

43rd Drake Relays On-the-ROADS Half-Marathon

Des Moines, Iowa

April 30, 2011

56 degrees at the Start and Cloudy

Results by Cal Murdock

[1/2 Mara Overall](#) [1/2 Mara Age Grps](#) [8K Overall](#) [8K Age Grps](#)

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.

PLACE	CLASS PLACE	FINISHER	TIME	PACE
1	1 M25	Jason Flogel, 28, West Des Moines, IA	1:09:07	5:16
2	1 M20	Sammy Rotich, 24, West Des Moines, IA	1:09:28	5:18
3	1 M35	Julius Rotich, 36, West Des Moines, IA	1:10:44	5:24
4	2 M25	Ben Carlson, 26, Stanhope, IA	1:12:20	5:31
5	3 M25	Jason Simpson, 26, Monument, CO	1:12:40	5:33
6		Jason Salyer, Bowling Green St	1:15:17	5:45
7	4 M25	Matt Dewald, 28, Iowa City, IA	1:15:17	5:45
8		Jesse Smuda, Bowling Green St	1:15:36	5:46
9	1 M30	Greg Bell, 32, Polk City, IA	1:15:56	5:47
1	1 W35	Robyn Friedman, 38*, Lambs Grove, IA	1:15:59	5:48
10	5 M25	Martin Popp, 28, West Des Moines, IA	1:16:37	5:51
11		Ryan Harrison, Bowling Green St	1:16:44	5:51
12	1 JrM	Ian Harkreader, 19, Arvada, CO	1:17:06	5:53
13	2 M30	Barry Blaster, 34, Des Moines, IA	1:17:19	5:54
14	3 M30	Ryan Kramer, 32, Des Moines, IA	1:17:27	5:54
2	1 W30	Erin Moeller, 33*, Mt Vernon, IA	1:17:36	5:55
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 Top				
15	1 M40	Brad Wall, 43, Ankeny, IA	1:19:51	6:05
16	2 M20	Justin Herrick, 24, West Des Moines, IA	1:20:09	6:07
17		Perry Fraylick, Bowling Green St	1:20:51	6:10
18	1 M50	Phil Kauder, 50, Cascade, IA	1:21:49	6:14
3	1 W20	Danna Kelly, 24*, Des Moines, IA	1:22:04	6:16
4	1 W40	Lisa Marshall, 43*, Granger, IA	1:22:26	6:17
19	2 JrM	Patrick Kinley, 17, West Des Moines, IA	1:23:14	6:21
5	2 W35	Erin Block, 36*, St Paul, MN	1:23:28	6:22
20	4 M30	Reece Tedford, 31, Leon, IA	1:23:43	6:23
21	5 M30	Seth Comfort, 30, Des Moines, IA	1:23:46	6:23
22	3 M20	Joel Rasmussen, 24, Waverly, IA	1:24:13	6:25
23	2 M40	Lee Hammerand, 42, Urbandale, IA	1:24:31	6:27
24	2 M35	Konrad Christensen, 36, Ankeny, IA	1:24:43	6:28
25	3 M40	Kevin Kohler, 40, Clive, IA	1:24:48	6:28
26	3 JrM	Lukas Steffensmeier, 16, Urbandale, IA	1:25:09	6:30
27	6 M30	Justin Gerber, 31, Pella, IA	1:25:15	6:30
28	7 M30	David Krohse, 31, Des Moines, IA	1:25:26	6:31
29	4 JrM	Joseph Sevcik, 19, Cedar Falls, IA	1:25:36	6:32
30	4 M20	Matthew Harkreader, 20, Arvada, CO	1:25:38	6:32
31	4 M40	Chris Bowers, 42, Ottumwa, IA	1:25:41	6:32
32	5 M40	Matt Scotton, 42, Newton, IA	1:26:06	6:34
33	2 M50	John Stille, 52, Indianapolis, IN	1:26:09	6:34
34	8 M30	Michael Cunningham, 32, Urbandale, IA	1:26:27	6:36
35	1 M45	Todd Haugen, 47, Story City, IA	1:26:34	6:36
36	5 M20	Christopher Harms, 23, West Des Moines, IA	1:26:43	6:37
37	9 M30	Chad Marchant, 31, Ankeny, IA	1:26:54	6:38
38	6 M25	Scott Brown, 28, Des Moines, IA	1:26:55	6:38
39	6 M40	Scott Sterrett, 42, Cedar Falls, IA	1:27:08	6:39
40	6 M20	Tony Fischels, 24, Denver, CO	1:27:20	6:40
41	10 M30	Matthew McDermott, 33, West Des Moines, IA	1:27:34	6:41
42	2 M45	Patrick Middleton, 46, Oconomowoc, WI	1:27:38	6:41
43	11 M30	Lance Gunkel, 32, Clive, IA	1:27:40	6:41
44	7 M40	Jason Wentworth, 40, Urbandale, IA	1:27:43	6:41
45	12 M30	Ezra Hallam, 32, North Liberty, IA	1:27:55	6:42
46	13 M30	Eric Lambi, 31, Auburndale, MA	1:27:56	6:42
47	7 M20	Jacob Flaws, 24, Huxley, IA	1:28:03	6:43
48	8 M40	Matthew Hemry, 41, Des Moines, IA	1:28:11	6:44
6	3 W35	Jenny Schulze, 38*, Clive, IA	1:28:21	6:44
49	3 M35	Scott Jones, 39, Ankeny, IA	1:28:24	6:45
50	7 M25	Joshua Kappelman, 29, Waterloo, IA	1:28:27	6:45

51	5 JrM	Taylor Burkhead, 17, Urbandale, IA	1:28:37	6:46
52	6 JrM	Chris Jenks, 16, Ames, IA	1:28:38	6:46
53	14 M30	Bryan Thornburg, 33, Liberty, MO	1:28:40	6:46
54	3 M45	Greg Skopec, 49, Coralville, IA	1:28:44	6:46
55	4 M45	Loran Storts, 46, Clive, IA	1:28:49	6:46
7	1 W25	Hilary Woodhouse, 25*, Des Moines, IA	1:28:50	6:47
56	15 M30	John McKlveen, 34, Belvedere, CA	1:28:51	6:47
57	16 M30	Brian Baleno, 33, Alpharetta, GA	1:28:52	6:47
58	5 M45	William Jenks, 46, Ames, IA	1:29:00	6:47
59	4 M35	Tom Mertz, 38, Urbandale, IA	1:29:03	6:48
60	8 M20	Michael Vosseller, 22, Ames, IA	1:29:11	6:48
61	8 M25	Jacob Johnson, 26, West Des Moines, IA	1:29:12	6:48
62	9 M20	Todd Thorson, 23, Ames, IA	1:29:15	6:48
63	9 M40	Matt Anderson, 41, Des Moines, IA	1:29:23	6:49
64	10 M20	Chris Bourke, 23, Des Moines, IA	1:29:40	6:50
65	17 M30	John Neer, 31, Des Moines, IA	1:29:47	6:51
66	6 M45	David Frank, 48, Adel, IA	1:29:50	6:51
67	18 M30	Nathan Wenck, 33, Carroll, IA	1:29:58	6:52
68	19 M30	Josh Roseberry, 34, Center Point, IA	1:30:05	6:52
69	3 M50	Mark Kassebaum, 50, Inver Grove Heigh, MN	1:30:18	6:53
70	20 M30	Tyler Schwieson, 34, Des Moines, IA	1:30:24	6:54
71	21 M30	Colin Greenan, 34, Ames, IA	1:30:32	6:54
72	10 M40	Jason Hahn, 40, Des Moines, IA	1:30:35	6:55
73	11 M40	Lance Bergeson, 42, Des Moines, IA	1:30:47	6:55
74	11 M20	Nick Mongar, 21, Ames, IA	1:30:49	6:56
75	5 M35	Matthew Zepeda, 37, Des Moines, IA	1:30:59	6:56
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 Top				
76	6 M35	Phil Waltermire, 39, Garwin, IA	1:31:40	7:00
77	12 M20	Claude Tuyikeze, 21, Waukee, IA	1:31:46	7:00
78	22 M30	Adam Albright, 34, Des Moines, IA	1:31:47	7:00
79	13 M20	Jeff Butler, 23, West Des Moines, IA	1:31:48	7:00
80	23 M30	Noel Tag, 34, Windsor Heights	1:31:50	7:00
81	24 M30	Jack Johnson, 30, Des Moines, IA	1:32:17	7:02
82	14 M20	Tony Beal, 22, Ames, IA	1:32:23	7:03
83	12 M40	Maury Clark, 41, Norwalk, IA	1:32:27	7:03
84	9 M25	Mike Castagnoli, 27, Clive, IA	1:32:36	7:04
85	25 M30	Nate Geurkink, 33, Des Moines, IA	1:32:38	7:04
86	13 M40	Brian Palmer, 42, Des Moines, IA	1:32:46	7:05
87	15 M20	Tyler Irving, 23, Des Moines, IA	1:32:49	7:05
88	7 M35	Daniel Pinkerton, 35, Des Moines, IA	1:33:00	7:06
89	7 M45	Troy Zeleznik, 48, West Des Moines, IA	1:33:04	7:06
90	4 M50	Rob Gillum, 50, Des Moines, IA	1:33:06	7:06
91	1 M55	Bob Grote, 57, West Des Moines, IA	1:33:09	7:06
92	8 M45	Kyle Weuve, 45, Urbandale, IA	1:33:16	7:07
93	14 M40	Todd Knoop, 41, Iowa City, IA	1:33:20	7:07
8	4 W35	Melissa Bruhl, 39*, Ankeny, IA	1:33:31	7:08
94	10 M25	Adrian Stamper, 27, Des Moines, IA	1:33:37	7:08
95	16 M20	James Wohrley, 23, Lisbon, IA	1:33:37	7:08
96	9 M45	Brian Willem, 49, Urbandale, IA	1:33:38	7:09
97	11 M25	Zach Johnson, 29, Grimes, IA	1:34:06	7:11
98	12 M25	Jeremy Arickx, 26, Ankeny, IA	1:34:07	7:11
99	15 M40	Alex Gonzalez, 42, Des Moines, IA	1:34:11	7:11
100		183647e	1:34:12	7:11
101	26 M30	Nate Cloe, 31, Des Moines, IA	1:34:35	7:13
102	13 M25	Adam Ventling, 29, Urbandale, IA	1:34:37	7:13
103	5 M50	Paul Grinvalds, 52, West Des Moines, IA	1:34:42	7:13
104	7 JrM	Ben Moews, 19, Ames, IA	1:34:45	7:14
105	6 M50	Terry Eason, 54, Waukee, IA	1:34:46	7:14
106	7 M50	Jeff Paulson, 51, Menomonee Falls, WI	1:34:48	7:14
107	16 M40	Peter Hill, 40, Ankeny, IA	1:34:54	7:14
9	2 W25	Elaina Mertens, 25*, Cedar Rapids, IA	1:34:54	7:14
108	17 M40	Dan Henderson, 40, Ankeny, IA	1:34:56	7:14
109	18 M40	Lee Hill, 42, Des Moines, IA	1:35:10	7:16
110	27 M30	Jason Frederick, 34, Waukee, IA	1:35:18	7:16
111	8 M35	James Pennington, 39, Des Moines, IA	1:35:21	7:16
112	28 M30	Bo Anderson, 31, Urbandale, IA	1:35:23	7:17
113	14 M25	Kyle Springer, 29, Story City, IA	1:35:24	7:17
114	29 M30	Ben Garrett, 30, Des Moines, IA	1:35:28	7:17
115	17 M20	Peter Brandt, 24, Cedar Rapids, IA	1:35:29	7:17
116	10 M45	Galen Crawford, 49, Story City, IA	1:35:34	7:17
117	9 M35	Matthew Wilson, 36, Clive, IA	1:35:38	7:18
118	8 M50	Steven Falck, 53, Des Moines, IA	1:35:44	7:18
10	2 W20	Jess Clark, 24*, Des Moines, IA	1:36:11	7:20
119	30 M30	David Stanfield, 30, Marshalltown, IA	1:36:15	7:20
120	10 M35	Braydn Girdler, 35, Granger, IA	1:36:19	7:21
121	19 M40	Chad Forde, 43, Atlantic, IA	1:36:24	7:21
11	2 W40	Michele Poss, 44*, Antioch, IL	1:36:28	7:21
122	31 M30	James Clevenger, 32, West Des Moines, IA	1:36:34	7:22
123	32 M30	Michael Morain, 32, Des Moines, IA	1:36:35	7:22

