

22nd Red Flannel Run - 5 Mile*

Riverfront YMCA - Des Moines, Iowa

Feb. 12, 2011

25 degrees and Sunny

Results by [Cal Murdock](#)

[3 Mile results here](#)

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	OpM	Mason Frank, 21, Adel, IA	26:24	5:17
2	1 M30	Marty Dalton, 34, Earlham, IA	26:27	5:17
3	2 M30	Matt Migonis, 30, West Des Moines, IA	26:53	5:23
4	3 M30	Joel Frye, 38, Des Moines, IA	27:49	5:34
5	1 M20	Jon Dyck, 27, Ankeny, IA	28:14	5:39
6	2 M20	Ben Schippers, 29, Ames, IA	28:21	5:40
7	3 M20	Sean McVeigh, 28, Newton, IA	28:27	5:41
8	4 M20	Matt McKinney, 29, West Des Moines, IA	28:50	5:46
9	4 M30	Vic Morales, 36, Johnston, IA	29:14	5:51
10	1 M40	Lee Hammerand, 42, Urbandale, IA	29:43	5:56
11	5 M30	Habtom Habte, 32, Ames, IA	29:48	5:58
12	5 M20	Justin Herrick, 23, West Des Moines, IA	29:49	5:58
13	6 M20	Christopher Harms, 23, West Des Moines, IA	29:49	5:58
14	7 M20	Lance Harris, 27, West Des Moines, IA	29:50	5:58

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1	OpW	Danna Kelly, 24*, Des Moines, IA	29:58	6:00
2	1 W20	Casey Owens, 28*, Des Moines, IA	30:04	6:01
3	2 W20	Ellen Ries, 23*, West Des Moines, IA	30:12	6:02
4	3 W20	Angela Berry, 23*, Indianola, IA	30:15	6:03
15	8 M20	Jacob Flaws, 24, Huxley, IA	30:28	6:05
16	9 M20	Naveen Babu Maram, 28, Des Moines, IA	30:31	6:06
17	6 M30	Nathan Wenck, 33, Carroll, IA	30:35	6:07
18	1 M50	Tim Nagel, 52, Clarion, IA	30:49	6:10
19	7 M30	Justin Droppert, 31, Urbandale, IA	30:55	6:11
20	10 M20	Shawn Goedken, 26, Urbandale, IA	31:02	6:12
21	8 M30	Lance Gunkel, 32, Clive, IA	31:13	6:14
5	1 W30	Colleen Webb, 33*, Des Moines, IA	31:13	6:15
6	4 W20	Hillary Woodhouse, 24*, Des Moines, IA	31:15	6:15
22	9 M30	Jacob Kaemmer, 34, Des Moines, IA	31:15	6:15
23	2 M40	Doug Eppard, 45, Johnston, IA	31:26	6:17
24	1 M15	Lucas Baker, 17, Grimes, IA	31:37	6:19
25	11 M20	Brian Wall, 21, Windsor Heights, IA	31:51	6:22
26	10 M30	Murali Mohan Natarajan, 30, Des Moines, IA	31:52	6:22
27	11 M30	Adam Albright, 34, Des Moines, IA	31:57	6:23
28	12 M30	Matthew McDermott, 33, West Des Moines, IA	32:02	6:24
29	12 M20	Jake Johnson, 26, West Des Moines, IA	32:02	6:24
30	2 M15	Nate Jones, 15, Indianola, IA	32:08	6:25
31	13 M30	Tag Noel, 34, Windsor Heights, IA	32:15	6:27
32	13 M20	John Farver, 28, Des Moines, IA	32:22	6:28
33	3 M40	Kyle Weuve, 45, Urbandale, IA	32:25	6:29
34	4 M40	Troy Zeleznik, 48, West Des Moines, IA	32:27	6:29

