

Fifth Season 8k *** 8K Run *** Overall & Divisions . .

. . . . [5K results here](#) [1 Mile results here](#)

Event: 8K Run

Date: Wednesday, July 04, 2012

Location: Cedar Rapids

Weather: Hot 85°

Overall and Age Divisions

Results By: Jeff Mullen

Place	Gender	Div		Name	City	4K Split	Gun Time	Chip Time	Pace
1	1	1	1 OVM	Alene Reta, M30	New York, NY, ET	11:20	23:04	23:03	4:38/M
2	2	2	2 OVM	Hassan Mead, M23	Minneapolis, MN, US	11:20	23:14	23:13	4:40/M
3	3	3	3 OVM	Marofit Mourad, M30	Hebron, KY, MA	11:21	23:21	23:20	4:42/M
4	4	4	4 OVM	Samuel Ndereba, M35	Royersford, PA, KE	11:21	23:29	23:28	4:43/M
5	5	5	5 OVM	Edward Tabut, M29	Coon Rapids, MN, KE	11:29	24:01	24:00	4:49/M
6	6	6	6 OVM	Lamech Mokona Mosoti, M31	Grand Prairie, TX, KE	11:34	24:04	24:03	4:50/M
7	7	7	7 OVM	Robert Wambua, M24	Coon Rapids, MN, KE	11:20	24:21	24:20	4:54/M
8	8	1	1 M35	John Itati, M38	Royersford, PA, KE	11:38	24:26	24:25	4:55/M
9	9	1	1 MUSA	Matt Gabrielson, M34	St Louis Park, MN, US	11:55	24:30	24:29	4:55/M
10	10	1	1 M25	Festus Kigen, M26	Coon Rapids, MN, KE	11:49	24:39	24:38	4:57/M
11	11	2	2 MUSA	Biwott Boniface, M26	Hebron, KY, US	11:43	24:40	24:39	4:57/M
12	12	1	1 M30	David Tuwei, M33	Coon Rapids, MN, KE	11:38	24:49	24:48	4:59/M
13	13	2	2 M25	Philip Lagat, M29	West Des Moines, IA, KE	11:55	24:58	24:57	5:01/M
14	14	3	3 MUSA	Josh Moen, M30	Eden Prairie, MN, US	12:08	25:02	25:00	5:02/M
15	15	1	1 M20	Hillary Bor, M22	Ames, IA, KE	12:04	25:05	25:04	5:02/M

16	16	3	3 M25	Abraham Rutto, M29	West Des Moines, IA, KE	12:03	25:10	25:09	5:03/M
17	17	2	2 M20	Ryan Jacobs, M23	Roscoe, IL, US	12:34	25:35	25:33	5:08/M
18	18	4	4 M25	Richard Kandie, M27	Coon Rapids, MN, KE	11:54	25:41	25:40	5:10/M
19	19	1	1 MSta	Drew Burnahl, M24	Brandon, IA, US	12:43	25:43	25:41	5:10/M
20	1	1	1 OVF	Diane Nukuri-Johnson, F27	Iowa City, IA, BI	12:44	25:50	25:48	5:11/M
21	20	2	2 MSta	Frank Canady, M20	Iowa City, IA, US	12:45	26:19	26:16	5:17/M
22	21	5	5 M25	Phil Young, M26	North Liberty, IA, US	12:51	26:26	26:24	5:19/M
23	22	1	1 M15	Josh Evans, M16	Cedar Rapids, IA, US	13:17	26:27	26:25	5:19/M
24	23	2	2 M15	Luke Karamitros, M19	Cedar Rapids, IA, US	13:09	26:28	26:26	5:19/M
25	24	2	2 M30	Mike Nordberg, M31	Cedar Rapids, IA, US	13:03	26:42	26:40	5:22/M
26	25	3	3 M15	Jacob Aune, M19	Fairfax, IA, US	13:09	26:45	26:43	5:23/M
27	2	2	2 OVF	Pauline Mutwa, F22	Coon Rapids, MN, KE	12:54	26:49	26:47	5:23/M
28	3	3	3 OVF	Chemtai Rionotukei, F25	Lansing, MI, KE	12:53	26:59	26:57	5:25/M
29	26	3	3 M20	Tyler Sullivan, M24	Coralville, IA, US	13:20	27:08	27:06	5:27/M
30	4	1	1 FUSA	Mckenzie Melander, F22	Apple Valley, MN, US	13:12	27:10	27:08	5:28/M
31	27	4	4 M15	Mitchell Pritts, M16	Cedar Rapids, IA, US	13:13	27:17	27:14	5:29/M
32	5	2	2 FUSA	Emily Brown, F27	Minnetonka, MN, US	13:15	27:18	27:17	5:29/M
33	6	3	3 FUSA	Natasha Labeaud, F24	San Diego, CA, US	13:14	27:23	27:21	5:30/M
34	7	4	4 OVF	Amy Van Alstine, F24	Flagstaff, AZ, US	13:15	27:39	27:38	5:33/M
35	28	5	5 M15	Preston Kauder, M15	Cascade, IA, US	13:29	27:48	27:46	5:35/M
36	8	5	5 OVF	Michelle Frey, F30	Minneapolis, MN, US	13:20	27:53	27:52	5:36/M
37	29	1	1 MMs	John Mirth, M50	Platteville, WI, US	13:35	27:58	27:57	5:37/M
38	30	6	6 M15	Dain Gerber, M17	Anamosa, IA, US	13:25	28:05	28:02	5:38/M
39	31	1	1 M45	Ditlev Larsen, M46	Winona, MN, US	13:45	28:11	28:09	5:40/M
40	32	4	4 M20	John Rawerts, M23	Cedar Rapids, IA, US	13:29	28:14	28:11	5:40/M
41	33	1	1 M40	Andrew Kauder, M40	Cedar Rapids, IA, US	13:56	28:23	28:21	5:42/M
42	34	6	6 M25	Scott Johnson, M29	Cedar Rapids, IA, US	13:48	28:32	28:30	5:44/M

