

26th Dam to Dam 20km (12.428 miles)

Des Moines, IA

June 4, 2005

65 Degrees & Humid at the Start
Results by Cal Murdock

Click on the "pace" links to move about through the results. Use the Find option of your Web Browser to find the performance of a specific individual.

PLACE	CLASS PLACE	FINISHER	TIME	PACE
1	1	M25 Moses Waweru, 27, Eau Claire, WI	1:03:47	5:08
2	2	M25 Mike Morgan, 25, Lincoln, NE	1:03:55	5:09
3	1	M30 Malcolm Campbell, 34, Marietta, GA	1:04:38	5:12
4	3	M25 Shadrack Kimeli, 28, Manhattan, KS	1:05:11	5:15
5	1	M20 Vincent Topino, 22, Manhattan, KS	1:05:30	5:16
6	2	M20 Jason Flogel, 22, West Des Moines, IA	1:06:09	5:19
7	1	M17 Jon Thomas, 18, Des Moines, IA	1:07:21	5:25
8	4	M25 Zachary Schendel, 26, St Paul, MN	1:07:26	5:26
9	1	M40 John Mirth, 43, Platteville, WI	1:07:39	5:27
10	5	M25 Julius Rotich, 29, West Des Moines, IA	1:07:54	5:28
11	6	M25 Eric Graham, 26, Olathe, KS	1:08:28	5:30
12	3	M20 Andy Johnson, 21, Des Moines, IA	1:09:06	5:34
13	7	M25 Marty Dalton, 29, Stuart, IA	1:09:07	5:34
14	8	M25 Matthew Holton, 27, Flagstaff, AZ	1:09:28	5:35
15	9	M25 Brad Anderson, 26, Eau Claire, WI	1:11:40	5:46
16	2	M40 Phil Kauder, 44, Cascade, IA	1:11:55	5:47
17	1	M45 Dave Johnson, 49, Hastings, NE	1:12:17	5:49
18	10	M25 Eric Hollander, 28, Des Moines, IA	1:12:22	5:49
19	2	M30 Daniel Deuhs, 33, St. Paul, MN	1:13:34	5:55
20	4	M20 Joe Mundt, 21, Warrensburg, MO	1:14:02	5:57
21	5	M20 Tim Ives, 24, Des Moines, IA	1:14:12	5:58
1	1	W25 Sara Wells, 26*, Burnsville, MN	1:14:21	5:59

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

22	11	M25 Jacob Kaemmer, 28, Des Moines, IA	1:14:34	6:00
23	1	JrM Skyler Delmott, 16, Emporia, KS	1:14:46	6:01
24	1	M35 Todd Christensen, 36, Altoona, IA	1:14:53	6:01
25	2	M45 Keith Fevold, 47, Des Moines, IA	1:15:04	6:02
26	3	M40 Pete Kessler, 43, New Hope, MN	1:15:59	6:07
27	4	M40 Dave Cleveland, 40, Fraser, CO	1:16:08	6:07
28	12	M25 Chris Stiffler, 26, Lavista, NE	1:16:17	6:08
29	5	M40 Greg Skopec, 43, Coralville, IA	1:16:26	6:09
30	6	M20 Nolan Hansen, 23, Lincoln, NE	1:16:33	6:10
2	1	W35 Bonnie Sons, 39*, Shorewood, MN	1:16:49	6:11
31	13	M25 Chad Goldsmith, 27, North Liberty, IA	1:17:11	6:13
32	6	M40 Todd Haugen, 42, Story City, IA	1:17:15	6:13
33	14	M25 Ross Polking, 28, West Des Moines, IA	1:17:18	6:13
3	1	W20 Gina Morgan, 23*, Lincoln, NE	1:17:20	6:13
34	7	M20 Dan Novelli, 20, Urbandale, IA	1:17:23	6:14
35	2	M35 Joe Marshall, 37, Granger, IA	1:17:33	6:14
36	2	M17 Gabriel Munoz-Fitch, 18, Iowa City, IA	1:18:32	6:19

37	3	M17 Steven Acarregui, 18, Iowa City, IA	1:18:33	6:19
4	1	W30 Christy Nielsen-Crotts, 30*, Council Bluffs, IA		
			1:18:34	6:19
38	4	M17 Tommy Jones, 18, Marshalltown, IA	1:18:43	6:20
39	3	M30 Alex Johnson, 31, Des Moines, IA	1:18:47	6:20
5	2	W25 Sarah Gall, 26*, Cedar Falls, IA	1:18:57	6:21
40	15	M25 Brad Rettig, 25, Lincoln, NE	1:19:00	6:21
41	4	M30 Luke Spencer, 33, Des Moines, IA	1:19:01	6:21
42	8	M20 Mike Wilson, 22, Altoona, IA	1:19:02	6:22
43	1	M50 Mark Leduc, 50, Minneapolis, MN	1:19:33	6:24
6	2	W30 Michelle Ihmels, 32*, Ames, IA	1:19:44	6:25
44	2	JrM Ben Wedeking, 16, Des Moines, IA	1:20:01	6:26
45	3	M45 John Taylor, 46, Des Moines, IA	1:20:05	6:27
46	3	JrM Jon Waters, 15, Des Moines, IA	1:20:07	6:27
47	7	M40 Marty Gingerich, 42, Parnell, IA	1:20:13	6:27
7	2	W35 Lisa Marshall, 37*, Granger, IA	1:20:21	6:28
48	16	M25 Morgan Parker, 27, Pella, IA	1:20:28	6:28
49	2	M50 Paul Braunschweiler, 53, Omaha, NE	1:20:38	6:29
50	17	M25 Jon Rathje, 26, Ankeny, IA	1:20:43	6:30
51	5	M30 Myron Peto, 34, Ames, IA	1:20:46	6:30
52	3	M50 Rick Ironside, 51, Marion, IA	1:20:48	6:30
53	6	M30 Todd Jones, 33, Ankeny, IA	1:20:56	6:31
54	18	M25 Aaron Sage, 25, Ames, IA	1:21:09	6:32
55	19	M25 Jason Moritz, 27, Sutton, NE	1:21:13	6:32
56	5	M17 Jon Woehl, 19, Ankeny, IA	1:21:17	6:32
57	7	M30 Scott Patterson, 33, Ankeny, IA	1:21:18	6:32
58	8	M40 Steven McKibben, 44, Clive, IA	1:21:21	6:33
8	1	W40 Kimberly Anderson, 40*, Chanhassen, MN	1:21:27	6:33
59	8	M30 Ryan Elsbernd, 33, Des Moines, IA	1:21:52	6:35
60	20	M25 Gene Baloun, 29, Des Moines, IA	1:22:06	6:36
61	9	M30 Mike Collet, 34, Des Moines, IA	1:22:15	6:37
62	4	M50 Dave Fitz, 50, Ames, IA	1:22:20	6:37
63	21	M25 Michael Krieg, 26, West Des Moines, IA	1:22:33	6:38
64	6	M17 Andrew Minear, 19, Marshalltown, IA	1:22:35	6:39
65	9	M20 Tony Ekman, 24, Des Moines, IA	1:22:46	6:40
66	9	M40 Rob Gillum, 44, Des Moines, IA	1:22:50	6:40
67	5	M50 Curt Hoegh, 53, Clive, IA	1:23:00	6:41
68	10	M30 Bryan Betzold, 32, Sioux City, IA	1:23:05	6:41
69	3	M35 James Garbett, 39, Ankeny, IA	1:23:08	6:41
70	22	M25 Joe Borg, 27, Pleasant Hill, IA	1:23:25	6:43
71	7	M17 Corey Kientoff, 19, Indianola, IA	1:23:30	6:43
72	23	M25 Conrad Hanson, 29, Urbandale, IA	1:23:31	6:43
73	10	M40 Jeff Perry, 44, Bondurant, IA	1:23:33	6:43
74	4	M35 Mike Rieks, 37, Urbandale, IA	1:23:35	6:43
75	11	M30 John Anthofer, 33, Urbandale, IA	1:23:36	6:44
9	1	W17 Mackenzie Madison, 18*, Ankeny, IA	1:23:42	6:44
76	24	M25 Nathan Wenck, 28, Carroll, IA	1:23:42	6:44
77	25	M25 Kevin Egan, 29, Des Moines, IA	1:23:44	6:44
78	12	M30 Chris Spencer, 32, Ottumwa, IA	1:23:45	6:44
79	11	M40 Tim Huffman, 44, Ackworth, IA	1:23:46	6:44
80	13	M30 Brett Christensen, 34, West Des Moines, IA		
			1:23:51	6:45
81	26	M25 Anthony Cendana, 29, West Des Moines, IA	1:23:52	6:45
10	1	W45 Ann Ringlein, 48*, Lincoln, NE	1:23:52	6:45
82	12	M40 David Frank, 42, Adel, IA	1:23:55	6:45
83	13	M40 Randall Webb, 43, Boone, IA	1:23:57	6:45
84	6	M50 James Laplant, 54, Newton, IA	1:24:00	6:45
85	5	M35 David Reid, 38, Fairfax, IA	1:24:10	6:46
11	2	W20 Jamie Lemke, 24*, Iowa City, IA	1:24:12	6:47
86	14	M40 Rob Mosher, 41, West Des Moines, IA	1:24:18	6:47
87	6	M35 David Primeau, 37, Des Moines, IA	1:24:25	6:48
12	3	W25 Kristen Mitchell, 26*, Ottumwa, IA	1:24:26	6:48
88	7	M35 Daniel Swanson, 38, Homer, NE	1:24:34	6:48
89	10	M20 Joe Anderson, 20, Ankeny, IA	1:24:46	6:49
90	7	M50 Bob Nelson, 52, Davenport, IA	1:24:47	6:49

91	8	M17 Ben Schwartzenburg, 18, Marshalltown, IA	1:24:49	6:49
92	14	M30 James Janni, 34, Johnston, IA	1:24:53	6:50
93	8	M35 Donald Wells, 37, Des Moines, IA	1:25:08	6:51
94	9	M35 Tim Hart, 37, Johnston, IA	1:25:08	6:51
95	4	M45 Bob Layton, 49, Urbandale, IA	1:25:13	6:51
96	5	M45 James Quigley, 47, Cedar Rapids, IA	1:25:25	6:52
97	10	M35 John Bannantine, 39, Ames, IA	1:25:27	6:53
98	15	M40 Mike Schulte, 40, Cedar Rapids, IA	1:25:30	6:53
99	27	M25 Garrett Dancik, 25, Ames, IA	1:25:30	6:53
13	2	W40 Sharon Stubler, 40*, Minnetonka, MN	1:25:30	6:53
100	15	M30 Blaine Miller, 32, Westminster, CO	1:25:36	6:53
101	1	M55 William Hidding, 56, Edina, MN	1:25:52	6:55
102	9	M17 Jordan Seaberg, 18, Des Moines, IA	1:25:55	6:55
103	2	M55 Rick Hagan, 55, Urbandale, IA	1:26:02	6:55
104	11	M20 Wesley Meier, 20, Ames, IA	1:26:04	6:56
105	12	M20 Jon Soole, 20, Ames, IA	1:26:05	6:56
106	11	M35 Jay Hemepe, 38, Maple Grove, MN	1:26:06	6:56
107	28	M25 Matt Schmidt, 27, Orange City, IA	1:26:08	6:56
108	16	M30 Adrian Chesney, 30, Des Moines, IA	1:26:10	6:56
109	10	M17 Joel Rasmussen, 19, Goldfield, IA	1:26:11	6:56
110	4	JrM Jon Stover, 16, Humboldt, IA	1:26:11	6:56
111	3	M55 David Schulte, 58, Granger, IA	1:26:13	6:56
112	12	M35 Todd Hubbard, 38, Iowa City, IA	1:26:18	6:57
14	3	W20 Elizabeth Raygor, 21*, Windsor Heights, IA	1:26:20	6:57
113	13	M35 Ralph Henderson, 35, Des Moines, IA	1:26:33	6:58
114	17	M30 Stephen Houg, 30, West Des Moines, IA	1:26:33	6:58
115	13	M20 Jon Kalvig, 23, Des Moines, IA	1:26:37	6:58
15	3	W30 Maureen Larsen, 33*, Gretna, NE	1:26:45	6:59
116	14	M35 Curt Retz, 39, West Des Moines, IA	1:26:46	6:59
117	15	M35 Gary Dougherty, 37, Omaha, NE	1:26:48	6:59
118	29	M25 Tim Osterhaus, 28, Carlisle, IA	1:26:50	6:59
119	8	M50 Michael Hoffman, 51, West Des Moines, IA	1:26:51	6:59

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

120	30	M25 Greg Stephens, 26, Centerville, IA	1:26:56	7:00
121	18	M30 Fred Moody, 31, Ames, IA	1:26:56	7:00
16	3	W40 Dana Kramer, 42*, Urbandale, IA	1:27:00	7:00
122	19	M30 Chris Siewert, 34, Urbandale, IA	1:27:05	7:00
17	4	W25 Michelle McMurray, 29*, Rock Island, IL	1:27:10	7:01
123	16	M40 Doug Adams, 43, Urbandale, IA	1:27:11	7:01
18	4	W20 Michelle Ellingson, 23*, Omaha, NE	1:27:11	7:01
124	20	M30 Chris Doud, 30, Spencer, IA	1:27:11	7:01
125	11	M17 Brandon Long, 17, Ames, IA	1:27:12	7:01
19	5	W25 Jessica Dahlberg, 25*, Ames, IA	1:27:15	7:01
126	9	M50 James Houser, 50, Johnston, IA	1:27:16	7:01
127	14	M20 Matt Strasser, 22, Des Moines, IA	1:27:20	7:02
20	4	W30 Kerri Ury, 32*, Urbandale, IA	1:27:22	7:02
128	12	M17 Cory Sents, 17, Grundy Center, IA	1:27:27	7:02
129	16	M35 Jerry Beenken, 39, Dakota City, IA	1:27:35	7:03
130	17	M40 Steve Sikkink, 44, Des Moines, IA	1:27:40	7:03
131	17	M35 Steve Willem, 39, Earlham, IA	1:27:53	7:04
132	18	M35 Michael Lowe, 39, West Des Moines, IA	1:27:56	7:04
133	18	M40 John Priester, 40, Des Moines, IA	1:28:04	7:05
21	2	W45 Tricia McClain, 48*, Altoona, IA	1:28:13	7:06
134	21	M30 Richard Bundy, 34, Ankeny, IA	1:28:15	7:06
135	19	M35 Mark Caples, 37, Ankeny, IA	1:28:19	7:06
136	13	M17 Alex Dull, 19, Marshalltown, IA	1:28:20	7:06
137	19	M40 Mark Nordby, 40, Ankeny, IA	1:28:22	7:07
138	22	M30 Stew Bevis, 30, Altoona, IA	1:28:23	7:07
139	10	M50 Joe Robinson, 54, Bondurant, IA	1:28:24	7:07
140	31	M25 Barrie Terrones, 28, Urbandale, IA	1:28:26	7:07
22	6	W25 Jenarah Tekippe, 25*, Iowa City, IA	1:28:28	7:07
141	20	M35 Michael Gasperi, 38, Johnston, IA	1:28:28	7:07

142	20	M40	Troy Zelenznik, 42, West Des Moines, IA	1:28:31	7:07
143	15	M20	Lance Queck, 20, Fontanelle, IA	1:28:43	7:08
144	4	M55	James Jacobsen, 55, Des Moines, IA	1:28:46	7:09
145	21	M40	George Sehl, 40, Iowa City, IA	1:28:54	7:09
146	11	M50	Cliff Sheets, 50, Cedar Rapids, IA	1:29:04	7:10
147	22	M40	Doug Kintzle, 40, Urbandale, IA	1:29:07	7:10
148	21	M35	Eric Peterson, 37, Boone, IA	1:29:09	7:10
149	23	M30	Marty Mitchell, 30, Des Moines, IA	1:29:14	7:11
150	16	M20	Jeff Uittenbogaard, 23, Clive, IA	1:29:17	7:11
151	24	M30	Shawn Miller, 33, Des Moines, IA	1:29:18	7:11
152	25	M30	Jarid Downey, 32, Indianola, IA	1:29:25	7:12
153	23	M40	Craig Wittenberg, 40, Pella, IA	1:29:25	7:12
154	17	M20	Tyler Kasperbauer, 20, Indianola, IA	1:29:30	7:12
155	6	M45	Tom Green, 45, Des Moines, IA	1:29:32	7:12
	23	5	W20 Kelly Yacevich, 23*, Lincoln, NE	1:29:33	7:12
	24	6	W20 Shannon White, 24*, Davenport, IA	1:29:38	7:13
156	22	M35	Scott Sterrett, 36, Cedar Falls, IA	1:29:43	7:13
	25	7	W20 Ashley Tousley, 21*, West Des Moines, IA	1:29:51	7:14
157	23	M35	Mark Hagen, 35, North Liberty, IA	1:29:56	7:14
158	7	M45	Scott Thiel, 45, Boone, IA	1:29:58	7:14
159	26	M30	Andrew Breitsprecher, 31, Cedar Rapids, IA		
				1:30:00	7:14
	26	7	W25 Kim Scheel, 28*, Norwalk, IA	1:30:04	7:15
160	32	M25	Bryce Gilbert, 27, Milo, IA	1:30:07	7:15
161	8	M45	Calvin Wolter, 45, Van Horne, IA	1:30:10	7:15
162	18	M20	Cris Conner, 22, West Des Moines, IA	1:30:12	7:15
	27	4	W40 Rhonda Brandt, 41*, Cedar Rapids, IA	1:30:20	7:16
163	12	M50	Greg Madison, 50, Ankeny, IA	1:30:29	7:17
164	27	M30	Michael Banker, 34, West Des Moines, IA	1:30:32	7:17
165	13	M50	Gene Wandling, 54, Iowa City, IA	1:30:33	7:17
166	24	M35	Milo Japenga, 35, Cedar Rapids, IA	1:30:38	7:18
167	24	M40	Dwayne Patritto, 43, Ottumwa, IA	1:30:39	7:18
168	25	M40	John Taylor, 44, Johnston, IA	1:30:46	7:18
	28	3	W45 Wendy Mirth, 45*, Platteville, WI	1:30:48	7:18
169	19	M20	Lee Beck, 20, Ames, IA	1:30:50	7:18
170	5	JrM	John Venner, 16, Boone, IA	1:30:51	7:19
171	26	M40	Dan Gustafson, 42, West Des Moines, IA	1:30:52	7:19
172	9	M45	Mike Christensen, 47, Washington, IA	1:30:53	7:19
173	25	M35	John Urban, 37, Johnston, IA	1:30:57	7:19
174	33	M25	Christopher Chamberlin, 27, Ankeny, IA	1:30:58	7:19
175	27	M40	Dale Knoshaug, 43, Des Moines, IA	1:31:00	7:19
	29	8	W20 Kristin Lassen, 24*, Orange City, IA	1:31:04	7:20
176	34	M25	Blake Mertz, 29, Ankeny, IA	1:31:10	7:20
177	26	M35	Richard Haines, 38, Des Moines, IA	1:31:13	7:20
178	10	M45	Pete Masters, 45, Des Moines, IA	1:31:13	7:20
179	14	M50	William McClintock, 51, Centerville, IA	1:31:17	7:21
180	27	M35	Edward Duckworth, 37, Indianola, IA	1:31:20	7:21
181	6	JrM	Kory Heineman, 15, Readlyn, IA	1:31:24	7:21
182	28	M35	Mike Gardner, 35, Ankeny, IA	1:31:25	7:21
	30	8	W25 Erica Lewis, 27*, Cedar Rapids, IA	1:31:26	7:21
183	28	M40	Jeff Feder, 44, Des Moines, IA	1:31:30	7:22
184	28	M30	Mike Teske, 33, Eldora, IA	1:31:32	7:22
185	29	M30	Michael Carr, 32, Ames, IA	1:31:33	7:22
186	29	M35	Troy Koerselman, 35, Ankeny, IA	1:31:33	7:22
187	29	M40	Joseph Short, 40, Johnston, IA	1:31:38	7:22
	31	3	W35 Sandy Sabelka, 37*, Denver, IA	1:31:38	7:22
188	30	M40	Ron Smith, 41, Dubuque, IA	1:31:42	7:23
189	30	M30	Dan Henderson, 34, Ankeny, IA	1:31:43	7:23
	32	4	W45 Beth Henriksen, 49*, Ames, IA	1:31:44	7:23
190	20	M20	Eric Haugen, 22, Iowa City, IA	1:31:46	7:23
191	31	M40	Don Cumings, 41, Ankeny, IA	1:31:49	7:23
192	35	M25	Jon Beeman, 28, West Des Moines, IA	1:31:52	7:23
193	21	M20	Austin Baeth, 20, Des Moines, IA	1:31:54	7:24
	33	4	W35 Ellen Middleswart, 39*, Urbandale, IA	1:31:54	7:24
194	11	M45	Allen Miller, 48, Ames, IA	1:31:55	7:24

195	30	M35 Brent Smidt, 36, Clive, IA	1:31:56	7:24
196	31	M35 Steve King, 37, Fort Calhoun, NE	1:31:59	7:24
197	32	M40 Mickey Lundquist, 41, Ankeny, IA	1:32:04	7:24
198	36	M25 Jason Blomstedt, 26, Des Moines, IA	1:32:06	7:25
199	31	M30 Scott Mills, 34, Des Moines, IA	1:32:08	7:25
200	32	M30 Nate Strickler, 30, Windsor Heights, IA	1:32:09	7:25
201	7	JrM Justen Templeman, 16, Atlantic, IA	1:32:14	7:25
202	32	M35 Thomas Wubben, 38, Ankeny, IA	1:32:15	7:25
203	37	M25 Justin Doornink, 27, Ames, IA	1:32:16	7:25
34	9	W20 Jennifer Wendt, 21*, West Des Moines, IA	1:32:16	7:25
35	9	W25 Bridget Stephenson, 25*, Council Bluffs, IA	1:32:19	7:26
204	12	M45 Robert Parker, 46, Johnston, IA	1:32:19	7:26
205	33	M40 Brian Willem, 43, Urbandale, IA	1:32:20	7:26
206	38	M25 Jerrid Johansen, 26, Omaha, NE	1:32:22	7:26
207	39	M25 James Clevenger, 26, Urbandale, IA	1:32:26	7:26
208	34	M40 Terry Lingner, 42, Grimes, IA	1:32:28	7:26
36	10	W20 Julie Johnston, 21*, Salix, IA	1:32:28	7:26
37	5	W40 Jean Seward, 40*, Clive, IA	1:32:30	7:27
209	33	M30 Shawn Corbin, 33, Clive, IA	1:32:30	7:27
38	5	W30 Beatriz Cochran, 34*, Iowa City, IA	1:32:32	7:27
210	34	M30 Peter Hill, 34, Ankeny, IA	1:32:37	7:27
39	5	W35 Traci Hart, 35*, Waukee, IA	1:32:38	7:27
211	40	M25 Rick Urso, 29, West Des Moines, IA	1:32:41	7:27
212	22	M20 Brett Jones, 20, Bridgewater, IA	1:32:41	7:27
213	41	M25 Lance Randolph, 25, Indianola, IA	1:32:41	7:27
40	6	W40 Melanie Anderson, 42*, Clive, IA	1:32:42	7:28
214	33	M35 Tom Berg, 35, Iowa City, IA	1:32:43	7:28
215	15	M50 Rick Hall, 52, Urbandale, IA	1:32:44	7:28
216	23	M20 Brad Bach, 24, Ankeny, IA	1:32:51	7:28
217	42	M25 Bryan Helwig, 29, Manhattan, KS	1:32:52	7:28
218	34	M35 Michael Stein, 38, Iowa City, IA	1:32:55	7:29
219	35	M35 Dale Tunender, 37, Norwalk, IA	1:32:58	7:29
41	6	W30 Cindy Elsbernd, 34*, Des Moines, IA	1:32:59	7:29
220	36	M35 Ted Welter, 36, Iowa City, IA	1:33:00	7:29
221	35	M40 Randy Brecht, 44, Middle Amana, IA	1:33:03	7:29
222	37	M35 David Stout, 39, Des Moines, IA	1:33:04	7:29
42	11	W20 Amber Schmitz, 23*, Harlan, IA	1:33:06	7:29
223	43	M25 Troy Shoen, 27, Huxley, IA	1:33:10	7:30
224	13	M45 Philip Carroll, 49, Denver, IA	1:33:10	7:30
225	1	M60 Craig Clark, 61, Mason City, IA	1:33:11	7:30
43	6	W35 Susan Brown, 36*, Waukee, IA	1:33:11	7:30
226	38	M35 Shawn Wharton, 38, Greenfield, IA	1:33:12	7:30
227	5	M55 Richard Guffy, 55, Des Moines, IA	1:33:13	7:30
228	35	M30 Brian Mamola, 30, Urbandale, IA	1:33:14	7:30
229	14	M45 Kent Kelderman, 45, Clive, IA	1:33:16	7:30
44	12	W20 Jessica Sorrentino, 20*, Iowa City, IA	1:33:19	7:30
230	39	M35 Jeff Bevis, 36, Johnston, IA	1:33:19	7:30
231	16	M50 Fred Kreykes, 54, Pella, IA	1:33:21	7:31
232	36	M40 Dale Weber, 41, Ames, IA	1:33:22	7:31
233	36	M30 Chad Lee, 32, West Des Moines, IA	1:33:23	7:31
234	15	M45 Martin Kenworthy, 46, Des Moines, IA	1:33:23	7:31
235	44	M25 David Hauck, 28, Eagan, MN	1:33:24	7:31
236	37	M30 Matthew Zepeda, 31, Waukee, IA	1:33:24	7:31
237	17	M50 Mickey Woolard, 52, Lawrence, KS	1:33:27	7:31
238	37	M40 David Kaiser, 42, Mason City, IA	1:33:27	7:31
239	38	M40 James Debartolo, 42, Des Moines, IA	1:33:28	7:31
240	38	M30 Shannon McLaughlin, 34, Norwalk, IA	1:33:31	7:31
45	1	W50 Nancy Hoegh, 52*, Clive, IA	1:33:32	7:31
241	18	M50 Denny Cahill, 51, Marshalltown, IA	1:33:34	7:32
242	16	M45 David Christens, 45, West Des Moines, IA	1:33:38	7:32
243	24	M20 Matt Kemp, 22, Iowa City, IA	1:33:39	7:32
244	40	M35 Rob Marshall, 39, West Des Moines, IA	1:33:39	7:32
245	19	M50 Jon Jordan, 50, Atlantic, IA	1:33:45	7:33
246	17	M45 Michael Lidd, 48, Charles City, IA	1:33:45	7:33

247	18	M45	Craig Edmondson, 45, Winterset, IA	1:33:46	7:33
46	7	W40	Rae Letourneau, 43*, West Des Moines, IA	1:33:47	7:33
248	39	M30	Mark Scigliano, 31, Des Moines, IA	1:33:57	7:34
47	8	W40	Kathie Madron, 42*, Oakland, IA	1:33:58	7:34
249	41	M35	Kham Sisamouth, 35, Des Moines, IA	1:33:59	7:34
250	8	JrM	Derek Keast, 14, Altoona, IA	1:34:06	7:34
251	40	M30	Tom Scroggins, 33, Ankeny, IA	1:34:11	7:35
252	25	M20	Matthew Harbert, 22, Ankeny, IA	1:34:14	7:35
253	6	M55	Peter Crawford, 55, Red Oak, IA	1:34:14	7:35
48	13	W20	Thea Strand, 24*, Decorah, IA	1:34:17	7:35
49	7	W30	Carrie Van Quathem, 33*, Urbandale, IA	1:34:18	7:35
50	8	W30	Kimberly Gudenkauf, 34*, Olathe, KS	1:34:19	7:35
254	42	M35	Joe Kowzan, 35, Pella, IA	1:34:20	7:35
255	7	M55	Michael Pattavina, 58, Clarinda, IA	1:34:27	7:36
256	39	M40	Kurtis Jensen, 44, Marshalltown, IA	1:34:30	7:36
257	19	M45	Greg Courtney, 45, Ames, IA	1:34:32	7:36
258	43	M35	Norm Bach, 38, Marshalltown, IA	1:34:32	7:36
259	45	M25	Jason Miller, 28, West Des Moines, IA	1:34:34	7:37
260	41	M30	Chad Skinner, 33, Urbandale, IA	1:34:37	7:37
261	46	M25	Casey Miller, 29, Urbandale, IA	1:34:41	7:37
51	9	W30	Angela Palen, 34*, Norwalk, IA	1:34:41	7:37
262	20	M50	Bill Wieland, 51, West Des Moines, IA	1:34:42	7:37
263	14	M17	Robert Alexander, 17, Jefferson, IA	1:34:43	7:37
52	10	W25	Jessica Rettig, 26*, Lincoln, NE	1:34:47	7:38
264	9	JrM	Ryan Fliss, 16, Boone, IA	1:34:47	7:38
265	40	M40	Timothy Gedler, 41, West Des Moines, IA	1:34:48	7:38
266	44	M35	Matthew Palen, 37, Norwalk, IA	1:34:48	7:38
267	41	M40	Ed Tormey, 41, Indianola, IA	1:34:49	7:38
268	45	M35	Kent Bain, 39, West Des Moines, IA	1:34:50	7:38
269	15	M17	Adam Rasmussen, 17, Goldfield, IA	1:34:50	7:38
270	42	M40	Kevin Allen, 44, Des Moines, IA	1:34:51	7:38
271	42	M30	Joel Ryon, 32, Mason City, IA	1:34:51	7:38
272	47	M25	Rocky Bare, 25, Des Moines, IA	1:34:52	7:38
273	48	M25	Lawrence Prunty, 29, Des Moines, IA	1:34:53	7:38
274	21	M50	Tom Levis, 52, West Des Moines, IA	1:34:53	7:38
275	43	M40	Wayne Lacher, 43, Menlo, IA	1:34:56	7:38
53	14	W20	Amy Scheuere, 23*, Ames, IA	1:34:56	7:38
276	20	M45	Del Lasswell, 48, Urbandale, IA	1:34:58	7:38
277	21	M45	Jim Polich, 48, Madrid, IA	1:34:58	7:38
278	43	M30	Damon Youmans, 34, Indianola, IA	1:35:00	7:39
279	44	M40	Galen Redshaw, 44, Johnston, IA	1:35:01	7:39
280	49	M25	Erich Baker, 28, Clive, IA	1:35:02	7:39
281	46	M35	Tim Gootee, 35, Waverly, IA	1:35:03	7:39
282	44	M30	R John Milligan, 34, Pella, IA	1:35:04	7:39
283	47	M35	Paul Kallio, 38, Huxley, IA	1:35:05	7:39
54	10	W30	Traci Havlik, 30*, Madrid, IA	1:35:06	7:39
55	11	W30	Amy Plummer, 31*, Des Moines, IA	1:35:08	7:39
284	22	M50	David McClung, 50, Des Moines, IA	1:35:10	7:39
56	5	W45	Jill Byerly, 47*, State Center, IA	1:35:10	7:39
285	48	M35	Steve Heddinger, 35, West Des Moines, IA	1:35:10	7:39
286	23	M50	Chuck Clark, 54, Carroll, IA	1:35:11	7:39
287	45	M30	Dan Haske, 30, Omaha, NE	1:35:11	7:39
288	46	M30	Brian Gates, 31, Roland, IA	1:35:11	7:39
289	50	M25	Benjamin Nunnikhoven, 26, Pella, IA	1:35:11	7:40
57	9	W40	Kathy Hale, 40*, Bondurant, IA	1:35:11	7:40
58	2	W17	Samantha Wickard, 18*, Des Moines, IA	1:35:12	7:40
290	47	M30	Chris Blanchard, 32, West Des Moines, IA	1:35:13	7:40
291	24	M50	Timothy Andersen, 50, Polk City, IA	1:35:14	7:40
292	51	M25	Brian Bickel, 29, Pleasant Hill, IA	1:35:15	7:40
293	25	M50	David Gurwell, 53, Iowa City, IA	1:35:15	7:40
294	45	M40	Scott Boever, 44, Des Moines, IA	1:35:16	7:40
295	22	M45	Francois Van Huyssteen, 46, Prestoria, South Afri	1:35:18	7:40
296	46	M40	Jeffery Gust, 42, Clive, IA	1:35:23	7:40
297	49	M35	Jim O'Halloran, 36, West Des Moines, IA	1:35:24	7:41

59	7	W35 Brenda O'Hare, 37*, Ankeny, IA	1:35:26	7:41
298	10	JrM Hawkeye Wiemers, 14, West Des Moines, IA	1:35:28	7:41
299	47	M40 Craig Brophy, 44, Cedar Rapids, IA	1:35:28	7:41
60	1	JrW Deidra Mohr, 16*, Marshalltown, IA	1:35:30	7:41
300	52	M25 Colin Greenan, 28, Ames, IA	1:35:31	7:41
301	50	M35 David Walmsley, 36, Johnston, IA	1:35:32	7:41
302	26	M50 Shin Kang, 53, Ramsey, MN	1:35:32	7:41
61	15	W20 Julie Lohr, 23*, Coralville, IA	1:35:33	7:41
303	53	M25 Scott Koch, 27, Urbandale, IA	1:35:33	7:41
62	12	W30 Heidi Hill, 32*, Des Moines, IA	1:35:38	7:42
63	11	W25 Courtney Knott, 28*, Centerville, IA	1:35:40	7:42
304	48	M40 Mark Gordon, 41, Johnston, IA	1:35:40	7:42
305	54	M25 Philip Randall, 25, West Des Moines, IA	1:35:42	7:42
306	49	M40 Steve Hollander, 41, Tucson, AZ	1:35:45	7:42
307	50	M40 Jay Fifield, 42, Urbandale, IA	1:35:47	7:42
308	51	M35 Matt Caldwell, 35, Burnsville, MN	1:35:50	7:43
309	51	M40 Scott Weber, 42, Polk City, IA	1:35:50	7:43
310	52	M40 Rex Williams, 44, Des Moines, IA	1:35:51	7:43
311	48	M30 Scott Steveson, 32, Cedar Falls, IA	1:35:51	7:43
312	52	M35 Bryan Schroeder, 37, Saint Charles, MO	1:35:52	7:43
313	49	M30 Dave York, 32, Minneapolis, MN	1:35:53	7:43
314	53	M40 Paul Macnamara, 41, Waterloo, IA	1:35:54	7:43
315	55	M25 Scott Ingersoll, 27, Ankeny, IA	1:35:55	7:43
316	56	M25 E Cummings, 28, Johnston, IA	1:35:56	7:43
317	50	M30 David Olsen, 32, Des Moines, IA	1:35:56	7:43
318	57	M25 Steven Olsen, 28, West Des Moines, IA	1:35:57	7:43
64	16	W20 Jill Norman, 22*, Iowa City, IA	1:35:58	7:43
319	58	M25 Timothy Lowe, 26, Des Moines, IA	1:36:00	7:43
320	59	M25 Mike Mullins, 27, Ames, IA	1:36:00	7:43
321	53	M35 Jeff Hartung, 35, Indianola, IA	1:36:02	7:44
322	16	M17 Kirk Elmquist, 17, Atlantic, IA	1:36:03	7:44
323	54	M35 Kelsey Byus, 36, Des Moines, IA	1:36:05	7:44
324	27	M50 Jonathan Wendel, 50, Ames, IA	1:36:07	7:44
65	12	W25 Krisztina Heredi-Szabo, 26*, Omaha, NE	1:36:07	7:44
325	26	M20 Chris Ramey, 24, Omaha, NE	1:36:08	7:44
326	51	M30 Mike Fraizer, 34, West Des Moines, IA	1:36:08	7:44
327	17	M17 John Wieland, 18, Des Moines, IA	1:36:09	7:44
328	52	M30 Kevin Utterback, 33, Independence, MO	1:36:11	7:44
66	13	W30 Lisa Fraizer, 33*, West Des Moines, IA	1:36:12	7:44
67	10	W40 Rhonda Lockin, 42*, Clive, IA	1:36:13	7:44
329	54	M40 Benjamin Lounsbury, 40, West Des Moines, IA	1:36:15	7:45
330	55	M40 Scott Vermillion, 42, Cedar Falls, IA	1:36:15	7:45
331	28	M50 Scott Brown, 51, Indianola, IA	1:36:16	7:45
332	56	M40 Stewart Baldner, 44, Dallas Center, IA	1:36:16	7:45
68	11	W40 Martha Licea, 40*, Bettendorf, IA	1:36:18	7:45
333	57	M40 Matthew Davenport, 40, Altoona, IA	1:36:20	7:45
334	58	M40 Jeff Osmundson, 40, Pleasant Hill, IA	1:36:23	7:45
69	8	W35 Eva Vande Lune, 39*, Pella, IA	1:36:25	7:45
335	23	M45 Hank Manning, 49, Des Moines, IA	1:36:28	7:46
336	24	M45 Dan Hackman, 45, Egan, MN	1:36:29	7:46
337	29	M50 James Mullenix, 53, Woodbine, IA	1:36:30	7:46
70	6	W45 Shelia Maddock, 49*, Johnston, IA	1:36:30	7:46
338	27	M20 Paul Drey, 21, Des Moines, IA	1:36:31	7:46
71	12	W40 Kim Arndt, 40*, Indianola, IA	1:36:33	7:46
339	28	M20 Michael Trnka, 24, Iowa City, IA	1:36:38	7:46
340	25	M45 David Wilson, 48, West Des Moines, IA	1:36:40	7:47
341	53	M30 Andrew Lary, 32, Iowa City, IA	1:36:43	7:47
342	55	M35 Michael Spaur, 38, Pella, IA	1:36:45	7:47
343	54	M30 Tom Trygstad, 33, West Des Moines, IA	1:36:46	7:47
72	13	W25 Courtney Fulton, 27*, Washington, DC	1:36:46	7:47
344	2	M60 All Kniep, 61, Waukee, IA	1:36:47	7:47
345	60	M25 Travis Ripperger, 27, Clive, IA	1:36:48	7:47
346	56	M35 Samuel Houston, 38, Cedar Rapids, IA	1:36:48	7:47
347	57	M35 Jeff Kelly, 38, Urbandale, IA	1:36:49	7:47

