

RUNorwalk 8K Run

May 13, 2006

Norwalk,Iowa

		Overall	Men	Women	Age Groups	5K walk results		
Place	Div/Tot	Name	City	St	Age	S	Time	Pace
=====	=====	=====	=====	==	==	=	=====	=====
1	1/24	Marty Dalton	Stuart	IA	30	M	24:45	4:59
2	1/13	Jamie Stanford	Creston	IA	25	M	26:00	5:14
3	2/24	Rob Semelruth	Des Moines	IA	31	M	26:16	5:17
4	3/24	Julius Rotich	Des Moines	IA	30	M	26:58	5:26
5	4/24	Kevin Barnes	Indianola	IA	34	M	27:20	5:30
6	1/21	Todd Haugen	Story City	IA	43	M	29:12	5:53
7	2/13	Eric Bates	Des Moines	IA	20	M	29:12	5:53
8	1/11	Kristy Feldman	West Des Moines	IA	26	F	29:44	5:59
9	1/19	Jenny Weber	W. Des Moines	IA	33	F	30:15	6:06
10	5/24	Durwin Sauer	Norwalk	IA	39	M	30:50	6:12
11	1/19	Justin Arey	Norwalk	IA	14	M	31:22	6:19
12	3/13	Russell Anthofer	Norwalk	IA	27	M	31:32	6:21
13	6/24	Dale Tunender	Norwalk	IA	38	M	31:44	6:23
14	2/21	Mark Berkenpas	Norwalk	IA	40	M	31:57	6:26
15	4/13	Derek McChurch	Des Moines	IA	25	M	32:20	6:31
16	7/24	Edward Duckworth	Indianola	IA	38	M	32:31	6:33
17	8/24	Brent Cooper	W. Des Moines	IA	38	M	33:23	6:43
18	2/19	Tiffany Thompson	Norwalk	IA	31	F	33:30	6:45
19	3/21	Jeff Feder	Norwalk	IA	45	M	33:31	6:45
20	2/19	Zach Wood	Norwalk	IA	12	M	33:32	6:45
21	3/19	David Carpenter	Norwalk	IA	15	M	33:32	6:45
22	3/19	Angie Palen	Norwalk	IA	35	F	33:39	6:47
23	4/21	Mark Sraman	West Des Moines		47	M	33:40	6:47
24	9/24	Alan Wood	Norwalk	IA	36	M	34:10	6:53
25	10/24	Randy Bickham	Indianola	IA	37	M	34:24	6:56
26	5/13	David Graham	Norwalk	IA	22	M	34:33	6:57
27	4/19	Kyle Coates	Norwalk	IA	14	M	34:50	7:01
28	1/9	Maggie Thompson	Perry	IA	40	F	35:02	7:03
29	5/19	Blair Cooper	Norwalk	IA	14	M	35:07	7:04
30	11/24	Richard Mockobee	Norwalk	IA	38	M	35:09	7:05
31	2/9	Carla Stoner	West Des Moines	IA	43	F	35:14	7:06
32	5/21	Chuck Fritz	Clive	IA	41	M	35:30	7:09
33	1/3	Steve Taylor	Des Moines	IA	54	M	35:41	7:11
34	2/3	Arnold Dewaard	Polk City	IA	52	M	35:51	7:13
35	12/24	Matt Palen	Norwalk	IA	38	M	35:55	7:14
36	13/24	Brent Monson	Des Moines	IA	36	M	36:17	7:18
37	14/24	Warren Bush	Norwalk	IA	31	M	36:24	7:20
38	6/13	Robert Shepherd	Indianola	IA	26	M	37:17	7:30
39	15/24	Sean Arndt	Norwalk	IA	39	M	37:41	7:35
40	16/24	David Larson	West Des Moines	IA	34	M	37:44	7:36
41	6/21	Mike Simpson	Norwalk	IA	45	M	37:50	7:37
42	7/21	Alan Urlis	Norwalk	IA	42	M	37:54	7:38
43	7/13	Ryan Thompson	Norwalk	IA	25	M	37:56	7:38
44	6/19	Ben Simpson	Norwalk	IA	15	M	38:03	7:40
45	8/21	Mike Miller	Norwalk	IA	45	M	38:08	7:41
46	3/9	Becky Nichals	Des Moines	IA	45	F	38:13	7:42
47	7/19	David McCormick	Norwalk	IA	12	M	38:37	7:46
48	1/9	Becca Bott	Clive	IA	13	F	38:45	7:48
49	8/13	Bryan Weible	Waukee	IA	29	M	38:55	7:50
50	9/21	Otis Crain	Norwalk	IA	42	M	38:58	7:51
51	8/19	Jake Powers	Indianola	IA	14	M	39:01	7:51
52	10/21	David Viggers	Norwalk	IA	43	M	39:01	7:51
53	11/21	Brad Cooper	Norwalk	IA	40	M	39:22	7:56
54	9/19	Zachary Viggers	Norwalk	IA	15	M	39:27	7:57

