

# Urbandale Independence Day William Courtney 5 km

Urbandale, IA

July 3, 2010

71 degrees, 68% humidity

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 M14	Conor Wells, 17, Des Moines, IA	16:44	5:23
2	1 M30	Chris Nealy, 30, Des Moines, IA	16:45	5:23
3	1 M19	Andrew Drysdale, 27, Des Moines, IA	17:35	5:39
1	1 W19	Ashley Tousley, 26*, Des Moines, IA	17:39	5:41
4	2 M19	Josh Wandrey, 26, Ankeny, IA	17:56	5:46
2	2 W19	Stephanie Mundt, 19*, Urbandale, IA	18:09	5:50
5	2 M30	kent carlson, 31, Urbandale, IA	18:16	5:52
6	3 M30	Jeremy Haack, 33, Urbandale, IA	18:24	5:55
7	4 M30	Luke Spencer, 39, Des Moines, IA	18:27	5:56
8	3 M19	Shawn Goedken, 25, Urbandale, IA	18:35	5:59
Pace: <a href="#">6:00</a>   <a href="#">7:00</a>   <a href="#">8:00</a>   <a href="#">9:00</a>   <a href="#">10:00</a>   <a href="#">11:00</a>   <a href="#">12:00</a>   <a href="#">13:00</a>   <a href="#">14:00</a>   <a href="#">15:00</a>   <a href="#">Top</a>				
9	5 M30	Shawn Miller, 38, Des Moines, IA	18:38	6:00
10	6 M30	Chad Marchant, 31, Ankeny, IA	18:47	6:03
11	1 M40	Lee Hammerand, 42, Urbandale, IA	18:50	6:04
12	7 M30	John Anthofer, 38, Urbandale, IA	19:03	6:08
13	2 M40	Bill Ford, 45, Polk City, IA	19:08	6:09
14	8 M30	Vic Morales, 36, Johnston, IA	19:18	6:13
15	3 M40	Kevin Cline, 44, Grimes, IA	19:35	6:18
16	4 M40	Doug Eppard, 45, Urbandale, IA	19:45	6:21
17	2 M14	Grant Wierson, 16, Urbandale, IA	19:56	6:25
18	3 M14	Joshua Harry, 14	20:02	6:27
19	4 M19	Timothy Martinez, 22	20:04	6:27
20	4 M14	Lincoln Eppard, 17, Urbandale, IA	20:10	6:29
21	5 M19	Matt Henss, 28	20:14	6:31
22	5 M14	Paul Robidoux, 15, Polk City, IA	20:21	6:33
23	5 M40	Mike Rieks, 42, Urbandale, IA	20:31	6:36
24	6 M40	Steven Pohlmeier, 44, Urbandale, IA	20:35	6:37
25	6 M19	Devin Rodgers, 28, West Des Moines, IA	20:37	6:38
26	1 M50	3stick McBride, 54, Des Moines, IA	20:43	6:40
3	1 W12	Abigail Vaughan, 13*, Des Moines, IA	20:44	6:40
27	2 M50	Rick Cullwell, 51	20:47	6:41
28	7 M40	Brad Ortmeier, 46, Johnston, IA	20:50	6:42
29	9 M30	Chad Halsten, 36, Peyton, CO	20:50	6:42
30	8 M40	Chris Burgess, 42, Urbandale, IA	20:52	6:43
4	1 W14	Bailey Eppard, 15*, Urbandale, IA	20:53	6:43
5	2 W12	Kate Smith, 13*, Ankeny, IA	20:53	6:43
31	10 M30	Steve Houg, 35, West Des Moines, IA	20:56	6:44
32	7 M19	Joseph McGargill, 29, West Des Moines, IA	21:02	6:46
33	9 M40	Jon Stahl, 45, Urbandale, IA	21:10	6:48
6	1 W30	Allison Rhymer, 35*, Des Moines, IA	21:12	6:49
34	10 M40	Jeff Farrell, 46, Urbandale, IA	21:16	6:50
35	6 M14	Adam Logan, 16, Des Moines, IA	21:19	6:52
36	11 M30	Todd Willemsen, 32, Prairie Village, KS	21:20	6:52
37	7 M14	Zack Schornack, 17, Urbandale, IA	21:26	6:54
38	12 M30	Rudi Heinrich, 32, Birmingham, AL	21:28	6:55

39	13	M30	Jon Beeman, 33, Johnston, IA	21:32	6:56
40	11	M40	Murray Rattray, 49, Urbandale, IA	21:33	6:56
41	8	M19	Matt Lano, 28, ChIcago, IL	21:36	6:57
42	1	M12	Grant Graham, 13	21:37	6:57
43	12	M40	Patrick Mattingly, 41, Johnston, IA	21:38	6:58
7	1	W40	Dana Kramer, 48*, Urbandale, IA	21:38	6:58
44	14	M30	Timothy Bartleman, 38, Polk City, IA	21:44	6:59

