

5th Run with the Police 5k

Des Moines, IA

May 18, 2019

60s and sunny

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 18, 2019 11:03 AM

CLASS				
PLACE	PLACE	FINISHER	TIME	PACE
1	1 M20	Jake Sutton, 27, Waukee, IA	17:44	5:42
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				
2	2 M20	Brady Horner, 26, Waukee, IA	18:40	6:00
3	1 M30	Bruce Huckfeldt, 38, Waukee, IA	19:58	6:26
4	3 M20	Nicholes Knoebber, 24, Ames, IA	19:59	6:26
1	1 W30	Mischa Impossible, 36*, West Des Moines, IA	20:03	6:27
5	1 JrM	Cooper Majors, 15, Ankeny, IA	20:23	6:34
6	1 M40	Dave Zimmer, 47, Polk City, IA	20:33	6:37
7	2 M30	Mike Lovelady, 35, Des Moines, IA	20:46	6:41
8	4 M20	Matthew Gulleen, 26, Ames, IA	20:53	6:43
9	3 M30	Ben Carter, 35, Waukee, IA	21:15	6:50
10	4 M30	Mark Neyens, 30, Des Moines, IA	21:27	6:54
2	1 W40	Angelica Grubel, 48*, Ormond Beach, FL	21:35	6:57
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				
11	5 M30	Clint Varley, 38, West Des Moines, IA	21:52	7:02
3	2 W30	Heather Iburg, 38*, Saint Charles, IA	22:00	7:05
4	1 JrW	Ikilas Hasan, 16*, North High School	22:00	7:05
12	2 JrM	Hunter Trogden, 17, Lincoln High School	22:00	7:05
13	3 JrM	Austin Kuebler, 16, Des Moines, IA	22:01	7:05

14	5	M20	Bo Woolman, 29, Des Moines, IA	22:04	7:06
15	1	M60	John Taylor III, 60, Des Moines, IA	22:25	7:13
16	4	JrM	Yogesh Gurung, 17, North High School	22:26	7:13
5	1	W20	Jane Simpson, 29*, Des Moines, IA	22:43	7:18
17	5	JrM	Braden Blackorby, 13, Johnston, IA	22:49	7:20
18	1	M50	Mike Loss, 53, Clive, IA	23:28	7:33
19	6	M20	Josh Boesch, 24, Des Moines, IA	23:43	7:38
20	2	M50	Jim Sandor, 53, West Des Moines, IA	23:45	7:38
21	7	M20	David Drucker, 27, West Des Moines, IA	23:46	7:39
22	6	JrM	Carson Cornwell, 12, Johnston, IA	23:50	7:40
23	8	M20	Myles Schrage, 27, Ankeny, IA	24:07	7:46
24	6	M30	Siddhartha Shrivastav, 36, West Des Moines, IA	24:10	7:46
25	3	M50	Todd Eipperle, 54, Ankeny, IA	24:18	7:49
6	2	W40	Kristy Pomrenke, 46*, Ankeny, IA	24:19	7:50
7	2	W20	Traci Rimbey, 28*, Des Moines, IA	24:29	7:53
26	7	M30	Luke Harden, 35, Grimes, IA	24:34	7:54
27	8	M30	Cole Schinkel, 34, Ankeny, IA	24:41	7:56
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					
28	7	JrM	Jack Power, 13, West Des Moines, IA	24:55	8:01
8	3	W30	Kari Hernandez, 32*, Pleasant Hill, IA	24:57	8:02
29	8	JrM	Alexis Juarez, 17, North High School	24:59	8:02
9	3	W40	Alicia Ballantini, 40*, Grimes, IA	25:10	8:06
30	4	M50	Douglas Philip, 59, Des Moines, IA	25:18	8:08
31	2	M60	Mark Eikenberry, 63, Des Moines, IA	25:19	8:09
10	4	W40	Amy Mulhern, 47*, Ankeny, IA	25:22	8:10
11	4	W30	Amy Darr, 33*, West Des Moines, IA	25:36	8:14
32	5	M50	John Leto, 51, Des Moines, IA	25:52	8:19
12	1	W50	Lisa McCullough, 50*, Polk City, IA	26:07	8:24
33	9	M20	Alex Anderson, 25, Marshalltown, IA	26:08	8:24
34	10	M20	Zach Dykstra, 24, Ankeny, IA	26:08	8:25
35	9	M30	Todd Olson, 30, Des Moines, IA	26:08	8:25
36	9	JrM	Bryan Salgado, 16, North High School	26:18	8:28

