

Fifth Season *** 5K Run *** Overall & Divisions , , , , , , 8K (4.971M) results [here](#)

Event: 5K Run

Date: Thursday, July 04, 2013

Location: Cedar Rapids

Weather: Mild 65°

[Overall and Age Divisions](#)

Results By: Jeff Mullen

Bib#	Place	Gender	Division	Name	City	Gun Time	Chip Time	Pace mpm
1625	1	1	1 M15	Jake Moore, M15	Fairfax, IA	18:23	18:22	5:55/M
1688	2	2	2 M15	Tysen Vandraska, M15	Swisher, IA	18:27	18:26	5:56/M
1316	3	3	1 M20	Brady Fritz, M23	Coralville, IA	18:32	18:30	5:57/M
1552	4	4	3 M15	Matt Wittman, M19	Cedar Rapids, IA	19:56	19:55	6:25/M
1948	5	5	4 M15	Luke Koechner, M16	Cedar Rapids, IA	19:57	19:55	6:25/M
2004	6	6	1 M30	Steve Berger, M34	Cedar Rapids, IA	20:06	20:00	6:28/M
1831	7	7	1 JRM	Cameron Steffens, M14	Swisher, IA	20:06	20:05	6:28/M
2036	8	8	1 M25	Jeff McClure, M28	Cedar Rapids, IA	20:08	20:06	6:29/M
1415	9	9	2 M30	Rob Orna, M32	Grimes, IA	20:12	20:11	6:30/M
1935	10	10	1 M35	Wes Hilleshiem, M35	Marion, IA	20:16	20:12	6:31/M
2028	11	11	3 M30	Emerson Rodriguez, M31	South Elgin, IL	20:17	20:13	6:31/M
1957	12	12	5 M15	Austin Schrader, M16	Cedar Rapids, IA	20:23	20:21	6:33/M
1576	13	13	6 M15	Trey Squires, M16	Belle Plaine, IA	20:26	20:08	6:34/M
1857	14	14	2 JRM	Connor Peterson, M14	Cedar Rapids, IA	20:52	20:49	6:43/M
1747	15	15	2 M20	Michael Hoefer, M20	Cedar Rapids, IA	20:56	20:46	6:44/M
1593	16	16	7 M15	Ben Felderman, M17	Iowa City, IA	21:04	20:54	6:47/M
1694	17	17	3 JRM	Matt Lorenz, M14	Swisher, IA	21:07	21:06	6:48/M
1949	18	18	8 M15	Robbie Gearhart, M18	Cedar Rapids, IA	21:09	20:57	6:48/M
1522	19	19	4 JRM	Robert Laue, M13	Cedar Rapids, IA	21:14	21:10	6:50/M
1852	20	20	9 M15	Adam Millikin, M17	Center Point, IA	21:15	21:04	6:50/M
1631	21	21	3 M20	Colin Brown, M20	Cedar Rapids, IA	21:44	21:42	6:59/M
1562	22	22	10 M15	Austin Trotter, M18	Cedar Rapids, IA	21:45	21:36	7:00/M
1392	23	23	1 M55	Rick Ironside, M59	Marion, IA	22:05	22:02	7:06/M
1434	24	24	1 M50	David King, M52	Cedar Rapids, IA	22:14	22:12	7:09/M
1521	25	25	5 JRM	Max Laue, M13	Cedar Rapids, IA	22:21	22:17	7:11/M
2022	26	26	11 M15	Daniel Kelly, M15	Iowa City, IA	22:29	22:23	7:14/M

1470	27	27	2 M35	Jeremy Hodson, M36	Cedar Rapids, IA	22:29	22:27	7:14/M
1447	28	28	4 M30	Kyle Perry, M30	Cedar Rapids, IA	22:34	22:32	7:16/M
1723	29	1	1 F20	Ali Hines, F23	Cedar Falls, IA	22:37	22:33	7:16/M
1335	30	29	1 M45	Mark Heffernen, M47	Palo, IA	22:39	22:30	7:17/M
1748	31	30	12 M15	Lukas Button, M15	Cedar Rapids, IA	22:41	22:37	7:18/M
1655	32	31	13 M15	Christian Anton, M15	Cedar Rapids, IA	22:46	22:45	7:19/M
1517	33	32	2 M45	John Rooney, M49	Germantown, TN	22:47	22:43	7:20/M
1828	34	33	2 M25	Chad Grandon, M28	Marion, IA	22:47	22:38	7:20/M
1884	35	34	6 JRM	Cole Hrubes, M10	Cedar Rapids, IA	23:03	23:02	7:25/M
1580	36	35	2 M50	Tom Redmond, M51	Mount Vernon, IA	23:07	22:56	7:26/M
1534	37	2	1 F35	Lori Franks, F35	Cedar Rapids, IA	23:09	23:02	7:27/M
2009	38	36	14 M15	Christian Nassif, M16	Cedar Rapids, IA	23:12	23:04	7:28/M
1903	39	37	7 JRM	Chayse Schultz, M13	Marion, IA	23:16	23:12	7:29/M
1976	40	38	8 JRM	Dylan Mittaver, M14	Swisher, IA	23:18	23:17	7:30/M
1815	41	39	5 M30	Bret Perry, M34	Springville, IA	23:21	23:12	7:31/M
1361	42	3	1 F15	Amanda Heck, F16	Claremont, CA	23:22	23:20	7:31/M
1594	43	40	1 M40	Daniel Felderman, M44	Iowa City, IA	23:23	23:13	7:31/M
1422	44	41	9 JRM	Luke Beyer, M11	Vinton, IA	23:24	23:22	7:31/M
1340	45	4	1 JRF	Alissa Neubauer, F13	Swisher, IA	23:38	23:36	7:36/M
1369	46	5	2 F15	Katie Costigan, F16	Cedar Rapids, IA	23:39	23:25	7:36/M
1473	47	6	3 F15	Sarah Chicchelly, F18	Cedar Rapids, IA	23:39	23:33	7:37/M
1491	48	42	4 M20	Sean Kenel, M20	Cedar Rapids, IA	23:40	23:30	7:37/M
1419	49	43	3 M45	Rich Phillips, M47	Carol Stream, IL	23:44	23:38	7:38/M
1818	50	7	4 F15	Angie Hoogland, F17	Springville, IA	23:52	23:50	7:41/M
1770	51	44	15 M15	Alec Countryman, M16	Anamosa, IA	23:54	23:19	7:41/M
1577	52	45	16 M15	Austin Coates, M15	Cedar Rapids, IA	23:55	23:47	7:42/M
1547	53	46	5 M20	Tim Kearney, M24	Cedar Rapids, IA	23:57	23:46	7:42/M
2000	54	8	5 F15	Meredith Koenigsfeld, F15	Cedar Rapids, IA	23:58	23:50	7:42/M
1894	55	9	6 F15	Morgan Stuckenschneider, F17	Cedar Rapids, IA	24:00	23:31	7:43/M
1393	56	47	17 M15	Colton Ironside, M15	Marion, IA	24:01	23:57	7:43/M
1601	57	10	2 JRF	Kirstin Skriver, F13	Walford, IA	24:05	24:02	7:45/M
1685	58	11	7 F15	Madison Stuckenschneider, F17	Cedar Rapids, IA	24:05	23:36	7:45/M
1633	59	12	8 F15	Megan Ely, F15	Cedar Rapids, IA	24:05	23:56	7:45/M
1783	60	13	9 F15	Kirsten Siebenga, F15	Cedar Rapids, IA	24:07	23:59	7:45/M
1312	61	48	6 M20	Derek Giesking, M22	Cedar Rapids, IA	24:09	23:19	7:46/M
1824	62	49	18 M15	Jake Hoefer, M16	Cedar Rapids, IA	24:14	24:05	7:48/M
1953	63	50	3 M50	James Hall, M52	Cedar Rapids, IA	24:15	24:13	7:48/M
1751	64	51	19 M15	Oliver Christiansen, M15	Wassenaar, So	24:20	24:07	7:50/M
1900	65	52	6 M30	Dillon Kuda, M34	Cedar Rapids, IA	24:30	24:27	7:53/M
1822	66	14	10 F15	Kristin MacKenburg, F16	Cedar Rapids, IA	24:35	24:33	7:54/M
1665	67	15	1 F25	Amanda Larson, F29	Cedar Rapids, IA	24:35	24:29	7:55/M
1827	68	53	3 M25	Ryan Chizek, M27	North Liberty, IA	24:37	24:23	7:55/M
1366	69	54	4 M50	Kevin Costigan, M53	Cedar Rapids, IA	24:39	24:25	7:56/M

