CAPITAL PURSUIT 10 MILE

DES MOINES, IOWA

Aug. 31, 2002

10 Mile Overall	10 Mile Specials	5K Overall	5K Specials

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.

"*" indicates females

PLACE	CLASS PLACE		FINISHER	TIME	PACE
1			Julius Rotich, 27, West Des Moines, IA	51:42	5:10
2			Marty Dalton, 26, Earlham, IA	52:52	5:17
3			Jacob Kaemmer, 25, Des Moines, IA	53:56	5:24
4			Phil Kauder, 41, Cascade, IA	55:04	5:30
5	1	M30	Brad Wall, 34, Ankeny, IA	56:23	5:38
6	1	M20	Jason Sinnwell, 24, Rochester, MN	56:34	5:39
7	1	M35	Gerardo Marquez, 36, Kansas City, MO	57:05	5:42
8	2	M30	Kevin Barnes, 30, Indianola, IA	57:12	5:43
9	1	M25	Kevin Egan, 26, West Des Moines, IA	57:22	5:44
10	2	M35	Roger Scott, 37, Clive, IA	57:43	5:46
11	1	M40	Keith Fevold, 44, Des Moines, IA	58:29	5:51
12	3	M30	Luke Spencer, 31, Des Moines, IA	58:38	5:52
13	2	M20	Alex Piel, 24, Ames, IA	58:58	5:54
14	1	M45	Joseph Haynes, 47, Ames, IA	59:24	5:56
15	4	M30	Todd Christensen, 33, Altoona, IA	59:27	5:57
16	5	M30	Matthew Zinno, 30, Ankeny, IA	59:45	5:58
Pace: 6:00 | 7:00 | 8:00 | 9:00 | 10:00 | 11:00 | 12:00 | Top					
17	3	M20	Ryan Mitchell, 24, West Des Moines, IA	1:00:28	6:03
1			Robyn Friedman, 29*, Lambs Grove, IA	1:01:26	6:09
18	6	M30	Ryan Elsbernd, 30, Des Moines, IA	1:01:55	6:11
19	2	M25	Jason Huntley, 29, Ames, IA	1:02:08	6:13
20	7	M30	Shawn Miller, 30, Des Moines, IA	1:02:43	6:16
21	2	M45	Dave Fitz, 47, Ames, IA	1:02:55	6:17
22	1	JrM	Nate Smith, 19, Merrill, IA	1:02:59	6:18
23	3	M35	Mike Kuckta, 39, Council Bluffs, IA	1:03:02	6:18
2			Lisa Marshall, 34*, Granger, Ia	1:03:08	6:19
24	2	M40	Kevin Otte, 42, Clive, IA	1:03:34	6:21
25	8	M30	John Patrick Parker, 34, Bettendorf, IA	1:03:46	6:23
26	9	M30	Scott Heidesch, 30, Johnston, IA	1:03:55	6:23
27	3	M40	Ed Bell, 42, Clive, IA	1:03:56	6:24
28	4	M20	Chad Goldsmith, 24, North Liberty, IA	1:04:26	6:27
29	4	M35	Doug Eppard, 37, Johnston, IA	1:04:27	6:27
30	3	M45	Rick Ironside, 48, Marion, IA	1:04:30	6:27
31	5	M20	Craig Goldsmith, 20, Earlville,IA	1:04:34	6:27
32	5	M35	Jim DeBartolo, 39, Des Moines, IA	1:05:06	6:31
33	4	M40	Jim Heinlen, 40, Lincoln, NE	1:05:07	6:31
34	6	M35	Ronn Beene, 37, Omaha, NE	1:05:12	6:31
35	3	M25	Chad Halsten, 28, West Des Moines, IA	1:05:14	6:31
36	1	M50	Curt Krieger, 50, Mason City, IA	1:05:18	6:32
37	2	M50	Phil Olson, 50, Iowa City, IA	1:05:19	6:32
38	4	M25	Dakota Derr, 25, West Des Moines, IA	1:05:20	6:32
39	7	M35	Ted Rossiter, 36, Des Moines, IA	1:05:22	6:32
40	6	M20	Peter Bauer, 22, New Ulm, MN	1:05:33	6:33
41	4	M45	David Peters, 47, Omaha, NE	1:05:37	6:34
42	7	M20	Matthew Pross, 24, Windsor Heights, IA	1:05:44	6:34

