

# Urbandale July 4th - William Courtney Memorial 5 km

Urbandale, IA

July 4, 2012

80 degrees, sunny

Results by Michael Franke

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

PLACE	CLASS PLACE	FINISHER	TIME	PACE
1	1 M14	Drew Jackson, 18, Johnston, IA	17:02	5:29
2	2 M14	Jr Snyder, 17, Altoona, IA	17:36	5:40
3	1 M19	Drew Prescott, 19, Urbandale, IA	17:42	5:42
4	1 M30	Peder Skoog, 33, Waukee, IA	18:10	5:51
5	3 M14	Tyson Wieland, 17, Johnston, IA	18:16	5:53
6	1 M40	Shawn Miller, 40, Des Moines, IA	18:20	5:54
Pace: <a href="#">6:00</a>   <a href="#">7:00</a>   <a href="#">8:00</a>   <a href="#">9:00</a>   <a href="#">10:00</a>   <a href="#">11:00</a>   <a href="#">12:00</a>   <a href="#">13:00</a>   <a href="#">14:00</a>   <a href="#">15:00</a>   <a href="#">Top</a>				
7	4 M14	Dakota Lucht, 14, Ankeny, IA	18:56	6:05
8	2 M40	John Anthofer, 40, Urbandale, IA	19:01	6:07
9	2 M30	Seth Comfort, 31, Des Moines, IA	19:03	6:08
10	3 M30	Doug Bickford, 39, Grimes, IA	19:05	6:08
11	3 M40	Jim Robidoux, 48, Polk City, IA	19:17	6:12
12	4 M40	Loran Storts, 47, Clive, IA	19:28	6:16
13	2 M19	Daniel Jensen, 20, Urbandale, IA	19:32	6:17
14	5 M14	Paul Robidoux, 17, Polk City, IA	19:42	6:20
15	6 M14	Sean Conner, 14, West Des Moines, IA	19:43	6:21
16	5 M40	Scott Engelhardt, 45, Urbandale, IA	19:44	6:21
17	4 M30	Paxton Bennett, 38, West Des Moines, IA	19:53	6:24
18	3 M19	Andrew Hoch, 27, Des Moines, IA	19:55	6:24
19	5 M30	James Petersen, 30, Grimes, IA	19:57	6:25
20	7 M14	Skyler Riesberg, 14, Grimes, IA	20:07	6:28
21	8 M14	Michael Eppink, 16, Urbandale, IA	20:10	6:29
22	9 M14	Jacob Thompson, 16, Urbandale, IA	20:11	6:30
1	1 W30	Stephanie Mortenson, 30*, Urbandale, IA	20:12	6:30
23	6 M30	James Clevenger, 34, West Des Moines, IA	20:13	6:30
24	10 M14	Ryan Miller, 18, Urbandale, IA	20:14	6:31
25	7 M30	Gabriel Lohf, 36, Urbandale, IA	20:19	6:32
26	11 M14	Zachary Smith, 14, Urbandale, IA	20:22	6:33
27	1 M12	Jackson Fink, 13, Des Moines, IA	20:32	6:36
28	2 M12	Matt Fraizer, 13, West Des Moines, IA	20:39	6:39
29	8 M30	Matt Lano, 30, Chicago, IL	20:53	6:43
30	1 M50	3sticks McBride, 56, Des Moines, IA	21:00	6:45
2	1 W40	Carrie Van Quathem, 40*, Urbandale, IA	21:09	6:48
31	12 M14	Luke Sinclair, 14, Carlisle, IA	21:16	6:51
3	2 W40	Cora Turner, 43*, Alvarado, TX	21:21	6:52
32	3 M12	Trevor Miller, 13, Urbandale, IA	21:23	6:53
4	1 W14	Maddie Kieve, 18*, Urbandale, IA	21:24	6:53
33	4 M19	Joey Zehner, 28, Des Moines, IA	21:26	6:54
5	2 W14	Kenzie Foldes, 16*, Johnston, IA	21:28	6:54
34	9 M30	Jon Pena, 39, Grimes, IA	21:31	6:55
6	3 W14	Elyse Prescott, 15*, Urbandale, IA	21:32	6:56
7	2 W30	Andrea Gdrunk, 30*, Des Moines, IA	21:35	6:57
8	4 W14	Srena Goetzl, 18*, Urbandale, IA	21:38	6:58
35		Rudi Heinrich, Cleveland, OH	21:40	6:58
Pace: <a href="#">6:00</a>   <a href="#">7:00</a>   <a href="#">8:00</a>   <a href="#">9:00</a>   <a href="#">10:00</a>   <a href="#">11:00</a>   <a href="#">12:00</a>   <a href="#">13:00</a>   <a href="#">14:00</a>   <a href="#">15:00</a>   <a href="#">Top</a>				