35	14	M20	Zach Johnson, 29, Grimes, IA	32:30	6:30
36	14	M30	Kevin Brownell, 31, West Des Moines, IA	32:30	6:30
37	5	M40	Matt Anderson, 41, Des Moines, IA	32:31	6:30
38	15	M20	Eric Gubbels, 26, Des Moines, IA	32:32	6:30
39	16	M20	Matt Hawkins, 27, Bondurant, IA	32:45	6:33
40	15	M30	Aaron Wrabek, 39, Ankeny, IA	32:48	6:34
41	16	M30	Tom Mertz, 38, Urbandale, IA	32:51	6:34
42	17	M30	Jay Krueger, 33, Des Moines, IA	32:52	6:34
43	6	M40	Luigi Calviello, 40, West Des Moines, IA	32:54	6:35
44	17	M20	Steven Hopper, 26, Waukee, IA	32:59	6:36
7	1	W15	Celie Kohls, 15*, Des Moines, IA	33:02	6:36
45	7	M40	David Frank, 48, Adel, IA	33:06	6:37
46	3	M15	Lincoln Eppard, 17, Johnston, IA	33:12	6:38
47	2	M50	Paul Grinvalds, 51, West Des Moines, IA	33:15	6:39
48	3	M50	Joseph Gobeli, 51, Altoona, IA	33:20	6:40
49	4	M15	Ethan Pellegrino, 16, Altoona, IA	33:21	6:40
50	8	M40	Kevin Cline, 44, Grimes, IA	33:22	6:40
51	18	M30	Dave Olsen, 38, West Des Moines, IA	33:30	6:42
52	18	M20	Chase Dress, 26, Altoona, IA	33:37	6:43
8	5	W20	Bethany Hopper, 28*, Waukee, IA	33:43	6:44
53	1	M10	Jack McCoy, 11, Des Moines, IA	33:44	6:45
54	9	M40	Matt McCoy, 44, Des Moines, IA	33:44	6:45
55	19	M30	Paxton Bennett, 36, Des Moines, IA	33:50	6:46
56	20	M30	Dan Pinkerton, 35, Des Moines, IA	33:52	6:46
57	21	M30	Shawn Roland, 32, West Des Moines, IA	33:56	6:47
58	19	M20	Dan McGonegle, 26, West Des Moines, IA	33:56	6:47
59	5	M15	David Rice, 15, Johnston, IA	34:03	6:49
60	10	M40	Sean Larson, 44, Des Moines, IA	34:09	6:50
61	20	M20	Colton Aman, 22, Blair, NE	34:10	6:50
62	21	M20	Nick Greb, 29, Windsor Heights, IA	34:13	6:51
63	22	M30	Nate Geurkink, 33, Des Moines, IA	34:14	6:51
64	23	M30	Jeremy Dunlavey, 37, Ankeny, IA	34:21	6:52
65	22	M20	Mathew Mann, 29, Johnston, IA	34:28	6:53
66	23	M20	Joe Crimmings, 27, Des Moines, IA	34:28	6:54
67	11	M40	Lynn Hicks, 42, Des Moines, IA	34:32	6:54
68	24	M30	Chris Keller, 31, Waukee, IA	34:38	6:56
69	25	M30	Chris Keller, 31, Waukee, IA	34:38	6:56
9	2	W30	Melissa Bruhll, 38*, Ankeny, IA	34:39	6:56
10	6	W20	Margaret Dunn, 22*, Ames, IA	34:43	6:57
70	24	M20	Ryan Mott, 29, West Des Moines, IA	34:48	6:58
71	26	M30	David Larson, 38, Des Moines, IA	34:51	6:58
72	4	M50	Willie Lahart, 57, Newton, IA	34:51	6:58
73	25	M20	David Taylor, 24, West Des Moines, IA	34:56	6:59

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74	27	M30	Rob Johnson, 34, West Des Moines, IA	35:02	7:00
75	26	M20	Doug Vanwoert, 27, Urbandale, IA	35:11	7:02
11	1	W40	Kelly Sorensen, 41*, West Des Moines, IA	35:14	7:03
76	12	M40	Curtis Downs, 42, Des Moines, IA	35:18	7:04
77	13	M40	Alex Fink, 42, Des Moines, IA	35:30	7:06
78	5	M50	Rob Hentzen, 50, West Des Moines, IA	35:32	7:06
12	7	W20	Stephanie Mortenson, 29*, Urbandale, IA	35:38	7:07
79	28	M30	Eric Tange, 30, Urbandale, IA	35:42	7:08
80	29	M30	Randy Sturm, 33, Belmond, IA	35:44	7:09
81	30	M30	Jeremy Dyvig, 34, Waukee, IA	35:50	7:10
82	14	M40	Seth Watkins, 43, Clarinda, IA	36:02	7:12
83	15	M40	Joe Dupre, 47, Pella, IA	36:09	7:14
13	8	W20	Esmie Holderman, 26*, Des Moines, IA	36:10	7:14
84	16	M40	Kevin McCarty, 40, West Des Moines, IA	36:14	7:15
85	17	M40	Kevin Moreland, 49, West Des Moines, IA	36:16	7:15
86	1	M60	Mike Pattavina, 63, Clarinda, IA	36:17	7:15
14	3	W30	Aryn Flood, 31*, Cumming, IA	36:22	7:16
87	18	M40	Mike Ham, 40, Winterset, IA	36:25	7:17
88	27	M20	Kale Halder, 26, West Des Moines, IA	36:28	7:17
89	28	M20	Nick Gifford, 29, Pleasant Hill, IA	36:33	7:18

