

21st Red Flannel Run

YMCA - Des Moines, Iowa

Feb. 13, 2010

18 degrees, nice morning for 2010

Results by 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: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				
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: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				
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

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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, Wauke, 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*, Wauke, 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: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				

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

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

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

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

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
225	74 W20	Jamey Deen, 29*, Waukee, IA	33:37	11:12
226	75 W20	Amanda Duffield, 20*, Des Moines, IA	33:39	11:13
227	39 W40	Brenda Dunkin, 43*, Harrey, IA	33:39	11:13
235	92 M30	Steve Larsen, 39, Des Moines, IA	33:41	11:13
228	7 W15	Lizzie Tibbetts, 17*, Urbandale, IA	33:46	11:15
236	50 M20	Almir Beganovic, 21, Urbandale, IA	33:46	11:15
229	40 W40	Shannon Holz, 46*, Cumming, IA	33:51	11:17
230	41 W40	Alice Wisner, 47*, West Des Moines, IA	33:56	11:19
231	76 W20	Rosalyn De Haan, 25*, West Des Moines, IA	33:57	11:19
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
238	17 M10	Joey Falbo, 13, Des Moines, IA	34:00	11:20
239	22 M50	Conroy Smith, 55, Des Moines, IA	34:02	11:21
234	77 W20	Michelle Ware, 29*	34:03	11:21
240	2 M70	Donald Judisch, 72, Clive, IA	34:07	11:22
235	78 W20	Jennifer Froehlich, 29*, Altoona, IA	34:09	11:23
241	51 M20	Katie Moorhead, 27, Grimes, IA	34:10	11:23
236	79 W20	Leslie Nagel, 29*, Ankeny, IA	34:10	11:23
237	17 W50	Marilyn Arends, 58*, West Des Moines	34:15	11:25
238	44 W40	Vicky Foresman, 41*, West Des Moines, IA	34:16	11:25
239	45 W40	Kim Bougher, 49*, West Des Moines, IA	34:16	11:25
240	80 W20	Elizabeth Lund, 23*, Urbandale, IA	34:17	11:25
241	3 W60	Melanie Lahart, 61*	34:18	11:26
242	73 W30	Jodi Wood, 34*, Ankeny, IA	34:18	11:26
242	52 M20	Subrahmanyam Balla, 28, Des Moines, IA	34:26	11:28
243	18 M10	Liam Crawford, 13	34:32	11:31
243	74 W30	Ginger Thune, 33*, Des Moines, IA	34:35	11:32

