

# 32nd Dam to Dam 20 Kilometer

## Des Moines, Iowa

June 4, 2011

70s and partly cloudy  
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	10K Chip TIME	20K Chip TIME	FINAL TIME	PACE
1	1 M25	Samuel Kosgei, 26, Sante Fe, NM	30:12	1:01:35	1:01:36	4:57
2	1 M20	Ezkyas Sisay, 22, Flagstaff, AZ	30:11	1:01:55	1:01:55	4:59
Pace: <a href="#">5:00</a>   <a href="#">6:00</a>   <a href="#">7:00</a>   <a href="#">8:00</a>   <a href="#">9:00</a>   <a href="#">10:00</a>   <a href="#">11:00</a>   <a href="#">12:00</a>   <a href="#">13:00</a>   <a href="#">14:00</a>   <a href="#">Top</a>						
3	2 M25	Bernard Langat, 28, Sante Fe, NM		1:02:20	1:02:20	5:01
4	3 M25	George Towett, 26, West Des Moines, IA	30:10	1:02:28	1:02:29	5:02
5	4 M25	Richard Kandie, 27, Coon Rapids, MN	30:13	1:03:19	1:03:20	5:06
6	1 M30	Matt Gabrielson, 32, St Louis Park, MN	30:55	1:03:56	1:03:56	5:09
7	5 M25	Guor Marial, 26, Ames, IA	31:42	1:04:39	1:04:39	5:12
8	6 M25	Hillary Cheruiyot, 28, Coon Rapids, MN	32:03	1:05:15	1:05:15	5:15
9	2 M20	Sammy Rotich, 24, West Des Moines, IA	31:42	1:05:32	1:05:33	5:16
10	3 M20	Luke Demmel, 21, Marshalltown, IA	32:51	1:05:45	1:05:46	5:17
11	1 M35	Julius Rotich, 36, West Des Moines, IA	32:13	1:05:51	1:05:51	5:18
12	2 M30	James Boit, 31, Coon Rapids, MN		1:05:51	1:05:52	5:18
13	7 M25	Ben Carlson, 26, Stanhope, IA	33:04	1:07:14	1:07:14	5:25
14	8 M25	Keith Solverson, 29, Fort Dodge, IA	33:04	1:07:14	1:07:14	5:25
15	3 M30	Joe Aulwes, 30, Bondurant, IA	33:42	1:07:38	1:07:38	5:26
16	9 M25	Martin Popp, 28, West Des Moines, IA	34:57	1:09:13	1:09:14	5:34
17	10 M25	Nathan Hopp, 28, West Amana, IA	34:57	1:09:25	1:09:26	5:35
18	4 M30	Greg Bell, 32, Polk City, IA	34:57	1:09:45	1:09:46	5:37
19	11 M25	Phil Young, 25, North Liberty, IA	34:39	1:09:56	1:09:57	5:38
20	1 M45	John Mirth, 49, Platteville, WI	35:06	1:10:59	1:11:00	5:43
1	1 W30	Mary Akor, 34*, Hawthorne, CA	35:23	1:11:43	1:11:45	5:46
2	1 W35	Robyn Friedman, 38*, Lambs Grove, IA	35:27	1:11:52	1:11:54	5:47
3	2 W30	Erin Moeller, 33*, Mt Vernon, IA	35:34	1:12:13	1:12:14	5:49
21	5 M30	Ryan Kramer, 32, Des Moines, IA	35:35	1:12:52	1:12:53	5:52
22	4 M20	Joshua Mellman, 20, Rockwell, IA	35:34	1:12:56	1:12:58	5:52
23	1 M17	Taylor Huseman, 18, Manson, IA	36:50	1:12:57	1:13:05	5:52
24	5 M20	Brent Ewing, 20, Cincinnati, IA	37:27	1:13:20	1:13:22	5:54
25	6 M30	T J Tollakson, 30, Des Moines, Iowa	36:29	1:13:26	1:13:27	5:54
4	1 W25	Michelle Frey, 29*, Minneapolis, MN	35:58	1:13:26	1:13:28	5:55
26	2 M17	Andrew Barrett, 19, Des Moines, IA	35:00	1:13:58	1:13:59	5:57
27	6 M20	Tyler Sullivan, 23, Coralville, IA	36:21	1:14:11	1:14:13	5:58
28	3 M17	Cody Manchester, 19, Mason City, IA	35:22	1:14:19	1:14:21	5:59
Pace: <a href="#">5:00</a>   <a href="#">6:00</a>   <a href="#">7:00</a>   <a href="#">8:00</a>   <a href="#">9:00</a>   <a href="#">10:00</a>   <a href="#">11:00</a>   <a href="#">12:00</a>   <a href="#">13:00</a>   <a href="#">14:00</a>   <a href="#">Top</a>						
29	7 M20	Corey Towle, 24, Bettendorf, IA	34:48	1:14:31	1:14:32	6:00
30	4 M17	Timothy Shepherd, 17, Knoxville, IA	36:36	1:14:35	1:14:35	6:00
31	8 M20	Jake Sutton, 20, West Des Moines, IA	36:55	1:14:49	1:14:52	6:01
32	1 M40	Michael Kabela, 44, North Liberty, IA	37:35	1:15:00	1:15:02	6:02
33	2 M40	Andrew Rinn, 43, West Des Moines, IA	35:59	1:15:24	1:15:26	6:04

34	9	M20	Pa Vang, 20, Des Moines, IA	37:26	1:15:27	1:15:28	6:04
35	12	M25	Brandon Bond, 26, Des Moines, IA	36:50	1:15:29	1:15:30	6:04
36	2	M35	Vic Morales, 37, Johnston, IA	36:18	1:15:34	1:15:35	6:05
37	3	M40	Brett Stephenson, 40, Cedar Rapids, IA	37:17	1:15:55	1:15:58	6:07
38	3	M35	Dan Deuhs, 39, Minneapolis, MN	36:47	1:16:04	1:16:05	6:07
39	10	M20	Michael Craddick, 24, Des Moines, IA	38:36	1:16:21	1:16:23	6:09
40	7	M30	Luke Craven, 32, Johnston, IA	37:24	1:16:36	1:16:37	6:10
	5	W40	Lisa Marshall, 43*, Granger, IA	38:23	1:16:56	1:16:58	6:11
	6	W20	Danna Kelly, 24*, West Des Moines, IA	38:23	1:17:13	1:17:16	6:13
41	13	M25	Marcus Murphy, 29, Dubuque, IA	36:22	1:17:25	1:17:27	6:14
	7	W25	Casey Owens, 28*, Des Moines, IA		1:17:28	1:17:30	6:14
42	4	M35	Brian Davenport, 36, Minneapolis, MN	36:56	1:17:38	1:17:39	6:15
43	8	M30	Kevin O'Hare, 33, West Des Moines, IA	36:41	1:17:46	1:17:47	6:15
44	9	M30	Kelly Carpenter, 33, Waterloo, IA		1:18:31	1:18:31	6:19
45	5	M35	Rob Semelroth, 36, Des Moines, IA	40:00	1:18:41	1:18:48	6:20
46	1	M50	Phil Kauder, 50, Cascade, Iowa	37:38	1:18:54	1:18:56	6:21
47	11	M20	Kit Coppess, 20, West Des Moines, IA	38:28	1:19:00	1:19:00	6:21
48	14	M25	Sean McVeigh, 29, Newton, IA	38:38	1:19:27	1:19:29	6:23
49	15	M25	Dan Saar, 28, Des Moines, IA	39:10	1:19:29	1:19:32	6:24
50	6	M35	Anthony Cendana, 35, West Des Moines, IA	39:12	1:19:31	1:19:33	6:24
51	7	M35	Konrad Christensen, 36, Ankeny, IA	39:57	1:19:41	1:19:45	6:25
	8	W30	Rael Murey, 30*, Coon Rapids, MN	38:13	1:19:43	1:19:45	6:25
52	4	M40	Chris Bowers, 42, Ottumwa, IA	39:53	1:20:10	1:20:17	6:27
53	5	M17	Sam Read, 19, Marion, IA	42:19	1:20:17	1:20:33	6:28
	9	W20	Angie Berry, 23*, Indianola, IA		1:20:26	1:20:27	6:28
54	12	M20	Gregory Bell, 24, Latimer, IA	38:06	1:20:37	1:20:45	6:29
55	16	M25	Eric McComb, 26, Cedar Falls, IA	39:14	1:20:38	1:20:38	6:29
56	13	M20	Brandon Clough, 20, Marshalltown, IA	42:45	1:20:51	1:20:58	6:30
57	1	JrM	Ben Anderson, 16, Clive, IA	39:08	1:21:07	1:21:13	6:32
58	14	M20	Jacob Waddingham, 21, Tyler, TX	40:17	1:21:10	1:21:17	6:32
59	10	M30	Tony Ekman, 30, Des Moines, IA	39:45	1:21:13	1:21:14	6:32
60	8	M35	Chris Brooks, 39, West Des Moines, IA	39:37	1:21:16	1:21:20	6:32
61	11	M30	Lance Gunkel, 32, Clive, IA	40:34	1:21:17	1:21:22	6:32
62	15	M20	Tanner Linden, 21, Polk City, IA	42:21	1:21:22	1:21:39	6:33
63	1	M55	Dave Johnson, 56, Harvard, NE	39:08	1:21:25	1:21:25	6:33
64	17	M25	Scott Brown, 28, Des Moines, IA	39:48	1:21:25	1:21:28	6:33
10	2	W35	Kiersten Hathaway, 35*, Panora, IA	39:29	1:21:27	1:21:29	6:33
11	4	W30	Colleen Webb, 34*, Des Moines, IA	41:06	1:21:27	1:21:30	6:33
65	2	M50	Jim Quigley, 53, Johnston, IA	40:03	1:21:28	1:21:32	6:33
66	12	M30	Matthew McDermott, 33, West Des Moines, IA	41:05	1:21:44	1:21:48	6:35
67	16	M20	John Collier, 22, West Des Moines, IA	41:36	1:22:01	1:22:08	6:36
68	13	M30	Dan Gilliatt, 32, Winterset, IA	41:06	1:22:07	1:22:10	6:36
69	18	M25	Darin Schuknecht, 29, Pella, IA	38:47	1:22:13	1:22:15	6:37
70	2	M55	Paul Kmiecik, 58, Middleton, WI		1:22:14	1:22:17	6:37
71	5	M40	Scott Sterrett, 42, Cedar Falls, IA	41:04	1:22:18	1:22:24	6:37
72	19	M25	Joe Koenigs, 29, West Des Moines, IA	41:33	1:22:26	1:22:31	6:38
73	17	M20	John Venner, 22, Boone, IA	43:28	1:22:38	1:23:43	6:39
74	20	M25	Andrew Minear, 25, Bondurant, IA	37:39	1:22:39	1:22:40	6:39
75	6	M40	Jason Wentworth, 40, Urbandale, IA		1:22:39	1:22:45	6:39
76	7	M40	Scott Jones, 40, Ankeny, IA	41:08	1:22:47	1:22:51	6:40
77	3	M50	Keith Fevold, 53, Johnston, IA	40:50	1:22:49	1:22:54	6:40
78	2	M45	Jeff Anker, 47, Polk City, IA	40:28	1:22:51	1:23:03	6:40
79	14	M30	John Hindley, 32, West Des Moines, IA	40:54	1:22:55	1:23:00	6:40
80	15	M30	Eric Weiford, 33, Ankeny, IA	40:26	1:22:59	1:23:05	6:41
81	18	M20	Eric Hoff, 24, Ankeny, IA	41:14	1:23:04	1:23:10	6:41
82	19	M20	Nathan Wiemers, 20, West Des Moines, IA	43:40	1:23:06	1:23:27	6:41
12	1	W45	Bonnie Sons, 45*, Shorewood, MN	40:45	1:23:10	1:23:12	6:41
13	3	W35	Jenny Schulze, 38*, Clive, IA	41:35	1:23:17	1:23:22	6:42
14	5	W30	Jennifer Vande Vegte, 33*, Sioux Center, IA				
			41:28	1:23:21	1:23:29	6:42	
83	6	M17	Calvin Kibby, 19, Ankeny, IA		1:23:34	1:23:36	6:43
84	21	M25	Justin Stanek, 29, Normal, IL	41:03	1:23:41	1:23:55	6:44
85	8	M40	Brett Christensen, 40, Clive, IA	41:37	1:23:42	1:23:42	6:44
86	22	M25	Zach Cloe, 29, Cedar Rapids, IA	42:08	1:23:50	1:23:59	6:45
87	9	M35	Matt Oleson, 35, West Des Moines, IA	41:29	1:23:52	1:23:57	6:45

88	3	M45	Rob Beaver, 47, Johnston, IA	41:38	1:23:55	1:24:00	6:45
89	20	M20	Erik Jolivet, 21, Garner, IA	42:21	1:23:58	1:24:15	6:45
15	1	W17	Alana Enabnit, 17*, Clear Lake, IA	40:05	1:23:59	1:24:09	6:45
90	9	M40	Lance Bergeson, 42, Des Moines, IA	41:18	1:24:08	1:24:10	6:46
91	16	M30	Colin Greenan, 34, Ames, IA	42:30	1:24:15	1:24:25	6:47
92	10	M35	Mike Halde, 35, Ankeny, IA	41:57	1:24:23	1:24:37	6:47
93	21	M20	Brett Rosauer, 20, Urbandale, IA	42:53	1:24:24	1:24:40	6:47
94	7	M17	Sam Burt, 19, Des Moines, IA	42:45	1:24:27	1:24:35	6:48
95	22	M20	Andrew Hamer, 21, Murray, IA	42:45	1:24:27	1:24:35	6:48
96	17	M30	J Scott Ingersoll, 33, Ankeny, IA	41:57	1:24:30	1:24:43	6:48
97	11	M35	Tim Roetman, 38, Johnston, IA	42:25	1:24:31	1:24:41	6:48
98	4	M45	Patrick McGowan, 47, Urbandale, IA	42:38	1:24:33	1:24:41	6:48
99	10	M40	Maury Clark, 41, Norwalk, IA		1:24:34	1:24:43	6:48
100	11	M40	Murry Mente, 44, Tipton, IA	40:49	1:24:36	1:24:44	6:48
101	18	M30	Quinn Stamp, 31, Lisbon, IA	42:01	1:24:37	1:25:00	6:48
102	5	M45	Todd Haugen, 48, Story City, IA	40:39	1:24:38	1:24:41	6:49
103	19	M30	Ryan Fye, 33, Clive, IA	42:38	1:24:43	1:24:51	6:49
104	23	M25	Ross Kilgore, 26, Coralville, IA	42:20	1:24:45	1:24:45	6:49
16	6	W30	Michelle Paxton, 34*, Lincoln, NE	42:37	1:24:47	1:24:53	6:49
105	6	M45	Steve Younker, 45, Mason City, IA	40:39	1:24:49	1:24:49	6:49
106	23	M20	Justin Perkins, 20, Auburndale, FL	41:04	1:24:51	1:24:55	6:50
107	24	M25	Matthew Niemann, 27, Elkhart, IA	41:02	1:24:51	1:25:06	6:50
108	24	M20	Tyler Irving, 23, Des Moines, IA	41:06	1:24:52	1:24:57	6:50
109	20	M30	Nathan Wenck, 34, Carroll, IA	43:27	1:24:53	1:25:22	6:50
110	8	M17	Andrew Mayes, 17, Ames, IA	41:08	1:24:56	1:25:25	6:50
111	21	M30	Gregg Hennigan, 33, Coralville, IA	43:24	1:25:02	1:25:06	6:50
17	3	W20	Ellie Neubauer, 22*, Decorah, IA	43:46	1:25:06	1:25:36	6:51
112	22	M30	Robert Volp, 32, West Des Moines, IA	42:01	1:25:07	1:25:17	6:51
113	25	M20	John Verre, 23, West Des Moines, IA	41:10	1:25:08	1:25:14	6:51
114	12	M35	Adam Albright, 35, Des Moines, IA	41:56	1:25:08	1:25:17	6:51
18	2	W40	Christine Price, 42*, Des Moines, IA	42:02	1:25:15	1:25:19	6:52
115	25	M25	Chris Holman, 27, West Des Moines, IA	40:40	1:25:15	1:25:21	6:52
19	4	W35	Trisha Schlick, 37*, Ames, IA	41:41	1:25:20	1:25:25	6:52
116	9	M17	Zac Wiemers, 18, West Des Moines, IA	43:40	1:25:20	1:25:41	6:52
117	12	M40	Mark Timmerman, 41, Indianola, IA	41:53	1:25:23	1:25:35	6:52
118	13	M40	Luigi Calviello, 40, West Des Moines, IA	42:14	1:25:30	1:25:36	6:53
119	23	M30	Jason Frederick, 34, Waukee, IA	41:39	1:25:30	1:25:35	6:53
120	3	M55	Paul Braunschweiler, 59, Omaha, NE	41:36	1:25:32	1:25:33	6:53
121	7	M45	Steve Gorman, 49, Council Bluffs, IA	42:06	1:25:37	1:25:48	6:53
122	26	M20	Ryan Schafbuch, 23, Ames, IA	40:45	1:25:41	1:25:46	6:54
123	27	M20	Brent Westphal, 22, Urbandale, IA	40:53	1:25:43	1:25:50	6:54
124	24	M30	Jack Johnson, 30, Des Moines, IA	42:39	1:25:46	1:25:52	6:54
125	26	M25	Zach Johnson, 29, Grimes, IA	42:39	1:25:52	1:25:58	6:55

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126	28	M20	Bart Zimmer, 23, Adair, IA	43:25	1:25:55	1:26:55	6:55
20	2	W17	Andrea Toppin, 18*, Clear Lake, IA	41:15	1:25:59	1:26:08	6:55
127	10	M17	Daniel Rediske, 19, Waverly, IA	42:22	1:26:07	1:26:23	6:56
128	4	M50	Rob Gillum, 50, Des Moines, IA	42:24	1:26:15	1:26:25	6:56
129	8	M45	Bob Brooker, 48, Cedar Rapids, IA	41:29	1:26:16	1:26:26	6:56
130	29	M20	Stephen March, 20, Atlantic, IA	41:36	1:26:21	1:26:27	6:57
131	11	M17	Tyler Krpan, 17, Indianola, IA	41:50	1:26:28	1:26:50	6:57
132	25	M30	Travis Ripperger, 33, Waukee, IA	41:38	1:26:31	1:26:40	6:58
133	14	M40	Matt Anderson, 41, Des Moines, IA	42:41	1:26:33	1:26:36	6:58
134	13	M35	Shawn Miller, 39, Des Moines, IA	43:22	1:26:36	1:26:49	6:58
135	12	M17	Taylor Burkhead, 17, Urbandale, IA	41:58	1:26:37	1:26:49	6:58
21	7	W30	Yelena Nanaziashvili, 30*, Clive, IA	43:22	1:26:37	1:26:50	6:58
136	26	M30	Tim Vos, 32, Ankeny, IA	41:36	1:26:38	1:26:47	6:58
137	15	M40	David Reid, 44, Fairfax, IA	40:55	1:26:44	1:26:47	6:59
138	4	M55	Willie Lahart, 58, Newton, IA	42:53	1:26:53	1:26:58	6:59
139	30	M20	Alec Johnson, 20, Audubon, IA	42:20	1:26:53	1:27:14	6:59
140	27	M25	Jared Otte, 29, Waukee, IA	43:12	1:26:54	1:26:54	6:59
141	31	M20	Nathan Boes, 24, Madrid, IA	41:28	1:26:55	1:27:01	7:00
142	2	JrM	Connor Westlake, 15, Johnston, IA	41:58	1:26:57	1:27:08	7:00

143	32	M20	Daniel Schmidt, 22, Maryville, MO	44:20	1:26:57	1:27:34	7:00
144	16	M40	Ken Wright, 42, Cedar Rapids, IA	42:05	1:26:59	1:27:08	7:00
145	9	M45	John Feller, 47, Ames, IA	42:25	1:27:06	1:27:12	7:00
146	10	M45	Kyle Weuve, 45, Urbandale, IA	42:50	1:27:08	1:27:08	7:01
147	17	M40	Brian Palmer, 42, Des Moines, IA	44:16	1:27:09	1:27:38	7:01
148	5	M55	Bob Grote, 57, West Des Moines, IA	42:35	1:27:12	1:27:14	7:01
	22	8	W30 Tamara Nelson, 31*, Iowa City, IA		1:27:12	1:27:30	7:01
149	18	M40	Travis Clatt, 40, Indianola, IA	42:35	1:27:14	1:27:23	7:01
150	28	M25	Kaleb Pergande, 27, Marshalltown, IA	44:03	1:27:16	1:27:40	7:01
151	11	M45	Troy Zeleznik, 48, West Des Moines, IA	42:21	1:27:16	1:27:22	7:01
152	29	M25	Joseph Fuller, 27, Peoria, IL	43:12	1:27:16	1:27:25	7:01
153	12	M45	Brian Willem, 49, Urbandale, IA	42:56	1:27:19	1:27:28	7:01
154	33	M20	Taelor Bohnsack, 21, Wilton, IA	42:17	1:27:20	1:27:43	7:02
155	14	M35	Greg Wilkening, 38, Des Moines, IA	41:44	1:27:21	1:27:31	7:02
156	34	M20	Jason Sorn, 24, Shawnee, KS	41:08	1:27:29	1:27:37	7:02
157	19	M40	Jim Hagelie, 43, Waukee, IA	43:37	1:27:30	1:27:51	7:02
158	27	M30	Ryan McIntosh, 30, Urbandale, IA	43:23	1:27:32	1:28:07	7:03
159	35	M20	Alex Driesen, 22, Bennington, NE	40:11	1:27:33	1:27:35	7:03
160	30	M25	Cody Edwards, 25, Iowa City, IA	44:34	1:27:40	1:28:13	7:03
161	15	M35	Matthew Wilson, 36, Clive, IA	42:12	1:27:42	1:27:54	7:03
	23	5	W35 Melissa Bruhl, 39*, Ankeny, IA		42:56	1:27:44	7:03
162	36	M20	Justin Noel, 21, Ankeny, IA	43:43	1:27:44	1:28:15	7:04
163	37	M20	Luke Pint, 20, Ames, IA	44:17	1:27:44	1:28:13	7:04
164	16	M35	Kevin Barnes, 39, Indianola, IA	42:08	1:27:52	1:27:56	7:04
165	13	M17	Carter Oliver, 19, Woodbine, IA	43:11	1:27:53	1:28:17	7:04
166	17	M35	James Krzak, 36, Roselle, IL	44:26	1:27:58	1:28:43	7:05
167	3	JrM	Wick Cunningham, 16, Knoxville, IA	41:49	1:28:02	1:28:06	7:05
168	38	M20	Greg Mullen, 23, Des Moines, IA	44:13	1:28:02	1:28:11	7:05
169	18	M35	Jarid Downey, 38, Indianola, IA	42:35	1:28:04	1:28:13	7:05
170	14	M17	Joel Veencamp, 18, Madrid, IA	41:48	1:28:07	1:28:13	7:05
171	15	M17	Daniel Jensen, 19, Urbandale, IA	42:53	1:28:07	1:28:23	7:05
172	28	M30	Derrick Flippin, 33, West Des Moines, IA	44:40	1:28:16	1:28:26	7:06
173	31	M25	Chad Rinehart, 28, West Des Moines, IA	42:52	1:28:23	1:28:31	7:07
174	16	M17	Joshua Hill, 19, Overland Park, KS	44:40	1:28:30	1:28:55	7:07
175	29	M30	Iurii Fedirko, 34, Des Moines, IA	42:06	1:28:33	1:28:41	7:07
176	32	M25	Jon White, 27, Arlington, VA	42:32	1:28:34	1:28:43	7:08
177	20	M40	Gregory Airhart, 40, Des Moines, IA	42:50	1:28:38	1:28:58	7:08
178	17	M17	Tyler Walker, 17, Centerville, IA	45:03	1:28:38	1:29:14	7:08
179	21	M40	Steve Zimmer, 42, Waukee, IA	43:27	1:28:38	1:28:46	7:08
180	39	M20	Dustin Wheatley, 21, Swisher, IA	44:39	1:28:49	1:29:14	7:09
181	22	M40	Mark Fahrenkrug, 40, Waukee, IA		1:28:50	1:28:55	7:09
182	19	M35	Andrew Johnson, 38, Urbandale, IA	44:00	1:28:51	1:29:10	7:09
183	40	M20	Luke Belzer, 20, Ames, IA	44:40	1:28:53	1:29:18	7:09
184	20	M35	Baloun Gene, 35, Des Moines, IA	42:39	1:28:53	1:28:57	7:09
185	30	M30	Ben Garrett, 30, Des Moines, IA	45:34	1:28:55	1:29:07	7:09
186	23	M40	Matt Tullis, 43, Marshalltown, IA	43:23	1:28:56	1:29:02	7:09
187	21	M35	Tim Mills, 38, Des Moines, IA	45:10	1:28:59	1:29:46	7:10
188	22	M35	Brian Kirschling, 38, Iowa City, IA	43:15	1:29:00	1:29:12	7:10
189	33	M25	Jason Nuckolls, 26, Altoona, IA	41:24	1:29:04	1:29:09	7:10
190	13	M45	Rob Mosher, 47, West Des Moines, IA	43:30	1:29:06	1:29:20	7:10
191	34	M25	Jeremy Arickx, 26, Ankeny, IA	43:23	1:29:09	1:29:30	7:10
192	35	M25	Clete Younger, 29, Cedar Rapids, IA	42:39	1:29:10	1:29:16	7:10
193	5	M50	Randy Brecht, 50, Middle Amana, IA	44:02	1:29:13	1:29:24	7:11
194	24	M40	Peter Hill, 40, Ankeny, IA	44:36	1:29:13	1:29:24	7:11
195	41	M20	Michael Ellerman, 20, Ames, IA	45:35	1:29:15	1:31:07	7:11
196	18	M17	Thad Subra, 17, Polk City, IA	42:13	1:29:16	1:29:29	7:11
197	4	JrM	Jack Sackett, 15, Des Moines, IA	45:54	1:29:16	1:32:43	7:11
198	23	M35	Phil Waltermire, 39, Garwin, IA	45:33	1:29:17	1:30:47	7:11
199	14	M45	Chuck Fritz, 46, Clive, IA	43:51	1:29:20	1:29:30	7:11
200	25	M40	Dan Henderson, 40, Ankeny, IA	44:36	1:29:23	1:29:35	7:11
201	36	M25	Adam Wolf, 26, North Liberty, IA	42:55	1:29:24	1:31:06	7:12
202	6	M50	Steve Falck, 53, Des Moines, IA	43:09	1:29:28	1:29:38	7:12
203	31	M30	Joe Lahart, 32, Cedar Rapids, IA	42:54	1:29:28	1:29:34	7:12
204	32	M30	Troy Shoen, 33, Huxley, IA		1:29:31	1:29:44	7:12
205	33	M30	Richard Bell, 30, West Des Moines, IA	44:04	1:29:32	1:29:40	7:12

206	15	M45	Greg Skopec, 49, Coralville, IA	42:48	1:29:34	1:29:37	7:12
207	37	M25	Clinton Halverson, 29, Cumming, IA	44:07	1:29:35	1:30:03	7:12
208	5	JrM	Harry Freund, 15, West Des Moines, IA	45:11	1:29:35	1:30:00	7:12
	24	3	W25	Julie Johnston, 27*, Cedar Rapids, IA		1:29:39	7:13
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210	34	M30	Marcus Wilcke, 30, Ankeny, IA	44:18	1:29:43	1:30:02	7:13
211	38	M25	Bradley Grefe, 25, Granger, IA	44:17	1:29:46	1:31:02	7:13
212	25	M35	Gene Solis, 36, Prior Lake, MN	44:11	1:29:47	1:30:08	7:13
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214	16	M45	David Cook, 49, Wilton, IA	44:30	1:29:55	1:30:17	7:14
215	26	M35	Elmir Karajica, 37, Ia, IA	45:15	1:29:55	1:30:03	7:14
216	39	M25	Benjamin Ross, 29, Des Moines, IA	45:12	1:30:06	1:30:15	7:15
217	35	M30	Chad Till, 33, Johnston, IA	45:06	1:30:06	1:30:15	7:15
218	8	M50	Donald Warbritton, 52, Cedar Falls, IA		1:30:11	1:30:25	7:15
	25	6	W35	Mary Landhuis, 38*, Clarinda, IA	44:25	1:30:12	7:15
219	40	M25	Blake Utley, 28, Ft. Dodge, IA	43:39	1:30:14	1:30:34	7:16
220	36	M30	James Clevenger, 32, West Des Moines, IA	44:09	1:30:27	1:30:49	7:17
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223	37	M30	Nate Cloe, 31, Des Moines, IA	45:00	1:30:28	1:30:38	7:17
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227	39	M30	Jeff Boggs, 30, Charition, IA	41:53	1:30:38	1:30:44	7:17
228	9	M50	Jim Wyble, 50, West Des Moines, IA	45:24	1:30:40	1:30:57	7:18
229	28	M35	Nate Strickler, 36, Grimes, IA	45:24	1:30:40	1:30:57	7:18
230	40	M30	Jason Hamilton, 34, Fort Dodge, IA	45:00	1:30:46	1:31:20	7:18
	28	4	W25	Lacey Worth, 27*, Iowa City, IA	44:39	1:30:47	7:18
	29	9	W30	Donna Weeda, 32*, LeClaire, IA	46:08	1:30:52	7:19
231	26	M40	Curtis Downs, 42, Des Moines, IA	44:00	1:30:54	1:31:11	7:19
232	10	M50	Randy Wadle, 52, Newton, IA	44:15	1:30:57	1:31:17	7:19
233	6	JrM	Paul Kiekhaefer, 16, Jefferson City, MO	46:14	1:30:58	1:31:31	7:19
234	42	M25	Eric Rowley, 29, Des Moines, IA	46:51	1:31:01	1:33:03	7:19
235	29	M35	Russ Flug, 37, Waukee, IA	43:10	1:31:06	1:31:10	7:20
236	30	M35	David Larson, 39, West Des Moines, IA	45:13	1:31:06	1:31:19	7:20
237	31	M35	Steve Houg, 36, West Des Moines, IA	44:14	1:31:07	1:31:12	7:20
238	43	M25	Josh August, 28, West Des Moines, IA	43:27	1:31:09	1:31:25	7:20
239	41	M30	Wesley Cottier, 34, Boone, IA	43:28	1:31:11	1:31:11	7:20
	30	4	W40	Lupe Thomason, 43*, Clive, IA	43:49	1:31:11	7:20
240	32	M35	Andrew Lovett, 37, Pensacola, FL	43:28	1:31:12	1:31:12	7:20
	31	10	W30	Megan Miller, 32*, Iowa City, IA	44:00	1:31:13	7:20
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242	42	M30	Peter Carter, 31, Marshalltown, IA	44:12	1:31:13	1:33:45	7:20
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245	27	M40	Michael Strief, 41, Urbandale, IA	44:13	1:31:15	1:31:29	7:20
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250	20	M45	Alan Alberto, 46, Clive, IA	46:10	1:31:28	1:31:42	7:22
251	21	M45	Pat Dunn, 45, Norwalk, IA	47:12	1:31:32	1:32:32	7:22
252	22	M45	Joe DuPre, 47, Pella, IA	46:02	1:31:34	1:31:58	7:22
253	23	M45	Danny Randall, 48, Osage, IA	43:09	1:31:36	1:32:01	7:22
254	29	M40	Chad Forde, 43, Atlantic, IA	45:42	1:31:40	1:31:51	7:22
	32	5	W20	Kalyn Kruckenberg, 20*, Mason City, IA	45:37	1:31:42	7:23
255	44	M20	Trenton Roehlk, 24, Cedar Falls, IA	45:31	1:31:43	1:32:02	7:23
256	30	M40	Tim Lundberg, 42, Urbandale, IA	42:54	1:31:47	1:31:57	7:23
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258	44	M30	Michael Morain, 32, Des Moines, IA	47:37	1:31:51	1:35:55	7:23
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	33	5	W25	Jessica Schroeder, 25*, Urbandale, IA	44:45	1:31:56	7:24
260	34	M35	Michael Carr, 38, Ames, IA	46:00	1:32:03	1:32:19	7:24

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262	45	M20	Kody Waldstein, 21, Gilbert, IA	45:26	1:32:04	1:32:24	7:24
263	45	M25	Eric Henderson, 28, Naperville, IL	42:52	1:32:06	1:32:43	7:25
264	11	M50	Mark Seaman, 51, West Des Moines, IA	45:26	1:32:06	1:32:25	7:25
34	6	W20	Sara Hendrickson, 24*, Des Moines, IA	44:28	1:32:07	1:32:16	7:25
265	24	M45	K F. Headley, 49, Urbandale, IA	44:55	1:32:07	1:32:13	7:25
266	46	M20	John Veencamp, 20, Madrid, IA	41:48	1:32:10	1:32:17	7:25
267	12	M50	Tim Fyfe, 53, Clear Lake, IA	46:47	1:32:12	1:32:21	7:25
35	6	W25	Stephanie Mortenson, 29*, Urbandale, IA	47:48	1:32:13	1:32:34	7:25
268	45	M30	Matt Struecker, 32, Knoxville, IA	45:20	1:32:15	1:33:10	7:25
269	33	M40	Rick Trueman, 44, Plymouth, MN	44:32	1:32:18	1:32:39	7:26
270	34	M40	Jared Hicks, 43, Marion, IA	45:34	1:32:21	1:33:00	7:26
271	46	M25	Andrew Salgado, 28, Des Moines, IA	44:52	1:32:21	1:32:30	7:26
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273	35	M40	Lynn Hicks, 42, Des Moines, IA	44:59	1:32:23	1:32:52	7:26
274	35	M35	Darin Dowling, 37, Des Moines, IA	42:50	1:32:25	1:33:02	7:26
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277	13	M50	Craig Edmondson, 51, Boone, IA	45:58	1:32:35	1:32:42	7:27
278	47	M30	Nick Elliott, 31, Des Moines, IA	46:53	1:32:36	1:33:28	7:27
279	8	JrM	Keegan Gormally, 16, Fort Dodge, IA	45:27	1:32:42	1:33:15	7:27
280	48	M30	David Warner, 30, Eagan, MN	46:19	1:32:42	1:33:23	7:28
281	47	M25	Karl Niggemeyer, 29, Iowa City, IA	47:02	1:32:42	1:33:38	7:28
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285	49	M25	Dave Baitinger, 29, Ankeny, IA	43:15	1:32:53	1:33:08	7:28
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287	36	M35	Paul Stover, 36, Ankeny, IA	45:52	1:32:55	1:33:07	7:29
288	26	M45	John Kelly, 46, Overland Park, KS	46:21	1:32:55	1:33:32	7:29
289	21	M17	Richard Ludwig, 18, Fort Dodge, IA	45:39	1:32:59	1:33:32	7:29
290	36	M40	Eric Welch, 42, Woodward, IA	44:52	1:33:01	1:33:10	7:29
291	27	M45	Jeff Farrell, 47, Urbandale, IA	45:42	1:33:02	1:33:23	7:29
292	50	M30	Caleb Brown, 30, Des Moines, IA	43:56	1:33:03	1:33:09	7:29
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297	37	M40	Chris Ross, 44, Kellogg, IA	44:56	1:33:16	1:33:41	7:30
298	38	M40	Jeff Corcoran, 43, Des Moines, IA	45:38	1:33:17	1:33:28	7:30
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300	47	M20	Chris Kallenbach, 22, Urbandale, IA	45:35	1:33:20	1:33:36	7:31
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305	51	M25	Sean O'Hare, 29, West Des Moines, IA	45:07	1:33:24	1:33:39	7:31
306	2	M60	David Schulte, 64, Granger, IA	45:49	1:33:26	1:33:34	7:31
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308	39	M35	Daniel York, 35, Ankeny, IA	46:18	1:33:29	1:34:16	7:31
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315	53	M30	Joshua Aaron, 30, Des Moines, IA	47:30	1:33:42	1:34:26	7:32
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317	50	M20	Cory McElree, 23, Des Moines, IA	44:52	1:33:43	1:34:37	7:32
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48	1 W50	Tricia McClain, 54*, Altoona, IA	47:21	1:34:35	1:35:39	7:37
348	24 M17	Dillon Schloerb, 18, Clive, IA	50:01	1:34:35	1:35:12	7:37
349	33 M45	Marcus Dunn, 47, Clive, IA	48:51	1:34:36	1:34:57	7:37
49	14 W30	Mindi Decker, 31*, Des Moines, IA	46:24	1:34:38	1:34:48	7:37
350	61 M30	Gary Jensen, 32, Adel, IA	44:52	1:34:39	1:34:42	7:37
351	34 M45	Robert Larson, 48, Jefferson, IA	46:57	1:34:40	1:34:57	7:37
352	55 M20	Todd Thorson, 23, Ames, IA	47:01	1:34:40	1:36:04	7:37
353	62 M30	Michael Crouse, 31, Ankeny, IA	48:18	1:34:41	1:36:47	7:37
354	63 M30	Brent Allen, 30, Johnston, IA	47:38	1:34:44	1:35:10	7:37
355	56 M20	Jared Tee, 24, Ankeny, IA	45:58	1:34:44	1:34:47	7:37
50	10 W35	Tiffany Thompson, 36*, Logan, IA		1:34:45	1:34:58	7:37
356	10 JrM	Chandler Brunsting, 13, Hull, IA	46:02	1:34:46	1:34:55	7:37
357	64 M30	Dan Chapman, 32, Spencer, IA	46:36	1:34:48	1:35:17	7:38
358	57 M20	R J. Tursi, 24, Des Moines, IA	48:22	1:34:49	1:36:42	7:38
359	35 M45	Don Cumings, 48, Pleasant Hill, IA	45:56	1:34:50	1:34:57	7:38
360	60 M25	Jonathan Escobar, 27, Des Moines, IA	47:57	1:34:51	1:42:35	7:38
51	11 W25	Candace Kautzky, 27*, Coon Rapids, IA	46:33	1:34:52	1:35:14	7:38
52	2 W50	Patty Croonquist, 53*, Fort Dodge, IA	46:30	1:34:54	1:35:05	7:38
361	45 M35	Conrad Hanson, 35, Urbandale, IA	45:13	1:34:56	1:35:32	7:38
53	12 W25	Hedda Burnett, 29*, Ames, IA	47:24	1:34:56	1:36:59	7:38
362	46 M35	Chad Bartholomew, 39, Des Moines, IA	47:56	1:34:57	1:36:08	7:38
363	61 M25	Matt Heath, 27, Johnston, IA	47:08	1:35:00	1:35:36	7:39
364	47 M35	Deon Wingert, 37, Carroll, IA		1:35:01	1:35:29	7:39
365	58 M20	Taylor Wilkerson, 20, Adel, IA	47:06	1:35:04	1:36:21	7:39
366	3 M60	Michael Pattavina, 64, Clarinda, IA	47:04	1:35:06	1:35:50	7:39
367	16 M50	Dan Turner, 51, Nevada, IA	47:13	1:35:06	1:35:22	7:39



368	45 M40	Jeff Dirkx, 40, Grimes, IA	46:58	1:35:10	1:35:32	7:39
369	65 M30	Matt Reiter, 33, West Des Moines, IA	45:55	1:35:12	1:35:26	7:40
370	48 M35	Chris Doud, 36, Urbandale, IA	48:39	1:35:13	1:35:44	7:40
371	49 M35	Todd Fee, 36, Norwalk, IA	46:14	1:35:18	1:35:27	7:40
372	17 M50	Thomas Dooley, 50, Louisville, KY	46:08	1:35:18	1:35:41	7:40
373	25 M17	Jeff Bishop, 17, Louisville, NE	47:57	1:35:19	1:35:52	7:40
374	50 M35	Todd McGinnis, 35, Shenandoah, IA	48:32	1:35:21	1:37:22	7:40
375	46 M40	Duane Lusson, 42, Ottumwa, IA	47:37	1:35:22	1:35:42	7:40
54	5 W40	Julie Feist, 43*, Beatrice, NE	46:46	1:35:24	1:35:45	7:41
55	11 W35	Lori Knights, 38*, Polk City, IA	46:39	1:35:27	1:35:49	7:41
376	26 M17	Christopher McIntyre, 18, Indianola, IA	46:36	1:35:29	1:35:52	7:41
377	27 M17	Zachary Cain, 17, Ankeny, IA	45:17	1:35:33	1:36:11	7:41
378	66 M30	Ryan Barton, 31, Ankeny, IA	44:45	1:35:33	1:36:46	7:41
379	28 M17	Alex Coppess, 18, West Des Moines, IA	49:58	1:35:34	1:36:11	7:41
380	36 M45	Brian Kuhlmann, 46, Philadelphia, PA	47:26	1:35:34	1:36:07	7:41
381	62 M25	Greg Cregeen, 28, Ames, IA	46:51	1:35:34	1:36:20	7:41
382	67 M30	Michael O'Donnell, 32, West Des Moines, IA	49:06	1:35:37	1:37:17	7:42
383	18 M50	Marty Kenworthy, 52, West Des Moines, IA	47:18	1:35:38	1:36:17	7:42
384	63 M25	Jon Kalvig, 29, West Des Moines, IA	44:14	1:35:38	1:35:42	7:42
385	68 M30	Ryan Foley, 32, Dubuque, IA	47:29	1:35:39	1:36:28	7:42
56	12 W35	Julie Grove, 36*, Ellsworth, IA	47:29	1:35:41	1:36:13	7:42
386	51 M35	Chris Gasche, 38, Norwalk, IA	45:13	1:35:44	1:36:20	7:42
387	69 M30	Choua Sayaxang, 31, Pleasant Hill, IA	49:23	1:35:44	1:37:16	7:42
388	52 M35	Ross Eoriatti, 38, West Des Moines, IA	47:18	1:35:46	1:36:07	7:42
389	64 M25	Mark Simons, 27, Des Moines, IA	47:11	1:35:46	1:35:58	7:42
390	53 M35	Benton Frey, 38, Cedar Rapids, IA	47:36	1:35:48	1:36:38	7:42
391	47 M40	Kevin Boyle, 41, Winterset, IA	47:19	1:35:50	1:36:18	7:43
392	70 M30	Dan Schuknecht, 30, Ankeny, IA	46:47	1:35:51	1:35:58	7:43
393	19 M50	Michael Long, 51, Ames, IA	48:00	1:35:52	1:36:17	7:43
394	29 M17	Joseph Harper, 18, Des Moines, IA	45:38	1:35:54	1:36:12	7:43
395	11 JrM	Jack Catus, 14, Grimes, IA	51:38	1:35:54	1:36:40	7:43
396	65 M25	Drew Conley, 26, Ankeny, IA	47:04	1:35:55	1:36:24	7:43
397	66 M25	David Murrin-Von Ebers, 25, Des Moines, IA	48:04	1:35:56	1:37:03	7:43
398	67 M25	Eric Gubbels, 26, Des Moines, IA	45:52	1:36:02	1:36:44	7:44
399	71 M30	Ryan Bryngelson, 33, Ames, IA	46:24	1:36:05	1:36:33	7:44
400	68 M25	Gabriel Johnson, 25, Grimes, IA	46:46	1:36:07	1:37:59	7:44
401	59 M20	Jack Bush, 22, Cherokee, IA	47:06	1:36:07	1:36:51	7:44
402	30 M17	Kaleb Seaton, 19, Urbandale, IA	49:41	1:36:08	1:37:11	7:44
403	48 M40	Dennis Haney, 43, Des Moines, IA	47:33	1:36:09	1:36:28	7:44
404	37 M45	Randy Naeve, 46, Cedar Rapids, IA	48:26	1:36:10	1:39:07	7:44
405	69 M25	Levi Nichols, 27, Des Moines, IA	47:51	1:36:11	1:36:50	7:44
406	54 M35	Cade Remsburg, 38, West Des Moines, IA	44:30	1:36:12	1:36:23	7:44
407	38 M45	Scott Freeman, 49, Urbandale, IA	46:23	1:36:17	1:36:48	7:45
408	49 M40	Tim Hart, 43, Johnston, IA	46:19	1:36:20	1:36:40	7:45
57	13 W25	Erin Olson, 27*, Waukee, IA	49:02	1:36:20	1:36:56	7:45
409	50 M40	Norm Bach, 44, Marshalltown, IA	47:40	1:36:21	1:37:48	7:45
58	15 W30	Jessica Schaack, 30*, Urbandale, IA	47:28	1:36:21	1:37:05	7:45
410	39 M45	Thomas Klotzbach, 45, Decorah, IA	47:42	1:36:23	1:38:13	7:45
59	16 W30	Sara Weis, 34*, West Des Moines, IA	46:27	1:36:24	1:37:15	7:45
411	12 JrM	Daniel Lowe, 15, West Des Moines, IA	47:05	1:36:26	1:36:51	7:46
60	7 W20	Rachael Prusha, 20*, Van Horne, IA	48:44	1:36:27	1:41:24	7:46
61	14 W25	Diana Prill, 29*, Ankeny, IA	47:36	1:36:27	1:36:54	7:46
412	60 M20	Matthew Cofey, 21, Marion, IA	45:35	1:36:28	1:36:44	7:46
413	20 M50	Ken Fenton, 53, Waupaca, WI	47:39	1:36:30	1:36:55	7:46
62	8 W20	Eric Boucher, 24*, Iowa City, IA	49:32	1:36:30	1:40:24	7:46
414	70 M25	Todd Lantz, 26, Des Moines, IA	46:30	1:36:31	1:36:53	7:46
415	61 M20	Sam Erdahl, 23, Ames, IA	46:14	1:36:33	1:36:37	7:46
416	51 M40	Seth Watkins, 42, Clarinda, IA	47:03	1:36:34	1:37:18	7:46
417	40 M45	Mark Lowe, 45, West Des Moines, IA	47:05	1:36:34	1:37:00	7:46
63	13 W35	Carrie Krohn, 38*, Orange City, IA	45:22	1:36:35	1:36:45	7:46
64	17 W30	Carrie DeSotel, 30*, Cedar Rapids, IA	46:29	1:36:36	1:37:30	7:46
418	62 M20	Matt Sima, 23, Vinton, IA	47:53	1:36:38	1:37:21	7:46
419	72 M30	Joe McAwsome, 30, West Des Moines, IA	46:19	1:36:39	1:36:57	7:47
65	14 W35	Heather Douglas, 37*, Charles City, IA	47:40	1:36:42	1:37:13	7:47
420	31 M17	Jason Kenyon, 19, Muscatine, IA	50:00	1:36:43	1:37:45	7:47