124	33	M30	Clint Stiles, 31, Grimes, IA	1:36:41	7:23
125	18	M20	Andrew Townsend, 24, Gladbrook, IA	1:36:43	7:23
126	11	M35	David Larson, 39, West Des Moines, IA	1:36:47	7:23
127	12	M35	Austin Allen, 36, Cedar Rapids, IA	1:36:50	7:23
12	3	W40	Shawn Loy, 40*, Washington, IA	1:36:53	7:23
128	15	M25	Mathew Mann, 29, West Des Moines, IA	1:36:58	7:24
129	34	M30	Wesley Cottier, 34, Boone, IA	1:37:00	7:24
13	2	W30	Staci Springer, 30*, Story City, IA	1:37:01	7:24
130	35	M30	Mitch Kearney, 30, West Des Moines, IA	1:37:06	7:24
131	20	M40	Jim Hagelie, 43, Waukee, IA	1:37:10	7:25
14	1	W45	Lisa Preeg, 46*, Austin, TX	1:37:11	7:25
15	3	W25	Stephanie Mortenson, 29*, Urbandale, IA	1:37:11	7:25
132	36	M30	Gary Jensen, 32, Adel, IA	1:37:14	7:25
16	3	W20	Angela Conlon, 23*, Des Moines, IA	1:37:15	7:25
133	13	M35	Jeremy Dunlavey, 36, Ankeny, IA	1:37:20	7:25
134	14	M35	Danny Wilson, 39, Ames, IA	1:37:23	7:26
135	37	M30	Christopher Stafford, 33, Clive, IA	1:37:24	7:26
136	19	M20	Mark Turpin, 24, Des Moines, IA	1:37:33	7:26
137	11	M45	Keith Newman, 45, Sibley, IA	1:37:36	7:27
138	21	M40	Pat Dunn, 44, Norwalk, IA	1:37:37	7:27
139	22	M40	Doug McKinstry, 40, Polk City, IA	1:37:41	7:27
140	16	M25	Beau Brink, 28, Cedar Rapids, IA	1:37:42	7:27
141	17	M25	Josh August, 28, West Des Moines, IA	1:37:51	7:28
142	38	M30	Nick Elliott, 31, Des Moines, IA	1:37:52	7:28
143	20	M20	Benjamin Wiemers, 22, West Des Moines, IA	1:37:55	7:28
144	15	M35	Russ Flug, 36, Waukee, IA	1:37:56	7:28
145	21	M20	Taylor Wilkerson, 20, Adel, IA	1:37:56	7:28
146	12	M45	Alan Alberto, 46, Clive, IA	1:38:00	7:29
147	22	M20	William Hayward, 23, Mount Pleasant, IA	1:38:02	7:29
17	4	W25	Stacy Sommers, 25*, Tiffin, IA	1:38:02	7:29
18	3	W30	Tamara Loan, 30*, Cedar Rapids, IA	1:38:22	7:30
19	4	W30	Andrea Baldwin, 31*, Waukee, IA	1:38:23	7:30
148	39	M30	Michael O'Donnell, 32, West Des Moines, IA	1:38:34	7:31
20	4	W20	Amanda Harris, 24*, Des Moines, IA	1:38:37	7:31
21	5	W20	Kayleigh Borowski, 21*, Ames, MN	1:38:39	7:32
149	18	M25	Drew Conley, 26, Ankeny, IA	1:38:43	7:32
150	40	M30	Casey Shelton, 30, Clive, IA	1:38:46	7:32
151	16	M35	Scott Heisler, 35, West Des Moines, IA	1:38:47	7:32
152	17	M35	Ben Weers, 36, Polk City, IA	1:38:48	7:32
153	41	M30	Burton Joseph, 32, West Des Moines, IA	1:38:52	7:32
154	13	M45	Marcus Dunn, 47, Clive, IA	1:38:53	7:33
155	18	M35	Joel Rinderknecht, 36, Waukee, IA	1:38:56	7:33
156	23	M40	Matt Tullis, 43, Marshalltown, IA	1:38:58	7:33
157	14	M45	Rod Williams, 49, Warrensburg, MO	1:39:03	7:33
158	19	M35	Tim Roetman, 38, Johnston, IA	1:39:07	7:34
159	20	M35	Deon Wingert, 37, Carroll, IA	1:39:14	7:34
22	2	W45	Dana Kramer, 48*, Urbandale, IA	1:39:17	7:34
160	21	M35	Elmir Karajica, 37, Clive, IA	1:39:18	7:34
161	15	M45	Mark Cooper, 48, Johnston, IA	1:39:19	7:35
162	22	M35	Conrad Hanson, 35, Urbandale, IA	1:39:34	7:36
163	23	M35	Paxton Bennett, 37, Des Moines, IA	1:39:40	7:36
164	16	M45	Scott Freeman, 49, Urbandale, IA	1:39:40	7:36
23	5	W25	Shanna Duffy, 28*, West Des Moines, IA	1:39:47	7:37
165	17	M45	Timothy Mooney, 48, Ames, IA	1:39:47	7:37
166	42	M30	Jeff Johnston, 34, Clive, IA	1:39:52	7:37
167	19	M25	Matthew Lambert, 25, Dubuque, IA	1:39:56	7:37
168	43	M30	Dan Schuknecht, 30, Ankeny, IA	1:40:00	7:38
24	5	W35	Keri McDermott, 35*, Des Moines, IA	1:40:15	7:39
25	6	W25	Bethany Cochran, 27*, Waukee, IA	1:40:21	7:39
169	24	M35	Rob Fornoff, 35, Ankeny, IA	1:40:28	7:40
26	6	W35	Lori DeVries, 38*, Newton, IA	1:40:29	7:40
170	18	M45	Chuck Fritz, 46, Clive, IA	1:40:30	7:40
171	19	M45	Kurt Leland, 47, Huxley, IA	1:40:32	7:40
27	7	W35	Tiffany Mosher, 39*, Boone, IA	1:40:39	7:41
28	4	W40	Kelly Sorensen, 41*, West Des Moines, IA	1:40:40	7:41
172	2	M55	Steve Patrick, 57, Gunnison, CO	1:40:42	7:41
29	1	W50	Tricia McClain, 54*, Altoona, IA	1:40:44	7:41
30	6	W20	Janelle Behnke, 20*, Des Moines, IA	1:40:47	7:41
173	23	M20	Nicholas Ryan, 24, Des Moines, IA	1:41:14	7:43
174	20	M25	Dylan Lampe, 26, West Des Moines, IA	1:41:18	7:44
175	21	M25	Nathan Unsworth, 26, Newton, IA	1:41:35	7:45
176	9	M50	Mike Palmer, 52, Jefferson, IA	1:41:39	7:45
177	20	M45	Robert Larson, 48, Jefferson, IA	1:41:40	7:45
178	25	M35	Chad Bartholomew, 39, Des Moines, IA	1:41:42	7:45
179	21	M45	Rob Doheny, 45, Clive, IA	1:41:43	7:46
180	8	JrM	Daniel Delay, 16, Ames, IA	1:41:44	7:46
181	26	M35	Thomas McGinnis, 35, Shenandoah, IA	1:41:50	7:46
182	22	M25	Patrick Cavanaugh, 28, Urbandale, IA	1:42:00	7:47
183	44	M30	Jason Thrapp, 30, Waukee, IA	1:42:05	7:47

