

3rd Run with the Police₂

Des Moines, IA

May 20, 2017

50s and Cloudy

Results by Cal Murdock

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.

Last updated May 20, 2017 11:04 AM

CLASS				
PLACE	PLACE	FINISHER	TIME	PACE
1	OpM	Owen Ness, 15, Johnston, IA	17:22	5:35
2	1 JrM	Chris Wignall, 19, Ankeny, IA	18:13	5:51
3	2 JrM	Adan Ramirez, 16, Des Moines, IA	18:30	5:57
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				
4	1 M30	Joe Brandstatter, 34, West Des Moines, IA	19:28	6:16
5	3 JrM	Isaac Dusenge, 17, Des Moines, IA	19:43	6:21
6	4 JrM	Max Van Maanen, 17, Cambridge, IA	19:46	6:22
7	2 M30	Keith Varner, 31, Ankeny, IA	20:17	6:32
8	5 JrM	Jesus Juarez, 16, Des Moines, IA	20:44	6:40
9	3 M30	Clint Varley, 36, West Des Moines, IA	20:51	6:42
10	6 JrM	Kiran Adhikari, 16, Des Moines, IA	20:54	6:43
11	4 M30	Brandon Millard, 38, Ankeny, IA	21:01	6:46
12		David Ness, Johnston, IA	21:06	6:47
13	1 M20	Jan Hudson, 27, Des Moines, IA	21:23	6:53
14	2 M20	Coby Mooers, 23, Carlisle, IA	21:27	6:54
15	1 M40	David Rees, 40, Bondurant, IA	21:28	6:54
16	7 JrM	Calvin McElvain, 15, Des Moines, IA	21:33	6:56
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				
17	3 M20	Branden Brown, 27, Elkhart, IA	22:10	7:08
18	4 M20	Ryan Meenagh, 29, Ames, IA	22:13	7:09

19	8 JrM	Parker Swigert, 16, Des Moines, IA	22:21	7:12
1	OpW	Megan Zach, 38*, Des Moines, IA	22:30	7:14
20	9 JrM	Ashis Rai, 17, Des Moines, IA	22:32	7:15
21	1 M50	John Taylor III, 58, Des Moines, IA	22:34	7:16
22	10 JrM	Rojan Dahal, 17, Des Moines, IA	22:39	7:17
23	5 M30	Steven Bjurstrom, 31, Does Moines, IA	22:40	7:18
24	11 JrM	Luis Vasquez, 15, Des Moines, IA	22:41	7:18
25	6 M30	Kyle Johnson, 38, Johnston, IA	23:04	7:25
2	1 W30	Katie Brandstatter, 32*, West Des Moines, IA	23:51	7:40
26	5 M20	David Drucker, 25, Omaha, NE	24:00	7:43
3	1 JrW	Tanner Zimmerman, 19*, Ankeny, IA	24:16	7:48
27	7 M30	Steven Naber, 38, Des Moines, IA	24:24	7:51
28	12 JrM	Alexis Juarez, 15, Des Moines, IA	24:26	7:52
29	8 M30	Matthew Seeley, 34, Prole, IA	24:34	7:54
4	2 JrW	Jordan Hamilton, 14*, Wdm, IA	24:35	7:55
30	2 M40	Jon Pena, 44, Grimes, IA	24:38	7:56
31	13 JrM	Axel Gutierrez, 17, Des Moines, IA	24:43	7:57
5	1 W20	Jennifer Klyn, 28*, Berwick, IA	24:44	7:58
6	2 W30	Carrie Naber, 36*, Des Moines, IA	24:48	7:59
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				
32	6 M20	Collin McElvain, 20, Des Moines, IA	24:53	8:00
33	7 M20	Myles Schrage, 25, Ankeny, IA	24:57	8:02
7	2 W20	Kelli Cichoski, 25*, Grimes, IA	25:01	8:03
34	8 M20	Josh Cichoski, 29, Grimes, IA	25:01	8:03
35	14 JrM	Ernesto Flores, 18, Des Moines, IA	25:08	8:05
8	3 W30	Kacie Schwake, 30*, Urbandale, IA	25:16	8:08
36	3 M40	Eric Vaughn, 47, Perry, IA	25:24	8:10
37	9 M30	Travis Roseberry, 33, West Des Moines, IA	25:27	8:11
38	2 M50	Galyn Wiemers, 57, West Des Moines, IA	25:40	8:16
39	9 M20	Caleb Davis, 26, Des Moines, IA	25:41	8:16
40	4 M40	Russ Frazier, 45, Ankeny, IA	25:51	8:19
9	3 JrW	Elizabeth Scott, 13*, Des Moines, IA	25:52	8:19

10	1	W50	Susan Klinge, 53*, Belmond, IA	25:54	8:20
41	15	JrM	Hilario Callejas, 17, Des Moines, IA	26:02	8:23
42	16	JrM	Gyam Nepal, 16, Des Moines, IA	26:21	8:29
43	17	JrM	Caleb Meyer, 19, Des Moines, IA	26:21	8:29
11	3	W20	Bryanna Henry, 25*, Des Moines, IA	26:24	8:30
44			Steve Eckert, Hartford, IA	26:26	8:30
45	3	M50	Tod McComb, 52, Des Moines, IA	26:29	8:31
46	10	M30	Aaron Onder, 35, Mason City, IA	26:30	8:32
12	4	W20	Hali VanVelzen, 21*, Des Moines, IA	26:32	8:32
13	4	W30	Jen Steel, 39*, Des Moines, IA	26:34	8:33
47			Jaylon Polk	26:37	8:34
48	4	M50	Joesy VanVelzen, 54, Cumming, IA	26:38	8:34
14	5	W30	Alicia Ballantini, 38*, Grimes, IA	26:45	8:37
49	18	JrM	Owen Lovan, 11, Altoona, IA	26:49	8:38
50	5	M50	Todd Eipperle, 52, Ankeny, IA	26:50	8:38
15	4	JrW	Anna Baumann, 17*, Des Moines, IA	26:53	8:39
16			Carrie Striegel*, What Cheer, IA	26:57	8:40
17	6	W30	Jennifer Veenstra, 39*, Pella, IA	26:59	8:41
51	11	M30	Clayton Cameron, 31, Ankeny, IA	26:59	8:41
52	12	M30	Rodney Briggs, 38, Ames, IA	27:03	8:42
53	13	M30	Chad Hepperly, 33, Urbandale, IA	27:10	8:44
54	19	JrM	Elijah Phipps, 6, Altoona, IA	27:10	8:45
55	5	M40	Andrew Phipps, 41, Altoona, IA	27:14	8:46
18	5	JrW	Hailee McCormick, 14*, Des Moines, IA	27:15	8:46
56	1	M60	Tim Saigh, 61, West Des Moines, IA	27:17	8:47
57	6	M40	Jesse Farrell, 42, Carlisle, IA	27:21	8:48
58	14	M30	Jason Noble, 36, Ankeny, IA	27:21	8:48
59	20	JrM	Tyler Rickets, 13, Des Moines, IA	27:22	8:48
19	7	W30	Molly Rasmussen, 35*, Ankeny, IA	27:23	8:49
20	5	W20	Laura Hollister, 23*, Des Moines, IA	27:24	8:49
60	10	M20	Ryan Harkey, 28, Ankeny, IA	27:25	8:49
61	2	M60	Roy Ney, 68, Des Moines, IA	27:29	8:51