37	10	JrM	Faisal Madmud, 16, North High School	26:20	8:29
38	11	JrM	Austin Eiskant, 17, Lincoln High School	26:21	8:29
39	12	JrM	Roman Levine, 12, West Des Moines, IA	26:25	8:30
40	13	JrM	Noah Santizo, 9, Urbandale, IA	26:29	8:31
13	5	W30	Alaina Santizo, 37*, Urbandale, IA	26:29	8:31
14	5	W40	Deb VanVelzen, 48*, Cumming, IA	26:32	8:32
41	2	M40	Eric Vaughn, 49, Perry, IA	26:34	8:33
42	14	JrM	Ro Maung, 16, North High School	26:34	8:33
43	3	M40	Reggie Torno, 46, West Des Moines, IA	26:36	8:34
44	6	M50	Peter Grubel, 57, Ormond Beach, FL	26:46	8:37
15	3	W20	Christina Ulrey, 27*, Des Moines, IA	26:59	8:41
45	4	M40	Robert Rasmussen, 46, Desmoines, IA	27:10	8:45
46	10	M30	Matthew York, 32, Grimes, IA	27:14	8:46
16	2	W50	Jennifer Bushbaum, 53*, Urbandale, IA	27:16	8:47
47	15	JrM	Eric Tello, 17, North High School	27:20	8:48
48	11	M20	Taylor Rasmussen, 28, Des Moines, IA	27:25	8:49
17	6	W30	Ann McTaggart, 36*, Des Moines, IA	27:29	8:51
49	11	M30	Oscar Terrazas, 38, Pleasant Hill, IA	27:34	8:52
50	16	JrM	Hae Blu Ar, 17, North High School	27:35	8:52
18	7	W30	Amberlei Roth, 31*, Collins, IA	27:38	8:53
19	8	W30	Lauren Clark, 36*, Des Moines, IA	27:40	8:54
51	12	M20	Joshua Ziemann, 28, West Des Moines, IA	27:40	8:54
52	5	M40	Ross Aronson, 40, Adel, IA	27:47	8:56
53	17	JrM	Parker Swigert, 18, North High School	27:55	8:59

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54	12	M30	Pravinkumar Gangadharan, 35, Des Moines, IA	27:58	9:00
55	13	M30	Kevin Sanders, 32, Urbandale, IA	28:01	9:01
20	3	W50	Becky Wilson, 57*, Des Moines, IA	28:05	9:02
21	4	W20	Laura Twiford, 24*, West Des Moines, IA	28:07	9:03
22	4	W50	Annette Westberg, 50*, Woodward, IA	28:07	9:03
56	6	M40	Matt Shelton, 45, Des Moines, IA	28:10	9:04

