

RUNorwalk
8K Run & 5K Walk
May 10, 2008
Norwalk, Iowa

[8K Overall](#) [8K Categories](#) [5K Overall](#) [5K Walk](#)

8K RESULTS

Place	Div/Tot	Name	City	St	Age	S	Time	Pace
1	1/8	Rop Kiproelh	West Des Moines	IA	27	M	25:25	5:07
2	2/8	Erik Bates	Des Moines	IA	22	M	27:02	5:27
3	1/12	James Garbett	Ankeny	IA	42	M	28:30	5:44
4	1/20	Anthony Ayala	Norwalk	IA	19	M	29:05	5:51
5	1/20	K2 Barnes	Indianola	IA	36	M	29:49	6:00
6	1/14	Kristy Feldman	West Des Moines	IA	28	F	30:08	6:04
7	1/6	Paul Grinvalds	West Des Moines	IA	50	M	30:15	6:06
8	2/20	Justin Arey	Norwalk	IA	16	M	30:50	6:13
9	2/20	Damon Youmans	Indianola	IA	37	M	30:56	6:14
10	3/20	Zach Wood	Norwalk	IA	14	M	31:35	6:22
11	4/20	David Carpenter	Norwalk	IA	18	M	32:04	6:27
12	2/12	Jeff Feder	Norwalk	IA	47	M	32:05	6:28
13	5/20	Tylar Feder	Norwalk	IA	17	M	32:06	6:28
14	1/12	Carla Stoner	West Des Moines	IA	45	F	32:22	6:31
15	3/20	Chris Albright	Norwalk	IA	33	M	33:10	6:41
16	4/20	Eric Fee	Indianola	IA	33	M	33:15	6:42
17	6/20	Nathan Bergman	Norwalk	IA	17	M	33:46	6:48
18	5/20	George Stock	Norwalk	IA	38	M	34:06	6:52
19	6/20	Alan Wood	Norwalk	IA	38	M	34:34	6:58
20	3/12	Kenneth Overton	Dexter	IA	40	M	34:57	7:02
21	2/6	Roy Ney	Norwalk	IA	59	M	35:00	7:03
22	7/20	Blake Smith	Norwalk	IA	13	M	35:07	7:04
23	3/8	Andy Eagan	Norwalk	IA	29	M	35:13	7:05
24	8/20	Kyle Coates	Norwalk	IA	16	M	35:15	7:06
25	9/20	Blair Cooper	Cumming	IA	16	M	35:17	7:06
26	1/17	Angie Palen	Norwalk	IA	37	F	35:45	7:12
27	4/8	Jason Brehmer	Des Moines	IA	28	M	36:01	7:15
28	10/20	Michael Riordan	Norwalk	IA	11	M	36:05	7:16
29	11/20	Kevin Meinecke	Cumming	IA	11	M	36:12	7:17
30	2/17	Janell Kallenback	Norwalk	IA	35	F	36:15	7:18
31	7/20	Craig Johnson	Norwalk	IA	38	M	36:32	7:21
32	3/17	Jennifer Downe	Norwalk	IA	32	F	36:36	7:22
33	8/20	Travis Clatt	Indianola	IA	37	M	36:48	7:25
34	12/20	Colt Freese	Sully	IA	15	M	37:09	7:29
35	9/20	Darin Hirl	Norwalk	IA	33	M	37:10	7:29
36	10/20	Rich Davit	Norwalk	IA	32	M	37:39	7:35
37	11/20	Christian Engstrom	Waukee	IA	36	M	37:51	7:37
38	4/17	Angie Heim	Norwalk	IA	32	F	37:52	7:37
39	13/20	Nick Wood	Norwalk	IA	19	M	38:08	7:41
40	5/8	Andrew Grimes	Bondurant	IA	27	M	38:11	7:41
41	4/12	Brad Cooper	Norwalk	IA	42	M	38:20	7:43
42	1/1	John Schneller	West Des Moines	IA	64	M	38:32	7:45
43	2/12	Ruth Regehr	Norwalk	IA	41	F	38:33	7:46
44	3/6	Lew Schaefer	Norwalk	IA	56	M	38:44	7:48
45	3/12	Bobbi Snodgrass	Indianola	IA	45	F	38:44	7:48
46	12/20	Bill Chase	Norwalk	IA	34	M	39:09	7:53
47	1/10	Erin Sharp	Norwalk	IA	13	F	39:40	7:59
48	5/17	Anne Hampton	Norwalk	IA	38	F	39:43	8:00
49	13/20	Robert Burnett	Norwalk	IA	37	M	39:52	8:02
50	14/20	Reid Hester	Norwalk	IA	33	M	39:55	8:02

