

Sweet Corn 5 km

Adel, IA

Aug. 8, 2009

warm and humid

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	FINISHER	TIME	PACE
	PLACE			
1	1	M15 Evan Selsor, 17, Winterset, IA	16:48	5:24
2	1	M19 Ryan Arthur, 24, Joplin, MO	17:31	5:38
3	2	M19 Nathaniel Eagleson, 26, Des Moines, IA	17:50	5:44
4	3	M19 Jeff Gray, 28, West Des Moines, IA	18:18	5:53
5	2	M15 Ben Lambert, 18, Stratford, IA	18:28	5:56
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				
6	1	M30 Jason Wentworth, 38, Urbandale, IA	19:00	6:07
1	1	W19 Courtney Waltbillig, 21*, Rogersville, MO	19:20	6:13
7	1	M40 Lance Bergeson, 41, Des Moines, IA	19:57	6:25
2	2	W19 Hannah Weiss, 21*, Dallas Center, IA	20:01	6:26
8	4	M19 Caleb Brown, 29, Des Moines, IA	20:15	6:31
9	2	M40 Tim Harris, 46, PlAttsmouth, NE	20:22	6:33
10		Ryan Klinkenborg	20:23	6:33
3	3	W19 Bittney Graff, 20*, Eudora, KS	20:25	6:34
11	2	M30 Kurt Lowenbarb, 31, Hendrick, IA	20:37	6:38
12	5	M19 Jared Pence, 21, Waukee, IA	20:37	6:38
13	3	M15 Lucas Brightwell, 18, Des Moines, IA	20:40	6:39
14	4	M15 Chandler Conlon, 15, West Des Moines, IA	20:53	6:43
15	3	M30 Jeremy Johnson, 32, West Des Moines, IA	21:10	6:49
16	5	M15 Tyler Coder, 16, Clive, IA	21:10	6:49
17	6	M19 Travis Hilsabeck, 28, Prairie City, IA	21:14	6:50
18	6	M15 Cody Breitsprecher, 15, Dayton, IA	21:17	6:51
19	7	M15 Colin Harrington, 18, Adel, IA	21:21	6:52
20	4	M30 Corey Schneider, 31, Clive, IA	21:29	6:55
21	7	M19 Mark Bennett, 29, Grimes, IA	21:35	6:57
22	1	M50 Terry Eason, 52, Waukee, IA	21:42	6:59
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				
4	1	JrW Bailey Eppard, 14*, Johnston, IA	21:51	7:02
23	5	M30 Rich Miller, 31, West Des Moines, IA	21:52	7:02
24	8	M15 Greg Harris, 16, PlAttsmouth, NE	21:52	7:02
5	1	W30 Heather Every, 33*, Grimes, IA	21:54	7:03
25	6	M30 Craig Schneider, 35, Waukee, IA	21:57	7:04
26	7	M30 todd noah, 39, Urbandale, IA	21:58	7:04
27	8	M30 Ryan Roberts, 33, Grimes, IA	22:01	7:05
28	8	M19 Doug Wurth, 28, Urbandale, IA	22:11	7:08
6	4	W19 Abby Schmitz, 27*, Norwalk, IA	22:12	7:09
29	9	M15 Ryan Miller, 15, Urbandale, IA	22:16	7:10
30	9	M19 Jordan Metz, 19, Pleasant Hill, IA	22:26	7:13
31	3	M40 Steven McKibben, 48, Clive, IA	22:28	7:14
7	5	W19 Hadley Skeffington-Vos, 21*, Minburn, IA	22:30	7:14
32	9	M30 Andrew McCoy, 33, Des Moines, IA	22:33	7:15
33	4	M40 Erik Swee, 43, Urbandale, IA	22:35	7:16

