

Friendly Sons of St. Patrick '10 10 km

West Des Moines, IA

March 28, 2010

56 degrees, partly cloudy

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.

CLASS				
PLACE	PLACE	FINISHER	TIME	PACE
1	1 M40	Brad Wall, 41, Ankeny, IA	36:09	5:49
2	2 M40	Keith Abels, 48, Ogden, IA	36:49	5:55
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 Top				
3	1 JrM	Alex Libin, 19, Clive, IA	37:41	6:04
4	1 M30	John Anthofer, 37, Urbandale, IA	37:47	6:05
5	1 M20	Chris Harris, 22, West Des Moines, IA	38:26	6:11
6	3 M40	Samuel Kkibiri, 44, Urbandale, IA	38:35	6:13
7	2 M20	Parker Day, 28, Des Moines, IA	38:37	6:13
8	4 M40	Frank Levy, 42, Des Moines, IA	38:41	6:13
1	1 W30	Colleen Webb, 32*, Des Moines, IA	38:53	6:15
9	2 M30	Scott Jones, 38, Ankeny, IA	38:56	6:16
10	5 M40	Steve Feltz, 45, West Des Moines, IA	38:59	6:16
11	6 M40	Doug Vander Weide, 43, West Des Moines, IA	39:06	6:18
12	3 M30	Nathan Wenck, 32, Carroll, IA	39:25	6:20
13	3 M20	Shawn Goedken, 25, Urbandale, IA	39:29	6:21
14	7 M40	Brian Ortell, 43, Ottumwa, IA	39:35	6:22
2	2 W30	Kristen Mitchell, 31*, Ottumwa, IA	39:38	6:23
15	4 M30	Joel Rinderkneckht, 35, Waukee, IA	39:43	6:23
3	1 W20	Hilary Woodhouse, 24*, Des Moines, IA	39:56	6:25
16	8 M40	Matt Anderson, 40, Des Moines, IA	40:07	6:27

4	3 W30	Courtney Mann, 31*, Omaha, NE	40:14	6:28
5	4 W30	Jana Severson, 32*, West Des Moines, IA	40:18	6:29
17	2 JrM	Nate Johnson, 15, Eagan, MN	40:21	6:30
18	9 M40	Kyle Weuve, 44, Urbandale, IA	40:23	6:30
19	4 M20	Kyle Keraus, 29, Johnston, IA	40:47	6:34
20	5 M30	Tom Scroggins, 38, Ankeny, IA	40:55	6:35
21	10 M40	Mike Rieks, 42, Urbandale, IA	40:56	6:35
22	1 M50	Willie Lahart, 56, Newton, IA	41:01	6:36
23	6 M30	Dave Olsen, 37, West Des Moines, IA	41:02	6:36
24	11 M40	Troy Zekeznik, 47, West Des Moines, IA	41:06	6:37
25	7 M30	Braydn Girdler, 34, Granger, IA	41:08	6:37
26	5 M20	Carl Wertzberger, 29, Des Moines, IA	41:16	6:38
27	8 M30	Nate Geurkink, 32, Des Moines, IA	41:18	6:39
28	6 M20	Cody Allison, 29, Des Moines, IA	41:20	6:39
29	12 M40	Steve Zimmer, 41, Waukee, IA	41:27	6:40
30	13 M40	Dale Knoshaug, 48, Des Moines, IA	42:00	6:45
31	9 M30	Luigi Caviello, 39, West Des Moines, IA	42:06	6:46
32	2 M50	Dave Fitz, 55, Ames, IA	42:18	6:48
33	10 M30	James Clevenger, 31, West Des Moines, IA	42:28	6:50
6	2 W20	Tiffany Bloyer, 26*, Ankeny, IA	43:07	6:56

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

34	3 JrM	Derek Keast, 19, Altoona, IA	43:30	7:00
35	14 M40	Joe Dupre, 46, Pella, IA	43:37	7:01
36	15 M40	Brett Shaeffer, 43, West Des Moines, IA	43:58	7:04
7	5 W30	Katie Chuapoco, 38*, Des Moines, IA	43:59	7:05
37	16 M40	Bryan Brownsberger, 41, Ankeny, IA	44:00	7:05
38	11 M30	Mark Bennett, 30, Grimes, IA	44:04	7:05
39	17 M40	Andrew Shipley, 43, West Des Moines, IA	44:10	7:06
40	18 M40	Brendan Chuapoco, 40, Des Moines, IA	44:16	7:07
41	7 M20	Nicholas Harrison, 24, Des Moines, IA	44:24	7:09
42	12 M30	Mike Ham, 39, Winterset, IA	44:34	7:10
43	13 M30	Michael O'Donnell, 31, West Des Moines, IA	44:39	7:11