55	4/19	Katie Thilges	Ankeny	IA	32 F	39:32	7:58
56	9/13	Jeff Dawson	Norwalk	IA	29 M	39:43	8:00
57	10/13	Ryan Hennigan	Urbandale	IA	26 M	39:48	8:01
58	17/24	Robert Burnett	Norwalk	IA	35 M	40:17	8:07
59	1/3	Chance Sauer	Norwalk	IA	10 M	40:25	8:08
60	12/21	James McGraw	Waukee	IA	44 M	40:32	8:10
61	2/9	Kirsten Houk	Norwalk	IA	14 F	41:03	8:16
62	13/21	Tim Houk	Norwalk	IA	40 M	41:04	8:16
63	3/3	Ken Birkenholtz	Indianola	IA	55 M	41:09	8:17
64	10/19	Joe Bott	Clive	IA	12 M	41:46	8:24
65	14/21	Doug Richardson	Norwalk	IA	47 M	41:52	8:26
66	3/9	Alyssa Tolliver	Norwalk	IA	15 F	41:53	8:26
67	4/9	Kelli Hildreth	Norwalk	IA	18 F	41:53	8:26
68	18/24	Doug Eichholz	Waukee	IA	35 M	41:55	8:26
69	19/24	Scott Richardson	Norwalk	IA	39 M	41:55	8:26
70	5/19	Jenny Dowil	West Des Moines	IA	31 F	41:58	8:27
71	11/19	Joshua Viggers	Norwalk	IA	15 M	42:15	8:30
72	1/3	Doug Shull	Indianola	IA	63 M	42:16	8:31
73	12/19	Zach Elliott	Norwalk	IA	12 M	42:22	8:32
74	2/11	Chrissy Shelledy	West Des Moines	IA	28 F	42:22	8:32
75	15/21	Dan Gornick	Norwalk	IA	41 M	42:24	8:32
76	6/19	Anne Hampton	Norwalk	IA	36 F	42:34	8:34
77	5/9	Danielle Hampton	Norwalk	IA	14 F	42:34	8:34
78	4/9	Denna Mitchell	Greenfield	IA	41 F	42:45	8:36
79	5/9	Maryjane Sharp	Norwalk	IA	40 F	42:56	8:39
80	3/11	Joni Shepherd	Indianola	IA	23 F	42:58	8:39
81	6/9	Brenda McGraw	Waukee	IA	44 F	42:58	8:39
82	7/9	Maribeth Wright	Norwalk	IA	40 F	43:08	8:41
83	7/19	Jodi Powers	Indianola	IA	35 F	43:17	8:43
84	8/19	Nancy Tunender	Norwalk	IA	39 F	43:21	8:44
85	2/3	Jack Matthews	Stuart	IA	62 M	43:27	8:45
86	20/24	Ryan Ellis	Indianola	IA	35 M	43:35	8:46
87	2/3	Sam Bott	Clive	IA	8 M	43:37	8:47
88	4/11	Lauren Kummerer	Norwalk	IA	26 F	44:00	8:52
89	5/11	Katie Graham	Indianola	IA	24 F	44:07	8:53
90	16/21	Frank Bott	Clive	IA	43 M	44:10	8:53
91	17/21	Steve Raymond	Winterset	IA	46 M	44:11	8:54
92	21/24	Kent Wulf	Norwalk	IA	35 M	44:12	8:54
93	9/19	Monica McAlpin	Norwalk	IA	34 F	44:24	8:56
94	13/19	Marcus Johnson	Norwalk	IA	12 M	44:28	8:57
95	14/19	Aaron Jones	Norwalk	IA	15 M	44:28	8:57
96	6/11	Jane Jensen	St Carlise	IA	28 F	44:58	9:03
97	7/11	Amy Zirkelbach	Norwalk	IA	26 F	44:58	9:03
98	3/3	Gene Harding	Des Moines	IA	75 M	45:09	9:05
99	22/24	Steve Yach	Chicago	IL	35 M	45:17	9:07
100	8/11	Daphne Monson	Des Moines	IA	28 F	45:19	9:07
101	10/19	Tina Lansing	Ankeny	IA	30 F	45:24	9:08
102	15/19	Jon Potter	Monroe	IA	17 M	45:48	9:13
103	11/19	Jill Patava	Norwalk	IA	38 F	45:50	9:14
104	16/19	Cody Arndt	Norwalk	IA	14 M	45:50	9:14
105	12/19	Sara Neil	Norwalk	IA	36 F	46:05	9:17
106	18/21	Tom Guessford	Norwalk	IA	42 M	46:18	9:19
107	23/24	Chris Storesund	Guthrie Center	IA	35 M	46:51	9:26
108	24/24	Terrell Murphy	Norwalk	IA	36 M	46:52	9:26
109	8/9	Vicki Bott	Clive	IA	41 F	47:41	9:36
110	9/11	Maureen Winslow	West Des Moines	IA	27 F	48:04	9:41
111	10/11	Amy Fagan	Des Moines	IA	26 F	48:05	9:41
112	1/1	Ann Greubel	Indianola	IA	56 F	48:08	9:41
113	13/19	Cindy Simpson	Norwalk	IA	39 F	48:16	9:43
114	11/11	Leah Anderson	Norwalk	IA	25 F	48:17	9:43
115	9/9	Joleen Perkins	Golden Valley	MN	45 F	48:26	9:45
116	19/21	Ken Bratt	Norwalk	IA	41 M	48:47	9:49
117	11/13	Eric Thompson	Norwalk	IA	25 M	48:50	9:50
118	12/13	Mike Shelledy	Norwalk	IA	29 M	49:09	9:54
119	17/19	Jake Simpson	Norwalk	IA	11 M	49:27	9:57
120	14/19	Karen Morkin	Des Moines	IA	33 F	49:52	10:02
121	3/3	Chris Higgins	Norwalk	IA	10 M	50:24	10:09

