

Urbandale July 4th - William Courtney Memorial 5 km

Urbandale, IA

July 4, 2013

64 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.

* indicates females

[Kid's Age results](#)

[Kid's Mile times](#)

PLACE	CLASS	FINISHER	TIME	PACE
1	1 M19	Andrew Jackson, 19, Johnston, IA	16:30	5:19
2	1 M30	Robert Duncan, 30, Waukee, IA	16:42	5:22
3	1 M14	Daniel Soto, 16, West Des Moines, IA	16:59	5:28
4	2 M19	Liam Hartley, 19, Iowa City, IA	17:21	5:35
5	3 M19	Brett Rosauer, 22, Urbandale, IA	17:27	5:37
6	2 M30	Peder Skoog, 34, Waukee, IA	17:42	5:42
7	4 M19	Daniel Jensen, 21, Urbandale, IA	17:51	5:45
8	2 M14	Daniel Marcus, 17, West Des Moines, IA	17:54	5:46
9	3 M14	Zachary Smith, 15, Urbandale, IA	18:14	5:52
10	5 M19	Pat Noonan, 24, Brooklyn, NY	18:17	5:53
11	3 M30	Jonathan Estabrook, 39, Ankeny, IA	18:24	5:55
12	6 M19	Matthew Coffey, 23, Marion, IA	18:31	5:57
13	1 M40	Doug Bickford, 40, Grimes, IA	18:35	5:59
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				
14	4 M14	Michael Eppinn, 17, Urbandale, IA	19:00	6:07
15	4 M30	Fernando Flores, 31, Urbandale, IA	19:11	6:10
16	5 M14	Erik Miller, 15, Urbandale, IA	19:14	6:11
1	1 W19	Stephanie Mundt, 22*, Urbandale, IA	19:16	6:12
17	6 M14	Sam Amadeo, 16, Des Moines, IA	19:24	6:14
18	7 M14	Casside Warson, 18, Madrid, IA	19:37	6:19
19	8 M14	Lucas Sinclair, 15, Carlisle, IA	19:37	6:19
20	9 M14	Sean Conner, 15, Naperville, IL	19:38	6:19
21	5 M30	Dan Pinkerton, 37, Des Moines, IA	19:45	6:21
2	1 W30	Stephanie Mortenson, 31*, Windsor Heights, IA	19:54	6:24
22	10 M14	Thomas Bussey, 14, Urbandale, IA	19:59	6:26
23	1 M50	Todd Haugen, 50, Des Moines, IA	20:00	6:26
3	1 W14	Elyse Prescott, 16*, Urbandale, IA	20:01	6:27
24	7 M19	Matthew Jaschen, 27, Johnston, IA	20:02	6:27
4	1 W40	Carrie Van Quathem, 41*, Urbandale, IA	20:03	6:27
25	11 M14	Nick Smith, 17, Des Moines, IA	20:15	6:31
5	2 W19	Serena Goetzl, 19*, Urbandale, IA	20:18	6:32
26	2 M40	Osvaldo Rodriguez, 46, Perry, IA	20:23	6:33
27	6 M30	Matt Lano, 31, Chicago, IL	20:34	6:37
28	8 M19	Sean Noonan, 26, Fort Bragg, NC	20:38	6:38
29	12 M14	James Williams, 17, Urbandale, IA	20:40	6:39
30	13 M14	Skyler Riesberg, 15, Grimes, IA	20:51	6:42
31	14 M14	Quinn Lafrentz, 17, Urbandale, IA	20:54	6:44
32	15 M14	Trevor Miller, 14, Urbandale, IA	20:56	6:44
33	3 M40	Jon Pena, 40, Grimes, IA	21:00	6:45
34	9 M19	Erik Thoompson, 21, Johnston, IA	21:02	6:46
6	2 W14	Trina Moreno, 15*, Urbandale, IA	21:18	6:51
7	2 W30	Beverly Flores, 34*, Urbandale, IA	21:19	6:52
35	16 M14	Tyler Fenton, 17, Urbandale, IA	21:21	6:52
36	7 M30	Brian Reser, 33, Urbandale, IA	21:21	6:52
37	8 M30	Mike Pitzen, 33, Urbandale, IA	21:24	6:53
38	1 M12	Tyler Vaughan, 12, Norwalk, IA	21:28	6:54