57	7	M50	Matt Meendering, 51, Clive, IA	28:11	9:04
58	14	M30	Rocky Phetdavieng, 31, Des Moines, IA	28:17	9:06
23	6	W40	Cinnamon Schulz, 43*, Carlisle, IA	28:25	9:09
59	18	JrM	Brandon Cox, 12, Villisca, IA	28:31	9:11
60	15	M30	Travis Roseberry, 35, West Des Moines, IA	28:31	9:11
61	16	M30	Brian Fyfe, 31, Adel, IA	28:33	9:11
24	5	W50	Lisa Rempe, 51*, Urbandale, IA	28:34	9:12
62	17	M30	Luke Sieleman, 38, Urbandale, IA	28:38	9:13
25	5	W20	Tiffany Drucker, 27*, West Des Moines, IA	28:38	9:13
26	9	W30	Ashley Funkhauser, 37*, Des Moines, IA	28:41	9:14
27	10	W30	Hali Woods, 32*, Des Moines, IA	28:43	9:14
28	11	W30	Kaitlin Courtney, 30*, Adel, IA	28:47	9:16
63	13	M20	Jake Berman, 29, Des Moines, IA	28:48	9:16
64	14	M20	Devin DePhillips, 28, Ankeny, IA	28:54	9:18
65	8	M50	Mark Whitfield, 50, Des Moines, IA	28:55	9:18
66	18	M30	Rob Lembke, 35, Windsor Heights, IA	28:58	9:19
67	19	M30	David Kuntz, 32, Des Moines, IA	29:00	9:20
29	6	W20	Hali VanVelzen, 23*, Des Moines, IA	29:08	9:22
68	9	M50	Joedy VanVelzen, 56, Cumming, IA	29:08	9:22
30	7	W20	Morgan Maharry, 25*, Des Moines, IA	29:09	9:23
31	2	JrW	Macin Ling, 9*, Des Moines, IA	29:10	9:23
69	15	M20	Trey Newman, 22, Des Moines, IA	29:15	9:25
70	3	M60	David Brandt, 64, Urbandale, IA	29:21	9:27
71	19	JrM	Lucas Brandt, 8, Granger, IA	29:21	9:27
72	20	M30	Scott Palmer, 35, Lake Park, IA	29:28	9:29
73	20	JrM	Lucas Casas, 17, North High School	29:31	9:30
74	4	M60	Tim Woods, 69, Des Moines, IA	29:32	9:30
75	7	M40	Anthony Ballantini, 46, Grimes, IA	29:40	9:33
32	12	W30	Melissa Bjurstrom, 34*, Ankeny, IA	29:43	9:34
76	21	M30	Hans Sickles, 34, Urbandale, IA	29:50	9:36
33	3	JrW	Madeline Chambers, 15*, Altoona, IA	29:57	9:38
34	7	W40	Danielle Shelton, 48*, Urbandale, IA	29:59	9:39
35	4	JrW	Josie Chapman, 8*, Clive, IA	30:03	9:40

36	13	W30	Jolyn Chapman, 38*, Clive, IA	30:03	9:40
37	14	W30	Mikayla Thompson, 30*, Grimes, IA	30:03	9:40
77	22	M30	Micah Thompson, 36, Grimes, IA	30:04	9:40
38	8	W20	Kassandra Sprecher, 26*, Des Moines, IA	30:17	9:45
78	16	M20	Gibson Akers, 25, Des Moines, IA	30:19	9:45
39	6	W50	Andrea Weber, 59*, Newhall, IA	30:24	9:47
40	15	W30	Louise Price, 37*, Grimes, IA	30:36	9:51
41	9	W20	Haley Vaughn, 20*, Perry, IA	30:39	9:52
79	8	M40	Scott Decker, 45, Des Moines, IA	30:40	9:52
80	21	JrM	Tebaira Abede, 16, North High School	30:40	9:52
42	16	W30	Heather Albertson, 35*, Pleasant Hill, IA	30:41	9:53
81	23	M30	David Gee, 34, Ankeny, IA	30:41	9:53
82	22	JrM	Arturo Zaragoza, 16, North High School	30:42	9:53
83	24	M30	Scott Paradis, 36, Windham, ME	30:46	9:54
84	23	JrM	Wyatt DeMoss, 9, Bondurant, IA	30:58	9:58
85	25	M30	Michael DeMoss, 36, Bondurant, IA	30:59	9:58

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43	17	W30	Stacie Krahn, 32*, Lone Tree, IA	31:03	10:00
44	8	W40	Mandy Shepherd, 40*, Urbandale, IA	31:06	10:00
86	9	M40	Aaron Hartje, 48, Des Moines, IA	31:10	10:02
87	10	M50	James Arthur, 55, Pleasant Hill, IA	31:16	10:04
45	1	W60	Arlys Sikkink, 68*, Des Moines, IA	31:31	10:08
46	18	W30	Megan McAfee, 32*, Des Moines, IA	31:35	10:10
47	7	W50	Merry Ridnour, 54*, Perry, IA	31:37	10:10
48	19	W30	Jana McClelland, 39*, Ankeny, IA	31:37	10:10
49	5	JrW	Ana Simms, 11*, Urbandale, IA	31:38	10:11
50	9	W40	Martha Rowe, 42*, Indianola, IA	31:38	10:11
51	2	W60	Shirley Hoveland, 60*, Des Moines, IA	31:40	10:11
52	8	W50	Kimberly Abbott, 58*, Ankeny, IA	31:41	10:12
88	24	JrM	David Hernandez, 17, Des Moines, IA	31:43	10:12
53	10	W40	Lindsey Cornwell, 42*, Johnston, IA	31:50	10:15
89	17	M20	Caleb Davis, 28, Urbandale, IA	31:52	10:15