8	6 W30	Jayme Anderson, 30*, Des Moines, IA	44:42	7:12
44	8 M20	Eric Tange, 29, Urbandale, IA	44:47	7:12
45	1 M60	Rick Hagen, 60, Urbandale, IA	44:48	7:12
46	14 M30	Rob Hansen, 38, Des Moines, IA	44:57	7:14
47	3 M50	Duke Riechardt, 50, Clive, IA	45:00	7:14
48	15 M30	Chris Allen, 31, Ankeny, IA	45:04	7:15
49	19 M40	Leo Kelly, 43, Urbandale, IA	45:06	7:15
50	20 M40	Jason Belding, 40, Ankeny, IA	45:09	7:16
51	21 M40	George Stock, 40, Ankeny, IA	45:15	7:17
52	16 M30	Jon Beeman, 32, Johnston, IA	45:19	7:17
53	17 M30	Daniel Blondowski, 35, Johnston, IA	45:25	7:18
54	22 M40	John Lajoie, 42, Ankeny, IA	45:34	7:20
55	18 M30	Brian Krueger, 39, Urbandale, IA	45:41	7:21
9	7 W30	Molly Weber, 35*, Waukee, IA	45:43	7:21
56	9 M20	Jeff McElvania, 28, West Des Moines, IA	45:45	7:22
57	23 M40	Maury Clark, 40, Norwalk, IA	46:11	7:26
10	3 W20	Esmie Holderman, 25*, Des Moines, IA	46:21	7:28
58	19 M30	C J. Lage, 36, Des Moines, IA	46:29	7:29
11	4 W20	Stephanie Gray, 27*, Ankeny, IA	46:39	7:30
59	20 M30	Todd Fee, 35, Norwalk, IA	46:41	7:31
60	10 M20	Marc Wilcke, 29, Ankeny, IA	46:43	7:31
61	24 M40	Jeff Blosser, 42, West Des Moines, IA	46:45	7:31
62	25 M40	Brent Monson, 40, Des Moines, IA	46:49	7:32
63	26 M40	Tracy Hurt, 47, Creston, IA	46:50	7:32
64	27 M40	Brian Culich, 47, Des Moines, IA	46:51	7:32
65	21 M30	Jason Hahn, 39, Des Moines, IA	46:52	7:32
66	11 M20	Matt Berkland, 29, Des Moines, IA	47:20	7:37
67	22 M30	Dominic Roberge, 37, Ames, IA	47:25	7:38
12	5 W20	Kristin Hecht, 28*, Des Moines, IA	47:40	7:40
68	28 M40	Casey Showalter, 49, Altoona, IA	47:43	7:41
13	1 W40	Lisa Wink, 43*, Urbandale, IA	47:48	7:41
69	4 M50	Bruce Drummond, 51, Des Moines, IA	47:53	7:42
70	5 M50	Michael Shea, 53, Lemars, IA	48:00	7:43

