

Run Rock & Stroll

Overall Finish List [Age Group Results here](#)

June 13, 2009 [10K Overall results below](#)

Results By Jeff Castro of *Accusplit*.

5k

Place	Name	City	Bib No	Age	Age Group	Chip Time	Gun Time	Diff	Pace
1	Lucas David	Eddyville IA	105	16	***** M 15-18	19:38.25	19:39.05	00:00.80	6:20/M
2	Cody Breitsprecher	Dayton IA	86	15	1 M 15-18	20:21.45	20:28.35	00:06.90	6:34/M
3	Loyed Hedges	Des Moines IA	132	49	1 M 40-49	21:30.30	21:34.40	00:04.10	6:56/M
4	Andrew Gunn	Ankeny IA	123	15	2 M 15-18	21:33.00	21:33.00		6:57/M
5	Ben Schipper	IA	245	27	1 M 19-29	21:42.25	21:43.55	00:01.30	7:00/M
6	Hedda Burnett	IA	246	20	***** F 19-29	21:42.65	21:43.95	00:01.30	7:00/M
7	Vicky Hayes	Des Moines IA	128	28	1 F 19-29	22:49.50	22:56.25	00:06.75	7:22/M
8	Brian Pollard	IA	237	26	2 M 19-29	22:52.55	23:10.20	00:17.65	7:23/M
9	Mark Simons	IA	230	25	3 M 19-29	22:59.20	23:00.00	00:00.80	7:25/M
10	Carrie Nedved	Winterset IA	175	37	1 F 30-39	23:08.20	23:12.10	00:03.90	7:28/M
11	Russ Nay	Altoona IA	174	55	1 M 50-59	23:13.25	23:16.15	00:02.90	7:29/M
12	Kassidy Lyons	Des Moines IA	152	22	2 F 19-29	23:39.10	23:45.45	00:06.35	7:38/M
13	Claire Kinley	Waukee IA	143	14	1 F 1-14	23:54.75	24:03.70	00:08.95	7:43/M
14	Kyle Ferguson	Adel IA	113	12	1 M 1-14	23:55.20	23:56.90	00:01.70	7:43/M
15	Michael Current	Elkhart IA	101	33	1 M 30-39	23:59.35	24:04.80	00:05.45	7:44/M
16	Tim Phifer	Des Moines IA	181	30	2 M 30-39	24:02.55	24:06.45	00:03.90	7:45/M
17	Kay Gustin	Altoona IA	125	38	2 F 30-39	24:15.15	24:20.25	00:05.10	7:49/M
18	Crystal Vigon	Menlo IA	211	29	3 F 19-29	24:21.50	24:24.45	00:02.95	7:51/M
19	Dylan Medina	Des Moines IA	166	15	3 M 15-18	24:25.60	24:30.80	00:05.20	7:53/M
20	Mary Kinley	Waukee IA	142	43	1 F 40-49	24:25.95	24:34.95	00:09.00	7:53/M
21	Jack Palen	IA	250	10	2 M 1-14	24:33.65	24:35.95	00:02.30	7:55/M
22	Matthew Palen	IA	249	42	2 M 40-49	24:34.10	24:36.20	00:02.10	7:55/M
23	Jason Clevenger	Johnston IA	95	31	3 M 30-39	24:39.20	24:50.25	00:11.05	7:57/M
24	Melissa Baker	Winterset IA	74	22	4 F 19-29	24:42.10	24:47.00	00:04.90	7:58/M
25	Mike Flanagan	Bondurant IA	114	50	2 M 50-59	24:47.70	24:58.00	00:10.30	8:00/M
26	Darryl Schumacher	IA	241	56	3 M 50-59	24:52.95	24:54.20	00:01.25	8:01/M
27	Brad Jackson	Waukee IA	138	20	4 M 19-29	24:55.40	25:02.45	00:07.05	8:02/M
28	Heather Zylstra	Sully IA	219	32	3 F 30-39	25:00.80	25:08.30	00:07.50	8:04/M
29	Kim Pfannebecker	Des Moines IA	180	22	5 F 19-29	25:02.90	25:06.00	00:03.10	8:05/M