31	2	W50	Kristy Cain, 51*, Urbandale, IA	1:42:05	7:47
184	22	M45	Timothy Bergan, 45, Newton, IA	1:42:07	7:47
185	10	M50	Steven McKibben, 50, Clive, IA	1:42:09	7:47
186	45	M30	Jason Uhlmann, 33, Des Moines, IA	1:42:19	7:48
32	7	W25	Lindsay Schaefer, 27*, Springfield, MO	1:42:20	7:48
33	7	W20	Becky Morrow, 23*, Iowa City, IA	1:42:28	7:49
34	3	W45	Kathy Hale, 46*, Bondurant, IA	1:42:31	7:49
35	8	W20	Joy Carroll, 23*, Iowa City, IA	1:42:32	7:49
36	8	W25	Lindsey Meyer, 26*, Storm Lake, IA	1:42:41	7:50
37	5	W40	Teresa Wells, 42*, Des Moines, IA	1:42:48	7:50
38	5	W30	Mindi Decker, 30*, Des Moines, IA	1:42:48	7:50
39	8	W35	Shannon Renze, 35*, Grinnell, IA	1:42:55	7:51
187	46	M30	Scott Cool, 30, Omaha, NE	1:43:07	7:52
188	27	M35	Tony Guerra, 39, Ankeny, IA	1:43:08	7:52
189	47	M30	Derek Conley, 30, Ankeny, IA	1:43:09	7:52
190	48	M30	Choua Sayaxang, 31, Pleasant Hill, IA	1:43:11	7:52
191	23	M25	Nick Gifford, 29, Pleasant Hill, IA	1:43:15	7:53
40	6	W40	Tami Prescott, 44*, Urbandale, IA	1:43:16	7:53
192	49	M30	Jake Reed, 33, West Des Moines, IA	1:43:17	7:53
41	9	W35	Nikki Roetman, 36*, Johnston, IA	1:43:21	7:53
193	24	M40	Eric Prosperi, 42, Johnston, IA	1:43:21	7:53
194	11	M50	Matt Brandt, 50, Cedar Rapids, IA	1:43:21	7:53
42	3	W50	Merilee Sander, 50*, Northfield, MN	1:43:22	7:53
43	9	W25	Heather Parker, 25*, Iowa City, IA	1:43:23	7:53
44	10	W35	Jennifer Imig, 37*, West Des Moines, IA	1:43:23	7:53
195	24	M25	Josh Cowman, 29, Pella, IA	1:43:25	7:53
196	23	M45	Dave Endres, 48, West Des Moines, IA	1:43:26	7:53
197	50	M30	Brad Bolender, 32, Iowa City, IA	1:43:28	7:54
198	25	M25	Robbie Schwenker, 26, Coralville, IA	1:43:28	7:54
199	12	M50	Jon Jochims, 53, Marshalltown, IA	1:43:31	7:54
200	51	M30	Brian Hatch, 32, Knoxville, IA	1:43:36	7:54
201	24	M20	Matthew Coffey, 21, Ames, IA	1:43:38	7:54
202	52	M30	Eric Recker, 33, Pella, IA	1:43:39	7:54
203	25	M20	Ross Sickora, 24, West Des Moines, IA	1:43:40	7:54
204	25	M40	Rick Glowacki, 42, Waukee, IA	1:43:43	7:55
205	53	M30	Jon Beeman, 33, Johnston, IA	1:43:43	7:55
45	6	W30	Jen Gerber, 32*, Pella, IA	1:43:44	7:55
206	26	M25	Kale Halder, 26, West Des Moines, IA	1:43:46	7:55
207	9	JrM	William Shepard, 18, Des Moines, IA	1:43:51	7:55
46	7	W30	Shawna Stevenson, 32*, Kellogg, IA	1:43:55	7:56
208	26	M40	Jon Murphy, 40, Des Moines, IA	1:44:03	7:56
209	54	M30	Matthew Lowe, 34, Cedar Falls, IA	1:44:04	7:56
210	13	M50	James Demmel, 50, Marshalltown, IA	1:44:06	7:56
211	24	M45	Kim Wander, 49, West Union, IA	1:44:08	7:57
212	25	M45	Joe Knight, 49, Spring Green, WI	1:44:17	7:57
213	28	M35	Brent Osborne, 36, Des Moines, IA	1:44:17	7:57
214	55	M30	Matt Jackson, 34, Des Moines, IA	1:44:17	7:57
47	10	W25	Katie Benson, 25*, Iowa City, IA	1:44:24	7:58
48	11	W35	Sara Huegerich, 35*, Ankeny, IA	1:44:24	7:58
215	27	M40	Kennh Overton, 43, Des Moines, IA	1:44:29	7:58
216	14	M50	Robert Lasich, 51, West Des Moines, IA	1:44:31	7:58
217	56	M30	Trent Donnelly, 34, Dexter, IA	1:44:32	7:58
218	28	M40	Richard Inman, 42, Des Moines, IA	1:44:34	7:59
219	29	M40	Chris Stimson, 40, Jefferson, IA	1:44:36	7:59
220	1	M60	David Schulte, 64, Granger, IA	1:44:38	7:59
221	27	M25	Matt Hawkins, 27, Ames, IA	1:44:44	7:59
49	7	W40	Brooke Barber, 40*, Fort Dodge, IA	1:44:46	7:59

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51	12	W35	Jennifer Kownacki, 38*, Norwalk, IA	1:44:49	8:00
52	9	W20	Heather Mills, 24*, Bettendorf, IA	1:44:54	8:00
53	10	W20	Krista Betten, 23*, Lytton, IA	1:44:55	8:00
222	57	M30	Shawn Gilchrist, 34, Knoxville, IA	1:45:04	8:01
223	29	M35	John Gretter, 37, Coralville, IA	1:45:11	8:01
224	10	JrM	Jason Kenyon, 19, Muscatine, IA	1:45:12	8:01
225	15	M50	Marty Kenworthy, 52, West Des Moines, IA	1:45:13	8:02
226	58	M30	Ryan Foley, 32, Dubuque, IA	1:45:14	8:02
227	59	M30	Mathew Pinckney, 32, Des Moines, IA	1:45:14	8:02
228	26	M45	Dave Mable, 46, Urbandale, IA	1:45:14	8:02
54	9	W30	Kristy Feldman, 31*, West Des Moines, IA	1:45:15	8:02
55	10	W30	Katy Essing, 31*, Urbandale, IA	1:45:15	8:02
229	3	M55	Jeffrey Crane, 55, West Des Moines, IA	1:45:17	8:02
56	11	W30	Aryn Flood, 31*, Des Moines, IA	1:45:19	8:02
230	16	M50	Klaus Bartschat, 54, Urbandale, IA	1:45:28	8:03
57	11	W20	Megan Roth, 24*, West Des Moines, IA	1:45:29	8:03
231	2	M60	Robin Gray, 62, Searsboro, IA	1:45:31	8:03
58	12	W20	Kelsey Erbes, 20*, Cedar Falls, IA	1:45:34	8:03
232	28	M25	Alberto Martinez, 25, Bellevue, NE	1:45:35	8:03
59	8	W40	Stacey Eddie, 41*, Storm Lake, IA	1:45:52	8:04
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62	12	W30	Jacqueline Selix, 33*, West Des Moines, IA	1:46:09	8:06
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235	30	M40	Jeff Blosser, 44, West Des Moines, IA	1:46:17	8:06
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64	13	W25	Katie Huether, 25*, Cedar Rapids, IA	1:46:21	8:07
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237	26	M20	Matt McCabe, 23, Muscatine, IA	1:46:24	8:07
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65	13	W30	Sarah Michaelson, 30*, Jefferson, IA	1:46:27	8:07
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240	31	M25	Michael Holdren, 28, Ankeny, IA	1:46:35	8:08
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241	32	M25	Clinton French, 28, West Des Moines, IA	1:46:38	8:08
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253	63	M30	William Fenske, 34, Des Moines, IA	1:47:17	8:11
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76	15	W35	Emily Kimes, 35*, Des Moines, IA	1:47:37	8:13
259	20	M50	Jeff Feder, 50, Norwalk, IA	1:47:37	8:13
77	4	W50	Gail Borman, 52*, Waukee, IA	1:47:38	8:13
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81	9	W40	Beth Palmer, 42*, Des Moines, IA	1:47:46	8:13
82	16	W20	Rebecca Minardi, 24*, Des Moines, IA	1:47:49	8:13
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262	31	M40	Mike Gardner, 41, Ankeny, IA	1:47:53	8:14
263	66	M30	Kevin Abler, 30, Des Moines, IA	1:47:53	8:14
85	19	W30	Kari Cooling, 30*, Cedar Rapids, IA	1:47:55	8:14
86	20	W30	Jamie Hindley, 31*, West Des Moines, IA	1:47:57	8:14
264	32	M40	Wade Steward, 44, LeGrand, IA	1:47:57	8:14
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271	5	M55	Paul Ruggle, 56, Newton, IA	1:48:13	8:15
272	36	M25	Brian Ruggle, 25, Newton, IA	1:48:13	8:15
88	17	W25	Jenny Schulte, 29*, West Des Moines, IA	1:48:13	8:15
273	37	M25	Shaun Sommerville, 27, Oswego, IL	1:48:19	8:16
274	36	M40	Brad Lenz, 43, Ames, IA	1:48:21	8:16
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91	11	W40	Denise Carleton, 40*, Ankeny, IA	1:48:31	8:17
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279	35	M35	Chad Strauss, 38, Johnston, IA	1:48:43	8:18
92	22	W30	Jennifer Jensen, 33*, Dike, IA	1:48:46	8:18

