

18th Race For the Cure - 5 Kilometer (3.107 Miles)

(Timed participants only, 25,000 plus registered)

DES MOINES, IA

Oct. 24, 2009

40s and Sunny

Results by Cal Murdock

[Overall](#)

[Award Winners](#)

[Survivors](#)

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	OpM	Julius Rotich, 34, West Des Moines, IA	16:21	5:16
2	OpM	Mayai Cobai, 20, Clive, IA	17:30	5:38
3	OpM	Jonathan Estabrook, 35, Ankeny, IA	17:33	5:39
4	OpM	Matt Berndt, 25, Ankeny, IA	18:01	5:48
5	OpM	Jacob Flaws, 23, Carlisle, IA	18:06	5:49
6	OpM	Keith Abels, 47, Ogden, IA	18:14	5:52
7	OpM	Matthew Schneider, 17, West Des Moines, IA	18:26	5:56
8	OpM	Chad Marchant, 30, Ankeny, IA	18:27	5:56
9	OpM	Steele Fiscus, 19, Union, IA	18:29	5:57
10	OpM	Chad Lee, 36, West Des Moines, IA	18:36	5:59

1	OpW	Kersten Thorgaard, 20*, Ames, IA	18:37	5:59
11	OpM	Mark Swisher, 20, West Des Moines, IA	18:37	5:59

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12	OpM	Roman Vald, 30, Clive, IA	18:38	6:00
2	OpW	Danna Kelly, 22*, Des Moines, IA	18:50	6:03
13	OpM	Thomas McBride, 54, Des Moines, IA	18:52	6:04
14	OpM	Jared Otte, 28, Waukee, IA	18:59	6:06
15	OpM	Chris Calhoun, 17, Windsor Heights, IA	19:06	6:09
16	OpM	Ben Jacobson, 17, Johnston, IA	19:06	6:09
17	OpM	Jason Lawry, 34, Waukee, IA	19:12	6:11
18	OpM	Jared Ponsor, 26, Storm Lake, IA	19:16	6:12
19	OpM	Gage Fiscus, 19, Union, IA	19:17	6:12
20	OpM	Mark Ackermann, 48, Ankeny, IA	19:20	6:13
21	OpM	Ed Tormey, 45, Indianola, IA	19:25	6:15
22	OpM	Matt Anderson, 39, Des Moines, IA	19:33	6:17
23	OpM	Mark Schneider, 16, West Des Moines, IA	19:37	6:19
24	OpM	Derrick Flippin, 32, West Des Moines, IA	19:48	6:22
25	OpM	Zachary Wells, 14, Marshalltown, IA	20:20	6:32
26	1 M20	Kyle Vollstedt, 24, Des Moines, IA	20:20	6:32
27	1 M25	Mark Boswell, 26, Clive, IA	20:21	6:33
28	1 M15	Jared Dammenn, 19, Bettendorf, IA	20:22	6:33
29	1 M40	Todd Neumann, 41, Johnston	20:28	6:35
30	2 M40	Jeff Lorenzen, 44, West Des Moines, IA	20:33	6:37
31	2 M20	Mark Moore, 24, West Des Moines, IA	20:36	6:38

32	1	M35	Ross Eoriatti, 36, West Des Moines, IA	21:01	6:46
33	2	M35	Eric Fee, 35, Indianola, IA	21:08	6:48
34	1	M55	David Miller, 57, Urbandale, IA	21:15	6:50
35	1	M50	Edward Bell, 50, Clive, IA	21:18	6:51
36	2	M50	Gary Rollo, 54, Rollo, MO	21:24	6:53
3		OpW	Sara Hendrickson, 22*, Ankeny, IA	21:30	6:55
37	3	M20	Adam Ponsor, 23, Storm Lake, IA	21:33	6:56
4		OpW	Allison Emslie, 22*, Ankeny, IA	21:34	6:56
38	3	M40	David Juhl, 44, Des Moines, IA	21:34	6:56
39	1	JrM	Quinn Prescott, 14, Urbandale, IA	21:34	6:56
40	2	M25	Bruce Huckfeldt, 29, West Des Moines, IA	21:36	6:57
41	2	M15	Conner Vandeventer, 16, West Des Moines, IA		

21:37 6:57

42	3	M15	Kain Nanne, 17, Clive, IA	21:38	6:58
43	1	M30	Sean Richter, 33, West Des Moines, IA	21:39	6:58
44	4	M40	Steven Svendsen, 44, Clive, IA	21:43	6:59

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5		OpW	Brenda Thatcher, 39*, Baxter, IA	21:46	7:00
45	2	JrM	Jack Catus, 12, Grimes, IA	21:51	7:02
6		OpW	Tami Prescott, 43*, Urbandale, IA	21:54	7:03
46	2	M30	Andrew Lundy, 32, Cedar Rapids, IA	21:58	7:04
47	3	M30	Bryce Gilbert, 32, Milo, IA	21:58	7:04
48	3	JrM	Conner Wunsch, 12, Johnston, IA	21:58	7:04

49	5 M40	Mark Lowe, 43, West Des Moines, IA	22:01	7:05
7	OpW	Kimberly Cunningham, 23*, Des Moines, IL	22:02	7:05
8	OpW	Amy Wetsch, 21*, Van Meter, IA	22:02	7:05
50	4 M20	Matt Yuska, 24, Van Meter, IA	22:03	7:06
51	1 M45	Chris Kannapel, 47, Windsor Hgts, IA	22:14	7:09
9	OpW	Ashley Stuva, 17*, Colfax, IA	22:14	7:09
52	4 M15	Ben Merrick, 16, Truro, IA	22:14	7:09
53	3 M35	Scott Mills, 38, Des Moines, IA	22:15	7:10
10	OpW	Megan Nieland, 16*, Ankeny, IA	22:17	7:10
54	4 M30	William Fenske, 32, Des Moines, IA	22:19	7:11
55	2 M45	Terry Gallagher, 46, Johnston, IA	22:26	7:13
56	4 JrM	Hunter Haws, 14, Ankeny, IA	22:29	7:14
57	5 JrM	Drew Hays, 14, Urbandale, IA	22:32	7:15
58	5 M20	David Taylor, 22, West Des Moines, IA	22:33	7:15
59	6 M20	Michael Kaduce, 22, Urbandale, IA	22:33	7:15
60	5 M15	Anton Stork, 17, Des Moines, IA	22:34	7:16
11	OpW	Dana Kramer, 47*, Urbandale, IA	22:35	7:16
61	3 M25	Noah Johnson, 29, Dubuque, IA	22:39	7:17
62	6 M40	Anthony Braida, 42, Des Moines, IA	22:39	7:17
63	6 JrM	Nathan Schmitt, 12, West Des Moines, IA	22:42	7:18
64	5 M30	Pete Cartwright, 34, West Des Moines, IA	22:43	7:19
65	7 JrM	Daniel Robinson, 14, Ankeny, IA	22:47	7:20
66	4 M35	Ryan Forret, 36, Des Moines, IA	22:50	7:21

67	7 M40	Mark Babcock, 40, Des Moines, IA	22:53	7:22
12	OpW	Olga Beglet, 24*, West Des Moines, IA	22:54	7:22
68	8 M40	Frank Nanne, 43, Clive, IA	22:54	7:22
69	8 JrM	Noah Schmitt, 11, Des Moines, IA	22:56	7:23
70	4 M25	Erik Klobukowski, 25, Ames, IA	22:57	7:23
71	6 M30	James Adams, 30, Waukee, IA	22:58	7:23
72	3 M50	Alan Lenz, 52, Perry, IA	22:59	7:24
73	1 M60	Ed Schooley, 61, Waukee, IA	23:05	7:26
13	OpW	Stephanie Gray, 27*, Ankeny, IA	23:05	7:26
14	OpW	Jennifer Quick, 24*, Kansas City, MO	23:08	7:27
15	OpW	Missy Brush, 40*, Clive, IA	23:09	7:27
16	OpW	Brooke Winton, 29*, Altoona, IA	23:12	7:28
74	6 M15	Tyler Foley, 16, Des Moines, IA	23:14	7:29
75	3 M45	Charlie Neibergall, 45, Urbandale, IA	23:16	7:29
17	OpW	Roxane Kaale, 16*, Indianola, IA	23:17	7:29
76	9 JrM	Colin Martin, 13, Grimes, IA	23:17	7:29
77	7 M15	Thomas Peter, 15, Des Moines, IA	23:19	7:30
78	5 M25	Steven Jacobs, 27, Ankeny, IA	23:19	7:30
18	OpW	Rebecca McIntosh, 45*, Des Moines, IA	23:23	7:32
19	OpW	Bobbi Snodgrass, 47*, Indianola, IA	23:24	7:32
79	4 M45	Jonathan Stewart, 48, Cumming, IA	23:25	7:32
80	7 M30	Grant Hilton, 30, West Des Moines, IA	23:25	7:32
20	OpW	Allison Rhymer, 34*, Des Moines, IA	23:26	7:32