43	35	7	7 M15	Chase Hamilton, M19	West Liberty , IA, US	13:33	28:34	28:31	5:44/M
44	9	6	6 OVF	Mary Akor, F35	Hawthorne, CA, US	13:36	28:34	28:33	5:44/M
45	36	5	5 M20	Austin Tegels, M24	Brandon, IA, US	14:21	28:37	28:35	5:45/M
46	10	1	1 FSta	Erin Moeller, F34	Mount Vernon, IA, US	13:59	28:49	28:48	5:47/M
47	37	2	2 M40	Brett Stephenson, M41	Cedar Rapids, IA, US	14:22	28:53	28:51	5:48/M
48	38	2	2 M35	Vic Morales, M38	Johnston, IA, US	13:47	28:54	28:52	5:48/M
49	39	6	6 M20	Chase Nowak, M23	Colorado Springs, CO, US	14:22	29:05	29:02	5:51/M
50	40	8	8 M15	Matt Wittman, M18	Cedar Rapids, IA, US	14:20	29:06	29:03	5:51/M
51	41	9	9 M15	Taylor Mueller, M18	Cedar Rapids, IA, US	14:10	29:07	29:04	5:51/M
52	42	10	10 M15	Kyle Stocker, M19	Solon, IA, US	13:34	29:11	29:08	5:52/M
53	43	11	11 M15	Tanner Rathje, M16	Marion, IA, US	14:18	29:13	29:09	5:52/M
54	44	2	2 M45	Willis Harte, M46	Iowa City, IA, US	14:22	29:13	29:10	5:52/M
55	45	12	12 M15	Daniel Murphy, M15	Marion, IA, US	14:03	29:22	29:18	5:54/M
56	46	3	3 M30	Gregg Hennigan, M34	Coralville, IA, US	14:45	29:26	29:24	5:55/M
57	47	4	4 M30	Cary Richey, M34	Cedar Rapids, IA, US	14:28	29:29	29:26	5:56/M
58	48	3	3 M35	Mark Ironside, M37	Swisher, IA, US	14:10	29:34	29:32	5:56/M
59	49	3	3 M45	Michael Kabela, M45	North Liberty, IA, US	14:23	29:40	29:38	5:58/M
60	50	7	7 M25	Warren Clarida, M29	Cedar Rapids, IA, US	14:54	29:49	29:47	6:00/M
61	51	7	7 M20	Tyson Squiers, M21	Belle Plaine, IA, US	14:22	29:57	29:51	6:01/M
62	11	7	7 OVF	Andrea Rediger, F23	Minneapolis, MN, US	14:39	30:03	30:01	6:02/M
63	52	13	13 M15	James Wenzel, M17	Springville, IA, US	14:38	30:03	30:01	6:02/M
64	12	2	2 FSta	Stephanie Jenks, F14	Aurora, IA, US	14:36	30:17	30:15	6:05/M
65	53	3	3 M40	Kent Miskimen, M40	Fairfax, IA, US	15:06	30:20	30:16	6:06/M
66	54	5	5 M30	John Hackbarth, M30	Cedar Rapids, IA, US	15:10	30:22	30:19	6:06/M
67	55	14	14 M15	Jay Halverson, M16	Cedar Rapids, IA, US	14:19	30:27	30:23	6:07/M
68	56	4	4 M45	Michael Hughes, M45	Cedar Rapids, IA, US	15:06	30:31	30:28	6:08/M
69	57	15	15	Saromo Mugisha,	Cedar Rapids,	14:25	30:37	30:35	6:09/M

			M15	M19	IA, US				
70	58	6	6 M30	Craig Goldsmith, M30	Marion, IA, US	14:23	30:40	30:38	6:10/M
71	59	7	7 M30	Matt Thede, M34	Ely, IA, US	15:00	30:40	30:38	6:10/M
72	60	8	8 M25	Ross Kilgore, M27	Iowa City, IA, US	15:14	30:41	30:38	6:10/M
73	61	8	8 M30	Derek McChurch, M31	Des Moines, IA, US	14:40	30:43	30:40	6:10/M
74	13	1	1 F20	Obsie Birru, F23	Des Moines, IA, US	14:36	30:43	30:40	6:10/M
75	62	9	9 M30	Joe Lahart, M33	Cedar Rapids, IA, US	15:15	30:49	30:46	6:12/M
76	63	1	1 MGM	Phil Kauder, M51	Cascade, IA, US	14:43	30:52	30:50	6:12/M
77	64	16	16 M15	Trevor Oates, M18	Hiawatha, IA, US	15:33	30:53	30:28	6:12/M
78	65	17	17 M15	Dillon Stuckenschneider, M17	Cedar Rapids, IA, US	14:36	30:56	30:52	6:13/M
79	14	1	1 F15	Shannon Gorman, F15	Springville, IA, US	15:05	30:58	30:54	6:13/M
80	66	18	18 M15	Joshua Yeager, M15	Center Point, IA, US	14:51	31:03	30:59	6:14/M
81	15	2	2 F15	Mariah Kauder, F17	Cascade, IA, US	15:04	31:13	31:11	6:16/M
82	67	1	1 M50	Greg Skopec, M50	Coralville, IA, US	15:00	31:20	31:17	6:18/M
83	68	19	19 M15	Robert Hogg, M18	Cedar Rapids, IA, US	14:46	31:23	31:21	6:18/M
84	69	8	8 M20	Adam Kassem, M23	Iowa City, IA, US	15:06	31:27	31:24	6:19/M
85	70	5	5 M45	Marty Gingerich, M49	Parnell, IA, US	15:24	31:31	31:28	6:20/M
86	71	9	9 M20	Ben Reinhart, M22	Cedar Rapids, IA, US	15:50	31:33	31:24	6:20/M
87	72	20	20 M15	Jonathan Tripp, M15	Marion, IA, US	15:33	31:37	31:33	6:21/M
88	73	10	10 M20	Mark Lahart, M21	Indianola, IA, US	15:26	31:38	31:35	6:21/M
89	74	1	1 JRM	Samuel Eck, M14	Cedar Rapids, IA, US	14:57	31:39	31:35	6:22/M
90	75	4	4 M35	Mark Johnson, M39	Hiawatha, IA, US	15:32	31:42	31:38	6:22/M
91	76	4	4 M40	David Julian, M42	Cedar Rapids, IA, US	15:35	31:43	31:40	6:22/M
92	77	2	2 M50	Robert Hartkemeyer, M51	Hiawatha, IA, US	15:14	31:43	31:40	6:22/M
93	78	1	1 M55	Ron Gierut, M55	Cedar Rapids, IA, US	15:45	31:48	31:43	6:23/M
94	79	11	11 M20	Matthew Coffey, M22	Marion, IA, US	15:58	31:49	31:44	6:24/M
95	16	3	3 F15	Cynthia Jerop, F17	Coon Rapids, IA, US	14:29	31:51	31:49	6:24/M

					MN, KE				
96	17	2	2 F20	Kelsey Hart, F21	Iowa City, IA, US	15:20	31:56	31:53	6:25/M
97	18	4	4 F15	Kristin Rogers, F19	Cedar Rapids, IA, US	15:15	32:02	31:57	6:26/M
98	19	1	1 F25	Brooke Ferguson, F29	Fort Dodge, IA, US	15:37	32:07	32:04	6:27/M
99	80	9	9 M25	Joshua Moore, M29	Iowa City, IA, US	15:43	32:10	32:04	6:28/M
100	81	21	21 M15	Nate Marti, M17	Mount Vernon, IA, US	14:36	32:14	32:12	6:29/M
101	82	5	5 M40	Jason Hahn, M41	Des Moines, IA, US	15:39	32:21	32:16	6:30/M
102	83	3	3 M50	Jeff Neitert, M51	Cedar Rapids, IA, US	15:30	32:25	32:22	6:31/M
103	84	4	4 M50	Jon Swails, M52	Cedar Rapids, IA, US	15:52	32:28	32:26	6:32/M
104	85	5	5 M50	Randy Brecht, M51	Middle Amana, IA, US	15:55	32:35	32:30	6:33/M
105	86	6	6 M45	Dave Beckman, M45	Cedar Rapids, IA, US	15:55	32:38	32:35	6:33/M
106	87	5	5 M35	Chris Waterbury, M35	North Liberty, IA, US	15:56	32:47	32:42	6:35/M
107	88	6	6 M40	Mike Lambert, M41	Monticello, IA, US	15:54	32:55	32:51	6:37/M
108	89	7	7 M40	Coley Cummings, M41	Cedar Rapids, IA, US	16:21	32:55	32:52	6:37/M
109	90	12	12 M20	Clayton Shotwell, M24	Cedar Rapids, IA, US	16:03	32:59	32:54	6:38/M
110	91	13	13 M20	Zach Kimberling, M24	Mechanicsville, IA, US	15:23	33:00	32:58	6:38/M
111	92	1	1 M60	Tim Murphy, M60	Iowa City, IA, US	none	33:01	32:55	6:38/M
112	93	22	22 M15	Ryan Andersen, M18	Marion, IA, US	15:34	33:03	32:59	6:39/M
113	94	6	6 M50	Don Lansing, M51	Marion, IA, US	16:04	33:05	33:00	6:39/M
114	20	1	1 FM5	Sheryl Miller, F49	Coralville, IA, US	16:10	33:08	33:04	6:40/M
115	21	3	3 F20	Sarah Ritchie, F22	Cedar Rapids, IA, US	16:15	33:09	33:05	6:40/M
116	22	1	1 JRF	Jennifer Jenks, F13	Aurora, IA, US	15:46	33:10	33:06	6:40/M
117	23	2	2 F25	Alice Anderson, F29	Marion, IA, US	16:03	33:13	33:10	6:41/M
118	95	14	14 M20	Benjamin Peiffer, M24	Cedar Rapids, IA, US	15:48	33:14	33:10	6:41/M
119	96	23	23 M15	Tanner Johnson, M15	Denver, IA, US	15:53	33:19	33:16	6:42/M
120	97	2	2 M55	Jim Quigley, M55	Johnston, IA, US	16:05	33:21	33:18	6:42/M
121	98	10	10 M25	Zach Hill, M26	Iowa City, IA, US	16:04	33:24	33:16	6:43/M
122	99	11	11	Chad Evans, M27	Cedar Rapids, IA, US	16:03	33:32	33:27	6:44/M

