

Urbandale July 4th William Courtney 5.1 km

Urbandale, IA

July 4, 2018

78 degrees, sunny

Results by Michael Franke

[Link here for the Kids Race results](#)

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, 2018 12:28 PM

CLASS				
PLACE	PLACE	FINISHER	TIME	PACE
1	1 M14	Cole Schroeder, 17, West Des Moines, IA	16:50	5:18
2	1 M19	Drake Henrichs, 20, Urbandale, IA	16:57	5:20
3	2 M14	Payton Marrs, 16, Urbandale, IA	17:12	5:25
4	2 M19	Griff Jaworski, 25, Des Moines, IA	17:18	5:27
5	1 M30	Scott Johnson, 35, Johnston, IA	17:38	5:33
6	3 M14	Will Ode, 17, Des Moines, IA	17:47	5:36
7	4 M14	Zachary Fry, 16, Des Moines, IA	17:56	5:39
8	5 M14	Jake Miller, 17, Des Moines, IA	18:07	5:43
9	6 M14	Brandon Latting, 16, West Des Moines, IA	18:09	5:43
10	7 M14	Reece Knepper, 16, Urbandale, IA	18:12	5:44
11	3 M19	Devon Gurnett, 26, Urbandale, IA	18:22	5:47
12	8 M14	Sam Schweizer, 17, Urbandale, IA	18:29	5:49
1	1 W30	Ashley Tollakson, 34*, Des Moines, IA	18:32	5:50
13	2 M30	Timothy Ives, 37, Pleasant Hill, IA	18:40	5:53
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				
14	1 M40	Paxton Bennett, 44, West Des Moines, IA	19:11	6:03
15	4 M19	Grant Acoymo, 20, Ankeny, IA	19:19	6:05
16	9 M14	Noah Fopma, 16, Urbandale, IA	19:26	6:07
17	2 M40	Yuri Fedirko, 41, Des Moines, IA	19:27	6:08

18	10	M14	Carson Houg, 14, Urbandale, IA	19:30	6:09
19	11	M14	Will Ryan, 14, Waukee, IA	19:33	6:10
20	12	M14	Jacob Fopma, 16, Urbandale, IA	19:36	6:10
21	3	M40	Dan Pinkerton, 42, Urbandale, IA	19:37	6:11
22	5	M19	Alex Smith, 20, Urbandale, IA	19:39	6:11
23	13	M14	Andrew Brase, 17, Des Moines, IA	19:42	6:13
24	14	M14	Nolan Kyhl, 15, Johnston, IA	19:45	6:13
25	15	M14	Tommy Hancock, 14, Urbandale, IA	20:01	6:18
26	16	M14	Ryan O'Halloran, 16, West Des Moines, IA	20:06	6:20
27	17	M14	Max Brown, 15, Urbandale, IA	20:09	6:21
28	18	M14	Griffin Rhode, 16, Urbandale, IA	20:18	6:24
29	19	M14	Bryson McGowan, 16, Urbandale, IA	20:25	6:26
30	20	M14	Chase Bartlett, 15, Pleasant Hill, IA	20:28	6:27
31	1	M12	Jack Brown, 13, Norwalk, IA	20:34	6:29
32	21	M14	Cade Muller, 14, Urbandale, IA	20:35	6:29
33	22	M14	Steffen Osborn, 16, Waukee, IA	20:47	6:33
34	3	M30	Michael McGinn, 37, Jonnston, IA	20:48	6:33
35	23	M14	Jonah Magneson, 18, Urbandale, IA	20:51	6:34
36	4	M40	David Zimmer, 46, Polk City, IA	20:53	6:35
37	24	M14	Alessandro Stanco, 17, Jonnston, IA	20:54	6:35
2	1	W40	Carrie Van Quathem, 46*, Urbandale, IA	21:00	6:37
38	25	M14	Colin LaBrie, 17, Des Moines, IA	21:03	6:38
39	26	M14	Dylan Arreola, 15, Urbandale, IA	21:13	6:41
40	27	M14	Aidan Cunningham, 16, Urbandale, IA	21:17	6:42
41	28	M14	Joe Bussey, 16, Urbandale, IA	21:17	6:42
42	5	M40	Robert Rehkemper, 40, Urbandale, IA	21:19	6:43
43	2	M12	Aidan Oconnor, 13, Jonnston, IA	21:24	6:45
44	29	M14	Michael Fraizer, 16, West Des Moines, IA	21:28	6:46
3			Janelle Hodovic*, West Des Moines, IA	21:40	6:50
4	1	W19	Emily Linscheid, 25*, Johnston, IA	21:41	6:50
45	4	M30	Matt Lano, 36, Richmond, VA	21:43	6:51
5	1	W14	Macy Gaskill, 14*, Urbandale, IA	21:47	6:52
46	6	M19	Baylor Hill, 23, Urbandale, IA	21:49	6:52

