

27th Capital Pursuit 10 Miles**Des Moines, Iowa****Sep. 26, 2010**

50 degrees and Sunny

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	OpM	Skyler Nesheim, 26, Des Moines, IA	52:05	5:12
2	OpM	Luke Demmel, 20, Marshalltown, IA	53:54	5:23
3	OpM	Jacob Kaemmer, 33, Des Moines, IA	54:08	5:25
4	1 M19	Tyler Sullivan, 22, Ames, IA	54:20	5:26
5	1 M25	Martin Popp, 27, West Des Moines, IA	55:44	5:34
6	MM	Brad Wall, 42, Ankeny, IA	57:00	5:42
7	2 M19	Daniel Sevcik, 20, Ames, IA	57:09	5:43
8	1 M35	Kevin Barnes, 39, Indianola, IA	57:10	5:43
9	2 M35	Patrick Riley, 37, Des Moines, IA	58:08	5:49
10	3 M19	David Sevcik, 20, Ames, IA	58:36	5:52
11	1 M30	Justin Gerber, 30, Pella, IA	59:48	5:59
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 Top				
12	4 M19	Marshall Phares, 20, Princeton, IA	1:00:25	6:02
13	2 M30	Gregory Ruthig, 34, Grinnell, IA	1:00:40	6:04
14	2 M25	Jon Dyck, 26, Ankeny, IA	1:00:47	6:05
15	3 M35	John Anthofer, 38, Urbandale, IA	1:00:53	6:05
16	5 M19	Joseph Sevcik, 19, Cedar Falls, IA	1:01:37	6:10
1	OpW	Traci Kresser, 24*, Clive, IA	1:02:09	6:13
17	4 M35	Anthony Cendana, 35, West Des Moines, IA	1:03:19	6:20
18	5 M35	Christopher Brooks, 38, West Des Moines, IA	1:03:31	6:21
2	OpW	Colleen Webb, 33*, Des Moines, IA	1:03:46	6:23
19	1 M45	Todd Haugen, 47, Story City, IA	1:04:12	6:25
20	3 M25	Darin Schuknecht, 28, Pella, IA	1:04:17	6:26
21	3 M30	John Neer, 31, Des Moines, IA	1:04:22	6:26
22	6 M35	Scott Jones, 39, Ankeny, IA	1:04:37	6:28
23	7 M35	Ryan Elsbernd, 38, Des Moines, IA	1:04:59	6:30
24	4 M30	Lance Gunkel, 31, Clive, IA	1:05:07	6:31
25	8 M35	Richard Bundy, 39, Ames, IA	1:05:27	6:33
3	OpW	Hilary Woodhouse, 24*, Des Moines, IA	1:05:30	6:33
4	1 W35	Jenny Schulze, 38*, Clive, IA	1:05:49	6:35
26	1 M40	Scott Sterrett, 41, Cedar Falls, IA	1:06:02	6:36
27	2 M40	Matt Anderson, 40, Des Moines, IA	1:06:38	6:40
28	3 M40	Lance Bergeson, 42, Des Moines, IA	1:07:19	6:44
29	4 M25	Adrian Stamper, 26, Des Moines, IA	1:07:39	6:46
5	2 W35	Trisha Schlick, 36*, Ames, IA	1:07:39	6:46
30	9 M35	Dave Olsen, 38, West Des Moines, IA	1:08:09	6:49
31	5 M30	Clint Ibeling, 31, Grimes, IA	1:08:17	6:50
32	4 M40	Mark Levandoski, 42, Grinnell, IA	1:08:28	6:51
33	5 M40	Jim Hagelie, 42, Waukee, IA	1:08:31	6:51
34	5 M25	Matt Willis, 28, Waukee, IA	1:08:40	6:52
35	10 M35	Matthew Wilson, 35, Clive, IA	1:08:41	6:52
36	11 M35	Steve Houg, 35, West Des Moines, IA	1:08:51	6:53