1962	70	55	1 M60	Lyle Theisen, M61	Anamosa, IA	24:41	24:00	7:56/M
1311	71	16	2 F20	Kialy Berryman, F22	Cedar Rapids, IA	24:45	23:51	7:57/M
1899	72	17	2 F25	Kimberly Kuda, F25	Cedar Rapids, IA	24:48	24:46	7:59/M
1532	73	18	3 JRF	Hannah Frazee, F14	Fairfax, IA	24:50	24:47	7:59/M
1722	74	56	7 M30	Ben Horton, M31	Cedar Rapids, IA	24:50	24:34	7:59/M
1460	75	57	10 JRM	Chris Knight, M14	Hiawatha, IA	24:53	24:48	8:00/M
1469	76	58	11 JRM	Peter Serrot, M13	Hiawatha, IA	24:58	24:51	8:02/M
1778	77	59	3 M35	Joel Enyart, M35	Cedar Rapids, IA	24:58	24:47	8:02/M
1268	78	19	3 F25	Allison Nappe, F25	Saint Louis, MO	24:59	24:53	8:02/M
2002	79	60	4 M25	Michael Kuennen, M28	Cedar Rapids, IA	25:06	24:26	8:04/M
1624	80	20	1 F45	Kathy Christensen, F45	Cedar Rapids, IA	25:07	24:58	8:05/M
1298	81	61	12 JRM	Grant Matthews, M13	Cedar Rapids, IA	25:09	25:06	8:05/M
1612	82	21	4 JRF	Laurdyn Meyer, F9	Cedar Rapids, IA	25:09	24:27	8:06/M
1668	83	22	1 F40	Karla Button, F43	Cedar Rapids, IA	25:14	25:03	8:07/M
1656	84	62	2 M40	Bob O'Dell, M41	Cedar Rapids, IA	25:15	25:11	8:07/M
1429	85	63	8 M30	Jb Peterson, M30	Cedar Rapids, IA	25:15	25:11	8:07/M
1630	86	64	4 M45	Mark Brown, M49	Cedar Rapids, IA	25:15	25:08	8:07/M
1610	87	65	20 M15	Shane Nielsen, M19	Hiawatha, IA	25:17	24:54	8:08/M
1414	88	23	4 F25	Emily Orna, F29	Grimes, IA	25:19	25:10	8:08/M
1864	89	66	7 M20	Scott Lamparek, M22	Swisher, IA	25:19	25:02	8:09/M
1441	90	67	2 M55	Doug Lord, M58	Lisbon, IA	25:20	25:11	8:09/M
1740	91	68	8 M20	Nate Hofmann, M24	Cedar Rapids, IA	25:27	24:22	8:11/M
1893	92	24	11 F15	Brady Hoffman, F17	Fairfax, IA	25:28	25:22	8:12/M
1816	93	69	5 M45	Kyle Blake, M46	Springville, IA	25:30	25:21	8:12/M
1808	94	70	13 JRM	Nicholas Varvaris-Dejesus, M14	Cedar Rapids, IA	25:33	25:31	8:13/M
1888	95	71	14 JRM	Ryne Moeller, M8	Mount Vernon, IA	25:35	25:33	8:14/M
1977	96	72	6 M45	Mike Hoffman, M46	Fairfax, IA	25:36	25:29	8:14/M
1966	97	25	3 F20	Jotni Pankey, F23	Cedar Rapids, IA	25:36	24:44	8:14/M
1354	98	73	5 M50	Jim May, M50	Central City, IA	25:37	25:29	8:14/M
1372	99	26	1 F55	Evelia Hauck, F58	Coralville, IA	25:38	25:25	8:15/M
1772	100	74	15 JRM	Gabe Countryman, M13	Anamosa, IA	25:38	25:06	8:15/M
1771	101	75	16 JRM	Eian Countryman, M13	Anamosa, IA	25:38	25:05	8:15/M
1800	102	76	17 JRM	Cole Martin, M14	Marion, IA	25:39	25:04	8:15/M
1725	103	77	3 M55	John Hines, M58	Cedar Falls, IA	25:44	25:39	8:17/M
1634	104	27	2 F40	Ann-Marie Berg, F43	Cedar Rapids, IA	25:47	25:20	8:17/M
1461	105	78	18 JRM	Branden Knight, M12	Hiawatha, IA	25:47	25:41	8:17/M
1515	106	28	4 F20	Maggie Bruckman, F20	Cedar Rapids, IA	25:48	25:06	8:18/M
1727	107	79	21 M15	Adam Goldberg, M18	Cedar Rapids, IA	25:48	25:22	8:18/M
1606	108	29	12 F15	Lindsay Mueller, F18	Cedar Rapids, IA	25:50	25:41	8:19/M
1749	109	30	5 JRF	Brooklyn Button, F13	Cedar Rapids, IA	25:51	25:39	8:19/M
1964	110	80	19 JRM	Jackson Miller, M12	Cedar Rapids, IA	25:51	25:49	8:19/M
1887	111	81	9 M30	Christopher Paxton, M32	Cedar Rapids, IA	25:58	25:08	8:21/M
1773	112	82	6 M50	Jeff Norton, M51	Cedar Rapids, IA	26:01	25:53	8:22/M
1471	113	83	9 M20	Justin Cook, M24	Cedar Rapids, IA	26:04	24:59	8:23/M
1779	114	31	6 JRF	Victoria Enyart, F13	Cedar Rapids, IA	26:10	25:59	8:25/M
1697	115	84	2 M60	Randy Moyer, M62	Cedar Rapids, IA	26:12	26:09	8:26/M

