

William Courtney 4th of July 5.1 km₂

Urbandale, IA

July 4, 2019

83 degrees

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 6, 2019 12:30 PM

CLASS				
PLACE	PLACE	FINISHER	TIME	PACE
1	1 M14	Sam Hall, 17, West Des Moines, IA	16:22	5:10
2	2 M14	Payton Marrs, 17, Urbandale, IA	16:52	5:19
3	3 M14	Anthony Moran, 16, Clive, IA	17:22	5:29
4	4 M14	Will Ode, 18, Des Moines, IA	17:30	5:31
5	1 M19	Griffin Jaworski, 26, Des Moines, IA	17:34	5:32
6	5 M14	Reece Knepper, 17, Urbandale, IA	17:35	5:33
7	6 M14	Jordan Daniel, 16, Pleasant Hill, IA	17:40	5:34
8	7 M14	Lucas Martin, 17, West Des Moines, IA	17:57	5:40
9	8 M14	Jacob Fopma, 17, Urbandale, IA	18:12	5:44
10	1 M40	Stacy Garrels, 43, Indianola, IA	18:14	5:45
11	9 M14	Will Ryan, 15, Waukee, IA	18:19	5:47
12	10 M14	Alec Knepper, 17, Urbandale, IA	18:21	5:47
13	1 M30	Jesse Veenstra, 33	18:25	5:48
14	2 M30	Timothy Ives, 38, Pleasant Hill, IA	18:30	5:50
15	11 M14	Noah Fopma, 17, Urbandale, IA	18:35	5:52
16	12 M14	Brandon Latting, 17, West Des Moines, IA	18:41	5:54
17	13 M14	Sam Schweizer, 18, Urbandale, IA	18:42	5:54
18	14 M14	Drew Brase, 18, Des Moines, IA	18:47	5:55
19	15 M14	Nolan Kyhl, 16, Johnston, IA	18:47	5:55

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20	16	M14	Aidan Oconnor, 14, Johnston, IA	19:17	6:05
21	17	M14	Tyler Schweizer, 15, Urbandale, IA	19:20	6:06
22	18	M14	Lucas Miller, 18, Urbandale, IA	19:23	6:07
23	2	M40	Yuri Fedirko, 42, Des Moines, IA	19:24	6:07
24	19	M14	Griffin Rhode, 17, Urbandale, IA	19:31	6:09
25	20	M14	Andrew Robey, 15, Pleasant Hill, IA	19:38	6:12
26	21	M14	Jackson Heidesch, 14, West Des Moines, IA	19:40	6:12
27	22	M14	Gabe Shaw, 14, Des Moines, IA	19:49	6:15
28	3	M30	Mark Moore, 33, Clive, IA	19:54	6:16
29	23	M14	Christopher Pierson, 15, Waukee, IA	19:58	6:18
30	24	M14	Andrew Donoho, 14, Urbandale, IA	20:13	6:23
31	25	M14	Matt Brockway, 17, Urbandale, IA	20:29	6:27
32	2	M19	Samuel Titus, 27, West Des Moines, IA	20:35	6:29
33	26	M14	Flynn Milligan, 14, Des Moines, IA	20:39	6:31
34	27	M14	Samuel Leto, 15, Johnston, IA	20:47	6:33
35	3	M19	Michael Eppink, 23, Urbandale, IA	20:56	6:36
36	4	M19	Matthew Stone, 29, Colorado Springs, CO	20:57	6:36
37	28	M14	Carter Smith, 15, Urbandale, IA	20:59	6:37
1	1	W14	Karleigh Osborn, 16*, Waukee, IA	21:02	6:38
38	29	M14	Joel Kellar, 17, Urbandale, IA	21:17	6:43
39	4	M30	Matt Lano, 37, Richmond, VA	21:20	6:44
2	1	W40	Carrie Van Quathem, 47*, Urbandale, IA	21:25	6:45
40	5	M30	Tyler Kinder, 35, Urbandale, IA	21:26	6:46
41	6	M30	James Knuuttila, 32, Washington, DC	21:35	6:48
42	5	M19	Joe Amadeo, 24, Urbandale, IA	21:46	6:52
43	30	M14	Cohen Darsee, 15, Urbandale, IA	21:48	6:53
44	31	M14	Nick Klocke, 14, Granger, IA	21:48	6:53
45	3	M40	Matthew Gardner, 49, Johnston, IA	21:51	6:54
3	1	W19	Emily Linscheid, 26*, Johnston, IA	21:54	6:54
46	1	M12	Alexander Baker, 12, Urbandale, IA	21:57	6:55
47	4	M40	Dave Zimmer, 47, Polk City, IA	21:59	6:56

