

Urbandale July 4th William Courtney 5.1 km

Urbandale, IA

July 4, 2017

72 degrees, partly cloudy

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.

Last updated July 4, 2017 12:46 PM

PLACE	CLASS PLACE	FINISHER	TIME	PACE
1	1 M19	Michael Westphal, 19, Urbandale, IA	16:53	5:19
2	1 M14	Drake Henrichs, 18, St Paul, MN	17:01	5:22
3	2 M19	Dan Jensen, 25, Urbandale, IA	17:09	5:25
4	3 M19	Jonah Penningroth, 19, St Paul, MN	17:18	5:27
5	2 M14	Will Ode, 16, Des Moines, IA	17:49	5:37
6	4 M19	Grant Acoymo, 19, Ankeny, IA	17:53	5:38
7	3 M14	Sam Hall, 15, West Des Moines, IA	17:59	5:40
8	4 M14	Thomas Bussey, 18, Urbandale, IA	18:05	5:42
1	1 W30	Ellen Davis, 30*, St Paul, MN	18:05	5:42
9	5 M19	Alex Smith, 19, Urbandale, IA	18:32	5:51
10	5 M14	Drew Brase, 16, Des Moines, IA	18:34	5:51
11	6 M14	Payton Marrs, 15, Urbandale, IA	18:46	5:55
12	6 M19	Christopher Kallenbach, 28, Washington, DC	18:50	5:57
13	1 M30	Alejandro Fallas, 31, Portland, OR	18:55	5:58
2	2 W30	Sara Schwertfeger, 32*, Adel, IA	18:57	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	7 M14	Sam Schweizer, 16, Rosemount, MN	19:07	6:02
15	7 M19	Michael Eppink, 21, Uebandale, IA	19:25	6:08
16	8 M14	Carlos Quijano, 17, Urbandale, IA	19:26	6:08
17	1 M40	Scott Heidesch, 45, West Des Moines, IA	19:31	6:09
18	9 M14	Kevin Conner, 16, West Des Moines, IA	19:34	6:10
19	10 M14	Niall Moore, 17, Windsor Heights, IA	19:41	6:13
20	11 M14	Zach Anthofer, 16, Urbandale, IA	19:51	6:16
21	12 M14	Aidan Cunningham, 15, Urbandale, IA	19:53	6:16
22	2 M40	Joe Marshall, 49, Granger, IA	19:58	6:18
23	13 M14	Gian Luca Stanco, 15, Johnston, IA	20:01	6:19
3	1 W19	Fionna Fallon, 29*, Portland, OR	20:04	6:20
24	3 M40	John Anthofer, 45, Urbandale, IA	20:20	6:25
25	14 M14	Gage Clabaug, 16, Uebandale, IA	20:22	6:25
26	15 M14	Brandon Latting, 15, West Des Moines, IA	20:22	6:25
27	16 M14	Alex Gisi, 16, West Des Moines, IA	20:27	6:27
28	17 M14	Jonah Magneson, 17, Urbandale, IA	20:28	6:27
29	18 M14	Colin LaBrie, 16, Des Moines, IA	20:30	6:28
30	2 M30	Tyler Kinder, 33, Atlanta, GA	20:37	6:30
31	19 M14	Noah, Fopma, 15, Urbandale, IA	20:40	6:31
32	3 M30	Matt Lano, 35, Richmond, VA	20:41	6:31
4	1 W40	Carrie Van Quathem, 45*, Urbandale, IA	20:46	6:33
33	4 M40	Lee Hammerand, 49, Urbandale, IA	21:02	6:38
34	20 M14	Joseph Bussey, 15, Urbandale, IA	21:08	6:40
35	21 M14	Jackson Marshall, 16, Granger, IA	21:11	6:41
36	8 M19	Erik Miller, 19, Urbandale, IA	21:13	6:42
37	1 M12	Jackkson Heidesch, 12, West Des Moines, IA	21:14	6:42
38	22 M14	Griffin Rhode, 15, Urbandale, IA	21:19	6:44
39	23 M14	Maximilian Brown, 14, Urbandale, IA	21:21	6:44