51	14/20	Alex Landgrebe	Norwalk	IA	14 M	40:01	8:03
52	2/14	Angie Jones	Indianola	IA	28 F	40:29	8:09
53	6/17	Laura Juffer	Adel	IA	30 F	40:36	8:10
54	15/20	Brian Bierstedt	Norwalk	IA	38 M	41:07	8:17
55	7/17	Zoe McCuddin	Cumming	IA	31 F	41:16	8:19
56	15/20	Zack Miller	Norwalk	IA	16 M	41:27	8:21
57	5/12	Doug Richardson	Norwalk	IA	49 M	41:34	8:22
58	16/20	Brandon Britt	Norwalk	IA	14 M	41:40	8:23
59	17/20	Tommy Mineart	Norwalk	IA	16 M	41:48	8:25
60	16/20	Terrell Murphy	Norwalk	IA	38 M	42:05	8:28
61	6/12	Chris Miller	Norwalk	IA	41 M	42:29	8:33
62	4/12	Maryjane Sharp	Norwalk	IA	42 F	42:55	8:38
63	17/20	Michael Mealey	Norwalk	IA	38 M	43:30	8:45
64	1/1	Mark Tollefson	Norwalk	IA	9 M	43:42	8:48
65	18/20	Darren Tollefson	Norwalk	IA	37 M	43:42	8:48
66	4/6	Steve Shivers	Pella	IA	56 M	43:42	8:48
67	8/17	Corissa Arndt	Indianola	IA	31 F	44:00	8:51
68	19/20	Tres Bibbins	Des Moines	IA	32 M	44:08	8:53
69	6/8	Justin Dopheide	Des Moines	IA	26 M	44:09	8:53
70	2/10	Stephanie Smiley	Cumming	IA	14 F	44:14	8:54
71	7/8	Pat Desenberg	Des Moines	IA	25 M	44:22	8:56
72	3/10	Elizabeth Purdum	Indianola	IA	14 F	44:25	8:57
73	5/12	Barb Logan	Norwalk	IA	43 F	44:31	8:58
74	7/12	Wayne Ostergaard	Des Moines	IA	45 M	44:38	8:59
75	8/8	Jake Murray	Norwalk	IA	28 M	44:48	9:01
76	4/10	Tori Lutcavish	Norwalk	IA	13 F	45:01	9:04
77	5/10	Samantha Riordan	Norwalk	IA	13 F	45:05	9:05
78	3/14	Jessica Eagan	Norwalk	IA	29 F	45:24	9:08
79	6/12	Roma Snook	Chariton	IA	49 F	45:39	9:11
80	4/14	Kari Murray	Norwalk	IA	27 F	45:44	9:12
81	5/14	Kendra Steuhm	Indianola	IA	25 F	45:45	9:13
82	6/10	Alyssa Tolliver	Norwalk	IA	17 F	45:45	9:13
83	9/17	Nicole Smith	Winterset	IA	30 F	45:59	9:15
84	18/20	Erik Lindeman	Norwalk	IA	14 M	46:14	9:18
85	6/14	Katie Claeys	Urbandale	IA	29 F	46:29	9:22
86	8/12	Tony Mauro	Des Moines	IA	40 M	46:44	9:24
87	7/10	Shelby Mendoza	Norwalk	IA	16 F	46:51	9:26
88	9/12	Phil Weber	Norwalk	IA	41 M	47:01	9:28
89	5/6	Dana Perkins	Golden Valley	MN	50 M	47:13	9:30
90	6/6	Steve Sondall	Norwalk	IA	58 M	47:16	9:31
91	10/12	Brian Hampton	Norwalk	IA	42 M	47:17	9:31
92	7/14	Tami Buhrow	Norwalk	IA	28 F	47:27	9:33
93	11/12	Ken Bratt	Norwalk	IA	43 M	47:46	9:37
94	7/12	Joleen Perkins	Golden Valley	MN	47 F	47:48	9:37
95	10/17	Julie Albright	Norwalk	IA	30 F	47:53	9:38
96	11/17	Michelle Boyd	Indianola	IA	39 F	48:36	9:47
97	12/17	Allyson Schultze	Norwalk	IA	32 F	48:38	9:47
98	12/12	Ken Henke	Norwalk	IA	46 M	48:55	9:51
99	8/14	Amy Zirkelbach	Norwalk	IA	28 F	49:18	9:55
100	8/12	Sherry Smiley	Cumming	IA	41 F	50:08	10:05
101	13/17	Tiffanie Snyder	Des Moines	IA	32 F	50:10	10:06
102	20/20	Scott Bakley	Norwalk	IA	36 M	50:24	10:09
103	9/12	Angela Ellis	Norwalk	IA	45 F	51:04	10:17
104	9/14	Ashlyn Owns	West Des Moines	IA	23 F	51:10	10:18
105	19/20	Wade Hampton	Norwalk	IA	12 M	51:45	10:25
106	10/14	Crista Shawler	Norwalk	IA	28 F	52:01	10:28
107	1/1	Annette Mansheim	Norwalk	IA	53 F	54:02	10:53
108	14/17	Ronda Saddoris	Norwalk	IA	36 F	54:11	10:54
109	15/17	Cara Therme	Red Oak	IA	31 F	55:08	11:06
110	11/14	Stephanie Wilson	Des Moines	IA	29 F	55:12	11:07
111	10/12	Robin Risbeck	Norwalk	IA	48 F	55:20	11:08
112	16/17	Amy Crick	Norwalk	IA	30 F	56:42	11:25

