



40th Drake Relays On-the-ROADS Half-Marathon (13.107 miles)

Des Moines, IA

April 26, 2008

40s & breezy

Results by Cal Murdock & Jack Moran

[8K 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
PLACE	PLACE			
1	1 M30	Marty Dalton, 32, Stuart, IA	1:10:36	5:23
2	1 M20	Patrick Smyth, 21, South Bend, IN	1:12:09	5:30
3		Andrew Vannurden, South Dakota St	1:14:27	5:41
4	1 M25	Seth Comfort, 27, Des Moines, IA	1:15:30	5:46
5	1 M40	Brad Wall, 40, Ankeny, IA	1:16:16	5:49
6	2 M30	Eric Hollander, 31, Des Moines, IA	1:16:28	5:50
7	3 M30	Jacob Kaemmer, 31, Des Moines, IA	1:16:39	5:51
8	2 M20	Skyler Nesheim, 23, Des Moines, IA	1:16:39	5:51
9	4 M30	Louis Dewild, 34, Des Moines, IA	1:17:07	5:53
10	1 M35	Lee Hammerand, 39, Muscatine, IA	1:17:37	5:55
11	3 M20	Kyle Rasmussen, 24, Ames, IA	1:18:17	5:58
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 Top				
12	4 M20	Michael McLoughlin, 23, Madison, WI	1:18:50	6:01
13	2 M25	Luke Youmans, 27, Yankton, SD	1:19:15	6:03
14	5 M20	Josh Bernhard, 21, Lake Milles, IA	1:21:36	6:13
15	3 M25	Joseph Aulwes, 27, Bondurant, IA	1:22:00	6:15
16	5 M30	Mike Morrison, 33, Urbandale, IA	1:22:13	6:16
17	6 M30	Colin Greenan, 31, Ames, IA	1:22:50	6:19
18	2 M35	Ryan Elsbernd, 36, Des Moines, IA	1:23:41	6:23
19	3 M35	Scott Heidesch, 36, Urbandale, IA	1:23:46	6:23
20	4 M35	Myron Peto, 37, Ames, IA	1:23:50	6:24
21	4 M25	Caleb Brown, 27, Des Moines, IA	1:23:51	6:24
22	2 M40	Todd Haugen, 44, Story City, IA	1:24:34	6:27
23	1 M45	Steve Gorman, 46, Council Bluffs, IA	1:24:51	6:28
24	5 M35	Scott Jones, 37, Ankeny, IA	1:25:20	6:31
25	3 M40	Ani Mal, 40, Des Moines, IA	1:25:53	6:33
1	1 W25	Kristy Feldman, 28*, West Des Moines, IA	1:25:53	6:33
26	5 M25	John Hindley, 29, West Des Moines, IA	1:26:08	6:34
27	7 M30	Mike Mullins, 30, Ames, IA	1:26:11	6:35
28	1 M50	Bob Layton, 52, Urbandale, IA	1:26:33	6:36
29	6 M20	Joshua Wandrey, 24, Ankeny, IA	1:26:50	6:37
30	4 M40	Tim Hart, 40, Johnston, IA	1:26:56	6:38
31	6 M25	Aaron Thomas, 28, Slater, IA	1:27:09	6:39
32	5 M40	Patrick Middleton, 43, Oconomowoc, WI	1:27:25	6:40
33	6 M35	Brian Hanft, 36, Nora Springs, IA	1:27:33	6:41

34	7	M20 Adam Kenny, 21, Ames, IA	1:27:40	6:41
2	2	W25 Kristen Mitchell, 29*, Ottumwa, IA	1:27:47	6:42
35	6	M40 Mike Rieks, 40, Urbandale, IA	1:27:53	6:42
36	8	M30 Inigo Ibarra, 31, Ankeny, IA	1:28:05	6:43
37	2	M45 David Frank, 45, Adel, IA	1:28:22	6:44
38	7	M35 Chad Lee, 35, West Des Moines, IA	1:28:39	6:46
39	1	JrM Sam Engman, 17, Clive, IA	1:28:58	6:47
40	7	M40 Doug Hamerand, 43, Carlisle, IA	1:29:12	6:48
41	8	M35 Tony Hunt, 39, Waukee, IA	1:29:13	6:48
42	8	M20 Joseph Choi Deng, 21, Yankton, SD	1:29:24	6:49
43	9	M30 Nate Wenck, 30, Carroll, IA	1:29:35	6:50
3	1	W30 Tess Taintor, 32*, Ankeny, IA	1:29:40	6:50
44	7	M25 Mark Wiley, 27, Elkader, IA	1:29:50	6:51
4	1	W45 Carol Baker, 49*, Waterloo, IA	1:29:56	6:52
45	8	M40 Kyle Weuve, 42, Urbandale, IA	1:30:11	6:53
46	9	M40 Joe Dupre, 44, Pella, IA	1:30:21	6:54
47	9	M35 Robert Jiroutek, 36, Des Moines, IA	1:30:26	6:54
48	2	JrM Thomas Laning, 19, Ames, IA	1:30:27	6:54
5	3	W25 Susie Dyck, 27*, Ankeny, IA	1:30:28	6:54
6	4	W25 Lisa Pecina, 29*, Urbandale, IA	1:30:53	6:56
49	3	M45 David Christens, 48, West Des Moines, IA	1:30:57	6:56
50	10	M30 Scott Ingersoll, 30, Ankeny, IA	1:31:01	6:57
51	11	M30 Barrie Terrones, 30, Ames, IA	1:31:10	6:57
52	12	M30 Matthew Cronin, 32, West Des Moines, IA	1:31:16	6:58
53	8	M25 Phillip James, 25, Stuart, IA	1:31:17	6:58
54	10	M40 David Reid, 41, Fairfax, IA	1:31:19	6:58
7	1	W20 Lauren Erickson, 20*, Mount Pleasant, IA	1:31:21	6:58
55	2	M50 Joe Winch, 51, Knoxville, IA	1:31:25	6:58
56	10	M35 Matt Scotton, 39, Newton, IA	1:31:29	6:59
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 Top				

57	11	M40 Michael Ross, 42, Clive, IA	1:31:49	7:00
58	11	M35 Todd Knoop, 38, Iowa City, IA	1:32:02	7:01
59	13	M30 Anthony Cendana, 32, West Des Moines, IA	1:32:12	7:02
60	1	M55 Michael Francis, 55, Waseca, MN	1:32:17	7:02
61	9	M20 Mike Castagnoli, 24, West Des Moines, IA	1:32:27	7:03
8	1	W35 Tina McDonald, 36*, Waukee, IA	1:32:29	7:03
62	4	M45 Jeff Feder, 47, Norwalk, IA	1:32:34	7:04
63	5	M45 Jeff Perry, 47, Bondurant, IA	1:32:45	7:05
64	9	M25 Joel Sage, 26, Ankeny, IA	1:32:46	7:05
65	6	M45 Don Cumings, 45, Ankeny, IA	1:32:50	7:05
66	10	M25 Mike McGinn, 27, Des Moines, IA	1:32:51	7:05
67	7	M45 Jeff Paulson, 48, Menomonee Falls, WA	1:32:54	7:05
68	11	M25 Benjamin Frambach, 25, Albuquerque, NM	1:32:57	7:05
69	14	M30 Jon Holstrom, 31, Clive, IA	1:33:03	7:06
70	10	M20 Andrew Odland, 22, Clarion, IA	1:33:05	7:06
9	2	W30 Jennifer Jackson, 31*, Cedar Rapids, IA	1:33:19	7:07
71	12	M40 Chad Forde, 40, Atlantic, IA	1:33:30	7:08
72	12	M35 Brian Palmer, 39, Des Moines, IA	1:33:35	7:08
73	15	M30 Joel Rinderknecht, 33, Waukee, IA	1:33:43	7:09
74	3	JrM Zeke Gunnink, 15, Clive, IA	1:33:55	7:10
75	8	M45 Craig Edmondson, 48, Ames, IA	1:34:05	7:11
76	16	M30 Troy Jepsen, 34, Johnston, IA	1:34:06	7:11
77	13	M40 Jeffrey Kelly, 41, Urbandale, IA	1:34:12	7:11
78	17	M30 Conrad Hanson, 32, Urbandale, IA	1:34:17	7:12
79	11	M20 David Taylor, 21, Ames, IA	1:34:26	7:12
80	12	M25 Todd Southwick, 29, Ankeny, IA	1:34:29	7:12
10	2	W35 Jennifer Masini, 35*, Ames, IA	1:34:41	7:13
81	13	M35 Richard Bundy, 37, Ames, IA	1:34:51	7:14
82	14	M40 John Lajoie, 40, Ankeny, IA	1:35:11	7:16
83	15	M40 David Primeau, 40, Des Moines, IA	1:35:15	7:16
84	16	M40 Joe Short, 43, Johnston, IA	1:35:15	7:16