90	31	M30	Adam Van Dike, 36, West Des Moines, IA	36:34	7:19
91	29	M20	Adam Hoffman, 29, Desmoines, IA	36:34	7:19
92	32	M30	Christopher Stafford, 33, Clive, IA	36:35	7:19
15	4	W30	Allison Johnson, 36*, Des Moines, IA	36:38	7:20
93	6	M15	James Noel, 17, Johnston, IA	36:41	7:20
94	19	M40	James Gaffney, 49, Johnston, IA	36:45	7:21
95	20	M40	Scott Greenwood, 43, Des Moines, IA	36:47	7:21
96	21	M40	Brad Bruhl, 40, Ankeny, IA	37:06	7:25
97	7	M15	Ethan Moran, 15, Johnston, IA	37:07	7:25
98	33	M30	Kyle Prendergast, 30, Des Moines, IA	37:10	7:26
99	6	M50	Duke Reichardt, 52, Clive, IA	37:10	7:26
100	22	M40	Andy Lumadue, 44, Clive, IA	37:10	7:26
101	7	M50	Loyed Hedges, 51, Des Moines, IA	37:17	7:27
102	30	M20	Paul Henning, 27, Grimes, IA	37:18	7:27
103	31	M20	Trevor Muchow, 24, Ankeny, IA	37:19	7:28
104	32	M20	Kyle McClain, 22, Altoona, IA	37:22	7:28
16	5	W30	Mindi Decker, 30*, Des Moines, IA	37:25	7:29
105	34	M30	John Tiedt, 31, Norwalk, IA	37:33	7:30
106	35	M30	Brandon Eckardt, 38, Des Moines, IA	37:35	7:31
107	23	M40	Larry Gaston, 44, Des Moines, IA	37:37	7:31
108	33	M20	Michael Hotze, 29, Council Bluffs, IA	37:38	7:32
109	36	M30	Justin Hyde, 33, Des Moines, IA	37:40	7:32
17	9	W20	Liz Mead, 28*, West Des Moines, IA	37:41	7:32
110	37	M30	Kevin Ablner, 30, Des Moines, IA	37:47	7:33
18	1	W10	Katie Bosch, 14*, Ankeny, IA	37:53	7:34
19	6	W30	Heidi Dorrell, 33*, Winterset, IA	37:53	7:34
111	38	M30	Matt Getting, 33, Clive, IA	37:53	7:35
20	7	W30	Beth McDonald, 38*, Prole, IA	37:55	7:35
112	2	M10	August Franzen, 14, Indianola, IA	37:56	7:35
113	3	M10	Drew Duckworth, 14, Indianola, IA	37:57	7:35
114	8	M50	Chuck Clark, 59, Carroll, IA	37:58	7:36
21	2	W40	Tami Prescott, 44*, Urbandale, IA	37:58	7:36
115	9	M50	Thomas Venner, 52, Boone, IA	38:01	7:36
116	2	M60	Richard Martin, 62, Ames, IA	38:02	7:36
22	8	W30	Angie Heim, 35*, Norwalk, IA	38:05	7:37
117	10	M50	Mark Stelmacher, 57, West Des Moines, IA	38:13	7:39
118	24	M40	Craig Johnson, 42, Bondurant, IA	38:14	7:39
119	34	M20	Jason Gunkel, 29, Clive, IA	38:17	7:39
120	39	M30	Mark Novy, 38, Cedar Rapids, IA	38:19	7:40
121	25	M40	Scott Bandy, 45, Indianola, IA	38:21	7:40
122	26	M40	Matthew Smith, 44, Ankeny, IA	38:21	7:40
23	3	W40	Monica Reed-Tremmel, 46*, Indianola, IA	38:23	7:41
24	9	W30	Jennifer Kownacki, 38*, Norwalk, IA	38:24	7:41
123	11	M50	Jack Thompson, 51, Norwalk, IA	38:25	7:41
124	35	M20	Bret Powell, 28, Des Moines, IA	38:25	7:41
25	10	W30	Jennifer Downe, 35*, Norwalk, IA	38:26	7:41
125	27	M40	Kenneth Overton, 43, Stuart, IA	38:27	7:41
126	28	M40	David Desing, 47, Urbandale, IA	38:29	7:42
127	40	M30	Kyle Flinn, 32, West Des Moines, IA	38:34	7:43
128	29	M40	Gregg Spear, 42, Ankeny, IA	38:37	7:43
129	30	M40	Dan Seemuth, 48, Clive, IA	38:41	7:44
130	31	M40	Lee Hill, 42, Des Moines, IA	38:43	7:44
26	10	W20	Lani Hefel, 26*, Clive, IA	38:44	7:45
131	32	M40	Jeff Blosser, 43, West Des Moines, IA	38:45	7:45
27	11	W20	Rachel Gebhardt, 26*, Pleasant Hill, IA	38:48	7:45
132	12	M50	Bill Parks, 57, Des Moines, IA	38:48	7:46
28	1	W50	Tricia McClain, 54*, Altoona, IA	38:49	7:46
133	33	M40	Brian Terhark, 43, Waukee, IA	38:50	7:46
134	41	M30	Yuri Green, 34, West Des Moines, IA	38:59	7:48
135	36	M20	Kyle Pickerill, 26, West Des Moines, IA	39:03	7:48
136	4	M10	Jacob Jansen, 14, Johnston, IA	39:06	7:49
137	34	M40	Jeff Feder, 49, Norwalk, IA	39:09	7:50
29	11	W30	Keri McDermott, 35*, Des Moines, IA	39:11	7:50
138	35	M40	Matt Sutton-Vermeulen, 49, Ankeny, IA	39:16	7:51
139	37	M20	Clinton Cummings, 29, Des Moines, IA	39:17	7:51

