

Urbandale Independence Day William Courtney 5 km

Urbandale, IA

July 4, 2011

71 degrees, 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	Alex Libin, 20, Clive, IA	17:22	5:35
2	1 M30	Jon Rathje, 33, Ankeny, IA	17:37	5:40
3	2 M19	Ben Schornack, 21, Urbandale, IA	17:57	5:46
4	1 M14	Drew Prescott, 18, Urbandale, IA	18:26	5:56
5	3 M19	Matt Henss, 29, Iowa City, IA	18:29	5:57
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				
6	2 M14	Taylor Burkhead, 17, Urbandale, IA	18:37	6:00
7	3 M14	Nr Snyder, 16, Altoona, IA	18:40	6:00
8	4 M19	Shawn Goedken, 26, Urbandale, IA	18:52	6:04
9	2 M30	Matthew McDermott, 33, West Des Moines, IA	19:05	6:09
10	4 M14	Sean Skillern, 17, Shenandoah, IA	19:12	6:11
1	1 W19	Ellen Ries, 24*, West Des Moines, IA	19:13	6:11
11	5 M19	Jacob Johnson, 26, West Des Moines, IA	19:20	6:13
12	5 M14	Ryan Miller, 17, Urbandale, IA	19:24	6:15
13	6 M14	Conner Westlake, 15, Johnston, IA	19:25	6:15
2	1 W30	Kristy Feldman, 31*, West Des Moines, IA	19:28	6:16
14	1 M40	Jason Wentworth, 40, Urbandale, IA	19:30	6:16
15	7 M14	Paul Robidoux, 16, Polk City, IA	19:38	6:19
16	3 M30	Jon Lindamin, 34, Windsor Heights, IA	19:41	6:20
17	2 M40	Kyle Weuve, 45, Urbandale, IA	19:48	6:22
18	8 M14	Joshua Harry, 15, Clive, IA	19:52	6:24
19	9 M14	Sam amadeo, 14, Des Moines, IA	19:55	6:24
20	10 M14	Alec Crane, 15, Urbandale, IA	20:00	6:26
21	11 M14	Jack Catus, 14, Grimes, IA	20:00	6:26
22	4 M30	Tag Noel, 35	20:01	6:26
23	3 M40	Kevin Cline, 45, Grimes, IA	20:02	6:27
24	1 M50	Paul Guarcia, 51, Marion, IA	20:16	6:31
3	1 W14	Maddie Kleve, 17*, Urbandale, IA	20:24	6:34
25	6 M19	Justin Bond, 21, Des Moines, IA	20:29	6:35
26	12 M14	Omar Abdisalan, 14, Des Moines, IA	20:35	6:37
4	2 W14	Kate Smith, 14*, Ankeny, IA	20:36	6:38
27	1 M12	Zachary Smith, 13, Urbandale, IA	20:40	6:39
5	2 W19	Stephanie Mortenson, 29*, Urbandale, IA	20:44	6:40
28	2 M50	3sticks McBride, 55, Des Moines, IA	20:48	6:42
29	13 M14	quinn lafrentz, 15, Urbandale, IA	20:50	6:42
6	3 W19	Rachel Hawks-Lester, 24*, West Des Moines, IA	20:52	6:43
30	7 M19	Garrett Jeffries, 23, Omaha, NE	20:54	6:44
31	14 M14	Logan Barnes, 15, Ankeny, IA	20:56	6:44
32	2 M12	Erik Miller, 13, Urbandale, IA	20:59	6:45
33	8 M19	Matt Laho, 29, Chicago, IL	21:05	6:47
7	3 W14	Kenzie Foldes, 15*, Johnston, IA	21:17	6:51
34	4 M40	Jeff Farrell, 47, Urbandale, IA	21:24	6:53
8	2 W30	Carrie Van Quathem, 39*, Urbandale, IA	21:27	6:54
9	4 W14	Gabi Wilson, 17*, Clive, IA	21:28	6:54

