

31st Iowa City Road Races 10km (6.214 miles)**Iowa City, IA****Oct. 7, 2007****HOT & Humid****Results by Cal Murdock**[1/2 Mara.Overall](#)[10K Overall](#)[5K Overall](#)[1 Mile Overall](#)[1/2 Mara Age](#)[10K Age](#)[5K Age](#)[1/2 Mile Overall](#)

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 PLACE	FINISHER	TIME	PACE
1		Matt Esche, 24, N Liberty, IA	31:46	5:07
2	1 M20	Ben Lloyd, 24, Iowa City, IA	33:54	5:27
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				
3	1 M45	Greg Skopec, 45, Coralville, IA	37:40	6:04
4	2 M20	Ryan Ahlers, 24, Iowa City, IA	38:36	6:13
5	1 M25	Craig Goldsmith, 25, Cedar Rapids, IA	40:29	6:31
6	2 M45	Timothy Squiers, 46, Belle Plaine, IA	40:55	6:35
7	1 M40	Todd Hubbard, 41, Iowa City, IA	40:57	6:35
8	1 M17	Michael Pendergast, 18, Iowa City, IA	42:27	6:50
9	1 M50	Dallas Robertson, 51, Iowa City, IA	42:30	6:50
10	1 M30	John Burkle, 33, Iowa City, IA	42:43	6:52
1		Sheryl Miller, 44*, Coralville, IA	42:47	6:53
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				
11	2 M40	Thomas Arndt, 44, Iowa City, IA	44:15	7:07
12	2 M50	Keith Marshall, 50, Iowa City, IA	44:17	7:08
13	1 M35	Brian Mildenstein, 36, Iowa City, IA	44:18	7:08
14	2 M30	Ronen Modolo, 31, Iowa City, IA	44:20	7:08
2	1 W35	Raelynn Lamparek, 36*, Swisher, IA	44:23	7:08
15	3 M30	Rob Williams, 32, Iowa City, IA	44:28	7:09
16	2 M25	Jim Kasparek, 28, Iowa City, IA	45:04	7:15
17	2 M35	Matt Miller, 36, Iowa City, IA	45:53	7:23
18	4 M30	Jeremy Youde, 30, Iowa City, IA	46:00	7:24
3	1 W50	Muriel Naumann, 52*, Iowa City, IA	46:21	7:27
19	5 M30	Andy Ashby, 31, Coralville, IA	46:30	7:29
20	3 M50	Marty Maiers, 50, Iowa City, IA	46:32	7:29
21	1 JrM	Michael Gloer, 12, Iowa City, IA	46:53	7:33
22	3 M45	Andrew Russo, 49, Iowa City, IA	47:03	7:34
23	3 M25	Isaiah Hankel, 26, Iowa City, IA	47:28	7:38
24	6 M30	Todd Means, 32, Iowa City, IA	47:41	7:40
4	2 W35	Joy Tinnes, 39*, Iowa City, IA	47:48	7:42
25	4 M45	Grant Allison, 49, Walcott, IA	48:04	7:44
26	3 M35	Cordell Cremers, 37, Iowa City, IA	48:16	7:46
27	2 JrM	Daniel Seabra, 13, Coralville, IA	48:20	7:47
5	1 W25	Jennifer Krohn, 26*, Iowa City, IA	48:29	7:48
28	4 M35	Matthew Boswell, 35, Iowa City, IA	48:58	7:53
29	5 M35	Mike Shaffer, 37, Coralville, IA	49:10	7:55
30	5 M45	Mark Brichacek, 46, North Liberty, IA	49:17	7:56