30	12	W30	Meredith Smith, 34*, Johnston, IA	39:24	7:53
140	13	M50	Doug Roberts, 50, Clive, IA	39:26	7:53
141	8	M15	Luther Grulke, 16, Kelley, IA	39:33	7:55
142	36	M40	Mark Walter, 47, Des Moines, IA	39:35	7:55
143	38	M20	Peter Barlean, 21, Des Moines, IA	39:36	7:55
144	37	M40	Derk Taylor, 45, Clive, IA	39:36	7:55
145	42	M30	David Ropte, 32, Des Moines, IA	39:36	7:55
146	38	M40	Joseph Meyers, 40, Des Moines, IA	39:37	7:55
147	39	M40	Barry Fox, 41, West Des Moines, IA	39:45	7:57
148	40	M40	Kevin Sporer, 40, Ankeny, IA	39:48	7:58
31	2	W50	Cathy McMullen, 52*, Des Moines, IA	39:53	7:59
32	12	W20	Darci Pratt, 28*, West Des Moines, IA	39:54	7:59
33	4	W40	Margaret McMahon, 45*, Des Moines, IA	39:57	7:59

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149	41	M40	David Kent, 49, Des Moines, IA	40:02	8:00
150	42	M40	Randy Pickard, 44, Des Moines, IA	40:02	8:00
34	13	W20	Stephanie Gray, 28*, Ankeny, IA	40:04	8:01
151	43	M30	Tim Rypma, 31, Des Moines, IA	40:08	8:02
152	44	M30	Quincy Beck, 31, Urbandale, IA	40:15	8:03
153	3	M60	Al Wildestad, 61, Des Moines, IA	40:17	8:03
154	43	M40	Michael Bird, 44, Newton, IA	40:17	8:03
155	39	M20	Dave Murrin Von Ebers, 25, Des Moines, IA	40:20	8:04
156	40	M20	Devin Mogler, 25, Ames, IA	40:20	8:04
157	45	M30	Tom Handorf, 35, Gladbrook, IA	40:23	8:04
158	14	M50	Gary Freese, 51, Johnston, IA	40:27	8:05
159	44	M40	Tim Orr, 49, Johnston, IA	40:27	8:05
160	46	M30	Steve Olsen, 34, Altoona, IA	40:28	8:06
161	45	M40	Kent Weeden, 49, Des Moines, IA	40:32	8:06
35	14	W20	Rebekah Huff, 25*, Des Moines, IA	40:34	8:07
162	41	M20	Robert Rypma, 26, Clive, IA	40:36	8:07
36	5	W40	Amy Kintzle, 40*, Urbandale, IA	40:39	8:08
163	15	M50	John Meyer, 55, West Des Moines, IA	40:45	8:09
164	46	M40	Doug Jones, 47, Redfield, IA	40:52	8:10
165	47	M40	Steven Novy, 40, Iowa Falls, IA	40:55	8:11
37	15	W20	Ashley Stewart, 23*, Ottumwa, IA	40:55	8:11
166	48	M40	Caleb Pike, 41, West Des Moines, IA	41:06	8:13
38	6	W40	Kimberly Stewart, 42*, Des Moines, IA	41:07	8:13
167	47	M30	Jason Clevenger, 32, Johnston, IA	41:09	8:14
168	42	M20	Daniel Schmidt, 22, Maryville, MO	41:11	8:14
39	13	W30	Jennifer Potratz, 38*, Clive, IA	41:11	8:14
40	16	W20	Maria Brownell, 26*, West Des Moines, IA	41:13	8:14
169	43	M20	Derek Simpson, 20, Des Moines, IA	41:16	8:15
170	9	M15	Tory Mogler, 19, Ames, IA	41:18	8:15
171	44	M20	Jonathan Hapke, 27, Ames, IA	41:18	8:15
41	14	W30	Sara Huegerich, 35*, Ankeny, IA	41:20	8:16
172	48	M30	Dan Huegerich, 36, Ankeny, IA	41:21	8:16
42	17	W20	Jesse Harper, 28*, Des Moines, IA	41:24	8:17
173	49	M40	Sean O'Brien, 41, Des Moines, IA	41:24	8:17
174	50	M40	Ken Bernstein, 43, Des Moines, IA	41:25	8:17
43	18	W20	Allison Doll, 21*, Ames, IA	41:27	8:17
175	5	M10	Grant Acoymo, 12, Ankeny, IA	41:27	8:17
176	49	M30	Matt Stock, 37, West Des Moines, IA	41:30	8:18
177	50	M30	Shane Carman, 39, Nevada, IA	41:32	8:18
44	19	W20	Elizabeth Wise, 22*, Marshalltown, IA	41:33	8:19
45	3	W50	Veronica Demmel, 55*, Marshalltown, IA	41:33	8:19
178	45	M20	Dinu Mathai, 27, Des Moines, KS	41:40	8:20
179	16	M50	Randy Schreiner, 54, Ottumwa, IA	41:42	8:20
46	7	W40	Marie Rainforth, 45*, West Des Moines, IA	41:49	8:22
180	51	M40	Gary Thompson, 46, Urbandale, IA	41:50	8:22
47	20	W20	Chelsey Butler, 23*, Waukee, IA	41:51	8:22
181	17	M50	John Butler, 55, New Windsor, IL	41:51	8:22
48	15	W30	Julie Jones, 39*, Sully, IA	41:55	8:23
182	46	M20	Tj Schmitt, 25, Atlantic, IA	41:58	8:24
49	21	W20	Kelsie Goodman, 26*, Colfax, IA	41:59	8:24