40	24	M14	Jackson Fink, 18, Uebandale, IA	21:21	6:44
41	1	M60	Tom McBride, 61, Des Moines, IA	21:23	6:45
42	2	M12	Carson Houg, 13, Urbandale, IA	21:28	6:46
43	25	M14	Noah Mable, 16, Urbandale, IA	21:28	6:46
44	26	M14	Steffen Osborn, 15, Waukee, IA	21:57	6:56
5	1	W14	Kelsey Schweizer, 16*, Urbandale, IA	22:03	6:57
6	2	W14	Molly Flood, 17*, Des Moines, IA	22:03	6:57
7	2	W19	Ashley Stevens, 20*, Windsor Heights, IA	22:06	6:58
45	27	M14	Dylan Arreola, 14, Urbandale, IA	22:06	6:58
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					
46	4	M30	Jimmy Knuttica, 31	22:16	7:01
47	3	M12	Tommy Hancock, 13, Urbandale, IA	22:23	7:04
8	3	W14	Avert Peterson, 17*, Urbandale, IA	22:27	7:05
48	28	M14	Jacob Fopma, 15, Washington, DC	22:40	7:09
9	3	W30	Hayley Nixon, 34*, Clive, IA	22:40	7:09
49	29	M14	Nolan Kyhl, 14, Perry, KS	22:40	7:09
50	30	M14	Duncan Jyhl, 17, Johnston, IA	22:40	7:09
51	31	M14	Tyler Schweizer, 15, Urbandale, IA	22:43	7:10
52	4	M12	Cooper Hardersen, 12, Urbandale, IA	22:44	7:10
53	1	M50	Stan Roth, 52, Kaneohe, HI	22:48	7:11
54	32	M14	Adam Jackson, 17, Windsor Heights, IA	22:49	7:12
10	4	W30	Jessica Schroeder, 31*, Urbandale, IA	22:52	7:13
11	4	W14	Alexis Riesberg, 16*, Grimes, IA	22:55	7:14
55	2	M50	Loran Storts, 52, Uebandale, IA	22:56	7:14
12	5	W14	Kelsey Heller, 14*, Urbandale, IA	22:58	7:15
56	5	M40	Dave Zimmer, 45, Polk City, IA	22:59	7:15
57	5	M30	John Lande, 31, St Paul, MN	22:59	7:15
58	6	M40	Paul Thielking, 46, Salt Lake, UT	23:00	7:15
59	33	M14	Bryson McGowan, 15, Urbandale, IA	23:01	7:16
13	6	W14	Caroline Fink, 16*, Des Moines, IA	23:09	7:18
14	2	W40	Kathy Schweizer, 47*, Uebandale, IA	23:16	7:20
60	34	M14	Wyatt Kacmarynski, 15, Urbandale, IA	23:17	7:21
15	5	W30	Stephanie Mortenson, 35*, Windosr Heights, IA	23:21	7:22
61	3	M50	Scott Freeman, 55, St Paul, MN	23:26	7:23
62	35	M14	Tyler Potter, 17, West Des Moines, IA	23:28	7:24
63	4	M50	Bruce Drummond, 59, Des Moines, IA	23:30	7:25
64	36	M14	Michael Fraizer, 15, West Des Moines, IA	23:35	7:26
65	37	M14	Paul Johnson, 15, Clive, IA	23:35	7:26
66	5	M12	Jack Ode, 12, Des Moines, IA	23:38	7:27
67	6	M12	Jake Noonan, 13, Clive, IA	23:38	7:27
68	38	M14	Jack Larson, 15, Urbandale, IA	23:41	7:28
69	39	M14	Colin Recker, 15, West Des Moines, IA	23:42	7:29
70	7	M40	Matthew Gardner, 47, Washington, DC	23:44	7:29
16	1	W12	Erin Van Quathem, 12*, Urbandale, IA	23:48	7:31
71	8	M40	Matthew Cole, 44, Waukon, IA	23:49	7:31
17	7	W14	Bella Heidesch, 16*, West Des Moines, IA	23:53	7:32
18	8	W14	Mary Kelly, 16*, Windosr Heights, IA	23:55	7:33
19	9	W14	Alexis Schweizer, 16*, Urbandale, IA	23:55	7:33
20	10	W14	Andrea Goodman, 17*, West Des Moines, IA	23:55	7:33
72	9	M40	Mike Fraizer, 46, West Des Moines, IA	23:56	7:33
73	9	M19	Matt Hansing, 20, Urbandale, IA	23:59	7:34
74	1	JrM	Tommy Hensley, 11, Urbandale, IA	24:00	7:34
21	3	W19	Payton Hartman, 19*, Rockford, IL	24:01	7:34
75	6	M30	Tim Taylor, 34, Urbandale, IA	24:02	7:35
76	2	JrM	Matthew Hoover, 11, Urbandale, IA	24:04	7:35
77	3	JrM	Ashton Hensley, 9, Urbandale, IA	24:05	7:36
22	1	W50	Beth Schweizer, 51*, Rosemount, MN	24:05	7:36
78	40	M14	Joey (Joseph) Krejchi, 14, Waukee, IA	24:10	7:37
23	6	W30	Mimi Reed, 34*, Urbandale, IA	24:10	7:37
79	7	M30	Tanner Hensley, 39, Urbandale, IA	24:14	7:39
80	41	M14	Grant Gossling, 18, Atlanta, GA	24:17	7:40
24	11	W14	Kathleen Heller, 17*, Urbandale, IA	24:20	7:40
81	10	M40	Scott Greenwood, 49, Des Moines, IA	24:22	7:41

82	5	M50	Mark Davis, 50, Urbandale, IA	24:23	7:41
83	11	M40	Caleb Hegna, 40, Des Moines, IA	24:24	7:42
25	4	W19	Brenna Paukert, 22*, West Des Moines, IA	24:25	7:42
84	42	M14	Max Wisnieski, 17, Clive, IA	24:28	7:43
85	12	M40	Aaron Henrichs, 42, Urbandale, IA	24:31	7:44
86	13	M40	Pat Mattingly, 48, Johnston, IA	24:32	7:44
87	8	M30	Matt Weller, 33, West Des Moines, IA	24:33	7:45
26	12	W14	Sydnee Miller, 16*, Urbandale, IA	24:38	7:46
88	6	M50	Roadog McKibben, 56, Clive, IA	24:39	7:47
89	43	M14	Joseph Smith, 14, Urbandale, IA	24:43	7:48
90	7	M12	Carter Smith, 13, Urbandale, IA	24:44	7:48
27	3	W40	Marcey Norland, 49*, Des Moines, IA	24:45	7:48
91	9	M30	Brett Finger, 30, Grimes, IA	24:48	7:49
28	5	W19	Emma Finger, 24*, Grimes, IA	24:48	7:49
29	6	W19	Riley Jones, 24*, Urbandale, IA	24:49	7:50
30	4	W40	Jayna Gossling, 46*, Johnston, IA	24:50	7:50
31	13	W14	Abi Zimmer, 14*, Polk City, IA	24:51	7:50
92	4	JrM	Gary Taitn, 9, Urbandale, IA	24:58	7:53
32	14	W14	Kate Moore, 14*, Waukee, IA	25:00	7:53
33	2	W12	Julie Moore, 12*, Waukee, IA	25:01	7:53
34	15	W14	Grace Rempe, 17*, Urbandale, IA	25:05	7:55
35	5	W40	Casey Conner, 47*, West Des Moines, IA	25:06	7:55
36	16	W14	Jessica Thomas, 16*, Uebandale, IA	25:07	7:55
37	3	W12	Mallory Metzger, 13*, Waukee, IA	25:09	7:56
93	7	M50	Brad Johnson, 52, Rockford, IL	25:12	7:57
94	44	M14	Kellen Cosgrove, 17, Urbandale, IA	25:16	7:58
38	7	W30	Cindy Lande, 32*, St Paul, MN	25:19	7:59

Pace: [6:00](#) | [7:00](#) | [8:00](#) | [9:00](#) | [10:00](#) | [11:00](#) | [12:00](#) | [13:00](#) | [14:00](#) | [15:00](#) | [Top](#)