421	52 M40	John P. Parker, 43, Bettendorf, IA	46:04	1:36:44	1:36:54	7:47
422	73 M30	Michael Hotze, 30, Carson, IA	46:27	1:36:44	1:36:50	7:47
66	18 W30	Katy Essing, 31*, Urbandale, IA	47:06	1:36:46	1:36:46	7:47
423	21 M50	Tim Flowers, 53, Ankeny, IA	47:02	1:36:46	1:37:28	7:47
67	15 W35	Audra Hartwigsen, 35*, Ames, IA	49:02	1:36:51	1:37:19	7:48
424	55 M35	Dave Olsen, 38, West Des Moines, IA	46:13	1:36:51	1:37:18	7:48
425	71 M25	Travis Angell, 26, Waverly, IA	48:31	1:36:52	1:37:13	7:48
68	19 W30	Krista Jepson, 31*, Clive, IA	46:21	1:36:53	1:37:23	7:48
426	63 M20	Carl Bakker, 23, Dike, IA	45:14	1:36:59	1:37:32	7:48
427	13 JrM	Tyson Wieland, 16, Johnston, IA	43:36	1:36:59	1:37:06	7:48
428	32 M17	Jeremiah Reed, 18, Otho, IA	45:08	1:36:59	1:37:21	7:48
69	15 W25	Chelsie Baumgartner, 25*, Waukee, IA		1:37:00	1:37:24	7:48
429	72 M25	Justin Rathjen, 29, Cedar Falls, IA	47:44	1:37:01	1:37:14	7:48
430	74 M30	Mark Gelbman, 31, West Des Moines, IA	47:34	1:37:01	1:37:31	7:48
431	56 M35	Jesse Wurth, 36, Urbandale, IA	48:16	1:37:01	1:38:11	7:48
432	64 M20	Danny Stark, 24, Nevada, IA	47:48	1:37:02	1:40:36	7:48
433	75 M30	Jeff Kernan, 33, Omaha, NE	46:23	1:37:03	1:37:30	7:48
434	57 M35	Tony Guerra, 39, Ankeny, IA	47:14	1:37:05	1:37:27	7:49
435	53 M40	Brent Monson, 41, Des Moines, IA	47:19	1:37:05	1:37:43	7:49
70	16 W25	Liz Mead, 28*, West Des Moines, IA	48:26	1:37:06	1:39:47	7:49
436	41 M45	Rob Doheny, 45, Clive, IA	47:09	1:37:06	1:37:37	7:49
437	58 M35	Ryan Nesbit, 36, Ankeny, IA	46:03	1:37:06	1:37:24	7:49
438	42 M45	Perry Pastir, 45, Corcoran, MN	46:29	1:37:08	1:37:28	7:49
439	54 M40	Phil Weber, 44, Norwalk, IA	47:22	1:37:08	1:37:08	7:49
440	65 M20	Jayson Ralston, 24, Fairbank, IA	44:37	1:37:09	1:37:24	7:49
71	20 W30	Summer Morgan, 34*, Algona, IA	47:44	1:37:09	1:37:40	7:49
441	73 M25	Chris Saldanha, 28, Ames, IA	46:01	1:37:10	1:37:32	7:49
442	43 M45	Graig Cone, 45, Cedar Rapids, IA	45:09	1:37:11	1:37:16	7:49
72	6 W40	Sandy Sabelka, 43*, Denver, IA	47:34	1:37:11	1:37:25	7:49
73	17 W25	Allie Hofman, 26*, Clive, IA	48:54	1:37:11	1:38:46	7:49
74	9 W20	Hannah Weiss, 22*, Dallas Center, IA	47:08	1:37:14	1:37:24	7:49
443	66 M20	Andrew Zellweger, 24, Prescott, IA	46:42	1:37:15	1:37:44	7:49
444	6 M55	Pete Sandler, 56, West Des Moines, IA	47:08	1:37:15	1:37:31	7:49
445	55 M40	Corey Carr, 41, Ankeny, IA	48:12	1:37:16	1:37:35	7:50
446	59 M35	Shawn Kleckner, 36, Ogden, IA	46:20	1:37:17	1:37:59	7:50
75	16 W35	Lori DeVries, 38*, Newton, IA	49:05	1:37:18	1:37:44	7:50
447	67 M20	Chad Gubbels, 23, Ames, IA	46:02	1:37:18	1:37:59	7:50
448	22 M50	Jeff Weeks, 51, Des Moines, IA	48:08	1:37:18	1:37:36	7:50
449	33 M17	Bobby Bonnett, 19, Indianola, IA	46:37	1:37:20	1:37:42	7:50
76	21 W30	Emily Recker, 34*, Hopkinton, IA	47:52	1:37:21	1:37:54	7:50
77	7 W40	Angie Neville, 41*, Bondurant, IA	47:31	1:37:22	1:37:49	7:50
450	76 M30	Trent Donnelly, 34, Dexter, IA	48:16	1:37:23	1:37:56	7:50
451	44 M45	Chris Admussen, 47, Urbandale, IA	48:27	1:37:24	1:37:45	7:50
452	4 M60	James Mahoney, 61, Elkhorn, NE	47:50	1:37:26	1:37:45	7:50
78	18 W25	Molly Fisher, 25*, Ottumwa, IA	48:50	1:37:26	1:38:33	7:50
453	60 M35	John Gretter, 37, Coralville, IA	49:40	1:37:27	1:38:26	7:50
454	61 M35	Stephen Heyne, 35, North English, IA	48:50	1:37:29	1:38:40	7:51
455	77 M30	Michael Wanzek, 32, Ankeny, IA	47:33	1:37:30	1:37:53	7:51
456	56 M40	Jeffrey W. Blosser, 44, West Des Moines, IA				
			47:12	1:37:30	1:38:04	7:51
79	19 W25	Diann Halverson, 28*, Ankeny, IA	49:52	1:37:33	1:38:50	7:51
457	74 M25	Pj Wiemers, 26, West Des Moines, IA	48:34	1:37:34	1:37:55	7:51
458	23 M50	Casey Showalter, 50, Altoona, IA	48:04	1:37:35	1:37:51	7:51
459	62 M35	David Bass, 36, Urbandale, IA	48:21	1:37:35	1:38:48	7:51
460	78 M30	John Walker, 33, West Des Moines, IA	49:55	1:37:36	1:38:52	7:51
461	24 M50	Tracy Robertson, 50, Independence, IA	48:07	1:37:37	1:37:59	7:51
80	20 W25	Katie Benson, 25*, Iowa City, IA	48:09	1:37:38	1:38:05	7:51
462	63 M35	Kalyan Venkatraman, 36, Johnston, IA	46:45	1:37:40	1:38:10	7:52
81	22 W30	Darla Davis, 34*, Carroll, IA	47:38	1:37:41	1:38:02	7:52
463	57 M40	Michael Guge, 40, West Des Moines, IA	48:33	1:37:41	1:38:04	7:52
464	79 M30	Adam Frederick, 32, Ankeny, IA	47:02	1:37:42	1:37:58	7:52
465	25 M50	Bill Hansen, 50, Gilbert, IA	48:05	1:37:43	1:38:40	7:52
466	80 M30	Matt Reekers, 32, Clive, IA	48:46	1:37:44	1:38:33	7:52
82	23 W30	Kristin Dyer, 32*, Indianola, Ia, Ia	48:07	1:37:45	1:38:45	7:52
467	34 M17	Nathan Donahue, 19, Des Moines, IA	49:15	1:37:46	1:39:39	7:52

468	26 M50	Jim Pippert, 54, Dysart, IA		1:37:47	1:38:42	7:52
83	21 W25	Lindsey Meyer, 26*, Storm Lake, IA	48:08	1:37:48	1:38:23	7:52
469	75 M25	Craig Crossland, 29, Urbandale, IA	48:51	1:37:49	1:38:18	7:52
84	17 W35	Mindy Capron, 35*, Monticello, IA	47:51	1:37:49	1:38:21	7:52
470	64 M35	Josh Jones, 35, Ankeny, IA	49:05	1:37:49	1:38:16	7:52
471	76 M25	John Ahrendes, 29, Provo, UT	48:34	1:37:51	1:38:40	7:52
472	65 M35	Jim White, 39, Windsor Heights, IA	49:08	1:37:51	1:38:37	7:52
473	81 M30	Steven Helgeson, 34, Jewell, IA	49:09	1:37:51	1:38:25	7:52
85	24 W30	Rachel Britten, 34*, Ames, IA	49:10	1:37:52	1:38:25	7:52
474	82 M30	Ryan Howell, 31, Des Moines, IA	48:08	1:37:52	1:38:28	7:52
475	83 M30	Luke Hannan, 31, Des Moines, IA	45:55	1:37:53	1:38:28	7:53
476	58 M40	Steven Heimbaugh, 42, Gilbert, IA	47:07	1:37:53	1:38:49	7:53
477	35 M17	Eric Burns, 19, Clive, IA	46:50	1:37:54	1:38:31	7:53
478	68 M20	Jon Raftis, 23, West Des Moines, IA	49:02	1:37:55	1:39:06	7:53
479	69 M20	Jackson Waechter, 24, Waukee, IA	46:47	1:37:56	1:38:08	7:53
480	70 M20	Kyle Polich, 23, Coralville, IA	48:16	1:37:56	1:40:21	7:53
481	45 M45	Brian Craig, 48, Armstrong, IA	47:40	1:37:58	1:38:57	7:53
86	8 W40	Cindy Elsbernd, 40*, Des Moines, IA	48:13	1:37:58	1:38:13	7:53
87	9 W40	Christina Cunningham, 40*, Knoxville, IA	45:58	1:37:58	1:38:00	7:53
482	77 M25	Shawn Harrington, 29, Des Moines, IA	47:57	1:37:59	1:38:37	7:53
483	27 M50	David Warner, 54, Des Moines, IA	47:55	1:38:01	1:38:36	7:53
484	84 M30	Matt Timmins, 33, Newton, IA	48:22	1:38:01	1:38:46	7:53
485	36 M17	James Noel, 17, Johnston, IA		1:38:02	1:38:37	7:53
486	59 M40	Doug McKinstry, 40, Polk City, IA	45:59	1:38:02	1:38:15	7:53
487	71 M20	Scott Tangen, 20, Burnsville, MN	50:55	1:38:04	1:41:29	7:53
488	85 M30	Adam Gebhart, 30, North Liberty, IA	51:35	1:38:05	1:40:06	7:53
489	5 M60	Mike May, 64, Indianola, IA	48:29	1:38:08	1:38:44	7:54
88	22 W25	Amber McLeod, 27*, Victor, IA		1:38:09	1:38:35	7:54
490	78 M25	Zak Sheeder, 26, Des Moines, IA	46:16	1:38:10	1:38:33	7:54
491	6 M60	Laurence Ruggles, 62, Tijeras, NM	48:56	1:38:10	1:38:22	7:54
492	46 M45	Tim Rasmussen, 46, Ames, IA	47:14	1:38:11	1:38:37	7:54
493	60 M40	Pat Hamilton, 44, Algona, IA	48:06	1:38:13	1:38:56	7:54
89	10 W40	Brenda O'Hare, 43*, Ankeny, IA	48:30	1:38:13	1:38:39	7:54
494	86 M30	Eric Weichers, 34, Ankeny, IA	46:42	1:38:13	1:38:41	7:54
495	79 M25	Nathan Unsworth, 26, Newton, IA	49:04	1:38:16	1:38:44	7:54
496	66 M35	Jason Plunkett, 38, West Des Moines, IA	46:35	1:38:16	1:39:26	7:54
497	87 M30	Matt Jackson, 34, Des Moines, IA	47:27	1:38:16	1:38:39	7:54
90	18 W35	Sandy Williams, 35*, Council Bluffs, IA	48:32	1:38:17	1:38:29	7:54
498	67 M35	Doug Grunst, 36, West Des Moines, IA	48:57	1:38:17	1:38:56	7:54
91	25 W30	Lisa Benton, 34*, North Liberty, IA	49:03	1:38:19	1:39:25	7:55
499	80 M25	Charles Everson, 26, Ames, IA	48:38	1:38:21	1:40:12	7:55
500	61 M40	Jon Murphy, 40, Des Moines, IA	49:19	1:38:23	1:39:16	7:55
92	11 W40	Julie Weiland, 44*, Adel, IA	47:08	1:38:23	1:38:34	7:55
501	68 M35	Mike Gehringer, 38, Urbandale, IA	44:41	1:38:23	1:38:29	7:55
502	88 M30	Adam Infante, 34, Waukee, IA	49:29	1:38:23	1:41:18	7:55
503	14 JrM	Nate Jones, 16, Indianola, IA	45:50	1:38:27	1:39:19	7:55
504	47 M45	James Loucks, 48, Sioux City, IA	49:35	1:38:27	1:44:18	7:55
505	89 M30	Matthew Hamand, 30, Cedar Rapids, IA	49:31	1:38:30	1:39:12	7:55
506	62 M40	Christopher Ristau, 40, Denver, IA	45:00	1:38:30	1:38:54	7:56
93	10 W20	Rebecca Dennis, 22*, Cedar Rapids, IA	48:32	1:38:31	1:39:42	7:56
94	23 W25	Audra Conrad, 29*, West Des Moines, IA	48:55	1:38:32	1:39:04	7:56
95	24 W25	Monica Capper, 27*, Altoona, IA	48:55	1:38:32	1:39:04	7:56
507	63 M40	Jim Cunningham, 44, Johnston, IA	47:46	1:38:33	1:39:01	7:56
96	26 W30	Audrey Bell, 31*, Polk City, IA	48:36	1:38:34	1:38:46	7:56
508	7 M55	Joe Blunk, 59, Ames, IA	47:30	1:38:40	1:39:01	7:56
97	19 W35	Jenni Barp, 37*, Johnston, IA	48:25	1:38:40	1:38:57	7:56
509	8 M55	Mark Stelmacher, 57, West Des Moines, IA	46:26	1:38:45	1:38:55	7:57
510	69 M35	Ryan Brown, 36, Ankeny, IA	46:23	1:38:46	1:39:11	7:57
511	48 M45	John DeAngelis, 46, Des Moines, IA	49:46	1:38:46	1:40:39	7:57
512	70 M35	Aaron Bewyer, 37, Urbandale, IA	49:13	1:38:46	1:39:38	7:57
513	90 M30	Andy Gould, 30, Sioux City, IA	49:08	1:38:46	1:39:18	7:57
514	71 M35	Roshan Pradhan, 38, West Des Moines, IA	50:11	1:38:48	1:41:37	7:57
515	64 M40	Dave DeCarlo, 44, West Des Moines, IA	49:30	1:38:49	1:40:06	7:57
516	72 M35	Bill Finnegan, 38, West Des Moines, IA	49:03	1:38:50	1:39:58	7:57
98	25 W25	Tanna Harshbarger, 26*, West Des Moines, IA				

			50:13	1:38:51	1:40:06	7:57	
99	2	W55	Beth Henriksen, 55*, Ames, IA	48:48	1:38:54	1:39:19	7:57
517	65	M40	Mark Folkers, 40, Urbandale, IA	48:21	1:38:54	1:39:54	7:57
100	3	W45	Melanie Anderson, 48*, Clive, IA	47:00	1:38:54	1:39:05	7:57
518	73	M35	Mike Penningroth, 39, Urbandale, IA	48:51	1:38:55	1:40:05	7:57
519	9	M55	Mark Miller, 56, West Des Moines, IA	47:41	1:38:55	1:39:15	7:57
520	28	M50	Tom Hagemann, 51, Des Moines, IA		1:38:56	1:40:03	7:58
101	12	W40	Amy Kintzle, 40*, Urbandale, IA	49:31	1:38:57	1:40:12	7:58
521	49	M45	Doug Kintzle, 46, Urbandale, IA	49:29	1:38:57	1:40:12	7:58
522	91	M30	Jon Beeman, 34, Johnston, IA	50:14	1:38:57	1:39:36	7:58
102	11	W20	Jessa Schweitzer, 23*, West Des Moines, IA	48:24	1:39:03	1:39:37	7:58
103	3	W17	Genna Tesdall, 18*, Ames, IA	49:56	1:39:03	1:40:09	7:58
523	92	M30	Nick Gifford, 30, Pleasant Hill, IA	49:27	1:39:06	1:39:22	7:58
524	74	M35	Jason Klein, 37, Des Moines, IA	50:26	1:39:08	1:40:45	7:59
525	93	M30	Jeff Johnston, 34, Clive, IA	46:28	1:39:11	1:39:28	7:59
104	4	W45	Kathy Hale, 46*, Bondurant, IA	50:16	1:39:11	1:39:55	7:59
526	66	M40	Mark Babcock, 41, Des Moines, IA	49:48	1:39:11	1:41:31	7:59
105	5	W45	Beth Schweitzer, 45*, Urbandale, IA	48:31	1:39:12	1:39:27	7:59
106	13	W40	Tami Prescott, 44*, Urbandale, IA	48:32	1:39:13	1:39:27	7:59
527	94	M30	Jason Dreckman, 32, West Des Moines, IA	50:03	1:39:13	1:39:39	7:59
107	20	W35	Jennifer Kownacki, 38*, Norwalk, IA	48:35	1:39:17	1:39:29	7:59
528	72	M20	Jake Venner, 20, Boone, IA	49:15	1:39:17	1:40:22	7:59
529	73	M20	Austin Ladd, 23, Des Moines, IA	49:39	1:39:18	1:41:59	7:59
530	10	M55	David Munn, 56, Saint Paul, MN	48:06	1:39:21	1:39:44	8:00
531	74	M20	Robert Main, 23, Des Moines, IA	49:50	1:39:22	1:40:39	8:00
532	67	M40	Doug Hanson, 40, West Des Moines, IA	49:49	1:39:22	1:40:16	8:00
533	75	M20	Chris Mann, 21, Ames, IA	46:51	1:39:25	1:39:44	8:00
534	76	M20	Mark Graeve, 21, Ankeny, IA	47:38	1:39:25	1:40:00	8:00
535	29	M50	Larry Graeve, 50, Ankeny, IA	47:38	1:39:25	1:40:00	8:00
536	75	M35	Dane Weiner, 38, Clinton, IA	49:18	1:39:28	1:39:49	8:00
108	1	JrW	Joy Ihedilionye, 13*, Des Moines, IA	48:01	1:39:29	1:39:35	8:00
537	30	M50	James Demmel, 50, Marshalltown, IA	50:17	1:39:30	1:39:50	8:00
109	27	W30	Shawna Stevenson, 32*, Kellogg, IA	49:04	1:39:31	1:39:58	8:00
538	81	M25	Brad Stockton, 27, Mason City, IA	49:51	1:39:31	1:42:14	8:00
110	21	W35	Kirstin Isenhardt, 37*, Urbandale, IA	48:28	1:39:31	1:40:19	8:00
539	77	M20	Joshua Ten Napel, 23, Leighton, IA	50:03	1:39:32	1:41:35	8:01
540	76	M35	Chris Blanchard, 38, Polk City, IA	47:15	1:39:33	1:41:01	8:01
541	78	M20	Andy Bernholtz, 22, Carroll, IA	46:59	1:39:33	1:39:58	8:01
542	95	M30	Bryan O'Neill, 33, Des Moines, IA	48:11	1:39:33	1:40:19	8:01
543	96	M30	Tom Hendricks, 34, Des Moines, IA	47:53	1:39:36	1:40:08	8:01
111	4	W17	Dawn Gildersleeve, 19*, Bondurant, IA	49:55	1:39:36	1:40:52	8:01
112	5	W17	Meredith Lockin, 18*, Clive, IA	49:55	1:39:37	1:40:53	8:01
113	6	W17	Dana Johnson, 17*, Audubon, IA	47:54	1:39:41	1:40:01	8:01
544	97	M30	Troy Schulte, 32, Sioux City, IA	49:17	1:39:41	1:40:03	8:01
545	37	M17	Stephen Today, 18, Ames, IA	49:56	1:39:41	1:40:47	8:01
546	79	M20	Colin Judd, 21, Ames, IA	49:14	1:39:41	1:40:46	8:01
547	68	M40	Doug Weih, 42, Cedar Rapids, IA	48:09	1:39:42	1:40:00	8:01
548	80	M20	Jack Stickfort, 21, Windsor Heights, IA	49:16	1:39:43	1:40:46	8:01
549	82	M25	Clint Cummings, 29, Des Moines, IA	47:53	1:39:43	1:39:49	8:01
550	81	M20	Drew Brown, 20, Urbandale, IA	49:16	1:39:43	1:40:46	8:01
551	77	M35	Kevin Thompson, 35, West Des Moines, IA	47:56	1:39:43	1:40:14	8:01
552	98	M30	Shane Gray, 31, Urbandale, IA	49:22	1:39:43	1:42:02	8:01
114	26	W25	Kristin Jennings, 26*, Cedar Rapids, IA	47:29	1:39:46	1:40:28	8:02
553	69	M40	Leon Regehr, 44, Clarinda, IA	49:55	1:39:48	1:41:21	8:02
554	31	M50	Stephen Maze, 54, Cedar Rapids, IA	47:46	1:39:48	1:40:12	8:02
555	99	M30	Jonathan Van Maanen, 30, Ames, IA	47:22	1:39:49	1:42:14	8:02
556	70	M40	Michael Nickolaus, 42, Urbandale, IA	48:39	1:39:51	1:40:22	8:02
557	50	M45	Rob Reicks, 47, Van Meter, IA	48:51	1:39:54	1:41:05	8:02
558	100	M30	Matthew Herring, 30, West Des Moines, IA	45:00	1:39:55	1:40:13	8:02
559	101	M30	Damion Spilman, 34, Ames, IA	49:09	1:39:57	1:41:10	8:02
560	32	M50	Mark Sexton, 50, Johnston, IA	48:36	1:39:57	1:40:59	8:03
561	82	M20	D Edward Wurster, 20, North Liberty, IA	49:06	1:39:57	1:41:51	8:03
562	83	M20	Alex Young, 24, Bondurant, IA	50:01	1:39:59	1:40:58	8:03
563	83	M25	Adam Mayer, 25, Osage, IA	50:32	1:40:00	1:41:54	8:03
564	84	M25	Michael Holdren, 29, Ankeny, IA	49:15	1:40:00	1:40:35	8:03

565	84	M20	Luke Klein, 23, Marshalltown, IA	46:53	1:40:00	1:41:32	8:03
566	33	M50	Rick Gubbels, 53, Des Moines, IA	46:43	1:40:01	1:40:14	8:03
567	51	M45	Andy Lumadue, 45, Clive, IA	45:39	1:40:02	1:40:10	8:03
568	85	M25	Eric Monahan, 25, Fort Dodge, IA	49:33	1:40:03	1:42:24	8:03
569	11	M55	Steve Pederson, 56, Jesup, IA	49:27	1:40:04	1:40:41	8:03
570	34	M50	Mark Kiekhaefer, 54, Jefferson City, MO	49:27	1:40:06	1:40:44	8:03
571	86	M25	Sean Blomgren, 26, Boone, IA	48:49	1:40:08	1:41:09	8:03
572	87	M25	Daniel Byrnes, 28, Grimes, IA	49:43	1:40:09	1:41:49	8:03
115	27	W25	Esmie Holderman, 26*, Des Moines, IA	47:37	1:40:09	1:40:18	8:03
573	38	M17	Stuy Blank, 17, Garner, IA	44:22	1:40:09	1:40:11	8:03
574	71	M40	Dan Brink, 40, Ankeny, IA	51:05	1:40:10	1:43:05	8:04
575	78	M35	Brian Brink, 36, Ames, IA	50:05	1:40:11	1:42:11	8:04
116	28	W30	Kyle Stepp, 32*, Des Moines, IA	46:22	1:40:12	1:41:21	8:04
117	12	W20	Andrea Wacker, 23*, Iowa City, IA	48:24	1:40:12	1:40:46	8:04
118	22	W35	Cari Rosno, 36*, Des Moines, IA	51:13	1:40:14	1:41:45	8:04
576	88	M25	Eric Gotschall, 27, Pella, IA	50:43	1:40:19	1:41:34	8:04
577	15	JrM	Kyle Read, 16, Marion, IA	50:41	1:40:19	1:42:07	8:04
119	23	W35	Tina Kafer, 35*, Jamaica, IA	47:37	1:40:20	1:40:38	8:04
120	29	W30	Jacqueline Selix, 33*, West Des Moines, IA	48:28	1:40:22	1:40:40	8:05
578	79	M35	Adam Van Dike, 36, West Des Moines, IA	51:55	1:40:24	1:41:38	8:05
579	89	M25	Nick Wadding, 28, Omaha, NE	51:45	1:40:25	1:43:02	8:05
580	52	M45	Jeff Osmundson, 46, Pleasant Hill, IA	48:06	1:40:26	1:41:02	8:05
581	35	M50	Jeff Kane, 50, Urbandale, IA	50:28	1:40:26	1:41:27	8:05
582	90	M25	Austin Baier, 25, Kansas City, MO	51:33	1:40:26	1:42:27	8:05
121	7	W17	Annie Block, 19*, Ames, IA	49:46	1:40:27	1:42:56	8:05
583	12	M55	Jon Jordan, 56, Atlantic, IA	47:46	1:40:27	1:40:33	8:05
584	36	M50	Brian Wegener, 50, Urbandale, IA	49:11	1:40:27	1:41:25	8:05
585	80	M35	Sean Soyer, 38, Ankeny, IA	52:10	1:40:27	1:41:56	8:05
122	30	W30	Amy Drefke, 30*, Ankeny, IA	48:35	1:40:29	1:41:07	8:05
586	53	M45	Darren Knopic, 48, Des Moines, IA	49:50	1:40:30	1:41:23	8:05
587	37	M50	John Justice, 51, Fort Dodge, IA	49:22	1:40:30	1:41:46	8:05
588	81	M35	Eric Fee, 37, Indianola, IA	49:49	1:40:32	1:41:39	8:05
589	102	M30	Derek Conley, 30, Ankeny, IA	47:51	1:40:34	1:41:03	8:05
590	82	M35	Dean Gieseeman, 36, Clive, IA	47:09	1:40:36	1:41:04	8:06
591	39	M17	Jake Agnitsch, 18, Ames, IA	49:31	1:40:36	1:42:07	8:06
592	85	M20	Joseph Gerant, 23, Wichita, KS	46:48	1:40:38	1:40:50	8:06
123	24	W35	Jacy Downey, 36*, Indianola, IA	50:07	1:40:39	1:41:23	8:06
593	83	M35	Steve Billingsley, 38, Des Moines, IA	47:49	1:40:39	1:41:11	8:06
124	6	W45	Laurie Kuestner, 49*, West Des Moines, IA	48:23	1:40:40	1:41:04	8:06
125	25	W35	Wendy Hanson, 38*, Urbandale, IA	49:12	1:40:40	1:41:19	8:06
594	103	M30	Jeremy Mueller, 34, West Des Moines, IA	52:05	1:40:41	1:42:16	8:06
126	31	W30	Christina Nash, 30*, Iowa City, IA	47:34	1:40:43	1:40:51	8:06
595	38	M50	Jim Hagenbucher, 51, Clive, IA	49:06	1:40:43	1:41:47	8:06
596	104	M30	David Hostetter, 33, Colfax, IA	48:37	1:40:43	1:42:45	8:06
127	32	W30	Heather Fleming, 34*, Robins, IA	50:23	1:40:44	1:41:30	8:06
597	91	M25	Aaron Heffernan, 25, Clive, IA		1:40:44	1:44:31	8:06
598	72	M40	Timothy Gootee, 41, Urbandale, IA	50:44	1:40:44	1:41:09	8:06
599	73	M40	Roger Selesky, 41, Ankeny, IA	50:44	1:40:45	1:41:09	8:06
600	54	M45	Daniel Bergman, 49, Ankeny, IA	50:25	1:40:45	1:41:26	8:06
601	40	M17	Jonathan Bach, 19, Pleasantville, IA	46:56	1:40:46	1:41:55	8:06
128	33	W30	Jayne Anderson, 31*, Des Moines, IA	48:52	1:40:47	1:41:13	8:07
602	84	M35	Chad Wiese, 37, Coralville, IA	49:45	1:40:48	1:41:01	8:07
129	13	W20	Katie Fritz, 20*, Ames, IA	47:17	1:40:50	1:41:34	8:07
603	39	M50	David Schnoes, 51, West Des Moines, IA	49:21	1:40:54	1:41:19	8:07
604	105	M30	Matthew Lozier, 34, Iowa City, IA	48:26	1:40:54	1:41:11	8:07
605	106	M30	Jim Erickson, 31, Marion, IA	46:35	1:40:55	1:41:20	8:07
606	107	M30	William Freese, 31, Ankeny, IA	49:15	1:40:57	1:41:26	8:07
607	92	M25	Jason Wells, 29, West Des Moines, IA	48:44	1:40:58	1:41:36	8:07
608	108	M30	Wesley Nyberg, 31, Ankeny, IA	48:35	1:40:58	1:41:36	8:07
130	26	W35	Sharon Landwehr, 38*, Fort Dodge, IA		1:41:01	1:41:01	8:08
131	7	W45	Carla Stoner, 48*, West Des Moines, IA	48:44	1:41:02	1:41:11	8:08
609	93	M25	Nathan Beck, 28, West Des Moines, IA	48:50	1:41:02	1:42:29	8:08
132	28	W25	Emily Pearson, 26*, West Des Moines, IA	49:51	1:41:02	1:42:40	8:08
610	94	M25	Kyle Pearson, 26, West Des Moines, IA	49:51	1:41:02	1:42:40	8:08
611	85	M35	John Jackovin, 37, Johnston, IA	48:39	1:41:03	1:41:52	8:08

612	16 JrM	Aaron Havens, 16, Des Moines, IA	49:17	1:41:03	1:44:13	8:08
613	95 M25	Tom Hosack, 26, Omaha, NE	51:12	1:41:03	1:44:02	8:08
614	109 M30	Adam Jones, 31, Grimes, IA	48:51	1:41:04	1:42:30	8:08
615	86 M20	Torry O'Brien, 20, Apple Valley, MN	50:55	1:41:05	1:44:30	8:08
616	96 M25	Jonathan Grote, 26, Ames, IA	50:39	1:41:06	1:42:54	8:08
133	27 W35	Nikki Roetman, 37*, Johnston, IA	50:11	1:41:06	1:42:11	8:08
617	97 M25	Bryan Leitzinger, 25, Des Moines, IA	48:56	1:41:07	1:42:57	8:08
134	29 W25	Kimberly Patton, 28*, North Liberty, IA	50:24	1:41:08	1:42:02	8:08
618	87 M20	Andrew Allen, 21, Des Moines, IA	47:36	1:41:08	1:41:33	8:08
135	34 W30	Angie Anderson, 31*, Sioux City, IA	52:25	1:41:12	1:42:27	8:09
136	28 W35	Christine Slania, 38*, Polk City, IA	49:11	1:41:12	1:41:44	8:09
137	14 W40	Brooke Barber, 40*, Fort Dodge, IA	51:32	1:41:12	1:42:18	8:09
138	29 W35	Kaiti Muelhaupt, 39*, Des Moines, IA	49:24	1:41:14	1:41:25	8:09
139	30 W35	Jess Heying, 35*, Waverly, IA	50:31	1:41:16	1:42:13	8:09
619	86 M35	Bikal Adhikari, 38, Des Moines, IA	50:00	1:41:18	1:44:06	8:09
620	13 M55	Denny Cahill, 57, Marshalltown, IA	50:04	1:41:18	1:43:22	8:09
140	15 W40	Beth Palmer, 42*, Des Moines, IA	50:41	1:41:19	1:43:20	8:09
621	74 M40	Black Coffee, 42, Smithville, MO	51:10	1:41:19	1:42:58	8:09
622	75 M40	Chris Barfels, 40, Clive, IA	50:26	1:41:20	1:42:02	8:09
623	87 M35	Brandon Eckardt, 38, Des Moines, IA	48:09	1:41:22	1:44:23	8:09
141	35 W30	Emily Coghlan, 33*, West Des Moines, IA	50:19	1:41:24	1:42:35	8:09
624	55 M45	Roger Mullinnix, 46, Iowa City, IA	47:47	1:41:24	1:41:51	8:09
625	98 M25	Damian Peasley, 29, Madrid, IA	42:36	1:41:24	1:41:30	8:09
626	7 M60	Timothy Olson, 60, West Des Moines, IA	49:39	1:41:24	1:42:26	8:10
142	3 W50	Rose Wignall, 50*, Creston, IA	49:23	1:41:24	1:42:10	8:10
143	30 W25	Kristen Williams, 27*, Altoona, IA	49:32	1:41:24	1:42:07	8:10
144	16 W40	Stacey Eddie, 41*, Storm Lake, IA	50:33	1:41:25	1:42:00	8:10
627	110 M30	Ryan Mott, 30, Clive, IA	48:50	1:41:25	1:42:54	8:10
145	36 W30	Erin Jansen, 30*, Ankeny, IA	49:16	1:41:26	1:41:56	8:10
628	111 M30	Charles Graham, 33, West Des Moines, IA	51:01	1:41:27	1:43:26	8:10
629	56 M45	Joe Knight, 49, Spring Green, WI	51:38	1:41:28	1:43:11	8:10
630	99 M25	Jeff McElvania, 29, West Des Moines, IA		1:41:30	1:41:53	8:10
146	31 W25	Julie Graeve, 26*, Coralville, IA	50:56	1:41:32	1:42:53	8:10
631	112 M30	William Fenske, 34, Des Moines, IA	46:58	1:41:32	1:42:29	8:10
147	32 W25	Tracy Demerath, 28*, Dubuque, IA	48:17	1:41:32	1:42:22	8:10
148	37 W30	Nicole Schultz, 32*, West Des Moines, IA	49:32	1:41:32	1:42:02	8:10
632	88 M20	Eric Queck, 20, Papillion, NE	50:32	1:41:33	1:42:23	8:10
633	88 M35	Chad Bosch, 35, Cedar Rapids, IA	51:13	1:41:34	1:42:57	8:10
634	76 M40	Mike Gardner, 41, Ankeny, IA	48:32	1:41:34	1:41:55	8:10
635	89 M35	Lance Castle, 37, West Des Moines, IA	48:31	1:41:36	1:42:13	8:10
636	8 M60	C Peter Crawford, 61, Red Oak, IA	49:55	1:41:36	1:42:32	8:10
637	40 M50	Bobby Gadams, 50, Ankeny, IA	50:37	1:41:41	1:43:14	8:11
149	38 W30	Laura Drees, 33*, Indianola, IA	51:22	1:41:41	1:43:08	8:11
638	57 M45	David Fulton, 48, Omaha, NE	50:29	1:41:41	1:42:00	8:11
150	8 W45	Karen Fulton, 45*, Omaha, NE	50:29	1:41:41	1:42:00	8:11
639	100 M25	Benjamin Judge, 26, Norwalk, IA	49:57	1:41:42	1:46:24	8:11
640	58 M45	Kevin O'Connor, 49, Des Moines, IA	50:28	1:41:43	1:43:21	8:11
151	31 W35	Melanie Allen, 37*, Eureka, MO	50:42	1:41:44	1:42:19	8:11
641	113 M30	Robert Lancaster, 31, Cedar Rapids, IA	51:54	1:41:44	1:46:23	8:11
642	90 M35	Dana Braunschweig, 36, Des Moines, IA	50:40	1:41:45	1:43:30	8:11
643	77 M40	Travis Simpson, 40, Urbandale, IA	47:35	1:41:46	1:42:15	8:11
152	14 W20	Katy Bailey, 21*, Omaha, NE	48:36	1:41:46	1:42:03	8:11
644	89 M20	Micah Hayek, 21, Ames, IA	51:46	1:41:47	1:43:26	8:11
645	59 M45	Brent Pierson, 45, Pella, IA	51:15	1:41:48	1:43:20	8:11
646	41 M50	Stewart Baldner, 50, Dallas Center, IA	49:10	1:41:48	1:42:03	8:11
647	114 M30	Jon Bergman, 33, Urbandale, IA	50:05	1:41:48	1:44:10	8:11
648	90 M20	Derek Keast, 20, Altoona, IA	47:04	1:41:48	1:43:07	8:11
649	17 JrM	Connor Wunsch, 14, Johnston, IA	51:39	1:41:50	1:42:36	8:12
650	91 M35	Jay Mathewson, 39, Sergeant Bluff, IA	49:50	1:41:52	1:42:43	8:12
651	78 M40	John Schuster, 42, Ankeny, IA	47:24	1:41:52	1:42:09	8:12
652	92 M35	Thomas Reece, 39, Desmoines, IA	51:22	1:41:53	1:47:15	8:12
153	33 W25	Ashley Maher-Widen, 29*, Windsor Heights, IA	50:31	1:41:53	1:42:57	8:12
653	60 M45	Matt Mixdorf, 46, Ankeny, IA	49:15	1:41:53	1:42:27	8:12
154	39 W30	Kathryn Wharton, 30*, Greenfield, IA	54:47	1:41:53	1:43:22	8:12

654	42	M50	Dave Kvamme, 50, West Des Moines, IA	51:18	1:41:56	1:43:54	8:12
655	101	M25	Nate Meier, 29, Ankeny, IA	47:03	1:41:56	1:42:37	8:12
155	40	W30	Memory Eltjes, 31*, Urbandale, IA	49:40	1:41:57	1:42:55	8:12
656	91	M20	Lance Wilson, 23, Des Moines, IA	47:07	1:41:57	1:42:48	8:12
657	102	M25	Matt Fevold, 26, Fort Dodge, IA	50:12	1:41:57	1:42:30	8:12
658	61	M45	Steve Schmitz, 49, Audubon, IA	48:21	1:41:58	1:42:44	8:12
659	9	M60	Mike Anthony, 60, Carlisle, IA	49:52	1:41:58	1:42:22	8:12
156	41	W30	Jennifer Childress, 31*, West Des Moines, IA	49:51	1:41:59	1:44:05	8:12
157	34	W25	Brooke Nelsen, 27*, Ringsted, IA	50:51	1:41:59	1:42:59	8:12
660	92	M20	Kyle McClain, 22, Altoona, IA	53:16	1:41:59	1:46:02	8:12
661	93	M35	Benjamin Smith, 36, Oshkosh, WI	53:05	1:42:00	1:43:22	8:12
662	115	M30	Greg Castings, 33, West Des Moines, IA	47:04	1:42:00	1:42:10	8:12
663	94	M35	Cory Sinclair, 36, Indianola, IA		1:42:00	1:42:00	8:12
158	42	W30	Jessica Rezac, 32*, Armstrong, IA	50:51	1:42:01	1:43:02	8:12
159	35	W25	Shara Coleman, 28*, Marshalltown, IA	48:59	1:42:01	1:42:48	8:12
664	116	M30	Mark Bennett, 31, Grimes, IA	45:28	1:42:02	1:42:15	8:13
160	36	W25	Analese Bell, 26*, West Des Moines, IA	49:46	1:42:02	1:43:52	8:13
665	93	M20	Dustin Bumgardner, 20, Pleasantville, IA	49:38	1:42:02	1:44:05	8:13
666	95	M35	Michael Hershberger, 39, Ankeny, IA	50:32	1:42:04	1:43:08	8:13
667	117	M30	Jason Lamping, 34, Johnston, IA	49:44	1:42:05	1:43:25	8:13
161	15	W20	Allie Marr, 24*, Des Moines, IA	50:14	1:42:06	1:42:40	8:13
668	103	M25	Jeremy Schweitzer, 28, Ames, IA	48:39	1:42:07	1:43:02	8:13
162	37	W25	Tracy Hartwig, 26*, Waterloo, IA	50:40	1:42:07	1:42:53	8:13
669	79	M40	Charles Hammer, 41, Ottumwa, IA	51:31	1:42:08	1:43:17	8:13
163	43	W30	Katie Nielsen, 31*, West Des Moines, IA		1:42:08	1:42:59	8:13
670	118	M30	Alex Juergens, 34, Norwalk, IA	46:18	1:42:08	1:42:23	8:13
671	104	M25	Andy Lester, 27, Waukee, IA	52:01	1:42:10	1:44:54	8:13
672	119	M30	Jon Olson, 33, Atlantic, IA	51:29	1:42:11	1:43:30	8:13
673	80	M40	John Krogman, 43, Atlantic, IA	51:30	1:42:12	1:43:30	8:13
674	120	M30	Derick Wilson, 34, Ankeny, IA	49:03	1:42:13	1:42:44	8:13
164	44	W30	Robyn Paulsen, 32*, Spirit Lake, IA	50:32	1:42:13	1:43:54	8:13
675	121	M30	Joseph Bell, 31, Bondurant, IA	49:22	1:42:14	1:42:48	8:14
165	2	JrW	Erin Boggess, 16*, Urbandale, IA	51:13	1:42:15	1:43:39	8:14
166	45	W30	McKenzie Johnson, 30*, West Des Moines, IA	49:33	1:42:16	1:43:00	8:14
167	46	W30	Carrie Bergman, 33*, Berkley, MI	51:07	1:42:16	1:43:28	8:14
676	43	M50	Steven Keane, 51, Cedar Rapids, IA	50:09	1:42:16	1:43:03	8:14
677	62	M45	Jay Alexander, 46, Madison, NJ		1:42:17	1:43:31	8:14
168	9	W45	Rachel Stauffer, 48*, Des Moines, IA	50:09	1:42:17	1:43:01	8:14
678	122	M30	Doug Prange, 32, Pella, IA		1:42:18	1:43:07	8:14
169	38	W25	Jenny Schulte, 29*, West Des Moines, IA	50:47	1:42:18	1:42:47	8:14
679	81	M40	John Lajoie, 43, Ankeny, IA	48:43	1:42:18	1:42:46	8:14
680	41	M17	Joshua Maguire, 19, West Des Moines, IA	50:11	1:42:18	1:43:05	8:14
681	105	M25	Jeff Stewart, 28, Cedar Falls, IA	50:06	1:42:18	1:43:56	8:14
682	96	M35	Dan Bruns, 36, Ankeny, IA	49:45	1:42:19	1:43:31	8:14
683	106	M25	Scott Tjeerdsma, 26, Pella, IA	48:30	1:42:19	1:42:40	8:14
684	63	M45	Niess Rob, 47, Osage, IA	50:12	1:42:20	1:43:08	8:14
685	107	M25	Paul Beeston, 28, West Des Moines, IA	49:49	1:42:20	1:43:10	8:14
686	108	M25	John Patton, 26, North Liberty, IA	50:24	1:42:21	1:43:15	8:14
170	39	W25	Jackie Nowack, 27*, Waterloo, IA	49:44	1:42:21	1:43:32	8:14
687	97	M35	Casey Miller, 35, Urbandale, IA	54:10	1:42:22	1:44:55	8:14
688	64	M45	Tim Leonard, 45, Coralville, IA	53:50	1:42:24	1:51:41	8:14
689	94	M20	Phillip Mykleby, 24, Lincoln, IA	49:08	1:42:25	1:47:46	8:14
171	47	W30	Kristin Carpenter, 30*, Waterloo, IA	49:14	1:42:25	1:42:41	8:14
172	32	W35	Beth McDonald, 38*, Prole, IA	47:59	1:42:25	1:42:47	8:14
690	98	M35	Keith Lyles, 36, Ankeny, IA	51:24	1:42:27	1:44:09	8:15
691	14	M55	Walter Brandt, 55, Dysart, IA	49:44	1:42:27	1:44:24	8:15
692	99	M35	Chris Spencer, 38, Moravia, IA	49:34	1:42:33	1:43:29	8:15
173	17	W40	Michelle Thornton, 41*, West Des Moines, IA	51:22	1:42:33	1:43:24	8:15
693	82	M40	Bret Braafhart, 40, Pleasant Hill, IA	50:00	1:42:34	1:44:02	8:15
694	83	M40	Roger Vincent, 43, Slater, IA	51:27	1:42:35	1:43:46	8:15
174	40	W25	Tami Bingham, 28*, Pleasantville, IA	50:41	1:42:35	1:43:20	8:15
695	15	M55	Mike Goodman, 56, Conrad, IA	50:44	1:42:35	1:43:44	8:15
175	16	W20	Courtney Bruns, 21*, Estherville, IA	48:41	1:42:36	1:43:01	8:15

696	84	M40	Scott Greenwood, 43, Des Moines, IA	47:09	1:42:37	1:42:53	8:15
176	10	W45	Cindy Gress, 47*, Bellevue, NE	49:18	1:42:38	1:43:00	8:15
697	44	M50	Todd Carter, 51, San Antonio, TX	51:01	1:42:38	1:43:39	8:15
698	123	M30	Matthew Lowe, 34, Cedar Falls, IA	50:58	1:42:38	1:44:14	8:15
699	100	M35	Brody Harms, 35, Waukee, IA	49:39	1:42:38	1:43:18	8:15
700	45	M50	Patrick Edwards, 53, Lambs Grove, IA	50:29	1:42:41	1:42:55	8:16
701	124	M30	Chris Hutchinson, 31, Ankeny, IA	48:08	1:42:41	1:43:18	8:16
177	48	W30	Jodi Van Wyk, 34*, Des Moines, IA	50:37	1:42:44	1:43:41	8:16
702	95	M20	Spencer Duncan, 24, Cedar Falls, IA	49:57	1:42:45	1:43:08	8:16
703	101	M35	Shannon McCoy, 36, Adel, IA	50:50	1:42:46	1:44:03	8:16
704	10	M60	Larry Walden, 64, Marshalltown, IA	49:52	1:42:46	1:43:06	8:16
178	49	W30	Macenzie Rubin, 33*, Ankeny, IA	49:36	1:42:48	1:43:15	8:16
179	50	W30	Michelle Streck, 31*, Sergeant Bluff, IA	49:32	1:42:48	1:43:01	8:16
705	42	M17	Trevor Lund, 18, Johnston, IA	50:06	1:42:48	1:43:35	8:16
706	46	M50	Brian Lampe, 53, Johnston, IA	52:58	1:42:49	1:43:55	8:16
707	102	M35	Michael Richardson, 36, Adel, IA	49:46	1:42:50	1:45:21	8:16
180	41	W25	Melissa Dague, 25*, West Des Moines, IA	51:02	1:42:50	1:45:19	8:16
181	42	W25	Jessica Plunkett, 29*, West Des Moines, IA	49:52	1:42:50	1:43:59	8:16
182	43	W25	Amy Roller, 27*, Des Moines, IA	52:34	1:42:51	1:43:49	8:16
708	109	M25	Justin Alt, 26, Eagle Grove, IA	47:41	1:42:52	1:43:30	8:17
709	103	M35	David Foss, 38, Pleasant Hill, IA	48:01	1:42:52	1:43:03	8:17
183	33	W35	Allison Johnson, 36*, Des Moines, IA	46:37	1:42:52	1:43:23	8:17
184	18	W40	Jill Majeres, 40*, West Des Moines, IA		1:42:53	1:45:49	8:17
185	8	W17	Lauren Maze, 19*, Cedar Rapids, IA	50:11	1:42:53	1:47:00	8:17
710	85	M40	Gilbert Garcia, 43, Topeka, KS	51:10	1:42:54	1:47:17	8:17
711	18	JrM	Austin Dunbar, 16, Van Meter, IA	51:55	1:42:56	1:49:08	8:17
712	11	M60	Del Lark, 62, Des Moines, IA	51:38	1:42:56	1:44:11	8:17
713	110	M25	Joel Logan, 27, Ames, IA	50:59	1:42:56	1:50:34	8:17
714	125	M30	Adam Hoffman, 30, Des Moines, IA	48:56	1:42:58	1:43:12	8:17
715	111	M25	James Vowell, 26, West Des Moines, IA		1:42:59	1:44:20	8:17
716	65	M45	Greg Anderson, 49, West Des Moines, IA	50:42	1:43:00	1:44:44	8:17
717	126	M30	Nick Roerig, 32, Clive, IA	48:01	1:43:00	1:43:31	8:17
186	44	W25	Heidi Palmer, 26*, Ankeny, IA	50:03	1:43:01	1:43:31	8:17
187	51	W30	Melissa Bishop, 30*, Cedar Rapids, IA	51:27	1:43:01	1:44:34	8:17
718	66	M45	Kent Bain, 45, West Des Moines, IA	50:55	1:43:02	1:43:47	8:17
719	43	M17	Keaton Williams, 18, Fort Dodge, IA	50:53	1:43:02	1:44:22	8:17
188	17	W20	Erin Conrad, 24*, Des Moines, IA	49:55	1:43:02	1:43:53	8:17
720	96	M20	Brooks Woolson, 20, West Des Moines, IA	50:06	1:43:04	1:43:51	8:18
721	127	M30	Bret Wyant, 31, Omaha, NE	51:35	1:43:05	1:44:22	8:18
189	18	W20	Andrea Klepper, 20*, Algona, IA	49:12	1:43:05	1:43:28	8:18
722	128	M30	Luke Bishop, 31, Cedar Rapids, IA	51:27	1:43:05	1:44:38	8:18
190	19	W20	Dianna Stiller, 24*, Williamsburg, IA	52:05	1:43:06	1:45:20	8:18
191	34	W35	Kerry Newland, 37*, Dubuque, IA	49:50	1:43:07	1:43:50	8:18
723	129	M30	Brandon Thomas, 31, Ames, IA	50:34	1:43:08	1:45:57	8:18
724	47	M50	Rusty Rustad, 54, Grafton, IA	50:16	1:43:08	1:43:56	8:18
725	12	M60	Dale Andres, 63, West Des Moines, IA	50:50	1:43:09	1:43:13	8:18
192	52	W30	Jennifer Krzak, 33*, West Des Moines, IA	51:47	1:43:09	1:44:37	8:18
193	9	W17	Avery Schmidt, 17*, Centerville, IA	49:42	1:43:09	1:43:45	8:18
726	48	M50	John Roberts, 54, Audubon, IA	51:47	1:43:10	1:46:20	8:18
194	4	W50	Nancy Willert, 54*, Nevada, IA	50:06	1:43:11	1:44:03	8:18
727	112	M25	Andy Kucksdorf, 28, Altoona, IA	49:28	1:43:11	1:43:50	8:18
728	16	M55	Paul Ruggle, 56, Newton, IA	50:28	1:43:12	1:43:27	8:18
729	97	M20	Pete Foley, 24, Marion, IA	48:33	1:43:13	1:46:23	8:18
195	35	W35	Tammy Gentry, 38*, Des Moines, IA	50:28	1:43:14	1:44:06	8:18
196	53	W30	Carrie Grant, 33*, Lincoln, NE	50:48	1:43:15	1:43:59	8:18
197	19	W40	Kristina Kercher, 42*, Waukee, IA	51:15	1:43:16	1:44:36	8:18
730	98	M20	Joseph Baker, 22, Ames, IA	50:01	1:43:16	1:44:22	8:18
731	86	M40	Kevin Sporer, 40, Ankeny, IA	51:26	1:43:18	1:45:22	8:19
732	113	M25	Nate Clapham, 27, Cedar Falls, IA	48:27	1:43:18	1:43:33	8:19
733	114	M25	Corey Ackerman, 28, Williamsburg, IA	47:51	1:43:19	1:44:00	8:19
198	36	W35	Jennifer Downe, 35*, Norwalk, IA	51:27	1:43:22	1:43:46	8:19
734	115	M25	Charles Blazeovich, 25, Arlington Heights, IL				
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199	20	W40	Cynthia Marsh-Vervaecke, 40*, Maquoketa, IA				
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736	130	M30	Joe Feldmann, 30, Des Moines, IA	52:56	1:43:23	1:47:09	8:19
200	20	W20	Christina Schiltz, 23*, Clive, IA	51:45	1:43:23	1:44:46	8:19
737	104	M35	Jason Lauterbach, 36, Newton, IA		1:43:24	1:43:35	8:19
738	17	M55	Frank Greene, 56, Cumming, IA	51:45	1:43:24	1:47:24	8:19
739	67	M45	Charlie Neibergall, 46, Urbandale, IA	51:48	1:43:24	1:44:04	8:19
740	68	M45	Tim Vipond, 45, Cedar Rapids, IA	50:14	1:43:25	1:44:17	8:19
741	69	M45	Brett Bosworth, 48, West Des Moines, IA	49:07	1:43:25	1:44:30	8:19
201	21	W20	Lauren Lichty, 23*, Parnell, IA	51:14	1:43:26	1:44:39	8:19
202	54	W30	Jessica Petersen, 30*, Panora, IA	47:14	1:43:27	1:43:39	8:19
742	131	M30	Aaron Smith, 33, Cedar Rapids, IA	50:43	1:43:28	1:44:22	8:19
743	117	M25	Cory Briggs, 29, Des Moines, IA	52:26	1:43:28	1:45:34	8:19
744	132	M30	Andy Briggs, 30, West Des Moines, IA	52:26	1:43:28	1:45:34	8:19
203	45	W25	Jill Anderson, 26*, Des Moines, IA	48:33	1:43:28	1:44:15	8:20
745	105	M35	Adam Naughton, 36, Indianola, IA	47:24	1:43:30	1:43:42	8:20
746	44	M17	Zach Orth, 17, Fort Dodge, IA	51:49	1:43:31	1:45:10	8:20
747	106	M35	Cory Recker, 36, Hopkinton, IA	47:38	1:43:31	1:44:03	8:20
748	107	M35	Adam Grier, 36, Williamsburg, IA	49:11	1:43:31	1:44:34	8:20
204	22	W20	Jessica Fohey, 24*, Iowa City, IA	52:24	1:43:32	1:46:20	8:20
749	108	M35	Tim Maiers, 36, Dubuque, IA	51:10	1:43:32	1:44:58	8:20
205	46	W25	Michelle Moeller, 27*, Ankeny, IA	51:10	1:43:32	1:45:55	8:20
206	37	W35	Amy Justiniano, 39*, Ankeny, IA	49:48	1:43:35	1:43:57	8:20
750	18	M55	Alan DiSpirito, 57, Ames, IA	51:15	1:43:35	1:45:51	8:20
751	87	M40	Jon Ferchen, 41, West Des Moines, IA	50:32	1:43:35	1:44:40	8:20
752	19	M55	Rick Long, 59, Freeport, IL	50:23	1:43:37	1:45:11	8:20
207	38	W35	Heather Miller, 35*, Urbandale, IA	53:15	1:43:38	1:44:55	8:20
753	99	M20	Brett Newendorp, 24, Pella, IA	51:01	1:43:38	1:44:53	8:20
754	118	M25	Kevin Crawford, 29, Peoria, IL	52:21	1:43:38	1:45:27	8:20
755	109	M35	Nate Ruffcorn, 38, Radcliffe, IA	53:11	1:43:38	1:45:47	8:20
756	70	M45	Scott Mortimer, 45, Cumming, IA	49:49	1:43:38	1:43:56	8:20
757	45	M17	Nathaniel Kavan, 19, Wahoo, NE	50:10	1:43:40	1:44:27	8:20
758	110	M35	Matthew Andres, 36, Ankeny, IA	48:49	1:43:41	1:43:44	8:21
208	11	W45	Wendy Foote, 45*, Waterloo, IA	51:56	1:43:41	1:45:21	8:21
209	47	W25	Jamie Nagel, 28*, Des Moines, IA	50:01	1:43:42	1:45:24	8:21
759	19	JrM	Jacob Wiemers, 15, West Des Moines, IA	47:59	1:43:42	1:44:02	8:21
760	20	M55	Steve Myrtue, 57, Chelsea, IA	51:50	1:43:44	1:45:14	8:21
761	111	M35	Stew Bevis, 36, Des Moines, IA	52:09	1:43:44	1:46:03	8:21
762	71	M45	Gil Gullickson, 49, West Des Moines, IA	50:14	1:43:45	1:44:35	8:21
763	20	JrM	Salem Hildebrandt, 14, Norwalk, IA	46:53	1:43:45	1:43:53	8:21
764	49	M50	Shawn Meighan, 51, Ankeny, IA	49:12	1:43:46	1:44:55	8:21
765	112	M35	Kevin Waddle, 37, Kirksville, MO	53:06	1:43:46	1:46:18	8:21
210	21	W40	Cristen Schipper, 40*, Clive, IA	50:13	1:43:47	1:44:25	8:21
766	100	M20	Danny Harty, 24, Ankeny, IA	48:17	1:43:47	1:43:59	8:21
211	23	W20	Kandy Thomas, 24*, Iowa City, IA	51:44	1:43:48	1:45:10	8:21
212	39	W35	Anne Hilleman, 36*, Huxley, IA	51:46	1:43:48	1:46:22	8:21
767	21	M55	Kirk Tibbetts, 56, Urbandale, IA	49:00	1:43:49	1:44:11	8:21
768	133	M30	Chaz Williamson, 32, West Des Moines, IA	49:45	1:43:49	1:46:07	8:21
213	5	W50	Gail Bormann, 53*, Waukee, IA	51:13	1:43:50	1:45:05	8:21
769	119	M25	Thang Chau, 28, Des Moines, IA	52:46	1:43:51	1:46:44	8:21
770	113	M35	Eric Anderson, 38, Webster City, IA	49:07	1:43:51	1:44:26	8:21
771	21	JrM	Scott Kruse, 14, Johnston, IA	50:06	1:43:51	1:46:01	8:21