113	11/12	Monica Hegland	Norwalk	IA	40	F	56:42	11:25
114	17/17	Lydia Quick	Johnston	IA	31	F	56:57	11:28
115	8/10	Jessica Newman	Indianola	IA	14	F	58:07	11:42
116	9/10	Melanie Riordan	Norwalk	IA	12	F	58:08	11:42
117	10/10	Justine Baldwin	Norwalk	IA	13	F	58:09	11:42
118	12/12	Jill Mauro	Des Moines	IA	41	F	58:52	11:51
119	20/20	Jacob Arey	Norwalk	IA	17	M	1:02:14	12:32
120	12/14	Andrea Quick	West Des Moines	IA	24	F	1:04:26	12:58
121	13/14	Bailey Miller	Des Moines	IA	22	F	1:04:41	13:01
122	14/14	Camie Jeffries	Norwalk	IA	23	F	1:04:45	13:02

MALE RESULTS

Place	No.	Name	City	St	Age	S	Time	Pace
=====	=====	=====	=====	==	=====	=	=====	=====
1	135	Rop Kiproelh	West Des Moines	IA	27	M	25:25	5:07
2	136	Erik Bates	Des Moines	IA	22	M	27:02	5:27
3	32	James Garbett	Ankeny	IA	42	M	28:30	5:44
4	124	Anthony Ayala	Norwalk	IA	19	M	29:05	5:51
5	7	K2 Barnes	Indianola	IA	36	M	29:49	6:00
6	35	Paul Grinvalds	West Des Moines	IA	50	M	30:15	6:06
7	4	Justin Arey	Norwalk	IA	16	M	30:50	6:13
8	117	Damon Youmans	Indianola	IA	37	M	30:56	6:14
9	116	Zach Wood	Norwalk	IA	14	M	31:35	6:22
10	137	David Carpenter	Norwalk	IA	18	M	32:04	6:27
11	29	Jeff Feder	Norwalk	IA	47	M	32:05	6:28
12	30	Tylar Feder	Norwalk	IA	17	M	32:06	6:28
13	2	Chris Albright	Norwalk	IA	33	M	33:10	6:41
14	129	Eric Fee	Indianola	IA	33	M	33:15	6:42
15	8	Nathan Bergman	Norwalk	IA	17	M	33:46	6:48
16	131	George Stock	Norwalk	IA	38	M	34:06	6:52
17	115	Alan Wood	Norwalk	IA	38	M	34:34	6:58
18	75	Kenneth Overton	Dexter	IA	40	M	34:57	7:02
19	133	Roy Ney	Norwalk	IA	59	M	35:00	7:03
20	122	Blake Smith	Norwalk	IA	13	M	35:07	7:04
21	26	Andy Eagan	Norwalk	IA	29	M	35:13	7:05
22	18	Kyle Coates	Norwalk	IA	16	M	35:15	7:06
23	20	Blair Cooper	Cumming	IA	16	M	35:17	7:06
24	13	Jason Brehmer	Des Moines	IA	28	M	36:01	7:15
25	86	Michael Riordan	Norwalk	IA	11	M	36:05	7:16
26	61	Kevin Meinecke	Cumming	IA	11	M	36:12	7:17
27	123	Craig Johnson	Norwalk	IA	38	M	36:32	7:21
28	119	Travis Clatt	Indianola	IA	37	M	36:48	7:25