43	5	M45	Bob Layton, 46, Urbandale, IA	1:05:49	6:35
44	5	M25	Conrad Hanson, 27, Urbandale, IA	1:06:02	6:36
45	5	M40	David Christens, 43, West Des Moines, IA	1:06:03	6:36
46	6	M45	Richard Tucker, 48, Winterset, IA	1:06:11	6:37
47	6	M40	Mike Johnson, 40, Urbandale, IA	1:06:12	6:37
48	6	M25	Carl Noftsger, 29, Altoona, IA	1:06:31	6:39
49	8	M35	Doug Kintzle, 37, Des Moines, IA	1:06:35	6:39
50	9	M35	Jeff Anker, 38, Polk City, IA	1:06:39	6:40
3			Jodi Smith, 24*, Ames, IA	1:06:45	6:40
51	7	M40	Bob Saunders, 42, Ida Grove, IA	1:06:52	6:41
52	7	M25	Alex Johnson, 28, Des Moines, IA	1:07:15	6:43
53	7	M45	Michael Hoffman, 48, Clive, IA	1:07:20	6:44
54	1	M55	John Brown, 59, Kenyon, MN	1:07:27	6:45
55	8	M25	Patrick McDermott, 29, Ankeny, IA	1:07:32	6:45
56	3	M50	Jim Clennon, 50, Austin, MN	1:07:32	6:45
57	4	M50	Rick Hagan, 52, Urbandale, IA	1:07:56	6:48
58	8	M45	Daniel Rosenberg, 45, Des Moines, IA	1:08:02	6:48
59	10	M30	John Urban, 34, Waukee, IA	1:08:06	6:49
60	11	M30	Brian Palmer, 34, Des Moines, IA	1:08:11	6:49
4	1	W30	Christine Price, 33*, Des Moines, IA	1:08:19	6:50
61	8	M40	David Flory, 42, Ames, IA	1:08:25	6:50
62	5	M50	Victor Arcia, 53, Kansas City, MO	1:08:27	6:51
63	9	M40	John Taylor, 41, Urbandale, IA	1:08:28	6:51
64	10	M35	Steve Lewellen, 37, Des Moines, IA	1:08:30	6:51
65	6	M50	Dennis Francis Wheeler, 52, Urbandale, IA	1:08:32	6:51
66	11	M35	Alan Alberto, 37, Clive, IA	1:08:43	6:52
67	2	M55	David Schulte, 55, Granger, Ia	1:08:52	6:53
5	1	W20	Courtney Fulton, 24*, Des Moines, IA	1:08:53	6:53
68	12	M35	Jeffery Erickson, 35, Des Moines, IA	1:08:54	6:53
69	9	M25	Deone Dempcy, 25, Des Moines, IA	1:09:24	6:56
70	7	M50	Randall Wilson, 52, Des Moines, IA	1:09:31	6:57
71	10	M25	Chad Lee, 29, West Des Moines, IA	1:09:34	6:57
72	10	M40	Dale Knoshaug, 40, Des Moines, IA	1:09:37	6:58
73	13	M35	Rob Reicks, 38, Van Meter, IA	1:09:38	6:58
74	11	M40	Jeff Feder, 41, Des Moines, IA	1:09:38	6:58
6	2	W20	Kristen Mitchell, 23*, West Des Moines, IA	1:09:40	6:58
75	1	M60	Guy Ealey, 62, Kellogg, IA	1:09:53	6:59

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76	12	M40	Jeff Hileman, 44, Knoxville, IA	1:10:15	7:01
7	1	W25	Vani Sabesan, 25*, Iowa City, IA	1:10:32	7:03
77	13	M40	Stewart Baldner, 42, Dallas Center, IA	1:10:39	7:04
8	1	W35	Heather Stilborn, 39*, Clive, IA	1:10:42	7:04
78	12	M30	Rich Bundy, 31, Ankeny, IA	1:10:45	7:04
79	13	M30	Michael Spaur, 31, Pella, IA	1:10:49	7:05
80	14	M40	Terry Lingner, 40, Grimes, IA	1:10:49	7:05
81	15	M40	Michael Bruce, 40, Johnston, IA	1:10:53	7:05
82	14	M35	Don Cumings, 39, Ankeny, IA	1:10:54	7:05
83	14	M30	Lee Hill, 34, Des Moines, IA	1:10:55	7:05
84	16	M40	Stephen Thompson, 41, Marshalltown, IA	1:10:56	7:06
85	17	M40	Craig Hildreth, 44, Lytton, IA	1:10:58	7:06
86	15	M30	Thomas Hart, 33, Des Moines, IA	1:11:34	7:09
87	15	M35	Merlin Sanders, 38, Clive, IA	1:11:52	7:11
9			Jeanne McCurnin, 46*, Mason City, IA	1:12:10	7:13
88	3	M55	Craig Clark, 58, Mason City, IA	1:12:11	7:13
10	1	W40	JoAnn Kobes, 42*, Des Moines, IA	1:12:21	7:14
89	2	JrM	Asa Ireland, 14, West Des Moines, IA	1:12:21	7:14
90	16	M30	Scott Sterrett, 33, West Des Moines, IA	1:12:29	7:15
91	9	M45	Keith Basney, 48, Woodbury, MN	1:12:38	7:16
92	18	M40	Gavin Naylor, 41, Ames, IA	1:12:39	7:16
11	1	W45	Sheila Maddock, 46*, Johnston, IA	1:12:41	7:16
12	3	W20	Stephanie Egan, 24*, West Des Moines, IA	1:12:44	7:16
93	16	M35	Doug Stone, 39, Des Moines, IA	1:12:46	7:17
94	17	M35	David Rauschenbach, 36, Cleveland, OH	1:12:47	7:17
95	19	M40	Wayne Lacher, 40, Menlo, IA	1:12:49	7:17

