

# 21st Red Flannel Run

YMCA - Des Moines, Iowa

Feb. 13, 2010

18 degrees, nice morning for 2010

Results by [calmurdock@earthlink](mailto:calmurdock@earthlink) - for changes

[5M Overall](#)

[5M Age Groups](#)

[3M Overall](#)

[3M Age Group](#)

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 M20  | Joel Tuttle, 29, West Des Moines, IA      | 17:10 | 5:43 |
| 2                                                                                                                                                                                                                                                                     | 1 M30  | Luke Spencer, 38, Des Moines, IA          | 17:24 | 5:48 |
| 3                                                                                                                                                                                                                                                                     | 2 M20  | Trent Weiler, 25, Ankeny, IA              | 17:27 | 5:49 |
| 4                                                                                                                                                                                                                                                                     | 2 M30  | Dan Gilliatt, 31, Winterset, IA           | 17:34 | 5:51 |
| 5                                                                                                                                                                                                                                                                     | 3 M30  | Neer John, 31, Des Moines, IA             | 17:47 | 5:56 |
| Pace: <a href="#">6:00</a>   <a href="#">7:00</a>   <a href="#">8:00</a>   <a href="#">9:00</a>   <a href="#">10:00</a>   <a href="#">11:00</a>   <a href="#">12:00</a>   <a href="#">13:00</a>   <a href="#">14:00</a>   <a href="#">15:00</a>   <a href="#">Top</a> |        |                                           |       |      |
| 6                                                                                                                                                                                                                                                                     | 3 M20  | Mark Manske, 23, Des Moines, IA           | 18:06 | 6:02 |
| 7                                                                                                                                                                                                                                                                     | 4 M30  | Travis Ripperger, 32, West Des Moines, IA | 18:34 | 6:11 |
| 8                                                                                                                                                                                                                                                                     | 5 M30  | Jared McLaren, 31, Grimes, IA             | 19:01 | 6:20 |
| 9                                                                                                                                                                                                                                                                     | 1 M40  | Todd Neumann, 41, Johnston, IA            | 19:01 | 6:20 |
| 10                                                                                                                                                                                                                                                                    | 6 M30  | Thomas Scroggins, 38, Ankeny, IA          | 19:06 | 6:22 |
| 11                                                                                                                                                                                                                                                                    | 7 M30  | Derrick Flippin, 32, West Des Moines, IA  | 19:33 | 6:31 |
| 12                                                                                                                                                                                                                                                                    | 4 M20  | Dave Baitinger, 28, Ankeny, IA            | 19:40 | 6:33 |
| 1                                                                                                                                                                                                                                                                     | 1 W30  | Anderson Jayme, 30*, Des Moines, IA       | 19:46 | 6:35 |
| 13                                                                                                                                                                                                                                                                    | 1 M15  | Aaron Brown, 17, Grimes, IA               | 19:46 | 6:35 |
| 14                                                                                                                                                                                                                                                                    | 5 M20  | Timothy Martinez, 22, Bondurant, IA       | 20:03 | 6:41 |
| 15                                                                                                                                                                                                                                                                    | 2 M40  | Michael Gould, 47, West Des Moines, IA    | 20:10 | 6:43 |
| 16                                                                                                                                                                                                                                                                    | 8 M30  | Gary Jensen, 31, Adel, IA                 | 20:18 | 6:46 |
| 17                                                                                                                                                                                                                                                                    | 6 M20  | Eric Rowley, 28, Des Moines, IA           | 20:22 | 6:47 |
| 18                                                                                                                                                                                                                                                                    | 2 M15  | Taylor Cain, 18, Des Moines, IA           | 20:25 | 6:48 |
| 19                                                                                                                                                                                                                                                                    | 1 M10  | Hunter Hilsabeck, 14, Winterset, IA       | 20:25 | 6:48 |
| 2                                                                                                                                                                                                                                                                     | 1 W15  | Sarah Lindemulder, 18*, Ottumwa, IA       | 20:27 | 6:49 |
| 20                                                                                                                                                                                                                                                                    | 9 M30  | Tony Guerra, 37, Ankeny, IA               | 20:28 | 6:49 |
| 3                                                                                                                                                                                                                                                                     | 1 W20  | Kelsea Stephenson, 25*, Iowa, IA          | 20:29 | 6:50 |
| 21                                                                                                                                                                                                                                                                    | 3 M15  | Taylor Wilkerson, 19, Adel, IA            | 20:46 | 6:55 |
| 4                                                                                                                                                                                                                                                                     | 1 W10  | Katelyn Smith, 13*, Ankeny, IA            | 20:49 | 6:56 |
| 22                                                                                                                                                                                                                                                                    | 1 M50  | Randy Davis, 53, Altoona, IA              | 20:52 | 6:57 |
| Pace: <a href="#">6:00</a>   <a href="#">7:00</a>   <a href="#">8:00</a>   <a href="#">9:00</a>   <a href="#">10:00</a>   <a href="#">11:00</a>   <a href="#">12:00</a>   <a href="#">13:00</a>   <a href="#">14:00</a>   <a href="#">15:00</a>   <a href="#">Top</a> |        |                                           |       |      |
| 23                                                                                                                                                                                                                                                                    | 3 M40  | Chris Kannapel, 47                        | 20:59 | 7:00 |
| 24                                                                                                                                                                                                                                                                    | 4 M40  | Scott Harris, 42, Clive, IA               | 21:06 | 7:02 |
| 25                                                                                                                                                                                                                                                                    | 2 M50  | Loyed Hedges, 50, Des Moines, IA          | 21:14 | 7:05 |
| 26                                                                                                                                                                                                                                                                    | 1 M60  | Don Utsinger, 63, Cedar Rapids, IA        | 21:15 | 7:05 |
| 27                                                                                                                                                                                                                                                                    | 3 M50  | Alan Lenz, 52, Perry, IA                  | 21:21 | 7:07 |
| 28                                                                                                                                                                                                                                                                    | 5 M40  | Kirk Wills, 47, Galena, IL                | 21:32 | 7:10 |
| 5                                                                                                                                                                                                                                                                     | 2 W20  | Esmie Holderman, 25*, Des Moines, IA      | 21:33 | 7:11 |
| 29                                                                                                                                                                                                                                                                    | 2 M60  | Roy Ney, 61, Des Moines, IA               | 21:47 | 7:16 |
| 30                                                                                                                                                                                                                                                                    | 4 M15  | Jacob Schrodtt, 16, Prole, IA             | 21:50 | 7:16 |
| 31                                                                                                                                                                                                                                                                    | 3 M60  | Tom Kirkwood, 66, Dyersville, IA          | 21:57 | 7:19 |
| 32                                                                                                                                                                                                                                                                    | 10 M30 | Peter Knapp, 36, Polk City, IA            | 22:03 | 7:21 |
| 33                                                                                                                                                                                                                                                                    | 2 M10  | Jacob Orr, 13                             | 22:04 | 7:21 |
| 34                                                                                                                                                                                                                                                                    | 3 M10  | Evan Jones, 14, Pella, IA                 | 22:05 | 7:21 |
| 35                                                                                                                                                                                                                                                                    | 6 M40  | Timothy Orr, 48, Pella, IA                | 22:05 | 7:21 |

|    |        |                                           |       |      |
|----|--------|-------------------------------------------|-------|------|
| 6  | 3 W20  | Carlie Fitzgerald, 27*, Ankeny, IA        | 22:07 | 7:22 |
| 36 | 11 M30 | Blair Redenius, 32, Charles City, IA      | 22:12 | 7:24 |
| 37 | 4 M10  | Kenny Dupre, 14, Pella, IA                | 22:18 | 7:26 |
| 38 | 12 M30 | Brad Myers, 38, Knoxville, IA             | 22:27 | 7:29 |
| 39 | 7 M20  | Michael Snowden, 23                       | 22:29 | 7:30 |
| 40 | 7 M40  | Mike Quick, 47, Pleasant Hill, IA         | 22:33 | 7:31 |
| 41 | 4 M50  | Greg Madison, 55, Ankeny, IA              | 22:33 | 7:31 |
| 7  | 4 W20  | Erin Bone, 25*, Ankeny, IA                | 22:42 | 7:34 |
| 42 | 8 M20  | Tommy Curtis, 26, Altoona, IA             | 22:43 | 7:34 |
| 43 | 9 M20  | Brian Kempnich, 29, Urbandale, IA         | 22:46 | 7:35 |
| 44 | 5 M15  | Kevin Osterson, 18, Ames, IA              | 22:51 | 7:37 |
| 8  | 2 W10  | Ellie Marckmann, 12*, Des Moines, IA      | 22:55 | 7:38 |
| 45 | 13 M30 | Wes Hall, 30, Ankeny, IA                  | 23:12 | 7:44 |
| 46 | 8 M40  | Sean Taylor, 43, Ames, IA                 | 23:14 | 7:45 |
| 47 | 14 M30 | Dan Tripp, 31, Urbandale, IA              | 23:14 | 7:45 |
| 48 | 5 M50  | Alan Gross, 55, Des Moines, IA            | 23:15 | 7:45 |
| 49 | 15 M30 | Reed Kooker, 35, Des Moines, IA           | 23:19 | 7:46 |
| 50 | 16 M30 | Travis Kasch, 34, Urbandale, IA           | 23:21 | 7:47 |
| 51 | 17 M30 | Dan Henderson, 39, Ankeny, IA             | 23:22 | 7:47 |
| 52 | 5 M10  | Curtis Kozlowski, 14, West Des Moines, IA | 23:29 | 7:50 |
| 53 | 9 M40  | Bantz Joseph, 44, West Des Moines, IA     | 23:29 | 7:50 |
| 9  | 5 W20  | Kristen Obbink, 26*, Ames, IA             | 23:31 | 7:50 |
| 54 | 6 M15  | Adam Walker, 19, Adel, IA                 | 23:31 | 7:50 |
| 10 | 2 W30  | Rachel Judisch, 32*, Lake View, IA        | 23:42 | 7:54 |
| 11 | 6 W20  | McKenzie Johnson, 28*, Lake View, IA      | 23:43 | 7:54 |
| 55 | 6 M10  | Jack Hamborg, 11, West Des Moines, IA     | 23:46 | 7:55 |
| 12 | 1 W50  | Mary Curran, 52*, Earlham, IA             | 23:47 | 7:55 |
| 56 |        | Tyler Criner                              | 23:50 | 7:56 |
| 57 | 10 M20 | Jeff Judisch, 28, Cedar Falls, IA         | 23:53 | 7:58 |
| 13 | 7 W20  | Lacey Mitchell, 21*                       | 23:57 | 7:59 |
| 58 | 18 M30 | Wes Nyberg, 30, Ankeny, IA                | 23:59 | 7:59 |

