



25th Capital Pursuit 10 Miles

Downtown Des Moines, Iowa

Sept. 30, 2007

65 degrees and light wind at start

Results by Cal Murdock

[5K results here](#)

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		Marty Dalton, 31, Stuart, IA	52:39	5:16
2		Julius Rotich, 32, West Des Moines, IA	53:25	5:20
3		Christopher Jensen, 26, Mason City, IA	54:45	5:28
4	1 M30	Chris Ronan, 33, Lenexa, KS	54:52	5:29
5	2 M30	Rob Semelroth, 32, Des Moines, IA	56:07	5:37
6	3 M30	Jacob Kaemmer, 30, Des Moines, IA	56:40	5:40
7	1 M25	Brad Peter, 26, Arnolds Park, IA	57:07	5:43
8	1 M35	Brad Wall, 39, Ankeny, IA	57:16	5:44
9	4 M30	Brad Bergman, 34, Cumming, IA	58:21	5:50
10	2 M35	Kevin Barnes, 36, Indianola, IA	58:29	5:51
11	2 M25	Luke Craven, 28, Ames, IA	58:47	5:53
12	1 M20	Patrick Davis, 20, Waterloo, IA	59:05	5:54
13	5 M30	Louis Dewild, 33, Des Moines, IA	59:23	5:56
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 Top				
14	6 M30	Guy Willey, 33, Ames, IA	59:58	6:00
15	3 M35	Steve Brown, 36, Minburn, IA	1:00:29	6:03
16		Greg Skopec, 45, Coralville, IA	1:01:11	6:07
1		Lisa Marshall, 39*, Granger, IA	1:01:53	6:11
17	4 M35	Luke Spencer, 36, Des Moines, IA	1:01:58	6:12
18	7 M30	Brian Bickel, 31, Des Moines, IA	1:02:12	6:13
19	1 M40	Mike Wells, 40, Corning, IA	1:02:23	6:14
20	3 M25	Aaron Thomas, 27, Slater, IA	1:02:24	6:14
21	2 M40	Todd Haugen, 44, Story City, IA	1:03:02	6:18
22	1 M50	Bob Layton, 51, Urbandale, IA	1:03:31	6:21
2		Christine Price, 38*, Des Moines, IA	1:03:52	6:23
23	5 M35	John Anthofer, 35, Urbandale, IA	1:03:57	6:24
24	1 M45	Tim Knott, 45, Waukee, IA	1:04:42	6:28
25	6 M35	David Primeau, 39, Des Moines, IA	1:04:53	6:29
26	4 M25	Chris Nealy, 27, Des Moines, IA	1:05:01	6:30
27	8 M30	I Ibarra, 31, Ankeny, IA	1:05:09	6:31
28	2 M45	Troy Zeleznik, 45, West Des Moines, IA	1:05:33	6:33
29	7 M35	R John Milligan, 37, Pella, IA	1:05:54	6:35
30	3 M40	John Bannantine, 42, Ames, IA	1:06:49	6:41
3		Jenny Schulze, 35*, Clive, IA	1:07:14	6:43
31	4 M40	Mike Rieks, 40, Urbandale, IA	1:07:47	6:47

32	8	M35 Lance Bergeson, 39, Des Moines, IA	1:07:54	6:47
33	9	M35 Michael Carr, 35, Ames, IA	1:08:05	6:48
34	5	M40 Craig Wittenberg, 43, Pella, IA	1:08:10	6:49
35	6	M40 Don Cumings, 44, Ankeny, IA	1:08:19	6:50
36	9	M30 Anthony Cendana, 32, West Des Moines, IA	1:08:20	6:50
37	3	M45 Andrew Smart, 45, Ankeny, IA	1:08:36	6:52
4	1	W30 Colleen Webb, 30*, Des Moines, IA	1:08:39	6:52
38	2	M50 Clyde Lawler, 51, Marshalltown, IA	1:08:50	6:53
39	1	M55 James Jacobsen, 57, Des Moines, IA	1:09:04	6:54
40	7	M40 Kyle Weuve, 41, Urbandale, IA	1:09:08	6:55
41	10	M35 Brian Palmer, 39, Des Moines, IA	1:09:14	6:55
42	4	M45 David Christens, 48, West Des Moines, IA	1:09:25	6:56
43	10	M30 Tim Roetman, 34, Johnston, IA	1:09:28	6:57
44	11	M30 Conrad Hanson, 32, Urbandale, IA	1:09:33	6:57
45	8	M40 Todd Bindel, 40, West Des Moines, IA	1:09:39	6:58
46	11	M35 Tim Mills, 35, Altoona, IA	1:09:47	6:59
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 Top				
47	9	M40 Jeff Lorenzen, 42, Des Moines, IA	1:10:25	7:02
48	5	M45 Randy Brecht, 47, Middle Amana, IA	1:10:27	7:03
49	5	M25 Ryan Scheckel, 28, Palo, IA	1:10:33	7:03
50	6	M45 Jeff Feder, 46, Norwalk, IA	1:10:40	7:04
51	2	M55 Rick Hagan, 57, Urbandale, IA	1:10:47	7:05
52	10	M40 Todd Harper, 44, Norwalk, IA	1:10:48	7:05
53	3	M50 Rick Gubbels, 50, Des Moines, IA	1:11:02	7:06
54	12	M35 Dave Olsen, 35, West Des Moines, IA	1:11:06	7:07
55	6	M25 Joseph Aulwes, 26, Bondurant, IA	1:11:09	7:07
56	7	M45 Keith Gutschenritter, 48, West Des Moines, IA	1:11:10	7:07
5		Beth Henriksen, 51*, Ames, IA	1:11:13	7:07
57	8	M45 Dale Knoshaug, 45, Des Moines, IA	1:11:18	7:08
58	7	M25 Nick Hendricks, 25, Colfax, IA	1:11:29	7:09
59	12	M30 Brad Brotherton, 34, Polk City, IA	1:11:34	7:09
60	13	M35 Jim Hagelie, 39, Waukee, IA	1:11:37	7:10
61	14	M35 Kris Vanderkamp, 35, Ankeny, IA	1:11:41	7:10
62	1	M65 Mike Bender, 66, Des Moines, IA	1:11:43	7:10
63	15	M35 Douglas Kendall, 39, Otley, IA	1:11:45	7:10
64	9	M45 Michael Shumway, 46, West Des Moines, IA	1:11:49	7:11
65	13	M30 Jim Turner, 31, Urbandale, IA	1:11:52	7:11
66	8	M25 Lance Gunkel, 28, Clive, IA	1:11:57	7:12
67	2	M20 Kaylon Spengler, 23, New Liberty, IA	1:12:07	7:13
68	16	M35 Ronald Crees, 37, Bondurant, IA	1:12:12	7:13
69	14	M30 David Wright, 32, Altoona, IA	1:12:17	7:14
70	11	M40 Jeff Kelly, 40, Urbandale, IA	1:12:48	7:17
71	17	M35 David Larson, 35, West Des Moines, IA	1:12:56	7:18
72	18	M35 Tim Gootee, 37, Urbandale, IA	1:13:04	7:18
73	15	M30 Jason Marcel, 32, Des Moines, IA	1:13:15	7:19
74	19	M35 Tim Houlette, 35, Altoona, IA	1:13:24	7:20
6	1	W35 Heidi Lepper-Barrett, 37*, Johnston, IA	1:13:26	7:21
75	20	M35 Tom Trygstad, 35, Clive, IA	1:13:43	7:22
76	21	M35 Rick Glowacki, 38, Des Moines, IA	1:13:45	7:22
77	16	M30 Tom Schultz, 32, Ames, IA	1:13:46	7:23
78	10	M45 Timothy Kelly, 49, Iowa City, IA	1:13:48	7:23
79	22	M35 John Urban, 39, Johnston, IA	1:13:55	7:24
80	4	M50 Jonathan Wendel, 52, Ames, IA	1:14:03	7:24
81	23	M35 Brian Krueger, 36, Urbandale, IA	1:14:10	7:25
82	24	M35 Richard Mockobee, 39, Norwalk, IA	1:14:11	7:25
83	17	M30 Chris Goodman, 31, Searsboro, IA	1:14:13	7:25
84	11	M45 David Teachout, 47, Des Moines, IA	1:14:17	7:26
7	1	W50 Sheila Maddock, 51*, Johnston, IA	1:14:20	7:26
85	1	JrM Colton Aman, 18, Blair, NE	1:14:21	7:26
86	12	M45 Randy Brass, 45, Des Moines, IA	1:14:34	7:27
87	18	M30 Jeff Cunningham, 30, Urbandale, IA	1:14:41	7:28
88	12	M40 Craig Walter, 40, Ames, IA	1:14:46	7:29
89	25	M35 Stacy Hadaway, 39, Ankeny, IA	1:14:51	7:29

