

Loop the Lake 8 km 2010

Gray's Lake, Des Moines, IA

April 10, 2010

50 degrees, sunny

Results by Michael Franke

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	OpM	Julius Rotich, 35, West Des Moines, IA	26:00	5:14
2	OpM	Tony White, 24, Des Moines, IA	27:10	5:28
3	OpM	Ryan McCurnin, 23, Mason City, IA	27:14	5:29
4	1 M20	Brian Werner, 23, Ankeny, IA	27:23	5:30
5	1 M30	Jonathan Estabrook, 35, Ankeny, IA	27:37	5:33
6	2 M30	Greg Bell, 31, Polk City, IA	27:55	5:37
7	3 M30	Jon Rathje, 31, Ankeny, IA	28:05	5:39
8	2 M20	Joshua Wandrey, 26, Ankeny, IA	28:46	5:47
9	MM	Keith Abels, 48, Ogden, IA	28:49	5:48
1	OpW	Traci Kresser, 24*, Clive, IA	28:52	5:48
10	3 M20	Jon Dyck, 26, Ankeny, IA	29:06	5:51
11	1 JrM	Jared Dammann, 19, Des Moines, IA	29:28	5:55
12	1 M40	Samuel Kibiri, 44, Urbandale, IA	29:33	5:57
13	4 M30	John Neer, 30, Des Moines, IA	29:42	5:58
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				
14	4 M20	Chris Holman, 26, Des Moines, IA	29:49	6:00
2	OpW	Owens Casey, 27*, Des Moines, IA	29:54	6:01
15	5 M20	Shawn Goedken, 25, Urbandale, IA	29:55	6:01
16	5 M30	Todd Jones, 38, Ankeny, IA	29:56	6:01
17	1 M50	Jim Quigley, 52, Johnston, IA	30:31	6:08
3	OpW	Molly Christensen, 26*, Ankeny, IA	30:47	6:11
4	1 W20	Yelena Nanaziashvili, 29*, Clive, IA	31:10	6:16
5	1 W30	Kiera Koras, 33*, Des Moines, IA	31:11	6:16
18	2 M50	Paul Grinvalds, 51, West Des Moines, IA	31:22	6:19
19	2 M40	Todd Hangen, 46, Sioux City, IA	31:30	6:20
20	6 M30	Joel Renderkdrecht, 35, Waukee, IA	31:37	6:21
6	MW	Ani Trane, 40*, West Des Moines, IA	31:48	6:24
21	7 M30	Brian Friedman, 38, Lambs Grove, IA	31:51	6:24
22	3 M40	Troy Zeleznik, 47, West Des Moines, IA	31:53	6:25
23	4 M40	Todd Bindel, 42, West Des Moines, IA	32:02	6:27
24	6 M20	Timothy Martinez, 22, Bondurant, IA	32:08	6:28
25	8 M30	Dave Olsen, 37, West Des Moines, IA	32:11	6:28
26	9 M30	Tom Scroggihs, 38, Ankeny, IA	32:12	6:29
27	10 M30	Luigi Calviello, 39, West Des Moines, IA	32:15	6:29
28	7 M20	Nate Sanders, 27, West Des Moines, IA	32:20	6:30
29	3 M50	3sticks McBride, 53, Des Moines, IA	32:23	6:31
30	8 M20	Josh Murad, 28, Urbandale, IA	32:29	6:32
31	11 M30	Brian Kuehler, 34, West Des Moines, IA	32:56	6:37
32	9 M20	Ian Asplund, 29, Des Moines, IA	33:19	6:42
33	12 M30	Larry Grant, 31, Johnston, IA	33:36	6:45
34	5 M40	Mark Hanrahan, 40, Urbandale, IA	33:45	6:47
35	10 M20	Michael Hotze, 28, Council Bluffs, IA	33:56	6:50
36	13 M30	Mike Fraizer, 39, West Des Moines, IA	34:06	6:52
37	11 M20	Kyle Vollstedt, 25, Des Moines, IA	34:15	6:53

