

Sweet Corn 5 km

Adel, IA

Aug. 11, 2007

very warm and sunny

Results by [Michael Franke](#)

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

PLACE	CLASS PLACE	FINISHER	TIME	PACE
1	1	M19 Jason Flogel, 24, West Des Moines, IA	15:52	5:06
2	1	M30 Marty Dalton, 31, Stuart, IA	16:17	5:14
3	2	M19 Tim Ives, 26, Des Moines, IA	16:28	5:18
4	3	M19 Brian Werner, 21, West Des Moines, IA	16:41	5:22
5	1	M15 Mason Frank, 18, Adel, IA	16:54	5:26
6	4	M19 Eric Isley, 23, Pleasantville, IA	17:01	5:28
7	5	M19 Ryan Arthur, 22, Joplin, MO	17:02	5:29
8	2	M15 Evan Selsor, 15, Winterset, IA	17:46	5:43
9	3	M15 Derek Roberts, 18, Adel, IA	18:10	5:51
10	4	M15 Anthony Ayala, 18, Des Moines, IA	18:11	5:51
1	1	W19 Casey Owens, 24*, Des Moines, IA	18:11	5:51
2	1	W15 Katie Flood, 15*, Des Moines, IA	18:14	5:52
11	5	M15 Andrew Barrett, 15, Des Moines, IA	18:26	5:56
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12	2	M30 Steve Brown, 36, Minburn, IA	18:50	6:04
13	6	M15 Rob Allen, 16, West Des Moines, IA	18:53	6:04
14	6	M19 Ryan Fye, 29, Clive, IA	18:55	6:05
15	7	M19 Ryan Thompson, 27, Des Moines, IA	18:58	6:06
16	7	M15 Matt Cahalan, 16, Winterset, IA	19:23	6:14
17	8	M15 Kyle Selsor, 18, Winterset, IA	19:25	6:15
18	1	M50 3Sticks McBride, 51, Des Moines, IA	19:32	6:17
19	9	M15 Kaleb Seaton, 15, Urbandale, IA	19:37	6:19
20	10	M15 Erick Pence, 17, Waukee, IA	19:44	6:21
21	3	M30 Tim Mills, 34, Altoona, IA	19:44	6:21
22	2	M50 Mark Davis, 54, Adel, IA	19:45	6:21
23	1	JrM Drew Prescott, 14, Urbandale, IA	19:46	6:22
24	2	JrM Mitch Wink, 14, Urbandale, IA	19:54	6:24
3	2	W15 Ashlie Decker, 15*, Des Moines, IA	19:56	6:25
4	2	W19 Hannah Weiss, 19*, Dallas Center, IA	20:02	6:27
5	3	W19 Courtney Weltbilling, 19*, Joplin, MO	20:08	6:29
25	11	M15 David Hein, 17, Adel, IA	20:15	6:31
26	3	JrM Zachary Wood, 13, Norwalk, IA	20:21	6:33
27	4	JrM Patrick Kinley, 14, West Des Moines, IA	20:21	6:33
28	12	M15 Taylor Hircock, 16, Adel, IA	20:30	6:36
29	8	M19 James Morgan, 25, Stuart, IA	20:32	6:36
30	9	M19 Patrick Cole, 25, Ames, IA	20:33	6:37
6	1	W30 Jenny Schulze, 34*, Clive, IA	20:36	6:38
31	1	M40 David Frank, 45, Adel, IA	20:41	6:39
7	3	W15 Betsy Flood, 17*, Des Moines, IA	20:43	6:40
32	2	M40 Dan Gustafson, 44, West Des Moines, IA	20:46	6:41
33	13	M15 David Duarte, 17, CoLo, IA	20:52	6:43
34	14	M15 Jake Zenk, 15, Urbandale, IA	20:55	6:44

35	15	M15	Joe Pitsor, 15, Johnston, IA	20:57	6:45
36	16	M15	Ryan George, 17, Urbandale, IA	20:58	6:45
8	4	W19	Meghan Wolett, 19*, CoLfax, IA	21:03	6:46
9	1	JrW	Sierra Hughes, 11*, Norwalk, IA	21:05	6:47
37	3	M40	Steven McKibben, 46, Clive, IA	21:09	6:48
10	1	W40	Carla Stoner, 45*, West Des Moines, IA	21:10	6:49
38	4	M40	Todd Harper, 44, Norwalk, IA	21:11	6:49
39	17	M15	Steffen Williams, 15, West Des Moines, IA	21:19	6:51
11	5	W19	Jodi Harding, 19*, Des Moines, IA	21:19	6:52
40	4	M30	Adam Bjornson, 30, Norwalk, IA	21:27	6:54
41	18	M15	Adam Schwartz, 16, Urbandale, IA	21:31	6:55
42	5	M30	Mike Leith, 30, Grimes, IA	21:32	6:56
43	6	M30	Jeff Mack, 35, Altoona, IA	21:35	6:57
12	2	W30	Jen Caskey, 34*, Earlham, IA	21:39	6:58