48	7	M30	Zachary Martin, 31, Johnston, IA	22:00	6:56
4	1	W12	mallory Wurth, 12*, Urbandale, IA	22:09	6:59
49	6	M19	Jonathan Roldan, 23, Urbandale, IA	22:09	6:59
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50	2	M12	Brody Burr, 12, West Des Moines, IA	22:14	7:01
51	7	M19	Jordan Ask, 29, Owasso, OK	22:17	7:02
52	32	M14	Jack Ode, 14, Des Moines, IA	22:27	7:05
53	33	M14	Jeison Jaimes, 16, Des Moines, IA	22:27	7:05
54	1	M50	Rob Shaw, 50, Des Moines, IA	22:29	7:05
55	8	M30	Adam Ries, 32, Des Moines, IA	22:30	7:06
56	34	M14	Joseph Smith, 16, Urbandale, IA	22:34	7:07
57	35	M14	Paul Johnson, 17, Des Moines, IA	22:44	7:10
58	5	M40	Patrick Horn, 48, Thunder Bay, OR	22:49	7:12
5	1	W30	Stephanie Mortenson, 37*, Windsor Heights, IA	22:53	7:13
59	36	M14	Carl Joshua Suliano, 14, Urbandale, IA	22:57	7:14
60	2	M50	Todd Haugen, 56, Des Moines, IA	22:58	7:14
61	9	M30	Colby Judd, 32, Des Moines, IA	22:59	7:15
62	37	M14	Jason Latta, 14, Clive, IA	22:59	7:15
63	38	M14	Johnny Fox, 14, Des Moines, IA	23:01	7:16
64	39	M14	Zachary Braggs, 14, Urbandale, IA	23:02	7:16
65	40	M14	Dyer Jarabek, 17, West Des Moines, IA	23:02	7:16
66	41	M14	Brett Schroeder, 15, Urbandale, IA	23:02	7:16
67	1	JrM	Benjamin Peterson, 10, Clive, IA	23:09	7:18
6	2	W14	Megan Szalay, 17*, Urbandale, IA	23:09	7:18
68	42	M14	Bryson McGowan, 17, Urbandale, IA	23:10	7:18
69	2	JrM	Taitn Gray, 11, Urbandale, IA	23:12	7:19
70	6	M40	Gabriel Lohf, 43, Urbandale, IA	23:14	7:20
71	43	M14	Joe Wilwerdinger, 14, Des Moines, IA	23:17	7:21
7	2	W19	Whitney Deering, 26*, Ankeny, IA	23:17	7:21
72	44	M14	Joey Krejchi, 16, Waukee, IA	23:20	7:22
73	45	M14	Victor Rieser, 15, West Des Moines, IA	23:21	7:22
8	3	W14	Macy Gaskill, 15*, Urbandale, IA	23:25	7:23

74	8 M19	Jacob Quirk, 22, Urbandale, IA	23:36	7:26
75	9 M19	Grant Gossling, 20, Johnston, IA	23:39	7:28
9	4 W14	Japen Scharingsow, 15*, Urbandale, IA	23:41	7:28
10	5 W14	Van Quathem, 14*, Urbandale, IA	23:41	7:28
11	6 W14	Brielle Ruch, 16*, Urbandale, IA	23:41	7:28
76	7 M40	David Olsen, 46, Des Moines, IA	23:45	7:29
77	1 M60	3sticks McBride, 63, Des Moines, IA	23:47	7:30
78	46 M14	Colin Recker, 17, West Des Moines, IA	23:48	7:30
12	2 W30	Brittanie Messiah, 33*, Sharpsburg, GA	23:48	7:30
79	3 JrM	Will Johnson, 11, Urbandale, IA	23:54	7:32
13	1 JrW	Hayden Beyer, 11*, Waukee, IA	23:55	7:33
80	8 M40	Eric Johnson, 43, Urbandale, IA	23:55	7:33
14	3 W19	Heidi Bridgewater, 24*, Grimes, IA	23:57	7:33
15	3 W30	Heather Scott, 34*, Urbandale, IA	23:57	7:33
81	47 M14	Jack Power, 14, West Des Moines, IA	23:57	7:33
82	3 M50	Patrick Mattingly, 50, Johnston, IA	23:58	7:34
83	3 M12	Adrian Brown, 13, Urbandale, IA	23:58	7:34
84	10 M19	Tanner Duer, 28, Windsor Heights, IA	23:59	7:34
85	11 M19	Marc Shalkowski, 28, Ankeny, IA	24:00	7:34
16	2 W40	Cara Ode, 47*, Des Moines, IA	24:04	7:35
86	4 M50	Tom Youngwirth, 52, Urbandale, IA	24:07	7:36
87	48 M14	James Barnes, 15, Urbandale, IA	24:10	7:37
88	4 M12	Blake Grask, 12, Clive, IA	24:11	7:37
17	7 W14	Lauren Peterson, 15*, Urbandale, IA	24:13	7:38
89	9 M40	Steve Klocke, 44, Granger, IA	24:15	7:39
18	8 W14	Grace Roesler, 15*, Urbandale, IA	24:19	7:40
19	9 W14	Kate Easter, 15*, Johnston, IA	24:22	7:41
90	10 M40	Jason Potter, 49, West Des Moines, IA	24:22	7:41
91	11 M40	Juan Jaramillo, 43, Pittsburgh, PA	24:26	7:42
92	10 M30	Brett Finger, 32, Urbandale, IA	24:29	7:43
20	4 W19	Emma Finger, 26*, Urbandale, IA	24:29	7:43
21	1 W50	Nancy Linscheid, 52*, Johnston, IA	24:31	7:44