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281	22	M50	Brian Lampe, 52, Johnston, IA	1:48:55	8:18
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283	37	M35	Mike Dahlhauser, 39, Oskaloosa, IA	1:49:06	8:19
284	30	M20	Michael Reid, 22, Iowa City, IA	1:49:16	8:20
285	39	M40	Roger Selesky, 41, Ankeny, IA	1:49:17	8:20
286	23	M50	Larry Harkreader, 50, Arvada, CO	1:49:18	8:20
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288	39	M25	Mike Israel, 29, Johnston, IA	1:49:27	8:21
289	40	M40	Matt Smith, 44, Ankeny, IA	1:49:32	8:21
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292	41	M25	Jon Kalvig, 29, West Des Moines, IA	1:49:40	8:22
93	23	W30	Jennifer Krzak, 33*, West Des Moines, IA	1:49:42	8:22
293	6	M55	Hank Manning, 55, Des Moines, IA	1:49:45	8:22
294	42	M25	Adam Montufar, 29, Chicago, IL	1:49:47	8:22
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296	7	M55	Brian Piper, 56, Western Springs, IL	1:49:51	8:23
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98	5	W50	Teri Feldmann, 50*, Des Moines, IA	1:50:20	8:25
99	20	W25	Carissa Oltmann, 29*, Cedar Rapids, IA	1:50:20	8:25
100	19	W20	Emily Pomasl, 22*, Des Moines, IA	1:50:24	8:25
101			Meredith Bell*, Drake	1:50:24	8:25
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312	40	M35	Ryan Forret, 37, Des Moines, IA	1:50:49	8:27
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320	74	M30	Nick Roerig, 32, Clive, IA	1:51:26	8:30
321	44	M25	Joe McAAwesome, 29, West Des Moines, IA	1:51:27	8:30
322	31	M20	Benjamin Pries, 23, Waverly, IA	1:51:29	8:30
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108	25	W30	Carrie Bergman, 33*, Berkley, MI	1:51:30	8:30
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134	23	W20	Rachele Feil, 22*, Bellevue, IA	1:54:09	8:42
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147	17	W40	Desha Nielsen, 42*, West Des Moines, IA	1:55:24	8:48
148	27	W20	Mary Bess Bolling, 21*, Des Moines, IA	1:55:24	8:48
388	45	M45	Patrick Morein, 46, The Woodlands, TX	1:55:25	8:48
389	55	M25	Paul Espey, 29, Des Moines, IA	1:55:27	8:48
149	18	W40	Jennifer Smith, 41*, Waukee, IA	1:55:31	8:49
390	85	M30	Damon Jackson, 34, Des Moines, IA	1:55:36	8:49
150	19	W40	Jody Vandever, 41*, Earlham, IA	1:55:37	8:49
151	33	W30	Amber Reed, 33*, West Des Moines, IA	1:55:38	8:49
391	46	M45	Gary Thompson, 46, Urbandale, IA	1:55:40	8:49
392	35	M50	Paul Kruse, 53, Granger, IA	1:55:43	8:50
393	54	M40	Aaron Simon, 41, Clive, IA	1:55:44	8:50
152	20	W40	Jenny Storts, 42*, Clive, IA	1:55:46	8:50
394	56	M25	Jeremy Schweitzer, 28, Ames, IA	1:55:48	8:50
153	7	W45	Patti Plath, 46*, West Des Moines, IA	1:55:50	8:50
154	34	W25	Allison Lathrop, 26*, Mission, KS	1:55:56	8:51
155	8	W45	Kathi Prien, 49*, West Des Moines, IA	1:55:58	8:51
156	9	W45	Dee Dee Janssen, 45*, Ankeny, IA	1:56:03	8:51
395	36	M50	Michael Boyle, 50, Ankeny, IA	1:56:04	8:51
157	35	W25	Jamie Bingham, 27*, West Des Moines, IA	1:56:06	8:51
158	36	W25	Trina Flack, 29*, Ankeny, IA	1:56:07	8:51
159	34	W30	Courtney Behrens, 31*, Des Moines, IA	1:56:16	8:52
396	86	M30	Andrew Spence, 34, Minneapolis, MN	1:56:17	8:52
397	87	M30	John Myers, 33, Minneapolis, MN	1:56:18	8:52
160	22	W35	Julie Jones, 39*, Sully, IA	1:56:23	8:53
161	35	W30	Bo Zhou, 32*, Iowa City, IA	1:56:25	8:53
398	37	M50	Kevin Krause, 50, West Des Moines, IA	1:56:27	8:53
162	28	W20	Morgan Krause, 23*, West Des Moines, IA	1:56:27	8:53
163	23	W35	Jennifer Rose, 36*, West Des Moines, IA	1:56:29	8:53
399	88	M30	Lee Simmons, 34, West Des Moines, IA	1:56:31	8:53
164	24	W35	Tammy Mickey, 38*, Melcher, IA	1:56:32	8:53
400	6	M60	Gene Behrens, 62, Des Moines, IA	1:56:38	8:54
165	10	W45	Sue Debartolo, 46*, Ankeny, IA	1:56:39	8:54
166	36	W30	Amy Hanrahan, 32*, West Des Moines, IA	1:56:39	8:54
401	55	M40	Craig Jackman, 44, Waukee, IA	1:56:40	8:54
402	47	M45	Thomas Duff, 48, Des Moines, IA	1:56:49	8:55
403	38	M50	Daniel Reed, 50, Edina, MN	1:56:52	8:55
167	29	W20	Amy Kirkpatrick, 21*, Dubuque, IA	1:56:56	8:55
168	37	W30	V McGarrah, 32*, Des Moines, IA	1:56:57	8:55
404	52	M35	Eron Welchans, 37, Omaha, NE	1:57:02	8:56
405	89	M30	Jacob Welchans, 34, Des Moines, IA	1:57:03	8:56
406	56	M40	Kenneth Bernstein, 43, Des Moines, IA	1:57:06	8:56
169	38	W30	Amber Lewis, 32*, Des Moines, IA	1:57:08	8:56
170	37	W25	Kelly Johnston, 27*, West Des Moines, IA	1:57:09	8:56
407	57	M40	Joel Drake, 42, Des Moines, IA	1:57:10	8:56
171	39	W30	Rachel Boon, 34*, Des Moines, IA	1:57:11	8:56
172	38	W25	Kelly Brueck, 29*, North Liberty, IA	1:57:12	8:56
173	21	W40	Desiree Ingham, 43*, Des Moines, IA	1:57:14	8:57
408	53	M35	Curt Miller, 37, Solon, IA	1:57:14	8:57
409	48	M45	Doug Kuntz, 46, Pleasant Hill, IA	1:57:14	8:57
174	40	W30	Melinda Mock, 32*, Johnston, IA	1:57:15	8:57
410	90	M30	Joshua Eaton, 31, Waterloo, IA	1:57:21	8:57
411	58	M40	Jason Wittmer, 40, Clive, IA	1:57:21	8:57
175	39	W25	Erin Bone, 26*, Ankeny, IA	1:57:25	8:57
176	41	W30	Aubrey Villotti, 31*, Urbandale, IA	1:57:28	8:58
177	25	W35	Jean Gibson, 38*, Dexter, IA	1:57:29	8:58
178	30	W20	Taylor Schaa, 23*, West Des Moines, IA	1:57:35	8:58
412	32	M20	Troy Mensen, 20, Cedar Falls, IA	1:57:37	8:58
413	91	M30	Ryan Murphy, 30, West Des Moines, IA	1:57:47	8:59
414	1	M65	Clay Whiteis, 68, Des Moines, IA	1:57:48	8:59
415	92	M30	Andrew Michaelson, 31, Jefferson, IA	1:57:49	8:59
416	49	M45	James Arthur, 47, Des Moines, IA	1:57:50	8:59
179	26	W35	Kaiti Muelhaupt, 39*, Des Moines, IA	1:57:51	8:59
417	15	M55	Bill Wedeking, 56, Des Moines, IA	1:57:52	8:59
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 Top					
180	11	W45	Sarah Deangelis, 45*, Des Moines, IA	1:57:54	9:00
181	2	JrW	Brandi Newman, 19*, Sibley, IA	1:57:58	9:00
182	10	W50	Joyce Holland, 50*, Des Moines, IA	1:57:59	9:00
183	22	W40	Karmel Sueppel, 42*, West Des Moines, IA	1:58:03	9:00
184	12	W45	Jodi Runge, 45*, Des Moines, IA	1:58:08	9:01
185	40	W25	Malinda Baker, 27*, Des Moines, IA	1:58:08	9:01
418	59	M40	Mike Biegger, 41, Des Moines, IA	1:58:08	9:01
419	60	M40	George Stock, 41, Ankeny, IA	1:58:10	9:01
186	13	W45	Marie Rainforth, 46*, West Des Moines, IA	1:58:12	9:01
420	39	M50	Allen Benson, 51, Ankeny, IA	1:58:12	9:01
187	27	W35	Annika Cornelisse, 39*, Des Moines, IA	1:58:21	9:02