81	9 M40	Lee Current, 42, Pella, IA	23:27	7:33
82	8 M30	Scott Bents, 34, Oskaloosa, IA	23:30	7:34
83	5 M35	Eric Camper, 38, Des Moines, IA	23:31	7:34
84	6 M25	Thang Chau, 27, Windsor Heights, IA	23:33	7:35
21	OpW	Danielle Farrell, 24*, West Des Moines, IA	23:34	7:35
85	7 M20	Dillon Maple, 21, Knoxville, IA	23:35	7:35
22	OpW	Catherine McMullen, 51*, Des Moines, IA	23:36	7:36
23	OpW	Amy Allmandinger, 22*, Cedar Rapids, IA	23:36	7:36
86	8 M20	Nick Jaques, 22, West Des Moines, IA	23:41	7:37
24	OpW	Tara Scroggin, 27*, Lenexa, KS	23:43	7:38
87	9 M30	Steve Zimmer, 34, Westwood, KS	23:43	7:38
88	9 M20	Steve Perkins, 24, Lombard, IL	23:44	7:38
89	7 M25	Theotto Lillard, 26, West Des Moines, IA	23:47	7:39
90	8 M25	John Farver, 26, Des Moines, IA	23:48	7:39
25	OpW	Ellen Middleswart, 44*, Urbandale, IA	23:51	7:40
91	10 M40	Greg Ehm, 42, Johnston, IA	23:55	7:42
26	1 W30	Aryn Flood, 30*, West Des Moines, IA	23:55	7:42
27	1 W25	Jackie Nowack, 26*, Waterloo, IA	23:56	7:42
92	6 M35	Terrence Clark, 38, Des Moines, IA	23:56	7:42
93	No Name - #379		23:57	7:42
94	5 M45	Joseph Robinson, 47, Ankeny, IA	23:59	7:43
28	1 W15	Anna Haywood, 15*, Janesville, IA	24:00	7:43
95	7 M35	John Oneil, 36, Des Moines, IA	24:01	7:44

29	1 W35	Katie Thilges, 35*, Ankeny, IA	24:02	7:44
96	9 M25	Michael Shelley, 29, Des Moines, IA	24:03	7:44
97		Jake Kuypur, Urbandale, IA	24:03	7:44
98	10 M25	Jeff Foster Jr, 28, Des Moines, IA	24:12	7:47
99	10 M20	Brian Reding, 24, West Des Moines, IA	24:13	7:48
100	11 M25	Ben Miller, 27, Des Moines, IA	24:14	7:48
101	4 M50	Ron Niceswanger, 53, Urbandale, IA	24:15	7:48
102	11 M20	Vedid Ceric, 24, Des Moines, IA	24:23	7:51
103	10 JrM	Trevor Schmitt, 14, West Des Moines, IA	24:26	7:52
104		No Name - #393	24:27	7:52
30	1 W20	Alexandra Stork, 21*, Des Moines, IA	24:30	7:53
31	2 W15	Alyssa Edwards, 16*, Ankeny, IA	24:32	7:53
105	8 M15	Eli Devine, 15, Marshalltown, IA	24:32	7:53
106	2 M55	Tom Nemechek, 59, Des Moines, IA	24:35	7:55
107	6 M45	David Heddinger, 49, West Des Moines, IA	24:37	7:55
32	2 W35	Ginger Miller, 39*, Ankeny, IA	24:39	7:56
108	9 M15	Christian White, 18, North Liberty, IA	24:39	7:56
109	12 M25	Adam Christy, 25, Algona, IA	24:41	7:57
110	13 M25	Derick Tallman, 25, West Des Moines, IA	24:41	7:57
111	8 M35	Tom Nance, 39, Chariton, IA	24:44	7:57
112	9 M35	Brian Subbert, 35, Ankeny, IA	24:46	7:58
33	2 W30	Jennifer Thompson, 31*, Huxley, IA	24:47	7:59

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34	3 W15	Dillan Glock, 15*, Ankeny, IA	24:50	8:00
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113	10 M30	Brandon Young, 30, Ankeny, IA	24:53	8:00
114	12 M20	Jason Buseman, 24, Johnston, IA	24:57	8:02
115	5 M50	Chris Samson, 54, Des Moines, IA	24:58	8:02
116	10 M15	Thomas Casady, 17, Indianola, IA	25:01	8:03
117	10 M35	Michael Turck, 38, West Des Moines, IA	25:03	8:04
118	11 M40	Curt Meyer, 42, Fonda, IA	25:03	8:04
119	11 M30	Michael Berg, 34, Urbandale, IA	25:04	8:04
120	11 JrM	John Casady, 14, Indianola, IA	25:06	8:05
35	2 W20	Angela Johnston, 22*, Urbandale, IA	25:08	8:05
36	1 JrW	Hannah Snodgrass, 11*, Indianola, IA	25:08	8:05
121	14 M25	Jesse Hach, 26, Cedar Falls, IA	25:11	8:06
37	1 W40	Catherine Wilson, 41*, Ankeny, IA	25:12	8:07
38	1 W45	Gwen Johnston, 47*, Greenfield, IA	25:13	8:07
39	2 W25	Beth Peterson, 27*, Urbandale, IA	25:14	8:07
122	11 M35	Jeff Simbric, 35, Waukee, IA	25:14	8:07
123	6 M50	Marvin Van Wyk, 50, Pella, IA	25:16	8:08
40	1 W55	Kathy Taylor, 55*, Winterset, IA	25:16	8:08
124	12 JrM	Tyler Bruinekool, 9, West Des Moines, IA	25:17	8:08
125	12 M35	Jason Whitson, 38, West Des Moines, IA	25:18	8:08
126	12 M40	Pat Rogers, 40, West Des Moines, IA	25:19	8:09
127	13 M20	Andrew Schlievert, 23, Des Moines, IA	25:24	8:10
128	7 M45	Charles Avery, 48, West Des Moines, IA	25:25	8:11
41	2 JrW	Elle Grote, 13*, West Des Moines, IA	25:28	8:12

129	3 M55	Bob Grote, 55, West Des Moines, IA	25:28	8:12
130	12 M30	Jesper Andersson, 34, West Des Moines, IA	25:31	8:13
131	13 JrM	Ian Dean, 10, Johnston, IA	25:33	8:13
132	15 M25	Nate Garvey, 29, Des Moines, IA	25:35	8:14
133	13 M35	Jeremy Renger, 38, Johnston, IA	25:37	8:15
42	3 W20	Jovan Hampton, 20*, Ames, IA	25:38	8:15
43	2 W45	Shari Doyle, 47*, West Des Moines, IA	25:42	8:16
44	3 W45	Julie Marks, 45*, Des Moines, IA	25:42	8:16
134	1 M80	John Noll, 99, Clive, IA	25:42	8:16
45	3 W35	Rachelle Bowers, 36*, Altoona, IA	25:43	8:16
135	4 M55	Art Reinertson, 56, Slater, IA	25:43	8:16
46	4 W35	Yvonne Buggy, 36*, Clive, IA	25:44	8:17
47	3 W25	Jenny Schulte, 27*, West Des Moines, IA	25:46	8:17
48	2 W40	Laura Thomas, 44*, West Des Moines, IA	25:47	8:18
136	14 M35	Monte Lust, 38, Newton, IA	25:49	8:18
137	13 M40	Mark Flammang, 44	25:52	8:19
49	1 W50	Betsy Frederes, 52*, Clive, IA	25:55	8:20
50	5 W35	Jane Schmitt, 37*, Des Moines, IA	25:56	8:21
138	13 M30	Eric Martinez, 34, West Des Moines, IA	25:57	8:21
139	2 M60	Greg Kline, 61, Urbandale, IA	26:01	8:22
140	11 M15	Harrison Koenig, 15, Colfax, IA	26:01	8:22
141		Kevin Moreland, West Des Moines, IA	26:02	8:23
142	16 M25	Steve Woock, 25, Pleasant Hill, IA	26:03	8:23