			M25		IA, US				
123	100	10	10 M30	Peter Konrad, M30	Cedar Rapids, IA, US	16:36	33:34	33:17	6:45/M
124	24	4	4 F20	Allie Jagielo, F23	Iowa City, IA, US	16:53	33:34	33:29	6:45/M
125	101	3	3 M55	Willie Lahart, M59	Newton, IA, US	16:17	33:35	33:32	6:45/M
126	102	12	12 M25	Cliff Carlson, M29	Waverly, IA, US	16:14	33:35	33:30	6:45/M
127	103	13	13 M25	Bryan Jones, M27	Cedar Rapids, IA, US	16:01	33:38	33:33	6:45/M
128	104	7	7 M45	Brett Roehlk, M49	Cedar Rapids, IA, US	16:26	33:39	33:37	6:46/M
129	105	11	11 M30	Eric Snyder, M30	Waterloo, IA, US	16:33	33:40	33:27	6:46/M
130	106	7	7 M50	Scott Reed, M50	Cedar Rapids, IA, US	16:19	33:42	33:36	6:46/M
131	107	8	8 M40	Tom Daubs, M41	Marion, IA, US	16:29	33:43	33:38	6:47/M
132	108	6	6 M35	Austin Allen, M37	Cedar Rapids, IA, US	16:20	33:44	33:39	6:47/M
133	109	15	15 M20	Bryan Washburn, M23	Cedar Rapids, IA, US	16:19	33:45	33:35	6:47/M
134	110	8	8 M45	Thomas Wolle, M46	Cedar Rapids, IA, US	16:40	33:47	33:42	6:47/M
135	111	9	9 M45	Monte Marti, M46	Mount Vernon, IA, US	15:57	33:49	33:47	6:48/M
136	112	8	8 M50	Jeff Madsen, M50	Cedar Rapids, IA, US	16:35	33:49	33:44	6:48/M
137	25	3	3 F25	Liz Healy, F29	Ely, IA, US	16:31	33:55	33:50	6:49/M
138	113	9	9 M40	Pete Goedken, M41	Hiawatha, IA, US	16:07	34:00	33:57	6:50/M
139	114	9	9 M50	Rick Colton, M52	Marion, IA, US	16:29	34:06	34:02	6:51/M
140	115	12	12 M30	Mike Newman, M34	Cedar Rapids, IA, US	17:22	34:09	34:02	6:52/M
141	116	10	10 M45	Sam Houston, M45	Cedar Rapids, IA, US	16:23	34:15	34:08	6:53/M
142	26	1	1 F35	Roxanne Johnston, F36	Toddville , IA, US	16:59	34:22	34:16	6:54/M
143	117	11	11 M45	Jay Hildebrand, M49	Hiawatha, IA, US	16:51	34:24	34:19	6:55/M
144	118	14	14 M25	Matt Hilby, M26	Cedar Rapids, IA, US	16:31	34:25	34:20	6:55/M
145	27	1	1 F30	Tamara Loan, F31	Cedar Rapids, IA, US	16:48	34:29	34:24	6:56/M
146	119	13	13 M30	Douglas Hass, M31	Cedar Rapids, IA, US	16:54	34:31	34:17	6:56/M
147	120	7	7 M35	Andy Breitsprecher, M38	Ely, IA, US	16:26	34:31	34:26	6:56/M
148	121	12	12 M45	Mike Schulte, M47	Cedar Rapids, IA, US	16:43	34:34	34:30	6:57/M
149	122	14	14 M30	Matt Townsley, M30	Mount Vernon, IA, US	17:05	34:35	34:28	6:57/M

150	123	15	15 M30	Josh Boots, M30	Fairfax, IA, US	17:06	34:36	34:31	6:57/M
151	28	5	5 F15	Katie Wampole, F16	Cedar Rapids, IA, US	17:02	34:43	34:34	6:59/M
152	124	2	2 M60	Jim Shimek, M64	Fairfax, IA, US	16:33	34:47	34:44	6:59/M
153	125	16	16 M30	Cory Handfelt, M32	Cedar Rapids, IA, US	16:38	34:49	34:43	7:00/M
154	126	10	10 M50	Timothy Squiers, M50	Belle Plaine, IA, US	17:17	34:53	34:49	7:01/M
155	127	8	8 M35	Chad Bosch, M36	Cedar Rapids, IA, US	17:19	34:55	34:51	7:01/M
156	29	2	2 F35	Courtney Usher, F35	Newark, DE, US	17:29	34:56	34:48	7:01/M
157	128	17	17 M30	Brien Waldron, M31	Cedar Rapids, IA, US	16:37	35:00	34:44	7:02/M
158	129	10	10 M40	Luke Turner, M43	Hiawatha, IA, US	16:26	35:01	34:55	7:02/M
159	30	5	5 F20	Sharon Heyer, F23	Cedar Rapids, IA, US	17:18	35:06	35:01	7:03/M
160	31	4	4 F25	Julie Johnston, F28	Cedar Rapids, IA, US	16:41	35:07	35:02	7:04/M
161	130	4	4 M55	Patrick Mally, M55	Lake Elmo, MN, US	17:05	35:12	35:07	7:05/M
162	131	13	13 M45	Ted Smith, M45	Cedar Rapids, IA, US	17:18	35:17	35:11	7:05/M
163	132	11	11 M40	Brad Dawson, M41	Cedar Rapids, IA, US	17:10	35:19	35:13	7:06/M
164	133	12	12 M40	Jim Berger, M41	Cedar Rapids, IA, US	16:17	35:20	35:15	7:06/M
165	134	24	24 M15	Matthew Bunnell, M18	Cedar Rapids, IA, US	16:14	35:22	35:18	7:06/M
166	135	15	15 M25	Dan Fagan, M26	Chicago , IL, US	18:29	35:24	35:08	7:07/M
167	136	9	9 M35	Christopher Nims, M35	Robins, IA, US	16:53	35:27	35:23	7:08/M
168	137	14	14 M45	Scott Hollingsworth, M48	Cedar Rapids, IA, US	17:45	35:27	35:17	7:08/M
169	138	15	15 M45	David Glessner, M48	Cedar Rapids, IA, US	16:56	35:28	35:23	7:08/M
170	139	5	5 M55	Guy Olson, M55	Cedar Rapids, IA, US	17:25	35:28	35:23	7:08/M
171	140	25	25 M15	Mitchell Knock, M17	Atkins, IA, US	17:10	35:30	35:26	7:08/M
172	141	16	16 M20	Chase Schaben, M22	Cedar Rapids, IA, US	17:22	35:35	35:29	7:09/M
173	142	16	16 M45	Brad Thomason, M47	Marion, IA, US	16:58	35:39	35:33	7:10/M
174	143	17	17 M20	Scott Deangelis, M23	Cedar Rapids, IA, US	18:40	35:40	35:20	7:10/M
175	32	6	6 F15	Michelle Zikes, F17	Cedar Rapids, IA, US	17:05	35:41	35:35	7:10/M