244	53 M20	Sean Winters, 28, Ames, IA	34:36	11:32
244	75 W30	Jen Phillips, 31*, Des Moines, IA	34:37	11:32
245	93 M30	Mark Phillips, 31, Denver, CO	34:38	11:32
245	81 W20	Nicole Wheeler, 27*, Des Moines, IA	34:38	11:33
246	82 W20	Kelsey Bauer, 23*, Des Moines, IA	34:39	11:33
247	83 W20	Nadee Gunasena, 25*, Des Moines, IA	34:39	11:33
248	76 W30	Diane Ercse, 34*, Iowa Falls, IA	34:39	11:33
249	84 W20	Kelsie Larson, 21*, Ames, IA	34:41	11:34
250	18 W50	Pam Huguen, 54*, West Des Moines, IA	34:44	11:35
251	13 W10	Gabby Scherle, 13*	34:45	11:35
252	77 W30	Amy Jardon, 35*, Cedar Falls, IA	34:45	11:35
246	94 M30	Fred Scherle, 37, Ankeny, IA	34:46	11:35
253	85 W20	Meridith Barnard, 23*, West Des Moines, IA	34:48	11:36
254	86 W20	Christen Lacey, 22*, Ames, IA	34:50	11:36
255	87 W20	Courtney Perrachionne, 20*, Kirksville, MO	34:55	11:38
256	88 W20	Robin Romp, 29*, West Des Moines, IA	34:56	11:38
247	10 M60	John Smith, 62, Ankeny, IA	34:57	11:39
257	14 W10	Megan Gray, 10*, Ankeny, IA	34:57	11:39
258	19 W50	Jan Hutchison, 53*	35:01	11:40
259	15 W10	Nicole Travis, 14*	35:04	11:41
260	78 W30	Andrea McConahay, 34*, Corydon, IA	35:07	11:42
261	79 W30	Rebecca Roberts, 35*, Seymour, IA	35:07	11:42
248	23 M50	Craig Young Bear, 52, Tama, IA	35:09	11:43
262	80 W30	Kristen Gray, 37*, Ankeny, IA	35:10	11:43
263	81 W30	Emily Porath, 30*, Ankeny, IA	35:13	11:44
264	20 W50	Kim Debok, 53*, Des Moines, IA	35:17	11:46
265	16 W10	Hailey Travis, 13*	35:27	11:49
266	82 W30	Michelle Smith, 39*, Des Moines, IA	35:28	11:49
267	83 W30	Stacy Ham, 38*, Winterset, IA	35:30	11:50
268	89 W20	Andrea Hardy, 22*, West Des Moines, IA	35:32	11:50
269	90 W20	Steffani Johnson, 22*, Swea City, IA	35:32	11:51
270	84 W30	Kristi Bogseth, 31*, Ankeny, IA	35:34	11:51
271	85 W30	Parady Boatwright, 33*, Urbandale, IA	35:35	11:51
272	21 W50	Saraleigh Monroe, 53*, Des Moines, IA	35:35	11:51
273	91 W20	Sara Ware, 27*	35:35	11:52
274	86 W30	Bridgit Keller, 32*, Waukee, IA	35:40	11:53
275	8 W15	Charli Loefer, 16*	35:42	11:54
276	46 W40	Deborah Morgan, 46*, Albia, IA	35:43	11:54
277	92 W20	Michaelle Flinn, 26*, Elkhart, IA	35:44	11:55
249	54 M20	Korey Rullestad, 27, Emporia, KS	35:45	11:55
278	93 W20	Alicia Thorson, 27*, West Des Moines, IA	35:45	11:55
279	94 W20	Adriane Downs, 24*, Coralville, IA	35:48	11:56
280	87 W30	Vanessa Reid, 39*, West Des Moines, IA	35:49	11:56
281	95 W20	Tori Dunham, 27*, Pleasant Hill, IA	35:51	11:57
250	55 M20	Cody Bisher, 28, Pleasant Hill, IA	35:51	11:57
282	17 W10	Morgan Stanley, 14*, Grimes, IA	35:53	11:57
283	96 W20	Stacey Hale, 22*, Bondurant, IA	35:53	11:58
284	47 W40	Chrystal Stanley, 43*, Grimes, IA	35:54	11:58
251	35 M40	John Stanley, 49, Grimes, IA	35:54	11:58
285	88 W30	Sarah Yans, 32*, Urbandale, IA	35:57	11:59
286	97 W20	Shaunee Kingsbury, 27*	35:57	11:59
287	89 W30	Bonnie Christensen, 39*, Des Moines, IA	35:58	11:59
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252	56 M20	Vijayakumar Vino, 26, Des Moines, IA	36:00	12:00
253	19 M10	Joseph Loefer, 11	36:00	12:00
288	98 W20	Angela Garza, 24*, Des Moines, IA	36:01	12:00
254	36 M40	Chuck Loefer, 48	36:02	12:00
255	37 M40	Aaron Leaman, 42, Polk City, IA	36:05	12:02
289	48 W40	Linda Bardole, 49*	36:08	12:02
290	90 W30	Melissa Fears, 37*, Des Moines, IA	36:10	12:03
291	91 W30	Cindy Bartels, 38*, Promise City, IA	36:10	12:03
292	4 W60	Linda Sowers, 60*, Ankeny, IA	36:19	12:06
293	92 W30	Joy Woodworth Drake, 39*, West Des Moines, IA	36:22	12:07

