

Drake Relays On-the-Roads 8 Kilometer

Des Moines, Iowa

April 24, 2004

50 degrees and cloudy

Results by Cal Murdock

[1/2 Marathon results here](#)

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	FINISHER	TIME	PACE
1	1 M20	Mike Morgan, 24, Lincoln, NE	24:29	4:55
Pace: 5:00 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 Top				
2	1 M25	Davey Neville, 29, Evanston, IL	24:54	5:01
3	2 M20	Erik Petersson, 24, Arlington, TX	25:03	5:02
4		Dan Haut, Iowa	25:25	5:07
5	3 M20	Jake Januszewski, 20, Perham, MN	25:51	5:12
6	4 M20	Chris Hagan, 22, Fargo, ND	25:56	5:13
7	5 M20	Jim McLaughlin, 23, Lincoln, NE	25:57	5:13
8		Joshua Maxwell, Drake	25:59	5:14
9		Abe Ramirez, Bradley	26:01	5:14
10	1 M30	Jamie Moreno, 32, Warrensburg, MO	26:15	5:17
11		Trent Graham, Northern Iowa	26:35	5:21
12	6 M20	Jamie Stanford, 23, Leon, IA	26:42	5:22
13	2 M25	Eric Hunt, 26, Aberdeen, SD	26:50	5:24
14	3 M25	Christopher Grossinger, 29, Shorewood, MN	26:51	5:24
15	2 M30	Drew Bach, 31, Cedar Rapids, IA	26:52	5:24
16		Eric Puschel, Bradley	26:56	5:25
17		Matt Parrilli, Bradley	27:00	5:26
18	4 M25	Jon Rathje, 25, Urbandale, IA	27:10	5:28
19		Eric Michel, Bradley	27:31	5:32
20	1 M40	Peter Guidinger, 42, Winona, MN	27:34	5:33
21	1 M35	Loran Storts, 39, Clive, IA	27:35	5:33
22	7 M20	Tim Ives, 23, Des Moines, IA	27:36	5:33
1	1 W30	Michelle Ihmels, 31*, Ames, IA	27:39	5:34
23	5 M25	Eric Kaluza, 25, St Paul, MN	27:43	5:35
24		Andrew Van Nurden, South Dakota State	27:43	5:35
25	1 M45	Douglas Clark, 47, Lawrence, KS	27:46	5:35
26	6 M25	J J Bailey, 29, Des Moines, IA	27:49	5:36
27		Rob Hruska, Nebraska Wesleyan	27:54	5:37
28		Nolan Hansen, Nebraska Wesleyan	28:03	5:39
29	3 M30	Patrick Riley, 30, Des Moines, IA	28:11	5:40
30		Tom Weerheim, South Dakota State	28:23	5:43
31		Jon Bohaty, Nebraska Wesleyan	28:30	5:44
2	2 W30	Suzanne Weeder, 33*, Seward, NE	28:33	5:45
32	2 M45	Jon Van Arkel, 45, Springfield, MO	28:34	5:45
33	8 M20	Jared Fletcher, 23, Winnipeg	28:46	5:47
34	9 M20	Barrett Barr, 21, Ames, IA	28:48	5:48
35	1 JrM	Andrew Lindberg, 19, Urbandale, IA	28:53	5:49
36	2 M35	Joe Thomas, 39, Kansas City, MO	29:06	5:51
37	3 M45	Bernie Wilder, 48, Davenport, IA	29:19	5:54
38	2 M40	Ed Lunsford, 41, Lees Summit, MO	29:21	5:54
3	3 W30	Renae Brown, 30*, Minneapolis, MN	29:22	5:54
39	7 M25	Zach Schendel, 25, St Paul, MN	29:22	5:54

40	4	M30	Todd Jones, 32, Ankeny, IA	29:28	5:56
41			Chris Gruenhagen, South Dakota State	29:34	5:57
42	3	M35	Nate Trebilcock, 36, Eden Prairie, MN	29:42	5:58
43			Ryan Egeberg, South Dakota State	29:46	5:59
Pace: 5:00 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 Top					
44	5	M30	Lucas Dewitt, 30, Spencer, IA	29:50	6:00
45	2	JrM	Scott Jedlicka, 18, Tipton, IA	29:54	6:01
46	4	M45	Steve Houseworth, 48, Carlock, IL	29:56	6:01
47	3	JrM	Abe Carls, 17, Tipton, IA	30:06	6:03
48	8	M25	Tim Osterhaus, 27, Carlisle, IA	30:06	6:03
49	9	M25	John McKlveen, 27, Evanston, IL	30:07	6:04
50	10	M25	Tim Rogers, 27, Orange City, IA	30:15	6:05
51	5	M45	Tom McBride, 48, Des Moines, IA	30:15	6:05
52	11	M25	Jason Halfpap, 28, West Des Moines, IA	30:17	6:05
53	6	M45	Timothy Armstrong, 47, Muscatine, IA	30:22	6:06
54	12	M25	Heben Olson, 27, Des Moines, IA	30:38	6:10
	4		Quinn Vermie*, Northern Iowa	30:42	6:10
55			Tad Stolley, Northern Iowa	30:42	6:11
56	7	M45	Clyde Lawler, 48, Marshalltown, IA	30:44	6:11
57	3	M40	Gregg Winkel, 43, Algona, IA	30:48	6:12
58	1	M55	Dale Roe, 56, Madison, WI	30:50	6:12
59	1	M50	Mark Davis, 51, Adel, IA	31:18	6:18
60	13	M25	Steve Houg, 29, West Des Moines, IA	31:21	6:18
	5		Jenni Capista*	31:23	6:19
61	4	M35	Layne Anderson, 36, Iowa City, IA	31:24	6:19
62	4	M40	Shinji Yoda, 40, West Des Moines, IA	31:25	6:19
	6	1	W45 Ann Ringlein, 46*, Lincoln, NE	31:26	6:19
63	2	M55	Ken Klipp, 55, Kankakee, IL	31:27	6:20
64	6	M30	Neal Groteluschen, 32, West Des Moines, IA	31:31	6:20
65	5	M40	Timothy Squiers, 42, Belle Plaine, IA	31:47	6:24
	7		Jane Daniels*, Bradley	31:50	6:24
66	6	M40	Ed Bell, 44, Clive, IA	31:54	6:25
	8	1	W20 Kristy Feldman, 24*, West Des Moines, IA	31:58	6:26
	9		Merry Ashley*	32:04	6:27
10			Vanessa Menze*, Iowa	32:04	6:27
67	7	M40	Chris Nelson, 41, Naperville, IL	32:08	6:28
68	1	M60	Ronald McKay, 60, Chariton, IA	32:11	6:28
69	4	JrM	Nick Gallagher, 14, Bedford, IA	32:12	6:29
70	2	M50	John Garrison, 52, Prairie Villa, KS	32:15	6:29
71	8	M45	Rick Gubbels, 46, Des Moines, IA	32:16	6:29
72	5	M35	Curt Retz, 38, West Des Moines, IA	32:16	6:30
	11		Lisa Murer*, Nebraska Wesleyan	32:21	6:30
12	1	W35	Christine Price, 35*, Des Moines, IA	32:23	6:31
13	4	W30	Jenny Weber, 31*, West Des Moines, IA	32:26	6:31
	14		Amanda Ganser*, Iowa State	32:27	6:32
15			Caleigh Barker*, Nebraska Wesleyan	32:29	6:32
73	3	M55	Alan Rock, 58, Stratford, WI	32:30	6:32
74	8	M40	Dan Gustafson, 41, West Des Moines, IA	32:36	6:33
75	5	JrM	Adam Bedwell, 15, Urbandale, IA	32:44	6:35
76	7	M30	Dave Olsen, 31, Des Moines, IA	32:46	6:35
77	6	M35	Sam Trebilcock, 38, Sioux Falls, SD	32:47	6:36
78	3	M50	Chuck Clark, 53, Carroll, IA	32:54	6:37
79	8	M30	Brett Christensen, 33, West Des Moines, IA	32:56	6:38
80	7	M35	Bob Layton, 38, Urbandale, IA	32:58	6:38
	16		Sarah Westrick*, Bradley	32:59	6:38
81	9	M30	Reed Rinderknecht, 34, Clive, IA	33:00	6:38
82	9	M40	Michael Danielson, 40, Tonka Bay, MN	33:02	6:39
83	10	M30	Todd Ehler, 32, Omaha, NE	33:06	6:40
84	10	M40	John Sauerhage, 41, Arlington, TX	33:09	6:40
17	1	W40	Vicki Nelson, 43*, Sioux Falls, SD	33:11	6:40
18	2	W35	Lisa Klein, 35*, Des Moines, IA	33:13	6:41
85	10	M20	Joe Vanderzee, 24, Iowa City, IA	33:20	6:42
86	8	M35	David Clark, 39, St. Paul, MN	33:20	6:42
87	4	M50	Rick Hagan, 54, Urbandale, IA	33:29	6:44

