

Run with the Police 5 Kilometer

Des Moines, IA

May 16, 2015

70 and warm

Results by Cal Murdock

Click on the "pace" links to move about through the results. Use the Find option of your Web Browser to find the performance of a specific individual.

PLACE	CLASS	FINISHER	TIME	PACE
PLACE	PLACE			
1	1 M20	Jake Sutton, 23, West Des Moines, IA	17:11	5:32
2	1 JrM	Tanner Wood, 17, Des Moines, IA	18:28	5:56
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				
3	2 JrM	Fernando Murillo, 18, Des Moines, IA	19:43	6:21
4	3 JrM	Austin Mapes, 17, Des Moines, IA	19:47	6:22
5	4 JrM	Dylon Bonsall, 16, Des Moines, IA	19:51	6:23
6	2 M20	Adam Stueckrath, 23, Kansas City, MO	19:56	6:25
7	5 JrM	Owen Ness, 13, Johnston, IA	20:56	6:44
8	6 JrM	Gabe Vicker, 12, Polk City, IA	21:08	6:48
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				
9	1 M30	Jake Lancaster, 32, West Des Moines, IA	21:46	7:00
10	3 M20	Rex Deckard, 26, Des Moines, IA	21:55	7:03
11	7 JrM	Kiernan Adair, 13, Johnston, IA	21:58	7:04
12	8 JrM	Mohamed Ezeirig, 18, Des Moines, IA	22:05	7:06
13	9 JrM	Mangok Kodok, 18, Des Moines, IA	22:05	7:06
1	1 W30	Emily Hanson, 32*, Urbandale, IA	22:26	7:13
14	2 M30	Josh Speer, 35, Berwick, IA	22:37	7:17
15	4 M20	Stuart Steffy, 25, Des Moines, IA	22:39	7:17
16	1 M50	Douglas Philiph, 55, Des Moines, IA	22:43	7:19
17	1 M40	Ian Lawler, 43, Huxley, IA	22:44	7:19
2	1 W20	Sarah Adams, 20*, Norwalk, IA	22:46	7:19
18	10 JrM	Nick Drucker, 19, Urbandale, IA	22:54	7:22
19	3 M30	Chad Steffen, 35, Altoona, IA	22:58	7:23
20	11 JrM	Michale Zachary, 17, Ackworth, IA	23:07	7:26
21	12 JrM	Nathan Groom, 16, Des Moines, IA	23:07	7:26
22	13 JrM	Andy Hagerty, 18, Johnston, IA	23:14	7:28
23	2 M40	Scott Dahlstrom, 47, Ankeny, IA	23:22	7:31
24	5 M20	Joshua Howard, 26, Des Moines, IA	23:24	7:32
25	14 JrM	Caleb Meyer, 17, Des Moines, IA	23:29	7:33
3	2 W30	Megan Zach, 36*, Des Moines, IA	23:32	7:34
26	6 M20	Matt Gulleen, 22, Johnston, IA	23:38	7:36
27	4 M30	Rich Vicker, 39, Polk City, IA	23:41	7:37
4	1 JrW	Audrey Klein, 17*, Des Moines, IA	23:44	7:38
28	3 M40	Rob Walker, 43, Ankeny, IA	23:49	7:40
5	3 W30	Erin Ross-Johnson, 39*, Johnston, IA	23:59	7:43
6	2 W20	Jackie Cunningham, 29*, Jefferson, IA	24:29	7:53
29	5 M30	Luke Harden, 31, Des Moines, IA	24:42	7:57
30	7 M20	Alex Kvitne, 26, Indianol, IA	24:42	7:57
31	8 M20	Kevin Sanders, 28, Des Moines, IA	24:47	7:58
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				
7	2 JrW	Delilah Fidler, 15*, West Des Moines, IA	24:54	8:01
32	6 M30	Shawn Morgan, 33, Iowa City, IA	25:00	8:03

33	7	M30	Josh Wing, 32, Des Moines, IA	25:02	8:03
34	9	M20	Alex Hammer, 27, Carlisle, IA	25:05	8:04
8	4	W30	Bridget Sheeder, 34*, Casey, IA	25:22	8:10
9	3	W20	Maranda Metz, 20*, Pleasant Hill, IA	25:30	8:12
35	4	M40	Erik Brickman, 42, Urbandale, IA	25:32	8:13
36	8	M30	Peter West, 35, Cedar Falls, IA	25:44	8:17
10	4	W20	Nicky Haas, 29*, Davenport, IA	25:46	8:18
37	5	M40	Rick Rosno, 40, Des Moines, IA	25:55	8:20
38	6	M40	Rudy Guillen, 49, Altoona, IA	26:01	8:22
11	1	W40	Kristy Pomrenke, 42*, Ankeny, IA	26:06	8:24
39	10	M20	Matt Stenseth, 25, Des Moines, IA	26:14	8:26
40	15	JrM	Emmanuel Arevalo, 15, Des Moines, IA	26:15	8:27
12	5	W30	Janessa Fletcher, 30*, Carlisle, IA	26:17	8:27
41	11	M20	Ivan Nery, 20, Des Moines, IA	26:19	8:28
42	12	M20	David Drucker, 23, Omaha, NE	26:24	8:30
43	16	JrM	Logan Darling, 13, Indianola, IA	26:24	8:30
13	3	JrW	Allison Varineau, 15*, Ankeny, IA	26:27	8:31
14	1	W50	Ellen Johnson, 57*, Des Moines, IA	26:29	8:31
44	2	M50	Tim Saigh, 59, West Des Moines, IA	26:33	8:32
45	13	M20	Frank DePhillips, 25, Grimes, IA	26:34	8:33
46	3	M50	Travis Kneale, 51, Des Moines, IA	26:38	8:34
47	9	M30	Justin Frentress, 33, Pleasant Hill, IA	26:46	8:37
48	7	M40	Brad Darling, 45, Indianola, IA	26:46	8:37
49	14	M20	Brandon Condon, 20, Pleasant Hill, IA	26:54	8:39
15	2	W40	Sherri Cooney, 49*, Pleasant Hill, IA	27:02	8:42
16	4	JrW	Orianna Martin, 11*, Des Moines, IA	27:10	8:44
50	17	JrM	Tyler Halverson, 11, Granger, IA	27:10	8:44
51	18	JrM	Zach Halverson, 11, Granger, IA	27:10	8:45
52	19	JrM	Zander Johnson, 7, Johnston, IA	27:20	8:48
53	8	M40	Eric Johnson, 45, Johnston, IA	27:20	8:48
54	9	M40	David Ness, 44, Johnston, IA	27:22	8:48
55	20	JrM	Ethan Baccam, 13, Pleasant Hill, IA	27:29	8:51
56	10	M30	Herbie Underwood, 35, Pleasant Hill, IA	27:32	8:52
17	6	W30	Angie Hunt, 39*, Ames, IA	27:35	8:53
57	11	M30	Frank Marasco, 35, Des Moines, IA	27:36	8:53
18	5	W20	Katurah McKee, 21*, Montezuma, IA	27:43	8:55
58	15	M20	Chase Ringler, 20, Altoona, IA	27:44	8:55
59	10	M40	Eric Vaughn, 45, Perry, IA	27:44	8:56
19	7	W30	Jen Steel, 37*, Des Moines, IA	27:51	8:58
20	8	W30	Jennifer Veenstra, 37*, Pella, IA	27:51	8:58
21	9	W30	Megan Maylum, 31*, Des Moines, IA	27:56	8:59
60	12	M30	Edwin Bjurstrom, 31, Des Moines, IA	27:57	8:59
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					
61	13	M30	Brad Youngblut, 36, Ankeny, IA	27:57	9:00
22	6	W20	Rhonda Boesenbergh, 28*, Storm Lake, IA	27:59	9:00
62	16	M20	Jason Hayes, 28, Storm Lake, IA	27:59	9:00
23	10	W30	Ceri Marasco, 32*, Des Moines, IA	28:01	9:01
24	11	W30	Marysue Bjurstrom, 31*, Des Moines, IA	28:14	9:05
63	1	M60	Patrick Kozitza, 66, Des Moines, IA	28:15	9:06
64	21	JrM	Esteban Martinez Flores, 17, Des Moines, IA	28:18	9:06
65	17	M20	Zach Dykstra, 20, Ankeny, IA	28:19	9:07
25	12	W30	Patricia Sneddon, 32*, Grimes, IA	28:27	9:09
26	5	JrW	Marie Demuth, 16*, Des Moines, IA	28:30	9:10
66	11	M40	Brad Van Genderen, 44, Pleasant Hill, IA	28:36	9:12
27	13	W30	Michelle Frost, 32*, Bondurant, IA	28:38	9:13
28	3	W40	Deb VanVelzen, 44*, Des Moines, IA	28:39	9:13
67	4	M50	Joedy VanVelzen, 52, Des Moines, IA	28:40	9:13
29	4	W40	Vickie Manuel, 47*, Mason City, IA	28:40	9:13
68	14	M30	David John, 39, Des Moines, IA	28:45	9:15
69	15	M30	Justin Gross, 37, Des Moines, IA	28:45	9:15
30	2	W50	Kimberly Abbott, 54*, Ankeny, IA	28:45	9:15
70	12	M40	Mote Combe, 47, Des Moines, IA	28:45	9:15
31	7	W20	Tiffany Anderson-Patton, 26*, Des Moines, IA		