14	8 W30	Angie Heim, 34*, Norwalk, IA	48:08	7:45
71	29 M40	Kenneth Overton, 42, Des Moines, IA	48:15	7:46
72	12 M20	Taylor Webb, 28, West Des Moines, IA	48:15	7:46
15	2 W40	Heather Stilborn, 47*, Des Moines, IA	48:17	7:46
16	1 JrW	Angela Davis, 14*, Altoona, IA	48:19	7:47
73	30 M40	Jeffrey Anderson, 49, Boone, IA	48:22	7:47
74	2 M60	Rolf Koford, 61, Ames, IA	48:26	7:48
75	31 M40	Wayne Lacher, 48, Stuart, IA	48:37	7:49
76	6 M50	Mark Stelmacher, 57, West Des Moines, IA	48:39	7:50
77	3 M60	John Schneller, 66, West Des Moines, IA	48:41	7:50
78	23 M30	Brad Myers, 38, Knoxville, IA	48:43	7:50
17	3 W40	Brenda O'Hare, 42*, Ankeny, IA	48:44	7:50
79	24 M30	Terry Hurlburt, 35, West Des Moines, IA	48:44	7:51
80	7 M50	Greg Madison, 55, Ankeny, IA	48:45	7:51
81	32 M40	Mike Warren, 49, Marshalltown, IA	48:45	7:51
18	9 W30	Courtney Donaldson, 34*, Clive, IA	48:48	7:51
19	4 W40	Lori Foster, 40*, Webster City, IA	48:52	7:52
82	13 M20	Matthew Herring, 29, West Des Moines, IA	49:00	7:53
83	25 M30	Ben Trannel, 37, West Des Moines, IA	49:03	7:54
20	5 W40	Pam Noonan, 40*, West Des Moines, IA	49:07	7:54
84	4 JrM	Zac Illg, 18, Des Moines, IA	49:07	7:54
21	10 W30	Amy Justiniano, 38*, Ankeny, IA	49:12	7:55
85	33 M40	Barry Fox, 40, West Des Moines, IA	49:13	7:55
22	6 W40	Teri Collins, 40*, Waukee, IA	49:20	7:56
86	8 M50	John Meyer, 54, West Des Moines, IA	49:31	7:58
23	11 W30	Megan O'Conner, 30*, West Des Moines, IA	49:33	7:58
87	26 M30	Clint Jones, 35, West Des Moines, IA	49:35	7:59
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 Top				
88	4 M60	Al Hildestad, 60, Des Moines, IA	49:55	8:02
89	27 M30	Quincy Beck, 30, Urbandale, IA	49:57	8:02
24	12 W30	Jacqueline Selix, 31*, West Des Moines, IA	49:59	8:03
90	34 M40	James Arthur, 45, Des Moines, IA	50:01	8:03

91	35	M40	Kevin Moreland, 48, West Des Moines, IA	50:17	8:05
25	1	W50	Kristy Cain, 50*, Urbandale, IA	50:19	8:06
26	13	W30	Cheryl Dralle, 32*, Des Moines, IA	50:21	8:06
92	14	M20	Kelly Gray, 28, Des Moines, IA	50:38	8:09
27	14	W30	Heidi Tesdahl, 34*, Webster City, IA	50:42	8:10
93	36	M40	Will Hildreth, 49, Des Moines, IA	50:43	8:10
28	15	W30	Ana Allen, 37*, West Des Moines, IA	50:44	8:10
94	28	M30	Timothy Spears, 30, Council Bluffs, IA	50:56	8:12
95	29	M30	Randy Willey, 30, Newton, IA	50:59	8:12
96	9	M50	Mark Borseth, 54, Johnston, IA	51:00	8:12
97	30	M30	Brian Stewart, 38, West Des Moines, IA	51:01	8:13
98	10	M50	T A. Meyer, 57, Johnston, IA	51:02	8:13
29	7	W40	Kimberly Stewart, 41*, Des Moines, IA	51:03	8:13
30	6	W20	Ashley Nemitz, 24*, West Des Moines, IA	51:19	8:15
99	37	M40	John Fitzsimmons, 41, Ankeny, IA	51:22	8:16
100	11	M50	Jack Thompson, 50, Norwalk, IA	51:27	8:17
31	8	W40	Stacey Eberhard, 42*, Muscatine, IA	51:28	8:17
101	31	M30	Chris Siberz, 39, West Des Moines, IA	51:35	8:18
32	9	W40	Laura Thomas, 45*, West Des Moines, IA	51:42	8:19
102	15	M20	Joshua Ostergaard, 26, Des Moines, IA	51:45	8:20
33	10	W40	Kimberly Roush, 43*, Urbandale, IA	51:47	8:20
103	38	M40	David Desing, 47, West Des Moines, IA	51:48	8:20
104	5	M60	Allan Knipp, 66, Waukee, IA	51:51	8:21
105	32	M30	Michael Riggs, 30, West Des Moines, IA	52:02	8:22
106	16	M20	Patrick McClain, 27, Pleasant Hill, IA	52:04	8:23
107	12	M50	John Hoversten, 50, Blairsburg, IA	52:11	8:24
34	11	W40	Julie Olmstead, 47*, Webster City, IA	52:18	8:25
108	33	M30	Matt Pullin, 37, Ankeny, IA	52:19	8:25
35	7	W20	Ellen O'Byrne, 21*, Des Moines, IA	52:21	8:25
109	6	M60	Carl Voss, 61, Des Moines, IA	52:27	8:26
36	16	W30	Kimberly Bryant, 38*, Waukee, IA	52:40	8:28
37	12	W40	Carol Litscher, 49*, West Des Moines, IA	52:41	8:29
38	17	W30	Jennifer York, 30*, West Des Moines, IA	52:44	8:29