1394	116	32	2 F45	Leslie French, F47	Cedar Rapids, IA	26:18	25:51	8:28/M
1693	117	33	3 F45	Kim Lorenz, F47	Swisher, IA	26:20	26:15	8:28/M
1876	118	34	5 F20	Heather Lorenz, F24	Marion, IA	26:22	25:21	8:29/M
1878	119	35	6 F20	Danielle R Mikkola, F22	Marion, IA	26:32	25:32	8:32/M
1785	120	85	20 JRM	Owen McCarron, M11	Cedar Rapids, IA	26:34	26:31	8:33/M
1750	121	86	3 M40	Darryl Button, M44	Cedar Rapids, IA	26:34	26:19	8:33/M
1537	122	87	21 JRM	Ryley Radack, M14	Robins, IA	26:37	25:22	8:34/M
1608	123	88	5 M25	Jonathan Jasper, M26	Cedar Rapids, IA	26:40	26:37	8:35/M
1746	124	89	4 M40	Derek Lagrange, M41	Cedar Rapids, IA	26:41	26:21	8:35/M
1834	125	90	4 M35	Chad Dudley, M36	Elizabethtown, KY	26:42	25:42	8:35/M
1505	126	91	10 M20	Eric Schlehuber, M23	Cedar Rapids, IA	26:43	25:58	8:36/M
1464	127	92	10 M30	Jacob McCandless, M31	Cedar Rapids, IA	26:47	26:43	8:37/M
1474	128	93	7 M50	John Newman, M53	Mount Vernon, IA	26:48	25:46	8:37/M
1950	129	36	4 F45	Liz Efting, F45	Cedar Rapids, IA	26:48	26:45	8:37/M
2035	130	37	13 F15	Shanay Gonder, F18	Cedar Rapids, IA	26:49	26:21	8:38/M
1695	131	94	22 JRM	Weston Turner, M11	Cedar Rapids, IA	26:52	25:37	8:38/M
1862	132	95	8 M50	Kevin Lamparek, M52	Swisher, IA	26:53	26:37	8:39/M
1370	133	38	14 F15	Audrey Richards, F18	Cedar Rapids, IA	26:54	26:41	8:39/M
1444	134	39	15 F15	Rachel Gloeckner, F16	Springville, IA	26:54	26:53	8:39/M
1365	135	40	5 F25	Maranda McMeekin, F26	Cedar Rapids, IA	26:56	25:51	8:40/M
1420	136	96	5 M35	Cory Jensen, M36	Iowa City, IA	26:58	26:42	8:40/M
1933	137	41	5 F45	Rachel Fischer, F49	Marion, IA	27:03	26:51	8:42/M
1825	138	97	22 M15	Carter Berger, M15	Cedar Rapids, IA	27:04	26:16	8:43/M
1283	139	98	6 M25	Shane Cozzolino, M26	Marion, IA	27:05	27:05	8:43/M
1982	140	99	23 JRM	Aiden Djerf, M10	Cedar Rapids, IA	27:07	27:04	8:43/M
1645	141	100	11 M30	Jimmie Walsh, M32	Waverly, IA	27:07	26:36	8:43/M
1719	142	101	6 M35	Todd Greiner, M38	Independence, IA	27:11	26:24	8:44/M
1548	143	102	9 M50	Don Chizek, M53	Cedar Rapids, IA	27:14	27:01	8:46/M
1663	144	42	16 F15	Hannah Chute, F18	Marion, IA	27:15	26:56	8:46/M
1917	145	103	7 M45	Clay Lindwall, M45	Cedar Rapids, IA	27:15	26:47	8:46/M
1353	146	104	1 M65	Ron Olson, M65	Cedar Rapids, IA	27:15	27:12	8:46/M
1717	147	105	23 M15	Joshua Gerke, M15	Cedar Rapids, IA	27:19	27:09	8:47/M
1273	148	43	2 F35	Wendy Otoole, F39	Marion, IA	27:19	27:18	8:47/M
1861	149	44	6 F45	Janice Coleman, F45	Cedar Rapids, IA	27:21	27:13	8:48/M
1947	150	45	7 F20	Emily Huber, F20	Hickam Afb, HI	27:21	27:13	8:48/M
1611	151	46	3 F35	Shilo Jones, F39	Cedar Rapids, IA	27:22	26:39	8:48/M
1882	152	47	17 F15	Carly Langhurst, F15	Cedar Rapids, IA	27:24	27:14	8:49/M
1518	153	48	18 F15	Olivia Rooney, F15	Germantown, TN	27:24	27:14	8:49/M
1799	154	49	4 F35	Julia Abu-Nameh, F36	Cedar Rapids, IA	27:26	27:13	8:49/M
1503	155	106	24 JRM	Austin Hebrink, M14	Cedar Rapids, IA	27:26	26:33	8:49/M
1391	156	107	11 M20	Connor Koppin, M22	Central City, IA	27:27	26:29	8:50/M
1961	157	108	25 JRM	Zayn Avuri, M10	Andover, MA	27:29	27:20	8:50/M
1795	158	109	7 M35	Matthew Griess, M36	Cedar Rapids, IA	27:34	27:16	8:52/M
1735	159	50	7 JRF	Emma Clanin, F13	Cedar Rapids, IA	27:35	27:16	8:52/M
1643	160	110	8 M35	Travis Borneman, M37	Cedar Rapids, IA	27:36	27:25	8:53/M
1823	161	111	12 M30	Eric Petersen, M34	Cedar Rapids, IA	27:41	26:36	8:54/M

2007	162	112	26 JRM	Dylan Deckleven, M11	Cedar Rapids, IA	27:41	26:31	8:54/M
1913	163	113	27 JRM	Caleb Carlson, M14	Cedar Rapids, IA	27:43	26:34	8:55/M
1632	164	51	7 F45	Jackie Brown, F48	Cedar Rapids, IA	27:48	27:30	8:56/M
1535	165	114	5 M40	Corey Haars, M40	Marion, IA	27:48	27:35	8:57/M
2010	166	52	19 F15	Gabby Kolker, F17	Mount Vernon, IA	27:51	27:34	8:58/M
2011	167	115	8 M45	Jody Kolker, M46	Mount Vernon, IA	27:53	27:37	8:58/M
1485	168	116	13 M30	Tyler Carlson, M30	North Liberty, IA	28:00	26:31	9:00/M
1881	169	117	9 M35	Lee Swanson, M39	Cedar Rapids, IA	28:00	27:41	9:00/M
1786	170	118	10 M50	Owen McCarron, M54	Cedar Rapids, IA	28:03	27:50	9:01/M
1508	171	53	20 F15	Mariah Reeves, F19	Cedar Rapids, IA	28:04	27:43	9:02/M
1540	172	54	1 F30	Molly Fry, F34	Marion, IA	28:06	27:28	9:02/M
1294	173	119	3 M60	Ken Collier, M60	Cedar Rapids, IA	28:06	27:45	9:02/M
1840	174	120	11 M50	Gary Drew, M54	Hiawatha, IA	28:07	27:24	9:03/M
1557	175	121	9 M45	Duane Jasper, M47	Cedar Rapids, IA	28:08	27:12	9:03/M
1602	176	55	3 F40	Tami Skriver, F41	Walford, IA	28:13	28:07	9:05/M
1455	177	56	21 F15	Kelsi Hancock, F18	Robins, IA	28:14	27:26	9:05/M
1410	178	122	4 M55	Jerry Ask, M55	Cedar Rapids, IA	28:15	28:09	9:05/M
1556	179	57	4 F40	Anne Jasper, F44	Cedar Rapids, IA	28:16	27:22	9:06/M
2025	180	58	2 F30	Anne Woods, F30	Cedar Rapids, IA	28:17	28:09	9:06/M
1408	181	59	8 F20	Heather Anderson, F23	Cedar Rapids, IA	28:19	27:34	9:07/M
1678	182	123	10 M35	Justin Gilmore, M36	West Des Moines, IA	28:19	28:13	9:07/M
1743	183	60	8 JRF	Emma Durian, F12	North Liberty, IA	28:20	27:07	9:07/M
1710	184	61	5 F40	Lori Genkinger, F41	Coralville, IA	28:21	27:35	9:07/M
1566	185	124	10 M45	Ben Ellis, M47	Cedar Rapids, IA	28:25	28:08	9:08/M
1341	186	62	6 F40	Jen Neubauer, F42	Swisher, IA	28:25	28:18	9:08/M
1732	187	125	11 M45	Jeff Wallace, M46	Iowa City, IA	28:26	28:21	9:09/M
1555	188	126	12 M50	Rick Robertson, M52	Shellsburg, IA	28:28	28:13	9:09/M
1609	189	127	13 M50	Scott Nielsen, M50	Hiawatha, IA	28:28	28:02	9:09/M
1442	190	128	14 M30	Jason Brandon, M34	Marion, IA	28:29	27:38	9:10/M
1587	191	129	28 JRM	Ethan Fish, M12	Marion, IA	28:32	28:20	9:11/M
1513	192	63	9 F20	Catherine Stone, F22	Cedar Falls, IA	28:32	28:27	9:11/M
1760	193	130	12 M20	Andrew Stone, M20	Cedar Falls, IA	28:32	28:27	9:11/M
1868	194	131	11 M35	Edward Kester, M36	Elizabethtown, KY	28:33	27:33	9:11/M
1261	195	132	24 M15	Andrew Scanlon, M19	Cedar Rapids, IA	28:34	27:23	9:11/M
1848	196	64	10 F20	Kayla Saxton, F21	Cedar Rapids, IA	28:34	28:30	9:11/M
1847	197	133	7 M25	Jeremiah Off, M28	Cedar Rapids, IA	28:34	28:31	9:11/M
2013	198	65	8 F45	Michelle Gnida, F46	Solon, IA	28:34	28:27	9:11/M
1958	199	66	9 JRF	Maggie Miskimen, F10	Fairfax, IA	28:34	28:09	9:11/M
1264	200	67	3 F30	Katie Luehrsmann, F34	Marion, IA	28:36	28:20	9:12/M
1956	201	134	25 M15	Tanner Mumm, M19	Cedar Rapids, IA	28:37	27:47	9:12/M
1886	202	68	22 F15	Kelsey Hrubes, F18	Cedar Rapids, IA	28:39	28:22	9:13/M
1803	203	135	12 M45	Andy Wooldridge, M49	Center Point, IA	28:42	28:26	9:14/M
1842	204	69	23 F15	Dakota Hiner, F17	Newhall, IA	28:44	28:21	9:15/M
1716	205	70	9 F45	Julie Gerke, F48	Cedar Rapids, IA	28:45	28:37	9:15/M
1411	206	71	6 F25	Hayley Ask, F27	Austin, TX	28:46	28:38	9:15/M
2034	207	136	29 JRM	John Lorenz, M8	Cedar Rapids, IA	28:50	27:49	9:16/M
1398	208	72	5 F35	Pam Kautz, F35	Marion, IA	28:53	28:23	9:17/M
2001	209	73	11 F20	Abigail Vega, F20	Cedar Rapids, IA	28:53	28:44	9:17/M
1397	210	74	4 F30	Maribeth Mueller, F31	Marion, IA	28:53	28:23	9:18/M