47	5 M30	James Knuuttila, 31, Lunenburg, MA	21:50	6:53
6	2 W14	Kelsey Schweizer, 17*, Urbandale, IA	21:50	6:53
48	7 M19	Chad Crummel, 28, Chattanooga, TN	21:51	6:53
49	30 M14	Lucas Miller, 17, Urbandale, IA	21:53	6:54
50	3 M12	Flynn Milligan, 13, Des Moines, IA	21:54	6:54
7	3 W14	Kate Timboe, 16*, West Des Moines, IA	21:54	6:54
51	31 M14	Tyler Schweizer, 14, Urbandale, IA	21:57	6:55
52	32 M14	Christopher Pierson, 14, Waukee, IA	21:58	6:55
53	33 M14	Dyer Jarabek, 16, West Des Moines, IA	22:03	6:57
54	1 JrM	Brody Burr, 11, West Des Moines, IA	22:11	6:59
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				
55	1 M50	Chad Larson, 51, Norwalk, IA	22:13	7:00
56	2 JrM	Alexander Baker, 11, Urbandale, IA	22:22	7:03
57	8 M19	Alex Green, 29, Ankeny, IA	22:31	7:06
58	6 M40	Matthew Gardner, 48, Jonnston, IA	22:45	7:10
59	7 M40	Chris Sterling, 45, Johnston, IA	22:46	7:10
60	4 M12	Jackson Heidesch, 13, West Des Moines, IA	22:46	7:11
61	5 M12	Gabe Shaw, 13, Des Moines, IA	22:46	7:11
62	1 M60	3sticks McBride, 62, Des Moines, IA	22:53	7:13
63	34 M14	Henry Nagle, 14, Des Moines, IA	23:00	7:15
8	2 W19	Molly Doruska, 21*, Ankeny, IA	23:12	7:19
64	35 M14	Andrew Robey, 14, Pleasant Hill, IA	23:13	7:19
9	4 W14	Karleigh Osborn, 14*, Waukee, IA	23:14	7:19
10	1 W12	Erin Vanquathem , 13*, Urbandale, IA	23:21	7:22
65	6 M12	Jack Ode, 13, Des Moines, IA	23:21	7:22
66	6 M30	Jon Jasper, 31, Urbandale, IA	23:27	7:23
11	5 W14	Bella Heidesch, 17*, West Des Moines, IA	23:31	7:25
67	3 JrM	Jack Flori, 11, Waukee, IA	23:32	7:25
68	2 M60	Tom Heuer, 60, Des Moines, IA	23:35	7:26
12	6 W14	Megan Szalay, 16*, Urbandale, IA	23:37	7:27
69	36 M14	Carter Smith, 14, Urbandale, IA	23:38	7:27
70	2 M50	Scott Freeman, 56, Urbandale, IA	23:45	7:29
71	9 M19	Grant Gossling, 19, Johnston, IA	23:55	7:32

72	7 M12	Tommy Hensley, 12, Urbandale, IA	23:56	7:32
73	8 M12	Drew Dunlap, 12, Des Moines, IA	23:56	7:33
74	7 M30	Andrew Forschler, 30, Kansas City, MO	23:57	7:33
75	10 M19	Bryce Hingst, 21, Waukee, IA	23:59	7:33
76	8 M30	Jeff Hansen, 39	23:59	7:34
13	3 W19	Emma Finger, 25*, Grimes, IA	24:01	7:34
77	9 M30	Brett Finger, 31, Grimes, IA	24:01	7:34
78	10 M30	Matt Weller, 34, Des Moines, IA	24:04	7:35
79	8 M40	Jason Brown, 46, Norwalk, IA	24:08	7:36
80	37 M14	Griffin Stuart, 16, Urbandale, IA	24:09	7:37
14	7 W14	Jessica Thomas, 17*, Des Moines, IA	24:16	7:39
15	2 W30	Jessica Schroeder, 32*, Urbandale, IA	24:17	7:39
81	38 M14	Jake Perman, 15, Urbandale, IA	24:24	7:41
16	8 W14	Megan Wainwright, 14*, Windsor Heights, IA	24:25	7:42
17	3 W30	Stephanie Mortenson, 36*, Urbandale, IA	24:25	7:42
82	9 M12	Joe Wilwerding, 13, Des Moines, IA	24:31	7:44
83	9 M40	Patrick Mattingly, 49, Johnston, IA	24:31	7:44
84	39 M14	Nick Rider, 16, Des Moines, IA	24:40	7:47
85	10 M40	Juan Jaramillo, 42, Pittsburgh, PA	24:43	7:47
86	40 M14	Collin Schroeder, 17, Urbandale, IA	24:46	7:48
87	41 M14	Matt Brockway, 16, Urbandale, IA	24:49	7:49
88	11 M19	Dan Jensen, 26, Des Moines, IA	24:50	7:49
89	11 M30	Mark Reha, 38, Grimes, IA	24:54	7:51
90	12 M19	Sam Amadeo, 21, Urbandale, IA	24:55	7:51
91	3 M50	Gerard Amadeo, 52, Urbandale, IA	24:56	7:51
92	42 M14	Jonah Sterling, 14, Johnston, IA	25:01	7:53
93	13 M19	Lucas Asbury, 27, West Des Moines, IA	25:02	7:53
94	4 JrM	Blake Grask, 11, Clive, IA	25:03	7:54
95	10 M12	Zachary Braggs, 13, Urbandale, IA	25:10	7:56
96	12 M30	Josh Johnson, 39, Urbandale, IA	25:11	7:56
18	9 W14	Abi Zimmer, 15*, Polk City, IA	25:13	7:57
97	14 M19	Jake Hanegan, 28, Seattle, WA	25:15	7:57