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44	5	M40	William Henrich, 44, Clive, IA	21:46	7:00
45	6	M40	Andy Roat, 45, Des Moines, IA	21:48	7:01
13	4	W15	Kayla Weier, 16*, West Des Moines, IA	21:49	7:01
46	10	M19	Rich Miller, 29, West Des Moines, IA	21:51	7:02
14	5	W15	Alissa Duffy, 18*, West Des Moines, IA	21:51	7:02
47	7	M30	Chris Hatchitt, 35, Adel, IA	21:53	7:03
48	19	M15	Lucas Brightwell, 16, Des Moines, IA	21:55	7:03
49	5	JrM	Nick Coleman, 14, Des Moines, IA	21:56	7:03
50	8	M30	Greg Eekhoff, 35, Johnston, IA	21:58	7:04
51	11	M19	Colton Marshall, 20, Adel, IA	21:59	7:04
52	7	M40	Mark Seaton, 44, Urbandale, IA	22:09	7:08
53	6	JrM	Preston Myers, 14, Atlantic, IA	22:11	7:08
54	8	M40	Bob Stopek, 43, Adel, IA	22:14	7:09
55	9	M40	Erik Swee, 41, Urbandale, IA	22:24	7:12
56	20	M15	Jordan Metz, 17, Pleasant Hill, IA	22:24	7:13
15	6	W19	Sara Hendrickson, 20*, Altoona, IA	22:26	7:13
57	10	M40	Rick John, 44, Ankeny, IA	22:28	7:14
58	11	M40	Jay Smith, 43, CoLo, IA	22:34	7:16
59	3	M50	Roy Ney, 58, Des Moines, IA	22:34	7:16
60	12	M19	Peter Bonstrom, 21, Adel, IA	22:40	7:18
16	2	W40	Nancy Dickerson, 44*, West Des Moines, IA	22:44	7:19
61	9	M30	Dave Rooney, 33, Winterset, IA	22:46	7:20
62	10	M30	Russ McCullough, 35, Ames, IA	22:54	7:22
63	13	M19	Thaddeus Brandt, 25, Urbandale, IA	22:56	7:23
17	7	W19	Hadley Skeffington-Vos, 19*, Minburn, IA	22:59	7:24
18	3	W40	Lisa Wink, 41*, Urbandale, IA	23:00	7:24
64	11	M30	Craig Schneider, 33, Waukee, IA	23:04	7:25
65	12	M40	Dave Peshel, 42, Adel, IA	23:08	7:26
66	21	M15	Beau Schmitz, 15, Clive, IA	23:10	7:27
19	8	W19	Carrie Bergman, 29*, West Des Moines, IA	23:10	7:27
20	9	W19	Tracy Deutsch, 25*	23:11	7:27
67	13	M40	Jeff Williams, 41, West Des Moines, IA	23:13	7:28
68	12	M30	troy thorson, 36, Pleasant Hill, IA	23:14	7:29
69	13	M30	Brian Ritter, 33, Waterloo, IA	23:15	7:29
70	7	JrM	Trevor Lund, 14, Johnston, IA	23:16	7:29
71	22	M15	Tim Schulte, 18, Des Moines, IA	23:18	7:30
72	8	JrM	Shastin Ross, 13, CoLfax, IA	23:20	7:30
73	14	M30	Carl Seipler, 36, Winterset, IA	23:22	7:31
21	6	W15	Becky Suckow, 16*, West Des Moines, IA	23:24	7:32
22	10	W19	Melissa Knight, 19*, Sioux City, IA	23:26	7:32
74	9	JrM	John Carey, 13, West Des Moines, IA	23:27	7:33
23	3	W30	Tracy Porter, 33*, Ames, IA	23:27	7:33
75	14	M19	Ben Roby, 19, Adel, IA	23:31	7:34
24	4	W40	Janean Griffith, 47*, Panora, IA	23:36	7:36
76	14	M40	Philip Leggett, 48, Clive, IA	23:39	7:37
77	15	M30	Alan Wood, 37, Norwalk, IA	23:40	7:37
25	7	W15	Paris Kono, 18*, West Des Moines, IA	23:43	7:38
78	23	M15	Peter Schulte, 16, Des Moines, IA	23:45	7:38
26	4	W30	Mindy Hatchitt, 30*, Adel, IA	23:47	7:39