95	10	M19	Jeremy Miller, 23, Atlanta, GA	25:21	8:00
96	11	M19	Kenton Tennal, 29, Urbandale, IA	25:21	8:00
39	17	W14	Annie Flood, 15*, Des Moines, IA	25:25	8:01
97	45	M14	Ethan Taylor, 14, Urbandale, IA	25:29	8:02
98	5	JrM	Adrian Brown, 11, Urbandale, IA	25:31	8:03
99	2	M60	Raul Deanda, 65, Des Moines, IA	25:34	8:04
100	14	M40	Gregg Dahlgren, 47, West Des Moines, IA	25:40	8:06
101	6	JrM	Antonio Stanco, 11, Johnston, IA	25:40	8:06
40	1	JrW	Savannah Schneider, 11*, Grimes, IA	25:42	8:06
41	7	W19	Allie Uhlenhopp, 25*, Washington, DC	25:43	8:07
102	8	M50	Paul Brees, 59, Washington, DC	25:43	8:07
103	9	M50	Gerard Amadeo, 51, Des Moines, IA	25:44	8:07
42	18	W14	Ally Redenius, 15*, Urbandale, IA	25:46	8:08
43	8	W19	Kimberly Townsend, 29*, Truro, IA	25:47	8:08
104	15	M40	Curtis Brown, 41, Urbandale, IA	25:48	8:08
44	8	W30	Stephanie Luttrell, 37*, Urbandale, IA	25:56	8:11
45	19	W14	Maura Small, 17*, Uebandale, IA	26:03	8:13
105	16	M40	Juan Jaramillo, 41, Pittsburgh, PA	26:04	8:13
106	10	M50	Dale Christians, 51, Urbandale, IA	26:04	8:13
46	20	W14	Karleigh Osborn, 14*, Waukee, IA	26:05	8:14
107	17	M40	Phil Legler, 41, Richmond, VA	26:06	8:14
108	8	M12	Christopher Pierson, 13, Waukee, IA	26:07	8:14
109	18	M40	Tom Jordan, 42, Iowa City, IA	26:11	8:16
47	2	JrW	Mallory Wurth, 10*, Urbandale, IA	26:13	8:16
110	10	M30	Ryan Fox, 38, Des Moines, IA	26:15	8:17
48	21	W14	Katie Schreck, 18*, Urbandale, IA	26:17	8:17
111	9	M12	Alex Wear, 12, Urbandale, IA	26:23	8:19
112	11	M30	Mike Reed, 36, Urbandale, IA	26:24	8:20
113	12	M19	Ryan Peters, 25, Urbandale, IA	26:28	8:21
114	46	M14	Carter Luttrell, 15, Urbandale, IA	26:33	8:22
49	6	W40	Erin Jordan, 42*, Iowa City, IA	26:35	8:23
115	13	M19	Joseph Bormann, 29, Urbandale, IA	26:39	8:24
116	10	M12	Jacob Wagner, 13, Uebandale, IA	26:40	8:25
50	22	W14	Maria Stanco, 18*, Johnston, IA	26:41	8:25
51	2	W50	Martha Freeman, 54*	26:43	8:26
117	47	M14	Devon Moore, 15, Washington, DC	26:43	8:26

118	11	M50	Gary Thompson, 53, Urbandale, IA	26:44	8:26
119	19	M40	Steve Houg, 42, Urbandale, IA	26:45	8:26
120	7	JrM	Collin Houg, 11, Urbandale, IA	26:45	8:26
121	14	M19	David Fuson, 29, West Des Moines, IA	26:46	8:27
52	7	W40	Pamela Pitz, 48*, Clive, IA	26:49	8:27
122	20	M40	Ed Lauer, 40, Urbandale, IA	26:52	8:28
123	8	JrM	Drew Dunlap, 11, Des Moines, IA	26:53	8:29
124	12	M50	Patrick Walter, 56, Urbandale, IA	26:54	8:29
53	8	W40	Beth McDonald, 44*, Prole, IA	26:55	8:29
125	12	M30	Joseph Wallace, 36, Urbandale, IA	26:56	8:30
126	3	M60	Scott Schoneberg, 60, Des Moines, IA	26:56	8:30
127	21	M40	Travis Jungling, 40, Urbandale, IA	26:58	8:30
128	13	M50	James Halliwell, 53, West Des Moines, IA	26:59	8:31
129	22	M40	Tony Wagner, 41, Urbandale, IA	26:59	8:31
130	9	JrM	Dayne Rew, 10, Urbandale, IA	27:02	8:32
54	9	W30	Laurie Hughell, 37*, Richmond, VA	27:06	8:33
131	23	M40	Matt Jackson, 40, St Paul, MN	27:07	8:33
55	10	W30	Amanda Yarges, 36*, Portage, IN	27:16	8:36
56	4	W12	Elizabeth Noll, 12*, Clive, IA	27:22	8:38
57	9	W40	Jenny Goodman, 41*, Washington, DC	27:23	8:38
58	5	W12	Olivia Dohrmann, 12*, Windsor Heights, IA	27:30	8:40
132	15	M19	Mark Treska, 29, Uebandale, IA	27:31	8:41
133	10	JrM	Beau Schneider, 11, Uebandale, IA	27:32	8:41
134	11	JrM	Blake Grask, 10, Clive, IA	27:33	8:41
135	14	M50	John Noll, 55, Clive, IA	27:34	8:42
59	3	JrW	Reagan Zimmer, 10*, Polk City, IA	27:37	8:43
60	23	W14	Maureen Wainwright, 16*, Windsor Heights, IA	27:40	8:44
136	12	JrM	Eli Wees, 10, Urbandale, IA	27:41	8:44
137	13	M30	Jeff Hansen, 38, Naperville, IL	27:43	8:45
138	14	M30	Tim Lewis, 34, Urbandale, IA	27:45	8:45
139	11	M12	Johnny Fox, 12, Des Moines, IA	27:49	8:46
61	11	W30	Michelle Forrest, 31*, Uebandale, IA	27:51	8:47
62	12	W30	Melissa Grinstead, 35*, Urbandale, IA	27:52	8:47
140	24	M40	Aaron Pieper, 42, Urbandale, IA	27:53	8:48
63	10	W40	Annie Breeding, 40*, Urbandale, IA	28:01	8:50
64	13	W30	Anna Weis, 30*, Lynnwood, WA	28:04	8:51
65	14	W30	Wendy Cooney, 36*, Urbandale, IA	28:05	8:51
66	15	W30	Rebecca Weller, 33*, West Des Moines, IA	28:11	8:53
141	48	M14	Eli Kading, 14, Casey, IA	28:11	8:54
67	9	W19	Rachel Fuson, 24*, West Des Moines, IA	28:14	8:54
68	3	W50	Penny Luthens, 51*, Urbandale, IA	28:15	8:55
69	10	W19	Alenah Luthens, 19*, Urbandale, IA	28:15	8:55
70	11	W19	Samantha Storts, 20*, Uebandale, IA	28:17	8:55
142	49	M14	Zachary Rinke, 16, Uebandale, IA	28:19	8:56
143	50	M14	Shanaberger, 16, Urbandale, IA	28:21	8:57
71	6	W12	Emma Isenhardt, 13*, Grimes, IA	28:22	8:57
72	11	W40	Kristin Isenhardt, 43*, Grimes, IA	28:22	8:57
144	51	M14	Sam Rempe, 15, Urbandale, IA	28:27	8:58
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					
145	15	M30	James Morgan, 35, Stuart, IA	28:30	9:00
73	16	W30	Kristin Morgan, 33*, Stuart, IA	28:30	9:00
74	12	W40	Rachel Brown, 41*, Urbandale, IA	28:32	9:00
146	4	M60	Dennis Wheeler, 67, Urbandale, IA	28:38	9:02
147	5	M60	John Leonhart, 65, Urbandale, IA	28:39	9:02
75	13	W40	Jennifer Cunningham, 44*, Urbandale, IA	28:41	9:03
76	14	W40	Cara Ode, 45*, Des Moines, IA	28:42	9:03
77	7	W12	Megan Wainwright, 13*, Windsor Heights, IA	28:42	9:03
148	12	M12	Joe Wilwerding, 12, Des Moines, IA	28:51	9:06
78	15	W40	Yvonne Schweizer, 41*, Urbandale, IA	28:51	9:06
149	25	M40	Steve Schweizer, 48, Urbandale, IA	28:53	9:07
79	8	W12	Bailey Vaughan, 13*, Johnston, IA	28:54	9:07
150	26	M40	Mike Vaughan, 48, Johnston, IA	28:54	9:07
151	27	M40	Scott Mills, 46, Des Moines, IA	28:55	9:07