30	Janeal Lyons	Waukee IA	151	43	2 F 40-49	25:04.70	25:11.35	00:06.65	8:05/M
31	Steven Alcorn	Des Moines IA	68	29	5 M 19-29	25:05.50	25:09.60	00:04.10	8:05/M
32	Linda Russell	Lynnvile IA	190	40	3 F 40-49	25:05.60	25:12.60	00:07.00	8:05/M
33	Jennifer Anderson-Ehrlich	Denver CO	71	29	6 F 19-29	25:07.85	25:30.10	00:22.25	8:06/M
34	Mark Marean	Winterset IA	156	39	4 M 30-39	25:11.75	25:31.90	00:20.15	8:07/M
35	Kristi Emick	Ankeny IA	111	32	4 F 30-39	25:15.35	25:19.05	00:03.70	8:09/M
36	Mike Defrancisco	Altoona IA	108	39	5 M 30-39	25:21.55	25:24.05	00:02.50	8:11/M
37	Dana Beebe	Winterset IA	75	32	5 F 30-39	25:29.10	25:33.15	00:04.05	8:13/M
38	Dave Wanamaker	Altoona IA	213	51	4 M 50-59	25:34.45	25:34.45		8:15/M
39	Jennifer Anderson	Altoona IA	70	29	7 F 19-29	25:38.90	25:42.80	00:03.90	8:16/M
40	Roger Karns	IA	226	38	6 M 30-39	25:41.10	25:50.00	00:08.90	8:17/M
41	Alicia Evans	Urbandale IA	22	30	6 F 30-39	25:42.30	25:44.95	00:02.65	8:17/M
42	Linda Defrancisco	Altoona IA	107	34	7 F 30-39	25:46.70	25:49.00	00:02.30	8:19/M
43	Tyler Evans	Urbandale IA	21	30	7 M 30-39	25:50.75	25:53.45	00:02.70	8:20/M
44	Rick Medina	Des Moines IA	165	43	3 M 40-49	25:53.70	26:04.10	00:10.40	8:21/M
45	Carter Gornick	Norwalk IA	119	10	3 M 1-14	25:56.55	25:58.60	00:02.05	8:22/M
46	Sherry Halbur	IA	255	32	8 F 30-39	25:56.85	26:08.25	00:11.40	8:22/M
47	Dan Gornick	Norwalk IA	120	44	4 M 40-49	25:57.50	26:00.35	00:02.85	8:22/M
48	Nathan Olson	Des Moines IA	51	27	6 M 19-29	26:03.50	26:16.20	00:12.70	8:24/M
49	David Phillips	Des Moines IA	55	42	5 M 40-49	26:03.80	26:16.05	00:12.25	8:24/M
50	Zachary Ferguson	IA	225	9	4 M 1-14	26:05.55	26:06.70	00:01.15	8:25/M
51	Rachel Juergens	Waukee IA	140	29	8 F 19-29	26:22.65	26:29.15	00:06.50	8:30/M
52	Jamie Pierce	West Des Moines IA	182	29	7 M 19-29	26:23.80	26:41.45	00:17.65	8:31/M

53	Casey Scheve	Waukee IA	193	27	8 M 19-29	26:36.40	26:42.90	00:06.50	8:35/M
54	Darwin Schmig	Des Moines IA	194	51	5 M 50-59	26:38.40	27:02.10	00:23.70	8:35/M
55	Nicolle Stevenson	Des Moines IA	203	31	9 F 30-39	26:41.80	26:45.30	00:03.50	8:36/M
56	Maegan Sturtz	IA	221	31	10 F 30-39	26:49.65	27:00.15	00:10.50	8:39/M
57	Jim Bruxvoort	Pella IA	94	40	6 M 40-49	27:03.95	27:08.10	00:04.15	8:44/M
58	Jesse Hach	West Des Moines IA	126	25	9 M 19-29	27:08.40	27:30.40	00:22.00	8:45/M
59	Lance Marean	Winterset IA	159	10	5 M 1-14	27:09.85	27:29.50	00:19.65	8:45/M
60	Kevin Ragan	West Des Moines IA	185	28	10 M 19-29	27:13.85	27:32.00	00:18.15	8:47/M
