1017	67	Jered	Holker	M			M2529	594	10:03.3	5:01
1018	65	Scott	Leichty	M			M4044	595	10:03.3	5:13
1019	116	Colten	Teem	M	Urbandale	IA	M0113	596	10:03.4	5:00
1020	66	Matt	Brown	M			M4044	597	10:04.0	4:27
1021	55	Shalee	Jones	F	Clive	IA	F3034	423	10:04.0	4:53
1022	67	Brandon	Teem	M	Urbandale	IA	M4044	598	10:04.1	5:01
1023	45	Emily	Karwoski	F	Ankeny	IA	F3539	424	10:04.3	5:00
1024	102	Kathryn	Tollas	F			F0113	425	10:04.6	4:43
1025	48	Rikkia	Lillard	F			F2529	426	10:05.2	5:38
1026	117	Evan	Smithson	M	Des Moines	IA	M0113	599	10:05.3	5:12
1027	35	Ragavi	Chander	F			F1419	427	10:05.6	4:45
1028	103	Madyline	Taylor	F	Carlisle	IA	F0113	428	10:06.1	5:27
1029	118	Grant	Taylor	M	Carlisle	IA	M0113	600	10:06.4	5:27
1030	64	Charles	Taylor	M	Carlisle	IA	M3539	601	10:06.5	5:27
1031	46	Angie	Miller	F	Ankeny	IA	F3539	429	10:07.6	5:23
1032	43	Sarah	Files	F			F2024	430	10:08.2	4:43
1033	49	Nermina	Marhocevic	F	West Des Moines	IA	F2529	431	10:08.8	5:01
1034	119	Blake	Fish	M			M0113	602	10:08.9	5:02
1035	34	Jodee	Hassler	F	West Des Moines	IA	F4044	432	10:09.0	4:57
1036	56	Tanya	Fish	F			F3034	433	10:09.3	5:02
1037	50	Kristen	Rasplicka	F	West Des Moines	IA	F2529	434	10:09.8	5:07
1038	29	Jerry	Bowhay	M	West Des Moines	IA	M5054	603	10:10.2	4:51
1039	57	Kattie	Hamann	F	Clive	IA	F3034	435	10:11.2	5:09
1040	104	Kate	Logue	F			F0113	436	10:11.4	4:55
1041	10	Pam	Hugen	F			F5559	437	10:11.4	4:58
1042	32	Jennifer	Johnson	F	Des Moines	IA	F4549	438	10:12.2	5:11
1043	30	Jeff	Pitts	M	Polk City	IA	M5054	604	10:12.5	5:23
1044	120	Abraham	Holt	M	West Des Moines	IA	M0113	605	10:12.8	5:10
1045	68	Nick	Dahlhauser	M			M2529	606	10:13.0	4:35
1046	35	Julie	Phillips	F			F4044	439	10:13.9	5:01
1047	54	Jeff	Dunlap	M			M4549	607	10:14.3	5:07
1048	68	Cory	Lark	M	Clive	IA	M4044	608	10:14.3	5:02
1049	105	Camille	Holt	F	West Des Moines	IA	F0113	440	10:14.5	5:08
1050	121	Eli	Dunlap	M			M0113	609	10:14.5	5:07
1051	6	Libby	White	F	Windsor Heights	IA	F????	441	10:14.7	5:04
1052	20	Kathy	Marshall	F			F5054	442	10:14.7	4:59
1053	106	Anne	Holt	F	West Des Moines	IA	F0113	443	10:15.0	4:55
1054	122	Gavin	Goodnight	M	Johnston	IA	M0113	610	10:15.0	5:13
1055	107	Kathleen	Loder	F	Des Moines	IA	F0113	444	10:15.2	5:45
1056	47	Heidi	Holt	F	West Des Moines	IA	F3539	445	10:15.2	5:08
1057	58	Jaci	Logue	F			F3034	446	10:15.7	4:54
1058	11	Vivian	Masters	F	Des Moines	IA	F5559	447	10:16.2	5:13
1059	64	Dan	Powers	M			M3034	611	10:16.5	5:27
1060	36	Maria	Loder	F	Des Moines	IA	F4044	448	10:16.6	5:46
1061	123	Austin	Riewer	M			M0113	612	10:16.6	5:13
1062	108	Ella	Harrington	F	Clive	IA	F0113	449	10:16.7	5:47
1063	109	Keira	Hauser	F	West Des Moines	IA	F0113	450	10:16.9	5:04
1064	33	Sue	Olson	F	Ankeny	IA	F4549	451	10:17.0	5:03
1065	110	Hannah	Powers	F			F0113	452	10:17.1	5:27
1066	124	Ross	Barr	M			M0113	613	10:17.8	5:22
1067	69	Jeff	Barr	M			M4044	614	10:18.2	5:23
1068	111	Abbey	McGuire	F			F0113	453	10:18.3	4:59
1069	31	Michael	Brittain	M			M5054	615	10:18.6	4:35
1070	51	Kasey	Smith	F	Johnston	IA	F2529	454	10:19.0	5:13
1071	23	Hal	Chase	M	Des Moines	IA	M60UP	616	10:20.1	5:06
1072	34	Becky	Carkhuff	F	Newton	IA	F4549	455	10:20.7	5:12
1073	37	Linda	Riewer	F			F4044	456	10:20.9	5:13
1074	52	Jackie	Adams	F			F2529	457	10:21.9	5:04
1075	65	Kevan	Murphy	M	Des Moines	IA	M3034	617	10:21.9	4:44
1076	48	Nathan	Watne	M			M2024	618	10:21.9	5:04
1077	38	Stacy	Larreau	F			F4044	458	10:22.1	4:45
1078	125	Noah	Larreau	M			M0113	619	10:22.3	4:45
1079	126	Adam	Van Thomme	M	Ankeny	IA	M0113	620	10:22.8	4:47
1080	65	Kurt	Van Thomme	M	Ankeny	IA	M3539	621	10:22.9	4:47
1081	112	Kassey	Ostendorf	F			F0113	459	10:23.0	5:04
1082	127	Brock	Moore	M	Urbandale	IA	M0113	622	10:23.1	4:44
1083	35	Jen	Stewart	F	Urbandale	IA	F4549	460	10:23.1	5:09
1084	36	Shawn	Essy	F			F4549	461	10:23.2	5:04
1085	48	Kimber	Murphy-Guill	F	Des Moines	IA	F3539	462	10:23.4	4:45
1086	66	Josh	Moore	M	Urbandale	IA	M3034	623	10:23.5	4:44
1087	36	Kirstin	Bruner	F			F1419	463	10:24.9	5:07
1088	113	Sophia	Jacobsen	F	West Des Moines	IA	F0113	464	10:25.5	5:10
1089	55	John	Wagner	M	Des Moines	IA	M4549	624	10:26.0	5:04
1090	70	Shaun	Sage	M	Carlisle	IA	M4044	625	10:26.6	5:21
1091	59	Mayra	De Catalan	F	Des Moines	IA	F3034	465	10:26.8	5:31
1092	128	Ryan	Cose	M			M0113	626	10:27.2	5:21
1093	39	Lisa	Sage	F	Carlisle	IA	F4044	466	10:27.4	5:22
1094	114	Halley	Blades	F	Urbandale	IA	F0113	467	10:27.7	5:06
1095	56	Jeff	Blosser	M	West Des Moines	IA	M4549	627	10:28.0	5:06
1096	49	Amanda	Lucero	F	Des Moines	IA	F3539	468	10:28.3	4:45
1097	69	Zach	Clear	M	Desoto	IA	M2529	628	10:29.5	6:16
1098	21	Margaret	Long	F			F5054	469	10:29.7	5:31
1099	115	Mags	Baack	F	Carlisle	IA	F0113	470	10:30.5	4:57
1100	129	Xavier	St. Amour	M	Des Moines	IA	M0113	629	10:30.6	5:41
1101	130	William	Larson	M	West Des Moines	IA	M0113	630	10:30.9	5:04
1102	71	Bruce	St. Amour	M	Des Moines	IA	M4044	631	10:31.0	5:41
1103	32	James	Baack	M	Carlisle	IA	M5054	632	10:31.3	4:57
1104	22	Kelly	Rech-Bohlen	F			F5054	471	10:31.8	5:28
1105	37	Jenna	Kleihauer	F			F1419	472	10:31.8	4:53
1106	67	Chris	Schroeder	M	West Des Moines	IA	M3034	633	10:31.8	5:34

1107	38	Kaci	Nuehring	F			F1419	473	10:32.1	4:53
1108	116	Maddie	Martin	F			F0113	474	10:32.1	5:23
1109	66	Sam	Housker	M	Ankeny	IA	M3539	634	10:32.1	5:04
1110	20	Larry	Bohlen	M			M5559	635	10:32.3	5:29
1111	117	Abby	Housker	F	Ankeny	IA	F0113	475	10:32.3	5:04
1112	53	Britta	Wey	F	Johnston	IA	F2529	476	10:32.5	5:25
1113	131	Adam	Wey	M	Johnston	IA	M0113	636	10:32.5	5:26
1114	54	Megan	Schroeder	F	West Des Moines	IA	F2529	477	10:32.6	5:35
1115	55	Johanna	Turner	F	West Des Moines	IA	F2529	478	10:32.7	5:23
1116	67	Toukata	Vilayvong	M	Des Moines	IA	M3539	637	10:32.9	6:17
1117	118	Miya	Long	F	West Des Moines	IA	F0113	479	10:33.0	5:17
1118	37	Erna	McSwain	F			F4549	480	10:34.3	5:10
1119	56	Alejandra	Heggen	F	Des Moines	IA	F2529	481	10:35.7	5:54
1120	39	Sabaritha	Chander	F			F1419	482	10:35.9	4:48
1121	68	Theodore	Heggen	M	Des Moines	IA	M3034	638	10:35.9	5:54
1122	132	Elijah	Gates	M	Des Moines	IA	M0113	639	10:36.0	5:18
1123	119	Diamond	Reynolds	F	Johnston	IA	F0113	483	10:36.3	5:07
1124	40	Teresa	Johnson	F			F4044	484	10:37.5	4:51
1125	120	Logan	Kempf	F	Des Moines	IA	F0113	485	10:38.0	5:20
1126	41	Amy	Cose	F			F4044	486	10:38.0	5:21
1127	60	Heather	Lester	F	Waukee	IA	F3034	487	10:38.1	5:23
1128	69	Andy	Lester	M	Waukee	IA	M3034	640	10:38.3	5:23
1129	50	Danielle	Malaise	F	Bondurant	IA	F3539	488	10:38.5	5:16
1130	57	Ted	Kempf	M	Des Moines	IA	M4549	641	10:39.0	5:20
1131	72	Mike	Bailey	M			M4044	642	10:39.4	4:45
1132	121	Amber	Bailey	F			F0113	489	10:39.4	4:45
1133	12	Lynda	Goplerud	F	Waukee	IA	F5559	490	10:40.1	5:15
1134	133	Joshua	McLean	M			M0113	643	10:41.3	5:14
1135	38	Tommy	Gomez	F	Marshalltown	IA	F4549	491	10:41.6	5:08
1136	57	Melisa	Islamagic	F	West Des Moines	IA	F2529	492	10:41.8	5:02
1137	61	Daisy	Washington	F			F3034	493	10:44.0	5:10
1138	70	Daniel	Alayola	M	Altoona	IA	M3034	644	10:44.1	5:27
1139	122	Olivia	Petsche	F			F0113	494	10:44.4	5:54
1140	123	Mallory	Hendricks	F	Urbandale	IA	F0113	495	10:45.7	5:31
1141	124	Reagan	Hendricks	F	Urbandale	IA	F0113	496	10:45.8	5:31
1142	134	Jacob	Harrison	M	Huxley	IA	M0113	645	10:46.6	5:18
1143	135	Isaac	Campese	M			M0113	646	10:46.6	5:26
1144	39	Michelle	Harrison	F	Huxley	IA	F4549	497	10:46.7	5:18
1145	68	Aravind	Anna	M			M3539	647	10:47.7	6:09
1146	136	Munil	Anna	M			M0113	648	10:47.7	6:06
1147	73	Kurt	Labenz	M	Johnston	IA	M4044	649	10:48.2	5:20
1148	125	Sabryn	Labenz	F	Johnston	IA	F0113	498	10:48.2	5:20
1149	40	Carol	Conway	F			F4549	499	10:48.9	5:13
1150	126	Zoe	Zmolek	F	Des Moines	IA	F0113	500	10:49.1	5:39
1151	33	Rick	McCreary	M			M5054	650	10:49.5	4:58
1152	127	Olivia	Rainey	F	West Des Moines	IA	F0113	501	10:49.6	5:10
1153	44	Elizabeth	Sommers	F			F2024	502	10:49.6	4:40
1154	49	James	Van Ginkel	M			M2024	651	10:49.7	4:40
1155	70	Paul	Brown	M	Polk City	IA	M2529	652	10:50.3	5:46
1156	58	Lindy	Ibeling	F	Overland Park	KS	F2529	503	10:51.3	5:28
1157	62	Stacey	Rathjen	F	Ankeny	IA	F3034	504	10:51.5	5:28
1158	41	Noelle	Trevillyan	F	Des Moines	IA	F4549	505	10:52.3	5:40
1159	137	Turner	Fry	M	Des Moines	IA	M0113	653	10:52.4	5:28
1160	42	Melody	Gibson	F	Wdm	IA	F4549	506	10:52.4	5:40
1161	138	Easton	Brokaw	M			M0113	654	10:52.7	5:26
1162	24	Kenneth	Heilskov	M	Des Moines	IA	M60UP	655	10:52.9	
1163	53	Weston	Brokaw	M			M1419	656	10:53.5	5:22
1164	128	Sydney	Crowley	F	Urbandale	IA	F0113	507	10:54.0	5:38
1165	42	Linda	Crowley	F	Urbandale	IA	F4044	508	10:54.2	5:38
1166	71	Peter	Hoff	M			M3034	657	10:54.4	5:24
1167	139	Penelope	Petsche	M			M0113	658	10:55.5	5:54
1168	140	Andre	Hoff	M			M0113	659	10:55.5	5:25
1169	34	Bob	Files	M			M5054	660	10:55.9	5:36
1170	69	Chase	Petsche	M			M3539	661	10:56.0	5:56
1171	141	Bobby	Daniels	M	Des Moines	IA	M0113	662	10:56.4	5:58
1172	129	Samara	Cain	F			F0113	509	10:56.5	5:34
1173	43	Kathleen	Stoll	F			F4044	510	10:57.2	4:57