51	4 W15	Kaitlin Severson, 19*, Ankeny, IA	26:07	8:24
52	3 W30	Jennifer Berry, 33*, Windsor Heights, IA	26:08	8:24
143	17 M25	Damian Bell, 29, Pleasant Hill, IA	26:08	8:24
144	18 M25	Brendan Shaw, 25, Waukee, IA	26:15	8:27
53	4 W25	Trisha Grandon, 28*, West Des Moines, IA	26:17	8:27
54	3 JrW	Rachel Kaale, 14*, Indianola, IA	26:18	8:28
55	4 W30	Megan Peterson, 32*, Alta, IA	26:19	8:28
145	14 M40	Matthew Scaparro, 41, Waukee, IA	26:20	8:28
146	14 M30	Chris Bump, 34, Urbandale, IA	26:22	8:29
56	2 W50	Leesa Thorgaard, 53*, Ames, IA	26:22	8:29
57	3 W50	Dana Drape, 50*, Des Moines, IA	26:24	8:30
58	3 W40	Lisa Bruner, 43*, Pleasant Hill, IA	26:24	8:30
59	5 W25	Courtney Behrens, 29*, West Des Moines, IA	26:25	8:30
60	5 W30	Kara Lindsey, 33*, Pleasant Hill, IA	26:25	8:30
147	No Name - #384		26:28	8:31
61	4 W20	Amanda Ohnemus, 24*, Earlham, IA	26:28	8:31
148	15 M35	Troy T Weiland, 38, West Des Moines, IA	26:31	8:32
149	14 JrM	Grant Acoymo, 11, Ankeny, IA	26:33	8:33
62	4 W40	Monica Van Wyk, 40*, Ankeny, IA	26:35	8:33
150	15 M30	Andy Putz, 33, Indianola, IA	26:37	8:34
151	16 M30	Jason Shaw, 32, Kirksville, MO	26:37	8:34
152	3 M60	Buzz Hoffman, 62, West Des Moines, IA	26:39	8:35
63	6 W25	Kristen Turnis, 27*, Urbandale, IA	26:39	8:35

153	17 M30	Jason Rosa, 30, Pleasant Hill, IA	26:40	8:35
64	5 W15	Zoe Ollendick, 17*, Grimes, IA	26:42	8:35
154	4 M60	Jim Meimann, 64, Des Moines, IA	26:44	8:36
155	8 M45	James Arthur, 45, Des Moines, IA	26:45	8:36
156	14 M20	Patrick Conway, 24, Grimes, IA	26:46	8:37
157	15 M40	Tim Smith, 41, Bondurant, IA	26:49	8:38
158	7 M50	Randy Dorrell, 50, Winterset, IA	26:49	8:38
65	5 W20	Amy Hertz, 23*, Altoona, IA	26:50	8:38
159	18 M30	Cory Stika, 32, Perry, IA	26:50	8:38
160	19 M25	Brett Delaney, 26, Ankeny, IA	26:52	8:39
66	4 W50	Debi Bull, 51*, Des Moines, IA	26:53	8:39
67	6 W35	Heidi Ihle, 35*, Huxley, IA	26:53	8:39
161	19 M30	Andy Richardson, 32, Huxley, IA	26:54	8:39
162	15 M20	Jonathan Grider, 21, Johnston, IA	26:56	8:40
68	6 W20	Jessie Grider, 20*, Johnston, IA	26:57	8:40
69	7 W35	Sandra Bruinekool, 37*, West Des Moines, IA		
			27:00	8:41
163	5 M60	Gene Behrens, 61, Des Moines, IA	27:03	8:42
70	5 W50	Sally Jansen, 54*, Cross Plains, WI	27:07	8:43
164	20 M25	Ryan Janke, 29, Prole, IA	27:08	8:44
165	6 M60	Simon Casady, 60, Indianola, IA	27:08	8:44
71	8 W35	Wendy Bryant, 39*, Clive, IA	27:10	8:45
166	1 M70	Alvin Ravenscroft, 76, Ames, IA	27:12	8:45

167	16 M40	Stephen Garcia, 43, Ankeny	27:13	8:46
72	4 W45	Ramona Wright, 48*, Des Moines, IA	27:18	8:47
73	9 W35	Cozy Nelsen, 39*, Guthrie Center, IA	27:19	8:47
74	7 W25	Amelia Wuest, 28*, Des Moines, IA	27:19	8:47
168	20 M30	Jason Zeliadt, 33, Grimes, IA	27:27	8:50
75	6 W30	Veronica Natera, 30*, Des Moines, IA	27:28	8:50
169	21 M30	Jeremy Howe, 32, Ankeny, IA	27:30	8:51
76	6 W15	Mara Ford, 19*, Pella, IA	27:31	8:51
170	12 M15	Conway James, 18, Grimes, IA	27:33	8:52
77	7 W30	Chantel Olsen, 34*, Pleasant Hill, IA	27:34	8:52
78	10 W35	Denise Carleton, 38*, Ankeny, IA	27:36	8:53
79	8 W30	Trista Mefford, 31*, Ankeny, IA	27:36	8:53
80	5 W45	Charisse Folken, 45*, Cedar Falls, IA	27:37	8:53
81	5 W40	Maggie McCay, 40*, Des Moines, IA	27:37	8:53
171	16 M20	Nick Harbert, 23, Ankeny	27:40	8:54
172	22 M30	Kirk Harrison, 33, Des Moines, IA	27:43	8:55
173	15 JrM	Reid Allen, 14, Waukee, IA	27:43	8:55
174	16 M35	Shay Acheson, 35, West Des Moines, IA	27:44	8:55
82	6 W45	Monica Jessen, 47*, West Des Moines, IA	27:44	8:55
175	16 JrM	Xavier McGarrah, 14, Des Moines, IA	27:45	8:56
83	7 W45	Linda Feiden, 48*, West Des Moines, IA	27:47	8:56
84	8 W25	Sara St John, 27*, Des Moines, IA	27:47	8:57
176	17 M35	Erik Tetmeyer, 36, West Des Moines, IA	27:50	8:57

85 11 W35 Kelcy Lofgren, 39*, Ankeny, IA 27:54 8:59

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86 9 W25 Kimberly Gavin, 26*, West Des Moines, IA 27:57 9:00