50	22	W20	Krista Goodman, 21*, Colfax, IA	42:00	8:24
183	52	M40	Dutch Thunder, 48, West Des Moines, IA	42:05	8:25
51	2	W15	Emma Wandro, 18*, Des Moines, IA	42:06	8:25
184	10	M15	Collin O'Leary, 17, Desoto, IA	42:06	8:25
185	11	M15	Robby Clark, 17, De Soto, IA	42:06	8:25
186	47	M20	Jason Terry, 29, Des Moines, IA	42:14	8:27
187	18	M50	Robert Schoby, 52, Blair, NE	42:15	8:27
188	19	M50	Todd Elverson, 54, Des Moines, IA	42:17	8:27
52	16	W30	Jeanna English, 39*, West Des Moines, IA	42:19	8:28
53	17	W30	Stacy Farr, 39*, West Des Moines, IA	42:22	8:28
189	48	M20	Drew Aspenson, 27, Des Moines, IA	42:31	8:30
190	49	M20	Mike Bryant, 27, West Des Moines, IA	42:33	8:31
191	50	M20	Justin Kenny, 27, Urbandale, IA	42:33	8:31
192	51	M30	Dave Anders, 38, Ankeny, IA	42:34	8:31
54	3	W15	Marissa Ausman, 18*, Des Moines, IA	42:35	8:31
193	20	M50	Joseph Baker, 50, West Des Moines, IA	42:37	8:31
55	18	W30	Jean Gibson, 38*, Dexter, IA	42:39	8:32
56	8	W40	Carol Litscher, 49*, West Des Moines, IA	42:40	8:32
194	52	M30	Ryan Ellsworth, 34, Des Moines, IA	42:40	8:32
195	53	M40	Jon Mireles, 44, West Des Moines, IA	42:40	8:32
57	19	W30	Kara McClure, 30*, Dallas Center, IA	42:41	8:32
58	2	W10	Karina Johnson, 14*, Saint Paul, MN	42:55	8:35
196	51	M20	Keegan Kult, 27, Polk City, IA	42:56	8:35
59	23	W20	Kim Kult, 27*, Polk City, IA	42:57	8:35
197	53	M30	Tyler Evans, 30, Urbandale, IA	42:58	8:35
60	4	W50	Maureen Hegedus, 52*, Clive, IA	43:00	8:36
198	21	M50	Michael Boyle, 50, Ankeny, IA	43:00	8:36
199	52	M20	William Thompson, 25, Indianola, IA	43:01	8:36
200	54	M40	Larry Mahlstedt, 46, Des Moines, IA	43:01	8:36
201	53	M20	Sam Spencer, 23, Kirksville, MO	43:06	8:37
61	20	W30	Jennifer York, 31*, West Des Moines, IA	43:08	8:37
202	54	M30	Doug Cutchins, 39, Grinnell, IA	43:08	8:38
203	55	M30	Erik Simpson, 38, Grinnell, IA	43:08	8:38
204	55	M40	Tom Mitchell, 47, Ankeny, IA	43:09	8:38
205	56	M30	Cory Koester, 38, West Des Moines, IA	43:11	8:38
206	56	M40	Jeff White, 41, Ankeny, IA	43:13	8:39
62	9	W40	Juli Johnson, 41*, Saint Paul, MN	43:17	8:39
207	57	M30	Wayne Pantini, 38, Creston, IA	43:17	8:39
208	57	M40	David Thayer, 46, Urbandale, IA	43:18	8:40
209	58	M40	Jeffrey Schoondyke, 41, West Des Moines, IA	43:19	8:40
210	59	M40	Jason Luedtke, 41, West Des Moines, IA	43:21	8:40
211	22	M50	Mark Borseth, 55, Johnston, IA	43:22	8:40
63	10	W40	Nola Seaberg, 49*, Johnston, IA	43:22	8:40
212	54	M20	Scott Cutler, 26, West Des Moines, IA	43:25	8:41
64	24	W20	Kathryn Merrifield, 26*, West Des Moines, IA	43:26	8:41
213	58	M30	Brian Reser, 31, Urbandale, IA	43:28	8:41
65	11	W40	Kristie Harrold, 42*, Waukee, IA	43:28	8:41
66	25	W20	Emily Podeschi, 21*, Des Moines, IL	43:29	8:42
214	59	M30	Scott Barr, 39, Waukee, IA	43:31	8:42
215	55	M20	Jonathan Davis, 21, Kirksville, MO	43:31	8:42
216	60	M30	Henry Wood, 34, Des Moines, IA	43:33	8:43
67	21	W30	Tina Kafer, 34*, Jamica, IA	43:34	8:43
217	23	M50	Dennis Linn, 59, Pella, IA	43:37	8:43
218	56	M20	Brandon Arnold, 25, Des Moines, IA	43:39	8:44
68	12	W40	Sherry Smiley, 44*, Cumming, IA	43:40	8:44
69	26	W20	Jenna Croft, 26*, Des Moines, IA	43:41	8:44
70	3	W10	Ellen Bennett, 13*, Urbandale, IA	43:41	8:44
219	61	M30	Izaah Knox, 34, Des Moines, IA	43:41	8:44
220	57	M20	Joseph Brandstatter, 28, Urbandale, IA	43:43	8:45
71	27	W20	Stephanie Berry, 25*, Winterset, IA	43:43	8:45
72	13	W40	Regina Otten, 42*, Waukee, IA	43:43	8:45
221	60	M40	Mike Lane, 42, Waukee, IA	43:44	8:45
73	28	W20	Katie Brandstatter, 25*, Urbandale, IA	43:44	8:45