93	12	M40	Dominick Villotti, 44, Urbandale, IA	24:32	7:44
22	2	W50	Kristina Kercher, 50*, Waukee, IA	24:39	7:47
23	5	W19	Allie Uhlenhopp, 27*, Urbandale, IA	24:40	7:47
24	10	W14	Maddy Hall, 15*, West Des Moines, IA	24:42	7:47
25	6	W19	Ellen Bennett, 22*, Des Moines, IA	24:43	7:48
94	5	M12	Lewis Lentsch, 13, West Des Moines, IA	24:44	7:48
95	6	M12	Jack McGuire, 13, Urbandale, IA	24:45	7:48
26	7	W19	Sydney Gdreenlund, 25*, West Des Moines, IA	24:46	7:49
96	13	M40	Hansen, 40, Urbandale, IA	24:49	7:50
97	5	M50	Gerard Amadeo, 53, Urbandale, IA	24:51	7:50
98	49	M14	Andrew McEniry, 15, Clive, IA	24:55	7:52
27	11	W14	Abi Zimmer, 16*, Polk City, IA	24:58	7:52
99	11	M30	Del Campo , 37, Des Moines, IA	25:04	7:54
100	12	M30	Jon Jasper, 32, Urbandale, IA	25:10	7:56
28	4	W30	Angela Veenstra, 33*, Clive, IA	25:13	7:57
101	6	M50	Joe Cacciatore, 53, Urbandale, IA	25:15	7:58
29	8	W19	Mackenzie Caquatto, 27*, Des Moines, IA	25:19	7:59
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30	5	W30	Stephanie Majeran, 35*, Urbandale, IA	25:22	8:00
102	13	M30	Josh Ortner, 39, Urbandale, IA	25:25	8:01
31	6	W30	Megan Ries, 32*, Des Moines, IA	25:26	8:01
103	50	M14	Steven Hiatt, 15, Osceola, IA	25:27	8:02
104	12	M19	Seth Biagini, 26, Beaverton, OR	25:28	8:02
32	3	W40	Jayna Gossling, 48*, Johnston, IA	25:31	8:03
105	7	M12	Cooper Smith, 12, Urbandale, IA	25:34	8:04
106	13	M19	Austin Kramer, 25, Solon, IA	25:38	8:05
107	14	M30	Euseph Messiah, 33, Sharpsburg, GA	25:44	8:07
33	12	W14	Claire Sullivan, 15*, West Des Moines, IA	25:46	8:08
108	14	M19	Cole Scieszinski, 22, Urbandale, IA	25:48	8:08
34	13	W14	Sophia Stineman, 15*, Waukee, IA	25:51	8:09
109	7	M50	Jim Halliwell, 55, West Des Moines, IA	25:51	8:09
110	8	M50	Roadhog McKibben, 58, Clive, IA	25:58	8:11

111	15	M19	Alex Reif, 24, West Des Moines, IA	26:01	8:12
112	16	M19	Ryley Stancel, 25, West Des Moines, IA	26:01	8:12
113	51	M14	Donovan Nigg, 14, Des Moines, IA	26:06	8:14
114	14	M40	Ryan Fox, 40, Des Moines, IA	26:13	8:16
35	4	W40	Joscelyn Smith, 42*, Urbandale, IA	26:19	8:18
115	52	M14	Matthew Eubank, 14, Urbandale, IA	26:22	8:19
116	15	M40	Rich Miller, 41, Adel, IA	26:23	8:19
117	15	M30	Jeremiah Off, 34, North Liberty, IA	26:26	8:20
118	16	M40	Pete Jones, 42, Johnston, IA	26:28	8:21
119	8	M12	Drew Dunlap, 13, Des Moines, IA	26:29	8:21
36	9	W19	Meagan Halliwell, 21*, Carlisle, IA	26:32	8:22
37	14	W14	Julia Martinex-Lohf, 15*, Urbandale, IA	26:38	8:24
38	7	W30	Kathryn Cloe, 36*, Des Moines, IA	26:40	8:25
120	17	M40	Alex Van Quathem, 49, Urbandale, IA	26:42	8:25
121	9	M12	Hank McGuire, 12, Urbandale, IA	26:46	8:26
122	16	M30	Kevin Kunkel, 30, Portland, OR	26:50	8:28
123	9	M50	Michael Smith, 58, Urbandale, IA	26:53	8:29
39	2	W12	Kiersten Van Horn, 13*, Urbandale, IA	26:56	8:29
40	8	W30	Alivia McDaniel, 31*, Ankeny, IA	26:57	8:30
41	2	JrW	Emma McLeran, 10*, Urbandale, IA	26:58	8:30
42	3	W12	Madeline Stevenson, 13*, Urbandale, IA	27:00	8:31
43	3	JrW	Raegan McRae, 9*, Colorado Springs, CO	27:00	8:31
124	10	M50	Dennis Judd, 58, Urbandale, IA	27:01	8:31
125	10	M12	Nate Hammerand, 13, Urbandale, IA	27:07	8:33
44	9	W30	Aubrey Villotti, 39*, Urbandale, IA	27:08	8:33
126	18	M40	Matt Strawn, 45, Des Moines, IA	27:08	8:33
127	11	M12	Jacob Petersen, 12, Norwalk, IA	27:11	8:34
128	17	M30	Tim Lewis, 36, Urbandale, IA	27:11	8:34
129	2	M60	Paul Brees, 61, Urbandale, IA	27:23	8:38
130	17	M19	James Williams, 23, Urbandale, IA	27:23	8:38
45	15	W14	Ally Rodenius, 17*, Urbandale, IA	27:30	8:40
46	16	W14	Maggie Gardner, 17*, Johnston, IA	27:30	8:40

