



8th Loop the Lake

Gray's Lake - Des Moines, IA

April 5, 2008

40s at start, mild wind, nice

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 PLACE	FINISHER	TIME	PACE
1		Julius Rotich, 33, West Des Moines, IA	25:12	5:04
2		Marty Dalton, 31, Stuart, IA	25:18	5:05
3		Jason Flogel, 25, West Des Moines, IA	25:28	5:07
4	1 M30	Jacob Kaemmer, 31, Des Moines, IA	26:19	5:18
5		Andrew Rinn, 40, West Des Moines, IA	26:59	5:26
6	1 M20	Patrick Davis, 20, Ames, IA	27:33	5:33
7	2 M30	Craig Walton, 33, Des Moines, IA	27:43	5:34
8	3 M30	Louis Dewild, 34, Des Moines, IA	28:00	5:38
9	1 M25	Joseph Aulwes, 27, Bondurant, IA	28:49	5:48
1		Ashley Tousley, 24*, West Des Moines, IA	28:50	5:48
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				
10	1 M40	Todd Haugen, 44, Story City, IA	30:27	6:07
11	1 M35	Chad Lee, 35, West Des Moines, IA	30:53	6:13
12	1 M50	Bob Layton, 52, Urbandale, IA	31:05	6:15
2		Christine Price, 39*, Des Moines, IA	31:15	6:17
13	1 JrM	Mark Swisher, 18, West Des Moines, IA	31:23	6:19
14	4 M30	Benjamin Lefever, 30, West Des Moines, IA	31:25	6:19
15	2 JrM	Hawkeye Wiemers, 17, West Des Moines, IA	31:29	6:20
16	2 M40	Todd Bindel, 40, West Des Moines, IA	31:33	6:21
17	3 JrM	Kyle Petersen, 18, St. Charles, IL	31:36	6:21
18	2 M50	Tom McBride, 52, Des Moines, IA	31:36	6:21
19	5 M30	Brad Brotherton, 34, Polk City, IA	31:43	6:23
20	3 M40	John Bannantine, 42, Ames, IA	31:46	6:23
21	2 M25	John Neer, 28, Des Moines, IA	31:58	6:26
22	3 M50	Rick Gubbels, 50, Des Moines, IA	32:09	6:28
23	4 M40	Joe Short, 43, Johnston, IA	32:18	6:30
24	2 M20	Dan Novelli, 23, West Des Moines, IA	32:36	6:33
25	2 M35	Brian Palmer, 39, Des Moines, IA	32:40	6:34
26	6 M30	Adam Albright, 30, Des Moines, IA	32:47	6:36
27	3 M25	Matthew Sampogna, 29, Pittsburgh, PA	32:48	6:36
28	5 M40	Steve Willem, 41, Earlham, IA	32:51	6:36
29	3 M35	Damon Youmans, 37, Indianola, IA	32:52	6:37

30	6	M40	Mike Rieks, 40, Urbandale, IA	32:57	6:38
31	4	M35	Tim Lowe, 35, Des Moines, IA	32:59	6:38
32	3	M20	Jacob Johnson, 23, West Des Moines, IA	33:04	6:39
33	4	JrM	Jacob Baker, 14, Clear Lake, IA	33:05	6:39
34	5	M35	Chris Brooks, 36, West Des Moines, IA	33:06	6:39
35	7	M30	Joel Rinderknecht, 33, Waukee, IA	33:10	6:40
	3		Kelsey Davis, 18*, Cedar Falls, IA	33:11	6:41
36	1	M45	Jeff Feder, 47, Norwalk, IA	33:14	6:41
	4		Carla Stoner, 45*, West Des Moines, IA	33:18	6:42
37	8	M30	Lee Simmons, 31, West Des Moines, IA	33:22	6:43
38	4	M25	Nate Sanders, 25, Des Moines, IA	33:27	6:44
39	5	M25	Chad Marchant, 28, Ankeny, IA	33:29	6:44
	5	1	W25 Nicole Wendl, 26*, Des Moines, IA	33:30	6:44
40	6	M35	David Olsen, 35, West Des Moines, IA	33:43	6:47
	6	1	W35 Mary Landhuis, 35*, Clarinda, IA	33:44	6:47
41	6	M25	Tony Ekman, 26, Des Moines, IA	33:47	6:48
42	2	M45	Michael Shuway, 47, West Des Moines, IA	33:51	6:49
43	7	M25	Lance Gunkel, 29, Clive, IA	33:55	6:49
44	9	M30	Adam Bjornson, 31, Des Moines, IA	34:02	6:51
	7	2	W35 Jennifer Masini, 35*, Ames, IA	34:09	6:52
45	8	M25	Matt Whitaker, 28, Leon, IA	34:12	6:53
46	10	M30	Jeremy Mueller, 31, West Des Moines, IA	34:12	6:53
47	3	M45	Dan Gustafson, 45, West Des Moines, IA	34:20	6:54
48	4	M45	Scott Boever, 47, Des Moines, IA	34:22	6:55
49	11	M30	Chris Albright, 33, Norwalk, IA	34:26	6:56
50	12	M30	Braydn Girdler, 32, Granger, IA	34:41	6:59
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					
51	7	M40	Max Studer, 44, Norwalk, IA	34:51	7:01
52	8	M40	Kenneth Overton, 40, Dexter, IA	35:05	7:03
53	9	M40	Scott Meyer, 43, Pella, IA	35:05	7:03
54	5	M45	Steve Falck, 49, Des Moines, IA	35:06	7:04
55	7	M35	Douglas Kendall, 39, Otley, IA	35:10	7:04
56	1	M55	Roy Ney, 59, Des Moines, IA	35:21	7:07
57	9	M25	Alex Albright, 28, Des Moines, IA	35:35	7:09
58	10	M25	Ben Stover, 25, Centerville, IA	35:37	7:10
59	11	M25	Joe Lynn, 28, West Des Moines, IA	35:42	7:11
60	4	M20	Anthony Pollastrini, 22, Cedar Falls, IA	35:49	7:12
61	2	M55	Charles Clark, 57, Carroll, IA	35:54	7:13
62	12	M25	Neil Willoughby, 27, Pleasantville, IA	35:59	7:14
63	4	M50	Pete Sandler, 52, West Des Moines, IA	36:00	7:15
64	13	M30	Bryce Gilbert, 30, Milo, IA	36:08	7:16
65	6	M45	Steven McKibben, 47, Clive, IA	36:10	7:16
66	10	M40	Richard Mockobee, 40, Norwalk, IA	36:24	7:19
67	8	M35	Brent Monson, 39, Des Moines, IA	36:24	7:19
68	9	M35	Brandon Lee, 35, Ankeny, IA	36:26	7:20
	8	3	W35 Susan Fullenkamp, 36*, Coralville, IA	36:27	7:20
	9	4	W35 Tami Ruppel, 37*, Webster City, IA	36:28	7:20
69	10	M35	Dan Henderson, 37, Ankeny, IA	36:29	7:20
70	2	W25	Stephanie Freund, 26*, Urbandale, IA	36:30	7:21
71	13	M25	Nick Elliott, 28, West Des Moines, IA	36:36	7:22
72	11	M35	David Baccile, 38, Cumming, IA	36:40	7:23
73	14	M25	Scott Murphey, 29, West Des Moines, IA	36:46	7:24
74	11	M40	Brad Hier, 41, Baxter, IA	36:47	7:24
74	7	M45	Greg Ferry, 47, Ankeny, IA	36:51	7:25
11	1	W30	Marta Ferry, 33*, Ankeny, IA	36:51	7:25
75	14	M30	M Decker, 33, Ankeny, IA	36:51	7:25
12	5	W35	Carmen Jacobsen, 37*, West Des Moines, IA	36:52	7:25
13	6	W35	Carissa Devos Lee, 35*, Ankeny, IA	36:54	7:25
76	12	M35	Chris Roling, 36, Des Moines, IA	36:54	7:25
14	1	W20	Lacey Redding, 24*, Des Moines, IA	36:58	7:26
15	2	W20	Lindsey Meyer, 23*, Des Moines, IA	36:58	7:26
77	15	M30	Zachary Moore, 31, Ankeny, IA	36:59	7:26
78	5	M20	Kyle Vollstedt, 23, Des Moines, IA	37:05	7:27
79	6	M20	Zach Fett, 22, West Des Moines, IA	37:05	7:28