62	7	M40	Joe Hansen, 42, Des Moines, IA	27:30	8:51
63	8	M40	David John, 41, Des Moines, IA	27:31	8:51
21	6	W20	Kendra Helgerson, 23*, Ankeny, IA	27:35	8:53
64	9	M40	Daniel Blom, 40, Norwalk, IA	27:37	8:53
22	1	W40	Cinnamon Schulz, 41*, Carlisle, IA	27:38	8:54
23	6	JrW	Hailey Neer, 13*, Des Moines, IA	27:44	8:55
24	1	W60	Rhonda Boesenber, 61*, Storm Lake, IA	27:45	8:56
65	15	M30	Jason Hayes, 30, Storm Lake, IA	27:46	8:56
66			John Neer, Des Moines, IA	27:47	8:57
67	11	M20	Luke Miksanek, 25, Rochester, MN	27:50	8:57
68	21	JrM	Gabe Hemsted, 14, Hartford, IA	27:51	8:58
25	7	JrW	Isabella Parker, 13*, Indianola, IA	27:52	8:58
69			Todd Frederickson, Clive, IA	27:53	8:58
70	12	M20	Chad Menke, 27, Clive, IA	27:53	8:58
26	8	W30	Patty Sneddonkisking, 34*, Des Moines, IA	27:54	8:59
27	8	JrW	Megan Kress, 19*, Johnston, IA	27:55	8:59
28	9	W30	Amy Page, 37*, Boone, IA	27:55	8:59
29	10	W30	Sarah Kelly, 34*, Ankeny, IA	27:56	8:59
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					
71	16	M30	Brian Kelly, 33, Ankeny, IA	27:58	9:00
72	13	M20	Josh Hodges, 26, Ankeny, IA	27:58	9:00
73	17	M30	Otis Khounlo, 33, Des Moines, IA	27:59	9:00
30	7	W20	Sarah Garbe, 28*, Clive, IA	28:01	9:01
74	10	M40	Jeff Rullman, 42, Des Moines, IA	28:03	9:01
31	2	W40	Annette Rullman, 44*, Urbandale, IA	28:03	9:02
75	22	JrM	Alec Rullman, 13, Urbandale, IA	28:08	9:03
76	14	M20	Alex Pruisman, 29, Blairsburg, IA	28:10	9:04
77	11	M40	Aron Arthur, 40, Polk City, IA	28:11	9:04
78	18	M30	Matt Bruner, 34, Huxley, IA	28:11	9:04
79	19	M30	Ryan Wiemold, 33, Ames, IA	28:11	9:04
32			Dustin Eighmy*, Urbandale, IA	28:12	9:04
33	8	W20	Amber Patterson, 26*, Des Moines, IA	28:12	9:04
80	12	M40	Robert Burnett, 46, Norwalk, IA	28:12	9:05

81	6 M50	Dan Wignall, 51, Ankeny, IA	28:13	9:05
34	9 W20	Tiffany Audas, 26*, West Des Moines, IA	28:14	9:05
82	15 M20	Alex Frerking, 25, Waukee, IA	28:17	9:06
35	11 W30	Michelle Frost, 34*, Bondurant, IA	28:22	9:08
83	20 M30	Michael Parcel, 34, Des Moines, IA	28:22	9:08
36	3 W40	Amy Peterson, 45*, Johnston, IA	28:24	9:08
84	21 M30	Brian Rolek, 34, West Des Moines, IA	28:30	9:10
85	16 M20	Joesph Hendershott, 24, Ankeny, IA	28:32	9:11
37	12 W30	Sarah Ramus, 32*, West Des Moines, IA	28:34	9:11
38	9 JrW	Vivian Sanchez, 17*, Des Moines, IA	28:34	9:12
39	13 W30	Stephanie Heineman, 30*, Urbandale, IA	28:35	9:12
40	10 JrW	Josie Patitz, 10*, Fayetteville, AR	28:39	9:13
41	10 W20	Kylie Mickelson, 22*, Waukee, IA	28:39	9:13
42	11 W20	Kaley Grosse, 22*, Urbandale, IA	28:41	9:14
86	7 M50	David Pope, 56, Grinnell, IA	28:43	9:15
43	12 W20	Taylor Schram, 25*, Ames, IA	28:45	9:15
87	13 M40	William McElvain, 45, Des Moines, IA	28:45	9:15
88	23 JrM	Tyler Kinney, 16, West Des Moines, IA	28:45	9:15
89	24 JrM	Aiden Schulz, 9, West Des Moines, IA	28:46	9:15
90	8 M50	Richard Hanna, 56, New Sharon, IA	28:51	9:17
91	3 M60	Larry Farrell, 70, Des Moines, IA	28:53	9:18
92	22 M30	Siddhartha Shrivastav, 34, West Des Moines, IA	28:55	9:18
44	2 W50	Kimberly Abbott, 56*, Ankeny, IA	28:59	9:19
93	17 M20	Alan Zhiuang, 24, Des Moines, IA	29:01	9:20
45	11 JrW	Abby Wilcox, 11*, Urbandale, IA	29:03	9:21
94	25 JrM	Royce Walburn, 14, Ackworth, IA	29:07	9:22
95	23 M30	Brad Youngblut, 38, Ankeny, IA	29:07	9:22
46	12 JrW	Kyla Finley, 12*, Johnston, IA	29:11	9:23
96	24 M30	Jason Simpson, 39, Des Moines, IA	29:12	9:24
97		Jake Schulz, West Des Moines, IA	29:12	9:24
47	13 W20	Dayna Finley, 25*, Des Moines, IA	29:13	9:24