31	6	M45 Steve Siglin, 48, Iowa City, IA	49:26	7:57
32	3	M40 Jr Concha, 40, Iowa City, IA	49:34	7:58
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				
6	1	W30 Jennifer Steffes, 34*, Iowa City, IA	49:41	8:00
33	1	M55 Bruce Bachmann, 58, Cedar Rapids, IA	49:51	8:01
7	1	W20 Theresa Parsons, 21*, Iowa City, IA	49:53	8:01
8	1	W45 Molly Whaley, 46*, Iowa City, IA	50:17	8:05
34	7	M30 Ethan Gucfa, 32, Iowa City, IA	50:55	8:12
9	1	W17 Anna Frisk, 19*, Iowa City, IA	51:00	8:12
35	4	M40 Mark Dunn, 44, Iowa City, IA	51:09	8:14
10	3	W35 Natalie Hempy, 36*, N Liberty, IA	51:14	8:15
11	1	W40 Marianne Hopewell, 42*, Iowa City, IA	51:21	8:16
12	2	W25 Tina Wildhagen, 27*, Iowa City, IA	51:32	8:17
13	2	W45 Sandra Lessard, 48*, Coralville, IA	51:42	8:19
14	2	W40 Kelli Slocum, 40*, N Liberty, IA	51:42	8:19
36	7	M45 Troy Hames, 48, Coralville, IA	52:01	8:22
15	2	W30 Mary Byrkit, 33*, Coralville, IA	52:01	8:22
16	2	W20 Elke Nelson, 23*, Iowa City, IA	52:02	8:22
17	3	W25 Becky Aman, 29*, Iowa City, IA	52:04	8:23
37	4	M25 James Glenn, 25, North Liberty, IA	52:21	8:25
18	3	W20 Jessica Melanko, 24*, West Branch, IA	52:21	8:25
38	5	M40 Sergio Mendoza, 41, Iowa City, IA	52:35	8:28
39	8	M45 Jeff Ernst, 48, Cresco, IA	52:35	8:28
19	4	W35 Kori Cusick, 37*, Iowa City, IA	52:40	8:29
20	4	W20 Laura Spencer, 24*, Iowa City, IA	52:51	8:30
40	9	M45 Paul Johanson, 48, Oxford, IA	52:53	8:31
41	10	M45 Tim Krumm, 46, Iowa City, IA	53:04	8:32
21	5	W35 Amy Charles, 39*, Iowa City, IA	53:30	8:36
42	6	M35 Robert Schmit, 39, Cedar Rapids, IA	53:30	8:37
43	1	M60 Emery Gerecz, 63, Iowa City, IA	53:32	8:37
44	2	M60 John Ely, 60, Iowa City, IA	53:33	8:37
22	3	W40 Pamela Stek, 43*, Iowa City, IA	53:50	8:40
23	4	W25 Elizabeth Dobesh, 25*, North Liberty, IA	53:51	8:40
24	3	W30 Trisha Hall, 32*, West Liberty, IA	54:08	8:43
25	5	W20 Emily Jurdison, 24*, Davenport, IA	54:10	8:43
45	5	M25 Eric Lai, 25, Marion, IA	54:11	8:43
26	6	W35 Stacy Granner, 39*, Coralville, IA	54:27	8:46
27	3	W45 Harper Beasley, 47*, Iowa City, IA	54:29	8:46
28	4	W45 Vicki Concha, 46*, Iowa City, IA	54:31	8:46
46	11	M45 Stephen McCoy, 49, Cedar Rapids, IA	54:37	8:47
47	3	M60 C Martin Stoltzfus, 64, Iowa City, IA	54:46	8:49
48	12	M45 Dennis Schlader, 47, Iowa City, IA	54:47	8:49
49	2	M55 Bob Saunders, 59, Iowa City, IA	54:50	8:49
50	4	M50 George Weiner, 51, Iowa City, IA	54:51	8:50
51	8	M30 Benjamin Lustig, 32, Iowa City, IA	54:52	8:50
29	6	W20 Abby Kouri, 21*, Iowa City, IA	55:14	8:53
30	1	W65 Sandy Rupnow, 69*, Ames, IA	55:18	8:54
31	7	W35 Heidi Roach, 39*, Iowa City, IA	55:25	8:55
52	13	M45 Warren Tunwall, 46, University Hgts, IA	55:25	8:55
53	3	M55 Mike Last, 55, West Liberty, IA	55:28	8:56
54	14	M45 John Stierman, 48, Iowa City, IA	55:52	8:59
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				
55	6	M40 Chris Jeffrey, 43, Iowa City, IA	55:55	9:00
32	7	W20 Dana Bradley, 23*, Cedar Rapids, IA	55:57	9:00
56	3	M20 Brandon Nordine, 23, Cedar Rapids, IA	55:58	9:00
33	4	W40 Tracy Murphy, 42*, Tiffin, IA	56:10	9:02
34	8	W35 Tanja Sadecky, 35*, Iowa City, IA	56:17	9:03
35	8	W20 Kristin Ehrecke, 22*, Iowa City, IA	56:28	9:05
36	9	W35 Shannon Ross-Sheehy, 38*, Iowa City, IA	56:35	9:06
37	10	W35 Dawn Krabill, 38*, Iowa City, IA	56:40	9:07