35 15 M14 Michael Eppink, 15, Urbandale, IA 21:41 6:58
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36	5	M30	Mike Penningroth, 39, Urbandale, IA	21:47	7:00
37	3	M12	Alex Smith, 13, Urbandale, IA	21:54	7:03
38	6	M30	John Jackovin, 37, Johnston, IA	22:01	7:05
39	5	M40	Chris Admussen, 47, Urbandale, IA	22:02	7:05
40	6	M40	Simon Ertz, 41, Greensboro, NC	22:03	7:06
41	7	M30	Matt Jackson, 34, Des Moines, IA	22:05	7:06
42	3	M50	Rick Cullwell, 52, Highlands Rch, CO	22:08	7:07
10	5	W14	Serena Goetzl, 17*, Urbandale, IA	22:14	7:09
11	4	W19	Nicole Wilson, 22*, Des Moines, IA	22:15	7:10
43	7	M40	Brian Brunk, 42, Des Moines, IA	22:16	7:10
12	6	W14	Alyssa Eaves, 18*, Johnston, IA	22:17	7:10
44	8	M30	Matthew Cole, 38, Urbandale, IA	22:18	7:10
45	9	M19	Colin Judd, 21, Urbandale, IA	22:19	7:11
46	4	M50	Del Lasswell, 54, Urbandale, IA	22:20	7:11
47	10	M19	Chris Harken, 28, Ankeny, IA	22:24	7:12
48	5	M50	Keith Gutschenritter, 52, Wdm, IA	22:36	7:16
49	16	M14	Bryce Hingst, 14, West Des Moines, IA	22:47	7:20
50	6	M50	Craig Burton, 58, Des Moines, IA	22:50	7:21
51	8	M40	Erik Swee, 45, Urbandale, IA	22:51	7:21
13	1	W40	Tami Prescott, 44*, Urbandale, IA	22:52	7:22
52	11	M19	Jon Aldrich, 25, Altoona, IA	22:53	7:22
14	3	W30	Allison Johnson, 36*, Des Moines, IA	22:57	7:23
53	9	M40	scott greenwood, 43, Des Moines, IA	22:59	7:24
54	4	M12	Grant Acoymo, 13, Ankeny, IA	23:05	7:26
55	9	M30	Jon Pena, 38, Grimes, IA	23:05	7:26
56	10	M30	Clint Pudenz, 30, Urbandale, IA	23:06	7:26
57	10	M40	Matthew Gardner, 41, Urbandale, IA	23:06	7:26
58	17	M14	Dylan Dobbins, 15, Urbandale, IA	23:08	7:27
59	12	M19	Michael Kadure, 24, Urbandale, IA	23:12	7:28
60	11	M30	Gabrial Lohf, 35, Urbandale, IA	23:18	7:30
61	12	M30	Scott Ford, 34, Clive, IA	23:21	7:31
15	2	W40	Robin Riggins, 44*, Urbandale, IA	23:22	7:31
16	7	W14	Evie Kammeyer, 15*, Urbandale, IA	23:23	7:31
62	5	M12	Michael Van Riessen, 12, Urbandale, IA	23:23	7:32
63	13	M30	Brian Reser, 31, Urbandale, IA	23:24	7:32
64	14	M30	Juan Jaramillo, 35, Pittsburg, PA	23:24	7:32
65	11	M40	Lou Yacinich, 48, Urbandale, IA	23:25	7:32
17	8	W14	Elyse Prescott, 14*, Urbandale, IA	23:27	7:33
66	7	M50	Greg Young, 55, Clive, IA	23:28	7:33
67	15	M30	Todd Kutemeier, 39, bourbonnais, IL	23:39	7:36
68	6	M12	Skyler Riesberg, 13, Grimes, IA	23:39	7:37
69	12	M40	Mark Youngers, 43, Urbandale, IA	23:40	7:37
70	16	M30	Shane Gray, 31, Urbandale, IA	23:42	7:37
18	4	W30	Beth McDonald, 38*, Prole, IA	23:45	7:38
71	17	M30	John McDonald, 33, Des Moines, IA	23:48	7:40
19	9	W14	Hannah Vestal, 17*, Clive, IA	23:51	7:40
72	13	M19	Miguelandres Guerra, 27, Ames, IA	23:58	7:43
73	18	M30	Aaron Henrichs, 36, Urbandale, IA	24:03	7:44
74	18	M14	Jacob Jansen, 15, Johnston, IA	24:04	7:44
75	7	M12	Andrew Warner, 12, Flower Mound, TX	24:06	7:45
20	10	W14	Sandra Kromminga, 14*, Johnston, IA	24:08	7:46
21	11	W14	Abby Manderfield, 14*, Urbandale, IA	24:09	7:46
76	13	M40	Patrick Mattingly, 42, Johnston, IA	24:11	7:47
77	8	M50	Rick Moore, 50, Shorewood, MN	24:12	7:47
22	5	W30	Ellen Chamberlain, 30*, Tucson, AZ	24:14	7:48
23	5	W19	Danielle Levitt, 25*, Wdm, IA	24:18	7:49
24	6	W19	Jodi Tessen, 28*, Rockford, IL	24:19	7:50
78	8	M12	Trevor Miller, 12, Urbandale, IA	24:22	7:50
79	1	M60	Greg Kline, 63, Urbandale, IA	24:23	7:51
25	7	W19	Heather Hartley, 19*, Urbandale, IA	24:37	7:55
80	9	M50	David Moore, 53, Pella, IA	24:43	7:57