37	6 M25	Benjamin Ross, 29, Des Moines, IA	1:09:17	6:56
38	6 M30	Tag Noel, 34, Windsor Heights,, Ia	1:09:21	6:56
39	7 M30	Adam Albright, 34, Des Moines, IA	1:09:28	6:57
40	8 M30	Nate Geurkink, 32, Des Moines, IA	1:09:39	6:58
41	7 M25	Jacob Johnson, 26, West Des Moines, IA	1:09:40	6:58
42	6 M40	Matt Henry, 40, Des Moines, IA	1:09:40	6:58
43	7 M40	Tim Hart, 42, Johnston, IA	1:09:41	6:58
44	2 M45	Brian Willem, 48, Urbandale, IA	1:09:41	6:58
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 Top				
45	1 JrM	Ruben Arias, 17, Grimes, IA	1:10:07	7:01
46	GMM	Dave Haugen, 57, Des Moines, IA	1:10:14	7:01
47	8 M40	Bryan Brownsberger, 41, Ankeny, IA	1:10:15	7:01
48	9 M30	Rami Hanania, 33, Des Moines, IA	1:10:18	7:02
6	1 W25	Andrea Beisser, 29*, Ames, IA	1:10:21	7:02
7	2 W25	Staci Springer, 29*, Story City, IA	1:10:25	7:02
49	6 M19	Benjamin Lindell, 24, West Des Moines, IA	1:10:30	7:03
50	10 M30	Jeremy Johnson, 33, West Des Moines, IA	1:10:30	7:03
51	7 M19	Royce Woodroffe, 24, Iowa City, IA	1:10:44	7:04
52	1 M50	Bruc Drummond, 52, Des Moines, IA	1:10:47	7:05
53	2 M50	Michael Long, 50, Ames, IA	1:11:01	7:06
8	3 W25	Carissa Laack, 25*, Des Moines, IA	1:11:13	7:07
54	12 M35	Stefan Shirley, 35, Ames, IA	1:11:25	7:08
9	3 W35	Katie Chaupoco, 38*, Des Moines, IA	1:11:28	7:09
55	11 M30	Burton Joseph, 32, West Des Moines, IA	1:11:59	7:12
56	8 M25	Kyle Springer, 28, Story City, IA	1:12:05	7:12
57	1 M55	Peter Percival, 57, Des Moines, IA	1:12:18	7:14
58	9 M40	Curtis Downs, 41, Des Moines, IA	1:12:18	7:14
10	1 W30	Susie Dyck, 30*, Ankeny, IA	1:12:55	7:17
59	10 M40	George Stock, 40, Ankeny, IA	1:12:59	7:18
60	9 M25	Joe McGargill, 29, West Des Moines, IA	1:13:03	7:18
11	4 W25	Stephanie Mortenson, 28*, Urbandale, IA	1:13:05	7:18
61	11 M40	Lee Hill, 42, Des Moines, IA	1:13:14	7:19
12	MW	Angie Neville, 40*, Bondurant, IA	1:13:20	7:20
62	3 M45	David Blattenberger, 46, Waukee, IA	1:13:34	7:21
63	4 M45	Steven McKibben, 49, Clive, IA	1:13:35	7:21
64	2 M55	Steven Fulton, 59, Whitten, IA	1:13:41	7:22
65	13 M35	Kalyan Venkatraman, 35, Johnston, IA	1:13:46	7:23
66		Thad Douglas, Altoona, IA	1:13:49	7:23
13	2 W30	Mindi Decker, 30*, Des Moines, IA	1:13:50	7:23
67	3 M55	Mark Stelmacher, 56, West Des Moines, IA	1:13:51	7:23
68	12 M40	Pat Hamilton, 44, Algona, IA	1:13:53	7:23
14	5 W25	Alana Stamas, 28*, Des Moines, IA	1:14:01	7:24
69	13 M40	Andy Lumadue, 44, Clive, IA	1:14:01	7:24
70	5 M45	Mark Iles, 47, Clive, IA	1:14:02	7:24
71	14 M40	Scott Greenwood, 43, Des Moines, IA	1:14:02	7:24
72	3 M50	Loyed Hedges, 50, Des Moines, IA	1:14:03	7:24
73	4 M50	Duke Reichardt, 51, Clive, IA	1:14:13	7:25
74	14 M35	Chad Skinner, 39, Urbandale, IA	1:14:40	7:28
75	12 M30	Sean Richter, 34, Dexter, IA	1:14:46	7:29
76	4 M55	Pete Sandler, 55, West Des Moines, IA	1:14:54	7:29
77	6 M45	Brian Culich, 48, Des Moines, IA	1:14:57	7:30
78	15 M35	David Larson, 38, West Des Moines, IA	1:15:06	7:31
79	1 M65	Tom Kirkwood, 67, Dyersville, IA	1:15:06	7:31
80	5 M50	Bill Molis, 50, Davenport, IA	1:15:12	7:31
81	15 M40	Eric Prosperi, 41, Johnston, IA	1:15:14	7:31
82	7 M45	Gary Munkvold, 46, Ames, IA	1:15:24	7:32
83	16 M40	Andrew Shipley, 43, West Des Moines, IA	1:15:29	7:33
84	17 M40	Wade Steward, 44, Legrand, IA	1:15:30	7:33
15	4 W35	Stacie Couvillon, 36*, Des Moines, IA	1:15:34	7:33
85	8 M45	Ben Lounsbury, 45, West Des Moines, IA	1:15:41	7:34
86	18 M40	Douglas Kendall, 42, Otley, Ia	1:15:44	7:34
87	16 M35	Tony Guerra, 38, Ankeny, IA	1:15:53	7:35
88	2 JrM	Tyson Wieland, 16, Perry, IA	1:15:56	7:36

