

Urbandale, July 4th, William Courtney 5 km

Urbandale, IA

July 4, 2008

65 degrees, 70% humidity, sunny

Results by Michael Franke

5 Kilo (below) [Kids \(pdf\)](#) [Kids by grade \(pdf\)](#)

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
1	1 M19	Hayes, 29, West Des Moines, IA	15:19	4:56
Pace: 5:00 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 Top				
2	2 M19	Nick Bowerman, 25, Urbandale, IA	15:44	5:04
3	3 M19	Sam Balin, 20, Urbandale, IA	15:59	5:09
4	4 M19	Tim Ives, 27, Des Moines, IA	16:19	5:15
5	5 M19	Tj Tollakson, 27, West Des Moines, IA	16:22	5:16
6	1 M30	Patrick Riley, 35, Des Moines, IA	17:03	5:29
7	1 M14	Drew Jackson, 15, Johnston, IA	17:27	5:37
1	1 W19	Ashley Tousley, 24*, West Des Moines, IA	17:31	5:38
8	2 M14	Andrew Barrett, 16, Des Moines, IA	17:40	5:41
9	6 M19	Chris Nealy, 28, Des Moines, IA	17:44	5:42
10	7 M19	Andrew Buntz, 19, West Des Moines, IA	17:46	5:43
11	2 M30	Scott Jones, 37, Ankeny, IA	18:03	5:48
12	3 M14	Joshua Maguire, 16, West Des Moines, IA	18:18	5:53
2	1 W30	Dillon, 35*, West Des Moines, IA	18:20	5:54
13	8 M19	Brent Westphal, 19, Urbandale, IA	18:30	5:57
14	4 M14	Mason Walters, 15, Urbandale, IA	18:34	5:58
Pace: 5:00 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 Top				
15	3 M30	Chad Halsten, 34, Colorado Springs, CO	18:40	6:00
3	2 W19	Meg Grindull, 27*, Moorhead, MN	18:47	6:03
16	9 M19	John Neer, 29, Des Moines, IA	19:10	6:10
17	4 M30	Jim Turner, 31, Urbandale, IA	19:16	6:12
18	1 M40	Steve Pohlmeier, 42, Urbandale, IA	19:21	6:14
4	2 W30	Jenny Schultz, 35*, Clive, IA	19:26	6:15
19	2 M40	Steve Kelly, 45, Urbandale, IA	19:29	6:16
20	1 M50	3Sticks McBride, 52, Des Moines, IA	19:39	6:19
21	3 M40	Mike Rieks, 40, Urbandale, IA	19:42	6:20
22	5 M30	Scott Heisler, 33, West Des Moines, IA	19:44	6:21
23	6 M30	Mike Fraizer, 37, West Des Moines, IA	19:48	6:22
24	5 M14	Lucas Brightwell, 17, Des Moines, IA	20:01	6:26
25	7 M30	Jason Wentworth, 37, Urbandale, IA	20:06	6:28
26	4 M40	Brian Willem, 46, Urbandale, IA	20:07	6:28
27	6 M14	Mark Schneider, 15, West Des Moines, IA	20:12	6:30
28	10 M19	Chase McCool, 22, Des Moines, IA	20:12	6:30
5	3 W19	Abbie Smith, 24*, Nornan, OK	20:13	6:30
29	7 M14	Tyler Christians, 15, Urbandale, IA	20:14	6:31
30	8 M14	Jacob Heddinger, 16, West Des Moines, IA	20:15	6:31
31	5 M40	Steve Harms, 43, West Des Moines, IA	20:18	6:32
32	6 M40	Brian Mark, 40, Urbandale, IA	20:22	6:33
33	8 M30	Mike Gehringer, 35, Urbandale, IA	20:26	6:34
34	9 M30	Dan Buettner, 33, Des Moines, IA	20:37	6:38
35	9 M14	Matt Coffey, 18, Urbandale, IA	20:38	6:38