421	61	M40	Scott Funk, 43, Iowa City, IA	1:58:21	9:02
422	62	M40	Curt Zepeda, 43, Andover, MN	1:58:21	9:02
188	14	W45	Mary Krause, 49*, West Des Moines, IA	1:58:24	9:02
423	54	M35	Chris Eggert, 39, Ames, IA	1:58:25	9:02
424	63	M40	Kevin Sanor, 40, Cedar Rapids, IA	1:58:30	9:02
189	31	W20	Annie Wetz, 24*, Overland Park, KS	1:58:34	9:03
190	32	W20	Kailey Silliman, 22*, Sioux Falls, SD	1:58:34	9:03
425	64	M40	Troy Wright, 41, Johnston, IA	1:58:35	9:03
191	2	W55	Paula Richter, 58*, Milford, IA	1:58:37	9:03
426	65	M40	Jason Soliday, 43, Westdesmoines, IA	1:58:38	9:03
427	66	M40	James Stegeman, 41, Des Moines, IA	1:58:40	9:03
192	41	W25	Ashlee Prochnow, 25*, Ames, IA	1:58:41	9:03
428	2	M65	John Schneller, 67, West Des Moines, IA	1:58:47	9:04
429	67	M40	Edward Kempf, 42, Des Moines, IA	1:58:48	9:04
193	42	W25	Jamilee Noble, 27*, Johnston, IA	1:58:56	9:04
194	28	W35	Laura Smeby, 35*, Cedar Rapids, IA	1:59:00	9:05
430	93	M30	Chuck McNaughty, 30	1:59:03	9:05
195	11	W50	Jeannie Tison, 52*, Des Moines, IA	1:59:06	9:05
431	57	M25	Joshua Ostergaard, 27, Des Moines, IA	1:59:16	9:06
196	42	W30	Vanessa Whiting, 32*, Cedar Falls, IA	1:59:19	9:06
197	43	W30	Heidi Dorrell, 33*, Winterset, IA	1:59:33	9:07
198	29	W35	Cristal Burkle, 35*, Granger, IA	1:59:33	9:07
199	15	W45	Annette Krause, 49*, West Des Moines, IA	1:59:34	9:07
432	50	M45	Scott A Bandy, 46, Indianola, IA	1:59:35	9:07
200	44	W30	Tiffany Murphy, 33*, West Des Moines, IA	1:59:47	9:08
201	45	W30	Robyn Clevenger, 32*, West Des Moines, IA	1:59:48	9:08
433	33	M20	Matthew Cross, 22, Lawrence, KS	1:59:49	9:08
434	16	M55	Russell Cross, 55, Des Moines, IA	1:59:49	9:08
202	43	W25	Jannae Lane, 28*, Grimes, IA	1:59:49	9:08
435	94	M30	Chad Brueck, 32, North Liberty, IA	1:59:51	9:08
203	44	W25	Laura Dillavou, 27*, Ankeny, IA	1:59:52	9:09
436	51	M45	Dan Bachman, 47, Waukee, IA	1:59:55	9:09
204	46	W30	Kristine Forret, 32*, Des Moines, IA	1:59:57	9:09
205	47	W30	Amy Hutchins, 34*, Des Moines, IA	1:59:57	9:09
437	55	M35	Mark Henderson, 36, Ames, IA	1:59:57	9:09
438	56	M35	Chris Ihle, 36, Ames, IA	1:59:58	9:09
206	45	W25	Julie Lohr, 29*, Marshalltown, IA	2:00:01	9:09
439	40	M50	Keith Scott, 51, Omaha, NE	2:00:04	9:10
207	30	W35	Jeanne Ulrichs, 35*, Dyersville, IA	2:00:08	9:10
208	16	W45	Bobbi Snodgrass, 48*, Indianola, IA	2:00:11	9:10
209	33	W20	Kayla Krull, 23*, Cedar Falls, IA	2:00:11	9:10
210	23	W40	Tricia Steffen, 40*, Panora, IA	2:00:20	9:11
440	58	M25	Silas Dawkins, 27, Iowa City, IA	2:00:25	9:11
441	68	M40	Scott Meador, 42, Independence, IA	2:00:27	9:11
442	95	M30	Adam Fellows, 30, Lees Summit, MO	2:00:28	9:11
211	48	W30	Jennifer York, 31*, West Des Moines, IA	2:00:29	9:11
443	59	M25	Jeff Ludwig, 28, Waukee, IA	2:00:30	9:11
212	31	W35	Staci Jorgensen, 35*, Dike, IA	2:00:30	9:12
213	24	W40	Stacy Gehling, 41*, Carroll, IA	2:00:32	9:12
444	96	M30	Henry Wood, 34, Des Moines, IA	2:00:37	9:12
445	52	M45	Joe Akers, 45, Grimes, IA	2:00:42	9:12
446	57	M35	Edwin Rosado II, 36, Ankeny, IA	2:00:44	9:13
447	58	M35	Rick Ernzen, 39, Urbandale, IA	2:00:44	9:13
448	69	M40	James Conner, 41, Des Moines, IA	2:00:46	9:13
214	3	JrW	Katelyn Patava, 19*, Norwalk, IA	2:00:54	9:13
449	17	M55	Tom Tecklenburg, 56, Humboldt, IA	2:00:58	9:14
215	34	W20	Allison Cozad, 21*, Cedar Falls, IA	2:01:02	9:14
450	97	M30	Lane McMullen, 33, North Liberty, IA	2:01:08	9:14
216	46	W25	Jennifer Miller, 25*, Bellevue, NE	2:01:13	9:15
451	18	M55	Paul James, 57, Stanley, IA	2:01:17	9:15
217	32	W35	Jennifer Toliver, 37*, Waukee, IA	2:01:23	9:16
452	98	M30	Nathan Eighmy, 34, Oswego, IL	2:01:27	9:16
453	99	M30	Josh Horeni, 31, Oswego, IL	2:01:27	9:16
218	49	W30	Shelly Ramus, 33*, Roland, IA	2:01:29	9:16
454	41	M50	Dennis Judd, 50, Urbandale, IA	2:01:33	9:16
219	47	W25	Jessica Pilling, 28*, Clive, IA	2:01:33	9:16
220	33	W35	Kimberly Moran, 37*, West Des Moines, IA	2:01:34	9:16
221	25	W40	Angie Cook, 40*, Clive, IA	2:01:40	9:17
455	59	M35	Jeremy Purdy, 36, Des Moines, IA	2:01:42	9:17
222	50	W30	Crystal Loving, 32*, Des Moines, IA	2:01:45	9:17
223	51	W30	Ashlie Crowell, 33*, Des Moines, IA	2:01:47	9:17
456	70	M40	Kevin McCarty, 40, West Des Moines, IA	2:01:48	9:17
224	52	W30	Anne Kramer, 31*, Des Moines, IA	2:01:50	9:18
225	12	W50	Kimberly Haines, 52*, Oskaloosa, IA	2:01:51	9:18
457	42	M50	Rustin Davenport, 51, Mason City, IA	2:01:51	9:18
458	43	M50	James Sanders, 50, Johnston, IA	2:01:52	9:18
459	71	M40	Daniel Fretheim, 43, Decorah, IA	2:01:53	9:18
226	26	W40	Kerry Fretheim, 42*, Decorah, IA	2:01:53	9:18
460	19	M55	Dave Craddick, 55, Davenport, IA	2:01:55	9:18
227	35	W20	Jordan Barr, 20*, Ames, IA	2:01:55	9:18

228	17	W45	Carol Eide, 46*, Fort Dodge, IA	2:01:56	9:18
229	36	W20	Lauren Brendeland, 21*, Huxley, IA	2:02:05	9:19
230	48	W25	Michelle Meinecke, 29*, Yale, IA	2:02:07	9:19
231	27	W40	Mindee Jensen, 44*, Ankeny, IA	2:02:13	9:19
461	72	M40	Mark Hanrahan, 41, Urbandale, IA	2:02:19	9:20
232	53	W30	Amanda Whitmarsh, 33*, Des Moines, IA	2:02:26	9:20
462	73	M40	Tim Stanfield, 42, Cedar Falls, IA	2:02:26	9:20
233	49	W25	Katie Collmann, 26*, West Des Moines, IA	2:02:29	9:21
234	28	W40	Deb Anderson, 41*, Des Moines, IA	2:02:30	9:21
463	20	M55	Sam Gill, 59, Norwalk, IA	2:02:30	9:21
464	74	M40	Joe Meyers, 40, Des Moines, IA	2:02:30	9:21
235	54	W30	TaLia Koons, 30*, West Des Moines, IA	2:02:30	9:21
236	50	W25	Leah Fishman, 25*, Aurelia, IA	2:02:34	9:21
237	29	W40	Kimberly Huegerich, 41*, Jewell, IA	2:02:37	9:21
238	4	JrW	Rachael Huegerich, 12*, Jewell, IA	2:02:38	9:21
465	60	M25	Eric McLeod, 25, West Des Moines, IA	2:02:40	9:21
239	30	W40	Jill Whitaker-Griffith, 42*, Nevada, IA	2:02:50	9:22
466	44	M50	Joseph Henry, 54, Des Moines, IA	2:02:58	9:23
467	45	M50	Doug Keast, 53, Altoona, IA	2:03:01	9:23
240	55	W30	Nicole Wood, 31*, Des Moines, IA	2:03:07	9:23
241	34	W35	Rachel Hoger, 36*, Johnston, IA	2:03:12	9:24
242	37	W20	Jordan Hodge, 21*, Dubuque, IA	2:03:16	9:24
468	53	M45	Tim Hodge, 47, Dubuque, IA	2:03:17	9:24
469	61	M25	Chris Langpaul, 28, West Des Moines, IA	2:03:18	9:24
243	56	W30	Rachel Nelson, 31*, Cumming, IA	2:03:22	9:25
244	18	W45	Susan Knight, 47*, Spring Green, WI	2:03:22	9:25
245	38	W20	Taylor Vermie, 20*, Cedar Rapids, IA	2:03:24	9:25
246	51	W25	Julie Sammons, 26*, Mount Pleasant, IA	2:03:25	9:25
470	54	M45	Shawn Nelson, 45, Ankeny, IA	2:03:27	9:25
471	100	M30	Alex Albright, 32, Des Moines, IA	2:03:28	9:25
247	57	W30	Shannon Moore, 34*, Dike, IA	2:03:28	9:25
472	60	M35	Christopher West, 39, Des Moines, IA	2:03:28	9:25
473	62	M25	Jeff Thibadeau, 26, West Des Moines, IA	2:03:29	9:25
248	58	W30	Nema McGinnis, 30*, Grimes, IA	2:03:30	9:25
249	52	W25	Erin Mendenhall, 29*, Des Moines, IA	2:03:32	9:25
250	35	W35	Jennifer Cottier, 38*, Boone, IA	2:03:42	9:26
474	55	M45	Scott Dean, 47, Des Moines, IA	2:03:44	9:26
251	53	W25	Meg Richard, 25*, Des Moines, IA	2:03:52	9:27
475	75	M40	Pete Fix, 42, Indianola, IA	2:03:56	9:27
476	76	M40	Rod Haws, 44, Ankeny, IA	2:03:57	9:27
252	59	W30	Stacie Thiel, 34*, Blair, NE	2:04:03	9:28
477	101	M30	Rob Barron, 31, Des Moines, IA	2:04:04	9:28
253	54	W25	Alison Miller, 26*, West Des Moines, IA	2:04:05	9:28
254	55	W25	Tara Case, 26*, Des Moines, IA	2:04:05	9:28
255	36	W35	Barb Greer, 38*, Kellogg, IA	2:04:05	9:28
256	56	W25	Kasey Strosahl, 28*, Riverside, IA	2:04:10	9:28
257	57	W25	Lisa Schreck, 25*, Carroll, IA	2:04:11	9:28
258	39	W20	Amy Woodside, 22*, Des Moines, IA	2:04:15	9:29
478	63	M25	Matt Gibson, 28, Iowa City, IA	2:04:18	9:29
259	37	W35	Tricia Crain, 37*, Nevada, IA	2:04:24	9:29
260	60	W30	Heather Spong, 34*, Pella, IA	2:04:24	9:29
479	46	M50	Stephen Schaffer, 51, Ankeny, IA	2:04:31	9:30
261	38	W35	Kerrie Bernstein, 35*, Altoona, IA	2:04:33	9:30
480	102	M30	Benjamin Rhoades, 30, Des Moines, IA	2:04:37	9:30
262	58	W25	Jackie Surber, 29*, Des Moines, IA	2:04:42	9:31
481	34	M20	Steven Warden, 21, Ames, IA	2:04:50	9:31
263	59	W25	Karen Froerer, 29*, West Des Moines, IA	2:05:04	9:32
482	61	M35	Chris Bump, 35, Urbandale, IA	2:05:11	9:33
264	61	W30	Meredith Hancock, 33*, West Des Moines, IA	2:05:14	9:33
483	77	M40	Paul Rearick, 42, Ankeny, IA	2:05:20	9:34
265	19	W45	Susan Eggert, 46*, Pella, IA	2:05:23	9:34
484	47	M50	David Wilkerson, 51, Adel, IA	2:05:25	9:34
266	62	W30	Karen Abbott, 31*, Des Moines, IA	2:05:27	9:34
485	35	M20	Phillip Gartner, 21, Dubuque, IA	2:05:30	9:34
486	36	M20	Sean Bremer, 24, Ankeny, IA	2:05:33	9:35
487	37	M20	Tyler O'Neil, 22, Des Moines, IA	2:05:34	9:35
488	103	M30	Jason Simpson, 33, Des Moines, IA	2:05:37	9:35
267	31	W40	Tami Westhoff, 41*, Marion, IA	2:05:40	9:35
489	78	M40	Phil Weber, 44, Norwalk, IA	2:05:40	9:35
268	60	W25	Kathryn Merrifield, 26*, West Des Moines, IA	2:05:42	9:35
490	56	M45	Kevin Moreland, 49, West Des Moines, IA	2:05:43	9:35
491	38	M20	William Connor, 21, Manchester, IA	2:05:44	9:35
269	39	W35	Kari Anderson, 37*, West Des Moines, IA	2:05:45	9:36
270	5	JrW	Marissa Ausman, 19*, Germantown Hills, IL	2:05:47	9:36
271	6	JrW	Lauren Bricker, 19*, Des Moines, IA	2:05:47	9:36
492	48	M50	Michael Christensen, 52, Jefferson, IA	2:05:50	9:36
272	32	W40	Sharon Klein, 44*, Durango, IA	2:05:52	9:36
273	20	W45	Laura Young, 45*, Des Moines, IA	2:05:54	9:36

