

17th Loop the Lake 8K (4.97 miles)

Gray's Lake - Des Moines, IA

April 8, 2017

50s and Sunny

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.

Last updated April 8, 2017 11:52 AM

PLACE	CLASS	FINISHER	TIME	PACE
1	OpM	Mitchell Davis, 26, Des Moines, IA	26:58	5:25
2	OpM	Nathan White, 33, Johnston, IA	27:37	5:33
3	OpM	Adam Best, 25, West Des Moines, IA	27:52	5:36
4	MM	Jacob Kaemmer, 40, Des Moines, IA	28:14	5:41
5	1 M40	Julius Rotich, 42, Des Moines, IA	28:19	5:42
6	1 M35	Jack Johnson, 36, West Des Moines, IA	28:26	5:43
7	1 M30	Scott Johnson, 34, Johnston, IA	28:43	5:47
8	2 M30	Justin Brown, 34, Des Moines, IA	28:44	5:47
9	OpW	Obsie Birru, 28*, Des Moines, IA	28:53	5:49
10	3 M30	Aaron Wells, 33, Pleasant Hill, IA	28:55	5:49
11	2 M40	Paxton Bennett, 43, West Des Moines, IA	29:03	5:51
12	3 M40	Dan Pinkerton, 41, Urbandale, IA	29:15	5:53
13	1 M20	Matt Guetzlaff, 23, Des Moines, IA	29:16	5:53
14	2 M35	Darwin Schukmock, 35, Otley, IA	29:19	5:54
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				
15	3 M35	Neil Young, 35, Des Moines, IA	29:47	6:00
16	OpW	Traci Kresser, 31*, Clive, IA	30:14	6:05
17	4 M35	Tony Ekman, 36, Johnston, IA	30:27	6:08
18	GMM	Christopher Flannery, 52, Des Moines, IA	30:36	6:09
19	5 M35	Shane Fantz, 37, Des Moines, IA	31:30	6:20
20	4 M30	Colby Judd, 30, Des Moines, IA	32:07	6:28
21	OpW	Anna Bergman, 39*, Des Moines, IA	32:12	6:29
22	4 M40	Brad Bergman, 42, Des Moines, IA	32:12	6:29
23	1 M45	Terry Kruse, 49, Clive, IA	32:23	6:31
24	1 M50	Bruce Holmes, 52, Milwaukee, WI	32:27	6:32
25	1 W30	Sara Hendrickson, 30*, Altoona, IA	32:29	6:32
26	5 M30	Mark Moore, 31, Clive, IA	32:32	6:33
27	6 M30	Nick Mongar, 31, Johnston, IA	32:39	6:34
28	6 M35	Randy Sturm, 39, Garner, IA	32:48	6:36
29	5 M40	Jeremy Mueller, 40, Waukee, IA	33:20	6:42
30	6 M40	David Olsen, 44, West Des Moines, IA	33:40	6:46
31	2 M50	Troy Zeleznik, 54, West Des Moines, IA	33:52	6:49
32	1 M60	Willie Lahart, 63, Urbandale, IA	34:35	6:57
33	2 M45	David Larson, 45, West Des Moines, 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				
34	1 W35	Tracy Daugherty, 36*, Pella, IA	35:00	7:02
35	1 W25	Molly Rhodes, 26*, Des Moines, IA	35:14	7:05
36	1 M25	Mitch McDermott, 28, Ankeny, IA	35:21	7:07
37	2 M25	Andrew Donahoe, 25, Clive, IA	35:28	7:08
38	3 M45	Michael Strief, 47, Clive, IA	35:30	7:08
39	3 M25	Kyle Hoehns, 28, Ankeny, IA	35:52	7:13
40	MW	Carrie Van Quathem, 45*, Urbandale, IA	35:57	7:14