36	10	M30	Patrick Mattingly, 39, Johnston, IA	20:40	6:39
37	11	M30	Mike Larson, 30, Des Moines, IA	20:40	6:39
38	7	M40	Dan Gustafson, 45, West Des Moines, IA	20:43	6:40
39	10	M14	Ryan George, 18, Urbandale, IA	20:43	6:40
40	12	M30	Lance Beving, 32, Urbandale, IA	20:44	6:40
6	1	W12	Sierra Hughes, 12*, Norwalk, IA	20:45	6:40
41	8	M40	Brad Nielsen, 49, Des Moines, IA	20:50	6:42
42	11	M14	Harry Jake, 14, Clive, IA	20:51	6:42
7	4	W19	Stephanie Freund, 26*, Urbandale, IA	20:52	6:43
43	12	M14	Ryan Miller, 14, Urbandale, IA	20:54	6:43
44	13	M30	Adam Albright, 32, Des Moines, IA	20:54	6:44
45	9	M40	Richard Cullwell, 49, Highlands Ranch, CO	20:56	6:44
8	1	W14	Megan Willem, 16*, Urbandale, IA	20:56	6:44
9	2	W14	Serena Goetzl, 14*, Urbandale, IA	20:57	6:44
10	3	W14	Marissa Madson, 15*, Urbandale, IA	20:57	6:45
11	2	W12	Emily Brush, 13*, Clive, IA	21:05	6:47
46	14	M30	Lorloran, 30, Urbandale, IA	21:08	6:48
47	15	M30	Jon Hardersen, 31, Urbandale, IA	21:09	6:48
48	10	M40	Doug Adams, 46, Urbandale, IA	21:14	6:50
49	11	M40	Scott Boever, 48, Urbandale, IA	21:15	6:50
50	2	M50	Rick Hagan, 58, Urbandale, IA	21:16	6:50
51	16	M30	Tony Wagner, 32, Urbandale, IA	21:18	6:51
52	17	M30	Russ Flug, 34, Waukee, IA	21:27	6:54
53	1	M12	Joshua Harry, 12, Clive, IA	21:30	6:55
54	13	M14	Evan Culbert, 14, Johnston, IA	21:31	6:55
12	1	JrW	Abigail Vaughan, 11*, Des Moines, IA	21:35	6:57
55	18	M30	Bryan Trout, 38, Ankeny, IA	21:36	6:57
56	19	M30	Ryan Johnson, 30, West Des Moines, IA	21:37	6:57

Pace: [5:00](#) | [6:00](#) | [7:00](#) | [8:00](#) | [9:00](#) | [10:00](#) | [11:00](#) | [12:00](#) | [13:00](#) | [14:00](#) | [Top](#)

13	5	W19	Ashlee Drake, 21*, Ankeny, IA	21:44	7:00
57	20	M30	Matthew Jackson, 31, Des Moines, IA	21:49	7:01
58	12	M40	David Heddinger, 48, West Des Moines, IA	21:50	7:02
59	11	M19	Able Mahaffey, 29, Altoona, IA	21:51	7:02
60	12	M19	Nick Reed, 24, Grimes, IA	21:52	7:02
61	2	M12	John Snyder, 13, Altoona, IA	21:54	7:03
14	3	W30	Angie Veenstra, 32*, Urbandale, IA	21:57	7:04
15	4	W30	Carla Kuzynowski, 32*, Ankeny, IA	21:59	7:04
62	13	M19	Curtis Trecek, 27, West Des Moines, IA	22:03	7:06
16	4	W14	Gabby Wilson, 14*, Urbandale, IA	22:12	7:09
63	3	M50	Del Lasswell, 51, Urbandale, IA	22:13	7:09
64	21	M30	Tony Guerra, 36, Iowa City, IA	22:14	7:09
17	5	W14	Elizabeth Benson, 14*, Urbandale, IA	22:15	7:10
65	13	M40	Corey Kluesner, 40, Urbandale, IA	22:16	7:10
66	14	M14	Taylor Nordgren, 15, Urbandale, IA	22:17	7:10
67	22	M30	Daren Munroe, 33, Des Moines, IA	22:17	7:10
68	15	M14	Mitchell Junkins, 15, Clive, IA	22:18	7:10
69	14	M40	Jim Kirby, 47, West Des Moines, IA	22:19	7:11
18	5	W30	Carrie Van Quathem, 36*, Urbandale, IA	22:21	7:11
70	23	M30	John Fitzsimmons, 39, Ankeny, IA	22:25	7:13
71	16	M14	Zach Grunder, 18, Ankeny, IA	22:25	7:13
72	15	M40	Mark Kay, 47, Johnston, IA	22:25	7:13
19	6	W30	Tara Brawner, 39*	22:27	7:13
73	4	M50	Paul Brees, 50, Urbandale, IA	22:29	7:14
74	16	M40	John Wahlert, 43, Urbandale, IA	22:32	7:15
75	24	M30	Kirk Ojendyk, 34, Urbandale, IA	22:33	7:15
76	5	M50	Dennis Wheeler, 58, Urbandale, IA	22:39	7:17
77	17	M40	Chis Admussen, 44, Urbandale, IA	22:40	7:18
20	1	W40	Jennie Groves, 46*, Des Moines, IA	22:42	7:18
78	17	M14	Alex Kane, 14, Urbandale, IA	22:44	7:19
79	14	M19	Joe Wickard, 25, Iowa City, IA	22:44	7:19
80	6	M50	Mark Borseth, 53, Johnston, IA	22:45	7:19
81	18	M40	Dale Christians, 42, Urbandale, IA	22:47	7:20
82	18	M14	Brandon McGowan, 14, Urbandale, IA	22:54	7:22
83	25	M30	Larry Hunt, 33, Windsor Heights, IA	22:57	7:23