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8	3	W19	Stephanie Mortenson, 28*, Urbandale, IA	21:46	7:00
45	13	M40	Chis Admussen, 46, Urbandale, IA	21:49	7:01
46	2	M12	Zachary Smith, 12	22:00	7:05
47	15	M30	Joe Lynn, 30, West Des Moines, IA	22:01	7:05
48	9	M19	Clark Johnson, 26, Des Moines, IA	22:03	7:06
9	2	W14	Gabi Wilson, 16*, Urbandale, IA	22:05	7:06
49	10	M19	Jesse Rittenhouse, 29, West Des Moines, IA	22:05	7:06
50	11	M19	Josh Holmes, 25, Washington, IL	22:10	7:08
51	14	M40	Mark Templeman, 42, Parker, CO	22:10	7:08
52	16	M30	Dominick Vilotti, 35, Urbandale, IA	22:13	7:09
10	3	W14	Serena Goetzl, 16*, Urbandale, IA	22:14	7:09
11	4	W14	Katie Nelson, 17*, Osceola, IA	22:16	7:10
53	12	M19	Mike Snowden, 24, mItchellville, IA	22:19	7:11
54	17	M30	Tony Guerra, 38, Ankeny, IA	22:21	7:11
55	18	M30	Michael Guge, 39, West Des Moines, IA	22:21	7:12
56	8	M14	Connor Judd, 17	22:22	7:12
57	19	M30	Jeff Cunningham, 32, Granger, IA	22:23	7:12
58	13	M19	Andy Becker, 26, Johnston, IA	22:27	7:13
59	14	M19	Colby Judd, 23	22:28	7:14
60	3	M12	Sam Amadeo, 13	22:28	7:14
61	15	M19	Matthew Coffey, 20	22:29	7:14
62	3	M50	Paul Brees, 52, Urbandale, IA	22:30	7:14
63	15	M40	Dale Christians, 44, Urbandale, IA	22:31	7:15
64	20	M30	Abe Miller, 33, Des Moines, IA	22:32	7:15
12	4	W19	Esmie Holderman, 25*, Des Moines, IA	22:33	7:15
65	4	M50	Craig Burton, 57, Des Moines, IA	22:37	7:17
66	9	M14	Dylan Dobbins, 14, Urbandale, IA	22:38	7:17
13	5	W14	Sarah Dougherty, 15*, Urbandale, IA	22:40	7:18
14	1	W50	Patty Croonquist, 52*, Fort Dodge, IA	22:43	7:19
67	16	M40	Matthew Gardner, 40, Urbandale, IA	22:44	7:19
68	10	M14	Jake Harry, 16, Clive, IA	22:45	7:19
69	17	M40	Scott Mills, 40, Des Moines, IA	22:47	7:20
15	5	W19	Nicole Wilson, 21*, Urbandale, IA	22:48	7:20
16	6	W19	Michelle Isaacson, 26*, Des Moines, IA	22:51	7:21
70	16	M19	Jake Troja, 28, Urbandale, IA	22:52	7:21
71	17	M19	Doug Van Woert, 27, Urbandale, IA	22:55	7:22
72	18	M40	Mike Conlon, 48, Urbandale, IA	22:56	7:23
73	18	M19	Michael Kaduce, 23, Urbandale, IA	22:57	7:23
74	21	M30	Matthew Ruzek, 30, Rochester, MN	22:57	7:23
17	6	W14	Keeley Smith, 14*	22:58	7:23
75	1	JrM	Cade Friedrichsen, 11, Urbandale, IA	23:07	7:26
18	2	W30	Beth McDonald, 37*, Prole, IA	23:09	7:27
76	11	M14	Jacob Jansen, 14, Johnston, IA	23:13	7:28
77	1	M60	Greg Kline, 62, Urbandale, IA	23:14	7:29
78	5	M50	Greg Young, 54, Clive, IA	23:16	7:29
79	6	M50	Del Laswell, 52	23:21	7:31
19	7	W19	Erin Lano, 28*, ChIcago, IL	23:22	7:31
80	22	M30	Matt Jackson, 33, Des Moines, IA	23:26	7:32
20	2	W40	Becky McIntosh, 46*, Des Moines, IA	23:28	7:33
81	23	M30	Eric Jaskolka, 39, West Des Moines, IA	23:30	7:34
21	3	W30	Stacy Berenguel, 31*, Des Moines, IA	23:31	7:34
82	4	M12	Alex Smith, 12, Urbandale, IA	23:33	7:35
83	19	M19	Gregory Isaacson, 20	23:39	7:36
84	24	M30	John Jackovin, 36, Johnston, IA	23:43	7:38
22	7	W14	Evie Kammeyer, 14*, Urbandale, IA	23:47	7:39
85	5	M12	Sean Conner, 12, West Des Moines, IA	23:52	7:41