274	13	W50	Rhonda Callison, 53*, Oskaloosa, IA	2:06:00	9:37
275	40	W20	Natalie Horras, 23*, Fairfield, IA	2:06:02	9:37
276	40	W35	Tracy Nicholson, 39*, Ames, IA	2:06:02	9:37
493	49	M50	Michael Lee, 52, Ames, IA	2:06:07	9:37
494	39	M20	Paul Trieu, 21, Ames, IA	2:06:07	9:37
495	62	M35	James Horn, 39, Newton, IA	2:06:07	9:37
496	40	M20	Derek Bagley, 21, Ames, IA	2:06:07	9:37
277	41	W35	Neisha Horn, 39*, Newton, IA	2:06:07	9:37
497	63	M35	Adam Jerdee, 37, West Des Moines, IA	2:06:13	9:38
278	61	W25	Tishauna Acklin, 26*, Waterloo, IA	2:06:17	9:38
498	41	M20	Mirsad Catic, 22, Waterloo, IA	2:06:18	9:38
279	14	W50	Darl George, 51*, Urbandale, IA	2:06:19	9:38
280	62	W25	Alissa Clauser, 26*, Bondurant, IA	2:06:24	9:38
499	64	M35	Matthew Ferring, 38, Des Moines, IA	2:06:26	9:39
500	57	M45	Stan Sheffield, 47, Clive, IA	2:06:30	9:39
501	79	M40	David Schneider, 40, Clive, IA	2:06:31	9:39
502	7	M60	James Miller, 61, Lake City, IA	2:06:32	9:39
503	58	M45	Dirk Troutman, 47, Carroll, IA	2:06:35	9:39
281	63	W25	Jocelyn Upton, 27*, Ames, IA	2:06:35	9:39
504	104	M30	Trevor McGinnis, 31, Johnston, IA	2:06:38	9:40
505	59	M45	Henry Hamilton, 45, Brown Deer, WI	2:06:42	9:40
506	80	M40	Uri Abrams, 41, Richboro, PA	2:06:42	9:40
282	63	W30	Chandra Bartleman, 34*, Polk City, IA	2:06:45	9:40
283	64	W25	Jessica Haug, 26*, West Des Moines, IA	2:06:45	9:40
507	60	M45	Gerard Amadeo, 45, Des Moines, IA	2:06:49	9:40
508	65	M35	Tim Brenza, 36, Ames, IA	2:06:51	9:41
284	21	W45	Sherri Huff, 48*, Winterset, IA	2:06:52	9:41
509	81	M40	Tim Hanke, 42, Urbandale, IA	2:06:55	9:41
285	42	W35	Mary Brown, 37*, West Des Moines, IA	2:07:04	9:42
286	41	W20	Maria Mangano, 21*, Iowa City, IA	2:07:05	9:42
510	105	M30	Nate Boulton, 30, Des Moines, IA	2:07:11	9:42
511	106	M30	Todd Rosenberger, 34, Tama, IA	2:07:12	9:42
512	61	M45	John Noll, 48, Clive, IA	2:07:15	9:42
287	43	W35	Mary Kottmeyer, 38*, West Des Moines, IA	2:07:21	9:43
288	44	W35	Jill Bock, 35*, Glidden, IA	2:07:22	9:43
289	65	W25	Tera Barrick, 28*, Johnston, IA	2:07:25	9:43
290	15	W50	Tina Becker, 50*, Watkins, IA	2:07:25	9:43
291	64	W30	Amy Jacobsen, 32*, Waukesha, WI	2:07:27	9:43
292	16	W50	Carol Litscher, 50*, West Des Moines, IA	2:07:44	9:45
293	7	JrW	Kaitlin Shultice, 19*, Ankeny, IA	2:07:48	9:45
294	66	W25	Amanda Floy, 28*, West Des Moines, IA	2:07:51	9:45
513	64	M25	Adam Bingham, 29, West Des Moines, IA	2:08:10	9:47
295	45	W35	Stacie O'Connor, 39*, Indianola, IA	2:08:10	9:47
296	42	W20	Emily Prinsen, 23*, Kansas City, MO	2:08:21	9:47
297	46	W35	Shelley Peed, 37*, Fort Dodge, IA	2:08:24	9:48
298	67	W25	Amy Hutton, 26*, Denver, CO	2:08:24	9:48
299	65	W30	Katy Bolender, 31*, Iowa City, IA	2:08:25	9:48
300	47	W35	Laura Bridgeman, 37*, Des Moines, IA	2:08:27	9:48
514	66	M35	Dennis Krieger Jr., 39, Carroll, IA	2:08:27	9:48
515	82	M40	Chris Burch, 40, Des Moines, IA	2:08:29	9:48
301	48	W35	Michele Hoogers, 36*, Sheldon, IA	2:08:30	9:48
302	43	W20	Allison Dye, 22*, Ames, IA	2:08:32	9:48
303	49	W35	Monica Shelly, 38*, Fort Dodge, IA	2:08:35	9:49
304	68	W25	Aubrie Fontanini, 26*, Denver, CO	2:08:36	9:49
516	67	M35	Tory Kort, 39, Grand Island, NE	2:08:37	9:49
517	83	M40	Troy Kort, 41, West Des Moines, IA	2:08:38	9:49
305	33	W40	Amy Ridout, 40*, Tama, IA	2:08:44	9:49
306	66	W30	Jennifer Barr, 31*, Winterset, IA	2:08:46	9:49
518	21	M55	Jimmer Pech, 55, Polk City, IA	2:08:59	9:50
307	17	W50	Jamey Cox, 53*, Cambridge, IA	2:08:59	9:50
308	69	W25	Sheri Beaver, 29*, Grimes, IA	2:09:00	9:50
309	67	W30	Kimberly Krambeck, 31*, West Des Moines, IA	2:09:02	9:51
310	44	W20	Danielle Cardella, 21*, Roland, IA	2:09:03	9:51
311	45	W20	Jessica Johnson, 24*, West Des Moines, IA	2:09:04	9:51
312	34	W40	Sherry Smiley, 44*, Cumming, IA	2:09:08	9:51
313	68	W30	Betsy Yates, 32*, West Des Moines, IA	2:09:11	9:51
519	62	M45	Roger Youngblut, 48, Davenport, IA	2:09:16	9:52
520	50	M50	Steve Cox, 51, Cambridge, IA	2:09:31	9:53
521	8	M60	William Reinarts, 62, Winona, MN	2:09:36	9:53
522	107	M30	Kris Bro, 34, Des Moines, IA	2:09:41	9:54
523	65	M25	Ryan Mertens, 28, Windsor Heights, IA	2:09:42	9:54
524	63	M45	Scott Hockaday, 48, Cambridge, IA	2:09:47	9:54
314	18	W50	Kim Taylor, 50*, West Des Moines, IA	2:09:48	9:54
315	69	W30	Sara Davis, 32*, Des Moines, IA	2:09:51	9:54
525	22	M55	Patrick Moriarity, 55, Pella, IA	2:09:53	9:54
316	8	JrW	Amber McCool, 19*, Des Moines, IA	2:09:56	9:55
526	64	M45	Wayne Ostergaard, 48, Des Moines, IA	2:09:59	9:55
317	70	W30	Heather Brincks, 34*, Templeton, IA	2:10:00	9:55
318	9	JrW	Tori Burns, 18*, Ankeny, IA	2:10:02	9:55

527	68 M35	Jason Anthony, 39, Pleasantville, IA	2:10:02	9:55
319	71 W30	Farah Metheny, 32*, Des Moines, IA	2:10:04	9:55
320	72 W30	Kelly Horeni, 30*, Oswego, IL	2:10:07	9:55
321	70 W25	Lindsay Bebout, 28*, Clive, IA	2:10:08	9:56
528	65 M45	Anthony McBride, 49, Clive, IA	2:10:12	9:56
322	73 W30	Paulina Castillejos, 30*, Urbandale, IA	2:10:31	9:57
323	74 W30	Jen Dirkx, 30*, Glidden, IA	2:10:33	9:58
324	46 W20	Ryanne Christensen, 20*, Jefferson, IA	2:10:38	9:58
529	69 M35	Corey Long, 39, Nevada, IA	2:10:42	9:58
325	50 W35	Rachael Jaffe, 37*, Council Bluffs, IA	2:10:44	9:58
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 Top				