38	11	W35 Dawn Anderson, 37*, Iowa City, IA	56:53	9:09
57	5	M50 Mark Winkler, 50, Iowa City, IA	56:55	9:09
39	5	W40 Deborah Kloubec, 40*, Iowa City, IA	57:04	9:11
58	15	M45 Quang Duong, 46, Iowa City, IA	57:28	9:15
40	4	W30 Tricia Seifert, 34*, Iowa City, IA	57:33	9:16
59	4	M55 Roger Gingrich, 59, Iowa City, IA	57:39	9:17
41	5	W30 Jennifer Stiegelmeier, 33*, Solon, IA	57:51	9:19
60	7	M35 Lara Marsh, 36, Iowa City, IA	57:56	9:19
61	5	M55 Dale Keppy, 58, Moline, IL	58:00	9:20
62	1	M65 Jim Kee, 68, Coralville, IA	58:30	9:25
42	6	W30 Jody McKee, 32*, Coralville, IA	58:44	9:27
63	7	M40 Chris Conrad, 44, Iowa City, IA	58:50	9:28
43	6	W40 Laurie Slater, 44*, Cedar Rapids, IA	58:55	9:29
44	5	W45 Becky Svatos, 47*, Iowa City, IA	58:55	9:29
64	8	M40 Jr Schemmel, 42, Vinton, IA	58:56	9:29
45	9	W20 Stephanie Coffey, 21*, Iowa City, IA	59:03	9:30
65	8	M35 Ken Brown, 37, Iowa City, IA	59:09	9:31
46	7	W30 Megan Abel, 31*, Marion, IA	59:11	9:31
47	8	W30 Beth Fettweis, 32*, Iowa City, IA	59:18	9:33
48	7	W40 Tania Drinkwater, 43*, Marion, IA	59:21	9:33
49	6	W45 Kay Dileo, 45*, Iowa City, IA	59:35	9:35
66	9	M40 David Carey, 42, Iowa City, IA	59:45	9:37
50	2	W17 Kristen Meylor, 19*, Iowa City, IA	1:00:00	9:39
51	9	W30 Katie Geasland, 34*, North Liberty, IA	1:00:07	9:40
67	9	M30 Carter Johnson, 33, Coralville, IA	1:00:24	9:43
68	16	M45 Cj Ong Jr, 49, Cedar Rapids, IA	1:00:32	9:44
69	6	M25 Jim Dwyer, 29, Iowa City, IA	1:00:33	9:44
52	7	W45 Kathy Newkirk, 49*, Andalusia , IL	1:00:33	9:45
53	1	JrW Cassie Pantel, 13*, Iowa City, IA	1:00:39	9:45
54	5	W25 Megan Recker, 26*, Iowa City, IA	1:00:49	9:47
70	9	M35 J C Luxton, 38, Iowa City, IA	1:01:17	9:52
55	10	W30 Beth Gaines, 30*, Iowa City, IA	1:01:19	9:52
56	12	W35 Sarah Hansen, 38*, Iowa City, IA	1:01:47	9:57
57	8	W45 Jody Meyer, 46*, Iowa City, IA	1:01:48	9:57
71	4	M20 Farfun Ladroma, 21, Iowa City, IA	1:01:49	9:57
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				

58	13	W35 Julianne Derouin, 36*, Coralville, IA	1:02:19	10:02
72	10	M40 Andrew Sheehy, 43, Iowa City, IA	1:02:21	10:02
73	6	M55 Ed Fischer, 59, Iowa City, IA	1:02:26	10:03
74	10	M35 Terry Hinman, 39, Iowa City, IA	1:02:35	10:04
59	14	W35 Janet Wietlispach, 37*, Coralville, IA	1:02:36	10:04
75	3	JrM Timothy Derouin, 7, Coralville, IA	1:02:39	10:05
76	1	M70 John Wasson, 71, Cedar Rapids, IA	1:03:02	10:09
77	11	M35 Patrick McKay, 39, Iowa City, IA	1:04:19	10:21
78	4	JrM Jacob Verry, 11, Coralville, IA	1:04:32	10:23
79	5	JrM Jared Ford, 11, Coralville, IA	1:04:33	10:23
60	15	W35 Michelle Galvin, 35*, Iowa City, IA	1:04:52	10:26
80	10	M30 Drew Keenan, 34, Iowa City, IA	1:04:56	10:27
61	16	W35 Anne Johnson, 38*, North Liberty, IA	1:05:00	10:27
62	6	W25 Carlie Hendrickson, 25*, Iowa City, IA	1:05:04	10:28
81	17	M45 Alan Farley, 48, Perry, IA	1:05:04	10:28
82	6	M50 Robert Powers, 50, Iowa City, IA	1:05:06	10:28
83	7	M55 Paul Deaton, 55, Solon, IA	1:06:22	10:41
84	11	M40 Tim Donovan, 41, Iowa City, IA	1:06:38	10:43
85	6	JrM Zach Miller, 13, North Liberty, IA	1:06:46	10:45
86	12	M35 Michael Miller, 39, North Liberty, IA	1:06:46	10:45
63	17	W35 Lisa Gray, 39*, Iowa City, IA	1:07:04	10:48
64	8	W40 Jenifer Angerer, 41*, Iowa City, IA	1:07:04	10:48
65	2	W50 Lynn Skopec, 52*, Iowa City, IA	1:07:44	10:54
66	11	W30 Leah Cronk, 34*, Iowa City, IA	1:08:08	10:58
67	10	W20 Pamela Taylor, 21*, Iowa City, IA	1:08:09	10:58