			28:46	9:15
71	5 M50	Doug Oldenkamp, 54, Corning, IA	28:48	9:16
72	6 M50	Ray Carrington, 51, Ankeny, IA	28:49	9:16
32	3 W50	Jan Atchison, 56*, Rhodes, IA	28:49	9:16
33	8 W20	Kerri Hartl, 29*, Altoona, IA	28:58	9:19
34	5 W40	Denise Daugherty, 42*, Earlham, IA	28:59	9:19
35	14 W30	Martha Rowe, 38*, Indianola, IA	29:01	9:20
73	16 M30	Tyler Ward, 37, Des Moines, IA	29:14	9:24
74	18 M20	Sean O'Neill, 28, West Des Moines, IA	29:14	9:24
75	17 M30	Brian Kelley, 31, Peosta, IA	29:14	9:25
76	18 M30	Casey Sanders, 36, Des Moines, IA	29:15	9:25
77	19 M20	Nathan Nemmers, 27, Des Moines, IA	29:15	9:25
78	19 M30	Brent Meyer, 37, Ankeny, IA	29:15	9:25
79	22 JrM	Cole Gauch, 19, Bondurant, IA	29:15	9:25
80	20 M30	Jason Noble, 34, Ankeny, IA	29:15	9:25
81	20 M20	Tyler Kelley, 24, Des Moines, IA	29:15	9:25
82	21 M30	Cole Johnson, 31, Windsor Heights, IA	29:16	9:25
83	21 M20	Lucas Kramer, 28, Des Moines, IA	29:16	9:25
84	22 M20	Chase Lohnes, 24, Mitchellville, IA	29:16	9:25
85	23 M20	Luke Eblen, 22, Creston, IA	29:17	9:25
86	22 M30	Samreth Chau, 34, Des Moines, IA	29:17	9:25
36	9 W20	Jordan Nail, 22*, Des Moines, IA	29:17	9:25
87	24 M20	Jacob Korbakes, 25, Norwalk, IA	29:17	9:25
88	25 M20	Brian Minnehan, 23, Churdan, IA	29:17	9:25
89	26 M20	Ryan Steinkamp, 28, Des Moines, IA	29:19	9:26
37	15 W30	Valarie Leonard, 35*, Des Moines, IA	29:23	9:27
38	16 W30	Niki Whitacre, 37*, Newton, IA	29:25	9:28
39	6 W40	Jennifer Bushbaum, 49*, Urbandale, IA	29:27	9:29
40	4 W50	Sally Weepie, 52*, Altoona, IA	29:31	9:30
41	6 JrW	Sydney Depew, 15*, Urbandale, IA	29:35	9:31
90	13 M40	Josh Stubbs, 40, Des Moines, IA	29:43	9:34
91	14 M40	Steve Novy, 45, Iowa Falls, IA	29:46	9:35
92	27 M20	Nathaniel Blaine, 21, Greenfield, IA	29:50	9:36
93	23 JrM	Jack Stubbs, 15, Des Moines, IA	29:52	9:37
94	15 M40	Mark Wessels, 46, Polk City, IA	29:53	9:37
42	7 JrW	Sheridan Johnson, 10*, Johnston, IA	29:53	9:37
95	28 M20	Sidik Becirovic, 29, Johnston, IA	29:58	9:39
43	10 W20	Kelsey Wells, 29*, West Des Moines, IA	30:00	9:39
44	11 W20	Shawna Brown, 26*, Bondurant, IA	30:00	9:39
45	17 W30	Amy Pickering, 35*, Carlisle, IA	30:00	9:39
46	18 W30	Amy Gomez-Miller, 37*, Ankeny, IA	30:03	9:40
47	7 W40	Tina Hade, 46*, Des Moines, IA	30:06	9:41
48	5 W50	Sara Dreyer, 58*, Altoona, IA	30:08	9:42
49	6 W50	Tammy Newton, 52*, Carlisle, IA	30:09	9:42
50	19 W30	Kim Blythe, 35*, West Des Moines, IA	30:11	9:43
96	7 M50	Terry Mitchell, 53, Waukee, IA	30:13	9:43
51	8 W40	Liz Bryant, 44*, West Des Moines, IA	30:19	9:45
52	8 JrW	Kendall Bryant, 18*, West Des Moines, IA	30:20	9:45
97	23 M30	Mark Ewest, 31, Des Moines, IA	30:22	9:46
98	24 JrM	Zachary Stemsrud, 17, Des Moines, IA	30:25	9:47
99	25 JrM	Giovanni Tenikat, 16, Des Moines, IA	30:27	9:48
53	7 W50	Mary Jo Gazzo, 51*, Altoona, IA	30:30	9:49
54	12 W20	Dayna Jansen, 23*, Des Moines, IA	30:38	9:51
55	13 W20	Laura McCarthy, 27*, Des Moines, IA	30:38	9:51
100	26 JrM	Brock Moore, 9, Urbandale, IA	30:43	9:53
101	24 M30	Josh Moore, 35, Urbandale, IA	30:43	9:53
56	20 W30	Andrea Bagby, 36*, Carlisle, IA	30:44	9:53
57	21 W30	Courtney Bach, 32*, Urbandale, IA	30:46	9:54
102	29 M20	Aj Lewis, 20, Des Moines, IA	30:50	9:55
103	30 M20	Matthew York, 28, Grimes, IA	30:51	9:55
58	14 W20	Karly York, 27*, Grimes, IA	30:51	9:56
59	8 W50	Lisa Clark, 52*, Des Moines, IA	30:55	9:57
104	16 M40	Paul Stout, 49, Clive, IA	30:56	9:57

Pace: [6:00](#) | [7:00](#) | [8:00](#) | [9:00](#) | [10:00](#) | [11:00](#) | [12:00](#) | [13:00](#) | [14:00](#) | [15:00](#) | [Top](#)