80	7	M20	Matthew Moehn, 21, Dunlap, IL	37:06	7:28
81	15	M25	Brady Johnson, 28, West Des Moines, IA	37:06	7:28
16	3	W20	Megan Hauver, 24*, Des Moines, IA	37:12	7:29
82	16	M25	Corey St. John, 27, Des Moines, IA	37:13	7:29
83	8	M45	Scott Stellman, 45	37:16	7:30
84	5	JrM	Zac Wiemers, 15, West Des Moines, IA	37:18	7:30
85	9	M45	Jeffrey Smith, 47, Indianola, IA	37:20	7:31
86	8	M20	Mark Moore, 22, Des Moines, IA	37:21	7:31
17	1	W40	Ellen Middleswart, 42*, Urbandale, IA	37:22	7:31
18	3	W25	Alana Stamas, 26*, Des Moines, IA	37:24	7:32
19	1	JrW	Kelly Peddy, 17*, Ankeny, IA	37:29	7:32
20	1	W45	Kim Bougher, 47*, West Des Moines, IA	37:34	7:33
87	5	M50	Mark Borseth, 52, Johnston, IA	37:36	7:34
88	6	M50	John Loin, 50, Fairfield, IA	37:38	7:34
21	7	W35	Diane Iversen, 37*, Ankeny, IA	37:40	7:35
89	9	M20	Matt Hawkins, 24, Ames, IA	37:43	7:35
90	3	M55	Lew Schaefer, 56, Norwalk, IA	37:43	7:35
91	17	M25	Nicholas Irving, 28, West Des Moines, IA	37:45	7:36
22	4	W25	Jessica Coleela, 26*, Des Moines, IA	37:47	7:36
23	8	W35	Beth Palmer, 39*, Des Moines, IA	37:51	7:37
24	9	W35	Amy Burgess, 37*, Urbandale, IA	37:52	7:37
92	10	M45	Scott Long, 45, Des Moines, IA	37:52	7:37
25	2	JrW	Angela Davis, 12*, Altoona, IA	37:54	7:37
93	11	M45	Mike Novelli, 49, Urbandale, IA	37:57	7:38
94	16	M30	Brian Kuehler, 32, West Des Moines, IA	37:58	7:38
26	10	W35	Sherry Greenwood, 35*, Des Moines, IA	38:07	7:40
27	4	W20	Amy Benes, 20*, Downers Grove, IL	38:11	7:41
95	12	M40	Dan Duffy, 44, Perry, IA	38:14	7:41
28	5	W25	Heather Anderson, 28*, Ankeny, IA	38:15	7:42
96	13	M40	Pat Hamilton, 41, Algona, IA	38:16	7:42
29	2	W30	Laura Drees, 30*, Indianola, IA	38:18	7:42
97	18	M25	Nate Ogbourne, 29, Carilisle, IA	38:21	7:43
30	2	W40	Lisa Wink, 41*, Urbandale, IA	38:23	7:43
31	3	W40	Kimberly O'Brien, 43*, Waukee, IA	38:26	7:44
32	1	W55	Jan Mohs, 56*, Urbandale, IA	38:26	7:44
33	4	W40	Amy Harris, 42*, Des Moines, IA	38:27	7:44
34	2	W45	Heather Stilborn, 45*, Des Moines, IA	38:27	7:44
98	13	M35	Brad Myers, 36, Knoxville, IA	38:28	7:44
99	4	M55	Roger Heinle, 58, Whiting, IA	38:29	7:45
100	19	M25	Eric Ludwig, 28, Pleasant Hill, IA	38:35	7:46
35	11	W35	Rachelle Gehring, 39*, Waukee, IA	38:36	7:46
101	6	JrM	Jacob Wiemers, 12, West Des Moines, IA	38:38	7:46
102	12	M45	Glen Dippold, 45, Clive, IA	38:39	7:47
103	10	M20	Benjamin Truehart, 22, Des Moines, IA	38:41	7:47
104	7	M50	John Meyer, 52, West Des Moines, IA	38:42	7:47
105	14	M40	Scott Kristy, 44, Exira, IA	38:47	7:48
106	20	M25	Tory Mears, 29, West Des Moines, IA	38:52	7:49
107	21	M25	Matthew Schleier, 29, Des Moines, IA	38:53	7:49
108	15	M40	Rick Schmidt, 40, Des Moines, IA	38:55	7:50
36	6	W25	Rachel McDermott, 29*, Marion, IA	38:58	7:50
37	3	W30	Cheryl Dralle, 30*, Des Moines, IA	39:01	7:51
109	22	M25	Nicholas Hugentobier, 27, West Des Moines, IA	39:02	7:51
110	14	M35	Dwight Rastetter, 36, Johnston, IA	39:03	7:51
111	13	M45	James McGraw, 46, Waukee, IA	39:03	7:51
38	5	W20	Erica Reams, 24*, West Des Moines, IA	39:11	7:53
112	15	M35	Philip Behrends, 35, Des Moines, IA	39:12	7:53
113	14	M45	Galyn Wiemers, 48, West Des Moines, IA	39:13	7:53
114	23	M25	Eric Hyde, 27, Des Moines, IA	39:24	7:55
115	24	M25	Scott Kruthoff, 27, Ankeny, IA	39:24	7:56
39	1	W50	Nancy Willert, 51*, Nevada, IA	39:30	7:57
116	25	M25	Mark Gelbman, 28, West Des Moines, IA	39:34	7:58
40	2	W50	Claire Andreasen, 50*, Ames, IA	39:37	7:58
41	5	W40	Gena Haselhuhn, 41*, Dallas, IA	39:39	7:59
117	7	JrM	Josh Engelken, 16, Des Moines, IA	39:39	7:59