19	10 W14	Alexis Schweizer, 17*, Urbandale, IA	25:15	7:57
20	2 W40	Kathy Schweizer, 48*, Urbandale, IA	25:15	7:57
98	11 M40	Christian Scott, 40, Charlseston, WV	25:19	7:59
99	12 M40	Richard Miller, 40, Adel, IA	25:21	7:59
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				
100	13 M40	Brook Hansen, 42, Johnston, IA	25:24	8:00
21	4 W30	Heather Scott, 33*, Urbandale, IA	25:26	8:01
101	43 M14	Theo Whitehead, 14, Des Moines, IA	25:27	8:01
102	13 M30	Martin Zachary, 30, Urbandale, IA	25:27	8:01
103	14 M30	David Fuson, 30, Des Moines, IA	25:29	8:02
104	15 M30	Mark Van Thomme, 31, Ankeny, IA	25:32	8:03
105	4 M50	Roadog McKibben, 57, Clive, IA	25:32	8:03
22	3 W40	Jayna Gossling, 47*, Johnston, IA	25:34	8:03
106	44 M14	Cohen Darsee, 14, Urbandale, IA	25:36	8:04
23	11 W14	Jaden Scharingson, 14*, Urbandale, IA	25:39	8:05
107	45 M14	Brett Schroeder, 14, Urbandale, IA	25:41	8:06
108	15 M19	Dylan Heuer, 29, Des Moines, IA	25:42	8:06
24	1 W50	Nancy Linscheid, 51*, Johnston, IA	25:43	8:06
109	14 M40	Mike Fraizer, 47, West Des Moines, IA	25:44	8:07
110	15 M40	Jim O'Halloran, 49, West Des Moines, IA	25:44	8:07
25	2 W12	Norah Seeley, 12*, Urbandale, IA	25:45	8:07
26	12 W14	Sydney Djal, 14*, Urbandale, IA	25:46	8:07
111	16 M30	Euseph Messiah, 32, Sharpsburg, GA	25:46	8:07
112	16 M19	Kelly Waddell, 29, Sharpsburg, GA	25:49	8:08
113	11 M12	Cooper Hardersen, 13, Urbandale, IA	25:58	8:11
114	5 JrM	Ashton Hensley, 10, Urbandale, IA	25:59	8:11
27	13 W14	Emma Isenhard, 14*, Grimes, IA	26:03	8:12
28	4 W40	Beth McDonald, 45*, Prole, IA	26:06	8:14
29	4 W19	Emily Leonhart, 20*, Urbandale, IA	26:08	8:14
30	14 W14	Mykenna Cole, 15*, Urbandale, IA	26:08	8:14
115	16 M40	Justin Kelso, 40, Johnston, IA	26:12	8:15
31	2 W50	Kristy Cain, 59*, Urbandale, IA	26:13	8:16
116	17 M40	Curtis Brown, 42, Urbandale, IA	26:15	8:16

117	18	M40	Tanner Hensley, 40, Urbandale, IA	26:19	8:18
118	46	M14	Andrew McEniry, 14, Clive, IA	26:20	8:18
32	5	W30	Stephanie Luttrell, 38*, Urbandale, IA	26:28	8:21
33	5	W40	Summer Rehkemper, 41*, Urbandale, IA	26:35	8:23
34	3	W50	Martha Freeman, 55*, Urbandale, IA	26:35	8:23
119	5	M50	Gary Thompson, 54, Urbandale, IA	26:36	8:23
120	12	M12	Lewis Lentsch, 12, West Des Moines, IA	26:38	8:24
121	13	M12	Collin Houg, 12, Urbandale, IA	26:38	8:24
122	17	M30	Tim Lewis, 35, Urbandale, IA	26:41	8:24
35	3	W12	Alyssa Rinke, 13*, Urbandale, IA	26:42	8:25
123	14	M12	Antonio Stanco, 12, Jonnston, IA	26:43	8:25
124	6	M50	James Halliwell, 54, West Des Moines, IA	26:44	8:26
36	15	W14	Natalie Thomas, 14*, Des Moines, IA	26:46	8:26
37	16	W14	Julie Dunlap, 17*, Des Moines, IA	26:48	8:27
38	6	W30	Stephanie Majeran, 34*, Urbandale, IA	26:48	8:27
39	17	W14	Cacy Larson, 16*, Norwalk, IA	26:49	8:27
125	6	JrM	Eli Dunlap, 9, Des Moines, IA	26:49	8:27
126	7	JrM	Eli Wees, 11, Urbandale, IA	26:51	8:28
127	18	M30	Phillip Hill, 34, Des Moines, IA	26:53	8:28
40	7	W30	Shaytla Hill, 33*, Des Moines, IA	26:53	8:28
128	17	M19	Joe Amadeo, 23, Urbandale, IA	26:55	8:29
129	8	JrM	Bentley Burr, 9, West Des Moines, IA	26:55	8:29
41	6	W40	Cara Ode, 46*, Des Moines, IA	26:56	8:29
130	18	M19	Kevin Winter, 28, New Orleans, LA	26:56	8:29
131	47	M14	Casey Shanaberger, 17, Urbandale, IA	26:58	8:30
42	5	W19	Elizabeth Oka, 28*, Monrovia, CA	27:00	8:31
132	19	M40	Alex Van Quathem, 48, Urbandale, IA	27:06	8:32
133	15	M12	Adrian Brown, 12, Urbandale, IA	27:08	8:33
134	48	M14	Forest Landis, 14, Des Moines, IA	27:10	8:34
135	9	JrM	Cooper Smith, 11, Urbandale, IA	27:13	8:35
43	6	W19	Megan Rinke, 20*, Urbandale, IA	27:15	8:35
136	16	M12	Thomas Huegerich, 12, Jonnston, IA	27:17	8:36

137	20 M40	Joshua Stubbs, 43, Urbandale, IA	27:24	8:38
138	21 M40	Brad Rempe, 46, Urbandale, IA	27:31	8:40
139	17 M12	Patrick Wainwright, 12, Windsor Heights, IA	27:32	8:41
140	19 M19	Branden McGowan, 24, Urbandale, IA	27:34	8:41
44	18 W14	Julia Martinez-Lohf, 14*, Urbandale, IA	27:38	8:42
141	3 M60	John Olds, 62, Clive, IA	27:40	8:43
45	8 W30	Shelly Hanson, 34*, Clive, IA	27:40	8:43
142	49 M14	Beau Carenza, 14, Urbandale, IA	27:44	8:45
143	10 JrM	Davis Hardersen, 10, Urbandale, IA	27:45	8:45
144	50 M14	James Barnes, 14, Urbandale, IA	27:55	8:48
145	7 M50	Patrick Walter, 57, Urbandale, IA	28:00	8:49
146	19 M30	Michael Schneider, 37, Grimes, IA	28:04	8:51
46	9 W30	Miranda Burr, 36*, Charlestown, WV	28:12	8:53
47	7 W19	Rachel Jensen, 25*, Des Moines, IA	28:16	8:54
48	10 W30	Melissa Krumm, 33*, Urbandale, IA	28:16	8:55
49	19 W14	Payten Watson, 16*, Urbandale, IA	28:18	8:55
50	20 W14	Maddy Hall, 14*, West Des Moines, IA	28:19	8:55
147	18 M12	Evan Lambert, 12, Johnston, IA	28:25	8:57
51	11 W30	Renee Schneider, 36*, Grimes, IA	28:29	8:59