60	9 W40	Michelle Thorpe, 40*, Ankeny, IA	31:14	10:03
61	15 W20	Mallory Johnson, 27*, Des Moines, IA	31:14	10:03
105	25 M30	John Tyler, 37, Des Moines, IA	31:15	10:03
62	16 W20	Tiffany Torno, 23*, Sioux City, IA	31:21	10:05
63	9 W50	Lori Fosse, 50*, Bondurant, IA	31:24	10:06
106	27 JrM	Justin Kimball, 16, Des Moines, IA	31:26	10:07
64	22 W30	Ann McTaggart, 32*, Des Moines, IA	31:30	10:08
107	26 M30	Michael McTaggart, 39, Des Moines, IA	31:30	10:08
108	27 M30	Jason Brown, 36, Bondurant, IA	31:32	10:09
109		Michael Fitzgerald, Des Moines, IA	31:34	10:09
65		Ann Didonato*, Des Moines, IA	31:34	10:09
66	1 W60	Mary Struchen, 64*, Webster City, IA	31:34	10:10
67	23 W30	Melissa Williams, 36*, Springville, IA	31:35	10:10
68	17 W20	Amanda R. Philiph, 23*, Des Moines, IA	31:36	10:10
110	31 M20	Ben Lockin, 24, Des Moines, IA	31:36	10:10
111	8 M50	Patrick Weepie, 54, Altoona, IA	31:37	10:10
69	10 W40	Krista Morton, 45*, Indianola, IA	31:39	10:11
70	11 W40	Andrea Mattingly, 41*, Boone, IA	31:43	10:12
71	10 W50	Nancy Fredericksen, 54*, West Des Moines, IA	31:46	10:13
72	18 W20	Jessica Fredericksen, 24*, West Des Moines, IA	31:46	10:13
112	32 M20	Ryan Sheldon, 22, Des Moines, IA	31:49	10:14
73	19 W20	Samantha Philiph, 21*, Des Moines, IA	31:49	10:14
113	17 M40	Jason Halifax, 43, Waukee, IA	31:50	10:15
74	12 W40	Lisa Luu, 47*, Des Moines, IA	31:51	10:15
75	13 W40	Deb Metz, 49*, Pleasant Hill, IA	31:52	10:15
76	11 W50	Roxann McKee, 55*, Montezuma, IA	31:52	10:15
77	2 W60	Gail Stelmacher, 60*, West Des Moines, IA	31:59	10:17
114	18 M40	Anthony Ballantini, 42, Grimes, IA	32:01	10:18
78	24 W30	Alicia Ballantini, 37*, Grimes, IA	32:03	10:19
79	25 W30	Jenna Carney, 30*, Dallas Center, IA	32:05	10:19
115	19 M40	Randy Tobey, 48, Des Moines, IA	32:08	10:21
80	9 JrW	Emma Tobey, 17*, Des Moines, IA	32:10	10:21
116	28 JrM	Cole Hilsabeck, 18, Boone, IA	32:10	10:21
81	26 W30	Rochelle Benavides, 38*, Norwalk, IA	32:15	10:23
82	14 W40	Tami Ruppel, 44*, Des Moines, IA	32:16	10:23
117	20 M40	Kevin Gott, 44, Pleasant Hill, IA	32:17	10:23
83	27 W30	Jamie Chavez, 30*, Urbandale, IA	32:18	10:24
84	10 JrW	Jenna Pomrenke, 15*, Ankeny, IA	32:19	10:24
118	29 JrM	Spencer Hobbs, 15, Des Moines, IA	32:21	10:25
119	30 JrM	Cole Ramirez, 15, Windsor Heights, IA	32:22	10:25
120	21 M40	Eric Ramsey, 43, Johnston, IA	32:26	10:26
85	28 W30	Natalie Gillett, 31*, Ft Madison, IA	32:33	10:28
121	9 M50	Dan Hagerty, 50, Johnston, IA	32:36	10:29
122	10 M50	JOe Nemmers, 52, Des Moines, IA	32:39	10:30
123	31 JrM	Aidan Hickey, 17, Norwalk, IA	32:40	10:31
124	11 M50	Patrick Hickey, 50, Norwalk, IA	32:41	10:31
125	33 M20	Jacob Blum, 23, Ames, IA	32:41	10:31
86	29 W30	Amy Tiefenthaler, 31*, Norwalk, IA	32:51	10:34
87	30 W30	Season Kuiper, 35*, Waukee, IA	32:53	10:35
126	28 M30	Joe Miller, 38, Waukee, IA	32:53	10:35
88	12 W50	Jill Deimerly, 52*, Jewell, IA	32:56	10:36
127	34 M20	Keaton Cornish, 28, West Des Moines, IA	33:20	10:43
89	15 W40	Christine Franck, 47*, Altoona, IA	33:24	10:45
128	22 M40	Richard Schmadeke, 42, Des Moines, IA	33:29	10:47
90	16 W40	Colleen Bentzen, 45*, West Des Moines, IA	33:32	10:47
91	17 W40	Stephanie Muzney, 46*, New Virginia, IA	33:35	10:48
92	18 W40	Betty Ross, 40*, Ankeny, IA	33:35	10:49
93	19 W40	Gretchen Varineau, 46*, Ankeny, IA	33:37	10:49
94	11 JrW	Haley Ness, 16*, Johnston, IA	33:38	10:49
129	23 M40	Brian Sweet, 49, St. Charles, IA	33:39	10:50
95	20 W40	Janet Lose, 41*, Des Moines, IA	33:39	10:50
96	21 W40	Stacey Atchison, 42*, Des Moines, IA	33:40	10:50
97	20 W20	Mickenzie Peterson, 26*, Ankeny, IA	33:46	10:52

130	29	M30	Andy Hansen, 30, Waukee, IA	33:53	10:54
131	12	M50	Dale Grundmeier, 53, New Sharon, IA	33:58	10:56
98	22	W40	Lori Straight, 40*, Des Moines, IA	34:00	10:56
99	31	W30	Erin Johnson, 31*, Pleasant Hill, IA	34:01	10:57
100	21	W20	Kathleen Kelly, 29*, Des Moines, IA	34:02	10:57
132	13	M50	David Pope, 54, Grinnell, IA	34:02	10:57
101	23	W40	Lisa Steinkamp, 48*, Ankeny, IA	34:06	10:58
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					

