

ISF Mud Run 2011**Overall Results****May 14, 2011****Truetime.com****3 Mile Run**

Overall	Age Grp	Name	City	State	Age	Gen	Finish
1	1	Webinger, Seth La	Crescent,	MN	25	M	20:06.4
2	1	Prentice, Caleb	Des Moines,	IA	14	M	21:10.4
3	1	Schultz, Jeremy	West Des Moines,	IA	34	M	21:19.5
4	2	Magie, Joshua	Ames,	IA	31	M	21:38.2
5	2	Clark, Andrew	Des Moines,	IA	14	M	21:43.5
6	1	Carty, Olin	Des Moines,	IA	16	M	21:46.8
7	1	wortman, eric	iowa	IA	47	M	21:53.9
8	1	Olsen, Jason	Sumner,	IA	23	M	22:41.5
9	1	Heisler, Scott	West Des Moines,	IA	35	M	23:35.6
10	2	Johnson, Matt			26	M	23:39.9
11	3	Rodgers, Devin	West Des Moines,	IA	30	M	24:11.4
12	4	Roberts, Michael	west Des Moines,	IA	32	M	24:12.6
13	3	Dahlberg, Justin	Ames,	IA	29	M	24:18.3
14	2	Frost, Gregory	Windsor Heights,	IA	36	M	24:25.3
15	1	BOEVER, SCOTT	URBANDALE,	IA	50	M	24:31.9
16	5	MCCOLLOUGH, TIMOTHY	AMES,	IA	31	M	24:43.5
17	4	Lang, Simeon	Jefferson,	IA	25	M	24:59.2
18	2	Shepard, William	Des Moines,	IA	18	M	25:03.9
19	5	Anderson, Jordan	Urbandale,	IA	29	M	25:08.3
20	6	Chambers, Kyle			30	M	25:20.5
21	6	Plymesser, Cliff	Ames,	IA	29	M	25:21.3
22	1	FLEMING, DOMMIQUE	WINTERSET,	IA	14	F	25:34.6
23	3	ROOSA, TIM	ALTOONA,	IA	16	M	25:37.9
24	7	Trenkamp, Jeremy	Cedar Rapids,	IA	30	M	25:53.5
25	3	Keller, Blake	Toledo,	IA	13	M	26:13.9
26	4	FRAKES, COLSON	TAMA,	IA	13	M	26:17.3
27	4	Bailey, Peter	Otley,	IA	17	M	26:27.3
28	7	Bonanno, Ben	Des Moines,	IA	26	M	26:27.8
29	1	Gale, Karen	Marshalltown,	IA	39	F	26:31.7
30	8	Driscoll, Jeremy	West Des Moines,	IA	31	M	26:36.9
31	5	pruitt, skylar	earlham,	IA	14	M	26:38.8
32	6	BEAN, SAMUEL	KALONA,	IA	13	M	26:40.0
33	8	Davis, Dan	Dubuque,	IA	26	M	26:46.5
34	1	BRANDT, TROY	PERRY,	IA	43	M	26:50.1
35	2	Langenfeld, Greg	Pella,	IA	22	M	27:04.1
36	3	Braunschweig, Dana	Des Moines,	IA	36	M	27:13.6
37	7	Riesberg, Skyler	Grimes,	IA	13	M	27:16.2
38	1	coleman, shara	marshalltown,	IA	28	F	27:20.3
39	9	Opheim, Lewis	Oskaloosa,	IA	32	M	27:21.1
40	3	Becker, Ben	Fort Dodge	IA	23	M	27:22.3
41	9	Richardson, Tom	lehigh,	IA	26	M	27:25.3
42	10	Quint, Andrew	Des Moines,	IA	27	M	27:31.0
43	4	Tighe, Ryan	Oskaloosa,	IA	36	M	27:32.0
44	11	Lampe, Luke	North Liberty	IA	29	M	27:33.7
45	5	Reinders, Steve	Des Moines,	IA	39	M	27:38.8
46	4	clark, ryan	warsaw,	IL	23	M	27:45.9
47	2	Thomason, Emily	Newton,	IA	36	F	27:46.8
48	2	Wang, Kimberly	Brooklyn,	IA	29	F	27:47.0