79	15	M40	Glen Dippold, 44, Clive, IA	23:55	7:42
27	2	JrW	Kayla Snyder, 14*, Altoona, IA	23:56	7:42
28	11	W19	Sonja Brandt, 26*, Urbandale, IA	23:59	7:43
80	16	M40	Dan Seemuth, 45, Clive, IA	24:02	7:44
81	16	M30	Kenneth Overton, 39, DeXter, IA	24:02	7:44
82	4	M50	James Rohret, 59, Des Moines, IA	24:05	7:45
83	17	M40	Scott Gadelmann, 42, Adel, IA	24:08	7:46
84	1	M60	Ron Barker, 60, Boise, ID	24:09	7:46
85	18	M40	Dave Wilkerson, 47, Adel	24:12	7:47
29	8	W15	Emily Merfeld, 15*, Clive, IA	24:17	7:49
30	3	JrW	Breanne Riesberg, 14*, Johnston, IA	24:20	7:50
31	1	W50	Kathi Dellaca, 54*, Des Moines, IA	24:24	7:51
32	12	W19	Jennifer Noel, 25*, Polk City, IA	24:25	7:51
86	15	M19	Sam Crossett, 25, Des Moines, IA	24:27	7:52
33	9	W15	Kelcey Smith, 17*, CoLo, IA	24:30	7:53
34	5	W40	Kimberly O'Brien, 42*, Waukee, IA	24:31	7:53
87	10	JrM	Kyle Ferguson, 10, Adel, IA	24:31	7:53
88	17	M30	Jeff Wieland, 37, Johnston, IA	24:33	7:54
89	5	M50	Leroy Edge, 51, Adel, IA	24:35	7:55
90	11	JrM	Michael Riordan, 9, Norwalk, IA	24:37	7:55
91	19	M40	Jon Norenberg, 46, Modesto, CA	24:40	7:56
35	5	W30	Joanne Knoll, 30*, Dallas Center, IA	24:41	7:56
36	13	W19	Casey Fett, 27*, Ankeny, IA	24:41	7:56
92	18	M30	Stephen Kenney, 31, Upton, MA	24:41	7:57
93	20	M40	Jerry Zenk, 43, Urbandale, IA	24:42	7:57
37	10	W15	Carrie Pieper, 15*, Adel, IA	24:47	7:58
94	16	M19	Lance Gunkel, 28, Clive, IA	24:48	7:59
38	6	W40	Phyllis Eshelman, 46*, Bridgewater, IA	24:49	7:59
39	6	W30	Terrie Price, 39*, Johnston, IA	24:49	7:59

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40	14	W19	Natalie Clark, 19*, Adel, IA	24:55	8:01
41	15	W19	Erin Hagelberg, 19*, Minburn, IA	24:56	8:01
95	6	M50	Sam Korpela, 53, Des Moines, IA	24:58	8:02
96	17	M19	Scott Crannell, 26, West Des Moines, IA	25:02	8:03
42	4	JrW	Gina Haag, 13*, Urbandale, IA	25:04	8:04
97	19	M30	Adam Jerdee, 34, West Des Moines, IA	25:04	8:04
43	11	W15	Kaylee Pence, 18*, Waukee, IA	25:06	8:04
44	16	W19	Mary Nelson, 28*, Grimes, IA	25:06	8:05
98	24	M15	Charlie Elverson, 18, Des Moines, IA	25:07	8:05
99	7	M50	Todd Elverson, 51, Des Moines, IA	25:07	8:05
100	21	M40	Walt Mozdzer, 42, Altoona, IA	25:08	8:05
101	20	M30	bart chris, 34, Clive, IA	25:10	8:06
102	8	M50	Chuck Korte, 52, West Des Moines, IA	25:11	8:06
45	5	JrW	McKaylee Graw, 14*, Urbandale, IA	25:11	8:06
103	21	M30	Mark Wachendorf, 39, Adel, IA	25:14	8:07
104	22	M40	Pat McClain, 45, Redfield, IA	25:16	8:08
105	22	M30	Monte Ayres, 37, Dallas Center, IA	25:18	8:08
46	12	W15	Ashley Ayala, 15*, Des Moines, IA	25:18	8:08
106	23	M40	Kelly Broderick, 45, Dallas Center, IA	25:18	8:09
47	7	W30	Tami Draper, 37*, Des Moines, IA	25:21	8:09
48	17	W19	Melissa Korte, 27*, West Des Moines, IA	25:28	8:12
49	18	W19	Angie Jones, 27*, Indianola, IA	25:29	8:12
107	12	JrM	Bryce Tiffany, 12, Perry, IA	25:29	8:12
50	6	JrW	Allie Plagman, 14*, Adel, IA	25:31	8:13
51	7	JrW	Megan Nieland, 14*, Ankeny, IA	25:34	8:14
52	19	W19	Ashley Hollingshead, 21*, Coralville, IA	25:39	8:15
53	7	W40	Catherine Engblom, 44*, Grimes, IA	25:41	8:16
54	8	JrW	Gabi Wilson, 13*, West Des Moines, IA	25:42	8:16
55	8	W40	Melissa Seivert, 42*, Granger, IA	25:47	8:18
56	8	W30	Karla Schumacher, 36*, Adel, IA	25:50	8:19
108	23	M30	Michael Fisher, 38, Adel, IA	25:51	8:19
109	9	M50	Art Millikin, 55, Hedrick, IA	25:52	8:19
110	24	M40	Bill Denny, 46, Clive, IA	25:53	8:20
57	9	W40	Ann Jeffries, 40*, Des Moines, IA	25:54	8:20

