

Urbandale July 4th 5 km

Urbandale, IA

July 4, 2014

Nice and sunny

Results by Michael Franke

[Kid's 1 Mile](#) (pdf)

[Kid's Elementary Grades K-5](#) (pdf)

Use the Find option of your Web Browser to find the performance of a specific individual.

CLASS			
PLACE	PLACE	FINISHER	TIME
1	1 M19	Cole Decker, 21, Des Moines, IA	16:07
2	2 M19	Thomas Knobbe, 20, Clive, IA	16:51
3	3 M19	Drew Prescott, 21, Urbandale, IA	17:03
4	4 M19	Brett Rosauer, 23, Urbandale, IA	17:27
5	1 M14	Jack Fink, 15, Des Moines, IA	17:46
6	2 M14	Sam Amadeo, 17, Des Moines, IA	18:02
7	3 M14	Zachary Smith, 16, Urbandale, IA	18:06
8	1 M40	Jonathan Estabrook, 40, Ankeny, IA	18:13
9	1 M30	Stacy Garrels, 38, Indianola, IA	18:26
10	4 M14	Eric Miller, 16, Urbandale, IA	18:40
11	5 M14	Samuel Dieudonne, 17, Urbandale, IA	19:01
12	2 M40	Doug Bickford, 41, Grimes, IA	19:20
13	6 M14	Drake Henrichs, 16, Urbandale, IA	19:27
14	7 M14	Thomas Bussey, 15, Urbandale, IA	19:32
15	8 M14	Michael Eppink, 18, Urbandale, IA	19:38
16	9 M14	Alex Smith, 16, Urbandale, IA	19:38
17	10 M14	Jeremy Caralli, 18, Johnston, IA	19:41
18	11 M14	Grant Acoyomo, 16, Ankeny, IA	19:45
19	12 M14	Quinn Lafrentz, 18, Urbandale, IA	19:47
20	13 M14	Trevor Miller, 15, Urbandale, IA	19:47
21	5 M19	Dan Jensen, 22, Urbandale, IA	19:52

22	14	M14	Luke Mohan, 15, Clive, IA	19:53
23	2	M30	Matt Lano, 32, Chicago,IL	19:54
24	15	M14	Nathan Herbers, 15, Urbandale, IA	19:59
25	16	M14	Niall Moore, 14, Windsor Heights, IA	19:59
26	3	M30	Michael Wilson, 31, Des Moines, IA	20:01
27	3	M40	Lee Hammerand, 46, Urbandale, IA	20:09
28	1	M12	Kevin Conner, 13, West Des Moines, IA	20:11
29	4	M30	Tyler Kinder, 30, Urbandale, IA	20:23
1	1	W40	Carrie Van Quathem, 42*, Urbandale, IA	20:27
30	2	M12	William Ode, 13, Des Moines, IA	20:29
31	4	M40	John Anthofer, 42, Urbandale, IA	20:31
32	17	M14	Michael Ode, 15, Des Moines, IA	20:33
33	6	M19	Quinn Prescott, 19, Urbandale, IA	20:38
34	1	M50	Todd Haugen, 51, Des Moines, IA	20:48
35	18	M14	Zane Johnson, 16, Johnston, IA	20:57
36	19	M14	Grant Gossling, 15, Johnston, IA	21:11
37	3	M12	Zach Anthofer, 13, Urbandale, IA	21:27
38	20	M14	Brady Kluegner, 17, Urbandale, IA	21:36
39	2	M50	Tom McBride, 58, Des Moines, IA	21:38
2	1	W12	Helen Gould, 12*, West Des Moines, IA	21:51
40	21	M14	Willie Tunks, 14, Des Moines, IA	21:52
41	5	M40	Alex Fink, 45, Des Moines, IA	21:52
3	1	W14	Neanagit Malow, 17*, Urbandale, IA	22:02
4	2	W14	Evie Kammeyer, 18*, Urbandale, IA	22:10
5	3	W14	Carly Klavins, 16*, Urbandale, IA	22:11
42	6	M40	Brian King, 44, Vinton, IA	22:11
43	22	M14	Matt Hansing, 17, Urbandale, IA	22:13
44	1	JrM	Aidan Oconnor, 9, Johnston, IA	22:14
6	4	W14	Jillian Jaeger, 15*, West Des Moines, IA	22:22
45	4	M12	Tanner White, 12, Bolivar, MO	22:24
46	7	M19	Cam Tibbetts, 25, Urbandale, IA	22:25
47	5	M12	Karson Kleve, 12, Urbandale, IA	22:29
7	5	W14	Avery Peterson, 14*, Urbandale, IA	22:35