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214	55	W30	Ellen Barrett, 30*, Des Moines, IA	51:46	1:43:53	1:44:53	8:21
774	88	M40	James O'Hara, 43, Ankeny, IA	50:09	1:43:53	1:45:15	8:22
775	89	M40	Jon M, 44, West Des Moines, IA	51:15	1:43:55	1:45:26	8:22
776	90	M40	Jeffrey Steenhoek, 40, Des Moines, IA	52:35	1:43:55	1:45:18	8:22
777	91	M40	Tom Youngwirth, 44, Windsor Heights, IA	50:53	1:43:55	1:45:23	8:22
778	50	M50	James Usgaard, 53, Urbandale, IA	50:15	1:43:56	1:45:18	8:22
779	120	M25	Jason Herrick, 29, Nashua, IA	53:15	1:43:56	1:52:49	8:22
215	48	W25	Shannon Brown, 27*, Norwalk, IA	51:28	1:43:58	1:44:23	8:22
780	101	M20	Nathan Nees, 23, Holstein, IA	50:06	1:43:59	1:45:45	8:22

781	92	M40	Richard Mockobee, 43, Norwalk, IA	50:50	1:44:00	1:44:43	8:22
782	115	M35	Chad Elkin, 35, Papillion, NE	50:36	1:44:02	1:45:09	8:22
783	13	M60	Gregory Chlebicki, 61, Des Moines, IA	53:25	1:44:02	1:44:20	8:22
784	72	M45	Brian Culich, 48, Des Moines, IA	51:27	1:44:02	1:44:26	8:22
785	102	M20	Austin March, 23, Atlantic, IA	52:42	1:44:05	1:46:46	8:22
786	22	JrM	Brody O'Tool, 16, Fort Dodge, IA	49:23	1:44:05	1:45:11	8:22
216	49	W25	Jennifer Noel, 29*, Polk City, IA	50:15	1:44:06	1:44:45	8:23
787	51	M50	David Body, 53, Polk City, IA	52:14	1:44:06	1:45:28	8:23
788	46	M17	Ty Keith, 17, Fort Dodge, IA	52:36	1:44:07	1:45:47	8:23
217	12	W45	Dee Dee Janssen, 46*, Ankeny, IA	51:36	1:44:10	1:44:24	8:23
789	93	M40	Dirk Snyder, 41, Ames, IA	55:14	1:44:11	1:49:00	8:23
790	52	M50	Michael Boyle, 50, Ankeny, IA	51:36	1:44:11	1:44:24	8:23
791	116	M35	Adam Lucas, 35, Norwalk, IA	52:56	1:44:12	1:49:11	8:23
218	56	W30	Cheryl Dralle, 33*, Des Moines, IA	51:31	1:44:14	1:46:02	8:23
792	117	M35	Ryan Person, 39, Altoona, IA	51:19	1:44:16	1:45:04	8:23
793	118	M35	Matt Clausen, 38, Urbandale, IA	52:27	1:44:16	1:46:32	8:23
794	119	M35	Jeff Jansen, 37, Ankeny, IA	49:28	1:44:17	1:44:41	8:23
795	135	M30	Jeremy Moore, 31, Des Moines, IA	50:02	1:44:17	1:45:06	8:23
796	136	M30	Jason Butler, 30, Des Moines, IA	52:03	1:44:17	1:46:17	8:23
797	94	M40	Scott Dahlstrom, 43, Ankeny, IA	47:31	1:44:17	1:45:04	8:23
798	137	M30	Andy Plathe, 34, Milford, IA	48:22	1:44:19	1:44:44	8:24
799	22	M55	Calvin Niess, 55, Little Cedar, IA	50:30	1:44:20	1:45:09	8:24
800	138	M30	Willie Crile, 34, Oskaloosa, IA	49:57	1:44:21	1:45:30	8:24
219	22	W40	Andrea Corcoran, 42*, Des Moines, IA	51:04	1:44:23	1:45:07	8:24
801	139	M30	Keith Anderson, 32, Pella, IA	51:27	1:44:25	1:46:00	8:24
220	57	W30	Amy Studer, 31*, Waukee, IA	51:56	1:44:26	1:45:42	8:24
802	95	M40	George Stock, 41, Ankeny, IA	50:07	1:44:26	1:44:51	8:24
803	73	M45	Wade Steward, 45, LeGrand, IA	50:11	1:44:26	1:44:33	8:24
804	96	M40	Marc Wallin, 40, West Des Moines, IA	51:12	1:44:27	1:45:18	8:24
221	24	W20	Betsy Knudsen, 22*, Algona, IA	52:30	1:44:27	1:45:50	8:24
805	103	M20	Tj Anderson, 22, West Des Moines, IA	50:57	1:44:27	1:45:38	8:24
806	140	M30	Kelly Krueger, 31, Lincoln, NE	53:35	1:44:28	1:46:41	8:24
807	141	M30	Luke Kloberdanz, 34, Lodi, WI	49:28	1:44:29	1:45:00	8:24
222	23	W40	Melany Shaw, 42*, Altoona, IA	53:04	1:44:30	1:45:52	8:24
223	13	W45	Amy Montgomery, 47*, Pleasant Hill, IA	50:33	1:44:31	1:44:46	8:25
224	58	W30	Heather Yost, 33*, Urbandale, IA	51:27	1:44:31	1:45:55	8:25
808	120	M35	Blake Meisenheimer, 38, Minnetonka, MN	51:36	1:44:34	1:45:57	8:25
809	74	M45	Stephen Garcia, 45, Ankeny, IA	51:46	1:44:34	1:45:31	8:25
810	121	M35	Ryan Forret, 37, Des Moines, IA	51:58	1:44:34	1:48:31	8:25
811	121	M25	Brian Riley, 26, Waukee, IA	52:31	1:44:36	1:46:42	8:25
812	122	M25	Doug Van Woert, 28, Urbandale, IA	52:31	1:44:38	1:47:16	8:25
813	47	M17	Nicholas Scallon, 18, Ames, IA	52:58	1:44:38	1:46:34	8:25
814	48	M17	Jeff Hadden, 17, Altoona, IA	47:33	1:44:39	1:45:58	8:25
225	50	W25	Lindsay Knoop, 27*, Granger, IA	53:21	1:44:39	1:46:07	8:25
226	25	W20	Tricia Davis, 23*, West Des Moines, IA	54:30	1:44:39	1:45:50	8:25
227	26	W20	Christi Donaghy, 22*, Ankeny, IA	53:14	1:44:40	1:46:15	8:25
228	40	W35	Jessica George, 35*, Johnston, IA	49:13	1:44:41	1:45:51	8:25
229	51	W25	Mackenzie Erwin, 25*, Urbandale, IA	49:13	1:44:41	1:45:51	8:25
230	52	W25	Anne Yoder, 29*, Ames, IA		1:44:42	1:46:03	8:25
231	41	W35	Nadine Woods, 38*, Johnston, IA	50:13	1:44:43	1:45:48	8:26
232	53	W25	Katie Pederson, 28*, West Des Moines, IA	51:37	1:44:43	1:46:07	8:26
233	59	W30	Laci Zimmer, 33*, Lincoln, NE	51:14	1:44:44	1:45:53	8:26
815	123	M25	David Moore, 26, Altoona, IA	53:02	1:44:44	1:48:30	8:26
816	97	M40	Clark Mitchell, 42, Clive, IA	51:55	1:44:44	1:46:06	8:26
234	42	W35	Kimberly Pope, 38*, Urbandale, IA	51:17	1:44:45	1:45:03	8:26
817	98	M40	Troy Thorson, 40, Pleasant Hill, IA	48:32	1:44:46	1:45:40	8:26
235	54	W25	Kara Colnitis, 25*, Minneapolis, MN		1:44:47	1:54:13	8:26
236	3	JrW	Samantha Garner, 15*, Peru, IA	47:04	1:44:48	1:45:08	8:26
818	142	M30	Peter Frett, 33, Des Moines, IA	52:01	1:44:48	1:47:07	8:26
237	6	W50	Candy Mullen, 54*, Marion, IA	50:48	1:44:48	1:45:01	8:26
238	55	W25	Tara Brown, 25*, Altoona, IA	52:25	1:44:48	1:45:36	8:26
819	75	M45	Michael Schulte, 46, Cedar Rapids, IA	50:49	1:44:48	1:45:01	8:26
239	24	W40	Lonni Waltermire, 44*, Garwin, IA	51:58	1:44:51	1:48:13	8:26
820	76	M45	Mark Scherer, 46, Davenport, IA	51:32	1:44:51	1:46:00	8:26
821	143	M30	Abe Miller, 34, Des Moines, IA	51:39	1:44:51	1:46:23	8:26

822	23	M55	Randy Mundt, 55, Urbandale, IA	52:44	1:44:51	1:45:46	8:26
240	27	W20	Kirsten Youngberg, 20*, Pocahontas, IA	54:42	1:44:52	1:46:56	8:26
241	10	W17	Katie Clark, 19*, Ames, IA	53:40	1:44:53	1:50:24	8:26
823	77	M45	Marty Hogan, 46, Sioux City, IA	50:03	1:44:55	1:45:45	8:26
824	53	M50	Bruce Jolivette, 54, Garner, IA	50:34	1:44:55	1:45:25	8:26
242	43	W35	Sherilyn Rittgers, 38*, Ankeny, IA	49:42	1:44:55	1:44:55	8:27
825	124	M25	Nicholas Harrison, 26, Van Meter, IA	48:24	1:44:57	1:45:52	8:27
826	144	M30	Chad Wilson, 33, Rhodes, IA	53:15	1:44:57	1:48:04	8:27
827	145	M30	Erik Niggemeyer, 33, Marshalltown, IA	53:15	1:44:58	1:45:53	8:27
828	146	M30	Scott Koch, 33, West Des Moines, IA	49:23	1:44:58	1:46:10	8:27
829	24	M55	David Gee, 59, Cedar Rapids, IA	51:23	1:44:59	1:46:25	8:27
243	14	W45	Kelly Greene, 48*, Cumming, IA	51:57	1:45:00	1:48:59	8:27
830	122	M35	Marty Mitchell, 36, Carlisle, IA	51:17	1:45:00	1:45:52	8:27
831	25	M55	Dan Beck, 55, Hills, IA	49:25	1:45:00	1:45:41	8:27
244	60	W30	Melissa Crossland, 30*, Urbandale, IA	53:53	1:45:00	1:47:29	8:27
832	123	M35	Jeremy Feitelson, 37, West Des Moines, IA	50:08	1:45:02	1:46:14	8:27
833	49	M17	Will Folkerts, 19, Chariton, IA	51:47	1:45:02	1:45:17	8:27
834	50	M17	Marcus Fardal, 17, Des Moines, IA	48:55	1:45:03	1:46:30	8:27
245	28	W20	Sarah Tighe, 23*, Jamaica, IA	52:00	1:45:03	1:46:44	8:27
246	29	W20	Alicia Johnson, 22*, Orlando, FL	51:22	1:45:04	1:46:07	8:27
835	78	M45	Scott Meyer, 46, Pella, IA	50:19	1:45:04	1:45:28	8:27
247	61	W30	Heather Rausch, 31*, New Hampton, IA	51:22	1:45:04	1:46:07	8:27
836	124	M35	Ryan Attleson, 37, Waukee, IA	53:19	1:45:04	1:46:41	8:27
248	56	W25	Nancy Altorfer, 27*, W. Des Moines, IA	51:18	1:45:04	1:46:01	8:27
837	125	M35	Marty Wolske, 38, West Des Moines, IA	51:07	1:45:05	1:45:22	8:27
249	57	W25	Katherine Lynch, 25*, Iowa, IA	51:19	1:45:05	1:46:01	8:27
838	54	M50	Scott Boever, 50, Urbandale, Ia, Ia	53:18	1:45:06	1:54:04	8:27
839	55	M50	Ron Hankins, 53, Polk City, IA	49:07	1:45:08	1:45:20	8:27
840	125	M25	Cliff Plymesser, 29, Ames, IA	52:44	1:45:08	1:47:17	8:28
841	104	M20	Wesley Holtkamp, 23, Iowa City, IA	53:07	1:45:08	1:46:40	8:28
842	126	M25	Jason Oskvig, 28, Ankeny, IA	49:08	1:45:08	1:45:56	8:28
250	30	W20	Emily Sullivan, 21*, Clive, IA	50:12	1:45:10	1:46:28	8:28
251	25	W40	Andria Nelson, 41*, Ankeny, IA	51:25	1:45:11	1:45:58	8:28
252	58	W25	Carly Thompson, 25*, Des Moines, IA	51:09	1:45:11	1:46:02	8:28
843	147	M30	Josh Turek, 32, Lawrence, KS	52:22	1:45:11	1:46:22	8:28
253	59	W25	Stephanie Majeran, 27*, Dubuque, IA	50:42	1:45:11	1:47:16	8:28
844	148	M30	Jacob Conner, 34, Clive, IA	50:11	1:45:11	1:46:03	8:28
845	149	M30	Eric Nelson, 31, Madrid, IA	49:29	1:45:12	1:47:29	8:28
254	62	W30	Jaci Ketchum, 33*, Jewell, IA	52:35	1:45:14	1:45:46	8:28
846	99	M40	Kristian Dugger, 42, Nevada, IA	51:48	1:45:15	1:46:28	8:28
847	105	M20	Ben Cole, 23, Ankeny, IA	50:58	1:45:15	1:45:39	8:28
848	23	JrM	Justin Cross, 15, Indianola, IA	46:57	1:45:16	1:45:38	8:28
849	106	M20	Chris DeZorzi, 21, West Des Moines, IA	53:07	1:45:16	1:47:37	8:28
850	14	M60	Richard Martin, 62, Ames, IA	48:58	1:45:17	1:45:22	8:28
255	4	JrW	Tiffany Christensen, 15*, Eagle Grove, IA	51:46	1:45:17	1:48:28	8:28
256	60	W25	Jill Halter, 28*, Baxter, IA	52:10	1:45:17	1:45:52	8:28
851	51	M17	Aaron Roberts, 18, Audubon, IA	51:46	1:45:17	1:48:28	8:28
852	127	M25	Paul Fisher, 29, Lombard, IL	52:18	1:45:17	1:46:57	8:28
257	44	W35	Nancy Reynolds, 35*, Atlantic, IA	52:34	1:45:19	1:46:38	8:28
853	128	M25	Josh Daggett, 29, Des Moines, IA	52:40	1:45:20	1:46:22	8:28
854	150	M30	David Ropte, 33, Des Moines, IA	51:09	1:45:22	1:46:09	8:29
258	7	W50	Diana Mickelson, 50*, Dubuque, IA	51:58	1:45:22	1:46:13	8:29
855	79	M45	Earl Smith, 45, Belleair, FL	54:33	1:45:23	1:48:58	8:29
856	126	M35	Paul Caspersen, 37, Ankeny, IA	52:10	1:45:24	1:46:39	8:29
857	80	M45	Roger Theisen, 45, Waukee, IA	54:29	1:45:25	1:47:33	8:29
259	31	W20	Susie Kuhl, 20*, Beaman, IA	54:14	1:45:25	1:46:52	8:29
858	56	M50	Loyed Hedges, 51, Des Moines, IA	48:06	1:45:26	1:45:43	8:29
859	81	M45	Edward Short, 46, Des Moines, IA	51:50	1:45:26	1:47:31	8:29
860	57	M50	Jeff Feder, 50, Norwalk, IA	49:09	1:45:28	1:46:05	8:29
260	63	W30	Carol Tesch, 34*, St Ansgar, IA	51:08	1:45:28	1:46:15	8:29
861	107	M20	Josh Otten, 20, Waukee, IA	50:20	1:45:28	1:46:30	8:29
862	82	M45	Mark Seaton, 48, Urbandale, IA	51:46	1:45:29	1:46:33	8:29
863	100	M40	Jay Fogarty, 40, Clive, IA	49:00	1:45:29	1:45:47	8:29
864	151	M30	Jeremy Ascherl, 30, Sheldon, IA	51:12	1:45:29	1:47:50	8:29
261	64	W30	Danielle Nelson, 33*, Spirit Lake, IA	49:48	1:45:29	1:47:05	8:29

262	45	W35	Sydney Leach, 36*, Johnston, IA	55:35	1:45:30	1:46:52	8:29
865	127	M35	Ross Jensen, 36, Johnston, IA	55:15	1:45:31	1:48:37	8:29
866	128	M35	Kyle Cook, 38, Clive, IA	50:37	1:45:31	1:49:21	8:29
263	3	W55	Veronica Demmel, 55*, Marshalltown, IA	51:45	1:45:31	1:45:51	8:29
867	129	M35	Tom Boettcher, 36, Des Moines, IA	51:55	1:45:32	1:47:00	8:29
868	83	M45	Gregory Pierce, 46, Kirkwood, MO	50:19	1:45:32	1:46:19	8:29
869	152	M30	Tait Smock, 31, Pella, IA	52:07	1:45:33	1:47:41	8:30
264	61	W25	Darbie Kaller, 29*, West Des Moines, IA	53:23	1:45:33	1:48:02	8:30
265	65	W30	Valerie Smock, 31*, Pella, IA	52:07	1:45:33	1:47:41	8:30
870	129	M25	Jonathan Plate, 28, Grinnell, IA	53:04	1:45:34	1:47:09	8:30
266	62	W25	Laura Stradt, 28*, Marion, IA	52:07	1:45:34	1:47:45	8:30
871	130	M25	Keegan Kult, 28, Polk City, IA	52:16	1:45:34	1:48:13	8:30
872	130	M35	Brad Seaton, 35, Iowa City, IA	49:31	1:45:35	1:46:43	8:30
873	101	M40	Todd Robran, 40, Ankeny, IA	53:03	1:45:35	1:47:41	8:30
874	58	M50	Stewart Bjorgan, 53, St Paul, MN	51:36	1:45:37	1:46:46	8:30
875	131	M35	Jake Ten Haken, 39, Hull, IA	52:06	1:45:37	1:46:35	8:30
876	131	M25	Justin Schmauss, 28, Urbandale, IA	51:35	1:45:37	1:47:58	8:30
877	26	M55	Andrzej Nosek, 59, Des Moines, IA	52:50	1:45:37	1:46:42	8:30
267	66	W30	Becky Krieg, 33*, West Des Moines, IA	51:22	1:45:38	1:46:28	8:30
268	15	W45	Kathie Madron, 48*, Oakland, IA	48:02	1:45:39	1:46:04	8:30
878	108	M20	Seth Reeve, 20, Runnells, IA	51:03	1:45:39	1:46:58	8:30
879	153	M30	Jace Bisgard, 34, North Liberty, IA	52:57	1:45:40	1:49:32	8:30
269	32	W20	Brittany Wiederin, 23*, Grimes, IA	51:51	1:45:40	1:46:37	8:30
880	102	M40	Eric Christensen, 41, Indianola, IA	53:04	1:45:41	1:47:31	8:30
270	63	W25	Julia Veltri, 25*, Lawrence, KS	50:43	1:45:41	1:46:35	8:30
881	27	M55	Jeffrey Crane, 55, West Des Moines, IA	48:51	1:45:41	1:46:24	8:30
271	26	W40	Jennifer Fejfar, 41*, Clive, IA	53:17	1:45:41	1:46:58	8:30
882	154	M30	Adam Garms, 31, St Louis, MO	53:07	1:45:41	1:47:41	8:30
272	64	W25	Erin Garms, 29*, St Louis, MO	53:07	1:45:41	1:47:42	8:30
883	132	M35	Mike Andreasen, 38, Johnston, IA	54:11	1:45:42	1:47:51	8:30
884	52	M17	Patrick Lahart, 18, Chartion, IA	51:48	1:45:43	1:45:58	8:30
273	27	W40	Lisa Klein, 42*, Des Moines, IA	51:35	1:45:43	1:46:01	8:30
274	28	W40	Jana Edwards, 43*, West Des Moines, IA	51:35	1:45:44	1:46:02	8:30
275	46	W35	Amy Alesch, 35*, Des Moines, IA	53:02	1:45:44	1:48:07	8:30
276	65	W25	Laura Etnier, 27*, Des Moines, IA	50:03	1:45:44	1:46:42	8:30
885	133	M35	John Zadorozny, 37, Dunedin, FL	51:16	1:45:45	1:46:38	8:30
886	155	M30	Jason Brehmer, 31, West Des Moines, IA	51:29	1:45:46	1:46:14	8:31
887	103	M40	Patrick Mattingly, 42, Iowa, IA	52:32	1:45:46	1:47:49	8:31
277	67	W30	Katie Olson, 34*, Ankeny, IA	51:39	1:45:47	1:46:47	8:31
888	156	M30	Cory Reierson, 30, Ames, IA	54:31	1:45:48	1:50:36	8:31
889	59	M50	Mark Brownell, 50, Ankeny, IA	52:15	1:45:49	1:46:37	8:31
278	29	W40	Natalie Hempy, 40*, Solon, IA	52:51	1:45:49	1:47:12	8:31
890	157	M30	Jake Bates, 31, Earlham, IA	51:02	1:45:50	1:47:40	8:31
891	15	M60	Sam Fisher, 62, Boone, IA	52:54	1:45:51	1:47:07	8:31
892	158	M30	Bryan Friedrichs, 32, Fort Dodge, IA	52:07	1:45:52	1:47:27	8:31
893	134	M35	Shawn Carlon, 35, Marshalltown, IA	51:51	1:45:52	1:48:11	8:31
279	33	W20	Lauren Link, 23*, Des Moines, IA	54:42	1:45:53	1:49:16	8:31
280	16	W45	Peg McMahon, 45*, Des Moines, IA	51:06	1:45:54	1:47:06	8:31
894	132	M25	Justin Kirchhoff, 25, Grimes, IA	50:33	1:45:54	1:47:14	8:31
895	135	M35	Brent L. Rickabaugh, 39, West Des Moines, IA	50:43	1:45:54	1:46:22	8:31
281	66	W25	Kara Ascherl, 26*, Cedar Falls, IA	53:50	1:45:55	1:48:16	8:31
896	84	M45	Joel Duncan, 46, Urbandale, IA	50:07	1:45:55	1:46:41	8:31
897	104	M40	Neal Smith, 44, Cambridge, IL	50:13	1:45:55	1:46:09	8:31
898	159	M30	Joseph Earp, 30, Ankeny, IA	53:10	1:45:56	1:48:48	8:31
899	85	M45	David Desing, 48, Urbandale, IA	52:28	1:45:56	1:46:30	8:31
900	105	M40	Eric Jaskolka, 40, West Des Moines, IA	52:02	1:45:57	1:48:34	8:31
901	28	M55	Michael Wheelock, 55, Ames, IA	54:05	1:45:59	1:48:25	8:32
282	8	W50	Joyce Holland, 50*, Desmoines, IA	52:52	1:45:59	1:47:50	8:32
283	11	W17	Taylor Foust, 18*, Clive, IA	52:11	1:46:02	1:49:02	8:32
284	30	W40	Michelle Carlisle, 43*, West Des Moines, IA	53:15	1:46:02	1:47:20	8:32
285	47	W35	Jacqueline Hansen, 39*, Minneapolis, MN	53:16	1:46:02	1:47:38	8:32
286	12	W17	Allie Wood, 17*, West Des Moines, IA	52:11	1:46:03	1:49:02	8:32
287	17	W45	Nadine Sechovec, 48*, West Des Moines, IA	52:14	1:46:03	1:48:05	8:32

902	160	M30	Gabe Carlson, 33, Clive, IA	52:03	1:46:04	1:47:34	8:32
903	86	M45	Cedric Siriwardena, 45, Indianola, IA	52:33	1:46:04	1:47:59	8:32
904	133	M25	Aron Bierbaum, 29, Ankeny, IA	49:06	1:46:05	1:47:41	8:32
905	136	M35	Brian Freeseaman, 38, Ankeny, IA	52:41	1:46:06	1:47:48	8:32
906	106	M40	Craig Jarrard, 42, Fort Dodge, IA	49:15	1:46:06	1:46:39	8:32
907	134	M25	Christopher Sime, 29, Johnston, IA	48:46	1:46:07	1:46:36	8:32
908	161	M30	Patrick Schaapveld, 34, Ankeny, IA	50:26	1:46:09	1:47:45	8:32
909	53	M17	Zach Kadow, 19, Manitowoc, WI	54:06	1:46:09	1:48:33	8:32
288	68	W30	Alicia Dougherty, 32*, Grimes, IA	52:06	1:46:09	1:47:50	8:32
289	69	W30	Molly McConnell, 33*, Des Moines, IA	53:19	1:46:10	1:47:58	8:32
290	18	W45	Donna Bice, 48*, Fort Dodge, IA	50:45	1:46:10	1:46:55	8:33
910	87	M45	Douglas Sheeley, 49, Maxwell, IA	49:57	1:46:11	1:46:53	8:33
291	48	W35	Karey Sharar, 38*, Ankeny, IA	52:43	1:46:12	1:47:51	8:33
911	107	M40	Dawn Heimer, 41, Ankeny, IA	51:30	1:46:12	1:46:32	8:33
912	135	M25	Seth Rowland, 28, North Liberty, IA	54:24	1:46:12	1:52:20	8:33
292	70	W30	Cindy Van Regenmorter, 31*, Sioux Center, IA	52:24	1:46:12	1:47:10	8:33
293	71	W30	Laura Woelber, 33*, Hull, IA	52:07	1:46:13	1:47:10	8:33
294	67	W25	Jocelyn Thurston, 26*, Des Moines, IA	53:17	1:46:13	1:48:25	8:33
295	49	W35	Heather Moyer, 35*, Adel, IA	52:44	1:46:14	1:46:26	8:33
913	136	M25	Joseph Idziorek, 27, Ames, IA	54:55	1:46:14	1:48:02	8:33
296	19	W45	Angela Doran, 46*, Boone, IA	54:21	1:46:14	1:49:06	8:33
914	54	M17	Scott Morrett, 19, Chariton, IA	51:48	1:46:15	1:46:29	8:33
915	16	M60	Larry Olofson, 64, Boone, IA	50:00	1:46:15	1:46:44	8:33
297	20	W45	Martha Licea, 46*, LeClaire, IA	50:10	1:46:16	1:46:48	8:33
298	72	W30	Natalie Smith, 31*, Waverly, IA	51:56	1:46:16	1:48:02	8:33
299	31	W40	Lori Foster, 41*, Webster City, IA	52:32	1:46:16	1:48:51	8:33
916	137	M35	Lee Simmons, 35, West Des Moines, IA	52:43	1:46:19	1:47:59	8:33
917	138	M35	David Basile, 39, West Des Moines, IA	52:41	1:46:19	1:48:00	8:33
918	109	M20	Trevor Muchow, 24, Ankeny, IA	54:59	1:46:20	1:46:20	8:33
919	137	M25	John Lickteig, 25, Johnston, IA	48:22	1:46:20	1:48:24	8:33
300	68	W25	Debra Hamilton, 25*, Nevada, IA		1:46:20	1:52:20	8:33
920	139	M35	Jim Turnbough, 37, Iowa City, IA	49:25	1:46:21	1:46:40	8:33
301	50	W35	Suzy Lipinski, 38*, Cedar Falls, IA	52:05	1:46:21	1:46:57	8:33
921	140	M35	Paul Schlueter, 38, Ankeny, IA	50:06	1:46:22	1:46:38	8:33
922	138	M25	Tim Chalik, 26, West Des Moines, IA	54:06	1:46:22	1:48:29	8:33
923	60	M50	Tim Schleisman, 52, Burnsville, MN	53:16	1:46:23	1:47:39	8:34
302	21	W45	Ruth Patritto, 49*, Ottumwa, IA	53:01	1:46:24	1:47:58	8:34
924	110	M20	Justin Godwin, 23, Des Moines, IA	51:36	1:46:24	1:48:35	8:34
925	108	M40	Andrew Brueckner, 40, Bennington, NE	53:04	1:46:25	1:51:50	8:34
926	109	M40	Troy Weiland, 40, West Des Moines, IA	50:17	1:46:25	1:46:39	8:34
927	110	M40	Daryl Latham, 40, Cedar Rapids, IA	50:24	1:46:28	1:48:14	8:34
928	24	JrM	Jake Skogstrom Kuyper, 15, Urbandale, IA	52:07	1:46:28	1:48:51	8:34
303	69	W25	Lyn Henninger-Gallagher, 25*, Newton, IA	50:58	1:46:29	1:47:03	8:34
304	9	W50	Wilma Osmun, 51*, Creston, IA	51:54	1:46:29	1:46:58	8:34
929	88	M45	Dave Lenhart, 46, Ankeny, IA	51:16	1:46:30	1:50:08	8:34
305	73	W30	Kristin Kotrous, 31*, Council Bluffs, IA	50:42	1:46:30	1:47:57	8:34
930	141	M35	Rob Steger, 39, Windsor Heights, IA		1:46:30	1:46:30	8:34
931	139	M25	Nick Miller, 27, Raleigh, NC	52:56	1:46:32	1:51:06	8:34
932	140	M25	Jordon McLaughlin, 25, Iowa City, IA	54:44	1:46:32	1:55:36	8:34
933	162	M30	Matt Hillis, 34, Clive, IA	52:05	1:46:33	1:48:08	8:34
934	89	M45	Bob Read, 46, Marion, IA	50:41	1:46:33	1:48:22	8:34
935	111	M40	Dave Lipinski, 44, Cedar Falls, IA	52:21	1:46:34	1:47:25	8:34
306	74	W30	Anne Garinger, 32*, Ankeny, IA	53:16	1:46:34	1:48:56	8:34
936	141	M25	David Graham, 29, West Des Moines, IA	53:04	1:46:34	1:48:59	8:34
937	163	M30	Tim Symanietz, 33, Ames, IA	51:37	1:46:34	1:47:51	8:34
307	75	W30	Aryn Flood, 31*, Des Moines, IA	51:10	1:46:34	1:46:53	8:34
308	76	W30	Mary Nelson, 32*, Grimes, IA	52:20	1:46:35	1:47:26	8:35
938	142	M35	Casey Niemann, 37, Waukee, IA	52:03	1:46:36	1:47:59	8:35
939	142	M25	Brad Hingtgen, 27, West Des Moines, IA	53:40	1:46:36	1:47:04	8:35
940	112	M40	Brian Church, 42, Atlantic, IA	51:58	1:46:37	1:47:55	8:35
309	34	W20	Kelsey Erbes, 20*, Conrad, IA	54:17	1:46:39	1:48:05	8:35
941	111	M20	Gregory Isaacson, 20, Des Moines, IA	52:58	1:46:39	1:48:33	8:35
310	22	W45	Sheri Sprung, 47*, Mason City, IA	50:39	1:46:40	1:48:20	8:35
311	32	W40	Pam Noonan, 42*, West Des Moines, IA	55:31	1:46:40	1:48:46	8:35

312	77	W30	Kathy McKay, 31*, Pleasant Hill, IA	51:29	1:46:42	1:48:50	8:35
313	70	W25	Jennifer Comfort, 26*, Oskaaloosa, IA	53:53	1:46:44	1:48:38	8:35
942	143	M35	Curt Watson, 39, Minnetonka, MN	54:09	1:46:44	1:48:30	8:35
943	144	M35	David Rietz, 38, Huxley, IA	51:44	1:46:44	1:47:12	8:35
944	113	M40	John Frohlich, 43, Panora, IA	52:42	1:46:45	1:47:42	8:35
314	4	W55	Jane Wickman, 57*, Kellogg, IA	51:17	1:46:45	1:46:53	8:35
315	51	W35	Erin Budreau, 35*, Des Moines, IA	52:05	1:46:45	1:47:08	8:35
945	143	M25	Patrick Tasler, 28, Des Moines, IA	52:30	1:46:46	1:49:16	8:35
316	71	W25	Jenni Schauf, 29*, Oelwein, IA	49:27	1:46:46	1:48:17	8:35
946	144	M25	Phil Dickinson, 26, Des Moines, IA	54:02	1:46:46	1:49:27	8:35
947	145	M35	Bill Wilson, 36, Norwalk, IA	57:00	1:46:47	1:49:45	8:35
948	146	M35	Thor Berg, 38, Austin, MN	50:18	1:46:47	1:47:37	8:35
949	145	M25	Royce Woodroffe, 25, Iowa City, IA	47:54	1:46:48	1:48:09	8:36
950	114	M40	Mark Hagen, 41, North Liberty, IA	48:55	1:46:48	1:47:07	8:36
317	52	W35	Amanda Grask, 36*, West Des Moines, IA	53:38	1:46:49	1:52:09	8:36
951	164	M30	Dan Marshall, 33, Des Moines, IA	54:17	1:46:50	1:50:36	8:36
318	72	W25	Jennifer Bielefeld, 28*, Ely, IA	50:35	1:46:51	1:47:44	8:36
952	147	M35	Jaye Heater, 38, Marion, IA	51:38	1:46:51	1:47:57	8:36
319	35	W20	Ali Gress, 20*, Bellevue, NE	54:06	1:46:52	1:50:15	8:36
320	33	W40	Erin Downs, 43*, Urbandale, IA	52:05	1:46:54	1:47:18	8:36
953	90	M45	John Cahalan, 46, Mason City, IA	51:45	1:46:55	1:48:48	8:36
321	10	W50	Denise Whiting, 52*, Iowa City, IA	53:40	1:46:55	1:48:40	8:36
954	112	M20	Joe Woodward, 21, Des Moines, IA	54:06	1:46:56	1:49:20	8:36
322	23	W45	Karen Jennings-Boland, 46*, Marshalltown, IA	53:41	1:46:56	1:49:53	8:36
955	115	M40	Michael Kato, 43, West Des Moines, IA	54:24	1:46:57	1:49:18	8:36
956	165	M30	Eric Althaus, 34, Shawnee, KS	52:54	1:46:58	1:49:13	8:36
323	73	W25	Sara Larson, 26*, West Des Moines, IA	54:11	1:46:58	1:49:03	8:36
324	13	W17	Emily Linscheid, 18*, Johnston, IA	52:22	1:46:58	1:50:49	8:36
957	25	JrM	Luther Grulke, 16, Kelley, IA	54:29	1:46:59	1:51:35	8:36
958	166	M30	Louis Hanson, 32, Grimes, IA	53:44	1:46:59	1:49:44	8:36
325	78	W30	Angie Tumey, 30*, Ankeny, IA	47:27	1:46:59	1:47:17	8:36
959	55	M17	Collin O'Leary, 18, Desoto, IA	48:51	1:46:59	1:48:05	8:36
326	74	W25	Kim Cunningham, 25*, Toledo, OH	50:31	1:47:00	1:47:31	8:36
327	53	W35	Jennifer Rose, 36*, West Des Moines, IA	52:16	1:47:00	1:48:53	8:37
960	148	M35	Edwin Rosado II, 36, Ankeny, IA	52:26	1:47:00	1:48:22	8:37
961	113	M20	Chad Kurovski, 22, Ankeny, IA	54:31	1:47:01	1:49:11	8:37
328	75	W25	Lisa Swartzfager, 26*, Des Moines, IA	54:14	1:47:02	1:50:43	8:37
329	34	W40	Alma Blagg, 40*, Sterling, CO	52:57	1:47:03	1:49:03	8:37
962	17	M60	Al Hildestad, 61, Des Moines, IA	51:40	1:47:03	1:48:22	8:37
963	146	M25	Brent Queck, 26, Omaha, NE	52:58	1:47:04	1:47:54	8:37
330	76	W25	Natalie Lubbers, 26*, Gilbert, IA	53:40	1:47:04	1:52:36	8:37
964	114	M20	Kevin Mathias, 23, Des Moines, IA	52:54	1:47:04	1:50:50	8:37
965	147	M25	John Meyer, 28, Wichita, KS	53:19	1:47:05	1:48:03	8:37
331	77	W25	Erica Fitzgerald, 29*, Ankeny, IA	53:52	1:47:07	1:48:25	8:37
966	116	M40	Michael Gasperi, 44, Ankeny, IA	55:15	1:47:08	1:51:23	8:37
967	167	M30	Clayton Scheve, 31, Pleasantville, IA	51:35	1:47:10	1:48:41	8:37
968	117	M40	John Turpen, 42, Woodbury, MN	54:01	1:47:11	1:47:51	8:37
969	91	M45	John Egan, 49, Des Moines, IA	52:07	1:47:11	1:48:34	8:37
332	54	W35	Amy Shelangoski, 38*, Durant, IA	53:10	1:47:12	1:48:11	8:37
333	55	W35	Sally Heasty, 37*, Lincoln, NE	53:45	1:47:14	1:48:59	8:38
334	79	W30	Courtney Mann, 32*, Omaha, NE	53:45	1:47:14	1:48:59	8:38
335	80	W30	Lori Reha, 34*, Ankeny, IA	52:55	1:47:14	1:48:43	8:38
970	168	M30	Tim Crabb, 33, Clive, IA	51:31	1:47:15	1:47:33	8:38
336	78	W25	Anna Bartels, 29*, Minneapolis, MN	52:22	1:47:15	1:48:21	8:38
971	29	M55	Scott Combs, 57, Aurora, IL	51:26	1:47:15	1:48:19	8:38
337	81	W30	Angie Sinclair, 32*, Indianola, IA	51:00	1:47:16	1:50:17	8:38
972	149	M35	Jon Muller, 35, Pella, IA	51:09	1:47:17	1:48:24	8:38
338	56	W35	Kelli Brockmann, 35*, Waukee, IA	54:09	1:47:19	1:49:02	8:38
973	118	M40	Chris Olson, 42, Mahtomedi, MN	54:09	1:47:19	1:51:23	8:38
974	119	M40	Sam Graeve, 43, Audubon, IA	49:09	1:47:19	1:47:55	8:38
975	61	M50	Gorden Barker, 51, Osage, IA	53:57	1:47:20	1:49:47	8:38
339	79	W25	Lauren Hill, 25*, Iowa City, IA	52:41	1:47:21	1:49:08	8:38
340	36	W20	Alison Meyer, 21*, West Des Moines, IA	53:19	1:47:22	1:48:19	8:38
341	82	W30	Tawnya Hawkins, 30*, Indianola, IA	53:08	1:47:22	1:48:50	8:38

976	150	M35	Brian Hoover, 39, Des Moines, IA	50:17	1:47:23	1:47:48	8:38
977	92	M45	Randy Siders, 46, Urbandale, IA	54:10	1:47:24	1:48:59	8:38
342	24	W45	Rhonda Lockin, 48*, Clive, IA	52:32	1:47:25	1:48:40	8:39
978	148	M25	Nathan White, 27, Des Moines, IA	55:31	1:47:25	1:52:23	8:39
343	57	W35	Stacy Walker, 36*, Savannah, MO	54:15	1:47:27	1:51:13	8:39
344	35	W40	Diane Iversen, 40*, Ankeny, IA	53:25	1:47:27	1:47:42	8:39
979	149	M25	Neil Carroll, 26, Iowa City, IA	50:36	1:47:27	1:48:48	8:39
345	37	W20	Brittany Riley, 23*, West Des Moines, IA	54:57	1:47:29	1:49:08	8:39
980	120	M40	Michael Kapustka, 43, Johnston, IA	51:26	1:47:29	1:48:21	8:39
981	150	M25	Thomas Meierotto, 27, West Des Moines, IA	53:14	1:47:30	1:49:44	8:39
346	80	W25	Theresa Prisco, 26*, Johnston, IA	52:49	1:47:30	1:48:56	8:39
982	93	M45	Sanjaya Amaratunga, 46, Clive, IA	53:20	1:47:31	1:47:59	8:39
983	151	M35	Mike Teske, 39, Eldora, IA		1:47:31	1:47:47	8:39
347	11	W50	Elizabeth Bolton, 50*, Vienna, VA	53:45	1:47:33	1:49:48	8:39
984	152	M35	Timothy Dwight, 35, San Diego, CA	52:12	1:47:33	1:50:04	8:39
985	121	M40	Chris Butler, 42, Urbandale, IA	52:13	1:47:33	1:48:07	8:39
348	83	W30	Erin Lewis, 32*, Polk City, IA	52:23	1:47:34	1:49:48	8:39
986	62	M50	Jeff Lockwood, 50, Bettendorf, IA	52:51	1:47:34	1:49:04	8:39
987	169	M30	Michael Hausafus, 33, West Des Moines, IA	51:31	1:47:36	1:47:54	8:39
988	151	M25	Patrick Cavanaugh, 28, Urbandale, IA	49:18	1:47:36	1:48:15	8:39
989	63	M50	David Peters, 51, Newton, IA	47:35	1:47:36	1:47:36	8:39
349	36	W40	Andrea Walter, 40*, Ankeny, IA	52:17	1:47:38	1:49:01	8:40
350	84	W30	Jodi Douglas, 34*, Altoona, IA	51:14	1:47:40	1:48:29	8:40
990	30	M55	Hank Manning, 55, Springfield, IL	53:51	1:47:40	1:49:19	8:40
991	153	M35	Thad Douglas, 38, Altoona, IA	51:14	1:47:40	1:48:29	8:40
351	58	W35	Tina Kenney, 35*, Perry, IA	52:36	1:47:40	1:50:20	8:40
992	154	M35	Chad Strauss, 38, Johnston, IA	54:04	1:47:40	1:49:56	8:40
352	81	W25	Jill Boulund, 27*, Bettendorf, IA	51:25	1:47:40	1:50:32	8:40
353	82	W25	Alyssa Drezdon, 25*, West Des Moines, IA	55:44	1:47:40	1:52:12	8:40
993	155	M35	Craig Walker, 37, Savannah, MO	54:15	1:47:41	1:51:27	8:40
354	59	W35	Jenni Dillavou, 38*, Clear Lake, IA	54:24	1:47:42	1:50:38	8:40
994	122	M40	Carl Rogers, 40, Johnston, IA	53:34	1:47:44	1:49:19	8:40
995	170	M30	Jarrod Sheets, 30, Winterset, IA	52:31	1:47:45	1:50:48	8:40
996	171	M30	Kris Lien, 34, Fort Dodge, IA	53:02	1:47:45	1:49:28	8:40
997	123	M40	Stephen Tyler, 40, Des Moines, IA	54:02	1:47:45	1:48:45	8:40
998	152	M25	Ashly Mentzer, 29, Ankeny, IA	51:50	1:47:46	1:49:56	8:40
355	60	W35	Julie Jones, 39*, Sully, IA	52:50	1:47:46	1:49:11	8:40
999	172	M30	Joe Ulloa, 32, Dewitt, IA	50:02	1:47:47	1:48:52	8:40
356	83	W25	Megan Corson, 29*, Clive, IA	54:10	1:47:48	1:50:39	8:40
1000	26	JrM	Ethan Moran, 15, Johnston, IA	49:21	1:47:49	1:48:00	8:40
357	38	W20	Emily Smith, 24*, Ames, IA	57:52	1:47:49	1:51:57	8:40
1001	94	M45	Todd Harper, 47, Norwalk, IA	51:27	1:47:49	1:48:13	8:41
358	84	W25	Juliana Cordova, 26*, Carson City, NV	50:39	1:47:49	1:49:05	8:41
1002	153	M25	Eric Mohlis, 25, Vinton, IA	53:22	1:47:50	1:50:00	8:41
1003	124	M40	Michael McCulloch, 44, Des Moines, IA	50:46	1:47:50	1:48:10	8:41
1004	31	M55	Hiram Philo, 55, Boone, IA	53:19	1:47:50	1:49:37	8:41
1005	156	M35	Tim Wesselink, 37, Cedar Rapids, IA	52:56	1:47:52	1:49:50	8:41
359	85	W30	Carrie Klosterman, 31*, Marshalltown, IA	52:56	1:47:53	1:49:50	8:41
1006	157	M35	Nick Villotti, 36, Urbandale, IA	50:56	1:47:53	1:50:10	8:41
360	39	W20	Allyson Swinton, 20*, Nora Springs, IA	52:24	1:47:54	1:50:35	8:41
1007	173	M30	Nathan Davis, 32, Des Moines, IA	51:12	1:47:54	1:49:35	8:41
1008	95	M45	Randy Kallem, 45, Des Moines, IA	52:11	1:47:55	1:48:39	8:41
1009	158	M35	Jeff Jones, 36, West Des Moines, IA	54:14	1:47:55	1:50:21	8:41
1010	125	M40	David Benson, 41, Waukee, IA	54:10	1:47:56	1:49:32	8:41
1011	154	M25	Eric Schulz, 29, Ankeny, IA	53:22	1:47:57	1:49:35	8:41
361	37	W40	Dina Smidt, 40*, Des Moines, IA	53:19	1:47:58	1:50:18	8:41
362	61	W35	Cathleen Borst, 38*, Carroll, IA	51:31	1:47:58	1:48:58	8:41
1012	155	M25	Tony Birmingham, 29, Norwalk, IA	50:43	1:47:59	1:49:25	8:41
1013	156	M25	Korey Roethler, 25, Overland Park, KS	54:21	1:47:59	1:49:49	8:41
363	85	W25	Emily Heeren, 29*, Clive, IA	53:19	1:47:59	1:51:58	8:41
364	40	W20	Tara Blutt, 24*, Des Moines, IA	54:49	1:48:00	1:52:38	8:41
365	62	W35	Nicole Gebhart, 36*, Ames, IA	51:44	1:48:00	1:48:27	8:41
366	14	W17	Patricia Foley, 18*, Lincoln, NE	50:27	1:48:00	1:48:25	8:41
367	86	W30	Lacey Fulton, 30*, Des Moines, IA	54:48	1:48:01	1:49:30	8:41
1014	96	M45	Burt Porter, 46, Ankeny, IA	53:09	1:48:01	1:49:30	8:41