38	12	M20	Anthony bertolone, 20, Des Moines, IA	34:26	6:56
39	13	M20	James Davis, 20, Des Moines, IA	34:30	6:56
40	6	M40	Scott Meyer, 45, Pella, IA	34:35	6:57
41	14	M30	Tony Guerra, 37, Ankeny, IA	34:43	6:59
42	14	M20	Brent Allen, 29, Johnston, IA	34:44	6:59
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					
43	7	M40	Marcus Dunn, 46, Clive, IA	34:56	7:02
44	1	M60	Roger Heinle, 60, Whiting, IA	35:00	7:02
45	4	M50	Rick Gubbels, 52, Des Moines, IA	35:02	7:03
46	8	M40	David Baccile, 40, Cumming, IA	35:05	7:03
47	9	M40	Brent Monson, 40, Des Moines, IA	35:06	7:04
48	15	M20	Eric Tange, 29, Urbandale, IA	35:08	7:04
49	15	M30	Jeremy Mueller, 33, West Des Moines, IA	35:15	7:05
50	16	M20	Mark Moore, 24, Des Moines, IA	35:16	7:06
51	10	M40	Jeff Blosser, 42, West Des Moines, IA	35:20	7:06
7	2	W30	Denise Carleton, 39*, Ankeny, IA	35:23	7:07
52	11	M40	Patrick Hamilton, 43, Algona, IA	35:23	7:07
53	12	M40	Benjamin Lounsbury, 45, West Des Moines, IA	35:45	7:11
8	2	W20	Stephanie Mortenson, 28*, Urbandale, IA	35:46	7:12
54	13	M40	Scott Boever, 49, Urbandale, IA	35:56	7:14
55	16	M30	John Mickey, 30, West Des Moines, IA	36:04	7:15
56	14	M40	Phil Weber, 43, Norwalk, IA	36:19	7:18
57	17	M20	Taylor Webb, 28, West Des Moines, IA	36:25	7:20
58	18	M20	Jason Butler, 29, Des Moines, IA	36:31	7:21
9	1	W40	Carla Stoner, 47*, West Des Moines, IA	36:34	7:21
59	19	M20	Jason Menken, 22, Des Moines, IA	36:42	7:23
60	17	M30	lee simmons, 33, West Des Moines, IA	36:43	7:23
61	20	M20	Lance Johnston, 26, Ankeny, IA	36:44	7:23
62	21	M20	Justin Frerichs, 29, Johnston, IA	36:48	7:24
63	15	M40	Kenneth Overton, 42, Des Moines, IA	37:02	7:27
64	18	M30	Jon Murphy, 39, Des Moines, IA	37:03	7:27
10	3	W20	Jennie Bradley, 27*, Des Moines, IA	37:04	7:27
65	16	M40	Stephen Garcia, 44, Ankeny, IA	37:11	7:29
66	2	M60	Mike May, 63, Indianola, IA	37:20	7:31
67	3	M60	Al Hildestad, 60, Des Moines, IA	37:29	7:32
11	1	W50	Jeanne McCurnin, 54*, Mason City, IA	37:34	7:33
68	2	JrM	Jack Catus, 13, Grimes, IA	37:38	7:34
69	5	M50	Alan Gross, 55, Des Moines, IA	37:43	7:35
12	4	W20	Dana Flogel, 28*, West Des Moines, IA	37:43	7:35
13	2	W40	Heather Stilborn, 47*, Clive, IA	37:49	7:36
70	19	M30	Jeff Austin, 31, Ankeny, IA	37:50	7:37
71	20	M30	Brandon Rohlfen, 31, Ankeny, IA	37:51	7:37
72	17	M40	Scott Bandy, 45, Indianola, IA	37:54	7:37
73	6	M50	Chuck Clark, 59, Carroll, IA	37:57	7:38
74	21	M30	Brad Willemssen, 32, Des Moines, IA	38:00	7:39
75	18	M40	Maurey Clark, 40, Norwalk, IA	38:03	7:39
14	5	W20	Erica Reams, 26*, West Des Moines, IA	38:07	7:40
76	22	M20	Clint Cummings, 28, Des Moines, IA	38:12	7:41
77	22	M30	Eric Ludwig, 30, Des Moines, IA	38:17	7:42
78	23	M30	David Decker, 39, Clive, IA	38:26	7:44
79	23	M20	James Johnson, 27, Urbandale, IA	38:27	7:44
80	24	M30	Casey Niemann, 36, Waukee, IA	38:30	7:45
81	25	M30	Dan Tripp, 31, Urbandale, IA	38:33	7:45
15	3	W30	Cheryl Dralle, 32*, Des Moines, IA	38:36	7:46
82	26	M30	Jason Lanping, 33, Johnston, IA	38:37	7:46
83	19	M40	Kevin Morland, 48, West Des Moines, IA	38:45	7:48
16	4	W30	Jacqueline Selix, 31*, West Des Moines, GU	38:45	7:48
17	5	W30	mary white, 32*, Johnston, IA	38:46	7:48
84	27	M30	Matt Getting, 32, Clive, IA	38:47	7:48
85	7	M50	Joe Hulke, 51, St Peter, MN	38:48	7:48
18	6	W20	Shelley Heckert, 29*, Indianola, IA	38:50	7:49
86	24	M20	Ryan Sibold, 28, Des Moines, IA	38:53	7:49
87	25	M20	Christopher Moorhead, 26, Grimes, IA	38:54	7:49
88	28	M30	Randy Heckert, 31, Indianola, IA	38:58	7:50