49	2	Gadams, Bobby	Ankeny,	IA	50	M	27:55.2
50	3	Hefel, Lani	Clive,	IA	26	F	28:04.1
51	10	Noble, Jeremy	Des Moines,	IA	31	M	28:10.5
52	12	Terry, Jason	Des Moines,	IA	29	M	28:17.5
53	6	Halverson, John			38	M	28:18.5
54	5	EVANS, JACOB	ALTOONA,	IA	15	M	28:18.7
55	11	Hughes III, William	Council Bluffs,	IA	31	M	28:19.4
56	13	Welter, Eric	Iowa City,	IA	29	M	28:19.4
57	7	opheim, bobby	oskaloosa,	IA	39	M	28:23.9
58	1	Hoffmann, Lexie	Woodbine	IA	21	F	28:24.9
59	12	Freeman, Dan	Ankeny,	IA	32	M	28:33.1
60	8	Reitano, Joe	Boone,	IA	37	M	28:33.9
61	8	Holgate, Bailey			13	M	28:42.1
62	2	North, Dave	Oskaloosa,	IA	40	M	28:43.1
63	1	Tandberg, Cristin	Algona,	IA	32	F	28:46.1
64	1	Gogerty, Dan	Ames,	IA	60	M	28:47.0
65	14	KREBS, KRIS	MAXWELL,	IA	27	M	28:48.8
66	9	Duder, Michael	West Des Moines,	IA	38	M	28:57.4
67	15	Esdohr, Ryan	Polk City,,	IA	26	M	28:58.3
68	6	Sabotta, Chris	Cedar Rapids	IA	19	M	29:08.5
69	7	ALDRED, BRANDON	INDIANOLA,	IA	15	M	29:11.9
70	9	Robertson, Charles			13	M	29:17.6
71	8	WILTSE, COLIN	WAVERLY,	IA	15	M	29:17.9
72	3	ZIMMERMANN, RICK	OTHO,	IA	51	M	29:19.1
73	2	WILTSE, HEATHER	WAVERLY,	IA	20	F	29:19.5
74	10	stephenson, tj	Des Moines,	IA	11	M	29:22.1

75	1	Lowe,	Suzanne	West Des Moines,	IA	43	F	29:22.4
76	3	archer,	brad	urbandale,	IA	43	M	29:22.6
77	11	shearon,	austin	Des Moines,	IA	10	M	29:22.9
78	5	Hansen,	Gerrit	ames,	IA	23	M	29:24.0
79	12	Clark,	Brenden	Iowa City,	IA	13	M	29:25.6
80	2	Mackenburg,	Kristin	Cedar Rapids,	IA	14	F	29:30.1
81	6	Bartley,	Ross	Des Moines,	IA	23	M	29:31.5
82	13	NORRIS	AUSTIN	OSKALOOSA,	IA	33	M	29:38.9
83	7	Gerstenberger,	Jameson	Des Moines,	IA	24	M	29:39.4
84	9	Sutton,	Tyler	Newton,	IA	15	M	29:40.5
85	10	Blythe,	Chris	Ankeny,	IA	15	M	29:41.3
86	8	Cooper,	Nathan	West Des Moines	IA	23	M	29:50.1
87	13	Bailey,	Joshua	Otley,	IA	14	M	29:52.3
88	9	Lippert,	Jeremy	Ankeny,	IA	24	M	29:53.7
89	10	Walker,	Shawn	Des Moines,	IA	23	M	29:54.8
90	4	Ross,	Jessica	Cedar Rapids,	IA	27	F	29:55.4
91	5	Clark,	Sarah	Coralville,	IA	27	F	29:55.7
92	3	Schreck,	Liz	Carroll,	IA	24	F	30:01.3
93	1	Ytzen,	Johnny	Creston,	IA	57	M	30:06.4
94	6	Becker,	Liz	west Des Moines,	IA	25	F	30:06.5
95	16	CAWTHORN,	AARON	ST CHARLES,	IA	26	M	30:07.0
96	4	Martin,	Erwin	Altoona,	IA	42	M	30:11.7
97	4	Paulson,	Katie	Ottumwa,	IA	24	F	30:12.6
98	5	Paulson,	Kristin	Ames,	IA	21	F	30:13.4