41	3	M50	Todd Haugen, 53, Des Moines, IA	36:12	7:17
42	2	W30	Kasi Hatfield, 33*, Dexter, IA	36:14	7:17
43	7	M40	Ryan Wise, 41, Des Moines, IA	36:16	7:18
44		GMW	Andriette Wickstrom, 62*, Storm Lake, IA	36:22	7:19
45	1	W40	Amy Sue Alesch, 41*, Des Moines, IA	36:30	7:21
46	3	W30	Rachel Hawks, 30*, Des Moines, IA	36:44	7:23
47	7	M35	Kyle Johnson, 37, Johnston, IA	36:57	7:26
48	8	M40	Michael Owens, 40, Johnston, IA	37:02	7:27
49	2	W40	Noah Swanson, 42*, Des Moines, IA	37:02	7:27
50	2	W25	Melissa Miller, 26*, Lincoln, NE	37:23	7:31
51	8	M35	Kevin Ablner, 36, West Des Moines, IA	37:27	7:32
52	1	W20	Courtney Cleveland, 23*, Des Moines, IA	37:32	7:33
53	9	M35	Josh Ortner, 37, Urbandale, IA	37:36	7:34
54	10	M35	Charlie Daugherty, 35, Pella, IA	37:37	7:34
55	2	W35	Kelly Brown, 36*, Ackworth, IA	37:45	7:36
56	9	M40	Martin Squier, 42, Norwalk, IA	38:04	7:39
57	4	M50	Kyle Weuve, 51, Urbandale, IA	38:07	7:40
58	1	W45	Casey Conner, 47*, West Des Moines, IA	38:16	7:42
59	10	M40	Mark Holm, 41, Ankeny, IA	38:30	7:45
60	1	M55	Dennis Judd, 56, Urbandale, IA	38:33	7:45
61	7	M30	Wesley Smith, 33, Ankeny, IA	38:36	7:46
62	11	M35	Benjamin Barndollar, 37, Des Moines, IA	38:49	7:49
63	5	M50	Scott Bandy, 52, Indianola, IA	39:01	7:51
64	3	W25	Hannah Mason, 25*, Urbandale, IA	39:01	7:51
65	12	M35	Tj McGee, 35, Urbandale, IA	39:04	7:52
66	4	M45	Chris Klemesrud, 45, Grimes, IA	39:05	7:52
67	2	W20	Cassidy Gornick, 21*, Norwalk, IA	39:06	7:52
68	3	W35	Megan Zach, 38*, Des Moines, IA	39:11	7:53
69	13	M35	Rich Patrick, 35, Adel, IA	39:25	7:56
70	1	M65	David Miller, 65, Urbandale, IA	39:30	7:57
71	4	M25	Greg Krahn, 26, Ames, IA	39:35	7:58
72	11	M40	Chris Compton, 41, Ankeny, IA	39:36	7:58
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					
73	14	M35	Cesar Gradilla, 39, Des Moines, IA	39:45	8:00
74	6	M50	Tim Bayse, 53, Dallas Center, IA	39:45	8:00
75	5	M25	Michael Jiskoot, 29, Urbandale, IA	39:51	8:01
76	2	M20	Nicholas Smith, 23, West Des Moines, IA	39:54	8:02
77	3	W20	Kristin Thom, 24*, Cedar Rapids, IA	39:56	8:02
78	4	W35	Angelica Flores, 37*, Belmont, IA	40:16	8:06
79	15	M35	Andrew Wrightsman, 38, Waukee, IA	40:20	8:07
80	4	W25	Jenalee Jiskoot, 27*, Pleasant Hill, IA	40:20	8:07
81	1	W50	Bobbi Snodgrass, 54*, Indianola, IA	40:22	8:07
82	2	M65	Bob Ray, 66, Orient, IA	40:31	8:09
83	1	JrM	Carter Gornick, 17, Norwalk, IA	40:39	8:11
84	5	W25	Alicia Goetz, 26*, Des Moines, IA	40:49	8:13
85	12	M40	Jeff Wamer, 44, Pleasant Hill, IA	40:49	8:13
86	2	W50	Suzanne Wong, 51*, Ankeny, IA	40:54	8:14
87	16	M35	Tim Phifer, 38, Des Moines, IA	40:56	8:14
88	4	W30	Katie Johnson, 30*, Boone, IA	41:08	8:17
89	5	W35	Megan Kobow, 35*, Ankeny, IA	41:26	8:20
90	5	M45	Larry Smith, 49, Ankeny, IA	41:26	8:20
91	8	M30	Nathan Paul, 34, Waukee, IA	41:37	8:22
92	6	M45	John Harris, 47, Ankeny, IA	41:38	8:23
93	6	W25	Amelia Borgomainerio, 26*, Des Moines, IA	41:38	8:23
94	7	W25	Lindsey Burton, 25*, Fairfield, IA	41:39	8:23
95	7	M50	Dan Gornick, 52, Norwalk, IA	41:45	8:24
96	3	W40	Melissa Duffy, 43*, Clive, IA	41:48	8:25
97	17	M35	Brad Willemssen, 39, Des Moines, IA	41:51	8:25
98	5	W30	Beth Borrett, 34*, Ankeny, IA	41:52	8:25
99	6	W30	Nina Amato, 34*, Adel, IA	41:53	8:26
100	8	M50	Dale Christians, 51, Urbandale, IA	41:54	8:26
101	1	JrW	Rose Schweitzer, 16*, Ankeny, IA	41:55	8:26
102	2	M55	Michael Boyle, 56, Ankeny, IA	42:02	8:27
103	3	M55	Steven Wandro, 59, Des Moines, IA	42:08	8:29

