

21st Race for the Cure (4.85k - 3.01 Miles)**Des Moines, Iowa****Oct. 27, 2012**

40s and Cloudy

Results by Cal Murdock

[Overall 5K](#)[Age Groups](#)[Survivors](#)

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

PLACE	CLASS	FINISHER	TIME	PACE
1	OpM	Alex Libin, 22, Clive, IA	15:51	5:16
2	OpM	Eric Faires, 22, West Des Moines, IA	17:03	5:40
3	OpM	Aaron Havens, 17, Des Moines, IA	17:15	5:44
4	OpM	Kory Uhl, 25, Des Moines, IA	17:44	5:53
5	OpM	Chistopher Vasquez, 18, Des Moines, IA	17:53	5:56
6	OpM	Michael Matula, 27, Urbandale, IA	17:57	5:58
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				
7	OpM	Preston Peddicord, 13, Johnston, IA	18:08	6:01
8	OpM	Tim Steenhoek, 44, Pleasant Hill, IA	18:15	6:03
9	OpM	Jared Ponsor, 29, Storm Lake, IA	18:22	6:06
10	OpM	Ryan Baber, 17, Des Moines, IA	18:26	6:07
11	OpM	Matthew Wilson, 37, Clive, IA	18:28	6:08
12	OpM	Patrick Olmstead, 30, Webster City, IA	18:39	6:12
13	OpM	Justin Rumpel, 25, Casey, IA	18:47	6:14
14	OpM	Ryan Williams, 25, Sioux City, IA	18:59	6:18
15	OpM	Dakota Lucht, 14, Ankeny, IA	19:00	6:19
16	OpM	Dave Hostetter, 35, Colfax, IA	19:05	6:20
17	OpM	Shadoe Rusk, 16, Colfax, IA	19:10	6:22
18	OpM	Scott Lochhead, 42, Ankeny, IA	19:17	6:24
19	OpM	Collin Coffey, 15, West Des Moines, IA	19:20	6:25
1	OpW	Stephanie Mortenson, 30*, Windsor Heights, IA	19:27	6:27
20	OpM	Mark Moore, 27, Des Moines, IA	19:37	6:31
21	OpM	Aaron Wagner, 29, Des Moines, IA	20:05	6:40
22	OpM	Marwan Yugusuk, 21, Desmoines, IA	20:26	6:47
23	OpM	Dilon Flanders, 24, Des Moines, IA	20:28	6:48
24	OpM	Jason Reich, 34, Ames, IA	20:29	6:48
25	OpM	Michael Libin, 14, Clive, IA	20:38	6:51
26	1 M20	Bryan Leitzinger, 26, Norwalk, IA	20:42	6:52
27	2 M20	Miguel Gracia, 27, Indianola, IA	20:45	6:54
28	1 M40	Ronald Crees, 43, Bondurant, IA	20:51	6:55
2	OpW	Rachel Hoger, 37*, Johnston, IA	20:56	6:57
29	2 M40	Matty Smith, 46, Des Moines, IA	21:02	6:59
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				
3	OpW	Carrie Grant, 34*, Lincoln, NE	21:05	7:00
30	1 JrM	Andrew Hancock, 14, Des Moines, IA	21:10	7:02
31	1 M30	Chad Kuhl, 35, West Des Moines, IA	21:12	7:02
32	2 JrM	Sam Studer, 16, West Des Moines, IA	21:15	7:04
33	3 JrM	Ryan Staub, 10, West Des Moines, IA	21:27	7:07
4	OpW	Jill Madison, 31*, Grimes, IA	21:27	7:07
34	3 M20	Collin Connett, 25, Des Moines, IA	21:29	7:08
5	OpW	Julie Spieker, 36*, Urbandale, IA	21:30	7:08
35	2 M30	Nate Boulton, 32, Des Moines, IA	21:40	7:12
36	3 M30	Joshua Brown, 30, Altoona, IA	21:42	7:12
37	1 M50	Bob England, 52, Elliott, IA	21:42	7:12
38	4 JrM	Jaelyn Adams, 10, West Des Moines, IA	21:43	7:13

39	3	M40	John Shannon, 40, Ankeny, IA	21:44	7:13
40	4	M30	Dan Powers, 33, Polk City, IA	21:45	7:13
6		OpW	Cassidy Gornick, 17*, Norwalk, IA	21:45	7:13
41	1	M60	Richard Kelley, 63, Des Moines, IA	21:53	7:16