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68	9	W40 Cindy Digmann, 42*, Iowa City, IA	1:08:51	11:05
69	10	W40 Jolyn Schneider, 42*, Iowa City, IA	1:08:52	11:05
87	4	M60 Fred McLaughlin, 62, Woodhull, IL	1:11:01	11:26
70	18	W35 Kelly Mullinnix, 38*, W Branch, IA	1:12:04	11:36
88	11	M30 Brad Erlewine, 34, Tiffin, IA	1:12:04	11:36
89	7	JrM Kazimier Smith, 10, Coralville, IA	1:12:42	11:42
90	8	M55 Chris Smith, 56, Coralville, IA	1:12:43	11:42

Pace: [6:00](#) | [7:00](#) | [8:00](#) | [9:00](#) | [10:00](#) | [11:00](#) | [12:00](#) | [13:00](#) | [14:00](#) | [15:00](#) | [Top](#)

71	1	W55 Jane Kinney, 58*, Iowa City, IA	1:14:52	12:03
72	2	W65 Esther Retish, 65*, Iowa City, IA	1:14:53	12:03

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73	2	JrW Mackenzie Jones, 10*, Iowa City, IA	1:21:26	13:06
74	9	W45 Martha Jones, 48*, Iowa City, IA	1:21:26	13:06

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91	7	M50 Patrick Dolan Jr, 54, Iowa City, IA	1:29:44	14:26
75	12	W30 Jennifer Ott, 31*, Iowa City, IA	1:30:33	14:34
76	13	W30 Amy Puccio, 33*, Iowa City, IA	1:30:34	14:34
77	3	W50 Kathy Carfrae, 54*, Cedar Rapids, IA	1:30:41	14:36
92	18	M45 Patrick Brenneman, 47, Iowa City, IA	1:31:13	14:41
78	4	W50 Susie McConnell, 54*, Coralville, IA	1:31:44	14:46

Pace: [6:00](#) | [7:00](#) | [8:00](#) | [9:00](#) | [10:00](#) | [11:00](#) | [12:00](#) | [13:00](#) | [14:00](#) | [15:00](#) | [Top](#)

79	11	W40 Susie Poulton, 44*, Iowa City, IA	1:35:30	15:22
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Pace: [6:00](#) | [7:00](#) | [8:00](#) | [9:00](#) | [10:00](#) | [11:00](#) | [12:00](#) | [13:00](#) | [14:00](#) | [15:00](#) | [Top](#)

80	3	JrW Innes Hicsasmaz, 9*, Iowa City, IA	1:39:57	16:05
81	10	W45 Kyle Brown, 48*, Iowa City, IA	1:39:58	16:05
82	11	W20 Laura Lilienthal, 22*, Iowa City, IA	1:40:58	16:15
83	12	W40 April Roe, 40*, Iowa City, IA	1:40:59	16:15
84	5	W50 Glenda Howard, 52*, Iowa City, IA	1:41:55	16:24
85	14	W30 Traci Wagner, 32*, Iowa City, IA	1:41:55	16:24
86	11	W45 Annette Winkler, 48*, Iowa City, IA	1:44:58	16:54
87	6	W50 Ellyn Found, 52*, Iowa City, IA	1:44:59	16:54
88	19	W35 Devin Redmond, 35*, Iowa City, IA	1:45:03	16:54

Pace: [6:00](#) | [7:00](#) | [8:00](#) | [9:00](#) | [10:00](#) | [11:00](#) | [12:00](#) | [13:00](#) | [14:00](#) | [15:00](#) | [Top](#)

93	9	M55 Tom Carfrae, 56, Cedar Rapids, IA	1:46:13	17:06
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"*" indicates females

7 finishers among Men 13 & Under
 1 finishers among Men 17 - 19
 4 finishers among Men 20 - 24
 6 finishers among Men 25 - 29
 11 finishers among Men 30 - 34
 12 finishers among Men 35 - 39
 11 finishers among Men 40 - 44
 18 finishers among Men 45 - 49
 7 finishers among Men 50 - 54
 9 finishers among Men 55 - 59
 4 finishers among Men 60 - 64
 1 finishers among Men 65 - 69
 1 finishers among Men 70 - 74
 3 finishers among Women 13 & Under
 2 finishers among Women 17 - 19
 11 finishers among Women 20 - 24
 6 finishers among Women 25 - 29
 14 finishers among Women 30 - 34
 19 finishers among Women 35 - 39
 12 finishers among Women 40 - 44

11 finishers among Women 45 - 49
6 finishers among Women 50 - 54
1 finishers among Women 55 - 59
2 finishers among Women 65 - 69
93 male finishers
88 female finishers
181 total finishers

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