118	17	M30	Jonathan Williams, 33, Waukee, IA	39:40	7:59
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					
42	4	W30	Sara Bridie, 34*, Clarinda, IA	39:44	8:00
43	12	W35	Tammy Mickey, 35*, Melcher, IA	39:45	8:00
44	3	JrW	Katie O'Keefe, 19*, Cedar Falls, IA	39:46	8:00
119	26	M25	John Dullard, 26, West Des Moines, IA	39:47	8:00
120	1	M60	Joe Keefer, 61, Des Moines, IA	39:49	8:01
121	16	M40	Joe Akers, 42, Grimes, IA	39:52	8:01
122	17	M40	Benjamin Lounsbury, 43, West Des Moines, IA	39:56	8:02
45	4	JrW	Kristin Geiger, 18*, Ames, IA	39:58	8:02
123	18	M40	Todd Hall, 40, Adel, IA	39:59	8:03
124	16	M35	Phil Stover, 37, Des Moines, IA	40:03	8:03
46	7	W25	Laurie Grieme, 25*, Des Moines, IA	40:05	8:04
125	15	M45	Jeff Gust, 45, Des Moines, IA	40:06	8:04
126	17	M35	Steve Hedding, 37, Des Moines, IA	40:07	8:04
47	8	W25	Wendy Bloomhuff, 26*, Ankeny, IA	40:13	8:05
48	6	W20	Audrey Ross, 24*, Carlisle, IA	40:14	8:06
127	11	M20	Drew Hilgenberg, 24, Clive, IA	40:20	8:07
128	27	M25	Jadon Ross, 25, Carlisle, IA	40:22	8:07
49	9	W25	Teri Root, 28*, Ankeny, IA	40:23	8:07
50	13	W35	Dannielle Hadaway, 39*, Ankeny, IA	40:25	8:08
129	8	JrM	Ben Merrick, 14, Truro, IA	40:28	8:08
130	19	M40	Mike Perkins, 40, Adel, IA	40:35	8:10
131	12	M20	Russell Bolibaugh, 20, Marion, IA	40:38	8:10
51	6	W40	Amy Montgomery, 44*, Pleasant Hill, IA	40:39	8:11
52	14	W35	Jennifer Galluzzo, 38*, West Des Moines, IA	40:42	8:11
132	18	M35	David Decker, 37, Des Moines, IA	40:44	8:12
133	18	M30	Matt Getting, 30, Clive, IA	40:46	8:12
53	15	W35	Shanda Abbott, 38*, Van Meter, IA	40:50	8:13
134	19	M30	Wade Den Hartog, 34, Johnston, IA	40:53	8:14
135	20	M40	Jon Mireles, 41, West Des Moines, IA	40:54	8:14
136	8	M50	David McClung, 53, Des Moines, IA	40:56	8:14
54	16	W35	Angela Hill, 36*, Des Moines, IA	40:57	8:14
137	20	M30	Bradley Hanchak, 30, Des Moines, IA	41:00	8:15
138	28	M25	Brandon Rohlfen, 29, Waterloo, IA	41:01	8:15
139	29	M25	Jeff Austin, 29, Ankeny, IA	41:01	8:15
55	7	W20	Courtney Shelquist, 24*, Ankeny, IA	41:03	8:15
56	5	W30	Emily Kimes-Schwieson, 32*, Des Moines, IA	41:04	8:16
140	9	JrM	Joe Amadeo, 13, Des Moines, IA	41:06	8:16
141	21	M40	Gerard Amadeo, 42, Des Moines, IA	41:07	8:16
142	5	M55	Bob Overstreet, 57, Des Moines, IA	41:07	8:16
57	17	W35	Teri Collins, 38*, Ames, IA	41:12	8:17
143	30	M25	Clayton Scheve, 28, Pleasantville, IA	41:13	8:17
58	10	W25	Angie Jones, 28*, Indianola, IA	41:13	8:17
59	7	W40	Lori McQuiston, 44*, Maxwell, IA	41:16	8:18
60	18	W35	Danika Vilmont, 35*, Des Moines, IA	41:18	8:18
144	19	M35	Dana Cox, 38, Earlham, IA	41:19	8:19
61	8	W40	Tom Mitchell, 44*, Ankeny, IA	41:21	8:19
62	6	W30	Rebecca Meis, 31*, West Des Moines, IA	41:22	8:19
63	5	JrW	Alexandr Nissen-Pickard, 14*, Ankeny, IA	41:28	8:20
64	9	W40	Laura Thomas, 43*, West Des Moines, IA	41:28	8:21
65	19	W35	Valerie Hamilton, 37*, Algona, IA	41:30	8:21
66	3	W45	Bobbi Snodgrass, 45*, Indianola, IA	41:34	8:22
145	20	M35	Randy Wee, 39, Ankeny, IA	41:36	8:22
67	4	W45	Kelly Greene, 45*, Cumming, IA	41:38	8:22
146	22	M40	Keith Henaman, 42, West Des Moines, IA	41:40	8:23
147	31	M25	Brent Allen, 27, Johnson, IA	41:43	8:24
148	21	M30	Robert Rehkemper, 30, Urbandale, IA	41:44	8:24
68	20	W35	Kim Bryant, 36*, Waukee, IA	41:44	8:24
149	21	M35	Derrick Scoular, 36, Ankeny, IA	41:45	8:24
150	9	M50	Bill Wedeking, 53, Des Moines, IA	41:54	8:26
151	13	M20	David Howard, 24, Des Moines, IA	41:55	8:26
69	21	W35	Jennifer Jacobs, 36*, West Des Moines, IA	41:56	8:26
70	3	W50	Paula Dierenfeld, 53*, Johnston, IA	42:00	8:27

