

Friendly Sons St. Patrick 10 km

West Des Moines, IA

March 25, 2012

64 degrees, 70% humidity

Results by Michael Franke

[5K results here](#)

Click on the "pace" links to move about through the results. Use the Find option of your Web Browser to find the performance of a specific individual.

PLACE	CLASS	FINISHER	TIME	PACE
PLACE	PLACE			
1	1 M40	Frank Levy, 44, Des Moines, IA	37:32	6:02
2	2 M40	Jay Pennington, 40, Des Moines, IA	37:35	6:03
1	1 W20	Ellen Ries, 25*, West Des Moines, IA	37:37	6:03
3	1 M30	Jeremy Schultz, 35, Waukee, IA	37:43	6:04
4	1 M50	Keath Abels, 50, Ogden, IA	38:20	6:10
2	2 W20	Traci Kresser, 26*, Clive, IA	38:44	6:14
5	2 M30	Jack Johnson, 31, West Des Moines, IA	38:50	6:15
6	3 M30	Daniel Pinkerton, 36, Des Moines, IA	39:03	6:17
7	4 M30	Jason Lawry, 36, Waukee, IA	39:07	6:18
8	1 M20	Nicholas Newbury, 22, Johnston, IA	39:21	6:20
9	5 M30	Daniel Blondowski, 37, Johnston, IA	39:46	6:24
10	6 M30	Paxton Bennett, 38, Des Moines, IA	39:49	6:24
11	7 M30	Parker Day, 30, Des Moines, IA	39:54	6:25
12	3 M40	Kyle Weuve, 46, Urbandale, IA	40:01	6:26
13	4 M40	Lance Bergeson, 43, Des Moines, IA	40:12	6:28
14	5 M40	Doug Vander Weide, 45, West Des Moines, IA	40:53	6:35
15	8 M30	Kyle Keraus, 31, Johnston, IA	41:16	6:38
16	2 M50	Willie Lahart, 58, Newton, IA	41:39	6:42
17	6 M40	Joe Dupre, 48, Pella, IA	41:47	6:43
18	9 M30	Derek McChurch, 31, Des Moines, IA	41:52	6:44
19	3 M50	Dave Fitz, 57, Ames, IA	42:08	6:47
3	1 W30	Stephanie Mortenson, 30*, Urbandale, IA	42:13	6:48
4	3 W20	Tiffany Bloyer, 28*, Ankeny, IA	43:11	6:57
20	10 M30	Robert Rehkemper, 34, Urbandale, IA	43:22	6:59
Pace: 7:00 8:00 9:00 10:00 11:00 12:00 13:00 Top				
21	7 M40	Lee Hill, 43, Des Moines, IA	43:31	7:00
5	4 W20	Sara Cooper, 27*, Des Moines, IA	43:50	7:03
22	8 M40	Kevin Cline, 45, Grimes, IA	43:53	7:04
23	9 M40	Mike Ham, 41, Winterset, IA	44:22	7:08
24	11 M30	Tim Rypma, 32, Des Moines, IA	44:24	7:09
25	12 M30	Matt Jackson, 35, Des Moines, IA	44:34	7:10
26	13 M30	Marc Hollander, 37, West Des Moines, IA	44:38	7:11
27	10 M40	Travis Simpson, 41, Urbandale, IA	44:41	7:11
28	14 M30	Gary Jensen, 33, Adel, IA	44:52	7:13
29	15 M30	Todd Fee, 37, Norwalk, IA	45:17	7:17
30	16 M30	Brady Hogan, 31, Des Moines, IA	45:19	7:17
6	1 W40	Dawn Hayes, 40*, Waukee, IA	45:23	7:18
31	4 M50	Dale Knoshaug, 50, Des Moines, IA	45:30	7:19
32	17 M30	Hollis Elliott, 38, Urbandale, IA	45:35	7:20