222	61	M40	Eric Fitzhugh, 43, Indianola, IA	43:45	8:45
223	62	M30	Doria D, 37, Urbandale, IA	43:45	8:45
74	22	W30	Shelby Cork, 35*, Wdm, IA	43:46	8:45
224	62	M40	David Wonnell, 42, Cambridge, IA	43:46	8:45
75	23	W30	Maria Loder, 38*, Des Moines, IA	43:48	8:46
225	63	M30	Tim Hintz, 33, Adel, IA	43:49	8:46
226	64	M30	Steve Hostetter, 34, Colfax, IA	43:50	8:46
227	24	M50	Michael Harper, 50, West Des Moines, IA	43:51	8:46
228	25	M50	Kevin Prendergast, 55, Des Moines, IA	43:51	8:46
76	5	W50	Patsi Green, 53*, Dubuque, IA	43:52	8:46
229	58	M20	Bryan Steussy, 27, Iowa City, IA	43:53	8:46
230	26	M50	Mike Stanley, 53, Clive, IA	43:54	8:47
231	27	M50	T A. Meyer, 58, Johnston, IA	43:55	8:47
232	65	M30	Eric Olinger, 33, Ankeny, IA	43:59	8:48
77	24	W30	Alicia Evans, 31*, Urbandale, IA	44:00	8:48
78	25	W30	Sarah Robertson, 33*, Des Moines, IA	44:03	8:48
79	29	W20	Laura Orth, 21*, Burlington, IA	44:04	8:49
233	63	M40	Michael Biegger, 41, Des Moines, IA	44:06	8:49
234	28	M50	Steven Wandro, 53, Des Moines, IA	44:07	8:49
80	30	W20	Lindsey Frank, 27*, Des Moines, IA	44:10	8:50
235	64	M40	John Smith, 43, Carlisle, IA	44:14	8:51
236	66	M30	Jason Badtram, 33, Johnston, IA	44:16	8:51
237	67	M30	Trevor McGinnis, 31, Johnston, IA	44:16	8:51
238	65	M40	Jason Wittmer, 40, Clive, IA	44:21	8:52
239	59	M20	Laura Dillavou, 27, Ankeny, IA	44:23	8:53
240	66	M40	Eric Jones, 45, Pella, IA	44:25	8:53
241	60	M20	Jerod Topliff, 28, Des Moines, IA	44:26	8:53
242	61	M20	Benjamin Judge, 26, Norwalk, IA	44:26	8:53
243	67	M40	Paul Galloway, 42, West Des Moines, IA	44:26	8:53
244	68	M30	Sean Chicoine, 36, Des Moines, IA	44:27	8:53
81	6	W50	Debra Croft, 55*, Des Moines, IA	44:29	8:54
245	69	M30	Josh Voth, 31, Ankeny, IA	44:31	8:54
246	68	M40	Ed Acoymo, 46, Ankeny, IA	44:33	8:54
82	14	W40	Erin Rewerts, 41*, Nevada, IA	44:35	8:55
247	62	M20	James Oltmann, 27, Ankeny, IA	44:38	8:56
248	69	M40	Scott Ellefson, 46, Urbandale, IA	44:39	8:56
83	31	W20	Amanda Mecham, 25*, Indianola, IA	44:43	8:56
84	32	W20	Jasmine Gambrall, 28*, Windsor Heights, IA	44:46	8:57
85	4	W15	Haley Jacobs, 15*, Ankeny, IA	44:50	8:58
249	70	M30	Michael Christianson, 31, Des Moines, IA	44:51	8:58
86	15	W40	Holly Hanson, 42*, Des Moines, IA	44:51	8:58
87	16	W40	Jill Majeres, 40*, West Des Moines, IA	44:51	8:58
88	33	W20	Michelle Swanson, 28*, Des Moines, IA	44:52	8:58
89	34	W20	Christa Housken, 27*, West Des Moines, IA	44:52	8:58
90	35	W20	Molly Fisher, 25*, Des Moines, IA	44:54	8:59
91	36	W20	Megan Wilder, 26*, Des Moines, IA	44:55	8:59
250	71	M30	Caleb Schmitz, 32, Des Moines, IA	44:56	8:59
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 Top					
251	72	M30	Travis Grassel, 37, Waukee, IA	44:59	9:00
252	73	M30	Ian Asplund, 30, Des Moines, IA	44:59	9:00
253	4	M60	Ron Wilharm, 64, Knoxville, IA	45:07	9:01
92	37	W20	Holly Barrett, 27*, Des Moines, IA	45:07	9:01
93	38	W20	Tara Blutt, 24*, Des Moines, IA	45:08	9:01
254	70	M40	David Ausley, 47, Clive, IA	45:08	9:01
255	29	M50	Graeme Armstrong, 52, West Des Moines, IA	45:10	9:02
94	5	W15	Cori Clark, 19*, Libertyville, IL	45:11	9:02
256	74	M30	Curt Leigh, 31, Ankeny, IA	45:11	9:02
257	71	M40	Joe Akers, 45, Des Moines, IA	45:12	9:02
95	26	W30	Sheri Robinson, 37*, Des Moines, IA	45:14	9:03
96	39	W20	Michele Hackert, 23*, Des Moines, IA	45:15	9:03
97	40	W20	Lindsey McKinley, 25*, Des Moines, IA	45:16	9:03
98	17	W40	Kim Hatting, 43*, Grinnell, IA	45:16	9:03
258	72	M40	Lane Vellinga, 48, Waukee, IA	45:16	9:03
99	41	W20	Meg Richard, 25*, Des Moines, IA	45:20	9:04