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

52	7 W40	Kari Draeger, 44*, Johnston, IA	28:36	9:01
148	20 M30	Joel Goetsch, 36, Urbandale, IA	28:36	9:01
149	11 JrM	John Kacmarynski, 11, Urbandale, IA	28:37	9:01
150	22 M40	Tracy Draeger, 46, Johnston, IA	28:37	9:01
151	8 M50	Brad Mills, 59, Waukee, IA	28:41	9:02
152	51 M14	Ben Huegerich, 15, Jonnston, IA	28:47	9:04
153	52 M14	Daniel Osborne, 15, Jonnston, IA	28:48	9:05
53	12 W30	Melissa Grinstead, 36*, Urbandale, IA	28:48	9:05
154	9 M50	Michael Kapustka, 50, West Des Moines, IA	28:54	9:07
155	19 M12	Owen Palmer, 12, Des Moines, IA	28:55	9:07
54	13 W30	Brittanie Messiah, 32*, Sharpsburg, GA	28:57	9:07
55	8 W19	Mackenzie Brees, 21*, Urbandale, IA	28:58	9:08

156	4 M60	Paul Brees, 60, Urbandale, IA	28:58	9:08
56	1 JrW	Elise Huegerich, 10*, Jonnston, IA	28:59	9:08
57	8 W40	Katie Wainwright, 48*, Windsor Heights, IA	28:59	9:08
58	9 W40	Cynthia Ellsworth, 48*, Urbandale, IA	29:00	9:08
157	21 M30	Jared Schuknecht, 39, Urbandale, IA	29:03	9:09
59	14 W30	Jennifer Van Thomme, 32*, Ankeny, IA	29:03	9:09
60	10 W40	Sara Huegerich, 42*, Jonnston, IA	29:07	9:11
158	12 JrM	Noah Snodgrass, 9, Urbandale, IA	29:09	9:11
61	21 W14	Grace Roesler, 14*, Urbandale, IA	29:10	9:11
159	13 JrM	Ethan Huebbe, 8, Urbandale, IA	29:10	9:11
62	15 W30	Mandy Huebbe, 35*, Urbandale, IA	29:10	9:12
63	16 W30	Lindsey Smith, 38*, West Des Moines, IA	29:13	9:12
160	23 M40	Daniel Miller, 49, Urbandale, IA	29:13	9:12
161	53 M14	Dalem Williams, 15, Aurora, CO	29:13	9:13
162	20 M12	Beau Schneider, 12, Grimes, IA	29:14	9:13
163	24 M40	Thomas Doruska, 48, Ankeny, IA	29:18	9:14
64	17 W30	Molly Timlin, 35*, Urbandale, IA	29:18	9:14
65	9 W19	Brittany Zimmer, 21*, Polk City, IA	29:19	9:14
164	20 M19	David Lienemann, 28, Grand Junction, CO	29:19	9:14
165	21 M12	Alexander Amadeo Ranch, 13, Danville, CA	29:20	9:15
66	2 JrW	Emma McLeran, 9*, Urbandale, IA	29:21	9:15
166	25 M40	Dan Huegerich, 43, Jonnston, IA	29:26	9:17
167	14 JrM	Cole Schott, 10, Urbandale, IA	29:32	9:19
67	10 W19	Beth Zimmer, 19*, Polk City, IA	29:34	9:19
168	10 M50	Brian Whalen, 50, Urbandale, IA	29:36	9:20
68	11 W40	Jill Miller, 40*, Urbandale, IA	29:37	9:20
69	12 W40	Yvonne Schweizer, 42*, Urbandale, IA	29:40	9:21
169	22 M12	Ben Hansen, 13, Dallas Center, IA	29:41	9:21
170	5 M60	Daniel Keller, 64, Dallas Center, IA	29:42	9:22
70	13 W40	Bree Bartlett, 44*, Pleasant Hill, IA	29:42	9:22
71	3 JrW	Reagan Zimmer, 11*, Polk City, IA	29:43	9:22
171	54 M14	Denny Wheeler, 15, Urbandale, IA	29:44	9:22