1174	43	Loan	Bailey	F	Davenport	IA	F4549	511	10:57.3	5:20
1175	59	Megann	Brown	F	Polk City	IA	F2529	512	10:57.3	5:53
1176	4	Roxanne	Hopkins	F			F60UP	513	10:57.4	5:20
1177	142	Zachary	McGuire	M			M0113	663	10:57.6	5:22
1178	21	Joel	Schmidt	M	Clive	IA	M5559	664	10:57.7	5:03
1179	35	Joe	Kriegel	M			M5054	665	10:58.0	5:13
1180	40	Joan	Waweru	F	Des Moines	IA	F1419	514	10:58.3	5:47
1181	70	Brad	McGuire	M			M3539	666	10:58.3	4:57
1182	41	Halima	Wodede	F	Des Moines	IA	F1419	515	10:58.4	5:57
1183	60	Chelsea	Dellaca	F	Des Moines	IA	F2529	516	10:58.6	5:22
1184	130	Maddie	Hockmuth	F	Des Moines	IA	F0113	517	10:59.3	5:35
1185	42	Sandra	Vayvanh	F			F1419	518	10:59.7	5:21
1186	51	Holly	Davis	F			F3539	519	10:59.8	5:41
1187	72	Lal	Sah	M	West Des Moines	IA	M3034	667	10:59.8	5:55
1188	143	Brennen	Bhave	M	Ames	IA	M0113	668	11:00.3	5:13
1189	131	Bradie	Bhave	F	Ames	IA	F0113	520	11:00.5	5:12
1190	52	Billie	Barr	F			F3539	521	11:00.6	5:24
1191	144	Eli	Fox	M			M0113	669	11:00.7	5:44
1192	25	Richard	Townsend	M	Johnston	IA	M60UP	670	11:01.3	5:06
1193	5	Sandy	Hildestad	F	Des Moines	IA	F60UP	522	11:01.8	5:06
1194	61	Jill	Fisher	F	Altoona	IA	F2529	523	11:02.0	5:28
1195	53	Rachel	Ehlis	F			F3539	524	11:02.4	5:32
1196	145	Ayden	Jenkins	M			M0113	671	11:02.8	5:09
1197	44	Kathy	Hagar	F			F4044	525	11:02.8	5:08
1198	63	Lynnae	Miller	F			F3034	526	11:02.8	5:09
1199	146	Braylen	Jenkins	M			M0113	672	11:03.0	5:09
1200	64	Jessica	Jarecki	F	West Des Moines	IA	F3034	527	11:03.0	5:10
1201	23	Nancy	Withers	F	Clive	IA	F5054	528	11:03.6	5:28

1202	147	Jakob	Kjellberg	M	Indianola	IA	M0113	673	11:03.8	5:45
1203	132	Natalie	Holmes	F	Des Moines	IA	F0113	529	11:03.9	5:36
1204	45	Kellie	Hockmuth	F	Des Moines	IA	F4044	530	11:04.3	5:35
1205	133	Gabrielle	St. Amour	F	Des Moines	IA	F0113	531	11:04.4	5:41
1206	46	Rachelle	Kjellberg	F	Indianola	IA	F4044	532	11:04.5	5:45
1207	13	Mary Ellen	Burr	F			F5559	533	11:04.9	5:24
1208	47	Annabel	St. Amour	F	Des Moines	IA	F4044	534	11:05.7	5:43
1209	134	Elise	Petsche	F			F0113	535	11:07.1	5:56
1210	135	Piper	Jefferson	F	Des Moines	IA	F0113	536	11:07.6	5:39
1211	136	Abby	Bowen	F	Dallas Center	IA	F0113	537	11:07.9	5:37
1212	71	Eric	Bowen	M	Dallas Center	IA	M3539	674	11:08.2	5:38
1213	54	Randi Jo	Rowedder	F	West Des Moines	IA	F3539	538	11:08.7	5:30
1214	24	Barbara	Hawley	F	West Des Moines	IA	F5054	539	11:11.7	5:25
1215	50	Benjamin	Williams	M	Des Moines	IA	M2024	675	11:12.0	5:24
1216	48	Laura	Herbst	F	Urbandale	IA	F4044	540	11:14.1	5:31
1217	25	Tammy	Steinwandt	F	Waukee	IA	F5054	541	11:14.3	5:34
1218	65	Elizabeth	Mosley	F	Ankeny	IA	F3034	542	11:14.4	5:17
1219	44	Victoria	Daniels	F			F4549	543	11:14.5	5:43
1220	148	Lucas	Daniels	M	Des Moines	IA	M0113	676	11:14.5	6:02
1221	55	Jennifer	Daniels	F	Des Moines	IA	F3539	544	11:15.0	6:02
1222	66	Amber	Barker	F	Urbandale	IA	F3034	545	11:15.4	5:41
1223	62	Ciara	Ladroma	F			F2529	546	11:15.5	5:19
1224	72	Andy	Fish	M			M3539	677	11:15.5	5:41
1225	149	Ty	Fish	M			M0113	678	11:15.7	5:41
1226	56	Jackie	Dydel	F	Newton	IA	F3539	547	11:16.6	5:33
1227	73	Josh	Wright	M	Pleasant Hill	IA	M3034	679	11:17.5	5:57
1228	45	Emily	Vogel	F	West Des Moines	IA	F2024	548	11:18.2	5:11
1229	150	Luke	Hassel	M	Ankeny	IA	M0113	680	11:18.5	6:08
1230	63	Christa	Vander Weerd	F	Newton	IA	F2529	549	11:18.5	5:20
1231	43	Ramla	Umatoni	F	Des Moines	IA	F1419	550	11:18.9	5:58
1232	49	Jill	McBroom	F	West Des Moines	IA	F4044	551	11:19.1	5:32
1233	73	Ryan	Hassel	M	Ankeny	IA	M3539	681	11:19.4	6:07
1234	57	Dawn	Lehman	F	Des Moines	IA	F3539	552	11:20.0	5:23
1235	67	Megan	Hassel	F	Ankeny	IA	F3034	553	11:20.5	6:07
1236	137	Kathryn	Pierick	F			F0113	554	11:20.7	5:40
1237	74	Joe	Gallo	M			M3539	682	11:20.9	
1238	138	Jessica	Kappenman	F	West Des Moines	IA	F0113	555	11:21.4	6:05
1239	139	Cloe	Crigger	F	West Des Moines	IA	F0113	556	11:21.4	6:05
1240	45	Kelly	Berard	F			F4549	557	11:21.7	5:33
1241	140	Louise	Gallo	F			F0113	558	11:22.0	
1242	50	Maggie	Rhodes	F			F4044	559	11:22.3	5:48
1243	46	Marni	Smith	F			F4549	560	11:22.4	5:46
1244	58	Rebecca	Armes	F	West Des Moines	IA	F3539	561	11:23.6	5:24
1245	151	Jeron	Eastwood	M			M0113	683	11:23.6	6:21
1246	47	Michelle	Leonard	F	Urbandale	IA	F4549	562	11:23.7	6:05
1247	6	Janet	Dutcher	F	Urbandale	IA	F60UP	563	11:24.5	5:37
1248	141	Audrey	Kongtahworn	F			F0113	564	11:24.7	6:00
1249	59	Molly	Kongtahworn	F			F3539	565	11:24.8	6:00
1250	64	Sarah	Tucker	F			F2529	566	11:25.3	5:38
1251	152	Andrew	Tucker	M			M0113	684	11:25.5	5:37
1252	142	Alyssa	Tucker	F			F0113	567	11:26.2	5:38
1253	143	Margaux	Laporte	F	Des Moines	IA	F0113	568	11:28.0	5:04
1254	144	Lauren	Gotschall	F	Ankeny	IA	F0113	569	11:28.9	5:30
1255	68	Kate	Gotschall	F	Ankeny	IA	F3034	570	11:29.9	5:30
1256	58	Michael	Urich	M			M4549	685	11:30.1	6:16
1257	48	Mindee	Jensen	F			F4549	571	11:30.1	6:12
1258	145	Paige	Cottrell	F			F0113	572	11:30.2	5:36
1259	60	Janet	Tan	F	West Des Moines	IA	F3539	573	11:30.4	6:12
1260	75	Travis	Cottrell	M			M3539	686	11:30.5	5:36
1261	153	Mason	Clark	M	Des Moines	IA	M0113	687	11:30.5	5:54
1262	146	Melody	Urich	F			F0113	574	11:30.6	6:16
1263	147	Alexa	Jensen	F			F0113	575	11:30.7	6:14
1264	148	Lucy	Matlock	F			F0113	576	11:31.2	5:25
1265	51	Jay	Moulton	F	Hartford	IA	F4044	577	11:31.3	5:21
1266	74	Mark	Pearson	M			M3034	688	11:31.4	5:25
1267	46	Jordan	Bixler	F	Des Moines	IA	F2024	578	11:31.6	5:20
1268	149	Jade	Hogarty	F	West Des Moines	IA	F0113	579	11:31.7	6:14
1269	49	Deanna	Srail	F			F4549	580	11:32.0	5:30
1270	65	Bethany	Stanley	F	Bondurant	IA	F2529	581	11:32.4	5:37
1271	150	Sarah	Symonds	F	Des Moines	IA	F0113	582	11:33.2	5:46
1272	47	Monique	Oakley	F			F2024	583	11:33.6	5:46
1273	75	Brian	Humphrey	M			M3034	689	11:33.8	6:09
1274	71	Steve	Greene	M			M2529	690	11:34.0	5:15
1275	74	Matt	Brennecke	M			M4044	691	11:34.1	6:38
1276	76	Brian	Clark	M	Des Moines	IA	M3539	692	11:34.3	5:55
1277	52	Maureen	Jefferson	F	Des Moines	IA	F4044	584	11:34.4	5:46
1278	48	Marissa	Townsley	F			F2024	585	11:34.7	5:15
1279	151	Jacey	Brennecke	F			F0113	586	11:34.9	6:38
1280	152	Delaney	Clark	F	Des Moines	IA	F0113	587	11:35.1	5:57
1281	61	Jessica	Clark	F	Des Moines	IA	F3539	588	11:35.4	5:58
1282	14	Kris	Watson	F	Des Moines	IA	F5559	589	11:36.6	5:40
1283	59	Chuck	Larson	M	West Des Moines	IA	M4549	693	11:36.7	5:28
1284	66	Allison	Berg	F	Ankeny	IA	F2529	590	11:37.0	5:40
1285	67	Angela	Andresen	F	Des Moines	IA	F2529	591	11:37.1	5:42
1286	76	George	Miller	M			M3034	694	11:37.5	5:08
1287	154	Julian	Mizer	M	West Des Moines	IA	M0113	695	11:37.8	5:53
1288	69	Heidi	Mizer	F	West Des Moines	IA	F3034	592	11:37.9	5:53
1289	62	Laura	Lockard	F	Des Moines	IA	F3539	593	11:38.5	5:15
1290	49	Christine	Setsodi	F	Des Moines	IA	F2024	594	11:38.6	5:54
1291	53	Heather	Laporte	F	Des Moines	IA	F4044	595	11:38.9	5:11
1292	155	Gus	Sanders	M	Des Moines	IA	M0113	696	11:39.1	5:16
1293	153	Nora	Laporte	F	Des Moines	IA	F0113	596	11:39.2	5:00
1294	154	Jordyn	Green	F			F0113	597	11:39.4	5:44
1295	155	Jada	Daye	F			F0113	598	11:39.7	5:43
1296	68	Lindsey	Daye	F			F2529	599	11:40.3	5:44

1297	54	Rachelle	Setsodi	F	Des Moines	IA	F4044	600	11:40.7	5:55
1298	63	Saudia	Khan-Cowman	F	Urbandale	IA	F3539	601	11:42.0	5:51
1299	77	Adam	Matlock	M			M3539	697	11:43.1	5:38
1300	50	Jerilyn	Phillips	F			F2024	602	11:43.5	6:26
1301	70	Mala	Vilayvong	F	Des Moines	IA	F3034	603	11:44.6	6:32
1302	71	Amelia	Vilayvong	F	Des Moines	IA	F3034	604	11:45.0	6:32
1303	78	Lance	Stierman	M	Urbandale	IA	M3539	698	11:45.7	5:36
1304	156	Brennan	Stierman	M	Urbandale	IA	M0113	699	11:46.2	5:36
1305	55	Chris	May	F			F4044	605	11:47.3	5:39
1306	26	Beth	Steven	F			F5054	606	11:48.4	5:45
1307	157	Benjamin	Thompson	M			M0113	700	11:48.9	6:19
1308	51	Taylor	Buchanan	F	Indianola	IA	F2024	607	11:50.3	5:21
1309	77	Ryan	Thompson	M			M3034	701	11:50.8	6:19
1310	158	Evan	Thompson	M			M0113	702	11:51.5	
1311	15	Signor	Vicki	F			F5559	608	11:51.6	5:47
1312	156	Caitlyn	Knebel	F			F0113	609	11:52.2	5:31
1313	159	Anthony	Hager	M	Urbandale	IA	M0113	703	11:54.3	5:47
1314	160	Shubham	Sah	M	West Des Moines	IA	M0113	704	11:54.7	5:56
1315	161	Rohan	Sah	M	West Des Moines	IA	M0113	705	11:55.3	5:56
1316	60	Chandrashekar	Vijayaraghavan	M			M4549	706	11:55.5	5:36
1317	27	Brigid	Rocca	F			F5054	610	11:57.4	5:41
1318	56	Michele	McAnally	F			F4044	611	11:57.5	5:46
1319	162	Andrew	Knapp	M	Des Moines	IA	M0113	707	12:00.2	6:08
1320	64	Tina	Koenen	F	Carlisle	IA	F3539	612	12:00.3	6:01
1321	157	Hallie	Vallejo	F	Clive	IA	F0113	613	12:00.3	5:20
1322	7	Bente	Hoegsberg	F	Little Compton	RI	F60UP	614	12:00.7	6:00
1323	44	Katie	Moon	F	West Des Moines	IA	F1419	615	12:01.0	6:09
1324	75	John	Nikas	M			M4044	708	12:01.4	5:43
1325	163	Ben	Jones	M	West Des Moines	IA	M0113	709	12:01.7	6:07
1326	50	Janel	Wells	F			F4549	616	12:02.1	6:00
1327	51	Dianna	Nash	F			F4549	617	12:02.5	5:45
1328	65	Angie	Harrington	F	Clive	IA	F3539	618	12:04.3	5:53
1329	57	Stephanie	Verwers	F	Pleasant Hill	IA	F4044	619	12:05.1	5:50