19	3	W40	Bobbi Snodgrass, 47*, Indianola, IA	38:58	7:50
89	29	M30	Kevin McCarty, 39, West Des Moines, IA	39:00	7:51
90	26	M20	Patrick McClain, 27, Pleasant Hill, IA	39:14	7:54
91	20	M40	Glen Dippold, 47, Clive, IA	39:19	7:55
92	30	M30	bryan trout, 39, Ankeny, IA	39:27	7:56
93	3	JrM	Zachary Thompson, 10, Perry, IA	39:29	7:56
94	21	M40	David Wonnell, 41, Cambridge, IA	39:36	7:58
20	6	W30	Colleen Kuhl, 31*, West Des Moines, IA	39:37	7:58
95	31	M30	Mike DeFrancisco, 39, Altoona, IA	39:39	7:59
96	32	M30	Phil Stover, 37, Des Moines, IA	39:40	7:59
21	7	W20	Claire Weidman, 26*, Clive, IA	39:44	7:59
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					
22	4	W40	Kelly Kegans, 40*, Des Moines, IA	39:45	8:00
23	7	W30	Alyson Morrison, 34*, Urbandale, IA	39:47	8:00
97	22	M40	Tom Catus, 46, Grimes, IA	39:48	8:00
98	33	M30	Trent Groetken, 37, Urbandale, IA	39:52	8:01
24	8	W20	Lacey Mitchell, 21*, Indianola, IA	39:53	8:01
99	27	M20	Benjamin Truehart, 24, Urbandale, IA	39:53	8:01
100	23	M40	James McGraw, 48, Waukee, IA	40:01	8:03
101	4	M60	Carl Voss, 61, Des Moines, IA	40:03	8:03
25	8	W30	Kelly Rand, 33*, West Des Moines, IA	40:08	8:04
26	9	W30	Angie Hyer, 30*, Van Meter, IA	40:17	8:06
102	24	M40	John Wahlert, 45, Urbandale, IA	40:18	8:06
27	10	W30	Symmer Rehkemper, 33*, Urbandale, IA	40:21	8:07
28	9	W20	Amanda Aten, 28*, Des Moines, IA	40:27	8:08
103	25	M40	James Arthur, 45, Des Moines, IA	40:35	8:10
104	28	M20	Nick Gifford, 28, Pleasant Hill, IA	40:41	8:11
105	4	JrM	Grant Acoymo, 12, Ankeny, IA	40:48	8:12
106	8	M50	John Vujnovich, 55, Des Moines, IA	40:52	8:13
29	10	W20	Melissa Grant, 29*, West Des Moines, IA	40:57	8:14
107	26	M40	Joe Akers, 44, Grimes, IA	41:01	8:15
108	34	M30	Randy Arnold, 30, Ankeny, IA	41:04	8:16
109	27	M40	Paul Sapp, 43, Des Moines, IA	41:14	8:18
110	35	M30	Jeffrey Steenhoek, 39, Des Moines, IA	41:18	8:18
111	36	M30	Ryan Dixon, 36, Urbandale, IA	41:21	8:19
30	5	W40	Coreen Sweeney, 45*, Clive, IA	41:29	8:21
31	11	W30	Michelle Madden, 36*, West Des Moines, IA	41:31	8:21
32	6	W40	Jennifer Galluzzo, 40*, West Des Moines, IA	41:33	8:21
33	1	JrW	Victoria Trost, 15*, Grimes, IA	41:34	8:22
112	28	M40	Fritz Trost, 43, Grimes, IA	41:34	8:22
113	9	M50	Bill Wedeking, 55, Des Moines, IA	41:39	8:23
114	29	M20	Justin Olmstead, 24, Mitchellville, IA	41:43	8:24
115	37	M30	Loren Uscilowski, 38, Des Moines, IA	41:45	8:24
116	30	M20	benjamin van syoc, 23, Des Moines, IA	41:46	8:24
117	10	M50	Denny Hoyt, 57, Ames, IA	41:48	8:24
118	29	M40	Tim McCoy, 40, Hartford, IA	41:50	8:25
34	12	W30	Annika Cornelisse, 38*, Des Moines, IA	41:55	8:26
35	13	W30	Rachelle Bowers, 36*, Altoona, IA	41:59	8:27
119	38	M30	Joel Brett, 30, Altoona, IA	42:08	8:28
36	2	W50	Julia Batten, 54*, Carlisle, IA	42:09	8:29
37	14	W30	Nicole Wood, 30*, West Des Moines, IA	42:11	8:29
120	30	M40	John Noll, 47, Clive, IA	42:11	8:29
121	31	M20	James Oltmann, 26, West Des Moines, IA	42:11	8:29
38	11	W20	Alison Miller, 25*, Ankeny, IA	42:16	8:30
39	15	W30	Linda DeFrancisco, 35*, Altoona, IA	42:18	8:30
40	12	W20	Sarah Engelbert, 26*, West Des Moines, IA	42:27	8:32
122	39	M30	William Howe, 32, Des Moines, IA	42:34	8:34
123	40	M30	Justin Cremer, 32, Des Moines, IA	42:35	8:34
124	31	M40	Rob Klinkner, 42, West Des Moines, IA	42:35	8:34
125	41	M30	Donnie Stratton, 38, Des Moines, IA	42:36	8:34
126	42	M30	Chad Olson, 38, West Des Moines, IA	42:40	8:35
127	11	M50	Kevin Morsek, 52, Des Moines, IA	42:43	8:35
128	43	M30	Aaron Fopma, 35, Blairsburg, IA	43:01	8:39