1015	115	M20	Francis Lapointe, 21, Mason City, IA	50:46	1:48:02	1:49:22	8:42
368	41	W20	Emilee Rose, 23*, Vermillion, SD	54:54	1:48:02	1:53:31	8:42
1016	157	M25	Dmitriy Nanaziashvili, 29, Waukee, IA	52:48	1:48:02	1:51:09	8:42
1017	159	M35	Dan Schriever, 36, Grimes, IA	50:26	1:48:03	1:48:48	8:42
1018	126	M40	Al Perales, 40, Ankeny, IA	51:33	1:48:03	1:48:55	8:42
369	86	W25	Sarah Dudley, 28*, Des Moines, IA	51:46	1:48:05	1:48:44	8:42
1019	64	M50	Philip Brown, 52, Clive, IA	54:09	1:48:05	1:49:49	8:42
1020	160	M35	Scott Dorrity, 39, Cedar Rapids, IA	52:30	1:48:05	1:48:48	8:42
370	87	W30	Crista Shawler, 31*, Bondurant, IA	54:09	1:48:06	1:49:46	8:42
1021	116	M20	Tyler Bro, 20, Cedar Rapids, IA	52:34	1:48:06	1:50:50	8:42
371	42	W20	Nicole Meyer, 20*, Johnston, IA	52:34	1:48:06	1:50:50	8:42
1022	161	M35	Gustaf Henrici, 36, Grimes, IA	53:47	1:48:07	1:50:52	8:42
1023	127	M40	Aaron Kennedy, 42, Des Moines, IA	53:34	1:48:07	1:53:45	8:42
1024	174	M30	Nick Buller, 31, Slater, IA	53:34	1:48:08	1:50:33	8:42
1025	97	M45	James Arthur, 47, Des Moines, IA	54:40	1:48:08	1:49:23	8:42
372	63	W35	Jenn Sands, 36*, Clarinda, IA	53:49	1:48:09	1:50:07	8:42
1026	175	M30	Paul Espey, 30, Des Moines, IA	51:27	1:48:11	1:49:00	8:42
1027	98	M45	Skip Morrison, 46, Iowa City, IA	54:15	1:48:11	1:50:46	8:42
1028	117	M20	Taylor DeLong, 21, Des Moines, IA	50:51	1:48:12	1:49:28	8:42
373	87	W25	Brigid Turek, 27*, Lawrence, KS	52:40	1:48:12	1:49:23	8:42
1029	158	M25	Nathan McCarty, 28, West Des Moines, IA	56:01	1:48:13	1:53:22	8:42
374	88	W25	Kelly Raney, 28*, Durham, NC	52:33	1:48:13	1:51:05	8:42
1030	159	M25	Nolan Raney, 27, Durham, NC	52:33	1:48:13	1:51:05	8:42
375	89	W25	Laura Kimm, 27*, Ankeny, IA	52:56	1:48:13	1:48:48	8:42
376	38	W40	Tina Brooker, 42*, Cedar Rapids, IA	52:43	1:48:13	1:51:03	8:42
1031	99	M45	Erik Swee, 45, Urbandale, IA	53:49	1:48:14	1:48:46	8:42
1032	118	M20	Jonas Bergen, 22, Ames, IA	50:53	1:48:14	1:49:12	8:42
377	90	W25	Keri Eaton, 29*, Des Moines, IA	55:07	1:48:14	1:51:05	8:43
378	39	W40	Michelle Lachner, 40*, Spencer, IA	52:31	1:48:15	1:50:50	8:43
379	40	W40	Maggie McCay, 42*, Des Moines, IA	55:35	1:48:15	1:50:49	8:43
380	64	W35	Anita Volk, 37*, Palo, IA	53:49	1:48:15	1:50:10	8:43
1033	128	M40	Chad Devries, 40, Waukee, IA	52:29	1:48:15	1:50:18	8:43
1034	162	M35	Brian Yardley, 35, Omaha, NE	53:47	1:48:16	1:50:41	8:43
381	88	W30	Christina Djerf, 32*, Cedar Rapids, IA	53:47	1:48:16	1:50:41	8:43
382	91	W25	Elizabeth Burt, 29*, Des Moines, IA	54:31	1:48:18	1:50:46	8:43
383	15	W17	Ruth Lapointe, 19*, Mason City, IA	52:29	1:48:18	1:49:51	8:43
1035	160	M25	Alex Lynch, 25, Des Moines, IA	57:01	1:48:19	1:52:04	8:43
384	92	W25	Sara Nelson, 26*, Iowa, IA	51:07	1:48:19	1:48:52	8:43
385	25	W45	Liz Skillern, 48*, Shenandoah, IA	53:02	1:48:19	1:49:10	8:43
1036	163	M35	Jonathan Montpas, 38, Newton, IA	51:27	1:48:19	1:49:21	8:43
1037	161	M25	Chris Gambell, 26, Des Moines, IA	52:45	1:48:20	1:56:09	8:43
1038	176	M30	Bryan O'Neil, 31, Iowa City, IA	51:28	1:48:21	1:49:42	8:43
386	89	W30	Kristie Drake, 32*, Johnston, IA	54:29	1:48:21	1:51:36	8:43
387	93	W25	Amanda Brehm, 25*, Cedar Rapids, IA	55:32	1:48:21	1:52:00	8:43
1039	129	M40	Brad Blackman, 40, Urbandale, IA	53:47	1:48:22	1:49:02	8:43
388	94	W25	Amanda Muhlbauer, 28*, McCallsburg, IA	52:34	1:48:22	1:50:36	8:43
1040	119	M20	Michael Smith, 21, Ames, IA	51:22	1:48:22	1:48:52	8:43
1041	177	M30	Scott Hendrickson, 34, Coralville, IA	54:10	1:48:22	1:49:59	8:43
1042	120	M20	Benjamin Newcomb, 22, Cedar Rapids, IA	54:54	1:48:23	1:52:16	8:43
1043	164	M35	Christopher Smith, 37, Clive, IA	53:22	1:48:23	1:53:12	8:43
389	41	W40	Jenny Storts, 42*, Clive, IA	53:47	1:48:25	1:50:12	8:43
390	42	W40	Tracy Everett, 41*, Pleasant Hill, IA	54:09	1:48:25	1:50:10	8:43
1044	121	M20	Andy Happe, 22, Urbandale, IA	52:40	1:48:26	1:50:34	8:43
1045	162	M25	Joseph Brandstatter, 28, Urbandale, IA	54:38	1:48:26	1:50:15	8:43
391	43	W40	Susan Brown, 42*, Waukee, IA	51:08	1:48:28	1:49:09	8:44
392	95	W25	Amanda Potter, 29*, Marion, IA	53:47	1:48:29	1:50:27	8:44
1046	163	M25	Matthew Thomsen, 27, Mount Vernon,, Ia	53:21	1:48:30	1:50:29	8:44
1047	164	M25	Drew Aspenson, 28, Des Moines, IA	59:20	1:48:30	1:51:45	8:44
393	96	W25	Marie Boisen, 25*, West Des Moines, IA	50:25	1:48:30	1:50:07	8:44
394	90	W30	Carrie Powicki Kaufman, 34*, Hiawatha, IA	53:49	1:48:31	1:50:27	8:44
1048	178	M30	Brian Chisholm, 30, Ankeny, IA	51:07	1:48:32	1:51:49	8:44
1049	179	M30	David Perrigo, 33, West Des Moines, IA	51:26	1:48:32	1:50:39	8:44
1050	65	M50	Tim Andersen, 51, Audubon, IA	53:21	1:48:32	1:50:10	8:44
395	97	W25	Brett Robben, 26*, West Des Moines, IA	53:32	1:48:32	1:50:24	8:44
396	98	W25	Kate Robben, 25*, West Des Moines, IA	53:33	1:48:33	1:50:24	8:44

1051	32	M55	Paul Barrows, 55, Urbandale, IA	52:57	1:48:33	1:50:58	8:44
1052	100	M45	Timothy Bergan, 45, Newton, IA	54:20	1:48:34	1:50:56	8:44
397	16	W17	Abby Ruge, 19*, Fort Dodge, IA	52:02	1:48:35	1:48:55	8:44
1053	165	M35	Tony Brown, 36, West Des Moines, IA	50:46	1:48:36	1:49:01	8:44
398	91	W30	Sarah Robertson, 33*, Des Moines, IA	54:46	1:48:36	1:50:20	8:44
1054	165	M25	Heath Ruge, 26, Fort Dodge, IA	52:02	1:48:36	1:48:55	8:44
1055	166	M35	Greg Thompson, 38, West Des Moines, IA	48:34	1:48:36	1:49:08	8:44
399	26	W45	Margaret Fisher, 47*, Ames, IA		1:48:37	1:51:03	8:44
1056	101	M45	Mark Overton, 46, Des Moines, IA	55:28	1:48:37	1:51:30	8:44
1057	66	M50	Steve Rossler, 51, Newton, IA	54:20	1:48:37	1:50:59	8:44
400	99	W25	Nicole Mohler, 25*, West Des Moines, IA	55:11	1:48:39	1:50:52	8:44
1058	130	M40	James Stegeman, 41, Des Moines, IA	53:02	1:48:40	1:49:57	8:45
1059	180	M30	Jeremy Driscoll, 31, West Des Moines, IA	49:20	1:48:42	1:49:01	8:45
401	43	W20	Michelle Hubbell, 20*, Mallard, IA	54:42	1:48:42	1:50:46	8:45
1060	122	M20	Ted Schreur, 24, Des Moines, IA	54:35	1:48:43	1:56:48	8:45
402	100	W25	Trisha Mentzer, 27*, Ankeny, IA	53:26	1:48:44	1:50:54	8:45
403	101	W25	Carissa Oltmann, 29*, Cedar Rapids, IA	52:47	1:48:44	1:50:10	8:45
1061	167	M35	Tom Trygstad, 39, Clive, IA	52:37	1:48:45	1:50:05	8:45
1062	123	M20	Derek White, 20, Grimes, IA	48:59	1:48:47	1:50:39	8:45
404	102	W25	Kristen Hansen, 27*, Ankeny, IA	53:32	1:48:48	1:50:13	8:45
405	92	W30	Kelley Baumhover, 33*, Clive, IA	53:32	1:48:48	1:51:13	8:45
1063	168	M35	Chad Ervin, 36, Des Moines, IA	53:39	1:48:49	1:51:24	8:45
1064	169	M35	Jonathan Altes, 35, Norwalk, IA	52:53	1:48:49	1:49:59	8:45
1065	166	M25	Zach Steele, 27, West Des Moines, IA	54:23	1:48:50	1:52:45	8:45
1066	124	M20	Michael Wrolstad, 21, Ames, IA	52:57	1:48:50	1:55:05	8:45
406	65	W35	Jody Angus, 38*, Johnston, IA	52:24	1:48:51	1:50:31	8:45
407	44	W40	Kim Kent, 41*, Panora, IA	54:39	1:48:51	1:50:11	8:45
408	66	W35	Teresa Brooks, 39*, West Des Moines, IA	51:49	1:48:52	1:50:36	8:46
1067	167	M25	Matt Smith, 26, Ames, IA	51:29	1:48:52	1:51:12	8:46
1068	125	M20	James Nowasell, 24, Des Moines, IA	55:37	1:48:52	1:50:45	8:46
1069	56	M17	Nate Pease, 17, Waukee, IA	52:55	1:48:52	1:53:50	8:46
1070	126	M20	Jacob Jenner, 24, Kearney, NE	51:05	1:48:52	1:50:27	8:46
409	67	W35	Mandy McGuire, 37*, Ames, IA	54:45	1:48:52	1:50:45	8:46
1071	168	M25	Joe DeLuca, 28, Ankeny, IA	53:16	1:48:53	1:50:21	8:46
1072	170	M35	Shane Carman, 39, Nevada, IA	53:54	1:48:53	1:51:24	8:46
410	103	W25	Kimberly Kult, 28*, Polk City, IA	52:16	1:48:53	1:51:32	8:46
1073	171	M35	Jamie Meis, 36, Windsor Heights, IA	54:13	1:48:53	1:51:16	8:46
411	93	W30	Heidi Gojkovich, 34*, Urbandale, IA	54:13	1:48:53	1:51:15	8:46
412	68	W35	Cynthia Moffitt, 35*, Indianola, IA		1:48:55	1:49:40	8:46
413	5	JrW	Cassidy Gornick, 15*, Norwalk, IA	54:08	1:48:55	1:49:43	8:46
414	45	W40	Michelle Lamers, 41*, Mason City, IA	54:23	1:48:56	1:50:25	8:46
415	69	W35	Erin Frerichs, 35*, Milford, IA	51:59	1:48:56	1:50:33	8:46
416	70	W35	Brooke Achenbach, 35*, Clive, IA	53:24	1:48:56	1:50:29	8:46
1074	57	M17	Jackson Yancey, 19, West Des Moines, IA	50:52	1:48:56	1:51:08	8:46
1075	102	M45	Jeff Sullivan, 46, West Des Moines, IA	53:06	1:48:56	1:50:37	8:46
417	71	W35	Becky Wignall, 37*, Altoona, IA	54:07	1:48:58	1:52:22	8:46
418	72	W35	Angela Knight, 39*, West Des Moines, IA	54:10	1:49:00	1:50:43	8:46
419	46	W40	Heidi Brown, 41*, Sheldon, IA	55:01	1:49:01	1:53:54	8:46
420	104	W25	Kathryn Sandie, 29*, Waukee, IA	54:15	1:49:02	1:51:30	8:46
1076	181	M30	Miguel Badillo, 30, Fort Dodge, IA	53:25	1:49:02	1:50:11	8:46
1077	169	M25	Ryan Pfantz, 29, State Center, IA	53:10	1:49:02	1:52:32	8:46
1078	170	M25	Donald Bouillon, 25, Dows, IA	47:43	1:49:03	1:49:11	8:46
1079	131	M40	Phillip Stover, 41, Des Moines, IA	56:21	1:49:03	1:52:07	8:46
1080	132	M40	James Bacon, 40, Knoxville, IA	52:33	1:49:04	1:50:02	8:46
421	105	W25	Mae Trullinger, 27*, Johnston, IA	52:53	1:49:04	1:50:19	8:46
422	73	W35	Ashley Schmieg, 36*, Muscatine, IA	53:06	1:49:04	1:50:02	8:47
423	106	W25	Amanda Davitt, 29*, Des Moines, IA	54:46	1:49:06	1:50:50	8:47
1081	172	M35	David Case, 39, Marshalltown, IA	52:34	1:49:07	1:51:26	8:47
1082	182	M30	Joe Purscell, 34, Waukee, IA	53:38	1:49:08	1:50:40	8:47
1083	183	M30	Justin Hyde, 33, Des Moines, IA	51:55	1:49:09	1:49:37	8:47
424	12	W50	D. Peterson, 53*, Grimes, IA	54:55	1:49:09	1:50:47	8:47
1084	184	M30	Zachary Eichmeier, 32, Ankeny, IA	50:27	1:49:11	1:50:47	8:47
1085	185	M30	Ryan Donkersloot, 32, Marion, IA	51:49	1:49:11	1:51:19	8:47
1086	127	M20	William Connor, 21, Manchester, IA	53:28	1:49:11	1:50:35	8:47
1087	58	M17	Tim Stelken, 19, Dyersville, IA	52:58	1:49:12	1:51:48	8:47

1088	128	M20	Brent Ogden, 23, Waukee, IA	50:34	1:49:13	1:53:23	8:47
425	107	W25	Lisa Hueneke, 26*, Bellevue, IA	54:20	1:49:13	1:51:32	8:47
426	108	W25	Jamie Rathjen, 26*, Cedar Falls, IA	58:43	1:49:13	1:51:41	8:47
1089	173	M35	Bradley Sams, 36, Ankeny, IA	53:53	1:49:14	1:52:14	8:47
427	94	W30	Meghan Mueller, 30*, Grimes, IA	55:28	1:49:14	1:50:15	8:47
1090	186	M30	Brian Steward, 33, Urbandale, IA	54:52	1:49:14	1:52:07	8:47
1091	187	M30	Jason Trost, 30, West Des Moines, IA	54:53	1:49:14	1:52:06	8:47
1092	188	M30	James Lilla, 30, Chicago, IL	56:05	1:49:15	1:55:47	8:47
428	74	W35	Monica Frey, 39*, Cedar Rapids, IA	53:23	1:49:15	1:51:12	8:47
429	75	W35	Barbara Bacon, 37*, Knoxville, IA	53:13	1:49:15	1:51:19	8:47
430	47	W40	Jill Sager, 43*, Pleasantville, IA	53:13	1:49:16	1:51:19	8:47
1093	174	M35	Pat Vilmont, 37, Waukee, IA	54:00	1:49:16	1:51:07	8:47
1094	133	M40	Scott J. Meador, 42, Independence, IA	54:07	1:49:18	1:52:24	8:48
431	27	W45	Keri Lewis, 48*, West Des Moines, IA	53:55	1:49:18	1:51:38	8:48
1095	189	M30	Nate Geurkink, 33, Des Moines, IA	49:35	1:49:18	1:50:22	8:48
1096	175	M35	Ted Johnsn, 35, Runnells, IA	49:36	1:49:19	1:50:23	8:48
1097	176	M35	Matthew Thompson, 38, Des Moines, IA	53:43	1:49:20	1:52:27	8:48
432	44	W20	Michele Schoop, 21*, Johnston, IA	52:43	1:49:20	1:50:12	8:48
1098	177	M35	Aaron Korsching, 36, Grimes, IA	54:09	1:49:21	1:51:59	8:48
433	109	W25	Mimi Nguyen, 27*, Des Moines, IA	52:40	1:49:22	1:53:25	8:48
434	110	W25	Allison Carolan, 27*, Minnetonka, MN	54:29	1:49:22	1:50:49	8:48
435	6	JrW	Olivia Prohaska, 14*, West Des Moines, IA	53:33	1:49:23	1:52:26	8:48
1099	129	M20	Andrew Buel, 24, Des Moines, IA	49:54	1:49:24	1:49:46	8:48
436	95	W30	Tonishi McLaughlin Pals, 31*, Belmond, IA	54:46	1:49:25	1:58:28	8:48
1100	134	M40	Jeff Nelson, 41, Ames, IA	54:28	1:49:25	1:53:16	8:48
1101	103	M45	Greg Schenck, 45, Waukee, IA	51:11	1:49:25	1:49:54	8:48
437	45	W20	Alex Schenck, 21*, Ames, IA	52:13	1:49:25	1:49:54	8:48
1102	190	M30	Nicholas Varcoe, 32, Waukee, IA	55:59	1:49:26	1:49:52	8:48
438	76	W35	Danika Vilmont, 38*, Waukee, IA	54:00	1:49:26	1:51:17	8:48
439	46	W20	Jena Hopkins, 24*, Iowa City, IA	51:05	1:49:27	1:50:40	8:48
440	96	W30	Melinda Mock, 32*, Johnston, IA	51:45	1:49:27	1:51:00	8:48
1103	130	M20	Jonathan Karch, 23, Clive, IA	51:05	1:49:27	1:50:40	8:48
441	28	W45	Bonnie Orth, 45*, Ames, IA		1:49:28	1:53:51	8:48
1104	27	JrM	Nick Dolan, 15, West Des Moines, IA	48:03	1:49:28	1:50:16	8:48
1105	104	M45	Mark Boland, 45, Marshalltown, IA	53:51	1:49:29	1:52:26	8:48
442	77	W35	Theresa Newton, 36*, Des Moines, IA	54:08	1:49:29	1:51:40	8:49
443	97	W30	Lisa Thompson, 32*, Ofallon, MO	53:31	1:49:30	1:51:55	8:49
1106	105	M45	Jeff Schachtner, 46, Clive, IA	54:58	1:49:30	1:51:31	8:49
1107	135	M40	Jeff Enlow, 40, Dallas Center, IA	56:06	1:49:31	1:52:07	8:49
1108	33	M55	Bill Parks, 58, Des Moines, IA	50:59	1:49:32	1:50:32	8:49
444	29	W45	Sarah DeAngelis, 45*, Des Moines, IA	54:01	1:49:32	1:52:23	8:49
445	98	W30	Katie Helgeson, 32*, Jewell, IA	53:56	1:49:33	1:50:06	8:49
446	99	W30	Sarah Britton, 31*, Huxley, IA	52:10	1:49:33	1:50:55	8:49
447	13	W50	Dee Henderson, 53*, Clive, IA	54:27	1:49:33	1:52:44	8:49
448	100	W30	Carmen Wilson, 30*, Rhodes, IA	54:36	1:49:33	1:52:40	8:49
1109	136	M40	Brian Benson, 43, West Des Moines, IA	51:56	1:49:33	1:50:33	8:49
1110	191	M30	Joseph Thompson, 31, Des Moines, IA	54:53	1:49:33	1:53:53	8:49
1111	192	M30	Kevin Oswalt, 32, Burlington, KY	53:14	1:49:33	1:52:40	8:49
449	101	W30	Kimberly Dea, 31*, West Des Moines, IA	52:28	1:49:33	1:49:49	8:49
1112	34	M55	Kelly Ross, 56, Osage, IA	53:48	1:49:35	1:52:01	8:49
450	111	W25	Christie Muenzenberger, 29*, Kansas City, MO				
			55:07	1:49:35	1:51:39	8:49	
451	30	W45	Nancy Mc Donald, 49*, Coal Valley, IL	51:25	1:49:36	1:49:47	8:49
452	102	W30	Tiffani Conlon, 31*, Sioux City, IA	54:43	1:49:36	1:52:44	8:49
453	112	W25	Janelle Schmidt, 27*, Shawnee, KS	53:58	1:49:36	1:53:22	8:49
454	48	W40	Alison Robertson, 42*, Ames, IA	51:22	1:49:37	1:49:59	8:49
455	49	W40	Teri Collins, 42*, Waukee, IA	53:14	1:49:37	1:53:38	8:49
1113	131	M20	Nathan Scott, 24, Ames, IA	50:46	1:49:37	1:49:55	8:49
1114	35	M55	Greg Hauser, 57, Minnetrista, MN	53:52	1:49:38	1:51:18	8:49
1115	178	M35	Adam Matlock, 35, Waukee, IA	51:30	1:49:38	1:52:44	8:49
456	113	W25	Holly Barrett, 27*, Des Moines, IA	54:49	1:49:39	1:54:16	8:49
1116	171	M25	Jeff Coquyt, 29, Ankeny, IA	55:55	1:49:39	1:58:58	8:49
1117	67	M50	Scott Meyer, 51, West Des Moines, IA	56:45	1:49:40	1:53:29	8:49
457	78	W35	Kristen Lehman, 37*, Lakeville, MN	53:30	1:49:40	1:51:37	8:49
1118	132	M20	Stephen Smith, 24, Henderson, IA	53:15	1:49:41	1:50:29	8:49

1119	179	M35	Cory Abbas, 38, Des Moines, IA	52:18	1:49:42	1:52:33	8:50
458	114	W25	Kelly Johnston, 27*, West Des Moines, IA	52:18	1:49:43	1:51:05	8:50
1120	18	M60	Carlos Loffler, 61, Johnston, IA	51:51	1:49:43	1:50:20	8:50
1121	1	M65	John Schneller, 67, West Des Moines, IA	52:46	1:49:45	1:49:55	8:50
1122	59	M17	Chris Coble, 17, Johnston, IA	52:38	1:49:46	1:50:31	8:50
459	103	W30	Annmarie Gerke, 32*, Ankeny, IA	52:13	1:49:46	1:50:46	8:50
1123	68	M50	Larry Spray II, 50, Dallas Center, IA	52:23	1:49:46	1:52:41	8:50
460	50	W40	Kori Cusick, 41*, North Liberty, IA	52:52	1:49:47	1:51:09	8:50
461	31	W45	Leah Tokheim, 47*, Johnston, IA	52:17	1:49:47	1:51:34	8:50
462	47	W20	Rebecca Nelson, 24*, Ankeny, IA	54:14	1:49:47	1:52:11	8:50
1124	137	M40	Mike Biegger, 41, Des Moines, IA	50:35	1:49:47	1:51:14	8:50
463	115	W25	Molly Weesner, 29*, Ankeny, IA		1:49:48	1:52:12	8:50
1125	180	M35	Mark Drake, 38, West Des Moines, IA	49:43	1:49:48	1:51:27	8:50
1126	181	M35	Heath Bullock, 36, West Des Moines, IA	52:20	1:49:48	1:52:17	8:50
464	48	W20	Clara Bailey-Hugill, 23*, Iowa City, IA	52:50	1:49:48	1:55:03	8:50
465	79	W35	Jennifer Caskey, 37*, Earlham, IA	50:54	1:49:48	1:50:58	8:50
1127	193	M30	Joe McConnell, 31, Bondurant, IA	57:01	1:49:51	1:52:49	8:50
466	32	W45	Heidi Kramer, 45*, Johnston, IA	53:28	1:49:51	1:51:07	8:50
1128	182	M35	Chad Rhoads, 36, Des Moines, IA	54:03	1:49:52	1:52:37	8:50
1129	194	M30	Paul Ryan, 30, Grimes, IA	57:22	1:49:54	1:52:43	8:51
467	33	W45	Chris Gorman, 46*, Council Bluffs, IA	56:34	1:49:54	1:54:12	8:51
1130	195	M30	Michael Fuller, 34, Urbandale, IA	52:40	1:49:55	1:53:57	8:51
468	49	W20	Danielle Sturm, 21*, Cedar Falls, IA	55:58	1:49:56	1:53:10	8:51
1131	106	M45	Larry Cole, 47, Grundy Center, IA	54:47	1:49:56	1:51:52	8:51
469	116	W25	Katie Hammitt, 27*, Des Moines, IA	50:59	1:49:56	1:50:39	8:51
470	50	W20	Emily Highland, 21*, Cedar Falls, IA	55:58	1:49:56	1:53:10	8:51
1132	69	M50	Allen Benson, 51, Ankeny, IA	54:15	1:49:57	1:50:42	8:51
471	80	W35	Patrice Davis, 39*, Grimes, IA	55:11	1:49:57	1:52:01	8:51
1133	138	M40	Michael Sturtz, 43, Indianola, IA	55:10	1:49:57	1:52:19	8:51
1134	36	M55	Jerry Paisley, 57, Clinton, IA	53:27	1:49:57	1:51:04	8:51
472	51	W40	Jacqueline Harms, 42*, West Des Moines, IA	52:53	1:49:58	1:51:45	8:51
473	17	W17	Carlie McMullen, 18*, Ankeny, IA	53:00	1:49:58	1:50:27	8:51
1135	196	M30	Steve Allen, 32, Lincoln, NE	52:51	1:49:58	1:52:14	8:51
1136	70	M50	Phelan Thomas, 53, West Des Moines, IA	54:46	1:49:58	1:55:49	8:51
1137	197	M30	Ryan Murphy, 31, West Des Moines, IA	55:10	1:49:59	1:51:30	8:51
1138	198	M30	Tom Penne, 34, Altoona, IA	54:20	1:50:00	1:52:00	8:51
1139	172	M25	Daniel Stieler, 29, Des Moines, IA	53:17	1:50:01	1:52:35	8:51
1140	173	M25	Sam Early, 26, Des Moines, IA	55:46	1:50:01	1:52:18	8:51
474	81	W35	Amy Ketterer, 39*, Stoughton, WI	56:33	1:50:03	1:52:56	8:51
1141	183	M35	T J. Bangs, 39, Huxley, IA	51:44	1:50:03	1:50:30	8:51
1142	199	M30	David Anderson, 31, Iowa City, IA	54:46	1:50:05	1:59:07	8:51
475	51	W20	Ruth Powell, 23*, Ames, IA	52:32	1:50:05	1:53:02	8:51
1143	133	M20	Jeritt Tucker, 24, Ames, IA	52:32	1:50:06	1:53:02	8:51
1144	174	M25	Seth Fulton, 25, Des Moines, IA	55:17	1:50:06	1:51:36	8:52
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476	52	W40	Angie Cook, 40*, Clive, IA	54:39	1:50:07	1:54:06	8:52
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1146	19	M60	Ernest Vortherms, 62, Urbandale, IA	52:16	1:50:07	1:50:40	8:52
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478	34	W45	Connie Hoffman, 48*, Carroll, IA	53:56	1:50:09	1:51:00	8:52
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479	53	W20	Anne Dutton, 22*, West Des Moines, IA	56:35	1:50:10	1:54:37	8:52
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1154	141	M40	Jon Schaben, 40, Portsmouth, IA	54:15	1:50:16	1:53:12	8:52
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1156	185	M35	Chad Gammon, 38, Cedarrapids, IA	53:09	1:50:18	1:51:37	8:52
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1184	207	M30	Andrew Barkley, 30, Desmoines, IA	1:00:42	1:50:47	1:51:20	8:55
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1185	188	M35	Sean Chicoine, 36, Des Moines, IA	54:09	1:50:48	1:55:31	8:55
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1189	2	M65	Dwight Van Wyngarden, 69, Waterloo, IA	53:48	1:50:51	1:53:00	8:55
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515	113	W30	Allison Dormire, 33*, Bettendorf, IA	54:43	1:50:53	1:53:35	8:55
516	114	W30	Courtney Kelley, 30*, West Liberty, IA	53:31	1:50:54	1:51:50	8:55
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1196	145	M40	Jason Soliday, 43, West Des Moines, IA	54:02	1:51:00	1:51:59	8:56
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561	94	W35	Melissa Strunk, 38*, North Liberty, IA	55:14	1:51:39	1:53:22	8:59
1234	219	M30	Chad Koch, 30, Bradley, IL	53:10	1:51:39	1:52:52	8:59
1235	150	M40	James Varland, 41, Eagle Grove, IA	54:35	1:51:40	1:52:46	8:59
1236	198	M35	Joseph Terrell, 36, Leavenworth, KS	53:27	1:51:40	1:52:46	8:59
1237	138	M20	Mark Gurwell, 23, Des Moines, IA	47:14	1:51:41	1:52:35	8:59
562	126	W30	Erin Hill, 33*, Ankeny, IA	56:51	1:51:41	1:55:52	8:59
563	95	W35	Bre Bartlett, 36*, Pleasant Hill, IA	53:23	1:51:43	1:52:32	8:59
1238	151	M40	David Caropreso, 40, Madison, WI	54:25	1:51:43	1:54:23	8:59
1239	61	M17	Adam Broxey, 17, Palo, IA	52:23	1:51:44	1:54:34	8:59
1240	188	M25	Jeff Wilkins, 25, Des Moines, IA	54:22	1:51:45	1:53:35	8:59
564	60	W40	Gale Christensen, 41*, Clive, IA	55:22	1:51:46	1:54:58	9:00
565	129	W25	Lauren Kasper, 25*, Ames, IA	56:51	1:51:47	1:56:59	9:00
1241	114	M45	Michael Lelwica, 47, Des Moines, IA	53:42	1:51:47	1:52:47	9:00
566	17	W50	Linda Adams, 51*, Oskaloosa, IA	53:53	1:51:48	1:56:43	9:00
567	127	W30	Missy Gripp, 31*, Indianola, IA	54:54	1:51:48	1:55:21	9:00
568	128	W30	Heather McKinney, 32*, Oquawka, IL	54:57	1:51:49	1:53:42	9:00
1242	115	M45	Patrick Hammen, 46, Waukee, IA	55:28	1:51:49	1:55:01	9:00
569	64	W20	Kristin Riley, 20*, West Des Moines, IA	56:49	1:51:50	1:55:25	9:00
1243	152	M40	David Robbins, 42, West Des Moines, IA	56:48	1:51:51	1:54:06	9:00
570	130	W25	Kacy Schwartz, 26*, West Des Moines, IA	55:34	1:51:51	1:55:31	9:00
1244	199	M35	Christopher West, 39, Des Moines, IA	55:19	1:51:53	1:53:32	9:00
1245	139	M20	William Robertson, 23, Iowa City, IA	54:53	1:51:53	1:54:44	9:00
1246	81	M50	David Teachout, 50, Des Moines, IA	59:29	1:51:53	1:58:00	9:00
1247	116	M45	Wade Busch, 47, Mason City, IA	57:50	1:51:53	1:55:10	9:00
1248	220	M30	Brad Jackson, 31, Urbandale, IA	52:03	1:51:55	1:52:35	9:00
1249	200	M35	Colin Witt, 36, Des Moines, IA	58:37	1:51:55	1:58:11	9:00
571	131	W25	Tara Hofbauer, 29*, Des Moines, IA	54:52	1:51:55	1:54:14	9:00
1250	153	M40	Scott Johnston, 41, Indianola, IA	53:02	1:51:57	1:52:27	9:00
1251	189	M25	Matt Launspach, 26, Urbandale, IA	53:46	1:51:57	1:52:23	9:00
1252	117	M45	Kelly Wadsworth, 47, Urbandale, IA	57:33	1:51:58	1:59:37	9:00
1253	190	M25	Gary Vaysfeld, 29, West Des Moines, IA	53:12	1:51:59	1:55:05	9:01
572	61	W40	Amy Frank, 40*, Coralville, IA	53:31	1:51:59	1:54:10	9:01
1254	154	M40	Kenneth Bernstein, 43, Des Moines, IA	51:19	1:52:00	1:53:29	9:01
1255	30	JrM	Hank Puckett, 13, Urbandale, IA	55:19	1:52:01	1:52:01	9:01
1256	221	M30	Charlie Gruman, 34, Strawberry Point, IA	50:40	1:52:01	1:52:51	9:01
1257	222	M30	Brian Zaversnik, 32, Chicago, IL	50:33	1:52:02	1:52:16	9:01
573	132	W25	Natalie Wendler, 27*, Johnston, IA	56:48	1:52:03	1:55:22	9:01
1258	201	M35	Nathan Unger, 35, Victoria, MN	56:27	1:52:03	1:55:09	9:01



574	96	W35	Michelle Posten, 39*, Davenport, IA	53:44	1:52:04	1:53:49	9:01
575	133	W25	Sarah Bieker, 25*, Des Moines, IA	55:23	1:52:04	1:56:05	9:01
576	129	W30	Tonya Cook, 31*, Pleasantville, IA	55:07	1:52:04	1:54:02	9:01
1259	202	M35	Christian Martin, 39, West Des Moines, IA	53:57	1:52:05	1:52:48	9:01
1260	223	M30	Mitchell Kunert, 32, Ankeny, IA	51:37	1:52:05	1:52:54	9:01
577	65	W20	Kelsey Hake, 23*, Iowa City, IA	55:24	1:52:06	1:56:29	9:01
578	134	W25	Catlin Thompson, 25*, Odebolt, IA	55:43	1:52:06	1:55:15	9:01
1261	191	M25	Shawn Staples, 29, Chicago, IL	54:13	1:52:08	1:53:06	9:01
1262	82	M50	Christopher Delaney, 51, Ames, IA	53:15	1:52:09	1:53:25	9:01
1263	118	M45	Rick Gronemeyer, 47, Wilton, IA	54:04	1:52:09	1:53:30	9:01
1264	203	M35	Heath Smith, 35, Des Moines, IA	57:46	1:52:09	1:56:14	9:01
1265	224	M30	Andy Schaapveld, 31, Waverly, IA	50:03	1:52:10	1:53:45	9:01
1266	31	JrM	Zach Mueggenberg, 16, Glidden, IA	53:38	1:52:11	1:52:50	9:02
579	66	W20	Sydney Burtness, 21*, Clear Iowa, IA		1:52:11	1:54:25	9:02
1267	225	M30	Jeffrey Judisch, 30, Omaha, NE	53:17	1:52:12	1:53:39	9:02
1268	204	M35	Mike Gauthier, 36, West Des Moines, IA	55:21	1:52:12	1:53:36	9:02
580	62	W40	Kim Nees, 44*, Carroll, IA	54:39	1:52:13	1:53:32	9:02
1269	119	M45	Blair Beck, 45, Bondurant, IA	53:40	1:52:13	1:55:36	9:02
1270	120	M45	Scott Bandy, 46, Indianola, IA	50:42	1:52:16	1:52:28	9:02
1271	205	M35	Steven Medina, 39, West Des Moines, IA	53:56	1:52:17	1:54:22	9:02
1272	140	M20	Chris Elsenbast, 21, Ames, IA	54:17	1:52:17	1:56:00	9:02
1273	141	M20	Zach Bishop, 20, West Des Moines, IA	52:57	1:52:17	1:53:42	9:02
581	67	W20	Ashley Meradith, 20*, Lincoln, NE	52:57	1:52:17	1:53:42	9:02
1274	121	M45	Jeff Marks, 45, Des Moines, IA	52:31	1:52:18	1:52:58	9:02
582	130	W30	Steph Whitmore, 32*, Marshalltown, IA	54:14	1:52:19	1:54:38	9:02
583	131	W30	Brent Svenby, 32*, Oskaloosa, IA	56:26	1:52:19	1:57:07	9:02
584	97	W35	Joanna Lochner, 36*, Davenport, IA	56:48	1:52:20	1:55:39	9:02
585	68	W20	Amy Ledvina, 22*, Toledo, IA	55:18	1:52:20	1:54:36	9:02
586	135	W25	Leanne Vander Streek, 26*, Ankeny, IA	55:18	1:52:20	1:54:36	9:02
1275	21	M60	Ron Wilharm, 64, Tracy, IA		1:52:20	1:55:23	9:02
1276	32	JrM	Cade Millikin, 15, Hedrick, IA	54:21	1:52:21	1:54:19	9:02
1277	155	M40	Dan Smidt, 43, Des Moines, IA	53:56	1:52:21	1:54:41	9:02
587	63	W40	Rebecca Timmerman(Reiff), 42*, Peosta, IA	55:05	1:52:21	1:53:47	9:02
588	98	W35	Cindy Evans, 38*, Peosta, IA	55:05	1:52:22	1:53:47	9:02
589	136	W25	Amanda Stover, 29*, Des Moines, IA	56:21	1:52:22	1:55:27	9:02
1278	41	M55	Steven Betts, 57, Ames, IA	53:21	1:52:23	1:53:28	9:02
1279	122	M45	Dennis Baldwin, 48, Waukee, IA	51:27	1:52:23	1:53:49	9:03
590	69	W20	Amanda Ita, 22*, Indianola, IA	52:53	1:52:23	1:53:46	9:03
591	137	W25	Jamie Newel, 26*, Grimes, IA	54:12	1:52:23	1:53:04	9:03
1280	192	M25	Robb Randall, 27, Cedar Rapids, IA	51:52	1:52:26	1:54:35	9:03
592	132	W30	Karen Abbott, 32*, Des Moines, IA	56:42	1:52:27	1:54:54	9:03
1281	226	M30	Asween Mallick, 32, Des Moines, IA	54:45	1:52:27	1:55:16	9:03
593	133	W30	Kelly Lloyd, 32*, Des Moines, IA	53:34	1:52:27	1:53:27	9:03
1282	123	M45	Jim Thorpe, 45, Newton, IA	54:23	1:52:28	1:54:51	9:03
1283	83	M50	Kevin Moss, 54, Bondurant, IA	53:17	1:52:29	1:54:04	9:03
1284	42	M55	Kirk Dau, 59, Ames, IA	54:10	1:52:30	1:53:23	9:03
1285	193	M25	Ryan Mortier, 27, Des Moines, IA	50:44	1:52:30	1:53:16	9:03
1286	227	M30	Kyle Cunningham, 31, West Des Moines, IA	56:32	1:52:30	1:54:26	9:03
594	99	W35	Jennifer Toliver, 37*, Waukee, IA	53:59	1:52:30	1:54:30	9:03
1287	194	M25	Craig Padleckas, 26, Ankeny, IA	52:32	1:52:31	1:53:13	9:03
1288	142	M20	Stetson Owen, 24, West Des Moines, IA	53:22	1:52:31	1:57:45	9:03
1289	156	M40	Derek Wachter, 42, Clive, IA	51:02	1:52:31	1:53:29	9:03
1290	157	M40	Gregg Spear, 43, Ankeny, IA	55:09	1:52:32	1:53:50	9:03
1291	84	M50	Jeff Hostetter, 52, West Des Moines, IA	56:02	1:52:33	1:53:02	9:03
1292	85	M50	Louis Scallon, 53, Ames, IA	54:11	1:52:33	1:53:26	9:03
1293	86	M50	Marty Richardson, 50, Ankeny, IA	55:59	1:52:34	1:53:02	9:03
1294	87	M50	D Mark Davis, 50, Waukee, IA	54:19	1:52:35	1:53:40	9:03
595	138	W25	Megan Hecker, 26*, Gretna, NE	57:24	1:52:35	1:56:39	9:03
1295	195	M25	Drew Crawford, 26, Norwalk, IA	55:25	1:52:35	1:53:46	9:03
596	44	W45	Loretta Lockin, 47*, Des Moines, IA	55:32	1:52:36	1:53:29	9:04
597	70	W20	Megan Veldhuizen, 24*, Davenport, IA	55:43	1:52:36	1:55:12	9:04
1296	228	M30	Josh Cook, 30, Pleasantville, IA	55:07	1:52:37	1:54:35	9:04
598	139	W25	Emily Schmelzer, 25*, Rockford, IL	54:14	1:52:38	1:55:02	9:04
1297	43	M55	David Strope, 56, Ankeny, IA	56:53	1:52:39	1:55:21	9:04
599	140	W25	Megan Wagener, 28*, Minneapolis, MN	55:41	1:52:40	1:57:28	9:04

600	18	W50	Karen Riley, 53*, West Des Moines, IA	55:31	1:52:40	1:54:45	9:04
601	100	W35	Juli Cambron, 39*, Indianola, IA		1:52:41	1:54:45	9:04
602	8	W55	Victoria Lacey, 55*, Johnston, IA	53:40	1:52:41	1:53:15	9:04
1298	229	M30	Christopher Coleman, 34, Urbandale, IA	51:27	1:52:42	1:53:53	9:04
1299	124	M45	Gary Thompson, 47, Urbandale, IA	54:16	1:52:43	1:54:53	9:04
1300	206	M35	Daniel Pearson, 35, Urbandale, IA	52:31	1:52:43	1:53:53	9:04
1301	158	M40	Kevin Moran, 43, Johnston, IA	51:59	1:52:43	1:53:09	9:04
1302	44	M55	Kevin Keller, 56, Lincoln, NE	55:03	1:52:43	1:54:02	9:04
603	101	W35	Melissa DeLay, 36*, Shoreview, MN	55:49	1:52:44	2:02:05	9:04
1303	159	M40	Troy Strong, 41, Indianola, IA	56:23	1:52:44	1:57:00	9:04
1304	230	M30	Kyle Troyer, 34, Independence, IA	51:47	1:52:45	1:53:22	9:04
1305	160	M40	David Leever, 40, Ankeny, IA	55:46	1:52:45	1:52:56	9:04
604	71	W20	Allison Boswell, 24*, Ankeny, IA	49:40	1:52:46	1:53:27	9:04
1306	161	M40	Jerry Rexroat, 40, Ankeny, IA	55:42	1:52:46	1:57:24	9:04
1307	196	M25	James McConkey, 27, Des Moines, IA	56:39	1:52:49	1:56:38	9:05
1308	162	M40	Ty Castle, 41, West Des Moines, IA	53:19	1:52:50	1:54:08	9:05
1309	231	M30	Brian Steinfeldt, 30, Marshalltown, IA	57:30	1:52:50	1:56:13	9:05
605	102	W35	Stacey Kingsbury, 39*, Nevada, IA	56:26	1:52:50	1:56:03	9:05
606	45	W45	Jill Otto, 45*, Nevada, IA	56:26	1:52:51	1:56:03	9:05
1310	163	M40	James Lunders, 42, Johnston, IA	58:10	1:52:51	1:53:52	9:05
1311	232	M30	Zach Christensen, 33, Johnston, IA	55:35	1:52:51	1:54:52	9:05
607	141	W25	Julie Lohr, 29*, Marshalltown, IA	52:37	1:52:51	1:54:18	9:05
1312	88	M50	Michael Casady, 50, Urbandale, IA	56:48	1:52:52	1:55:00	9:05
1313	207	M35	Brad Bruner, 36, Des Moines, IA	55:05	1:52:52	1:55:10	9:05
1314	233	M30	John Sederwall, 34, Ankeny, IA	53:52	1:52:54	1:54:41	9:05
1315	125	M45	Dave Elsenbast, 49, Ames, IA	55:53	1:52:54	1:56:37	9:05
1316	208	M35	Patrick Runchey, 37, Overland Park, KS	55:20	1:52:54	1:55:37	9:05
1317	164	M40	Jeff Hartz, 40, Runnells, IA	53:39	1:52:55	1:54:07	9:05
608	72	W20	Nicole Bentler, 24*, Urbandale, IA	56:55	1:52:55	1:55:30	9:05
609	142	W25	Jenna Croft, 26*, Des Moines, IA		1:52:55	2:01:37	9:05
1318	234	M30	Justin Barrett, 30, Des Moines, IA	51:25	1:52:55	1:53:55	9:05
610	134	W30	Amy Stelling, 32*, Minnetonka, MN	56:49	1:52:55	1:59:16	9:05
1319	209	M35	Eric Kimball, 38, Waterloo, IA	57:44	1:52:57	1:56:52	9:05
611	143	W25	Jill Hecker, 29*, Gretna, NE	57:23	1:52:59	1:57:03	9:05
1320	210	M35	Nat Kongtahworn, 37, Clive, IA	56:01	1:52:59	1:57:22	9:05
612	73	W20	Ashley Pringle, 24*, West Des Moines, IA	56:48	1:53:00	1:54:32	9:05
1321	45	M55	Tom Wieseler, 58, Mt. Vernon, IA	52:32	1:53:02	1:53:52	9:06
1322	235	M30	Jonathan Titus, 32, Omaha, NE	50:24	1:53:02	1:53:21	9:06
1323	126	M45	David Orth, 46, Ames, IA	54:36	1:53:02	1:57:25	9:06
613	144	W25	Jessica Van Hemert, 26*, Ames, IA	56:11	1:53:04	1:58:15	9:06
614	46	W45	Barb Mendoza, 45*, Grimes, IA	54:57	1:53:05	1:54:37	9:06
615	145	W25	Alana Stamas, 29*, Des Moines, IA	55:41	1:53:07	1:57:08	9:06
1324	197	M25	Erich Ottervanger, 26, Des Moines, IA	53:10	1:53:07	1:54:03	9:06
616	103	W35	Karen Gale, 39*, Marshalltown, IA	57:14	1:53:08	1:56:25	9:06
617	146	W25	Malinda Baker, 27*, Des Moines, IA	53:45	1:53:08	1:53:52	9:06
618	74	W20	Samantha Zanker, 24*, Stanhope, IA	59:27	1:53:08	1:59:13	9:06
1325	165	M40	Blair Smith, 40, Des Moines, IA	56:05	1:53:08	1:55:45	9:06
1326	143	M20	Brian Stevens, 24, Omaha, NE	57:31	1:53:09	1:58:17	9:06
619	147	W25	Brooke Randleman, 28*, Carlisle, IA	55:33	1:53:09	1:55:45	9:06
1327	166	M40	Alan King, 44, Atlantic, IA	54:48	1:53:10	1:54:29	9:06
1328	89	M50	Randy Dorrell, 52, Winterset, IA	55:15	1:53:10	1:54:03	9:06
1329	198	M25	Blake Shepherd, 29, Urbandale, IA	53:27	1:53:11	1:54:23	9:06
620	19	W50	Nancie Dorrell, 50*, Winterset, IA	56:13	1:53:12	1:54:05	9:06
1330	236	M30	Nate Klostermann, 31, Cedar Falls, IA	57:30	1:53:12	1:56:05	9:06
621	135	W30	Jamie Seiler, 34*, West Des Moines, IA	56:48	1:53:13	1:55:28	9:07
1331	167	M40	Marc Peterson, 41, West Des Moines, IA	54:44	1:53:13	1:54:55	9:07
1332	199	M25	Brett Delaney, 27, Ankeny, IA	53:40	1:53:14	1:53:41	9:07
1333	62	M17	Josh Ridlen, 17, Griswold, IA	58:16	1:53:14	1:55:35	9:07
1334	237	M30	Kevin McLean, 31, Waukee, IA	53:27	1:53:15	1:55:08	9:07
1335	238	M30	Matt Meier, 31, Urbandale, IA	53:27	1:53:15	1:55:08	9:07
622	47	W45	Jill Jones, 48*, Cedar Rapids, IA	56:43	1:53:15	1:55:25	9:07
623	136	W30	Denise Rettig, 30*, Coralville, IA	55:50	1:53:16	1:57:03	9:07
624	48	W45	Lisa Shaw, 45*, Ankeny, IA	54:41	1:53:16	1:55:42	9:07
1336	211	M35	Ahmed Choudhury, 39, Ankeny, IA	56:10	1:53:17	1:54:59	9:07
1337	200	M25	Jacob McAnally, 28, Ankeny, IA	51:20	1:53:17	1:55:05	9:07

