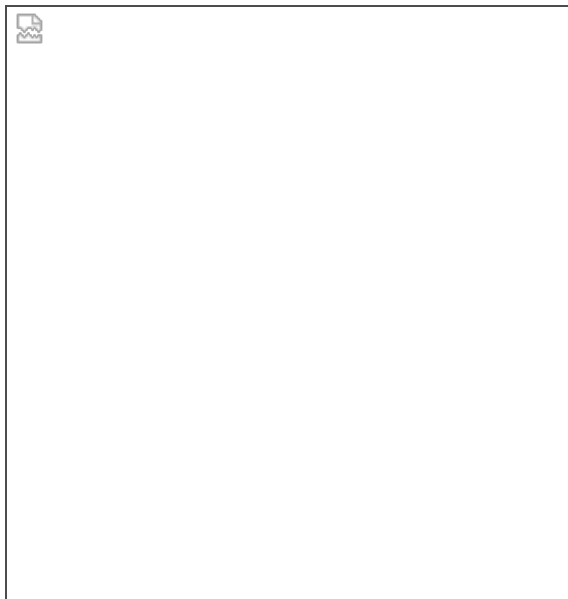




Des Moines, Iowa
April 7, 2007

[Overall results here](#)

15 degrees & wind at the start
Results by Cal Murdock

CLASS					
PLACE	PLACE	FINISHER	TIME	PACE	
Open Men					
1	1	M20 Jason Flogel, 24, West Des Moines, IA	25:32	5:08	
2	2	M30 Marty Dalton, 30, Stuart, IA	25:38	5:09	
3	3	M25 Bobby Atkins, 26, Des Moines, IA	26:37	5:21	
Open Women					
1	1	W30 Robyn Friedman, 34, Lambs Grove, IA	28:55	5:49	
2	2	W35 Lisa Marshall, 38, Granger, IA	29:07	5:51	
3	3	W30 Kerri Ury, 34, Urbandale, IA	32:30	6:32	

Masters Men

8	1	M40 Mike Carney, 43, Des Moines, IA	28:17	5:41
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Masters Women

4	1	W40 Carla Stoner, 44, West Des Moines, IA	34:30	6:56
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CLASS

PLACE	PLACE	FINISHER	TIME	PACE
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Men 19 & Under

7	1	Evan Selsor, 14, Winterset, IA	28:12	5:40
17	2	Zach Baker, 14, Eddyville, IA	30:29	6:08
29	3	Dylan Heuer, 17, Des Moines, IA	32:12	6:29

Men 20 - 24

10	1	Darin Schuknecht, 24, Pella, IA	28:42	5:46
50	2	Phillip James, 24, Stuart, IA	35:01	7:03
68	3	Michael Fuller, 24, Pella, IA	36:27	7:20

Men 25 - 29

6	1	Tim Ives, 26, Des Moines, IA	27:42	5:34
14	2	Ryan Gratz, 25, Stuart, IA	30:06	6:03
19	3	Joe Aulwes, 26, Bondurant, IA	31:00	6:14

Men 30 - 34

5	1	Jacob Kaemmer, 30, Des Moines, IA	27:10	5:28
9	2	Patrick Riley, 33, Des Moines, IA	28:31	5:44
23	3	Matthew Zepeda, 33, Waukee, IA	31:29	6:20