152	22	M35	Blair Smith, 37, Des Moines, IA	42:03	8:27
153	23	M35	Scott Johnson, 35, West Des Moines, IA	42:03	8:28
71	5	W45	Toni Wiemers, 47*, West Des Moines, IA	42:09	8:29
72	8	W20	Marit Johnson, 23*, West Des Moines, IA	42:09	8:29
73	6	W45	Gay Anders, 46*, Des Moines, IA	42:10	8:29
74	10	W40	Trish Anders, 41*, Des Moines, IA	42:10	8:29
154	23	M40	Chengjian Liu, 44, Johnston, IA	42:17	8:30
155	24	M35	Brent McClure, 36, Des Moines, IA	42:22	8:31
75	22	W35	Jody Vandever, 38*, Earlham, IA	42:23	8:32
156	25	M35	Ignatius Wibowo, 36, Urbandale, IA	42:23	8:32
76	9	W20	Robin Hepker, 21*, Cedar Falls, IA	42:24	8:32
157	24	M40	Dean O'Connor, 41, Altoona, IA	42:24	8:32
158	25	M40	Mike Tilley, 44, Runnells, IA	42:25	8:32
159	26	M40	Brian Graeve, 43, Ankeny, IA	42:29	8:33
77	23	W35	Mary Smith, 37*, Des Moines, IA	42:31	8:33
160	26	M35	Corey Rumann, 38, Ames, IA	42:32	8:33
78	11	W40	Janeal Lyons, 42*, Waukee, IA	42:33	8:34
161	32	M25	Daniel Yeager, 26, West Des Moines, IA	42:34	8:34
162	33	M25	Reid Forgrave, 28, Des Moines, IA	42:41	8:35
79	12	W40	Dawn O'Connor, 43*, Altoona, IA	42:43	8:36
80	11	W25	Audrey Barrett, 25*, Ames, IA	42:46	8:36
81	12	W25	Misty Kasperbauer, 28*, West Des Moines, IA	42:48	8:37
82	13	W40	Coreen Sweeney, 43*, Clive, IA	42:51	8:37
83	7	W30	Jill Schwarz, 31*, Cumming, IA	42:58	8:39
84	24	W35	Joni Tonnemacher, 38*, Johnston, IA	42:58	8:39
85	13	W25	Laura Zinn, 28*, Ankeny, IA	43:01	8:39
86	14	W25	Leeann Albright, 28*, Des Moines, IA	43:05	8:40
87	6	JrW	Samantha Konz, 18*, Dakota Dunes, SD	43:06	8:40
163	34	M25	Nick Gomez, 27, Urbandale, IA	43:09	8:41
88	7	W45	Lori Taha, 45*, Des Moines, IA	43:13	8:42
89	8	W30	Haley Stomp, 32*, Clive, IA	43:18	8:43
90	8	W45	Brenda McGraw, 45*, Waukee, IA	43:19	8:43
164	27	M40	Todd Weber, 44, Earlham, IA	43:21	8:43
91	15	W25	Jennifer Nemmers, 27*, Des Moines, IA	43:23	8:44
165	27	M35	Bryan Trout, 37, Ankeny, IA	43:24	8:44
166	22	M30	Christopher Coleman, 31, Urbandale, IA	43:25	8:44
92	25	W35	Jane Schmitt, 35*, Des Moines, IA	43:25	8:44
167	10	JrM	Kyle Weber, 13, Earlham, IA	43:27	8:44
93	7	JrW	Kristen Weber, 10*, Earlham, IA	43:28	8:45
168	28	M35	Paul Soucy, 38, Johnston, IA	43:29	8:45
169	29	M35	Chris Roberts, 37, Des Moines, IA	43:30	8:45
170	35	M25	Justin Atherton, 28, Urbandale, IA	43:30	8:45
94	9	W45	Kary Austin, 45*, Grimes, IA	43:33	8:46
171	6	M55	Bill Jess, 55, West Des Moines, IA	43:33	8:46
95	16	W25	Mary Tesdall, 28*, Urbandale, IA	43:33	8:46
172	30	M35	Robert Stomp, 38, Clive, IA	43:36	8:46
173	36	M25	Jonathan Hicks, 28, West Des Moines, IA	43:37	8:46
96	9	W30	Amanda Peterson, 30*, Urbandale, IA	43:38	8:47
97	2	W55	Linda Brown, 56*, Waukee, IA	43:41	8:47
98	14	W40	Jenny Topic, 41*, West Des Moines, IA	43:45	8:48
174	28	M40	Andrew Kahl, 43, Des Moines, IA	43:45	8:48
99	10	W20	Megan Bergthold, 23*, West Des Moines, IA	43:46	8:48
100	10	W30	Jennifer Dodge, 31*, Des Moines, IA	43:48	8:49
101	11	W30	Ericca Greubel, 32*, Bondurant, IA	43:50	8:49
175	10	M50	Dennis Howard, 54, Des Moines, IA	43:50	8:49
102	12	W30	Lori Reha, 31*, Ankeny, IA	43:51	8:49
176	11	JrM	Zachary Henaman, 14, West Des Moines, IA	43:52	8:49
177	7	M55	Mark McGrath, 59, Des Moines, IA	43:54	8:50
103	11	W20	Ashlea Ahrenholtz, 24*, Carroll, IA	43:57	8:50
104	17	W25	Abbie Westrope, 25*, Urbandale, IA	43:57	8:51
178	37	M25	Brandon Wood, 26, Urbandale, IA	43:57	8:51
105	12	W20	Kesley Egli, 24*, Ankeny, IA	44:01	8:51
106	13	W30	Heather Hendrix, 32*, Ankeny, IA	44:12	8:54
179	8	M55	Dean Berkland, 55, Perry, IA	44:17	8:55
107	18	W25	Shawna Hackert, 28*, West Des Moines, IA	44:22	8:56