176	33	2	2 F30	Carrie Desotel, F31	Cedar Rapids, IA, US	17:13	35:44	35:38	7:11/M
177	144	6	6 M55	Dave Martin, M57	Cedar Rapids, IA, US	17:17	35:57	35:51	7:14/M
178	34	3	3 F35	Kim Blankenship, F36	Cedar Rapids, IA, US	17:31	35:58	35:51	7:14/M
179	145	16	16 M25	Trenton Roehlk, M25	Cedar Rapids, IA, US	17:55	36:12	36:06	7:17/M
180	146	11	11 M50	Craig Brophy, M51	Cedar Rapids, IA, US	16:53	36:15	36:11	7:17/M
181	35	5	5 F25	Elizabeth Steele, F27	Norway, IA, US	17:24	36:16	36:06	7:17/M
182	147	17	17 M45	Steve Brune, M48	Walford, IA, US	17:10	36:18	36:12	7:18/M
183	148	26	26 M15	Jonathan Francois, M15	Palo, IA, US	17:40	36:20	36:15	7:18/M
184	36	3	3 F30	Stacie Merta, F33	Marion, IA, US	17:23	36:27	36:22	7:20/M
185	149	13	13 M40	Todd Gelo, M43	Cedar Rapids, IA, US	18:14	36:28	36:08	7:20/M
186	150	18	18 M30	Daniel Vondra, M33	Iowa City, IA, US	18:15	36:28	36:20	7:20/M
187	151	10	10 M35	Chris Lange, M37	Round Rock, TX, US	17:44	36:30	36:20	7:20/M
188	37	1	1 FGM	Karen Martin, F50	Lisbon, IA, US	17:21	36:32	36:29	7:21/M
189	152	11	11 M35	Tim McCormick, M35	Palo, IA, US	17:43	36:36	36:27	7:21/M
190	153	12	12 M35	Chris Mueller, M39	Cedar Rapids, IA, US	17:54	36:36	36:28	7:21/M
191	154	18	18 M20	Peter Richards, M24	Cedar Rapids, IA, US	17:23	36:36	36:30	7:21/M
192	38	6	6 F20	Beth Ripperger, F23	Iowa City, IA, US	17:11	36:37	36:33	7:22/M
193	155	13	13 M35	Chad Lefevere, M36	Shellsburg, IA, US	17:43	36:39	36:30	7:22/M
194	156	14	14 M35	Shawn Mundell, M37	Cedar Rapids, IA, US	18:30	36:41	36:22	7:22/M
195	157	19	19 M30	Jamie Tisdale, M32	Iowa City, IA, US	18:13	36:42	36:30	7:23/M
196	158	7	7 M55	Dallas Robertson, M55	Iowa City, IA, US	17:47	36:44	36:40	7:23/M
197	159	12	12 M50	Nick Daedlow, M53	Independence, IA, US	17:49	36:44	36:37	7:23/M
198	39	4	4 F30	Lori Meierbachtol, F31	Cedar Rapids, IA, US	18:06	36:48	36:43	7:24/M
199	160	19	19 M20	Andre Marc-Sary, M24	Robins, IA, US	16:53	36:51	36:47	7:24/M
200	161	8	8 M55	Bill Copper, M55	Marion, IA, US	17:08	36:52	36:46	7:25/M
201	162	27	27 M15	Jacob Meyer, M19	Cedar Rapids, IA, US	18:33	36:54	36:34	7:25/M
202	163	20	20 M30	Darrick McLain, M30	Stockport, IA, US	18:27	36:56	36:48	7:25/M
203	164	13	13	Mark Casteel, M52	York, PA, US	17:33	36:56	36:51	7:25/M

M50									
204	165	2	2 JRM	Riley Walton, M11	Cedar Rapids, IA, US	18:24	36:56	36:47	7:25/M
205	166	20	20 M20	Isaac Behrens, M20	Cedar Rapids, IA, US	19:03	36:57	36:32	7:26/M
206	167	14	14 M40	Brian Gallagher, M42	Cedar Rapids, IA, US	18:02	36:57	36:48	7:26/M
207	168	21	21 M30	Nick Berglund, M31	Marion, IA, US	18:09	37:02	36:53	7:27/M
208	169	18	18 M45	Mike Glavan, M49	Cedar Rapids, IA, US	17:36	37:04	36:56	7:27/M
209	40	7	7 F20	Wendi Dunn, F20	Cedar Rapids, IA, US	17:46	37:07	36:58	7:28/M
210	41	1	1 F55	Andriette Wickstrom, F57	Storm Lake, IA, US	18:33	37:12	37:08	7:29/M
211	170	21	21 M20	Jacob Dee, M20	Cedar Falls, IA, US	18:03	37:13	37:04	7:29/M
212	171	3	3 JRM	Luke Carey, M14	Cedar Rapids, IA, US	19:13	37:13	37:03	7:29/M
213	172	22	22 M30	Christopher_ Jensen, M34	Chicago, IL, US	18:15	37:15	37:07	7:29/M
214	42	4	4 F35	Deidre Nims, F36	Robins, IA, US	18:29	37:18	37:02	7:30/M
215	43	1	1 F45	Karen Hutchcroft, F49	Cedar Rapids, IA, US	18:15	37:22	37:14	7:31/M
216	173	19	19 M45	John Peters, M47	Cedar Rapids, IA, US	18:33	37:23	36:55	7:31/M
217	44	1	1 F40	Rae lynn Lamparek, F41	Swisher, IA, US	17:38	37:26	37:20	7:31/M
218	174	14	14 M50	Bryan Carr, M50	Wilmington, DE, US	18:42	37:28	37:20	7:32/M
219	175	17	17 M25	Douglas Cole, M29	Cedar Rapids, IA, US	17:09	37:31	37:27	7:32/M
220	45	2	2 F45	Traci Vercande, F47	Robins, IA, US	18:27	37:31	37:25	7:32/M
221	176	15	15 M50	Chuck Soat, M53	Dubuque, IA, US	18:49	37:31	37:23	7:32/M
222	177	22	22 M20	Benjamin Sines, M23	Iowa City, IA, US	19:45	37:32	37:08	7:33/M
223	178	15	15 M35	Brady Van Voorst, M37	Cedar Rapids, IA, US	18:10	37:33	37:25	7:33/M
224	179	3	3 M60	Bob Strickland, M61	Marion, IA, US	18:15	37:35	37:31	7:33/M
225	180	23	23 M20	Zach Parsons, M20	Cedar Rapids, IA, US	18:18	37:42	37:30	7:35/M
226	181	20	20 M45	Tim Wittman, M47	Cedar Rapids, IA, US	18:42	37:45	37:38	7:35/M
227	182	18	18 M25	Colin Sullivan, M26	Cedar Rapids, IA, US	18:48	37:48	37:31	7:36/M
228	183	23	23 M30	Dan Wolfe, M34	Cedar Rapids, IA, US	19:04	37:48	37:38	7:36/M
229	184	16	16 M35	Bradley Runyon, M35	Cedar Rapids, IA, US	19:05	37:49	37:38	7:36/M
230	185	21	21	John Walton, M49	Cedar Rapids,	18:24	37:51	37:43	7:37/M