85	9	M45	Troy Zeleznik, 45, West Des Moines, IA	1:35:22	7:17
86	12	M20	Jon Dyck, 24, Ankeny, IA	1:35:27	7:17
11	1	W50	Tricia McClain, 51*, Altoona, IA	1:35:32	7:17
12	5	W25	Lauren Newcomb, 29*, Madison, WI	1:35:38	7:18
87	17	M40	John Kromminga, 43, Johnston, IA	1:35:46	7:18
88	14	M35	Brad Rounds, 39, Ankeny, IA	1:35:49	7:19
89	2	M55	Randall Wilson, 58, Des Moines, IA	1:35:50	7:19
90	3	M50	Mario Garcia, 51, Muscatine, IA	1:35:55	7:19
91	18	M30	Jason Tietz, 31, Glendale Heights, IL	1:35:56	7:19
92	13	M25	Michael Odonnell, 29, West Des Moines, IA	1:35:57	7:19
93	14	M25	Dustin Kouba, 26, Grand Forks, ND	1:36:09	7:20
94	19	M30	Adam Bjornson, 31, Des Moines, IA	1:36:09	7:20
95	15	M35	Jason Wentworth, 37, Urbandale, IA	1:36:13	7:20
96	3	M55	Steven Sjolund, 57, Minneapolis, MN	1:36:24	7:21
97	4	JrM	Joshua Maguire, 16, West Des Moines, IA	1:36:25	7:21
98	15	M25	Greg Herrold, 29, Urbandale, IA	1:36:29	7:22
99	20	M30	Bryan Cain, 30, Spirit Lake, IA	1:36:32	7:22
100	21	M30	Tyler Schwiesow, 31, Des Moines, IA	1:36:43	7:23
101	10	M45	David Ehasz, 45, Saint Paul, MN	1:36:45	7:23
13	6	W25	Nicole Wendl, 26*, Des Moines, IA	1:36:58	7:24
102	16	M35	Lee Hill, 39, Des Moines, IA	1:37:28	7:26
103	4	M50	Peter Percival, 54, Des Moines, IA	1:37:31	7:26
104	22	M30	Jeremy Dunlavey, 33, Ankeny, IA	1:37:32	7:26
105	13	M20	Anthony Pudlo, 24, Carrboro, NC	1:37:36	7:27
106	23	M30	Paxton Bennett, 34, West Des Moines, IA	1:37:40	7:27
107	17	M35	Timothy Gootee, 37, Urbandale, IA	1:37:41	7:27
108	18	M35	Mike Buchheit, 37, Pella, IA	1:37:42	7:27
109	18	M40	Norman Bach, 41, Marshalltown, IA	1:37:45	7:27
110	16	M25	Dan Gilliatt, 29, Winterset, IA	1:37:48	7:28
111	17	M25	Zach Johnson, 26, Grimes, IA	1:37:49	7:28
14	2	W20	Breanna Dumke, 23*, Des Moines, IA	1:37:55	7:28
112	19	M40	Tony Oberman, 40, Waukegan, IA	1:38:06	7:29
113	19	M35	Tim Houlette, 35, Altoona, IA	1:38:11	7:29
114	5	JrM	Jordan Metz, 17, Pleasant Hill, IA	1:38:12	7:29
115	18	M25	Aaron Sage, 28, Ankeny, IA	1:38:17	7:30
116	14	M20	Chase Unga, 23, Pella, IA	1:38:19	7:30
117	11	M45	Mark Seaman, 48, West Des Moines, IA	1:38:23	7:30
118	20	M40	Craig Walter, 41, Ames, IA	1:38:24	7:30
119	20	M35	Troy Green, 36, Des Moines, IA	1:38:24	7:30
120	21	M40	Alan Alberto, 43, Clive, IA	1:38:25	7:30
121	1	M60	Bruce Mortenson, 64, Minnetonka, MN	1:38:29	7:31
15	7	W25	Kyla Kiestner, 29*, Des Moines, IA	1:38:35	7:31
122	22	M40	Mark Rocarek, 43, Vinton, IA	1:38:44	7:32
123	24	M30	Deon Wingert, 34, Carroll, IA	1:38:46	7:32
16	3	W35	Melanie Doubrava, 39*, West Des Moines, IA	1:38:51	7:32
17	1	JrW	Megan O'Grady, 19*, Yankton, SD	1:38:52	7:33
124	15	M20	Titus Kosgei, 20, Yankton, SD	1:38:53	7:33
125	12	M45	Terry Lingner, 45, Grimes, IA	1:38:58	7:33
126	13	M45	Marty Kenworthy, 49, West Des Moines, IA	1:39:03	7:33
18	8	W25	Kate Schmitt, 27*, Chicago, IL	1:39:04	7:33
127	16	M20	Jacob Johnson, 23, West Des Moines, IA	1:39:13	7:34
128	19	M25	Jon Elbert, 25, Iowa City, IA	1:39:14	7:34
129	6	JrM	Trevor Lund, 15, Johnston, IA	1:39:15	7:34
130	25	M30	Rob Johnson, 31, Des Moines, IA	1:39:15	7:34
131	23	M40	Keith Tindall, 40, South Sioux City, NE	1:39:16	7:34
132	17	M20	Matthew Poindexter, 20, Des Moines, IA	1:39:17	7:34
19	2	W45	Julia Martinusen, 49*, Des Moines, IA	1:39:18	7:34
20			Courtney Heinz*, Drake	1:39:18	7:35
133	21	M35	John Fletcher, 38, Muscatine, IA	1:39:21	7:35
21	4	W35	Lisa Fraizer, 36*, West Des Moines, IA	1:39:35	7:36
134	26	M30	David Halstead, 34, Altoona, IA	1:39:39	7:36