1504	211	137	30 JRM	David Hebrink, M12	Cedar Rapids, IA	28:54	28:00	9:18/M
1475	212	138	15 M30	Daniel Stander, M32	Marion, IA	28:56	28:06	9:18/M
1810	213	139	31 JRM	Chandler Haug, M12	Cedar Rapids, IA	28:59	28:51	9:19/M
1450	214	75	10 F45	Karla Cole, F47	Fairfax, IA	29:00	28:40	9:20/M
1502	215	140	13 M45	John Hebrink, M46	Cedar Rapids, IA	29:00	28:08	9:20/M
1396	216	141	5 M55	Harry Suszko, M55	Marion, IA	29:02	28:53	9:20/M
1578	217	76	2 F55	Lois Kabela-Coates, F56	Cedar Rapids, IA	29:03	28:55	9:21/M
1736	218	77	11 F45	Lisa Hoffmann, F47	Marion, IA	29:03	28:20	9:21/M
1704	219	142	8 M25	Josh Handke, M28	Dubuque, IA	29:03	28:20	9:21/M
1916	220	143	14 M45	Bryan Clark, M46	Marion, IA	29:04	28:55	9:21/M
1853	221	78	10 JRF	Kary Millikin, F13	Center Point, IA	29:06	28:50	9:22/M
1433	222	79	11 JRF	Sarah King, F13	Cedar Rapids, IA	29:06	29:05	9:22/M
1959	223	80	24 F15	Yasmine Aossey, F15	Andover, MA	29:06	28:57	9:22/M
1731	224	81	12 F20	Katrina Englerth, F23	Coralville, IA	29:08	29:02	9:22/M
1350	225	82	5 F30	Naomi Dunning, F32	Cedar Rapids, IA	29:10	28:50	9:23/M
1702	226	144	4 M60	Steve Henely, M61	Cedar Rapids, IA	29:11	28:52	9:23/M
1636	227	83	13 F20	Cailee Hayes, F23	Marion, IA	29:13	27:48	9:24/M
1742	228	145	12 M35	Tom Durian, M39	North Liberty, IA	29:14	28:01	9:24/M
1267	229	146	6 M55	Wayne Nappe, M57	Monticello, IA	29:15	29:04	9:25/M
1711	230	147	14 M50	Tom Leaverton, M52	Cedar Rapids, IA	29:15	28:54	9:25/M
1885	231	84	25 F15	Morgan Petsche, F15	Cedar Rapids, IA	29:16	29:07	9:25/M
1972	232	148	32 JRM	Zachary Schmidt, M13	Cedar Rapids, IA	29:17	29:13	9:25/M
1592	233	149	15 M45	Kevin Eck, M47	Cedar Rapids, IA	29:18	28:47	9:26/M
1798	234	85	6 F30	Dulcie Harrold, F33	Cedar Rapids, IA	29:19	29:02	9:26/M
1918	235	86	7 F40	Becky Lindwall, F43	Cedar Rapids, IA	29:23	28:55	9:27/M
1777	236	87	26 F15	Isabel Carman, F19	Iowa City, IA	29:24	29:00	9:27/M
1701	237	88	12 JRF	Maddie Yardley, F9	Omaha, NE	29:24	29:22	9:28/M
1304	238	89	1 F50	Joan Aune, F51	Fairfax, IA	29:26	29:15	9:28/M
1374	239	150	15 M50	Daniel Dyson, M51	Cedar Rapids, IA	29:27	29:20	9:28/M
1600	240	151	13 M35	J.P. Graham, M37	Marion, IA	29:28	28:15	9:29/M
1941	241	152	13 M20	Luke Pascoe, M21	Rogers, AR	29:33	28:21	9:30/M
1642	242	90	7 F30	Jessica Mason, F31	Cedar Rapids, IA	29:34	29:23	9:31/M
1898	243	153	16 M50	Stephen McCoy, M54	Cedar Rapids, IA	29:38	29:24	9:32/M
1802	244	91	7 F25	Traci Ridgway, F28	Cedar Rapids, IA	29:39	28:57	9:32/M
1382	245	154	14 M35	Fred Agyepong-Yeboah, M37	Cedar Rapids, IA	29:40	29:20	9:33/M
1362	246	92	13 JRF	Abigail Heck, F14	Claremont, CA	29:40	29:38	9:33/M
2026	247	155	33 JRM	Cole Frazee, M11	Fairfax, IA	29:42	29:18	9:33/M
1406	248	93	8 F30	Kelly Leidigh, F34	Cedar Rapids, IA	29:43	29:18	9:34/M
1302	249	94	8 F25	Laura Miller, F25	Cedar Rapids, IA	29:46	29:00	9:35/M
1301	250	156	17 M50	Scott Miller, M50	Cedar Rapids, IA	29:46	29:00	9:35/M
1866	251	95	12 F45	Amy Burdt, F45	Cedar Rapids, IA	29:47	28:49	9:35/M
1865	252	96	6 F35	Tracy Reitmeier, F37	Cedar Rapids, IA	29:47	28:49	9:35/M
1285	253	157	34 JRM	James Breitbart, M12	Cedar Rapids, IA	29:49	29:47	9:36/M
1390	254	97	14 F20	Chelsea May, F21	Central City, IA	29:51	28:53	9:36/M
1726	255	98	13 F45	Judy Goldberg, F48	Cedar Rapids, IA	29:53	29:27	9:37/M
1462	256	99	14 JRF	Victoria Knight, F9	Hiawatha, IA	29:55	29:43	9:37/M
1459	257	100	14 F45	Karen Knight, F49	Hiawatha, IA	29:55	29:42	9:37/M