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81	19	M30	Chris Bump, 35, Urbandale, IA	24:53	8:00
26	8	W19	Andrea Brunk, 29*, Des Moines, IA	24:55	8:01
82	10	M50	Alan Gross, 57, Des Moines, IA	24:56	8:01
83	20	M30	Neil Dempsey, 33, Fort Worth, TX	24:58	8:02
84	21	M30	David Quirino, 38, Urbandale, IA	24:59	8:02
27	12	W14	Kylie Bradley, 16*, Urbandale, IA	25:00	8:03
85	11	M50	Dale Hendrickson, 57, Cedar Falls, IA	25:00	8:03
86	14	M40	Brian Vance, 41, Des Moines, IA	25:02	8:03
28	9	W19	Allie Brees, 19*, Urbandale, IA	25:03	8:04
87	14	M19	Reece Uhlenhopp, 20, Johnston, IA	25:04	8:04
29	10	W19	Nicole Aldrich, 24*, Altoona, IA	25:05	8:04
88	12	M50	Paul Brees, 53, Urbandale, IA	25:05	8:04
89	15	M40	Gary Thompson, 47, Urbandale, IA	25:06	8:05
90	16	M40	Paul Storbeck, 42, Clive, IA	25:11	8:06
91	15	M19	John Meyer Jr, 28, West Des Moines, IA	25:12	8:07
30	11	W19	Ali Meyer, 21*, West Des Moines, IA	25:13	8:07
92	16	M19	Braddon Dennison, 29, bErea, OH	25:14	8:07
93	22	M30	Bruce Johnson, 35, Des Moines, IA	25:16	8:08
94	2	M60	John Leonhart, 60, Urbandale, IA	25:18	8:08
95	17	M40	Mark Harrahan, 42, Urbandale, IA	25:22	8:10
96	17	M19	Jose Pantoja, 29, Ames, IA	25:23	8:10
31	13	W14	Ellen Bennett, 14*, Ankeny, IA	25:27	8:11
32	14	W14	Jennifer Coffey, 18*, Urbandale, IA	25:32	8:13
97	18	M19	Matthew Coffey, 21, Urbandale, IA	25:33	8:13
33	3	W40	Melanie Doubrava, 43*, Johnston, IA	25:36	8:14
34	12	W19	Hayley Nixon, 28*, Urbandale, IA	25:39	8:15
98	23	M30	Jon Hardersen, 34, Urbandale, IA	25:40	8:16
99	18	M40	Tom Catus, 48, Grimes, IA	25:41	8:16
35	6	W30	Mary Decarlo, 32*, Grimes, IA	25:44	8:17
100	19	M19	Chris Rohde, 23, West Des Moines, IA	25:45	8:17
36	13	W19	Anna Bernard, 21*, Urbandale, IA	25:46	8:17
101	13	M50	Kirk Strain, 54, Urbandale, IA	25:47	8:18
102	19	M14	Tanner Thompson, 15, Grimes, IA	25:48	8:18
37	15	W14	Sarah Kromminga, 14*, Johnston, IA	25:53	8:20
103	19	M40	Brad Blackman, 40, Urbandale, IA	25:54	8:20
38	16	W14	Katelyn Melcher, 14*, Ankeny, IA	25:55	8:20
104	20	M40	Gerard Amadeo, 45, Des Moines, IA	25:56	8:21
105	24	M30	Robert Szalay, 38, Urbandale, IA	25:57	8:21
106	20	M14	Eric Moore, 18, Pella, IA	26:01	8:22
107	21	M14	Paul Robidoux, 16, Polk City, IA	26:03	8:23
39	4	W40	Cindy Jansen, 46*, Johnston, IA	26:08	8:24
40	5	W40	Maria Wadle, 42*, Peru, IA	26:09	8:25
108	14	M50	Dan Keller, 57	26:10	8:25
41	7	W30	Rachel Hoger, 36*, Johnston, IA	26:11	8:26
109	15	M50	John Meyer, 55, West Des Moines, IA	26:12	8:26
110	20	M19	Mark Weller, 27, Omaha, NE	26:13	8:26
42	17	W14	Rebecca Moore, 14*, Shorewood, MN	26:17	8:27
43	8	W30	Mary Jackovin, 39*, Urbandale, IA	26:18	8:28
111	3	M60	Carl Voss, 62, Des Moines, IA	26:20	8:28
112	22	M14	Dillon Hansen, 16, Des Moines, IA	26:23	8:29
44	6	W40	Annette Mosier, 42*, Urbandale, IA	26:24	8:30
113	21	M40	Michael Mosier, 42, Urbandale, IA	26:25	8:30
45	9	W30	Bridie Sellers, 31*, Johnston, IA	26:25	8:30
114	21	M19	Mark Creveling, 23, Rochester, MN	26:26	8:30
115	23	M14	Jerry Richards, 14, Urbandale, IA	26:27	8:31
46	1	W12	Morgan Guaracia, 12*, Marion, IA	26:27	8:31
116	22	M40	Brian Haag, 46, Urbandale, IA	26:34	8:33
117	25	M30	Vincent Ries, 30, Urbandale, IA	26:37	8:34
47	14	W19	Rebecca Fuson, 27*, Urbandale, IA	26:39	8:35
48	7	W40	Christy Gooding, 40*, Urbandale, IA	26:40	8:35
49	8	W40	Liz Skillern, 48*, Shenandoah, IA	26:43	8:36
50	18	W14	Alicia Manning, 17*, Urbandale, IA	26:45	8:37
51	19	W14	sydney Lafrentz, 14*, Urbandale, IA	26:54	8:39
52	20	W14	Jessica Mueller, 14*, Urbandale, IA	26:59	8:41
53	10	W30	Lisa Hardersen, 32*, Urbandale, IA	27:02	8:42