86	25	M30	Juan Jaramillo, 34, Pittsburgh, PA	23:53	7:41
87	7	M50	Alan Gross, 56, Des Moines, IA	23:54	7:41
88	6	M12	Henry Pohlmeier, 13, Urbandale, IA	23:57	7:42
89	19	M40	Steve Schweizer, 41, Urbandale, IA	23:58	7:43
90	2	JrM	Trevor Miller, 11, Urbandale, IA	24:05	7:45
91	12	M14	Mike Eppink, 14, Urbandale, IA	24:09	7:46
23	8	W19	Karla Anderson, 23*, Nashville, IN	24:10	7:46
24	8	W14	Alicia Manning, 16*, Urbandale, IA	24:11	7:47
92	20	M19	Matt Van Heuvelen, 25, Urbandale, IA	24:12	7:47
25	4	W30	Marti Jo McBee, 33*, Ankeny, IA	24:13	7:48
93	21	M19	Justin Frerichs, 29	24:17	7:49
94	3	JrM	Lb Chung-Frerichs, 2, ?	24:24	7:51
95	26	M30	Frank Wennerholt, 38, Grimes, IA	24:24	7:51
96	22	M19	Christopher Moorhead, 27, Grimes, IA	24:27	7:52
26	3	W40	Melinda Ellwanger, 44*, Des Moines, IA	24:33	7:54
97	20	M40	Matt Kamp, 41, Clive, IA	24:34	7:54
98	27	M30	Jordan Jensen, 30, Grimes, IA	24:35	7:55
27	9	W19	Esther Lynch, 27*, Arlington, TX	24:38	7:56
28	5	W30	Megan O'Conner, 30*, West Des Moines, IA	24:39	7:56
29	10	W19	Jodi Tessen, 27*, Austin, MN	24:44	7:57
30	4	W40	Tara Brawner, 41*, Clive, IA	24:44	7:58
99	23	M19	Reece Uhlenhopp, 19, Johnston, IA	24:45	7:58
100	21	M40	Jeff Logan, 44, Urbandale, IA	24:45	7:58
31	9	W14	Allie Brees, 18*, Urbandale, IA	24:46	7:58
32	6	W30	Lisa Hardersen, 31*	24:46	7:58
33	5	W40	Julie Martin, 47*, Johnston, IA	24:50	7:59
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101	24	M19	Dan Boyce, 29, Urbandale, IA	24:56	8:01
102	13	M14	Elijah Cherry, 16, West Des Moines, IA	24:58	8:02
34	7	W30	Mary Nelson, 31*, Grimes, IA	25:02	8:03
103	8	M50	Art Millikin, 58, Hedrick, IA	25:03	8:03
104	22	M40	Alex Mamantov, 42, ChIcago, IL	25:07	8:05
105	7	M12	Grant Acoymo, 12, Ankeny, IA	25:08	8:05
35	3	W12	Bethany Swanson, 13*, Des Moines, IA	25:12	8:07
106	25	M19	Josh Engelken, 19, Des Moines, IA	25:13	8:07
107	28	M30	Tony Dressen, 39, Urbandale, IA	25:18	8:08
108	23	M40	Nick Crow, 42, Urbandale, IA	25:22	8:10
109	24	M40	Jeff Sullivan, 44, Bloomfield, MI	25:25	8:11
110	9	M50	David Miller, 58, Urbandale, IA	25:33	8:13
111	29	M30	Robert Szalay, 37, Urbandale, IA	25:35	8:14
112	25	M40	Gerard Amadeo, 44, Des Moines, IA	25:38	8:15
113	26	M40	Mark Walter, 47, Urbandale, IA	25:41	8:16
114	26	M19	Joseph Weisz, 28, Ankeny, IA	25:46	8:17
36	11	W19	Sami Steinmeyer, 19*, Urbandale, IA	25:47	8:18
115	27	M40	Rich Osman, 46, Petanuma, CA	25:50	8:19
116	30	M30	Brian Reser, 30, Urbandale, IA	25:52	8:19
37	10	W14	Jennifer Coffey, 17*, Urbandale, IA	25:54	8:20
38	11	W14	Cassidy Longnecker, 14*, Clive, IA	25:54	8:20
117	27	M19	Ryan Kinne, 24, Kansas City, MO	25:56	8:21
118	31	M30	Bruce Johnson, 34	25:58	8:21
119	32	M30	Lochlan McIntosh, 39, mItchellville, IA	25:59	8:22
39	8	W30	Aubrey Villotti, 30*, Urbandale, IA	26:01	8:22
120	28	M19	Mike Eisentrager, 28, Grimes, IA	26:02	8:23
40	6	W40	Sue Strain, 44*, Urbandale, IA	26:04	8:23
121	28	M40	Douglas Nichol, 40, Des Moines, IA	26:07	8:24
122	14	M14	Logan Barnes, 14, Ankeny, IA	26:12	8:26
123	10	M50	Kevin Hircock, 50, Adel, IA	26:14	8:27
124	33	M30	Aaron Henrichs, 35, Urbandale, IA	26:15	8:27
41	12	W19	Ashley Wahlert, 21*, Urbandale, IA	26:16	8:27
42	13	W19	Melissa McGuire, 29*, Urbandale, IA	26:17	8:27
125	29	M40	John Wahlert, 45, Urbandale, IA	26:17	8:28
126	15	M14	Will Admussen, 15	26:19	8:28
43	7	W40	Cindy Jansen, 45*, Johnston, IA	26:20	8:28
127	29	M19	Andrew Easter, 23	26:22	8:29