1344	258	101	15 JRF	Ally Harris, F9	Cedar Rapids, IA	29:55	29:43	9:37/M
1572	259	102	16 JRF	Grace Carey, F14	Cedar Rapids, IA	29:56	29:37	9:38/M
1801	260	103	9 F30	Kathelyn Rainwater, F31	Apple Valley, MN	29:57	29:38	9:38/M
1829	261	104	7 F35	Jacquie Fitzgerald, F37	Cedar Rapids, IA	29:59	29:40	9:39/M
1756	262	105	9 F25	Jess Immerfall, F25	Iowa City, IA	29:59	29:28	9:39/M
1300	263	158	5 M60	Bruce Deckard, M61	Chesterton, IN	30:01	29:47	9:39/M
1472	264	106	8 F40	Lisa Langerman, F41	Cedar Rapids, IA	30:04	29:46	9:40/M
1762	265	107	10 F25	Allyson Bone, F29	Brooklyn, NY	30:05	29:45	9:41/M
1380	266	159	16 M30	Brett Kellogg, M32	Cedar Rapids, IA	30:06	30:01	9:41/M
1689	267	160	14 M20	Matt Kiley, M24	Cedar Rapids, IA	30:06	30:00	9:41/M
1546	268	108	2 F50	Mary Chizek, F50	Cedar Rapids, IA	30:06	29:51	9:41/M
1891	269	109	17 JRF	Allyson Schmidt, F14	Cedar Rapids, IA	30:06	29:30	9:41/M
1713	270	110	11 F25	Shannon Fox, F27	Cedar Rapids, IA	30:07	29:59	9:41/M
1946	271	111	18 JRF	Olivia Huber, F13	Cedar Rapids, IA	30:07	29:59	9:41/M
1712	272	112	8 F35	Daphne Patton, F37	North Liberty, IA	30:07	29:20	9:41/M
1879	273	113	19 JRF	Megan Croghan, F14	Center Point, IA	30:09	29:56	9:42/M
1706	274	114	20 JRF	Madalyn Holmstedt, F12	Cedar Rapids, IA	30:11	29:34	9:43/M
1670	275	161	9 M25	Brian Cain, M28	Cedar Rapids, IA	30:13	29:14	9:43/M
1811	276	115	15 F45	Pamela Schneider, F47	Marion, IA	30:17	29:18	9:45/M
1915	277	162	17 M30	Matt Thompson, M33	Marion, IA	30:19	30:09	9:45/M
1639	278	163	18 M30	Ben Forbes, M32	Cedar Rapids, IA	30:20	29:48	9:45/M
1794	279	116	27 F15	Emily Walvoord, F19	Cedar Rapids, IA	30:21	29:41	9:46/M
1565	280	164	35 JRM	Kinnick Nims, M8	Robins, IA	30:23	30:10	9:46/M
1919	281	165	36 JRM	Samuel Carlson, M11	Cedar Rapids, IA	30:24	29:14	9:47/M
2012	282	166	26 M15	Bailey Redlinger, M17	Solon, IA	30:24	30:16	9:47/M
1599	283	117	12 F25	Kelly Yerke, F26	Cedar Rapids, IA	30:24	29:39	9:47/M
1914	284	118	9 F35	Catherine Heberling Malentez, F38	Cedar Rapids, IA	30:25	29:14	9:47/M
1516	285	167	15 M20	Hunter Bruckman, M23	Derby, KS	30:25	29:45	9:47/M
1813	286	119	3 F50	Patty Greiner, F52	Cedar Rapids, IA	30:26	29:27	9:48/M
1262	287	168	7 M55	Steven Traynor, M58	Cedar Rapids, IA	30:28	30:11	9:48/M
1843	288	120	21 JRF	Gabrielle Hiner, F13	Newhall, IA	30:29	30:05	9:48/M
1873	289	169	37 JRM	Kaden Schilling, M12	Swisher, IA	30:29	29:52	9:48/M
1626	290	170	27 M15	Nick Brune, M19	Swisher, IA	30:29	29:53	9:48/M
1399	291	171	6 M40	Bob Akers, M41	Fairfax, IA	30:30	30:26	9:49/M
1721	292	121	28 F15	Anna Petersen, F15	Cedar Rapids, IA	30:31	29:29	9:49/M
1551	293	122	10 F35	Jessica Deahl, F37	Cedar Rapids, IA	30:34	30:02	9:50/M
1575	294	172	15 M35	Adam Fish, M35	Vinton, IA	30:38	30:15	9:51/M
1492	295	123	13 F25	Liz Newman Ehman, F26	Cedar Rapids, IA	30:42	29:40	9:53/M
1666	296	173	8 M55	Kevin Kiley, M59	Cedar Rapids, IA	30:44	30:38	9:53/M
1680	297	124	14 F25	Jennifer Aarni, F26	Cedar Rapids, IA	30:47	30:03	9:54/M
1507	298	125	10 F30	Tasha Kegley, F33	Cedar Rapids, IA	30:50	30:27	9:55/M
1944	299	126	22 JRF	Allison Wooldridge, F13	Center Point, IA	30:51	30:35	9:55/M
1579	300	174	38 JRM	Tommy Weeks, M14	Cedar Rapids, IA	30:53	30:34	9:56/M