104	7	W30	Kathryn Cloe, 34*, Des Moines, IA	42:12	8:29
105	3	M65	Al Hildestad, 67, Des Moines, IA	42:47	8:36
106	8	W30	Amanda Mahoski, 32*, Clive, IA	43:10	8:41
107	1	W65	Maggie Haaland, 65*, Ames, IA	43:11	8:41
108	9	M50	Steve Berger, 52, Clive, IA	43:36	8:46
109	6	M25	Michael Price, 27, Douglas, ND	43:43	8:48
110	7	M25	Eric Fredrickson, 27, Farnhamville, IA	43:44	8:48
111	8	W25	Jennifer Swanson, 25*, Ames, IA	43:47	8:49
112	1	W55	Cindy De Prenger, 56*, Monroe, IA	43:51	8:49
113	18	M35	Ryan Adamson, 35, West Des Moines, IA	43:53	8:50
114	4	M55	Galyn Wiemers, 57, West Des Moines, IA	44:11	8:53
115	9	W30	Heather Chappell, 34*, Marion, IA	44:14	8:54
116	2	W45	Stacie O'Connor, 45*, Des Moines, IA	44:26	8:56
117	5	M55	David Klinkenborg, 57, Windsor Heights, IA	44:29	8:57
118	4	M65	Chuck Clark, 66, Norwalk, IA	44:35	8:58
119	1	M70	John Schneller, 73, West Des Moines, IA	44:36	8:58
120	10	W30	Jaimi Yost, 33*, Des Moines, IA	44:39	8:59
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					
121	10	M50	Alex Van Wyk, 54, Des Moines, IA	44:46	9:00
122	2	W55	Tomoko Yajima, 59*, Des Moines, IA	44:46	9:00
123	11	W30	Kathy Meitl, 34*, Norwalk, IA	44:49	9:01
124	4	W40	Kimberly Kaiser, 41*, Ankeny, IA	44:57	9:02
125	9	W25	Brooke Printy, 25*, Melcher, IA	45:03	9:04
126	10	W25	Danielle Nowasell, 27*, Urbandale, IA	45:04	9:04
127	3	W45	Kristen Schweitzer, 45*, Ankeny, IA	45:17	9:06
128	7	M45	Matthew Hurn, 47, Johnston, IA	45:18	9:07
129	11	M50	Joe Pauley, 50, Johnston, IA	45:24	9:08
130	9	M30	Greg Meitl, 34, Norwalk, IA	45:27	9:09
131	12	W30	Amber Smith, 33*, Ankeny, IA	45:41	9:11
132	6	M55	Jeff Smith, 56, Indianola, IA	45:55	9:14
133	3	W50	Lisa Bruner, 51*, Pleasant Hill, IA	46:11	9:17
134	19	M35	Michael Lewis, 37, Johnston, IA	46:25	9:20