129	32	M20	Tatum Moyer, 29, Ankeny, IA	43:02	8:39
41	13	W20	Erica Ruffing, 27*, West Des Moines, IA	43:05	8:40
42	7	W40	Denise Gonzales, 49*, Des Moines, IA	43:11	8:41
43	16	W30	Anne Musgrave, 30*, Des Moines, IA	43:17	8:42
44	3	W50	Paula Dierenfeld, 55*, Johnston, IA	43:24	8:44
45	4	W50	Sandy Roan, 53*, West Des Moines, IA	43:26	8:44
46	17	W30	Michelle Leichtman, 32*, Coralville, IA	43:30	8:45
130	32	M40	Frank Ditomaso, 43, Bondurant, IA	43:32	8:45
131	12	M50	Lew Schaefer, 58, Norwalk, IA	43:33	8:45
132	33	M40	Robert Stomp, 40, Clive, IA	43:35	8:46
133	13	M50	Darwin Schmig, 52, Des Moines, IA	43:36	8:46
134	34	M40	Joe Emans, 43, West Des Moines, IA	43:38	8:47
47	5	W50	Cheryl Murad, 51*, Urbandale, IA	43:39	8:47
48	18	W30	Tina Nourse, 35*, Menlo, IA	43:41	8:47
135	44	M30	Christian Engstrom, 38, West Des Moines, IA	43:46	8:48
49	19	W30	Carrie Buzzoni, 36*, Polk City, IA	43:47	8:48
136	45	M30	John Buzzoni, 36, Polk City, IA	43:47	8:48
137	5	M60	Mark McGrath, 61, Des Moines, IA	43:50	8:49
50	8	W40	Tonya Powell, 49*, Urbandale, IA	43:53	8:49
51	14	W20	Stephanie Miller, 24*, Winterset, IA	43:53	8:50
52	15	W20	Tara Kluever, 25*, Grinnell, IA	43:54	8:50
138	46	M30	Blair Smith, 39, Des Moines, IA	43:55	8:50
53	20	W30	Mary Smith, 39*, Des Moines, IA	43:55	8:50
54	21	W30	Juli Cambron, 38*, Indianola, IA	43:56	8:50
139	14	M50	Dennis Howard, 56, Des Moines, IA	44:00	8:51
55	22	W30	Alison Monsma, 30*, Des Moines, IA	44:02	8:51
56	23	W30	Ryan Honkomp, 32*, Clive, IA	44:04	8:52
140	35	M40	Zeph Gruis, 45, Des Moines, IA	44:10	8:53
57	16	W20	Michelle Van Wyngarden, 25*, Urbandale, IA	44:21	8:55
58	24	W30	Haley Stomp, 34*, Clive, IA	44:22	8:55
141	33	M20	Cameron Sheets, 29, Des Moines, IA	44:22	8:55
142	36	M40	Todd Monson, 46, Minburn, IA	44:23	8:56
143	34	M20	Bryant Sheriff, 29, Des Moines, IA	44:24	8:56
59	9	W40	Michelle Boyd, 41*, Indianola, IA	44:28	8:57
60	25	W30	Rebecca Briggs, 31*, West Des Moines, IA	44:29	8:57
144	47	M30	Wyatt Meyers, 32, Des Moines, IA	44:33	8:58
145	6	M60	Lewis Brotherton, 62, Polk City, IA	44:36	8:58
146	48	M30	Brad Brotherton, 37, Polk City, IA	44:36	8:58
147	49	M30	Jeromy Warrick, 38, Johnston, IA	44:37	8:58
61	17	W20	Lindsey Brelsford, 29*, Waukee, IA	44:39	8:59
148	15	M50	Marty Kalton, 51, Des Moines, IA	44:41	8:59
62	10	W40	Julie Schwalbe, 44*, Des Moines, IA	44:41	8:59
63	26	W30	Bess Wood, 39*, Des Moines, IA	44:42	8:59
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					
149	50	M30	Zachery Becker, 39, Des Moines, IA	44:43	9:00
150	37	M40	Ed Acoymo, 45, Ankeny, IA	44:43	9:00
64	27	W30	Angela Avery, 30*, West Des Moines, IA	44:46	9:00
65	6	W50	Mona Bleeker, 54*, Steamboat Rock, IA	44:47	9:00
66	7	W50	Mary Cooper, 54*, Des Moines, IA	44:47	9:01
67	18	W20	Katie Wulkow, 28*, Grimes, IA	44:49	9:01
68	28	W30	Janet Tan, 33*, West Des Moines, IA	44:51	9:01
69	19	W20	Ashley Pringle, 23*, Waukee, IA	44:56	9:02
70	11	W40	Angela Hopson, 40*, Wdm, IA	44:57	9:02
71	20	W20	Rachel Reis, 29*, Ankeny, IA	44:58	9:03
151	38	M40	Jeff Magner, 40, Ankeny, IA	45:00	9:03
72	12	W40	Tracy Cheney, 47*, West Des Moines, IA	45:01	9:03
73	21	W20	Tawnya Hawkins, 29*, Indianola, IA	45:03	9:04
74	29	W30	Laura Drees, 32*, Indianola, IA	45:06	9:04
75	22	W20	Aimee Kittell, 28*, West Des Moines, IA	45:07	9:04
76	30	W30	Courtney Johnson, 33*, Stuart, IA	45:08	9:05
152	16	M50	michael mckim, 50, Boone, IA	45:09	9:05
77	31	W30	Brindusa Jelica, 37*, Des Moines, IA	45:12	9:05
78	13	W40	Denna Mitchell, 45*, Greenfield, IA	45:15	9:06