625	64	W40	Valerie Schultz, 44*, Grinnell, IA	53:37	1:53:17	1:54:52	9:07
626	65	W40	Peggy Hentges, 40*, Urbandale, IA	55:25	1:53:18	1:54:35	9:07
1338	212	M35	Chris Eggert, 39, Ames, IA	55:31	1:53:19	1:56:18	9:07
627	75	W20	Kristen O'Donnell, 20*, Ankeny, IA	56:00	1:53:20	1:56:43	9:07
628	104	W35	Tina Nourse, 36*, Dexter, IA	53:53	1:53:21	1:55:26	9:07
629	137	W30	Katie Wise, 34*, Oskaloosa, IA	58:05	1:53:21	1:56:12	9:07
1339	90	M50	Kerry Anderson, 50, Clive, IA	52:10	1:53:23	1:55:25	9:07
1340	33	JrM	Michael Casey, 15, Ames, IA	54:03	1:53:24	1:54:56	9:07
630	76	W20	Alexa Phipps, 21*, South Sioux City, NE	57:50	1:53:25	1:55:12	9:07
1341	91	M50	Michael Miller, 50, Norwalk, IA	55:20	1:53:26	1:54:46	9:08
1342	239	M30	Nate Boulton, 31, Des Moines, IA	54:06	1:53:27	1:56:00	9:08
631	105	W35	Sherry Greenwood, 38*, Des Moines, IA	52:27	1:53:27	1:53:42	9:08
1343	201	M25	Matthew Ondrusek, 28, Waukee, IA	55:07	1:53:27	1:55:33	9:08
1344	168	M40	Mike Dillon, 42, Des Moines, IA	54:31	1:53:28	1:55:36	9:08
1345	202	M25	Chris Fitzgerald, 27, Des Moines, IA	55:07	1:53:28	1:55:33	9:08
1346	127	M45	Robert Lee, 49, Urbandale, IA	55:35	1:53:29	1:55:51	9:08
632	77	W20	Abby Dierks, 23*, Des Moines, IA	57:42	1:53:29	1:58:11	9:08
633	78	W20	Stacia Nissen, 20*, Fort Dodge, IA	57:42	1:53:29	1:58:10	9:08
634	138	W30	Nicole Klunder, 33*, Byron, MN	56:59	1:53:30	1:57:46	9:08
1347	240	M30	Nick Gomez, 30, Windsor Heights, IA	55:29	1:53:30	1:57:50	9:08
635	139	W30	Mikki Englund, 31*, Marshalltown, IA	54:29	1:53:30	1:56:12	9:08
1348	92	M50	Michael Lee, 52, Ames, IA	56:20	1:53:31	1:55:41	9:08
636	140	W30	Colleen Kuhl, 32*, West Des Moines, IA	54:48	1:53:31	1:54:43	9:08
637	106	W35	Deanna Batchelder, 38*, Des Moines, IA	56:08	1:53:32	1:58:31	9:08
638	79	W20	Caitlin Landt, 22*, Liscomb, IA	56:15	1:53:33	2:01:20	9:08
1349	213	M35	Matt Jones, 36, Indianola, IA	57:15	1:53:33	1:57:19	9:08
1350	241	M30	Aaron Kleckner, 32, Hiawatha, IA	54:24	1:53:34	1:55:46	9:08
639	80	W20	McKenzie Main, 23*, Johnston, IA	57:38	1:53:34	2:00:57	9:08
1351	169	M40	Douglas Kendall, 43, Otley, IA	51:44	1:53:35	1:55:28	9:08
640	20	W50	Linda Gobberdiel, 54*, West Des Moines, IA	55:38	1:53:35	1:55:56	9:08
641	148	W25	Brook Lenze, 26*, Dexter, IA	55:28	1:53:36	1:54:37	9:08
1352	214	M35	Chris Roling, 39, Des Moines, IA	51:55	1:53:36	1:55:30	9:08
1353	203	M25	Tom Cavanagh, 27, Des Moines, IA	56:58	1:53:36	1:56:34	9:08
642	141	W30	Kristin Vogel, 30*, Urbandale, IA	56:59	1:53:36	1:56:34	9:08
1354	204	M25	Brandon Boesenberg, 27, Marion, IA	55:11	1:53:36	1:55:49	9:08
643	21	W50	Cheryl Murad, 52*, Urbandale, IA		1:53:37	1:56:17	9:08
1355	205	M25	Alejandro Alaniz, 27, West Des Moines, IA	52:47	1:53:37	1:56:22	9:08
644	149	W25	Callie Waller, 26*, West Des Moines, IA	57:05	1:53:38	1:57:13	9:09
645	81	W20	Ashley Ranniger, 22*, Manning, IA	54:50	1:53:38	1:55:51	9:09
646	107	W35	Amy Price, 35*, Parkersburg, IA	56:29	1:53:39	1:56:47	9:09
1356	242	M30	Jeff Weber, 30, Parkersburg, IA	55:40	1:53:43	1:59:31	9:09
1357	215	M35	Harold Otis, 35, West Des Moines, IA	50:06	1:53:43	1:54:02	9:09
647	150	W25	Jodi Sheller, 27*, Polk City, IA	56:57	1:53:44	1:58:19	9:09
648	142	W30	Erin Lehman, 32*, Urbandale, IA	56:20	1:53:44	1:56:38	9:09
649	20	W17	Marissa Ausman, 19*, Germantown Hills, IL	55:27	1:53:45	1:57:10	9:09
1358	216	M35	Mark Henderson, 36, Ames, IA	54:14	1:53:45	1:56:17	9:09
1359	217	M35	Jesus Mayorgia, 35, New Hampton, IA	57:27	1:53:45	1:59:10	9:09
1360	128	M45	Michael Zachmeyer, 45, Milan, IL	54:06	1:53:46	1:54:30	9:09
650	21	W17	Laura Lawler, 19*, Urbandale, IA	54:50	1:53:46	1:55:41	9:09
1361	129	M45	Montey Halls, 47, Des Moines, IA	54:59	1:53:47	1:55:58	9:09
651	108	W35	Marchelle Else, 39*, Denver, IA	53:14	1:53:47	1:54:28	9:09
652	143	W30	Hollie Reilly, 30*, Atlantic, IA	58:33	1:53:48	2:00:07	9:09
1362	170	M40	Chris Coffey, 41, Iowa City, IA	56:02	1:53:48	1:57:05	9:09
653	109	W35	Joy Laird, 35*, Pleasant Hill, IA	57:21	1:53:48	1:58:13	9:09
1363	22	M60	Richard Townsend, 62, Johnston, IA	52:28	1:53:48	1:54:33	9:09
654	151	W25	Meghan Blum, 27*, West Des Moines, IA	56:54	1:53:49	1:58:02	9:09
1364	243	M30	Justin Frerichs, 30, Johnston, IA	51:39	1:53:50	1:54:26	9:09
655	82	W20	Sarah Shoemaker, 21*, Waverly, IA	54:04	1:53:50	1:55:32	9:09
656	144	W30	Christy Pierce, 34*, Nashua, IA	58:05	1:53:50	1:57:15	9:10
1365	244	M30	Eric Metzger, 31, Des Moines, IA	59:06	1:53:50	1:58:23	9:10
1366	245	M30	Trevor McGinnis, 31, Johnston, IA	56:25	1:53:50	1:55:50	9:10
1367	144	M20	Chris Marzen, 24, Dougherty, IA	57:10	1:53:51	1:57:54	9:10
1368	246	M30	Ryan Broich, 32, West Des Moines, IA	59:06	1:53:51	1:58:24	9:10
1369	93	M50	Jack Dekkers, 51, Ames, IA	56:34	1:53:52	1:57:28	9:10
1370	145	M20	Chris Betts, 24, Ames, IA	53:19	1:53:52	1:54:57	9:10

1371	218	M35	Greg Schmidt, 38, Cedar Rapids, IA	54:16	1:53:52	1:56:04	9:10
657	145	W30	Amy Mitchell, 33*, Ankeny, IA	56:20	1:53:52	1:57:08	9:10
658	22	W17	Lauren Bricker, 19*, Greenfield, IA	55:27	1:53:53	1:57:19	9:10
1372	130	M45	Lane Vellinga, 49, Waukee, IA	54:49	1:53:53	1:56:36	9:10
659	66	W40	Julie Peterson, 40*, Ames, IA	54:09	1:53:53	1:56:19	9:10
1373	171	M40	Lee Havlik, 42, Madrid, IA	57:48	1:53:54	1:54:10	9:10
1374	172	M40	Scott Funk, 44, Iowa City, IA	55:59	1:53:56	1:53:56	9:10
1375	131	M45	Steve Davis, 49, Harlan, IA	54:11	1:53:56	1:54:28	9:10
1376	146	M20	Justin Stoffa, 24, Norwalk, IA	55:02	1:53:56	1:55:24	9:10
1377	2	M70	Chuck Haigh, 70, West Des Moines, IA	57:12	1:53:57	1:59:19	9:10
660	152	W25	Nicole Harms, 27*, West Des Moines, IA	57:30	1:53:57	1:57:18	9:10
1378	247	M30	Jacob Welchans, 34, Des Moines, IA	57:31	1:53:58	1:57:18	9:10
661	49	W45	Mauree Bamrick-Burtness, 46*, Clear Iowa, IA	54:22	1:53:58	1:56:11	9:10
1379	173	M40	Aaron Simon, 41, Clive, IA	54:22	1:53:58	1:56:52	9:10
1380	206	M25	Jared Bogaards, 25, Grimes, IA	50:01	1:53:58	1:55:43	9:10
1381	248	M30	Pete Jones, 34, Des Moines, IA	52:02	1:53:58	1:54:50	9:10
1382	147	M20	Zach Cassler, 24, Altoona, IA	56:13	1:53:59	1:54:54	9:10
662	146	W30	Elizabeth Wise, 31*, Marshalltown, IA	1:00:33	1:53:59	1:58:14	9:10
663	83	W20	Janelle Stevens, 21*, West Bend, IA	54:50	1:53:59	1:56:12	9:10
664	22	W50	Catherine Burke, 53*, Forest City, IA	56:45	1:54:00	1:59:22	9:10
665	153	W25	Abbey DeMoss, 26*, Albia, IA	57:44	1:54:00	1:57:05	9:10
666	110	W35	Jill Schwarte, 39*, Albia, IA	57:44	1:54:00	1:57:05	9:10
1383	207	M25	Robert Krause, 29, Ames, IA	55:31	1:54:01	1:56:04	9:10
667	147	W30	Sarah Miller, 30*, Island Lake, IL	54:09	1:54:02	1:54:19	9:10
668	154	W25	Stephanie Berry, 25*, Winterset, IA	55:28	1:54:02	1:55:04	9:10
1384	34	JrM	Jamie Bricker, 16, Greenfield, IA	55:28	1:54:02	1:57:28	9:11
669	111	W35	Molly Sivertsen, 37*, Indianola, IA		1:54:02	1:54:02	9:11
1385	35	JrM	Jake Edelman, 15, Eagan, MN	54:10	1:54:03	1:59:36	9:11
670	67	W40	Julie Stillman, 43*, West Des Moines, IA	57:46	1:54:04	1:58:16	9:11
1386	249	M30	Brandon Haines, 30, Windsor Heights, IA	58:25	1:54:05	2:02:25	9:11
1387	46	M55	John Sorenson, 56, Des Moines, IA	56:35	1:54:06	1:54:36	9:11
671	155	W25	Miranda Boyd, 26*, Marion, IA	55:46	1:54:07	2:03:24	9:11
1388	219	M35	Chad Dixon, 39, Pella, IA	53:06	1:54:09	1:55:16	9:11
1389	208	M25	Cory DiCesare, 26, Ankeny, IA	57:09	1:54:10	1:57:58	9:11
672	148	W30	Megan Volp, 30*, West Des Moines, IA	57:04	1:54:10	1:56:53	9:11
1390	250	M30	Jason Dabroski, 32, Marion, IA	55:36	1:54:10	1:55:53	9:11
1391	209	M25	Caleb Pike, 29, Des Moines, IA	54:40	1:54:11	1:55:32	9:11
1392	210	M25	Michael Kuehner, 27, Iowa City, IA	57:16	1:54:12	1:57:18	9:11
673	112	W35	Melanie Steffen, 38*, Johnston, IA	56:08	1:54:12	1:57:09	9:11
674	50	W45	Julie Thomas, 47*, Bedford, IA	54:04	1:54:12	1:55:15	9:11
675	113	W35	Mary Jackovin, 38*, Urbandale, IA	53:09	1:54:13	1:55:04	9:11
676	84	W20	Kaitlin Theis, 21*, Osage, IA	55:48	1:54:13	2:03:29	9:11
1393	251	M30	Tim Seibert, 32, Osage, IA	56:04	1:54:15	1:55:21	9:12
1394	94	M50	Steve Berry, 50, Des Moines, IA	54:41	1:54:16	1:56:10	9:12
677	156	W25	Sally Ward, 25*, Ottumwa, IA	57:56	1:54:16	1:58:04	9:12
1395	47	M55	Terry Smith, 57, Osceola, IA	57:27	1:54:16	1:57:27	9:12
1396	174	M40	Brian Dennis, 41, North Liberty, IA	56:36	1:54:17	2:02:54	9:12
678	23	W50	Molly Whaley, 50*, Iowa City, IA	53:51	1:54:17	1:57:17	9:12
1397	211	M25	Chris Penney, 28, West Des Moines, IA	52:08	1:54:17	1:55:07	9:12
1398	252	M30	Brandon Rohlfen, 32, Ankeny, IA	56:21	1:54:18	1:57:50	9:12
1399	212	M25	Dylan Lampe, 26, West Des Moines, IA	50:40	1:54:19	1:54:34	9:12
1400	253	M30	Matt Logue, 31, Runnells, IA	55:08	1:54:21	1:56:06	9:12
679	85	W20	Meghann Burt, 21*, Slater, IA	56:44	1:54:21	1:57:46	9:12
1401	175	M40	Bill McGinn, 44, Johnston, IA	55:32	1:54:21	1:55:20	9:12
1402	132	M45	Karl Kruse, 46, Johnston, IA	54:18	1:54:22	1:56:32	9:12
1403	176	M40	Steven McIntosh, 40, Des Moines, IA	54:39	1:54:25	1:55:09	9:12
680	114	W35	Cary Birdsall, 35*, Huxley, IA	56:56	1:54:25	1:57:16	9:12
681	157	W25	Molly Doolittle, 27*, Ames, IA	56:09	1:54:26	2:00:20	9:12
1404	213	M25	Douglas Guthridge, 29, Des Moines, IA	57:09	1:54:26	1:58:14	9:12
682	115	W35	Nikki Thies, 35*, West Des Moines, IA	56:53	1:54:27	1:57:30	9:12
1405	36	JrM	John (Jt) Cox, 13, Urbandale, IA	53:54	1:54:27	1:55:52	9:13
1406	177	M40	Trent Leopold, 41, Waukee, IA	55:40	1:54:28	1:56:08	9:13
683	51	W45	Lauri Hast, 46*, Madrid, IA	54:35	1:54:28	1:54:28	9:13
684	149	W30	Brooke Wilson, 31*, Greenfield, IA	55:34	1:54:28	1:54:28	9:13

685	158	W25	Lisa Iler, 26*, Ames, IA		1:54:29	1:56:16	9:13
1407	254	M30	Steve Olsen, 34, Altoona, IA	52:57	1:54:29	1:55:34	9:13
1408	133	M45	Dan Varnum, 49, Ankeny, IA	52:04	1:54:30	1:54:33	9:13
686	159	W25	Deb Benakis, 26*, West Des Moines, IA	55:58	1:54:30	1:57:15	9:13
1409	178	M40	Matthew Gardner, 41, Urbandale, IA	55:08	1:54:32	1:58:58	9:13
1410	214	M25	Mike Martens, 26, West Des Moines, IA	55:29	1:54:33	1:55:27	9:13
1411	48	M55	Brian Myers, 59, Dallas Center, IA	55:05	1:54:33	1:57:08	9:13
1412	148	M20	Keegan Crosby, 20, Indianola, IA	57:42	1:54:34	1:58:02	9:13
687	160	W25	Lacey Woolf, 29*, West Des Moines, IA	55:52	1:54:34	1:55:45	9:13
688	8	JrW	Abby Puk, 13*, Johnston, IA	55:10	1:54:36	1:59:05	9:13
689	161	W25	Kimberly Knothe, 26*, Des Moines, IA	54:24	1:54:36	1:56:12	9:13
1413	95	M50	Mark Fohey, 51, Monona, IA	55:56	1:54:37	1:57:25	9:13
1414	255	M30	Kris Bro, 34, Des Moines, IA	56:47	1:54:37	1:55:46	9:13
1415	134	M45	Joe Akers, 46, Grimes, IA	55:56	1:54:37	1:56:23	9:13
690	116	W35	Meridith DeKruyf, 39*, Des Moines, IA	57:42	1:54:38	1:58:45	9:13
1416	63	M17	Josh Meyer, 17, Otley, IA	55:05	1:54:38	1:57:05	9:13
1417	256	M30	John MacDonald, 32, Des Moines, IA	54:51	1:54:39	1:57:51	9:13
1418	220	M35	Tim Brunsting, 38, Hull, IA	52:24	1:54:39	1:55:36	9:13
1419	215	M25	Tom Edgington, 28, Waukee, IA	53:51	1:54:39	1:55:33	9:13
691	117	W35	Tammy Mickey, 38*, Melcher, IA	55:16	1:54:39	1:56:20	9:14
692	150	W30	Dawn Gries, 30*, Norwalk, IA	57:31	1:54:40	1:58:11	9:14
693	52	W45	Marie Rainforth, 46*, West Des Moines, IA	55:13	1:54:40	1:57:09	9:14
1420	216	M25	Dinu Mathai, 28, Des Moines, IA	53:36	1:54:41	1:56:06	9:14
1421	217	M25	Joseph Johnston, 28, West Des Moines, IA	55:16	1:54:42	1:56:04	9:14
1422	218	M25	Gabriel Boorn, 27, Wilton, IA	52:12	1:54:42	1:55:39	9:14
1423	179	M40	Steven Novy, 41, Iowa Falls, IA	53:54	1:54:43	1:56:54	9:14
1424	221	M35	Dan Huegerich, 36, Ankeny, IA	51:06	1:54:43	1:55:19	9:14
1425	257	M30	Joshua Schut, 31, Clive, IA	1:01:17	1:54:43	2:03:23	9:14
694	118	W35	Sara Huegerich, 35*, Ankeny, IA	51:06	1:54:43	1:55:19	9:14
1426	222	M35	Dev Puri, 38, Des Moines, IA	55:47	1:54:43	1:57:31	9:14
1427	180	M40	Lou Kelehan, 41, Des Moines, IA	55:39	1:54:46	1:57:06	9:14
695	162	W25	Jennifer Smith, 27*, Des Moines, IA	56:43	1:54:47	1:58:26	9:14
696	151	W30	Kate Steele, 32*, Des Moines, IA	56:27	1:54:47	1:57:14	9:14
1428	219	M25	Levi Kannedy, 26, North Liberty, IA	57:02	1:54:48	1:57:32	9:14
1429	258	M30	Michael Elmore, 33, Omaha, NE	55:06	1:54:49	1:56:35	9:14
697	152	W30	Sarah Miller, 34*, Des Moines, IA	56:12	1:54:50	1:57:36	9:14
1430	259	M30	Mark Moeller, 30, Ankeny, IA	55:36	1:54:51	1:57:14	9:14
698	68	W40	Katy Cohan, 43*, Des Moines, IA	57:27	1:54:51	1:55:47	9:14
1431	135	M45	Dale Stephens, 49, Des Moines, IA	55:59	1:54:52	1:57:16	9:14
1432	260	M30	Scott Popkes, 32, Iowa City, IA	56:29	1:54:52	1:58:34	9:14
699	119	W35	Lisa Backhaus, 39*, Clear Lake, IA	55:18	1:54:52	1:56:23	9:15
1433	181	M40	Eric Gannon, 44, Colfax, IA	55:44	1:54:52	1:57:12	9:15
1434	136	M45	Steve Cassabaum, 45, Nevada, IA	55:49	1:54:52	1:55:50	9:15
1435	223	M35	Phoukham Baccam, 38, Urbandale, IA	55:57	1:54:53	1:58:57	9:15
1436	137	M45	Casey Johnson, 46, Clive, IA	57:11	1:54:53	1:56:15	9:15
700	163	W25	Brittany Jungck, 28*, Waterloo, IA	54:14	1:54:53	1:55:36	9:15
701	153	W30	Kayren Davidson, 33*, Urbandale, IA	55:40	1:54:53	1:56:31	9:15
702	53	W45	Jodi Runge, 46*, Des Moines, IA	59:00	1:54:54	2:00:01	9:15
703	86	W20	Koriann Kent, 23*, Des Moines, IA	54:48	1:54:55	1:57:10	9:15
1437	138	M45	Neal Halder, 47, Ankeny, IA	56:03	1:54:55	1:55:23	9:15
1438	182	M40	Jason Pool, 40, Des Moines, IA	57:45	1:54:55	1:59:54	9:15
704	154	W30	Jessica Perry, 32*, Coralville, IA	56:27	1:54:55	1:55:38	9:15
705	54	W45	Jean Dingeman, 47*, Pella, IA	56:21	1:54:55	1:57:58	9:15
706	155	W30	Aubrey Villotti, 31*, Urbandale, IA	57:17	1:54:56	1:57:14	9:15
707	164	W25	Jamilee Noble, 27*, Johnston, IA	57:30	1:54:56	1:58:15	9:15
1439	220	M25	Todd Attig, 26, West Des Moines, IA	58:32	1:54:57	1:58:36	9:15
708	24	W50	Nancy Bradley, 51*, Denison, IA	54:11	1:54:58	1:55:49	9:15
1440	149	M20	Brandon Vogel, 23, Ft. Dodge, IA	57:47	1:54:58	1:59:49	9:15
709	120	W35	Cassie VanArkel, 37*, Urbandale, IA	55:05	1:54:59	1:56:48	9:15
710	121	W35	Ellen Farseth, 37*, Minneapolis, MN	57:15	1:54:59	1:56:27	9:15
1441	150	M20	Benjamin Dorin, 20, Pleasant Hill, IA	51:18	1:55:00	1:55:06	9:15
1442	96	M50	Greg Seymour, 52, Prole, IA	56:33	1:55:01	1:56:35	9:15
1443	221	M25	Young Kim, 29, Clive, IA	56:11	1:55:01	1:59:48	9:15
1444	224	M35	Rusty Ringler, 37, Altoona, IA	57:21	1:55:01	1:56:31	9:15
1445	261	M30	Damon Jackson, 34, Des Moines, IA	56:41	1:55:01	1:59:04	9:15

1446	64	M17	Christopher Lee, 18, Urbandale, IA	55:35	1:55:01	1:57:23	9:15
711	165	W25	Abby Kratoska, 28*, Granger, IA	55:28	1:55:01	1:55:32	9:15
1447	151	M20	Ian Leslie, 22, Windsor Heights, IA	57:10	1:55:04	1:58:20	9:15
712	166	W25	Kate Crawford, 27*, Adair, IA	57:33	1:55:04	1:56:57	9:16
713	167	W25	Kristy Olsen, 25*, West Des Moines, IA	55:31	1:55:05	1:57:10	9:16
714	87	W20	Lindsey Riley, 24*, Clive, IA	55:31	1:55:05	1:57:10	9:16
1448	183	M40	Brad Willie, 44, Urbandale, IA	55:32	1:55:08	1:56:07	9:16
1449	65	M17	Ian Crosby, 18, Indianola, IA	57:42	1:55:08	1:58:36	9:16
715	122	W35	Maggie Davitt, 37*, Norwalk, IA	52:11	1:55:08	1:55:48	9:16
716	156	W30	Teresa Anderson, 30*, Rockwell City, IA	54:34	1:55:11	1:56:18	9:16
717	55	W45	Lynette Buesing, 45*, Stockton, IA	53:58	1:55:11	1:56:11	9:16
1450	184	M40	Brian Miller, 41, Grayslake, IL	53:35	1:55:12	1:56:31	9:16
718	168	W25	Amy Rossman, 27*, Cedar Falls, IA	54:43	1:55:12	1:57:38	9:16
719	169	W25	Amberly Bult, 27*, Cedar Rapids, IA	1:01:57	1:55:12	1:59:21	9:16
720	23	W17	Katie Burt, 19*, Slater, IA	56:44	1:55:12	1:58:37	9:16
1451	152	M20	Alex Heggen, 20, Pleasant Hill, IA	59:53	1:55:12	2:01:37	9:16
721	88	W20	Amanda Jorgensen, 22*, Gowrie, IA	56:16	1:55:13	1:58:08	9:16
722	157	W30	Casey Fonley, 31*, Cedar Falls, IA	56:35	1:55:13	2:01:40	9:16
1452	262	M30	Jason Lyons, 34, Urbandale, IA	59:35	1:55:13	1:59:49	9:16
1453	263	M30	Andy Richardson, 34, Huxley, IA	59:36	1:55:13	1:59:49	9:16
723	123	W35	Emily Kehoe, 36*, Des Moines, IA	56:06	1:55:14	1:57:25	9:16
1454	264	M30	Nathan Stanton, 31, Iowa, IA	56:51	1:55:14	1:56:23	9:16
1455	49	M55	Paul Wiederholt, 55, Clinton, IA	56:40	1:55:14	1:59:15	9:16
724	124	W35	Tracy McGinnis, 38*, Muscatine, IA	56:29	1:55:15	1:58:58	9:16
1456	50	M55	Curtis Cokeley, 58, Des Moines, IA	55:16	1:55:16	1:58:56	9:16
725	89	W20	Allison Cozad, 21*, Grimes, IA	56:58	1:55:16	1:58:31	9:16
1457	153	M20	Aaron Aiken, 21, Ames, IA	57:30	1:55:17	1:58:40	9:17
1458	139	M45	David Kizzier, 49, Urbandale, IA	53:43	1:55:17	1:56:24	9:17
726	125	W35	Carrie Buzzoni, 37*, Polk City, IA	54:33	1:55:18	1:56:36	9:17
1459	265	M30	Luke Steimel, 31, Waterloo, IA	57:22	1:55:19	1:59:01	9:17
1460	97	M50	Kurtis Jensen, 50, Marshalltown, IA	51:34	1:55:19	1:55:57	9:17
1461	140	M45	Tod Richardson, 49, Truro, IA	56:22	1:55:20	1:57:12	9:17
727	56	W45	Kris Robson, 45*, Urbandale, IA	56:54	1:55:20	1:57:07	9:17
1462	225	M35	David John, 35, Des Moines, IA	57:31	1:55:20	1:57:15	9:17
1463	154	M20	Keith Garland, 21, Ames, IA	56:23	1:55:20	1:58:08	9:17
728	90	W20	Miranda Garland, 20*, Ames, IA	56:23	1:55:20	1:58:08	9:17
1464	141	M45	Jim Noonan, 48, Bondurant, IA	55:01	1:55:21	1:56:02	9:17
729	126	W35	Michele Hoogers, 36*, Sheldon, IA	56:15	1:55:21	1:57:46	9:17
1465	266	M30	Josh Helm, 33, Altoona, IA	54:19	1:55:22	1:57:22	9:17
730	170	W25	Shawnae Raymond, 29*, Clive, IA	58:51	1:55:23	1:59:45	9:17
1466	142	M45	Todd Devine, 47, Saint Louis Park, MN	54:37	1:55:23	1:58:44	9:17
731	158	W30	Allison Vaughn, 33*, Marshalltown, IA	55:59	1:55:24	1:57:44	9:17
732	69	W40	Lisa H Walters, 42*, Blue Springs, MO	59:53	1:55:25	1:58:41	9:17
1467	267	M30	Paul Penman, 30, Des Moines, IA	54:54	1:55:25	1:57:37	9:17
1468	143	M45	John Lensing, 45, Clive, IA	56:22	1:55:25	1:58:04	9:17
1469	185	M40	Jeffrey Walters, 42, Blue Springs, MO	59:34	1:55:25	1:58:44	9:17
733	70	W40	Tricia Kelsey, 43*, Blue Springs, MO	59:53	1:55:26	1:58:42	9:17
734	171	W25	Shayla Holcomb, 26*, Des Moines, IA	52:57	1:55:26	1:56:42	9:17
1470	268	M30	Eric Weber, 30, Ames, IA	56:38	1:55:27	1:58:03	9:17
735	91	W20	Katy Betten, 21*, Manson, IA	54:02	1:55:28	1:56:13	9:17
1471	98	M50	Dave Anderson, 50, Ames, IA	56:39	1:55:28	1:58:03	9:17
736	57	W45	Mike Wilson, 48*, Belton, MO	53:32	1:55:29	1:56:48	9:18
1472	269	M30	Brett Lewis, 33, Polk City, IA	53:16	1:55:30	1:57:44	9:18
737	172	W25	Lisa Mollenhauer, 29*, Clive, IA	55:14	1:55:30	1:57:14	9:18
738	71	W40	Barbara Batchelor, 44*, Clive, IA	1:00:21	1:55:31	1:58:42	9:18
739	159	W30	Lory Van Tilburg, 34*, McClelland, IA	1:01:20	1:55:34	2:03:30	9:18
1473	226	M35	Chris Eichhorn, 36, Council Bluffs, IA	1:01:20	1:55:34	2:03:29	9:18
740	160	W30	Annielori Walton, 31*, Council Bluffs, IA	1:01:19	1:55:35	2:03:29	9:18
1474	270	M30	Adam Russell, 32, Forest City, IA	56:58	1:55:36	1:58:00	9:18
1475	222	M25	David Geier, 27, Bondurant, IA	57:18	1:55:36	1:58:57	9:18
1476	51	M55	Dewayne Bonnett, 59, Strawberry Point, IA	55:27	1:55:37	1:56:51	9:18
741	161	W30	Shelley Heckert, 30*, Indianola, IA	56:47	1:55:38	1:58:30	9:18
1477	271	M30	Todd Carter, 32, Il, IL	59:18	1:55:40	2:04:29	9:18
1478	227	M35	Cory Shelton, 37, West Des Moines, IA	1:01:22	1:55:40	2:03:35	9:18
742	72	W40	Jill Smith, 41*, Clive, IA	56:51	1:55:40	1:57:14	9:18

1479	144	M45	Steve Fekkether, 45, Mason City, IA	57:23	1:55:41	1:56:22	9:18
743	92	W20	Mary Begg, 21*, Huxley, IA	55:08	1:55:41	1:58:01	9:18
1480	223	M25	Aaron Eggert, 28, Colfax, IA	54:37	1:55:41	1:56:27	9:18
1481	224	M25	David Emerson, 28, West Des Moines, IA	57:49	1:55:41	1:59:41	9:18
1482	272	M30	Jeff Swanson, 33, Ankeny, IA	51:28	1:55:41	1:58:08	9:18
744	173	W25	Amanda Kirwan, 27*, Urbandale, IA	58:20	1:55:41	2:00:19	9:18
745	162	W30	Leah Martin, 33*, West Des Moines, IA	57:49	1:55:41	1:59:41	9:18
1483	186	M40	Nick Tornabane, 42, Waukee, IA	54:29	1:55:42	1:57:49	9:19
1484	225	M25	Andrew Quint, 27, Des Moines, IA	54:29	1:55:42	1:56:16	9:19
1485	145	M45	Tom Mitchell, 48, Ankeny, IA	56:16	1:55:43	1:58:42	9:19
746	174	W25	Amanda Gillman, 25*, Omaha, NE	58:36	1:55:43	2:00:08	9:19
1486	273	M30	Dan Powers, 31, Polk City, IA	57:09	1:55:44	1:58:03	9:19
1487	155	M20	Daniel Rinehart, 22, Boone, IA	1:01:46	1:55:44	1:57:59	9:19
1488	146	M45	Joe Quinn, 49, Des Moines, IA	56:51	1:55:45	1:57:19	9:19
1489	187	M40	Todd Eschweiler, 40, Johnston, IA	53:57	1:55:45	1:58:03	9:19
747	93	W20	Sara Pfannes, 23*, Iowa City, IA	1:00:01	1:55:47	1:59:58	9:19
748	94	W20	Paige Abbas, 22*, Mason City, IA	1:00:02	1:55:47	1:59:57	9:19
1490	228	M35	Paul Sams, 38, Urbandale, IA	55:11	1:55:49	1:58:49	9:19
1491	226	M25	Cliff Pinsent, 28, Mission, KS	56:31	1:55:49	1:58:04	9:19
749	163	W30	Lauren Hackman, 30*, West Des Moines, IA	55:48	1:55:50	2:00:16	9:19
1492	274	M30	Kyle Ament, 33, Colfax, IA	52:06	1:55:50	1:57:19	9:19
1493	229	M35	Neil Joss, 38, North Liberty, IA	57:11	1:55:50	1:59:45	9:19
1494	23	M60	Richard Blanshan, 63, Polk City, IA	55:16	1:55:51	1:58:19	9:19
750	164	W30	Cheri Brunsting, 34*, Hull, IA	55:13	1:55:51	1:56:48	9:19
1495	52	M55	David Acker, 58, Ames, IA	54:42	1:55:51	1:56:33	9:19
751	73	W40	Elisabeth Reynoldson, 43*, Osceola, IA	59:19	1:55:52	2:00:21	9:19
752	74	W40	Rachel Prohaska, 43*, West Des Moines, IA	53:34	1:55:52	1:58:55	9:19
753	95	W20	Sally Ferguson, 24*, Cedar Falls, IA	58:43	1:55:53	2:00:49	9:19
754	165	W30	Nicole Thurman, 33*, Grimes, IA	56:41	1:55:53	1:59:25	9:19
1496	188	M40	Craig Backhaus, 42, Clear Lake, IA	55:19	1:55:54	1:57:24	9:19
1497	275	M30	Mark Tartenaar, 33, Des Moines, IA	54:09	1:55:54	1:58:55	9:19
755	127	W35	Nicole Lozier, 37*, Des Moines, IA	57:28	1:55:54	1:56:50	9:19
756	75	W40	Keri Frommelt, 40*, Ankeny, IA	57:32	1:55:54	1:59:24	9:19
757	166	W30	Tennille Harms, 34*, Waukee, IA	56:59	1:55:55	2:00:12	9:20
758	175	W25	Julie Streib, 28*, Rochester, MN	57:10	1:55:55	1:59:53	9:20
1498	276	M30	Joseph Kauder, 30, Cascade, IA	56:43	1:55:56	2:00:13	9:20
1499	99	M50	Kevin Allen, 50, Des Moines, IA	50:53	1:55:56	1:56:35	9:20
1500	230	M35	Jeremy Lynch, 39, Indianola, IA	56:44	1:55:56	2:00:13	9:20
1501	189	M40	Shane Bostian, 41, Ozark, MO	57:05	1:55:56	1:58:33	9:20
759	25	W50	Terri Kent, 51*, Des Moines, IA	56:13	1:55:58	1:58:14	9:20
760	76	W40	Sue Shivers, 42*, Ankeny, IA	57:29	1:55:58	1:58:33	9:20
761	176	W25	Shelby Sutherland, 27*, Cedar Rapids, IA	58:15	1:55:59	2:00:37	9:20
762	177	W25	Sarah Young, 28*, Marion, IA	56:37	1:55:59	2:00:26	9:20
763	77	W40	Amy Hilmes, 43*, Des Moines, IA	56:13	1:55:59	1:58:14	9:20
1502	227	M25	Adam Wiegert, 27, Carlisle, IA	54:48	1:55:59	1:59:44	9:20
764	178	W25	Laura Dillavou, 27*, Ankeny, IA	55:26	1:56:00	1:59:11	9:20
765	128	W35	Jodi Buchan, 39*, Johnston, IA	57:05	1:56:00	1:59:24	9:20
1503	277	M30	Bryce Roskens, 30, Eldora, IA	54:31	1:56:00	1:58:27	9:20
1504	100	M50	Doug Oldenkamp, 50, West Des Moines, IA	55:36	1:56:01	1:57:46	9:20
766	129	W35	Amy Kimball, 37*, Waterloo, IA	57:46	1:56:01	1:59:56	9:20
767	9	W55	Nancy Harvey, 57*, Ankeny, IA	55:24	1:56:02	1:57:19	9:20
1505	231	M35	Cory Shook, 37, Pleasant Hill, IA	58:43	1:56:02	2:02:14	9:20
768	78	W40	Raquel Davis, 40*, Tiffin, IA	55:51	1:56:03	1:57:43	9:20
769	26	W50	Dawn Cochran, 53*, W Des Moines, IA	56:29	1:56:03	2:02:03	9:20
1506	190	M40	Wade Lookingbill, 41, Urbandale, IA	54:32	1:56:04	1:58:22	9:20
1507	53	M55	Will Walling, 56, Polk City, IA	55:55	1:56:04	1:56:58	9:20
1508	228	M25	Matt Dohlman, 29, Waukee, IA	56:31	1:56:06	1:57:16	9:20
770	179	W25	Jennifer Meyers, 29*, St. Louis, MO	57:15	1:56:06	2:00:45	9:20
1509	232	M35	Matt Pitt, 37, Missouri Valley, IA	56:33	1:56:06	1:58:54	9:20
1510	24	M60	Dan Lauters, 63, Garner, IA	58:59	1:56:07	2:00:19	9:21
771	130	W35	Trendy Hanft, 37*, Nora Springs, IA	59:22	1:56:07	2:01:33	9:21
1511	229	M25	Chris Langpaul, 29, West Des Moines, IA	58:28	1:56:07	2:00:45	9:21
772	180	W25	Nicole Winebrenner, 28*, Des Moines, IA	59:03	1:56:07	1:58:21	9:21
1512	278	M30	Jeff McDermott, 31, Des Moines, IA	1:02:44	1:56:07	1:59:41	9:21
773	131	W35	Robin Kopelman, 37*, Iowa City, IA	58:55	1:56:07	1:58:47	9:21

774	132	W35	Amy Clark, 39*, Afton, IA	58:02	1:56:09	1:58:50	9:21
1513	279	M30	Inigo Ibarra, 34, Johnston, IA	57:49	1:56:10	1:58:12	9:21
775	133	W35	Julie Nahas Muller, 36*, Clive, IA	54:40	1:56:12	1:58:30	9:21
776	167	W30	Amy Hutchins, 34*, Des Moines, IA	58:13	1:56:13	2:00:09	9:21
1514	230	M25	John Maly, 29, Des Moines, IA	57:34	1:56:14	1:59:32	9:21
1515	231	M25	Jaime Guerrero, 29, Marion, IA	54:29	1:56:15	1:57:26	9:21
777	181	W25	Dawn Guerrero, 27*, Marion, IA	54:30	1:56:15	1:57:26	9:21
1516	232	M25	Laury Aye, 25, Des Moines, IA	53:42	1:56:15	2:01:02	9:21
778	168	W30	Lisa Blunk, 31*, Ankeny, IA	53:25	1:56:15	1:59:14	9:21
1517	233	M25	Joseph Timmerman, 27, Oskaloosa, IA	1:05:32	1:56:16	2:03:26	9:21
1518	233	M35	Heath Rhinehart, 38, Conrad, IA	54:15	1:56:16	1:58:35	9:21
779	96	W20	Whitney Wolfe, 23*, Johnston, IA	54:33	1:56:16	2:00:12	9:21
780	97	W20	Elizabeth Colwell, 22*, Iowa Falls, IA	58:10	1:56:16	2:01:05	9:21
1519	280	M30	Michael Riggs, 31, West Des Moines, IA	53:31	1:56:16	1:57:30	9:21
1520	234	M35	Steve Evans, 37, Indianola, IA	57:22	1:56:17	1:56:55	9:21
1521	147	M45	James Fredregill, 47, Cumming, IA	54:50	1:56:17	1:58:38	9:21
781	1	W60	Claudia Scott, 60*, Marion, IA	55:59	1:56:18	1:56:29	9:21
1522	281	M30	Quincy Beck, 31, Urbandale, IA	54:48	1:56:19	1:57:13	9:21
1523	235	M35	Eric Camper, 39, Des Moines, IA	55:25	1:56:19	1:57:49	9:22
782	182	W25	Michelle Casper, 27*, Rochester, MN	57:10	1:56:20	2:00:18	9:22
783	183	W25	Sarah Goodman, 26*, West Des Moines, IA		1:56:20	1:56:20	9:22
784	134	W35	Mindy Moore, 35*, West Des Moines, IA	56:43	1:56:21	1:58:46	9:22
785	27	W50	Kimberly Haines, 52*, Oskaloosa, IA	58:06	1:56:21	1:59:11	9:22
1524	101	M50	Hal Nation, 53, Fort Dodge, IA	58:20	1:56:22	2:00:20	9:22
1525	191	M40	Rick DeBruin, 42, West Des Moines, IA	58:31	1:56:23	2:00:45	9:22
1526	234	M25	Matt Yetmar, 28, Des Moines, IA	59:43	1:56:24	2:00:37	9:22
1527	282	M30	Jason Holzmuller, 34, Lawrence, KS	57:16	1:56:24	2:00:02	9:22
786	169	W30	Robyn Clevenger, 32*, West Des Moines, IA	57:08	1:56:25	1:58:44	9:22
1528	156	M20	Sean Lunde, 24, West Des Moines, IA	55:18	1:56:25	2:01:05	9:22
787	135	W35	Sonee Stenberg, 35*, Chanhassen, MN	56:09	1:56:26	1:59:47	9:22
1529	235	M25	Zane Taylor, 27, Ankeny, IA	59:04	1:56:27	1:59:27	9:22
788	79	W40	Krista Walker, 40*, Johnston, IA	57:49	1:56:27	2:00:31	9:22
1530	148	M45	Bill Workman, 49, Waukee, IA	57:15	1:56:29	2:00:55	9:22
789	184	W25	Sara Haaland, 29*, Granger, IA	58:17	1:56:29	2:01:11	9:22
1531	149	M45	Cody Kilgore, 49, West Des Moines, IA	54:44	1:56:29	1:56:50	9:22
1532	283	M30	Ryan Myers, 33, Des Moines, IA	55:18	1:56:30	1:58:13	9:22
790	185	W25	Carrie Flatjord, 28*, Ankeny, IA	56:26	1:56:30	1:58:58	9:22
791	186	W25	Michelle Cole, 29*, West Des Moines, IA	57:33	1:56:30	1:58:05	9:22
1533	150	M45	Gary Davis, 47, Des Moines, IA	54:35	1:56:31	1:58:35	9:22
792	136	W35	Molly Kongtahworn, 35*, Clive, IA	56:02	1:56:31	2:00:54	9:23
793	80	W40	Marie Vajgrt, 44*, Urbandale, IA	58:25	1:56:31	1:58:28	9:23
794	137	W35	Lynne McKenna, 36*, Luverne, IA	54:48	1:56:31	1:57:11	9:23
1534	157	M20	Nathan Miller, 21, Lake City, IA	58:07	1:56:32	1:58:53	9:23
1535	37	JrM	Jacob Randall, 16, Grimes, IA	52:38	1:56:32	1:58:34	9:23
795	170	W30	Anne Kramer, 32*, Des Moines, IA	58:09	1:56:33	1:58:52	9:23
1536	54	M55	Scott Avitt, 58, Des Moines, IA	58:28	1:56:34	2:00:20	9:23
1537	284	M30	Jesse Hammes, 30, Tipton, IA	52:09	1:56:35	1:58:41	9:23
1538	151	M45	Mark Perington, 46, Johnston, IA	57:06	1:56:36	2:00:00	9:23
796	138	W35	Jill Hultquist, 36*, Underwood, IA	58:53	1:56:36	2:00:22	9:23
1539	158	M20	Jason Deal, 23, Davenport, IA	51:45	1:56:37	1:57:03	9:23
1540	236	M35	Dan Adams, 35, Waukee, IA	57:25	1:56:37	1:59:26	9:23
797	187	W25	Marit Florke, 26*, West Des Moines, IA	59:08	1:56:37	2:02:24	9:23
1541	285	M30	Kevin Ranslow, 33, West Des Moines, IA	55:41	1:56:38	1:58:01	9:23
1542	286	M30	Sisouphanh Deuanepenh, 33, Des Moines, IA	57:13	1:56:38	1:59:52	9:23
1543	192	M40	Scott Knaack, 40, Correctionville, IA	53:23	1:56:39	1:57:20	9:23
1544	159	M20	Robert Meade, 24, Council Bluffs, IA	1:01:56	1:56:39	2:04:28	9:23
1545	193	M40	Andrew Lindstrom, 41, Clive, IA	53:07	1:56:40	1:57:26	9:23
1546	160	M20	Louis Elbert, 23, Indianola, IA	1:01:56	1:56:40	2:04:28	9:23
798	98	W20	Haily Ruth, 24*, Jefferson, IA	58:54	1:56:40	1:59:43	9:23
799	171	W30	Sheri Bosch, 34*, Cedar Rapids, IA	59:18	1:56:41	2:01:36	9:23
1547	194	M40	Ahmed Ibrahim, 43, Urbandale, IA	57:18	1:56:41	1:57:30	9:23
800	99	W20	Mimi Nguyen, 24*, Des Moines, IA	58:41	1:56:42	2:03:23	9:23
1548	195	M40	Pat Ryan, 40, Urbandale, IA	57:28	1:56:42	1:58:29	9:23
801	172	W30	Amanda Peterson, 33*, Johnston, IA	56:46	1:56:42	2:02:56	9:23
1549	287	M30	Tatum Moyer, 30, Ankeny, IA	56:40	1:56:43	1:58:13	9:23



1550	236	M25	Adam Christoffersen, 25, Forest City, IA	57:45	1:56:44	2:02:45	9:23
1551	237	M35	Matthew Ferring, 38, Des Moines, IA	55:11	1:56:45	1:58:10	9:24
802	173	W30	Erin Rossmanith, 33*, Barnum, IA	57:56	1:56:46	1:58:44	9:24
803	139	W35	Amy Coen, 35*, Fort Collins, CO	57:45	1:56:46	2:00:45	9:24
804	100	W20	Emily Smith, 21*, Cedar Rapids, IA	58:06	1:56:46	2:00:40	9:24
805	174	W30	Stacey Guertin, 30*, Cedar Rapids, IA	1:00:19	1:56:47	2:00:57	9:24
1552	25	M60	Glenn Michael, 61, Glendale, AZ	1:00:37	1:56:47	1:57:56	9:24
806	140	W35	Sally Scroggs, 37*, Ankeny, IA	57:25	1:56:47	1:59:24	9:24
807	141	W35	Whitney Brink, 39*, Ankeny, IA	56:04	1:56:47	1:59:43	9:24
808	188	W25	Kelly Kleopfer, 29*, Cedar Rapids, IA	1:00:19	1:56:48	2:00:58	9:24
809	81	W40	Tammy Wheeler, 44*, Waverly, IA	56:00	1:56:48	1:59:40	9:24
1553	196	M40	John Tesar, 43, Riverside, MO	56:47	1:56:48	1:58:53	9:24
810	101	W20	Stephanie Steffy, 22*, Johnston, IA	57:38	1:56:50	2:04:12	9:24
811	28	W50	Karla Richards, 51*, Urbandale, IA	58:57	1:56:51	2:01:02	9:24
1554	55	M55	Frank Tallerico, 55, Waukee, IA	58:58	1:56:53	2:01:04	9:24
1555	197	M40	Eric Prosperi, 42, Johnston, IA	54:04	1:56:53	1:59:09	9:24
812	175	W30	April Wolter, 30*, Urbandale, IA	59:00	1:56:53	2:00:32	9:24
813	189	W25	Leah Fishman, 25*, Aurelia, IA	57:38	1:56:54	1:58:14	9:24
1556	102	M50	Terry Scheu, 50, Sioux Falls, SD	58:33	1:56:54	1:59:25	9:24
814	58	W45	Loree Horn, 46*, West Des Moines, IA	57:38	1:56:54	2:01:10	9:24
1557	161	M20	Ted Rogers, 23, West Des Moines, IA	54:59	1:56:55	1:59:00	9:24
815	102	W20	Heather Groh, 24*, Iowa City, IA	1:00:45	1:56:55	2:01:08	9:24
816	176	W30	Leslie Sager, 31*, Gladbrook, IA	1:00:03	1:56:55	2:00:53	9:24
817	59	W45	Phyllis Eshelman, 49*, Bridgewater, IA	55:40	1:56:55	1:57:58	9:24
818	142	W35	Shelby Cork, 35*, West Des Moines, IA	54:21	1:56:56	1:59:25	9:24
819	143	W35	Maria Mattiace, 35*, Ankeny, IA	55:53	1:56:56	1:57:48	9:24
1558	152	M45	Bill Henninger, 48, Newton, IA	56:03	1:56:56	1:57:31	9:24
820	190	W25	Katherine Polking, 26*, Minneapolis, MN	58:01	1:56:56	1:59:00	9:24
821	24	W17	Ericka Tank, 19*, Manning, IA	59:05	1:56:57	1:59:16	9:25
1559	237	M25	Jason Topp, 28, Waukee, IA	57:54	1:56:57	1:58:14	9:25
1560	103	M50	Claude Frazier III, 51, Des Moines, IA	58:29	1:56:58	2:05:57	9:25
1561	153	M45	Jeff Rotert, 47, Altoona, IA	57:25	1:56:58	1:58:59	9:25
822	191	W25	Lisa Schreck, 25*, Carroll, IA		1:56:58	1:57:58	9:25
1562	162	M20	Ryan St Peter, 23, Iowa City, IA	54:21	1:56:58	2:00:43	9:25
1563	288	M30	Ross Carponelli, 32, Deer Park, IL	56:31	1:56:59	1:59:13	9:25
1564	289	M30	Andrew Evers, 33, Ames, IA	56:59	1:56:59	2:02:25	9:25
1565	56	M55	Art Millikin, 58, Hedrick, IA	54:50	1:57:00	1:59:43	9:25
1566	290	M30	Donovan Moser, 32, Urbandale, IA	1:00:19	1:57:00	2:03:13	9:25
823	144	W35	Emily Williams, 36*, Lincoln, NE	57:17	1:57:02	2:00:21	9:25
824	103	W20	Kirsten Van Dusseldorp, 22*, Pella, IA	57:41	1:57:02	1:59:42	9:25
825	192	W25	Amanda Pottorff, 25*, West Des Moines, IA	57:57	1:57:03	2:02:10	9:25
826	145	W35	Jenny Slack, 39*, Ankeny, IA	57:02	1:57:04	1:58:53	9:25
1567	57	M55	Bob Bisenius, 55, Johnston, IA	55:48	1:57:04	2:00:45	9:25
827	177	W30	Kristine Forret, 32*, Des Moines, IA	58:13	1:57:04	2:01:01	9:25
1568	238	M25	Ben Lochard, 26, West Des Moines, IA	57:33	1:57:04	1:59:03	9:25
1569	104	M50	Doug Keast, 53, Altoona, IA	56:40	1:57:05	2:00:35	9:25
828	178	W30	Meghan Shively, 32*, Bloomfield, IA	57:51	1:57:05	1:59:44	9:25
1570	163	M20	Josh Whitney, 24, Iowa City, IA	53:18	1:57:06	1:59:46	9:25
829	9	JrW	Belle Hartman, 14*, Marengo, IA	1:00:05	1:57:06	1:58:12	9:25
1571	198	M40	John Hoekstra, 40, Johnston, IA	57:14	1:57:07	1:59:44	9:25
830	146	W35	Annika Cornelisse, 39*, Des Moines, IA	54:22	1:57:07	1:57:50	9:25
1572	164	M20	Jesse Stoltz, 23, Dubuque, IA	1:01:46	1:57:07	1:59:22	9:25
831	193	W25	Kara Engebrecht, 26*, Cedar Falls, IA	58:43	1:57:07	1:59:35	9:25
832	179	W30	Megan Hoger, 33*, Indianola, IA	57:17	1:57:08	1:59:20	9:25
833	180	W30	Molly Reel, 30*, Geneseo, IL	57:26	1:57:08	2:00:21	9:25
1573	239	M25	John Chai, 27, Norwalk, IA	52:32	1:57:09	2:00:17	9:26
834	147	W35	Jenny Peterson, 36*, Waukee, IA	58:25	1:57:11	1:58:31	9:26
1574	165	M20	Wade Dowling, 23, West Des Moines, IA	55:46	1:57:11	2:00:11	9:26
1575	238	M35	Jeremy Renger, 39, Johnston, IA	57:38	1:57:12	1:59:41	9:26
1576	154	M45	Brad Hodges, 48, Oskaloosa, IA	57:26	1:57:12	2:00:58	9:26
835	194	W25	Erin Mendenhall, 29*, Des Moines, IA	57:04	1:57:13	2:00:42	9:26
1577	239	M35	Nick Bogue, 38, Johnston, IA	57:08	1:57:13	1:58:16	9:26
836	148	W35	Sara Leibfried, 35*, Hazel Green, WI	58:32	1:57:14	2:01:35	9:26
1578	240	M25	Jack Davenport, 28, Iowa City, IA	55:03	1:57:14	1:59:11	9:26
1579	105	M50	Jim Polish, 50, Madrid, IA	54:08	1:57:14	1:58:26	9:26