1330	22	Andy	Anderson	M			M5559	710	12:05.3	6:09
1331	76	Greg	Jones	M	West Des Moines	IA	M4044	711	12:05.9	6:07
1332	79	Eric	Knapp	M	Des Moines	IA	M3539	712	12:06.0	6:10
1333	164	Charlie	Jones	M	West Des Moines	IA	M0113	713	12:06.0	6:08
1334	45	Naleesa	Narayan	F			F1419	620	12:06.4	6:43
1335	158	Julia	Knapp	F	Des Moines	IA	F0113	621	12:06.4	6:11
1336	8	Bonnie	Qualley	F	Des Moines	IA	F60UP	622	12:07.3	5:52
1337	80	Nathan	Cole	M	Ankeny	IA	M3539	714	12:07.4	6:21
1338	46	Natasha	Narayan	F			F1419	623	12:07.6	6:43
1339	159	Adalyn	Thompson	F			F0113	624	12:07.6	6:35
1340	66	Alicia	Knapp	F	Des Moines	IA	F3539	625	12:07.7	6:12
1341	160	Emily	Cole	F	Ankeny	IA	F0113	626	12:07.9	6:23
1342	72	Elizabeth	Thompson	F			F3034	627	12:08.2	6:35
1343	52	Chanthip	Vayvanh	F			F4549	628	12:08.6	6:15
1344	165	Andrew	Cole	M	Ankeny	IA	M0113	715	12:08.6	
1345	166	Luke	Fagen	M			M0113	716	12:09.2	5:47
1346	58	Kris	Fagen	F			F4044	629	12:09.6	5:47
1347	167	Cole	Fagen	M			M0113	717	12:09.9	5:47
1348	72	Isaiah	Oakley	M			M2529	718	12:11.1	5:45
1349	67	Amber	Cole	F	Ankeny	IA	F3539	630	12:11.2	6:23
1350	68	Chandahn	Sophan	F			F3539	631	12:11.7	6:03
1351	168	Nikson	Vansylalom	M	Waukee	IA	M0113	719	12:16.3	7:04
1352	59	Toi	Baccam	F			F4044	632	12:16.4	5:59
1353	73	Chommany	Vansylalom	F	Waukee	IA	F3034	633	12:16.5	7:02
1354	28	Rachelle	Sorensen	F	West Des Moines	IA	F5054	634	12:16.8	5:53
1355	47	Teodora	Jordeva	F			F1419	635	12:18.6	5:34
1356	78	Nik	Vansylalom	M	Waukee	IA	M3034	720	12:20.1	7:04
1357	74	Southida	Cavan	F	Johnston	IA	F3034	636	12:21.6	5:55
1358	77	Tim	Woodyard	M			M4044	721	12:21.9	5:51
1359	81	Aaron	Herman	M	Clive	IA	M3539	722	12:22.0	6:00
1360	161	Avery	Herman	F	Clive	IA	F0113	637	12:22.0	6:03
1361	16	Lu Ann	Pedrick	F	Urbandale	IA	F5559	638	12:22.5	5:55
1362	29	Marsha	Sharp	F	Clive	IA	F5054	639	12:23.1	6:08
1363	169	Skyler	Vong	M	Johnston	IA	M0113	723	12:24.1	5:56
1364	170	Nate	Hunt	M			M0113	724	12:24.2	6:27
1365	61	Dan	Hunt	M			M4549	725	12:24.5	6:25
1366	48	Alexis	Knebel	F			F1419	640	12:24.8	5:34
1367	162	Macey	Enga	F			F0113	641	12:25.9	6:03
1368	69	Coreen	Jackson	F			F3539	642	12:26.0	6:03
1369	62	Boun	Vayvanh	M			M4549	726	12:27.3	6:21
1370	49	Kiera	O'Dell Manual	F			F1419	643	12:30.2	6:30
1371	60	Angela	Hunt	F			F4044	644	12:31.0	6:28
1372	163	Natalie	Hunt	F			F0113	645	12:31.5	6:29
1373	61	Michelle	Bruner	F			F4044	646	12:31.9	6:12
1374	62	Sandy	Landin	F			F4044	647	12:32.7	6:08
1375	171	Zachary	Landin	M			M0113	727	12:33.1	6:08
1376	53	Susie	Stroud	F	Des Moines	IA	F4549	648	12:33.4	6:09
1377	172	Ethan	Lovan	M			M0113	728	12:33.9	
1378	30	Karen	Romano	F	Johnston	IA	F5054	649	12:34.0	6:09
1379	75	Stacy	Lovan	F			F3034	650	12:34.0	6:31
1380	69	Amanda	Mead	F			F2529	651	12:34.7	5:37
1381	73	Benjamin	Mead	M			M2529	729	12:35.1	5:37
1382	23	Michael	Finan	M	Johnston	IA	M5559	730	12:35.3	5:37
1383	70	Amanda	Daum	F	West Des Moines	IA	F2529	652	12:35.5	6:20
1384	54	Lisa	Green	F			F4549	653	12:35.6	6:07
1385	71	Jordan	Marsh	F	West Des Moines	IA	F2529	654	12:35.8	6:21
1386	52	Emily	Foegen	F			F2024	655	12:35.9	6:08
1387	53	Shelby	Miller	F			F2024	656	12:36.8	6:09
1388	36	Thomas	Williams	M	Des Moines	IA	M5054	731	12:39.3	5:31
1389	50	Jamoni	Hughes	F			F1419	657	12:42.3	4:58
1390	164	Makya	Miller	F	Des Moines	IA	F0113	658	12:42.5	5:45
1391	55	Cindy	Maruth	F			F4549	659	12:42.8	6:14

1392	173	Eli	Hummel	M	West Des Moines	IA	M0113	732	12:42.9	6:22
1393	70	Jess	Pendleton	F			F3539	660	12:43.4	6:28
1394	82	Joel	Konen	M	Ankeny	IA	M3539	733	12:44.1	6:02
1395	76	Dawn	Barber	F	Newton	IA	F3034	661	12:44.3	6:03
1396	78	Nick	Pendleton	M			M4044	734	12:44.3	6:29
1397	54	Norah	Carroll	F	West Des Moines	IA	F2024	662	12:44.4	6:05
1398	31	Connie	Toyne	F	Ankeny	IA	F5054	663	12:44.7	6:28
1399	17	Peggy	Daniels	F	Saint Charles	IA	F5559	664	12:45.0	6:27
1400	9	Jacqueline	Grier	F	Monroe	IA	F60UP	665	12:47.6	6:24
1401	79	Christian	Petree	M	Des Moines	IA	M4044	735	12:47.7	6:15
1402	83	Bradley	Grier	M	Des Moines	IA	M3539	736	12:47.7	6:25
1403	56	Tina	Brennecke	F			F4549	666	12:49.5	6:42
1404	63	Mark	Brumm	M			M4549	737	12:50.0	6:46
1405	57	Debbie	Short	F			F4549	667	12:50.1	6:37
1406	71	Angie	Cottrell	F			F3539	668	12:50.1	6:18
1407	58	Heidi	Short	F			F4549	669	12:50.3	6:38
1408	165	Jocelyn	Cottrell	F			F0113	670	12:51.0	6:19
1409	24	Kemp	Johnson	M			M5559	738	12:51.5	7:04
1410	32	Joyce	Giles	F			F5054	671	12:51.9	7:06
1411	174	Zachary	Brumm	M			M0113	739	12:52.3	6:48
1412	175	Julian	Coke	M			M0113	740	12:53.0	6:35
1413	77	Sherrri	Allen	F			F3034	672	12:53.5	6:36
1414	63	Debbie	Hummel	F	West Des Moines	IA	F4044	673	12:53.5	6:22
1415	10	Patricia	Hand	F			F60UP	674	12:53.7	6:32
1416	18	Marilyn	Dowell	F			F5559	675	12:54.2	6:31
1417	59	Pam	Dye	F			F4549	676	12:54.5	6:21
1418	60	Julia	Phillips	F			F4549	677	12:57.8	6:27
1419	61	Cynthia	Shepherd	F			F4549	678	13:01.2	6:46
1420	72	Emily	Bibler	F	Grimes	IA	F2529	679	13:01.9	6:53
1421	19	Michele	Druker	F			F5559	680	13:01.9	6:52
1422	62	Rochean	Cofield	F	Grimes	IA	F4549	681	13:03.0	6:52
1423	79	Luke	Fife	M			M3034	741	13:06.5	7:02
1424	166	Ireland	Fife	F			F0113	682	13:06.6	7:03
1425	11	Luanne	Dezwarte	F	Knoxville	IA	F60UP	683	13:08.2	6:24
1426	37	Brian	Shepherd	M			M5054	742	13:08.6	7:02
1427	176	Devin	Morey	M			M0113	743	13:09.0	6:55
1428	63	Lori	Waters	F	Altoona	IA	F4549	684	13:09.3	6:46
1429	38	Mike	Mitchell	M			M5054	744	13:09.8	6:44
1430	80	Jamie	Morey	M			M4044	745	13:10.9	6:57
1431	177	Nash	Sanders	M	Des Moines	IA	M0113	746	13:11.1	6:37
1432	54	Brandon	Vayvanh	M			M1419	747	13:11.8	6:06
1433	167	Mackayla	Vayvanh	F			F0113	685	13:12.0	6:06
1434	64	Julia	Koster	F	Winterset	IA	F4549	686	13:12.6	6:45
1435	84	Dallas	Sanders	M	Des Moines	IA	M3539	748	13:13.3	6:36
1436	78	Anita	Sah	F	West Des Moines	IA	F3034	687	13:16.4	6:19
1437	55	Jaylen	Tiao	M			M1419	749	13:16.9	5:59
1438	178	Braylon	Theulen	M			M0113	750	13:17.0	6:35
1439	80	Trevor	Theulen	M			M3034	751	13:17.3	6:36
1440	64	Glenn	Ivers	M	Winterset	IA	M4549	752	13:19.1	6:24
1441	168	McCaelyn	Casey	F	Des Moines	IA	F0113	688	13:21.2	6:38
1442	79	Tiffany	McCuiaston	F	Des Moines	IA	F3034	689	13:21.2	6:38
1443	179	Lincoln	Fox	M			M0113	753	13:21.8	5:45
1444	65	Mara	Neal	F	Des Moines	IA	F4549	690	13:21.8	6:22
1445	64	Jen	Mead	F			F4044	691	13:22.1	6:30
1446	80	Beth	Fox	F			F3034	692	13:22.6	5:46
1447	73	Kait	Patchett	F	Des Moines	IA	F2529	693	13:23.2	8:03
1448	26	David	Miller	M	Urbandale	IA	M60UP	754	13:23.7	6:18
1449	180	Lincoln	Miller	M	Urbandale	IA	M0113	755	13:24.1	6:18
1450	81	John	Lickteig	M			M3034	756	13:24.4	
1451	72	Hilary	Winn	F	Kansas City	MO	F3539	694	13:24.5	5:01
1452	33	Carolyn	Sutton	F	Des Moines	IA	F5054	695	13:24.6	6:20
1453	25	Steve	Wasson	M	Urbandale	IA	M5559	757	13:24.6	6:29
1454	181	Reed	Sievers	M	Des Moines	IA	M0113	758	13:26.9	7:46
1455	65	Jody	Knebel	F			F4044	696	13:27.1	6:17
1456	55	Melanie	Kronick	F			F2024	697	13:27.4	6:15
1457	20	Rita	Leitzinger	F	Des Moines	IA	F5559	698	13:28.5	6:20
1458	12	Garnet	Nordine	F	Des Moines	IA	F60UP	699	13:28.9	6:33
1459	82	Rave	Reddy	M			M3034	759	13:29.0	4:37
1460	81	Carol Jay	Nalavelli	F	West Des Moines	IA	F3034	700	13:29.5	
1461	66	Diane	Nauman	F	Des Moines	IA	F4549	701	13:29.7	6:18
1462	83	Ryan	Galles	M			M3034	760	13:29.8	6:57
1463	169	Ellerie	Galles	F			F0113	702	13:29.8	6:57
1464	73	Courtney	Hiaring	F	Clive	IA	F3539	703	13:31.0	6:22
1465	82	Erica	Abell-Holland	F	Des Moines	IA	F3034	704	13:32.8	5:40
1466	170	Vera	Holland	F	Des Moines	IA	F0113	705	13:33.2	5:40
1467	56	Amra	Beganovic	F	Des Moines	IA	F2024	706	13:33.9	7:38
1468	171	Addison	Frederick	F			F0113	707	13:34.2	7:12
1469	85	Bill	Fox	M			M3539	761	13:34.4	6:28
1470	74	Amy	Frederick	F			F3539	708	13:34.5	7:11
1471	75	Kavitha	Anna	F			F3539	709	13:34.8	7:16
1472	21	Annette	Owenson	F			F5559	710	13:35.0	6:42
1473	172	Wren	Fox	F			F0113	711	13:35.2	6:29
1474	74	Cassie	Chia	F	Des Moines	IA	F2529	712	13:35.5	7:36
1475	173	Mayuri	Anna	F			F0113	713	13:35.7	7:17
1476	76	Toni	White	F			F3539	714	13:35.7	7:19
1477	174	Luci	White	F			F0113	715	13:35.9	7:19
1478	13	Janet	Goode	F	Des Moines	IA	F60UP	716	13:36.0	6:41
1479	86	Christopher	White	M			M3539	762	13:37.7	7:15
1480	182	Cameron	White	M			M0113	763	13:39.1	7:16
1481	175	Alexa	Fitzgerald	F	Ankeny	IA	F0113	717	13:39.5	6:52
1482	83	Erica	Fitzgerald	F	Ankeny	IA	F3034	718	13:39.6	6:52
1483	176	Natalee	Cochran	F	Cambridge	IA	F0113	719	13:42.4	7:02
1484	22	Jo	Veatch	F			F5559	720	13:42.9	7:01
1485	77	Stephanie	Segal	F			F3539	721	13:42.9	6:40
1486	34	Rona	Berinobis	F			F5054	722	13:43.3	8:07

1487	23	Carla	Steele	F		F5559	723	13:44.5	7:16	
1488	78	Diana	Lumadue	F		F3539	724	13:44.7	7:16	
1489	177	Makenzie	Lumadue	F		F0113	725	13:44.8	7:15	
1490	81	Rob	Merschbrock	M		M4044	764	13:46.0	6:53	
1491	178	Abby	Merschbrock	F		F0113	726	13:46.6	6:53	
1492	75	Andi	Clear	F	Desoto	IA	F2529	727	13:46.9	6:36
1493	65	Andy	Lumadue	M		M4549	765	13:47.0	7:18	