58	20	W19	Stacy Marsh, 26*, Adel, IA	25:57	8:21
59	21	W19	Joy Cook, 27*, Stuart, IA	25:58	8:21
111	25	M40	Tom Nugent, 44, Dallas Center, IA	25:58	8:21
112	13	JrM	Kyle Weber, 13, Earlham, IA	25:59	8:22
60	22	W19	Colleen Crossett, 24*, Des Moines, IA	26:04	8:23
61	9	W30	Eric Marzel, 33*, Des Moines, IA	26:04	8:23
113	18	M19	Ryan Henderson, 25, Ankeny, IA	26:06	8:24
62	2	W50	Batten Julia, 50*, Carlisle, IA	26:07	8:24
63	13	W15	Lauren Rash, 15*, Adel, IA	26:08	8:24
114	10	M50	Mark Peske, 50, Bemidji, MN	26:08	8:25
115	24	M30	Matt Casey, 31, Adel, IA	26:10	8:25
116	19	M19	Doug Alcorn, 26, Winterset, IA	26:12	8:26
117	14	JrM	Jordan Grove, 12, Adel, IA	26:14	8:26
64	23	W19	Denese McGrew, 28*, Des Moines, IA	26:14	8:27
65	9	JrW	Morgan Halverson, 13*, Norwalk, IA	26:22	8:29
66	10	W30	Tricia Hinsdt, 37*, West Des Moines, IA	26:23	8:29
67	10	W40	Sherri Geneser, 46*, Granger, IA	26:25	8:30
68	14	W15	Alicia Kollenkark, 17*, Adel, IA	26:28	8:31
118	26	M40	Pete Temple, 49, Monticello, IA	26:32	8:32
119	25	M30	Ed Husar, 39, West Des Moines, IA	26:34	8:33
120	20	M19	Brad Kruger, 21, Des Moines, IA	26:35	8:33
69	15	W15	Jessie Smith, 18*, Des Moines, IA	26:35	8:33
121	21	M19	Derek Elliot , 19, West Des Moines, IA	26:37	8:34
122	26	M30	Trent Holmberg, 36, Adel, IA	26:37	8:34
70	11	W30	Mary Scott, 39*, Clive, IA	26:40	8:35
123	27	M30	Todd Harlson, 39, Clive	26:41	8:35
124	28	M30	Chad Sailsbury, 32, Urbandale, IA	26:42	8:35
125	22	M19	Phillippr Taborga, 28, Adel, IA	26:44	8:36
126	27	M40	Tim Meggers, 40, Grimes, IA	26:44	8:36
71	16	W15	Lauren Stokke, 16*, Ames, IA	26:44	8:36
127	15	JrM	Andrew O'Brien, 8, Waukee, IA	26:45	8:37
128	28	M40	Michael O'Brien, 44, Waukee, IA	26:47	8:37
129	23	M19	Steve Anderson, 29, West Des Moines, IA	26:49	8:38
72	24	W19	Jennifer Greiner, 29*, Zionsville, IN	26:53	8:39
73	25	W19	Jill Buckman, 25*, West Des Moines, IA	26:57	8:40
130	16	JrM	Dylan Smith, 12, Waukee, IA	26:58	8:41
74	12	W30	Anupma Young, 38*, Waukee, IA	26:58	8:41
131	29	M40	Shawn Bown, 41, Des Moines, IA	26:59	8:41
75	13	W30	Keely Kinnick, 30*, Des Moines, IA	26:59	8:41
132	29	M30	Todd Sefkas, 37, Clive, IA	27:00	8:41
133	30	M30	Terry Cowman, 36, Winterset, IA	27:00	8:41
134	31	M30	Jason Adams, 32, West Des Moines, IA	27:00	8:41
76	14	W30	Erika Hodgson, 31*, Windsor Heights, IA	27:01	8:42
77	10	JrW	Kyra John, 14*, Ankeny, IA	27:04	8:42
135	25	M15	Marcos Murillo, 15, Adel, IA	27:04	8:43
136	30	M40	Paul Sapp, 40, Des Moines, IA	27:05	8:43
78	26	W19	Rebecca Zoet, 29*, Adel, IA	27:11	8:45
79	15	W30	Laura Juffer, 30*, Adel, IA	27:11	8:45
137	32	M30	Keith Jackson, 30, Waukee, IA	27:12	8:45
138	24	M19	Lee Patten, 29, Des Moines, IA	27:13	8:45
139	2	M60	John Schneller, 63, West Des Moines, IA	27:14	8:46
80	11	W40	Susan Sheeks, 47*, Bondurant, IA	27:15	8:46
81	16	W30	Melinda Hill, 31*, Des Moines, IA	27:16	8:47
140	33	M30	Matt Tessau, 31, West Des Moines, IA	27:18	8:47
141	25	M19	Josh Chapman, 25, Desoto, IA	27:19	8:47
82	3	W50	Paula Dierenfeld, 52*, Johnston, IA	27:19	8:47
142	34	M30	Darren Lindstrom, 33, Stuart, IA	27:20	8:48
83	12	W40	Pamela Gallagher, 44*, Ankeny, IA	27:21	8:48
143	31	M40	Duncan Gallagher, 47, Ankeny, IA	27:21	8:48
144	11	M50	Darwin Schmig, 50, Des Moines, IA	27:21	8:48
84	17	W30	Mendenhall Laine, 36*, Cumming, IA	27:22	8:48
145	32	M40	Delayne Stokke, 49, Ames, IA	27:24	8:49
85	13	W40	Jodie Schwartz, 41*, Urbandale, IA	27:24	8:49
86	18	W30	Jennifer Nemmers, 30*, Clive, IA	27:25	8:49
146	12	M50	Dave Schwartz, 51, Urbandale, IA	27:27	8:50