42	4	M20	Patrick Bauer, 26, Ames, IA	21:57	7:17
43	5	M30	Joshua Happe, 33, Ankeny, IA	22:01	7:19
7		OpW	Dakota Hostetter, 13*, Colfax, IA	22:03	7:19
44	5	M20	Nick Olson, 22, Lacona, IA	22:03	7:19
45	6	M30	Trent Johnson, 32, Des Moines, IA	22:06	7:20
46	5	JrM	Hunter Pappan, 13, Prole, IA	22:09	7:21
47	4	M40	Mark Hanrahan, 43, Urbandale, IA	22:11	7:22
48	6	M20	Ryan St Peter, 24, West Des Moines, IA	22:12	7:22
8		OpW	Lonni Waltermire, 46*, Garwin, IA	22:16	7:24
9		OpW	Kennedi Hostetter, 16*, Colfax, IA	22:19	7:25
49	7	M30	Matthew Widen, 31, Windsor Heights, IA	22:22	7:26
50	8	M30	Michael Shelley, 32, Des Moines, IA	22:23	7:26
51	7	M20	Jake Kaiser, 22, Ames, IA	22:28	7:28
52	6	JrM	Luke Theuma, 17, Des Moines, IA	22:32	7:29
53	9	M30	Jason Zeliadt, 36, Grimes, IA	22:35	7:30
54	5	M40	Richard Mockobee, 44, West Des Moines, IA	22:35	7:30
10		OpW	Emily Freedman, 33*, Des Moines, IA	22:36	7:30
55	7	JrM	Tyler Follett, 14, Ankeny, IA	22:42	7:32
56	8	JrM	Jake Alexander, 17, Colfax, IA	22:46	7:34
57	8	M20	Steven Meyer, 20, Waverly, IA	22:53	7:36
11		OpW	Heidi Dorrell, 35*, Winterset, IA	22:55	7:37
12		OpW	Monica Reed-Tremmel, 47*, Indianola, IA	22:57	7:37
58	6	M40	Mike Hershberger, 41, Ankeny, IA	23:01	7:38
59	10	M30	Adam Christy, 30, Polk City, IA	23:02	7:39
60	2	M50	Doug Stetzel, 50, Perry, IA	23:04	7:40
61	9	JrM	Byron Johnson, 17, Colfax, IA	23:15	7:43
13		OpW	Lily Phonphiboun, 35*, Iowa City, IA	23:16	7:44
62	11	M30	Aaron Heuss, 30, Des Moines, IA	23:17	7:44
14		OpW	Thomas Lopez, 23*, Des Moines, IA	23:18	7:44
63	12	M30	Jerad Lally, 35, Des Moines, IA	23:19	7:45
64	9	M20	Ben Knutson, 24, West Des Moines, IA	23:19	7:45
65	10	M20	Garrett Witzenburg, 24, Pleasant Hill, IA	23:23	7:46
15		OpW	Kelly Brown, 32*, Ackworth, IA	23:26	7:47
66	3	M50	Steven Wandro, 55, Des Moines, IA	23:27	7:47
67	13	M30	Chris Hill, 31, West Des Moines, IA	23:35	7:50
68	10	JrM	Tim Ridgway, 16, West Des Moines, IA	23:36	7:50
16		OpW	Sydney Miller, 12*, Urbandale, IA	23:41	7:52
69	4	M50	James Carbone, 51, West Des Moines, IA	23:48	7:54
70	11	JrM	Shane Watson, 11, Indianola, IA	23:53	7:56
17		OpW	Mila O'Brien, 24*, Omaha, NE	23:53	7:56
71	7	M40	Joel Watson, 41, Indianola, IA	23:53	7:56
72	8	M40	Craig Ludwig, 43, Urbandale, IA	23:57	7:57
73	14	M30	Aaron Hohl, 38, Des Moines, IA	23:57	7:57
74	9	M40	Joseph Barry, 44, Urbandale, IA	23:58	7:57
18		OpW	Catherine Freeman, 13*, West Des Moines, IA	23:58	7:58
19		OpW	Lily Dunley-Carlson, 11*, Johnston, IA	23:59	7:58
75	5	M50	Scott Miller, 50, Urbandale, IA	23:59	7:58
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					
76	12	JrM	Alex Staub, 9, West Des Moines, IA	24:07	8:00
77	10	M40	Lawrence Jungblut, 49, Waukee, IA	24:07	8:01
78	11	M40	Mark Matthes, 47, Urbandale, IA	24:07	8:01
79	11	M20	Derick Tallman, 28, Ankeny, IA	24:15	8:03
80	12	M20	Greg Speer, 27, Urbandale, IA	24:18	8:04