36	2	M50	Del Lasswell, 55, Urbandale, IA	21:47	7:01
37	13	M14	Scott Wilson, 16, Urbandale, IA	21:49	7:01
38	6	M40	Brad Ortmeier, 48, Johnston, IA	21:58	7:04
39	10	M30	Matt Jackson, 35, Des Moines, IA	22:01	7:05
40	14	M14	Alex Smith, 14, Urbandale, IA	22:11	7:08
41	11	M30	Mike Pitzen, 32, Urbandale, IA	22:14	7:09
42	15	M14	Logan Barnes, 16, Ankeny, IA	22:16	7:10
43	12	M30	Brent Allen, 31, Johnston, IA	22:18	7:10
9	1	W19	Madeleine Bradley, 25*, Johnston, IA	22:19	7:11
10	2	W19	Jessica Schroeder, 26*, Urbandale, IA	22:20	7:11
11	3	W40	Tami Prescott, 45*, Urbandale, IA	22:25	7:13
44	7	M40	Jeff Farrell, 48, Urbandale, IA	22:26	7:13
12	5	W14	Emma Thayer, 15*, Urbandale, IA	22:27	7:13
45	8	M40	Matthew Gardner, 42, Urbandale, IA	22:32	7:15
46	13	M30	Jerad Lally, 34, Des Moines, IA	22:34	7:16
47	16	M14	Quinn Lafrentz, 16, Urbandale, IA	22:38	7:17
48	3	M50	Rick Cullwell, 53, Highlands Ranch, CO	22:41	7:18
49	9	M40	Dave DeCarlo, 45, West Des Moines, IA	22:42	7:18
50	17	M14	Lance Kopacek, 18, Urbandale, IA	22:43	7:18
13	1	W12	Anna Toot, 13*, Johnston, IA	22:43	7:19
51	10	M40	Simon Ertz, 42, Greensboro, NC	22:45	7:19
52	4	M50	Jeff Kane, 51, Urbandale, IA	22:49	7:20
14	3	W30	Rachel Hoger, 37*, Johnston, IA	22:50	7:21
53	11	M40	Patrick Mattingly, 43, Johnston, IA	22:57	7:23
15	6	W14	Sandra Kromminga, 15*, Ia, IA	23:03	7:25
54	4	M12	Willie Tunks, 12, Des Moines, IA	23:06	7:26
55	18	M14	William O'Brien, 18, Manchester, MO	23:07	7:26
56	12	M40	Iam Bradley, 43, Johnston, IA	23:14	7:29
57	13	M40	Erik Swee, 46, Urbandale, IA	23:17	7:29
58	14	M40	Dale Christians, 46, Urbandale, IA	23:17	7:30
16	4	W40	Shari Rumer, 44*, Johnston, IA	23:22	7:31
59	15	M40	Tony Guerra, 40, Ankeny, IA	23:26	7:32
60	19	M14	James Williams, 16, Urbandale, IA	23:30	7:34
61	20	M14	Hunter Klein, 14, Athens, WV	23:31	7:34
62	21	M14	Jesse Coleman, 16, Des Moines, IA	23:34	7:35
63	22	M14	Alex Kane, 18, Urbandale, IA	23:35	7:35
64	5	M50	Kirk Tibbetts, 58, Urbandale, IA	23:41	7:37
65	16	M40	Lewis Yacinich, 49, Urbandale, IA	23:42	7:37
66	23	M14	Grant Acoyomo, 14, Ankeny, IA	23:42	7:38
17	7	W14	Marena Fisher, 17*, Pleasant Hill, IA	23:43	7:38
67	14	M30	Bret Nelson, 32, Grimes, IA	23:49	7:40
68	15	M30	Jason Clevenger, 34, Johnston, IA	23:51	7:41
69	6	M50	Scott Freeman, 50, Urbandale, IA	23:52	7:41
70	24	M14	Andrew Jones, 15, Des Moines, IA	23:54	7:41
71	5	M12	Andrew Simmons, 13, Urbandale, IA	23:55	7:42
72	25	M14	Matthew Matternas, 14, Urbandale, IA	23:55	7:42
73	17	M40	Mark Youngers, 44, Urbandale, IA	23:56	7:42
74	16	M30	Jon Beeman, 35, Johnston, IA	23:57	7:42
18	8	W14	Ashlen Norem, 16*, Urbandale, IA	23:58	7:43
75	17	M30	Brian Reser, 32, Urbandale, IA	23:59	7:43
76	18	M40	Chris Admussen, 48, Urbandale, IA	24:01	7:44
77	7	M50	Marty McDonald, 51, Urbandale, IA	24:02	7:44
19	3	W19	Allie Lunde, 26*, Clive, IA	24:03	7:44
78	19	M40	Tim Tessier, 41, Urbandale, IA	24:05	7:45
20	9	W14	Evie Kammeyer, 16*, Urbandale, IA	24:07	7:45
21	4	W19	Sean Lunde, 25*, Clive, IA	24:08	7:46
79	5	M19	Colin Pogge, 29, Houston, TX	24:09	7:46
80	26	M14	Bradyt Klvesner, 15, Urbandale, IA	24:15	7:48
81	27	M14	Matthew Tanner, 15, Johnston, IA	24:15	7:48
82	18	M30	Ryan Burry, 35, Grimes, IA	24:16	7:48
83	19	M30	Juan Jaramillo, 36, Pittsburgh, PA	24:17	7:49
84	28	M14	Sean McKenzie, 14, Des Moines, IA	24:19	7:50
85	20	M40	Michael Gould, 49, West Des Moines, IA	24:20	7:50
86	29	M14	Adam Dirks, 18, Urbandale, IA	24:21	7:50
87	21	M40	Steven Webb, 42, Madras, OR	24:22	7:50

22	4	W30	Allison Johnson, 37*, Des Moines, IA	24:23	7:51
23	10	W14	Sarah Kromminga, 15*, Ia, IA	24:24	7:51
88	6	M12	Seamus Geraty, 13, Des Moines, IA	24:26	7:52
89	30	M14	Charlie Cacciatore, 14, Urbandale, IA	24:29	7:53
24	11	W14	Trina Moreno, 14*, Urbandale, IA	24:33	7:54
90	6	M19	Seth Quam, 29, Urbandale, IA	24:34	7:54
91	1	JrM	Joshua Lawless, 11, Carlisle, IA	24:36	7:55
92	20	M30	Aaron Henrichs, 37, Urbandale, IA	24:37	7:55
25	12	W14	Nicki Bruett, 16*, Urbandale, IA	24:39	7:56
93	7	M12	Thomas Bussey, 13, Urbandale, IA	24:47	7:58
26	1	JrW	Helen Gould, 10*, West Des Moines, IA	24:47	7:59
94	7	M19	Jamie Seidl, 26, Clive, IA	24:48	7:59
95	21	M30	Justin Pogge, 32, Naperville, IL	24:49	7:59
96	22	M30	Paul Drake, 37, Woodward, IA	24:49	7:59