87 7 W15 Emily Driessen, 15*, Depere, WI 27:57 9:00

88 2 W55 Connie Robinson, 58*, Bondurant, IA 27:58 9:00

177 8 M50 Chris Mitchell, 54, Clear Lake, IA 27:58 9:00

178 7 M60 Daniel Sweeney, 60, Urbandale, IA 27:59 9:00

179 23 M30 Justin Ehm, 31, Cedar Rapids, IA 28:01 9:01

180 21 M25 David Graham, 27, West Des Moines, IA 28:01 9:01

89 4 JrW Madeline Lorentzen, 14*, Des Moines, IA 28:02 9:01

181 24 M30 Mike Stroeh, 31, Kansas City, MO 28:02 9:01

182 1 M65 Michael Goheen, 66, Johnston, IA 28:02 9:01

90 7 W20 Mae Trullinger, 21*, Urbandale, IA 28:06 9:03

91 8 W20 Liz Huebsch, 23*, West Des Moines, IA 28:11 9:04

92 6 W40 Beverly Lohr, 44*, Sioux City, IA 28:11 9:04

183 22 M25 Ben Bramhall, 27, Windsor Heights, IA 28:12 9:04

184 5 M55 Bill Clay, 55, Fort Dodge, IA 28:13 9:05

185 23 M25 Jason Connor, 29, Ankeny, IA 28:18 9:06

93 10 W25 Emily Schrad, 26*, Urbandale, IA 28:18 9:06

94 9 W30 Michelle Davis, 31*, West Des Moines, IA 28:20 9:07

95 5 JrW Emma Davis, 13*, Des Moines, IA 28:21 9:07

186 9 M45 Dan Schmitz, 47, West Des Moines, IA 28:21 9:07

187 18 M35 Greg Thompson, 37, West Des Moines, IA 28:21 9:07

96	9 W20	Nicole McIntosh, 20*, Ames, IA	28:22	9:08
188	9 M50	Doug Richardson, 50, Norwalk, IA	28:24	9:08
97	10 W30	Michelle Sidwell, 31*, West Des Moines, IA	28:24	9:08
98	11 W25	Julie Shaikh, 26*, Johnston, IA	28:25	9:08
99	7 W40	Deborah Dean, 42*, Johnston, IA	28:25	9:09
100	12 W35	Jana Butler, 39*, Waukee, IA	28:27	9:09
189	17 M20	Cory Sharp, 21, Des Moines, IA	28:28	9:10
190	19 M35	Mike Kleve, 38, Prole, IA	28:30	9:10
101	8 W45	Sue Schmitz, 48*, West Des Moines, IA	28:32	9:11
102	13 W35	Stephanie Houge, 38*, Madrid, IA	28:32	9:11
191	10 M50	Dennis Schrodtt, 51, Prole, IA	28:34	9:12
103	3 W55	Mary Mathis, 57*, West Des Moines, IA	28:38	9:13
192	17 M40	Jeff Kuhns, 42, Omaha, NE	28:39	9:13
193	18 M40	Allen Kratz, 40, Des Moines, IA	28:39	9:13
194	24 M25	Corey St John, 29, Des Moines, IA	28:40	9:14
104	14 W35	Tania Mitterer, 39*, Oskaloosa, IA	28:42	9:14
105	9 W45	Tammie Ollendick, 46*, Grimes, IA	28:43	9:14
106	10 W20	Jennifer McCarville, 23*, West Des Moines, IA		
			28:43	9:14
195	10 M45	Lyndon Johnson, 45, Conrad, IA	28:45	9:15
107	6 JrW	Cora Egberman, 12*, Des Moines, IA	28:45	9:15
108	8 W40	Daniela Fassbender, 44*, Urbandale, IA	28:46	9:15
109	11 W20	Jessie Boll, 23*, Ames, IA	28:46	9:15

110	12 W25	Mary Bender, 26*, West Des Moines, IA	28:49	9:16
111	9 W40	Valarie Timm, 41*, Indianola, IA	28:49	9:16
196	19 M40	Jim Allen, 41, Waukee, IA	28:50	9:17
112	11 W30	Heidi Fehr, 32*, Algona, IA	28:51	9:17
197	11 M45	Steve Kipp, 46, Johnston, IA	28:55	9:18
113	15 W35	Amy Meyer, 38*, Fonda, IA	28:55	9:18
198	17 JrM	Parker Scaparro, 12, Waukee, IA	28:58	9:19
114	13 W25	Sara Healy, 25*, Des Moines, IA	28:58	9:19
199	25 M30	Travis Lovett, 30, Des Moines, IA	29:02	9:21
115	16 W35	Gabrielle Carlson, 37*, West Des Moines, IA		
			29:04	9:21
116	12 W30	Melissa Sepanic, 34*, Jamaica, IA	29:05	9:21
117	14 W25	Jenny Springer, 25*, Newton, IA	29:05	9:21
118	17 W35	Jennifer Dugan, 35*, Johnston, IA	29:06	9:22
119	8 W15	Elizabeth Isleb, 19*, Des Moines, IA	29:09	9:23
200	25 M25	Caleb Pike, 27, Des Moines, IA	29:12	9:24
201	26 M25	Matt Ahrens, 26, Windsor Heights, IA	29:12	9:24
202	No Name		29:17	9:25
120	13 W30	Amy Schumann, 32*, Polk City, IA	29:22	9:27
203	20 M35	David Kruse, 39, Altoona, IA	29:23	9:27
204	12 M45	Jeffrey B Niemann, 49, West Des Moines, IA	29:27	9:29
205	2 M70	John Beamer, 70, Des Moines, IA	29:27	9:29
121	14 W30	Beth Augspurger, 30*, Des Moines, IA	29:29	9:29

122	15 W25	Tracy Pearce, 26*, Boone, IA	29:30	9:29
123	12 W20	Ashley Backstrom, 24*, West Des Moines, IA	29:31	9:30
206	2 M65	Ron Sinn, 68, Bondurant, IA	29:34	9:31
124	10 W40	Marie Rainforth, 44*, West Des Moines, IA	29:36	9:32
207	20 M40	Michael Gulick, 41, Pleasant Hill, IA	29:38	9:32
125	10 W45	Ruth Comer, 47*, Chariton, IA	29:40	9:33
126	16 W25	Yoshimi Tensen, 29*, West Des Moines, IA	29:45	9:34
208	8 M60	John Mathis, 63, West Des Moines, IA	29:46	9:35
209	26 M30	Jeffrey Fahrman, 32, Ankeny, IA	29:46	9:35
127	15 W30	Angela Arias Douds, 32*, Des Moines, IA	29:47	9:35
210	11 M50	Randal Cook, 50, Des Moines, IA	29:49	9:35
211	27 M25	David McClure, 27, Urbandale, IA	29:51	9:36
128	17 W25	Melanie Jackson, 25*, West Des Moines, IA	29:51	9:36
212	28 M25	John Habermann, 25, Huxley, IA	29:52	9:37
213	13 M15	Jake Schutte, 17, West Des Moines, IA	29:55	9:38
214	29 M25	Jason Stierman, 28, Urbandale, IA	29:56	9:38
129	18 W25	Katie Toms, 26*, West Des Moines, IA	29:57	9:38
130	11 W40	Kristi Tetmeyer, 41*, West Des Moines, IA	29:59	9:39
131	13 W20	Kaylynn Williams, 23*, Windsor Heights, IA	30:01	9:39
132		Liz Wilson*, Ankeny, IA	30:03	9:40
215	27 M30	Jed Findlay, 33, Des Moines, IA	30:03	9:40
133	16 W30	Cara Findlay, 31*, Des Moines, IA	30:03	9:40
216	18 JrM	Zachary Wheeler, 12, Des Moines, IA	30:04	9:40

217	21 M35	Craig Niehaus, 39, Ankeny, IA	30:06	9:41
134	18 W35	Amy Dona, 35*, Des Moines, IA	30:10	9:42
218	30 M25	Joe Nickell, 27, Oskaloosa, IA	30:11	9:43
135	17 W30	Michelle Hilsabeck, 34*, West Des Moines, IA		
			30:13	9:43
136	19 W35	Janet Lose, 36*, Des Moines, IA	30:14	9:44
219	28 M30	Steve Pope, 32, Des Moines, IA	30:16	9:44
220	22 M35	Eric McGarrah, 37, Des Moines, IA	30:16	9:44
221	19 JrM	Zachary Wheeler, 12, Des Moines, IA	30:18	9:45
137	19 W25	Erin Jansen, 29*, Ankeny, IA	30:21	9:46
138	18 W30	Bonita Bontrager, 30*, Des Moines, IA	30:21	9:46
222	31 M25	Matt Breton, 26, Altoona, IA	30:22	9:46
223	32 M25	Nathan Spangler, 29, West Des Moines, IA	30:22	9:46
224	29 M30	Phil Hundling, 34, Newton, IA	30:23	9:47
139	6 W50	Nancy McCunn, 51*, Massena, IA	30:24	9:47
140	20 W35	Brooke Lovelace, 39*, Newton, IA	30:24	9:47
141	20 W25	Teresa Diltz, 26*, Clive, IA	30:25	9:47
142	19 W30	M J Mills, 32*, Des Moines, IA	30:25	9:47
225	13 M45	Ed Acoymo, 45, Ankeny, IA	30:26	9:48
143	11 W45	Karen Kordick, 46*, Norwalk, IA	30:29	9:49
144	21 W25	Emily Book, 29*, Cedar Falls, IA	30:29	9:49
145	12 W45	Kelly Sharp, 46*, Pleasant Hill, IA	30:29	9:49
226	20 JrM	Cody Rahm, 12, Urbandale, IA	30:31	9:49

146	9 W15	Jackie Schneider, 19*, Des Moines, IA	30:33	9:50
227	14 M45	David Soorholtz, 49, Clive, IA	30:34	9:50
147	22 W25	Nicole Oxenford, 27*, West Des Moines, IA	30:40	9:52
228	3 M65	John Brennan, 68, Berlin, WI	30:44	9:53
148	23 W25	Sarah Bartine, 28*, Urbandale, IA	30:45	9:54
149	21 W35	Melanie Steffen, 36*, Johnston, IA	30:50	9:55
229	33 M25	Nicholas Dressen, 26, Ankeny, IA	30:50	9:55
150	12 W40	Leanne Bartlow, 42*, New Sharon, IA	30:50	9:55
151	13 W40	Teri Ross, 44*, Altoona, IA	30:51	9:56
152	24 W25	Joni Shepherd, 27*, Indianola, IA	30:52	9:56
153	1 W60	Mary Ann Fahrenkrug, 64*, Davenport, IA	30:53	9:56
154	22 W35	Beth Akers, 39*, Ankeny, IA	30:53	9:56
155	13 W45	Betty Bollard, 47*, Pella, IA	30:59	9:58
156	14 W20	Colleen Conway, 23*, Grimes, IA	31:01	9:59
230	18 M20	Daniel Conway, 20, Grimes, IA	31:02	9:59