39	18 W30	Kate Seiberling, 31*, Des Moines, IA	52:46	8:29
110	34 M30	Chris Seiberling, 30, Des Moines, IA	52:47	8:30
40	13 W40	Julie Hale, 47*, Des Moines, IA	52:49	8:30
41	14 W40	Tara Brawner, 41*, Clive, IA	52:54	8:31
111	17 M20	Thomas Cavanagh, 26, Des Moines, IA	52:54	8:31
112	13 M50	Hank Manning, 54, Des Moines, IA	52:55	8:31
113	39 M40	Steven Bryant, 49, Waukee, IA	52:57	8:31
114	14 M50	Patrick Moriarity, 54, Pella, IA	52:57	8:31
42	8 W20	Sarah Paisley, 28*, Council Bluffs, IA	53:04	8:32
115	40 M40	Michael Joe Harper, 49, West Des Moines, IA	53:06	8:33
116	35 M30	Brian Hoover, 38, Pleasant Hill, IA	53:17	8:34
43	9 W20	Sarah Engelbert, 26*, West Des Moines, IA	53:18	8:35
117	18 M20	Matt Fett, 24, Norwalk, IA	53:24	8:36
118		Antonio Esmeraodo, Johnston, IA	53:24	8:36
119	36 M30	Christopher Leighter, 39, Council Bluffs, IA	53:29	8:36
120	19 M20	Brandon West, 27, Council Bluffs, IA	53:29	8:36
44	19 W30	Annika Cornelisse, 38*, Des Moines, IA	53:30	8:37
121	15 M50	Kevin Cunningham, 58, Des Moines, IA	53:31	8:37
122	37 M30	Tony Stelpflug, 38, Urbandale, IA	53:40	8:38
123	41 M40	Keith Scholten, 42, Urbandale, IA	53:40	8:38
124	42 M40	Eric Jones, 44, Pella, IA	53:41	8:38
45	10 W20	Jenna Hogan, 29*, Des Moines, IA	53:41	8:38
46	11 W20	Mary Cownie, 29*, West Des Moines, IA	53:42	8:38
125	38 M30	Scott Flesher, 32, Des Moines, IA	53:42	8:38
47	20 W30	Kristy Rosenthal, 32*, West Des Moines, IA	53:48	8:39
126	16 M50	Warren Peterson, 56, Ackworth, IA	53:50	8:40
48	21 W30	Amy Hutchins, 33*, Des Moines, IA	53:58	8:41
49	22 W30	Kristine Forret, 31*, Des Moines, IA	53:59	8:41
127	20 M20	Daniel Stroupe, 24, Elkhart, IA	53:59	8:41
50	23 W30	Laura Bridgeman, 36*, Des Moines, IA	54:06	8:42

128	39 M30	Dan Preske, 34, Ankeny, IA	54:08	8:43
129	40 M30	Brian Franke, 37, Urbandale, IA	54:09	8:43
130	17 M50	Bob Overstreet, 59, Des Moines, IA	54:16	8:44
131	18 M50	Mike Buntz, 52, West Des Moines, IA	54:21	8:45
132	43 M40	Doug Oldenkamp, 49, West Des Moines, IA	54:25	8:45
51	12 W20	Stephanie Miller, 24*, Winterset, IA	54:31	8:46
52	15 W40	Teresa Algreen, 46*, Earlham, IA	54:32	8:47
53	16 W40	Regina Otten, 41*, Waukee, IA	54:33	8:47
54	17 W40	Shanda Abbott, 40*, Ankeny, IA	54:34	8:47
133	44 M40	Brian Vance, 40, Des Moines, IA	54:35	8:47
55	13 W20	Molly Hircock, 24*, West Des Moines, IA	54:36	8:47
134	41 M30	Kevin Mann, 38, Johnston, IA	54:38	8:47
135	42 M30	Mitch Painovich, 39, Clive, IA	54:41	8:48
136	45 M40	Peter Rameh, 46, Ankeny, IA	54:52	8:50
137	43 M30	Matt Blackmore, 32, Ankeny, IA	54:53	8:50
56	18 W40	Diane Manser, 46*, Des Moines, IA	54:57	8:50
138	46 M40	Edditt Abbott, 40, Van Meter, IA	54:59	8:51
57	19 W40	Lisa Rempe, 42*, Urbandale, IA	55:02	8:51
139	47 M40	Joe Akers, 44, Grimes, IA	55:05	8:52
58	14 W20	Nicole Harms, 26*, West Des Moines, IA	55:11	8:53
140	44 M30	Jake Welchans, 33, Des Moines, IA	55:11	8:53
141	45 M30	Jamie Spores, 37, West Des Moines, IA	55:13	8:53
142	46 M30	David Dixon, 34, Altoona, IA	55:16	8:54
143	47 M30	Rob Young, 38, Urbandale, IA	55:17	8:54
144	48 M30	Anthony Carroll, 30, Grimes, IA	55:22	8:54
145	19 M50	Doug Keast, 52, Altoona, IA	55:22	8:55
146	48 M40	James Sanders, 49, Johnston, IA	55:24	8:55
59	24 W30	Angela Timp, 36*, Ankeny, IA	55:25	8:55
147	49 M40	Gwyn McMilin, 43, Des Moines, IA	55:37	8:57
60	20 W40	Kelly Greene, 47*, Cumming, IA	55:38	8:57
61	25 W30	Lauri Sundo, 38*, Waukee, IA	55:39	8:57
148	50 M40	Mark Goffinet, 43, Ankeny, IA	55:40	8:57
62	15 W20	Tara Hagemen, 28*, Polk City, IA	55:45	8:58