348	55	M30	Keith Kroner, 34, Des Moines, IA	1:36:50	7:47
73	9	W35	Jean Furler, 35*, Indianola, IA	1:36:51	7:48
349	59	M40	Jeff Farrell, 41, Urbandale, IA	1:36:53	7:48
350	58	M35	Timothy Bergan, 39, Newton, IA	1:36:53	7:48
351	60	M40	Rob Reicks, 41, Van Meter, IA	1:36:54	7:48
74	13	W40	Julie Martin, 42*, Urbandale, IA	1:36:54	7:48
352	56	M30	John O'Halloran, 33, Urbandale, IA	1:36:54	7:48
353	61	M25	Joe Lynn, 25, West Des Moines, IA	1:36:55	7:48
354	61	M40	Donald Klein, 40, Nevada, IA	1:36:56	7:48
75	14	W30	Carrie Krohn, 32*, Orange City, IA	1:36:58	7:48
355	26	M45	Brian Smith, 47, Omaha, NE	1:36:59	7:48
356	27	M45	Rod Bubke, 45, Ankeny, IA	1:37:01	7:48
76	14	W25	Angelina Blass, 26*, Burlington, KY	1:37:07	7:49
357	30	M50	Galen Wilke, 54, Ames, IA	1:37:08	7:49
77	17	W20	Cassandra Long, 22*, Omaha, NE	1:37:12	7:49
358	11	JrM	Nathan Nuzum, 16, Johnston, IA	1:37:12	7:49
359	59	M35	Tim Leonard, 39, Coralville, IA	1:37:12	7:49
360	31	M50	Bob Overstreet, 54, Des Moines, IA	1:37:13	7:49
361	28	M45	Joseph Creighton, 45, Granger, IA	1:37:15	7:49
362	60	M35	Charles Lackore, 38, Clive, IA	1:37:16	7:50
363	29	M20	Thaddeus Brandt, 23, Urbandale, IA	1:37:18	7:50
364	29	M45	Michael Long, 45, Ames, IA	1:37:19	7:50
365	30	M45	Clyde Lawler, 49, Marshalltown, IA	1:37:19	7:50
366	62	M25	Aaron Blass, 26, Burlington, KY	1:37:20	7:50
367	30	M20	Theron Airhart, 24, Elkhart, IA	1:37:20	7:50
368	31	M45	Jordon Korell, 46, West Des Moines, IA	1:37:21	7:50
369	61	M35	Joe Tragesser, 39, West Des Moines, IA	1:37:21	7:50
370			Lucas Borrás	1:37:23	7:50
78	14	W40	Kathi Prien, 43*, West Des Moines, IA	1:37:26	7:50
371	62	M40	Michael Rudolph, 40, Adel, IA	1:37:30	7:51
372	32	M50	Peter Percival, 51, Des Moines, IA	1:37:31	7:51
373	62	M35	Jamie Bishop, 35, Indianola, IA	1:37:34	7:51
79	15	W30	Sherry Goreth, 32*, West Des Moines, IA	1:37:37	7:51
374	63	M35	Brian Cassaidy, 38, Ames, IA	1:37:41	7:52
375	12	JrM	Tracy Nuss, 16, Ackley, IA	1:37:41	7:52
376	32	M45	Paul Brees, 47, Urbandale, IA	1:37:44	7:52
377	64	M35	Scott Dekok, 38, Sheldon, IA	1:37:45	7:52
378	13	JrM	Luke Finley, 14, Johnston, IA	1:37:46	7:52
379	57	M30	Jason Hahn, 34, Des Moines, IA	1:37:47	7:52
380	31	M20	Michael Fuller, 23, Ames, IA	1:37:48	7:52
381	58	M30	Elias Moreno, 32, Des Moines, IA	1:37:49	7:52
80	16	W30	Joey Hullinger, 34*, Davis City, IA	1:37:49	7:52
382	63	M40	Steven Lewellen, 40, Des Moines, IA	1:37:50	7:52
383	64	M40	Steve Kammeyer, 42, Urbandale, IA	1:37:51	7:52
384	59	M30	Joel Millikin, 34, Hendrick, IA	1:37:51	7:52
385	60	M30	Thad Douglas, 32, West Des Moines, IA	1:37:52	7:52
386	33	M50	Michael Anthony, 54, Carlisle, IA	1:37:53	7:53
387	65	M35	Chris Burgess, 37, Urbandale, IA	1:37:54	7:53
388	32	M20	Joshua Warolin, 24, Des Moines, IA	1:37:54	7:53
389	65	M40	Mark Weaver, 43, Urbandale, IA	1:37:55	7:53
390	63	M25	Tim Vos, 26, Ankeny, IA	1:37:56	7:53
391	34	M50	Steve Gassmann, 52, Indianola, IA	1:37:57	7:53
392	61	M30	Chad Chicoine, 31, Ankeny, IA	1:37:57	7:53
393	66	M40	David Teachout, 44, Des Moines, IA	1:37:58	7:53
81	17	W30	Janell Kallenbach, 32*, Norwalk, IA	1:37:58	7:53
394	67	M40	Scott Kickbush, 43, Boone, IA	1:37:59	7:53
395	66	M35	Steve Blazek, 38, West Des Moines, IA	1:38:00	7:53
82	7	W45	Vicki Vanderkwaak, 49*, Johnston, IA	1:38:00	7:53
396	8	M55	Richard Martin, 56, Ames, IA	1:38:01	7:53
83	10	W35	Michael Graves, 37*, Iowa City, IA	1:38:01	7:53
84	11	W35	Kelli Slocum, 38*, North Liberty, IA	1:38:02	7:53
397	64	M25	Jason Brehmer, 25, Des Moines, IA	1:38:02	7:53
398	35	M50	Brad Shipman, 50, Van Meter, IA	1:38:03	7:53
399	65	M25	Anthony Gambaiana, 27, Mound, MN	1:38:03	7:53
400	68	M40	John Miller, 42, Clive, IA	1:38:03	7:53

85	15	W25	Katy Essing, 25*, West Des Moines, IA	1:38:06	7:54
401	69	M40	Douglas Malmgren, 41, Minneapolis, MN	1:38:11	7:54
86	18	W30	Robyn Winger, 34*, Broken Arrow, OK	1:38:14	7:54
402	36	M50	Greg Brandner, 52, West Des Moines, IA	1:38:14	7:54
87	18	W20	Cindy McGuire, 24*, Ankeny, IA	1:38:16	7:54
403	33	M20	Clinton Halverson, 23, Ames, IA	1:38:16	7:54
404	14	JrM	Cory Johnson, 14, Indianola, IA	1:38:17	7:54
405	67	M35	Steve Wiseman, 35, Windsor Heights, IA	1:38:19	7:55
406	37	M50	Pete Sandler, 50, West Des Moines, IA	1:38:20	7:55
88	12	W35	Teresa Wells, 36*, Des Moines, IA	1:38:22	7:55
89	13	W35	Karen Fulton, 39*, Omaha, NE	1:38:22	7:55
407	38	M50	Orie Voight, 52, Urbandale, IA	1:38:23	7:55
408	34	M20	Brian Seidl, 23, Clive, IA	1:38:28	7:55
90	16	W25	Sarah Anthofer, 27*, Norwalk, IA	1:38:28	7:55
409	66	M25	Russell Anthofer, 26, Norwalk, IA	1:38:28	7:55
91	19	W20	Jill Madison, 23*, Grimes, IA	1:38:29	7:55
410	67	M25	Jamie Anderson, 29, Windsor Heights, IA	1:38:29	7:55
92	14	W35	Shelly De Ruiter, 39*, Pella, IA	1:38:32	7:56
411	68	M35	Curtis Downs, 36, Des Moines, IA	1:38:34	7:56
412	39	M50	Joe Blunk, 53, Ames, IA	1:38:34	7:56
413			#3543	1:38:34	7:56
93	20	W20	Jackie Ellingson, 22*, Lavista, NE	1:38:35	7:56
94	2	W50	Andriette Wickstrom, 50*, Storm Lake, IA	1:38:36	7:56
414	35	M20	Zach Johnson, 23, Grimes, IA	1:38:37	7:56
415	18	M17	Mike Thayer, 17, Newton, IA	1:38:43	7:57
95	15	W35	Shari Osier, 39*, Bondurant, IA	1:38:44	7:57
416	9	M55	Mike May, 58, Indianola, IA	1:38:44	7:57
417	62	M30	Matthew Frandsen, 31, Ames, IA	1:38:48	7:57
96	17	W25	Abbie Blake, 26*, Indianola, IA	1:38:48	7:57
418	36	M20	Mike Williams, 24, Des Moines, IA	1:38:50	7:57
419	69	M35	Albert Marasco, 39, Clive, IA	1:38:53	7:57
420	19	M17	Matt Konen, 18, Maxwell, IA	1:38:53	7:57
421	15	JrM	Tucker Levis, 15, West Des Moines, IA	1:38:55	7:57
422	70	M35	Douglas Fulton, 35, Bondurant, IA	1:38:55	7:58
423	70	M40	Gary Munkvold, 41, Ames, IA	1:38:57	7:58
424	71	M35	Curt Jahde, 38, Anita, IA	1:38:58	7:58
97	19	W30	Lori Devries, 32*, Ankeny, IA	1:39:01	7:58
425	40	M50	Rob Stetson, 51, Johnston, IA	1:39:04	7:58
98	3	W50	Jane Wickman, 51*, Kellogg, IA	1:39:05	7:58
426	71	M40	Peter Wilson, 42, Minneapolis, MN	1:39:05	7:58
427	72	M35	Trevor Myers, 37, Des Moines, IA	1:39:11	7:59
99	21	W20	Rachel Stangler, 20*, Albany, MN	1:39:13	7:59
428	33	M45	Steven McBreen, 45, Ames, IA	1:39:15	7:59
429	16	JrM	Sam Engman, 14, Clive, IA	1:39:16	7:59
100	15	W40	Nancy Dickerson, 42*, West Des Moines, IA	1:39:19	7:59
430	72	M40	Doug Jones, 42, Redfield, IA	1:39:19	7:59

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

431	20	M17	Iain Wilson, 17, Ames, IA	1:39:24	8:00
432	17	JrM	Thomas Keenan, 15, West Des Moines, IA	1:39:26	8:00
433	34	M45	William Johnson, 49, Iowa City, IA	1:39:27	8:00
434	73	M35	Steve Andreasen, 38, Sioux City, IA	1:39:29	8:00
101	18	W25	Julie Pecinovsky, 27*, West Des Moines, IA	1:39:29	8:00
435	35	M45	Charles Phillips, 47, Urbandale, IA	1:39:30	8:00
436	74	M35	Clayton Deckinger, 37, Waukee, IA	1:39:33	8:01
437	41	M50	Neil Seales, 53, Rhodes, IA	1:39:34	8:01
438	10	M55	Roger Heinle, 55, Whiting, IA	1:39:35	8:01
439	3	M60	Jack Zordan, 61, Glenview, IL	1:39:36	8:01
102	16	W35	Jennifer Smith, 36*, Waukee, IA	1:39:36	8:01
440	75	M35	Mark Hargrove, 36, Ames, IA	1:39:37	8:01
441	68	M25	Chris George, 28, Waukee, IA	1:39:39	8:01
103	19	W25	Amber Bonnstetter, 25*, Fort Dodge, IA	1:39:40	8:01
442	63	M30	Carl Nofstger, 31, Altoona, IA	1:39:41	8:01

443	64	M30	Eric Risovi, 32, Clive, IA	1:39:43	8:01
104	3	W17	Brieanne Reedy, 19*, Emmettsburg, IA	1:39:43	8:01
105	4	W17	Emily Vanoosbree, 18*, Emmettsburg, IA	1:39:43	8:01
444	76	M35	Scott Johnston, 35, Indianola, IA	1:39:45	8:02
445	69	M25	Adam Soyer, 29, Norwalk, IA	1:39:46	8:02
446	65	M30	Brad Dassow, 34, Denison, IA	1:39:47	8:02
447	70	M25	Tony Wagner, 29, Urbandale, IA	1:39:47	8:02
448	77	M35	John Turpen, 36, Waukee, IA	1:39:49	8:02
106	22	W20	Michelle Jebesen, 20*, Marshalltown, IA	1:39:49	8:02
107	20	W30	Laura Kautman, 30*, Boone, IA	1:39:49	8:02
449	71	M25	John Becker, 29, Madrid, IA	1:39:49	8:02
450	36	M45	Don Owens, 46, Des Moines, IA	1:39:50	8:02
451	37	M45	Rick Gubbels, 47, Des Moines, IA	1:39:50	8:02
452	78	M35	Wade Steward, 39, Legrand, IA	1:39:52	8:02
108	20	W25	Krista Jepson, 25*, West Des Moines, IA	1:39:54	8:02
453	38	M45	Jim Hagenbucher, 45, Clive, IA	1:39:55	8:02
109	17	W35	Tonya Anderson-Hotze, 38*, Altoona, IA	1:39:58	8:03
454	79	M35	Jason Potter, 35, West Des Moines, IA	1:39:59	8:03
455	21	M17	Cole Fuller, 18, Marshalltown, IA	1:40:00	8:03
110	5	W17	Jamie Siers, 19*, Cedar Falls, IA	1:40:00	8:03
456	72	M25	Lucas Bennett, 25, Coralville, IA	1:40:01	8:03
111	21	W30	Jennifer Imig, 31*, West Des Moines, IA	1:40:01	8:03
457	42	M50	Richard Deming, 51, Des Moines, IA	1:40:01	8:03
458	80	M35	Rick Glowacki, 36, Des Moines, IA	1:40:01	8:03
459	37	M20	Jack Swarm, 24, Mt. Pleasant, IA	1:40:04	8:03
460	73	M40	Brian Showen, 41, De Soto, KS	1:40:06	8:03
461	66	M30	John Flaugh, 31, Ankeny, IA	1:40:07	8:03
462	38	M20	Charles Michelson, 24, Urbandale, IA	1:40:08	8:03
112	18	W35	Paula Allison, 39*, Boone, IA	1:40:08	8:03
113	21	W25	Keri Fellows, 26*, Indianola, IA	1:40:10	8:04
463	39	M45	Kevin Techau, 46, Des Moines, IA	1:40:12	8:04
114	23	W20	Molly Gross, 23*, Rochester, MN	1:40:14	8:04
464	67	M30	Paul Castillo, 34, Creston, IA	1:40:14	8:04
465	73	M25	Josh Hibben, 25, West Des Moines, IA	1:40:15	8:04
115	24	W20	Ingrid Frisk Frisk, 20*, Logan, IA	1:40:19	8:04
466	11	M55	Larry Olofson, 58, Boone, IA	1:40:22	8:05
467	68	M30	Kris Vanderkamp, 33, Ankeny, IA	1:40:25	8:05
468	69	M30	Tim Roetman, 32, Johnston, IA	1:40:26	8:05
469	40	M45	Tony Loyd, 46, Cedar Rapids, IA	1:40:28	8:05
116	22	W25	Keri McDermott, 29*, Des Moines, IA	1:40:29	8:05
117	25	W20	Andrea Hemphill, 20*, Panora, IA	1:40:30	8:05
118	6	W17	Elaina Mertens, 19*, Mt. Pleasant, IA	1:40:31	8:05
470	70	M30	Nicola Travaglio, 30, Willmar, MN	1:40:31	8:05
471	22	M17	Nat Wunsch, 17, Urbandale, IA	1:40:35	8:06
472	71	M30	Brian Krueger, 34, Urbandale, IA	1:40:35	8:06
473	81	M35	Mark Davis, 37, Urbandale, IA	1:40:36	8:06
474	72	M30	Andrew Schmidt, 34, Urbandale, IA	1:40:37	8:06
475	39	M20	Nathan Greiner, 24, Humboldt, IA	1:40:37	8:06
476	82	M35	Matt Hackwell, 39, Exira, IA	1:40:38	8:06
477	74	M40	Ahmad Abu-Hawash, 44, Ames, IA	1:40:39	8:06
119	26	W20	Kari Swenson, 22*, Waukee, IA	1:40:39	8:06
478	18	JrM	Kerry Bonselaar, 16, Altoona, IA	1:40:40	8:06
120	22	W30	Marcy Puck, 30*, Carroll, IA	1:40:41	8:06
479	75	M40	Dan Wignall, 40, Ankeny, IA	1:40:41	8:06
121	27	W20	Emily Fuerstenau, 21*, West Des Moines, IA	1:40:43	8:06
122	4	W50	Kathleen Wendel, 50*, Ames, IA	1:40:45	8:06
480	73	M30	Ryan Percifield, 33, Ames, IA	1:40:45	8:06
481	76	M40	Mike Jacobi, 41, Shellsburg, IA	1:40:49	8:07
482	74	M30	Jeff Enlow, 34, Dallas Center, IA	1:40:50	8:07
483	74	M25	Chad Klein, 26, Norwalk, IA	1:40:50	8:07
484	83	M35	Richard Mockobee, 37, Norwalk, IA	1:40:51	8:07
485	84	M35	Dennis Haney, 37, Des Moines, IA	1:40:52	8:07
123	8	W45	Rhonda Thomasson, 46*, Newton, IA	1:40:53	8:07
486	75	M30	Bryan Lebar, 33, Shawnee, KS	1:40:55	8:07

487	76	M30	Eric Fee, 31, Indianola, IA	1:40:58	8:07
488	43	M50	Larry Jewell, 51, Urbandale, IA	1:40:58	8:07
489	85	M35	Randal Schieltz, 36, Madrid, IA	1:40:59	8:07
490	77	M30	Ross Abbott, 33, Urbandale, IA	1:41:00	8:08
491	86	M35	Jeff Fortner, 35, Altoona, IA	1:41:01	8:08
492	78	M30	Jason Hennessey, 31, Des Moines, IA	1:41:01	8:08
493	41	M45	Duke Reichardt, 46, Clive, IA	1:41:02	8:08
494	77	M40	Todd Hensley, 43, Sioux City, IA	1:41:06	8:08
495	79	M30	Doug Truex, 33, Iowa Falls, IA	1:41:08	8:08
496	42	M45	Joe Hildreth, 47, Norwalk, IA	1:41:09	8:08
497	87	M35	Ryan Reichenbacker, 36, Ankeny, IA	1:41:11	8:08
498	78	M40	Mark Overton, 40, Des Moines, IA	1:41:15	8:09
499	40	M20	Brent Alumbaugh, 22, Linden, IA	1:41:17	8:09
500	80	M30	Daron Buch, 31, Ankeny, IA	1:41:17	8:09
124	16	W40	Joe Carey, 40*, Ankeny, IA	1:41:18	8:09
501	75	M25	Jess Boysen, 26, West Des Moines, IA	1:41:18	8:09
502	41	M20	Ross Kelderman, 20, Clive, IA	1:41:21	8:09
503	12	M55	Gordy Strickland, 58, Lincoln, NE	1:41:22	8:09
504	43	M45	Paul Barrows, 49, West Des Moines, IA	1:41:24	8:10
505	23	M17	Calvin Barber, 17, Winterset, IA	1:41:24	8:10
506	44	M45	Jeff Niffenegger, 48, West Des Moines, IA	1:41:26	8:10
507	79	M40	Mike Whisler, 40, Ankeny, IA	1:41:26	8:10
508	81	M30	Jonathan Ramsey, 31, Des Moines, IA	1:41:27	8:10
509	42	M20	Nick Harrison, 20, Grimes, IA	1:41:28	8:10
510	88	M35	Clark Buss, 36, Clive, IA	1:41:28	8:10
511	44	M50	Randy Bohl, 50, Ankeny, IA	1:41:29	8:10
512	82	M30	Dwight Rastetter, 33, Johnston, IA	1:41:30	8:10
513	45	M45	Bob Jennings, 46, West Des Moines, IA	1:41:31	8:10
514	45	M50	Tom Tecklenburg, 50, Humboldt, IA	1:41:31	8:10
515	89	M35	Matt Meline, 37, Des Moines, IA	1:41:32	8:10
516	76	M25	Thomas McGinnis, 29, Shenandoah, IA	1:41:34	8:10
517	46	M45	Bob Erler, 49, Chanhassen, MN	1:41:41	8:11
518	43	M20	Edwin Bjurstrom, 21, Des Moines, IA	1:41:42	8:11
519	77	M25	Drew Manatt, 28, Johnston, IA	1:41:42	8:11
125	17	W40	Cindy Hammer, 43*, Urbandale, IA	1:41:42	8:11
520	47	M45	Ned Fagg, 45, Ankeny, IA	1:41:43	8:11
126	19	W35	Renae Benson, 39*, Urbandale, IA	1:41:43	8:11
521	46	M50	Steve Taylor, 53, Des Moines, IA	1:41:43	8:11
522	80	M40	Mark Walter, 42, Urbandale, IA	1:41:44	8:11
127	23	W25	Melissa Nuzum, 28*, Des Moines, IA	1:41:46	8:11
523			E Walsh	1:41:46	8:11
128	18	W40	Ramona Wright, 44*, Des Moines, IA	1:41:46	8:11
524	83	M30	Eric Riensche, 30, Minneapolis, MN	1:41:47	8:11
525	84	M30	Eric McGlinchey, 31, Ames, IA	1:41:48	8:11
526	48	M45	Christopher Delaney, 45, Ames, IA	1:41:48	8:11
527	90	M35	Brad McAvoy, 36, West Des Moines, IA	1:41:51	8:12
528	81	M40	David Thayer, 40, Urbandale, IA	1:41:53	8:12
529	82	M40	Rich Pross, 41, Atlantic, IA	1:41:54	8:12
530	78	M25	Randy Kallem, 29, Des Moines, IA	1:41:54	8:12
531	47	M50	Arnold Dewaard, 50, Pleasantville, IA	1:41:55	8:12
532	79	M25	Carson Andorf, 26, Ames, IA	1:41:55	8:12
533	44	M20	Mike McGinn, 24, Ankeny, IA	1:41:56	8:12
129	7	W17	Angie Berry, 17*, Indianola, IA	1:41:58	8:12
534	80	M25	Travis Nuss, 26, Gowrie, IA	1:42:03	8:13
535	81	M25	Scott Ahrenholz, 28, Johnston, IA	1:42:04	8:13
536	82	M25	Chris Krieg, 27, West Dundee, IL	1:42:05	8:13
537	85	M30	Ross Mills, 33, West Des Moines, IA	1:42:06	8:13
538	83	M25	Tadd Reilly, 28, Jefferson, IA	1:42:07	8:13
130	2	JrW	Abbey Sturm, 15*, Ankeny, IA	1:42:08	8:13
539	86	M30	Noah Swanson, 30, Davenport, IA	1:42:10	8:13
540	48	M50	Rick Gustafson, 51, Ogden, IA	1:42:11	8:13
131	24	W25	Karen Grote, 26*, Radcliffe, IA	1:42:12	8:13
541	91	M35	Donny Suh, 36, West Des Moines, IA	1:42:14	8:14
542	49	M45	Michael Wheelock, 49, Ames, IA	1:42:14	8:14
132	20	W35	Julie Lowery, 36*, Chicago, IL	1:42:15	8:14

133	21	W35 Dawn Heimer, 35*, Ankeny, IA	1:42:18	8:14
543	13	M55 Tom Nemecek, 55, Des Moines, IA	1:42:18	8:14
544	83	M40 Dan Linke, 41, Grand Island, NE	1:42:19	8:14
545	92	M35 James Lunders, 36, Urbandale, IA	1:42:21	8:14
546	45	M20 Thomas Zimpleman, 24, Seattle, WA	1:42:23	8:14
547	24	M17 Andrew Zellweger, 18, Prescott, IA	1:42:25	8:14
548	25	M17 Dillon Roberts, 17, Orient, IA	1:42:25	8:14
549	19	JrM Jake Waddingham, 15, Macksburg, IA	1:42:25	8:14
550	87	M30 Dennis Lichty, 33, Oskaloosa, IA	1:42:26	8:14
551	84	M25 Ryan Gritters, 25, Pella, IA	1:42:28	8:15
552	88	M30 Greg Eekhoff, 33, Johnston, IA	1:42:28	8:15
553	50	M45 Bruce Drummond, 47, Johnston, IA	1:42:29	8:15
554	51	M45 Al Bangston, 45, Cedar Falls, IA	1:42:30	8:15
134	23	W30 Maragaret Shonka, 30*, Des Moines, IA	1:42:30	8:15
555	93	M35 Rob Shaw, 36, Des Moines, IA	1:42:30	8:15
556	94	M35 Steve Price, 36, Spencer, IA	1:42:31	8:15
557	85	M25 Joshua Voth, 25, Ankeny, IA	1:42:32	8:15
558	89	M30 Mark Fahrnkrug, 34, Waukee, IA	1:42:32	8:15
559	95	M35 Roger Selesky, 35, Ankeny, IA	1:42:35	8:15
560	86	M25 Ted Johnson, 29, Des Moines, IA	1:42:37	8:15
561	84	M40 Thomas Bernau, 44, Des Moines, IA	1:42:39	8:16
135	28	W20 Jessica Havlicek, 24*, Ames, IA	1:42:40	8:16
562	85	M40 Paul Bishop, 41, Altoona, IA	1:42:41	8:16
136	24	W30 Heidi Sutter, 32*, Dubuque, IA	1:42:41	8:16
563	49	M50 John Vujnovich, 50, Des Moines, IA	1:42:43	8:16
564	20	JrM Jacob Moss, 16, Bondurant, IA	1:42:44	8:16
137	25	W25 Nichole Tierney, 26*, Newton, IA	1:42:44	8:16
565	52	M45 Paul Kruse, 47, Granger, IA	1:42:46	8:16
566	90	M30 Bill Petsche, 34, Dubuque, IA	1:42:50	8:16
138	25	W30 Muehlhaupt, 33*, Des Moines, IA	1:42:51	8:17
139	19	W40 Denise Charter Jones, 43*, Urbandale, IA	1:42:52	8:17
567	86	M40 Bill Molis, 44, Davenport, IA	1:42:53	8:17
140	20	W40 Rebecca Brannan, 40*, Urbandale, IA	1:42:56	8:17
568	87	M25 Chad Till, 27, Johnston, IA	1:42:56	8:17
569	88	M25 Todd Pederson, 25, Ankeny, IA	1:42:57	8:17
570	53	M45 Kevin Moss, 48, Bondurant, IA	1:42:57	8:17
141	29	W20 Susie Galata, 21*, Omaha, NE	1:42:58	8:17
142	26	W30 Wendy Hanson, 32*, Urbandale, IA	1:42:59	8:17
571	87	M40 Brett Bosworth, 42, West Des Moines, IA	1:43:00	8:17
572	91	M30 Sean Soyer, 32, Ankeny, IA	1:43:00	8:17
143	22	W35 Sue Wellman, 37*, West Des Moines, IA	1:43:01	8:17
573	92	M30 Matthew Goodman, 32, Ames, IA	1:43:02	8:17
574	88	M40 Patrick Jury, 44, West Des Moines, IA	1:43:03	8:17
575	93	M30 Justin Hupfer, 32, Des Moines, IA	1:43:03	8:17
576	54	M45 Ted Sage, 49, Ames, IA	1:43:04	8:18
577	14	M55 Don Miller, 57, Clive, IA	1:43:04	8:18
578	89	M40 Don Camp, 43, Boone, IA	1:43:05	8:18
579	90	M40 Scott Lundstrom, 40, Ankeny, IA	1:43:05	8:18
144	27	W30 Amy Zipse, 30*, Cedar Falls, IA	1:43:13	8:18
580	50	M50 Paul Von Ebers, 52, Des Moines, IA	1:43:16	8:18
145	28	W30 Molly McTaggart, 30*, Des Moines, IA	1:43:20	8:19
146	30	W20 Mary Stoll, 21*, Sioux Falls, SD	1:43:21	8:19
581	55	M45 Chris Johnson, 48, Omaha, NE	1:43:23	8:19
582	91	M40 Michael Carstens, 43, Ankeny, IA	1:43:23	8:19
147	9	W45 Karla Richards, 45*, Johnston, IA	1:43:23	8:19
583	51	M50 Warren Peterson, 51, Ackworth, IA	1:43:24	8:19
584	92	M40 Rob Hentzen, 44, West Des Moines, IA	1:43:24	8:19
585	94	M30 Bill Finnegan, 32, West Des Moines, IA	1:43:25	8:19
586	56	M45 Michael Lee, 46, Ames, IA	1:43:27	8:19
587	96	M35 Mike Kelly, 37, Ankeny, IA	1:43:27	8:19
588	52	M50 Mark Powers, 50, Cedar Rapids, IA	1:43:27	8:19
148	5	W50 Mary Bergman, 50*, Iowa City, IA	1:43:27	8:19
589	97	M35 Patrick Reinhardt, 37, West Des Moines, IA	1:43:28	8:20
149	23	W35 Barb Fassbinder, 38*, Cedar Rapids, IA	1:43:30	8:20

150	24	W35	Karen Ryan, 36*, Elmhurst, IL	1:43:32	8:20
590	89	M25	Aaron Witt, 28, Des Moines, IA	1:43:33	8:20
591	98	M35	Michael Regan, 36, Iowa City, IA	1:43:34	8:20
592	93	M40	Doug Fick, 43, Johnston, IA	1:43:35	8:20
593	95	M30	Jay Fogarty, 34, Clive, IA	1:43:35	8:20
594	1	M70	Jim Smedema, 73, Windsor Heights, IA	1:43:35	8:20
595	94	M40	Mike Mutka, 41, Adel, IA	1:43:36	8:20
596	90	M25	Nicholas Wendt, 27, Des Moines, IA	1:43:39	8:20
597	96	M30	Jeff Brock, 34, Clive, IA	1:43:41	8:21
151	29	W30	Lisa Hovey, 33*, Urbandale, IA	1:43:41	8:21
598	26	M17	Matt Nervig, 17, Hardy, IA	1:43:42	8:21
599	46	M20	Austin Robertson, 24, Strom Lake, IA	1:43:43	8:21
600	47	M20	Z Hallam, 22, Ames, IA	1:43:45	8:21
152	26	W25	Heather Fleming, 28*, Cedar Rapids, IA	1:43:45	8:21
601	91	M25	Nick Pitcher, 26, Maquoketa, IA	1:43:47	8:21
602	95	M40	Marcus Dunn, 41, Clive, IA	1:43:50	8:21
603	53	M50	Mark Borseth, 50, Clive, IA	1:43:51	8:21
604	15	M55	David Hope, 55, Davenport, IA	1:43:51	8:21
605	16	M55	Art Barton, 56, Ames, IA	1:43:52	8:21
153	31	W20	Kathryn Becherer, 22*, Columbia, MO	1:43:52	8:21
154	10	W45	Sue Boley, 48*, Maxwell, IA	1:43:53	8:22
155	30	W30	Regina Doerning, 32*, West Des Moines, IA	1:43:55	8:22
606	92	M25	Jacob Nimrod, 26, Wilmore, KY	1:43:55	8:22
156	27	W25	Elizabeth Nelson, 27*, Des Moines, IA	1:43:55	8:22
607	54	M50	Will Walling, 50, Polk City, IA	1:43:55	8:22
608	17	M55	Steve Pecenka, 55, Boone, IA	1:43:56	8:22
609	99	M35	Jason Soliday, 37, West Des Moines, IA	1:43:59	8:22
157	31	W30	Lyddia Asman, 31*, Grimes, IA	1:44:00	8:22
158	25	W35	Theresa Forbes, 35*, Altoona, IA	1:44:00	8:22
159	28	W25	Sara Dykstra, 28*, Iowa City, IA	1:44:01	8:22
160	32	W20	Stephanie Fuller, 22*, Ankeny, IA	1:44:03	8:22
610	48	M20	Joe Fitzler, 23, Columbia, MO	1:44:04	8:22
611	97	M30	Mike Hoogers, 34, Sioux City, IA	1:44:05	8:22
612	96	M40	Mike Simpson, 44, Norwalk, IA	1:44:05	8:22
161	32	W30	Dana Conner, 32*, Clive, IA	1:44:08	8:23
162	6	W50	Pamela Wood, 50*, Janesville, IA	1:44:09	8:23
613	55	M50	David Strobe, 50, Ankeny, IA	1:44:10	8:23
163	33	W30	Jessica Schrock, 34*, Altoona, IA	1:44:13	8:23
164	29	W25	Kathy McKay, 25*, Pleasant Hill, IA	1:44:15	8:23
614	56	M50	Kirk Dau, 53, Ames, IA	1:44:15	8:23
165	8	W17	Nikki Newbrough, 17*, Montour, IA	1:44:15	8:23
615	57	M45	Lou Scallon, 47, Ames, IA	1:44:15	8:23
616	98	M30	Brad Rourke, 30, Des Moines, IA	1:44:16	8:23
617	100	M35	Douglas Kendall, 37, Tracy, IA	1:44:17	8:23
166	3	JrW	Caitlin Miller, 16*, Knoxville, IA	1:44:19	8:24
167	9	W17	Heather Shives, 17*, Knoxville, IA	1:44:19	8:24
618	97	M40	Gil Gullickson, 43, West Des Moines, IA	1:44:22	8:24
619	99	M30	Christopher Roling, 33, Des Moines, IA	1:44:25	8:24
620	57	M50	Curt Hollebrands, 53, Clive, IA	1:44:27	8:24
168	30	W25	Susan Krieg, 27*, West Dundee, IL	1:44:28	8:24
621	98	M40	Mike Martin, 40, Grimes, IA	1:44:28	8:24
622	93	M25	Robert Leary, 28, Perry, IA	1:44:28	8:24
623	49	M20	Ross Dix, 23, West Des Moines, IA	1:44:33	8:25
169	21	W40	Michelle Sloan, 40*, Altoona, IA	1:44:33	8:25
624	50	M20	Garry Waldon, 24, Des Moines, IA	1:44:33	8:25
625	101	M35	Dan Koestner, 35, Grimes, IA	1:44:34	8:25
626	58	M45	Matt McCright, 45, Urbandale, IA	1:44:36	8:25
627	102	M35	Daron Fritz, 38, Lake Mills, IA	1:44:37	8:25
628	94	M25	Adrian Kosiara, 26, West Des Moines, IA	1:44:39	8:25
629	59	M45	Curtis Husske, 49, Maxwell, IA	1:44:39	8:25
170	26	W35	Rebecca Holzwarth, 39*, Urbandale, IA	1:44:40	8:25
630	100	M30	Kevin Burt, 34, Ames, IA	1:44:41	8:25
631	101	M30	Dustin Smith, 34, West Des Moines, IA	1:44:42	8:25
171	33	W20	Krisin Pavlovich, 21*, Des Moines, IA	1:44:42	8:25
632	99	M40	Brendan Finn, 44, Ames, IA	1:44:42	8:25