153	51 M30	Joel Jackman, 39, Des Moines, IA	45:16	9:06
154	7 M60	Al Goldberg, 60, Des Moines, IA	45:16	9:06
155	35 M20	Derrick Prine, 28, Des Moines, IA	45:19	9:07
79	32 W30	Tracey Jackman, 39*, Des Moines, IA	45:22	9:07
156	52 M30	Lester Brewer, 31, Norwalk, IA	45:26	9:08
157	36 M20	Jon Heim, 29, Des Moines, IA	45:32	9:10
158	39 M40	Troy Gullett, 40, Ankeny, IA	45:37	9:10
80	14 W40	lori mckim, 48*, Boone, IA	45:41	9:11
81	15 W40	Amy Gates, 40*, Urbandale, IA	45:47	9:13
82	33 W30	Heather Kauffman, 34*, Adir, IA	45:49	9:13
159	40 M40	mike perkins, 42, adel, IA	45:50	9:13
83	16 W40	Heather Worthington, 41*, West Des Moines, IA	45:56	9:14
84	34 W30	Kari Anderson, 36*, West Des Moines, IA	45:57	9:15
85	35 W30	Shelby Cork, 34*, West Des Moines, IA	45:58	9:15
86	36 W30	Kimberly Sapp, 39*, Des Moines, IA	45:59	9:15
160	41 M40	jim allen, 42, Waukee, IA	46:07	9:17
161	42 M40	Bill Fellows, 49, Urbandale, IA	46:09	9:17
87	23 W20	Monica Silliman, 28*, Ankeny, IA	46:11	9:17
162	43 M40	Jeff Sievers, 41, Norwalk, IA	46:12	9:18
88	24 W20	Jackie Surber, 28*, Des Moines, IA	46:16	9:18
89	25 W20	Claire Muselman, 25*, West Des Moines, IA	46:18	9:19
163	53 M30	Erik Tetmeyer, 37, West Des Moines, IA	46:24	9:20
164	44 M40	Doug Rex, 45, Clive, IA	46:27	9:21
165	17 M50	Kevin Cunningham, 58, Des Moines, IA	46:32	9:22
90	26 W20	Kristin Compton, 27*, Ankeny, IA	46:36	9:22
91	17 W40	Lisa Bruner, 44*, Pleasant Hill, IA	46:37	9:22
166	8 M60	Neil Olson, 60, Boone, IA	46:45	9:24
167	54 M30	Brian Lewis, 38, Ankeny, IA	46:51	9:25
168	45 M40	Tanner Duffy, 46, Perry, IA	46:57	9:27
92	18 W40	Andrea Dryer, 43*, Cedar Falls, IA	47:05	9:28
169	37 M20	Joseph Shearer, 28, Altoona, IA	47:07	9:29
93	19 W40	Tina Brennecke, 41*, Polk City, IA	47:07	9:29
