

# Drake Relays On-the-ROADS 8 Kilometer All-Time Records 1993 to 2008

(1997 times, "a", adjusted due to long course and University/College started 1996)

## Open Men - - Top 50

Kevin Herd, 23, Coralville	23:40	95
Rodeny DeHaven, 28, Madison, WI	23:55	95
Luke Watson, 27, South Bend, IN	23:59	08
Luke Watson, 26, South Bend, IN	24:07	07
Rod DeHaven, 39, Brookings, SD	24:15	06
Dan Hostager, 28, St. Cloud, MN	24:20	96
Dan Hostager, 29, Fayette	a 24:26	97
Kyle Kepler, 23, Cedar Falls	24:28	99
Mike Morgan, 24, Lincoln, NE	24:29	04
Rod DeHaven, 40, Brookings, SD	24:29	07
Vince Temu, 32, New Brighton, MN	24:30	03
Dan Hostager, 31, Des Moines	24:32	99
Wayne Strohmman, 27, Wichita, KS	24:33	98
Kyle Kepler, 24, Cedar Falls	24:35	00
Andrew Rinn, 31, Bellevue, NE	24:37	99
Jason Lehmkuhle, 29, Minneapolis, MN	24:38	07
Zachary Schendel, 27, St Paul, MN	24:39	03
David Avenson, 30, Cohasset, MN	24:41	93
Dan Hostager, 32, Windsor Heights	24:41	00
Jay Jackson, 30, Woodstock, IL	24:42	95
Jeff Massmann, 29, St Cloud, MN	24:44	93
Guy Murray, 30, Detroit, MI	24:44	98
Jeff Joiner, 25, Iowa City	24:44	98
Craig Cassen, 28, Brookings, SD	24:45	96
Mike Carney, 29, Des Moines	24:47	93
Andrew Rinn, 28, Ames	24:47	96
Jeff Massman, 32, Little Falls, MN	24:48	96
Zachary Schendel, 26, St Paul, MN	24:49	05
Andrew Rinn, 27, West Des Moines	24:50	95
John Hogan, 34, Clear Lake	24:51	93
Davey Neville, 29, Evanston, IL	24:54	04
Terry Ramlo, 29, Decorah	24:55	93
David Heppner, 23, Des Moines	24:55	93
Tim Surface, 20, Tulsa, OK	24:55	99
Phillip Rop, 31, West Des Moines, IA	24:58	08
Terry Ramlo, 31, Decorah	25:00	95
Jason Lehmkuhle, 20, Springfield, IL	25:00	98
Curt Shelman, 34, Wichita, KS	25:02	93
Marty Dalton, 27, Earlham	25:02	03
Jeff Massmann, 30, Little Falls, MN	25:03	94
Andrew Rinn, 29, Ames	a 25:03	97
Erik Petersson, 24, Arlington, TX	25:03	04
Andy Derks, 28, St. Joseph, IL	25:04	08
Craig Miller, 24, Rochester, MN	25:04	93
Jason Fogel, 24, West Des Moines	25:06	07
David Smith, 31, Prairie City	a 25:07	97
Jason Massmann, 26, Long Prairie, MN	25:08	00
Dan Hostager, 33, Windsor Heights	25:09	01
Jason Fogel, 23, West Des Moines	25:10	06
Jason Massmann, 25, Long Prairie, MN	25:11	99
Brad Yewer, 26, Johnson City, TN	25:11	05

## Men 19 & Under - - Top 20

Gregory Lieb, 19, Montivideo, MN	25:14	05
Amsalu Bizuneh, 18, Indianapolis, IN	25:37	95
Andy Morris, 18, Ankeny	26:02	96
Jason Massmann, 19, Brookings, SD	26:08	93
Kyle Kepler, 18, Webster City	26:20	94
John Krumsee, 19, Chicago, IL	26:21	05
Marshall Blaine, 19, Indianola	26:27	95
Christopher Jensen, 19, Iowa City	26:29	01
Larry David, 18, Lawrence, KS	26:29	07
Heath Moenck, 19, Webster City	26:36	05
Mike Biderman, 19, Iowa City	26:47	99
Nathan Smurdon, 19, Indianapolis, IN	26:53	95
Chris Ronan, 19, Lawrence, KS	26:58	93
Justin Credible, 19, Inglewood, CA	27:00	99
Jeff Green, 18, Galesburg, IL	27:12	93
Brian Werner, 18, West Des Moines	27:16	05
Nathan Moenck, 19, Webster City	27:17	01
Tracy Hellman, 18, Redfield, SD	27:19	94
Wade Demmer, 18, Buffalo, MN	a 27:20	97
Nate Kohnle, 19, Milwaukee, WI	27:26	94