135	6	W35	Ann Marie Day, 35*, West Des Moines, IA	46:38	9:23
136	20	M35	Parker Day, 35, West Des Moines, IA	46:39	9:23
137	2	M60	Jim Pratt, 64, Boone, IA	46:40	9:23
138	4	W45	Anastasia Hurn, 48*, Johnston, IA	46:48	9:25
139	1	W60	Paula Dierenfeld, 62*, Johnston, IA	47:04	9:28
140	8	M45	Andrea Barutta, 47, Waukee, IA	47:11	9:29
141	13	W30	Emily Judd, 32*, Des Moines, IA	47:26	9:33
142	10	M30	David Johnson, 31, Van Meter, IA	47:33	9:34
143	4	W50	Julia Tentinger, 52*, Norwalk, IA	47:38	9:35
144	21	M35	Josh Hardie, 38, Des Moines, IA	47:41	9:35
145	9	M45	Mike Miller, 47, Des Moines, IA	47:58	9:39
146	4	W20	Karissa Horbal, 23*, Omaha, NE	48:13	9:42
147	8	M25	Brian Keck, 29, Fort Dodge, IA	48:13	9:42
148	5	W50	Heather Stilborn, 54*, Clive, IA	48:19	9:43
149	5	W20	Sarah Hamilton, 23*, Johnston, IA	48:20	9:43
150	7	W35	Kate Selden-Egge, 37*, Des Moines, IA	48:22	9:44
151	5	W45	Becky Weathers, 49*, Grimes, IA	48:28	9:45
152	2	JrM	Casey Eagan, 13, Norwalk, IA	48:29	9:45
153	22	M35	Andy Eagan, 38, Norwalk, IA	48:29	9:45
154	8	W35	Sara Schueler, 36*, Des Moines, IA	48:34	9:46
155	11	M30	Kyle Hougham, 33, Clive, IA	48:42	9:48
156	6	W50	Linda Nowasell, 50*, Grinnell, IA	48:51	9:50
157	5	W40	Jean Gibson, 44*, Johnston, IA	48:51	9:50
158	12	M30	Jack Powers, 32, Windsor Heights, IA	48:57	9:51
159	14	W30	Rachael Powers, 31*, Windsor Heights, IA	48:58	9:51
160	11	W25	Caitlin Kissinger, 27*, Pleasant Hill, IA	49:00	9:51
161	5	M65	Richard Newkirk, 68, Ankeny, IA	49:05	9:52
162	23	M35	Lucas Freed, 38, West Des Moines, IA	49:10	9:54
163	9	W35	Brianne Sears, 37*, Des Moines, IA	49:13	9:54
164	10	W35	Diana Byers, 37*, Ackworth, IA	49:13	9:54
165	9	M25	Jack Mailander, 28, Anita, IA	49:19	9:55
166	6	W40	Monica Vail, 42*, Indianola, IA	49:24	9:56