48	14	W30	Andrea Steenhoek, 35*, Monroe, IA	29:16	9:25
49	14	W20	Courtney Warren, 22*, Clive, IA	29:20	9:26
98	9	M50	Rod Warren, 53, Clive, IA	29:21	9:27
99	26	JrM	Joe McVay, 15, Des Moines, IA	29:22	9:27
50	15	W20	Haley Nelson, 25*, Des Moines, IA	29:22	9:27
100	25	M30	Cody Grimes, 36, Des Moines, IA	29:23	9:27
51	16	W20	Amy Kukacka, 23*, New Richmond, WI	29:27	9:29
52	17	W20	Tiffany Drucker, 25*, West Des Moines, IA	29:27	9:29
53	18	W20	Dana Minter, 20*, Eldora, IA	29:28	9:29
101	27	JrM	Alex Gustafson, 18, Eldora, IA	29:34	9:31
102	28	JrM	Meyer Lederman, 14, Des Moines, IA	29:34	9:31
103	18	M20	Zach DeCarlo, 25, Des Moines, IA	29:35	9:31
104	29	JrM	Pa Bleh, 18, Des Moines, IA	29:36	9:31
105	19	M20	Zach Dykstra, 22, Ankeny, IA	29:36	9:31
106	20	M20	Alex Anderson, 23, Ames, IA	29:38	9:32
54	13	JrW	Tori VanVelzen, 18*, Cumming, IA	29:42	9:33
55			Cindy Dykstra*, Ankeny, IA	29:44	9:34
56	4	W40	Deborah VanVelzen, 46*, Cumming, IA	29:48	9:35
107	30	JrM	Ben Fleming, 8, West Des Moines, IA	29:48	9:35
57	15	W30	Whitey Luko, 36*, Des Moines, IA	29:48	9:35
58	19	W20	Kacey Pruisman, 28*, Blairsburg, IA	29:50	9:36
59	5	W40	Lisa McCullough, 48*, Polk City, IA	29:52	9:36
108	26	M30	Robert Gitzen, 32, Dexter, IA	29:54	9:37
109	14	M40	Hector Arias, 48, West Des Moines, IA	29:56	9:38
60	16	W30	Melissa Noble, 35*, Ankeny, IA	29:57	9:38
61	17	W30	Stacie Madson-Whittaker, 39*, Boone, IA	29:58	9:39
110	27	M30	Luke Sieleman, 36, Council Bluffs, IA	29:59	9:39
111	31	JrM	Phuoc Phu, 16, Des Moines, IA	29:59	9:39
112	10	M50	Mark Buzynski, 53, West Des Moines, IA	30:01	9:39
113	11	M50	Russell Van Maanen, 53, Cambridge, IA	30:01	9:40
62	18	W30	Ann McTaggart, 34*, Des Moines, IA	30:03	9:40
63	20	W20	Taylor Wingert, 21*, Des Moines, IA	30:06	9:41
64	3	W50	Jennifer Bushbaum, 51*, Urbandale, IA	30:07	9:42

65	6	W40	Beth Wignall, 49*, Ankeny, IA	30:08	9:42
66	7	W40	Lisa Schwarte, 46*, West Des Moines, IA	30:08	9:42
67	21	W20	Christina Ulrey, 25*, Pleasantville, IA	30:08	9:42
68	22	W20	Emily Maharry, 24*, West Des Moines, IA	30:13	9:43
114	28	M30	Eric Heininger, 31, Chicago, IL	30:24	9:47
69	19	W30	Kaci Visser, 35*, Knoxville, IA	30:25	9:47
70	14	JrW	Vivi Patitz, 6*, Fayetteville, AR	30:25	9:47
71	8	W40	Andrea Patitz, 41*, Fayetteville, AR	30:26	9:48
72	20	W30	Emily Kothmann, 32*, Huxley, IA	30:27	9:48
73	21	W30	Lindsay Morris, 32*, Ankeny, IA	30:28	9:48
74	15	JrW	Vera Mae Snodgrass, 14*, Des Moines, IA	30:30	9:49
75	23	W20	Emily Miller, 21*, Des Moines, IA	30:30	9:49
76	24	W20	Kerrigan Owens, 20*, Des Moines, IA	30:31	9:49
115	32	JrM	Ku Htoo, 17, Des Moines, IA	30:31	9:49
77	25	W20	Elizabeth Sieleman, 23*, Council Bluffs, IA	30:34	9:50
78	9	W40	Cynthia Ellsworth, 47*, Urbandale, IA	30:36	9:51
79	22	W30	Sarah Meek, 34*, West Des Moines, IA	30:38	9:51
116	21	M20	Taylor Rasmussen, 26, Des Moines, IA	30:39	9:52
80	23	W30	Courtney Bach, 34*, Urbandale, IA	30:41	9:52
81	10	W40	Tina Kalar, 42*, Des Moines, IA	30:45	9:54
117			Caden Sposeto, Waukee, IA	30:54	9:57
118	15	M40	Jeff Schwarte, 46, West Des Moines, IA	30:58	9:58
82	4	W50	Vivian Masters, 58*, Des Moines, IA	30:59	9:58
119	29	M30	Steven Zastrow, 32, Grimes, IA	31:01	9:59
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					
83	24	W30	Lindsay Wilcox, 36*, Oskaloosa, IA	31:03	10:00
84	5	W50	Tammy Newton, 54*, Carlisle, IA	31:07	10:01
85	6	W50	Jan Atchison, 58*, Rhodes, IA	31:09	10:01
120	22	M20	Christian Faust, 27, Bondurant, IA	31:10	10:02
86	26	W20	Alyssa Faust, 27*, Bondurant, IA	31:10	10:02
121	16	M40	Matt Towers, 41, Urbandale, IA	31:10	10:02

87	25	W30	Tiffani Milless, 35*, Des Moines, IA	31:12	10:02
122	17	M40	Scott Davis, 46, West Des Moines, IA	31:16	10:04
88	16	JrW	Riziki Kipendo, 16*, Des Moines, IA	31:21	10:05
89	26	W30	Amanda Holtan, 31*, Des Moines, IA	31:25	10:07
90			Sara Dreyer*, Altoona, IA	31:26	10:07
123	30	M30	Brandon Holtan, 30, Des Moines, IA	31:28	10:08
91	7	W50	Jodi Barron, 52*, Des Moines, IA	31:29	10:08
92	11	W40	Tami Wingert, 46*, Des Moines, IA	31:32	10:09
124	33	JrM	Brian Cabezas, 18, Des Moines, IA	31:33	10:09
93	17	JrW	Emma Mellencamp, 13*, Adel, IA	31:38	10:11
125	18	M40	Jeff Mellencamp, 43, Adel, IA	31:38	10:11
94	27	W20	Shayla McIntyre, 25*, Des Moines, IA	31:39	10:11
95	28	W20	Rebecca Andrade, 24*, Des Moines, IA	31:41	10:12
126	31	M30	Samreth Chau, 36, Des Moines, IA	31:42	10:12
96	8	W50	Dawn Johson, 52*, West Des Moines, IA	31:42	10:12
97	12	W40	Ann Hudson, 48*, West Des Moines, IA	31:45	10:13
127	32	M30	Brad Hook, 33, Ankeny, IA	31:46	10:13
128	19	M40	Eric Ramsey, 45, Johnston, IA	31:47	10:14
129	33	M30	Brandon Dirksen, 34, West Des Moines, IA	31:48	10:14
130	34	M30	Brady Carney, 33, Des Moines, IA	31:51	10:15
98	13	W40	Carrie DeVan, 41*, Boone, IA	31:52	10:15
99			Courtney Cunningham*, Waukee, IA	31:57	10:17
131	20	M40	Scott Cunningham, 40, Waukee, IA	31:58	10:17
132	23	M20	Scott Jimmerson, 29, Des Moines, IA	31:58	10:17
133			Tyler Condon, Des Moines, IA	32:01	10:18
134	24	M20	Brandon Condon, 22, Pleasant Hill, IA	32:02	10:18
135	25	M20	Ivan Nery, 22, Des Moines, IA	32:02	10:19
100	14	W40	Anne Waymire, 49*, Urbandale, IA	32:05	10:20
136	34	JrM	Nate Kelly, 11, Urbandale, IA	32:07	10:20
137	35	JrM	Thuan Ngo, 15, Des Moines, IA	32:14	10:22
101	27	W30	Tara Klocke, 34*, Ankeny, IA	32:19	10:24
138	21	M40	James Kelly, 48, Urbandale, IA	32:22	10:25
139	4	M60	Mark Joye, 60, Waukee, IA	32:23	10:25