122	18/19	Alex Landgrebe	Norwalk	IA	12 M	51:22	10:20
123	15/19	Jennifer Berkey	Des Moines	IA	30 F	51:47	10:25
124	20/21	Ed Landgrebe	Norwalk	IA	46 M	51:49	10:26
125	16/19	Dannelle Hughes	Des Moines	IA	37 F	52:15	10:31
126	17/19	Lisa Behrends	Norwalk	IA	34 F	52:30	10:34
127	18/19	Hollee Milligan	Pella	IA	36 F	53:41	10:48
128	13/13	Lucas Freed	West Des Moines	IA	28 M	53:52	10:50
129	6/9	Erin Sharp	Norwalk	IA	11 F	54:19	10:56
130	19/19	Ben Elliott	Norwalk	IA	11 M	54:19	10:56
131	19/19	Sharyl Sauer	Norwalk	IA	36 F	54:26	10:57
132	21/21	Will Safris	Johnston	IA	40 M	57:46	11:38
133	7/9	Jacqueline Hauben	Norwalk	IA	15 F	59:39	12:00
134	8/9	Emily Graham	Indianola	IA	16 F	59:47	12:02
135	9/9	Brittani McAninch	Norwalk	IA	16 F	59:48	12:02

[Overall](#) [Men](#) [Women](#) [Age Groups](#) [5K walk results](#)

MALE 8K RESULTS

Place	No.	Name	City	St	Age	S	Time	Pace
=====	=====	=====	=====	==	=====	=	=====	=====
1	218	Marty Dalton	Stuart	IA	30 M		24:45	4:59
2	161	Jamie Stanford	Creston	IA	25 M		26:00	5:14
3	209	Rob Semelruth	Des Moines	IA	31 M		26:16	5:17
4	207	Julius Rotich	Des Moines	IA	30 M		26:58	5:26
5	53	Kevin Barnes	Indianola	IA	34 M		27:20	5:30
6	93	Todd Haugen	Story City	IA	43 M		29:12	5:53
7	208	Eric Bates	Des Moines	IA	20 M		29:12	5:53
8	145	Durwin Sauer	Norwalk	IA	39 M		30:50	6:12
9	51	Justin Arey	Norwalk	IA	14 M		31:22	6:19
10	59	Russell Anthofer	Norwalk	IA	27 M		31:32	6:21
11	174	Dale Tunender	Norwalk	IA	38 M		31:44	6:23
12	56	Mark Berkenpas	Norwalk	IA	40 M		31:57	6:26
13	205	Derek McChurch	Des Moines	IA	25 M		32:20	6:31
14	74	Edward Duckworth	Indianola	IA	38 M		32:31	6:33
15	226	Brent Cooper	W. Des Moines	IA	38 M		33:23	6:43
16	81	Jeff Feder	Norwalk	IA	45 M		33:31	6:45
17	183	Zach Wood	Norwalk	IA	12 M		33:32	6:45
18	206	David Carpenter	Norwalk	IA	15 M		33:32	6:45
19	211	Mark Sraman	West Des Moines		47 M		33:40	6:47
20	182	Alan Wood	Norwalk	IA	36 M		34:10	6:53
21	215	Randy Bickham	Indianola	IA	37 M		34:24	6:56
22	213	David Graham	Norwalk	IA	22 M		34:33	6:57
23	202	Kyle Coates	Norwalk	IA	14 M		34:50	7:01
24	71	Blair Cooper	Norwalk	IA	14 M		35:07	7:04
25	124	Richard Mockobee	Norwalk	IA	38 M		35:09	7:05
26	204	Chuck Fritz	Clive	IA	41 M		35:30	7:09
27	166	Steve Taylor	Des Moines	IA	54 M		35:41	7:11
28	210	Arnold Dewaard	Polk City	IA	52 M		35:51	7:13
29	134	Matt Palen	Norwalk	IA	38 M		35:55	7:14
30	126	Brent Monson	Des Moines	IA	36 M		36:17	7:18
31	203	Warren Bush	Norwalk	IA	31 M		36:24	7:20
32	154	Robert Shepherd	Indianola	IA	26 M		37:17	7:30
33	52	Sean Arndt	Norwalk	IA	39 M		37:41	7:35
34	188	David Larson	West Des Moines	IA	34 M		37:44	7:36
35	159	Mike Simpson	Norwalk	IA	45 M		37:50	7:37
36	178	Alan Urlis	Norwalk	IA	42 M		37:54	7:38
37	167	Ryan Thompson	Norwalk	IA	25 M		37:56	7:38
38	158	Ben Simpson	Norwalk	IA	15 M		38:03	7:40
39	120	Mike Miller	Norwalk	IA	45 M		38:08	7:41
40	116	David McCormick	Norwalk	IA	12 M		38:37	7:46
41	180	Bryan Weible	Waukee	IA	29 M		38:55	7:50

