

23rd Dam to Dam 20 Kilometer

June 1, 2002

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	1	M25 Daniel Kinyua, 27, Ames, IA	1:06:04	5:19
2	2	M25 Julius Rotich, 26, West Des Moines, IA	1:06:05	5:19
3	1	M30 Jacques Van Rensburg, 34, Wichita, KS	1:06:08	5:19
4	2	M30 Glenn Le Gros, 31, St Louis, MO	1:07:28	5:26
5	3	M30 Dave Halferty, 33, Topeka, KS	1:08:05	5:29
6	1	M40 John Mirth, 40, Platteville, WI	1:08:21	5:30
7	3	M25 Nate Stroot, 27, Lee's Summit, MO	1:08:34	5:31
8	1	M20 Rikki Hacker, 24, Gardner, KS	1:09:42	5:36
9	1	M45 David Johnson, 46, Hastings, NE	1:10:30	5:40
10	2	M20 Joel Shenefield, 22, Chariton, IA	1:11:05	5:43
11	2	M40 Phil Kauder, 41, Cascade, IA	1:11:28	5:45
12	3	M20 Jason Sinnwell, 24, Ames, IA	1:12:08	5:48
13	4	M25 Benjamin Mulvaney, 26, Shawnee, KS	1:12:19	5:49
14	2	M45 Les Myers, 47, St Louis, MO	1:12:25	5:50
15	4	M30 Dave Dixon, 32, Sioux City, IA	1:13:06	5:53
16	3	M40 Tom Zimmerman, 44, Lakeville, MN	1:13:14	5:54
17	4	M40 Keith Fevold, 44, Des Moines, IA	1:13:53	5:57
18	1	M35 Jerry Lack, 39, East Moline, IL	1:14:14	5:58
19	5	M25 Jay Golonka, 27, Lee's Summit, MO	1:14:18	5:59
20	4	M20 Tony Ekman, 21, Des Moines, IA	1:14:20	5:59
21	6	M25 Bryan Betzold, 29, Hinton, IA	1:14:24	5:59
22	5	M30 Gary Dougherty, 34, Omaha, NE	1:14:27	5:59

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

23	7	M25 Chad Witt, 29, West Des Moines, IA	1:14:33	6:00
1	1	W30 Renee Kruse, 34*, South Sioux City, NE	1:14:43	6:01
24	5	M20 Dennis Dane, 22, St. Paul, MN	1:15:17	6:03
25	5	M40 Kevin Muilenburg, 41, Audubon, IA	1:16:04	6:07
26	6	M30 Larry Loffredo, 31, Norwalk, IA	1:16:29	6:09
27	7	M30 Todd Christensen, 33, Altoona, IA	1:16:33	6:10
28	6	M20 Jon Rathje, 23, Urbandale, IA	1:16:39	6:10
29	1	M50 Raul Deanda, 50, Panora, IA	1:16:42	6:10
30	8	M30 Michael Bloemker, 33, Kansas City, MO	1:16:44	6:10
31	7	M20 Chris Stiffler, 23, Papillion, NE	1:16:56	6:11
2	1	W35 Sharon Stubler, 37*, Minnetonka, MN	1:17:37	6:15
32	8	M20 Tim Ives, 21, Des Moines, IA	1:17:51	6:16
33	3	M45 Rick Ironside, 48, Marion, IA	1:17:59	6:16
34	9	M30 Brent Achenbach, 30, Woodward, IA	1:18:02	6:17
35	8	M25 Matt Pries, 29, Waverly, IA	1:18:08	6:17
3	2	W35 Bonnie Sons, 36*, Shorewood, MN	1:18:14	6:18
36	6	M40 Andy Leonard, 41, Wheaton, IL	1:18:19	6:18
37	9	M25 Kevin Egan, 26, West Des Moines, IA	1:19:00	6:21
38	1	JrM Thomas Waters, 15, Des Moines, IA	1:19:08	6:22
39	10	M25 Jason Huntley, 29, Ames, IA	1:19:12	6:22
40	4	M45 Brad Scott, 49, Marion, IA	1:19:14	6:22
41	5	M45 Kenneth Snyder, 48, Lincoln, NE	1:19:17	6:23
42	9	M20 Kevin Rock-Sucka, 22, Long Beach City, CA	1:19:23	6:23
43	2	JrM Quentin Kennedy, 16, Chariton, IA	1:19:29	6:24
44	1	M17 Peter Christakos, 17, Johnston, IA	1:19:31	6:24
45	6	M45 Dave Fitz, 47, Ames, IA	1:19:32	6:24
46	10	M20 Benjamin Skelton, 23, Ames, IA	1:19:34	6:24

47	11	M20	Ryan Mitchell, 24, West Des Moines, IA	1:19:49	6:25
48	7	M40	John Fritts, 44, Lincoln, NE	1:19:53	6:26
4	1	W20	Jodi Smith, 23*, Ames, IA	1:19:54	6:26
49	2	M35	Steve Younker, 37, Mason City, IA	1:20:11	6:27
50	2	M50	Gary Holda, 50, Carbindale, IL	1:20:18	6:28
51	2	M17	Nate White, 18, Des Moines, IA	1:20:39	6:29
52	12	M20	Douglas Besch, 21, Algona, IA	1:20:48	6:30
53	13	M20	Nathan Oldenkamp, 22, Sheldon, IA	1:21:00	6:31
54	7	M45	Daryl Julich, 46, Cedar Rapids, IA	1:21:00	6:31
55	8	M40	Jon Swails, 42, Cedar Rapids, IA	1:21:05	6:31
56	3	M35	Bill Blubaugh, 38, Ankeny, IA	1:21:17	6:32
57	3	M17	Kevin Spellman, 18, Des Moines, IA	1:21:22	6:33
58	10	M30	Shawn Miller, 30, Des Moines, IA	1:21:27	6:33
5	1	W25	Robyn Friedman, 29*, Lambs Grove, IA	1:21:42	6:34
59	14	M20	Derek McChurch, 21, Indianola, IA	1:21:45	6:35
6	2	W20	Jana Gottschalk, 24*, Iowa City, IA	1:21:58	6:36
60	11	M30	Ryan Elsbernd, 30, Des Moines, IA	1:22:13	6:37
61	15	M20	Mark Simons, 24, Iowa City, IA	1:22:16	6:37
62	4	M17	Frederic Scoupe, 19, Kellogg, IA	1:22:34	6:39
63	4	M35	Dave Cleveland, 37, Fraser, CO	1:22:36	6:39
64	12	M30	Wes Bruns, 34, Swisher, IA	1:22:37	6:39
65	5	M17	Aaron Knapper, 19, Forest City, IA	1:22:40	6:39
66	5	M35	Stephen Fyfe, 37, Pella, IA	1:22:53	6:40
67	6	M35	Rob Reicks, 38, Van Meter, IA	1:22:57	6:40
7	2	W30	Lisa Marshall, 34*, Granger, Ia	1:23:01	6:41
68	13	M30	Michael Reid, 34, Des Moines, IA	1:23:02	6:41
69	14	M30	John Patrick Parker, 34, Bettendorf, IA	1:23:09	6:41
70	7	M35	Troy Zeleznik, 39, West Des Moines, IA	1:23:09	6:41
71	9	M40	Eric Vandenberg, 41, Austin, MN	1:23:19	6:42
72	10	M40	Jeff Perry, 41, Bondurant, IA	1:23:20	6:42
73	8	M45	Tim Gallagher, 45, Bedford, IA	1:23:27	6:43
74	8	M35	John Depriest, 35, Sioux City, IA	1:23:31	6:43
75	9	M35	Paul Chenoweth, 37, Arden Hills, MN	1:23:33	6:43
76	15	M30	Tim Hartkopp, 32, Iowa Falls, IA	1:23:35	6:43
77	11	M40	Glenn Daniels, 43, Olathe, KS	1:23:36	6:44
78	10	M35	Todd Haugen, 39, Story City, IA	1:23:40	6:44
8	3	W20	Megan O'Malley, 24*, Iowa City, IA	1:23:42	6:44
79	11	M25	Andy Goodman, 29, Des Moines, IA	1:23:46	6:44
80	12	M40	Octavio Martinez, 43, La Vista, NE	1:23:51	6:45
81	11	M35	Richard Haines, 35, Des Moines, IA	1:23:58	6:45
82	16	M30	Tony Stensland, 31, Forest City, IA	1:24:00	6:46
9	1	W45	Ann Ringlein, 45*, Lincoln, NE	1:24:06	6:46
83	17	M30	Scott Heidesch, 30, Johnston, IA	1:24:09	6:46
84	16	M20	Luke Bennett, 22, Huxley, IA	1:24:14	6:47
85	6	M17	Andrew Lindberg, 17, Urbandale, IA	1:24:16	6:47
86	18	M30	Michael Rieks, 34, West Des Moines, IA	1:24:19	6:47
87	19	M30	Christopher Bowers, 33, Ottumwa, IA	1:24:32	6:48
10	3	W35	Roxi Erickson, 39*, Omaha, NE	1:24:34	6:48
88	12	M35	John Priester, 37, Des Moines, IA	1:24:37	6:48
89	7	M17	Kyle Packard, 19, West Des Moines, IA	1:24:40	6:49
90	13	M40	John Taylor, 43, Des Moines, IA	1:24:44	6:49
91	14	M40	Henry Devereaux, 44, Kansas City, MO	1:24:47	6:49
92	12	M25	Nate Hebel, 27, Urbandale, IA	1:24:55	6:50
93	8	M17	Jared Krutsinger, 18, Chariton, IA	1:24:55	6:50
94	13	M35	Doug Vander Weide, 35, West Des Moines, IA	1:24:56	6:50
95	3	M50	Williams Hidding, 53, Edina, MN	1:24:57	6:50
96	9	M17	Paul Wiemers, 17, West Des Moines, IA	1:25:01	6:50
97	1	M55	Gary Julin, 55, Omaha, NE	1:25:09	6:51
98	17	M20	Dameon Hahn, 24, Des Moines, IA	1:25:13	6:51
99	14	M35	Doug Stone, 39, Des Moines, IA	1:25:19	6:52
100	15	M35	Jonathan Brand, 36, Grinnell, IA	1:25:20	6:52
101	9	M45	Michael Hoffman, 48, Clive, IA	1:25:22	6:52
102	13	M25	James Anderson, 26, Carroll, IA	1:25:23	6:52
103	20	M30	Carl Chamberlain, 33, Omaha, NE	1:25:47	6:54

104	14	M25 Colin Greenan, 25, Ames, IA	1:25:50	6:54
105	15	M40 Mike Johnson, 40, Urbandale, IA	1:25:53	6:55
106	16	M35 Rusty Potts, 39, Pleasant Hill, IA	1:26:03	6:55
107	16	M40 Ed Bell, 42, Clive, IA	1:26:05	6:56
108	10	M17 Joe Cordaro, 18, Urbandale, IA	1:26:09	6:56
109	18	M20 Brett Sealine, 20, Jewell, IA	1:26:18	6:57
11	3	W30 Christine Price, 33*, Des Moines, IA	1:26:20	6:57
110	17	M40 Bob Saunders, 41, Ida Grove, IA	1:26:21	6:57
111	10	M45 Greg Madison, 47, Ankeny, IA	1:26:25	6:57
112	17	M35 Jim Heinlen, 39, Lincoln, NE	1:26:28	6:57
12	4	W20 Audrey Schitzl, 20*, West Des Moines, IA	1:26:29	6:58
113	21	M30 Shannon McLaughlin, 31, Norwalk, IA	1:26:37	6:58
114	11	M45 Cliff Sheets, 47, Cedar Rapids, IA	1:26:39	6:58

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

115	3	JrM Jon Thomas, 15, Des Moines, IA	1:26:55	7:00
116	22	M30 Bryan Friedman, 30, Lambs Grove, IA	1:26:59	7:00
117	12	M45 Terry Erickson, 49, Hampton, IL	1:27:05	7:00
118	18	M40 Pete Masters, 42, Des Moines, IA	1:27:06	7:00
119	18	M35 Jeff Anker, 38, Polk City, IA	1:27:17	7:01
120	23	M30 James Janni, 31, Johnston, IA	1:27:18	7:01
121	4	M50 Rick Hagan, 52, Urbandale, IA	1:27:19	7:01
13	4	W30 Laura Max, 30*, Iowa City, IA	1:27:26	7:02
122	24	M30 Mike Frossard, 31, Columbia, MO	1:27:27	7:02
123	19	M35 Alan Alberto, 37, Clive, IA	1:27:29	7:02
14	5	W30 Kathleen Schweizer, 32*, Urbandale, IA	1:27:37	7:03
124	25	M30 Jeremy Singer, 34, Ames, IA	1:27:37	7:03
125	20	M35 Jim DeBartolo, 39, Des Moines, IA	1:27:40	7:03
15	2	W25 Michelle Paxton, 25*, Lincoln, NE	1:27:40	7:03
126	5	M50 James Jacobsen, 52, Des Moines, IA	1:27:43	7:03
127	21	M35 David Fee, 39, Ankeny, IA	1:27:46	7:04
128	22	M35 Jerry Beenken, 36, Dakota City, IA	1:27:48	7:04
129	19	M20 Scott Lerner, 21, Des Moines, IA	1:27:53	7:04
130	11	M17 Lance Queck, 17, Fontanelle, IA	1:27:54	7:04
131	23	M35 Philip Doud, 37, Clive, IA	1:27:54	7:04
132	24	M35 Bob Lotz, 39, North Liberty, IA	1:27:57	7:05
133	15	M25 Jason Nielsen, 29, Battle Creek, IA	1:27:59	7:05
134	26	M30 Todd Jones, 30, Ankeny, IA	1:28:00	7:05
16	3	W25 Erin Ward, 27*, Eagan, MN	1:28:01	7:05
135	27	M30 Jeff Thompson, 32, Canton, IL	1:28:01	7:05
136	25	M35 Morris Horstman, 36, Urbandale, IA	1:28:12	7:06
17	4	W25 Heather Wilson, 28*, Floyd, IA	1:28:18	7:06
137	28	M30 John Urban, 34, Waukee, IA	1:28:23	7:07
138	6	M50 Mark Cook, 50, Moline, IL	1:28:26	7:07
139	26	M35 Grant Wheeler, 35, Cedar Falls, IA	1:28:28	7:07
140	16	M25 Eric Hollander, 25, Des Moines, IA	1:28:30	7:07
18	2	W45 Tricia McClain, 45*, Altoona, IA	1:28:34	7:08
141	20	M20 Aaron Sage, 22, Ames, IA	1:28:36	7:08
142	27	M35 Doug Kintzle, 37, Des Moines, IA	1:28:38	7:08
143	4	JrM Jeff Craig, 16, West Des Moines, IA	1:28:44	7:08
144	21	M20 Quinn Stamp, 22, Lisbon, IA	1:28:45	7:08
145	22	M20 Jason Brehmer, 22, Johnston, IA	1:28:46	7:08
146	23	M20 Matthew Pross, 24, Des Moines, IA	1:28:46	7:09
147	28	M35 Mike Lowe, 37, West Des Moines, IA	1:28:47	7:09
148	7	M50 Jim Clennon, 50, Austin, MN	1:28:48	7:09
149	24	M20 Erik Distler, 21, Ames, IA	1:28:52	7:09
19	5	W20 Kristen Mitchell, 23*, West Des Moines, IA	1:28:56	7:09
20	6	W30 Traci Hart, 32*, Clive, IA	1:29:02	7:10
150	29	M35 Darryl De Ruiter, 37, Orange City, IA	1:29:05	7:10
151	29	M30 Brian Palmer, 33, Des Moines, IA	1:29:11	7:11
152	2	M55 Ronald McKay, 59, Chariton, IA	1:29:33	7:12
153	17	M25 Alex Johnson, 28, Des Moines, IA	1:29:37	7:13
154	30	M30 Scott Jones, 31, Ankeny, IA	1:29:43	7:13

155	13	M45	Thomas Ferree, 45, West Des Moines, IA	1:29:45	7:13
156	19	M40	Stewart Baldner, 41, Dallas Center, IA	1:29:52	7:14
157	31	M30	Steve Shriver, 30, Marion, IA	1:29:56	7:14
21	1	W17	Casey Owens, 19*, Des Moines, IA	1:29:56	7:14
158	8	M50	Chuck Clark, 51, Carroll, IA	1:29:57	7:14
22	1	JrW	Mackenzie Madison, 15*, Ankeny, IA	1:29:58	7:14
159	30	M35	Dan Gustafson, 39, West Des Moines, IA	1:29:58	7:14
23	2	W17	Melissa Buttry, 19*, Shenandoah, IA	1:30:00	7:14
160	12	M17	Clarke Davidson, 18, Dallas Center, IA	1:30:13	7:16
161	3	M55	Harvey Kunz, 55, Omaha, NE	1:30:24	7:16
162	32	M30	Dale Tunender, 34, Norwalk, IA	1:30:29	7:17
163	9	M50	Dennis Francis Wheeler, 52, Urbandale, IA	1:30:30	7:17
164	14	M45	Clyde Lawler, 46, Marshalltown, IA	1:30:32	7:17
165	25	M20	Nick Vander Kwaak, 21, Johnston, IA	1:30:35	7:17
166	13	M17	Nate Shortell, 18, Altoona, IA	1:30:38	7:18
24	7	W30	Heather Tripp, 32*, Marion, IA	1:30:40	7:18
167	31	M35	Corey Joch, 37, Manawa, WI	1:30:41	7:18
168	20	M40	Steven Shenefield, 44, Chariton, IA	1:30:42	7:18
169	21	M40	Rob Clower, 42, Grinnell, IA	1:30:46	7:18
170	18	M25	Nathan Wenck, 25, Carroll, IA	1:30:53	7:19
171	15	M45	Rick Hall, 49, Urbandale, IA	1:30:54	7:19
172	26	M20	Chad Goldsmith, 24, North Liberty, IA	1:30:59	7:19
173	32	M35	Albert Marasco, 36, Johnston, IA	1:31:03	7:20
25	8	W30	Christy Murray, 32*, Oak Lawn, IL	1:31:05	7:20
174	27	M20	Dakota Derr, 24, West Des Moines, IA	1:31:06	7:20
26	4	W35	Rhonda Brandt, 38*, Cedar Rapids, IA	1:31:07	7:20
175	22	M40	Murray Nelson, 43, Waukee, IA	1:31:08	7:20
176	23	M40	John Taylor, 41, Urbandale, IA	1:31:08	7:20
177	28	M20	Luke Guthrie, 21, Ames, IA	1:31:13	7:20
178	16	M45	Tim Andersen, 47, Des Moines, IA	1:31:14	7:20
179	19	M25	Dion Braet, 26, Huxley, IA	1:31:17	7:21
180	20	M25	Grant Manning, 28, Des Moines, IA	1:31:20	7:21
181	29	M20	Glen Fuhrmeister, 21, Lone Tree, IA	1:31:22	7:21
182	21	M25	Jon Beeman, 25, West Des Moines, IA	1:31:23	7:21
27	1	W40	Amanda Baron-Fritts, 40*, Lincoln, NE	1:31:31	7:22
183	33	M35	Steve Lewellen, 37, Des Moines, IA	1:31:31	7:22
184	4	M55	Bill Monahan, 59, Omaha, NE	1:31:32	7:22
185	24	M40	Tom Green, 42, Des Moines, IA	1:31:37	7:22
186	14	M17	Kit Wobeter, 18, Toledo, IA	1:31:40	7:22
28	3	W45	Nancy Hoegh, 49*, Clive, IA	1:31:41	7:23
187	25	M40	Doug Adams, 40, Urbandale, IA	1:31:45	7:23
188	10	M50	Ron Charles, 53, Grinnell, IA	1:31:48	7:23
189	5	JrM	Clinton Eshelman, 16, Bridgewater, IA	1:31:49	7:23
190	33	M30	Jeff Brock, 31, Des Moines, IA	1:31:55	7:24
191	22	M25	Conrad Hanson, 26, Urbandale, IA	1:31:59	7:24
192	23	M25	Lyle Erickson, 28, Des Moines, IA	1:32:01	7:24
29	1	W50	Claudia Scott, 51*, Marion, IA	1:32:03	7:24
193	30	M20	Johnny Watson, 23, West Des Moines, IA	1:32:04	7:24
30	5	W35	Melanie Anderson, 39*, Clive, IA	1:32:06	7:25
194	6	JrM	Gabe Muñoz-Fitch, 15, Iowa City, IA	1:32:07	7:25
195	34	M35	Todd Henderlong, 36, Valparaiso, IN	1:32:08	7:25
196	5	M55	David Schulte, 55, Granger, Ia	1:32:11	7:25
197	11	M50	Richard Martin, 54, Ames, IA	1:32:12	7:25
198	26	M40	Joseph Vishey, 40, Lakewood, OH	1:32:13	7:25
199	24	M25	Mike Gehringer, 29, Urbandale, IA	1:32:20	7:26
31	5	W25	Molly Weber, 28*, Des Moines, IA	1:32:23	7:26
200	15	M17	Todd Smith, 19, Des Moines, IA	1:32:24	7:26
201	27	M40	Steven McKibben, 41, Clive, IA	1:32:26	7:26
202	31	M20	Troy Shoen, 24, Cambridge, IA	1:32:27	7:26
203	32	M20	Brian Oltman, 24, Nevada, IA	1:32:28	7:26
204	35	M35	Tim Leonard, 36, Coralville, IA	1:32:28	7:26
205	12	M50	Michael Tometich, 50, Mt Pleasant, IA	1:32:29	7:26
206	25	M25	Steven Olsen, 25, West Des Moines, IA	1:32:34	7:27
207	16	M17	Michael Carroll, 17, Polk City, IA	1:32:36	7:27
208	6	M55	Craig Clark, 58, Mason City, IA	1:32:38	7:27

209	34	M30	Jeff Mickey, 34, Cedar Falls, IA	1:32:40	7:27
210	35	M30	Michael Donahue, 34, Des Moines, IA	1:32:40	7:27
211	28	M40	Bob Watson, 42, Ames, IA	1:32:47	7:28
212	36	M35	Todd Hubbard, 35, Iowa City, IA	1:32:52	7:28
213	36	M30	Dave Leever, 31, Ankeny, IA	1:32:53	7:28
214	29	M40	Scott Boever, 41, Des Moines, IA	1:32:54	7:28
	32	2	W40 JoAnn Kobes, 42*, Des Moines, IA	1:32:54	7:28
215	7	M55	Ron Barker, 55, Boise, ID	1:32:56	7:29
216	7	JrM	Steven Acarregui, 15, Iowa City, IA	1:32:59	7:29
217	17	M45	Bob Thompson, 47, Davenport, IA	1:33:03	7:29
218	37	M35	Blake Harms, 39, Clive, IA	1:33:04	7:29
	33	9	W30 Beth Bakros, 32*, Des Moines, IA	1:33:05	7:29
219	37	M30	Troy Green, 30, Des Moines, IA	1:33:14	7:30
220	26	M25	Steve Houg, 27, West Des Moines, IA	1:33:14	7:30
	34	6	W35 Heather Stilborn, 39*, Clive, IA	1:33:20	7:31
	35	6	W20 Erica Lewis, 24*, Palo, IA	1:33:21	7:31
221	30	M40	Craig Edmondson, 42, Storm Lake, IA	1:33:22	7:31
	36	3	W17 Natalie Stork, 18*, Urbandale, IA	1:33:29	7:31
222	38	M35	Ted Rossiter, 36, Des Moines, IA	1:33:41	7:32
223	39	M35	Dave Lenhart, 37, Ankeny, IA	1:33:54	7:33
224	31	M40	Robert Lasich, 42, West Des Moines, IA	1:33:57	7:34
225	38	M30	Bob Rice, 34, Bevington, IA	1:34:05	7:34
226	1	M65	Jim Schleisman, 69, Jefferson, IA	1:34:06	7:34
227	18	M45	Bill Wieland, 48, West Des Moines, IA	1:34:07	7:34
228	40	M35	Don Seibel, 39, West Des Moines, IA	1:34:10	7:35
229	39	M30	C J Brantner, 30, Ankeny, IA	1:34:11	7:35
230	40	M30	Kevin Broadbent, 30, Minnetonka, MN	1:34:15	7:35
231	27	M25	Seath Faulkner, 27, Kansas City, MO	1:34:21	7:35
232	41	M35	Lance Van Vleet, 36, Indianola, IA	1:34:36	7:37
233	28	M25	Carl Nofstger, 28, Altoona, IA	1:34:40	7:37
234	8	JrM	Ben White, 16, Urbandale, IA	1:34:41	7:37
235	13	M50	Roy Ney, 53, Des Moines, IA	1:34:43	7:37
236	32	M40	Dale Knoshaug, 40, Des Moines, IA	1:34:45	7:37
	37	10	W30 Jennifer Masini, 30*, Ames, IA	1:34:48	7:38
237	41	M30	Michael Elbert, 33, Waukee, IA	1:34:51	7:38
238	42	M35	Michael Gasperi, 35, Johnston, IA	1:34:56	7:38
239	33	M40	Brian Willem, 40, Urbandale, IA	1:34:57	7:38
240	33	M20	Eric Weber, 21, Ames, IA	1:34:58	7:38
241	42	M30	Ryan Percifield, 30, Ames, IA	1:35:00	7:39
242	43	M35	Tom Hamilton, 37, Clive, IA	1:35:11	7:40
243	43	M30	Michael Mitchell, 32, Pleasant Hill, IA	1:35:18	7:40
244	44	M35	Tim Gedler, 38, West Des Moines, IA	1:35:19	7:40
245	34	M20	Derek Hemphill, 22, Panora, IA	1:35:20	7:40
	38	6	W25 Erin Bresnan, 26*, Indianola, IA	1:35:20	7:40
246	44	M30	John Schuster, 34, Ankeny, IA	1:35:26	7:41
247	14	M50	Randall Wilson, 52, Des Moines, IA	1:35:29	7:41
	39	11	W30 Stacy Darr, 30*, Indianola, IA	1:35:29	7:41
248	45	M30	Mike Gardner, 32, Ankeny, IA	1:35:29	7:41
249	34	M40	Wayne Lacher, 40, Menlo, IA	1:35:32	7:41
250	19	M45	Scot Heisdorffer, 47, Davenport, IA	1:35:35	7:41
	40	1	W55 Karen Bestul, 59*, Lincoln, NE	1:35:37	7:42
251	45	M35	Jeff Heckroth, 37, Grimes, IA	1:35:40	7:42
252	9	JrM	Donald Gehrls, 16, Clive, IA	1:35:41	7:42
	41	4	W45 Andriette Wickstrom, 47*, Storm Lake, IA	1:35:41	7:42
253	46	M35	Jim Cunningham, 35, Urbandale, IA	1:35:42	7:42
	42	7	W25 Kelly Baird, 28*, Johnston, IA	1:35:44	7:42
254	35	M40	Kevin Heintz, 42, Ankeny, IA	1:35:47	7:42
255	36	M40	Keith Comfort, 44, Oskaloosa, IA	1:35:49	7:43
256	37	M40	Jason Schmidt, 40, Battle Creek, IA	1:35:50	7:43
	43	12	W30 Sandy Sabelka, 34*, Denver, IA	1:35:50	7:43
257	47	M35	Mark Tabarella, 36, Des Moines, IA	1:35:52	7:43
258	38	M40	Bruce Drummond, 44, West Salem, WI	1:35:53	7:43
259	39	M40	Michael Long, 42, Ames, IA	1:35:55	7:43
	44	7	W35 Julie Zierke-Clark, 37*, Clive, IA	1:35:56	7:43
260	15	M50	Patrick DeCoster, 51, East Moline, IL	1:35:58	7:43