29	31	Colt Freese	Sully	IA	15	M	37:09	7:29
30	45	Darin Hirl	Norwalk	IA	33	M	37:10	7:29
31	139	Rich Davit	Norwalk	IA	32	M	37:39	7:35
32	27	Christian Engstrom	Waukee	IA	36	M	37:51	7:37
33	114	Nick Wood	Norwalk	IA	19	M	38:08	7:41
34	34	Andrew Grimes	Bondurant	IA	27	M	38:11	7:41
35	19	Brad Cooper	Norwalk	IA	42	M	38:20	7:43
36	127	John Schneller	West Des Moines	IA	64	M	38:32	7:45
37	94	Lew Schaefer	Norwalk	IA	56	M	38:44	7:48
38	138	Bill Chase	Norwalk	IA	34	M	39:09	7:53
39	15	Robert Burnett	Norwalk	IA	37	M	39:52	8:02
40	43	Reid Hester	Norwalk	IA	33	M	39:55	8:02
41	49	Alex Landgrebe	Norwalk	IA	14	M	40:01	8:03
42	10	Brian Bierstedt	Norwalk	IA	38	M	41:07	8:17
43	65	Zack Miller	Norwalk	IA	16	M	41:27	8:21
44	85	Doug Richardson	Norwalk	IA	49	M	41:34	8:22
45	121	Brandon Britt	Norwalk	IA	14	M	41:40	8:23
46	67	Tommy Mineart	Norwalk	IA	16	M	41:48	8:25

47	69	Terrell Murphy	Norwalk	IA	38 M	42:05	8:28
48	64	Chris Miller	Norwalk	IA	41 M	42:29	8:33
49							
50	108	Mark Tollefson	Norwalk	IA	9 M	43:42	8:48
51	107	Darren Tollefson	Norwalk	IA	37 M	43:42	8:48
52	145	Steve Shivvers	Pella	IA	56 M	43:42	8:48
53	9	Tres Bibbins	Des Moines	IA	32 M	44:08	8:53
54	23	Justin Dopheide	Des Moines	IA	26 M	44:09	8:53
55	143	Pat Desenberry	Des Moines	IA	25 M	44:22	8:56
56	74	Wayne Ostergaard	Des Moines	IA	45 M	44:38	8:59
57	70	Jake Murray	Norwalk	IA	28 M	44:48	9:01
58	51	Erik Lindeman	Norwalk	IA	14 M	46:14	9:18
59	56	Tony Mauro	Des Moines	IA	40 M	46:44	9:24
60	140	Phil Weber	Norwalk	IA	41 M	47:01	9:28
61	79	Dana Perkins	Golden Valley	MN	50 M	47:13	9:30
62	141	Steve Sondall	Norwalk	IA	58 M	47:16	9:31
63	36	Brian Hampton	Norwalk	IA	42 M	47:17	9:31
64	12	Ken Bratt	Norwalk	IA	43 M	47:46	9:37
65	42	Ken Henke	Norwalk	IA	46 M	48:55	9:51
66	5	Scott Bakley	Norwalk	IA	36 M	50:24	10:09
67	39	Wade Hampton	Norwalk	IA	12 M	51:45	10:25
68	3	Jacob Arey	Norwalk	IA	17 M	1:02:14	12:32

FEMALE RESULTS

Place	No.	Name	City	St	Age	S	Time	Pace
=====	=====	=====	=====	==	==	=	=====	=====