81	12	M40	Steve Smith, 43, Urbandale, IA	24:19	8:05
20		OpW	Amy Lamberti, 31*, Pleasant Hill, IA	24:19	8:05
82	15	M30	Brad Ashton, 33, Des Moines, IA	24:19	8:05
21		OpW	Sarah Meyer, 23*, Lawrence, KS	24:20	8:05
22		OpW	Sarah Haley, 27*, West Des Moines, IA	24:21	8:05
83	13	M20	Adam Ponsor, 26, Storm Lake, IA	24:26	8:07
84	13	JrM	Seth Garland, 13, Des Moines, IA	24:27	8:07

23	OpW	Tricia Leer, 32*, Urbandale, IA	24:28	8:08
85	14 M20	Jamie O'Brien, 24, Omaha, NE	24:30	8:08
86	14 JrM	David Cordero, 19, Des Moines, IA	24:31	8:08
87	2 M60	Roy Ney, 64, Des Moines, IA	24:33	8:09
24	OpW	Marilyn Perez, 21*, Des Moines, IA	24:33	8:09
25	OpW	Keri Eaton, 31*, West Des Moines, IA	24:35	8:10
88	16 M30	Kenneth Balduchi, 37, Des Moines, IA	24:37	8:11
89	15 JrM	Collin Hanson, 13, Johnston, IA	24:40	8:12
90	17 M30	Rykert Toledano, 36, Coralville, IA	24:41	8:12
91	3 M60	Simon Casady, 63, Indianola, IA	24:42	8:12
92	16 JrM	Chris Stuva, 16, Colfax, IA	24:43	8:13
93	6 M50	Michael Smith, 52, Clive, IA	24:45	8:13
94	17 JrM	Sam Farrell, 12, Johnston, IA	24:45	8:13
26	1 W40	Saundra Weston, 43*, Ankeny, IA	24:49	8:15
27	1 W20	Maria Simmons, 26*, Des Moines, IA	24:52	8:16
95	18 M30	Josh Rosonke, 31, Des Moines, IA	24:53	8:16
96	19 M30	Jason Kohles, 30, Urbandale, IA	24:54	8:16
97	20 M30	James Beck, 31, Knoxville, IA	24:54	8:16
98	13 M40	Steve Snyder, 44, Ankeny, IA	25:01	8:19
28	2 W40	Annette Rullman, 40*, Urbandale, IA	25:02	8:19
99	14 M40	Tim Smith, 44, Bondurant, IA	25:03	8:19
29	1 W30	Lacy Follett-Brubaker, 34*, Jefferson, IA	25:04	8:20
100	15 M40	Travis Kneale, 48, Des Moines, IA	25:05	8:20
101	18 JrM	Chyrome Berry, 15, Des Moines, IA	25:07	8:20
30	2 W20	Lacey Wilaby, 27*, Eldora, IA	25:12	8:22
102	21 M30	Nick LaVelle, 32, Eldora, IA	25:12	8:22
103	22 M30	Andy Richardson, 35, Urbandale, IA	25:13	8:23
31	2 W30	Nicole Richardson, 34*, Urbandale, IA	25:13	8:23
104	23 M30	Matt Carpenter, 35, Urbandale, IA	25:14	8:23
105	16 M40	Curt Carlson, 49, Johnston, IA	25:15	8:23
32	3 W40	Valarie Timm, 44*, Indianola, IA	25:15	8:23
106	24 M30	Brian Blome, 32, Des Moines, IA	25:19	8:25
33	3 W20	Ashley Stewart, 25*, Ottumwa, IA	25:21	8:25
34	1 JrW	Erica Thacker, 16*, Urbandale, IA	25:21	8:25
107	19 JrM	Jonathan Johnson, 16, Dallas Center, IA	25:22	8:25
108	20 JrM	Joshua Wells, 14, Marshalltown, IA	25:22	8:25
35	4 W20	Aubrey Rupp, 29*, Johnston, IA	25:22	8:25
109	7 M50	Kevin Heintz, 52, Ankeny, IA	25:22	8:25
110	21 JrM	Benjamin Smith, 16, Clive, IA	25:26	8:27
36	3 W30	Amanda Helgersen, 33*, West Des Moines, IA	25:29	8:28
111	17 M40	Shawn Svoboda, 42, Ankeny, IA	25:32	8:29
37	4 W30	Jen Williams, 37*, Nevada, IA	25:32	8:29
38	5 W30	Amanda Beveridge, 30*, West Des Moines, IA	25:34	8:29
39	2 JrW	Jane Smeins, 12*, Wdm, IA	25:35	8:30
40	4 W40	Kathi Phillips, 42*, Pleasant Hill, IA	25:37	8:30