90	3	M55 Dennis Wheeler, 57, Urbandale, IA	1:14:52	7:29
91	19	M30 Matthew Andres, 32, Ankeny, IA	1:14:53	7:29
92	26	M35 Barry Thomas, 38, Colo, IA	1:14:54	7:29
93	27	M35 Rusty Ramseyer, 37, Des Moines, IA	1:14:54	7:29
8	2	W35 Melanie Doubrava, 39*, West Des Moines, IA	1:15:01	7:30
94	28	M35 Kelsey Byus, 38, Des Moines, IA	1:15:08	7:31
95	13	M40 Max Studer, 43, Norwalk, IA	1:15:11	7:31
96	29	M35 Rob Hansen, 35, Des Moines, IA	1:15:15	7:31
97	13	M45 William Smalley, 47, Waukee, IA	1:15:18	7:32
98	30	M35 Matthew Hemry, 37, Des Moines, IA	1:15:21	7:32
99	31	M35 George Stock, 37, Des Moines, IA	1:15:24	7:32
100	32	M35 Brian Appleby, 37, West Des Moines, IA	1:15:30	7:33
101	33	M35 Patrick Mattingly, 38, Van Meter, IA	1:15:39	7:34
102	5	M50 Phil Becraft, 50, Ames, IA	1:15:50	7:35
103	9	M25 Burton Joseph, 29, West Des Moines, IA	1:15:51	7:35
104	14	M45 David Jass, 45, Ankeny, IA	1:16:04	7:36
105	4	M55 T A Meyer, 55, Johnston, IA	1:16:05	7:36
9	1	W25 Kelly Uelmen, 29*, Waukee, IA	1:16:09	7:37
106	1	M60 Joe Keefer, 60, Des Moines, IA	1:16:12	7:37
107	14	M40 Matt Tullis, 40, Marshalltown, IA	1:16:30	7:39
108	15	M45 David Schnoes, 47, West Des Moines, IA	1:16:32	7:39
10	2	W25 Rachel Moen, 27*, West Des Moines, IA	1:16:37	7:40
109	16	M45 Casey Showalter, 46, Altoona, IA	1:16:40	7:40
110	6	M50 Terry Eason, 50, Waukee, IA	1:16:41	7:40
11	1	W40 Erin Hurley, 41*, Kellogg, IA	1:16:48	7:41
111	3	M20 James Kane, 24, Des Moines, IA	1:16:51	7:41
12	2	W30 Carla Kuzynowski, 31*, Ankeny, IA	1:16:58	7:42
112	17	M45 Brian Culich, 45, Des Moines, IA	1:17:01	7:42
113	5	M55 Lee Tesdell, 56, Slater, IA	1:17:03	7:42
13	3	W30 Wendy Hanson, 34*, Urbandale, IA	1:17:21	7:44
114	10	M25 Adam Hoffman, 26, Des Moines, IA	1:17:22	7:44
115	18	M45 Michael Long, 47, Ames, IA	1:17:26	7:45
14	4	W30 Krista Banyas, 32*, Altoona, IA	1:17:27	7:45
116	19	M45 Bruce Drummond, 49, Des Moines, IA	1:17:31	7:45
117	34	M35 Brian Stewart, 35, West Des Moines, IA	1:17:47	7:47
15	2	W50 Nancy Hoegh, 54*, Clive, IA	1:17:49	7:47
118	7	M50 Brad Shipman, 52, Johnston, IA	1:17:51	7:47
119	11	M25 Travis Bergeson, 25, Clive, IA	1:17:52	7:47
120	35	M35 Mark Yontz, 39, Urbandale, IA	1:17:54	7:47
121	36	M35 Kenneth Overton, 39, Dexter, IA	1:17:56	7:48
122	20	M45 James Usgaard, 49, Urbandale, IA	1:17:58	7:48
123	15	M40 Burt Porter, 42, Ankeny, IA	1:18:02	7:48
16	2	W40 Kathy Larson, 43*, West Des Moines, IA	1:18:04	7:48
17	1	W45 Rose Wignall, 47*, Creston, IA	1:18:06	7:49
124	2	M60 Craig Clark, 63, Mason City, IA	1:18:16	7:50
18	1	W20 Erica Reams, 23*, West Des Moines, IA	1:18:25	7:50
125	16	M40 Dan Holm, 42, Ankeny, IA	1:18:28	7:51
19	2	W20 Amy Benes, 20*, Downers Grove, IL	1:18:34	7:51
126	3	M60 Larry Walden, 60, Marshalltown, IA	1:18:35	7:51
20	3	W40 Lisa Wink, 41*, Urbandale, IA	1:18:39	7:52
127	8	M50 Alan Gross, 53, Des Moines, IA	1:18:40	7:52
128	20	M30 William Bowles, 31, Johnston, IA	1:18:45	7:52
129	21	M45 Alan Farley, 48, Perry, IA	1:18:53	7:53
130	12	M25 Greg Luna, 29, Des Moines, IA	1:19:03	7:54
131	13	M25 Tyler Price, 26, West Des Moines, IA	1:19:04	7:54
132	21	M30 Pete Jones, 30, Urbandale, IA	1:19:12	7:55
133	9	M50 Warren Peterson, 53, Ackworth, IA	1:19:13	7:55
134	22	M45 Mike Johnson, 45, Urbandale, IA	1:19:13	7:55
21	3	W20 Meredith Esbeck, 22*, Des Moines, IA	1:19:16	7:56
135	4	M20 Nicholas Otten, 23, Des Moines, IA	1:19:17	7:56
136	37	M35 Barry Fox, 37, West Des Moines, IA	1:19:18	7:56
137	6	M55 Timothy Olson, 57, West Des Moines, IA	1:19:21	7:56
138	22	M30 Chris Albright, 32, Norwalk, IA	1:19:23	7:56
139	23	M45 Steven McKibben, 46, Clive, IA	1:19:24	7:56