96	10	M45	Jonathan Wendel, 47, Ames, IA	1:12:55	7:17
97	18	M35	Steven Sanders, 39, Des Moines, IA	1:12:55	7:17
98	19	M35	Jeff Osmundson, 37, Des Moines, IA	1:12:56	7:18
13	2	W45	Andriette Wickstrom, 47*, Storm Lake, IA	1:12:59	7:18
99	20	M40	Dan Filip, 43, Cedar Rapids, IA	1:13:10	7:19
100	21	M40	Steve Sikkink, 41, Des Moines, IA	1:13:11	7:19
101	11	M25	Jon Beeman, 25, West Des Moines, IA	1:13:12	7:19
102	22	M40	Kevin Heintz, 42, Ankeny, IA	1:13:14	7:19
103	8	M50	Don Myers, 51, Rochester, MN	1:13:19	7:20
104	11	M45	Jon Jordan, 47, Atlantic, IA	1:13:21	7:20
105	12	M45	Peter Percival, 49, Des Moines, IA	1:13:24	7:20
14	2	W30	Cindy Elsbernd, 31*, Des Moines, IA	1:13:30	7:21
106	13	M45	Steve Lind, 47, Urbandale, IA	1:13:35	7:21
107	17	M30	Mark Graber, 33, Urbandale, IA	1:13:57	7:24
108	23	M40	Michael Long, 42, Ames, IA	1:13:58	7:24
15	3	W45	Beth Henriksen, 46*, Ames, IA	1:14:03	7:24
109	14	M45	Hank Manning, 47, Urbandale, IA	1:14:11	7:25
110	24	M40	Scott Boever, 42, Des Moines, IA	1:14:11	7:25
111	25	M40	Stephen Sells, 42, Altoona, IA	1:14:24	7:26
112	9	M50	Richard Guffy, 52, Windsor Heights, IA	1:14:27	7:27
113	3	JrM	Michael Haynes, 14, Ames, IA	1:14:34	7:27
114	26	M40	Rick Raper, 44, Bellevue, NE	1:14:37	7:28
115	27	M40	Douglas Lowe, 43, West Des Moines, IA	1:14:47	7:29
16	2	W25	Lisa Vetterlein, 28*, Norwalk, IA	1:14:47	7:29
17	2	W40	Rae Letourneau, 40*, West Des Moines, IA	1:14:48	7:29
116	12	M25	Lyle Erickson, 28, Des Moines, IA	1:14:54	7:29
117	28	M40	Martin Kenworthy, 44, Des Moines, IA	1:14:55	7:29
118	15	M45	Terry Lint, 48, Clive, IA	1:15:04	7:30
18	3	W30	Jennifer Smith, 33*, Clive, IA	1:15:04	7:30
119	16	M45	David McClung, 47, Des Moines, IA	1:15:10	7:31
120	18	M30	Juan Yague, 31, Ames, IA	1:15:12	7:31
121	17	M45	Ron Kinner, 49, Des Moines, IA	1:15:14	7:31
122	10	M50	T A Meyer, 50, Des Moines, IA	1:15:22	7:32
123	29	M40	Robert Parker, 43, Johnston, IA	1:15:29	7:33
124	20	M35	Randy Kallem, 36, Ankeny, IA	1:15:29	7:33
125	11	M50	Dick Lachenmaier, 52, Clive, IA	1:15:30	7:33
126	30	M40	Allen Benson, 43, Ankeny, IA	1:15:32	7:33
127	12	M50	Ed Schooley, 53, Waukee, IA	1:15:46	7:35
128	19	M30	Tom Trygstad, 30, West Des Moines, IA	1:15:47	7:35
19	2	W35	Rachel Windsor, 39*, Des Moines, IA	1:15:55	7:35
129	18	M45	Mark Movic, 45, Des Moines, IA	1:15:55	7:35
130	13	M25	Ross Palmer, 26, Omaha, NE	1:15:57	7:36
131	14	M25	Kevin Tiffany, 26, Des Moines, IA	1:16:01	7:36
132	31	M40	Scott Iverson, 42, Polk City, IA	1:16:08	7:37
20	3	W25	Kirstin Isenhart, 28*, West Des Moines, IA	1:16:09	7:37
133	13	M50	Steve Pecenka, 52, Ames, IA	1:16:10	7:37
134	4	JrM	Jacob Haynes, 17, Ames, IA	1:16:11	7:37
135	21	M35	Kevin Kommes, 37, Des Moines, IA	1:16:11	7:37
21	4	W25	Julie Leonard, 25*, Urbandale, IA	1:16:12	7:37
22	5	W25	Kelly Hancock, 25*, Des Moines, IA	1:16:13	7:37
136	1	M70	Jim Smedema, 70, Windsor Heights, IA	1:16:15	7:37
137	1	M65	Jim Schleisman, 69, Jefferson, IA	1:16:16	7:38
138	22	M35	David Lake, 35, Des Moines, IA	1:16:19	7:38
23	4	W45	Vicki Vanderkwaak, 46*, Johnston, IA	1:16:22	7:38
139	32	M40	Tim Flowers, 44, Ankeny, IA	1:16:26	7:39
140	33	M40	Doug Ross, 42, Ankeny, IA	1:16:30	7:39
141	20	M30	Gerrad Clausen, 33, Pleasant Hill, IA	1:16:31	7:39
24	4	W30	Jennifer Dickerson, 34*, Clive, IA	1:16:33	7:39
25	3	W35	Lisa Springer, 36*, Ft. Dodge, IA	1:16:35	7:39
142	14	M50	Thomas Anderson, 53, Johnston, IA	1:16:37	7:40
143	15	M50	Andrew Hazer, 52, Columbia, IA	1:16:41	7:40
144	15	M25	Aaron Sheeler, 26, Ames, IA	1:16:46	7:41
26	3	W40	Nancy Whitcanack, 40*, Colona, IL	1:16:54	7:41
145	23	M35	Steve Cannon, 36, Urbandale, IA	1:16:58	7:42

146	34	M40	Andy Roat, 40, Des Moines, IA	1:17:00	7:42
27	5	W45	Kathleen Wendel, 47*, Ames, IA	1:17:01	7:42
28	6	W25	Jennifer McGraw, 27*, Des Moines, IA	1:17:02	7:42
29	7	W25	Wendy Hanson, 29*, Urbandale, IA	1:17:07	7:43
147	16	M25	David Murphy, 25, Iowa City, IA	1:17:09	7:43
30	4	W40	Denise Charter-Jones, 41*, Urbandale, IA	1:17:16	7:44
31	8	W25	Jennifer Popp, 28*, Waukee, IA	1:17:17	7:44
148	19	M45	Michael Wheelock, 47, Ames, IA	1:17:26	7:45
149	20	M45	Kim Wass, 47, Ames, IA	1:17:26	7:45
150	35	M40	Charles Phillips, 44, Urbandale, IA	1:17:30	7:45
151	21	M45	Warren Peterson, 48, Ackworth, IA	1:17:31	7:45
152	22	M45	Mark Hanson, 49, Ankeny, IA	1:17:34	7:45
153	4	M55	Norm Vos, 56, Pella, IA	1:17:36	7:46
32	9	W25	Gretchen Thorson, 28*, Pella, IA	1:17:48	7:47
154	24	M35	Mark Davis, 35, Urbandale, IA	1:17:53	7:47
155	16	M50	Robert McDonald, 51, Colona, IL	1:17:57	7:48
33	4	W35	Peggy Fevold, 39*, Des Moines, IA	1:17:58	7:48
34	5	W40	Becky Nichols, 42*, Des Moines, IA	1:18:06	7:49
156	36	M40	Ron Schuck, 42, Ames, IA	1:18:14	7:49
157	21	M30	Jason Hahn, 31, Des Moines, IA	1:18:16	7:50
35	6	W45	Sally Spencer, 46*, Des Moines, IA	1:18:24	7:50
36	6	W40	Teri Feldmann, 41*, Des Moines, IA	1:18:26	7:51
158	25	M35	Andrew Shipley, 35, West Des Moines, IA	1:18:30	7:51
159	26	M35	Dave Salaba, 37, Cumming, IA	1:18:32	7:51
160	5	JrM	Nathan Wise, 18, Des Moines, IA	1:18:36	7:52
161	22	M30	Dan Koestner, 33, Grimes, IA	1:18:37	7:52
162	37	M40	Price Flanagan, 40, Des Moines, IA	1:18:46	7:53
163	23	M45	Ricky Snyder, 48, Winterset, IA	1:18:59	7:54
164	24	M45	Doug Lockwood, 46, Storm Lake, IA	1:19:00	7:54
165	27	M35	Tim Pepper, 36, Indianola, IA	1:19:03	7:54
166	38	M40	Kent Weeden, 41, Des Moines, IA	1:19:04	7:54
167	23	M30	Delsin Knowler, 31, West Des Moines, IA	1:19:06	7:55
168	17	M50	Galen Wilke, 51, Ames, IA	1:19:11	7:55
169	18	M50	John Goerdt, 50, Urbandale, IA	1:19:11	7:55
37	1	W50	Barb Wheelock, 50*, Madrid, IA	1:19:12	7:55
170	39	M40	Greg Courtney, 43, Ames, IA	1:19:13	7:55
38	4	W20	Jill Logsdon, 20*, Ames, IA	1:19:25	7:56
39	5	W30	Mary Connor, 33*, West Des Moines, IA	1:19:25	7:56
171	40	M40	Paul Kruse, 44, Granger, IA	1:19:26	7:57
172	2	M60	Clay Whiteis, 60, Des Moines, IA	1:19:28	7:57
40	7	W40	Karen Fosse, 43*, Iowa City, IA	1:19:31	7:57