88	9	M45 Ted Bulling, 46, Lincoln, NE	33:31	6:45
89	10	M45 Jerry Murphy, 49, Ankeny, IA	33:31	6:45
19	1	W25 Heather Kalous, 29*, Vinton, IA	33:34	6:45
90	6	JrM Marcus Mosher, 16, Colfax, IA	33:38	6:46
91	14	M25 Morgan Parker, 26, Pella, IA	33:46	6:47
20		Meredith McKean*, Iowa State	33:47	6:48
92	11	M20 Lucas Bennett, 24, Coralville, IA	33:51	6:49
93	9	M35 Jon Stahl, 39, Urbandale, IA	33:52	6:49
94	7	JrM Nathan Wise, 19, Des Moines, IA	33:52	6:49
95	11	M40 Mike Warren, 43, Marshalltown, IA	33:55	6:49
96	2	M60 Bruce Mortenson, 60, Minnetonka, MN	33:57	6:50
97	11	M30 Doug Bertossi, 32, St Louis Park, MN	33:59	6:50
98	12	M40 Randall Webb, 42, Boone, IA	33:59	6:50
99	13	M40 Greg Stolze, 44, Williamsburg, IA	34:04	6:51
100	11	M45 Dan Weber, 46, Manteno, IL	34:09	6:52
21		Lindsey Nye*, Iowa State	34:16	6:54
101	12	M45 Gene Niemi, 46, Minneapolis, MN	34:19	6:54
102	10	M35 Steve Andreasen, 37, Sioux City, IA	34:23	6:55
103	12	M30 Ryun Godfrey, 31, Fargo, ND	34:24	6:55
104	14	M40 Jim Parker, 41, Des Moines, IA	34:25	6:55
105	15	M25 Jay Rewerts, 25, Urbandale, IA	34:26	6:56
22	2	W40 Michelle Deverell, 41*, Mason City, IA	34:26	6:56
106	4	M55 Georg Burg, 57, Overland Park, KS	34:27	6:56
107	13	M45 David Coyne, 47, St. Paul, MN	34:28	6:56
108	11	M35 Guy Pareti, 35, Ankeny, IA	34:30	6:56
109	12	M35 Ronald Molteni, 38, Jefferson City, MO	34:35	6:57
110	13	M35 Mark Smith, 39, Chicago, IL	34:35	6:57
111	14	M35 Philip Doud, 39, Clive, IA	34:36	6:58
112	5	M50 Jim Fletcher, 52, Fort Dodge, IA	34:41	6:59
113	15	M35 Rodney DeCoster, 39, Clarion, IA	34:42	6:59
114	16	M35 Greg Goodman, 39, Ames, IA	34:44	6:59
115	15	M40 Rob Wheeler, 40, Des Moines, IA	34:44	6:59
Pace: 5:00 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 Top				
23		Kelly Allen*, Drake	34:48	7:00
116	6	M50 Jim Boughton, 50, Dubuque, IA	34:50	7:00
117	5	M55 Greg Dennis, 55, Clinton, IA	34:52	7:01
118	14	M45 Brian Smith, 46, Omaha, NE	34:53	7:01
119	7	M50 Michael Wassinger, 50, Hastings, NE	34:54	7:01
120	6	M55 Glenn Morse, 55, Massapequa, NY	34:56	7:02
121	17	M35 Jon Espenscheid, 38, Marshalltown, IA	34:57	7:02
122	8	M50 Mark Wilberts, 51, Shoreview, MN	34:58	7:02
24	2	W20 Nicole Kreber, 20*, Ames, IA	35:00	7:02
25	2	W25 Deana Hoganson, 26*, Des Moines, IA	35:02	7:03
123	3	M60 Gene Peterson, 60, Des Moines, IA	35:06	7:04
124	9	M50 Fred Fedewa, 52, Wheaton, IL	35:09	7:04
125	12	M20 Tim Tesar, 20, Des Moines, IA	35:12	7:05
26	3	W25 Jennifer Halfpap, 27*, West Des Moines, IA	35:13	7:05
126	16	M40 Joe Dupre, 40, Pella, IA	35:15	7:05
127	17	M40 Michael Meyer, 40, Omaha, NE	35:15	7:06
128	18	M35 Johnny Robb, 35, West Des Moines, IA	35:16	7:06
27		Cara Van Eck*, Iowa State	35:17	7:06
28		Krysta Metz*, Iowa State	35:17	7:06
29	5	W30 Heidi Hoganson, 30*, Des Moines, IA	35:18	7:06
129	15	M45 Brian Piper, 49, Western Springs, IL	35:22	7:07
130	16	M25 Aaron From, 26, Iowa City, IA	35:28	7:08
30	3	W40 Pamela Gray, 42*, McPherson, KS	35:29	7:08
131	17	M25 Anthony Cendana, 28, West Des Moines, IA	35:32	7:09
132	10	M50 Roger Heinle, 54, Whiting, IA	35:33	7:09
133	18	M40 Joe Penticoff, 43, Cedar Rapids, IA	35:34	7:09
134	18	M25 Stew Bevis, 29, Altoona, IA	35:43	7:11
135	19	M35 John Rehard, 38, Des Moines, IA	35:45	7:11
31	6	W30 Ginger Miller, 33*, Ankeny, IA	35:49	7:12
136	13	M20 Eric Nonnecke, 20, Roland, IA	35:50	7:13
32	3	W20 Marie Zach, 23*, Cedar Rapids, IA	35:51	7:13

33	4	W40	Rae Letourneau, 42*, West Des Moines, IA	35:54	7:13
137	8	JrM	Erik Jolivette, 13, Garner, IA	35:57	7:14
138	19	M25	James Clevenger, 25, Urbandale, IA	35:58	7:14
34	4	W20	Sarah Hradek, 23*, Adel, IA	35:59	7:14
139	11	M50	Steve Sondall, 54, Marshalltown, IA	36:03	7:15
140	20	M35	Brad Rounds, 36, Ankeny, IA	36:03	7:15
35	4	W25	Jody Beaumont, 27*, Norwalk, IA	36:04	7:15
141	13	M30	Andrew Schmidt, 33, Urbandale, IA	36:04	7:15
142	16	M45	Tim Boller, 47, Cedar Falls, IA	36:05	7:15
143	20	M25	Nathan Brown, 25, Ames, IA	36:13	7:17
144	19	M40	Greg Courtney, 44, Ames, IA	36:15	7:18
145	7	M55	Darrell Batterson, 56, Laurel, IA	36:16	7:18
36	5	W25	Stephanie Downey, 25*, Chicago, IL	36:16	7:18
146	12	M50	Joe Blunk, 52, Ames, IA	36:17	7:18
147	9	JrM	Timothy Cox, 19, McPherson, KS	36:19	7:18
148	14	M20	Matthew Skeens, 22, Johnston, IA	36:20	7:18
149	15	M20	Jason Brehmer, 24, Des Moines, IA	36:23	7:19
150	21	M25	Benjamin Schlicher, 25, Des Moines, IA	36:23	7:19
37	1	JrW	Casey Baustian, 18*, Cedar Rapids, IA	36:29	7:20
38	1	W50	Faye Berger, 56*, Golden Valley, MN	36:31	7:21
39			Tiffany Mack*, Bradley	36:33	7:21
151	17	M45	Jonathan Wendel, 49, Ames, IA	36:34	7:21
152	14	M30	Eric Sorensen, 34, West Des Moines, IA	36:47	7:24
153	21	M35	David Roedl, 35, Lake Mills, WI	36:48	7:24
154	20	M40	Andy Roat, 42, Des Moines, IA	36:50	7:25
155	15	M30	Thomas Joensen, 32, Ankeny, IA	36:52	7:25
156	18	M45	Randy Mundt, 48, Urbandale, IA	36:53	7:25
40	5	W20	Michelle Karhoff, 22*, Ames, IA	36:57	7:26
157	21	M40	Duane Lawrence, 40, Urbandale, IA	36:58	7:26
41	6	W25	Sarah Miller, 27*, Noblesville, IN	36:58	7:26
42	7	W25	Carissa Romberg, 25*, Tucson, AZ	36:59	7:26
158	13	M50	Dan Tesar, 50, Fullerton, CA	36:59	7:26
159	19	M45	Doug Lockwood, 48, Storm Lake, IA	37:00	7:27
160	22	M40	Kevin Heintz, 44, Ankeny, IA	37:06	7:28
161	23	M40	Duane Wise, 44, Des Moines, IA	37:09	7:28
162	16	M30	Ronald Crees, 34, Bondurant, IA	37:12	7:29
163	22	M25	David Svoboda, 27, Lincoln, NE	37:20	7:31
164	22	M35	Dave Salaba, 39, Cumming, IA	37:21	7:31
43	6	W20	Jamie Nemmers, 22*, Cedar Falls, IA	37:22	7:31
165	23	M35	Dan Holm, 39, Ankeny, IA	37:22	7:31
44	7	W30	Shelly Law, 31*, Des Moines, IA	37:23	7:31
166	20	M45	Brad Shipman, 49, Van Meter, IA	37:23	7:31
167	24	M40	Michael Obrien, 40, Des Moines, IA	37:24	7:31
168	25	M40	Jerry Gerami, 42, Hinsdale, IL	37:25	7:32
45	8	W30	Amy Hoseth, 31*, Alexandria, VA	37:27	7:32
169	24	M35	Brian Terhark, 35, Waukee, IA	37:28	7:32
170	21	M45	Jon Leinen, 45, Des Moines, IA	37:29	7:32
171	25	M35	Jeff Bevis, 35, Johnston, IA	37:30	7:33
172	14	M50	Mark Hanson, 51, Ankeny, IA	37:31	7:33
46	5	W40	Jodie Cleveland, 41*, Wheaton, IL	37:32	7:33
173	26	M40	Greg Hennessy, 40, Naperville, IL	37:32	7:33
174	8	M55	Dan Gould, 59, Kankakee, IL	37:33	7:33
47	7	W20	Jill Spomer, 20*, Ankeny, IA	37:34	7:33
175	22	M45	Dennis Beckman, 48, Urbandale, IA	37:34	7:33
48	2	JrW	Kelsey Stueland, 16*, Tipton, IA	37:35	7:34
176	27	M40	James Ramsey, 41, Des Moines, IA	37:35	7:34
49	8	W20	Dana Boomhower, 20*, Des Moines, IA	37:39	7:34
50	2	W45	Nancy Willert, 47*, Nevada, IA	37:42	7:35
177	15	M50	Denny Hoyt, 51, Ames, IA	37:42	7:35
178	16	M50	Daniel Boomhower, 53, Apple Valley, MN	37:43	7:35
179	26	M35	William Staplin, 35, Des Moines, IA	37:44	7:35
180	17	M30	Paul Castillo, 33, Creston, IA	37:50	7:37
181	17	M50	Galen Wilke, 52, Ames, IA	37:53	7:37
51	9	W20	Amanda Ives, 23*, Des Moines, IA	37:54	7:37
182	27	M35	Bryan Brownsberger, 35, Des Moines, IA	37:58	7:38