61	Dan Toomey	Des Moines IA	208	37	8 M 30-39	27:16.30	27:21.00	00:04.70	8:48/M
62	Jack Thompson	Norwalk IA	206	50	6 M 50-59	27:20.70	27:52.15	00:31.45	8:49/M
63	Erin Moon	Ankeny IA	169	33	11 F 30-39	27:41.05	28:16.05	00:35.00	8:56/M
64	Brooke Jackson	Urbandale IA	137	19	9 F 19-29	28:01.50	28:08.25	00:06.75	9:02/M
65	Nicole Darling	Winterset IA	103	33	12 F 30-39	28:01.90	28:05.50	00:03.60	9:02/M
66	Kelli Bodwell	Waukee IA	79	43	4 F 40-49	28:19.85	28:28.90	00:09.05	9:08/M
67	Kevin McDonald	Altoona IA	161	40	7 M 40-49	28:20.50	28:33.70	00:13.20	9:08/M
68	Randal Cook	Des Moines IA	98	50	7 M 50-59	28:23.75	28:34.75	00:11.00	9:09/M
69	Mark Stacy	Des Moines IA	200	29	11 M 19-29	28:30.50	28:41.70	00:11.20	9:12/M
70	Shawnel Stacy	Des Moines IA	199	28	10 F 19-29	28:30.55	28:42.05	00:11.50	9:12/M
71	Courtney Marks	Des Moines IA	160	25	11 F 19-29	28:33.50	28:45.00	00:11.50	9:13/M
72	Tanner Edwards	Des Moines IA	110	11	6 M 1-14	28:34.70	28:43.80	00:09.10	9:13/M
73	John McDonald	Clive IA	163	25	12 M 19-29	28:34.95	28:42.40	00:07.45	9:13/M
74	Edward Green	Anamosa IA	122	46	8 M 40-49	28:41.25	28:41.25		9:15/M
75	Steven McDonald	Clive IA	162	57	8 M 50-59	28:45.00	28:52.70	00:07.70	9:16/M
76	Angie Young	Winterset IA	217	32	13 F 30-39	29:08.25	29:14.10	00:05.85	9:24/M
77	Scott Ruhnke	Johnston IA	189	46	9 M 40-49	29:13.45	29:15.75	00:02.30	9:25/M
78	Kristin Current	Elkhart IA	102	33	14 F 30-39	29:16.35	29:21.80	00:05.45	9:26/M
79	Josh Brennecke	Polk City IA	90	8	7 M 1-14	29:28.55	29:34.30	00:05.75	9:30/M
80	Marlyn Hoksbergen	Pella IA	135	52	1 F 50-59	29:34.60	29:44.40	00:09.80	9:32/M
81	Diana Scandridge	Sully IA	191	46	5 F 40-49	29:36.60	29:44.15	00:07.55	9:33/M
82	Stacy Marean	Winterset IA	157	39	15 F 30-39	29:41.30	30:01.80	00:20.50	9:35/M
83	Abby Reynolds	West Des Moines IA	186	26	12 F 19-29	29:46.10	29:52.25	00:06.15	9:36/M
84	Kevin Mosher	Windsor Heights IA	171	39	9 M 30-39	29:54.85	29:57.95	00:03.10	9:39/M
85	Jennifer Mosher	Windsor Heights IA	172	31	16 F 30-39	29:55.05	29:58.30	00:03.25	9:39/M
86	Jay Steffen	Ankeny IA	201	44	10 M 40-49	29:55.80	29:55.80		9:39/M
87	Frank Amos	Ames IA	69	76	1 M 60-99	30:11.70	30:25.90	00:14.20	9:44/M
88	Abra Pulley	IA	229	32	17 F 30-39	30:12.15	30:24.25	00:12.10	9:45/M
89	Braxton Pulley	Des Moines IA	184	31	10 M 30-39	30:12.30	30:24.50	00:12.20	9:45/M
90	Stacy Faerber	Johnston IA	112	25	13 F 19-29	30:25.95	30:49.45	00:23.50	9:49/M