90	10	M40	Travis Kramer, 43, Ames, IA	31:52	10:15
54	20	W30	Alexandr Lifka-Reselman, 31*, Des Moines, IA	31:56	10:16
91	11	M50	Steve Waymier, 53, Des Moines, IA	31:56	10:17
55	9	W50	Jamie Bachman, 50*, West Des Moines, IA	31:56	10:17
56	10	W50	Sonya Heitshusen, 52*, Adel, IA	31:58	10:17
57	21	W30	Lindsay Morris, 34*, Ankeny, IA	32:00	10:18
58	6	JrW	Mallory Lovejoy, 11*, Des Moines, IA	32:09	10:21
92	11	M40	Rodney Briggs, 40, Johnston, IA	32:12	10:22
59	22	W30	Molly Rasmussen, 37*, Ankeny, IA	32:18	10:24
60	11	W40	Jodi Scott, 46*, Urbandale, IA	32:26	10:26
93	12	M50	Mark Miller, 57, Winterset, IA	32:26	10:26
94	5	M60	John Bergman, 62, Urbandale, IA	32:32	10:28
61	23	W30	Joelle Link, 32*, Carlisle, IA	32:34	10:29
62	24	W30	Lisa Reavis, 32*, Newton, IA	32:35	10:29
63	10	W20	Anna Puffett, 26*, State Center, IA	32:35	10:29
95	12	M40	Dana Wingert, 49, Des Moines, IA	32:37	10:30
96	13	M40	Kevin Gott, 48, Pleasant Hill, IA	32:44	10:32
64	11	W50	Catherine Fitzpatrick, 58*, West Des Moines, IA	32:46	10:33
65	12	W50	Christine Wilson, 51*, Des Moines, IA	32:49	10:34
66	25	W30	Tara Klocke, 36*, Ankeny, IA	32:51	10:34
67	11	W20	Ashley Rahe, 29*, Algona, IA	33:04	10:38
68	12	W20	Madison Pfeffer, 22*, Fenton, IA	33:04	10:38
69	26	W30	Marissa Lee, 30*, Adel, IA	33:06	10:39
97	14	M40	Jason Shepherd, 43, Urbandale, IA	33:08	10:40
70	13	W20	Colleen Frank, 27*, Des Moines, IA	33:11	10:41
98	13	M50	Hector Arias, 50, West Des Moines, IA	33:12	10:41
99	25	JrM	Tucker Marks, 8, Des Moines, IA	33:15	10:42
71	13	W50	Julie Marks, 54*, Des Moines, IA	33:17	10:43
100	15	M40	Brant Sharp, 41, Des Moines, IA	33:25	10:45
101	6	M60	Dan Berry, 64, Des Moines, IA	33:25	10:45
72	27	W30	Shannon Archer, 35*, Ankeny, IA	33:29	10:46