34	10	M19	Scott Crannell, 28, Adel, IA	22:38	7:17
35	1	JrM	Jd Benson, 13, Colfax, IA	22:42	7:18
8	6	W19	Constance Eshelman, 23*, Booneville, IA	22:51	7:21
36	5	M40	Mark Iles, 46, Clive, IA	22:53	7:22
37	6	M40	Scott geadelmann, 44, Adel, IA	22:55	7:23
38	7	M40	Scott Heng, 41, Waukee, IA	23:04	7:25
9	1	W15	Jasmine Hansen, 16*, Adel, IA	23:12	7:28
10	2	JrW	Maranda Metz, 14*, Pleasant Hill, IA	23:22	7:31
39	2	M50	Joe Lambert, 53, Stratford, IA	23:22	7:31
40	10	M30	Michael Lock, 31, Waukee, IA	23:31	7:34
41	1	M60	Mike May, 62, Indianola, IA	23:31	7:34
42	10	M15	Taylor Hircock, 18, Adel, IA	23:39	7:37
43	11	M30	Eric Camper, 37, Des Moines, IA	23:40	7:37
44	12	M30	Arik Peterson, 33, Des Moines, IA	23:42	7:38
45	8	M40	Derek Wachter, 40, Clive, IA	23:42	7:38
46	9	M40	Jon Stahl, 44, Urbandale, IA	23:43	7:38
47	2	JrM	Trevor Harsh, 12, Adel, IA	23:46	7:39
48	3	JrM	Kyle Ferguson, 12, Adel, IA	23:46	7:39
49	10	M40	Jeff Smith, 48, Indianola, IA	23:46	7:39
50	11	M15	John Clark, 15, Desoto, IA	23:57	7:43
51	13	M30	Andrew Hall, 37, Miami Beach, FL	24:03	7:44
11	1	W40	Janean Griffith, 49*, Panora, IA	24:06	7:45
52	11	M40	Steve Geadelmann, 44, Des Moines, IA	24:22	7:50
53	12	M40	tim perrigo, 46, Waukee, IA	24:23	7:51
12	2	W30	Jaimie Seiler, 32*, WeSt Des Moines ,IA	24:29	7:53
13	2	W15	Callie Aunan, 16*, Waukee, IA	24:34	7:54
54	11	M19	Justin Kirchhoff, 23, Grimes, IA	24:39	7:56
55	12	M15	Brad Hovey, 18, Dallas Center, IA	24:42	7:57
56	14	M30	Scott Ford, 32, Clive, IA	24:42	7:57
57	13	M40	Jeff Blosser, 42, West Des Moines, IA	24:42	7:57
58	3	M50	John Meyer, 53, West Des Moines, IA	24:44	7:57
14	7	W19	Allison Meyer, 19*, West Des Moines, IA	24:44	7:58
59	15	M30	Jason Adams, 34, West 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					
60	14	M40	Tom Mitchell, 46, Ankeny, IA	24:52	8:00
61	12	M19	Kelly Schneider, 29, Clive, IA	24:52	8:00
62	15	M40	glen dippold, 46, Clive, IA	24:53	8:00
63	16	M40	Michael Fisher, 40, Adel, IA	24:59	8:02
64	17	M40	Jon Norenberg, 48, Modesto, CA	25:02	8:03
65	13	M19	Zach Steele, 25, West Des Moines, IA	25:05	8:04
66	18	M40	kenneth overton, 41, Des Moines, IA	25:06	8:05
67	2	M60	Al Hildestad, 60, Des Moines, IA	25:09	8:06
15	3	W30	Karla Schumacher, 38*, Adel, IA	25:12	8:07
68	16	M30	Jason Mitchell, 35, Johnston, IA	25:15	8:07
69	4	M50	Brad Mills, 50, Waukee, IA	25:20	8:09
16	4	W30	Mary Nelson, 30*, Grimes, IA	25:24	8:10
70	17	M30	Glenn Stout, 36, Altoona, IA	25:25	8:11
71	19	M40	Doug Clough, 45, Ida Grove, IA	25:25	8:11
72	4	JrM	Connor Luther, 12, Desoto, IA	25:31	8:13
17	2	W40	Anita Applegate, 45*, Adel, IA	25:31	8:13
73	5	JrM	Ledg Downs, 9, Van Meter, IA	25:33	8:13
74	13	M15	Sam Hambrecht, 17, Adel, IA	25:35	8:14
75	5	M50	Mike Broderick, 52, Grimes, IA	25:35	8:14
18	3	W15	Rachel Harada, 16*, Desoto, IA	25:37	8:14
76	18	M30	Scott Springer, 36, Des Moines, IA	25:44	8:17
77	14	M19	Bret Nelson, 29, Grimes, IA	25:47	8:18
78	19	M30	Steve Helm, 39, Clive, IA	25:47	8:18
19	4	W15	Carrie Pieper, 17*, Adel, IA	25:47	8:18
79	15	M19	Dallas Lehman, 19, Van Meter, IA	25:50	8:19
80	20	M40	Mark Wachendorf, 41, Adel, IA	25:52	8:19
20	5	W30	Mary Beatty, 36*, Earlham, IA	25:55	8:20
21	6	W30	Kathi Beach, 32*, Humboldt, IA	25:56	8:21
81	21	M40	John Sobek, 44, Clive, IA	25:58	8:21
82	6	M50	Mike Flanagan, 51, Bondurant, IA	25:59	8:22