135	22	M35	Frederick Bounds, 37, Dubuque, IA	1:39:44	7:36
136	24	M40	Mark Davis, 40, Urbandale, IA	1:39:47	7:37
137			Steve Sikkink, Des Moines, IA	1:39:50	7:37
138	14	M45	Doug Adams, 46, Urbandale, IA	1:39:50	7:37
139	27	M30	Jason Frederick, 31, Waukee, IA	1:39:51	7:37
22	5	W35	Susan Brown, 39*, Waukee, IA	1:39:56	7:37
140	15	M45	Kim Wander, 46, West Union, IA	1:40:01	7:38
141	28	M30	Chris Albright, 33, Norwalk, IA	1:40:11	7:39
142	5	M50	Rick Snyder, 53, Winterset, IA	1:40:16	7:39
143	23	M35	Doug McKinstry, 37, Polk City, IA	1:40:21	7:39
144	24	M35	Jason Hahn, 37, Des Moines, IA	1:40:42	7:41
145	16	M45	Andy Roat, 46, Des Moines, IA	1:40:45	7:41
146	4	M55	Robin Gray, 59, Searsboro, IA	1:40:46	7:41
147	20	M25	Luke Dykstra, 29, Schaumburg, IL	1:40:47	7:41
148	7	JrM	Luke Sesker, 17, Norwalk, IA	1:40:49	7:41
149	25	M40	Matt Mixdorf, 43, Ankeny, IA	1:40:50	7:42
150	29	M30	Randy Reuscher, 33, Cedar Falls, IA	1:40:52	7:42
151	30	M30	Randy Sturm, 30, Belmond, IA	1:40:55	7:42
152	25	M35	Devin Miller, 36, Ankeny, IA	1:40:59	7:42
153	26	M40	Jason Soliday, 40, West Des Moines, IA	1:41:01	7:42
154	18	M20	Nate Seier, 24, Vermillion, SD	1:41:03	7:43
155	21	M25	Timothy FencI, 28, Ames, IA	1:41:17	7:44
23	9	W25	Stephanie Freund, 26*, Urbandale, IA	1:41:26	7:44
156	27	M40	John Garcia, 44, Elmhurst, IL	1:41:35	7:45
157	17	M45	David Teachout, 47, Des Moines, IA	1:41:35	7:45
24	3	W20	Michelle Orfield, 24*, Des Moines, IA	1:41:40	7:45
158	31	M30	Jeremy Mueller, 31, West Des Moines, IA	1:41:43	7:46
159	8	JrM	Beau Schmitz, 15, Clive, IA	1:41:44	7:46
160	26	M35	Dan Henderson, 37, Ankeny, IA	1:41:47	7:46
161	22	M25	Chris Chandler, 25, Ames, IA	1:41:57	7:47
162	9	JrM	Peter Schulte, 17, Des Moines, IA	1:42:07	7:47
163	27	M35	Ronald Crees, 38, Bondurant, IA	1:42:10	7:48
164	6	M50	Steve Falck, 50, Des Moines, IA	1:42:17	7:48
165	23	M25	Corey St. John, 27, Des Moines, IA	1:42:19	7:48
166	7	M50	Darrell Jebesen, 54, Marshalltown, IA	1:42:35	7:50
167	24	M25	Nathan Linderman, 28, West Des Moines, IA	1:42:38	7:50
168	25	M25	Bo Anderson, 28, Urbandale, GU	1:42:38	7:50
169	5	M55	Roy Ney, 59, Des Moines, IA	1:42:42	7:50
170	18	M45	David Meyne, 45, Cedar Falls, IA	1:42:51	7:51
171	19	M45	William Smalley, 48, Waukee, IA	1:42:56	7:51
172	26	M25	Josh Ewing, 29, Kelley, IA	1:42:58	7:51
173	19	M20	Brandon Nordine, 23, Cedar Rapids, IA	1:43:03	7:52
174	8	M50	Phil Becraft, 50, Ames, IA	1:43:04	7:52
175	28	M35	Tim Lowe, 35, Des Moines, IA	1:43:04	7:52
176	20	M20	Justin Sprague, 24, Audobon, IA	1:43:05	7:52
25	1	W40	Rhonda Bergstrom, 42*, Johnston, IA	1:43:06	7:52
177	28	M40	Jeff Osmundson, 43, Pleasant Hill, IA	1:43:11	7:52
178	20	M45	Jerry Pasierb, 47, Downers Grove, IL	1:43:18	7:53
179	29	M40	Brad Lenz, 40, Ames, IA	1:43:27	7:54
180	10	JrM	Andrew Sage, 16, Ames, IA	1:43:34	7:54
26	4	W20	Karen Gados, 21*, Grinnell, IA	1:43:34	7:54
181	27	M25	Burton Joseph, 29, West Des Moines, IA	1:43:35	7:54
182	6	M55	Denny Wheeler, 58, Urbandale, IA	1:43:37	7:54
183	32	M30	M Decker, 33, Ankeny, IA	1:43:41	7:55
27	5	W20	Jessica Brown, 22*, West Liberty, IA	1:43:47	7:55
28	6	W20	Larisa Nordstrom, 23*, West Des Moines, IA	1:43:49	7:55
29	7	W20	Tami Ritchie, 24*, Ankeny, IA	1:43:49	7:55
30	10	W25	Lacey Grimes, 27*, Des Moines, IA	1:44:03	7:56
31	6	W35	Beth Palmer, 39*, Des Moines, IA	1:44:03	7:56
32	11	W25	Melissa Coleman, 28*, Ankeny, IA	1:44:09	7:57
184	29	M35	Mike Gardner, 38, Ankeny, IA	1:44:10	7:57

185	30	M40	Shawn Finney, 43, Waukee, IA	1:44:10	7:57
186	31	M40	Kent Bain, 42, West Des Moines, IA	1:44:11	7:57
187	21	M20	James McLoughlin, 21, Ames, IA	1:44:17	7:57
188	28	M25	Jason Thrap, 27, West Des Moines, IA	1:44:22	7:58
189	32	M40	Steven Johnson, 41, Waukee, IA	1:44:23	7:58
33	3	W30	Jennifer Imig, 34*, West Des Moines, IA	1:44:32	7:59
190	22	M20	Jay Udey, 22, Owatonna, MN	1:44:42	7:59
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 Top					
191	9	M50	Lee Schneider, 50, Olathe, KS	1:44:58	8:00
34	7	W35	Janelle Kallenbach, 35*, Norwalk, IA	1:45:00	8:01
35	8	W20	Heather Parker, 22*, Iowa City, IA	1:45:01	8:01
36	9	W20	Jennifer Samuels, 24*, West Des Moines, IA	1:45:06	8:01
192	30	M35	Steve Wiseman, 38, West Des Moines, IA	1:45:16	8:02
193	10	M50	Paul James, 54, Stanley, IA	1:45:18	8:02
194	7	M55	John Richmond, 59, Mequon, WI	1:45:21	8:02
195	23	M20	Jon Schreiner, 24, Des Moines, IA	1:45:23	8:02
196	33	M40	Timothy Gedler, 44, West Des Moines, IA	1:45:27	8:03
37	10	W20	Elizabeth Wiebold, 23*, Cedar Rapids, IA	1:45:36	8:03
38	4	W30	Pam Banyas, 34*, Ankeny, IA	1:45:38	8:04
197	21	M45	Michael Carstens, 46, Ankeny, IA	1:45:39	8:04
198	8	M55	Peter Crawford, 57, Red Oak, IA	1:45:42	8:04
199	31	M35	Troy Troncin, 35, Urbandale, IA	1:45:44	8:04
39	5	W30	Keri McDermott, 32*, Des Moines, IA	1:45:45	8:04
40	2	W40	Chris Gorman, 43*, Council Bluffs, IA	1:45:46	8:04
200	33	M30	Andy Spence, 31, Wheaton, IL	1:45:47	8:04
41			Tara Scieszinski*, Drake	1:45:49	8:04
42	11	W20	Danielle Hodge, 20*, North Liberty, IA	1:45:51	8:05
201	22	M45	Steve Rossler, 48, Newton, IA	1:45:58	8:05
43	8	W35	Melissa Bruhl, 36*, Ankeny, IA	1:46:03	8:05
44	6	W30	Jennifer Cronin, 33*, West Des Moines, IA	1:46:11	8:06
202	11	M50	Tom Tecklenburg, 53, Humboldt, IA	1:46:16	8:06
203	34	M40	Tim Gartin, 41, Ames, IA	1:46:18	8:07
204	34	M30	John Myers, 30, Minneapolis, MN	1:46:19	8:07
205	35	M30	Phil Friedrich, 34, Des Moines, IA	1:46:19	8:07
206	9	M55	Lee Tesdell, 57, Slater, IA	1:46:21	8:07
207	23	M45	Mike Novelli, 49, Urbandale, IA	1:46:28	8:07
45	12	W25	Alana Stamas, 26*, Des Moines, IA	1:46:28	8:07
208	32	M35	Dan Crew, 39, West Des Moines, IA	1:46:43	8:08
209	33	M35	Gerrad Clausen, 39, Granger, IA	1:46:43	8:08
210	36	M30	David Murphy, 31, Chicago, IL	1:46:47	8:09
211	34	M35	Alex Fink, 39, Des Moines, GU	1:46:49	8:09
212	37	M30	Matthew Wilson, 33, Clive, IA	1:46:51	8:09
213	35	M40	Greg Storey, 42, Austin, MN	1:46:53	8:09
214	35	M35	Nick Stull, 38, Ames, IA	1:46:54	8:09
46	2	JrW	Olivia Lansing, 19*, Dellwood, MN	1:46:54	8:09
215	10	M55	Ronald Charles, 59, Grinnell, IA	1:46:55	8:09
47	13	W25	Audrey Bell, 28*, Ankeny, IA	1:46:58	8:10
216	36	M35	Christopher Roling, 36, Des Moines, IA	1:47:01	8:10
217	11	M55	Joao Antonio Coutinho, 57, Belo Horizonte	1:47:01	8:10
218	2	M60	Clay Whiteis, 65, Des Moines, IA	1:47:06	8:10
219	36	M40	Tyler Dunker, 42, Clive, IA	1:47:10	8:11
220	29	M25	Kyle Cunningham, 28, West Des Moines, IA	1:47:12	8:11
48	3	W45	Linda Adams, 48*, Oskaloosa, IA	1:47:15	8:11
221	24	M45	Scott Boever, 47, Des Moines, IA	1:47:17	8:11
222	11	JrM	Sam Burt, 16, Des Moines, IA	1:47:18	8:11
223	25	M45	Don Piper, 49, Des Moines, IA	1:47:20	8:11
224	12	M50	Ted Sage, 52, Ames, IA	1:47:24	8:12
225	38	M30	William Fenske, 31, Waukee, IA	1:47:25	8:12
49	12	W20	Tanna Harshbarger, 23*, Ankeny, IA	1:47:25	8:12
226	24	M20	Brian Ruggle, 22, Newton, IA	1:47:30	8:12