80	24	W14	Sofia Manzano, 14*, West Des Moines, IA	28:55	9:07
152	13	JrM	Evan Wagner, 8, Urbandale, IA	28:58	9:08
153	13	M12	Dane Cole, 13, Waukon, IA	28:59	9:09
154			Jp Miller, Atlanta, GA	29:00	9:09
155	6	M60	Bill Mahanna, 64, Johnston, IA	29:00	9:09
156	16	M30	Vincent Ries, 36, Atlanta, GA	29:01	9:09
81	12	W19	Emily Benson, 23*, West Des Moines, IA	29:04	9:10
157	16	M19	Jacob Edleman, 25, West Des Moines, IA	29:04	9:10
82	4	JrW	Kiley Lumley, 11*, Urbandale, IA	29:05	9:11
83	25	W14	Maddy Grask, 17*, Clive, IA	29:05	9:11
84	16	W40	Jenny Storts, 48*, Clive, IA	29:06	9:11
85	9	W12	Shae Bernhardt, 13*, Waukee, IA	29:06	9:11
158	28	M40	Paul Sams, 44, Urbandale, IA	29:17	9:14
159	17	M30	Josh Moore, 37, Urbandale, IA	29:18	9:14
160	14	JrM	Harrison Jansen, 9, Ankeny, IA	29:19	9:15
86	10	W12	Ali Pieper, 13*, Urbandale, IA	29:20	9:15
161	18	M30	Corey Jansen, 35, Ankeny, IA	29:21	9:16
87	17	W30	Jessica McLeran, 36*, Urbandale, IA	29:24	9:17
88	11	W12	Kayla McLeran, 12*, Urbandale, IA	29:25	9:17
89	5	JrW	Hadley Hardersen, 10*, Urbandale, IA	29:29	9:18
162	19	M30	Timothy Ives, 36, Pleasant Hill, IA	29:31	9:19
90	6	JrW	Lydia Ives, 9*, Pleasant Hill, IA	29:31	9:19
91	17	W40	Karrie Cole, 47*, Waukon, IA	29:32	9:19
163	20	M30	Joel Goetsch, 35, Urbandale, IA	29:37	9:21
164	14	M12	Ben Hansen, 12, Johnston, IA	29:42	9:22
165	7	M60	Dan Keller, 63, Dallas Center, IA	29:45	9:23
92	18	W30	Molly Timlin, 34*, Atlanta, GA	29:47	9:24
166	17	M19	Eric Wait, 23, Granville, OH	29:53	9:26
167	15	M12	Zachary Braggs, 12	29:53	9:26
168	52	M14	Joseph Miller, 14, Atlanta, GA	29:54	9:26
169	15	M50	Vince Stanco, 50, Johnston, IA	29:55	9:26
170	16	M50	Duncan Gallagher, 57, Ankeny, IA	29:57	9:27
93	4	W50	Kristin Maahs, 57*, Portland, OR	29:59	9:27
94	19	W30	Michelle Cole, 35*, Richmond, VA	30:00	9:28
95	5	W50	Luann Ostergaard, 58*, Des Moines, IA	30:06	9:30
171	17	M50	Charles Wait, 57, Byron, MN	30:07	9:30
96	6	W50	Ellen Hansing, 59*, Urbandale, IA	30:07	9:30
172	15	JrM	Lewis Lentsch, 11, West Des Moines, IA	30:08	9:30
97	18	W40	Laura Hamilton, 40*, Urbandale, IA	30:08	9:30
173	21	M30	Andrew Majeran, 36, Urbandale, IA	30:09	9:31
98	1	W60	Carol Stratemeyer, 61*, Des Moines, IA	30:11	9:31
174	29	M40	Geoffrey Wall, 49, Johnston, IA	30:12	9:32
99	26	W14	Jessica Gard, 18*, Grimes, IA	30:14	9:32
100	2	W60	Paula Dierenfeld, 62*, Johnston, IA	30:14	9:32
175	18	M50	Sean Smith, 54, Urbandale, IA	30:17	9:33
176	19	M50	Wayne Dstergaard, 54, Evanstan, IL	30:24	9:35
177	18	M19	Luke Fitzpatrick, 29	30:24	9:35
178	19	M19	Peter Kasper, 28, Urbandale, IA	30:25	9:36
101	19	W40	Janet Mark, 49*, St Paul, MN	30:25	9:36
102	7	JrW	Lily Schneider, 8*, Uebandale, IA	30:26	9:36
103	27	W14	Kirby Power, 17*, Uebandale, IA	30:26	9:36
104	20	W30	Josie Ochanpaugh, 37*, West Des Moines, IA	30:33	9:38
105	21	W30	Renee Schneider, 35*, Grimes, IA	30:35	9:39
179	16	JrM	Eli Dunlap, 8, Des Moines, IA	30:35	9:39
180	20	M50	Jeff Dunlap, 51, Des Moines, IA	30:36	9:39
106	22	W30	Jill Motroni, 37*, Urbandale, IA	30:41	9:41
181	30	M40	Brian Whalen, 49, Urbandale, IA	30:43	9:41
107	28	W14	Grace Recker, 18*, West Des Moines, IA	30:44	9:42
108	3	W60	Arlene Dabill, 67*, Urbandale, IA	30:44	9:42
109	20	W40	Renee Roth, 49*, Kaneohe, HI	30:46	9:42
182	22	M30	Aaron Hurd, 34, St Paul, MN	30:47	9:43
183	21	M50	Steve Kopf, 59, Urbandale, IA	30:49	9:43
110	21	W40	Mary Crandell, 41*, Windsor Heights, IA	30:49	9:43
111	23	W30	Stephanie Davis, 38*, Urbandale, IA	30:50	9:43
184	31	M40	Eric Wagner, 41, Urbandale, IA	30:51	9:44

