

27th Capital Pursuit 10 Miles**Des Moines, Iowa****Sept. 27, 2009**

60s, perfect

Results by Cal Murdock

[5K results](#)

Use the Find option of your Web Browser to find the performance of a specific individual.

PLACE	CLASS PLACE	FINISHER	TIME
1		Jason Flogel, 26, West Des Moines, IA	52:40
2		Martin Popp, 26, West Des Moines, IA	54:33
3		Chris Nealy, 29, Des Moines, IA	57:05
4		Brad Wall, 41, Ankeny, IA	57:22
5	1 M35	Joel Frye, 37, Des Moines, IA	58:34
6		Lee Hammerand, 41, Urbandale, IA	59:10
7	1 M19	Chris Cooper, 24, Des Moines, IA	59:51
8	1 M45	Keith Abels, 47, Ogden, IA	1:00:18
9	1 M40	Chris Bowers, 41, Ottumwa, IA	1:00:26
10	2 M35	Jonathan Estabrook, 35, Ankeny, IA	1:01:01
11	3 M35	Luke Spencer, 38, Des Moines, IA	1:02:00
12	1 M25	Scott Brown, 26, Des Moines, IA	1:02:24
13	4 M35	Scott Heidesch, 37, Urbandale, IA	1:02:34
1		Nicole Braunsdorf, 23*, Des Moines, IA	1:02:40
14	2 M19	Tony Beal, 20, Albia, IA	1:02:46
15	3 M19	Dustin Essex, 22, Des Moines, IA	1:03:21
16	1 M30	Jacob Kaemmer, 32, Des Moines, IA	1:03:24
17	2 M25	Skylar Nesheim, 25, Des Moines, IA	1:03:25
18	2 M40	Bill Ford, 44, Polk City, IA	1:03:39
19	2 M30	Michael Kimelman, 30, Long Island City, NY	1:03:43
20	2 M45	Todd Haugen, 46, Story City, IA	1:03:55
21	3 M30	Anthony Cendana, 34, West Des Moines, IA	1:03:59
22	4 M30	Gene Baloun, 33, Des Moines, IA	1:04:14
2		Christine Price, 40*, Des Moines, IA	1:04:20
23	3 M25	Matthew Johnson, 28, Altoona, IA	1:04:34
24	5 M35	Phil Kauppi, 36, Mount Pleasant, MI	1:04:55
3		Colleen Webb, 32*, Des Moines, IA	1:05:17
25	3 M40	Scott Sterrett, 40, Cedar Falls, IA	1:05:19
26	5 M30	Lance Gunkel, 30, Clive, IA	1:05:24
27	6 M30	Inigo Ibarra, 33, Johnston, IA	1:05:29
28	4 M40	Mike Rieks, 42, Urbandale, IA	1:05:32
29	7 M30	John Neer, 30, Des Moines, IA	1:05:33
4	1 W19	Brenda Funke, 24*, Johnston, IA	1:05:45
30	6 M35	Ryan Elsbernd, 37, Des Moines, IA	1:05:56
31	3 M45	Troy Zeleznik, 47, West Des Moines, IA	1:06:12
32	7 M35	Matthew Hemry, 39, Des Moines, IA	1:06:29
5	1 W35	Jenny Schulze, 37*, Clive, IA	1:06:29
33	4 M25	Mike Castagnoli, 25, West Des Moines, IA	1:06:51
34	5 M25	Ryan Gratz, 27, Iowa City, IA	1:06:53
35	6 M25	Derek McChurch, 28, Des Moines, IA	1:06:54
6	2 W19	Hilary Woodhouse, 23*, Des Moines, IA	1:07:00
36	8 M30	Mark Solomon, 34, Pella, IA	1:07:08
37	5 M40	Brian Palmer, 41, Des Moines, IA	1:07:11
38	8 M35	Tim Roetman, 36, Johnston, IA	1:07:30