1580	240	M35	Christopher Jones, 38, Marshalltown, IA	59:36	1:57:15	2:01:33	9:26
837	181	W30	TaLia Koons, 30*, West Des Moines, IA	58:39	1:57:17	1:58:32	9:26
838	60	W45	Michelle Mullin, 46*, Clive, IA	58:05	1:57:17	2:00:44	9:26
1581	58	M55	Terry Lint, 56, Clive, IA	57:41	1:57:17	2:00:53	9:26
839	149	W35	Leah Heidemann, 35*, Carlisle, IA	57:42	1:57:17	2:01:23	9:26
1582	291	M30	Michael Parsch, 34, West Des Moines, IA	56:45	1:57:17	2:00:58	9:26
1583	106	M50	Paul Kruse, 53, Granger, IA	57:01	1:57:17	1:58:22	9:26
1584	292	M30	Zosh Zeutenhorst, 30, West Des Moines, IA	56:49	1:57:19	2:02:50	9:26
1585	241	M25	Sara Steussy, 27, Iowa City, IA	57:17	1:57:19	2:01:23	9:26
1586	107	M50	Dan March, 52, Atlantic, IA	56:28	1:57:20	1:58:33	9:26
840	182	W30	Lindy Van Dike, 34*, West Des Moines, IA	58:38	1:57:20	1:58:36	9:26
1587	155	M45	Bill Burma, 47, Ankeny, IA	54:29	1:57:21	1:59:00	9:27
841	195	W25	Traci Ridgway, 25*, Cedar Rapids, IA	58:54	1:57:21	2:01:49	9:27
842	25	W17	Rachel Needham, 17*, Austin, MN	58:12	1:57:22	2:01:27	9:27
1588	293	M30	Cory Schultes, 33, Des Moines, IA	56:04	1:57:22	1:59:49	9:27
843	183	W30	Tina Stuart, 33*, Indianola, IA	58:41	1:57:22	2:00:15	9:27
1589	294	M30	Mike Wilson, 32, Indianola, IA	57:45	1:57:22	2:00:22	9:27
1590	241	M35	Travis Hinrichs, 38, Clive, IA	57:38	1:57:23	2:02:05	9:27
844	196	W25	Ann Marie Serangeli, 29*, Des Moines, IA	58:52	1:57:23	2:02:33	9:27
1591	242	M35	Tracy Henke, 36, Treynor, IA	57:38	1:57:24	2:02:05	9:27
845	26	W17	Kate Armstrong, 19*, Ankeny, IA	57:17	1:57:24	2:01:54	9:27
846	29	W50	Susan Ward, 53*, Urbandale, IA	59:29	1:57:24	2:05:17	9:27
847	197	W25	Anne Collins, 28*, Chicago, IL	59:30	1:57:24	2:00:04	9:27
848	150	W35	Kristin Reese, 36*, Des Moines, IA	57:44	1:57:24	1:59:02	9:27
849	151	W35	Missy Jorgenson, 38*, Johnston, IA	55:57	1:57:24	2:06:40	9:27
1592	108	M50	Steve Lensing, 52, Spencer, IA	56:22	1:57:24	2:00:03	9:27
850	184	W30	Gina Swanson, 32*, West Des Moines, IA	58:26	1:57:25	1:58:45	9:27
1593	295	M30	Ben Brady, 30, Des Moines, IA	1:00:28	1:57:25	2:00:26	9:27
851	61	W45	Laurie Johnson, 45*, Osage, IA	57:51	1:57:25	2:01:21	9:27
1594	242	M25	Trevor Holland, 27, Altoona, IA	55:59	1:57:27	1:59:29	9:27
1595	243	M35	Mark Holm, 35, Ankeny, IA	57:50	1:57:27	1:59:03	9:27
1596	199	M40	Michael Best, 40, Johnston, IA	53:48	1:57:27	1:58:27	9:27
852	104	W20	Erin Voss, 20*, Aplington, IA	55:30	1:57:27	2:00:11	9:27
1597	244	M35	Suzy Marker, 39, Norwalk, IA	55:52	1:57:28	2:06:11	9:27
1598	243	M25	Bryan Steussy, 28, Iowa City, IA	53:22	1:57:28	2:00:06	9:27
1599	244	M25	Chad Follis, 29, Hartford, IA	57:58	1:57:28	2:06:44	9:27
1600	245	M25	Ben Cox, 29, Altoona, IA	56:03	1:57:28	1:58:05	9:27
1601	166	M20	Cody Millikin, 20, Hedrick, IA	53:56	1:57:28	2:00:11	9:27
1602	245	M35	Kris Vanderkamp, 39, Pleasant Hill, IA	55:57	1:57:28	1:59:14	9:27
1603	246	M35	Aaron Fopma, 37, Blairsburg, IA	58:33	1:57:29	2:03:34	9:27
853	30	W50	Betsy Frederes, 53*, Clive, IA	58:04	1:57:30	2:00:57	9:27
854	198	W25	Lisa Nance, 28*, West Des Moines, IA	55:10	1:57:30	1:58:42	9:27
1604	246	M25	James Hover, 28, Altoona, IA	1:57:30	1:57:30	1:57:30	9:27
1605	200	M40	Tim Titus, 43, Clive, IA	57:54	1:57:31	2:00:31	9:27
1606	296	M30	Lance Routson, 30, Des Moines, IA	57:48	1:57:31	1:57:46	9:27
1607	247	M25	Justin Knudson, 29, Des Moines, IA	57:28	1:57:31	2:01:24	9:27
855	62	W45	Michele Nelson, 49*, Newton, IA	57:16	1:57:34	2:00:42	9:28
1608	156	M45	Dave Hamilton, 45, Glidden, IA	55:16	1:57:34	1:59:34	9:28
856	31	W50	Diane Kruckenber, 52*, Mason City, IA	56:49	1:57:35	2:01:04	9:28
857	82	W40	Val Hoefle, 40*, Ankeny, IA	56:50	1:57:35	2:00:17	9:28
1609	248	M25	Zachary Hall, 28, Clear Lake, IA	58:38	1:57:35	2:00:53	9:28
858	10	JrW	Rachael Huegerich, 12*, Jewell, IA	58:47	1:57:35	2:01:32	9:28
859	83	W40	Kimberly Huegerich, 41*, Jewell, IA	58:47	1:57:35	2:01:32	9:28
860	199	W25	Lindsey Kauffman, 27*, Des Moines, IA	58:32	1:57:36	2:01:47	9:28
1610	59	M55	David Gaulke, 59, Indianola, IA	58:40	1:57:37	2:00:24	9:28
861	185	W30	Amy Booth, 31*, Altoona, IA	58:10	1:57:37	2:01:24	9:28
862	186	W30	Amber Maas, 34*, Stuart, IA	55:28	1:57:37	1:59:41	9:28
863	152	W35	Tracy Porter, 37*, Ames, IA	54:06	1:57:37	2:10:47	9:28
864	200	W25	Rachel Kautzky, 26*, West Des Moines, IA	54:56	1:57:37	2:00:18	9:28
1611	249	M25	Tony Pollastrini, 26, Cedar Falls, IA	57:15	1:57:38	2:00:26	9:28
865	153	W35	Jenni Pfantz, 38*, Mingo, IA	57:09	1:57:38	1:59:28	9:28
1612	250	M25	Andrew Miller, 29, Ankeny, IA	54:17	1:57:40	1:58:59	9:28
866	201	W25	Stacie Pettit, 28*, Waukee, IA	56:43	1:57:40	1:58:38	9:28
867	202	W25	Renee Roth, 26*, Waukee, IA	54:05	1:57:40	1:59:08	9:28
868	11	JrW	Isabell Bakrose, 14*, Des Moines, IA	58:54	1:57:40	2:01:37	9:28

869	187	W30	Lindy Raleigh, 33*, Knoxville, IA	57:01	1:57:41	2:00:08	9:28
870	154	W35	Carrie Wright, 38*, West Des Moines, IA		1:57:42	2:00:18	9:28
1613	297	M30	Ryan Roe, 34, Clive, IA	59:09	1:57:42	2:02:07	9:28
1614	251	M25	Randy Swestka, 26, Cresco, IA	56:45	1:57:42	2:01:11	9:28
1615	109	M50	Brian Walters, 54, Urbandale, IA	57:46	1:57:42	2:00:34	9:28
1616	252	M25	Ben A'Hearn, 28, Cedar Rapids, IA	58:03	1:57:42	2:01:56	9:28
871	155	W35	Rachel Hoger, 36*, Johnston, IA	1:00:15	1:57:44	2:01:15	9:28
1617	247	M35	Todd Kopelman, 37, Iowa City, IA	58:54	1:57:44	2:00:24	9:28
1618	298	M30	Brad Dains, 31, De Soto, IA	54:36	1:57:45	1:59:02	9:28
872	105	W20	Allison Tschannen, 22*, Brookfield, MO	57:30	1:57:45	2:00:19	9:28
873	203	W25	Sheena Danzer, 26*, Ankeny, IA	55:53	1:57:45	1:59:14	9:28
1619	167	M20	Enrique Ramirez, 22, West Des Moines, IA	1:00:26	1:57:46	2:00:09	9:28
1620	110	M50	Jack Thompson, 52, Norwalk, IA	57:05	1:57:46	1:58:58	9:29
1621	299	M30	Matt Kernan, 30, Greenfield, IA	52:03	1:57:46	1:58:12	9:29
1622	300	M30	Joshua Troster, 30, Des Moines, IA	56:29	1:57:47	1:58:42	9:29
874	27	W17	Allison Roth, 17*, Yutan, NE	58:23	1:57:47	2:04:11	9:29
1623	38	JrM	Trey Ringler, 14, Altoona, IA	57:30	1:57:50	1:59:19	9:29
875	106	W20	Jenalee Williams, 22*, Urbandale, IA	58:34	1:57:50	1:58:33	9:29
876	204	W25	Sarah Eisenman, 29*, Indianola, IA	57:57	1:57:50	2:03:16	9:29
1624	111	M50	Jon D. Williams, 52, Urbandale, IA	58:34	1:57:50	1:58:33	9:29
877	107	W20	Kaitlin Courtney, 22*, West Des Moines, IA		1:57:50	1:57:50	9:29
878	63	W45	Kriss Uehling, 48*, Ottumwa, IA		1:57:51	2:00:30	9:29
879	205	W25	Angelica Hernandez, 28*, Des Moines, IA	58:40	1:57:51	2:01:54	9:29
880	156	W35	Lori White, 35*, Rochester, MN	58:02	1:57:53	2:01:31	9:29
1625	168	M20	Serge Stines, 21, Ankeny, IA	57:00	1:57:53	2:02:41	9:29
881	28	W17	Janelle Snyder, 19*, Ankeny, IA	57:00	1:57:53	2:02:41	9:29
1626	60	M55	Rand Reynolds, 55, Windsor Heights, IA	57:32	1:57:53	2:00:58	9:29
1627	201	M40	Jason Wittmer, 40, Clive, IA	57:24	1:57:53	1:59:48	9:29
882	157	W35	Meredith Crenshaw, 37*, Clive, IA	57:24	1:57:54	1:59:49	9:29
883	158	W35	Katie Wittmer, 37*, Clive, IA	57:24	1:57:54	1:59:48	9:29
884	188	W30	Rhonda Muller, 33*, Osage, IA	59:18	1:57:54	2:01:53	9:29
885	189	W30	Katie Penfold, 30*, Osage, IA	59:18	1:57:54	2:01:52	9:29
886	190	W30	Vanessa Whiting, 32*, Cedar Falls, IA	56:44	1:57:54	2:01:44	9:29
1628	301	M30	Doug Enabnit, 32, Altoona, IA	54:22	1:57:55	1:59:34	9:29
1629	302	M30	Joel Holst, 34, Des Moines, IA	56:49	1:57:55	2:01:35	9:29
887	191	W30	Teresa Edgerton, 31*, Lincoln, NE	55:21	1:57:55	2:00:08	9:29
888	159	W35	Kim Lacey, 35*, Ankeny, IA	55:29	1:57:55	1:59:47	9:29
1630	61	M55	Kevin Cunningham, 59, Des Moines, IA	56:22	1:57:56	1:59:05	9:29
1631	253	M25	Jeremie Rushing, 29, Ankeny, IA	59:43	1:57:57	2:02:10	9:29
1632	254	M25	Cutler Holland, 28, Ankeny, IA	57:39	1:57:58	2:00:00	9:29
1633	169	M20	Ben Howard, 24, West Des Moines, IA	58:29	1:57:58	2:07:25	9:29
1634	39	JrM	Christian Schwenzer, 16, Readlyn, IA	59:43	1:57:58	2:00:29	9:30
1635	26	M60	Bob Overstreet, 60, Des Moines, IA	57:34	1:57:59	1:58:51	9:30
889	206	W25	Ashley Coffman, 29*, Story City, IA	59:15	1:57:59	2:02:45	9:30
1636	66	M17	Jason Ryan, 18, Fairbank, IA	59:44	1:57:59	2:00:29	9:30
1637	248	M35	Barry Burrell, 36, West Des Moines, IA	54:11	1:57:59	1:59:40	9:30
1638	67	M17	Joseph Kuhlmann, 17, Readlyn, IA	59:44	1:57:59	2:00:29	9:30
890	207	W25	Tristan Habibi, 28*, Urbandale, IA	57:18	1:57:59	2:01:13	9:30
1639	112	M50	James Stauch, 54, West Des Moines, IA	56:29	1:58:00	2:01:32	9:30
1640	68	M17	Tyler Knipp, 17, Readlyn, IA	59:44	1:58:00	2:00:29	9:30
1641	170	M20	Danny Lawler, 23, Urbandale, IA	56:12	1:58:00	1:59:55	9:30
891	192	W30	Carrie Dieken, 34*, Cedar Falls, IA	56:54	1:58:00	2:00:28	9:30
892	208	W25	Krista Harvey, 29*, Ankeny, IA	57:17	1:58:00	2:01:15	9:30
1642	255	M25	Daniel Sherman, 25, Des Moines, IA	56:40	1:58:00	2:01:05	9:30
893	108	W20	Abigail Sherman, 24*, Des Moines, IA	56:40	1:58:00	2:01:05	9:30
1643	62	M55	Gary Gould, 57, Milford, IA	55:23	1:58:01	1:59:38	9:30
1644	202	M40	Michael Bird, 44, Newton, IA	53:32	1:58:01	1:59:34	9:30
894	160	W35	Rene Rustvold, 37*, Audubon, IA	56:04	1:58:01	1:59:09	9:30
895	193	W30	Kelly Payne, 31*, Manchester, IA	56:33	1:58:01	2:00:23	9:30
1645	303	M30	Caleb Schmitz, 32, Des Moines, IA	54:25	1:58:02	1:59:13	9:30
1646	256	M25	Scott Schurman, 25, Omaha, NE	59:20	1:58:02	2:07:09	9:30
1647	157	M45	Steven Johnson, 49, Des Moines, IA	59:22	1:58:02	2:02:31	9:30
1648	171	M20	Scott Voigt, 22, Ankeny, IA	59:37	1:58:02	2:01:28	9:30
1649	172	M20	Caleb Carroll, 23, Clear Lake, IA	59:36	1:58:03	2:02:36	9:30
1650	249	M35	Jesse Jordan, 35, Waukee, IA	57:31	1:58:03	2:03:09	9:30

896	209	W25	Jamie Dobson, 26*, Grimes, IA	55:53	1:58:03	1:59:32	9:30
897	194	W30	Amanda Carr, 33*, Fairfield, IA	59:49	1:58:03	2:03:33	9:30
1651	304	M30	Ryan Quinn, 32, Ankeny, IA	56:22	1:58:04	2:05:53	9:30
898	64	W45	Elaine Schope, 45*, Eagle Grove, IA	55:25	1:58:04	1:59:11	9:30
899	84	W40	JoAnn Green, 43*, Urbandale, IA	59:20	1:58:04	2:02:17	9:30
900	195	W30	Amanda Ayers, 33*, Ames, IA	59:28	1:58:05	2:00:22	9:30
1652	305	M30	Jared Carlson, 34, Norwalk, IA	55:11	1:58:05	2:06:48	9:30
1653	113	M50	Phil Algreen, 54, Earlham, IA	56:49	1:58:05	2:03:11	9:30
901	161	W35	Joanna Anselme, 37*, Ankeny, IA	57:14	1:58:06	2:03:16	9:30
1654	306	M30	Dave Hyman, 31, Huxley, IA	56:47	1:58:06	2:01:08	9:30
902	109	W20	Kali Judd, 22*, Winterset, IA	58:42	1:58:06	2:00:28	9:30
903	65	W45	Deb Safford, 45*, Norwalk, IA	54:53	1:58:07	1:59:10	9:30
1655	158	M45	Geoff Safford, 49, Norwalk, IA	54:52	1:58:07	1:59:10	9:30
1656	159	M45	Mike Jacobi, 47, Shellsburg, IA	56:05	1:58:08	2:07:24	9:30
904	110	W20	Eley Hartman, 21*, Ankeny, IA	56:27	1:58:08	1:59:42	9:30
1657	63	M55	Ron Niceswanger, 55, Urbandale, IA	56:53	1:58:08	1:59:16	9:30
905	196	W30	Cindy Perry, 33*, Johnston, IA	57:04	1:58:08	1:58:51	9:30
1658	250	M35	David Waisman, 37, Madison, WI	59:38	1:58:09	2:03:30	9:30
906	210	W25	Michelle Duncalf, 25*, Ankeny, IA	57:01	1:58:09	2:02:01	9:30
1659	27	M60	Ronald Mowers, 62, Ames, IA	56:26	1:58:09	1:59:15	9:30
907	197	W30	LeAnne Praska, 32*, Woodward, IA	57:46	1:58:10	1:59:57	9:30
1660	114	M50	Tai Wang, 52, Des Moines, IA	58:59	1:58:10	2:03:27	9:30
1661	257	M25	Kenneth McDonald, 27, Winterset, IA	59:26	1:58:10	2:01:20	9:30
1662	203	M40	Matt VanHeukelom, 40, Des Moines, IA	1:00:51	1:58:11	2:01:58	9:31
1663	115	M50	Steve Schmidt, 50, Granger, IA	56:21	1:58:11	1:59:23	9:31
1664	251	M35	Eric Schulz, 38, Marion, IA	1:00:04	1:58:11	2:02:07	9:31
908	162	W35	Mary VanHeukelom, 39*, Des Moines, IA	1:00:52	1:58:12	2:01:58	9:31
909	32	W50	Rose Oswald, 53*, Dubuque, IA	56:16	1:58:12	2:00:35	9:31
1665	64	M55	Peter Djordjevic, 57, Des Moines, IA	54:57	1:58:12	1:59:43	9:31
910	211	W25	Lindsay Wedemeier, 29*, West Des Moines, IA	56:43	1:58:12	2:00:43	9:31
1666	307	M30	Dominic Leon, 34, Des Moines, IA	57:55	1:58:12	2:02:48	9:31
911	111	W20	Rachel Oswald, 24*, Des Moines, IA	56:16	1:58:12	2:00:36	9:31
1667	160	M45	Mark McDermott, 45, West Des Moines, IA	59:33	1:58:12	2:03:06	9:31
1668	116	M50	Bob Irving, 53, Des Moines, IA	56:38	1:58:12	1:59:43	9:31
1669	173	M20	Klay Queck, 22, Johnston, IA	1:03:28	1:58:13	2:04:06	9:31
912	163	W35	Erin Zea, 36*, Ankeny, IA	56:21	1:58:13	2:01:29	9:31
913	85	W40	Nancy Linscheid, 44*, Johnston, IA	58:56	1:58:13	2:02:08	9:31
914	198	W30	Nicole Wood, 31*, Des Moines, IA	58:55	1:58:13	2:03:05	9:31
1670	117	M50	Joe Henry, 54, Des Moines, IA	55:52	1:58:14	1:58:35	9:31
1671	252	M35	Jeff Barr, 38, Des Moines, IA	58:10	1:58:14	2:02:01	9:31
1672	204	M40	Larry Cullinan, 42, Altoona, IA	56:05	1:58:15	2:03:46	9:31
915	199	W30	Nicole Quade, 31*, Norwalk, IA	57:17	1:58:16	2:01:59	9:31
916	112	W20	Robin Schroeder, 24*, Davenport, IA	55:43	1:58:16	2:00:52	9:31
917	66	W45	Paula Allison, 45*, Boone, IA	54:09	1:58:16	2:00:41	9:31
918	212	W25	Melissa Fiacco, 29*, Cedar Rapids, IA	56:56	1:58:17	2:00:33	9:31
1673	258	M25	Tyler Bartels, 25, Urbandale, IA	1:00:59	1:58:17	2:03:27	9:31
919	164	W35	Kate Shaw, 39*, Des Moines, IA	57:49	1:58:18	1:59:45	9:31
1674	308	M30	Joe Yankey, 31, Des Moines, IA	59:34	1:58:18	2:02:33	9:31
920	213	W25	Amanda Damstetter, 29*, Ankeny, IA	55:38	1:58:19	1:59:26	9:31
1675	309	M30	Daniel Sturm, 30, Ottumwa, IA	1:01:59	1:58:19	2:04:29	9:31
1676	205	M40	Dave Hahn, 41, Iowa City, IA	58:14	1:58:19	2:01:56	9:31
1677	253	M35	Brian Subbert, 36, Ankeny, IA	50:37	1:58:20	1:58:24	9:31
921	165	W35	Jennifer Potratz, 39*, West Des Moines, IA	52:01	1:58:20	1:58:42	9:31
1678	206	M40	Tim Hanke, 43, Urbandale, IA	57:11	1:58:21	2:04:52	9:31
922	166	W35	Ginnie Coleman, 37*, Waukee, IA	58:11	1:58:21	2:02:33	9:31
923	86	W40	Kathi Phillips, 41*, Pleasant Hill, IA	1:00:04	1:58:21	2:01:34	9:31
1679	254	M35	Christopher Cowherd, 35, Des Moines, IA	55:37	1:58:21	2:02:12	9:31
1680	65	M55	Jim Dornfeld, 57, West Des Moines, IA	57:41	1:58:22	2:02:28	9:31
1681	259	M25	Jonathan Schoeberl, 29, West Des Moines, IA	59:00	1:58:23	2:01:12	9:31
1682	66	M55	Rick Hillman, 58, Dana, IA	59:41	1:58:23	2:02:52	9:31
924	200	W30	Jennifer Nemmers, 34*, Clive, IA	57:50	1:58:23	2:00:55	9:31
1683	207	M40	James McDonald, 40, Grimes, IA	58:26	1:58:23	2:01:07	9:32
925	87	W40	Jill Whitaker-Griffith, 42*, Nevada, IA	58:02	1:58:24	2:01:22	9:32

926	214	W25	Brianna Damstetter, 26*, Des Moines, IA	56:28	1:58:24	1:59:30	9:32
1684	260	M25	Todd Slaymaker, 28, Des Moines, IA	54:46	1:58:24	2:00:15	9:32
1685	174	M20	William Patton, 22, Cedar Falls, IA	1:01:04	1:58:25	2:03:31	9:32
1686	208	M40	Dwight Berns, 44, Altoona, IA	56:08	1:58:25	2:03:33	9:32
1687	161	M45	Gerald Turbo Love Smith, 45, Belmond, IA	55:10	1:58:25	1:59:45	9:32
927	167	W35	Erinn Sommars, 37*, Ankeny, IA	59:14	1:58:26	2:03:03	9:32
928	215	W25	Rebekah Huff, 25*, Des Moines, IA	54:36	1:58:26	1:59:12	9:32
1688	118	M50	John Victor, 53, Urbandale, IA	57:30	1:58:26	2:02:07	9:32
1689	40	JrM	Tim Logemann, 16, Earlham, IA	56:37	1:58:27	2:02:10	9:32
1690	261	M25	Jeff Wilson, 29, West Des Moines, IA	58:53	1:58:27	2:01:07	9:32
1691	209	M40	Doug May, 42, Woodburn, IA	53:52	1:58:27	1:58:58	9:32
929	113	W20	Kelsey Dicken, 23*, Des Moines, IA	58:03	1:58:27	2:00:18	9:32
930	114	W20	Jenna Hukee, 23*, Urbandale, IA	58:03	1:58:27	2:00:19	9:32
1692	255	M35	Mark Gammon, 35, Newton, IA	1:00:10	1:58:28	2:02:08	9:32
1693	262	M25	David Quam, 25, Grimes, IA	55:16	1:58:29	2:00:00	9:32
1694	119	M50	John Butel, 51, West Des Moines, IA	56:07	1:58:31	2:00:53	9:32
1695	256	M35	Jim Heidt, 39, West Des Moines, IA	56:07	1:58:31	2:00:53	9:32
931	33	W50	Terri Bunting, 52*, West Des Moines, IA	57:44	1:58:31	1:59:57	9:32
932	115	W20	Staci Sieren, 23*, Iowa City, IA	55:55	1:58:31	1:59:55	9:32
1696	310	M30	Nicholas Lehman, 32, Urbandale, IA	56:19	1:58:31	2:01:24	9:32
1697	67	M55	Dale Bunting, 58, West Des Moines, IA	57:43	1:58:31	1:59:57	9:32
933	29	W17	Rebekah Reynolds, 19*, Windsor Heights, IA	57:33	1:58:31	2:01:35	9:32
1698	311	M30	Nathan Stewart, 32, Des Moines, IA	56:21	1:58:32	2:00:31	9:32
934	168	W35	Joan Gilchrist, 39*, Norwalk, IA	58:48	1:58:32	2:00:57	9:32
935	88	W40	Deb Anderson, 41*, Des Moines, IA	58:36	1:58:32	2:01:17	9:32
1699	263	M25	Jeff Thibadeau, 26, West Des Moines, IA	55:55	1:58:33	2:03:05	9:32
1700	264	M25	Scott Erickson, 29, Ankeny, IA	56:00	1:58:34	2:02:23	9:32
1701	312	M30	Denton DeSotel, 31, Cedar Rapids, IA	56:55	1:58:34	1:59:29	9:32
1702	257	M35	Chad Fickbohm, 39, Ankeny, IA	1:00:36	1:58:34	2:04:50	9:32
1703	120	M50	Jeffrey Hearn, 51, Ames, IA	59:00	1:58:35	2:01:18	9:32
936	169	W35	Angie Bonzer, 36*, Mason City, IA	58:24	1:58:35	2:00:28	9:32
937	216	W25	Amy A'Hearn, 28*, Cedar Rapids, IA	1:00:45	1:58:35	2:02:49	9:32
938	34	W50	Deb Hearn, 52*, Ames, IA	59:01	1:58:35	2:01:20	9:32
939	201	W30	Kecia Fencl, 34*, Ames, IA	59:08	1:58:36	2:01:21	9:33
940	116	W20	Katelin Blasingame, 22*, Ames, IA	59:21	1:58:37	2:03:14	9:33
941	117	W20	Heather Glass, 23*, Des Moines, IA	52:31	1:58:37	1:59:14	9:33
942	67	W45	Bobbi Snodgrass, 49*, Indianola, IA	56:44	1:58:37	2:00:20	9:33
943	35	W50	Josena Wadle, 50*, Newton, IA	58:45	1:58:38	2:02:02	9:33
1704	28	M60	David Friedgood, 62, West Des Moines, IA	55:18	1:58:38	1:59:10	9:33
1705	313	M30	Tim Fencl, 31, Ames, IA	59:00	1:58:40	2:01:25	9:33
944	217	W25	Penny Watgen, 29*, Ankeny, IA		1:58:40	2:01:53	9:33
1706	121	M50	Bruce Boertje, 54, Pella, IA	59:04	1:58:41	2:02:04	9:33
945	89	W40	Cheryl Ouellette, 40*, Ankeny, IA	59:03	1:58:41	1:59:23	9:33
1707	175	M20	Chris Olsen, 23, Ames, IA	58:55	1:58:41	2:02:55	9:33
1708	258	M35	Brent Ouellette, 39, Ankeny, IA	59:04	1:58:41	1:59:23	9:33
946	170	W35	Amy Cassidy, 36*, West Liberty, IA	59:02	1:58:41	2:02:35	9:33
947	118	W20	Sydney Steil, 22*, Cedar Falls, IA	59:22	1:58:41	2:02:59	9:33
1709	29	M60	Carl Voss, 62, Des Moines, IA	54:42	1:58:42	2:00:22	9:33
948	36	W50	Rhonda Callison, 53*, Oskaloosa, IA	58:36	1:58:43	2:01:34	9:33
949	218	W25	Hope Meyer, 29*, Bondurant, IA	1:00:42	1:58:43	2:04:26	9:33
950	30	W17	Kristen Harrell, 19*, Fort Dodge, Ia, Ia	59:20	1:58:45	2:03:16	9:33
951	68	W45	Rebecca Banzhaf, 48*, Marshalltown, IA	58:54	1:58:45	2:01:32	9:33
1710	314	M30	Matt Geneser, 31, Iowa City, IA	1:00:25	1:58:45	2:06:29	9:33
1711	315	M30	Anith Mathai, 32, Iowa City, IA	57:50	1:58:45	2:06:37	9:33
952	202	W30	Julie Gould, 33*, Council Bluffs, IA	1:01:22	1:58:46	2:06:41	9:33
1712	265	M25	Jason VanGundy, 27, Johnston, IA	54:03	1:58:46	1:59:43	9:33
1713	122	M50	Steve Schaffer, 52, Ankeny, IA	59:23	1:58:46	2:03:43	9:33
1714	68	M55	Terry Brannen, 59, Des Moines, IA	57:12	1:58:47	2:02:25	9:33
1715	123	M50	Scott Johnson, 53, Clear Lake, IA		1:58:47	2:06:26	9:33
953	10	W55	Mary Beth Polking, 57*, Mason City, IA	58:01	1:58:47	2:00:52	9:33
954	203	W30	Rebecca Morris, 34*, Ankeny, IA	59:29	1:58:47	2:01:34	9:33
955	204	W30	Ana Hayes, 33*, West Des Moines, IA	56:43	1:58:48	2:00:12	9:33
1716	316	M30	Adam Rogers, 32, West Des Moines, IA	56:44	1:58:48	2:00:12	9:33
956	205	W30	Laura Zinn, 31*, Ankeny, IA	59:29	1:58:48	2:01:35	9:34
957	206	W30	Sarah Kautzky-Iben, 31*, Perry, IA	55:57	1:58:49	2:01:30	9:34

958	219	W25	Jennifer Sprung, 28*, Perry, IA	55:57	1:58:49	2:01:30	9:34
959	207	W30	Emily Maass, 34*, Ankeny, IA	57:27	1:58:49	2:00:38	9:34
960	90	W40	Sara Curtis, 44*, Algona, IA	59:10	1:58:49	2:02:04	9:34
961	220	W25	Lani Hefel, 26*, Clive, IA	57:27	1:58:49	2:00:38	9:34
1717	317	M30	Jeremy Munter, 31, Ankeny, IA	1:00:36	1:58:51	2:05:07	9:34
962	208	W30	Alissa McGinnis, 32*, Shenandoah, IA	56:53	1:58:51	2:00:53	9:34
1718	124	M50	Keith Van Gent, 52, Sheldon, IA	59:13	1:58:53	2:03:33	9:34
1719	266	M25	Aaron Anderson, 28, Ankeny, IA	52:47	1:58:53	2:06:42	9:34
963	171	W35	Lisa Lovell, 38*, Clive, IA	57:15	1:58:54	2:01:08	9:34
1720	318	M30	Joseph Poschner, 30, Urbandale, IA	56:28	1:58:55	2:01:37	9:34
964	221	W25	Kristina Carroll, 25*, Clear Lake, IA	59:37	1:58:57	2:03:29	9:34
1721	259	M35	Darren Herrold, 39, Cambridge, IA	57:43	1:58:58	2:00:41	9:34
1722	267	M25	Nick Friedman, 28, Urbandale, IA	1:01:44	1:58:58	2:02:02	9:34
965	222	W25	Trina Flack, 29*, Ankeny, IA	55:41	1:58:58	2:00:39	9:34
966	223	W25	Kelly Kalvelage, 28*, Des Moines, IA	58:10	1:58:58	1:59:15	9:34
967	119	W20	Ashley Axdahl, 24*, Cedar Rapids, IA	1:00:06	1:58:59	2:01:45	9:34
968	91	W40	Ann Wilde, 42*, Eagle Grove, IA	58:26	1:58:59	2:01:24	9:34
969	224	W25	Maria Brownell, 26*, West Des Moines, IA	58:38	1:58:59	2:03:29	9:34
1723	268	M25	Seth Church, 28, Cresco, IA	58:53	1:59:00	2:04:51	9:34
970	31	W17	Taylor Burt, 19*, Slater, IA	56:45	1:59:00	2:02:25	9:34
971	225	W25	Abbey Henderson, 28*, Naperville, IL	57:45	1:59:00	2:05:01	9:34
1724	210	M40	Scott Curtis, 44, Algona, IA	59:08	1:59:03	2:02:20	9:35
1725	319	M30	Tim Hintz, 33, Adel, IA	56:57	1:59:03	2:02:46	9:35
972	69	W45	Gina Iverson, 49*, Altoona, IA	1:00:23	1:59:03	2:06:43	9:35
973	209	W30	Tara Ethington, 31*, Marshalltown, IA	58:18	1:59:04	2:07:09	9:35
974	226	W25	Ashley Mattox, 25*, Waukee, IA	56:55	1:59:04	2:01:25	9:35
975	120	W20	Adria Staky, 21*, Englewood, CO	58:06	1:59:04	2:04:04	9:35
976	121	W20	Moira Sullivan, 20*, Ames, IA	58:06	1:59:04	2:04:04	9:35
1726	176	M20	Alex Doty, 22, Indianola, IA	57:17	1:59:04	2:02:19	9:35
1727	125	M50	Brad Doty, 53, Sidney, IA	57:17	1:59:04	2:02:19	9:35
1728	269	M25	Kyle Gage, 28, Coralville, IA	1:00:35	1:59:05	2:03:29	9:35
977	227	W25	Stephanie Shaw Ross, 28*, Des Moines, IA	56:31	1:59:06	2:01:18	9:35
1729	260	M35	Matt Stock, 37, West Des Moines, IA	53:54	1:59:06	2:00:40	9:35
978	122	W20	Monica Elmore, 21*, Ames, IA	56:17	1:59:07	2:02:02	9:35
979	123	W20	Britney Hermsen, 21*, Farley, IA	56:16	1:59:07	2:01:34	9:35
980	228	W25	Carrie Larsen, 27*, Des Moines, IA	58:40	1:59:08	2:02:26	9:35
981	210	W30	Amanda Sterk, 31*, Altoona, IA	57:47	1:59:09	2:00:58	9:35
982	124	W20	Shellina Hayek, 22*, Clutier, IA	58:25	1:59:09	2:01:06	9:35
1730	162	M45	Keith Light, 47, Perry, IA	56:49	1:59:10	2:03:02	9:35
1731	163	M45	Steve Maruth, 46, Ankeny, IA	57:07	1:59:10	2:01:46	9:35
1732	320	M30	Thaddeus Edgerton, 33, Lincoln, NE	55:21	1:59:11	2:01:24	9:35
1733	321	M30	Jason Ammons, 32, Grimes, IA	55:34	1:59:11	1:59:53	9:35
983	172	W35	Elizabeth Youngwirth, 35*, Windsor Heights, IA	57:40	1:59:11	2:01:55	9:35
1734	322	M30	Joshua Jorgensen, 31, Ankeny, IA	54:29	1:59:12	1:59:53	9:35
1735	164	M45	Eric Larsen, 45, Dubuque, IA	57:13	1:59:12	2:01:49	9:35
1736	323	M30	Jason Willis, 32, Urbandale, IA	52:49	1:59:12	2:00:11	9:35
984	92	W40	Julie Kim, 41*, Mason City, IA	58:27	1:59:12	2:01:48	9:35
985	32	W17	Eryn O'Brein, 19*, Cedar Rapids, IA	56:09	1:59:14	1:59:37	9:36
1737	324	M30	Jason Simpson, 33, Des Moines, IA	57:18	1:59:14	2:05:12	9:36
986	173	W35	Jennifer Zindel, 38*, Cherokee, IA	57:49	1:59:16	2:03:19	9:36
1738	261	M35	Ahmad Azeed, 37, Urbandale, IA	1:00:53	1:59:16	2:04:45	9:36
987	174	W35	Aimee Wesley, 35*, Ames, IA	59:28	1:59:16	2:01:34	9:36
1739	126	M50	Craig Allison, 51, Urbandale, IA	59:41	1:59:17	2:02:25	9:36
1740	270	M25	Christopher Moorhead, 27, Tiffin, IA	58:34	1:59:18	2:06:54	9:36
1741	165	M45	Eric Arey, 46, Tiffin, IA	1:01:46	1:59:18	2:03:31	9:36
988	37	W50	Beth Nelson, 54*, Marion, IA	57:59	1:59:18	2:00:30	9:36
989	125	W20	Shana Meyer, 24*, Decorah, IA	1:00:34	1:59:18	2:03:45	9:36
990	229	W25	Katie Elliott, 27*, Des Moines, IA	59:08	1:59:18	2:05:52	9:36
991	126	W20	Breanna Schmillen, 24*, West Des Moines, IA	1:01:51	1:59:18	2:02:33	9:36
1742	177	M20	Jake Haden, 24, Johnston, IA	59:55	1:59:18	2:00:39	9:36
1743	69	M55	Wes Nelson, 55, Marion, IA	57:56	1:59:18	2:00:30	9:36
992	93	W40	Kim Doty, 40*, Pella, IA	56:28	1:59:18	2:02:40	9:36
1744	211	M40	Jeff Roling, 42, Clive, IA	1:01:01	1:59:19	2:05:56	9:36

993	175	W35	Cristal Burkle, 35*, Granger, IA	55:25	1:59:20	2:02:50	9:36
994	230	W25	Marci Fontanini, 29*, Boone, IA	57:21	1:59:21	2:02:28	9:36
1745	127	M50	Steve Wood, 53, West Des Moines, IA	56:02	1:59:21	2:01:49	9:36
1746	271	M25	Adam Hertzke, 28, Des Moines, IA	57:17	1:59:21	2:03:54	9:36
1747	262	M35	Eric Johnson, 37, West Des Moines, IA	55:00	1:59:22	2:01:59	9:36
995	176	W35	Trisha Hall, 35*, West Liberty, IA	53:31	1:59:22	2:00:18	9:36
996	94	W40	Michelle Bunkers, 41*, Des Moines, IA	58:06	1:59:22	2:01:36	9:36
1748	263	M35	Jeremy Mendenhall, 36, Des Moines, IA	56:23	1:59:23	2:03:27	9:36
997	211	W30	Jennifer Durfey, 32*, Clarinda, IA	57:17	1:59:24	2:02:52	9:36
1749	272	M25	Alan Jenkins, 26, Council Bluffs, IA		1:59:24	1:59:24	9:36
1750	273	M25	Jon Denney, 27, West Des Moines, IA	1:00:45	1:59:24	2:02:34	9:36
1751	274	M25	Blair Dickinson, 28, Waukee, IA	57:12	1:59:25	2:03:57	9:36
1752	325	M30	Nick Snavely, 31, Cedar Rapids, IA	55:34	1:59:25	2:08:54	9:36
1753	30	M60	Mike Jackson, 60, Cedar Falls, IA	57:42	1:59:25	1:59:49	9:36
998	177	W35	Deanne Dunphy, 39*, Council Bluffs, IA	59:01	1:59:26	2:03:18	9:37
1754	275	M25	Zach Arlen, 27, Des Moines, IA	56:20	1:59:27	2:01:10	9:37
1755	178	M20	Joe Stewart, 23, Ankeny, IA	57:42	1:59:27	2:01:19	9:37
1756	166	M45	Andy Blaess, 46, Waukee, IA	59:00	1:59:28	2:01:00	9:37
1757	179	M20	Ethan Fouch, 21, Pleasantville, IA	55:34	1:59:28	2:02:03	9:37
999	212	W30	Jamie Haughenbury, 33*, Coggon, IA	59:29	1:59:28	2:03:25	9:37
1758	264	M35	Timothy Osgood, 38, Mason City, IA	58:30	1:59:28	2:03:00	9:37
1000	213	W30	Mary Meskimen, 34*, North Liberty, IA	58:43	1:59:29	2:01:47	9:37
1001	95	W40	Becky Zeck, 41*, Muscatine, IA	58:43	1:59:29	2:03:24	9:37
1002	178	W35	Kate Walton, 39*, Indianola, IA	58:46	1:59:29	2:02:07	9:37
1003	38	W50	Diane Clevenger, 54*, Indianola, IA		1:59:29	2:03:07	9:37
1759	326	M30	Tim Dunn, 34, Clive, IA	58:04	1:59:29	2:03:10	9:37
1004	96	W40	Valerie Hamilton, 40*, Algona, IA	56:52	1:59:30	2:01:45	9:37
1005	97	W40	Jennifer Barry, 42*, Ames, IA	59:33	1:59:30	2:03:47	9:37
1006	127	W20	Rebecca Meade, 21*, Council Bluffs, IA	1:02:04	1:59:30	2:07:18	9:37
1007	231	W25	Rachel Meade, 28*, Omaha, NE	1:02:05	1:59:30	2:07:18	9:37
1008	179	W35	Kari Anderson, 37*, West Des Moines, IA	58:44	1:59:30	2:02:01	9:37
1009	232	W25	Jessica Punelli, 26*, Des Moines, IA	57:38	1:59:30	2:00:44	9:37
1010	214	W30	Alina Roselli, 33*, West Des Moines, IA	59:26	1:59:31	2:03:16	9:37
1760	212	M40	Jeffrey Bell, 41, Cedar Falls, IA	56:32	1:59:31	2:00:45	9:37
1761	213	M40	Donal May, 42, Osceola, IA	58:17	1:59:32	2:00:03	9:37
1762	276	M25	Marc Soltis, 27, Adel, IA	58:49	1:59:32	2:03:00	9:37
1011	180	W35	Yvonne Buggy, 37*, Clive, IA	57:31	1:59:32	2:04:53	9:37
1012	128	W20	Ashley Coats, 23*, Adel, IA	58:50	1:59:33	2:03:00	9:37
1013	98	W40	Lisa Mondt, 42*, Ames, IA	56:36	1:59:33	2:00:51	9:37
1763	265	M35	Larry Isom, 37, Panora, IA	55:31	1:59:34	2:02:04	9:37
1764	277	M25	Jared Lerdal, 28, North Liberty, IA	57:04	1:59:34	2:03:46	9:37
1765	278	M25	Lance Johnston, 27, Ankeny, IA	57:14	1:59:35	2:01:01	9:37
1766	279	M25	Jon Leonetti, 26, Des Moines, IA	54:53	1:59:35	2:01:09	9:37
1014	39	W50	Peggy Newman, 52*, Bettendorf, IA	54:52	1:59:35	2:00:37	9:37
1767	128	M50	Carl Shawver, 52, Clive, IA	54:51	1:59:35	2:00:38	9:37
1768	327	M30	Robert Schneider, 32, Omaha, NE	59:00	1:59:36	2:03:29	9:37
1015	215	W30	Jen Mosher, 33*, Windsor Heights, IA	56:59	1:59:38	2:01:23	9:38
1016	129	W20	Hilary Sadler, 21*, Ames, IA	55:35	1:59:38	2:03:36	9:38
1017	130	W20	Katie King, 21*, Altoona, IA	52:43	1:59:38	2:00:31	9:38
1769	280	M25	Evan Noble, 29, Johnston, IA	57:30	1:59:39	2:02:58	9:38
1018	216	W30	Kendra Lerdal, 33*, Ankeny, IA	1:02:04	1:59:40	2:03:09	9:38
1019	233	W25	Jade Clark, 26*, Des Moines, IA	58:07	1:59:40	2:03:34	9:38
1020	234	W25	Jessica Clark, 25*, Iowa City, IA	58:07	1:59:40	2:03:34	9:38
1021	235	W25	Megan Hoodjer, 25*, Waverly, IA	52:43	1:59:40	2:01:54	9:38
1022	217	W30	Jodi Bullock, 31*, West Des Moines, IA	57:57	1:59:41	2:03:41	9:38
1770	129	M50	Jerry Lawrence, 51, Des Moines, IA	57:05	1:59:42	2:04:08	9:38
1023	131	W20	Kelly Teeselink, 24*, Iowa City, IA	1:00:40	1:59:44	2:05:29	9:38
1771	214	M40	Matt Garber, 40, Marshalltown, IA	57:30	1:59:46	2:03:02	9:38
1772	70	M55	Karl Klotzbach, 55, Decorah, IA	59:00	1:59:47	2:04:21	9:38
1024	181	W35	Richelle Runyon, 35*, Keosauqua, IA	58:28	1:59:47	2:03:51	9:38
1773	31	M60	Paul Groben, 62, Newton, IA	57:04	1:59:47	2:00:02	9:38
1025	236	W25	Renee Flack, 28*, Ankeny, IA	57:17	1:59:47	2:01:28	9:38
1774	215	M40	Clay Olson, 40, Perry, IA	50:27	1:59:48	2:00:26	9:38
1026	237	W25	Katrina Karasch, 26*, Chicago, IL	57:56	1:59:48	2:09:01	9:38
1027	182	W35	Sara Roberts, 37*, Des Moines, IA	58:56	1:59:50	2:04:01	9:39

