

# 16th Loop the Lake

Gray's Lake - Des Moines, IA

April 9, 2016

High 20s and light wind

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.

1	OpM	Jake Sutton, 24, West Des Moines, IA	25:51	5:12
2	OpM	Adam Best, 24, West Des Moines, IA	28:26	5:43
3	OpM	Darin Schuknecht, 34, Otley, IA	28:27	5:43
4	MM	Dan Pinkerton, 40, Urbandale, IA	28:59	5:50
5	1 M30	Sean Severe, 32, Des Moines, IA	29:06	5:51
6	1 M40	Jim Krzak, 41, West Des Moines, IA	29:31	5:56
Pace: <a href="#">6:00</a>   <a href="#">7:00</a>   <a href="#">8:00</a>   <a href="#">9:00</a>   <a href="#">10:00</a>   <a href="#">11:00</a>   <a href="#">12:00</a>   <a href="#">13:00</a>   <a href="#">14:00</a>   <a href="#">15:00</a>   <a href="#">Top</a>				
7	2 M40	Julius Rotich, 41, Des Moines, IA	29:49	6:00
8	1 M35	Aaron Wheelock, 35, Des Moines, IA	30:09	6:04
9	1 M20	Logan Marvin, 23, Johnston, IA	30:47	6:12
10	GMM	Pat McGowan, 52, Urbandale, IA	30:53	6:13
11	2 M30	Aaron Wells, 32, Pleasant Hill, IA	30:55	6:13
12	1 M50	Todd Haugen, 52, Des Moines, IA	30:58	6:14
13	3 M30	Neil Young, 34, Des Moines, IA	31:22	6:19
14	2 M35	Abel Shaw, 37, Johnston, IA	31:29	6:20
1	OpW	Kate Maurer, 44*, Urbandale, IA	31:34	6:21
15	1 M45	Terry Kruse, 48, Clive, IA	31:41	6:22
16	1 M55	Paul Grinvalds, 57, West Des Moines, IA	32:08	6:28
17	2 M20	Jesse Gonzalez, 21, Iowa City, IA	32:10	6:28
18	1 M60	Willie Lahart, 62, Urbandale, IA	32:15	6:29
19	1 M25	Mark Lahart, 25, Des Moines, IA	32:20	6:30
20	4 M30	Mark Moore, 30, Clive, IA	32:27	6:32
21	5 M30	Cody Edwards, 30, West Des Moines, IA	32:42	6:35
22	6 M30	Jack Powers, 31, Windsor Heights, IA	32:53	6:37
23	2 M50	Chuck Fritz, 51, Clive, IA	33:36	6:46
24	7 M30	Nick Berg, 32, Des Moines, IA	33:39	6:46
25	3 M50	Troy Zeleznik, 53, West Des Moines, IA	33:39	6:46
26	2 M25	Eric Olson, 27, Bondurant, IA	34:03	6:51
2	OpW	Jennifer Block, 42*, West Des Moines, IA	34:08	6:52
27	3 M25	Jonathan McDonoght, 25, Rochester, MN	34:28	6:56
3	OpW	Molly Rhodes, 25*, Des Moines, IA	34:38	6:58
28	4 M25	Pat Gerhardt, 25, Jefferson, IA	34:39	6:58
29	2 M55	Jeff Weeks, 56, Des Moines, IA	34:43	6:59
30	8 M30	Ty Patton, 34, Does Moines, IA	34:43	6:59
4	1 W30	Meagan Freeze, 30*, Des Moines, IA	34:45	6:59
Pace: <a href="#">6:00</a>   <a href="#">7:00</a>   <a href="#">8:00</a>   <a href="#">9:00</a>   <a href="#">10:00</a>   <a href="#">11:00</a>   <a href="#">12:00</a>   <a href="#">13:00</a>   <a href="#">14:00</a>   <a href="#">15:00</a>   <a href="#">Top</a>				
5	MW	Erin Bailey, 42*, Des Moines, IA	34:46	7:00
31	3 M35	Derrick Flippin, 38, West Des Moines, IA	34:47	7:00
32	3 M40	Dan York, 40, Ankeny, IA	34:51	7:01
33	2 M45	Scott Greenwood, 48, Des Moines, IA	34:52	7:01
34	4 M35	Jeremy Mueller, 39, Waukee, IA	35:20	7:06
6	1 W20	Megan Nieland, 22*, Ankeny, IA	35:38	7:10
35	3 M45	Kraig Daugherty, 47, Indianola, IA	35:53	7:13
36	4 M45	David Ness, 45, Johnston, IA	36:12	7:17