140	22	M40	Kevin Gott, 46, Pleasant Hill, IA	32:25	10:26
102	29	W20	Kylie Hervey, 27*, West Des Moines, IA	32:25	10:26
103	2	W60	Melissa Bjurstrom, 67*, Des Moines, IA	32:26	10:26
104	30	W20	Marissa Miller, 27*, Johnston, IA	32:26	10:26
105	31	W20	Laura Glas, 26*, West Des Moines, IA	32:26	10:26
141	35	M30	Eric Peterson, 31, Des Moines, IA	32:28	10:27
106	18	JrW	Isabe Schleuger-Valadao, 5*, Cumming, IA	32:29	10:27
142	23	M40	Jacob Lederman, 45, Des Moines, IA	32:31	10:28
107	32	W20	Ma Myint, 20*, Des Moines, IA	32:40	10:31
143	36	JrM	Jack Winter, 13, Grimes, IA	32:40	10:31
108	28	W30	Stacey Fuller, 32*, Wdm, IA	32:41	10:31
144	24	M40	Gary Fuller, 46, Wdm, IA	32:41	10:31
109	29	W30	Melissa Huss, 33*, Urbandale, IA	32:44	10:32
110	19	JrW	McKenna Walker, 9*, Urbandale, IA	32:45	10:32
145	36	M30	Nathan Huss, 35, Urbandale, IA	32:45	10:32
146	25	M40	William Wolfe, 41, Bogota, NJ	32:46	10:33
111	30	W30	Hilary Weber, 30*, Dallas Center, IA	32:47	10:33
147	37	M30	Ben Ullom, 32, Tea, SD	32:47	10:33
112	31	W30	Christina Ullom, 31*, Tea, SD	32:49	10:33
113	33	W20	Daykota Shelton, 20*, Des Moines, IA	32:49	10:34
114	9	W50	Kim Johnson, 59*, Clive, IA	32:50	10:34
148	37	JrM	Jett Paxton, 5, Ankeny, IA	32:52	10:35
149	38	M30	Kyle Paxton, 35, Ankeny, IA	32:53	10:35
150	26	M40	Anthony Ballantini, 44, Grimes, IA	32:53	10:35
151	27	M40	Michael McKinney, 42, West Des Moines, IA	32:53	10:35
152	12	M50	Jeff Purdy, 57, Winterset, IA	32:54	10:35
115	15	W40	Tiffany Allison, 45*, Des Moines, IA	32:57	10:36
116			Faith Poole*, West Des Moines, IA	33:16	10:42
153	13	M50	Jeremy Reid, 57, Des Moines, IA	33:16	10:42
117	20	JrW	Ellie Parker, 11*, Indianola, IA	33:16	10:42
118	32	W30	Meggan Guns, 32*, West Des Moines, IA	33:25	10:45
154	14	M50	Paul Stout, 51, Clive, IA	33:26	10:46

119		Andrea Mattingly*, Boone, IA	33:28	10:46
120	16 W40	Kristin Wilcox, 46*, Urbandale, IA	33:29	10:46
121		Kaitlynn Carr*	33:29	10:47
155	39 M30	Jordan Stokka, 33, Des Moines, IA	33:33	10:48
122	34 W20	Haley Urness, 21*, Ankeny, IA	33:33	10:48
123	35 W20	Emily Schoenrock, 24*, Ankeny, IA	33:35	10:48
156		Alan Gerard, Iowa City, IA	33:35	10:48
124		Erin McKinney*, Des Moines, IA	33:37	10:49
125	36 W20	Kayla Scieszinski, 25*, Ottumwa, IA	33:37	10:49
126	10 W50	Esther Hepperly, 56*, Mason City, IA	33:38	10:49
157	26 M20	Aaron McConnell, 28, Ottumwa, IA	33:42	10:50
158	38 JrM	Karver Hoffmann, 4, Granger, IA	33:42	10:51
159	39 JrM	Drake Hoffmann, 2, Granger, IA	33:47	10:52
127	33 W30	Annie Hoffmann, 36*, Granger, IA	33:47	10:52
160	40 M30	Justin Hoffmann, 33, Granger, IA	33:47	10:52
128	34 W30	Mollie Joye, 33*, Waukee, IA	33:48	10:52
129	11 W50	Vicky Close, 55*, Des Moines, IA	33:48	10:53
130	12 W50	Sarah Kinney, 51*, Des Moines, IA	33:49	10:53
131	35 W30	Sarah Joye, 36*, West Des Moines, IA	33:50	10:53
132	13 W50	Mindy Joye, 56*, Waukee, IA	33:51	10:54
133	21 JrW	Set Flower, 16*, Des Moines, IA	33:52	10:54
134		Kandi Shelton*, Des Moines, IA	33:54	10:55
161	27 M20	Devin DePhillips, 26, Ankeny, IA	34:01	10:57
162	28 M20	Frank DePhillips, 27, Van Meter, IA	34:01	10:57
135	37 W20	Lenore Dea, 24*, Des Moines, IA	34:02	10:57
163	29 M20	Oliver Ballinger, 25, Dodge Center, MN	34:02	10:57
164	28 M40	Chad Tope, 49, Urbandale, IA	34:07	10:59
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				
165	40 JrM	Ao Pai Oo, 17, Des Moines, IA	34:10	11:00
166	30 M20	Michael Masteller, 27, Pleasant Hill, IA	34:11	11:00
136		Amy Van Maanen*, Cambridge, IA	34:16	11:02
137	3 W60	Connie Wright, 62*, Ira, IA	34:21	11:03
167	15 M50	Robert Burditt, 50, West Des Moines, IA	34:39	11:09