1494	56	Giorgio	Rossi	M		M1419	766	13:47.5	7:51	
1495	57	Mason	Lovan	M		M1419	767	13:47.8	7:51	
1496	87	Mathew	Coen	M	Des Moines	IA	M3539	768	13:48.6	7:04
1497	24	Brooke	Benschoter	F	Des Moines	IA	F5559	728	13:50.1	6:45
1498	84	Jennifer	Donovan	F	Ames	IA	F3034	729	13:51.0	6:40
1499	66	Dawn	McGuire	F		F4044	730	13:51.2	7:03	
1500	79	Kim	Rodgers Smith	F		F3539	731	13:51.3	6:41	
1501	25	Sheila	Mansfield	F	West Des Moines	IA	F5559	732	13:52.0	6:32
1502	82	Neil	Haauser	M	West Des Moines	IA	M4044	769	13:53.0	6:30
1503	80	Michele	Pruisner	F		F3539	733	13:53.6	7:15	
1504	179	Macee	Pruisner	F		F0113	734	13:53.6	7:15	
1505	26	Doug	Augustine	M		M5559	770	13:54.2	6:51	
1506	180	Avaree	Smith	F	Cambridge	IA	F0113	735	13:54.4	7:03
1507	74	Jesse	Cochran	M	Cambridge	IA	M2529	771	13:54.5	7:03
1508	181	Desaray	Cochran	F	Cambridge	IA	F0113	736	13:55.4	7:04
1509	76	Jamie	Smith	F	Cambridge	IA	F2529	737	13:55.6	7:04
1510	67	Tracy	Hendrix	F		F4549	738	13:55.8	6:53	
1511	58	Devonte	Sanders	M		M1419	772	13:56.1	6:52	
1512	81	Tracy	Myers	F	Polk City	IA	F3539	739	13:57.7	6:57
1513	85	Emily	Kayrish	F	Olathe	KS	F3034	740	13:57.8	7:06
1514	84	Brett	Shady	M	Des Moines	IA	M3034	773	13:58.0	6:49
1515	57	Lauren	Arndorfer	F	Des Moines	IA	F2024	741	13:58.2	8:01
1516	77	Natasha	Sayles	F	Des Moines	IA	F2529	742	13:58.3	7:06
1517	86	Samantha	Gallo	F		F3034	743	13:58.3	7:06	
1518	182	Lily	Briggeman	F		F0113	744	13:58.9	7:35	
1519	183	Luke	Kennedy	M	West Des Moines	IA	M0113	774	13:59.0	6:44
1520	78	Megan	Shady	F	Des Moines	IA	F2529	745	13:59.3	6:50
1521	83	Tad	Kennedy	M	West Des Moines	IA	M4044	775	13:59.4	6:44
1522	67	Crysti	Brumm	F		F4044	746	13:59.6	7:14	
1523	183	Anna	Briggeman	F		F0113	747	14:01.0	7:35	
1524	82	Fawnn	Briggeman	F		F3539	748	14:01.2	7:35	
1525	88	David	Wozniak	M	Des Moines	IA	M3539	776	14:01.3	6:11
1526	51	Taylor	Baber	F	Hartford	IA	F1419	749	14:02.4	6:16
1527	184	Cecelia	Gallo	F		F0113	750	14:02.4	7:11	
1528	79	Samantha	Kampman	F	Ankeny	IA	F2529	751	14:03.7	8:06
1529	66	Rajesh	Gupta	M		M4549	777	14:04.6	7:46	
1530	185	Anushka	Gupta	F		F0113	752	14:05.3	7:47	
1531	184	Ian	Coen	M	Des Moines	IA	M0113	778	14:05.4	7:02
1532	35	Terri	Johnson	F		F5054	753	14:05.6	7:05	
1533	185	Carson	Myers	M	Ankeny	IA	M0113	779	14:09.1	7:52
1534	84	Lloyd	Myers	M	Ankeny	IA	M4044	780	14:09.8	7:51
1535	186	Brette	Bentz	F		F0113	754	14:12.7	7:24	
1536	187	Hallie	Fucaloro	F		F0113	755	14:12.8	7:00	
1537	186	Aidan	Champion	M	Des Moines	IA	M0113	781	14:13.2	6:50
1538	83	Tracy	Fucaloro	F		F3539	756	14:13.4	7:00	
1539	84	Rebecca	Falk	F		F3539	757	14:13.4	7:23	
1540	188	Peyton	Falk	F		F0113	758	14:13.5	7:22	
1541	68	Cheryl	Huffman	F		F4044	759	14:13.7		
1542	189	Allexis	Fucaloro	F		F0113	760	14:13.7	7:00	
1543	190	Lily	Simmons	F	Bondurant	IA	F0113	761	14:16.9	7:12
1544	58	Tiffany	Simmons	F	Bondurant	IA	F2024	762	14:17.2	7:14
1545	75	Justin	Simmons	M	Bondurant	IA	M2529	782	14:17.7	7:12
1546	26	Terry	Demaray	F		F5559	763	14:18.5	7:32	
1547	69	Michelle	Champion	F	Des Moines	IA	F4044	764	14:20.6	6:51
1548	191	Anusha	Adhikari	F		F0113	765	14:21.1	7:22	
1549	85	Bikal	Adhikari	M		M4044	783	14:21.2	7:22	
1550	52	Nyla	Lamp	F		F1419	766	14:22.5	9:00	
1551	187	Sam	Symonds	M	Des Moines	IA	M0113	784	14:25.3	7:15
1552	188	Alex	Myers	M	Ankeny	IA	M0113	785	14:25.4	7:51
1553	192	Emily	Gotschall	F	Ankeny	IA	F0113	767	14:26.4	7:05
1554	89	Matt	Gotschall	M	Ankeny	IA	M3539	786	14:26.5	7:06
1555	87	Jennifer	Nelsen	F		F3034	768	14:26.7	7:14	
1556	70	Jennifer	Allen	F	Winterset	IA	F4044	769	14:27.0	6:45
1557	67	Brent	Huffman	M		M4549	787	14:27.0	7:11	
1558	71	Claire	Olsem	F	Altoona	IA	F4044	770	14:27.0	7:30
1559	193	Breeze	Bentz	F		F0113	771	14:27.4		
1560	85	Bobbi	Bentz	F		F3539	772	14:27.7		
1561	36	Elizabeth	Winders	F	Urbandale	IA	F5054	773	14:28.5	7:30
1562	194	Madison	White	F	Altoona	IA	F0113	774	14:28.7	7:31
1563	27	Zlatko	Beganovic	M	Des Moines	IA	M5559	788	14:29.0	7:33
1564	195	Taylor	Warden	F		F0113	775	14:29.3	7:16	
1565	27	Margarita	Moreno	F		F5559	776	14:29.6	6:39	
1566	189	Noah	White	M	Altoona	IA	M0113	789	14:29.7	7:30
1567	28	Mindy	Moots	F		F5559	777	14:30.1	7:30	
1568	190	Talon	Wanderscheid	M		M0113	790	14:30.9	7:09	
1569	90	Lindsey	Wanderscheid	M		M3539	791	14:31.3	7:09	
1570	88	Katie	Hoff	F		F3034	778	14:32.7	7:36	
1571	68	Protima	Mukherjee	F		F4549	779	14:32.8	7:35	
1572	191	Jordan	Hoff	M		M0113	792	14:33.4	7:39	
1573	39	Robert	Lennon	M		M5054	793	14:34.2	7:19	
1574	40	Manish	Mukherjee	M		M5054	794	14:34.3	7:36	
1575	91	Timothy	Laake	M	Ankeny	IA	M3539	795	14:40.8	7:37
1576	80	Katie	Crookshank	F	Grimes	IA	F2529	780	14:41.4	7:37
1577	14	Deborah	Symonds	F	Des Moines	IA	F60UP	781	14:41.4	7:16
1578	196	Margaret	Laake	F	Ankeny	IA	F0113	782	14:41.4	7:37
1579	89	Colleen	Griess	F	Urbandale	IA	F3034	783	14:42.9	7:18
1580	37	Paula	Binkley Bittick	F		F5054	784	14:46.4	7:34	
1581	41	Craig	Bittick	M		M5054	796	14:46.6	7:33	

1582	15	Jane	Terrill	F	Ames	IA	F60UP	785	14:47.0	7:20
1583	27	Stephen	Terrill	M	Ames	IA	M60UP	797	14:49.1	7:39
1584	76	Sarah	Cooper	M	Des Moines	IA	M2529	798	14:50.3	7:11
1585	90	Kimea	Rollen	F			F3034	786	14:52.1	
1586	197	Jiana	Wright	F			F0113	787	14:52.2	
1587	72	Stefanie	Garvis	F			F4044	788	14:52.7	
1588	198	Arriyanna	Long	F			F0113	789	14:53.4	7:34
1589	73	Ruth	Myers	F	Ankeny	IA	F4044	790	14:57.1	7:52
1590	199	Addison	Pline	F	Clive	IA	F0113	791	14:57.9	7:44
1591	28	Dan	Mead	M	Marshalltown	IA	M5559	799	14:58.1	7:45
1592	86	Brittany	Murphy	F			F3539	792	14:58.7	7:33
1593	192	Landon	Balduchi	M			M0113	800	14:59.1	7:33
1594	193	Payton	Decker	M			M0113	801	15:03.9	8:08
1595	69	Stephanie	Kempf	F	Des Moines	IA	F4549	793	15:05.7	7:19
1596	91	Heather	Bagley	F	West Des Moines	IA	F3034	794	15:05.8	8:08
1597	70	Molly	Baker	F			F4549	795	15:05.9	7:41
1598	200	Genevieve	Kempf	F	Des Moines	IA	F0113	796	15:06.3	7:19
1599	38	Kelly	Adair	F			F5054	797	15:06.7	7:20
1600	194	Andrew	Decker	M			M0113	802	15:07.1	8:09
1601	68	Kevin	Till	M			M4549	803	15:08.5	7:58
1602	92	Tai	Jenkins	F	West Des Moines	IA	F3034	798	15:08.6	7:28
1603	74	Elisa	Lewis	F	Des Moines	IA	F4044	799	15:09.5	7:36
1604	71	Jill	Urich	F			F4549	800	15:10.0	7:35
1605	29	Craig	Hartkopp	M			M5559	804	15:13.6	7:38
1606	53	Otjya	Crayton	F			F1419	801	15:14.9	7:00
1607	29	Bruceanne	Phillips	F	Des Moines	IA	F5559	802	15:15.1	
1608	39	Kathy	Weatherman	F	Des Moines	IA	F5054	803	15:15.2	7:28
1609	92	Michael	Berg	M			M3539	805	15:15.8	8:00
1610	75	Joanna	Mauk	F			F4044	804	15:18.2	7:32
1611	16	Linda	Wells	F			F60UP	805	15:18.8	7:42
1612	87	Lyle	Vetterlien	F	Des Moines	IA	F3539	806	15:19.4	7:47
1613	201	Hailey	Hines	F			F0113	807	15:20.4	7:59
1614	40	Marcia	Krois	F			F5054	808	15:22.7	7:43
1615	202	Lauren	Mauk	F			F0113	809	15:22.8	7:37
1616	28	Richard	Hensley	M	Atlantic	IA	M60UP	806	15:27.2	7:47
1617	88	Abigail	West	F	Des Moines	IA	F3539	810	15:29.4	7:35
1618	203	Coraline	Miller	F	Urbandale	IA	F0113	811	15:29.9	7:54
1619	93	Sara	Miller	F	Urbandale	IA	F3034	812	15:30.1	7:53
1620	30	Melvin	Stinde	M			M5559	807	15:30.8	7:01
1621	30	Cindy	Stinde	F			F5559	813	15:31.2	7:01
1622	86	Vathana	Lovan	M			M4044	808	15:31.8	7:39
1623	204	Julianna	Lovan	F			F0113	814	15:31.9	7:39
1624	94	Danni	Mitchell	F	Indianola	IA	F3034	815	15:34.1	7:45
1625	72	Jai	Long	F	West Des Moines	IA	F4549	816	15:35.3	7:17
1626	89	Crystal	Berg	F			F3539	817	15:35.6	7:59
1627	17	Lois	Clark	F			F60UP	818	15:35.8	8:01
1628	31	Barbara	Sackett	F			F5559	819	15:36.2	8:01
1629	18	Bonnie	Smalley	F			F60UP	820	15:36.3	8:02
1630	41	Kathy	Young	F	Adel	IA	F5054	821	15:37.6	7:44
1631	95	Mylan	Nguyen	F	Des Moines	IA	F3034	822	15:38.1	6:45
1632	76	Stacy	Hall	F			F4044	823	15:39.3	8:10
1633	195	Hunter	Hall	M			M0113	809	15:39.8	8:10
1634	73	Susan	Horras	F			F4549	824	15:41.8	8:00
1635	196	Isaac	Speltz	M			M0113	810	15:42.2	7:48
1636	205	Mateya	Speltz	F			F0113	825	15:42.6	7:47
1637	90	Diana	Hutson	F			F3539	826	15:43.9	7:50
1638	87	Tim	Horras	M			M4044	811	15:44.0	8:02
1639	96	Ena	Beganovic Norris	F	Des Moines	IA	F3034	827	15:44.4	7:32
1640	206	Carrigan	Rasmussen	F			F0113	828	15:45.2	7:24
1641	59	Azra	Beganovic	F	Des Moines	IA	F2024	829	15:45.5	7:33
1642	93	Adam	Rasmussen	M			M3539	812	15:45.5	7:25
1643	207	Lilia	Faber	F	Des Moines	IA	F0113	830	15:46.3	8:01
1644	97	Alexis	Faber	F	Des Moines	IA	F3034	831	15:46.5	8:01
1645	42	Suada	Beganovic	F	Des Moines	IA	F5054	832	15:46.5	7:40
1646	98	Tammy	Rasmussen	F			F3034	833	15:46.9	7:24
1647	208	Caitlyn	Rasmussen	F			F0113	834	15:47.4	7:24
1648	81	Courtney	Evans	F			F2529	835	15:48.3	8:18
1649	43	Mary	Wolfe	F	Des Moines	IA	F5054	836	15:52.8	8:00
1650	60	Demaree	Donaghu	F	Des Moines	IA	F2024	837	15:53.3	9:06
1651	77	Archana	Gupta	F			F4044	838	15:53.4	7:47
1652	74	Wendy	Zhang	F			F4549	839	15:53.9	8:28
1653	61	Kaitlyn	Carpenter	F	West Des Moines	IA	F2024	840	15:54.2	9:08
1654	99	Becky	Koulavongsa	F	Des Moines	IA	F3034	841	15:54.8	8:13
1655	100	Stephanie	Baccam	F	Des Moines	IA	F3034	842	15:55.9	8:15