22	3	W35 Lori Foster, 37*, Webster City, IA	1:19:29	7:57
23	3	W50 Veronica Demmel, 51*, Marshalltown, IA	1:19:30	7:57
140	14	M25 Benjamin Nunnikhoven, 28, Pella, IA	1:19:37	7:58
24	4	W35 Carmen Jacobsen, 36*, West Des Moines, IA	1:19:41	7:58
25	5	W30 Meaghan Ayers-Perlowski, 33*, Des Moines, IA	1:19:42	7:58
141	17	M40 John Wahlert, 42, Urbandale, IA	1:19:43	7:58
142	18	M40 Scott Meyer, 42, Pella, IA	1:19:48	7:59
26	3	W25 Stephanie Freund, 25*, Urbandale, IA	1:19:51	7:59
27	4	W40 Ellen Middleswart, 42*, Urbandale, IA	1:19:52	7:59
143	24	M45 Jeff Hostetter, 49, West Des Moines, IA	1:19:54	7:59
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 Top				
144	19	M40 Walt Mozdzer, 42, Altoona, IA	1:19:58	8:00
28	4	W25 Brittney Huntimer, 25*, Des Moines, IA	1:20:02	8:00
145	10	M50 David McClung, 52, Des Moines, IA	1:20:04	8:00
146	15	M25 Brian Coady, 27, West Des Moines, IA	1:20:06	8:01
147	38	M35 Troy Wright, 37, Ankeny, IA	1:20:08	8:01
148	20	M40 Humberto Gutierrez, 42, Ankeny, IA	1:20:16	8:02
29	5	W35 Brenda O'Hare, 39*, Ankeny, IA	1:20:25	8:02
30	6	W30 Shelley Bricker, 32*, Des Moines, IA	1:20:30	8:03
31	2	W45 Cathi Prien, 46*, West Des Moines, IA	1:20:34	8:03
32	5	W25 Megan Bird, 28*, West Des Moines, IA	1:20:46	8:05
149	16	M25 Carl Wertzberger, 26, Des Moines, IA	1:20:50	8:05
150	39	M35 Brad Myers, 36, Knoxville, IA	1:20:51	8:05
33	6	W25 Heather Garcia, 28*, Des Moines, IA	1:20:56	8:06
34	7	W30 Emily Eisentrager, 32*, Altoona, IA	1:20:57	8:06
35	7	W25 Sol Rajch, 29*, Ankeny, IA	1:21:02	8:06
36	5	W40 Barb Mendoza, 41*, Grimes, IA	1:21:10	8:07
151	2	M65 Clay Whiteis, 65, Des Moines, IA	1:21:12	8:07
152	23	M30 Jason Laughlin, 32, Des Moines, IA	1:21:17	8:08
37	4	W50 Kathleen Wendel, 52*, Ames, IA	1:21:20	8:08
153	21	M40 Frank Nanne, 41, Clive, IA	1:21:22	8:08
154	22	M40 Tom Detaeye, 42, Clive, IA	1:21:22	8:08
38	3	W45 Vicki Malmanger, 45*, Bondurant, IA	1:21:23	8:08
39	1	JrW Alex Kennedy, 19*, Ames, IA	1:21:24	8:08
40	8	W30 Brenda Ferrie, 32*, Sioux City, IA	1:21:25	8:08
155	24	M30 Bradley Hanchak, 30, Des Moines, IA	1:21:25	8:08
41	4	W45 Becky Nichols, 47*, Des Moines, IA	1:21:28	8:09
42	5	W45 Nancy Whitcanack, 45*, Coal Valley, IL	1:21:33	8:09
156	40	M35 Chris Galligan, 37, Clive, IA	1:21:37	8:10
157	7	M55 Al Hildestad, 58, Des Moines, IA	1:21:39	8:10
158	23	M40 Scott Bandy, 42, Indianola, IA	1:21:40	8:10
43	6	W40 Patti Plath, 43*, West Des Moines, IA	1:21:45	8:10
44	7	W40 Jean Johnson, 41*, Des Moines, IA	1:21:47	8:11
159	4	M60 Ron Bickel, 64, Pleasant Hill, IA	1:21:48	8:11
45	9	W30 Nikki Roetman, 33*, Johnston, IA	1:21:54	8:11
46	6	W35 Lisa Hovey, 36*, Urbandale, IA	1:22:05	8:12
47	7	W35 Beth Seufferer, 36*, West Des Moines, IA	1:22:05	8:12
160	17	M25 Dirk Whitebreast, 27, Tama, IA	1:22:08	8:13
48	8	W35 Joey Hullinger, 36*, Davis City, IA	1:22:16	8:14
161	41	M35 Paul Castillo, 36, Creston, IA	1:22:18	8:14
49	8	W40 Robin Prier-Ross, 41*, Clive, IA	1:22:21	8:14
162	5	M60 Dale Andres, 60, West Des Moines, IA	1:22:22	8:14
163	42	M35 Brad Lenz, 39, Ames, IA	1:22:23	8:14
164	11	M50 Mike Aman, 50, Blair, NE	1:22:28	8:15
165	43	M35 Nick Tornabane, 38, Waukee, IA	1:22:29	8:15
166	24	M40 Tim Rasmussen, 43, Ames, IA	1:22:30	8:15
50	8	W25 Jill Meimann, 28*, Cedar Rapids, IA	1:22:48	8:17
51	9	W35 Beth Palmer, 38*, Des Moines, IA	1:22:52	8:17
52	9	W40 Dee Mable, 42*, Urbandale, IA	1:22:53	8:17
167	12	M50 Thomas McGrath, 51, Elk River, MN	1:22:55	8:17
53	10	W30 Jenn Sands, 32*, Clarinda, IA	1:22:57	8:18
54	10	W40 Kim Obrien, 43*, Waukee, IA	1:23:04	8:18
168	8	M55 Galen Wilke, 56, Ames, IA	1:23:06	8:19