180	29	M40	Ken Balzek, 43, West Des Moines, IA	44:23	8:56
181	38	M25	Steve Schmitt, 28, Urbandale, IA	44:24	8:56
108	19	W25	Lacey Schmidt, 28*, Des Moines, IA	44:24	8:56
182	2	M60	Michael Reams, 62, West Des Moines, IA	44:24	8:56
109	13	W20	Amber Patz, 22*, Ames, IA	44:25	8:56
183	39	M25	Brian Donaldson, 28, Clive, IA	44:26	8:56
110	14	W30	Lucy Schachtner, 34*, Clive, IA	44:26	8:56
184	23	M30	Clint Jones, 33, West Des Moines, IA	44:27	8:57
185	24	M30	Eric Knox, 34, Fort Dodge, IA	44:28	8:57
111	20	W25	Brookman Redick, 28*, Norwalk, IA	44:28	8:57
186	30	M40	Zeph Gruis, 43, Des Moines, IA	44:29	8:57
187	25	M30	Christopher Missel, 34, Des Moines, IA	44:29	8:57
112	21	W25	Jennifer Anderson, 28*, Altoona, IA	44:31	8:57
113	10	W45	Tracy Cheney, 45*, West Des Moines, IA	44:33	8:58
188	12	JrM	Christian Samuelson, 18, Clarinda, IA	44:33	8:58
114	22	W25	Jill Buckner, 25*, Urbandale, IA	44:34	8:58
189	31	M35	Jeff Peterson, 38, Granger, IA	44:35	8:58
190	32	M35	Mike Kleve, 37, Prole, IA	44:36	8:58

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191	13	JrM	Ryan Siedenbug, 13, Johnston, IA	44:42	9:00
192	40	M25	Courtney Hilton, 28, West Des Moines, IA	44:45	9:00
193	16	M45	Marty Kalton, 49, Des Moines, IA	44:53	9:02
115	26	W35	Jill Waring, 35*, Des Moines, IA	44:54	9:02
194	17	M45	Gregg Erwood, 47, Clive, IA	44:55	9:02
195	9	M55	Jim Bergeson, 56, Urbandale, IA	44:57	9:02
116	15	W30	Anne Pentico, 33*, Pella, IA	44:59	9:03
117	23	W25	Sarah Elendt, 27*, Pella, IA	45:01	9:03
196	41	M25	Daniel Hays, 26, Urbandale, IA	45:02	9:04
197	33	M35	Joe Yamen, 39, Waukee, IA	45:04	9:04
198	18	M45	Rob Harlan, 46, Des Moines, IA	45:10	9:05
199	31	M40	Kollin Kirby, 44, Waukee, IA	45:13	9:06
118	24	W25	Jennifer York, 28*, West Des Moines, IA	45:17	9:07
119	27	W35	Dixie Palm, 39*, Altoona, IA	45:19	9:07
120	15	W40	Jennifer Weir, 40*, Des Moines, IA	45:28	9:09
200	26	M30	Justin Cremer, 30, Des Moines, IA	45:29	9:09
201	34	M35	Jeromy Warrick, 36, Johnston, IA	45:30	9:09
202	27	M30	Rich Davitt, 34, Norwalk, IA	45:32	9:10
121	25	W25	Julie Kistenmacher, 25*, Urbandale, IA	45:32	9:10
122	14	W20	Laura Dillavou, 24*, Ames, IA	45:33	9:10
203	10	M55	Keith Hartje, 58, Ankeny, IA	45:33	9:10
123	26	W25	Jessica Schmitt, 27*, Urbandale, IA	45:35	9:10
124	16	W40	Andrea Dryer, 41*, Cedar Falls, IA	45:36	9:10
125	27	W25	Lindsay Petterson, 26*, Ankeny, IA	45:38	9:11
126	16	W30	Stacy Kuehler, 31*, West Des Moines, IA	45:40	9:11
127	17	W30	Michelle Scoular, 34*, Ankeny, IA	45:56	9:14
128	4	W50	Julia Batten, 52*, Carlisle, IA	45:59	9:15
204	35	M35	Jeff Magner, 38, Ankeny, IA	46:00	9:15
129	15	W20	Christy Martin, 20*, Cedar Falls, IA	46:01	9:15
130	17	W40	Rachelle Adams, 41*, Earlham, IA	46:02	9:16
205	14	M20	Joshua Bertocki, 24, Des Moines, IA	46:04	9:16
131	18	W30	Joanna Lowe, 30*, Des Moines, IA	46:06	9:16
206	11	M50	Phil Johnson, 54, Hampton, IA	46:07	9:17
132	28	W35	Kimberly Sapp, 37*, Des Moines, IA	46:08	9:17
207	42	M25	Brett Beltrame, 25, Ankeny, IA	46:11	9:17
133	8	JrW	Lacey Mitchell, 19*, Indianola, IA	46:12	9:18
134	28	W25	Amy Odell, 26*, Waukee, IA	46:17	9:19
208	11	M55	Neil Olson, 57, Boone, IA	46:20	9:19
135	19	W30	Sara Albright, 33*, Des Moines, IA	46:21	9:19
136	20	W30	Lindsey Kalton, 30*, West Des Moines, IA	46:24	9:20
137	29	W25	Jessica Kaemmer, 26*, Des Moines, IA	46:25	9:20
209	12	M50	Darwin Schmig, 50, Des Moines, IA	46:26	9:20
138	18	W40	Marva Blue, 42*, Urbandale, IA	46:27	9:21
139	29	W35	Amy Gates, 38*, Urbandale, IA	46:27	9:21
140	19	W40	Linda Waite, 40*, Ankeny, IA	46:29	9:21