42	187	Otis Crain	Norwalk	IA	42	M	38:58	7:51
43	140	Jake Powers	Indianola	IA	14	M	39:01	7:51
44	179	David Viggers	Norwalk	IA	43	M	39:01	7:51
45	70	Brad Cooper	Norwalk	IA	40	M	39:22	7:56
46	176	Zachary Viggers	Norwalk	IA	15	M	39:27	7:57
47	72	Jeff Dawson	Norwalk	IA	29	M	39:43	8:00
48	94	Ryan Hennigan	Urbandale	IA	26	M	39:48	8:01
49	67	Robert Burnett	Norwalk	IA	35	M	40:17	8:07
50	147	Chance Sauer	Norwalk	IA	10	M	40:25	8:08
51	118	James McGraw	Waukee	IA	44	M	40:32	8:10
52	98	Tim Houk	Norwalk	IA	40	M	41:04	8:16
53	60	Ken Birkenholtz	Indianola	IA	55	M	41:09	8:17
54	64	Joe Bott	Clive	IA	12	M	41:46	8:24
55	143	Doug Richardson	Norwalk	IA	47	M	41:52	8:26
56	75	Doug Eichholz	Waukee	IA	35	M	41:55	8:26
57	144	Scott Richardson	Norwalk	IA	39	M	41:55	8:26
58	177	Joshua Viggers	Norwalk	IA	15	M	42:15	8:30
59	155	Doug Shull	Indianola	IA	63	M	42:16	8:31
60	200	Zach Elliott	Norwalk	IA	12	M	42:22	8:32
61	85	Dan Gornick	Norwalk	IA	41	M	42:24	8:32
62	113	Jack Matthews	Stuart	IA	62	M	43:27	8:45
63	77	Ryan Ellis	Indianola	IA	35	M	43:35	8:46
64	65	Sam Bott	Clive	IA	8	M	43:37	8:47
65	62	Frank Bott	Clive	IA	43	M	44:10	8:53
66	142	Steve Raymond	Winterset	IA	46	M	44:11	8:54
67	185	Kent Wulf	Norwalk	IA	35	M	44:12	8:54
68	102	Marcus Johnson	Norwalk	IA	12	M	44:28	8:57
69	103	Aaron Jones	Norwalk	IA	15	M	44:28	8:57
70	222	Gene Harding	Des Moines	IA	75	M	45:09	9:05
71	217	Steve Yach	Chicago	IL	35	M	45:17	9:07
72	139	Jon Potter	Monroe	IA	17	M	45:48	9:13
73	196	Cody Arndt	Norwalk	IA	14	M	45:50	9:14
74	88	Tom Guessford	Norwalk	IA	42	M	46:18	9:19
75	165	Chris Storesund	Guthrie Center	IA	35	M	46:51	9:26
76	129	Terrell Murphy	Norwalk	IA	36	M	46:52	9:26
77	66	Ken Bratt	Norwalk	IA	41	M	48:47	9:49
78	170	Eric Thompson	Norwalk	IA	25	M	48:50	9:50
79	150	Mike Shelledy	Norwalk	IA	29	M	49:09	9:54
80	157	Jake Simpson	Norwalk	IA	11	M	49:27	9:57
81	96	Chris Higgins	Norwalk	IA	10	M	50:24	10:09
82	106	Alex Landgrebe	Norwalk	IA	12	M	51:22	10:20
83	105	Ed Landgrebe	Norwalk	IA	46	M	51:49	10:26
84	83	Lucas Freed	West Des Moines	IA	28	M	53:52	10:50
85	201	Ben Elliott	Norwalk	IA	11	M	54:19	10:56
86	221	Will Safris	Johnston	IA	40	M	57:46	11:38