39	9	M30	Seth Quam, 30, Urbandale, IA	21:31	6:55
8	2	W40	Kathy Schwelzer, 43*, Urbandale, IA	21:32	6:56
40	10	M30	Rich Miller, 35, West Des Moines, IA	21:33	6:56
41	10	M19	Ryan Miller, 19, Urbandale, IA	21:35	6:57
42	11	M19	Simon Burke, 23, Madrid, IA	21:35	6:57
43	11	M30	Jerad Lally, 35, Des Moines, IA	21:38	6:58
44	4	M40	Bryan Trout, 43, Ankeny, IA	21:41	6:58
45	1	M60	Craig Burton, 60, Des Moines, IA	21:44	6:59
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					
46	2	M12	Austin Knoblauch, 12, Urbandale, IA	21:51	7:02
47	3	M12	Will Ode, 12, Des Moines, IA	21:57	7:04
48	5	M40	Patrick Mattingly, 44, Johnston, IA	22:11	7:08
9	3	W14	Emma Thayer, 16*, Urbandale, IA	22:13	7:09
49	6	M40	Scott Greenwood, 45, Des Moines, IA	22:14	7:09
10	4	W14	Sara Ness, 14*, Johnston, IA	22:15	7:09
11	5	W14	Sarah Kromminga, 16*, Johnston, IA	22:18	7:11
50	12	M30	Lance Beving, 37, Urbandale, IA	22:19	7:11
51	13	M30	Aaron Leventhal, 39, Granger, IA	22:19	7:11
52	17	M14	Luke Mohan, 14, Clive, IA	22:20	7:11
53	12	M19	Conner Judd, 20, Urbandale, IA	22:20	7:11
12	3	W30	Rachel Hoger, 38*, Johnston, IA	22:20	7:11
54	18	M14	Michael Ode, 14, Des Moines, IA	22:21	7:11
13	6	W14	Jordyn Kleve, 16*, Urbandale, IA	22:21	7:12
14	7	W14	Jillian Jaeger, 14*, West Des Moines, IA	22:21	7:12
55	19	M14	Brady Kluesner, 16, Urbandale, IA	22:22	7:12
15	8	W14	Kenzie Foldes, 17*, Johnston, IA	22:23	7:12
16	9	W14	Julia Noah, 15*, Urbandale, IA	22:23	7:12
56	14	M30	Jerod Hogan, 33, Urbandale, IA	22:28	7:14
57	2	M50	Mark Seaton, 50, Urbandale, IA	22:29	7:14
58	7	M40	Simon Ertz, 43, Greensboro, NC	22:32	7:15
59	4	M12	Niall Moore, 13, Windsor Heights, IA	22:36	7:16
60	3	M50	John Dillon, 53, Urbandale, IA	22:36	7:16
17	10	W14	Anna Toot, 14*, Johnston, IA	22:46	7:19
61	8	M40	Erik Swee, 47, Urbandale, IA	22:50	7:21
62	1	JrM	Karson Kleve, 11, Urbandale, IA	22:51	7:21
63	4	M50	Rick Cullwell, 54, Highland Ranch, CO	22:56	7:23
64	2	JrM	Rowen Abbas, 11, Des Moines, IA	23:03	7:25
65	13	M19	Adam Bohach, 29, Des Moines, IA	23:04	7:25
66	14	M19	Cameron Tibbetts, 24, Urbandale, IA	23:06	7:26
18	3	W40	Ellen Middleswart, 48*, Urbandale, IA	23:06	7:26
67	15	M30	Juan Jaramillo, 36, Pittsburgh, PA	23:11	7:27
19	3	W19	Emily Linscheid, 20*, Johnston, IA	23:12	7:28
68	15	M19	Jeffrey Tuttle, 27, Des Moines, IA	23:14	7:28
69	9	M40	Dale Christians, 47, Urbandale, IA	23:14	7:29
70	16	M30	Matt Jackson, 36, Des Moines, IA	23:17	7:30
20	11	W14	Casey Middleswart, 15*, Urbandale, IA	23:17	7:30
71	20	M14	Zach Stoppelmoor, 14, West Des Moines, IA	23:18	7:30
72	10	M40	John Urban, 45, Johnston, IA	23:27	7:33
73	5	M50	Patrick Walter, 52, Urbandale, IA	23:28	7:33
74	6	M50	Rick Moore, 52, Shorewood, MN	23:30	7:34
75	7	M50	Paul Brees, 55, Urbandale, IA	23:30	7:34
21	12	W14	Mykaela Cole, 15*, Urbandale, IA	23:32	7:34
76	11	M40	Tony Guerra, 41, Ankeny, IA	23:34	7:35
77	5	M12	Adam Jackson, 13, Windsor Heights, IA	23:35	7:35
78	8	M50	Bobby Dickerson, 59, Johnston, IA	23:36	7:35
79	17	M30	Tom Miller, 39, Johnston, IA	23:37	7:36
80	18	M30	Brad Horton, 37, Altoona, IA	23:40	7:37
22	4	W19	Stephanie Majeran, 29*, Urbandale, IA	23:44	7:38
23	4	W40	Beth McDonald, 40*, Prole, IA	23:46	7:39
81	6	M12	Max Wildtse, 13, Urbandale, IA	23:48	7:40
82	16	M19	Brett Varce, 24, Urbandale, IA	23:50	7:40
83	2	M60	Mark Hanson, 60, Ankeny, IA	23:52	7:41
84	19	M30	Ryan Burry, 36, Grimes, IA	23:54	7:41
85	3	M60	David Miller, 61, Urbandale, IA	23:55	7:42
24	5	W19	Allie Brees, 21*, Urbandale, IA	23:58	7:43