44	12	W14	Shelby Costello, 15*, Johnston, IA	26:25	8:30
128	30	M40	Patrick Walter, 49, Urbandale, IA	26:26	8:30
129	4	JrM	Heyden Friedrichsen, 9, Urbandale, IA	26:27	8:31
130	5	JrM	Grant Stotts, 10, Urbandale, IA	26:29	8:31
131	11	M50	John Leonhart, 59, Urbandale, IA	26:30	8:31
132	31	M40	David Vanderlinden, 41, Johnston, IA	26:32	8:32
45	14	W19	Amy Daniels, 23*, Urbandale, IA	26:32	8:32
133	34	M30	Matt Friedrichsen, 35, Urbandale, IA	26:34	8:33
134	30	M19	Dan McGuire, 24	26:36	8:33
46	9	W30	Greta Lange, 33*, Urbandale, IA	26:37	8:34
47	10	W30	Jessica Bair, 31*, Polk City, IA	26:38	8:34
135	12	M50	Kirk Strain, 53, Urbandale, IA	26:39	8:35
136	8	M12	Jerome Richards, 13, Urbandale, IA	26:40	8:35
137	35	M30	Donnie Stratton, 38, Des Moines, IA	26:41	8:35
48	13	W14	Madison Pettit, 14*	26:42	8:36
138	6	JrM	Tyler Vaughan, 9, Des Moines, IA	26:44	8:36
49	14	W14	Kylie Bradley, 15*, Urbandale, IA	26:45	8:36
50	15	W19	Allison Wunsen, 24*, Omaha, NE	26:47	8:37
139	9	M12	Tyler Miller, 12, Urbandale, IA	26:49	8:38
140	13	M50	David McKay, 52, Urbandale, IA	26:50	8:38
141	32	M40	Bill Olson, 45, Urbandale, IA	26:50	8:38
51	11	W30	Mary Jackovin, 38*, Urbandale, IA	26:51	8:38
142	31	M19	Jason Kohles, 28, Urbandale, IA	26:51	8:38
52	16	W19	Brittanie Messiah, 24*, Newman, GA	26:54	8:39
143	33	M40	Ed Acoymo, 45, Ankeny, IA	26:59	8:41
144	14	M50	Gregory Dockum, 50, Urbandale, IA	27:00	8:41
145	10	M12	Matt Hansing, 13	27:03	8:42
53	15	W14	Amber McCool, 18*, Des Moines, IA	27:04	8:42
146	34	M40	Dan Miller, 41, Urbandale, IA	27:09	8:44
54	16	W14	Aimee Thacker, 17*, Des Moines, IA	27:10	8:45
55	17	W14	Hannah Vestal, 16*, Clive, IA	27:10	8:45
56	18	W14	Erin Boggess, 15*, Urbandale, IA	27:11	8:45
57	19	W14	Nicole Benson, 14*, Urbandale, IA	27:19	8:47
58	2	W50	Paula Dierenfeld, 55*, Johnston, IA	27:20	8:48
59	17	W19	Laura Fraczek, 26*, Waukee, IA	27:21	8:48
60	4	W12	Sarah Kromminga, 13*, Johnston, IA	27:23	8:49
61	3	W50	Patsi Green, 53*, Dubuque, IA	27:25	8:49
147	15	M50	Mark Borseth, 55, Johnston, IA	27:26	8:50
148	35	M40	Brad Zann, 48, Urbandale, IA	27:26	8:50
62	12	W30	Steph Swartz, 38*, Windsor Heights, IA	27:27	8:50
149	36	M40	Bill Bormann, 40, Urbandale, IA	27:28	8:50
150	37	M40	mike Smith, 49	27:38	8:53
63	20	W14	Ive Wu, 15*, Johnston, IA	27:39	8:54
151	36	M30	Colin Ferguson, 37, AuStin, TX	27:43	8:55
152	38	M40	Al Kratz, 40, Des Moines, IA	27:47	8:56
153	32	M19	Greg Hutchinson, 24, Rock Springs, WY	27:53	8:58
154	33	M19	Jon Hutchinson, 29	27:54	8:59
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64	18	W19	Adam Sipe, 25*	27:58	9:00
155	39	M40	Pat Calvert, 48, Urbandale, IA	28:04	9:02
65	19	W19	Rebecca Fuson, 25*, Urbandale, IA	28:06	9:03
66	8	W40	Deb Dean, 42*, Johnston, IA	28:07	9:03
156	7	JrM	Scott Conner, 11, West Des Moines, IA	28:08	9:03
157	37	M30	Bryan Voracek, 34	28:09	9:04
158	38	M30	Kevin Carroll, 36, West Des Moines, IA	28:10	9:04
159	2	M60	Dennis Wheeler, 60, Urbandale, IA	28:10	9:04
67	4	W50	Heather Wheeler, 55*, Urbandale, IA	28:11	9:04
160	39	M30	Peter Illian, 37, Urbandale, IA	28:14	9:05
68	9	W40	Tricia Hingst, 40*, West Des Moines, IA	28:15	9:05
161	40	M30	Jacob Duncalf, 33, Urbandale, IA	28:17	9:06
69	13	W30	Melissa O'Connor, 36*, Johnston, IA	28:18	9:06
162	40	M40	Todd Mithelman, 42, Johnston, IA	28:19	9:07
163	34	M19	Michael Hudson, 19, Urbandale, IA	28:21	9:07
70	10	W40	Jane Smith, 44*, Ankeny, IA	28:22	9:08