[Overall](#)

[Men](#)

[Women](#)

[Age Groups](#)

[5K walk results](#)

FEMALE 8K RESULTS

Place	No.	Name	City	St	Age	S	Time	Pace
=====	=====	=====	=====	==	==	=	=====	=====
1	82	Kristy Feldman	West Des Moines	IA	26	F	29:44	5:59
2	212	Jenny Weber	W. Des Moines	IA	33	F	30:15	6:06
3	169	Tiffany Thompson	Norwalk	IA	31	F	33:30	6:45
4	135	Angie Palen	Norwalk	IA	35	F	33:39	6:47
5	168	Maggie Thompson	Perry	IA	40	F	35:02	7:03
6	164	Carla Stoner	West Des Moines	IA	43	F	35:14	7:06
7	133	Becky Nichals	Des Moines	IA	45	F	38:13	7:42
8	63	Becca Bott	Clive	IA	13	F	38:45	7:48
9	193	Katie Thilges	Ankeny	IA	32	F	39:32	7:58
10	97	Kirsten Houk	Norwalk	IA	14	F	41:03	8:16
11	172	Alyssa Tolliver	Norwalk	IA	15	F	41:53	8:26
12	216	Kelli Hildreth	Norwalk	IA	18	F	41:53	8:26

13	73	Jenny Dowil	West Des Moines	IA	31	F	41:58	8:27
14	152	Chrissy Shelledy	West Des Moines	IA	28	F	42:22	8:32
15	90	Anne Hampton	Norwalk	IA	36	F	42:34	8:34
16	91	Danielle Hampton	Norwalk	IA	14	F	42:34	8:34
17	123	Denna Mitchell	Greenfield	IA	41	F	42:45	8:36
18	148	Maryjane Sharp	Norwalk	IA	40	F	42:56	8:39
19	153	Joni Shepherd	Indianola	IA	23	F	42:58	8:39
20	117	Brenda McGraw	Waukee	IA	44	F	42:58	8:39
21	184	Maribeth Wright	Norwalk	IA	40	F	43:08	8:41
22	141	Jodi Powers	Indianola	IA	35	F	43:17	8:43
23	173	Nancy Tunender	Norwalk	IA	39	F	43:21	8:44
24	220	Lauren Kummerer	Norwalk	IA	26	F	44:00	8:52
25	86	Katie Graham	Indianola	IA	24	F	44:07	8:53
26	114	Monica McAlpin	Norwalk	IA	34	F	44:24	8:56
27	214	Jane Jensen	St Carlise	IA	28	F	44:58	9:03
28	186	Amy Zirkelbach	Norwalk	IA	26	F	44:58	9:03
29	125	Daphne Monson	Des Moines	IA	28	F	45:19	9:07
30	107	Tina Lansing	Ankeny	IA	30	F	45:24	9:08
31	136	Jill Patava	Norwalk	IA	38	F	45:50	9:14
32	130	Sara Neil	Norwalk	IA	36	F	46:05	9:17
33	61	Vicki Bott	Clive	IA	41	F	47:41	9:36
34	181	Maureen Winslow	West Des Moines	IA	27	F	48:04	9:41
35	80	Amy Fagan	Des Moines	IA	26	F	48:05	9:41
36	223	Ann Greubel	Indianola	IA	56	F	48:08	9:41
37	156	Cindy Simpson	Norwalk	IA	39	F	48:16	9:43
38	219	Leah Anderson	Norwalk	IA	25	F	48:17	9:43
39	138	Joleen Perkins	Golden Valley	MN	45	F	48:26	9:45
40	128	Karen Morkin	Des Moines	IA	33	F	49:52	10:02
41	57	Jennifer Berkey	Des Moines	IA	30	F	51:47	10:25
42	99	Dannelle Hughes	Des Moines	IA	37	F	52:15	10:31
43	54	Lisa Behrends	Norwalk	IA	34	F	52:30	10:34
44	198	Hollee Milligan	Pella	IA	36	F	53:41	10:48
45	149	Erin Sharp	Norwalk	IA	11	F	54:19	10:56
46	146	Sharyl Sauer	Norwalk	IA	36	F	54:26	10:57
47	92	Jacqueline Hauben	Norwalk	IA	15	F	59:39	12:00
48	87	Emily Graham	Indianola	IA	16	F	59:47	12:02
49	115	Brittani McAninch	Norwalk	IA	16	F	59:48	12:02