55	10	W35 Kelly Kegans, 37*, Des Moines, IA	1:23:08	8:19
169	3	M65 Jim Matthews, 67, Baxter, IA	1:23:08	8:19
170	25	M45 Dave Joensen, 46, Ames, IA	1:23:09	8:19
56	11	W35 Jennifer Potratz, 35*, Clive, IA	1:23:11	8:19
171	25	M40 Charlie Neibergall, 42, Urbandale, IA	1:23:17	8:20
172	26	M45 Craig Hildreth, 49, Lytton, IA	1:23:30	8:21
57	12	W35 Kristina Kercher, 38*, Waukee, IA	1:23:32	8:21
173	27	M45 Bob Schoby, 48, Blair, NE	1:23:34	8:21
58	11	W30 Tiffany Koenig, 34*, West Des Moines, IA	1:23:39	8:22
59	13	W35 Jean West, 37*, Adel, IA	1:23:41	8:22
60	11	W40 Rachel Stauffer, 44*, Des Moines, IA	1:23:47	8:23
174	13	M50 Hank Manning, 52, Des Moines, IA	1:23:47	8:23
175	28	M45 Jim Demmel, 47, Marshalltown, IA	1:23:54	8:23
176	5	M20 Jim Bennett, 23, Des Moines, IA	1:23:57	8:24
177	44	M35 Andrew Bartek, 38, Ankeny, IA	1:23:59	8:24
178	29	M45 Craig Marrs, 45, Ames, IA	1:23:59	8:24
179	14	M50 Robert Meimann, 52, Nevada, IA	1:24:01	8:24
180	45	M35 Roshan Pradhan, 35, West Des Moines, IA	1:24:05	8:24
181	26	M40 Joe Akers, 42, Grimes, IA	1:24:06	8:25
182	18	M25 David Koesters, 25, Colfax, IA	1:24:06	8:25
61	9	W25 Alana Stamas, 25*, Des Moines, IA	1:24:07	8:25
183	9	M55 Rolf Koford, 59, Ames, IA	1:24:12	8:25
62	10	W25 Tawnya Hawkins, 27*, Indianola, IA	1:24:19	8:26
184	10	M55 Robert McDonald, 56, Coal Valley, IL	1:24:22	8:26
63	12	W40 Jana Edwards, 40*, West Des Moines, IA	1:24:23	8:26
64	2	JrW Molly Rhodes, 16*, Des Moines, IA	1:24:24	8:26
65	5	W50 Claire Andreasen, 50*, Ames, IA	1:24:25	8:26
66	14	W35 Katy Baloun, 35*, Des Moines, IA	1:24:27	8:27
67	15	W35 Andrea Corcoran, 38*, Des Moines, IA	1:24:28	8:27
68	16	W35 Kimberly Stewart, 39*, Des Moines, IA	1:24:31	8:27
69	12	W30 Pam Banyas, 34*, Ankeny, IA	1:24:32	8:27
185	15	M50 Eldon Hulst, 51, Des Moines, IA	1:24:36	8:28
186	19	M25 Eric Hyde, 26, Des Moines, IA	1:24:43	8:28
70	17	W35 Sarah Cooper, 35*, Urbandale, IA	1:24:50	8:29
187	20	M25 Adam Behrends, 26, Clive, IA	1:24:53	8:29
71	6	W50 Nancy Harvey, 54*, Ankeny, IA	1:24:58	8:30
72	11	W25 Megan Boettcher, 26*, Ankeny, IA	1:25:05	8:30
188	46	M35 Dan Koestner, 38, Grimes, IA	1:25:08	8:31
73	13	W40 Julie Olmstead, 44*, Webster City, IA	1:25:17	8:32
189	30	M45 Mark Weinhardt, 47, Des Moines, IA	1:25:20	8:32
74	14	W40 Rebecca Brannan, 42*, Urbandale, IA	1:25:22	8:32
190	25	M30 Joel Bennett, 34, Pella, IA	1:25:27	8:33
75	15	W40 Sue Holden, 42*, Des Moines, IA	1:25:30	8:33
76	6	W45 Nola Seaberg, 45*, Des Moines, IA	1:25:36	8:34
77	7	W45 Teri Feldmann, 46*, Des Moines, IA	1:25:38	8:34
191	11	M55 Richard Newkirk, 58, Ankeny, IA	1:25:43	8:34
192	16	M50 John Vujnovich, 53, Des Moines, IA	1:25:45	8:34
78	18	W35 Jennifer Galluzzo, 37*, West Des Moines, IA	1:25:51	8:35
193	17	M50 John Curtin, 51, Des Moines, IA	1:25:54	8:35
79	13	W30 Renee Fickbohm, 34*, Johnston, IA	1:25:57	8:36
80	12	W25 Liz Timmerman, 27*, Nodaway, IA	1:26:02	8:36
194	18	M50 Steve Wandro, 50, Des Moines, IA	1:26:02	8:36
195	6	M20 Scott Reddish, 22, Colfax, IA	1:26:03	8:36
196	26	M30 Craig Weaver, 34, Colfax, IA	1:26:03	8:36
81	8	W45 Laurie Wahlig, 46*, West Des Moines, IA	1:26:05	8:36
82	19	W35 Deb Gallagher, 35*, Grimes, IA	1:26:16	8:38
197	21	M25 Dan Evans, 26, Windsor Heights, IA	1:26:17	8:38
198	7	M20 Jonathan Dixon, 20, Urbandale, IA	1:26:26	8:39
199	27	M40 Gary Grafft, 43, Marengo, IA	1:26:27	8:39
83	4	W20 Kristin Leeder, 22*, Des Moines, IA	1:26:27	8:39
84	1	W60 Sandy Rupnow, 63*, Ames, IA	1:26:31	8:39
85	20	W35 Jenny Storts, 38*, Clive, IA	1:26:31	8:39
86	16	W40 Leah Tokheim, 43*, Johnston, IA	1:26:33	8:39
87	7	W50 Linda Gobberdiel, 51*, West Des Moines, IA		