			M45		IA, US				
231	186	15	15 M40	Jamie Van Berkum, M40	Marion, IA, US	18:37	37:55	37:47	7:37/M
232	187	4	4 JRM	Beau Van Berkum, M12	Marion, IA, US	18:37	37:58	37:50	7:38/M
233	46	5	5 F30	Melissa Bishop, F31	Cedar Rapids, IA, US	18:49	38:00	37:52	7:38/M
234	188	24	24 M30	Justin Williams, M34	North Liberty, IA, US	18:19	38:05	37:54	7:39/M
235	189	4	4 M60	Gene Wandling, M61	Iowa City, IA, US	19:09	38:06	37:55	7:40/M
236	190	9	9 M55	Brad Scott, M59	Marion, IA, US	18:39	38:09	38:05	7:40/M
237	191	5	5 M60	Tom Van Berkum, M60	Marion, IA, US	18:31	38:11	38:03	7:40/M
238	192	10	10 M55	Tom Zinkula, M55	Cedar Rapids, IA, US	19:08	38:15	37:52	7:41/M
239	193	11	11 M55	Rich Block, M57	Cedar Rapids, IA, US	18:59	38:30	38:23	7:44/M
240	194	22	22 M45	Bob Read, M47	Marion, IA, US	18:13	38:30	38:23	7:44/M
241	195	6	6 M60	David Coates, M64	Cedar Rapids, IA, US	19:03	38:32	38:22	7:45/M
242	196	17	17 M35	Jason Mosier, M36	North Liberty, IA, US	18:53	38:32	38:17	7:45/M
243	197	16	16 M40	Dan Clark, M41	Albuquerque, NM, US	19:21	38:32	38:22	7:45/M
244	198	16	16 M50	Ted Olson, M52	Hiawatha, IA, US	19:17	38:34	38:16	7:45/M
245	199	25	25 M30	Nick Snavely, M32	Cedar Rapids, IA, US	20:05	38:34	38:02	7:45/M
246	47	5	5 F35	Jen Egan Smith, F39	Sumner, IA, US	18:39	38:35	38:27	7:45/M
247	200	12	12 M55	Bill Pringle, M57	Iowa City, IA, US	19:22	38:38	38:27	7:46/M
248	201	18	18 M35	Jeff Lundquist, M37	Whitinsville, MA, US	19:01	38:38	38:27	7:46/M
249	202	19	19 M35	Spencer Williams, M35	Central City, IA, US	19:08	38:42	38:25	7:47/M
250	203	17	17 M50	Keith Kenel, M51	Cedar Rapids, IA, US	18:28	38:44	38:38	7:47/M
251	48	3	3 F45	Rita Taylor-Stewart, F45	Atkins, IA, US	19:04	38:46	38:37	7:47/M
252	49	6	6 F35	Wendy Jacobsen, F36	Iowa City, IA, US	20:11	38:46	38:34	7:47/M
253	204	1	1 M65	Norm Arons, M65	Cedar Rapids, IA, US	19:24	38:48	38:39	7:48/M
254	205	20	20 M35	Jeremy Richardson, M35	Cedar Rapids, IA, US	20:26	38:51	38:19	7:48/M
255	206	19	19 M25	Adam McCullough, M25	Cedar Rapids, IA, US	17:31	38:52	38:45	7:49/M
256	207	21	21 M35	Scott Ziehr, M37	Iowa City, IA, US	18:41	38:52	38:43	7:49/M

257	208	26	26 M30	Christopher Moressi, M31	Cedar Rapids, IA, US	18:55	38:54	38:45	7:49/M
258	209	24	24 M20	Nicholas Pottebaum, M21	Iowa City, IA, US	19:12	38:55	38:36	7:49/M
259	210	27	27 M30	Jose Castro, M32	Toledo, IA, US	18:26	38:56	38:46	7:50/M
260	211	22	22 M35	Curt Miller, M38	Solon, IA, US	19:12	38:58	38:52	7:50/M
261	212	2	2 M65	Tom_ Kirkwood, M68	Dyersville, IA, US	18:41	39:02	0:00	7:51/M
262	50	7	7 F35	Kelly ann Ryan, F35	Coralville, IA, US	none	39:07	0:00	7:52/M
263	51	6	6 F25	Vanessa Vega, F29	Cedar Rapids, IA, US	19:34	39:10	38:33	7:52/M
264	52	2	2 F40	Annette Lorenz, F41	Cedar Rapids, IA, US	19:08	39:12	38:59	7:53/M
265	53	4	4 F45	Valerie Jensen, F46	Cedar Rapids, IA, US	19:43	39:20	38:58	7:54/M
266	213	28	28 M15	Matthew Jontz, M15	Cedar Rapids, IA, US	20:13	39:23	38:56	7:55/M
267	54	3	3 F40	Diana Croghan, F43	Center Point, IA, US	19:23	39:23	39:09	7:55/M
268	55	7	7 F25	A McNamara, F29	Marion, IA, US	19:29	39:23	38:53	7:55/M
269	214	17	17 M40	Steve Feldmann, M44	Iowa City, IA, US	19:10	39:25	39:17	7:55/M
270	56	8	8 F25	Katie Miller, F29	Iowa City, IA, US	19:24	39:26	39:19	7:56/M
271	57	5	5 F45	Sara Todd, F49	Cedar Rapids, IA, US	19:11	39:26	39:11	7:56/M
272	215	20	20 M25	Mike Miller, M29	Iowa City, IA, US	19:24	39:27	39:21	7:56/M
273	216	29	29 M15	Thomas Glavan, M19	Cedar Rapids, IA, US	19:29	39:28	39:18	7:56/M
274	217	28	28 M30	Eric Ransom, M32	North Liberty, IA, US	20:04	39:28	39:12	7:56/M
275	218	18	18 M40	Mathieu Cagnard, M41	Cedar Rapids, IA, US	19:30	39:32	39:17	7:57/M
276	58	9	9 F25	Erin Bone, F27	Ankeny, IA, US	19:47	39:33	39:25	7:57/M
277	219	30	30 M15	Ryan Richmond, M16	Center Point, IA, US	18:04	39:34	39:29	7:57/M
278	220	29	29 M30	Cody Crawford, M32	Marion, IA, US	19:49	39:35	39:21	7:57/M
279	221	13	13 M55	Daniel Gee, M55	Cedar Rapids, IA, US	19:13	39:37	39:27	7:58/M
280	59	6	6 F30	Lisa Christensen, F32	Cedar Rapids, IA, US	19:27	39:39	39:26	7:58/M
281	222	25	25 M20	Tyler Hubler, M20	Cedar Rapids, IA, US	18:10	39:39	39:23	7:58/M
282	223	14	14 M55	Jay Wiebold, M55	Cedar Rapids, IA, US	19:12	39:40	39:29	7:58/M
283	60	8	8 F35	Cynthia Marx, F35	North Liberty,	19:34	39:41	39:10	7:59/M