100	42	W20	Emily Morse, 23*, Des Moines, IA	45:20	9:04
259	75	M30	Dan Reinders, 39, West Des Moines, IA	45:30	9:06
260	73	M40	Wayne Johnson, 48, Johnston, IA	45:32	9:06
101	18	W40	Dana Rupe, 40*, Urbandale, IA	45:32	9:06
261	74	M40	Mike Hall, 41, Urbandale, IA	45:33	9:06
102	27	W30	Abbey Smith, 30*, West Des Moines, IA	45:35	9:07
103	28	W30	Laura Miller, 35*, Maxwell, IA	45:37	9:07
104	19	W40	Catherin Dreiss, 49*, Des Moines, IA	45:38	9:08
105	20	W40	Kary Austin, 48*, Grimes, IA	45:40	9:08
106	29	W30	Sara Cutler, 35*, Ia, IA	45:40	9:08
107	30	W30	Laura Lockard, 35*, Des Moines, IA	45:41	9:08
262	30	M50	Jim Elliott, 57, Des Moines, IA	45:42	9:08
263	5	M60	Mark McGrath, 61, Des Moines, IA	45:44	9:09
264	31	M50	James Sanders, 50, Johnston, IA	45:46	9:09
265	32	M50	Doug Keast, 53, Altoona, IA	45:47	9:09
108	7	W50	Helen Cropp, 50*, Urbandale, IA	45:47	9:09
109	43	W20	Jodi Berman, 29*, Norwalk, IA	45:48	9:10
266	33	M50	Ron Niceswanger, 55, Urbandale, IA	45:50	9:10
267	34	M50	Galen Bottger, 52, Pleasant Hill, IA	45:50	9:10
268	63	M20	Tom Cavanagh, 27, Des Moines, IA	45:51	9:10
110	31	W30	Dawn Gries, 30*, Norwalk, IA	45:51	9:10
269	76	M30	Thomas Kruchten, 31, Johnston, IA	45:52	9:10
111	44	W20	Stephanie Tucker, 24*, Urbandale, IA	45:52	9:10
270	64	M20	Jeremy Wells, 29, Johnston, IA	45:53	9:10
271	6	M10	Harrison Kruse, 13, Granger, IA	45:53	9:10
112	21	W40	Deb Anderson, 41*, Des Moines, IA	45:54	9:11
272	65	M20	Jonathan Lessing, 21, Kirksville, MO	45:55	9:11
273	66	M20	Michael Wieberg, 22, Kirksville, MO	45:56	9:11
113	8	W50	Deirdre Farr, 57*, Des Moines, IA	45:56	9:11
274	35	M50	Thomas Farr, 58, Des Moines, IA	45:56	9:11
114	22	W40	Laurin Canfield, 46*, Des Moines, IA	45:58	9:11
275	36	M50	Paul Kruse, 53, Granger, IA	45:58	9:11
276	75	M40	Jerome Sanford, 46, Des Moines, IA	45:59	9:12
277	67	M20	Adam Creger, 26, Des Moines, IA	45:59	9:12
278	68	M20	Aaron Creger, 27, Des Moines, IA	45:59	9:12
279	12	M15	Oliver Smith, 15, Clive, IA	46:03	9:13
115	23	W40	Alissa McKinney, 42*, Des Moines, IA	46:04	9:13
116	24	W40	Ruth Comer, 49*, Chariton, IA	46:07	9:13
280	37	M50	Craig Johnsen, 57, Des Moines, IA	46:07	9:13
117	32	W30	Mindy Sauer, 32*	46:08	9:13
118	45	W20	Meegan Hand, 25*, Kirksville, MO	46:09	9:14
281	77	M30	Mike Letsch, 31, Ankeny, IA	46:10	9:14
282	38	M50	Bob Biruing, 53, Des Moines, IA	46:12	9:14
119	46	W20	Heidi Palmer, 26*, Ankeny, IA	46:12	9:14
283	78	M30	Nick Hillman, 33, Dana, IA	46:13	9:15
284	39	M50	Rick Hillman, 58, Dana, IA	46:13	9:15
285	69	M20	Mark De Bruin, 25, Des Moines, IA	46:15	9:15
286	6	M60	Phil Caropreso, 64, Keokuk, IA	46:17	9:15
287	40	M50	Marty Kalton, 52, Des Moines, IA	46:18	9:16
120	33	W30	Megan Flynn, 33*, Des Moines, IA	46:19	9:16
121	34	W30	Andrea Irving, 31*, Chariton, IA	46:20	9:16
122	35	W30	Jennifer Williams, 31*, Chariton, IA	46:20	9:16
123	47	W20	Ashlynn Rosa, 25*, Chariton, IA	46:21	9:16
288	41	M50	Chris Mitchell, 55, Clear Lake, IA	46:21	9:16
289	70	M20	Tom Tielbur, 27, Cedar Rapids, IA	46:21	9:16
290	13	M15	Jon Laczniak, 15, Ames, IA	46:23	9:16
291	71	M20	Tyler Roe, 23, Urbandale, IA	46:23	9:17
124	48	W20	Sara Steussy, 27*, Iowa City, IA	46:26	9:17
292	79	M30	Michael Bird, 34, Des Moines, IA	46:27	9:17
125	36	W30	Diana Lumadue, 32*, Clive, IA	46:28	9:17
293	42	M50	Doug Oldenkamp, 50, West Des Moines, IA	46:28	9:17
294	43	M50	Russ Laczniak, 54, Ames, IA	46:31	9:18
295	44	M50	Randy Westman, 51, Russell, IA	46:33	9:19
126	9	W50	Julia Batten, 54*, Carlisle, IA	46:38	9:20
127	10	W50	Debbie Avitt, 50*, Des Moines, IA	46:38	9:20