			1:26:35	8:39
200	47	M35 Michael Spaur, 36, Pella, IA	1:26:45	8:40
201	48	M35 Kraig Kirkpatrick, 38, West Des Moines, IA		
			1:26:54	8:41
202	19	M50 Mike Clayton, 52, Ames, IA	1:27:04	8:42
203	31	M45 Douglas Johnston, 46, Des Moines, IA	1:27:06	8:43
204	20	M50 Terry Lint, 53, Clive, IA	1:27:18	8:44
88	17	W40 Kris Robson, 41*, Urbandale, IA	1:27:20	8:44
205	6	M60 Michael Reams, 61, West Des Moines, IA	1:27:20	8:44
206	49	M35 Ross Douma, 36, Waukee, IA	1:27:37	8:46
89	14	W30 Shannon Clark, 30*, Pleasantville, IA	1:27:39	8:46
90	5	W20 Aimee Abben, 23*, West Des Moines, IA	1:27:41	8:46
207	32	M45 Jeff Damman, 45, Ankeny, IA	1:27:42	8:46
91	18	W40 Lori McQuiston, 44*, Maxwell, IA	1:27:44	8:46
208	12	M55 Douglas Bryner, 56, Ames, IA	1:27:45	8:46
209	27	M30 Wade Den Hartog, 33, Des Moines, IA	1:27:46	8:47
92	15	W30 Jill Schwarz, 31*, Cumming, IA	1:27:47	8:47
210	50	M35 Jeff Margrett, 37, Ames, IA	1:27:48	8:47
93	21	W35 Joni Tonnemacher, 37*, Johnston, IA	1:27:49	8:47
94	16	W30 Mariah Chapman, 30*, Ankeny, IA	1:27:55	8:47
211	13	M55 John Pleasants, 58, Ames, IA	1:27:57	8:48
212	51	M35 Mike Eilers, 38, Indianola, IA	1:28:00	8:48
95	22	W35 Jennifer Jacobs, 36*, West Des Moines, IA	1:28:01	8:48
213	28	M30 Ryan Martin, 34, Ames, IA	1:28:02	8:48
96	19	W40 Judy Dyer, 41*, Des Moines, IA	1:28:08	8:49
97	23	W35 Julie Peterson, 36*, Ames, IA	1:28:15	8:49
214	21	M50 Doug Jepsen, 53, Urbandale, IA	1:28:20	8:50
98	8	W50 Becky Knutson, 50*, Urbandale, IA	1:28:21	8:50
99	13	W25 Rebecca Turner, 25*, Marshalltown, IA	1:28:28	8:51
100	17	W30 Jody Budde, 34*, Iowa City, IA	1:28:34	8:51
215	33	M45 Rick Probst, 45, Grimes, IA	1:28:42	8:52
101	20	W40 Dawn Wellman, 43*, Johnston, IA	1:28:46	8:53
216	52	M35 R J Compiano, 38, Johnston, IA	1:28:53	8:53
217	53	M35 Kevin Abbott, 36, Urbandale, IA	1:28:59	8:54
218	29	M30 Anthony Lucia, 31, Des Moines, IA	1:29:00	8:54
102	18	W30 Colleen Kelly, 31*, Des Moines, IA	1:29:05	8:54
103	19	W30 Laura Drees, 30*, Indianola, IA	1:29:07	8:55
219	54	M35 Rick Ernzen, 36, Urbandale, IA	1:29:10	8:55
220	14	M55 Mark McGrath, 58, Des Moines, IA	1:29:11	8:55
104	24	W35 Lisa Jenison, 36*, Ankeny, IA	1:29:13	8:55
105	20	W30 Staci Kadolph, 34*, Ankeny, IA	1:29:15	8:55
221	8	M20 Osnel Vilmael, 24, Des Moines, IA	1:29:16	8:56
106	14	W25 Stephanie Baker, 26*, Norwalk, IA	1:29:18	8:56
222	22	M50 Dave Lichtenauer, 53, Johnston, IA	1:29:19	8:56
223	28	M40 Chris Harding, 41, Ames, IA	1:29:22	8:56
224	29	M40 Todd Rowland, 42, Knoxville, IA	1:29:24	8:56
107	9	W50 Pamela Reynolds, 51*, Ames, IA	1:29:25	8:56
108	25	W35 Susie Bormann, 39*, Des Moines, IA	1:29:31	8:57
109	21	W40 Catherine Engblom, 44*, Grimes, IA	1:29:31	8:57
110	26	W35 Kelcy Lofgren, 37*, Ankeny, IA	1:29:33	8:57
225	30	M30 Clint Jones, 32, West Des Moines, IA	1:29:47	8:59
111	1	W55 Connie Robinson, 56*, Bondurant, IA	1:29:52	8:59
112	6	W20 Katie Huether, 22*, Cedar Rapids, IA	1:29:55	8:59
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 Top				
113	27	W35 Maria Ruhtenberg, 37*, Des Moines, IA	1:29:57	9:00
226	22	M25 Jered Boley, 27, Urbandale, IA	1:29:58	9:00
227	55	M35 Patrick Dunphy, 36, Urbandale, IA	1:29:59	9:00
228	23	M25 Wyatt Myers, 29, Des Moines, IA	1:30:03	9:00
114	10	W50 Sandy Roan, 51*, West Des Moines, IA	1:30:07	9:01
115	28	W35 Kelly Pratt, 39*, Urbandale, IA	1:30:08	9:01
116	9	W45 Gina Iverson, 45*, Altoona, IA	1:30:13	9:01
117	29	W35 Lauri Sundo, 36*, Waukee, IA	1:30:29	9:03
118	7	W20 Jacqueline Gunkel, 24*, Clive, IA	1:30:32	9:03
119	22	W40 Beth Morton, 43*, West Des Moines, IA	1:30:36	9:04