118	23	M40	Joe Cacciatore, 45, Urbandale, IA	27:02	8:42
119	4	M60	Dennis Wheeler, 61, Urbandale, IA	27:03	8:42
120	9	M12	George Reis, 12, Urbandale, IA	27:05	8:43
121	26	M30	Jeff Storey, 38, Dallas Center, IA	27:08	8:44
122	1	JrM	Jackson Mears, 9, Urbandale, IA	27:11	8:45
123	24	M40	Jim Crowley, 41, Urbandale, IA	27:15	8:46
124	22	M19	Andrew Weeks, 21, Urbandale, IA	27:16	8:46
54	9	W40	Kay Kemp, 42*, Urbandale, IA	27:20	8:48
125	27	M30	Aaron Siskow, 32, Urbandale, IA	27:21	8:48
55	1	W60	Connie Robinson, 60*, Bondurant, IA	27:23	8:49
56	10	W40	Sue Strain, 45*, Urbandale, IA	27:25	8:49
57	11	W40	Kathie Reis, 43*, Urbandale, IA	27:26	8:49
58	15	W19	Lisa Morrissey, 22*, Urbandale, IA	27:26	8:50
59	11	W30	Jennifer Cunningham, 38*, Urbandale, IA	27:29	8:51
126	2	JrM	Nick Yeast, 11, Johnston, IA	27:30	8:51
127	28	M30	Ryan Jones, 34, Grimes, IA	27:31	8:51
128	25	M40	Andy Yeast, 42, Johnston, IA	27:32	8:52
60	21	W14	Bethany Swanson, 14*, Des Moines, IA	27:34	8:52
129	26	M40	Wayne Ostegaard, 48, Des Moines, IA	27:35	8:53
130	16	M50	Darwin Schmig, 54, Des Moines, IA	27:37	8:53
61	12	W30	Jennifer Chittenden, 31*, Grimes, IA	27:39	8:54
131	23	M19	Patrick Dipple, 27, Muscatine, IA	27:42	8:55
132	17	M50	Michael Smith, 50, Urbandale, IA	27:47	8:57
133	5	M60	Kazuo Okada, 66, Greensboro, NC	27:49	8:57
62	12	W40	Jenny Storts, 42*, Clive, IA	27:52	8:58
134	24	M14	Jeff Stensgaard, 18, St. Peters, MO	27:54	8:59
63	22	W14	Bailey Stensgaard, 14*, St. Peters, MO	27:54	8:59

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135	27	M40	jeff sullivan, 45, Urbandale, IA	28:01	9:01
64	1	W50	Paula Dierenfeld, 56*, Johnston, IA	28:01	9:01
136	28	M40	Mathew Cunningham, 42, Urbandale, IA	28:05	9:02
65	13	W40	Steph Courtney, 48*, Des Moines, IA	28:07	9:03
66	2	W12	Alicia Lovan, 13*, Des Moines, IA	28:08	9:03
137	29	M40	Bryan Thompson, 41, Grimes, IA	28:09	9:04
67	13	W30	Mandy Shepherd, 33*, Urbandale, IA	28:10	9:04
68	14	W30	Karen Smith, 35*, Urbandale, IA	28:11	9:04
138	29	M30	Ryan Peterson, 35, Johnston, IA	28:11	9:04
139	30	M40	Greg Petersen, 49, Redlands, CA	28:11	9:04
140	31	M40	William Bormann, 41, Urbandale, IA	28:12	9:04
141	32	M40	Tom Clegg, 49, Urbandale, IA	28:16	9:06
69	23	W14	Ashley Wahlert, 18*, Urbandale, IA	28:16	9:06
142	33	M40	John Wahlert, 46, Urbandale, IA	28:17	9:06
143	18	M50	Richard Mason, 50, Urbandale, IA	28:19	9:07
144	34	M40	Rod Klein, 48, AtHens, WV	28:20	9:07
70	24	W14	Jessica Courtney, 17*, Des Moines, IA	28:23	9:08
145	19	M50	Thomas Guillaume, 53, Urbandale, IA	28:29	9:10
71	15	W30	Andrea Patterson, 34*, Clive, IA	28:30	9:10
146	35	M40	Randy Jansen, 49, Johnston, IA	28:31	9:11
72	25	W14	Nicole Benson, 15*, Urbandale, IA	28:31	9:11
73	16	W19	Lorin Hendrickson, 23*, Cedar Falls, IA	28:32	9:11
147	36	M40	Jay Prescott, 48, Urbandale, IA	28:32	9:11
74	16	W30	Melissa White, 33*, Grimes, IA	28:36	9:12
148	37	M40	William Safris, 45, Johnston, IA	28:38	9:13
149	38	M40	Kevin Day, 48, Urbandale, IA	28:46	9:15
150	20	M50	Bill Courtney, 51, Des Moines, IA	28:56	9:19
151	30	M30	Curt Kenoyer, 37, Windsor Heights, IA	28:58	9:19
75	17	W30	Briget Johnson, 33*, Urbandale, IA	28:59	9:20
152	31	M30	Jeremy Johnson, 34, Urbandale, IA	29:00	9:20
153	39	M40	Brad Zaun, 49, Urbandale, IA	29:01	9:20
154	32	M30	Kevin Carroll, 37, West Branch, IA	29:02	9:20
76	14	W40	Tricia Hingst, 41*, West Des Moines, IA	29:03	9:21
77	18	W30	Kristin Vance, 30*, Des Moines, IA	29:04	9:21
78	15	W40	Penny Luthens, 45*, Urbandale, IA	29:07	9:22
79	16	W40	Jan Ferris, 46*, Urbandale, IA	29:07	9:22