172	27	W35	Lori Moriarity, 39*, Ames, IA	1:44:43	8:25
633	60	M45	Brian Lampe, 47, Johnston, IA	1:44:44	8:26
634	51	M20	Douglas Dannen, 24, Iowa City, IA	1:44:46	8:26
635	4	M60	David Block, 62, Ames, IA	1:44:48	8:26
636	103	M35	Steve Fettekether, 39, Mason City, IA	1:44:51	8:26
173	22	W40	Patti Plath, 40*, West Des Moines, IA	1:44:52	8:26
637	61	M45	Mike Clayton, 49, Ames, IA	1:44:53	8:26
174	34	W20	Amber Millikin, 20*, Hedrick, IA	1:44:55	8:26
175	31	W25	Alissa Burmeister, 26*, Coralville, IA	1:44:55	8:26
638	104	M35	Frank Nanne, 39, Clive, IA	1:44:56	8:27
176	28	W35	Rachele Kugel, 39*, Des Moines, IA	1:44:57	8:27
639	102	M30	James McKinstry, 34, Polk City, IA	1:44:58	8:27
640	105	M35	Patrick Mattingly, 36, Van Meter, IA	1:44:59	8:27
641	100	M40	Tom Detaeye, 40, Clive, IA	1:44:59	8:27
642	62	M45	Steven Wandro, 47, Des Moines, IA	1:45:01	8:27
643	5	M60	Ralph Abramowitz, 60, Flanders, NJ	1:45:02	8:27
177	35	W20	Laura Nedved, 23*, Webster City, IA	1:45:03	8:27
644	101	M40	James Ramsey, 42, Des Moines, IA	1:45:03	8:27
178	29	W35	Jill Heston, 37*, Ankeny, IA	1:45:03	8:27
645	58	M50	Robert Mc Donald, 54, Coal Valley, IL	1:45:03	8:27
646	106	M35	Randall Haight, 39, Jefferson City, MO	1:45:04	8:27
179	30	W35	Sandra Witty, 38*, Clive, IA	1:45:05	8:27
180	36	W20	Amanda Ives, 24*, Des Moines, IA	1:45:07	8:27
647	102	M40	Tracy Hurt, 42, Creston, IA	1:45:08	8:27
648	103	M30	Randy Meester, 32, Wilton, IA	1:45:10	8:28
649	103	M40	Dave Salaba, 40, Cumming, IA	1:45:10	8:28
650	104	M40	Allan Urlis, 41, Norwalk, IA	1:45:11	8:28
181	32	W25	Lindsay Wade, 29*, Weldon, IA	1:45:11	8:28
651	27	M17	Eric Lins, 19, Carlisle, IA	1:45:12	8:28
652	59	M50	Greg Hauser, 51, Minnetrista, MN	1:45:12	8:28
653	60	M50	Daniel Todd, 50, West Des Moines, IA	1:45:13	8:28
182	31	W35	Michelle Thornton, 35*, West Des Moines, IA	1:45:13	8:28
654	105	M40	Thomas Duff, 42, Des Moines, IA	1:45:14	8:28
655	107	M35	Doug Farrell, 38, Urbandale, IA	1:45:14	8:28
656	63	M45	Tim Faber, 45, Marion, IA	1:45:15	8:28
183	34	W30	Stephanie Longnecker, 33*, Clive, IA	1:45:15	8:28
657	104	M30	Jeff Warren, 32, Des Moines, IA	1:45:16	8:28
658	52	M20	Scott Shumaker, 23, West Des Moines, IA	1:45:17	8:28
659	105	M30	Brian Kinman, 32, Johnston, IA	1:45:17	8:28
660	106	M30	Dan Bruns, 30, Ankeny, IA	1:45:19	8:28
661	108	M35	Steven Johnson, 38, Waukee, IA	1:45:20	8:28
662	109	M35	Tim Pepper, 38, Indianola, IA	1:45:20	8:28
663	107	M30	David White, 31, Ames, IA	1:45:20	8:29
184	23	W40	Joyce Holland, 44*, Des Moines, IA	1:45:20	8:29
664	95	M25	Joe Ulloa, 26, Des Moines, IA	1:45:21	8:29
665	61	M50	Mark Stelmacher, 50, West Des Moines, IA	1:45:21	8:29
666	21	JrM	Dan Koner, 16, Maxwell, IA	1:45:21	8:29
667	62	M50	Terry Lint, 50, Clive, IA	1:45:21	8:29
668	110	M35	Patrick Thomas, 36, West Des Moines, IA	1:45:22	8:29
669	106	M40	Mike Henning, 40, Atlantic, IA	1:45:24	8:29
670	107	M40	Rick Probst, 43, Grimes, IA	1:45:25	8:29
671	108	M30	Chris Nelson, 33, West Des Moines, IA	1:45:26	8:29
185	11	W45	Debi Bull, 47*, Des Moines, IA	1:45:26	8:29
672	64	M45	James Fuller, 46, Marshalltown, IA	1:45:27	8:29
186	33	W25	Jennifer Myer, 27*, Peoria, IL	1:45:28	8:29
673	109	M30	Jason Lauterbach, 30, Newton, IA	1:45:30	8:29
187	34	W25	Megan Moeller, 26*, Iowa City, IA	1:45:31	8:29
188	35	W25	Paula Saxton, 26*, Bettendorf, IA	1:45:31	8:29
189	35	W30	Beth Seufferer, 34*, West Des Moines, IA	1:45:31	8:29
674	53	M20	Jeffrey Judisch, 24, Tripoli, IA	1:45:32	8:29
675	96	M25	Jared Kline, 27, Des Moines, IA	1:45:34	8:30
190	32	W35	Melissa Crew, 39*, Urbandale, IA	1:45:34	8:30
676	97	M25	Chad Marchant, 26, Des Moines, IA	1:45:36	8:30
191	36	W30	Amy Burgess, 34*, Urbandale, IA	1:45:37	8:30

192	36	W25	Megan Bird, 25*, West Des Moines, IA	1:45:38	8:30
677	98	M25	Neil Gohl, 26, Omaha, NE	1:45:39	8:30
678	111	M35	Gerrad Clausen, 36, Granger, IA	1:45:41	8:30
679	110	M30	Paul Schlueter, 32, Des Moines, IA	1:45:42	8:30
193	37	W25	Molly Hostetler, 25*, Ames, IA	1:45:43	8:30
194	33	W35	Diana Croghan, 36*, Center Point, IA	1:45:43	8:30
680	63	M50	Jonathan Buss, 52, Ames, IA	1:45:44	8:30
195	24	W40	Joyce Christianson, 40*, Baxter, IA	1:45:44	8:30
681	112	M35	Bill McGinn, 38, Urbandale, IA	1:45:45	8:31
682	54	M20	Nick Ford, 24, Creston, IA	1:45:46	8:31
683	55	M20	Josh Herman, 24, Clive, IA	1:45:46	8:31
684	113	M35	Michael Triplett, 37, Des Moines, IA	1:45:46	8:31
685	65	M45	Jim Frank, 45, Des Moines, IA	1:45:47	8:31
686	108	M40	Brett Altman, 40, Newton, IA	1:45:48	8:31
687	109	M40	Rusty Martin, 44, Perry, IA	1:45:48	8:31
688	99	M25	Burton Joseph, 26, West Des Moines, IA	1:45:49	8:31
196	37	W20	Jill Spomer, 21*, Ankeny, IA	1:45:50	8:31
689	110	M40	David Endres, 42, West Des Moines, IA	1:45:50	8:31
690	56	M20	Cale Kassel, 20, Ames, IA	1:45:51	8:31
691	111	M30	Jarod Young, 30, Cedar Rapids, IA	1:45:53	8:31
197	25	W40	Debra Miller, 44*, Spring Green, WI	1:45:54	8:31
198	26	W40	Nancy Whitcanack, 43*, Coal Valley, IL	1:45:54	8:31
692	111	M40	Brian Culich, 42, Des Moines, IA	1:45:56	8:31
199	12	W45	Julie Starry, 45*, Johnston, IA	1:45:56	8:31
200	13	W45	D Peterson, 47*, Grimes, IA	1:45:58	8:32
693	100	M25	Key Kain, 26, Ankeny, IA	1:45:58	8:32
694	112	M40	Matthew Daniels, 40, Des Moines, IA	1:46:01	8:32
695	18	M55	David Friedgood, 56, Clive, IA	1:46:03	8:32
696	112	M30	Joel Abrams, 31, Hiawatha, IA	1:46:05	8:32
697	113	M40	Chris McCarthy, 42, Ankeny, IA	1:46:06	8:32
698	64	M50	Don Schoen, 53, West Des Moines, IA	1:46:09	8:32
699	114	M40	Tim Winger, 40, Broken Arrow, OK	1:46:09	8:32
201	27	W40	Amy Montgomery, 41*, Pleasant Hill, IA	1:46:10	8:32
700	113	M30	Daniel Sailsbury, 31, Woodbury, MN	1:46:10	8:32
701	114	M30	Brad Kaufman, 33, Waukee, IA	1:46:11	8:33
702	101	M25	Rob Mudd, 27, Ankeny, IA	1:46:12	8:33
703	65	M50	Hans Lensch, 52, Johnston, IA	1:46:12	8:33
202	14	W45	Christine Moen, 45*, West Des Moines, IA	1:46:13	8:33
203	38	W25	Laura Staab, 27*, Marcus, IA	1:46:15	8:33
204	37	W30	Shelly Catlett, 30*, Johnston, IA	1:46:16	8:33
704	28	M17	Pete Kostelnick, 17, Boone, IA	1:46:17	8:33
205	28	W40	Michelle Mullin, 40*, Clive, IA	1:46:17	8:33
705	115	M40	Jeff Sullivan, 40, West Des Moines, IA	1:46:19	8:33
706	57	M20	Andy Lester, 21, West Des Moines, IA	1:46:21	8:33
707	114	M35	David Paladino, 38, Omaha, NE	1:46:22	8:33
206	38	W20	Stephanie Osby, 20*, Altoona, IA	1:46:22	8:34
708	102	M25	Pete Moore, 29, Ames, IA	1:46:24	8:34
207	34	W35	Jean Johnson, 39*, Des Moines, IA	1:46:25	8:34
208	29	W40	Cindy Lentz, 41*, Polk City, IA	1:46:26	8:34
709	116	M40	Michael Cadden, 42, Eden Prairie, MN	1:46:26	8:34
710	19	M55	Ernest Vortherms, 56, Urbandale, IA	1:46:27	8:34
209	39	W20	Andrea Parmarter, 22*, West Des Moines, IA	1:46:30	8:34
711	66	M45	Dave Hester, 45, Urbandale, IA	1:46:30	8:34
712	22	JrM	Manfred Strait, 16, Des Moines, IA	1:46:31	8:34
713	66	M50	Mark Hanson, 52, Ankeny, IA	1:46:31	8:34
714	115	M30	Clarke Booth, 34, West Des Moines, IA	1:46:32	8:34
715	116	M30	Brian Pattinson, 32, Des Moines, IA	1:46:33	8:34
716	117	M30	Amy Ridout, 34, Tama, IA	1:46:34	8:34
210	38	W30	Christine Vortherms, 32*, Des Moines, IA	1:46:35	8:35
211	39	W25	Jennifer Hotze, 29*, Ames, IA	1:46:35	8:35
717	115	M35	Keith Scholten, 37, Urbandale, IA	1:46:35	8:35
718	116	M35	Tim Somers, 35, Ankeny, IA	1:46:36	8:35
719	58	M20	John Breidenbach, 23, Ames, IA	1:46:36	8:35
720	118	M30	Cory Abbas, 32, Des Moines, IA	1:46:37	8:35

721	6	M60	Robert Ridenour, 60, West Des Moines, IA	1:46:38	8:35
212	10	W17	Sara Hendrickson, 18*, Altoona, IA	1:46:38	8:35
722	59	M20	Don Erickson, 22, Polk City, IA	1:46:38	8:35
723	119	M30	Brian Davenport, 30, Minneapolis, MN	1:46:39	8:35
724	103	M25	Jared Carlson, 28, Des Moines, IA	1:46:39	8:35
725	117	M40	Mark Graeve, 44, Des Moines, IA	1:46:40	8:35
726	118	M40	Scott Parker, 41, Altoona, IA	1:46:41	8:35
213	15	W45	Janet Donnelly, 45*, West Des Moines, IA	1:46:43	8:35
727	20	M55	Gary Payne, 55, Des Moines, IA	1:46:43	8:35
728	67	M50	Neil Swanson, 54, Palo, IA	1:46:44	8:35
729	119	M40	Benjamin Allen, 41, Des Moines, IA	1:46:44	8:35
730	60	M20	Tim Moran, 22, Story City, IA	1:46:45	8:35
731	104	M25	Brad Baldwin, 29, Iowa City, IA	1:46:45	8:35
214	35	W35	Jane Engelen, 37*, Templeton, IA	1:46:45	8:35
732	117	M35	Michael Ross, 39, Clive, IA	1:46:45	8:35
215	39	W30	Cristen Schipper, 34*, Clive, IA	1:46:48	8:36
733	120	M40	Dan Gornick, 40, Norwalk, IA	1:46:49	8:36
216	30	W40	Cheri Castor, 43*, Kansas City, MO	1:46:49	8:36
734	121	M40	Michael Feldman, 43, Urbandale, IA	1:46:49	8:36
735	122	M40	Michael Turley, 41, St. Louis, MO	1:46:50	8:36
217	36	W35	Tammy Greiner, 38*, Reinbeck, IA	1:46:50	8:36
736	118	M35	Scott Mortimer, 39, Cumming, IA	1:46:52	8:36
218	40	W20	Megan Heying, 24*, Iowa City, IA	1:46:53	8:36
737	119	M35	Steve Mason, 36, Bloomington, IL	1:46:53	8:36
738	123	M40	Kerry Anderson, 44, Clive, IA	1:46:54	8:36
739	67	M45	Steve Gauldin, 46, Des Moines, IA	1:46:55	8:36
740	120	M35	Max Lantz, 36, Papillion, NE	1:46:56	8:36
741	121	M35	Kevin Barkema, 36, Conrad, IA	1:46:56	8:36
742	122	M35	Brad Bruhl, 35, Ankeny, IA	1:46:57	8:36
219	16	W45	Victoria Greening, 49*, Urbandale, IA	1:46:57	8:36
220	37	W35	Joelle White, 38*, Carroll, IA	1:46:58	8:36
743	68	M45	Richard Ford, 46, Urbandale, IA	1:46:58	8:36
221	38	W35	Kim Nees, 38*, Carroll, IA	1:46:58	8:36
744	68	M50	Steven Schuler, 53, Urbandale, IA	1:47:00	8:37
745	123	M35	Shawn Decker, 37, Johnston, IA	1:47:00	8:37
746	124	M40	Kevin O'Connor, 43, Des Moines, IA	1:47:01	8:37
747	69	M45	Greg Swanson, 47, Norwalk, IA	1:47:01	8:37
748	125	M40	Mike Hankinson, 43, West Des Moines, IA	1:47:02	8:37
749	124	M35	Geoff Graham, 37, Waukee, IA	1:47:04	8:37
222	31	W40	Teri Feldmann, 44*, Des Moines, IA	1:47:04	8:37
750	105	M25	Clinton Vanwinkle, 25, Iowa City, IA	1:47:05	8:37
223	11	W17	Chelsey Soder, 18*, Barnum, IA	1:47:05	8:37
751	70	M45	Dan Duwelius, 46, Des Moines, IA	1:47:05	8:37
224	41	W20	Tami Gray, 23*, West Des Moines, IA	1:47:06	8:37
752	71	M45	Tom Hoehamer, 47, Des Moines, IA	1:47:06	8:37
225	17	W45	Cynthia Lehrkamp, 46*, Carroll, IA	1:47:08	8:37
753	120	M30	Shane Scott, 32, Urbandale, IA	1:47:08	8:37
226	32	W40	Nancy Kanne, 44*, Carroll, IA	1:47:09	8:37
227	40	W30	Krista Walker, 34*, Johnston, IA	1:47:10	8:37
754	61	M20	Shaun Hogle, 23, Johnston, IA	1:47:10	8:37
228	39	W35	Julie Dalecky, 35*, Kansas City, MO	1:47:10	8:37
229	41	W30	Melissa Bice, 30*, Norwalk, IA	1:47:12	8:37
755	106	M25	Ray Sorensen, 25, Greenfield, IA	1:47:13	8:38
756	125	M35	Steve Roe, 39, Iowa City, IA	1:47:14	8:38
757	126	M35	Keith Cooper, 39, Lafayette, IN	1:47:14	8:38
230	7	W50	Robin Hyland, 51*, Grimes, IA	1:47:14	8:38
758	29	M17	Timothy Brannen, 19, Shenandoah, IA	1:47:15	8:38
759	107	M25	Joshua Manning, 25, Altoona, IA	1:47:16	8:38
760	108	M25	Jeremy Mueller, 28, West Des Moines, IA	1:47:17	8:38
231	42	W30	Julie Perkins, 33*, Carroll, IA	1:47:18	8:38
761	62	M20	Michael Lauterbach, 24, Ankeny, IA	1:47:18	8:38
762	126	M40	David Johnson, 42, Des Moines, IA	1:47:18	8:38
763	21	M55	Richard Townsend, 56, Johnston, IA	1:47:19	8:38
764	127	M35	Joel Krusemark, 38, Ankeny, IA	1:47:19	8:38
765	72	M45	Jim Lawson, 45, Des Moines, IA	1:47:20	8:38

232	33	W40	Jane Hemminger, 44*, Des Moines, IA	1:47:21	8:38
233	34	W40	Sara Albrecht, 43*, Carroll, IA	1:47:21	8:38
766	22	M55	Larry Abbas, 55, Adel, IA	1:47:22	8:38
767	127	M40	David Sharp, 43, Ankeny, IA	1:47:23	8:38
768	128	M35	Michael Porter, 37, Ankeny, IA	1:47:25	8:39
769	129	M35	Jason Reeve, 37, Brooklyn, IA	1:47:26	8:39
770	128	M40	Jeff Kling, 43, Sully, IA	1:47:27	8:39
234	42	W20	Natalie Stork, 21*, Urbandale, IA	1:47:28	8:39
771	23	M55	Larry Walden, 58, Marshalltown, IA	1:47:28	8:39
772	109	M25	Tim Mulcahy, 29, Des Moines, IA	1:47:30	8:39
235	43	W20	Beth Magnuson, 21*, Minnetonka, MN	1:47:30	8:39
236	44	W20	Roya Ijadi-Maghsoudi, 22*, Ames, IA	1:47:30	8:39
773	63	M20	Greg Bonett, 20, Ames, IA	1:47:31	8:39
774	129	M40	Tom McCauley, 44, Des Moines, IA	1:47:32	8:39
775	130	M40	Michael Herrington, 42, Eagle Grove, IA	1:47:32	8:39
776	73	M45	John Koolstra, 45, Pella, IA	1:47:32	8:39
777	69	M50	Tomm Pfitzenmaier, 53, Adel, IA	1:47:33	8:39
778	131	M40	Joel Peterson, 41, Webster City, IA	1:47:34	8:39
237	40	W25	Brandee Jenkins, 29*, Des Moines, IA	1:47:34	8:39
779	130	M35	Brian Weiland, 39, Indianola, IA	1:47:35	8:39
238	40	W35	Laura Phelps, 37*, Kingsley, IA	1:47:37	8:40
780	64	M20	Nathan McCarty, 22, Johnston, IA	1:47:37	8:40
781	121	M30	B J Sdyksma, 32, Waukee, IA	1:47:38	8:40
782	132	M40	Russ Asman, 44, Earlham, IA	1:47:39	8:40
783	74	M45	Tim Flowers, 47, Ankeny, IA	1:47:39	8:40
784	133	M40	Michael Miller, 44, Norwalk, IA	1:47:40	8:40
239	45	W20	Kara Dickey, 24*, West Des Moines, IA	1:47:41	8:40
240	43	W30	Christine Baker, 31*, Davenport, IA	1:47:43	8:40
785	7	M60	Jim Matthews, 64, Baxter, IA	1:47:43	8:40
786	65	M20	David Fast, 23, West Des Moines, IA	1:47:44	8:40
241	35	W40	Sara Todd, 42*, Cedar Rapids, IA	1:47:44	8:40
787	110	M25	Ben Johns, 27, West Des Moines, IA	1:47:45	8:40
788	131	M35	John Goedken, 36, Des Moines, IA	1:47:47	8:40
789	75	M45	Will Thayer, 47, Indianola, IA	1:47:48	8:40
790	70	M50	Terry Sacre, 54, Cedar Falls, IA	1:47:51	8:41
242	18	W45	Cathy Callan, 45*, Hastings, NE	1:47:52	8:41
791	122	M30	Justin Reis, 30, Windsor Heights, IA	1:47:53	8:41
243	46	W20	Angela Korte, 22*, West Des Moines, IA	1:47:53	8:41
792	76	M45	Scott Dreier, 46, Manning, IA	1:47:54	8:41
793	132	M35	Kevin Wilhelm, 39, West Des Moines, IA	1:47:54	8:41
794	134	M40	James Beatty, 43, Vinton, IA	1:47:54	8:41
244	36	W40	Gwen Prentice, 42*, Solon, IA	1:47:55	8:41
795	133	M35	Brenton Koch, 38, Waukee, IA	1:47:56	8:41
796	134	M35	William Dunker, 35, Des Moines, IA	1:47:57	8:41
797	135	M35	Doug Richard, 36, West Des Moines, IA	1:47:57	8:41
245	41	W25	Rena Schmitt, 26*, Ames, IA	1:47:58	8:41
798	136	M35	Kirk Ridout, 36, Tama, IA	1:47:59	8:41
799	137	M35	Bob Thompson, 37, Urbandale, IA	1:48:00	8:41
800	123	M30	Scott Sitzman, 32, Ames, IA	1:48:01	8:41
246	37	W40	Deb Conlon, 42*, Urbandale, IA	1:48:01	8:41
801	124	M30	Adam Jennett, 32, Lisbon, IA	1:48:01	8:41
247	38	W40	Joyce Jessen, 44*, Colfax, IA	1:48:04	8:42
802	77	M45	John Hoversten, 46, Blairsburg, IA	1:48:05	8:42
248	44	W30	Lori Drafahl, 32*, Urbandale, IA	1:48:06	8:42
803	111	M25	Christopher Coleman, 28, West Des Moines, IA	1:48:06	8:42
804	66	M20	Andrew Hirsch, 21, Des Moines, IA	1:48:07	8:42
249	19	W45	Carol Ihnen, 45*, Cumming, IA	1:48:09	8:42
250	45	W30	Rena Martin, 31*, Altoona, IA	1:48:10	8:42
805	138	M35	Mike Moody, 36, Story City, IA	1:48:11	8:42
806	112	M25	Christopher Zimpleman, 25, Brooklyn, NY	1:48:12	8:42
807	125	M30	Rob Beeler, 33, Urbandale, IA	1:48:12	8:42
808	78	M45	James Usgaard, 47, Urbandale, IA	1:48:13	8:42
809	135	M40	Richard McKusick, 41, Waconia, MN	1:48:13	8:42
251	42	W25	Tanya Poshusta, 25*, Fort Dodge, IA	1:48:14	8:42

252	41	W35	Wendy Mann, 38*, Clive, IA	1:48:17	8:43
810	24	M55	Richard Garberson, 56, Cedar Rapids, IA	1:48:18	8:43
811	139	M35	Daniel Paca, 37, Muscatine, IA	1:48:18	8:43
812	25	M55	John Pleasants, 56, Ames, IA	1:48:19	8:43
253	46	W30	Meghan Schumacker, 30*, Altoona, IA	1:48:19	8:43
813	126	M30	Guy Arney, 31, Des Moines, IA	1:48:20	8:43
814	136	M40	David Fulton, 42, Omaha, NE	1:48:20	8:43
815	67	M20	Justin Campbell, 24, Cedar Rapids, IA	1:48:21	8:43
816	137	M40	Greg Dankert, 40, Des Moines, IA	1:48:22	8:43
254	47	W30	Dania Nolan, 33*, Johnston, IA	1:48:22	8:43
817	26	M55	Chuck Montgomery, 56, Ackley, IA	1:48:24	8:43
255	48	W30	Susan King, 33*, Fort Calhoun, NE	1:48:24	8:43
818	113	M25	Chris Nims, 28, Cedar Rapids, IA	1:48:24	8:43
256	42	W35	Kristie Harrold, 36*, Waukee, IA	1:48:24	8:43
819	140	M35	Sean Frommelt, 35, Ankeny, IA	1:48:25	8:43
820	71	M50	Kevin Shay, 51, Urbandale, IA	1:48:25	8:43
257	49	W30	Shelley Bricker, 30*, Des Moines, IA	1:48:26	8:43
258	50	W30	Julie Nahas-Muller, 30*, Clive, IA	1:48:27	8:44
259	47	W20	Erica Reams, 21*, West Des Moines, IA	1:48:29	8:44
821	79	M45	Michael Stanley, 48, Clive, IA	1:48:30	8:44
822	114	M25	David Carpenter, 29, Cedar Rapids, IA	1:48:30	8:44
823	68	M20	Jason Collins, 22, Cedar Rapids, IA	1:48:31	8:44
824	138	M40	Dennis Vaske, 44, West Des Moines, IA	1:48:31	8:44
825	80	M45	Brian Wiebke, 45, Marion, IA	1:48:33	8:44
826	81	M45	Bob Irving, 47, Des Moines, IA	1:48:34	8:44
827	141	M35	Kevin Christensen, 39, Des Moines, IA	1:48:37	8:44
260	51	W30	Annika Veeder, 33*, Des Moines, IA	1:48:40	8:45
828	27	M55	Keith Sandvold, 57, Cedar Falls, IA	1:48:40	8:45
829	142	M35	Jim Teusch, 38, Jefferson, IA	1:48:40	8:45
830	23	JrM	Ben Teusch, 15, Jefferson, IA	1:48:41	8:45
831	72	M50	Steve Scoville, 50, Elwood, NE	1:48:42	8:45
832	127	M30	Greg Hansen, 31, Ankeny, IA	1:48:43	8:45
833	143	M35	Lance Stedman, 36, West Des Moines, IA	1:48:45	8:45
261	43	W25	Jill Alesch, 27*, Des Moines, IA	1:48:46	8:45
834	144	M35	Mike Pardun, 38, Denison, IA	1:48:46	8:45
835	69	M20	Craig Crossland, 23, West Des Moines, IA	1:48:47	8:45
262	44	W25	Stephanie Brown, 28*, Des Moines, IA	1:48:47	8:45
836	82	M45	Ken Wunsch, 45, Urbandale, IA	1:48:47	8:45
263	43	W35	Laura Cleveland, 39*, Fraser, CO	1:48:48	8:45
837	128	M30	Tory Meiborg, 30, Cedar Rapids, IA	1:48:48	8:45
838	115	M25	Ezra Hallam, 26, Coralville, IA	1:48:49	8:45
839	145	M35	James Foster, 37, West Des Moines, IA	1:48:50	8:45
840	129	M30	Rick Bachman, 30, Ankeny, IA	1:48:50	8:45
264	45	W25	Holly McHone, 27*, Aurelia, IA	1:48:53	8:46
841	139	M40	Neal Halder, 41, Ankeny, IA	1:48:53	8:46
842	146	M35	Jon Pederson, 36, Fort Dodge, IA	1:48:54	8:46
265	46	W25	Katie Helgeson, 26*, Roland, IA	1:48:55	8:46
266	47	W25	Rachel Britten, 28*, Story City, IA	1:48:55	8:46
843	130	M30	Saed Ibsais, 32, Des Moines, IA	1:48:57	8:46
844	147	M35	Vil Miller, 35, Ankeny, IA	1:48:57	8:46
845	148	M35	John Lacey, 36, Des Moines, IA	1:48:58	8:46
846	149	M35	Eric Stotts, 35, Urbandale, IA	1:48:58	8:46
847	28	M55	Terry Jacobsen, 57, Osceola, IA	1:48:59	8:46
848	150	M35	Dean Curtis, 39, West Des Moines, IA	1:48:59	8:46
267	52	W30	Kate Byus, 32*, Des Moines, IA	1:49:00	8:46
849	116	M25	Mark Krueger, 26, Des Moines, IA	1:49:00	8:46
850	83	M45	Jeff Hostetter, 46, West Des Moines, IA	1:49:01	8:46
851	117	M25	Jay Rewerts, 26, Urbandale, IA	1:49:02	8:46
852	140	M40	Michael O'Brien, 42, Des Moines, IA	1:49:02	8:46
853	151	M35	Mark Swift, 36, Pella, IA	1:49:03	8:46
854	131	M30	Hans Pollard, 32, Boone, IA	1:49:03	8:46
855	70	M20	Jared Kucera, 22, Des Moines, IA	1:49:04	8:46
268	48	W25	Deedee Nims, 29*, Cedar Rapids, IA	1:49:04	8:46
269	49	W25	Angie Heim, 29*, West Des Moines, IA	1:49:05	8:47
270	48	W20	Michelle Isaacson, 21*, Des Moines, IA	1:49:06	8:47

856	71	M20	Jason McReynolds, 24, Norwalk, IA	1:49:07	8:47
857	152	M35	Joe Sawyer, 37, Ankeny, IA	1:49:10	8:47
271	50	W25	Leah Heidemann, 29*, West Des Moines, IA	1:49:11	8:47
858	132	M30	Michael Dahlhauser, 33, Oskaloosa, IA	1:49:12	8:47
859	84	M45	Barry Ulberg, 49, Des Moines, IA	1:49:13	8:47
272	53	W30	Jean Batterton, 34*, Stillwater, MN	1:49:15	8:47
860	85	M45	John Brown, 49, West Des Moines, IA	1:49:16	8:47
861	153	M35	Mark Easler, 38, Clive, IA	1:49:19	8:48
273	44	W35	Kim Kent, 35*, Panora, IA	1:49:20	8:48
862	154	M35	Craig Wilwerding, 36, Elmhurst, IL	1:49:21	8:48
863	86	M45	Dave Benz, 48, Marshalltown, IA	1:49:22	8:48
864	29	M55	Rick Blane, 55, West Des Moines, IA	1:49:23	8:48
865	72	M20	Jorge Bazan, 20, Urbandale, IA	1:49:24	8:48
274	39	W40	Mary Sprecher, 42*, West Des Moines, IA	1:49:25	8:48
275	4	JrW	Katie Seales, 15*, Rhodes, IA	1:49:27	8:48
866	8	M60	Clay Whiteis, 62, Des Moines, IA	1:49:27	8:48
867	87	M45	Lonnie Ostranky, 45, Perry, IA	1:49:28	8:48
868	73	M20	Ben Garrett, 24, Clive, IA	1:49:29	8:49
276	51	W25	Heather Simons, 27*, Cedar Rapids, IA	1:49:29	8:49
869	73	M50	Michael McEnroe, 53, West Des Moines, IA	1:49:30	8:49
870	133	M30	Guy Simons, 33, Cedar Rapids, IA	1:49:30	8:49
871	88	M45	Kent McMillen, 48, Waukee, IA	1:49:30	8:49
277	20	W45	Gail Bormann, 47*, Waukee, IA	1:49:31	8:49
872	30	M55	Al Hildestad, 55, Des Moines, IA	1:49:31	8:49
873	141	M40	William Denny, 44, Clive, IA	1:49:31	8:49
874	155	M35	Darin Jones, 39, Lamoille, IL	1:49:32	8:49
875	156	M35	Andrew Bartek, 36, Johnston, IA	1:49:32	8:49
876	24	JrM	Dane Seaberg, 16, Des Moines, IA	1:49:32	8:49
877	118	M25	Tyler Rees, 25, Colo, IA	1:49:33	8:49
878	142	M40	David Dunne, 42, Cedar Rapids, IA	1:49:33	8:49
879	143	M40	Doug Swanson, 44, Eldridge, IA	1:49:33	8:49
880	157	M35	Joseph Bantz, 39, West Des Moines, IA	1:49:33	8:49
278	40	W40	Lori McQuiston, 42*, Maxwell, IA	1:49:34	8:49
881	9	M60	Earl Maahs, 62, Spirit Lake, IA	1:49:34	8:49
279	52	W25	Amanda Mertz, 28*, Ankeny, IA	1:49:36	8:49
882	144	M40	Jeff Schaub, 40, West Des Moines, IA	1:49:37	8:49
280	54	W30	Lori Kiene, 32*, Ankeny, IA	1:49:37	8:49
281	21	W45	Betsy Frederes, 47*, Clive, IA	1:49:37	8:49
282	22	W45	Terri Selberg, 45*, Urbandale, IA	1:49:39	8:49
283	55	W30	Julie Smith, 32*, Coralville, IA	1:49:39	8:49
883	158	M35	Larry Smith, 37, Ankeny, IA	1:49:42	8:50
284	56	W30	Sarah Smith, 34*, Webster Groves, MO	1:49:42	8:50
884	134	M30	Michael Mally, 31, Des Moines, IA	1:49:42	8:50
285	41	W40	Lorrie Lockin, 41*, Des Moines, IA	1:49:43	8:50
885	74	M20	Michael Wieseler, 24, West Des Moines, IA	1:49:43	8:50
286	42	W40	Barb Linde, 44*, Waukee, IA	1:49:44	8:50
886	135	M30	David Larson, 33, West Des Moines, IA	1:49:47	8:50
887	89	M45	Greg Brandt, 47, Ankeny, IA	1:49:49	8:50
888	10	M60	Cal Jenkins, 60, Cedar Rapids, IA	1:49:52	8:50
889	159	M35	Jeff Kearney, 37, Hinsdale, IL	1:49:52	8:50
287	49	W20	Jolene Hoff, 23*, Council Bluffs, IA	1:49:53	8:50
890	145	M40	Steve Campidilli, 40, Johnston, IA	1:49:54	8:50
891	75	M20	Eric Coy, 23, New Lenox, IL	1:49:54	8:51
892	90	M45	Jon Leinen, 46, Des Moines, IA	1:49:56	8:51
893	119	M25	Jacob Wostrel, 28, Omaha, NE	1:49:58	8:51
894	136	M30	Dan Petrak, 33, Grimes, IA	1:49:58	8:51
895	74	M50	Fred Mieke, 51, Waterloo, IA	1:49:58	8:51
896	1	M65	Ken Simons, 67, Arvada, CO	1:50:01	8:51
897	91	M45	Jeff Jones, 48, Ankeny, IA	1:50:04	8:51
898	76	M20	Brandon Braun, 22, Omaha, NE	1:50:06	8:51
288	57	W30	Deborah White, 32*, Cedar Rapids, IA	1:50:06	8:52
899	92	M45	Randy Stephens, 49, Beatrice, NE	1:50:06	8:52
900	31	M55	Rolf Koford, 56, Ames, IA	1:50:07	8:52
901	75	M50	Ronald Kenyon, 50, Whittemore, IA	1:50:09	8:52
902	146	M40	David Jass, 42, Ankeny, IA	1:50:10	8:52

