

38th Midnight Madness 10km (6.214 miles)

AMES, IA

July 11, 2009

70s & Good Summer Conditions

Results by Cal Murdock

[10K Overall](#)

[10K Teams](#)

[5K Overall](#)

[5K Teams](#)

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 M30	Jason Lehmkuhle, 31, Minneapolis, MN	29:35	4:46
2	1 M20	John Njoroge, 24, Coon Rapids, MN	30:04	4:50
3	2 M30	Geoffrey Kiprotich, 30, Coon Rapids, MN	30:45	4:57
4	1 M25	Kipruto Rotich, 27, Columbia, MO	30:54	4:58
Pace: 5:00 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 Top				
5	3 M30	Silah Misol, 32, Lincoln, NE	31:02	5:00
6	2 M20	Sammy Rotich, 22, West Des Moines, IA	31:03	5:00
7	4 M30	David Tuwei, 30, Coon Rapids, MN	31:32	5:04
8	3 M20	Robby Young, 23, Colorado Springs, CO	31:34	5:05
9	5 M30	Julius Rotich, 34, West Des Moines, IA	31:37	5:05
10	4 M20	Brigen Geoffre Kiprotic, 24, Columbia, MO	31:39	5:05
11	5 M20	Brian Chenoweth, 22, Des Moines, IA	31:49	5:07
12	2 M25	Dan Taylor, 25, Ames, IA	31:54	5:08
13	6 M30	Marty Dalton, 33, Earlham, IA	31:56	5:08
14	3 M25	Paul Barno, 29, Des Moines, IA	32:11	5:11
15	4 M25	John Mamai Kamindo, 26, Dubuque, IA	32:26	5:13
16	1 M15	Evan Selsor, 16, Winterset, IA	32:38	5:15
17	5 M25	Kipokoech Rop, 25, West Des Moines, IA	32:45	5:16
18	1 M35	Bruce Kilulai, 37, Edina, MN	33:10	5:20
19	6 M20	Jacob Kendagor, 24, Coon Rapids, MN	33:14	5:21
20	7 M30	Jacob Kaemmer, 32, Des Moines, IA	33:16	5:21
21	7 M20	Trevor Johannsen, 21, Maryville, MO	33:19	5:22
22	6 M25	Matthew Roling, 25, Ames, IA	33:22	5:22
23	7 M25	Chan Yew Woo, 28, Ames, IA	33:23	5:22
24	2 M15	Luke Demmel, 19, Marshalltown, IA	33:28	5:23
25	8 M20	Aaron Zutz, 23, Ames, IA	33:29	5:23
26	8 M25	Christopher Jensen, 27, Marion, IA	33:31	5:24
27	3 M15	Josh Mellman, 19, Rockwell, IA	33:33	5:24
28	1 M40	Andrew Rinn, 41, West Des Moines, IA	34:15	5:31
29	4 M15	David Sevcik, 19, Cedar Falls, IA	34:25	5:32
1	1 W30	Kristen Nicolih, 31*, Minneapolis, MN	34:31	5:33
30	9 M20	Joel Rasmussen, 23, Goldfield, IA	34:37	5:34
31	5 M15	Zach Baker, 17, Eddyville, IA	34:49	5:36
32	9 M25	Ryan Snell, 25, Ankeny, IA	34:56	5:37
33	2 M35	Patrick Riley, 36, Des Moines, IA	35:04	5:39
34	6 M15	Shane Warehime, 17, Gowrie, IA	35:08	5:39
35	10 M25	Chris Nealy, 29, Des Moines, IA	35:21	5:41
2	1 W25	Casey Owens, 26*, Des Moines, IA	35:22	5:41
36	7 M15	Kevin Lewis, 16, Ottumwa, IA	35:24	5:42
37	11 M25	Joseph Aulwes, 28, Bondurant, IA	35:26	5:42
38	10 M20	Tony Fischels, 23, Ames, IA	35:28	5:42
39	8 M15	Zach Wittenberg, 17, Pella, IA	35:30	5:43
40	9 M15	Daniel Sevcik, 19, Cedar Falls, IA	35:35	5:43

3	2 W30	Frashiah Waithaka, 31*, Edina, MN	35:35	5:44
4	3 W30	Jenna Boren, 32*, St Paul, MN	35:39	5:44
41	11 M20	Tyler Sullivan, 21, Coralville, IA	35:45	5:45
42	8 M30	J J Bailey, 34, Des Moines, IA	35:52	5:46
43	10 M15	Steve Bruxvoort, 18, Mitchellville, IA	36:22	5:51
44	11 M15	Benjamin Lambert, 18, Stratford, IA	36:22	5:51
45	12 M20	Ermin Sabljakobic, 23, Waterloo, IA	36:27	5:52
46	12 M15	Ryan Kloberdanz, 17, Des Moines, IA	36:30	5:52
47	1 M45	Kirt Gortzke, 48, Plymouth, MN	36:33	5:53
48	13 M15	Ethan Mulford, 18, Hampton, IA	36:46	5:55
49	14 M15	Logan Swarts, 18, Marshalltown, IA	36:56	5:57
50	2 M45	Keith Abels, 47, Ogden, IA	37:02	5:58
Pace: 5:00 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 Top				