52	10	W20 Tonia Burgard, 22*, West Des Moines, IA	38:00	7:39
183	4	M60 David Block, 61, Ames, IA	38:01	7:39
53	3	JrW Melanie Wise, 17*, Des Moines, IA	38:04	7:39
184	16	M20 Jake Lawrence, 22, Des Moines, IA	38:06	7:40
185	9	M55 William Bails, 55, Stanwood, IA	38:07	7:40
186	28	M35 Eric Jones, 38, Waukee, IA	38:10	7:41
54	9	W30 Susan Epp, 32*, West Des Moines, IA	38:12	7:41
187	23	M45 Randy Minear, 46, West Des Moines, IA	38:13	7:41
188	10	M55 Chuck Parsons, 55, Kankakee, IL	38:14	7:42
55	4	JrW Torin Mallonee, 13*, Cedar Rapids, IA	38:16	7:42
189	29	M35 Brian Rounds, 38, Omaha, NE	38:18	7:42
56	10	W30 Christen Schipper, 33*, Clive, IA	38:20	7:43
190	18	M50 Terry Sacre, 53, Cedar Falls, IA	38:20	7:43
57	11	W30 Joey Hullinger, 33*, Davis City, IA	38:21	7:43
191	10	JrM Aaron Griffin, 18, Perry, IA	38:21	7:43
192	24	M45 Jim Blaser, 49, Minneapolis, MN	38:22	7:43
193	28	M40 Keith Lewandowski, 40, Wichita, KS	38:23	7:43
194	29	M40 Stephen Kohl, 41, Chicago, IL	38:24	7:43
195	18	M30 Geoff Christy, 34, Urbandale, IA	38:25	7:44
58	5	JrW Lindsay Krahmer, 19*, Des Moines, IA	38:25	7:44
196	30	M40 Peter Erpenbach, 44, Minneapolis, MN	38:26	7:44
59	12	W30 Wendy Hanson, 31*, Urbandale, IA	38:26	7:44
197	31	M40 Kevin Allen, 44, St. Clair, MN	38:27	7:44
198	32	M40 Mark Sybilrud, 43, Fairbault, MN	38:28	7:44
199	25	M45 Alan Farley, 45, Perry, IA	38:28	7:44
200	23	M25 Tom Kruse, 29, Lincoln, NE	38:29	7:45
60	13	W30 Julie Horton, 33*, Urbandale, IA	38:30	7:45
201	24	M25 Cal Wilson, 29, Fort Dodge, IA	38:34	7:45
202	19	M50 Dave Jagger, 54, Moline, IL	38:39	7:46
203	11	M55 Robert Wilson, 55, Rock Island, IL	38:39	7:46
204	30	M35 Jon Thompson, 37, Urbandale, IA	38:39	7:47
205	17	M20 Eric Nelson, 24, West Des Moines, IA	38:40	7:47
206	26	M45 Rick Davis, 45, Des Moines, IA	38:42	7:47
207	20	M50 Bill Parton, 51, Altoona, IA	38:44	7:47
208	25	M25 David Canfield, 25, Ottumwa, IA	38:44	7:48
61	3	W35 Heidi Kramer, 37*, Johnston, IA	38:46	7:48
209	31	M35 Tom Leahy, 36, Urbandale, IA	38:47	7:48
62	6	JrW Toni Harshbarger, 17*, Ankeny, IA	38:48	7:48
210	19	M30 Philip Behrends, 31, Des Moines, IA	38:48	7:48
211	33	M40 Jeff Kling, 42, Sully, IA	38:50	7:49
63	14	W30 Kara Feddersen, 31*, West Des Moines, IA	38:50	7:49
212	32	M35 Marty Walsh, 35, San Diego, CA	38:51	7:49
213	34	M40 Dave Joensen, 42, Ames, IA	38:52	7:49
64	7	JrW Amy Garrett, 19*, Pleasant Hill, IA	38:54	7:50
65	15	W30 Kristin Rinderknecht, 33*, Clive, IA	38:58	7:50
66	2	W50 Nancy Harvey, 50*, Ankeny, IA	39:00	7:51
67	16	W30 Katie Thilges, 30*, Ankeny, IA	39:02	7:51
68	8	W25 Sami Schinnell, 26*, Redmond, OR	39:05	7:52
214	18	M20 Tim Moran, 21, Story City, IA	39:07	7:52
215	21	M50 Steve Pecenka, 54, Boone, IA	39:08	7:52
216	22	M50 Greg Taylor, 54, Cedar Rapids, IA	39:11	7:53
217	27	M45 Marshall Greiman, 45, Urbandale, IA	39:11	7:53
218	20	M30 Kris Vanderkamp, 32, Ankeny, IA	39:13	7:53
219	35	M40 John Beals, 42, Des Moines, IA	39:14	7:54
220	36	M40 Joel Peterson, 40, Webster City, IA	39:15	7:54
221	28	M45 Tom Noteboom, 48, Johnston, IA	39:16	7:54
222	21	M30 John Flaugh, 30, Ankeny, IA	39:20	7:55
223	37	M40 Jeff Smith, 43, Indianola, IA	39:28	7:56
224	23	M50 Randy Lussenden, 54, Morris, MN	39:29	7:57
225	29	M45 John Curtin, 48, Des Moines, IA	39:30	7:57
69	11	W20 Kristen Williamson, 24*, West Des Moines, IA	39:31	7:57
70	9	W25 Amy Hanrahan, 25*, West Des Moines, IA	39:31	7:57
71	3	W45 Cindy Nemmers, 48*, Cedar Falls, IA	39:31	7:57
72	12	W20 Katy Malloy, 24*, West Des Moines, IA	39:37	7:58

226	30	M45 Jon Williams, 45, Urbandale, IA	39:37	7:58
227	24	M50 Bob Weieneth, 52, Webster City, IA	39:37	7:58
228	5	M60 Paul Oppenheim, 60, Oak Park, IL	39:38	7:58
229	26	M25 Matt Powelka, 28, Cedar Rapids, IA	39:38	7:58
73	6	W40 Christy Weckerlin, 40*, Urbandale, IA	39:39	7:59
230	11	JrM Carter Casmaer, 18, Des Moines, IA	39:39	7:59
Pace: 5:00 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 Top				