91	Ramona Davis	Winterset IA	106	40	6 F 40-49	30:28.65	30:34.45	00:05.80	9:50/M
92	Jake Brennecke	Polk City IA	89	12	8 M 1-14	30:40.35	30:46.80	00:06.45	9:54/M
93	April Wolter	Urbandale IA	216	28	14 F 19-29	30:44.05	30:51.10	00:07.05	9:55/M
94	Lynn Lange	Ankeny IA	145	59	2 F 50-59	30:48.70	31:18.75	00:30.05	9:56/M
95	Lexie Hach	Cedar Falls IA	127	23	15 F 19-29	30:49.45	31:10.45	00:21.00	9:56/M
96	Stephanie Wilson	Des Moines IA	215	37	18 F 30-39	30:59.70	31:08.50	00:08.80	10:00/M
97	Maria Millard	Ankeny IA	168	34	19 F 30-39	31:01.40	31:22.85	00:21.45	10:00/M
98	Jen Agena	Ankeny IA	67	24	16 F 19-29	31:04.80	31:26.00	00:21.20	10:01/M
99	Laura Tryon	Winterset IA	209	36	20 F 30-39	31:11.70	31:17.70	00:06.00	10:04/M
100	Sandy Henry	Johnston IA	133	42	7 F 40-49	31:13.35	31:24.65	00:11.30	10:04/M

Place	Name	City	Bib No	Age	Age Group	Chip Time	Gun Time	Diff	Pace
101	Casey Oberender	Ankeny IA	177	24	17 F 19-29	31:19.15	31:39.55	00:20.40	10:06/M
102	Theresa McVey	Des Moines IA	164	36	21 F 30-39	31:23.35	31:30.95	00:07.60	10:07/M
103	Molly Steffen	Ankeny IA	202	43	8 F 40-49	31:26.60	31:26.60		10:08/M
104	Greg Hayes	Des Moines IA	129	32	11 M 30-39	31:56.60	32:14.15	00:17.55	10:18/M
105	Michele Waber	Johnston IA	212	37	22 F 30-39	32:00.80	32:13.85	00:13.05	10:19/M
106	Kathryn Cloe	Des Moines IA	96	26	18 F 19-29	32:01.10	32:16.10	00:15.00	10:20/M
107	Angie Lauer	Lorimor IA	147	42	9 F 40-49	32:01.75	32:07.20	00:05.45	10:20/M
108	Pam Berg	Ankeny IA	77	44	10 F 40-49	32:11.85	32:24.75	00:12.90	10:23/M
109	Rick Berg	Ankeny IA	78	37	12 M 30-39	32:11.95	32:24.90	00:12.95	10:23/M
110	Polly Brooks	IA	254	36	23 F 30-39	32:21.25	32:43.85	00:22.60	10:26/M
111	Kevin Kaili	IA	239	47	11 M 40-49	32:29.05	32:29.05		10:29/M
112	Kyle Crouse	Johnston IA	99	25	13 M 19-29	32:36.95	33:00.15	00:23.20	10:31/M
113	Kristie Bell	Des Moines IA	76	33	24 F 30-39	32:37.95	32:51.50	00:13.55	10:31/M
114	Karen Sumy	IA	238	43	11 F 40-49	32:50.95	32:50.95		10:35/M
115	Amy Hilmes	Des Moines IA	34	41	12 F 40-49	32:59.05	33:17.60	00:18.55	10:38/M
116	Kara Christensen	IA	231	28	19 F 19-29	33:07.25	33:34.45	00:27.20	10:41/M
117	Grant Marean	Winterset IA	158	12	9 M 1-14	33:10.10	33:30.55	00:20.45	10:42/M
118	Luke Spinner	West Des Moines IA	198	7	10 M 1-14	33:12.10	33:25.95	00:13.85	10:43/M
119	John Spinner	West Des Moines IA	197	41	12 M 40-49	33:12.35	33:26.15	00:13.80	10:43/M
120	Mia Mulholland	Ankeny IA	173	29	20 F 19-29	33:24.15	33:48.90	00:24.75	10:46/M