72	4 JrW	Lilly Schneider, 9*, Grimes, IA	29:45	9:23
172	11 M50	John Springer, 58, Littleton, CO	29:46	9:23
173	26 M40	Bill Bormann, 48, Urbandale, IA	29:51	9:25
73	18 W30	Stephanie Davis, 39*, Urbandale, IA	29:54	9:25
174	22 M30	Keith Medhus, 37, Bondurant, IA	29:55	9:26
74	22 W14	Brooke Kiley, 14*, Bondurant, IA	29:55	9:26
175	6 M60	Brian Shriver, 66, Urbandale, IA	29:58	9:27
176	12 M50	Wayne Ostergaard, 55, Des Moines, IA	30:01	9:28
177	55 M14	Adam Jackson, 18, Windsor Heights, IA	30:10	9:30
75	4 W12	Kayla McLeran, 13*, Urbandale, IA	30:10	9:31
178	56 M14	Wyatt Kacmarynski, 16, Urbandale, IA	30:15	9:32
76	5 W12	Avery Van Quathem, 12*, Urbandale, IA	30:27	9:36
77	23 W14	Jennifer Jeong, 14*, Urbandale, IA	30:28	9:36
179	7 M60	Carl Voss, 69, Des Moines, IA	30:30	9:37
180	8 M60	Greg Kline, 70, Urbandale, IA	30:33	9:38
181	23 M12	Max Obrecht, 12, Urbandale, IA	30:42	9:41
78	4 W50	LuAnn Ostergaard, 59*, Des Moines, IA	30:42	9:41
182	57 M14	Carter Luttrell, 16, Urbandale, IA	30:44	9:41
79	11 W19	Gianna Asbury, 25*, West Des Moines, IA	30:51	9:43
80	14 W40	Patty Williams, 48*, Urbandale, IA	30:53	9:44
81	19 W30	Courtney Lienemann, 31*, Grand Junction, CO	30:54	9:44
82	20 W30	Sarah Grundfast, 32*, West Des Moines, IA	30:55	9:45
83	12 W19	Esther Paine, 29*, Urbandale, IA	30:55	9:45
84	24 W14	Kate Youngers, 17*, Urbandale, IA	30:55	9:45
85	25 W14	Shannon Dougherty, 17*, Clive, IA	30:55	9:45
183	23 M30	Greg Gayman, 33, Urbandale, IA	30:57	9:45
86	15 W40	Nonoko Okapa, 42*, Chapel Hill, NC	30:57	9:45
87	21 W30	Jessica McLeran, 37*, Urbandale, IA	31:01	9:46
184	24 M30	Mike McLeran, 36, Urbandale, IA	31:02	9:47
88	13 W19	Nicolette Kirner, 27*, Windsor Heights, IA	31:05	9:48
185	24 M12	Dominic Quinn, 13, Urbandale, IA	31:10	9:49
186	25 M12	Cael Nelmark, 12, Urbandale, IA	31:11	9:50

187	25 M30	Schhuylar Slack, 30, Richmond, VA	31:12	9:50
89	5 JrW	Hadley Hardersen, 11*, Urbandale, IA	31:16	9:51
90	16 W40	Denise Obrecht, 41*, Urbandale, IA	31:17	9:52
188	9 M60	Rob Stetson, 64, Jonnston, IA	31:17	9:52
91	17 W40	Tricia Hingst, 48*, Waukee, IA	31:19	9:52
92	18 W40	Laura Hamilton, 41*, Urbandale, IA	31:24	9:54
93	1 W60	Paula Dierenfeld, 63*, Jonnston, IA	31:36	9:58
189	21 M19	Luke Fitzpatrick, 29, Ft. Wayne, IN	31:38	9:58
190	58 M14	George Pierson, 15, Waukee, IA	31:41	9:59
191	27 M40	Mike May, 48, Clive, IA	31:41	9:59

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94	22 W30	Gina Wright, 36*, Urbandale, IA	31:43	10:00
192	13 M50	Shawn Plank, 53, Urbandale, IA	31:43	10:00
95	14 W19	Jordyn Radkie, 24*, Sharpsburg, GA	31:45	10:00
193	28 M40	Darren Burr, 49, West Des Moines, IA	31:49	10:02
96	26 W14	Annamaria Dimon, 14*, Urbandale, IA	31:53	10:03
194	29 M40	Brian Mills, 43, Urbandale, IA	31:54	10:03
97	15 W19	Natalie Fairchild, 20*, Urbandale, IA	31:56	10:04
98	2 W60	Arlene Dabill, 68*, Urbandale, IA	31:58	10:05
99	16 W19	Rachel White, 23*, Des Moines, IA	32:03	10:06
195	22 M19	Connor Judd, 25, Des Moines, IA	32:03	10:06
196	14 M50	Dennis A Judd, 57, Urbandale, IA	32:04	10:06
100	23 W30	Kahyee Lee, 30*, Arlington, VA	32:04	10:06
101	24 W30	Emily Wasson, 38*, Urbandale, IA	32:14	10:10
102	17 W19	Grace Recker, 19*, West Des Moines, IA	32:20	10:12
197	30 M40	Lindsey Bakker, 42, Urbandale, IA	32:28	10:14
103	19 W40	Rosa Hansen, 43*	32:28	10:14
104	20 W40	Andrea Hansen, 42*, Jonnston, IA	32:28	10:14
105	18 W19	Kelly Flynn, 19*, Clive, IA	32:34	10:16
106	5 W50	Becky Weathers, 50*, Grimes, IA	32:49	10:20
107	19 W19	Maria Grazia Stanco, 19*, Jonnston, IA	32:57	10:23
198	15 M50	Vincenzo Stanco, 51, Jonnston, IA	32:59	10:24