1656	94	Brian	Kramer	M			M3539	813	15:56.3	7:58
1657	42	Dennis	Atherton	M			M5054	814	15:56.3	7:58
1658	43	Mike	Crowley	M			M5054	815	15:57.8	8:03
1659	32	Cathy	Crowley	F			F5559	843	15:58.1	8:03
1660	54	Bethany	Short	F			F1419	844	15:58.6	8:20
1661	44	Darla	Jergens	F			F5054	845	15:58.8	8:18
1662	33	Debbie	Douglas	F			F5559	846	15:58.9	8:17
1663	55	Katelyn	Short	F			F1419	847	15:59.0	8:20
1664	197	Cameron	George	M			M0113	816	15:59.2	
1665	198	Austin	Jones	M			M0113	817	15:59.6	8:16
1666	95	Chris	George	M			M3539	818	16:00.3	8:11
1667	91	Marcie	George	F			F3539	848	16:02.2	8:11
1668	75	Kim	Berthussen	F	Ankeny	IA	F4549	849	16:02.4	7:53
1669	45	Lisa	Coate	F	Polk City	IA	F5054	850	16:02.8	7:53
1670	62	Rachel	Nepp	F			F2024	851	16:03.6	7:43
1671	34	Barb	Nepp	F			F5559	852	16:04.5	7:44
1672	29	Gerald	Osmundson	M			M60UP	819	16:05.8	8:02
1673	77	Chris	Cunningham	M	Des Moines	IA	M2529	820	16:06.7	7:57
1674	101	Fatma	Bachelani	F	Des Moines	IA	F3034	853	16:06.7	8:25
1675	92	Kristin	Jones	F			F3539	854	16:06.9	8:21
1676	69	Joe	Tragesser	M			M4549	821	16:07.5	7:29

1677	93	Amy	Powers	F			F3539	855	16:08.1	7:51
1678	209	Ember	Tragesser	F			F0113	856	16:08.1	
1679	199	Aidan	Powers	M			M0113	822	16:08.7	7:52
1680	31	George	Griffith	M			M5559	823	16:09.5	8:10
1681	70	Lawrence	Enos	M	Des Moines	IA	M4549	824	16:10.4	8:02
1682	35	Joanne	Dunlap	F	Des Moines	IA	F5559	857	16:10.7	8:02
1683	102	Angela	Pline	F	Clive	IA	F3034	858	16:11.1	8:03
1684	36	Deb	Mead	F	Marshalltown	IA	F5559	859	16:11.2	8:04
1685	44	Balachandran	Nair	M			M5054	825	16:11.9	7:49
1686	76	Debbie	Ford	F			F4549	860	16:12.0	8:11
1687	94	Mary	Schmitt	F			F3539	861	16:12.6	8:12
1688	71	Joly	Joseph	M			M4549	826	16:12.8	7:49
1689	77	Shari	Naughton	F	Des Moines	IA	F4549	862	16:12.9	8:29
1690	78	Arun	Achuthan	M			M2529	827	16:13.0	7:49
1691	78	Vikki	Rinker	F			F4549	863	16:13.2	8:12
1692	46	Judy	Brisel	F	Newton	IA	F5054	864	16:13.8	8:09
1693	85	Dan	Dykstra	M			M3034	828	16:14.2	8:10
1694	47	Carla	Grubb	F	Des Moines	IA	F5054	865	16:14.4	8:09
1695	103	Jena	Dykstra	F			F3034	866	16:14.4	8:11
1696	78	Monica	McDowell	F			F4044	867	16:14.7	8:16
1697	37	Darcy	Piffer	F			F5559	868	16:15.6	8:16
1698	79	Julie	Nuehring	F			F4044	869	16:15.6	8:15
1699	45	Tim	Hermann	M			M5054	829	16:16.7	8:14
1700	82	Jaime	Thies	F			F2529	870	16:16.7	8:01
1701	46	Amarhath	Kannoly	M			M5054	830	16:17.4	8:14
1702	80	Rebecca	Decker	F			F4044	871	16:17.9	8:10
1703	79	Sarah	Evans	F			F4549	872	16:17.9	8:17
1704	104	Nicole	Galles	F			F3034	873	16:18.3	7:44
1705	19	Laura	Galusha	F	Indianola	IA	F60UP	874	16:19.4	8:12
1706	105	Lisa	Curry	F			F3034	875	16:20.1	8:15
1707	38	Karen	Pavlik	F			F5559	876	16:20.4	8:16
1708	80	Stacy	Lang	F			F4549	877	16:20.6	8:06
1709	48	Shelly	Griffith	F			F5054	878	16:20.6	8:05
1710	47	William	Figuroa	M			M5054	831	16:21.7	8:12
1711	81	Carmen	Figuroa	F			F4549	879	16:22.0	8:13
1712	39	Naomi	Bowler	F			F5559	880	16:22.2	8:25
1713	200	Zeplin	Fife	M			M0113	832	16:22.4	8:10
1714	40	June	Vandezande	F			F5559	881	16:22.6	8:25
1715	82	Tracy	Sundeen	F			F4549	882	16:22.7	8:16
1716	83	Leah	Pope	F			F2529	883	16:23.3	8:09
1717	106	Sharon	Fife	F			F3034	884	16:23.4	8:10
1718	201	Tyson	Jones	M			M0113	833	16:24.1	8:21
1719	210	Mariah	Lombardi	F			F0113	885	16:24.3	8:17
1720	96	Matt	Jones	M			M3539	834	16:24.4	8:22
1721	202	Matthew	Daniels Jr.	M			M0113	835	16:24.8	8:18
1722	95	Liz	Johnson	F			F3539	886	16:24.9	8:32
1723	48	Wade	Sundeen	M			M5054	836	16:25.3	8:17
1724	84	Amanda	Sundeen	F			F2529	887	16:25.6	8:17
1725	63	Bethany	Bachman	F			F2024	888	16:25.7	8:35
1726	59	Blake	Ransford	M			M1419	837	16:26.2	8:19
1727	79	Michael	Munson	M	Des Moines	IA	M2529	838	16:26.4	6:50
1728	49	Debra	Ransford	F			F5054	889	16:26.7	8:19
1729	86	Luke	Speltz	M			M3034	839	16:26.8	7:54
1730	85	Jessie	Murphy	F			F2529	890	16:26.8	8:38
1731	86	Heather	Agan	F	Des Moines	IA	F2529	891	16:27.1	6:50
1732	203	Taejen	Speltz	M			M0113	840	16:27.2	7:56
1733	107	Tona	Speltz	F			F3034	892	16:28.1	8:10
1734	72	Kameron	Evans	M			M4549	841	16:28.3	8:19
1735	56	Rebekah	Blanchard	F			F1419	893	16:28.9	8:16
1736	204	Trevor	McKean	M	Pleasant Hill	IA	M0113	842	16:31.5	8:06
1737	108	Autumn	Mitchell	F			F3034	894	16:32.6	7:48
1738	211	Sha'kyra	Rutledge	F			F0113	895	16:33.1	8:35
1739	212	Vanessa	Mitchell	F			F0113	896	16:33.5	7:50
1740	83	Shari	Rutledge	F			F4549	897	16:33.9	8:37
1741	41	Valerie	Sondag	F			F5559	898	16:34.2	8:19
1742	88	Jeff	Lenninger	M			M4044	843	16:34.2	8:45
1743	81	Kimberly	Ayotte	F	Des Moines	IA	F4044	899	16:34.7	8:29
1744	32	David	Sondag	M			M5559	844	16:34.8	8:19
1745	97	Mike	Peverill	M	Ankeny	IA	M3539	845	16:35.2	8:56
1746	213	Emily	Harden	F			F0113	900	16:35.2	8:19
1747	84	Shannon	Harden	F			F4549	901	16:35.5	8:19
1748	42	Shelly	Lewis	F			F5559	902	16:37.7	8:04
1749	82	Melissa	Cano	F	Des Moines	IA	F4044	903	16:38.0	8:31
1750	96	Amy	Merschbrock	F			F3539	904	16:38.4	8:37
1751	205	Jake	Merschbrock	M			M0113	846	16:38.6	8:37
1752	87	Suzanne	Allen	M			M3034	847	16:38.9	8:03
1753	206	William	Peverill	M	Ankeny	IA	M0113	848	16:40.4	8:56
1754	98	Brian	Black	M			M3539	849	16:40.6	8:24
1755	50	Lee	Buell	F	West Des Moines	IA	F5054	905	16:41.1	8:23
1756	51	Christina	Coen	F			F5054	906	16:41.5	8:24
1757	30	Gary	Baldwin	M			M60UP	850	16:41.5	8:30
1758	83	Eldree	Baer	F			F4044	907	16:42.1	8:21
1759	87	Ashley	Arellano	F			F2529	908	16:42.6	8:41
1760	80	David	Arellano	M			M2529	851	16:42.7	8:41
1761	52	Michelle	Goeke	F			F5054	909	16:43.4	8:27
1762	33	Michael	Smith	M			M5559	852	16:43.5	8:34
1763	109	Lindsay	Pingel	F	Urbandale	IA	F3034	910	16:46.0	8:17
1764	214	Raya	White	F			F0113	911	16:46.0	8:33
1765	207	Colin	White	M			M0113	853	16:48.0	8:18
1766	88	Lynn	McRoberts	F	Clive	IA	F2529	912	16:48.2	8:20
1767	208	Grant	Van Thomme	M	Ankeny	IA	M0113	854	16:48.3	8:19
1768	31	Leonard	Waldorf	M	West Des Moines	IA	M60UP	855	16:48.8	8:19
1769	53	Holly	Olson	F	Des Moines	IA	F5054	913	16:49.0	8:19
1770	97	Angie	White	F			F3539	914	16:50.6	8:17
1771	209	Owen	White	M			M0113	856	16:50.8	8:16

1772	215	Isabel	Peverill	F	Ankeny	IA	F0113	915	16:51.0	8:02
1773	210	Xavier	Franceschi	M			M0113	857	16:52.7	7:38
1774	89	Mark	Rhodes	M			M4044	858	16:53.0	8:49
1775	110	Katie	Franceschi	F			F3034	916	16:54.5	
1776	88	Nick	Franceschi	M			M3034	859	16:54.8	8:07
1777	98	Tiffany	Alexander	F	Hartford	IA	F3539	917	16:55.5	8:07
1778	54	Diane	Wuebker	F			F5054	918	16:55.6	8:27
1779	49	Jim	Wuebker	M			M5054	860	16:55.8	8:27
1780	211	Anton	Marcuson	M			M0113	861	16:56.0	7:36
1781	111	Alie	Peverill	F	Ankeny	IA	F3034	919	16:57.1	8:02
1782	90	Phil	Marcuson	M			M4044	862	16:57.9	
1783	81	Ben	Cobley	M			M2529	863	16:58.7	9:17
1784	60	Bret	Sorensen	M	West Des Moines	IA	M1419	864	16:59.1	7:16
1785	99	Yuliya	Maksimova	F			F3539	920	16:59.5	
1786	20	Sandi	Hunerdosse	F	Milo	IA	F60UP	921	16:59.5	8:32
1787	89	Danielle	Cobley	F			F2529	922	17:00.2	9:16
1788	55	Lesa	Dembinski	F			F5054	923	17:00.8	8:40
1789	212	Brandon	Winn	M			M0113	865	17:01.0	8:40
1790	56	Diane	Buckhouse	F			F5054	924	17:01.2	8:40
1791	216	Madison	Tounsley	F	Pleasant Hill	IA	F0113	925	17:01.2	7:44
1792	112	Candy	Tounsley	F	Pleasant Hill	IA	F3034	926	17:01.4	7:44
1793	100	Nichole	White	F			F3539	927	17:01.4	8:31
1794	85	Susan	Winn	F			F4549	928	17:01.5	8:39
1795	50	Steve	Remington	M			M5054	866	17:03.3	8:42
1796	91	Sergio	Rincon	M			M4044	867	17:03.8	
1797	64	Victoria	Diaz	F	West Des Moines	IA	F2024	929	17:04.1	8:31
1798	84	Marilyn	Hudson	F	Ankeny	IA	F4044	930	17:04.4	8:17
1799	57	Lesa	Chedester	F			F5054	931	17:04.5	8:38
1800	213	Trenton	Murtle	M			M0113	868	17:05.0	8:30
1801	90	Kelsea	Klein	F	Des Moines	IA	F2529	932	17:05.0	8:32
1802	91	Stephanie	Meling	F	Ankeny	IA	F2529	933	17:05.2	8:17
1803	113	Kelly	Murtle	F			F3034	934	17:05.4	8:30
1804	43	Joyce	Hamilton	F			F5559	935	17:05.5	8:34
1805	57	Jenny	Thach	F	Des Moines	IA	F1419	936	17:06.0	7:30
1806	101	Jeni	Wickliff	F			F3539	937	17:06.3	8:39
1807	34	Tom	Palmer	M			M5559	869	17:06.6	8:36
1808	58	Kimberly	Harrison	F	Des Moines	IA	F5054	938	17:06.7	7:25
1809	59	Elaine	Palmer	F			F5054	939	17:08.1	8:36
1810	61	Chris	Palmer	M			M1419	870	17:08.4	8:35
1811	217	Lily	Cassady	F			F0113	940	17:08.7	
1812	60	Cathy	Fredrick	F	Ankeny	IA	F5054	941	17:11.2	8:25
1813	102	Amy	Monaghan	F	Des Moines	IA	F3539	942	17:11.4	8:49
1814	86	Kristi	Perrin	F	Ames	IA	F4549	943	17:12.0	8:49
1815	65	Hannah	Gourley	F	Ames	IA	F2024	944	17:13.0	8:37
1816	103	Pam	Bull	F	Des Moines	IA	F3539	945	17:13.1	8:41
1817	99	Joseph	Jones	M	Des Moines	IA	M3539	871	17:13.3	8:42
1818	92	William	Henderson	M			M4044	872	17:13.6	8:32
1819	44	Janet	Bauer	F			F5559	946	17:14.1	8:31
1820	61	Jackie	Trulson	F			F5054	947	17:14.1	8:32
1821	93	Greg	Trulson	M			M4044	873	17:14.1	8:32
1822	104	Michelle	Henderson	F			F3539	948	17:14.1	8:32
1823	218	Kara	Mauk	F			F0113	949	17:14.2	7:33
1824	100	Jeremy	Turner	M			M3539	874	17:14.5	9:12