83	20	M30	Jeff Colwell, 33, Waukee, IA	25:59	8:22
22	8	W19	Lindsay Gall, 27*, Stuart, IA	26:02	8:23
23	3	W40	Terrie Price, 41*, Johnston, IA	26:02	8:23
84	16	M19	Nate Ward, 27, West Des Moines, IA	26:03	8:23
85	7	M50	Rob Mauritz, 50, Adel, IA	26:06	8:24
86	17	M19	weston hulst, 24, Grimes, IA	26:07	8:24
87	21	M30	Terry Cowman, 38, Winterset, IA	26:10	8:25
24	4	W40	Phyllis Eshelman, 48*, Bridgewater, IA	26:11	8:26
25	3	JrW	Hannah Hansen, 14*, Adel, IA	26:16	8:27
88	22	M40	Dave Danner, 45, Adel, IA	26:18	8:28
89	8	M50	Dan Norenberg, 52, Munich, Germany	26:20	8:28
90	18	M19	Nicholas Fitch Fitch, 23, W. Des Moines, IA	26:21	8:29
91	6	JrM	George Reis, 10, Urbandale, IA	26:22	8:29
92	22	M30	Jeremy Marron, 33, Clive, IA	26:23	8:29
26	9	W19	Christine Patterson, 22*, Bloomington, WI	26:24	8:30
27	7	W30	Sarah Adams, 36*, Des Moines, IA	26:29	8:31
93	19	M19	Brett Campbell, 19, Adel, IA	26:32	8:32
94	23	M30	Keith Jackson, 32, Waukee, IA	26:37	8:34
28	5	W15	Emily Linscheid, 16*, Johnston, IA	26:37	8:34
29	1	W50	Julia Batten, 53*, Carlisle, IA	26:38	8:34
95	20	M19	Tyrone Williams, 29, Adel, IA	26:38	8:34
96	24	M30	Adam Doll, 32, Adel, IA	26:39	8:35
30	8	W30	Sarah Bidney, 30*, Des Moines, IA	26:40	8:35
31	9	W30	Stephanie May, 31*, Des Moines, IA	26:40	8:35
97	21	M19	Jon Aldrich, 23, Altoona, IA	26:44	8:36
98	23	M40	Mark Seeman, 48, Bouton, IA	26:46	8:37
32	5	W40	Darl George, 49*, Urbandale, IA	26:50	8:38
99	25	M30	Scott Christensen, 38, Clive, IA	26:51	8:38
100	26	M30	Ron Whitehead, 35, Adel, IA	26:55	8:40
33	10	W30	Sara Hackbarth, 32*, Des Moines, IA	27:02	8:42
101	27	M30	David Schwendinger, 34, Des Moines, IA	27:05	8:43
102	22	M19	Zach Hutzell, 19, Adel, IA	27:05	8:43
34	11	W30	Sarah McCoy, 32*, Des Moines, IA	27:06	8:43
103	23	M19	Mark Jacobs, 27, Des Moines, IA	27:10	8:45
35	10	W19	Nicole Riesselman, 22*, Ankeny, IA	27:12	8:45
104	24	M19	Jason Scales, 24, Des Moines, IA	27:14	8:46
105	25	M19	Ryan Brown, 25, Grimes, IA	27:15	8:46
36	6	W40	Kim Roush, 42*, Urbandale, IA	27:16	8:46
37	2	W50	Paula Dierenfeld, 54*, Johnston, IA	27:17	8:47
38	11	W19	Valerie Steele, 23*, West Des Moines, IA	27:17	8:47
106	24	M40	Joe Barry, 41, Urbandale, IA	27:19	8:47
107	7	JrM	Simon Sheaff, 14, Des Moines, IA	27:19	8:47
39	7	W40	Nancy Campbell, 45*, Adel, IA	27:23	8:49
40	12	W30	Tricia Crain, 36*, Nevada, IA	27:24	8:49
108	28	M30	Scott VanGilder, 34, Urbandale, IA	27:27	8:50
109	25	M40	Ray Scheve, 49, Clive, IA	27:29	8:50
41	12	W19	Allison Leinen, 26*, Adel, IA	27:29	8:51
110	26	M40	Craig Linscheid, 41, Johnston, IA	27:30	8:51
111	8	JrM	Nathan Jones, 13, Adel, IA	27:31	8:51
112	26	M19	Cody Weller, 23, Cedar Falls, IA	27:36	8:53
113	9	JrM	Zachary Ferguson, 9, Adel, IA	27:39	8:54
42	3	W50	Deb Fritz, 50*, Des Moines, IA	27:41	8:54
114	27	M19	Josh Ostergaard, 25, Des Moines, IA	27:41	8:55
43	13	W19	Shannon Henson, 23*, Des Moines, IA	27:44	8:56
115	28	M19	William Scales, 27, Des Moines, IA	27:45	8:56
116	29	M30	Brian Gottschalk, 39, Adel, IA	27:45	8:56
117	30	M30	Trent Holmberg, 38, Adel, IA	27:46	8:56
118	10	JrM	Eliot Claugh, 13, Ida Grove, IA	27:52	8:58
44	14	W19	Katie Hammitt, 26*, West Des Moines, IA	27:53	8:58
119	31	M30	david whipple, 39, Indianola, IA	27:56	8:59
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120	3	M60	Buzz Hoffman, 61, West Des Moines, IA	27:58	9:00
45	13	W30	Greta Lange, 32*, Urbandale, IA	27:59	9:00
121	27	M40	john jones, 43, Adel, IA	28:00	9:01