84	19	M40 Gary Thompson, 44, Urbandale, IA	22:59	7:24
21	6	W19 Erin Bone, 23*, Urbandale, IA	23:12	7:28
85	26	M30 Vacque Harms, 39	23:14	7:28
22	2	W40 Terrie Price, 40*, Johnston, IA	23:18	7:30
86	15	M19 Nate Ogbourne, 29, Carilisle, IA	23:19	7:30
87	3	M12 Joe Amadeo, 13, Des Moines, IA	23:20	7:31
88	27	M30 Chris Galligan, 38, Clive, IA	23:21	7:31
89	1	JrM Erik Miller, 10, Urbandale, IA	23:22	7:31
90	28	M30 Juan Jaramillo, 32, Pittsburgh, PA	23:23	7:31
23	3	W40 Susan Skinner, 49*, Des Moines, IA	23:25	7:32
91	20	M40 Marty McDonald, 47, Urbandale, IA	23:31	7:34
24	7	W19 Meaghan Heinrich, 28*, Birmingham, AL	23:33	7:35
25	8	W19 Heather Reed, 25*, Grimes, IA	23:34	7:35
92	29	M30 Michael Rhode, 39, Urbandale, IA	23:39	7:37
93	7	M50 Alan Gross, 54, Des Moines, IA	23:41	7:37
94	16	M19 Michael Kaduce, 21, Urbandale, IA	23:41	7:37
26	2	JrW Olivia McCoy, 11*, Ankeny, IA	23:43	7:38
95	19	M14 Jack Zent, 16, Ankeny, IA	23:44	7:38
27	6	W14 Elizabeth Benson, 16*, Urbandale, IA	23:46	7:39
28	7	W14 Kayla Snyder, 15*, Altoona, IA	23:47	7:39
29	9	W19 Mary Nelson, 29*, Grimes, IA	23:50	7:40
30	4	W40 Kris Robson, 42*, Urbandale, IA	23:59	7:43
96	30	M30 Douglas Nichol, 38, Des Moines, IA	24:03	7:44
31	10	W19 Ashley Olson, 23*, Urbandale, IA	24:10	7:47
32	7	W30 Trudy Hancock, 32*, Urbandale, IA	24:12	7:47
97	31	M30 Steve Price, 39, Johnston, IA	24:19	7:50
98	17	M19 Jonathan Blayer, 29, West Des Moines, IA	24:22	7:50
99	21	M40 Mark Newman, 47	24:24	7:51
33	8	W14 Aimee Thacker, 15*, Des Moines, IA	24:25	7:51
100	20	M14 Josh Engelken, 17, Des Moines, IA	24:25	7:52
101	18	M19 Scott Jordan, 28, Urbandale, IA	24:26	7:52
34	9	W14 Emily Twedt, 17*, Urbandale, IA	24:27	7:52
35	3	W12 Maranda Metz, 13*, Pleasant Hill, IA	24:31	7:53
102	4	M12 Kris Finzel, 13, Van Meter, IA	24:32	7:54
36	10	W14 Ali Meyer, 18*, West Des Moines, IA	24:34	7:54
103	22	M40 Jeff Sullivan, 42, Bloomfield, MI	24:35	7:54
104	8	M50 John Meyer, 52, West Des Moines, IA	24:35	7:55
37	4	W12 Jenna Lee, 12*, Pleasant Hill, IA	24:38	7:55
38	11	W14 Ashley Bjurstrom, 17*, Urbandale, IA	24:38	7:56
39	11	W19 Lisa Hardersen, 29*, Urbandale, IA	24:40	7:56
105	5	M12 Logan Dean, 13, Johnston, IA	24:43	7:57
106	23	M40 Jeffrey Dimon, 47, Urbandale, IA	24:45	7:58
107	32	M30 Dan Miller, 39, Urbandale, IA	24:47	7:59
108	24	M40 Steven Schneider, 47, West Des Moines, IA	24:49	7:59
109	9	M50 John Leonhart, 57, Urbandale, IA	24:49	7:59
Pace: 5:00 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 Top				
110	10	M50 Carl Voss, 59	24:55	8:01
111	11	M50 Bob Overstreet, 57, Des Moines, IA	24:57	8:02
112	33	M30 Jesse Jordan, 32, Des Moines, IA	24:59	8:02
113	21	M14 Nick Sandberg, 14, West Des Moines, IA	25:00	8:03
114	25	M40 Jim Heitzman, 44, Des Moines, IA	25:06	8:05
40	12	W19 Rachel Batlin, 21*, Urbandale, IA	25:07	8:05
115	6	M12 Quinn Lafrentz, 12, Urbandale, IA	25:08	8:05
116	26	M40 Dan McCool, 46, Des Moines, IA	25:15	8:07
117	34	M30 Kevin Sp00ker, 37, Ankeny, IA	25:16	8:08
41	5	W40 Deb Dean, 41*, Johnston, IA	25:18	8:09
118	35	M30 Jason Clevenger, 30, Johnston, IA	25:19	8:09
42	5	W12 Emily Christians, 12*, Urbandale, IA	25:20	8:09
43	8	W30 Renee Finkbohm, 34*, Johnston, IA	25:21	8:09
119	12	M50 Mark Hanson, 55, Ankeny, IA	25:22	8:10
120	27	M40 Brian Haag, 43, Urbandale, IA	25:23	8:10
44	9	W30 Jacque Harms, 39*, West Des Moines, IA	25:25	8:11
45	12	W14 Chelsea White, 15*, Windsor Heights, IA	25:26	8:11
46	10	W30 Tami Draper, 38*, Des Moines, IA	25:26	8:11