7	1	W35	Kristi York, 36*, West Des Moines, IA	36:15	7:18
37	5	M35	Adam Shockey, 39, Clive, IA	36:22	7:19
38	6	M35	Kevin Ragan, 35, Ankeny, IA	36:26	7:20
39	5	M45	Brian Brunk, 47, Des Moines, IA	36:30	7:21
40	5	M25	Jon Tenley, 25, Des Moines, IA	36:32	7:21
41	7	M35	Jason Dreckman, 37, West Des Moines, IA	36:37	7:22
8	1	W45	Marcey Norland, 48*, Algona, IA	36:45	7:24
42	8	M35	Eston Swigert, 36, Olathe, KS	37:00	7:27
9	1	W25	Natasha Nikkel, 26*, Sully, IA	37:18	7:30
10	2	W25	Rachel Hawks, 29*, Des Moines, IA	37:24	7:31
11	2	W35	Angelica Flores, 36*, Belmond, IA	37:27	7:32
12		GMW	Kristy Cain, 56*, West Des Moines, IA	37:32	7:33
43	9	M30	Charlie Daugherty, 34, Pella, IA	37:37	7:34
44	2	M60	David Miller, 64, Urbandale, IA	37:50	7:37
13	2	W45	Denise Carleton, 45*, Ankeny, IA	37:55	7:38
14	2	W20	Amber Grant, 23*, Ames, IA	38:04	7:39
45	6	M25	Kenneth Sulma, 28, Ames, IA	38:14	7:41
46	9	M35	Brent Marnin, 39, Atlantic, IA	38:30	7:45
15	3	W25	Courtney Van Wyk, 26*, Pella, IA	38:32	7:45
47	4	M40	Chris Klemesrud, 44, Grimes, IA	38:38	7:46
48	7	M25	Jeffrey Murray, 26, Des Moines, IA	38:43	7:47
16	4	W25	Emily Deutsch, 29*, Rock Rapids, IA	38:56	7:50
49	8	M25	Gregory Krahn, 25, Ames, IA	38:59	7:51
17	1	W50	Suzanne Wong, 50*, Ankeny, IA	39:04	7:52
18	3	W35	Jennifer Krzak, 38*, West Des Moines, IA	39:16	7:54
50	3	M60	David Sturzaker, 60, Johnston, IA	39:19	7:55
19	3	W45	Ginger Miller, 45*, Ankeny, MI	39:20	7:55
51	10	M35	Tim Phifer, 37, Des Moines, IA	39:32	7:57
20	2	W50	Bobbi Snodgrass, 53*, Indianola, IA	39:33	7:57
21	4	W35	Cheryl Dralle, 38*, Urbandale, IA	39:38	7:58
22	2	W30	Ashley Eidbo, 33*, Coralville, IA	39:43	7:59

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

52	5	M40	Chris Compton, 40, Ankeny, IA	39:49	8:01
53	6	M40	Jim White, 44, Windsor Heights, IA	39:55	8:02
54	11	M35	Benjamin Barndollar, 36, Des Moines, IA	39:55	8:02
23	3	W30	Ariel McFall, 33*, Cumming, IA	40:01	8:03
24	1	W40	Michelle Vincent, 42*, Slater, IA	40:03	8:03
55	3	M55	Michael Boyle, 55, Ankeny, IA	40:04	8:04
56	7	M40	Craig Patterson, 43, Grimes, IA	40:08	8:04
25	5	W35	Tiffany Kayser, 35*, Cambridge, IA	40:10	8:05
57	1	M65	Bob Rey, 65, Orient, IA	40:16	8:06
26	4	W30	Cara Rexroat, 33*, Des Moines, IA	40:18	8:06
27	3	W20	Hannah Mason, 24*, Oskaloosa, IA	40:19	8:07
58	10	M30	Jared Kroese, 32, Des Moines, IA	40:20	8:07
59	6	M45	John Harris, 46, Ankeny, MI	40:27	8:08
28	4	W20	Callan Timms, 21*, Cedar Rapids, IA	40:35	8:10
29	5	W25	Melanie Dana, 29*, Grimes, IA	40:40	8:11
60	12	M35	Andy Eagan, 37, Norwalk, IA	40:48	8:12
61	11	M30	Wesley Smith, 32, Waukee, IA	40:48	8:13
30	6	W25	Sam Kruse, 29*, Redfield, IA	40:50	8:13
62	1	JrM	Jackson Sloss, 10, Guthrie Center, IA	40:59	8:15
63	9	M25	Travis Smith, 28, Johnston, IA	41:05	8:16
64	12	M30	Tyler Maxon, 30, Des Moines, IA	41:13	8:17
65	4	M50	Dan Gornick, 51, Norwalk, IA	41:37	8:22
31	6	W35	Kiley Mars, 37*, West Des Moines, IA	41:41	8:23
66	1	M70	Allan Kniep, 72, Des Moines, IA	41:48	8:24
32	2	W40	Kristen Schweitzer, 44*, Ankeny, IA	41:49	8:25
33	4	W45	Teri Johnson, 45*, Urbandale, IA	42:10	8:29
67	10	M25	Adam Carlson, 29, Des Moines, IA	42:20	8:31
68	2	M65	Simon Casady, 66, Indianola, IA	42:21	8:31
34	7	W35	Sara Davis, 37*, West Des Moines, IA	42:24	8:32
69	13	M35	Nathan Davis, 37, West Des Moines, IA	42:24	8:32
35	5	W30	Mary Bender, 32*, West Des Moines, IA	42:26	8:32
36	5	W20	Courtney Fuchs, 23*, Newton, IA	42:28	8:33