51	13 M20	John Kruckeberg, 22, Ames, IA	37:41	6:04
52	14 M20	Ethan Blagg, 21, Marshalltown, IA	37:42	6:04
53	15 M20	Eric Hoff, 22, Ankeny, IA	37:50	6:05
54	1 M50	Joseph Haynes, 54, Ames, IA	38:10	6:08
55	2 M50	Jim Quigley, 52, Cedar Rapids, IA	38:14	6:09
56	15 M15	David Pedrick, 18, Douds, IA	38:14	6:09
57	2 M40	Brian Ortel, 42, Ottumwa, IA	38:18	6:10
5	1 W15	Nicole Benzoni, 19*, Ames, IA	38:18	6:10
58	16 M20	Jared Swell, 23, Hampton, IA	38:41	6:14
59	17 M20	Mike Tylinski, 20, Grinnell, IA	38:48	6:15
60	18 M20	Jonathan Kaman, 23, Des Moines, IA	39:04	6:17
61	19 M20	Matthew Johnson, 24, Nevada, IA	39:13	6:19
62	16 M15	Chuck Babbitt, 17, Boone, IA	39:15	6:19
63	17 M15	Nick Yaeger, 15, Boone, IA	39:18	6:19
64	20 M20	Yuichi Ichinose, 22, Sioux City, IA	39:37	6:22
65	3 M40	Stephen Fyfe, 44, Pella, IA	39:40	6:23
66	9 M30	Daniel Poock, 32, Cedar Rapids, IA	39:40	6:23
6	4 W30	Kristen Mitchell, 30*, Ottumwa, IA	39:41	6:23
7	1 W40	Christine Price, 40*, Des Moines, IA	39:46	6:24
67	10 M30	Gary Jensen, 30, Adel, IA	39:49	6:24
68	12 M25	Daniel Grandon, 26, Waukee, IA	39:55	6:25
8	2 W15	Laura Sigmund, 19*, Stanhope, IA	40:13	6:28
69	4 M40	Bill Bennett, 44, Cedar Rapids, IA	40:16	6:29
70	5 M40	Steve Pohlmeier, 43, Urbandale, IA	40:21	6:30
71	18 M15	Jake Sutton, 18, West Des Moines, IA	40:22	6:30
9	1 W20	Sarah Kulczycki, 22*, Colorado Springs, CO	40:23	6:30
72	13 M25	Daren Schumaker, 28, Cedar Rapids, IA	40:24	6:30
73	3 M35	Myron Peto, 38, Ames, IA	40:27	6:30
74	4 M35	Fred Moody, 35, Ames, IA	40:42	6:33
75	21 M20	Jacob Dickey, 22, Ames, IA	40:45	6:33
76	6 M40	Lance Bergeson, 40, Des Moines, IA	40:58	6:36
77	11 M30	Greg Herrold, 31, Urbandale, IA	41:05	6:37
78	5 M35	Jason Nurre, 36, Johnston, IA	41:06	6:37
79	19 M15	Devin Becraft, 17, Ames, IA	41:25	6:40
80	1 M55	James Laplant, 58, Newton, IA	41:32	6:41
81	12 M30	Jared McLaren, 30, Grimes, IA	41:41	6:42
82	3 M50	Dave Fitz, 54, Ames, IA	41:45	6:43
83	7 M40	David Reid, 42, Fairfax, IA	41:58	6:45
84	6 M35	Troy Jepsen, 35, Ames, IA	42:10	6:47
10	2 W20	Jane Bowness, 21*, Maryville, MO	42:14	6:48
85	7 M35	Richard Bundy, 38, Ames, IA	42:14	6:48
86	4 M50	Randy Wadle, 50, Newron, IA	42:16	6:48
11	3 W15	Georgia Wright-Simmons, 19*, Grinnell, IA	42:20	6:49
87	20 M15	Jebediah Gent, 18, Ames, IA	42:32	6:51
88	13 M30	Scott Heisler, 34, West Des Moines, IA	42:36	6:51
89	8 M35	Michael Carr, 36, Ames, IA	42:40	6:52
90	9 M35	Daniel Barker, 37, Ames, IA	42:42	6:52
91	8 M40	Jamie Aulues, 42, Russell, IA	42:45	6:53
92	3 M45	Michael Long, 49, Ames, IA	42:45	6:53
93	14 M30	Mike Patrick, 32, Des Moines, IA	42:50	6:53
94	22 M20	Thomas Sanchez, 20, Hampton, IA	42:53	6:54

95	10 M35	Ran Hovav, 36, Givat Shmuel, IA	42:54	6:54
96	1 JrM	Peter Detar, 14, Kelley, IA	42:56	6:54
97	9 M40	Craig Wittenberg, 44, Pella, IA	42:56	6:55
98	1 M60	Rick Hogan, 64, Leawood, KS	42:58	6:55
12	3 W20	Megan Barnes, 23*, Ames, IA	42:59	6:55
99	23 M20	Eric Monahan, 24, Fort Dodge, IA	43:04	6:56
100	4 M45	Chad Wagener, 45, Ankeny, IA	43:08	6:56
101	11 M35	Trevor Meers, 37, Mingo, IA	43:10	6:57
102	15 M30	Chris Rettig, 34, Ames, IA	43:13	6:57
13	2 W25	Julie Johnston, 25*, Cedar Rapids, IA	43:19	6:58
103	21 M15	Mathew Humphrey, 15, Lincoln, NE	43:25	6:59
Pace: 5:00 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 Top				