71	20	W19	Molly Hircock, 24*	28:24	9:08
164	41	M40	Rick Smith, 40, Urbandale, IA	28:29	9:10
72	21	W14	Emily Benson, 16*, Urbandale, IA	28:29	9:10
73	21	W19	Erin Nennig, 27*, West Des Moines, IA	28:32	9:11
74	11	W40	Heather Jacobus, 41*, Des Moines, IA	28:38	9:13
75	22	W19	Kristin Carlson, 23*, Urbandale, IA	28:38	9:13
76	5	W50	Connie Robinson, 59*, Bondurant, IA	28:43	9:14
77	12	W40	Jackie Cacciatore, 47*, Urbandale, IA	28:43	9:14
165	35	M19	alex green, 21	28:44	9:15
166	42	M40	Mathew Cunningham, 41	28:45	9:15
78	23	W19	Renee Ellison, 25*, Urbandale, IA	28:45	9:15
167	43	M40	Daryl Bailey, 40, Bondurant, IA	28:46	9:15
168	16	M50	Mark Hansing, 53, Urbandale, IA	28:48	9:16
79	14	W30	Michelle Illian, 37*, Urbandale, IA	28:50	9:17
80	15	W30	Karen Smith, 34*, Urbandaler, IA	28:51	9:17
81	16	W30	Jennifer Cunningham, 37*, Urbandale, IA	28:53	9:18
169	44	M40	Ted Redenius, 41, Urbandale, IA	28:56	9:18
82	22	W14	Katelyn Carver, 17*, Swisher, IA	28:56	9:19
83	23	W14	Courtney McKinley, 16*, Owensboro, KY	28:57	9:19
170	17	M50	Dale Kinne, 58	28:57	9:19
84	13	W40	Stephanie McFarland, 40*, Urbandale, IA	28:58	9:19
85	17	W30	Christy Sederwall, 30*, Ankeny, IA	28:59	9:20
171	18	M50	Ted Economos, 51, Urbandale, IA	29:00	9:20
172	45	M40	Dennis Judd, 49, Urbandale, IA	29:01	9:20
173	46	M40	Dabuek McCool, 48, Des Moines, IA	29:01	9:20
174	41	M30	Melissa Garton, 34, Urbandale, IA	29:01	9:20
86	24	W19	Ashley Bjurstrom, 19*, Urbandale, IA	29:05	9:21
87	18	W30	Jodi Ness, 39*, Johnston, IA	29:05	9:22
175	47	M40	Jerry Gowey, 49, Urbandale, IA	29:06	9:22
88	14	W40	Tammy Hansen, 40*, Phoenix, AZ	29:08	9:22
89	19	W30	Shawna Weis, 30*, West Des Moines, IA	29:09	9:23
176	42	M30	Adam Weis, 31	29:09	9:23
90	24	W14	Mary Rowley, 18*, Urbandale, IA	29:13	9:24
91	25	W19	Alex Hudson, 20*, Urbandale, IA	29:14	9:24
92	20	W30	Jackie Cannon, 30*, Urbandale, IA	29:16	9:25
93	21	W30	Jennifer Tange, 30*, Urbandale, IA	29:17	9:25
177	48	M40	Kevin Day, 47, Urbandale, IA	29:19	9:26
178	43	M30	John Sederwall, 33, Ankeny, IA	29:28	9:29
179	36	M19	Patrick Boberg, 27, Des Moines, IA	29:29	9:29
94	22	W30	Erin Marcel, 30*	29:31	9:30
180	44	M30	Lindsey Bakker, 34, Urbandale, IA	29:35	9:31
181	49	M40	Steve McGoldrick, 41, West Des Moines, IA	29:36	9:32
95	26	W19	Maggie Larson, 24*, Urbandale, IA	29:39	9:33
96	6	W50	Tammy Berenguel, 50*, Des Moines, IA	29:40	9:33
97	23	W30	Mandy Shepherd, 32*, Urbandale, IA	29:41	9:33
98	27	W19	kelsey staton, 20*	29:43	9:34
182	19	M50	Larry Zahm, 54, Des Moines, IA	29:46	9:35
99	28	W19	Chelsea Hudson, 25*, Urbandale, IA	29:52	9:36
100	29	W19	Erin McCool, 20*, Des Moines, IA	29:52	9:37
183	20	M50	Steve Bergeron, 56, Des Moines, IA	29:53	9:37
184	50	M40	Christopher Runde, 46, West Des Moines, IA	30:01	9:39
101	15	W40	Eileen Boggess, 42*, Urbandale, IA	30:01	9:40
185	45	M30	Jeff Adkins, 38, Altoona, IA	30:02	9:40
102	24	W30	Amy Hensley, 32*, Urbandale, IA	30:02	9:40
186	46	M30	Tanner Hensley, 32, Urbandale, IA	30:03	9:40
187	47	M30	Brian Kirkle, 31, Des Moines, IA	30:04	9:41
103	25	W30	Monanessa Harris, 32*, Des Moines, IA	30:05	9:41
188	51	M40	Randy Jansen, 48, Johnston, IA	30:14	9:44
104	16	W40	Grace Pettit, 48*, Adel, IA	30:19	9:45
105	26	W30	Janet Lose, 36*, Des Moines, IA	30:21	9:46
106	17	W40	Janell Smith, 43*, Urbandale, IA	30:26	9:48
107	27	W30	Nicole Fuqua, 37*	30:28	9:48
108	5	W12	Sandra Kromminga, 13*	30:29	9:48
109	30	W19	Nicole Lynch, 22*, Ankeny, IA	30:32	9:50
110	28	W30	Dawn Farrell, 36*, Urbandale, IA	30:36	9:51