131	4 JrM	Blake Larson, 11, Des Moines, IA	27:35	8:42
132	18 M30	Fabian Hernandez, 36, Carlisle, IA	27:36	8:42
47	10 W19	Elizabeth Oka, 29*, Washington, DC	27:36	8:42
133	11 M50	Patrick Walter, 58, Urbandale, IA	27:37	8:43
134	53 M14	John Lawler, 14, West Des Moines, IA	27:38	8:43
135	12 M12	Collin Comito, 13, Urbandale, IA	27:41	8:44
136	12 M50	Gary Thompson, 55, Urbandale, IA	27:44	8:45
48	17 W14	Grace Kottmeyer, 14*, West Des Moines, IA	27:48	8:46
137	13 M12	Charles Leto, 13, Johnston, IA	27:49	8:46
138	19 M40	Davud Leto, 42, Littleton, CO	27:49	8:46
139	18 M19	Michael Huff, 25, Ames, IA	27:51	8:47
49	5 W40	Beth McDonald, 46*, Prole, IA	27:53	8:48
140	5 JrM	Davin Trytten, 10, Des Moines, IA	27:59	8:49
50	18 W14	Jennifer Ieong, 15*, Urbandale, IA	27:59	8:50
141	54 M14	Nate Strawn, 14, Des Moines, IA	28:01	8:50
142	19 M19	Adam Jackson, 19, Windsor Heights, IA	28:07	8:52
51	11 W19	Alison Leonhart, 24*, Urbandale, IA	28:09	8:53
143	6 JrM	Harry Wurth, 9, Urbandale, IA	28:09	8:53
144	19 M30	Tim Walljasper, 36, Urbandale, IA	28:15	8:55
145	20 M30	Bryan Witt, 34, Simi Valley, CA	28:18	8:56
52	12 W19	Katie Haster, 26*, Urbandale, IA	28:19	8:56
146	55 M14	Collin Schroeder, 18, Urbandale, IA	28:22	8:57
53	13 W19	Megan Kavlock, 19*, West Des Moines, IA	28:26	8:58
147	14 M12	Samuel Kavlock, 12, West Des Moines, IA	28:26	8:58
148	20 M40	Guy Leman, 42, West Des Moines, IA	28:28	8:59
54	4 W12	Ruby Leman, 12*, West Des Moines, IA	28:28	8:59
149	21 M40	Steven Kavlock, 46, West Des Moines, IA	28:30	8:59
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55	14 W19	Sam Larisch, 20*, Urbandale, IA	28:32	9:00
150	13 M50	Michael Hiatt, 50, Osceola, IA	28:36	9:01
56	5 W12	Avery Van Quathem, 13*, Urbandale, IA	28:37	9:02
151	56 M14	Nathan Fageroos, 14, Urbandale, IA	28:37	9:02
152	57 M14	Forrest Landis, 15, Des Moines, IA	28:43	9:03

153	58	M14	Ben Hansen, 14, Johnston, IA	28:45	9:04
57	10	W30	Hilary Glen, 32*, Bloomington, IN	29:01	9:09
58	11	W30	Laura Katch, 30*, Saint Charles, IA	29:02	9:09
154	7	JrM	Andrew Peterson, 10, Clive, IA	29:05	9:10
155	22	M40	Dan Caropreso, 43, West Des Moines, IA	29:08	9:11
59	19	W14	Lauren Orgzem, 15*, Grimes, IA	29:15	9:14
60	20	W14	Annamaria Dimon, 15*, Urbandale, IA	29:18	9:14
61	3	W50	Pam Gallagher, 55*, Ankeny, IA	29:18	9:15
62	6	W40	Stephanie Davis, 40*, Urbandale, IA	29:19	9:15
63	7	W40	Renae Kavlock, 46*, West Des Moines, IA	29:19	9:15
64	21	W14	Maddie Jennisch, 18*, Urbandale, IA	29:22	9:16
65	22	W14	Emma Isenhardt, 15*, Grimes, IA	29:27	9:17
66	15	W19	Megan Watson, 22*, West Lafayette, IN	29:30	9:18
67	12	W30	Danielle Farrell, 34*, Grimes, IA	29:32	9:19
156	21	M30	Joel Goetsch, 37, Urbandale, IA	29:34	9:19
68	23	W14	Katie Flaherty, 14*, Altoona, IA	29:38	9:21
157	15	M12	Eli Wees, 12, Urbandale, IA	29:40	9:21
69	24	W14	Avery Miller, 14*, Adel, IA	29:45	9:23
158	3	M60	Carl Voss, 70, Des Moines, IA	29:46	9:23
70	16	W19	Rachel Jensen, 26*, Grimes, IA	29:50	9:25
159	20	M19	Dan Jensen, 27, Grimes, IA	29:51	9:25
71	25	W14	Emily Kavlock, 15*, West Des Moines, IA	29:54	9:26
72	4	W50	Jackie Cacciatore, 56*, Urbandale, IA	29:57	9:27
160	16	M12	Cael Nelmark, 13, Urbandale, IA	30:04	9:29
161	8	JrM	Alex Walters, 11, Waukee, IA	30:05	9:29
162	9	JrM	Noah Wees, 7, Urbandale, IA	30:08	9:30
163	22	M30	Schuyler Slack, 31, Richmond, VA	30:09	9:30
164	14	M50	Michael Rhode, 50, Urbandale, IA	30:10	9:31
165	15	M50	James Holloway, 50, Waukee, IA	30:11	9:31
166	16	M50	Tom Killeen, 59, Clive, IA	30:13	9:32
73	17	W19	Savannah Havran, 22*, Urbandale, IA	30:16	9:33
74	8	W40	Rosa Chang, 45*, Naperville, IA	30:17	9:33

167	23	M40	Jeff Scharingson, 49, Urbandale, IA	30:17	9:33
75	18	W19	Maria Hernandez, 22*, Carlisle, IA	30:18	9:33
168	17	M50	Bill Courtney, 59, Ankney, IA	30:18	9:33
76	19	W19	Michelle Davison, 25*, Urbandale, IA	30:20	9:34
169	21	M19	Branden McGowan, 25, Urbandale, IA	30:21	9:34
170	59	M14	George Pierson, 16, Waukee, IA	30:21	9:34
77	13	W30	Jill Motroni, 39*, Urbandale, IA	30:23	9:35
171	18	M50	Brian Whalen, 51, Urbandale, IA	30:24	9:35
78	5	W50	Jennifer Shide, 52*, Urbandale, IA	30:37	9:39
79	9	W40	Nonoko Okada, 43*, Chappel Hill, NC	30:41	9:41
172	19	M50	Wayne Ostergaard, 56, Johnston, IA	30:42	9:41
80	10	W40	Cindy Perry, 42*, WiNterset, IA	30:53	9:44
81	14	W30	Emily Orna, 35*, Johnston, IA	30:55	9:45
82	26	W14	Kaylyn Chleborad, 17*, Urbandale, IA	30:56	9:45
173	60	M14	Evan Witke, 17, Urbandale, IA	31:01	9:47
83	27	W14	Piper Barten, 14*, Urbandale, IA	31:01	9:47
84	1	W60	Paula Dierefeld, 64*, Johnston, IA	31:02	9:47
85	6	W12	Abby Flaherty, 12*, Altoona, IA	31:05	9:48
86	4	JrW	Julia Stevenson, 10*, Urbandale, IA	31:08	9:49
174	24	M40	Andrew Stevenson, 41, Urbandale, IA	31:08	9:49
175	20	M50	John Springer, 59, Littleton, CO	31:11	9:50
87	28	W14	Jordyn Loder, 16*, West Des Moines, IA	31:13	9:51
88	29	W14	Kylie Larson, 14*, Des Moines, IA	31:14	9:51
89	30	W14	Leah Rhode, 14*, Urbandale, IA	31:16	9:52
90	31	W14	Sammy Loder, 14*, West Des Moines, IA	31:16	9:52
176	25	M40	Josh Johnson, 40, Urbandale, IA	31:33	9:57
177	10	JrM	Ryder Johnson, 9, Urbandale, IA	31:33	9:57
91	15	W30	Rebecca Weller, 35*, Grimes, IA	31:36	9:58
92	7	W12	Reagan Zimmer, 12*, Polk City, IA	31:38	9:58
178	23	M30	Matt Weller, 35, Grimes, IA	31:38	9:58
93	11	W40	Melissa Loconnor, 45*, Johnston, IA	31:40	9:59