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97	8	M12	Scott Conner, 13, West Des Moines, IA	24:50	8:00
27	5	W19	Stephanie Majeran, 28*, Urbandale, IA	24:51	8:00
28	2	JrW	Ella McGuire, 11*, West Des Moines, IA	24:52	8:00
29	5	W40	Melanie Doubrava, 44*, West Des Moines, IA	24:54	8:01
98	22	M40	Mark Harvahgar, 43, Urbandale, IA	24:55	8:01
99	23	M40	Gary Thompson, 48, Urbandale, IA	24:59	8:02
100	24	M40	Jay Fisher, 48, Pleasant Hill, IA	25:00	8:03
101	31	M14	Colby DeCarlo, 15, West Des Moines, IA	25:03	8:03
30	5	W30	Bridie Sellers, 32*, Johnston, IA	25:03	8:04
31	2	W12	Vivian Broderick, 12*, Des Moines, IA	25:07	8:05
102	1	M60	Greg Kline, 64, Urbandale, IA	25:08	8:05
32	13	W14	Andrea Mataloni, 14*, Urbandale, IA	25:15	8:07
103	23	M30	Tony Wagner, 36, Urbandale, IA	25:16	8:08
33	6	W40	Casey Conner, 42*, West Des Moines, IA	25:19	8:09
104	8	M50	Patrick Walter, 51, Urbandale, IA	25:19	8:09
105	25	M40	Jeff Logan, 46, Urbandale, IA	25:20	8:09
106	8	M19	Adam Nederhoff, 27, Johnston, IA	25:22	8:10
34	7	W40	Jerri Kleihauer, 46*, Clive, IA	25:24	8:10
107	9	M19	Logan McCool, 24, Des Moines, IA	25:25	8:11
108	26	M40	Dennis Bussey, 42, Urbandale, IA	25:26	8:11
109	27	M40	John Wahlert, 47, Urbandale, IA	25:28	8:12
35	6	W19	Darcy Vanmiddendrop, 24*, Doon, IA	25:29	8:12
110	2	JrM	Tyler Vaughan, 11, Norwalk, IA	25:29	8:12
36	6	W30	Gail Vander Wilt, 32*, Ankeny, IA	25:30	8:12
111	28	M40	Barry Jones, 44, Des Moines, IA	25:31	8:12
37	14	W14	Nicole Benson, 16*, Urbandale, IA	25:31	8:13
38	7	W30	Beth McDonald, 39*, prole, ia	25:32	8:13
39	15	W14	Mikaela Lawler, 14*, Mitchellville, IA	25:34	8:13
40	8	W40	Lisa Wink, 45*, Urbandale, IA	25:38	8:15
41	8	W30	Valerie Keller, 32*, Janesville, IA	25:41	8:16
112	24	M30	Eric Keller, 36, Janesville, IA	25:42	8:16
42	9	W30	Mary Decarlo, 33*, Grimes, IA	25:43	8:16
43	16	W14	Ellen Bennett, 15*, Ankeny, IA	25:43	8:17
113	9	M12	John Clingan, 13, West Des Moines, IA	25:45	8:17
44	10	W30	Stacy Berngkuel, 33*, Des Moines, IA	25:48	8:18
114	10	M12	Thomas Gould, 12, West Des Moines, IA	25:54	8:20
45	9	W40	Martha Freeman, 49*, Urbandale, IA	25:54	8:20
115	9	M50	Steve Ambrose , 52, Clive, IA	25:55	8:20
46	3	W12	Jillian Jaeger, 13*, West Des Moines, IA	25:56	8:21
116	10	M19	Christopher Orr, 25, Urbandale, IA	25:59	8:21
117	25	M30	Kevin Carroll, 38, West Des Moines, IA	26:00	8:22
118	29	M40	Brian Shadle, 46, Clive, IA	26:01	8:22
47	4	W12	Sarah Shadle, 12*, Clive, IA	26:02	8:22
119	11	M19	Hunter Phillips, 19, West Des Moines, IA	26:04	8:23
120	32	M14	Austin Shadle, 16, Clive, IA	26:07	8:24
48	5	W12	Elma Omanovic, 13*, Urbandale, IA	26:08	8:24
121	30	M40	James Beal, 42, Urbandale, IA	26:13	8:26
49	17	W14	Alicia Manning, 18*, Urbandale, IA	26:13	8:26
122	26	M30	Zachary, 38, Urbandale, IA	26:14	8:27