39	9	M30 Justin Davis, 30, Algona, IA	1:08:07
40	7	M25 Seth Thorson, 28, Des Moines, IA	1:08:26
41	6	M40 Craig Wittenberg, 44, Pella, IA	1:08:30
42	10	M30 Conrad Hanson, 34, Urbandale, IA	1:08:34
43	4	M45 Troy Price, 46, Parkersburg, IA	1:09:02
44	4	M19 Nick Mongar, 19, Des Moines, IA	1:09:05
45	8	M25 Trevor Hiley, 28, West Des Moines, IA	1:09:07
46	11	M30 Stephen Houg, 34, West Des Moines, IA	1:09:30
47	5	M19 Shawn Goedken, 24, Urbandale, IA	1:09:44
7	2	W35 Dawn Stallman, 35*, Des Moines, IA	1:09:46
8	1	W25 Melanie Catlett, 29*, North Liberty, IA	1:09:58
48	5	M45 Don Cummings, 46, Pleasant Hill, IA	1:09:59
49	9	M25 Benjamin Ross, 28, Des Moines, IA	1:10:19
50		Michael Tometich, 57, Mt. Pleasant, IA	1:10:22
9	3	W35 Jennifer Masini, 37*, Ames, IA	1:10:27
51	6	M19 Eric Peterson, 23, Des Moines, IA	1:10:30
52	9	M35 Michael Fraizer, 38, West Des Moines, IA	1:10:31
53		James Jacobsen, 59, Des Moines, IA	1:10:37
10	2	W25 Staci Springer, 28*, Story City, IA	1:10:39
54	7	M40 Jim Hagelie, 41, Waukee, IA	1:10:42
55	12	M30 Jim Turner, 33, Urbandale, IA	1:10:50
56	6	M45 Michael Long, 49, Ames, IA	1:10:57
57	7	M45 Andrew Smart, 47, Ankeny, IA	1:11:10
58	8	M40 Kyle Weuve, 43, Urbandale, IA	1:11:15
59	1	M55 Dave Haugen, 56, Des Moines, IA	1:11:16
60	8	M45 Loyed Hedges, 49, Des Moines, IA	1:11:17
61	1	M50 Keith Gutschenritter, 50, West Des Moines, IA	1:11:20
62		Rob Hanson, Des Moines, IA	1:11:25
63	9	M40 Mark Levandoski, 41, Grinnell, IA	1:11:44
64	10	M35 David Larson, 37, West Des Moines, IA	1:11:45
65	10	M25 Jose Pablo Soto-Arias, 25, Ames, IA	1:11:49
11	4	W35 Cindy Elsbernd, 38*, Des Moines, IA	1:11:52
66	1	M60 David Schulte, 62, Granger, IA	1:11:53
67	2	M55 Tom Levis, 56, West Des Moines, IA	1:12:04
68	2	M50 Pete Sandler, 54, Wet Des Mines, IA	1:12:12
69	10	M40 Jeff Lorenzen, 44, Des Moines, IA	1:12:34
70	11	M40 Lee Hill, 41, Des Moines, IA	1:12:37
71	3	M55 Steven Fulton, 58, Whitten, IA	1:12:42
72	13	M30 Tag Noel, 33, Windsor Heights, IA	1:12:44
73	3	M50 David Christens, 50, West Des Moines, IA	1:12:47
12	5	W35 Lisa Fraizer, 38*, West Des Moines, IA	1:12:48
13	3	W25 Debra Verdi, 27*, Van Meter, IA	1:12:55
74	14	M30 Mike Patrick, 33, Des Moines, IA	1:12:57
75	4	M50 Mark Seaman, 50, West Des Moines, IA	1:12:58
76	11	M35 Jason Potter, 39, West Des Moines, IA	1:13:06
77	5	M50 David Saggau, 50, West Des Moines, IA	1:13:09
78	6	M50 Kent Kelderman, 50, Ankeny, IA	1:13:14
79	15	M30 Noah Swanson, 34, Davenport, IA	1:13:25
14	4	W25 Shannon White, 28*, Johnston, IA	1:13:30
80	16	M30 Braydn Girdler, 33, Granger, IA	1:13:42
81	11	M25 Andrew Salgado, 26, Des Moines, IA	1:13:55
82	7	M50 Tim Flowers, 51, Ankeny, IA	1:13:57
15	5	W25 Stephanie Mortenson, 27*, Urbandale, IA	1:13:57
16	1	W30 Trisha Vander Wilt, 30*, West Des Moines, IA	1:14:04
83	8	M50 James Usgaard, 51, Urbandale, IA	1:14:06
84	12	M40 Jeb Shohoven, 42, Urbandale, IA	1:14:17
17	6	W35 Jennifer Potratz, 37*, Clive, IA	1:14:27
85	9	M50 Bruce Drumond, 51, Des Moines, IA	1:14:30
86	12	M35 Timothy Gootee, 39, Urbandale, IA	1:14:32
87	13	M35 Roger Selesky, 39, Ankeny, IA	1:14:32
88	13	M40 Phil Weber, 42, Norwalk, IA	1:14:34
89	7	M19 Colton Aman, 20, Blair, NE	1:14:37
90	2	M60 Marek Jarecki, 61, Ames, IA	1:14:45