70	11	M25	Aaron Bazis, 25, Windsor Heights, IA	42:35	8:34
71	4	M55	Galyn Wiemers, 56, West Des Moines, IA	42:51	8:37
37	6	W20	Jennifer Swanson, 24*, Philomath, OR	43:03	8:40
72	12	M25	Eric Fredrickson, 26, Farnhamville, IA	43:03	8:40
73	13	M30	Nathan Paul, 33, Waukee, IA	43:10	8:41
74	5	M50	Tony Dilla, 50, West Des Moines, IA	43:18	8:43
38	7	W25	Eden Stokka, 25*, Urbandale, IA	43:19	8:43
75	5	M55	Gary Fotiu, 59, Earlham, IA	43:27	8:44
39	7	W20	Kelly Hendricks, 24*, Des Moines, IA	43:29	8:45
40	1	W60	Maggie Haaland, 64*, Ames, IA	43:34	8:46
76	14	M30	Rich Patrick, 34, Adel, IA	43:38	8:47
41	6	W30	Nina Amato, 33*, Adel, IA	43:38	8:47
42	7	W30	Megan Kobow, 34*, Ankeny, IA	43:39	8:47
43	8	W30	Stephanie Majeran, 32*, Urbandale, IA	43:44	8:48
77	13	M25	Zachary Swanson, 29, Bondurant, IA	43:48	8:49
44	8	W25	Chelsea Swanson, 29*, Bondurant, IA	43:48	8:49
78	7	M45	Tim Meggers, 48, Grimes, IA	43:51	8:49
45	8	W35	Sara Schueler, 35*, Des Moines, IA	43:53	8:50
46	1	W55	Cindy DePrenger, 55*, Monroe, IA	43:53	8:50
47	9	W25	Liz Juchems, 27*, Ames, IA	43:58	8:51
48	9	W30	Ashley Edwards, 32*, West Des Moines, IA	44:01	8:51
49	10	W25	Brianna Vaughn, 28*, Indianola, IA	44:06	8:52
79	4	M60	Jim Pratt, 63, Boone, IA	44:34	8:58
50	10	W30	Laura Moore, 33*, Waukee, IA	44:35	8:58
51	3	W40	Aletha Lenz, 43*, Urbandale, IA	44:36	8:58

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

80	8	M45	Dwight Berns, 49, Altoona, IA	44:46	9:00
81	6	M50	Paul Turner, 53, Des Moines, IA	44:47	9:01
82	15	M30	Larry Koch, 33, Clive, IA	44:56	9:02
83	9	M45	Brian Whalen, 48, Urbandale, IA	44:58	9:03
52	5	W45	Elizabeth Brehm, 49*, La Mesa, CA	45:01	9:03
53	11	W30	Caitlin Brown, 30*, Des Moines, IA	45:10	9:05
54	12	W30	Laura Hupp, 30*, Des Moines, IA	45:25	9:08
55	4	W40	Selena Swanson, 42*, Des Moines, IA	45:26	9:08
56	1	JrW	Bethany Swanson, 18*, Des Moines, IA	45:27	9:09
57	5	W40	Kimberly Kaiser, 40*, Ankeny, IA	45:27	9:09
58	3	W50	Julia Tentinger, 51*, Norwalk, IA	45:32	9:10
84	5	M60	John Hughes, 62, Norwalk, IA	45:33	9:10
85	16	M30	Ryan Adamson, 34, West Des Moines, IA	45:37	9:11
86	17	M30	Sean Bovinett, 33, Johnston, IA	45:40	9:11
59	2	W55	Annie Strawn, 55*, St. Charles, IA	45:57	9:15
60	2	W60	Paula Dierenfeld, 61*, Johnston, IA	45:58	9:15
61	4	W50	Lisa Bruner, 50*, Pleasant Hill, IA	45:59	9:15
62	13	W30	Melissa Gress, 34*, Urbandale, IA	45:59	9:15
63	14	W30	Justine Bangert, 30*, Des Moines, IA	46:03	9:16
64	6	W45	Tina Hade, 47*, Des Moines, IA	46:08	9:17
65	6	W40	Jen Jaqueth, 40*, Des Moines, IA	46:10	9:17
87	14	M35	Dave Van Bruggen, 36, Clive, IA	46:13	9:18
66	9	W35	Chrissy Freed, 38*, West Des Moines, IA	46:26	9:21
88	15	M35	Lucas Freed, 37, West Des Moines, IA	46:27	9:21
67	11	W25	Betsy De Bruin, 29*, Des Moines, IA	46:31	9:21
89	10	M45	Barry Fox, 46, West Des Moines, IA	46:37	9:23
68	7	W40	Kerri-Ann Harrison, 40*, Waukee, IA	46:40	9:23
90	2	JrM	Andrea Barutta, 10, Waukee, IA	46:40	9:23
91	14	M25	Byron Montgomery, 26, Ames, IA	46:43	9:24
69	12	W25	Sarah Bishop, 29*, Clive, IA	46:47	9:25
70	15	W30	Aimee Spores, 34*, Urbandale, IA	47:04	9:28
71	8	W20	Natalie Williams, 21*, Ames, IA	47:05	9:28
72	16	W30	Shannon Henson, 30*, Clive, IA	47:08	9:29
73	10	W35	Stacie Madson-Whittaker, 38*, Boone, IA	47:12	9:30
74	11	W35	Jen Steel, 37*, Des Moines, IA	47:14	9:30
92	3	M65	Robert Larson, 66, Johnston, IA	47:19	9:31
75	12	W35	Amy Thorson, 38*, Pella, IA	47:24	9:32
76	13	W35	Michelle Hunsinger, 35*, Pella, IA	47:24	9:32