45	7	W20	Danielle Brimeyer, 22*, Sherrill, IA	1:35:59	7:43
261	29	M25	Brent Moore, 29, Ames, IA	1:36:02	7:44
262	17	M17	Matt Berndt, 17, Newton, IA	1:36:03	7:44
46	8	W35	Marta Verschoore, 37*, Rock Island, IL	1:36:03	7:44
263	40	M40	Kelly Simpson, 41, Jefferson, IA	1:36:13	7:44
264	41	M40	Brian Simmons, 43, Fairfield, IA	1:36:14	7:45
265	48	M35	Terry Lingner, 39, Grimes, IA	1:36:14	7:45
266	42	M40	Andrew Susanin, 40, Des Moines, IA	1:36:16	7:45
267	30	M25	Michael Minaudo, 26, West Des Moines, IA	1:36:19	7:45
268	16	M50	Curt Hollebrands, 50, Clive, IA	1:36:20	7:45
269	20	M45	David McClung, 47, Des Moines, IA	1:36:24	7:45
47	8	W25	Lori Knights, 29*, Polk City, IA	1:36:26	7:45
270	46	M30	Brian Hanft, 30, Altoona, IA	1:36:26	7:46
48	5	W45	Sheila Maddock, 46*, Johnston, IA	1:36:28	7:46
271	17	M50	Randy R Clarke, 50, Reinbeck, IA	1:36:29	7:46
272	43	M40	Bob Jennings, 43, West Des Moines, Ia	1:36:31	7:46
273	21	M45	Jonathan Wendel, 47, Ames, IA	1:36:32	7:46
49	8	W20	Beth Fischer, 20*, Wall Lake, IA	1:36:34	7:46
274	31	M25	Bryan Redemske, 25, Cedar Falls, IA	1:36:35	7:46
275	10	JrM	Anthony Knapp, 16, Sanborn, IA	1:36:35	7:46
276	32	M25	Randy Smid, 28, Des Moines, IA	1:36:37	7:46
277	22	M45	Allen Miller, 45, Ames, IA	1:36:41	7:47
278	47	M30	Aaron Borger, 30, McPherson, KS	1:36:41	7:47
50	9	W35	Kelli Slocum, 35*, Tiffin, IA	1:36:43	7:47
279	33	M25	Andrew Martin, 27, Iowa City, IA	1:36:44	7:47
280	49	M35	Donald Deutsch, 38, Ollie, IA	1:36:45	7:47
281	44	M40	Rick Raper, 44, Bellevue, NE	1:36:46	7:47
282	48	M30	Lee Hill, 33, Des Moines, IA	1:36:48	7:47
51	10	W35	Beth Schweizer, 36*, Urbandale, IA	1:36:51	7:48
283	34	M25	Joshua Lohmeier, 26, Altoona, IA	1:36:52	7:48
52	9	W20	Angie Kell, 24*, Minneapolis, MN	1:36:54	7:48
53	9	W25	Emily Kell, 26*, Des Moines, IA	1:36:55	7:48
284	50	M35	Kyle Anderson, 36, Papillion, NE	1:36:57	7:48
285	18	M50	Dick Lachenmaier, 52, Clive, IA	1:37:02	7:48
54	3	W40	Julia Martinusen, 43*, Des Moines, IA	1:37:05	7:49
286	51	M35	Merlin Sanders, 37, Clive, IA	1:37:11	7:49
287	52	M35	Steve Andreasen, 35, Souix City, IA	1:37:15	7:49
288	23	M45	Jerry Murphy, 48, Ankeny, IA	1:37:17	7:50
289	53	M35	Martin Huberty, 37, Bloomington, MN	1:37:20	7:50
290	45	M40	Scott Thiel, 42, Boone, IA	1:37:23	7:50
291	54	M35	Daniel Olson, 39, Des Moines, IA	1:37:24	7:50
55	13	W30	Tara Brawner, 33*, Clive, IA	1:37:24	7:50
292	24	M45	William Farewell, 45, Lincoln, NE	1:37:24	7:50
293	55	M35	Joe Kruse, 38, South Sioux City, NE	1:37:26	7:50
294	35	M25	Marty Mitchell, 27, Des Moines, IA	1:37:31	7:51
295	19	M50	Bob Overstreet, 51, Des Moines, IA	1:37:33	7:51
296	35	M20	Scott Shumaker, 21, Danville, IA	1:37:35	7:51
297	1	M60	Jim Floyd, 60, West Des Moines, IA	1:37:36	7:51
298	36	M25	Nels Ostedgaard, 25, Marion, IA	1:37:37	7:51
299	25	M45	Keith Lowe, 45, Johnston, IA	1:37:38	7:51
300	56	M35	Jeff Lorenzen, 36, Waukee, IA	1:37:39	7:51
301	36	M20	Matt Townsley, 20, Walford, IA	1:37:42	7:52
302	49	M30	Max Schott, 33, Minneapolis, MN	1:37:43	7:52
303	57	M35	Jeffrey Hager, 39, Madison, AL	1:37:43	7:52
304	26	M45	Willie Lahart, 49, Newton, IA	1:37:44	7:52
56	14	W30	Sabra Rosener, 31*, Des Moines, IA	1:37:44	7:52
305	18	M17	Nate Rolfes, 17, Polk City, IA	1:37:46	7:52
306	27	M45	Jon Jordan, 47, Atlantic, IA	1:37:49	7:52
307	20	M50	Dale Andres, 54, Clear Lake, IA	1:37:52	7:52
308	28	M45	Ted Sage, 46, Ames, IA	1:37:53	7:52
57	4	W40	Barb Rasmusson, 44*, Nevada, IA	1:37:55	7:53
58	6	W45	Beth Henriksen, 46*, Ames, IA	1:37:58	7:53
309	50	M30	Mark Davis, 34, Urbandale, IA	1:38:01	7:53
310	46	M40	Stephen Thompson, 41, Marshalltown, IA	1:38:02	7:53
311	58	M35	David Stout, 36, Des Moines, IA	1:38:03	7:53

312	59	M35 Don Cumings, 39, Ankeny, IA	1:38:03	7:53
313	47	M40 Thomas Sauer, 42, Ames, IA	1:38:04	7:53
314	48	M40 Micheal Miller, 41, Norwalk, IA	1:38:04	7:53
315	37	M20 Matt Oliver, 21, Milo, IA	1:38:06	7:54
316	38	M20 Seth Comfort, 21, Indianola, IA	1:38:06	7:54
317	49	M40 Ron Hankins, 44, West Des Moines, IA	1:38:07	7:54
318	2	M60 Charley Fowler, 62, Silvis, IL	1:38:11	7:54
319	8	M55 Ed Dieleman, 57, Oskaloosa, IA	1:38:13	7:54
320	60	M35 Nicholas Woolley, 36, Webster City, IA	1:38:16	7:54
321	37	M25 Dave Olsen, 29, Omaha, NE	1:38:17	7:54
322	21	M50 Carl Voss, 53, Des Moines, IA	1:38:17	7:54
323	29	M45 Ron Kinner, 49, Des Moines, IA	1:38:19	7:55
324	30	M45 Tom Techlenburg, 47, Humboldt, IA	1:38:22	7:55
325	61	M35 Wade Steward, 36, Legrand, IA	1:38:23	7:55
326	19	M17 Mike Wilson, 19, Altoona, IA	1:38:25	7:55
	59	15 W30 Joey Hullinger, 31*, Davis City, IA	1:38:25	7:55
327	39	M20 Joel Sage, 20, Ames, IA	1:38:29	7:55
	60	10 W20 Calley Voorhees, 22*, Waukee, IA	1:38:30	7:56
328	51	M30 Rob Johansen, 34, Grimes, IA	1:38:31	7:56
329	50	M40 David Saggau, 43, West Des Moines, IA	1:38:36	7:56
330	31	M45 Wes Nelson, 46, Marion, IA	1:38:37	7:56
331	40	M20 Ryan Nelson, 20, Marion, IA	1:38:37	7:56
332	52	M30 Michael Spaur, 30, Pella, IA	1:38:39	7:56
333	38	M25 Matthew Zepeda, 28, Waukee, IA	1:38:42	7:56
334	39	M25 Ross Palmer, 26, Omaha, NE	1:38:44	7:57
335	41	M20 Josh Johnson, 23, Maryville, MO	1:38:44	7:57
336	32	M45 Rob Stetson, 48, Johnston, IA	1:38:45	7:57
	61	16 W30 Amy Mulhern, 30*, Des Moines, IA	1:38:50	7:57
337	51	M40 Bill Hansen, 41, Iowa Falls, IA	1:38:50	7:57
338	53	M30 Randy Schieltz, 33, Madrid, IA	1:38:53	7:57
	62	7 W45 Nancy Willert, 45*, Nevada, IA	1:38:53	7:57
	63	5 W40 Kathi Prien, 40*, West Des Moines, IA	1:38:56	7:58
	64	4 W17 Kimberly Landau, 19*, Cedar Falls, IA	1:38:59	7:58
339	22	M50 Joe Blunk, 50, Ames, IA	1:39:01	7:58
340	40	M25 Robert Leary, 25, Perry, IA	1:39:01	7:58
341	33	M45 Gary Polking, 49, Boone, IA	1:39:01	7:58
342	54	M30 Blake Miller, 33, Newton, IA	1:39:02	7:58
343	55	M30 John Wolf, 30, Edina, MN	1:39:08	7:59
344	52	M40 Michael McCarty, 41, Auburn, IA	1:39:11	7:59
345	62	M35 Pat Beurskens, 35, Marshalltown, IA	1:39:16	7:59
346	53	M40 Douglas Lowe, 43, West Des Moines, IA	1:39:17	7:59

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

347	34	M45 Darryl Brumm, 46, Cedar Falls, IA	1:39:22	8:00
	65	11 W20 Sarah Klein, 24*, Iowa City, IA	1:39:24	8:00
348	41	M25 Brian Freeseaman, 28, Altoona, IA	1:39:25	8:00
349	42	M20 Tanner Clark, 23, Iowa City, IA	1:39:26	8:00
350	63	M35 David Bergren, 38, Red Oak, IA	1:39:26	8:00
351	42	M25 William Stoffregen, 27, Ames, IA	1:39:30	8:00
352	43	M25 Brian Davenport, 27, Circle Pines, MN	1:39:31	8:00
	66	11 W35 Kim Arndt, 37*, Indianola, IA	1:39:33	8:01
353	64	M35 Thomas Hanian, 39, Des Moines, IA	1:39:35	8:01
354	44	M25 Jason Anderson, 27, Boone, IA	1:39:36	8:01
	67	6 W40 Rae Letourneau, 40*, West Des Moines, IA	1:39:40	8:01
355	9	M55 Michael May, 55, Indianola, IA	1:39:46	8:02
356	3	M60 Bill Johnson, 62, Colfax, IA	1:39:48	8:02
	68	17 W30 Brenda O'Hare, 34*, Ankeny, IA	1:39:49	8:02
	69	7 W40 Karen Strehlow, 41*, Ames, AA	1:39:53	8:02
357	54	M40 Chris Jones, 41, St. Paul, MN	1:39:56	8:02
358	56	M30 Steven Zrostlik, 34, Nevada, IA	1:39:58	8:03
	70	12 W35 Julie Shedenhelm, 35*, West Des Moines, IA	1:40:01	8:03
	71	10 W25 Tammy Westhoff, 29*, Des Moines, IA	1:40:02	8:03
359	10	M55 Mike Killian, 55, Green Bay, WI	1:40:10	8:04

360	65	M35	Rob Wheeler, 38, Des Moines, IA	1:40:13	8:04
361	66	M35	Scott Vermillion, 39, Des Moines, IA	1:40:19	8:04
362	35	M45	Daniel Rosenberg, 45, Des Moines, IA	1:40:22	8:05
363	55	M40	Bruce Nelson, 40, Johnston, IA	1:40:25	8:05
364	45	M25	John Vogelaar, 29, Des Moines, IA	1:40:28	8:05
365	23	M50	Richard Anfinson, 50, Cedar Falls, IA	1:40:30	8:05
	72	13	W35 Kimberly Foley, 39*, Des Moines, IA	1:40:30	8:05
	73	12	W20 Sarah Lindaman, 24*, Indianola, IA	1:40:31	8:05
366	43	M20	Russell Anthofer, 23, Des Moines, IA	1:40:31	8:05
367	20	M17	Nels Matson, 19, Ames, IA	1:40:33	8:05
	74	14	W35 Rachel Windsor, 39*, Des Moines, IA	1:40:33	8:05
	75	11	W25 Kirstin Isenhardt, 28*, West Des Moines, IA	1:40:34	8:05
368	57	M30	Richard Bundy, 31, Ankeny, IA	1:40:35	8:06
369	44	M20	Jason Westholm, 24, Ames, IA	1:40:36	8:06
370	67	M35	Terry Leist, 37, Roswell, GA	1:40:37	8:06
371	36	M45	Marc Steward, 47, Cherokee, IA	1:40:37	8:06
372	56	M40	Chris Engen, 40, Knoxville, IA	1:40:38	8:06
373	58	M30	Rich Nichols, 33, Perry, IA	1:40:38	8:06
374	57	M40	Timothy Kelly, 43, Iowa City, IA	1:40:39	8:06
	76	18	W30 Amy Larson, 32*, Urbandale, IA	1:40:39	8:06
375	68	M35	Scott Kickbush, 38, Boone, IA	1:40:40	8:06
376	46	M25	Thad Douglas, 29, Urbandale, IA	1:40:43	8:06
377	37	M45	Bob Kidder, 45, Burlington, KY	1:40:47	8:07
378	24	M50	Peter Crawford, 52, Red Oak, IA	1:40:47	8:07
379	69	M35	Jeff Osmundson, 37, Des Moines, IA	1:40:48	8:07
	77	19	W30 Jennifer Dickerson, 34*, Clive, IA	1:40:49	8:07
380	38	M45	Michael Wagoner, 48, Iowa City, IA	1:40:52	8:07
381	58	M40	Robert Parker, 43, Johnston, IA	1:40:53	8:07
382	59	M30	Brian Gentry, 32, Des Moines, IA	1:40:55	8:07
383	60	M30	Scott Mills, 31, Des Moines, IA	1:40:59	8:07
	78	8	W40 Denise Charter-Jones, 40*, Urbandale, IA	1:41:00	8:08
384	47	M25	Matt Sunde, 29, West Des Moines, IA	1:41:05	8:08
	79	2	JrW Rachel Adair, 16*, Leighton, IA	1:41:06	8:08
385	70	M35	Scott Yank, 39, Lincoln, NE	1:41:09	8:08
386	45	M20	Jeremy Main, 20, Des Moines, IA	1:41:10	8:08
387	61	M30	Bart Degraaf, 33, Ankeny, IA	1:41:11	8:08
388	71	M35	Tyler Dunker, 36, West Des Moines, IA	1:41:12	8:09
389	59	M40	Galyn Wiemers, 42, West Des Moines, IA	1:41:13	8:09
	80	12	W25 Lindsay Zwemke, 26*, Marshalltown, IA	1:41:13	8:09
390	25	M50	Howard Eckert, 52, Wilton, IA	1:41:15	8:09
391	21	M17	Eric Haugen, 19, Urbandale, IA	1:41:16	8:09
	81	2	W50 Jo Faris, 50*, Davenport, IA	1:41:18	8:09
392	46	M20	Curt Hobson, 21, Ames, IA	1:41:18	8:09
393	62	M30	Paul Jacobson, 31, Colo, IA	1:41:21	8:09
394	11	JrM	Jordan Seaberg, 15, Des Moines, IA	1:41:21	8:09
395	63	M30	Derek Fine, 30, Grimes, IA	1:41:25	8:10
396	64	M30	Joe Hendrix, 34, West Des Moines, IA	1:41:27	8:10
397	47	M20	Benjamin McCall, 21, St Louis, MO	1:41:29	8:10
	82	15	W35 Shelly Deruiter, 36*, Orange City, IA	1:41:31	8:10
398	26	M50	Lee Tesdell, 51, Slater, IA	1:41:32	8:10
399	12	JrM	Adam Jackson, 16, Cedar Falls, IA	1:41:33	8:10
	83	16	W35 Kathy Larson, 38*, West Des Moines, IA	1:41:33	8:10
400	72	M35	Brett Bosworth, 39, Clive, IA	1:41:33	8:10
401	60	M40	Scott Iverson, 42, Polk City, IA	1:41:35	8:10
402	22	M17	Dan Ravenlli, 17, Urbandale, IA	1:41:38	8:11
403	65	M30	Todd Livingston, 30, Omaha, NE	1:41:39	8:11
	84	13	W25 Jennifer Popp, 28*, Waukee, IA	1:41:41	8:11
404	48	M20	Oswald Obagi, 24, Des Moines, IA	1:41:42	8:11
405	61	M40	Steve McCrea, 42, Ames, IA	1:41:42	8:11
406	73	M35	Scott Lundstrom, 37, Saylorville, IA	1:41:43	8:11
	85	9	W40 Brenda Feddersen, 42*, Bettendorf, IA	1:41:45	8:11
407	39	M45	Randy Huewe, 45, Urbandale, IA	1:41:45	8:11
408	74	M35	Rob Marshall, 36, West Des Moines, IA	1:41:50	8:12
	86	13	W20 Amber Morgan, 20*, Harlan, IA	1:41:54	8:12

409	48	M25	Chad Bjugan, 29, Eden Prairie, MN	1:41:57	8:12
410	75	M35	James Ramsey, 39, Des Moines, IA	1:41:58	8:12
87	20	W30	Holli Miller, 32*, Ankeny, IA	1:42:05	8:13
411	76	M35	Matt Miller, 38, Ankeny, IA	1:42:06	8:13
412	66	M30	Guy Pareti, 33, Ankeny, IA	1:42:08	8:13
413	27	M50	T A Meyer, 50, Des Moines, IA	1:42:10	8:13
414	40	M45	Mark Hanson, 49, Ankeny, IA	1:42:12	8:13
415	62	M40	Greg Courtney, 42, Ames, IA	1:42:13	8:13
416	67	M30	Shane Smith, 34, Urbandale, IA	1:42:14	8:14
88	5	W17	Jessica Oeth, 18*, Ogden, IA	1:42:15	8:14
417	77	M35	Rich Balsley, 35, Ames, IA	1:42:17	8:14
418	49	M25	Theo Smith, 26, Minneapolis, MN	1:42:18	8:14
419	41	M45	Hank Manning, 46, Urbandale, IA	1:42:21	8:14
420	68	M30	Erick Mandt, 33, Cedar Falls, IA	1:42:22	8:14
421	63	M40	Thomas Wheelton, 44, Schuyler, NE	1:42:23	8:14
89	14	W25	Jody Beaumont, 25*, Norwalk, IA	1:42:24	8:14
422	28	M50	Dale Ruehling, 51, Schuyler, NE	1:42:26	8:14
423	29	M50	Jack Sandmeier, 51, Knoxville, IA	1:42:27	8:15
424	23	M17	Nathan McCarty, 19, Johnston, IA	1:42:28	8:15
425	64	M40	Matt Allsup, 40, Richland, IA	1:42:30	8:15
426	4	M60	Bill Standal, 60, Altoona, IA	1:42:31	8:15
427	65	M40	Price Flanagan, 40, Des Moines, IA	1:42:32	8:15
90	15	W25	Maria Gallegos, 28*, Sioux City, IA	1:42:32	8:15
428	49	M20	Kevin Woosley, 24, Ames, IA	1:42:34	8:15
429	42	M45	Dave Schwartz, 47, Urbandale, IA	1:42:35	8:15
430	13	JrM	Brian Chenoweth, 15, Cedar Falls, IA	1:42:35	8:15
431	66	M40	Jeff Hileman, 43, Knoxville, IA	1:42:37	8:15
432	67	M40	Allen Benson, 42, Ankeny, IA	1:42:38	8:15
433	14	JrM	Chris Brown, 16, Winterset, IA	1:42:39	8:16
91	10	W40	Lisa Simonetta, 43*, Des Moines, IA	1:42:39	8:16
434	30	M50	Mike Gray, 51, Waterloo, IA	1:42:40	8:16
435	69	M30	Gerrad Clausen, 33, Pleasant Hill, IA	1:42:41	8:16
92	16	W25	Britt Siebels, 26*, West Des Moines, IA	1:42:43	8:16
436	5	M60	Peter Rabideau, 62, Ames, IA	1:42:44	8:16
437	78	M35	James Hulick, 36, Shorewood, IL	1:42:44	8:16
438	50	M20	Jason McReynolds, 21, Norwalk, IA	1:42:50	8:16
93	17	W35	Teresa Beacom, 36*, Lincoln, NE	1:42:50	8:16
439	31	M50	Darrel Devick, 54, Polk City, IA	1:42:52	8:17
94	18	W35	Lisa Springer, 36*, Ft. Dodge, IA	1:42:53	8:17
440	79	M35	David Reid, 35, Fairfax, IA	1:42:54	8:17
441	80	M35	Steven Sanders, 38, Des Moines, IA	1:42:55	8:17
95	14	W20	Adrianna Hauskins, 22*, Urbandale, IA	1:42:55	8:17
96	19	W35	Kathie Madron, 39*, Oakland, IA	1:42:55	8:17
442	50	M25	Andrew Hauskins, 27, Hiawatha, IA	1:42:56	8:17
443	68	M40	Thomas Heuer, 44, Des Moines, IA	1:42:56	8:17
444	43	M45	John Blyth, 47, Clive, IA	1:42:58	8:17
97	21	W30	Cristen Vasquez, 31*, Clive, IA	1:42:59	8:17
445	51	M25	Noah Swanson, 27, Davenport, IA	1:43:03	8:17
98	15	W20	Nicole Robinson, 20*, Van Meter, IA	1:43:04	8:18
446	44	M45	Dennis Dornbier, 45, West Des Moines, IA	1:43:14	8:18
447	32	M50	Dennis Johnson, 53, Des Moines, IA	1:43:14	8:18
448	52	M25	Tim Osterhaus, 25, Urbandale, IA	1:43:16	8:18
99	3	JrW	Megan Winkelmann, 15*, Greenfield, IA	1:43:19	8:19
449	81	M35	John Cahalan, 37, Mason City, IA	1:43:21	8:19
100	17	W25	Sarah Rhoten, 25*, Urbandale, IA	1:43:23	8:19
101	8	W45	Elaine Van Dyck, 48*, Des Moines, IA	1:43:24	8:19
450	45	M45	Brian Ott, 47, Elk Run Hgts , IA	1:43:24	8:19
451	69	M40	Michael Bruce, 40, Johnston, IA	1:43:27	8:19
452	53	M25	Drew Lundquist, 26, Des Moines, IA	1:43:30	8:20
453	70	M40	Brad Benson, 41, West Des Moines, IA	1:43:33	8:20
454	82	M35	Jeff Porter, 39, Milo, IA	1:43:38	8:20
455	83	M35	J D Hartung, 35, Altoona, IA	1:43:45	8:21
456	46	M45	Bob Badalucco, 47, Omaha, NE	1:43:48	8:21
457	70	M30	Ronald Crees, 32, Bondurant, IA	1:43:48	8:21
458	54	M25	Kevin Tiffany, 26, Des Moines, IA	1:43:50	8:21

459	71	M30	Jason Soliday, 34, West Des Moines, IA	1:43:51	8:21
460	11	M55	Rusty Fithen, 55, Clarinda, IA	1:43:51	8:21
461	72	M30	Brent Smidt, 33, Clive, IA	1:43:52	8:21
102	11	W40	Mary Ellen Anderson, 40*, Johnston, IA	1:43:53	8:21
462	15	JrM	Todd Schuring, 16, Pella, IA	1:43:53	8:21
463	47	M45	Paul Barrows, 46, West Des Moines, IA	1:43:53	8:22
464	48	M45	Mark Roberts, 45, Urbandale, IA	1:43:56	8:22
103	22	W30	Denise Langhoff, 34*, Marion, IA	1:43:57	8:22
465	84	M35	Bill Vipond, 38, Ankeny, IA	1:43:57	8:22
104	20	W35	Peggy Fevold, 39*, Des Moines, IA	1:44:00	8:22
466	49	M45	Ricky Snyder, 47, Winterset, IA	1:44:01	8:22
467	85	M35	Brett Cassabaum, 38, Polk City, IA	1:44:02	8:22
468	51	M20	Matt Geneser, 22, Iowa City, IA	1:44:03	8:22
469	50	M45	Paul James, 48, Stanley, IA	1:44:04	8:22
470	71	M40	Michael Coles, 43, Huxley, IA	1:44:05	8:22
471	86	M35	Kerry Johnson, 38, Prole, IA	1:44:05	8:22
472	51	M45	John Ytzen, 48, Creston, IA	1:44:06	8:23
473	33	M50	Don Miller, 54, Clive, IA	1:44:07	8:23
474	52	M45	Greg Lee, 47, Knoxville, IA	1:44:09	8:23
475	72	M40	Bill Smalley, 42, Des Moines, IA	1:44:09	8:23
105	12	W40	Debi Bull, 44*, Des Moines, IA	1:44:10	8:23
476	73	M40	Randy Brecht, 41, Middle Amana, IA	1:44:14	8:23
477	74	M40	Tim Flowers, 44, Ankeny, IA	1:44:15	8:23
478	6	M60	David Zimmer, 63, Long Grove, IA	1:44:16	8:23
479	73	M30	Steve Zimmer, 33, Waukee, IA	1:44:16	8:23
480	87	M35	Jeff Kelly, 35, Urbandale, IA	1:44:17	8:23
481	88	M35	Chris McCarthy, 39, Ankeny, IA	1:44:18	8:23
482	53	M45	Donald Erickson, 47, Newton, IA	1:44:19	8:24
106	9	W45	Sally Spencer, 46*, Des Moines, IA	1:44:20	8:24
483	55	M25	Donald Depriest, 26, Ames, IA	1:44:20	8:24
484	89	M35	Todd Wagoner, 38, Iowa Falls, IA	1:44:21	8:24
485	90	M35	Dave Lipinski, 35, New Hartford, IA	1:44:22	8:24
486	16	JrM	Kelly Miller, 14, Norwalk, IA	1:44:23	8:24
107	21	W35	Beth Caparelli, 38*, Omaha, NE	1:44:23	8:24
487	74	M30	Bill Janssen, 32, Johnston, IA	1:44:25	8:24
488	91	M35	Brett Faulkner, 36, Dayton, IA	1:44:26	8:24
489	75	M40	Charles Phillips, 44, Urbandale, IA	1:44:27	8:24
108	13	W40	Gabrielle Bjornson, 41*, Overland Park, KS	1:44:29	8:24
109	18	W25	Rachel Hill, 25*, Ames, IA	1:44:30	8:24
490	56	M25	Luke Funk, 27, Dallas Center, IA	1:44:31	8:25
110	14	W40	Lori Tibbetts, 41*, Des Moines, IA	1:44:34	8:25
491	92	M35	Paul Sueppel, 35, Iowa City, IA	1:44:34	8:25
111	22	W35	Melissa Crew, 36*, Clive, IA	1:44:35	8:25
492	93	M35	Michael Miller, 38, Des Moines, IA	1:44:37	8:25
112	23	W30	Raquel Hassel, 32*, Johnston, IA	1:44:40	8:25
493	76	M40	Lou Scallon, 44, Ames, IA	1:44:45	8:26
494	94	M35	Scott Weber, 39, Polk City, IA	1:44:49	8:26
495	75	M30	Tony Stafford, 33, Prairie City, IA	1:44:50	8:26
496	57	M25	Michael Lovell, 28, Des Moines, IA	1:44:50	8:26
497	52	M20	Ray Chett, 21, Orient, IA	1:44:51	8:26
498	24	M17	Brett Ray, 18, Orient, IA	1:44:51	8:26
499	58	M25	Ben Long, 27, Des Moines, IA	1:44:52	8:26
113	15	W40	Diane Fry, 42*, Indianola, IA	1:44:52	8:26
500	76	M30	Mike Hershberger, 30, Des Moines, IA	1:44:52	8:26
501	17	JrM	Rollin Perry, 16, Bondurant, IA	1:44:53	8:26
114	16	W40	Rita Roberts, 42*, Adel, IA	1:44:53	8:26
502	54	M45	Ronald Havens, 49, Greenfield, IA	1:44:54	8:26
503	77	M30	David Fisher, 34, Altoona, IA	1:44:55	8:27
504	78	M30	Chris Roling, 30, Urbandale, IA	1:44:56	8:27
505	77	M40	Ernie Parra, 41, Omaha, NE	1:44:57	8:27
115	23	W35	Shari Osier, 36*, Bondurant, IA	1:44:58	8:27
506	95	M35	Timm Reid, 38, Des Moines, IA	1:44:59	8:27
507	79	M30	Doug McKinstry, 30, Polk City, IA	1:44:59	8:27
116	10	W45	Vicki Vanderkwaak, 46*, Johnston, IA	1:45:00	8:27