87	17	W15	Kelsey Hagelberg, 16*, Minburn, IA	27:32	8:52
147	35	M30	Chad Holtz, 34, Waukee, IA	27:36	8:53
88	19	W30	Jennifer Downs, 36*, Van Meter, IA	27:37	8:53
148	17	JrM	Sam Placman, 13, Adel, IA	27:39	8:54
89	18	W15	erin sullivan, 15*, West Des Moines, IA	27:40	8:54
90	14	W40	Marcia Swinney-Shay, 48*, Ankeny, IA	27:41	8:54
149	13	M50	Kenton Gleichman, 50, West Des Moines, IA	27:41	8:55
91	15	W40	Lisa Penland, 47*, Adel, IA	27:42	8:55
92	20	W30	Karen Chicken, 39*, Waukee, IA	27:43	8:55
150	18	JrM	Dylan Eilertson, 14, Clive, IA	27:44	8:55
151	3	M60	Norm Ostbloom, 60, Des Moines, IA	27:45	8:56
152	36	M30	Kevin Cook, 30, Waukee, IA	27:46	8:56
153	19	JrM	Jared Grove, 13, Adel, IA	27:47	8:56
154	20	JrM	ryan krugler, 12, Adel, IA	27:48	8:57
93	27	W19	Jenny Stanley, 25*, Eden Prairie, MN	27:48	8:57
94	21	W30	Rachel Spyksma, 35*, Waukee, IA	27:51	8:58
155			Strate Ernie, Clive, IA	27:52	8:58
156	37	M30	Mendenhall Dave, 38, Cumming, IA	27:53	8:58
95	16	W40	Phyllis Eshelman, 46*, Bridgewater, IA	27:54	8:59
157	38	M30	Rob Stephenson, 30, Des Moines, IA	27:55	8:59
158	39	M30	Randy Johnson, 30, Newton, IA	27:56	8:59
96	22	W30	Kristin Wicks, 37*, Desoto, IA	27:56	8:59
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97	28	W19	Elicia Oswald, 21*, Urbandale, IA	27:57	9:00
159	40	M30	Jay Winser, 38, Waukee, IA	28:01	9:01
160	21	JrM	Quinn Prescott, 12, Urbandale, IA	28:04	9:02
161	14	M50	David Dickens, 59, Ankeny, IA	28:18	9:06
162	33	M40	Bob Dickerson, 46, West Des Moines, IA	28:20	9:07
163	22	JrM	Charlie Engblom, 14, Grimes, IA	28:23	9:08
164	26	M19	Tyler Romine, 23, West Des Moines, IA	28:26	9:09
165	41	M30	Scott Hall, 31, Granger, IA	28:29	9:10
98	29	W19	Kalika Peske, 22*, Denison, IA	28:30	9:10
99	17	W40	Debi Carlson, 41*, Gardner, KS	28:31	9:11
100	19	W15	Allison Haag, 15*, Urbandale, IA	28:32	9:11
166	27	M19	Jerit Tripp, 22, Des Moines, IA	28:37	9:12
101	23	W30	Kim Sapp, 36*, Des Moines, IA	28:39	9:13
102	24	W30	Jennifer Oldfield, 34*, Clive, IA	28:44	9:15
167	23	JrM	Ben Sevcia, 14, Des Moines, IA	28:44	9:15
168	34	M40	Joe Baker, 46, West Des Moines, IA	28:46	9:15
169	35	M40	Ted Hansen, 41, Desoto, IA	28:47	9:16
170	42	M30	Terry Hurlburt, 32, West Des Moines, IA	28:49	9:16
171	36	M40	Terry Huseman, 48, Clive, IA	28:49	9:16
172	37	M40	Brad Johnson, 47, Clive, IA	28:50	9:17
103	30	W19	Jennifer Anderson, 28*, Altoona, IA	28:52	9:17
104	18	W40	Nancy Campbell, 43*, Adel, IA	28:53	9:18
105	20	W15	Emily Baker, 15*, West Des Moines, IA	28:59	9:19
106	4	W50	Pam German, 55*, Dallas Center, IA	29:00	9:20
107	31	W19	Megan Clark, 24*, Waukee, IA	29:00	9:20
108	32	W19	Sarah Cowman, 29*, Winterset, IA	29:04	9:21
173			David Whipple, Indianola, IA	29:05	9:22
109	25	W30	Brenda Peshel, 36*, Adel, IA	29:06	9:22
174	38	M40	Nels Engblom, 44, Grimes, IA	29:08	9:22
110	33	W19	Jill Motroni, 27*, Urbandale, IA	29:09	9:23
111	11	JrW	Kristen Weber, 10*, Earlham, IA	29:12	9:24
175	43	M30	Mitchell Lake, 30, West Des Moines, IA	29:17	9:26
112	34	W19	Stephanie Garrett, 25*, Coralville, IA	29:19	9:26
113	35	W19	Heather Nady, 22*, Ankeny, IA	29:20	9:26
176	24	JrM	Kyle Neustrom, 13, West Des Moines, IA	29:21	9:27
177	44	M30	rob wilson, 38, West Des Moines, IA	29:22	9:27
178	39	M40	Mikc Mazzie, 45, Pleasant Hill, IA	29:23	9:27
114	36	W19	Brooke Zehr, 19*, Ankeny, IA	29:23	9:27
179	45	M30	Brian Scott, 32, Urbandale, IA	29:25	9:28
115	19	W40	Heidi Lucs, 42*, West Des Moines, IA	29:29	9:29
116	26	W30	Vta Norenberg, 39*	29:36	9:32