123	12	M19	Justin Kenny, 29, Urbandale, IA	26:17	8:27
50	7	W19	Emily Kenny, 27*, Urbandale, IA	26:18	8:28
124	31	M40	Karl Wilt, 45, Urbandale, IA	26:21	8:29
51	18	W14	Anne Rogers, 15*, Johnston, IA	26:21	8:29
125	11	M12	Andrew Warner, 13, Flower Mound, TX	26:23	8:29
126	3	JrM	Jackson Mears, 10, Urbandale, IA	26:23	8:29
127	32	M40	Bill Olson, 47, Urbandale, IA	26:24	8:30
52	11	W30	Jennifer Goodman, 36*, Johnston, IA	26:25	8:30
53	10	W40	Jennifer Storts, 43*, Clive, IA	26:31	8:32
128	10	M50	Craig Orr, 56, Urbandale, IA	26:32	8:32
54	8	W19	Andrea Sturdevant, 22*, Urbandale, IA	26:33	8:32
55	9	W19	Nicole Wilson, 23*, Des Moines, IA	26:34	8:33
56	10	W19	Callie Pogge, 25*, Chicago, IA	26:34	8:33
57	12	W30	Marti Jo McBee, 35*, Ankeny, IA	26:38	8:34
58	11	W40	Stephanie Harris-Toot, 40*, Johnston, IA	26:45	8:36
129	11	M50	Paul Erickson, 56, Urbandale, IA	26:54	8:39
59	13	W30	Anne Broderick, 38*, Des Moines, IA	26:58	8:40
60	14	W30	Emily Cataldi, 35*, Urbandale, IA	26:59	8:41
130	33	M40	Mark Kleihauer, 48, Clive, IA	27:00	8:41
131	27	M30	Jordan Jensen, 32, Urbandale, IA	27:02	8:42
132	34	M40	Frank Wennerholt, 40, Grimes, IA	27:03	8:42
61	11	W19	Emily Thole, 27*, Urbandale, IA	27:07	8:43
133	28	M30	Ross Loncoln, 38, Clive, IA	27:08	8:44
62	19	W14	Sophie Klein, 14*, Athens, WV	27:10	8:44
63	6	W12	Alyssa Weber, 13*, Waukee, IA	27:11	8:45
134	4	JrM	Dylan Sams, 9, Urbandale, IA	27:11	8:45
135	5	JrM	Luke Lanigan, 9, Ia, IA	27:12	8:45
64	15	W30	Candice Webb, 34*, Madras, OR	27:12	8:45
136	12	M50	Jim Manderfield, 55, Urbandale, IA	27:20	8:48
137	29	M30	Mike Eisentrager, 30, Grimes, IA	27:22	8:48
65	12	W19	Bre Ludwig, 29*, Duluth, MN	27:26	8:50
66	12	W40	Mary Thompson, 48*, Johnston, IA	27:28	8:50
67	7	W12	Sara Wilson, 12*, Urbandale, IA	27:33	8:52
68	13	W19	Tatiana Vassilieva, 27*, Arlington, VA	27:34	8:52
138	2	M60	Carl Voss, 63, Des Moines, IA	27:34	8:52
139	12	M12	Cameron Mitchell, 13, Urbandale, IA	27:37	8:53
140	13	M50	Alan Gross, 58, Des Moines, IA	27:41	8:54
141	35	M40	Dave Kester, 48, Urbandale, IA	27:42	8:55
142	13	M12	Evan Schmidt, 12, Grimes, IA	27:44	8:55
143	6	JrM	Carsten Thompson, 11, Johnston, IA	27:47	8:56
144	7	JrM	Karson Kieve, 10, Urbandale, IA	27:49	8:57
69	14	W19	Liz Mead, 29*, Des Moines, IA	27:50	8:57
70	15	W19	Rebecca Fuson, 28*, Urbandale, IA	27:50	8:57
145	13	M19	Matt Weller, 28, Omaha, NE	27:51	8:58
146	36	M40	Nat Prescott, 49, Urbandale, IA	27:53	8:58
71	20	W14	Jessica Mueller, 15*, Urbandale, IA	27:56	8:59
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72	16	W30	Heather Yost, 34*	27:58	9:00
147	37	M40	William Bormann, 42, Urbandale, IA	28:00	9:01
148	30	M30	Paul Sams, 39, Urbandale, IA	28:01	9:01
73	16	W19	Haley Streff, 21*, Urbandale, IA	28:05	9:02
74	13	W40	Amy Gates, 42*, Urbandale, IA	28:06	9:03
75	14	W40	Jenny Sinclair, 40*, Carlisle, IA	28:11	9:04
149	14	M50	Thomas Hundemer, 57, Shreveport, LA	28:16	9:06
76	17	W30	Andrea Patterson, 35*, Clive, IA	28:17	9:06
77	15	W40	Kim Bazzocco, 42*, Johnston, IA	28:22	9:08
78	16	W40	Kay Kemp, 43*, Urbandale, IA	28:23	9:08
79	17	W40	Becky Koch, 43*, Valrico, FL	28:24	9:08
150	15	M50	Gregory Dockum, 52, Urbandale, IA	28:25	9:09
151			Meaghan Heinrich, Cleveland, OH	28:26	9:09
80	21	W14	Madison Fisher, 15*, Pleasant Hill, IA	28:35	9:12
81	18	W30	Jennifer Cunningham, 39*, Urbandale, IA	28:37	9:12
152	14	M19	David Fuson, 24, Urbandale, IA	28:37	9:13
153	38	M40	Mathew Cunningham, 43, Urbandale, IA	28:40	9:13