102	16	M40	Tim Hostetter, 41, Waukee, IA	33:32	10:47
73	12	W40	Tiffany Hostetter, 40*, Waukee, IA	33:32	10:47
74	28	W30	Chelsea Schippers, 32*, Prairie City, IA	33:32	10:47
103	26	M30	Shawn Clark, 37, Des Moines, IA	33:37	10:49
75	7	JrW	Jermina Reid, 13*, Des Moines, IA	33:41	10:50
76	14	W50	Lisa Meendering, 50*, Clive, IA	33:45	10:52
77	14	W20	Ashley Adams, 27*, Johnston, IA	33:47	10:52
104	18	M20	Michael Kelly, 26, West Des Moines, IA	33:54	10:55
78	29	W30	Jennifer Klyn, 30*, Des Moines, IA	33:55	10:55
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105	14	M50	Al Anderson, 53, Clive, IA	34:24	11:04
79	15	W20	Lindsey Thumble, 24*, Witamore, IA	34:27	11:05
80	15	W50	Elizabeth Harden Slocum, 54*, Des Moines, IA	34:39	11:09
81	3	W60	Karen Mattiussi, 71*, Adel, IA	34:51	11:13
82	4	W60	Jill Gray, 61*, Carlisle, IA	35:03	11:17
83	30	W30	Karly York, 31*, Grimes, IA	35:12	11:20
106	26	JrM	Andrew Decker, 14, Des Moines, IA	35:13	11:20
84	13	W40	Kandi Shelton, 42*, Des Moines, IA	35:18	11:22
107	15	M50	Mike Wagner, 56, Clive, IA	35:24	11:23
108	17	M40	Rodrigo Santizo, 40, Urbandale, IA	35:47	11:31
109	27	JrM	Will Santizo, 6, Urbandale, IA	35:47	11:31
85	16	W20	Heidi Walters, 25*, Des Moines, IA	35:48	11:31
110	19	M20	Aaron Laird, 29, Oskaloosa, IA	35:48	11:31
86	16	W50	Sonja Diener, 52*, Ankeny, IA	35:50	11:32
111	7	M60	Keith Hartje, 69, Ankeny, IA	35:56	11:34
112	18	M40	Curt Brass, 46, Des Moines, IA	35:57	11:34
87	14	W40	Meghan Davis, 45*, Newton, IA	35:57	11:34
113	16	M50	Jeremy Reid, 59, Des Moines, IA	35:59	11:35
88	17	W50	Linda McCullum, 52*, West Des Moines, IA	35:59	11:35
114	8	M60	Philip Mattiussi, 62, Adel, IA	35:59	11:35
89	18	W50	Kathy KirbyPower, 56*, West Des Moines, IA	36:03	11:36

90	5	W60	Paula Campos, 61*, Des Moines, IA	36:03	11:36
91	17	W20	Daykota Shelton, 22*, Des Moines, IA	36:06	11:37
92	18	W20	Alayna Westerkamp, 27*, Grimes, IA	36:13	11:39
93	31	W30	Jessica Cheeley, 30*, Grimes, IA	36:13	11:39
115	19	M40	Tim Thilges, 46, Ankeny, IA	36:19	11:41
94	6	W60	Amy Fuson, 63*, Indianola, IA	36:19	11:41
116	20	M40	Tad Geiger, 44, Clive, IA	36:23	11:43
117	27	M30	Eric Peterson, 33, Des Moines, IA	36:24	11:43
95	19	W20	Laura Glas, 28*, West Des Moines, IA	36:24	11:43
96	32	W30	Jenny Amsbaugh, 35*, Pleasant Hill, IA	36:24	11:43
97	8	JrW	Emily Lisenko, 13*, Pleasantville, IA	36:31	11:45
118	17	M50	Terry Rempe, 58, Urbandale, IA	36:31	11:45
98	20	W20	Kylie Hervey, 29*, Perry, IA	36:33	11:46
119	28	M30	Jesse Ramirez, 33, Des Moines, IA	36:33	11:46
99	19	W50	Dawn Wagner, 55*, Clive, IA	36:36	11:47
120	18	M50	Ed Acoymo, 54, Ankeny, IA	36:37	11:47
121	9	M60	Mike Beck, 72, Ankeny, IA	36:39	11:48
100	33	W30	Mandi Highland, 38*, Des Moines, IA	36:40	11:48
122	28	JrM	Devin Warner, 13, Des Moines, IA	36:45	11:49
101	15	W40	Amy Johnson, 45*, Madrid, IA	37:06	11:56
102	20	W50	Nancy Sandor, 51*, West Des Moines, IA	37:08	11:57
123	20	M20	Matthew Kanour, 27, Des Moines, IA	37:13	11:58
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103	16	W40	Dunja Simms, 46*, Urbandale, IA	37:20	12:01
104	17	W40	Maricela Castillo, 40*, Des Moines, IA	37:22	12:01
124	29	M30	James Crippen, 38, Polk City, IA	37:33	12:05
105	34	W30	Sonja Schinkel, 34*, Ankeny, IA	37:39	12:07
106	21	W20	Amanda Spoonhaltz, 29*, Des Moines, IA	37:51	12:11
125	29	JrM	Ethan Marquez, 12, Des Moines, IA	37:51	12:11
107	22	W20	Elizabeth Gibson, 25*, Gower, MO	38:16	12:19
108	18	W40	Christine Lemke, 46*, Des Moines, IA	38:34	12:25
109	19	W40	Ashley DeVries, 42*, Altoons, IA	38:34	12:25
110	35	W30	Rhonda Hayes, 32*, Storm Lake, IA	38:47	12:29