1 132 Kristy Feldman West Des Moines IA 28 F 30:08 6:04

2 106 Carla Stoner West Des Moines IA 45 F 32:22 6:31

3	77	Angie Palen	Norwalk	IA	37 F	35:45	7:12
4	134	Janell Kallenback	Norwalk	IA	35 F	36:15	7:18
5	24	Jennifer Downe	Norwalk	IA	32 F	36:36	7:22
6	41	Angie Heim	Norwalk	IA	32 F	37:52	7:37
7	83	Ruth Regehr	Norwalk	IA	41 F	38:33	7:46
8	103	Bobbi Snodgrass	Indianola	IA	45 F	38:44	7:48
9	99	Erin Sharp	Norwalk	IA	13 F	39:40	7:59
10	37	Anne Hampton	Norwalk	IA	38 F	39:43	8:00
11	47	Angie Jones	Indianola	IA	28 F	40:29	8:09
12	48	Laura Juffer	Adel	IA	30 F	40:36	8:10
13	58	Zoe McCuddin	Cumming	IA	31 F	41:16	8:19
14	98	Maryjane Sharp	Norwalk	IA	42 F	42:55	8:38
15	120	Corissa Arndt	Indianola	IA	31 F	44:00	8:51
16	101	Stephanie Smiley	Cumming	IA	14 F	44:14	8:54
17	80	Elizabeth Purdum	Indianola	IA	14 F	44:25	8:57
18	52	Barb Logan	Norwalk	IA	43 F	44:31	8:58
19	53	Tori Lutcavish	Norwalk	IA	13 F	45:01	9:04
20	88	Samantha Riordan	Norwalk	IA	13 F	45:05	9:05
21	25	Jessica Eagan	Norwalk	IA	29 F	45:24	9:08
22	125	Roma Snook	Chariton	IA	49 F	45:39	9:11
23	71	Kari Murray	Norwalk	IA	27 F	45:44	9:12
24	105	Kendra Steuhm	Indianola	IA	25 F	45:45	9:13
25	109	Alyssa Tolliver	Norwalk	IA	17 F	45:45	9:13
26	102	Nicole Smith	Winterset	IA	30 F	45:59	9:15
27	17	Katie Claeys	Urbandale	IA	29 F	46:29	9:22
28	62	Shelby Mendoza	Norwalk	IA	16 F	46:51	9:26
29	14	Tami Buhrow	Norwalk	IA	28 F	47:27	9:33
30	78	Joleen Perkins	Golden Valley	MN	47 F	47:48	9:37
31	1	Julie Albright	Norwalk	IA	30 F	47:53	9:38
32	11	Michelle Boyd	Indianola	IA	39 F	48:36	9:47

33	96	Allyson Schultze	Norwalk	IA	32	F	48:38	9:47
34	118	Amy Zirkelbach	Norwalk	IA	28	F	49:18	9:55
35	100	Sherry Smiley	Cumming	IA	41	F	50:08	10:05
36	104	Tiffanie Snyder	Des Moines	IA	32	F	50:10	10:06
37	144	Angela Ellis	Norwalk	IA	45	F	51:04	10:17
38	76	Ashlyn Owns	West Des Moines	IA	23	F	51:10	10:18
39	126	Crista Shawler	Norwalk	IA	28	F	52:01	10:28
40	54	Annette Mansheim	Norwalk	IA	53	F	54:02	10:53
41	91	Ronda Saddoris	Norwalk	IA	36	F	54:11	10:54
42	128	Cara Therme	Red Oak	IA	31	F	55:08	11:06
43	111	Stephanie Wilson	Des Moines	IA	29	F	55:12	11:07
44	89	Robin Risbeck	Norwalk	IA	48	F	55:20	11:08
45	21	Amy Crick	Norwalk	IA	30	F	56:42	11:25
46	40	Monica Hegland	Norwalk	IA	40	F	56:42	11:25
47	81	Lydia Quick	Johnston	IA	31	F	56:57	11:28
48	72	Jessica Newman	Indianola	IA	14	F	58:07	11:42
49	87	Melanie Riordan	Norwalk	IA	12	F	58:08	11:42
50	6	Justine Baldwin	Norwalk	IA	13	F	58:09	11:42
51	55	Jill Mauro	Des Moines	IA	41	F	58:52	11:51
52	82	Andrea Quick	West Des Moines	IA	24	F	1:04:26	12:58
53	130	Bailey Miller	Des Moines	IA	22	F	1:04:41	13:01
54	260	Camie Jeffryes	Norwalk	IA	23	F	1:04:45	13:02