508	34	M50	Thomas Anderson, 52, Johnston, IA	1:45:00	8:27
509	80	M30	Brian Jarchow, 32, Cedar Falls, IA	1:45:01	8:27
510	78	M40	Mike Schechinger, 42, Grimes, IA	1:45:01	8:27
511	79	M40	Don Parry, 44, Johnston, IA	1:45:03	8:27
512	59	M25	Dave York, 29, Minneapolis, MN	1:45:04	8:27
513	81	M30	Duane Lusson, 33, Ottumwa, IA	1:45:06	8:27
514	80	M40	Steven Anderson, 40, Des Moines, IA	1:45:06	8:27
515	60	M25	Michael Logsdon, 27, Des Moines, IA	1:45:07	8:27
516	55	M45	John Meyer, 46, West Des Moines, IA	1:45:09	8:28
117	24	W30	Laura West, 30*, Johnston, IA	1:45:09	8:28
517	96	M35	Dan Seemuth, 39, Clive, IA	1:45:10	8:28
518	56	M45	Bobby Dickerson, 48, Winterset, IA	1:45:12	8:28
118	24	W35	Jan Ferris, 37*, Urbandale, IA	1:45:15	8:28
519	97	M35	Thomas Kolstad, 37, Balsam Lake, WI	1:45:18	8:28
520	57	M45	Mark Stelmacher, 48, West Des Moines, IA	1:45:20	8:28
521	18	JrM	Kyle Smith, 15, Eldora, IA	1:45:21	8:29
119	19	W25	Susie O'Halloran, 26*, Valley Park, MO	1:45:23	8:29
120	25	W30	Sheila Warrick, 33*, Pleasant Hill, IA	1:45:26	8:29
522	81	M40	Greg Ferry, 41, Ankeny, IA	1:45:27	8:29
523	82	M40	Daniel Reed, 41, Edina, MN	1:45:31	8:29
524	53	M20	Ryan Blane, 24, West Des Moines, IA	1:45:33	8:30
525	82	M30	Mike Kelly, 34, West Des Moines, IA	1:45:36	8:30
121	26	W30	Shelly Urban, 34*, Waukee, IA	1:45:36	8:30
526	83	M30	Marc Gillotti, 34, West Des Moines, IA	1:45:38	8:30
122	25	W35	Paula Allison, 36*, Boone, IA	1:45:38	8:30
123	27	W30	Sharon Johnson, 33*, Urbandale, IA	1:45:40	8:30
527	58	M45	Lee Johnsen, 46, West Des Moines, IA	1:45:41	8:30
124	26	W35	Lillian Harkness, 36*, Cedar Rapids, IA	1:45:42	8:30
125	4	JrW	Constance Eshelman, 16*, Bridgewater, IA	1:45:43	8:30
528	59	M45	Michael McFarland, 45, Washington, IA	1:45:44	8:30
529	84	M30	Don Fraher, 33, Pella, IA	1:45:45	8:30
530	98	M35	Gary Roll, 38, Iowa Falls, IA	1:45:46	8:31
126	20	W25	Jessica Hanson, 27*, Radcliffe, IA	1:45:47	8:31
531	60	M45	James Koll, 48, Ft. Dodge, IA	1:45:48	8:31
127	11	W45	Mary Harris, 46*, Eagle Grove, IA	1:45:49	8:31
128	17	W40	Linda Anderson, 42*, Ames, IA	1:45:50	8:31
532	85	M30	Troy Kort, 32, West Des Moines, IA	1:45:54	8:31
129	21	W25	Nicole Stone, 25*, Chicago, IL	1:45:58	8:32
533	61	M45	Paul Von Ebers, 49, Des Moines, IA	1:45:59	8:32
534	86	M30	Ben Blake, 32, Indianola, IA	1:46:02	8:32
535	87	M30	Jeff Hartung, 32, Indianola, IA	1:46:02	8:32
536	99	M35	Ed Lackore, 35, Clive, IA	1:46:03	8:32
537	62	M45	Paul Ruggle, 47, Newton, IA	1:46:04	8:32
130	27	W35	Patty Garvey, 35*, St Joseph, MO	1:46:07	8:32
538	100	M35	John Schley, 36, Des Moines, IA	1:46:07	8:32
131	22	W25	Martha Rockwell, 26*, West Des Moines, IA	1:46:07	8:32
539	101	M35	Tim Garvey, 35, St Joseph, MO	1:46:08	8:32
540	61	M25	Matthew Smalley, 25, West Des Moines, IA	1:46:09	8:32
541	62	M25	Casey Miller, 26, Urbandale, IA	1:46:11	8:33
132	23	W25	Heather Kincade, 25*, Des Moines, IA	1:46:15	8:33
542	102	M35	Dave Salaba, 37, Cumming, IA	1:46:17	8:33
133	28	W35	Kristi Caldwell, 36*, Waverly, IA	1:46:17	8:33
134	24	W25	Amber Stapleton, 26*, Des Moines, IA	1:46:17	8:33
135	25	W25	Rachael Turner, 29*, Coralville, IA	1:46:17	8:33
543	35	M50	Andrew Hazer, 52, Columbia, IA	1:46:18	8:33
544	25	M17	Jacob Middleton, 19, Colfax, IA	1:46:19	8:33
136	28	W30	Susan Elwell, 34*, Johnston, IA	1:46:20	8:33
545	88	M30	Jon Dreibelbis, 32, Des Moines, IA	1:46:21	8:33
137	29	W30	Cindy Elsbernd, 31*, Des Moines, IA	1:46:21	8:33
138	26	W25	Jana Aunan, 26*, West Des Moines, IA	1:46:22	8:33
546	89	M30	Patrick Weber, 34, Waterloo, IA	1:46:23	8:34
547	83	M40	Kirk Reeder, 42, Ankeny, IA	1:46:28	8:34
548	63	M25	Kenneth Moon, 28, Kansas City, MO	1:46:28	8:34
549	64	M25	Eirik Omlie, 27, Clive, IA	1:46:28	8:34
550	84	M40	Jeff Hostetter, 43, West Des Moines, IA	1:46:30	8:34

551	54	M20	Jeffrey Judisch, 21, Tripoli, IA	1:46:31	8:34
552	103	M35	Robert Michael, 39, Iowa City, IA	1:46:34	8:34
553	90	M30	Mark Hagen, 32, Coralville, IA	1:46:37	8:35
554	91	M30	Matt Anderson, 32, Johnston, IA	1:46:37	8:35
139	18	W40	Julie Clark, 41*, Rockwell City, IA	1:46:37	8:35
555	92	M30	Tim Ordal, 34, West Des Moines, IA	1:46:41	8:35
556	65	M25	Sean Smith, 25, West Des Moines, IA	1:46:42	8:35
557	104	M35	Mark Shelton, 35, Des Moines, IA	1:46:44	8:35
558	93	M30	Bill Walker, 34, Clive, IA	1:46:48	8:36
140	29	W35	Lori Buseman, 35*, Des Moines, IA	1:46:48	8:36
559	55	M20	Steve McDowell, 24, Iowa City, IA	1:46:49	8:36
560	26	M17	Ramsey Tesdel, 18, Slater, IA	1:46:50	8:36
141	16	W20	Susie Gray, 21*, Searsboro, IA	1:46:51	8:36
561	63	M45	John Climack, 46, Chicago, IL	1:46:53	8:36
562	64	M45	Kim Wass, 46, Ames, IA	1:46:54	8:36
563	36	M50	Glenn Michael, 52, Glendale, AZ	1:46:54	8:36
142	30	W30	Heidi Degraaf, 31*, Ankeny, IA	1:46:56	8:36
564	85	M40	Tim Rolow, 40, Grimes, IA	1:46:59	8:36
565	86	M40	Greg Chenoweth, 40, Cedar Falls, IA	1:47:00	8:37
566	87	M40	Kevin O'Connor, 40, Des Moines, IA	1:47:00	8:37
567	66	M25	Nate Strickler, 27, Windsor Heights, IA	1:47:02	8:37
568	37	M50	Jerry Fee, 50, Melcher, IA	1:47:04	8:37
569	12	M55	Clay Whiteis, 59, Des Moines, IA	1:47:06	8:37
570	27	M17	Simon Goheen, 19, West Des Moines, IA	1:47:06	8:37
571	19	JrM	Colby Judd, 15, Urbandale, IA	1:47:07	8:37
572	105	M35	Jeff Farrell, 38, Des Moines, IA	1:47:07	8:37
573	106	M35	Jay Alexander, 37, Des Moines, IA	1:47:09	8:37
574	88	M40	Rick Gustaffson, 42, Des Moines, IA	1:47:09	8:37
575	89	M40	Paul Brees, 44, Urbandale, IA	1:47:10	8:37
576	65	M45	Clint Luscombe, 47, West Des Moines, IA	1:47:12	8:37
143	27	W25	Rhonda Cronin, 29*, Minneapolis, MN	1:47:12	8:38
577	38	M50	Jim Jenkins, 52, Newton, IA	1:47:13	8:38
578	94	M30	Dan Varley, 31, Richfield, MN	1:47:14	8:38
579	66	M45	Kevin Moss, 45, Bondurant, IA	1:47:16	8:38
580	67	M25	Jason Pirtle, 29, Kansas City, MO	1:47:17	8:38
581	68	M25	Jarid Downey, 29, Indianola, IA	1:47:17	8:38
582	90	M40	Jeff Feder, 41, Des Moines, IA	1:47:21	8:38
583	91	M40	Ron Schuck, 42, Ames, IA	1:47:22	8:38
584	92	M40	Rex Williams, 41, Des Moines, IA	1:47:29	8:39
585	95	M30	Duane Pineda, 32, Johnston, IA	1:47:30	8:39
586	69	M25	Tim Mulford, 26, Columbia, MO	1:47:31	8:39
587	96	M30	John Finstad, 34, West Des Moines, IA	1:47:31	8:39
588	97	M30	Matt Arends, 30, Hampton, IA	1:47:31	8:39
144	30	W35	Kristy Merschman, 37*, Altoona, IA	1:47:33	8:39
589	56	M20	Steve Taylor, 22, Urbandale, IA	1:47:33	8:39
145	31	W35	Ellen Middleswart, 36*, Urbandale, IA	1:47:35	8:39
590	93	M40	Alan Metz, 41, Atlantic, IA	1:47:35	8:39
591	98	M30	Bradd Westemeyer, 32, West Des Moines, IA	1:47:36	8:39
592	70	M25	Brent Meskimen, 25, West Des Moines, IA	1:47:39	8:40
593	99	M30	Matthew Tullis, 34, Marshalltown, IA	1:47:45	8:40
146	28	W25	Jennifer Christensen, 29*, West Des Moines, IA	1:47:46	8:40
594	13	M55	Dannion McGary, 56, Urbandale, IA	1:47:47	8:40
147	12	W45	Robin Hyland, 48*, Grimes, IA	1:47:47	8:40
595	100	M30	Brian Knights, 32, Polk City, IA	1:47:49	8:40
148	31	W30	Susan Johnson, 32*, Ankeny, IA	1:47:50	8:41
149	32	W35	Deb Conlon, 39*, Urbandale, IA	1:47:51	8:41
596	28	M17	William Henninger, 19, Newton, IA	1:47:54	8:41
597	101	M30	Keith Adams, 30, Ames, IA	1:48:01	8:41
598	107	M35	Scott Dekok, 35, Sheldon, IA	1:48:01	8:41
599	94	M40	Randy Essex, 44, Des Moines, IA	1:48:01	8:41
600	57	M20	Austin Kitchen, 20, Des Moines, IA	1:48:02	8:42
150	29	W25	Wendy Hanson, 29*, Urbandale, IA	1:48:06	8:42
601	95	M40	John Koolstra, 41, Pella, IA	1:48:06	8:42
151	17	W20	Daniela Grob, 24*, Des Moines, IA	1:48:07	8:42

602	102	M30	Jon Gabrielsen, 30, West Des Moines, IA	1:48:07	8:42
603	108	M35	Jeffrey Schaub, 36, West Des Moines, IA	1:48:09	8:42
604	58	M20	Mark Jacobs, 23, Omaha, NE	1:48:10	8:42
605	103	M30	Richard Inman, 33, Pleasant Hill, IA	1:48:10	8:42
606	104	M30	Matt Kern, 34, Des Moines, IA	1:48:14	8:42
607	109	M35	Brian Beh, 39, Eden Praire, MN	1:48:15	8:43
608	71	M25	Michael Cooper, 28, Urbandale, IA	1:48:19	8:43
609	29	M17	Brad Carroll, 19, Polk City, IA	1:48:21	8:43
610	59	M20	Omar Tesdell, 20, Slater, IA	1:48:21	8:43
152	33	W35	Rebecca Brannan, 37*, Council Bluffs, IA	1:48:23	8:43
611	14	M55	David Block, 59, Ames, IA	1:48:23	8:43
612	60	M20	Matt Weiland, 23, Des Moines, IA	1:48:23	8:43
613	96	M40	Joe Zoll, 41, Des Moines, IA	1:48:24	8:43
614	110	M35	Derek Martin, 39, Olathe, KS	1:48:24	8:43
615	67	M45	Robert Rigg, 48, Des Moines, IA	1:48:25	8:43
616	97	M40	Scott Dreier, 43, Manning, IA	1:48:25	8:43
153	6	W17	Jill Logsdon, 19*, Maxwell, IA	1:48:26	8:43
617	111	M35	Doug Klostermann, 36, Urbandale, IA	1:48:28	8:44
618	112	M35	John Moorlach, 39, Indianola, IA	1:48:30	8:44
619	113	M35	Sam Jacob, 35, Des Moines, IA	1:48:30	8:44
620	72	M25	Dustin Mars, 26, West Des Moines, IA	1:48:31	8:44
621	105	M30	Mark Wiltse, 34, Madison, WI	1:48:33	8:44
622	20	JrM	Tony Miller, 16, Norwalk, IA	1:48:34	8:44
154	30	W25	Emily Neuwohner, 28*, Merriam, KS	1:48:35	8:44
623	21	JrM	Ryan Miller, 15, Brookings, SD	1:48:35	8:44
624	114	M35	Deron Schmidt, 39, Battle Creek, IA	1:48:36	8:44
625	115	M35	Chad Kirby, 36, Dexter, IA	1:48:36	8:44
626	116	M35	Steve Willem, 36, Earlham, IA	1:48:37	8:44
627	98	M40	Monte Cochran, 41, Urbandale, IA	1:48:39	8:44
155	34	W35	Beverly Schmitt, 37*, Carroll, IA	1:48:39	8:44
628	106	M30	Russ Abstein, 33, Eden Prairie, MN	1:48:39	8:45
629	99	M40	Freddie Morris, 40, Urbandale, IA	1:48:39	8:45
630	107	M30	Patrick Thomas, 33, Clive, IA	1:48:46	8:45
631	117	M35	Rich Cuevas, 36, Pleasant Hill, IA	1:48:46	8:45
632	68	M45	Fred Miehe, 48, Waterloo, IA	1:48:47	8:45
633	69	M45	Daniel Todd, 47, West Des Moines, IA	1:48:47	8:45
634	70	M45	David Swenson, 47, Des Moines, IA	1:48:47	8:45
635	118	M35	Mark Logsdon, 37, Urbandale, IA	1:48:50	8:45
636	119	M35	Steve Blazek, 35, Ankeny, IA	1:48:50	8:45
637	30	M17	Doug VanWoert, 19, Urbandale, IA	1:48:53	8:46
638	120	M35	Joel Peterson, 38, Webster City, IA	1:48:53	8:46
639	39	M50	Phil Pitzen, 50, West Des Moines, IA	1:48:57	8:46
640	40	M50	Lonnie Cleland, 53, Des Moines, IA	1:48:58	8:46
641	61	M20	Ted Christakos, 20, Johnston, IA	1:48:59	8:46
156	32	W30	Erin Merschman, 34*, Clive, IA	1:48:59	8:46
642	108	M30	Doug Peterchuck, 31, Omaha, NE	1:48:59	8:46
643	22	JrM	Kevin Kooienga, 16, Urbandale, IA	1:49:00	8:46
157	33	W30	Susan Boyle, 30*, West Des Moines, IA	1:49:00	8:46
158	34	W30	Janis Logan, 32*, Ankeny, IA	1:49:01	8:46
644	121	M35	Wilhelm Hartl, 38, Oskaloosa, IA	1:49:02	8:46
645	23	JrM	Joel Stickrod, 15, Eldora, IA	1:49:02	8:46
646	73	M25	Marshall Porter, 26, West Des Moines, IA	1:49:05	8:47
159	3	W50	Mary Campbell, 54*, Cedar Rapids, IA	1:49:06	8:47
647	109	M30	Sean Moore, 31, Mount Vernon, IA	1:49:06	8:47
648	41	M50	Roger Heinle, 52, Whiting, IA	1:49:07	8:47
649	110	M30	Mark Leichty, 33, Ames, IA	1:49:10	8:47
160	31	W25	Chris Mensinger, 28*, Omaha, NE	1:49:11	8:47
650	100	M40	Steve Rossler, 42, Newton, IA	1:49:11	8:47
651	111	M30	Tyler Marsh, 30, Des Moines, IA	1:49:15	8:47
652	122	M35	Randy Kallem, 36, Ankeny, IA	1:49:17	8:48
653	62	M20	Deone Dempcy, 24, Des Moines, IA	1:49:18	8:48
654	71	M45	Robin Roberts, 45, Cedar Rapids, IA	1:49:21	8:48
161	32	W25	Jennifer Hengel, 25*, Winona, MN	1:49:22	8:48
655	72	M45	Chris Lang, 46, Des Moines, IA	1:49:24	8:48
162	35	W35	Rita Taylor, 35*, Cedar Rapids, IA	1:49:25	8:48

656	63	M20 Christopher Hulscher, 23, West Des Moines, IA	1:49:25	8:48
657	73	M45 Curtis Husske, 46, Maxwell, IA	1:49:26	8:48
658	31	M17 Jesse Riordan, 17, Menlo, IA	1:49:28	8:48
163	35	W30 Heather Bianchi, 31*, Des Moines, IA	1:49:28	8:48
164	19	W40 Nola Seaberg, 40*, Des Moines, IA	1:49:29	8:49
165	20	W40 Betsy Frederes, 44*, Clive, IA	1:49:29	8:49
166	33	W25 Molly McTaggart, 27*, Des Moines, IA	1:49:30	8:49
659	112	M30 Eric Peterson, 34, Boone, IA	1:49:30	8:49
660	42	M50 Steve Sondall, 52, Marshalltown, IA	1:49:31	8:49
661	113	M30 Benjamin Stone, 34, Des Moines, IA	1:49:32	8:49
662	123	M35 Ed McCann, 38, Johnston, IA	1:49:32	8:49
167	36	W30 Kimberly Stewart, 34*, Des Moines, IA	1:49:32	8:49
663	24	JrM Asa Ireland, 14, West Des Moines, IA	1:49:33	8:49
664	114	M30 Jose Medina, 34, Clarksville, TN	1:49:34	8:49
665	74	M45 Todd Gaffney, 48, West Des Moines, IA	1:49:37	8:49
666	101	M40 Todd Hensley, 40, Sioux City, IA	1:49:39	8:49
667	32	M17 Tyler Patterson, 19, Orient, IA	1:49:40	8:49
168	36	W35 Cindy Campbell, 37*, Iowa City, IA	1:49:42	8:50
169	37	W35 Shelly Anderson, 37*, Altoona, IA	1:49:43	8:50
668	102	M40 Matt Weiss, 41, Ames, IA	1:49:44	8:50
170	38	W35 Mary Clark, 39*, Ames, IA	1:49:44	8:50
669	103	M40 Greg Brandt, 44, Ankeny, IA	1:49:45	8:50
670	104	M40 Marty Richardson, 41, Ankeny, IA	1:49:46	8:50
671	124	M35 Jon Greising, 38, Johnston, IA	1:49:47	8:50
171	18	W20 Kelli Greiner, 22*, Johnston, IA	1:49:49	8:50
672	74	M25 Tony George, 29, Ankeny, IA	1:49:49	8:50
673	125	M35 Neal Halder, 38, Ankeny, IA	1:49:50	8:50
674	7	M60 Steve Larson, 63, Des Moines, IA	1:49:51	8:50
675	75	M45 Jeffrey Herrick, 49, Ames, IA	1:49:52	8:50
676	115	M30 Chris Roberts, 31, Iowa City, IA	1:49:52	8:50
677	105	M40 John Hoversten, 43, Blairsburg, IA	1:49:54	8:51
678	106	M40 Doug Ross, 42, Ankeny, IA	1:49:54	8:51
679	43	M50 Galen Wilke, 51, Ames, IA	1:49:56	8:51
680	76	M45 Rick Gustafson, 48, Ogden, IA	1:49:56	8:51
681	75	M25 Brian Rumelhart, 29, Ankeny, IA	1:49:57	8:51
682	76	M25 Jim Swanson, 26, Rochester, MN	1:49:59	8:51
683	107	M40 James Hagenbucher, 42, Clive, IA	1:50:00	8:51
684	108	M40 Brian Bachmann, 44, Iowa City, IA	1:50:00	8:51
685	77	M45 James Dornfeld, 48, Waukee, IA	1:50:01	8:51
686	126	M35 Dave Klostermann, 37, Lisbon, IA	1:50:03	8:51
687	116	M30 Troy Morris, 30, Altoona, IA	1:50:04	8:51
688	33	M17 Matthew Hawkins, 19, Bondurant, IA	1:50:05	8:51
172	7	W17 Danielle Beery, 18*, Johnston, IA	1:50:05	8:51
689	64	M20 Tim Kimberley, 23, Dallas, TX	1:50:05	8:51
690	77	M25 Patrick Vilmont, 28, Des Moines, IA	1:50:08	8:52
173	37	W30 Katie Wainwright, 32*, Des Moines, IA	1:50:10	8:52
691	117	M30 Chris Iiams, 33, Ames, IA	1:50:16	8:52
692	15	M55 Eugene Black, 56, Huxley, IA	1:50:18	8:52
174	13	W45 Pat Singer, 48*, Indianola, IA	1:50:19	8:53
693	109	M40 Kurtis Jensen, 41, Marshalltown, IA	1:50:20	8:53
694	110	M40 Joe Coy, 40, West Des Moines, IA	1:50:24	8:53
175	19	W20 Erica Junod, 21*, Ankeny, IA	1:50:25	8:53
695	44	M50 Kirk Dau, 50, Ames, IA	1:50:26	8:53
696	16	M55 John Anderson, 59, Fergus Falls, MN	1:50:28	8:53
697	118	M30 Brent Lott, 33, Ottumwa, IA	1:50:32	8:54
176	21	W40 Cheryl Mendenhall, 40*, Des Moines, IA	1:50:36	8:54
698	111	M40 Duke Reichardt, 43, Clive, IA	1:50:38	8:54
177	22	W40 Linda Adams, 42*, Oskaloosa, IA	1:50:38	8:54
699	112	M40 Paul Kruse, 44, Granger, IA	1:50:38	8:54
700	78	M45 Brad Brunia, 46, Huxley, IA	1:50:38	8:54
701	127	M35 Joe Hrdlicka, 36, Des Moines, IA	1:50:40	8:54
702	128	M35 Jeff Sullivan, 37, West Des Moines, IA	1:50:41	8:54
178	23	W40 Joyce Holland, 41*, Des Moines, IA	1:50:42	8:54
703	129	M35 Del Metz, 37, Newton, IA	1:50:43	8:54

704	79	M45	Mark Courter, 45, Urbandale, IA	1:50:44	8:55
179	24	W40	Kelly Paul, 41*, Polk City, IA	1:50:46	8:55
180	39	W35	Lauri Jeter, 37*, Madrid, IA	1:50:46	8:55
181	40	W35	Lynn Rittgers, 39*, Paton, IA	1:50:47	8:55
182	38	W30	Meredith Hladik, 34*, Des Moines, IA	1:50:48	8:55
183	39	W30	Beth Kruckenberg, 33*, Ames, IA	1:50:49	8:55
705	130	M35	Bill Olson, 37, Urbandale, IA	1:50:50	8:55
706	78	M25	Eric Taylor, 26, McCallsburg, IA	1:50:51	8:55
707	131	M35	Jon Espenscheid, 37, Marshalltown, IA	1:50:52	8:55
708	119	M30	Doug Miller, 32, Newton, IA	1:50:52	8:55
709	120	M30	Thomas Trygstad, 30, Newton, IA	1:50:56	8:56
184	25	W40	Ellen Eakin, 44*, Ankeny, IA	1:50:57	8:56
710	79	M25	Joe Spradling, 25, Chicago, IL	1:50:58	8:56
711	132	M35	Joe Carey, 37, Ankeny, IA	1:51:01	8:56
185	40	W30	Lisa Hovey, 30*, Urbandale, IA	1:51:02	8:56
186	8	W17	Kacie Roberts, 19*, Adel, IA	1:51:03	8:56
712	65	M20	Ryan Guard, 22, Radcliffe, IA	1:51:07	8:56
713	66	M20	Chris Krieg, 24, Elburn, IL	1:51:07	8:56
714	121	M30	Jim Kramer, 34, Neenah, WI	1:51:09	8:57
715	133	M35	Bill McGinn, 35, Urbandale, IA	1:51:09	8:57
716	45	M50	Mike Parton, 53, Des Moines, IA	1:51:11	8:57
717	134	M35	Jim Gray, 39, Ankeny, IA	1:51:13	8:57
718	17	M55	Rick Grant, 55, West Des Moines, IA	1:51:14	8:57
719	80	M25	Dan Bruns, 27, Ankeny, IA	1:51:15	8:57
187	14	W45	Clara DeCoster, 49*, East Moline, IL	1:51:18	8:57
720	81	M25	Andrew Long, 29, Grimes, IA	1:51:19	8:57
721	113	M40	Tracy Hook, 43, Indianola, IA	1:51:19	8:57
188	41	W30	Denise Murano, 31*, Grimes, IA	1:51:20	8:57
722	114	M40	Dan Duwelius, 43, Des Moines, IA	1:51:21	8:58
723	135	M35	Mecindo Salinas, 38, Charles City, IA	1:51:22	8:58
724	115	M40	Simon Lester, 42, Bellevue, NE	1:51:23	8:58
725	122	M30	Doug Cutchins, 30, Grinnell, IA	1:51:25	8:58
189	4	W50	Rosanne Weber, 50*, Kalona, IA	1:51:25	8:58
726	67	M20	Kevin Bell, 22, Clive, IA	1:51:26	8:58
727	123	M30	Richard Mockobee, 34, Norwalk, IA	1:51:27	8:58
190	41	W35	Tina Bridges, 35*, Columbia, MO	1:51:28	8:58
191	34	W25	Sara Fleecs, 29*, Glidden, IA	1:51:28	8:58
192	35	W25	Jennifer Perkins, 29*, West Des Moines, IA	1:51:29	8:58
728	116	M40	Steve Keay, 41, West Des Moines, IA	1:51:29	8:58
729	136	M35	Tim Pepper, 35, Indianola, IA	1:51:29	8:58
730	80	M45	James Pech, 46, West Des Moines, IA	1:51:32	8:58
731	124	M30	Sam Macke, 31, Ankeny, IA	1:51:34	8:59
732	68	M20	Ryan Broshar, 24, Ankeny, IA	1:51:35	8:59
733	81	M45	Chuck Gilarski, 46, Ames, IA	1:51:37	8:59
193	42	W30	Michele Greubel, 30*, Des Moines, IA	1:51:39	8:59
734	137	M35	Kevin Gordon, 38, Johnston, IA	1:51:39	8:59
735	117	M40	Steve Vaught, 44, Des Moines, IA	1:51:40	8:59
194	15	W45	Pamela Wood, 47*, Janesville, Ia	1:51:40	8:59
736	69	M20	Eric Williams, 23, West Des Moines, IA	1:51:40	8:59
737	82	M25	Tim Roetman, 29, Urbandale, IA	1:51:41	8:59
738	46	M50	Moe Russell, 53, Panora, IA	1:51:43	8:59
739	125	M30	Dan Schmitz, 34, Pleasant Hill, IA	1:51:45	8:59

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

195	42	W35	Sherri Selenke, 36*, Hudson, IA	1:51:45	9:00
196	43	W35	Lisa Broderick, 36*, Baxter, IA	1:51:46	9:00
197	20	W20	Megan Lubbers, 24*, Overland Park, KS	1:51:46	9:00
198	44	W35	Shelli Smoldt, 36*, Reinbeck, IA	1:51:48	9:00
740	82	M45	Guy Wernet, 46, Clive, IA	1:51:49	9:00
741	83	M25	Scott Simpson, 29, Spencer, IA	1:51:50	9:00
199	21	W20	Brianne Bachman, 21*, Reinbeck, IA	1:51:52	9:00
742	118	M40	Stephen Sells, 42, Altoona, IA	1:51:52	9:00
743	18	M55	Larry Walden, 55, Marshalltown, IA	1:51:53	9:00

744	119	M40	Mark Hoffman, 42, Marshalltown, IA	1:51:54	9:00
200	36	W25	Colette Winget, 27*, Des Moines, IA	1:51:55	9:00
745	84	M25	Brandon Hufford, 27, West Des Moines, IA	1:51:55	9:00
746	120	M40	Andy Yersin, 43, Urbandale, IA	1:51:56	9:00
201	26	W40	Carolyn Hill, 44*, West Des Moines, IA	1:51:58	9:00
747	138	M35	Todd Keech, 36, Johnston, IA	1:51:58	9:01
202	37	W25	Kelly Hancock, 25*, Des Moines, IA	1:52:00	9:01
748	83	M45	Rich Johnson, 49, Ankeny, IA	1:52:03	9:01
749	121	M40	David Peters, 42, Newton, IA	1:52:06	9:01
750	139	M35	Casey Johnson, 37, West Des Moines, IA	1:52:07	9:01
751	47	M50	Dan Whetstone, 50, Ankeny, IA	1:52:09	9:01
752	70	M20	Graham Ottley, 21, Johnston, IA	1:52:09	9:01
753	85	M25	Matthew Hunter, 29, Chisago City, MN	1:52:10	9:01
754	122	M40	David Skidmore, 44, Des Moines, IA	1:52:14	9:02
755	123	M40	Mark Smith, 44, Eldora, IA	1:52:15	9:02
756	124	M40	Gary Garnaas, 44, Bettendorf, IA	1:52:17	9:02
757	126	M30	David Weaver, 32, Davenport, IA	1:52:18	9:02
203	43	W30	Susan Doyle, 32*, Ft. Dodge, IA	1:52:19	9:02
204	44	W30	Jill Anonson, 31*, West Des Moines, IA	1:52:19	9:02
758	125	M40	Mike Beumer, 41, Urbandale, IA	1:52:21	9:02
759	140	M35	Peter Wilson, 39, Minneapolis, MN	1:52:22	9:02
760	71	M20	Cory Berkenes, 20, Altoona, IA	1:52:23	9:03
205	45	W35	Deobrah Holte, 37*, Novinger, MO	1:52:23	9:03
206	46	W35	Kristi Hamaker, 36*, Urbandale, IA	1:52:24	9:03
207	38	W25	Tina Kenney, 26*, Perry, IA	1:52:24	9:03
208	22	W20	Sarah Kautzky, 22*, Bouton, IA	1:52:24	9:03
761	126	M40	Douglas Johnston, 41, Des Moines, IA	1:52:24	9:03
762	19	M55	Ken Benson, 55, Cedar Rapids, IA	1:52:26	9:03
763	48	M50	David Grieser, 54, West Des Moines, IA	1:52:30	9:03
764	84	M45	Randy Mundt, 46, Urbandale, IA	1:52:31	9:03
765	141	M35	Rob Baldus, 37, Indianola, IA	1:52:32	9:03
766	142	M35	Pat Baldus, 37, West Des Moines, IA	1:52:32	9:03
767	20	M55	Ron Ricker, 57, Des Moines, IA	1:52:33	9:03
209	47	W35	Jeanne Hillsman, 35*, West Des Moines, IA	1:52:35	9:03
768	86	M25	Gregory Crown, 28, Ankeny, IA	1:52:36	9:04
210	23	W20	Sarah Mitchell, 21*, Des Moines, IA	1:52:40	9:04
769	72	M20	Jay Taylor, 20, Creston, IA	1:52:42	9:04
211	45	W30	Kelly Pratt, 34*, Clive, IA	1:52:46	9:04
212	46	W30	Amy Grevengoed, 30*, West Des Moines, IA	1:52:48	9:05
213	27	W40	Carol Stephens, 41*, Beatrice, NE	1:52:52	9:05
770	127	M40	Tony Perkins, 42, Urbandale, IA	1:52:54	9:05
214	47	W30	Stephanie Wishman, 31*, Clive, IA	1:52:56	9:05
215	39	W25	Mandy Manning, 26*, Des Moines, IA	1:52:57	9:05
771	49	M50	Steve Anderson, 50, Webster City, IA	1:52:57	9:05
216	28	W40	Kerry Gilarski, 42*, Ames, IA	1:53:00	9:05
217	2	W55	Wanda Hartwigsen, 55*, Bettendorf, IA	1:53:01	9:06
772	127	M30	Greg Greenlee, 31, Savage, MN	1:53:02	9:06
218	48	W30	Lea Morris, 30*, Altoona, IA	1:53:05	9:06
773	21	M55	Robert Ridenour, 57, W. Des Moines, IA	1:53:06	9:06
774	85	M45	Jed Poland, 47, Cedar Falls, IA	1:53:08	9:06
775	50	M50	Rich Coker, 54, Urbandale, IA	1:53:08	9:06
776	128	M40	James Fuller, 43, Marshalltown, IA	1:53:11	9:06
777	143	M35	Scott Kemp, 36, Urbandale, IA	1:53:12	9:06
219	40	W25	Jennifer Larson, 26*, Ankeny, IA	1:53:12	9:06
778	51	M50	Mark McGrath, 53, Des Moines, IA	1:53:12	9:06
779	128	M30	Joe Widlowski, 31, West Des Moines, IA	1:53:13	9:07
220	49	W30	Jana Edwards, 34*, West Des Moines, IA	1:53:13	9:07
221	41	W25	Tami Gabrielsen, 26*, West Des Moines, IA	1:53:13	9:07
222	29	W40	Becky Nichols, 42*, Des Moines, IA	1:53:13	9:07
780	129	M40	Tim Schleisman, 43, Burnsville, MN	1:53:14	9:07
781	25	JrM	Thomas Burkhead, 15, Urbandale, IA	1:53:14	9:07
782	144	M35	Brent Westemeyer, 37, Des Moines, IA	1:53:15	9:07
223	42	W25	Chris Hauge, 26*, Ankeny, IA	1:53:17	9:07
224	24	W20	Kathy Davis, 24*, Collins, IA	1:53:18	9:07
783	26	JrM	Grant Nelson, 16, Greenfield, IA	1:53:18	9:07