86	17	M19	Thomas Klann, 23, Des Moines, IA	24:01	7:44
25	1	W12	Kelsey Schweizer, 12*, Urbandale, IA	24:04	7:45
87	9	M50	Scott Miller, 50, Urbandale, IA	24:11	7:47
26	2	W12	Sydnee Miller, 12*, Urbandale, IA	24:11	7:47
88	18	M19	Reece Uhlenhopp, 22, Urbandale, IA	24:13	7:47
27	5	W40	Jenny Sinclair, 41*, Carlisle, IA	24:13	7:48
89	4	M60	Greg Kline, 65, Urbandale, IA	24:15	7:48
28	3	W12	Bella Heidesch, 12*, Urbandale, IA	24:17	7:49
90	12	M40	Jeremy Drenger, 41, Johnston, IA	24:19	7:50
91	19	M19	Seth McMullen, 24, West Des Moines, IA	24:22	7:51
92	20	M19	Joshua Maguire, 21, West Des Moines, IA	24:23	7:51
93	20	M30	Vince Ries, 32, Urbandale, IA	24:26	7:52
94	10	M50	David Moore, 55, Pella, IA	24:28	7:52
95	21	M14	Dakota Jackson, 18, Johnston, IA	24:31	7:53
96	22	M14	Noah McMullen, 17, Urbandale, IA	24:33	7:54
97	13	M40	Gary Thompson, 49, Urbandale, IA	24:35	7:54
29	4	W12	Jane Smeins, 13*, West Des Moines, IA	24:35	7:55
98	21	M30	Aaron Henrichs, 38, Urbandale, IA	24:35	7:55
30	5	W12	Caroline Lilly, 12*, Urbandale, IA	24:36	7:55
31	6	W12	Andrea Goodman, 13*, West Des Moines, IA	24:36	7:55
32	7	W12	Alexis Riesberg, 12*, Grimes, IA	24:37	7:55
99	11	M50	Kirk Tibbetts, 58, Urbandale, IA	24:39	7:56
33	6	W40	Casey Conner, 43*, Naperville, IL	24:40	7:56
100	14	M40	John Wahlert, 48, Urbandale, IA	24:41	7:57
101	3	JrM	Michael Frazer, 11, West Des Moines, IA	24:43	7:57
102	15	M40	Mike Fraizer, 42, West Des Moines, IA	24:46	7:58
103	4	JrM	Michael Mohan, 4, Clive, IA	24:47	7:58
34	13	W14	Sandra Kromminga, 16*, Johnston, 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					
104	16	M40	Gerald Amadeo, 47, Des Moines, IA	25:00	8:03
105	17	M40	Steve Schweizer, 44, Urbandale, IA	25:03	8:04
106	22	M30	Jeremy Bethards, 30, Urbandale, IA	25:05	8:04
107	5	JrM	Tom Rinderknecht, 11, Waukee, IA	25:09	8:06
108	23	M30	Joel Rinderknecht, 38, Waukee, IA	25:11	8:06
35	8	W12	Grace Rempe, 13*, Urbandale, IA	25:13	8:07
109	18	M40	Jim Halliwell, 49, West Des Moines, IA	25:15	8:07
36	6	W19	Erica Mundt, 26*, Ankeny, IA	25:17	8:08
37	4	W30	Amanda Beveridge, 31*, Clive, IA	25:17	8:08
110	24	M30	Richard Beveridge, 33, West Des Moines, IA	25:18	8:09
111	25	M30	Fabian Hernandez, 30, Urbandale, IA	25:21	8:10
112	26	M30	Josh Leventhal, 31, Waukee, IA	25:22	8:10
113	6	JrM	Jack Smeins, 11, West Des Moines, IA	25:24	8:10
114	7	M12	Joshua Lawless, 12, Carlisle, IA	25:26	8:11
115	19	M40	Eric Pack, 46, Urbandale, IA	25:27	8:11
116	27	M30	Jeffrey Hansen, 34, Naperville, IL	25:29	8:12
38	5	W30	Esther Lynch, 30*, Arlington, TX	25:30	8:12
39	7	W40	Catherine Staub, 44*, West Des Moines, IA	25:31	8:13
117	23	M14	Victor Jarman, 14, Urbandale, IA	25:34	8:13
40	9	W12	Ella McGuire, 12*, West Des Moines, IA	25:34	8:14
118	20	M40	Andrew Young, 40, Des Moines, IA	25:37	8:15
119	12	M50	Alan Gross, 59, Des Moines, IA	25:39	8:15
120	28	M30	Kurt Johnson, 32, Urbandale, IA	25:40	8:16
121	7	JrM	Cooper Hardersen, 8, Urbandale, IA	25:41	8:16
122	29	M30	Johnathan Hardersen, 36, Urbandale, IA	25:41	8:16
41	10	W12	Elizabeth Wunn, 12*, Clive, IA	25:43	8:16
42	11	W12	Alexis Schweizer, 12*, Urbandale, IA	25:43	8:16
43	8	W40	Lori Miller, 42*, Urbandale, IA	25:45	8:17
44	7	W19	Jessica Tuttle, 26*, Des Moines, IA	25:48	8:18
45	12	W12	Avery Peterson, 13*, Urbandale, IA	25:50	8:19
46	9	W40	Jennifer Storts, 44*, Clive, IA	25:52	8:19
123	13	M50	Michael Smith, 52, Urbandale, IA	25:53	8:20
124	8	M12	Carsten Thompson, 12, Johnston, IA	25:55	8:20
47	8	W19	Emily Saville, 20*, Johnston, IA	25:57	8:21
48	10	W40	Annette Rullman, 41*, Urbandale, IA	25:58	8:21
125	30	M30	Herb Hartman, 37, Urbandale, IA	25:58	8:21