63	26 W30	Michelle Sidwell, 31*, West Des Moines, IA	55:46	8:58
64	27 W30	Lori Meyers, 32*, West Des Moines, IA	55:47	8:59
149	51 M40	Dave Daniels, 41, Urbandale, IA	55:49	8:59
65	21 W40	Kim Taylor, 49*, West Des Moines, IA	55:51	8:59
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 Top				
150	52 M40	Gary Travis, 42, New Virginia, IA	55:55	9:00
66	22 W40	Melanie Travis, 42*, New Virginia, IA	55:57	9:00
67	2 JrW	Karina Johnson, 13*, Eagan, MN	56:00	9:01
68	23 W40	Julie Johnson, 40*, Eagan, MN	56:01	9:01
69	28 W30	Greta Lange, 33*, Urbandale, IA	56:02	9:01
151	53 M40	Deedee Janssen, 44, Ankeny, IA	56:04	9:01
152	54 M40	Michael Boyle, 49, Ankeny, IA	56:05	9:01
153	55 M40	Robert Stomp, 40, Clive, IA	56:16	9:03
154	21 M20	Jack Stickfort, 20, Windsor Heights, IA	56:19	9:04
155	5 JrM	Alex Fisher, 18, Urbandale, IA	56:20	9:04
70	16 W20	Dana Dennedy, 26*, Clive, IA	56:21	9:04
71	17 W20	Ellen Wade, 26*, Pleasant Hill, IA	56:22	9:04
72	2 W50	Sandy Roan, 53*, West Des Moines, IA	56:23	9:04
73	29 W30	Jennifer Nemmers, 33*, Clive, IA	56:29	9:05
74	3 W50	Patsi Green, 53*, Dubuque, IA	56:30	9:05
75	4 W50	Paula Dierenfeld, 55*, Johnston, IA	56:32	9:06
156	20 M50	Dennis Howard, 56, Des Moines, IA	56:36	9:07
76	30 W30	Tracy Leshner, 38*, Cambridge, IA	56:55	9:10
77	31 W30	Jolana Penne, 33*, Altoona, IA	57:01	9:11
78	24 W40	Tonya Powell, 49*, Urbandale, IA	57:04	9:11
79	18 W20	Mattie Robertson, 20*, Des Moines, IA	57:05	9:11
80	19 W20	Erica McKay, 27*, Des Moines, IA	57:13	9:12
157	21 M50	Brent Cooper, 55, Urbandale, IA	57:22	9:14
81	25 W40	Ruth Comer, 48*, Chariton, IA	57:26	9:14
158	49 M30	John Hoelker, 37, Dexter, IA	57:27	9:15
159	22 M50	Steve Shifflett, 51, Ames, IA	57:30	9:15
82	20 W20	Amy Carter, 29*, Urbandale, IA	57:32	9:15