1825	219	Madison	Turner	F			F0113	950	17:15.0	9:12
1826	62	Marlena	Remington	F			F5054	951	17:15.1	8:40
1827	220	Mackenzie	O'Brien	F			F0113	952	17:15.3	8:27
1828	92	Kira	Thye	F			F2529	953	17:16.0	9:30
1829	93	Chane't	O'Brien	F			F2529	954	17:16.1	8:28
1830	82	Kyle	Thye	M			M2529	875	17:16.3	9:30
1831	94	Jerry	Mauk	M			M4044	876	17:16.6	7:35
1832	51	Gary	Sonntag	M			M5054	877	17:16.9	8:42
1833	63	Rachelle	Sonntag	F			F5054	955	17:17.2	8:44
1834	214	Daniel	Pierick	M			M0113	878	17:21.1	8:35
1835	114	Becky	Bishop	F			F3034	956	17:23.1	8:46
1836	32	William	Thompson	M			M60UP	879	17:23.7	8:39
1837	215	Matthew	Burris	M			M0113	880	17:24.9	10:13
1838	33	Frank	Stork	M			M60UP	881	17:26.0	8:51
1839	64	Marsha	Brittain	F			F5054	957	17:26.1	8:56
1840	45	Sue	Stork	F			F5559	958	17:26.5	8:53
1841	34	Tom	Mabee	M			M60UP	882	17:26.7	8:42
1842	89	Tim	Norman	M			M3034	883	17:26.7	8:43
1843	46	Karin	Mabee	F			F5559	959	17:27.4	8:43
1844	87	Bindu	Balachandran	F			F4549	960	17:27.8	8:56
1845	94	Miranda	Pham	F			F2529	961	17:28.3	8:39
1846	90	Lucas	Isleman	M	Urbandale	IA	M3034	884	17:28.7	8:40
1847	85	Rebecca	Rossi	F			F4044	962	17:28.8	8:41
1848	95	Casey	Smith	M			M4044	885	17:29.1	8:52
1849	65	Vonnie	Pham	F			F5054	963	17:29.1	8:39
1850	73	Keith	Vanwiel	M			M4549	886	17:29.2	8:51
1851	66	Tyler	Pham	F			F5054	964	17:29.4	8:39
1852	35	James	Sullivan	M			M60UP	887	17:29.7	8:59
1853	221	Brenna	Matlock	F			F0113	965	17:30.1	5:13
1854	95	Bettina	Miller	F	Ankeny	IA	F2529	966	17:30.7	8:55
1855	74	Doriano	Rossi	M			M4549	888	17:30.7	8:41
1856	115	Kimann	Huynh	F	Des Moines	IA	F3034	967	17:30.9	8:54
1857	216	Coleman	Keys	M			M0113	889	17:32.2	8:25
1858	67	Kim	Tarbox	F			F5054	968	17:32.3	8:51
1859	88	Cindy	Hill	F			F4549	969	17:32.3	8:37
1860	91	Phillip	Keys	M			M3034	890	17:32.5	8:26
1861	68	Deann	Ernst	F	Des Moines	IA	F5054	970	17:32.5	8:36
1862	75	Rob	Grove	M			M4549	891	17:32.6	8:37
1863	47	Nicole	Wu	F			F5559	971	17:33.0	8:44
1864	48	Julianne	Smith	F			F5559	972	17:33.3	9:00
1865	86	Stefanie	Lee	F			F4044	973	17:34.2	8:43
1866	69	Deann	Ernst	F	Des Moines	IA	F5054	974	17:34.3	8:38

1867	87	Tammy	Brown	F			F4044	975	17:34.3	8:43
1868	51	Leroy	Brown	M			M2024	892	17:34.3	8:43
1869	70	Deann	Ernst	F	Des Moines	IA	F5054	976	17:34.5	8:38
1870	222	Isabella	Keys	F			F0113	977	17:34.6	
1871	116	Melissa	Keys	F			F3034	978	17:34.6	
1872	71	Joni	Osmundson	F			F5054	979	17:34.7	9:01
1873	49	Dianna	Wiegert	F	Norwalk	IA	F5559	980	17:34.8	8:49
1874	72	Karla	Gatewood	F			F5054	981	17:35.1	8:51
1875	73	Karen	Olson	F	Des Moines	IA	F5054	982	17:35.2	8:48
1876	21	Nancy	Myers	F			F60UP	983	17:36.1	8:48
1877	117	Corinne	Johnson	F			F3034	984	17:36.5	8:12
1878	88	Tara	Ross	F			F4044	985	17:36.5	8:51
1879	58	Stephanie	Sanders	F			F1419	986	17:36.6	8:51
1880	217	Jayden	Johnson	M			M0113	893	17:36.6	8:13
1881	105	Angela	Garrett	F	Des Moines	IA	F3539	987	17:36.7	8:39
1882	106	Juanita	Dash	F	West Des Moines	IA	F3539	988	17:37.5	8:40
1883	52	Paul	Tarbox	M			M5054	894	17:37.6	8:51
1884	101	Gordon	Lamp	M			M3539	895	17:38.2	9:01
1885	223	Alexis	Price	F			F0113	989	17:39.8	8:59
1886	89	Debra	Lamp	F			F4549	990	17:40.4	9:03
1887	107	Ann	Richards	F			F3539	991	17:40.6	8:56
1888	102	Corey	Anderson	M			M3539	896	17:41.8	9:00
1889	224	Brooklyn	Richards	F			F0113	992	17:42.0	8:56
1890	96	Rod	Richards	M			M4044	897	17:43.1	8:56
1891	108	Charlene	Fairchild	F			F3539	993	17:43.1	9:13
1892	218	Benny	Fairchild	M			M0113	898	17:43.7	9:14
1893	219	Timmy	Fairchild	M			M0113	899	17:43.8	9:13
1894	90	Denise	Deering	F			F4549	994	17:44.5	9:00
1895	89	Jennifer	Santiago	F			F4044	995	17:44.6	9:23
1896	50	Barb	Thompson	F			F5559	996	17:44.9	8:40
1897	90	Heather	Miller	F			F4044	997	17:47.2	9:25
1898	51	Karen	Thompson	F			F5559	998	17:47.5	8:50
1899	91	Deanna	Breeding	F			F4549	999	17:48.0	9:25
1900	22	Barbara	Josephsen	F			F60UP	1000	17:48.4	8:55
1901	59	Maddison	Miller	F			F1419	1001	17:48.5	9:11
1902	74	Tammy	Menninga	F			F5054	1002	17:49.1	8:56
1903	75	Loretta	Winter	F			F5054	1003	17:49.6	8:54
1904	53	Don	Breeding	M			M5054	900	17:49.7	9:12
1905	76	Lynne	Eilers	F			F5054	1004	17:50.0	8:54
1906	118	Abby	Smith	F			F3034	1005	17:50.7	8:56
1907	92	Jason	Smith	M			M3034	901	17:51.2	8:57
1908	52	Kathleen	Buchanan	F			F5559	1006	17:51.6	9:01
1909	92	Carolyn	Taft	F			F4549	1007	17:51.7	8:55
1910	54	David	Krois	M			M5054	902	17:53.5	8:43
1911	76	John	Schmidt	M			M4549	903	17:54.4	9:12
1912	93	Diane	Schmidt	F			F4549	1008	17:54.7	9:11
1913	35	Jack	Blackford	M			M5559	904	17:54.9	8:58
1914	53	Pamela	Long	F			F5559	1009	17:55.1	8:51
1915	96	Maranda	Bissell	F			F2529	1010	17:55.2	9:13
1916	52	Colton	Bissell	M			M2024	905	17:57.5	9:16
1917	66	Jennifer	Files	F			F2024	1011	17:58.3	8:50
1918	119	Jamie	Regenwether	F			F3034	1012	17:58.6	9:11
1919	77	Elisa	Conklin	F			F5054	1013	17:58.7	9:04
1920	120	Linda	Marovets	F			F3034	1014	17:58.7	9:34
1921	109	Crystal	Price	F			F3539	1015	17:59.4	8:59
1922	67	Emily	Hollister	F			F2024	1016	17:59.8	9:00
1923	78	Becky	Blackford	F			F5054	1017	18:00.0	9:04
1924	93	Joel	Regenwether	M			M3034	906	18:00.2	9:12
1925	110	Sara	Lemosy	F			F3539	1018	18:00.5	9:04
1926	220	Gavin	Marovets	M			M0113	907	18:01.2	9:34
1927	103	Shawn	Picht	M			M3539	908	18:01.4	9:04
1928	225	Payton	Neff	F	Des Moines	IA	F0113	1019	18:02.2	9:06
1929	121	Rebekah	Beloved	F			F3034	1020	18:02.2	9:01
1930	221	Carter	Marovets	M			M0113	909	18:02.4	9:38
1931	111	Dawn	Buttrey	F			F3539	1021	18:02.7	9:01
1932	122	Ana	Neff	F	Des Moines	IA	F3034	1022	18:03.4	9:07
1933	53	Noah	Defraties	M			M2024	910	18:03.4	8:58
1934	104	Eric	Marovets	M			M3539	911	18:03.9	9:39
1935	68	Karrissa	Allyn	F			F2024	1023	18:03.9	8:59
1936	91	Nicole	Hiracheta	F			F4044	1024	18:07.0	9:16
1937	94	Dee	Stogdill	F			F4549	1025	18:07.2	9:16
1938	112	Sarah	Steward	F	Des Moines	IA	F3539	1026	18:07.5	9:09
1939	97	Ted	Hiracheta	M			M4044	912	18:07.5	9:16
1940	113	Sarah	Runchey	F	Des Moines	IA	F3539	1027	18:07.9	9:10
1941	54	Aj	Asbille	M			M2024	913	18:08.0	9:11
1942	114	Kara	Heinzig	F	Ankeny	IA	F3539	1028	18:08.2	9:10
1943	79	Kelly	Denger	F			F5054	1029	18:08.5	8:57
1944	123	Jacqueline	Carr	F	Des Moines	IA	F3034	1030	18:09.1	8:41
1945	115	Angela	Joynes	F			F3539	1031	18:09.1	9:12
1946	92	Juli	Asbille	F			F4044	1032	18:09.1	9:14
1947	105	Charles	Joynes	M			M3539	914	18:09.2	9:11
1948	23	Patti	Verlengia	F	Johnston	IA	F60UP	1033	18:09.6	8:33
1949	80	Ronda	Phelps	F			F5054	1034	18:10.3	9:08
1950	77	Kent	Phelps	M			M4549	915	18:10.4	9:08
1951	36	Jim	Verlengia	M	Johnston	IA	M60UP	916	18:10.5	8:32
1952	226	Annie	White	F			F0113	1035	18:10.5	8:33
1953	97	Jamee	King	F	Des Moines	IA	F2529	1036	18:10.8	8:40
1954	55	Jim	Asbille	M			M5054	917	18:12.0	9:14
1955	93	Amber	Siver	F			F4044	1037	18:12.1	8:40
1956	227	Emerson	Siever	F			F0113	1038	18:12.1	8:40
1957	69	Katie	Bradley	F			F2024	1039	18:13.9	8:53
1958	124	Katie	Johnson	F	West Des Moines	IA	F3034	1040	18:14.4	9:01
1959	70	Amelia	Mieth	F	Des Moines	IA	F2024	1041	18:14.5	9:01
1960	81	Nancy	Bell	F			F5054	1042	18:14.5	9:17
1961	83	Mitch	Longtin	M	Ankeny	IA	M2529	918	18:14.9	8:36

1962	98	Whitney	Longtin	F	Ankeny	IA	F2529	1043	18:15.3	8:36
1963	54	Teri	McDonald	F			F5559	1044	18:15.7	9:18
1964	94	Jared	Ellars	M			M3034	919	18:16.2	9:17
1965	106	Dave	Hammond	M			M3539	920	18:16.2	9:15
1966	125	Dana	Lemberg	F			F3034	1045	18:16.3	9:21
1967	95	Josh	Lemberg	M			M3034	921	18:16.9	9:20
1968	99	Meghan	Hammond	F			F2529	1046	18:16.9	9:13
1969	98	Donald	Stafford	M			M4044	922	18:16.9	9:16
1970	82	Merry	Gerzema	F			F5054	1047	18:17.3	9:03
1971	222	Adam	Hammond	M			M0113	923	18:17.3	9:15
1972	56	Mike	Gerzema	M			M5054	924	18:18.8	9:01
1973	55	Beth	Goebel	F			F5559	1048	18:19.7	9:16
1974	99	Ryan	Pohlman	M			M4044	925	18:20.0	9:20
1975	57	Vince	Wissink	M			M5054	926	18:20.2	9:07
1976	60	Elizabeth	Wissink	F			F1419	1049	18:20.2	9:07
1977	61	Madie	Curry	F			F1419	1050	18:20.5	9:19
1978	78	Aj	Wineski	M			M4549	927	18:21.4	9:18
1979	36	Bill	Goebel	M			M5559	928	18:22.0	9:15
1980	95	Jodie	Wineski	F			F4549	1051	18:22.6	9:18
1981	79	Mark	Cain	M			M4549	929	18:22.9	9:10
1982	94	Adrian	Cain	F			F4044	1052	18:23.3	9:10
1983	56	Katie	Bolinger	F	Des Moines	IA	F5559	1053	18:23.5	9:03
1984	71	Courtney	Garber	F	Norwalk	IA	F2024	1054	18:23.7	8:55
1985	62	Joseph	Detrick	M			M1419	930	18:23.7	
1986	80	Marty	Breckenridge	M			M4549	931	18:23.8	9:18
1987	72	Brieanna	Detrick	F			F2024	1055	18:24.3	9:02
1988	100	Leah	Tran	F	Ankeny	IA	F2529	1056	18:24.3	8:56
1989	55	Sean	Barry	M			M2024	932	18:24.6	9:01
1990	73	Corina	Detrick	F			F2024	1057	18:24.7	9:02
1991	62	Kai	Cain	F			F1419	1058	18:24.7	9:11
1992	223	Miles	Litton	M			M0113	933	18:24.9	
1993	63	Shelby	Stafford	F			F1419	1059	18:25.0	9:34
1994	81	Gary	Stafford	M			M4549	934	18:25.2	9:34
1995	57	Barbara	Iverson	F	Madrid	IA	F5559	1060	18:25.2	8:56
1996	95	Judy	Detrick	F			F4044	1061	18:25.3	9:02