154	15	M19	Matthew Leise, 21, St. Lousi, MO	28:41	9:14
82	18	W40	Laura Lanigan, 41*, Ia, IA	28:46	9:15
83	17	W19	Elizabeth Lloyd, 22*, Urbandale, IA	28:49	9:16
84	18	W19	Anna Bernard, 22*, Urbandale, IA	28:49	9:16
85	3	JrW	Carolina Fink, 11*, Des Moines, IA	28:50	9:17
155	33	M14	Matt Hansing, 15, Urbandale, IA	28:51	9:17
156	39	M40	Brian Whalen, 44, Urbandale, IA	28:51	9:17
157	40	M40	Alex Fink, 43, Des Moines, IA	28:52	9:17
158	8	JrM	Kevin Conner, 11, West Des Moines, IA	28:53	9:18
159	31	M30	Michael Spassov, 31, Ottawa, Ont	29:01	9:20
160	32	M30	Shea Mears, 38, Urbandale, IA	29:06	9:22
86	8	W12	Maya Klein, 13*, Athens, WV	29:08	9:22
161	16	M50	Michael Smith, 51, Urbandale, IA	29:09	9:23
162	33	M30	Herb Hartman, 36, Urbandale, IA	29:12	9:24
163	34	M30	John Macdonald, 34, Urbandale, IA	29:13	9:24
87	19	W30	Lindsey Mills, 32*, Des Moines, IA	29:14	9:24
88	22	W14	Bailey Stensgaard, 15*, St. Peters, MO	29:15	9:25
164	3	M60	Bob Overstreet, 61, Des Moines, IA	29:16	9:25
89	19	W19	Brittanie Messiah, 26*, Newnan, GA	29:17	9:25
165	41	M40	Rod Klein, 49, Athens, WV	29:19	9:26
90	20	W30	Angie Belger, 36*, Urbandale, IA	29:20	9:26
166	42	M40	Ed Acoymo, 47, Ankeny, IA	29:27	9:29
167	16	M19	Euseph Messiah, 26, Newnan, GA	29:28	9:29
91	1	W50	Paula Dierenfeld, 57*, Johnston, IA	29:30	9:30
168	43	M40	Roger Jackson, 46, Johnston, IA	29:31	9:30
92	21	W30	Mandy Shepherd, 34*, Urbandale, IA	29:32	9:30
93	23	W14	Abby Manderfield, 15*, Urbandale, IA	29:36	9:32
94	9	W12	Carley Schweizer, 12*, Urbandale, IA	29:37	9:32
95	24	W14	Alexandra Dirks, 15*, Urbandale, IA	29:42	9:33
96	20	W19	Jennifer Hiatt, 26*, Johnston, IA	29:44	9:34
97	21	W19	Hannah Dankbar, 20*, Johnston, IA	29:45	9:34
98	19	W40	Jackie Cacciatore, 49*, Urbandale, IA	29:48	9:35
99	1	W60	Arlene Dabill, 62*, Urbandale, IA	29:49	9:36
100	22	W30	Mindy Sauer, 33*, Urbandale, IA	29:49	9:36
101	20	W40	Susan Mears, 40*, Urbandale, IA	29:50	9:36
169	44	M40	Joe Sanford, 44, Urbandale, IA	29:51	9:36
102	21	W40	Lisa Miller, 44*, Johnston, IA	29:51	9:36
103	22	W19	Rachel Dankbar, 22*, Johnston, IA	29:52	9:37
104	25	W14	Kylie Bradley, 17*, Urbandale, IA	29:53	9:37
170	45	M40	Patrick Lanigan, 43, Ia, IA	29:55	9:38
171	46	M40	Kevin Day, 49, Urbandale, IA	29:59	9:39
105	23	W19	Genevieve Craggs, 25*, Johnston, IA	30:00	9:39
172	47	M40	Fred Sullivan, 49, Jersey City, NJ	30:01	9:39
173	17	M19	Josh Ludwig, 29, Duluth, MN	30:02	9:40
174	35	M30	Andrew Majeran, 31, Urbandale, IA	30:02	9:40
175	36	M30	Todd Fraaken, 38, Urbandale, IA	30:03	9:40
106	10	W12	Jessica Gard, 13*, Grimes, IA	30:03	9:40
107	23	W30	Lora Fraaken, 36*, Urbandale, IA	30:04	9:40
176	37	M30	John Osier, 33, Clive, IA	30:05	9:41
177	38	M30	Brian Seidl, 30, Clive, IA	30:06	9:41
108	24	W30	Lindsey Bakker, 36*, Urbandale, IA	30:09	9:42
109	24	W19	Kelsey Pedersen, 22*, Urbandale, IA	30:10	9:42
178	48	M40	Jackie Klippenstfin, 41, pLatt Citsy, MO	30:11	9:43
179	9	JrM	Tyler Halverson, 8, Granger, IA	30:12	9:43
180	49	M40	Shawn Plank, 47, Urbandale, IA	30:13	9:43
181	10	JrM	Zachary Halverson, 8, Granger, IA	30:14	9:44
182	39	M30	Jeff Halverson, 33, Granger, IA	30:14	9:44
183	11	JrM	Drew Schmidt, 9, Grimes, IA	30:15	9:44
184	14	M12	Nolan Richards, 12, Urbandale, IA	30:20	9:46
110	22	W40	Julie Matternas, 47*, Urbandale, IA	30:21	9:46
111	25	W30	Mara Knisley, 38*, Urbandale, IA	30:26	9:48
185	15	M12	Ross Hingst, 13, West Des Moines, IA	30:31	9:49
186	40	M30	John Mills, 32, Des Moines, IA	30:34	9:50
187	18	M19	Aaron Stanton, 27, Grimes, IA	30:35	9:50
112	26	W30	Kathy Van Houten, 31*, Ankeny, IA	30:41	9:52