## Men 20 to 24 - - Top 20

Kevin Herd, 23, Coralville	23:40	95
Mike Morgan, 24, Lincoln, NE	24:29	04
Kyle Kepler, 23, Cedar Falls	24:28	99
Kyle Kepler, 24, Cedar Falls	24:35	00
David Heppner, 23, Des Moines	24:55	93
Tim Surface, 20, Tulsa, OK	24:55	99
Jason Lehmkuhle, 20, Springfield, IL	25:00	98
Erik Petersson, 24, Arlington, TX	25:03	04
Craig Miller, 24, Rochester, MN	25:04	93
Jason Fogel, 24, West Des Moines	25:06	07
Jason Fogel, 23, West Des Moines	25:10	06
Phillip Biteler, 23, Sioux Falls, SD	25:19	93
Kendrick Clay, 24, Mankota, MN	a 25:16	97
Zachary Schendel, 23, St Paul, MN	25:17	02
Cornelius Mason, 23, Tulsa, OK	25:20	99
Cody Solverson, 24, Waverly, IA	25:23	08

Ben Carlson, 23, Waverly, IA	25:25	08
Todd Lane, 24, St Cloud, MN	a 25:26	97
David Johnston, 23, Lawrence, KS	25:30	95
Jeremy Hollis, 22, Tulsa, OK	25:30	99
Zachary Schendel, 22, Portland, OR	25:30	01

## Men 25 to 29 - - Top 20

Rodeny DeHaven, 28, Madison, WI	23:55	95
Luke Watson, 27, South Bend, IN	23:59	08
Luke Watson, 26, South Bend, IN	24:07	07
Dan Hostager, 28, St. Cloud, MN	24:20	96
Dan Hostager, 27, Fayette	a 24:26	97
Wayne Strohmman, 27, Wichita, KS	24:33	98
Jason Lehmkuhle, 29, Minneapolis, MN	24:38	07
Zachary Schendel, 27, St Paul, MN	24:39	03
Jeff Massmann, 29, St Cloud, MN	24:44	93
Jeff Joiner, 25, Iowa City	24:44	98
Craig Cassen, 28, Brookings, SD	24:45	96
Mike Carney, 29, Des Moines	24:47	93
Andrew Rinn, 28, Ames	24:47	96
Zachary Schendel, 26, St Paul, MN	24:49	05
Andrew Rinn, 27, West Des Moines	24:50	95
Davey Neville, 29, Evanston, IL	24:54	04
Terry Ramlo, 29, Decorah	24:55	93
Marty Dalton, 27, Earlham	25:02	03
Andrew Rinn, 29, Ames	a 25:03	97
Andy Derks, 28, St. Joseph, IL	25:04	08

## Men 30 to 34 - - Top 20

Vince Temu, 32, New Brighton, MN	24:30	03
Dan Hostager, 31, Des Moines	24:32	99
Andrew Rinn, 31, Bellevue, NE	24:37	99
David Avenson, 30, Cohasset, MN	24:41	93
Dan Hostager, 32, Windsor Heights	24:41	00
Jay Jackson, 30, Woodstock, IL	24:42	95
Guy Murray, 30, Detroit, MI	24:44	98
Jeff Massman, 32, Little Falls, MN	24:48	96
John Hogan, 34, Clear Lake	24:51	93
Phillip Rop, 31, West Des Moines, IA	24:58	08
Terry Ramlo, 31, Decorah	25:00	95
Curt Shelman, 34, Wichita, KS	25:02	93
Jeff Massmann, 30, Little Falls, MN	25:03	94
David Smith, 31, Prairie City	a 25:07	97
Dan Hostager, 33, Windsor Heights	25:09	01
Ron Moran, 30, Omaha, NE	25:14	93
Terry Ramlo, 30, Decorah	25:14	94
Mike Carney, 32, Des Moines la	25:15	95
Jeff Massmann, 31, Little Falls, MN	25:20	95
Marty Dalton, 30, Stuart	25:22	06