91	12	M25 Corey St John, 29, Des Moines, IA	1:14:50
92	17	M30 Jeremy Mueller, 32, West Des Moines, IA	1:14:50
93	14	M40 Douglas Kendall, 41, Otley, IA	1:14:59
94	9	M45 Gary Munkvold, 45, Ames, IA	1:15:38
95	10	M45 Blake Harms, 46, Waukee, IA	1:15:40
18		Beth Henriksen, 53*, Ames, IA	1:15:49
96	1	JrM Mitchell McCoy, 15, West Des Moines, IA	1:15:54
97	4	M55 Dennis Wheeler, 59, Urbandale, IA	1:16:03
98	18	M30 Zakee Al-Hameed, 33, North Liberty, IA	1:16:11
99	14	M35 Thad Douglas, 36, Altoona, IA	1:16:16
100	11	M45 Casey Showalter, 48, Altoona, IA	1:16:18
19		Jill Byerly, 51*, State Center, IA	1:16:19
20	1	W40 Beth Palmer, 40*, Des Moines, IA	1:16:20
101	5	M55 T A Meyer, 57, Johnston, IA	1:16:21
102	15	M35 Tony Guerra, 37, Ankeny, IA	1:16:27
21	7	W35 Kaiti Muelhaupt, 37*, Des Moines, IA	1:16:30
103	15	M40 Michael McCulloch, 43, Des Moines, IA	1:16:32
22	8	W35 Kelly Sorensen, 39*, West Des Moines, IA	1:16:34
23	9	W35 Wendy Hanson, 36*, Urbandale, IA	1:16:38
104	3	M60 Mike May, 62, Indianola, IA	1:16:41
105	19	M30 Mark Barglof, 31, Urbandale, IA	1:16:45
106	12	M45 David Teachout, 49, Des Moines, IA	1:16:51
24	3	W19 Carissa Laack, 24*, Des Moines, IA	1:16:51
107	10	M50 Alan Farley, 50, Perry, IA	1:16:55
108	2	JrM Mark Stelmacher, 10, West Des Moines, IA	1:16:58
25	10	W35 Kristin Rinderknecht, 39*, Clive, IA	1:17:01
26	6	W25 Esmie Holderman, 25*, Des Moines, IA	1:17:03
109	13	M25 Adam Hoffman, 28, Des Moines, IA	1:17:05
110	4	M60 Richard Martin, 60, Ames, IA	1:17:10
111	13	M45 Jeff Feder, 48, Norwalk, IA	1:17:22
112	20	M30 Matt Jackson, 33, Des Moines, IA	1:17:26
27	11	W35 Regina Zlomke, 36*, West Des Moines, IA	1:17:32
113	14	M45 Bill Smalley, 49, Waukee, IA	1:17:34
114	14	M25 Brent Allen, 29, Johnston, IA	1:17:36
115	16	M35 Doug Cutchins, 38, Grinnell, IA	1:17:53
116	16	M40 Sam Shelley, 44, Clive, IA	1:18:02
117	17	M40 Jeff Blosser, 42, West Des Moines, IA	1:18:07
118	15	M45 Jon Greising, 45, Johnston, IA	1:18:13
28	2	W30 Kathy McKay, 30*, Pleasant Hill, IA	1:18:21
119	16	M45 Tim Orr, 48, Johnston, IA	1:18:21
120	18	M40 Andrew Shipley, 42, West Des Moines, IA	1:18:22
121	19	M40 Scott Meyer, 44, Pella, IA	1:18:23
122	21	M30 David Guajardo, 33, Des Moines, IA	1:18:24
123	1	M65 Tom Kirkwood, 66, Dyersville, IA	1:18:26
29	12	W35 Pam Banyas, 36*, Ankeny, IA	1:18:40
124	11	M50 Allen Benson, 50, Ankeny, IA	1:18:42
125	17	M45 Kent Weeden, 48, Des Moines, IA	1:18:43
126	6	M55 Rick Hall, 56, Urbandale, IA	1:18:51
127	17	M35 Russ McCullough, 38, Ames, IA	1:18:56
128	22	M30 Adam Van Dike, 34, West Des Moines, IA	1:19:01
129	23	M30 Pete Jones, 32, Urbandale, IA	1:19:02
130	18	M35 Roshan Pradhan, 37, West Des Moines, IA	1:19:04
131	20	M40 Kenneth Overton, 41, Des Moines, IA	1:19:09
132	21	M40 Timothy Bergan, 44, Atlantic, IA	1:19:12
30	2	W40 Theresa McClure, 41*, Johnston, KS	1:19:14
31	3	W40 Brenda O'Hare, 41*, Ankeny, IA	1:19:16
133	19	M35 Rusty Ramseyer, 39, Des Moines, IA	1:19:18
32	4	W19 Jessica Schroeder, 23*, Urbandale, IA	1:19:23
134	24	M30 Kendal Colvin, 34, Pella, IA	1:19:29
135	25	M30 Jonathan Altes, 34, Norwalk, IA	1:19:33
33	4	W40 Sandra Witty, 42*, Clive, IA	1:19:34
34	5	W40 Andrea Corcoran, 40*, Des Moines, IA	1:19:34
136	2	M65 Ron Bickel, 66, Pleasant Hill, IA	1:19:35
35	6	W40 Lori Foster, 40*, Webster City, IA	1:19:36
36	7	W25 Alana Stamas, 27*, Des Moines, IA	1:19:39

37	8	W25 Darci Pratt, 26*, West Des Moines, IA	1:19:39
137	15	M25 John Maly, 27, Des Moines, IA	1:19:41
38	9	W25 Jodi Berman, 27*, Des Moines, IA	1:20:13
138	18	M45 Steve Keay, 48, West Des Moines, IA	1:20:16
139	19	M45 Jeff Schumacher, 46, Ankeny, IA	1:20:19
39	7	W40 Jana Edwards, 42*, West Des Moines, IA	1:20:22
140	26	M30 Jeff Swanson, 31, Des Moines, IA	1:20:23
40	13	W35 Julie Dalbey, 37*, Urbandale, IA	1:20:27
141	3	M65 Craig Clark, 65, Mason City, IA	1:20:28
142	4	M65 Jim Matthews, 69, Baxter, IA	1:20:29
143	7	M55 Dale Bunting, 57, West Des Moines, IA	1:20:38
41	8	W40 Jean Furler, 40*, Indianola, IA	1:20:43
144	12	M50 Curtis Husske, 53, Maxwell, IA	1:20:53
42	14	W35 Tracy Porter, 36*, Ames, IA	1:20:56
145	20	M35 Eric Camper, 38, Des Moines, IA	1:20:58
43	1	W50 Kristy Cain, 50*, Urbandale, IA	1:21:03
44	10	W25 Jaime Longenecker, 26*, Johnston, IA	1:21:05
146	27	M30 Brian Geiken, 31, Des Moines, IA	1:21:06
45	5	W19 Heather Ware, 21*, Ames, IA	1:21:06
46	11	W25 Jennie Bradley, 27*, Des Moines, IA	1:21:07
147	8	M55 Chuck Clark, 58, Carroll, IA	1:21:18
148	21	M35 Michael Biegger, 39, Des Moines, IA	1:21:21
149	13	M50 Kevin Techau, 50, Des Moines, IA	1:21:31
150	20	M45 Justin Nostrala, 45, Indianola, IA	1:21:40
151	9	M55 Rick Hagan, 59, Urbandale, IA	1:21:43
152	21	M45 Dave Endres, 46, West Des Moines, IA	1:21:44
153	28	M30 Brian Hatch, 30, Knoxville, IA	1:21:53
154	22	M35 Wade Den Hartog, 35, Johnston, IA	1:21:56
155	10	M55 Warren Peterson, 55, Ackworth, IA	1:21:57
47	1	W45 Julie Starry, 49*, Johnston, IA	1:21:58
48	15	W35 Nikki Roetman, 36*, Johnston, IA	1:22:02
156	14	M50 John Curtin, 53, Des Moines, IA	1:22:08
49	9	W40 Robin Prier-Ross, 43*, Clive, IA	1:22:12
157	23	M35 Casey Niemann, 35, Waukee, IA	1:22:13
158	22	M45 James McGraw, 47, Waukee, IA	1:22:14
159	11	M55 Lee Tesdell, 58, Slater, IA	1:22:17
160	24	M35 Jason Hahn, 38, Des Moines, IA	1:22:35
161	29	M30 Mike Hatch, 33, Knoxville, IA	1:22:41
50	2	W45 Rick Krause, 49*, West Des Moines, IA	1:22:43
162	25	M35 Doug Nichol, 39, Des Moines, IA	1:22:49
163	15	M50 Joseph Henry, 52, Des Moines, IA	1:22:52
164	8	M19 John Mongar, 22, Ames, IA	1:22:56
165	23	M45 Steve McKibben, 48, Des Moines, IA	1:23:00
51	1	W55 Kathi Dellaca, 56*, Des Moines, IA	1:23:00
166	22	M40 Wade Steward, 43, Legrand, IA	1:23:03
167	23	M40 Mike Jones, 43, Knoxville, IA	1:23:09
168	24	M45 Ron Schuck, 49, Ames, IA	1:23:10
169	16	M50 Thomas McGrath, 53, Elk River, MN	1:23:11
52	12	W25 Kathryn Sandie, 28*, Waukee, IA	1:23:13
170	26	M35 Doug McKinstry, 38, Polk City, IA	1:23:14
171	30	M30 Jason Frederick, 32, Waukee, IA	1:23:15
53	2	W50 Veronica Demmel, 53*, Marshalltown, IA	1:23:16
172	9	M19 Daniel Lovett, 22, Norwalk, IA	1:23:17
173	25	M45 Timothy Gedler, 45, West Des Moines, IA	1:23:19
174	17	M50 Michael Aman, 52, Blair, NE	1:23:22
54	3	W30 Sarah Zinn-Burggraaf, 31*, Clive, IA	1:23:28
175	31	M30 Chris James, 34, West Des Moines, IA	1:23:32
55	4	W30 Mary Nelson, 31*, Grimes, IA	1:23:36
56	2	W55 Nancy Harvey, 56*, Ankeny, IA	1:23:37
57	3	W45 Nancy Dickerson, 46*, West Des Moines, IA	1:23:38
58	4	W45 Liz Skillern, 46*, Shenandoah, IA	1:23:46
59	16	W35 Annika Cornelisse, 37*, Des Moines, IA	1:23:47
176	5	M60 David Friedgood, 60, W. Des Moines, IA	1:23:59
177	32	M30 Steve Olsen, 32, Altoona, IA	1:24:06
60	5	W45 Julie Olmstead, 46*, Webster City, IA	1:24:07