138	38 W20	Megan Burditt, 22*, West Des Moines, IA	34:39	11:09
139	14 W50	Jennifer Porter, 52*, Hartford, IA	34:42	11:10
168	16 M50	Dale Grundmeier, 56, Stuart, IA	34:42	11:10
140	22 JrW	Tram Pham, 17*, Des Moines, IA	34:43	11:10
141		Delaine Scharer*	34:45	11:11
142		Abbagail Webb*	34:46	11:11
143	23 JrW	Jayteaira Benson, 16*, Des Moines, IA	34:47	11:12
144	17 W40	Jeanne Kutsch, 49*, Des Moines, IA	34:48	11:12
145	24 JrW	Alexis Johnson, 13*, West Des Moines, IA	34:49	11:12
169	41 JrM	Noah Joye, 13, West Des Moines, IA	34:55	11:14
170	42 JrM	Asa Hemsted, 10, Hartford, IA	34:57	11:15
171	41 M30	Kent Ward, 33, Des Moines, IA	34:57	11:15
146	25 JrW	Madelyn Ward, 2*, Waukee, IA	35:02	11:16
172	43 JrM	Kasey Cornelius, 9, Altoona, IA	35:03	11:17
173	42 M30	Paul Cornelius, 38, Altoona, IA	35:04	11:17
147		Laura Judge*, Ankeny, IA	35:06	11:18
148	36 W30	Holly Pickett, 33*, Ankeny, IA	35:06	11:18
174	5 M60	Mike Beck, 70, Ankeny, IA	35:14	11:20
149	37 W30	Karleia Connors, 35*, Ankeny, IA	35:14	11:20
150	39 W20	Emily Mickelson, 20*, Waukee, IA	35:15	11:20
175	29 M40	Mark Mickelson, 49, Waukee, IA	35:15	11:21
151	40 W20	Emily Grieme, 24*, Storm Lake, IA	35:15	11:21
152	26 JrW	Jasmine Echeverria, 15*, Des Moines, IA	35:15	11:21
176	30 M40	Travis Schooley, 46, Des Moines, IA	35:16	11:21
153	38 W30	Devon Greiter, 31*, Ames, IA	35:16	11:21
177	43 M30	Anthony Greiter, 30, Ames, IA	35:16	11:21
154	39 W30	Mylea McNeeley, 35*, Altoona, IA	35:19	11:22
155	18 W40	Amy Johnson, 43*, Madrid, IA	35:24	11:23
156	40 W30	Angela Arndt-Parker, 35*, Indianola, IA	35:29	11:25
178	44 JrM	Noah Sever, 9, West Des Moines, IA	35:30	11:25
157	41 W30	Stephanie Gates, 32*, West Des Moines, IA	35:35	11:27
179	44 M30	Zach Gates, 32, West Des Moines, IA	35:41	11:29

158		Sofia McCarthy*, Indianola, IA	35:41	11:29
159		Laura McCarthy*, Indianola, IA	35:48	11:31
180	45 M30	Rya Anderson, 33, Windsor Heights, IA	35:50	11:32
181	31 M40	Anthony Giampolo, 45, Johnston, IA	35:56	11:34
160	19 W40	Melissa Ramirez Nokes, 43*, West Des Moines, IA	35:57	11:34
161	41 W20	Tiffany Anderson, 28*, Altoona, IA	35:58	11:34
182	46 M30	Byron Smith, 35, West Des Moines, IA	35:58	11:34
162	20 W40	Brooke Knight, 41*, West Des Moines, IA	35:59	11:35
163		Phon Sullins*, West Des Moines, IA	35:59	11:35
183	32 M40	Tybee Sever, 41, West Des Moines, IA	35:59	11:35
184	47 M30	David Kuntz, 30, Des Moines, IA	36:04	11:36
185	48 M30	Christopher Pierce, 30, Des Moines, IA	36:05	11:37
164	21 W40	Kelly Till, 47*, Urbandale, IA	36:05	11:37
165	27 JrW	Jennifer Cardona, 19*, Des Moines, IA	36:05	11:37
166	42 W30	Anne Hemsted, 35*, Hartford, IA	36:07	11:37
167	43 W30	Ashley Behm, 30*, Ankeny, IA	36:09	11:38
168	44 W30	Lindsay Bennett, 31*, Urbandale, IA	36:18	11:41
169	45 W30	Jessica Winter, 35*, Grimes, IA	36:18	11:41
186	49 M30	Andrew Winter, 33, Grimes, IA	36:47	11:50
170	46 W30	Kacie Johnson, 36*, Altoona, IA	36:55	11:53
171	15 W50	Sonja Diener, 50*, Ankeny, IA	36:56	11:53
172	22 W40	Susan Perry, 47*, West Des Moines, IA	36:58	11:54
173	28 JrW	Kindred Lindstrom, 9*, Cumming, IA	37:00	11:54
174	47 W30	Shilo Lindstrom, 33*, Cumming, IA	37:04	11:56
187	50 M30	Devin Lindstrom, 34, Cumming, IA	37:05	11:56
175	48 W30	Amber Holland, 33*, Prairie City, IA	37:06	11:56
176		Nicole Boulais*, Ankeny, IA	37:11	11:58
188	51 M30	Kyler Prunty, 30, Des Moines, IA	37:11	11:58
189	45 JrM	Nate Spurr, 16, Norwalk, IA	37:16	11:59
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				
190	46 JrM	Connor Vroegh, 16, Norwalk, IA	37:32	12:05
191	33 M40	Randy Spurr, 49, Norwalk, IA	37:36	12:06