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231	23 M35	Cary Douglas, 39, Ankeny, IA	31:04	10:00
157	23 W35	Laura Love, 39*, Johnston, IA	31:06	10:00
158	20 W30	Kara Bryte, 34*, Farley, IA	31:08	10:01
159	4 W55	Linda Healy, 55*, Des Moines, IA	31:09	10:01
160	15 W20	Carly Lonergan, 24*, Ames, IA	31:12	10:02
161	14 W40	Dawn Schulte, 42*, Burlington, IA	31:14	10:03
232	19 M20	Jesse Truax, 24, Ankeny, IA	31:18	10:04
162	21 W30	Shannon Heller, 33*, Ankeny, IA	31:20	10:05

233	9 M60	Dan Looker, 62, Des Moines, IA	31:21	10:05
163	15 W40	Jennifer Peterson, 43*, Ankeny, IA	31:21	10:05
234	30 M30	Brock Anderson, 32, Waukee, IA	31:25	10:06
235	31 M30	Curtis Collicott, 33, Urbandale, IA	31:25	10:07
236	21 M40	Thomas Hill, 41, Platteville, WI	31:27	10:07
237	34 M25	Abby Reynolds, 26, West Des Moines, IA	31:29	10:08
164	22 W30	Angie Young, 33*, Winterset, IA	31:29	10:08
165	14 W45	Nancie Dorrell, 49*, Winterset, IA	31:32	10:09
238	35 M25	Dustin Hutcheson, 29, West Des Moines, IA	31:35	10:10
166	25 W25	Anna Miller, 27*, Chicago, IL	31:39	10:11
167	26 W25	Nina Johnston, 26*, Des Moines, IA	31:39	10:11
168	27 W25	Rachel Lorenzen, 25*, West Des Moines, IA	31:42	10:12
169	23 W30	Teresa Mohwinkle, 34*, Sioux City, IA	31:49	10:14
170	16 W40	Shelly Albus, 44*, West Des Moines, IA	31:52	10:15
171	28 W25	Angela Servais, 25*, West Des Moines, IA	31:54	10:16
172	7 W50	Diane Spiering, 51*, Des Moines, IA	31:54	10:16
173	8 W50	Judy Stabel, 51*, Ames, IA	32:00	10:18
174	1 W70	Marge Nielsen, 74*, Spencer, IA	32:02	10:19
175	29 W25	Lisa Sieren, 27*, West Des Moines, IA	32:05	10:19
176	9 W50	Linda Ennen, 53*, Clive, IA	32:05	10:19
239	24 M35	Todd Voss, 39, Johnston, IA	32:06	10:20
240	10 M60	Berto Arias, 61, Des Moines, IA	32:07	10:20
241	25 M35	Christopher Greve, 35, Des Moines, IA	32:08	10:20

177	7 JrW	Stefanie Jensen, 13*, Ankeny, IA	32:10	10:21
178	24 W30	Pam Remsburg, 30*, Melbourne, IA	32:11	10:21
179	16 W20	Laura Rasmussen, 22*, Des Moines, IA	32:12	10:22
180	30 W25	Brigitte Arnold, 28*, Ankeny, IA	32:15	10:23
181	24 W35	Debbie Dierenfeld, 39*, West Des Moines, IA		
			32:16	10:23
182	25 W35	Jenny Millard, 35*, Des Moines, IA	32:19	10:24
183	25 W30	Loreesa Curry, 32*, Hartford, IA	32:20	10:24
184	26 W35	Holly Showalter, 39*, Waukee, IA	32:22	10:25
242	15 M45	Doug Wright, 45, Ankeny, IA	32:23	10:25
185	31 W25	Miriam Van Heukelem, 27*, West Des Moines, IA		
			32:28	10:27
186	32 W25	Ashley Prine, 26*, Des Moines, IA	32:29	10:27
187	33 W25	Emily Gibson, 27*, Des Moines, IA	32:29	10:27
188	5 W55	Louise A Lorenzen, 59*, Clinton, IA	32:30	10:27
243	32 M30	Sophin Sarin, 30, Des Moines, IA	32:32	10:28
189	27 W35	Kerry Croskey, 37*, Ankeny, IA	32:34	10:29
190	28 W35	Brooke Gritzner, 36*, Waverly, IA	32:35	10:29
191	29 W35	Nova Janssen, 35*, Norwalk, IA	32:36	10:29
192	15 W45	Jessica Hill, 47*, Platteville, WI	32:37	10:30
193	34 W25	Crystal Nord, 25*, Des Moines, IA	32:38	10:30
194	8 JrW	Jennifer Jessen, 14*, West Des Moines, IA	32:40	10:31
244	11 M60	Robert Larson, 60, Johnston, IA	32:41	10:31

195	17 W20	Molly Hircock, 23*, West Des Moines, IA	32:41	10:31
245	22 M40	Joseph Barry, 41, Urbandale, IA	32:44	10:32
196	30 W35	Tara Barry, 37*, Urbandale, IA	32:45	10:32
246	26 M35	Craig Snyder, 38, Johnston, IA	32:48	10:33
247	16 M45	Alex Van Wyk, 47, Altoona, IA	32:49	10:33
197	10 W15	Meredith Stabel, 16*, Ames, IA	32:49	10:34
198	18 W20	Susan Gilmer, 22*, Des Moines, IA	32:58	10:36
199	35 W25	Leah Bruxvoort, 27*, New Sharon, IA	33:00	10:37
200	36 W25	Tess Delong, 25*, Des Moines, IA	33:01	10:37
201	26 W30	Jessica Bromley, 33*, Windsor Heights, IA	33:01	10:38
202	10 W50	Cindy Stinde, 51*, Polk City, IA	33:05	10:39
203	37 W25	Lisa Huffey, 28*, Pleasant Hill, IA	33:07	10:39
204	9 JrW	Alena Peterson, 13*, Ankeny, IA	33:10	10:40
205	6 W55	Wahneta Haywood, 59*, Janesville, IA	33:17	10:43
206	31 W35	Kerry Canady, 38*, Bellevue, NE	33:18	10:43
248	12 M60	Bill Haywood, 60, Janesville, IA	33:18	10:43
207	38 W25	Jennifer Thayer, 26*, West Des Moines, IA	33:21	10:44
249	33 M30	Wade Streeper, 33, Norwalk, IA	33:26	10:45
250	17 M45	Greg Spenner, 45, Waukee, IA	33:26	10:46
208	32 W35	Deb Spenner, 38*, Waukee, IA	33:26	10:46
209	10 JrW	Molly Bruner, 13*, Pleasant Hill, IA	33:28	10:46
251	23 M40	Greg Grandgeorge, 44, Polk City, IA	33:28	10:46
210	19 W20	Meaghan Kay, 22*, Pleasant Hill, IA	33:28	10:46