33	5 M50	Casey Showalter, 51, Altoona, IA	45:35	7:20
34	18 M30	David Olsen, 39, West Des Moines, IA	45:42	7:21
7	2 W30	Tina Kafer, 35*, Jamaica, IA	45:44	7:21
8	3 W30	Kristin Vance, 30*, Des Moines, IA	45:45	7:22
35	11 M40	Eric Kinman, 41, Des Moines, IA	45:50	7:22
36	19 M30	Jon Pena, 38, Grimes, IA	45:53	7:23
37	12 M40	Roger Selesky, 42, Ankeny, IA	46:02	7:24
38	13 M40	Brendan Chuapoco, 42, Des Moines, IA	46:15	7:27
39	2 M20	Jessie Wipperman, 27, Des Moines, IA	46:17	7:27
9	4 W30	Rachel Hoger, 37*, Johnston, IA	46:21	7:28
10	5 W30	Jayme Anderson, 32*, Des Moines, IA	46:23	7:28
40	14 M40	Kenneth Overton, 44, Des Moines, IA	46:29	7:29
41	15 M40	John Lajoie, 44, Ankeny, IA	46:30	7:29
42	20 M30	Daryl Miller, 32, Des Moines, IA	46:36	7:30
43	21 M30	Mathew Mann, 30, West Des Moines, IA	46:47	7:32
44	22 M30	Matt Clausen, 39, Urbandale, IA	46:48	7:32
11	1 W50	Kristy Cain, 52*, Urbandale, IA	47:19	7:37
45	6 M50	Jeff Feder, 51, Norwalk, IA	47:22	7:37
46	16 M40	Don Cumings, 49, Pleasant Hill, IA	47:33	7:39
47	7 M50	Dennis Judd, 51, Urbandale, IA	47:40	7:40
48	1 M60	Mark Hayes, 62, Creston, IA	47:49	7:42
49	17 M40	John Urban, 44, Johnston, IA	47:53	7:42
50	18 M40	Mike Rieks, 44, Urbandale, IA	48:03	7:44
12	6 W30	Jacqueline Selix, 33*, West Des Moines, IA	48:12	7:45
51	19 M40	Brent Monson, 42, Des Moines, IA	48:16	7:46
52	23 M30	Brent Whipps, 32, Ankeny, IA	48:20	7:47
13	2 W50	Wilma Osmun, 52*, Creston, IA	48:23	7:47
53	24 M30	Kyle Flinn, 33, West Des Moines, IA	48:25	7:47
14	7 W30	Sarah Paisley, 30*, Johnston, IA	48:31	7:48
15	2 W40	Jeanna English, 40*, West Des Moines, IA	48:42	7:50
54	25 M30	John Alessio, 35, West Des Moines, IA	48:46	7:51
16	8 W30	Kristi York, 32*, West Des Moines, IA	48:48	7:51
55	20 M40	David Desing, 48, Urbandale, IA	48:49	7:51
17	9 W30	Amy Alesch, 36*, Des Moines, IA	48:51	7:52
18	10 W30	Ami Bolles, 39*, Waukee, IA	48:56	7:52
19	3 W40	Brenda O'Hare, 44*, Ankeny, IA	48:56	7:52
56	26 M30	Dan Vallejo, 34, Ankeny, IA	48:58	7:53
57	8 M50	Thomas Phelan, 54, Clive, IA	49:21	7:56
20	11 W30	Ann Marie Serangeli, 30*, Des Moines, IA	49:23	7:57
58	2 M60	Andrew Hazer, 62, Columbia, IA	49:34	7:59
21	12 W30	Cristal Burkle, 36*, Granger, IA	49:37	7:59
22	13 W30	Cheryl Dralle, 34*, Des Moines, IA	49:39	7:59

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59	27 M30	Marcus Marple, 32, Waukee, IA	49:54	8:02
60	3 M60	Al Hildestad, 62, Des Moines, IA	50:00	8:03
61	28 M30	Kurt Sparks, 34, Des Moines, IA	50:03	8:03
23	1 JrW	Cassidy Gornick, 16*, Norwalk, IA	50:06	8:04
62	4 M60	Philip Hodges, 64, Ames, IA	50:23	8:06
24	14 W30	Jamie Seiler, 35*, West Des Moines, IA	50:25	8:07
25	4 W40	Annika Cornelisse, 40*, Des Moines, IA	50:31	8:08
26	5 W20	Ali Meyer, 21*, West Des Moines, IA	50:36	8:08
27	5 W40	Amy Justiniano, 40*, Ankeny, IA	50:38	8:09
63	29 M30	Josh Ortner, 32, Urbandale, IA	51:01	8:13
28	15 W30	Mark Hanrahan, 34*, Urbandale, IA	51:07	8:13
64	9 M50	Mike Warren, 51, Marshalltown, IA	51:19	8:15
29	16 W30	Becky Krieg, 34*, West Des Moines, IA	51:27	8:17
65	3 M20	Daniel Stroupe, 26, Elkhart, IA	51:32	8:18
66	21 M40	Ed Smith, 44, Urbandale, IA	51:41	8:19
30	6 W40	Kim Stewart, 43*, Des Moines, IA	51:51	8:21
67	22 M40	Kent Bain, 46, West Des Moines, IA	51:55	8:21
68	23 M40	Steven Novy, 41, Iowa Falls, IA	52:00	8:22