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94	16	W30	Elizabeth Lbattles, 35*, Des Moines, IA	31:44	10:00
179	26	M40	Lindsey Bakker, 43, Urbandale, IA	31:51	10:03
95	20	W19	Leah Lentsch, 19*, Urbandale, IA	31:52	10:03
96	2	W60	LuAnn Ostergaard, 60*, Johnston, IA	31:52	10:03
97	12	W40	Kelly Lentsch, 48*, Urbandale, IA	31:52	10:03
98	32	W14	Megan Young, 14*, Urbandale, IA	31:53	10:03
99	13	W40	Michele Loder, 44*, West Des Moines, IA	31:53	10:03
100	33	W14	Kayla McLeran, 14*, Urbandale, IA	31:54	10:04
180	21	M50	Duncan Gallagher, 59, Ankeny, IA	31:54	10:04
101	17	W30	Jessica McLeran, 38*, Urbandale, IA	31:54	10:04
102	21	W19	Maddy Grask, 19*, Clive, IA	31:55	10:04
181	4	M60	John Leonhart, 68, Urbandale, IA	31:56	10:04
103	6	W50	Mary Haster, 59*, Urbandale, IA	31:57	10:05
182	27	M40	Jason Menke, 48, Urbandale, IA	31:58	10:05
183	11	JrM	Benet Brown, 10, Urbandale, IA	31:59	10:05
104	14	W40	Kristy Potter, 48*, West Des Moines, IA	32:02	10:06
105	7	W50	Maureen Jackson, 54*, Windsor Heights, IA	32:03	10:06
184	22	M19	Kakota Boyens, 20, Urbandale, IA	32:04	10:07
106	15	W40	Kari Boyens, 43*, Urbandale, IA	32:04	10:07
107	16	W40	Rachel Brown, 43*, Urbandale, IA	32:04	10:07
185	28	M40	Curtis Brown, 43, Urbandale, IA	32:06	10:07
186	23	M19	Matt Hansing, 22, Golden, CO	32:08	10:08
108	3	W60	Ellen Hansing, 60*, Urbandale, IA	32:08	10:08
109	17	W40	Molly Kottmeyer, 47*, West Des Moines, IA	32:09	10:08
110	18	W40	Kelly Petersen, 41*, Norwalk, IA	32:09	10:08
187	24	M19	Henry West, 26, West Des Moines, IA	32:10	10:09
188	22	M50	Rick Miller, 59, Urbandale, IA	32:10	10:09
111	5	JrW	Ckare Leto, 11*, Johnston, IA	32:13	10:10
189	12	JrM	Trey Schwertfeger, 8, Adel, IA	32:14	10:10
112	19	W40	Joann Leto, 47*, Johnston, IA	32:14	10:10
190	5	M60	Mark Hansing, 62, Urbandale, IA	32:16	10:11
113	4	W60	Arlene Dabill, 69*, Urbandale, IA	32:18	10:11
191	6	M60	Rob Stetson, 65, Johnston, IA	32:19	10:11

114	20 W40	Mary Crandell, 43*, Windsor Heights, IA	32:20	10:12
192	29 M40	Christian Comito, 48, Urbandale, IA	32:21	10:12
193	24 M30	Luke Fitzpatrick, 30, Fort Wayne, IN	32:21	10:12
115	34 W14	Megan Salmon, 15*, Urbandale, IA	32:28	10:14
194	7 M60	Greg Kline, 71, Urbandale, IA	32:29	10:15
195	25 M19	Madisson Miller, 29, Urbandale, IA	32:31	10:15
116	8 W12	Allie Rutledge, 13*, Des Moines, IA	32:32	10:16
196	23 M50	Scott Jennisch, 50, Urbandale, IA	32:33	10:16
117	35 W14	Amelia Jennisch, 15*, Urbandale, IA	32:33	10:16
118	21 W40	Tricia Hingst, 49*, Waukee, IA	32:36	10:17
197	24 M50	Jeff Sullivan, 54, West Des Moines, IA	32:38	10:18
198	13 JrM	Dexter Van Auken, 8, Urbandale, IA	32:46	10:20
119	36 W14	Reese Ervin, 14*, Clive, IA	32:50	10:21
120	6 JrW	Priscilla Van Auken, 7*, Urbandale, IA	32:58	10:24
199	30 M40	Kurt Van Auken, 41, Urbandale, IA	32:58	10:24
121	5 W60	Julia Batton, 63*, Carlisle, IA	33:00	10:24
122	37 W14	Lele Nigg, 16*, Des Moines, IA	33:01	10:25
200	26 M19	Daniel Cain, 25, Urbandale, IA	33:04	10:26
123	38 W14	Alyssa Rinke, 14*, Urbandale, IA	33:05	10:26
124	7 JrW	Sophia Roetman, 11*, Urbandale, IA	33:06	10:26
125	39 W14	Chloe Smith, 15*, Urbandale, IA	33:06	10:26
201	31 M40	Tim Roetman, 46, Urbandale, IA	33:06	10:26
202	14 JrM	Nathan Tischer, 11, Urbandale, IA	33:17	10:30
203	25 M50	Paul Cain, 53, Urbandale, IA	33:17	10:30
204	26 M50	Rod Warren, 55, Clive, IA	33:21	10:31
126	40 W14	Becca Youngers, 15*, Urbandale, IA	33:25	10:32
127	22 W19	Allison Haag, 27*, West Des Moines, IA	33:26	10:33
128	41 W14	Kate Youngers, 18*, Urbandale, IA	33:30	10:34
205	8 M60	Larry Farrell, 72, Des Moines, IA	33:32	10:34
129	42 W14	Anna Barnes, 15*, Urbandale, IA	33:37	10:36
130	22 W40	Nicole Berger, 43*, Urbandale, IA	33:39	10:37
131	23 W19	Kate Wright, 25*, Ames, IA	33:48	10:40