46	8	W40	Nancy Linscheid, 43*, Johnston, IA	28:02	9:01
122	9	M50	Tom Hostetter, 58, Ames, IA	28:02	9:01
123	28	M40	Rick Medina, 43, Des Moines, IA	28:02	9:01
47	4	JrW	Sydnee Hendricks, 13*, Grimes, IA	28:03	9:01
48	14	W30	Kathrn Isaak, 34*, Clive, IA	28:04	9:02
124	4	M60	Richard Neuburger, 63, Lenexa, KS	28:04	9:02
49	15	W19	Joelle Kirchhoff, 24*, Grimes, IA	28:05	9:02
50	5	JrW	Hannah Taylor, 13*, Bouton, IA	28:05	9:02
125	32	M30	Gary Stout, 36, Des Moines, IA	28:06	9:02
51	6	JrW	Hannah Tiffany, 13*, Perry, IA	28:06	9:03
126	29	M19	Grant Allen, 22, Des Moines, IA	28:07	9:03
127	30	M19	Mike Ward, 26, Des Moines, IA	28:08	9:03
52	15	W30	Briget Johnson, 31*, West Des Moines, IA	28:09	9:03
128	11	JrM	Tate Jensen, 13, Desoto, IA	28:13	9:05
53	16	W30	Melissa Murphy, 34*, Van Meter, IA	28:14	9:05
54	6	W15	Allie Plagman, 16*, Adel, IA	28:14	9:05
55	16	W19	Danielle Farrell, 24*, West Des Moines, IA	28:15	9:06
129	33	M30	Ben Plank, 35, Windsor Heights, IA	28:16	9:06
56	9	W40	Uta Norenberg, 41*, Munich, Germany	28:17	9:06
57	17	W19	Jill McGargill, 28*, West Des Moines, IA	28:18	9:06
130	10	M50	dave yeutsy, 58, coralville, IA	28:18	9:07
58	7	JrW	Emily Vant Huel, 11*	28:23	9:08
59			Molly Hircock*, West Des Moines, IA	28:28	9:10
60	17	W30	Aedria Rollings, 32*, Adel, IA	28:30	9:10
61	18	W19	Jessica Rossmanith, 27*, Ankeny, IA	28:31	9:11
62	19	W19	Natalie Clark, 21*, Adel, IA	28:32	9:11
63	20	W19	Alisha Harper, 25*, Adel, IA	28:33	9:11
131	31	M19	Cody Chapman, 22, Adel, IA	28:34	9:11
132	12	JrM	Jackson Ver Woert, 13, De Soto, IA	28:35	9:12
133	34	M30	donnie stratton, 37, elkhart, IA	28:39	9:13
64	10	W40	Sherri Huff, 47*, Winterset, IA	28:39	9:13
65	21	W19	Brooke Foster, 28*, Windsor Heights, IA	28:40	9:13
66	22	W19	Jodi Peitzman, 29*, Dallas, TX	28:40	9:13
67	18	W30	Kristin Polking, 31*, Waukee, IA	28:41	9:14
134	29	M40	Wayne Ostergaard, 46, Des Moines, IA	28:41	9:14
68	19	W30	Stephanie McCartney, 39*, Desoto, IA	28:41	9:14
135	30	M40	David Schlarmann, 40, Des Moines, IA	28:42	9:14
69	20	W30	Kristine Forret, 30*, Des Moines, IA	28:42	9:14
136	35	M30	Ryan Forret, 35, Des Moines, IA	28:45	9:15
137	13	JrM	Connor Slater, 12, Adel, IA	28:47	9:16
138	14	JrM	Tim Scheve, 13, Clive, IA	28:51	9:17
70	8	JrW	Madison Pettit, 13*, Adel, IA	28:51	9:17
139	15	JrM	Zeke Aunan, 13, Waukee, IA	28:52	9:17
140	31	M40	John Patterson, 48, Doylestown, PA	28:54	9:18
141	36	M30	Marc Havnen, 39, Clive, IA	28:54	9:18
71	7	W15	Melissa Buehler, 15*, Clive, IA	28:54	9:18
72	21	W30	Ginnie Coleman, 35*, Waukee, IA	28:57	9:19
73	22	W30	Colleen Nicholls, 38*, Waukee, IA	28:57	9:19
142	32	M40	Dan Henderson, 41, Ralston, NE	28:58	9:19
74	11	W40	Kelly Faga, 40*, Iowa Falls, IA	29:08	9:22
143	33	M40	Mike Mitchell, 45, Ankeny, IA	29:09	9:23
144	16	JrM	Ryan Krugler, 14, Adel, IA	29:10	9:23
75	12	W40	Barb Kruger, 48*, Adel, IA	29:12	9:24
76	4	W50	Elaine Lindaman, 55*, West Des Moines, IA	29:14	9:25
145	34	M40	James Fisher, 41, Adel, IA	29:18	9:26
146	35	M40	Paul Ford, 46, Austin, TX	29:18	9:26
147	37	M30	Phillippe Taborga, 30, Adel, IA	29:19	9:26
148	17	JrM	Ben geadelmann, 13, Adel, IA	29:19	9:26
149	36	M40	Andrew Metz, 42, Ankeny, IA	29:23	9:27
150	18	JrM	Kyle Herrick, 14, Adel, IA	29:24	9:28
77	13	W40	Lisa Hofmann, 42*, Adel, IA	29:25	9:28
78	8	W15	Staci Goodale, 16*, Adel, IA	29:25	9:28
79	9	JrW	Natalie Harada, 14*, Desoto, IA	29:26	9:28
80	10	JrW	Katie Klocke, 11*, Adel, IA	29:27	9:29
151	5	M60	Jim Charling, 61, West Des Moines, IA	29:31	9:30