121	Julie Anderson-Suddarth	Winterset IA	72	35	25 F 30-39	33:31.75	33:54.95	00:23.20	10:49/M
122	Amy Tersinar	Marion IA	204	36	26 F 30-39	33:39.95	33:50.30	00:10.35	10:51/M
123	Kiki Levy	IA	234	7	2 F 1-14	33:54.65	34:07.00	00:12.35	10:56/M
124	Kerty Levy	IA	235	42	13 F 40-49	33:55.80	34:07.80	00:12.00	10:56/M
125	Stacey Gersdorf	Des Moines IA	117	30	27 F 30-39	33:57.70	34:06.00	00:08.30	10:57/M

126	Robbie Malm	Des Moines IA	154	59	3 F 50-59	34:07.60	34:22.55	00:14.95	11:00/M
127	Amy Scheidegger	Ankeny IA	192	36	28 F 30-39	34:09.25	34:35.20	00:25.95	11:01/M
128	Corey Gersdorf	Des Moines IA	118	31	13 M 30-39	34:10.50	34:10.50		11:01/M
129	Jaimee Johnson	Waukee IA	139	23	21 F 19-29	34:18.00	34:40.70	00:22.70	11:04/M
130	Samantha Johnson	IA	223	18	1 F 15-18	34:18.10	34:41.00	00:22.90	11:04/M
131	Brooke Falke	IA	224	23	22 F 19-29	34:18.65	34:41.05	00:22.40	11:04/M
132	Jennifer Cunningham	Urbandale IA	100	36	29 F 30-39	34:38.15	35:00.35	00:22.20	11:10/M
133	Jennifer Zeis	Des Moines IA	218	32	30 F 30-39	34:43.30	34:52.50	00:09.20	11:12/M
134	Pam Hugen	West Des Moines IA	136	54	4 F 50-59	35:01.95	35:05.50	00:03.55	11:18/M
135	Josie Breitsprecher	Dayton IA	85	11	3 F 1-14	35:15.20	35:21.30	00:06.10	11:22/M
136	Sandy Darveau	West Des Moines IA	104	41	14 F 40-49	35:17.15	35:38.50	00:21.35	11:23/M
137	Aedria Rollings	Adel IA	188	32	31 F 30-39	35:34.10	35:51.40	00:17.30	11:28/M
138	Kory Tersinar	Marion IA	205	40	13 M 40-49	36:12.45	36:22.80	00:10.35	11:41/M
139	Janet Dutcher	Urbandale IA	109	55	5 F 50-59	37:22.80	37:42.50	00:19.70	12:03/M
140	Rose Soda	Waukee IA	196	43	15 F 40-49	37:38.00	37:58.85	00:20.85	12:08/M
141	Shandy Mikkelsen	Des Moines IA	167	36	32 F 30-39	38:00.95	38:17.20	00:16.25	12:15/M
142	Courtney Lashier	Waukee IA	146	19	23 F 19-29	38:07.65	38:14.70	00:07.05	12:18/M
143	Kimberly Brown	Polk City IA	92	25	24 F 19-29	38:11.35	38:19.65	00:08.30	12:19/M
144	Mariah Gray	Des Moines IA	121	22	25 F 19-29	38:12.60	38:21.10	00:08.50	12:19/M
145	Mia Levy	IA	233	6	4 F 1-14	38:15.75	38:27.90	00:12.15	12:20/M
146	Frank Levy	IA	232	41	14 M 40-49	38:16.35	38:28.70	00:12.35	12:21/M
147	Melissa Ledlie	Indianola IA	150	30	33 F 30-39	38:22.60	38:34.00	00:11.40	12:23/M
148	Laurie Robison	Des Moines IA	187	46	16 F 40-49	38:24.15	38:48.10	00:23.95	12:23/M
149	Sammy Branstad-Phillips	IA	236	8	11 M 1-14	39:37.10	39:49.85	00:12.75	12:47/M
150	Christine Branstad	Des Moines IA	83	40	17 F 40-49	39:37.60	39:50.35	00:12.75	12:47/M