784	145	M35	Mark Kramer, 35, Des Moines, IA	1:53:20	9:07
225	43	W25	Sarah Kramer, 26*, Clayton, MO	1:53:20	9:07
785	22	M55	Norm Vos, 56, Pella, IA	1:53:21	9:07
786	86	M45	Jeff Niffenegger, 45, West Des Moines, IA	1:53:23	9:07
787	129	M30	Jerry Mensinger, 31, Omaha, NE	1:53:24	9:07
226	30	W40	Becky Knutson, 44*, Urbandale, IA	1:53:24	9:07
788	87	M25	Timothy Mulcahy, 26, Polk City, IA	1:53:24	9:07
789	52	M50	Bob Weieneth, 50, Webster City, IA	1:53:26	9:08
790	130	M40	Richard Ford, 43, Dallas Center, IA	1:53:28	9:08
791	87	M45	Warren Peterson, 48, Ackworth, IA	1:53:30	9:08
792	88	M45	Greg Brandner, 48, West Des Moines, IA	1:53:30	9:08
227	31	W40	Sheila Ann Ehlers, 42*, Davenport, IA	1:53:31	9:08
793	89	M45	Scott Dennis, 49, Urbandale, IA	1:53:31	9:08
228	44	W25	Julie Nahas, 27*, West Des Moines, IA	1:53:31	9:08
794	90	M45	Denny Hoyt, 49, Ames, IA	1:53:31	9:08
229	48	W35	Beth Morton, 37*, West Des Moines, IA	1:53:32	9:08
795	88	M25	Kyle Cook, 29, Ankeny, IA	1:53:32	9:08
230	45	W25	Joy Vermillion, 26*, Des Moines, IA	1:53:32	9:08
796	91	M45	Dick Mullen, 49, Urbandale, IA	1:53:32	9:08
797			Paul Carlson, Clive, IA	1:53:33	9:08
798	131	M40	James Usgaard, 44, Urbandale, IA	1:53:33	9:08
799	132	M40	Matthew Hart, 42, Ankeny, IA	1:53:34	9:08
231	16	W45	Linda Gobberdiel, 45*, West Des Moines, IA	1:53:36	9:08
800	92	M45	Don Croghan, 46, Knoxville, IA	1:53:37	9:08
801	89	M25	Jason Ladenthin, 28, Liberty, MO	1:53:37	9:08
802	93	M45	Ted Murray, 47, Waterloo, IA	1:53:38	9:09
803	90	M25	Justin Miller, 25, Des Moines, IA	1:53:41	9:09
804	146	M35	Jeff Dunlap, 37, Des Moines, IA	1:53:42	9:09
232	17	W45	Connie Dellaca, 45*, Urbandale, IA	1:53:46	9:09
805	23	M55	Philip McCune, 56, Grinnell, IA	1:53:50	9:10
806	147	M35	Darren Heater, 36, Indianola, IA	1:53:52	9:10
807	130	M30	Kevin Barkema, 33, Conrad, IA	1:53:53	9:10
808	131	M30	Bruce Hinrichs, 34, West+E463 Des Moi, IA	1:53:55	9:10
809	94	M45	Stephen Doerfler, 45, Mason City, IA	1:53:56	9:10
810	95	M45	Don Jessen, 49, Colfax, IA	1:53:56	9:10
811	148	M35	Matt Mixdorf, 37, Hudson, IA	1:53:56	9:10
812	132	M30	Stephen Quirk, 32, Urbandale, IA	1:53:57	9:10
813	133	M40	Robert Hoyt, 44, West Des Moines, IA	1:53:58	9:10
814	149	M35	Brad Amos, 36, Des Moines, IA	1:54:00	9:10
815	133	M30	Blair Johnston, 34, Waukee, IA	1:54:01	9:10
816	91	M25	Jamie Weydert, 28, Iowa City, IA	1:54:02	9:11
817	134	M40	Steve Vance, 44, Sheldahl, IA	1:54:03	9:11
233	9	W17	Kasey Wells, 17*, Indianola, IA	1:54:04	9:11
234	18	W45	Connie Nedued, 48*, Pocahontas, IA	1:54:06	9:11
818	96	M45	Michael Wheelock, 46, Ames, IA	1:54:10	9:11
819	24	M55	Wayne Mast, 55, Marshalltown, IA	1:54:10	9:11
820	53	M50	Joel Beane, 54, Marshalltown, IA	1:54:11	9:11
235	3	W55	Sandy Rupnow, 58*, Ames, IA	1:54:13	9:11
821	92	M25	Eric Burrough, 29, North Liberty, IA	1:54:13	9:11
822	97	M45	Mark McCoy, 45, Urbandale, IA	1:54:13	9:11
823	135	M40	Bill Denny, 41, Clive, IA	1:54:14	9:11
824	98	M45	Will Walling, 47, Polk City, IA	1:54:16	9:12
236	25	W20	Steph Suntken, 21*, Ames, IA	1:54:16	9:12
825	54	M50	John LaMarche, 52, Des Moines, IA	1:54:18	9:12
237	32	W40	Shari Turner, 40*, Clive, IA	1:54:18	9:12
826	99	M45	Dennis Rustad, 46, Des Moines, IA	1:54:19	9:12
827	136	M40	Christopher Delaney, 42, Ames, IA	1:54:23	9:12
828	134	M30	Sean Dowling, 30, Earlham, IA	1:54:24	9:12
238	49	W35	Lori McQuiston, 39*, Maxwell, IA	1:54:24	9:12
239	46	W25	Amy Havenhill, 25*, West Des Moines, IA	1:54:25	9:12
240	47	W25	Christine Bruin, 25*, Anoka, MN	1:54:25	9:12
829	55	M50	Thomas Phillips, 51, West Des Moines, IA	1:54:25	9:12
830	27	JrM	Alex Saunders, 14, West Des Moines, IA	1:54:26	9:12
831	34	M17	Basil Mahayni, 19, Ames, IA	1:54:26	9:12

241	50	W30	Michelle Thornton, 32*, West Des Moines, IA		
				1:54:27	9:13
832	135	M30	Eric Stotts, 32, Urbandale, IA	1:54:31	9:13
242	33	W40	Kimberly Haines, 43*, Oskaloosa, IA	1:54:33	9:13
833	100	M45	Michael Broderick, 45, Urbandale, IA	1:54:39	9:13
834	150	M35	Eric Schiefelbein, 37, Johnston, IA	1:54:42	9:14
835	101	M45	John Williams, 47, Carlisle, IA	1:54:46	9:14
836	56	M50	John Froehlig, 52, Sioux City, IA	1:54:49	9:14
243	51	W30	Amy Price, 31*, Ankeny, IA	1:54:50	9:14
837	8	M60	Jim Matthews, 61, Baxter, IA	1:54:51	9:14
244	34	W40	Carol Litscher, 41*, West Des Moines, IA	1:54:51	9:14
838	151	M35	Todd Schweizer, 35, Urbandale, IA	1:54:51	9:14
839	73	M20	Tim Gunderson, 23, Elkhart, IA	1:54:53	9:15
840	93	M25	Kyle Wells, 28, Iowa City, IA	1:54:53	9:15
245	10	W17	Heather Lowman, 19*, Ames, IA	1:55:00	9:15
841	94	M25	Paul Schlueter, 29, Des Moines, IA	1:55:00	9:15
246	11	W17	Leslie Green, 18*, Des Moines, IA	1:55:00	9:15
842	137	M40	Randy Reindl, 41, Adel, IA	1:55:01	9:15
843	102	M45	Brent Cooper, 47, Urbandale, IA	1:55:02	9:15
247	12	W17	Laura Obrycki, 19*, Ames, IA	1:55:02	9:15
844	57	M50	Bob Leblanc, 50, Newton, IA	1:55:02	9:15
845	138	M40	Chris Nation, 42, Ogden, IA	1:55:04	9:15
846	136	M30	James Nahas, 33, Des Moines, IA	1:55:06	9:16
248	48	W25	Sara Bridie, 28*, Coralville, IA	1:55:08	9:16
847	35	M17	Tim Moran, 19, Story City, IA	1:55:09	9:16
249	35	W40	Donna Ramsey, 42*, Des Moines, IA	1:55:12	9:16
848	152	M35	Daniel Winn, 38, Des Moines, IA	1:55:12	9:16
849	153	M35	Mark Feilmeier, 35, Breda, IA	1:55:13	9:16
850	74	M20	Ryan McCoy, 21, Des Moines, IA	1:55:13	9:16
250	49	W25	Heather Huntley, 28*, Ames, IA	1:55:15	9:16
851	137	M30	Jim Henderson, 31, Shellsburg, IA	1:55:15	9:16
852	103	M45	Gary Moenck, 48, Webster City, IA	1:55:16	9:16
853	138	M30	Chris Swailes, 30, Des Moines, IA	1:55:18	9:17
251	50	W35	Susan Souhrada, 37*, Madrid, IA	1:55:19	9:17
252	36	W40	Christina Colman, 40*, Thornton, IA	1:55:19	9:17
854	104	M45	Steve Wolver, 48, Urbandale, IA	1:55:21	9:17
855	139	M30	Troy Wright, 33, Perry, IA	1:55:23	9:17
253	51	W35	Rachele Kugel, 36*, Des Moines, IA	1:55:23	9:17
856	154	M35	Ronald Loecher, 36, Cedar Falls, IA	1:55:25	9:17
857	155	M35	Michael Baker, 37, Ames, IA	1:55:26	9:17
858	140	M30	Wade Lookingbill, 32, West Des Moines, IA	1:55:27	9:17
254	37	W40	Teresa Newman, 41*, Fort Dodge, IA	1:55:28	9:17
859	156	M35	Jim Elmer, 38, Johnston, IA	1:55:28	9:17
860	157	M35	Alan Sprinkle, 38, Urbandale, IA	1:55:29	9:18
255	13	W17	Andrea Hemphill, 17*, Panora, IA	1:55:29	9:18
256	26	W20	Whitney Banse, 22*, Ames, IA	1:55:31	9:18
861	58	M50	Robert McDonald, 51, Colona, IL	1:55:31	9:18
862	59	M50	Louis Ramirez, 50, Des Moines, IA	1:55:34	9:18
863	36	M17	Matt Miller, 17, Cedar Falls, IA	1:55:35	9:18
864	105	M45	Thomas Noteboom, 46, Johnston, IA	1:55:36	9:18
865	28	JrM	Alexander Burchett, 16, Eldora, IA	1:55:36	9:18
866	95	M25	Chad Pfohl, 27, Iowa City, IA	1:55:38	9:18
257	38	W40	Nancy Whitcanack, 40*, Colona, IL	1:55:38	9:18
258	52	W30	Angie Cook, 31*, Ankeny, IA	1:55:39	9:18
867	141	M30	Matt Hanley, 30, Davenport, IA	1:55:40	9:18
259	5	W50	Margie Cahill, 52*, Nevada, IA	1:55:41	9:18
260	39	W40	D Peterson, 44*, Grimes, IA	1:55:43	9:19
868	106	M45	Kevin Shay, 48, Urbandale, IA	1:55:46	9:19
869	9	M60	Dave Coppinger, 64, Waukee, IA	1:55:47	9:19
870	142	M30	Mike Swesey, 33, Des Moines, IA	1:55:52	9:19
261	53	W30	Theresa Forbes, 32*, Altoona, IA	1:55:54	9:19
871	158	M35	Ronald Monahan, 36, Clive, IA	1:55:56	9:20
872	139	M40	Randy Guzman, 43, Des Moines, IA	1:55:56	9:20
873	75	M20	Casey Kvale, 22, Des Moines, IA	1:55:59	9:20
262	27	W20	Ari-Anne Kleckner, 20*, St Ansgar, IA	1:55:59	9:20

874	159	M35	Dan Wignall, 37, Desmoines, IA	1:55:59	9:20
263	28	W20	Kristen Stefl, 21*, Runnells, IA	1:55:59	9:20
264	54	W30	Leslie Schaeffer, 34*, Des Moines, IA	1:56:01	9:20
875	76	M20	Benjamin Badgley, 22, Madrid, IA	1:56:04	9:20
876	37	M17	Aaron Eggert, 19, Colfax, IA	1:56:07	9:21
877	38	M17	Alan Cox, 19, Osceola, IA	1:56:08	9:21
265	14	W17	Elizabeth Berger, 19*, Cedar Rapids, IA	1:56:08	9:21
266	19	W45	Paulette Arns, 49*, Camanche, Iowa	1:56:10	9:21
267	15	W17	Kirsten Buck, 19*, Ankeny, IA	1:56:11	9:21
878	143	M30	Ted Nahas, 30, West Des Moines, IA	1:56:12	9:21
879	60	M50	Ralph Edwards, 54, Des Moines, IA	1:56:16	9:21
268	52	W35	Ann Buckley, 37*, Marion, IA	1:56:16	9:21
880	96	M25	Brian Witte, 25, West Des Moines, IA	1:56:24	9:22
269	29	W20	Mandi Smith, 22*, West Des Moines, IA	1:56:25	9:22
270	50	W25	Shelley Fitzgerald, 29*, West Des Moines, IA	1:56:25	9:22
881	144	M30	Jon Hibbard, 34, Des Moines, IA	1:56:28	9:22
882	61	M50	Dennis Linn, 50, Pella, IA	1:56:32	9:23
883	62	M50	Ed Schooley, 53, Waukee, IA	1:56:35	9:23
884	140	M40	Mike Smith, 43, Eldora, IA	1:56:36	9:23
271	20	W45	Victoria Greening, 46*, Urbandale, IA	1:56:36	9:23
272	53	W35	Thu Ha Dixon, 35*, Des Moines, IA	1:56:38	9:23
273	40	W40	Laura Preussel, 44*, Des Moines, IA	1:56:40	9:23
274	55	W30	Melanie Travis, 33*, Johnston, IL	1:56:40	9:23
275	21	W45	Mary Madsen, 49*, Melbourne, IA	1:56:41	9:23
276	16	W17	Kristin Bressert, 19*, Radcliffe, IA	1:56:42	9:23
277	30	W20	Becky Schuett, 22*, Iowa City, IA	1:56:42	9:23
278	31	W20	Susan Briggs, 22*, Iowa City, IA	1:56:43	9:23
279	54	W35	Ann Marvelli, 38*, Norwalk, IA	1:56:45	9:24
280	32	W20	Ann Fletchall, 23*, Minneapolis, MN	1:56:46	9:24
281	55	W35	Mindy Mossman, 38*, Webster City, IA	1:56:46	9:24
282	33	W20	Holly Chaitman, 22*, Olathe, KS	1:56:49	9:24
283	51	W25	Nariza Nunez, 26*, Pella, IA	1:56:49	9:24
284	41	W40	Lisa Dillavou, 41*, Boone, IA	1:56:49	9:24
285	56	W30	Christine Parker, 33*, Waukee, IA	1:56:50	9:24
286	22	W45	Debby Weehler, 47*, Des Moines, IA	1:56:50	9:24
287	56	W35	Kara Urlis, 38*, Norwalk, IA	1:56:50	9:24
288	57	W35	Joyce Christianson, 37*, Baxter, IA	1:56:51	9:24
885	77	M20	Brad Goldsmith, 23, Cedar Rapids, IA	1:56:52	9:24
289	34	W20	Sara Koehler, 21*, Waverly, IA	1:56:53	9:24
886	63	M50	Milton Rhiner, 50, Urbandale, IA	1:56:53	9:24
887	160	M35	Al Anderson, 36, West Des Moines, IA	1:56:56	9:24
888	161	M35	Mike Albertson, 37, West Des Moines, IA	1:56:58	9:25
889	141	M40	Greg Davis, 41, Johnston, IA	1:56:58	9:25
290	23	W45	Trish Prokop, 48*, Cedar Rapids, IA	1:56:59	9:25
890	107	M45	Carlan Miller, 45, Iowa City, IA	1:56:59	9:25
291	42	W40	Kim Heffernan, 43*, Ottumwa, IA	1:57:02	9:25
292	57	W30	Angie Nevelle, 32*, Bondurant, IA	1:57:02	9:25
293	58	W30	Amy Burgess, 31*, Clive, IA	1:57:04	9:25
891	108	M45	John Vujnovich, 47, Des Moines, IA	1:57:06	9:25
892	109	M45	Dave Benz, 45, Marshalltown, IA	1:57:07	9:25
893	162	M35	Patrick Rounds, 38, West Des Moines, IA	1:57:09	9:26
894	64	M50	Denny Norton, 52, Johnston, IA	1:57:11	9:26
294	58	W35	Connie Petersen, 37*, Ankeny, IA	1:57:12	9:26
895	110	M45	Steven Lind, 47, Urbandale, IA	1:57:12	9:26
896	145	M30	Joel Veenstra, 33, Des Moines, IA	1:57:13	9:26
897	146	M30	Mark Yontz, 34, Urbandale, IA	1:57:17	9:26
295	52	W25	Brenda Burrough, 28*, North Liberty, IA	1:57:17	9:26
898	147	M30	Jeff Corcoran, 34, Des Moines, IA	1:57:20	9:26
899	142	M40	Doug Keast, 44, Altoona, IA	1:57:20	9:26
900	163	M35	Cary Osborn, 37, Newton, IA	1:57:21	9:27
901	164	M35	James Bice, 38, Des Moines, IA	1:57:24	9:27
902	78	M20	Adam Greimann, 21, Perry, IA	1:57:28	9:27
903	111	M45	Fred Van Liew, 49, Des Moines, IA	1:57:29	9:27
296	59	W30	Jodi Oldenburger, 30*, Charles City, IA	1:57:30	9:27

297	43	W40 Rhonda Thomasson, 43*, Newton, IA	1:57:30	9:27
298	35	W20 Melissa Johnson, 24*, Creston, IA	1:57:34	9:28
299	17	W17 Kelly Friend, 18*, Altoona, IA	1:57:35	9:28
904	97	M25 Brendan McCallum, 27, Des Moines, IA	1:57:35	9:28
905	79	M20 Dan Gilliatt, 23, Des Moines, IA	1:57:35	9:28
300	36	W20 Megan O'Neill, 21*, Iowa City, IA	1:57:36	9:28
301	60	W30 Michelle Ryan, 30*, Chicago, IL	1:57:36	9:28
302	61	W30 Regina Vespa, 31*, Clive, IA	1:57:38	9:28
303	37	W20 Christine Gould, 22*, Ballwin, MO	1:57:39	9:28
304	38	W20 Elizabeth Hahn, 22*, Crystal Lake, IL	1:57:40	9:28
305	39	W20 Missy Siepker, 23*, West Des Moines, IA	1:57:43	9:28
906	143	M40 Tai Wang, 43, Des Moines, IA	1:57:44	9:28
907	148	M30 Derek Wachter, 33, West Des Moines, IA	1:57:44	9:28
908	144	M40 Michael Feldman, 40, Urbandale, IA	1:57:45	9:28
909	149	M30 Tim Sieber, 33, Clive, IA	1:57:46	9:28
910	165	M35 Russell Erwin, 37, Urbandale, IA	1:57:46	9:29
306	44	W40 Mary Emge, 43*, West Des Moines, IA	1:57:46	9:29
911	166	M35 Robert Francis, 36, Ankeny, IA	1:57:46	9:29
912	2	M65 Francis Riley, 68, Davenport, IA	1:57:51	9:29
913	167	M35 Cliff Worrell, 38, Marion, IA	1:57:52	9:29
914	112	M45 John Brown, 46, West Des Moines, IA	1:57:53	9:29
307	59	W35 Melissa Weresh, 35*, Clive, IA	1:57:53	9:29
915	168	M35 Matthew Weresh, 37, Clive, IA	1:57:54	9:29
916	98	M25 Tony Garcia, 28, Des Moines, IA	1:57:55	9:29
308	62	W30 Ann Petersen, 33*, Ankeny, IA	1:57:56	9:29
917	113	M45 Robert Meimann, 46, Nevada, IA	1:57:56	9:29
918	169	M35 David Crowe, 38, Des Moines, IA	1:57:57	9:29
919	39	M17 Jeremiah Vincent, 17, Des Moines, IA	1:57:57	9:29
920	145	M40 Russ Asman, 41, Earlham, IA	1:57:58	9:29
309	45	W40 Gail Bormann, 44*, Waukee, IA	1:58:00	9:30
921	146	M40 Loras Kremer, 43, Atkins, IA	1:58:01	9:30
922	150	M30 Howard Potter, 34, Monroe, IA	1:58:01	9:30
310	46	W40 Nancy Robinson, 44*, Urbandale, IA	1:58:02	9:30
923	65	M50 Steve Rose, 50, Indianola, IA	1:58:03	9:30
924	170	M35 David Beck, 37, Radcliffe, IA	1:58:04	9:30
925	147	M40 Jon Williams, 43, Urbandale, IA	1:58:05	9:30
926	171	M35 John Kromminga, 37, Johnston, IA	1:58:07	9:30
927	66	M50 Lou Hockenber, 53, Clive, IA	1:58:10	9:30
928	151	M30 Kurt Sinnett, 34, Johnston, IA	1:58:10	9:30
311	63	W30 Amy Faulkner, 30*, Kansas City, MO	1:58:11	9:31
929	80	M20 Brent Mohasci, 24, Cedar Rapids, IA	1:58:11	9:31
930	172	M35 Paul Jacobson, 39, Johnston, IA	1:58:11	9:31
931	29	JrM Jared Borger, 16, McPherson, KS	1:58:12	9:31
312	47	W40 Jennifer Worley, 41*, Urbandale, IA	1:58:12	9:31
932	114	M45 Kent Herink, 47, Johnston, IA	1:58:13	9:31
933	152	M30 Joe Heitzman, 34, West Des Moines, IA	1:58:14	9:31
934	173	M35 James Lowery, 35, Des Moines, IA	1:58:14	9:31
935	81	M20 Michael Lauterbach, 21, Newton, IA	1:58:15	9:31
313	40	W20 Cheri Watson, 24*, Ankeny, IA	1:58:15	9:31
936	174	M35 Mark Steffen, 37, Ankeny, IA	1:58:16	9:31
937	67	M50 Neil Swanson, 51, Cedar Rapids, IA	1:58:17	9:31
314	18	W17 Sarah Miller, 19*, Des Moines, IA	1:58:17	9:31
938	175	M35 Jerry Brandau, 36, Ames, IA	1:58:17	9:31
315	48	W40 Brenda Bright, 41*, Ames, IA	1:58:18	9:31
939	99	M25 Eric Marzen, 28, Des Moines, IA	1:58:19	9:31
316	60	W35 Tracey Schmidt, 39*, Battle Creek, IA	1:58:22	9:31
940	176	M35 Terry Berger, 36, West Des Moines, IA	1:58:22	9:31
941	100	M25 Joshua Runyan, 25, West Des Moines, IA	1:58:24	9:32
317	41	W20 Dana Dejong, 20*, Ames, IA	1:58:25	9:32
942	82	M20 Curt Blake, 20, Curtsville, MO	1:58:25	9:32
943	153	M30 Brian Joens, 34, Des Moines, IA	1:58:26	9:32
318	42	W20 Rebecca Threlkeld, 22*, Britt, IA	1:58:29	9:32
319	64	W30 Amy Faulkner, 30*, Tiffin, IA	1:58:30	9:32
944	40	M17 Robert Strickland, 18, Omaha, NE	1:58:32	9:32
320	24	W45 Julia Batten, 46*, Carlisle, IA	1:58:35	9:32

945	30	JrM Matthew Dicks, 15, Pleasant Hill, IA	1:58:35	9:32
946	177	M35 Dennis Baldwin, 39, West Des Moines, IA	1:58:36	9:33
947	101	M25 Todd Dodson, 29, Pleasant Hill, IA	1:58:37	9:33
321	53	W25 Amy Wallman, 28*, Des Moines, IA	1:58:37	9:33
322	61	W35 Shelley Goodell, 35*, West Des Moines, IA	1:58:38	9:33
948	148	M40 Ryan Warner, 44, Des Moines, IA	1:58:38	9:33
323	54	W25 Joanne Storm, 26*, Knoxville, IA	1:58:38	9:33
324	49	W40 Cynthia Lehrkamp, 43*, Carroll, IA	1:58:40	9:33
949	149	M40 David Ver Woert, 42, Cedar Rapids, IA	1:58:40	9:33
325	55	W25 Ann Hicks, 27*, Ames, IA	1:58:41	9:33
950	154	M30 Doug Anderson, 34, St Charles, IA	1:58:41	9:33
951	102	M25 Edward Spellman, 28, Des Moines, IA	1:58:42	9:33
952	178	M35 Caesar Smtih, 37, West Des Moines, IA	1:58:44	9:33
953	179	M35 Jon Hoogensen, 38, West Des Moines, IA	1:58:44	9:33
954	31	JrM Alex Hammer, 14, Urbandale, IA	1:58:45	9:33
955	180	M35 Mark Nordby, 37, Ankeny, IA	1:58:45	9:33
956	150	M40 Doug Mackey, 43, Huxley, IA	1:58:46	9:33
957	151	M40 Michael Gumina, 44, Johnston, IA	1:58:46	9:33
326	43	W20 Jessica Vint, 23*, Pella, IA	1:58:46	9:33
327	44	W20 Sally Shumaker, 23*, Iowa City, IA	1:58:48	9:34
958	155	M30 Richard Lorenzen, 33, Buckingham, IA	1:58:50	9:34
328	50	W40 Jennifer Smith, 42*, West Des Moines, IA	1:58:51	9:34
959	152	M40 Bob Kreider, 40, Cumming, IA	1:58:52	9:34
329	65	W30 Jennifer York, 32*, Ames, IA	1:58:52	9:34
330	62	W35 Julie Alexander, 36*, Des Moines, IA	1:58:52	9:34
960	156	M30 Blaine McLaughlin, 32, Marion, IA	1:58:52	9:34
961	153	M40 Brian Wiebke, 42, Marion, IA	1:58:53	9:34
331	66	W30 Karen Crowley, 30*, West Des Moines, IA	1:58:55	9:34
332	56	W25 Molly Finn, 28*, Minneapolis, MN	1:58:56	9:34
962	154	M40 Jeff Kling, 40, Sully, IA	1:58:59	9:34
963	155	M40 Steve Schoon, 44, Urbandale, IA	1:58:59	9:34
333	45	W20 Danielle Jacobs, 23*, West Des Moines, IA	1:59:00	9:34
334	67	W30 Julie Lowery, 33*, West Des Moines, IA	1:59:01	9:35
964	115	M45 Dale Reichter, 48, Hull, IA	1:59:01	9:35
965	157	M30 Joel Feilmeier, 32, West Des Moines, IA	1:59:04	9:35
966	68	M50 Bruce Bachmann, 52, Cedar Rapids, IA	1:59:07	9:35
335	63	W35 Julie Lange, 36*, Urbandale, IA	1:59:08	9:35
967	69	M50 Milton Aunan, 53, Fort Smith, AR	1:59:08	9:35
336	64	W35 Patricia Yocum, 35*, Omaha, NE	1:59:09	9:35
968	103	M25 Stephen Karbacka, 29, Iowa City, IA	1:59:10	9:35
969	104	M25 Jason Lauterbach, 26, Newton, IA	1:59:10	9:35
970	158	M30 Shawn Decker, 34, Johnston, IA	1:59:11	9:35
337	25	W45 Nancy Harvey, 48*, Ankeny, IA	1:59:12	9:35
971	156	M40 Jon Jochims, 44, Marshalltown, IA	1:59:12	9:35
338	68	W30 Dina Oliver, 31*, West Des Moines, IA	1:59:13	9:36
339	51	W40 Brenda Beumer, 41*, Urbandale, IA	1:59:13	9:36
972	181	M35 Kelly Smith, 35, Toledo, IA	1:59:13	9:36
340	52	W40 Karla Christensen, 42*, Clive, IA	1:59:16	9:36
973	182	M35 Jeff Enga, 37, Ankeny, IA	1:59:19	9:36
974	159	M30 Brad McAvoy, 33, West Des Moines, IA	1:59:23	9:36
341	53	W40 Tammi Green, 42*, Clive, IA	1:59:23	9:36
342	69	W30 Amy Gates, 32*, Des Moines, IA	1:59:23	9:36
975	70	M50 Bill Lewis, 51, Des Moines, IA	1:59:24	9:36
343	65	W35 Daren Dassinger, 37*, West Des Moines, IA	1:59:26	9:37
976	183	M35 Drew Dehaes, 38, Des Moines, IA	1:59:29	9:37
344	54	W40 Linda Frangenberg, 40*, Huxley, IA	1:59:30	9:37
345	66	W35 Stephanie Dubois, 35*, West Des Moines, IA	1:59:31	9:37
977	116	M45 Harold Cobb, 48, Chariton, IA	1:59:32	9:37
346	57	W25 Mindy Tyndall, 29*, Ames, IA	1:59:34	9:37
347	58	W25 Danielle McGuire, 27*, Des Moines, IA	1:59:36	9:37
978	184	M35 Robert Drew, 36, Overland Park, KS	1:59:36	9:37
979	185	M35 Gregory Goaley, 39, Des Moines, IA	1:59:36	9:37
980	160	M30 Jeff Downing, 32, Norwalk, IA	1:59:38	9:37
981	157	M40 Steve Shifflett, 44, Ames, IA	1:59:38	9:38