188	41	M30	Tate Van Houten, 31, Ankeny, IA	30:41	9:52
189	4	M60	Vern Seidl, 60, Clive, IA	30:51	9:56
190	50	M40	William Safris, 46, Johnston, IA	30:52	9:56
191	17	M50	Chris Carrier, 52, Urbandale, IA	30:55	9:57
113	2	W60	Connie Robinson, 61*, Bondurant, IA	30:58	9:58
114	23	W40	Tricia Hingst, 42*, West Des Moines, IA	30:59	9:58
192	42	M30	Justin Moen, 33, Urbandale, IA	31:01	9:59
115	4	JrW	Elizabeth Maguire, 11*, West Des Moines, IA	31:02	9:59
116	26	W14	Margie Hansing, 18*, Urbandale, IA	31:03	9:59
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117	27	W30	Becky Troja, 30*, Urbandale, IA	31:09	10:01
193	43	M30	Jake Troja, 30, Urbandale, IA	31:10	10:02
118	11	W12	Peyton McClure, 12*, Johnston, IA	31:10	10:02
119	24	W40	Janet Fink, 42*, Des Moines, IA	31:13	10:03
120	25	W40	Julie Lawler, 45*, Osage, IA	31:14	10:03
121	2	W50	Cheryl Judd, 51*, Urbandale, IA	31:15	10:03
194	18	M50	Dennis Judd, 51, Urbandale, IA	31:16	10:04
122	26	W40	Theresa McClure, 44*, Johnston, IA	31:16	10:04
123	25	W19	Amber Wahlert, 19*, Urbandale, IA	31:17	10:04
124	3	W60	Paula Chorna, 61*, Des Moines, IA	31:20	10:05
125	12	W12	Avery Peterson, 12*, Urbandale, IA	31:24	10:06
126	27	W40	Jennifer Decarlo, 46*, West Des Moines, IA	31:27	10:07
195	19	M50	Mark Hansing, 56, Urbandale, IA	31:36	10:10
127	28	W40	Betsy Jepsen, 45*, Urbandale, IA	31:39	10:11
196	5	M60	Clarence Hudson, 62, Urbandale, IA	31:40	10:11
128	26	W19	Shelly Hanson, 28*, West Des Moines, IA	31:43	10:12
129	3	W50	Colleen Dooley, 55*, Urbandale, IA	31:45	10:13
197	12	JrM	Matt Brockway, 10, Urbandale, IA	31:51	10:15
130	27	W14	Hailey Garton, 17*, Urbandale, IA	31:51	10:15
131	28	W14	Lizzie Eppink, 14*, Urbandale, IA	31:53	10:16
132	29	W40	Karen Griffee, 49*, Athens, WV	31:54	10:16
133	27	W19	Brigitte McCool, 24*, Des Moines, IA	31:56	10:17
198	20	M50	Daniel McCool, 50, Des Moines, IA	32:12	10:22
134	28	W30	Megan Mrky-Webster, 37*, Urbandale, IA	32:13	10:22
135	5	JrW	Alexis Riesberg, 11*, Grimes, IA	32:15	10:23
136	13	W12	Maddugrask, 12*, Clive, IA	32:16	10:23
137	29	W30	Melissa Garton, 36*, Urbandale, IA	32:17	10:23
138	4	W50	Deb Baker, 51*, Urbandale, IA	32:19	10:24
139	14	W12	Libby Storts, 12*, Clive, IA	32:22	10:25
140	5	W50	Mary Hester, 52*, Urbandale, IA	32:23	10:25
141	28	W19	Elena Davis, 20*, West Des Moines, IA	32:25	10:26
142	29	W19	Nicole Lynch, 24*, West Des Moines, IA	32:30	10:28
199	51	M40	David Nanink, 43, Urbandale, IA	32:32	10:28
143	30	W30	Erin Osier, 34*, Clive, IA	32:33	10:28
144	30	W40	Michelle Jones, 49*, Des Moines, IA	32:36	10:29
145	6	W50	Michele Soria, 55*, Des Moines, IA	32:45	10:32
146	31	W40	Rose Richman, 48*, Des Moines, IA	32:46	10:33
147	32	W40	Melody Gibson, 43*, Wwwwdm, IA	32:49	10:34
200	19	M19	Tanner Ludwig, 27, Duluth, MN	32:53	10:35
148	30	W19	Rebecca Seidl, 23*, Urbandale, IA	32:55	10:36
149	31	W19	Laurie Seidl, 19*, Urbandale, IA	32:57	10:36
150	31	W30	Leslie Ellis, 35*, Urbandale, IA	33:04	10:38
151	32	W30	Roxanne Riesberg, 35*, Grimes, IA	33:06	10:39
201	44	M30	Kevin Riesberg, 37, Grimes, IA	33:07	10:39
202	52	M40	Scott Miller, 49, Urbandale, IA	33:07	10:39
152	33	W40	Diane Henry-Miller, 42*, Urbandale, IA	33:08	10:40
153	32	W19	Jenna Darsee, 19*, Urbandale, IA	33:10	10:40
203	21	M50	Robert Seidl, 52, Urbandale, IA	33:11	10:41
204	13	JrM	Noah Mable, 11, Urbandale, IA	33:12	10:41
154	33	W30	Rebecca Peppmeier, 30*, Urbandale, IA	33:17	10:43
205	14	JrM	Peter Schumacher, 10, Urbandale, IA	33:24	10:45
155	34	W30	Melissa Knutson, 31*, Johnston, IA	33:25	10:45
206	22	M50	Robert Montgomery, 50, Urbandale, IA	33:25	10:45

156	15	W12	Hannah Williamson, 13*, Urbandale, IA	33:26	10:45
207	20	M19	Alex Williamson, 19, Urbandale, IA	33:27	10:46
208	15	JrM	Anthony Zach, 11, Granger, IA	33:31	10:47
209	23	M50	Gene Lucht, 52, Ankeny, IA	33:32	10:47
157	7	W50	Penny Dankbar, 54*, Johnston, IA	33:36	10:49
158	35	W30	Heather Halverson, 31*, Granger, IA	33:37	10:49
210	24	M50	Gary Young, 53, Johnston, IA	33:40	10:50
211	6	M60	Greg Racette, 61, Urbandale, IA	33:42	10:51
159	36	W30	Kim Forrester, 35*, Ankeny, IA	33:48	10:53
212	45	M30	Tom Malloy, 33, San Diego, CA	33:53	10:54
160	37	W30	Marianne Hasselberg, 35*, pRinceton, MN	33:54	10:54
161	8	W50	Mary Gross, 59*, Des Moines, IA	33:55	10:55
213	16	JrM	Bryson McGowan, 10, Urbandale, IA	33:56	10:55
162	34	W40	Margaret Long, 49*, Des Moines, IA	33:56	10:55
214	53	M40	Kirk McGowan, 45, Urbandale, IA	33:57	10:55
215	7	M60	Robert Green, 63, Ankeny, IA	33:57	10:55
163	33	W19	Jill Elbert, 26*, West Des Moines, IA	33:58	10:56
164	38	W30	Elizabeth Burton, 37*, Jacksonville, FL	33:59	10:56
165	34	W19	Rachel Fuson, 19*, Urbandale, IA	34:00	10:56
216	16	M12	Ryan Laughlin, 13, Waukee, IA	34:03	10:57
217	21	M19	Ed Beckmann, 26, Saint Peters, MO	34:03	10:57
166	16	W12	Emily Gard, 12*, Grimes, IA	34:04	10:58
167	35	W40	Becky Weathers, 44*, Grimes, IA	34:05	10:58
218	22	M19	Ben Holmes, 24, Dallas Center, IA	34:06	10:58
168	17	W12	Sloan Speten, 12*, West Des Moines, IA	34:07	10:59