1775	281	M25	Paul Wendzel, 29, New Providence, IA	58:55	1:59:50	2:03:39	9:39
1028	183	W35	Jennifer Castle, 38*, West Des Moines, IA	56:14	1:59:50	2:01:08	9:39
1029	238	W25	Ashley Bash, 25*, Oakdale, MN	1:00:11	1:59:51	2:04:02	9:39
1776	282	M25	James Morgan, 29, Stuart, IA	58:55	1:59:51	2:03:39	9:39
1777	266	M35	Wade Den Hartog, 37, Johnston, IA	56:54	1:59:51	2:02:27	9:39
1778	216	M40	Jeff White, 42, Ankeny, IA	57:01	1:59:51	2:01:25	9:39
1030	184	W35	Michele Ramsey, 39*, Altoona, IA	56:50	1:59:51	2:01:20	9:39
1031	132	W20	Lindsey Hillers, 20*, Cedar Falls, IA	57:40	1:59:51	2:02:35	9:39
1032	239	W25	Jessica Pilling, 28*, Clive, IA	58:53	1:59:52	2:04:35	9:39
1779	217	M40	Nathan Schmidt, 42, Altoona, IA	57:30	1:59:52	2:02:26	9:39
1033	40	W50	Jeannie Tison, 52*, Des Moines, IA	58:35	1:59:52	2:03:26	9:39
1034	218	W30	Teresa Baumann, 32*, West Des Moines, IA	57:10	1:59:53	2:00:35	9:39
1035	240	W25	Lisa Newgard, 27*, Cedar Falls, Ia, Ia	57:58	1:59:54	2:03:54	9:39
1036	219	W30	Sarah Hlad, 32*, Indianola, IA	59:01	1:59:54	2:03:35	9:39
1780	71	M55	Dan Bach, 58, Ankeny, IA	58:43	1:59:54	2:02:24	9:39
1037	241	W25	Ashly Lagneaux, 27*, North Liberty, IA	1:00:41	1:59:54	2:08:41	9:39
1781	283	M25	Jason Baum, 26, Clive, IA	1:02:05	1:59:54	2:03:23	9:39
1038	133	W20	Miah Watson, 24*, Waukee, IA	1:02:05	1:59:54	2:03:23	9:39
1782	167	M45	Wayne Johnson, 48, Johnston, IA	56:23	1:59:55	2:02:18	9:39
1039	134	W20	Anne Rohde, 21*, Muscatine, IA	58:11	1:59:56	2:04:48	9:39
1040	220	W30	Angela Reschly, 30*, West Des Moines, IA	56:43	1:59:56	2:02:28	9:39
1783	328	M30	Christopher Anderson, 31, Austin, MN	1:01:10	1:59:56	2:02:10	9:39
1041	221	W30	Corissa Arndt, 34*, Indianola, IA	58:50	1:59:56	2:02:49	9:39
1784	32	M60	Mike Parton, 61, Des Moines, IA	58:57	1:59:57	2:03:15	9:39
1785	329	M30	Brandon Patterson, 30, Waukee, IA	56:50	1:59:57	2:05:28	9:39
1786	218	M40	Allen Kratz, 41, Des Moines, IA	58:19	1:59:58	2:02:51	9:39
1787	72	M55	Jim Pratt, 58, Boone, IA	59:45	1:59:58	2:03:52	9:39
1788	73	M55	John Gaich, 55, Des Moines, IA	56:41	1:59:58	2:01:19	9:39
1042	242	W25	Laura Stensland, 27*, Ames, IA	57:52	1:59:58	2:06:07	9:39
1043	185	W35	Jennifer Wilson, 37*, Waukee, IA	58:24	1:59:58	2:03:58	9:39
1044	222	W30	Melissa Lyon, 33*, Urbandale, IA	1:00:40	1:59:59	2:03:04	9:39
1045	243	W25	Karen Froerer, 29*, West Des Moines, IA	59:13	1:59:59	2:03:04	9:39
1046	12	JrW	Sydney Johnston, 14*, Marion, IA	59:20	1:59:59	2:04:57	9:39
1047	33	W17	Amanda McLearn-Montz, 18*, Ankeny, IA	54:50	2:00:00	2:02:47	9:39
1048	223	W30	Heather Martin, 32*, Cedar Falls, IA	56:25	2:00:00	2:01:35	9:39
1049	244	W25	Carissa Miller, 25*, Fort Dodge, IA	58:37	2:00:00	2:05:03	9:39
1789	219	M40	Kevin Mosher, 41, Windsor Heights, IA	57:00	2:00:00	2:01:45	9:39
1790	330	M30	Craig Mickley, 32, Ames, IA	57:08	2:00:00	2:03:55	9:39
1050	245	W25	Chrystal Wuertz, 26*, Ankeny, IA	1:00:11	2:00:01	2:04:11	9:39
1791	130	M50	Tom Hobt, 51, Johnston, IA	58:16	2:00:01	2:02:11	9:39
1051	135	W20	Bethany Wouters, 23*, Waukee, IA	58:06	2:00:01	2:04:53	9:39
1052	224	W30	Meredith Hancock, 33*, West Des Moines, IA	59:13	2:00:01	2:03:07	9:39
1053	99	W40	Cheryl Halterman, 44*, Indianola, IA	58:53	2:00:02	2:03:41	9:39
1054	100	W40	Dona Cretors, 41*, Grimes, IA	59:42	2:00:02	2:03:45	9:39
1055	246	W25	Stephanie Elkin, 25*, Johnston, IA	1:00:10	2:00:03	2:06:09	9:40
1792	131	M50	Randy Sly, 53, Grimes, IA	56:11	2:00:04	2:03:21	9:40
1056	247	W25	Angela Haverly, 26*, Ames, IA	55:51	2:00:04	2:02:51	9:40
1793	331	M30	Jeremy Davis, 31, Cedar Rapids, IA	1:00:09	2:00:04	2:04:44	9:40
1794	220	M40	Mark Cutler, 44, Cedar Rapids, IA	58:14	2:00:05	2:00:53	9:40
1057	186	W35	Nancy Davis, 36*, Cedar Rapids, IA	1:00:09	2:00:05	2:04:44	9:40
1795	332	M30	Boe Stoebner, 34, Des Moines, IA	1:01:37	2:00:06	2:04:38	9:40
1796	267	M35	Aaron Siegfried, 37, Des Moines, IA	54:37	2:00:06	2:03:05	9:40
1797	168	M45	Ron Grensteiner, 48, Urbandale, IA	58:23	2:00:07	2:03:32	9:40
1058	225	W30	Allison Morris, 34*, Ankeny, IA	59:50	2:00:07	2:02:47	9:40
1059	248	W25	Heather Francis, 27*, Britt, IA	1:01:38	2:00:07	2:07:20	9:40
1060	226	W30	Deb Smith, 32*, Grinnell, IA	57:02	2:00:08	2:02:25	9:40
1798	333	M30	Kevin Pearce, 34, Urbandale, IA	1:00:15	2:00:08	2:03:20	9:40
1061	187	W35	Leanna Halfhill, 38*, Bondurant, IA	58:23	2:00:08	2:02:03	9:40
1062	136	W20	Anna Rinehart, 21*, Boone, IA	1:01:47	2:00:09	2:02:23	9:40
1063	249	W25	Kim Johnson, 29*, Spirit Lake, IA	56:20	2:00:10	2:01:57	9:40
1064	137	W20	Beki Mosby, 23*, Kansas City, MO	58:12	2:00:11	2:05:19	9:40
1799	334	M30	Dustin Rahe, 32, Palo, IA	59:16	2:00:13	2:04:44	9:40
1800	74	M55	Jim Beranek, 58, Pella, IA	59:38	2:00:13	2:03:53	9:40
1801	284	M25	Julie Meyer, 25, Rochester, MN	1:01:08	2:00:14	2:05:37	9:40
1065	138	W20	Amy Konz, 23*, Johnston, IA	59:44	2:00:15	2:02:40	9:40



1066	188	W35	Mimi Hayden, 38*, Saint Louis, MO	59:19	2:00:15	2:05:53	9:41
1067	101	W40	Michelle Willenborg, 41*, Urbandale, IA	59:18	2:00:15	2:05:54	9:41
1068	189	W35	Dee McDonald, 39*, Urbandale, Ia, Ia	59:20	2:00:15	2:05:54	9:41
1802	285	M25	David Meyer, 28, Rochester, MN	1:01:08	2:00:15	2:05:38	9:41
1069	102	W40	Mary Ducar, 41*, Ankeny, IA	58:48	2:00:16	2:04:21	9:41
1803	286	M25	Derek Pike, 26, Ankeny, IA	57:34	2:00:16	2:02:59	9:41
1070	227	W30	Angela Oakie, 32*, Ankeny, IA	56:07	2:00:17	2:04:22	9:41
1071	41	W50	Leann Treloar, 53*, Des Moines, IA	1:00:48	2:00:17	2:05:54	9:41
1072	190	W35	Kori Heuss, 37*, Ames, IA	1:00:53	2:00:17	2:05:30	9:41
1804	132	M50	Ron Hoeger, 51, Dyersville, IA	59:30	2:00:17	2:06:43	9:41
1073	139	W20	Kelsey Wolfe, 23*, Adair, IA	1:02:17	2:00:18	2:03:17	9:41
1805	169	M45	Dave Salaba, 46, Cumming, IA	56:55	2:00:19	2:00:34	9:41
1806	268	M35	John Buzzoni, 37, Polk City, IA	54:48	2:00:20	2:01:38	9:41
1074	250	W25	Sara Cline, 27*, Creston, IA	1:00:35	2:00:20	2:05:28	9:41
1075	228	W30	Emily Kerns, 30*, Creston, IA	1:00:34	2:00:20	2:05:28	9:41
1807	269	M35	Jeremy Barkema, 35, Mason City, IA	58:11	2:00:20	2:02:55	9:41
1808	287	M25	Tyler Romine, 26, Des Moines, IA	1:01:59	2:00:20	2:04:51	9:41
1809	270	M35	Sarah Barkema, 35, Mason City, IA	58:11	2:00:21	2:02:55	9:41
1076	251	W25	Megan Sibbel, 29*, Des Moines, IA	1:00:15	2:00:21	2:03:48	9:41
1810	288	M25	Bryon Capouch, 28, Des Moines, IA	1:00:15	2:00:21	2:03:48	9:41
1811	271	M35	Ryan Simmer, 36, West Des Moines, IA	1:00:46	2:00:22	2:03:31	9:41
1077	70	W45	Bene' Zehr, 47*, Ankeny, IA	58:25	2:00:22	2:00:52	9:41
1812	170	M45	David Hoefler, 47, Ames, IA	58:02	2:00:23	2:02:37	9:41
1078	252	W25	Sara Victor, 28*, Urbandale, IA	57:30	2:00:23	2:04:03	9:41
1813	221	M40	Joseph Barry, 43, Urbandale, IA	58:34	2:00:23	2:02:05	9:41
1814	171	M45	Dan Dirks, 45, Coralville, IA	56:48	2:00:23	2:01:57	9:41
1079	71	W45	Laura Young, 45*, Des Moines, IA	57:50	2:00:23	2:04:34	9:41
1080	140	W20	Becky Heffling, 22*, Johnston, IA	1:03:27	2:00:24	2:06:16	9:41
1815	289	M25	Jacob Oakland, 25, Ankeny, IA	55:25	2:00:24	2:01:06	9:41
1816	290	M25	Zack Bonner, 25, Marion, IA	56:12	2:00:24	2:01:52	9:41
1081	191	W35	Vicky Kielsmeier, 37*, Huxley, IA	58:57	2:00:24	2:02:46	9:41
1082	72	W45	Jill Wanninger, 46*, Jefferson, IA	57:02	2:00:25	2:02:52	9:41
1083	229	W30	Megan Moeller, 32*, Coralville, IA	58:25	2:00:26	2:03:25	9:41
1084	230	W30	Kimberly Krambeck, 31*, West Des Moines, IA	55:46	2:00:26	2:01:31	9:41
1817	291	M25	Dave Martin, 29, Des Moines, IA	56:02	2:00:27	2:00:40	9:41
1818	272	M35	David Dueker, 37, Ankeny, IA	54:30	2:00:27	2:01:36	9:41
1819	172	M45	Todd Keech, 45, Johnston, IA	56:32	2:00:28	2:02:36	9:42
1820	292	M25	Josh Damm, 27, Forest City, IA	1:01:16	2:00:28	2:05:54	9:42
1085	231	W30	Melissa Perrin, 34*, Urbandale, IA	58:49	2:00:29	2:03:31	9:42
1821	335	M30	Jeff Hughes, 33, Norwalk, IA	55:29	2:00:29	2:02:50	9:42
1822	69	M17	Tommy Howard, 17, Ankeny, IA	58:18	2:00:30	2:04:47	9:42
1086	73	W45	Gwen Johnston, 49*, Greenfield, IA	1:01:58	2:00:30	2:06:54	9:42
1087	232	W30	Sarah Wilson, 34*, Marshalltown, IA	57:31	2:00:30	2:03:53	9:42
1088	141	W20	Dana Lantz, 24*, Kansas City, MO	57:02	2:00:31	2:01:51	9:42
1089	142	W20	Alex Sampson, 24*, Nevada, IA	1:00:27	2:00:32	2:05:11	9:42
1090	253	W25	Connie Radcliffe, 25*, Booneville, IA	1:01:57	2:00:33	2:06:57	9:42
1823	293	M25	Kris Eveland, 29, Tipton, IA	55:09	2:00:33	2:02:14	9:42
1091	143	W20	Angela Johnston, 24*, West Des Moines, IA	1:01:58	2:00:33	2:06:57	9:42
1092	144	W20	Sasha Porter, 23*, Ames, IA	59:55	2:00:33	2:01:54	9:42
1093	254	W25	Dawn Sassman, 25*, Webb, IA	57:44	2:00:34	2:03:20	9:42
1094	233	W30	Michelle Broshar, 31*, Des Moines, IA	58:16	2:00:35	2:04:22	9:42
1095	255	W25	Emily Korman, 25*, Des Moines, IA	58:07	2:00:36	2:04:14	9:42
1096	145	W20	Allison Freel, 22*, Des Moines, IA	1:01:26	2:00:37	2:07:12	9:42
1097	103	W40	Darci Hammer, 41*, Ottumwa, IA	58:18	2:00:38	2:04:09	9:42
1824	222	M40	Rob Shaw, 42, Des Moines, IA	57:48	2:00:38	2:02:07	9:42
1098	234	W30	Sarah Brady, 30*, Johnston, IA	1:02:08	2:00:38	2:06:21	9:42
1825	336	M30	Kory Brady, 34, Johnston, IA	1:02:09	2:00:39	2:06:21	9:42
1099	235	W30	Marla Daniels, 33*, Ankeny, IA	57:07	2:00:40	2:00:42	9:42
1100	104	W40	Shelley Horak, 42*, Dallas Center, IA	58:46	2:00:41	2:04:09	9:43
1101	105	W40	Bridgette Schilling, 42*, Carroll, IA	1:00:44	2:00:42	2:07:00	9:43
1826	223	M40	Trevor Myers, 43, Des Moines, IA	58:13	2:00:43	2:01:42	9:43
1102	146	W20	Vanessa Peterzen, 23*, Des Moines, IA	1:00:18	2:00:43	2:09:27	9:43
1103	236	W30	Denese McGrew, 32*, Des Moines, IA	58:47	2:00:43	2:06:04	9:43
1827	337	M30	Mike Rouse, 31, Norwalk, IA	58:43	2:00:44	2:10:09	9:43

1104	192	W35	Jennifer Popp, 37*, Adel, IA	1:01:47	2:00:44	2:02:56	9:43
1105	237	W30	Kristy Carstensen, 34*, Ankeny, IA	58:38	2:00:45	2:03:59	9:43
1106	147	W20	Allie Roberts, 22*, Marshalltown, IA	1:00:16	2:00:45	2:09:13	9:43
1107	256	W25	Betsy McKibbin, 27*, Des Moines, IA	57:08	2:00:45	2:03:57	9:43
1828	338	M30	Grant Robertson, 30, Shorewood, WI	57:14	2:00:46	2:04:50	9:43
1829	273	M35	Nathan Hoffert, 36, Washington, IA	57:44	2:00:46	2:06:04	9:43
1830	274	M35	Shane Thompson, 39, Logan, IA	54:21	2:00:46	2:01:01	9:43
1108	74	W45	Julie Schwalbe, 45*, Des Moines, IA	57:44	2:00:47	2:02:25	9:43
1109	148	W20	Aimee Gissel, 24*, Des Moines, IA	57:32	2:00:47	2:03:15	9:43
1110	34	W17	Katie Nelson, 18*, Des Moines, IA	56:57	2:00:47	2:04:49	9:43
1831	133	M50	John Sorensen, 52, West Des Moines, IA	59:04	2:00:47	2:03:46	9:43
1832	70	M17	Codi Mumaw, 18, Osceola, IA	56:57	2:00:47	2:04:49	9:43
1833	180	M20	Nate Palmolea, 24, Des Moines, IA	53:58	2:00:48	2:02:28	9:43
1111	238	W30	Emily Hill, 33*, Bloomfield, IA	57:38	2:00:48	2:03:35	9:43
1834	294	M25	Robert Liesland, 29, Des Moines, IA		2:00:48	2:06:30	9:43
1112	106	W40	Mary Connor, 42*, Overland Park, KS	1:01:05	2:00:48	2:06:30	9:43
1835	295	M25	Shaun Kats, 26, Hull, IA	57:46	2:00:50	2:06:49	9:43
1113	257	W25	Cathy Struecker, 29*, Knoxville, IA	59:40	2:00:50	2:03:06	9:43
1836	339	M30	Michael Armstrong, 32, Central City, IA	58:27	2:00:51	2:02:49	9:43
1837	296	M25	Nathan Mundy, 29, Des Moines, IA	56:54	2:00:52	2:01:49	9:43
1838	297	M25	Curt Hunt, 27, Guthrie Center, IA	58:01	2:00:53	2:05:48	9:44
1114	258	W25	Alyssa Jones, 26*, Guthrie Center, IA	58:00	2:00:53	2:05:48	9:44
1115	239	W30	Lindsey Rial, 33*, Fort Dodge, IA	1:00:26	2:00:54	2:04:48	9:44
1116	42	W50	Deb Fritz, 52*, Des Moines, IA	1:01:13	2:00:54	2:03:46	9:44
1839	298	M25	Jonathan Wang, 29, Urbandale, IA	54:28	2:00:54	2:04:02	9:44
1840	71	M17	Ian Richardson, 18, Afton, IA	55:40	2:00:55	2:04:04	9:44
1841	72	M17	Jordan Siddens, 18, Afton, IA	55:40	2:00:55	2:04:04	9:44
1842	299	M25	Andrew Graff, 25, West Des Moines, IA	55:02	2:00:55	2:01:45	9:44
1117	240	W30	Erin Hill, 34*, Ellsworth, IA	57:57	2:00:55	2:03:42	9:44
1118	193	W35	Donja Milligan, 35*, Palmer Lake, CO	1:01:10	2:00:55	2:04:20	9:44
1119	43	W50	Brenda Burns, 50*, Monroe, IA	58:31	2:00:56	2:03:38	9:44
1120	241	W30	Mindy Benson, 33*, Newton, IA	1:01:58	2:00:56	2:02:56	9:44
1121	13	JrW	Olivia Miller, 16*, Marion, IA	59:19	2:00:57	2:05:55	9:44
1122	35	W17	Megan Johnston, 18*, Marion, IA	59:20	2:00:57	2:05:55	9:44
1123	242	W30	Kelly Maxwell, 34*, West Des Moines, IA	1:00:47	2:00:58	2:03:55	9:44
1843	181	M20	Carlos Ramirez, 24, Ankeny, IA	54:05	2:00:59	2:01:29	9:44
1124	194	W35	Erin O'Leary, 39*, Andover, MN	57:06	2:00:59	2:03:32	9:44
1125	243	W30	Jaime Osgood, 33*, Mason City, IA	58:30	2:00:59	2:04:31	9:44
1844	224	M40	Scott Brown, 43, Desoto, IA	55:17	2:01:02	2:02:38	9:44
1845	225	M40	Paul Rearick, 42, Ankeny, IA	1:00:41	2:01:02	2:08:12	9:44
1126	107	W40	Katrisha Heidemann, 40*, Des Moines, IA	59:05	2:01:04	2:03:17	9:44
1127	259	W25	Caitlin Digman, 25*, Iowa City, IA	59:34	2:01:05	2:05:48	9:45
1846	275	M35	Joel Fey, 39, Nevada, IA	56:52	2:01:05	2:04:01	9:45
1128	149	W20	Roxana Wong, 24*, Des Moines, IA	59:24	2:01:05	2:05:51	9:45
1129	195	W35	Sea Fey, 38*, Nevada, IA	56:53	2:01:05	2:04:01	9:45
1847	340	M30	Dan Mullins, 32, Des Moines, IA	1:00:56	2:01:05	2:05:28	9:45
1848	276	M35	Jason Freres, 37, Kenosha, WI	1:03:06	2:01:06	2:08:04	9:45
1130	108	W40	Elena Takla, 42*, West Des Moines, IA	57:24	2:01:06	2:03:54	9:45
1849	300	M25	J Taber, 28, Urbandale, IA	59:05	2:01:07	2:05:41	9:45
1850	301	M25	Justin Pudenz, 29, Minneapolis, MN	59:58	2:01:08	2:10:35	9:45
1851	302	M25	Caleb Masterson, 26, West Des Moines, IA	58:43	2:01:08	2:05:30	9:45
1852	277	M35	David Danielson, 35, Marshalltown, IA	59:35	2:01:09	2:05:27	9:45
1131	196	W35	Emily Eisentrager, 36*, Altoona, IA	57:34	2:01:10	2:04:19	9:45
1853	341	M30	Jon Heim, 30, Des Moines, IA	57:50	2:01:10	2:02:23	9:45
1132	197	W35	Wendy Thiessen, 38*, Marshalltown, IA	56:27	2:01:10	2:04:08	9:45
1133	198	W35	Kristi Haase, 35*, Shawnee, KS	59:07	2:01:11	2:04:10	9:45
1134	199	W35	Molly Titchenal, 36*, Owatonna, MN	1:02:01	2:01:11	2:07:40	9:45
1135	244	W30	Carrie Rausch, 32*, Des Moines, IA	56:42	2:01:11	2:04:16	9:45
1854	342	M30	Hans Schiefelbein, 34, McFarland, WI	57:12	2:01:12	2:05:17	9:45
1136	260	W25	Katrina Moreland, 29*, Urbandale, IA	59:48	2:01:12	2:04:10	9:45
1137	200	W35	Noelle Bolibaugh, 35*, Oskaloosa, IA	58:32	2:01:13	2:03:16	9:45
1138	245	W30	Abbey Smith, 31*, West Des Moines, IA	59:59	2:01:13	2:05:58	9:45
1855	182	M20	Adam Ninnemann, 24, Ames, IA	53:16	2:01:13	2:01:30	9:45
1856	226	M40	Erwin Martin, 42, Altoona, IA	1:00:03	2:01:14	2:04:28	9:45
1139	261	W25	Kellie Hoover, 28*, Des Moines, IA	57:50	2:01:14	2:02:29	9:45

1140	201	W35	Jennifer Williams, 35*, Nevada, IA	59:58	2:01:15	2:03:53	9:45
1857	343	M30	Benjamin Barndollar, 31, Des Moines, IA	1:00:33	2:01:15	2:03:02	9:45
1858	227	M40	Troy Wright, 41, Johnston, IA	57:52	2:01:16	2:03:10	9:45
1141	150	W20	Allison Osmundson, 24*, Marshalltown, IA	55:04	2:01:16	2:02:07	9:45
1859	183	M20	Marcus Severson, 24, West Des Moines, IA	56:13	2:01:17	2:05:32	9:45
1860	344	M30	Jarid Catrenich, 33, Pleasant Hill, IA	54:33	2:01:17	2:04:11	9:45
1142	109	W40	Wendy Maas, 43*, Ottumwa, IA	58:18	2:01:18	2:04:50	9:46
1861	303	M25	Craig Montgomery, 28, West Des Moines, IA	58:38	2:01:19	2:05:19	9:46
1862	228	M40	Stephen Adamson, 40, Urbandale, IA	58:40	2:01:19	2:07:25	9:46
1863	173	M45	Doug Brown, 46, Sherwood, AR	59:08	2:01:20	2:04:08	9:46
1864	229	M40	Erik Egglund, 43, Ankeny, IA	54:28	2:01:20	2:03:30	9:46
1143	262	W25	Brooke Minnehan, 28*, Churdan, IA	57:55	2:01:20	2:06:28	9:46
1865	304	M25	Michael Messerich, 26, Wilton, IA	57:47	2:01:21	2:05:20	9:46
1866	305	M25	Stephen Bloomberg, 25, Cedar Rapids, IA	1:01:08	2:01:22	2:05:02	9:46
1144	202	W35	Bobbi Downing, 39*, West Des Moines, IA	59:22	2:01:24	2:06:55	9:46
1867	73	M17	John Clark, 17, De Soto, IA	50:25	2:01:24	2:02:31	9:46
1145	263	W25	Katie Watts, 25*, Crystal Lake, IL	59:53	2:01:25	2:05:07	9:46
1146	264	W25	Emilie Reha, 28*, Grimes, IA	1:02:54	2:01:25	2:07:50	9:46
1868	230	M40	Mitchell McCoy, 42, West Des Moines, IA	58:53	2:01:26	2:02:34	9:46
1869	278	M35	Allen Bierbaum, 35, Ames, IA	1:00:12	2:01:26	2:05:20	9:46
1870	174	M45	Scott Swartz, 47, Eldora, IA	1:05:18	2:01:26	2:07:06	9:46
1147	110	W40	Linda Steele, 40*, Muscatine, IA	59:16	2:01:26	2:04:30	9:46
1871	306	M25	Jonathan Hardy, 29, Springfield, MO	58:44	2:01:26	2:05:47	9:46
1872	345	M30	Matt Rowles, 31, Des Moines, IA	58:17	2:01:26	2:05:13	9:46
1873	279	M35	Travis Wilson, 37, Prior Lake, MN	52:01	2:01:26	2:01:56	9:46
1148	203	W35	Angie Roose, 37*, Pella, IA	1:01:29	2:01:27	2:06:15	9:46
1874	75	M55	Craig Shutt, 57, Granger, IA	55:30	2:01:27	2:03:03	9:46
1875	280	M35	Matt Smith, 38, Johnston, IA	1:00:47	2:01:27	2:03:44	9:46
1149	265	W25	Dalyn Darrington, 27*, Gretna, NE	59:40	2:01:28	2:08:06	9:46
1150	266	W25	Maria Wolfe, 25*, Grimes, IA	56:44	2:01:28	2:02:02	9:46
1151	111	W40	Deval Shah, 44*, Clive, IA	59:13	2:01:28	2:05:34	9:46
1876	281	M35	Jagger Copley, 39, Cedar Rapids, IA	1:05:37	2:01:28	2:06:09	9:46
1877	76	M55	Dick Hardy, 57, Springfield, MO	58:53	2:01:29	2:05:47	9:46
1878	77	M55	Gery Haag, 57, Johnston, IA	58:54	2:01:29	2:05:47	9:46
1879	346	M30	Rick Breuss III, 31, West Des Moines, IA		2:01:29	2:01:29	9:46
1880	231	M40	Chris Burch, 41, Des Moines, IA	56:08	2:01:29	2:02:09	9:46
1152	246	W30	Rachel Nelson, 31*, Cumming, IA	55:12	2:01:29	2:02:00	9:46
1153	247	W30	Krista Pugh, 33*, Cedar Falls, IA	1:00:42	2:01:29	2:05:23	9:46
1154	267	W25	Lisa Butler, 27*, Bondurant, IA	56:53	2:01:29	2:04:39	9:46
1881	3	M70	Paul K. Larson, 71, Garner, IA	1:00:09	2:01:30	2:02:44	9:47
1155	112	W40	Leigh Vanderholt, 42*, Norwalk, IA	56:24	2:01:30	2:03:54	9:47
1882	282	M35	Patrick White, 37, Gladbrook, IA	1:00:13	2:01:30	2:04:25	9:47
1883	232	M40	Doug Koerperich, 40, Epworth, IA	57:44	2:01:30	2:03:37	9:47
1156	268	W25	Kelli Heuer, 29*, Des Moines, IA	1:00:15	2:01:30	2:05:52	9:47
1884	307	M25	Ben Gander, 25, Bondurant, IA	56:20	2:01:30	2:05:53	9:47
1885	233	M40	Matt Kamp, 42, Clive, IA	54:48	2:01:31	2:08:46	9:47
1886	78	M55	Rick Ertz, 55, Ames, IA	1:01:12	2:01:31	2:02:35	9:47
1887	347	M30	Russell Ray, 30, Des Moines, IA	1:00:07	2:01:31	2:05:08	9:47
1157	113	W40	Catherine Wilson, 43*, Ankeny, IA	59:53	2:01:32	2:04:14	9:47
1888	348	M30	Eric Nielsen, 30, Fremont, NE	1:00:08	2:01:32	2:05:08	9:47
1889	175	M45	Dom Giegerich, 46, Anita, IA	55:54	2:01:32	2:01:39	9:47
1158	204	W35	Jenny Guenther, 36*, Marion, IA	59:07	2:01:32	2:05:56	9:47
1159	114	W40	Valerie Burns, 42*, Walford, IA		2:01:32	2:05:56	9:47
1160	151	W20	Carissa Bryson, 24*, West Des Moines, IA	1:02:24	2:01:32	2:06:21	9:47
1161	248	W30	Heather Zylstra, 34*, Sully, IA	59:27	2:01:32	2:07:04	9:47
1162	269	W25	Erica Metzger, 26*, Des Moines, IA	1:03:07	2:01:32	2:05:45	9:47
1163	115	W40	Shanda Noonan, 40*, Ankeny, IA	59:24	2:01:33	2:02:11	9:47
1164	249	W30	Jennifer Christofferson, 34*, Marion, IA	59:08	2:01:33	2:05:57	9:47
1890	184	M20	Luke Monat, 24, Johnston, IA	59:52	2:01:33	2:04:23	9:47
1165	116	W40	Gwyndolyn McMillin, 44*, Des Moines, IA	1:00:24	2:01:33	2:06:19	9:47
1891	134	M50	Kevin Techau, 52, Des Moines, IA	59:01	2:01:34	2:03:29	9:47
1166	250	W30	Heather Iburg, 30*, Johnston, IA	52:43	2:01:34	2:02:28	9:47
1167	152	W20	Stephanie Eide, 23*, West Des Moines, IA	58:04	2:01:34	2:04:25	9:47
1168	153	W20	Meredith Owens, 23*, West Des Moines, IA	58:04	2:01:34	2:04:26	9:47
1169	154	W20	Tara Christensen, 23*, West Des Moines, IA	58:04	2:01:34	2:04:25	9:47

1170	251	W30	Mandy Wolvert, 33*, Sauk Rapids, MN	56:50	2:01:34	2:03:54	9:47
1171	270	W25	Melissa Jacobs, 27*, Lake Havasu City, AZ		2:01:34	2:06:58	9:47
1172	155	W20	Jessica Bixler, 22*, Oskaloosa, IA	57:00	2:01:35	2:04:01	9:47
1173	205	W35	Tricia Crain, 37*, Nevada, IA	57:14	2:01:35	2:02:57	9:47
1174	271	W25	Vanessa Smock, 28*, Gladbrook, IA	1:00:43	2:01:35	2:05:33	9:47
1175	272	W25	Lindsay Wiese, 25*, Des Moines, IA	59:46	2:01:36	2:05:25	9:47
1176	273	W25	Sarah Perrien, 29*, Red Oak, IA	1:01:13	2:01:36	2:07:44	9:47
1177	252	W30	Sara Chicoine, 33*, Ankeny, IA	59:10	2:01:38	2:04:13	9:47
1892	234	M40	Robert Douglas, 41, Ankeny, IA	56:00	2:01:39	2:02:50	9:47
1178	274	W25	Shannon Henson, 25*, Des Moines, IA	59:27	2:01:39	2:05:31	9:47
1893	308	M25	William Scales, 29, Des Moines, IA	59:27	2:01:39	2:05:32	9:47
1179	275	W25	Christa Vander Leest, 25*, Mason City, IA	59:11	2:01:39	2:07:39	9:47
1894	283	M35	David Van Blair, 38, Ankeny, IA	56:00	2:01:39	2:02:50	9:47
1180	253	W30	Jennifer Skelley, 33*, West Burlington, IA	59:11	2:01:39	2:04:14	9:47
1181	254	W30	Jeanne Shupe, 30*, Altoona, IA	57:53	2:01:39	2:06:26	9:47
1895	284	M35	Adam Jerdee, 38, West Des Moines, IA	1:00:18	2:01:40	2:06:11	9:47
1896	285	M35	Rodolpo Pena, 38, Grimes, IA	53:06	2:01:40	2:03:21	9:47
1897	176	M45	Vince Vanderneck, 46, West Des Moines, IA	57:25	2:01:41	2:04:46	9:47
1898	286	M35	Jeffrey Maassen, 37, Coralville, IA	1:03:20	2:01:41	2:06:36	9:47
1182	156	W20	Nichole Onnen, 20*, Grundy Center, IA	1:00:44	2:01:42	2:06:01	9:47
1899	309	M25	Jeff Robinson, 28, Pleasant Hill, IA	56:20	2:01:42	2:05:37	9:48
1900	235	M40	Dirk Troutman, 41, Carroll, IA	59:41	2:01:43	2:03:11	9:48
1901	3	M65	William McCollaugh, 67, Ankeny, IA	59:20	2:01:43	2:03:27	9:48
1183	255	W30	Sue Aliano, 34*, Omaha, NE	1:00:06	2:01:43	2:10:22	9:48
1184	276	W25	Carly Huhn, 27*, Clarence, IA	1:00:20	2:01:43	2:10:26	9:48
1185	11	W55	Julie Hansen, 55*, Milford, IA	58:04	2:01:44	2:05:27	9:48
1902	185	M20	Craig Lowary, 21, Grimes, IA	57:49	2:01:44	2:05:15	9:48
1903	79	M55	Russ Canfield, 55, Austin, TX	56:34	2:01:45	2:05:43	9:48
1186	256	W30	Rebecca Daup, 33*, Gilbert, AZ	58:00	2:01:46	2:04:33	9:48
1904	310	M25	Nathan Handy, 28, Norwalk, IA	55:47	2:01:47	2:05:24	9:48
1905	186	M20	Kalen Lenz, 24, West Des Moines, IA	53:38	2:01:48	2:02:10	9:48
1906	177	M45	Danny Pauley, 48, Coon Rapids, IA	1:01:43	2:01:48	2:04:39	9:48
1187	75	W45	Darcy Soule, 45*, Newton, IA	59:39	2:01:48	2:06:27	9:48
1907	349	M30	Josh Schoeberl, 33, Windsor Heights, IA	1:01:25	2:01:48	2:04:37	9:48
1188	257	W30	Christy Sederwall, 31*, Ankeny, IA	58:09	2:01:48	2:04:32	9:48
1189	14	JrW	Hannah Pauley, 16*, Columbus, NE	1:01:44	2:01:49	2:04:39	9:48
1190	206	W35	Anne Lyle, 35*, Fairfield, IA	58:22	2:01:50	2:04:37	9:48
1908	311	M25	Ian Wrage, 25, Des Moines, IA	59:24	2:01:50	2:04:25	9:48
1909	135	M50	James Fuller, 52, Marshalltown, IA	55:36	2:01:50	2:03:11	9:48
1191	36	W17	Jamie Hlas, 18*, Toledo, IA	57:47	2:01:50	2:06:58	9:48
1910	136	M50	Mark Kilian, 50, Clive, IA	1:00:51	2:01:51	2:06:49	9:48
1192	277	W25	Frannie Mann, 26*, Ames, IA	1:00:45	2:01:51	2:09:29	9:48
1911	236	M40	Tim Rankin, 43, Knoxville, IA	59:20	2:01:51	2:03:15	9:48
1193	278	W25	Robin McKinney, 27*, Des Moines, IA	57:28	2:01:51	2:03:34	9:48
1912	350	M30	Justin Scanlan, 34, Des Moines, IA	1:01:04	2:01:51	2:11:05	9:48
1913	33	M60	Denny Lincicum, 61, Ankeny, IA	59:05	2:01:51	2:03:06	9:48
1194	117	W40	Angela Nasstrom, 41*, Osage, IA	1:00:24	2:01:51	2:05:45	9:48
1195	118	W40	Jane Kelderman, 40*, Oskaloosa, IA	58:32	2:01:51	2:03:55	9:48
1914	351	M30	Josh Burke, 31, Ankeny, IA	57:12	2:01:52	2:02:38	9:48
1915	312	M25	Brian Israel, 27, West Des Moines, IA	56:03	2:01:52	2:03:36	9:48
1916	237	M40	Rich Green, 44, Urbandale, IA	58:46	2:01:52	2:06:05	9:48
1196	279	W25	Maggie Graham, 28*, Iowa City, IA	1:01:48	2:01:52	2:10:03	9:48
1917	352	M30	Jeremy Marshall, 34, Ankeny, IA	1:02:08	2:01:53	2:05:26	9:48
1197	207	W35	Mary Kottmeyer, 38*, West Des Moines, IA	58:54	2:01:53	2:04:30	9:48
1918	313	M25	Jason Buseman, 26, Johnston, IA	58:16	2:01:53	2:05:49	9:48
1919	4	M70	Jim Harman, 70, Crest Hill, IL	57:51	2:01:54	2:03:33	9:48
1920	137	M50	Craig Nida, 50, Urbandale, IA	57:57	2:01:54	2:07:33	9:49
1921	178	M45	Steven Brown, 47, Des Moines, IA	56:03	2:01:55	2:02:11	9:49
1922	138	M50	Mark Seeman, 51, Bouton, IA	1:00:04	2:01:56	2:11:24	9:49
1923	238	M40	Brian Kingery, 42, Indianola, IA	54:18	2:01:56	2:03:12	9:49
1924	353	M30	Grant Waltz, 30, Urbandale, IA	56:46	2:01:57	2:05:00	9:49
1925	139	M50	Patrick Weepie, 50, Altoona, IA	59:48	2:01:57	2:03:07	9:49
1198	44	W50	Kelly Roberts, 54*, Brookfield, MO	57:30	2:01:58	2:04:32	9:49
1199	157	W20	Ashten DeGoey, 21*, Pleasantville, IA	59:18	2:01:59	2:04:12	9:49
1200	258	W30	Missy Henry, 31*, Des Moines, IA	57:43	2:01:59	2:04:28	9:49

1926	187	M20	Josh Young, 23, Waterloo, IA	59:17	2:02:00	2:06:24	9:49
1201	158	W20	Danielle Schoonhoven, 23*, Waterloo, IA	59:16	2:02:00	2:06:24	9:49
1202	159	W20	Jamie Dietrich, 22*, Newton, IA	56:24	2:02:01	2:03:11	9:49
1927	179	M45	Kevin Gordon, 47, Johnston, IA	57:14	2:02:01	2:07:21	9:49
1203	208	W35	Allyson Glaser, 39*, West Des Moines, IA	1:00:25	2:02:01	2:06:46	9:49
1928	180	M45	John Noll, 49, Clive, IA	56:42	2:02:01	2:03:24	9:49
1929	181	M45	Roger Youngblut, 48, Davenport, IA	1:00:06	2:02:01	2:05:00	9:49
1204	209	W35	Leslie Dobbs, 37*, Urbandale, IA	1:00:26	2:02:01	2:06:47	9:49
1930	287	M35	Scott Wendl, 39, Johnston, IA	58:39	2:02:03	2:05:49	9:49
1931	314	M25	Brian Schenkelberg, 27, West Des Moines, IA	57:32	2:02:04	2:04:52	9:49
1205	259	W30	Sarah Brogden, 30*, Iowa Falls, IA	1:01:13	2:02:04	2:06:29	9:49
1206	210	W35	Elaine Stewart, 39*, Smithville, MO	1:00:23	2:02:04	2:05:18	9:49
1207	260	W30	Kelli Reinhart, 33*, Alleman, IA	55:11	2:02:04	2:02:40	9:49
1932	288	M35	Scot Freschi, 38, West Des Moines, IA	1:00:34	2:02:04	2:05:53	9:49
1208	119	W40	Michele Winger, 42*, Waukee, IA	59:20	2:02:05	2:06:17	9:49
1933	239	M40	Jason Whitson, 40, West Des Moines, IA	54:40	2:02:05	2:02:54	9:49
1209	211	W35	Shoshana Hebshi, 35*, Des Moines, IA	1:02:08	2:02:08	2:07:23	9:50
1210	280	W25	Stephanie Myers, 29*, Ames, IA	1:00:01	2:02:09	2:05:41	9:50
1211	120	W40	Diana Van Ravenswaay, 41*, Orange City, IA	59:36	2:02:09	2:10:29	9:50
1934	289	M35	Jeremy Walburn, 36, Des Moines, IA	58:13	2:02:09	2:10:46	9:50
1935	354	M30	Ken Tague, 31, Norwalk, IA	59:36	2:02:09	2:10:51	9:50
1936	315	M25	Benjamin Hall, 28, Waukee, IA	58:28	2:02:10	2:05:11	9:50
1937	316	M25	Justin Bloomberg, 28, Waukee, IA	1:09:07	2:02:12	2:09:07	9:50
1212	281	W25	Becky Hosier, 29*, West Branch, IA	1:00:56	2:02:12	2:04:42	9:50
1213	121	W40	Barb Finney, 40*, Pella, IA	57:54	2:02:13	2:05:23	9:50
1214	282	W25	Emily Ver Meer, 26*, Hannibal, MO	58:44	2:02:13	2:05:40	9:50
1215	261	W30	Calista Smith, 31*, Davenport, IA	59:50	2:02:13	2:08:20	9:50
1938	290	M35	Steve Hulsizer, 39, Bloomfield, IA	59:34	2:02:14	2:04:45	9:50
1216	262	W30	Allysa Spring, 30*, Des Moines, IA	1:00:03	2:02:14	2:08:29	9:50
1217	160	W20	Julie Phillips, 23*, Ankeny, IA	1:00:49	2:02:14	2:06:34	9:50
1218	263	W30	Linley Aamodt, 32*, Gilbert, IA	57:16	2:02:14	2:04:48	9:50
1939	291	M35	Nathan Bailey, 35, Des Moines, IA	57:28	2:02:15	2:05:55	9:50
1940	80	M55	Rik Anderson, 59, Cedar Falls, IA	1:01:10	2:02:15	2:04:29	9:50
1219	37	W17	Jacqueline Alex, 18*, Carroll, IA	1:01:32	2:02:15	2:05:12	9:50
1220	212	W35	Kim Stuart, 39*, Urbandale, IA	1:01:22	2:02:16	2:08:07	9:50
1221	264	W30	Autumn Klunder, 31*, Waukee, IA	1:02:33	2:02:16	2:06:32	9:50
1941	140	M50	Mark Koskamp, 52, Des Moines, IA	59:30	2:02:16	2:08:22	9:50
1222	265	W30	Darby Oppold, 33*, Urbandale, IA	58:34	2:02:17	2:04:44	9:50
1942	182	M45	Lance Eaton, 46, Grimes, IA	55:09	2:02:18	2:04:56	9:50
1223	266	W30	Niki Friessen, 33*, Hinton, IA	58:50	2:02:18	2:04:46	9:50
1943	240	M40	Mike Lang, 42, Waukee, IA	57:02	2:02:18	2:03:23	9:50
1224	122	W40	Dotty Johnson, 41*, Urbandale, IA	59:47	2:02:18	2:06:07	9:50
1225	213	W35	Heidi Watkins, 35*, Grimes, IA	1:05:39	2:02:19	2:05:50	9:50
1226	267	W30	Cory Miller, 34*, Cambridge, IA	1:00:58	2:02:19	2:04:18	9:51
1227	214	W35	Lori Wiedmaer, 36*, Indianola, IA	58:53	2:02:20	2:05:58	9:51
1228	283	W25	Chelsea Clark, 25*, Boone, IA	1:01:12	2:02:20	2:07:14	9:51
1229	268	W30	Cristin Tandberg, 32*, Algona, IA	57:54	2:02:20	2:06:25	9:51
1230	2	W60	Connie Robinson, 60*, Bondurant, IA	57:29	2:02:20	2:04:27	9:51
1944	183	M45	Jeff Watson, 49, Altoona, IA	1:00:54	2:02:21	2:07:52	9:51
1945	241	M40	Matt Schwarting, 43, Overland Park, KS	58:42	2:02:22	2:06:48	9:51
1946	317	M25	Justin Wiemers, 27, West Des Moines, IA		2:02:23	2:02:43	9:51
1231	269	W30	Nicole Potter, 30*, Des Moines, IA	1:00:11	2:02:23	2:04:42	9:51
1232	284	W25	Krysta Rees, 27*, Des Moines, IA	57:02	2:02:24	2:03:52	9:51
1947	41	JrM	Collin Ten Haken, 16, West Des Moines, IA	56:13	2:02:24	2:03:23	9:51
1948	355	M30	Henry Wood, 34, Des Moines, IA	58:00	2:02:25	2:03:38	9:51
1233	285	W25	Kristin Stiles, 27*, West Des Moines, IA	1:01:36	2:02:25	2:04:54	9:51
1234	270	W30	Molly McWilliam, 30*, Grimes, IA	1:00:17	2:02:25	2:06:57	9:51
1949	242	M40	Liviu Totir, 42, Johnston, IA	58:55	2:02:26	2:06:52	9:51
1235	215	W35	Robin Wasteney, 36*, Des Moines, IA	1:00:41	2:02:27	2:06:34	9:51
1236	216	W35	Jennifer Cunningham, 38*, Urbandale, IA	1:02:52	2:02:27	2:05:58	9:51
1237	271	W30	Andrea Hiesterman, 34*, Des Moines, IA	1:00:13	2:02:27	2:06:47	9:51
1238	217	W35	Esther Vander Waal, 37*, Urbandale, IA	56:59	2:02:27	2:05:49	9:51
1239	272	W30	Brenda Van Berkum, 30*, Des Moines, IA	1:00:13	2:02:27	2:06:47	9:51
1950	292	M35	Jason Schaben, 35, Ames, IA	58:10	2:02:28	2:06:54	9:51

1951	356	M30	Randy Heckert, 32, Indianola, IA	57:33	2:02:29	2:05:21	9:51
1952	357	M30	Cody Hiles, 31, West Des Moines, IA	58:22	2:02:29	2:11:16	9:51
1240	218	W35	Joanne Bibler, 35*, Johnston, IA	58:02	2:02:30	2:09:59	9:51
1241	273	W30	Annie Marchesano, 31*, Huxley, IA	59:45	2:02:30	2:05:22	9:51
1242	274	W30	Heather Wonderlich, 34*, La Vista, NE	1:00:07	2:02:31	2:11:08	9:51
1243	45	W50	Linda McGerr, 50*, Victoria, MN	59:48	2:02:31	2:06:12	9:51
1953	318	M25	Mario DeAngelo, 26, Des Moines, IA	1:00:54	2:02:31	2:09:02	9:51
1954	74	M17	Justin Lee, 17, Carroll, IA	1:01:31	2:02:32	2:05:29	9:52
1955	141	M50	Kirk Reeder, 51, Ankeny, IA	59:00	2:02:32	2:05:34	9:52
1244	275	W30	Holly Shirbroun, 32*, Gowrie, IA	58:04	2:02:33	2:06:41	9:52
1245	286	W25	Emily Rice, 25*, Des Moines, IA	1:01:41	2:02:33	2:10:59	9:52
1246	276	W30	Jill Hardy, 30*, Ames, IA	55:59	2:02:34	2:04:30	9:52
1247	123	W40	Tracy Amos, 40*, Des Moines, IA	59:35	2:02:34	2:06:58	9:52
1248	161	W20	Katie Dunnick, 24*, West Des Moines, IA	1:07:25	2:02:34	2:08:04	9:52
1249	287	W25	Ashley Ireland, 26*, Ankeny, IA	1:00:30	2:02:34	2:09:28	9:52
1956	319	M25	Bernie Christen, 29, West Des Moines, IA	1:00:55	2:02:35	2:06:05	9:52
1250	288	W25	Amy Logan, 25*, Ames, IA	57:03	2:02:36	2:07:56	9:52
1251	289	W25	Adrienne Drescher, 27*, Ames, IA	1:02:22	2:02:36	2:07:50	9:52
1957	75	M17	Cj Ward, 19, Ackworth, IA	59:49	2:02:38	2:07:46	9:52
1252	219	W35	Sheri Robinson, 37*, Des Moines, IA	58:49	2:02:38	2:05:20	9:52
1253	162	W20	Asheley Kephart, 22*, Idaho Dr, IA	58:20	2:02:38	2:05:18	9:52
1958	320	M25	Joshua Ostergaard, 27, Des Moines, IA	57:13	2:02:39	2:10:12	9:52
1959	184	M45	Ron Maahs, 45, Ia, IA	59:06	2:02:39	2:05:10	9:52
1960	293	M35	Cliff Baker, 37, Waukee, IA	56:55	2:02:40	2:05:16	9:52
1254	290	W25	Jackie Surber, 29*, Des Moines, IA	57:02	2:02:40	2:05:54	9:52
1961	358	M30	Nicholas Rivera, 30, Des Moines, IA	59:27	2:02:41	2:06:40	9:52
1962	359	M30	Zachary Moore, 34, Ankeny, IA	57:52	2:02:41	2:04:18	9:52
1255	76	W45	Sherri Huff, 48*, Winterset, IA	1:01:54	2:02:41	2:07:06	9:52
1256	163	W20	Katie Lonneman, 20*, Garner, IA	58:51	2:02:42	2:04:52	9:52
1963	294	M35	William Schaffer, 38, Humboldt, IA	57:53	2:02:42	2:03:52	9:52
1964	360	M30	Jake Newman, 30, Ankeny, IA	1:02:59	2:02:43	2:07:52	9:52
1257	220	W35	Angel Martin, 35*, Fairbank, IA	1:00:50	2:02:43	2:09:23	9:52
1258	291	W25	Jordan Chandler, 25*, Waukee, IA	59:21	2:02:43	2:05:50	9:52
1259	221	W35	Jennifer Girdler, 36*, Granger, IA	1:02:08	2:02:44	2:05:29	9:52
1965	185	M45	William Henrich, 48, Clive, IA	57:32	2:02:46	2:05:32	9:53
1966	81	M55	David McClung, 56, Des Moines, IA	59:43	2:02:46	2:04:45	9:53
1260	77	W45	Jana Dewhurst, 46*, Johnston, IA	59:34	2:02:47	2:05:52	9:53
1261	292	W25	Brooke Newton, 26*, West Des Moines, IA	59:20	2:02:47	2:06:15	9:53
1967	321	M25	Mike Comfort, 25, Oskaloosa, IA	58:16	2:02:47	2:04:42	9:53
1262	38	W17	Alexis Reno, 17*, Humeston, IA	59:20	2:02:47	2:06:15	9:53
1263	222	W35	Lisa Thomas, 39*, Ankeny, IA	1:00:00	2:02:48	2:09:42	9:53
1264	124	W40	Joni Tonnemacher, 41*, Johnston, IA	59:35	2:02:48	2:05:52	9:53
1265	78	W45	Kathy Skopec, 45*, Coralville, IA	1:00:01	2:02:48	2:04:37	9:53
1968	186	M45	William Wellman, 48, West Point, IA	57:04	2:02:49	2:05:24	9:53
1266	277	W30	Katie Seidler, 34*, Winterset, IA	57:50	2:02:49	2:05:21	9:53
1267	125	W40	Chris Berryhill, 40*, Ames, IA	58:00	2:02:49	2:15:59	9:53
1268	79	W45	Andrea Failor, 45*, Muscatine, IA	59:16	2:02:50	2:05:54	9:53
1269	46	W50	Kathleen Mullin, 50*, Ames, IA	57:13	2:02:51	2:07:43	9:53
1969	82	M55	Steve Minard, 59, Carlisle, IA	56:33	2:02:51	2:03:04	9:53
1270	164	W20	Laura Miller, 23*, West Des Moines, IA	59:42	2:02:51	2:09:01	9:53
1271	278	W30	Sarah Hinrichs, 31*, Grimes, IA	1:02:04	2:02:51	2:05:48	9:53
1970	142	M50	Tom Mahoney, 52, West Des Moines, IA	58:30	2:02:52	2:03:56	9:53
1971	361	M30	Jason Huddle, 32, Ankeny, IA	1:01:35	2:02:52	2:05:52	9:53
1272	293	W25	Tami Kreykes, 25*, Urbandale, IA	1:01:40	2:02:52	2:06:50	9:53
1273	279	W30	Sally Huddle, 33*, Ankeny, IA	1:01:35	2:02:52	2:05:52	9:53
1274	165	W20	Jessa Kane, 24*, Clive, IA	57:41	2:02:52	2:04:16	9:53
1972	76	M17	Ryan Quesnell, 19, Johnston, IA	1:00:25	2:02:52	2:08:59	9:53
1973	77	M17	Sean Davis, 19, Huxley, IA	59:24	2:02:53	2:08:42	9:53
1275	15	JrW	Eily Brett, 16*, Polk City, IA	58:41	2:02:53	2:05:59	9:53
1276	294	W25	Marcey Propp, 29*, Melbourne, IA	59:05	2:02:53	2:05:08	9:53
1974	188	M20	Zach Zehr, 21, Ankeny, IA	1:00:37	2:02:54	2:05:49	9:53
1975	322	M25	Phil Hemesath, 26, Des Moines, IA	1:00:55	2:02:54	2:06:24	9:53
1277	223	W35	Jen Wallace, 37*, Scranton, IA	1:01:59	2:02:54	2:05:22	9:53
1278	224	W35	Amy McAllister, 35*, Altoona, IA	57:32	2:02:56	2:06:06	9:53
1279	166	W20	Courtney Cross, 24*, Des Moines, IA	55:40	2:02:57	2:05:16	9:54