206	27	M50	Daniel McCool, 57, Des Moines, IA	33:51	10:41
207	17	M12	Matthew Pierson, 12, Waukee, IA	33:56	10:42
208	32	M40	Mike May, 49, Clive, IA	33:57	10:42
132	9	W12	Maddie Smith, 13*, Urbandale, IA	33:58	10:43
133	24	W19	Rachel Moylan, 26*, Urbandale, IA	34:09	10:46
209	33	M40	Sott Smith, 42, Urbandale, IA	34:11	10:47
134	23	W40	Melinda Grask, 49*, Clive, IA	34:24	10:51
135	18	W30	Ashtia Chleborad, 35*, Jersey City, NJ	34:25	10:51
136	24	W40	Lisa Schwarte, 48*, West Des Moines, IA	34:28	10:52
137	10	W12	Anna Schoessler, 13*, West Des Moines, IA	34:28	10:52
138	25	W40	Jaime Fageroos, 43*, Urbandale, IA	34:30	10:53
210	15	JrM	Owen Lynch, 8, Teutopolis, IL	34:33	10:54
211	34	M40	Jared Schuknecht, 40, Urbandale, IA	34:34	10:54
212	16	JrM	Leo Pagano, 11, Urbandale, IA	34:34	10:54
139	19	W30	Tara Peterson, 39*, Clive, IA	34:37	10:55
140	20	W30	Amie Lovell, 36*, Des Moines, IA	34:43	10:57
213	35	M40	Mike Lovell, 45, Des Moines, IA	34:43	10:57
141	8	JrW	Charlee Schwertfeger, 6*, Adel, IA	34:48	10:58
142	8	W50	Cheri Judd, 58*, Urbandale, IA	34:50	10:59
143	6	W60	Sue Bata, 61*, Urbandale, IA	34:50	10:59
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					
144	21	W30	Shannon Moen, 31*, Urbandale, IA	34:52	11:00
214	18	M12	Isaiah Ives, 13, Pleasant Hill, IA	35:01	11:03
145	26	W40	Jennifer Van Auken, 43*, Urbandale, IA	35:07	11:05
146	9	JrW	Josie Moen, 6*, Urbandale, IA	35:09	11:05
215	36	M40	Erik Moen, 41, Urbandale, IA	35:09	11:05
147	27	W40	Sue Mears, 47*, Urbandale, IA	35:18	11:08
216	9	M60	Chuck Ward, 67, Urbandale, IA	35:21	11:09
217	17	JrM	Cody Van Horn, 10, Urbandale, IA	35:30	11:12
148	25	W19	Chelsey Sims, 22*, Urbandale, IA	35:36	11:14
149	26	W19	Mackenzie Brees, 22*, Urbandale, IA	35:38	11:14
150	27	W19	Danae Dabney, 22*, Urbandale, IA	35:39	11:14
151	43	W14	Colleen Cain, 15*, Urbandale, IA	35:43	11:16

152	10 JrW	Alivia Walters, 10*, Waukee, IA	35:43	11:16
153	28 W40	Shelly Holloway, 47*, Waukee, IA	35:43	11:16
154	28 W19	Molly Cain, 27*, Urbandale, IA	35:44	11:16
155	29 W40	Kathleen Lowe, 45*, Urbandale, IA	35:48	11:17
156	44 W14	Annie Pierson, 14*, Waukee, IA	35:51	11:18
157	22 W30	Anna Weis, 32*, Urbandale, IA	35:52	11:19
218	27 M19	Derek Lee, 29, West Des Moines, IA	35:53	11:19
219	19 M12	Sidney Shide, 12, Urbandale, IA	35:55	11:20
220	28 M50	Tom Shide, 56, Urbandale, IA	35:56	11:20
158	30 W40	Melanie Frausto, 48*, Des Moines, IA	36:07	11:23
159	31 W40	Patty Williams, 49*, Urbandale, IA	36:13	11:25
160	32 W40	Amber Salmon, 43*, Urbandale, IA	36:14	11:26
161	11 JrW	Hallie Schoessler, 10*, West Des Moines, IA	36:18	11:27
221	37 M40	Bill Pierson, 43, Waukee, IA	36:20	11:28
162	7 W60	Cynthia Fuson, 68*, Grimes, IA	36:25	11:29
222	25 M30	John Chleborad, 39, Jersey City, NJ	36:31	11:31
163	33 W40	Megan Milligan, 45*, Des Moines, IA	36:33	11:32
223	26 M30	Chase McCool, 33, Des Moines, IA	36:36	11:33
224	61 M14	Marshal McManus, 14, Urbandale, IA	36:46	11:36
225	29 M50	Jeffrey Sullivan, 53, Bloomfield, WI	36:55	11:39
226	38 M40	Muthu K Kamatchi Pillai, 42, Johnston, IA	36:55	11:39
227	30 M50	Fred Sullivan, 56, JerRsey City, NJ	37:04	11:41
164	29 W19	Michelle Nelson, 25*, Des Moines, IA	37:10	11:43
165	23 W30	Abbie Lampman, 37*, Johnston, IA	37:29	11:49
228	39 M40	Tim Thilges, 46, Ankeny, IA	38:00	11:59
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				
166	34 W40	Melanie Kuehl, 45*, Urbandale, IA	38:06	12:01
167	35 W40	Janine Gambill, 44*, Urbandale, IA	38:36	12:11
168	8 W60	Robbie Malm, 69*, Des Moines, IA	39:17	12:23
229	28 M19	Amit Sood, 28, Urbandale, IA	39:37	12:30
169	24 W30	Nicki Fuson, 31*, Grimes, IA	39:38	12:30