41	5 W40	Karla Lilly, 46*, Ottumwa, IA	25:41	8:32
42	6 W30	Cindy Perry, 35*, Johnston, IA	25:41	8:32
112	22 JrM	Jack Smeins, 10, Wdm, IA	25:43	8:32
113	8 M50	Paul Hronich, 50, West Des Moines, IA	25:44	8:33
43	3 JrW	Olivia White, 13*, Johnston, IA	25:47	8:34
114	15 M20	Kyle Rapp, 27, Des Moines, IA	25:49	8:34
115	4 M60	Paul Erickson, 65, Dayton, IA	25:49	8:35
44	7 W30	Tiffany Kragnes, 39*, West Des Moines, IA	25:53	8:36
116	25 M30	Dan Mick, 33, Urbandale, IA	25:53	8:36
45	8 W30	Chrissy Stringfellow, 35*, Albia, IA	25:54	8:36
46	5 W20	Breanna Courtney, 22*, West Des Moines, IA	25:55	8:36
117	9 M50	Gina Carbone, 51, West Des Moines, IA	26:00	8:38
118	18 M40	Robert Dickerson, 46, West Des Moines, IA	26:03	8:39
47	6 W40	Heather Doe, 41*, West Des Moines, IA	26:05	8:40
48	7 W40	Beth Adams, 47*, Indianola, IA	26:07	8:41
49	9 W30	Shawna Barnett, 39*, Blue Earth, MN	26:09	8:41
119	5 M60	Linus Barloon, 64, Decorah, IA	26:09	8:41
50	8 W40	Jayna Gossling, 41*, Johnston, IA	26:10	8:41
51	10 W30	Ana Allen, 39*, West Des Moines, IA	26:10	8:41
120	16 M20	Andrew Sudbrock, 29, Clive, IA	26:10	8:42

121	17	M20	Matt Allred, 27, West Des Moines, IA	26:11	8:42
52	11	W30	Monica Keefe, 38*, Des Moines, IA	26:16	8:44
53	12	W30	Angel Sturm, 38*, Gowrie, IA	26:17	8:44
122	26	M30	Aj Pender, 36, West Des Moines, IA	26:20	8:45
123	19	M40	David Swift, 45, Urbandale, IA	26:23	8:46
54	13	W30	Amanda Clark, 34*, Des Moines, IA	26:24	8:46
55	4	JrW	Bailey Swift, 15*, Urbandale, IA	26:25	8:46
124	18	M20	Zane Scott-Tunkin, 25, Des Moines, IA	26:30	8:48
125	6	M60	Buzz Hoffman, 65, West Des Moines, IA	26:32	8:49
126	23	JrM	Johnathon Cortez, 19, Norwalk, IA	26:36	8:50
127	24	JrM	Logan Debord, 16, West Des Moines, IA	26:36	8:50
128	25	JrM	Curt Peters, 12, Ankeny, IA	26:38	8:51
129	26	JrM	Matthew Brady, 19, Des Moines, IA	26:40	8:51
130	20	M40	James Arthur, 48, Des Moines, IA	26:45	8:53
131	27	M30	Nate McGlynn, 31, Des Moines, IA	26:45	8:53
132	19	M20	Jason VanGundy, 29, Johnston, IA	26:45	8:53
133	20	M20	Seth Miller, 26, West Des Moines, IA	26:46	8:54
56	9	W40	Lisa Elliott, 45*, Des Moines, IA	26:54	8:56
57	6	W20	Lindsay Solomon, 24*, Ames, IA	26:56	8:57
58	14	W30	Kristy Jones, 32*, Norwalk, IA	27:01	8:58
59	7	W20	Kelsy Mroz, 28*, Des Moines, IA	27:03	8:59
134	28	M30	Tony Walker, 37, Des Moines, IA	27:04	8:59
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					
60	15	W30	Clare Burke, 35*, Ankeny, IA	27:06	9:00
61	1	W50	Linda Feiden, 51*, West Des Moines, IA	27:07	9:00
62	16	W30	Melissa Pelham, 33*, Des Moines, IA	27:07	9:01
63	8	W20	Jennifer Hiatt, 26*, Johnston, IA	27:08	9:01
135	21	M40	Gary Scherer, 41, West Des Moines, IA	27:12	9:02
64	9	W20	Danielle Kist, 26*, Johnston, IA	27:13	9:03
136	10	M50	Robert Hansell, 54, Ankeny, IA	27:17	9:04
65	10	W20	Andrea Hall, 27*, Urbandale, IA	27:18	9:04