160	7 M60	Stuart Lehr, 60, West Des Moines, IA	57:34	9:16
83	26 W40	Heather Behrends, 41*, West Des Moines, IA	57:40	9:17
84	32 W30	Shana Platt, 32*, Massena, IA	57:44	9:17
85	33 W30	Jennifer Girdler, 34*, Granger, IA	57:45	9:17
86	27 W40	Monica Jessen, 47*, W. Des Moines, IA	57:48	9:18
161	22 M20	Andrew Brown, 24, West Des Moines, IA	57:59	9:20
87	34 W30	Angela Avery, 30*, West Des Moines, IA	57:59	9:20
162		John Leister, Des Moines, IA	58:02	9:20
163	23 M50	Marty Kalton, 51, Des Moines, IA	58:11	9:22
88	35 W30	Dawn Nguyen, 36*, West Des Moines, IA	58:27	9:24
164	56 M40	Mike Gooding, 48, Urbandale, IA	58:27	9:24
89	28 W40	Liz Cosner, 46*, Urbandale, IA	58:29	9:25
90	29 W40	Connie Kirvin, 42*, Urbandale, IA	58:30	9:25
165	8 M60	Gerald Dewald, 60, West Des Moines, IA	58:32	9:25
166	50 M30	John Alessio, 33, West Des Moines, IA	58:33	9:25
91	36 W30	Beth Jones, 32*, West Des Moines, IA	58:34	9:25
167	51 M30	Vu Nguyen, 36, West Des Moines, IA	58:35	9:26
92	21 W20	Alisha Harper, 25*, Prole, IA	58:43	9:27
93	37 W30	Denae Rinderknecht, 33*, Des Moines, IA	58:47	9:28
94	38 W30	Mary Fratianni, 35*, West Des Moines, IA	58:49	9:28
95	39 W30	Beth Chapman, 36*, West Des Moines, IA	58:50	9:28
96	30 W40	Sherri Huff, 47*, Winterset, IA	58:51	9:28
97	31 W40	Kristi Gale, 44*, Clive, IA	59:00	9:30
168	52 M30	Lee Simmons, 33, West Des Moines, IA	59:03	9:30
98	40 W30	Kelly Brown, 31*, Des Moines, IA	59:03	9:30
99	22 W20	Valarie Leonard, 29*, Des Moines, IA	59:04	9:30
100	32 W40	Amy Muhlenbruck, 44*, Ankeny, IA	59:05	9:30
169	57 M40	Wayne Ostergaard`, 47, Des Moines, IA	59:06	9:31
170	53 M30	Dave Parker, 30, Waukee, IA	59:25	9:34
101	33 W40	Susan Porter, 41*, Des Moines, IA	59:28	9:34
171	54 M30	Lynn Pritchard, 35, West Des Moines, IA	59:29	9:34
172	55 M30	Robert Gainer, 31, West Des Moines, IA	59:31	9:35
173	58 M40	Natasha Kucherenko, 40, West Des Moines, IA		

			59:44	9:37
174	56 M30	Brian Donaldson, 30, Clive, IA	59:46	9:37
102	34 W40	Julie Schwalbe, 44*, Des Moines, IA	59:49	9:38
175	24 M50	David Gale, 53, Clive, IA	1:00:03	9:40
103	5 W50	Susan Duoblys, 55*, Des Moines, IA	1:00:05	9:40
104	35 W40	Jennie Svoboda, 40*, Ankeny, IA	1:00:09	9:41
105	41 W30	Julie Phippen, 39*, Russell, IA	1:00:09	9:41
176	57 M30	Brian Heithoff, 39, Lenexa, KS	1:00:10	9:41
106	23 W20	Kathy Svacha, 27*, Geneva, IL	1:00:14	9:41
107	24 W20	Beth Wright, 27*, Chicago, IL	1:00:14	9:42
108	25 W20	Jessica Haug, 25*, West Des Moines, IA	1:00:17	9:42
109	26 W20	Ashley Bollman, 29*, West Des Moines, IA	1:00:18	9:42
110	27 W20	Beth Peterson, 28*, Urbandale, IA	1:00:20	9:42
111	28 W20	Aimee Kittell, 28*, West Des Moines, IA	1:00:25	9:43
112	29 W20	Ashlee Duimstra, 27*, Cedar Falls, IA	1:00:26	9:43
113	42 W30	Janet Lose, 36*, Des Moines, IA	1:00:31	9:44
114	30 W20	Nicole Essink, 29*, Altoona, IA	1:00:37	9:45
115	43 W30	Jana Zubrick, 35*, Des Moines, IA	1:00:39	9:46
116	44 W30	Christy Gooding, 39*, Urbandale, IA	1:00:39	9:46
117	45 W30	Tracey Stelpflug, 39*, Urbandale, IA	1:00:40	9:46
118	46 W30	Stacey Slifka, 35*, Pleasant Hill, IA	1:00:41	9:46
119	47 W30	Kelly Murley, 30*, Colfax, IA	1:00:51	9:48
120	48 W30	Candee Morrison, 37*, Ankeny, IA	1:00:52	9:48
121	49 W30	Leah Beeman, 31*, Johnston, IA	1:00:53	9:48
122	31 W20	Ashley Katch, 24*, West Des Moines, IA	1:00:56	9:48
123	32 W20	Kasey Donnelly, 29*, West Des Moines, IA	1:00:59	9:49
124	50 W30	Sarah Underhill, 30*, Clive, IA	1:01:00	9:49
125	33 W20	Kellie Kirsch, 26*, Des Moines, IA	1:01:01	9:49
126	51 W30	Suzy Marker, 37*, Norwalk, IA	1:01:02	9:49
177	59 M40	Brian Cose, 42, Des Moines, IA	1:01:07	9:50
127	36 W40	Melanie Loecke, 40*, Urbandale, IA	1:01:08	9:50
128	37 W40	Sonya Nelson, 42*, Urbandale, IA	1:01:09	9:50