					IA, US				
284	224	15	15 M55	John Nollsch, M55	Cedar Rapids, IA, US	19:32	39:47	39:38	8:00/M
285	225	16	16 M55	Charlie Funk, M58	Iowa City, IA, US	19:33	39:48	39:37	8:00/M
286	61	7	7 F30	Katie Moore, F30	Iowa City, IA, US	20:10	39:51	39:39	8:01/M
287	62	7	7 F15	Allison Pitz, F17	Cedar Rapids, IA, US	19:55	39:52	39:42	8:01/M
288	226	7	7 M60	Vernon Beninga, M62	Cedar Rapids, IA, US	19:09	39:54	39:48	8:01/M
289	227	8	8 M60	Dale Hanna, M63	Cedar Rapids, IA, US	19:07	39:57	39:46	8:02/M
290	228	30	30 M30	Scott Noll, M33	Marion, IA, US	20:16	39:59	39:38	8:02/M
291	229	18	18 M50	Bill Heitz, M51	Walford, IA, US	20:04	40:01	39:43	8:03/M
292	230	9	9 M60	Tony Vondra, M62	Decorah, IA, US	19:39	40:02	39:49	8:03/M
293	231	21	21 M25	David Wilkinson, M26	Cedar Rapids, IA, US	20:23	40:02	39:28	8:03/M
294	232	23	23 M35	Ryan Post, M39	Marion, IA, US	19:36	40:02	39:50	8:03/M
295	233	23	23 M45	Eric Wasson, M49	Cedar Rapids, IA, US	19:04	40:04	39:56	8:03/M
296	234	19	19 M40	Kevin Cano, M42	Cedar Rapids, IA, US	19:24	40:05	39:47	8:03/M
297	235	19	19 M50	Kevin Steele, M50	Lisbon, IA, US	20:15	40:06	39:35	8:04/M
298	236	31	31 M15	Sean Kenel, M19	Cedar Rapids, IA, US	20:53	40:08	40:00	8:04/M
299	237	22	22 M25	Leo Buzalsky, M28	Cedar Rapids, IA, US	19:50	40:08	39:46	8:04/M
300	63	10	10 F25	Erika Hass, F28	Cedar Rapids, IA, US	20:13	40:11	39:58	8:05/M
301	238	24	24 M35	Jason Reiseck, M39	Ely, IA, US	19:15	40:19	40:10	8:06/M
302	239	26	26 M20	Matthew McVey, M23	Hiawatha, IA, US	19:19	40:26	40:18	8:08/M
303	240	20	20 M50	Kevin Costigan, M52	Cedar Rapids, IA, US	19:06	40:27	40:13	8:08/M
304	64	8	8 F15	Brianne Cook, F18	Monticello, IA, US	19:46	40:28	39:54	8:08/M
305	65	11	11 F25	Jena Conway, F26	Marion, IA, US	19:35	40:28	40:16	8:08/M
306	241	10	10 M60	Michael Clemen, M64	Clarksville, GA, US	19:43	40:30	40:16	8:08/M
307	242	31	31 M30	Josh Nelson, M30	Cedar Rapids, IA, US	20:03	40:34	40:23	8:09/M
308	243	17	17 M55	Jim Wilson, M55	Marion, IA, US	20:06	40:36	40:26	8:10/M
309	66	9	9 F15	Trina Gallagher, F18	Cedar Rapids,	20:20	40:36	40:27	8:10/M

					IA, US				
310	244	20	20 M40	Peter Pardubsky, M44	Cedar Rapids, IA, US	19:28	40:36	40:27	8:10/M
311	67	6	6 F45	Jane Kelly, F47	Cedar Rapids, IA, US	19:53	40:39	40:28	8:10/M
312	245	23	23 M25	Eric Freese, M25	Cedar Rapids, IA, US	20:55	40:40	40:21	8:10/M
313	246	24	24 M25	Joel Ridgway, M28	Cedar Rapids, IA, US	20:12	40:41	40:29	8:11/M
314	68	8	8 F20	Jessica Snook, F22	Cedar Rapids, IA, US	20:07	40:43	40:29	8:11/M
315	247	21	21 M50	Bill Freese, M50	Cedar Rapids, IA, US	20:55	40:43	40:25	8:11/M
316	69	9	9 F20	Tara Squiers, F24	Dubuque, IA, US	19:26	40:47	40:38	8:12/M
317	248	21	21 M40	William Higgins, M43	Marion, IA, US	20:14	40:47	40:34	8:12/M
318	70	10	10 F20	Miranda Rogers, F22	Cedar Rapids, IA, US	20:23	40:49	40:29	8:12/M
319	249	18	18 M55	David Bryan, M58	Geneva, IL, US	20:10	40:49	40:38	8:12/M
320	71	12	12 F25	Laura Bailey, F25	Marion, IA, US	20:22	40:49	40:32	8:12/M
321	250	25	25 M35	Stephen Szewc, M39	Marion, IA, US	19:59	40:54	40:26	8:13/M
322	251	27	27 M20	Ricardo Etienne, M21	Cedar Rapids, IA, US	19:37	40:57	40:53	8:14/M
323	72	2	2 F55	Muriel Naumann, F56	Iowa City, IA, US	20:32	40:57	40:46	8:14/M
324	252	26	26 M35	Barry Anderson, M39	Mount Vernon, IA, US	19:02	40:57	40:45	8:14/M
325	253	22	22 M50	Daniel Reed, M51	Edina, MN, US	19:02	40:57	40:50	8:14/M
326	254	23	23 M50	Todd Lewison, M51	Cedar Rapids, IA, US	20:10	40:59	40:47	8:14/M
327	73	3	3 F55	Karen Thimmesch, F56	Tiffin, IA, US	20:15	40:59	40:42	8:14/M
328	74	8	8 F30	Jennifer McCluskey, F32	Cedar Rapids, IA, US	20:09	41:00	40:48	8:15/M
329	255	24	24 M50	Brian Wiebke, M52	Marion, IA, US	19:55	41:01	40:37	8:15/M
330	75	13	13 F25	Rachel Suiter, F29	Waterloo, IA, US	19:50	41:01	40:57	8:15/M
331	76	14	14 F25	Riley Barth, F25	Cedar Rapids, IA, US	19:34	41:03	40:55	8:15/M
332	256	24	24 M45	Patrick Shannon, M46	Cedar Rapids, IA, US	20:58	41:03	40:25	8:15/M
333	257	32	32 M30	Benjamin Lohr, M32	Marion, IA, US	18:40	41:05	40:58	8:16/M
334	77	10	10 F15	Molly Banes, F19	Cedar Rapids, IA, US	19:30	41:05	40:55	8:16/M
335	258	27	27	Greg Frieden, M37	Coralville, IA,	19:00	41:07	40:54	8:16/M

