

# Run 4 The Kids 5 km <sup>(2)</sup>

Johnston, IA

May 12, 2012

cool and overcast

Results by Michael Franke

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 |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|--------------------------------------------|-------|------|
| 1                                                                                                                                                                                                                                                                     | 1 M30  | Vic Morales, 38, Johnston, IA              | 16:42 | 5:22 |
| 2                                                                                                                                                                                                                                                                     | 1 M20  | Jacob Flaws, 25, Des Moines, IA            | 16:55 | 5:27 |
| 3                                                                                                                                                                                                                                                                     | 1 JrM  | Charlie Jones, 17, West Des Moines, IA     | 17:38 | 5:40 |
| 4                                                                                                                                                                                                                                                                     | 2 M30  | Matthew McDermott, 34, West Des Moines, IA | 18:00 | 5:48 |
| 5                                                                                                                                                                                                                                                                     | 1 M40  | Kyle Weuve, 46, Urbandale, IA              | 18:10 | 5:51 |
| 6                                                                                                                                                                                                                                                                     | 3 M30  | David Hostetter, 34, Colfax, IA            | 18:28 | 5:57 |
| 7                                                                                                                                                                                                                                                                     | 2 M20  | Aaron Wells, 28, Des Moines, IA            | 18:33 | 5:58 |
| Pace: <a href="#">6:00</a>   <a href="#">7:00</a>   <a href="#">8:00</a>   <a href="#">9:00</a>   <a href="#">10:00</a>   <a href="#">11:00</a>   <a href="#">12:00</a>   <a href="#">13:00</a>   <a href="#">14:00</a>   <a href="#">15:00</a>   <a href="#">Top</a> |        |                                            |       |      |
| 8                                                                                                                                                                                                                                                                     | 4 M30  | Derrick Flippin, 34, West Des Moines, IA   | 18:42 | 6:01 |
| 9                                                                                                                                                                                                                                                                     | 3 M20  | Dru Jorgensen, 23, Ankeny, IA              | 18:43 | 6:01 |
| 10                                                                                                                                                                                                                                                                    | 1 M50  | Mark Davis, 59, Adel, IA                   | 19:10 | 6:10 |
| 11                                                                                                                                                                                                                                                                    | 2 M40  | Kevin Cline, 45, Grimes, IA                | 19:13 | 6:11 |
| 12                                                                                                                                                                                                                                                                    | 4 M20  | Levi Nichols, 28, Des Moines, IA           | 19:23 | 6:14 |
| 13                                                                                                                                                                                                                                                                    | 3 M40  | Lee Hill, 43                               | 19:28 | 6:16 |
| 14                                                                                                                                                                                                                                                                    | 2 JrM  | Tyler Gilbreath, 16, Des Moines, IA        | 19:40 | 6:20 |
| 15                                                                                                                                                                                                                                                                    | 5 M30  | Anthony Cendana, 38, West Des Moines, IA   | 19:40 | 6:20 |
| 1                                                                                                                                                                                                                                                                     | 1 JrW  | Bailey Eppard, 16*, Johnston, IA           | 19:51 | 6:23 |
| 16                                                                                                                                                                                                                                                                    | 5 M20  | Sean Lunde, 25, Clive, IA                  | 19:59 | 6:26 |
| 17                                                                                                                                                                                                                                                                    | 2 M50  | Joe Wahlig, 52, West Des Moines, IA        | 20:09 | 6:29 |
| 18                                                                                                                                                                                                                                                                    | 6 M30  | Tony Schubert, 30, Des Moines, IA          | 20:17 | 6:32 |
| 19                                                                                                                                                                                                                                                                    | 6 M20  | Jessie Wiperman, 27, Des Moines, IA        | 20:22 | 6:33 |
| 20                                                                                                                                                                                                                                                                    | 3 M50  | Roadhog McKibben, 51, Clive, IA            | 20:28 | 6:35 |
| 21                                                                                                                                                                                                                                                                    | 7 M20  | Mark Stewart, 28, Grimes, IA               | 20:38 | 6:38 |
| 2                                                                                                                                                                                                                                                                     | 1 W30  | Jill Madison, 30*, Grimes, IA              | 20:46 | 6:41 |
| 3                                                                                                                                                                                                                                                                     | 2 JrW  | Sarah Kromminga, 15*, Johnston, IA         | 20:58 | 6:45 |
| 22                                                                                                                                                                                                                                                                    | 7 M30  | Patrick perkins, 36, West Des Moines, IA   | 21:01 | 6:46 |
| 23                                                                                                                                                                                                                                                                    |        | Robert Martin, Titonka, IA                 | 21:06 | 6:47 |
| 24                                                                                                                                                                                                                                                                    | 4 M40  | Jon Murphy, 41                             | 21:13 | 6:50 |
| 25                                                                                                                                                                                                                                                                    | 8 M30  | T J. Paustian, 37, Urbandale, IA           | 21:15 | 6:50 |
| 26                                                                                                                                                                                                                                                                    | 9 M30  | Andy Eagan, 33, Norwalk, IA                | 21:24 | 6:53 |
| 4                                                                                                                                                                                                                                                                     | 3 JrW  | Karin Bennett, 15*, Ankeny, IA             | 21:25 | 6:53 |
| 5                                                                                                                                                                                                                                                                     | 2 W30  | Wendy Hanson, 39*, Urbandale, IA           | 21:25 | 6:54 |
| 6                                                                                                                                                                                                                                                                     | 3 W30  | Angie Tumey, 31*, Ankeny, IA               | 21:28 | 6:54 |
| Pace: <a href="#">6:00</a>   <a href="#">7:00</a>   <a href="#">8:00</a>   <a href="#">9:00</a>   <a href="#">10:00</a>   <a href="#">11:00</a>   <a href="#">12:00</a>   <a href="#">13:00</a>   <a href="#">14:00</a>   <a href="#">15:00</a>   <a href="#">Top</a> |        |                                            |       |      |
| 7                                                                                                                                                                                                                                                                     | 1 W20  | Allie Lunde, 26*, Clive, IA                | 21:45 | 7:00 |
| 8                                                                                                                                                                                                                                                                     | 1 W50  | Kristy Cain, 52*, Urbandale, IA            | 21:51 | 7:02 |
| 27                                                                                                                                                                                                                                                                    | 8 M20  | John Olson, 28, Des Moines, IA             | 21:52 | 7:02 |
| 9                                                                                                                                                                                                                                                                     | 4 JrW  | Mary Boksa, 13*, Johnston, IA              | 21:57 | 7:04 |
| 28                                                                                                                                                                                                                                                                    | 9 M20  | Joe Davis, 26, Minneapolis, MN             | 22:02 | 7:05 |
| 29                                                                                                                                                                                                                                                                    | 10 M20 | Tim Forbes, 29, Ames, IA                   | 22:07 | 7:07 |
| 10                                                                                                                                                                                                                                                                    | 5 JrW  | Kennedi Hostetter, 15*, Colfax, IA         | 22:11 | 7:08 |
| 30                                                                                                                                                                                                                                                                    | 1 M60  | David Miller, 60, Urbandale, IA            | 22:21 | 7:12 |
| 31                                                                                                                                                                                                                                                                    | 10 M30 | Jason Arnold, 34, Urbandale, IA            | 22:24 | 7:13 |
| 32                                                                                                                                                                                                                                                                    | 4 M50  | David Heddinger, 52, West Des Moines, IA   | 22:25 | 7:13 |
| 33                                                                                                                                                                                                                                                                    | 11 M30 | Roberto Valencia, 32, Des Moines, IA       | 22:29 | 7:14 |
| 11                                                                                                                                                                                                                                                                    | 4 W30  | Miki Miller, 37*, Polk City, IA            | 22:35 | 7:16 |
| 34                                                                                                                                                                                                                                                                    | 5 M40  | Brian Peppenger, 42, Grimes, IA            | 22:39 | 7:17 |
| 35                                                                                                                                                                                                                                                                    | 12 M30 | Joel Ashby, 32, Polk City, IA              | 22:41 | 7:18 |