111	18	W40	Annie Creighton, 43*, Des Moines, IA	30:37	9:51
112	29	W30	Bobbi Hutchinson, 33*, Clive, IA	30:38	9:51
113	31	W19	Amber Rude, 25*, Ankeny, IA	30:40	9:52
189	37	M19	Steve Rude, 28, Ankeny, IA	30:40	9:52
190	48	M30	Ross Lincoln, 36	30:42	9:53
191	52	M40	William Safris, 44, Johnston, IA	30:43	9:53
114	32	W19	Megan Drysdale, 26*, Des Moines, IA	30:44	9:53
115	30	W30	Jenny Chung, 30*, Johnston, IA	30:44	9:53
192	3	M60	Jack Inman, 60, Clive, IA	30:45	9:54
116	7	W50	Mary Gross, 57*, Des Moines, IA	30:48	9:55
193	49	M30	Brett Clark, 31, Lenexa, KS	30:52	9:56
194	50	M30	John Hunsicker, 38, Omaha, NE	30:52	9:56
195	21	M50	Larry Tuel, 58, Des Moines, IA	30:53	9:56
196	4	M60	Denzel Busick, 64, Urbandale, IA	30:54	9:56
197	38	M19	Douglas Figan, 25	30:54	9:57
117	19	W40	Beth Hudson, 48*, Urbandale, IA	30:56	9:57
118	25	W14	Elizabeth Benson, 18*, Urbandale, IA	30:59	9:58
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198	22	M50	Bill Courtney, 50, Des Moines, IA	31:05	10:00
199	51	M30	Aaron Siskow, 31, Urbandale, IA	31:07	10:01
119	33	W19	Maria Bergeron, 20*	31:11	10:02
120	20	W40	Margaret Long, 47*, Des Moines, IA	31:12	10:02
121	34	W19	Ashlie Dickinson, 26*	31:12	10:02
200	23	M50	Gary Young, 51	31:13	10:03
122	31	W30	Kim Forrester, 33*, Ankeny, IA	31:14	10:03
201	8	JrM	Seth Thompson, 10, Northfield, MN	31:15	10:03
202	53	M40	Kenneth Harkin, 44, Urbandale, IA	31:16	10:04
203	24	M50	Rick Hall, 57, Urbandale, IA	31:17	10:04
123	32	W30	Jennifer Eubanks, 38*, Des Moines, IA	31:19	10:05
204	52	M30	Jeff Essink, 31, Altoona, IA	31:22	10:06
124	33	W30	Kari Dressen, 37*, Urbandale, IA	31:23	10:06
205	54	M40	Todd Jacobus, 43, Des Moines, IA	31:30	10:08
125	21	W40	Carla Schimelfenig, 49*	31:41	10:12
206	53	M30	John Richards, 38, Urbandale, IA	31:43	10:12
126	34	W30	Sarah O'Brien, 35*, Urbandale, IA	31:44	10:13
127	35	W19	Mary Goodall, 22*, Des Moines, IA	31:45	10:13
128	35	W30	Kathy Battani, 37*, Urbandale, IA	31:48	10:14
207	25	M50	Jim Wilson, 57, Urbandale, IA	31:48	10:14
129	6	W12	Chelsea Beno, 13*	31:52	10:15
208	26	M50	Clarence Hudson, 59, Urbandale, IA	32:02	10:18
130	36	W30	Jessica Brase, 36*, Des Moines, IA	32:02	10:19
131	36	W19	Megan Schultz, 26*, Des Moines, IA	32:04	10:19
209	54	M30	Jeff Grams, 37, Ankeny, IA	32:08	10:20
132	37	W30	Kate Thompson, 33*, Jenks, OK	32:09	10:21
133	37	W19	Hollie Buchholz, 24*, Urbandale, IA	32:12	10:22
134	1	W60	Breta Westlund, 70*, Urbandale, IA	32:15	10:23
135	22	W40	Noreen Christians, 45*, Urbandale, IA	32:16	10:23
136	38	W30	Jen Morgan, 39*, Urbandale, IA	32:16	10:23
137	39	W30	michelle ternes, 30*, Urbandale, IA	32:18	10:23
138	23	W40	Margaret Berry, 40*, San Francisco, CA	32:22	10:25
210	5	M60	John Beamer, 70, Des Moines, IA	32:30	10:27
211	6	M60	robert green, 61, Ankeny, IA	32:30	10:28
139	40	W30	Prohos Buttrey, 35*, Johnston, IA	32:33	10:28
212	7	M60	neil olson, 60, boone, IA	32:55	10:36
140	38	W19	Kelsey Pedersen, 20*, Urbandale, IA	33:03	10:38
141	39	W19	Courtney Sipe, 24*, Urbandale, IA	33:04	10:38
213	39	M19	Robert Schlutz, 27, Ankeny, IA	33:05	10:39
142	40	W19	Roxanne Richardson, 25*, Urbandale, IA	33:05	10:39
214	55	M30	Paul Jazmines, 35, Bloomfield, CO	33:09	10:40
143	8	W50	Janet Hircock, 50*	33:13	10:41
215	27	M50	Greg Racette, 59, Urbandale, IA	33:15	10:42
144	41	W30	Monica Fitzgerald, 33*, Urbandale, IA	33:16	10:42
145	42	W30	Allison Petersen, 33*, Des Moines, IA	33:16	10:42
146	43	W30	Amy Quigley, 36*, Urbandale, IA	33:17	10:43