903	160	M35	R J Compiano, 36, Johnston, IA	1:50:11	8:52
904	76	M50	Scott Avitt, 52, Des Moines, IA	1:50:11	8:52
289	23	W45	Linda Thompson, 49*, Huxley, IA	1:50:12	8:52
905	161	M35	Robert Stomp, 35, Des Moines, IA	1:50:12	8:52
906	77	M50	Greg Gruss, 54, Carlisle, IA	1:50:13	8:52
290	53	W25	Carrie Striegel, 28*, Des Moines, IA	1:50:13	8:52
907	78	M50	Larry Zimpleman, 53, Cumming, IA	1:50:15	8:52
908	147	M40	James Bice, 41, Norwalk, IA	1:50:16	8:52
909	137	M30	Eric Camper, 33, Des Moines, IA	1:50:16	8:52
910	162	M35	Scott Krueger, 36, Clive, IA	1:50:18	8:52
911	163	M35	Chad Kirby, 39, Ankeny, IA	1:50:18	8:53
912	148	M40	Ricardo Walcott, 41, Fayetteville, NC	1:50:19	8:53
291	50	W20	Abby Patterson, 23*, Story City, IA	1:50:20	8:53
292	45	W35	Debi Loffredo, 38*, West Des Moines, IA	1:50:20	8:53
293	51	W20	Michelle Sage, 23*, Ames, IA	1:50:21	8:53
294	46	W35	Stacey Von Dielingen, 35*, Red Oak, IA	1:50:24	8:53
913	30	M17	James Armstead, 18, Greenfield, IA	1:50:24	8:53
914	149	M40	Terry Scheu, 44, Sioux Falls, SD	1:50:25	8:53
915	32	M55	Dennis Johnson, 56, Des Moines, IA	1:50:26	8:53
295	43	W40	Deb Pape, 42*, Des Moines, IA	1:50:29	8:53
916	93	M45	Jon Williams, 46, Urbandale, IA	1:50:29	8:53
917	150	M40	Randy Yarrow, 41, Ankeny, IA	1:50:30	8:53
918	164	M35	Todd Keech, 39, Johnston, IA	1:50:30	8:53
919	94	M45	Chris Lang, 49, Des Moines, IA	1:50:31	8:54
296	44	W40	Carol Litscher, 44*, West Des Moines, IA	1:50:33	8:54
920	95	M45	Steve Walburn, 45, Omaha, NE	1:50:33	8:54
921	165	M35	Chris Galligan, 35, Clive, IA	1:50:34	8:54
297	45	W40	Nola Seaberg, 43*, Des Moines, IA	1:50:34	8:54
298	54	W25	Michelle Williams, 28*, Massena, IA	1:50:35	8:54
299	58	W30	Holly Lyles, 31*, Des Moines, IA	1:50:36	8:54
922	138	M30	Keith Lyles, 30, Des Moines, IA	1:50:36	8:54
923	151	M40	Scott Millikin, 42, Center Point, IA	1:50:37	8:54
300	59	W30	Kristi Troncin, 33*, Urbandale, IA	1:50:37	8:54
924	139	M30	Troy Troncin, 32, Urbandale, IA	1:50:38	8:54
925	166	M35	Tim Thorne, 35, West Des Moines, IA	1:50:39	8:54
926	167	M35	Paul Lofquist, 39, West Point, NE	1:50:40	8:54
301	60	W30	Keri Remsburg, 30*, West Des Moines, IA	1:50:40	8:54
927	168	M35	Bob Trently, 39, Urbandale, IA	1:50:40	8:54
928	79	M50	John Doherty, 51, Urbandale, IA	1:50:41	8:54
929	152	M40	John Wahlert, 40, Urbandale, IA	1:50:42	8:54
302	52	W20	Darci Robertson, 23*, Ankeny, IA	1:50:42	8:54
930	140	M30	Brian Lazear, 34, Johnston, IA	1:50:42	8:54
931	141	M30	Matt Lazear, 30, Ankeny, IA	1:50:43	8:54
932	120	M25	Brent Hoehns, 28, Atlantic, IA	1:50:43	8:55
303	61	W30	Lori Vermie, 34*, Bondurant, IA	1:50:44	8:55
933	142	M30	Trent Groetken, 32, West Des Moines, IA	1:50:44	8:55
934	143	M30	William Conger, 34, Overland Park, KS	1:50:47	8:55
935	80	M50	Steve Anderson, 53, Webster City, IA	1:50:50	8:55
304	53	W20	Senta Willenborg, 23*, West Des Moines, IA	1:50:50	8:55
936	96	M45	Allen Benson, 45, Ankeny, IA	1:50:50	8:55
937	169	M35	Eric Gannon, 38, Colfax, IA	1:50:51	8:55
938	121	M25	Mark Larson, 28, Des Moines, IA	1:50:52	8:55
939	144	M30	Mark Mundt, 33, West Des Moines, IA	1:50:53	8:55
940	153	M40	Tom Benton, 42, Exira, IA	1:50:54	8:55
941	97	M45	Jim Christenson, 48, Des Moines, IA	1:50:55	8:55
942	122	M25	Jeremy Marshall, 28, Ames, IA	1:50:57	8:56
943	154	M40	Max Studer, 41, West Des Moines, IA	1:50:58	8:56
305	55	W25	Jennifer Downe, 29*, Norwalk, IA	1:50:58	8:56
944	98	M45	Steve Schoon, 47, Urbandale, IA	1:50:58	8:56
945	155	M40	Robert Boyd Iv, 41, Austin, TX	1:51:00	8:56
946	99	M45	Wes Ellsworth, 45, Des Moines, IA	1:51:00	8:56
947	123	M25	Brian Gumm, 25, Ankeny, IA	1:51:00	8:56
948	100	M45	Bob Meimann, 49, Nevada, IA	1:51:01	8:56
306	56	W25	Lacie Smothers, 29*, Urbandale, IA	1:51:02	8:56

949	31	M17	Ryan McKim, 19, Creston, IA	1:51:02	8:56
307	54	W20	Aimee Luber, 21*, Kirksville, MO	1:51:03	8:56
308	62	W30	Kim Tasset, 30*, Overland Park, KS	1:51:04	8:56
950	124	M25	Jeremy Driscoll, 25, West Des Moines, IA	1:51:05	8:56
951	170	M35	Brian Whalen, 37, Urbandale, IA	1:51:07	8:56
952	81	M50	Michael Harvey, 50, Urbandale, IA	1:51:07	8:56
953	145	M30	Rob Hansen, 33, Des Moines, IA	1:51:08	8:56
954	156	M40	Pat Baldus, 40, West Des Moines, IA	1:51:08	8:57
955	101	M45	Tom Broadbooks, 49, Ankeny, IA	1:51:09	8:57
956	146	M30	Brian Rumelhart, 32, Ankeny, IA	1:51:09	8:57
309	63	W30	Misty Young, 30*, Ottumwa, IA	1:51:10	8:57
310	46	W40	Michelle Anderson, 42*, West Des Moines, IA	1:51:11	8:57
957	171	M35	Craig Jackman, 38, Waukee, IA	1:51:11	8:57
311	47	W40	Dee Dee Janssen, 40*, Ankeny, IA	1:51:11	8:57
958	157	M40	Todd Gray, 41, Clive, IA	1:51:12	8:57
959	147	M30	Derek Meinders, 32, Urbandale, IA	1:51:12	8:57
312	57	W25	Jamie Rierden, 28*, Lincoln, NE	1:51:13	8:57
960	158	M40	Sean Wolfe, 41, Woodward, IA	1:51:14	8:57
313	58	W25	Samantha Solomons, 25*, West Des Moines, IA	1:51:15	8:57
961	125	M25	Dan Engstler, 26, Waukee, IA	1:51:15	8:57
314	48	W40	Kristy Sandon, 40*, Clive, IA	1:51:18	8:57
315	55	W20	Amy Barth, 20*, Urbandale, IA	1:51:19	8:57
962	148	M30	Paul Varner, 30, Creston, IA	1:51:19	8:57
963	172	M35	Kevin Friessen, 38, Sioux City, IA	1:51:20	8:57
964	159	M40	Bob Oakley, 40, Des Moines, IA	1:51:20	8:57
965	77	M20	Caleb Brainerd, 22, Dixon, IL	1:51:20	8:57
316	47	W35	Ann Appleseth, 36*, Panora, IA	1:51:21	8:58
317	56	W20	Molly Thrall, 22*, Des Moines, IA	1:51:22	8:58
318	12	W17	Ally Thrall, 19*, Des Moines, IA	1:51:22	8:58
966	173	M35	Brad Willie, 38, Urbandale, IA	1:51:22	8:58
967	126	M25	Jason Doele, 29, Norfolk, NE	1:51:23	8:58
968	174	M35	Troy Kort, 35, West Des Moines, IA	1:51:23	8:58
969	175	M35	Patrick Weber, 37, Waterloo, IA	1:51:24	8:58
970	149	M30	Scott Dykstra, 32, West Des Moines, IA	1:51:24	8:58
319	59	W25	Jennifer Billings, 29*, West Des Moines, IA	1:51:24	8:58
320	57	W20	Karen Rolwes, 22*, Ames, IA	1:51:26	8:58
321	60	W25	Lynn Chapman, 27*, Indianola, IA	1:51:26	8:58
971	150	M30	Bill Kallestad, 34, Des Moines, IA	1:51:27	8:58
322	58	W20	Kathryn Parmenter, 22*, West Des Moines, IA	1:51:27	8:58
323	64	W30	Jody Angus, 32*, Johnston, IA	1:51:28	8:58
972	127	M25	Matthew Sloan, 29, Exira, IA	1:51:28	8:58
324	65	W30	Joy Linqvist, 32*, Urbandale, IA	1:51:29	8:58
325	48	W35	Michelle Pohlmeier, 37*, Urbandale, IA	1:51:29	8:58
326	61	W25	Shannon Strickler, 27*, Windsor Heights, IA	1:51:29	8:58
973	176	M35	Tim Coltvvet, 37, Lenexa, KS	1:51:30	8:58
974	160	M40	Marty Richardson, 44, Ankeny, IA	1:51:30	8:58
975	33	M55	Michael Reams, 59, West Des Moines, IA	1:51:31	8:58
976	102	M45	Patrick Peters, 46, Sigourney, IA	1:51:32	8:58
977	161	M40	Jon Greising, 41, Johnston, IA	1:51:34	8:59
327	49	W35	Stacey Eberhard, 37*, Muscatine, IA	1:51:34	8:59
978	177	M35	Keith Snow, 37, Ankeny, IA	1:51:35	8:59
979	162	M40	Tod Moriarty, 40, Johnston, IA	1:51:36	8:59
980	178	M35	Tom Westhoff, 38, West Des Moines, IA	1:51:36	8:59
981	163	M40	Michael Agne, 43, West Des Moines, IA	1:51:36	8:59
982	25	JrM	Soren Thompson, 13, Johnston, IA	1:51:37	8:59
328	62	W25	Carrie Wolford, 28*, West Des Moines, IA	1:51:38	8:59
329	59	W20	Katie Olson, 21*, Ames, IA	1:51:39	8:59
983	103	M45	Gary Watts, 49, Iowa City, IA	1:51:40	8:59
984	151	M30	Dave Glenn, 34, Mc Callsburg, IA	1:51:43	8:59
985	104	M45	Kevin Peters, 45, Grimes, IA	1:51:43	8:59

986	152	M30	Junior Bonner, 34, Ames, IA	1:51:43	8:59
330	60	W20	Ashley Bogaards, 22*, West Des Moines, IA	1:51:43	8:59
987	82	M50	Dennis Woline, 54, Des Moines, IA	1:51:44	8:59
988	128	M25	Randall Heckert, 26, Indianola, IA	1:51:44	8:59
989	129	M25	Kris Riesenber, 29, Ames, 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](#)

990	179	M35	Michael Pugh, 39, Iowa City, IA	1:51:46	9:00
991	32	M17	Michael Berg, 19, Madrid, IA	1:51:47	9:00
992	105	M45	Rollie Berg, 49, Madrid, IA	1:51:47	9:00
331	63	W25	Melissa Stowe, 27*, Prole, IA	1:51:47	9:00
993	180	M35	Scott Hock, 36, Ames, IA	1:51:47	9:00
994	153	M30	Brian Bailey, 33, West Des Moines, IA	1:51:48	9:00
332	5	JrW	Marie Kiekhaefer, 15*, Jefferson City, MO	1:51:48	9:00
995	181	M35	Andrew Lindstrom, 35, Clive, IA	1:51:48	9:00
333	24	W45	Margaret Walsh, 48*, Chicago, IL	1:51:49	9:00
996	106	M45	Mark Kiekhaefer, 48, Jefferson City, MO	1:51:49	9:00
334	49	W40	Connie Grauer, 41*, Iowa City, IA	1:51:49	9:00
997	164	M40	Michael Darr, 43, Granger, IA	1:51:50	9:00
998	130	M25	Ben Nichols, 25, Des Moines, IA	1:51:50	9:00
999	131	M25	Eric Krull, 29, Urbandale, IA	1:51:52	9:00
335	64	W25	Annie Johnson, 26*, West Des Moines, IA	1:51:52	9:00
1000	107	M45	James Sanders, 45, Johnston, IA	1:51:56	9:00
1001	154	M30	Eric Buchanan, 34, Iowa City, IA	1:51:56	9:00
336	61	W20	Lani Hefel, 20*, Sherrill, IA	1:51:56	9:00
337	66	W30	Julie Jones, 33*, Sully, IA	1:51:57	9:00
338	65	W25	Emily Johanss, 27*, Des Moines, IA	1:51:57	9:00
339	50	W35	Lori Foster, 35*, Webster City, IA	1:51:58	9:01
340	50	W40	Christina Warren, 42*, Ames, IA	1:52:00	9:01
1002	34	M55	Richard Newkirk, 56, Ankeny, IA	1:52:01	9:01
1003	132	M25	Jason Burns, 29, Monroe, IA	1:52:02	9:01
1004	108	M45	Jerry Richards, 46, Des Moines, IA	1:52:03	9:01
341	13	W17	Lacey Degroot, 18*, Oskaloosa, IA	1:52:06	9:01
342	67	W30	Jill McKim, 31*, West Des Moines, IA	1:52:07	9:01
343	25	W45	Becky Knutson, 47*, Urbandale, IA	1:52:08	9:01
344	62	W20	Tristan Smith, 22*, Clive, IA	1:52:08	9:01
1005	182	M35	Jeff Ellinger, 38, West Des Moines, IA	1:52:08	9:01
1006	183	M35	Patrick Dunn, 39, Des Moines, IA	1:52:09	9:01
1007	78	M20	Michael Adams, 20, Des Moines, IA	1:52:09	9:01
345	51	W40	Carol Stephens, 44*, Beatrice, NE	1:52:09	9:01
346	66	W25	Leah Woods, 26*, Ankeny, IA	1:52:09	9:01
1008	109	M45	Samuel Ramsey, 48, Iowa City, IA	1:52:09	9:01
347	67	W25	Steph Elbert, 29*, Iowa City, IA	1:52:10	9:01
1009	133	M25	Erik Ullestad, 26, Des Moines, IA	1:52:10	9:01
1010	83	M50	David Eash, 52, Solon, IA	1:52:10	9:01
348	63	W20	Kelly Roecker, 24*, West Des Moines, IA	1:52:10	9:02
1011	134	M25	Mike Smith, 29, Grimes, IA	1:52:11	9:02
1012	110	M45	Jim Rasmussen, 46, Ankeny, IA	1:52:11	9:02
1013	135	M25	Nick May, 25, Ames, IA	1:52:13	9:02
349	64	W20	Bethany Richter, 22*, Cedar Falls, IA	1:52:13	9:02
1014	136	M25	Bob Koenig, 25, Cedar Falls, IA	1:52:15	9:02
350	51	W35	Susie Fehr, 36*, Des Moines, IA	1:52:15	9:02
351	52	W35	Jennifer York, 35*, Ames, IA	1:52:16	9:02
1015	35	M55	Glenn Michael, 55, Glendale, AZ	1:52:16	9:02
352	68	W30	Heather Bianchi, 34*, Des Moines, IA	1:52:17	9:02
1016	165	M40	Michael Killebrew, 44, Des Moines, IA	1:52:19	9:02
1017	79	M20	Jay Lettow, 24, Urbandale, IA	1:52:20	9:02
353	69	W30	Juli Ermer, 30*, Clive, IA	1:52:20	9:02
354	1	W60	Sandy Rupnow, 61*, Newton, IA	1:52:21	9:02
1018	111	M45	Greg Allen, 45, Des Moines, IA	1:52:22	9:02
355	65	W20	Shelley Heckert, 24*, Indianola, IA	1:52:22	9:02
1019	80	M20	Joseph Aulwes, 24, West Des Moines, IA	1:52:22	9:02
1020	166	M40	Greg Alberts, 41, Windsor Heights, IA	1:52:23	9:03
1021	112	M45	Jairo Munoz, 48, Iowa City, IA	1:52:23	9:03

1022	113	M45	Galyn Wiemers, 45, West Des Moines, IA	1:52:24	9:03
1023	36	M55	Dan Looker, 57, Des Moines, IA	1:52:25	9:03
1024	184	M35	Sean Lyhons, 36, Bettendorf, IA	1:52:25	9:03
1025	185	M35	Jeff Lamoureux, 37, Jefferson, IA	1:52:26	9:03
	356	53	W35 Carlyn Crowe, 39*, Des Moines, IA	1:52:26	9:03
1026	26	JrM	David Kuhlmann, 15, Laporte City, IA	1:52:26	9:03
1027	27	JrM	John Schmitz, 15, Fairbank, IA	1:52:26	9:03
1028	186	M35	Scot Clark, 37, Winterset, IA	1:52:27	9:03
1029	137	M25	Michael Chen, 27, West Des Moines, IA	1:52:28	9:03
	357	54	W35 Elisabeth Reynoldson, 37*, Osceola, IA	1:52:29	9:03
	358	14	W17 Vanessa Veiock, 18*, West Des Moines, IA	1:52:29	9:03
1030	167	M40	Dan Holm, 40, Ankeny, IA	1:52:30	9:03
	359	70	W30 Sarah Ramsey, 31*, Iowa City, IA	1:52:30	9:03
1031	155	M30	Joe Garcia, 34, Urbandale, IA	1:52:32	9:03
	360	66	W20 Rebecca Hansen, 21*, Bouton, IA	1:52:32	9:03
	361	68	W25 Emily Overstreet, 29*, Omaha, NE	1:52:33	9:03
1032	168	M40	Bill Taylor, 40, Creston, IA	1:52:34	9:03
1033	187	M35	Jon Dreibelbis, 35, Des Moines, IA	1:52:35	9:03
	362	69	W25 Candace Wilson, 25*, Saint Paul, MN	1:52:35	9:03
	363	70	W25 Sally Shumaker, 26*, Davenport, IA	1:52:35	9:03
1034	138	M25	Jeff Austin, 26, Ankeny, IA	1:52:35	9:04
	364	71	W30 Tricia Steffen, 34*, Perry, IA	1:52:36	9:04
1035	188	M35	Ed Sitzmann, 38, Des Moines, IA	1:52:37	9:04
	365	72	W30 Roxanne Johnson, 32*, Homer, NE	1:52:38	9:04
1036	84	M50	Jon Croft, 50, Des Moines, IA	1:52:38	9:04
	366	55	W35 Susan Staudt, 36*, Cedar Falls, IA	1:52:41	9:04
	367	26	W45 Beth Hunemuller, 45*, Cedar Falls, IA	1:52:41	9:04
1037	189	M35	Jeff Dimmick, 39, Woodbury, MN	1:52:43	9:04
	368	56	W35 Rhonda Bishop, 35*, Indianola, IA	1:52:48	9:05
	369	67	W20 Lindsey Heiserman, 21*, Marshalltown, IA	1:52:49	9:05
	370	73	W30 Julie Sokolowski, 32*, Johnston, IA	1:52:49	9:05
1038	81	M20	Ramsey Tesdell, 21, Slater, IA	1:52:51	9:05
1039	85	M50	Lee Tesdell, 54, Slater, IA	1:52:51	9:05
	371	71	W25 Brooke Braun, 26*, Plymouth, MN	1:52:51	9:05
1040	169	M40	Kevin Gordon, 41, Johnston, IA	1:52:52	9:05
	372	72	W25 Kelli Reinhart, 27*, Alleman, IA	1:52:53	9:05
1041	114	M45	Josh Engman, 49, Clive, IA	1:52:55	9:05
1042	37	M55	Ronald Mowers, 56, Ames, IA	1:52:55	9:05
	373	68	W20 Tawnya Hawkins, 24*, Indianola, IA	1:52:56	9:05
1043	115	M45	Russ Laczniak, 48, Ames, IA	1:52:56	9:05
1044	170	M40	Rick Brewer, 43, Edwardsville, IL	1:52:56	9:05
1045	171	M40	Jon Espenscheid, 40, Marshalltown, IA	1:52:58	9:05
1046	172	M40	Ron Von Vondielingen, 44, Red Oak, IA	1:52:58	9:05
1047	190	M35	Ron Maahs, 39, Johnston, IA	1:53:00	9:06
	374	69	W20 Jamie Brau, 23*, Minneapolis, MN	1:53:02	9:06
	375	15	W17 Megan Kelly, 19*, Ankeny, IA	1:53:02	9:06
1048	86	M50	Randall Naeve, 51, Ames, IA	1:53:05	9:06
	376	16	W17 Anne Pick, 19*, Clive, IA	1:53:06	9:06
1049	156	M30	Marc Shonka, 31, Des Moines, IA	1:53:06	9:06
1050	116	M45	Doug Keast, 47, Altoona, IA	1:53:07	9:06
1051	117	M45	John Sorensen, 46, West Des Moines, IA	1:53:07	9:06
1052	118	M45	Cal Sepa, 45, Urbandale, IA	1:53:09	9:06
1053	139	M25	Ryan Guard, 25, Radcliffe, IA	1:53:10	9:06
1054	28	JrM	Benjamin Wiemers, 16, West Des Moines, IA	1:53:11	9:06
1055	140	M25	Adam Nosbisch, 26, Waverly, IA	1:53:11	9:06
1056	173	M40	Scott Meyer, 40, Pella, IA	1:53:11	9:06
1057	119	M45	Guy Wernet, 49, Clive, IA	1:53:12	9:06
1058	141	M25	Troy Ohnemus, 26, Pleasant Hill, IA	1:53:12	9:06
1059	157	M30	David Tometich, 34, Muscatine, IA	1:53:13	9:07
1060	158	M30	Scott Knaack, 34, Correctionville, IN	1:53:14	9:07
	377	57	W35 Erin Wormley, 35*, West Des Moines, IA	1:53:15	9:07
	378	58	W35 Deb Kelly, 39*, Springfield, IL	1:53:15	9:07
	379	52	W40 Jennifer Worley, 44*, Urbandale, IA	1:53:18	9:07
	380	74	W30 Jennifer Caskey, 31*, Earlham, IA	1:53:19	9:07
1061	38	M55	Jou Hockenbergs, 56, Clive, IA	1:53:20	9:07

381	1	W55	Wanda Hartwigsen, 58*, Bettendorf, IA	1:53:20	9:07
382	8	W50	Debby Weehler, 50*, Des Moines, IA	1:53:20	9:07
1062	174	M40	Gary Thompson, 41, Urbandale, IA	1:53:20	9:07
383	17	W17	Lindsey Beckwith, 19*, Ames, IA	1:53:21	9:07
384	75	W30	Julie Heinen, 34*, Ames, IA	1:53:21	9:07
385	59	W35	Penny Luthens, 39*, Urbandale, IA	1:53:21	9:07
1063	191	M35	Michael Kapustka, 37, Johnston, IA	1:53:21	9:07
386	60	W35	Robyn Biehl, 37*, Ankeny, IA	1:53:22	9:07
387	61	W35	Janet Gooch, 39*, Kirksville, MO	1:53:22	9:07
1064	120	M45	Tony Wilson, 48, Dallas Center, IA	1:53:22	9:07
388	76	W30	Sally Hoenig, 33*, Muscatine, IA	1:53:23	9:07
1065	121	M45	Robert Hoyt, 47, West Des Moines, IA	1:53:25	9:08
1066	175	M40	Michael Meadow, 44, Chicago, IL	1:53:26	9:08
1067	192	M35	Doug Anderson, 37, St Charles, IA	1:53:26	9:08
1068	142	M25	Todd Smithson, 28, Granger, IA	1:53:29	9:08
389	73	W25	Tina Kenney, 29*, Perry, IA	1:53:29	9:08
390	77	W30	Jennifer Waibel, 32*, Ames, IA	1:53:30	9:08
1069	159	M30	James Young, 34, Johnston, IA	1:53:31	9:08
1070	193	M35	Doug Klostermann, 39, Asbury, IA	1:53:33	9:08
1071	160	M30	Paul Drake, 30, Urbandale, IA	1:53:34	9:08
1072	143	M25	Aaron Thompson, 29, Des Moines, IA	1:53:34	9:08
391	9	W50	Connie Robinson, 54*, Bondurant, IA	1:53:35	9:08
1073	29	JrM	Steve Quirk, 8, Urbandale, IA	1:53:36	9:08
392	62	W35	Leah Churchman, 35*, Mesa, AZ	1:53:36	9:08
1074	176	M40	Jerry Zenk, 40, Urbandale, IA	1:53:37	9:08
393	78	W30	Kara Gracey, 31*, Kalona, IA	1:53:38	9:09
1075	177	M40	Jeff Harper, 41, Des Moines, IA	1:53:40	9:09
1076	82	M20	Scott Mohr, 23, Urbandale, IA	1:53:41	9:09
1077	161	M30	Gregory Steffen, 34, Perry, IA	1:53:42	9:09
1078	39	M55	Steven Sondall, 55, Marshalltown, IA	1:53:42	9:09
1079	162	M30	Dan Ross, 32, Des Moines, IA	1:53:43	9:09
1080	194	M35	Patrick Sealey, 35, Sioux City, IA	1:53:43	9:09
1081	195	M35	Randy Moore, 35, Papillion, NE	1:53:44	9:09
1082	144	M25	Bill Wood, 25, West Des Moines, IA	1:53:45	9:09
1083	122	M45	David Peters, 45, Newton, IA	1:53:45	9:09
1084	33	M17	Greg Bell, 18, Latimer, IA	1:53:45	9:09
1085	34	M17	Donald Bouillon, 19, Dows, IA	1:53:46	9:09
1086	35	M17	Simon Holoubek, 18, Adel, IA	1:53:47	9:09
1087	196	M35	Matt Hendrickson, 38, Princeton, MN	1:53:47	9:09
394	53	W40	Lana Degroot, 44*, Oskaloosa, IA	1:53:47	9:09
1088	197	M35	Dave Biedenbach, 36, Ames, IA	1:53:48	9:09
395	54	W40	Tina Newbury, 42*, Greenfield, IA	1:53:48	9:09
1089	87	M50	Frank Tierney, 53, Smyrna, GA	1:53:50	9:10
396	79	W30	Kelly Forret, 33*, Urbandale, IA	1:53:50	9:10
1090	83	M20	Ryan Jelsma, 21, Ankeny, IA	1:53:52	9:10
1091	198	M35	Alan Arnold, 39, Lisbon, IA	1:53:53	9:10
397	55	W40	Denna Mitchell, 40*, Greenfield, IA	1:53:53	9:10
1092	199	M35	Jeff Heineman, 38, Readlyn, IA	1:53:53	9:10
398	63	W35	Lori Arnold, 35*, Lisbon, IA	1:53:53	9:10
1093	123	M45	Keith Petersen, 49, Rock Island, IL	1:53:54	9:10
1094	200	M35	Timothy Dorpinghaus, 35, Colorado Springs, CO	1:53:55	9:10
1095	201	M35	James Volkmer, 35, Lawrence, KS	1:53:55	9:10
1096	178	M40	David Crowe, 41, Des Moines, IA	1:53:56	9:10
1097	163	M30	Lee Randall, 32, Durant, IA	1:53:56	9:10
399	74	W25	Annette Schlee, 27*, Ankeny, IA	1:53:56	9:10
1098	30	JrM	Marty Haverly, 15, Pella, IA	1:53:58	9:10
400	70	W20	Ann Franken, 22*, Des Moines, IA	1:53:58	9:10
1099	202	M35	Bryan Thompson, 35, Grimes, IA	1:53:58	9:10
1100	11	M60	Michael Thompson, 60, Des Moines, IA	1:53:58	9:10
1101	203	M35	Lou Kellehan, 35, West Des Moines, IA	1:53:58	9:10
1102	204	M35	Greg Nath, 36, Perry, IA	1:53:59	9:10
1103	88	M50	Daryl Drake, 54, Boone, IA	1:53:59	9:10
1104	89	M50	Ken Cumpston, 50, Clive, IA	1:53:59	9:10
1105	179	M40	Jim Gorsche, 40, Johnston, IA	1:54:00	9:10

1106	84	M20	Steven White, 23, Kelley, IA	1:54:00	9:10
1107	180	M40	Wayne Johnson, 42, Newton, IA	1:54:01	9:10
1108	205	M35	Lance Keith, 39, Solon, IA	1:54:01	9:10
1109	164	M30	Joseph Heimer, 34, Ankeny, IA	1:54:02	9:11
401	80	W30	Peggy Kacer, 32*, Altoona, IA	1:54:02	9:11
402	56	W40	Catherine Engblom, 42*, Grimes, IA	1:54:03	9:11
1110	206	M35	Mark Shelton, 38, Des Moines, IA	1:54:04	9:11
1111	207	M35	Chris Foster, 36, Cedar Rapids, IA	1:54:05	9:11
1112	208	M35	Brett Tjepkes, 38, Jefferson, IA	1:54:05	9:11
1113	145	M25	Mark Gelbman, 25, West Des Moines, IA	1:54:06	9:11
403	71	W20	Emily Burmeister, 22*, Iowa City, IA	1:54:06	9:11
1114	85	M20	Josh August, 22, West Des Moines, IA	1:54:06	9:11
1115	209	M35	B Westemeyer, 35, West Des Moines, IA	1:54:07	9:11
404	64	W35	Nancy Perdomo, 35*, Ames, IA	1:54:07	9:11
1116	165	M30	Chris Eggert, 33, Ames, IA	1:54:07	9:11
1117	31	JrM	Brandon Ellingson, 11, Clive, IA	1:54:08	9:11
405	65	W35	Susan Cox, 36*, Des Moines, IA	1:54:10	9:11
1118	146	M25	Tyler Adams, 26, West Des Moines, IA	1:54:10	9:11
1119	147	M25	Tim Gatch, 28, Des Moines, IA	1:54:11	9:11
406	57	W40	Julie Olmstead, 42*, Webster City, IA	1:54:11	9:11
407	66	W35	Kristi Hamaker, 39*, Urbandale, IA	1:54:13	9:11
408	81	W30	Jacy Downey, 30*, Indianola, IA	1:54:14	9:11
409	58	W40	Leah Tokheim, 41*, Johnston, IA	1:54:14	9:11
1120	90	M50	Larry Burns, 52, Prairie City, IA	1:54:15	9:12
410	67	W35	Jennifer Storts, 36*, Clive, IA	1:54:15	9:12
411	75	W25	Mindy Petersen, 25*, Waukee, IA	1:54:17	9:12
1121	86	M20	Colin Watts, 23, Maryville, MO	1:54:18	9:12
412	68	W35	Annette Bennett, 35*, Ames, IA	1:54:19	9:12
1122	91	M50	Michael Fitzsimmons, 51, Carroll, IA	1:54:19	9:12
1123	148	M25	Brian Donaldson, 26, Des Moines, IA	1:54:20	9:12
1124	210	M35	Brad Cooper, 39, Norwalk, IA	1:54:21	9:12
413	18	W17	Hannah Packard, 19*, Cumming, IA	1:54:22	9:12
1125	181	M40	Ed Banfield, 41, Newton, IA	1:54:22	9:12
1126	2	M65	Don Muff, 68, Ames, IA	1:54:22	9:12
1127	211	M35	Michael Perry, 39, West Des Moines, IA	1:54:23	9:12
1128	124	M45	Steve Shifflett, 47, Ames, IA	1:54:23	9:12
414	82	W30	Amy Ganske, 33*, Swisher, IA	1:54:24	9:12
415	27	W45	Denise Neumann, 49*, Ankeny, IA	1:54:25	9:12
1129	125	M45	Randy Essex, 47, Des Moines, IA	1:54:25	9:12
416	76	W25	Heather Miller, 29*, Urbandale, IA	1:54:25	9:12
417	83	W30	Jennifer Jacobson, 32*, Johnston, IA	1:54:25	9:12
1130	182	M40	Steve Schmidt, 44, Urbandale, IA	1:54:25	9:12
418	77	W25	Jill Nicol, 26*, Boone, IA	1:54:26	9:12
1131	212	M35	Ryan Aarhus, 36, Des Moines, IA	1:54:26	9:12
419	28	W45	Jan Atchison, 46*, Marshalltown, IA	1:54:27	9:12
1132	213	M35	Tim McCoy, 35, Des Moines, IA	1:54:27	9:13
1133	183	M40	Kirk Cox, 43, Des Moines, IA	1:54:28	9:13
420	19	W17	Jennifer Mercial, 19*, Ankeny, IA	1:54:29	9:13
1134	32	JrM	Justin Coaldrake, 13, Johnston, IA	1:54:29	9:13
421	59	W40	Ann Flood, 41*, Des Moines, IA	1:54:29	9:13
1135	184	M40	Bruce Nelson, 43, Johnston, IA	1:54:30	9:13
422	78	W25	Andrea Heid, 29*, North Liberty, IA	1:54:30	9:13
1136	126	M45	Steve Vance, 47, Sheldahl, IA	1:54:30	9:13
1137	166	M30	Kevin Smith, 31, Ankeny, IA	1:54:31	9:13
1138	167	M30	Tracy Draeger, 33, Des Moines, IA	1:54:32	9:13
423	79	W25	Elena Falk, 25*, St. Louis, MO	1:54:33	9:13
1139	185	M40	Jim Noonan, 42, Bondurant, IA	1:54:37	9:13
424	69	W35	Terrie Price, 37*, Spencer, IA	1:54:38	9:13
1140	168	M30	Joel Jackman, 34, Des Moines, IA	1:54:39	9:13
1141	92	M50	Bob Weieneth, 53, Webster City, IA	1:54:42	9:14
425	84	W30	Tracey Jackman, 34*, Des Moines, IA	1:54:42	9:14
426	29	W45	Julia Batten, 49*, Carlisle, IA	1:54:42	9:14
427	72	W20	Amanda Moore, 24*, Council Bluffs, IA	1:54:44	9:14
428	80	W25	Becky Krieg, 27*, Cedar Falls, IA	1:54:45	9:14
1142	149	M25	Thomas Retz, 29, Windsor Heights, IA	1:54:45	9:14

1143	150	M25	Nic Riesenber	28,	Des Moines,	IA	1:54:46	9:14	
1144	93	M50	Glen Oglia,	53,	Des Moines,	IA	1:54:46	9:14	
	429	81	W25	Kristy Conrad,	27*,	Urbandale,	IA	1:54:46	9:14
1145	151	M25	Ryan Murphy,	25,	West Des Moines,	IA	1:54:47	9:14	
	430	73	W20	Janelle Burger,	24*,	Ottumwa,	IA	1:54:47	9:14
1146	169	M30	Chad Baker,	30,	West Des Moines,	IA	1:54:48	9:14	
1147	170	M30	Kirk Wepler,	32,	Pella,	IA	1:54:48	9:14	
1148	171	M30	Nicholas Ramaekers,	34,	Des Moines,	IA	1:54:49	9:14	
	431	85	W30	Greta Southall,	30*,	Indianola,	IA	1:54:49	9:14
	432	86	W30	Stacey Baker,	31*,	West Des Moines,	IA	1:54:50	9:14
	433	6	JrW	Rachel Herr,	14*,	Fontanelle,	IA	1:54:50	9:14
1149	94	M50	Brent Cooper,	50,	Urbandale,	IA	1:54:51	9:14	
1150	172	M30	Jason Klein,	31,	Des Moines,	IA	1:54:52	9:15	
1151	127	M45	Mark Koskamp,	46,	Des Moines,	IA	1:54:53	9:15	
	434	7	JrW	Alyse Herr,	16*,	Fontanelle,	IA	1:54:53	9:15
1152	186	M40	Tim Mohs,	43,	Winterset,	IA	1:54:54	9:15	
	435	10	W50	Toni Gerleman,	51*,	Cumming,	IA	1:54:54	9:15
	436	70	W35	Susan Johnson,	35*,	Ankeny,	IA	1:54:55	9:15
1153	95	M50	Doug Jepsen,	51,	Urbandale,	IA	1:54:55	9:15	
1154	187	M40	Joe Akers,	40,	Des Moines,	IA	1:54:56	9:15	
1155	214	M35	Darren Heater,	39,	Indianola,	IA	1:54:57	9:15	
1156	12	M60	Larry Detwiler,	61,	Des Moines,	IA	1:54:58	9:15	
	437	71	W35	Betsy Jepsen,	39*,	Urbandale,	IA	1:54:58	9:15
	438	82	W25	Denise Boozell,	29*,	Indianola,	IA	1:54:59	9:15
1157	188	M40	Dennis Baldwin,	42,	West Des Moines,	IA	1:55:00	9:15	
1158	189	M40	Michael Beumer,	43,	Urbandale,	IA	1:55:02	9:15	
1159	190	M40	Russ Herold,	44,	Urbandale,	IA	1:55:03	9:15	
1160	215	M35	Chris Portz,	36,	Johnston,	IA	1:55:05	9:16	
1161	191	M40	Dave Klostermann,	40,	Lisbon,	IA	1:55:05	9:16	
1162	192	M40	John Cox,	43,	Urbandale,	IA	1:55:07	9:16	
1163	96	M50	Tom Maher,	52,	Windsor Heights,	IA	1:55:07	9:16	
	439	83	W25	Laura Drees,	27*,	Indianola,	IA	1:55:08	9:16
1164	173	M30	Darren Herrold,	33,	Cambridge,	IA	1:55:08	9:16	
1165	13	M60	Jim Doyle,	61,	Granger,	IA	1:55:09	9:16	
1166	174	M30	Ryan Loecher,	30,	West Des Moines,	IA	1:55:09	9:16	
	440	87	W30	Tonya Sitzmann,	33*,	Des Moines,	IA	1:55:11	9:16
	441	88	W30	Suzy Marker,	33*,	Ankeny,	IA	1:55:12	9:16
	442	60	W40	Teri Rokusek,	41*,	Cedar Falls,	IA	1:55:13	9:16
	443	84	W25	Kristy Norman,	27*,	Sully,	IA	1:55:13	9:16
	444	89	W30	Brooke Lovelace,	34*,	Des Moines,	IA	1:55:14	9:16
1167	87	M20	Jason Dopheide,	24,	Des Moines,	IA	1:55:14	9:16	
1168	128	M45	Steve McCann,	49,	Pella,	IA	1:55:15	9:16	
	445	20	W17	Beth Henningsen,	19*,	Atlantic,	IA	1:55:18	9:17
1169	129	M45	Tai Wang,	46,	Des Moines,	IA	1:55:19	9:17	
	446	72	W35	Connie Svoboda,	39*,	Schuyler,	NE	1:55:19	9:17
	447	74	W20	Amanda Jensen,	21*,	Marshalltown,	IA	1:55:19	9:17
	448	30	W45	Mary Emge,	46*,	West Des Moines,	IA	1:55:20	9:17
	449	85	W25	Audrey Bell,	25*,	Ankeny,	IA	1:55:20	9:17
1170	216	M35	Brian West,	35,	Nevada,	IA	1:55:20	9:17	
1171	152	M25	Matt Whitaker,	26,	Leon,	IA	1:55:22	9:17	
	450	21	W17	Emily Bird,	17*,	Gilbert,	IA	1:55:22	9:17
1172	40	M55	Richard McHosey,	58,	West Des Moines,	IA	1:55:23	9:17	
1173	175	M30	Jon Murphy,	34,	Washington,	DC	1:55:24	9:17	
	451	31	W45	Trudy Mitchell,	49*,	Iowa City,	IA	1:55:24	9:17
1174	193	M40	Mike Plummer,	40,	Des Moines,	IA	1:55:25	9:17	
	452	32	W45	Carla Steele,	47*,	Des Moines,	IA	1:55:26	9:17
	453	86	W25	Amanda Whitmarsh,	27*,	Des Moines,	IA	1:55:26	9:17
	454	90	W30	Jennifer Jacobs,	33*,	West Des Moines,	IA	1:55:27	9:17
1175	176	M30	Dan Nagle,	34,	Madison,	WI	1:55:29	9:17	
1176	130	M45	Don Croghan,	49,	Knoxville,	IA	1:55:29	9:17	
1177	131	M45	Tim Hatling,	48,	Des Moines,	IA	1:55:29	9:18	
1178	132	M45	Craig Hildreth,	47,	Lytton,	IA	1:55:31	9:18	
	455	91	W30	Michelle Starr,	34*,	West Des Moines,	IA	1:55:31	9:18
1179	88	M20	Cody Belgarde,	24,	Urbandale,	IA	1:55:32	9:18	
1180	217	M35	Matthew Tullis,	37,	Marshalltown,	IA	1:55:32	9:18	

