

Exira Road Run - 10K, 5K & Fun Run, July 3, 2009

[10K results](#)

5K RUN	Name	Gender	Age	Class	City	State	Time
1	Monte Larsen	M	18	M15	Neola	IA	19:11
2	Zach Anderson	M	17	M15	St. Peters	MO	19:22
3	Cory Schultes	M	31	M30	Des Moines	IA	19:39
4	Jacey Hoegh	M	19	M19	Elk Horn	IA	19:49
5	Robert Cast	M	39	M35	Manning	IA	19:58
6	Paul Hansen	M	33	M30	New Hope	MN	20:04
7	Rob Larsen	M	37	M35	Minden	IA	20:06
8	Darrian Irlbeck	M	14	jrM	Avoca	IA	20:31
9	Chris Hatchett	M	37	M35	Adel	IA	20:37
10	Brandon Bergren	M	15	M15	Red Oak	IA	20:38
11	Kenzie Cast	W	14	jrW	Manning	IA	20:50
12	Seth Watkins	M	40	M40	Clarinda	IA	20:50
13	Zack Leeper	M	18	M15	Adair	IA	20:52
14	Jesse Olson	M	29	M25	Audubon	IA	21:05
15	Dennis Jarrett	M	43	M40	Minden	IA	21:16
16	Stuart Hoegh	M	14	jrM	Atlantic	IA	21:25
17	Gary Julin	M	62	M60	Omaha	NE	21:35
18	Spencer Rochholz	M	14	jrM	Adair	IA	21:53
19	Drew Peppers	M	12	jrM	Exira	IA	21:54
20	Titan Immel	M	14	jrM	Adair	IA	22:07
21	Taylor Tuel	M	15	M15	Shelby	IA	22:10
22	Mike Pattavina	M	62	M60	Clarinda	IA	22:12
23	Krystle Primus	W	26	W25	Steamboat Rock	IA	22:15
24	Will Johnson	M	19	M19	Ames	IA	22:18
25	Evan Hansen	M	12	jrM	Kimballton	IA	22:21
26	Taylor Edelman	M	17	M15	Atlantic	IA	22:45
27	Alex Larsen	W	14	jrW	Minden	IA	22:57
28	Grace Andersen	W	19	W19	Marshall	MN	23:00
29	Trevor Cast	M	11	jrM	Manning	IA	23:15
30	Cara Moore	W	27	W25	Adair	IA	23:30
31	Cassie Krummel	W	15	W15	Avoca	IA	23:39
32	Travis Wilson	M	38	M35	Exira	IA	24:04
33	Christopher Jarrett	M	11	jrM	Minden	IA	24:08
34	Mindy Hatchett	W	32	W30	Adel	IA	24:10
35	Jake Auerbach	M	15	M15	Atlantic	IA	24:15
36	Jandy Johnston	W	16	W15	Harlan	IA	25:23
37	Matt Sleister	M	39	M35	Fremont	NE	25:23
38	Alex Gettys	W	15	W15	Harlan	IA	25:24
39	Adam Hough	M	14	jrM	Neola	IA	25:45
40	Brianna Croghan	W	18	W15	Panama	IA	25:46
41	Ty Jarrett	M	13	jrM	Minden	IA	25:46
42	Scott Kristy	M	45	M45	Exira	IA	25:48
43	Pete Temple	M	51	M50	Monticello	IA	26:14
44	Melanie Nielsen	W	15	W15	Atlantic	IA	26:29
45	Malachi Wickman	W	14	jrW	Atlantic	IA	26:30
46	Cody Juelsgaard	M	14	jrM	Brayton	IA	26:42
47	Sarah Oliver	W	16	W15	Harlan	IA	26:43
48	Shelby McGreedy	W	36	W35	Atlantic	IA	26:45
49	Doug Renky	M	42	M40	Harlan	IA	26:57
50	Melissa Puck	W	27	W25	Manning	IA	27:00
51	Jeremy Puck	M	27	M25	Manning	IA	27:00
52	Pat Weber	M	49	M45	Denison	IA	27:09
53	Jared Phippen	M	11	jrM	Anita	IA	27:14
54	Dana Harris	W	19	W19	Anita	IA	28:00