14	4 W15	Sarah Burnell, 17*, Grinnell, IA	43:29	7:00
104	10 M40	Curtis Downs, 40, Des Moines, IA	43:32	7:00
105	22 M15	Jonathan Findlay, 18, Collins, IA	43:48	7:03
106	24 M20	Michael Huff, 20, Boone, IA	43:55	7:04
107	11 M40	Steven Drenkow, 44, Sheldon, IA	43:57	7:04
108	23 M15	Hunter Schmitt, 16, Asbury, IA	44:00	7:05
109	25 M20	Michael Vosseller, 20, Ames, IA	44:09	7:06
15	4 W20	Rachel Whitfield, 21*, Grinnell, IA	44:14	7:07
110	26 M20	Stephen Pedrick, 21, Douds, IA	44:16	7:07
111	14 M25	Erik Guffy, 28, Des Moines, IA	44:16	7:07
112	12 M35	Todd Kibsgaard, 38, Marion, IA	44:17	7:08
113	16 M30	Randy Sturm, 31, Belmond, IA	44:19	7:08
114	12 M40	Jeffrey Mullen, 44, Cedar Rapids, IA	44:22	7:08
115	13 M40	Seth Watkins, 40, Clarinda, IA	44:25	7:09
116	13 M35	Dave Serrano, 39, Worthington, MN	44:27	7:09
117	24 M15	Benjamin Morris, 18, Cedar Falls, IA	44:30	7:10
118	27 M20	Cole Burrack, 22, Ames, IA	44:32	7:10
16	3 W25	Stephanie Mortenson, 27*, Urbandale, IA	44:33	7:10
119	5 M50	Loras Kremer, 50, Cedarr Rapids, IA	44:39	7:11
120	14 M35	Donald Hurt, 35, West Des Moines, IA	44:42	7:12
121	25 M15	Jackson Griffith, 15, Ames, IA	44:45	7:12
122	15 M25	Justus Hallam, 26, Ames, IA	44:50	7:13
123	5 M45	Randy Brecht, 48, Middle Amana, IA	44:52	7:13
124	6 M45	Gary Boesenberg, 49, Cedar Rapids, IA	44:56	7:14
17	5 W20	Katie Larson, 24*, Ottumwa, IA	44:56	7:14
125	2 M60	Marek Jarecki, 61, Ames, IA	44:57	7:14
126	2 JrM	Ben Mossman, 14, Webster City, IA	45:01	7:15
127	14 M40	Greg Heilers, 40, Kansas City, MO	45:06	7:15
128	15 M40	Ralph Napolitano, 44, Ames, IA	45:07	7:16
129	16 M40	Kelly Streigle, 40, Chariton, IA	45:09	7:16
130	6 M50	Jim Pippert, 52, Dysart, IA	45:10	7:16
131	17 M30	Keith Lyles, 34, Ankeny, IA	45:17	7:17
132	16 M25	David Stanfield, 28, Marshalltown, IA	45:17	7:17
133	17 M40	Todd Savage, 41, Altoona, IA	45:19	7:18
134	28 M20	Brad Kruegger, 23, Ames, IA	45:23	7:18
135	15 M35	Jason Hahn, 38, Des Moines, IA	45:31	7:19
18	1 W50	Beth Henriksen, 53*, Ames, IA	45:38	7:21
136	29 M20	Gerrit Hansen, 21, Urbandale, IA	45:42	7:21
19	1 W45	Kathie Madron, 46*, Oakland, IA	45:44	7:21
137	7 M45	Brian Culich, 47, Des Moines, IA	45:50	7:22
138	18 M40	Scott Meyer, 44, Pella, IA	45:53	7:23
139	16 M35	Chris Ristau, 38, Denver, IA	45:57	7:24
140	26 M15	Sam Burt, 17, Des Moines, IA	45:58	7:24
20	2 W50	Andriette Wickstrom, 54*, Storm Lake, IA	45:59	7:24
141	3 M60	Mike Pattavina, 62, Clarinda, IA	46:03	7:25
21	5 W15	Jennifer Dysart, 16*, Grinnell, IA	46:03	7:25
142	30 M20	Ryan Hull, 21, Ames, IA	46:10	7:26
143	4 M60	David Schulte, 62, Granger, IA	46:12	7:26
144	31 M20	Kyle Weis, 23, Ames, IA	46:14	7:26
145	8 M45	Craig Ogilvie, 47, Ames, IA	46:18	7:27
146	32 M20	Brian Spring, 21, Ames, IA	46:23	7:28
147	17 M35	John Brehm, 38, West Des Moines, IA	46:23	7:28

148	27	M15	Brett Steelman, 17, Ames, IA	46:25	7:28
149	18	M35	Kevin Miller, 39, Ankeny, IA	46:30	7:29
150	9	M45	Al Bangtson, 49, Cedar Falls, IA	46:30	7:29
22	4	W25	Kristen Hobson, 27*, Derby, KS	46:33	7:29
151	19	M40	Brad Lenz, 41, Ames, IA	46:36	7:30
152	10	M45	Greg Reed, 49, Derby, KS	46:43	7:31
153	11	M45	Andy Roat, 47, Des Moines, IA	46:45	7:31
154	18	M30	Jason Dreckman, 30, West Des Moines, IA	46:54	7:33
155	28	M15	Paul Kirkpatrick, 18, Ames, IA	46:54	7:33
156	33	M20	Josh Hansen, 21, Urbandale, IA	46:58	7:33
157	34	M20	Kyle Selsor, 20, Winterset, IA	46:59	7:34
158	35	M20	Cory Sents, 21, Ames, IA	47:04	7:34
159	36	M20	Mitch Paulsen, 21, Ames, IA	47:05	7:35
23	5	W25	Kacie Purl, 25*, Ames, IA	47:10	7:35
160	12	M45	Casey Showalter, 48, Altoona, IA	47:10	7:35
161	20	M40	Douglas Kendall, 41, Otley, IA	47:10	7:35
24	6	W20	Brooke Pottorff, 23*, Corning, IA	47:17	7:36
162	37	M20	Anthony Jansen, 24, Boone, IA	47:18	7:37
25	5	W30	Allison Rhymer, 34*, Des Moines, IA	47:32	7:39
163	17	M25	Mitchell Case, 26, Fort Dodge, IA	47:33	7:39
164	19	M30	Mike Hatch, 33, Knoxville, IA	47:33	7:39
26	7	W20	Blythe Rolow, 22*, Fort Dodge, IA	47:34	7:39
165	19	M35	Jamie Weydert, 35, Ames, IA	47:38	7:40
166	18	M25	Brent Allen, 28, Johnston, IA	47:45	7:41
27	6	W25	Jesse Harper, 26*, Des Moines, IA	47:46	7:41
167	20	M35	Bill Sheesley, 36, Omaha, NE	47:48	7:41
168	21	M40	Rob Doheny, 44, Clive, IA	47:51	7:42
169	7	M50	Allen Miller, 52, Ames, IA	47:52	7:42
170	20	M30	Brian Hatch, 30, Knoxville, IA	47:54	7:43
171	21	M30	Mark Miller, 30, Grimes, IA	47:55	7:43
28	7	W25	Erica Fitzgerald, 27*, Ankeny, IA	47:55	7:43
29	8	W20	Olga Beglet, 23*, West Des Moines, IA	47:56	7:43
172	22	M40	Shawn Howard, 40, Clarinda, IA	47:58	7:43
30	8	M25	Melissa Grandon, 28*, Waukee, IA	47:59	7:43
173	5	M60	Rolf Koford, 61, Ames, IA	48:00	7:43
174	2	M55	Roger Heinle, 59, Whiting, IA	48:02	7:44
175	19	M25	Joseph Richey, 27, Marion, IA	48:03	7:44
176	38	M20	Patrick McCarty, 20, Carroll, IA	48:04	7:44
177	13	M45	Michael McCarty, 48, Auburn, IA	48:04	7:44
178	22	M30	H...ctor Bombiella Medina, 30, Ames, IA	48:12	7:45
179	20	M25	Drew Keller, 27, Urbandale, IA	48:16	7:46
180	39	M20	Nicholas Freml, 21, Ames, IA	48:16	7:46
181	29	M15	Lucas Borg, 19, Ames, IA	48:28	7:48
31	1	W35	Melinda Haase, 35*, Bellevue, NE	48:28	7:48
32	3	W50	Kathleen Wendel, 54*, Ames, IA	48:28	7:48
182	23	M30	David Muenchrath, 31, Clarinda, IA	48:31	7:48
183	23	M40	Barry Thomas, 40, Ames, IA	48:33	7:49
184	21	M35	William Kosgei, 37	48:34	7:49
185	14	M45	James Demmel, 48, Marshalltown, IA	48:42	7:50
33	9	W25	Kelly Cavanaugh, 26*, Ames, IA	48:49	7:51
186	24	M30	Jeff Green, 32, Des Moines, IA	48:50	7:51
34	4	W50	Candy Mullen, 52*, Cedar Rapids, IA	48:51	7:52
187	40	M20	Cristobal Matibag, 22, Ames, IA	48:52	7:52
188	1	M65	John Schneller, 65, West Des Moines, IA	48:54	7:52
189	41	M20	Almir Beganovic, 21, Urbandale, IA	48:56	7:52
35	2	W35	Stacy Woodward, 39*, Ames, IA	49:04	7:54
190	8	M50	Alan Farley, 50, Perry, IA	49:05	7:54
191	24	M40	Mark Keichty, 40, Ames, IA	49:06	7:54
192	30	M15	Tyler Jensen, 17, Dallas Center, IA	49:09	7:55
36	5	W50	Patty Croonquist, 51*, Fort Dodge, IA	49:11	7:55
37	6	W15	Lexie Ronconi, 18*, Fort Dodge, IA	49:11	7:55
193	25	M40	Mark Rocarek, 44, Vinton, IA	49:15	7:55
194	25	M30	Brett Lewis, 31, Polk City, IA	49:16	7:56
195	26	M30	Ryan Carstensen, 32, Ankeny, IA	49:19	7:56
196	15	M45	Matt Parman, 48, Colfax, IA	49:20	7:56