108	21	W40	Jennifer Cunningham, 45*, Urbandale, IA	33:02	10:25
199	31	M40	Gary Magnuson, 49, Urbandale, IA	33:02	10:25
109	22	W40	Kelly Lentsch, 47*, West Des Moines, IA	33:17	10:29
200	32	M40	Kevin Oconnor, 45, Jonnston, IA	33:18	10:30
110	23	W40	Melissa Oconnor, 44*, Jonnston, IA	33:19	10:30
201	26	M12	Sam Smith, 13, Urbandale, IA	33:20	10:30
111	27	W14	Leah Lentsch, 18*, West Des Moines, IA	33:21	10:31
202	15	JrM	Ethan Wunn, 10, Clive, IA	33:26	10:32
112	6	W50	Maureen Jackso, 53*, Windsor Heights, IA	33:28	10:33
203	16	M50	Tom Killeen, 58, Clive, IA	33:35	10:35
113	28	W14	Courtney Flynn, 16*, Clive, IA	33:36	10:35
204	26	M30	Mike Gillespie, 36, Urbandale, IA	33:41	10:37
205	16	JrM	Nathan Tischer, 10, Urbandale, IA	33:42	10:37
114	24	W40	Heidi Markla, 43*, Urbandale, IA	33:42	10:37
115	25	W30	Jenna Day, 32*, Urbandale, IA	33:49	10:40
116	29	W14	Julia Miyazaki, 16*, West Des Moines, IA	33:55	10:41
117	20	W19	Madison Green, 26*, Ankeny, IA	33:55	10:42
206	27	M12	Gavin Knudsen, 12, Grimes, IA	34:02	10:44
207	28	M12	Collin Comito, 12, Urbandale, IA	34:04	10:44
208	17	JrM	Kieran Seeley, 10, Urbandale, IA	34:07	10:45
209	33	M40	Christian Comito, 47, Urbandale, IA	34:10	10:46
210	34	M40	Michael Rhode, 49, Urbandale, IA	34:11	10:46
118	6	JrW	Charlotte Smith, 8*, Urbandale, IA	34:20	10:49
119	26	W30	Patty Riesberg, 37*, Urbandale, IA	34:20	10:49
211	59	M14	Donovan Cheborad, 18, Urbandale, IA	34:27	10:52
120	25	W40	Joscelyn Smith, 41*, Urbandale, IA	34:31	10:53
212	17	M50	Bill Courtney, 58, Ankeny, IA	34:31	10:53
213	18	JrM	Nate Timboe, 8, West Des Moines, IA	34:36	10:54
121	21	W19	Elizabeth Gurnett, 26*, Urbandale, IA	34:39	10:55
214	35	M40	Douglas Timboe, 49, West Des Moines, IA	34:42	10:56
122			Kaylyan Cheborad*, Urbandale, IA	34:51	10:59

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123	3 W60	Cynthia Fuson, 67*, Des Moines, IA	34:57	11:01
124	27 W30	Krista Pederson, 30*, Des Moines, IA	35:07	11:04
125	28 W30	Courtney Bach, 35*, Urbandale, IA	35:10	11:05
126	26 W40	Sue Mears, 46*, Urbandale, IA	35:12	11:06
127	29 W30	Megan Haugerud, 36*, Urbandale, IA	35:20	11:08
215	18 M50	Steven Fuqua, 54, Des Moines, IA	35:24	11:10
216	19 M50	Rod Warren, 54, Clive, IA	35:27	11:11
217	27 M30	Chase McCool, 32, Waukee, IA	35:35	11:13
218	20 M50	Daniel McCool, 56, Des Moines, IA	35:38	11:14
219	19 JrM	Addy Bjork, 9, Adel, IA	35:41	11:15
128	30 W30	Kelsey Gillespie, 35*, Urbandale, IA	35:46	11:16
220	36 M40	Eric Fopma, 45, Urbandale, IA	35:54	11:19
221	20 JrM	Marek Simms, 11, Urbandale, IA	35:59	11:21
129	30 W14	Lindsey Grask, 16*, Clive, IA	36:17	11:26
130	27 W40	Melinda Grask, 48*, Clive, IA	36:17	11:26
131	7 W50	Kathly Fairchild, 51*, Urbandale, IA	36:23	11:28
132	28 W40	Wendy Lambert, 41*, Johnston, IA	36:25	11:29
133	6 W12	Leah Rhode, 13*, Urbandale, IA	36:26	11:29
222	21 JrM	Jaxson Custer, 10, Clive, IA	36:27	11:29
223	22 JrM	Drew Bjork, 7, Adel, IA	36:31	11:31
224	37 M40	Jason Bjork, 41, Adel, IA	36:32	11:31
225	60 M14	Trevor Fitzpatrick, 14, Johnston, IA	36:37	11:32
134	31 W30	Melissa Farmer, 33*, Urbandale, IA	36:57	11:39
135	22 W19	Julia Coronellin, 29*, Chicago, IL	37:09	11:43
226	38 M40	Shawn Baker, 43, Urbandale, IA	37:14	11:44
136	23 W19	Rachel Moylan, 25*, Urbandale, IA	37:17	11:45
137	32 W30	Allison Smith, 30*, Urbandale, IA	37:17	11:45
138	7 JrW	Madelyn Schott, 8*, Urbandale, IA	37:21	11:46
139	8 W50	Michelle Cochran, 50*, Urbandale, IA	37:21	11:46
140	33 W30	Dawn Posey, 38*, Pittsburgh, PA	37:28	11:48
227	10 M60	Thomas Westby, 69, Urbandale, IA	37:29	11:49
228	61 M14	Evan Witke, 16, Urbandale, IA	37:48	11:55
141	8 JrW	Molli Young, 11*, West Des Moines, IA	37:52	11:56