128	49	W20	Kesley Egli, 27*, Ankeny, IA	46:41	9:20
129	37	W30	Katie Egli, 30*, Ankeny, IA	46:41	9:20
130	11	W50	Joan Bauer, 53*, Audubon, IA	46:42	9:20
131	50	W20	Sheri Beaver, 29*, Grimes, IA	46:44	9:21
296	72	M20	Nick Reed, 28	46:45	9:21
132	51	W20	Stephanie Gable, 25*, West Des Moines, IA	46:45	9:21
133	52	W20	Jill Hackman, 27*, West Des Moines, IA	46:45	9:21
297	76	M40	Bob Sinclair, 41, Williamsburg, IA	46:47	9:21
134	53	W20	Ashley Heath, 24*, Urbandale, IA	46:49	9:22
135	25	W40	Kim Roush, 44*, Urbandale, IA	46:49	9:22
298	77	M40	Edward Kempf, 41, Des Moines, IA	46:50	9:22
299	45	M50	D Scott Avitt, 58, Des Moines, IA	46:51	9:22
300	78	M40	Wayne Ostergaard, 48, Des Moines, IA	46:52	9:22
301	79	M40	Larry Smith, 43, Ankeny, IA	46:53	9:22
302	80	M30	Christopher James, 36, Johnston, IA	46:54	9:23
136	38	W30	Heather Bitting, 34*, Johnston, IA	46:54	9:23
137	39	W30	Cindy Perry, 33*, Johnston, IA	46:56	9:23
303	81	M30	Randy Collison, 30, Bondurant, IA	46:57	9:23
304	82	M30	Ryan Collison, 30, Toledo, IA	46:57	9:23
305	73	M20	Brad Dudley, 29, Coralville, IA	47:00	9:24
138	40	W30	Sara Schwendinger, 33*, Des Moines, IA	47:01	9:24
306	83	M30	Wyatt Myers, 33, Des Moines, IA	47:01	9:24
139	41	W30	Mandy Shepherd, 32*, Urbandale, IA	47:02	9:24
140	26	W40	Karmel Sueppel, 42*, West Des Moines, IA	47:03	9:25
141	27	W40	Mindee Jensen, 43*, Ankeny, IA	47:06	9:25
142	42	W30	Meghan Gavin, 30*, Dubuque, IA	47:07	9:25
143	54	W20	Danielle Haselby, 25*, Des Moines, IA	47:08	9:25
144	28	W			