Pace: [6:00](#) | [7:00](#) | [8:00](#) | [9:00](#) | [10:00](#) | [11:00](#) | [12:00](#) | [13:00](#) | [14:00](#) | [15:00](#) | [Top](#)

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|----|--------|--------------------------------------------|-------|------|
| 14 | 3 W10  | Madline Hamborg, 11*, West Des Moines, IA  | 23:59 | 8:00 |
| 15 | 8 W20  | Amy Drefke, 29*, Ankeny, IA                | 24:00 | 8:00 |
| 59 | 4 M60  | Allen Kneip, 66, Waukee, IA                | 24:00 | 8:00 |
| 60 | 7 M15  | Ryan Davidson, 18, Grundy Center, IA       | 24:03 | 8:01 |
| 61 | 19 M30 | Casey Smith, 38, West Des Moines, IA       | 24:03 | 8:01 |
| 16 | 3 W30  | Stacy Berenguel, 30*, Des Moines, IA       | 24:14 | 8:05 |
| 62 | 20 M30 | Matthew Graw, 35, Ankeny, IA               | 24:15 | 8:05 |
| 17 | 4 W30  | Sarah Slattenow, 34*, Bondurant, IA        | 24:16 | 8:05 |
| 63 | 10 M40 | Jeff Smith, 48, Indianola, IA              | 24:17 | 8:06 |
| 18 | 9 W20  | Anne Moorhead, 23*, Iowa City, IA          | 24:20 | 8:06 |
| 64 | 21 M30 | Lance Kellow, 30, Ankeny, IA               | 24:26 | 8:08 |
| 65 | 22 M30 | Quincy Beck, 30, Urbandale, IA             | 24:28 | 8:09 |
| 66 | 7 M10  | Grant Acoymo, 11, Ankeny, IA               | 24:30 | 8:10 |
| 19 | 10 W20 | Tamara Hancock, 28*, Ames, IA              | 24:36 | 8:12 |
| 20 | 1 W40  | Bobbi Snodgrass, 46*, Indianola, IA        | 24:40 | 8:13 |
| 21 | 11 W20 | Theresa Putnam, 23*, Des Moines, IA        | 24:43 | 8:14 |
| 22 | 2 W50  | Dagni Falvey, 56*, W. Des Moines, IA       | 24:46 | 8:15 |
| 67 | 23 M30 | Jon Espenscheid, 30, Marshalltown, IA      | 24:48 | 8:16 |
| 23 | 2 W40  | Janine Seibert, 49*, Granger, IA           | 24:49 | 8:16 |
| 24 | 12 W20 | Jaci Grafenberg, 25*, Iowa City, IA        | 24:51 | 8:17 |
| 68 | 24 M30 | Skipp Slattenow, 38, Bondurant, IA         | 24:56 | 8:18 |
| 69 | 11 M40 | Ken Putnam, 49, Marion, IA                 | 24:56 | 8:18 |
| 25 | 3 W40  | Macnaughton Rachelle, 41*, Waukee, IA      | 24:57 | 8:19 |
| 70 | 25 M30 | Dusty Henke, 34, Troy, MO                  | 24:57 | 8:19 |
| 26 | 4 W40  | Nancy Houeland, 47*, Bloomfield, IA        | 24:59 | 8:20 |
| 71 | 6 M50  | Dennis Schrodtt, 51, Prole, IA             | 25:08 | 8:22 |
| 27 | 5 W30  | Karen Gale, 38*, Marshalltown, IA          | 25:09 | 8:23 |
| 28 | 6 W30  | Teresa Heden, 31*, Rockford, IL            | 25:17 | 8:25 |
| 72 | 11 M20 | Daric Williams, 20, Des Moines, IA         | 25:23 | 8:27 |
| 73 | 12 M20 | Mark Moeller, 29, Ankeny, IA               | 25:33 | 8:31 |
| 74 | 13 M20 | Kristopher Keller, 28, West Des Moines, IA | 25:34 | 8:31 |
| 29 | 13 W20 | Ellen Obyrne, 21*, Eden Prairie, MN        | 25:34 | 8:31 |

|                                                                                                                                                                                                                                                                       |        |                                       |       |      |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|---------------------------------------|-------|------|
| 30                                                                                                                                                                                                                                                                    | 5 W40  | Jennifer Weir, 41*, Des Moines, IA    | 25:34 | 8:31 |
| 75                                                                                                                                                                                                                                                                    | 26 M30 | Josh Clark, 31, Des Moines, IA        | 25:38 | 8:33 |
| 76                                                                                                                                                                                                                                                                    | 12 M40 | Andrew Smith, 49                      | 25:38 | 8:33 |
| 31                                                                                                                                                                                                                                                                    | 6 W40  | Madonna Putnam, 49*, Marion, IA       | 25:39 | 8:33 |
| 77                                                                                                                                                                                                                                                                    | 8 M15  | Logan Bird, 16                        | 25:41 | 8:33 |
| 32                                                                                                                                                                                                                                                                    | 7 W30  | Shannon Buttz, 33*, Waukee, IA        | 25:41 | 8:33 |
| 33                                                                                                                                                                                                                                                                    | 7 W40  | Tracy Cheney, 47*, Waukee, IA         | 25:42 | 8:34 |
| 34                                                                                                                                                                                                                                                                    | 2 W15  | Katelyn McCarey, 15*                  | 25:42 | 8:34 |
| 35                                                                                                                                                                                                                                                                    | 8 W30  | Lydia Hol, 33*                        | 25:42 | 8:34 |
| 78                                                                                                                                                                                                                                                                    | 27 M30 | Trent Hol, 33, Des Moines, IA         | 25:42 | 8:34 |
| 79                                                                                                                                                                                                                                                                    | 28 M30 | Todd Siefkas, 39, Clive, IA           | 25:45 | 8:35 |
| 80                                                                                                                                                                                                                                                                    | 14 M20 | Brown Andrew, 24, West Des Moines, IA | 25:47 | 8:35 |
| 81                                                                                                                                                                                                                                                                    | 29 M30 | Jason Clevenger, 31, Johnston, IA     | 25:56 | 8:38 |
| 82                                                                                                                                                                                                                                                                    | 30 M30 | Greg Watkins, 30, Des Moines, IA      | 25:59 | 8:39 |
| 36                                                                                                                                                                                                                                                                    | 14 W20 | Allysa Spring, 29*, Des Moines, IA    | 26:00 | 8:40 |
| 83                                                                                                                                                                                                                                                                    | 31 M30 | Ronald Johnson, 39, Tucson, AZ        | 26:00 | 8:40 |
| 84                                                                                                                                                                                                                                                                    | 32 M30 | Jason Lyons, 33, Urbandale, IA        | 26:03 | 8:41 |
| 37                                                                                                                                                                                                                                                                    | 8 W40  | Kristi Gwinn, 49*, Des Moines, IA     | 26:05 | 8:41 |
| 85                                                                                                                                                                                                                                                                    | 7 M50  | Todd Omvig, 57, Urbandale, IA         | 26:06 | 8:42 |
| 86                                                                                                                                                                                                                                                                    | 13 M40 | Scott Post, 49, Des Moines, IA        | 26:07 | 8:42 |
| 87                                                                                                                                                                                                                                                                    | 14 M40 | David Kizzier, 48, Granger, IA        | 26:07 | 8:42 |
| 38                                                                                                                                                                                                                                                                    | 15 W20 | Alyssa Jones, 24*, Guthrie Center, IA | 26:09 | 8:43 |
| 88                                                                                                                                                                                                                                                                    | 15 M20 | Curt Hunt, 26, Guthrie Center, IA     | 26:09 | 8:43 |
| 89                                                                                                                                                                                                                                                                    | 15 M40 | Tom Mitchell, 46, Ankeny, IA          | 26:09 | 8:43 |
| 90                                                                                                                                                                                                                                                                    | 33 M30 | Bobby Shepherd, 30, Indianola, IA     | 26:18 | 8:46 |
| 91                                                                                                                                                                                                                                                                    | 16 M40 | Kent Liggett, 44, Windsor Heights, IA | 26:18 | 8:46 |
| 39                                                                                                                                                                                                                                                                    | 16 W20 | Amy Oliver, 27*, Milo, IA             | 26:18 | 8:46 |
| 92                                                                                                                                                                                                                                                                    | 8 M50  | Mark Elliott, 56, Maxwell, IA         | 26:20 | 8:46 |
| 40                                                                                                                                                                                                                                                                    | 4 W10  | Katelyn Criner, 12*                   | 26:23 | 8:48 |
| 93                                                                                                                                                                                                                                                                    | 9 M50  | Art Millikin, 57, Hedrick, IA         | 26:24 | 8:48 |
| 94                                                                                                                                                                                                                                                                    | 34 M30 | Phil Hundling, 35, Newton, IA         | 26:25 | 8:48 |
| 95                                                                                                                                                                                                                                                                    | 35 M30 | Chad Olson, 38, Newton, IA            | 26:27 | 8:49 |
| 96                                                                                                                                                                                                                                                                    | 16 M20 | Brian Bartlett, 27, Des Moines, IA    | 26:27 | 8:49 |
| 41                                                                                                                                                                                                                                                                    | 9 W40  | Christine Dukeman, 40*, Waukee, IA    | 26:28 | 8:49 |
| 97                                                                                                                                                                                                                                                                    | 36 M30 | Michael Ream, 39                      | 26:31 | 8:50 |
| 42                                                                                                                                                                                                                                                                    | 5 W10  | Delilah Perales, 12*, Ankeny, IA      | 26:31 | 8:50 |
| 98                                                                                                                                                                                                                                                                    | 37 M30 | Jon Porter, 31, Ames, IA              | 26:32 | 8:50 |
| 99                                                                                                                                                                                                                                                                    | 17 M20 | Michael Wieberg, 21, Kirksville, MO   | 26:36 | 8:52 |
| 43                                                                                                                                                                                                                                                                    | 17 W20 | Anne Yoder, 27*, Ames, IA             | 26:39 | 8:53 |
| 100                                                                                                                                                                                                                                                                   | 38 M30 | Sean Chicoine, 35, Des Moines, IA     | 26:39 | 8:53 |
| 44                                                                                                                                                                                                                                                                    | 9 W30  | Sarah Obrien, 35*, Urbandale, IA      | 26:43 | 8:54 |
| 45                                                                                                                                                                                                                                                                    | 1 JrW  | Helen Gould, 8*, West Des Moines, IA  | 26:45 | 8:55 |
| 101                                                                                                                                                                                                                                                                   | 39 M30 | Tyler Kamerman, 31, Des Moines, IA    | 26:49 | 8:56 |
| 102                                                                                                                                                                                                                                                                   | 18 M20 | Benjamin Judge, 25, Des Moines, IA    | 26:49 | 8:56 |
| 103                                                                                                                                                                                                                                                                   | 19 M20 | Travis Briggs, 25, Norwalk, IA        | 26:55 | 8:58 |
| 104                                                                                                                                                                                                                                                                   | 5 M60  | Jerry Inman, 61                       | 26:57 | 8:59 |
| 105                                                                                                                                                                                                                                                                   | 17 M40 | Chartier Jon, 41, Grimes, IA          | 26:59 | 8:59 |
| Pace: <a href="#">6:00</a>   <a href="#">7:00</a>   <a href="#">8:00</a>   <a href="#">9:00</a>   <a href="#">10:00</a>   <a href="#">11:00</a>   <a href="#">12:00</a>   <a href="#">13:00</a>   <a href="#">14:00</a>   <a href="#">15:00</a>   <a href="#">Top</a> |        |                                       |       |      |