102	24	W40	Rebecca Mayfield, 48*, Newton, IA	34:12	11:00
133	2	M60	Lou Schneider, 70, West Des Moines, IA	34:13	11:01
134	30	M30	Jonathon Morrill, 33, Des Moines, IA	34:20	11:03
103	25	W40	Tammy Gleason, 45*, West Des Moines, IA	34:20	11:03
104	26	W40	Patricia Davis, 40*, Des Moines, IA	34:23	11:04
135	24	M40	James Desiderio, 40, West Des Moines, IA	34:24	11:04
136	3	M60	Mike Beck, 68, Ankeny, IA	34:24	11:04
105	27	W40	Melissa Clarke, 44*, Norwalk, IA	34:27	11:05
106	32	W30	Erin Mahr, 30*, Rock Island, IL	34:32	11:07
107	12	JrW	Brooklyn Mills, 12*, Des Moines, IA	34:33	11:07
108	22	W20	Caitlin Calaro, 20*, Altoona, IA	34:33	11:07
109	33	W30	Emily Neumayer, 31*, West Des Moines, IA	34:33	11:07
110	28	W40	Tracy Hendrix, 47*, Des Moines, IA	34:34	11:07
111	23	W20	Haleigh Biancalana, 23*, Des Moines, IA	34:36	11:08
137	25	M40	Bill Gillen, 45, Norwalk, IA	34:37	11:08
112	34	W30	Katie Hoover, 36*, Urbandale, IA	34:44	11:11
113	24	W20	Lynn Tazzioli, 25*, Ankeny, IA	34:45	11:11
138	35	M20	William Enockson, 26, Sioux City, IA	34:47	11:12
114	29	W40	Kimberly Majors, 46*, Ankeny, IA	34:48	11:12
115	25	W20	Stephanie Peterson, 27*, Waukee, IA	34:50	11:13
139	26	M40	Mike Johnson, 45, West Des Moines, IA	34:50	11:13
116	35	W30	Liberty Van Genderen, 38*, Pleasant Hill, IA	34:52	11:13
117	26	W20	Lynaea Kiefer, 22*, Mount Vernon, IA	34:54	11:14
118	36	W30	Dani Trammel, 36*, Bondurant, IA	34:54	11:14
140	36	M20	Tim Bolten, 28, Waukee, IA	34:54	11:14
141	27	M40	Steve Waymire, 49, Urbandale, IA	34:58	11:15
119	13	JrW	Emily Varineau, 18*, Ankeny, IA	35:00	11:16
120	37	W30	Meghan Zierke, 36*, Johnston, IA	35:00	11:16
142	31	M30	Kevin Zierke, 38, Johnston, IA	35:01	11:16
121	14	JrW	Kaley Gott, 14*, Pleasant Hill, IA	35:02	11:16
122	38	W30	Sara Plucar, 39*, Bondurant, IA	35:02	11:16
123	39	W30	Micah Chaplin, 34*, Windsor Heights, IA	35:10	11:19
124	40	W30	Olivia Kvitne, 33*, Indianola, IA	35:15	11:21
143	32	M30	Jason Straight, 39, Des Moines, IA	35:19	11:22
125	15	JrW	Piper Brokaw, 7*, Bedford, IA	35:27	11:24
126	13	W50	Diane Cummings, 58*, Granger, IA	35:28	11:25
144	28	M40	Scott Davis, 44, West Des Moines, IA	35:29	11:25
127	14	W50	Karla Snodgrass, 56*, Des Moines, IA	35:29	11:25
128	16	JrW	Morgan Brokaw, 4*, Bedford, IA	35:31	11:26
129	27	W20	Barbara Brokaw, 29*, Bedford, IA	35:31	11:26
145	33	M30	Sam Pitt, 30, Bedford, IA	35:31	11:26
146	29	M40	Corrie Burg, 42, Polk City, IA	35:32	11:26
130	41	W30	Kandi Shelton, 38*, Des Moines, IA	35:33	11:26
131	42	W30	Annie Marchesano, 35*, West Des Moines	35:34	11:27
132	43	W30	Molly Olsasky, 33*, Urbandale, IA	35:41	11:29
133	44	W30	Kari Greenlee, 37*, Johnston, IA	35:49	11:32
147	4	M60	John Sarcone, 62, West Des Moines, IA	35:49	11:32
148	32	JrM	Dustin Guillen, 17, Altoona, IA	35:54	11:33
134	17	JrW	Charloitte Niyorunkundo, 17*, Des Moines, IA	36:04	11:36
135	28	W20	Rachael Wiggs, 28*, Des Moines, IA	36:14	11:40
136	15	W50	Vivian Masters, 56*, Des Moines, IA	36:15	11:40
149	37	M20	Stith Wiggs, 29, Des Moines, IA	36:17	11:41
150	33	JrM	Noah Sever, 7, West Des Moines, IA	36:17	11:41
137	29	W20	Shelby Sever, 27*, West Des Moines, IA	36:22	11:42

138	45	W30	Jill Scigliano, 36*, Des Moines, IA	36:23	11:42
151	34	M30	Jason Everly, 30, Knoxville, IA	36:25	11:43
139	30	W20	Naty Everly, 23*, Knoxville, IA	36:25	11:43
140	18	JrW	Carly Williams, 13*, Springville, IA	36:26	11:43
152	35	M30	Mike Demoss, 32, Bondurant, IA	36:35	11:46
153	30	M40	Sean Williams, 42, Springville, IA	36:37	11:47
154	36	M30	Zach Mihalovich, 36, Casey, IA	36:53	11:52
141	46	W30	Lori Wilber, 33*, Urbandale, IA	36:54	11:53
155	31	M40	Travis Schooley, 44, Des Moines, IA	36:55	11:53
142	47	W30	Brooke Ramsey, 34*, Johnston, IA	36:58	11:54
156	37	M30	Luke Jensen, 36, Ankeny, IA	36:59	11:54
157	34	JrM	Logan Franck, 15, Altoona, IA	37:03	11:55
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158	38	M20	Kyle Michel, 27, Decorah, IA	37:30	12:04
159	39	M20	Nicholas McGahan, 27, Des Moines, IA	37:30	12:04
160	35	JrM	Tucker Van Gundy, 15, Carlisle, IA	37:32	12:05
143	48	W30	Allison Moore, 33*, Urbandale, IA	37:35	12:06
161	32	M40	Jim Kelly, 46, Urbandale, IA	37:36	12:06
162	36	JrM	Nate Kelly, 9, Urbandale, IA	37:38	12:07
144	49	W30	Heather Lloyd, 39*, Ankeny, IA	37:46	12:09
145	30	W40	Sherry Kooiker, 44*, Parkersburg, IA	37:47	12:09
146	19	JrW	Olivia Erdelt, 16*, Ankeny, IA	37:47	12:09
147	3	W60	Linda Holt, 60*, Mitchellville, IA	37:50	12:10
148	20	JrW	Emma Mellencamp, 11*, Adel, IA	37:51	12:11
163	33	M40	Jeff Mellencamp, 41, Adel, IA	37:51	12:11
149			Lisa Ohlinger*, Cumming, IA	37:56	12:12
150	31	W40	Caron Osberg, 49*, Urbandale, IA	38:00	12:14
151	31	W20	Alyssa Mueller, 28*, Urbandale, IA	38:00	12:14
152	50	W30	Melissa Waalk, 37*, Des Moines, IA	38:11	12:17
153	21	JrW	Ava Waalk, 8*, Des Moines, IA	38:11	12:17
154	22	JrW	Kerrigan Owens, 18*, Urbandale, IA	38:12	12:17
155	32	W20	Erica Gruwell, 28*, Urbandale, IA	38:12	12:17
164	5	M60	Steven Goers, 63, Des Moines, IA	38:14	12:18
156	51	W30	Cari Cunningham, 35*, Urbandale, IA	38:17	12:19
165	37	JrM	Logan Halverson, 7, Granger, IA	38:28	12:23
157	23	JrW	Morgan Halifax, 14*, Waukee, IA	38:31	12:24
158	52	W30	Lindsay Morris, 30*, West Des Moines, IA	38:31	12:24
159	53	W30	Heather Halverson, 34*, Granger, IA	38:34	12:25
160	16	W50	Susan Appler, 52*, Norwalk, IA	38:35	12:25
161	54	W30	Nicole Schoelerman, 35*, Des Moines, IA	38:38	12:26
166	6	M60	Roger Schoelerman, 62, Des Moines, IA	38:39	12:26
167	38	JrM	Cade Cordell, 7, Des Moines, IA	38:43	12:28
162	32	W40	Sandy Brokaw, 40*, Des Moines, IA	38:43	12:28
163	17	W50	Deb Medici-Feick, 54*, Granger, IA	38:52	12:30
164	55	W30	Pamela Price, 33*, Des Moines, IA	38:55	12:32
165	56	W30	Emily Vanderlinden, 35*, Indianola, IA	38:58	12:32
168	38	M30	Tybee Sever, 39, West Des Moines, IA	39:02	12:34
169	40	M20	David Kuntz, 28, Des Moines, IA	39:05	12:35
166	57	W30	Meghan Malloy, 31*, Waukee, IA	39:06	12:35
167	33	W40	Michelle Morris, 42*, Urbandale, IA	39:06	12:35
170	14	M50	Bruce Bjurstrom, 54, Urbandale, IA	39:29	12:42
168	18	W50	Cheryl Bjurstrom, 51*, Urbandale, IA	39:29	12:42
171	34	M40	Jim Van Gundy, 44, Carlisle, IA	39:35	12:44
169	19	W50	Kerry Shelley, 54*, West Des Moines, IA	39:39	12:46
170	20	W50	Kathy Follett, 58*, Waukee, IA	39:43	12:47
172	15	M50	Joseph Follett, 57, Waukee, IA	39:44	12:47
171	58	W30	Patricia Howes, 32*, Des Moines, IA	39:44	12:47
173	16	M50	Gary Harms, 55, West Des Moines, IA	39:45	12:47
174	41	M20	Kyler Prunty, 28, Brooklyn, IA	39:47	12:48
172	59	W30	Angie Hofland, 38*, Mitchellville, IA	39:47	12:48
175	39	JrM	Nate Spurr, 14, Norwalk, IA	39:47	12:48
176	35	M40	Randy Spurr, 47, Norwalk, IA	39:47	12:48
173	24	JrW	Haley Urness, 18*, Ankeny, IA	39:48	12:48
174	33	W20	Haley Neal, 22*, Ankeny, IA	39:51	12:49