## Men 35 to 39 - - Top 20

Rod DeHaven, 39, Brookings, SD	24:15	06
Dale Bradley, 35, Lincoln, NE	25:12	93
Jeff Massman, 35, Little Falls, MN	25:34	99
Keith Fevold, 38, Des Moines	25:39	96
Steve Gearhart, 35, West Des Moines	25:40	99
Dave Avenson, 35, Grand Rapids, MN	25:41	98
Keith Fevold, 37, Des Moines	25:52	95
Mike Carney, 36, Des Moines	25:58	99
Dave Avenson, 36, Grand Rapids, MN	26:07	99
Ron Moran, 35, Grand Island, NE	26:18	98
Jeff Massmann, 36, Little Falls, MN	26:19	00
John Hogan, 38, St Paul, MN	a 26:23	97
John Hogan, 39, St Paul, MN	26:28	98
Andrew Rinn, 38, West Des Moines	26:29	06
Dallas Robertson, 36, Iowa City	26:33	93
Keith Fevold, 39, Des Moines	a 26:36	97
Michael Buley, 39, Johnston	26:36	00
Terry Stewart, 39, Omaha, NE	26:37	93
Keith Fevold, 36, Des Moines	26:49	94
Dan Martin, 35, Glen Ellyn, IL	26:53	94

## Men 40 to 44 - - Top 20

Rod DeHaven, 40, Brookings, SD	24:29	07
Douglas Clark, 42, Tulsa, OK	26:05	99
Philip Coppess, 41, Clinton	26:06	96
Keith Fevold, 40, Des Moines	26:10	98
Douglas Clark, 43, Tulsa, OK	26:19	00
Tom Antczak, 42, Platteville, WI	26:34	93
Jerry Lack, 42, East Moline, IL	26:39	05
Bobby Paxton, 42, Minneapolis, MN	26:44	99
Curt Hoegh, 43, Clive	26:45	95
Douglas Clark, 44, Lawrence, KS	26:46	01
Curt Hoegh, 41, Clive	26:47	93
Phil Kauder, 44, Cascade	26:49	05
Curt Hoegh, 44, Clive	26:51	96
Bobby Paxton, 40, Minneapolis, MN	a 26:52	97
Mike Carney, 42, Des Moines	26:59	05
Jon Betz, 40, DeWitt	27:00	00
Bill Kaemmer, 41, Des Moines	27:13	00
Roger Sayre, 42, Ft Collins	27:13	00

Keith Fevold, 41, Des Moines	27:14	99
Keith Fevold, 43, Des Moines	27:18	01

## Men 45 to 49 - - Top 20

Curt Hoegh, 45, Clive	a 26:59	97
John Samore, 46, Albuquerque, NM	a 27:28	97
Dave Hunter, 46, Chula Vista, CA	27:32	99
Jerry Lack, 45, East Moline, IL	27:32	08
Curt Hoegh, 48, Clive	27:44	00
Douglas Clark, 47, Lawrence, KS	27:46	04
Dave Hunter, 45, Chula Vista, CA	27:47	98
Bernie Wilder, 45, Davenport	27:50	01
Jerry Beutel, 46, Afton, MN	a 27:28	97
Peter Guidinger, 45, Winona, MN	28:05	07
Keith Fevold, 47, Des Moines	28:10	05
Douglas Clark, 51, Lawrence, KS	28:11	02
Jon Van Arkel, 45, Springfield, MO	28:34	04
Peter Guidinger, 46, Winona, MN	28:34	00
Dale Roe, 47, Madison, WI	28:28	95
Bernie Wilder, 46, Davenport	28:53	02
Don Mathiem, 47, Minnetonka, MN	28:57	93
John Bartello, 45, Newton	28:58	95
Dale Roe, 48, Madison, WI	28:59	96
Kevin Otte, 45, Clive	28:59	05
Tim Nagel, 47, Clarion	28:59	05