197	27	M30	Chris Kendall, 30, Fort Dodge, IA	49:20	7:56
38	10	W25	Emily Seiler, 29*, Pocahontas, IA	49:21	7:56
198	3	M55	Art Reinertson, 55, Slater, IA	49:21	7:56
199	42	M20	Hank Wierson, 22, Ames, IA	49:37	7:59
200	31	M15	Chris Elsenbast, 19, Ames, IA	49:37	7:59
201	28	M30	Jesse Frederick, 34, Nevada, IA	49:37	7:59
202	16	M45	Dave Elsenbast, 48, Ames, IA	49:37	7:59
203	29	M30	Joe Hansen, 31, Des Moines, IA	49:39	7:59
Pace: 5:00 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 Top					

39	11	W25	Meghan Kirkwood, 27*, Ames, IA	49:47	8:01
204	21	M25	Matt Hawkins, 26, Ames, IA	49:54	8:02
40	9	W20	Amanda Pottorff, 23*, Waukee, IA	49:55	8:02
205	26	M40	Daniel Van Weelden, 42, Ames, IA	50:05	8:04
41	7	W15	Lauren Stokke, 18*, Ames, IA	50:06	8:04
206	4	M55	Lee Tesdell, 58, Slater, IA	50:07	8:04
207	30	M30	Patrick Miller, 30, Des Moines, IA	50:09	8:04
42	10	W20	Maria Johll, 23*, West Des Moines, IA	50:12	8:05
208	2	M65	Tom Kirkwood, 65, Dyersville, IA	50:14	8:05
209	32	M15	Dallas Lehman, 19, Van Meter, IA	50:18	8:06
210	17	M45	Brad Crossett, 47, Knoxville, IA	50:20	8:06
211	22	M35	Kurt Steinkamp, 38, West Des Moines, IA	50:24	8:07
212	33	M15	Bobby Eberhard, 19, Mason, OH	50:29	8:07
43	6	W30	Stefanie Bovee, 30*, Ankeny, IA	50:35	8:08
44	8	W15	Erica Olds, 17*, Dubuque, IA	50:35	8:08
45	11	W20	Abby Showalter, 23*, Ankeny, IA	50:36	8:09
46	6	W50	Veronica Demmel, 53*, Marshalltown, IA	50:42	8:09
213	5	M55	Al Hildestad, 59, Des Moines, IA	50:58	8:12
47	9	W15	Mary Rowley, 17*, Urbandale, IA	50:58	8:12
214	18	M45	Tracy Hurt, 46, Creston, IA	50:58	8:12
215	6	M55	Rob Stetson, 55, Johnston, IA	51:01	8:12
216	19	M45	Rich McGee, 47, Johnston, IA	51:05	8:13
48	10	W15	Lauren Woodard, 16*, Ottumwa, IA	51:07	8:13
49	12	W25	Kimberly Dea, 29*, Ankeny, IA	51:11	8:14
50	7	W30	Cynthia Moffitt, 33*, Indianola, IA	51:13	8:15
217	27	M40	Marinus Van Kuilenburg, 40, Des Moines, IA	51:14	8:15
51	13	W25	Emily Feekes, 27*, Ames, IA	51:15	8:15
218			1835c93	51:16	8:15
219	28	M40	Mike Jones, 43, Knoxville, IA	51:19	8:15
52	3	W35	Kristina Schmidt, 38*, West Des Moines, IA	51:21	8:16
53	2	W45	Kim Greder, 45*, Ames, IA	51:22	8:16
220	31	M30	Chad Olson, 33, Boone, IA	51:25	8:16
221	23	M35	Al Perales, 38, Ankeny, IA	51:27	8:17
54	1	JrW	Beth Wells, 12*, Winterset, IA	51:30	8:17
222	29	M40	Mike Wells, 42, Winterset, IA	51:30	8:17
55	1	W55	Jane Wickman, 55*, Kellogg, IA	51:33	8:18
56	12	W20	Jenna Jensen, 20*, West Des Moines, IA	51:38	8:18
223	32	M30	Shaun Cassells, 30, Cedar Rapids, IA	51:39	8:19
224	3	M65	Jim Matthews, 69, Baxter, IA	51:41	8:19
57	13	W20	Hannah Collins, 21*, Iowa City, IA	51:41	8:19
225	30	M40	Darryl Bennett, 43, Ames, IA	51:44	8:19
58	14	W20	Christina Demuth, 22*, Ames, IA	51:49	8:20
59	4	W35	Mary Beatty, 36*, Earlham, IA	51:51	8:21
60	7	W50	Peggy Noid, 51*, Marshalltown, IA	51:52	8:21
226	24	M35	Mark Hollingworth, 36, Urbandale, IA	51:53	8:21
227	20	M45	Dale Weber, 45, Ames, IA	51:54	8:21
228	34	M15	Austin Unruh, 17, Lino Lakes, MN	51:55	8:21
61	14	W25	Meghan Foster, 27*, Ankeny, IA	51:59	8:22
62	2	W40	Julie Marks, 44*, Des Moines, IA	51:59	8:22
63	3	W40	Kara Ranney, 43*, Ames, IA	52:00	8:22
229	6	M60	Ron Julius, 60, Humboldt, IA	52:04	8:23
230	9	M50	Joseph Henry, 52, Des Moines, IA	52:06	8:23
231	7	M55	David Acker, 56, Ames, IA	52:08	8:23
64	8	W30	Cari Rosno, 34*, Des Moines, IA	52:10	8:24
65	15	W20	Emily Muff, 23*, Iowa City, IA	52:16	8:25