48	3 M50	Kurt Subra, 50, Polk City, IA	22:36
49	23 M14	James Williams, 18, Urbandale, IA	22:37
8	6 W14	Anna Toot, 15*, Johnston, IA	22:37
50	5 M30	Jared Schuknecht, 35, Urbandale, IA	22:41
9	7 W14	Kenzie Foldes, 18*, Johnston, IA	22:42
10	8 W14	Sara Ness, 15*, Johnston, IA	22:46
11	1 W30	Hayley Nixon, 31*, Urbandale, IA	22:47
51	4 M50	John Dillon, 54, Urbandale, IA	22:49
52	7 M40	Tom Youngwirth, 47, Windsor Heights, IA	22:50
53	5 M50	Del Lasswell, 57, Urbandale, IA	22:51
54	6 M50	Scott Freeman, 52, Urbandale, IA	22:54
55	8 M40	Patrick Mattingly, 45, Johnston, IA	22:57
12	9 W14	Jordyn Kleve, 17*, Urbandale, IA	22:58
56	6 M30	Keith Medhus, 33, Fargo, ND	22:59
57	9 M40	Tony Guerra, 42, Ankeny, IA	23:00
58	6 M12	Rowen Abbas, 12, Des Moines, IA	23:01
59	10 M40	Rowland Tsimba, 42, Cambridge, New Zealand	23:08
13	1 W19	Emily Linscheid, 21*, Johnston, IA	23:13
60	11 M40	Simon Ertz, 44, Greensboro, NC	23:14
61	7 M30	Chad Lowe, 34, Des Moines, IA	23:16
62	8 M30	Matt Jackson, 37, Des Moines, IA	23:18
63	9 M30	Mike Pitzen, 34, Urbandale, IA	23:24
64	12 M40	Matthew Gardner, 44, Urbandale, IA	23:26
14	2 W12	Megan Szalay, 12*, Urbandale, IA	23:30
65	7 M50	Mark Seaton, 51, Urbandale, IA	23:34
66	2 JrM	Cooper Sebastian, 9, Urbandale, IA	23:42
15	2 W30	Angie Veenstra, 38*, Clive, IA	23:56
67	13 M40	Erik Swee, 48, Urbandale, IA	24:00
16	3 W30	Stephanie Majeran, 30*, Urbandale, IA	24:10
68	24 M14	Victor Jarman, 15, Urbandale, IA	24:11
17	2 W40	Dev Janssen, 45*, Johnston, IA	24:12
69	14 M40	David Zimmer, 42, Altoona, IA	24:12

18	3 W40	Sari Rumer, 46*, Urbandale, IA	24:13
70	3 JrM	Jack Neel, 11, Des Moines, IA	24:14
19	3 W12	Sydnee Miller, 13*, Urbandale, IA	24:15
20	2 W19	Meagen Kirts, 23*, West Des Moines, IA	24:18
71	4 JrM	Cooper Hardersen, 9, Urbandale, IA	24:20
72	10 M30	Tyler Molstre, 35, Urbandale, IA	24:20
73	5 JrM	Patrick Tunks, 11, Des Moines, IA	24:21
74	11 M30	Jon Hardersen, 37, Urbandale, IA	24:24
75	12 M30	Erik Moen, 36, Urbandale, IA	24:31
76	13 M30	Aaron Henrichs, 39, Urbandale, IA	24:31
21	4 W30	Breanne Ludwig, 31*, Polk City, IA	24:33
77	14 M30	Kyle Orr, 31, Urbandale, IA	24:33
78	8 M50	Paul Brees, 56, Urbandale, IA	24:34
22	4 W12	Kelsey Schwelzer, 13*, Urbandale, IA	24:34
79	25 M14	Nate Robertson, 15, Urbandale, IA	24:37
80	26 M14	Lucas Carlisle, 14, Urbandale, IA	24:37
23	10 W14	Emma Thayer, 17*, Urbanale, IA	24:38
81	15 M40	Gerard Amadeo, 48, Des Moines, IA	24:39
82	6 JrM	Aidan Ramsey, 10, Grimes, IA	24:39
24	11 W14	Katelyn Foster, 16*, Urbandale, IA	24:40
25	5 W30	Meaghan Heinrich, 34*, Milwaukee, WI	24:41
83	7 M12	Sam Schweizer, 13, Urbandale, IA	24:43
26	4 W40	Kelly Peterson, 45*, Waxhaw, NC	24:45
84	7 JrM	Dylan Majeres, 11, West Des Moines, IA	24:46
85	8 M12	Zachary Rinke, 13, Urbandale, IA	24:46
86	15 M30	Juan Jaramillo, 38, Pittsburgh, PA	24:48
27	5 W12	Kate Hapgood, 13*, Johnston, IA	24:50
28	6 W12	Sloane Wilhelm, 13*, Johnston, IA	24:50
29	7 W12	Maura Timmerman, 12*, Urbandale, IA	24:51
30	8 W12	Bella Heidesch, 13*, West Des Moines, IA	24:52
31	9 W12	Lilly Kinley, 13*, West Des Moines, IA	24:53
87	16 M40	Chad Larson, 47, Norwalk, IA	24:53
88	17 M40	Mike Schweizer, 47, Urbandale, IA	24:56