[Overall](#)

[Men](#)

[Women](#)

[Age Groups](#)

[5K walk results](#)

MALE 8K AGE GROUP RESULTS 1 - 10

Place	No.	Name	City	St	Age	S	Time	Pace
=====	=====	=====	=====	==	==	=	=====	=====
1	147	Chance Sauer	Norwalk	IA	10	M	40:25	8:08
2	65	Sam Bott	Clive	IA	8	M	43:37	8:47
3	96	Chris Higgins	Norwalk	IA	10	M	50:24	10:09

FEMALE 8K AGE GROUP RESULTS 11 - 19

Place	No.	Name	City	St	Age	S	Time	Pace
=====	=====	=====	=====	==	==	=	=====	=====
1	63	Becca Bott	Clive	IA	13	F	38:45	7:48
2	97	Kirsten Houk	Norwalk	IA	14	F	41:03	8:16
3	172	Alyssa Tolliver	Norwalk	IA	15	F	41:53	8:26
4	216	Kelli Hildreth	Norwalk	IA	18	F	41:53	8:26
5	91	Danielle Hampton	Norwalk	IA	14	F	42:34	8:34
6	149	Erin Sharp	Norwalk	IA	11	F	54:19	10:56
7	92	Jacqueline Hauben	Norwalk	IA	15	F	59:39	12:00
8	87	Emily Graham	Indianola	IA	16	F	59:47	12:02
9	115	Brittani McAninch	Norwalk	IA	16	F	59:48	12:02

MALE 8K AGE GROUP RESULTS 11 - 19

Place	No.	Name	City	St	Age	S	Time	Pace
=====	=====	=====	=====	==	==	=	=====	=====
1	51	Justin Arey	Norwalk	IA	14	M	31:22	6:19
2	183	Zach Wood	Norwalk	IA	12	M	33:32	6:45
3	206	David Carpenter	Norwalk	IA	15	M	33:32	6:45
4	202	Kyle Coates	Norwalk	IA	14	M	34:50	7:01
5	71	Blair Cooper	Norwalk	IA	14	M	35:07	7:04
6	158	Ben Simpson	Norwalk	IA	15	M	38:03	7:40
7	116	David McCormick	Norwalk	IA	12	M	38:37	7:46
8	140	Jake Powers	Indianola	IA	14	M	39:01	7:51
9	176	Zachary Viggers	Norwalk	IA	15	M	39:27	7:57
10	64	Joe Bott	Clive	IA	12	M	41:46	8:24
11	177	Joshua Viggers	Norwalk	IA	15	M	42:15	8:30
12	200	Zach Elliott	Norwalk	IA	12	M	42:22	8:32
13	102	Marcus Johnson	Norwalk	IA	12	M	44:28	8:57
14	103	Aaron Jones	Norwalk	IA	15	M	44:28	8:57
15	139	Jon Potter	Monroe	IA	17	M	45:48	9:13
16	196	Cody Arndt	Norwalk	IA	14	M	45:50	9:14
17	157	Jake Simpson	Norwalk	IA	11	M	49:27	9:57
18	106	Alex Landgrebe	Norwalk	IA	12	M	51:22	10:20
19	201	Ben Elliott	Norwalk	IA	11	M	54:19	10:56

FEMALE 8K AGE GROUP RESULTS 20 - 29

Place	No.	Name	City	St	Age	S	Time	Pace
=====	=====	=====	=====	==	==	=	=====	=====
1	82	Kristy Feldman	West Des Moines	IA	26	F	29:44	5:59
2	152	Chrissy Shelledy	West Des Moines	IA	28	F	42:22	8:32
3	153	Joni Shepherd	Indianola	IA	23	F	42:58	8:39
4	220	Lauren Kummerer	Norwalk	IA	26	F	44:00	8:52
5	86	Katie Graham	Indianola	IA	24	F	44:07	8:53
6	214	Jane Jensen	St Carlise	IA	28	F	44:58	9:03
7	186	Amy Zirkelbach	Norwalk	IA	26	F	44:58	9:03
8	125	Daphne Monson	Des Moines	IA	28	F	45:19	9:07
9	181	Maureen Winslow	West Des Moines	IA	27	F	48:04	9:41
10	80	Amy Fagan	Des Moines	IA	26	F	48:05	9:41
11	219	Leah Anderson	Norwalk	IA	25	F	48:17	9:43