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173	17	M25	Mark Hollingworth, 29, Urbandale, IA	1:20:04	8:00
41	7	W45	Mary Harris, 46*, Marshalltown, IA	1:20:06	8:01
174	24	M30	Richard Inman, 33, Pleasant Hill, IA	1:20:09	8:01
175	25	M45	Mike Clayton, 47, Ames, IA	1:20:16	8:02
176	41	M40	Greg Hayes, 44, Urbandale, IA	1:20:19	8:02
42	6	W30	Mindy Miller, 30*, Coralville, IA	1:20:21	8:02
43	8	W45	Mary Madsen, 49*, Melbourne, IA	1:20:29	8:03
177	28	M35	Ed McCann, 38, Johnston, IA	1:20:30	8:03
178	18	M25	Caris Roozen, 26, Des Moines, IA	1:20:32	8:03
179	19	M25	Charles Wittmack, 25, Des Moines, IA	1:20:32	8:03
44	1	JrW	Melanie Wise, 15*, Des Moines, IA	1:20:38	8:04
180	42	M40	Randy Essex, 44, Des Moines, IA	1:20:46	8:05
45	8	W40	Kris Saggau, 42*, West Des Moines, IA	1:20:50	8:05
181	19	M50	John Pleasants, 53, Ames, IA	1:20:51	8:05
46	5	W35	Michelle Sloan, 37*, Altoona, IA	1:20:53	8:05
47	10	W25	Heather Huntley, 29*, Ames, IA	1:20:55	8:05
182	20	M25	Zachary Moore, 25, Des Moines, IA	1:20:57	8:06
183	26	M45	Scott Avitt, 49, Des Moines, IA	1:20:59	8:06
48	9	W40	Deb Avitt, 41*, Des Moines, IA	1:21:02	8:06
49	7	W30	Beth Kruckenberg, 33*, Ames, IA	1:21:13	8:07
50	10	W40	Susan Reynolds, 44*, West Des Moines, IA	1:21:13	8:07
51	6	W35	Dee Mable, 37*, Urbandale, IA	1:21:14	8:07
52	1	W55	Sandy Rupnow, 58*, Ames, IA	1:21:16	8:08