230	27 M30	David Fuson, 31, Grimes, IA	39:40	12:30
170	36 W40	Wendy May, 49*, Clive, IA	39:48	12:33
231	10 M60	Thomas Westby, 70, Urbandale, IA	39:48	12:33
171	9 W60	Carmel Harrell, 62*, SaN Jose, CA	40:09	12:40
172	25 W30	Candi Ladwig, 38*, Urbandale, IA	40:09	12:40
173	9 W50	Michelle Cochran, 51*, Urbandale, IA	40:28	12:46
174	37 W40	Chris Pierson, 44*, Waukee, IA	41:01	12:56

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175	10 W50	Pam Clearwarer, 58*, Urbandale, IA	41:16	13:01
176	30 W19	Monica Moylan, 21*, Urbandale, IA	41:49	13:11
177	31 W19	Brianne Sood, 28*, Urbandale, IA	41:49	13:11
232	31 M50	Jim Wilwerdinger, 53, Des Moines, IA	42:00	13:15
233	29 M19	Will Chleborad, 19, Urbandale, IA	42:46	13:29
178	26 W30	Emily Johnson, 30*, Urbandale, IA	42:52	13:31
179	32 W19	Elizabeth Walter, 27*, Urbandale, IA	42:52	13:31
180	45 W14	Hannah Fageroos, 17*, Urbandale, IA	42:54	13:32
181	38 W40	Kaye Ohnemus, 48*, Urbandale, IA	42:59	13:33
182	33 W19	Brittany Clover, 27*, Urbandale, IA	43:07	13:36
183	46 W14	Kate Cain, 15*, Urbandale, IA	43:22	13:41
184	34 W19	Erin Cain, 22*, Urbandale, IA	43:22	13:41
234	32 M50	Tim Zarley, 58, Johnston, IA	43:26	13:42
235	18 JrM	Mark Lynch, 6, Teutopolis, IL	43:32	13:44
185	27 W30	Holly Lynch, 36*, Teutopolis, IL	43:33	13:44
186	12 JrW	Raiyah Leuang, 6*, Urbandale, IA	43:45	13:48

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187	39 W40	Melinda Farnsworth, 45*, Urbandale, IA	44:32	14:03
236	19 JrM	William Peterson, 6, Clive, IA	45:04	14:13
237	40 M40	Joseph Peterson, 41, Clive, IA	45:04	14:13
188	10 W60	Teresa Walter, 60*, Urbandale, IA	45:17	14:17
189	40 W40	Yvonne Naanep, 47*, Des Moines, IA	45:39	14:24
190	13 JrW	Grace Amadeo, 11*, Urbandale, IA	45:48	14:27
191	28 W30	Allyson Stone, 30*, Des Moines, IA	45:50	14:27
192	11 W50	Debi Kemp, 53*, Des Moines, IA	45:55	14:29

193	12 W50	Mary Amadeo, 57*, Urbandale, IA	46:11	14:34
238	11 M60	Ruben Rullan, 78, Urbandale, IA	46:50	14:46
239	33 M50	Jon Lovell, 53, Urbandale, IA	47:12	14:53
194	13 W50	Kelly Cain, 53*, Urbandale, IA	47:20	14:56
240	41 M40	Dan Custer, 41, Clive, IA	47:28	14:58
241	20 JrM	Jaxson Custer, 11, Clive, IA	47:31	14:59
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				
242	12 M60	Bob Overstreet, 68, Des Moines, IA	49:28	15:36

* indicates females

20 finishers among Men Under 12

19 finishers among Men 12 - 13

61 finishers among Men 14 - 18

29 finishers among Men 19 - 29

27 finishers among Men 30 - 39

41 finishers among Men 40 - 49

33 finishers among Men 50 - 59

12 finishers among Men 60 & Up

13 finishers among Women Under 12

10 finishers among Women 12 - 13

46 finishers among Women 14 - 18

34 finishers among Women 19 - 29

28 finishers among Women 30 - 39

40 finishers among Women 40 - 49

13 finishers among Women 50 - 59

10 finishers among Women 60 & Up

242 male finishers

194 female finishers

436 total finishers

CLASS

PLACE	PLACE	FINISHER	TIME	PACE
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Men