77	5	W50	Ruth Comer, 54*, Chariton, IA	47:40	9:35
78	17	W30	Patty Sneddon, 33*, Grimes, IA	47:47	9:37
93	18	M30	Matt Heeren, 33, Ankeny, IA	47:48	9:37
79	18	W30	Jenna Gochanour, 34*, Norwalk, IA	47:49	9:37
80	13	W25	Tosha Altringer, 28*, Grimes, IA	47:51	9:38
94	19	M30	Joshua Bertocki, 32, Des Moines, IA	47:55	9:38
81	19	W30	Tessa Cantonwine, 32*, Urbandale, IA	47:57	9:39
82	14	W35	Cheryl Larson, 37*, West Des Moines, IA	48:00	9:39
83	8	W40	Angie Doyle Scar, 44*, Des Moines, IA	48:02	9:40
84	15	W35	Beth Jones, 38*, West Des Moines, IA	48:03	9:40
85	16	W35	Anne Wright, 37*, Des Moines, IA	48:05	9:40
86	17	W35	Sommer Durby, 35*, Ankeny, IA	48:09	9:41
87	14	W25	Erin Evans, 25*, Ankeny, IA	48:11	9:42
95	15	M25	Aaron Hollander, 29, Des Moines, IA	48:11	9:42
88	9	W40	Juli Cambron, 44*, Indianola, IA	48:14	9:42
89	20	W30	Rebecca Barloon, 30*, Des Moines, IA	48:17	9:43
90	15	W25	Laura Rasmussen, 25*, West Des Moines, IA	48:22	9:44
91	16	W25	Chelsea Anderson, 29*, Waukee, IA	48:22	9:44
92	17	W25	Leah Becker, 26*, Des Moines, IA	48:22	9:44
93	7	W45	Jackie Safley, 45*, Des Moines, IA	48:27	9:45
94	18	W35	Jillian Ennis, 37*, West Des Moines, IA	48:31	9:46
96	8	M40	Travis Wilson, 40, Clive, IA	48:32	9:46
95	10	W40	Lynh Patterson, 43*, Grimes, IA	48:34	9:46
97	6	M55	Mark Hansing, 59, Urbandale, IA	48:35	9:46
96	18	W25	Christina Wilson, 26*, West Des Moines, IA	49:14	9:54
98	16	M35	Nathan Johnston, 35, West Des Moines, IA	49:14	9:54
97	21	W30	Alyssa Smola, 31*, West Des Moines, IA	49:14	9:54
99	2	M70	Jan Dilley, 72, Marshalltown, IA	49:18	9:55
98	8	W45	Becky Weathers, 48*, Grimes, IA	49:32	9:58
Pace: <a href="#">6:00</a>   <a href="#">7:00</a>   <a href="#">8:00</a>   <a href="#">9:00</a>   <a href="#">10:00</a>   <a href="#">11:00</a>   <a href="#">12:00</a>   <a href="#">13:00</a>   <a href="#">14:00</a>   <a href="#">15:00</a>   <a href="#">Top</a>					
99	11	W40	Megan Wick, 44*, Clive, IA	49:41	10:00
100	19	W35	Gina Gear, 35*, Urbandale, IA	49:41	10:00
101	20	W35	Kate Selden-Egge, 36*, Des Moines, IA	49:47	10:01
100	9	M40	Timothy Yasunaga, 43, Des Moines, IA	49:47	10:01
102	9	W20	Marie Lock, 22*, Ames, IA	50:02	10:04
101	7	M50	Scott Dean, 52, Des Moines, IA	50:06	10:05
102	20	M30	David Johnson, 30, Van Meter, IA	50:20	10:08
103	21	W35	Cindy Gerjets, 38*, Ankeny, IA	50:22	10:08
104	19	W25	Jessica Wear, 29*, Waukee, IA	50:24	10:08
105	20	W25	Jessie Nay, 28*, Runnells, IA	50:38	10:11
103	6	M60	Russ Nay, 62, Runnells, IA	50:39	10:11
104	17	M35	Josh Hardie, 37, Norwalk, IA	50:44	10:12
105	11	M45	Jeffrey McCarther, 46, Bloomington, IL	50:45	10:13
106	2	JrW	Hannah Carter, 18*, Altoona, IA	50:47	10:13
107	22	W35	Charlee Eekhoff, 39*, Pella, IA	50:48	10:13
108	10	W20	Paige Schneider, 24*, West Des Moines, IA	50:50	10:14
109	21	W25	Katie Schwartz, 25*, Maplewood, MN	50:50	10:14
110	11	W20	Brianna Pieschel, 24*, Minneapolis, MN	50:51	10:14
106	8	M50	James Arthur, 51, Pleasant Hill, IA	51:03	10:16
107	3	M20	Colin Ryan, 23, Webster City, IA	51:06	10:17
111	6	W50	Jodi Barron, 51*, Des Moines, IA	51:13	10:18
112	22	W30	Stephanie Griffin, 34*, Cedar Rapids, IA	51:34	10:22
113	23	W35	Jill Dinges, 38*, Des Moines, IA	51:36	10:23
114	24	W35	April Zynda, 35*, Atlantic, IA	51:39	10:23
115	7	W50	Dawn Bratsch-Prince, 54*, Ames, IA	51:49	10:26
116	8	W50	Deanna Bennigsdorf, 50*, Runnells, IA	51:54	10:26
117	9	W50	Becky Pratt, 51*, Boone, IA	51:56	10:27
118	12	W40	Jenn Meyer, 42*, Waukee, IA	52:03	10:28
108	7	M55	Roger Wilson, 59, West Des Moines, IA	52:04	10:28
119	10	W50	Denna Mitchell, 51*, Greenfield, IA	52:07	10:29
120	3	JrW	Gwen Johnston, 17*, Greenfield, IA	52:07	10:29
109	18	M35	Aaron Dinges, 38, Des Moines, IA	52:18	10:31
121	9	W45	Kristi Coon, 45*, Earlham, IA	52:20	10:32
110	7	M60	Doug Ryan, 62, Webster City, IA	52:29	10:34