232	25 M35	Chad Gammon, 36, Cedar Rapids, IA	52:16	8:25
66	16 W20	Daniela Vigliotti, 22*, Iowa City, IA	52:19	8:25
67	17 W20	Theresa Parsons, 23*, Iowa City, IA	52:26	8:26
68	4 W40	Amy Hickman, 42*, Hampton, IA	52:43	8:29
233	31 M40	Jay Hickman, 41, Hampton, IA	52:44	8:29
69	5 W40	Holly Hillmer, 44*, Eldora, IA	52:47	8:30
234	35 M15	Jon Cackler, 16, Ames, IA	52:50	8:30
235	10 M50	Gene Russell, 51, Ames, IA	52:51	8:30
70	5 W35	Sarah Johnson, 38*, Coralville, IA	52:52	8:30
71	6 W35	Teresa Brooks, 37*, West Des Moines, IA	52:55	8:31
236	8 M55	Alan Dispartio, 55, Ames, IA	52:56	8:31
72	18 W20	Abi Robison, 21*, Crawfordsville, IA	52:57	8:31
237	9 M55	T A Meyer, 57, Johnston, IA	52:57	8:31
238	7 M60	Pat McMullan, 60, Boone, IA	52:58	8:31
239	21 M45	Wayne Johnson, 46, Johnston, IA	53:07	8:33
240	22 M25	Kris Krebs, 25, Maxwell, IA	53:09	8:33
241	36 M15	Ian Pierson, 16, Des Moines, IA	53:12	8:34
73	15 W25	Aj Tilus, 25*, Des Moines, IA	53:13	8:34
74	9 W30	Erin Lewis, 30*, Polk City, IA	53:14	8:34
75	19 W20	Ashley Arnett, 23*, New York, NY	53:25	8:36
76	6 W40	Melinda Ellwanger, 43*, Des Moines, IA	53:28	8:36
77	20 W20	Amanda Jorgensen, 20*, Gowrie, IA	53:30	8:37
78	16 W25	Erin Gittins, 26*, West Des Moines, IA	53:32	8:37
242	22 M45	Tom Clegg, 47, Urbandale, IA	53:37	8:38
243	33 M30	Nick Wilwert, 30, Davenport, IA	53:38	8:38
244	11 M50	Kevin Huerkamp, 50, Clive, IA	53:41	8:38
79	11 W15	Sarah Shoemaker, 19*, Nashua, IA	53:42	8:38
245	34 M30	Dominick Villotti, 34, Urbandale, IA	53:45	8:39
80	3 W45	Joli Vollers, 45*, Ames, IA	53:48	8:39
246	23 M25	Jeff Foster, 28, Des Moines, IA	53:50	8:40
247	26 M35	Jeff Jansen, 35, Johnston, IA	53:54	8:40
248	10 M55	Iver Anderson, 55, Ames, IA	54:00	8:41
81	17 W25	Kayla Snow, 25*, Laurens, IA	54:01	8:41
82	12 W15	Dana Johnson, 15*, Audubon, IA	54:01	8:42
83	13 W15	Larissa Hadley, 17*, Urbandale, IA	54:02	8:42
249	23 M45	Mark Schmitz, 47, Ames, IA	54:02	8:42
250	8 M60	Sam Fisher, 60, Boone, IA	54:08	8:43
251	27 M35	John Campbell, 36, West Des Moines, IA	54:15	8:44
252	12 M50	Steve Barnett, 54, Newton, IA	54:17	8:44
84	7 W35	Tiffany Sheets, 39*, Lincoln, NE	54:18	8:44
253	13 M50	Michael Lee, 50, Ames, IA	54:19	8:44
85	10 W30	Heidi Anhalt, 32*, Cedar Rapids, IA	54:41	8:48
86	11 W30	Alison Stockdale, 31*, Waverly, IA	54:47	8:49
254	9 M60	Bill Pattinson, 60, Ames, IA	54:50	8:49
87	12 W30	Jessi Riley, 32*, Rippey, IA	54:51	8:49
88	7 W40	Barb Goodman, 42*, Dubuque, IA	54:52	8:50
255	28 M35	Keith Lydon, 39, West Des Moines, IA	54:55	8:50
89	4 W45	Teresa Newman, 47*, Fort Dodge, IA	55:00	8:51
256	14 M50	David Swenson, 54, Ames, IA	55:01	8:51
257	29 M35	Jason Mitchell, 35, Johnston, IA	55:12	8:53
90	8 W35	Lorna Gioffredi, 37*, Indianola, IA	55:15	8:53
91	9 W35	Rachelle Bowers, 36*, Altoona, IA	55:26	8:55
258	30 M35	Todd Sparks, 39, Maple Grove, MN	55:28	8:56
92	10 W35	Denay Gray, 36*, Ankeny, IA	55:29	8:56
93	14 W15	Alison Berg, 19*, Carroll, IA	55:30	8:56
94	8 W50	Paula Dierenfeld, 54*, Johnston, IA	55:35	8:57
259	35 M30	Daniel Freeman, 30, Ankeny, IA	55:40	8:57
95	11 W35	Molly Buck, 39*, Ankeny, IA	55:41	8:58
96	18 W25	Angie Criger, 26*, West Des Moines, IA	55:42	8:58
260	24 M25	Mike Perin, 28, West Des Moines, IA	55:42	8:58
97	21 W20	Cassie Main, 21*, Sioux City, IA	55:46	8:58
261	31 M35	Ron Dykus, 39, Des Moines, IA	55:49	8:59
98	13 W30	Nicki Bunda, 31*, Pocahontas, IA	55:52	8:59
262	32 M35	Joseph Korior, 39	55:53	8:59