982	161	M30	Ryan Reichenbacker, 33, Ankeny, IA	1:59:39	9:38
983	186	M35	Tim Dean, 35, Ocala, FL	1:59:40	9:38
984	162	M30	John Goedken, 33, Des Moines, IA	1:59:41	9:38
348	67	W35	Carrie Vorbrich, 37*, Des Moines, IA	1:59:42	9:38
985	158	M40	Jon Leinen, 43, Des Moines, IA	1:59:43	9:38
349	46	W20	Teri Blood, 22*, Tempe, AZ	1:59:44	9:38
986	83	M20	Kurt Loving, 24, Des Moines, IA	1:59:45	9:38
350	68	W35	Jill Jones, 39*, Cedar Rapids, IA	1:59:45	9:38
987	41	M17	Mark Dempsey, 19, Windsor Heights, IA	1:59:49	9:38
988	163	M30	Michael Eppert, 33, Roseville, MN	1:59:50	9:39
989	159	M40	Rick Davis, 43, Des Moines, IA	1:59:54	9:39
351	47	W20	Katie Kelting, 24*, Des Moines, IA	1:59:55	9:39
352	69	W35	Mary Lafferty, 36*, Des Moines, IA	1:59:56	9:39
990	160	M40	Rick Probst, 40, Grimes, IA	1:59:56	9:39
991	71	M50	Kevin Cunningham, 50, Des Moines, IA	1:59:56	9:39
353	70	W35	Brenda Johnson, 38*, Bloomfield, IA	1:59:56	9:39
992	161	M40	Brent Veldkamp, 40, Cumming, IA	1:59:57	9:39
354	6	W50	Patricia Schulte, 53*, Granger, Ia	1:59:57	9:39
993	164	M30	Ronald Dycus, 32, Des Moines, IA	1:59:58	9:39
994	105	M25	Blake Meisenheimer, 29, St Louis Park, MN	2:00:01	9:39
355	70	W30	Lisa Nelson, 32*, West Des Moines, IA	2:00:01	9:39
356	71	W30	Beth Mehmen, 32*, Waverly, IA	2:00:02	9:39
357	71	W35	Mona Kurtz, 38*, Overland Park, KS	2:00:03	9:40
995	72	M50	Carl Kinney, 53, Johnston, IA	2:00:05	9:40
996	162	M40	Charles Fargo, 42, Carlisle, IA	2:00:06	9:40
997	187	M35	Matthew Miller, 38, Brookings, SD	2:00:09	9:40
998	165	M30	Bill Kallestad, 31, Des Moines, IA	2:00:09	9:40
358	59	W25	Kristina Schimd, 25*, Ames, IA	2:00:11	9:40
359	55	W40	Monica Lihs, 44*, Waukee, IA	2:00:18	9:41
360	60	W25	Jennifer Downe, 26*, Des Moines, IA	2:00:21	9:41
999	106	M25	Mike Danilson, 25, Des Moines, IA	2:00:21	9:41
361	48	W20	Cindy Gerardi, 23*, Iowa City, IA	2:00:24	9:41
362	56	W40	Louise Chase, 40*, Overland Park, KS	2:00:25	9:41
363	57	W40	Michelle Cavanaugh, 42*, Des Moines, IA	2:00:25	9:41
1000	166	M30	Kirk Ridout, 33, Tama, IA	2:00:34	9:42
364	72	W35	Karen Floss, 37*, Clive, IA	2:00:34	9:42
365	26	W45	Lynda Baker, 48*, West Des Moines, IA	2:00:35	9:42
1001	188	M35	Andy Blaess, 37, Waukee, IA	2:00:37	9:42
366	61	W25	Holl Deyarmond-Breckels, 26*, Stoney Creek	2:00:37	9:42
367	58	W40	Denise Owens, 41*, Tipton, IA	2:00:39	9:42
368	72	W30	Annie Garrison, 31*, Des Moines, IA	2:00:41	9:43
1002	117	M45	Gary Bremen, 49, Urbandale, IA	2:00:43	9:43
1003	163	M40	Michael Jordan, 40, St. Paul, MN	2:00:44	9:43
369	49	W20	Kimberly Kopacek, 22*, Ankeny, IA	2:00:44	9:43
1004	164	M40	Jim Chebuhar, 42, Marshalltown, IA	2:00:45	9:43
370	73	W35	Jodi Jamison, 35*, Woodward, IA	2:00:45	9:43
371	62	W25	Bridget Hrabe, 28*, St. Paul, MN	2:00:46	9:43
372	73	W30	Heidi Carsello, 31*, St Paul, MN	2:00:46	9:43
1005	165	M40	Jeffrey Anderson, 41, Boone, IA	2:00:49	9:43
373	74	W35	Joy Long, 38*, Urbandale, IA	2:00:52	9:43
374	74	W30	Robbi Long, 31*, Omaha, NE	2:00:54	9:44
1006	166	M40	Graeme Armstrong, 43, West Des Moines, IA	2:00:55	9:44
375	75	W35	Anne Humes, 38*, Mahtomedi, MN	2:00:58	9:44
376	27	W45	Judian Smith, 48*, Madison, WI	2:01:01	9:44
1007	167	M40	Douglas Humes, 44, Mahtomedi, MN	2:01:02	9:44
377	59	W40	Jackie Cummings, 41*, Ames, IA	2:01:03	9:44
1008	73	M50	Pat O'Rourke, 53, Davenport, IA	2:01:04	9:44
1009	74	M50	Kim Smith, 51, Ames, IA	2:01:05	9:45
378	19	W17	Lindsay Till, 19*, Indianola, IA	2:01:06	9:45
1010	168	M40	Daniel Mallonee, 41, Cedar Rapids, IA	2:01:07	9:45
379	50	W20	Kristin Crowley, 24*, Des Moines, IA	2:01:07	9:45
1011	84	M20	Jesse Male, 22, Des Moines, IA	2:01:08	9:45
1012	169	M40	Brent Wilson, 41, Johnston, IA	2:01:08	9:45
1013	189	M35	Michael Dee, 36, Ankeny, IA	2:01:11	9:45

380	63	W25	Lisa Brinkmeyer, 27*, Des Moines, IA	2:01:12	9:45
381	75	W30	Heidi Miller, 30*, Kansas City, MO	2:01:14	9:45
382	64	W25	Shelley Bricker, 27*, Des Moines, IA	2:01:14	9:45
1014	170	M40	Bill Browne, 44, Clive, IA	2:01:15	9:45
383	28	W45	Laurie Jensen, 48*, Creston, IA	2:01:15	9:45
1015	118	M45	Brad Shipman, 47, Van Meter, IA	2:01:16	9:45
384	76	W35	Noelle Zmolek, 35*, Des Moines, IA	2:01:17	9:45
1016	171	M40	David Klinkenborg, 42, Windsor Heights, IA	2:01:17	9:45
1017	25	M55	Dave Ersland, 57, Humboldt, IA	2:01:17	9:46
1018	167	M30	Shane Hesselgesser, 30, Omaha, NE	2:01:19	9:46
385	76	W30	Tracey Jackman, 31*, West Des Moines, IA	2:01:22	9:46
1019	168	M30	Lou Kelehan, 32, Windsor Heights, IA	2:01:22	9:46
1020	75	M50	Gary Fall, 54, Des Moines, IA	2:01:24	9:46
1021	32	JrM	Rory Devalois, 15, Iowa City, IA	2:01:25	9:46
1022	85	M20	Timothy Noxon, 20, Iowa City, IA	2:01:27	9:46
386	51	W20	Susan Miller, 24*, Elburn, IL	2:01:27	9:46
387	52	W20	Kelsey Kain, 21*, Des Moines, IA	2:01:28	9:46
1023	169	M30	Mark Mitchell, 34, Des Moines, IA	2:01:30	9:47
1024	86	M20	Paul Gratton, 24, Des Moines, IA	2:01:33	9:47
1025	190	M35	Sam Rizzuti, 38, Urbandale, IA	2:01:33	9:47
388	53	W20	Michelle Maxwell, 21*, Iowa City, IA	2:01:34	9:47
1026	107	M25	Jason Penfold, 29, Osage, IA	2:01:34	9:47
1027	191	M35	Will Meier, 37, Sioux City, IA	2:01:34	9:47
389	77	W35	Shannon Holz, 38*, Cumming, IA	2:01:35	9:47
1028	192	M35	Jon Thompson, 35, Cumming, IA	2:01:36	9:47
390	77	W30	Jennifer Grant, 31*, West Des Moines, IA	2:01:36	9:47
391	29	W45	Nina Dunker, 47*, Ankeny, IA	2:01:36	9:47
1029	172	M40	Daniel Lee, 43, Woodward, IA	2:01:37	9:47
1030	87	M20	Joe Van Oosbree, 22, Madison, WI	2:01:37	9:47
1031	193	M35	Mike Holz, 37, Carver, MN	2:01:38	9:47
1032	173	M40	Scott Bandstra, 40, Des Moines, IL	2:01:39	9:47
392	7	W50	Susan Smith, 54*, Des Moines, IA	2:01:40	9:47
1033	76	M50	Frank Vivone, 53, Clive, IA	2:01:40	9:47
393	65	W25	Brooke Tyler, 27*, Creston, IA	2:01:42	9:47
394	54	W20	Amber Adams, 22*, Oskaloosa, IA	2:01:45	9:48
1034	174	M40	Bob Collins, 42, North Liberty, IA	2:01:47	9:48
395	30	W45	Sharon Sullivan, 48*, Des Moines, IA	2:01:47	9:48
1035	170	M30	James Holloway, 33, West Des Moines, IA	2:01:50	9:48
396	66	W25	Kayah-Bah Phillmann, 25*, Waverly, IA	2:01:50	9:48
397	60	W40	Darl George, 42*, Bettendorf, IA	2:01:51	9:48
398	61	W40	Karen Bryant, 40*, Bettendorf, IA	2:01:52	9:48
1036	119	M45	Greg Hauser, 48, Des Moines, IA	2:01:55	9:49
1037	108	M25	Lance Sivertsen, 27, Kansas City, KS	2:01:57	9:49
1038	194	M35	John Beh, 38, Des Moines, IA	2:01:58	9:49
1039	88	M20	Luke Rolfes, 20, Polk City, IA	2:01:58	9:49
1040	175	M40	Charles Link, 42, Ankeny, IA	2:01:59	9:49
399	8	W50	Sandra Anderson, 54*, Oro Valley, AZ	2:01:59	9:49
400	67	W25	Jenny Dowil, 27*, West Des Moines, IA	2:02:02	9:49
1041	33	JrM	Andrew Trentman, 15, Urbandale, IA	2:02:04	9:49
1042	26	M55	Dick Hogan, 55, Urbandale, IA	2:02:06	9:49
1043	176	M40	John Viggers, 40, Altoona, IA	2:02:08	9:50
401	9	W50	Pam Ford, 50*, Omaha, NE	2:02:08	9:50
1044	27	M55	Barry Rush, 58, Bettendorf, IA	2:02:09	9:50
1045	109	M25	Christopher Gunderson, 25, Polk City, IA	2:02:09	9:50
1046	171	M30	Ahmed Ibrahim, 34, Clive, IA	2:02:10	9:50
1047	177	M40	Jerry Grahs, 41, North Liberty, IA	2:02:12	9:50
402	68	W25	Stephanie Grant, 25*, Ankeny, IA	2:02:12	9:50
1048	172	M30	Brian Whalen, 34, Des Moines, IA	2:02:13	9:50
403	78	W30	Brenda Vaandrager, 31*, West Des Moines, IA	2:02:15	9:50
1049	195	M35	Curtis Jahde, 35, Anita, IA	2:02:16	9:50
1050	196	M35	Benjamin Allen, 38, Des Moines, IA	2:02:17	9:50
404	20	W17	Stephanie Shenefield, 18*, Chariton, IA	2:02:19	9:51
405	79	W30	Connie VanRoekel, 34*, Adel, IA	2:02:20	9:51

1051	28	M55	Walter Aeckerle, 59, Walnut, IA	2:02:20	9:51
1052	197	M35	Hillard Salas, 35, Dubuque, IA	2:02:21	9:51
406	62	W40	Janet Donnelly, 42*, Des Moines, IA	2:02:21	9:51
407	78	W35	Sandra Stone, 35*, Des Moines, IA	2:02:22	9:51
408	80	W30	Elizabeth Johnson, 34*, Des Moines, IA	2:02:23	9:51
1053	173	M30	Shawn Corbin, 30, Clive, IA	2:02:24	9:51
1054	120	M45	Thomas McGrath, 46, Rose Mount, MN	2:02:25	9:51
409	55	W20	Leslie Byars, 21*, Norwalk, IA	2:02:25	9:51
1055	174	M30	Marc Ridout, 31, Murray, IA	2:02:26	9:51
410	69	W25	Molly Miller, 28*, Kansas City, KS	2:02:26	9:51
1056	198	M35	Kurt Hantelmann, 35, Des Moines, IA	2:02:26	9:51
411	56	W20	Amber Dunfee, 22*, Cedar Rapids, IA	2:02:27	9:51
412	81	W30	Stephanie Becker, 33*, Indianola, IA	2:02:28	9:51
1057	77	M50	Mark Jones, 50, Urbandale, IA	2:02:28	9:51
413	82	W30	Sara Warnock, 33*, Indianola, IA	2:02:29	9:51
414	83	W30	Angela Salas, 34*, Dubuque, IA	2:02:32	9:52
1058	178	M40	Dennis Judd, 41, Urbandale, IA	2:02:33	9:52
415	79	W35	Emily Witt, 37*, Des Moines, IA	2:02:33	9:52
416	80	W35	Laura McMahon, 38*, Clive, IA	2:02:34	9:52
417	84	W30	Pam Carlin, 33*, Ankeny, IA	2:02:37	9:52
1059	175	M30	Joe Steer, 32, West Des Moines, IA	2:02:41	9:52
418	81	W35	Leah Tokheim, 38*, Johnston, IA	2:02:42	9:52
419	63	W40	Jennifer Cannon, 40*, West Des Moines, IA	2:02:43	9:52
420	82	W35	Clare Gee, 38*, West Des Moines, IA	2:02:43	9:52
1060	121	M45	Mike DeAnda, 49, Waukee, IA	2:02:44	9:52
421	21	W17	Stephanie Stall, 17*, Huxley, IA	2:02:44	9:53
422	5	JrW	Mary Rouleau, 16*, Ankeny, IA	2:02:45	9:53
423	70	W25	Staci Kadolph, 28*, Ankeny, IA	2:02:46	9:53
1061	78	M50	Bill Seglar, 52, Clive, IA	2:02:47	9:53
424	64	W40	Judy Hubler, 44*, Cedar Rapids, IA	2:02:47	9:53
425	71	W25	Amy Howe, 27*, Indianola, IA	2:02:49	9:53
426	83	W35	Janet Anderson, 35*, West Des Moines, IA	2:02:51	9:53
1062	110	M25	Peter Reitano, 25, Ames, IA	2:02:53	9:53
427	85	W30	Melany Shaw, 33*, Altoona, IA	2:02:55	9:53
428	86	W30	Sharon Keenan, 32*, Grimes, IA	2:02:56	9:53
429	72	W25	Carrie O'Donnell, 26*, Omaha, NE	2:02:59	9:54
1063	111	M25	Nathan Meigs, 25, Des Moines, IA	2:02:59	9:54
430	65	W40	Sally Studer, 41*, West Des Moines, IA	2:03:01	9:54
1064	79	M50	Richard Blane, 52, West Des Moines, IA	2:03:02	9:54
431	73	W25	Leslie Jensen, 28*, West Des Moines, IA	2:03:02	9:54
1065	176	M30	Aloysius Kling, 32, Des Moines, IA	2:03:04	9:54
1066	80	M50	Greg Walters, 52, Grays Lake, IL	2:03:05	9:54
1067	177	M30	Tood Burlis, 34, Des Moines, IA	2:03:09	9:54
432	74	W25	Jennifer Miller, 27*, Grinnell, IA	2:03:11	9:55
1068	112	M25	Todd Miller, 27, Grinnell, IA	2:03:11	9:55
1069	81	M50	Bruce Bernard, 52, Urbandale, IA	2:03:12	9:55
1070	179	M40	Scott Slater, 41, Ankeny, IA	2:03:13	9:55
433	87	W30	Sandra Gerhartz, 32*, Edina, MN	2:03:15	9:55
1071	29	M55	Bill Lawless, 59, Des Moines, IA	2:03:16	9:55
1072	199	M35	Daniel Field, 37, Urbandale, IA	2:03:16	9:55
434	84	W35	Tricia Bixler, 37*, Omaha, NE	2:03:21	9:55
435	57	W20	Marie Fay, 23*, Iowa City, IA	2:03:22	9:56
1073	180	M40	Rick Dunn, 41, Eldora, IA	2:03:23	9:56
436	75	W25	Becky Dyke, 26*, Rochester, MN	2:03:23	9:56
437	76	W25	Kathi Eggleston, 25*, St Paul, MN	2:03:24	9:56
1074	181	M40	Doug Righi, 41, West Des Moines, IA	2:03:24	9:56
438	77	W25	Krystal Eigsti, 25*, West Des Moines, IA	2:03:25	9:56
439	22	W17	Karri Wells, 19*, Indianola, IA	2:03:26	9:56
440	23	W17	Stacie Suntken, 17*, Indianola, IA	2:03:26	9:56
441	66	W40	Laurie Textor, 41*, Story City, IA	2:03:27	9:56
442	85	W35	Lisa Scheppmann, 37*, West Des Moines, IA	2:03:28	9:56
1075	178	M30	Gary McCall, 34, Des Moines, IA	2:03:28	9:56
1076	179	M30	Daniel Beix, 33, Minneapolis, MN	2:03:30	9:56
443	58	W20	Jane Zirkelbach, 24*, Johnston, IA	2:03:31	9:56
444	67	W40	Joyce Jessen, 41*, Colfax, IA	2:03:31	9:56

445	78	W25 Alyssa Hagey, 28*, Clive, IA	2:03:36	9:57
1077	30	M55 Earl Maahs, 59, Spirit Lake, IA	2:03:38	9:57
446	59	W20 Misty Litchfield, 24*, West Des Moines, IA		
			2:03:39	9:57
447	79	W25 Holly Grimm, 25*, Cedar Falls, IA	2:03:40	9:57
448	68	W40 Kim Taylor, 41*, West Des Moines, IA	2:03:42	9:57
1078	31	M55 Ron Skrdla, 56, Ames, IA	2:03:42	9:57
449	88	W30 Jodi Maciefewski, 31*, Omaha, NE	2:03:45	9:57
450	80	W25 Dana Conner, 29*, Des Moines, IA	2:03:46	9:58
451	60	W20 Jill Mogard, 23*, Marshalltown, IA	2:03:49	9:58
452	86	W35 Michele Sundholm, 36*, Norwalk, IA	2:03:50	9:58
1079	113	M25 Dean Podlich, 29, Des Moines, IA	2:03:51	9:58
453	89	W30 Chantal Corcoran, 34*, West Des Moines, IA		
			2:03:51	9:58
1080	180	M30 Douglas Schulte, 33, West Des Moines, IA	2:03:53	9:58
454	87	W35 Carol Leist, 38*, Roswell, GA	2:03:53	9:58
1081	114	M25 Zachary Moore, 25, Des Moines, IA	2:03:53	9:58
455	81	W25 Maria Mattiace, 26*, Windsor Heights, IA	2:03:55	9:58
1082	82	M50 Steve Ovel, 54, Cedar Rapids, IA	2:03:56	9:58
1083	182	M40 Greg Eldredge, 41, West Des Moines, IA	2:03:59	9:59
456	88	W35 Karen Olivo, 37*, Coralville, IA	2:04:03	9:59
1084	181	M30 Trevor Myers, 34, Urbandale, IA	2:04:04	9:59
1085	183	M40 Jim Christenson, 44, Des Moines, IA	2:04:07	9:59
457	69	W40 Kary Austin, 40*, Grimes, IA	2:04:07	9:59
1086	200	M35 Jim Gorsche, 37, West Des Moines, IA	2:04:08	9:59
1087	184	M40 Jim Sanders, 42, Johnston, IA	2:04:09	9:59

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

1088	182	M30 Chris Eggert, 30, Ames, IA	2:04:12	10:00
458	89	W35 Nancy Dickerson, 39*, West Des Moines, IA	2:04:13	10:00
1089	201	M35 Steve Cannon, 36, Urbandale, IA	2:04:13	10:00
459	90	W35 Toni Leisinger, 36*, Council Bluffs, IA	2:04:19	10:00
460	91	W35 Kendra Saunders, 38*, Ida Grove, IA	2:04:22	10:00
461	90	W30 Kathy Manternach, 31*, Colfax, IA	2:04:23	10:00
462	82	W25 Michele Crystal, 27*, Adel, IA	2:04:24	10:01
463	91	W30 Stephanie Dermody, 33*, Norwalk, IA	2:04:24	10:01
464	92	W35 Tracy Cheney, 39*, West Des Moines, IA	2:04:26	10:01
465	83	W25 Jennifer Drees, 28*, Sloan, IA	2:04:27	10:01
1090	183	M30 Sean Culbertson, 34, Colfax, IA	2:04:28	10:01
466	84	W25 Jodi Ramsey, 26*, Bondurant, IA	2:04:28	10:01
1091	115	M25 Rick Kavan, 29, Clive, IA	2:04:31	10:01
1092	34	JrM Darren Worthington, 16, Indianola, IA	2:04:32	10:01
467	85	W25 Julie Stone, 28*, Des Moines, IA	2:04:32	10:01
1093	184	M30 Tim McCoy, 32, Des Moines, IA	2:04:32	10:01
1094	185	M30 Tim Doyle, 32, Ft. Dodge, IA	2:04:33	10:01
468	70	W40 Deb Avitt, 41*, Des Moines, IA	2:04:35	10:01
1095	122	M45 Scott Avitt, 49, Des Moines, IA	2:04:36	10:01
469	93	W35 Karen Alessio, 37*, Polk City, IA	2:04:36	10:02
1096	123	M45 Rodney Olson, 49, West Des Moines, IA	2:04:36	10:02
1097	83	M50 Richard Tittle, 50, West Des Moines, IA	2:04:37	10:02
1098	84	M50 Dennis Powell, 51, Pataskala, OH	2:04:37	10:02
1099	116	M25 Eric Schmiegl, 28, Pleasant Hill, IA	2:04:38	10:02
1100	42	M17 Dean Mather, 19, Laurens, IA	2:04:39	10:02
1101	89	M20 Nicholas Ford, 21, Creston, IA	2:04:39	10:02
470	31	W45 Kate Wacker, 49*, Coralville, IA	2:04:39	10:02
1102	124	M45 Dave Wacker, 49, Coralville, IA	2:04:39	10:02
1103	43	M17 Chad Aldeman, 18, West Des Moines, IA	2:04:46	10:02
1104	185	M40 Ronnie Taylor, 44, Johnston, IA	2:04:52	10:03
1105	117	M25 Samuel Tullis, 25, Urbandale, IA	2:04:53	10:03
1106	85	M50 Jeff Kessler, 54, Ankeny, IA	2:04:53	10:03
471	24	W17 Holly Tredway, 17*, Des Moines, IA	2:04:54	10:03
1107	202	M35 Max Studer, 38, West Des Moines, IA	2:04:57	10:03
1108	186	M40 Kurt Stock, 42, Cedar Falls, IA	2:04:58	10:03
1109	187	M40 Bret Weber, 43, Des Moines, IA	2:04:58	10:03

472	92	W30	Brenda Jackson, 30*, Des Moines, IA	2:05:00	10:03
1110	90	M20	Manni Balignasay, 22, Ankeny, IA	2:05:00	10:03
473	94	W35	Chris Nelson, 38*, Cedarrapids, IA	2:05:00	10:03
474	93	W30	Juli Brockner, 30*, Indianola, IA	2:05:06	10:04
1111	35	JrM	Chase Chance, 16, Zearing, IA	2:05:06	10:04
1112	86	M50	Fred Miller, 52, Dallas, TX	2:05:08	10:04
475	61	W20	Molly Ramsey, 24*, Des Moines, IA	2:05:09	10:04
1113	32	M55	Alton Kornegay, 59, Ankeny, IA	2:05:09	10:04
1114	118	M25	Ryan Cambron, 27, Indianola, IA	2:05:11	10:04
1115	203	M35	Tom Catus, 39, Johnston, IA	2:05:14	10:05
1116	87	M50	Karl Yuska, 50, Urbandale, IA	2:05:15	10:05
476	94	W30	Molly Anderson, 34*, Des Moines, IA	2:05:17	10:05
1117	125	M45	Jim Calhoun, 48, Des Moines, IA	2:05:19	10:05
477	86	W25	Ashley Oswalt, 27*, Pleasant Hill, IA	2:05:19	10:05
1118	188	M40	Steven McBreen, 42, Ames, IA	2:05:20	10:05
478	95	W35	Kayann Lilja, 39*, Cedar Falls, IA	2:05:21	10:05
1119	186	M30	Aaron Kennedy, 33, Des Moines, IA	2:05:22	10:05
1120	204	M35	Ron Engelhardt, 37, Ankeny, IA	2:05:24	10:05
1121	205	M35	Keith Snow, 35, Ankeny, IA	2:05:24	10:05
1122	206	M35	Dan Severson, 35, Ankeny, IA	2:05:25	10:05
479	87	W25	Colleen Kelly, 26*, West Des Moines, IA	2:05:25	10:05
1123	91	M20	Ryan Broich, 23, Ankeny, IA	2:05:27	10:06
480	10	W50	Janet Blazanin, 52*, Waukee, IA	2:05:31	10:06
481	88	W25	Janis Huff, 25*, Kansas City, MO	2:05:36	10:06
1124	126	M45	Karl Klotzbach, 46, Decorah, IA	2:05:36	10:06
1125	119	M25	Rik Rosno, 27, Des Moines, IA	2:05:39	10:07
482	32	W45	Trudy White, 46*, Iowa City, IA	2:05:40	10:07
483	95	W30	Jennifer Smith, 33*, Clive, IA	2:05:40	10:07
484	89	W25	Andrea Quam, 26*, Urbandale, IA	2:05:44	10:07
1126	88	M50	John Lewis, 51, Coal Valley, IL	2:05:44	10:07
1127	89	M50	Pete Solan, 50, Polk City, IA	2:05:44	10:07
1128	189	M40	Jim Sutter, 44, West Des Moines, IA	2:05:49	10:07
485	96	W30	Krista Gorsche, 34*, Des Moines, IA	2:05:50	10:07
486	97	W30	Linda Stoffel, 30*, Norwalk, IA	2:05:50	10:07
1129	127	M45	J P Greer, 45, Spencer, IA	2:05:53	10:08
1130	10	M60	Marv Maass, 60, Webster City, IA	2:05:55	10:08
487	98	W30	Lisa Rempe, 34*, Clive, IA	2:05:55	10:08
488	96	W35	Anita Anderson, 35*, Lincoln, NE	2:05:58	10:08
489	99	W30	Melissa Stenberg, 32*, Ames, IA	2:05:59	10:08
1131	207	M35	Keith Erhard, 38, West Des Moines, IA	2:06:00	10:08
490	97	W35	Brenda Zobel, 36*, Elkhart, IA	2:06:04	10:09
491	100	W30	Nancy Webb, 34*, Eldora, IA	2:06:07	10:09
1132	128	M45	Timothy Weaver, 49, Iowa City, IA	2:06:10	10:09
1133	187	M30	David Rodrian, 34, Milwaukee, WI	2:06:13	10:09
1134	36	JrM	Ty Foster-Stavneak, 13, Johnston, IA	2:06:19	10:10
492	101	W30	Jackie Nickolaus, 33*, Des Moines, IA	2:06:20	10:10
493	90	W25	Amy Wilson, 25*, Story City, IA	2:06:21	10:10
1135	188	M30	Michael Nickolaus, 33, Des Moines, IA	2:06:21	10:10
494	102	W30	Missy Lose, 33*, Menlo, IA	2:06:22	10:10
495	71	W40	Michelle Garasky, 44*, Ames, IA	2:06:23	10:10
496	91	W25	Tricia Scott, 27*, West Des Moines, IA	2:06:24	10:10
497	103	W30	Jennifer Dake, 32*, Des Moines, IA	2:06:25	10:10
1136	208	M35	Robert Jackson, 38, Windsor Heights, IA	2:06:25	10:10
1137	92	M20	Michael Dorman, 22, Cedar Rapids, IA	2:06:26	10:10
1138	189	M30	Patrick Sealey, 32, Sioux City, IA	2:06:28	10:10
498	62	W20	Sarah Wright, 20*, Des Moines, IA	2:06:29	10:11
1139	44	M17	Jace Teed, 19, Colfax, IA	2:06:30	10:11
499	104	W30	Susie Hildebrandt, 33*, Des Moines, IA	2:06:31	10:11
500	98	W35	Dawn Wellman, 38*, Johnston, IA	2:06:34	10:11
501	63	W20	Lisa Lorimor, 24*, Des Moines, IA	2:06:35	10:11
502	64	W20	Shannon Strickler, 24*, Windsor Heights, IA	2:06:35	10:11
503	99	W35	Lynette Rasmussen, 36*, Johnston, IA	2:06:37	10:11
504	72	W40	Jeanne Foster, 44*, Johnston, IA	2:06:44	10:12
505	105	W30	Brooke Lovelace, 31*, Des Moines, IA	2:06:45	10:12