Men 35 - 39

4	1	Andrew Rinn, 39, West Des Moines, IA	27:08	5:27
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11	2	Chris Bowers, 38, Ottumwa, IA	29:24	5:55
12	3	Frank Levy, 39, Des Moines, IA	29:31	5:56
Men 40 - 44				
16	1	Todd Haugen, 43, Story City, IA	30:26	6:07
27	2	Steve Feltz, 42, West Des Moines, IA	31:59	6:26
31	3	John Bannantine, 41, Ames, IA	32:34	6:33
Men 45 - 49				
13	1	Keith Fevold, 49, Johnston, IA	29:40	5:58
18	2	Rob Gillum, 46, Des Moines, IA	30:49	6:12
24	3	Kip Headley, 45, Urbandale, IA	31:32	6:20
Men 50 - 54				
21	1	Bob Layton, 51, Urbandale, IA	31:16	6:17
28	2	3Sticks McBride, 51, Des Moines, IA	32:01	6:26
56	3	Paul James, 53, Stanley, IA	35:43	7:11
Men 55 - 59				
59	1	Chuck Clark, 56, Carroll, IA	35:52	7:13
61	2	A Sloguy, 58, Des Moines, IA	36:02	7:15
70	3	Andrew Hazer, 57, Columbia, IA	36:37	7:22
Men 60 - 64				
88	1	Mike May, 60, Indianola, IA	37:51	7:37
101	2	Joe Keefer, 60, Des Moines, IA	38:54	7:50
130	3	John Schneller, 63, West Des Moines, IA	41:03	8:16
Men 65 - 69				
46	1	Mike Bender, 66, Des Moines, IA	34:47	7:00
122	2	Jim Matthews, 66, Baxter, IA	40:29	8:09
207	3	John Beamer, 67, Des Moines, IA	55:48	11:14

Men 70 & Up

174	1	Jerry Triplett, 73, Winterset, IA	46:20	9:19
177	2	Gene Harding, 76, Des Moines, IA	47:05	9:28

CLASS

PLACE	PLACE	FINISHER	TIME	PACE
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Women 19 & Under

16	1	Amy Benes, 19, Des Moines, IA	36:55	7:26
20	2	Grace Kristy, 17, Exira, IA	37:34	7:33
36	3	Julie Urbanek, 19, Clive, IA	41:10	8:17

Women 20 - 24

15	1	Tori Crum, 21, Ames, IA	36:44	7:23
19	2	Amanda Hall, 24, Des Moines, IA	37:27	7:32
21	3	Julie Hardin, 24, Des Moines, IA	37:55	7:38

Women 25 - 29

7	1	Amanda Ives, 26, Des Moines, IA	35:15	7:06
9	2	Pauliina Pietikainen, 27, Kontiolahti, Finland	35:48	7:12
10	3	Kelly Uelmen, 29, Waukee, IA	35:53	7:13

Women 30 - 34

5	1	Mary Landhuis, 34, Clarinda, IA	34:35	6:57
8	2	Emily Kell, 31, Urbandale, IA	35:22	7:07
11	3	Jennifer Caskey, 33, Earlham, IA	36:03	7:15

Women 35 - 39

6	1	Lisa Klein, 38, Des Moines, IA	35:03	7:03
23	2	Stacy Farr, 35, West Des Moines, IA	38:36	7:46
27	3	Beth Seuferer, 36, West Des Moines, IA	39:49	8:01

Women 40 - 44

13	1	Tami Prescott, 40, Urbandale, IA	36:31	7:21
14	2	Ellen Middleswart, 41, Urbandale, IA	36:32	7:21
18	3	Heather Stilborn, 44, Des Moines, IA	37:16	7:30

Women 45 - 49

38	1	Betsy Frederes, 49, Clive, IA	41:18	8:19
43	2	Toni Wiemers, 46, West Des Moines, IA	41:44	8:24
95	3	Brenda Samuelson, 46, Clarinda, IA	47:26	9:33

Women 50 - 54

49	1	Paula Dierenfeld, 52, Johnston, IA	42:25	8:32
80	2	Sandy Sparks, 54, Norwalk, IA	46:29	9:21
105	3	Carol Carlson, 52, Clive, IA	48:22	9:44

Women 55 - 59

55	1	Margie Cahill, 56, Nevada, IA	42:51	8:37
119	2	Mary Lou Neugent, 55, Des Moines, IA	50:46	10:13

Women 70 & Up

150	1	Jan Gillum, 71, Des Moines, IA	57:46	11:37
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