175	60	W30	Stacy Davis, 30*, Waterloo, IA	39:52	12:50
176	34	W40	Beth Akers, 44*, Ankeny, IA	39:54	12:50
177	42	M20	Quade Patton, 28, Des Moines, IA	40:08	12:55
178	40	JrM	Gene Hildreth III, 9, Des Moines, IA	40:17	12:58
177	25	JrW	Willimena Siah, 19*, Des Moines, IA	40:18	12:58
178	26	JrW	Sophia Halifax, 11*, Waukee, IA	40:22	12:59
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179	27	JrW	Izabelle Osborne, 11*, Urbandale, IA	40:24	13:00
180	28	JrW	Jenna Kelly, 11*, Urbandale, IA	40:24	13:00
179	41	JrM	Keaton Dierking, 18, Boone, IA	40:48	13:08
180	36	M40	Jerod Benter, 40, Denison, IA	40:51	13:09
181	61	W30	Gene McBride, 35*, Denison, IA	40:52	13:09
182	35	W40	Martha Kester, 47*, Des Moines, IA	41:05	13:13
183	36	W40	Susan Perry, 45*, West Des Moines, IA	41:05	13:13
181	42	JrM	Kevin Martin, 9, Des Moines, IA	41:06	13:13
184	4	W60	Peggy Cokeley, 60*, Clive, IA	41:18	13:18
185	34	W20	Marissa Cokeley, 23*, Clive, IA	41:19	13:18
182	43	M20	John May, 29, Pleasant Hill, IA	41:44	13:26
183	39	M30	Brady Carney, 31, Dallas Center, IA	41:56	13:30
186	29	JrW	Katelyn Wright, 13*, Bondurant, IA	42:11	13:34
184	43	JrM	Aaron Cox, 17, Des Moines, IA	42:29	13:40
185	44	JrM	Matthew Cox, 15, Des Moines, IA	42:29	13:40
186	45	JrM	Gabe Hemsted, 12, Hartford, IA	42:30	13:40
187	62	W30	Kary Sprague, 35*, Waukee, IA	42:34	13:42
188	63	W30	Angela Hartman, 39*, Urbandale, IA	42:37	13:43
189	37	W40	Cassie VanArkel, 41*, Urbandale, IA	42:38	13:43
187	37	M40	Eric Hartman, 40, Urbandale, IA	42:39	13:43
188	40	M30	Jeremy Sprague, 35, Des Moines, IA	42:40	13:44
190	64	W30	Heather Mason, 33*, Lacona, IA	42:44	13:45
191	65	W30	Katie Hyde, 38*, Indianola, IA	42:46	13:46
189	17	M50	Charles Drucker, 52, Urbandale, IA	42:58	13:50
192	21	W50	Lori Rubie, 53*, Clive, IA	42:59	13:50
193	22	W50	Wendy Drucker, 51*, Urbandale, IA	42:59	13:50
194	23	W50	Maryann Mori, 50*, Des Moines, IA	43:02	13:51
195	24	W50	Kathy Grundmeier, 54*, New Sharon, IA	43:06	13:52
190	18	M50	Phillip Mattiussi, 58, Adel, IA	43:15	13:55
196	5	W60	Karen Mattiussi, 67*, Adel, IA	43:15	13:55
197	66	W30	Whitney McIntosh-Smith, 37*, Altoona, IA	43:16	13:55
198	67	W30	Meg Hopkins, 34*, Bloomfield, IA	43:17	13:56
199	25	W50	Lori Jansen, 53*, Urbandale, IA	43:18	13:56
200	26	W50	Linda Ahrens, 54*, St. Charles, IA	43:25	13:58
201	38	W40	Connie Hildebrandt, 49*, Norwalk, IA	43:26	13:58
191	44	M20	Tyler Kelley, 24, Des Moines, IA	43:27	13:59
192	38	M40	Matt Barron, 42, Clive, IA	43:27	13:59
202	27	W50	Renee Hoyer, 52*, Des Moines, IA	43:27	13:59
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193	19	M50	Patrick Hoyer, 55, Des Moines, IA	43:30	14:00
194	41	M30	Kevin Hathaway, 31, Ankeny, IA	43:30	14:00
203	35	W20	Darcy Lane, 29*, Ankeny, IA	43:47	14:05
204	68	W30	Jess Smith, 33*, Norwalk, IA	43:47	14:05
205	36	W20	Mallory Parson, 20*, Carlisle, IA	43:54	14:08
206	37	W20	Lauren Kruse, 20*, Carlisle, IA	44:08	14:12
207	30	JrW	Taylor Johnston, 19*, Carlisle, IA	44:08	14:12
208	28	W50	Cathy Pierce, 51*, Johnston, IA	44:09	14:12
209	39	W40	Cindy Feldman, 46*, Des Moines, IA	44:20	14:16
210	31	JrW	Sophie Van Gundy, 11*, Carlisle, IA	44:23	14:17
211	40	W40	Amy Hunold-Van Gundy, 44*, Carlisle, IA	44:26	14:18
212	29	W50	Angie McCombs, 54*, Des Moines, IA	44:26	14:18
213	30	W50	Becky Larue, 55*, Des Moines, IA	44:29	14:19
214	6	W60	Jean Cole, 69*, Altoona, IA	44:30	14:19
215	69	W30	Sarah Guhl, 30*, Des Moines, IA	44:44	14:24
216	70	W30	Jennifer Holmes, 34*, Des Moines, IA	44:55	14:27
217	32	JrW	Makayla Reuppel, 18*, Des Moines, IA	44:55	14:27