112	24	W30	Erin Lano, 35*, Richmond, VA	30:52	9:44
185	32	M40	Alex Van Quathem, 47, Urbandale, IA	30:54	9:45
113	8	JrW	Avery Van Quathem, 11*, Urbandale, IA	30:54	9:45
186	22	M50	Paul Cain, 51, Urbandale, IA	31:00	9:47
187	23	M30	Tim Sams, 38, Overland Park, KS	31:00	9:47
188	17	JrM	Leo Derry, 7, Urbandale, IA	31:01	9:47
114	13	W19	Jessica Derry, 24*, Urbandale, IA	31:01	9:47
115	25	W30	Lindsay Armstrong, 31*, Indianola, IA	31:02	9:48
189	24	M30	Matt Derry, 35, Urbandale, IA	31:05	9:48
190	18	JrM	Slade Schneider, 10, Grimes, IA	31:07	9:49
191	23	M50	Shawn Plank, 52, Urbandale, IA	31:08	9:49
116	29	W14	Courtney Flynn, 15*, Uebandale, IA	31:08	9:49
117	30	W14	Kelly Flynn, 18*, Clive, IA	31:08	9:49
118	31	W14	Megan Kavlock, 17*, West Des Moines, IA	31:12	9:51
119	32	W14	Leah Lentsch, 17*, West Des Moines, IA	31:12	9:51
120	26	W30	Sarah Derry, 35*, Urbandale, IA	31:18	9:52
121	22	W40	Andrea Hansen, 41*, Naperville, IL	31:19	9:53
192	25	M30	Michael Gillespie, 35, Uebandale, IA	31:20	9:53
193	33	M40	Steven Kavlock, 44, West Des Moines, IA	31:21	9:53
122	27	W30	Stephanie Majeran, 33*, Urbandale, IA	31:25	9:55
123	14	W19	Nicki Fuson, 29*, West Des Moines, IA	31:28	9:56
124	23	W40	Tricia Hingst, 47*, Waukee, IA	31:29	9:56
194	24	M50	Judson Miller, 54, Atlanta, GA	31:30	9:56
125	15	W19	Elizabeth Eppink, 19*, Urbandale, IA	31:34	9:58
195	19	JrM	Cael Nelmark, 11, Urbandale, IA	31:36	9:58
196	20	JrM	Zachary Schwarte, 11, West Des Moines, IA	31:39	9:59

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126	28	W30	Abigail Luhrs, 32*, Rockford, IL	31:41	10:00
197	26	M30	Ryan Leemkuil, 33, Rockford, IL	31:41	10:00
198	16	M12	Cody Iwig, 13, Urbandale, IA	31:43	10:00
199	20	M19	Daniel Cain, 23, Urbandale, IA	31:43	10:00
200	34	M40	Luke Magerko, 45, Des Moines, IA	31:46	10:01
127	24	W40	Jodi Pieper, 40*, Urbandale, IA	31:48	10:02
128	25	W40	Janet Fink, 47*, Des Moines, IA	31:49	10:02
129	33	W14	Maggie Gardner, 15*, Washington, DC	31:51	10:03
130	12	W12	Ana Kacmarynski, 13*, Urbandale, IA	31:51	10:03
131	13	W12	Sarah Wall, 13*, Johnston, IA	31:51	10:03
201	25	M50	Ed Acoymo, 52, Ankeny, IA	31:54	10:04
132	14	W12	Jessica Mills, 12*, Lynnwood, WA	31:58	10:05
133	9	JrW	Sophia Wall, 10*, Johnston, IA	32:02	10:06
134	7	W50	Maureen Jackson, 52*, Windsor Heights, IA	32:04	10:07
202	17	M12	Donovan Negg, 12, Des Moines, IA	32:05	10:07
203	35	M40	Chris Negg, 45, Des Moines, IA	32:06	10:08
135	8	W50	Janet Smith, 51*, Ankeny, IA	32:16	10:11
204	53	M14	George Pierson, 14, Waukee, IA	32:19	10:12
136	26	W40	Rosa Chang, 43*, Naperville, IL	32:20	10:12
137	27	W40	Becky Weathers, 49*, Grimes, IA	32:27	10:14
205	36	M40	Lindsay Bakker, 41, St Paul, MN	32:31	10:15
138	28	W40	Nancy Henderson, 41*, Atlanta, GA	32:36	10:17
206	26	M50	William Courtney, 57, Des Moines, IA	32:37	10:17
139	29	W30	Karla Courter, 35*, Lynnwood, WA	32:42	10:19
207	27	M50	Ron Warren, 52, Clive, IA	32:45	10:20
208	27	M30	Tom Hurd, 32, Lynnwood, WA	32:50	10:21
209	21	JrM	Aaden Troja, 9, Urbandale, IA	32:56	10:23
140	29	W40	Nancy McCullough, 48*, KaNsas City, MO	32:58	10:24
141	15	W12	Sophie Schneider, 13*, Uebandale, IA	33:07	10:27
210	28	M30	Jordan Jensen, 37, Grimes, IA	33:08	10:27
142	34	W14	Alexis Rivett, 18*, Des Moines, IA	33:09	10:27
143	9	W50	Annie Creighton, 50*, St Paul, MN	33:09	10:27
211	8	M60	Mark Hansing, 60, Urbandale, IA	33:15	10:29
144	35	W14	Jordyn Loder, 14*, West Des Moines, IA	33:16	10:30
145	36	W14	Alex Potter, 15*, West Des Moines, IA	33:17	10:30
212	29	M30	Josh Johnson, 38, Urbandale, IA	33:17	10:30
213	22	JrM	Ryder Johnson, 7, Urbandale, IA	33:17	10:30