74	13	W20 Jane Vandevanter, 21*, Des Moines, IA	39:45	8:00
231	22	M30 Jeff Osborn, 34, West Des Moines, IA	39:46	8:00
232	6	M60 Jerry Triplett, 70, Winterset, IA	39:47	8:00
233	25	M50 Andy Wignall, 50, Ankeny, IA	39:49	8:01
234	31	M45 Ross Rowley, 49, Apple Valley, MN	39:50	8:01
75	4	W45 Coleen Rowley, 49*, Apple Valley, MN	39:50	8:01
235	33	M35 Will Stein, 35, Ames, IA	39:51	8:01
76	10	W25 Nikki Kitner, 29*, Independence, IA	39:53	8:01
77	11	W25 Sara Struckman, 26*, Des Moines, IA	39:54	8:02
236	32	M45 Jim Christenson, 46, Des Moines, IA	39:55	8:02
237	34	M35 Joseph Bantz, 37, West Des Moines, IA	39:56	8:02
78	17	W30 Lori Vermie, 33*, Bondurant, IA	39:57	8:02
238	26	M50 Greg Jobe, 50, Marion, IA	39:59	8:03
79	14	W20 Lynn Freehill, 20*, Des Moines, IA	40:01	8:03
239	27	M50 John Doherty, 50, Urbandale, IA	40:01	8:03
240	28	M50 Robert Rigg, 50, Des Moines, IA	40:05	8:04
241	33	M45 Don Croghan, 48, Knoxville, IA	40:06	8:04
242	27	M25 Jason Pewe, 29, Urbandale, IA	40:07	8:04
243	34	M45 Stephen McCoy, 45, Cedar Rapids, IA	40:08	8:04
244	38	M40 John Urban, 43, Clive, IA	40:08	8:04
245	23	M30 Dennis Niedermeier, 34, Ankeny, IA	40:09	8:05
246	35	M35 John Sparks, 35, Ames, IA	40:10	8:05
247	29	M50 Peter Crawford, 53, Red Oak, IA	40:11	8:05
80	7	W40 Sherri Geneser, 43*, Granger, Ia	40:13	8:05
248	35	M45 Bill Stevenson, 48, West Des Moines, IA	40:14	8:06
249	36	M35 John Goedken, 35, Des Moines, IA	40:15	8:06
81	8	W40 Nola Seaberg, 42*, Des Moines, IA	40:16	8:06
250	37	M35 Douglas Cairney, 39, West Des Moines, IA	40:16	8:06
251	28	M25 Paul Gratton, 26, West Des Moines, IA	40:21	8:07
252	29	M25 Dennis Grove, 29, Des Moines, IA	40:24	8:08
82	12	W25 Jill Derscheid, 25*, Pleasant Hill, IA	40:28	8:08
253	39	M40 Dre Waelput, 43, Des Moines, IA	40:28	8:09
83	9	W40 Kristie Bauer, 44*, Des Moines, IA	40:32	8:09
254	12	JrM Spencer Morris, 18, Urbandale, IA	40:34	8:10
255	38	M35 Ron Shortenhaus, 39, West Des Moines, IA	40:35	8:10
256	30	M50 Michael McEnroe, 52, West Des Moines, IA	40:38	8:10
257	40	M40 Jim Lemonds, 43, Sioux Falls, SD	40:40	8:11
258	41	M40 Randy Bamsey, 44, Des Moines, IA	40:41	8:11
259	7	M60 Larry Detwiler, 60, Des Moines, IA	40:42	8:11
260	24	M30 Brian Smith, 33, Ames, IA	40:43	8:11
84	4	W35 Melissa Seivert, 39*, Granger, Ia	40:45	8:12
85	15	W20 Casey Graham, 22*, Desmoines, IA	40:45	8:12
261	31	M50 Tom Farr, 51, Des Moines, IA	40:48	8:12
86	18	W30 Beth Chapman, 30*, West Des Moines, IA	40:48	8:13
262	32	M50 John LaMarche, 54, Des Moines, IA	40:49	8:13
263	12	M55 Dick Graham, 57, West Union, IA	40:49	8:13
264	39	M35 Kelly Parisho, 36, Des Moines, IA	40:51	8:13
265	36	M45 Mike Zuendel, 49, Des Moines, IA	40:52	8:13
87	19	W30 Gale Christensen, 33*, West Des Moines, IA	40:52	8:13
88	3	W50 Colette Scott, 50*, Rock Valley, IA	40:52	8:13
266	8	M60 Paul Larson, 64, Garner, IA	40:54	8:14
267	37	M45 Bill Brand, 45, Marshalltown, IA	40:55	8:14
89	20	W30 Jennifer Trygstad, 31*, West Des Moines, IA	40:56	8:14
268	25	M30 Clark Ullerich, 30, Oskaloosa, IA	40:56	8:14
90	16	W20 Sarah Johnson, 22*, Ames, IA	40:56	8:14
269	40	M35 James Jacobsen, 38, Winterset, IA	40:57	8:14
91	13	W25 Mandy Russell, 28*, Des Moines, IA	40:57	8:14

92	21	W30 Jenni Bourque, 32*, New York, NY	40:57	8:14
93	14	W25 Tally Whitmire, 25*, Des Moines, IA	40:58	8:15
270	38	M45 Mark Johnston, 47, West Des Moines, IA	40:59	8:15
94	15	W25 Robyn Buddin, 25*, Urbandale, IA	41:02	8:15
271	13	M55 Moe Russell, 55, Panora, IA	41:02	8:15
272	33	M50 Lawain Judisch, 54, Tripoli, IA	41:04	8:16
273	30	M25 Paul Hassebroek, 26, Des Moines, IA	41:04	8:16
274	41	M35 David Niemeyer, 38, Bellevue, NE	41:05	8:16
275	42	M35 Jeff Enga, 39, Ankeny, IA	41:06	8:16
276	34	M50 Jack Sandmeier, 51, Knoxville, IA	41:06	8:16
277	26	M30 A J Groathouse, 33, Urbandale, IA	41:07	8:16
95	5	W35 Laura Frescoln, 36*, Ames, IA	41:08	8:16
278	31	M25 Scott Pearson, 28, West Des Moines, IA	41:09	8:17
279	43	M35 Harold Barnes, 35, Newton, IA	41:10	8:17
96	22	W30 Lori Kiene, 31*, Ankeny, IA	41:11	8:17
280	44	M35 Ronald TeKippe, 37, Earlham, IA	41:14	8:18
281	42	M40 Jeff Cesler, 41, Ames, IA	41:14	8:18
282	14	M55 Norm Ostbloom, 57, Des Moines, IA	41:16	8:18
283	43	M40 Mark Hewitt, 40, Ventura, IA	41:16	8:18
284	35	M50 Don Dauterive, 52, Ames, IA	41:17	8:18
97	23	W30 Val Niedermeier, 33*, Ankeny, IA	41:17	8:18
98	24	W30 Angie Neville, 34*, Bondurant, IA	41:18	8:18
99	25	W30 Lea Morris, 32*, Altoona, IA	41:20	8:19
285	27	M30 Troy Morris, 32, Altoona, IA	41:20	8:19
100	10	W40 Deanna Holbrook, 43*, Des Moines, IA	41:21	8:19
286	32	M25 Kurt Olson, 25, West Des Moines, IA	41:21	8:19
101	11	W40 Mary Sprecher, 41*, West Des Moines, IA	41:22	8:19
102	26	W30 Brooke Lovelace, 33*, Des Moines, IA	41:25	8:20
287	19	M20 Jacob Huck, 23, Des Moines, IA	41:26	8:20
288	45	M35 John Gilliland, 37, West Des Moines, IA	41:28	8:20
289	39	M45 Tony Wilson, 47, Dallas Center, IA	41:29	8:21
290	36	M50 Bill Linn, 51, Bourbonnais, IL	41:30	8:21
291	15	M55 Larry Lane, 55, Reddick, IL	41:30	8:21
292	40	M45 Jim Rasmussen, 45, Ankeny, IA	41:32	8:21
293	44	M40 Craig Julsen, 42, Des Moines, IA	41:32	8:21
294	9	M60 Don Muff, 67, Ames, IA	41:34	8:22
103	12	W40 Barbara Rothfus, 42*, Grimes, IA	41:34	8:22
104	27	W30 Regina Doerning, 31*, West Des Moines, IA	41:35	8:22
105	17	W20 Missy Lamoreaux, 21*, Chaska, MN	41:37	8:22
295	28	M30 Jeff Brock, 33, West Des Moines, IA	41:38	8:22
296	33	M25 Rob Brock, 25, West Des Moines, IA	41:38	8:23
297	34	M25 Jonathan Vande Krol, 26, Clive, IA	41:39	8:23
106	18	W20 Miranda Lund, 21*, Indianola, IA	41:40	8:23
107	16	W25 Julie Leonard, 26*, Urbandale, IA	41:41	8:23
298	29	M30 Dave Van Den Bosch, 33, Urbandale, IA	41:43	8:24
108	8	JrW Malorie Jones, 19*, Maryville, MO	41:45	8:24
299	46	M35 Marty Swanson, 37, Ogden, IA	41:46	8:24
109	6	W35 Lisa Gran-Hartshorn, 38*, West Des Moines, IA	41:48	8:24
110	17	W25 Gretchen Haas, 26*, St Paul, MN	41:49	8:25
300	45	M40 Steve Pick, 40, West Des Moines, IA	41:49	8:25
301	47	M35 Tom DeTaeye, 39, Clive, IA	41:50	8:25
302	48	M35 Frank Nanne, 38, Clive, IA	41:52	8:25
111	18	W25 Melissa Phillips, 28*, Saint Charles, IA	41:53	8:25
303	16	M55 Tom Leffler, 58, Johnston, IA	41:53	8:26
304	20	M20 Matthew Friesleben, 24, West Des Moines, IA	41:54	8:26
112	19	W20 Lindsey Severson, 24*, West Des Moines, IA	41:55	8:26
305	49	M35 Todd Rowland, 39, Knoxville, IA	41:59	8:27
306	30	M30 David Lagrange, 34, Winterset, IA	42:04	8:28
307	17	M55 Peter Woitz, 55, Indianola, IA	42:06	8:28
308	37	M50 Dennis Lincicum, 53, Ankeny, IA	42:07	8:28
309	21	M20 David Fast, 22, Des Moines, IA	42:08	8:28
310	31	M30 Jon Chase, 32, West Des Moines, IA	42:08	8:29
311	41	M45 Charlie Lozier, 45, Des Moines, IA	42:09	8:29
312	38	M50 Nick Messamer, 54, Oskaloosa, IA	42:11	8:29