122	25	W35	Jessica Eagan, 37*, Norwalk, IA	52:37	10:35
123	26	W35	Laura Harper, 36*, Des Moines, IA	53:26	10:45
124	27	W35	Nicolle Phifer, 38*, Des Moines, IA	53:30	10:46
125	23	W30	Christina Salazar, 30*, Urbandale, IA	53:40	10:48
111	12	M45	Dave Kruse, 46, Newton, IA	53:54	10:51
112	13	M45	Brian Thornburg, 47, Newton, IA	53:54	10:51
113	21	M30	Jason Muselman, 34, Des Moines, IA	54:00	10:52
114	8	M60	Conroy Smith, 61, Des Moines, IA	54:33	10:58
126	22	W25	Courtney Christianson, 25*, Baxter, IA	54:34	10:59
127	23	W25	Julia Robinson, 25*, Des Moines, IA	54:35	10:59
Pace: <a href="#">6:00</a>   <a href="#">7:00</a>   <a href="#">8:00</a>   <a href="#">9:00</a>   <a href="#">10:00</a>   <a href="#">11:00</a>   <a href="#">12:00</a>   <a href="#">13:00</a>   <a href="#">14:00</a>   <a href="#">15:00</a>   <a href="#">Top</a>					

128	13	W40	Shawna Williams, 44*, Ankeny, IA	54:41	11:00
129	12	W20	Laura Peterson, 22*, Ankeny, IA	54:49	11:02
130	13	W20	Jena Best, 23*, West Des Moines, IA	54:51	11:02
131	24	W30	Cindy Quang, 30*, Oskaloosa, IA	54:57	11:03
132	25	W30	Abi Albrecht, 31*, Windsor Heights, IA	54:57	11:03
133	14	W20	Kelly Blair, 23*, Grimes, IA	54:58	11:04
134	3	W55	Linda Severino, 56*, Des Moines, IA	55:00	11:04
135	24	W25	Leslie Somers, 27*, Des Moines, IA	55:09	11:06
136	28	W35	Lisa Walters, 36*, West Des Moines, IA	55:15	11:07
137	25	W25	Erin Garity, 28*, Des Moines, IA	55:42	11:12
138	29	W35	Micah Chaplin, 35*, Windsor Heights, IA	55:42	11:12
139	11	W50	Theresa Bringleson, 50*, Des Moines, IA	55:57	11:15
140			Megan Rinke*, Urbandale, IA	56:02	11:16
141	14	W40	Amy Maiers, 40*, Winterset, IA	56:10	11:18
142	30	W35	Abbi Wych, 37*, Grimes, IA	56:18	11:20
115	14	M45	Laurence Farrell, 49, West Des Moines, IA	56:23	11:21
143	12	W50	Joleen Stephenson, 54*, Des Moines, IA	56:37	11:23
144	26	W30	Ellen Johanns, 30*, Marion, IA	56:57	11:27
145	31	W35	Cindy Meyer, 38*, Des Moines, IA	57:02	11:29
146	13	W50	Carol Conway, 51*, Altoona, IA	57:20	11:32
147	14	W50	Deonna Knudsen, 50*, Cedar Falls, IA	57:33	11:35
116	22	M30	Jim Benin, 31, West Des Moines, IA	57:40	11:36
148	27	W30	Jenn Sealine, 32*, West Des Moines, IA	57:52	11:39
149	15	W50	Kira Wilbeck, 51*, Windsor Heights, IA	58:13	11:43
150	26	W25	Kayla Kleihauer, 27*, Des Moines, IA	58:19	11:44
151	28	W30	Erin Heeren, 33*, Ankeny, IA	58:34	11:47
152	10	W45	Mary O'Hearn, 49*, Dayton, IA	58:51	11:50
153	11	W45	Cathy Jordan, 46*, Des Moines, IA	58:55	11:51