53	11	W25	Christine Cownie, 28*, Des Moines, IA	1:21:16	8:08
184	29	M35	John Schley, 36, Des Moines, IA	1:21:18	8:08
54	8	W30	Dana Plew, 34*, Des Moines, IA	1:21:19	8:08
55	11	W40	Linda Adams, 42*, Oskaloosa, IA	1:21:20	8:08
185	27	M45	Donald Carr, 49, Clive, IA	1:21:24	8:08
186	5	M55	Ralph Edwards, 55, Des Moines, IA	1:21:28	8:09
187	20	M50	Michael McEnroe, 51, West Des Moines, IA	1:21:36	8:10
188	28	M45	David Swenson, 47, Des Moines, IA	1:21:39	8:10
56	9	W30	Jennifer York, 32*, Ames, IA	1:21:40	8:10
189	21	M25	Christopher Gunderson, 25, Polk City, IA	1:21:45	8:10
190	43	M40	Duane Wise, 43, Des Moines, IA	1:21:47	8:11
57	7	W35	Shelly Urban, 35*, Waukee, IA	1:21:48	8:11
58	2	JrW	Adrianne Anderson, 19*, Ames, IA	1:21:53	8:11
191	30	M35	Bob Oakley, 38, Des Moines, IA	1:21:54	8:11
192	8	M20	Tom Higginbotham, 23, Knoxville, IA	1:22:06	8:13
193	25	M30	Jim Hagelie, 34, Marshalltown, IA	1:22:09	8:13
194	26	M30	Brent McClure, 31, Des Moines, IA	1:22:18	8:14
59	5	W20	Melissa Hahm, 21*, Holmen, WI	1:22:19	8:14
195	27	M30	Doug Cutchins, 31, Grinnell, IA	1:22:23	8:14
60	6	W20	Katie Kincaid, 23*, Des Moines, IA	1:22:23	8:14
61	7	W20	Kelly Kincaid, 23*, Des Moines, IA	1:22:23	8:14
196	22	M25	Brian Kinman, 29, Johnston, IA	1:22:29	8:15
197	28	M30	George Clark, 33, Pella, IA	1:22:31	8:15
198	31	M35	Jose Medina, 35, Clarksville, TN	1:22:32	8:15
199	29	M30	Wade Lookingbill, 32, West Des Moines, IA	1:22:35	8:15
200	44	M40	Douglas Johnston, 41, Des Moines, IA	1:22:46	8:17
201	30	M30	Jon Dreibelbis, 32, Des Moines, IA	1:22:48	8:17
202	31	M30	Alex Van Quathem, 32, Urbandale, IA	1:22:58	8:18
62	8	W20	Lindsey Horner, 23*, Des Moines, IA	1:22:59	8:18
63	10	W30	Carrie VanQuathem, 30*, Urbandale, IA	1:22:59	8:18
203	32	M35	Dan Schmitz, 35, Pleasant Hill, IA	1:23:01	8:18
204	33	M35	Mike Albertson, 37, West Des Moines, IA	1:23:06	8:19
205	21	M50	Dennis Johnson, 53, Des Moines, IA	1:23:08	8:19
206	32	M30	Keith Adams, 30, Ames, IA	1:23:12	8:19
64	12	W25	Danielle McGuire, 27*, Des Moines, IA	1:23:15	8:19
65	13	W25	Jennifer Perkins, 29*, West Des Moines, IA	1:23:17	8:20
207	22	M50	Jack Sandmeier, 51, Knoxville, IA	1:23:19	8:20
66	8	W35	Rebecca Brannan, 37*, Council Bluffs, IA	1:23:25	8:20
208	23	M25	Christopher Davenport, 27, Des Moines, IA	1:23:27	8:21
209	34	M35	Matt Meline, 35, Des Moines, IA	1:23:27	8:21
210	45	M40	Greg Swanson, 44, Norwalk, IA	1:23:30	8:21
67	12	W40	Janet Donnelly, 42*, Des Moines, IA	1:23:43	8:22
68	14	W25	Stacy Dietch, 25*, Des Moines, IA	1:23:47	8:23
211	33	M30	Ronald Dycus, 32, Des Moines, IA	1:23:48	8:23
212	35	M35	Jon Hibbard, 35, Des Moines, IA	1:23:51	8:23
213	34	M30	Scott Collier, 34, Des Moines, IA	1:23:51	8:23
69	9	W35	Shelly DeRwiter, 36*, Orange City, IA	1:23:52	8:23
70	10	W35	Anita Anderson, 35*, Lincoln, NE	1:23:53	8:23
214	24	M25	William Fanter, 29, West Des Moines, IA	1:23:55	8:23
215	36	M35	Thomas Duff, 39, Des Moines, IA	1:23:57	8:24
71	11	W35	Barb Kellogg, 38*, Winterset, IA	1:23:58	8:24
72	11	W30	Stephanie Longnecker, 30*, Clive, IA	1:24:00	8:24
73	9	W20	Kendra Kindley, 21*, Knoxville, IA	1:24:01	8:24
74	15	W25	Kimberly Tennant, 25*, Knoxville, IA	1:24:02	8:24
75	10	W20	Denise Tennant, 23*, Des Moines, IA	1:24:02	8:24
76	9	W45	Debby Weehler, 48*, Des Moines,IA	1:24:07	8:25
77	10	W45	D Peterson, 45*, Grimes, IA	1:24:10	8:25
216	46	M40	Bill Courtney, 42, Des Moines, IA	1:24:19	8:26
217	37	M35	Todd Kreamer, 36, Johnston, IA	1:24:21	8:26
218	47	M40	Kerry Anderson, 41, Clive, IA	1:24:34	8:27
219	35	M30	Rusty Ramseyer, 32, Des Moines, IA	1:24:36	8:28
220	25	M25	Neil Davis, 25, West Des Moines, IA	1:24:37	8:28
221	26	M25	Joshua Krichau, 28, Norwalk, IA	1:24:37	8:28
222	38	M35	Thomas Hanian, 39, Des Moines, IA	1:24:39	8:28