|                                                                                                                                                                                                                                                                       |        |                                             |       |      |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|---------------------------------------------|-------|------|
| 36                                                                                                                                                                                                                                                                    | 11 M20 | Alex Wendehl, 28                            | 22:44 | 7:19 |
| 37                                                                                                                                                                                                                                                                    | 12 M20 | Ryan Daugherty, 29, West Des Moines, IA     | 22:47 | 7:20 |
| 38                                                                                                                                                                                                                                                                    | 13 M20 | John Schutt, 25, Des Moines, IA             | 23:09 | 7:27 |
| 39                                                                                                                                                                                                                                                                    | 13 M30 | Nick Kauffman, 39, Adair, IA                | 23:26 | 7:32 |
| 40                                                                                                                                                                                                                                                                    | 2 M60  | Robert Larson, 62, Johnston, IA             | 23:32 | 7:34 |
| 41                                                                                                                                                                                                                                                                    | 3 JrM  | Carlos Buendia, 15, Des Moines, IA          | 23:38 | 7:36 |
| 42                                                                                                                                                                                                                                                                    | 4 JrM  | Timothy Sindt, 11, Polk City, IA            | 23:42 | 7:38 |
| 12                                                                                                                                                                                                                                                                    | 5 W30  | Beth Hennes, 39*, Ankeny, IA                | 23:44 | 7:38 |
| 13                                                                                                                                                                                                                                                                    | 2 W20  | Morgan Siefert, 26*, Ames, IA               | 23:53 | 7:41 |
| 14                                                                                                                                                                                                                                                                    | 2 W50  | Kathi Dellaca, 59*, Windsor Heights, IA     | 23:56 | 7:42 |
| 43                                                                                                                                                                                                                                                                    | 5 M50  | Tim McCart, 56, Des Moines, IA              | 24:05 | 7:45 |
| 44                                                                                                                                                                                                                                                                    | 14 M20 | Cody Case, 25, Ankeny, IA                   | 24:09 | 7:46 |
| 45                                                                                                                                                                                                                                                                    | 15 M20 | Kenneth Halstead, 28, West Des Moines, IA   | 24:18 | 7:49 |
| 15                                                                                                                                                                                                                                                                    | 3 W20  | Jessica Van Hemert, 27*                     | 24:32 | 7:54 |
| 16                                                                                                                                                                                                                                                                    | 4 W20  | Jessica Creason, 27*, Indianola, IA         | 24:33 | 7:54 |
| 17                                                                                                                                                                                                                                                                    | 3 W50  | Teri Wahlig, 51*, Des Moines, IA            | 24:40 | 7:56 |
| 46                                                                                                                                                                                                                                                                    | 16 M20 | Catlin Curry, 27, West Des Moines, IA       | 24:42 | 7:57 |
| 47                                                                                                                                                                                                                                                                    | 14 M30 | Kevin Pearce, 35, Urbandale, IA             | 24:43 | 7:57 |
| 48                                                                                                                                                                                                                                                                    | 5 JrM  | Taylor Boysen, 14, Urbandale, IA            | 24:49 | 7:59 |
| 49                                                                                                                                                                                                                                                                    | 6 JrM  | Travis Dredske, 14, Des Moines, IA          | 24:50 | 7:59 |
| Pace: <a href="#">6:00</a>   <a href="#">7:00</a>   <a href="#">8:00</a>   <a href="#">9:00</a>   <a href="#">10:00</a>   <a href="#">11:00</a>   <a href="#">12:00</a>   <a href="#">13:00</a>   <a href="#">14:00</a>   <a href="#">15:00</a>   <a href="#">Top</a> |        |                                             |       |      |
| 50                                                                                                                                                                                                                                                                    | 15 M30 | Eric Rowley, 30, Des Moines, IA             | 24:51 | 8:00 |
| 51                                                                                                                                                                                                                                                                    | 6 M50  | Jon Buenneke, 54, West Des Moines, IA       | 24:54 | 8:01 |
| 18                                                                                                                                                                                                                                                                    | 6 W30  | Jennifer Goodman, 36*, Johnston, IA         | 24:56 | 8:02 |
| 52                                                                                                                                                                                                                                                                    |        | Jason Frankena, Des Moines, IA              | 25:02 | 8:03 |
| 19                                                                                                                                                                                                                                                                    | 6 JrW  | Barbara Hernandez, 18*, Des Moines, IA      | 25:03 | 8:04 |
| 53                                                                                                                                                                                                                                                                    | 17 M20 | Timothy Benson, 22, Urbandale, IA           | 25:03 | 8:04 |
| 20                                                                                                                                                                                                                                                                    | 1 W40  | kelly eastin, 40*, West Des Moines, IA      | 25:04 | 8:04 |
| 21                                                                                                                                                                                                                                                                    | 4 W50  | Jan Atchison, 53*, Rhodes, IA               | 25:09 | 8:06 |
| 54                                                                                                                                                                                                                                                                    | 6 M40  | Rodney Wildrick, 42, Johnston, IA           | 25:15 | 8:07 |
| 22                                                                                                                                                                                                                                                                    | 5 W20  | Danielle Fitzgerald, 22*, Colo, IA          | 25:19 | 8:09 |
| 55                                                                                                                                                                                                                                                                    | 16 M30 | John MacDonald, 33, Des Moines, IA          | 25:23 | 8:10 |
| 23                                                                                                                                                                                                                                                                    | 6 W20  | Andrea Daugherty, 26*, West Des Moines, IA  | 25:24 | 8:10 |
| 56                                                                                                                                                                                                                                                                    | 17 M30 | Dan Boyce, 31, Urbandale, IA                | 25:24 | 8:10 |
| 57                                                                                                                                                                                                                                                                    | 18 M20 | Andy Green, 26, Des Moines, IA              | 25:26 | 8:11 |
| 58                                                                                                                                                                                                                                                                    | 18 M30 | Phil Hundling, 37, Newton, IA               | 25:26 | 8:11 |
| 59                                                                                                                                                                                                                                                                    | 7 M40  | Roger Vasey, 46, Des Moines, IA             | 25:28 | 8:12 |
| 60                                                                                                                                                                                                                                                                    | 7 M50  | Darwin Schmig, 54, Des Moines, IA           | 25:28 | 8:12 |
| 61                                                                                                                                                                                                                                                                    | 8 M50  | Randy Anderson, 53, Urbandale, IA           | 25:29 | 8:12 |
| 24                                                                                                                                                                                                                                                                    | 7 W30  | Maandy Shepherd, 33*, Urbandale, IA         | 25:29 | 8:12 |
| 62                                                                                                                                                                                                                                                                    | 19 M30 | Steve Hostetter, 35, Colfax, IA             | 25:31 | 8:13 |
| 63                                                                                                                                                                                                                                                                    | 20 M30 | David Gray, 32, Johnston, IA                | 25:31 | 8:13 |
| 25                                                                                                                                                                                                                                                                    | 8 W30  | Tonya Patrick, 31*, Urbandale, IA           | 25:32 | 8:13 |
| 26                                                                                                                                                                                                                                                                    | 7 W20  | Melanie Brenneman, 26*, West Des Moines, IA | 25:34 | 8:13 |
| 64                                                                                                                                                                                                                                                                    | 19 M20 | Abdirahaman Elmi, 20, Des Moines, IA        | 25:44 | 8:17 |
| 65                                                                                                                                                                                                                                                                    | 8 M40  | Kevin Saunders, 40, Des Moines, IA          | 25:45 | 8:17 |
| 66                                                                                                                                                                                                                                                                    | 3 M60  | Chuck Clark, 61, Carroll, IA                | 25:46 | 8:17 |
| 27                                                                                                                                                                                                                                                                    | 9 W30  | Becky Le, 33*, Polk City, IA                | 25:47 | 8:18 |
| 67                                                                                                                                                                                                                                                                    | 9 M40  | Jeffrey Miller, 43, Des Moines, IA          | 25:49 | 8:18 |
| 28                                                                                                                                                                                                                                                                    | 8 W20  | Ambria Luettjohann, 29*, Urbandale, IA      | 25:51 | 8:19 |
| 29                                                                                                                                                                                                                                                                    | 5 W50  | Lisa Grieve, 50*, Urbandale, IA             | 25:52 | 8:19 |
| 68                                                                                                                                                                                                                                                                    | 21 M30 | Jarrid Cyr, 30, West Des Moines, IA         | 25:54 | 8:20 |
| 30                                                                                                                                                                                                                                                                    | 10 W30 | Heather Kauffman, 36*, Adair, IA            | 26:00 | 8:22 |
| 69                                                                                                                                                                                                                                                                    | 7 JrM  | Cameron Yoder, 13, Des Moines, IA           | 26:01 | 8:22 |
| 70                                                                                                                                                                                                                                                                    | 8 JrM  | Frank Boksa, 13, Johnston, IA               | 26:02 | 8:22 |
| 71                                                                                                                                                                                                                                                                    | 9 M50  | Charles Phillips, 54, Urbandale, IA         | 26:04 | 8:23 |
| 72                                                                                                                                                                                                                                                                    | 22 M30 | Ryan Haaland, 30, Norwalk, IA               | 26:07 | 8:24 |
| 31                                                                                                                                                                                                                                                                    | 9 W20  | Anna Sindt, 20*, Polk City, IA              | 26:12 | 8:26 |
| 73                                                                                                                                                                                                                                                                    | 9 JrM  | Noah Christensen, 9, Urbandale, IA          | 26:16 | 8:27 |
| 74                                                                                                                                                                                                                                                                    | 23 M30 | Bradley Wilson, 32                          | 26:17 | 8:27 |
| 75                                                                                                                                                                                                                                                                    | 10 M40 | Brett Shaffer, 46                           | 26:19 | 8:28 |
| 76                                                                                                                                                                                                                                                                    | 20 M20 | Tony Steffes, 29, Des Moines, IA            | 26:20 | 8:28 |
| 77                                                                                                                                                                                                                                                                    | 10 M50 | Bart Dobson, 53, Ames, IA                   | 26:27 | 8:31 |
| 32                                                                                                                                                                                                                                                                    | 2 W40  | Michele Winger, 43*, Waukee, IA             | 26:27 | 8:31 |