1997	107	Brandon	Litton	M			M3539	935	18:25.5	9:14
1998	101	Michelle	Hoksbergen	F			F2529	1062	18:25.8	9:03
1999	96	Sandy	Breckenridge	F			F4044	1063	18:25.8	9:19
2000	83	Toni	Mosher	F			F5054	1064	18:26.0	9:17
2001	116	Shannon	Turner	F			F3539	1065	18:26.3	9:13
2002	102	Nicole	Hougham	F			F2529	1066	18:26.8	9:18
2003	126	Sarah	Haugen	F			F3034	1067	18:27.0	9:17
2004	96	Leah	Weber	F			F4549	1068	18:27.2	9:24
2005	74	Taylor	Mosher	F			F2024	1069	18:27.2	9:18
2006	37	Bret	Weber	M			M5559	936	18:27.5	9:24
2007	228	Zoe	Hougham	F			F0113	1070	18:27.6	9:18
2008	127	Sara	Ichelson	F			F3034	1071	18:27.7	9:17
2009	97	Melodie	Dutoit	F			F4549	1072	18:28.1	9:27
2010	103	Megan	Carman	F	Des Moines	IA	F2529	1073	18:28.6	
2011	128	Valerie	Frantz	F	Altoona	IA	F3034	1074	18:28.8	9:27
2012	229	Danielle	Frantz	F	Altoona	IA	F0113	1075	18:28.8	9:27
2013	75	Samantha	Rincon	F			F2024	1076	18:28.9	9:28
2014	98	Sheri	Ragan	F			F4549	1077	18:29.3	9:25
2015	84	Mary	Whipple	F			F5054	1078	18:29.5	9:25
2016	58	Brian	Smith	M			M5054	937	18:30.5	9:10
2017	84	Jason	Gruver	M			M2529	938	18:30.5	9:28
2018	117	Lacie	Litton	F			F3539	1079	18:30.9	9:14
2019	108	Jason	Ostrander	M	Des Moines	IA	M3539	939	18:31.0	9:01
2020	58	Laurie	Dickinson	F			F5559	1080	18:31.1	9:26
2021	56	Josh	Ohnemuhs	M			M2024	940	18:31.9	8:55
2022	76	Kayleigh	Jacobson	F			F2024	1081	18:32.0	8:55
2023	230	Anneliesa	Ostrander	F	Des Moines	IA	F0113	1082	18:32.1	9:02
2024	38	Kevin	Van Dyke	M			M5559	941	18:32.1	9:09
2025	129	Dena	Ostrander	F	Des Moines	IA	F3034	1083	18:32.1	9:02
2026	85	Kelly	Jacobson	F			F5054	1084	18:32.1	8:57
2027	99	Kristi	McIntosh	F			F4549	1085	18:32.4	9:10
2028	100	Barb	Bailey	F			F4549	1086	18:32.6	9:15
2029	97	Kim	Babberl	F			F4044	1087	18:33.2	9:16
2030	231	Mariah	Cornelious	F			F0113	1088	18:35.4	9:27
2031	104	Shanna	Kenworthy	F			F2529	1089	18:35.6	9:17
2032	232	Daisy	Rincon	F			F0113	1090	18:35.7	9:22
2033	98	Becky	Rincon	F			F4044	1091	18:35.8	9:22
2034	100	David	Cornelious	M			M4044	942	18:35.8	9:27
2035	233	Jaida	Kenworthy	F			F0113	1092	18:35.9	9:15
2036	96	Willis	Humphrey	M			M3034	943	18:37.1	9:14
2037	130	Jenna	Humphrey	F			F3034	1093	18:37.1	9:15
2038	82	Tim	Olson	M	Ankeny	IA	M4549	944	18:37.3	9:01
2039	101	Michele	Metz	F	Indianola	IA	F4549	1094	18:37.3	9:00
2040	224	Max	Armstrong	M			M0113	945	18:38.5	9:20
2041	99	Nicole	Morey	F			F4044	1095	18:38.6	9:02
2042	131	Joyce	Cutwright	F			F3034	1096	18:38.7	9:20
2043	105	Shawna	Wolfe-Armstrong	F			F2529	1097	18:38.7	9:20
2044	100	Nancy	Caldwell	F			F4044	1098	18:39.4	9:27
2045	37	Mike	Aubert	M			M60UP	946	18:39.9	9:17
2046	24	Sarah	Aubert	F			F60UP	1099	18:40.0	9:18
2047	101	Stacey	Webb	F			F4044	1100	18:40.5	9:28
2048	234	Savannah	Morey	F			F0113	1101	18:40.6	9:03
2049	77	Alissa	Deutsch	F			F2024	1102	18:42.4	10:39
2050	102	Lori	Deutsch	F			F4549	1103	18:42.7	10:41
2051	78	Mia	Rincon	F			F2024	1104	18:43.1	9:30
2052	225	Austin	Coen	M	Des Moines	IA	M0113	947	18:44.0	8:59
2053	118	Suzanne	Coen	F	Des Moines	IA	F3539	1105	18:44.3	9:00
2054	109	Sam	Batterson	M			M3539	948	18:44.3	10:26
2055	102	Susette	Stafford	F			F4044	1106	18:47.2	9:34
2056	97	Jesse	Harris	M	Waukee	IA	M3034	949	18:48.6	9:24

2057	79	Danielle	Dee	F	Grimes	IA	F2024	1107	18:48.8	9:25
2058	85	Derek	Feller	M	West Des Moines	IA	M2529	950	18:48.9	9:24
2059	132	Jessica	Harris	F	Waukee	IA	F3034	1108	18:49.2	9:24
2060	106	Jennifer	Wu	F			F2529	1109	18:50.1	8:45
2061	59	Josephine	Spellman	F			F5559	1110	18:50.2	9:18
2062	103	Laura	Dooley	F			F4549	1111	18:50.6	9:18
2063	80	Alyssa	Curry	F			F2024	1112	18:50.7	9:34
2064	103	Katherine	Pohlman	F			F4044	1113	18:50.7	9:33
2065	81	Elizabeth	Hedges	F			F2024	1114	18:51.2	9:25
2066	226	Kadence	Ward-Taylor	M			M0113	951	18:51.5	8:42
2067	133	Alana	Ponder	F			F3034	1115	18:51.8	8:42
2068	63	Eddie	Nolte	M	Des Moines	IA	M1419	952	18:51.9	9:31
2069	86	Ruth	Heiss	F			F5054	1116	18:52.1	8:42
2070	104	Sheila	Baker	F			F4549	1117	18:52.4	9:15
2071	110	Joseph	Nolte	M	Des Moines	IA	M3539	953	18:53.1	9:32
2072	101	Prezont	Jacques	M			M4044	954	18:53.3	9:29
2073	227	Mason	Murphy	M			M0113	955	18:53.4	9:12
2074	119	Jacci Lynn	Matzdorff Balduchi	F			F3539	1118	18:53.5	9:12
2075	104	Jenifer	Jacques	F			F4044	1119	18:53.5	9:28
2076	64	Treyanna	Jacques	F			F1419	1120	18:53.7	9:28
2077	59	John	Lomheim	M			M5054	956	18:53.9	9:27
2078	235	Charlette	Eastwood	F			F0113	1121	18:54.4	9:19
2079	120	Amanda	Eastwood	F			F3539	1122	18:54.5	9:19
2080	87	Jodee	Lomheim	F			F5054	1123	18:54.5	9:27
2081	88	Rhonda	Baldwin	F			F5054	1124	18:54.5	9:47
2082	107	Ann	Cahoy	F	Ankeny	IA	F2529	1125	18:54.7	9:29
2083	108	Kirsten	Corley	F	Johnston	IA	F2529	1126	18:55.7	9:28
2084	89	Brenda	Couser	F			F5054	1127	18:55.8	9:32
2085	82	April	Stillman	F	Newton	IA	F2024	1128	18:55.9	9:28
2086	60	Doug	Couser	M			M5054	957	18:56.0	9:32
2087	121	Lonita	McLean	F			F3539	1129	18:56.3	9:00
2088	61	Robert	Richey	M			M5054	958	18:56.5	9:23
2089	105	Vicki	Richey	F			F4044	1130	18:56.6	9:22
2090	65	Emily	Richey	F			F1419	1131	18:56.8	9:23
2091	122	Allison	Warden	F			F3539	1132	18:57.3	9:04
2092	228	Maverick	Pruisner	M			M0113	959	18:58.0	9:04
2093	111	Christopher	Pruisner	M			M3539	960	18:58.5	9:05
2094	105	Karen	Blanchard	F			F4549	1133	18:58.6	9:16
2095	83	Terry	Blanchard	M			M4549	961	18:58.8	9:17
2096	83	Libby	Pederson	F	Des Moines	IA	F2024	1134	19:03.1	9:15
2097	84	Carly	Kennedy	F	Des Moines	IA	F2024	1135	19:03.2	9:16
2098	106	Melissa	Houlsworth	F			F4549	1136	19:04.0	9:45
2099	60	Elizabeth	Hendrix	F			F5559	1137	19:04.5	9:45
2100	106	Joanne	Nolte	F	Des Moines	IA	F4044	1138	19:05.2	9:45
2101	39	Michael	Parker	M			M5559	962	19:05.4	9:42
2102	107	Kristen	Wyer	F			F4044	1139	19:05.8	9:15
2103	90	Deb	Parker	F			F5054	1140	19:06.1	9:43
2104	236	Payton	Wyer	F			F0113	1141	19:06.1	9:15
2105	61	Leslie	Brewer	F			F5559	1142	19:06.6	9:15
2106	91	Barbara	Thompson	F			F5054	1143	19:08.9	9:31
2107	7	Patty	Kumbera	F	Pleasant Hill	IA	F????	1144	19:10.5	9:49
2108	25	Nancy	Moklestad	F	Johnston	IA	F60UP	1145	19:11.6	9:39
2109	62	Leslie	Berry	F			F5559	1146	19:11.6	9:35
2110	62	Robert	Hoover	M			M5054	963	19:13.6	9:33
2111	107	Sharla	Hoover	F			F4549	1147	19:13.7	9:33
2112	92	Sandra	Clark-Carmichael	F			F5054	1148	19:14.6	9:20
2113	108	Laura	Jackson	F			F4549	1149	19:18.2	10:00
2114	109	Patty	Peterson	F			F4549	1150	19:19.6	9:34
2115	110	Lori	Jacobsen	F			F4549	1151	19:20.4	9:35
2116	66	Shivani	Kumaresan	F			F1419	1152	19:21.1	9:41
2117	84	Kumaresan	Subramani	M			M4549	964	19:21.4	9:41
2118	112	Corey	Hoodjer	M			M3539	965	19:21.7	9:41
2119	134	Sarah	Hoodjer	F			F3034	1153	19:21.8	9:41
2120	229	Zach	Jackson	M			M0113	966	19:22.2	9:59
2121	98	Jeff	Daye	M			M3034	967	19:22.5	9:42
2122	93	Johanna	Tollas	F			F5054	1154	19:23.2	9:40
2123	63	Helen	Clark	F			F5559	1155	19:23.5	9:22
2124	64	Matthew	Tollas	M			M1419	968	19:23.7	9:41
2125	123	Amanda	Bachman	F	Urbandale	IA	F3539	1156	19:23.8	9:22
2126	63	Brian	Tollas	M			M5054	969	19:24.9	9:41
2127	64	John	Schumacher	M			M5054	970	19:25.0	9:50
2128	113	Jason	Mueller	M			M3539	971	19:25.6	9:43
2129	85	Neal	Jackson	M			M4549	972	19:25.9	10:02
2130	124	Laura	Mueller	F			F3539	1157	19:26.5	9:42
2131	85	Payton	Dotson	F			F2024	1158	19:26.6	9:39
2132	86	Calli	Churchill	F			F2024	1159	19:26.8	9:39
2133	114	Steve	Lukan	M	West Des Moines	IA	M3539	973	19:26.8	10:03
2134	135	Sarah	Lukan	F	Des Moines	IA	F3034	1160	19:28.8	10:03
2135	111	Colleen	Schumacher	F			F4549	1161	19:29.3	9:55
2136	108	Melissa	Hudspeth	F			F4044	1162	19:29.3	9:52
2137	136	Stacy	Nava	F			F3034	1163	19:29.7	9:41
2138	237	Jazlene	Nava	F			F0113	1164	19:29.9	9:41
2139	86	Chris	Brown	M	Pleasant Hill	IA	M2529	974	19:30.2	10:01
2140	125	Maryann	Morano	F			F3539	1165	19:30.2	9:39
2141	86	George	Holmes	M			M4549	975	19:30.4	9:42
2142	137	Katie	Biegler	F	Newton	IA	F3034	1166	19:30.7	9:46
2143	64	Marcia	Freeland	F			F5559	1167	19:30.9	9:46
2144	87	Kristie	Brown	F	Pleasant Hill	IA	F2024	1168	19:31.3	10:02
2145	109	Marci	Chickering	F			F4044	1169	19:31.5	9:55
2146	230	Zach	Holmes	M			M0113	976	19:31.8	9:41
2147	112	Alicia	Mehle	F			F4549	1170	19:31.9	9:55
2148	238	Alexis	Jones	F	Des Moines	IA	F0113	1171	19:32.0	
2149	94	Denise	Bissell	F			F5054	1172	19:33.0	9:42
2150	95	Brenda	Holmes	F			F5054	1173	19:34.6	9:41
2151	65	Ann	Hermes-Furnas	F			F5559	1174	19:34.7	9:34

2152	96	Darla	Lowe	F		F5054	1175	19:35.6	9:35	
2153	66	Joanne	Warnock	F		F5559	1176	19:35.6	9:58	
2154	113	Heidi	Frerichs	F		F4549	1177	19:38.9	10:04	
2155	126	Stephanie	Becker	F		F3539	1178	19:40.5	10:34	
2156	109	Amber	Mathes	F		F2529	1179	19:41.0	9:48	
2157	231	Caden	Mathes	M		M0113	977	19:41.7	9:48	
2158	87	Ben	Cooper	M		M2529	978	19:42.8	9:48	
2159	38	Jim	Curry	M		M60UP	979	19:44.0	9:51	
2160	67	Jan	Curry	F		F5559	1180	19:44.4	9:51	
2161	232	Maxson	Phommaxaysi	M		M0113	980	19:49.1	10:27	
2162	114	Lisa	Scaglione	F		F4549	1181	19:53.0	10:10	