155	40 M40	Shawn Plank, 46, Urbandale, IA	29:11	9:24
80	19 W30	Allison Hogenson, 33*, Urbandale, IA	29:21	9:27
156	41 M40	Chris Runde, 47, West Des Moines, IA	29:23	9:27
81	17 W19	Amanda Cleppe, 21*, Des Moines, IA	29:27	9:29
157	25 M14	Issaiah Reyes, 14, Des Moines, IA	29:29	9:29
158	42 M40	fred sullivan, 48, Urbandale, IA	29:36	9:31
82	18 W19	Anna Laurenzo, 22*, Urbandale, IA	29:47	9:35
83	17 W40	Jackie Cacciatore, 48*, Urbandale, IA	29:50	9:36
84	19 W19	Sara Wientzen, 29*, Decorah, IA	29:51	9:36
85	20 W19	Allison Mackay, 19*, Urbandale, IA	29:52	9:37
86	21 W19	Stephanie Kite, 19*, Des Moines, IA	29:52	9:37
159	43 M40	Terry Heitz, 44, Ankeny, IA	29:54	9:37
87	22 W19	Amy Daniels, 24*, Urbandale, IA	29:56	9:38
88	23 W19	Amelia Cross, 19*, Des Moines, IA	29:58	9:39
89	24 W19	Heather Reed, 28*, Grimes, IA	30:02	9:40
160	24 M19	Nick Reed, 27, Grimes, IA	30:03	9:40
161	25 M19	Jason Ostegaard, 23, Des Moines, IA	30:03	9:40
90	20 W30	Mollie Jorgensen, 31*, Urbandale, IA	30:07	9:41
91	2 W50	Cheri Judd, 50*, Urbandale, IA	30:07	9:42
162	21 M50	Dennis Judd, 50, Urbandale, IA	30:08	9:42
92	25 W19	Kellie Reyes, 29*, Des Moines, IA	30:09	9:42
93	21 W30	Roxanne Riesberg, 34*, Grimes, IA	30:09	9:42
94	18 W40	Anne Creighton, 44*, Des Moines, IA	30:12	9:43
95	19 W40	Amy Gates, 41*, Urbandale, IA	30:13	9:43
96	20 W40	Melody Gibson, 42*, West Des Moines, IA	30:14	9:44
97	21 W40	Kitty Hippler, 40*, Urbandale, IA	30:16	9:44
163	44 M40	Wade Riedinger, 48, Urbandale, IA	30:17	9:45
98	22 W40	Tina Riedinger, 47*, Urbandale, IA	30:18	9:45
99	26 W14	Samantha Storts, 14*, Clive, IA	30:23	9:47
100	22 W30	Emily Moen, 32*, Urbandale, IA	30:24	9:47
164	26 M19	Doug Stone, 28, Des Moines, IA	30:26	9:48
165	45 M40	David Neely, 47, Lawrence,KS	30:27	9:48
166	46 M40	Michael McCoy, 41, Clive, IA	30:27	9:48
167	22 M50	Bill Fellows, 50, Urbandale, IA	30:31	9:49
168	47 M40	Marty Marren, 47, Johnston, IA	30:32	9:50
169	48 M40	Todd Hasstedt, 48, Ankeny, IA	30:33	9:50
170	33 M30	Jason Madden, 35, Ankeny, IA	30:36	9:51
171	49 M40	Brian Stroud, 40, Urbandale, IA	30:37	9:51
101	23 W30	Kari Dressen, 38*, Urbandale, IA	30:38	9:52
172	50 M40	Tony Dressen, 40, Urbandale, IA	30:39	9:52
102	26 W19	Casey Guillaume, 21*, Urbandale, IA	30:44	9:53
103	27 W19	Melanie Rockne, 24*, West Des Moines, IA	30:45	9:54
104	28 W19	Morgan Van Scoy, 22*, Urbandale, IA	30:46	9:54
173	34 M30	Todd Fraaken, 37, Urbandae, IA	30:50	9:55
105	24 W30	Lora Fraaken, 35*, Urbandae, IA	30:50	9:55
106	29 W19	Emily Wieneke, 24*, Clive, IA	30:52	9:56
107	30 W19	Jennifer Ludemann, 23*, Wdm, IA	30:52	9:56
108	25 W30	Mono Harris, 33*, Des Moines, IA	30:55	9:57
109	31 W19	Rose Goodman, 26*, Urbandale, IA	30:56	9:57
110	26 W30	Nicole Penningroth, 38*, Urbandale, IA	30:57	9:58
111	27 W30	Brooke Jacobson, 32*, Urbandale, IA	30:58	9:58
112	32 W19	Jill Elbert, 25*, West Des Moines, IA	31:00	9:59
174	51 M40	David Behrens, 49, Urbandale, IA	31:03	9:59
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113	28 W30	Erin Benis, 32*, Urbandale, IA	31:04	10:00
114	29 W30	Beth McLaren, 30*, Atlantic, IA	31:06	10:00
175	27 M19	Michael Bennion, 23, Des Moines, IA	31:08	10:01
176	28 M19	Matt Vogl, 20, Urbandale, IA	31:11	10:02
115	23 W40	Mary Jo Vogl, 46*, Urbandale, IA	31:12	10:02
177	6 M60	Michael Kent, 65, Des Moines, IA	31:13	10:03
116	30 W30	Sue Mears, 39*, Urbandale, IA	31:17	10:04
178	3 JrM	Griffin Rhode, 9, Urbandale, IA	31:22	10:06
179	52 M40	Michael Rhode, 42, Urbandale, IA	31:23	10:06
117	31 W30	Belle Kenoyer, 35*, Windsor Heights, IA	31:25	10:06