89	9 M50	Gary Thompson, 50, Urbandale, IA	24:59
32	12 W14	Grace Rempe, 14*, Urbandale, IA	25:05
33	5 W40	Melissa Oconnor, 40*, Johnston, IA	25:06
90	16 M30	Chris Sterk, 39, Urbandale, IA	25:09
91	1 M60	Alan Gross, 60, Des Moines, IA	25:12
34	13 W14	Vivian Broderick, 15*, West Des Moines, IA	25:14
92	9 M12	Bradley Ramsey, 12, Grimes, IA	25:15
93	27 M14	Jonah Magneson, 14, Urbandale, IA	25:15
35	6 W40	Nancy Linscheid, 47*, Johnston, IA	25:16
36	1 W50	Martha Freeman, 51*, Urbandale, IA	25:16
94	10 M50	Michael Smith, 53, Urbandale, IA	25:18
37	14 W14	Sara Wilson, 14*, Urbandale, IA	25:19
38	15 W14	Carioline Warmuth, 16*, West Des Moines, IA	
			25:20
95	10 M12	Rhode Griffin, 12, Urbandale, IA	25:21
39	10 W12	Ally Redenius, 12*, Urbandale, IA	25:22
40	11 W12	Alexis Schweizer, 13*, Urbandale, IA	25:23
41	1 JrW	Abi Zimmer, 11*, Altoona, IA	25:27
42	12 W12	Clare Sweetman, 13*, Waukee, IA	25:30
96	17 M30	Jon Beeman, 37, Johnston, IA	25:37
97	18 M40	Eric Pack, 47, Urbandale, IA	25:39
98	11 M50	Kirk Tibbetts, 59, Urbandale, IA	25:52
43	7 W40	Sara Bridie, 40*, Grimes, IA	25:57
99	18 M30	Jason Bell, 30, Clive, IA	25:58
100	19 M30	Clay Thielking, 38, Urbandale, IA	26:00
101	19 M40	Craig Linscheid, 46, Johnston, IA	26:00
102	20 M30	Phil Legler, 38, Urbandale, IA	26:02
44	16 W14	Haley Larsoon, 15*, Norwalk, IA	26:06
103	11 M12	Austin Veenstra, 12, Clive, IA	26:09
104	12 M12	Jackson Bridie, 13, Grimes, IA	26:09
45	6 W30	Shelly Hanson, 30*, Clive, IA	26:09
46	7 W30	Jenny Goodman, 38*, Johnston, IA	26:13

105	8 JrM	Tommy Hancock, 10, Urbandale, IA	26:15
47	8 W40	Mary Baer-Sucich, 45*, Clive, IA	26:15
106	8 M19	John Economos, 22, Urbandale, IA	26:18
48	8 W30	Marti Jo McBee, 37*, Ankeny, IA	26:30
107	21 M30	Graham Giles, 39, Urbandale, IA	26:39
49	9 W40	Beth McDonald, 41*, Prole, IA	26:39
108	22 M30	Josh Ludwig, 31, Polk City, IA	26:40
50	17 W14	Libby Storts, 14*, Clive, IA	26:41
109	9 M19	Joe Amadeo, 19, Des Moines, IA	26:42
51	18 W14	Emily Erickson, 14*, West Des Moines, IA	26:42
52	9 W30	April Medhus, 30*, Fargo, ND	26:43
53	19 W14	Laurel McGonegle, 14*, West Des Moines, IA	26:44
110	9 JrM	Jake Miller, 10, Urbandale, IA	26:44
111	12 M50	Jim Halliwell, 50, West Des Moines, IA	26:45
54	10 W40	Lori Miller, 43*, Urbandale, IA	26:49
112	10 JrM	Parker Jameson, 11, Waukee, IA	26:52
55	11 W40	Renee Fickbohm, 40*, Urbandale, IA	26:52
56	20 W14	Kinsey Lester, 14*, Bondurant, IA	26:52
57	3 W19	Erin Bone, 29*, Ankeny, IA	26:53
113	13 M12	Nick Wagner, 13, Urbandale, IA	26:55
114	10 M19	Jake Thede, 20, Urbandale, IA	26:55
115	14 M12	Christian Anderson, 12, Cumming, IA	26:58
116	11 JrM	Kendall Bickford, 10, Grimes, IA	27:01
117	23 M30	Michael Lacone, 31, Grimes, IA	27:01
58	12 W40	Denise Schemper, 41*, Des Moines, IA	27:05
118	24 M30	Adam Wilhelm, 36, Urbandale, IA	27:05
119	2 M60	Greg Kline, 66, Urbandale, IA	27:05
59	2 JrW	Clara Toot, 11*, Johnston, IA	27:09
60	13 W40	Katie Thilges, 40*, Urbandale, IA	27:09
61	4 W19	Ashley Bolsem, 29*, Des Moines, IA	27:11
62	10 W30	Brooke Jacobson, 35*, Urbandale, IA	27:11
63	21 W14	Elizabeth Eppink, 16*, Urbandale, IA	27:13
64	13 W12	Camaryn Mohan, 13*, Clive, IA	27:13

120	12 JrM	Tyler Halverson, 10, Granger, IA	27:14
65	14 W12	Anya Kownigsfeld, 12*, West Des Moines, IA	27:19
66	14 W40	Stephanie Harris-Toot, 42*, Johnston, IA	27:30
67	15 W12	Maddy Grask, 13*, West Des Moines, IA	27:31
68	15 W40	Lori Kleve, 46*, Urbandale, IA	27:32
121	15 M12	Anthony Zach, 13, Granger, IA	27:33
122	11 M19	Kyle Simonson, 25, Clive, IA	27:36
123	12 M19	Brian Smith, 25, Dsm, IA	27:38
69	5 W19	Brittany Smith, 24*, Dsm, IA	27:38
70	16 W12	Kathryn Mueller, 13*, Urbandale, IA	27:39
71	6 W19	Sami Conlon, 23*, Cedar Falls, IA	27:39
124	13 M19	Nevin Conlon, 26, Cedar Falls, IA	27:39
72	11 W30	Rebecca Weller, 30*, Urbandale, IA	27:40
125	25 M30	Matt Laatsch, 33, Urbandale, IA	27:41
126	26 M30	Matt Weller, 30, Urbandale, IA	27:42
127	16 M12	Matthew Cernicky, 12, Des Moines, IA	27:42
73	22 W14	Jessica Mueller, 17*, Urbandale, IA	27:45
128	13 JrM	Tyler Schweizer, 10, Urbandale, IA	27:46
129	14 JrM	Luke McFarling, 10, Clive, IA	27:46
130	20 M40	Loran Storts, 49, Clive, IA	27:48
74	7 W19	Michelle Ludwig, 29*, Polk City, IA	27:50
75	16 W40	Hiroimi Umeda, 47*, Johnston, IA	27:50
131		#685	27:51
76	23 W14	Michey Cole, 16*, Urbandale, IA	27:52
132	15 JrM	Gage Brinker, 9, West Des Moines, IA	27:53
133	16 JrM	Joey Hancock, 10, Urbandale, IA	27:53
134	21 M40	Mike Brinker, 44, West Des Moines, IA	27:54
77	2 W50	Carol Stratemeyer, 58*, Des Moines, IA	27:54
78	24 W14	Samantha Storts, 17*, Clive, IA	27:54
135	17 JrM	Beau Carenza, 10, Urbandale, IA	27:55
79	17 W12	Elizabeth Wunn, 13*, Clive, IA	27:55
136	18 JrM	Beau Schneider, 8, Grimes, IA	27:56