227	13	M50	Paul Ruggle, 53, Newton, IA	1:47:30	8:12
50	2	W50	Coleen Waage, 57*, West Des Moines, IA	1:47:31	8:12
228	12	M55	Gene Arnold, 56, Waukee, IA	1:47:32	8:12
229	13	M55	Kirk Dau, 56, Ames, IA	1:47:33	8:12
230	3	M60	Ron Bickel, 64, Pleasant Hill, IA	1:47:35	8:12
231	14	M50	John Meyer, 52, West Des Moines, IA	1:47:38	8:13
232	39	M30	Joshua Jones, 32, Ankeny, IA	1:47:39	8:13
233	30	M25	Ben Stover, 25, Centerville, IA	1:47:41	8:13
234	40	M30	Curt Miller, 34, Solon, IA	1:47:44	8:13
235	26	M45	Daniel Mallonee, 47, Cedar Rapids, IA	1:47:52	8:14
236	41	M30	Jason Klein, 34, West Des Moines, IA	1:47:55	8:14
237	27	M45	Kent Kelderman, 48, Ankeny, IA	1:47:56	8:14
51	13	W20	Erica Reams, 24*, West Des Moines, IA	1:48:01	8:14
238	42	M30	Doug Sprecher, 34, Ankeny, IA	1:48:05	8:15
239	12	JrM	Jeremy Franklin, 16, West Des Moines, IA	1:48:07	8:15
52	9	W35	Lori Devries, 35*, Newton, IA	1:48:10	8:15
240	43	M30	Jason Franzen, 30, Johnston, IA	1:48:12	8:15
241	37	M35	Jeff Hartz, 37, Runnells, IA	1:48:13	8:15
53	14	W25	Kara Dickey, 27*, West Des Moines, IA	1:48:16	8:16
54	3	W40	Amy Harris, 43*, Des Moines, IA	1:48:17	8:16
55	15	W25	Gina Rickert, 29*, Ankeny, IA	1:48:17	8:16
56	7	W30	Kecia Goodman, 31*, Ames, IA	1:48:22	8:16
57	10	W35	Tonya Miller, 35*, Solon, IA	1:48:24	8:16
242	13	JrM	Jake Thomas, 17, West Des Moines, IA	1:48:31	8:17
243	28	M45	Daniel Terrones, 46, Marshalltown, IA	1:48:34	8:17
244	44	M30	Christopher Nims, 31, Cedar Rapids, IA	1:48:36	8:17
58	8	W30	Ashlie Smith, 30*, Des Moines, IA	1:48:36	8:17
245	45	M30	John Walker, 30, West Des Moines, IA	1:48:39	8:17
246	31	M25	Doug Enabnit, 29, Altoona, IA	1:48:42	8:18
247	37	M40	Timothy Bergan, 42, Atlantic, IA	1:48:52	8:18
248	29	M45	Matt Nagle, 46, Mount Vernon, IA	1:48:53	8:18
249	46	M30	Grant Manning, 34, Des Moines, IA	1:48:53	8:18
250	38	M40	Paul Fisher, 42, West Des Moines, IA	1:48:56	8:19
59	9	W30	Krista Banyas, 32*, Altoona, IA	1:48:57	8:19
60	11	W35	Kristin Rinderknecht, 37*, West Des Moines, IA	1:49:00	8:19
251	15	M50	Rick Gustafson, 54, Ogden, IA	1:49:01	8:19
252	25	M20	Ryan Wolfe, 23, Cedar Rapids, IA	1:49:04	8:19
253	16	M50	Warren Peterson, 54, Ackworth, IA	1:49:07	8:19
61	10	W30	Becky Krieg, 30*, West Des Moines, IA	1:49:21	8:21
254	39	M40	Cary Osborn, 43, Newton, IA	1:49:23	8:21
255	40	M40	Todd Eipperle, 43, Marshalltown, IA	1:49:31	8:21
62	16	W25	Laura Walker, 25*, Iowa City, IA	1:49:37	8:22
256	41	M40	Kenneth Overton, 40, Dexter, IA	1:49:39	8:22
63	3	W50	D Peterson, 50*, Grimes, IA	1:49:42	8:22
64	4	W45	Becky Nichols, 47*, Des Moines, IA	1:49:49	8:23
65	17	W25	Laurel Hall, 27*, Iowa City, IA	1:49:53	8:23
257	38	M35	Chris Nelson, 36, West Des Moines, IA	1:49:56	8:23
258	42	M40	Matt Smith, 41, Ankeny, IA	1:49:57	8:23
259	30	M45	Brad Crossett, 46, Knoxville, IA	1:49:58	8:23
260	47	M30	Jim Swanson, 30, Omaha, NE	1:50:00	8:24
261	31	M45	Galyn Wiemers, 48, West Des Moines, IA	1:50:05	8:24
262	48	M30	Ben Weers, 33, Des Moines, IA	1:50:06	8:24
263	39	M35	Tom Trygstad, 36, Clive, IA	1:50:07	8:24
264	32	M45	Dave Endres, 45, West Des Moines, IA	1:50:07	8:24
66	12	W35	Stephanie Longnecker, 35*, Clive, IA	1:50:08	8:24
265	40	M35	Douglas Kendall, 39, Otley, IA	1:50:13	8:24
266	49	M30	Brian Koehler, 30, Granger, IA	1:50:16	8:25
67	18	W25	Leah Vos, 29*, Altoona, IA	1:50:19	8:25
267	41	M35	Brad Bruhl, 38, Ankeny, IA	1:50:27	8:26
268	17	M50	John Wieland, 50, Des Moines, IA	1:50:30	8:26
68	19	W25	Kristi Laber, 26*, Canistota, SD	1:50:31	8:26

69	5	W45	Kathi Prien, 46*, West Des Moines, IA	1:50:33	8:26
269	43	M40	John Roberg, 42, Cedar Rapids, IA	1:50:36	8:26
270	32	M25	Nick Elliot, 28, Des Moines, IA	1:50:45	8:27
271	42	M35	David Ries, 35, Carroll, IA	1:50:51	8:27
272	26	M20	Corey Dossett, 23, Des Moines, IA	1:51:00	8:28
273	43	M35	Ron Bily, 36, West Des Moines, IA	1:51:01	8:28
274	50	M30	Matthew Andres, 33, Ankeny, IA	1:51:05	8:28
275	14	M55	Lew Schaefer, 56, Norwalk, IA	1:51:12	8:29
70	11	W30	Emily Eisentrager, 33*, Altoona, IA	1:51:18	8:29
276	44	M35	Matt Arndt, 37, Clive, IA	1:51:20	8:30
277	33	M45	Allen Benson, 48, Ankeny, IA	1:51:24	8:30
278	45	M35	Gregory Steffen, 37, Perry, IA	1:51:27	8:30
279	18	M50	Randy Northrop, 51, Solon, IA	1:51:32	8:31
71	4	W40	Julie Marks, 43*, Des Moines, IA	1:51:33	8:31
72	12	W30	Amanda Grask, 33*, West Des Moines, IA	1:51:38	8:31
280	19	M50	Josh Engman, 52, Clive, IA	1:51:39	8:31
281	44	M40	Joe Akers, 42, Grimes, IA	1:51:43	8:31
282	20	M50	Steve Patrick, 54, Gunnison, CO	1:51:46	8:32
73	13	W30	Jenn Sands, 33*, Clarinda, IA	1:51:48	8:32
74	14	W30	Kelsi Huseman, 32*, Clarinda, IA	1:51:48	8:32
283	21	M50	Curtis Husske, 52, Maxwell, IA	1:51:49	8:32
75	20	W25	Darci Pratt, 25*, West Des Moines, IA	1:51:50	8:32
284	51	M30	Bryant Arns, 30, Altoona, IA	1:51:53	8:32
76	5	W40	Jean Johnson, 42*, Des Moines, IA	1:51:54	8:32
77	15	W30	Michele Ennis, 30*, West Des Moines, IA	1:51:57	8:32
78	21	W25	Anne Winter, 27*, Des Moines, IA	1:51:58	8:33
79	22	W25	Liz Timmerman, 28*, Nodaway, IA	1:52:01	8:33
285	46	M35	Kent Altena, 36, Polk City, IA	1:52:03	8:33
286	45	M40	Gary Thompson, 43, Urbandale, IA	1:52:04	8:33
287	22	M50	David Coyne, 51, St. Paul, MN	1:52:05	8:33
288	4	M60	Harold Richey, 61, Forest Lake, MN	1:52:11	8:34
289	47	M35	Mike Eilers, 38, Indianola, IA	1:52:20	8:34
290	23	M50	Hank Manning, 52, Des Moines, IA	1:52:22	8:34
291	46	M40	David Thayer, 43, Urbandale, IA	1:52:22	8:34
292	34	M45	Rick Krause, 47, West Des Moines, IA	1:52:27	8:35
80	16	W30	Erin Budreau, 32*, Des Moines, IA	1:52:34	8:35
293	24	M50	Rob Stetson, 54, Johnston, IA	1:52:35	8:35
294	47	M40	Sean Arndt, 41, Norwalk, IA	1:52:37	8:35
81	6	W45	Nancy Dickerson, 45*, West Des Moines, IA	1:52:38	8:36
82	7	W45	Carol Litscher, 47*, West Des Moines, IA	1:52:40	8:36
83	13	W35	Beth Seuferer, 37*, West Des Moines, IA	1:52:42	8:36
84	14	W20	Danielle Farrell, 23*, West Des Moines, IA	1:52:43	8:36
85	17	W30	Amy Reuscher, 31*, Cedar Falls, IA	1:52:45	8:36
86	14	W35	Wendy Hanson, 35*, Urbandale, IA	1:52:52	8:37
87	8	W45	Annette Krause, 46*, West Des Moines, IA	1:52:56	8:37
295	5	M60	John Schneller, 64, West Des Moines, IA	1:52:58	8:37
296	33	M25	Dan Evans, 27, Windsor Heights, IA	1:52:59	8:37
297	15	M55	Gary Payne, 58, Des Moines, IA	1:53:02	8:37
298	25	M50	Brian Piper, 53, Western Springs, IL	1:53:12	8:38
88	15	W35	Tricia Steffen, 37*, Perry, IA	1:53:20	8:39
299	35	M45	Daniel Reed, 47, Edina, MN	1:53:29	8:39
300	27	M20	Tyler Romine, 23, West Des Moines, IA	1:53:31	8:40
89	18	W30	Meghan Schumacker, 33*, Altoona, IA	1:53:33	8:40
301	6	M60	Dale Andres, 60, West Des Moines, IA	1:53:34	8:40
302	34	M25	Mark Gelbman, 28, West Des Moines, IA	1:53:37	8:40
303	26	M50	John Tuve, 53, Parkersburg, IA	1:53:39	8:40
304	48	M40	David Lake, 40, Des Moines, IA	1:53:40	8:40
90	9	W45	Kimberly Haines, 49*, Oskaloosa, IA	1:53:50	8:41
91	4	W50	Rhonda Callison, 50*, Oskaloosa, IA	1:54:01	8:42
305	49	M40	Kurtis Meyer, 42, Cedar Rapids, IA	1:54:02	8:42
306	48	M35	Patrick Mattingly, 39, Johnston, IA	1:54:02	8:42