1	1	Sam Hall, 17, West Des Moines, IA	16:22	5:10
2	2	Payton Marrs, 17, Urbandale, IA	16:52	5:19
3	3	Anthony Moran, 16, Clive, IA	17:22	5:29
4	4	Will Ode, 18, Des Moines, IA	17:30	5:31
5	5	Griffin Jaworski, 26, Des Moines, IA	17:34	5:32
6	6	Reece Knepper, 17, Urbandale, IA	17:35	5:33
7	7	Jordan Daniel, 16, Pleasant Hill, IA	17:40	5:34
8	8	Lucas Martin, 17, West Des Moines, IA	17:57	5:40
9	9	Jacob Fopma, 17, Urbandale, IA	18:12	5:44
10	10	Stacy Garrels, 43, Indianola, IA	18:14	5:45

CLASS

PLACE	PLACE	FINISHER	TIME	PACE
1	1	Karleigh Osborn, 16, Waukee, IA	21:02	6:38
2	2	Carrie Van Quathem, 47, Urbandale, IA	21:25	6:45
3	3	Emily Linscheid, 26, Johnston, IA	21:54	6:54
4	4	mallory Wurth, 12, Urbandale, IA	22:09	6:59
5	5	Stephanie Mortenson, 37, Windsor Heights, IA	22:53	7:13
6	6	Megan Szalay, 17, Urbandale, IA	23:09	7:18
7	7	Whitney Deering, 26, Ankeny, IA	23:17	7:21
8	8	Macy Gaskill, 15, Urbandale, IA	23:25	7:23
9	9	Japen Scharingsow, 15, Urbandale, IA	23:41	7:28
10	10	Van Quathem, 14, Urbandale, IA	23:41	7:28

CLASS

PLACE	PLACE	FINISHER	TIME	PACE
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Men Under 12

67	1	Benjamin Peterson, 10, Clive, IA	23:09	7:18
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69	2	Taitn Gray, 11, Urbandale, IA	23:12	7:19
79	3	Will Johnson, 11, Urbandale, IA	23:54	7:32
Men 12 - 13				
46	1	Alexander Baker, 12, Urbandale, IA	21:57	6:55
50	2	Brody Burr, 12, West Des Moines, IA	22:14	7:01
83	3	Adrian Brown, 13, Urbandale, IA	23:58	7:34
Men 14 - 18				
1	1	Sam Hall, 17, West Des Moines, IA	16:22	5:10
2	2	Payton Marrs, 17, Urbandale, IA	16:52	5:19
3	3	Anthony Moran, 16, Clive, IA	17:22	5:29
Men 19 - 29				
5	1	Griffin Jaworski, 26, Des Moines, IA	17:34	5:32
32	2	Samuel Titus, 27, West Des Moines, IA	20:35	6:29
35	3	Michael Eppink, 23, Urbandale, IA	20:56	6:36
Men 30 - 39				
13	1	Jesse Veenstra, 33	18:25	5:48
14	2	Timothy Ives, 38, Pleasant Hill, IA	18:30	5:50
28	3	Mark Moore, 33, Clive, IA	19:54	6:16
Men 40 - 49				
10	1	Stacy Garrels, 43, Indianola, IA	18:14	5:45
23	2	Yuri Fedirko, 42, Des Moines, IA	19:24	6:07
45	3	Matthew Gardner, 49, Johnston, IA	21:51	6:54
Men 50 - 59				
54	1	Rob Shaw, 50, Des Moines, IA	22:29	7:05
60	2	Todd Haugen, 56, Des Moines, IA	22:58	7:14
82	3	Patrick Mattingly, 50, Johnston, IA	23:58	7:34

Men 60 & Up

77	1	3sticks McBride, 63, Des Moines, IA	23:47	7:30
129	2	Paul Brees, 61, Urbandale, IA	27:23	8:38
158	3	Carl Voss, 70, Des Moines, IA	29:46	9:23

CLASS

PLACE	PLACE	FINISHER	TIME	PACE
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Women Under 12

13	1	Hayden Beyer, 11, Waukee, IA	23:55	7:33
41	2	Emma McLeran, 10, Urbandale, IA	26:58	8:30
43	3	Raegan McRae, 9, Colorado Springs, CO	27:00	8:31

Women 12 - 13

4	1	mallory Wurth, 12, Urbandale, IA	22:09	6:59
39	2	Kiersten Van Horn, 13, Urbandale, IA	26:56	8:29
42	3	Madeline Stevenson, 13, Urbandale, IA	27:00	8:31

Women 14 - 18

1	1	Karleigh Osborn, 16, Waukee, IA	21:02	6:38
6	2	Megan Szalay, 17, Urbandale, IA	23:09	7:18
8	3	Macy Gaskill, 15, Urbandale, IA	23:25	7:23

Women 19 - 29

3	1	Emily Linscheid, 26, Johnston, IA	21:54	6:54
7	2	Whitney Deering, 26, Ankeny, IA	23:17	7:21
14	3	Heidi Bridgewater, 24, Grimes, IA	23:57	7:33

Women 30 - 39

5	1	Stephanie Mortenson, 37, Windsor Heights, IA	22:53	7:13
12	2	Brittanie Messiah, 33, Sharpsburg, GA	23:48	7:30

15	3	Heather Scott, 34, Urbandale, IA	23:57	7:33
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Women 40 - 49

2	1	Carrie Van Quathem, 47, Urbandale, IA	21:25	6:45
16	2	Cara Ode, 47, Des Moines, IA	24:04	7:35
32	3	Jayna Gossling, 48, Johnston, IA	25:31	8:03

Women 50 - 59

21	1	Nancy Linscheid, 52, Johnston, IA	24:31	7:44
22	2	Kristina Kercher, 50, Waukee, IA	24:39	7:47
61	3	Pam Gallagher, 55, Ankeny, IA	29:18	9:15

Women 60 & Up

84	1	Paula Dierefeld, 64, Johnston, IA	31:02	9:47
96	2	LuAnn Ostergaard, 60, Johnston, IA	31:52	10:03
108	3	Ellen Hansing, 60, Urbandale, IA	32:08	10:08

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