89	5	M55	David Miller, 58, Urbandale, IA	1:15:57	7:36
90	6	M50	James Demmel, 50, Marshalltown, IA	1:15:59	7:36
16	5	W35	Dawn Stallman, 36*, Des Moines, IA	1:16:01	7:36
17		GMW	Tricia McClain, 53*, Altoona, IA	1:16:09	7:37
91	17	M35	Doug Cutchins, 39, Grinnell, IA	1:16:11	7:37
18	6	W25	Lindsey Meyer, 25*, Storm Lake, IA	1:16:12	7:37
92	19	M40	Burt Metzger, 40, Waukee, IA	1:16:13	7:37
19	1	W45	Leah Tokheim, 46*, Johnston, IA	1:16:16	7:38
20	7	W25	Erin Bone, 25*, Ankeny, IA	1:16:22	7:38
93	20	M40	Brendan Chaupoco, 41, Des Moines, IA	1:16:23	7:38
21	1	W40	Kelly Sorensen, 40*, West Des Moines, IA	1:16:26	7:39
94	9	M45	Andrew Susanin, 49, Des Moines, IA	1:16:31	7:39
22	6	W35	Angie Heim, 35*, Norwalk, IA	1:16:35	7:39
95	10	M45	Dave Endres, 47, West Des Moines, IA	1:16:36	7:40
96	11	M45	Casey Showalter, 49, Altoona, IA	1:16:49	7:41
97	12	M45	Kent Bain, 45, West Des Moines, IA	1:16:56	7:42
23	8	W25	Megan Recker, 27*, West Des Moines, IA	1:16:58	7:42
98	21	M40	Brian Crile, 40, Oskaloosa, IA	1:17:15	7:43
99	13	M45	Daniel Bergman, 48, Ankeny, IA	1:17:24	7:44
24	9	W25	Courtney Shelquist, 27*, Ankeny, IA	1:17:28	7:45
100	6	M55	David Schuknecht, 58, Waverly, IA	1:17:29	7:45
101	14	M45	Joe DuPre, 46, Pella, IA	1:17:38	7:46
102	2	M65	Clay Whiteis, 68, Des Moines, IA	1:17:54	7:47
25	2	W40	Brenda O'Hare, 42*, Ankeny, IA	1:17:59	7:48
103	13	M30	Dan Schuknecht, 30, Ankeny, IA	1:18:00	7:48
26	7	W35	Kirstin Isenhardt, 36*, Urbandale, IA	1:18:05	7:48
27	10	W25	Emilie Bertram, 28*, Ankeny, IA	1:18:08	7:49
104	1	M60	Richard Martin, 61, Ames, IA	1:18:09	7:49
28	8	W35	Kimberly Pope, 38*, Urbandale, IA	1:18:12	7:49
29	1	W50	Kristy Cain, 51*, Urbandale, IA	1:18:12	7:49
30	3	W40	Sandra Witty, 43*, Clive, IA	1:18:14	7:49
105	22	M40	John Urban, 42, Johnston, IA	1:18:23	7:50
31	9	W35	Cindy Elsbernd, 39*, Des Moines, IA	1:18:25	7:50
106	23	M40	Kenneth Overton, 42, Des Moines, IA	1:18:40	7:52
32	3	W30	Emily Kell, 34*, Urbandale, IA	1:18:50	7:53
33	4	W30	Kelli Kilgore, 31*, Des Moines, IA	1:18:56	7:54
107	18	M35	Thomas Stovie, 38, Ankeny, IA	1:19:00	7:54
108	10	M25	Adam Hoffman, 29, Des Moines, IA	1:19:11	7:55
109	14	M30	Patrick Miller, 32, Des Moines, IA	1:19:11	7:55
110	24	M40	Phil Weber, 43, Norwalk, IA	1:19:19	7:56
111	7	M50	Rick Gubbels, 53, Des Moines, IA	1:19:20	7:56
112	8	M19	Steven Dillavou, 24, Des Moines, IA	1:19:53	7:59
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 Top					

113	15	M45	Scott Meyer, 45, Pella, IA	1:20:02	8:00
34	2	W50	Beth Henriksen, 54*, Ames, IA	1:20:05	8:00
114	25	M40	Rusty Ramseyer, 40, Des Moines, IA	1:20:09	8:01
115	26	M40	Matt Smith, 44, Ankeny, IA	1:20:10	8:01
116	19	M35	Mike Appleseth, 39, Panora, IA	1:20:14	8:01
35	10	W35	Keri McDermott, 35*, Des Moines, IA	1:20:14	8:01
117	8	M50	Kent Kelderman, 51, Ankeny, IA	1:20:34	8:03
36	4	W40	Ross Prier, 44*, Clive, IA	1:20:35	8:03
118	11	M25	David Schneider, 29, Clive, IA	1:20:37	8:04
119	15	M30	Randy Sturm, 32, Belmont, IA	1:20:46	8:05
37	11	W25	Amanda Muhlbauser, 28*, McCallsburg, IA	1:20:55	8:05
120	27	M40	Kenneth Bernstein, 42, Des Moines, IA	1:20:59	8:06
38	3	W50	Annette Vaverka, 50*, Grinnell, IA	1:21:04	8:06
39	4	W50	Veronica Demmel, 54*, Marshalltown, IA	1:21:13	8:07
40	12	W25	Tami Bingham, 27*, Pleasantville, IA	1:21:14	8:07
121	16	M30	Dirk Whitebreast, 30, Tama, IA	1:21:16	8:08
122	28	M40	Daniel Smidt, 42, Des Moines, IA	1:21:19	8:08
123	29	M40	John Shrader, 42, Ankeny, IA	1:21:21	8:08
124	16	M45	James McGraw, 48, Waukee, IA	1:21:29	8:09
125	12	M25	Patrick McClain, 28, Pleasant Hill, IA	1:21:40	8:10
126	17	M45	James Hayes, 49, Des Moines, IA	1:21:44	8:10