167	7	W50	Kris Stolle, 50*, Ankeny, IA	49:26	9:57
168	7	W40	Kerri-Ann Harrison, 41*, Waukee, IA	49:33	9:58
169	15	W30	Kristen Anderson, 32*, Des Moines, IA	49:38	9:59
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					
170	16	W30	Simonne Stricker, 34*, West Des Moines, IA	49:45	10:01
171	2	M70	Jan Dilley, 73, Marshalltown, IA	49:52	10:02
172	17	W30	Sarah Long, 33*, West Des Moines, IA	49:53	10:02
173	24	M35	Jason Muselman, 35, Des Moines, IA	49:57	10:03
174	11	W35	Laura Harper, 37*, Des Moines, IA	50:01	10:04
175	8	W50	Kathy Clark, 53*, Altoona, IA	50:18	10:07
176	18	W30	Sunni Swarbrick, 32*, Des Moines, IA	50:20	10:08
177	19	W30	Rachel Barloon, 30*, Iowa City, IA	50:23	10:08
178	20	W30	Rebecca Barloon, 31*, Des Moines, IA	50:24	10:08
179	12	W25	Megan Sockness, 28*, Ankeny, IA	50:31	10:10
180	21	W30	Julianna Tunney, 34*, Des Moines, IA	50:40	10:12
181	13	M40	Kyle Brown, 42, Des Moines, IA	50:52	10:14
182	12	M50	Tom Cavanaugh, 53, Des Moines, IA	50:58	10:15
183	13	W25	Mariah Klemp, 25*, West Des Moines, IA	51:03	10:16
184	1	W75	Breta Westlund, 77*, Urbandale, IA	51:07	10:17
185	8	W40	Stephanie Clemens, 42*, Des Moines, IA	51:23	10:20
186	7	M55	Larry Early, 55, West Des Moines, IA	51:31	10:22
187	3	M60	Mark Hansing, 60, Urbandale, IA	51:31	10:22
188	22	W30	Cara Rexroat, 34*, Des Moines, IA	52:10	10:30
189	6	M65	Roger Munns, 69, Des Moines, IA	52:11	10:30
190	6	W45	Jackie Safley, 46*, Des Moines, IA	52:16	10:31
191	9	W50	Jodi Barron, 52*, Des Moines, IA	52:21	10:32
192	13	M50	Laurence Farrell, 50, West Des Moines, IA	52:21	10:32
193	9	W40	Kim Crandell, 44*, Ankeny, IA	52:32	10:34
194	13	M30	Joshua Bertocki, 33, Des Moines, IA	52:36	10:35
195	7	W45	Kristi Coon, 46*, Earlham, IA	52:44	10:37
196	25	M35	Jace McDaniel, 37, Urbandale, IA	53:04	10:41
197	23	W30	Shanna Snitker, 31*, Johnston, IA	53:53	10:50
198	8	W45	Karen Dixon, 47*, Ankeny, IA	54:07	10:53
199	4	M60	Russ Nay, 63, Runnells, IA	54:15	10:55
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					
200	12	W35	Cindy Boyce, 37*, Ankeny, IA	54:46	11:01
201	2	W60	Mary Kay Shannon, 61*, Greenfield, IA	54:51	11:02
202	3	W55	Gwen Johnston, 55*, Greenfield, IA	54:52	11:02
203	4	W55	Tom Killeen, 56*, Clive, IA	55:23	11:08
204	13	W35	Dilya Harpster, 36*, Clive, IA	55:24	11:09
205	14	M30	Nik Guttormson, 30, Huxley, IA	55:32	11:10
206	14	W25	Ashley Guttormson, 29*, Huxley, IA	55:32	11:10
207	10	W40	Angela Thornton, 43*, Ankeny, IA	55:33	11:11
208	10	W50	Becky Pratt, 52*, Boone, IA	57:02	11:28
209	24	W30	Jamie Lewis, 31*, Johnston, IA	57:12	11:31
210	14	W35	Sarah McGee, 35*, Urbandale, IA	57:49	11:38
211	5	W55	Lisa Schmitt, 56*, Atlantic, IA	57:59	11:40
212	25	W30	Amy Seufert, 34*, Winterset, IA	57:59	11:40
213	26	M35	Mike Seufert, 36, Winterset, IA	57:59	11:40
214	15	W35	Jenny Ballenger, 39*, Des Moines, IA	58:03	11:41
215	15	W25	Kathleen McGowan, 25*, Urbandale, IA	58:22	11:44
216	6	W20	Jena Best, 24*, West Des Moines, IA	59:21	11:56
217	26	W30	Aline Arantes, 34*, West Des Moines, IA	59:30	11:58
218	16	W35	Jessica Eagan, 38*, Norwalk, IA	59:34	11:59
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					
219	9	W45	Wendy Wamer, 48*, Pleasant Hill, IA	1:00:22	12:09
220	16	W25	Dana Walton, 25*, Des Moines, IA	1:01:24	12:21
221	17	W25	Rose Waldeier, 26*, Eagleville, MO	1:02:00	12:28
222	10	W45	Stephanie Wignall, 47*, Ankeny, IA	1:02:37	12:36
223	7	W20	Taylor Townsend, 22*, Knoxville, IA	1:02:38	12:36
224	27	W30	Monica Stout, 34*, Des Moines, IA	1:02:40	12:36
225	5	M60	Dennis Cornelius, 63, Ankeny, IA	1:02:54	12:39