146	16 W12	Ella Troja, 12*, Urbandale, IA	33:20	10:31
147	30 W30	Becky Troja, 35*, Urbandale, IA	33:20	10:31
214	30 M30	Jake Troja, 35, Urbandale, IA	33:24	10:32
148	30 W40	Kelly Lentsch, 46*, West Des Moines, IA	33:29	10:34
149	17 W12	Alli Webster, 12*, Atlanta, GA	33:30	10:34
150	31 W40	Megan Mrky-Webster, 42*, Urbandale, IA	33:30	10:34
151	32 W40	Mary Dunlap, 47*, Des Moines, IA	33:31	10:34
215	9 M60	Greg Kline, 69, Urbandale, IA	33:37	10:36
216	18 M12	Landis Forrest, 13, Washington, DC	33:41	10:38
217	21 M19	Amit Sood, 26, Urbandale, IA	33:42	10:38
218	23 JrM	Joshua McCullough, 11, KaNsas City, MO	33:42	10:38
152	37 W14	Lindsey Grask, 15*, Clive, IA	33:45	10:39
153	18 W12	Leah Rhode, 12*, Urbandale, IA	33:47	10:39
154	16 W19	Chelsey Sims, 20*, Urbandale, IA	33:55	10:42
155	17 W19	Danae Dabney, 20*, Urbandale, IA	33:55	10:42
156	18 W19	Mackenzie Brees, 20*, Uebandale, IA	33:55	10:42
219	19 M12	Miles Kading, 13, Casey, IA	33:59	10:43
220	24 JrM	Nate Hammerand, 11, Urbandale, IA	34:00	10:44
157	19 W19	Emily Houston, 21*, Panora, IA	34:04	10:45
221	20 M12	Joe Rempe, 12, Urbandale, IA	34:06	10:45
158	33 W40	Melinda Grask, 47*, Clive, IA	34:08	10:46
159	20 W19	Monica Moylan, 19*, Urbandale, IA	34:10	10:47
160	21 W19	Brianne Moylan, 26*, Urbandale, IA	34:11	10:47
222	54 M14	Matt Rivett, 17, St Paul, MN	34:12	10:47
223	37 M40	Michael Rhode, 48, Urbandale, IA	34:15	10:48
161	34 W40	Renae Kavlock, 44*, West Des Moines, IA	34:16	10:49
224	38 M40	Herbert Hartman, 41, Urbandale, IA	34:20	10:50
162	35 W40	Kimberly Hartman, 41*, Urbandale, IA	34:20	10:50
225	10 M60	Thomas Westby, 68, Urbandale, IA	34:21	10:50
163	19 W12	Colleen Cain, 13*, Urbandale, IA	34:24	10:51
226	11 M60	Rob Stetson, 63, Washington, DC	34:25	10:52
164	36 W40	Sue Mears, 45*, Urbandale, IA	34:27	10:52
165	37 W40	Cyndi Devoght, 42*, Urbandale, IA	34:34	10:54
166	38 W40	Dawn Farrell, 43*, Clive, IA	34:38	10:56
227	28 M50	Dan Duwelius, 55, Des Moines, IA	34:41	10:56
167	22 W19	Molly Cain, 25*, Urbandale, IA	34:44	10:57
168	23 W19	McKenzie Greve, 21*, Urbandale, IA	34:47	10:58
169	39 W40	Amber Salmon, 41*, Urbandale, IA	34:49	10:59
170	40 W40	Carolyn Wall, 46*, Johnston, IA	34:50	10:59
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228	25 JrM	Miles Jansen, 6, Ankeny, IA	34:53	11:00
171	31 W30	Erin Jansen, 36*, Ankeny, IA	34:53	11:00
172	41 W40	Michelle Cochran, 49*, Urbandale, IA	34:55	11:01
229	39 M40	David Nelmark, 40, Urbandale, IA	34:58	11:02
173	42 W40	Karen Dixon, 47*, Grimes, IA	35:05	11:04
230	40 M40	Greg Recker, 45, West Des Moines, IA	35:06	11:05
231	31 M30	Tyler Feld, 33, Ankeny, IA	35:08	11:05
174	32 W30	Megan Feld, 33*, Ankeny, IA	35:08	11:05
232	29 M50	Dan McCool, 55, Des Moines, IA	35:10	11:06
175	43 W40	Susan Wees, 40*, Urbandale, IA	35:15	11:07
176	24 W19	Jessica Augustine, 24*, St Paul, MN	35:16	11:07
177	10 W50	Ranae Nerem, 55*, West Des Moines, IA	35:21	11:09
233	12 M60	Kevin Cunningham, 65, Des Moines, IA	35:21	11:09
178	44 W40	Sara Croskey, 47*, Des Moines, IA	35:28	11:11
179	25 W19	Rachel Moylan, 24*, Urbandale, IA	35:31	11:12
234	13 M60	Conroy Smith, 62, Des Moines, IA	35:32	11:13
235	30 M50	John Tuck, 55, Evanstan, IL	35:32	11:13
236	32 M30	Chase McCool, 31, Des Moines, IA	35:49	11:18
180	11 W50	Margaret Long, 54*, Des Moines, IA	35:50	11:18
237	21 M12	Thomas Gates, 13, Urbandale, IA	35:52	11:19
181	26 W19	Kelsey Hurd, 26*, Perry, KS	35:53	11:19
182	12 W50	Heidi Puckett, 51*, Urbandale, IA	35:54	11:19
183	45 W40	Amy Gates, 47*, Urbandale, IA	35:55	11:20
238	55 M14	Nate Green, 16, Des Moines, IA	35:57	11:21