69	24 M40	Duane Thomas, 49, West Des Moines, IA	52:02	8:22
70	25 M40	James Arthur, 47, Des Moines, IA	52:10	8:24
31	17 W30	Angie Klobnak, 37*, Des Moines, IA	52:11	8:24
71	26 M40	Eric Camper, 40, Des Moines, IA	52:13	8:24
32	7 W40	Christy Gooding, 41*, Urbandale, IA	52:29	8:27
33	18 W30	Jessica McLeran, 31*, Des Moines, IA	52:37	8:28
72	30 M30	Brett Majors, 31, West Des Moines, IA	52:43	8:29
73	27 M40	James Perry, 44, Des Moines, IA	52:48	8:30
74	31 M30	David Dixon, 36, Altoona, IA	52:48	8:30
75	10 M50	John Meyer, 56, West Des Moines, IA	52:51	8:30
34	8 W40	Deanna Janssen, 46*, Ankeny, IA	52:58	8:31
76	11 M50	Michael Boyle, 51, Ankeny, IA	52:59	8:31
77	4 M20	Zack Sammler, 29, Waukee, IA	53:14	8:34
35	19 W30	Jodi Jenkins, 35*, Johnston, IA	53:19	8:35
78	28 M40	Amy Hanrahan, 42, Urbandale, IA	53:22	8:35
79	32 M30	Weston Wunder, 34, Slater, IA	53:43	8:39
80	5 M60	Mike Jackson, 61, Cedar Falls, IA	53:48	8:39
81	33 M30	Matt Petersen, 32, Ankeny, IA	53:59	8:41
82	34 M30	Eric Kisgen, 37, Des Moines, IA	54:15	8:44
36	3 W50	Pamela Pomerenk, 52*, Boone, IA	54:16	8:44
83	6 M60	Kevin Cunningham, 60, Des Moines, IA	54:19	8:44
84	35 M30	Quincy Beck, 32, Urbandale, IA	54:40	8:48
85	29 M40	Martin Gay, 46, Ankeny, IA	54:41	8:48
86	12 M50	Doug Keast, 54, Altoona, IA	54:47	8:49
87	1 JrM	Josh Paulson, 14, Grimes, IA	54:54	8:50
88	30 M40	William Kearney, 46, Sheldahl, IA	54:54	8:50
89	5 M20	Taylor Fjelland, 28, West Des Moines, IA	55:00	8:51
90	31 M40	Dave Duncan, 47, Clive, IA	55:01	8:51
91	32 M40	Patrick Hammen, 47, Waukee, IA	55:02	8:51
92	33 M40	Grietus Booy, 46, W Des Moines, IA	55:07	8:52
93	36 M30	Michael Riggs, 32, West Des Moines, IA	55:19	8:54
37	4 W50	Carol Litscher, 51*, West Des Moines, IA	55:30	8:56
38	20 W30	Angie Hunt, 36*, Ames, IA	55:31	8:56
39	21 W30	Mandy Shepherd, 33*, Urbandale, IA	55:32	8:56
40	9 W40	Julie Cordes, 46*, Antioch, IL	55:34	8:56
41	6 W20	Ellen Wade, 28*, Pleasant Hill, IA	55:39	8:57
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94	6 M20	Jeff Thibadeau, 27, West Des Moines, IA	56:00	9:01
95	37 M30	David Rees, 35, Bondurant, IA	56:05	9:01
42	10 W40	Dawn Statton, 40*, West Des Moines, IA	56:06	9:02
96	34 M40	Jason Paulson, 41, Grimes, IA	56:09	9:02
97	35 M40	Brian Jones, 42, Des Moines, IA	56:16	9:03
43	7 W20	Rachel Pirk1, 25*, West Des Moines, IA	56:19	9:04
98	38 M30	Paul Brady, 34, Des Moines, IA	56:22	9:04
44	8 W20	Alli Reiter, 24*, West Des Moines, IA	56:23	9:04
99	36 M40	Dave Daniels, 43, Urbandale, IA	56:25	9:05
45	22 W30	Kylie Williamson, 32*, Mapleton,MN	56:26	9:05
46	23 W30	Shanna Wunder, 32*, Slater, IA	56:27	9:05
100	7 M60	Richard Newkirk, 63, Ankeny, IA	56:29	9:05
47	1 W60	Pat Fluharty, 62*, Indianola, IA	56:34	9:06
101	7 M20	James Mcconkey, 28, West Des Moines, IA	56:37	9:07
102	37 M40	Dan Gornick, 47, Norwalk, IA	56:38	9:07
48	11 W40	Erin Rewerts, 42*, Nevada, IA	56:46	9:08
49	12 W40	Susan Eggert, 47*, Pella, IA	56:48	9:08
50	24 W30	Jenna Porter, 38*, Des Moines, IA	56:57	9:10
51	25 W30	Melissa Janssen, 34*, Grimes, IA	57:13	9:12
103	38 M40	Joe Akers, 46, Grimes, IA	57:19	9:13
52	26 W30	Samantha Ohara, 38*, Ankeny, IA	57:20	9:14
53	27 W30	Patricia Smith-Lawrence, 35*, Des Moines, IA	57:21	9:14
54	13 W40	Rabecca Jones, 40*, Des Moines, IA	57:28	9:15