192	31 M20	Zach Spurr, 21, Norwalk, IA	37:36	12:06
193	34 M40	Corrie Burg, 44, Polk City, IA	37:36	12:06
194	35 M40	David Balog, 46, Knoxville, IA	37:36	12:06
177	42 W20	Hannah Keep, 28*, Altoona, IA	37:37	12:06
195		Phillip Mattiussi, Adel, IA	37:40	12:07
178		Karen Mattiussi*, Adel, IA	37:41	12:07
179	23 W40	Jodi Selby, 48*, Adel, IA	37:46	12:09
196	52 M30	Mike Behm, 32, Ankeny, IA	37:47	12:09
180	43 W20	Molli Miller, 27*, West Des Moines, IA	37:48	12:10
197	47 JrM	Lindsey Buzynski, 19, West Des Moines, IA	37:50	12:11
181	16 W50	Dawn Buzynski, 50*, West Des Moines, IA	37:57	12:13
182	24 W40	Lora Coffman, 49*, Des Moines, IA	37:59	12:13
183	25 W40	Leslie Morris, 41*, Pleasant Hill, IA	38:00	12:14
198	48 JrM	Tristan Morris, 9, Pleasant Hill, IA	38:03	12:15
184	44 W20	Ashley Clark, 28*, Ankeny, IA	38:03	12:15
185	29 JrW	Brylie Huddleson, 15*, Des Moines, IA	38:04	12:15
199	49 JrM	Jose Perez-Lemus, 17, Des Moines, IA	38:14	12:18
186	30 JrW	Sarahi Peralta, 16*, Des Moines, IA	38:16	12:19
200	36 M40	Nathan Dennison, 49, Des Moines, IA	38:17	12:19
187	49 W30	Leah Wilson, 32*, Prairie City, IA	38:25	12:22
188	50 W30	Brooke Ramsey, 36*, Johnston, IA	38:28	12:23
189	45 W20	Jena Wiley, 26*, Chariton, IA	38:29	12:23
190	17 W50	Heidi Miksanek, 52*, Rochester, MN	38:29	12:23
191	31 JrW	Karen Miranda, 15*, Des Moines, IA	38:34	12:24
192	26 W40	Amy Hunold-Van Gundy, 46*, Carlisle, IA	38:47	12:29
193	46 W20	Chelsey Wilson, 29*, De Sotot, IA	38:52	12:30
201	17 M50	Ken Brown, 51, Pleasant Hill, IA	38:56	12:32
194	18 W50	Stacey Brown, 53*, Pleasant Hill, IA	39:11	12:37
195	47 W20	Hailey Buzynski, 20*, West Des Moines, IA	39:11	12:37
202	50 JrM	Aidan Perry, 19, West Des Moines, IA	39:12	12:37
203	6 M60	John Sarcone, 66, Des Moines, IA	39:12	12:37
196	48 W20	Brianna Sierra, 21*, Des Moines, IA	39:13	12:37

204	32	M20	Zach Vander Ploeg, 23, Des Moines, IA	39:27	12:42
197	51	W30	Christina Loewy, 37*, West Des Moines, IA	39:27	12:42
205	53	M30	Joe Schafer, 35, West Des Moines, IA	39:42	12:47
206	51	JrM	Preston Kirstein, 8, Pleasant Hill, IA	39:42	12:47
198	32	JrW	Shel Paw, 17*, Des Moines, IA	40:05	12:54
199	27	W40	Sherry Kooiker, 46*, Moorhead, MN	40:13	12:56
200	33	JrW	Olivia Erdelt, 18*, Ankeny, IA	40:15	12:57
201			Kaitlyn Thomas*	40:16	12:57
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202	52	W30	Dominica Thomas, 35*, Des Moines, IA	40:23	13:00
203	49	W20	Melissa Hollister, 23*, Des Moines, IA	40:27	13:01
207	37	M40	Somkhit Fongkhamdeng, 43, Clive, IA	40:28	13:01
204	34	JrW	Mala Fongkhamdeng, 10*, Clive, IA	40:30	13:02
205	53	W30	Laura Kirstein, 38*, Pleasant Hill, IA	40:33	13:03
206	19	W50	Michelle Lundquist, 51*, Ankeny, IA	40:33	13:03
207	50	W20	Janna McRay, 29*, Boone, IA	40:37	13:04
208	54	M30	Kyle Johnson, 30, Boone, IA	40:52	13:09
208	20	W50	Kim Weeks, 58*, Des Moines, IA	40:53	13:09
209	4	W60	Pamela Steffen, 62*, Des Moines, IA	41:00	13:12
210	35	JrW	Bianc Schleuger-Valadao, 12*, Cumming, IA	41:01	13:12
209			Ryan Schleuger, Cumming, IA	41:03	13:13
210			Jaqui Lopez	41:07	13:14
211	54	W30	Jessica Jensen, 39*, Waukee, IA	41:11	13:15
212	51	W20	Ashley Schrage, 28*, Ankeny, IA	41:12	13:16
211			Jim Gabriel, West Des Moines, IA	41:13	13:16
213	36	JrW	Gabriela Meas, 16*, Des Moines, IA	41:17	13:17
212	52	JrM	Mason Burkhart, 6, Urbandale, IA	41:18	13:17
214			Mackenzie Sposeto*, Waukee, IA	41:19	13:18
215			Suzette Douglas*, Des Moines, IA	41:20	13:18
216	55	W30	Christy Burkhart, 39*, Urbandale, IA	41:29	13:21
213			Conner Ludwick	41:29	13:21
214	38	M40	David Cantor, 41, Des Moines, IA	41:29	13:21
217			Mya Sposeto*, Waukee, IA	41:31	13:22

218	37	JrW	Madison Mellencamp, 10*, Adel, IA	41:31	13:22
219	28	W40	Christine Mellencamp, 41*, Adel, IA	41:35	13:23
220	56	W30	Jesse Bielenberg, 35*, Des Moines, IA	41:36	13:23
215	33	M20	Bobby Daniels, 28, Ames, IA	41:37	13:24
221	21	W50	Peggy Rorebeck, 54*, Urbandale, IA	41:42	13:25
222	29	W40	Kristy Pomrenke, 44*, Ankeny, IA	41:55	13:29
223	38	JrW	Jenna Pomrenke, 17*, Ankeny, IA	41:59	13:30
224			Erin Garner*	42:06	13:33
225			Breanna Newson*	42:13	13:35
226	39	JrW	Isabella Frost, 9*, Clive, IA	42:13	13:35
227	57	W30	Carlye Lopez, 32*, Clive, IA	42:22	13:38
228	40	JrW	Sophie Van Gundy, 13*, Carlisle, IA	42:22	13:38
216	18	M50	Tim Donelson, 57, Pella, IA	42:23	13:38
217	34	M20	Thomas Enneking, 27, Des Moines, IA	42:28	13:40
229	52	W20	Hailie Marinovich, 28*, Des Moines, IA	42:30	13:41
218	7	M60	Coral Johnson, 61, Clive, IA	42:33	13:42
230	41	JrW	Chance Hill, 11*, Ankeny, IA	42:35	13:42
219	53	JrM	Elliot Kooiker, 13, Moorhead, MN	42:35	13:42
220	55	M30	Seth Jawitz-McClellan, 33, Des Moines, IA	42:43	13:45
231	22	W50	Deb Medici-Feick, 56*, Granger, IA	42:46	13:46
221	35	M20	Ryan Haar, 27, Ankeny, IA	42:51	13:47
222	54	JrM	Nicholas Erdelt, 19, Ankeny, IA	43:04	13:52
223	39	M40	Jim Van Gundy, 46, Carlisle, IA	43:07	13:53
232	53	W20	Courtney Harden, 29*, Grimes, IA	43:09	13:53
233	54	W20	Ashley Foreman, 26*, Grimes, IA	43:18	13:56
234	42	JrW	Laura Merz, 14*, Perry, IA	43:19	13:56
235	23	W50	Tracey Orman, 51*, Johnston, IA	43:20	13:57
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					
236	43	JrW	Jessica Orman, 18*, West Des Moines, IA	43:34	14:01
237	5	W60	Linda Sipe, 61*, Clive, IA	43:37	14:02
238	24	W50	Debra Menke, 58*, Clive, IA	43:50	14:06
239	30	W40	Jen Pederson, 42*, Johnston, IA	43:58	14:09