66	2	W50	Ann Rowlands, 57*, Ruthven, IA	27:19	9:04
137	22	M40	David Reimers, 45, Des Moines, IA	27:19	9:04
138	27	JrM	Juan Gonzales, 17, Colfax, IA	27:21	9:05
67	17	W30	Sarah Barron, 32*, Ankeny, IA	27:25	9:06
68	10	W40	Patti Loonan, 47*, Des Moines, IA	27:27	9:07
69	11	W20	Brooke Newton, 28*, West Des Moines, IA	27:29	9:08
70	18	W30	Denise Burrow, 33*, Waukee, IA	27:33	9:09
71	12	W20	Bridget Kautzky, 28*, Urbandale, IA	27:34	9:09
72	13	W20	Kimberly Schou, 28*, Norwalk, IA	27:36	9:10
73	19	W30	Amy Harbert, 30*, Ankeny, IA	27:38	9:11
139	29	M30	Travis Jones, 34, Cedar Falls, IA	27:38	9:11
140	28	JrM	Ethan Reed, 9, Polk City, IA	27:39	9:11
141	21	M20	Ryan Anderson, 29, Des Moines, IA	27:40	9:11
74	20	W30	Jennifer Oredson, 32*, Des Moines, IA	27:41	9:12
75	14	W20	Krystal Rozeboom, 24*, Webster City, IA	27:44	9:13
76	21	W30	Maria Yuhás, 34*, Winterset, IA	27:44	9:13
77	11	W40	Kris Jacobsen, 46*, Winterset, IA	27:44	9:13
142	22	M20	Christian White, 21, Chicago, IL	27:45	9:13
78	22	W30	Debra Novak, 35*	27:46	9:13
79	23	W30	Kristen Goering, 30*, West Des Moines, IA	27:47	9:14
143	23	M40	Jon Johnson, 43, Dallas Center, IA	27:48	9:14
80	12	W40	Vicki Campos-Dimmer, 42*, Des Moines, IA	27:50	9:15
81	24	W30	Rebecca Yonaka, 36*, St Louis, MO	27:51	9:15
144	23	M20	Joshua Stoker, 26, Norwalk, IA	27:51	9:15
82	5	JrW	Rebecca Osthus, 13*, Des Moines, IA	27:52	9:15
145	24	M40	Gilberto Sosa, 48, Granger, IA	27:54	9:16
146	24	M20	Nathan Krakau, 23, Roland, IA	27:54	9:16
83	15	W20	Amina Nuhanovic, 26*, Urbandale, IA	27:55	9:16
84	13	W40	Tracey Shryack, 44*, Urbandale, IA	27:56	9:17
85	16	W20	Elizabeth VanGundy, 28*, Johnston, IA	27:56	9:17
86	25	W30	Karen Junko, 39*, Ankeny, IA	27:57	9:17
147	30	M30	Tyson Fulton, 35, Ankeny, IA	28:00	9:18
87	26	W30	Lisa Fulton, 38*, Ankeny, IA	28:00	9:18
88	17	W20	Sarah Meardon, 26*, West Des Moines, IA	28:00	9:18

89	27	W30	Monica Johnson, 35*, Des Moines, IA	28:01	9:18
90	18	W20	Amanda Olaby, 26*, Waukee, IA	28:01	9:18
91	28	W30	Debra Verdi, 30*, Van Meter, IA	28:01	9:18
92	19	W20	Lisa Kingkade, 28*, Pleasant Hill, IA	28:01	9:18
93	14	W40	Tricia Hingst, 42*, West Des Moines, IA	28:02	9:19
148	25	M40	David Verdi, 49, Van Meter, IA	28:04	9:19
149	29	JrM	Jake Miller, 8, Urbandale, IA	28:04	9:19
94	15	W40	Lori Miller, 41*, Urbandale, IA	28:05	9:20
150	25	M20	Brandon Brown, 27, West Des Moines, IA	28:05	9:20
95	6	JrW	Donita Fatland, 16*, Mitchellville, IA	28:10	9:21
96	20	W20	Amber Caudle, 29*, Adel, IA	28:12	9:22
97	29	W30	Therese Tran, 33*, Des Moines, IA	28:13	9:22
98	16	W40	Tara Barry, 40*, Urbandale, IA	28:15	9:23
151	26	M40	Barbara Meyer, 48, New London, IA	28:18	9:24
99	30	W30	Bethany Waltersdorf, 32*, Nevada, IA	28:20	9:24
100	3	W50	Cathy Goedde, 56*, Savage, MN	28:20	9:25
152	27	M40	Michael Murphy, 47, Des Moines, IA	28:21	9:25