## Men 50 to 54 - - Top 20

Bruce Mortenson, 50, Minnetonka, MN	28:09	94
Paul Gryte, 51, Nevada	28:59	96
Patrick Murphy, 52, Cedar Rapids	29:07	93
Tim Nagel, 50, Clarion, IA	29:20	08
Ronald McKay, 50, Chariton	29:32	94
Ronald McKay, 51, Chariton	29:33	95
Guy Ealey, 53, Newton	29:34	93
Dale Roe, 50, Madison, WI	29:34	98
Bernie Wilder, 51, Davenport	29:53	07
Patrick Murphy, 54, Cedar Rapids	29:57	95
Dale Roe, 51, Madison, WI	29:57	99
Dale Roe, 52, Madison, WI	30:00	00
Dale Roe, 53, Madison, WI	30:00	01
Jim Shimek, 50, Cedar Rapids	30:03	98
Ken Klipp, 50, Kankakee, IL	30:03	99
Mike Bender, 52, Adel	30:18	93
Ron Gierut, 50, Cedar Rapids, IA	30:18	08
Ronald McKay, 53, Chariton	a 30:22	97
Tom McBride, 50, Des Moines	30:26	06
Tom McBride, 52, Des Moines	30:36	07

## Men 55 to 59 - - Top 20

Dennis Lang, 55, Winnipeg, MB	28:56	07
Patrick Murphy, 55, Cedar Rapids	29:38	96
Dale Roe, 55, Madison, WI	30:15	03
Bruce Mortenson, 55, Minnetonka, MN	30:19	99
Mike Bender, 56, Des Moines	a 30:22	97
Mike Bender, 57, Des Moines	30:44	98
Larry Cheevers, 55, Des Moines	30:48	93
Dale Roe, 56, Madison, WI	30:50	04
Ronald McKay, 55, Chariton	30:53	99
Alan Rock, 57, Stratford, WI	31:05	03
Ronald McKay, 56, Chariton	31:16	00
Mike Bender, 59, Des Moines	31:17	00
Ken Klipp, 55, Kankakee, IL	31:27	04
David Smith, 55, Minneapolis, MN	31:39	03
Ronald McKay, 59, Chariton	31:52	03
Alan Rock, 55, Stratford, WI	31:54	01
Alan Rock, 56, Stratford, WI	31:56	02
Jim Streeby, 55, Ottumwa	32:17	95
Ken Klipp, 56, Kankakee, IL	32:21	05
Alan Rock, 58, Stratford, WI	32:30	04

## Men 60 to 64 - - Top 20

Ronald McKay, 60, Chariton	32:11	04
Glen Roth, 60, Glen Carbon, IL	33:21	99
Jim Floyd, 60, West Des Moines	33:42	02
Mike Bender, 61, Des Moines	33:34	02
Bruce Mortenson, 60, Minnetonka, MN	33:57	04
Tom Kirkwood, 62, Dyersville	34:14	06
Gene Harding, 63, Des Moines	34:15	94
Gene Harding, 62, Des Moines	34:19	93
Gerald Witten, 64, Emporia, KS	34:50	94
Gene Peterson, 60, Des Moines	35:06	04
John Brown, 62, Kenyon, MN	35:07	06
Jim Floyd, 61, West Des Moines	35:20	03
Bob Reid, 60, Urbandale, IA	35:29	08
Leonard Hoffman, 63, Tipton	35:50	93
Don Garsh, 62, Chula Vista, CA	35:57	01
Paul Larson, 60, Garner	36:07	00
Gene Harding, 64, Des Moines	36:10	95
Jim Floyd, 63, West Des Moines	36:22	05
Bruce Mortenson, 63, Minnetonka, MN	36:24	07
Don Garsh, 61, Chula Vista, CA	36:39	00

### Men 65 to 69 - - Top 10

Mike Bender, 66, Des Moines	33:19	07
Jim Smedema, 67, Windsor Heights	33:24	99
Mike Bender, 65, Des Moines	33:40	06
Gene Harding, 66, Des Moines	a 35:31	97
Gene Harding, 65, Des Moines	35:57	96
Gerald Witten, 65, Emporia, KS	36:12	95
Alvin Ravenscroft, 65, Ames	36:28	99
Jim Smedema, 69, Windsor Heights	37:05	01
Gene Harding, 68, Des Moines	37:37	99
Bob Bartling, 66, Brookings, SD	37:56	93

### Men 70 & Up - - Top 5

Jerry Triplett, 70, Winterset	39:47	04
Gene Harding, 70, Des Moines	41:22	01
Fran Riley, 73, Davenport	41:57	07
Joe Anholt, 73, Cedar Rapids	42:18	93
Gene Harding, 71, Des Moines	43:08	02