1181	177	M30	Erick Prohs, 32, Des Moines, IA	1:55:36	9:18
456	73	W35	Trish Lemke, 37*, Menlo, IA	1:55:36	9:18
1182	218	M35	Brian Green, 35, Urbandale, IA	1:55:36	9:18
457	75	W20	Kara Rowedder, 23*, Jefferson, IA	1:55:36	9:18
1183	133	M45	Joe Ward, 49, Urbandale, IA	1:55:36	9:18
1184	89	M20	Justin Hansen, 24, Mahoo, NE	1:55:37	9:18
1185	194	M40	Bob Collins, 44, North Liberty, IA	1:55:37	9:18
1186	195	M40	Dave Kroner, 40, Johnston, IA	1:55:37	9:18
1187	153	M25	Pete Jones, 28, Urbandale, IA	1:55:38	9:18
458	76	W20	Audrey Hinote, 20*, Jefferson, IA	1:55:38	9:18
1188	134	M45	Denny Henrich, 48, Des Moines, IA	1:55:39	9:18
1189	219	M35	Eric Sorensen, 35, West Des Moines, IA	1:55:40	9:18
459	87	W25	Sara Weis, 28*, West Des Moines, IA	1:55:40	9:18
460	8	JrW	Libby Cambron, 15*, Indianola, IA	1:55:41	9:18
461	74	W35	Deb Kleiman, 36*, Johnston, IA	1:55:41	9:18
1190	41	M55	Tom Leffler, 59, Johnston, IA	1:55:41	9:18
1191	154	M25	Chase Petsche, 27, Des Moines, IA	1:55:41	9:18
1192	155	M25	Mate Ogbourne, 26, Carlisle, IA	1:55:43	9:19
462	77	W20	Mika Kiburz, 20*, Iowa City, IA	1:55:44	9:19
1193	90	M20	Colby McDevitt, 23, Cedar Rapids, IA	1:55:44	9:19
463	88	W25	Sara Hill, 25*, Urbandale, IA	1:55:44	9:19
1194	156	M25	Braniff Tumilty, 27, Marion, IA	1:55:45	9:19
1195	97	M50	Gary McLain, 54, Altoona, IA	1:55:45	9:19
464	78	W20	Heidi McDevitt, 22*, Cedar Rapids, IA	1:55:45	9:19
1196	178	M30	Stephen Shmigelsky, 32, Overland Park, KS	1:55:46	9:19
465	33	W45	Ramona Lucas, 45*, Bellevue, NE	1:55:47	9:19
1197	135	M45	Terry Bennigsdorf, 46, Altoona, IA	1:55:48	9:19
1198	98	M50	Mike Gardner, 51, Solon, IA	1:55:48	9:19
466	34	W45	Cheryl Standing, 49*, Des Moines, IA	1:55:49	9:19
1199	99	M50	Jeffrey Kisling, 53, Indianapolis, IN	1:55:49	9:19
467	92	W30	Jodi England, 33*, Cedar Rapids, IA	1:55:50	9:19
468	35	W45	Colleen Dooley, 48*, Urbandale, IA	1:55:50	9:19
469	93	W30	Caterine Bechtel, 30*, Des Moines, IA	1:55:52	9:19
1200	196	M40	Chris Runde, 41, Clive, IA	1:55:53	9:19
1201	179	M30	Scott England, 33, Cedar Rapids, IA	1:55:53	9:19
1202	197	M40	Paul Witmer, 42, Des Moines, IA	1:55:54	9:19
470	75	W35	Tracy Andrlle, 35*, Ames, IA	1:55:54	9:20
1203	157	M25	Brad Argo, 27, Des Moines, IA	1:55:55	9:20
471	61	W40	Barbara Rothfus, 43*, Grimes, IA	1:55:56	9:20
1204	158	M25	Eric Caves, 25, Indianola, IA	1:55:57	9:20
1205	42	M55	Lawain Judisch, 56, Tripoli, IA	1:55:57	9:20
1206	91	M20	Jason Boehme, 24, Iowa City, IA	1:55:58	9:20
1207	136	M45	Paul Carlson, 46, Clive, IA	1:55:59	9:20
1208	180	M30	Rusty Boyle, 31, Grain Valley, MO	1:56:00	9:20
1209	181	M30	Travis Busby, 31, Ankeny, IA	1:56:00	9:20
1210	100	M50	Patrick Mitchell, 50, Des Moines, IA	1:56:01	9:20
1211	92	M20	James Rongish, 23, Omaha, NE	1:56:01	9:20
1212	43	M55	Milt Aunan, 56, Fort Smith, AR	1:56:02	9:20
1213	198	M40	Scott Slater, 44, Ankeny, IA	1:56:03	9:20
1214	220	M35	John Bonnichsen, 39, Ames, IA	1:56:04	9:20
1215	33	JrM	Neshaun Cleghorn, 13, Des Moines, IA	1:56:04	9:20
472	79	W20	Krista Martine, 21*, Maryville, MO	1:56:06	9:20
1216	101	M50	Forey Jacobson, 54, Des Moines, IA	1:56:07	9:21
473	76	W35	Stephanie Aveni, 38*, West Des Moines, IA	1:56:08	9:21
1217	221	M35	Jamie Aveni, 39, West Des Moines, IA	1:56:08	9:21
1218	199	M40	John Jennett, 40, Dallas Center, IA	1:56:09	9:21
474	77	W35	Jana Arabas, 35*, Kirksville, MO	1:56:09	9:21
1219	36	M17	Cody Lillard, 17, Atlantic, IA	1:56:10	9:21
1220	44	M55	Michael Kent, 59, Des Moines, IA	1:56:10	9:21
1221	200	M40	Rich Dwyer, 43, Muscatine, IA	1:56:12	9:21
1222	102	M50	Scott Combs, 51, Aurora, IL	1:56:12	9:21
1223	182	M30	Todd Eschweiler, 34, Ankeny, IA	1:56:13	9:21
1224	183	M30	Kim Dong-Gill, 31, Ames, IA	1:56:13	9:21
1225	93	M20	Steven Jacobs, 22, Ames, IA	1:56:14	9:21
1226	222	M35	Phil Forbes, 37, North Liberty, IA	1:56:15	9:21

475	94	W30	Danielle Rowland, 30*, Des Moines, IA	1:56:16	9:21
1227	45	M55	Dennis Lincicum, 55, Ankeny, IA	1:56:16	9:21
1228	184	M30	Robert Burnett, 34, Norwalk, IA	1:56:16	9:21
476	89	W25	Mandy Van Maanen, 29*, Des Moines, IA	1:56:16	9:21
477	62	W40	Jackie Cummings, 44*, Ames, IA	1:56:17	9:21
478	80	W20	Marie Gernes, 21*, Iowa City, IA	1:56:18	9:21
479	95	W30	Lisa Klinkefus, 32*, Ankeny, IA	1:56:20	9:22
480	78	W35	Kris Robson, 39*, Urbandale, IA	1:56:21	9:22
1229	103	M50	Iver Anderson, 51, Ames, IA	1:56:21	9:22
481	79	W35	Stephanie Becker, 36*, Indianola, IA	1:56:22	9:22
1230	46	M55	Rick Grant, 58, Urbandale, IA	1:56:22	9:22
482	22	W17	Lauren Hill, 19*, West Des Moines, IA	1:56:23	9:22
1231	37	M17	Alex Hammer, 17, Urbandale, IA	1:56:23	9:22
483	96	W30	Rhonda Ehrecke, 34*, Davenport, IA	1:56:23	9:22
484	97	W30	Katie Thilges, 31*, Ankeny, IA	1:56:24	9:22
485	63	W40	Lori Taha, 42*, Des Moines, IA	1:56:24	9:22
1232	223	M35	Todd Roorda, 35, Pella, IA	1:56:27	9:22
486	80	W35	Tara Thomsen, 35*, Carroll, IA	1:56:28	9:22
1233	159	M25	Scott Pearson, 29, West Des Moines, IA	1:56:29	9:22
487	81	W20	Tiffany Smith, 24*, Omaha, NE	1:56:29	9:22
488	90	W25	Kelcey Rhodes, 25*, Omaha, NE	1:56:30	9:22
489	82	W20	Melissa Elstad, 24*, Ames, IA	1:56:30	9:22
1234	104	M50	Gary Moenck, 51, Webster City, IA	1:56:31	9:22
1235	105	M50	Bill Burke, 50, Nevada, IA	1:56:31	9:23
1236	137	M45	Mark Howard, 46, Pella, IA	1:56:32	9:23
490	91	W25	Staci Scholten, 26*, Ankeny, IA	1:56:32	9:23
1237	185	M30	Aaron Clutts, 31, Des Moines, IA	1:56:33	9:23
1238	186	M30	Blake Meisenheimer, 32, St Louis Park, MN	1:56:33	9:23
1239	201	M40	Vincent Vanderneck, 40, West Des Moines, IA	1:56:34	9:23
1240	138	M45	Jerry Lawrence, 45, Des Moines, IA	1:56:34	9:23
1241	224	M35	Rob Klinkner, 37, West Des Moines, IA	1:56:35	9:23
491	83	W20	Gina Lorensen, 23*, Ankeny, IA	1:56:35	9:23
1242	202	M40	Mark Weinhardt, 44, Des Moines, IA	1:56:35	9:23
492	98	W30	Kimberly Johnson, 34*, Woodbury, MN	1:56:36	9:23
1243	106	M50	Jim Calhoun, 51, Des Moines, IA	1:56:37	9:23
1244	107	M50	Richard Johnson, 52, Ankeny, IA	1:56:38	9:23
1245	225	M35	Ronald Loecher, 39, Cedar Falls, IA	1:56:40	9:23
1246	94	M20	Aaron King, 24, West Des Moines, IA	1:56:40	9:23
493	23	W17	Michelle Treska, 19*, Urbandale, IA	1:56:41	9:23
1247	95	M20	Matthew Treska, 22, Des Moines, IA	1:56:42	9:23
1248	226	M35	John Frohlich, 37, Panora, IA	1:56:42	9:23
494	92	W25	Kari Jones, 27*, Windsor Heights, IA	1:56:42	9:23
1249	227	M35	Chaden Halfhill, 37, Des Moines, IA	1:56:42	9:23
495	84	W20	Carolyn Chase, 22*, Iowa City, IA	1:56:43	9:23
496	85	W20	Kelly Rilett, 22*, Iowa City, IA	1:56:46	9:24
1250	160	M25	Shane Ness, 27, Omaha, NE	1:56:47	9:24
1251	139	M45	Hal Nation, 47, Fort Dodge, IA	1:56:49	9:24
497	11	W50	Debi Haugebak, 50*, Cedar Falls, IA	1:56:51	9:24
498	99	W30	Janeen Trachta, 30*, Iowa City, IA	1:56:53	9:24
499	93	W25	Lisa Dlouhy, 26*, Des Moines, IA	1:56:55	9:24
500	94	W25	Kimberly Assman, 27*, Waukee, IA	1:56:57	9:25
1252	108	M50	David Gaulke, 53, Indianola, IA	1:56:58	9:25
501	36	W45	Faye Bossman, 49*, Tama, IA	1:56:58	9:25
502	86	W20	Becci Hillman, 22*, Ames, IA	1:57:00	9:25
1253	161	M25	Matthew Bennett, 29, Kelley, IA	1:57:01	9:25
1254	96	M20	Nathan Alexander, 24, West Des Moines, IA	1:57:02	9:25
503	87	W20	Stephanie Hillman, 20*, Grand Junction, IA	1:57:03	9:25
1255	109	M50	Bill Wedeking, 50, Des Moines, IA	1:57:03	9:25
504	100	W30	Joy Carter, 33*, Des Moines, IA	1:57:04	9:25
1256	187	M30	Kevin Saunders, 33, Des Moines, IA	1:57:04	9:25
505	101	W30	Melanie Steffen, 32*, Johnston, IA	1:57:04	9:25
1257	203	M40	Doug Klein, 43, Des Moines, IA	1:57:06	9:25
506	81	W35	Connie Vanroekel, 37*, Adel, IA	1:57:07	9:25

1258	162	M25	Stephen Mosqueda, 29, Urbandale, IA	1:57:07	9:25
1259	47	M55	Bill Lorenz, 57, Carlisle, IA	1:57:08	9:25
	507	102	W30 Laura Fefchak, 34*, Urbandale, IA	1:57:08	9:25
1260	228	M35	Dave Lipinski, 38, Traer, IA	1:57:08	9:25
	508	88	W20 Nicole Petersen, 21*, Elk Horn, IA	1:57:08	9:25
1261	97	M20	Joseph Mayhugh, 24, Norwalk, IA	1:57:09	9:26
1262	229	M35	Alex Fink, 36, Des Moines, IA	1:57:10	9:26
	509	95	W25 Amy Gould, 27*, Pleasant Hill, IA	1:57:10	9:26
	510	103	W30 Stacy Farr, 34*, West Des Moines, IA	1:57:11	9:26
1263	204	M40	John Beh, 41, Des Moines, IA	1:57:12	9:26
	511	96	W25 Amy Havenhill, 28*, Clive, IA	1:57:13	9:26
1264	110	M50	Steve Jorgensen, 52, Newell, IA	1:57:14	9:26
	512	104	W30 Jennifer Trygstad, 32*, West Des Moines, IA	1:57:14	9:26
				1:57:14	9:26
	513	97	W25 Sarah Kautzky-Iben, 25*, Perry, IA	1:57:14	9:26
	514	82	W35 Jodi Jamison, 38*, Woodward, IA	1:57:15	9:26
1265	98	M20	Matthew Edwards, 23, Des Moines, IA	1:57:15	9:26
	515	83	W35 Denise Fowler, 37*, Pleasant Hill, IA	1:57:16	9:26
1266	230	M35	Steve Fuller, 35, Des Moines, IA	1:57:16	9:26
	516	105	W30 Nikki Roetman, 31*, Johnston, IA	1:57:16	9:26
	517	98	W25 Mary Spaight, 25*, Ames, IA	1:57:21	9:26
1267	38	M17	Clinton Eshelman, 19, Bridgewater, IA	1:57:21	9:27
	518	99	W25 Haley Miller, 29*, Johnston, IA	1:57:21	9:27
1268	231	M35	Scott Kolb, 36, Waukee, IA	1:57:22	9:27
1269	232	M35	Mark Moss, 35, Newton, IA	1:57:22	9:27
1270	233	M35	Brad Buck, 36, Urbandale, IA	1:57:22	9:27
1271	140	M45	J P Greer, 48, Spencer, IA	1:57:23	9:27
1272	99	M20	James Holden, 21, Scranton, IA	1:57:23	9:27
1273	141	M45	Mike Holden, 47, Scranton, IA	1:57:26	9:27
	519	37	W45 Liz Hilgenberg, 47*, Waukee, IA	1:57:26	9:27
1274	48	M55	Mike Pech, 57, Fairfield, IA	1:57:26	9:27
1275	34	JrM	Stephen Kenkel, 6, Toledo, IA	1:57:28	9:27
	520	100	W25 Erin Reed, 27*, Ankeny, IA	1:57:29	9:27
1276	163	M25	Jason Wiedman, 29, Ankeny, IA	1:57:30	9:27
	521	84	W35 Anne Clark, 36*, West Des Moines, IA	1:57:31	9:27
1277	234	M35	Monty Eitel, 38, Ames, IA	1:57:32	9:27
	522	24	W17 Kimberly Cunningham, 19*, Paton, IA	1:57:33	9:27
	523	25	W17 Jessica Yager, 19*, Elkhorn, NE	1:57:33	9:27
	524	106	W30 Sara Lehman, 33*, Ames, IA	1:57:34	9:28
1278	205	M40	Thomas Jensen, 40, Ankeny, IA	1:57:34	9:28
1279	14	M60	Arch Allison, 61, Marshalltown, IA	1:57:36	9:28
	525	85	W35 Natasha Kucherenko, 35*, West Des Moines, IA	1:57:36	9:28
				1:57:36	9:28
1280	206	M40	Lane Vellinga, 43, Waukee, IA	1:57:36	9:28
	526	38	W45 Sue Elliott, 48*, Ankeny, IA	1:57:37	9:28
	527	86	W35 Kathy Nettleton, 36*, Des Moines, IA	1:57:37	9:28
	528	87	W35 Barb Mendoza, 39*, Grimes, IA	1:57:37	9:28
	529	39	W45 Shirley Gilman, 46*, Monroe, IA	1:57:38	9:28
	530	40	W45 Marcia Swinney-Shay, 46*, Ankeny, IA	1:57:38	9:28
1281	164	M25	Mark Lee, 25, Huxley, IA	1:57:39	9:28
1282	188	M30	Lary Hostak, Jr, 33, Cedar Rapids, IA	1:57:41	9:28
	531	64	W40 Kris Peterson, 41*, Cedar Rapids, IA	1:57:42	9:28
	532	89	W20 Beth Danowsky, 21*, Ames, IA	1:57:42	9:28
	533	90	W20 Jennifer Beer, 22*, Cedar Rapids, IA	1:57:42	9:28
1283	235	M35	Mark Kuennen, 37, Ankeny, IA	1:57:42	9:28
1284	207	M40	Steve Muller, 42, Pella, IA	1:57:44	9:28
	534	88	W35 Sherri Selenke, 39*, Hudson, IA	1:57:45	9:28
	535	89	W35 Shelli Smoldt, 39*, Reinbeck, IA	1:57:45	9:28
1285	142	M45	Roger Wilson, 49, West Des Moines, IA	1:57:46	9:28
1286	236	M35	Phil Weber, 38, Des Moines, IA	1:57:47	9:29
	536	90	W35 Sharon Keenan, 35*, Grimes, IA	1:57:48	9:29
1287	49	M55	Moe Russell, 56, Panora, IA	1:57:48	9:29
	537	91	W35 Lori Gaster, 35*, Walford, IA	1:57:49	9:29
1288	237	M35	Steve Noeller, 37, Savage, MN	1:57:50	9:29
1289	238	M35	Dan Laird, 37, Clive, IA	1:57:51	9:29

1290	111	M50	Tom Slater, 50, West Des Moines, IA	1:57:51	9:29
1291	50	M55	Howard Hunt, 56, Dixon, IA	1:57:52	9:29
538	41	W45	Karen Schroeder, 45*, Altoona, IA	1:57:53	9:29
539	107	W30	Pam Banyas, 32*, Ankeny, IA	1:57:55	9:29
540	108	W30	Krista Banyas, 30*, Altoona, IA	1:57:55	9:29
541	12	W50	Becky Rozenboom, 53*, Oskaloosa, IA	1:57:56	9:29
542	109	W30	Beth Fettweis, 31*, Iowa City, IA	1:57:56	9:29
1292	239	M35	Jim Thorpe, 39, Newton, IA	1:57:56	9:29
543	110	W30	Lea Morris, 33*, Altoona, IA	1:57:58	9:29
544	111	W30	Carrie Drummond, 31*, Ames, IA	1:57:58	9:29
1293	189	M30	Troy Morris, 33, Altoona, IA	1:57:58	9:30
545	101	W25	Abby Ruby, 26*, Iowa City, IA	1:58:02	9:30
1294	240	M35	Rodger Main, 36, Ames, IA	1:58:02	9:30
1295	112	M50	John Hemminger, 51, Des Moines, IA	1:58:02	9:30
1296	208	M40	Doug Righi, 44, West Des Moines, IA	1:58:03	9:30
1297	113	M50	Mike Zuendel, 50, Des Moines, IA	1:58:04	9:30
1298	190	M30	Ken Peters, 33, Dallas, TX	1:58:04	9:30
1299	241	M35	Alan Peters, 36, West Des Moines, IA	1:58:05	9:30
1300	209	M40	Russell Erwin, 40, Urbandale, IA	1:58:09	9:30
546	102	W25	Madelaine Jerousek, 26*, Des Moines, IA	1:58:10	9:30
547	42	W45	Carolyn Hill, 47*, West Des Moines, IA	1:58:13	9:31
548	65	W40	Jan Ferris, 40*, Urbandale, IA	1:58:13	9:31
549	26	W17	Tara Brown, 19*, Ankeny, IA	1:58:14	9:31
1301	100	M20	Tyler Patterson, 23, Marion, IA	1:58:15	9:31
550	13	W50	Patricia Prokup, 51*, Cedar Rapids, IA	1:58:15	9:31
1302	191	M30	Chris Swailes, 33, Ames, IA	1:58:19	9:31
1303	210	M40	Dan Ward Ward, 44, Davenport, IA	1:58:20	9:31
551	92	W35	Chantal Corcoran, 38*, West Des Moines, IA	1:58:20	9:31
552	91	W20	Carrie Mohr, 22*, Eldridge, IA	1:58:21	9:31
553	112	W30	Deann Thoreson, 31*, Algona, IA	1:58:22	9:31
1304	165	M25	Kevin Rohne, 29, Waverly, IA	1:58:22	9:31
1305	242	M35	Chris Andersen, 37, Clive, IA	1:58:23	9:31
554	93	W35	Sara Curtis, 38*, Algona, IA	1:58:23	9:32
555	94	W35	Nadine McNeal, 38*, Shellsburg, IA	1:58:23	9:32
1306	143	M45	Michael Smith, 46, Eldora, IA	1:58:24	9:32
556	27	W17	Lisa Odor, 19*, Marshalltown, IA	1:58:24	9:32
557	43	W45	Cindy Campbell, 49*, Fairbank, IA	1:58:24	9:32
558	44	W45	Michelle Cavanaugh, 45*, Des Moines, IA	1:58:26	9:32
559	95	W35	Sara Warnock, 36*, Indianola, IA	1:58:26	9:32
1307	211	M40	Bob Bailey, 43, Johnston, IA	1:58:26	9:32
560	66	W40	Cindy Brun, 44*, Des Moines, IA	1:58:27	9:32
1308	212	M40	Steve Davis, 42, Johnston, IA	1:58:31	9:32
561	113	W30	Shyamli Kumar, 32*, West Des Moines, IA	1:58:31	9:32
562	67	W40	April Marmon, 42*, Urbandale, IA	1:58:32	9:32
1309	243	M35	Patrick Beurskens, 38, Marshalltown, IA	1:58:32	9:32
1310	213	M40	Justin Nostrala, 41, Indianola, IA	1:58:33	9:32
1311	39	M17	Chase Clemons, 17, Ankeny, IA	1:58:34	9:32
563	103	W25	Christine Bruin, 28*, Anoka, MN	1:58:35	9:32
1312	244	M35	Jake Ganske, 35, Swisher, IA	1:58:35	9:32
1313	144	M45	Ted Olson, 45, Hiawatha, IA	1:58:36	9:33
1314	245	M35	Ahmed Ibrahim, 37, Clive, IA	1:58:38	9:33
564	68	W40	Catherine Michl, 43*, West Des Moines, IA	1:58:39	9:33
1315	214	M40	Timothy Leimer, 44, Urbandale, IA	1:58:39	9:33
565	96	W35	Mari Wolf, 36*, West Des Moines, IA	1:58:39	9:33
1316	114	M50	Thomas Phillips, 54, West Des Moines, IA	1:58:40	9:33
566	104	W25	Mollie Keitges, 26*, Prairie City, IA	1:58:40	9:33
1317	215	M40	Dave Davis, 41, Bloomfield, IA	1:58:41	9:33
1318	166	M25	Larry Mathiews, 25, Orient, IA	1:58:42	9:33
1319	115	M50	Rick Hillman, 52, Dana, IA	1:58:42	9:33
1320	192	M30	Jason Wolf, 33, West Des Moines, IA	1:58:43	9:33
1321	216	M40	Todd Rowland, 40, Knoxville, IA	1:58:44	9:33
1322	217	M40	Tod Richardson, 43, St Charles, IA	1:58:45	9:33
567	92	W20	Alyssa Grier, 23*, Prairie City, IA	1:58:46	9:33
568	2	W60	Janet Ross, 62*, Des Moines, IA	1:58:47	9:33

569	114	W30	Lisa Harms, 32*, Indianola, IA	1:58:47	9:33
1323	167	M25	Kari Djerf, 27, Cedar Rapids, IA	1:58:48	9:34
570	115	W30	Jill Youmans, 31*, Indianola, IA	1:58:50	9:34
1324	101	M20	Kirby Snyder, 20, West Des Moines, IA	1:58:50	9:34
1325	246	M35	Lee Burkle, 35, Urbandale, IA	1:58:51	9:34
571	105	W25	Robyn Clevenger, 26*, Urbandale, IA	1:58:51	9:34
572	106	W25	Sara Lynott, 26*, Sioux Falls, SD	1:58:52	9:34
1326	193	M30	Aaron Mishler, 30, Cedar Rapids, IA	1:58:52	9:34
573	97	W35	Lisa Nelson, 35*, West Des Moines, IA	1:58:52	9:34
574	98	W35	Angie Rice, 37*, Clive, IA	1:58:56	9:34
1327	247	M35	Heath Moore, 36, West Des Moines, IA	1:58:56	9:34
1328	102	M20	Jeremy Wells, 24, Urbandale, IA	1:58:58	9:34
575	93	W20	Amy Donnenwerth, 24*, Indianola, IA	1:59:00	9:34
1329	145	M45	Loyed Hedges, 45, Des Moines, IA	1:59:00	9:34
1330	15	M60	Dean Lauterbach, 61, Newton, IA	1:59:01	9:35
576	107	W25	Maria Trosper, 28*, West Des Moines, IA	1:59:01	9:35
1331	218	M40	Randall Hummel, 41, Marion, IA	1:59:01	9:35
1332	116	M50	Rik Anderson, 53, Plainfield, IL	1:59:02	9:35
1333	103	M20	Brice Pitman, 21, Indianola, IA	1:59:02	9:35
1334	219	M40	Karl Kruse, 40, Johnston, IA	1:59:02	9:35
1335	35	JrM	Brad Kruse, 13, Johnston, IA	1:59:02	9:35
577	108	W25	Traci Ludwig, 29*, Waterloo, IA	1:59:03	9:35
578	109	W25	Sarah Rehwald, 26*, The Woodlands, TX	1:59:03	9:35
1336	248	M35	Dana Grannes, 36, Des Moines, IA	1:59:03	9:35
1337	220	M40	Dennis Judd, 44, Urbandale, IA	1:59:03	9:35
579	110	W25	Andrea Quam, 29*, West Des Moines, IA	1:59:04	9:35
580	99	W35	Connie Ten Napel, 37*, Jefferson, IA	1:59:06	9:35
581	100	W35	Dina Siedenbug, 38*, Johnston, IA	1:59:07	9:35
1338	168	M25	Andy Roberts, 26, Carlisle, IA	1:59:08	9:35
1339	221	M40	Mark Newman, 44, West Des Moines, IA	1:59:09	9:35
1340	194	M30	Bret Dillon, 31, Des Moines, IA	1:59:09	9:35
582	69	W40	Brenda Beumer, 43*, Urbandale, IA	1:59:10	9:35
583	70	W40	Sherri Huff, 42*, Winterset, IA	1:59:10	9:35
584	94	W20	Jessica Johnson, 21*, Webster City, IA	1:59:12	9:35
585	71	W40	Joan Henscheid, 43*, Clive, IA	1:59:13	9:35
586	101	W35	Natalie Karber, 38*, Bettendorf, IA	1:59:13	9:36
587	116	W30	Micholyn Fajen, 31*, West Des Moines, IA	1:59:14	9:36
588	111	W25	Mariah Chapman, 27*, Ankeny, IA	1:59:14	9:36
1341	16	M60	Thomas Jackson, 60, Ames, IA	1:59:15	9:36
1342	249	M35	J B Conlin, 36, West Des Moines, IA	1:59:16	9:36
589	72	W40	Kris Boeckman, 42*, Carroll, IA	1:59:16	9:36
590	45	W45	Vicki Bentley-Condit, 47*, Grinnell, IA	1:59:17	9:36
1343	250	M35	Chris Miller, 38, Norwalk, IA	1:59:17	9:36
1344	251	M35	Jeff Hodges, 39, Des Moines, IA	1:59:18	9:36
1345	252	M35	Robey Orewiler, 37, Des Moines, IA	1:59:20	9:36
1346	195	M30	Ron Wiedman, 34, Grimes, IA	1:59:20	9:36
591	28	W17	Stephanie Bloomer, 18*, Madrid, IA	1:59:20	9:36
1347	222	M40	Phuoc Le, 43, West Des Moines, IA	1:59:23	9:36
592	102	W35	Melissa Weresh, 38*, Clive, IA	1:59:24	9:36
593	103	W35	Danielle Lin, 36*, Des Moines, IA	1:59:24	9:36
594	73	W40	Kathryn Goetz, 44*, West Des Moines, IA	1:59:24	9:36
1348	146	M45	Ernest Krist, 49, Bettendorf, IA	1:59:25	9:36
595	74	W40	Cynthia Krist, 44*, Bettendorf, IA	1:59:25	9:36
596	117	W30	Nikki Smith, 32*, Cedar Rapids, IA	1:59:26	9:37
597	118	W30	Tara Hawkins, 32*, Cedar Rapids, IA	1:59:26	9:37
1349	253	M35	William Staplin, 36, Des Moines, IA	1:59:26	9:37
598	46	W45	Kelly Bradford, 45*, Ankeny, IA	1:59:26	9:37
1350	196	M30	Mike Madren, 33, Earlham, IA	1:59:27	9:37
599	95	W20	Emily Mueller, 23*, Iowa City, IA	1:59:28	9:37
1351	223	M40	Borden Plunkett, 43, Mason City, IA	1:59:32	9:37
1352	147	M45	Tom Hauser, 45, Chanhassen, MN	1:59:33	9:37
1353	197	M30	Charlie Matthes, 34, Los Angeles, CA	1:59:35	9:37
600	112	W25	Michelle McClung, 27*, Burlington, KY	1:59:36	9:37
601	75	W40	Julie Nelson, 40*, Panora, IA	1:59:36	9:37
1354	198	M30	Kevin Jensen, 34, Ames, IA	1:59:37	9:37

602	14	W50	Julie Lepley, 54*, Des Moines, IA	1:59:38	9:38
603	119	W30	Jennifer Veak, 31*, Des Moines, IA	1:59:38	9:38
604	47	W45	Dana Derby, 45*, Marion, IA	1:59:39	9:38
1355	169	M25	Andy Merrick, 25, West Des Moines, IA	1:59:40	9:38
605	104	W35	Shelley Birmingham, 38*, Johnston, IA	1:59:41	9:38
606	105	W35	Jill Barrick, 36*, Altoona, IA	1:59:42	9:38
1356	254	M35	Kevin Rahner, 39, Huxley, IA	1:59:43	9:38
607	113	W25	Emily Jensen, 28*, Ames, IA	1:59:44	9:38
1357	148	M45	John Jerkovich, 48, Council Bluffs, IA	1:59:44	9:38
1358	199	M30	Brian Hostetter, 32, Ankeny, IA	1:59:44	9:38
1359	224	M40	John Noah, 44, Wilburton, IK	1:59:45	9:38
1360	149	M45	Jon Coy, 46, New Lenox, IL	1:59:46	9:38
1361	255	M35	Tommy Morris, 39, Johnston, IA	1:59:48	9:38
608	15	W50	Susan Duoblys, 50*, Des Moines, IA	1:59:48	9:38
1362	225	M40	Curt Carlson, 41, Johnston, IA	1:59:49	9:38
1363	256	M35	Tim Weber, 36, West Des Moines, IA	1:59:49	9:38
609	76	W40	Laurie Wahlig, 44*, West Des Moines, IA	1:59:50	9:38
1364	170	M25	Lenny Daniel, 25, Ankeny, IA	1:59:51	9:39
1365	51	M55	Daniel Gannon, 59, Ankeny, IA	1:59:52	9:39
1366	52	M55	David Grieser, 57, West Des Moines, IA	1:59:56	9:39
610	96	W20	Katie Lantz, 20*, Lytton, IN	1:59:56	9:39
611	77	W40	Beth Morton, 40*, West Des Moines, IA	1:59:57	9:39
1367	257	M35	Cory Harms, 39, Ames, IA	1:59:58	9:39
612	78	W40	Tracey Evans, 41*, Creston, IA	1:59:58	9:39
1368	171	M25	Dave Hilgendorf, 28, Ames, IA	1:59:58	9:39
613	120	W30	Tamara Van Wyk, 33*, Lemars, IA	1:59:59	9:39
1369	226	M40	Jeff Damman, 43, Ankeny, IA	1:59:59	9:39
614	97	W20	Laura Lepley, 24*, Chicago, IL	2:00:01	9:39
1370	258	M35	Darin Dunn, 36, Merrill, IA	2:00:01	9:39
1371	104	M20	R Wacker, 23, Des Moines, IA	2:00:01	9:39
615	98	W20	Stacey Leduc, 23*, Aberdeen, SD	2:00:02	9:39
1372	227	M40	Jay Hagedorn, 41, Des Moines, IA	2:00:02	9:39
616	99	W20	Nicole Bruskewitz, 21*, Iowa City, IA	2:00:03	9:40
617	114	W25	Melinda Hill, 29*, Des Moines, IA	2:00:04	9:40
618	100	W20	Smita Rao, 23*, Des Moines, IA	2:00:05	9:40
619	3	W60	Jane Niemeier, 60*, Hiawatha, IA	2:00:05	9:40
620	115	W25	Melissa Perrin, 28*, Urbandale, IA	2:00:07	9:40
1373	117	M50	Rick Hoyer, 52, West Des Moines, IA	2:00:07	9:40
621	116	W25	Amy Sterrett, 27*, Kansas City, MO	2:00:08	9:40
622	121	W30	Jodee Junge, 32*, Kansas City, MO	2:00:09	9:40
623	122	W30	Tricia Yates, 33*, Maryville, MO	2:00:09	9:40
624	101	W20	Marla Carver, 24*, Ankeny, IA	2:00:09	9:40
625	123	W30	Carol Ferry, 34*, Ankeny, IA	2:00:09	9:40
626	102	W20	Trisha Haszel, 23*, Des Moines, IA	2:00:10	9:40
627	117	W25	Missy Gripp, 25*, Indianola, IA	2:00:11	9:40
1374	259	M35	Marty Rietgraf, 39, Huxley, IA	2:00:13	9:40
628	124	W30	Amanda Svec, 30*, Ankeny, IA	2:00:14	9:40
1375	260	M35	Tim Mullins, 39, Boone, IA	2:00:15	9:40
629	79	W40	Cheryl Mendenhall, 43*, Des Monies, IA	2:00:15	9:41
1376	261	M35	Mark Paca, 39, Boone, IA	2:00:15	9:41
630	106	W35	Melissa Reents, 35*, Urbandale, IA	2:00:16	9:41
631	125	W30	Heidi Elliott, 34*, Rochester, MN	2:00:16	9:41
632	80	W40	Lynne Beeler, 44*, Indianola, IA	2:00:16	9:41
1377	172	M25	David Stevenson, 25, Polk City, IA	2:00:16	9:41
633	103	W20	Shelly Tomlinson, 22*, Huxley, IA	2:00:19	9:41
634	104	W20	Allison Thompson, 22*, Story City, IA	2:00:19	9:41
635	126	W30	Rexanne Laue, 34*, Brazil, IN	2:00:20	9:41
636	105	W20	Jenny Huff, 24*, Iowa City, IA	2:00:21	9:41
1378	173	M25	Jared Burns, 27, Monroe, IA	2:00:23	9:41
1379	105	M20	Scott Blomquist, 24, Urbandale, IA	2:00:23	9:41
1380	228	M40	Mark Quinn, 43, Dexter, IA	2:00:24	9:41
1381	40	M17	Mike McCullough, 19, Des Moines, IA	2:00:25	9:41
1382	174	M25	Matt Getting, 27, Clive, IA	2:00:27	9:41
637	2	W55	Carol Eggert, 56*, Wyoming, IA	2:00:30	9:42
638	118	W25	Jennifer Thompson, 26*, Slater, IA	2:00:31	9:42