223	39	M35	David Crowe, 38, Des Moines, IA	1:24:41	8:28
224	6	M55	Lloyd Fagin, 55, Perry, IA	1:24:46	8:29
225	29	M45	Mike Zuendel, 48, Des Moines, IA	1:24:52	8:29
226	40	M35	John Bonnichsen, 36, Ames, IA	1:24:53	8:29
227	41	M35	Jeffrey Schaub, 38, West Des Moines, IA	1:24:53	8:29
78	11	W45	Theresa Finnegan, 47*, Des Moines, IA	1:24:54	8:29
228	7	M55	Rick Morrow, 57, Clive, IA	1:24:55	8:29
79	12	W30	Angie Sieren, 31*, Ames, IA	1:24:57	8:30
229	23	M50	James Smith, 50, Winterset, IA	1:25:01	8:30
230	8	M55	Bill Lawless, 59, Des Moines, IA	1:25:02	8:30
231	48	M40	Jerome Greenfield, 43, Clive, IA	1:25:02	8:30
80	11	W20	Melissa Faga, 23*, Des Moines, IA	1:25:04	8:30
232	24	M50	Don Jessen, 50, Colfax, IA	1:25:04	8:30
233	42	M35	James Lowery, 35, Des Moines, IA	1:25:11	8:31
234	25	M50	Mark McGrath, 53, Des Moines, IA	1:25:13	8:31
81	13	W30	Regina Vespa, 31*, Clive, IA	1:25:15	8:31
235	30	M45	Karl Klotzbach, 47, Decorah, IA	1:25:21	8:32
82	14	W30	Kathleen Wainwright, 32*, Des Moines, IA	1:25:26	8:33
236	26	M50	Mike Parton, 52, Des Moines, IA	1:25:39	8:34
237	36	M30	Jeff Bevis, 33, Johnston, IA	1:25:40	8:34
238	9	M20	Ryan Rapp, 22, Ames, IA	1:25:40	8:34
83	13	W40	Laura Preussel, 43*, Des Moines, IA	1:25:42	8:34
84	15	W30	Rachelle Fee, 31*, Wilmington, NC	1:25:48	8:35
85	12	W35	Karen Dassinger, 37*, West Des Moines, IA	1:25:48	8:35
239	49	M40	Jon Leinen, 43, Des Moines, IA	1:25:49	8:35
240	43	M35	Kurt Hantelmann, 35, Des Moines, IA	1:25:53	8:35
86	16	W30	Laurie Myklestad, 33*, Des Moines, IA	1:25:56	8:36
241			Paul Carlson, Clive, IA	1:25:57	8:36
242	50	M40	Jeff Trimble, 42, Des Moines, IA	1:26:06	8:37
243	31	M45	William Wedeking, 48, Des Moines, IA	1:26:17	8:38
87	3	JrW	Jana Brinkman, 19*, Ames, IA	1:26:18	8:38
244	37	M30	Richard Mockobee, 34, Norwalk, IA	1:26:26	8:39
88	4	JrW	Jennifer Lowry, 19*, Ames, IA	1:26:38	8:40
245	6	JrM	Simon Goheen, 19, West Des Moines, IA	1:26:39	8:40
89	14	W40	Betsy Frederes, 44*, Clive, IA	1:26:39	8:40
90	16	W25	Tricia Scott, 28*, West Des Moines, IA	1:26:50	8:41
246	51	M40	Steve Shifflett, 44, Ames, IA	1:26:52	8:41
247	44	M35	Jeff Schochtner, 37, Des Moines, IA	1:26:53	8:41
248	9	M55	Thomas Jackson, 58, Ames, IA	1:26:53	8:41
249	52	M40	Kent Kelderman, 43, Clive, IA	1:26:55	8:42
250	38	M30	Aaron Nord, 31, Pleasant Hill, IA	1:26:58	8:42
251	32	M45	Dave Lichtenauer, 48, Johnston, IA	1:26:59	8:42
91	12	W45	Victoria Greening, 46*, Urbandale, IA	1:27:03	8:42
252	33	M45	Tim Hatling, 45, Des Moines, IA	1:27:12	8:43
92	13	W35	Toni Briney, 35*, Des Moines, IA	1:27:20	8:44
253	34	M45	David Eash, 49, Solon, IA	1:27:29	8:45
93	15	W40	Valerie Ealey, 41*, Kellogg, IA	1:27:36	8:46
94	16	W40	Monica Lihs, 44*, Waukee, IA	1:27:40	8:46
254	27	M50	Bill Seglar, 52, Clive, IA	1:27:51	8:47
255	35	M45	John Curtin, 46, Des Moines, IA	1:27:55	8:47
256	10	M55	Jim Cox, 57, Granger, IA	1:27:57	8:48
95	12	W20	Jill Paullus, 24*, Nevada, IA	1:27:58	8:48
96	17	W25	Jennifer Hotze, 26*, Ames, IA	1:27:59	8:48
97	2	W50	Joanie Howe, 50*, West Des Moines, IA	1:28:04	8:48
98	3	W50	Mary Gross, 50*, Des Moines, IA	1:28:18	8:50
99	18	W25	Jil Lind, 26*, Pella, IA	1:28:19	8:50
257	36	M45	Dennis Rustad, 47, Des Moines, IA	1:28:19	8:50
100	19	W25	Dawn Eimers, 27*, Urbandale, IA	1:28:20	8:50
258	45	M35	Doug Anderson, 35, St Charles, IA	1:28:25	8:50
259	46	M35	Phil Weber, 35, Des Moines, IA	1:28:28	8:51
101	17	W40	Karen Wilkinson, 41*, Des Moines, IA	1:28:34	8:51
260	53	M40	Carl Seevers, 44, Omaha, NE	1:28:35	8:51
261	54	M40	Gary Jones, 42, Cedar Falls, IA	1:28:37	8:52
102	2	W55	Lizabeth Osborne, 55*, West Branch, IA	1:28:53	8:53
103	4	W50	Catherine Smith, 54*, West Des Moines, IA	1:28:54	8:53

262	55	M40	Jim Sutter, 44, West Des Moines, IA	1:28:55	8:53
104	14	W35	Michele Sundholm, 36*, Norwalk, IA	1:28:55	8:53
105	15	W35	Heidi Kramer, 36*, Johnston, IA	1:29:06	8:55
263	39	M30	Kris Vanderkamp, 30, Ankeny, IA	1:29:22	8:56
106	20	W25	Jennifer Krambeck, 27*, Des Moines, IA	1:29:23	8:56
107	5	W50	Connie Robinson, 51*, Bondurant, IA	1:29:28	8:57
108	21	W25	Staci Kadolph, 29*, Ankeny, IA	1:29:29	8:57
109	13	W20	Amber Adams, 22*, Oskaloosa, IA	1:29:49	8:59
264	40	M30	Travis Acheson, 34, West Des Moines, IA	1:29:51	8:59