117	9	M60	Brad Fousek, 60, Altoona, IA	58:56	11:51
154	29	W30	Brooke Van Bruggen, 32*, Clive, IA	59:06	11:53
155	27	W25	Kate Glenney, 26*, Ames, IA	59:09	11:54
118	16	M25	Kevin Schneider, 25, Des Moines, IA	59:09	11:54
119	23	M30	Brandon Paulsen, 30, Des Moines, IA	59:24	11:57
120	9	M50	Joe Carter, 52, Altoona, IA	59:25	11:57
Pace: <a href="#">6:00</a>   <a href="#">7:00</a>   <a href="#">8:00</a>   <a href="#">9:00</a>   <a href="#">10:00</a>   <a href="#">11:00</a>   <a href="#">12:00</a>   <a href="#">13:00</a>   <a href="#">14:00</a>   <a href="#">15:00</a>   <a href="#">Top</a>					

156	12	W45	Kris Rode, 47*, Ankeny, IA	59:44	12:01
121	8	M55	Craig Stevens, 57, Desoto, IA	59:44	12:01
122	17	M25	Kevin Nennig, 27, West Des Moines, IA	1:00:01	12:05
157	4	JrW	Alyssa Rinke, 11*, Urbandale, IA	1:00:07	12:06
158	13	W45	Jolene Berns, 46*, Altoona, IA	1:00:47	12:14
159	30	W30	Abator Aderibigbe, 33*, Waukee, IA	1:01:02	12:17
160	31	W30	Heather Ealy, 34*, Waukee, IA	1:01:06	12:17
161	32	W30	Liz Tjaden, 30*, Iowa City, IA	1:01:57	12:28
123	3	JrM	Hayden Smith, 8, Rockford, IA	1:01:57	12:28
162	32	W35	Brandi Jones, 35*, Rockford, IA	1:01:57	12:28
163	1	W65	Melanie Lahart, 67*, Urbandale, IA	1:01:57	12:28
164	5	JrW	Suzanne Shoemaker, 14*, Dexter, IA	1:02:48	12:38
124	4	M65	Bruce Sheriff, 68, Windsor Hieghts, IA	1:03:06	12:42
165	14	W45	Robyn Swartz, 49*, Waukee, IA	1:03:10	12:42
125	10	M60	Dennis Cornelius, 62, Ankeny, IA	1:04:33	12:59
Pace: <a href="#">6:00</a>   <a href="#">7:00</a>   <a href="#">8:00</a>   <a href="#">9:00</a>   <a href="#">10:00</a>   <a href="#">11:00</a>   <a href="#">12:00</a>   <a href="#">13:00</a>   <a href="#">14:00</a>   <a href="#">15:00</a>   <a href="#">Top</a>					

166	33	W35	Sarah Copple, 36*, Norwalk, IA	1:04:35	13:00
167	28	W25	Stacie Stearns, 27*, Des Moines, IA	1:05:24	13:09
168	16	W50	Sara Braga, 53*, Winterset, IA	1:05:57	13:16
169	6	JrW	Kelsey Coffman, 19*, Earlham, IA	1:06:12	13:19
170	7	JrW	Haylie Book, 18*, Earlham, IA	1:06:27	13:22
171	4	W55	Vicki Minor, 57*, Winterset, IA	1:07:57	13:40
172	3	W60	Deb Amenson, 63*, Des Moines, IA	1:08:05	13:42
173	34	W35	Angie Miller, 37*, Ankeny, IA	1:08:21	13:45
174	15	W45	Melanie Frausto, 45*, Des Moines, IA	1:08:26	13:46
175	35	W35	Wendy Sloss, 39*, Guthrie Center, IA	1:08:29	13:47
176	17	W50	Deb Atkins, 54*, Nevada, IA	1:08:36	13:48
177	29	W25	Nikki Madsen, 26*, Waukee, IA	1:08:37	13:48