137	13	M50	Wayne Ostergaard, 51, Des Moines, IA	27:56
80	17	W40	Penny Luthens, 48*, Urbandale, IA	27:57
138	22	M40	Eilliam Olson, 49, Urbandale, IA	27:57
139	14	M19	Eric Wait, 20, Granville, OH	27:58
140	23	M40	Steve Schweizer, 45, Urbandale, IA	28:01
141	14	M50	Chuck Wait, 54, Byron, MN	28:02
81	8	W19	Margit Hansing, 21*, Brookings, SD	28:02
142	24	M40	Andrew Young, 41, Des Moines, IA	28:05
143	28	M14	Jordan Parsons, 14, Altoona, IA	28:07
82	3	W50	Julie Fugenschuh, 50*, Urbandale, IA	28:08
144	19	JrM	Alex Soderberg, 10, Urbandale, IA	28:09
83	18	W12	Jaden Studer, 12*, Johnston, IA	28:09
145	27	M30	Tony Wagner, 38, Urbandale, IA	28:10
84	19	W12	Erin Greening, 12*, Clive, IA	28:11
85	25	W14	Megan Watson, 17*, Urbandale, IA	28:11
146	25	M40	Brad Johnson, 49, Johnston, IA	28:12
147	3	M60	Carl Voss, 65, Des Moines, IA	28:13
148	20	JrM	Kieran Cline, 11, Urbandale, IA	28:17
149	17	M12	Drew Brase, 13, Des Moines, IA	28:20
86	20	W12	Katherine Greening, 13*, Clive, IA	28:21
150	28	M30	Colin Pogge, 31, Urbandale, IA	28:22
151	29	M30	Seth Quam, 31, Waukee, IA	28:22
152	30	M30	Mark Isaacson, 32, Urbandale, IA	28:22
87	18	W40	Tricia Hingst, 44*, West Des Moines, IA	28:25
153	15	M50	Craig Orr, 58, Urbandale, IA	28:25
88	19	W40	Julie McGonegle, 49*, Urbandale, IA	28:28
154	16	M50	Sean Smith, 51, Urbandale, IA	28:30
155	29	M14	Alex Moore, 18, Pella, IA	28:30
89	12	W30	Emily Wegner, 39*, Grimes, IA	28:31
156	18	M12	Sam Rempe, 12, Urbandale, IA	28:32
157	15	M19	Ted Brimeyer, 29, Johnston, IA	28:32
158	19	M12	Joe Bussey, 12, Urbandale, IA	28:35
159	20	M12	Aidan Cunningham, 12, Urbandale, IA	28:37

90	13	W30	Yvonne Schweizer, 38*, Urbandale, IA	28:40
160	16	M19	Spencer Eislman, 20, Sioux City, IA	28:41
91	20	W40	Jenny Studer, 42*, Johnston, IA	28:44
92	14	W30	Kim Blythe, 34*, West Des Moines, IA	28:45
93	26	W14	Allie Moore, 16*, Pella, IA	28:46
161	21	JrM	William Bussey, 10, Urbandale, IA	28:47
94	15	W30	Heather Yost, 36*, Urbandale, IA	28:47
162	17	M50	Bill Courtney, 54, Des Moines, IA	28:48
95	9	W19	Nicole Sturdevant, 21*, Urbandale, IA	28:49
96	21	W40	Jan Ferris, 49*, Urbandale, IA	28:49
97	16	W30	Laura Hamilton, 37*, Urbandale, IA	28:49
163	18	M50	David Moore, 56, Pella, IA	28:50
164	21	M12	Jeffrey Herbers, 13, Urbandale, IA	28:51
165	31	M30	Vince Ries, 33, Urbandale, IA	28:52
166	22	M12	Cole Phillips, 12, West Des Moines, IA	28:52
98	17	W30	Taunya Henson, 36*, Waukee, IA	28:53
99	21	W12	Rockie Greenslade, 12*, Des Moines, IA	28:54
100	22	W12	Lindsey Grask, 12*, Clive, IA	28:54
167	23	M12	Matthew Probst, 12, Urbandale, IA	28:56
101	18	W30	Alisha Springer, 34*, Grimes, IA	28:58
168	24	M12	Jack Raedeker, 12, Clive, IA	28:59
102	3	JrW	Mary Sweetman, 11*, Waukee, IA	29:02
103	4	JrW	Julie Sweetman, 9*, Waukee, IA	29:03
104	22	W40	Chris Mathews, 45*, Des Moines, IA	29:04
105	19	W30	Gentry Smith, 37*, Lucas, IA	29:04
106	23	W40	Mendy Heidesch, 41*, West Des Moines, IA	29:05
169	22	JrM	Carter Hartman, 9, Urbandale, IA	29:15
107	24	W40	Lisa Hovey, 42*, Urbandale, IA	29:16
108	25	W40	Molly Sweetman, 41*, Waukee, IA	29:16
109	27	W14	Achol Malow, 14*, Urbandale, IA	29:17
170	32	M30	Herb Hartman, 38, Urbandale, IA	29:17
171	19	M50	Fred Sullivan, 51, Jersey City, NJ	29:17