99	6	Paulson,	Sarah	Ottumwa,	IA	21	F	30:13.5
100	10	Reinders,	Dan	west Des Moines,	IA	39	M	30:15.5
101	11	Stittsworth,	Kevin	Knoxville,	IA	37	M	30:20.2
102	17	Boechman,	David	West Des Moines,	IA	25	M	30:21.0
103	14	Reed,	Mitch	Ankeny,	IA	32	M	30:24.5
104	14	Von Tersch,	Grant	Altoona,	IA	12	M	30:27.4
105	15	MOORE,	LIAM	CARLISLE,	IA	14	M	30:32.2
106	3	Weeks,	Michaela	Davenport,	IA	13	F	30:35.0
107	5	Conner,	James	Des Moines,	IA	41	M	30:35.6
108	6	Cagley,	Rod	Ankeny,	IA	43	M	30:35.6
109	11	SIMMS,	BRUCE	GRUNDY CENTER,	IA	16	M	30:36.5
110	12	HARBERTS,	JACOB	HOLLAND,	IA	16	M	30:36.6
111	18	garnes,	brian	ankeny,	IA	25	M	30:37.2
112	4	Weirather,	Lane	Montrose,	IA	51	M	30:38.9
113	11	Thorson,	Todd	Ames	IA	23	M	30:40.8
114	7	Geiger,	Kristin Lee		IA	21	F	30:41.0
115	19	aubry,	thomas	ames,	IA	29	M	30:42.0
116	7	aubry,	carla	Ames,	IA	28	F	30:42.7
117	13	Huss,	Clayton	Altoona,	IA	15	M	30:43.4
118	2	Phillips,	Kathi	Pleasant Hill	IA	41	F	30:50.3
119	4	FRAKES,	CALLIE	TAMA,	IA	9	F	30:57.2
120	3	Rice,	Angie	Urbandale,	IA	43	F	30:58.9
121	8	Rice,	Emily	Des Moines,	IA	25	F	31:09.9
122	15	BROWN,	CHRISTOPHER	Des Moines,	IA	34	M	31:11.5
123	9	Bone,	Erin	Ankeny,	IA	26	F	31:20.7
124	1	Kilburg,	Allison	Tipton,	IA	19	F	31:21.9
125	12	Carr,	Jared	West Des Moines,	IA	24	M	31:23.0
126	10	Raythe,	patty	Des Moines,	IA	26	F	31:25.7
127	11	Bova,	Kelsey	West Des Moines,	IA	26	F	31:28.0
128	16	Jensen,	Gary	adel,	IA	32	M	31:29.0
129	16	Jensen,	Kodi	adel,	IA	11	M	31:29.0
130	17	Rouse,	Nick	Clive,	IA	31	M	31:44.6
131	12	Clark,	Michelle	Clive,	IA	27	F	31:44.7
132	20	Medina,	Armando	Summit,	IL	28	M	31:48.2
133	13	Way,	Stephen	Des Moines,	IA	24	M	31:48.3
134	2	Lawyer,	Sean			46	M	31:49.0
135	18	Schafer,	Jarrold	Beaman,	IA	33	M	31:53.0
136	3	Bollhoefer,	Vince	Haverhill,	IA	45	M	31:53.6
137	14	Anderegg,	Jonathan	Ames,	IA	24	M	31:56.4
138	21	Deangelo,	Mario			26	M	32:04.6
139	2	Dowell,	Dahoni	Runnells,	IA	19	F	32:05.5
140	15	Jones,	Justin	Runnells,	IA	21	M	32:05.6
141	13	Cooper,	Lindsey	Cedar Rapids,	IA	29	F	32:08.7
142	4	clark,	deborah	Des Moines,	IA	43	F	32:14.5
143	17	Manzer,	Tyson	Story City	IA	13	M	32:15.5
144	14	Johnson,	Jody	Adel,	IA	26	F	32:20.8
145	22	Scales,	William	Des Moines,	IA	29	M	32:25.0
146	23	Scales,	Jason	Elkhorn,	NE	25	M	32:25.5
147	5	Gustin,	Kay	Altoons,	IA	40	F	32:26.1
148	16	Mediand,	Todd			21	M	32:26.4