|                                                                                                                                                                                                                                                                       |        |                                           |       |      |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|-------------------------------------------|-------|------|
| 78                                                                                                                                                                                                                                                                    | 21 M20 | Dustin Fink, 25, Des Moines, IA           | 26:28 | 8:31 |
| 33                                                                                                                                                                                                                                                                    | 6 W50  | Barbara Rothfus, 50*, Grimes, IA          | 26:29 | 8:31 |
| 34                                                                                                                                                                                                                                                                    | 11 W30 | Tracy Greening, 38*, Des Moines, IA       | 26:30 | 8:32 |
| 35                                                                                                                                                                                                                                                                    | 7 W50  | Kary Austin, 50*, Grimes, IA              | 26:32 | 8:32 |
| 79                                                                                                                                                                                                                                                                    | 24 M30 | Matt Lundberg, 34, Johnston, IA           | 26:33 | 8:33 |
| 36                                                                                                                                                                                                                                                                    | 10 W20 | Elizabeth Droste, 27*, Des Moines, IA     | 26:35 | 8:33 |
| 80                                                                                                                                                                                                                                                                    | 4 M60  | Robert Hoffman, 64, West Des Moines, IA   | 26:38 | 8:34 |
| 37                                                                                                                                                                                                                                                                    | 11 W20 | Liesel Schroder, 24*, West Des Moines, IA | 26:47 | 8:37 |
| 38                                                                                                                                                                                                                                                                    | 7 JrW  | Jordan Rhodes, 17*, Des Moines, IA        | 26:48 | 8:37 |
| 81                                                                                                                                                                                                                                                                    | 25 M30 | Ryan Young, 30, Des Moines, IA            | 26:48 | 8:38 |
| 82                                                                                                                                                                                                                                                                    | 26 M30 | Justin Macy, 38, Ankeny, IA               | 26:54 | 8:39 |
| 39                                                                                                                                                                                                                                                                    | 3 W40  | Brooke Hundling, 41*, Newton, IA          | 26:56 | 8:40 |
| 83                                                                                                                                                                                                                                                                    | 11 M50 | Randy Dorrell, 52, Ankeny, IA             | 27:00 | 8:41 |
| 40                                                                                                                                                                                                                                                                    | 8 W50  | Nancie Dorrell, 51*, Ankeny, IA           | 27:00 | 8:41 |
| 41                                                                                                                                                                                                                                                                    | 12 W30 | Allison Larson, 32*, Des Moines, IA       | 27:13 | 8:45 |
| 42                                                                                                                                                                                                                                                                    | 13 W30 | Stephanie Hurley, 33*, Davenport, IA      | 27:17 | 8:47 |
| 84                                                                                                                                                                                                                                                                    | 27 M30 | Kevin Hurley, 32, Davenport, IA           | 27:18 | 8:47 |
| 43                                                                                                                                                                                                                                                                    | 12 W20 | Jenna Carney, 27*, Dallas Center, IA      | 27:27 | 8:50 |
| 44                                                                                                                                                                                                                                                                    | 14 W30 | Kristi Emick, 35*, Ankeny, IA             | 27:30 | 8:51 |
| 45                                                                                                                                                                                                                                                                    | 8 JrW  | Nhu Duong, 17*, Des Moines, IA            | 27:32 | 8:52 |
| 85                                                                                                                                                                                                                                                                    | 11 M40 | Tom White, 48, Urbandale, IA              | 27:33 | 8:52 |
| 46                                                                                                                                                                                                                                                                    | 4 W40  | Cindy Elsbernd, 41*, Des Moines, IA       | 27:34 | 8:52 |
| 47                                                                                                                                                                                                                                                                    | 9 W50  | Paula Dierenfeld, 57*, Johnston, IA       | 27:34 | 8:52 |
| 48                                                                                                                                                                                                                                                                    | 13 W20 | Jenny Shirbroun, 27*, Ames, IA            | 27:43 | 8:55 |
| 86                                                                                                                                                                                                                                                                    | 22 M20 | Mark Shirbroun, 27, Ames, IA              | 27:43 | 8:55 |
| 49                                                                                                                                                                                                                                                                    | 5 W40  | Darla Kipp, 48*, Johnston, IA             | 27:48 | 8:57 |
| 50                                                                                                                                                                                                                                                                    | 14 W20 | Stephanie Sessions, 25*, Ankeny, IA       | 27:48 | 8:57 |
| 51                                                                                                                                                                                                                                                                    | 15 W30 | Tracey Ramaeker, 32*, Bondurant, IA       | 27:49 | 8:57 |
| 52                                                                                                                                                                                                                                                                    | 10 W50 | Paula Buenneke, 52*, West Des Moines, IA  | 27:51 | 8:58 |
| 53                                                                                                                                                                                                                                                                    | 6 W40  | K Susan Macy, 43*, Ankeny, IA             | 27:54 | 8:59 |
| 54                                                                                                                                                                                                                                                                    | 15 W20 | Chelsie Jones, 26*, Des Moines, IA        | 27:55 | 8:59 |
| 87                                                                                                                                                                                                                                                                    | 10 JrM | Eli Jaskolka, 9, West Des Moines, IA      | 27:55 | 8:59 |
| 88                                                                                                                                                                                                                                                                    | 12 M40 | Eric Jaskolka, 41, West Des Moines, IA    | 27:56 | 8:59 |
| Pace: <a href="#">6:00</a>   <a href="#">7:00</a>   <a href="#">8:00</a>   <a href="#">9:00</a>   <a href="#">10:00</a>   <a href="#">11:00</a>   <a href="#">12:00</a>   <a href="#">13:00</a>   <a href="#">14:00</a>   <a href="#">15:00</a>   <a href="#">Top</a> |        |                                           |       |      |
| 89                                                                                                                                                                                                                                                                    | 28 M30 | Clifford Gentry, 39                       | 27:57 | 9:00 |
| 90                                                                                                                                                                                                                                                                    | 23 M20 | Joe Barton, 28, Ames, IA                  | 27:59 | 9:00 |
| 91                                                                                                                                                                                                                                                                    | 29 M30 | Korey Keninger, 32, Des Moines, IA        | 28:10 | 9:04 |
| 92                                                                                                                                                                                                                                                                    | 13 M40 | Paul Stout, 46, Clive, IA                 | 28:12 | 9:04 |
| 93                                                                                                                                                                                                                                                                    | 30 M30 | Brad Zielaskowski, 32, Lake Zurich, IL    | 28:16 | 9:06 |
| 55                                                                                                                                                                                                                                                                    | 16 W20 | Katelynn Hall, 22*, Waukee, IA            | 28:19 | 9:07 |
| 94                                                                                                                                                                                                                                                                    | 14 M40 | Mike Primmer, 46, Boone, IA               | 28:22 | 9:08 |
| 95                                                                                                                                                                                                                                                                    | 15 M40 | Matthew Olson, 42, Johnston, IA           | 28:24 | 9:08 |
| 96                                                                                                                                                                                                                                                                    | 11 JrM | Spencer O'Riley, 10, Pleasant Hill, IA    | 28:25 | 9:09 |
| 56                                                                                                                                                                                                                                                                    | 16 W30 | Michelle Mortice, 33*, Des Moines, IA     | 28:25 | 9:09 |
| 57                                                                                                                                                                                                                                                                    | 7 W40  | Mary Jo Smith, 48*, Runnells, IA          | 28:26 | 9:09 |
| 58                                                                                                                                                                                                                                                                    | 17 W20 | Jennifer Lapp, 27*, West Des Moines, IA   | 28:33 | 9:11 |
| 59                                                                                                                                                                                                                                                                    | 17 W30 | Jennifer Tange, 31*, Urbandale, IA        | 28:39 | 9:13 |
| 60                                                                                                                                                                                                                                                                    | 18 W20 | Stacy Crouse, 27*, Johnston, IA           | 28:40 | 9:13 |
| 61                                                                                                                                                                                                                                                                    | 19 W20 | Sheena Christensen, 27*, Boone, IA        | 28:40 | 9:14 |
| 62                                                                                                                                                                                                                                                                    | 20 W20 | Claire Muselman, 27*, West Des Moines, IA | 28:41 | 9:14 |
| 63                                                                                                                                                                                                                                                                    | 18 W30 | Kerrie Hammelman, 37*                     | 28:41 | 9:14 |
| 97                                                                                                                                                                                                                                                                    | 31 M30 | Eric Tange, 31, Urbandale, IA             | 28:43 | 9:14 |
| 64                                                                                                                                                                                                                                                                    | 19 W30 | Kelly Pearce, 33*, Urbandale, IA          | 28:44 | 9:15 |
| 65                                                                                                                                                                                                                                                                    | 20 W30 | Dawn Farrell, 38*, Clive, IA              | 28:44 | 9:15 |
| 66                                                                                                                                                                                                                                                                    | 8 W40  | Deborah Clark, 44*, Des Moines, IA        | 28:46 | 9:15 |
| 67                                                                                                                                                                                                                                                                    | 21 W30 | Liz Metzger, 35*, Johnston, IA            | 28:48 | 9:16 |
| 68                                                                                                                                                                                                                                                                    | 21 W20 | Alyssa Rasmussen, 24*, Nevada, IA         | 28:49 | 9:16 |
| 98                                                                                                                                                                                                                                                                    | 12 JrM | Connelly Corcoran, 8, Des Moines, IA      | 28:52 | 9:17 |
| 99                                                                                                                                                                                                                                                                    | 16 M40 | Jeff Corcoran, 45, Des Moines, IA         | 28:54 | 9:18 |
| 69                                                                                                                                                                                                                                                                    | 9 W40  | Karen Christensen, 40*, Urbandale, IA     | 29:07 | 9:22 |
| 70                                                                                                                                                                                                                                                                    | 22 W20 | Heather Horner, 22*, West Des Moines, IA  | 29:09 | 9:23 |
| 100                                                                                                                                                                                                                                                                   | 13 JrM | Alex Dornacker, 16, W Des Moines, IA      | 29:09 | 9:23 |
| 101                                                                                                                                                                                                                                                                   | 17 M40 | Doug Dornacker, 45, W Des Moines, IA      | 29:10 | 9:23 |
| 102                                                                                                                                                                                                                                                                   | 12 M50 | Fred Rasmussen, 55, Ames, IA              | 29:10 | 9:23 |
| 103                                                                                                                                                                                                                                                                   | 32 M30 | Tim Fitzpatrick, 35, West Des Moines, IA  | 29:15 | 9:25 |