127	2 M60	Reuben Douglas, 61, Denver, IA	1:21:48	8:11
41	1 W19	Rebekah Huff, 24*, Des Moines, IA	1:21:49	8:11
42	5 W40	Dina Smidt, 40*, Des Moines, IA	1:21:49	8:11
43	13 W25	Jamile Shirley, 28*, Ames, IA	1:21:55	8:11
128	20 M35	Brian Fischer, 36, Neola, IA	1:21:59	8:12
44	2 W45	Rachel Stauffer, 47*, Des Moines, IA	1:22:00	8:12
129	9 M50	Chuck Shives, 51, West Des Moines, IA	1:22:01	8:12
130	21 M35	Jeff Brock, 39, Clive, IA	1:22:05	8:12
131	30 M40	Todd Maddox, 40	1:22:06	8:13
132	31 M40	David Prieau, 42, Des Moines, IA	1:22:09	8:13
45	14 W25	Melissa McGuire, 29*, Urbandale, IA	1:22:11	8:13
46	6 W40	Stacey Eddie, 40*, Storm Lake, IA	1:22:13	8:13
133	18 M45	Brian Benjamin, 45, Perry, IA	1:22:22	8:14
134	3 JrM	Javier Sanchez, 17, Des Moines, IA	1:22:24	8:14
135	32 M40	Tim Schott, 42, Des Moines, IA	1:22:25	8:14
47	15 W25	Danielle Farrell, 25*, West Des Moines, IA	1:22:29	8:15
48	11 W35	Denise Schemper, 38*, Des Moines, IA	1:22:29	8:15
49	3 W45	Laura Thomas, 45*, West Des Moines, IA	1:22:31	8:15
136	33 M40	Brian Terhark, 42, Waukee, IA	1:22:32	8:15
50	12 W35	Nikki Roetman, 36*, Johnston, IA	1:22:42	8:16
51	5 W50	Wilma Osmun, 50*, Creston, IA	1:22:48	8:17
137	3 M65	Craig Clark, 66, Mason City,, Ia	1:22:50	8:17
138	22 M35	Doug Grunst, 35, West Des Moines, IA	1:23:03	8:18
52	5 W30	Amanda Oleson, 34*, West Des Moines, IA	1:23:13	8:19
53	7 W40	Theresa McClure, 42*, Johnston, IA	1:23:16	8:20
54	6 W50	Vicki Vanderkwaak, 54*, Johnston, IA	1:23:24	8:20
55	13 W35	Carrie Van Quathem, 38*, Urbandal, IA	1:23:24	8:20
139	17 M30	Yuri Green, 34, West Des Moines, IA	1:23:26	8:21
56	14 W35	Pam Banyas, 37*, Ankeny, IA	1:23:27	8:21
140	19 M45	Scott Bandy, 45, Indianola, IA	1:23:29	8:21
57	6 W30	Kelly Brown, 31*, Des Moines, IA	1:23:30	8:21
58	15 W35	Mindy Moore, 35*, West Des Moines, IA	1:23:30	8:21
59	7 W30	Nicole Thurman, 32*, Grimes, IA	1:23:31	8:21
60	8 W30	Stacy Berenguel, 31*, Des Moines, IA	1:23:32	8:21
61	4 W45	Heather Stilborn, 47*, Clive, IA	1:23:42	8:22
62	9 W30	Mary Nelson, 32*, Grimes, IA	1:23:54	8:23
63	16 W35	Michelle Vincent, 37*, Slater, IA	1:24:02	8:24
64	8 W40	Jean Johnson, 44*, Norwalk, IA	1:24:07	8:25
141	23 M35	Colin Witt, 36, Des Moines, IA	1:24:10	8:25
65	17 W35	Beth Seuferer, 39*, West Des Moines, IA	1:24:16	8:26
66	16 W25	Janelle Schmidt, 26*, Clive, IA	1:24:18	8:26
142	13 M25	Jeremy Arickx, 25, Ankeny, IA	1:24:21	8:26
143	20 M45	Dave Joensen, 49, Ames, IA	1:24:30	8:27
144	18 M30	Adam Austin, 30, Des Moines, IA	1:24:33	8:27
145	10 M50	Bob Irving, 52, Des Moines, IA	1:24:38	8:28
146	3 M60	Philip Hodges, 62, Des Moines, IA	1:24:39	8:28
147	21 M45	Jeff Marks, 45, Des Moines, IA	1:24:42	8:28
148	34 M40	Joe Hrdlicka, 44, West Des Moines, IA	1:24:45	8:28
149	35 M40	Jeff Schoondyke, 41, West Des Moines, IA	1:24:48	8:29
150	36 M40	Larry Gaston, 43, Des Moines, IA	1:24:53	8:29
151	22 M45	Charlie Neibergall, 45, Urbandale, IA	1:24:54	8:29
152	19 M30	Kyle Ament, 33, Colfax, IA	1:24:55	8:29
153	24 M35	Paxton Bennett, 36, Des Moines, IA	1:24:58	8:30
154	37 M40	Jeff White, 41, Ankeny, IA	1:25:02	8:30
67	5 W45	Sharon Bird, 45*, Ames, IA	1:25:04	8:30
155	25 M35	Clint Jones, 35, West Des Moines, IA	1:25:05	8:30
68	10 W30	Nicole Schultz, 31*, West Des Moines, IA	1:25:18	8:32
69	6 W45	Dawn Wellman, 46*, Johnston, IA	1:25:23	8:32
156	20 M30	Alex Albright, 31, Des Moines, IA	1:25:23	8:32
157	26 M35	Eric Kinman, 39, Des Moines, IA	1:25:23	8:32
158	38 M40	Sean Schaben, 44, Johnston, IA	1:25:25	8:32
159	27 M35	Ben Trannel, 37, West Des Moines, IA	1:25:28	8:33
70	18 W35	Annika Cornelisse, 38*, Des Moines, IA	1:25:32	8:33
71	1 W55	Nancy Harvey, 57*, Ankeny, IA	1:25:33	8:33