218	41	W40	Kimberly Davis, 43*, Indianola, IA	45:29	14:38
195	20	M50	Tim Donelson, 55, Pella, IA	45:34	14:40
219	71	W30	Emily Kothmann, 30*, Huxley, IA	45:34	14:40
220	42	W40	Christine Burg, 46*, Polk City, IA	45:39	14:42
221	31	W50	Lee Ann Frazier, 55*, Des Moines, IA	45:41	14:42
222	72	W30	Cynthia Escalante, 33*, Des Moines, IA	46:02	14:49
223	33	JrW	Julmaris Escalante, 10*, Des Moines, IA	46:02	14:49
196	46	JrM	Ethan Straight, 14, Des Moines, IA	46:07	14:51
197	21	M50	Kevin Palmer, 52, Des Moines, IA	46:08	14:51
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224	38	W20	Monica McClaskey, 26*, Des Moines, IA	46:48	15:04
225	39	W20	Abby Sleeth, 29*, Des Moines, IA	46:52	15:05
198	45	M20	Anthony Greiter, 28, Ames, IA	46:55	15:06
226	40	W20	Devon Uric, 29*, Ames, IA	46:55	15:06
199	46	M20	Blaine Smith, 22, Des Moines, IA	47:00	15:07
227	41	W20	Haylee Williams, 20*, Des Moines, IA	47:00	15:07
228	32	W50	Martha Mott, 56*, Des Moines, IA	47:04	15:09
200	47	JrM	Mayson Shelton, 13, Des Moines, IA	47:12	15:11
229	42	W20	Marissa Anderson, 24*, Van Meter, IA	47:19	15:14
230	43	W20	Jessica Carbino, 24*, Ankeny, IA	47:20	15:14
231	43	W40	Shelley Draur, 47*, Des Moines, IA	47:23	15:15
232	44	W20	Kayleigh Draur, 24*, Dobson, NC	47:23	15:15
233	33	W50	Kathy Pruismann, 57*, Blairsburg, IA	47:23	15:15
234	45	W20	Jamie Cornish, 26*, West Des Moines, IA	47:50	15:24
201	48	JrM	Braden Johnson, 8, Grinnell, IA	47:51	15:24
235	46	W20	Katelan King, 20*, Norwalk, IA	47:51	15:24
202	39	M40	James Mason, 42, Des Moines, IA	47:53	15:24
236	7	W60	Marjorie Leeper, 65*, Indianola, IA	47:54	15:25
203	7	M60	Michael Leeper, 67, Indianola, IA	47:55	15:25
237	44	W40	Melonie Hyatt, 42*, West Des Moines, IA	47:55	15:25
204	22	M50	Christopher Lopez, 50, West Des Moines, IA	48:13	15:31
205	47	M20	Michael Peterson, 26, Ankeny, IA	48:13	15:31
206	42	M30	Jared Kenkel, 30, Altoona, IA	48:14	15:31
207	49	JrM	Tyler Straight, 15, Des Moines, IA	48:15	15:32
238	34	JrW	Emily Ouverson, 15*, Des Moines, IA	48:22	15:34
239	47	W20	Nicole Jansen, 26*, Urbandale, IA	48:22	15:34
240	8	W60	Gayla Low, 64*, Norwalk, IA	48:24	15:34
241	9	W60	Elaine Walter, 60*, Grimes, IA	48:31	15:37
242	45	W40	Chrissy Mathews, 40*, Indianola, IA	48:45	15:41
208	43	M30	Dan Johnson, 37, Grinnell, IA	48:56	15:45
243	34	W50	Christina Taylor, 53*, Johnston, IA	49:06	15:48
209	23	M50	John Taylor, 54, Johnston, IA	49:07	15:48
244	35	W50	Fran Hamilton, 59*, Altoona, IA	49:07	15:48
245	48	W20	Lindsey Kenkel, 29*, Altoona, IA	49:07	15:48
210	8	M60	Craig Hamilton, 67, Altoona, IA	49:08	15:49
246	46	W40	Rhonda Erdelt, 47*, Ankeny, IA	49:13	15:50
247	73	W30	Angela Smith, 38*, Des Moines, IA	49:21	15:53
211	44	M30	Todd Smith, 38, Des Moines, IA	49:21	15:53
248	36	W50	Jennifer Peterson, 57*, Emmetsburg, IA	49:24	15:54
212	9	M60	John Beamer, 75, Des Moines, IN	49:31	15:56
249	35	JrW	Jerrica Stroud, 17*, Grimes, IA	49:38	15:58
250	74	W30	Joleen Weller, 39*, Des Moines, IA	49:38	15:58
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251	36	JrW	Daniela Garcia, 16*, Grimes, IA	49:44	16:00
252	75	W30	Kate Heim, 34*, Ankeny, IA	49:45	16:00
253	37	JrW	Elizabeth Heim, 7*, Ankeny, IA	49:46	16:01
254	47	W40	Brenda Amber, 45*, Ankeny, IA	49:46	16:01
255	10	W60	Mary Garrison, 67*, Des Moines, IA	49:50	16:02
213	24	M50	Tony Steverson, 59, Johnston, IA	49:50	16:02
256	38	JrW	Latrease Porte, 14*, Des Moines, IA	49:51	16:02
257	37	W50	Shelly Wing, 56*, Altoona, IA	49:57	16:04
258	76	W30	Khanthaly Wing, 31*, Altoona, IA	50:03	16:06
259	77	W30	Sarah Starkey, 32*, Mitchellville, IA	50:07	16:08

260	78 W30	Mylea McNeeley, 33*, Altoona, IA	50:08	16:08
261	79 W30	Nichol Demoss, 32*, Bondurant, IA	50:09	16:08
262	39 JrW	Mallory Majors, 18*, Ankeny, IA	50:10	16:08
214	50 JrM	Nick Jeffries, 19, Ankeny, IA	50:10	16:09
263	40 JrW	Abbie Ware, 18*, Ankeny, IA	50:11	16:09
215	51 JrM	Colton Page, 18, Ankeny, IA	50:11	16:09
216	45 M30	John Heim, 34, Ankeny, IA	50:11	16:09
264	80 W30	Beth Werts, 36*, Russell, IA	50:20	16:12
265	48 W40	Pamela Crosser, 47*, Algona, IA	50:21	16:12
266	49 W40	Shelly Williams, 43*, Algona, IA	50:21	16:12
217	52 JrM	Ethan Werts, 8, Russell, IA	50:22	16:12
218	40 M40	Kelley Werts, 41, Russell, IA	50:23	16:13
219	53 JrM	Gabe Hickey, 14, Norwalk, IA	50:23	16:13
267	49 W20	Haley Vance, 23*, Norwalk, IA	50:23	16:13
268	50 W20	Makayla Nemmers, 25*, Brooklyn Center, MN	50:25	16:13
220	54 JrM	Tyler Steffen, 6, Altoona, IA	50:28	16:14
269	11 W60	Pamela Steffen, 60*, Des Moines, IA	50:30	16:15
270	38 W50	Julie Ware, 52*, Ankeny, IA	50:31	16:15
271	41 JrW	Madison Dykstra, 18*, Ankeny, IA	50:35	16:17
272	12 W60	Gail Pierce, 67*, Ankeny, IA	50:55	16:23
221	10 M60	Rich Pierce, 67, Ankeny, IA	50:55	16:23
222	55 JrM	Cole Scott, 14, Indianola, IA	50:55	16:23
273	42 JrW	Brie Scott, 11*, Indianola, IA	51:09	16:28
274	50 W40	Kristin Scott, 42*, Indianola, IA	51:09	16:28
275	39 W50	Brenda Hardy, 55*, Des Moines, IA	51:10	16:28
276	51 W20	Paige Curtis, 22*, Norwalk, IA	51:11	16:28
277	40 W50	Kim Curtis, 53*, Norwalk, IA	51:32	16:35
278	52 W20	Kylie Hervey, 25*, West Des Moines, IA	51:32	16:35
279	53 W20	Marissa Lee, 26*, West Des Moines, IA	51:36	16:36
223	48 M20	Cameron McBeth, 26, West Des Moines, IA	51:36	16:36
280	54 W20	Kayla Anderson, 29*, West Des Moines, IA	51:37	16:37
281	81 W30	Shanda Lewiston, 32*, Des Moines, IA	51:37	16:37
282	55 W20	Holly Draur, 23*, Pleasant Hill, IA	51:45	16:39
283	51 W40	Cindy Dykstra, 47*, Ankeny, IA	51:47	16:40
284	52 W40	Micki Myers, 49*, Ankeny, IA	51:48	16:40
285	56 W20	Elizabeth Seib, 24*, West Des Moines, IA	51:48	16:40
286	41 W50	Randi Radosevich, 53*, West Des Moines, IA	51:48	16:40
287	42 W50	Luann Smith, 58*, West Des Moines, IA	51:48	16:40
288	43 JrW	Alyssa Sharp, 14*, Knoxville, IA	51:56	16:43
289	82 W30	Lindsey Hedlund, 30*, Norwalk, IA	51:56	16:43
290	83 W30	Allison Ness, 34*, Des Moines, IA	52:21	16:51
291	44 JrW	Alyson Jumper, 12*, Ankeny, IA	52:31	16:54
292	84 W30	Sarah Rowland, 34*, Knoxville, IA	52:37	16:56
293	85 W30	Lynne Woods, 34*, Swan, IA	52:39	16:57
294	86 W30	Angie Aschoff, 37*, Grimes, IA	52:45	16:58
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224	25 M50	James Piper, 53, Ankeny, IA	53:04	17:04
295	43 W50	Challee Piper, 52*, Ankeny, IA	53:04	17:05
225	49 M20	Dakota Allison, 20, Des Moines, IA	53:56	17:21
226	41 M40	Dan Ensor, 46, Ankeny, IA	54:00	17:23
296	53 W40	Julie Nuehring, 42*, Clive, IA	54:01	17:23
227	46 M30	Jason Johns, 38, Des Moines, IA	54:16	17:28
228	47 M30	Andrew Meyer, 30, Des Moines, IA	54:17	17:28
297	87 W30	Lisa Kersey-Wagner, 38*, Des Moines, IA	54:25	17:31
298	44 W50	Melinda Lear, 53*, Des Moines, IA	54:26	17:31
299	13 W60	Rita Denhart, 62*, Pleasant Hill, IA	54:27	17:31
300	45 W50	Michelle Wonders, 58*, Des Moines, IA	54:27	17:31
301	14 W60	Cheryl Wiezorek, 65*, Carlisle, IA	54:39	17:35
302	15 W60	Joann Sheldon, 63*, Norwalk, IA	54:39	17:35
303	46 W50	Carolyn Oldenkamp, 57*, Corning, IA	54:41	17:36
304	47 W50	Marie Michels, 51*, Clive, IA	54:42	17:36
305	88 W30	Kim Hildreth, 39*, Des Moines, IA	54:42	17:36
306	16 W60	Janet Nicolino, 61*, Des Moines, IA	54:44	17:37
229	11 M60	John Nicolino, 61, Des Moines, IA	54:53	17:40