184	46	W40	Monica Fitzgerald, 40*, Urbandale, IA	36:10	11:25
185	27	W19	Nicole Schneider, 23*, Polk City, IA	36:15	11:26
186	47	W40	Analiza Alves, 41*, Windsor Heights, IA	36:23	11:29
239	26	JrM	Miles Mergen, 10, Urbandale, IA	36:28	11:30
187	33	W30	Becky Garetson, 35*, Ames, IA	36:55	11:39
240	14	M60	Bob Overstreet, 66, Des Moines, IA	37:02	11:41
241	22	M12	Dominic Quinn, 12, Urbandale, IA	37:21	11:47
242	15	M60	John Hoffman, 73, Des Moines, IA	37:21	11:47
243	31	M50	Gary Young, 55, Johnston, IA	37:26	11:49
188	20	W12	Megan Young, 12*, Urbandale, IA	37:40	11:53
189	21	W12	Anna Recker, 12*, West Des Moines, IA	37:42	11:54
190	22	W12	Camila Manzano, 12*, West Des Moines, IA	37:42	11:54
191	28	W19	Elizabeth Walter, 25*, Urbandale, IA	37:43	11:54
244	27	JrM	Nathan Tischer, 9, Urbandale, IA	37:45	11:54
192	34	W30	Allison Wallace, 38*, Urbandale, IA	37:45	11:54
193	23	W12	Abby Thilges, 13*, Ankeny, IA	37:46	11:55
194	10	JrW	Meara Wallace, 7*, Urbandale, IA	37:46	11:55
245	56	M14	Nathan Baumhover, 14, Urbandale, IA	37:47	11:55
246	41	M40	Troy Moore, 48, Waukee, IA	37:48	11:55
247	32	M50	Rick Baumhover, 52, Urbandale, IA	37:51	11:57
195	35	W30	Lacie Moore, 36*, Conrad, IA	37:58	11:59
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196	48	W40	Stacy Sams, 43*, Urbandale, IA	38:01	12:00
197	36	W30	Jennifer Perez, 39*, Urbandale, IA	38:02	12:00
198	37	W30	Brooke Nichols, 37*, West Des Moines, IA	38:02	12:00
199	13	W50	Sheila Houston, 51*, Panora, IA	38:03	12:00
248	28	JrM	Jack Brown, 8, Urbandale, IA	38:20	12:05
249	33	M30	Curey Brown, 38, Urbandale, IA	38:20	12:06
200	49	W40	Sandra Schneider, 43*, Grimes, IA	38:23	12:06
201	11	JrW	Regan Bernhardt, 11*, Waukee, IA	38:25	12:07
250			Jim Vonasek, Rosemount, MN	38:29	12:09
202	14	W50	Julie Dohrmann, 56*, Windsor Heights, IA	38:34	12:10
203	15	W50	Judy Svendsen, 50*, Clive, IA	38:47	12:14
204	24	W12	Josephine Hayes, 12*, Ankeny, IA	38:49	12:15
205	4	W60	Cynthia Fuson, 66*, West Des Moines, IA	38:57	12:17
206	38	W30	Brooklynn Stone, 32*, Polk City, IA	39:04	12:19
251	29	JrM	Mason Burkhardt, 6, Urbandale, IA	39:13	12:22
207	12	JrW	Olivia Aylsworth, 10*, Urbandale, IA	39:13	12:22
208	25	W12	Miya Long, 13*, Urbandale, IA	39:19	12:24
252	33	M50	Sean Benson, 50, Des Moines, IA	39:19	12:24
209	5	W60	Brenda Criswell, 60*, Urbandale, IA	39:24	12:26
253	30	JrM	Aidan Riesberg, 11, Grimes, IA	39:27	12:27
254	34	M30	Joe Riesberg, 39, Grimes, IA	39:27	12:27
255	22	M19	Taylor Kobe, 29, Saint Paul, MN	39:28	12:27
210	29	W19	Whitney Kobe, 25*, Saint Paul, MN	39:28	12:27
211	39	W30	Daleanne Locke, 33*, Knoxville, IL	39:38	12:30
256	16	M60	Ruben Rullan, 76, Urbandale, IA	39:43	12:32
212	50	W40	Terri Good, 43*, Rockford, IL	39:44	12:32
213	16	W50	Jill Oconnell, 54*, Rockford, IL	39:44	12:32
214	51	W40	Laura Hoffman, 48*, Des Moines, IA	39:47	12:33
257	35	M30	Ryan Cooney, 36, Urbandale, IA	40:18	12:43
215			Holly Russell*, Rockford, IL	40:26	12:45
216	40	W30	Lisa Tekippe, 37*, Urbandale, IA	40:26	12:46
258	42	M40	Jeff Croskey, 43, Des Moines, IA	40:43	12:51
217	52	W40	Melanie Frausto, 46*, Des Moines, IA	40:50	12:53
218	17	W50	Trammel Chandler-Height, 50*, Norwalk, IA	41:09	12:59
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219	30	W19	Erin Cain, 20*, Urbandale, IA	41:45	13:10
259	31	JrM	Matthew Pierson, 10, Waukee, IA	41:47	13:11
260	43	M40	Bill Pierson, 41, Waukee, IA	41:48	13:11
261	36	M30	Jon Jeffrey, 30, Rockford, IL	42:20	13:21
220	41	W30	Colleen Jeffrey, 30*, Rockford, IL	42:24	13:23
221	26	W12	Annie Pierson, 12*, Waukee, IA	42:37	13:27

222	53	W40	Chris Pierson, 42*, Waukee, IA	42:37	13:27
223	54	W40	Michelle Straumanis, 45*, Des Moines, IA	42:44	13:29
224	55	W40	Lisa Hanrahan, 45*, Urbandale, IA	42:49	13:31
225	42	W30	Gina Venteicher, 33*, Rosemount, MN	42:53	13:32
226	13	JrW	McKenna Walker, 9*, Urbandale, IA	43:00	13:34
227	56	W40	Nicole Berger, 41*, Urbandale, IA	43:07	13:36
262	32	JrM	Colton Berger, 8, Urbandale, IA	43:09	13:37
228	57	W40	Cindy Metzger, 46*, Waukee, IA	43:09	13:37
229	18	W50	Susan Patterson Plank, 51*, Urbandale, IA	43:12	13:38
230	58	W40	Jayme Mau, 42*, Urbandale, IA	43:14	13:39
231	27	W12	Kate Cain, 13*, Urbandale, IA	44:05	13:54

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232	19	W50	Kelly Cain, 51*, Urbandale, IA	44:31	14:03
263	57	M14	Alex Croskey, 16, Des Moines, IA	45:44	14:26
233	28	W12	Evan Dicker, 13*, Des Moines, IA	45:45	14:26
234	29	W12	Drew Picke, 12*, Des Moines, IA	45:45	14:26
235	6	W60	Sue Hurd, 63*, Lynnwood, WA	45:55	14:29
236	7	W60	Cathie Law, 71*, Urbandale, IA	45:56	14:29
237	31	W19	Emily Johnson, 28*, Urbandale, IA	46:28	14:40
238	20	W50	Teresa Walter, 58*, Urbandale, IA	46:30	14:40

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239	59	W40	Victoria Daniels, 48*, Des Moines, IA	50:49	16:02
240	21	W50	Jody Kiehne, 50*, Urbandale, IA	50:49	16:02
241	43	W30	Jennifer Schwartz, 37*, Des Moines, IA	50:50	16:02
242	14	JrW	Mia Mergen, 6*, Urbandale, IA	53:01	16:44
243	15	JrW	Lily Mergen, 6*, Urbandale, IA	53:23	16:51
244	16	JrW	Mala Fongkhamdeng, 10*, Clive, IA	53:24	16:51
245	60	W40	Cathy Mergen, 44*, Urbandale, IA	53:24	16:51

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264	34	M50	Tony Mergen, 51, Urbandale, IA	55:43	17:35
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246	32	W19	Sophie Kopf, 25*, Urbandale, IA	57:03	18:00
247	33	W19	Stephanie Peters, 26*, Urbandale, IA	57:23	18:06
248	22	W50	Carmen Kopf, 57*, Urbandale, IA	57:24	18:07

* indicates females

2 finishers among Males (no age given)