147	7	W12	Haddey Osman, 12*, Petaluna, CA	33:26	10:46
148	9	W50	Christine Keller, 56*, Dallas Center, IA	33:27	10:46
149	26	W14	Hailey Garton, 15*, Urbandale, IA	33:27	10:46
150	10	W50	Karyl Ruhde, 59*, Urbandale, IA	33:30	10:47
151	44	W30	Jill Miller, 32*, Urbandale, IA	33:30	10:47
216	40	M19	Lou Goodall, 24	33:33	10:48
217	16	M14	Brock Bailey, 16, Bondurant, IA	33:41	10:50
152	45	W30	Andrea James, 35*, Waukee, IA	33:42	10:51
153	24	W40	Nancy Osman, 44*, Petanuma, CA	33:50	10:53
154	41	W19	Nicole Mohler, 24*, Ankeny, IA	33:51	10:53
155	42	W19	Peggy Goodall, 22*, West Des Moines, IA	33:53	10:54
156	46	W30	Brandi Voracek, 30*, Faribault, MN	34:00	10:56

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157	47	W30	Alysia Pelch, 35*, Des Moines, IA	34:10	11:00
218	9	JrM	Jackson Mears, 8, Urbandale, IA	34:15	11:01
158	48	W30	Sue Mears, 38*, Urbandale, IA	34:19	11:03
159	25	W40	Cheryl Woodward, 44*, Urbandale, IA	34:20	11:03
160	49	W30	Rebecca Peel, 31*, Chaska, MN	34:21	11:03
161	26	W40	Susan Plank, 44*, Urbandale, IA	34:25	11:05
219	28	M50	Thomas Hundemer, 55, Shreveport, LA	34:27	11:05
162	50	W30	Dawn Posey, 30*, Pittsburgh, PA	34:27	11:05
220	56	M30	Christopher Smith, 30, mOntreal, QC	34:27	11:05
163	11	W50	Alicia Economos, 50*	34:36	11:08
164	27	W40	Cheri Judd, 49*	34:36	11:08
165	28	W40	Caron Osberg, 44*, Urbandale, IA	34:38	11:09
166	12	W50	suzanne hoffman, 53*, Clive, IA	34:39	11:09
167	29	W40	Marci Bailey, 40*, Bondurant, IA	34:45	11:11
221	10	JrM	Griffin Rhode, 8, Urbandale, IA	34:50	11:12
222	55	M40	Michael Rhode, 41, Urbandale, IA	34:50	11:13
168	43	W19	Katie Petrak, 23*, Windsor Heights, IA	35:03	11:17
169	13	W50	Debbi Cornell, 50*, Urbandale, IA	35:06	11:18
223	11	JrM	Michael Cochran, 8, Urbandale, IA	35:08	11:18
170	44	W19	Katie Lindgren, 20*, Urbandale, IA	35:08	11:18
171	30	W40	Cheryl Modlin, 40*, Johnston, IA	35:15	11:21
172	14	W50	Jeri Messenger, 51*, West Des Moines, IA	35:16	11:21
173	51	W30	Christy Olson, 39*, Martensdale, IA	35:18	11:21
174	31	W40	Julie Russell, 40*, Ankeny, IA	35:23	11:23
224	56	M40	Chris James, 44, West Des Moines, IA	35:24	11:23
175	45	W19	Holly Kleinmeyer, 29*, Johnston, IA	35:25	11:24
225	57	M30	Ryan Thompson, 33	35:49	11:31
176	52	W30	Kati Anderson, 39*, Urbandale, IA	36:00	11:35
177	32	W40	Daila Floyd, 44*, West Des Moines, IA	36:13	11:39
178	33	W40	Tamra Cullwell, 45*, Highlands Ranch, CO	36:14	11:40
179	34	W40	Merredyth Beno, 45*, Eldridge, IA	36:20	11:41
226	12	JrM	Jake Cochran, 8, Urbandale, IA	36:29	11:44
180	35	W40	Cheryl Cochran, 43*, Urbandale, IA	36:29	11:45
227	41	M19	Chase McCool, 24, Des Moines, IA	36:36	11:47
181	36	W40	Margo Kromminga, 45*	36:47	11:50
228	13	JrM	Kyle Kopf, 10	36:51	11:52
182	53	W30	Bonnie Christensen, 39*, Des Moines, IA	36:54	11:52
183	46	W19	Amy Boyce, 29*	37:03	11:56
184	37	W40	Shelly Brotherton, 41*, Ankeny, IA	37:04	11:56
185	47	W19	Erin Sudbrock, 27*, Norwalk, IA	37:09	11:57