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|-----|--------|---------------------------------------|-------|------|
| 46  | 10 W30 | Katy Rankin, 30*, New Virginia, IA    | 27:02 | 9:00 |
| 106 | 8 M10  | Thomas Gould, 10, West Des Moines, IA | 27:03 | 9:01 |
| 107 | 18 M40 | Ed Acoymo, 45, Ankeny, IA             | 27:07 | 9:02 |
| 108 | 20 M20 | Billy Ware, 28                        | 27:11 | 9:04 |
| 47  | 11 W30 | Kerri Johannsen, 30*, Des Moines, IA  | 27:12 | 9:04 |
| 48  | 12 W30 | Brindusa Velica, 37*, Des Moines, IA  | 27:13 | 9:04 |
| 109 | 40 M30 | Aaron Hohl, 35, Des Moines, IA        | 27:14 | 9:05 |
| 49  | 18 W20 | Mattie Robertson, 20*, Des Moines, IA | 27:15 | 9:05 |
| 110 | 9 M10  | Matthew Moreland, 11, Des Moines, IA  | 27:18 | 9:06 |
| 111 | 41 M30 | Paul Fradd, 35, Des Moines, IA        | 27:20 | 9:06 |
| 112 | 42 M30 | John Ruhland, 39, Grimes, IA          | 27:20 | 9:07 |
| 113 | 43 M30 | Troy Taylor, 39, Waukee, IA           | 27:21 | 9:07 |
| 114 | 10 M50 | Raymond Knight, 53, Des Moines, IA    | 27:21 | 9:07 |
| 115 | 21 M20 | Chris Moorhead, 26, Grimes, IA        | 27:24 | 9:08 |
| 116 | 11 M50 | Darwin Schmig, 52, Des Moines, IA     | 27:25 | 9:08 |
| 117 | 22 M20 | Mark Dempsey, 27, Des Moines, IA      | 27:25 | 9:08 |

|     |        |                                           |       |      |
|-----|--------|-------------------------------------------|-------|------|
| 118 | 44 M30 | Michael Bird, 33, Des Moines, IA          | 27:30 | 9:10 |
| 50  | 6 W10  | Riley Dunn, 13*                           | 27:31 | 9:10 |
| 51  | 10 W40 | Cindy Donahue, 40*, Des Moines, IA        | 27:35 | 9:12 |
| 119 | 45 M30 | Matthew Boyd, 37, Indianola, IA           | 27:35 | 9:12 |
| 120 | 19 M40 | David Ausley, 46, Des Moines, IA          | 27:36 | 9:12 |
| 121 | 46 M30 | Peter Schmalz, 32, Albert Lea, MN         | 27:38 | 9:12 |
| 122 | 47 M30 | James Rocha, 33, Ankeny, IA               | 27:40 | 9:13 |
| 52  | 19 W20 | Liz Bramon, 20*, Kirksville, MO           | 27:44 | 9:14 |
| 123 | 6 M60  | Keith Hartje, 60, Ankeny, IA              | 27:49 | 9:16 |
| 124 | 9 M15  | Bj Deviney, 19                            | 27:49 | 9:16 |
| 53  | 13 W30 | Rebecca Wilson, 32*, Clive, IA            | 27:50 | 9:17 |
| 54  | 14 W30 | Shawna Mann, 35*                          | 27:51 | 9:17 |
| 125 | 20 M40 | Bradley Rounds, 41, Ankeny, IA            | 27:52 | 9:17 |
| 55  | 3 W15  | Alexa Zuber, 15*, Williamsburg, IA        | 27:52 | 9:17 |
| 56  | 20 W20 | Melanie Jackson, 26*, West Des Moines, IA | 27:56 | 9:18 |
| 57  | 7 W10  | Hannah Snodgrass, 11*                     | 27:56 | 9:19 |
| 126 | 21 M40 | John Smith, 42, Carlisle, IA              | 27:57 | 9:19 |
| 58  | 15 W30 | Heather Zylstra, 33*, Sully, IA           | 27:57 | 9:19 |
| 59  | 16 W30 | Jessica Nielsen, 30*, Johnston, IA        | 27:58 | 9:19 |
| 60  | 17 W30 | Nicole Schultz, 30*, Des Moines, IA       | 27:58 | 9:19 |
| 127 | 48 M30 | Ryan Case, 37, Clive, IA                  | 27:59 | 9:19 |
| 61  | 11 W40 | Marie Rainforth, 44*, West Des Moines, IA | 27:59 | 9:20 |
| 128 | 23 M20 | Matthew Widen, 28, Des Moines, IA         | 28:00 | 9:20 |
| 129 | 49 M30 | Dan Giesinger, 36, Des Moines, IA         | 28:01 | 9:20 |
| 62  | 21 W20 | Kim Ware, 25*                             | 28:02 | 9:21 |
| 63  | 22 W20 | Aphton Rocha, 25*                         | 28:04 | 9:21 |
| 130 | 12 M50 | Andrew Stroud, 51, Des Moines, IA         | 28:05 | 9:21 |
| 64  | 18 W30 | Jessica Keehn, 31*, Des Moines, IA        | 28:05 | 9:22 |
| 65  | 23 W20 | Sarah Roney, 28*, Des Moines, IA          | 28:06 | 9:22 |
| 131 | 24 M20 | B J Briggs, 29, Des Moines, IA            | 28:06 | 9:22 |
| 66  | 19 W30 | Brooke Lovelance, 39*, Newton, IA         | 28:08 | 9:22 |
| 132 | 25 M20 | Joe Greenley, 25, Ottumwa, IA             | 28:09 | 9:23 |
| 67  | 24 W20 | Jessica Greenley, 24*                     | 28:09 | 9:23 |
| 133 | 26 M20 | Scott Crannell, 28, Adel, IA              | 28:10 | 9:23 |
| 134 | 50 M30 | Ryan Jensen, 30, Urbandale, IA            | 28:11 | 9:24 |
| 135 | 51 M30 | Jeremial Rife, 35, West Des Moines, IA    | 28:11 | 9:24 |
| 68  | 12 W40 | Linda Russell, 41*, Lynnville, IA         | 28:13 | 9:24 |
| 69  | 25 W20 | Molly Hircock, 23*, West Des Moines, IA   | 28:14 | 9:25 |
| 70  | 20 W30 | Shanlyn Doll, 30*, Adel, IA               | 28:15 | 9:25 |
| 136 | 13 M50 | Jim Kaufman, 58, Grimes, IA               | 28:16 | 9:25 |
| 137 | 10 M15 | Antonio Rios, 18, Perry, IA               | 28:19 | 9:26 |
| 71  | 4 W15  | Emily Stout, 19*, Perry, IA               | 28:19 | 9:26 |
| 138 | 27 M20 | Daniel Ricci, 20, Des Moines, IA          | 28:19 | 9:26 |
| 139 | 28 M20 | Joseph Morrison, 21, Des Moines, IA       | 28:19 | 9:26 |
| 140 | 1 JrM  | Austin James, 9                           | 28:20 | 9:26 |
| 72  | 3 W50  | Debbie Mitchell, 53*, Clear Lake, IA      | 28:22 | 9:27 |
| 73  | 21 W30 | Lisa Meerdink, 30*, West Des Moines, IA   | 28:22 | 9:27 |
| 74  | 26 W20 | Carrie Brannen, 26*, Urbandale, IA        | 28:23 | 9:27 |
| 141 | 14 M50 | Bruce Clark, 50, West Des Moines, IA      | 28:23 | 9:27 |
| 75  | 13 W40 | Coreen Sweeney, 44*, Clive, IA            | 28:23 | 9:28 |
| 142 | 52 M30 | Harry Pegg, 39                            | 28:24 | 9:28 |
| 143 | 53 M30 | Cory Clevenger, 38, Urbandale, IA         | 28:24 | 9:28 |
| 144 | 22 M40 | John Otten, 41, Waukee, IA                | 28:25 | 9:28 |
| 76  | 22 W30 | Sage Ballalatak, 33*, Urbandale, IA       | 28:25 | 9:28 |
| 145 | 7 M60  | John Frerking, 60, Higginsville, MO       | 28:27 | 9:29 |
| 77  | 14 W40 | Susan Pegg, 42*, Urbandale, IA            | 28:27 | 9:29 |
| 78  | 23 W30 | Tiffany Roberts, 34*, Winterset, IA       | 28:28 | 9:29 |
| 79  | 27 W20 | Stephanie Shaw Ross, 27*, Des Moines, IA  | 28:29 | 9:29 |
| 80  | 8 W10  | Kate Litscher, 14*                        | 28:30 | 9:30 |
| 146 | 29 M20 | Ryan Young, 28, Des Moines, IA            | 28:33 | 9:31 |
| 81  | 28 W20 | Shelby Cloke, 25*, Des Moines, IA         | 28:33 | 9:31 |
| 147 | 23 M40 | Greg Grandgeorge, 44, Polk City, IA       | 28:36 | 9:32 |
| 82  | 2 JrW  | Ana Grandgeorge, 9*                       | 28:36 | 9:32 |
| 83  | 29 W20 | Stacey Kole, 26*, Bloomfield, IA          | 28:38 | 9:33 |
| 84  | 30 W20 | Lindsay Stanford, 29*, Winterset, IA      | 28:39 | 9:33 |