61	17	W35 Kirstin Isenhardt, 35*, Urbandale, IA	1:24:19
178	24	M40 Jeff White, 40, Ankeny, IA	1:24:20
62	6	W19 Traci Moklestad, 20*, Boone, IA	1:24:24
179	12	M55 Tom Farr, 57, Des Moines, IA	1:24:30
63	10	W40 Laura Thomas, 44*, West Des Moines, IA	1:24:34
64	6	W45 Michelle Mullin, 45*, Clive, IA	1:24:38
180	25	M40 Marty Swanson, 42, Ames, IA	1:24:38
65	18	W35 Ana Allen, 36*, West Des Moines, IA	1:24:43
66	3	W50 Betsy Frederes, 51*, Clive, IA	1:24:45
67	19	W35 Katie Thilges, 35*, Ankeny, IA	1:24:48
181	18	M50 David McClung, 54, Des Moines, IA	1:24:50
68	5	W30 Angie Heim, 34*, Norwalk, IA	1:24:52
182	27	M35 Nat Kongtahworn, 36, Clive, IA	1:24:52
69	13	W25 Becky Lins, 27*, Cedar Falls, IA	1:24:54
70	14	W25 Alicia Prendergast, 26*, West Des Moines, IA	1:25:08
183	33	M30 Clint Jones, 34, West Des Moines, IA	1:25:13
184	34	M30 Nathan Davis, 30, Des Moines, IA	1:25:15
71	15	W25 Karen Mathes, 26*, Polk City, IA	1:25:16
72	7	W45 Theresa Greenfield, 45*, Des Moines, IA	1:25:17
185	35	M30 Jared Sloss, 30, Urbandale, IA	1:25:20
186	36	M30 Nick Roerig, 30, West Des Moines, IA	1:25:22
73	11	W40 Carrie Crawford, 44*, Des Moines, IA	1:25:23
74	8	W45 Nola Seaberg, 47*, Des Moines, IA	1:25:24
187	10	M19 Alex Young, 22, Bondurant, IA	1:25:26
188	13	M55 Rick Hillman, 56, Dana, IA	1:25:28
189	19	M50 Brad Shipman, 54, Altoona, IA	1:25:35
190	26	M40 Larry Gaston, 42, Des Moines, IA	1:25:43
191	26	M45 Kirk Reeder, 49, Ankeny, IA	1:25:53
192	14	M55 Doug Hoffman, 58, West Des Moines, IA	1:26:02
193	16	M25 Josh Burke, 29, Ankeny, IA	1:26:04
75	7	W19 Carolyn Cobb, 22*, Des Moines, IA	1:26:05
76	9	W45 Teri Feldmann, 48*, Des Moines, IA	1:26:10
194	6	M60 Richard Newkirk, 60, Ankeny, IA	1:26:11
77	20	W35 Andrea Hoekstra, 37*, Des Moines, IA	1:26:17
78	6	W30 Erin Pearce, 33*, Urbandale, IA	1:26:24
195	27	M45 John Beals, 47, Des Moines, IA	1:26:33
196	28	M45 James Arthur, 45, Des Moines, IA	1:26:34
197	15	M55 John Vujnovich, 55, Des Moines, IA	1:26:59
198	11	M19 Mark Krueger, 20, Ames, IA	1:27:01
79	21	W35 Jennifer Veak, 36*, Des Moines, IA	1:27:01
199	28	M35 Matt Brennecke, 39, Polk City, IA	1:27:06
200	29	M35 Jeff Steenhoek, 39, Des Moines, IA	1:27:06
201	29	M45 Jeff Damman, 47, Ankeny, IA	1:27:07
202	30	M45 David Desing, 46, Urbandale, IA	1:27:08
80	10	W45 Annette Krause, 47*, West Des Moines, IA	1:27:18
81	4	W50 Jeannie Tison, 51*, Des Moines, IA	1:27:21
82	7	W30 Stephanie Davis, 30*, Urbandale, IA	1:27:22
203	27	M40 Joe Akers, 44, Grimes, IA	1:27:25
83	5	W50 Claire Andreassen, 52*, Ames, IA	1:27:30
204	28	M40 Thomas Hunter, 44, West Des Moines, IA	1:27:34
84	11	W45 Wilma Osmun, 49*, Creston, IA	1:27:37
205	30	M35 Tony Brown, 35, West Des Moines, IA	1:27:42
206	20	M50 Bob Irving, 51, Des Moines, IA	1:27:45
85	6	W50 Maureen Hegedus, 50*, Clive, IA	1:27:51
207	21	M50 Chuck Shives, 50, West Des Moines, IA	1:27:52
208	7	M60 Al Hildested, 60, Des Moines, IA	1:27:58
86	16	W25 Janelle Schmidt, 25*, West Des Moines, IA	1:27:59
87	8	W30 Lori Meyers, 31*, West Des Moines, IA	1:28:01
88	17	W25 Jessica Schmitt, 29*, Urbandale, IA	1:28:02
209	31	M45 Jeff Smith, 48, Indianola, IA	1:28:05
89	7	W50 Julia Batten, 53*, Carlisle, IA	1:28:07
90	22	W35 Yvonne Buggy, 36*, Clive, IA	1:28:09
91	23	W35 Kelcy Lofgren, 39*, Ankeny, IA	1:28:16
92	12	W45 Catherine Engblom, 46*, Grimes, IA	1:28:26