211	11 JrW	Ana Grandgeorge, 8*, Polk City, IA	33:28	10:46
212	20 W20	Amy Wrenn, 23*, Ames, IA	33:29	10:46
213	33 W35	Gail Arnold, 37*, West Des Moines, IA	33:29	10:46
214	27 W30	Keri Crowley, 33*, Indianola, IA	33:31	10:47
252	34 M30	Greg Tew, 30, Des Moines, IA	33:32	10:47
215	17 W40	Angelina Thomas, 40*, Ames, IA	33:32	10:47
216	39 W25	Erin Case, 29*, Kirksville, MO	33:32	10:48
253	12 M50	Matthew Berg, 51, Coralville, IA	33:35	10:48
217	16 W45	Alisa Schneider, 49*, Altoona, IA	33:41	10:50
218	11 W50	Barb Mitchell, 54*, West Des Moines, IA	33:42	10:51
219	28 W30	Erica Davis, 33*, Norwalk, IA	33:43	10:51
220	11 W15	Caroline Freese, 15*, Indianola, IA	33:43	10:51
221	12 W15	Emma Thorgaard, 16*, Ames, IA	33:43	10:51
222	12 W50	Barb Mitchell, 54*, West Des Moines, IA	33:45	10:52
223	29 W30	Jenny Atzen, 34*, Huxley, IA	33:47	10:52
224	30 W30	Jennie Wilson, 32*, Perry, IA	33:48	10:53
225	31 W30	Melisa Haes, 33*, Altoona, IA	33:49	10:53
254	24 M40	Brian Mathis, 40, West Des Moines, IA	33:50	10:53
226	40 W25	Rachel Arvidson, 29*, Urbandale, IA	33:57	10:55
227	18 W40	Sherry Triplett, 44*, Ankeny, IA	34:01	10:57
255	36 M25	Jon Heim, 29, Des Moines, IA	34:03	10:58
228	13 W15	Emily Hanson, 19*, Des Moines, IA	34:04	10:58
229	21 W20	Jacque Seidl, 23*, Adel, IA	34:06	10:58

230	34 W35	Charise Mudge, 39*, Des Moines, IA	34:06	10:58
231	19 W40	Kelly Portz, 40*, Clive, IA	34:07	10:59
232	22 W20	Jen Lose, 23*, Des Moines, IA	34:07	10:59
233	23 W20	Karen Kolbet, 21*, Des Moines, IA	34:09	10:59

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256	35 M30	Brian Jones, 33, Waukee, IA	34:11	11:00
234	41 W25	Becky Bonefas, 29*, Urbandale, IA	34:11	11:00
235	24 W20	Laura Palen, 21*, Des Moines, IA	34:15	11:01
236	20 W40	Ann Reinhart, 40*, Des Moines, IA	34:17	11:02
237	35 W35	Patty Scallan, 36*, West Des Moines, IA	34:20	11:03
257	No Name		34:23	11:04
238	32 W30	Krista Mattson, 30*, Des Moines, ID	34:27	11:05
258	25 M40	Chris James, 43, West Des Moines, IA	34:32	11:07
239	21 W40	Kim Ling, 42*, Ankeny, IA	34:40	11:09
240	42 W25	Kristi Peddycoart, 27*, Grimes, IA	34:40	11:09
241	17 W45	Joy Mitchell, 47*, Ankeny, IA	34:40	11:09
242	43 W25	Michelle Zeliadt, 29*, Grimes, IA	34:43	11:10
243	33 W30	Barbara-Jean Schleicher, 32*, Johnston, IA	34:44	11:11
244	18 W45	Kristi Archer, 47*, Bloomfield, IA	34:46	11:11
245	44 W25	Margaret Haywood, 25*, Denver, CO	34:48	11:12
246	34 W30	Liz Haywood, 32*, Winona, MN	34:48	11:12
259	37 M25	Thomas P Smith, 26, Lansing, KS	34:49	11:12
260	26 M40	John Bush, 41, Des Moines, IA	34:53	11:13

247	22 W40	Tammy Zanon, 42*, Indianola, IA	34:55	11:14
261	18 M45	Joe Zanon, 48, Indianola, IA	34:55	11:14
248	35 W30	Jill Clark, 31*, Marshalltown, IA	34:58	11:15
249	36 W30	Heidi Ernst, 33*, Olathe, KS	34:59	11:15
250	12 JrW	Olivia Mann, 13*, Des Moines, IA	35:01	11:16
251	13 W50	Marcia Bergren, 52*, Clive, IA	35:03	11:17
252	23 W40	Annette Allender, 44*, Ankeny, IA	35:06	11:18
253	36 W35	Terri Feldman, 38*, Indianola, IA	35:07	11:18
254	37 W30	Lala Todorovic, 30*, Ankeny, IA	35:22	11:23
255	14 W15	Tiffany Roberts, 17*, Victor, IA	35:24	11:23
256	37 W35	Tracy Nicholson, 38*, Ames, IA	35:30	11:26
257	24 W40	Pam Wanninger, 41*, Ankeny, IA	35:31	11:26
258	14 W50	Teresa Thornton, 51*, Des Moines, IA	35:34	11:27
259	19 W45	Laura Wilkens, 46*, Des Moines, IA	35:37	11:28
262	38 M25	James Eggers, 28, Kansas City, MO	35:48	11:31
260	25 W20	Katie Cronin, 21*, Urbandale, IA	35:49	11:32
261	20 W45	Sherry Cummings, 47*, Pleasantville, IA	35:51	11:32
262	45 W25	Katherine Maldonado, 27*, Des Moines, IA	35:53	11:33
263	27 M35	Bob Carlson, 36, West Des Moines, IA	36:02	11:36
263	38 W30	Jennifer Sangston, 30*, Des Moines, IA	36:06	11:37
264	46 W25	Robin Sullivan, 26*, Victor, IA	36:09	11:38
265	38 W35	Janet Carrigan, 37*, Urbandale, IA	36:11	11:39
266	13 JrW	Kaitlynn Rinkert, 14*, Prole, IA	36:22	11:42

267	47 W25	Elle Gilmer, 25*, Des Moines, IA	36:22	11:42
264	36 M30	Kyle Collins, 34, Clive	36:24	11:43
265	20 M20	Ted Schreur, 22, Des Moines, IA	36:26	11:43
268	39 W35	Julie Glick, 35*, Des Moines, IA	36:27	11:44
269	14 JrW	Reid Lefler, 14*, Des Moines, IA	36:28	11:44
270	48 W25	Kim Barney, 29*, Dallas Center, IA	36:31	11:45
271	15 W50	Roxie Page, 53*, Pleasant Hill, IA	36:37	11:47
266	21 M20	Andrew Berg, 22, Coralville, IA	36:40	11:48
267	3 M70	Chuck Grassley, 76, Cedar Falls, IA	36:46	11:50
272	39 W30	Jenni Gardner, 33*, Ankeny, IA	36:49	11:51
273	40 W30	Stephanie Kilkenny, 33*, Pleasant Hill, IA	36:51	11:51
274	49 W25	Heather Foley, 27*, Des Moines, IA	36:54	11:53
268	27 M40	Kenneth Harkin, 43, Urbandale, IA	36:58	11:54
275	40 W35	Lori Mathis, 35*, West Des Moines, IA	36:59	11:54
276	41 W30	Chasity Klink, 33*, Ankeny, IA	37:01	11:55
277		Loran Hisington*, Des Moines, IA	37:02	11:55
278	15 W15	Dayna Jansen, 18*, Urbandale, IA	37:03	11:55
279		Erin Ungnelker*, Des Moines, IA	37:03	11:55
280	42 W30	Sarah Murphy, 31*, Ankeny, IA	37:05	11:56
281	50 W25	Krista Heenan, 28*, Pleasant Hill, IA	37:09	11:57
282	26 W20	Joanna Linberg, 24*, West Des Moines, IA	37:12	11:58
283	27 W20	Jillisa Smith, 22*, Des Moines, IA	37:12	11:58

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284	43 W30	Renee Graves, 31*, Adel, IA	37:21	12:01
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269	28 M40	Rowdy Van Cleave, 41, Pleasant Hill, IA	37:32	12:04
285	28 W20	Krystal Rozeboom, 21*, Pella, IA	37:48	12:10
286	25 W40	Maryann Sinkler, 42*, Clive, IA	37:51	12:11
270	13 M50	Bruce Benson, 52, Cumming, IA	37:52	12:11
287	29 W20	Iriana Arias, 24*, Des Moines, IA	37:52	12:11
271	19 M45	Steven Sinkler, 48, Clive, IA	37:52	12:11
288	30 W20	Tiffany Nickell, 23*, Oskaloosa, IA	38:02	12:14
289	41 W35	Wendi Pitsenbarger, 39*, Adel, IA	38:04	12:15
290	51 W25	Tanya Fontana, 28*, Granger, IA	38:07	12:16
291	21 W45	Deborah Huber, 45*, Huxley, IA	38:08	12:16
292	26 W40	Kay Word, 43*, Huxley, IA	38:08	12:16
293	44 W30	Roxanne Riesberg, 32*, Grimes, IA	38:10	12:17
294	45 W30	Rebecca Streeper, 32*, Norwalk, IA	38:13	12:18
295	52 W25	Julie Leigh, 27*, Ankeny, IA	38:15	12:18
296	42 W35	Karla Dillehay, 36*, Fort Dodge, IA	38:20	12:20
297	53 W25	Julie Ferneau, 27*, Des Moines, IA	38:25	12:22
298	22 W45	Regina Bendon, 48*, Indianola, IA	38:32	12:24
272	29 M40	Robert Klinkner, 42, West Des Moines, IA	38:46	12:28
299	16 W50	Deb Newman, 53*, Indianola, IA	38:48	12:29
300	43 W35	Jennifer Kavanaugh, 38*, Des Moines, IA	38:53	12:31
273	30 M40	Craig Moore, 43, Des Moines, IA	38:55	12:31
274	37 M30	Chad Rouh, 33, Bondurant, IA	38:56	12:32
301	31 W20	Heidi Gibson, 22*, Urbandale, IA	38:56	12:32