### Open Women - - Top 40

Michelle Ihmels, 31, Ames	27:39	04
Sherri Smith, 25, Waco, TX	27:56	01
Angela Andersen, 26, Ames	27:57	96
Christy Mettler, 24, Brookings, SD	28:03	93
Suzanne Weeder-Einspahr, 35, Seward, NE	28:06	06
Casey Owens, 25, Des Moines, IA	28:12	08
Kirsten O'Hara, 31, Manhattan, KS	a 28:13	97
Kirsten O'Hara, 29, Manhattan, KS	28:14	95
Casey Owen, 24, Des Moines	28:14	07
Renee Kruse, 25, S Sioux City, NE	28:16	93
Sheena Dauer, 26, Sartell, MN	28:16	08
Suzanne Castruita, 28, Omaha, NE	28:18	00
Suzanne Weeder-Einspahr, 36, Seward, NE	28:18	07
Jen Blue, 31, North Mankato, MN	28:22	07
Michelle Ihmels, 30, Ames	28:29	03
Suzanne Weeder, 33, Seward, NE	28:33	04
Suzanne Weeder-Einspahr, 34, Seward, NE	28:34	05
Julia Saul, 22, Lawrence, KS	28:35	93
Michelle Borgert, 29, Ames	28:37	02
Michelle Stout, 31, Bowling Green, KY	28:38	01
Michelle Ihmels, 32, Ames	28:50	05
Casey Owen, 23, Mt Pleasant	28:54	06
Renee Kruse, 34, South Sioux City, NE	28:59	02
Rachel Hopkins, 27, Athens, GA	29:00	96
Susan McGhie, 27, Barboursville, WV	29:02	98
Cami Wells, 27, Wichita, KS	29:04	99
Christina Laura, Kansas State	29:07	06
Suzanne Weeder-Einspahr, 32, Seward, NE	29:15	03
Tracy Dahl-Morris, 23, Iowa City	29:22	94
Renae Brown, 30, Minneapolis, MN	29:22	04
Paulette Bendixen, 29, West Des Moines	29:29	93
Cami Wells, 26, Wichita, KS	29:29	98
Rachel Hopkins, 26, Athens, GA	29:32	95
Laurie Mizener, 24, Downers Grove, IL	29:34	94
April Ecker, 27, Evanston, IL	29:37	00
Sydney Pounds, 24, Iowa City	29:39	99
Nikole Johns, 27, Fort Collins, CO	29:39	02
Erin Moeller, 25, Cedar Rapids	29:39	03
Lisa Marshall, 37, Granger	29:44	05
Cami Wells, 25, Dickinson, ND	a 29:47	97

### Women 19 & Under - - Top 15

Erin Riederer, 17, Elm Grove, WI	30:35	99
Jana Peterson, 19, Ames	a 32:05	97
Kiersten Pauling, 19, Des Moines	30:51	95
Steph Dean, 19, Lincoln, NE	a 30:51	97
Coni Fritz, 19, Brookings, SD	31:25	93
Hannah Roeder, 15, Des Moines	32:05	03
Sydney Pounds, 19, Ames	32:09	94
Rebecca Harasyn, 18, Des Moines	a 32:10	97
Rachel Wobeter, 19, Toledo	32:10	06
Natalie Kleinfelter, 19, Iowa City	32:17	94
Laura Dunn, 19, Dekalb, IL	32:18	01
Allie Metzler, 19, Green Bay, WI	32:48	08
Georgia Millward, 18, Iowa City	33:11	01
Rebekah Topham, 19, Griswold	33:14	06
Nicole Brown, 19, Bettendorf	33:23	95

### Women 20 to 24 - - Top 15

Christy Mettler, 24, Brookings, SD	28:03	93
Casey Owen, 24, Des Moines	28:14	07
Julia Saul, 22, Lawrence, KS	28:35	93
Casey Owen, 23, Mt Pleasant	28:54	06
Tracy Dahl-Morris, 23, Iowa City	29:22	94
Laurie Mizener, 24, Downers Grove, IL	29:34	94
Sydney Pounds, 24, Iowa City	29:39	99
Stephanie Blackstone, 23, Kent, OH	29:48	08
Jennifer Paul, 24, Rock Island, IL	30:08	07
Becka Foerster, 23, Brookings, SD	30:13	08
Jeanene Rugan, 22, Manhattan, KS	30:18	95
Renine Le Heron, 21, Tulsa, OK	30:30	06
Hannah Roeder, 20, Des Moines, IA	30:31	08
Jana Peterson, 23, Iowa City	30:38	01
Kimberly Billish, 21, Palos Park, IL	a 30:42	97