72	7	W45	Brenda McGraw, 48*, Waukee, IA	1:25:37	8:34
73	8	W45	Amy Montgomery, 46*, Pleasant Hill, IA	1:25:47	8:35
74	17	W25	Anne Yoder, 28*, Ames, IA	1:25:52	8:35
160	11	M50	Steve Wandro, 53, Des Moines, IA	1:25:53	8:35
75	18	W25	Laura Weiglein, 26*, Edwardsville, IL	1:26:00	8:36
161	4	M60	Richard Newkirk, 61, Ankeny, IA	1:26:03	8:36
76	9	W40	Ellen Kyhl, 43*, Johnston, IA	1:26:06	8:37
162	39	M40	Christopher Kyhl, 43, Johnston, IA	1:26:06	8:37
77	19	W25	Jessica Pilling, 28*, Clive, IA	1:26:10	8:37
163	9	M19	Andrew Brown, 24, Des Moines, IA	1:26:13	8:37
164	40	M40	Mike Biegger, 40, Des Moines, IA	1:26:16	8:38
165	41	M40	Thomas McMahon, 41, Des Moines, IA	1:26:17	8:38
78	2	W55	Paula Dierenfeld, 56*, Johnston, IA	1:26:18	8:38
166	23	M45	Herman Riva, 46, Norwalk, IA	1:26:20	8:38
79	2	W19	Emily Petermann, 24*, Des Moines, IA	1:26:20	8:38
80	20	W25	Maggie Kukuk, 25*, Des Moines, IA	1:26:20	8:38
167	12	M50	Ed Harris, 52, Des Moines, IA	1:26:28	8:39
81	11	W30	Tawnya Hawkins, 30*, Indianola, IA	1:26:28	8:39
82	7	W50	Cheryl Murad, 51*, Urbandale, IA	1:26:34	8:39
168	4	JrM	John Casady, 15, Indianola, IA	1:26:39	8:40
83	19	W35	Jennifer Toliver, 37*, Waukee, IA	1:26:40	8:40
169	42	M40	Todd Hall, 42, Adel, IA	1:26:53	8:41
170	24	M45	Amy Harris, 45, Des Moines, IA	1:26:57	8:42
171	13	M50	John Curtin, 54, Des Moines, IA	1:26:59	8:42
84	12	W30	Kate Gainer, 30*, West Des Moines, IA	1:27:00	8:42
172	25	M45	Timothy Bergan, 45, Atlantic, IA	1:27:03	8:42
173	28	M35	Jason Hahn, 39, Des Moines, IA	1:27:04	8:42
174	1	M70	Jim Matthews, 70, Baxter, IA	1:27:05	8:42
175	7	M55	Kevin Cunningham, 59, Des Moines, IA	1:27:06	8:43
85	21	W25	Mary Cownie, 29*, West Des Moines, IA	1:27:08	8:43
176	26	M45	Cj Osborn, 45, Newton, IA	1:27:09	8:43
177	43	M40	Thomas Tuttle, 43, West Des Moines, IA	1:27:10	8:43
86	13	W30	Robert Gainer, 31*, West Des Moines, IA	1:27:14	8:43
87	10	W40	Kelcy Lofgren, 40*, Ankeny, IA	1:27:18	8:44
88	20	W35	Jody Budde, 37*, Iowa City, IA	1:27:19	8:44
178	14	M25	Shawnae Raymond, 28, Clive, IA	1:27:23	8:44
179	5	JrM	Alex Jacobs, 17, West Des Moines, IA	1:27:24	8:44
180	8	M55	Warren Peterson, 56, Ackworth, IA	1:27:38	8:46
89	9	W45	Michelle Mullin, 46*, Clive, IA	1:27:40	8:46
90	14	W30	Jessica Schmitt, 30*, Urbandale, IA	1:27:40	8:46
91	15	W30	Madelain Jerousek-Smith, 32*, Des Moines, IA	1:27:41	8:46
92	21	W35	Julie Burroughs, 35*, Des Moines, IA	1:27:42	8:46
181	29	M35	Wade Den Hartog, 36, Johnston, IA	1:27:50	8:47
182	30	M35	Jesper Andersson, 35, West Des Moines, IA	1:27:54	8:47
93	8	W50	Marcia Swinney-Shay, 51*, Ankeny, IA	1:28:00	8:48
183	27	M45	Ed Acoymo, 46, Ankeny, IA	1:28:02	8:48
184	44	M40	John Goeoken, 42, Des Moines, IA	1:28:03	8:48
94	11	W40	Erin Rewerts, 40*, Nevada, IA	1:28:06	8:49
95	22	W25	Hollie Green, 28*, Windsor Heights,, Ia	1:28:07	8:49
96	16	W30	Jennifer York, 30*, West Des Moines, IA	1:28:20	8:50
97	3	W19	Jenner Carlson, 24*, Des Moines, IA	1:28:26	8:51
98	12	W40	Kris Robson, 44*, Urbandale, IA	1:28:28	8:51
185	28	M45	Joe Akers, 45, Grimes, IA	1:28:30	8:51
99	1	W65	Sandy Rupnow, 66*, Ames, IA	1:28:39	8:52
100	23	W25	Stephanie Shaw Ross, 28*, Des Moines, IA	1:28:40	8:52
101	13	W40	Deb Anderson, 40*, Des Moines, IA	1:29:05	8:54
102	17	W30	Laura Drees, 33*, Indianola, IA	1:29:05	8:54
103	24	W25	Trina Flack, 29*, Ankeny, IA	1:29:06	8:55
104	22	W35	Tricia Crain, 37*, Nevada, IA	1:29:18	8:56
186	14	M50	Michael Harper, 50, West Des Moines, IA	1:29:20	8:56
187	9	M55	James Kuebler, 59, Des Moines, IA	1:29:21	8:56
188	10	M55	John Vujnovich, 56, Des Moines, IA	1:29:30	8:57
189	15	M50	Randy Westman, 51, Russell, IA	1:29:34	8:57