129	52 W30	Meredith Burke, 37*, West Des Moines, IA	1:01:10	9:51
178	58 M30	Robb Crosby, 39, West Des Moines, IA	1:01:16	9:51
179	60 M40	Jeff Hoskinson, 48, Anamosa, IA	1:01:21	9:52
130	34 W20	Leslie Bauman, 25*, West Des Moines, IA	1:01:33	9:54
180	61 M40	Jim Popp, 46, Waukee, IA	1:01:39	9:55
131	35 W20	Meghan Gavin, 29*, Des Moines, IA	1:01:41	9:56
132	36 W20	Jen Easter, 27*, Clive, IA	1:01:45	9:56
181	23 M20	Marek Sobieszkoda, 29, Des Moines, IA	1:01:46	9:56
182	9 M60	Terry Grapentine, 60, Ankeny, IA	1:01:46	9:56
183	25 M50	David Soorholtz, 50, Clive, IA	1:01:47	9:56
184	26 M50	Gary Turner, 54, West Des Moines, IA	1:01:48	9:57
185	59 M30	Chris Topolinski, 36, West Des Moines, IA		
			1:02:04	9:59

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186	62 M40	Keith Lydon, 40, West Des Moines, IA	1:02:09	10:00
133	37 W20	Katrina Langreck, 29*, West Des Moines, IA		
			1:02:11	10:00
134	38 W40	Cindy Baddeloo, 48*, West Des Moines, IA	1:02:24	10:02
135	53 W30	Rachel Hoyer, 35*, Johnston, IA	1:02:27	10:03
187	63 M40	Mark Taylor, 49, Norwalk, IA	1:02:34	10:04
188	27 M50	Dan Duwelius, 50, Des Moines, IA	1:02:34	10:04
189	10 M60	Larry Reed Sr, 71, Ankeny, IA	1:02:40	10:05
136	54 W30	Kari Dressen, 37*, Urbandale, IA	1:02:46	10:06
137	38 W20	Megan Petersen, 29*, West Des Moines, IA	1:03:18	10:11
138	39 W40	Kathy Schramm, 41*, Clive, IA	1:03:23	10:12
139	55 W30	Melinda Kuennen, 33*, West Des Moines, IA		
			1:03:29	10:13
140	40 W40	Denise Webber, 40*, West Des Moines, IA	1:04:04	10:19
141	41 W40	Linda Freese, 40*, Hartford, IA	1:04:12	10:20
190	28 M50	Don Cox, 55, West Des Moines, IA	1:04:28	10:22
191	64 M40	Martin Gay, 44, Ankeny, IA	1:04:29	10:23
142	56 W30	Heidi Gay, 39*, Ankeny, IA	1:04:31	10:23
143	57 W30	Jennifer Shaffer, 34*, West Des Moines, IA		