230	56	JrM	Gavin Heckler, 7, Altoona, IA	54:53	17:40
307	54	W40	Tonya Ensor, 48*, Ankeny, IA	55:04	17:43
231	48	M30	Thomas Heckler, 32, Altoona, IA	55:14	17:46
308	48	W50	Pat Christensen, 50*, Des Moines, IA	55:18	17:48
309	55	W40	Becky Woody, 45*, Johnston, IA	55:20	17:48
310	57	W20	Connor Woody, 22*, Johnston, IA	55:20	17:48
311	49	W50	Ellen Drumheller, 54*, Des Moines, IA	55:50	17:58
312	58	W20	Chelsea Teut, 28*, Granger, IA	55:51	17:58
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232	12	M60	Tim Dempsey, 69, Windsor Heights, IA	56:32	18:11
233	50	M20	Dan Dempsey, 29, West Des Moines, IA	56:32	18:12
234	57	JrM	Spencer Mortvedt, 6, Cambridge, IA	56:35	18:12
235	49	M30	Steven Mortvedt, 31, Cambridge, IA	56:35	18:13
313	59	W20	Katrina Jarrell, 25*, West Des Moines, IA	56:39	18:14
314	17	W60	Terri Butler, 62*, West Des Moines, IA	56:41	18:14
315	45	JrW	Samantha Swacker, 11*, Altoona, IA	56:57	18:20
316	18	W60	Sharon Swacker, 62*, Altoona, IA	56:57	18:20
317	50	W50	Lourene Bennett, 55*, Des Moines, IA	57:12	18:25
318	60	W20	Jennifer Hitchcock, 29*, Des Moines, IA	57:15	18:26
236	51	M20	Derek Connelly, 28, Des Moines, IA	57:16	18:26
237	13	M60	Terry Allen, 66, Urbandale, IA	57:22	18:28
319	19	W60	Judy Cope, 63*, Des Moines, IA	57:27	18:29
320	46	JrW	Olivia Chiodo, 17*, Des Moines, IA	57:28	18:30
321	20	W60	Nancy Evans, 62*, Des Moines, IA	57:28	18:30
322	61	W20	Nicole Bjork, 21*, Sioux City, IA	57:31	18:31
323	89	W30	Jenny Fazio-Wilson, 36*, Urbandale, IA	57:31	18:31
324	90	W30	Luna Baccam, 38*, Pleasant Hill, IA	57:48	18:36
238	58	JrM	Trey Officer, 15, Urbandale, IA	57:58	18:39
239	59	JrM	Tyler Martin, 15, Johnston, IA	58:00	18:40
240	60	JrM	Ben Tinker, 15, Urbandale, IA	58:01	18:40
241	61	JrM	Gavin Sullivan, 16, Urbandale, IA	58:01	18:40
242	62	JrM	Jack Stigers, 15, Johnston, IA	58:01	18:40
243	63	JrM	Noah Janssen, 15, Johnston, IA	58:03	18:41
325	91	W30	Jamie Swacker, 35*, Altoona, IA	58:03	18:41
244	50	M30	James Munson, 33, Des Moines, IA	58:03	18:41
326	56	W40	Tina Fazio, 43*, Sioux City, IA	58:04	18:41
245	42	M40	Kirk Hunwardsen, 45, Perry, IA	58:05	18:41
246	51	M30	Rob Follett, 33, Waukee, IA	58:26	18:48
247	14	M60	Tom Follett, 62, Urbandale, IA	58:36	18:52
327	57	W40	Becky Decarlo, 41*, Des Moines, IA	58:39	18:52
328	58	W40	Danielle Golden, 40*, Bondurant, IA	58:40	18:53
248	64	JrM	Nate Malaise, 9, Bondurant, IA	58:40	18:53
329	51	W50	Penny Edmonds, 50*, Des Moines, IA	58:41	18:53
330	47	JrW	Madeline Edmonds, 17*, Des Moines, IA	58:42	18:53
331	48	JrW	Cassandra Bragg, 17*, Des Moines, IA	58:45	18:54
332	49	JrW	Courtney Bragg, 16*, Des Moines, IA	58:45	18:54
333	50	JrW	Jasmine Smith, 15*, Des Moines, IA	58:45	18:54
334	51	JrW	Jaclyn Smith, 11*, Des Moines, IA	58:45	18:54
335	62	W20	Dawn May, 25*, Pleasant Hill, IA	59:00	18:59
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					

336	52	W50	April Dunkin, 52*, Bondurant, IA	59:08	19:02
337	53	W50	Misti Allison, 57*, Des Moines, IA	59:09	19:02
338	21	W60	Judy Fusaro, 75*, Altoona, IA	59:09	19:02
339	59	W40	Amy Mimouni, 43*, Des Moines, IA	59:18	19:05
340	54	W50	Angelia Taber, 54*, Des Moines, IA	59:22	19:06
341	22	W60	Jan Pope, 60*, Grinnell, IA	59:28	19:08
249	65	JrM	Elijah Phipps, 4, Altoona, IA	59:28	19:08
342	60	W40	Wendi Phipps, 42*, Altoona, IA	59:30	19:09
250	52	M30	Andy Phipps, 39, Altoona, IA	59:30	19:09
343	23	W60	Gail Bemis, 61*, Ankeny, IA	59:31	19:09
251	26	M50	Charlie Bemis, 53, Ankeny, IA	59:32	19:09
344	61	W40	Jessica Vanden Berg, 40*, Des Moines, IA	59:46	19:14
345	92	W30	Brenda Kole, 39*, Des Moines, IA	59:47	19:14