105	23 W35	Jennifer Jacobs, 39*, West Des Moines, IA	1:29:40	8:58
190	21 M30	Adam Foley, 31, Ames, IA	1:29:43	8:58
106	14 W40	Danielle Sharp, 41*, West Des Moines, IA	1:29:45	8:58
107	24 W35	Stephanie Comito, 37*, Urbandale, IA	1:29:51	8:59
108	25 W35	Lisa Fraizer, 39*, West Des Moines, IA	1:29:52	8:59
109	9 W50	Maureen Hegedus, 51*, Clive, IA	1:29:52	8:59
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110	4 W19	Morgan Wright, 22*, Ames, IA	1:29:57	9:00
111	25 W25	Marcey Propp, 29*, Melbourne, IA	1:29:58	9:00
112	10 W45	Nola Seaberg, 48*, Des Moines, IA	1:30:03	9:00
191	11 M55	David McClung, 55, Des Moines, IA	1:30:05	9:00
113	26 W35	Rachel Hoger, 35*, Johnston, IA	1:30:14	9:01
114	11 W45	Mary Schrunk, 49*, Ames, IA	1:30:20	9:02
115	26 W25	Erin Mendenhall, 28*, Des Moines, IA	1:30:21	9:02
116	27 W35	Julie Peterson, 39*, Ames, IA	1:30:36	9:04
192	16 M50	Theo Peelen, 52, West Des Moines, IA	1:30:47	9:05
117	18 W30	Megan Flynn, 33*, Des Moines, IA	1:30:51	9:05
193	6 JrM	Max Rice, 16, Des Moines, IA	1:30:52	9:05
194	31 M35	Kevin Saunders, 38, Des Moines, IA	1:30:53	9:05
118	28 W35	Mary Jackovin, 38*, Urbandale, IA	1:30:54	9:05
195	22 M30	David Grogan, 34, Leavenworth, KS	1:31:02	9:06
119	27 W25	Ellen Wade, 26*, Pleasant Hill, IA	1:31:02	9:06
120	29 W35	Shelby Cork, 35*, West Des Moines, IA	1:31:06	9:07
121	19 W30	Diana Thathcer, 34*, Ames, IA	1:31:09	9:07
196	15 M25	Keith Kistenmacher, 25, West Des Moines, IA	1:31:15	9:07
122	20 W30	Sara Cutler, 34*, Carlisle, IA	1:31:22	9:08
123	30 W35	Laura Lockard, 35*, Des Moines, IA	1:31:22	9:08
197	12 M55	Praveen Prasad, 55, Clive, IA	1:31:28	9:09
198	16 M25	Jeff Thibadeau, 25, West Des Moines, IA	1:31:33	9:09
124	28 W25	Tasha Yepsen, 29*, Grimes, IA	1:31:37	9:10
125	15 W40	Christine Franck, 42*, Altoona, IA	1:31:40	9:10
126	29 W25	Aimee Kittell, 29*, West Des Moines, IA	1:31:56	9:12
127	30 W25	Suzanne Wilson, 28*, Des Moines, IA	1:31:57	9:12
199	32 M35	Rob Hansen, 38, Des Moines, IA	1:31:57	9:12
128	31 W25	Britta Wey, 25*, Johnston, IA	1:32:00	9:12
129	21 W30	Nikki Thies, 34*, West Des Moines, IA	1:32:01	9:12
130	31 W35	Greta Southall, 35*, Indianola, IA	1:32:01	9:12
131	32 W35	Denise Boozell, 35*, Milo, IA	1:32:01	9:12
132	22 W30	Amy Tigner, 31*, Des Moines, IA	1:32:02	9:12
133	33 W35	Paula Konrad, 37*, Indianola, IA	1:32:11	9:13
134	23 W30	Megan Hoger, 32*, Indianola, IA	1:32:13	9:13
135	16 W40	Lisa Bruner, 44*, Pleasant Hill, IA	1:32:25	9:14
136	34 W35	Jeni Sundermeyer, 35*, Pleasant Hill, IA	1:32:34	9:15
200	23 M30	Venkateshwara Narayanan, 34, West Des Moines, IA	1:32:38	9:16
137	12 W45	Lori McQuiston, 47*, Maxwell, IA	1:32:41	9:16
138	24 W30	Korrie Hoskans, 31*, Des Moines, IA	1:32:44	9:16
201	5 M60	Mark McGrath, 61, Des Moines, IA	1:32:46	9:17
202	24 M30	Tim Maher, 30, Des Moines, IA	1:32:47	9:17
139	25 W30	Stephanie Wright, 32*, Des Moines, IA	1:32:48	9:17
140	26 W30	Jessica Keehn, 31*, Des Moines, IA	1:32:50	9:17
141	27 W30	Karey Brower, 34*, Carlisle, IA	1:33:00	9:18
142	35 W35	Meridith Dekruyf, 39*, Des Moines, IA	1:33:00	9:18
203	45 M40	Jamie Lawler, 42, West Des Moines, IA	1:33:01	9:18
143	28 W30	Jennifer Jones, 31*, Urbandale, IA	1:33:08	9:19
204	29 M45	Charles Bengel, 46, Des Moines, IA	1:33:09	9:19
144	17 W40	Jill Smith, 40*, Clive, IA	1:33:11	9:19
145	13 W45	Julia Lee Tentinger, 45*, West Des Moines, IA	1:33:12	9:19
146	36 W35	Robin Wasteney, 36*, Des Moines, IA	1:33:17	9:20
147	37 W35	Jenifer Girdler, 35*, Granger, IA	1:33:18	9:20
148	10 W50	Claire Andreasen, 53*, Ames, IA	1:33:19	9:20