92	6	W40	Rebecca Brannan, 43*, Urbandale, IA	1:54:09	8:43
307	35	M25	Nate Ogbourne, 29, Carlisle, IA	1:54:11	8:43
308	16	M55	Darrell Zmolek, 59, Dubuque, IA	1:54:11	8:43
309	52	M30	Shawn Fox, 34, New Richmond, WI	1:54:14	8:43
93	23	W25	Kelly Roecker, 26*, Urbandale, IA	1:54:15	8:43
310	49	M35	Steven Benz, 37, Udell, IA	1:54:16	8:43
311	36	M25	Scott Crawford, 29, Clive, IA	1:54:20	8:43
94	5	W50	Elaine Van Dyck, 54*, Des Moines, IA	1:54:21	8:43
95	6	W50	Vicki Vanderkwaak, 52*, Johnston, IA	1:54:28	8:44
96	24	W25	Amelia Sheridan, 29*, West Des Moines, IA	1:54:29	8:44
312	37	M25	Steve Anderson, 29, West Des Moines, IA	1:54:30	8:44
97	19	W30	Kendra Lerdal, 30*, Ankeny, IA	1:54:32	8:44
98	16	W35	Dannielle Hadaway, 39*, Ankeny, IA	1:54:33	8:44
313	27	M50	Daniel Tushaus, 50, Brookfield, WI	1:54:35	8:44
314	50	M35	Cabel Gray, 36, Iowa City, IA	1:54:45	8:45
315	53	M30	Michael Patrick, 31, Des Moines, IA	1:55:05	8:47
316	54	M30	Bradley Hanchak, 30, Des Moines, IA	1:55:11	8:47
99	20	W30	Natalie Smithhart, 30*, Altoona, IA	1:55:16	8:48
317	50	M40	Jerry Slocum, 44, North Liberty, IA	1:55:18	8:48
318	28	M50	David Swenson, 53, Ames, IA	1:55:21	8:48
319	55	M30	Jonathan Scroggs, 31, Ankeny, IA	1:55:25	8:48
100	21	W30	Jill Featherstone, 32*, Des Moines, IA	1:55:30	8:49
320	51	M40	Mark Easler, 41, Clive, IA	1:55:34	8:49
321	38	M25	Marc Reed, 29, Ankeny, IA	1:55:45	8:50
101	22	W30	Jillisa Welsch, 34*, Ankeny, IA	1:55:51	8:50
322	51	M35	Jeff Russell, 36, Des Moines, IA	1:56:03	8:51
323	52	M40	Christopher Kyhl, 41, Johnston, IA	1:56:03	8:51
324	39	M25	Nicholas Wendt, 29, Des Moines, IA	1:56:07	8:51
102	15	W20	Jessica Haug, 23*, West Des Moines, IA	1:56:08	8:52
103	7	W40	Kelli Slocum, 41*, North Liberty, IA	1:56:10	8:52
325	40	M25	Nathan Ribbens, 27, West Des Moines, IA	1:56:12	8:52
104	23	W30	Shelley Bricker, 33*, Des Moines, IA	1:56:14	8:52
105	24	W30	Tiffany Koenig, 34*, West Des Moines, IA	1:56:18	8:52
106	25	W25	Sarah Michaelson, 27*, Ankeny, IA	1:56:22	8:53
107	7	W50	Vicki Bentley-Condit, 50*, Grinnell, IA	1:56:22	8:53
108	25	W30	Nikane Mallea, 31*, Des Moines, IA	1:56:31	8:53
326	29	M50	Paul Kruse, 50, Granger, IA	1:56:35	8:54
109	26	W25	Elizabeth Burt, 26*, Des Moines, IA	1:56:37	8:54
110	17	W35	Tammy Mickey, 35*, Melcher, IA	1:56:38	8:54
327	41	M25	Trevor McGinnis, 28, Johnston, IA	1:56:42	8:54
328	17	M55	Mike Carlson, 56, Winterset, IA	1:56:44	8:54
111	8	W40	Kristen Franken, 40*, Ames, IA	1:56:44	8:54
112	26	W30	Julie Vardaman, 32*, Ames, IA	1:56:45	8:54
113	16	W20	Erin Bone, 23*, West Des Moines, IA	1:56:46	8:54
114	27	W30	Renee Fickbohm, 34*, Johnston, IA	1:56:47	8:55
115	9	W40	Teri Hartzler, 41*, Washington, IA	1:56:47	8:55
329	53	M40	Tim Pepper, 41, Indianola, IA	1:56:48	8:55
116	17	W20	Annie Vleck, 22*, Ames, IA	1:56:50	8:55
330	30	M50	David Cunningham, 53, Forest City, IA	1:56:54	8:55
117	27	W25	Rachel Shepherd, 25*, Urbandale, IA	1:56:55	8:55
118	10	W40	Desiree Ingham, 40*, Norwalk, IA	1:57:00	8:56
331	18	M55	Del Lark, 59, Des Moines, IA	1:57:06	8:56
332	7	M60	Jim Pfeifer, 61, State Center, IA	1:57:10	8:56
119	28	W25	Erin Johnson, 25*, Kansas City, MO	1:57:11	8:56
120	29	W25	Katie Brown, 27*, Ofallon, MO	1:57:14	8:57
333	52	M35	Brandon Lee, 35, Ankeny, IA	1:57:17	8:57
121	18	W35	Kathy Meyer, 35*, Lawrence, KS	1:57:18	8:57
122	30	W25	Erica Simbro, 28*, Des Moines, IA	1:57:30	8:58
334	19	M55	Neil Swanson, 57, Palo, ID	1:57:31	8:58
123	11	W40	Carrie Crawford, 43*, Des Moines, IA	1:57:45	8:59
124	28	W30	Rosalyn Lehman, 30*, Pleasant Hill, IA	1:57:49	8:59