326	51 W35	Robin Wasteney, 36*, Des Moines, IA	2:11:04	10:00
327	1 W60	Patricia Goodwin, 64*, Minneapolis, MN	2:11:09	10:00
328	35 W40	Laura Fefchak, 40*, Urbandale, IA	2:11:12	10:00
329	22 W45	Penny Luthens, 45*, Urbandale, IA	2:11:14	10:01
330	36 W40	Gwyndolyn McMillin, 44*, Des Moines, IA	2:11:14	10:01
331	47 W20	Abigail Olson, 21*, Urbandale, IA	2:11:16	10:01
530	51 M50	Lloyd Vanderkwaak, 54, Johnston, IA	2:11:20	10:01
332	75 W30	Erin Pederson, 31*, Ames, IA	2:11:23	10:01
531	66 M25	Richard Carlson, 27, Minneapolis, MN	2:11:28	10:02
333	37 W40	Amy Larson, 41*, Des Moines, IA	2:11:30	10:02
334	71 W25	Amanda Houle, 29*, Brooklyn Center, MN	2:11:35	10:02
335	52 W35	Jill Hill, 37*, West Des Moines, IA	2:11:38	10:02
532	108 M30	Spencer Austin, 31, Rock Rapids, IA	2:11:41	10:03
336	48 W20	Cyndi Rathmacher, 21*, Ames, IA	2:11:47	10:03
533	67 M25	Kevin Luensmann, 28, West Des Moines, IA	2:11:49	10:03
337	72 W25	Adrienne Drescher, 27*, Ames, IA	2:11:51	10:03
338	76 W30	Rosalyn Lehman, 33*, Pleasant Hill, IA	2:11:54	10:04
339	49 W20	Amanda Elder, 22*, Iowa City, IA	2:12:07	10:05
340	53 W35	Leslie Dobbs, 36*, Urbandale, IA	2:12:09	10:05
341	23 W45	Julie Schwalbe, 45*, Des Moines, IA	2:12:09	10:05
534	9 M60	Steven Ovel, 63, Cedar Rapids, IA	2:12:09	10:05
342	24 W45	Julie Fugenschuh, 48*, Urbandale, IA	2:12:10	10:05
343	38 W40	Michelle Bunkers, 41*, Des Moines, IA	2:12:13	10:05
344	50 W20	Raychel Pins, 21*, Dubuque, IA	2:12:15	10:05
345	77 W30	Shanna Harrington, 30*, Des Moines, IA	2:12:24	10:06
535	68 M25	David Martin, 29, Des Moines, IA	2:12:26	10:06
536	109 M30	Joshua Stubblefield, 33, Wauke, IA	2:12:32	10:07
537	52 M50	Ray Layton, 52, Ankeny, IA	2:12:34	10:07
346	54 W35	Susan Harris, 36*, West Des Moines, IA	2:12:35	10:07
347	73 W25	Beth McDermott, 28*, Des Moines, IA	2:12:40	10:07
348	74 W25	Shelby Sutherland, 27*, Cedar Rapids, IA	2:12:47	10:08
349	25 W45	Deb Michaels, 47*, Pella, IA	2:12:54	10:08
350	55 W35	Ann Schaefer, 38*, Iowa City, IA	2:12:55	10:08
538	53 M50	Jim Becker, 52, Watkins, IA	2:12:59	10:09
351	75 W25	Lindsay Wiese, 25*, Des Moines, IA	2:13:00	10:09
539	84 M40	Mike St. Clair, 42, Ankeny, IA	2:13:08	10:09
352	76 W25	Malorie Hall, 26*, Bennington, NE	2:13:12	10:10
353	3 W55	Susan Clarity, 55*, Okoboji, IA	2:13:29	10:11
540	10 M60	Charles Potter, 62, Muscatine, IA	2:13:33	10:11
354	56 W35	Kate Bibbs, 35*, Urbandale, IA	2:13:37	10:12
355	57 W35	Kathy Kain, 38*, Urbandale, IA	2:13:37	10:12
356	77 W25	Ashley Smith, 25*, Des Moines, IA	2:13:40	10:12
357	78 W25	Cadence Kuklinski, 28*, Manchester, MO	2:13:40	10:12
541	85 M40	Jeff Garrison, 43, West Des Moines, IA	2:13:48	10:12
358	39 W40	Kim Christofferson, 42*, Ankeny, IA	2:13:52	10:13
359	79 W25	Elizabeth Burt, 29*, Des Moines, IA	2:13:53	10:13
542	86 M40	James McDonald, 40, Grimes, IA	2:14:08	10:14
360	58 W35	Allyson Glaser, 38*, West Des Moines, IA	2:14:19	10:15
543	66 M45	Erik Luthens, 46, Urbandale, IA	2:14:19	10:15
544	110 M30	Daniel Ruden, 30, Cedar Rapids, IA	2:14:20	10:15
361	10 JrW	Alexis Reno, 17*, Humeston, IA	2:14:30	10:16
362	26 W45	Maria Glackin, 46*, Ottumwa, IA	2:14:35	10:16
545	67 M45	Freddy Ramos Madrigal, 49, Mankato, MN	2:14:36	10:16
546	111 M30	Andy Kong, 31, Des Moines, IA	2:14:44	10:17
363	78 W30	Karen Scott, 30*, Des Moines, IA	2:14:47	10:17
547	112 M30	Christopher Scott, 33, Des Moines, IA	2:14:48	10:17
364	59 W35	Amy Walkonen, 35*, Bellevue, NE	2:14:56	10:18
365	40 W40	Melissa Denison, 42*, Des Moines, IA	2:15:16	10:19
548	113 M30	Nicholas Wendt, 32, Des Moines, IA	2:15:29	10:20
549	13 JrM	Blair Cooper, 19, Cumming, IA	2:15:29	10:20
366	80 W25	Stacie Leicht, 25*, Dubuque, IA	2:15:40	10:21
367	81 W25	Jami Coates, 25*, Des Moines, IA	2:15:49	10:22
550	69 M25	Nick Brown, 27, Alta, IA	2:15:49	10:22
551	70 M35	Wayne Pantini, 38, Creston, IA	2:15:53	10:22
368	60 W35	Jennifer Cunningham, 38*, Urbandale, IA	2:15:54	10:22
369	19 W50	Deb Fritz, 52*, Des Moines, IA	2:15:54	10:22
370	61 W35	Susan Sinclair, 39*, Williamsburg, IA	2:15:58	10:22
552	87 M40	Bob Sinclair, 41, Williamsburg, IA	2:15:58	10:22
371	4 W55	Pamela Wood, 56*, Janesville, IA	2:16:11	10:23

372	11 JrW	Taylor McBroom, 18*, Derby, IA	2:16:15	10:24
373	41 W40	Amy Wilkinson, 40*, Ankeny, IA	2:16:15	10:24
374	1 W65	Jan Ross, 68*, Des Moines, IA	2:16:23	10:24
375	62 W35	Melanie Dunphy, 36*, Griswold, IA	2:16:25	10:24
553	88 M40	James Kickland, 44, Atlantic, IA	2:16:25	10:24
554	89 M40	Nick Pross, 41, Atlantic, IA	2:16:26	10:24
376	79 W30	Kathryn Schuler, 31*, Chicago, IL	2:16:37	10:25
555	23 M55	Steven Schuler, 59, Urbandale, IA	2:16:37	10:25
377	82 W25	Dania Schuler, 29*, Des Moines, IA	2:16:37	10:25
556	71 M35	Chris Blanchard, 38, Polk City, IA	2:16:47	10:26
378	42 W40	Kristy Blanchard, 41*, Polk City, IA	2:16:47	10:26
379	5 W55	Julia Batten, 55*, Carlisle, IA	2:16:50	10:26
380	63 W35	Miriam Rinehart, 38*, Waukee, IA	2:17:00	10:27
381	51 W20	Kristina Berns, 24*, Des Moines, IA	2:17:02	10:27
557	42 M20	Domini Sutton-Vermeulen, 21, Ankeny, IA	2:17:04	10:27
558	68 M45	Matt Sutton-Vermeulen, 49, Ankeny, IA	2:17:10	10:28
382	80 W30	Susan Sher, 30*, Indianola, IA	2:17:12	10:28
383	64 W35	Shoshana Hebshi, 35*, Des Moines, IA	2:17:22	10:29
559	70 M25	Jesse Truax, 25, Ankeny, IA	2:17:36	10:30
560	114 M30	Kevin Lewis, 33, Ankeny, IA	2:17:40	10:30
384	81 W30	Melissa McMullen, 34*, North Liberty, IA	2:17:43	10:30
385	52 W20	Breanna Peterson, 23*, Des Moines, IA	2:17:51	10:31
386	82 W30	Jenny Chung, 31*, Johnston, IA	2:17:55	10:31
387	83 W25	Nicole Murillo, 25*, West Des Moines, IA	2:18:00	10:32
388	84 W25	Cassandra Nelson, 26*, West Des Moines, IA	2:18:00	10:32
389	83 W30	Lisa Lampe, 33*, Carroll, IA	2:18:01	10:32
390	43 W40	Cindy Leisey, 41*, Maple Grove, MN	2:18:04	10:32
391	85 W25	Kari Schaffer, 27*, Edgewood, IA	2:18:16	10:33
561	71 M25	Nathan Erickson, 27, Elkader, IA	2:18:16	10:33
392	27 W45	Bene' Zehr, 47*, Ankeny, IA	2:18:21	10:33
562	43 M20	Zach Zehr, 21, Ankeny, IA	2:18:21	10:33
393	86 W25	Raquel Sugino, 26*, Des Moines, IA	2:18:22	10:33
563	90 M40	Laura Higgins, 44, Des Moines, IA	2:18:27	10:34
394	84 W30	Kara McClure, 30*, Dallas Center, IA	2:18:29	10:34
564	24 M55	Donald Cox, 56, West Des Moines, IA	2:19:30	10:38
565	11 M60	Larry Farrell, 64, Des Moines,, Ia	2:19:31	10:39
566	54 M50	Marty Kalton, 52, Des Moines, IA	2:19:33	10:39
567	55 M50	Chuck Shives, 52, West Des Moines, IA	2:19:39	10:39
395	85 W30	Kady Korbel, 31*, Charles City, IA	2:19:51	10:40
396	28 W45	Michele Sundholm, 45*, Iowa Falls, IA	2:19:59	10:41
397	20 W50	Mari Thies, 53*, Iowa Falls, IA	2:19:59	10:41
398	65 W35	Cindy Carstens, 38*, Panora, IA	2:20:52	10:45
568	72 M35	Jason Whitingier, 38, Cedar Falls, IA	2:20:56	10:45
569	25 M55	Stephen Runde, 57, Marion, IA	2:21:02	10:45
399	66 W35	Heidi Markla, 35*, Urbandale, IA	2:21:10	10:46
400	87 W25	Heather Hendrix, 27*, Adel, IA	2:21:44	10:49
401	67 W35	Katie Jensen, 39*, Clive, IA	2:21:45	10:49
570	26 M55	Conroy Smith, 56, Des Moines, IA	2:21:58	10:50
571	56 M50	John Moran, 53, Story City, IA	2:22:03	10:50
402	44 W40	Melinda Allen, 42*, Waukee, IA	2:22:05	10:50
572	27 M55	John Doherty, 57, Urbandale, IA	2:22:06	10:50
573	57 M50	George Klotzbach, 51, Ames, IA	2:22:09	10:51
403	29 W45	Patricia Carlson, 47*, Atlantic, IA	2:22:22	10:52
574	12 M60	Thomas Hostetter, 60, Ames, IA	2:22:29	10:52
575	72 M25	Doug Vanwoert, 27, Urbandale, IA	2:22:29	10:52
404	45 W40	Kelly Richards, 41*, Ankeny, IA	2:22:30	10:52
405	53 W20	Nicole Izen, 23*, Storm Lake, IA	2:22:30	10:52
406	86 W30	Megan Boettcher, 30*, Ankeny, IA	2:22:31	10:52
407	54 W20	Stephanie Jones, 22*, Ames, IA	2:22:37	10:53
408	55 W20	Emily Havertape, 20*, Dubuque, IA	2:22:45	10:53
576	58 M50	Timothy Carlson, 52, Cedar Rapids, IA	2:22:48	10:54
409	56 W20	Joslyn Sailer, 20*, Cedar Falls, IA	2:22:51	10:54
577	3 M65	Bill Lawless, 68, Des Moines, IA	2:22:52	10:54
410	88 W25	Tania Craft, 25*, Cedar Rapids, IA	2:22:55	10:54
411	89 W25	Wendy R Dormer, 28*, Des Moines, IA	2:23:05	10:55
412	57 W20	Erika Milas, 21*, Des Moines, IA	2:23:11	10:55
578	115 M30	Jacob Auliff, 31, Des Moines, IA	2:23:18	10:56
413	90 W25	Ellen Morin, 28*, Overland Park, KS	2:23:23	10:56
414	91 W25	Melissa Chrystal, 29*, West Des Moines, IA	2:23:32	10:57
415	87 W30	Brenda Adams, 32*, Tama, IA	2:23:44	10:58
416	92 W25	Kristina Welsh, 27*, Des Moines, IA	2:23:51	10:58
417	88 W30	Emily Williams-Bouska, 32*, Des Moines, IA	2:23:51	10:58
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 Top				
418	30 W45	Shan Sasser, 45*, Winterset, IA	2:24:11	11:00
419	93 W25	Kristin Vance, 29*, Des Moines, IA	2:24:35	11:02
579	91 M40	Brian Vance, 41, Des Moines, IA	2:24:35	11:02
420	58 W20	Jennifer Domino, 22*, Charles City, IA	2:24:39	11:02