111	21	W50	Pom Kavan, 52*, Storm Lake, IA	38:47	12:29
112	23	W20	Emily Antle, 26*, Ankeny, IA	38:48	12:29
113	36	W30	Zia Bingaman, 32*, Des Moines, IA	38:50	12:30
126	21	M20	Nic Barrett, 25, West Des Moines, IA	38:54	12:31
127	19	M50	James Barrett, 59, West Des Moines, IA	38:54	12:31
114	24	W20	Jessie Ceraso, 25*, Indianola, IA	39:02	12:34
128	22	M20	Samuel Hyden, 25, Davenport, IA	39:02	12:34
129	20	M50	Dale Grundmeier, 58, Stuart, IA	39:04	12:34
130	21	M50	Rick Schraeger, 53, Johnston, IA	39:19	12:39
115	22	W50	Julie Schraeger, 53*, Johnston, IA	39:19	12:39
131	30	JrM	Keegan Byrd, 6, Ankeny, IA	39:21	12:40
132	30	M30	Joe Byrd, 36, Ankeny, IA	39:22	12:40
116	9	JrW	Paige Porter, 19*, Indianola, IA	39:22	12:40
117	37	W30	Courtney Harden, 31*, Grimes, IA	39:25	12:41
118	23	W50	Dawn Buzynski, 52*, West Des Moines, IA	39:28	12:42
133	31	M30	Ryan Price, 37, Grimes, IA	39:37	12:45
119	24	W50	Susan Meyer, 58*, West Des Moines, IA	39:41	12:46
120	7	W60	Kimberly Weeks, 60*, Altoona, IA	39:49	12:49
121	25	W50	Michelle Bowden, 53*, Waukee, IA	39:49	12:49
122	10	JrW	Iris McCarthy, 14*, Des Moines, IA	39:59	12:52
134	31	JrM	Noah Sever, 11, Norwalk, IA	40:02	12:53
135	21	M40	Tybee Sever, 43, Norwalk, IA	40:02	12:53
136	10	M60	John Sarcone, 68, Des Moines, IA	40:03	12:53
123	25	W20	Molli Davis, 29*, Urbandale, IA	40:06	12:54
124	8	W60	Pamela Steffen, 64*, Des Moines, IA	40:07	12:55
137	32	JrM	Matthew Lovan, 7, Waukee, IA	40:09	12:55
125	38	W30	Khong Lovan, 39*, Waukee, IA	40:10	12:55
126	9	W60	Kimberly Glynn, 64*, Des Moines, IA	40:12	12:56
127	20	W40	Maria Davis, 49*, West Des Moines, IA	40:13	12:56
128	26	W20	Jordan Samuelson, 29*, Des Moines, IA	40:22	12:59

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130	28	W20	Hailey Buzynski, 22*, West Des Moines, IA	40:36	13:04
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132	29	W20	Lindsey Buzynski, 21*, West Des Moines, IA	40:41	13:05
138	22	M50	Mark Buzynski, 55, West Des Moines, IA	40:41	13:06
139	32	M30	John May, 33, Des Moines, IA	41:00	13:12
140	33	JrM	Conner Brooner, 14, Des Moines, IA	41:25	13:20
141	34	JrM	James Madewell, 8, Ankeny, IA	41:31	13:22
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143	23	M40	Jeremy Belloma, 43, Des Moines, IA	42:29	13:40
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156	43	W30	Amerist Chambers, 38*, Altoona, IA	43:39	14:03
147	35	JrM	Tayvin Warner, 11, Des Moines, IA	43:54	14:08
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161	28	W40	Andrea Mattingly, 45*, Boone, IA	44:22	14:17
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165	30	W40	Valeria Pallwitz, 44*, Pleasant Hill, IA	45:39	14:41
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169	39	W20	Ashley Foreman, 28*, Grimes, IA	46:00	14:48
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178	45	W30	Amy Dempsey, 34*, West Des Moines, IA	47:52	15:24

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154	28	M40	Rick Melick, 49, Ankeny, IA	48:17	15:32
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208	36	W50	Cindy Dykstra, 51*, Ankeny, IA	51:06	16:27
163	39	JrM	Gage Heinemann, 6, Colfax, IA	51:26	16:33
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