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336	42	M25	Aaron Rogers, 29, Des Moines, IA	1:58:12	9:01
337	8	M60	Steven Ovel, 60, Cedar Rapids, IA	1:58:13	9:01
338	31	M50	Lonnie Shannon, 51, Des Moines, IA	1:58:14	9:01
125	29	W30	Kara Stalzer, 33*, West Des Moines, GU	1:58:16	9:01
126	18	W20	Nicole Heibel, 20*, Des Moines, IA	1:58:17	9:01
339	57	M30	Zachary Moore, 31, Ankeny, IA	1:58:20	9:02
127	10	W45	Teri Feldmann, 47*, Des Moines, IA	1:58:23	9:02
340	43	M25	Ron Zozaya, 28, Fairfax, IA	1:58:24	9:02
128	31	W25	Kelly Anne Williams, 25*, Ames, IA	1:58:24	9:02
129	32	W25	Kristin Nieman, 27*, Mitchellville, IA	1:58:25	9:02
341	44	M25	Blake McKibbin, 26, Des Moines, IA	1:58:31	9:02
342	53	M35	Brad Buck, 39, Urbandale, IA	1:58:39	9:03
130	3	JrW	Whitney Reno, 19*, Humeston, IA	1:58:43	9:03
343	14	JrM	Tony Beal, 19, Albia, IA	1:58:43	9:03
344	20	M55	David Friedgood, 58, Clive, IA	1:58:51	9:04
131	33	W25	Angie Oakie, 28*, Ankeny, IA	1:58:52	9:04
345	36	M45	Todd Weber, 45, Earlham, IA	1:58:53	9:04
346	15	JrM	Nathaniel Holte, 14, Kirksville, MO	1:58:55	9:04
347	54	M35	Brad Steele, 38, Byron, MN	1:58:55	9:04
132	12	W40	Deborah Holte, 43*, Kirksville, MO	1:58:55	9:04
133	30	W30	Jennie Shipley, 30*, Ankeny, IA	1:58:57	9:04
134	19	W35	Ellen Franklin, 38*, Iowa City, IA	1:59:19	9:06
135	34	W25	Laura Spencer, 25*, Iowa City, IA	1:59:19	9:06
136	35	W25	Snadra Marcu, 25*, St Louis, MO	1:59:20	9:06
137	36	W25	Robyn Clevenger, 29*, West Des Moines, IA	1:59:32	9:07
138	20	W35	Stacy Farr, 37*, West Des Moines, IA	1:59:42	9:08
139	13	W40	Debra Delaet, 40*, Iowa City, IA	1:59:43	9:08
348	32	M50	Joseph Henry, 51, Des Moines, IA	1:59:44	9:08
140	19	W20	Stefanie Hill, 24*, Des Moines, IA	1:59:49	9:08
141	8	W50	Kelly Roberts, 51*, Brookfield, MO	1:59:50	9:09
142	14	W40	Kathy Leggett, 42*, Johnston, IA	1:59:52	9:09
143	20	W20	Katie Tushaus, 23*, Des Moines, IA	1:59:53	9:09
144	21	W20	Brittney Anderson, 21*, Nevada, IA	1:59:54	9:09
349	54	M40	Erik Luthens, 43, Urbandale, IA	1:59:57	9:09
145	15	W40	Penny Luthens, 42*, Urbandale, IA	1:59:58	9:09
146	16	W40	Janice Ferri, 43*, Urbandale, IN	1:59:58	9:09
147	17	W40	Julie Feldman, 42*, Pleasant Hill, IA	2:00:01	9:09
148	22	W20	Amy Aronowitz, 23*, Johnston, IA	2:00:02	9:09
350	55	M40	Rick Schmidt, 40, Des Moines, IA	2:00:04	9:10
351	56	M40	Jay Honohan, 43, Iowa City, IA	2:00:14	9:10
352	58	M30	Peter Frett, 30, Des Moines, IA	2:00:16	9:11
149	18	W40	Meredith Drummond, 40*, Des Moines, IA	2:00:23	9:11
353	59	M30	Dave Orr, 33, Humboldt, IA	2:00:24	9:11
354	28	M20	Brent Trevillvan, 23, Ames, IA	2:00:27	9:11
150	31	W30	Jennifer Veak, 34*, Des Moines, IA	2:00:32	9:12
355	45	M25	Adam Gudenkauf, 29, Des Moines, IA	2:00:33	9:12
356	55	M35	Brian Jones, 38, Des Moines, IA	2:00:39	9:12
151	37	W25	Lindsay Wedemeier, 26*, West Des Moines, IA	2:00:43	9:13
152	4	JrW	Jessica Garland, 19*, Des Moines, IA	2:00:51	9:13
153	21	W35	Jody Kinman, 37*, Johnston, IA	2:00:55	9:13
357	57	M40	Dean O'Connor, 41, Altoona, IA	2:00:58	9:14
154	19	W40	Dawn O'Connor, 43*, Altoona, IA	2:00:58	9:14
155	23	W20	Mackenzie Skul, 21*, Des Moines, IA	2:01:04	9:14
358	29	M20	Andrew Bley, 21, Ames, IA	2:01:09	9:15
156	24	W20	Laura Christian, 23*, West Des Moines, IA	2:01:13	9:15
157	32	W30	Heather Nissen, 31*, Des Moines, IA	2:01:13	9:15
158	38	W25	Melissa Blomquist, 26*, Summit, IL	2:01:14	9:15
359	60	M30	Wyatt Myers, 30, Des Moines, IA	2:01:26	9:16
159	22	W35	Kendra Rockhold, 35*, Allerton, IA	2:01:35	9:17
160	25	W20	Kelly Kehoe, 22*, Windsor Heights, IA	2:01:35	9:17