MALE 8K AGE GROUP RESULTS 20 - 29

Place	No.	Name	City	St	Age	S	Time	Pace
=====	=====	=====	=====	==	==	=	=====	=====
1	161	Jamie Stanford	Creston	IA	25	M	26:00	5:14
2	208	Eric Bates	Des Moines	IA	20	M	29:12	5:53
3	59	Russell Anthofer	Norwalk	IA	27	M	31:32	6:21
4	205	Derek McChurch	Des Moines	IA	25	M	32:20	6:31
5	213	David Graham	Norwalk	IA	22	M	34:33	6:57
6	154	Robert Shepherd	Indianola	IA	26	M	37:17	7:30
7	167	Ryan Thompson	Norwalk	IA	25	M	37:56	7:38
8	180	Bryan Weible	Waukee	IA	29	M	38:55	7:50
9	72	Jeff Dawson	Norwalk	IA	29	M	39:43	8:00
10	94	Ryan Hennigan	Urbandale	IA	26	M	39:48	8:01
11	170	Eric Thompson	Norwalk	IA	25	M	48:50	9:50
12	150	Mike Shelledy	Norwalk	IA	29	M	49:09	9:54
13	83	Lucas Freed	West Des Moines	IA	28	M	53:52	10:50

FEMALE 8K AGE GROUP RESULTS 30 - 39

Place	No.	Name	City	St	Age	S	Time	Pace
=====	=====	=====	=====	==	==	=	=====	=====
1	212	Jenny Weber	W. Des Moines	IA	33	F	30:15	6:06
2	169	Tiffany Thompson	Norwalk	IA	31	F	33:30	6:45

3	135	Angie Palen	Norwalk	IA	35	F	33:39	6:47
4	193	Katie Thilges	Ankeny	IA	32	F	39:32	7:58
5	73	Jenny Dowil	West Des Moines	IA	31	F	41:58	8:27
6	90	Anne Hampton	Norwalk	IA	36	F	42:34	8:34
7	141	Jodi Powers	Indianola	IA	35	F	43:17	8:43
8	173	Nancy Tunender	Norwalk	IA	39	F	43:21	8:44
9	114	Monica McAlpin	Norwalk	IA	34	F	44:24	8:56
10	107	Tina Lansing	Ankeny	IA	30	F	45:24	9:08
11	136	Jill Patava	Norwalk	IA	38	F	45:50	9:14
12	130	Sara Neil	Norwalk	IA	36	F	46:05	9:17
13	156	Cindy Simpson	Norwalk	IA	39	F	48:16	9:43
14	128	Karen Morkin	Des Moines	IA	33	F	49:52	10:02
15	57	Jennifer Berkey	Des Moines	IA	30	F	51:47	10:25
16	99	Dannelle Hughes	Des Moines	IA	37	F	52:15	10:31
17	54	Lisa Behrends	Norwalk	IA	34	F	52:30	10:34
18	198	Hollee Milligan	Pella	IA	36	F	53:41	10:48
19	146	Sharyl Sauer	Norwalk	IA	36	F	54:26	10:57

MALE 8K AGE GROUP RESULTS 30 - 39

Place	No.	Name	City	St	Age	S	Time	Pace
=====	=====	=====	=====	==	=====	=	=====	=====
1	218	Marty Dalton	Stuart	IA	30	M	24:45	4:59
2	209	Rob Semelruth	Des Moines	IA	31	M	26:16	5:17
3	207	Julius Rotich	Des Moines	IA	30	M	26:58	5:26
4	53	Kevin Barnes	Indianola	IA	34	M	27:20	5:30
5	145	Durwin Sauer	Norwalk	IA	39	M	30:50	6:12
6	174	Dale Tunender	Norwalk	IA	38	M	31:44	6:23
7	74	Edward Duckworth	Indianola	IA	38	M	32:31	6:33
8	226	Brent Cooper	W. Des Moines	IA	38	M	33:23	6:43
9	182	Alan Wood	Norwalk	IA	36	M	34:10	6:53
10	215	Randy Bickham	Indianola	IA	37	M	34:24	6:56
11	124	Richard Mockabee	Norwalk	IA	38	M	35:09	7:05
12	134	Matt Palen	Norwalk	IA	38	M	35:55	7:14
13	126	Brent Monson	Des Moines	IA	36	M	36:17	7:18
14	203	Warren Bush	Norwalk	IA	31	M	36:24	7:20
15	52	Sean Arndt	Norwalk	IA	39	M	37:41	7:35
16	188	David Larson	West Des Moines	IA	34	M	37:44	7:36
17	67	Robert Burnett	Norwalk	IA	35	M	40:17	8:07
18	75	Doug Eichholz	Waukee	IA	35	M	41:55	8:26
19	144	Scott Richardson	Norwalk	IA	39	M	41:55	8:26
20	77	Ryan Ellis	Indianola	IA	35	M	43:35	8:46
21	185	Kent Wulf	Norwalk	IA	35	M	44:12	8:54
22	217	Steve Yach	Chicago	IL	35	M	45:17	9:07
23	165	Chris Storesund	Guthrie Center	IA	35	M	46:51	9:26
24	129	Terrell Murphy	Norwalk	IA	36	M	46:52	9:26