			M35		US				
336	259	25	25 M25	Dan Gahring, M29	Cedar Rapids, IA, US	19:52	41:08	40:51	8:16/M
337	260	33	33 M30	Dustin Rahe, M34	Palo, IA, US	20:50	41:08	40:55	8:16/M
338	261	25	25 M50	Lowell Johnson, M52	Cedar Rapids, IA, US	20:23	41:09	40:56	8:16/M
339	262	26	26 M50	Jim Cox, M51	Robins, IA, US	20:21	41:10	40:52	8:17/M
340	78	9	9 F30	Amy Hamilton, F30	Cedar Rapids, IA, US	20:24	41:12	41:00	8:17/M
341	79	10	10 F30	Tara Burke, F30	North Liberty, IA, US	20:33	41:13	40:58	8:17/M
342	80	9	9 F35	Laura Nordine, F36	Cedar Rapids, IA, US	19:33	41:14	41:03	8:17/M
343	81	4	4 F40	A Wells, F41	Marion, IA, US	20:36	41:14	40:42	8:17/M
344	82	10	10 F35	Lori Winborn, F38	Swisher, IA, US	20:36	41:15	41:00	8:17/M
345	263	28	28 M35	Johan Kerkhove, M38	Marion, IA, US	19:22	41:17	41:06	8:18/M
346	83	7	7 F45	Amy Homan, F45	Cedar Rapids, IA, US	21:01	41:18	40:52	8:18/M
347	264	11	11 M60	Bruce Bachmann, M62	Cedar Rapids, IA, US	20:22	41:22	41:11	8:19/M
348	84	11	11 F35	Melissa McMullen, F35	North Liberty, IA, US	20:34	41:23	41:11	8:19/M
349	265	27	27 M50	John Burke, M54	Cedar Rapids, IA, US	20:30	41:23	41:05	8:19/M
350	266	29	29 M35	Chris Knudson, M37	Cedar Rapids, IA, US	21:03	41:23	41:04	8:19/M
351	267	22	22 M40	Darren Baetsle, M43	Keota, IA, US	20:23	41:24	41:06	8:19/M
352	268	25	25 M45	Roger Cassill, M46	Fairfax , IA, US	17:39	41:27	41:21	8:20/M
353	269	30	30 M35	Steve Fish, M38	Marion, IA, US	21:37	41:27	40:59	8:20/M
354	270	31	31 M35	Andrew Lundy, M35	Cedar Rapids, IA, US	20:11	41:29	41:17	8:20/M
355	271	34	34 M30	Lane McMullen, M34	North Liberty, IA, US	20:35	41:29	41:15	8:20/M
356	272	23	23 M40	Thomas Appel, M41	Marion, IA, US	21:25	41:30	41:11	8:21/M
357	273	12	12 M60	Larry Goldsmith, M63	Manchester, IA, US	20:10	41:30	41:18	8:21/M
358	85	11	11 F15	Kyra Vercande, F16	Robins, IA, US	20:04	41:31	41:20	8:21/M
359	274	24	24 M40	Rob Kasper, M40	Cedar Rapids, IA, US	20:00	41:32	40:59	8:21/M
360	275	26	26 M25	Jeff Bendull, M29	Urbana, IA, US	20:08	41:33	41:23	8:21/M
361	276	26	26 M45	Rick Klinger, M49	Cedar Rapids, IA, US	21:55	41:34	41:08	8:21/M
362	277	25	25	Rick Zettler, M43	Cedar Rapids,	20:46	41:34	41:19	8:21/M

			M40		IA, US				
363	278	26	26 M40	Jeff Girman, M44	Cedar Rapids, IA, US	21:02	41:38	41:20	8:22/M
364	86	4	4 F55	Ellen Rickert, F59	Lafayette, CO, US	20:10	41:40	41:27	8:23/M
365	87	5	5 F55	Lynn Dennis, F57	Cedar Rapids, IA, US	20:22	41:48	41:32	8:24/M
366	279	28	28 M50	Ron Corbett, M51	Cedar Rapids, IA, US	20:48	41:48	41:19	8:24/M
367	88	6	6 F55	Lorrie Copper, F55	Marion, IA, US	20:30	41:49	41:34	8:24/M
368	89	11	11 F30	Sara Comer, F32	Coralville, IA, US	20:40	41:51	41:28	8:25/M
369	280	13	13 M60	David Gee, M61	Cedar Rapids, IA, US	20:56	41:51	41:26	8:25/M
370	281	19	19 M55	Tom Mittman, M58	Iowa City, IA, US	19:36	41:51	41:41	8:25/M
371	282	35	35 M30	John Dulle, M34	Cedar Rapids, IA, US	20:01	41:53	41:26	8:25/M
372	283	29	29 M50	Mike Tiernan, M53	Marion, IA, US	20:36	41:54	41:34	8:25/M
373	284	32	32 M35	Douglas Klostermann, M35	Cedar Rapids, IA, US	21:30	41:57	41:20	8:26/M
374	90	12	12 F30	Jill Snitko, F33	Marion, IA, US	20:46	41:58	41:50	8:26/M
375	285	27	27 M45	Dennis Fagan, M48	Cedar Rapids, IA, US	20:49	41:58	41:42	8:26/M
376	286	28	28 M45	Chuck Hardin, M45	Cedar Rapids, IA, US	20:14	41:58	41:49	8:26/M
377	287	30	30 M50	Doug Castek, M50	Hiawatha, IA, US	20:18	41:59	41:50	8:26/M
378	288	3	3 M65	Jim Cottingham, M68	West Branch, IA, US	20:25	42:00	41:49	8:27/M
379	289	31	31 M50	John Demory, M50	North Liberty, IA, US	20:51	42:01	41:41	8:27/M
380	91	12	12 F35	Mariah Hurley, F35	Cedar Rapids, IA, US	20:15	42:02	41:55	8:27/M
381	290	27	27 M40	John Carr, M40	Marion, IA, US	20:33	42:03	41:51	8:27/M
382	291	33	33 M35	Dustin Boxa, M36	Fairfax, IA, US	21:18	42:04	41:39	8:27/M
383	92	1	1 F50	Denise Whiting, F53	Iowa City, IA, US	20:55	42:06	41:42	8:28/M
384	292	34	34 M35	Ben Winborn, M38	Swisher, IA, US	20:30	42:08	41:53	8:28/M
385	93	5	5 F40	Tami Skriver, F40	Walford, IA, US	20:09	42:08	41:54	8:28/M
386	293	35	35 M35	Chad Manson, M36	Independence, IA, US	20:04	42:08	41:47	8:28/M
387	294	27	27 M25	Jason Hodge, M29	Cedar Rapids, IA, US	21:46	42:12	41:30	8:29/M
388	94	6	6 F40	Christine Day, F42	Palo, IA, US	21:27	42:12	41:41	8:29/M
389	95	7	7 F40	Vena Nurre, F42	Fairfax, IA, US	21:26	42:13	41:41	8:29/M
390	96	13	13 F30	Cassy Townsley, F30	Mount Vernon,	19:57	42:14	41:53	8:29/M