170	55 M30	Matt Brennecke, 39, Polk City, IA	47:08	9:29
94	37 W30	Sara Cornell, 31*, Ankeny, IA	47:09	9:29
95	20 W40	Lisa Bourne, 45*, Urbandale, IA	47:21	9:31
96	38 W30	Andrea Spurgeon, 32*, Ankeny, IA	47:22	9:32
171	9 M60	Keith Hartje, 60, Ankeny, IA	47:26	9:33
97	39 W30	Cheryl Marks, 39*, Stuart, IA	47:29	9:33
172	18 M50	Mark Hansing, 53, Urbandale, IA	47:30	9:33
98	27 W20	Ellen Wade, 26*, Pleasant Hill, IA	47:31	9:33
173	46 M40	Chris Bourne, 42, Urbandale, IA	47:32	9:34
99	28 W20	Mollie Tjelmeland, 25*, Roland, IA	47:32	9:34
100	40 W30	Stephanie Edler, 33*, State Center, IA	47:35	9:34
101	29 W20	Sarah Bergson, 23*, Cedar Rapids, IA	47:44	9:36
102	30 W20	kathryn western, 26*, Waverly, IA	47:49	9:37
103	8 W50	Karen Mroz, 50*, Marshalltown, IA	47:50	9:37
174	5 JrM	Dan Duffy, 10, Perry, IA	47:52	9:38
175	56 M30	Steve Zeets, 33, Marion, IA	47:54	9:38
176	1 M70	Jerry Triplett, 77, Winterset, IA	47:55	9:38
104	21 W40	Teri Lohr, 48*, Des Moines, IA	47:57	9:39
105	31 W20	Jenn Sealine, 26*, West Des Moines, IA	47:58	9:39
177	10 M60	B L Sheriff, 62, Greenfield, IA	48:01	9:40
106	22 W40	Jill Monson, 40*, Ankeny, IA	48:02	9:40
107	41 W30	Shellie Mackel, 39*, Des Moines, IA	48:11	9:42
108	42 W30	Jannah Breeding, 38*, Ankeny, IA	48:12	9:42
109	43 W30	Joy Fopma, 35*, Blairsburg, IA	48:13	9:42
178	47 M40	Todd Mealey, 40, Norwalk, IA	48:23	9:44
110	2 JrW	Hannah Snodgrass, 11*, Indianola, IA	48:27	9:45
179	57 M30	Michael Main, 30, Des Moines, IA	48:45	9:48
111	9 W50	Joni Livermore, 50*, Bondurant, IA	48:58	9:51
112	44 W30	Jennifer Eubanks, 38*, Des Moines, IA	48:58	9:51
113	3 JrW	Mekenna Lauer, 13*, Lorimor, IA	49:04	9:52
114	32 W20	Jennifer Hummel, 26*, Waukee, IA	49:10	9:53
115	23 W40	Melinda Allen, 41*, Waukee, IA	49:13	9:54