121	36	M30	Michael Bird, 31, Des Moines, IA	25:29	8:12
47	13	W14	Liz Heuertzt, 17*, Clive, IA	25:30	8:12
48	14	W14	Abigail Olson, 18*, Urbandale, IA	25:31	8:13
49	15	W14	Hannah Wirtzt, 15*, Waukee, IA	25:32	8:13
50	6	W40	Julie Fugenschuh, 45*, Urbandale, IA	25:32	8:13
51	11	W30	Jane Angstman, 37*, Clive, IA	25:36	8:14
122	7	M12	William Admussen, 13, Urbandale, IA	25:37	8:15
123	28	M40	Brian Whalen, 40, Urbandale, IA	25:40	8:16
124	29	M40	Daniel Angstman, 44, Waukee, IA	25:43	8:17
125	19	M19	Logan McCool, 20, Des Moines, IA	25:46	8:18
52	1	W50	Paula Dierenfeld, 53*, Johnston, IA	25:48	8:18
126	20	M19	Jordan Jensen, 28, Urbandale, IA	25:49	8:19
127	8	M12	Logan Wagner, 13, Urbandale, IA	25:51	8:19
53	16	W14	Kelly Woodard, 14*, Van Meter, IA	25:51	8:19
128	37	M30	Jeff Magner, 38, Ankeny, IA	25:52	8:19
54	17	W14	Mackenzie Thacker, 15*, Des Moines, IA	25:53	8:20
55	3	JrW	Jessi Carver, 11*, Urbandale, IA	25:54	8:20
56	12	W30	Tricia Hingst, 38*, West Des Moines, IA	25:54	8:20
129	22	M14	Sami Steinmeyer, 18, Urbandale, IA	25:55	8:20
130	30	M40	Tim Lefler, 42, West Des Moines, IA	25:56	8:21
131	21	M19	Andrew Rasmussen, 19, Ankeny, IA	26:02	8:23
132	31	M40	Kirk Swihart, 40, Johnston, IA	26:04	8:23
57	13	W30	Chandra Bartleman, 31*, Polk City, IA	26:05	8:24
58	18	W14	Larissa Hadley, 16*, Urbandale, IA	26:07	8:24
133	38	M30	Conrad Schmidt, 30, Des Moines, IA	26:10	8:25
134	32	M40	Jerry Zenk, 43, Urbandale, IA	26:13	8:26
135	39	M30	Jon Hobbs, 39, Des Moines, IA	26:15	8:27
59	14	W30	Jana Bakke, 34*, Urbandale, IA	26:16	8:27
136	40	M30	Craig Flanagan, 33, Urbandale, IA	26:17	8:27
137	33	M40	Gregory Dockum, 48, Des Moines, IA	26:17	8:28
138	41	M30	Blair Smith, 38, Des Moines, IA	26:19	8:28
139	42	M30	Dwight Rastetter, 37, Johnston, IA	26:19	8:28
140	22	M19	Chris Truman, 28, New Virginia, IA	26:24	8:30
60	6	W12	Katie Zenk, 12*, Urbandale, IA	26:25	8:30
61	15	W30	Debbie Hunt, 34*, Windsor Heights, IA	26:26	8:30
141	23	M19	Dan Boyce, 27, Urbandale, IA	26:26	8:30
62	13	W19	Jane Gumataotao, 29*, Ankeny, IA	26:27	8:31
63	14	W19	Berenguer, 28*, Des Moines, IA	26:28	8:31
142	13	M50	Larry Zahm, 52, Des Moines, IA	26:28	8:31
64	15	W19	Allison Nordgren, 22*, Urbandale, IA	26:32	8:32
65	19	W14	Emily Linscheid, 15*, Johnston, IA	26:34	8:33
66	7	W40	Nancy Linscheid, 41*, Johnston, IA	26:34	8:33
67	20	W14	Jenise Collier, 16*, Urbandale, IA	26:36	8:33
143			Kurt Schaeffer	26:37	8:34
144	34	M40	Mark Walter, 45, Urbandale, IA	26:42	8:35
145	9	M12	Keoni Gumataotao, 12, Ankeny, IA	26:43	8:36
146	14	M50	Darwin Schmig, 51, Des Moines, IA	26:43	8:36
68	21	W14	Brianne Moylan, 17*, Urbandale, IA	26:44	8:36
147	35	M40	Brian Moylan, 46, Urbandale, IA	26:44	8:36
148	43	M30	Nick Villotti, 33, Urbandale, IA	26:45	8:36
149	36	M40	Charlie Neibergall, 43, Urbandale, IA	26:47	8:37
150	2	JrM	Ian Dean, 9, Johnston, IA	26:49	8:38
69	16	W19	Bethany Schmidt, 27*, Des Moines, IA	26:50	8:38
151	44	M30	Brian Woodley, 37, Urbandale, IA	26:54	8:39
152	45	M30	Thomas Bosch, 39, Urbandale, IA	27:03	8:42
70	17	W19	Aubrey Villotti, 28*, Urbandale, IA	27:09	8:44
71	8	W40	Amy Nichols, 40*, Urbandale, IA	27:09	8:44
153	37	M40	Jerry Cihota, 41, Urbandale, IA	27:15	8:46
72	18	W19	Sarah Leventhal, 22*, Waukee, IA	27:25	8:49
73	19	W19	Julie Kistznmacher, 26*, Urbandale, IA	27:32	8:52
154	3	JrM	Caleb Kistznmacher, 9, Urbandale, IA	27:33	8:52
155	38	M40	Dan Duwelius, 48, Des Moines, IA	27:40	8:54
74	16	W30	Heather Jacobus, 39*, Des Moines, IA	27:41	8:55
156	39	M40	Wayne Ostergaard, 45, Des Moines, IA	27:43	8:55
157	4	JrM	Luke Engblom, 10, Grimes, IA	27:47	8:56