141	20	W40	Mandy Dahl, 42*, Boone, IA	46:31	9:22
142	21	W40	Cindy Nikkel, 43*, Pella, IA	46:32	9:22
143	22	W40	Janet Vermeer, 40*, Pella, IA	46:32	9:22
144	30	W25	Courtney Grgurich, 25*, Omaha, NE	25:12	5:04
145	30	W35	Elaine Stewart, 38*, Ankeny, IA	46:41	9:24
146	11	W45	Lori McKim, 46*, Boone, IA	46:42	9:24
210	36	M35	Peter Fix, 38, Indianola, IA	46:47	9:25
147	31	W35	Maggie McCay, 39*, Des Moines, IA	46:48	9:25
148	3	W55	Sandy Sparks, 55*, Norwalk, IA	46:49	9:25
149	21	W30	Shannon Clark, 30*, Pleasantville, IA	46:50	9:25
150	22	W30	Jennifer Girdler, 32*, Granger, IA	46:53	9:26
211	1	M70	Don Muff, 71, Ames, IA	47:01	9:27
212	13	M50	Mark Hansing, 51, Urbandale, IA	47:02	9:28
213	43	M25	Manni Balignasay, 28, Urbandale, IA	47:03	9:28
151	31	W25	Lisa Hugentobler, 25*, West Des Moines, IA	47:08	9:29
152	32	W35	Jennifer Oldfield, 35*, Clive, IA	47:13	9:30
153	23	W40	Leslie French, 42*, Cedar Rapids, IA	47:22	9:32
214	14	M50	Gery Haag, 54, Johnston, IA	47:26	9:32
154	16	W20	Erin Meade, 22*, Windsor Heights, IA	47:27	9:33
215	3	M60	Norm Ostbloom, 60, Des Moines, IA	47:28	9:33
216	44	M25	Cody Bisher, 26, West Des Moines, IA	47:35	9:34
155	32	W25	Tori Dunham, 25*, West Des Moines, IA	47:36	9:35
217	28	M30	Joy Foose, 34, Perry, IA	47:39	9:35
156	33	W25	Trista Mefford, 29*, Ankeny, IA	47:40	9:35
157	33	W35	Denise Carleton, 37*, Ankeny, IA	47:40	9:35
158	34	W35	Karen Morkinvandyke, 35*, Des Moines, IA	47:41	9:36
159	4	W55	Ann Greubel, 57*, Indianola, IA	47:42	9:36
160	23	W30	Jen Ogbourne, 30*, Carlisle, IA	47:43	9:36
218	37	M35	Todd Hoskins, 35, W Des Moines, IA	47:43	9:36
161	34	W25	Joni Shepherd, 25*, Indianola, IA	47:45	9:36
219	45	M25	Justin Bassett, 27, Ankeny, IA	47:46	9:37
162	35	W25	Erica Ruffing, 25*, West Des Moines, IA	47:47	9:37
163	36	W25	Sarah Huyck, 27*, Des Moines, IA	47:47	9:37
220	2	M70	Frank Amos, 74, Ames, IA	47:51	9:38
221	1	M65	John Beamer, 68, Des Moines, IA	47:58	9:39
222	15	M50	Hank Hanson, 51, Bondurant, IA	48:01	9:40
164	35	W35	Amy Weber, 38*, West Des Moines, IA	48:15	9:42
165	17	W20	Lana Pralle, 22*, Urbandale, IA	48:25	9:45
166	37	W25	Kathlene Tenckinck, 28*, Des Moines, IA	48:34	9:46
223	32	M40	Mike Mitchell, 44, Ankeny, IA	48:36	9:47
167	38	W25	Michelle Foote, 26*, Des Moines, IA	48:37	9:47
168	24	W30	Courtney Donaldson, 32*, Clive, IA	48:39	9:47
169	36	W35	Gabrielle Carlson, 35*, West Desmoines, IA	48:40	9:47
170	12	W45	Juli Randa, 45*, Des Moines, IA	48:41	9:48
171	13	W45	Tina Holzworth, 45*, Colfax, IA	48:41	9:48
172	14	W45	Chris Doran, 46*, Boone, IA	48:43	9:48
173	24	W40	Stacee Nissen, 44*, Ankeny, IA	48:44	9:48
174	25	W30	Staci Bohlen, 34*, West Des Moines, IA	48:46	9:49
175	26	W30	Londa Schnell, 32*, Newton, IA	48:48	9:49
176	37	W35	Kendra Rockhold, 35*, Allerton, IA	48:48	9:49
224	12	M55	Miles Carbo, 56, Ames, IA	48:49	9:49
225	29	M30	Ryan Dixon, 34, Urbandale, IA	48:51	9:50
177	15	W45	Catherine Michl, 46*, Urbandale, IA	48:52	9:50
178	27	W30	Daphne Monson, 30*, Des Moines, IA	48:54	9:50
179	25	W40	Mary Lafferty, 42*, Des Moines, IA	48:56	9:51
180	16	W45	Karma Conway, 48*, Des Moines, IA	48:56	9:51
226	30	M30	Ben Nichols, 32, Des Moines, IA	48:57	9:51
181	39	W25	Aimee Kittell, 26*, West Des Moines, IA	48:59	9:51
182	40	W25	Jessica Eagan, 29*, Norwalk, IA	49:01	9:52
183	41	W25	Jackie Surber, 26*, Des Moines, IA	49:11	9:54
184	17	W45	Brenda Samuelson, 47*, Clarinda, IA	49:21	9:56
185	38	W35	Susan Straka, 37*, Urbandale, IA	49:24	9:56
186	28	W30	Mary Fratianni, 33*, West Des Moines, IA	49:26	9:57
187	29	W30	Cybrill Livingood, 31*, Cedar Rapids, IA	49:36	9:59
188	30	W30	Julie Albright, 30*, Norwalk, IA	49:39	9:59