### Women 25 to 29 - - Top 15

Sherri Smith, 25, Waco, TX	27:56	01
Angela Andersen, 26, Ames	27:57	96
Casey Owens, 25, Des Moines, IA	28:12	08
Kirsten O'Hara, 29, Manhattan, KS	28:14	95
Renee Kruse, 25, S Sioux City, NE	28:16	93
Sheena Dauer, 26, Sartell, MN	28:16	08
Suzanne Castruita, 28, Omaha, NE	28:18	00
Michelle Borgert, 29, Ames	28:37	02
Rachel Hopkins, 27, Athens, GA	29:00	96
Susan McGhie, 27, Barboursville, WV	29:02	98
Cami Wells, 27, Wichita, KS	29:04	99
Paulette Bendixen, 29, West Des Moines	29:29	93
Cami Wells, 26, Wichita, KS	29:29	98
Rachel Hopkins, 26, Athens, GA	29:32	95
April Ecker, 27, Evanston, IL	29:37	00

### Women 30 to 34 - - Top 15

Michelle Ihmels, 31, Ames	27:39	04
Kirsten O'Hara, 31, Manhattan, KS	a 28:13	97
Jen Blue, 31, North Mankato, MN	28:22	07
Michelle Ihmels, 30, Ames	28:29	03
Suzanne Weeder, 33, Seward, NE	28:33	04
Suzanne Weeder-Einspahr, 34, Seward, NE	28:34	05
Suzanne Weeder-Einspahr, 32, Seward, NE	28:38	01
Michelle Ihmels, 32, Ames	28:50	05
Renee Kruse, 34, South Sioux City, NE	28:59	02
Suzanne Weeder-Einspahr, 32, Seward, NE	29:15	03
Erin Ward, 32, St. Paul, MN	29:59	07
Paulette Bendixen, 31, West Des Moines	30:11	94
Georgette Mink, 31, Winnepeg, MB	30:15	08
Tonya Heppner, 30, Davenport	30:25	99
Sharon Stubler, 33, Minnetonka, MN	30:58	98

### Women 35 to 39 - - Top 15

Suzanne Weeder-Einspahr, 35, Seward, NE	28:06	06
Suzanne Weeder-Einspahr, 36, Seward, NE	28:18	07
Lisa Marshall, 37, Granger	29:44	05
Sharon Stubler, Minnetonka, MN	30:14	02
Ann Ringlein, 39, Lincoln, NE	a 31:07	97
Julia Burke, 35, Colo	a 31:12	97
Pamela Gray, 36, Lake Crystal, MN	31:24	98
Christine Price, 38, Des Moines	31:43	07
Christine Price, 36, Des Moines	32:10	05
Linda Abercrombie, 35, Colorado Springs, CO	32:15	96
Christine Price, 35, Des Moines	32:23	04
Sue Boley, 36, Maxwell	32:35	93
Michelle Deverell, 37, Mason City	32:45	00
Sue Boley, 37, Maxwell	32:50	94
Christine Price, 37, Des Moines	32:53	06

### Women 40 to 44 - - Top 15

Muriel Nauman, 41, Iowa City	a 30:21	97
Muriel Nauman, 40, Iowa City	30:36	96
Ann Ringlein, 44, Lincoln, NE	30:52	02
Ann Ringlein, 42, Lincoln, NE	31:04	00
Ann Ringlein, 41, Lincoln, NE	31:05	99
Ann Ringlein, 40, Lincoln, NE	31:31	98
Sharon Stubler, 40, Minnetonka, MN	31:46	05
Sharon Stubler, 42, Minnetonka, MN	31:46	07
Claudia Scott, 44, Marion	32:00	95
Muriel Nauman, 42, Iowa City	32:38	98
Sue Boley, 40, Maxwell	a 32:40	97
Vicki Nelson, 40, Sioux Falls, SD	32:49	01
Julie Starry, 40, Des Moines	32:51	00
Vicki Nelson, 43, Sioux Falls, SD	33:11	04
Sheila Maddock, 42, Johnston	33:13	98