229	31	M30	Chad Sailsbury, 32, Urbandale, IA	1:30:43	9:04
230	24	M25	Brian Kroska, 26, Ankeny, IA	1:30:45	9:04
120	15	W25	Mary Tesdall, 28*, Urbandale, IA	1:30:47	9:05
231	7	M60	Jim Pfeifer, 60, State Center, IA	1:30:51	9:05
121	8	W20	Hilary Johnson, 23*, Des Moines, IA	1:30:56	9:06
122	21	W30	Sara Cutler, 31*, Carlisle, IA	1:31:10	9:07
232	56	M35	Shane Yates, 38, Des Moines, IA	1:31:11	9:07
233	57	M35	Jeff Davis, 38, West Des Moines, IA	1:31:14	9:07
123	30	W35	Marie Davis, 38*, West Des Moines, IA	1:31:15	9:07
124	16	W25	Kate Puetz, 27*, West Des Moines, IA	1:31:16	9:08
125	17	W25	Nicole Schultz, 28*, Urbandale, IA	1:31:16	9:08
126	18	W25	Jill McGargill, 27*, West Des Moines, IA	1:31:19	9:08
127	22	W30	Daphne Monson, 30*, Des Moines, IA	1:31:39	9:10
128	23	W40	Andrea Dryer, 40*, Oelwein, IA	1:31:40	9:10
234	30	M40	Shawn Bown, 41, Des Moines, IA	1:31:51	9:11
129	23	W30	Melissa Perrin, 30*, Urbandale, IA	1:31:51	9:11
130	24	W30	Melinda Hill, 32*, Des Moines, IA	1:31:52	9:11
235	15	M55	Jim Bergeson, 55, Urbandale, IA	1:31:52	9:11
131	24	W40	Heather Myer-Davis, 43*, Des Moines, IA	1:32:02	9:12
132	25	W30	Kaylene Rogers-Harkins, 32*, Waukee, IA	1:32:04	9:12
133	10	W45	Lisa Lemon, 45*, Des Moines, IA	1:32:11	9:13
236	9	M20	Christopher Steffe, 24, Des Moines, IA	1:32:20	9:14
134	26	W30	Alecia Rahn-Blakeslee, 34*, Ankeny, IA	1:32:32	9:15
135	11	W50	Kimberly Bach, 51*, Ankeny, IA	1:32:37	9:16
237	23	M50	Nathan Callahan, 54, Cedar Falls, IA	1:32:38	9:16
238	58	M35	Todd Carlson, 39, Clive, IA	1:32:41	9:16
239	34	M45	Anthony McBride, 45, Clive, IA	1:32:42	9:16
136	31	W35	Heather Brunk, 35*, Johnston, IA	1:32:42	9:16
137	32	W35	Amy Pace, 36*, Olathe, KS	1:32:46	9:17
138	33	W35	Susan Straka, 36*, Urbandale, IA	1:32:46	9:17
240	24	M50	Jack Siemieniec, 52, Des Moines, IA	1:32:48	9:17
241	32	M30	Victor Young, 31, Des Moines, IA	1:32:51	9:17
139	19	W25	Dena Kroska, 25*, Ankeny, IA	1:32:53	9:17
140	25	W40	Diane Nelson, 41*, Ankeny, IA	1:32:53	9:17
141	34	W35	Tiffany Sheets, 37*, Omaha, NE	1:32:54	9:17
142	11	W45	Barb Linde, 47*, Waukee, IA	1:32:54	9:17
143	20	W25	Carrie Hiner, 28*, Des Moines, IA	1:32:58	9:18
144	21	W25	Mindi Decker, 27*, Des Moines, IA	1:32:59	9:18
242	31	M40	Rod Haws, 40, Ankeny, IA	1:33:00	9:18
145	9	W20	Alison Bauer, 20*, Lacona, IA	1:33:01	9:18
146	26	W40	Gena Haselhuhn, 40*, Dallas, IA	1:33:02	9:18
243	35	M45	Steve Shifflett, 49, Ames, IA	1:33:08	9:19
147	35	W35	Andrea Hoekstra, 35*, Des Moines, IA	1:33:15	9:19
244	8	M60	Michael Carr, 63, Cedar Rapids, IA	1:33:27	9:21
245	59	M35	Shawn Gilliam, 35, Des Moines, IA	1:33:32	9:21
148	12	W50	Mona Bleeker, 52*, Steamboat Rock, IA	1:33:36	9:22
149	12	W45	Rebecca Banzhaf, 45*, Des Moines, IA	1:33:37	9:22
150	27	W40	Pamela Gallagher, 44*, Ankeny, IA	1:33:43	9:22
246	36	M45	Duncan Gallagher, 47, Ankeny, IA	1:33:44	9:22
151	13	W50	Julia Batten, 51*, Carlisle, IA	1:33:46	9:23
247	25	M50	Jim McNeill, 52, Newton, IA	1:33:52	9:23
152	13	W45	Sherri Huff, 45*, Winterset, IA	1:33:53	9:23
248	60	M35	Tommi Makila, 37, Ankeny, IA	1:34:13	9:25
249	32	M40	Andrew Kahl, 43, Des Moines, IA	1:34:45	9:28
153	28	W40	Tracy Cheney, 44*, West Des Moines, IA	1:34:47	9:29
250	4	M65	Larry Reed, 68, Ankeny, IA	1:34:48	9:29
154	29	W40	Denna Mitchell, 42*, Greenfield, IA	1:34:54	9:29
251	9	M60	Bill Lawless, 64, Des Moines, IA	1:34:55	9:29
155	36	W35	Jill Tyler, 37*, Des Moines, IA	1:35:00	9:30
252	16	M55	Bill Lorenz, 59, Des Moines, IA	1:35:06	9:31
253	61	M35	Todd Voss, 37, Johnston, IA	1:35:08	9:31
254	62	M35	Jeff Wieland, 37, Johnston, IA	1:35:10	9:31
156	27	W30	Tamera Steenhoek, 31*, Prairie City, IA	1:35:11	9:31
157	28	W30	Mary Fratianni, 33*, West Des Moines, IA	1:35:13	9:31
158	29	W30	Julie Vardaman, 31*, Ames, IA	1:35:16	9:32