101	31	W30	Tracy Bedford, 39*, Des Moines, IA	28:21	9:25
102	21	W20	Katy Johnson, 22*, Ames, IA	28:22	9:25
103	32	W30	Kelley Crosbie, 30*, Des Moines, IA	28:22	9:25
104	33	W30	Angelique Shawda, 35*, Urbandale, IA	28:23	9:25
105	17	W40	Denise Richardson, 46*, Urbandale, IA	28:23	9:26
153	11	M50	Jim Horton, 58, Des Moines, IA	28:24	9:26
154	12	M50	Joel Mangold, 50, Des Moines, IA	28:24	9:26
106	18	W40	Kathleen Jones, 45*, West Des Moines, IA	28:24	9:26
155	26	M20	Lucas Huntimer, 29, Ames, IA	28:26	9:27
107	4	W50	Cindy Bugg, 57*, Clive, IA	28:27	9:27
156	30	JrM	Joshua Barron, 9, Des Moines, IA	28:27	9:27
108	19	W40	Jodi Barron, 48*, Des Moines, IA	28:28	9:27
157	31	JrM	Brandon Barron, 10, Des Moines, IA	28:28	9:27
158	28	M40	Michael Cantonwine, 40, Urbandale, IA	28:34	9:29
109	34	W30	Keyli Schultz, 33*, Waukee, IA	28:40	9:31
110	22	W20	Caitlin Peterson, 21*, Des Moines, IA	28:41	9:32
159	27	M20	Brandon Davis, 21, Waukee, IA	28:41	9:32
160	28	M20	Michael Fulton, 25, Urbandale, IA	28:42	9:32
161	13	M50	Gene Lucht, 52, Ankeny, IA	28:43	9:32
111	20	W40	Tammy Zanoni, 45*, Indianola, IA	28:43	9:32
162	14	M50	Joe Zanoni, 51, Indianola, IA	28:43	9:32
112	23	W20	Amber Raveling, 27*, West Des Moines, IA	28:43	9:32
113	21	W40	Alba Perez, 47*, Des Moines, IA	28:44	9:33
114	24	W20	Tessa Murphy, 29*, Urbandale, IA	28:47	9:33
115	7	JrW	Sydni Thrailkill, 12*, Ankeny, IA	28:47	9:34
116	1	W60	Paula Chorna, 61*, Urbandale, IA	28:48	9:34
117	22	W40	Ann Newbury, 44*, Indianola, IA	28:49	9:34
118	23	W40	Diane Henry, 43*, Urbandale, IA	28:50	9:34
119	24	W40	Brenda Johnson, 40*, Dallas Center, IA	28:50	9:34
120	35	W30	Harisa Kuburas, 30*, Des Moines, IA	28:50	9:35
121	25	W20	Allyson Conn, 22*, West Des Moines, IA	28:51	9:35
163	32	JrM	Kevin Chen, 19, Des Moines, IA	28:52	9:35
122	36	W30	Jenni Nixt, 33*, Earlham, IA	28:53	9:36
164	31	M30	Hai Vo, 33, Clive, IA	28:54	9:36
165	29	M20	Scott Macvilay, 28, Des Moines, IA	28:55	9:36
166	30	M20	Cooper Smith, 24, Des Moines, IA	28:56	9:37
123	37	W30	Shawnae Raymond, 30*, Des Moines, IA	28:59	9:38
124	8	JrW	Clare Sweetman, 12*, Waukee, IA	28:59	9:38
125	25	W40	Suzette DouglasHill, 40*, Des Moines, IA	29:00	9:38
126	5	W50	Ann Hegstrom, 56*, De Soto, IA	29:00	9:38
127	38	W30	Molly Sweetman, 39*, Waukee, IA	29:00	9:38
128	6	W50	Sherri Bowen, 50*, Johnston, IA	29:00	9:38
129	2	W60	Ann Greubel, 62*, Indianola, IA	29:01	9:38
130	39	W30	Branka Dzolota, 31*, Urbandale, IA	29:02	9:38
167	29	M40	Arch Allison, 49, Waukee, IA	29:03	9:39
168	33	JrM	Cenji Yu, 16, Colfax, IA	29:03	9:39
131	7	W50	Mary Kittelson, 56*, Blooming Prairie, MN	29:04	9:39
132	9	JrW	Victoria Lutcavish, 18*, Norwalk, IA	29:08	9:41

133	40	W30	Tiffannie Bruce, 30*, Colfax, IA	29:10	9:41
134	8	W50	Sue Wetsch, 58*, Van Meter, IA	29:13	9:42
135	26	W20	Allison Stephens, 23*, Des Moines, IA	29:15	9:43