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263	37 M15	Cesar Cruz, 17, Johnston, IA	55:58	9:00
99	22 W20	Megan Lemke, 23*, Polk City, IA	56:01	9:01
264	33 M35	Ryan Martin, 36, Ames, IA	56:09	9:02
100	23 W20	Patti Easker, 22*, Ames, IA	56:14	9:03
265	4 M65	Jan C. Dilley, 65, Des Moines, IA	56:15	9:03
101	14 W30	Shannon Buttz, 33*, Waukee, IA	56:17	9:03
266	15 M50	Ken Locasha, 51, West Des Moines, IA	56:17	9:03
267	25 M25	Shu-Lun Tang, 27, Ames, IA	56:18	9:04
102	24 W20	Emily Burgen, 21*, Lawrence, KS	56:18	9:04
268	43 M20	Richard Ruder, 21, Ames, IA	56:21	9:04
103	12 W35	Alison Jenkinson, 37*, Ames, IA	56:22	9:04
269	24 M45	Joe Flynn, 45, Alleman, IA	56:27	9:05
270	26 M25	Jason Brannon, 28, Eagan, MN	56:39	9:07
271	36 M30	Adam Gardiner, 32, Dexter, IA	56:41	9:07
272	25 M45	Frank Mokosak, 47, Urbandale, IA	56:46	9:08
104	19 W25	Virginia Tonelli, 28*, Clive, IA	56:54	9:09
105	25 W20	Alex Kennedy, 20*, Ames, IA	56:56	9:10
106	15 W15	Kayla Becraft, 19*, Ames, IA	56:57	9:10
273	44 M20	Glenn Martin, 20, Iowa City, IA	56:57	9:10
107	15 W30	Jennifer Geringer, 31*, West Des Moines, IA	57:00	9:10
274	26 M45	Jeff Kriegel, 47, Boone, IA	57:01	9:10
275	27 M45	Greg Johnson, 49, Parkville, MO	57:02	9:11
276	45 M20	Cory Sharp, 21, Des Moines, IA	57:14	9:13
108	13 W35	Jillian McLeod, 38*, Ames, IA	57:14	9:13
109	20 W25	Jessie Noid, 27*, Eden Prairie, MN	57:23	9:14
110	21 W25	Amelia Wuest, 27*, Des Moines, IA	57:28	9:15
111	26 W20	Kara Moeller, 21*, Ames, IA	57:31	9:15
112	16 W30	Gretchen Guffy, 31*, Washington, DC	57:33	9:16
277	10 M60	John Cunnally, 61, Ames, IA	57:38	9:16
113	5 W45	Deb Michaels, 46*, Pella, IA	57:46	9:18
114	16 W15	Katie Williams, 18*, Ames, IA	57:48	9:18
278	38 M15	Vichai Thanupakorn, 19, Urbandale, IA	58:03	9:20
279	37 M30	Corey Ostby, 32, Omaha, NE	58:06	9:21
115	22 W25	Amy Turner, 28*, Ames, IA	58:08	9:21
280	38 M30	Robert Mallinger, 31, Ankeny, IA	58:08	9:21
281	16 M50	Bob Unruh, 50, Lino Lakes, MN	58:10	9:22
116	17 W30	Megan Hoger, 31*, Indianola, IA	58:11	9:22
117	27 W20	Beth Takemoto, 24*, Ottumwa, IA	58:12	9:22
118	8 W40	Deborah Clark, 41*, Des Moines, IA	58:14	9:22
119	18 W30	Jen Andersen, 30*, West Des Moines, IA	58:14	9:22
282	27 M25	Chris Andersen, 27, West Des Moines, IA	58:14	9:22
283	39 M30	Daniel Stinimates, 31, Dubuque, IA	58:16	9:22
120	9 W50	Maureen Hegedus, 50*, Clive, IA	58:17	9:23
284	28 M25	Shane Ort, 29, Pella, IA	58:18	9:23
121	1 W65	Sandy Rupnow, 65*, Ames, IA	58:20	9:23
122	23 W25	Crystal Lee, 26*, Ankeny, IA	58:25	9:24
285	46 M20	Matt Mead, 22, Ames, IA	58:28	9:24
286	3 JrM	Denzel Juarez, 13, Johnston, IA	58:28	9:25
123	6 W45	Rosie Branaman, 46*, Boone, IA	58:31	9:25
287	32 M40	Eric Sailsbury, 41, Ames, IA	58:46	9:27
124	7 W45	Josena Wadle, 48*, Newron, IA	58:47	9:28
288	33 M40	Kevin Leonard, 43, Savage, MN	58:52	9:28
125	19 W30	Dawn Elimers, 34*, Webster City, IA	58:55	9:29
289	17 M50	Kenneth Goddard, 54, Bondurant, IA	59:01	9:30
290	28 M45	Tom Unruh, 48, Erie, IL	59:07	9:31
126	8 W45	Deb Baker, 48*, Urbandale, IA	59:10	9:31
127	24 W25	Whitney Winkels, 25*, Medford, MN	59:12	9:31
128	10 W50	Kandi Baxter, 50*, Mondamin, IA	59:15	9:32
129	20 W30	Kat Whitson, 31*, Pella, IA	59:25	9:34
130	25 W25	Pasha Ostby, 28*, Omaha, NE	59:29	9:34
131	21 W30	Melanny Cowley, 30*, Ames, IA	59:32	9:35
132	28 W20	Frannie Mann, 24*, Ames, IA	59:33	9:35
133	9 W40	Mary Greig, 43*, Urbandale, IA	59:38	9:36
134	22 W30	Wendy Van Dyke, 33*, Ames, IA	59:40	9:36