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

178	16	W45	Dawn Matthews, 47*, Ankeny, IA	1:12:57	14:41
179	4	W60	Toni Johnston, 63*, Des Moines, IA	1:12:59	14:41

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

180	18	W50	Cathy Pierce, 51*, Johnston, IA	1:19:02	15:54
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Pace: [6:00](#) | [7:00](#) | [8:00](#) | [9:00](#) | [10:00](#) | [11:00](#) | [12:00](#) | [13:00](#) | [14:00](#) | [15:00](#) | [Top](#)

181	5	W55	Brenda Hardy, 56*, Design Moines, IA	1:23:44	16:51
182	17	W45	Nicole Morey, 45*, Adel, IA		0
183	36	W35	Tonya Core, 36*, Van Meter, IA		0

\* indicates females

10 finishers among Males (no age given)

3 finishers among Men Under 20

3 finishers among Men 20 - 24

17 finishers among Men 25 - 29

23 finishers among Men 30 - 34

18 finishers among Men 35 - 39

9 finishers among Men 40 - 44

14 finishers among Men 45 - 49

9 finishers among Men 50 - 54

8 finishers among Men 55 - 59

10 finishers among Men 60 - 64

4 finishers among Men 65 - 69

2 finishers among Men 70 - 74

7 finishers among Women Under 20

14 finishers among Women 20 - 24

29 finishers among Women 25 - 29

32 finishers among Women 30 - 34

36 finishers among Women 35 - 39

14 finishers among Women 40 - 44

17 finishers among Women 45 - 49

18 finishers among Women 50 - 54

5 finishers among Women 55 - 59

4 finishers among Women 60 - 64

1 finishers among Women 65 - 69

1 finishers among Females (no age given)

130 male finishers

178 female finishers

308 total finishers

### Age Groups

PLACE	CLASS	FINISHER	TIME	PACE
1	1 M20	Jake Sutton, 24, West Des Moines, IA	25:51	5:12
2	2 M20	Adam Best, 24, West Des Moines, IA	28:26	5:43
3	3 M30	Darin Schuknecht, 34, Otley, IA	28:27	5:43

### Open Women

1	1	W40	Kate Maurer, 44, Urbandale, IA	31:34	6:21
2	2	W40	Jennifer Block, 42, West Des Moines, IA	34:08	6:52
3	3	W25	Molly Rhodes, 25, Des Moines, IA	34:38	6:58
<b>Masters Men</b>					
4	1	M40	Dan Pinkerton, 40, Urbandale, IA	28:59	5:50
<b>Masters Women</b>					
5	1	W40	Erin Bailey, 42, Des Moines, IA	34:46	7:00
<b>Grand Masters Men</b>					
10	1	M50	Pat McGowan, 52, Urbandale, IA	30:53	6:13
<b>Grand Masters Women</b>					
12	1	W55	Kristy Cain, 56, West Des Moines, IA	37:32	7:33
PLACE	CLASS	PLACE	FINISHER	TIME	PACE
<b>Men Under 20</b>					
62	1		Jackson Sloss, 10, Guthrie Center, IA	40:59	8:15
90	2		Andrea Barutta, 10, Waukee, IA	46:40	9:23
123	3		Hayden Smith, 8, Rockford, IA	1:01:57	12:28
<b>Men 20 - 24</b>					
9	1		Logan Marvin, 23, Johnston, IA	30:47	6:12
17	2		Jesse Gonzalez, 21, Iowa City, IA	32:10	6:28
107	3		Colin Ryan, 23, Webster City, IA	51:06	10:17
<b>Men 25 - 29</b>					
19	1		Mark Lahart, 25, Des Moines, IA	32:20	6:30
26	2		Eric Olson, 27, Bondurant, IA	34:03	6:51
27	3		Jonathan McDonoght, 25, Rochester, MN	34:28	6:56
<b>Men 30 - 34</b>					
5	1		Sean Severe, 32, Des Moines, IA	29:06	5:51
11	2		Aaron Wells, 32, Pleasant Hill, IA	30:55	6:13
13	3		Neil Young, 34, Des Moines, IA	31:22	6:19
<b>Men 35 - 39</b>					
8	1		Aaron Wheelock, 35, Des Moines, IA	30:09	6:04
14	2		Abel Shaw, 37, Johnston, IA	31:29	6:20
31	3		Derrick Flippin, 38, West Des Moines, IA	34:47	7:00
<b>Men 40 - 44</b>					
6	1		Jim Krzak, 41, West Des Moines, IA	29:31	5:56
7	2		Julius Rotich, 41, Des Moines, IA	29:49	6:00
32	3		Dan York, 40, Ankeny, IA	34:51	7:01
<b>Men 45 - 49</b>					
15	1		Terry Kruse, 48, Clive, IA	31:41	6:22
33	2		Scott Greenwood, 48, Des Moines, IA	34:52	7:01
35	3		Kraig Daugherty, 47, Indianola, IA	35:53	7:13
<b>Men 50 - 54</b>					
12	1		Todd Haugen, 52, Des Moines, IA	30:58	6:14
23	2		Chuck Fritz, 51, Clive, IA	33:36	6:46
25	3		Troy Zeleznik, 53, West Des Moines, IA	33:39	6:46
<b>Men 55 - 59</b>					
16	1		Paul Grivalds, 57, West Des Moines, IA	32:08	6:28
29	2		Jeff Weeks, 56, Des Moines, IA	34:43	6:59
55	3		Michael Boyle, 55, Ankeny, IA	40:04	8:04