				1:04:39	10:24
144	39 W20	Rachael Owens, 29*, Des Moines, IA	1:04:57	10:27	
145	58 W30	Jennifer Daniels, 35*, Des Moines, IA	1:05:09	10:29	
192	29 M50	Kevin Morris, 52, Des Moines, IA	1:05:22	10:31	
146	59 W30	Jessica Brase, 35*, Des Moines, IA	1:05:33	10:33	
193	60 M30	Eric Kisgen, 35, Des Moines, IA	1:05:42	10:34	
147	6 W50	Joani Hollingsworth, 57*, Urbandale, IA	1:06:04	10:38	
148	60 W30	Tisa Johnson, 31*, Des Moines, IA	1:06:06	10:38	
149	61 W30	Teyona Steenhoek, 32*, Pleasant Hill, IA	1:06:09	10:39	
194	61 M30	Michael Turpin, 35, Waukee, IA	1:06:16	10:40	
150	62 W30	Courtney Geurkink, 32*, Des Moines, IA	1:06:29	10:42	
151	40 W20	Chelsy Dahms, 24*, West Des Moines, IA	1:06:31	10:42	
152	41 W20	Julie Leigh, 28*, Ankeny, IA	1:06:38	10:43	
153	63 W30	Vicki Turner, 31*, Norwalk, IA	1:07:06	10:48	
154	42 W40	Karla Griggs, 40*, Pleasant Hill, IA	1:07:18	10:50	
195	24 M20	Daniel Nguyen, 23, Des Moines, IA	1:07:31	10:52	
155	43 W40	Sue Olson, 41*, Ankeny, IA	1:07:33	10:52	
156	7 W50	Gail Stelmacher, 56*, West Des Moines, IA			
				1:07:51	10:55
157	1 W60	Melanie Lahart, 61*, Newton, IA	1:07:53	10:55	
158	64 W30	Kristen Kaser, 31*, Des Moines, IA	1:07:58	10:56	
159	65 W30	Heidi Heronimus, 37*, Ankeny, IA	1:08:06	10:57	
160	44 W40	Neelea Wells, 40*, Altoona, IA	1:08:18	10:59	
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161	42 W20	Samatha Dishman, 24*, Clive, IA	1:08:38	11:03	
196	11 M60	Dave Slick, 61, Indianola, IA	1:08:39	11:03	
197	65 M40	Toby Hoy, 41, Van Meter, IA	1:09:08	11:07	
162	66 W30	Ronda Saddoris, 38*, Norwalk, IA	1:09:26	11:10	
163	43 W20	Alicia Embrey, 29*, Norwalk, IA	1:09:28	11:11	
198	62 M30	Bridgette Fitzsimmons, 39, Ankeny, IA	1:09:31	11:11	
199	63 M30	Mark Hanrahan, 31, Des Moines, IA	1:09:53	11:15	
164	44 W20	Jamie Osmundson, 27*, Ames, IA	1:10:13	11:18	

165	45 W20	Jennifer DuCray, 24*, West Des Moines, IA	1:10:23	11:20
166	46 W20	Sarah Wildgen, 23*, Des Moines, IA	1:10:24	11:20
167	45 W40	Dawn Kreutz, 40*, Des Moines, IA	1:10:28	11:20
200	66 M40	Chris James, 44, West Des Moines, IA	1:11:35	11:31
168	67 W30	Liat Paul, 36*, Urbandale, IA	1:11:39	11:32
201	64 M30	Jeff Essink, 31, Altoona, IA	1:12:52	11:44
202	12 M60	Hummer Brown, 70, Des Moines, IA	1:14:05	11:55
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169	47 W20	Michelle Ware, 29*, West Des Moines, IA	1:14:40	12:01
203	6 JrM	Johnny Ogburn, 11, Greenfield, IA	1:14:45	12:02
204	25 M20	James Johnson, 27, Urbandale, IA	1:14:46	12:02
170	68 W30	Cristi Flynn, 38*, Des Moines, IA	1:15:20	12:07
171	69 W30	Erin Parmelee, 33*, Des Moines, IA	1:15:25	12:08
172	48 W20	Ashlee Lepa, 26*, West Des Moines, IA	1:15:26	12:08
173	49 W20	Megan Culbertson, 28*, Urbandale, IA	1:15:26	12:08
174	46 W40	Kim Weyant, 46*, Des Moines, IA	1:17:07	12:25
175	50 W20	Chelsie Stroupe, 24*, Elkhart, IA	1:17:17	12:26
176	8 W50	Cynthia Pinter, 51*, Des Moines, IA	1:17:19	12:26
177	9 W50	Kelly Harper, 50*, Des Moines, IA	1:17:21	12:27

* indicates females

2 finishers among Males (no age given)

6 finishers among Men Under 20

25 finishers among Men 20 - 29

64 finishers among Men 30 - 39

66 finishers among Men 40 - 49

29 finishers among Men 50 - 59

12 finishers among Men 60 & Up

2 finishers among Women Under 20

50 finishers among Women 20 - 29

69 finishers among Women 30 - 39

46 finishers among Women 40 - 49

9 finishers among Women 50 - 59

1 finishers among Women 60 & Up

204 male finishers

177 female finishers

381 total finishers

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