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169	6	JrW	Shane Speten, 9*, West Des Moines, IA	34:15	11:01
219	54	M40	Derek Speten, 43, West Des Moines, IA	34:16	11:01
170	35	W19	Jennifer Streff, 24*, Urbandale, IA	34:17	11:02
220	8	M60	Jim Garwood, 65, Urbandale, IA	34:19	11:02
171	39	W30	Juliet Odonnell, 34*, Urbandale, IA	34:19	11:03
172	7	JrW	Kathryn Mueller, 11*, Urbandale, IA	34:27	11:05
173	40	W30	Cindy Perry, 35*, Johnston, IA	34:35	11:08
221	17	JrM	Griffin Rhode, 8, Urbandale, IA	34:36	11:08
222	55	M40	Michael Rhode, 43, Urbandale, IA	34:39	11:09
174	18	W12	Intisar Becic, 12*, Des Moines, IA	34:41	11:10
223	56	M40	Bekir Becic, 40, Des Moines, IA	34:52	11:13
175	41	W30	Beth McLaren, 31*, Atlantic, IA	34:53	11:14
176	8	JrW	Crystal Ruden, 8*, Urbandale, IA	34:55	11:14
224	57	M40	John Richards, 40, Urbandale, IA	34:55	11:14
225	23	M19	Travis Seidl, 23, Clive, IA	34:56	11:14
177	9	JrW	Ashlyn Perry, 8*, Johnston, IA	35:01	11:16
178	29	W14	Lexi Villotti, 14*, Urbandale, IA	35:06	11:18
226	46	M30	Dominick Villotti, 37, Urbandale, IA	35:08	11:18
227	18	JrM	Jack Mulligan, 8, Urbandale, IA	35:12	11:20
228	47	M30	Jim Mulligan, 39, Urbandale, IA	35:13	11:20
179	42	W30	Amber Salmon, 36*, Urbandale, IA	35:18	11:22
180	19	W12	Katie Cullwell, 13*, Highlands Ranch, CO	35:21	11:22
181	36	W40	Linda Wilson, 47*, Urbandale, IA	35:24	11:24
229	58	M40	Rob Wilson, 47, Urbandale, IA	35:25	11:24
182	9	W50	Lana Duff, 50*, Des Moines, IA	35:26	11:24
183	36	W19	Christina Andeweg, 20*, Urbandale, IA	35:26	11:24
184	37	W40	Susan Patterson Plank, 46*, Urbandale, IA	35:28	11:25
185	38	W40	Caron Osberg, 46*, Urbandale, IA	35:32	11:26
186	37	W19	Alyssa Mueller, 25*, West Des Moines, IA	35:33	11:26
187	43	W30	Dawn Posey, 32*, Pittsburgh, PA	35:34	11:27
188	38	W19	Nicole Anderson, 27*, Urbandale, IA	35:36	11:27
230	59	M40	Ej Bender, 46, Urbandale, IA	35:37	11:28
231	24	M19	Chase McCool, 27, Des Moines, IA	35:38	11:28
189	39	W40	Noreen Christians, 47*, Urbandale, IA	35:43	11:30
232	25	M50	Mark Holmes, 53, Dallas Center, IA	35:44	11:30
190	20	W12	Lizzie Frett, 13*, Urbandale, IA	35:45	11:30
191	10	JrW	Sierra Ruden, 10*, Urbandale, IA	35:48	11:31
192	44	W30	Aubrey Villotti, 32*, Urbandale, IA	35:50	11:32

233	60 M40	Alex Van Quathem, 42, Urbandale, IA	35:53	11:33
193	11 JrW	Erin Van Quathem, 7*, Urbandale, IA	35:54	11:33
234	26 M50	John Tuck, 50, Evanston, IL	36:02	11:36
194	45 W30	Lara Newsom, 36*, Urbandale, IA	36:04	11:36
195	46 W30	Janet Carrigan, 39*, Urbandale, IA	36:07	11:37
196	4 W60	Cynthia Fuson, 61*, Urbandale, IA	36:13	11:39
197	47 W30	Julie Carroll, 38*, West Des Moines, IA	36:18	11:41
198	21 W12	Lexi Rivett, 13*, Des Moines, IA	36:47	11:50
199	40 W40	Annie Crighton, 45*, Des Moines, IA	36:52	11:52
200	48 W30	Jennifer Huber, 34*, Urbandale, IA	36:55	11:53
235	61 M40	Greg Patterson, 43, Ankeny, IA	36:56	11:53
201	49 W30	Jana Brem, 37*, Ankeny, IA	36:57	11:53
202	39 W19	Mary-Kate Burkert, 20*, Urbandale, IA	37:07	11:57
236	27 M50	Mike Burkert, 55, Urbandale, IA	37:07	11:57
237	62 M40	Steven Fuqua, 48, Des Moines, IA	37:11	11:58