55	Chris Paulsen	M	10	jrM	Exira	IA	28:16
56	Shana Platt	W	31	W30	Massena	IA	28:23
57	Jamie Byrnes	W	15	W15	Harlan	IA	28:48
58	Steve Pfannkuch	M	53	M50	Manning	IA	28:59
59	Barbara Peterson	W	47	W45	Elk Horn	IA	29:04
60	Danielle Stockwell	W	15	W15	Elk Horn	IA	29:09
61	Jake Larson	M	33	M30	Wiota	IA	29:38
62	Kari Nuzback	W	25	W25	Manning	IA	29:53
63	Mike Rickert	M	61	M60	Ida Grove	IA	30:02
64	Michael Adams	M	44	M40	Altoona	IA	30:15
65	Bruce Boehm	M	27	M25	Audubon	IA	30:23
66	Molly Kuehn	W	12	jrW	Coralville	IA	30:37
67	Claire Paulsen	W	13	jrW	Exira	IA	30:38
68	Victor Bunce	M	13	jrM	El Dorado Hills	CA	30:38
69	Ann Huegerich	W	37	W35	Exira	IA	30:42
70	Jennifer Kuehn	W	10	jrW	Coralville	IA	30:44
71	Cody Hokel	M	11	jrM	Adel	IA	30:44
72	Christi Hokel	W	33	W30	Adel	IA	30:48
73	Renee Jensen	W	37	W35	Adair	IA	30:54
74	Beth Peppers	W	42	W40	Exira	IA	31:00
75	Libby Gifford	W	13	jrW	Atlantic	IA	31:03
76	Holly Jarrett	W	44	W40	Minden	IA	31:11
77	Lisa Paulsen	W	36	W35	Exira	IA	31:16
78	Jon Hansen	M	37	M35	Panora	IA	31:18
79	Trisha Wickland	W	39	W35	Menlo	IA	31:19
80	Joe Bintner	M	26	M25	Council Bluffs	IA	31:23
81	Kasie Simpson	W	17	W15	Exira	IA	31:28
82	Justice Simpson	W	20	W19	Exira	IA	32:07
83	Shelley Paulsen	W	37	W35	Exira	IA	32:25
84	Charlie Johnson	M	60	M60	Boone	IA	32:28
85	Amber Anderson	W	19	W19	Brayton	IA	32:47
86	Suzanne Bunde	W	35	W35	Guthrie Center	IA	32:53
87	Cathy Pfannkuch	W	51	W50	Manning	IA	33:09
88	Tasha Stimson	W	26	W25	Atlantic	IA	33:38
89	Kady Petersen	W	13	jrW	Exira	IA	33:54
90	Sophia Peppers	W	9	jrW	Exira	IA	33:55
91	Merridy Larsen	W	35	W35	Minden	IA	33:56
92	Ella Bunce	W	10	jrW	El Dorado Hills	CA	34:24
93	Leslie Skelly	W	33	W30	San Diego	IA	34:25
94	Sara Paulsen	W	38	W35	Exira	IA	34:49
95	Jennifer Petersen	W	33	W30	Exira	IA	34:50
96	Angie Pfannkuch	W	29	W25	West Des Moines	IA	35:00
97	Lisa Kingery	W	41	W40	Casey	IA	35:08
98	McKenna Wardrip	M	14	jrM	Exira	IA	36:20
99	Kelli Akers	W	26	W25	Altoona	IA	36:21
100	Lindy Lange	W	25	W25	Audubon	IA	36:22
101	Natalie Lange	W	47	W45	Audubon	IA	36:52
102	Diane Temple	W	37	W35	Monticello	IA	37:06
103	Margaret Kneedler	W	58	W55	Creston	IA	37:13
104	Terri Murray	W	42	W40	Johnston	IA	38:23
105	Woody Little	M	40	M40	Bouton	IA	38:23
106	Katie Wagner	W	19	W19	Anita	IA	38:44
107	Miranda Nelson	W	14	jrW	Audubon	IA	39:40
108	Matthew Paulsen	M	13	jrM	Exira	IA	40:01
109	Allison Blomme	W	13	jrW	Audubon	IA	40:04
110	Daniel Cheatham	M	34	M30	Mesa	AZ	40:06
111	Karen Nelsen	W	47	W45	Audubon	IA	40:11
112	Linda Blomme	W	43	W40	Audubon	IA	40:12
113	Lory Paulsen	W	44	W40	Exira	IA	44:04
114	Lou Lou Garrison	W	16	W15	Exira	IA	44:08