75	9	W40 Catherine Engblom, 45*, Grimes, IA	27:47	8:57
158	40	M40 Nels Engblom, 45, Grimes, IA	27:48	8:57
159	15	M50 Jay Skinner, 54, Middleton, WI	27:48	8:57
76	17	W30 Mary Jackovin, 36*, Urbandale, IA	27:49	8:57
160	46	M30 Nate Haggard, 30, Urbandale, IA	27:49	8:57
161	5	JrM Sam Amadeo, 11, Des Moines, IA	27:55	8:59
162	41	M40 Gerald Amadeo, 42, Des Moines, IA	27:56	8:59
Pace: 5:00 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 Top				
77	10	W40 Jackie Cacciatore, 45*, Urbandale, IA	27:58	9:00
163	6	JrM Tyler Miller, 10, Urbandale, IA	28:00	9:01
164	24	M19 Shaun Grindull, 28, Moorhead, MN	28:00	9:01
78	18	W30 Sara Albright, 33*, Des Moines, IA	28:07	9:03
79	19	W30 Jill Miller, 30*, Urbandale, IA	28:08	9:03
80	20	W19 Jenna Pale, 23*, Des Moines, IA	28:10	9:04
81	22	W14 Erin McCool, 18*, Des Moines, IA	28:13	9:05
82	11	W40 Tammy Berenguel, 49*, Des Moines, IA	28:14	9:05
83	23	W14 Gina Haag, 14*, Urbandale, IA	28:15	9:05
84	24	W14 Amber McCool, 16*, Des Moines, IA	28:22	9:08
85	21	W19 Stephanie Davis, 29*, Urbandale, IA	28:25	9:08
165	23	M14 Mike Eppink, 14, Urbandale, IA	28:28	9:10
166	16	M50 Mike Henson, 50, Urbandale, IA	28:29	9:10
86	22	W19 Jasmine Gambrall, 25*, Des Moines, IA	28:31	9:10
167	25	M19 Nick Greb, 26, Windsor Heights, IA	28:31	9:11
87	12	W40 Dixie Palm, 40*, Altoona, IA	28:34	9:11
88	20	W30 Tammy Jones, 37*, Ankeny, IA	28:36	9:12
168	47	M30 Jacob Duncalf, 31, Urbandale, IA	28:38	9:13
169	1	M60 Dean Hough, 67, Clive, IA	28:39	9:13
170	7	JrM Carter Troncin, 8, Urbandale, IA	28:40	9:14
171	48	M30 Mike Pecina, 35, Urbandale, IA	28:41	9:14
172	49	M30 Troy Troncin, 35, Urbandale, IA	28:41	9:14
173	17	M50 Steve Wickard, 56, Duluth, GA	28:42	9:14
174	8	JrM Brady Kluesner, 11, Urbandale, IA	28:42	9:14
89	21	W30 Melissa Junkins, 37*, Clive, IA	28:47	9:16
90	13	W40 Janet Mark, 40*, Urbandale, IA	28:50	9:17
91	25	W14 Rachel Moylan, 15*, Urbandale, IA	28:51	9:17
92	22	W30 Susan Mears, 36*, Urbandale, IA	28:55	9:18
93	7	W12 Sloane Vander Zwaag, 12*, Johnston, IA	29:00	9:20
175	50	M30 Oberbroeckling, 30, Urbandale, IA	29:07	9:22
94	23	W30 Renee Carver, 37*, Urbandale, IA	29:08	9:23
95	14	W40 Lisa Bourne, 43*, Urbandale, IA	29:11	9:23
176	51	M30 Paul Jazmines, 33, Broomfield, CO	29:12	9:24
96	26	W14 Alex Hudson, 18*, Urbandale, IA	29:14	9:24
97	15	W40 Annie Creighton, 41*, Johnston, IA	29:24	9:28
177	42	M40 William Safris, 42, Johnston, IA	29:26	9:28
178	52	M30 Jeff Mitchum, 37, Shakopee, MN	29:27	9:28
179	9	JrM Shane Burgess, 11, Urbandale, IA	29:28	9:29
180	43	M40 Chris Burgess, 40, Urbandale, IA	29:32	9:30
98	16	W40 Megan Pugh, 45*, West Des Moines, IA	29:33	9:31
99	17	W40 Bene' Zehr, 44*, Ankeny, IA	29:35	9:31
181	24	M14 Andrew Selberg, 17, Grimes, IA	29:38	9:32
182	44	M40 Kyle Selberg, 49, Grimes, IA	29:38	9:32
100	23	W19 Stephanie Mahaffey, 28*, Altoona, IA	29:40	9:33
183	45	M40 Chris Bourne, 40, Urbandale, IA	29:41	9:33
184	46	M40 Todd Jacobus, 41, Des Moines, IA	29:42	9:34
101	27	W14 Nikki Gustafson, 17*, Urbandale, IA	29:48	9:35
102	18	W40 Beth Leib, 46*, Urbandale, IA	29:56	9:38
185	47	M40 Steve Bacon, 48, Urbandale, IA	30:05	9:41
186	18	M50 Robert Green, 59, Ankeny, IA	30:06	9:41
187	19	M50 Grag Racette, 57, Urbandale, IA	30:17	9:45
188	2	M60 Tom Olsson, 64, Urbandale, IA	30:17	9:45
103	24	W30 Nonoko Okada, 32*, Charleston, SC	30:22	9:46
104	19	W40 Margaret Long, 45*, Des Moines, IA	30:23	9:47
105	24	W19 Adda Kridler, 29*, Charleston, SC	30:25	9:47
189	53	M30 Ted Redenius, 39, Grimes, IA	30:29	9:48