159	10	W20 Katie Tushaus, 22*, Des Moines, IA	1:35:17	9:32
255	63	M35 Eli Lisieck, 35, Omaha, NE	1:35:24	9:32
160	30	W30 Leah Heidemann, 32*, West Des Moines, IA	1:35:26	9:33
256	33	M30 Shay Acheson, 33, Des Moines, IA	1:35:34	9:33
161	14	W45 Mary Schrunk, 46*, Ames, IA	1:35:41	9:34
162	11	W20 Allison Myrton, 23*, Des Moines, IA	1:35:45	9:34
163	15	W45 Rebecca Campbell, 45*, Grimes, IA	1:35:46	9:35
257	37	M45 Donald Little, 48, Des Moines, IA	1:35:47	9:35
164	22	W25 Shawna Hackert, 27*, Van Meter, IA	1:35:48	9:35
165	37	W35 Elizabeth Sedrel, 39*, Des Moines, IA	1:35:49	9:35
166	23	W25 Trayla Carter, 28*, West Des Moines, IA	1:35:50	9:35
258	26	M50 Dennis Howard, 53, Des Moines, IA	1:36:01	9:36
167	30	W40 Carol Olson, 43*, Des Moines, IA	1:36:05	9:36
259	33	M40 Tim Askland, 44, Urbandale, IA	1:36:07	9:37
260	38	M45 John Beals, 45, Des Moines, IA	1:36:11	9:37
168	38	W35 Heather Flaherty, 38*, Nevada, IA	1:36:21	9:38
261	27	M50 William Brown, 53, Des Moines, IA	1:36:26	9:39
262	34	M40 Shawn Nelson, 41, Ankeny, IA	1:36:29	9:39
169	24	W25 Lisa Rhodes, 29*, Des Moines, IA	1:36:30	9:39
170	1	W70 Kelly Elinas, 77*, Des Moines, IA	1:36:33	9:39
171	16	W45 Debi Bull, 49*, Des Moines, IA	1:36:38	9:40
172	31	W40 Julie Marks, 42*, Des Moines, IA	1:36:48	9:41
173	31	W30 Jeni Sundermeyer, 32*, Pleasant Hill, IA	1:36:48	9:41
174	25	W25 Stephanie Wright, 29*, Des Moines, IA	1:36:49	9:41
175	17	W45 Liz Hilgenberg, 49*, Waukee, IA	1:36:56	9:42
176	32	W40 Kathy Faber, 43*, Clive, IA	1:36:57	9:42
263	39	M45 Lane Vellinga, 45, Waukee, IA	1:37:00	9:42
264	40	M45 Dave Vajgrt, 46, Marshalltown, IA	1:37:13	9:43
177	39	W35 Nova Ebersole, 35*, Montour, IA	1:37:14	9:43
178	18	W45 Lisa Gassman, 46*, Marshalltown, IA	1:37:14	9:43
265	17	M55 Bill Pattinson, 58, Ames, IA	1:37:17	9:44
179	26	W25 Michelle Foote, 26*, Des Moines, IA	1:37:18	9:44
180	19	W45 Linda Koele, 49*, Urbandale, IA	1:37:20	9:44
181	2	W55 Mary Gross, 55*, Des Moines, IA	1:37:29	9:45
182	33	W40 Christine Mohrfeld, 41*, Urbandale, IA	1:37:34	9:45
183	3	JrW Sydney Smith, 18*, Durango, IA	1:37:43	9:46
184	14	W50 Michelle Soria, 50*, Clive, IA	1:38:08	9:49
185	15	W50 Colleen Dooley, 50*, Urbandale, IA	1:38:09	9:49
186	20	W45 Julie Younger, 48*, Ankeny, IA	1:38:15	9:49
187	12	W20 Haley Weiland, 23*, Altoona, IA	1:38:15	9:49
266	28	M50 Greg Younger, 50, Ankeny, IA	1:38:16	9:50
188	21	W45 Sarah Selinger, 45*, Urbandale, IA	1:38:17	9:50
189	40	W35 Shannon Lucas, 38*, Ankeny, IA	1:38:27	9:51
190	22	W45 Kimberly Taylor, 46*, West Des Moines, IA	1:38:28	9:51
267	29	M50 Jeffrey Crane, 51, West Des Moines, IA	1:38:40	9:52
191	13	W20 Kelly Crane, 23*, West Des Moines, IA	1:38:40	9:52
192	14	W20 Ashley Karl, 22*, Des Moines, IA	1:38:51	9:53
268	64	M35 Aaron Jones, 36, Ankeny, IA	1:38:52	9:53
193	34	W40 Elizabeth Baustian, 44*, West Des Moines, IA	1:38:57	9:54
194	4	JrW Lauren Link, 19*, Pleasant Hill, IA	1:39:03	9:54
195	32	W30 Wendy Chapman, 31*, Ankeny, IA	1:39:24	9:56
196	33	W30 Anna Henry, 32*, Perry, IA	1:39:31	9:57
197	34	W30 Amanda Werts, 32*, Des Moines, IA	1:39:41	9:58
269	25	M25 Ian Theis, 28, West Des Moines, IA	1:39:47	9:59
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 Top				
198	41	W35 Dawn Selesky, 37*, Ankeny, IA	1:40:06	10:01
199	3	W55 Catherine Kemper, 56*, Des Moines, IA	1:40:09	10:01
200	23	W45 Linda Ream, 45*, Urbandale, IA	1:40:14	10:01
201	15	W20 Danielle Fennelly, 24*, Davenport, IA	1:40:31	10:03
202	35	W40 Christine Hartman, 44*, Ankeny, IA	1:40:43	10:04
203	24	W45 Natalie Welter, 49*, Story City, IA	1:40:55	10:05
270	41	M45 Brent Niland, 46, West Des Moines, IA	1:40:55	10:05
204	25	W45 Rosie Branaman, 45*, Boone, IA	1:40:57	10:06