|                                                                                                                                                                                                                                                                       |        |                                              |       |       |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|----------------------------------------------|-------|-------|
| 71                                                                                                                                                                                                                                                                    | 9 JrW  | Bryce Gidel, 10*, Humboldt, IA               | 29:15 | 9:25  |
| 72                                                                                                                                                                                                                                                                    | 10 JrW | Claire Varangkounh, 10*, Humboldt, IA        | 29:17 | 9:25  |
| 73                                                                                                                                                                                                                                                                    | 22 W30 | Molly Varangkounh, 36*, Humboldt, IA         | 29:17 | 9:26  |
| 74                                                                                                                                                                                                                                                                    | 1 W60  | Sonja Hanson, 63*, Ankeny, IA                | 29:20 | 9:26  |
| 104                                                                                                                                                                                                                                                                   | 33 M30 | Conrad Hanson, 36, Urbandale, IA             | 29:21 | 9:27  |
| 75                                                                                                                                                                                                                                                                    | 23 W30 | Molly Olsasky, 30*, Urbandale, IA            | 29:26 | 9:28  |
| 76                                                                                                                                                                                                                                                                    | 24 W30 | Kari Greenlee, 34*, Johnston, IA             | 29:26 | 9:28  |
| 105                                                                                                                                                                                                                                                                   | 24 M20 | Brian Woline, 29, Clive, IA                  | 29:34 | 9:31  |
| 77                                                                                                                                                                                                                                                                    | 23 W20 | Angela Woline, 29*, Clive, IA                | 29:35 | 9:31  |
| 78                                                                                                                                                                                                                                                                    | 24 W20 | Becky McCrea, 27*, Waukee, IA                | 29:35 | 9:31  |
| 79                                                                                                                                                                                                                                                                    | 25 W20 | Jacky Kuhns, 26*, Ankeny, IA                 | 29:36 | 9:31  |
| 80                                                                                                                                                                                                                                                                    | 2 W60  | Roberta Blakeman, 61*, Altoona, IA           | 29:37 | 9:32  |
| 106                                                                                                                                                                                                                                                                   | 18 M40 | Scott Parker, 48, Altoona, IA                | 29:40 | 9:33  |
| 107                                                                                                                                                                                                                                                                   | 25 M20 | Nick McCrea, 27, Waukee, IA                  | 29:46 | 9:35  |
| 81                                                                                                                                                                                                                                                                    | 26 W20 | Jesse Halstead, 26*, West Des Moines, IA     | 29:47 | 9:35  |
| 82                                                                                                                                                                                                                                                                    | 27 W20 | Kimberly Thilges, 26*, West Des Moines, IA   | 29:48 | 9:35  |
| 83                                                                                                                                                                                                                                                                    | 10 W40 | Barbara Simonton, 45*, Des Moines, IA        | 29:49 | 9:36  |
| 108                                                                                                                                                                                                                                                                   | 26 M20 | Adam Marsden, 28, Ames, IA                   | 29:49 | 9:36  |
| 84                                                                                                                                                                                                                                                                    | 25 W30 | Lisa Baumhover, 37*, Woodward, IA            | 29:54 | 9:37  |
| 85                                                                                                                                                                                                                                                                    | 26 W30 | Kate Hargrafen, 33*, Grimes, IA              | 29:55 | 9:38  |
| 109                                                                                                                                                                                                                                                                   | 14 JrM | Morgan Judge, 10, Des Moines, IA             | 29:56 | 9:38  |
| 86                                                                                                                                                                                                                                                                    | 11 W40 | Debra Ashby, 49*, St Charles, IA             | 29:56 | 9:38  |
| 110                                                                                                                                                                                                                                                                   | 13 M50 | Hank Hanson, 55, Bondurant, IA               | 29:57 | 9:38  |
| 87                                                                                                                                                                                                                                                                    | 27 W30 | Jessica Eagan, 33*, Norwalk, IA              | 29:57 | 9:38  |
| 88                                                                                                                                                                                                                                                                    | 28 W20 | Taylor Grieve, 23*, Urbandale, IA            | 29:58 | 9:39  |
| 89                                                                                                                                                                                                                                                                    | 12 W40 | Julie Hahn, 41*, Des Moines, IA              | 29:59 | 9:39  |
| 90                                                                                                                                                                                                                                                                    | 11 W50 | Cathy Stjernberg, 59*, Des Moines, IA        | 30:00 | 9:39  |
| 111                                                                                                                                                                                                                                                                   | 15 JrM | Fox Corcoran, 12, Des Moines, IA             | 30:03 | 9:40  |
| 112                                                                                                                                                                                                                                                                   | 14 M50 | Paul Nagel, 50, Johnston, IA                 | 30:04 | 9:41  |
| 113                                                                                                                                                                                                                                                                   | 16 JrM | Sam Elsbernd, 14, Des Moines, IA             | 30:08 | 9:42  |
| 114                                                                                                                                                                                                                                                                   | 17 JrM | Max Rice, 18, Des Moines, IA                 | 30:09 | 9:42  |
| 91                                                                                                                                                                                                                                                                    | 28 W30 | Sarah Bond, 35*, Polk City, IA               | 30:16 | 9:44  |
| 92                                                                                                                                                                                                                                                                    | 11 JrW | Adrienne Robinson, 16*, Des Moines, IA       | 30:18 | 9:45  |
| 93                                                                                                                                                                                                                                                                    | 13 W40 | Tammy Newton, 49*, Carlisle, IA              | 30:24 | 9:47  |
| 94                                                                                                                                                                                                                                                                    | 14 W40 | Rasima Bakalbasic, 43*, Windsor Heights, IA  | 30:26 | 9:48  |
| 95                                                                                                                                                                                                                                                                    | 12 JrW | Eleanor Davenport, 17*, Des Moines, IA       | 30:37 | 9:51  |
| 96                                                                                                                                                                                                                                                                    | 3 W60  | Marie Quanbeck, 64*, Newton, IA              | 30:37 | 9:51  |
| 97                                                                                                                                                                                                                                                                    | 29 W30 | Erica Stevenson, 31*, Des Moines, IA         | 30:38 | 9:51  |
| 98                                                                                                                                                                                                                                                                    | 30 W30 | Erin Publow, 33*, West Des Moines, IA        | 30:44 | 9:53  |
| 99                                                                                                                                                                                                                                                                    | 15 W40 | Jennifer Phipps, 44*, Des Moines, IA         | 30:45 | 9:54  |
| 115                                                                                                                                                                                                                                                                   | 15 M50 | Daniel J. Clark, 52, West Des Moines, IA     | 30:47 | 9:54  |
| 100                                                                                                                                                                                                                                                                   | 13 JrW | Hannah Martin, 14*, Des Moines, IA           | 30:48 | 9:55  |
| 101                                                                                                                                                                                                                                                                   | 31 W30 | Jessica O'Riley, 36*, Pleasant Hill, IA      | 30:56 | 9:57  |
| Pace: <a href="#">6:00</a>   <a href="#">7:00</a>   <a href="#">8:00</a>   <a href="#">9:00</a>   <a href="#">10:00</a>   <a href="#">11:00</a>   <a href="#">12:00</a>   <a href="#">13:00</a>   <a href="#">14:00</a>   <a href="#">15:00</a>   <a href="#">Top</a> |        |                                              |       |       |
| 116                                                                                                                                                                                                                                                                   | 16 M50 | Doyle Ashby, 59, St Charles, IA              | 31:07 | 10:01 |
| 102                                                                                                                                                                                                                                                                   | 16 W40 | Sue Sorge, 49*, West Des Moines, IA          | 31:12 | 10:02 |
| 103                                                                                                                                                                                                                                                                   | 17 W40 | Sarah Wiese, 44*, West Des Moines, IA        | 31:21 | 10:05 |
| 104                                                                                                                                                                                                                                                                   | 29 W20 | Megan Little, 27*, Grimes, IA                | 31:25 | 10:07 |
| 105                                                                                                                                                                                                                                                                   | 30 W20 | Anne Sitrick, 28*, Des Moines, IA            | 31:27 | 10:07 |
| 117                                                                                                                                                                                                                                                                   | 17 M50 | Chris Rembert, 52, Ankeny, IA                | 31:45 | 10:13 |
| 106                                                                                                                                                                                                                                                                   | 14 JrW | Nhat Duong, 16*, Des Moines, IA              | 31:46 | 10:13 |
| 107                                                                                                                                                                                                                                                                   | 15 JrW | Sabrina Reuanthong, 16*, Des Moines, IA      | 31:47 | 10:14 |
| 108                                                                                                                                                                                                                                                                   | 16 JrW | Jane Rice, 14*, Des Moines, IA               | 31:47 | 10:14 |
| 118                                                                                                                                                                                                                                                                   | 19 M40 | Bill Rice, 45, Des Moines, IA                | 31:47 | 10:14 |
| 109                                                                                                                                                                                                                                                                   | 32 W30 | Theresa Newton, 37*, Des Moines, IA          | 31:47 | 10:14 |
| 110                                                                                                                                                                                                                                                                   | 18 W40 | Lori Wermers, 42*, Johnston, IA              | 31:48 | 10:14 |
| 111                                                                                                                                                                                                                                                                   | 33 W30 | Jennifer Johnson, 31*, West Des Moines, IA   | 31:50 | 10:14 |
| 119                                                                                                                                                                                                                                                                   | 18 M50 | Bruce Benson, 54, Cumming, IA                | 31:56 | 10:17 |
| 112                                                                                                                                                                                                                                                                   | 34 W30 | Malinda Hostetter, 32*, Colfax, IA           | 32:12 | 10:22 |
| 120                                                                                                                                                                                                                                                                   | 18 JrM | Seth Kallestad, 12, Des Moines, IA           | 32:17 | 10:23 |
| 113                                                                                                                                                                                                                                                                   | 35 W30 | Maegan Fitzpatrick, 34*, West Des Moines, IA | 32:28 | 10:27 |
| 114                                                                                                                                                                                                                                                                   | 4 W60  | Linda Sowers, 62*, Ankeny, IA                | 32:29 | 10:27 |
| 115                                                                                                                                                                                                                                                                   | 36 W30 | Dawn Atwood, 37*, Colfax, IA                 | 32:30 | 10:28 |