106	25	W19	Stephanie Riggins, 28*, Windsor Heights, IA	30:29	9:49
107	26	W19	Jessica Aldridge, 27*, Winterset, IA	30:29	9:49
108	28	W14	Brittney Gallt, 17*, Polk City, IA	30:31	9:49
109	29	W14	Kelly Weeden, 18*, Des Moines, IA	30:33	9:50
110	30	W14	Anne Whitty, 17*, Clive, IA	30:36	9:51
111	25	W30	Melissa O'Connor, 34*, Johnston, IA	30:37	9:51
112	27	W19	Elizabeth Albright, 24*, Johnston, IA	30:38	9:51
113	26	W30	Kathleen Kauth, 38*, Urbandale, IA	30:38	9:52
114	28	W19	Jennifer Ogbourne, 26*, Sedalia, MO	30:39	9:52
190	3	M60	Ruben Rullan, 67, Urbandale, IA	30:44	9:53
115	2	W50	Steve Whitty, 57*, Clive, IA	30:44	9:53
191	48	M40	Kent Weeden, 47, Des Moines, IA	30:48	9:55
116	3	W50	Mary Gross, 55*, Des Moines, IA	30:49	9:55
192	54	M30	Matt Lhmke, 37, Des Moines, IA	30:53	9:56
193	10	M12	Spencer Roudabush, 13, North Liberty, IA	30:55	9:57
194	10	JrM	Joshua Hasstedt, 11, Urbandale, IA	30:55	9:57
195	49	M40	Todd Hasstedt, 45, Urbandale, IA	30:56	9:57
117	27	W30	Kim Forrester, 31*, Ankeny, IA	30:57	9:58
196	55	M30	Dan Valencia, 31, Des Moines, IA	30:59	9:58
118	29	W19	Alison Miller, 23*, West Des Moines, IA	31:01	9:59