115	Meghan DeFruscio	W	16	W15	Exira	IA	44:09
116	Brenna Peterson	W	14	jrW	Exira	IA	48:10
117	Kaylie Plowman	W	14	jrW	Adair	IA	48:11
118	Vicki Richards	W	51	W50	Exira	IA	48:22
119	Rhoda Williams	W	49	W45	Exira	IA	48:23
120	Conni Wyatt	W	52	W50	Exira	IA	53:00
121	Bethany Cheatham	W	27	W25	Mesa	AZ	53:34
122	Julie Sporrer	W	51	W50	Chandler	AZ	53:35

10K RUN	Name	Gender	Age	Class	City	State	Time
1	Chris Bunde	M	32	M30	Guthrie Center	IA	41:17
2	Joe Christensen	M	17	M15	Audubon	IA	42:25
3	Rob Gillum	M	48	M45	Des Moines	IA	42:41
4	Tommy Godwin	M	17	M15	Exira	IA	44:32
5	Austin Wheatley	M	18	M15	Adair	IA	44:45
6	Joe Rasmussen	M	29	M25	Lincoln	NE	44:57
7	David Peters	M	54	M50	Omaha	NE	45:33
8	Alec Johnson	M	18	M15	Audubon	IA	45:59
9	Tracy Robertson	M	48	M45	Atlantic	IA	46:02
10	Ruth Reghr	W	43	W40	Clarinda	IA	46:42
11	Kathie Madron	W	46	W45	Oakland	IA	47:49
12	David Timmerman	M	34	M30	Earlham	IA	48:44
13	Charlie Godwin	M	16	M15	Exira	IA	48:53
14	Mark Miller	M	30	M30	Grimes	IA	50:04
15	Aaron Roberts	M	16	M15	Audubon	IA	50:45
16	Toni Rasmussen	W	32	W30	Ft. Collins	CO	50:57
17	Mallory Klocke	W	18	W15	Dedham	IA	51:25
18	Dana Johnson	W	15	W15	Audubon	IA	51:30
19	Nancy Reynolds	W	33	W30	Atlantic	IA	51:50
20	David Muenchrath	M	31	M30	Clarinda	IA	52:02
21	Tim Andersen	M	49	M45	Audubon	IA	52:04
22	Pete Crawford	M	59	M55	Red Oak	IA	52:07
23	Matt Richter	M	34	M30	Adair	IA	52:15
24	Charissa Konz	W	37	W35	Omaha	NE	52:19
25	Trisha Rasmussen	W	28	W25	Minneapolis	MN	52:40
26	Cameron Chambers	M	18	M15	Exira	IA	53:40
27	John Roberts	M	53	M50	Audubon	IA	53:41
28	Amy Militti	W	42	W40	Omaha	NE	54:52
29	Michelle Williams	W	32	W30	Massena	IA	55:10
30	Justin Spruell	M	37	M35	Ft. Collins	CO	55:39
31	Peter Molgaard	M	35	M35	Anita	IA	55:48
32	Shawna Nepple	W	26	W25	Carroll	IA	56:05
33	Maggie Jenkins	W	29	W25	Covington	KY	56:10
34	Bill Paulsen	M	38	M35	Exira	IA	57:58
35	Joan Bauer	W	51	W50	Audubon	IA	58:58
36	April McAfee	W	35	W35	Anita	IA	59:18
37	Pat Carlson	W	46	W45	Atlantic	IA	1:00:51
38	Connie Bryan-Grubbs	W	43	W40	Casey	IA	1:01:34
39	Brittany Harris	W	16	W15	Anita	IA	1:02:57
40	Lindsay Jahde	W	41	W40	Anita	IA	1:03:48
41	Sarah Christensen	W	48	W45	Audubon	IA	1:04:14
42	Chris Tuey	M	53	M50	Littleton	CO	1:05:14
43	Allison Berryhill	W	49	W45	Atlantic	IA	1:08:59

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