180	4 JrM	Carter Stroud, 11, Urbandale, IA	31:26	10:07
118	3 W50	Luann Ostegaard, 52*, Des Moines, IA	31:31	10:09
119	33 W19	Nicole Wells, 21*, Urbandale, IA	31:35	10:10
120	34 W19	Hannah Clarkson, 21*, Grimes, IA	31:40	10:11
181	5 JrM	Seth Thompson, 11, Northfield, MN	31:50	10:15
121	32 W30	Mindy Cavan, 32*, Urbandale, IA	31:53	10:15
122	33 W30	Erica Arganbright, 32*, Cedar Rapids, IA	32:05	10:19
182	35 M30	Matthew Murley, 31, Colfax, IA	32:08	10:21
123	3 W12	Lexi Villotti, 13*, Urbandale, IA	32:10	10:21
183	36 M30	Dominick Villotti, 36, Urbandale, IA	32:10	10:21
184	23 M50	Brian Hendrickson, 51, Cedar Falls, IA	32:35	10:29
124	4 W12	Katie Cullwell, 12*, Highlands Rch, CO	32:39	10:31
125	34 W30	Holly Kleinmeyer, 30*, Johnston, IA	32:47	10:33
126	4 W50	Carla Schimelfenig, 50*, Nevada, IA	32:51	10:34
127	35 W30	Kelley Schlitz, 30*, West Branch, IA	32:55	10:36
185	24 M50	Richard Hall, 58, Urbandale, IA	32:56	10:36
128	36 W30	Trish Pavelka, 36*, LaGrange, IL	32:57	10:36
129	37 W30	Michelle Oroasco, 36*, LaGrange, IL	32:58	10:37
130	35 W19	Nicole Lynch, 23*, West Des Moines, IA	33:06	10:39
131	36 W19	Amelia Baumgarten, 21*, Urbandale, IA	33:08	10:40
186	25 M50	Russell Herold, 50, Urbandale, IA	33:09	10:40
132	38 W30	Wendi Harris, 35*, Davenport, IA	33:10	10:40
187	7 M60	Greg Racette, 60, Urbandale, IA	33:12	10:41
133	37 W19	Alicia Ronne, 25*, Wdm, IA	33:15	10:42
134	24 W40	Kathy Schramm, 43*, West Des Moines, IA	33:25	10:45
135	39 W30	Melinda Kuennen, 34*, West Des Moines, IA	33:27	10:46
136	40 W30	Lisa Cain, 31*, Urbandale, IA	33:28	10:46
137	41 W30	Allison Petersen, 34*, Des Moines, IA	33:29	10:46
188	8 M60	Clarence Hudson, 61, Urbandale, IA	33:31	10:47
138	2 W60	Breta Westlund, 71*, Urbandale, IA	33:34	10:48
139	3 W60	Avis James, 64*, Urbandale, IA	33:35	10:49
189	6 JrM	Nick Thornton, 11, Ankeny, IA	33:48	10:52
140	38 W19	Nikki Filippelli, 26*, Des Moines, IA	33:55	10:55
141	42 W30	Nonoko Okada, 35*, Greensboro, NC	34:03	10:58
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142	39 W19	Meredith Johnson, 26*, West Des Moines, IA	34:11	11:00
143	25 W40	Mary Ellen Arndorfer, 49*, Flagstaff, AZ	34:15	11:01
190	53 M40	Sean Hickey, 47, Flagstaff, AZ	34:16	11:01
144	26 W40	Becky Weathers, 43*, Grimes, IA	34:17	11:02
145	5 W12	Jessica Gard, 12*, Grimes, IA	34:17	11:02
146	43 W30	Melissa Knutson, 30*, Johnston, IA	34:23	11:04
147	44 W30	Cari Cunningham, 31*, Urbandale, IA	34:23	11:04
191	54 M40	Ej Bender, 44	34:27	11:05
148	40 W19	Nicole Anderson, 26*, Urbandale, IA	34:27	11:05
149	41 W19	Laura Kerr, 19*, Urbandale, IA	34:48	11:12
192	26 M50	Thomas Hondemer, 56, Shreveport, LA	34:53	11:13
150	42 W19	Ellie Walter, 19*, Urbandale, IA	34:53	11:14
193	27 M50	Patrick Walter, 50, Urbandale, IA	34:54	11:14
194	55 M40	Chris James, 45, West Des Moines, IA	35:00	11:16
151	5 W50	Shirlee Hasstedt, 51*, Ankeny, IA	35:03	11:17
195	28 M50	Ricardo Martinez II, 55, Nevada, IA	35:08	11:18
152	43 W19	Alex Wathen, 24*, Gladwine, PA	35:12	11:20
196	9 M60	Ralph Walkling, 61, Gladwine, PA	35:12	11:20
153	27 W40	Rebecca Ingham, 41*, Urbandale, IA	35:16	11:21
154	28 W40	Susan Patterson Plank, 45*, Urbandale, IA	35:16	11:21
197	56 M40	Chad Christensen, 42, Des Moines, IA	35:16	11:21
155	44 W19	Alyssa Griggs, 25*, Titisville, FL	35:20	11:22
198	57 M40	Scott Richards, 49, Urbandale, IA	35:36	11:27
199	29 M50	Mike Henson, 53, Urbandale, IA	35:39	11:28
156	4 W60	Cynthia Fuson, 60*, Urbandale, IA	35:41	11:29
200	7 JrM	Noah Mable, 10, Urbandale, IA	35:58	11:34
201	58 M40	Dave Mable, 46, Urbandale, IA	35:59	11:35
202	8 JrM	David Jess, 9, West Des Moines, IA	36:06	11:37
157	29 W40	Chaney Yeast, 41*, Johnston, IA	36:10	11:38