180	19	M50	Phil Johnson, 56, HaMpton, IA	49:17	9:55
116	24	W40	Angie Lauer, 43*, Lorimor, IA	49:18	9:55
117	1	W70	Breta Westlund, 70*, Urbandale, IA	49:24	9:56
181	48	M40	Mark Taylor, 49, Norwalk, IA	49:27	9:57
118	25	W40	Denise Richardson, 44*, Urbandale, IA	49:28	9:57
119	45	W30	Jennifer Shaffer, 34*, West Des Moines, IA	49:29	9:57
182	49	M40	Ben Ihde, 46, Dallas Center, IA	49:32	9:58
183	38	M20	Ashley Prine, 26, Des Moines, IA	49:34	9:58
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120	26	W40	Maggie Thompson, 44*, Perry, IA	49:47	10:01
121	33	W20	Stephanie McClain, 25*, Pleasant Hill, IA	49:49	10:01
122	27	W40	Debra Baker, 49*, Urbandale, IA	49:55	10:02
123	10	W50	Nancy Betz, 51*, Grimes, IA	49:56	10:03
124	46	W30	Jenny Chung, 30*, Johnston, IA	50:01	10:04
125	28	W40	Kristi Tetmeyer, 42*, West Des Moines, IA	50:13	10:06
126	34	W20	Jennifer Henrickson, 29*, Des Moines, IA	50:14	10:06
184	2	M70	Frank Amos, 76, Ames, IA	50:17	10:07
127	29	W40	Pam Lund, 43*, Granger, IA	50:19	10:07
185	3	M70	john beamer, 70, Des Moines, IA	50:40	10:12
186	50	M40	Kenneth Harkin, 44, Urbandale, IA	50:44	10:12
128	47	W30	Eva Moritz, 37*, Ankeny, IA	50:48	10:13
129	48	W30	Kristen Kaser, 36*, Des Moines, IA	50:57	10:15
130	49	W30	Ellen Burger, 36*, Des Moines, IA	50:59	10:15
131	50	W30	Courtney Brewer, 31*, Norwalk, IA	51:00	10:15
132	51	W30	Heidi Imhoff, 39*, West Des Moines, IA	51:01	10:16
187	11	M60	Harry Breaux, 61, Des Moines, IA	51:03	10:16
133	52	W30	Jennier Main, 31*, Des Moines, IA	51:10	10:18
134	30	W40	Josephine Snyder, 47*, Winterset, IA	51:17	10:19
135	53	W30	Rachel Wolford, 39*, Ames, IA	51:40	10:23
136	54	W30	Jessica Eagan, 31*, Norwalk, IA	51:49	10:25
188	39	M20	Brad Hook, 26, Des Moines, IA	52:03	10:28
137	55	W30	Nichole Black, 30*, Altoona, IA	52:05	10:29
138	35	W20	Karen Mathes, 27*, Polk City, IA	52:05	10:29
139	31	W40	Holly Showalter, 40*, Waukee, IA	52:12	10:30
140	32	W40	Coreen Witke, 40*, Urbandale, IA	52:17	10:31
141	56	W30	Susan Straka, 39*, Urbandale, IA	52:18	10:31
142	1	W60	Jean Kristensen, 61*, West Des Moines, IA	52:39	10:35
189	20	M50	Ricardo Martinez II, 54, Nevada, IA	52:52	10:38
143	36	W20	Valerie Blackford, 24*, Des Moines, IA	52:53	10:38
144	37	W20	Kellie McFadden, 25*, Des Moines, IA	52:54	10:38
145	38	W20	Brigitte Arnold, 29*, Ankeny, IA	52:55	10:39
146	33	W40	Jody Kiehne, 43*, Urbandale, IA	53:23	10:44
147	39	W20	Brandi Daniels, 28*, Des Moines, IA	53:51	10:50
148	11	W50	Sandy Wilson, 53*, Des Moines, IA	53:52	10:50
149	12	W50	Karen Norton, 55*, Mitchellville, IA	53:52	10:50
150	40	W20	Allissa Hopkins, 24*, Earlham, IA	53:53	10:50
190	12	M60	Jack Matthews, 66, Stuart, IA	54:08	10:53
151	34	W40	Sonja Gonzalez, 46*, Clive, IA	54:11	10:54
152	41	W20	Miranda Watson, 28*, Des Moines, IA	54:18	10:55
153	57	W30	Cynthia Hofer, 30*, Des Moines, IA	54:27	10:57
154	42	W20	Shawne Kingsbury, 29*, Urbandale, IA	54:33	10:58
155	58	W30	Sarah Yans, 32*, Urbandale, IA	54:34	10:58
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					