172	20	M50	Darwin Schmig, 57, Des Moines, IA	29:19
110	20	W30	Hathary Gutierrez, 36*, Urbandale, IA	29:20
173	21	M50	Jay Prescott, 50, Urbandale, IA	29:21
174	23	JrM	Kolin Perez, 11, Urbandale, IA	29:21
111	28	W14	Sami Sawala, 15*, West Des Moines, IA	29:22
112	21	W30	Valerie Mergen, 32*, Urbandale, IA	29:23
113	26	W40	Kathleen Van Horn, 40*, Urbandale, IA	29:23
175	33	M30	Justin Crowdis, 34, Urbandale, IA	29:30
176	34	M30	Brad Sams, 39, Ankeny, IA	29:32
114	23	W12	Maggie Hapgood, 12*, Johnston, IA	29:35
177	22	M50	Greg Hapgood, 50, Johnston, IA	29:40
178	17	M19	David Fuson, 26, Urbandale, IA	29:40
179	35	M30	Adam Obrecht, 38, Urbandale, IA	29:45
115	5	JrW	Erin Van Quathem, 9*, Urbandale, IA	29:47
180	36	M30	Andrew Majeran, 33, Urbandale, IA	29:48
116	27	W40	Keri Meyer, 43*, Johnston, IA	29:52
117	28	W40	Melody Gibson, 45*, Wdm, IA	29:55
181	4	M60	Kevin Cunningham, 62, Des Moines, IA	29:57
118	10	W19	Stephanie Walz, 27*, Urbandale, IA	29:58
119	29	W14	Lauren BrockHaus, 17*, West Des Moines, IA	30:08
182	26	M40	Ed Acoymo, 49, Ankeny, IA	30:13
120	22	W30	Meghan King, 34*, Grimes, IA	30:14
183	23	M50	Gregory Dockum, 54, Urbandale, IA	30:14
184	24	JrM	Noah Storts, 10, Clive, IA	30:15
185	25	JrM	Zachary Halverson, 10, Granger, IA	30:15
121	30	W14	Megan Halliwell, 16*, West Des Moines, IA	30:18
122	23	W30	Nicole Berger, 38*, Urbandale, IA	30:19
123	29	W40	Jenny Storts, 45*, Clive, IA	30:23
186	26	JrM	Flynn Milligan, 9, Des Moines, IA	30:28
124	11	W19	Betsy Hansing, 23*, Houston, TX	30:28
125	1	W60	Connie Robinson, 62*, Bondurant, IA	30:30
126	4	W50	Ellen Hansing, 55*, Urbandale, IA	30:31
127	24	W12	Olivia Magneson, 12*, Urbandale, IA	30:39

128	24	W30	April Fleischman, 35*, West Des Moines, IA	30:40
187	25	M12	Isaac Bailey, 12, Clive, IA	30:45
129	30	W40	Gail McGaughy, 41*, Johnston, IA	30:47
188	24	M50	Patrick Horton, 51, Urbandale, IA	30:48
130	12	W19	Jennifer Lapp, 29*, West Des Moines, IA	30:49
131	5	W50	Paula Dierenfeld, 59*, Johnston, IA	30:53
189	18	M19	Colby Judd, 27, Urbandale, IA	30:54
132	25	W30	Emily Judd, 30*, Urbandale, IA	30:54
133	6	W50	Cheryl Judd, 53*, Urbandale, IA	30:55
190	25	M50	Dennis Judd, 53, Urbandale, IA	30:55
191	19	M19	Richard Szalay, 23, Urbandale, IA	31:01
134	13	W19	Stephanie Peterson, 25*, North Liberty, IA	31:01
192	20	M19	Matthew Coffey, 24, North Liberty, IA	31:02
135	14	W19	Kelsey Pedersen, 24*, Urbandale, IA	31:02
193	26	M12	Matt Brockway, 12, Urbandale, IA	31:06
136	31	W40	Kelly Foss, 40*, Des Moines, IA	31:07
137	25	W12	Emma Veenstra, 13*, Clive, IA	31:07
138	31	W14	Emily Erickson, 14*, West Des Moines, IA	31:08
194	21	M19	Jon Jeffrey, 27, Urbandale, IA	31:10
139	26	W30	Crystal Crowdis, 34*, Urbandale, IA	31:10
195	27	JrM	Joseph Rempe, 9, Urbandale, IA	31:10
140	7	W50	Luann Ostergaard, 55*, Des Moines, IA	31:11
141	32	W40	Kathy Schweizer, 44*, Urbandale, IA	31:11
196	27	M40	Robert Bailey, 44, Clive, IA	31:12
142	15	W19	Katie Olds, 27*, Clive, IA	31:13
143	32	W14	Jeanie Gookin, 16*, West Des Moines, IA	31:16
144	33	W14	Kei Demand, 15*, West Des Moines, IA	31:16
197	28	JrM	Carson Veenstra, 9, Clive, IA	31:18
145	26	W12	Josie Hovey, 13*, Urbandale, IA	31:19
198	5	M60	Bill Mahanna, 61, Grimes, IA	31:20
146	34	W14	Emma Garcia, 14*, Urbandale, IA	31:20
199	26	M50	Rod Warren, 50, Clive, IA	31:29