506	92	W25	Renea Martin, 28*, Altoona, IA	2:06:45	10:12
1140	209	M35	Michael Schmidt, 39, Des Moines, IA	2:06:46	10:12
507	11	W50	Mavis Butler, 53*, Ames, IA	2:06:47	10:12
1141	190	M30	Rob Martin, 30, Altoona, IA	2:06:48	10:12
508	93	W25	Tamara Lipinski, 29*, New Hartford, IA	2:06:51	10:12
1142	190	M40	David Wilkerson, 42, Adel, IA	2:06:58	10:13
509	100	W35	Michelle Sharon, 35*, Allen, TX	2:06:58	10:13
1143	210	M35	Joseph Sinclair, 36, Melrose, IA	2:06:58	10:13
510	101	W35	Sarah Sexton, 38*, Des Moines, IA	2:06:58	10:13
1144	90	M50	Jake Jacobson, 52, Tama, IA	2:06:59	10:13
1145	129	M45	Michael Gardner, 49, Missouri Valley, IA	2:07:00	10:13
1146	191	M30	Todd Miler, 31, Des Moines, IA	2:07:00	10:13
511	94	W25	Anne Burmeister, 25*, Iowa City, IA	2:07:01	10:13
512	106	W30	Brigitte Mullen, 30*, Kirksville, MO	2:07:02	10:13
1147	192	M30	Paul Burmeister, 31, Iowa City, IA	2:07:02	10:13
1148	120	M25	Bill Finnegan, 29, West Des Moines, IA	2:07:03	10:13
1149	191	M40	Brent Niland, 40, West Des Moines, IA	2:07:03	10:13
513	102	W35	Traci Jacobi, 37*, Shellsburg, IA	2:07:05	10:14
1150	45	M17	Joe Hugen, 18, Altoona, IA	2:07:06	10:14
1151	193	M30	Kurt Smith, 34, Des Moines, IA	2:07:07	10:14
514	95	W25	Deanne Reber, 29*, Madrid, IA	2:07:07	10:14
1152	130	M45	Chris Mitchell, 47, Ankeny, IA	2:07:07	10:14
515	96	W25	Michelle Crawford, 25*, Osceola, IA	2:07:08	10:14
1153	211	M35	Mike Jacobi, 38, Shellsburg, IA	2:07:08	10:14
516	97	W25	Dawn Eimers, 27*, Urbandale, IA	2:07:08	10:14
1154	192	M40	Douglas Campbell, 42, Cedar Rapids, IA	2:07:09	10:14
517	65	W20	Amanda Werner, 20*, Ames, IA	2:07:09	10:14
1155	212	M35	David Dubois, 37, Des Moines, IA	2:07:10	10:14
1156	93	M20	Brent Boots, 21, Ames, IA	2:07:10	10:14
1157	193	M40	Greg Swanson, 44, Norwalk, IA	2:07:11	10:14
518	98	W25	Christiana Taylor, 29*, Iowa City, IA	2:07:12	10:14
1158	194	M40	Jeff Trimble, 41, Des Moines, IA	2:07:13	10:14
519	107	W30	Kristin Van Wyk, 31*, Minnetonka, MN	2:07:13	10:14
520	108	W30	Jennifer Williamson, 30*, Cedar Falls, IA	2:07:14	10:14
521	66	W20	Ondy Van Voorst, 23*, Ames, IA	2:07:14	10:14
1159	91	M50	Ted Williams, 50, Webster City, IA	2:07:16	10:14
522	99	W25	Heidi Wagner, 27*, Waverly, IA	2:07:16	10:14
1160	92	M50	Randy Youngdale, 51, Webster City, IA	2:07:16	10:14
1161	195	M40	Lawrence Anderson, 44, Des Moines, IA	2:07:20	10:15
523	73	W40	Susan Shoup, 42*, Lemars, IA	2:07:21	10:15
524	100	W25	Ann Baumhover, 27*, West Des Moines, IA	2:07:21	10:15
525	33	W45	Denise Broich, 46*, Ankeny, IA	2:07:23	10:15
526	103	W35	Monica Kehrli, 37*, Des Moines, IA	2:07:23	10:15
1162	33	M55	Norman Hulscher, 58, West Des Moines, IA	2:07:24	10:15
1163	213	M35	John Bonnicksen, 36, Ames, IA	2:07:28	10:15
1164	131	M45	John Nicols, 46, Urbandale, IA	2:07:31	10:16
1165	94	M20	Luke Wadsley, 24, Ames, IA	2:07:32	10:16
527	67	W20	Erin Larsen, 24*, West Des Moines, IA	2:07:37	10:16
1166	93	M50	Glen Oglia, 50, Des Moines, IA	2:07:43	10:17
528	101	W25	Melinda Hill, 26*, Des Moines, IA	2:07:44	10:17
529	12	W50	Janice Hatt, 51*, Lacrosse, WI	2:07:44	10:17
530	104	W35	Beth Adams, 36*, Indianola, IA	2:07:45	10:17
1167	121	M25	Scott Hagley, 26, Ames, IA	2:07:47	10:17
531	102	W25	Kari Kellen, 25*, Ames, IA	2:07:48	10:17
1168	122	M25	Shay Acheson, 27, Des Moines, IA	2:07:48	10:17
1169	214	M35	Bret Petersen, 35, Ankeny, IA	2:07:49	10:17
1170	196	M40	Keith Vangent, 43, Sheldon, IA	2:07:55	10:18
532	74	W40	Carole Duffy, 43*, West Des Moines, IA	2:07:56	10:18
1171	197	M40	Jon Werger, 41, West Des Moines, IA	2:07:58	10:18
533	109	W30	Connie Ten Napel, 34*, Jefferson, IA	2:08:01	10:18
534	34	W45	Darla Emery, 48*, Ames, IA	2:08:02	10:18
535	103	W25	Melissa Perrin, 25*, Windsor Heights, IA	2:08:03	10:18
536	35	W45	Margaret Liston, 47*, Ogden, IA	2:08:03	10:18
1172	94	M50	Ronald Mowers, 53, Ames, IA	2:08:03	10:18
1173	132	M45	Russ Laczniak, 45, Ames, IA	2:08:04	10:18

1174	215	M35	Karl Kruse, 37, Johnston, IA	2:08:08	10:19
537	104	W25	Nicole Jacobson, 27*, Urbandale, IA	2:08:10	10:19
538	75	W40	Connie Whetstone, 41*, Ankeny, IA	2:08:13	10:19
1175	216	M35	Bill Hudson, 37, Ankeny, IA	2:08:15	10:19
1176	194	M30	Tom Akers, 34, Rock Falls, IL	2:08:16	10:19
539	68	W20	Laura Emmole, 23*, Cedar Falls, IA	2:08:18	10:19
1177	133	M45	Joel Greer, 49, Marshalltown, IA	2:08:18	10:19
540	36	W45	Susan Duoblys, 47*, Des Moines, IA	2:08:20	10:20
1178	195	M30	Kevin Fynaardt, 33, Des Moines, IA	2:08:20	10:20
1179	217	M35	Deepak Kumar, 38, Rochester, MN	2:08:23	10:20
541	110	W30	Sherry Tow, 32*, West Des Moines, IA	2:08:24	10:20
1180	196	M30	Jason Irving, 32, Fort Dodge, IA	2:08:25	10:20
1181	37	JrM	Ryan Anderson, 16, West Des Moines, IA	2:08:27	10:20
1182	197	M30	Tony Jetter, 32, West Des Moines, IA	2:08:32	10:21
542	37	W45	Paula Sandmeier, 45*, Knoxville, IA	2:08:34	10:21
543	111	W30	Jill Smith, 31*, Clive, IA	2:08:34	10:21
1183	11	M60	Ronald Rush, 62, Bloomington, MN	2:08:36	10:21
1184	198	M40	John Kovar, 44, Ames, IA	2:08:37	10:21
544	76	W40	Val McIntyre, 42*, Urbandale, Ia	2:08:40	10:21
1185	123	M25	Brian Kinman, 29, Johnston, IA	2:08:40	10:21
545	105	W25	Amy Terpstra, 27*, Marion, IA	2:08:41	10:21
1186	198	M30	Geoff Graham, 34, Waukee, IA	2:08:42	10:21
546	105	W35	Natalie Francis, 36*, Ankeny, IA	2:08:42	10:21
1187	199	M30	Sean Lyons, 33, Bettendorf, IA	2:08:42	10:21
547	106	W35	Lora Kester, 35*, Carroll, IA	2:08:44	10:21
1188	95	M20	Adam Briddell, 22, West Des Moines, IA	2:08:44	10:21
548	38	W45	Cindy Moison, 45*, Johnston, IA	2:08:45	10:22
1189	200	M30	Jamie Peterson, 32, Ankeny, IA	2:08:45	10:22
1190	46	M17	Andy Johnson, 18, Des Moines, IA	2:08:45	10:22
1191	12	M60	Rollin Perry, 63, Cedar Falls, IA	2:08:49	10:22
549	112	W30	Andrea Nielsen, 32*, Battle Creek, IA	2:08:49	10:22
550	106	W25	Maria Blake, 25*, West Des Moines, IA	2:08:50	10:22
551	113	W30	Jody Kimrey, 33*, Johnston, IA	2:08:52	10:22
1192	124	M25	Jeff Storey, 29, Grimes, IA	2:08:53	10:22
1193	34	M55	Charlie Ford, 55, Omaha, NE	2:08:54	10:22
1194	199	M40	Jesse Gonzalez, 41, Clive, IA	2:08:55	10:22
552	107	W25	Oona Blakemore, 26*, Westlake, OH	2:08:58	10:23
1195	35	M55	Tom Newbiggin, 59, West Des Moines, IA	2:08:59	10:23
553	108	W25	Carrie Specht, 26*, West Des Moines, IA	2:09:02	10:23
554	109	W25	Lyddia Asman, 28*, Grimes, IA	2:09:03	10:23
555	77	W40	Mary Devalois, 42*, Iowa City, IA	2:09:03	10:23
556	114	W30	Molly Canady, 30*, Des Moines, IA	2:09:03	10:23
557	115	W30	Polly Wolterman, 31*, Newell, IA	2:09:04	10:23
1196	218	M35	Kirk Haefner, 36, Cedarrapids, IA	2:09:06	10:23
1197	219	M35	Tim Davis, 37, Slater, IA	2:09:09	10:23
1198	95	M50	Kenny Grandstaff, 52, Des Moines, IA	2:09:10	10:24
1199	220	M35	Todd Bohnsack, 36, Vinton, IA	2:09:10	10:24
1200	221	M35	Michael Zachmeyer, 36, Rock Island, IL	2:09:11	10:24
558	39	W45	Betty Baker, 49*, Ames, IA	2:09:11	10:24
559	116	W30	Sandy Mensen, 33*, Delhi, IA	2:09:12	10:24
560	110	W25	Gina Battani, 27*, Norwalk, IA	2:09:14	10:24
561	117	W30	Tina McDonald, 30*, Waukee, IA	2:09:15	10:24
562	78	W40	Liz Hilgenberg, 44*, Waukee, IA	2:09:15	10:24
563	69	W20	Rhonda Bernhardt, 24*, Pleasant Hill, IA	2:09:16	10:24
1201	96	M50	Michael McEnroe, 50, West Des Moines, IA	2:09:21	10:24
564	107	W35	Rebecca Caux, 38*, Des Moines, IA	2:09:21	10:24
565	111	W25	Michelle Robinson, 25*, Carlisle, IA	2:09:22	10:25
566	118	W30	Sara Hunt, 31*, West Des Moines, IA	2:09:24	10:25
1202	13	M60	Arlo Van Diest, 61, Webster City, IA	2:09:24	10:25
567	108	W35	Lisa Hoffmann, 36*, Urbandale, IA	2:09:26	10:25
1203	200	M40	Lane Vellinga, 40, Waukee, IA	2:09:26	10:25
1204	222	M35	Jim Mills, 39, Des Moines, IA	2:09:28	10:25
568	109	W35	Tiffany Kemp, 36*, Des Moines, IA	2:09:30	10:25
569	79	W40	Virginia Croskery, 41*, Urbandale, IA	2:09:31	10:25
570	70	W20	Amy Franken, 24*, Des Moines, IA	2:09:33	10:25

1205	223	M35	Jim Noonan, 39, Bondurant, IA	2:09:36	10:26
571	110	W35	Stacey Brown, 38*, Pleasant Hill, IA	2:09:37	10:26
572	40	W45	Debbie Earleywine, 49*, Des Moines, IA	2:09:37	10:26
573	41	W45	Kathleen Moss, 48*, Algona, IA	2:09:38	10:26
1206	224	M35	Curt Carlson, 38, Ames, IA	2:09:40	10:26
1207	125	M25	Travis Funseth, 28, Ankeny, IA	2:09:41	10:26
574	13	W50	Catherine Smith, 53*, West Des Moines, IA	2:09:42	10:26
1208	201	M30	Doug Hodgson, 32, Des Moines, IA	2:09:43	10:26
1209	225	M35	Mark Paca, 36, Boone, IA	2:09:50	10:27
575	119	W30	Eleena Mitchell-Sadler, 33*, Urbandale, IA	2:09:50	10:27
576	120	W30	Marcie Kragenbring, 31*, St Paul, MN	2:09:53	10:27
577	111	W35	Kim Williams, 35*, Des Moines, IA	2:09:54	10:27
578	112	W25	Haley Miller, 26*, Des Moines, IA	2:09:56	10:27
579	25	W17	Beth Eckardt, 19*, Webster City, IA	2:09:58	10:27
580	42	W45	Jill Eckardt, 48*, Webster City, IA	2:09:58	10:27
581	80	W40	Julia Ham, 40*, Ames, IA	2:09:59	10:27
1210	126	M25	Brocke Palmer, 27, West Des Moines, IA	2:09:59	10:27
1211	47	M17	Loren Lavalley, 18, Madrid, IA	2:10:00	10:28
582	112	W35	Kelli Wiggins, 38*, West Des Moines, IA	2:10:00	10:28
583	81	W40	Joan Deprenger, 40*, Iowa City, IA	2:10:00	10:28
1212	202	M30	Chris Norvell, 31, Sioux City, IA	2:10:01	10:28
584	26	W17	Brigham Hoegh, 17*, Atlantic, IA	2:10:01	10:28
585	82	W40	Nancy Rosenthal, 44*, Iowa City, IA	2:10:02	10:28
1213	226	M35	Marty Unga, 37, Urbandale, IA	2:10:02	10:28
1214	203	M30	Chris Accola, 32, Cedar Falls, IA	2:10:05	10:28
1215	201	M40	Duncan Gallagher, 42, Ankeny, IA	2:10:07	10:28
586	113	W35	Laurie Slater, 39*, Cedar Rapids, IA	2:10:09	10:28
1216	227	M35	Pat Burk, 36, West Des Moines, IA	2:10:10	10:28
1217	228	M35	Jay Hagedorn, 38, Des Moines, IA	2:10:12	10:29
587	1	W60	Madonna Hosch, 60*, Elkader, IA	2:10:12	10:29
1218	127	M25	Jason Wulf, 29, Des Moines, IA	2:10:14	10:29
1219	128	M25	Scott Brandau, 27, Osage, IA	2:10:18	10:29
588	113	W25	Audrey Hanson, 27*, West Des Moines, IA	2:10:19	10:29
589	114	W25	Toni Hoyt, 27*, Des Moines, IA	2:10:20	10:29
590	114	W35	Yvonne Minton, 37*, Des Moines, IA	2:10:22	10:29
1220	134	M45	John Nation, 45, Ogden, IA	2:10:25	10:30
591	121	W30	Angela Hobson, 30*, Johnston, IA	2:10:25	10:30
1221	135	M45	Denis Schmitt, 47, West Des Moines, IA	2:10:25	10:30
1222	97	M50	Gerald Graves, 52, Van Meter, IA	2:10:26	10:30
592	115	W25	Jodi Ahlman, 27*, Elkhart, IA	2:10:29	10:30
593	14	W50	Connie Robinson, 51*, Bondurant, IA	2:10:34	10:30
594	83	W40	Linda McGerr, 40*, Victoria, MN	2:10:37	10:31
595	84	W40	Jan Miller-Hook, 44*, Indianola, IA	2:10:40	10:31
596	122	W30	Holly Armstrong, 30*, Cedar Rapids, IA	2:10:40	10:31
597	115	W35	Jolene Broghammer, 35*, Grimes, IA	2:10:41	10:31
1223	129	M25	Aaron Pickrell, 29, Washington, DC	2:10:42	10:31
1224	136	M45	Robert Jones, 49, Cedar Rapids, IA	2:10:44	10:31
1225	204	M30	Jeffrey Olson, 30, Ankeny, IA	2:10:45	10:31
1226	202	M40	Jeffrey Whittlesey, 43, Iowa City, IA	2:10:50	10:32
598	15	W50	Barbara Thornton, 52*, West Des Moines, IA	2:10:50	10:32
599	123	W30	Maura Rombalski, 32*, West Des Moines, IA	2:10:51	10:32
600	43	W45	Theresa Menough, 47*, Urbandale, IA	2:10:51	10:32
601	27	W17	Jamie Wagner, 18*, Panora, IA	2:10:52	10:32
602	124	W30	Michelle Sieber, 34*, Clive, IA	2:10:52	10:32
1227	137	M45	John Quinnell, 48, West Des Moines, IA	2:10:52	10:32
1228	98	M50	Stanley Heidemann, 54, Kellogg, IA	2:10:53	10:32
1229	14	M60	Vince Hatt, 62, Lacrosse, WI	2:10:53	10:32
603	125	W30	Julie Brown, 34*, Iowa City, IA	2:10:55	10:32
1230	205	M30	Steve Ackley, 33, Indianapolis, IN	2:10:56	10:32
1231	206	M30	Ron Cox, 32, Mooresville, IN	2:10:56	10:32
604	85	W40	Mary Hester, 41*, Urbandale, IA	2:10:57	10:32
1232	138	M45	Thomas Brent, 47, Ames, IA	2:10:58	10:32
1233	229	M35	Michael Perry, 36, West Des Moines, IA	2:10:58	10:32

605	126	W30	Alison Simpson, 31*, Spencer, IA	2:10:59	10:32
1234	203	M40	David Hester3, 42, Urbandale, IA	2:10:59	10:32
606	44	W45	Pat Houlihan, 46*, West Des Moines, IA	2:11:01	10:32
1235	99	M50	Clarence Hudson, 51, Des Moines, IA	2:11:01	10:32
1236	230	M35	Jay Holder, 38, Fort Dodge, IA	2:11:01	10:33
607	16	W50	Ann Greubel, 51*, Indianola, IA	2:11:01	10:33
608	116	W25	Rosemary Pedersen, 29*, West Des Moines, IA	2:11:04	10:33
1237	139	M45	John Doherty, 48, Urbandale, IA	2:11:05	10:33
1238	207	M30	Gregory White, 32, Ames, IA	2:11:07	10:33
1239	231	M35	Ron Maahs, 36, Johnston, IA	2:11:09	10:33
609	117	W25	Heather Bitting, 25*, Des Moines, IA	2:11:09	10:33
610	118	W25	Mary Popson-Klein, 29*, Knoxville, IA	2:11:12	10:33
1240	36	M55	Dean Lauterbach, 58, Newton, IA	2:11:12	10:33
1241	130	M25	Michael Kron, 26, Urbandale, IA	2:11:13	10:33
611	119	W25	Jennifer Krambeck, 27*, Des Moines, IA	2:11:13	10:33
1242	131	M25	David Kelly, 26, Waterloo, IA	2:11:15	10:34
1243	132	M25	Benjamin Krambeck, 27, Des Moines, IA	2:11:17	10:34
612	86	W40	Jan Atchison, 43*, Marshalltown, IA	2:11:18	10:34
1244	204	M40	Matt Goode, 40, Des Moines, IA	2:11:18	10:34
1245	208	M30	Derek Quijano, 31, Des Moines, IA	2:11:18	10:34
1246	232	M35	Patrick Fitzgerald, 38, Minneapolis, MN	2:11:19	10:34
613	28	W17	Sarah Burgin, 18*, Lacona, IA	2:11:20	10:34
614	120	W25	Greta Southall, 27*, Indianola, IA	2:11:21	10:34
1247	205	M40	Joseph Creighton, 42, Granger, IA	2:11:21	10:34
615	127	W30	Heather Miller, 33*, Gladstone, MO	2:11:22	10:34
616	71	W20	Mariette Stefferud, 24*, Lacrosse, WI	2:11:22	10:34
617	121	W25	Kristina Bergdahl, 27*, Westby, WI	2:11:23	10:34
618	17	W50	Kathy Schwappach, 51*, La Grange, IL	2:11:24	10:34
619	116	W35	Diana Brown, 37*, West Liberty, IA	2:11:25	10:34
1248	100	M50	Mike Vint, 50, Pella, IA	2:11:25	10:34
620	128	W30	Shannon Sabin, 32*, Urbandale, IA	2:11:26	10:35
1249	206	M40	Brad Zaun, 40, Urbandale, IA	2:11:26	10:35
621	29	W17	Katie Wheeler, 19*, Ames, IA	2:11:31	10:35
622	72	W20	Risa Strawhecker, 23*, Omaha, NE	2:11:32	10:35
623	117	W35	Geri Kearney, 37*, Ottumwa, IA	2:11:38	10:35
1250	140	M45	Brian Alexander, 48, Des Moines, IA	2:11:38	10:35
624	118	W35	Julie Dallman, 36*, Olathe, KS	2:11:38	10:35
1251	233	M35	Jeffrey Dallman, 35, Des Moines, IA	2:11:39	10:36
1252	207	M40	Joe Harrison, 41, Des Moines, IA	2:11:43	10:36
625	73	W20	Marissa Mowen, 22*, Ames, IA	2:11:44	10:36
626	74	W20	Emily Peltz, 21*, Ringted, IA	2:11:44	10:36
627	129	W30	Robin Heldt, 30*, West Des Moines, IA	2:11:46	10:36
1253	141	M45	Scott Combs, 48, Aurora, IL	2:11:46	10:36
628	122	W25	Mary Canady, 25*, Johnston, IA	2:11:47	10:36
629	123	W25	Jacy Downey, 27*, Indianola, IA	2:11:47	10:36
1254	209	M30	Ron Wiedman, 31, Grimes, IA	2:11:51	10:37
1255	133	M25	Jason Wiedman, 26, Ankeny, IA	2:11:52	10:37
1256	210	M30	Brian Bailey, 30, Windsor Heights, IA	2:12:00	10:37
1257	101	M50	Tom England, 54, Pleasant Hill, IA	2:12:00	10:37
630	87	W40	Kay Mernin, 42*, Newell, IA	2:12:01	10:37
631	130	W30	Stacey Murray, 32*, Kansas City, MO	2:12:02	10:37
632	124	W25	Jodi Jenkins, 25*, Ankeny, IA	2:12:04	10:38
633	125	W25	Lynn Stover, 28*, Indianola, IA	2:12:05	10:38
1258	211	M30	Chris Amenell, 31, Des Moines, IA	2:12:07	10:38
1259	208	M40	Jim McIntyre, 42, Urbandale, IA	2:12:08	10:38
634	75	W20	Megan Hill, 22*, Pleasant Hill, IA	2:12:09	10:38
1260	96	M20	Scott Herrig, 22, Dubuque, IA	2:12:11	10:38
635	126	W25	Erin Ross, 26*, Des Moines, IA	2:12:11	10:38
636	119	W35	Julie Hale, 39*, Des Moines, IA	2:12:14	10:38
637	88	W40	Audrey Wheeler, 41*, Ames, IA	2:12:14	10:38
638	76	W20	Andrea Conover, 22*, Coralville, IA	2:12:15	10:38
639	127	W25	Jennifer Lundquist, 25*, Des Moines, IA	2:12:16	10:39
1261	142	M45	Dan Agrimson, 49, Eden Prairie, MN	2:12:16	10:39
1262	234	M35	Michael Burton, 35, Perry, IA	2:12:18	10:39

640	120	W35	Lea Flanagan, 37*, Des Moines, IA	2:12:18	10:39
641	128	W25	Brook Christianson, 25*, Martensdale, IA	2:12:23	10:39
642	129	W25	Sheila Opfer, 29*, Omaha, NE	2:12:23	10:39
643	121	W35	Dee Mable, 37*, Urbandale, IA	2:12:24	10:39
1263	37	M55	Randall Hanson, 57, Waukee, IA	2:12:24	10:39
644	130	W25	Jennifer Pruin, 25*, Ames, IA	2:12:24	10:39
645	89	W40	Kristy Hemann, 44*, Edgewood, IA	2:12:25	10:39
646	131	W25	Michelle Zeiser, 29*, Waukee, IA	2:12:27	10:39
1264	134	M25	Aaron Mishler, 27, Iowa City, IA	2:12:29	10:40
1265	235	M35	Thomas Duff, 39, Des Moines, IA	2:12:30	10:40
647	131	W30	Krista Aldred, 32*, Norwalk, IA	2:12:32	10:40
648	90	W40	Janet Malmberg, 42*, Des Moines, IA	2:12:32	10:40
1266	209	M40	Del Christensen, 42, Adel, IA	2:12:33	10:40
649	132	W25	Jenny Reitano, 25*, Ames, IA	2:12:33	10:40
1267	102	M50	Walter Hunt, 51, Council Bluffs, IA	2:12:36	10:40
650	77	W20	Christina DeHamer, 21*, Urbandale, IA	2:12:37	10:40
1268	103	M50	Howard Hunt, 52, Dixon, IA	2:12:37	10:40
1269	212	M30	Stephen Sartori, 32, Marion, IA	2:12:37	10:40
651	91	W40	Deb Christensen, 40*, Adel, IA	2:12:43	10:41
652	78	W20	Crystal Patterson, 23*, Des Moines, IA	2:12:47	10:41
653	132	W30	Amy Weppler, 30*, Pella, IA	2:12:50	10:41
1270	135	M25	Scott Jackson, 28, Des Moines, IA	2:12:51	10:41
654	122	W35	Rhonda Goode, 38*, Des Moines, IA	2:12:52	10:41
655	133	W25	Jo Vanpatten, 25*, West Des Moines, IA	2:12:53	10:41
656	123	W35	Sue Sundstrom, 37*, Cedar Rapids, IA	2:12:54	10:42
1271	213	M30	Garrett Goins, 33, Ankeny, IA	2:12:55	10:42
1272	236	M35	Chris Pose, 39, Cumming, IA	2:12:56	10:42
1273	104	M50	Dennis Lincicum, 52, Ankeny, IA	2:12:56	10:42
657	134	W25	Amy Ramsey, 27*, Des Moines, IA	2:12:57	10:42
658	45	W45	Becky Lang, 45*, Urbandale, IA	2:12:58	10:42
1274	136	M25	Andrew McDowell, 26, West Des Moines, IA	2:12:58	10:42
659	124	W35	Stacy Lang, 37*, Urbandale, IA	2:12:58	10:42
660	135	W25	Jodi Reinke, 29*, Ankeny, IA	2:12:59	10:42
1275	237	M35	Scott Johnson, 38, Johnston, IA	2:13:00	10:42
1276	214	M30	Vince Sturm, 33, Waukee, IA	2:13:02	10:42
661	136	W25	Sue Anderson, 29*, Des Moines, IA	2:13:03	10:42
1277	210	M40	David Probasco, 41, Urbandale, IA	2:13:05	10:42
1278	211	M40	Richard Robert, 42, Charles City, IA	2:13:06	10:43
662	137	W25	Lori Zehr, 26*, Lees Summit, MO	2:13:07	10:43
1279	143	M45	Kevin Ballard, 45, Marion, IA	2:13:09	10:43
663	138	W25	Holly Bruns, 27*, Swisher, IA	2:13:11	10:43
1280	238	M35	Joe Monahan, 38, Sioux Falls, SD	2:13:11	10:43
1281	212	M40	Alliston Ryan, 44, Norwalk, IA	2:13:11	10:43
1282	239	M35	Stephen Linsley, 36, Des Moines, IA	2:13:13	10:43
1283	240	M35	Mike Phillips, 38, Johnston, IA	2:13:16	10:43
664	139	W25	Kristen Plate, 29*, Des Moines, IA	2:13:16	10:43
1284	213	M40	Jeff Jacobson, 42, Bellevue, NE	2:13:17	10:43
1285	137	M25	Trent Hol, 25, Des Moines, IA	2:13:20	10:44
665	125	W35	Annette Baker, 39*, New Providence, IA	2:13:21	10:44
1286	144	M45	D. Fuller, 49, Ankeny, IA	2:13:21	10:44
666	140	W25	Lydia Hol, 25*, Des Moines, IA	2:13:22	10:44
1287	145	M45	David Vansickel, 48, West Des Moines, IA	2:13:22	10:44
1288	138	M25	Erik Halling, 28, Saukville, WI	2:13:24	10:44
1289	215	M30	Nicholas Vahanian, 34, Ankeny, IA	2:13:25	10:44
667	92	W40	Kathleen Mullin, 41*, Ames, IA	2:13:26	10:44
668	141	W25	Susan Vanderwaal, 29*, Des Moines, IA	2:13:29	10:44
1290	146	M45	Joel Feist, 47, Neillsville, WI	2:13:31	10:45
669	133	W30	Cari Judge, 30*, Legrand, IA	2:13:31	10:45
1291	15	M60	Richard Nehring, 62, Alden, IA	2:13:32	10:45
670	126	W35	Kim Jensen, 36*, Ankeny, IA	2:13:33	10:45
671	134	W30	Janice Coleman, 34*, Des Moines, IA	2:13:34	10:45
1292	16	M60	Ken Reimer, 60, Elkader, IA	2:13:36	10:45
1293	38	M55	Tom Leffler, 56, Johnston, IA	2:13:36	10:45
1294	105	M50	David Gaulke, 50, Indianola, IA	2:13:38	10:45
672	93	W40	Darla Al-Mazroa, 40*, Des Moines, IA	2:13:40	10:45