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197	56	M30	Stephen McGoldrick, 39, West Des Moines, IA	31:05	10:00
198	57	M30	Rob Hill, 36, Urbandale, IA	31:05	10:00
119	20	W40	Carol Hemphill, 43*, Urbandale, IA	31:08	10:01
120	28	W30	Marcy Minger, 32*, Urbandale, IA	31:13	10:03
121			Beth Hudson*, Urbandale, IA	31:15	10:03
122	29	W30	Erika Eckley, 34*, Carlisle, IA	31:23	10:06
199	50	M40	Kenneth Harkin, 42, Urbandale, IA	31:25	10:07
123	30	W30	Melinda Kuennen, 31*, West Des Moines, IA	31:31	10:08
124	31	W30	Jennifer Cunningham, 35*, Urbandale, IA	31:39	10:11
125	32	W30	Kari McLaren, 31*, Urbandale, IA	31:41	10:12
200	20	M50	Craig Ruhde, 58, Johnston, IA	31:41	10:12
126	21	W40	Collett Mithelman, 40*, Johnston, IA	31:42	10:12
201	51	M40	Todd Mithelman, 40, Johnston, IA	31:42	10:12
127	1	W60	Breta Westlund, 68*, Urbandale, IA	31:45	10:13
128	30	W19	Marla King, 27*, Des Moines, IA	31:46	10:13
129	33	W30	Tammy Zeller, 35*, Lake In The Hills, IL	31:46	10:13
130	34	W30	Libby Lhmke, 31*, Des Moines, IA	31:58	10:17
131	4	W50	Christine Hildreth, 56*, Johnston, IA	32:02	10:18
132	5	W50	Karyl Ruhde, 58*, Johnston, IA	32:09	10:21
202	58	M30	Chad Christensen, 39, Des Moines, IA	32:11	10:21
133	31	W14	Jenna Darsee, 15*, Urbandale, IA	32:15	10:23
134	35	W30	Stacy Kluesner, 38*, Urbandale, IA	32:27	10:26
203	52	M40	Bill Courtney, 48, Des Moines, IA	32:33	10:28
204	59	M30	Darren Hartman, 39, Olathe, KS	32:33	10:29
205	53	M40	Fred Sullivan, 45, Jersey City, NJ	32:40	10:31
135	22	W40	Amy Michel, 42*, Urbandale, IA	32:41	10:31
136	23	W40	Lori Slack, 45*, Urbandale, IA	32:43	10:32
137	36	W30	Kari Dressen, 35*, Urbandale, IA	33:14	10:42
138	37	W30	Betsy Kreger, 38*, Clive, IA	33:16	10:42
206	60	M30	Tony Dressen, 37, Urbandale, IA	33:17	10:43
207	61	M30	Scott Kreger, 39, Clive, IA	33:17	10:43
208	25	M14	Colin McDonald, 17, Urbandale, IA	33:30	10:47
139	24	W40	Lynne Paulsen, 44*, Johnston, IA	33:32	10:47
140	38	W30	Julie Applegate, 32*, Urbandale, IA	33:32	10:48
141	39	W30	Nessa Doria, 34*, Urbandale, IA	33:34	10:48
142	40	W30	Dawn Farrell, 34*, Urbandale, IA	33:36	10:49
143			Cecilia Roudabush*, North Liberty, IA	33:47	10:52
144	25	W40	Margo Kromminga, 43*, Johnston, IA	33:48	10:53
209	54	M40	Jim Rasmussen, 49, Ankeny, IA	33:49	10:53
145	32	W14	Hannah Rasmussen, 17*, Ankeny, IA	33:49	10:53
146	26	W40	Noreen Christians, 43*, Urbandale, IA	33:51	10:54