313	50	M35 James Foster, 36, West Des Moines, IA	42:11	8:29
113	7	W35 Melinda Hanrahan, 38*, Urbandale, IA	42:13	8:30
114	8	W35 Pat Glawe, 37*, Johnston, IA	42:14	8:30
314	39	M50 Mike Flattery, 54, Des Moines, IA	42:14	8:30
115	19	W25 Chris Hauge, 28*, Ankeny, IA	42:15	8:30
315	32	M30 Darren Herrold, 32, Cambridge, IA	42:16	8:30
316	51	M35 Ahmed Ibrahim, 36, Clive, IA	42:17	8:30
116	5	W45 Julie Younger, 45*, Ankeny, IA	42:19	8:31
317	42	M45 Chris Mitchell, 48, Ankeny, IA	42:21	8:31
318	40	M50 Larry Jenkins, 53, Ames, IA	42:22	8:31
319	10	M60 Noel Johnson, 61, Denison, IA	42:23	8:32
320	43	M45 Donald Little, 45, Des Moines, IA	42:24	8:32
321	11	M60 Robert Meyers, 60, Ottumwa, IA	42:25	8:32
322	33	M30 Josh Levy, 30, Chicago, IL	42:26	8:32
323	46	M40 Gregory Dockum, 44, Des Moines, IA	42:26	8:32
324	35	M25 Harold Otis, 28, Des Moines, IA	42:27	8:32
117	28	W30 Laura Lanigan, 33*, Urbandale, IA	42:29	8:33
325	52	M35 Jeff Sharpe, 35, West Des Moines, IA	42:29	8:33
326	12	M60 James Levy, 67, Des Moines, IA	42:34	8:34
327	34	M30 Gregg Rounds, 32, Clive, IA	42:36	8:34
328	41	M50 Mark Snowden, 51, Newton, IA	42:37	8:34
329	18	M55 Jerry Mays, 55, Marion, IA	42:38	8:35
330	42	M50 Don Jessen, 51, Colfax, IA	42:38	8:35
331	35	M30 Chris Burch, 33, Des Moines, IA	42:45	8:36
332	13	M60 John Beamer, 64, Des Moines, IA	42:47	8:36
333	47	M40 David Probasco, 43, Urbandale, IA	42:49	8:37
334	53	M35 Rob Klinkner, 36, West Des Moines, IA	42:51	8:37
335	54	M35 Tim Mullins, 38, Boone, IA	42:51	8:37
118	13	W40 Donna Ramsey, 44*, Des Moines, IA	42:51	8:37
119	9	JrW Tanna Harshbarger, 19*, Ankeny, IA	42:55	8:38
120	14	W40 Julie Schuck, 41*, Urbandale, IA	42:56	8:38
336	44	M45 Dennis Rustad, 48, Des Moines, IA	42:58	8:39
337	55	M35 John Durman, 39, Waukee, IA	42:58	8:39
121	20	W20 Gina Fiedler, 20*, Cedar Rapids, IA	42:59	8:39
338	45	M45 David Maggitt, 49, Golden Valley, MN	43:01	8:39
339	36	M30 Aaron Nord, 32, Pleasant Hill, IA	43:01	8:39
340	37	M30 Kane Harrington, 33, Boone, IA	43:01	8:39
341	46	M45 Bart Gray, 49, McPherson, KS	43:02	8:39
342	36	M25 Mark Alberico, 27, Des Moines, IA	43:03	8:40
122	9	W35 Debra Delaet, 36*, Iowa City, IA	43:07	8:41
123	10	W35 Carlyn Crowe, 38*, Des Moines, IA	43:09	8:41
124	11	W35 Bonnie Braatz, 38*, West Des Moines, IA	43:09	8:41
343	43	M50 Tom Clyne, 53, Clive, IA	43:10	8:41
344	14	M60 Gene Harding, 73, Des Moines, IA	43:11	8:41
125	12	W35 Donna Kirby, 37*, West Des Moines, IA	43:11	8:41
126	13	W35 Nancy Hildreth, 37*, Louisburg, KS	43:12	8:41
345	44	M50 Karl Yuska, 52, Urbandale, IA	43:14	8:42
346	45	M50 George Barton, 52, Mission Hills, KS	43:14	8:42
127	21	W20 Elizabeth Hahn, 24*, Ames, IA	43:17	8:42
128	20	W25 Sara Lynott, 25*, Urbandale, IA	43:20	8:43
347	46	M50 Rick Johnson, 53, West Des Moines, IA	43:23	8:44
348	47	M45 Darwin Schmig, 46, Des Moines, IA	43:26	8:44
349	38	M30 Mike Eilers, 34, Indianola, IA	43:26	8:44
350	19	M55 Dale Teeter, 56, Algona, IA	43:28	8:45
351	20	M55 Dave Rosonke, 58, Algona, IA	43:28	8:45
129	29	W30 Kristine Cook, 31*, Creston, IA	43:29	8:45
130	14	W35 Donna Richardson, 36*, Des Moines, IA	43:34	8:46
352	48	M40 Randy Barrick, 40, Pleasant Hill, IA	43:35	8:46
131	21	W25 Lacie Smothers, 28*, West Des Moines, IA	43:35	8:46
132	6	W45 Maureen Ryan, 46*, Mitchellville, IA	43:35	8:46
133	15	W40 Anne Wasson, 41*, Colfax, IA	43:37	8:46
353	56	M35 John Taylor, 39, Des Moines, IA	43:37	8:47
354	57	M35 Kevin Friessen, 37, Sioux City, IA	43:38	8:47
134	15	W35 Lisa Rixl, 38*, Indianapolis, IN	43:41	8:47
355	37	M25 Michael Marasco, 26, Des Moines, IA	43:42	8:48

135	22	W25	Angie Carlson, 27*, Des Moines, IA	43:44	8:48
356	39	M30	Jon Dreibelbis, 34, Des Moines, IA	43:44	8:48
136	7	W45	Patricia Welch, 47*, Mason City, IA	43:51	8:49
137	16	W35	Barb Scholz, 39*, Des Moines, IA	43:52	8:50
357	48	M45	Brian Westfall, 47, Fort Dodge, IA	43:53	8:50
358	58	M35	Alan Feirer, 35, Winterset, IA	43:54	8:50
359	47	M50	Joseph Kerns, 51, Johnston, IA	43:58	8:51
360	40	M30	Dana Kiene, 31, Ankeny, IA	43:59	8:51
361	49	M45	Thomas Kehoe, 47, Windsor Heights, IA	44:05	8:52
362	59	M35	Daniel Pfeffer, 37, West Des Moines, IA	44:11	8:53
138	16	W40	Carol Luksan, 41*, West Des Moines, IA	44:12	8:53
139	17	W40	Joyce Jessen, 43*, Colfax, IA	44:13	8:54
140	17	W35	Denna Mitchell, 39*, Greenfield, IA	44:15	8:54
141	18	W40	Tina Newbury, 40*, Greenfield, IA	44:15	8:54
363	15	M60	Edward Hegner, 60, Des Moines, IA	44:17	8:55
364	49	M40	Scott Johnson, 40, Johnston, IA	44:18	8:55
142	22	W20	Kristen Wilcox, 24*, Iowa City, IA	44:19	8:55
143	23	W20	Erika Hamel, 24*, St Louis Park, MN	44:19	8:55
144	8	W45	Mary Kay Shannon, 48*, Greenfield, IA	44:20	8:55
145	23	W25	Kimberly Dokken, 28*, West Des Moines, IA	44:22	8:56
365	50	M40	Brent Veldkamp, 42, Cumming, IA	44:23	8:56
366	38	M25	Ryan Long, 29, Ankeny, IA	44:23	8:56
367	50	M45	Terry Seliga, 49, Newton, IA	44:24	8:56
368	48	M50	Gerald Graves, 54, Van Meter, IA	44:26	8:56
146	30	W30	Danielle Sharpe, 34*, West Des Moines, IA	44:26	8:56
369	21	M55	Keith Sandvold, 56, Cedar Falls, IA	44:28	8:57
370	22	M20	Chad Winters, 24, Waterville, IA	44:28	8:57
147	4	W50	Pam German, 52*, Dallas Center, IA	44:29	8:57
371	51	M40	Pedro Cortes, 43, Waukee, IA	44:30	8:57
148	31	W30	Heather Prendergast, 33*, Waterloo, IA	44:30	8:57
149	9	W45	Mary Cooper, 48*, Des Moines, IA	44:31	8:57
150	19	W40	Denise Harklau, 41*, Ames, IA	44:34	8:58
151	18	W35	Kai Probst, 38*, Council Bluffs, IA	44:37	8:58
152	24	W20	Abby Thibadeau, 24*, Dubuque, IA	44:41	8:59
153	25	W20	Megan West, 22*, Des Moines, IA	44:41	8:59
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154	32	W30	Norita Breyfogle, 32*, Sioux City, IA	44:42	9:00
372	60	M35	Michael Daniels, 37, Seattle, WA	44:43	9:00
155	24	W25	Nicole Natzke, 28*, Overland Park, KS	44:44	9:00
156	10	W45	Debby Weehler, 49*, Des Moines, IA	44:45	9:00
157	20	W40	Mary Dorsey, 41*, West Des Moines, IA	44:47	9:01
158	25	W25	Jana Peterson, 25*, Des Moines, IA	44:49	9:01
373	16	M60	Pete Hunt, 62, Coralville, IA	44:50	9:01
374	49	M50	Tim Goldman, 50, West Des Moines, IA	44:51	9:01
159	33	W30	Michele McCammon, 32*, Des Moines, IA	44:53	9:02
375	41	M30	Vu Nguyen, 31, West Des Moines, IA	44:55	9:02
160	34	W30	Marci Tooman, 33*, Ankeny, IA	44:56	9:02
161	21	W40	Gayle Ellis, 40*, Ankeny, IA	44:57	9:03
376	50	M50	Robert Shires, 54, Des Moines, IA	44:58	9:03
377	42	M30	John Schultz, 30, Roeland Park, KS	44:59	9:03
162	11	W45	Jaci Thorson, 46*, Forest City, IA	45:00	9:03
378	52	M40	Jim O'Brien, 43, West Des Moines, IA	45:01	9:03
163	26	W20	Kristina Smit, 22*, Boxholm, IA	45:03	9:04
164	10	JrW	Meghan Scobie, 16*, Wildwood, MO	45:04	9:04
165	26	W25	Ann Baumhover, 29*, West Des Moines, IA	45:04	9:04
166	35	W30	Deanna Zinno, 33*, Ankeny, IA	45:06	9:04
379	53	M40	Max Studber, 40, West Des Moines, IA	45:06	9:04
380	54	M40	Joe Henkels, 43, Granger, Ia	45:07	9:05
381	22	M55	Gary Fall, 56, Des Moines, IA	45:09	9:05
167	36	W30	Angela Hobson, 32*, Johnston, IA	45:11	9:05
382	17	M60	Arlo Van Diest, 62, Webster City, IA	45:13	9:06
168	5	W50	Cathy Compston, 52*, Forest City, IA	45:14	9:06
383	51	M50	Randy Youngdale, 53, Webster City, IA	45:15	9:06
384	52	M50	Steve Anderson, 52, Webster City, IA	45:15	9:06