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|-----|--------|-------------------------------------------|-------|------|
| 148 | 15 M50 | Kelly Hamborg, 54, West Des Moines, IA    | 28:39 | 9:33 |
| 149 | 30 M20 | Matt Fett, 24, Norwalk, IA                | 28:40 | 9:33 |
| 85  | 31 W20 | Kristine Ennen, 28*, Clive, IA            | 28:42 | 9:34 |
| 86  | 4 W50  | Linda Ennen, 54*, Clive, IA               | 28:42 | 9:34 |
| 87  | 32 W20 | Kimberly Keller, 26*, Des Moines, IA      | 28:44 | 9:35 |
| 88  | 24 W30 | Jodi Buchan, 38*, Johnston, IA            | 28:44 | 9:35 |
| 150 | 10 M10 | Ben Buchan, 10, Johnston, IA              | 28:45 | 9:35 |
| 151 | 54 M30 | Travis Baker, 33, Boone, IA               | 28:46 | 9:35 |
| 89  | 5 W50  | Sandy Sparks, 56*, Norwalk, IA            | 28:46 | 9:35 |
| 90  | 25 W30 | Andrea Quam, 34*, Urbandale, IA           | 28:48 | 9:36 |
| 91  | 26 W30 | Robin Wasteney, 35*, Des Moines, IA       | 28:48 | 9:36 |
| 152 | 55 M30 | Jeremy Lewis, 32, West Des Moines, IA     | 28:48 | 9:36 |
| 153 | 56 M30 | Ross McDonough, 33, Boone, IA             | 28:52 | 9:37 |
| 154 | 57 M30 | Josh Broughton, 36, Des Moines, IA        | 28:54 | 9:38 |
| 155 | 24 M40 | Mike Mitchell, 45, Ankeny, IA             | 28:56 | 9:38 |
| 156 | 58 M30 | Troy Johnson, 30, Johnston, IL            | 28:56 | 9:39 |
| 92  | 33 W20 | Elizabeth John, 27*, Des Moines, IA       | 28:56 | 9:39 |
| 157 | 59 M30 | Robert Burnett, 38, Norwalk, IA           | 28:57 | 9:39 |
| 93  | 27 W30 | Karin Sorensen, 30*, Guttenberg, IA       | 28:57 | 9:39 |
| 94  | 34 W20 | Jessica Stjohn, 24*, Fort Dodge, IA       | 28:59 | 9:39 |
| 158 | 11 M10 | Grant Schrof, 14, West Des Moines, IA     | 28:59 | 9:40 |
| 159 | 25 M40 | Kent Schrof, 47, West Des Moines, IA      | 29:00 | 9:40 |
| 160 | 31 M20 | Josh Hall, 29, Des Moines, IA             | 29:00 | 9:40 |
| 161 | 60 M30 | Ryan York, 37, West Des Moines, IA        | 29:01 | 9:40 |
| 162 | 26 M40 | Matthew Paul, 41, Des Moines, IA          | 29:03 | 9:41 |
| 95  | 35 W20 | Lindsay Mann, 28*, West Des Moines, IA    | 29:04 | 9:41 |
| 163 | 32 M20 | Kyle Mann, 28                             | 29:04 | 9:41 |
| 96  | 15 W40 | Amy Gates, 40*, Urbandale, IA             | 29:05 | 9:42 |
| 97  | 9 W10  | Erin Marshall, 14*, Des Moines, IA        | 29:10 | 9:43 |
| 164 | 61 M30 | Matthew Braafhart, 34, Des Moines, IA     | 29:10 | 9:43 |
| 98  | 10 W10 | Ann Gould, 12*, West Des Moines, IA       | 29:10 | 9:43 |
| 99  | 16 W40 | Lori Wills, 47*                           | 29:11 | 9:44 |
| 165 | 62 M30 | Justin Bera, 34, Waukee, IA               | 29:12 | 9:44 |
| 166 | 33 M20 | Chris Farber, 20, Ames, IA                | 29:13 | 9:44 |
| 100 | 17 W40 | Noelle Trevillyan, 42*, Des Moines, IA    | 29:14 | 9:44 |
| 101 | 28 W30 | Elizabeth Ditomaso, 31*, Bondurant, IA    | 29:15 | 9:45 |
| 102 | 29 W30 | Lisa Rastetter, 38*, Johnston, IA         | 29:16 | 9:45 |
| 167 | 12 M10 | Connor Dunn, 12                           | 29:17 | 9:45 |
| 168 | 63 M30 | Mike Metzger, 33                          | 29:19 | 9:46 |
| 169 | 34 M20 | Tim Kurth, 28, Des Moines, IA             | 29:20 | 9:46 |
| 103 | 18 W40 | Kolice Koester, 40*, West Des Moines, IA  | 29:25 | 9:48 |
| 104 | 19 W40 | Mary Sheka, 45*, Des Moines, IA           | 29:26 | 9:49 |
| 105 | 30 W30 | Kelly Johnston, 31*, Indianola, IA        | 29:27 | 9:49 |
| 170 | 35 M20 | Joshua Russell, 28, Des Moines, IA        | 29:28 | 9:49 |
| 106 | 36 W20 | Jill Elbert, 23*, West Des Moines, IA     | 29:28 | 9:49 |
| 171 | 36 M20 | Shane Russell, 23, Carlisle, IA           | 29:28 | 9:49 |
| 107 | 37 W20 | Kim Robeideau, 29*, Minneapolis, MN       | 29:29 | 9:49 |
| 108 | 31 W30 | Sandi Hurtado-Peters, 39*, Ankeny, IA     | 29:29 | 9:50 |
| 109 | 32 W30 | Stacey Haviland, 36*, West Des Moines, IA | 29:30 | 9:50 |
| 172 | 64 M30 | Andrew Wilson, 38, Ankeny, IA             | 29:30 | 9:50 |
| 110 | 20 W40 | Kristine Kamminga, 40*                    | 29:30 | 9:50 |
| 173 | 65 M30 | Nick Brethouwer, 31, Pella, IA            | 29:31 | 9:50 |
| 111 | 38 W20 | Megan Curry, 23*, Mitchellville, IA       | 29:31 | 9:50 |
| 174 | 66 M30 | Joe Macdonalds, 31, Minneapolis, MN       | 29:32 | 9:50 |
| 175 | 16 M50 | Bob Curry, 51                             | 29:33 | 9:51 |
| 112 | 33 W30 | Holly Anderson, 37*, Van Meter, IA        | 29:35 | 9:52 |
| 113 | 21 W40 | Mary Greig, 44*, Urbandale, IA            | 29:36 | 9:52 |
| 176 | 27 M40 | Kenneth Harkin, 44, Urbandale, IA         | 29:37 | 9:52 |
| 114 | 39 W20 | Alicia Mahlstadt, 27*, Des Moines, IA     | 29:37 | 9:52 |
| 177 | 28 M40 | Frank Ditomaso, 43                        | 29:38 | 9:52 |
| 178 | 67 M30 | Chris Bart, 37, Clive, IA                 | 29:38 | 9:53 |
| 115 | 34 W30 | Jessica O'Mara, 36*, Windsor Heights, IA  | 29:40 | 9:53 |
| 116 | 40 W20 | Carey Wennerstrom, 29*, Ogden, IA         | 29:41 | 9:54 |
| 117 | 35 W30 | Juli Finn, 39*, Knoxville, IA             | 29:42 | 9:54 |
| 179 | 37 M20 | David Wennerstrom, 29, Urbandale, IA      | 29:42 | 9:54 |