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266	28	M50	Rick Johnson, 52, West Des Moines, IA	1:29:57	9:00
267	41	M30	Ahmed Ibrahim, 32, Ankeny, IA	1:30:11	9:01
110	13	W45	Heather Wheeler, 47*, Urbandale, IA	1:30:16	9:02
111	22	W25	Greta Southall, 27*, Indianola, IA	1:30:24	9:02
112	16	W35	Carlyn Crowe, 37*, Des Moines, IA	1:30:26	9:03
268	29	M50	Rick Hoye, 50, West Des Moines, IA	1:30:29	9:03
269	3	M60	David Twombley, 61, Osceola, IA	1:30:31	9:03
270	11	M55	Dick Hogan, 56, Urbandale, IA	1:30:35	9:03
113	18	W40	Carole Duffy, 43*, West Des Moines, IA	1:30:49	9:05
271	42	M30	Derek Wachter, 33, West Des Moines, IA	1:30:54	9:05
114	17	W35	Lea Flanagan, 36*, Des Moines, IA	1:30:57	9:06
115	17	W30	Janice Coleman, 34*, Cedar Rapids, IA	1:30:58	9:06
116	18	W35	Connie VanRoekel, 35*, Adel, IA	1:31:00	9:06
117	19	W35	Sandra Stone, 35*, Des Moines, IA	1:31:00	9:06
118	23	W25	Jennifer Trygstad, 29*, West Des Moines, IA	1:31:01	9:06
272	30	M50	Glen Oglia, 50, Des Moines, IA	1:31:02	9:06
273	12	M55	Cecil Murphy, 58, Des Moines, IA	1:31:02	9:06
274	56	M40	Jim Frank, 42, Des Moines, IA	1:31:05	9:06
119	14	W20	Tasha Armstrong, 23*, Urbandale, IA	1:31:14	9:07
275	57	M40	John Beals, 40, Des Moines, IA	1:31:34	9:09
120	19	W40	Cheryl Mendenhall, 40*, Des Moines, IA	1:31:36	9:10
276	37	M45	Ron Burkhart, 46, Pleasant Hill, IA	1:31:43	9:10
121	6	W50	Ruth Jordal, 51*, Des Moines, IA	1:31:53	9:11
122	20	W40	Julie Hale, 40*, Des Moines, IA	1:31:53	9:11
123	7	W50	Susan Smith, 54*, Des Moines, IA	1:31:55	9:11
277	48	M35	Mitch Destigter, 35, Mason, OH	1:31:56	9:12
278	43	M30	Matthew Tullis, 34, Marshalltown, IA	1:32:05	9:12
124	21	W40	Kim Taylor, 41*, West Des Moines, IA	1:32:08	9:13
125	5	JrW	Melissa Reinhart, 16*, Slater, IA	1:32:08	9:13
126	6	JrW	Stephanie Stall, 17*, Huxley, IA	1:32:09	9:13
127	24	W25	Michelle Crawford, 26*, Osceola, IA	1:32:09	9:13
279	31	M50	Larry Jenkins, 52, Ames, IA	1:32:13	9:13
280	38	M45	David Ruggle, 49, Ames, IA	1:32:16	9:14
281	39	M45	John Moran, 45, Story City, IA	1:32:21	9:14
128	18	W30	Katherine Fanter, 33*, Solon, IA	1:32:22	9:14
282	58	M40	Jeff Jacobson, 42, Bellevue, NE	1:32:28	9:15
129	8	W50	Patricia Schulte, 54*, Granger, Ia	1:32:46	9:17
130	14	W45	Margaret Liston, 47*, Ogden, IA	1:32:47	9:17
131	25	W25	Audrey Hanson, 27*, West Des Moines, IA	1:32:49	9:17
132	22	W40	Jan Atchison, 43*, Marshalltown, IA	1:32:50	9:17
133	15	W45	Denise Broich, 46*, Ankeny, IA	1:32:54	9:17
134	16	W45	Betty Baker, 49*, Ames, IA	1:33:00	9:18
135	20	W35	Deb Pape, 39*, Des Moines, IA	1:33:11	9:19
283	44	M30	Jeff Lonning, 33, West Des Moines, IA	1:33:22	9:20
136	23	W40	Annette Krause, 40*, West Des Moines, IA	1:33:23	9:20
284	13	M55	Thomas Kurt, 58, Ankeny, IA	1:33:23	9:20
137	9	W50	Susan Ayers, 51*, Des Moines, IA	1:33:27	9:21
138	19	W30	Stephanie Wishman, 31*, Clive, IA	1:33:39	9:22
139	15	W20	Madelaine Jerousek, 24*, Des Moines, IA	1:33:59	9:24
285	40	M45	Alliston Ryan, 45, Norwalk, IA	1:34:00	9:24
140	20	W30	Ines Alvarez, 32*, Ames, IA	1:34:12	9:25
286	59	M40	Jeffrey Whittlesey, 44, Iowa City, IA	1:34:14	9:25
287	32	M50	Reuben Douglas, 53, Denver, IA	1:34:15	9:25