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227	38	M35	David Wonnell, 39, Cambridge, IA	49:47	10:01
189	18	W20	Andrea Blunck, 22*, Des Moines, IA	49:48	10:01
190	26	W40	Lisa Scheppmann, 43*, West Des Moines, IA	49:51	10:02
191	42	W25	Emily Minear, 27*, Des Moines, IA	49:57	10:03
228	33	M40	Kenneth Harkin, 42, Urbandale, IA	50:02	10:04
192	39	W35	Katrisha Heidemann, 36*, Granger, IA	50:13	10:06
229	13	M55	Gary Dial, 56, Williams, IA	50:13	10:06
193	43	W25	Amy Carter, 27*, Urbandale, IA	50:15	10:07
230	14	M55	Pat Carlino, 55, Des Moines, IA	50:21	10:08
231	46	M25	Kevin Krefting, 25, Urbandale, IA	50:22	10:08
194	44	W25	Kristine Chung, 26*, Johnston, IA	50:22	10:08
195	18	W45	Julie Waters, 49*, Ames, IA	50:24	10:08
196	19	W45	Anita Grgurich, 47*, Indianola, IA	50:24	10:08
197	31	W30	Andrea Woodley, 34*, Urbandale, IA	50:31	10:10
198	19	W20	Megan Bottelson, 23*, West Des Moines, IA	50:36	10:11
199	9	JrW	Cece Flesher, 17*, Des Moines, IA	50:37	10:11
200	32	W30	Stephanie Edler, 30*, State Center, IA	50:44	10:12
201	20	W20	Mollie Tjelmeland, 23*, Roland, IA	50:45	10:12
202	33	W30	Stacey Iverson, 33*, Des Moines, IA	50:46	10:13
203	5	W50	Ronda Baird, 50*, Des Moines, IA	50:56	10:15
204	27	W40	Beatrice Heldenbrand, 44*, Des Moines, IA	50:57	10:15
205	28	W40	Noelle Trevillyan, 41*, Des Moines, IA	51:06	10:17
206	45	W25	Jessica Carper, 25*, West Des Moines, IA	51:23	10:20
207	46	W25	Krista Heenan, 26*, Pleasant Hill, IA	51:24	10:20
208	29	W40	Sue Clark, 40*, Clive, IA	51:30	10:22
209	47	W25	Molly O'Brien, 25*, West Des Moines, IA	51:34	10:22
210	30	W40	Erin McCarty, 41*, Perry, IA	51:35	10:23
211	40	W35	Dawn Irish, 39*, Cumming, IA	51:35	10:23
212	10	JrW	Amanda Irish, 19*, Cumming, IA	51:35	10:23
213	11	JrW	Hilary Holmes, 17*, Des Moines, IA	51:39	10:23
214	41	W35	Melinda Allen, 39*, Waukee, IA	51:41	10:24
215	42	W35	Lisa Harms, 35*, Indianola, IA	51:48	10:25
216	34	W30	Jill Youmans, 34*, Indianola, IA	51:52	10:26
217	35	W30	Brenda Mishler, 32*, Des Moines, IA	51:55	10:27
218	21	W20	Allison Edwards, 21*, Windsor Heights, IA	51:59	10:28
232	34	M40	John Bonninchsen, 42, Ames, IA	52:02	10:28
219	48	W25	Helen Scott, 26*, England	52:04	10:28
233	35	M40	Tony Mauro, 40, Des Moines, IA	52:18	10:31
220	12	JrW	Stephanie Mobley, 18*, Sioux City, IA	52:19	10:32
221	43	W35	Kim Kelly, 37*, Waukee, IA	52:23	10:32
222	49	W25	Angela Campbell, 29*, Des Moines, IA	52:25	10:33
223	50	W25	Abigail Dellaca, 26*, Des Moines, IA	52:26	10:33
224	20	W45	Kimberly Malloy, 45*, Des Moines, IA	52:32	10:34
225	44	W35	Holly Anderson, 35*, Van Meter, IA	52:42	10:36
226	45	W35	Michelle Boyd, 39*, Indianola, IA	52:47	10:37
227	31	W40	Sherry Smiley, 41*, Cumming, IA	52:54	10:38
234	19	M45	Larry Early, 46, Clive, IA	53:03	10:40
228	22	W20	Abby Pollard, 21*, Oskaloosa, IA	53:14	10:43
229	13	JrW	Megan Mier, 19*, Clarinda, IA	53:15	10:43
230	1	W60	Karen Mattiussi, 60*, Adel, IA	53:20	10:44
231	36	W30	Penny Woods, 33*, West Des Moines, IA	53:28	10:45
235	39	M35	Mark Woods, 38, West Des Moines, IA	53:28	10:45
232	51	W25	Tammie Krausman, 29*, Des Moines, IA	53:30	10:46
233	52	W25	Erin McKeown, 25*, West Des Moines, IA	53:32	10:46
234	53	W25	Jennifer Leiknes, 26*, West Des Moines, IA	53:33	10:46
235	54	W25	Tricia Deeny, 28*, Des Moines, IA	53:38	10:47
236	55	W25	Laura Warren, 25*, Des Moines, IA	53:51	10:50
236	31	M30	Christopher Beach, 30, Grimes, IA	53:56	10:51
237	37	W30	Liat Paul, 34*, Urbandale, IA	54:05	10:53
238	56	W25	Anette Patterson, 26*, Ames, IA	54:07	10:53
239	46	W35	Kim Kindvall, 35*, Ames, IA	54:19	10:56
240	32	W40	Jody Kiehne, 41*, Des Moines, IA	54:22	10:56
241	21	W45	Janelle Erwood, 47*, Clive, IA	54:30	10:58