1427	301	175	16 M45	Wes Bruns, M45	Fairfax, IA	30:53	29:59	9:56/M
1339	302	127	15 F25	Kellie McGrath, F28	Clive, IA	30:55	30:06	9:57/M
1928	303	176	16 M35	Casey Prince, M35	Cedar Rapids, IA	30:57	30:43	9:57/M
1929	304	128	11 F35	Lindsay Prince, F39	Cedar Rapids, IA	30:57	30:44	9:57/M
1484	305	129	11 F30	Jennifer Carlson, F30	North Liberty, IA	30:58	29:29	9:58/M
1378	306	130	4 F50	Connie Dolan, F51	Cedar Rapids, IA	31:02	30:37	9:59/M
2031	307	131	5 F50	Janet Engle, F54	Marion, IA	31:02	30:07	9:59/M
1814	308	132	16 F25	Jessie Perry, F29	Springville, IA	31:04	30:55	10:00/M
1297	309	133	17 F25	Emily Cone, F28	Iowa City, IA	31:07	30:30	10:01/M
1763	310	134	12 F30	Amy Katterson, F31	Apple Valley, MN	31:07	30:10	10:01/M
1764	311	177	19 M30	Benjamin Katterson, M33	Apple Valley, MN	31:08	30:09	10:01/M
1804	312	135	29 F15	Jessica Wooldridge, F18	Center Point, IA	31:15	30:59	10:03/M
1954	313	178	10 M25	Nicholas Hartkemeyer, M26	Hiawatha, IA	31:17	31:01	10:04/M
1890	314	136	9 F40	Jennifer Duerksen, F42	Cedar Rapids, IA	31:21	30:50	10:05/M
1622	315	137	6 F50	Nancy Geiger, F52	Cedar Rapids, IA	31:21	30:50	10:05/M
1858	316	138	10 F40	Jillian Knutson, F44	Cedar Rapids, IA	31:23	31:13	10:06/M
2030	317	139	13 F30	Laura Collingwood, F33	Cedar Rapids, IA	31:25	31:03	10:06/M
1536	318	140	12 F35	Jennifer Warner, F35	Cedar Rapids, IA	31:27	30:54	10:07/M
1942	319	179	18 M50	Rick Kullander, M51	Cedar Rapids, IA	31:27	30:31	10:07/M
2003	320	141	18 F25	Tiffany Kuennen, F27	Cedar Rapids, IA	31:30	30:47	10:08/M
1872	321	142	23 JRF	Karleigh Schilling, F14	Swisher, IA	31:31	30:53	10:08/M
1524	322	143	24 JRF	Meghan Brune, F14	Swisher, IA	31:31	30:53	10:08/M
1357	323	180	6 M60	Mike Mast, M60	Central City, IA	31:31	31:24	10:08/M
1463	324	144	1 F60	Anita English, F62	Marion, IA	31:31	31:14	10:08/M
2029	325	145	19 F25	Amy Demeulenaere, F29	Cedar Rapids, IA	31:32	31:11	10:09/M
432	326	181	7 M40	Dave Rasmussen, M44	Ely, IA	31:36	31:28	10:10/M
1784	327	182	17 M45	Michael Fox, M46	Marion, IA	31:39	31:18	10:11/M
1456	328	146	20 F25	Marie Billings, F29	Marion, IA	31:46	30:57	10:13/M
2008	329	147	16 F45	Traci Schmitz, F45	Marion, IA	31:46	31:08	10:13/M
1343	330	183	17 M35	Matt Barthelme, M39	Robins, IA	31:47	30:40	10:13/M
1638	331	148	21 F25	Jill Lockhart, F27	Cedar Rapids, IA	31:47	30:55	10:13/M
1775	332	149	7 F50	Christine Annicella, F50	Iowa City, IA	31:50	31:25	10:14/M
1728	333	150	22 F25	Julia Winkel, F28	Cedar Rapids, IA	31:52	30:52	10:15/M
1446	334	184	20 M30	Kevin Cobb, M34	Tama, IA	31:52	31:17	10:15/M
1805	335	185	39 JRM	Bowin Haug, M14	Cedar Rapids, IA	31:52	31:47	10:15/M
2024	336	186	11 M25	Steven Bone, M27	Brooklyn, NY	31:53	31:11	10:15/M
1664	337	151	23 F25	Margaret Altshul, F28	Cedar Rapids, IA	31:53	30:51	10:16/M
1830	338	187	18 M35	Dan Fitzgerald, M39	Cedar Rapids, IA	31:54	31:11	10:16/M
1995	339	152	25 JRF	Kaylee Muller, F14	Manchester, IA	31:55	31:31	10:16/M
1379	340	153	14 F30	Lindsay Kellogg, F31	Cedar Rapids, IA	32:02	31:57	10:18/M
1983	341	188	40 JRM	Nolan Djerf, M9	Cedar Rapids, IA	32:05	32:02	10:19/M
1699	342	189	28 M15	Austin Kerska, M15	Cedar Rapids, IA	32:07	31:46	10:20/M
1641	343	154	8 F50	Megan Threlkeld, F50	Iowa City, IA	32:08	31:42	10:20/M

1467	344	155	24 F25	Lisa Freese, F27	Cedar Rapids, IA	32:08	31:03	10:20/M
1715	345	190	8 M40	Michael Vaske, M41	Cedar Rapids, IA	32:09	30:51	10:20/M
1897	346	156	17 F45	Michelle Davin, F47	Cedar Rapids, IA	32:09	31:48	10:21/M
1698	347	157	11 F40	Tawnie Kerska, F41	Cedar Rapids, IA	32:11	31:51	10:21/M
1598	348	158	15 F20	Keri Schaefer, F24	Cedar Rapids, IA	32:12	31:03	10:21/M
1902	349	159	26 JRF	Tanner Schultz, F12	Marion, IA	32:12	31:44	10:21/M
1291	350	160	25 F25	Irina Aristova, F29	Cedar Rapids, IA	32:12	31:11	10:22/M
1584	351	191	41 JRM	Matthew Ropp, M13	Cedar Rapids, IA	32:12	31:31	10:22/M
1252	352	192	9 M55	Steve Newcomb, M56	Cedar Rapids, IA	32:13	31:07	10:22/M
1910	353	193	21 M30	Alec Seelau, M30	Cedar Rapids, IA	32:14	32:14	10:22/M
1734	354	161	12 F40	Dawn Morrissey, F44	Chesterfield, MO	32:14	32:09	10:22/M
1679	355	194	19 M50	Brian Aubrecht, M51	Cedar Rapids, IA	32:15	31:09	10:22/M
1718	356	195	18 M45	Joe Gerke, M49	Cedar Rapids, IA	32:18	31:51	10:24/M
1588	357	162	15 F30	Andi Fuemmeler, F33	Cedar Rapids, IA	32:19	31:55	10:24/M
1724	358	163	3 F55	Marilyn Hines, F58	Cedar Falls, IA	32:19	32:14	10:24/M
1646	359	164	9 F50	Pegi Anton, F53	Cedar Rapids, IA	32:19	31:15	10:24/M
1533	360	196	7 M60	Duane Usher, M62	Cedar Rapids, IA	32:20	31:57	10:24/M
1684	361	165	16 F20	Betsy Walker, F21	Cedar Rapids, IA	32:20	31:34	10:24/M
1432	362	166	18 F45	Lisa Filip, F48	Cedar Rapids, IA	32:23	31:51	10:25/M
1310	363	167	13 F40	Tammy Roberts, F43	Solon, IA	32:25	31:57	10:26/M
1673	364	168	26 F25	Piper Twachtman, F26	Marion, IA	32:27	32:01	10:26/M
1583	365	169	30 F15	Katy Ropp, F16	Cedar Rapids, IA	32:29	31:46	10:27/M
1867	366	197	2 M65	Ron Telecky, M65	Mount Vernon, IA	32:31	31:34	10:27/M
1443	367	170	19 F45	Alice Mercer, F46	Phoenix, AZ	32:32	32:19	10:28/M
2016	368	198	19 M35	Josh Umstead, M35	Walford, IA	32:36	31:52	10:29/M
2017	369	199	42 JRM	Jake Umstead, M8	Walford, IA	32:36	31:55	10:29/M
1925	370	171	14 F40	Elizabeth Driskell, F41	Cedar Rapids, IA	32:36	31:29	10:29/M
1377	371	172	16 F30	Lori Ruiz, F30	Cedar Rapids, IA	32:41	31:57	10:31/M
1981	372	173	15 F40	Heather Dee, F43	Marion, IA	32:44	32:29	10:32/M
1860	373	174	27 F25	Courtney Green, F28	Toddville, IA	32:47	32:10	10:33/M
1979	374	175	28 F25	Cara Lausen, F29	Cedar Rapids, IA	32:49	32:13	10:33/M
1812	375	176	17 F30	Mary Gahring, F30	Cedar Rapids, IA	32:50	32:27	10:34/M
1254	376	200	22 M30	Ryan Corey, M31	Cedar Rapids, IA	32:52	31:58	10:34/M
1938	377	201	9 M40	Joseph Tuchel, M41	Cedar Rapids, IA	32:56	32:34	10:36/M
1963	378	177	2 F60	Patricia Theisen, F60	Anamosa, IA	33:00	32:20	10:37/M
1486	379	178	31 F15	McKenzie Potter, F18	Cedar Rapids, IA	33:00	32:21	10:37/M
1489	380	202	43 JRM	Luke Potter, M10	Cedar Rapids, IA	33:01	32:23	10:37/M
1525	381	179	3 F60	Neva Weisskopf, F64	Lehigh Acres, FL	33:01	32:41	10:37/M
1849	382	180	32 F15	Brianna Andrews, F17	Cedar Rapids, IA	33:02	32:59	10:38/M
1324	383	181	29 F25	Jenna Carlson, F25	Cedar Rapids, IA	33:05	31:48	10:39/M
1943	384	182	20 F45	Jacqueline Kullander, F47	Cedar Rapids, IA	33:06	32:12	10:39/M
1856	385	183	18 F30	Veronica Howsare, F31	Solon, IA	33:07	32:40	10:39/M
1487	386	203	19 M45	Michael Potter, M48	Cedar Rapids, IA	33:09	32:30	10:40/M
1669	387	184	30 F25	Meredith Cain, F28	Cedar Rapids, IA	33:09	32:10	10:40/M
1883	388	204	20 M45	Jeff Hrubes, M47	Cedar Rapids, IA	33:14	32:55	10:42/M
1488	389	185	10 F50	Kathy Frerichs, F50	Cedar Rapids, IA	33:19	32:15	10:43/M
1833	390	186	31 F25	Mandy Miller, F26	North Liberty, IA	33:22	32:46	10:44/M