81	23	W30	Kinzee Bryte, 30*, Adel, IA	29:32	9:30
82	24	W30	Kelly Shull, 32*, West Des Moines, IA	29:34	9:31
83	1	W60	Karen Mattiussi, 61*, Adel, IA	29:35	9:31
84	23	W19	Meagan Clark, 25*, Urbandale, IA	29:36	9:31
152	19	JrM	Nolan Harsh, 9, Adel, IA	29:36	9:31
85	9	W15	Alyssa Cunningham, 15*, Clive, IA	29:51	9:36
153	11	M50	Larry Zahm, 53, Des Moines, IA	29:51	9:36
86	14	W40	Yvonne Minton, 44*, West Des Moines, IA	30:04	9:40
154	14	M15	Dillon Lockhart, 18, Dallas Center, IA	30:04	9:41
87	15	W40	Deb Shull, 48*, Adel, IA	30:06	9:41
88	25	W30	Laurie Dufoe, 37*, Adel, IA	30:07	9:42
155	37	M40	Tara Barry, 41, Urbandale, IA	30:08	9:42
156	32	M19	Russ Goerend, 27, De Soto, IA	30:10	9:42
157	12	M50	Kevin Howe, 50, Adel, IA	30:11	9:43
89	26	W30	Amy Kearns, 32*, Windsor Heights, IA	30:12	9:43
158	13	M50	Mike Emehiser, 54, Indianola, IA	30:14	9:44
90	5	W50	Pat Fluharty, 59*, Indianola, IA	30:19	9:45
159	33	M19	Brandon Howe, 20, Adel, IA	30:20	9:46
91	27	W30	Jennifer Van Auken, 33*, West Des Moines, IA	30:22	9:46
160	38	M30	Kurt Van Auken, 31, West Des Moines, IA	30:22	9:46
92	24	W19	Erin Ford, 20*, Austin, TX	30:22	9:46
161	39	M30	marcus Brooker, 34, Des Moines, IA	30:23	9:47
93	28	W30	Heather Yost, 31*, Urbandale, IA	30:25	9:47
162	40	M30	Shane Michael, 34, Urbandale, IA	30:25	9:47
94	29	W30	Jennifer Downs, 38*, Van Meter, IA	30:27	9:48
95	30	W30	Sarah Bond, 32*, Waukee, IA	30:29	9:49
96	10	W15	Lauren Rash, 17*, Adel, IA	30:32	9:49
163	20	JrM	Brandon Rinne, 7, Adel, IA	30:34	9:50
97	31	W30	Aimee Hulett, 32*, Waukee, IA	30:44	9:53
98	25	W19	Jodi Stevens, 25*, West Des Moines, IA	30:47	9:54
164	38	M40	Dean Keyt, 42, Adel, IA	30:50	9:55
99	11	W15	Nikki Ellis, 16*, Waukee, IA	30:53	9:56
165	34	M19	Dustin Coy, 28, Waukee, IA	30:54	9:57
100	26	W19	Stephanie Coy, 26*, Waukee, IA	30:55	9:57
166	35	M19	Tyler Brockman, 22, West Des Moines, IA	30:59	9:58
101	16	W40	Lisa Kime, 43*, Des Moines, IA	30:59	9:58
167	6	M60	John Hoffman, 65, Des Moines, IA	31:02	9:59
102	27	W19	Katie Patterson, 27*, Waukee, IA	31:02	9:59
103	11	JrW	Alaina Woo, 14*, Waukee, IA	31:03	9:59
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104	32	W30	Melanie Brauer, 33*, Waukee, IA	31:04	10:00
105	28	W19	Krista Taylor, 25*, Waukee, IA	31:04	10:00
168	41	M30	Chris Taylor, 31, Waukee, IA	31:05	10:00
169	39	M40	Doug Reis, 40, Adel, IA	31:08	10:01
106	17	W40	Kathy Schramm, 41*, Clive, IA	31:08	10:01
107	33	W30	Melinda Kuennen, 32*, West Des Moines, IA	31:12	10:02
108	34	W30	Jennifer Janssen, 32*, Marshalltown, IA	31:12	10:03
170	7	M60	Jack Matthews, 65, Stuart, IA	31:13	10:03
109	29	W19	Serena Morehead, 29*, Polk City, IA	31:14	10:03
110	30	W19	Monica Fasse, 29*, Grimes, IA	31:16	10:04
111	31	W19	Breanne Hews, 28*, Urbandale, IA	31:20	10:05
171	42	M30	brian crannell, 39, Adel, IA	31:21	10:05
112	32	W19	Ashley Rinne, 19*, GrAvois Mills, Mo	31:22	10:06
113	12	JrW	Sarah Reis, 8*, Adel, IA	31:23	10:06
114	6	W50	Marilyn Ahrends, 57*, West Des Moines, IA	31:24	10:06
115	33	W19	Amy Jacobs, 26*, Des Moines, IA	31:33	10:09
116	35	W30	Amy Wormsley, 39*, Urbandale, IA	31:33	10:09
117	36	W30	jamie adams, 31*, Urbandale, IA	31:34	10:10
172	40	M40	Rob Hansen, 41, Adel, IA	31:36	10:10
118	37	W30	abby crannell, 36*, Adel, IA	31:43	10:13
119	38	W30	Kristin Wicks, 39*, Desoto, IA	31:45	10:13
120	39	W30	Dena Ford, 31*, Clive, IA	31:46	10:13
173	43	M30	Kevin Hochstetter, 39, Adel, IA	31:46	10:13