147	16 W19	Courtney Warren, 19*, Clive, IA	31:29
148	6 JrW	Claire Sullivan, 10*, West Des Moines, IA	31:30
200	28 M40	Jeff Sullivan, 49, West Des Moines, IA	31:31
201	27 M12	Noah Mable, 13, Urbandale, IA	31:32
149	33 W40	Dawn Farrell, 40*, Clive, IA	31:32
150	7 JrW	Leah Rhode, 9*, Urbandale, IA	31:32
202	29 M40	Michael Rhode, 45, Urbandale, IA	31:33
151	17 W19	Abigail Olson, 24*, Minneapolis, MN	31:40
203	6 M60	Bob Eilts, 65, Urbandale, IA	31:40
152	34 W40	Jennifer Galluzzo, 44*, West Des Moines, IA	31:41
204	27 M50	Jim Lawson, 53, Des Moines, IA	31:43
205	30 M40	Paul Sams, 41, Urbandale, IA	31:47
206	37 M30	Travis Jansen, 37, Memphis, TN	31:48
153	18 W19	Alyssa Zwicker, 21*, Orion, IL	31:48
154	27 W30	Courtney Bach, 31*, Clive, IA	31:48
207	29 JrM	Garrett Penland, 11, Clive, IA	31:49
208	30 JrM	Logan Carlisle, 11, Urbandale, IA	31:50
155	8 JrW	Claire Heldenbrand, 11*, Ankeny, IA	31:50
209	31 M40	Patrick Sweeney, 44, Boise, ID	31:53
156	28 W30	Erin Sweeney, 37*, Boise, ID	31:54
157	9 JrW	Emma Heldenbrand, 11*, Ankeny, IA	31:59
158	29 W30	Jen Perez, 36*, Urbandale, IA	32:01
159	30 W30	Pamela Dykstra, 37*, Urbandale, IA	32:03
160	8 W50	Mary Hester, 54*, Urbandale, IA	32:04
161	35 W40	Jennifer Cunningham, 41*, Urbandale, IA	32:04
162	27 W12	Rachel Galluzzo, 12*, West Des Moines, IA	32:06
163	36 W40	Jane Smith, 48*, Ankeny, IA	32:06
164	19 W19	Rachel Fuson, 21*, Urbandale, IA	32:11
165	28 W12	Cacy Larson, 12*, Norwalk, IA	32:12
166	29 W12	Alivia Rosendahl, 13*, West Des Moines, IA	32:13
210	22 M19	Matt Fritz, 28, Urbandale, IA	32:14
211	28 M50	Joseph Knobbe, 58, West Des Moines, IA	32:18

121	28	M12	Ethan Perez, 13, Urbandale, IA	32:24
123	31	JrM	Michael Wunn, 11, Clive, IA	32:25
124	30	M14	Cole Perez, 16, Urbandale, IA	32:25
167	30	W12	Isabella Brunkhorst, 12*, West Des Moines, IA	
				32:30
168	31	W30	Cari Cunningham, 34*, Urbandale, IA	32:36
169	20	W19	Abby Luhrs, 29*, Urbandale, IA	32:37
215	38	M30	Ryan Leemkuil, 30, Urbandale, IA	32:37
216	32	JrM	Alex Traynor, 11, Urbandale, IA	32:38
170	37	W40	Jennifer DeRoos, 44*, Des Moines, IA	32:39
171	35	W14	Rachel Gowey, 16*, Urbandale, IA	32:46
172	32	W30	Heather Halverson, 33*, Granger, IA	32:50
217	29	M50	Chris Carrier, 54, Urbandale, IA	32:54
218	29	M12	John Nielsen, 12, Clive, IA	32:57
219	32	M40	Eric Traynor, 41, Urbandale, IA	33:00
220	33	JrM	Mitchell Klaas, 8, Urbandale, IA	33:01
221	30	M50	jerry Gowey, 53, Urbandale, IA	33:01
173	36	W14	Rachel Ferris, 15*, Urbandale, IA	33:17
174	37	W14	Lindi Roderts, 14*, Urbandale, IA	33:18
175	33	W30	Tara McFarling, 38*, Clive, IA	33:22
222	39	M30	Ryan Weis, 32, Urbandale, IA	33:31
223	31	M50	Gary Young, 55, Johnston, IA	33:40
224	32	M50	Dan Duwelis, 55, Des Moines, IA	33:42
225	40	M30	Charlie Nichols, 34, Fairfield, IA	33:48
226	41	M30	Michael Gellespie, 32, Urbandale, IA	33:50
227	42	M30	Peter Corkrean, 34, Urbandale, IA	33:53
228	33	M50	Dave Fellman, 50, Urbandale, IA	33:53
229	7	M60	David Vallar, 62, De Soto, IA	33:57
230	34	M50	Mark Hansing, 57, Urbandale, IA	34:04
176	34	W30	Amanda Stover, 32*, Urbandale, IA	34:07
231	33	M40	Phillip Stover, 42, Urbandale, IA	34:08
232	34	M40	Alan Brunkhorst, 44, West Des Moines, IA	34:10