205	13	M55	John Doherty, 57, Urbandale, IA	1:33:22	9:20
149	3	W55	Deirdre Farr, 56*, Des Moines, IA	1:33:23	9:20
206	14	M55	Thomas Farr, 58, Des Moines, IA	1:33:24	9:20
150	11	W50	Kim Taylor, 50*, West Des Moines, IA	1:33:37	9:22
207	25	M30	Asween Mallick, 32, Des Moines, IA	1:33:39	9:22
151	18	W40	Melinda Stahr, 42*, Ames, IA	1:33:41	9:22
152	29	W30	Stephanie Davis, 31*, Urbandale, IA	1:33:52	9:23
208	17	M25	Caleb Pike, 28, Des Moines, IA	1:34:02	9:24
209	4	M65	Bill Lawless, 67, Des Moines, IA	1:34:03	9:24
210	30	M45	Gary Kasperbauer, 47, West Des Moines, IA	1:34:08	9:25
153	38	W35	Kori Heuss, 36*, Ames, IA	1:34:19	9:26
154	19	W40	Sherry Smiley, 44*, Cumming, IA	1:34:20	9:26
155	14	W45	Coreen Sweeney, 45*, Clive, IA	1:34:20	9:26
211	15	M55	Thomas Hostetter, 59, Ames, IA	1:34:21	9:26
156	39	W35	Mary Fratianni, 36*, West Des Moines, IA	1:34:45	9:28
212	26	M30	Kevin Ranslow, 32, West Des Moines, IA	1:34:48	9:29
157	30	W30	Jennifer Bixel, 33*, Mason City, IA	1:34:50	9:29
158	20	W40	Beth Palmer, 41*, Des Moines, IA	1:34:50	9:29
159	1	JrW	Jordan Rhodes, 15*, Des Moines, IA	1:35:00	9:30
160	21	W40	Andrea Corcoran, 41*, Des Moines, IA	1:35:01	9:30
161	32	W25	Kathy Warren, 27*, Des Moines, IA	1:35:19	9:32
213	18	M25	David Graham, 28, West Des Moines, IA	1:35:27	9:33
162	40	W35	Cindy Kovacs, 36*, Ankeny, IA	1:35:30	9:33
163	15	W45	Tamela Toth, 49*, Ames, IA	1:35:44	9:34
164	5	W19	Bobbi Tennant, 23*, Des Moines, IA	1:35:44	9:34
165	31	W30	Kim Higginbotham, 33*, Knoxville, IA	1:35:45	9:34
166	33	W25	Kimberly Gavin, 27*, West Des Moines, IA	1:35:47	9:35
214	46	M40	Darin Bartachek, 40, West Des Moines, IA	1:35:48	9:35
167	41	W35	Jill Bartachek, 39*, West Des Moines, IA	1:35:49	9:35
215	27	M30	Travis Wilson, 34, Clive, IA	1:36:07	9:37
168	6	W19	Kylie Flanagan, 22*, West Des Moines, IA	1:36:07	9:37
216	17	M50	Lloyd Vanderkwaak, 53, Johnston, IA	1:36:08	9:37
169	22	W40	Heather Behrends, 42*, West Des Moines, IA	1:36:28	9:39
170	23	W40	Annie Creighton, 44*, Johnston, IA	1:36:29	9:39
217	6	M60	Neil Olson, 60, Boone, IA	1:36:32	9:39
171	32	W30	Carla Seat, 32*, Urbandale, IA	1:36:33	9:39
172	33	W30	Kimberly Krambeck, 30*, West Des Moines, IA	1:36:33	9:39
173	34	W30	Jamie Hutchison, 34*, Des Moines, IA	1:36:39	9:40
174	35	W30	Rochelle Benavides, 34*, Norwalk, IA	1:36:40	9:40
175	42	W35	Kristine Burkle, 38*, Altoona, IA	1:36:44	9:40
176	36	W30	Kinzee Bryte, 31*, Adel, IA	1:36:58	9:42
177	37	W30	Jamie Seiler, 34*, West Des Moines, IA	1:36:58	9:42
178	16	W45	Gwen Johnston, 48*, Greenfield, IA	1:37:20	9:44
218	16	M55	Dennis Howard, 56, Des Moines, IA	1:37:41	9:46
179	24	W40	Dixie Palm, 42*, Altoona, IA	1:37:47	9:47
180	25	W40	Jill Whitaker-Griffith, 41*, Nevada, IA	1:37:57	9:48
219	18	M50	Kevin Morris, 52, Des Moines, IA	1:38:05	9:48
181	38	W30	Erin Pederson, 31*, Ames, IA	1:38:15	9:49
220	31	M45	Jeff Damman, 48, Ankeny, IA	1:38:18	9:50
182	17	W45	Denna Mitchell, 45*, Greenfield, IA	1:38:23	9:50
183	12	W50	Faith Zellweger, 50*, Prescott, IA	1:38:24	9:50
184	26	W40	Amy Hilmes, 42*, Des Moines, IA	1:38:24	9:50
185	43	W35	Janel Anglick, 37*, Indianola, IA	1:38:25	9:50
186	39	W30	Jill McGargill, 30*, West Des Moines, IA	1:38:33	9:51
187	34	W25	Tara Case, 26*, Des Moines, IA	1:38:38	9:52
221	7	M60	David Dickens, 62, Ankeny, IA	1:38:48	9:53
188	27	W40	Michelle Silliman, 43*, Winterset, IA	1:38:54	9:53
189	28	W40	Maggie McCay, 41*, Des Moines, IA	1:38:56	9:54
222	47	M40	William Safris, 44, Johnston, IA	1:39:26	9:57
190	13	W50	Janet Malmberg, 51*, Windsor Heights,, Ia	1:39:28	9:57
223	19	M25	Dustin Gentry, 26, Ames, IA	1:39:34	9:57