385	61	M35	Carlos Mancero, 39, West Des Moines, IA	45:17	9:07
386	55	M40	Mark Neary, 40, Iowa City, IA	45:19	9:07
169	27	W25	Heather Butler, 27*, Pella, IA	45:23	9:08
387	51	M45	John Moran, 46, Story City, IA	45:24	9:08
388	52	M45	David Wilson, 47, West Des Moines, IA	45:25	9:08
170	19	W35	Ann Hudson, 35*, West Des Moines, IA	45:26	9:08
389	43	M30	Guy Arney, 30, Des Moines, IA	45:26	9:08
171	28	W25	Carolyn Duenwald, 25*, Des Moines, IA	45:27	9:09
390	23	M55	Mark McGrath, 55, Des Moines, IA	45:27	9:09
172	29	W25	Mary Schaben, 26*, Des Moines, IA	45:29	9:09
391	62	M35	Randall Hanson, 39, Waukee, IA	45:29	9:09
173	37	W30	Brenda Wiarda, 32*, West Des Moines, IA	45:30	9:09
174	22	W40	Nancy Welp, 43*, Forest City, IA	45:32	9:10
392	39	M25	Wylie Pfaff, 27, Asbury, IA	45:34	9:10
393	40	M25	Tyler Sexson, 25, Huxley, IA	45:34	9:10
175	20	W35	Tricia Childress, 37*, Ankeny, IA	45:35	9:10
176	27	W20	Emily Sexson, 22*, Omaha, NE	45:40	9:11
177	28	W20	Miranda Sharp, 24*, Ames, IA	45:42	9:12
394	24	M55	Charlie Johnson, 55, Brayton, IA	45:42	9:12
395	53	M50	Kenny Grandstaff, 54, Des Moines, IA	45:43	9:12
396	53	M45	John Sonnenburg, 49, West Des Moines, IA	45:44	9:12
178	38	W30	Amy Heinz, 32*, Des Moines, IA	45:47	9:13
179	11	JrW	Alicia Fisher, 19*, Des Moines, IA	45:47	9:13
180	39	W30	Carrie Van Quathem, 32*, Urbandale, IA	45:48	9:13
181	40	W30	Jennifer Perman, 31*, Windsor Heights, IA	45:49	9:13
182	30	W25	Shelly Catlett, 29*, Johnston, IA	45:50	9:13
183	41	W30	Jane Angstman, 33*, Clive, IA	45:51	9:13
184	21	W35	Kimberly Stewart, 35*, Des Moines, IA	45:53	9:14
185	31	W25	Angela Mann, 26*, West Des Moines, IA	45:53	9:14
186	12	W45	Connie Dellaca, 47*, Urbandale, IA	45:53	9:14
187	32	W25	Tammy Steenhoek, 27*, Prairie City, IA	45:55	9:14
397	25	M55	Barry Rush, 59, Bettendorf, IA	45:57	9:15
398	41	M25	Jon Friessen, 25, West Des Moines, IA	45:57	9:15
188	33	W25	Niki Friessen, 26*, West Des Moines, IA	45:58	9:15
189	29	W20	Jodie Vinson, 21*, Cedar Rapids, IA	45:59	9:15
190	13	W45	Karen Vinson, 49*, Cedar Rapids, IA	45:59	9:15
191	23	W40	Tina Leib, 41*, Panora, IA	46:00	9:15
399	23	M20	John Mills, 23, West Des Moines, IA	46:00	9:15
192	42	W30	Sue Hudson, 31*, Des Moines, IA	46:02	9:16
400	56	M40	John Noll, 41, Clive, IA	46:04	9:16
193	34	W25	Katie McMeekin, 26*, West Des Moines, IA	46:04	9:16
194	43	W30	Micholyn Fajen, 30*, West Des Moines, IA	46:11	9:18
195	12	JrW	Allison Clark, 19*, Des Moines, IA	46:21	9:19
196	35	W25	Jill Thompson, 28*, Urbandale, IA	46:21	9:20
401	26	M55	John Gersema, 58, Radcliffe, IA	46:22	9:20
402	54	M50	John Layland, 54, Indianola, IA	46:23	9:20
403	54	M45	Larry Pedersen, 47, West Des Moines, IA	46:25	9:20
197	36	W25	Maria Mattiace, 28*, Windsor Heights, IA	46:26	9:20
198	44	W30	Julie Andrews, 32*, Waukee, IA	46:27	9:21
199	22	W35	Melody Gibson, 35*, West Des Moines, IA	46:27	9:21
200	30	W20	Molly Parrott, 24*, Ames, IA	46:28	9:21
201	31	W20	Amy Steenhoek, 23*, Pella, IA	46:29	9:21
404	18	M60	Leon Hodges, 68, Atlantic, IA	46:29	9:21
202	23	W35	Lee Feilmeier, 36*, Breda, IA	46:30	9:21
203	13	JrW	Jane Fiegen, 19*, Des Moines, IA	46:32	9:22
405	27	M55	George Riley, 56, Des Moines, IA	46:32	9:22
204	37	W25	Gentry Gillespie, 27*, Urbandale, IA	46:33	9:22
205	38	W25	Amber May, 25*, Des Moines, IA	46:36	9:23
406	63	M35	Bill Kopatich, 35, Urbandale, IA	46:37	9:23
407	44	M30	Corrie Feldotto, 34, Urbandale, IA	46:37	9:23
206	39	W25	Hollie Weber, 25*, Polk City, IA	46:38	9:23
408	19	M60	Gary Patterson, 60, Pleasant Hill, IA	46:39	9:23
409	20	M60	Ron Rush, 64, Bloomington, MN	46:40	9:23
207	14	JrW	Sarah Wright, 19*, Des Moines, IA	46:40	9:23
208	24	W40	Cathy Evans, 40*, Urbandale, IA	46:41	9:23