|                                                                                                                                                                                                                                                                       |        |                                            |       |       |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|--------------------------------------------|-------|-------|
| 116                                                                                                                                                                                                                                                                   | 31 W20 | Joey Dobson, 23*, Minneapolis, MN          | 32:31 | 10:28 |
| 117                                                                                                                                                                                                                                                                   | 37 W30 | Keely Baade, 30*, Johnston, IA             | 32:32 | 10:28 |
| 118                                                                                                                                                                                                                                                                   | 38 W30 | Rebecca Groom, 33*, Bondurant, IA          | 32:33 | 10:28 |
| 119                                                                                                                                                                                                                                                                   | 39 W30 | Jamie McCartney, 30*, Urbandale, IA        | 32:38 | 10:30 |
| 120                                                                                                                                                                                                                                                                   | 40 W30 | Carey Seger, 39*, Urbandale, IA            | 32:43 | 10:32 |
| 121                                                                                                                                                                                                                                                                   | 32 W20 | Jamie Walls, 22*, Ames, IA                 | 32:44 | 10:32 |
| 122                                                                                                                                                                                                                                                                   | 5 W60  | Helen Pearce, 61*, Cedar Falls, IA         | 32:44 | 10:32 |
| 123                                                                                                                                                                                                                                                                   | 12 W50 | Joelle Miner, 55*, Perry, IA               | 32:49 | 10:34 |
| 121                                                                                                                                                                                                                                                                   | 20 M40 | Alex Van Quathem, 41, Urbandale, IA        | 32:53 | 10:35 |
| 124                                                                                                                                                                                                                                                                   | 17 JrW | Erin Van Quathem, 7*, Urbandale, IA        | 32:54 | 10:35 |
| 125                                                                                                                                                                                                                                                                   | 18 JrW | Jori Jones, 15*, Des Moines, IA            | 32:58 | 10:36 |
| 126                                                                                                                                                                                                                                                                   | 33 W20 | Emily Bollinger, 28*, Des Moines, IA       | 32:59 | 10:37 |
| 127                                                                                                                                                                                                                                                                   | 34 W20 | Kristi Mundy, 27*, Des Moines, IA          | 33:00 | 10:37 |
| 122                                                                                                                                                                                                                                                                   | 19 JrM | Philip Sindt, 14, Polk City, IA            | 33:19 | 10:43 |
| 128                                                                                                                                                                                                                                                                   |        | Annette Allender*, Ankeny, IA              | 33:27 | 10:46 |
| 129                                                                                                                                                                                                                                                                   | 41 W30 | Alice Frederick, 34*, Urbandale, IA        | 33:38 | 10:49 |
| 130                                                                                                                                                                                                                                                                   | 35 W20 | Melissa Wyckoff, 29*, Ankeny, IA           | 33:49 | 10:53 |
| 123                                                                                                                                                                                                                                                                   | 20 JrM | Tyler Busch, 7, Winterset, IA              | 34:04 | 10:58 |
| 124                                                                                                                                                                                                                                                                   | 34 M30 | Roger Wolfe, 33, Macksburg, IA             | 34:07 | 10:59 |
| Pace: <a href="#">6:00</a>   <a href="#">7:00</a>   <a href="#">8:00</a>   <a href="#">9:00</a>   <a href="#">10:00</a>   <a href="#">11:00</a>   <a href="#">12:00</a>   <a href="#">13:00</a>   <a href="#">14:00</a>   <a href="#">15:00</a>   <a href="#">Top</a> |        |                                            |       |       |
| 125                                                                                                                                                                                                                                                                   | 35 M30 | Arik Peterson, 36, Des Moines, IA          | 34:13 | 11:01 |
| 131                                                                                                                                                                                                                                                                   | 42 W30 | Shelly Peterson, 36*, Des Moines, IA       | 34:13 | 11:01 |
| 132                                                                                                                                                                                                                                                                   | 43 W30 | Tracy Wolfe, 33*, Macksburg, IA            | 34:14 | 11:01 |
| 133                                                                                                                                                                                                                                                                   | 19 JrW | Ellen Kate Kaplan, 16*, Des Moines, IA     | 34:21 | 11:03 |
| 134                                                                                                                                                                                                                                                                   | 19 W40 | Cindi Douglass, 41*, Des Moines, IA        | 34:22 | 11:03 |
| 135                                                                                                                                                                                                                                                                   | 20 JrW | Kate McKenzie, 19*, Des Moines, IA         | 34:26 | 11:05 |
| 126                                                                                                                                                                                                                                                                   | 21 JrM | Tyler Busch, 7, Winterset, IA              | 34:27 | 11:05 |
| 136                                                                                                                                                                                                                                                                   | 44 W30 | Elisha Busch, 32*, Winterset, IA           | 34:27 | 11:05 |
| 127                                                                                                                                                                                                                                                                   | 36 M30 | Curtis Busch, 33, Winterset, IA            | 34:28 | 11:05 |
| 137                                                                                                                                                                                                                                                                   | 36 W20 | Emma Kueter, 24*, Johnston, IA             | 34:37 | 11:08 |
| 128                                                                                                                                                                                                                                                                   | 19 M50 | David McKenzie, 50, Des Moines, IA         | 34:38 | 11:09 |
| 138                                                                                                                                                                                                                                                                   | 21 JrW | Roxana Coronado, 16*, Des Moines, IA       | 34:38 | 11:09 |
| 139                                                                                                                                                                                                                                                                   | 45 W30 | Heather Carman, 34*, Des Moines, IA        | 34:39 | 11:09 |
| 140                                                                                                                                                                                                                                                                   | 46 W30 | January Lochman, 33*, Urbandale, IA        | 34:39 | 11:09 |
| 129                                                                                                                                                                                                                                                                   | 37 M30 | Jonathan Lochman, 32, Urbandale, IA        | 34:43 | 11:10 |
| 141                                                                                                                                                                                                                                                                   | 47 W30 | Kelly Zielaskowski, 31*, Lake Zurich, IL   | 34:44 | 11:11 |
| 130                                                                                                                                                                                                                                                                   | 27 M20 | Josh Jenkins, 28, Ankeny, IA               | 34:57 | 11:15 |
| 142                                                                                                                                                                                                                                                                   | 48 W30 | Franny Mederios, 38*, Des Moines, IA       | 34:59 | 11:16 |
| 143                                                                                                                                                                                                                                                                   | 22 JrW | Bailee Person, 17*, West Des Moines, IA    | 35:00 | 11:16 |
| 144                                                                                                                                                                                                                                                                   | 23 JrW | Emily Duff, 15*, Des Moines, IA            | 35:01 | 11:16 |
| 145                                                                                                                                                                                                                                                                   | 20 W40 | Andrea Corcoran, 43*, Des Moines, IA       | 35:03 | 11:17 |
| 146                                                                                                                                                                                                                                                                   | 49 W30 | Jennifer Vasquez, 36*, Windsor Heights, IA | 35:05 | 11:17 |
| 147                                                                                                                                                                                                                                                                   | 24 JrW | Ollivia Enos, 15*, Des Moines, IA          | 35:10 | 11:19 |
| 148                                                                                                                                                                                                                                                                   | 21 W40 | Kelly Shulenberger, 40*, Prairie City, IA  | 35:10 | 11:19 |
| 149                                                                                                                                                                                                                                                                   | 50 W30 | Emily Burroughs, 35*, Ankeny, IA           | 35:21 | 11:23 |
| 150                                                                                                                                                                                                                                                                   | 37 W20 | Joanna Linberg, 26*, West Des Moines, IA   | 35:31 | 11:26 |
| 151                                                                                                                                                                                                                                                                   | 51 W30 | Andrea Iverson, 37*, Grimes, IA            | 35:36 | 11:27 |
| 131                                                                                                                                                                                                                                                                   | 38 M30 | Todd Schemper, 37, Des Moines, IA          | 35:49 | 11:32 |
| 152                                                                                                                                                                                                                                                                   | 52 W30 | Denise Schemper, 39*, Des Moines, IA       | 35:50 | 11:32 |
| 153                                                                                                                                                                                                                                                                   | 53 W30 | Amy Dotson, 32*, Grimes, IA                | 36:00 | 11:35 |
| 154                                                                                                                                                                                                                                                                   | 13 W50 | Pamela Wilson, 51*, Johnston, IA           | 36:03 | 11:36 |
| 155                                                                                                                                                                                                                                                                   | 54 W30 | Amy Manning, 39*, West Des Moines, IA      | 36:07 | 11:37 |
| 156                                                                                                                                                                                                                                                                   | 25 JrW | Sefika Dzinic, 16*, Des Moines, IA         | 36:19 | 11:41 |
| 157                                                                                                                                                                                                                                                                   | 38 W20 | Amber Ingwersen, 29*, Des Moines, IA       | 36:20 | 11:41 |
| 158                                                                                                                                                                                                                                                                   | 55 W30 | Amy Boyce, 31*, Urbandale, IA              | 36:28 | 11:44 |
| 159                                                                                                                                                                                                                                                                   | 56 W30 | Jeny Black, 37*, West Des Moines, IA       | 36:30 | 11:45 |
| 160                                                                                                                                                                                                                                                                   | 14 W50 | Ann Rasmussen, 51*, Ames, IA               | 36:36 | 11:47 |
| 161                                                                                                                                                                                                                                                                   | 39 W20 | Heather Friedow, 25*, Waukee, IA           | 36:43 | 11:49 |
| 132                                                                                                                                                                                                                                                                   | 28 M20 | Braden Friedow, 28, Waukee, IA             | 36:44 | 11:49 |
| 162                                                                                                                                                                                                                                                                   | 57 W30 | Teri Meers, 35*, Mingo, IA                 | 36:52 | 11:52 |
| 163                                                                                                                                                                                                                                                                   | 58 W30 | Michelle Conkling, 35*, Des Moines, IA     | 37:06 | 11:56 |
| 164                                                                                                                                                                                                                                                                   | 26 JrW | Beth Boksa, 13*, Johnston, IA              | 37:08 | 11:57 |
| 165                                                                                                                                                                                                                                                                   | 27 JrW | Valerie Boksa, 12*, Johnston, IA           | 37:13 | 11:59 |
| Pace: <a href="#">6:00</a>   <a href="#">7:00</a>   <a href="#">8:00</a>   <a href="#">9:00</a>   <a href="#">10:00</a>   <a href="#">11:00</a>   <a href="#">12:00</a>   <a href="#">13:00</a>   <a href="#">14:00</a>   <a href="#">15:00</a>   <a href="#">Top</a> |        |                                            |       |       |
| 166                                                                                                                                                                                                                                                                   | 28 JrW | Swathi Damo, 12*, Johnston, IA             | 37:22 | 12:02 |