**Men 60 - 64**

18	1	Willie Lahart, 62, Urbandale, IA	32:15	6:29
44	2	David Miller, 64, Urbandale, IA	37:50	7:37
50	3	David Sturzaker, 60, Johnston, IA	39:19	7:55

**Men 65 - 69**

57	1	Bob Rey, 65, Orient, IA	40:16	8:06
68	2	Simon Casady, 66, Indianola, IA	42:21	8:31
92	3	Robert Larson, 66, Johnston, IA	47:19	9:31

**Men 70 - 74**

66	1	Allan Kniep, 72, Des Moines, IA	41:48	8:24
99	2	Jan Dilley, 72, Marshalltown, IA	49:18	9:55

PLACE	CLASS PLACE	FINISHER	TIME	PACE
<b>Women Under 20</b>				
56	1	Bethany Swanson, 18, Des Moines, IA	45:27	9:09
106	2	Hannah Carter, 18, Altoona, IA	50:47	10:13
120	3	Gwen Johnston, 17, Greenfield, IA	52:07	10:29
<b>Women 20 - 24</b>				
6	1	Megan Nieland, 22, Ankeny, IA	35:38	7:10
14	2	Amber Grant, 23, Ames, IA	38:04	7:39
27	3	Hannah Mason, 24, Oskaloosa, IA	40:19	8:07
<b>Women 25 - 29</b>				
9	1	Natasha Nikkel, 26, Sully, IA	37:18	7:30
10	2	Rachel Hawks, 29, Des Moines, IA	37:24	7:31
15	3	Courtney Van Wyk, 26, Pella, IA	38:32	7:45
<b>Women 30 - 34</b>				
4	1	Meagan Freeze, 30, Des Moines, IA	34:45	6:59
22	2	Ashley Eidbo, 33, Coralville, IA	39:43	7:59
23	3	Ariel McFall, 33, Cumming, IA	40:01	8:03
<b>Women 35 - 39</b>				
7	1	Kristi York, 36, West Des Moines, IA	36:15	7:18
11	2	Angelica Flores, 36, Belmond, IA	37:27	7:32
18	3	Jennifer Krzak, 38, West Des Moines, IA	39:16	7:54
<b>Women 40 - 44</b>				
24	1	Michelle Vincent, 42, Slater, IA	40:03	8:03
32	2	Kristen Schweitzer, 44, Ankeny, IA	41:49	8:25
51	3	Aletha Lenz, 43, Urbandale, IA	44:36	8:58
<b>Women 45 - 49</b>				
8	1	Marcey Norland, 48, Algona, IA	36:45	7:24
13	2	Denise Carleton, 45, Ankeny, IA	37:55	7:38
19	3	Ginger Miller, 45, Ankeny, MI	39:20	7:55
<b>Women 50 - 54</b>				
17	1	Suzanne Wong, 50, Ankeny, IA	39:04	7:52
20	2	Bobbi Snodgrass, 53, Indianola, IA	39:33	7:57
58	3	Julia Tentinger, 51, Norwalk, IA	45:32	9:10
<b>Women 55 - 59</b>				
46	1	Cindy DePrenger, 55, Monroe, IA	43:53	8:50
59	2	Annie Strawn, 55, St. Charles, IA	45:57	9:15
134	3	Linda Severino, 56, Des Moines, IA	55:00	11:04
<b>Women 60 - 64</b>				

40	1	Maggie Haaland, 64, Ames, IA	43:34	8:46
60	2	Paula Dierenfeld, 61, Johnston, IA	45:58	9:15
172	3	Deb Amenson, 63, Des Moines, IA	1:08:05	13:42
<b>Women 65 - 69</b>				
163	1	Melanie Lahart, 67, Urbandale, IA	1:01:57	12:28

Return to [home page](#).