55	9 W20	Janeen Fell, 27*, Des Moines, IA	57:32	9:15
56	14 W40	Sherri Huff, 49*, Winterset, IA	57:32	9:15
57	10 W20	Amanda Floy, 29*, West Des Moines, IA	57:34	9:16
58	28 W30	Valarie Leonard, 31*, Des Moines, IA	57:36	9:16
59	5 W50	Deb Fritz, 53*, Des Moines, IA	57:38	9:16
60	29 W30	Megan Boettcher, 31*, Ankeny, IA	57:43	9:17
104	13 M50	Michael Joe Harper, 51, West Des Moines, IA	57:49	9:18
105	8 M20	Jack Hemer, 26, Des Moines, IA	57:51	9:18
61	11 W20	Nicole Winebrenner, 28*, Des Moines, IA	57:54	9:19
62	30 W30	Greta Lange, 35*, Urbandale, IA	58:01	9:20
106	9 M20	Matt Fett, 26, Norwalk, IA	58:02	9:20
63	12 W20	Deena Klesel, 24*, Ames, IA	58:03	9:20
107	10 M20	Brian Schmit, 25, West Des Moines, IA	58:04	9:21
64	15 W40	Traci Thomas, 42*, West Des Moines, IA	58:07	9:21
65	31 W30	Jessie Santi, 36*, Boone, IA	58:22	9:24
108	14 M50	Jimmy Fatland, 57, West Des Moines, IA	58:28	9:25
66	32 W30	Jenelle Ausborn, 32*, Polk City, IA	58:36	9:26
109	39 M40	Larry Kelley, 45, Nevada, IA	58:42	9:27
110	40 M40	John Kerr, 46, Ames, IA	58:43	9:27
111	15 M50	David Peters, 52, Newton, IA	58:49	9:28
67	33 W30	Katie Seiberling, 33*, Des Moines, IA	58:51	9:28
112	39 M30	Neal Tapken, 36, Adel, IA	58:54	9:29
68	34 W30	Bridie Sellers, 31*, Johnston, IA	59:05	9:30
113	11 M20	Nicholas Harrison, 26, Van Meter, IA	59:09	9:31
114	41 M40	Robert Burnett, 41, Norwalk, IA	59:17	9:32
115	42 M40	Keith Lydon, 42, West Des Moines, IA	59:19	9:33
69	35 W30	Chantelle Smith, 38*, Johnston, IA	59:26	9:34
116	43 M40	Troy Beckman, 44, Des Moines, IA	59:27	9:34
70	13 W20	Jessica Hendricks, 27*, West Des Moines, IA	59:28	9:34
117	44 M40	Martin Ikeda, 49, Urbandale, IA	59:29	9:34
71	36 W30	Alecia Rahn-Blakeslee, 39*, Ankeny, IA	59:30	9:34
72	6 W50	Kim Taylor, 51*, West Des Moines, IA	59:32	9:35
118	40 M30	Nick Brozek, 30, Urbandale, IA	59:35	9:35
119	45 M40	Paul Matthew, 43, Des Moines, IA	59:38	9:36
120	8 M60	Roger Rybicka, 64, Ft Collins, CO	59:40	9:36
73	37 W30	Amy Follmann, 36*, Massena, IA	59:40	9:36
74	14 W20	Lindsey Peterson, 27*, Bismarck, ND	59:41	9:36
121	46 M40	Kirk Dressler, 48, Greenfield, IA	59:42	9:36
75	38 W30	Amber Crews, 34*, Clive, IA	59:44	9:37
122	41 M30	Brian Mills, 37, Urbandale, IA	59:45	9:37
76	16 W40	Jonnah Breeding, 40*, Ankeny, IA	59:53	9:38
77	15 W20	Shannon Henson, 26*, Des Moines, IA	59:54	9:38
123	42 M30	William Scales, 30, Des Moines, IA	59:56	9:39
78	7 W50	Elizabeth Deatsch, 56*, Mystic, IA	1:00:04	9:40
124	16 M50	Dan Duwelius, 52, Des Moines, IA	1:00:09	9:41
79	39 W30	Beth Jones, 34*, West Des Moines, IA	1:00:15	9:42
80	17 W40	Tiffany Sheets, 42*, Lincoln, NE	1:00:20	9:42
125	17 M50	Bill Johnson, 59, West Des Moines, IA	1:00:33	9:45
126	18 M50	Terry Mitchell, 50, Waukee, IA	1:00:33	9:45
81	18 W40	Colleen Bentzen, 41*, West Des Moines, IA	1:00:34	9:45
82	40 W30	Amy Robinson, 32*, Bondurant, IA	1:00:35	9:45
83	41 W30	Diana Bell, 30*, Bondurant, IA	1:00:36	9:45
84	16 W20	Amanda Hoffman, 28*, Des Moines, IA	1:00:37	9:45
85	42 W30	Laura Tofteland, 34*, Des Moines, IA	1:00:40	9:46
86	43 W30	Tiffany Roberts, 36*, Winterset, IA	1:00:46	9:47
87	44 W30	Teyona Steenhoek, 34*, Pleasant Hill, IA	1:00:48	9:47
127	19 M50	Patrick Moriarity, 56, Pella, IA	1:00:49	9:47
88	8 W50	Cheryl Mendenhall, 50*, Des Moines, IA	1:00:51	9:47
89	45 W30	Kim Forrester, 35*, Ankeny, IA	1:00:53	9:48