177	21	W19	Madison Green, 22*, Ankeny, IA	34:16
178	9	W50	Christine Brandenburg, 50*, Urbandale, IA	34:18
233	35	M50	Ted Economos, 55, Urbandale, IA	34:24
179	10	W50	Alicia Economos, 54*, Urbandale, IA	34:24
180	38	W40	Shelly Anderson, 47*, Ankeny, IA	34:28
181	10	JrW	Maleha Greenslade, 10*, Des Moines, IA	34:29
234	35	M40	Kevin Kleve, 49, Urbandale, IA	34:36
182	22	W19	Nicole Horton, 26*, Urbandale, IA	34:38
183	11	W50	Lisa Fellman, 50*, Urbandale, IA	34:40
184	23	W19	Elyse Brimeyer, 29*, Johnston, IA	34:41
185	24	W19	Megan Willem, 22*, West Des Moines, IA	34:41
186	25	W19	Kathleen Willem, 25*, West Des Moines, IA	34:42
235	23	M19	Mitch Smith, 25, West Des Moines, IA	34:42
236	36	M50	Brian Willem, 52, West Des Moines, IA	34:43
187	39	W40	Keely Greenslade, 43*, Des Moines, IA	34:53
237	43	M30	Jordan Jensen, 34, Grimes, IA	34:54
188	26	W19	Angela Horton, 27*, Urbandale, IA	34:56
238	8	M60	Bill Warren, 63, Davenport, IA	34:57
239	36	M40	Alex Van Quathem, 44, Urbandale, IA	35:00
189	11	JrW	Avery Van Quathem, 8*, Urbandale, IA	35:01
190	40	W40	Megan Milligan, 40*, Des Moines, IA	35:13
191	35	W30	Brandi Buskohl, 35*, Clive, IA	35:21
240	37	M50	Randy Richards, 50, Scottsdale, AZ	35:29
241	38	M50	Mark Richards, 55, Clive, IA	35:29
242	39	M50	Marty Marren, 50, Johnston, IA	35:32
243	9	M60	Ruben Rullan, 73, Urbandale, IA	35:32
192	12	W50	Dawn Kirts, 50*, West Des Moines, IA	35:32
244	34	JrM	Dylan Sams, 11, Urbandale, IA	35:34
193	2	W60	Cynthia Fuson, 63*, Urbandale, IA	35:40
194	27	W19	Nicki Lynch, 26*, Urbandale, IA	35:40
195	36	W30	Susan Watts, 36*, Des Moines, IA	35:43
196	41	W40	Martha Garrels, 42*, Indianola, IA	35:57
197	37	W30	Lynsey Schwickerath, 31*, Grimes, IA	35:57

198	28 W19	Anna Weis, 27*, Urbandale, IA	35:58
245	35 JrM	Carson Renken, 10, Waukee, IA	35:58
246	36 JrM	Thomas Gates, 10, Urbandale, IA	35:59
199	42 W40	Amy Gates, 44*, Urbandale, IA	36:00
200	38 W30	Katie Kyhl, 37*, Des Moines, IA	36:07
201	43 W40	Julie Comes, 49*, Urbandale, IA	36:08
247	40 M50	John Tuck, 52, Evanston, IL	36:13
202	13 W50	Lisa Ryan, 51*, Urbandale, IA	36:23
203	39 W30	Michelle Renken, 38*, Waukee, IA	36:25
204	40 W30	Carrie Sporrer, 30*, Grimes, IA	36:58
205	41 W30	Elizabeth Youngwirth, 38*, Windsor Heights, IA	36:59
206	44 W40	Laura Hoffman, 45*, Des Moines, IA	37:01
207	12 JrW	Sarah Galluzzo, 10*, West Des Moines, IA	37:09
248	37 M40	Steven Galluzzo, 42, West Des Moines, IA	37:12
249	37 JrM	Danny Nielsen, 10, Clive, IA	37:18
250	38 M40	Dan Nielsen, 45, Clive, IA	37:19
208	42 W30	Bethany Jensen, 31*, Grimes, IA	37:26
209	43 W30	Lisa Barrick, 32*, Grimes, IA	37:26
251	39 M40	Michael Marturello, 49, Clive, IA	37:28
210	44 W30	Jennifer Giles, 39*, Urbandale, IA	37:34
211	45 W30	Brooke Thielking, 34*, Fairfield, IA	37:41
212	13 JrW	Allie Soderberg, 9*, Urbandale, IA	37:42
213	14 JrW	Alli Webster, 9*, Urbandale, IA	37:43
214	46 W30	Megan Mrky-Webster, 39*, Urbandale, IA	37:44
215	47 W30	Leslie Falcone, 30*, Urbandale, IA	37:49
216	48 W30	Nonoko Okada, 38*, Greensboro, NC	37:53
217	3 W60	Ellen Hay, 62*, Davenport, IA	37:56
252	38 JrM	Isaiah Ives, 8, Pleasant Hill, IA	38:01
253	44 M30	Timothy Ives, 33, Pleasant Hill, IA	38:01
218	49 W30	Trisha Irvin, 39*, Des Moines, IA	38:11
219	29 W19	Tanna Horshbarger, 29*, West Des Moines, IA	