MALE AGE GROUP RESULTS 1 - 10

Place	No.	Name	City	St	Age	S	Time	Pace
=====	=====	=====	=====	==	==	=	=====	=====
1	108	Mark Tollefson	Norwalk	IA	9	M	43:42	8:48

FEMALE AGE GROUP RESULTS 11 - 19

Place	No.	Name	City	St	Age	S	Time	Pace
=====	=====	=====	=====	==	==	=	=====	=====
1	99	Erin Sharp	Norwalk	IA	13	F	39:40	7:59
2	101	Stephanie Smiley	Cumming	IA	14	F	44:14	8:54
3	80	Elizabeth Purdum	Indianola	IA	14	F	44:25	8:57
4	53	Tori Lutcavish	Norwalk	IA	13	F	45:01	9:04
5	88	Samantha Riordan	Norwalk	IA	13	F	45:05	9:05
6	109	Alyssa Tolliver	Norwalk	IA	17	F	45:45	9:13
7	62	Shelby Mendoza	Norwalk	IA	16	F	46:51	9:26
8	72	Jessica Newman	Indianola	IA	14	F	58:07	11:42
9	87	Melanie Riordan	Norwalk	IA	12	F	58:08	11:42
10	6	Justine Baldwin	Norwalk	IA	13	F	58:09	11:42

MALE AGE GROUP RESULTS 11 - 19

Place	No.	Name	City	St	Age	S	Time	Pace
=====	=====	=====	=====	==	==	=	=====	=====
1	124	Anthony Ayala	Norwalk	IA	19	M	29:05	5:51
2	4	Justin Arey	Norwalk	IA	16	M	30:50	6:13
3	116	Zach Wood	Norwalk	IA	14	M	31:35	6:22
4	137	David Carpenter	Norwalk	IA	18	M	32:04	6:27
5	30	Tylar Feder	Norwalk	IA	17	M	32:06	6:28
6	8	Nathan Bergman	Norwalk	IA	17	M	33:46	6:48
7	122	Blake Smith	Norwalk	IA	13	M	35:07	7:04
8	18	Kyle Coates	Norwalk	IA	16	M	35:15	7:06
9	20	Blair Cooper	Cumming	IA	16	M	35:17	7:06
10	86	Michael Riordan	Norwalk	IA	11	M	36:05	7:16
11	61	Kevin Meinecke	Cumming	IA	11	M	36:12	7:17

12	31	Colt Freese	Sully	IA	15	M	37:09	7:29
13	114	Nick Wood	Norwalk	IA	19	M	38:08	7:41
14	49	Alex Landgrebe	Norwalk	IA	14	M	40:01	8:03
15	65	Zack Miller	Norwalk	IA	16	M	41:27	8:21
16	121	Brandon Britt	Norwalk	IA	14	M	41:40	8:23
17	67	Tommy Mineart	Norwalk	IA	16	M	41:48	8:25
18	51	Erik Lindeman	Norwalk	IA	14	M	46:14	9:18
19	39	Wade Hampton	Norwalk	IA	12	M	51:45	10:25
20	3	Jacob Arey	Norwalk	IA	17	M	1:02:14	12:32

FEMALE AGE GROUP RESULTS 20 - 29

Place	No.	Name	City	St	Age	S	Time	Pace
=====	=====	=====	=====	==	==	=	=====	=====
1	132	Kristy Feldman	West Des Moines	IA	28	F	30:08	6:04
2	47	Angie Jones	Indianola	IA	28	F	40:29	8:09
3	25	Jessica Eagan	Norwalk	IA	29	F	45:24	9:08
4	71	Kari Murray	Norwalk	IA	27	F	45:44	9:12
5	105	Kendra Steuhm	Indianola	IA	25	F	45:45	9:13
6	17	Katie Claeys	Urbandale	IA	29	F	46:29	9:22
7	14	Tami Buhrow	Norwalk	IA	28	F	47:27	9:33
8	118	Amy Zirkelbach	Norwalk	IA	28	F	49:18	9:55
9	76	Ashlyn Owns	West Des Moines	IA	23	F	51:10	10:18
10	126	Crista Shawler	Norwalk	IA	28	F	52:01	10:28
11	111	Stephanie Wilson	Des Moines	IA	29	F	55:12	11:07
12	82	Andrea Quick	West Des Moines	IA	24	F	1:04:26	12:58
13	130	Bailey Miller	Des Moines	IA	22	F	1:04:41	13:01
14	260	Camie Jeffries	Norwalk	IA	23	F	1:04:45	13:02