90	46 W30	Jamie Baas, 32*, Bondurant, IA	1:00:58	9:49
128	43 M30	Brian Baas, 36, Bondurant, IA	1:00:59	9:49
91	47 W30	Andrea Quam, 36*, Urbandale, IA	1:01:00	9:49
92	48 W30	Robin Wasteney, 37*, Des Moines, IA	1:01:01	9:49
129	44 M30	Ryan Agnitsch, 32, Fort Dodge, IA	1:01:12	9:51
93	9 W50	Laurie Bence, 52*, W. Des Moines, IA	1:01:17	9:52
94	49 W30	Julie Miller, 39*, Pleasant Hill, IA	1:01:19	9:52
130	45 M30	Ben Trannel, 39, West Des Moines, IA	1:01:19	9:52
95	17 W20	Ashley Katch, 26*, Urbandale, IA	1:01:25	9:53
96	50 W30	Chris Seiberling, 32*, Des Moines, IA	1:01:30	9:54
131	46 M30	Tyler Soethout, 37, Indianola, IA	1:01:31	9:54
97	19 W40	Connie Struthers, 47*, Elkhart, IA	1:01:32	9:54
98	20 W40	Insun Colerick, 40*, Boone, IA	1:01:37	9:55
99	21 W40	Heather Behrends, 43*, West Des Moines, IA	1:01:39	9:55
100	22 W40	Beth Adams, 46*, Indianola, IA	1:01:40	9:55
101	51 W30	Tiffany Kragnes, 38*, West Des Moines, IA	1:01:50	9:57
102	23 W40	Rachel Quill, 49*, Clive, IA	1:01:54	9:58
103	52 W30	Kim Hoover, 33*, Urbandale, IA	1:01:56	9:58
132	9 M60	Lew Schaefer, 60, Norwalk, IA	1:02:00	9:59
133	20 M50	John Moran, 54, StOry City, IA	1:02:01	9:59
Pace: 7:00 8:00 9:00 10:00 11:00 12:00 13:00 Top				
104	24 W40	Heidi Gay, 41*, Ankeny, IA	1:02:39	10:05
134	47 M30	Jim Chamberlain, 37, Indianola, IA	1:02:52	10:07
105	25 W40	Jill Bartachek, 40*, West Des Moines, IA	1:03:04	10:09
135	47 M40	Phillip Vaassen, 45, Indianola, IA	1:03:14	10:10
106	53 W30	Jennifer Chamberlain, 36*, Indianola, IA	1:03:15	10:11
107	54 W30	Shana Platt, 34*, Massena, IA	1:03:20	10:12
108	55 W30	Tiffanie Snyder, 36*, Des Moines, IA	1:03:22	10:12
109	18 W20	Kelly Grapentine, 25*, Ankeny, IA	1:03:35	10:14