151	Lisa Ohnemus	Indianola IA	179	32	34 F 30-39	41:30.90	41:50.55	00:19.65	13:23/M
152	Taylor Fouch	Altoona IA	115	15	2 F 15-18	42:10.25	42:18.70	00:08.45	13:36/M
153	Valarie Timm	Indianola IA	207	41	18 F 40-49	43:03.50	43:19.15	00:15.65	13:53/M
154	Curtis Seals	Norwalk IA	195	7	12 M 1-14	43:27.80	43:29.10	00:01.30	14:01/M
155	Molly Morrow	West Des Moines IA	170	27	26 F 19-29	50:40.85	51:28.20	00:47.35	16:21/M
156	Briana Neff	Waukee IA	176	22	27 F 19-29	50:40.90	51:27.90	00:47.00	16:21/M

10k

Place	Name	City	Bib No	Age	Age Group	Chip Time	Gun Time	Diff	Pace
1	Angie Dudman	IA	242	47	**** F 40-49	45:11.85	45:13.85	00:02.00	7:17/M
2	Todd Fee	Norwalk IA	23	34	**** M 30-39	45:52.65	45:56.10	00:03.45	7:24/M
3	Ryan Richard	West Des Moines IA	57	25	1 M 19-29	45:56.30	45:59.55	00:03.25	7:25/M
4	Zach Anderson	West Des Moines IA	2	27	2 M 19-29	47:14.50	47:27.90	00:13.40	7:37/M
5	William Edwards	Des Moines IA	18	28	3 M 19-29	47:32.35	47:43.65	00:11.30	7:40/M
6	Brent Pierson	Pella IA	56	43	1 M 40-49	47:37.90	47:39.45	00:01.55	7:41/M
7	Ryan Mulholland	Ankeny IA	48	30	1 M 30-39	48:34.70	48:59.85	00:25.15	7:50/M
8	Dallas Lehman	Van Meter IA	42	19	4 M 19-29	49:07.05	49:13.40	00:06.35	7:55/M
9	Stacy Berenguel	Des Moines IA	4	30	1 F 30-39	49:37.00	49:46.00	00:09.00	8:00/M
10	Tami Draper	Des Moines IA	16	38	2 F 30-39	49:41.20	49:50.55	00:09.35	8:01/M
11	Allie Elliott	Indianola IA	19	14	1 F 1-14	50:37.85	50:47.20	00:09.35	8:10/M
12	Kevin Hall	Johnston IA	31	38	2 M 30-39	50:53.00	51:02.65	00:09.65	8:12/M
13	Jenny Schulte	Coralville IA	63	27	1 F 19-29	51:06.35	51:09.85	00:03.50	8:15/M
14	Jill Montag	IA	228	31	3 F 30-39	51:09.50	51:18.15	00:08.65	8:15/M
15	Jason Reynolds	IA	240	35	3 M 30-39	51:25.75	51:35.90	00:10.15	8:18/M
16	David Desing	Urbandale IA	14	46	2 M 40-49	51:44.15	51:49.05	00:04.90	8:21/M
17	Darin Hirl	Norwalk IA	35	35	4 M 30-39	51:57.65	52:19.45	00:21.80	8:23/M
18	Josh Chapman	De Soto IA	11	27	5 M 19-29	52:02.40	52:23.75	00:21.35	8:24/M
19	James Arthur	Des Moines IA	3	45	3 M 40-49	52:06.80	52:13.45	00:06.65	8:24/M
20	Lori Meyers	West Des Moines IA	46	31	4 F 30-39	52:58.80	53:07.40	00:08.60	8:33/M
21	Jessica Schmitt	Urbandale IA	61	28	2 F 19-29	52:59.50	53:07.80	00:08.30	8:33/M
22	Sue Holden	Des Moines IA	36	44	1 F 40-49	53:15.00	53:26.55	00:11.55	8:35/M
23	Ana Allen	West Des Moines IA	1	36	5 F 30-39	53:19.10	53:23.85	00:04.75	8:36/M
24	Andy Kaufman	IA	253	29	6 M 19-29	53:47.75	54:09.20	00:21.45	8:40/M