158	45	W30	Julie Carroll, 37*, West Des Moines, IA	36:11	11:39
203	29	M19	David Lucas-Kamm, 27, Urbandale, IA	36:16	11:40
159	45	W19	Lindsay Lucas-Kamm, 28*, Urbandale, IA	36:16	11:40
160	30	W40	Linin Nadia, 47*, Clive, IA	36:24	11:43
161	1	JrW	Erin Van Quathem, 6*, Urbandale, IA	36:28	11:44
204	59	M40	Alex Van Quathem, 41, Urbandale, IA	36:29	11:44
162	46	W19	Sara Jablonski, 29*, Ankeny, IA	36:33	11:46
205	30	M19	Jared Jablonski, 29, Ankeny, IA	36:34	11:46
163	5	W60	Char Coon, 64*, Urbandale, IA	36:36	11:47
164	46	W30	Jessica Brase, 37*, Des Moines, IA	36:43	11:49
165	6	W12	Lizzie Frett, 12*, Urbandale, IA	36:56	11:53
166	47	W30	Aubrey Villotti, 31*, Urbandale, IA	36:57	11:53
167	31	W40	Lisa Chiodo, 47*, Urbandale, IA	37:07	11:57
168	32	W40	Shelly Anderson, 44*, Des Moines, IA	37:08	11:57
169	47	W19	Johanna Lundy, 28*, Tucson, AZ	37:09	11:57
206	60	M40	Brian Chouinard, 42, Urbandale, IA	37:10	11:58
170	48	W19	Alicia Marie Suschena, 21*, Indianola, IA	37:15	11:59
171	48	W30	Desiree Cedeno Suarez, 38*, Arvada, CO	37:15	11:59