156	43	W20	Jaime Zeets, 27*, Marion, IA	54:44	11:01
157	59	W30	Teresa Strauss, 39*, Waukee, IA	54:46	11:01
158	60	W30	Tracy Walker, 33*, West Des Moines, IA	54:47	11:01
159	61	W30	Heidi Heronimus, 37*, Ankeny, IA	54:48	11:01
191	13	M60	Kenny Grandstaff, 60, Des Moines, IA	55:03	11:04
192	51	M40	Jeff Garrison, 42, West Des Moines, IA	55:31	11:10
193	14	M60	Gary Patterson, 66, Pleasant Hill, IA	55:56	11:15
194	40	M20	Robert Dineen, 27, WiNdsor Heights, IA	55:59	11:16
160	44	W20	Kristine Dineen, 28*, WiNdsor Heights, IA	56:04	11:17
161	4	JrW	Abigale Sievers, 14*, Norwalk, IA	56:18	11:20

162	35	W40	Carla Schimelfenig, 49*, Bondurant, IA	57:17	11:31
163	62	W30	Nicole Hunter, 35*, West Des Moines, IA	57:27	11:33
195	58	M30	Sean Hunter, 39, West Des Moines, IA	57:27	11:33
196	59	M30	Patrick Rahm, 30, Des Moines, IA	57:53	11:39
197	4	M70	Hummer Brown, 70, Des Moines, IA	57:59	11:40
164	63	W30	Marci Burns, 32*, Ankeny, IA	58:02	11:40
165	45	W20	Mallory Benton, 26*, Polk City, IA	58:23	11:45
166	46	W20	Abby Kratoska, 27*, Granger, IA	58:24	11:45
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					
167	64	W30	Melissa Becker, 36*, Des Moines, IA	59:58	12:04
168	47	W20	Heidy Savage, 25*, Des Moines, IA	1:02:04	12:29
169	65	W30	Bethanie Wright, 30*, Urbandale, IA	1:02:24	12:33
170	36	W40	patty bohlender, 45*, Indianola, IA	1:02:50	12:38
171	66	W30	Anne Hull, 37*, Indianola, IA	1:02:51	12:38
172	48	W20	Bailey Miller, 24*, Ankeny, IA	1:03:57	12:52
173	49	W20	Staci Miller, 24*, Charles City, IA	1:04:05	12:53
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					
174	67	W30	Nicole Clyce, 37*, Panora, IA	1:10:15	14:08
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					
198	5	M70	Dave Hurd, 80, Des Moines, IA	1:23:51	16:52

* indicates females

8 finishers among Males (no age given)

5 finishers among Men Under 20

40 finishers among Men 20 - 29

59 finishers among Men 30 - 39

51 finishers among Men 40 - 49

20 finishers among Men 50 - 59

14 finishers among Men 60 - 69

5 finishers among Men 70 & Up

4 finishers among Women Under 20

49 finishers among Women 20 - 29

67 finishers among Women 30 - 39

36 finishers among Women 40 - 49

12 finishers among Women 50 - 59

1 finishers among Women 60 - 69

1 finishers among Women 70 & Up

202 male finishers

170 female finishers

372 total finishers

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