|                                                                                                                                                                                                                                                                       |        |                                      |       |      |
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| 180                                                                                                                                                                                                                                                                   | 68 M30 | Craig Snyder, 38, Urbandale, IA      | 29:44 | 9:54 |
| 181                                                                                                                                                                                                                                                                   | 29 M40 | Scott Brown, 43, Grimes, IA          | 29:44 | 9:54 |
| 182                                                                                                                                                                                                                                                                   | 69 M30 | Blake Jaschke, 35, Polk City, IA     | 29:45 | 9:55 |
| 118                                                                                                                                                                                                                                                                   | 36 W30 | Meredith Long, 32*, Ankeny, IA       | 29:46 | 9:55 |
| 119                                                                                                                                                                                                                                                                   | 41 W20 | Beth Hubinette, 28*                  | 29:50 | 9:56 |
| 120                                                                                                                                                                                                                                                                   | 42 W20 | Stacey Adams, 24*, Ames, IA          | 29:50 | 9:56 |
| 121                                                                                                                                                                                                                                                                   | 37 W30 | Jennifer Welton, 31*, Ames, IA       | 29:52 | 9:57 |
| 122                                                                                                                                                                                                                                                                   | 6 W50  | Jennifer Seales, 53*, Rhodes, IA     | 29:53 | 9:57 |
| 183                                                                                                                                                                                                                                                                   | 70 M30 | Chad Davis, 32                       | 29:56 | 9:58 |
| 123                                                                                                                                                                                                                                                                   | 38 W30 | Ashley Davis, 30*                    | 29:56 | 9:58 |
| 184                                                                                                                                                                                                                                                                   | 71 M30 | Steve Dieke, 36, West Des Moines, IA | 29:56 | 9:58 |
| 124                                                                                                                                                                                                                                                                   | 43 W20 | Amber Patz, 24*, Ankeny, IA          | 29:57 | 9:59 |
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| 125 | 7 W50  | Paula Bueneke, 50*, West Des Moines, IA   | 30:01 | 10:00 |
| 185 | 13 M10 | Mike Litscher, 12                         | 30:01 | 10:00 |
| 186 | 14 M10 | Harrison McCarey, 13                      | 30:02 | 10:01 |
| 126 | 8 W50  | Marcy McMullan, 59*, Boone, IA            | 30:04 | 10:01 |
| 127 | 1 W70  | Marge Nielsen, 74*, Spencer, IA           | 30:04 | 10:01 |
| 187 | 38 M20 | Tyler Christensen, 24, Des Moines, IA     | 30:04 | 10:01 |
| 188 | 8 M60  | Kelly McMullan, 61, Boone, IA             | 30:04 | 10:01 |
| 128 | 39 W30 | Anne Case, 35*, Clive, IA                 | 30:05 | 10:02 |
| 129 | 40 W30 | Sarah Bond, 33*, Waukee, IA               | 30:06 | 10:02 |
| 189 | 72 M30 | Bill Bond, 37, Waukee, IA                 | 30:06 | 10:02 |
| 190 | 30 M40 | Wade Riedinger, 47, Urbandale, IA         | 30:07 | 10:02 |
| 130 | 22 W40 | Tina Riedinger, 46*, Urbandale, IA        | 30:08 | 10:02 |
| 191 | 39 M20 | Charlie Stroud, 20, Des Moines, IA        | 30:09 | 10:03 |
| 192 | 31 M40 | Mike Wolnerman, 47, Des Moines, IA        | 30:10 | 10:03 |
| 131 | 44 W20 | Hilary Nation, 28*, Ogden, IA             | 30:10 | 10:03 |
| 193 | 1 M70  | Jerry Triplett, 76, Winterset, IA         | 30:10 | 10:03 |
| 132 | 9 W50  | Nan Tibbetts, 52*, Urbandale, IA          | 30:10 | 10:03 |
| 133 | 41 W30 | Justin Hartman, 35*, Des Moines, IA       | 30:11 | 10:03 |
| 134 | 42 W30 | Amy Van Duyn, 35*, W. Des Moines, IA      | 30:11 | 10:03 |
| 135 | 43 W30 | Rena Plog, 37*, Polk City, IA             | 30:11 | 10:04 |
| 194 | 17 M50 | Stephen Lee, 59, Ogden, IA                | 30:13 | 10:04 |
| 136 | 45 W20 | Kate Jackson, 25*                         | 30:16 | 10:05 |
| 137 | 23 W40 | Barbara Thayer, 43*, Urbandale, IA        | 30:21 | 10:07 |
| 138 | 46 W20 | Joni Shepherd, 27*, Indianola, IA         | 30:21 | 10:07 |
| 139 | 44 W30 | Maureen McCartan, 32*, Ames, IA           | 30:25 | 10:08 |
| 195 | 40 M20 | Daniel Burzlass, 29, Ellendale, MN        | 30:26 | 10:08 |
| 140 | 47 W20 | Tafney Burzlass, 25*, Ellendale, MN       | 30:27 | 10:09 |
| 196 | 18 M50 | Rodney Horsman, 54, Milo, IA              | 30:27 | 10:09 |
| 141 | 45 W30 | Kenna Johnson, 37*, Winterset, IA         | 30:33 | 10:11 |
| 142 | 24 W40 | Angie Lauer, 43*, Lorimor, IA             | 30:38 | 10:12 |
| 197 | 73 M30 | Ryan Potter, 30, Iowa City, IA            | 30:38 | 10:13 |
| 143 | 48 W20 | Sarah Carder, 27*, West Des Moines, IA    | 30:39 | 10:13 |
| 144 | 49 W20 | Sehlby McAndrews, 22*, Des Moines, IA     | 30:40 | 10:13 |
| 198 | 32 M40 | Chris Dunkin, 41, Harrey, IA              | 30:41 | 10:13 |
| 199 | 11 M15 | Brady Campbell, 16, Waukee, IA            | 30:42 | 10:14 |
| 200 | 41 M20 | Daniel Nguyen, 23, Des Moines, IA         | 30:48 | 10:16 |
| 201 | 74 M30 | Jeff Shaffer, 31, West Des Moines, IA     | 30:52 | 10:17 |
| 145 | 46 W30 | Martha Dykeman, 37*, Waukee, IA           | 30:53 | 10:17 |
| 146 | 47 W30 | Mary Dafflito, 35*, Newton, IA            | 30:53 | 10:17 |
| 147 | 50 W20 | Heidi Mathes, 27*, West Des Moines, IA    | 30:53 | 10:17 |
| 202 | 75 M30 | Corey Wolf, 35, Des Moines, IA            | 30:55 | 10:18 |
| 148 | 25 W40 | Angela Smeins, 42*, West Des Moines, IA   | 30:57 | 10:19 |
| 203 | 33 M40 | Julie Hoey, 41, West Des Moines, IA       | 30:58 | 10:19 |
| 149 | 26 W40 | Mary Cason, 42*, West Des Moines, IA      | 30:59 | 10:19 |
| 150 | 48 W30 | Rochelle Burnett, 34*, Des Moines, IA     | 31:02 | 10:21 |
| 151 | 51 W20 | Claire Muselman, 25*, West Des Moines, IA | 31:04 | 10:21 |
| 152 | 5 W15  | Emma Gesirich, 18*                        | 31:05 | 10:21 |
| 153 | 49 W30 | Ivy Wurth, 34*, Urbandale, IA             | 31:05 | 10:22 |
| 154 |        | Kaylee Wurth*, Urbandale, IA              | 31:06 | 10:22 |
| 155 | 27 W40 | Kathy Schramm, 41*, Clive, IA             | 31:06 | 10:22 |
| 156 | 50 W30 | Melinda Kuennen, 32*, West Des Moines, IA | 31:06 | 10:22 |