580	1 M70	Larry Reed, 72, Ankeny, IA	2:24:50	11:03
581	92 M40	Thomas Mayes, 41, Des Moines, IA	2:25:08	11:04
421	59 W20	Alyssa Slattum, 24*, Waterloo, IA	2:25:19	11:05
422	94 W25	Chandra Wheatley, 27*, West Des Moines, IA	2:25:25	11:06
582	116 M30	Jason Hammer, 32, West Des Moines, IA	2:25:26	11:06
423	60 W20	Mollie Smith, 20*, Emmetsburg, IA	2:25:44	11:07
424	61 W20	Hannah Reichert, 20*, Des Moines, IA	2:25:44	11:07
583	4 M65	Ken Reimer, 69, Elkader, IA	2:25:52	11:08
425	89 W30	Amy LaTendresse, 31*, Wellington, CO	2:26:08	11:09
426	90 W30	Kathlene Defoe, 31*, Des Moines, IA	2:26:12	11:09
427	91 W30	Jessica Kort, 34*, Grand Island, NE	2:26:12	11:09
428	62 W20	Brandy Schaepe, 22*, Bellevue, NE	2:26:13	11:09
429	95 W25	Melinda Lane, 27*, Bellevue, NE	2:26:13	11:09
430	68 W35	Monica Vanderheiden, 38*, Carroll, IA	2:26:17	11:10
431	69 W35	Gayle Kingery, 35*, Newton, IA	2:26:24	11:10
432	70 W35	Jen Hemmingsen, 35*, Storm Lake, IA	2:26:31	11:11
433	12 JrW	Sara Heffernen, 18*, Cedar Falls, IA	2:26:44	11:12
434	92 W30	Emily Hora, 30*, Des Moines, IA	2:26:57	11:13
435	71 W35	Beth Lash, 37*, Des Moines, IA	2:27:26	11:15
436	93 W30	Kelsey Marske, 31*, Shawnee, KS	2:27:27	11:15
437	21 W50	Tami Pfannebecker, 52*, Dardenne Prairie, MO	2:27:37	11:16
438	96 W25	Ashlee Lepa, 27*, West Des Moines, IA	2:28:07	11:18
439	63 W20	Kristen Nowak, 23*, Des Moines,, Ia	2:28:18	11:19
440	94 W30	Rachel Platt, 34*, Chicago, IL	2:28:23	11:19
441	22 W50	Janet Malmberg, 51*, Des Moines, IA	2:28:30	11:20
442	95 W30	Angie Dern, 31*, Carroll, IA	2:29:09	11:23
443	13 JrW	Anne Cox, 19*, West Des Moines, IA	2:29:21	11:24
584	13 M60	Neil Olson, 61, Boone, IA	2:29:25	11:24
585	69 M45	Art Dinkin, 45, Clive, IA	2:29:34	11:25
444	31 W45	Wendy Sontag, 48*, Ankeny, IA	2:29:43	11:25
445	32 W45	Kimberly Malloy, 48*, Des Moines, IA	2:29:47	11:25
446	97 W25	Erin Iossi, 26*, Richfield, MN	2:30:17	11:28
447	64 W20	Allison Bickle, 23*, Cedar Falls, IA	2:30:21	11:28
586	93 M40	Dean Keyt, 44, Adel, IA	2:31:16	11:32
587	14 JrM	Abbott Laprade, 12, Des Moines, IA	2:31:28	11:33
588	73 M35	Burch Laprade, 39, Des Moines, IA	2:31:28	11:33
448	72 W35	Donna Smith, 38*, Slater, IA	2:31:55	11:35
449	65 W20	Rebekah Hanson, 22*, Ames, IA	2:32:41	11:39
589	117 M30	Jason Korb, 31, Charles City, IA	2:32:45	11:39
450	98 W25	Krystal Tentinger, 29*, Ankeny, IA	2:33:15	11:41
451	66 W20	Elizabeth Marsden, 22*, Ames, IA	2:35:00	11:49
452	23 W50	Karen Hummel, 51*, North Oaks, MN	2:35:02	11:50
590	94 M40	Jim Ver Woert, 43, De Soto, IA	2:35:05	11:50
453	67 W20	Stephanie Gulvik, 24*, Madison, WI	2:35:20	11:51
454	68 W20	Ashley Gulvik, 22*, Des Moines, IA	2:35:20	11:51
455	99 W25	Pamela Skidmore, 27*, Gretna, NE	2:36:40	11:57
591	95 M40	Toby Hoy, 42, Van Meter, IA	2:36:43	11:57
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 Top				
456	69 W20	Jessica Taylor, 23*, Ventura, IA	2:37:16	12:00
457	70 W20	Krysta Grant, 23*, Des Monies, IA	2:37:16	12:00
458	100 W25	Emmeline Hallam, 26*, Ames, IA	2:39:34	12:10
592	44 M20	Michael Kelley, 22, Urbandale, IA	2:40:02	12:12
459	101 W25	Jamie Osmundson, 28*, Ames, IA	2:40:42	12:15
460	102 W25	Alisha Halvorsen, 25*, Iowa City, IA	2:42:13	12:22
461	103 W25	Melissa Cox, 26*, Ankeny, IA	2:42:40	12:24
462	104 W25	Jen Ransom, 27*, Truro, IA	2:43:00	12:26
593	96 M40	Daniel Lagrange, 40, West Des Moines, IA	2:43:53	12:30
594	118 M30	Adam Nosbisch, 32, Waverly, IA	2:44:48	12:34
463	96 W30	Rachel Nosbisch, 31*, Waverly, IA	2:44:48	12:34
595	119 M30	Tyson Burton, 32, Cedar Falls, IA	2:45:29	12:37
596	70 M45	Dan Hagerty, 46, Johnston, IA	2:49:07	12:54
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 Top				
597	120 M30	Ryan Dougan, 33, Sumner, IA	2:50:30	13:00
598	97 M40	Tim Scovel, 44, Cumming, IA	2:53:09	13:12

* indicates females

5 finishers among Males (no age given)

14 finishers among Men Under 20

44 finishers among Men 20 - 24

72 finishers among Men 25 - 29

120 finishers among Men 30 - 34

73 finishers among Men 35 - 39

97 finishers among Men 40 - 44

70 finishers among Men 45 - 49

58 finishers among Men 50 - 54

27 finishers among Men 55 - 59

13 finishers among Men 60 - 64

4 finishers among Men 65 - 69

1 finishers among Men 70 & Up
13 finishers among Women Under 20
70 finishers among Women 20 - 24
104 finishers among Women 25 - 29
96 finishers among Women 30 - 34
72 finishers among Women 35 - 39
45 finishers among Women 40 - 44
32 finishers among Women 45 - 49
23 finishers among Women 50 - 54
5 finishers among Women 55 - 59
1 finishers among Women 60 - 64
1 finishers among Women 65 - 69
1 finishers among Females (no age given)
598 male finishers
463 female finishers
1061 total finishers

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