240		Abbie Ware*, Ankeny, IA	43:59	14:09
241	55 W20	Madison Dykstra, 20*, Ankeny, IA	44:00	14:09
242	44 JrW	Haylie Phillips, 6*, Monroe, IA	44:00	14:10
243	56 W20	Karrie Phillips, 29*, Monroe, IA	44:00	14:10
224	36 M20	Shea Phillips, 28, Monroe, IA	44:09	14:13
225	40 M40	Mark Mohr, 43, Ankeny, IA	44:10	14:13
244	45 JrW	Aubrey Mohr, 6*, Ankeny, IA	44:10	14:13
245	46 JrW	Ashlyn Mohr, 4*, Ankeny, IA	44:10	14:13
246	58 W30	Michelle Mohr, 34*, Ankeny, IA	44:11	14:13
247	57 W20	Jordan Clark, 24*, Ankeny, IA	44:22	14:16
248	47 JrW	Autumn Mohr, 2*, Ankeny, IA	44:22	14:17
226	37 M20	Nicholas Brodeur, 26, Ankeny, IA	44:33	14:20
249	59 W30	Kimberly Woythaler, 33*, Baxter, IA	44:44	14:24
250	58 W20	Jazmane Cardona, 21*, Des Moines, IA	44:49	14:25
251	48 JrW	Aliza Lu, 15*, Des Moines, IA	44:50	14:26
252	49 JrW	Adilyn Dee, 6*, Ankeny, IA	45:01	14:29
253	60 W30	Sadie Dee, 33*, Ankeny, IA	45:01	14:29
254	61 W30	Eva Ayala, 31*, Des Moines, IA	45:05	14:30
255	31 W40	Jen Schulz, 40*, West Des Moines, IA	45:28	14:38
256	50 JrW	Emily Schulz, 15*, West Des Moines, IA	45:29	14:38
257	6 W60	Sandra Johnson, 66*, Lucas, IA	45:30	14:38
258	51 JrW	Melanie Hernandez, 15*, Des Moines, IA	45:32	14:39
227	41 M40	Jeff Beach, 46, Pillager, MN	45:45	14:43
228	55 JrM	Gage Beach, 12, Pillager, MN	45:46	14:44
259	32 W40	Erin Beach, 40*, Pillager, MN	45:46	14:44
260	59 W20	MacKenzie Campfield, 20*, Des Moines, IA	45:54	14:46
229	38 M20	Greg Hepperly, 27, Norwalk, IA	46:00	14:48
230	56 JrM	Micah Dushane, 13, Hartford, IA	46:12	14:52
261	60 W20	Becky Wilson, 28*, Adel, IA	46:24	14:56
231	19 M50	Steve Waymire, 51, Urbandale, IA	46:28	14:57
262	33 W40	Brenda Stout, 47*, Clive, IA	46:28	14:57
263	52 JrW	Grace Stout, 15*, Clive, IA	46:28	14:57
264		Emily Stout*, Clive, IA	46:28	14:57

232	57	JrM	Kinnick Brown, 9, Granger, IA	46:29	14:57
265	62	W30	Ashley Howell, 31*, Granger, IA	46:29	14:57
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					
266	61	W20	Jennifer Smith, 28*, Indianola, IA	46:37	15:00
233	39	M20	Keegan Smith, 28, Indianola, IA	46:38	15:00
267	25	W50	Kathy Pruisman, 59*, Blairsburg, IA	46:42	15:02
268	7	W60	Henrietta Kreider, 60*, Johnston, IA	46:53	15:05
234	58	JrM	Lincoln Dee, 4, Ankeny, IA	46:57	15:06
235	56	M30	Clint Dee, 34, Ankeny, IA	46:57	15:07
236	59	JrM	Isaac Buhrow, 6, Urbandale, IA	47:02	15:08
269	63	W30	Trisha Buhrow, 35*, Urbandale, IA	47:04	15:09
270	64	W30	Katie Miller, 31*, Indianola, IA	47:05	15:09
237	57	M30	Luke Buhrow, 36, Urbandale, IA	47:09	15:10
271	62	W20	Holly Draur, 25*, Pleasant Hill, IA	47:27	15:16
238	40	M20	Ronald Ellsworth, 27, Urbandale, IA	47:35	15:19
239	60	JrM	Mayson Shelton, 15, Des Moines, IA	47:40	15:20
240	20	M50	Kevin Palmer, 54, Des Moines, IA	47:52	15:24
241	61	JrM	Zachary Dushane, 11, Hartford, IA	47:57	15:26
242	42	M40	David Dushane II, 42, Hartford, IA	47:57	15:26
272	34	W40	Melissa Houlsworth, 48*, Des Moines, IA	48:12	15:31
273	53	JrW	Jayda Negrete, 16*, Des Moines, IA	48:21	15:33
274	65	W30	Jenna Aschoff, 31*, Ankeny, IA	48:28	15:36
275	66	W30	Angie Aschoff, 39*, Indianola, IA	48:28	15:36
276	67	W30	Jessica Hernandez, 37*, Windsor Heights, IA	48:29	15:36
243	43	M40	Heather McKinney, 42, West Des Moines, IA	49:02	15:47
277	35	W40	Heng Fongkhamdeng, 44*, Clive, IA	49:19	15:52
244	62	JrM	Luke Fongkhamdeng, 8, Clive, IA	49:27	15:55
278	54	JrW	Darrah Holmes, 9*, Des Moines, IA	49:35	15:57
279	55	JrW	Emery Holmes, 8*, Des Moines, IA	49:36	15:58
280	63	W20	Kourtnei Pegloc, 26*, Des Moines, IA	49:39	15:59
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					
281	8	W60	Diane Aschoff, 61*, Ankeny, IA	50:43	16:19