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147	41	W30 Bonnie Christensen, 37*, Des Moines, IA	34:17	11:02
148	31	W19 Cari Cunningham, 28*, Urbandale, IA	34:40	11:09
149	42	W30 Genea Moore, 30*, Ankeny, IA	34:58	11:15
150	2	W60 Char Coon, 62*, Urbandale, IA	35:01	11:16
151	43	W30 Jennifer Eubanks, 36*, Des Moines, IA	35:01	11:16
152	44	W30 Kristen Walker, 34*, Des Moines, IA	35:10	11:19
210	26	M19 Rob Walker, 28, Des Moines, IA	35:12	11:19
153	45	W30 Jan Lovett, 39*	35:15	11:21
154	46	W30 Julie Comes, 39*	35:16	11:21
155	33	W14 Hannah Clarkson, 18*, Johnston, IA	35:17	11:21
211	26	M14 Zach Larimer, 18, Urbandale, IA	35:20	11:22
156	47	W30 Rebecca Welte, 31*, Broomfield, CO	35:25	11:24
157	27	W40 Robin Ripperger, 45*, Urbandale, IA	35:27	11:24
158	28	W40 Julie Engelken, 44*, Des Moines, IA	35:38	11:28
212	21	M50 Clarence Hudson, 58, Urbandale, IA	35:43	11:30
213	4	M60 Tom Buroker, 66, Des Moines, IA	35:45	11:30
214	22	M50 Scott Dennis, 55, Urbandale, IA	35:46	11:31
215	27	M19 Kaeli Helm, 19, Des Moines, IA	36:16	11:40
159	3	W60 Janet Hough, 66*, Clive, IA	36:30	11:45
160	32	W19 Amy Kapustka, 28*, Urbandale, IA	37:13	11:59

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161	29	W40 Asha Shekar, 40*, Johnston, IA	37:32	12:05
162	30	W40 Jody Leventhal, 47*, Waukee, IA	37:39	12:07
163	4	JrW Samantha Storts, 11*, Clive, IA	38:15	12:19
164	48	W30 Jennifer Storts, 39*, Clive, IA	38:16	12:19
216	62	M30 Greg Madden, 35, West Des Moines, IA	38:19	12:20
217	11	JrM Zach Madden, 6, West Des Moines, IA	38:19	12:20

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218	63	M30 Eric Snedeker, 33, Des Moines, IA	41:27	13:20
165	31	W40 Tamra Cullwell, 43*, Highlands Ranch, CO	41:28	13:21
166	49	W30 Florina McNroy, 39*, Jersey City, NJ	42:39	13:43

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167	8	W12 Johnneisha Long, 12*, Des Moines, IA	45:40	14:42
168	32	W40 Johnnetta Long, 41*, Des Moines, IA	45:40	14:42

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169 50 W30 Kathy Ricker, 39*, Des Moines, IA 48:10 15:30

"*" indicates females

11 finishers among Men 11 & Under
 10 finishers among Men 12 - 13
 26 finishers among Men 14 - 18
 27 finishers among Men 19 - 29
 63 finishers among Men 30 - 39
 54 finishers among Men 40 - 49
 22 finishers among Men 50 - 59
 4 finishers among Men 60 & Up
 4 finishers among Women 11 & Under
 8 finishers among Women 12 - 13
 33 finishers among Women 14 - 18
 32 finishers among Women 19 - 29
 50 finishers among Women 30 - 39
 32 finishers among Women 40 - 49
 5 finishers among Women 50 - 59
 3 finishers among Women 60 & Up
 218 male finishers
 169 female finishers
 387 total finishers

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