673	94	W40	Cynthia Sayles, 43*, West Des Moines, IA	2:13:40	10:45
674	135	W30	Cathy McLaughlin, 32*, Marion, IA	2:13:43	10:46
1295	214	M40	John Raibikis, 44, Des Moines, IA	2:13:48	10:46
675	142	W25	Julie Beehler, 28*, Cedar Rapids, IA	2:13:48	10:46
676	95	W40	Shellie Billings, 43*, Dallas Center, IA	2:13:48	10:46
677	127	W35	Kelly Timmerman, 35*, Clive, IA	2:13:51	10:46
678	136	W30	Brooke Schafer, 30*, Urbandale, IA	2:13:51	10:46
679	96	W40	Rhonda Anderson, 43*, Clive, IA	2:13:54	10:46
1296	215	M40	Vic Raibikis, 41, Des Moines, IA	2:13:54	10:46
1297	147	M45	David Porepp, 46, Adel, IA	2:13:54	10:46
1298	241	M35	Craig Logemann, 37, Ankeny, IA	2:13:55	10:46
1299	216	M40	Bill Grund, 40, Des Moines, IA	2:13:56	10:47
1300	38	JrM	Carl West, 15, Des Moines, IA	2:13:56	10:47
1301	106	M50	Larry Jenkins, 52, Ames, IA	2:13:59	10:47
1302	1	M70	Glen Zirbel, 71, Ankeny, IA	2:14:00	10:47
1303	242	M35	Shawn Bown, 35, Des Moines, IA	2:14:01	10:47
680	18	W50	Mrtty Ohrt, 51*, Cave Creek, AZ	2:14:03	10:47
681	79	W20	Kristy Conrad, 24*, West Des Moines, IA	2:14:04	10:47
682	137	W30	Jennifer Heiderscheit, 30*, Des Moines, IA	2:14:08	10:48
683	138	W30	Erin Knight, 30*, Sunderland, MA	2:14:08	10:48
1304	217	M40	Christian Buffard, 40, Cambridge, IA	2:14:10	10:48
1305	243	M35	Cory McClure, 37, Ankeny, IA	2:14:11	10:48
684	143	W25	Audrey Darrigues, 25*, Ames, IA	2:14:12	10:48
1306	218	M40	David Pierce, 44, Grimes, IA	2:14:12	10:48
685	80	W20	Hilary Nation, 20*, Urbandale, IA	2:14:14	10:48
686	139	W30	Leah Churchman, 32*, West Des Moines, IA	2:14:20	10:49
687	19	W50	Becky Rozenboom, 50*, Oskaloosa, IA	2:14:20	10:49
688	97	W40	Lana Degroot, 40*, Oskaloosa, IA	2:14:21	10:49
1307	107	M50	Gary Handley, 52, Des Moines, IA	2:14:21	10:49
689	140	W30	Jill Barrick, 33*, Altoona, IA	2:14:23	10:49
690	141	W30	Chaney Yeast, 32*, Johnston, IA	2:14:24	10:49
691	142	W30	Dena Vogel, 30*, New Virginia, IA	2:14:25	10:49
1308	139	M25	Matthew Maxwell, 29, West Des Moines, IA	2:14:25	10:49
1309	244	M35	Scott Haglund, 39, West Des Moines, IA	2:14:34	10:50
692	98	W40	Audrey Porter, 43*, Urbandale, IA	2:14:35	10:50
693	99	W40	Joan Wollenzien, 40*, West Des Moines, IA	2:14:35	10:50
1310	39	M55	Thomas Kurt, 57, Ankeny, IA	2:14:35	10:50
694	81	W20	Karen Elmer, 23*, Jefferson, IA	2:14:38	10:50
695	30	W17	Ashley Holz, 17*, Rippey, IA	2:14:38	10:50
1311	148	M45	Paul Millhollin, 45, Guthrie Center, IA	2:14:46	10:51
1312	216	M30	Tim Weber, 33, West Des Moines, IA	2:14:49	10:51
696	82	W20	Melissa Ryan, 20*, Norwalk, IA	2:14:51	10:51
697	31	W17	Katie Glace, 18*, Eldora, IA	2:14:52	10:51
698	83	W20	Carrie Williams, 23*, Altoona, IA	2:14:52	10:51
1313	219	M40	David Libby, 42, Florissant, MO	2:14:53	10:51
1314	217	M30	Brad Marner, 31, Des Moines, IA	2:14:53	10:51
699	144	W25	Angela Sanger, 29*, Des Moines, IA	2:14:55	10:51
700	84	W20	Danielle Doughan, 22*, West Des Moines, IA	2:14:55	10:51
1315	140	M25	Rick Sanger, 28, West Des Moines, IA	2:14:56	10:51
701	143	W30	Jennifer Sikute, 32*, Ames, IA	2:14:59	10:52
702	144	W30	Joy Carter, 30*, Des Moines, IA	2:15:00	10:52
703	145	W30	Lauri Dusselier, 34*, Ames, IA	2:15:01	10:52
704	128	W35	Jill Wanninger, 37*, Jefferson, IA	2:15:01	10:52
1316	97	M20	Chris Seiler, 22, Madrid, IA	2:15:03	10:52
705	100	W40	Betsy Peterson, 43*, Perry, IA	2:15:05	10:52
706	101	W40	Susanne Swanson, 40*, Madrid, IA	2:15:10	10:52
1317	220	M40	William Niebur, 44, Des Moines, IA	2:15:12	10:53
707	85	W20	Erin Borchers, 23*, Iowa City, IA	2:15:14	10:53
1318	141	M25	Aaron Johnson, 29, Ankeny, IA	2:15:16	10:53
1319	218	M30	Phil Lewis, 31, Cedar Rapids, IA	2:15:19	10:53
708	145	W25	Jennifer Devore, 29*, West Des Moines, IA	2:15:20	10:53
709	146	W25	Sherri Amsler, 27*, Des Plaines, IL	2:15:24	10:54
710	102	W40	Kwanchai Altman, 44*, Perry, IA	2:15:26	10:54

1320	245	M35	Tim Askland, 38, West Des Moines, IA	2:15:29	10:54
711	46	W45	Kelly Brumm, 47*, Cedar Falls, IA	2:15:30	10:54
1321	246	M35	Dan Holm, 37, Ankeny, IA	2:15:34	10:54
712	47	W45	Mary Kay Shannon, 46*, Greenfield, IA	2:15:34	10:54
713	129	W35	Kristy Sandon, 38*, Clive, IA	2:15:35	10:55
1322	17	M60	Larry Reed, 63, Ankeny, IA	2:15:36	10:55
714	147	W25	Chris Dahlquist, 28*, West Des Moines, IA	2:15:41	10:55
1323	149	M45	Dave Milburn, 49, Johnston, IA	2:15:43	10:55
1324	221	M40	Gregory Dockum, 42, Des Moines, IA	2:15:44	10:55
715	86	W20	Amber Clapp, 21*, Des Moines, IA	2:15:45	10:55
1325	247	M35	Bruce Willey, 39, Cedar Rapids, IA	2:15:47	10:56
1326	108	M50	Lawain Judisch, 52, Tripoli Ia	2:15:48	10:56
1327	219	M30	Terry Rosendahl, 32, West Des Moines, IA	2:15:48	10:56
1328	109	M50	John Cumming, 51, Mississauga	2:15:51	10:56
716	87	W20	Kate Breen, 20*, Des Moines, IA	2:15:51	10:56
717	48	W45	Nancy Hefner, 45*, Grimes, IA	2:15:52	10:56
1329	220	M30	Philip Gates, 30, Ankeny, IA	2:15:54	10:56
718	130	W35	Mary Sheka, 37*, Des Moines, IA	2:15:54	10:56
719	88	W20	Katrina Schuknecht, 24*, Eagle Grove, IA	2:15:56	10:56
720	89	W20	Jenny Scott, 24*, Waterloo, IA	2:15:57	10:56
721	146	W30	Kris Johnston, 32*, Ames, IA	2:15:58	10:56
1330	222	M40	Merle Holland, 40, Desmoines, IA	2:16:05	10:57
722	90	W20	Jennifer Greiner, 24*, Ames, IA	2:16:05	10:57
723	49	W45	Dawne Buhrow, 49*, Colo, IA	2:16:07	10:57
724	103	W40	Kimberly Grampp, 41*, Davenport, IA	2:16:11	10:57
1331	150	M45	David Huey, 47, Des Moines, IA	2:16:12	10:58
725	91	W20	Tessa Schneider, 20*, Urbandale, IA	2:16:16	10:58
1332	221	M30	Brian Arpy, 31, Altoona, IA	2:16:16	10:58
1333	110	M50	Robert Schneider, 53, Urbandale, IA	2:16:17	10:58
726	148	W25	Amanda Post, 28*, Ankeny, IA	2:16:20	10:58
1334	111	M50	Dennis Guffey, 54, Des Moines, IA	2:16:22	10:58
1335	98	M20	Garry Waldon, 21, Des Moines, IA	2:16:24	10:58
727	131	W35	Shelley Wise, 38*, Marshalltown, IA	2:16:27	10:59
728	147	W30	Marcia Ramstack, 30*, Spencer, IA	2:16:28	10:59
729	92	W20	Kathleen Fluth, 20*, Humeston, IA	2:16:30	10:59
730	93	W20	Heidi Snook, 20*, Chariton, IA	2:16:30	10:59
731	2	W60	Judy Teeple, 61*, Davenport, IA	2:16:31	10:59
1336	40	M55	Hal Chase, 59, Des Moines, IA	2:16:32	10:59
732	104	W40	Catherine Zaharis, 41*, Urbandale, IA	2:16:32	10:59
1337	18	M60	Frank Weibel, 60, Ankeny, IA	2:16:33	10:59
733	148	W30	Alison Laube, 31*, Johnston, IA	2:16:33	10:59
734	149	W30	Pati Simons, 30*, Des Moines, IA	2:16:37	10:59

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

1338	19	M60	David Twombly, 61, Osceola, IA	2:16:37	11:00
1339	112	M50	John F Becker, 51, Cedar Rapids, IA	2:16:38	11:00
1340	248	M35	Vincent Vanderneck, 37, West Des Moines, IA	2:16:39	11:00
735	150	W30	Camilla Martin, 33*, Marion, IA	2:16:39	11:00
736	151	W30	Heather Behrends, 34*, West Des Moines, IA	2:16:44	11:00
737	149	W25	Sarah Briggs, 28*, West Des Moines, IA	2:16:47	11:00
738	94	W20	Kristina Malmanger, 20*, Iowa City, IA	2:16:50	11:01
739	95	W20	Amy Livingston, 24*, Des Moines, IA	2:16:51	11:01
1341	249	M35	Richard Glenn, 36, West Des Moines, IA	2:16:54	11:01
740	132	W35	Michele Schroeder, 36*, Ankeny, IA	2:16:59	11:01
1342	151	M45	Josh Engman, 46, Clive, IA	2:17:00	11:01
1343	152	M45	Jim Martin, 49, West Des Moines, IA	2:17:02	11:02
741	150	W25	Cari Houghton, 27*, Lawrence, KS	2:17:06	11:02
1344	250	M35	Paul Witmer, 39, Des Moines, IA	2:17:08	11:02
1345	3	M65	Donald Judisch, 65, Clive, IA	2:17:10	11:02
742	105	W40	Lisa Beh, 41*, Des Moines, IA	2:17:14	11:03
743	151	W25	Amy Gibbs, 25*, West Des Moines, IA	2:17:17	11:03
1346	223	M40	Richard Cook, 42, Ames, IA	2:17:19	11:03

744	152	W30	Jennifer Ewert, 32*, New Hampton, IA	2:17:19	11:03
1347	222	M30	Corrie Feldotto, 33, Urbandale, IA	2:17:20	11:03
745	106	W40	Jenny Eklund, 43*, Perry, IA	2:17:21	11:03
1348	223	M30	Marc Carlson, 30, Woodbury, MN	2:17:29	11:04
746	133	W35	Laurie Stock, 39*, Marion, IA	2:17:29	11:04
1349	251	M35	Tom Murphy, 39, West Des Moines, IA	2:17:32	11:04
1350	252	M35	Mike Rosenboom, 36, Altoona, IA	2:17:32	11:04
747	152	W25	Shannon Raisch, 26*, Des Moines, IA	2:17:33	11:04
748	96	W20	Sara Bird, 24*, Des Moines, IA	2:17:33	11:04
749	153	W25	Heather Swarthout, 26*, Indianola, IA	2:17:34	11:04
1351	253	M35	Dan Buscher, 38, West Des Moines, IA	2:17:36	11:04
1352	224	M40	Douglas Fulton, 44, West Des Moines, IA	2:17:36	11:04
750	134	W35	Jayne Strathe, 38*, Des Moines, IA	2:17:37	11:04
751	97	W20	Kristina Smit, 20*, Boxholm, IA	2:17:38	11:04
1353	99	M20	Robert Dyani, 22, Des Moines, IA	2:17:42	11:05
1354	153	M45	Jack Ratekin, 45, Dexter, IA	2:17:42	11:05
752	32	W17	Kelsie Goodman, 17*, Colfax, IA	2:17:44	11:05
753	50	W45	Kathleen Goodman, 49*, Colfax, IA	2:17:45	11:05
754	20	W50	Elizabeth Sutter, 52*, Des Moines, IA	2:17:46	11:05
755	98	W20	Jill Meimann, 23*, Nevada, IA	2:17:46	11:05
1355	142	M25	Matthew Van Waus, 28, Urbandale, IA	2:17:55	11:06
756	99	W20	Tisa Thomsen, 24*, Des Moines, IA	2:17:56	11:06
757	4	W55	Pam Heilskov, 55*, Ankeny, IA	2:17:56	11:06
758	51	W45	Jeannie Berry, 47*, Pella, IA	2:17:57	11:06
1356	154	M45	Bob Coolidge, 49, Stanchfield, MN	2:17:57	11:06
1357	2	M70	Gene Harding, 71, Des Moines, IA	2:17:57	11:06
759	52	W45	Liz Meimann, 47*, Nevada, IA	2:17:58	11:06
760	33	W17	Rebecca Baker, 19*, West Des Moines, IA	2:18:00	11:06
1358	254	M35	Brett Hora, 38, Ankeny, IA	2:18:03	11:06
761	34	W17	Gretchen Matson, 17*, Ames, IA	2:18:03	11:06
1359	224	M30	Richard Bangma, 31, Pella, IA	2:18:05	11:07
1360	113	M50	Tom Mautz, 54, Ankeny, IA	2:18:06	11:07
1361	41	M55	Mike Kent, 57, Des Moines, IA	2:18:09	11:07
1362	255	M35	Alan Brawner, 36, Clive, IA	2:18:12	11:07
1363	256	M35	Mark Mernone, 39, Dallas Center, IA	2:18:12	11:07
762	154	W25	Katie Hesse, 25*, Story City, IA	2:18:13	11:07
763	100	W20	Emily Strouth, 22*, Sibley, IA	2:18:13	11:07
764	135	W35	Nila Fousek, 37*, Altoona, IA	2:18:18	11:08
765	153	W30	Jessica Schrock, 31*, Altoona, IA	2:18:19	11:08
1364	257	M35	Paul Christiansen, 38, Urbandale, IA	2:18:19	11:08
766	35	W17	Amber Dejong, 19*, Oskaloosa, IA	2:18:21	11:08
767	155	W25	Lori Judge, 26*, Boone, IA	2:18:24	11:08
768	156	W25	Katie White, 26*, Ames, IA	2:18:25	11:08
1365	114	M50	Tom Vilsack, 51, Des Moines, IA	2:18:27	11:08
769	101	W20	Kristen Wilcox, 22*, Iowa City, IA	2:18:27	11:08
1366	258	M35	Darin Fratzke, 36, Des Moines, IA	2:18:28	11:08
770	53	W45	Sheri Downey, 48*, Lincoln, NE	2:18:31	11:09
771	157	W25	Julie Vardaman, 26*, Ames, IA	2:18:46	11:10
1367	143	M25	Eric Boone, 26, Marshalltown, IA	2:18:47	11:10
1368	259	M35	Ken Christie, 37, Waukee, IA	2:18:48	11:10
772	36	W17	Stephanie Meimann, 19*, Nevada, IA	2:18:53	11:10
1369	225	M40	Carl Egger, 40, West Des Moines, IA	2:18:55	11:11
773	107	W40	Dale Naylor, 43*, Ankeny, IA	2:18:56	11:11
1370	225	M30	Todd Eschweiler, 31, Ankeny, IA	2:18:57	11:11
1371	39	JrM	Dylan Schmidt, 15, Battle Creek, IA	2:18:59	11:11
774	154	W30	Kimberly Eldridge, 30*, Windsor Heights, IA	2:19:08	11:12
1372	226	M40	Ross McCarty, 44, Johnston, IA	2:19:10	11:12
1373	40	JrM	Eric Wiley, 15, Omaha, NE	2:19:13	11:12
1374	48	M17	Jeff Masters, 17, Omaha, NE	2:19:14	11:12
775	158	W25	Heidi Buttolph, 29*, West Des Moines, IA	2:19:14	11:12
776	102	W20	Amanda Olsasky, 21*, Davenport, IA	2:19:18	11:12
777	155	W30	Susan Sinclair, 30*, Williamsburg, IA	2:19:21	11:13
778	156	W30	Anne Nieland, 34*, Urbandale, IA	2:19:22	11:13
1375	226	M30	Bob Sinclair, 32, Williamsburg, IA	2:19:22	11:13

779	159	W25	Katie Ericson, 27*, Des Moines, IA	2:19:27	11:13
1376	144	M25	Ryan Sewell, 28, Iowa City, IA	2:19:28	11:13
780	157	W30	Ronda Sadaoris, 30*, Norwalk, IA	2:19:32	11:14
781	21	W50	Coleen Waage, 51*, West Des Moines, IA	2:19:34	11:14
782	158	W30	Amy Keleman, 30*, Arvada, CO	2:19:38	11:14
1377	145	M25	Richard Rzekonski, 29, Des Moines, IA	2:19:40	11:14
1378	146	M25	Mike Keleman, 29, Arvada, CO	2:19:40	11:14
783	160	W25	Lynette McCarthy, 27*, West Des Moines, IA	2:19:42	11:14
784	54	W45	Karen Rathje, 48*, Bettendorf, IA	2:19:48	11:15
1379	147	M25	Nate Zehr, 26, Lees Summit, MO	2:19:49	11:15
1380	100	M20	Michael Paul, 23, West Des Moines, IA	2:19:49	11:15
1381	260	M35	Dan Hagerty, 37, Bondurant, IA	2:19:54	11:15
1382	148	M25	Kevin Briggeman, 25, Grimes, IA	2:19:55	11:15
785	136	W35	Mary Goodfellow, 38*, Iowa City, IA	2:20:05	11:16
786	37	W17	Alison Buck, 19*, Ames, IA	2:20:06	11:16
1383	115	M50	Tim Devick, 52, Urbandale, IA	2:20:06	11:16
1384	41	JrM	Matt Donahue, 15, Des Moines, IA	2:20:07	11:16
1385	42	JrM	Zachary McLaughlin, 15, Des Moines, IA	2:20:07	11:16
787	38	W17	Laura Carlyle, 18*, Ames, IA	2:20:07	11:16
788	159	W30	Donna Carroll, 34*, Waukee, IA	2:20:07	11:16
789	160	W30	Janelle Peery, 32*, Urbandale, IA	2:20:08	11:16
1386	49	M17	Dan Letts, 17, Swea City, IA	2:20:09	11:17
790	161	W30	Steffany Mohan, 30*, Clive, IA	2:20:09	11:17
791	137	W35	Nancy Petersen, 36*, Ankeny, IA	2:20:10	11:17
1387	227	M30	John Carlson, 32, Des Moines, IA	2:20:12	11:17
1388	149	M25	Aaron Baugher, 29, Mason City, IA	2:20:15	11:17
792	161	W25	Laurie Bauer, 25*, Ames, IA	2:20:23	11:18
1389	43	JrM	David Campbell, 16, Mount Ayr, IA	2:20:26	11:18
793	162	W30	Darcy Kratochvil, 33*, Urbandale, IA	2:20:27	11:18
794	162	W25	Kay Godfredsen, 27*, Newton, IA	2:20:28	11:18
795	55	W45	Sandy Swallow, 45*, Waukee, IA	2:20:29	11:18
796	163	W25	Gentry Gillespie, 25*, Urbandale, IA	2:20:29	11:18
1390	155	M45	Terry Eason, 45, Waukee, IA	2:20:29	11:18
797	163	W30	Deanna Moore, 31*, Ankeny, IA	2:20:32	11:18
798	164	W30	Marci Tooman, 31*, Des Moines, IA	2:20:32	11:18
799	138	W35	Marna Montgomery, 38*, Brooklyn, IA	2:20:35	11:19
800	5	W55	Mary Gibson, 56*, Coin, IA	2:20:43	11:19
1391	156	M45	John Sonnenburg, 47, Des Moines, IA	2:20:43	11:19
801	139	W35	Gina Cornelison, 37*, Denver, CO	2:20:44	11:19
1392	44	JrM	Ryne Schmidt, 14, Battle Creek, IA	2:20:46	11:20
802	164	W25	Tiffany Koenig, 29*, Des Moines, IA	2:20:49	11:20
1393	42	M55	Ed Hegner, 58, Des Moines, IA	2:20:51	11:20
1394	227	M40	Perry Geneser, 42, Grimes, IA	2:20:55	11:20
803	165	W30	Penny Gerholdt, 32*, Buckingham, IA	2:20:56	11:20
804	56	W45	Pamela Reynolds, 46*, Ames, IA	2:20:58	11:21
805	57	W45	Diane Weehler, 47*, Des Moines, IA	2:20:59	11:21
1395	116	M50	Thomas Babcock, 54, Jefferson, IA	2:20:59	11:21
1396	157	M45	Bob Osgood, 45, Waterloo, IA	2:21:01	11:21
1397	20	M60	Jerry Davis, 60, Des Moines, IA	2:21:01	11:21
806	140	W35	Gina Garman, 36*, Marion, IA	2:21:02	11:21
1398	261	M35	Darin Garman, 35, Marion, IA	2:21:02	11:21
807	6	W55	Gerry Rottjer, 58*, Cedar Falls, IA	2:21:03	11:21
808	165	W25	Jill Funke, 25*, St. Louis Park, MN	2:21:04	11:21
1399	228	M30	Darren Burr, 32, West Des Moines, IA	2:21:04	11:21
809	103	W20	Teresa Sloboth, 24*, Omaha, NE	2:21:08	11:21
810	141	W35	Anne Fleischhman, 35*, Bettendorf, IA	2:21:10	11:21
811	166	W30	Julie Jones, 30*, Sully, IA	2:21:14	11:22
1400	262	M35	Rich Cunningham, 36, Davenport, IA	2:21:14	11:22
1401	263	M35	Tom St Andrews, 39, Cedar Rapids, IA	2:21:15	11:22
812	108	W40	Kimbra Korte, 43*, Newton, IA	2:21:19	11:22
813	142	W35	Deedee Mullenix, 37*, Ames, IA	2:21:20	11:22
814	167	W30	Melissa Dunn, 31*, Iowa City, IA	2:21:25	11:23
815	168	W30	Ginny Ryan, 30*, Iowa City, IA	2:21:25	11:23
816	6	JrW	Alexandra Keenan, 15*, Urbandale, IA	2:21:25	11:23

1402	158	M45	Alan Fukushima, 46, Ames, IA	2:21:29	11:23
1403	150	M25	Jeremy Walburn, 27, Des Moines, IA	2:21:31	11:23
1404	229	M30	Phil Chia, 31, Des Moines, IA	2:21:31	11:23
817	109	W40	Carol Grandanette, 42*, Des Moines, IA	2:21:32	11:23
818	169	W30	Jonna Johnson, 30*, Des Moines, IA	2:21:33	11:23
1405	230	M30	Sean Angus, 32, Des Moines, IA	2:21:35	11:23
1406	231	M30	Daniel Brink, 31, Ankeny, IA	2:21:37	11:24
1407	43	M55	Nate Viall, 57, Des Moines, IA	2:21:39	11:24
819	58	W45	Peggi Taylor, 46*, Des Moines, IA	2:21:42	11:24
820	143	W35	Angie Finzen, 39*, Urbandale, IA	2:21:43	11:24
1408	264	M35	Jon Scharingson, 36, Urbandale, IA	2:21:45	11:24
821	110	W40	Natalie Welter, 44*, Ames, IA	2:21:48	11:25
822	166	W25	Carolyn Clawson, 26*, Ames, IA	2:21:48	11:25
823	111	W40	Penny Adam, 43*, Ames, IA	2:21:52	11:25
1409	228	M40	Randy Beers, 43, West Des Moines, IA	2:21:54	11:25
824	144	W35	Christina Kern, 35*, Des Moines, IA	2:21:55	11:25
825	167	W25	Marie Puskas, 28*, Urbandale, IA	2:21:56	11:25
1410	159	M45	Jon Ahrendsen, 46, Clarion, IA	2:21:57	11:25
1411	44	M55	Ken Lathrum, 59, Omaha, NE	2:22:00	11:26
826	112	W40	Nancy Betz, 43*, Johnston, IA	2:22:02	11:26
827	145	W35	Cindy Bussanmas, 39*, Johnston, IA	2:22:02	11:26
1412	229	M40	Kirk Trow, 40, Urbandale, IA	2:22:05	11:26
1413	151	M25	Jason Faidley, 29, Newton, IA	2:22:06	11:26
828	39	W17	Julie Crow, 17*, Johnston, IA	2:22:07	11:26
1414	117	M50	Alan Kacere, 54, Marion, IA	2:22:12	11:26
1415	232	M30	Robert Wright, 33, Burke, VA	2:22:22	11:27
1416	45	M55	Larry Detwiler, 58, Des Moines, IA	2:22:23	11:27
829	170	W30	Shanda Abbott, 32*, Ankeny, IA	2:22:28	11:28
830	171	W30	Carrie Wolter, 32*, West Des Moines, IA	2:22:29	11:28
1417	233	M30	Jonathan Mlocek, 34, Urbandale, IA	2:22:36	11:28
831	7	JrW	Darci Culver, 15*, Atlantic, IA	2:22:36	11:28
832	104	W20	Macenzie Rubin, 24*, Ankeny, IA	2:22:37	11:28
1418	160	M45	Roger Wilson, 46, West Des Moines, IA	2:22:38	11:29
1419	265	M35	Craig Feller, 36, Norwalk, IA	2:22:41	11:29
1420	230	M40	Bruce Grotenhuis, 40, Granger, IA	2:22:41	11:29
1421	152	M25	Keith Lyles, 27, Ankeny, IA	2:22:42	11:29
1422	234	M30	Timothy Hurn, 32, Ames, IA	2:22:43	11:29
833	40	W17	Marissa Boldon, 17*, Osceola, IA	2:22:43	11:29
1423	235	M30	Adam Bean, 30, Ankeny, IA	2:22:46	11:29
834	105	W20	Tiffany Minks, 24*, Des Moines, IA	2:22:55	11:30
835	168	W25	Nicole Schlager, 26*, Des Moines, IA	2:22:57	11:30
836	146	W35	Deanna Sorensen, 39*, Des Moines, IA	2:22:57	11:30
837	147	W35	Renee Hendricks, 39*, Clive, IA	2:22:59	11:30
838	172	W30	Kim Kelly, 32*, N. Liberty, IA	2:23:00	11:30
839	148	W35	Debra Alberto, 37*, Clive, IA	2:23:02	11:31
840	113	W40	Joan Blair-Dick, 44*, Bettendorf, IA	2:23:05	11:31
841	22	W50	Arlys Sikkink, 51*, Urbandale, IA	2:23:05	11:31
842	8	JrW	Courtney Blake, 16*, Walnut, IA	2:23:06	11:31
843	106	W20	Emily Isaacson, 22*, Coralville, IA	2:23:08	11:31
844	107	W20	Lisa Schmidt, 22*, Iowa City, IA	2:23:08	11:31
845	149	W35	Katrina Anderson, 36*, Milwaukee, WI	2:23:09	11:31
846	169	W25	Nicole Jansen, 29*, Ankeny, IA	2:23:09	11:31
847	23	W50	Rose Pratt, 54*, Des Moines, IA	2:23:17	11:32
1424	45	JrM	Matthew Konen, 15, Maxwell, IA	2:23:22	11:32
848	59	W45	Carolyn Schmitt, 48*, West Des Moines, IA	2:23:24	11:32
849	170	W25	Shelly Scholz, 27*, Boone, IA	2:23:25	11:32
850	173	W30	Julie Pals, 33*, Clive, IA	2:23:31	11:33
851	174	W30	Wendy Paca, 34*, Boone, IA	2:23:31	11:33
852	150	W35	Angie Worrell, 38*, Marion, IA	2:23:32	11:33
1425	236	M30	Aaron Nord, 31, Pleasant Hill, IA	2:23:33	11:33
1426	231	M40	Jerry Johnston, 42, Iowa City, IA	2:23:42	11:34
1427	237	M30	David Price, 31, Windsor Heights, IA	2:23:43	11:34
853	24	W50	Sara Morris, 50*, West Des Moines, IA	2:23:46	11:34
1428	232	M40	Dave Oakes, 42, Hiawatha, IA	2:23:46	11:34
854	108	W20	Barb White, 24*, Norwalk, IA	2:23:52	11:34