32 finishers among Men Under 12

22 finishers among Men 12 - 13

57 finishers among Men 14 - 18

22 finishers among Men 19 - 29

36 finishers among Men 30 - 39

43 finishers among Men 40 - 49

34 finishers among Men 50 - 59

16 finishers among Men 60 & Up

16 finishers among Women Under 12

29 finishers among Women 12 - 13

37 finishers among Women 14 - 18

33 finishers among Women 19 - 29

43 finishers among Women 30 - 39

60 finishers among Women 40 - 49

22 finishers among Women 50 - 59

7 finishers among Women 60 & Up

1 finishers among Females (no age given)

264 male finishers

248 female finishers

512 total finishers

PLACE	CLASS PLACE	FINISHER	TIME	PACE
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Open Men

1	1	M19	Michael Westphal, 19, Urbandale, IA	16:53	5:19
2	2	M14	Drake Henrichs, 18, St Paul, MN	17:01	5:22
3	3	M19	Dan Jensen, 25, Urbandale, IA	17:09	5:25
4	4	M19	Jonah Penningroth, 19, St Paul, MN	17:18	5:27
5	5	M14	Will Ode, 16, Des Moines, IA	17:49	5:37
6	6	M19	Grant Acoymo, 19, Ankeny, IA	17:53	5:38
7	7	M14	Sam Hall, 15, West Des Moines, IA	17:59	5:40
8	8	M14	Thomas Bussey, 18, Urbandale, IA	18:05	5:42
9	9	M19	Alex Smith, 19, Urbandale, IA	18:32	5:51
10	10	M14	Drew Brase, 16, Des Moines, IA	18:34	5:51

Open Women

1	1	W30	Ellen Davis, 30, St Paul, MN	18:05	5:42
2	2	W30	Sara Schwertfeger, 32, Adel, IA	18:57	5:59
3	3	W19	Fionna Fallon, 29, Portland, OR	20:04	6:20
4	4	W40	Carrie Van Quathem, 45, Urbandale, IA	20:46	6:33
5	5	W14	Kelsey Schweizer, 16, Urbandale, IA	22:03	6:57
6	6	W14	Molly Flood, 17, Des Moines, IA	22:03	6:57
7	7	W19	Ashley Stevens, 20, Windsor Heights, IA	22:06	6:58
8	8	W14	Avert Peterson, 17, Urbandale, IA	22:27	7:05
9	9	W30	Hayley Nixon, 34, Clive, IA	22:40	7:09
10	10	W30	Jessica Schroeder, 31, Urbandale, IA	22:52	7:13

	CLASS				
PLACE	PLACE	FINISHER	TIME	PACE	
Men Under 12					
74	1	Tommy Hensley, 11, Urbandale, IA	24:00	7:34	
76	2	Matthew Hoover, 11, Urbandale, IA	24:04	7:35	
77	3	Ashton Hensley, 9, Urbandale, IA	24:05	7:36	
Men 12 - 13					
37	1	Jackkson Heidesch, 12, West Des Moines, IA	21:14	6:42	
42	2	Carson Houg, 13, Urbandale, IA	21:28	6:46	
47	3	Tommy Hancock, 13, Urbandale, IA	22:23	7:04	
Men 14 - 18					
2	1	Drake Henrichs, 18, St Paul, MN	17:01	5:22	
5	2	Will Ode, 16, Des Moines, IA	17:49	5:37	
7	3	Sam Hall, 15, West Des Moines, IA	17:59	5:40	
Men 19 - 29					
1	1	Michael Westphal, 19, Urbandale, IA	16:53	5:19	
3	2	Dan Jensen, 25, Urbandale, IA	17:09	5:25	
4	3	Jonah Penningroth, 19, St Paul, MN	17:18	5:27	
Men 30 - 39					
13	1	Alejandro Fallas, 31, Portland, OR	18:55	5:58	
30	2	Tyler Kinder, 33, Atlanta, GA	20:37	6:30	
32	3	Matt Lano, 35, Richmond, VA	20:41	6:31	
Men 40 - 49					
17	1	Scott Heidesch, 45, West Des Moines, IA	19:31	6:09	
22	2	Joe Marshall, 49, Granger, IA	19:58	6:18	
24	3	John Anthofer, 45, Urbandale, IA	20:20	6:25	
Men 50 - 59					
53	1	Stan Roth, 52, Kaneohe, HI	22:48	7:11	
55	2	Loran Storts, 52, Uebandale, IA	22:56	7:14	
61	3	Scott Freeman, 55, St Paul, MN	23:26	7:23	

Men 60 & Up

41	1	Tom McBride, 61, Des Moines, IA	21:23	6:45
99	2	Raul Deanda, 65, Des Moines, IA	25:34	8:04
126	3	Scott Schoneberg, 60, Des Moines, IA	26:56	8:30

PLACE	CLASS PLACE	FINISHER	TIME	PACE
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Women Under 12

40	1	Savannah Schneider, 11, Grimes, IA	25:42	8:06
47	2	Mallory Wurth, 10, Urbandale, IA	26:13	8:16
59	3	Reagan Zimmer, 10, Polk City, IA	27:37	8:43

Women 12 - 13

16	1	Erin Van Quathem, 12, Urbandale, IA	23:48	7:31
33	2	Julie Moore, 12, Waukee, IA	25:01	7:53
37	3	Mallory Metzger, 13, Waukee, IA	25:09	7:56

Women 14 - 18

5	1	Kelsey Schweizer, 16, Urbandale, IA	22:03	6:57
6	2	Molly Flood, 17, Des Moines, IA	22:03	6:57
8	3	Avert Peterson, 17, Urbandale, IA	22:27	7:05

Women 19 - 29

3	1	Fionna Fallon, 29, Portland, OR	20:04	6:20
7	2	Ashley Stevens, 20, Windsor Heights, IA	22:06	6:58
21	3	Payton Hartman, 19, Rockford, IL	24:01	7:34

Women 30 - 39

1	1	Ellen Davis, 30, St Paul, MN	18:05	5:42
2	2	Sara Schwertfeger, 32, Adel, IA	18:57	5:59
9	3	Hayley Nixon, 34, Clive, IA	22:40	7:09

Women 40 - 49

4	1	Carrie Van Quathem, 45, Urbandale, IA	20:46	6:33
14	2	Kathy Schweizer, 47, Uebandale, IA	23:16	7:20
27	3	Marcey Norland, 49, Des Moines, IA	24:45	7:48

Women 50 - 59

22	1	Beth Schweizer, 51, Rosemount, MN	24:05	7:36
51	2	Martha Freeman, 54	26:43	8:26
68	3	Penny Luthens, 51, Urbandale, IA	28:15	8:55

Women 60 & Up

98	1	Carol Stratemeyer, 61, Des Moines, IA	30:11	9:31
100	2	Paula Dierenfeld, 62, Johnston, IA	30:14	9:32
108	3	Arlene Dabill, 67, Urbandale, IA	30:44	9:42

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