174	41	M40	Pete Vanderiet, 49, Clive, IA	31:49	10:14
121	34	W19	Ashley Prine, 26*, Adel, IA	31:51	10:15
175	8	M60	Mike Rickert, 61, Ida Grove, IA	31:56	10:17
122	40	W30	Jennifer Eubanks, 37*, Des Moines, IA	32:00	10:18
176	21	JrM	Cody Hokel, 11, Adel, IA	32:02	10:18
177	36	M19	Justin Bassett, 29, West Des Moines, IA	32:05	10:19
178	14	M50	Tim Devick, 59, Urbandale, IA	32:05	10:20
123	12	W15	Kawner Henderson, 16*, Adel, IA	32:06	10:20
124	18	W40	Amy Nichols, 41*, Urbandale, IA	32:09	10:21
179	44	M30	Timothy Crannell, 35, lehigh acres, FL	32:11	10:21
180	42	M40	Jim Ver Woert, 41, De Soto, IA	32:16	10:23
125	41	W30	Christl Hokel, 33*, Adel, IA	32:17	10:23
126	35	W19	Michelle Howe, 24*, Adel, IA	32:18	10:24
181	43	M40	Dale Klocke, 43, Adel, IA	32:19	10:24
182	15	M15	Josh Andersen, 16, Adel, IA	32:20	10:24
127	36	W19	Nickie Patterson, 19*, Waukee, IA	32:22	10:25
128	13	JrW	Sarah Kromminga, 12*, Johnston, IA	32:22	10:25
129	14	JrW	Haley Schepers, 13*, Adel, IA	32:23	10:25
130	42	W30	Julie Werling, 31*, Indianola, IA	32:28	10:27
131	13	W15	Haley Canney, 16*, Adel, IA	32:29	10:27
132	15	JrW	Tiana Overton, 12*, Adel, IA	32:30	10:27
133	37	W19	Meg Fisher, 21*, Adel, IA	32:34	10:29
134	38	W19	Becky Hobson, 23*, Ames, IA	32:35	10:29
135	19	W40	Carol Hemphill, 44*, Urbandale, IA	32:38	10:30
136	20	W40	Judy Vinchattle, 47*, Clive, IA	32:41	10:31
137	7	W50	LuAnn Ostergaard, 50*, Des Moines, IA	32:41	10:31
183	22	JrM	Andrew Harada, 10, Desoto, IA	32:42	10:31
184	45	M30	Patrick Kueter, 38, Johnston, IA	32:46	10:32
185	9	M60	bl sheriff, 62, greenfield, IA	32:47	10:33
138	43	W30	Darci Lantz, 33*, Waukee, IA	32:50	10:34
139	44	W30	emily meinders, 34*, Waukee, IA	32:50	10:34
140	45	W30	Laura Tryon, 36*, Winterset, IA	32:51	10:34
186	15	M50	Rod Horsman, 53, Pleasantville, IA	33:02	10:38
141	39	W19	Shannon Rees, 22*, Guthrie Center, IA	33:08	10:40
187	44	M40	Paul Tauke, 45, Desoto, IA	33:09	10:40
142	14	W15	Caitlin Tauke, 15*, Desoto, IA	33:10	10:40
143	46	W30	Audra Sorber, 34*, Adel, IA	33:12	10:41
144	16	JrW	Katie Sumpster, 14*, Adel, IA	33:13	10:41
145	15	W15	Crystal Hochstetter, 15*, Adel, IA	33:15	10:42
146	40	W19	Jacque Seidl, 23*, Adel, IA	33:25	10:45
147	47	W30	Marcia Person, 35*, West Des Moines, IA	33:41	10:50
148	48	W30	Monica Person, 37*, Adel, IA	33:44	10:51
149	49	W30	Lisa Paulsen, 37*, Exira, IA	33:45	10:52
150	41	W19	Brooke Winton, 29*, Altoona, IA	33:54	10:55
151	17	JrW	Courtney Carlson, 10*, Hammond, WI	33:55	10:55
152	21	W40	Denise Phillips, 49*, Des Moines, IA	33:56	10:55
188	37	M19	Levi Curtis, 27, coUncil Bluffs, IA	33:56	10:55
153	42	W19	Jennifer Adrianse, 27*, Des Moines, IA	33:59	10:56
154	22	W40	Kim Whitehead, 41*, Clive, IA	33:59	10:56
155	50	W30	Susan Wees, 32*, Urbandale, IA	34:01	10:57
189	16	M50	Greg Ostwinkle, 53, Urgandale, IA	34:04	10:58
156	43	W19	Kenna Stouwie, 25*, West Des Moines, IA	34:09	10:59
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157	2	W60	Patsy Mattas, 62*, Des Moines, IA	34:10	11:00
158	18	JrW	Madison Gavin, 14*, Adel, IA	34:10	11:00
159	44	W19	Kari ward, 28*, West Des Moines, IA	34:11	11:00
190	45	M40	John Harada, 45, Desoto, IA	34:12	11:00
160	51	W30	Krista Soda, 38*, Waukee, IA	34:16	11:02
161	52	W30	Stacey whipple, 37*, Indianola, IA	34:23	11:04
162	53	W30	Bobbi Hutchinson, 32*, Clive, IA	34:27	11:05
191	38	M19	Jon Hutchinson, 28, Clive, IA	34:29	11:06
163	45	W19	Alicia Thorson, 27*, West Des Moines, IA	34:32	11:07
164	19	JrW	Sandra Kromminga, 12*, Johnston, IA	34:44	11:10
192	39	M19	James Lumley, 23, West Des Moines, IA	34:44	11:11