126	31	M30	Pete Jones, 36, Johnston, IA	26:00	8:22
49	13	W12	Sara Wilson, 13*, Urbandale, IA	26:01	8:22
127	8	JrM	Jackson Mears, 11, Urbandale, IA	26:09	8:25
128	9	JrM	Ethan Smith, 8, Urbandale, IA	26:12	8:26
50	6	W30	Jamie Smith, 32*, Urbandale, IA	26:12	8:26
129	10	JrM	Dylan Smith, 11, Urbandale, IA	26:28	8:31
51	14	W12	Lauren Urban, 12*, Johnston, IA	26:30	8:31
52	14	W14	Rebecca Moore, 16*, Shorewood, MN	26:37	8:34
130	14	M50	Mark Walter, 50, Urbandale, IA	26:38	8:34
53	1	JrW	Megan Szalay, 11*, Urbandale, IA	26:39	8:34
54	15	W12	Caroline Halliwell, 13*, West Des Moines, IA	26:39	8:35
55	9	W19	Rebecca Fuson, 29*, Urbandale, IA	26:40	8:35
131	21	M19	Matt Weller, 29, Urbandale, IA	26:40	8:35
132	9	M12	Noah Smith, 12, Des Moines, IA	26:41	8:35
56	7	W30	Jennifer Goodman, 37*, Johnston, IA	26:45	8:36
57	10	W19	Andrea Sturdevant, 23*, Urbandale, IA	26:46	8:37
58	16	W12	Rebecca Williams, 13*, West Des Moines, IA	26:46	8:37
133	15	M50	Craig Orr, 57, Urbandale, IA	26:46	8:37
59	15	W14	Meagan Halliwell, 15*, West Des Moines, IA	26:47	8:37
60	17	W12	Camaryn Mohan, 12*, Clive, IA	26:49	8:38
134	16	M50	Mike Crabb, 55, Pleasant Pr, WI	26:49	8:38
135	32	M30	Adam Wilhelm, 35, Urbandale, IA	26:50	8:38
61	11	W19	Jaime Kentosh, 27*, Redondo Beach, CA	26:50	8:38
62	12	W19	Sami Conlon, 22*, Cedar Falls, IA	26:57	8:40
63	11	W40	Karen Marturello, 43*, Clive, IA	26:58	8:40
64	2	JrW	Logan Flodri, 10*, Urbandale, IA	26:59	8:41
136	21	M40	Lou Flodri, 44, Urbandale, IA	27:00	8:41
65	12	W40	Lynn Lilly, 44*, Urbandale, IA	27:07	8:44
137	22	M40	Tim Meggers, 45, Grimes, IA	27:08	8:44
66	13	W19	Nora Burke, 21*, Madrid, IA	27:08	8:44
138	23	M40	Jeff Williams, 46, West Des Moines, IA	27:10	8:45
139	33	M30	Ross Lincoln, 39, Clive, IA	27:12	8:45
67	8	W30	Karen Smith, 37*, Urbandale, IA	27:15	8:46
140	34	M30	Jeff Fahrman, 36, Ankeny, IA	27:17	8:47
141	24	M40	William Bormann, 43, Urbandale, IA	27:19	8:47
142	35	M30	Dennis Forinash, 38, Urbandale, IA	27:20	8:48
143	22	M19	Andrew Weeks, 23, Urbandale, IA	27:21	8:48
68	9	W30	Christine Leventhal, 38*, Granger, IA	27:25	8:49
69	14	W19	Alex McGuire, 19*, West Des Moines, IA	27:26	8:50
144	25	M40	Ryan Dixon, 40, Ankeny, IA	27:29	8:51
70	18	W12	Libby Storts, 13*, Clive, IA	27:31	8:51
145	26	M40	Loran Storts, 48, Clive, IA	27:32	8:51
146	27	M40	Robert Szalay, 40, Urbandale, IA	27:33	8:52
147	28	M40	Bryant Siefken, 46, Des Moines, IA	27:35	8:52
148	17	M50	Wayne Ostergaard, 50, Des Moines, IA	27:35	8:53
71	19	W12	Laruen McGonegle, 13*, Urbandale, IA	27:38	8:54
72	15	W19	Stephanie Peterson, 25*, North Liberty, IA	27:41	8:54
73	13	W40	Melissa Gatzionis, 42*, Urbandale, IA	27:43	8:55
74	16	W19	Kendra Funk, 25*, West Des Moines, IA	27:47	8:57
149	23	M19	Eric Moore, 20, Pella, IA	27:48	8:57
75	16	W14	Abby Manderfield, 16*, Urbandale, IA	27:54	8:59
150	18	M50	Jim Manderfield, 56, Urbandale, IA	27:55	8:59
151	11	JrM	Nile Foss, 11, Des Moines, IA	27:56	8:59
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					
152	29	M40	Craig Linscheid, 45, Johnston, IA	28:00	9:01
153	30	M40	Tim Hannan, 44, Des Moines, IA	28:01	9:01
154	19	M50	Jay Prescott, 50, Urbandale, IA	28:04	9:02
155	20	M50	Darwin Schmig, 56, Des Moines, IA	28:05	9:02
156	12	JrM	Bryson McGowan, 11, Urbandale, IA	28:11	9:04
76	10	W30	Mollie Fahrman, 34*, Ankeny, IA	28:13	9:05
157	31	M40	Joe Sanford, 45, Urbandale, IA	28:16	9:06
158	21	M50	Bill Fellows, 52, Urbandale, IA	28:19	9:07
77	17	W19	Sirena Lindsey, 19*, Pella, IA	28:20	9:07
78	14	W40	Nancy Linscheid, 46*, Johnston, IA	28:21	9:07