149	2	DOTHAGER,	JERI ANN	PELLA,	IA	33	F	32:26.7
150	3	VEENSTRA,	JENNIFER	KNOXVILLE,	IA	33	F	32:26.9
151	24	Roseberry,	Travis	West Des Moines,	IA	27	M	32:31.7
152	4	Greenfield,	Tina	Story City	IA	31	F	32:36.1
153	25	Proctor,	Chris	Des Moines,	IA	27	M	32:41.9
154	12	Manzer,	Jeff	Story	IA	36	M	32:42.9
155	18	prohaska,	coleman	west Des Moines,	IA	11	M	32:53.2
156	19	Brooker,	Ryan	Altoona,	IA	33	M	32:53.8

157	6	prohaska,	rachel	west Des Moines,	IA	43	F	32:54.2
158	8	Sievers,	Katie	Ames,	IA	24	F	32:54.2
159	26	Nelson,	Todd	Ames,	IA	26	M	32:54.4
160	5	Unger,	Shannon	Plainfield,	IL	31	F	32:59.3
161	6	Finch,	Erin	Coralville	IA	31	F	32:59.3
162	20	Bertrand,	Shawn	Des Moines,	IA	31	M	33:07.4
163	9	Weismann,	Jessica	West Des Moines,	IA	23	F	33:09.8
164	14	KOVAC,	CONNER	Des Moines,	IA	15	M	33:10.6
165	15	HOPP,	LINDY	Cedar Rapids,	IA	28	F	33:13.2
166	3	Jurgens,	Whitney	Keokuk,	IA	19	F	33:13.4
167	4	Hennessey,	Lesley	Marion	IA	19	F	33:17.0
168	15	Vasquez,	Jt			15	M	33:21.9
169	16	Stolp,	Dylan	Ankeny,	IA	15	M	33:22.1
170	17	Parker,	Isaiah			15	M	33:23.0
171	18	COOKSON,	AUSTIN	ANKENY,	IA	15	M	33:23.2
172	19	Oscarson,	Cole	Oskaloosa,	IA	14	M	33:24.3
173	27	Albrecht,	Keith	Urbandale,	IA	27	M	33:25.3
174	16	de Catalan,	Mayra	Des Moines,	IA	27	F	33:27.0
175	7	Oscarson,	Geoff	Oskaloosa,	IA	42	M	33:28.8
176	3	Stoltz,	Tressy	Bondurant,	IA	35	F	33:29.6
177	19	garnes,	daniel	ankeny,	IA	19	M	33:31.1
178	7	Vigon,	Crystal	Menlo,	IA	31	F	33:36.1
179	17	Olson,	Stacey	Des Moines,	IA	28	F	33:40.1
180	17	Henson,	Casey			24	M	33:42.8
181	4	Irlbeck,	Mandi	Avoca,	IA	35	F	33:44.7
182	20	Irlbeck,	Darrian	Avoca,	IA	16	M	33:45.0
183	28	Rauch,	joseph	Cedar Rapids,	IA	25	M	33:45.7
184	29	Mann,	Mat			29	M	33:45.8
185	7	archer,	kris	urbandale,	IA	44	F	33:46.1
186	5	Presley,	Kimberley	Urbandale,	IA	35	F	33:46.2
187	4	Raike,	Steve	Clive,	IA	49	M	33:46.3
188	30	Bainter,	Jesse	Pleasant Hill,	IA	28	M	33:46.9
189	5	PHILLIPS,	KRYSTAL	MCCLEELAND,	IA	14	F	33:49.9
190	8	Rupe,	Star	Waverly,	IA	32	F	33:50.8
191	9	Leone,	Emilene	moline,	IL	32	F	33:53.3
192	21	Scott,	Doug	west Des Moines,	IA	30	M	33:54.8
193	10	jimenez,	tiffany	huxley,	IA	30	F	33:55.1
194	31	De Bruin,	Mark	Des Moines,	IA	25	M	33:57.0
195	20	BEAN,	LOGAN	KALONA,	IA	13	M	34:03.0
196	18	Jerred,	Megan	Lisbon,	IA	27	F	34:03.6
197	10	Langenfeld,	Sarah	Pella,	IA	20	F	34:08.9
198	19	Allgood,	Stephanie	Albia,	IA	25	F	34:09.0