169	32	M30	Beau Sprouse, 31, Mitchellville, IA	29:17	9:43
170	31	M20	Tanner Vander Weerd, 24, Urbandale, IA	29:17	9:44
136	26	W40	Ronda Perry, 47*, Adel, IA	29:19	9:44
137	10	JrW	Brianna Perry, 18*, Van Meter, IA	29:19	9:44
171	15	M50	Dave Donahue, 53, Monroe, IA	29:22	9:45
138	11	JrW	Kayleigh Harrah, 15*, Jefferson, IA	29:23	9:45
139	27	W40	Michelle Eash, 42*, Des Moines, IA	29:27	9:47
140	41	W30	Liberty Van Genderen, 36*, Pleasant Hill, IA	29:30	9:48
172	33	M30	John Macdonald, 34, Des Moines, IA	29:30	9:48
173	34	M30	Jeff Neubauer, 33, Altoona, IA	29:30	9:48
141	9	W50	Kathy Ford, 54*, Clive, IA	29:31	9:48
174	32	M20	Adam Bothwell, 29, West Des Moines, IA	29:32	9:48
142	10	W50	Janis Lueth, 56*, Blooming Prairie, MN	29:33	9:49
143	42	W30	Meredith Johnson, 32*, Altoona, IA	29:34	9:49
175	35	M30	Jim Pilquist, 38, Clive, IA	29:35	9:49
144	43	W30	Heather Stevenson, 34*, Prole, IA	29:39	9:51
145	28	W40	Thieo Keoouthar, 41*, Des Moines, IA	29:39	9:51
146	44	W30	Carrie Burch, 36*, Urbandale, IA	29:40	9:51
176	36	M30	Randy Schueller, 37, Des Moines, IA	29:40	9:51
177	30	M40	Rob Marinaro, 40, Des Moines, IA	29:40	9:51
147	27	W20	Jen Brown, 29*, Des Moines, IA	29:41	9:51
148	45	W30	Andrea Rishel, 33*, Panora, IA	29:42	9:52
178	37	M30	Nathan Lewis, 35, Ankeny, IA	29:42	9:52
149	29	W40	Shelly Walters, 40*, Indianola, IA	29:45	9:53
179	31	M40	Brian Keefe, 44, Des Moines, IA	29:46	9:53
150	46	W30	Tessa Everman, 37*, Des Moines, IA	29:47	9:53
151	12	JrW	Bella Keefe, 9*, Des Moines, IA	29:47	9:53
152	30	W40	Jodi Gruening, 46*, Urbandale, IA	29:50	9:54
153	28	W20	Dana Yonker, 25*, Prole, IA	29:52	9:55
154	29	W20	Erin Rapp, 25*, Des Moines, IA	29:54	9:56
155	47	W30	Marcia Magana Benson, 35*, Urbandale, IA	29:56	9:56
156	48	W30	Jamie Trueblood, 35*, Kalona, IA	29:57	9:57
157	30	W20	Nicole Behnke, 20*, Ames, IA	29:57	9:57
158	31	W20	Kristin Bernhardt, 26*, Ankeny, IA	29:57	9:57
159	32	W20	Rachel Dankbar, 22*, Johnston, IA	29:58	9:57
180	34	JrM	Luke Lilienthal, 11, Ankeny, IA	29:58	9:57
160	31	W40	Joan Sheridan, 43*, West Des Moines, IA	29:59	9:57
161	33	W20	Sarah Hodges, 23*, Urbandale, IA	30:02	9:59
181	32	M40	Herbert Underwood, 42, Des Moines, IA	30:04	9:59
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					
162	49	W30	Pam Fisher, 37*, Des Moines, IA	30:06	10:00
163	32	W40	Kimberly Wells, 43*, Marshalltown, IA	30:06	10:00
182	38	M30	Zvonimir Bilic, 37, Urbandale, IA	30:07	10:00
164	33	W40	Marci Haack, 42*, Des Moines, IA	30:09	10:01
165	34	W20	Ally Meyer, 20*, Ames, IA	30:09	10:01
183	33	M40	Brad Springer, 48, Cumming, IA	30:09	10:01
166	34	W40	Anna Sprague, 40*, Waukee, IA	30:13	10:02
184	39	M30	Blake Jaschke, 38, Polk City, IA	30:14	10:02
167	50	W30	Amy Jaschke, 36*, Polk City, IA	30:14	10:03
168	13	JrW	Zea Rosella, 10*, West Des Moines, IA	30:15	10:03