142	7 W12	Olivia Dohrmann, 13*, Windsor Heights, IA	37:53	11:56
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				
143	34 W30	Jacklyn Lowe, 30*, Knoxville, IA	38:09	12:01
229	11 M60	Kevin Cunningham, 66, Des Moines, IA	38:09	12:02
144	8 W12	Lily Stuart, 12*, Urbandale, IA	38:10	12:02
230	62 M14	Erik Osborne, 15, Jonnston, IA	38:51	12:15
231	39 M40	Rob Fornoff, 42, Ankeny, IA	38:51	12:15
145	9 W12	Josephine Hayes, 13*, Ankeny, IA	38:54	12:16
232	63 M14	Nathan Baumhover, 15, Urbandale, IA	39:01	12:18
146	35 W30	Anna Weis, 31*, Urbandale, IA	39:09	12:20
147	29 W40	Michelle Cory Knudsen, 47*, Grimes, IA	39:16	12:23
148	9 JrW	Ella Schott, 10*, Urbandale, IA	39:18	12:23
149	4 W60	Debbie Albertson, 60*, West Des Moines, IA	39:20	12:24
150	36 W30	Allison Wallace, 39*, Urbandale, IA	39:20	12:24
151	10 JrW	Meara Wallace, 8*, Urbandale, IA	39:20	12:24
152	30 W40	Monica Fitzgerald, 41*, Urbandale, IA	39:20	12:24
153	11 JrW	Sophia Roetman, 10*, Urbandale, IA	39:27	12:26
233	40 M40	Tim Roetman, 45, Urbandale, IA	39:28	12:26
154	37 W30	Amy Boyce, 37*, Urbandale, IA	39:28	12:26
234	12 M60	Bob Overstreet, 67, Des Moines, IA	39:29	12:27
155	10 W12	Avery Miller, 13*, Adel, IA	39:31	12:27
235	29 M12	Coleman Osborne, 13, Jonnston, IA	39:42	12:31
236	21 M50	Gary Young, 59, Jonnston, IA	39:43	12:31
156	38 W30	Melinda Austin, 30*, Windsor Heights, IA	39:44	12:31
157	11 W12	Megan Young, 13*, Urbandale, IA	39:46	12:32
158	31 W14	Abby Thilges, 14*, Ankeny, IA	39:50	12:33
159	9 W50	Kathy Schramm, 50*, Clive, IA	39:51	12:34
160	39 W30	Ryan Page, 35*, Clive, IA	39:57	12:36
161	31 W40	Melinda Klaassen, 41*, West Des Moines, IA	40:14	12:41
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				
162	10 W50	Cindy Blay, 52*, Ankeny, IA	41:23	13:03
163	24 W19	Maddie Ripperger, 22*, Urbandale, IA	41:26	13:03

164	12 JrW	Ellery Conrad, 11*, Urbandale, IA	41:26	13:04
165	11 W50	Margaret Long, 55*, Des Moines, IA	41:28	13:04
166	32 W40	Victoria McQuerry, 49*, West Des Moines, IA	41:35	13:06
167	32 W14	Bella McDonald, 16*, Des Moines, IA	41:54	13:12
168	33 W40	Kaye Ohnemus, 47*, Urbandale, IA	42:00	13:14
237	22 M50	Sean Bensen, 51, Des Moines, IA	42:01	13:15
169	34 W40	Melanie Frausto, 47*, Des Moines, IA	42:15	13:19
238	13 M60	Conroy Smith, 63, Des Moines, IA	42:32	13:24
170	40 W30	Dennetta Groomes, 37*, Des Moines, IA	42:35	13:25
171	35 W40	Carrie O'Connor, 45*, Urbandale, IA	42:37	13:26
172	41 W30	Hannah Horton, 36*, Urbandale, IA	42:47	13:29
173	13 JrW	Ellie Horton, 6*, Urbandale, IA	42:47	13:29
239	14 M60	Ruben Rullan, 77, Urbandale, IA	42:48	13:29
240	23 JrM	Maddox Custer, 8, Clive, IA	42:51	13:30
241	15 M60	John Hoffman, 74, Des Moines, IA	43:55	13:50
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				
174	12 W50	Julie Dohrmann, 57*, Windsor Heights, IA	44:26	14:00
175	13 W50	Debi Kemp, 52*, Des Moines, IA	44:51	14:08
176	14 W50	Susan Patterson Plank, 52*, Urbandale, IA	44:52	14:09
242	24 JrM	Charlie Smith, 8, Urbandale, IA	44:53	14:09
177	36 W40	Kim Stuart, 47*, Urbandale, IA	44:53	14:09
178	14 JrW	Lola Hovey, 9*, Urbandale, IA	45:02	14:12
179	37 W40	Lisa Hovey, 46*, Urbandale, IA	45:03	14:12
243	28 M30	Dan Custer, 39, Clive, IA	45:16	14:16
244	30 M12	Jonahs Custer, 12, Clive, IA	45:16	14:16
180	15 W50	Laura Hoffman, 50*, Des Moines, IA	45:35	14:22
181	25 W19	Mackenzie Green, 25*, Nashville, TN	45:56	14:29
245	16 M60	Robert Green, 69, Ankeny, IA	45:57	14:29
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				
182	15 JrW	Maya Heston, 6*, Urbandale, IA	47:53	15:05
183	42 W30	Lauren Heston, 38*, Urbandale, IA	47:53	15:05
184	12 W12	Amy Fiolic, 12*, Urbandale, IA	48:22	15:15

185	16 JrW	Ana Simms, 10*, Urbandale, IA	48:30	15:17
246	25 JrM	Brendan Willey, 10, Urbandale, IA	49:30	15:36
186	26 W19	Emily Johnson, 29*, Urbandale, IA	49:42	15:40
187	27 W19	Ellie Walter, 26*, Urbandale, IA	49:43	15:40
188	5 W60	Darlene Gayman, 61*, Urbandale, IA	49:55	15:44
189	43 W30	Christina Gayman, 36*, Urbandale, IA	49:55	15:44
190	16 W50	Teresa Walter, 59*, Urbandale, IA	50:11	15:49
191	17 W50	Liljana Fiolic, 51*, Urbandale, IA	50:37	15:57
192	38 W40	Dunja Simms, 46*, Urbandale, IA	50:37	15:57

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193	44 W30	Emily Phinney, 35*, Urbandale, IA	51:15	16:09
247	26 JrM	Creighton Graham, 10, West Des Moines, IA	52:15	16:28
194	39 W40	Dawn Dority, 46*, West Des Moines, IA	52:53	16:40
248	27 JrM	Jude Brown, 5, Urbandale, IA	53:19	16:48