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203	50 W30	Caroline Slack, 30*, Kansas City, MO	37:19	12:00
204	51 W30	Jacki Hayes, 36*, Des Moines, IA	37:29	12:04
205	12 JrW	Taylor Mulligan, 6*, Urbandale, IA	37:32	12:05
206	52 W30	Tasha Mulligan, 37*, Urbandale, IA	37:33	12:05
238	48 M30	Brad Jacobson, 34, Urbandale, IA	37:40	12:07
207	53 W30	Brooke Jacobson, 33*, Urbandale, IA	37:40	12:07
208	40 W19	Erica Ries, 27*, Urbandale, IA	37:46	12:09
239	49 M30	Vincent Ries, 31, Urbandale, IA	37:47	12:09
209	41 W40	Lisa Sobotka, 41*, Granger, IA	38:44	12:28
210	42 W40	Lori Waddell, 48*, Newnan, GA	38:44	12:28
211	10 W50	Barbara Duff, 59*, Des Moines, IA	39:08	12:35
212	54 W30	Heather Proehl, 34*, Urbandale, IA	39:16	12:38
213	11 W50	Teresa Erickson, 56*, Urbandale, IA	39:19	12:39
240	19 JrM	Kendall Bickford, 8, Grimes, IA	39:44	12:47
214	12 W50	Julie Morris, 50*, Urbandale, IA	39:47	12:48
215	13 JrW	Sarah McKenzie, 11*, Des Moines, IA	39:51	12:49

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216	13 W50	Cindy Streff, 50*, Urbandale, IA	40:32	13:03
217	41 W19	Samantha Streff, 19*, Urbandale, IA	40:39	13:05
241	20 JrM	Will Schumacher, 8, Urbandale, IA	40:51	13:09
242	63 M40	Scott Schumacher, 40, Urbandale, IA	40:51	13:09
218	5 W60	Jan Lovett, 60*, Granger, IA	41:20	13:18
219	43 W40	Julie Comes, 47*, Urbandale, IA	41:20	13:18
220	44 W40	Lisa McCoy, 42*, Clive, IA	41:21	13:18
243	9 M60	Tom Buroker, 70, Des Moines, IA	41:22	13:19
221	45 W40	Eileen Mueller, 46*, Urbandale, IA	41:34	13:23
222	42 W19	Minique Oakley, 20*, Des Moines, IA	41:36	13:23
223	30 W14	Johnneisha Long, 16*, Des Moines, IA	41:39	13:24
224	46 W40	Shelly Anderson, 45*, Des Moines, IA	41:41	13:25
244	17 M12	Nicholas Thornton, 12, Ankeny, IA	41:42	13:25
225	55 W30	Angela Thornton, 39*, Ankeny, IA	41:53	13:29
226	47 W40	Mrcie Coleman, 47*, Des Moines, IA	42:44	13:45
245	64 M40	Chris James, 46, West Des Moines, IA	42:53	13:48
246	65 M40	Robert Breuwet, 45, Urbandale, IA	42:56	13:49
227	56 W30	Darcy Doty, 36*, Urbandale, IA	43:07	13:52
247	66 M40	Chris Coleman, 47, Des Moines, IA	43:18	13:56
248	28 M50	Michael Finan, 57, Johnston, IA	43:29	13:59

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228	48 W40	J. Long, 48*, Des Moines, IA	44:03	14:11
229	14 W50	Jody Leventhal, 51*, Waukee, IA	44:06	14:12
230	14 JrW	Miya Long, 8*, Des Moines, IA	44:18	14:15
231	49 W40	Allison King, 48*, Hollister, MO	44:49	14:25

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232	43 W19	Elizabeth Spinsby, 25*, Des Moines, IA	47:54	15:25
249	25 M19	Andrew Spinsby, 25, Des Moines, IA	47:55	15:25



233	15 JrW	Cassandra Corley, 11*, Altoona, IA	48:12	15:31
250	21 JrM	Jack Lanigan, 11, Ia, IA	48:19	15:33
251	67 M40	Matthew Barry, 40, Gladstone, MO	49:11	15:50
252	50 M30	Eric Snedeker, 37, Norwalk, IA	49:13	15:50

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234	16 JrW	Vanessa Bickford, 6*, Grimes, IA	49:54	16:03
235	50 W40	Penny Bickford, 42*, Grimes, IA	49:55	16:04

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253	51 M30	Braddon Dennison, 30, Urbandale, IA	53:02	17:04
236	17 JrW	Nicole Cullwell, 11*, Highlands Ranch, CO	54:00	17:23
254	22 JrM	Nicholas Bonner, 10, St. Peters, MO	54:10	17:26
237	51 W40	Tamra Cullwell, 47*, Highlands Ranch, CO	55:05	17:44

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238	57 W30	Melissa Dennison, 31*, Urbandale, IA	1:00:05	19:20
255	26 M19	Brian Simmons, 27, Urbandale, IA	1:00:07	19:21
239	52 W40	Anne James, 45*, West Des Moines, IA	1:00:43	19:32
240	53 W40	Kris Howard, 49*, Urbandale, IA	1:00:44	19:33

\* indicates females

2 finishers among Males (no age given)

22 finishers among Men Under 12

17 finishers among Men 12 - 13

33 finishers among Men 14 - 18

26 finishers among Men 19 - 29

51 finishers among Men 30 - 39

67 finishers among Men 40 - 49

28 finishers among Men 50 - 59

9 finishers among Men 60 & Up

17 finishers among Women Under 12

21 finishers among Women 12 - 13

30 finishers among Women 14 - 18

43 finishers among Women 19 - 29

57 finishers among Women 30 - 39

53 finishers among Women 40 - 49

14 finishers among Women 50 - 59

5 finishers among Women 60 & Up

255 male finishers

240 female finishers

495 total finishers

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