FEMALE 8K AGE GROUP RESULTS 40 - 49

Place	No.	Name	City	St	Age	S	Time	Pace
=====	=====	=====	=====	==	=====	=	=====	=====
1	168	Maggie Thompson	Perry	IA	40	F	35:02	7:03
2	164	Carla Stoner	West Des Moines	IA	43	F	35:14	7:06
3	133	Becky Nichols	Des Moines	IA	45	F	38:13	7:42
4	123	Denna Mitchell	Greenfield	IA	41	F	42:45	8:36
5	148	Maryjane Sharp	Norwalk	IA	40	F	42:56	8:39
6	117	Brenda McGraw	Waukee	IA	44	F	42:58	8:39
7	184	Maribeth Wright	Norwalk	IA	40	F	43:08	8:41
8	61	Vicki Bott	Clive	IA	41	F	47:41	9:36
9	138	Joleen Perkins	Golden Valley	MN	45	F	48:26	9:45

MALE 8K AGE GROUP RESULTS 40 - 49

Place	No.	Name	City	St	Age	S	Time	Pace
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=====	=====	=====	=====	=====	=====	=====	=====
1	93	Todd Haugen	Story City	IA	43	M	29:12 5:53
2	56	Mark Berkenpas	Norwalk	IA	40	M	31:57 6:26
3	81	Jeff Feder	Norwalk	IA	45	M	33:31 6:45
4	211	Mark Sraman	West Des Moines		47	M	33:40 6:47
5	204	Chuck Fritz	Clive	IA	41	M	35:30 7:09
6	159	Mike Simpson	Norwalk	IA	45	M	37:50 7:37
7	178	Alan Urlis	Norwalk	IA	42	M	37:54 7:38
8	120	Mike Miller	Norwalk	IA	45	M	38:08 7:41
9	187	Otis Crain	Norwalk	IA	42	M	38:58 7:51
10	179	David Viggers	Norwalk	IA	43	M	39:01 7:51
11	70	Brad Cooper	Norwalk	IA	40	M	39:22 7:56
12	118	James McGraw	Waukee	IA	44	M	40:32 8:10
13	98	Tim Houk	Norwalk	IA	40	M	41:04 8:16
14	143	Doug Richardson	Norwalk	IA	47	M	41:52 8:26
15	85	Dan Gornick	Norwalk	IA	41	M	42:24 8:32
16	62	Frank Bott	Clive	IA	43	M	44:10 8:53
17	142	Steve Raymond	Winterset	IA	46	M	44:11 8:54
18	88	Tom Guessford	Norwalk	IA	42	M	46:18 9:19
19	66	Ken Bratt	Norwalk	IA	41	M	48:47 9:49
20	105	Ed Landgrebe	Norwalk	IA	46	M	51:49 10:26
21	221	Will Safris	Johnston	IA	40	M	57:46 11:38

FEMALE 8K AGE GROUP RESULTS 50 - 59

Place	No.	Name	City	St	Age	S	Time	Pace
=====	=====	=====	=====	=====	=====	=====	=====	=====
1	223	Ann Greubel	Indianola	IA	56	F	48:08	9:41

MALE 8K AGE GROUP RESULTS 50 - 59

Place	No.	Name	City	St	Age	S	Time	Pace
=====	=====	=====	=====	=====	=====	=====	=====	=====
1	166	Steve Taylor	Des Moines	IA	54	M	35:41	7:11
2	210	Arnold Dewaard	Polk City	IA	52	M	35:51	7:13
3	60	Ken Birkenholtz	Indianola	IA	55	M	41:09	8:17

MALE 8K AGE GROUP RESULTS 60 - 99

Place	No.	Name	City	St	Age	S	Time	Pace
=====	=====	=====	=====	=====	=====	=====	=====	=====
1	155	Doug Shull	Indianola	IA	63	M	42:16	8:31
2	113	Jack Matthews	Stuart	IA	62	M	43:27	8:45
3	222	Gene Harding	Des Moines	IA	75	M	45:09	9:05

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