180	40	M40	Todd Weber, 44, Earlham, IA	29:43	9:34
181	46	M30	Ben Nickols, 32, Des Moines, IA	29:45	9:35
117	37	W19	Steph Jacobs, 21*, West Des Moines, IA	29:47	9:35
118	38	W19	Christina Gleichman, 19*, West Des Moines, IA	29:49	9:36
182	47	M30	Brian Crannell, 37, Adel, IA	29:50	9:36
183	41	M40	Mark Richter, 49, Kilkenny, MN	29:54	9:37
184	25	JrM	Peter Elverson, 14, Des Moines, IA	29:55	9:38
185	15	M50	Jim Wilson, 54, Urbandale, IA	29:57	9:38
186	16	M50	Ted Nemmers, 58, Clive, IA	30:01	9:39
187	26	JrM	Nate Jones, 12, Adel, IA	30:03	9:40
119	21	W15	Hannah Rohret, 18*, Des Moines, IA	30:04	9:41
120	39	W19	Allison Leinen, 24*, Adel, IA	30:05	9:41
188	42	M40	Matt Lawson, 43, Clive, IA	30:07	9:41
189	43	M40	Kenneth Harkin, 41, Urbandale, IA	30:09	9:42
190	26	M15	Brett Campbell, 17, Adel, IA	30:10	9:43
191	27	M15	Samuel Hambrecht, 15, Adel, IA	30:11	9:43
121	12	JrW	Kara Neustrom, 11*, West Des Moines, IA	30:12	9:43
192	17	M50	Tom Suckow, 54, West Des Moines, IA	30:14	9:44
122	27	W30	Karen Morkin, 35*, Des Moines, IA	30:15	9:44
123	28	W30	Jennifer Holvey, 32*, West Des Moines, IA	30:20	9:46
193	48	M30	Tim Crannell, 33, Lehigh Acres, FL	30:21	9:46
124	29	W30	Dianna Brincks, 32*, Altoona, IA	30:22	9:46
125	30	W30	Holly Ritter, 32*, Waterloo, IA	30:24	9:47
126	40	W19	Jamie Harden, 22*, Polk City, IA	30:25	9:47
127	5	W50	Becky Steele, 52*, Adel, IA	30:32	9:50
194	18	M50	Pat Steele, 54, Adel, IA	30:33	9:50
128	20	W40	Beth Leib, 45*, Des Moines, IA	30:34	9:50
195	27	JrM	zach stoppelmoor, 8, West Des Moines, IA	30:41	9:52
129	41	W19	Megan Guarini, 23*, Summerfield, NC	30:43	9:53
196	49	M30	Travis Jungling, 30, Johnston, IA	30:45	9:54
197	28	M19	Jeremiah Crow, 25, Adel, IA	30:53	9:56
130	42	W19	Nichole Reves, 27*, Grimes, IA	30:54	9:57
131	13	JrW	Molly Bramble, 13*, Waukee, IA	30:55	9:57
132	21	W40	Lauren Bramble, 43*, Waukee, IA	30:55	9:57
133	22	W15	Nicole Power, 15*, Adel, IA	30:57	9:57
134	23	W15	Donna Johnston, 15*, Adel, IA	30:58	9:58
198	28	JrM	August Nick, 14, Greenville, WI	30:59	9:58
135	24	W15	Jena Poldbers, 16*, Adel, IA	30:59	9:58
136	31	W30	Bobbie Fontenot, 35*, West Des Moines, IA	31:00	9:59