2163	115	Denise	Kyle-Neds	F		F4549	1182	19:53.3	10:10	
2164	26	Diane	Cobley	F		F60UP	1183	19:54.3	9:59	
2165	27	Lisa	Monahan	F		F60UP	1184	19:54.4	9:58	
2166	88	Lauren	Holmes	F		F2024	1185	19:54.5	9:40	
2167	110	Chelsea	Cornelius	F	Ankeny	IA	F2529	1186	19:55.5	9:40
2168	99	Matt	Faber	M	Des Moines	IA	M3034	981	19:55.6	10:44
2169	239	Elsie	Faber	F	Des Moines	IA	F0113	1187	19:57.1	10:45
2170	28	Nancy	Melton	F		F60UP	1188	19:58.5	9:45	
2171	29	Connie	Brooker	F	Des Moines	IA	F60UP	1189	19:59.2	9:50
2172	30	Debra J	Amenson	F	Des Moines	IA	F60UP	1190	20:00.6	9:51
2173	138	Meredith	Eaton	F	Ankeny	IA	F3034	1191	20:02.8	9:58
2174	68	Verlea	Alvarez	F		F5559	1192	20:03.2	9:57	
2175	240	Natalia	Hargin	F		F0113	1193	20:03.5	9:41	
2176	100	Nathan	Eaton	M	Ankeny	IA	M3034	982	20:03.9	10:00
2177	241	Sophia	Hargin	F		F0113	1194	20:03.9	9:41	
2178	89	Megan	Hargin	F		F2024	1195	20:04.4	9:40	
2179	127	Lynnette	Warden	F		F3539	1196	20:05.5	9:31	
2180	69	Muriel	Pemble	F		F5559	1197	20:05.7	9:45	
2181	110	Michele	Hargin	F		F4044	1198	20:06.1	9:41	
2182	31	Kim	Monaco	F		F60UP	1199	20:06.1	9:44	
2183	101	Nicky	Nicolas	M	Des Moines	IA	M3034	983	20:06.1	9:59
2184	90	Conner	Fairman	F	West Des Moines	IA	F2024	1200	20:06.5	10:21
2185	87	Tim	Fairchild	M		M4549	984	20:06.9	10:02	
2186	102	Rick	Thompson	M	Pleasant Hill	IA	M4044	985	20:07.1	10:22
2187	242	Amanda	Burris	F		F0113	1201	20:07.4	10:12	
2188	103	Mike	Burris	M		M4044	986	20:08.7	10:13	
2189	233	Cameron	Brunk	M		M0113	987	20:10.1	10:48	
2190	32	Cean	Klages	F	Lacona	IA	F60UP	1202	20:10.2	9:59
2191	139	Andrea	Brunk	F		F3034	1203	20:10.8	10:49	
2192	70	Lyla	Park	F	Des Moines	IA	F5559	1204	20:11.3	10:04
2193	88	Brian	Brunk	M		M4549	988	20:11.4	10:51	
2194	97	Linda	O'Rourke	F	Des Moines	IA	F5054	1205	20:11.6	10:00
2195	88	Shevon	Graves	M		M2529	989	20:12.4	9:57	
2196	104	Steven	McIntosh	M		M4044	990	20:12.6	9:10	
2197	98	Mina	Graves	F		F5054	1206	20:13.5	9:57	
2198	140	Nicole	Mendieta	F		F3034	1207	20:13.6	10:12	
2199	111	Amanda	Thomas	F	Des Moines	IA	F2529	1208	20:13.6	9:36
2200	91	Mandi	Deutsch	F		F2024	1209	20:14.0	10:41	
2201	234	Thiago	Mendieta	M		M0113	991	20:14.1	10:12	
2202	115	Jon	Mendieta	M		M3539	992	20:14.2	10:12	
2203	33	Loretta	Thomas	F	Des Moines	IA	F60UP	1210	20:14.2	9:37
2204	116	Teresa	Thomas	F		F4549	1211	20:14.4	9:37	
2205	235	Harrison	Kruger	M		M0113	993	20:14.7		
2206	92	Brianna	Lawless	F		F2024	1212	20:15.2	10:07	
2207	111	Peggy	Lawless	F		F4044	1213	20:16.2	10:10	
2208	89	Daniel	Lawless	M		M4549	994	20:17.1	10:12	
2209	236	Dylan	Struble	M		M0113	995	20:17.4	10:27	
2210	116	Jason	Kruger	M		M3539	996	20:17.6		
2211	112	Sara	Eimers	F		F2529	1214	20:18.5	10:00	
2212	141	Jill	Phommaxaysi	F		F3034	1215	20:19.1	10:29	
2213	34	Eileen	Eimers	F		F60UP	1216	20:19.2	10:00	
2214	237	Payton	Phommaxaysi	M		M0113	997	20:19.4	10:27	
2215	35	Maggie	Steen	F	W Des Moines	IA	F60UP	1217	20:19.6	10:12
2216	89	Jamalle	Castillo	M		M2529	998	20:19.8	10:34	
2217	243	Cassie	Beahr	F		F0113	1218	20:20.4	10:27	
2218	238	Cole	Struble	M		M0113	999	20:21.4	10:26	
2219	239	Cody	Robbins	M		M0113	1000	20:28.2	10:17	
2220	142	Rachelle	La Mar	F	Des Moines	IA	F3034	1219	20:29.5	10:46
2221	90	Jeffrey	La Mar	M	Des Moines	IA	M2529	1001	20:29.9	10:48
2222	105	Steve	Beahr	M		M4044	1002	20:31.5	10:25	
2223	57	Rodney	Robbins	M		M2024	1003	20:31.7	10:18	
2224	117	Chris	Struble	M		M3539	1004	20:32.7	10:25	
2225	128	Gina	Beahr	F		F3539	1220	20:33.5	10:26	
2226	65	Rod	Robbins	M		M5054	1005	20:34.4	10:18	
2227	99	Mary	Robbins	F		F5054	1221	20:34.7	10:18	
2228	240	John-Henry	Larson	M	West Des Moines	IA	M0113	1006	20:35.6	
2229	143	Tiana	Bartlett	F	Pleasant Hill	IA	F3034	1222	20:38.5	9:55
2230	244	Isabella	Rempe	F	West Des Moines	IA	F0113	1223	20:39.1	9:49
2231	102	Ben	Rempe	M	West Des Moines	IA	M3034	1007	20:39.5	9:50
2232	113	Kristin	Grotewold	F		F2529	1224	20:39.6	10:11	
2233	100	Kelley	Engstrom	F		F5054	1225	20:39.7	10:11	
2234	39	Jim	Cooper	M		M60UP	1008	20:39.8	10:10	
2235	144	Jamie	Rempe	F	West Des Moines	IA	F3034	1226	20:39.8	9:49
2236	71	Joyce	Kanaskie	F		F5559	1227	20:40.1	10:11	
2237	241	Tatum	Grotewold	M		M0113	1009	20:40.1		
2238	72	Deb	Horton	F		F5559	1228	20:41.9	10:01	
2239	36	Joyce	Borchert	F		F60UP	1229	20:42.6	10:02	
2240	73	Ronda	Porter	F		F5559	1230	20:46.1	10:37	
2241	145	Denise	Brokaw	F		F3034	1231	20:46.6	10:14	
2242	37	Jeanne	Lester	F	Des Moines	IA	F60UP	1232	20:46.9	10:18
2243	146	Katie	Snell	F	West Des Moines	IA	F3034	1233	20:47.0	
2244	118	Matt	Brokaw	M		M3539	1010	20:48.0	10:17	
2245	245	Anna	Gerrish	F		F0113	1234	20:48.2	10:08	
2246	101	Lori	Dooley	F		F5054	1235	20:48.5	11:04	

2247	103	Bo	Schatzberg	M		M3034	1011	20:48.6	10:22	
2248	102	Kimberly	Kronick-Worrall	F		F5054	1236	20:48.9	10:45	
2249	242	Haydon	Brokaw	M		M0113	1012	20:49.3		
2250	119	Mike	Gerrish	M		M3539	1013	20:49.5	10:09	
2251	243	Owen	Gerrish	M		M0113	1014	20:49.9	10:09	
2252	147	Ellen	Myers	F		F3034	1237	20:50.2	11:03	
2253	129	Colleen	Gerrish	F		F3539	1238	20:50.7	10:58	
2254	114	Gina	Krueger	F		F2529	1239	20:51.9	11:03	
2255	246	Kaylee	Krueger	F		F0113	1240	20:52.2	11:04	
2256	130	Trish	Pham	F		F3539	1241	20:52.9	9:42	
2257	106	Jason	Calhoon	M		M4044	1015	20:53.2	9:42	
2258	244	Justin	Calhoon	M		M0113	1016	20:53.9	9:43	
2259	115	Sara	Day	F	Windsor Heights	IA	F2529	1242	20:54.7	10:46
2260	103	Kathy	Bixler	F		F5054	1243	20:56.1	10:03	
2261	245	Liam	La Mar	M	Des Moines	IA	M0113	1017	20:56.9	10:49
2262	40	John	Bixler	M		M5559	1018	20:57.2	10:02	
2263	247	Claire	Schuh	F	Des Moines	IA	F0113	1244	20:58.3	10:04
2264	120	Toby	Schuh	M	Des Moines	IA	M3539	1019	20:58.8	10:04
2265	246	Courtland	Schuh	M	Des Moines	IA	M0113	1020	21:01.5	9:31
2266	74	Kathy	Bell	F		F5559	1245	21:02.0	10:53	
2267	93	Breeona	Pazzi	F		F2024	1246	21:04.8	10:55	
2268	247	Gideon	Blumhagen	M		M0113	1021	21:05.1	10:51	
2269	116	Ashley	Jacobsen	F	Waukee	IA	F2529	1247	21:07.0	10:20
2270	90	Tony	Pazzi	M		M4549	1022	21:07.1	10:53	
2271	248	Madison	Cochran	F	Cambridge	IA	F0113	1248	21:07.1	10:21
2272	121	David	Blumhagen	M		M3539	1023	21:08.7	10:54	
2273	91	Jessica	Williams	M	Colfax	IA	M2529	1024	21:09.1	10:24
2274	131	Renee	Raap	F	Grimes	IA	F3539	1249	21:09.5	10:24
2275	112	Sheryl	Buckner-Pazzi	F		F4044	1250	21:09.8	10:53	
2276	132	Kristen	Blumhagen	F		F3539	1251	21:10.1	10:53	
2277	248	Holden	Wright	M		M0113	1025	21:12.9	11:24	
2278	66	Rodney	Griffin	M		M5054	1026	21:13.1		
2279	58	Dustin	Grant	M		M2024	1027	21:13.2		
2280	133	Joni	Wright	F		F3539	1252	21:13.2	11:25	
2281	122	Jeff	Wright	M		M3539	1028	21:14.0	11:25	
2282	67	Rod	Niemier	M		M5054	1029	21:18.3	10:39	
2283	104	Suzanne	Palmer	F		F5054	1253	21:27.9	11:02	
2284	38	Mary	Potter	F		F60UP	1254	21:28.0	10:38	
2285	117	Cindy	Niemier	F		F4549	1255	21:28.2	10:39	
2286	92	Steven	Bethards	M		M2529	1030	21:28.3	11:01	
2287	117	Brianne	Palmer	F		F2529	1256	21:28.5	11:01	
2288	148	Chantelle	Freeman	F		F3034	1257	21:29.9	10:34	
2289	249	Tj	Cunningham	M		M0113	1031	21:30.3	10:34	
2290	65	Brody	Chesterman	M		M1419	1032	21:30.5	10:35	
2291	118	Denise	Grant	F		F4549	1258	21:30.9	11:51	
2292	119	Penny S	Chesterman	F		F4549	1259	21:31.2	10:35	
2293	105	Karen	Hutton	F		F5054	1260	21:32.4	10:48	
2294	120	Susan	Chronister	F	Des Moines	IA	F4549	1261	21:33.3	10:26
2295	106	Kathy	Grant	F		F5054	1262	21:33.5	10:49	
2296	107	Pamela	Sereg	F	Woodburn	IA	F5054	1263	21:33.6	10:26
2297	40	Gary	Davis	M		M60UP	1033	21:45.7		
2298	94	Emily	Claghorn	F	Des Moines	IA	F2024	1264	21:52.2	9:26
2299	250	Henry	Siever	M		M0113	1034	21:58.6	10:48	
2300	107	Bryan	Siever	M		M4044	1035	21:58.7	10:48	
2301	108	Kathleen	Luna	F		F5054	1265	22:09.6	11:01	
2302	68	John	Luna	M		M5054	1036	22:10.1	11:02	
2303	39	Linda	Buchanan	F		F60UP	1266	22:15.2	10:52	
2304	40	Sharon	Beenen	F		F60UP	1267	22:21.0	10:55	
2305	75	Becky	Wachtel	F		F5559	1268	22:21.3	10:55	
2306	121	Shanda	Griffin	F		F4549	1269	22:35.7	11:09	
2307	118	Amanda	Schlicher	F	Des Moines	IA	F2529	1270	23:28.7	11:17
2308	149	Wendy	Wittrock	F	Des Moines	IA	F3034	1271	23:29.0	11:19
2309	109	Jean	Laverty	F	Indianola	IA	F5054	1272	23:35.5	11:28
2310	41	Bill	Eimers	M		M60UP	1037	23:52.0	11:38	
2311	69	Paul	Wanderscheid	M		M5054	1038	25:17.4	13:01	
2312	251	Orion	Wanderscheid	M		M0113	1039	25:18.3	13:00	
2313	41	Jenifer	Davis	F		F60UP	1273	29:25.2	14:26	
2314	76	Janet	Neubauer	F		F5559	1274	29:29.6	14:28	
2315	95	Katherine	James	F		F2024	1275	32:30.0	15:57	
2316	93	Mark	Parrish	M	West Des Moines	IA	M2529	1040	39:25.3	19:28
2317	119	Esmie	Holderman	F	Des Moines	IA	F2529	1276	39:26.3	19:27
2318	70	Ron	Reefer	M	Algona	IA	M5054	1041	39:27.9	19:29
2319	71	Tom	Ostwald	M	Johnston	IA	M5054	1042	39:29.2	19:30
2320	104	Brenton	Loss	M	West Des Moines	IA	M3034	1043	39:30.2	19:34
2321	105	Mike	Boone	M	Ankeny	IA	M3034	1044	39:30.6	19:23
2322	122	Michelle	Kueny	F	Johnston	IA	F4549	1277	39:30.8	19:31
2323	123	Pat	Ostwald	F	Johnston	IA	F4549	1278	39:32.0	19:33

[Return to home page](#)