165	54	W30	Sandra Boor, 38*, Garden Grove, IA	34:51	11:13
193	17	M50	Ronald Vigil, 52, Sedalia, CO	34:52	11:13
194	46	M30	Ed Croushore, 33, Adel, IA	34:52	11:13
166	23	W40	Vicky Foresman, 41*, Des Moines, IA	34:54	11:14
167	55	W30	Wendy Hoffman, 33*, West Des Moines, IA	34:57	11:15
168	56	W30	Taya Schettler, 36*, West Des Moines, IA	34:58	11:15
195	18	M50	Mark Hansen, 58, harlan, IA	34:58	11:15
169	57	W30	sarah Maxwell, 32*, Adel, IA	34:59	11:16
170	58	W30	dawn tigas, 33*, Des Moines, IA	35:04	11:17
171	46	W19	Cara Crawford, 20*, Adel, IA	35:04	11:17
196	40	M19	Austin Quinn, 20, Adel, IA	35:08	11:18
197	41	M19	Justin Lobaito, 22, Altoona, IA	35:11	11:19
172	47	W19	Emily Babcock, 26*, Grimes, IA	35:13	11:20
173	24	W40	Tonya Hick, 41*, Adel, IA	35:22	11:23
174	25	W40	Suzanne Busta, 41*, Adel, IA	35:22	11:23
198	47	M30	Matt Hennig, 34, Clive, IA	35:22	11:23
175	8	W50	Terry Simmons, 51*, Prole, IA	35:25	11:24
176	9	W50	Debbie Cooper, 54*, Dallas Center, IA	35:26	11:24
199	46	M40	Frank Zuehlke, 43, West Des Moines, IA	35:29	11:25
177	59	W30	Shelley Boorn, 37*, Adel, IA	35:32	11:26
178	20	JrW	Taylor Boorn, 12*, Adel, IA	35:33	11:26
200	42	M19	Dan VanWinkle, 29, Overland Park, KS	35:54	11:33
179	60	W30	Autumn Weed, 36*, Adel, IA	35:56	11:34
201			Unknown	36:07	11:37
180	21	JrW	Madison Faga, 13*, Iowa Falls, IA	36:09	11:38
181	26	W40	Karen Krogh, 42*, Atlantic, IA	36:09	11:38
182	61	W30	Kristin Sunde, 36*, West Des Moines, IA	36:13	11:39
183	62	W30	Alexis Hennig, 34*, Clive, IA	36:14	11:40
184	22	JrW	Madeline Dostal, 13*, West Des Moines, IA	36:15	11:40
185	48	W19	Deanna Perrigo, 21*, Cedar Falls, IA	36:19	11:41
186	63	W30	Wendi Pitsenbarger, 39*, Adel, IA	36:26	11:43
187	27	W40	Becky Dostal, 45*, West Des Moines, IA	36:28	11:44
202	47	M40	Doug Dostal, 45, West Des Moines, IA	36:28	11:44
188	49	W19	Kristy Kahler, 27*, Adel, IA	36:30	11:45
203	48	M40	Shawn Corksean, 42, Winterset, IA	36:30	11:45
189	64	W30	Michelle Comer, 35*, West Des Moines, IA	36:32	11:45
204	43	M19	Curtis Clark, 27, North Liberty, IA	36:34	11:46
190	65	W30	Laurie Quinn, 36*, Ankeny, IA	36:56	11:53
191	28	W40	Janet Hircock, 49*, Adel, IA	36:58	11:54
192	16	W15	Mariah Gibson, 15*, Adel, IA	37:09	11:57
193	66	W30	Mindy Hatchitt, 32*, Adel, IA	37:10	11:57
194	10	W50	Marcia McIlrath, 54*, Adel, IA	37:15	11:59
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195	50	W19	Beth Wurth, 26*, Urbandale, IA	37:21	12:01
205	48	M30	Adam Troyer, 30, Grimes, IA	37:28	12:03
196	67	W30	Beth Anne Ellis, 33*, West Des Moines, IA	37:29	12:04
197	11	W50	Joanne Dea, 57*, Minden, IA	37:38	12:07
206	23	JrM	Taylor Sykora, 12, Adel, IA	37:43	12:08
198	68	W30	Rebecca Slater, 34*, Adel, IA	37:44	12:09
199	69	W30	Wendy Young, 33*, Adel, IA	37:46	12:09
200	70	W30	Melanie Rosenow, 39*, Waukee, IA	37:47	12:10
201	71	W30	Jennifer Tallman, 31*, Altoona, IA	37:57	12:13
202	72	W30	Kelly Jackson, 31*, Waukee, IA	38:04	12:15
207	49	M40	Jamie Tigges, 44, Adel, IA	38:08	12:16
203	73	W30	Trixie Drummond, 38*, Ankeny, IA	38:12	12:17
204	29	W40	Jill Danner, 44*, Adel, IA	38:26	12:22
205	74	W30	Heidi Van Ravenhorst, 34*, West Des Moines, IA	38:26	12:22
206	30	W40	Cynthia Weigel, 44*, Van Meter, IA	38:30	12:23
207	75	W30	Lisa Hills, 39*, Adel, IA	38:38	12:26
208	17	W15	Taylor Hills, 17*, Adel, IA	38:38	12:26
209	76	W30	Talia Farmer, 32*, Waukee, IA	38:43	12:28
210	77	W30	Lyndsay Marron, 33*, Clive, IA	38:44	12:28
211	51	W19	Jeannette Jensen, 28*, West Des Moines, IA	38:50	12:30