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137	32	W30	Amy Slezak, 37*, West Des Moines, IA	31:07	10:01
199	44	M40	thomas stoppelmoor, 43, West Des Moines, IA	31:08	10:01
200	29	JrM	Ben Geadelmann, 11, Adel, IA	31:11	10:02
138	33	W30	Krista Soda, 36*, Waukee, IA	31:16	10:04
139	43	W19	Molly Hircock, 21*, Ames, IA	31:18	10:04
201	45	M40	Jim Verwoert, 40, Desoto, IA	31:20	10:05
140	22	W40	Marypat Meier-Eglin, 46*, Perry, IA	31:21	10:05
202	4	M60	Dennis Young, 64, Waukee, IA	31:22	10:06
141	44	W19	Kendi Charls, 23*, Bondurant, IA	31:22	10:06
142	34	W30	Darcy Stroinski, 33*, Ankeny, IA	31:23	10:06
203	19	M50	Rod Horsman, 51, Pleasantville, IA	31:24	10:06
143	25	W15	Anna Gleichman, 16*, West Des Moines, IA	31:27	10:07
204	20	M50	Tom Mohr, 55, Pleasantville, IA	31:31	10:08
144	23	W40	Lisa Hofmann, 40*, Adel, IA	31:33	10:09
145	24	W40	Debbi Clark, 40*, Des Moines, IA	31:36	10:10
146	35	W30	Marijke Hodgson, 35*, Ames, IA	31:40	10:11
205	30	JrM	Zach Flowers, 12, Punta Gorda, FL	31:42	10:12
147	6	W50	Rosalie Harden, 52*, Rockford, IA	31:43	10:12
148	36	W30	Julie Wilkerson, 32*, Salt Lake City, UT	31:44	10:13
149	37	W30	Lisa Wilkerson, 38*, Adel, IA	31:45	10:13
150	25	W40	Lisa Leon, 41*, Des Moines, IA	31:47	10:14
151	26	W15	Sierra Kuhns, 16*, Adel, IA	31:47	10:14
152	14	JrW	Allie Seemuth, 13*, Clive, IA	31:49	10:14