252	43	M40	Chris Hardy, 47, Milo, IA	1:00:16	19:24
346	62	W40	Diane Hardy, 46*, Milo, IA	1:00:32	19:29
347	55	W50	Barb Dempsey, 56*, Windsor Heights, IA	1:00:32	19:29
348	93	W30	Amy Dempsey, 30*, West Des Moines, IA	1:00:34	19:30
253	44	M40	Larry Dillon, 44, Des Moines, IA	1:00:36	19:30
349	94	W30	Laura Dillon, 36*, Des Moines, IA	1:00:37	19:30
350	52	JrW	Danna Dillon, 6*, Des Moines, IA	1:00:37	19:30
254	66	JrM	Kaden Dillon, 12, Des Moines, IA	1:00:37	19:30
351	63	W40	Peggy Lawless, 43*, Des Moines, IA	1:00:37	19:31
352	64	W40	Melissa Houlsworth, 46*, Des Moines, IA	1:00:45	19:33
255	27	M50	Mitch Myers, 51, Ankeny, IA	1:00:49	19:34
353	63	W20	Brittney Myers, 21*, Ankeny, IA	1:00:51	19:35
256	28	M50	David Huberty, 55, Lucas, IA	1:01:04	19:39
354	56	W50	Jean Huberty, 55*, Lucas, IA	1:01:05	19:39
355	57	W50	Laurie Evans, 57*, Des Moines, IA	1:01:57	19:56
356	58	W50	Lynn Evans, 57*, Des Moines, IA	1:01:58	19:56
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					

357	65	W40	Lynn Wingert, 48*, West Des Moines, IA	1:02:12	20:01
358	66	W40	Leah Wingert Gillen, 47*, , IA	1:02:13	20:01
257	67	JrM	Joshua Hemsted, 10, Hartford, IA	1:03:10	20:20
258	68	JrM	Asa Hemsted, 8, Hartford, IA	1:03:10	20:20
359	67	W40	Angela Logsdon, 45*, Urbandale, IA	1:03:11	20:20
259	29	M50	Mark Logsdon, 50, Urbandale, IA	1:03:11	20:20
260	15	M60	Chuck Follett, 65, West Des Moines, IA	1:03:18	20:22
360	95	W30	Samantha Evans, 30*, Des Moines, IA	1:03:27	20:25
261	52	M20	Excell Employee, 21, Des Moines, IA	1:03:28	20:25
262	53	M30	Nic Belieu, 34, Winterset, IA	1:04:02	20:37
361	96	W30	Heather Blue, 32*, Winterset, IA	1:04:04	20:37
263	54	M30	Fred Jones, 39, Corning, IA	1:04:04	20:37
362	97	W30	Stacey Jones, 36*, Corning, IA	1:04:05	20:37
363	59	W50	Kim Walter, 58*, Corning, IA	1:04:30	20:45
364	64	W20	Martha Ramirez, 25*, Des Moines, IA	1:04:35	20:47
264	55	M30	David Robbins, 33, Des Moines, IA	1:04:35	20:47
365	60	W50	Deb Stratton, 50*, Des Moines, IA	1:04:36	20:47
366	98	W30	Anne Hemsted, 33*, Hartford, IA	1:04:36	20:47
367	99	W30	Carisa Dabb, 32*, Pleasantville, IA	1:04:36	20:48
368	68	W40	Beth Cox, 44*, Des Moines, IA	1:04:38	20:48
369	65	W20	Denise Villanueva, 26*, Des Moines, IA	1:04:39	20:48
370	61	W50	Sheila Burns, 50*, Des Moines, IA	1:04:51	20:52
371	66	W20	Janelle CATERON, 28*, Des Moines, IA	1:04:52	20:53

* indicates females

1 finishers among Males (no age given)

68 finishers among Men Under 20

52 finishers among Men 20 - 29

55 finishers among Men 30 - 39

44 finishers among Men 40 - 49

29 finishers among Men 50 - 59

15 finishers among Men 60 & Up

52 finishers among Women Under 20

66 finishers among Women 20 - 29

99 finishers among Women 30 - 39

68 finishers among Women 40 - 49

61 finishers among Women 50 - 59

23 finishers among Women 60 & Up

2 finishers among Females (no age given)

264 male finishers

371 female finishers

635 total finishers

Age Groups

PLACE	CLASS	FINISHER	TIME	PACE
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Open Men

1	1 M20	Jake Sutton, 23, West Des Moines, IA	17:11	5:32
2	2 JrM	Tanner Wood, 17, Des Moines, IA	18:28	5:56
3	3 JrM	Fernando Murillo, 18, Des Moines, IA	19:43	6:21

Open Women

1	1 W30	Emily Hanson, 32, Urbandale, IA	22:26	7:13
2	2 W20	Sarah Adams, 20, Norwalk, IA	22:46	7:19
3	3 W30	Megan Zach, 36, Des Moines, IA	23:32	7:34

PLACE	CLASS	FINISHER	TIME	PACE
Men Under 20				
2	1	Tanner Wood, 17, Des Moines, IA	18:28	5:56
3		Fernando Murillo, 18, Des Moines, IA	19:43	6:21
4	3	Austin Mapes, 17, Des Moines, IA	19:47	6:22
Men 20 - 29				
1	1	Jake Sutton, 23, West Des Moines, IA	17:11	5:32
6	2	Adam Stueckrath, 23, Kansas City, MO	19:56	6:25
10	3	Rex Deckard, 26, Des Moines, IA	21:55	7:03
Men 30 - 39				
9	1	Jake Lancaster, 32, West Des Moines, IA	21:46	7:00
14	2	Josh Speer, 35, Berwick, IA	22:37	7:17
19	3	Chad Steffen, 35, Altoona, IA	22:58	7:23
Men 40 - 49				
17	1	Ian Lawler, 43, Huxley, IA	22:44	7:19
23	2	Scott Dahlstrom, 47, Ankeny, IA	23:22	7:31
28	3	Rob Walker, 43, Ankeny, IA	23:49	7:40
Men 50 - 59				
16	1	Douglas Philip, 55, Des Moines, IA	22:43	7:19
44	2	Tim Saigh, 59, West Des Moines, IA	26:33	8:32
46	3	Travis Kneale, 51, Des Moines, IA	26:38	8:34
Men 60 & Up				
63	1	Patrick Kozitza, 66, Des Moines, IA	28:15	9:06
133	2	Lou Schneider, 70, West Des Moines, IA	34:13	11:01
136	3	Mike Beck, 68, Ankeny, IA	34:24	11:04

PLACE	CLASS	FINISHER	TIME	PACE
Women Under 20				
4	1	Audrey Klein, 17, Des Moines, IA	23:44	7:38
7	2	Delilah Fidler, 15, West Des Moines, IA	24:54	8:01
13	3	Allison Varineau, 15, Ankeny, IA	26:27	8:31
Women 20 - 29				
2	1	Sarah Adams, 20, Norwalk, IA	22:46	7:19
6	2	Jackie Cunningham, 29, Jefferson, IA	24:29	7:53
9	3	Maranda Metz, 20, Pleasant Hill, IA	25:30	8:12
Women 30 - 39				
1	1	Emily Hanson, 32, Urbandale, IA	22:26	7:13
3	2	Megan Zach, 36, Des Moines, IA	23:32	7:34
5	3	Erin Ross-Johnson, 39, Johnston, IA	23:59	7:43

Women 40 - 49

11	1	Kristy Pomrenke, 42, Ankeny, IA	26:06	8:24
15	2	Sherri Cooney, 49, Pleasant Hill, IA	27:02	8:42
28	3	Deb VanVelzen, 44, Des Moines, IA	28:39	9:13

Women 50 - 59

14	1	Ellen Johnson, 57, Des Moines, IA	26:29	8:31
30	2	Kimberly Abbott, 54, Ankeny, IA	28:45	9:15
32	3	Jan Atchison, 56, Rhodes, IA	28:49	9:16

Women 60 & Up

66	1	Mary Struchen, 64, Webster City, IA	31:34	10:10
77	2	Gail Stelmacher, 60, West Des Moines, IA	31:59	10:17
147	3	Linda Holt, 60, Mitchellville, IA	37:50	12:10

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