141	21	W30	Karin Wiberg, 34*, Des Moines, IA	1:34:19	9:26
142	16	W20	Laurie Olson, 23*, Grimes, IA	1:34:44	9:28
288	60	M40	Scott Slater, 41, Ankeny, IA	1:34:47	9:29
143	26	W25	Nicole Kelly, 27*, Ankeny, IA	1:34:47	9:29
144	24	W40	Cynthia Sayles, 43*, West Des Moines, IA	1:34:48	9:29
289	61	M40	Del Christensen, 42, Adel, IA	1:35:00	9:30
145	27	W25	Lindsey Moore, 25*, West Des Moines, IA	1:35:03	9:30
146	21	W35	Shelly Birminghan, 35*, Johnston, IA	1:35:11	9:31
147	25	W40	Joyce Jessen, 41*, Colfax, IA	1:35:12	9:31
290	62	M40	Joseph Harrison, 41, Des Moines, IA	1:35:17	9:32
291	27	M25	Aaron Mumm, 28, Ankeny, IA	1:36:00	9:36
292	28	M25	Brady Robbins, 29, Johnston, IA	1:36:00	9:36
148	22	W30	Cindy Shelton, 34*, Urbandale, IA	1:36:22	9:38
293	41	M45	Dennis Howard, 48, Des Moines, IA	1:36:23	9:38
149	22	W35	Tave Porto, 36*, West Des Moines, IA	1:36:24	9:38
294	63	M40	Jeff Thompson, 41, Des Moines, IA	1:36:38	9:40
150	26	W40	Catherine Dreiss, 41*, Des Moines, IA	1:36:55	9:41
151	23	W30	Michelle Sieber, 34*, Clive, IA	1:36:57	9:42
295	45	M30	Tim Sieber, 33, Clive, IA	1:36:57	9:42
296	4	M60	Richard Doak, 61, Johnston, IA	1:36:58	9:42
297	42	M45	Jack Ratekin, 45, Dexter, IA	1:37:07	9:43
152	27	W40	Rhonda Anderson, 43*, Clive, IA	1:37:12	9:43
298	33	M50	Tom England, 54, Pleasant Hill, IA	1:37:17	9:44
299	64	M40	Steve Vaught, 44, Des Moines, IA	1:37:17	9:44
153	28	W40	Deborah Christensen, 41*, Adel, IA	1:37:30	9:45
300	43	M45	Conroy Smith, 47, Des Moines, IA	1:37:40	9:46
154	24	W30	Sara Quinn, 34*, Des Moines, IA	1:37:47	9:47
155	25	W30	Lora Rogerson, 34*, Des Moines, IA	1:37:47	9:47
301	2	M70	Glen Zirbel, 71, Ankeny, IA	1:37:57	9:48
156	26	W30	Ronda Saddor, 30*, Norwalk, IA	1:38:19	9:50
157	28	W25	Lisa Synder, 27*, Ames, IA	1:38:25	9:50
158	27	W30	Jennifer Webster, 31*, Savage, MN	1:38:29	9:51
302	34	M50	Larry Jablonski, 50, Urbandale, IA	1:38:35	9:51
159	23	W35	Clare Gee, 39*, West Des Moines, IA	1:38:53	9:53
160	24	W35	Kelli Wiggins, 39*, West Des Moines, IA	1:38:54	9:53
161	3	W55	Winnie Casper, 56*, Winterset, IA	1:38:59	9:54
303	46	M30	Bill Kallestad, 31, Des Moines, IA	1:39:14	9:55
304	44	M45	Lloyd Vanderkwaak, 45, Johnston, IA	1:39:14	9:55
305	47	M30	Jon Sherrill, 32, Des Moines, IA	1:39:17	9:56
306	35	M50	Leonard Hudson, 50, Carlisle, IA	1:39:22	9:56
162	28	W30	Jennifer Rinden, 34*, Cedar Rapids, IA	1:39:28	9:57
307	45	M45	Ron Ricklefs, 48, Cedar Rapids, IA	1:39:28	9:57
308	36	M50	Gerald Dewald, 53, West Des Moines, IA	1:39:44	9:58
163	29	W25	Megan Heine, 28*, Johnston, IA	1:39:50	9:59

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165	29	W30	Deanna Moore, 32*, Ankeny, IA	1:41:02	10:06
166	18	W45	Michelle Witte, 49*, Lake View, IA	1:41:12	10:07
310	37	M50	David Witte, 51, Lake View, IA	1:41:13	10:07
311	2	M65	Bert Beynen, 67, Des Moines, IA	1:41:21	10:08
312	49	M35	Donald West, 38, Des Moines, IA	1:41:37	10:10
167	19	W45	Cindy Moisan, 45*, Johnston, IA	1:41:42	10:10
168	10	W50	Ann Brick, 53*, Des Moines, IA	1:41:43	10:10
169	29	W40	Jeanne Foster, 44*, Johnston, IA	1:41:43	10:10
170	25	W35	Lynette Rasmussen, 36*, Johnston, IA	1:41:44	10:10
171	30	W25	Jennifer Terpstra, 29*, Pella, IA	1:42:15	10:13
172	30	W30	Erin Forest, 31*, Pittsburgh, PA	1:42:22	10:14
313	49	M30	Richard Bangma, 32, Pella, IA	1:43:00	10:18
314	65	M40	William Lindeberg, 42, Des Moines, IA	1:43:01	10:18
173	4	W55	Lary Hostak, 59*, Cedar Rapids, IA	1:43:02	10:18
174	31	W30	Allison James, 32*, Des Moines, IA	1:43:17	10:20
175	20	W45	Sandy Gracey, 46*, Des Moines, IA	1:43:43	10:22
176	30	W40	Anita Whetstine, 40*, Wellman, IA	1:44:29	10:27
315	50	M30	Greg Higginbotham, 30, Knoxville, IA	1:44:32	10:27

177	26	W35	Bonnie Braatz, 36*, West Des Moines, IA	1:44:33	10:27
178	31	W40	Mary Dorsey, 40*, West Des Moines, IA	1:44:34	10:27
179	21	W45	Tara Thomas, 46*, Johnston, IA	1:44:38	10:28
180	32	W40	Natalie Welter, 44*, Ames, IA	1:44:41	10:28
181	32	W30	Heather Greenlee, 30*, Ames, IA	1:44:41	10:28
182	33	W30	Jill Barrick, 33*, Altoona, IA	1:44:55	10:29
183	34	W30	Carrie Wolter, 32*, West Des Moines, IA	1:44:55	10:29
184	35	W30	Ziva Patt, 31*, Des Moines, IA	1:44:57	10:30
316	66	M40	Michael Darr, 41, Granger, Ia	1:45:18	10:32
185	1	W60	Regina Henry, 64*, Des Moines, IA	1:46:23	10:38
186	27	W35	Jeannette Erickson, 35*, Des Moines, IA	1:46:25	10:38
187	31	W25	Nicole Jansen, 29*, Des Moines, IA	1:47:16	10:44
188	28	W35	Ida Dominguez, 36*, Johnston, IA	1:47:44	10:46
189	11	W50	Coleen Waage, 51*, West Des Moines, IA	1:48:36	10:52
317	50	M35	Mark Mernone, 39, Dallas Center, IA	1:49:11	10:55

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191	36	W30	Anne Nieland, 34*, Urbandale, IA	1:52:27	11:15
318	67	M40	Glenn Holt, 40, Des Moines, IA	1:52:52	11:17
192	34	W40	Charlinn Reeves, 42*, Ankeny, IA	1:52:53	11:17
319	5	M60	Bob Johansen, 62, Des Moines, IA	1:52:54	11:17
193	12	W50	Jean Burt, 50*, Des Moines, IA	1:55:07	11:31
194	17	W20	Elizabeth Burt, 20*, Des Moines, IA	1:55:08	11:31
195	35	W40	Diane Carroll, 42*, Des Moines, IA	1:55:08	11:31
196	18	W20	Jan Grot, 24*, West Des Moines, IA	1:57:23	11:44

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