294	93 W30	Jodi Hall, 38*, Adel, IA	36:22	12:07
295	99 W20	Monica Strange, 28*, New Virginia, IA	36:24	12:08
296	49 W40	Christina Riedel, 41*, Urbandale, IA	36:25	12:08
297	94 W30	Crystal St Clair, 32*, New Virginia, IA	36:29	12:09
298	95 W30	Kelley Myers, 31*, Des Moines, IA	36:31	12:10
299	100 W20	Angela Albert, 29*, Des Moines, IA	36:35	12:11
300	96 W30	Cindy Warren, 37*, Carlisle, IA	36:37	12:12
301	97 W30	Michelle Duffert, 35*, Altoona, IA	36:42	12:14
302	22 W50	Casandra Lehman, 50*, Des Moines, IA	36:42	12:14
303	18 W10	Tori Greubel, 14*	36:44	12:14
304	9 W15	Abby Greubel, 19*	36:45	12:15
305	98 W30	Kelly Tibben, 36*, Lacona, IA	36:47	12:16
256	38 M40	Rebecca Baum, 47, West Des Moines, IA	36:50	12:16
306	101 W20	Shanon Dejoode, 26*, Ankeny, IA	36:50	12:16
307	102 W20	Katie Reber, 28*, Norwalk, IA	36:56	12:18
257	24 M50	Mike Kuperman, 54, West Des Moines, IA	36:57	12:19
258	57 M20	Jeff Davis, 20	36:58	12:19
259	13 M15	Nathan Curry, 19	36:58	12:19
308	103 W20	Anglea Dotson, 26*, Urbandale, IA	36:59	12:20
309	99 W30	Emily Karwoski, 34*, Ankeny, IA	37:03	12:21
310	100 W30	Amy Jaschke, 34*, Boone, IA	37:03	12:21
260	11 M60	Gary Sheldon, 66, West Des Moines, IA	37:11	12:23
261	58 M20	Andrew Buntz, 21, West Des Moines, IA	37:13	12:24
311	50 W40	Lisa Novak, 41*, Bettendorf, IA	37:15	12:25
312	23 W50	Mary Ross, 51*, Davenport, IA	37:22	12:27
313	24 W50	Tammy Berenguel, 50*	37:23	12:27
262	12 M60	Bradley Andersen, 60, Des Moines, IA	37:25	12:28
314	101 W30	Suzanne Coen, 32*, Des Moines, IA	37:26	12:29
315	102 W30	Billi Hughes, 33*, Urbandale, IA	37:28	12:29
263	14 M15	Dexxter Scott, 19, Des Moines, IA	37:31	12:30
316	104 W20	Julianne Gregory, 20*, Des Moines, IA	37:31	12:30
317	105 W20	Kerianne Roder, 27*, Lake Ozark, MO	37:32	12:31
264	25 M50	Steven Jacobs, 54, West Des Moines, IA	37:34	12:31
265	59 M20	Jason Textor, 27, Johnston, IA	37:35	12:31
266	39 M40	Greg Greiner, 40, Des Moines, IA	37:35	12:31
318	25 W50	Patti Knebel, 53*, Cedar Falls, IA	37:36	12:32
319	51 W40	Debi Kemp, 43*, Des Moines, IA	37:37	12:32
320	103 W30	Billie Dyer, 38*, Des Moines, IA	37:41	12:34
321	104 W30	Beth Volkamer, 34*, Ankeny, IA	37:45	12:35
322	106 W20	Sarah Heisdorffer, 28*, Des Moines, IA	37:46	12:35
267	95 M30	Neal Crawford, 32, Stuart, IA	37:47	12:35
323	107 W20	Anna Hopkins, 23*, Promise City, IA	37:48	12:36
268	13 M60	John Castings, 63, West Des Moines, IA	37:49	12:36
324	105 W30	Jill Wibben, 33*, Des Moines, IA	37:59	12:39
269	96 M30	Will Hughes, 30, Urbandale, IA	38:07	12:42
270	97 M30	Brian Nation, 30, Boone, IA	38:07	12:42
325	108 W20	Meredith Macquigg, 28*	38:29	12:50
271	40 M40	John Beard, 43	38:30	12:50
272	2 JrM	Jake Jones, 9	38:40	12:53
273	20 M10	Reece Jones, 11	38:41	12:53
326	109 W20	Alexis Faber, 28*, Des Moines, IA	38:47	12:56
327	26 W50	Elaine Bales-Henry, 54*	38:56	12:59
274	14 M60	Roderic Shirk, 60, Waukee, IA	38:58	12:59
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328	5 W60	Colleen Pagano, 60*, Urbandale, IA	39:02	13:01
329	106 W30	Jennifer Bucklin, 34*	39:02	13:01
330	110 W20	Katie Freeman, 24*, West Des Moines, IA	39:03	13:01
275	98 M30	Lee Simmons, 36, West Des Moines, IA	39:08	13:02
331	107 W30	Tammy Mickey, 37*, Melcher, IA	39:08	13:02
332	108 W30	Andrea Weichers, 31*, Ankeny, IA	39:08	13:02
333	111 W20	Christa Shawler, 29*, Bondurant, IA	39:08	13:03
334	109 W30	Bethanie Wright, 30*, Urbandale, IA	39:14	13:04
335	52 W40	Paula Thompson, 40*, Newton, IA	39:15	13:05
336	27 W50	Vicki Minor, 51*, Norwalk, IA	39:17	13:05