93	3	W55 Paula Dierenfeld, 55*, Johnston, IA	1:28:28
94	13	W45 Denise Jones, 48*, Urbandale, IA	1:28:31
210	22	M50 Mike Clayton, 54, Ames, IA	1:28:35
211	16	M55 Kevin Cunningham, 58, Des Moines, IA	1:28:36
95	9	W30 Kari Smith, 34*, Ankeny, IA	1:28:37
212	3	JrM Jake Leih, 16, Indianola, IA	1:28:39
96	12	W40 Crystal Bruntz, 43*, Baxter, IA	1:28:41
213	32	M45 Philip Roudabush, 45, North Liberty, IA	1:28:42
214	33	M45 John Kromminga, 45, Johnston, IA	1:28:43
97	18	W25 Ellen Wade, 25*, Pleasant Hill, IA	1:28:44
98	13	W40 Loree Horn, 44*, West Des Moines, IA	1:28:45
99	8	W50 Deb Fritz, 51*, Des Moines, IA	1:28:59
100	10	W30 Brenda Colvin, 32*, Pella, IA	1:29:03
215	17	M55 Dennis Howard, 55, Urbandale, IA	1:29:08
216	23	M50 Josh Engman, 53, Clive, IA	1:29:14
217	17	M25 Matthew Baltes, 29, Des Moines, IA	1:29:40
101	8	W19 Katie Hoodjer, 22*, Urbandale, IA	1:29:40
102	11	W30 Jennifer Bagnell, 31*, Ankeny, IA	1:29:42
103	14	W40 Dawn Wynn, 40*, Des Moines, IA	1:29:43
104	15	W40 Rebecca Brannan, 44*, Urbandale, IA	1:29:55
105	14	W45 Lori McQuiston, 46*, Maxwell, IA	1:30:07
106	24	W35 Cindy Jenkins, 39*, West Des Moines, IA	1:30:10
218	31	M35 Keith Lydon, 39, West Des Moines, IA	1:30:18
219	18	M55 Kevin Cooney, 57, Des Moines, IA	1:30:25
107	9	W19 Mattei Walker, 21*, Ames, IA	1:30:26
108	1	W65 Sandy Rupnow, 65*, Ames, IA	1:30:31
109	12	W30 Jeni Sundermeyer, 34*, Pleasant Hill, IA	1:30:32
110	15	W45 Margaret Fisher, 45*, Ames, IA	1:30:37
111	16	W45 Deb Michaels, 46*, Pella, IA	1:30:41
220	29	M40 Bill Olson, 44, Urbandale, IA	1:30:52
112	16	W40 Penny Luthens, 43*, Urbandale, IA	1:30:52
221	30	M40 Kenneth Bernstein, 41, Des Moines, IA	1:30:59
113	9	W50 Gina Flowers, 50*, Ankeny, IA	1:31:06
222	34	M45 Mark Cowan, 45, Des Moines, IA	1:31:11
223	35	M45 Dale Stephens, 48, Johnston, IA	1:31:12
114	13	W30 Jennifer Downe, 33*, Norwalk, IA	1:31:17
224	37	M30 Carla Kuzynowski, 33, Ankeny, IA	1:31:18
225	8	M60 Gene Behrens, 61, Des Moines, IA	1:31:18
115	19	W25 Courtney Behrens, 29*, West Des Moines, IA	1:31:19
116	20	W25 Carrie Gosnell, 28*, Des Moines, IA	1:31:30
117	14	W30 Stacy Kuehler, 33*, West Des Moines, IA	1:31:53
226	19	M55 John Doherty, 56, Urbandale, IA	1:32:06
227	31	M40 Edward Kempt, 40, Des Moines, IA	1:32:09
118	25	W35 Joni Tonnemacher, 39*, Johnston, IA	1:32:10
119	15	W30 Jill Schwarz, 33*, Cumming, IA	1:32:10
228	24	M50 P Prashak, 54, Clive, IA	1:32:12
120	16	W30 Leah Heidemann, 34*, Carlisle, IA	1:32:14
229	36	M45 Jeffrey Drawbond, 49, Ames, IA	1:32:20
121	26	W35 Susan Straka, 38*, Urbandale, IA	1:32:20
230	9	M60 Mark McGrath, 60, Des Moines, IA	1:32:24
231	38	M30 Jeess Vilsack, 31, Des Moines, IA	1:32:37
232	39	M30 Wyatt Meyers, 31, Des Moines, IA	1:32:40
233	18	M25 Marek Sobieszkoda, 29, Des Moines, IA	1:32:48
234	32	M35 Daniel Blondowski, 35, Johnston, IA	1:32:50
122	27	W35 Stacey Slifka, 35*, Pleasant Hill, IA	1:32:50
123	10	W19 Britta Wey, 24*, West Des Moines, IA	1:32:51
235	25	M50 John Moran, 52, Story City, IA	1:32:53
124	17	W45 Mary Schrunck, 48*, Ames, IA	1:32:54
236	26	M50 Patrick Moriarity, 53, Pella, IA	1:33:04
125	17	W40 Susan Eggert, 44*, Pella, IA	1:33:04
237	20	M55 Michael McCullough, 59, Urbandale, IA	1:33:10
126	18	W40 Angela Doran, 44*, Boone, IA	1:33:18
127	28	W35 Carrie Buzzoni, 36*, Polk City, IA	1:33:26
128	18	W45 Kim Taylor, 48*, West Des Moines, IA	1:33:30