169	35	W20	Mallory Petterson, 24*, Creston, IA	30:15	10:03
170	11	W50	Deb Sharar, 53*, Ankeny, IA	30:17	10:04
185	33	M20	Maxwell Gibbs, 26, Des Moines, IA	30:19	10:04
171	35	W40	Jodi Pote, 40*, Prole, IA	30:19	10:04
172	36	W40	Iwalani Belisario, 45*, Ankeny, IA	30:20	10:05
173	36	W20	Katie Neubauer, 27*, Altoona, IA	30:24	10:06
174	51	W30	Beth Berg, 34*, West Des Moines, IA	30:30	10:08
175	37	W20	Ashley Miller, 27*, Corydon, IA	30:30	10:08
186	40	M30	Bryce Berg, 38, West Des Moines, IA	30:31	10:08
176	52	W30	Jamie Hamilton, 36*, Ames, IA	30:31	10:08
187	41	M30	Anthony Hamilton, 38, Ames, IA	30:32	10:08

188	34	M40	Wayne Marek, 47, Ankeny, IA	30:38	10:10
189	42	M30	Garry Waldon, 31, Des Moines, IA	30:39	10:11
177	53	W30	Sanela Bilic, 34*, Johnston, IA	30:41	10:11
178	37	W40	Tara Murphy, 46*, Des Moines, IA	30:41	10:12
190	43	M30	Todd Gammon, 38, Ankeny, IA	30:42	10:12
179	54	W30	Carrie Bowen, 35*, Des Moines, IA	30:44	10:12
180	38	W40	Traci Galligan, 43*, Urbandale, IA	30:47	10:13
191	35	JrM	Elliot Campbell, 12, St Charles, IL	30:49	10:14
192	44	M30	David Keene, 30, Bondurant, IA	30:49	10:14
181	39	W40	Kristen Breese, 42*, Des Moines, IA	30:50	10:14
193	36	JrM	Mitch Majure, 11, Des Moines, IA	30:53	10:16
182	40	W40	Valerie Thacker, 45*, Urbandale, IA	30:58	10:17
183	14	JrW	Madisan Malaney, 14*, Pleasant Hill, IA	30:59	10:17
184	55	W30	Beth McLaren, 32*, Atlantic, IA	31:00	10:18
185	56	W30	Amber Showers, 31*, Grinnell, IA	31:01	10:18
194	7	M60	Gary Gade, 60, Des Moines, IA	31:03	10:19
186	41	W40	Denise Ferrereira, 42*, Des Moines, IA	31:07	10:20
195	45	M30	Nicholas Rivera, 31, Des Moines, IA	31:09	10:21
187	38	W20	Robbie Keene, 29*, Bondurant, IA	31:12	10:22
188	12	W50	Bobette Anderson, 52*, Des Moines, IA	31:13	10:22
189	57	W30	Shelby Klinkenborg, 39*, Clive, IA	31:15	10:23
196	16	M50	Chuck Voss, 56, West Des Moines, IA	31:16	10:23
190	39	W20	Jackie Meyer, 21*, Cedar Falls, IA	31:17	10:23
197	34	M20	Brent Barloon, 27, Cedar Falls, IA	31:18	10:24
191	58	W30	Crystal Kelso, 34*, Des Moines, IA	31:19	10:24
198	46	M30	Justin Kelso, 34, Des Moines, IA	31:19	10:24
192	59	W30	Stacy Anderson, 33*, Des Moines, IA	31:21	10:25
193	60	W30	Jodi Leech, 31*, Ankeny, IA	31:23	10:25
194	40	W20	Tracy Smith, 24*, West Des Moines, IA	31:27	10:27
195	42	W40	Lisa Thompson, 43*, Grimes, IA	31:30	10:28
199	35	M20	Kevin Deitsch, 23, Johnston, IA	31:30	10:28
196	41	W20	Gabriele Bladdick, 23*, Johnston, IA	31:30	10:28
197	15	JrW	Jimana Aguilar, 10*, Newton, IA	31:31	10:28
198	13	W50	Kathy Berge, 51*, Des Moines, IA	31:32	10:28
199	43	W40	Janelle Larkin, 47*, Johnston, IA	31:33	10:29
200	44	W40	Linda Caviness, 46*, Orient, IA	31:35	10:29
200	8	M60	Jim Jenkins, 63, Newton, IA	31:36	10:30
201	42	W20	Melissa Smith, 24*, Des Moines, IA	31:37	10:30
201	36	M20	Eric Fo		