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| 204 | 15 M10 | Carter Eldridge, 12, Wdm, IA                 | 31:10 | 10:23 |
| 157 | 51 W30 | Stacey Slifka, 35*, Des Moines, IA           | 31:11 | 10:23 |
| 205 | 42 M20 | Marek Sobieskoda, 29, Des Moines, IA         | 31:12 | 10:24 |
| 158 | 52 W30 | Renee Shaffer, 32*, Des Moines, IA           | 31:12 | 10:24 |
| 206 | 19 M50 | David Gaulke, 58, Indianola, IA              | 31:13 | 10:24 |
| 207 | 76 M30 | Christian Quijano, 32, Des Moines, IA        | 31:14 | 10:24 |
| 208 | 77 M30 | Alex Romp, 31, West Des Moines, IA           | 31:15 | 10:25 |
| 209 | 78 M30 | Mitchell Lake, 32, Waukee, IA                | 31:15 | 10:25 |
| 159 | 52 W20 | Nikki Moklestad, 22*                         | 31:15 | 10:25 |
| 160 | 28 W40 | Kelly Cole, 46*, W Des Moines, IA            | 31:16 | 10:25 |
| 210 | 12 M15 | Sam Bunz, 17, Clive, IA                      | 31:16 | 10:25 |
| 161 | 53 W30 | Cindy Jenkins, 39*, West Des Moines, IA      | 31:17 | 10:26 |
| 162 | 54 W30 | Kristy Potter, 39*, West Des Moines, IA      | 31:17 | 10:26 |
| 211 | 79 M30 | Ryan Bendickson, 30, West Des Moines, IA     | 31:18 | 10:26 |
| 163 | 10 W50 | Gail Stelmacher, 55*, West Des Moines, IA    | 31:18 | 10:26 |
| 164 | 29 W40 | Jolee Carlisle, 44*, Urbandale, IA           | 31:19 | 10:26 |
| 165 | 30 W40 | Melody Gibson, 40*, West Des Moines, IA      | 31:19 | 10:26 |
| 166 | 55 W30 | Holly McIlroy, 38*, Des Moines, IA           | 31:19 | 10:26 |
| 212 | 80 M30 | Scott McIlroy, 39, Des Moines, IA            | 31:20 | 10:26 |
| 167 | 53 W20 | Sarah Brethouwer, 29*, Pella, IA             | 31:20 | 10:27 |
| 213 | 16 M10 | Luke Jacoby, 13                              | 31:20 | 10:27 |
| 214 | 81 M30 | Chad Romp, 39, Ames, IA                      | 31:20 | 10:27 |
| 168 | 56 W30 | Kim Eldridge, 37*, Wdm, IA                   | 31:23 | 10:27 |
| 169 | 31 W40 | Elizabeth Baustian, 47*, West Des Moines, IA | 31:23 | 10:27 |
| 170 | 11 W50 | Marian Johnsen, 54*                          | 31:23 | 10:27 |
| 171 | 57 W30 | Jennifer Eubanks, 38*, Des Moines, IA        | 31:24 | 10:28 |
| 215 | 43 M20 | Cody Flatt, 27, West Des Moines, IA          | 31:25 | 10:28 |
| 172 | 54 W20 | Andrea Breen, 25*, Des Moines, IA            | 31:32 | 10:30 |
| 173 | 58 W30 | Sara Michael, 35*, Des Moines, IA            | 31:32 | 10:30 |
| 216 | 34 M40 | Stephen Volkamer, 44, Ankeny, IA             | 31:32 | 10:31 |
| 217 | 44 M20 | Alex Pruismann, 22                           | 31:33 | 10:31 |
| 174 | 55 W20 | Kacey Flikkema, 21*                          | 31:33 | 10:31 |
| 175 | 59 W30 | Michelle Hurlburt, 33*                       | 31:34 | 10:31 |
| 176 | 60 W30 | April Heitland, 34*, Grimes, IA              | 31:34 | 10:31 |
| 177 | 61 W30 | Laura Peters, 35*                            | 31:44 | 10:34 |
| 178 | 62 W30 | Jill Eimermann, 32*, Des Moines, IA          | 31:45 | 10:35 |
| 179 | 63 W30 | Anjela Shutts, 38*, Des Moines, IA           | 31:46 | 10:35 |
| 218 | 82 M30 | Matt Shaw, 34, Des Moines, IA                | 31:52 | 10:37 |
| 219 | 83 M30 | Dan James, 34, Dallas Center, IA             | 31:53 | 10:38 |
| 180 | 56 W20 | Jessica Hummel, 23*, Indianola, IA           | 31:55 | 10:38 |
| 181 | 6 W15  | Jordan Jensen, 17*, Clive, IA                | 31:57 | 10:39 |
| 220 | 84 M30 | John Buttz, 34, Waukee, IA                   | 31:57 | 10:39 |
| 182 | 64 W30 | Marsha Mapes, 39*, Winterset,, Ia            | 32:00 | 10:40 |
| 183 | 12 W50 | Candace Jackson, 53*, Des Moines, IA         | 32:01 | 10:40 |
| 184 | 57 W20 | Erica Baedke, 23*                            | 32:01 | 10:40 |
| 185 | 58 W20 | Stephanie McClain, 26*                       | 32:03 | 10:41 |
| 186 | 1 W60  | Barbara Braafhart, 60*, Pella, IA            | 32:06 | 10:42 |
| 187 | 65 W30 | Michele Jensen, 39*, Grinnell, IA            | 32:08 | 10:43 |
| 188 | 66 W30 | Cassie Edgar, 39*, Clive, IA                 | 32:08 | 10:43 |
| 189 | 59 W20 | Katie Sicheneder, 21*, Des Moines, IA        | 32:09 | 10:43 |
| 221 | 45 M20 | Jason Mason, 29, Des Moines, IA              | 32:09 | 10:43 |
| 190 | 13 W50 | Jackie Kilby, 58*, Pella, IA                 | 32:12 | 10:44 |
| 191 | 32 W40 | Jane Johnson, 43*, Woodward, IA              | 32:17 | 10:45 |
| 192 | 60 W20 | Kathleen Baustian, 20*                       | 32:18 | 10:46 |
| 193 | 33 W40 | Ann Guddall, 41*, Ankeny, IA                 | 32:18 | 10:46 |
| 194 | 34 W40 | Denise Webber, 40*, West Des Moines, IA      | 32:18 | 10:46 |
| 222 | 85 M30 | Sean Augspurger, 32, Altoona, IA             | 32:20 | 10:46 |
| 195 | 61 W20 | Kylee Welling, 26*, West Des Moines, IA      | 32:23 | 10:47 |
| 196 | 67 W30 | Emily Williams-Bouska, 30*, Des Moines, IA   | 32:24 | 10:48 |
| 197 | 14 W50 | Kathy Lee, 50*, West Des Moines, IA          | 32:24 | 10:48 |
| 223 | 20 M50 | Hank Hanson, 53, Bondurant, IA               | 32:25 | 10:48 |
| 198 | 62 W20 | Megan Pearson, 21*, Ames, IA                 | 32:26 | 10:49 |
| 199 | 68 W30 | Shannon James, 33*, Des Moines, IA           | 32:28 | 10:49 |
| 200 | 35 W40 | Carolyn Ware, 49*, Grimes, IA                | 32:31 | 10:50 |



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| 201                                                                                                                                                                                                                                                                   | 63 W20 | Sara Erickson, 29*, Des Moines, IA         | 32:33 | 10:51 |
| 202                                                                                                                                                                                                                                                                   | 64 W20 | Krista Garza, 22*, Des Moines, IA          | 32:34 | 10:51 |
| 224                                                                                                                                                                                                                                                                   | 86 M30 | Tony Wenck, 32, Winterset, IA              | 32:35 | 10:52 |
| 225                                                                                                                                                                                                                                                                   | 46 M20 | David Rohde, 29, Altoona, IA               | 32:36 | 10:52 |
| 203                                                                                                                                                                                                                                                                   | 65 W20 | Megan Osborn, 27*, Waukee, IA              | 32:36 | 10:52 |
| 204                                                                                                                                                                                                                                                                   | 15 W50 | Douglas Burnett, 51*                       | 32:38 | 10:52 |
| 226                                                                                                                                                                                                                                                                   | 47 M20 | Murali Mohan Natarajan, 29, Des Moines, IA | 32:39 | 10:53 |
| 227                                                                                                                                                                                                                                                                   | 87 M30 | Jesse Landolt, 30, Waukee, IA              | 32:40 | 10:53 |
| 205                                                                                                                                                                                                                                                                   | 66 W20 | Kim Hutchison, 23*                         | 32:41 | 10:53 |
| 206                                                                                                                                                                                                                                                                   | 67 W20 | Wendie Light, 27*, Altoona, IA             | 32:43 | 10:54 |
| 207                                                                                                                                                                                                                                                                   | 68 W20 | Amber Lewis, 21*, Des Moines, IA           | 32:43 | 10:54 |
| 208                                                                                                                                                                                                                                                                   | 69 W30 | Micki Ashby, 36*, Winterset, IA            | 32:45 | 10:55 |
| 228                                                                                                                                                                                                                                                                   | 88 M30 | Michael Price, 38, Winterset, IA           | 32:46 | 10:55 |
| 209                                                                                                                                                                                                                                                                   | 70 W30 | Anne Crannell, 30*, Adel, IA               | 32:47 | 10:55 |
| 210                                                                                                                                                                                                                                                                   | 36 W40 | Michelle Boyd, 41*, Indianola, IA          | 32:47 | 10:55 |
| 211                                                                                                                                                                                                                                                                   | 11 W10 | Sadie Boyd, 12*, Indianola, IA             | 32:50 | 10:57 |
| 212                                                                                                                                                                                                                                                                   | 69 W20 | Valerie Miller, 26*, Grinnell, IA          | 32:54 | 10:58 |
| 229                                                                                                                                                                                                                                                                   | 89 M30 | Harold Otis, 34                            | 32:54 | 10:58 |
| 213                                                                                                                                                                                                                                                                   | 71 W30 | Shannon Bradford, 32*, Bondurant, IA       | 32:55 | 10:58 |
| 214                                                                                                                                                                                                                                                                   | 70 W20 | Aimee Berg, 26*, Des Moines, IA            | 32:55 | 10:58 |
| 215                                                                                                                                                                                                                                                                   | 71 W20 | Rebecca Nosbisch, 29*, Runnells, IA        | 32:56 | 10:59 |
| 216                                                                                                                                                                                                                                                                   | 37 W40 | Christy Hofsaess, 40*, Winterset, IA       | 32:57 | 10:59 |
| 230                                                                                                                                                                                                                                                                   | 9 M60  | Terry Thomas, 64, Des Moines, IA           | 32:59 | 10:59 |
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| 231 | 48 M20 | Michael Thomas, 27, Des Moines, IA        | 32:59 | 11:00 |
| 232 | 90 M30 | Gary Kamminga, 38, Ankeny, IA             | 33:01 | 11:00 |
| 217 | 2 W60  | Rita Frederick, 61*, Marshalltown, IA     | 33:05 | 11:01 |
| 233 | 49 M20 | Matt Elliott, 29, Des Moines, IA          | 33:11 | 11:03 |
| 218 | 12 W10 | Lilly Perales, 13*, Ankeny, IA            | 33:12 | 11:04 |
| 219 | 72 W20 | Larissa Hadley, 25*, Urbandale, IA        | 33:17 | 11:05 |
| 220 | 16 W50 | Luann Ostergaard, 51*                     | 33:19 | 11:06 |
| 221 | 38 W40 | Jill Danner, 45*, Adel, IA                | 33:19 | 11:06 |
| 222 | 72 W30 | Misty Vanarkel, 35*                       | 33:21 | 11:07 |
| 234 | 91 M30 | Brian Wohlgemuth, 35, Des Moines, IA      | 33:28 | 11:09 |
| 223 | 73 W20 | Jennifer Adrianse, 28*, Des Moines, IA    | 33:36 | 11:12 |
| 224 | 3 JrW  | Jean Kristensen, 6*, West Des Moines, IA  | 33:36 | 11:12 |
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| 232 | 42 W40 | Nancy Breen, 49*, Ankeny, IA              | 33:58 | 11:19 |
| 233 | 43 W40 | Maryann Moklestad, 46*                    | 33:58 | 11:19 |
| 237 | 21 M50 | Larry Moklestad, 52, Boone, IA            | 33:58 | 11:19 |
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| 243 | 18 M10 | Liam Crawford, 13                         | 34:32 | 11:31 |
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| 283                                                                                                                                                                                                                                                                   | 43  | M40 | Kalvin Jackson, 40, Atlantic, IA         | 41:39 | 13:53 |
| 372                                                                                                                                                                                                                                                                   | 62  | W40 | Lisa Jackson, 40*, Atlantic, IA          | 41:39 | 13:53 |
| 373                                                                                                                                                                                                                                                                   | 33  | W50 | Marlyce Schrodtt, 52*, Prole, IA         | 41:45 | 13:55 |
| 374                                                                                                                                                                                                                                                                   | 117 | W20 | Cayce McGinnis, 27*, West Des Moines, IA | 41:50 | 13:56 |
| 284                                                                                                                                                                                                                                                                   | 62  | M20 | Jeremy Little, 20, Kirksville, MO        | 41:56 | 13:59 |
| 375                                                                                                                                                                                                                                                                   | 63  | W40 | Staci Reeves, 40*                        | 41:59 | 13:59 |
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| 285 | 3   | M70 | James Goeltz, 81, Council Bluffs, IA       | 41:59 | 14:00 |
| 286 | 63  | M20 | Kathsresan Kasimayan, 25, Des Moines, IA   | 42:15 | 14:05 |
| 376 | 34  | W50 | Jennifer Roberts, 53*, West Des Moines, IA | 42:21 | 14:07 |
| 377 | 118 | W20 | Jayne Rife, 29*, West Des Moines, IA       | 42:21 | 14:07 |
| 287 | 22  | M10 | Brady Hackney, 10, Corydon, IA             | 42:29 | 14:09 |
| 378 | 118 | W30 | Patrica Hackney, 39*, Corydon, IA          | 42:29 | 14:09 |
| 379 | 64  | W40 | Melissa Nederhoff, 41*, Altoona, IA        | 42:29 | 14:09 |
| 380 | 119 | W20 | Erin Johnson, 26*, Des Moines, IA          | 42:33 | 14:11 |
| 288 | 23  | M10 | Ben Miller, 12, Ankeny, IA                 | 42:40 | 14:13 |
| 381 | 120 | W20 | Amanda Carroll, 25*                        | 42:43 | 14:14 |
| 382 | 121 | W20 | Amber Scott, 24*, Des Moines, IA           | 42:46 | 14:15 |
| 383 | 119 | W30 | Denise Conner, 37*, Altoona, IA            | 43:00 | 14:20 |
| 289 | 99  | M30 | Charles Miller, 38, Ankeny, IA             | 43:01 | 14:20 |
| 384 | 120 | W30 | Mel Wohlgemuth, 30*, Des Moines, IA        | 43:03 | 14:21 |
| 290 | 28  | M50 | Henry Manning, 54, Des Moines, IA          | 43:06 | 14:22 |