129	17	W30 Amber Baybayan, 33*, Ankeny, IA	1:33:32
130	21	W25 Jill McGargill, 29*, West Des Moines, IA	1:33:37
131	22	W25 Stephanie Shaw Ross, 27*, Des Moines, IA	1:33:46
238	32	M40 Jeff Peterson, 40, Granger, IA	1:33:59
132	19	W45 Gwen Johnston, 47*, Greenfield, IA	1:34:04
239	33	M35 Erik Simpson, 36, Grinnell, IA	1:34:05
133	29	W35 Jessica Brunsen, 36*, Des Moines, IA	1:34:07
134	19	W40 Denna Mitchell, 44*, Greenfield, IA	1:34:13
240	10	M60 Stuart Lehr, 60, W Des Moines, IA	1:34:15
241	27	M50 Daniel Hartman, 50, Ankeny, IA	1:34:18
135	18	W30 Jennifer Girdler, 34*, Granger, IA	1:34:21
242	33	M40 Jeff Davis, 40, West Des Moines, IA	1:34:24
136	20	W40 Maria Davis, 40*, West Des Moines, IA	1:34:25
137	30	W35 Michelle Bunkers, 39*, Des Moines, IA	1:34:28
243	19	M25 Randy Arnold, 29, Ankeny, IA	1:34:30
138	19	W30 Jennifer Dewall, 32*, Waukee, IA	1:34:32
244	34	M40 Rod Hanus, 44, Webster City, IA	1:34:40
139	10	W50 Terri Bunting, 51*, West Des Moines, IA	1:34:46
245	20	M25 Michael Rosenberg, 26, Ames, IA	1:34:51
140	23	W25 Cristi Rittgers, 29*, Des Moines, IA	1:34:51
141	21	W40 Annie Creighton, 43*, Johnston, IA	1:35:02
142	24	W25 Nicole Woodroffe, 25*, Des Moines, IA	1:35:19
143	20	W30 Kimberly Willems, 30*, West Des Moines, IA	1:35:23
144	31	W35 Julie Liebe, 39*, Prairie City, IA	1:35:37
246	34	M35 John Hoelker, 37, Dexter, IA	1:35:39
145	21	W30 Jessica Pendleton, 31*, Johnston, IA	1:35:40
146	11	W50 Susan Duoblys, 54*, Des Moines, IA	1:35:41
147	32	W35 Laura Bridgeman, 36*, Des Moines, IA	1:35:41
247	28	M50 Steve Shifflett, 51, Ames, IA	1:35:46
148	25	W25 Heidi Dauffenbach, 26*, West Des Moines, IA	1:35:53
149	4	W55 Connie Robinson, 58*, Bondurant, IA	1:35:55
150	22	W40 Julia Tentinger, 44*, West Des Moines, IA	1:35:57
151	22	W30 Melissa Perrin, 32*, Urbandale, IA	1:36:05
152	23	W40 Andrea Dryer, 42*, Cedar Falls, IA	1:36:09
153	24	W40 Lea Ann Flanagan, 44*, Des Moines, IA	1:36:10
248	37	M45 Price Flanagan, 47, Des Moines, IA	1:36:11
154	33	W35 Jennifer Tiffany, 36*, Des Moines, IA	1:36:18
155	26	W25 Jessie James, 29*, Madrid, IA	1:36:27
156	25	W40 Christine Franck, 41*, Altoona, IA	1:36:48
157	23	W30 Jessica Keehn, 30*, Des Moines, IA	1:36:57
249	21	M25 B J Briggs, 29, Algona, IA	1:36:58
158	24	W30 Veronica Natera, 30*, Des Moines, IA	1:37:04
159	25	W30 Katie Thaut, 33*, Des Moines, IA	1:37:04
250	29	M50 Dan Doran, 53, Boone, IA	1:37:06
160	26	W30 Amy Gould, 31*, Pleasant Hill, IA	1:37:06
161	34	W35 Melissa Sturm-Smith, 36*, Des Moines, IA	1:37:07
162	11	W19 Allyson Hileman, 23*, Des Moines, IA	1:37:07
251	5	M65 Bill Lawless, 66, Des Moines, IA	1:37:13
163	35	W35 Laura Fefchak, 38*, Urbandale, IA	1:37:18
164	26	W40 Lora Rogerson, 41*, Des Moines, IA	1:37:19
165	27	W25 Angela Avery, 29*, West Des Moines, IA	1:37:32
166	12	W19 Melissa Dague, 23*, Johnston, IA	1:37:41
167	36	W35 Katrisha Heidemann, 38*, Granger, IA	1:37:42
168	37	W35 Kimberly Sapp, 39*, Des Moines, IA	1:37:46
252	35	M40 Paul Sapp, 42, Des Moines, IA	1:37:46
169	38	W35 Jennifer Webster, 38*, Urbandale, IA	1:37:53
170	39	W35 Jennifer Browne, 37*, Clive, IA	1:37:53
171	27	W30 Kate Virgil, 30*, West Des Moines, IA	1:37:54
172	40	W35 Mindla White, 37*, Iowa, IA	1:37:57
173	41	W35 Jill Bartachek, 38*, West Des Moines, IA	1:38:09
174	28	W25 Tamara Hancock, 28*, Ames, IA	1:38:13
253	38	M45 Jeff Davick, 46, West Des Moines, IA	1:38:16
175	27	W40 Stacy Barth, 40*, Urbandale, IA	1:38:19