1383	262	M35	Michael Rhode, 36, Urbandale, IA	2:00:31	9:42
639	127	W30	Julie Veasley, 33*, West Des Moines, IA	2:00:32	9:42
640	81	W40	Gail Erdahl, 42*, Ankeny, IA	2:00:34	9:42
641	128	W30	Angela Hobson, 33*, Johnston, IA	2:00:34	9:42
1384	175	M25	Eric Taylor, 29, Orient, IA	2:00:36	9:42
642	119	W25	Lisa Ruzzi, 25*, Ames, IA	2:00:36	9:42
1385	118	M50	Chris Mitchell, 50, Clear Lake, IA	2:00:36	9:42
643	120	W25	Janan Abed, 25*, Ames, IA	2:00:36	9:42
644	129	W30	Leanna Halfhill, 32*, Ankeny, IA	2:00:36	9:42
1386	176	M25	Nate Forsyth, 25, Creston, IA	2:00:37	9:42
1387	263	M35	Todd Kreamer, 39, Johnston, IA	2:00:38	9:42
1388	119	M50	Dave Jennett, 52, Storm Lake, IA	2:00:40	9:43
645	107	W35	Dotty Johnson, 35*, Des Moines, IA	2:00:42	9:43
646	130	W30	Julie Nuehring, 32*, Clive, IA	2:00:43	9:43
647	121	W25	Brianne Schoonover, 25*, West Des Moines, IA	2:00:44	9:43
1389	200	M30	Doug Renze, 34, Des Moines, IA	2:00:44	9:43
648	108	W35	Chris Parker, 36*, Urbandale, IA	2:00:44	9:43
1390	264	M35	Jordan Buntz, 39, Baxter, IA	2:00:45	9:43
649	109	W35	Susana Collins, 36*, Urbandale, IA	2:00:45	9:43
1391	229	M40	Bruce Grotenhuls, 43, Granger, IA	2:00:45	9:43
1392	36	JrM	Alejandro Chavez, 16, Des Moines, IA	2:00:46	9:43
1393	120	M50	Pete Solan, 53, Polk City, IA	2:00:47	9:43
1394	177	M25	Ben Cadwell, 25, Dallas Center, IA	2:00:47	9:43
650	110	W35	Cindy Inman, 39*, Kingsley, IA	2:00:47	9:43
651	111	W35	Susan Molinsky, 36*, Carroll, IA	2:00:48	9:43
1395	150	M45	John Kim, 48, Urbandale, IA	2:00:48	9:43
1396	265	M35	Darren Bullard, 35, Des Moines, IA	2:00:49	9:43
652	112	W35	Debra Schroeder, 37*, Saint Charles, MO	2:00:50	9:43
653	16	W50	Paula Dierenfeld, 50*, Johnston, IA	2:00:51	9:43
654	48	W45	Lori Lensch, 48*, Johnston, IA	2:00:52	9:43
1397	178	M25	Zac Zwickel, 29, Shenandoah, IA	2:00:53	9:44
1398	201	M30	Kyle Barton, 32, Clive, IA	2:00:54	9:44
655	113	W35	Anna Meeves, 38*, Omaha, NE	2:00:55	9:44
1399	121	M50	Steve Rose, 53, Indianola, IA	2:00:56	9:44
1400	179	M25	Howard Hennessey, 29, Colfax, IA	2:00:56	9:44
1401	53	M55	Michael Mauro, 56, Des Moines, IA	2:00:58	9:44
1402	266	M35	Matthew Etling, 37, Urbandale, IA	2:00:59	9:44
656	122	W25	Natalie Findley, 28*, Colfax, IA	2:00:59	9:44
657	29	W17	Sarah Mills, 19*, Altoona, IA	2:01:00	9:44
1403	202	M30	J J Bailey, 30, Des Moines, IA	2:01:01	9:44
658	17	W50	Joann Boldt, 51*, Ankeny, IA	2:01:01	9:44
1404	151	M45	Vincent Carbino, 45, Ankeny, IA	2:01:01	9:44
659	131	W30	Sara Fleecs, 32*, Glidden, IA	2:01:02	9:44
660	132	W30	Tiffany Koenig, 32*, West Des Moines, IA	2:01:03	9:44
1405	230	M40	Scott Johnson, 41, Johnston, IA	2:01:03	9:44
1406	231	M40	Stephen McGinnis, 42, Indianola, IA	2:01:04	9:44
1407	122	M50	Willaims Huls, 52, Nevada, IA	2:01:05	9:45
1408	180	M25	Joshua Jones, 29, Des Moines, IA	2:01:06	9:45
661	114	W35	Tave Porto, 38*, West Des Moines, IA	2:01:08	9:45
1409	203	M30	Kevin Fleecs, 32, Glidden, IA	2:01:09	9:45
662	18	W50	Debbie Jayne, 52*, Des Moines, IA	2:01:10	9:45
663	123	W25	Joy Vermillion, 29*, Des Moines, IA	2:01:10	9:45
664	133	W30	Lisa Loe, 33*, Maryville, MO	2:01:10	9:45
1410	232	M40	Pat Goldsmith, 40, Newton, IA	2:01:10	9:45
665	115	W35	Jake Vernon, 36*, Knoxville, IA	2:01:11	9:45
666	124	W25	Ann Davis, 25*, Olathe, KS	2:01:11	9:45
1411	54	M55	William Chaplin, 58, West Des Moines, IA	2:01:12	9:45
667	125	W25	Dunny Lovan, 25*, Des Moines, IA	2:01:12	9:45
1412	204	M30	Rusty Nolan, 30, Polk City, IA	2:01:13	9:45
1413	17	M60	Walter Aeckerle, 62, Walnut, IA	2:01:14	9:45
1414	181	M25	Kevin Cline, 29, Urbandale, IA	2:01:14	9:45
1415	182	M25	Trevor Martin, 25, Des Moines, IA	2:01:16	9:45
668	82	W40	Tina Holzworth, 42*, Colfax, IA	2:01:16	9:45
1416	267	M35	Kevin Avey, 37, Anthem, AZ	2:01:17	9:45

669	134	W30	Julie Stone, 31*, Des Moines, IA	2:01:17	9:45
1417	233	M40	Orville Bunker, 41, Newton, IA	2:01:18	9:46
1418	268	M35	Matt Scotton, 36, Newton, IA	2:01:18	9:46
1419	205	M30	David Price, 34, Johnston, IA	2:01:19	9:46
1420	206	M30	Kyle Brown, 30, Des Moines, IA	2:01:20	9:46
670	116	W35	Darci Hammer, 35*, Ottumwa, IA	2:01:22	9:46
1421	152	M45	Paul Peiffer, 47, West Des Moines, IA	2:01:22	9:46
1422	269	M35	Todd Aarhus, 39, Marshalltown, IA	2:01:23	9:46
671	126	W25	Stephanie Burke, 25*, Lost Nation, IA	2:01:23	9:46
1423	270	M35	Brent Helmkamp, 37, Ankeny, IA	2:01:26	9:46
1424	106	M20	Andrew Eggert, 24, Colfax, IA	2:01:27	9:46
672	83	W40	Judy Diedrichs, 43*, Des Moines, IA	2:01:27	9:46
1425	271	M35	Darrin Smith, 36, Urbandale, IA	2:01:27	9:46
673	117	W35	Ann Petersen, 36*, Ankeny, IA	2:01:29	9:46
674	49	W45	Nancy Robinson, 47*, Urbandale, IA	2:01:31	9:47
675	135	W30	Brenda Smith, 34*, Urbandale, IA	2:01:32	9:47
676	84	W40	Kay Veldkamp, 40*, Cumming, IA	2:01:33	9:47
1426	234	M40	Brent Veldkamp, 43, Cumming, IA	2:01:35	9:47
677	136	W30	Kari Smith, 31*, Ankeny, IA	2:01:36	9:47
678	19	W50	Debbie Earleywine, 52*, Des Moines, IA	2:01:39	9:47
679	137	W30	Erin Biedenbach, 34*, Ames, IA	2:01:39	9:47
680	138	W30	Christa Hoppman, 30*, Greenwood, MO	2:01:39	9:47
1427	207	M30	Paul Hoppman, 31, Greenwood, MO	2:01:39	9:47
681	139	W30	Sara Norris, 30*, Des Moines, IA	2:01:40	9:47
1428	208	M30	Rees Hinton, 33, Manchester, MO	2:01:40	9:47
682	106	W20	Ellie Smith, 21*, Des Moines, IA	2:01:40	9:47
1429	18	M60	Bob Hinton, 61, West Des Moines, IA	2:01:40	9:47
1430	235	M40	Erik Luthens, 40, Urbandale, IA	2:01:41	9:47
1431	236	M40	Bill Olson, 40, Urbandale, IA	2:01:42	9:47
683	107	W20	Michelle Jones, 20*, Ankeny, IA	2:01:42	9:48
1432	183	M25	Cory Heaberlin, 25, Des Moines, IA	2:01:42	9:48
684	85	W40	Mary Pink, 41*, West Des Moines, IA	2:01:43	9:48
1433	184	M25	Brent McKenzie, 29, Ankeny, IA	2:01:48	9:48
685	108	W20	Shawna Robinson, 24*, Mitchellville, IA	2:01:49	9:48
686	109	W20	Dana Brecount, 21*, Washington, IA	2:01:50	9:48
1434	153	M45	Mark McCoy, 48, West Des Moines, IA	2:01:50	9:48
1435	154	M45	Steve Feld, 46, Milford, IA	2:01:53	9:48
1436	237	M40	Doug Roerig, 41, Des Moines, IA	2:01:53	9:48
1437	19	M60	David Ersland, 60, Humboldt, IA	2:01:54	9:48
687	118	W35	Melanie Rowe, 37*, Appleton, WI	2:01:54	9:49
688	110	W20	Brooke Ohnemus, 22*, Norwalk, IA	2:01:57	9:49
1438	185	M25	Kelsey McVey, 28, Waukee, IA	2:01:57	9:49
689	127	W25	Jaime Doty, 29*, Clive, IA	2:01:57	9:49
1439	123	M50	Mark Ohnemus, 52, Carlisle, IA	2:01:58	9:49
1440	238	M40	Brent Niland, 43, West Des Moines, IA	2:01:59	9:49
690	119	W35	Marci Cordaro, 37*, Johnston, IA	2:01:59	9:49
691	111	W20	Allie Fuller, 20*, Cedar Rapids, IA	2:02:00	9:49
692	112	W20	Katie Fuller, 21*, Cedar Rapids, IA	2:02:00	9:49
1441	41	M17	Kevin Jensen, 18, Marshalltown, IA	2:02:00	9:49
1442	239	M40	Burton Exley, 42, Indianola, IA	2:02:01	9:49
693	86	W40	Stacey Brown, 41*, Pleasant Hill, IA	2:02:02	9:49
1443	240	M40	Daniel Beenken, 41, Jefferson, IA	2:02:03	9:49
1444	155	M45	Timothy Waddilove, 48, Ida Grove, IA	2:02:04	9:49
694	120	W35	Suzanne Sernett, 37*, Kelley, IA	2:02:04	9:49
695	30	W17	Jordan Landau, 19*, Janesville, IA	2:02:07	9:50
1445	186	M25	Dan Lahey, 28, West Des Moines, IA	2:02:08	9:50
696	121	W35	Beth Adams, 39*, Indianola, IA	2:02:10	9:50
1446	241	M40	Mark Neary, 41, Iowa City, IA	2:02:11	9:50
1447	242	M40	Jeffrey Smith, 44, Indianola, IA	2:02:12	9:50
1448	243	M40	Tom Stoppelmoor, 41, West Des Moines, IA	2:02:12	9:50
1449	209	M30	Matthew Willcockson, 34, St. Louis Park, MN	2:02:13	9:50
1450	210	M30	Darren Price, 34, Ankeny, IA	2:02:14	9:50
697	128	W25	Lisa Clark, 28*, Jefferson, IA	2:02:14	9:50
1451	55	M55	Robert Schneider, 56, Urbandale, IA	2:02:14	9:50

1452	211	M30	Ryan Smidt, 30, West Des Moines, IA	2:02:15	9:50
1453	212	M30	Jeff Fox, 32, Parkville, MO	2:02:16	9:50
698	113	W20	Rae True, 21*, Hudson, IA	2:02:17	9:50
699	114	W20	Jessica Smith, 21*, Cedar Falls, IA	2:02:17	9:50
700	129	W25	Nicole Smith, 27*, West Des Moines, IA	2:02:19	9:50
1454	156	M45	Peter Scanlon, 49, Clive, IA	2:02:19	9:50
1455	56	M55	Jerry Ferguson, 58, West Des Moines, IA	2:02:20	9:51
701	115	W20	Erica Shelton, 24*, Pella, IA	2:02:21	9:51
1456	157	M45	David Kozlowski, 46, West Des Moines, IA	2:02:22	9:51
702	130	W25	Kimberly Dokken, 29*, West Des Moines, IA	2:02:24	9:51
1457	272	M35	Daniel Pfeffer, 38, West Des Moines, IA	2:02:24	9:51
703	122	W35	Jody Haws, 38*, Ankeny, IA	2:02:25	9:51
704	87	W40	Tess Balsley, 41*, Ames, IA	2:02:27	9:51
1458	107	M20	Emiliano Lerda, 24, Urbandale, IA	2:02:27	9:51
705	131	W25	Christina Djerf, 26*, Cedar Rapids, IA	2:02:28	9:51
706	132	W25	Brooke Wilson, 25*, Greenfield, IA	2:02:28	9:51
1459	158	M45	Brian Walters, 48, Urbandale, IA	2:02:29	9:51
707	123	W35	Sue Cushion, 37*, Maynard, IA	2:02:30	9:51
1460	244	M40	Pedro Cortes, 44, Waukee, IA	2:02:31	9:51
708	140	W30	Jennifer Flaugh, 30*, Ankeny, IA	2:02:32	9:52
709	116	W20	Lauren Zimmerman, 22*, Indianola, IA	2:02:33	9:52
1461	187	M25	Manni Balignasay, 25, West Des Moines, IA	2:02:33	9:52
710	9	JrW	Andrea Jelsma, 16*, Ankeny, IA	2:02:33	9:52
711	117	W20	Amy Grostic, 23*, North Liberty, IA	2:02:34	9:52
712	141	W30	Erin Schuessler, 33*, Iowa City, IA	2:02:34	9:52
1462	245	M40	Bruce Willey, 42, Cedar Rapids, IA	2:02:34	9:52
713	20	W50	Mary Razor, 50*, Omaha, NE	2:02:35	9:52
1463	159	M45	John Meyer, 49, West Des Moines, IA	2:02:35	9:52
714	31	W17	Chelsy Kemmet, 18*, Adel, IA	2:02:37	9:52
715	21	W50	Pat Theisen, 52*, Anamosa, IA	2:02:38	9:52
716	133	W25	Molly Watson, 26*, Mason City, IA	2:02:39	9:52
717	3	W55	Elizabeth Sutter, 55*, Des Moines, IA	2:02:40	9:52
718	124	W35	Debra Scorpiniti, 37*, West Des Moines, IA	2:02:41	9:52
1464	213	M30	Jeffrey Olson, 33, Ankeny, IA	2:02:42	9:52
1465	246	M40	Michael Scoblic, 41, Waukee, IA	2:02:44	9:52
719	125	W35	Dana Goldstein, 36*, Indianola, IA	2:02:45	9:53
720	88	W40	Tracy Cheney, 42*, West Des Moines, IA	2:02:46	9:53
1466	247	M40	Michael Sheeder, 42, Des Moines, IA	2:02:47	9:53
721	134	W25	Cara Rainey, 27*, Clive, IA	2:02:48	9:53
722	126	W35	Jenny Topic, 39*, West Des Moines, IA	2:02:49	9:53
1467	214	M30	Brendan McCallum, 30, Des Moines, IA	2:02:53	9:53
723	135	W25	Olga Petushkov, 26*, Des Moines, IA	2:02:57	9:54
724	127	W35	Debbie Slump, 38*, Parkville, MO	2:02:58	9:54
1468	188	M25	Mark Schroeder, 29, Shoreview, MN	2:02:58	9:54
1469	273	M35	George Stock, 35, Des Moines, IA	2:02:59	9:54
1470	274	M35	Steven Cassabaum, 39, Nevada, IA	2:03:00	9:54
1471	189	M25	Trent Lienau, 26, Urbandale, IA	2:03:02	9:54
725	118	W20	Lacey Corcoran, 24*, Dea Moines, IA	2:03:02	9:54
726	119	W20	Maggie Black, 24*, West Branch, IA	2:03:02	9:54
1472	124	M50	Jim Bergeson, 53, Urbandale, IA	2:03:03	9:54
1473	215	M30	Paul Caspersen, 31, Story City, IA	2:03:04	9:54
727	142	W30	Elizabeth Miller, 32*, Denison, IA	2:03:04	9:54
728	143	W30	Julie Graeve, 31*, Denison, IA	2:03:05	9:54
1474	248	M40	Doug Bass, 44, Grimes, IA	2:03:06	9:54
729	50	W45	Nancy Standley, 48*, Urbandale, IA	2:03:07	9:54
1475	125	M50	Galen Peery, 54, Kiron, IA	2:03:07	9:54
1476	216	M30	Brad Simanek, 34, Cedar Rapids, IA	2:03:12	9:55
730	89	W40	Mary Ellen Anderson, 43*, Johnston, IA	2:03:13	9:55
1477	217	M30	Jon Borg, 31, Ames, IA	2:03:14	9:55
1478	190	M25	Khye Kading, 25, Des Moines, IA	2:03:14	9:55
731	128	W35	Julie Stephens, 38*, Des Moines, IA	2:03:16	9:55
732	120	W20	Kelly Clarke, 23*, Iowa City, IA	2:03:19	9:55
1479	191	M25	Eric Svalstad, 26, Cedar Rapids, IA	2:03:20	9:55
1480	20	M60	Lary Hostak, 63, Marion, IA	2:03:23	9:56

1481	160	M45	Rick George, 47, Omaha, NE	2:03:25	9:56	
1482	249	M40	Jeff Sajdak, 42, Pella, IA	2:03:26	9:56	
1483	250	M40	Darryl De Ruiter, 40, Pella, IA	2:03:26	9:56	
1484	126	M50	Steven O'Brien, 53, Waterloo, IA	2:03:27	9:56	
1485	218	M30	Scott Kelley, 32, Boone, IA	2:03:27	9:56	
1486	251	M40	Steven Kuhlmann, 43, Laporte City, IA	2:03:28	9:56	
	733	90	W40	Caroll Benson, 40*, Des Moines, IA	2:03:28	9:56
1487	252	M40	Keith Wren, 44, Des Moines, IA	2:03:28	9:56	
	734	136	W25	Kristen Parsons, 28*, Cedar Rapids, IA	2:03:29	9:56
	735	137	W25	Mindy Sauer, 26*, Des Moines, IA	2:03:29	9:56
	736	138	W25	Heather Wilcox, 29*, Ankeny, IA	2:03:32	9:56
1488	192	M25	Joel Wazac, 26, Pleasant Valley, MO	2:03:32	9:56	
	737	51	W45	Paula Sandmeier, 48*, Knoxville, IA	2:03:35	9:57
	738	139	W25	Emily Blomme, 27*, Cedar Rapids, IA	2:03:35	9:57
	739	144	W30	Jill Smith, 34*, Clive, IA	2:03:35	9:57
1489	108	M20	James Crouse, 22, Fort Dodge, IA	2:03:36	9:57	
	740	129	W35	Renae O'Brien, 35*, West Des Moines, IA	2:03:37	9:57
1490	253	M40	Anthony McBride, 43, Clive, IA	2:03:39	9:57	
1491	37	JrM	Dan Anderson, 12, Ankeny, IA	2:03:39	9:57	
	741	22	W50	Barb Bachman, 53*, Johnston, IA	2:03:39	9:57
1492	38	JrM	Simon Burke, 15, Madrid, IA	2:03:40	9:57	
1493	275	M35	Daniel Jordan, 35, Collins, IA	2:03:42	9:57	
1494	161	M45	Kevin Morris, 47, Des Moines, IA	2:03:42	9:57	
	742	10	JrW	Megan Bryan, 16*, Madrid, IA	2:03:43	9:57
	743	121	W20	Jenny Spooner, 24*, Chicago, IL	2:03:44	9:57
	744	52	W45	Linda Rogers, 46*, Urbandale, IA	2:03:44	9:57
1495	276	M35	Scott McKinney, 38, Bloomington, IL	2:03:44	9:57	
1496	127	M50	Jim Mease, 53, Winterset, IA	2:03:44	9:57	
	745	140	W25	Jennifer Nunez, 28*, Des Moines, IA	2:03:45	9:57
	746	130	W35	Laura Higgins, 38*, Des Moines, IA	2:03:46	9:57
1497	254	M40	Bob Saunders, 44, Ida Grove, IA	2:03:46	9:57	
1498	57	M55	Charlie Johnson, 56, Brayton, IA	2:03:47	9:58	
	747	91	W40	Kendra Saunders, 41*, Ida Grove, IA	2:03:50	9:58
	748	23	W50	Kathy Krieg, 50*, Cedar Falls, IA	2:03:51	9:58
	749	141	W25	Megan Badding, 26*, Carroll, IA	2:03:51	9:58
	750	131	W35	Anastasia Baker Hurn, 36*, Johnston, IA	2:03:53	9:58
	751	132	W35	Jean McKinney, 36*, Bloomington, IL	2:03:53	9:58
	752	133	W35	Krista Gorsche, 37*, Johnston, IA	2:03:54	9:58
	753	142	W25	Susan Huss, 25*, Clive, IA	2:03:54	9:58
	754	143	W25	Jessica Wass, 25*, Denver, IA	2:03:55	9:58
	755	53	W45	Kay Peddy, 45*, Ankeny, IA	2:03:55	9:58
	756	122	W20	Amanda Warren, 23*, Denver, IA	2:03:58	9:58
1499	277	M35	Steven Janssens, 37, Des Moines, IA	2:03:58	9:58	
	757	134	W35	Robin Steinkamp, 38*, Saylorville, IA	2:03:59	9:59
	758	123	W20	Leah Paullus, 23*, Des Moines, IA	2:04:00	9:59
	759	124	W20	Emilie Newbury, 22*, Urbandale, IA	2:04:00	9:59
1500	39	JrM	Nicholas Fox, 16, Madrid, IA	2:04:01	9:59	
1501	255	M40	Robert Lee, 43, Urbandale, IA	2:04:01	9:59	
	760	145	W30	Sherry Christensen, 33*, Altoona, IA	2:04:01	9:59
	761	92	W40	Michele Nelson, 43*, Newton, IA	2:04:02	9:59
	762	93	W40	Maria McMahan, 42*, Urbandale, IA	2:04:04	9:59
	763	144	W25	Jenni Honn, 27*, Mason City, IA	2:04:04	9:59
1502	219	M30	Jeff Christensen, 33, Altoona, IA	2:04:05	9:59	
1503	162	M45	Donald Nelson, 47, Newton, IA	2:04:07	9:59	
1504	2	M70	Allen Trenkle, 70, Ames, IA	2:04:08	9:59	
1505	163	M45	Kevin Crawford, 49, Knoxville, IA	2:04:09	9:59	
1506	164	M45	Del Christensen, 45, Adel, IA	2:04:10	9:59	
1507	256	M40	Marty Marren, 41, Johnston, IA	2:04:11	9:59	

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

1508	128	M50	David Konopa, 50, Ames, IA	2:04:11	10:00	
	764	24	W50	Cathy Brent, 50*, Ankeny, IA	2:04:12	10:00
1509	129	M50	Todd Gaffney, 51, West Des Moines, IA	2:04:14	10:00	
1510	278	M35	Matthew Paul, 36, Des Moines, IA	2:04:15	10:00	

765	145	W25	Bobbi Eggert, 28*, St Louis Park, MN	2:04:18	10:00
1511	3	M65	John Beamer, 65, Des Moines, IA	2:04:18	10:00
1512	109	M20	Matt Townsley, 23, Cedar Rapids, IA	2:04:20	10:00
1513	165	M45	John Moran, 47, Story City, IA	2:04:22	10:00
1514	130	M50	Lloyd Ludolph, 53, Cedar Rapids, IA	2:04:23	10:00
766	125	W20	Cassy Townsley, 23*, Cedar Rapids, IA	2:04:26	10:01
1515	110	M20	Kevin Ivarsen, 23, Sioux City, IA	2:04:27	10:01
767	135	W35	Shana Johnson, 35*, Des Moines, IA	2:04:27	10:01
1516	279	M35	Lonny Namanny, 37, Grimes, IA	2:04:27	10:01
1517	280	M35	Mike Hartquist, 37, Indianola, IA	2:04:27	10:01
768	94	W40	Kimberly Taylor, 44*, West Des Moines, IA	2:04:28	10:01
769	54	W45	Ellen Eakin, 47*, Ankeny, IA	2:04:28	10:01
1518	3	M70	Ralph Wilson, 71, Minneapolis, MN	2:04:28	10:01
770	136	W35	Jill Hartquist, 38*, Indianola, IA	2:04:28	10:01
1519	166	M45	John Nation, 48, Ogden, IA	2:04:29	10:01
771	11	JrW	Anne Dutton, 16*, West Des Moines, IA	2:04:32	10:01
1520	167	M45	Terry Huseman, 45, Clive, IA	2:04:34	10:01
1521	257	M40	David Von Ebers, 43, Oak Park, IL	2:04:35	10:01
1522	281	M35	Edward Kempf, 36, Chicago, IL	2:04:35	10:01
1523	282	M35	Garrett Goins, 36, Ankeny, IA	2:04:36	10:02
772	126	W20	Nichelle Reynolds, 20*, Cedar Falls, IA	2:04:38	10:02
773	32	W17	Jenny Klein, 18*, West Des Moines, IA	2:04:38	10:02
774	137	W35	Elizabeth Heiar, 35*, Dubuque, IA	2:04:40	10:02
775	95	W40	Shari Turner, 43*, Clive, IA	2:04:40	10:02
1524	42	M17	Jake Cartier, 17, Clarion, IA	2:04:41	10:02
776	96	W40	Pam Osborn, 40*, Newton, IA	2:04:41	10:02
777	33	W17	Cat Carlson, 18*, Clive, IA	2:04:42	10:02
778	34	W17	Ashley Carlson, 19*, Clive, IA	2:04:42	10:02
1525	258	M40	Jeff Jennings, 42, Clive, IA	2:04:42	10:02
779	97	W40	Annette Baker, 42*, New Providence, IA	2:04:42	10:02
780	146	W25	Clare Oleson, 25*, Ankeny, IA	2:04:42	10:02
781	147	W25	Robin Dickson, 28*, West Des Moines, IA	2:04:43	10:02
1526	168	M45	Donald Little, 46, Des Moines, IA	2:04:43	10:02
782	148	W25	Tally Whitmire, 26*, Ankeny, IA	2:04:44	10:02
783	127	W20	Brittany Jones, 21*, Ankeny, IA	2:04:46	10:02
1527	193	M25	Henry Wood, 28, Des Moines, IA	2:04:47	10:02
784	149	W25	Chrissy Shelledy, 27*, West Des Moines, IA	2:04:48	10:02
785	150	W25	Erika Hodgson, 25*, Ankeny, IA	2:04:48	10:02
786	146	W30	Sheila Kennedy, 30*, West Des Moines, IA	2:04:49	10:03
1528	21	M60	William McCollaugh, 61, Ankeny, IA	2:04:51	10:03
1529	259	M40	Jon Peterson, 43, Cedar Rapids, IA	2:04:51	10:03
787	138	W35	Anne Fleischman, 38*, Bettendorf, IA	2:04:51	10:03
788	151	W25	Londa Schnell, 29*, Sully, IA	2:04:52	10:03
1530	131	M50	Steve Bindseil, 52, Kansas City, MO	2:04:53	10:03
789	98	W40	Wendy Trom, 40*, Iowa City, IA	2:04:53	10:03
790	55	W45	Mary Devalois, 45*, Iowa City, IA	2:04:58	10:03
1531	194	M25	Jason Dreckman, 26, Clive, IA	2:04:59	10:03
791	99	W40	Lisa Dillavou, 44*, Boone, IA	2:04:59	10:03
1532	58	M55	Bill Pattinson, 55, Ames, IA	2:05:05	10:04
1533	195	M25	Michael Marasco, 27, Des Moines, IA	2:05:07	10:04
792	56	W45	Lynn Schreder, 45*, Granger, IA	2:05:07	10:04
793	35	W17	Tiffany Wilcox, 18*, Ankeny, IA	2:05:08	10:04
794	100	W40	Louisa Perry, 44*, Bondurant, IA	2:05:10	10:04
795	128	W20	Leann Williamsen, 22*, Des Moines, IA	2:05:11	10:04
1534	111	M20	Brian Dotzler, 23, Boone, IA	2:05:13	10:05
1535	260	M40	Gary Schmit, 43, Mason City, IA	2:05:14	10:05
796	147	W30	Cami Aebersold, 33*, Plattsburg, MO	2:05:15	10:05
797	139	W35	Paul Connery, 39*, Kearney, MO	2:05:16	10:05
798	140	W35	Camilla Martin, 36*, Marion, IA	2:05:16	10:05
799	141	W35	Heather Gloe, 37*, West Des Moines, IA	2:05:16	10:05
1536	220	M30	Steve Miller, 32, Des Moines, IA	2:05:18	10:05
800	142	W35	Ann Ellinger, 38*, West Des Moines, IA	2:05:19	10:05
801	101	W40	Karen Walker, 42*, Des Moines, IA	2:05:20	10:05
802	152	W25	Macenzie Rubin, 27*, Ankeny, IA	2:05:21	10:05

803	129	W20	Angie Bingaman, 23*, Asbury, IA	2:05:22	10:05
804	148	W30	Nicole Jansen, 32*, Ankeny, IA	2:05:24	10:05
1537	261	M40	Austin Burkey, 44, Omaha, NE	2:05:24	10:05
1538	169	M45	David Porepp, 49, Adel, IA	2:05:26	10:06
805	130	W20	Kristy Jackson, 24*, Omaha, NE	2:05:26	10:06
806	153	W25	Jamie Kelly, 27*, Omaha, NE	2:05:27	10:06
1539	283	M35	Greg Hubbard, 36, Little Falls, MN	2:05:27	10:06
807	131	W20	Rachel Ackland, 20*, Duluth, MN	2:05:32	10:06
808	149	W30	Amanda Kellerhals, 30*, Urbandale, IA	2:05:34	10:06
809	154	W25	Jennie Shipley, 28*, Ankeny, IA	2:05:36	10:06
810	155	W25	Libby Nelson, 28*, Perry, IA	2:05:37	10:06
1540	59	M55	Larry Jenkins, 55, Ames, IA	2:05:37	10:06
1541	170	M45	Mike Woehl, 48, Ankeny, IA	2:05:37	10:06
1542	262	M40	Ricky Bakke, 40, Ankeny, IA	2:05:39	10:07
811	132	W20	Jenny Miller, 24*, Perry, IA	2:05:43	10:07
1543	263	M40	Paul Christiansen, 41, Des Moines, IA	2:05:44	10:07
812	133	W20	Amanda Behrens, 24*, West Des Moines, IA	2:05:44	10:07
1544	264	M40	Stephen Strawser, 44, Des Moines, IA	2:05:46	10:07
813	143	W35	Michelle Strawser, 36*, Des Moines, IA	2:05:47	10:07
1545	221	M30	Matt Johnson, 30, West Des Moines, IA	2:05:47	10:07
814	144	W35	Leanne Maras, 39*, Urbandale, IA	2:05:50	10:07
1546	196	M25	Doug Enabnit, 26, Waukee, IA	2:05:51	10:08
815	150	W30	Sherri Schurman, 30*, Milo, IA	2:05:52	10:08
1547	132	M50	Gary Bremen, 52, Clive, IA	2:05:54	10:08
816	156	W25	Daphne Monson, 27*, Des Moines, IA	2:05:55	10:08
1548	284	M35	Brent Monson, 35, Des Moines, IA	2:05:56	10:08
1549	60	M55	Rick Johnson, 55, West Des Moines, IA	2:05:56	10:08
1550	197	M25	Bo Berntsen, 25, Des Moines, IA	2:05:58	10:08
1551	265	M40	Dan Hagerty, 40, Johnston, IA	2:05:58	10:08
1552	22	M60	Norman Hulscher, 61, West Des Moines, IA	2:05:59	10:08
1553	171	M45	Gregory Dockum, 45, Des Moines, IA	2:06:00	10:08
817	145	W35	Kellie Markey, 39*, Pleasant Hill, IA	2:06:00	10:08
1554	222	M30	Leon Pickett, 31, Ames, IA	2:06:01	10:08
818	4	W60	Jeanne Abbott, 60*, Des Moines, IA	2:06:03	10:08
1555	266	M40	Mike Basart, 43, Stuart, IA	2:06:03	10:09
819	157	W25	Mary Meskimen, 28*, West Des Moines, IA	2:06:03	10:09
1556	172	M45	Lloyd Vanderkwaak, 48, Johnston, IA	2:06:03	10:09
1557	173	M45	John Raibikis, 47, Des Moines, IA	2:06:04	10:09
1558	285	M35	Jon Sherrill, 36, Johnston, IA	2:06:05	10:09
820	158	W25	Kelsey Lawler, 26*, West Des Moines, IA	2:06:05	10:09
821	102	W40	Cheri Judd, 44*, Urbandale, IA	2:06:06	10:09
822	146	W35	Beth Schweizer, 39*, Urbandale, IA	2:06:06	10:09
823	103	W40	Barb Scholz, 40*, Des Moines, IA	2:06:10	10:09
1559	43	M17	Brian Jansen, 19, Norwalk, IA	2:06:13	10:09
1560	267	M40	Bill Schmitt, 44, Alleman, IA	2:06:17	10:10
824	151	W30	Alisa Frandsen, 31*, Ames, IA	2:06:18	10:10
825	159	W25	Molly Parrott, 25*, Chicago, IL	2:06:19	10:10
1561	286	M35	Cedric Siriwardena, 39, Des Moines, IA	2:06:20	10:10
826	57	W45	Kay Fargo, 45*, Carlisle, IA	2:06:20	10:10
827	104	W40	Lori Forsythe, 43*, Pella, IA	2:06:22	10:10
828	160	W25	Betsy Anderson, 28*, Ankeny, IA	2:06:24	10:10
829	58	W45	Carrie Barrick, 45*, Pella, IA	2:06:24	10:10
830	134	W20	Carly Krug, 22*, Iowa City, IA	2:06:25	10:10
1562	268	M40	Joel Laird, 42, Des Moines, IA	2:06:25	10:10
831	147	W35	Kathy Schramm, 36*, Clive, IA	2:06:26	10:10
1563	112	M20	Ben Fuller, 23, Iowa City, IA	2:06:26	10:10
832	59	W45	Barbara Blane, 49*, West Des Moines, IA	2:06:27	10:10
1564	133	M50	Mike Cunningham, 53, Clive, IA	2:06:29	10:11
833	105	W40	Lori Kibby, 41*, Polk City, IA	2:06:29	10:11
834	148	W35	Jennifer Weir, 37*, Des Moines, IA	2:06:30	10:11
1565	174	M45	Timothy Johnson, 46, Johnston, IA	2:06:30	10:11
835	135	W20	Anne Stewart, 22*, Council Bluffs, IA	2:06:30	10:11
1566	269	M40	Jamie Spellman, 40, Windsor Heights, IA	2:06:31	10:11
836	149	W35	Sherry Ellingson, 39*, Clive, IA	2:06:32	10:11
1567	23	M60	Edward Hegnerm, 63, Des Moines, IA	2:06:32	10:11