271	18	M55 Rick Johnson, 57, West Des Moines, IA	1:40:58	10:06
205	42	W35 Stacy Barth, 38*, Urbandale, IA	1:41:03	10:06
206	36	W40 Kelli Wiggins, 44*, West Des Moines, IA	1:41:06	10:07
272	19	M55 Thomas Hostetter, 56, Ames, IA	1:41:07	10:07
207	43	W35 Kathy Anderson, 35*, Urbandale, IA	1:41:07	10:07
208	35	W30 Erin Pearce, 31*, Urbandale, IA	1:41:08	10:07
209	16	W20 Jessica Dicks, 24*, Pleasant Hill, IA	1:41:13	10:07
210	16	W50 Julie Tabery, 53*, New Virginia, IA	1:41:38	10:10
211	4	W55 Betty Baker, 55*, Des Moines, IA	1:42:01	10:12
212	44	W35 Kim Sapp, 37*, Des Moines, IA	1:42:02	10:12
213	45	W35 Karen Morkin, 35*, Des Moines, IA	1:42:03	10:12
214	27	W25 Katie Ochanpaugh, 28*, Grimes, IA	1:42:04	10:12
215	37	W40 Anne Blobaum, 41*, Des Moines, IA	1:42:08	10:13
216	38	W40 Tiffany Reese, 40*, Ankeny, IA	1:42:08	10:13
217	17	W20 Laura Meimann, 21*, Ames, IA	1:42:11	10:13
273	10	M20 Grant Severson, 21, Ames, IA	1:42:11	10:13
274	65	M35 Dave Daniels, 39, Urbandale, IA	1:42:29	10:15
275	30	M50 Marc Hollander, 50, Urbandale, IA	1:42:32	10:15
218	46	W35 Dalena Feller, 36*, Norwalk, IA	1:42:37	10:16
219	47	W35 Natalie Schrader, 37*, Urbandale, IA	1:42:37	10:16
276	31	M50 Steve Newlander, 52, Clive, IA	1:42:54	10:17
220	17	W50 Liz Meimann, 53*, Nevada, IA	1:42:57	10:18
277	42	M45 Gary Young, 48, Johnston, IA	1:43:00	10:18
278	32	M50 Scott Dennis, 54, Urbandale, IA	1:43:01	10:18
221	26	W45 Carole Duffy, 48*, West Des Moines, IA	1:43:17	10:20
222	28	W25 Stephanie Davis, 28*, Urbandale, IA	1:43:43	10:22
279	66	M35 Dan Davis, 35, Urbandale, IA	1:43:44	10:22
223	5	W55 Catherine Smith, 59*, West Des Moines, IA	1:43:49	10:23
280	20	M55 Jeffery Aden, 57, Des Moines, IA	1:43:50	10:23
281	33	M50 Brian Anstedt, 50, Norwalk, IA	1:44:08	10:25
282	21	M55 Earl Smith, 58, Des Moines, IA	1:44:11	10:25
224	48	W35 Debra Scorpiniti, 39*, West Des Moines, IA	1:44:11	10:25
225	36	W30 Heather Hendrix, 31*, Ankeny, IA	1:44:21	10:26
226	18	W50 Patty Keuning, 52*, Prairie City, IA	1:44:34	10:27
283	67	M35 Callee Davenport, 39, Jacksonville, FL	1:44:40	10:28
227	37	W30 Heather Burke, 32*, Jacksonville, FL	1:44:41	10:28
228	38	W30 Alexis Warden, 32*, Melbourne, IA	1:44:53	10:29
229	39	W40 Jill Freel, 43*, Des Moines, IA	1:45:00	10:30
284	34	M30 Blythe Stanfel, 33, Clive, IA	1:45:04	10:30
230	27	W45 Joan Bauer, 49*, Audubon, IA	1:45:18	10:32
231	49	W35 Cathy Heithoff, 36*, Des Moines, IA	1:45:19	10:32
232	40	W40 Marie Sharon, 43*, Guthrie Center, IA	1:45:21	10:32
233	39	W30 Melanie Rivas, 31*, Des Moines, IA	1:45:23	10:32
285	22	M55 Tim Devick, 57, Urbandale, IA	1:45:24	10:32
234	50	W35 Denise Husen, 36*, Dunbar, NE	1:45:58	10:36
235	28	W45 Jon Husen, 45*, Dunbar, NE	1:46:00	10:36
236	51	W35 Jo Ann Morrison, 39*, Ames, IA	1:47:07	10:43
237	29	W25 Sybil Sullivan, 28*, Des Moines, IA	1:47:37	10:46
238	40	W30 Erika Eckley, 33*, Carlisle, IA	1:47:59	10:48
286	5	M65 Dean Hough, 66, Clive, IA	1:48:01	10:48
287	35	M30 Rajesh Kalluri, 31, Urbandale, IA	1:48:29	10:51
239	30	W25 Sara Spain, 29*, Des Moines, IA	1:49:44	10:58
240	52	W35 Christine Franck, 39*, Altoona, IA	1:49:44	10:58
241	6	W55 Vickie Richter, 56*, Adair, IA	1:49:49	10:59
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 Top				
242	41	W30 Beth Ziegmann, 30*, Urbandale, IA	1:50:28	11:03
243	42	W30 Shannon Maddy, 34*, Des Moines, IA	1:50:32	11:03
244	43	W30 Dawn Farrell, 33*, Urbandale, IA	1:50:50	11:05
245	44	W30 Jennifer Vandivier, 33*, Des Moines, IA	1:51:08	11:07
288	10	M60 Dick Hogan, 61, Urbandale, IA	1:51:45	11:10
246	19	W50 Jackie Kunnen, 51*, West Des Moines, IA	1:56:17	11:38
247	45	W30 Andrea Juergens, 30*, Adel, IA	1:56:48	11:41
289	23	M55 Dave Moyer, 56, Adel, IA	1:56:49	11:41

248	41	W40 Julie Engelken, 43*, Des Moines, IA	1:57:49	11:47
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 Top				
249	53	W35 Nancy Bell, 39*, West Des Moines, IA	2:00:57	12:06
250	20	W50 Rhonda Watton, 53*, West Des Moines, IA	2:04:05	12:24
251	46	W30 Alana Schares, 31*, Urbandale, IA	2:07:13	12:43
252	54	W35 Kris Bradley, 36*, Urbandale, IA	2:09:06	12:55
253	47	W30 Nichole Jordan, 31*, Orient, IA	2:09:07	12:55

"*" indicates females

1 finishers among Men 19 & Under
 10 finishers among Men 20 - 24
 25 finishers among Men 25 - 29
 35 finishers among Men 30 - 34
 67 finishers among Men 35 - 39
 34 finishers among Men 40 - 44
 42 finishers among Men 45 - 49
 33 finishers among Men 50 - 54
 23 finishers among Men 55 - 59
 10 finishers among Men 60 - 64
 5 finishers among Men 65 - 69
 4 finishers among Women 19 & Under
 17 finishers among Women 20 - 24
 30 finishers among Women 25 - 29
 47 finishers among Women 30 - 34
 54 finishers among Women 35 - 39
 41 finishers among Women 40 - 44
 28 finishers among Women 45 - 49
 20 finishers among Women 50 - 54
 6 finishers among Women 55 - 59
 1 finishers among Women 60 - 64
 1 finishers among Women 70 & Up
 289 male finishers
 253 female finishers
 542 total finishers

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