159	32 M40	Al Kratz, 43, Des Moines, IA	28:30	9:10
160	5 M60	Carl Voss, 64, Des Moines, IA	28:31	9:11
161	33 M40	Mark Hanrahan, 44, Urbandale, IA	28:36	9:12
79	15 W40	Julie McGonegle, 48*, Urbandale, IA	28:36	9:12
162	13 JrM	Jake Soto, 11, West Des Moines, IA	28:37	9:12
163	22 M50	Bill Courtney, 53, Des Moines, IA	28:37	9:13
80	3 JrW	LadyByrd Chung Frerichs, 5*, Johnston, IA	28:39	9:13
164	36 M30	Justin Frerichs, 32, Johnston, IA	28:39	9:13
165	14 JrM	Tyler Schweizer, 9, Urbandale, IA	28:47	9:16
81	4 JrW	Lindsey Grask, 11*, Clive, IA	28:49	9:16
82	5 JrW	Maggie Gardner, 11*, Urbandale, IA	28:56	9:19
166	34 M40	Matthew Gardner, 43, Urbandale, IA	28:57	9:19
167	37 M30	Steve Gehlbach, 36, Atlanta, GA	28:59	9:20
168	38 M30	Andrew Majeran, 32, Urbandale, IA	29:02	9:21
169	24 M19	Jeff Stensgaard, 20, O'Fallon, MO	29:03	9:21
83	11 W30	Jenith Burry, 36*, Grimes, IA	29:03	9:21
170	10 M12	Jonah Magneson, 13, Urbandale, IA	29:04	9:21
84	20 W12	Caroline Riedinger, 13*, Urbandale, IA	29:06	9:22
85	6 JrW	L3ah Johnson, 11*, Urbandale, IA	29:08	9:23
86	16 W40	Julie Lafollette, 41*, Des Moines, IA	29:09	9:23
87	12 W30	Brooke Jacobson, 34*, Urbandale, IA	29:09	9:23
171	35 M40	Sandy Heidemann, 43, Des Moines, IA	29:09	9:23
88	18 W19	Allison Haag, 21*, Urbandale, IA	29:10	9:23
172	36 M40	Brian Haag, 48, Urbandale, IA	29:11	9:23
89	21 W12	Maddy Grask, 13*, Clive, IA	29:12	9:24
90	13 W30	Allison Line, 37*, Urbandale, IA	29:14	9:24
173	37 M40	Kevin Kleve, 48, Urbandale, IA	29:18	9:26
174	15 JrM	Kendall Bickford, 9, Grimes, IA	29:19	9:26
91	17 W14	Allie Moore, 15*, Pella, IA	29:19	9:26
175	39 M30	Kyle Cooper, 34, Urbandale, IA	29:19	9:26
92	19 W19	Meredith Moore, 20*, Shorewood, MN	29:20	9:26
176	25 M19	Ed Beckmann, 27, St Perers, MO	29:21	9:27
93	22 W12	Elizibath Maguire, 12*, West Des Moines, IA	29:22	9:27
94	1 W50	Cheri Judd, 52*, Urbandale, IA	29:23	9:27
177	23 M50	Dennis Judd, 52, Urbandale, IA	29:23	9:27
95	14 W30	Dawn Farrewll, 39*, Clive, IA	29:25	9:28
96	15 W30	Hathary Gutierrez, 35*, Urbandale, IA	29:25	9:28
178	38 M40	Roger Jackson, 47, Johnston, IA	29:27	9:29
179	39 M40	Kevin Riggins, 48, Urbandale, IA	29:29	9:29
97	16 W30	Andrea Hansen, 37*, Naperville, IL	29:29	9:29
98	17 W40	Annie Creighton, 46*, Johnston, IA	29:31	9:30
99	7 JrW	Rockie Greenslade, 11*, Des Moines, IA	29:32	9:30
100	20 W19	Jessica Courtney, 19*, Des Moines, IA	29:33	9:30
180	40 M40	William Safris, 47, Johnston, IA	29:41	9:33
181	41 M40	Shawn Plank, 48, Urbandale, IA	29:43	9:34
182	24 M50	Dan McCool, 51, Des Moines, IA	29:43	9:34
101	17 W30	Kathleen Van Horn, 39*, Urbandale, IA	29:45	9:34
183	16 JrM	Aidan Cunningham, 11, Urbandale, IA	29:49	9:36
184	17 JrM	Peter Schumacher, 11, Urbandale, IA	29:50	9:36
102	21 W19	Erin Mikels, 29*, Hollandale, MN	29:53	9:37
185	25 M50	Dale McCleish, 53, Urbandale, IA	29:53	9:37
103	18 W30	Stacie Schulz, 36*, Urbandale, IA	29:55	9:37
186	18 JrM	Hazer Becic, 11, Des Moines, IA	30:00	9:39
104	23 W12	Ava Logsdon, 13*, Des Moines, IA	30:05	9:41
105	1 W60	Arlene Dabill, 63*, Urbandale, IA	30:06	9:41
187	40 M30	John Osier, 34, Urbandale, IA	30:07	9:42
106	2 W50	Jackie Cacciatore, 50*, Urbandale, IA	30:10	9:42
107	19 W30	Craig Kronberg, 39*, Moline, IL	30:11	9:43
188	19 JrM	Sam Rempe, 11, Urbandale, IA	30:13	9:43
189	42 M40	Kirk McGowan, 46, Urbandale, IA	30:14	9:44
190	20 JrM	Sam Smeins, 8, West Des Moines, IA	30:14	9:44
191	41 M30	Lindsey Bakker, 37, Urbandale, IA	30:17	9:45
192	21 JrM	Matt Brockway, 11, Urbandale, IA	30:19	9:45
108	18 W40	Diane Miller, 43*, Urbandale, IA	30:19	9:45