199	5	LANGENFELD,	MEGAN	PELLA,	IA	18	F	34:11.9
200	13	Hugen,	Rob	Indianola,	IA	35	M	34:12.3
201	14	Rupe,	Mike	Waverly,	IA	35	M	34:12.8
202	21	MRZENA,	JAKE	INDIANOLA,	IA	17	M	34:13.1
203	22	GRISSOM,	ZACH	ELDRIDGE,	IA	15	M	34:13.5
204	21	Peschaury,	Matt			14	M	34:13.9
205	6	Kulenkamp,	Sara	Cedar Falls,	IA	19	F	34:14.0
206	23	EUTERLINE,	VAUGHN	INDIANOLA,	IA	16	M	34:17.1
207	22	Johnson,	Joshua	Cedar Rapids,	IA	32	M	34:20.4
208	7	Taylor,	Allison	Ames,	IA	19	F	34:21.3
209	24	West,	Andrew			15	M	34:22.9
210	25	Riemenschneider,	Jason	Marshalltown,	IA	16	M	34:23.1
211	8	Dailey,	Shelby			15	F	34:24.4
212	9	Brown,	Taylor			15	F	34:25.2
213	26	Amos,	Trevor	Indianola,	IA	17	M	34:26.5
214	20	Young,	Ali	Polk City	IA	27	F	34:27.8
215	32	Hugen,	Joe	Des Moines,	IA	27	M	34:28.7
216	22	Lillibridge,	Dalton			11	M	34:31.8
217	33	Stuit,	Justin			25	M	34:32.6
218	5	Falok,	Steve			53	M	34:33.7
219	5	Huntington,	Jon	Des Moines,	IA	46	M	34:37.8
220	21	Kuennen,	Arienne	Bondurant,	IA	29	F	34:38.2
221	15	Kendrick,	James	Pella,	IA	39	M	34:38.6
222	16	Schwendinger,	David	Des Moines,	IA	36	M	34:39.3
223	8	Steer,	Kelly	Waukee,	IA	40	F	34:45.2
224	18	Frazee,	Tyler	Waverly,	IA	20	M	34:47.8
225	17	Carlson,	George			38	M	34:49.0
226	6	Toresdahl,	Dru	Ames,	IA	53	M	34:53.1
227	9	Toresdahl,	Constance	Ames,	IA	43	F	34:53.2
228	11	Blaine,	Mallory	Urbandale,	IA	23	F	35:04.3
229	27	Blaine,	Nathaniel	Greenfield,	IA	17	M	35:04.4
230	11	Reisner,	Jill	Altoona,	IA	31	F	35:12.7
231	12	Aguiniga,	Kirsten	Altoona,	IA	32	F	35:13.3
232	6	Arthur,	James	Des	IA	47	M	35:16.0
233	13	Bernardino,	Rosaura	Des Moines,	IA	31	F	35:18.1
234	23	Channon,	Cory	Des	IA	32	M	35:18.2
235	28	Clary-Aust,	Travis	Madrid,	IA	19	M	35:20.1
236	10	Perkins,	Samantha	Madrid,	IA	19	F	35:20.5
237	23	howell,	nickolas	centerville,	IA	13	M	35:23.9
238	22	Garden,	Denise	Oskaloosa,	IA	25	F	35:24.6

239	23	Soukhavong,	Vini	marshalltown,	IA	27	F	35:38.0
240	14	Schwendinger,	Sara	Des Moines,	IA	34	F	35:38.3
241	6	howell,	lisa	centerville,	IA	38	F	35:40.0
242	29	HOLDEFER,	JACOB	NEWTON,	IA	15	M	35:40.6
243	24	Etringer,	Ashley	Kansas City	MO	28	F	35:40.8
244	25	Erion,	Abby	Des Moines,	IA	26	F	35:40.9
245	26	Anderson,	Lindsey	West Des Moines,	IA	28	F	35:41.1
246	8	fox,	barry	west Des Moines,	IA	41	M	35:42.9
247	9	Staudt,	Mark			40	M	35:42.9
248	10	sparks,	john	ames,	IA	42	M	35:47.7