226	14	M40	Robert Crews, 41, Urbandale, IA	1:03:06	12:42
227	28	W30	Sara Williams, 34*, Urbandale, IA	1:03:19	12:44
228	6	M60	Conroy Smith, 62, Des Moines, IA	1:04:09	12:54
229	11	W50	Marcia Morales, 53*, Des Moines, IA	1:04:19	12:56
230	8	M55	Craig Stevens, 58, De Soto, IA	1:04:19	12:56
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					
231	11	W45	Melanie Frausto, 46*, Des Moines, IA	1:06:34	13:24
232	17	W35	Christy Wilson, 39*, Urbandale, IA	1:08:20	13:45
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					
233	12	W50	Robyn Swartz, 50*, Grimes, IA	1:12:39	14:37
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					
234	2	W75	Jan Gillum, 81*, Des Moines, IA	1:14:37	15:01
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					
235	6	W55	Jayne Dworak, 56*, Omaha, NE	1:20:11	16:08
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					
236	1	M75	Hummer Brown, 77, Des Moines, IA	1:26:41	17:26

* indicates females

10 finishers among Males (no age given)

2 finishers among Men Under 20

2 finishers among Men 20 - 24

9 finishers among Men 25 - 29

14 finishers among Men 30 - 34

26 finishers among Men 35 - 39

14 finishers among Men 40 - 44

9 finishers among Men 45 - 49

13 finishers among Men 50 - 54

8 finishers among Men 55 - 59

6 finishers among Men 60 - 64

6 finishers among Men 65 - 69

2 finishers among Men 70 - 74

1 finishers among Men 75 & Up

1 finishers among Women Under 20

7 finishers among Women 20 - 24

17 finishers among Women 25 - 29

28 finishers among Women 30 - 34

17 finishers among Women 35 - 39

10 finishers among Women 40 - 44

11 finishers among Women 45 - 49

12 finishers among Women 50 - 54

6 finishers among Women 55 - 59

2 finishers among Women 60 - 64

1 finishers among Women 65 - 69

2 finishers among Women 75 & Up

122 male finishers

114 female finishers

236 total finishers

PLACE	CLASS PLACE	FINISHER	TIME	PACE
Open Men				
1	1 M25	Mitchell Davis, 26, Des Moines, IA	26:58	5:25
2	2 M30	Nathan White, 33, Johnston, IA	27:37	5:33
3	3 M25	Adam Best, 25, West Des Moines, IA	27:52	5:36
Open Women				
1	1 W25	Obsie Birru, 28, Des Moines, IA	28:53	5:49
2	2 W30	Traci Kresser, 31, Clive, IA	30:14	6:05
3	3 W35	Anna Bergman, 39, Des Moines, IA	32:12	6:29

Masters Men

4	1 M40	Jacob Kaemmer, 40, Des Moines, IA	28:14	5:41
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Masters Women

7	1 W45	Carrie Van Quathem, 45, Urbandale, IA	35:57	7:14
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Grand Masters Men

16	1 M50	Christopher Flannery, 52, Des Moines, IA	30:36	6:09
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Grand Masters Women

9	1 W60	Andriette Wickstrom, 62, Storm Lake, IA	36:22	7:19
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PLACE	CLASS	FINISHER	TIME	PACE
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Men Under 20

60	1	Carter Gornick, 17, Norwalk, IA	40:39	8:11
93	2	Casey Eagan, 13, Norwalk, IA	48:29	9:45

Men 20 - 24

12	1	Matt Guetzlaff, 23, Des Moines, IA	29:16	5:53
57	2	Nicholas Smith, 23, West Des Moines, IA	39:54	8:02

Men 25 - 29

30	1	Mitch McDermott, 28, Ankeny, IA	35:21	7:07
31	2	Andrew Donahoe, 25, Clive, IA	35:28	7:08
33	3	Kyle Hoehns, 28, Ankeny, IA	35:52	7:13

Men 30 - 34

7	1	Scott Johnson, 34, Johnston, IA	28:43	5:47
8	2	Justin Brown, 34, Des Moines, IA	28:44	5:47
9	3	Aaron Wells, 33, Pleasant Hill, IA	28:55	5:49

Men 35 - 39

6	1	Jack Johnson, 36, West Des Moines, IA	28:26	5:43
13	2	Darwin Schukmock, 35, Otley, IA	29:19	5:54
14	3	Neil Young, 35, Des Moines, IA	29:47	6:00

Men 40 - 44

5	1	Julius Rotich, 42, Des Moines, IA	28:19	5:42
10	2	Paxton Bennett, 43, West Des Moines, IA	29:03	5:51
11	3	Dan Pinkerton, 41, Urbandale, IA	29:15	5:53

Men 45 - 49

20	1	Terry Kruse, 49, Clive, IA	32:23	6:31
29	2	David Larson, 45, West Des Moines, IA	34:44	6:59
32	3	Michael Strief, 47, Clive, IA	35:30	7:08