109	19	W40	Sue Mears, 41*, Urbandale, IA	30:20	9:46
110	20	W30	Meghan King, 33*, Urbandale, IA	30:26	9:48
193	22	JrM	Joey Rempe, 8, Urbandale, IA	30:34	9:50
111	21	W30	Kimberly Fleming, 36*, Johnston, IA	30:35	9:51
112	22	W30	Cari Cunningham, 33*, Urbandale, IA	30:40	9:52
113	23	W30	Patty Durr, 37*, Urbandale, IA	30:43	9:53
114	20	W40	Kim Christofferson, 44*, Ankeny, IA	30:46	9:54
194	26	M19	Justin Sofen, 25, Urbandale, IA	30:48	9:55
115	8	JrW	Erin Van Quathem, 8*, Urbandale, IA	30:48	9:55
116	2	W60	Paula Chorna, 62*, Des Moines, IA	30:49	9:55
195	43	M40	Alex Van Quathem, 43, Urbandale, IA	30:50	9:55
117	3	W50	Luann Ostergaard, 54*, Des Moines, IA	30:59	9:58
118	24	W30	Rochelle Benavides, 36*, Norwalk, IA	31:00	9:58
119	21	W40	Kelly Foss, 42*, Des Moines, IA	31:00	9:59
120	22	W40	Keely Greenslade, 42*, Des Moines, IA	31:00	9:59
121	25	W30	Roxanne Riesberg, 36*, Grimes, IA	31:01	9:59
196	42	M30	Kevin Riesberg, 38, Grimes, IA	31:01	9:59
122	26	W30	Jolene Lyddon, 32*, Urbandale, IA	31:03	9:59
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123	23	W40	Tami Ruppel, 42*, Des Moines, IA	31:07	10:01
197	26	M50	Jim Long, 53, Stilwell, KS	31:16	10:04
124	27	W30	Melissa Garton, 37*, Urbandale, IA	31:16	10:04
125	28	W30	Lesley Ellis, 36*, Urbandale, IA	31:19	10:05
198	27	M50	Chris Carrier, 53, Urbandale, IA	31:23	10:06
126	4	W50	Leigh Anne Anderegg, 50*, Urbandale, IA	31:24	10:06
127	18	W14	Megan Watson, 16*, Urbandale, IA	31:36	10:10
128	19	W14	Elizabeth Eppink, 15*, Urbandale, IA	31:36	10:10
129	24	W40	Tricia Hingst, 43*, West Des Moines, IA	31:36	10:10
199	44	M40	Tom Phillips, 42, Johnston, IA	31:41	10:12
200	43	M30	Justin Moen, 34, Urbandale, IA	31:44	10:13
130	29	W30	Amy Marso, 35*, Onalaska, WI	31:47	10:14
201	44	M30	Greg Marso, 35, Onalaska, WI	31:48	10:14
202	45	M30	Stephen Troja, 31, Urbandale, IA	31:51	10:15
203	27	M19	Chase McCool, 27, Des Moines, IA	31:53	10:16
204	45	M40	Marty Marren, 49, Johnston, IA	31:58	10:17
131	22	W19	Rachel Fuson, 20*, Urbandale, IA	31:59	10:17
132	25	W40	Lisa Martin, 44*, Johnston, IA	32:00	10:18
205	46	M30	Jeff Braaten, 39, Urbandale, IA	32:10	10:21
206	23	JrM	Calvin Braaten, 10, Urbandale, IA	32:10	10:21
207	6	M60	Bob Eilts, 64, Urbandale, IA	32:19	10:24
133	23	W19	Laurie Seidl, 20*, Urbandale, IA	32:23	10:25
208	28	M50	Bob Seidl, 53, Urbandale, IA	32:23	10:25
209	47	M30	Jared Jablonski, 31, West Des Moines, IA	32:24	10:25
134	24	W19	Casey Guillaume, 23*, Urbandale, IA	32:26	10:26
210	48	M30	Jeff Rullman, 38, Urbandale, IA	32:27	10:26
135	30	W30	Jenny Chung, 33*, Johnston, IA	32:34	10:29
136	26	W40	Christine Brandenburg, 49*, Urbandale, IA	32:39	10:31
211	49	M30	Aaron Lyddon, 32, Urbandale, IA	32:47	10:33
137	5	W50	Christime Woolson, 51*, Urbandale, IA	32:52	10:35
138	31	W30	Kristine Chung, 32*, Johnston, IA	32:52	10:35
139	27	W40	Lisa Leventhal Sobotka, 42*, Granger, IA	32:56	10:36
140	28	W40	Karen Dixon, 43*, Ankeny, IA	32:58	10:37
141	32	W30	Rosa Chang, 39*, Naperville, IL	32:59	10:37
212	29	M50	Russ Herold, 52, Urbandale, IA	33:05	10:39
142	25	W19	Amelia Baumgarten, 23*, Urbandale, IA	33:05	10:39
213	28	M19	Aaron Slaichert, 24, Urbandale, IA	33:05	10:39
143	9	JrW	Madison Fraizer, 9*, West Des Moines, IA	33:06	10:39
144	29	W40	Lisa Fraizer, 41*, West Des Moines, IA	33:06	10:39
214	11	M12	Casey Shanaberger, 12, Urbandale, IA	33:15	10:42
145	20	W14	Bailey Stensgaard, 16*, St Perers, MO	33:16	10:42
146	30	W40	Mendy Heidesch, 40*, Urbandale, IA	33:17	10:43
215	46	M40	Terry Dolberg, 42, Urbandale, IA	33:20	10:44
147	3	W60	Breta Westlund, 73*, Urbandale, IA	33:24	10:45
148	33	W30	Nonoko Okada, 37*, Greensboro, NC	33:25	10:45
149	31	W40	Noreen Christians, 48*, Urbandale, IA	33:36	10:49