410	45	M30	Matt Rase, 30, Davenport, IA	46:44	9:24
411	55	M50	Steve Mohr, 54, Desota, IA	46:44	9:24
209	25	W40	Lana Ross, 44*, Marshalltown, IA	46:45	9:24
412	46	M30	Leroy Imoehl, 34, Des Moines, IA	46:46	9:24
210	40	W25	Jennifer Flaugh, 29*, Ankeny, IA	46:46	9:25
211	41	W25	Nicky Lampe, 28*, Newton, IA	46:47	9:25
413	57	M40	Mark Scholz, 41, Des Moines, IA	46:50	9:25
212	32	W20	Laura Jagger, 23*, Moline, IL	46:51	9:26
213	33	W20	Breanna Hayes, 22*, Ames, IA	46:52	9:26
414	56	M50	Tim Asper, 51, Urbandale, IA	46:55	9:26
415	55	M45	Marty Kalton, 45, Grimes, IA	46:55	9:26
416	13	JrM	Connor Fisher, 11, Pleasant Hill, IA	47:01	9:27
214	45	W30	Annie Garrison, 33*, Des Moines, IA	47:01	9:28
417	42	M25	Jake Jacobsen, 26, Clive, IA	47:02	9:28
215	26	W40	Heather Macbean, 40*, Urbandale, IA	47:04	9:28
418	64	M35	Jay Fisher, 39, Pleasant Hill, IA	47:07	9:29
216	34	W20	Rebecca Loutsch, 21*, Des Moines, IA	47:10	9:29
217	46	W30	Kim Friessen, 32*, Sioux City, IA	47:11	9:30
218	24	W35	Darcy Kratochvil, 35*, Urbandale, IA	47:12	9:30
219	27	W40	Loraine Hardin, 44*, Clive, IA	47:13	9:30
220	6	W50	Sue Babb, 51*, Kansas City, MO	47:13	9:30
221	42	W25	Shonna Berridge, 26*, Des Moines, IA	47:17	9:31
222	14	W45	Sue Elliott, 46*, Ankeny, IA	47:19	9:31
419	57	M50	Neil Shultz, 53, Des Moines, IA	47:20	9:31
223	43	W25	Becky Cox, 28*, Van Meter, IA	47:20	9:31
420	24	M20	Benjamin Badgley, 24, West Des Moines, IA	47:22	9:32
421	58	M50	Tom Seaberg, 51, Des Moines, IA	47:24	9:32
224	44	W25	Jamie Johnson, 26*, Marshalltown, IA	47:25	9:32
422	21	M60	Frank Amos, 70, Ames, IA	47:25	9:32
423	22	M60	Larry Kloppe, 64, Washington, MO	47:28	9:33
424	14	JrM	Scott Walter, 18, Johnston, IA	47:37	9:35
425	15	JrM	Adam Hsu, 18, Johnston, IA	47:37	9:35
426	28	M55	Jim West, 55, Chesterfield, MO	47:40	9:35
225	45	W25	Lindsey Rice, 27*, Johnston, IA	47:40	9:35
427	47	M30	Donna Cooper, 32, Forest City, IA	47:41	9:36
226	35	W20	Yoko Mochimaru, 22*, Des Moines, IA	47:42	9:36
428	59	M50	Tom McCann, 50, Des Moines, IA	47:43	9:36
429	29	M55	Bruce Anderson, 56, West Des Moines, IA	47:44	9:36
227	7	W50	Barb Etzen, 51*, Forest City, IA	47:45	9:36
228	36	W20	Andrea Babb, 22*, Kansas City, MO	47:47	9:37
430	48	M30	Andrew Hudson, 32, Des Moines, IA	47:48	9:37
229	28	W40	Kelli Nelsen, 41*, West Des Moines, IA	47:48	9:37
431	58	M40	Matt Lawson, 40, Clive, IA	47:49	9:37
230	15	JrW	Rachel Wolver, 14*, Urbandale, IA	47:54	9:38
432	56	M45	Steve Wolver, 49, Urbandale, IA	47:55	9:38
231	15	W45	Deb Miller, 47*, Perry, IA	47:55	9:38
232	25	W35	Becky Weathers, 36*, Des Moines, IA	47:56	9:39
433	59	M40	Mike Stark, 43, Shakopee, MN	47:59	9:39
434	65	M35	Michael Carter, 39, Des Moines, IA	47:59	9:39
435	49	M30	Shawn Gilliam, 31, Des Moines, IA	48:08	9:41
233	16	JrW	Tatum Harshbarger, 13*, Ankeny, IA	48:09	9:41
234	16	W45	Paula Sandmeier, 47*, Knoxville, IA	48:11	9:42
235	17	JrW	Kristina Bochman, 19*, Des Moines, IA	48:12	9:42
236	17	W45	Barbara Perkins, 45*, Urbandale, IA	48:12	9:42
237	18	JrW	Stephanie Perkins, 17*, Urbandale, IA	48:13	9:42
436	30	M55	Richard Franklin, 56, Marshalltown, IA	48:13	9:42
437	23	M60	Dean Hough, 63, Urbandale, IA	48:17	9:43
238	47	W30	Heather Imoehl, 32*, Des Moines, IA	48:20	9:43
438	57	M45	Kent Davison, 46, Des Moines, IA	48:20	9:43
439	43	M25	Johnny Coffelt, 27, Minnetonka, MN	48:21	9:44
440	44	M25	Haley Miller, 28, Johnston, IA	48:21	9:44
239	48	W30	Nicole Jansen, 31*, Ankeny, IA	48:22	9:44
441	58	M45	Craig Smiens, 47, Ankeny, IA	48:23	9:44
240	18	W45	Patty Waychoff, 49*, Fort Dodge, IA	48:26	9:45
241	46	W25	Melanie Buchanan, 28*, West Des Moines, IA	48:27	9:45

242	49	W30	Kimberly Menke, 33*, Des Moines, IA	48:29	9:45
243	37	W20	Sara Cose, 23*, Des Moines, IA	48:30	9:45
442	66	M35	Thomas Stein, 35, Des Moines, IA	48:31	9:46
443	50	M30	Andrew Turner, 30, Grimes, IA	48:32	9:46
244	8	W50	Sandy Sparks, 51*, Norwalk, IA	48:32	9:46
444	59	M45	Brad Richardson, 49, Des Moines, IA	48:34	9:46
245	47	W25	Rhonda O'Connor, 29*, Urbandale, IA	48:35	9:46
246	48	W25	Jill Eimermann, 26*, Des Moines, IA	48:38	9:47
247	38	W20	Betsy Huck, 22*, Des Moines, IA	48:39	9:47
445	45	M25	Kris Klickna, 25, West Des Moines, IA	48:39	9:47
446	31	M55	Michael Kent, 58, Des Moines, IA	48:41	9:48
248	50	W30	Jennifer Rhinehart, 30*, Des Moines, IA	48:44	9:48
249	51	W30	Peggy Hintzel, 34*, Bondurant, IA	48:46	9:49
250	39	W20	Heather King, 21*, Urbandale, IA	48:48	9:49
447	51	M30	Jason Faidley, 31, Newton, IA	48:49	9:49
251	49	W25	Kimberly Chapman, 26*, Van Meter, IA	48:54	9:50
448	25	M20	Robert Goodheart, 23, Des Moines, IA	48:55	9:50
252	9	W50	Laura Scoles, 53*, Mason City, IA	48:57	9:51
449	24	M60	Donald Judisch, 67, Clive, IA	48:58	9:51
253	40	W20	Sara Bouska, 21*, Des Moines, IA	49:01	9:52
254	50	W25	Dena Jensen, 26*, West Des Moines, IA	49:02	9:52
255	51	W25	Amie Carey, 25*, West Des Moines, IA	49:05	9:52
256	52	W30	Pati Berger, 31*, West Des Moines, IA	49:21	9:56
450	60	M40	Michael Scoblic, 40, Waukee, IA	49:24	9:56
257	26	W35	Michael Schneider, 37*, Ankeny, IA	49:32	9:58
258	53	W30	Lisa Melchert, 33*, Ogden, IA	49:32	9:58
259	54	W30	Jessica O'Mara, 31*, Des Moines, IA	49:34	9:58
260	19	W45	Donna Callahan, 45*, Melbourne, IA	49:35	9:58
261	55	W30	Mary Popson-Klein, 31*, Knoxville, IA	49:35	9:59
262	27	W35	Adrienne Stark, 38*, Shakopee, MN	49:36	9:59
263	41	W20	Micah McClaren, 20*, Springfield, MO	49:37	9:59
264	29	W40	Melinda Rowland, 41*, Knoxville, IA	49:37	9:59
265	20	W45	Natalie Welter, 45*, Ames, IA	49:38	9:59
451	25	M60	Bob Johansen, 64, Ankeny, IA	49:38	9:59
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266	30	W40	Angela Ellis, 41*, Norwalk, IA	49:42	10:00
267	56	W30	Amy Hachmann, 31*, Des Moines, IA	49:44	10:00
268	57	W30	Angela Fletcher, 32*, Winterset, IA	49:45	10:00
452	26	M60	Bill Nelson, 61, Algonquin, IL	49:45	10:01
269	52	W25	Amanda Parrott, 27*, West Des Moines, IA	49:47	10:01
270	10	W50	Janet Lovell, 51*, Ellsworth, IA	49:47	10:01
453	52	M30	Andrew Young, 31, Des Moines, IA	49:50	10:01
271	21	W45	Annette Leth, 45*, Des Moines, IA	49:50	10:02
272	31	W40	Betsy Kelsey, 42*, West Des Moines, IA	49:53	10:02
273	58	W30	Christy Vald, 33*, Des Moines, IA	50:05	10:05
274	59	W30	Andrea Jackson, 32*, West Des Moines, IA	50:11	10:06
454	32	M55	Al Lillie, 58, Indianola, IA	50:23	10:08
455	53	M30	Mark Frederick, 34, Cumming, IA	50:24	10:08
456	26	M20	Erik Slegelis, 21, Waukeville, WI	50:26	10:09
275	60	W30	Tanya Wentzel, 31*, Des Moines, IA	50:34	10:10
276	19	JrW	Stephanie Slowinski, 18*, Des Moines, IA	50:35	10:10
277	42	W20	Stephanie Pettit, 20*, Des Moines, IA	50:37	10:11
278	61	W30	Chris Hofferber, 31*, Waukee, IA	50:38	10:11
457	61	M40	Patrick Verdun, 43, Johnston, IA	50:38	10:11
458	60	M45	Steve Shifflett, 45, Ames, IA	50:39	10:11
279	62	W30	Sandra Sanford, 34*, Clive, IA	50:41	10:12
459	62	M40	Robert Harlan, 42, Des Moines, IA	50:43	10:12
280	28	W35	Lanette LeCroy, 39*, Des Moines, IA	50:43	10:12
281	43	W20	Mary Carney, 20*, Des Moines, IA	50:45	10:13
282	63	W30	Ziva Patt, 33*, Des Moines, IA	50:49	10:13
283	22	W45	Sandy Gracey, 48*, Des Moines, IA	50:50	10:14
460	27	M20	Jason Parnell, 20, Perry, IA	50:52	10:14
284	64	W30	Kathy Leonard, 31*, Des Moines, IA	50:53	10:14
285	32	W40	Rebecca Mallonee, 42*, Cedar Rapids, IA	50:57	10:15