249	7	McKinney,	Lani	Ames,	IA	37	F	35:47.7
250	15	Noble,	Letisha	Des Moines,	IA	31	F	35:48.8
251	11	Brinstad,	Donnie	Des Moines,	IA	42	M	35:51.9
252	12	Short,	Doug			43	M	35:55.5
253	18	Hudrick,	Chris			36	M	35:57.0
254	24	Fox,	Brandon	west Des Moines,	IA	11	M	36:08.2
255	25	Staudt,	Nick			11	M	36:10.4
256	7	Hauswirth,	Greg	Emmetsburg,	IA	46	M	36:14.2
257	19	Dick,	Jesse	Des Moines,	IA	24	M	36:19.3
258	13	Paulson,	Jason	Grimes,	IA	40	M	36:22.8
259	6	Paulson,	Natalie	Grimes,	IA	10	F	36:22.9
260	27	Fox,	Lindsay	Cedar Rapids,	IA	27	F	36:26.7
261	34	Hutchinson II,	Ken	West Des Moines	IA	28	M	36:33.6
262	28	Puth,	Mia	West Des Moines,	IA	28	F	36:34.6
263	35	Morris,	Todd	Des Moines,	IA	28	M	36:42.6
264	20	Penfield,	Garrett	Indianola,	IA	24	M	36:44.4
265	12	Cunningham,	Kati	ankeny,	IA	22	F	36:44.6
266	16	Severin,	Amber	Waukee,	IA	30	F	36:45.5
267	17	Harrington,	Jennifer	Pella,	IA	32	F	36:45.7
268	13	Lewis,	Rachel			22	F	36:45.9
269	18	Beaumont,	Jamie	Albia,	IA	32	F	36:46.8
270	19	fritz,	molly	ames,	IA	31	F	36:47.2
271	29	Hostetler,	Amanda	Colo,	IA	29	F	36:47.5
272	30	Van Hemert,	Jessica	Ames,	IA	26	F	36:47.7
273	31	Maylum,	Megan	Milan,	IL	27	F	36:47.8
274	20	Krausman,	Tammie	Ankeny,	IA	32	F	36:48.4
275	21	Fultz,	Nicole	Des Moines,	IA	30	F	36:50.8
276	14	Weishaar	Rachel	ames,	IA	23	F	36:51.8
277	32	Weishaar,	Diane	Cedar Falls,	IA	27	F	36:51.8
278	24	Drapeaux,	Russ	Ankeny,	IA	34	M	36:59.4
279	22	Pickerell,	Mindy	Cedar Rapids,	IA	31	F	37:04.4
280	25	Ransom,	Eric	North Liberty	IA	30	M	37:04.4
281	33	Norton,	Jessie	Cedar Rapids,	IA	27	F	37:04.7
282	15	Kirsch,	Kendra	West Des Moines,	IA	23	F	37:06.5
283	16	Shannon,	Tonya	Charles City	IA	24	F	37:07.7
284	23	gemaehlich,	shana	Charles City	IA	31	F	37:08.3
285	26	pruitt,	curtis	earlham,	IA	32	M	37:11.1
286	19	Woerdehoff,	John	Cedar Rapids,	IA	37	M	37:12.1
287	17	Paul,	Emily	Iowa City	IA	20	F	37:12.8
288	18	Nash,	Rachel	Iowa City	IA	21	F	37:13.7
289	36	Henson,	Brandon	Chicago,	IL	27	M	37:13.9
290	1	Henson,	Ginny	Keokuk,	IA	50	F	37:14.0
291	11	Kollmorgen,	Kallie	Humboldt,	IA	17	F	37:14.6
292	30	kiger,	kaleb	dakota city,	IA	17	M	37:15.6
293	12	Yoakam,	Amber	Humboldt,	IA	17	F	37:15.8
294	31	Bentz,	Matt	Humboldt,	IA	18	M	37:18.0
295	34	O'Meara,	Kristin	West	IA	25	F	37:21.3
296	37	Noble,	Josh	Des Moines,	IA	28	M	37:23.4