302	44 W35	Jonna Williams-Bey, 39*, Johnston, IA	39:03	12:34
303	27 W40	Amanda Fales-Williams, 41*, Ames, IA	39:04	12:34
304	45 W35	Susan3075 Adams, 39*, Ankeny, IA	39:06	12:35
305	46 W30	Kelly Dittmann, 31*, Urbandale, IA	39:10	12:36
275	38 M30	Hai Vo, 30, Clive, IA	39:10	12:36
276		No Name	39:11	12:36
306	47 W30	Susan Galloway, 30*, Cedar Falls, IA	39:17	12:39
277	20 M45	Steve Cox, 48, Clear Lake, IA	39:20	12:40
307	2 W60	Rose Sullivan, 60*, Victor, IA	39:29	12:42
308		Julie Miller*, Pleasant Hill, IA	39:30	12:43
309	17 W50	Connie Wright, 54*, Ira, IA	39:31	12:43
278	39 M30	Chris Septer, 31, Des Moines, IA	39:31	12:43
310	54 W25	Amanda Moser, 25*, Des Moines, IA	39:31	12:43
311	28 W40	Rebecca Ingham, 40*, Urbandale, IA	39:32	12:43
312	46 W35	Billie Trumper, 39*, Des Moines, IA	39:32	12:43
313	29 W40	Melinda Allen, 40*, Waukee, IA	39:37	12:45
314	23 W45	Mary Herrington, 46*, Des Moines, IA	39:45	12:48
315	55 W25	Kim Roose, 28*, Pella, IA	39:48	12:48
279	31 M40	Michael Jones, 41, New London, IA	39:49	12:49
316	47 W35	Tammy Bogenrief, 39*, Ankeny, IA	39:49	12:49
317	48 W35	Katie Belding, 39*, Ankeny, IA	39:52	12:50
280	39 M25	Garry Waldon, 28, Des Moines, IA	39:54	12:50
318	49 W35	Martha Lebron-Dykeman, 37*, Waukee, IA	39:58	12:52

281	13 M60	Robert Pratt, 62, Des Moines, IA	40:00	12:52
319	48 W30	Amy Glaser, 33*, River Falls, WI	40:05	12:54
282	14 M15	Riley Bartels, 17, Altoona, IA	40:13	12:56
320	30 W40	Jodi Current, 41*, Pella, IA	40:15	12:57
321	16 W15	Ashley Cook, 16*, Fort Dodge, IA	40:21	12:59

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322	49 W30	Lori Michalek, 32*, Polk City, IA	40:26	13:01
323	50 W30	Stacy Cornwell, 33*, Des Moines, IA	40:36	13:04
324	56 W25	Melissa Chingway, 28*, West Des Moines, IA	40:48	13:08
283	40 M30	Todd Chingway, 32, West Des Moines, IA	40:48	13:08
325	15 JrW	Kaylee Wurth, 9*, Urbandale, IA	40:51	13:09
326	16 JrW	Jasmine Rumley, 8*, Des Moines, IA	41:00	13:12
284	41 M30	Christina Anderson, 33, Waukee, IA	41:04	13:13
327	50 W35	Amy Campero, 37*, Ankeny, IA	41:10	13:15
328	51 W30	Gail Bauer, 33*, Ames, IA	41:18	13:17
329	51 W35	Cory Pearce, 35*, Hazel Green, WI	41:18	13:18
330	32 W20	Tiffany McCarty, 23*, Ankeny, IA	41:20	13:18
285	15 M15	Austin Renes, 16, Rock Valley, IA	41:22	13:19
331	57 W25	Jamie Osmundson, 26*, Ames, IA	41:24	13:19
332	18 W50	Pam Huguen, 54*, West Des Moines, IA	41:25	13:20
333	52 W35	Melissa Snell, 37*, Osceola, IA	41:26	13:20
334	33 W20	Jamie Jensen, 24*, Weldon, IA	41:27	13:20
335	19 W50	Laurie Rose, 51*, Coal Valley, IL	41:33	13:22

286	21 JrM	Joshua Ingham, 11, Urbandale, IA	41:40	13:24
336	17 W15	Katie Melloh, 18*, West Des Moines, IA	41:48	13:27
337	53 W35	Angela Johnson, 39*, West Des Moines, IA	41:48	13:27
338	52 W30	Tena Romdall, 33*, Waukee, IA	41:51	13:28
339	17 JrW	Rhonda Ferguson, 14*, Indianola, IA	41:55	13:29
340	2 W70	Donita Petersen, 73*, Indianola, IA	41:58	13:30
287	22 JrM	Logan Renes, 14, Rock Valley, IA	42:00	13:31
341	58 W25	Donna Eoriatti, 27*, Polk City, IA	42:00	13:31
342	31 W40	Julie Miller, 41*, Runnells, IA	42:13	13:35
343	54 W35	Laura Meeker, 37*, Runnells, IA	42:13	13:35
344	20 W50	Kay Stubblefield, 50*, Des Moines, IA	42:17	13:36
345	53 W30	Raquel Stout, 34*, Davenport, IA	42:21	13:38
346	54 W30	Jennifer Fine-Pederson, 34*, Johnston, IA	42:24	13:39
347	21 W50	Linda Severino, 50*, Des Moines, IA	42:28	13:40
348	18 W15	Hailey Severson, 16*, Fort Dodge, IA	42:37	13:43
288	22 M20	Jared Ramsay, 20, Cambridge, IA	43:00	13:50
349	59 W25	Jackie Andreassen, 25*, Evansdale, IA	43:04	13:52
350	60 W25	Danielle Ramsay, 26*, Slater, IA	43:05	13:52
289	40 M25	Benjamin Ramsay, 28, Slater, IA	43:05	13:52
290	14 M60	Len Anderson, 63, Urbandale, IA	43:08	13:53
351	32 W40	Christine Wilson, 42*, Des Moines, IA	43:10	13:53
352	61 W25	Lindsa Snyder, 29*, Des Moines, IA	43:12	13:54
353	33 W40	Jeanine Buntenbach, 40*, Norwalk, IA	43:16	13:55

354	62 W25	Amy Olson, 29*, Norwalk, IA	43:24	13:58
355	24 W45	Joleen Stephenson, 48*, Des Moines, IA	43:27	13:59
356	55 W35	Leslie Debrower, 39*, Pleasant Hill, IA	43:27	13:59

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357	7 W55	Nancy Small, 57*	43:41	14:03
358	22 W50	Marcia McIlrath, 54*, Adel, IA	43:43	14:04
359	63 W25	Randi Hagen, 29*, Fort Dodge, IA	43:44	14:04
360	23 W50	Ann Wright, 50*, Ankeny, IA	43:48	14:06
291	14 M50	Bernie Veenstra, 50, Pella, IA	43:51	14:07
361	25 W45	Rosa Veenstra, 48*, Pella, IA	43:51	14:07
362	55 W30	Kerry Feuling, 31*, Des Moines, IA	43:55	14:08
363	64 W25	Jessica Smith, 25*, Ankeny, IA	44:05	14:11
364	26 W45	Mary James, 48*, Des Moines, IA	44:12	14:13
365	34 W20	Jessica James, 20*, Des Moines, IA	44:12	14:13
366	65 W25	Meghan Brown, 28*, Burlington, IA	44:41	14:23
367	3 W60	Terry Thorpe, 62*, Pleasant Hill, IA	44:45	14:24
368	66 W25	Angie Eoriatti, 27*, Polk City, IA	44:47	14:25
292	23 JrM	Alex Bruinekool, 11, West Des Moines, IA	44:49	14:25
369	56 W30	Amy Gaines, 34*, Des Moines, IA	45:08	14:32
370	56 W35	Katie Cook, 35*, Johnston, IA	45:15	14:34
371	57 W30	Erin Croll, 32*, Des Moines, IA	45:24	14:36
372	18 JrW	Cece Cook, 10*, Johnston, IA	45:25	14:37
373	24 W50	Mary Knapp, 53*, Des Moines, IA	45:30	14:39
374	1 W65	Ruth Sullivan, 65*, Omaha, NE	45:34	14:40