1429	233	M40	Mark Taylor, 40, West Des Moines, IA	2:23:52	11:35
855	171	W25	Martha Hulscher, 27*, Perry, IA	2:23:53	11:35
856	60	W45	Tiare Mathison-Bowie, 49*, Newton, IA	2:23:54	11:35
1430	266	M35	Phil Weber, 35, Des Moines, IA	2:23:57	11:35
1431	118	M50	Kent Thieman, 52, West Des Moines, IA	2:23:58	11:35
1432	46	M55	Michael Kent, 56, Des Moines, IA	2:24:00	11:35
857	109	W20	Abby Thieman, 20*, West Des Moines, IA	2:24:02	11:35
858	114	W40	Roma Snook, 43*, Chariton, IA	2:24:06	11:36
1433	47	M55	Donald Bringle, 55, Waukee, IA	2:24:06	11:36
859	115	W40	Louisa Perry, 41*, Bondurant, IA	2:24:06	11:36
1434	21	M60	Wilbur Veenstra, 64, Pella, IA	2:24:07	11:36
1435	22	M60	Larry Kloppe, 62, Washington, MO	2:24:08	11:36
1436	234	M40	Peter Steele, 43, Cedar Rapids, IA	2:24:11	11:36
860	151	W35	Cynthia Karrick, 38*, Ankeny, IA	2:24:13	11:36
1437	235	M40	Marc Hollander, 44, Urbandale, IA	2:24:14	11:36
861	61	W45	Ann Jones, 49*, Marshalltown, IA	2:24:16	11:36
862	116	W40	Allison Hoegh, 42*, Atlantic, IA	2:24:18	11:37
1438	4	M65	Don Muff, 65, Ames, IA	2:24:19	11:37
1439	267	M35	Bobby Chance, 37, Cambridge, IA	2:24:19	11:37
863	7	W55	Winnie Casper, 56*, Winterset, IA	2:24:22	11:37
864	172	W25	Kristy Carstensen, 25*, Ankeny, IA	2:24:25	11:37
865	173	W25	Lara Osterhaus, 28*, Cedar Rapids, IA	2:24:27	11:37
1440	161	M45	Mike Lauzon, 45, Boone, IA	2:24:27	11:37
1441	162	M45	Stephen Mathison-Bowie, 46, Newton, IA	2:24:30	11:38
1442	163	M45	Conroy Smith, 47, Des Moines, IA	2:24:32	11:38
866	174	W25	Melissa Kacere, 25*, Marion, IA	2:24:33	11:38
867	110	W20	Lindsay Williams, 23*, Iowa City, IA	2:24:36	11:38
1443	119	M50	Jim Mease, 50, Winterset, IA	2:24:38	11:38
868	175	W25	Jessica O'Mara, 29*, Des Moines, IA	2:24:39	11:38
1444	268	M35	Greg Lamair, 38, West Des Moines, IA	2:24:42	11:39
869	152	W35	Leanne Buell, 39*, Des Moines, IA	2:24:50	11:39
870	62	W45	Anita Mautz, 46*, Ankeny, IA	2:24:55	11:40
871	111	W20	Christi Kluver, 24*, Des Moines, IA	2:24:56	11:40
872	117	W40	Loraine Hardin, 42*, Clive, IA	2:25:02	11:40
1445	236	M40	David Von Ebers, 40, Oak Park, IL	2:25:15	11:41
1446	237	M40	Glenn Rodden, 44, Seneca, KS	2:25:18	11:41
1447	269	M35	Chris Akers, 37, West Branch, IA	2:25:24	11:42
1448	23	M60	John Beamer, 63, Des Moines, IA	2:25:24	11:42
873	175	W30	Dalena Feller, 31*, Norwalk, IA	2:25:28	11:42
874	118	W40	Lorinda Roth, 44*, West Des Moines, IA	2:25:33	11:43
1449	24	M60	Thomas Buroker, 60, Des Moines, IA	2:25:34	11:43
875	25	W50	Janet Lincoln, 52*, West Des Moines, IA	2:25:34	11:43
1450	238	M40	Paul Peiffer, 44, Ames, IA	2:25:40	11:43
876	176	W30	Jennifer Thoma, 30*, Ankeny, IA	2:25:46	11:44
877	177	W30	Sue Clark, 34*, Clive, IA	2:25:47	11:44
878	119	W40	Beth Claflin, 41*, West Des Moines, IA	2:25:49	11:44
1451	153	M25	Andrew Dobbins, 25, West Des Moines, IA	2:25:49	11:44
1452	46	JrM	Kyle Metz, 16, Atlantic, IA	2:25:52	11:44
879	153	W35	Julie Kraft, 37*, Cedar Rapids, IA	2:25:54	11:44
1453	120	M50	Dick Haynes, 54, Cedar Rapids, IA	2:25:54	11:44
880	63	W45	Sue Elliott, 45*, Ankeny, IA	2:25:57	11:45
1454	121	M50	Larry Jablonski, 50, Urbandale, IA	2:25:58	11:45
881	112	W20	Lindsay Gall, 20*, Osceola, IA	2:26:01	11:45
882	154	W35	Cheryl Voelker, 37*, Dallas Center, IA	2:26:04	11:45
883	64	W45	Linda Wilson, 46*, Des Moines, IA	2:26:05	11:45
1455	164	M45	Doyle Ashby, 49, St. Charles, IA	2:26:06	11:45
884	176	W25	Sanna Henzi, 28*, Urbandale, IA	2:26:24	11:47
885	178	W30	Sandra Burns, 31*, Mt. Pleasant, IA	2:26:25	11:47
1456	165	M45	Lee Richard, 48, Ames, IA	2:26:32	11:47
1457	122	M50	B L Sheriff, 54, Greenfield, IA	2:26:33	11:47
1458	48	M55	Steven Glantz, 55, Cedar Rapids, IA	2:26:33	11:47
886	26	W50	Kris Kessler, 51*, Ankeny, IA	2:26:34	11:48
887	179	W30	Elizabeth Winjum, 32*, Indianola, IA	2:26:36	11:48
888	180	W30	Anne Nizzi-Clark, 33*, West Des Moines, IA	2:26:42	11:48

1459	166	M45	Jeffrey Clark, 49, Cedar Rapids, IA	2:26:56	11:49
1460	238	M30	Matthew Petersen, 32, Ankeny, IA	2:27:00	11:50
889	120	W40	Barbara Nelson, 41*, Johnston, IA	2:27:02	11:50
1461	239	M30	Ford Singbush, 33, Urbandale, IA	2:27:09	11:50
890	113	W20	Katie Kuhr, 24*, West Des Moines, IA	2:27:14	11:51
1462	239	M40	Patrick Antelman, 42, Altoona, IA	2:27:16	11:51
891	181	W30	Heather Greenlee, 30*, Ames, IA	2:27:16	11:51
1463	154	M25	Justin Greenlee, 29, Ames, IA	2:27:17	11:51
892	121	W40	Amy Klosterman, 40*, St Paul, MN	2:27:17	11:51
893	114	W20	Elizabeth Nixon, 23*, Marshalltown, IA	2:27:18	11:51
894	177	W25	Rebecca Klocke, 26*, Urbandale, IA	2:27:22	11:51
895	178	W25	Amanda Kellerhals, 27*, Urbandale, IA	2:27:27	11:52
1464	240	M40	Gary Young, 42, Johnston, IA	2:27:33	11:52
1465	167	M45	Jeffrey Glantz, 47, Cedar Rapids, IA	2:27:40	11:53
896	182	W30	Michelle Pohlmeier, 34*, Urbandale, IA	2:27:41	11:53
897	122	W40	Cathy Klopp, 40*, Fridley, MN	2:27:45	11:53
898	183	W30	Andrea Shriver, 31*, Marion, IA	2:27:50	11:54
1466	155	M25	Bret Lucas, 29, West Des Moines, IA	2:27:52	11:54
1467	270	M35	Robert Andeweg, 39, Urbandale, IA	2:27:59	11:54
1468	47	JrM	Michael Cooley, 16, Orient, IA	2:27:59	11:54
1469	123	M50	Frank Wright, 50, Polk City, IA	2:28:06	11:55
899	155	W35	Deb Shepherd, 36*, Pleasant Hill, IA	2:28:07	11:55
900	179	W25	Jennifer Hulick, 29*, Shorewood, IL	2:28:10	11:55
901	156	W35	Elizabeth Moore, 35*, Oskaloosa, IA	2:28:13	11:55
902	184	W30	Julie Fisher, 33*, Oskaloosa, IA	2:28:13	11:56
1470	271	M35	Gregg Griesemer, 36, West Des Moines, IA	2:28:15	11:56
1471	156	M25	Chad Bassman, 28, Des Moines, IA	2:28:22	11:56
1472	168	M45	Milton Lane, 48, Loma Linda, CA	2:28:32	11:57
903	115	W20	Andrea Rasmusson, 22*, Nevada, IA	2:28:33	11:57
904	116	W20	Linda Eng, 21*, Iowa City, IA	2:28:33	11:57
905	65	W45	Judy Cunningham, 45*, Davenport, IA	2:28:37	11:57
1473	169	M45	Mark Dingman, 47, Norwalk, IA	2:28:40	11:58
906	180	W25	Kristina Polito, 26*, Des Moines, IA	2:28:48	11:58
1474	124	M50	Leonard Hudson, 50, Carlisle, IA	2:28:48	11:58
1475	241	M40	Kevin Morris, 44, Des Moines, IA	2:28:50	11:59
907	66	W45	Janis Ware-Cole, 45*, Urbandale, IA	2:28:51	11:59
908	185	W30	Denise Stapley, 31*, Cedar Rapids, IA	2:28:57	11:59

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

909	186	W30	Tara Sipe, 30*, Adel, IA	2:29:03	12:00
1476	240	M30	Joel Jackman, 31, West Des Moines, IA	2:29:05	12:00
910	157	W35	Angela Ellis, 39*, Norwalk, IA	2:29:09	12:00
911	158	W35	April Marmon, 39*, Urbandale, IA	2:29:15	12:01
1477	241	M30	Brad Stapley, 30, Cedar Rapids, IA	2:29:23	12:01
1478	272	M35	Russ Richardson, 38, Des Moines, IA	2:29:24	12:01
1479	157	M25	Gaik-Loong Kang, 25, West Des Moines, IA	2:29:38	12:02
1480	170	M45	Dennis Howard, 48, Des Moines, IA	2:29:45	12:03
1481	25	M60	Ronald Wheeler, 60, Des Moines, IA	2:29:48	12:03
1482	26	M60	Ruben Rullan, 60, Urbandale, IA	2:29:58	12:04
1483	125	M50	Gerald Dewald, 52, West Des Moines, IA	2:30:00	12:04
1484	242	M30	Dave Warren, 30, Des Moines, IA	2:30:03	12:04
912	187	W30	Teri Templeton, 31*, Des Moines, IA	2:30:03	12:04
1485	101	M20	Ryan Mickey, 24, Des Moines, IA	2:30:05	12:04
1486	273	M35	Ray Amsler, 36, Hiawatha, IA	2:30:06	12:05
1487	243	M30	Mark Mazzie, 30, Des Moines, IA	2:30:13	12:05
913	117	W20	Monika Klimek, 23*, Ames, IA	2:30:14	12:05
914	188	W30	Melanie Brown, 30*, Tinley Park, IL	2:30:14	12:05
915	181	W25	Amy Finnegan, 27*, West Des Moines, IA	2:30:22	12:06
916	159	W35	Jackie Cuninghame, 38*, Brooklyn, IA	2:30:35	12:07
917	189	W30	Cindy Shelton, 34*, Urbandale, IA	2:30:36	12:07
918	118	W20	Kourtney Fink, 24*, Cambridge, IA	2:36	:13
1488	171	M45	Ross Devalois, 46, Iowa City, IA	2:30:47	12:08
1489	244	M30	Michael Rhode, 33, Des Moines, IA	2:30:48	12:08
1490	172	M45	Steve Johns, 47, Des Moines, IA	2:30:50	12:08

1491	245	M30	Robert Freiel, 34, Baton Rouge, LA	2:30:51	12:08
919	182	W25	Trudy McKeag, 29*, New Hampton, IA	2:30:51	12:08
920	183	W25	Christa Clark, 29*, Urbandale, IA	2:30:52	12:08
1492	242	M40	Nicholas Roby, 43, Des Moines, IA	2:30:52	12:08
921	119	W20	Anne Musgrave, 23*, Des Moines, IA	2:30:53	12:08
1493	49	M55	Dharmvir Bhatnagar, 58, West Des Moines, IA	2:30:53	12:08
922	190	W30	Amy Vangundy, 31*, Urbandale, IA	2:31:05	12:09
1494	246	M30	Jeff Lonning, 33, West Des Moines, IA	2:31:05	12:09
1495	173	M45	Tom Barker, 47, Perry, IA	2:31:12	12:10
1496	158	M25	Shylesh Christian, 26, Des Moines, IA	2:31:14	12:10
1497	243	M40	Marty Kalton, 44, Grimes, IA	2:31:16	12:10
1498	174	M45	Steve Kenkel, 46, Toledo, IA	2:31:48	12:13
1499	27	M60	Richard Lenth, 63, Cedar Rapids, IA	2:31:50	12:13
1500	244	M40	Jeff Damman, 41, Ankeny, IA	2:31:50	12:13
1501	245	M40	Dale Todd, 44, Cedar Rapids, IA	2:31:53	12:13
1502	126	M50	John Worley, 53, Urbandale, IA	2:31:54	12:13
923	120	W20	Teresa Oehler, 23*, Kansas City, MO	2:32:01	12:14
924	184	W25	Kate Burrell, 26*, Liberty Center, IA	2:32:06	12:14
1503	274	M35	David Pettorini, 36, Desoto, IA	2:32:07	12:14
925	160	W35	Gail Stutz, 36*, Des Moines, IA	2:32:11	12:15
926	185	W25	Jenna Dowling, 28*, Earlham, IA	2:32:15	12:15
1504	246	M40	John Johnson, 43, Des Moines, IA	2:32:30	12:16
927	41	W17	Kristin Garland, 17*, Indianola, IA	2:32:31	12:16
928	123	W40	Cindy Brun, 41*, Des Moines, IA	2:32:31	12:16
929	121	W20	Erin McCauley, 23*, Coralville, IA	2:32:33	12:16
1505	50	M55	Ed Ashby, 55, Urbandale, IA	2:32:36	12:17
930	27	W50	Leora Houghton, 52*, Iowa City, IA	2:32:51	12:18
1506	275	M35	Kyle Wondracek, 39, Cedar Rapids, IA	2:32:54	12:18
931	124	W40	Lisa Adair, 44*, Leighton, IA	2:32:57	12:18
1507	159	M25	Travis Rosenmeyer, 26, Urbandale, IA	2:33:04	12:19
1508	276	M35	Stewart Drake, 35, Huxley, IA	2:33:08	12:19
932	125	W40	Kate Schilling, 42*, West Des Moines, IA	2:33:10	12:19
1509	175	M45	Jim McNeill, 47, Newton, IA	2:33:30	12:21
1510	277	M35	Leonard Huffman, 36, Des Moines, IA	2:33:31	12:21
933	186	W25	Jennifer Waddingham, 29*, Ankeny, IA	2:33:31	12:21
1511	160	M25	Todd Vermie, 28, Hiawatha, IA	2:33:36	12:22
1512	278	M35	Joel Laird, 39, Des Moines, IA	2:33:37	12:22
1513	127	M50	Don Lane, 51, Signourney, IA	2:33:41	12:22
934	67	W45	Tricia Barron, 45*, Rock Island, IL	2:33:41	12:22
935	8	W55	Marcia Groth, 55*, Topeka, KS	2:33:45	12:22
1514	128	M50	Edward Bolden, 54, Woodbury, MN	2:33:48	12:22
936	191	W30	Lisa Martin, 32*, Urbandale, IA	2:33:50	12:23
1515	247	M30	Wayne Bice, 32, West Des Moines, IA	2:33:50	12:23
1516	248	M30	Mark Wills, 32, Des Moines, IA	2:33:51	12:23
1517	249	M30	Derek Olsen, 32, Des Moines, IA	2:34:04	12:24
1518	279	M35	John Wadzinski, 38, Oshkosh, WI	2:34:05	12:24
937	42	W17	Nicole Carlson, 19*, Des Moines, IA	2:34:10	12:24
1519	50	M17	Kris Langgaard, 17, Guthrie Center, IA	2:34:13	12:24
938	187	W25	Jeanette Green, 26*, Altoona, IA	2:34:13	12:24
1520	161	M25	Jeremy Ganoe, 26, Jefferson, IA	2:34:13	12:25
1521	250	M30	Kent Nanke, 33, Johnston, IA	2:34:17	12:25
939	192	W30	Amber Andersen, 32*, Stratford, IA	2:34:17	12:25
940	188	W25	Erin Nanke, 29*, Johnston, IA	2:34:18	12:25
941	189	W25	Erica Roberson, 25*, Iowa City, IA	2:34:28	12:26
942	193	W30	Stephanie Miller, 32*, Desmoines, IA	2:34:31	12:26
943	190	W25	Melissa Lickteig, 26*, Perry, IA	2:34:39	12:27
944	161	W35	Janet Robbins, 36*, Johnston, IA	2:34:55	12:28
945	43	W17	Heidi Fluth, 19*, Humeston, IA	2:34:55	12:28
946	194	W30	Janice Grapenthien, 32*, Lansing, IL	2:35:10	12:29
947	195	W30	Tricia Henderson, 32*, Shellsburg, IA	2:35:11	12:29
1522	251	M30	Eric Heitz, 31, Adel, IA	2:35:11	12:29
948	126	W40	Diane Ballard, 44*, Marion, IA	2:35:16	12:30
949	68	W45	Jacque Crouch, 47*, Dallas Center, IA	2:35:32	12:31
1523	129	M50	Jeff Jungman, 51, Estes Park, CO	2:35:50	12:32

950	69	W45	Heather Lowe, 47*, Johnston, Ia Ia	2:36:02	12:33
951	70	W45	Deb Tharnish, 47*, Des Moines, IA	2:36:04	12:33
952	122	W20	Emmalie Corbin, 21*, Defiance, IA	2:36:06	12:34
953	28	W50	Jan Lovett, 50*, Granger, IA	2:36:13	12:34
954	162	W35	Julie Cagwin, 35*, Polk City, IA	2:36:14	12:34
955	44	W17	Jodi Soole, 19*, Sioux City, IA	2:36:20	12:35
956	45	W17	Heather Dunfee, 19*, Murray, IA	2:36:33	12:36
957	71	W45	Carolyn Chenoweth, 49*, Des Moines, IA	2:36:34	12:36
1524	252	M30	Rusty Ramseyer, 31, Des Moines, IA	2:36:37	12:36
1525	48	JrM	Zach Swoyer, 15, Johnston, IA	2:36:39	12:36
958	127	W40	Linda Koele, 43*, Urbandale, IA	2:37:06	12:38
1526	176	M45	John Lott, 46, Ames, IA	2:37:08	12:39
959	29	W50	Renne Friend, 52*, Altoona, IA	2:37:09	12:39
1527	51	M55	Jim Doyle, 58, Granger, IA	2:37:31	12:40
1528	247	M40	Curt Gause, 43, Pleasant Hill, IA	2:37:46	12:42
960	128	W40	Colleen Springer, 43*, Marshalltown, IA	2:37:53	12:42
961	196	W30	Robyn Naberhaus, 31*, West Des Moines, IA	2:37:54	12:42
1529	28	M60	Bob Johansen, 62, Des Moines, IA	2:38:12	12:44
962	72	W45	Virginia Stone, 48*, Waukee, IA	2:38:13	12:44
963	163	W35	Kim Stevens, 35*, Des Moines, IA	2:38:43	12:46
964	9	W55	Janice Hastings, 58*, Cedar Rapids, IA	2:38:44	12:46
1530	177	M45	Tom Dean, 46, Waukee, IA	2:38:44	12:46
965	191	W25	Lauri Lumm, 28*, Marion, IA	2:38:44	12:46
1531	280	M35	Chris Usher, 38, Marion, IA	2:38:47	12:47
1532	253	M30	Tanmaya Bhatnagar, 30, West Des Moines, IA	2:38:51	12:47
966	197	W30	Tricia Negrete, 33*, Altoona, IA	2:39:04	12:48
967	198	W30	Kristin Kraft, 34*, Columbus, OH	2:39:05	12:48
1533	281	M35	Keith Jones, 38, Kansas City, MO	2:39:07	12:48
968	192	W25	Kim Goos, 25*, Nevada, IA	2:39:07	12:48
969	10	W55	Sally Fisher, 55*, Clive, IA	2:39:07	12:48
970	123	W20	Christina Walker, 23*, Nevada, IA	2:39:12	12:49
1534	254	M30	Jack Cooper, 32, Des Moines, IA	2:39:14	12:49
1535	255	M30	Sean Cihacek, 30, Des Moines, IA	2:39:44	12:51
1536	52	M55	Lary Hostak, 58, Cedar Rapids, IA	2:39:47	12:51
1537	256	M30	Joseph McMichael, 32, Clive, IA	2:39:54	12:52
1538	53	M55	Marti Davis, 57, West Des Moines, IA	2:40:02	12:53
971	124	W20	Heather Nail, 23*, Waverly, IA	2:40:13	12:53
972	129	W40	Karen Coaldrake, 43*, Johnston, IA	2:40:14	12:54
973	193	W25	Stephanie Ladenthin, 28*, Liberty, MO	2:40:16	12:54
974	164	W35	Cathy Evans, 38*, Urbandale, IA	2:40:21	12:54
1539	257	M30	Jason Boten, 31, Des Moines, IA	2:40:25	12:54
1540	130	M50	Stan Hansen, 53, Waterloo, IA	2:40:47	12:56
1541	102	M20	Jack Metheny, 24, Des Moines, IA	2:41:09	12:58
1542	103	M20	Bo Leonard, 21, Johnston, IA	2:41:09	12:58
1543	104	M20	Brad Gibson, 21, Des Moines, IA	2:41:09	12:58

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

1544	105	M20	Greg Danielson, 20, Des Moines, IA	2:41:55	13:02
975	165	W35	Kandi Barber, 39*, Coralville, IA	2:42:13	13:03
1545	282	M35	Todd Senne, 35, West Des Moines, IA	2:42:24	13:04
1546	248	M40	Jeff Holston, 43, Des Moines, IA	2:42:34	13:05
1547	178	M45	Duane Broyles, 49, Indianola, IA	2:42:45	13:06
1548	131	M50	Charlie Johnson, 53, Brayton, IA	2:42:55	13:06
976	166	W35	Renee Van Marel, 37*, Ames, IA	2:42:55	13:06
977	167	W35	Dawn Budd, 35*, Ames, IA	2:43:24	13:09
1549	283	M35	Steven Jameson, 37, Columbus, KS	2:43:40	13:10
1550	49	JrM	Rodney Sheffield, 15, Des Moines, IA	2:43:42	13:10
978	199	W30	Melinda Mattson, 33*, Des Moines, IA	2:44:04	13:12
979	194	W25	Addie West, 28*, Ames, IA	2:44:34	13:14
980	200	W30	Ann Feick, 33*, Fontanelle, IA	2:45:45	13:20
1551	106	M20	Joel Konen, 23, Ames, IA	2:46:12	13:22
1552	249	M40	Dave Krehbiel, 40, Des Moines, IA	2:46:58	13:26
1553	258	M30	Brian Schmitz, 31, Des Moines, IA	2:47:12	13:27

981	195	W25	Lisa Herrig, 25*, Clive, IA	2:47:13	13:27
982	196	W25	Julie Freeborn, 27*, Urbandale, IA	2:47:32	13:29
983	30	W50	Christine Gregory, 50*, Grimes, IA	2:47:32	13:29
1554	132	M50	Scott Butler, 51, Des Moines, IA	2:47:33	13:29
984	197	W25	Jennifer Meyer, 28*, West Des Moines, IA	2:47:34	13:29
985	130	W40	Beverly Sells, 44*, Altoona, IA	2:47:53	13:30
1555	133	M50	Richard Franklin, 54, Marshalltown, IA	2:50:21	13:42
986	3	W60	Kay Gause, 60*, Newton, IA	2:50:41	13:44
987	131	W40	Cindy Carlson, 41*, Des Moines, IA	2:50:49	13:45
1556	50	JrM	Andrew Webber, 16, Des Moines, IA	2:51:18	13:47
1557	162	M25	Jared Jones, 28, Windsor Heights, IA	2:51:18	13:47
988	125	W20	Beth Jones, 24*, Windsor Heights, IA	2:52:53	13:55
1558	5	M65	Robert Nuzum, 65, Johnston, IA	2:52:56	13:55
989	126	W20	Kristi Breeding, 24*, Ankeny, IA	2:53:43	13:59
990	132	W40	Bernadine Ramirez, 40*, Des Moines, IA	2:53:48	13:59

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

1559	6	M65	Virgil Larsen, 65, Pleasant Hill, IA	2:56:09	14:10
991	198	W25	Heather Judge, 27*, West Des Moines, IA	2:56:30	14:12
992	168	W35	Jennie Morgan, 37*, Windsor Heights, IA	2:56:33	14:12
993	199	W25	Pamela Davis, 28*, Ames, IA	2:56:33	14:12
994	200	W25	Jill Greiman, 25*, Ames, IA	2:56:34	14:12
995	201	W30	Shawn Rios, 34*, Des Moines, IA	2:56:35	14:12
996	202	W30	Nicole Christensen, 32*, Des Moines, IA	2:57:01	14:15
997	73	W45	Susan Stork, 47*, Urbandale, IA	2:57:50	14:18
1560	54	M55	Jim Jensen, 57, Des Moines, IA	2:58:05	14:20
998	74	W45	Teresa Jacobsen, 45*, Sycamore, IL	2:58:49	14:23
1561	250	M40	Charlie Negrete, 43, Des Moines, IA	2:59:10	14:25
1562	163	M25	Garrett Gross, 25, Ames, IA	3:02:55	14:43
999	203	W30	Jamie Champion, 31*, Des Moines, IA	3:02:57	14:43

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

1563	164	M25	Todd Skinner, 28, Indianola, IA	3:07:04	15:03
1564	284	M35	Michael Sadler, 35, Urbandale, IA	3:08:46	15:11
1000	127	W20	Molly Hostettler, 22*, Ames, IA	3:08:46	15:11
1001	31	W50	Norma Broyles, 51*, Indianola, IA	3:08:48	15:11
1002	128	W20	Tammie Krausman, 23*, Ames, IA	3:08:48	15:11
1003	169	W35	Kim Freund, 37*, Des Moines, IA	3:09:03	15:13
1004	201	W25	Mackenzie Cloud, 25*, Johnston, IA	3:10:53	15:22
1565	259	M30	Matt Gausman, 32, Clive, IA	3:12:54	15:31
1566	51	M17	Bryan McLaughlin, 19, Des Moines, IA	3:12:54	15:31

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

1567	134	M50	Dennis Danks, 50, Kellogg, IA	3:20:06	16:06
1005	202	W25	Melissa Martin, 28*, Shelby, NC	3:20:06	16:06
1568	179	M45	Patrick Dolan, 48, Iowa City, IA	3:28:31	16:47

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

1006	75	W45	Ruth Rodden, 47*, Seneca, KS	3:39:35	17:40
1569	135	M50	Tom Eaches, 54, Ames, IA	3:39:35	17:40

"*" indicates females

50 finishers among Men 16 & Under
51 finishers among Men 17 - 19
106 finishers among Men 20 - 24
164 finishers among Men 25 - 29
259 finishers among Men 30 - 34
284 finishers among Men 35 - 39
250 finishers among Men 40 - 44
179 finishers among Men 45 - 49
135 finishers among Men 50 - 54
54 finishers among Men 55 - 59

28 finishers among Men 60 - 64
6 finishers among Men 65 - 69
2 finishers among Men 70 & Up
8 finishers among Women 16 & Under
45 finishers among Women 17 - 19
128 finishers among Women 20 - 24
202 finishers among Women 25 - 29
203 finishers among Women 30 - 34
169 finishers among Women 35 - 39
132 finishers among Women 40 - 44
75 finishers among Women 45 - 49
31 finishers among Women 50 - 54
10 finishers among Women 55 - 59
3 finishers among Women 60 & Up
1569 male finishers
1006 female finishers
2575 total finishers

[Top](#)

Return to [Results](#).