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| 385                                                                                                                                                                                                                                                                   | 35  | W50 | Cynthia Hemingway, 50*, Des Moines, IA        | 43:20 | 14:26 |
| 386                                                                                                                                                                                                                                                                   | 121 | W30 | Marci Burns, 32*, Ankeny, IA                  | 43:32 | 14:31 |
| 387                                                                                                                                                                                                                                                                   | 122 | W30 | Betsey Caruthers, 38*, Waukee, IA             | 43:32 | 14:31 |
| 388                                                                                                                                                                                                                                                                   | 123 | W30 | Kimberly Knapp, 37*, Polk City, IA            | 43:35 | 14:32 |
| 389                                                                                                                                                                                                                                                                   | 124 | W30 | Heather Weers, 39*, Marion, IA                | 43:40 | 14:33 |
| 291                                                                                                                                                                                                                                                                   | 64  | M20 | Clint Elg, 25                                 | 43:41 | 14:33 |
| 390                                                                                                                                                                                                                                                                   | 122 | W20 | Emily Koehn, 25*, Ankeny, IA                  | 43:44 | 14:34 |
| 292                                                                                                                                                                                                                                                                   | 15  | M60 | Phillip Yurgae, 61, Clive, IA                 | 43:44 | 14:34 |
| 391                                                                                                                                                                                                                                                                   | 8   | W60 | Rosie Yurgae, 61*                             | 43:44 | 14:34 |
| 392                                                                                                                                                                                                                                                                   | 123 | W20 | Jerilyn Syferd, 25*                           | 43:50 | 14:36 |
| 293                                                                                                                                                                                                                                                                   | 65  | M20 | Vishnusekhar Rajasekhar, 26, Des Moines, IA   | 44:00 | 14:40 |
| 294                                                                                                                                                                                                                                                                   | 66  | M20 | Emmanuel Deutho, 27, Des Moines, IA           | 44:01 | 14:40 |
| 393                                                                                                                                                                                                                                                                   | 23  | W10 | Karina Johnson, 13*, Saint Paul, MN           | 44:07 | 14:42 |
| 295                                                                                                                                                                                                                                                                   | 44  | M40 | Todd Johnson, 41, Saint Paul, MN              | 44:07 | 14:42 |
| 296                                                                                                                                                                                                                                                                   | 100 | M30 | Phani Sonasundara, 32                         | 44:11 | 14:44 |
| 394                                                                                                                                                                                                                                                                   | 124 | W20 | Katie Buntz, 20*, West Des Moines, IA         | 44:27 | 14:49 |
| 395                                                                                                                                                                                                                                                                   | 36  | W50 | Kim Buntz, 51*, West Des Moines, IA           | 44:27 | 14:49 |
| 297                                                                                                                                                                                                                                                                   | 29  | M50 | Mark Stelmacher, 56, West Des Moines, IA      | 44:36 | 14:52 |
| 298                                                                                                                                                                                                                                                                   | 45  | M40 | Marty Cropp, 48                               | 44:40 | 14:53 |
| 396                                                                                                                                                                                                                                                                   | 125 | W20 | Emma Cropp, 21*                               | 44:40 | 14:53 |
| 299                                                                                                                                                                                                                                                                   | 30  | M50 | Mike Buntz, 52, West Des Moines, IA           | 44:41 | 14:54 |
| 397                                                                                                                                                                                                                                                                   | 2   | W70 | Mary Cochran, 71*, Urbandale, IA              | 44:47 | 14:55 |
| 398                                                                                                                                                                                                                                                                   | 125 | W30 | Serena Dalhamer, 32*, Marion, IA              | 44:47 | 14:55 |
| 300                                                                                                                                                                                                                                                                   | 101 | M30 | Matt Clevenger, 39, Des Moines, IA            | 44:50 | 14:57 |
| 399                                                                                                                                                                                                                                                                   | 65  | W40 | Karen Hoover, 46*, Des Moines, IA             | 44:52 | 14:57 |
| 400                                                                                                                                                                                                                                                                   | 126 | W30 | Melissa Clevenger, 35*, Des Moines, IA        | 44:52 | 14:57 |
| 401                                                                                                                                                                                                                                                                   | 37  | W50 | Sherri Hutchins, 56*                          | 44:52 | 14:57 |
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| 402                                                                                                                                                                                                                                                                   | 66  | W40 | Gloria Winters, 49*, Waukee, IA               | 45:23 | 15:08 |
| 403                                                                                                                                                                                                                                                                   | 126 | W20 | Jamie Jensen, 25*, Weldon, IA                 | 45:28 | 15:09 |
| 301                                                                                                                                                                                                                                                                   | 3   | JrM | Nate Suddarth, 6, Winterset, IA               | 45:33 | 15:11 |
| 404                                                                                                                                                                                                                                                                   | 127 | W20 | Heather Legler, 28*, Des Moines, IA           | 45:33 | 15:11 |
| 405                                                                                                                                                                                                                                                                   | 38  | W50 | Libby Gottl, 55*, Des Moines, IA              | 45:34 | 15:11 |
| 406                                                                                                                                                                                                                                                                   | 127 | W30 | Julie Anderson-Suddarth, 36*, Winterset, IA   | 45:34 | 15:11 |
| 407                                                                                                                                                                                                                                                                   | 128 | W30 | Mandi Aldrich, 39*, Clive, IA                 | 45:34 | 15:11 |
| 302                                                                                                                                                                                                                                                                   | 16  | M60 | Ron Gottl, 61, Des Moines, IA                 | 45:35 | 15:12 |
| 408                                                                                                                                                                                                                                                                   | 129 | W30 | Sabrina Seehafer, 30*, Bradford, IA           | 45:35 | 15:12 |
| 409                                                                                                                                                                                                                                                                   | 130 | W30 | Carrie Jennings, 31*, Des Moines, IA          | 45:36 | 15:12 |
| 410                                                                                                                                                                                                                                                                   | 131 | W30 | Joanne Turner, 30*, Ankeny, IA                | 45:36 | 15:12 |
| 411                                                                                                                                                                                                                                                                   | 39  | W50 | Candace Berkley, 50*, Des Moines, IA          | 45:38 | 15:12 |
| 303                                                                                                                                                                                                                                                                   | 31  | M50 | Joe Falbo, 53, Des Moines, IA                 | 45:38 | 15:13 |
| 412                                                                                                                                                                                                                                                                   | 132 | W30 | Melissa Johnson, 36*, West Des Moines, IA     | 45:40 | 15:13 |
| 413                                                                                                                                                                                                                                                                   | 40  | W50 | Margaret Van Houten, 56*, West Des Moines, IA | 45:41 | 15:13 |
| 414                                                                                                                                                                                                                                                                   | 133 | W30 | Cassandra Lauer, 39*, Winterset, IA           | 45:48 | 15:16 |
| 304                                                                                                                                                                                                                                                                   | 46  | M40 | Kevin Moreland, 48, West Des Moines, IA       | 45:49 | 15:16 |
| 305                                                                                                                                                                                                                                                                   | 17  | M60 | Steve Halstead, 68, Bondurant, IA             | 45:51 | 15:17 |
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| 415                                                                                                                                                                                                                                                                   | 5   | JrW | Morgan Dunn, 8*                               | 46:12 | 15:24 |
| 416                                                                                                                                                                                                                                                                   | 41  | W50 | Mary Hammen, 55*                              | 46:14 | 15:24 |
| 307                                                                                                                                                                                                                                                                   | 32  | M50 | Dwayne Jackson, 58                            | 46:15 | 15:25 |
| 417                                                                                                                                                                                                                                                                   | 128 | W20 | Brandi Clark, 29*                             | 46:32 | 15:30 |
| 418                                                                                                                                                                                                                                                                   | 67  | W40 | Ramona Bates, 47*, Des Moines, IA             | 46:52 | 15:37 |
| 419                                                                                                                                                                                                                                                                   | 6   | JrW | Morgan Clark, 7*                              | 47:09 | 15:43 |
| 420                                                                                                                                                                                                                                                                   | 42  | W50 | Linda Adamson, 52*, Des Moines, IA            | 47:13 | 15:44 |
| 308                                                                                                                                                                                                                                                                   | 18  | M60 | Burch Gwendolyn, 60, Des Moines, IA           | 47:16 | 15:45 |
| 421                                                                                                                                                                                                                                                                   | 134 | W30 | Symantha Crawford, 34*                        | 47:17 | 15:45 |
| 422                                                                                                                                                                                                                                                                   | 7   | JrW | Larissa Crawford, 8*                          | 47:18 | 15:46 |
| 423                                                                                                                                                                                                                                                                   | 135 | W30 | Patience Schnoor, 30*, Indianola, IA          | 47:29 | 15:50 |
| 424                                                                                                                                                                                                                                                                   | 136 | W30 | Lana Rold, 34*, Des Moines, IA                | 47:42 | 15:54 |
| 309                                                                                                                                                                                                                                                                   | 48  | M40 | Warren Steinkamp, 47, Ankeny, IA              | 47:43 | 15:54 |
| 310                                                                                                                                                                                                                                                                   | 49  | M40 | Kevin Jones, 47, West Des Moines, IA          | 47:47 | 15:56 |