375	67 W25	Jill Burt, 26*, Des Moines, IA	45:37	14:41
376	25 W50	Catherine Noble, 50*, State Center, IA	45:46	14:44
377	57 W35	Angie Schultz, 37*, State Center, IA	45:46	14:44
378	27 W45	Gail Pope, 45*, Indianola, IA	45:58	14:47
379	34 W40	Felicitas Avendano, 40*, Ames, IA	46:00	14:48
380	4 W60	Sandra Dodson, 62*, West Des Moines, IA	46:06	14:50

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381	35 W40	Amy Perry, 41*, Des Moines, IA	46:43	15:02
382	58 W30	Summer Marlin, 32*, Des Moines, IA	46:52	15:05
383	59 W30	Amber Paige, 31*, Hubbard, IA	47:00	15:08
384	60 W30	Megan Franck, 32*, Des Moines, IA	47:10	15:11
385	28 W45	Lisa Crawford, 47*, Adel, IA	47:12	15:11
293	28 M35	Ritchie Hall, 37, Des Moines, IA	47:28	15:17
386	19 JrW	Alexa Soda, 7*, Waukee, IA	47:29	15:17
387	58 W35	Krista Soda, 38*, Waukee, IA	47:29	15:17
388	36 W40	Gina Link, 40*, Ankeny, IA	47:32	15:18
294	15 M50	Klay Kane, 50, Des Moines, IA	47:45	15:22
389	19 W15	Lindsey Shanks, 16*, Ames, IA	47:46	15:22
390	59 W35	Mikki Oetting, 37*, Urbandale, IA	48:05	15:28
391	29 W45	Traci Mienke, 46*, Des Moines, IA	48:30	15:36
392	60 W35	Brenda White, 37*, Waukee, IA	48:44	15:41
393	8 W55	Toni Johnston, 56*, Des Moines, IA	49:20	15:53
394	2 W65	Eloise Gardner, 66*, Des Moines, IA	49:22	15:53

395	61 W35	Heather Lilienthal, 35*, Ankeny, IA	49:29	15:55
396	61 W30	Brandi Latterell, 34*, Ames, IA	49:32	15:56
397	20 JrW	Brooke Lilienthal, 11*, Ankeny, IA	49:40	15:59
398	26 W50	Linda Mosqueda-Blair, 53*, Pleasant Hill, IA		

49:41 15:59

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399	37 W40	Melody Gibson, 40*, West Des Moines, IA	50:02	16:06
400	27 W50	Deborah Davidson, 54*, Walton, NE	50:14	16:10
401	21 JrW	Kim Ferguson, 14*, Indianola, IA	50:21	16:12
402	28 W50	Julie Bunch, 50*, Indianola, IA	50:38	16:18
403	68 W25	Kelli Christian, 27*, Waukee, IA	51:35	16:36
404	29 W50	Diane Behm, 50*, Des Moines, IA	51:35	16:36
405	5 W60	Christine Carroll, 60*, Urbandale, IA	51:38	16:37
406	38 W40	Laura Menke, 40*, Hillsboro, IA	51:45	16:39
407	69 W25	Stephanie Pesce, 26*, Des Moines, IA	51:58	16:43
408	62 W30	Val Gregori, 31*, Roland, IA	52:19	16:50

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409	3 W65	Sharon L Powell, 69*, Urbandale, IA	52:57	17:02
410	35 W20	Megan Gullickson, 22*, Megan, IA	53:30	17:13
411	4 W65	Carol Brennan, 65*, Berlin, WI	53:32	17:14
412	63 W30	Annie Stoessel, 31*, Des Moines, IA	54:06	17:24
295	32 M40	Jeffery Robinson, 44, Ankeny, IA	54:53	17:40
413	22 JrW	Tori Behm, 14*, Des Moines, IA	55:11	17:46
414	70 W25	Sherry Rizzuto, 25*, Waterloo, IA	55:11	17:46

415	30	W50	Carolyn Krafka, 52*, Des Moines, IA	55:16	17:47
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416	9	W55	Mary Maxwell, 56*, Maxwell, IA	56:35	18:13
417	10	W55	Jackie Procknow, 59*, Des Moines, IA	57:26	18:29
418	39	W40	Mary Kennedy, 42*, Norwalk, IA	57:52	18:37
419	30	W45	Rebecca Campbell, 47*, Grimes, IA	58:03	18:41
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420	71	W25	Jessie Nesseim, 25*, Tea, SD	1:00:13	19:23
421	40	W40	Amber Pedersen, 40*, Altoona, IA	1:00:22	19:26
422	41	W40	McKenzie Griswold, 40*, Altoona, IA	1:00:22	19:26
423	23	JrW	Keenan Portz, 14*, Clive, IA	1:00:44	19:33
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					
424	31	W45	Martha Brightman-Gasca, 45*, Des Moines, IA	1:02:21	20:04
425	62	W35	Chrissy Snyder, 35*, Quasqueton, IA	1:03:34	20:27
426	31	W50	Victoria Roberts, 54*, Victor, IA	1:04:35	20:47
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					
427	42	W40	Susan J. Moore, 42*, Des Moines, IA	1:06:44	21:29
296	16	M50	Steve Falck, 51, Des Moines, IA	1:06:51	21:31
428	64	W30	Rachel Jones, 32*, W. Des Moines, IA	1:07:43	21:47
297	17	M50	Debra Rees, 51, Waukee, IA	1:08:09	21:56
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					
298	18	M50	Daniel Hoy, 52, Clive, IA	1:08:31	22:03

429	63 W35	Deidra Brown, 35*, West Des Moines, IA	1:08:39	22:06
430	11 W55	Judy Covey, 58*, Ames, IA	1:09:58	22:31
431	12 W55	Elizabeth Walag, 57*, Des Moines, IA	1:10:27	22:40
432	72 W25	Cindy McGuire, 29*, Des Moines, IA	1:10:28	22:41
433	64 W35	Melinda Wilt, 38*, West Des Moines, IA	1:10:39	22:44

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434	73 W25	Abby McClure, 25*, Urbandale, IA	1:13:10	23:33
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435	65 W35	Heidi Ridnour, 38*, Grimes, IA	1:14:56	24:07
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299	24 JrM	Josh Schmitz, 13, Urbandale, IA	1:21:19	26:10
300	25 JrM	Justin Schmitz, 10, Urbandale, IA	1:21:19	26:10
436	32 W50	Roxanne Ruden, 53*, Des Moines, IA	1:21:54	26:21

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437	13 W55	Nancy Shell, 56*, Muscatine, IA	1:29:42	28:52
301	19 M50	Mike Fischer, 52, Madrid, IA	1:30:03	28:59

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302	29 M35	Ryan Manuszak, 39, Urbandale, IA	1:30:48	29:13
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* indicates females

58 finishers among Males (no age given)

25 finishers among Men Under 15

15 finishers among Men 15 - 19

22 finishers among Men 20 - 24

40 finishers among Men 25 - 29

41 finishers among Men 30 - 34
29 finishers among Men 35 - 39
32 finishers among Men 40 - 44
20 finishers among Men 45 - 49
19 finishers among Men 50 - 54
5 finishers among Men 55 - 59
14 finishers among Men 60 - 64
3 finishers among Men 65 - 69
3 finishers among Men 70 - 79
1 finishers among Men 80 & Up
23 finishers among Women Under 15
19 finishers among Women 15 - 19
35 finishers among Women 20 - 24
73 finishers among Women 25 - 29
64 finishers among Women 30 - 34
65 finishers among Women 35 - 39
42 finishers among Women 40 - 44
31 finishers among Women 45 - 49
32 finishers among Women 50 - 54
13 finishers among Women 55 - 59
5 finishers among Women 60 - 64
4 finishers among Women 65 - 69
2 finishers among Women 70 - 79

4 finishers among Females (no age given)

327 male finishers

412 female finishers

739 total finishers

(Timed participants only, 25,000 plus registered)

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