135	14	W35	Kathy Strottmann, 39*, Des Moines, IA	59:45	9:37
136	17	W15	Kelsea Denhartog, 19*, Clear Lake, IA	59:47	9:37
137	18	W15	Katy Diemer, 17*, Rockford, IL	59:47	9:37
291	29	M25	Neal Denhartog, 28, Ames, IA	59:47	9:37
138	23	W30	Kelley Newgard, 30*, Laurens, IA	59:50	9:38
139	10	W40	Lori Dahl, 41*, Urbandale, IA	59:56	9:39
292	34	M40	Allen Dahl, 42, Urbandale, IA	59:57	9:39
140	15	W35	Janel Anglick, 36*, Indianola, IA	1:00:00	9:39
141	29	W20	Kloe Unruh, 21*, Lino Lakes, MN	1:00:16	9:42
142	26	W25	Robyn Reiersen, 28*, Ames, IA	1:00:21	9:43
143	16	W35	Shanda Noonan, 38*, Ankeny, IA	1:00:21	9:43
293	1	M70	Jerry Triplett, 75, Winterset, IA	1:00:29	9:44
294	39	M15	Alex Lamp, 16, Webster City, IA	1:00:30	9:44
144	27	W25	Lisa Mollenhauer, 27*, Clive, IA	1:00:37	9:45
145	28	W25	Megan Goaley, 27*, Des Moines, IA	1:00:37	9:45
146	30	W20	Linley Bruess, 20*, Ames, IA	1:00:41	9:46
147	1	W60	Mary Johnston, 61*, Cedar Rapids, IA	1:01:05	9:50
295	40	M30	Zachary Goines, 32, Ames, IA	1:01:11	9:51
148	29	W25	Jessie James, 29*, Madrid, IA	1:01:15	9:51
296	11	M55	Kim Smith, 58, Ames, IA	1:01:18	9:52
149	31	W20	Sarah Schultz, 21*, Richmond, IL	1:01:23	9:53
150	9	W45	Kristy Unruh, 46*, Lino Lakes, MN	1:01:28	9:53
151	17	W35	Connie Hamilton, 39*, Jefferson, IA	1:01:33	9:54
152	18	W35	Jen Wallace, 35*, Scranton, IA	1:01:33	9:54
297	41	M30	Kris McDonald, 31, Centerville, IA	1:01:34	9:54
153	24	W30	Julie Egan, 34*, Dubuque, IA	1:01:37	9:55
154	10	W45	Kelly Sharp, 46*, Des Moines, IA	1:01:39	9:55
155	30	W25	Kristen Leonard, 28*, Savage, MN	1:01:47	9:56
156	31	W25	Angela Henscheid, 25*, Des Moines, IA	1:01:50	9:57
157	32	W25	Jocelyn James, 25*, West Des Moines, IA	1:01:51	9:57
158	19	W15	Anne Todey, 19*, Ames, IA	1:01:54	9:58
159	11	W40	Mary Cason, 41*, West Des Moines, IA	1:01:56	9:58
160	19	W35	Heike Hofmann, 37*, Ames, IA	1:02:04	9:59
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161	12	W40	Angie Thomas, 40*, Ames, IA	1:02:08	10:00
162	11	W45	Lisa Crossett, 45*, Knoxville, IA	1:02:20	10:02
163	25	W30	Katie Kyhl, 32*, Urbandale, IA	1:02:31	10:04
298	29	M45	Mike Young, 49, Nevada, IA	1:02:31	10:04
164	26	W30	Crystal Butler, 30*, West Des Moines, IA	1:02:31	10:04
165	20	W35	Stacy Sparks, 36*, Maple Grove, MN	1:02:38	10:05
299	30	M25	Chad Allen, 28, Williamsburg, IA	1:02:40	10:05
300	31	M25	Michael Schramm, 27, Topeka, KS	1:02:40	10:05
166	32	W20	Brianna Damstetter, 24*, Des Moines, IA	1:02:45	10:06
167	33	W25	Stacey Palmer, 26*, Des Moines, IA	1:02:50	10:07
168	11	W50	Joellen Oneal, 52*, Des Moines, IA	1:02:51	10:07
169	33	W20	Lisette Grulke, 23*, Kelley, IA	1:02:52	10:07
170	34	W25	Kelly Geist, 26*, Des Moines, IA	1:02:56	10:08
171	35	W25	Nicole Aspenson, 25*, Des Moines, IA	1:02:56	10:08
172	34	W20	Rebecca Kakac, 24*, Garrison, IA	1:03:05	10:09
173	27	W30	Stephanie Spurling, 33*, Dexter, IA	1:03:14	10:11
174	28	W30	Lacey Loewe, 34*, Cambridge, IA	1:03:27	10:13
175	35	W20	Toni Mortensen, 21*, Ames, IA	1:03:33	10:13
176	36	W25	Amy Clark, 28*, Ames, IA	1:03:39	10:14
177	13	W40	Maureen Mondora, 42*, Des Moines, IA	1:03:41	10:15
301	32	M25	Kyle Karsjen, 27, Urbandale, IA	1:03:47	10:16
178	36	W20	Megan Mitchell, 21*, Greenfield, IA	1:03:56	10:17
179	37	W25	Katy Dralle, 28*, Hampton, IA	1:04:09	10:19
180	38	W25	Sarah Francis, 27*, Des Moines, IA	1:04:10	10:19
181	21	W35	Heather Curtis, 35*, Des Moines, IA	1:04:29	10:23
182	29	W30	Rebecca Klocke, 33*, Urbandale, IA	1:04:32	10:23
183	22	W35	Rebecca Cates, 36*, Clive, IA	1:04:42	10:25
184	20	W15	Emily Boes, 19*, Carroll, IA	1:04:47	10:25
302	12	M55	Neil Olson, 59, Boone, IA	1:04:50	10:26
303	18	M50	John Diemer, 54, Rockford, IL	1:04:51	10:26