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249	17 M60	Tom Eaches, 70, Urbandale, IA	56:32	17:49
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* indicates females

27 finishers among Men Under 12

30 finishers among Men 12 - 13

63 finishers among Men 14 - 18

22 finishers among Men 19 - 29

28 finishers among Men 30 - 39

40 finishers among Men 40 - 49

22 finishers among Men 50 - 59

17 finishers among Men 60 & Up

16 finishers among Women Under 12

12 finishers among Women 12 - 13

32 finishers among Women 14 - 18

27 finishers among Women 19 - 29

44 finishers among Women 30 - 39

39 finishers among Women 40 - 49

17 finishers among Women 50 - 59

5 finishers among Women 60 & Up

2 finishers among Females (no age given)

249 male finishers

194 female finishers

443 total finishers

CLASS				
PLACE	PLACE	FINISHER	TIME	PACE
Men				
1	1	Cole Schroeder, 17, West Des Moines, IA	16:50	5:18
2	2	Drake Henrichs, 20, Urbandale, IA	16:57	5:20
3	3	Payton Marrs, 16, Urbandale, IA	17:12	5:25
4	4	Griff Jaworski, 25, Des Moines, IA	17:18	5:27
5	5	Scott Johnson, 35, Johnston, IA	17:38	5:33
6	6	Will Ode, 17, Des Moines, IA	17:47	5:36
7	7	Zachary Fry, 16, Des Moines, IA	17:56	5:39
8	8	Jake Miller, 17, Des Moines, IA	18:07	5:43
9	9	Brandon Latting, 16, West Des Moines, IA	18:09	5:43
10	10	Reece Knepper, 16, Urbandale, IA	18:12	5:44

CLASS				
PLACE	PLACE	FINISHER	TIME	PACE
1	1	Ashley Tollakson, 34, Des Moines, IA	18:32	5:50
2	2	Carrie Van Quathem, 46, Urbandale, IA	21:00	6:37
3		Janelle Hodovic, West Des Moines, IA	21:40	6:50
4	4	Emily Linscheid, 25, Johnston, IA	21:41	6:50
5	5	Macy Gaskill, 14, Urbandale, IA	21:47	6:52
6	6	Kelsey Schweizer, 17, Urbandale, IA	21:50	6:53
7	7	Kate Timboe, 16, West Des Moines, IA	21:54	6:54
8	8	Molly Doruska, 21, Ankeny, IA	23:12	7:19
9	9	Karleigh Osborn, 14, Waukee, IA	23:14	7:19

10	10	Erin Vanquathem , 13, Urbandale, IA	23:21	7:22
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CLASS

PLACE	PLACE	FINISHER	TIME	PACE
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Men Under 12

54	1	Brody Burr, 11, West Des Moines, IA	22:11	6:59
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56	2	Alexander Baker, 11, Urbandale, IA	22:22	7:03
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Men 12 - 13

31	1	Jack Brown, 13, Norwalk, IA	20:34	6:29
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43	2	Aidan Oconnor, 13, Jonnston, IA	21:24	6:45
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Men 14 - 18

1	1	Cole Schroeder, 17, West Des Moines, IA	16:50	5:18
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3	2	Payton Marrs, 16, Urbandale, IA	17:12	5:25
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Men 19 - 29

2	1	Drake Henrichs, 20, Urbandale, IA	16:57	5:20
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4	2	Griff Jaworski, 25, Des Moines, IA	17:18	5:27
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Men 30 - 39

5	1	Scott Johnson, 35, Johnston, IA	17:38	5:33
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13	2	Timothy Ives, 37, Pleasant Hill, IA	18:40	5:53
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Men 40 - 49

14	1	Paxton Bennett, 44, West Des Moines, IA	19:11	6:03
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17	2	Yuri Fedirko, 41, Des Moines, IA	19:27	6:08
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Men 50 - 59

55	1	Chad Larson, 51, Norwalk, IA	22:13	7:00
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70	2	Scott Freeman, 56, Urbandale, IA	23:45	7:29
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Men 60 & Up

62	1	3sticks McBride, 62, Des Moines, IA	22:53	7:13
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68	2	Tom Heuer, 60, Des Moines, IA	23:35	7:26
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CLASS

PLACE	PLACE	FINISHER	TIME	PACE
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Women Under 12

56	1	Elise Huegerich, 10, Jonnston, IA	28:59	9:08
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66	2	Emma McLeran, 9, Urbandale, IA	29:21	9:15
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Women 12 - 13

10	1	Erin Vanquathem , 13, Urbandale, IA	23:21	7:22
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25	2	Norah Seeley, 12, Urbandale, IA	25:45	8:07
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Women 14 - 18

5	1	Macy Gaskill, 14, Urbandale, IA	21:47	6:52
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6	2	Kelsey Schweizer, 17, Urbandale, IA	21:50	6:53
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Women 19 - 29

4	1	Emily Linscheid, 25, Johnston, IA	21:41	6:50
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8	2	Molly Doruska, 21, Ankeny, IA	23:12	7:19
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Women 30 - 39

1	1	Ashley Tollakson, 34, Des Moines, IA	18:32	5:50
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15	2	Jessica Schroeder, 32, Urbandale, IA	24:17	7:39
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Women 40 - 49

2	1	Carrie Van Quathem, 46, Urbandale, IA	21:00	6:37
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20	2	Kathy Schweizer, 48, Urbandale, IA	25:15	7:57
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Women 50 - 59

24	1	Nancy Linscheid, 51, Johnston, IA	25:43	8:06
31	2	Kristy Cain, 59, Urbandale, IA	26:13	8:16

Women 60 & Up

93	1	Paula Dierenfeld, 63, Jonnston, IA	31:36	9:58
98	2	Arlene Dabill, 68, Urbandale, IA	31:58	10:05

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