1568	287	M35	Alan Pickett, 37, Ankeny, IA	2:06:33	10:11
1569	223	M30	Michelle Hanson, 31, Des Moines, IA	2:06:34	10:11
1570	175	M45	Martin Robinson, 46, Cedar Rapids, IA	2:06:34	10:11
837	136	W20	Jenna Davis, 21*, Cedar Falls, IA	2:06:35	10:11
838	150	W35	Molly Juffernbruch, 35*, Indianola, IA	2:06:37	10:11
1571	61	M55	Bernard Jennisch, 56, Des Moines, IA	2:06:38	10:11
839	60	W45	Jennifer Seales, 48*, Rhodes, IA	2:06:39	10:11
840	106	W40	Kathy Faber, 41*, Clive, IA	2:06:40	10:11
1572	4	M65	Leon Hodges, 69, Atlantic, IA	2:06:41	10:12
841	137	W20	Stephanie Meimann, 22*, Nevada, IA	2:06:42	10:12
842	161	W25	Sunita Boyer, 25*, Omaha, NE	2:06:43	10:12
1573	62	M55	Gerald Graves, 55, Van Meter, IA	2:06:44	10:12
843	162	W25	Joanna Veltri, 27*, Des Moines, IA	2:06:44	10:12
844	107	W40	Julie Comes, 40*, Grimes, IA	2:06:48	10:12
1574	63	M55	John Hall, 59, Omaha, NE	2:06:49	10:12
845	152	W30	Nicole Cooney, 32*, Iowa Falls, IA	2:06:49	10:12
846	138	W20	Kristine Hand, 24*, Davenport, IA	2:06:52	10:12
1575	134	M50	Craig Hand, 50, Maxwell, IA	2:06:53	10:13
847	139	W20	Christina Toon, 22*, Des Moines, IA	2:06:53	10:13
1576	64	M55	Patrick Kozitza, 56, Des Moines, IA	2:06:54	10:13
1577	270	M40	Will Hildreth, 44, Des Moines, IA	2:06:56	10:13
848	108	W40	Brenda Bright, 44*, Ames, IA	2:06:59	10:13
1578	65	M55	Kenny Grandstaff, 55, Des Moines, IA	2:07:00	10:13
849	151	W35	Margaret Colwell, 38*, Scottsdale, AZ	2:07:01	10:13
850	153	W30	Jennifer Miehe, 33*, Waterloo, IA	2:07:04	10:13
851	163	W25	Kristen Hatcher, 29*, West Des Moines, IA	2:07:05	10:13
852	164	W25	Amanda Parrott, 28*, West Des Moines, IA	2:07:10	10:14
1579	135	M50	Dennis Howard, 51, Des Moines, IA	2:07:13	10:14
853	154	W30	Sarah Young, 31*, Panora, IA	2:07:15	10:14
1580	136	M50	Doug Grieve, 50, Dallas Center, IA	2:07:15	10:14
854	155	W30	Brenna Mannell, 30*, West Des Moines, IA	2:07:16	10:14
855	152	W35	Carol McCormick, 39*, Muscatine, IA	2:07:17	10:14
856	12	JrW	Katie Smith, 16*, Des Moines, IA	2:07:17	10:14
857	13	JrW	Kaeli Helm, 16*, Des Moines, IA	2:07:18	10:15
858	109	W40	Rosie Branaman, 42*, Boone, IA	2:07:19	10:15
859	153	W35	Shelly Bobinet, 39*, Osage, IA	2:07:20	10:15
1581	271	M40	Eric Hart, 42, Wahoo, NE	2:07:20	10:15
1582	113	M20	Corey Dickerson, 21, Des Moines, IA	2:07:21	10:15
1583	44	M17	Alex Grasso, 18, Johnston, IA	2:07:24	10:15
1584	66	M55	Mike Miller, 57, Westminster, CO	2:07:25	10:15
860	140	W20	Kathrine Wheeler, 22*, Ames, IA	2:07:27	10:15
861	110	W40	Audrey Wheeler, 44*, Ames, IA	2:07:27	10:15
862	165	W25	Lori Meyers, 27*, West Des Moines, IA	2:07:28	10:15
863	156	W30	Rhonda O'Connor, 30*, Urbandale, IA	2:07:29	10:15
864	157	W30	Lynelle Topp, 31*, Austin, MN	2:07:29	10:15
865	141	W20	Emily Schomer, 23*, Des Moines, IA	2:07:30	10:15
1585	272	M40	Gordon Klein, 40, Mt. Vernon, IA	2:07:30	10:15
1586	137	M50	Don Schomer, 50, Des Moines, IA	2:07:31	10:16
866	166	W25	Lindy Andersen, 27*, Bellevue, NE	2:07:31	10:16
867	167	W25	Maria Sarcone, 26*, Des Moines, IA	2:07:32	10:16
1587	273	M40	John Degen, 44, Rockwell, IA	2:07:33	10:16
1588	274	M40	Dale Stephens, 43, Urbandale, IA	2:07:38	10:16
1589	288	M35	Michael Poss, 35, Norwalk, IA	2:07:40	10:16
1590	275	M40	Ravi Vemulapalli, 42, Clive, IA	2:07:41	10:16
1591	276	M40	Andrew Kahl, 41, Des Moines, IA	2:07:41	10:16
1592	198	M25	Vernon Gambleton, 26, West Des Moines, IA	2:07:43	10:17
1593	289	M35	Mark Wills, 35, Des Moines, IA	2:07:44	10:17
868	154	W35	Darcy Kratochvil, 36*, Urbandale, IA	2:07:46	10:17
869	111	W40	Sonya Reynolds, 42*, Council Bluffs, IA	2:07:47	10:17
870	112	W40	Kelli Wiggins, 41*, West Des Moines, IA	2:07:56	10:18
871	113	W40	Clare Gee, 41*, West Des Moines, IA	2:07:56	10:18
1594	176	M45	Peter Steele, 47, Cedar Rapids, IA	2:07:56	10:18
872	158	W30	Michele McCammon, 34*, Des Moines, IA	2:07:57	10:18
1595	24	M60	Jack Matthews, 61, Stuart, IA	2:07:57	10:18
873	168	W25	Alisha Yi, 28*, Marion, IA	2:07:57	10:18

1596	138	M50	Tom Vilsack, 54, Des Moines, IA	2:07:59	10:18
1597	177	M45	John Moreland, 47, Des Moines, IA	2:08:00	10:18
874	159	W30	Sarah Van Rees, 34*, Ankeny, IA	2:08:00	10:18
875	155	W35	Terrill Sydnes, 35*, Ankeny, IA	2:08:02	10:18
1598	224	M30	Cal Wilson, 30, Fort Dodge, IA	2:08:02	10:18
1599	277	M40	Dean Bierwagen, 44, Ames, IA	2:08:04	10:18
876	156	W35	Kimberly Brown, 36*, Ankeny, IA	2:08:04	10:18
877	114	W40	Charlene Beattie, 40*, Des Moines, IA	2:08:06	10:18
878	142	W20	Emily Hora, 24*, Cedar Rapids, IA	2:08:07	10:19
879	115	W40	Cheryl Johnson, 40*, Johnston, IA	2:08:08	10:19
880	157	W35	M Hinders, 35*, Urbandale, IA	2:08:08	10:19
1600	278	M40	Gregory Goaley, 42, Des Moines, IA	2:08:09	10:19
1601	225	M30	Mark Barker, 34, Ankeny, IA	2:08:11	10:19
881	158	W35	Julie Dilley, 37*, Ankeny, IA	2:08:12	10:19
1602	226	M30	Daniel Lagrange, 34, Des Moines, IA	2:08:14	10:19
1603	114	M20	Aaron Eggert, 22, Colfax, IA	2:08:15	10:19
1604	279	M40	Troy Weiland, 40, Adel, IA	2:08:16	10:19
1605	199	M25	Jared Oswald, 29, Brookings, SD	2:08:16	10:19
1606	200	M25	Adam Nelson, 29, Waukee, IA	2:08:17	10:19
882	143	W20	Emily Van Voorst, 24*, Ankeny, IA	2:08:20	10:20
883	169	W25	Angela Derby, 26*, West Des Moines, IA	2:08:24	10:20
884	116	W40	Phyllis Eshelman, 43*, Bridgewater, IA	2:08:26	10:20
885	61	W45	Pamela Wilson, 45*, Johnston, IA	2:08:27	10:20
886	159	W35	Mary Lafferty, 39*, Des Moines, IA	2:08:29	10:20
887	160	W35	Carol Ossian, 39*, Huxley, IA	2:08:30	10:20
888	144	W20	Abby Beane, 23*, Iowa City, IA	2:08:30	10:20
1607	280	M40	Brian Quirk, 43, Waterloo, IA	2:08:30	10:20
1608	290	M35	Kent Pollpeter, 37, Des Moines, IA	2:08:31	10:20
1609	178	M45	David Miles, 48, West Des Moines, IA	2:08:31	10:20
889	161	W35	Suzanne Oordt, 38*, West Des Moines, IA	2:08:34	10:21
1610	291	M35	Chris Burch, 35, Des Moines, IA	2:08:35	10:21
1611	139	M50	Roger Andersen, 50, Ankeny, IA	2:08:36	10:21
1612	115	M20	Kevin Kozitza, 24, Des Moines, IA	2:08:36	10:21
1613	201	M25	Tim Kozitza, 28, Des Moines, IA	2:08:36	10:21
890	162	W35	Lisa Houchins, 37*, Des Moines, IA	2:08:43	10:21
891	160	W30	Shannessy Schultes, 31*, West Des Moines, IA	2:08:44	10:21
1614	116	M20	Justin Schumacher, 24, Buffalo Grove, IL	2:08:44	10:21
892	170	W25	Roxanne Engstrom, 25*, Chicago, IL	2:08:45	10:22
1615	292	M35	J Kickland, 38, Atlantic, IA	2:08:46	10:22
1616	67	M55	Dick Hogan, 58, Urbandale, IA	2:08:46	10:22
893	163	W35	Teresa Savage, 36*, Clive, IA	2:08:46	10:22
1617	227	M30	Guadalupe San Elias, 33, Des Moines, IA	2:08:47	10:22
1618	140	M50	John Becker, 54, Cedar Rapids, IA	2:08:47	10:22
894	161	W30	Virginia Salgado, 31*, Des Moines, IA	2:08:48	10:22
895	162	W30	Colette Winget, 30*, Des Moines, IA	2:08:52	10:22
896	171	W25	Linette Tibben, 25*, Spirit Lake, IA	2:08:53	10:22
897	145	W20	Kesley Egli, 21*, Cedar Falls, IA	2:08:55	10:22
898	164	W35	Kaylene Bast, 38*, Urbandale, IA	2:08:55	10:22
899	165	W35	Penny Gerholdt, 35*, Cedar Falls, IA	2:08:59	10:23
1619	179	M45	Bob Osgood, 48, Cedar Falls, IA	2:09:00	10:23
1620	281	M40	Robert Rowe, 42, Appleton, WI	2:09:00	10:23
900	117	W40	Lisa Rasmussen, 41*, Goldfield, IA	2:09:02	10:23
1621	180	M45	Lester Yen, 49, West Des Moines, IA	2:09:06	10:23
1622	282	M40	Stan Sheffield, 41, Clive, IA	2:09:08	10:23
1623	202	M25	Travis Dee, 29, Sully, IA	2:09:08	10:23
1624	5	M65	Richard Nehring, 65, Alden, IA	2:09:09	10:23
901	62	W45	Cheryl Lemke, 48*, Decorah, IA	2:09:10	10:24
1625	203	M25	Ryan Carstensen, 28, Rockford, MN	2:09:11	10:24
1626	293	M35	Michael Bennett, 38, Ankeny, IA	2:09:12	10:24
902	146	W20	Roby Stearns, 23*, Ankeny, IA	2:09:13	10:24
903	147	W20	Kristi Prosthine, 22*, Indianola, IA	2:09:14	10:24
1627	68	M55	Earl Smith, 56, Des Moines, IA	2:09:18	10:24
1628	283	M40	Joseph Barron, 42, Des Moines, IA	2:09:18	10:24
904	163	W30	Melissa Parker, 33*, Des Moines, IA	2:09:19	10:24

1629	204	M25	Brice Oleson, 25, Ankeny, IA	2:09:22	10:25
1630	228	M30	Jeff Bratz, 33, West Des Moines, IA	2:09:24	10:25
905	172	W25	Tricia Cobb, 28*, Mason City, IA	2:09:27	10:25
906	164	W30	Heidi Ryon, 33*, Mason City, IA	2:09:28	10:25
907	25	W50	Nancyjane Acosta, 50*, Ankeny, IA	2:09:28	10:25
1631	69	M55	Daniel Skelton, 57, Sioux Rapids, IA	2:09:29	10:25
908	26	W50	Liz Meimann, 50*, Nevada, IA	2:09:29	10:25
1632	117	M20	Matthew Maniprize, 24, Charles City, IA	2:09:29	10:25
909	118	W40	Debra Degraff, 43*, Runnells, IA	2:09:30	10:25
1633	294	M35	Jason Griess, 37, Ankeny, IA	2:09:31	10:25
1634	229	M30	Mathew Chesnut, 30, Maryville, MO	2:09:31	10:25
910	165	W30	Nadine Woods, 32*, Urbandale, IA	2:09:35	10:26
911	166	W30	Shannon Closson, 33*, Cedar Falls, IA	2:09:35	10:26
912	166	W35	Jennifer McCoy, 38*, Des Moines, IA	2:09:35	10:26
913	167	W30	Kelly Geist, 31*, Clive, IA	2:09:39	10:26
914	167	W35	Amber Anderson, 35*, Stratford, IA	2:09:40	10:26
1635	181	M45	Charles Fargo, 45, Carlisle, IA	2:09:40	10:26
1636	230	M30	Ken Clary, 33, Knoxville, IA	2:09:41	10:26
915	4	W55	Carol Lee, 55*, Park City, UT	2:09:44	10:26
916	168	W30	Heather Kreinbring, 30*, Iowa City, IA	2:09:44	10:26
917	168	W35	Amy Gates, 35*, Urbandale, IA	2:09:46	10:26
918	119	W40	Traci Jacobi, 40*, Shellsburg, IA	2:09:47	10:27
1637	205	M25	Michael Hiltgen, 26, Des Moines, IA	2:09:49	10:27
1638	284	M40	Rich Holmes, 42, Newton, IA	2:09:52	10:27
919	169	W35	Lois Holmes, 35*, Newton, IA	2:09:52	10:27
1639	206	M25	Michael Letsch, 25, Ankeny, IA	2:09:54	10:27
920	170	W35	Rhonda Carney, 39*, Ames, IA	2:09:56	10:27
1640	182	M45	John Lott, 49, Ames, IA	2:09:57	10:27
921	171	W35	Kelly Portz, 36*, Johnston, IA	2:10:04	10:28
922	169	W30	Jenna Dowling, 31*, Story City, IA	2:10:12	10:29
1641	231	M30	Sean Dowling, 33, Story City, IA	2:10:12	10:29
1642	118	M20	Paul Ryan, 24, West Des Moines, IA	2:10:13	10:29
923	148	W20	Didi Lai, 20*, Omaha, NE	2:10:15	10:29
1643	295	M35	Derek Olsen, 35, Omaha, NE	2:10:16	10:29
924	172	W35	Candice Emerson, 36*, Milford, IA	2:10:17	10:29
1644	207	M25	Kirk Lebeck, 29, Dubuque, IA	2:10:19	10:29
925	173	W35	Anne Blobaum, 38*, Des Moines, IA	2:10:20	10:29
1645	141	M50	Jeffrey Glantz, 50, Cedar Rapids, IA	2:10:21	10:29
926	174	W35	Tiffany Reese, 38*, Ankeny, IA	2:10:22	10:29
927	175	W35	Conni Crees, 38*, Winterset, IA	2:10:22	10:29
1646	70	M55	Jim Engstrom, 55, Cedar Rapids, IA	2:10:23	10:29
928	173	W25	Lindsay Cambron, 25*, Indianola, IA	2:10:24	10:30
929	149	W20	Laura McFarland, 21*, Iowa City, IA	2:10:25	10:30
930	150	W20	Tiffany Rohret, 23*, Iowa City, IA	2:10:25	10:30
1647	296	M35	Tim Bryan, 38, Indianola, IA	2:10:26	10:30
931	176	W35	Karen Couves, 37*, Ames, IA	2:10:26	10:30
932	120	W40	Merry Rankin, 40*, Ames, IA	2:10:26	10:30
933	174	W25	Emily Hajek, 26*, Des Moines, IA	2:10:27	10:30
934	170	W30	Shannon Tope, 34*, Urbandale, IA	2:10:27	10:30
935	177	W35	Maria Ruhtenberg, 35*, Des Moines, IA	2:10:28	10:30
936	175	W25	Krista Dodds, 25*, Dubuque, IA	2:10:29	10:30
937	121	W40	Michelle Ganshirt, 42*, Dubuque, IA	2:10:33	10:30
938	122	W40	Karen Burgmeier, 42*, Dubuque, IA	2:10:33	10:30
939	123	W40	Michelle McCarron, 43*, Dubuque, IA	2:10:33	10:30
940	176	W25	Casey McMurray, 26*, West Des Moines, IA	2:10:35	10:30
1648	285	M40	Paul Buwalda, 42, Ankeny, IA	2:10:35	10:30
1649	232	M30	Hal Knight, 31, Des Moines, IA	2:10:36	10:31
1650	208	M25	Matt Reiter, 27, West Des Moines, IA	2:10:39	10:31
941	177	W25	Shannon Kent, 27*, West Des Moines, IA	2:10:41	10:31
942	36	W17	Valerie Lafrentz, 19*, Ankeny, IA	2:10:43	10:31
1651	286	M40	Michael Cook, 40, Urbandale, IA	2:10:43	10:31
943	171	W30	Crystal Houge, 30*, Ames, IA	2:10:44	10:31
1652	297	M35	Matthew McCoy, 39, Des Moines, IA	2:10:45	10:31
944	63	W45	Ruth McCoy, 45*, West Des Moines, IA	2:10:45	10:31
1653	298	M35	Jeff Davis, 36, West Des Moines, IA	2:10:46	10:31

945	178	W35	Marie Davis, 36*, West Des Moines, IA	2:10:46	10:31
1654	71	M55	Steven Ovel, 57, Cedar Rapids, IA	2:10:47	10:31
946	178	W25	Kate Kempers, 26*, Ankeny, IA	2:10:47	10:31
1655	299	M35	Mike Rosenboom, 39, Altoona, IA	2:10:51	10:32
1656	25	M60	Jim Jefson, 63, West Des Moines, IA	2:10:51	10:32
947	151	W20	Kelly Harryman, 22*, Ames, IA	2:10:53	10:32
1657	183	M45	Jim Hingtgen, 48, Urbandale, IA	2:10:53	10:32
948	179	W35	Sue Shivers, 36*, Ankeny, IA	2:10:54	10:32
1658	119	M20	Scott Miller, 24, Des Moines, IA	2:10:55	10:32
949	172	W30	Darcy Stroinski, 31*, Ankeny, IA	2:10:55	10:32
1659	209	M25	Jason Arnold, 27, Des Moines, IA	2:10:58	10:32
950	180	W35	Jane Foxen, 38*, West Des Moines, IA	2:10:59	10:32
1660	233	M30	Bradley Steffen, 34, Johnston, IA	2:10:59	10:32
1661	184	M45	Rodney Schroeder, 45, Altoona, IA	2:11:02	10:33
1662	234	M30	Ryan Long, 30, Ankeny, IA	2:11:02	10:33
951	37	W17	Sasha Kemmet, 19*, Adel, IA	2:11:03	10:33
952	181	W35	Gina Cornelison, 39*, Denver, CO	2:11:03	10:33
1663	235	M30	Jason Boten, 34, Urbandale, IA	2:11:05	10:33
953	124	W40	Kristy Merschman, 40*, Altoona, IA	2:11:06	10:33
1664	287	M40	Roger Merschman, 41, Altoona, IA	2:11:07	10:33
954	182	W35	Eva Barton, 39*, Ankeny, IA	2:11:07	10:33
955	179	W25	Julie Vardaman, 29*, Ames, IA	2:11:08	10:33
1665	26	M60	Arlo Van Diest, 64, Webster City, IA	2:11:09	10:33
1666	300	M35	Timothy Oswald, 39, Des Moines, IA	2:11:09	10:33
956	64	W45	Nancy Hefner, 48*, Grimes, IA	2:11:13	10:33
957	183	W35	Sarah Heikens, 39*, Ames, IA	2:11:16	10:34
958	184	W35	Allison Eness, 39*, Ames, IA	2:11:16	10:34
1667	185	M45	Barry Bruce, 49, Linden, IN	2:11:20	10:34
959	152	W20	Kimberly Stephens, 24*, Bellevue, NE	2:11:21	10:34
1668	301	M35	Kent Nanke, 36, Johnston, IA	2:11:21	10:34
1669	302	M35	Brandan Bruce, 38, Milo, IA	2:11:22	10:34
960	153	W20	Sarah King, 22*, Ames, IA	2:11:22	10:34
961	125	W40	Jane Galyon, 44*, Ames, IA	2:11:24	10:34
962	27	W50	Dorothy Dickens, 50*, Ankeny, IA	2:11:24	10:34
963	154	W20	Lori Schlosser, 24*, Loretto, MN	2:11:25	10:34
964	155	W20	Gina Schlosser, 23*, Johnston, IA	2:11:25	10:34
965	126	W40	Jan Schmitt, 44*, Alleman, IA	2:11:27	10:35
1670	142	M50	Conroy Smith, 50, Des Moines, IA	2:11:27	10:35
966	156	W20	Laura Hecker, 24*, Pleasant Hill, IA	2:11:28	10:35
967	173	W30	Stephane Leathers, 34*, Johnston, IA	2:11:29	10:35
968	28	W50	Sheila Lamm, 51*, New London, IA	2:11:35	10:35
1671	236	M30	Steve Anton, 32, Bloomfield, IA	2:11:35	10:35
1672	288	M40	Ron Herrick, 44, Ankeny, IA	2:11:37	10:35
969	127	W40	Elizabeth Baustian, 42*, West Des Moines, IA	2:11:39	10:36
1673	143	M50	Bob Grote, 51, West Des Moines, IA	2:11:40	10:36
970	65	W45	Teresa McLaughlin, 48*, Ames, IA	2:11:43	10:36
971	128	W40	Tammy Newton, 42*, Norwalk, IA	2:11:45	10:36
972	174	W30	Lynn Becker, 30*, Urbandale, IA	2:11:47	10:36
1674	237	M30	Phoukham Baccam, 32, Des Moines, IA	2:11:51	10:37
1675	144	M50	Steven Johnson, 50, Huxley, IA	2:11:55	10:37
973	129	W40	Debra Baker, 44*, Urbandale, IA	2:11:55	10:37
1676	210	M25	Gaik-Loong Kang, 28, Des Moines, IA	2:11:58	10:37
974	180	W25	Suzanne Lenters, 25*, Waukee, IA	2:11:59	10:37
1677	211	M25	Joshua O'Dell, 25, Bloomfield, IA	2:11:59	10:37
975	185	W35	Tami Lux, 37*, Cedar Rapids, IA	2:12:01	10:37
976	186	W35	Jeanne Haslag, 38*, Columbia, MO	2:12:02	10:37
977	181	W25	Amanda Wajda, 27*, Windsor Heights, IA	2:12:04	10:38
978	157	W20	Ashley Van Alstine, 21*, Eagle Grove, IA	2:12:04	10:38
1678	72	M55	Gerald Dewald, 55, West Des Moines, IA	2:12:05	10:38
979	130	W40	Jena Pepper, 40*, Ames, IA	2:12:06	10:38
980	158	W20	Gina Christianson, 24*, Urbandale, IA	2:12:07	10:38
981	175	W30	Megan Buske, 34*, Urbandale, IA	2:12:08	10:38
982	187	W35	Kristi Spick, 38*, Martensdale, IA	2:12:10	10:38
983	182	W25	Lori Cleverley, 28*, Milwaukee, WI	2:12:13	10:38

984	183	W25	Jill Eimermann, 27*, Des Moines, IA	2:12:16	10:39
985	176	W30	Jessica Stephan-Lebar, 32*, Shawnee, KS	2:12:17	10:39
1679	73	M55	Allan Goldberg, 55, Des Moines, IA	2:12:18	10:39
986	131	W40	Nora Dwyer, 44*, Muscatine, IA	2:12:20	10:39
1680	238	M30	Gary Scherer, 33, West Des Moines, IA	2:12:21	10:39
987	66	W45	Kristi Malone, 46*, Des Moines, IA	2:12:24	10:39
988	132	W40	Linda Frangenberg, 43*, Huxley, IA	2:12:27	10:39
1681	303	M35	Ed Laphorn, 37, Pella, IA	2:12:32	10:40
989	177	W30	Jennifer Drees, 31*, Sloan, IA	2:12:32	10:40
1682	239	M30	Brian Arpy, 34, Altoona, IA	2:12:32	10:40
1683	212	M25	Ryan Meyer, 26, Ankeny, IA	2:12:35	10:40
990	184	W25	Erin Larsen, 27*, Ankeny, IA	2:12:39	10:40
991	185	W25	Lisa Lundstrom, 25*, Urbandale, IA	2:12:40	10:40
1684	186	M45	Daniel Beer, 49, Cedar Rapids, IA	2:12:43	10:41
1685	240	M30	David Johnston, 32, Urbandale, IA	2:12:44	10:41
992	159	W20	Krista Heenan, 23*, Urbandale, IA	2:12:44	10:41
993	188	W35	Rita Geisinger, 37*, Pleasant Hill, IA	2:12:45	10:41
994	186	W25	Abigail Natvig, 28*, Wichita, KS	2:12:46	10:41
995	160	W20	Christi Hayes, 23*, Ankeny, IA	2:12:46	10:41
996	178	W30	Stacy Burns, 31*, West Des Moines, IA	2:12:49	10:41
1686	241	M30	Michael Young, 31, Des Moines, IA	2:12:49	10:41
997	29	W50	Carol Carlson, 50*, Clive, IA	2:12:50	10:41
998	67	W45	Anita Smith, 49*, Polk City, IA	2:12:51	10:41
1687	6	M65	Bob Hopson, 68, Altoona, IA	2:12:52	10:41
999	179	W30	Neysa Furber, 32*, Ames, IA	2:12:53	10:41
1688	213	M25	Erin Gumm, 26, Ankeny, IA	2:12:54	10:42
1689	7	M65	Claude Hayes, 65, Corning, IA	2:12:55	10:42
1000	187	W25	Natasha Armstrong, 25*, Urbandale, IA	2:12:56	10:42
1001	133	W40	Patricia Carlson, 42*, Atlantic, IA	2:12:58	10:42
1002	161	W20	Ashley Mulford, 21*, Cedar Falls, IA	2:12:58	10:42
1003	188	W25	Jennifer Reiter, 25*, Des Moines, IA	2:12:58	10:42
1690	242	M30	Matthew Todd, 32, Urbandale, IA	2:12:59	10:42
1004	134	W40	Cynthia Karrick, 41*, Ankeny, IA	2:12:59	10:42
1691	214	M25	Weston Waterbeck, 28, Johnston, IA	2:13:01	10:42
1005	189	W25	Samantha Hartman, 26*, West Des Moines, IA	2:13:02	10:42
1006	68	W45	Rita Hoffman, 49*, Spencer, IA	2:13:05	10:42
1007	189	W35	Amy Willcockson, 35*, St. Louis Park, MN	2:13:05	10:42
1008	190	W25	Beth Ziegmann, 28*, Clive, IA	2:13:06	10:43
1009	180	W30	Kimberly Eldridge, 33*, West Des Moines, IA	2:13:07	10:43
1692	74	M55	Mark Phillips, 55, Des Moines, IA	2:13:08	10:43
1010	162	W20	Brooke Foster, 24*, West Des Moines, IA	2:13:11	10:43
1011	181	W30	Victoria Worthington, 32*, Urbandale, IA	2:13:11	10:43
1012	163	W20	Maureen Cunningham, 24*, Chicago, IL	2:13:13	10:43
1013	191	W25	Lindsay Plagman, 25*, Chicago, IA	2:13:14	10:43
1014	192	W25	Kecia Goodman, 28*, Ames, IA	2:13:15	10:43
1693	289	M40	Thomas Beasley, 40, Des Moines, IA	2:13:18	10:43
1694	40	JrM	Patrick Thomas, 16, Des Moines, IA	2:13:18	10:44
1015	190	W35	Lori Hannan, 35*, Marion, IA	2:13:19	10:44
1695	243	M30	Daniel Davis, 31, Des Moines, IA	2:13:21	10:44
1016	135	W40	Shannon Cofield, 41*, Des Moines, IA	2:13:21	10:44
1017	191	W35	Melinda Ellwanger, 39*, Des Moines, IA	2:13:22	10:44
1696	244	M30	Shazia Manus, 30, Ames, IA	2:13:24	10:44
1697	245	M30	Jason Faidley, 32, Newton, IA	2:13:24	10:44
1018	192	W35	Anne Drannen, 38*, Johnston, IA	2:13:25	10:44
1019	182	W30	Debra Feller, 34*, Des Moines, IA	2:13:25	10:44
1020	183	W30	Danielle Edwards, 32*, Altoona, IA	2:13:27	10:44
1021	193	W35	Sherry Gray, 39*, Ames, IA	2:13:28	10:44
1022	69	W45	Pamela Reynolds, 49*, Ames, IA	2:13:29	10:44
1698	187	M45	Rod Hotek, 48, Birmingham, IA	2:13:29	10:44
1023	193	W25	Laura Judge, 25*, Ames, IA	2:13:30	10:44
1024	70	W45	Rhonda Anderson, 46*, Clive, IA	2:13:32	10:45
1025	184	W30	Brooke Schafer, 32*, Urbandale, IA	2:13:36	10:45
1026	194	W25	Jenny Reitano, 28*, Grimes, IA	2:13:36	10:45

1699	290	M40	Tom Smith, 44, Iowa Falls, IA	2:13:37	10:45
1700	75	M55	Robert McFarland, 56, Cedar Rapids, IA	2:13:39	10:45
1701	246	M30	Aaron Louscher, 33, Algona, IA	2:13:42	10:45
1027	5	W55	Kaytherine Smith, 57*, West Des Moines, IA		
				2:13:44	10:46
1028	195	W25	Janie Peters, 25*, West Des Moines, IA	2:13:47	10:46
1029	14	JrW	Erin Hunt, 12*, Webster City, IA	2:13:50	10:46
1702	291	M40	Dave Ewald, 43, West Des Moines, IA	2:13:50	10:46
1030	194	W35	Lori Hunt, 38*, Webster City, IA	2:13:50	10:46
1703	304	M35	Donald Nordstrom, 39, Ankeny, IA	2:13:51	10:46
1031	38	W17	Erin Peterson, 19*, Anita, IA	2:13:52	10:46
1704	188	M45	Richard Evans, 49, Mason City, IA	2:13:53	10:46
1032	164	W20	Sarah Wright, 23*, Des Moines, IA	2:13:54	10:46
1705	120	M20	Ryan Stowe, 24, West Des Moines, IA	2:13:56	10:47
1033	39	W17	Kristin Ambrozic, 19*, West Des Moines, IA		
				2:13:57	10:47
1706	247	M30	Matthew Watters, 31, Ankeny, IA	2:13:58	10:47
1034	196	W25	Jen White, 28*, Ames, IA	2:14:02	10:47
1035	185	W30	Jamie Kriegel, 32*, Pella, IA	2:14:05	10:47
1036	197	W25	Vanessa Scott, 27*, Des Moines, IA	2:14:07	10:47
1037	186	W30	Diane Thomas, 30*, Norwalk, IA	2:14:08	10:48
1038	187	W30	Jennifer Parker, 32*, Pella, IA	2:14:08	10:48
1039	198	W25	Kimberly Petersen, 25*, Roland, IA	2:14:16	10:48
1707	305	M35	Mike McCune, 35, Johnston, IA	2:14:16	10:48
1040	188	W30	Kimberly Menke, 34*, Des Moines, IA	2:14:18	10:48
1708	189	M45	Lynn Michl, 46, West Des Moines, IA	2:14:18	10:48
1709	248	M30	Steve Cuppy, 34, Iowa City, IA	2:14:20	10:49
1041	199	W25	Sarah Lundt, 25*, West Des Moines, IA	2:14:21	10:49
1710	249	M30	Wayne Schwartz, 30, West Des Moines, IA	2:14:23	10:49
1711	306	M35	Scott Bowker, 35, Denison, IA	2:14:28	10:49
1712	307	M35	Joe Emans, 38, West Des Moines, IA	2:14:35	10:50
1713	76	M55	Lonnie Gerber, 55, Pella, IA	2:14:36	10:50
1714	77	M55	Ted Schaefer, 56, Waterloo, IA	2:14:37	10:50
1715	190	M45	Jeff Jacobson, 45, Bellevue, NE	2:14:37	10:50
1716	78	M55	Glenn Schulz, 56, Storm Lake, IA	2:14:38	10:50
1042	195	W35	Gina Garman, 39*, Marion, IA	2:14:39	10:50
1717	79	M55	Curt Swarm, 56, Mt. Pleasant, IA	2:14:39	10:50
1043	165	W20	Carrie Mueller, 22*, Urbandale, IA	2:14:39	10:50
1718	308	M35	Todd Watters, 39, Des Moines, IA	2:14:39	10:50
1044	136	W40	Laurel Stock, 42*, Marion, IA	2:14:39	10:50
1045	30	W50	Ann Jones, 52*, Marshalltown, IA	2:14:40	10:50
1046	137	W40	Sheryl Nuzum, 44*, Des Moines, IA	2:14:40	10:50
1719	292	M40	Bruce Nuzum, 40, Des Moines, IA	2:14:40	10:50
1720	191	M45	Marty Kalton, 47, Des Moines, IA	2:14:41	10:50
1721	250	M30	Kevin Brokaw, 32, Urbandale, IA	2:14:42	10:50
1047	196	W35	Ida Dominguez, 38*, Johnston, IA	2:14:43	10:50
1048	197	W35	Kris Kingston, 35*, Des Moines, IA	2:14:46	10:51
1049	200	W25	Beth Woodard, 25*, Ames, IA	2:14:52	10:51
1722	251	M30	Todd Miler, 34, West Des Moines, IA	2:14:55	10:51
1723	309	M35	Mark Haisch, 39, West Des Moines, IA	2:14:56	10:51
1050	71	W45	Sandy Swallow, 48*, Waukee, IA	2:14:58	10:52
1724	192	M45	Terry Eason, 48, Waukee, IA	2:14:58	10:52
1725	215	M25	Ryan Schauf, 27, Sigourney, IA	2:14:59	10:52
1726	310	M35	Mike Painovich, 35, West Des Moines, IA	2:14:59	10:52
1727	193	M45	Ed Larsen, 49, Urbandale, IA	2:15:02	10:52
1728	145	M50	Neil Shultz, 54, West Des Moines, IA	2:15:03	10:52
1729	252	M30	Matt Jenatscheck, 30, Marion, IA	2:15:03	10:52
1051	166	W20	Julie Sander, 23*, Ames, IA	2:15:03	10:52
1052	167	W20	Suzanne Sander, 22*, Carroll, IA	2:15:04	10:52
1053	72	W45	Kwanchai Altman, 47*, Johnston, IA	2:15:05	10:52
1054	31	W50	Diane Drake, 53*, Boone, IA	2:15:08	10:52
1730	27	M60	Richard Doak, 64, Johnston, IA	2:15:17	10:53
1055	189	W30	Dawn Goodwin, 31*, Ankeny, IA	2:15:18	10:53
1056	198	W35	Annie Rivett, 38*, Johnston, IA	2:15:22	10:53
1731	80	M55	Jim Garwood, 58, Urbandale, IA	2:15:24	10:54