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361	33	M50	John Curtin, 52, Des Moines, IA	2:01:43	9:17
362	34	M50	James Pech, 52, Polk City, IA	2:01:46	9:17
363	46	M25	Joel Peterson, 27, Milo, IA	2:01:48	9:18
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364	58	M40	Bill Olson, 43, Urbandale, IA	2:01:53	9:18
365	37	M45	Tony McBride, 45, Clive, IA	2:02:14	9:20
162	26	W20	Katie Lutz, 22*, Ames, IA	2:02:17	9:20
366	47	M25	Randy Vyhnaelek, 28, Omaha, NE	2:02:18	9:20
163	27	W20	Lauren Jones, 20*, Centerville, IA	2:02:18	9:20
164	5	JrW	Kaitlin Courtney, 19*, Ottumwa, IA	2:02:19	9:20
367	16	JrM	Enrique Ramirez, 19, Ottumwa, IA	2:02:19	9:20
165	23	W35	Valerie Boehlje, 38*, Altoona, IA	2:02:20	9:20
166	40	W25	Amanda Sterk, 28*, Altoona, IA	2:02:22	9:20
368	56	M35	Darren Herrold, 36, Cambridge, IA	2:02:22	9:20
369	61	M30	Steven Evans, 34, Indianola, IA	2:02:35	9:21
167	41	W25	Mindy Sauer, 29*, Urbandale, IA	2:02:35	9:21
168	42	W25	Kristina Gambaiana, 25*, Des Moines, IA	2:02:38	9:21
169	43	W25	Jessica Pilling, 25*, Clive, IA	2:02:38	9:21
370	48	M25	Adam Hoffman, 27, Des Moines, IA	2:02:44	9:22
170	24	W35	Kimberly Baeth, 37*, Urbandale, IA	2:02:44	9:22
171	44	W25	Shanna Wunder, 28*, Slater, IA	2:02:48	9:22
371	57	M35	Kevin Mann, 36, Johnston, IA	2:02:51	9:22
172	9	W50	Julie Caldwell, 51*, Jacksonville, IL	2:02:52	9:22
372	58	M35	Brian Vance, 38, Ankeny, IA	2:02:57	9:23
373	62	M30	Peter Vance, 34, Ankeny, IA	2:02:58	9:23
374	10	M60	Cal Jenkins, 63, Cedar Rapids, IA	2:02:59	9:23
375	59	M35	Steve Custis, 36, Owatonna, MN	2:03:08	9:24
376	63	M30	Paul Bentley, 32, Mount Vernon, IA	2:03:11	9:24
173	28	W20	Sarah Gravert, 22*, Cedar Falls, IA	2:03:17	9:24
377	60	M35	Anthony Asmus, 37, Altoona, IA	2:03:18	9:24
378	61	M35	Sean Slowinsky, 37, Owatonna, MN	2:03:18	9:24
379	62	M35	Jeff Collum, 39, West Des Moines, IA	2:03:27	9:25
380	30	M20	Alex Hoffman, 23, Ankeny, IA	2:03:34	9:26
381	59	M40	Brent Hoehns, 42, Atlantic, IA	2:03:38	9:26
174	33	W30	Michele Williams, 31*, Massena, IA	2:03:41	9:26
175	45	W25	Leah Gjertson, 25*, Des Moines, IA	2:03:41	9:26
176	46	W25	Dana Wallis, 26*, West Des Moines, IA	2:03:55	9:27
382	60	M40	Kenneth Bernstein, 40, Des Moines, IA	2:03:59	9:27
177	20	W40	Gwyndolyn McMillin, 41*, Des Moines, IA	2:03:59	9:28
178	25	W35	Allyson Glaser, 35*, West Des Moines, IA	2:04:02	9:28
383	38	M45	Tom Hauser, 47, Chanhassen, MN	2:04:06	9:28
179	10	W50	Pamela Wood, 53*, Janesville, IA	2:04:08	9:28
180	11	W45	Margaret Haberman, 48*, Portland, OR	2:04:15	9:29
181	21	W40	Mia Bush, 43*, Hillsboro, OR	2:04:16	9:29
384	21	M55	William Reinarts, 59, Winona, MN	2:04:27	9:30
182	47	W25	Jenni Brown, 28*, Carroll, IA	2:04:28	9:30
385	64	M30	Nate Rider, 31, Shawnee, KS	2:04:32	9:30
183	34	W30	Robin Dickson, 31*, Des Moines, IA	2:04:34	9:30
386	39	M45	Rob Gillum, 47, Des Moines, IA	2:04:34	9:30
387	35	M50	Charles Nixon, 50, Coon Rapids, IA	2:04:37	9:30
388	22	M55	Louis Hockenberger, 59, Clive, IA	2:04:41	9:31
389	36	M50	Mark Bauder, 53, Elkader, IA	2:04:42	9:31
184	26	W35	Beverly Williams, 36*, Prairie City, IA	2:05:00	9:32
185	12	W45	Brenda McGraw, 45*, Waukee, IA	2:05:07	9:33
186	29	W20	Amber Mortenson, 24*, West Des Moines, IA	2:05:14	9:33
187	30	W20	Johannah Slykhuis, 24*, Huxley, IA	2:05:16	9:33
390	65	M30	Ryan Post, 34, Urbandale, IA	2:05:17	9:33
188	35	W30	Laura Post, 32*, Urbandale, IA	2:05:17	9:33
391	40	M45	Russ Seybold, 48, Naperville, IL	2:05:23	9:34
189	27	W35	Rebecca Jones, 36*, Des Moines, IA	2:05:23	9:34
190	13	W45	Debbie Avitt, 47*, Des Moines, IA	2:05:24	9:34

392	63	M35	Edward Kempf, 39, Des Moines, IA	2:05:24	9:34
191	36	W30	Shannon Clark, 30*, Pleasantville, IA	2:05:25	9:34
192	48	W25	Courtney Flug, 29*, St Bonifacius, MN	2:05:26	9:34
193	28	W35	Dixie Palm, 39*, Altoona, IA	2:05:29	9:34
194	31	W20	Ellen Stolz, 20*, Mequon, WI	2:05:35	9:35
195	37	W30	Lori Reha, 31*, Ankeny, IA	2:05:37	9:35
196	38	W30	Molly Dietrich, 31*, Sioux Falls, SD	2:05:49	9:36
197	22	W40	Heather Myer-Davis, 43*, Des Moines, IA	2:05:50	9:36
198	29	W35	Julie Perkins, 36*, Carroll, IA	2:05:50	9:36
393	64	M35	Greg Perkins, 36, Carroll, IA	2:05:51	9:36
394	37	M50	Jack Siemieniec, 52, Des Moines, IA	2:05:51	9:36
199	6	JrW	Kelsey Jo Williams, 19*, Ames, IA	2:05:52	9:36
395	49	M25	Dirk Whitebreast, 28, Tama, IA	2:05:52	9:36
200	23	W40	Alissa McKinney, 40*, Des Moines, IA	2:06:00	9:37
396	65	M35	Chris Roberts, 37, Des Moines, IA	2:06:01	9:37
201	49	W25	Kirsten Garland, 27*, Clive, IA	2:06:02	9:37
397	61	M40	Tony Darling, 43, Ankeny, IA	2:06:05	9:37
398	31	M20	Joe Kolpin, 20, Ira, IA	2:06:22	9:38
399	38	M50	Dennis Howard, 54, Des Moines, IA	2:06:26	9:39
400	39	M50	Randy Essex, 50, Detroit, MI	2:06:28	9:39
401	66	M30	Joe Schmit, 31, West Des Moines, IA	2:06:30	9:39
202	39	W30	Tony Korkow, 34*, Silver City, IA	2:06:35	9:39
402	41	M45	Dave Versteeg, 49, Montezuma, IA	2:06:37	9:40
403	66	M35	Brent Emerson, 37, Huxley, IA	2:06:38	9:40
203	30	W35	Jennifer Jacobs, 36*, West Des Moines, IA	2:06:39	9:40
404	67	M35	Robert Schmit, 39, Cedar Rapids, IA	2:06:46	9:40
204	50	W25	Shannon Vonmuenster, 25*, Muscatine, IA	2:07:03	9:42
205	14	W45	Teresa Selberg, 48*, Urbandale, IA	2:07:13	9:42
405	67	M30	Bren O'Connor, 31, North Liberty, IA	2:07:14	9:42
406	62	M40	Andrew Kahl, 43, Des Moines, IA	2:07:16	9:43
407	50	M25	Robert Gainer, 29, Des Moines, IA	2:07:20	9:43
206	31	W35	Kimberly Bryant, 36*, Waukee, IA	2:07:52	9:45
207	40	W30	Deidre Nims, 32*, Cedar Rapids, IA	2:07:57	9:46
208	32	W20	Calee Himes, 23*, Ames, IA	2:08:01	9:46
408	51	M25	Ashish Bag, 26, Gurgaon	2:08:06	9:46
209	32	W35	Betsey Madden, 39*, Evanston, IL	2:08:24	9:48
210	51	W25	Meghan Teigen, 26*, Windsor Heights, IA	2:08:25	9:48
409	42	M45	Marty Kalton, 49, Des Moines, IA	2:08:34	9:49
410	23	M55	Thomas Hostetter, 57, Ames, IA	2:08:35	9:49
211	24	W40	Tess Balsley, 44*, Ames, IA	2:08:41	9:49
212	25	W40	Colleen Kinney, 40*, Des Moines, IA	2:08:43	9:49
411	52	M25	Tyson Burton, 29, Cedar Falls, IA	2:08:49	9:50
213	52	W25	Anne Musgrave, 28*, Des Moines, IA	2:08:50	9:50
412	53	M25	Ryan Kramer, 29, Des Moines, IA	2:08:54	9:50
214	41	W30	Jamie Adams, 30*, Urbandale, IA	2:08:57	9:50
215	33	W20	Heidi Gifford, 24*, Pleasant Hill, IA	2:09:00	9:50
216	42	W30	Tammy Steenhoek, 31*, Prairie City, IA	2:09:05	9:51
217	34	W20	Calla Whipp, 21*, Des Moines, IA	2:09:20	9:52
218	43	W30	Anne Pentico, 33*, Pella, IA	2:09:22	9:52
413	68	M30	Jason Pentico, 34, Pella, IA	2:09:23	9:52
219	53	W25	Sheri Bernardy, 26*, West Des Moines, IA	2:09:25	9:52
220	11	W50	Natalie Welter, 50*, Story City, IA	2:09:29	9:53
414	63	M40	Joe Terrones, 44, Ames, IA	2:09:32	9:53
221	26	W40	So Yong Newman, 41*, Clive, IA	2:09:32	9:53
415	69	M30	Aaron Baack, 34, Altoona, IA	2:09:35	9:53
416	32	M20	Joshua Clavell, 22, San Diego, CA	2:09:38	9:53
222	7	JrW	Alexis Reno, 14*, Humeston, IA	2:09:40	9:54
417	40	M50	Mike Shepard, 52, Rochester, MN	2:09:40	9:54
223	33	W35	Lisa Barillas, 39*, Clear Lake, IA	2:09:46	9:54
224	15	W45	Sherri Huff, 45*, Winterset, IA	2:09:51	9:54
225	35	W20	Karen Kelly, 23*, Davenport, IA	2:09:54	9:55
418	41	M50	Brent Cooper, 53, Urbandale, IA	2:10:08	9:56