254	39	M45 Anthony McBride, 47, Clive, IA	1:38:31
176	28	W30 Nicole Quade, 30*, Norwalk, IA	1:38:32
177	12	W50 Jo Ellen Oneal, 52*, Des Moines, IA	1:38:41
178	28	W40 Tracy Harms, 43*, Waukee, IA	1:38:42
179	42	W35 Kristy Potter, 38*, West Des Moines, IA	1:38:52
180	29	W40 Ruth Mwangangi, 40*, Des Moines, IA	1:38:52
181	43	W35 Angela Frohwein, 37*, Clive, IA	1:38:54
182	29	W30 Daphne Monson, 31*, Des Moines, IA	1:39:07
183	30	W30 Alice Frederick, 31*, Johnston, IA	1:39:23
255	11	M60 Earl Smith, 60, Des Moines, IA	1:39:24
184	44	W35 Stephanie McFarland, 39*, Urbandale, IA	1:39:29
185	45	W35 Robin Wastenev, 35*, Des Moines, IA	1:39:30
186	31	W30 Andrea Quam, 34*, Urbandale, IA	1:39:31
256	36	M40 Shawn Bown, 43, Des Moines, IA	1:39:32
187	20	W45 Karlen Howard, 49*, Urbandale, IA	1:39:38
188	32	W30 Megan Hollingsworth, 31*, Waukee, IA	1:39:41
257	1	M70 Larry Reed, 70, Ankeny, IA	1:40:04
189	29	W25 Laura Wieck, 25*, Coralville, IA	1:40:09
190	46	W35 Natalie Gulbranson, 35*, Pleasant Hill, IA	1:40:10
258	30	M50 John Gaich, 53, Des Moines, IA	1:40:10
259	35	M35 Edwin Rosado II, 35, Ankeny, IA	1:40:11
260	36	M35 Eric McGarrah, 37, Des Moines, IA	1:40:12
261	6	M65 Arlo Van Diest, 68, Webster City, IA	1:40:22
262	40	M30 Asween Mallick, 31, Des Moines, IA	1:40:34
263	40	M45 Calvin Hansen, 46, West Des Moines, IA	1:40:53
264	41	M45 Paul Turner, 46, Des Moines, IA	1:40:59
265	42	M45 Rick Horstmann, 49, Des Moines, IA	1:41:08
191	30	W25 Erin McKeown, 26*, West Des Moines, IA	1:41:23
192	13	W19 Hannah Weiss, 21*, Iowa City, IA	1:41:35
193	13	W50 Linda Koele, 51*, Des Moines, IA	1:41:48
194	30	W40 Sharon Koele, 44*, Des Moines, IA	1:41:48
195	33	W30 Frankie Farquharson, 32*, Prairie City, IA	1:42:05
196	31	W40 Sherri Finney, 43*, Waukee, IA	1:42:05
266	41	M30 Seth Swanson, 30, West Des Moines, IA	1:42:11
197	14	W19 Meredith Lyon, 22*, Norwalk, IA	1:42:14
198	31	W25 Suellen Shetterly, 25*, Des Moines, IA	1:42:14
199	21	W45 Lori Dawson-Weeks, 45*, Grimes, IA	1:42:21
200	47	W35 Melissa Parker, 38*, Des Moines, IA	1:42:26
201	32	W40 Amiee O'Leary, 42*, Des Moines, IA	1:42:27
202	33	W40 Kristi Tetmeyer, 41*, West Des Moines, IA	1:42:46
267	21	M55 Neil Olson, 59, Boone, IA	1:42:56
203	34	W30 Melinda Kuennen, 32*, West Des Moines, IA	1:42:57
204	34	W40 Kathy Schramna, 41*, Clive, IA	1:42:58
205	22	W45 Debra Baker, 48*, Urbandale, IA	1:43:10
206	35	W30 Tami Cooper, 34*, Urbandale, IA	1:43:29
268	37	M40 Bradley Cooper, 43, Cumming, IA	1:43:30
207	14	W50 Janet Malmberg, 50*, Windsor Heights, IA	1:43:32
208	48	W35 Anjela Shutts, 38*, Des Moines, IA	1:43:36
209	49	W35 Rae Edwards, 39*, Clive, IA	1:43:37
269	43	M45 David Soorholtz, 49, Clive, IA	1:43:43
210	50	W35 Judy Hillman, 37*, Dana, IA	1:43:45
211	15	W19 Leah Feltz, 23*, Waterloo, IA	1:43:54
270	31	M50 Steve Lang, 53, Clive, IA	1:43:54
212	32	W25 Joelle Kirchhoff, 25*, Grimes, IA	1:43:57
213	51	W35 Mary Brown, 35*, West Des Moines, IA	1:44:11
214	35	W40 Teresa Volcheck, 40*, West Des Moines, IA	1:44:18
215	16	W19 Kara Lovell, 21*, Ottumwa, IA	1:44:26
216	17	W19 Sarah Meardon, 23*, Ottumwa, IA	1:44:28
217	15	W50 Terri Hale, 54*, Ankeny, IA	1:44:32
218	36	W30 Tiffanie Snyder, 33*, Des Moines, IA	1:44:53
219	23	W45 Sue Cornick, 48*, Des Moines, IA	1:44:57
220	37	W30 Sara Spain, 31*, Des Moines, IA	1:45:13
221	24	W45 Christine Hartman, 46*, Ankeny, IA	1:45:16