1732	253	M30	Jason Whitson, 34, West Des Moines, IA	2:15:25	10:54
1733	81	M55	John Whitson, 57, Vinton, IA	2:15:26	10:54
1734	146	M50	Jerry Owens, 52, Des Moines, IA	2:15:26	10:54
1057	32	W50	Teresa Forsyth, 51*, Council Bluffs, IA	2:15:28	10:54
1058	190	W30	Ronda Humpal, 30*, Asbury, IA	2:15:29	10:54
1059	168	W20	Janine Schoenherr, 20*, Ames, IA	2:15:30	10:54
1735	41	JrM	Ben Witmer, 16, Des Moines, IA	2:15:30	10:54
1060	169	W20	Tanja Muhlenbeck, 20*, Colo, IA	2:15:30	10:54
1736	254	M30	Richard Bangma, 34, Pella, IA	2:15:31	10:54
1737	216	M25	Sysouk Vongphasouk, 27, Des Moines, IA	2:15:36	10:55
1061	33	W50	Marilyn Arends, 54*, West Des Moines, IA	2:15:38	10:55
1062	191	W30	Renee Archibald, 30*, Ames, IA	2:15:40	10:55
1738	255	M30	Matthew Thompson, 32, Des Moines, IA	2:15:41	10:55
1739	311	M35	Timothy Hurn, 35, Ames, IA	2:15:42	10:55
1063	192	W30	Tracy Mudd, 33*, Cedar Falls, IA	2:15:45	10:55
1064	199	W35	Laura Penrith, 39*, Cedar Falls, IA	2:15:47	10:55
1065	193	W30	Anne Fogarty, 32*, Clive, IA	2:15:47	10:56
1740	194	M45	Marc Hollander, 47, Urbandale, IA	2:15:54	10:56
1741	256	M30	Kevin Zaugg, 31, Des Moines, IA	2:15:59	10:56
1066	200	W35	Kathleen Macke, 39*, Carroll, IA	2:16:00	10:57
1742	293	M40	John Walling, 41, Des Moines, IA	2:16:03	10:57
1067	73	W45	Jo Latham, 45*, Prairie City, IA	2:16:04	10:57
1743	217	M25	Peter Reitano, 28, Grimes, IA	2:16:04	10:57
1068	40	W17	Laura Meimann, 19*, Nevada, IA	2:16:10	10:57
1744	28	M60	Tom Buroker, 63, Des Moines, IA	2:16:11	10:57
1745	29	M60	Mike Kent, 60, Des Moines, IA	2:16:12	10:57
1746	312	M35	Alan Brawner, 39, Clive, IA	2:16:12	10:58
1069	170	W20	Erin Osborne, 23*, West Des Moines, IA	2:16:13	10:58
1070	201	W25	Ashley Jorgensen, 27*, Ames, IA	2:16:17	10:58
1071	171	W20	Jana Dekoter, 22*, Clive, IA	2:16:17	10:58
1747	294	M40	Peter Porto, 44, West Des Moines, IA	2:16:18	10:58
1748	45	M17	Grant Severson, 18, Ames, IA	2:16:20	10:58
1072	172	W20	Janel Morz, 23*, Ames, IA	2:16:20	10:58
1749	257	M30	Phil Chia, 34, Des Moines, IA	2:16:21	10:58
1073	34	W50	Janet Lovell, 52*, Ellsworth, IA	2:16:25	10:59
1074	194	W30	Kori Heuss, 31*, Ames, IA	2:16:26	10:59
1075	195	W30	Kimberly Donner, 31*, Ames, IA	2:16:27	10:59
1750	195	M45	Mike Lauzon, 49, Boone, IA	2:16:28	10:59
1751	258	M30	Peter Knapp, 31, Des Moines, IA	2:16:29	10:59
1076	138	W40	Christine Hartman, 42*, Ankeny, IA	2:16:29	10:59
1077	139	W40	Teresa Ward, 40*, Urbandale, IA	2:16:30	10:59
1078	140	W40	Mary Jo Williams, 43*, Pleasantville, IA	2:16:33	10:59
1752	196	M45	Tom Williams, 46, Pleasantville, IA	2:16:34	10:59
1079	196	W30	Juli Cambron, 33*, Indianola, IA	2:16:35	10:59

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

1753	218	M25	Steve Olsen, 28, Altoona, IA	2:16:38	11:00
1080	74	W45	Betsy Peterson, 46*, Perry, IA	2:16:38	11:00
1081	35	W50	Michelle Witte, 51*, Lake View, IA	2:16:39	11:00
1082	197	W30	Shelly Power, 32*, Urbandale, IA	2:16:40	11:00
1083	202	W25	Melanie Ostmo, 27*, Cedar Rapids, IA	2:16:41	11:00
1754	259	M30	Steve Karbacka, 32, Ankeny, IA	2:16:41	11:00
1755	260	M30	Ryan Cambron, 30, Indianola, IA	2:16:44	11:00
1756	261	M30	Kevin Ostmo, 34, Cedar Rapids, IA	2:16:44	11:00
1757	46	M17	Steve Olson, 18, Seneca, IL	2:16:48	11:00
1084	75	W45	Cheryl Dahlquist, 47*, Des Moines, IA	2:16:48	11:00
1758	42	JrM	Taber Jamison, 16, Cambridge, IA	2:16:48	11:00
1085	173	W20	Meghan Teigen, 23*, West Des Moines, IA	2:16:48	11:00
1759	219	M25	Brett Anderson, 25, West Des Moines, IA	2:16:49	11:00
1086	174	W20	Eileen Leslie, 22*, Windsor Heights, IA	2:16:50	11:01
1760	313	M35	Sean McNunn, 37, Cumming, IA	2:16:50	11:01
1761	262	M30	Erik Halling, 31, Port Washington, WI	2:16:54	11:01
1762	197	M45	Gene Lucht, 45, Ankeny, IA	2:16:56	11:01
1087	76	W45	Stacy Edwards, 45*, Des Moines, IA	2:17:00	11:01

1088	198	W30	Heather Horner, 31*, Mason City, IA	2:17:02	11:02
1089	199	W30	Karen Morkin, 33*, Des Moines, IA	2:17:03	11:02
1090	201	W35	Heather Adams, 35*, Des Moines, IA	2:17:04	11:02
1091	36	W50	Coleen Waage, 54*, West Des Moines, IA	2:17:05	11:02
1763	314	M35	Clay Pettit, 36, West Des Moines, IA	2:17:05	11:02
1764	263	M30	Craig Scott, 32, Des Moines, IA	2:17:12	11:02
1765	295	M40	Rick Greene, 44, Altoona, IA	2:17:13	11:02
1092	203	W25	Danielle Wain, 27*, Ames, IA	2:17:17	11:03
1093	202	W35	Michelle Herring, 39*, Newton, IA	2:17:18	11:03
1094	200	W30	Bridget Hrabe, 31*, St. Paul, MN	2:17:18	11:03
1766	30	M60	Max Schott, 61, Des Moines, IA	2:17:18	11:03
1095	201	W30	Heidi Carsello, 34*, St Paul, MN	2:17:18	11:03
1767	315	M35	Max Schott, 36, Minneapolis, MN	2:17:19	11:03
1768	220	M25	Joshua Nielsen, 26, Cedar Falls, IA	2:17:20	11:03
1096	204	W25	Elizabeth Nielsen, 25*, Cedar Falls, IA	2:17:20	11:03
1097	77	W45	Natalie Welter, 47*, Ames, IA	2:17:27	11:04
1769	8	M65	Larry Reed, 66, Ankeny, IA	2:17:29	11:04
1098	205	W25	Kate Burrell, 29*, Indianola, IA	2:17:34	11:04
1770	264	M30	Jon Hider, 33, Windsor Heights, IA	2:17:38	11:04
1771	296	M40	Charlie Graves, 40, Iowa City, IA	2:17:45	11:05
1099	78	W45	Marabeth Freund, 49*, Dubuque, IA	2:17:49	11:05
1100	6	W55	Jennifer Stork, 56*, Dubuque, IA	2:17:49	11:05
1772	198	M45	Steve Robertons, 48, Des Moines, IA	2:17:54	11:06
1773	297	M40	John Noll, 43, Clive, IA	2:17:54	11:06
1101	206	W25	Christine Collier, 29*, West Des Moines, IA	2:17:55	11:06
1102	202	W30	Megan Crowley, 33*, West Des Moines, IA	2:17:56	11:06
1774	199	M45	George Klotzbach, 46, Ames, IA	2:17:57	11:06
1103	37	W50	Ann Greubel, 54*, Indianola, IA	2:17:57	11:06
1775	265	M30	Shane Hesselgesser, 33, Omaha, NE	2:17:58	11:06
1104	175	W20	Angela Michel, 23*, Maryville, MO	2:17:58	11:06
1105	207	W25	Rebecca Sonnenburg, 27*, West Des Moines, IA	2:18:01	11:06
1106	203	W30	Kimberly McGuire, 33*, Marion, IA	2:18:02	11:06
1107	41	W17	Allison Morrow, 18*, Ankeny, IA	2:18:06	11:07
1108	208	W25	Amy Ter Wee, 26*, Waukee, IA	2:18:07	11:07
1109	42	W17	Tiffany McCarty, 18*, Ankeny, IA	2:18:08	11:07
1110	204	W30	Michelle Heine, 31*, Cedar Falls, IA	2:18:08	11:07
1776	266	M30	Wendy Swanson, 32, Boone, IA	2:18:08	11:07
1111	176	W20	Sarah Hufford, 23*, West Des Moines, IA	2:18:09	11:07
1112	203	W35	Pam White, 37*, Clive, IA	2:18:17	11:08
1777	200	M45	Ross Devalois, 49, Iowa City, IA	2:18:22	11:08
1113	209	W25	Danielle Wagaman, 27*, Des Moines, IA	2:18:23	11:08
1778	147	M50	William Kunert, 50, Creston, IA	2:18:26	11:08
1114	177	W20	Rachel Tapper, 22*, Ames, IA	2:18:26	11:08
1115	205	W30	Amy Donnelly, 33*, West Des Moines, IA	2:18:28	11:08
1116	204	W35	Amy Schrad, 35*, Omaha, NE	2:18:29	11:09
1117	141	W40	Lori Herold, 42*, Urbandale, IA	2:18:30	11:09
1118	142	W40	Theresa Porter, 40*, Des Moines, IA	2:18:30	11:09
1779	201	M45	Doug Burnett, 46, Des Moines, IA	2:18:31	11:09
1780	298	M40	Mark Asplund, 42, Marion, IA	2:18:32	11:09
1781	121	M20	Chris Weber, 20, Boone, IA	2:18:35	11:09
1782	299	M40	Alan Kemp, 44, Urbandale, IA	2:18:38	11:09
1119	210	W25	Allison Larson, 25*, Des Moines, IA	2:18:40	11:09
1783	316	M35	Ford Singbush, 36, Johnston, IA	2:18:42	11:10
1784	267	M30	Thomas Sutton, 33, Des Moines, IA	2:18:49	11:10
1785	9	M65	Bruce Trimble, 65, Mason City, IA	2:18:55	11:11
1120	205	W35	Sue Clark, 37*, Clive, IA	2:19:06	11:12
1121	206	W30	Tiffini Dehaan, 32*, West Des Moines, IA	2:19:08	11:12
1122	211	W25	Taryn Henderson, 27*, West Des Moines, IA	2:19:08	11:12
1786	300	M40	Mike Williams, 43, Des Moines, IA	2:19:13	11:12
1787	268	M30	Marc Carlson, 33, Woodbury, MN	2:19:20	11:13
1123	178	W20	Meghan Brown, 23*, Iowa City, IA	2:19:30	11:13
1124	212	W25	Lindsay Brown, 26*, Urbandale, IA	2:19:34	11:14
1125	179	W20	Michelle Cole, 23*, West Des Moines, IA	2:19:39	11:14

1126	7	W55	Dee Wittmack, 58*, Des Moines, IA	2:19:43	11:14
1127	79	W45	Deb Miller, 48*, Perry, IA	2:19:43	11:14
1128	38	W50	Kathleen Goodman, 52*, Colfax, IA	2:19:48	11:15
1788	82	M55	Daniel Miller, 56, Des Moines, IA	2:19:49	11:15
1129	180	W20	Kelsie Goodman, 20*, Colfax, IA	2:19:49	11:15
1130	39	W50	Jeanne Saunders, 51*, Coralville, IA	2:19:51	11:15
1131	206	W35	Jan Husak, 39*, Marshalltown, IA	2:19:53	11:15
1789	148	M50	Edward Saunders, 53, Coralville, IA	2:19:54	11:15
1132	207	W30	Marie Puskas, 31*, West Des Moines, IA	2:19:54	11:15
1133	80	W45	Janet Reiter, 46*, Johnston, IA	2:19:58	11:16
1134	208	W30	Melissa Keeney, 32*, Ankeny, IA	2:20:02	11:16
1135	143	W40	Sally FINDER-Koziol, 42*, Altoona, IA	2:20:04	11:16
1136	213	W25	Anna Keeney, 27*, Ankeny, IA	2:20:07	11:16
1790	317	M35	Michael Zachmann, 39, Urbandale, IA	2:20:09	11:17
1137	8	W55	Flora Cassiliano, 57*, Iowa City, IA	2:20:12	11:17
1138	40	W50	Penny Milburn, 52*, Johnston, IA	2:20:16	11:17
1791	149	M50	Dave Milburn, 52, Johnston, IA	2:20:16	11:17
1139	41	W50	Jan Lovett, 53*, Granger, IA	2:20:17	11:17
1140	214	W25	Suyau Fjandrasa, 26*, Johnston, IA	2:20:17	11:17
1792	83	M55	Nate Viall, 59, Des Moines, IA	2:20:19	11:17
1141	207	W35	Jodi Seymour, 35*, Lamoni, IA	2:20:19	11:17
1142	208	W35	Sally Overton, 35*, Des Moines, IA	2:20:20	11:17
1793	122	M20	David Mennie, 21, Marshalltown, IA	2:20:26	11:18
1143	215	W25	Sara Osterloh, 27*, Des Moines, IA	2:20:31	11:18
1144	209	W30	Sara Gammell, 31*, Ankeny, IA	2:20:44	11:19
1145	210	W30	Teri Templeton, 34*, West Des Moines, IA	2:20:45	11:19
1146	81	W45	Allison Berryhill, 45*, Atlantic, IA	2:20:51	11:20
1794	47	M17	Max Hoegh, 17, Atlantic, IA	2:20:51	11:20
1795	150	M50	Thomas Forbes, 54, Fort Dodge, IA	2:21:14	11:22
1147	9	W55	Sheryl Kamerick, 57*, Pella, IA	2:21:15	11:22
1796	10	M65	Donald Judisch, 68, Clive, IA	2:21:17	11:22
1148	209	W35	Beth Walling, 36*, Des Moines, IA	2:21:21	11:22
1149	211	W30	Sara Jorgensen, 30*, Ankeny, IA	2:21:24	11:23
1150	210	W35	Ann Shelton, 37*, Urbandale, IA	2:21:24	11:23
1797	151	M50	Tom Christofferson, 53, Hamlin, IA	2:21:25	11:23
1151	82	W45	Lorraine Hardin, 45*, Clive, IA	2:21:28	11:23
1152	83	W45	Anne Noonan, 48*, Cascade, IA	2:21:31	11:23
1153	144	W40	Marna Montgomery, 40*, Brooklyn, IA	2:21:32	11:23
1154	216	W25	Joy Dorenkamp, 26*, Grimes, IA	2:21:32	11:23
1155	42	W50	L Strohbeck-Bergeson, 51*, Urbandale, IA	2:21:37	11:24
1156	211	W35	Madonna Drees, 37*, North Lauderdale, FL	2:21:41	11:24
1798	202	M45	Perry Geneser, 45, Grimes, IA	2:21:47	11:24
1157	43	W17	Lynae Burke, 19*, Madrid, IA	2:21:47	11:24
1799	221	M25	Bill Ogier, 27, Lenexa, KS	2:21:50	11:25
1158	217	W25	Emily McKellar, 29*, Ankeny, IA	2:21:50	11:25
1159	212	W30	Deann Cox, 33*, Ankeny, IA	2:21:51	11:25
1160	213	W30	Jodi Hurn, 30*, Ames, IA	2:22:04	11:26
1161	218	W25	Mandi Schultes, 25*, Kansas City, MO	2:22:10	11:26
1162	145	W40	Leanne Buell, 42*, West Des Moines, IA	2:22:12	11:26
1163	146	W40	Mary Peters, 44*, Thatcher, AZ	2:22:18	11:27
1800	4	M70	Earl Ogawa, 70, Ames, IA	2:22:20	11:27
1801	301	M40	Greg Pautsch, 44, West Des Moines, IA	2:22:27	11:28
1164	147	W40	Patsy Steffen, 40*, Polk City, IA	2:22:29	11:28
1802	302	M40	Mark Steffen, 40, Polk City, IA	2:22:30	11:28
1803	203	M45	Doug Tomlinson, 49, Oskaloosa, IA	2:22:34	11:28
1165	212	W35	Treva Olson, 36*, Ankeny, IA	2:22:35	11:28
1166	214	W30	Susan Raveling, 31*, Urbandale, IA	2:22:36	11:28
1167	219	W25	Kristen Farr, 29*, Roswell, GA	2:22:42	11:29
1168	181	W20	Carrie Brannen, 21*, Indianola, IA	2:22:48	11:29
1169	148	W40	Amy Barr, 42*, Ames, IA	2:22:50	11:30
1170	44	W17	Jaimie Aller, 17*, Lexington, SC	2:22:51	11:30
1171	215	W30	Heather Lilienthal, 31*, Ankeny, IA	2:22:51	11:30
1172	149	W40	Shelley Wise, 41*, Marshalltown, IA	2:22:52	11:30
1173	216	W30	Judy Hillman, 32*, Dana, IA	2:22:55	11:30
1174	1	W65	Carol Hartman, 68*, Hiawatha, IA	2:22:56	11:30

1804	222	M25	Brian Engstler, 29, Clive, IA	2:23:05	11:31
1175	43	W50	Jackie Kilby, 53*, Pella, IA	2:23:21	11:32
1805	152	M50	Terry Brannen, 53, Shenandoah, IA	2:23:21	11:32
1176	44	W50	Rachel Pick, 51*, Clive, IA	2:23:27	11:33
1177	150	W40	Dawn Johnson, 40*, Indianola, IA	2:23:39	11:33
1178	151	W40	Sue Bokemper, 43*, Moore, OK	2:23:39	11:33
1179	217	W30	Alysun Bower, 34*, Indianola, IA	2:23:39	11:33
1180	45	W50	Diane Weehler, 50*, Des Moines, IA	2:23:44	11:34
1181	213	W35	Laurel Buxton, 37*, Ankeny, IA	2:23:47	11:34
1806	31	M60	Gary Patterson, 61, Pleasant Hill, IA	2:23:51	11:34
1807	269	M30	Stephen Shmigelsky, 32, Overland Park, KS	2:23:55	11:35
1808	318	M35	Stephen Linsley, 39, Knoxville, IA	2:24:01	11:35
1182	152	W40	Sue Holden, 40*, Des Moines, IA	2:24:03	11:35
1183	214	W35	Melody Gibson, 36*, West Des Moines, IA	2:24:07	11:36
1809	204	M45	Gary Young, 45, Johnston, IA	2:24:09	11:36
1810	123	M20	Josh Shaver, 24, Ankeny, IA	2:24:11	11:36
1811	303	M40	Andrew Lewis, 41, Des Moines, IA	2:24:12	11:36
1812	304	M40	Hal Sailsbury, 40, Ames, IA	2:24:12	11:36
1184	46	W50	Judith Beswick, 50*, Johnston, IA	2:24:16	11:36
1185	220	W25	Melind Mullenix-Andrews, 28*, Perry, IA	2:24:16	11:36
1186	153	W40	Rose Denny, 42*, Johnston, IA	2:24:17	11:37
1187	215	W35	Elaine Houska, 37*, Des Moines, IA	2:24:23	11:37
1813	205	M45	David Dahlquist, 47, Des Moines, IA	2:24:24	11:37
1814	124	M20	Mark Odor, 20, Marshalltown, IA	2:24:26	11:37
1188	182	W20	Amanda Rogers, 23*, West Des Moines, IA	2:24:38	11:38
1815	223	M25	Matt Ostanik, 27, Johnston, IA	2:24:39	11:38
1816	305	M40	Mitch Hansen, 43, Dallas Center, IA	2:24:40	11:38
1817	319	M35	Troy Sheehy, 39, Perry, IA	2:24:44	11:39
1189	221	W25	Teresa Balduchi, 28*, Des Moines, IA	2:24:45	11:39
1818	153	M50	Larry Jablonski, 53, Urbandale, IA	2:24:45	11:39
1190	218	W30	Carol Crabtree, 31*, North Liberty, IA	2:24:47	11:39
1819	320	M35	Gregg Griesemer, 39, West Des Moines, IA	2:24:55	11:40
1191	222	W25	Kelli Feenstra, 25*, Dakota Dunes, SD	2:25:00	11:40
1192	47	W50	Betty Baker, 52*, Des Moines, IA	2:25:02	11:40
1193	154	W40	Jody Nation, 43*, Ogden, IA	2:25:08	11:41
1820	48	M17	Michael Cooley, 19, Orient, IA	2:25:11	11:41
1194	223	W25	Misty Lovejoy, 29*, Des Moines, IA	2:25:14	11:41
1195	155	W40	Julia Ham, 43*, Ames, IA	2:25:16	11:41
1196	219	W30	Kristy Burkle, 33*, Altoona, IA	2:25:21	11:42
1197	220	W30	Angela Bandler, 34*, Huxley, IA	2:25:23	11:42
1198	224	W25	Stephanie Broders, 29*, Ames, IA	2:25:23	11:42
1199	221	W30	Christy Rietz, 33*, Huxley, IA	2:25:24	11:42
1200	84	W45	Vicki Ryan, 49*, Overland Park, KS	2:25:30	11:42
1821	154	M50	Rusty Smith, 51, Overland Park, KS	2:25:32	11:43
1201	216	W35	Shelley Welter, 36*, Atlantic, IA	2:25:32	11:43
1202	156	W40	Peggy Powell, 44*, Muscatine, IA	2:25:36	11:43
1822	224	M25	Joel Konen, 26, Ankeny, IA	2:25:37	11:43
1203	157	W40	Cheryl Carney, 40*, Walford, IA	2:25:44	11:43
1823	125	M20	Doug Van Woert, 22, Urbandale, IA	2:25:45	11:44
1204	85	W45	Karen Coaldrake, 46*, Johnston, IA	2:25:51	11:44
1824	306	M40	Brad Ulrichson, 40, Des Moines, IA	2:25:56	11:44
1205	222	W30	Kristen Johnson, 30*, Lees Summit, MO	2:26:08	11:45
1206	223	W30	Natalie Gulbranson, 31*, Pleasant Hill, IA	2:26:08	11:45
1207	225	W25	Meghan Laemmrich, 25*, West Des Moines, IA	2:26:09	11:46
1208	86	W45	Lyn Countryman, 47*, Cedar Falls, IA	2:26:20	11:46
1209	87	W45	Tricia Barron, 48*, Rock Island, IL	2:26:23	11:47
1210	226	W25	Anita Dhar, 27*, West Des Moines, IA	2:26:30	11:47
1825	307	M40	Norman Wagaman, 43, Waukee, IA	2:26:35	11:48
1826	308	M40	David Messerli, 42, Fairfield, IA	2:26:41	11:48
1211	158	W40	Diane Messerli, 40*, Fairfield, IA	2:26:47	11:49
1212	227	W25	Buchheit Robin, 29*, Palo, IA	2:26:52	11:49
1827	309	M40	Mark Steger, 41, Cedar Rapids, IA	2:26:57	11:49
1213	217	W35	Kristen Moeller, 35*, Cedar Rapids, IA	2:26:57	11:49

1214	224	W30	Brenda Chenchar, 34*, West Des Moines, IA	2:27:08	11:50
1215	218	W35	Monica Cory, 36*, Granger, IA	2:27:09	11:50
1216	159	W40	Karen Harrill, 40*, Stratford, IA	2:27:15	11:51
1217	219	W35	Mary Melendez, 36*, Des Moines, IA	2:27:20	11:51
1828	206	M45	Dan Dillavou, 45, Boone, IA	2:27:24	11:52
1218	160	W40	Laura Savage, 40*, Johnston, IA	2:27:27	11:52
1219	225	W30	Stephanie Comito, 32*, Urbandale, IA	2:27:28	11:52
1220	220	W35	Wendy Paca, 37*, Boone, IA	2:27:32	11:52
1221	226	W30	Natalie Franke, 31*, Clive, IA	2:27:33	11:52
1222	227	W30	Dawn Atwood, 31*, Colfax, IA	2:27:35	11:52
1223	48	W50	Connie Hambly, 51*, Nevada, IA	2:27:36	11:53
1829	207	M45	Mark Sexton, 45, Ankeny, IA	2:27:42	11:53
1224	45	W17	Shawna Paca, 18*, Urbandale, IA	2:27:42	11:53
1225	221	W35	Julie Shepard, 39*, West Des Moines, IA	2:27:43	11:53
1226	228	W30	Stephanie Stewart, 31*, Des Moines, IA	2:27:44	11:53
1830	321	M35	Scott Wilson, 39, Ankeny, IA	2:27:44	11:53
1831	270	M30	David Nandell, 33, Johnston, IA	2:27:44	11:53
1227	228	W25	Tiffany Myers, 28*, Newton, IA	2:27:56	11:54
1228	229	W25	Abbi Schutte, 26*, Urbandale, IA	2:27:57	11:54
1229	229	W30	Robin Wastenev, 30*, Des Moines, IA	2:27:58	11:54
1230	230	W25	Jess McLaren, 27*, Atlantic, IA	2:27:59	11:54
1832	208	M45	Jeff Carpenter, 49, Urbandale, IA	2:28:05	11:55
1231	230	W30	Teresa Ripp, 34*, West Des Moines, IA	2:28:23	11:56
1833	322	M35	Bill Belzer, 35, Grimes, IA	2:28:59	11:59
1834	11	M65	Rollin Perry, 66, Cedar Falls, IA	2:29:02	11:59

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

1232	231	W25	Jennifer Heinen, 27*, Huxley, IA	2:29:07	12:00
1233	231	W30	Crystal Repp, 32*, Altoona, IA	2:29:08	12:00
1234	232	W25	Karissa Brincks, 28*, Center Point, IA	2:29:42	12:03
1235	222	W35	Kim Schrock, 37*, Cedar Rapids, IA	2:29:43	12:03
1236	223	W35	Lindsay Jahde, 37*, Anita, IA	2:29:57	12:04
1835	225	M25	I Cheney, 25, Ames, IA	2:30:05	12:05
1237	46	W17	E Hallam, 19*, Ames, IA	2:30:06	12:05
1836	5	M70	Glen Zirbel, 74, Ankeny, IA	2:30:13	12:05
1238	232	W30	Marcy Nessa, 31*, Huxley, IA	2:30:28	12:06
1837	310	M40	Phil Shipley, 43, Carlisle, IA	2:30:29	12:06
1838	271	M30	Saeed Khokhar, 33, West Des Moines, IA	2:30:30	12:07
1839	323	M35	Douglas Burns, 35, Carroll, IA	2:30:37	12:07
1239	233	W30	Nicole Schultz, 33*, Fairfax, IA	2:30:47	12:08
1840	311	M40	Damian Tigges, 40, Ankeny, IA	2:31:11	12:10
1240	234	W30	Jenny Borrink, 34*, Omaha, NE	2:31:12	12:10
1841	226	M25	Jeremy Humphrey, 27, Elk River, MN	2:31:12	12:10
1241	235	W30	Riki Courtney, 30*, Solon, IA	2:31:14	12:10
1242	224	W35	Pamela Hopkins, 36*, Omaha, NE	2:31:19	12:10
1243	236	W30	Katrina Lunceford, 34*, Des Moines, IA	2:31:20	12:11
1244	233	W25	Brinda Taylor, 29*, Ankeny, IA	2:31:27	12:11
1842	155	M50	Leo Johnson, 54, East Moline, IL	2:31:45	12:13
1245	88	W45	Tara Thomas, 49*, Johnston, IA	2:31:52	12:13
1843	126	M20	Aaron Uhl, 24, Cedar Rapids, IA	2:31:59	12:14
1844	209	M45	Don Peddy, 46, Ankeny, IA	2:31:59	12:14
1246	237	W30	Melissa Hammer, 32*, Wayne, NE	2:32:01	12:14
1247	47	W17	Chelsea Burkhart, 18*, Woodward, IA	2:32:30	12:16
1845	227	M25	Joe Kavan, 25, West Des Moines, IA	2:32:32	12:16
1248	183	W20	Kaarin Reese, 23*, Ankeny, IA	2:32:54	12:18
1249	234	W25	Kim Thompson, 27*, Indianola, IA	2:33:01	12:19
1250	5	W60	Janice Hastings, 61*, Cedar Rapids, IA	2:33:03	12:19
1251	225	W35	Ann Mills, 39*, Pella, IA	2:33:06	12:19
1252	238	W30	Heather Morris, 30*, Urbandale, IA	2:33:17	12:20
1253	226	W35	Patti Burgmeier, 38*, East Dubuque, IL	2:33:22	12:20
1254	161	W40	Lisa Lingner, 42*, Grimes, IA	2:34:32	12:26
1255	184	W20	Sara Lueken, 22*, Iowa City, IA	2:34:40	12:27
1846	84	M55	Al Lillie, 59, Indianola, IA	2:35:08	12:29
1847	210	M45	Paul Varnum, 45, Ames, IA	2:36:38	12:36

1256	185	W20	Josie Tarr, 24*, Ankeny, IA	2:36:39	12:36
1257	162	W40	Jeanne Low, 44*, West Des Moines, IA	2:37:00	12:38
1848	211	M45	David Yakum, 47, Des Moines, IA	2:37:21	12:40
1849	324	M35	August Geisinger, 39, Pleasant Hill, IA	2:37:22	12:40
1258	10	W55	Karen Cox, 57*, Panora, IA	2:37:48	12:42
1259	89	W45	Jann Miller, 49*, Cedar Falls, IA	2:37:49	12:42
1260	239	W30	Jessica Eilers, 30*, Dike, IA	2:37:49	12:42
1261	163	W40	Phyllis Jessen, 43*, Des Moines, IA	2:37:50	12:42
1262	164	W40	Mary Mitchell, 43*, Des Moines, IA	2:37:50	12:42
1263	165	W40	Barbara Nelson, 44*, Johnston, IA	2:37:51	12:42
1264	235	W25	Tricia Allen, 27*, Brooklyn, IA	2:37:55	12:42
1265	240	W30	Sarah Look, 32*, Ames, IA	2:38:03	12:43
1266	49	W50	Judy Ackerman, 53*, Windsor Heights, IA	2:38:04	12:43
1267	50	W50	Jeannie Berry, 50*, Pella, IA	2:38:21	12:44
1268	15	JrW	Elizabeth Messerli, 15*, Fairfield, IA	2:39:06	12:48
1269	16	JrW	Margaret Slechta, 15*, Fairfield, IA	2:39:07	12:48
1850	85	M55	Richard Franklin, 57, Marshalltown, IA	2:39:07	12:48
1270	241	W30	Kathy Pickett, 33*, Grimes, IA	2:39:21	12:49
1271	236	W25	Mindy Carmichael, 29*, Des Moines, IA	2:39:25	12:50
1851	212	M45	Perry Beeman, 46, West Des Moines, IA	2:39:32	12:50
1852	86	M55	Neal Topp, 55, Omaha, NE	2:39:47	12:51
1272	227	W35	Stephanie Techau, 38*, Des Moines, IA	2:39:49	12:52
1273	166	W40	Karla Dahl, 41*, Huxley, IA	2:39:55	12:52
1853	272	M30	Ryan Nesbit, 30, Grinnell, IA	2:40:12	12:53
1274	237	W25	Melissa Nesbit, 28*, Grinnell, IA	2:40:12	12:53
1854	273	M30	Troy Belmer, 30, Fairbank, IA	2:40:13	12:53
1275	238	W25	Stephanie Johnson, 27*, Ankeny, IA	2:40:47	12:56
1276	90	W45	Cynthia Archibald, 45*, Edmond, OK	2:40:49	12:56
1855	156	M50	Milton Lane, 51, Loma Linda, CA	2:41:23	12:59
1856	312	M40	Jeffrey Goodwin, 40, Weatherby Lake, MO	2:41:26	12:59
1277	167	W40	Sheryl Goodwin, 40*, Weatherby Lake, MO	2:41:27	12:59
1278	186	W20	Carlie Fitzgerald, 23*, Ankeny, IA	2:41:27	12:59
1857	313	M40	Mike Tracy, 42, Cumming, IA	2:41:27	12:59

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

1858	228	M25	Ben Nichols, 29, Des Moines, IA	2:41:31	13:00
1279	242	W30	Stephanie Cox, 30*, Des Moines, IA	2:41:37	13:00
1280	48	W17	Rachelle Gaul, 17*, Indianola, IA	2:42:54	13:06
1281	239	W25	Kelley Willey, 25*, Indianola, IA	2:42:54	13:06
1282	168	W40	Kirsten McCollaugh, 44*, Ankeny, IA	2:43:04	13:07
1283	243	W30	Stephenie Lindberg, 34*, Urbandale, IA	2:43:44	13:10
1859	213	M45	David Huey, 49, Des Moines, IA	2:43:49	13:11
1284	240	W25	Jenny Ross, 28*, Des Moines, IA	2:44:20	13:13
1860	87	M55	Norm Ostbloom, 57, Des Moines, IA	2:45:52	13:21
1861	127	M20	Andrew Ostbloom, 21, Des Moines, IA	2:46:52	13:26
1862	32	M60	Shirali Moradi, 63, Douds, IA	2:46:56	13:26
1285	169	W40	Jean Herrstrum, 44*, Madrid, IA	2:47:33	13:29
1286	17	JrW	Kayleigh Juhl, 16*, Lewis, IA	2:47:35	13:29
1287	18	JrW	Amanda Hanse, 16*, Atlantic, IA	2:47:35	13:29
1288	51	W50	Christy Varnum, 53*, Ames, IA	2:47:44	13:30
1289	11	W55	Kathleen Strum, 58*, Nevada, IA	2:47:44	13:30
1290	170	W40	Cheri Patzner, 41*, Urbandale, IA	2:47:45	13:30
1291	244	W30	Christine Meggison, 30*, Johnston, IA	2:47:46	13:30
1863	88	M55	Hugh Hammond, 59, Iowa City, IA	2:47:48	13:30
1292	245	W30	Kim Ayotte, 34*, Des Moines, IA	2:48:08	13:32
1293	228	W35	Jodi Hiemstra, 36*, Oskaloosa, IA	2:48:32	13:34
1294	246	W30	Jennifer Olson, 32*, Des Moines, IA	2:53:01	13:55
1295	241	W25	Rose Olson, 29*, Lucas, IA	2:53:11	13:56

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

1296	229	W35	Jennifer Von Ebers, 37*, Oak Park, IL	2:54:12	14:01
1864	229	M25	Jack Metheny, 27, West Des Moines, IA	2:54:30	14:02
1297	230	W35	Jill Kulper, 39*, West Des Moines, IA	2:54:30	14:02

1298	12	W55	Ruth Schlesinger, 55*	Urbandale, IA	2:55:06	14:05
1299	171	W40	Lisa Buzek, 41*	Beatrice, NE	2:55:14	14:06
1865	325	M35	Doug Cockerham, 36,	Ames, IA	2:57:01	14:15
1300	187	W20	Tonya Throckmorton, 24*	Madrid, IA	2:59:33	14:27
1301	91	W45	Robin Hartley, 48*	Waukee, IA	2:59:59	14:29
1302	172	W40	Wendi Ward, 40*	Davenport, IA	2:59:59	14:29
1303	173	W40	Julie Kunze, 42*	Waukee, IA	3:00:15	14:30
1866	326	M35	Steve Ellis, 37,	Des Moines, IA	3:00:23	14:31
1304	92	W45	Sheryl Shaver, 45*	Ankeny, IA	3:03:59	14:48

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

1867	314	M40	Brian Shaver, 44,	Ankeny, IA	3:06:35	15:01
1305	174	W40	Christine Butler, 43*	Des Moines, IA	3:09:11	15:13
1306	231	W35	Andrea Fant, 36*	West Des Moines, IA	3:09:42	15:16
1868	89	M55	David Brown, 58,	Des Moines, IA	3:11:02	15:22
1307	247	W30	Shellie Bangs, 33*	Boone, IA	3:11:20	15:24
1308	248	W30	Martha Schwind, 31*	Boone, IA	3:12:14	15:28
1869	128	M20	Richard Thompson, 23,	Iowa City, IA	3:12:15	15:28

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

1309	175	W40	Mary Echterling, 41*	Dallas Center, IA	3:19:01	16:01
1310	19	JrW	Sara Weber, 16*	Boone, IA	3:19:01	16:01
1311	13	W55	Mmary Rawson, 57*	North Sioux City, SD	3:24:21	16:27
1870	157	M50	Walter Hunt, 54,	Council Bluffs, IA	3:24:21	16:27

"*" indicates females

42 finishers among Men 16 & Under
48 finishers among Men 17 - 19
128 finishers among Men 20 - 24
229 finishers among Men 25 - 29
273 finishers among Men 30 - 34
326 finishers among Men 35 - 39
314 finishers among Men 40 - 44
213 finishers among Men 45 - 49
157 finishers among Men 50 - 54
89 finishers among Men 55 - 59
32 finishers among Men 60 - 64
11 finishers among Men 65 - 69
5 finishers among Men 70 & Up
19 finishers among Women 16 & Under
48 finishers among Women 17 - 19
187 finishers among Women 20 - 24
241 finishers among Women 25 - 29
248 finishers among Women 30 - 34
231 finishers among Women 35 - 39
175 finishers among Women 40 - 44
92 finishers among Women 45 - 49
51 finishers among Women 50 - 54
13 finishers among Women 55 - 59
5 finishers among Women 60 - 64
1 finishers among Women 65 - 69
1870 male finishers
1311 female finishers
3181 total finishers

[Top](#)

Return to [home page](#).