MALE AGE GROUP RESULTS 20 - 29

Place	No.	Name	City	St	Age	S	Time	Pace
=====	=====	=====	=====	==	==	=	=====	=====
1	135	Rop Kiproelh	West Des Moines	IA	27	M	25:25	5:07
2	136	Erik Bates	Des Moines	IA	22	M	27:02	5:27
3	26	Andy Eagan	Norwalk	IA	29	M	35:13	7:05
4	13	Jason Brehmer	Des Moines	IA	28	M	36:01	7:15
5	34	Andrew Grimes	Bondurant	IA	27	M	38:11	7:41
6	23	Justin Dopheide	Des Moines	IA	26	M	44:09	8:53
7	143	Pat Desenberry	Des Moines	IA	25	M	44:22	8:56
8	70	Jake Murray	Norwalk	IA	28	M	44:48	9:01

FEMALE AGE GROUP RESULTS 30 - 39

Place	No.	Name	City	St	Age	S	Time	Pace
=====	=====	=====	=====	==	==	=	=====	=====
1	77	Angie Palen	Norwalk	IA	37	F	35:45	7:12
2	134	Janell Kallenback	Norwalk	IA	35	F	36:15	7:18
3	24	Jennifer Downe	Norwalk	IA	32	F	36:36	7:22
4	41	Angie Heim	Norwalk	IA	32	F	37:52	7:37
5	37	Anne Hampton	Norwalk	IA	38	F	39:43	8:00
6	48	Laura Juffer	Adel	IA	30	F	40:36	8:10
7	58	Zoe McCuddin	Cumming	IA	31	F	41:16	8:19
8	120	Corissa Arndt	Indianola	IA	31	F	44:00	8:51
9	102	Nicole Smith	Winterset	IA	30	F	45:59	9:15
10	1	Julie Albright	Norwalk	IA	30	F	47:53	9:38
11	11	Michelle Boyd	Indianola	IA	39	F	48:36	9:47
12	96	Allyson Schultze	Norwalk	IA	32	F	48:38	9:47
13	104	Tiffanie Snyder	Des Moines	IA	32	F	50:10	10:06

14	91	Ronda Saddoris	Norwalk	IA	36	F	54:11	10:54
15	128	Cara Therme	Red Oak	IA	31	F	55:08	11:06
16	21	Amy Crick	Norwalk	IA	30	F	56:42	11:25
17	81	Lydia Quick	Johnston	IA	31	F	56:57	11:28

MALE AGE GROUP RESULTS 30 - 39

Place	No.	Name	City	St	Age	S	Time	Pace
=====	=====	=====	=====	==	==	=	=====	=====
1	7	K2 Barnes	Indianola	IA	36	M	29:49	6:00
2	117	Damon Youmans	Indianola	IA	37	M	30:56	6:14
3	2	Chris Albright	Norwalk	IA	33	M	33:10	6:41
4	129	Eric Fee	Indianola	IA	33	M	33:15	6:42
5	131	George Stock	Norwalk	IA	38	M	34:06	6:52
6	115	Alan Wood	Norwalk	IA	38	M	34:34	6:58
7	123	Craig Johnson	Norwalk	IA	38	M	36:32	7:21
8	119	Travis Clatt	Indianola	IA	37	M	36:48	7:25
9	45	Darin Hirl	Norwalk	IA	33	M	37:10	7:29
10	139	Rich Davit	Norwalk	IA	32	M	37:39	7:35
11	27	Christian Engstrom	Waukee	IA	36	M	37:51	7:37
12	138	Bill Chase	Norwalk	IA	34	M	39:09	7:53
13	15	Robert Burnett	Norwalk	IA	37	M	39:52	8:02
14	43	Reid Hester	Norwalk	IA	33	M	39:55	8:02
15	10	Brian Bierstedt	Norwalk	IA	38	M	41:07	8:17
16	69	Terrell Murphy	Norwalk	IA	38	M	42:05	8:28
17	60	Michael Mealey	Norwalk	IA	38	M	43:30	8:45
18	107	Darren Tollefson	Norwalk	IA	37	M	43:42	8:48
19	9	Tres Bibbins	Des Moines	IA	32	M	44:08	8:53
20	5	Scott Bakley	Norwalk	IA	36	M	50:24	10:09