|                                                                                                                                                                                                                                                                       |    |     |                                          |       |       |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----|-----|------------------------------------------|-------|-------|
| 167                                                                                                                                                                                                                                                                   | 59 | W30 | Amber Galloway, 33*, Des Moines, IA      | 37:24 | 12:02 |
| 168                                                                                                                                                                                                                                                                   | 40 | W20 | Katie Cyr, 27*, West Des Moines, IA      | 37:25 | 12:02 |
| 169                                                                                                                                                                                                                                                                   | 60 | W30 | Michelle Champion, 39*, Des Moines, IA   | 37:40 | 12:07 |
| 170                                                                                                                                                                                                                                                                   | 61 | W30 | Heather Collier, 36*, Des Moines, IA     | 37:44 | 12:09 |
| 171                                                                                                                                                                                                                                                                   | 41 | W20 | Victoria Kennedy, 27*, Des Moines, IA    | 37:48 | 12:10 |
| 133                                                                                                                                                                                                                                                                   | 29 | M20 | Dan Kennedy, 27, Des Moines, IA          | 37:49 | 12:10 |
| 134                                                                                                                                                                                                                                                                   |    |     | Ben Bennett, Adel, IA                    | 38:00 | 12:14 |
| 172                                                                                                                                                                                                                                                                   | 42 | W20 | Clair Masker, 28*, Urbandale, IA         | 38:45 | 12:28 |
| 173                                                                                                                                                                                                                                                                   | 15 | W50 | Annie Temple, 54*, Johnston, IA          | 38:58 | 12:33 |
| 174                                                                                                                                                                                                                                                                   | 62 | W30 | Allison Howard, 36*, Grimes, IA          | 39:46 | 12:48 |
| 175                                                                                                                                                                                                                                                                   | 29 | JrW | Kaitlyn Pietan, 13*, Johnston, IA        | 39:48 | 12:49 |
| 135                                                                                                                                                                                                                                                                   | 21 | M40 | David Pietan, 46, Johnston, IA           | 39:49 | 12:49 |
| 136                                                                                                                                                                                                                                                                   | 30 | M20 | Derek Grittmann, 26, Clive, IA           | 39:50 | 12:49 |
| 176                                                                                                                                                                                                                                                                   | 63 | W30 | Dawn Scott, 30*, Clive, IA               | 39:54 | 12:50 |
| 137                                                                                                                                                                                                                                                                   | 22 | JrM | Gavin Hulling, 7, Des Moines, IA         | 39:55 | 12:51 |
| 138                                                                                                                                                                                                                                                                   | 39 | M30 | Joshua Hulling, 35, Des Moines, IA       | 39:55 | 12:51 |
| 177                                                                                                                                                                                                                                                                   | 43 | W20 | Nikki Lokenvitz, 28*, Ankeny, IA         | 40:15 | 12:57 |
| Pace: <a href="#">6:00</a>   <a href="#">7:00</a>   <a href="#">8:00</a>   <a href="#">9:00</a>   <a href="#">10:00</a>   <a href="#">11:00</a>   <a href="#">12:00</a>   <a href="#">13:00</a>   <a href="#">14:00</a>   <a href="#">15:00</a>   <a href="#">Top</a> |    |     |                                          |       |       |
| 178                                                                                                                                                                                                                                                                   | 64 | W30 | Jane Escobar, 35*, Des Moines, IA        | 40:32 | 13:03 |
| 179                                                                                                                                                                                                                                                                   | 30 | JrW | Brittany Nguyen, 14*, Des Moines, IA     | 40:37 | 13:04 |
| 180                                                                                                                                                                                                                                                                   | 65 | W30 | Lori Lincoln, 34*, Ankeny, IA            | 40:39 | 13:05 |
| 181                                                                                                                                                                                                                                                                   | 66 | W30 | Regina Davis, 37*, Ankeny, IA            | 40:57 | 13:11 |
| 182                                                                                                                                                                                                                                                                   | 67 | W30 | Lisa May, 38*, Ankeny, IA                | 40:57 | 13:11 |
| 183                                                                                                                                                                                                                                                                   | 68 | W30 | Sarah Vorm, 31*, Miami Gardens, FL       | 40:58 | 13:11 |
| 184                                                                                                                                                                                                                                                                   | 22 | W40 | Kim Meyer, 40*, Altoona, IA              | 41:03 | 13:13 |
| 185                                                                                                                                                                                                                                                                   | 31 | JrW | Anita Dewitt, 16*, Des Moines, IA        | 41:08 | 13:14 |
| 186                                                                                                                                                                                                                                                                   | 44 | W20 | James Vowell, 27*, West Des Moines, IA   | 41:09 | 13:15 |
| 187                                                                                                                                                                                                                                                                   | 45 | W20 | James Vowell, 27*, West Des Moines, IA   | 41:23 | 13:19 |
| 188                                                                                                                                                                                                                                                                   | 23 | W40 | Lisa Jackson, 44*, Des Moines, IA        | 41:24 | 13:19 |
| 139                                                                                                                                                                                                                                                                   | 31 | M20 | Carlos Laurenzano, 27, Johnston, IA      | 41:34 | 13:23 |
| 189                                                                                                                                                                                                                                                                   | 24 | W40 | Janeen Micka, 42*, West Des Moines, IA   | 42:25 | 13:39 |
| 140                                                                                                                                                                                                                                                                   | 22 | M40 | John Micka, 45, West Des Moines, IA      | 42:30 | 13:41 |
| 141                                                                                                                                                                                                                                                                   |    |     | Jon Bennett, Adel, IA                    | 43:01 | 13:51 |
| Pace: <a href="#">6:00</a>   <a href="#">7:00</a>   <a href="#">8:00</a>   <a href="#">9:00</a>   <a href="#">10:00</a>   <a href="#">11:00</a>   <a href="#">12:00</a>   <a href="#">13:00</a>   <a href="#">14:00</a>   <a href="#">15:00</a>   <a href="#">Top</a> |    |     |                                          |       |       |
| 190                                                                                                                                                                                                                                                                   | 69 | W30 | Melisa Cox, 34*, Des Moines, IA          | 43:39 | 14:03 |
| 191                                                                                                                                                                                                                                                                   | 32 | JrW | Asana Zilk, 15*, Des Moines, IA          | 43:43 | 14:04 |
| 192                                                                                                                                                                                                                                                                   | 25 | W40 | Maggie Rhodes, 40*, Des Moines, IA       | 43:43 | 14:04 |
| 142                                                                                                                                                                                                                                                                   | 20 | M50 | Donavon Rinehart, 51, Des Moines, IA     | 43:45 | 14:05 |
| 193                                                                                                                                                                                                                                                                   | 46 | W20 | Jen Cattell, 27*, Ames, IA               | 45:43 | 14:43 |
| 194                                                                                                                                                                                                                                                                   | 47 | W20 | Bethany Wilcke, 24*, Ames, IA            | 45:43 | 14:43 |
| 195                                                                                                                                                                                                                                                                   | 70 | W30 | Kate Reynolds, 31*, Ames, IA             | 46:31 | 14:58 |
| Pace: <a href="#">6:00</a>   <a href="#">7:00</a>   <a href="#">8:00</a>   <a href="#">9:00</a>   <a href="#">10:00</a>   <a href="#">11:00</a>   <a href="#">12:00</a>   <a href="#">13:00</a>   <a href="#">14:00</a>   <a href="#">15:00</a>   <a href="#">Top</a> |    |     |                                          |       |       |
| 196                                                                                                                                                                                                                                                                   | 33 | JrW | Ali Simpson, 14*, Johnston, IA           | 46:53 | 15:05 |
| 197                                                                                                                                                                                                                                                                   | 34 | JrW | Trinity Olson, 8*, Johnston, IA          | 46:53 | 15:05 |
| 198                                                                                                                                                                                                                                                                   | 48 | W20 | Erin Zirkelbach, 28*, Des Moines, IA     | 47:32 | 15:18 |
| 199                                                                                                                                                                                                                                                                   | 6  | W60 | Mary Zirkelbach, 63*, Johnston, IA       | 47:32 | 15:18 |
| 200                                                                                                                                                                                                                                                                   | 35 | JrW | Laura Sindt, 18*, Polk City, IA          | 47:57 | 15:26 |
| 143                                                                                                                                                                                                                                                                   | 32 | M20 | Theron Stewart, 21, Polk City, IA        | 47:57 | 15:26 |
| 201                                                                                                                                                                                                                                                                   | 36 | JrW | Dana Lillig, 16*, Grimes, IA             | 47:58 | 15:26 |
| 202                                                                                                                                                                                                                                                                   | 37 | JrW | Janna Burger, 17*, Grimes, IA            | 47:58 | 15:26 |
| 203                                                                                                                                                                                                                                                                   | 49 | W20 | Naomi Laurenzano, 28*, Johnston, IA      | 48:25 | 15:35 |
| 204                                                                                                                                                                                                                                                                   | 16 | W50 | Dru Benson, 56*, Cumming, IA             | 48:26 | 15:35 |
| 205                                                                                                                                                                                                                                                                   | 50 | W20 | Michelle Tumey, 23*, Ankeny, IA          | 48:45 | 15:41 |
| 144                                                                                                                                                                                                                                                                   | 33 | M20 | Jaydon Olsen, 29, Des Moines, IA         | 48:45 | 15:41 |
| 206                                                                                                                                                                                                                                                                   | 26 | W40 | Rose Tumey, 46*, Ankeny, IA              | 48:47 | 15:42 |
| 207                                                                                                                                                                                                                                                                   | 17 | W50 | Kathy Goranson, 53*, Johnston, IA        | 49:09 | 15:49 |
| 208                                                                                                                                                                                                                                                                   | 18 | W50 | Brenda Meade, 51*, Johnston, IA          | 49:10 | 15:49 |
| 209                                                                                                                                                                                                                                                                   | 19 | W50 | Terri Metcalf Metcalf, 57*, Johnston, IA | 49:17 | 15:52 |
| 210                                                                                                                                                                                                                                                                   | 71 | W30 | Gena Vinsand, 32*, Gilmore City, IA      | 49:23 | 15:53 |
| 211                                                                                                                                                                                                                                                                   | 72 | W30 | Kristi Boveia, 31*, Ames, IA             | 49:23 | 15:54 |
| 212                                                                                                                                                                                                                                                                   | 38 | JrW | Haley Urness, 15*, Ankeny, IA            | 49:25 | 15:54 |
| Pace: <a href="#">6:00</a>   <a href="#">7:00</a>   <a href="#">8:00</a>   <a href="#">9:00</a>   <a href="#">10:00</a>   <a href="#">11:00</a>   <a href="#">12:00</a>   <a href="#">13:00</a>   <a href="#">14:00</a>   <a href="#">15:00</a>   <a href="#">Top</a> |    |     |                                          |       |       |
| 145                                                                                                                                                                                                                                                                   |    |     | Joe Bennett, Adel, IA                    | 50:03 | 16:06 |
| 213                                                                                                                                                                                                                                                                   |    |     | Naomi Bennett*, Adel, IA                 | 50:03 | 16:07 |
| 214                                                                                                                                                                                                                                                                   | 73 | W30 | Katie Jenkins, 30*, Ankeny, IA           | 50:10 | 16:09 |