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254	24	M19	Doyle Malcolm, 22, Des Moines, IA	38:14
255	10	M60	Paul Thielking, 66, Urbandale, IA	38:22
220	4	W60	Sally Thielking, 64*, Urbandale, IA	38:22
221	30	W19	Kristin Rodenberg, 29*, Johnston, IA	38:40
222	38	W14	Susan Alverio, 14*, Norwalk, IA	38:41
223	45	W40	Susan Patterson-Plank, 48*, Urbandale, IA	38:46
224	50	W30	Melissa Knutson, 33*, Johnston, IA	38:47
225	39	W14	Rachel Svendsen, 15*, West Des Moines, IA	38:58
226	40	W14	Elizabeth Thilges, 14*, West Des Moines, IA	

38:59

256	11	M60	Robert Green, 65, Ankeny, IA	39:03
227	14	W50	Brenda Criswell, 57*, Urbandale, IA	39:05
257	12	M60	Roger Schoelerman, 62, Des Moines, IA	39:06
228	51	W30	Nicole Schoelerman, 34*, Des Moines, IA	39:09
229	52	W30	Christy Sams, 38*, Overland Park, KS	39:12
258	39	JrM	Cooper Sams, 10, Overland Park, KS	39:13
259	40	JrM	Brendan Nigg, 11, WiNterset, IA	39:15
260	40	M40	Thomas Ringborg, 41, Sioux City, IA	39:32
230	46	W40	Kelly Bakke, 42*, Urbandale, IA	39:51
261	41	JrM	Conner Street, 11, Clive, IA	39:53
231	47	W40	Dana Kennedy, 41*, Clive, IA	39:53
232	31	W19	Emily Wait, 24*, Granville, OH	40:33
262	30	M12	Connor McKinstry, 13, Polk City, IA	40:36
263	41	M40	Doug McKinstry , 43, Polk City, IA	40:36
264	13	M60	Jack Boccarossa, 67, Milan, IA	40:39
233	48	W40	Cara Kennedy-Ode, 42*, Des Moines, IA	40:40
234	49	W40	Jody Kheine, 47*, Urbandale, IA	40:49
235	50	W40	Victoria Daniels, 45*, Des Moines, IA	41:00
236	41	W14	Torina Fugenschuh, 14*, Urbandale, IA	41:02
237	32	W19	Monique Oakley, 22*, Des Moines, IA	41:23
238	15	W50	Margaret Long, 51*, Des Moines, IA	41:24
239	15	JrW	Anna Gossling, 10*, Johnston, IA	41:43

240	51 W40	Jayna Gossling, 43*, Johnston, IA	41:43
241	16 W50	Kelly Mahanna, 53*, Grimes, IA	41:46
242	16 JrW	Alyssa Rinke, 9*, Urbandale, IA	41:48
243	52 W40	Patty Williams, 44*, Urbandale, IA	41:51
244	17 W50	Kamille Loftus, 54*, Sioux City, IA	42:12
245	17 JrW	Vanessa Bickford, 8*, Grimes, IA	42:22
246	53 W30	Rebecca Widen, 38*, Altoona, IA	42:31
265	14 M60	Scott Dennis, 61, Urbandale, IA	42:40
247	18 JrW	Ava Brunkhorst, 9*, West Des Moines, IA	42:49
248	53 W40	Jill Huston, 42*, Urbandale, IA	42:52
249	31 W12	Maddie Johnson, 12*, Urbandale, IA	43:16
250	54 W40	Debi Kemp, 48*, Des Moines, IA	43:16
251	54 W30	Alissa Hamer, 33*, Waukee, IA	45:07
252	33 W19	Esmie Holderman, 29*, Des Moines, IA	45:07
253	34 W19	Julia Obrien, 24*, Manchester, MO	46:05
266	15 M60	John Sullivan, 76, Urbandale, IA	46:22
267	41 M50	Woody Wasson, 56, Urbandale, IA	46:48
254	55 W40	Robyn Swartz, 47*, Waukee, IA	47:09
255	19 JrW	Grace Aerisolphal, 6*, Urbandale, IA	47:17
256	56 W40	Judy Svendsen, 47*, Clive, IA	47:17
257	55 W30	Megan Aerisolphal, 36*, Urbandale, IA	47:20
268	25 M19	Isqiah Oakley, 25, Des Moines, IA	48:19
258	35 W19	Elizabeth Moldovan, 25*, Des Moines, IA	49:30
269	42 JrM	Andrew Heldenbrand, 7, Ankeny, IA	50:30
270	42 M40	Mark Templeman, 46, Parker, CO	51:11
259	42 W14	Bach Iverson, 17*, Clive, IA	52:15
260	56 W30	Michelle McCoy, 33*, Urbandale, IA	52:58

* indicates females

1 finishers among Males (no age given)

42 finishers among Men Under 12

30 finishers among Men 12 - 13

30 finishers among Men 14 - 18

25 finishers among Men 19 - 29
44 finishers among Men 30 - 39
42 finishers among Men 40 - 49
41 finishers among Men 50 - 59
15 finishers among Men 60 & Up
19 finishers among Women Under 12
31 finishers among Women 12 - 13
42 finishers among Women 14 - 18
35 finishers among Women 19 - 29
56 finishers among Women 30 - 39
56 finishers among Women 40 - 49
17 finishers among Women 50 - 59
4 finishers among Women 60 & Up
270 male finishers
260 female finishers
530 total finishers

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