1753	391	187	32 F25	Lauren Cannon, F28	Cedar Rapids, IA	33:22	33:00	10:44/M
1383	392	188	21 F45	Kathryn Deetz, F49	Cedar Rapids, IA	33:25	32:43	10:45/M
1573	393	189	22 F45	Carol Schueller, F49	Cedar Rapids, IA	33:26	32:45	10:45/M
1909	394	190	33 F15	Kaitlyn Mendyk, F15	Cedar Rapids, IA	33:27	33:19	10:46/M
2015	395	191	19 F30	Sarah Domingus, F31	Marion, NC	33:27	32:33	10:46/M
1752	396	205	21 M45	Mike Yeries, M48	Oxford, IA	33:27	32:53	10:46/M
1389	397	192	20 F30	Alecia Puls, F31	Marion, IA	33:29	32:16	10:46/M
1279	398	193	16 F40	Jenni Zortman, F40	Nesbit, MS	33:33	33:18	10:47/M
1703	399	194	23 F45	Monica Dunbar, F45	Marion, IA	33:33	32:31	10:48/M
1863	400	195	11 F50	Teresa Swenson, F53	Iowa City, IA	33:34	32:43	10:48/M
1278	401	206	16 M20	Jordan Ruby, M24	Marion, IA	33:35	32:21	10:48/M
1281	402	196	12 F50	Lora Rogers, F51	Altoona, IA	33:36	32:25	10:49/M
1277	403	197	17 F20	Chelsea Ruby, F23	Marion, IA	33:40	32:27	10:50/M
1874	404	198	34 F15	Bronwyn May, F15	Cedar Rapids, IA	33:45	33:08	10:51/M
1373	405	199	13 F35	Heather Schellhorn, F35	Monona, IA	33:46	32:34	10:52/M
1759	406	207	12 M25	Gavin McGrath, M27	Cedar Rapids, IA	33:48	32:44	10:52/M
1971	407	208	20 M50	Jeff Miller, M51	Cedar Rapids, IA	33:48	32:36	10:53/M
1970	408	200	13 F50	Christie Gifford, F51	Center Point, IA	33:49	32:37	10:53/M
1265	409	209	21 M50	Dean Cantalupo, M50	Washington, DC	33:50	32:44	10:53/M
1550	410	201	21 F30	Crystal Miller, F32	Cedar Rapids, IA	33:52	33:02	10:54/M
1270	411	202	14 F50	Rita Carlson, F51	Burlington, IA	33:52	32:34	10:54/M
1457	412	203	33 F25	Courtney Arnold, F26	Center Point, IA	33:53	33:14	10:54/M
1549	413	204	22 F30	Jacki Knorr, F32	North Liberty, IA	33:54	32:31	10:54/M
1901	414	210	20 M35	Zach Schultz, M38	Marion, IA	33:59	33:30	10:56/M
1990	415	205	27 JRF	Allie Klinsky, F14	Cedar Rapids, IA	34:01	33:27	10:57/M
1314	416	206	23 F30	Vanessa Krejci, F31	Cedar Rapids, IA	34:01	32:56	10:57/M
1409	417	207	17 F40	Malisa McQuown, F40	Marion, IA	34:04	33:55	10:58/M
1400	418	208	18 F40	Hannah Gonzalez, F40	Cedar Rapids, IA	34:05	33:07	10:58/M
1585	419	209	14 F35	Stacy Fish, F38	Marion, IA	34:05	33:43	10:58/M
1793	420	210	24 F45	Kathy Walvoord, F45	Cedar Rapids, IA	34:06	33:26	10:58/M
1564	421	211	8 M60	Michael Andersen, M63	Marion, IA	34:08	33:55	10:59/M
1851	422	211	18 F20	Abbie Millikin, F20	Center Point, IA	34:09	33:54	10:59/M
1854	423	212	34 F25	Megan Edwards, F28	Spartanburg, SC	34:10	33:06	11:00/M
1700	424	213	28 JRF	Katelyn Yardley, F13	Omaha, NE	34:13	34:10	11:01/M
1319	425	214	35 F15	Erin Hansen, F18	Cedar Rapids, IA	34:18	33:32	11:02/M
1320	426	212	29 M15	Shae Romano, M18	Hiawatha, IA	34:19	33:32	11:02/M
2033	427	215	24 F30	Emily Andrews, F32	Center Point, IA	34:25	34:04	11:04/M
1498	428	213	21 M35	Kenneth Pilcher, M38	Cedar Rapids, IA	34:27	34:12	11:05/M
1985	429	214	30 M15	Connor Jacobmeyer, M15	Cedar Rapids, IA	34:29	33:29	11:06/M
1696	430	215	10 M40	Brian Turner, M41	Cedar Rapids, IA	34:29	33:14	11:06/M
1720	431	216	15 F50	Tracy Petersen, F53	Cedar Rapids, IA	34:30	33:27	11:06/M
1543	432	216	10 M55	Mike Bagen, M55	Cedar Rapids, IA	34:33	34:19	11:07/M
1494	433	217	29 JRF	Lily Pedelty, F13	Cedar Rapids, IA	34:35	34:11	11:07/M
1510	434	217	22 M50	Duwoe Borsay, M51	Cedar Rapids, IA	34:35	34:21	11:08/M
1671	435	218	19 F20	Alejandra Villagomez, F24	Cedar Rapids, IA	34:35	33:51	11:08/M