216	12	M12	Noah Mable, 12, Urbandale, IA	33:38	10:49
150	26	W19	Jennifer Pithan, 19*, Urbandale, IA	33:45	10:52
217	50	M30	Adam Obrecht, 37, Urbandale, IA	33:45	10:52
151	21	W14	Jamie Pithan, 15*, Urbandale, IA	33:46	10:52
152	24	W12	Annie Noll, 13*, Clive, IA	33:48	10:53
218	30	M50	John Noll, 51, Clive, IA	33:49	10:53
219	24	JrM	Will Melcher, 11, West Des Moines, IA	33:50	10:53
220	47	M40	Jeremy Baguyos, 44, Omaha, NE	33:51	10:54
153	27	W19	Kayla Bouska, 22*, Davenport, IA	33:54	10:54
154	34	W30	Charity Miller, 35*, West Des Moines, IA	33:54	10:55
155	32	W40	Deann Wiltse, 48*, Urbandale, IA	34:00	10:57
156	6	W50	Lee Buell, 51*, W Des Moines, IA	34:01	10:57
221	25	JrM	Will Schumacher, 9, Urbandale, IA	34:05	10:58
157	10	JrW	Sierra Ruden, 11*, Urbandale, IA	34:07	10:59
222	48	M40	Alan Ruden, 41, Urbandale, IA	34:08	10:59
158	35	W30	Candace Jurdad, 32*, Urbandale, IA	34:08	10:59
223	26	JrM	Austin Jordan, 9, Urbandale, IA	34:08	10:59
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224	49	M40	Scott Schumacher, 41, Urbandale, IA	34:13	11:01
159	7	W50	Lori Calhoun, 51*, Des Moines, IA	34:19	11:02
225	29	M19	Chris Jones, 24, Ankeny, IA	34:22	11:04
160	36	W30	Katie Duncan, 30*, Waukee, IA	34:30	11:06
226	50	M40	David Namink, 44, Urbandale, IA	34:34	11:07
227	30	M19	Nathan Hartam, 28, Des Moines, IA	34:36	11:08
161	37	W30	Jean Braaten, 39*, Urbandale, IA	34:48	11:12
162	4	W60	Cynthia Fuson, 62*, Urbandale, IA	34:51	11:13
163	33	W40	Susan Patterson Plank, 47*, Urbandale, IA	34:57	11:15
228	7	M60	Greg Racette, 63, Urbandale, IA	34:58	11:15
164	34	W40	Jennifer Gardner, 40*, Urbandale, IA	35:09	11:19
229	8	M60	John Hoffman, 69, Des Moines, IA	35:09	11:19
165	35	W40	Jody Kiehne, 46*, Urbandale, IA	35:11	11:19
166	8	W50	Suzanne Hoffman, 56*, Clive, IA	35:13	11:20
230	27	JrM	Isaac Kronberg, 10, Moline, IL	35:15	11:20
167	25	W12	Intisar Becic, 13*, Des Moines, IA	35:16	11:21
231	51	M40	Kent Jurgensen, 49, Johnston, IA	35:17	11:21
232	31	M19	Erik Jurgensen, 20, Johnston, IA	35:17	11:21
168	38	W30	Emily Melcher, 38*, West Des Moines, IA	35:20	11:22
169	36	W40	Michele Alexander, 40*, Grimes, IA	35:26	11:24
233	28	JrM	Carter Hartman, 8, Urbandale, IA	35:27	11:24
170	37	W40	Brenda Weller, 46*, Blaine, MN	35:34	11:27
171	39	W30	Kim Hartman, 37*, Urbandale, IA	35:41	11:29
234	51	M30	Joshua Harper, 37, Des Moines, IA	35:59	11:35
235	52	M40	Bekir Becic, 41, Des Moines, IA	35:59	11:35
172	40	W30	Yvonne Schweizer, 37*, Urbandale, IA	36:02	11:36
173	41	W30	Becky Troja, 31*, Urbandale, IA	36:20	11:42
174	11	JrW	Ella Troja, 8*, Urbandale, IA	36:20	11:42
236	13	M12	Joe Kronberg, 13, Moline, IL	36:21	11:42
175	42	W30	Kristi Knight, 37*, Atlanta, GA	36:30	11:45
237	52	M30	Eric Quiner, 31, 50310, IA	36:36	11:47
176	5	W60	Joan Racki, 65*, Urbandale, IA	36:50	11:51
177	38	W40	Laura Hoffman, 44*, Des Moines, IA	36:51	11:51
178	43	W30	Kendra Pinkerton, 35*, Des Moines, IA	37:05	11:56
179	9	W50	Cathy Mueller, 52*, Urbandale, IA	37:06	11:56
180	28	W19	Gina Haag, 19*, Urbandale, IA	37:07	11:57
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					
181	12	JrW	Halle Mohan, 9*, Clive, IA	37:16	12:00
182	39	W40	Steffany Mohan, 41*, Clive, IA	37:16	12:00
183	10	W50	Margaret Long, 50*, Des Moines, IA	38:06	12:16
184	13	JrW	Hayden Jensen, 11*, Clive, IA	38:27	12:22
185	40	W40	Katie Jensen, 41*, Clive, IA	38:27	12:22
186	14	JrW	Crystal Ruden, 9*, Urbandale, IA	39:16	12:38
238	32	M19	Isaiah Oakley, 24, Des Moines, IA	39:23	12:40
187	41	W40	Melanie Frausto, 42*, Des Moines, IA	39:45	12:47
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188	42	W40	Toni Swee, 47*, Urbandale, IA	40:49	13:08