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186	54	W30	Alicia Adkins, 37*, Altoona, IA	37:22	12:01
187	48	W19	Candi Ladwig, 29*, Urbandale, IA	37:22	12:02
188	15	W50	Carmel Harrell, 54*	37:23	12:02
189	55	W30	kathryn fehring, 34*, Des Moines, IA	37:53	12:11
190	38	W40	Deb Linsley, 46*, Knoxville, IA	37:55	12:12
191	56	W30	Janet Carrigan, 37*, Urbandale, IA	37:56	12:13
192	2	W60	Shirley Sprague, 69*	38:00	12:14
229	58	M30	Tom Malloy, 30, Urbandale, IA	38:01	12:14
193	57	W30	Elizabeth Burton, 35*, Jacksonville, FL	38:05	12:15

194	58	W30	Leigh Anne Larson, 34*	38:08	12:16
230	59	M30	Chris Larson, 34, West Des Moines, IA	38:09	12:17
231	42	M19	Matthew McVey, 26, West Des Moines, IA	38:09	12:17
195	59	W30	Rebecca Jazmines, 33*, Bloomfield, CO	38:18	12:20
232	60	M30	Tim Halling, 32	38:19	12:20
233	61	M30	Erik Halling, 36, Port Washington, WI	38:20	12:20
196	16	W50	Marlena Bandurski, 57*, Des Moines, IA	38:25	12:22
197	39	W40	Shelly Anderson, 43*, Des Moines, IA	38:26	12:22
198	60	W30	Jodi Gibson, 35*, Ankeny, IA	38:46	12:29
199	61	W30	Mandi Mayland, 30*, Ames, IA	38:47	12:29
234	8	M60	Bill Halling, 63, Clive, IA	38:48	12:29
235	43	M19	Jared Jablonski, 28, Ankeny, IA	39:02	12:34
200	17	W50	Lisa Lovett, 58*, Des Moines, IA	39:08	12:36
236	9	M60	Michael Kent, 65, Des Moines, IA	39:09	12:36
201	40	W40	Julie Comes, 42*, Des Moines, IA	39:10	12:36
237	10	M60	Tom Buroker, 68, Des Moines, IA	39:11	12:36
238	29	M50	Scott Dennis, 57, Urbandale, IA	39:33	12:44
202	41	W40	Deb Stolze, 44*, Urbandale, IA	39:33	12:44

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239	57	M40	Dan Stolze, 46, Urbandale, IA	40:33	13:03
203	62	W30	Renee Batts, 37*, Ankeny, IA	40:34	13:03
204	63	W30	Amy Flatness, 31*, West Des Moines, IA	40:52	13:09
205	49	W19	Sara Jablonski, 28*, Ankeny, IA	40:53	13:09
206	42	W40	Vilma Bergstrom, 46*, Urbandale, IA	40:55	13:10
207	50	W19	Kristen Roller, 28*, San Antonio, TX	40:58	13:11
208	64	W30	Marianne Hasselberg, 33*, PrInceton, MN	41:06	13:14
209	51	W19	Joanna Rice, 25*, Ankeny, IA	41:10	13:15
210	43	W40	Rhonda Enserro, 40*, West Des Moines, IA	41:41	13:25
240	11	M60	John Sullivan, 71, Urbandale, IA	42:35	13:42

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211	65	W30	Jen Fine-Pederson, 35*, Johnston, IA	43:55	14:08
212	44	W40	Reha Krista, 45*, Des Moines, IA	44:03	14:10
213	18	W50	Pamela Eby, 52*, Des Moines, IA	46:14	14:53
214	66	W30	Sarah Halling, 34*, Port Washington, WI	46:34	14:59

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215	67	W30	Pam Goehring, 33*	47:48	15:23
216	45	W40	Terri Good, 40*	47:50	15:24
217	68	W30	Jodi Nuss, 39*, Urbandale, IA	48:09	15:30
241	62	M30	Boomer Peel, 36	48:10	15:30
218	46	W40	Anne James, 43*		0
219	3	W60	Charlotte Hurley, 63*, Urbandale, IA		0
220	47	W40	Michele Templeman, 43*, Parker, CO		0
221	1	JrW	Samantha Altman, 11*, Johnston, IA		0
222	48	W40	Ann Altman, 46*, Johnston, IA		0

\* indicates females

13 finishers among Men Under 12  
 10 finishers among Men 12 - 13  
 16 finishers among Men 14 - 18  
 43 finishers among Men 19 - 29  
 62 finishers among Men 30 - 39  
 57 finishers among Men 40 - 49  
 29 finishers among Men 50 - 59  
 11 finishers among Men 60 & Up  
 1 finishers among Women Under 12  
 7 finishers among Women 12 - 13  
 26 finishers among Women 14 - 18  
 51 finishers among Women 19 - 29  
 68 finishers among Women 30 - 39  
 48 finishers among Women 40 - 49  
 18 finishers among Women 50 - 59  
 3 finishers among Women 60 & Up  
 241 male finishers

222 female finishers  
463 total finishers

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