286	29	W35 Jackie Hellrung, 38*, Urbandale, IA	50:58	10:15
461	60	M50 Michael Brown, 54, Johnston, IA	51:05	10:17
287	11	W50 Luanne Dezwarde, 50*, Knoxville, IA	51:06	10:17
288	65	W30 Heidi Brock, 32*, West Des Moines, IA	51:14	10:18
289	66	W30 Natasha Kucherenko, 34*, West Des Moines, IA	51:14	10:18
462	61	M45 Thomas Smith, 49, Perry, IA	51:16	10:19
290	67	W30 Shannon Corkrean, 34*, Winterset, IA	51:26	10:21
463	63	M40 Doug Woodcock, 41, Fort Worth, TX	51:27	10:21
464	62	M45 Marc Hollander, 46, Urbandale, IA	51:29	10:22
465	46	M25 Ryan Jackson, 26, Fond Du Lac, WI	51:46	10:25
291	44	W20 Stephanie Henslin, 21*, Fond Du Lac, WI	51:46	10:25
292	23	W45 Jan Albers, 46*, Cedar Rapids, IA	51:47	10:25
293	30	W35 Julie Feirer, 35*, Winterset, IA	51:49	10:25
466	64	M40 Steven Fuqua, 40, Des Moines, IA	51:51	10:26
294	31	W35 Charlyn Lytle, 36*, Colo, IA	51:58	10:27
467	67	M35 Jeffrey Mason, 35, Colo, IA	51:58	10:27
295	68	W30 Julie Endres, 33*, Norwalk, IA	52:00	10:28
296	69	W30 Theresa Jackson, 31*, Des Moines, IA	52:06	10:29
297	53	W25 Heather Litchkey, 26*, Des Moines, IA	52:11	10:30
298	45	W20 Katie Butler, 24*, Norwalk, IA	52:12	10:30
299	54	W25 Carolyn Clawson, 28*, Ames, IA	52:16	10:31
300	55	W25 Kate Gammell, 26*, Urbandale, IA	52:20	10:32
468	47	M25 Eric Knapp, 26, Des Moines, IA	52:21	10:32
469	63	M45 David Einspahr, 49, Topeka, KS	52:21	10:32
470	65	M40 Mike Welter, 44, Ames, IA	52:22	10:32
301	70	W30 Sara Gammell, 30*, Ankeny, IA	52:22	10:32
302	71	W30 Heather Liliewthal, 30*, Ankeny, IA	52:23	10:32
303	24	W45 Diane Weehler, 49*, Des Moines, IA	52:26	10:33
304	46	W20 Melissa Starr, 24*, Ankeny, IA	52:39	10:35
471	27	M60 William Brennan, 61, Monroe, WI	52:44	10:37
305	72	W30 Jennifer Thoma, 31*, Ankeny, IA	52:50	10:38
306	32	W35 Lisa Looney, 36*, Rochester, MN	52:52	10:38
307	12	W50 Dee Wittmack, 57*, Urbandale, IA	52:54	10:38
308	25	W45 Karin Sandahl, 49*, West Des Moines, IA	52:57	10:39
309	13	W50 Jan Gillum, 68*, Des Moines, IA	52:57	10:39
472	28	M60 Maurice Smith, 68, Des Moines, IA	53:03	10:40
310	73	W30 Alice Pareti, 33*, Ankeny, IA	53:28	10:45
311	74	W30 Amy Schmelzer, 30*, Des Moines, IA	53:29	10:45
312	75	W30 Jill Bartachek, 32*, West Des Moines, IA	53:31	10:46
473	54	M30 Darin Bartachek, 33, West Des Moines, IA	53:31	10:46
474	33	M55 Bob Gaston, 57, Lincoln, NE	53:32	10:46
313	26	W45 Sue Westfall, 48*, Fort Dodge, IA	53:45	10:49
314	56	W25 Amanda Moore, 29*, Ankeny, IA	53:50	10:50
475	55	M30 David Carson, 33, Des Moines, IA	53:56	10:51
476	29	M60 Conrad Jungmann, 61, West Des Moines, IA	54:11	10:54
315	76	W30 Amy Hunold-Vangundy, 33*, Carlisle, IA	54:27	10:57
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316	33	W40 Angela Althoff, 42*, West Des Moines, IA	54:52	11:02
317	47	W20 Jill Niswander, 23*, Altoona, IA	55:04	11:05
477	34	M55 Richard Citarella, 56, Urbandale, IA	55:13	11:06
318	48	W20 Margo Barton, 20*, Des Moines, IA	55:41	11:12
319	33	W35 Connie Ten Napel, 36*, Jefferson, IA	55:59	11:16
320	57	W25 Joy Ward, 28*, Des Moines, IA	55:59	11:16
321	27	W45 Christie McConathy, 47*, West Des Moines, IA	56:04	11:17
322	49	W20 Michelle McCarthy, 20*, Des Moines, IA	56:06	11:17
323	50	W20 Megan Bergstrom, 20*, Des Moines, IA	56:07	11:17
478	64	M45 Ronald Gomez, 49, Johnston, IA	56:10	11:18
479	30	M60 Bob Bartling, 77, Brookings, SD	57:05	11:29
324	77	W30 Michelle Dunham, 30*, Overland Park, KS	57:29	11:34
325	58	W25 Aimee Viall, 29*, Kansas City, KS	57:30	11:34
480	35	M55 Nate Viall, 58, Des Moines, IA	57:31	11:34
326	78	W30 Sarah Vanderploeg, 30*, Des Moines, IA	57:35	11:35

327	34	W35 Patty Link, 37*, Des Moines, IA	57:50	11:38
328	59	W25 Angela Caldwell, 27*, West Des Moines, IA	58:33	11:47
329	60	W25 Megan Kading, 27*, Stuart, IA	58:33	11:47

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330	61	W25 Heather Andersen, 29*, West Des Moines, IA	1:00:00	12:04
331	34	W40 Michele Dunne, 43*, Des Moines, IA	1:01:07	12:18
332	79	W30 Alisa Frandsen, 30*, Ames, IA	1:01:19	12:20
481	56	M30 Matt Frandsen, 30, Ames, IA	1:01:19	12:20
333	35	W35 Debora Blume, 37*, West Des Moines, IA	1:01:34	12:23
482	57	M30 Kevin Bower, 32, Lawrence, KS	1:01:51	12:27
334	35	W40 Ivy Ehrlich, 40*, Skokie, IL	1:02:54	12:39
335	36	W35 Andrea Fant, 35*, West Des Moines, IA	1:02:58	12:40
336	80	W30 Traci Parmenter, 33*, Cambridge, IA	1:03:59	12:52
483	61	M50 Dennis Parmenter, 53, Cambridge, IA	1:04:00	12:52

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484	65	M45 Michael Johnson, 49, Des Moines, IA	1:04:51	13:03
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485	36	M55 Bruce Haydon, 55, Independence, MO	1:09:49	14:03
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"*" indicates females

15 finishers among Men 19 & Under

27 finishers among Men 20 - 24

47 finishers among Men 25 - 29

57 finishers among Men 30 - 34

67 finishers among Men 35 - 39

65 finishers among Men 40 - 44

65 finishers among Men 45 - 49

61 finishers among Men 50 - 54

36 finishers among Men 55 - 59

30 finishers among Men 60 & Up

19 finishers among Women 19 & Under

50 finishers among Women 20 - 24

61 finishers among Women 25 - 29

80 finishers among Women 30 - 34

36 finishers among Women 35 - 39

35 finishers among Women 40 - 44

27 finishers among Women 45 - 49

13 finishers among Women 50 & Up

485 male finishers

336 female finishers

821 total finishers

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