### Women 45 to 49 - - Top 15

Connie Prince Houlihan, 49, Sioux City	29:47	07
Ann Ringlein, 46, Lincoln, NE	31:26	04
Ann Ringlein, 45, Lincoln, NE	31:35	03
Ann Ringlein, 49, Lincoln, NE	32:01	07
Gloria Jansen, 45, Edina, MN	32:37	93
Claudia Scott, 45, Marion	33:02	96
Cathy Lack, 47, East Moline, IL	33:42	08
Carla Stoner, 45, West Des Moines, IA	33:45	08
Claudia Scott, 48, Marion	34:16	99
Judith Muller, 45, Altoona	34:22	94
Linda Schissel, 47, Minneapolis, MN	34:51	96
Sarah Barker, 48, St Paul, MN	35:33	07
Judith Muller, 46, Altoona	36:09	95
Claudia Scott, 49, Marion	36:23	00
Coleen Rowley, 47, Apple Valley, MN	36:29	02

### Women 50 to 54 - - Top 15

Connie Prince Houlihan, 50, Sioux City, IA	30:33	08
Claudia Scott, 51, Marion	35:11	02
Dody Burkey, 51, Cedar Rapids	35:28	96
Karen Cummins, 50, Madison, SD	36:28	99
Nancy Willert, 50, Nevada	36:49	07
Claudia Scott, 52, Marion	37:05	03
Jan Mohs, 52, Urbandale, IA	37:35	08
Karen Cummins, 51, Madison, SD	37:17	00
Claudia Scott, 50, Marion	37:22	01
Karen Cummins, 52, Madison, SD	37:39	01
Kathi Dellaca, 54, Windsor Heights	37:44	07

Rae Gene Burger, 53, Des Moines	38:05	98
Kathi Dellaca, 53, Windsor Heights	38:24	06
Rae Gene Burger, 50, Clive	38:41	95
Claudia Scott, 54, Marion	38:35	05

### Women 55 to 59 - - Top 5

Faye Berger, 55, Golden Valley, MN	35:11	02
Faye Berger, 56, Golden Valley, MN	36:31	04
Faye Berger, 58, Golden Valley, MN	36:50	05
Kathi Dellaca, 55, Des Moines, IA	37:50	08
Debbie Hubbell, 55, Des Moines, IA	39:16	08

### Women 60 & Up - - Top 3

Sandy Rupnow, 63, Ames	41:12	07
Pat Neff, 63, Beaman	42:12	93
Pat Neff, 64, Beaman	44:15	94

### Men Top 20 College/University

Nate Nemeth, Northern Iowa	24:29	01
Greg Liebl, North Dakota St	24:30	08
Oliver Bodor, Northern Iowa	24:31	01
Guy Gerych, SMU	24:32	01
Joe Borg, Easter Michigan	24:42	00
Paul Birbaum, Kansas State	a 24:47	97
Jason McCullough, Fort Hays State	24:55	99
Sean Birren, Lindenwood University	24:59	01
Scott Hilditch, Kent State	24:59	08
Robert Semelroth, Northern Iowa	25:01	98
Trent Corey, Iowa	25:02	99
Sam Burkett, Northern Iowa	a 25:02	97
Ames, Eastern Michigan	a 25:05	97
Steve Crane, Eastern Michigan	25:05	00
James Mullenix, Minn State Mankato	25:07	99
Dan Alvarado, Graceland	25:09	00
Paul Sarris, Iowa	25:12	01
Joe Welter, Iowa	25:15	01
Adam Roche, Iowa	25:16	05
Chris Lawson, Northern Iowa	25:17	06

### College/University - - Women Top 20

Nikki Chapple, Iowa	28:54	05
Lauren Endersen, Utah	29:00	08
Christina Laura, Kansas State	29:07	06
Agi Kroneruff, Northern Iowa	29:08	01
Debbie Cardenas, Tulsa	29:17	00
Emily Martini, Iowa State	29:36	98
Shayla Houlihan, Northern Iowa	29:40	05
Lisa Sopko, Marshall	29:54	98
Quinn Vermie, Northern Iowa	29:54	05
Casey Owens, SW Missouri State	30:12	02
Andrea Crapisi, Iowa State	30:15	98
Laurie Meythaler, Iowa State	a 30:16	97
Rita Faia, Northern Iowa	30:17	03
Emily Shoopman, Northern Iowa	30:20	02
Stacy Weatherman, Fort Hays State	30:21	98
Sarah Lemley, Drake	30:23	98
Sarah Lemley, Drake	30:24	99
Emily Martini, Iowa State	30:25	96
Kara Butler, Bowling Green	30:26	08
Gayle Nugent, Iowa State	30:35	98