419	68	M35	Brian Arpy, 37, Altoona, IA	2:10:16	9:56
226	12	W50	Jennifer Seales, 51*, Rhodes, IA	2:10:27	9:57
227	13	W50	Joan Meyer, 59*, Escondido, CA	2:10:38	9:58
228	14	W50	Michele Soria, 50*, Clive, IA	2:10:40	9:58
420	24	M55	Kevin Cunningham, 56, Des Moines, IA	2:10:40	9:58
229	44	W30	Beth Jebens, 34*, Des Moines, IA	2:10:43	9:58
230	34	W35	Jennifer York, 38*, Ames, IA	2:10:45	9:59
231	36	W20	Linda Yang, 22*, Des Moines, IA	2:10:50	9:59
232	15	W50	Catherine Smith, 59*, West Des Moines, IA	2:10:51	9:59
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233	54	W25	Amy Jacobsen, 29*, Waukesha, WI	2:11:10	10:00
421	69	M35	Chad Jacobsen, 36, Waukesha, WI	2:11:11	10:00
234	45	W30	Mariah Chapman, 30*, Ankeny, IA	2:11:12	10:01
235	16	W45	Ranae Nerem, 47*, West Des Moines, IA	2:11:12	10:01
422	70	M30	Scott Grimsley, 33, Council Bluffs, IA	2:11:37	10:02
423	71	M30	Aaron Witt, 31, Johnston, IA	2:11:41	10:03
424	43	M45	Michael Williams, 45, Des Moines, IA	2:12:16	10:05
236	17	W45	Kimberly Taylor, 47*, West Des Moines, IA	2:12:18	10:06
425	42	M50	Jim McElroy, 54, Johnston, IA	2:13:11	10:10
237	46	W30	Lynn Stover, 34*, Wichita, KS	2:13:15	10:10
426	25	M55	Kim Smith, 57, Ames, IA	2:13:19	10:10
238	18	W45	Rebecca Campbell, 45*, Pleasant Hill, IA	2:14:11	10:14
427	33	M20	Christopher Steffe, 24, Des Moines, IA	2:14:13	10:14
239	55	W25	Nikki Heidemann, 27*, Ankeny, IA	2:14:26	10:15
428	11	M60	Norman Ostbloom, 60, Des Moines, IA	2:15:00	10:18
240	8	JrW	Taylor McBroom, 15*, Derby, IA	2:15:19	10:19
241	56	W25	Kate Oconnor, 28*, North Liberty, IA	2:15:49	10:22
242	37	W20	Hayley Larsen, 21*, Des Moines, IA	2:15:53	10:22
429	72	M30	Brenton Pushetonequa, 32, Tama, IA	2:16:13	10:23
430	70	M35	Dirk Troutman, 38, Carroll, IA	2:16:42	10:26
431	71	M35	Dan Orth, 37, Urbandale, IA	2:16:44	10:26
432	12	M60	Bill Lawless, 65, Des Moines, IA	2:17:05	10:28
433	17	JrM	Richard Lowney, 19, Ames, IA	2:17:40	10:30
243	38	W20	Ashlea Ahrenholtz, 24*, Carroll, IA	2:17:46	10:31
244	39	W20	Katy Hayes, 20*, Des Moines, IA	2:17:49	10:31
245	47	W30	Jennifer Ogbourne, 30*, Carlisle, IA	2:18:06	10:32
246	35	W35	Stacie O'Connor, 36*, Indianola, IA	2:18:16	10:33
247	40	W20	Ellen Lambert, 22*, Grinnell, IA	2:19:17	10:38
248	48	W30	Kelly Hannan, 32*, Des Moines, IA	2:19:17	10:38
249	16	W50	Patty Keuning, 53*, Prairie City, IA	2:19:29	10:38
250	49	W30	Joanna Lowe, 30*, Des Moines, IA	2:19:37	10:39
251	57	W25	Kari Murry, 27*, Norwalk, IA	2:19:43	10:40
434	54	M25	Zack Sammler, 25, Waukee, IA	2:20:08	10:41
252	17	W50	Sara Morris, 56*, West Des Moines, IA	2:20:18	10:42
253	58	W25	Jackie Surber, 26*, Des Moines, IA	2:20:21	10:42
254	50	W30	Erin Pearce, 32*, Urbandale, IA	2:20:29	10:43
255	51	W30	Alexandra Markgraf, 30*, Stoughton, WI	2:20:30	10:43
256	9	JrW	Natasha Fee, 18*, Des Moines, IA	2:20:52	10:45
257	52	W30	Natalie Franke, 34*, Clive, IA	2:21:01	10:45
258	36	W35	Stephanie Comito, 35*, Urbandale, IA	2:21:01	10:45
259	27	W40	Stacey Brown, 44*, Pleasant Hill, IA	2:21:11	10:46
260	18	W50	Catherine Kemper, 56*, Des Moines, IA	2:21:18	10:47
261	59	W25	Briana Kemna, 28*, Chanhassen, MN	2:21:37	10:48
262	41	W20	Kimberly Pfannebecker, 21*, Des Moines, IA	2:21:44	10:49
263	42	W20	Rachel England, 22*, Des Moines, IA	2:21:44	10:49
264	53	W30	Julie Albright, 30*, Norwalk, IA	2:21:57	10:50
265	37	W35	Katrisha Heidemann, 36*, Granger, IA	2:22:09	10:51
266	38	W35	Karen Morkinvandyke, 35*, Des Moines, IA	2:22:09	10:51
267	39	W35	Kimberly Sapp, 37*, Des Moines, IA	2:22:10	10:51
268	10	JrW	Mahli Von Arx, 19*, Des Moines, MN	2:22:37	10:53

435	13	M60	John Von Arx, 60, Ramsey, MN	2:22:37	10:53
269	11	JrW	Cara Marie Voelliger, 19*, Des Moines, IA	2:24:02	10:59
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270	54	W30	Jennifer Winne, 33*, Peoria, IL	2:24:09	11:00
436	43	M50	Gary McGowan, 52, Forest Park, IL	2:24:59	11:04
271	19	W50	Barb Pedersen, 54*, Ames, IA	2:27:58	11:17
272	20	W50	Darla Emery, 54*, Ames, IA	2:27:58	11:17
273	19	W45	Lee Danna, 49*, De Pere, WI	2:27:59	11:17
437	26	M55	Lawrence Yates, 56, Omaha, NE	2:28:14	11:19
274	40	W35	Julie Andrews, 36*, Waukee, IA	2:28:57	11:22
275	43	W20	Melissa Campbell, 23*, West Des Moines, IA	2:28:59	11:22
438	34	M20	Bryan Campbell, 24, West Des Moines, IA	2:29:00	11:22
439	27	M55	Charles Potter, 59, Muscatine, IA	2:29:32	11:24
276	12	JrW	Emily Moss, 19*, Ames, IA	2:30:32	11:29
440	44	M45	Terry Mitchell, 46, West Des Moines, IA	2:30:50	11:30
277	41	W35	Kimberly Mitchell, 39*, West Des Moines, IA	2:30:50	11:30
278	55	W30	Allison Knief, 32*, Grimes, IA	2:31:15	11:32
441	35	M20	Mark McBrio, 22, Clive, IA	2:31:53	11:35
442	64	M40	Stan Sheffield, 44, Clive, IA	2:32:07	11:36
443	44	M50	Tino Terrones, 51, Centerville, IA	2:32:25	11:38
279	60	W25	Karen Karr, 25*, Des Moines, IA	2:32:56	11:40
280	56	W30	Dori Gaster, 31*, Des Moines, IA	2:33:43	11:44
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444 14 M60 Rollin Perry, 69, Cedar Falls, IA 2:56:00 13:26

"*" indicates females

17 finishers among Men 19 & Under

35 finishers among Men 20 - 24

54 finishers among Men 25 - 29

72 finishers among Men 30 - 34

71 finishers among Men 35 - 39

64 finishers among Men 40 - 44

44 finishers among Men 45 - 49

44 finishers among Men 50 - 54

27 finishers among Men 55 - 59

14 finishers among Men 60 & Up

12 finishers among Women 19 & Under

43 finishers among Women 20 - 24

60 finishers among Women 25 - 29

56 finishers among Women 30 - 34

41 finishers among Women 35 - 39

27 finishers among Women 40 - 44

19 finishers among Women 45 - 49

20 finishers among Women 50 & Up

444 male finishers

280 female finishers

724 total finishers

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