25	Zeb Sullivan	IA	252	30	5 M 30-39	54:16.30	54:38.70	00:22.40	8:45/M
26	Christie Sullivan	IA	251	25	3 F 19-29	54:16.45	54:39.00	00:22.55	8:45/M
27	Wilma Osmun	Creston IA	52	49	2 F 40-49	54:45.20	55:00.85	00:15.65	8:50/M
28	Sheila McAlpine	White Bear Lake MN	45	37	6 F 30-39	55:59.50	56:09.85	00:10.35	9:02/M
29	Crista Gilmore	West Des Moines IA	28	22	4 F 19-29	57:50.45	58:03.70	00:13.25	9:20/M
30	Michelle Grandstaff	Des Moines IA	29	35	7 F 30-39	58:10.45	58:13.25	00:02.80	9:23/M
31	Brenda Colvin	Pella IA	12	32	8 F 30-39	58:34.25	58:38.70	00:04.45	9:27/M
32	Barb Finney	Pella IA	25	39	9 F 30-39	58:34.70	58:38.80	00:04.10	9:27/M
33	Dixie Palm	Altoona IA	54	40	3 F 40-49	58:37.10	58:41.40	00:04.30	9:27/M
34	Joshua Bertocki	Des Moines IA	5	25	7 M 19-29	59:18.65	59:26.95	00:08.30	9:34/M
35	Noah Wolter	Urbandale IA	66	37	6 M 30-39	1:00:00.80	1:00:07.30	00:06.50	9:41/M
36	Theresa Newton	Des Moines IA	49	35	10 F 30-39	1:00:09.10	1:00:18.50	00:09.40	9:42/M
37	Emily Kehoe	Des Moines IA	39	34	11 F 30-39	1:00:09.40	1:00:18.80	00:09.40	9:42/M

38	Angie Elliott	Indianola IA	20	45	4 F 40-49	1:00:58.35	1:01:07.95	00:09.60	9:50/M
39	Megan Hollingsworth	Urbandale IA	37	31	12 F 30-39	1:01:29.50	1:01:53.50	00:24.00	9:55/M
40	Angela Frohwein	Clive IA	26	36	13 F 30-39	1:01:30.70	1:01:54.40	00:23.70	9:55/M
41	Cybrill Livingood	Des Moines IA	43	32	14 F 30-39	1:01:41.80	1:01:47.85	00:06.05	9:57/M
42	Kari Moyer	Clive IA	47	24	5 F 19-29	1:01:45.10	1:01:54.15	00:09.05	9:58/M
43	Ann Greubel	Indianola IA	30	58	1 F 50-59	1:01:55.20	1:02:00.10	00:04.90	9:59/M
44	Paul Sapp	Des Moines IA	60	42	4 M 40-49	1:02:34.40	1:02:54.40	00:20.00	10:05/M
45	Kim Sapp	Des Moines IA	59	28	6 F 19-29	1:02:35.00	1:02:54.20	00:19.20	10:06/M
46	Jaime Drewis	Bondurant IA	17	31	15 F 30-39	1:03:41.30	1:04:00.60	00:19.30	10:16/M
47	Brandie Overton	Des Moines IA	53	25	7 F 19-29	1:03:47.65	1:04:07.30	00:19.65	10:17/M
48	Cassie Larsen	Des Moines IA	41	26	8 F 19-29	1:04:17.00	1:04:54.70	00:37.70	10:22/M
49	Bev Hickman	Indianola IA	33	54	2 F 50-59	1:04:34.30	1:04:39.10	00:04.80	10:25/M
50	Tina Brennecke	Polk City IA	6	40	5 F 40-49	1:04:37.25	1:04:43.45	00:06.20	10:25/M
51	Katie Ochanpaugh	Cumming IA	50	29	9 F 19-29	1:05:27.95	1:05:47.30	00:19.35	10:33/M
52	Kathy Daup	Bondurant IA	13	57	3 F 50-59	1:07:27.80	1:07:44.20	00:16.40	10:53/M
53	Renee Gillette	Ankeny IA	27	39	16 F 30-39	1:07:28.35	1:07:44.65	00:16.30	10:53/M
54	Alisa Schneider	West Des Moines IA	62						