FEMALE AGE GROUP RESULTS 40 - 49

Place	No.	Name	City	St	Age	S	Time	Pace
=====	=====	=====	=====	==	==	=	=====	=====
1	106	Carla Stoner	West Des Moines	IA	45	F	32:22	6:31
2	83	Ruth Regehr	Norwalk	IA	41	F	38:33	7:46
3	103	Bobbi Snodgrass	Indianola	IA	45	F	38:44	7:48
4	98	Maryjane Sharp	Norwalk	IA	42	F	42:55	8:38
5	52	Barb Logan	Norwalk	IA	43	F	44:31	8:58
6	125	Roma Snook	Chariton	IA	49	F	45:39	9:11
7	78	Joleen Perkins	Golden Valley	MN	47	F	47:48	9:37
8	100	Sherry Smiley	Cumming	IA	41	F	50:08	10:05
9	144	Angela Ellis	Norwalk	IA	45	F	51:04	10:17
10	89	Robin Risbeck	Norwalk	IA	48	F	55:20	11:08
11	40	Monica Hegland	Norwalk	IA	40	F	56:42	11:25
12	55	Jill Mauro	Des Moines	IA	41	F	58:52	11:51

MALE AGE GROUP RESULTS 40 - 49

Place	No.	Name	City	St	Age	S	Time	Pace
=====	=====	=====	=====	==	==	=	=====	=====
1	32	James Garbett	Ankeny	IA	42	M	28:30	5:44
2	29	Jeff Feder	Norwalk	IA	47	M	32:05	6:28
3	75	Kenneth Overton	Dexter	IA	40	M	34:57	7:02
4	19	Brad Cooper	Norwalk	IA	42	M	38:20	7:43
5	85	Doug Richardson	Norwalk	IA	49	M	41:34	8:22
6	64	Chris Miller	Norwalk	IA	41	M	42:29	8:33
7	74	Wayne Ostergaard	Des Moines	IA	45	M	44:38	8:59
8	56	Tony Mauro	Des Moines	IA	40	M	46:44	9:24

9	140	Phil Weber	Norwalk	IA	41	M	47:01	9:28
10	36	Brian Hampton	Norwalk	IA	42	M	47:17	9:31
11	12	Ken Bratt	Norwalk	IA	43	M	47:46	9:37
12	42	Ken Henke	Norwalk	IA	46	M	48:55	9:51

FEMALE AGE GROUP RESULTS 50 - 59

Place	No.	Name	City	St	Age	S	Time	Pace
=====	=====	=====	=====	==	==	=	=====	=====
	1	54 Annette Mansheim	Norwalk	IA	53	F	54:02	10:53

MALE AGE GROUP RESULTS 50 - 59

Place	No.	Name	City	St	Age	S	Time	Pace
=====	=====	=====	=====	==	==	=	=====	=====
	1	35 Paul Grinvalds	West Des Moines	IA	50	M	30:15	6:06
	2	133 Roy Ney	Norwalk	IA	59	M	35:00	7:03
	3	94 Lew Schaefer	Norwalk	IA	56	M	38:44	7:48
	4	145 Steve Shivvers	Pella	IA	56	M	43:42	8:48
	5	79 Dana Perkins	Golden Valley	MN	50	M	47:13	9:30
	6	141 Steve Sondall	Norwalk	IA	58	M	47:16	9:31

MALE AGE GROUP RESULTS 60 - 99

Place	No.	Name	City	St	Age	S	Time	Pace
=====	=====	=====	=====	==	==	=	=====	=====
	1	127 John Schneller	West Des Moines	IA	64	M	38:32	7:45

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