242	33	W40 Carolyn Monahan, 42*, Johnston, IA	54:31	10:58
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243	22	W45 Anne Henter, 45*, Clive, IA	54:49	11:02
244	23	W45 Lettie Prell, 47*, Des Moines, IA	54:59	11:04
245	34	W40 Lori Blachford, 43*, Des Moines, IA	55:02	11:04
246	24	W45 Linda McFall, 45*, Des Moines, IA	55:06	11:05
237	15	M20 Michael Kline, 23, Clive, IA	55:15	11:07
247	23	W20 Kristin Dorr, 23*, Clive, IA	55:15	11:07
248	47	W35 Cindy Whitcomb, 39*, West Des Moines, IA	55:23	11:08
249	35	W40 Pam Lund, 41*, Granger, IA	55:32	11:10
250	57	W25 Amy Latendresse, 28*, Loveland, CO	55:35	11:11
251	6	W50 Jan Huntington, 53*, West Des Moines, IA	55:41	11:12
252	38	W30 Dawn Atwood, 33*, Colfax, IA	55:56	11:15
253	58	W25 Marsha Bro, 27*, Des Moines, IA	56:00	11:16
238	14	JrM Blake Hier, 17, Baxter, IA	56:01	11:16
254	14	JrW Hannah Snodgrass, 9*, Indianola, IA	56:05	11:17
255	39	W30 Melissa Hanna, 32*, Ames, IA	56:11	11:18
256	25	W45 J Wieczner, 48*, West Des Moines, IA	56:17	11:19
257	48	W35 Teresa Ripp, 37*, West Des Moines, IA	56:26	11:21
258	36	W40 Julie Engelken, 44*, Des Moines, IA	56:42	11:25
239	47	M25 Bobby Dineen, 25, Johnston, IA	56:49	11:26
259	59	W25 Marykate Demers, 27*, Des Moines, IL	57:03	11:29
260	40	W30 Sarah Murphy, 32*, Kansas City, MO	57:03	11:29
261	15	JrW Jaxon Sloan, 11*, Adel, IA	57:04	11:29
262	41	W30 Amanda Zinn, 31*, Ankeny, IA	57:06	11:29
240	20	M45 Lynn Michl, 49, Urbandale, IA	57:10	11:30
263	7	W50 Karen Jackson, 51*, Des Moines, IA	57:12	11:31
241	4	M60 Howard Harris, 63, Urbandale, IA	57:19	11:32
264	37	W40 Jolee Carlisle, 42*, Urbandale, IA	57:20	11:32
265	49	W35 Melody Gibson, 39*, West Des Moines, IA	57:21	11:32
242	40	M35 Scott McIlroy, 37, Des Moines, IA	57:22	11:32
266	50	W35 Holly McIlroy, 37*, Dsm, IA	57:22	11:32
267	16	JrW Brittany Volf, 18*, Ft. Dodge, IA	57:23	11:33
243	15	JrM Matt Klaassen, 19, Ft. Dodge, IA	57:23	11:33
268	8	W50 Karin Sandahl, 53*, West Des Moines, IA	57:26	11:33
269	1	W70 Jan Gillum, 72*, Des Moines, IA	57:28	11:34
244	15	M55 Harry Breaux, 59, Des Moines, IA	57:52	11:39
245	48	M25 Taryn Bode, 26, West Des Moines, IA	57:57	11:39
270	38	W40 Connie McCleary, 40*, West Des Moines, IA	58:57	11:52
271	60	W25 Heather Farley, 27*, Grimes, IA	59:07	11:54
272	42	W30 Kerry Feuling, 30*, Des Moines, IA	59:09	11:54
273	61	W25 Laura Halbrook, 27*, Ankeny, IA	59:14	11:55
274	2	W60 Abigail Hutchins, 61*, West Des Moines, IA	59:19	11:56
275	62	W25 Abby Gervais, 26*, West Des Moines, IA	59:32	11:59
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276	39	W40 Julie Wills, 42*, Ankeny, IA	59:46	12:01
277	40	W40 Robin Ripperger, 44*, Urbandale, IA	1:00:09	12:06
278	43	W30 Stacie Hostetler, 32*, Colo, IA	1:00:15	12:07
279	9	W50 Michele Hawn, 54*, Des Moines, IA	1:00:58	12:16
280	41	W40 Jill Mauro, 41*, Des Moines, IA	1:01:49	12:26
281	26	W45 Cynthia Pearson, 46*, West Des Moines, IA	1:02:09	12:30
282	44	W30 Kendra Elliott, 31*, Bondurant, IA	1:02:11	12:31
283	51	W35 Jody Strunk, 37*, Des Moines, IA	1:02:43	12:37
284	24	W20 Staci Owens, 22*, Des Moines, IA	1:03:48	12:50
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285	63	W25 Angela Miller, 28*, Ankeny, IA	1:11:50	14:22
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286	3	W60 Cathy Todd, 61*, Grimes, IA	1:21:00	16:18

"*" indicates females

15 finishers among Men 19 & Under

15 finishers among Men 20 - 24
48 finishers among Men 25 - 29
31 finishers among Men 30 - 34
40 finishers among Men 35 - 39
35 finishers among Men 40 - 44
20 finishers among Men 45 - 49
15 finishers among Men 50 - 54
15 finishers among Men 55 - 59
4 finishers among Men 60 - 64
1 finishers among Men 65 - 69
2 finishers among Men 70 & Up
16 finishers among Women 19 & Under
24 finishers among Women 20 - 24
63 finishers among Women 25 - 29
44 finishers among Women 30 - 34
51 finishers among Women 35 - 39
41 finishers among Women 40 - 44
26 finishers among Women 45 - 49
9 finishers among Women 50 - 54
4 finishers among Women 55 - 59
3 finishers among Women 60 - 64
1 finishers among Women 70 & Up
245 male finishers
286 female finishers
531 total finishers

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