|                                                                                                                                                                                                                                                                       |        |                                              |         |       |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|----------------------------------------------|---------|-------|
| 215                                                                                                                                                                                                                                                                   | 39 JrW | Kaycie Flanagan, 19*, Newton, IA             | 50:11   | 16:09 |
| 216                                                                                                                                                                                                                                                                   | 51 W20 | Alison Schutt, 23*, Des Moines, IA           | 51:54   | 16:42 |
| 217                                                                                                                                                                                                                                                                   | 74 W30 | Stephanie Potter, 31*, Woodward, IA          | 51:55   | 16:42 |
| 218                                                                                                                                                                                                                                                                   | 40 JrW | Kate Dobson, 19*, Ames, IA                   | 52:04   | 16:45 |
| 219                                                                                                                                                                                                                                                                   | 20 W50 | Susan Dobson, 52*, Ames, IA                  | 52:05   | 16:46 |
| 220                                                                                                                                                                                                                                                                   | 27 W40 | Jamie Phillips, 40*, Des Moines, IA          | 52:16   | 16:49 |
| Pace: <a href="#">6:00</a>   <a href="#">7:00</a>   <a href="#">8:00</a>   <a href="#">9:00</a>   <a href="#">10:00</a>   <a href="#">11:00</a>   <a href="#">12:00</a>   <a href="#">13:00</a>   <a href="#">14:00</a>   <a href="#">15:00</a>   <a href="#">Top</a> |        |                                              |         |       |
| 221                                                                                                                                                                                                                                                                   | 75 W30 | Abbie Morawski, 37*, Clive, IA               | 52:53   | 17:01 |
| 222                                                                                                                                                                                                                                                                   | 41 JrW | Hannah Syversen, 16*, Ankeny, IA             | 52:54   | 17:02 |
| 223                                                                                                                                                                                                                                                                   | 42 JrW | Madison Strong, 16*, Ankeny, IA              | 52:57   | 17:02 |
| 224                                                                                                                                                                                                                                                                   | 28 W40 | Libby Tourte, 44*, Ankeny, IA                | 53:09   | 17:06 |
| 225                                                                                                                                                                                                                                                                   | 43 JrW | Frances James, 16*, Carlisle, IA             | 54:00   | 17:23 |
| 226                                                                                                                                                                                                                                                                   | 52 W20 | Morgan Leitner, 26*, West Des Moines, IA     | 54:11   | 17:26 |
| 227                                                                                                                                                                                                                                                                   | 44 JrW | Quinci Chapman, 8*                           | 54:50   | 17:39 |
| 228                                                                                                                                                                                                                                                                   | 76 W30 | Angie Chapman, 34*                           | 55:01   | 17:42 |
| 229                                                                                                                                                                                                                                                                   |        | Susan James*, Carlisle, IA                   | 55:05   | 17:44 |
| 146                                                                                                                                                                                                                                                                   | 23 M40 | Chris James, 46, West Des Moines, IA         | 55:05   | 17:44 |
| 230                                                                                                                                                                                                                                                                   | 29 W40 | Anne James, 45*, West Des Moines, IA         | 55:09   | 17:45 |
| 147                                                                                                                                                                                                                                                                   | 23 JrM | Dustin Hagemann, 16, Minburn, IA             | 55:10   | 17:45 |
| 148                                                                                                                                                                                                                                                                   | 5 M60  | Kent Knoll, 61, Adel, IA                     | 55:11   | 17:45 |
| 149                                                                                                                                                                                                                                                                   | 24 JrM | Zach O'Neal, 15, Adel, IA                    | 55:11   | 17:46 |
| 150                                                                                                                                                                                                                                                                   | 21 M50 | Bob Long, 53, Des Moines, IA                 | 55:14   | 17:46 |
| 231                                                                                                                                                                                                                                                                   | 21 W50 | Terri Long, 54*, Des Moines, IA              | 55:14   | 17:47 |
| 232                                                                                                                                                                                                                                                                   | 22 W50 | Jan Regan, 55*, West Des Moines, IA          | 55:17   | 17:47 |
| 151                                                                                                                                                                                                                                                                   | 22 M50 | David Regan, 55, West Des Moines, IA         | 55:18   | 17:48 |
| 233                                                                                                                                                                                                                                                                   | 45 JrW | Cassidy Benedict, 16*, Redfield, IA          | 55:22   | 17:49 |
| 152                                                                                                                                                                                                                                                                   | 40 M30 | Steve Clark, 36, Des Moines, IA              | 55:44   | 17:56 |
| Pace: <a href="#">6:00</a>   <a href="#">7:00</a>   <a href="#">8:00</a>   <a href="#">9:00</a>   <a href="#">10:00</a>   <a href="#">11:00</a>   <a href="#">12:00</a>   <a href="#">13:00</a>   <a href="#">14:00</a>   <a href="#">15:00</a>   <a href="#">Top</a> |        |                                              |         |       |
| 234                                                                                                                                                                                                                                                                   | 77 W30 | Kate Clark, 34*, Des Moines, IA              | 56:32   | 18:12 |
| 235                                                                                                                                                                                                                                                                   | 53 W20 | Jennifer Roberts, 27*, West Des Moines, IA   | 56:41   | 18:15 |
| 153                                                                                                                                                                                                                                                                   | 24 M40 | Nathan Donner, 40, Polk City, IA             | 57:11   | 18:24 |
| 236                                                                                                                                                                                                                                                                   | 78 W30 | Kimberly Donner, 38*, Polk City, IA          | 57:19   | 18:27 |