212	78	W30 Sara Bradshaw, 32*, Adel, IA	38:50	12:30
213	79	W30 Kristy Hall, 33*, Granger, IA	39:00	12:33
214	18	W15 Brooke Hochstetter, 17*, Adel, IA	39:06	12:35
215	52	W19 Amanda Gardiner, 29*, Dexter, IA	39:17	12:39
208	19	M50 Mark Marston, 53, Ames, IA	39:24	12:41
216	31	W40 Cathy Medina, 49*, Des Moines, IA	39:24	12:41
217	80	W30 Pam James, 32*, Wellsburg, IA	39:24	12:41
218	23	JrW Bailee Person, 14*, West Des Moines, IA	39:25	12:41
209	49	M30 Todd James, 34, Wellsburg, IA	39:25	12:41
210	50	M30 Bryan Person, 36, West Des Moines, IA	39:28	12:42
219	53	W19 Jessica Campbell, 22*, Adel, IA	39:28	12:42
220	32	W40 Pam Campbell, 42*, Adel, IA	39:32	12:43
211	20	M50 Bill Miller, 54, Des Moines, IA	39:36	12:45
221	24	JrW Josie Breitsprecher, 11*, Dayton, IA	39:51	12:49
212	51	M30 Chris Hatchitt, 37, Adel, IA	39:53	12:50
222	81	W30 Lynn Ross, 39*, Shenandoah, IA	39:56	12:51
213	44	M19 Adam Deardorff, 29, Adel, IA	39:56	12:51
223	54	W19 Lindsey Volz, 20*, Adel, IA	39:58	12:52
224	55	W19 Bailey Luellen, 23*, Minburn, IA	39:59	12:52
225	33	W40 Marnie Swigert, 41*, Adel, IA	40:12	12:56
226	82	W30 Shannon Spargur, 38*, Adel, IA	40:13	12:56
214	52	M30 Eric Rohe, 32, Des Moines, IA	40:13	12:57
227	56	W19 Kari Durham, 27*, Des Moines, IA	40:22	12:59
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228	83	W30 Melissa Snell, 37*, Osceola, IA	40:28	13:01
229	57	W19 Valerie Hobson, 26*, Ames, IA	40:30	13:02
230	12	W50 Jennifer Roberts, 53*, Des Moines, IA	41:52	13:28
231	58	W19 Jamie Jensen, 24*, Weldon, IA	41:57	13:30
232	84	W30 Heather Mitchell, 33*, Johnston, IA	41:57	13:30
233	85	W30 Jennifer Pyle, 39*, Adel, IA	41:58	13:30
234	59	W19 Darci Pratt, 26*, West Des Moines, IA	42:06	13:33
215	45	M19 Andy Paine, 27, West Des Moines, IA	42:46	13:46
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216	50	M40 Don Simmons, 46, Flandreau, SD	43:47	14:05
235	60	W19 Sarah Clark, 27*, North Liberty, IA	44:54	14:27
236	13	W50 Teresa Bailey, 53*, Minburn, IA	45:32	14:39
237	14	W50 Maria Steele, 52*, Adel, IA	45:33	14:39
217	21	M50 Pat Steele, 55, Adel, IA	45:33	14:39
238	34	W40 Lisa Joyner, 44*, Brandon, MS	46:15	14:53
239	86	W30 Amy Belchak, 30*, Macomb, IL	46:25	14:56
240	15	W50 Alison Crannell, 55*, Adel, IA	46:26	14:57
241	61	W19 Anne Crannell, 29*, Adel, IA	46:27	14:57
218	24	JrM Colton Deemer, 10, Waukee, IA	46:29	14:58
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219	25	JrM Chase Farmer, 10, Waukee, IA	46:48	15:04
242	35	W40 Maureen Fisher, 49*, Adel, IA	46:50	15:04
243	62	W19 Bonnie Hering, 28*, Oakland, IA	47:25	15:16
244	36	W40 Kelley Phillips, 43*, Waukee, IA	48:21	15:33
245	25	JrW Josi Lonneman, 8*, Adel, IA	48:22	15:34
246	16	W50 Denise Flanagan, 51*, Bondurant, IA	48:34	15:38
247	3	W60 Velma Roberts, 65*, Adel, IA	48:34	15:38
248	37	W40 Jeri Hudnut, 49*, Van Meter, IA	48:36	15:38
249	87	W30 Jean Krenk, 37*, Waukee, IA	48:50	15:43
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250	38	W40 Char Kirby, 48*, Moulton, IA	51:16	16:30
251	17	W50 Kris Kozel, 57*, Des Moines, IA	51:16	16:30
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252	4	W60 Susan Crook, 60*, Des Moines, IA	53:58	17:22
253	88	W30 Karen Sorensen, 34*, Des Moines, IA	53:58	17:22
254	89	W30 Michelle Lester, 38*, Milo, IA	53:58	17:22
220	53	M30 John Sorensen, 33, Des Moines, IA	53:58	17:22

255 26 JrW Zoe Seiler, 12*, Des Moines, IA 55:20 17:48
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256 90 W30 Gretchen Seiler, 31*, Des Moines, IA 56:00 18:01
257 39 W40 Chereen Broderick, 48*, Grimes, IA 56:11 18:05
258 91 W30 Angela Gruhn, 37*, Adel, IA 56:11 18:05

"*" indicates females

25 finishers among Men 14 & Under
15 finishers among Men 15 - 18
45 finishers among Men 19 - 29
53 finishers among Men 30 - 39
50 finishers among Men 40 - 49
21 finishers among Men 50 - 59
9 finishers among Men 60 & Up
26 finishers among Women 14 & Under
18 finishers among Women 15 - 18
62 finishers among Women 19 - 29
91 finishers among Women 30 - 39
39 finishers among Women 40 - 49
17 finishers among Women 50 - 59
4 finishers among Women 60 & Up
220 male finishers
258 female finishers
478 total finishers

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