297	8	LILLIBRIDGE,	HOLLI	MARSHALLTOWN,	IA	39	F	37:27.5
298	26	Funke,	Brayten	Greenfield,	IA	11	M	37:30.6
299	24	Wilson,	Brooke	Greenfield,	IA	31	F	37:30.6
300	27	Howard,	Trenton			13	M	37:33.5
301	8	Howard,	Tony			46	M	37:34.9
302	28	Purcell,	Colin	Davenport,	IA	14	M	37:40.7
303	25	steege,	katie	Fredericksburg,	IA	30	F	37:43.6
304	26	Martin,	Leanne	Ames,	IA	30	F	37:43.7
305	27	Warne,	Emily	Bonner Springs,	KS	32	F	37:43.8
306	28	Topping,	Lindsey	Maple Grove,	MN	31	F	37:43.9
307	35	Henson,	Shannon	Des Moines,	IA	25	F	37:44.9
308	38	Knudson,	Justin	Des Moines,	IA	29	M	37:45.3
309	36	KATZER,	KASSIE	Des Moines,	IA	28	F	37:45.3
310	7	JAENKE,	KAYLA	IOWA FALLS,	IA	14	F	37:46.3
311	19	Bailey,	Lauren	Otley,	IA	20	F	37:49.3
312	20	Johnson,	Elizabeth	Stratford,	IA	21	F	37:50.3
313	8	Johnson,	Victoria	Stratford,	IA	14	F	37:51.0
314	13	beers,	brooke	oskaloosa,	IA	16	F	37:53.3
315	9	beers,	mark	oskaloosa,	IA	48	M	37:54.0
316	7	Jorgensen,	Jeff	Des Moines,	IA	52	M	37:54.7
317	14	Blythe,	Shawn	Ankeny,	IA	40	M	37:56.0
318	8	Garnes,	David	ankeny,	IA	53	M	38:20.1
319	10	SHROYER,	AMBER	STRATTFORD,	IA	41	F	38:23.3
320	39	Dirkx,	Chris	West Des Moines,	IA	25	M	38:23.9

321	37	McNeil,	Annie	West Des Moines,	IA	25	F	38:24.2
322	9	Shoa,	Kim			38	F	38:27.8
323	2	Adams,	Linda	Oskaloosa,	IA	51	F	38:28.5
324	38	Spray,	Natalie	oskaloosa,	IA	29	F	38:28.6
325	10	opheim,	jane	oskaloosa,	IA	35	F	38:28.8
326	21	Hoins,	Casady	Cedar Falls	IA	20	M	38:32.2
327	39	Pedersen,	Kerri	Ankeny,	IA	27	F	38:33.1
328	29	Brown,	Lincoln			13	M	38:35.2
329	40	Mason,	Teresa			25	F	38:35.9
330	40	Mason,	Jesse			26	M	38:35.9
331	29	MITCHELL,	KELLY	NEW SHARON,	IA	31	F	38:36.3
332	41	Smith,	Jenny	Des Moines,	IA	27	F	38:36.5
333	42	O'Connell,	Ashleigh	Des Moines,	IA	27	F	38:37.0
334	32	Ribbeck,	Mark	Moline,	IL	17	M	38:39.2
335	30	Fleming,	Amber	Montezuma,	IA	34	F	38:42.1
336	43	Brown,	Katrina	Waukee,	IA	26	F	38:43.7
337	11	Magie,	Amanda	Ames,	IA	36	F	38:45.1
338	41	Rauch,	Brent			29	M	38:48.1
339	31	Steenhoek,	Julie	Pella,	IA	33	F	38:48.3
340	32	Parrott,	Molly	Ames,	IA	31	F	38:48.5
341	33	Steenhoek,	Amy	West Des Moines,	IA	30	F	38:48.9
342	44	Barkhaus,	Jessica	Fort	IA	27	F	38:50.6
343	45	Jacobs,	Brandy	Ames,	IA	25	F	38:52.5
344	46	Paulson,	Anne	West Des Moines	IA	25	F	38:53.9
345	47	Allen,	Megan	Runnells,	IA	27	F	39:01.1
346	21	Leavitt,	Kate	Marcus,	IA	24	F	39:01.4