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| 425 | 129 | W20 | Jamie Shatava, 22*, Des Moines, IA  | 47:51 | 15:57 |
| 311 | 33  | M50 | Tom Shatava, 51, Des Moines, IA     | 47:51 | 15:57 |
| 312 | 67  | M20 | Jonathon Walker, 21, Kirksville, MO | 47:55 | 15:58 |

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| 426 | 130 | W20 | Melissa McCoy, 28*                             | 48:11 | 16:04 |
| 427 | 43  | W50 | Regina Linn, 54*, Pella, IA                    | 48:13 | 16:04 |
| 428 | 44  | W50 | Tammy Deviney, 51*, Des Moines, IA             | 48:20 | 16:07 |
| 429 | 131 | W20 | Sarah Bailey, 25*, Des Moines, IA              | 48:27 | 16:09 |
| 430 | 45  | W50 | Connie Koester, 57*, Elkhart, IA               | 48:28 | 16:09 |
| 431 | 9   | W60 | Kathy Buffington, 62*, Des Moines, IA          | 48:28 | 16:09 |
| 432 | 137 | W30 | Hollie Zeglen, 31*, Carlisle, IA               | 48:41 | 16:14 |
| 313 | 4   | M70 | Dave Hurd, 80, Des Moines, IA                  | 48:50 | 16:16 |
| 433 | 68  | W40 | Carolee Engel, 47*, Des Moines, IA             | 49:02 | 16:20 |
| 434 | 132 | W20 | Hannah Walter, 23*, Indianola, IA              | 49:05 | 16:21 |
| 435 | 46  | W50 | Mollie Cooney, 56*, Des Moines, IA             | 49:05 | 16:21 |
| 436 | 47  | W50 | Sandy Cooney, 53*, Des Moines, IA              | 49:06 | 16:22 |
| 437 | 48  | W50 | Debra Meyer, 54*, West Des Moines, IA          | 49:12 | 16:24 |
| 438 | 133 | W20 | Katy Meyer, 22*, West Des Moines, IA           | 49:13 | 16:24 |
| 439 | 138 | W30 | Carrie Lair, 37*, Waukee, IA                   | 49:22 | 16:27 |
| 440 | 139 | W30 | Tamara Skinner, 38*                            | 49:55 | 16:38 |
| 441 | 49  | W50 | Vickie Lenihan-Clark, 52*, West Des Moines, IA | 50:13 | 16:44 |
| 442 | 24  | W10 | Khrystina Calo, 10*, Des Moines, IA            | 50:17 | 16:46 |
| 443 | 25  | W10 | Kelsey Calo, 12*, Des Moines, IA               | 50:17 | 16:46 |
| 314 | 102 | M30 | Kham Calo, 39, Des Moines, IA                  | 50:18 | 16:46 |
| 315 | 4   | JrM | Alexandre Calo, 5, Des Moines, IA              | 50:18 | 16:46 |
| 316 | 5   | JrM | Austyn Calo, 8, Des Moines, IA                 | 50:20 | 16:46 |
| 444 | 69  | W40 | Sherry Kelly, 43*, Norwalk, IA                 | 50:57 | 16:59 |

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| 445 | 140 | W30 | Angela Avery, 30*, West Des Moines, IA     | 51:00 | 17:00 |
| 446 | 134 | W20 | Jennifer Freeman, 29*, West Des Moines, IA | 51:27 | 17:09 |
| 317 | 34  | M50 | Richard Singleton, 56, Des Moines, IA      | 52:22 | 17:27 |
| 318 | 19  | M60 | James Singleton, 62, Des Moines, IA        | 52:32 | 17:30 |
| 447 | 135 | W20 | Claire Hof, 20*, Kirksville, MO            | 53:00 | 17:40 |
| 448 | 141 | W30 | Amy Daughters, 38*, Des Moines, IA         | 53:22 | 17:47 |
| 449 | 142 | W30 | Heather Litchkey, 32*, West Des Moines, IA | 53:23 | 17:47 |
| 450 | 143 | W30 | Heather Riley, 39*, Winterset, IA          | 53:50 | 17:57 |

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| 319 | 68  | M20 | Jacob Kuperman, 21, Iowa City, IA   | 54:27 | 18:09 |
| 451 | 50  | W50 | Kathy Pruisman, 52*, Blairsburg, IA | 54:45 | 18:15 |
| 452 | 144 | W30 | Jessica Wardyn, 31*                 | 55:13 | 18:24 |
| 453 | 51  | W50 | Christina Bohnet, 58*, Ankeny, IA   | 55:22 | 18:27 |
| 454 | 52  | W50 | Janet Woodruff, 59*                 | 55:33 | 18:31 |
| 320 | 103 | M30 | Eric Wildman, 35, Indianola, IA     | 56:40 | 18:53 |
| 455 | 53  | W50 | Marilyn Seehafer, 55*, Hunter, KS   | 56:51 | 18:57 |
| 321 | 35  | M50 | Galen Seehafer, 54, Hunter, KS      | 56:52 | 18:57 |

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| 456 | 145 | W30 | Angie James, 33*                      | 57:27 | 19:09 |
| 457 | 146 | W30 | Pagel Shannon, 34*, Dallas Center, IA | 57:27 | 19:09 |

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| 322 | 36 | M50 | John Ryan, 55, Boone, IA | 1:00:09 | 20:03 |
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| 458 | 136 | W20 | Bailey Miller, 23*, Ankeny, IA | 1:08:01 | 22:40 |
| 323 | 69  | M20 | Noah Barnett, 21, Waterloo, IA | 1:08:36 | 22:52 |

\* indicates females

1 finishers among Males (no age given)

5 finishers among Men Under 10

23 finishers among Men 10 - 14

14 finishers among Men 15 - 19

69 finishers among Men 20 - 29



103 finishers among Men 30 - 39  
49 finishers among Men 40 - 49  
36 finishers among Men 50 - 59  
19 finishers among Men 60 - 69  
4 finishers among Men 70 & Up  
7 finishers among Women Under 10  
25 finishers among Women 10 - 14  
10 finishers among Women 15 - 19  
136 finishers among Women 20 - 29  
146 finishers among Women 30 - 39  
69 finishers among Women 40 - 49  
53 finishers among Women 50 - 59  
9 finishers among Women 60 - 69  
2 finishers among Women 70 & Up  
1 finishers among Females (no age given)  
323 male finishers  
458 female finishers  
781 total finishers

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