191	35	W25	Erin Bilsten, 25*, Ames, IA	1:39:35	9:57
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192	44	W35	Kate Walton, 38*, Indianola, IA	1:39:57	10:00
224	33	M35	Erik Tetmeyer, 37, West Des Moines, IA	1:41:34	10:09
193	36	W25	Brooke Keuning, 29*, Ankeny, IA	1:41:55	10:11
225	20	M25	Troy Keuning, 28, Ankeny, IA	1:41:56	10:12
194	18	W45	Robyn Cooper, 47*, Boone, IA	1:42:04	10:12
195	29	W40	Carol Heaverlo, 44*, Boone, IA	1:42:05	10:12
196	45	W35	Laura Murphy, 39*, Norwalk, IA	1:42:07	10:13
226	34	M35	John Hoelker, 38, Dexter, IA	1:42:10	10:13
197	40	W30	Kimberly Forrester, 34*, Ankeny, IA	1:42:18	10:14
198	19	W45	Caron Osberg, 45*, Urbandale, IA	1:42:25	10:14
199	30	W40	Becky Veach, 42*, Des Moines, IA	1:42:31	10:15
200	37	W25	Jill Johnson, 29*, West Des Moines, IA	1:42:34	10:15
227	19	M50	Lynn Michl, 51, Urbandale, IA	1:43:21	10:20
201	20	W45	Catherine Michl, 49*, Urbandale, IA	1:43:21	10:20
228	32	M45	Mark Taylor, 49, Norwalk, IA	1:43:43	10:22
202	31	W40	Angie Lauer, 44*, Lorimor, IA	1:43:50	10:23
229	8	M60	Earl Smith, 61, Des Moines, IA	1:44:13	10:25
203	21	W45	Angie Elliott, 46*, Indianola, IA	1:44:14	10:25
230	20	M50	Brian Anstedt, 53, Norwalk, IA	1:44:17	10:26
204	32	W40	Kristi Tetmeyer, 42*, West Des Moines, IA	1:44:33	10:27
205	41	W30	Amy Stauffacher, 34*, West Des Moines, IA	1:44:56	10:30
206	7	W19	Catherine Chargo, 23*, Des Moines, IA	1:45:35	10:33
207	42	W30	Alisha Gerstner, 31*, East Moline, IL	1:45:45	10:34
231	35	M35	Noah Swanson, 35, Davenport, IA	1:45:45	10:34
208	33	W40	Kathy Schramm, 42*, Clive, IA	1:45:57	10:36
209	43	W30	Melinda Kuennen, 33*, West Des Moines, IA	1:45:58	10:36
210	44	W30	Gina Gear, 30*, Urbandale, IA	1:46:00	10:36
211	46	W35	Megan Wick, 38*, Clive, IA	1:46:01	10:36
212	47	W35	Tami Cooper, 35*, Urbandale, IA	1:46:11	10:37
213	38	W25	Brooke Maddox, 29*	1:46:37	10:40
214	22	W45	Josephine Snyder, 47*, Winterset, IA	1:47:19	10:44
215	2	JrW	Celeste Love, 17*, Windsor Heights,, Ia	1:47:25	10:44
216	34	W40	Karen Oberman, 41*, Clive, IA	1:47:38	10:46
232	21	M25	Nathaniel Branzuela, 27, Greenfield, IA	1:47:42	10:46
217	3	JrW	Rachael Hammes, 14*, Des Moines, IA	1:47:51	10:47
218	14	W50	Jan Atchison, 51*, Rhodes, IA	1:47:52	10:47
219	48	W35	Cindi Douglass, 39*, Des Moines, IA	1:48:10	10:49
220	4	JrW	Keeghan Corcoran, 14*, Des Moines, IA	1:48:25	10:50
221	45	W30	Amy Hutchins, 34*, Des Moines, IA	1:48:25	10:50
222	39	W25	Chauncy Eggland, 26*, Prairie City, IA	1:49:00	10:54
223	15	W50	Corrin Smith, 50*, Des Moines, IA	1:49:11	10:55
224	35	W40	Cherie Ridenour, 40*, Martella, IA	1:49:13	10:55
233	17	M55	Mark Hacker, 56, Des Moines, IA	1:49:42	10:58
225	23	W45	Janet Powell, 47*, Des Moines, IA	1:49:48	10:59
226	40	W25	Laura Dillavou, 26*, Ankeny, IA	1:49:53	10:59
227	41	W25	Wendy Boka, 29*, Waukee, IA	1:49:54	10:59
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234	48	M40	Toby Hoy, 41, Van Meter, IA	1:49:59	11:00
228	5	JrW	Miasem Abidulrazaq, 16*, Des Moines, IA	1:56:16	11:38
229	24	W45	Bobbi Snodmentor, 48*, Indianola, IA	1:56:17	11:38
230	46	W30	Tiffanie Snyder, 34*, Des Moines, IA	1:56:51	11:41
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231	49	W35	Jen Zajicek, 38*, Pleasant Hill, IA	2:02:49	12:17
235	22	M25	Jeff Berckes, 28, Des Moines, IA	2:03:45	12:22

* indicates females

11 finishers among Males (no age given)

6 finishers among Men Under 19

9 finishers among Men 19 - 24
22 finishers among Men 25 - 29
27 finishers among Men 30 - 34
35 finishers among Men 35 - 39
48 finishers among Men 40 - 44
32 finishers among Men 45 - 49
20 finishers among Men 50 - 54
17 finishers among Men 55 - 59
8 finishers among Men 60 - 64
4 finishers among Men 65 - 69
1 finishers among Men 70 & Up
5 finishers among Women Under 19
7 finishers among Women 19 - 24
41 finishers among Women 25 - 29
46 finishers among Women 30 - 34
49 finishers among Women 35 - 39
35 finishers among Women 40 - 44
24 finishers among Women 45 - 49
15 finishers among Women 50 - 54
3 finishers among Women 55 - 59
1 finishers among Women 65 - 69
240 male finishers
226 female finishers
466 total finishers

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