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172	6	W50	Jan Lovettt, 59*, Des Moines, IA	37:28	12:04
173	33	W40	Julie Comes, 46*, Des Moines, IA	37:29	12:04
174	34	W40	Lisa McCoy, 42*, Des Moines, IA	37:30	12:04
207	10	M60	Tom Buroker, 69, Des Moines, IA	37:30	12:04
208	30	M50	Scott Dennis, 58, Urbandale, IA	37:31	12:04
209	37	M30	John Osier, 32, Johnston, IA	37:31	12:04
175	49	W30	Erin Osier, 33*, Johnston, IA	37:32	12:05
176	50	W30	Angie Thornton, 38*, Ankeny, IA	38:02	12:14
177	7	W50	Teresa Walter, 52*, Urbandale, IA	38:14	12:18
210	31	M50	Michael Finan, 56, Johnston, IA	38:19	12:20
178	35	W40	Asha Shekar, 43*, Johnston, IA	38:37	12:26
179	36	W40	Margo Kromminga, 46*, Johnston, IA	38:38	12:26
180	37	W40	Crist Flynn, 40*, Urbandale, IA	38:39	12:26
181	51	W30	Dawn Posey, 31*, Pittsburg, PA	38:48	12:29
182	38	W40	Bonnie Christensen, 40*, Des Moines, IA	39:04	12:34
183	2	JrW	Holly Romick, 10*, Urbandale, IA	39:19	12:39
184	52	W30	Melissa Bremer, 33*, Urbandale, IA	39:21	12:40
185	53	W30	Tami Romick, 36*, Urbandale, IA	39:22	12:40
186	54	W30	Andrea Aylsworth, 33*, Urbandale, IA	39:40	12:46
187	55	W30	Jenny Maguire, 31*, Nevada, IA	40:18	12:58

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188	27	W14	Johnneisha Long, 15*, Des Moines, IA	41:39	13:24
189	39	W40	Margaret Long, 48*, Des Moines, IA	41:53	13:29
190	49	W19	Jene Jess, 28*, West Des Moines, IA	42:07	13:33
191	56	W30	Jonna Warner, 30*, Des Moines, IA	42:09	13:34
211	31	M19	Isaiah Oakley, 22, Des Moines, IA	42:16	13:36
212	26	M14	James Williams, 15, Urbandale, IA	42:17	13:36
192	50	W19	Monigue Oakley, 19*, Des Moines, IA	42:17	13:37
213	32	M19	Matthew McVey, 27, West Des Moines, IA	42:24	13:39
193	40	W40	Jacklyn Chouinard, 45*, Urbandale, IA	42:27	13:40
194	57	W30	Crystal Crowdis, 31*, Urbandale, IA	42:42	13:44
214	38	M30	Justin Crowdis, 30, Urbandale, IA	42:43	13:45
215	11	M60	john sullivan, 72, Urbandale, IA	42:47	13:46
216	61	M40	patrick sullivan, 43, Urbandale, IA	42:48	13:46
195	8	W50	Diane Finan, 56*, Johnston, IA	42:54	13:48
196	58	W30	Shawn Galbraith, 38*, Granger, IA	42:59	13:50

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197	41	W40	Toni Swee, 45*, Urbandale, IA	43:29	14:00
198	9	W50	Laurie Polle, 56*	43:51	14:07
199	59	W30	Rachel Jones, 33*, Urbandale, IA	43:52	14:07
200	42	W40	Tamara Cullwell, 46*, Highlands Rch, CO	44:43	14:23

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201	43	W40	Robyn Swartz, 44*, Waukee, IA	46:38	15:00
202	60	W30	Sara Orr, 35*, Urbandale, IA	49:08	15:49
203	51	W19	Brittanie Messiah, 25*, Urbandale, IA	49:24	15:54
204	44	W40	Lori Waddell, 47*, Urbandale, IA	49:24	15:54

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205	45	W40	Kris Howard, 48*, Urbandale, IA	1:00:19	19:25
206	46	W40	Anne James, 44*, West Des Moines, IA	1:00:20	19:25
207	6	W60	Charlotte Hurley, 64*, Urbandale, IA	1:00:21	19:25
208	10	W50	Vicki Larimer, 51*, Urbandale, IA	1:00:22	19:26

* indicates females

8 finishers among Men Under 12
 9 finishers among Men 12 - 13
 26 finishers among Men 14 - 18
 32 finishers among Men 19 - 29
 38 finishers among Men 30 - 39
 61 finishers among Men 40 - 49
 31 finishers among Men 50 - 59
 11 finishers among Men 60 & Up
 2 finishers among Women Under 12
 6 finishers among Women 12 - 13
 27 finishers among Women 14 - 18
 51 finishers among Women 19 - 29
 60 finishers among Women 30 - 39
 46 finishers among Women 40 - 49
 10 finishers among Women 50 - 59
 6 finishers among Women 60 & Up
 216 male finishers
 208 female finishers
 424 total finishers

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