136	10 M60	Terry Grapentine, 61, Ankeny, IA	1:03:36	10:14
137	48 M30	Timothy Young, 37, Des Moines, IA	1:03:37	10:14
138	21 M50	Dennis Howard, 58, Des Moines, IA	1:03:43	10:15
139	12 M20	Matt Richman, 26, Urbandale, IA	1:03:45	10:16
110	56 W30	Harris Mono, 34*, Des Moines, IA	1:03:47	10:16
111	10 W50	Lori Schwartz, 51*, Greenfield, IA	1:03:54	10:17
112	19 W20	Kaylee Rodgers, 25*, West Des Moines, IA	1:03:58	10:18
113	20 W20	Paige Nelson, 24*, West Des Moines, IA	1:04:06	10:19
140	13 M20	Joe Hugen, 27, West Des Moines, IA	1:04:28	10:22
114	21 W20	Amber Alley, 26*, Des Moines, IA	1:04:38	10:24
115	57 W30	Tami Romick, 37*, Urbandale, IA	1:05:01	10:28
116	26 W40	Stephanie Lawrence, 44*, Johnston, IA	1:05:02	10:28
117	27 W40	Kathleen Osborn, 43*, Johnston, IA	1:05:03	10:28
141	48 M40	Stephen Osborn, 46, Johnston, IA	1:05:10	10:29
118	58 W30	Jenny Berg, 32*, Harper, IA	1:06:02	10:37
142	14 M20	Farris Murray II, 28, West Des Moines, IA	1:06:27	10:42
143	22 M50	Wayne Martens, 55, Norwalk, IA	1:06:28	10:42
144	49 M40	Art Dinkin, 46, Clive, IA	1:06:39	10:43
119	22 W20	Ashlee Duimstra, 29*, Monroe, IA	1:06:45	10:45
120	23 W20	Liz Cumpton, 28*, West Des Moines, IA	1:07:01	10:47
121	59 W30	Jackie Surber, 30*, Des Moines, IA	1:07:02	10:47
122	24 W20	Staci Fjelland, 25*, West Des Moines, IA	1:07:11	10:49
123	28 W40	Karla Griggs, 42*, Pleasant Hill, IA	1:07:16	10:49
145	50 M40	Brian Vance, 42, Des Moines, IA	1:07:29	10:52
124	60 W30	Dorothy Hecht, 34*, Des Moines, IA	1:07:31	10:52
125	25 W20	Shauna Smith, 29*, Adel, IA	1:07:32	10:52
126	29 W40	Kathy Schramm, 43*, Clive, IA	1:07:36	10:53
127	61 W30	Melinda Kuennen, 34*, West Des Moines, IA	1:07:37	10:53