Men 50 - 54

21	1	Bruce Holmes, 52, Milwaukee, WI	32:27	6:32
27	2	Troy Zeleznik, 54, West Des Moines, IA	33:52	6:49
34	3	Todd Haugen, 53, Des Moines, IA	36:12	7:17

Men 55 - 59

44	1	Dennis Judd, 56, Urbandale, IA	38:33	7:45
69	2	Michael Boyle, 56, Ankeny, IA	42:02	8:27
70	3	Steven Wandro, 59, Des Moines, IA	42:08	8:29

Men 60 - 64

28	1	Willie Lahart, 63, Urbandale, IA	34:35	6:57
87	2	Jim Pratt, 64, Boone, IA	46:40	9:23
105	3	Mark Hansing, 60, Urbandale, IA	51:31	10:22

Men 65 - 69

51	1	David Miller, 65, Urbandale, IA	39:30	7:57
59	2	Bob Ray, 66, Orient, IA	40:31	8:09
71	3	Al Hildestad, 67, Des Moines, IA	42:47	8:36
Men 70 - 74				
79	1	John Schneller, 73, West Des Moines, IA	44:36	8:58
100	2	Jan Dilley, 73, Marshalltown, IA	49:52	10:02
Men 75 & Up				
117	1	Hummer Brown, 77, Des Moines, IA	1:26:41	17:26
CLASS				
PLACE	PLACE	FINISHER	TIME	PACE
Women Under 20				
33	1	Rose Schweitzer, 16, Ankeny, IA	41:55	8:26
Women 20 - 24				
14	1	Courtney Cleveland, 23, Des Moines, IA	37:32	7:33
18	2	Cassidy Gornick, 21, Norwalk, IA	39:06	7:52
20	3	Kristin Thom, 24, Cedar Rapids, IA	39:56	8:02
Women 25 - 29				
6	1	Molly Rhodes, 26, Des Moines, IA	35:14	7:05
13	2	Melissa Miller, 26, Lincoln, NE	37:23	7:31
17	3	Hannah Mason, 25, Urbandale, IA	39:01	7:51
Women 30 - 34				
4	1	Sara Hendrickson, 30, Altoona, IA	32:29	6:32
8	2	Kasi Hatfield, 33, Dexter, IA	36:14	7:17
11	3	Rachel Hawks, 30, Des Moines, IA	36:44	7:23
Women 35 - 39				
5	1	Tracy Daugherty, 36, Pella, IA	35:00	7:02
15	2	Kelly Brown, 36, Ackworth, IA	37:45	7:36
19	3	Megan Zach, 38, Des Moines, IA	39:11	7:53
Women 40 - 44				
10	1	Amy Sue Alesch, 41, Des Moines, IA	36:30	7:21
12	2	Noah Swanson, 42, Des Moines, IA	37:02	7:27
30	3	Melissa Duffy, 43, Clive, IA	41:48	8:25
Women 45 - 49				
16	1	Casey Conner, 47, West Des Moines, IA	38:16	7:42
40	2	Stacie O'Connor, 45, Des Moines, IA	44:26	8:56
47	3	Kristen Schweitzer, 45, Ankeny, IA	45:17	9:06
Women 50 - 54				
23	1	Bobbi Snodgrass, 54, Indianola, IA	40:22	8:07
25	2	Suzanne Wong, 51, Ankeny, IA	40:54	8:14
49	3	Lisa Bruner, 51, Pleasant Hill, IA	46:11	9:17
Women 55 - 59				
38	1	Cindy De Prenger, 56, Monroe, IA	43:51	8:49
42	2	Tomoko Yajima, 59, Des Moines, IA	44:46	9:00
92	3	Gwen Johnston, 55, Greenfield, IA	54:52	11:02
Women 60 - 64				
52	1	Paula Dierenfeld, 62, Johnston, IA	47:04	9:28
91	2	Mary Kay Shannon, 61, Greenfield, IA	54:51	11:02
Women 65 - 69				
36	1	Maggie Haaland, 65, Ames, IA	43:11	8:41

Women 75 & Up

81	1	Breta Westlund, 77, Urbandale, IA	51:07	10:17
118	2	Jan Gillum, 81, Des Moines, IA	1:14:37	15:01

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