185	14 W40	Charlyn Mason, 42*, Colo, IA	1:04:56	10:27
186	37 W20	Megan Kuhlert, 24*, Des Moines, IA	1:05:21	10:31
304	33 M25	Tyler Evans, 27, Ankeny, IA	1:05:25	10:32
187	30 W30	Heather McConeghey, 30*, Monroe, IA	1:05:47	10:35
305	40 M15	Matt Sommerfeldt, 19, Ames, IA	1:06:00	10:37
306	34 M25	Joshua Bertock, 25, Des Moines, IA	1:06:13	10:39
188	38 W20	Carolyn Chrissoti, 22*, Ames, IA	1:06:14	10:39
189	31 W30	Jennifer Steenbeke, 32*, Des Moines, IA	1:06:22	10:41
190	39 W20	Emily Engstrom, 21*, Marshalltown, IA	1:06:57	10:46
307	35 M25	Ryan Jwanoiskos, 25, Marshalltown, IA	1:06:57	10:46
191	15 W40	Jo Ann Morrison, 40*, Ames, IA	1:07:11	10:49
192	39 W25	Kate Jones, 27*, Ames, IA	1:07:12	10:49
308	36 M25	Jason Eischeid, 27, Ames, IA	1:07:15	10:49
193	16 W40	Kristi Tetmeyer, 41*, West Des Moines, IA	1:07:16	10:49
194	23 W35	Hyemi Sevensing, 39*, Ames, IA	1:07:40	10:53
195	32 W30	Colleen Rogers, 32*, Ames, IA	1:07:40	10:53
196	33 W30	Susan Wees, 32*, Urbandale, IA	1:07:42	10:54
197	17 W40	Kim Whitehead, 40*, Clive, IA	1:07:42	10:54
309	35 M40	Jeff Parmelee, 43, Indianola, IA	1:08:03	10:57
198	40 W20	Jennifer Gahring, 23*, Cedar Falls, IA	1:08:18	10:59
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199	40 W25	Stacy Brown, 27*, Cedar Falls, IA	1:08:20	11:00
200	21 W15	Chelsea Evers, 19*, Carroll, IA	1:08:38	11:03
201	2 JrW	Sadie Taylor, 14*, Ames, IA	1:09:10	11:08
202	41 W25	Chelsea Osenbaugh, 25*, Ames, IA	1:09:27	11:10
203	42 W25	Emily Korb, 25*, Knoxville, IA	1:09:27	11:11
204	24 W35	Shannon Taylor, 39*, Ames, IA	1:09:32	11:11
205	34 W30	Jana Zubrick, 34*, Des Moines, IA	1:09:38	11:12
206	43 W25	Krystal Tentinger, 27*, Ankeny, IA	1:09:39	11:12
207	2 W60	Jean Kristensen, 60*, West Des Moines, IA	1:10:08	11:17
208	22 W15	Emma Gesirich, 17*, Johnston, IA	1:10:21	11:19
310	19 M50	Tom Franklin, 50, West Des Moines, IA	1:10:29	11:21
311	36 M40	Jeff Mason, 41, Colo, IA	1:10:37	11:22
209	12 W45	Val Peacock, 47*, Eldora, IA	1:10:46	11:23
210	35 W30	Valerie McNutt, 32*, Clive, IA	1:10:49	11:24
211	44 W25	Nickie Romero, 27*, Clive, IA	1:10:49	11:24
312	37 M40	Dan Hagerty, 44, Johnston, IA	1:11:13	11:28
212	13 W45	Jan Unruh, 47*, Erie, IN	1:11:15	11:28
213	36 W30	Erin Parmelee, 32*, Indianola, IA	1:11:23	11:29
214	12 W50	Laura Merrick, 52*, Ames, IA	1:11:39	11:32
215	13 W50	Cherly Diemer, 54*, Rockford, IL	1:11:39	11:32
313	37 M25	Ehsan Kayal, 29, Ames, IA	1:12:00	11:35
216	41 W20	Andrea Linn Hardy, 21*, Ames, IA	1:12:48	11:43
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314	20 M50	Derrick Williams, 54, Ames, IA	1:15:02	12:04
315	38 M40	James Farrell, 40, Ames, IA	1:16:57	12:23
316	11 M60	Lowell Bauer, 61, Mitchellville, IA	1:17:48	12:31
317	34 M35	Gary Kamminga, 37, Ankeny, IA	1:18:33	12:38
217	45 W25	Amy Ciani, 25*, Ames, IA	1:18:39	12:39
218	46 W25	Stephanie Cutler, 25*, Ames, IA	1:20:24	12:56
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318	5 M65	Don Withers, 69, Ames, IA	1:23:43	13:28
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219	18 W40	Sherri Adelman, 40*, Ames, IA	1:28:56	14:19

* indicates females

1 finishers among Males (no age given)

3 finishers among Men Under 15

40 finishers among Men 15 - 19

46 finishers among Men 20 - 24

37 finishers among Men 25 - 29
41 finishers among Men 30 - 34
34 finishers among Men 35 - 39
38 finishers among Men 40 - 44
29 finishers among Men 45 - 49
20 finishers among Men 50 - 54
12 finishers among Men 55 - 59
11 finishers among Men 60 - 64
5 finishers among Men 65 - 69
1 finishers among Men 70 & Up
2 finishers among Women Under 15
22 finishers among Women 15 - 19
41 finishers among Women 20 - 24
46 finishers among Women 25 - 29
36 finishers among Women 30 - 34
24 finishers among Women 35 - 39
18 finishers among Women 40 - 44
13 finishers among Women 45 - 49
13 finishers among Women 50 - 54
1 finishers among Women 55 - 59
2 finishers among Women 60 - 64
1 finishers among Women 65 - 69
318 male finishers
219 female finishers
537 total finishers

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