146	11	M60	Marty Feeney, 64, Pella, IA	1:07:40	10:53
128	30	W40	Sherry Triplett, 46*, Ankeny, IA	1:07:53	10:55
147	23	M50	Will Hildreth, 51, Des Moines, IA	1:08:02	10:57
129	62	W30	Carolyn Klecker, 37*, Waconia, MN	1:08:17	10:59
130	11	W50	Jackie Kieser, 50*, Niconia, MN	1:08:18	10:59
Pace: 7:00 8:00 9:00 10:00 11:00 12:00 13:00 Top					

131	63	W30	Alana Schares, 35*, Urbandale, IA	1:08:45	11:04
132	12	W50	Karen Martens, 58*, Norwalk, IA	1:09:04	11:07
148	51	M40	Toby Hoy, 43, Dallas Center, IA	1:09:08	11:07
133	64	W30	Jackie Nolte, 38*, Elkhart, IA	1:09:19	11:09
134	65	W30	Meg Alessio, 34*, West Des Moines, IA	1:09:23	11:10
135	66	W30	Heidi Gojkovich, 35*, Urbandale, IA	1:09:24	11:10
136	31	W40	Lisa Dwight, 42*, West Des Moines, IA	1:09:35	11:12
137	67	W30	Amanda Carroll, 32*, Des Moines, IA	1:09:35	11:12
138	32	W40	Crystal Doig, 41*, Ankeny, IA	1:10:02	11:16
139	13	W50	Faith Zellweger, 52*, Prescott, IA	1:10:42	11:23
149	24	M50	Allen Butts, 58, Des Moines, IA	1:10:57	11:25
140	26	W20	Amber von Arb, 27*, Des Moines, IA	1:11:00	11:26
150	15	M20	Cole Toovey, 29, West Des Moines, IA	1:11:02	11:26
141	68	W30	Angie Elbert, 31*, Waukee, IA	1:11:29	11:30
142	69	W30	Christine Grandberg, 37*, Des Moines, IA	1:11:30	11:30
151	49	M30	Charles Taylor, 33, Carlisle, IA	1:11:51	11:34
143	70	W30	Julia McFarland, 31*, Ankeny, IA	1:11:52	11:34
144	27	W20	Ashley Schultz, 28*, Ankeny, IA	1:12:00	11:35
145	71	W30	Lauri Ericson, 35*, Des Moines, IA	1:12:03	11:36
146	72	W30	Jeni Pulliam, 31*, Des Moines, IA	1:12:33	11:40
147	33	W40	Cathy Schneider, 42*, Des Moines, IA	1:12:54	11:44
148	73	W30	Terri Moon, 38*, Des Moines, IA	1:13:16	11:47
149	14	W50	Joyce Wiederin, 53*, Lake City, IA	1:13:18	11:48
150	28	W20	Megan Hague, 27*, Des Moines, IA	1:13:19	11:48
151	74	W30	Josie Johnson, 35*, Des Moines, IA	1:13:20	11:48
152	75	W30	Erin Kozitza, 35*, Waukee, IA	1:13:38	11:51
152	52	M40	John Haltiner, 40, Des Moines, IA	1:13:52	11:53
153	76	W30	Megan Culbertson, 30*, Des Moines, IA	1:14:00	11:54
153	50	M30	John MacDonald, 33, Des Moines, IA	1:14:13	11:56
154	34	W40	Jennifer Eubanks, 40*, Des Moines, IA	1:14:22	11:58
Pace: 7:00 8:00 9:00 10:00 11:00 12:00 13:00 Top					

154	25	M50	Gary Turner, 56, Windsor Heights, IA	1:14:33	12:00
155	77	W30	Kathryn Fehring, 36*, Des Moines, IA	1:15:19	12:07
155	53	M40	Brad Ogles, 40, Clive, IA	1:16:00	12:14
156	78	W30	Jennifer Barr, 32*, Adel, IA	1:16:16	12:16
157	29	W20	Ashlee Lepa, 28*, West Des Moines, IA	1:16:16	12:16
158	30	W20	Abby Jewett, 29*, Des Moines, IA	1:16:45	12:21
156	51	M30	Sean Smith, 35, West Des Moines, IA	1:17:26	12:28
157	54	M40	Eric Conrad, 41, Des Moines, IA	1:17:46	12:31
158	52	M30	Jason Lyon, 36, Des Moines, IA	1:17:49	12:31
159	35	W40	Mickie Stout, 42*, Des Moines, IA	1:19:17	12:46
Pace: 7:00 8:00 9:00 10:00 11:00 12:00 13:00 Top					

159	55	M40	Bill Lightell, 42, Des Moines, IA	1:21:53	13:11
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* indicates females

1 finishers among Men Under 20

15 finishers among Men 20 - 29

52 finishers among Men 30 - 39

55 finishers among Men 40 - 49

25 finishers among Men 50 - 59

11 finishers among Men 60 - 69

1 finishers among Women Under 20

30 finishers among Women 20 - 29

78 finishers among Women 30 - 39

35 finishers among Women 40 - 49

14 finishers among Women 50 - 59
1 finishers among Women 60 - 69
159 male finishers
159 female finishers
318 total finishers

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