1352	436	219	4 F60	Sue Olson, F62	Cedar Rapids, IA	34:39	34:21	11:09/M
1989	437	220	25 F30	Ashley Maynard, F30	Cedar Rapids, IA	34:40	33:15	11:09/M
1476	438	218	11 M55	Gary McClure, M58	Cedar Rapids, IA	34:41	34:23	11:09/M
1820	439	221	26 F30	Megan Walker, F32	Coralville, IA	34:41	33:46	11:09/M
1563	440	222	30 JRF	Andie Trotter, F13	Cedar Rapids, IA	34:42	33:33	11:10/M
1558	441	223	31 JRF	Ashton Catlett, F11	Cedar Rapids, IA	34:43	33:35	11:10/M
1451	442	224	15 F35	Essie Pihl, F35	Marion, IA	34:44	33:49	11:10/M
1445	443	225	16 F35	Amie Price, F38	Marion, IA	34:44	33:51	11:10/M
1621	444	219	44 JRM	Blake Wagner, M11	Cedar Rapids, IA	34:44	33:47	11:10/M
1425	445	226	17 F35	Michelle Godfrey, F39	West Des Moines, IA	34:46	34:25	11:11/M
1937	446	227	25 F45	Lori Pascoe, F49	Rogers, AR	34:47	33:37	11:11/M
1844	447	228	19 F40	Georgie Hiner, F44	Newhall, IA	34:48	34:23	11:12/M
1926	448	229	32 JRF	Rehgan Schmidt, F13	Marion, IA	34:49	33:30	11:12/M
1330	449	230	16 F50	Linda Johnson, F53	Cedar Rapids, IA	34:49	33:55	11:12/M
1305	450	231	26 F45	Judy Coil, F45	Marion, IA	34:50	34:23	11:12/M
1927	451	220	11 M40	Greg Schluter, M42	Marion, IA	34:50	33:31	11:12/M
1965	452	221	22 M45	Drew May, M47	Cedar Rapids, IA	34:52	34:13	11:13/M
1973	453	232	27 F45	Nancy Schmidt, F49	Cedar Rapids, IA	34:55	34:19	11:14/M
1672	454	222	12 M40	Armond Dawson, M41	Cedar Rapids, IA	35:01	34:57	11:16/M
1282	455	223	23 M45	Michael Rogers, M48	Altoona, IA	35:09	33:59	11:19/M
1994	456	224	12 M55	Richard Ralston, M58	Marion, IA	35:10	34:20	11:19/M
1871	457	225	23 M50	Keith Schilling, M50	Swisher, IA	35:10	34:27	11:19/M
1870	458	233	28 F45	Tracey Schilling, F49	Swisher, IA	35:10	34:26	11:19/M
1490	459	234	20 F40	Molly Potter, F44	Cedar Rapids, IA	35:10	34:32	11:19/M
1306	460	226	3 M65	Gary Kalis, M68	Cedar Rapids, IA	35:13	35:09	11:20/M
1692	461	235	29 F45	Sharon Zieser, F46	Independence, IA	35:14	33:52	11:20/M
1819	462	236	4 F55	Melissa Walker, F59	Coralville, IA	35:16	34:21	11:21/M
1905	463	227	45 JRM	Jonathan Lemley, M11	Coggon, IA	35:16	34:00	11:21/M
1904	464	228	13 M40	Jason Lemley, M40	Coggen, IA	35:17	33:59	11:21/M
1644	465	237	30 F45	Lorie Lyman, F45	Iowa Falls, IA	35:20	35:01	11:22/M
1607	466	229	24 M45	Mike MacHula, M47	Fairfax, IA	35:21	35:06	11:22/M
1520	467	238	21 F40	Laura Green, F43	Cedar Rapids, IA	35:22	34:48	11:23/M
1561	468	239	31 F45	Heidi Trotter, F48	Cedar Rapids, IA	35:32	34:24	11:26/M
1482	469	240	35 F25	Bridget Samek, F29	Miamisburg, OH	35:35	34:49	11:27/M
2027	470	230	46 JRM	Carson Frazee, M11	Fairfax, IA	35:35	35:01	11:27/M
1483	471	231	13 M25	Michael Brondon, M28	Miamisburg, OH	35:35	34:50	11:27/M
1375	472	241	33 JRF	Sydney Dietze, F12	Marengo, IA	35:35	35:04	11:27/M
1817	473	242	32 F45	Monica Blake, F48	Springville, IA	35:35	35:26	11:27/M
1560	474	232	25 M45	Michael Trotter, M48	Cedar Rapids, IA	35:37	34:27	11:27/M
1500	475	243	18 F35	Kristine Pilcher, F39	Cedar Rapids, IA	35:38	35:21	11:28/M
1299	476	244	1 F65	Sally Buser, F67	Fairfax, IA	35:38	35:22	11:28/M
1737	477	245	36 F15	Sarah Lasecki, F19	Cedar Rapids, IA	35:44	34:57	11:30/M
1333	478	246	5 F55	Cathy Miller, F55	Cedar Rapids, IA	35:46	34:44	11:30/M
1293	479	247	19 F35	Melissa Anderson, F36	Cedar Rapids, IA	35:49	34:47	11:31/M
1791	480	248	27 F30	Brittany Benninghoven, F30	Cedar Rapids, IA	35:52	34:38	11:32/M
1792	481	233	14 M25	Alex Benninghoven, M27	Cedar Rapids, IA	35:52	34:36	11:32/M
1596	482	249	36 F25	Megan Twachtman,	Marion, IA	35:53	35:25	11:33/M

F26

1321	483	250	37 F15	Mikaela Katz, F16	Robins, IA	35:53	34:40	11:33/M
1322	484	234	31 M15	Joshua Kerslake, M17	Central City, IA	35:53	34:40	11:33/M
1542	485	251	20 F35	Amy Adams, F38	Cedar Rapids, IA	35:55	34:36	11:33/M
1681	486	252	22 F40	Tracy Steger, F43	Independence, IA	36:00	34:44	11:35/M
1620	487	235	9 M60	Steve Bauer, M60	Cedar Rapids, IA	36:04	35:07	11:36/M
1545	488	253	21 F35	Joy Koepnick, F38	Marion, IA	36:06	35:27	11:37/M
1251	489	254	17 F50	Cynthia Abodeely, F53	Las Vegas, NV	36:08	35:21	11:37/M
1376	490	255	37 F25	Tanya Sparrowgrove, F29	Ladora, IA	36:12	35:40	11:39/M
1404	491	236	47 JRM	Eli Gannon, M9	Johnston, IA	36:12	36:06	11:39/M
1371	492	237	10 M60	Chuck Hauck, M62	Coralville, IA	36:15	35:36	11:40/M
1478	493	238	48 JRM	Spencer Noll, M12	Bridgman, MI	36:15	35:45	11:40/M
1479	494	239	14 M40	Aaron Noll, M43	Bridgman, MI	36:15	35:45	11:40/M
1514	495	240	23 M30	Daniel Gudith Ii, M33	Marshalltown, IA	36:16	35:24	11:40/M
1403	496	241	49 JRM	Lucas Gannon, M11	Johnston, IA	36:17	36:12	11:40/M
1402	497	242	15 M40	Chris Gannon, M41	Johnston, IA	36:17	36:10	11:40/M
1855	498	256	20 F20	Kelsey Tweeton, F22	Cedar Rapids, IA	36:18	36:07	11:41/M
1998	499	243	50 JRM	Jacob Kent, M9	Oxford, IA	36:20	36:18	11:41/M
1765	500	257	18 F50	Janice Moore, F53	Cedar Rapids, IA	36:25	35:27	11:43/M
1650	501	244	17 M20	Danny Bieshaar, M23	Cedar Rapids, IA	36:38	35:19	11:47/M
1649	502	258	21 F20	Courtney Steinfeld, F21	Cedar Rapids, IA	36:38		