IA, US

391	295	20	20 M55	Kevin Ernster, M58	Walker, IA, US	21:32	42:15	41:43	8:30/M
392	296	28	28 M25	Rob Archibald, M29	Cedar Rapids, IA, US	20:10	42:16	41:59	8:30/M
393	97	2	2 JRF	Charisa Sorensen, F0	Iowa City, IA, US	20:59	42:18	42:00	8:30/M
394	98	13	13 F35	Heather Fleming, F35	Robins, IA, US	20:54	42:19	41:46	8:30/M
395	297	36	36 M30	Josh Petersen, M30	Cedar Rapids, IA, US	20:34	42:20	41:59	8:31/M
396	99	2	2 F50	Peggy Beastrom, F51	Cedar Rapids, IA, US	20:39	42:20	42:09	8:31/M
397	298	37	37 M30	Curtis Miller, M31	Cedar Rapids, IA, US	19:50	42:24	42:10	8:31/M
398	299	29	29 M25	Ben Miller, M29	Cedar Rapids, IA, US	19:49	42:24	42:10	8:31/M
399	300	38	38 M30	Chris McMann, M33	Robins, IA, US	21:08	42:28	42:11	8:32/M
400	100	15	15 F25	Michelle Hackbarth, F29	Cedar Rapids, IA, US	20:11	42:30	42:23	8:33/M
401	101	8	8 F40	Kelly Jensen, F42	Toddville , IA, US	20:11	42:30	42:23	8:33/M
402	102	16	16 F25	Brittany Brokaw, F27	Cedar Rapids, IA, US	20:35	42:34	42:16	8:33/M
403	103	14	14 F35	Sandra Ahrendsen, F35	Cedar Rapids, IA, US	21:36	42:37	42:10	8:34/M
404	301	28	28 M40	Rob Pollitt, M40	Cedar Rapids, IA, US	22:20	42:38	42:12	8:34/M
405	104	15	15 F35	Susan Coykendall, F39	Salina, KS, US	21:55	42:38	41:58	8:34/M
406	105	16	16 F35	Megan Foley Nicpon, F39	Iowa City, IA, US	21:16	42:40	42:14	8:35/M
407	106	17	17 F35	Aisha Hope, F35	New York, NY, US	21:54	42:41	41:55	8:35/M
408	302	5	5 JRM	Jabe Gonder, M14	Cedar Rapids, IA, US	20:23	42:43	42:25	8:35/M
409	107	3	3 JRF	Serena Eck, F12	Cedar Rapids, IA, US	20:34	42:46	42:39	8:36/M
410	108	11	11 F20	Daysha Lichty, F21	Cedar Rapids, IA, US	21:06	42:47	42:25	8:36/M
411	303	30	30 M25	Scott Bailey, M27	Marion, IA, US	21:14	42:49	42:32	8:36/M
412	304	29	29 M45	Eric Mueller, M47	Cedar Rapids, IA, US	20:38	42:49	42:36	8:36/M
413	305	29	29 M40	Chris Coffey, M42	Iowa City, IA, US	21:23	42:51	42:37	8:37/M
414	306	30	30 M45	Michael Schueller, M49	Cedar Rapids, IA, US	21:32	42:52	42:21	8:37/M
415	307	39	39 M30	Matthew Jensen, M32	Marion, IA, US	20:27	42:52	42:36	8:37/M
416	109	18	18 F35	Tricia Seifert, F39	Cedar Rapids,	20:47	42:53	42:43	8:37/M

					IA, US				
417	110	12	12 F15	Marissa Klinger, F19	Cedar Rapids, IA, US	21:57	42:57	42:31	8:38/M
418	111	3	3 F50	Kristin Maahs, F52	Des Moines, IA, US	21:39	42:59	42:44	8:38/M
419	112	13	13 F15	Mallory Jontz, F18	Cedar Rapids, IA, US	19:51	43:00	42:34	8:39/M
420	308	32	32 M50	Mark Melander, M51	Apple Valley, MN, US	21:05	43:01	42:49	8:39/M
421	113	14	14 F30	Carissa Oltman, F30	Cedar Rapids, IA, US	20:58	43:03	42:38	8:39/M
422	114	17	17 F25	Mary Boots, F27	Fairfax, IA, US	21:17	43:04	42:52	8:39/M
423	115	15	15 F30	Kaitlyn Cornwell, F32	Toddville, IA, US	20:41	43:05	42:58	8:40/M
424	116	14	14 F15	Liz Frerichs, F19	Cedar Rapids, IA, US	none	43:06	42:53	8:40/M
425	309	33	33 M50	Mark Elias, M54	Cedar Rapids, IA, US	21:37	43:06	42:49	8:40/M
426	117	12	12 F20	Mollie Fagan, F23	Cedar Rapids, IA, US	21:33	43:06	42:51	8:40/M
427	310	36	36 M35	Daniel Johnston, M36	Toddville , IA, US	19:31	43:07	42:58	8:40/M
428	118	16	16 F30	Kelli Hissem, F31	Avoca, IA, US	21:00	43:09	42:59	8:40/M
429	311	40	40 M30	Brian Danly, M34	Cedar Rapids, IA, US	20:57	43:10	42:54	8:41/M
430	312	30	30 M40	Larry Kram, M44	Cedar Rapids, IA, US	20:38	43:16	43:05	8:42/M
431	119	15	15 F15	Kylie Coutentos, F17	Cedar Rapids, IA, US	19:36	43:17	43:07	8:42/M
432	120	17	17 F30	Mackenzie Pedersen, F32	West Liberty, IA, US	22:39	43:19	42:54	8:42/M
433	121	19	19 F35	Amy Drahos, F38	Cedar Rapids, IA, US	22:03	43:20	43:02	8:43/M
434	313	21	21 M55	Joe McGrath, M55	Cedar Rapids, IA, US	20:29	43:20	43:08	8:43/M
435	122	20	20 F35	Robin Bucheit, F36	Palo, IA, US	21:05	43:24	43:06	8:43/M
436	123	18	18 F25	Brianna Balint, F29	Cedar Rapids, IA, US	20:41	43:24	43:10	8:43/M
437	124	19	19 F25	Brittani Vanderweerd, F28	Dubuque, IA, US	20:52	43:25	42:54	8:44/M
438	125	21	21 F35	Kristi Emick, F35	Ankeny, IA, US	21:49	43:26	43:17	8:44/M
439	126	18	18 F30	Christina Djerf, F33	Cedar Rapids, IA, US	21:49	43:26	43:18	8:44/M
440	127	16	16 F15	Eileen Fagan, F16	Cedar Rapids, IA, US	20:53	43:26	43:11	8:44/M
441	314	41	41 M30	Jared Aarons, M32	Cedar Rapids, IA, US	20:16	43:27	43:13	8:44/M
442	128	8	8 F45	Kallie Meyer, F48	Cedar Rapids, IA, US	21:50	43:28	43:08	8:44/M
443	315	34	34 M50	Dave Filip, M50	Cedar Rapids, IA, US	21:10	43:31	43:10	8:45/M

444	129	22	22 F35	Melissa Mundell, F35	Cedar Rapids, IA, US	21:13	43:32	43:14	8:45/M
445	316	31	31 M45	Dean Beitzel, M45	Cedar Rapids, IA, US	22:09	43:32	42:52	8:45/M
446	317	35	35 M50	Dave Klinsky, M53	Cedar Rapids, IA, US	21:27	43:33	43:10	8:45/M
447	318	32	32 M45	Phillip Huber, M49	Cedar Rapids, IA, US	20:48	43:34	42:53	8:45/M
448	319	31	31 M25	Nick Campbell, M28	Cedar Rapids, IA, US	21:48	43:35	43:03	8:46/M
449	320	32	32 M15	Daren Mangold, M18	Cedar Rapids, IA, US	20:19	43:37	43:26	8:46/M
450	321	33	33 M45	Darrell Baetsle, M47	Walford, IA, US	20:23	43:37	43:21	8:46/M
451	322	31	31 M40	Paul Reid, M43	Cedar Rapids, IA, US	22:08	43:39	43:07	8:46/M
452	323	6	6 JRM	Tyler Schmidt, M8	Cedar Rapids, IA, US	21:52	43:40	43:27	8:47/M
453	324	42	42 M30	David Walker, M34	Marion, IA, US	21:43	43:41	43:17	8:47/M
454	325	32	32 M25	Josh Handke, M27	Dubuque, IA, US	19:44	43:42	43:33	8:47/M
455	326	37	37 M35	Greg Schmidt, M39	Cedar Rapids, IA, US	21:53	43:42	43:30	8:47/M
456	130	13	13 F20	Kennon Meyer, F20					