347	48	Taylor,	Trish	Dubuque,	IA	25	F	39:01.8
348	49	Taylor,	Margrette	Fort Dodge,	IA	27	F	39:04.2
349	22	Booth,	Maggie	Cedar Rapids,	IA	23	F	39:18.5
350	20	millier,	brian	Des Moines,	IA	39	M	39:19.0
351	15	Schumacher,	Scott	Des Moines,	IA	41	M	39:19.5
352	23	Mrvoljak,	Sanela	urbandale,	IA	20	F	39:20.4
353	24	Kirkpatrick,	Stephanie	Clive,	IA	20	F	39:20.6
354	25	Bosman,	Emily	Urbandale,	IA	20	F	39:21.1
355	1	OSTREN,	KAREN	STRATFORD,	IA	46	F	39:24.5
356	34	Templeton,	Megan	Ames,	IA	32	F	39:26.4
357	35	Conrad,	Amy	Mount	IA	34	F	39:33.9
358	27	Murphy,	Ryan	West Des Moines,	IA	31	M	39:38.9
359	22	Gasser,	Matt			23	M	39:39.4
360	36	murphy,	lisa	West Des Moines,	IA	31	F	39:40.2
361	26	Murphy,	Danielle	Iowa City,	IA	23	F	39:40.4
362	33	BERYSHIH,	VINCENT	LISBON,	IA	16	M	39:44.7
363	28	Frerichs,	Dan	Titonka,	IA	33	M	39:46.8
364	11	Doe,	Heather	West Des Moines,	IA	40	F	39:53.6
365	27	Hamblin,	Jacey	ames,	IA	21	F	40:00.0
366	30	Smith,	Reece	Garner,	IA	10	M	40:00.2
367	23	Stoker,	Joseph	Ames,	IA	20	M	40:00.3
368	37	Sporrer,	Michelle	nevada,	IA	34	F	40:03.8
369	38	Betting,	Jessie	Nevada,	IA	34	F	40:05.0
370	39	Tibodeau,	Betsy	Nevada,	IA	34	F	40:05.2
371	50	Stout,	Mickie	Windsor Heights	IA	28	F	40:05.4
372	10	Doerr,	John	Des Moines,	IA	46	M	40:05.9
373	3	Miller,	Marna	Urbandale,	IA	52	F	40:09.2
374	12	Langstraat,	Tammy	Beacon,	IA	44	F	40:11.9
375	9	rowland,	jeff	altoona,	IA	51	M	40:24.9
376	2	collier,	shelley	altoona,	IA	46	F	40:25.0
377	21	Ristau,	Mark	Owatonna,	MN	38	M	40:32.4
378	12	Ristau,	Diane	Owatonna,	MN	37	F	40:32.8
379	51	Pick,	Katie	West Des Moines,	IA	29	F	40:41.0
380	52	Hillman,	Amber	West Des Moines,	IA	27	F	40:41.4
381	42	Steffes,	Tony			28	M	40:45.0
382	53	Kratoska,	Abby	Gragner,	IA	28	F	40:45.7
383	40	Hofer,	Cynthia	Des Moines,	IA	31	F	40:45.7
384	28	Lundeen,	Kaitlin	West Des Moines,	IA	20	F	40:46.7
385	22	Gehrke,	Greg	Altoona,	IA	39	M	40:46.8
386	13	Piner,	Shelly	Altoona,	IA	40	F	40:47.3
387	54	Gilleland,	Jamie	Des Moines,	IA	25	F	40:49.8
388	14	Boehme,	Christina	Ames,	IA	18	F	41:00.3
389	23	Reschke,	Trevor			39	M	41:02.1
390	24	Bueltel,	Jordan	Glenwood,	IA	24	M	41:02.4
391	31	Reschke,	Simon			11	M	41:02.6
392	41	Schorr,	Bobbie	San Diego,	CA	31	F	41:04.7
393	29	Huitt,	Caleb	Story City	IA	33	M	41:08.2
394	55	Bodkins,	Rachael	Nevada,	IA	27	F	41:08.3
395	29	Bodkins,	Amber	Nevada,	IA			