222	38	W30 Holly Collins, 30*, Norwalk, IA	1:45:20
271	37	M35 Shawn Kyhl, 37, Slater, IA	1:45:23
272	38	M40 William Safris, 43, Johnston, IA	1:45:38
223	18	W19 Stephanie Reiser, 23*, Des Moines, IA	1:45:41
224	19	W19 Ashley Smith, 23*, Des Moines, IA	1:45:41
225	33	W25 Cadence Kuklinski, 27*, Des Moines, IA	1:45:42
226	34	W25 Tara Case, 25*, Des Moines, IA	1:45:43
227	35	W25 Alicia King, 26*, Altoona, IA	1:45:44
228	39	W30 Leah Beeman, 30*, Johnston, IA	1:45:47
229	40	W30 Katie Ochanpaugh, 30*, Cumming, IA	1:45:50
273	12	M19 Daniel Nguyen, 22, Des Moines, IA	1:46:28
274	32	M50 Kevin Morris, 51, Des Moines, IA	1:46:42
275	22	M55 Nathan Callahan, 56, Cedar Falls, IA	1:46:43
276	38	M35 Todd Mealey, 39, Norwalk, IA	1:46:49
230	36	W25 Erinn Anderson, 26*, Des Moines, IA	1:46:53
277	33	M50 Gary Young, 50, Johnston, IA	1:48:02
231	20	W19 Jenny Schroeder, 22*, Des Moines, IA	1:48:03
232	16	W50 Linda Ennen, 53*, Clive, IA	1:48:03
233	37	W25 Michelle Cole, 27*, West Des Moines, IA	1:48:04
278	44	M45 Bill Schmitt, 48, Alleman, IA	1:48:04
234	17	W50 Sharon Hall, 51*, Ankeny, IA	1:48:39
235	52	W35 Heather Curtis, 35*, Des Moines, IA	1:48:51
236	25	W45 Linda Rogers, 49*, Des Moines, IA	1:48:58
237	26	W45 Shari Turner, 48*, West Des Moines, IA	1:49:00
238	27	W45 Debbie Avitt, 48*, Des Moines, IA	1:49:10
239	28	W45 Teresa Adams-Tomka, 47*, Des Moines, IA	1:49:11
240	29	W45 Sharon Turner, 46*, Milo, IA	1:49:12
241	53	W35 Jodi Clendenen, 37*, Indianola, IA	1:49:12
279	23	M55 Mark Hacker, 55, Des Moines, IA	1:49:40
242	30	W45 Sarah Anderson, 49*, Dubuque, IA	1:49:43
243	36	W40 Angie Lauer, 43*, Lorimor, IA	1:49:50
244	41	W30 Janine Choudhury, 34*, Ankeny, IA	1:50:08
245	37	W40 Melissa Denison, 41*, Des Moines, IA	1:50:56
280	12	M60 Dick Hogan, 63, Urbandale, IA	1:51:55
246	38	W40 Lynette Wagner, 42*, Urbandale, IA	1:52:05
281	39	M40 Kevin Wagner, 44, Urbandale, IA	1:52:05
247	54	W35 Carol Crabtree, 35*, Coralville, IA	1:52:47
282	45	M45 Eric Salmon, 45, Des Moines, IA	1:53:10
248	18	W50 Laura Merrick, 53*, Ames, IA	1:53:15
249	42	W30 Myrian Anderson, 32*, Dallas Center, IA	1:53:19
283	22	M25 Caleb Pike, 27, Des Moines, IA	1:53:38
250	38	W25 Nicole Essink, 29*, Altoona, IA	1:53:38
251	39	W40 Sherry Smiley, 43*, Cumming, IA	1:53:53
284	40	M40 Matthew Mertens, 41, Grimes, IA	1:53:54
252	43	W30 Jo Ellen Frommelt, 31*, Marion, IA	1:54:08
253	39	W25 Kaci Sloss, 25*, Des Moines, IA	1:55:48
254	40	W25 Megan Woolworth, 27*, West Des Moines, IA	1:56:26
255	44	W30 Erin Breheny, 31*, Wdm, IA	1:56:40
256	41	W25 Dee Hellman, 29*, Ankeny, IA	1:58:29
257	55	W35 Ronda Saddoris, 37*, Norwalk, IA	2:00:17
285	24	M55 Chris Osher, 57, Ames, IA	2:02:30

"*" indicates females

3 finishers among Men 18 & Under

12 finishers among Men 19 - 24

22 finishers among Men 25 - 29

41 finishers among Men 30 - 34

38 finishers among Men 35 - 39

40 finishers among Men 40 - 44

45 finishers among Men 45 - 49

33 finishers among Men 50 - 54

24 finishers among Men 55 - 59

12 finishers among Men 60 - 64

6 finishers among Men 65 - 69

1 finishers among Men 70 & Up

20 finishers among Women 19 - 24

41 finishers among Women 25 - 29
44 finishers among Women 30 - 34
55 finishers among Women 35 - 39
39 finishers among Women 40 - 44
30 finishers among Women 45 - 49
18 finishers among Women 50 - 54
4 finishers among Women 55 - 59
1 finishers among Women 65 - 69
285 male finishers
257 female finishers
542 total finishers

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