239	31	M50	Michael Finan, 58, Johnston, IA	42:15	13:36
189	29	W19	Jennifer Beckmann, 26*, St Perers, MO	42:16	13:36
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					
190	43	W40	Mary Wells, 48*, Des Moines, IA	44:58	14:28
191	26	W12	Latrease Porte, 12*, Des Moines, IA	44:59	14:28
192	44	W40	Reenie Shanaberger, 48*, Urbandale, IA	45:04	14:30
193	11	W50	Joan McCleish, 54*, Urbandale, IA	45:23	14:36
194	12	W50	Diane Finan, 58*, Johnston, IA	45:23	14:36
195	13	W50	Cindy Beard, 50*, Clive, IA	45:38	14:41
240	53	M30	Paul Drake , 38, Woodward, IA	45:42	14:42
241	24	M14	Alex Geier, 14, Urbandale, IA	45:43	14:43
196	44	W30	Erin Osier, 35*, Urbandale, IA	45:52	14:46
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242	9	M60	John Sullivan, 75, Urbandale, IA	47:51	15:24
197	45	W40	Tamra Cullwell, 48*, Highland Ranch, CO	48:34	15:38
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					
243	53	M40	Dan Geier, 49, Urbandale, IA	54:37	17:35
198	46	W40	Dawn Stoppelmoor, 48*, West Des Moines, IA	54:37	17:35
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					
199	14	W50	Kris Howard, 50*, Urbandale, IA	1:01:55	19:56
200	6	W60	Charlotte Hurley, 66*, Urbandale, IA	1:01:56	19:56
244	54	M40	Chris James, 47, West Des Moines, IA	1:01:57	19:56
201	47	W40	Anne James, 46*, West Des Moines, IA	1:01:57	19:56

* indicates females

28 finishers among Men Under 12
 13 finishers among Men 12 - 13
 24 finishers among Men 14 - 18
 32 finishers among Men 19 - 29
 53 finishers among Men 30 - 39
 54 finishers among Men 40 - 49
 31 finishers among Men 50 - 59
 9 finishers among Men 60 & Up
 14 finishers among Women Under 12
 26 finishers among Women 12 - 13
 21 finishers among Women 14 - 18
 29 finishers among Women 19 - 29
 44 finishers among Women 30 - 39
 47 finishers among Women 40 - 49
 14 finishers among Women 50 - 59
 6 finishers among Women 60 & Up
 244 male finishers
 201 female finishers
 445 total finishers

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