282	36	W40	Heidi Schuster, 49*, Ankeny, IA	51:36	16:36
245	44	M40	Trevor Barber, 48, Ankeny, IA	51:36	16:36
283	26	W50	Kelli Munoz, 54*, Des Moines, IA	51:36	16:36
284	37	W40	Brenda Amber, 47*, Ankeny, IA	51:41	16:38
285	27	W50	Betty Haar, 50*, Oelwein, IA	51:43	16:39
246	41	M20	Lucas Malcom, 22, Ankeny, IA	51:57	16:43
286	64	W20	Delana Schuster, 23*, Ankeny, IA	51:58	16:43
247	42	M20	Kirk Ford, 27, Norwalk, IA	52:09	16:47
287	65	W20	Kirstin Koestler, 25*, Norwalk, IA	52:10	16:47
288	56	JrW	Kaley Gott, 16*, Pleasant Hill, IA	52:16	16:49
289	68	W30	Natalie Heinemann, 33*, Colfax, IA	52:32	16:54
290	66	W20	Sarah Curran, 22*, Des Moines, IA	52:33	16:55
291	28	W50	Kathryn Kunert, 51*, Ankeny, IA	52:44	16:58
248	43	M20	Steven McCarville, 22, Des Moines, IA	52:45	16:58
292			nGail Pierce*, Ankeny, IA	52:45	16:59
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249			Gage Heinemann, Colfax, IA	52:58	17:03
250			Rich Pierce, Ankeny, IA	52:58	17:03
251	63	JrM	Bennett Maurer, 3, Waukee, IA	53:02	17:04
252	58	M30	Josh Maurer, 32, Waukee, IA	53:03	17:04
293	9	W60	Diane Clevenger, 60*, Indianola, IA	53:03	17:04
294	29	W50	Kristi Tripp, 59*, Des Moines, IA	53:03	17:04
295	38	W40	Kim Hildreth, 41*, Des Moines, IA	53:07	17:06
253	64	JrM	Gene Hildreth III, 11, Des Moines, IA	53:08	17:06
296	69	W30	Jean Maurer, 32*, Waukee, IA	53:10	17:06
297	39	W40	Jen Adams, 45*, Des Moines, IA	53:13	17:07
298	70	W30	Erin Rolek, 34*, West Des Moines, IA	53:13	17:08
299	71	W30	Shelly Davis, 34*, Des Moines, IA	53:26	17:12
300	72	W30	Alyssa Jensen, 35*, Des Moines, IA	53:26	17:12
301	73	W30	Jacy Heinemann, 33*, Colfax, IA	53:27	17:12
302	40	W40	Jill Pecinovsky, 43*, West Des Moines, IA	53:44	17:18
303	30	W50	Angie McCombs, 56*, Des Moines, IA	53:44	17:18

254	65	JrM	Gavin Heckler, 9, Altoona, IA	53:49	17:19
304	74	W30	Marjorie Heckler, 33*, Altoona, IA	53:50	17:19
305	75	W30	Thomas Heckler, 34*, Altoona, IA	53:51	17:20
306	41	W40	Pam Arias, 43*, West Des Moines, IA	54:21	17:30
307	76	W30	Amanda Davis, 31*, Dexter, IA	54:22	17:30
308	67	W20	Amy DeHaven, 21*, Des Moines, IA	54:26	17:31
309	68	W20	Olivia Weber, 26*, West Des Moines, IA	54:27	17:31
310	69	W20	Kaitlyn Mathiesen, 24*, West Des Moines, IA	54:28	17:32
311	57	JrW	Olivia Hartl, 6*, Pleasant Hill, IA	54:28	17:32
255	66	JrM	Graysen Hartl, 5, Pleasant Hill, IA	54:45	17:37
312	77	W30	Kerri Hartl, 32*, Altoona, IA	55:10	17:45
313	31	W50	Emmie Anderson, 59*, Johnston, IA	55:11	17:45
314	32	W50	Ann Bagatti, 51*, Johnston, IA	55:11	17:45
315	78	W30	Trudy Simonson, 35*, Des Moines, IA	55:17	17:48
256	44	M20	Brett Vanderpool, 23, Ankeny, IA	55:18	17:48
316	70	W20	Hayley White, 24*, Ankeny, IA	55:18	17:48
257	67	JrM	Jace Noble, 2, Marshalltown, IA	55:19	17:48
258	45	M20	Joshua Noble, 26, Marshalltown, IA	55:19	17:48
317	71	W20	Kayla Noble, 25*, Marshalltown, IA	55:22	17:49
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					
318	58	JrW	Shyan Wilson, 16*, Des Moines, IA	56:01	18:02
319	72	W20	Krista Pettepier, 23*, Johnston, IA	56:03	18:02
259	46	M20	Nick Skinner, 24, Johnston, IA	56:03	18:02
320	79	W30	Whitney McIntosh-Smith, 39*, Altoona, IA	56:21	18:08
321	42	W40	Kathleen Trujillo Roush, 49*, Urbandale, IA	56:46	18:16
260	68	JrM	Nash Seeley, 8, Prole, IA	56:46	18:16
322			Jennifer Nabor-Sandova*	56:59	18:20
261	69	JrM	Carson Halsrud, 13, Luverne, IA	57:03	18:21
262	70	JrM	Lane Seeley, 3, Prole, IA	57:03	18:22
323	73	W20	Alisha Seeley, 28*, Prole, IA	57:11	18:24
324	80	W30	Sunny Sengaphone, 30*, Altoona, IA	57:32	18:31

263	59	M30	Dustin Wing, 36, Baxter, IA	57:32	18:31
325	59	JrW	Katt Wing, 6*, Baxter, IA	57:33	18:31
326			Jan Pope*, Grinnell, IA	58:26	18:48
327	43	W40	Christy Kelly, 42*, Grinnell, IA	58:28	18:49
264	60	M30	Dan Johnson, 39, Grinnell, IA	58:29	18:49
328			Caroline Van Kley*, Ankeny, IA	58:31	18:50
329	81	W30	Emily Van Kley, 33*, Ankeny, IA	58:32	18:50
265	61	M30	Mitch Van Kley, 32, Ankeny, IA	58:32	18:50
330	74	W20	Katie Lambert, 25*, Wdm, IA	58:32	18:50
266	47	M20	Andrew Hofbauer, 25, West Des Moines, IA	58:34	18:51
331	33	W50	Lynn Wingert, 50*, West Des Moines, IA	58:36	18:51
332	60	JrW	Kennedy Halsrud, 16*, Luverne, IA	58:38	18:52
267	62	M30	Doug Woolums, 36, Des Moines, IA	58:38	18:52
333	82	W30	Jennifer Woolums, 34*, Des Moines, IA	58:38	18:52
334	61	JrW	Shea Woolums, 4*, Des Moines, IA	58:39	18:52
335	83	W30	Kelsie Kuhnert, 30*, West Des Moines, IA	58:39	18:52
336	75	W20	Danielle Masten, 27*, Urbandale, IA	58:41	18:53
337	84	W30	Lacy Halsrud, 38*, Lu Verne, IA	58:41	18:53
338	62	JrW	Montgomery Halsrud, 11*, Luverne, IA	58:42	18:53
339	85	W30	Kay Wing, 33*, Baxter, IA	58:50	18:56
340	34	W50	Lourene Bennett, 57*, Urbandale, IA	58:54	18:57
341	86	W30	Carolyn Surman, 37*, Urbandale, IA	58:55	18:57
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					
342	87	W30	Renea Burg, 38*, Des Moines, IA	59:02	19:00
343	88	W30	Amanda Davis, 38*, Creston, IA	59:04	19:00
344	89	W30	Re		