153	26	W40	Leslie Luther, 49*, San Antonio, TX	31:50	10:15
154	38	W30	Joy Foose, 32*, Perry, IA	31:51	10:15
155	27	W40	Joleen Seemuth, 43*, Clive, IA	31:51	10:15
156	39	W30	Elizabeth Miller, 35*, Barrington, IL	31:58	10:17
157	40	W30	jessica johnston, 31*, Clive, IA	31:58	10:17
158	45	W19	Shawna Johnson, 24*, Des Moines, IA	32:03	10:19
159	28	W40	Janelle Erwood, 46*, Clive, IA	32:04	10:19
160	29	W40	Bene' Zehr, 43*, Ankeny, IA	32:05	10:19
206	50	M30	Nathan Millhouse, 33, Waukee, IA	32:07	10:20
207	46	M40	Thomas Davis, 40, Ankeny, IA	32:08	10:20
208	47	M40	Tom Fuller, 47, Adel, IA	32:08	10:20
161	41	W30	Heather Moyer, 31*, Adel, IA	32:08	10:21
162	42	W30	Michelle Bunkers, 37*, Des Moines, IA	32:20	10:24
163	15	JrW	Kyndal Stewart, 8*, Urbandale, IA	32:22	10:25
209	48	M40	Rich Stewart, 42, Urbandale, IA	32:24	10:25
164	43	W30	Brenda Entriken, 36*, Adel, IA	32:26	10:26
165	30	W40	Michelle Holtz, 40*, Waukee, IA	32:28	10:27
166	44	W30	Kelly Kenney, 31*, Upton, MA	32:28	10:27
167	27	W15	Nikki Gustafson, 16*, Urbandale, IA	32:31	10:28
168	45	W30	Sarah Maxwell, 30*, Adel, IA	32:32	10:28
169	46	W30	Suzanne Busta, 39*, Adel, IA	32:36	10:29
210	21	M50	Steve Jacobs, 51, West Des Moines, IA	32:38	10:30
170	47	W30	Cassie Dozier, 37*, Jefferson, IA	32:39	10:30
171	16	JrW	Isabella Engblom, 12*, Grimes, IA	32:44	10:32
172	46	W19	Kathlene Tenckinck, 27*, Des Moines, IA	32:46	10:33
211	5	M60	John Landsberger, 63, Brandon, FL	32:47	10:33
212	6	M60	Michael Kent, 61, Des Moines, IA	32:48	10:33
173	48	W30	Kim Herren, 39*, West Des Moines, IA	32:52	10:34
174	17	JrW	Sarah Reis, 6*, Adel, IA	32:56	10:36
213	51	M30	Doug Reis, 38, Adel, IA	32:56	10:36
175			Stacey Whipple*, Indianola, IA	33:00	10:37
176	7	W50	Sharon Peske, 50*, Bemdji, MN	33:03	10:38
177	28	W15	Taylor Hills, 15*, Adel, IA	33:05	10:39
178	47	W19	Kelly Jackson, 29*, Waukee, IA	33:10	10:40
179	48	W19	Nicole Kathma, 29*, Ankeny, IA	33:16	10:42
214	52	M30	Ryan Sauer, 30, Ankeny, IA	33:19	10:43
180	49	W30	Elly Rochford, 31*, Ames, IA	33:25	10:45
181	31	W40	Henry Sandy, 40*, Johnston, IA	33:25	10:45
182	32	W40	Catherine Evans, 44*, Urbandale, IA	33:51	10:53
183	33	W40	barb krugler, 46*, Adel, IA	33:51	10:54
215	31	JrM	Brett Neustrom, 9, West Des Moines, IA	33:55	10:55
184	34	W40	Tina Neustrom, 43*, West Des Moines, IA	33:56	10:55
216	53	M30	Dan lenox, 36, Melbourne, IA	34:00	10:57
217	28	M15	Philip Pok, 15, Adel, IA	34:01	10:57
185	35	W40	Margaret Spikes, 45*, Polk City, IA	34:01	10:57
186	18	JrW	Maddie Hardin, 13*, Clive, IA	34:02	10:57
187	19	JrW	Brooke Denny, 13*, Clive, IA	34:02	10:57
188	29	W15	Blair Denny, 16*, Clive, IA	34:04	10:58
189	49	W19	Heidi Obrien, 25*, West Des Moines, IA	34:04	10:58
190	50	W19	Jen Agenn, 22*, Ankeny, IA	34:05	10:58
218	22	M50	Kirk Ferrell, 53, Washington, DC	34:05	10:58
191	50	W30	Michele Abbott, 36*, Urbandale, IA	34:07	10:59
192	51	W30	Lisa Clay, 36*, Urbandale, IA	34:09	10:59

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193	20	JrW	Samantha Anderson, 11*, West Des Moines, IA	34:10	11:00
219	49	M40	Eric Anderson, 45, West Des Moines, IA	34:10	11:00
220	23	M50	Harry Breaux, 58, Des Moines, IA	34:32	11:07
194	21	JrW	Crystal Hochstetler, 13*, Adel, IA	34:36	11:08
195	36	W40	Marie Hansen, 44*, De Soto, IA	34:36	11:08
196	51	W19	Kari Gipple, 27*, Bondurant, IA	34:40	11:09
197	52	W19	Allison Gleichman, 22*, West Des Moines, IA	34:42	11:10
198	53	W19	Michelle Howe, 21*, Ames, IA	34:44	11:11
199	8	W50	Lucy Obrien, 55*, Charles City, IA	34:45	11:11
200	54	W19	Suran Anderson, 29*, West Des Moines, IA	34:52	11:13

201	22	JrW Mery Anderson, 9*, West Des Moines, IA	34:54	11:14
202	37	W40 Deeann McCauley, 48*, Adel, IA	35:00	11:16
221	32	JrM Daultan Gibson, 13, Martensdale, IA	35:05	11:17
203	23	JrW Cassi Lathrum, 13*, St Charles, IA	35:06	11:18
222	29	M19 Brad Pline, 27, West Des Moines, IA	35:07	11:18
204	55	W19 Angie Pline, 26*, West Des Moines, IA	35:07	11:18
223	50	M40 Shawn Popp, 41, Adel, IA	35:11	11:19
205	38	W40 Jan Atchison, 48*, MaRshalltown, IA	35:11	11:19
206	39	W40 Lynne Roberts, 43*, West Des Moines, IA	35:14	11:20
224	54	M30 Rod Anderson, 37, Clive, IA	35:28	11:25
207	9	W50 Kay Harrington, 50*, Adel, IA	35:30	11:25
208	24	JrW Megan Lenox, 9*, Melbourne, IA	35:39	11:28
209	52	W30 Christina Hlas, 36*, Adel, IA	35:46	11:31
210	53	W30 Ann Collins, 36*, Adel, IA	36:08	11:38
211	54	W30 Pam Lonneman, 34*, Adel, IA	36:08	11:38
212	56	W19 Julianna Cullen, 29*, Adel, IA		