337	112	W20	Angela Miller, 29*, Ankeny, IA	39:17	13:06
276	60	M20	Anshad Mohammed, 26, Des Moines, IA	39:26	13:09
338	19	W10	Emma Thayer, 13*, Urbandale, IA	39:31	13:10
339	10	W15	Hannah Thayer, 16*, Urbandale, IA	39:31	13:10
340	110	W30	Jennifer Hagen, 38*, Ankeny, IA	39:36	13:12
341	20	W10	Riley Jones, 11*	39:37	13:12
342	53	W40	Jeanna Jones, 42*, Ankeny, IA	39:37	13:12
343	54	W40	Deb Gilbert, 45*, Woodward, IA	39:37	13:12
277	61	M20	Rajesh Kumar, 29, Des Moines, IA	39:47	13:16
278	41	M40	Chad Christensen, 41	39:50	13:17
279	21	M10	Blake Clark, 10	39:55	13:18
344	55	W40	Kelli Chamberlain, 41*, Altoona, IA	39:59	13:19
345	111	W30	Addy Gould, 39*, West Des Moines, IA	40:01	13:20
346	56	W40	Chris Flanery, 40*, Altoona, IA	40:02	13:20
347	112	W30	Megan Seehafer, 31*, Jefferson City, MO	40:05	13:22
348	6	W60	Arlyne Cornelison, 65*, Des Moines, IA	40:14	13:24
349	21	W10	Jaci Reeves, 11*	40:25	13:28
280	26	M50	Pat Schlaia, 51, Creston, IA	40:27	13:29
281	42	M40	Robert McCarey, 44, Newton, IA	40:35	13:31
350	28	W50	Ginny Hendersonmead, 52*, Albia, IA	40:43	13:34
351	29	W50	Marcia Schoeppner, 57*, Des Moines, IA	40:43	13:34
282	27	M50	Dean Schoeppner, 51, Des Moines, IA	40:43	13:34
352	57	W40	Tonya Bunch, 44*, Lovilia, IA	40:44	13:34
353	58	W40	Rhonda Kness, 46*, Albia, IA	40:45	13:35
354	59	W40	Susan Greubel, 46*, Lacona, IA	40:45	13:35
355	30	W50	Leslie Goldsmith, 52*, Chariton, IA	40:45	13:35
356	113	W20	Courtney Marks, 26*, Des Moines, IA	40:51	13:37
357	113	W30	Carmen Mendenhall, 31*, Urbandale, IA	40:51	13:37
358	22	W10	Kay Ercse, 11*, Iowa Falls, IA	40:54	13:38
359	114	W20	Murphy Olsen, 20*, New London, IA	40:58	13:39
360	31	W50	Christine Olsen, 50*, New London, IA	40:58	13:39
361	115	W20	Sunni Zak, 28*, Grimes, IA	41:00	13:40
362	4	JrW	Jasmine Rumley, 8*, Des Moines, IA	41:00	13:40
363	114	W30	Karen Lam, 38*, Ankeny, IA	41:02	13:41
364	116	W20	Emily Benetti, 27*, Des Moines, IA	41:08	13:42
365	60	W40	Laurie Phelan, 48*, Maxwell, IA	41:10	13:43
366	32	W50	Lois Irwin, 56*, Maxwell, IA	41:12	13:44
367	115	W30	Melissa Snell, 37*, Osceola, IA	41:21	13:47
368	116	W30	Becky Ketelsen Popp, 36*, Waukee, IA	41:24	13:48
369	61	W40	Jeanne Wicker, 46*, Urbandale, IA	41:27	13:49
370	117	W30	Caroline McCard, 31*, Des Moines, IA	41:29	13:50
371	7	W60	Margaret Epplin, 60*, Ames, IA	41:35	13:51
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

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
306	47	M40	Patrick Dunn, 43, Norwalk, IA	46:12	15:24
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

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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