| 237                                                                                                                                                                                                                                                                   | 23 W50 | Kay Donner, 58*, Ames, IA                    | 57:22   | 18:28 |
| 154                                                                                                                                                                                                                                                                   | 23 M50 | Tom Donner, 59, Ames, IA                     | 57:26   | 18:29 |
| 238                                                                                                                                                                                                                                                                   | 24 W50 | Sue Swinger, 53*, Adel, IA                   | 58:19   | 18:46 |
| 155                                                                                                                                                                                                                                                                   | 25 M40 | David Kerkove, 48, Adel, IA                  | 58:19   | 18:46 |
| 239                                                                                                                                                                                                                                                                   | 30 W40 | Rebecca Whitlow, 49*, Des Moines, IA         | 58:30   | 18:50 |
| 240                                                                                                                                                                                                                                                                   | 54 W20 | Jacqueline Whitlow, 24*, Des Moines, IA      | 58:31   | 18:50 |
| 156                                                                                                                                                                                                                                                                   | 26 M40 | Jim Sorge, 48, West Des Moines, IA           | 58:50   | 18:56 |
| Pace: <a href="#">6:00</a>   <a href="#">7:00</a>   <a href="#">8:00</a>   <a href="#">9:00</a>   <a href="#">10:00</a>   <a href="#">11:00</a>   <a href="#">12:00</a>   <a href="#">13:00</a>   <a href="#">14:00</a>   <a href="#">15:00</a>   <a href="#">Top</a> |        |                                              |         |       |
| 157                                                                                                                                                                                                                                                                   | 25 JrM | Conner Peterson, 15, Ankeny, IA              | 59:19   | 19:06 |
| 241                                                                                                                                                                                                                                                                   | 55 W20 | Sara Tourte, 22*, Ankeny, IA                 | 59:20   | 19:06 |
| 242                                                                                                                                                                                                                                                                   | 46 JrW | Claire Kallestad, 10*, Des Moines, IA        | 59:21   | 19:06 |
| 243                                                                                                                                                                                                                                                                   | 31 W40 | Barb Kallestad, 41*, Des Moines, IA          | 59:21   | 19:06 |
| 244                                                                                                                                                                                                                                                                   | 25 W50 | Gaye Johnson, 53*, Des Moines, IA            | 59:22   | 19:06 |
| 245                                                                                                                                                                                                                                                                   | 32 W40 | Melody Bruns, 49*, Bondurant, IA             | 59:24   | 19:07 |
| 246                                                                                                                                                                                                                                                                   | 79 W30 | Jennifer Joanning, 32*, Des Moines, IA       | 59:34   | 19:10 |
| 247                                                                                                                                                                                                                                                                   | 7 W60  | Judy Olson, 62*, Humboldt, IA                | 59:36   | 19:11 |
| 248                                                                                                                                                                                                                                                                   | 47 JrW | Katie Heglin, 14*, Des Moines, IA            | 1:00:16 | 19:24 |
| 249                                                                                                                                                                                                                                                                   | 48 JrW | Jasmina Amidzic, 15*, Urbandale, IA          | 1:00:16 | 19:24 |
| 250                                                                                                                                                                                                                                                                   | 26 W50 | Nancy Ytzen, 52*, Urbandale, IA              | 1:01:12 | 19:42 |
| 251                                                                                                                                                                                                                                                                   | 80 W30 | Stephanie Stormont, 33*, West Des Moines, IA | 1:01:29 | 19:47 |
| 252                                                                                                                                                                                                                                                                   | 27 W50 | Laurie Wells, 50*, Ankeny, IA                | 1:01:53 | 19:55 |
| 253                                                                                                                                                                                                                                                                   | 56 W20 | Erin Wells, 26*, Ankeny, IA                  | 1:01:53 | 19:55 |
| 254                                                                                                                                                                                                                                                                   | 57 W20 | Nicki Meston, 27*, Bondurant, IA             | 1:01:54 | 19:55 |
| Pace: <a href="#">6:00</a>   <a href="#">7:00</a>   <a href="#">8:00</a>   <a href="#">9:00</a>   <a href="#">10:00</a>   <a href="#">11:00</a>   <a href="#">12:00</a>   <a href="#">13:00</a>   <a href="#">14:00</a>   <a href="#">15:00</a>   <a href="#">Top</a> |        |                                              |         |       |
| 158                                                                                                                                                                                                                                                                   | 26 JrM | Cohen Cleaver, Jr, Des Moines, IA            | 1:02:23 | 20:05 |
| 255                                                                                                                                                                                                                                                                   | 58 W20 | Melinda Cleaver, 26*, Des Moines, IA         | 1:02:24 | 20:05 |
| 256                                                                                                                                                                                                                                                                   | 28 W50 | Angelika Aman, 52*, Des Moines, IA           | 1:03:45 | 20:31 |
| 257                                                                                                                                                                                                                                                                   | 81 W30 | Sarah Anderson, 33*, WaTerloo, IA            | 1:04:21 | 20:43 |
| 258                                                                                                                                                                                                                                                                   | 82 W30 | Erica Carrick, 33*, Perry, IA                | 1:04:54 | 20:53 |
| 259                                                                                                                                                                                                                                                                   | 49 JrW | Taylor Traywick, 8*, Perry, IA               | 1:04:54 | 20:53 |
| 260                                                                                                                                                                                                                                                                   | 50 JrW | Tessa Anderson, 14*, WaTerloo, IA            | 0       |       |

\* indicates females

5 finishers among Males (no age given)  
26 finishers among Men Under 20  
33 finishers among Men 20 - 29  
40 finishers among Men 30 - 39  
26 finishers among Men 40 - 49  
23 finishers among Men 50 - 59  
5 finishers among Men 60 & Up  
50 finishers among Women Under 20  
58 finishers among Women 20 - 29  
82 finishers among Women 30 - 39  
32 finishers among Women 40 - 49  
28 finishers among Women 50 - 59  
7 finishers among Women 60 & Up  
3 finishers among Females (no age given)  
158 male finishers  
260 female finishers  
418 total finishers

Return to [home page](#).