1976	83	M55	Alan Taylor, 57, Kirksville, MO	59:13	2:02:57	2:05:57	9:54
1977	295	M35	Russell Nolan, 36, W. Des Moines, IA	1:00:08	2:02:57	2:06:08	9:54
1280	12	W55	Laura Damstetter, 56*, Ankeny, IA	56:28	2:03:00	2:04:06	9:54
1978	296	M35	Jesse Scott, 35, Dakota Dunes, SD	55:03	2:03:00	2:05:00	9:54
1979	42	JrM	Jonathan Nguyen, 16, Des Moines, IA	54:55	2:03:01	2:03:28	9:54
1281	280	W30	Misty Williams, 33*, Chariton, IA	59:43	2:03:01	2:09:16	9:54
1980	297	M35	Izaak Myers, 35, Johnston, IA	1:00:50	2:03:01	2:06:12	9:54
1981	298	M35	Joshua Duden, 35, Bondurant, IA	59:04	2:03:02	2:04:16	9:54
1982	299	M35	Brent Brungardt, 37, Ames, IA	1:05:16	2:03:02	2:07:34	9:54
1282	281	W30	Shelly Kopriva, 30*, Urbandale, IA	1:00:29	2:03:02	2:05:30	9:54
1983	323	M25	Christian Grandgenett, 29, Legrand, IA	1:02:31	2:03:02	2:09:23	9:54
1984	300	M35	Ben Lacey, 36, Ankeny, IA	56:16	2:03:03	2:04:56	9:54
1283	225	W35	Sara Johnson, 38*, Red Oak, IA	1:01:55	2:03:04	2:08:32	9:54
1985	324	M25	Mark Brinkman, 25, Des Moines, IA	57:08	2:03:04	2:04:45	9:54
1986	243	M40	Barry Fox, 41, West Des Moines, IA	1:01:42	2:03:05	2:07:46	9:54
1284	282	W30	Jessica Bair, 32*, Polk City, IA	1:02:12	2:03:06	2:06:36	9:54
1285	47	W50	Jan Mackey, 51*, Johnston, IA	1:01:43	2:03:06	2:07:46	9:54
1286	295	W25	Bridget Kautzky, 26*, West Des Moines, IA	1:01:30	2:03:06	2:08:06	9:54
1987	187	M45	Nihat Rahic, 46, West Des Moines, IA	58:27	2:03:07	2:03:28	9:54
1287	226	W35	Elizabeth Johnson, 36*, Marion, IA	1:01:42	2:03:07	2:08:21	9:54
1288	296	W25	Katie Collmann, 26*, West Des Moines, IA	58:58	2:03:07	2:05:52	9:54
1289	126	W40	Teresa Beuter, 40*, Des Moines, IA	58:45	2:03:07	2:03:13	9:54
1988	84	M55	Brent Cooper, 56, Urbandale, IA	58:17	2:03:08	2:03:43	9:54
1989	34	M60	Jim Pfeifer, 63, Waukee, IA	1:00:05	2:03:09	2:07:57	9:54
1990	143	M50	Ray Layton, 52, Ankeny, IA	59:32	2:03:10	2:05:27	9:55
1991	325	M25	Benjamin Quanbeck, 27, Ankeny, IA	1:00:52	2:03:11	2:11:43	9:55
1290	283	W30	Sonya Miller, 30*, Ankeny, IA	1:00:50	2:03:11	2:08:11	9:55
1291	284	W30	Shauna Vis, 31*, Johnston, IA	1:02:03	2:03:11	2:06:54	9:55
1292	285	W30	Andrea Schuh, 31*, Altoona, IA	57:21	2:03:12	2:04:50	9:55
1992	326	M25	Chad Weigel, 26, West Des Moines, IA	1:02:46	2:03:13	2:11:01	9:55
1993	327	M25	Noah Moran, 28, Davenport, IA	56:27	2:03:14	2:05:46	9:55
1293	286	W30	Ashley Long, 32*, Coralville, IA	1:03:36	2:03:15	2:08:04	9:55
1294	167	W20	Emily Harper, 23*, Des Moines, IA	1:01:51	2:03:16	2:08:02	9:55
1295	287	W30	Lisa York, 33*, Ankeny, IA	1:00:24	2:03:16	2:06:06	9:55
1296	297	W25	Lindsay Van Zee, 29*, Des Moines, IA	59:42	2:03:16	2:03:54	9:55
1297	168	W20	Annie McAleer, 23*, Iowa City, IA	1:01:52	2:03:16	2:08:02	9:55
1298	227	W35	Erin Moon, 35*, Ankeny, IA	1:00:27	2:03:16	2:08:27	9:55
1994	328	M25	Shane Boots, 29, Des Moines, IA	57:46	2:03:16	2:04:33	9:55
1995	244	M40	Jim Pitz, 43, Waukee, IA	55:31	2:03:17	2:05:23	9:55
1299	298	W25	Amanda Mennie, 27*, Marshalltown, IA	56:18	2:03:17	2:07:07	9:55
1996	329	M25	Jacob Vold, 28, West Des Moines, IA	55:44	2:03:18	2:07:50	9:55
1300	127	W40	Angie Bostian, 40*, Ozark, MO	57:06	2:03:19	2:05:56	9:55
1301	299	W25	Rachel Kelderman, 25*, Des Moines, IA	59:59	2:03:20	2:08:06	9:55
1302	80	W45	Holli Hillmer, 46*, Eldora, IA	58:28	2:03:20	2:04:08	9:55
1303	81	W45	Coreen Sweeney, 46*, Clive, IA	59:01	2:03:21	2:05:12	9:55
1304	300	W25	Jessica Durand, 29*, Des Moines, IA	59:46	2:03:22	2:06:31	9:56
1305	301	W25	Karrie Drake, 28*, Des Moines, IA	1:00:05	2:03:23	2:06:32	9:56
1306	169	W20	Haley Huhn, 23*, Des Moines, IA	1:00:19	2:03:23	2:12:07	9:56
1997	362	M30	Shaun Glick, 31, Ankeny, IA	55:58	2:03:24	2:03:48	9:56
1998	85	M55	Joe Ryan, 57, Oskaloosa, IA	1:03:16	2:03:24	2:10:40	9:56
1307	288	W30	Brandee Gatchel, 31*, Huxley, IA	58:08	2:03:24	2:07:02	9:56
1308	302	W25	Jane Vandevanter, 28*, Waukee, IA	54:04	2:03:25	2:06:41	9:56
1999	363	M30	Tim Heinemann, 33, Oskaloosa, IA	1:03:16	2:03:25	2:10:41	9:56
1309	303	W25	Lindsey Held, 29*, Des Moines, IA	1:00:29	2:03:25	2:05:53	9:56
1310	304	W25	Sheri Beaver, 29*, Grimes, IA	1:01:39	2:03:25	2:07:23	9:56
2000	301	M35	Scott Kosanke, 36, Eldora, IA	59:00	2:03:26	2:06:36	9:56
1311	305	W25	Ashley Mathes, 26*, Des Moines, IA		2:03:26	2:09:20	9:56
1312	228	W35	Jodi Schafer, 38*, North Liberty, IA	59:48	2:03:27	2:05:04	9:56
1313	289	W30	Kathleen Masterson, 30*, Ames, IA	1:02:09	2:03:27	2:08:41	9:56
1314	306	W25	Christina Swift, 25*, Coralville, IA	1:02:02	2:03:27	2:07:36	9:56
2001	189	M20	Ryan Buss, 24, West Des Moines, IA	1:00:38	2:03:28	2:08:31	9:56
1315	229	W35	Tracy Nicholson, 39*, Ames, IA	59:59	2:03:28	2:07:23	9:56
1316	170	W20	Laura Ewest, 20*, Ankeny, IA	1:00:27	2:03:30	2:07:03	9:56
2002	86	M55	Brad Ewest, 57, Ankeny, IA	1:00:25	2:03:30	2:07:03	9:56
1317	290	W30	Joanie Buller, 31*, Slater, IA	1:01:13	2:03:31	2:09:39	9:56

2003	364	M30	Alex Albright, 32, Des Moines, IA	58:07	2:03:31	2:05:15	9:56
1318	48	W50	Darl George, 51*, Urbandale, IA	59:30	2:03:34	2:07:48	9:57
2004	302	M35	Brian Schueller, 37, Waukee, IA	58:32	2:03:35	2:07:56	9:57
1319	49	W50	Janine Seibert, 50*, Granger, IA	57:41	2:03:36	2:05:02	9:57
1320	82	W45	Teresa Newman, 49*, Fort Dodge, IA	56:10	2:03:36	2:05:07	9:57
1321	128	W40	Jennifer Margrett, 40*, Ames, IA	1:01:20	2:03:36	2:08:03	9:57
2005	303	M35	Dan Roose, 36, Pella, IA		2:03:37	2:07:07	9:57
2006	330	M25	Kris Krebs, 27, Maxwell, IA	54:53	2:03:37	2:05:26	9:57
2007	190	M20	Tyler Friese, 22, Washington, IA	58:59	2:03:37	2:05:01	9:57
2008	331	M25	Cody Palmer, 25, Iowa City, IA	1:00:49	2:03:38	2:07:52	9:57
2009	304	M35	Jeff Simbric, 37, Waukee, IA	57:30	2:03:38	2:06:31	9:57
2010	332	M25	Cory Goodall, 29, North Liberty, IA	54:14	2:03:38	2:06:30	9:57
2011	245	M40	Matthew Paul, 42, Des Moines, IA	1:01:42	2:03:38	2:08:16	9:57
1322	291	W30	Josie Reekers, 31*, Clive, IA	1:01:45	2:03:38	2:08:47	9:57
2012	87	M55	Ric Benzing, 58, Monona, IA	1:00:14	2:03:38	2:08:23	9:57
2013	188	M45	Anthony McBride, 49, Clive, IA	1:00:19	2:03:38	2:04:37	9:57
2014	365	M30	Grant Menke, 31, Ankeny, IA	55:37	2:03:39	2:06:12	9:57
2015	366	M30	Aj Weieneth, 31, Waukee, IA	56:52	2:03:39	2:06:25	9:57
2016	88	M55	Gerald Hill, 58, Altoona, IA	59:12	2:03:40	2:14:23	9:57
2017	189	M45	Chuck Cozad, 45, Grimes, IA	56:58	2:03:40	2:06:55	9:57
1323	129	W40	Sherry Kramer, 40*, Cedar Rapids, IA		2:03:42	2:07:05	9:57
2018	333	M25	Steven White, 29, Aurelia, IA	1:00:14	2:03:42	2:06:36	9:57
2019	367	M30	Carlos Fragoso, 31, Lombard, IL	56:57	2:03:42	2:05:22	9:57
2020	305	M35	Joe Hansen, 36, Des Moines, IA	58:06	2:03:45	2:05:39	9:57
1324	171	W20	Kelli Nelson, 24*, Kansas City, MO	56:08	2:03:45	2:06:11	9:57
1325	292	W30	Mindy Sauer, 32*, Urbandale, IA	58:31	2:03:45	2:08:06	9:57
1326	293	W30	Heather Litchkey, 33*, West Des Moines, IA	1:03:17	2:03:45	2:08:27	9:57
2021	246	M40	Tim Devine, 40, Des Moines, IA	57:32	2:03:47	2:07:07	9:58
1327	172	W20	Molly Rhodes, 20*, Des Moines, IA	58:19	2:03:47	2:04:35	9:58
1328	294	W30	Angela Christensen, 30*, Marshalltown, IA	1:01:29	2:03:47	2:07:50	9:58
1329	230	W35	Jodi England, 39*, Cedar Rapids, IA	59:26	2:03:47	2:08:24	9:58
2022	247	M40	Mike St. Clair, 42, Ankeny, IA	1:01:11	2:03:47	2:06:59	9:58
1330	173	W20	Katharine Messerli, 23*, Waterloo, IA	1:00:15	2:03:51	2:07:48	9:58
2023	191	M20	Nicholas VanMeter, 23, Ankeny, IA	1:00:15	2:03:52	2:07:48	9:58
2024	334	M25	Jason Terry, 29, Des Moines, IA	58:55	2:03:52	2:07:29	9:58
1331	50	W50	LuAnn Lang, 53*, Ankeny, IA	1:00:05	2:03:52	2:05:59	9:58
2025	144	M50	Tim Griest, 50, Mount Pleasant, IA	58:43	2:03:52	2:06:57	9:58
1332	231	W35	Rosa Haukedahl, 38*, Danville, IA	58:43	2:03:53	2:06:58	9:58
2026	190	M45	Matthew Miller, 48, Brookings, SD	59:46	2:03:53	2:05:16	9:58
2027	335	M25	John Clarke, 26, Des Moines, IA	57:14	2:03:54	2:06:43	9:58
1333	295	W30	Jennifer Wilson, 33*, Oakland, IA	1:02:59	2:03:54	2:09:58	9:58
1334	130	W40	Jill Winters, 44*, Cedar Rapids, IA	59:51	2:03:54	2:07:15	9:58
2028	43	JrM	Justin Winters, 16, Cedar Rapids, IA	59:50	2:03:54	2:07:16	9:58
1335	307	W25	Reagen Redman, 26*, Marshalltown, IA	59:47	2:03:54	2:08:33	9:58
2029	89	M55	Leon Kuehner, 57, Hampton, IA	59:46	2:03:55	2:09:56	9:58
2030	368	M30	Curtis Pote, 34, Ankeny, IA	49:28	2:03:55	2:04:43	9:58
2031	191	M45	John McMahon, 49, Des Moines, IA	1:02:26	2:03:55	2:07:02	9:58
2032	145	M50	Dennis Vaske, 50, Urbandale, IA	54:35	2:03:56	2:04:48	9:58
1336	131	W40	Regina Otten, 42*, Waukee, IA	57:35	2:03:56	2:04:59	9:58
1337	132	W40	Mary Alert, 40*, Mason City, IA	57:34	2:03:56	2:04:59	9:58
1338	232	W35	Amy Oehlert, 37*, Urbandale, IA	59:01	2:03:57	2:07:37	9:58
2033	146	M50	Alan Algreen, 52, Earlham, IA	1:00:04	2:03:57	2:08:09	9:58
2034	248	M40	James Klein, 41, Bellevue, IA	1:01:10	2:03:58	2:08:10	9:58
1339	308	W25	Tabitha Peterson, 29*, Coralville, IA	55:49	2:03:58	2:06:25	9:58
1340	233	W35	Kristine Stoebner, 35*, Des Moines, IA	1:01:37	2:04:01	2:08:32	9:59
1341	296	W30	Michele Williams, 34*, Massena, IA	1:01:09	2:04:01	2:10:05	9:59
2035	147	M50	Bill Sullivan, 50, Johnston, IA	56:44	2:04:03	2:14:13	9:59
2036	148	M50	Tim Reece, 52, Urbandale, IA	1:01:23	2:04:03	2:10:14	9:59
1342	234	W35	Carrie Hall, 37*, Norwalk, IA	59:23	2:04:03	2:04:43	9:59
2037	369	M30	Jeff Ealy, 33, Omaha, NE	1:01:08	2:04:04	2:09:45	9:59
1343	297	W30	Kelly Ealy, 32*, Omaha, NE	1:01:08	2:04:04	2:09:45	9:59
1344	298	W30	Kelly Rand, 34*, West Des Moines, IA	58:14	2:04:05	2:05:25	9:59
2038	249	M40	Kevin McCarty, 40, West Des Moines, IA	58:15	2:04:05	2:05:24	9:59
2039	192	M45	Scott Newbury, 46, Waukee, IA	58:14	2:04:05	2:05:25	9:59
1345	13	W55	Pamela Wood, 56*, Janesville, IA	1:00:30	2:04:05	2:04:48	9:59



1346	174	W20	Nina Lovan, 24*, Pleasant Hill, IA	1:01:58	2:04:06	2:08:28	9:59
2040	149	M50	Kevin Moreland, 50, West Des Moines, IA	58:15	2:04:06	2:05:25	9:59
1347	83	W45	Rebecca Campbell, 49*, Grimes, IA	59:24	2:04:07	2:04:46	9:59
1348	235	W35	Karen Cannell, 39*, Cedar Falls, IA	1:02:42	2:04:08	2:08:52	9:59
2041	193	M45	Mike Fugate, 49, Des Moines, IA	56:39	2:04:08	2:05:20	9:59
1349	299	W30	Kami Meyer, 33*, Indianola, IA	1:01:21	2:04:09	2:08:57	9:59
2042	194	M45	Larry Mahlstedt, 46, Des Moines, IA	1:00:43	2:04:10	2:08:24	9:59
2043	336	M25	Blake McKibbin, 29, Des Moines, IA	57:08	2:04:11	2:07:23	9:59
1350	309	W25	Katelyn Breuss, 25*, West Des Moines, IA	1:03:01	2:04:12	2:10:25	10:00
2044	337	M25	Jonathan Foss, 26, West Des Moines, IA	57:40	2:04:12	2:05:34	10:00
2045	338	M25	Brian Larkin, 26, Des Moines, IA	56:48	2:04:13	2:07:01	10:00
1351	310	W25	Laura Honts, 26*, Urbandale, IA	59:12	2:04:13	2:10:00	10:00
2046	90	M55	Jonathan Buss, 58, Ames, IA	54:39	2:04:13	2:05:30	10:00
1352	300	W30	Dottie Traub, 30*, Maryville, MO	1:01:48	2:04:14	2:09:47	10:00
1353	301	W30	Rhonda Ray, 33*, Carlisle, IA	1:02:49	2:04:14	2:08:11	10:00
2047	192	M20	Grant Tysdahl, 24, Maryville, MO	1:01:48	2:04:14	2:09:48	10:00
1354	236	W35	Kristen Kaser, 37*, Des Moines, IA	1:00:06	2:04:16	2:07:12	10:00
2048	150	M50	Mark Weinhardt, 50, Des Moines, IA	55:51	2:04:16	2:05:49	10:00
2049	370	M30	Keith Musser, 31, Marion, IA	1:02:39	2:04:16	2:10:32	10:00
1355	302	W30	Kelly Munter, 33*, Ankeny, IA	1:02:39	2:04:16	2:10:32	10:00
1356	303	W30	Heather Spong, 34*, Pella, IA	59:20	2:04:17	2:09:53	10:00
1357	14	W55	Judith Beswick, 56*, Johnston, IA	59:05	2:04:18	2:06:35	10:00
1358	175	W20	Annette Beswick, 22*, Johnston, IA	59:06	2:04:18	2:06:36	10:00
1359	133	W40	Angela Hopson, 41*, West Des Moines, IA	1:04:32	2:04:18	2:05:51	10:00
1360	176	W20	Chelsie Hochstedler, 22*, Marion, IA	1:01:02	2:04:18	2:11:54	10:00
1361	304	W30	Maggie Nugent, 34*, Adel, IA	58:54	2:04:19	2:10:01	10:00
1362	305	W30	Stephanie Jones, 34*, Grimes, IA	1:01:18	2:04:19	2:07:20	10:00
1363	177	W20	Kelly Berger, 24*, Des Moines, IA	1:01:38	2:04:19	2:08:53	10:00
1364	306	W30	Melissa Janssen, 33*, Grimes, IA	1:01:18	2:04:19	2:07:21	10:00
2050	306	M35	Tim Brickley, 35, Des Moines, IA	57:15	2:04:20	2:07:03	10:00
2051	307	M35	Travis Kahrig, 36, Waukee, IA	57:33	2:04:21	2:06:48	10:00
2052	151	M50	Mike Christensen, 52, Jefferson, IA	59:49	2:04:21	2:08:51	10:00
1365	307	W30	Brooke Foster, 30*, Windsor Heights, IA	59:38	2:04:23	2:08:32	10:00
1366	308	W30	Jennifer Barr, 31*, Winterset, IA	59:07	2:04:24	2:10:29	10:01
1367	16	JrW	Hannah Snodgrass, 13*, Indianola, IA	1:00:10	2:04:24	2:06:06	10:01
2053	339	M25	Jerit Tripp, 26, Des Moines, IA	1:01:59	2:04:24	2:08:54	10:01
2054	91	M55	John Hughes, 57, Laguna Niguel, CA	1:03:14	2:04:24	2:13:56	10:01
2055	35	M60	Rick Grant, 64, Urbandale	59:42	2:04:26	2:07:33	10:01
1368	237	W35	Lauren Prunty, 37*, West Des Moines, IA	59:25	2:04:27	2:09:58	10:01
2056	250	M40	Jack Haynes, 40, Johnston, IA	58:03	2:04:28	2:08:13	10:01
1369	311	W25	Stacy Kopecko, 28*, Davenport, IA	1:01:10	2:04:28	2:10:35	10:01
1370	178	W20	Alicia Krones, 21*, Osage, IA	1:00:05	2:04:29	2:09:26	10:01
1371	312	W25	Stephanie Tokheim, 27*, Des Moines, IA	59:46	2:04:29	2:09:53	10:01
1372	313	W25	Madison Freeman, 25*, West Des Moines, IA	1:00:36	2:04:31	2:07:34	10:01
2057	251	M40	Brien Wubben, 40, Clive, IA	56:53	2:04:31	2:06:17	10:01
2058	92	M55	Josh Engman, 55, Clive, IA	59:32	2:04:32	2:05:06	10:01
2059	340	M25	Matt Rittman, 26, Des Moines, IA	59:32	2:04:32	2:09:27	10:01
1373	309	W30	Laurie Miller, 30*, West Union, IA	56:55	2:04:33	2:04:51	10:01
2060	308	M35	Robert Hoppe, 38, Chanhassen, MN	58:13	2:04:35	2:08:41	10:01
1374	84	W45	Leah VanderHolt, 49*, Parkersburg, IA	1:00:06	2:04:35	2:07:00	10:01
2061	371	M30	Adam Doll, 34, Adel, IA	58:08	2:04:37	2:08:29	10:02
2062	309	M35	Jamie Sullivan, 35, Johnston, IA	1:01:03	2:04:37	2:09:43	10:02
1375	238	W35	Cheri Gilroy, 36*, Ankeny, IA	57:22	2:04:38	2:06:43	10:02
1376	85	W45	Pauline Kikuts, 46*, Solon, IA	59:06	2:04:39	2:05:57	10:02
1377	239	W35	Kelly Sullivan, 35*, Johnston, IA	1:02:04	2:04:39	2:09:46	10:02
1378	314	W25	Katrina Johnson, 29*, Fairfield, IA	1:03:26	2:04:41	2:09:08	10:02
1379	240	W35	Denay Gray, 38*, Ankeny, IA	1:01:52	2:04:42	2:08:18	10:02
1380	134	W40	Christine Mohrfeld, 44*, Urbandale, IA	1:00:22	2:04:43	2:06:40	10:02
2063	195	M45	Mike Ingram, 45, Robins, IA	58:47	2:04:44	2:14:00	10:02
1381	17	JrW	Caroline Warmuth, 13*, Waukee, IA	1:00:44	2:04:44	2:08:56	10:02
1382	135	W40	Brenda Cloyd, 44*, Ames, IA	1:00:07	2:04:44	2:07:20	10:02
1383	315	W25	Andi Smeltzer, 29*, Ankeny, IA	58:55	2:04:45	2:06:14	10:02
2064	310	M35	Eugene Wandera, 36, Des Moines, IA	1:00:38	2:04:47	2:07:24	10:02
2065	372	M30	Todd Walker, 33, Marion, IA	58:51	2:04:47	2:08:06	10:02
1384	241	W35	Heather Barth, 35*, Waukee, IA	1:03:35	2:04:47	2:08:35	10:02

1385	242	W35	Sara Coen, 37*, Waukee, IA	59:21	2:04:47	2:08:47	10:02
1386	136	W40	Jennfier Klute, 42*, Ankeny, IA	1:02:23	2:04:47	2:10:41	10:02
1387	310	W30	Michelle Sidwell, 32*, West Des Moines, IA	1:00:38	2:04:48	2:07:25	10:02
1388	179	W20	Sarah Studer, 21*, Creston, IA	1:01:45	2:04:49	2:11:21	10:03
2066	373	M30	Jason Ringena, 32, Urbandale, IA	1:00:20	2:04:49	2:10:30	10:03
2067	341	M25	Chad Hotovec, 27, Olathe, KS	56:33	2:04:49	2:09:38	10:03
1389	316	W25	Megan Swartz, 27*, Plymouth, MN	59:44	2:04:50	2:14:01	10:03
1390	311	W30	Kate Jones, 32*, Pella, IA	1:01:51	2:04:50	2:06:38	10:03
1391	180	W20	Szuyin Leow, 20*, Apple Valley, MN	59:52	2:04:50	2:12:26	10:03
2068	78	M17	Zack Henaman, 17, West Des Moines, IA	56:55	2:04:51	2:06:48	10:03
1392	137	W40	Gaby Rossi, 43*, Ankeny, IA	1:02:59	2:04:52	2:06:44	10:03
2069	252	M40	Dan Polson, 40, Des Moines, IA	1:00:08	2:04:52	2:08:58	10:03
2070	311	M35	Todd Galetich, 38, Urbandale, IA	1:01:29	2:04:52	2:09:31	10:03
2071	253	M40	Jeff Garrison, 43, West Des Moines, IA	59:57	2:04:52	2:06:41	10:03
2072	374	M30	James Woerdeman, 33, Ankeny, IA	59:09	2:04:53	2:11:23	10:03
1393	138	W40	Melissa Reents, 41*, Urbandale, IA	1:00:52	2:04:53	2:09:56	10:03
1394	86	W45	Dawn Wellman, 47*, Johnston, IA	57:16	2:04:53	2:06:40	10:03
1395	181	W20	JoHannah Schewe, 23*, West Des Moines, IA	1:05:09	2:04:55	2:12:42	10:03
1396	51	W50	Connie Dellaca-Hill, 54*, Altoona, IA	1:01:12	2:04:55	2:10:08	10:03
2073	312	M35	Justin Ringler, 37, Altoona, IA	57:27	2:04:57	2:06:28	10:03
1397	139	W40	Deb Dean, 43*, Johnston, IA	58:35	2:04:57	2:05:24	10:03
1398	312	W30	Brooke Thielking, 31*, Kansas City, MO	1:01:33	2:04:58	2:07:59	10:03
2074	93	M55	Terry Asher, 59, Norwalk, IA	1:00:53	2:04:59	2:05:24	10:03
1399	243	W35	Katherine Thompson, 35*, Cedar Rapids, IA	1:04:45	2:05:01	2:11:36	10:03
2075	4	M65	Steve Schroeder, 68, River Falls, WI	58:32	2:05:01	2:07:43	10:03
1400	313	W30	Jessica Ringena, 31*, Urbandale, IA	1:00:19	2:05:03	2:10:44	10:04
1401	314	W30	Sarah Roney, 30*, West Dest Moines, IA	56:55	2:05:03	2:05:21	10:04
2076	375	M30	Robert Mallinger, 33, Ankeny, IA	1:00:11	2:05:05	2:12:23	10:04
2077	313	M35	Scott McCoy, 38, Williamsburg, IA	1:01:04	2:05:05	2:09:45	10:04
2078	254	M40	Lauren Knous, 44, Urbandale, IA	59:17	2:05:06	2:08:44	10:04
2079	314	M35	Brian Swanson, 37, West Des Moines, IA	57:36	2:05:08	2:06:29	10:04
2080	255	M40	Alan Backstrom, 41, Van Meter, IA	57:45	2:05:09	2:09:11	10:04
1402	52	W50	Sarah Christensen, 50*, Audubon, IA	1:01:34	2:05:10	2:11:15	10:04
1403	182	W20	Hillary Courtney, 23*, Des Moines, IA	1:03:24	2:05:10	2:12:34	10:04
2081	315	M35	Michael Duder, 38, West Des Moines, IA	1:02:00	2:05:10	2:11:18	10:04
1404	317	W25	Sue Bunnell, 25*, Earlham, IA	59:28	2:05:10	2:08:05	10:04
1405	315	W30	Kati McNeme, 32*, Cedar Rapids, IA	59:28	2:05:10	2:08:05	10:04
1406	244	W35	Kristin Busby, 36*, Grimes, IA	59:12	2:05:10	2:11:24	10:04
2082	376	M30	Brandon Criger, 32, West Des Moines, IA	56:50	2:05:12	2:09:54	10:04
1407	245	W35	Threase Harms, 36*, Windsor Heights, IA	1:01:45	2:05:12	2:07:56	10:04
2083	193	M20	Joseph Youngblut, 23, Sumner, IA	55:13	2:05:13	2:08:04	10:04
1408	87	W45	Diane Kruse, 46*, Johnston, IA	1:01:33	2:05:13	2:08:43	10:04
2084	196	M45	Tim Perrigo, 47, Waukee, IA	1:05:25	2:05:13	2:14:41	10:04
2085	377	M30	Kristopher Laufer, 30, West Des Moines, IA	1:00:11	2:05:13	2:12:31	10:05
2086	194	M20	Bret Houston, 22, Boone, IA	59:52	2:05:15	2:13:03	10:05
1409	318	W25	Emily Dreher, 28*, West Des Moines, IA	1:02:21	2:05:16	2:08:06	10:05
2087	197	M45	Cj Osborn, 46, Newton, IA	57:25	2:05:16	2:08:29	10:05
1410	183	W20	Alyse Herr, 22*, Ames, IA	1:02:20	2:05:16	2:08:06	10:05
1411	88	W45	Juanita Swoboda, 47*, Dsm, IA	1:01:34	2:05:16	2:11:57	10:05
1412	316	W30	Molly Fritz, 31*, Ames, IA	1:04:31	2:05:17	2:07:23	10:05
1413	319	W25	Megan Evans, 26*, Des Moines, IA	1:01:43	2:05:17	2:13:42	10:05
1414	39	W17	Elizabeth Ihnen, 19*, Sheldon, IA	1:01:05	2:05:17	2:07:55	10:05
1415	317	W30	Liz Walderbach, 33*, Des Moines, IA	58:37	2:05:18	2:06:37	10:05
2088	256	M40	Shawn Bown, 44, Des Moines, IA	58:50	2:05:19	2:08:21	10:05
1416	320	W25	Athena Martinez, 29*, Eagle Grove, IA	1:00:00	2:05:19	2:08:50	10:05
1417	140	W40	Amy Wilkinson, 40*, Ankeny, IA	1:01:30	2:05:19	2:10:01	10:05
2089	378	M30	Brooks Dechant, 30, Marion, IA	55:36	2:05:20	2:07:47	10:05
1418	141	W40	Mary Rowedder, 43*, Des Moines, IA	1:01:37	2:05:20	2:10:38	10:05
2090	316	M35	Eric Weber, 39, Grimes, IA	56:33	2:05:21	2:08:12	10:05
2091	152	M50	Rick Davis, 52, Des Moines, IA	58:41	2:05:21	2:08:20	10:05
1419	246	W35	Heather Kauffman, 35*, Adair, IA	1:00:56	2:05:21	2:07:50	10:05
2092	317	M35	Lenny Edens, 35, Gladbrook, IA	53:01	2:05:23	2:07:31	10:05
1420	40	W17	Kelsey Sterk, 19*, Sheldon, IA	1:01:06	2:05:23	2:08:01	10:05
2093	318	M35	Scott Carpenter, 38, West Des Moines, IA	59:33	2:05:23	2:06:42	10:05
1421	321	W25	Charlie Mayer, 25*, Desmoines, IA	1:01:52	2:05:23	2:13:34	10:05

1422	247	W35	Val Giegerich, 39*, Anita, IA	1:00:14	2:05:24	2:05:42	10:05
2094	94	M55	Michael Coborn, 58, Mason City, IA	1:02:46	2:05:25	2:12:30	10:05
1423	89	W45	Susan Knight, 47*, Spring Green, WI	58:38	2:05:26	2:09:13	10:06
1424	322	W25	Amy Wagenknecht, 25*, Omaha, NE	1:01:26	2:05:26	2:08:45	10:06
1425	248	W35	Katharine Sweeney, 36*, Windsor Heights, IA	1:01:43	2:05:26	2:08:10	10:06
1426	323	W25	Megan Coborn, 25*, Minneapolis, MN	1:02:47	2:05:26	2:12:30	10:06
1427	324	W25	Kristi Peddycoart, 28*, Clive, IA	58:42	2:05:26	2:07:03	10:06
1428	142	W40	Lesa Maring, 40*, Elkhart, IA	1:01:28	2:05:27	2:09:01	10:06
1429	325	W25	Jessi Greenley, 26*, Urbandale, IA	1:02:08	2:05:27	2:11:21	10:06
1430	326	W25	Ali Young, 27*, Polk City, IA	59:56	2:05:28	2:07:37	10:06
2095	198	M45	Joe Kirby, 46, Cedar Rapids, IA	59:49	2:05:28	2:09:00	10:06
1431	249	W35	Jen Trygstad, 38*, Clive, IA	1:01:56	2:05:28	2:09:56	10:06
1432	318	W30	Amy Havenhill, 34*, Clive, IA	1:01:55	2:05:28	2:09:56	10:06
2096	199	M45	Jim Drew, 49, Dixon, IL	1:01:43	2:05:28	2:13:27	10:06
1433	327	W25	Francesca O'Toole, 27*, West Des Moines, IA	1:01:34	2:05:28	2:07:07	10:06
1434	319	W30	Alicia Evans, 32*, Urbandale, IA	56:17	2:05:28	2:06:47	10:06
1435	250	W35	Angie Gruening, 38*, Norwalk, IA	1:01:08	2:05:29	2:10:34	10:06
1436	320	W30	Sara Davis, 32*, Des Moines, IA	58:57	2:05:29	2:08:02	10:06
2097	200	M45	Jim Duong, 47, Des Moines, IA	57:49	2:05:29	2:09:33	10:06
2098	257	M40	Richard Schirmer, 41, Cedar Rapids, IA	58:57	2:05:29	2:13:14	10:06
1437	321	W30	Jennifer Frimml, 32*, Marion, IA	1:02:27	2:05:29	2:09:24	10:06
1438	90	W45	Cheryl Read, 45*, Marion, IA	1:02:27	2:05:30	2:09:24	10:06
1439	251	W35	Maureen Eickholt, 39*, Council Bluffs, IA	1:04:54	2:05:31	2:11:57	10:06
2099	319	M35	Matt Zeiszler, 37, Bondurant, IA	1:00:30	2:05:31	2:10:04	10:06
2100	342	M25	Jeff Thorston, 28, West Des Moines, IA	1:01:37	2:05:31	2:08:51	10:06
1440	322	W30	Beth Jones, 34*, West Des Moines, IA	1:03:35	2:05:31	2:11:36	10:06
1441	184	W20	Amy Daniels, 24*, Urbandale, IA	1:02:18	2:05:31	2:10:15	10:06
1442	143	W40	Kimberly Busse-Hatting, 44*, Grinnell, IA	1:02:25	2:05:32	2:08:20	10:06
2101	343	M25	Ryan Esdohr, 26, Polk City, IA	1:02:02	2:05:32	2:11:39	10:06
1443	323	W30	Shabana Azeez, 34*, Urbandale, IA	1:01:06	2:05:32	2:11:00	10:06
1444	324	W30	Jennifer Wiemers, 32*, Clive, IA	1:01:36	2:05:32	2:08:53	10:06
1445	144	W40	Angie LeGrand, 43*, Noblesville, IN	1:00:04	2:05:33	2:09:45	10:06
2102	153	M50	Dan Staples, 50, Winterset, IA	1:01:42	2:05:33	2:07:05	10:06
2103	379	M30	Rob Peterson, 33, Urbandale, IA	1:04:45	2:05:34	2:10:53	10:06
2104	320	M35	Brian Schafer, 38, North Liberty, IA	57:57	2:05:35	2:07:13	10:06
1446	185	W20	Danielle Johnson, 24*, Overland Park, KS	1:01:29	2:05:35	2:10:19	10:06
2105	380	M30	Erik Kyler, 30, West Des Moines, IA	1:01:46	2:05:35	2:11:08	10:06
2106	321	M35	Michael Lichter, 35, Park Rapids, MN	55:47	2:05:35	2:06:12	10:06
2107	381	M30	Ryan Gray, 33, Johnston, IA	59:58	2:05:36	2:06:39	10:06
1447	328	W25	Kasey Strosahl, 29*, Riverside, IA	57:40	2:05:37	2:08:37	10:06
1448	186	W20	Lindsay Burke, 20*, Ames, IA	1:04:44	2:05:37	2:12:15	10:06
1449	187	W20	Katherine Kuehner, 24*, Forest City, IA	1:00:41	2:05:38	2:11:38	10:06
2108	382	M30	Kevin Larson, 32, Palatine, IL	1:01:03	2:05:38	2:08:07	10:06
2109	95	M55	Patrick Mitchell, 56, Des Moines, IA	1:01:35	2:05:38	2:11:26	10:07
2110	383	M30	Kevin Peters, 30, Des Moines, IA	57:02	2:05:39	2:08:34	10:07
2111	384	M30	Tyler Evans, 31, Urbandale, IA	56:17	2:05:39	2:06:58	10:07
2112	195	M20	David Clark, 23, North Liberty, IA	59:36	2:05:40	2:10:14	10:07
2113	258	M40	Tim Coltvvet, 43, Lenexa, KS	54:56	2:05:40	2:06:19	10:07
2114	322	M35	David Hardisty, 38, Panora, IA	54:39	2:05:40	2:06:33	10:07
2115	385	M30	Zach Erickson, 31, Indianola, IA	1:00:07	2:05:41	2:10:08	10:07
1450	188	W20	Christina Demuth, 24*, Des Moines, IA	59:38	2:05:41	2:10:14	10:07
2116	96	M55	Paul Erickson, 55, Urbandale, IA	58:18	2:05:41	2:08:16	10:07
2117	259	M40	Dave Brickley, 40, Oregon, WI	57:15	2:05:42	2:08:25	10:07
1451	15	W55	Mary Dau, 59*, Ames, IA	57:03	2:05:42	2:06:35	10:07
2118	154	M50	John Greer, 54, Spencer, IA	1:02:00	2:05:43	2:12:07	10:07
2119	196	M20	Zachary Piper, 24, Des Moines, IA	1:06:46	2:05:44	2:09:45	10:07
2120	201	M45	Ed Tiernan, 48, Des Moines, IA	1:01:25	2:05:46	2:15:30	10:07
1452	145	W40	Denise Helmick, 44*, Eagle Grove, IA	58:27	2:05:46	2:08:11	10:07
1453	16	W55	Mary Harris, 55*, Marshalltown, IA	1:01:33	2:05:48	2:07:13	10:07
1454	325	W30	Erin Gerloff, 31*, Chamois, MO	1:01:38	2:05:48	2:10:22	10:07
1455	146	W40	Denise King, 43*, Atlantic, IA	55:28	2:05:48	2:07:07	10:07
1456	189	W20	Allison Maze, 22*, Cedar Rapids, IA	58:35	2:05:48	2:09:55	10:07
1457	326	W30	Blair Patterson, 33*, Ankeny, IA	1:01:57	2:05:50	2:11:01	10:07

2121	344	M25	Nathan Fuchtman, 27, Elkhorn, NE	59:01	2:05:50	2:09:14	10:07
2122	323	M35	Matt Van Berkum, 36, Des Moines, IA	1:00:42	2:05:50	2:10:10	10:07
2123	260	M40	Greg Blank, 44, Garner, IA	1:02:55	2:05:50	2:12:20	10:07
1458	147	W40	Aimee Benner, 43*, Knoxville, IA	1:01:08	2:05:50	2:09:49	10:07
2124	261	M40	Mike Benner, 43, Knoxville, IA	1:01:08	2:05:50	2:09:50	10:07
1459	53	W50	Gina Flowers, 51*, Ankeny, IA	59:38	2:05:51	2:06:36	10:08
1460	252	W35	Amanda Garcia, 35*, Grimes, IA	1:02:05	2:05:51	2:07:01	10:08
1461	148	W40	Robbi Knudsen, 40*, Valley, NE	1:02:05	2:05:51	2:07:01	10:08
1462	329	W25	Tamera Brown, 27*, Ankeny, IA	1:02:19	2:05:51	2:13:39	10:08
1463	149	W40	Nicole Beaman, 40*, Johnston, IA	59:55	2:05:51	2:08:28	10:08
2125	5	M65	Terry Digman, 65, Ankeny, IA	59:35	2:05:51	2:10:35	10:08
1464	190	W20	Jill Thomas, 24*, Ames, IA	1:01:33	2:05:51	2:13:30	10:08
1465	327	W30	Lindsey Griffith, 31*, Waukee, IA	1:02:47	2:05:52	2:10:07	10:08
1466	328	W30	Chree Bernal, 31*, Waukee, IA	1:02:47	2:05:52	2:10:07	10:08
2126	386	M30	Joshua Stubblefield, 33, Waukee, IA	1:01:45	2:05:52	2:08:58	10:08
1467	150	W40	Holly Rasmussen, 40*, Ely, IA	1:01:28	2:05:53	2:12:50	10:08
2127	324	M35	Ken Balduchi, 36, Des Moines, IA	1:00:37	2:05:53	2:13:45	10:08
1468	330	W25	Amanda Floy, 28*, West Des Moines, IA	1:00:46	2:05:54	2:09:50	10:08
1469	253	W35	Anne Fogarty, 38*, Clive, IA	58:05	2:05:55	2:09:22	10:08
1470	331	W25	Bethany Boll, 26*, Chicago, IL	1:01:21	2:05:55	2:10:26	10:08
2128	325	M35	Brian Pattinson, 38, Des Moines, IA	53:55	2:05:55	2:06:38	10:08
1471	329	W30	Darcy Ries, 33*, Ryan, IA	1:01:04	2:05:55	2:09:52	10:08
1472	254	W35	Amy Rush, 37*, La, CA	1:00:06	2:05:56	2:09:41	10:08
2129	345	M25	Jeff Andersen, 29, West Des Moines, IA	1:03:15	2:05:57	2:14:17	10:08
2130	97	M55	John Ottley, 55, Johnston, IA	1:05:16	2:05:57	2:12:04	10:08
1473	332	W25	Kimberly Philippson, 26*, Grimes, IA	54:59	2:05:57	2:08:43	10:08
1474	333	W25	Bethany Arganbright, 26*, Johnston, IA	1:01:25	2:05:57	2:12:04	10:08
2131	262	M40	Jeff Davis, 42, West Des Moines, IA	1:02:18	2:05:58	2:10:24	10:08
1475	191	W20	Megan Krings, 21*, Corning, IA	1:01:45	2:05:58	2:12:29	10:08
1476	334	W25	Emily Erickson, 27*, Urbandale, IA	1:00:03	2:05:58	2:10:36	10:08
2132	202	M45	Jeff Damman, 49, Ankeny, IA	57:42	2:05:58	2:16:09	10:08
2133	346	M25	Neil Heithoff, 25, Ankeny, IA	1:01:50	2:05:59	2:11:39	10:08
2134	263	M40	Grant Thies, 41, Johnston, IA	56:34	2:05:59	2:07:26	10:08
2135	387	M30	Zachary Osborn, 34, Columbia, MO	59:44	2:06:00	2:10:59	10:08
1477	151	W40	Maria Davis, 42*, West Des Moines, IA	1:02:19	2:06:00	2:10:26	10:08
1478	330	W30	Julie Fahrni, 32*, Raymore, MO		2:06:00	2:06:00	10:08
2136	388	M30	Tate Featherstone, 33, Ankeny, IA	1:00:05	2:06:01	2:11:09	10:08
1479	91	W45	Wendy Flander, 48*, Oskaloosa, IA	1:02:58	2:06:01	2:10:52	10:08
2137	389	M30	Michael Bird, 34, Des Moines, IA	57:27	2:06:01	2:09:40	10:08
2138	326	M35	Andrew Douglass, 37, Des Moines, IA	1:01:37	2:06:01	2:10:32	10:08
2139	347	M25	Anthony Ranniger, 28, West Des Moines, IA	1:02:07	2:06:01	2:09:49	10:08
1480	335	W25	Dana Johnson, 28*, West Des Moines, IA	1:02:06	2:06:01	2:09:49	10:08
1481	255	W35	Jill Else, 37*, Holstein, IA	1:00:45	2:06:02	2:10:21	10:08
2140	264	M40	Larry Smith, 43, Ankeny, IA	57:43	2:06:02	2:07:01	10:08
1482	331	W30	Katherine Wald, 34*, Kansas City, MO	1:00:07	2:06:02	2:07:25	10:08
1483	256	W35	Mindla White, 38*, Altoona, IA	1:00:49	2:06:02	2:07:16	10:08
2141	98	M55	David Fox, 55, Hampton, IA	1:03:55	2:06:03	2:14:52	10:08
1484	332	W30	Erica Bohn, 30*, Pella, IA	1:03:26	2:06:03	2:13:42	10:09
2142	197	M20	Taylor Hopper, 24, Ames, IA	58:38	2:06:03	2:10:28	10:09
1485	257	W35	Jen Veak, 37*, Des Moines, IA	1:03:22	2:06:03	2:08:36	10:09
2143	348	M25	Dan Craychee, 28, Saint Charles, IL	1:03:26	2:06:03	2:13:42	10:09
1486	258	W35	Trina Johnson, 38*, Ankeny, IA	1:01:08	2:06:04	2:10:07	10:09
2144	390	M30	Robert Greedy, 31, Ames, IA	56:00	2:06:05	2:06:51	10:09
1487	336	W25	Kendra Steuhm, 28*, Indianola, IA	57:17	2:06:05	2:08:18	10:09
1488	337	W25	Lori Dinville, 28*, Windsor Heights, IA	1:04:17	2:06:07	2:11:52	10:09
2145	198	M20	Andrew Helzer, 21, Cedar Falls, IA	1:03:28	2:06:07	2:12:21	10:09
2146	265	M40	Lane Goos, 42, Johnston, IA	58:47	2:06:08	2:10:20	10:09
1489	338	W25	Lacy Sprung, 29*, West Des Moines, IA	59:55	2:06:08	2:10:11	10:09
2147	349	M25	Brett Trenhaile, 26, Saint Ansgar, IA	57:32	2:06:08	2:08:53	10:09
1490	259	W35	Sarah Sullivan, 36*, Alexandria, VA	1:02:14	2:06:10	2:09:26	10:09
2148	155	M50	Jim Schnoebelen, 51, Cedar Rapids, IA	1:07:00	2:06:10	2:13:57	10:09
1491	333	W30	Shannon Woods, 33*, Bloomfield, IA	57:58	2:06:13	2:08:51	10:09
2149	99	M55	Robert Jones, 58, Cedar Rapids, IA	1:01:27	2:06:13	2:08:23	10:09
2150	327	M35	Ryan Woods, 38, Bloomfield, IA	57:58	2:06:14	2:08:52	10:09
1492	260	W35	Wendy Barlow, 35*, Altoona, IA	55:29	2:06:15	2:08:58	10:09

1493	92	W45	Diane Manser, 47*, West Des Moines, IA	1:02:48	2:06:15	2:11:03	10:09
1494	334	W30	Kelly Mitchell, 31*, New Sharon, IA	1:00:49	2:06:16	2:11:12	10:10
2151	391	M30	Will Myers, 31, Lincoln, NE	1:04:00	2:06:16	2:09:26	10:10
2152	350	M25	Nick Nation, 27, Urbandale, IA	58:14	2:06:16	2:10:14	10:10
2153	266	M40	Timothy Fisher, 44, Van Meter, IA	1:02:13	2:06:16	2:09:33	10:10
2154	203	M45	Eric Funk, 46, Ankeny, IA	57:32	2:06:17	2:09:26	10:10
1495	261	W35	Aileen Crawford, 36*, Ankeny, IA	59:51	2:06:17	2:08:57	10:10
2155	156	M50	Gary Jones, 51, Cedar Falls, IA	1:01:02	2:06:17	2:10:30	10:10
1496	339	W25	Stephanie Gable, 26*, Urbandale, IA	1:02:28	2:06:18	2:10:16	10:10
2156	328	M35	Ben Eisenbach, 36, Coralville, IA	1:03:21	2:06:18	2:11:12	10:10
2157	392	M30	Jacob Koller, 33, Coralville, IA	1:03:21	2:06:18	2:11:12	10:10
2158	79	M17	Michael Osborn, 19, Ankeny, IA	1:00:23	2:06:18	2:09:12	10:10
2159	351	M25	Ben Bollard, 26, Pella, IA	59:38	2:06:18	2:09:52	10:10
1497	340	W25	Stephanie Bollard, 25*, Pella, IA	59:38	2:06:18	2:09:52	10:10
1498	262	W35	Tonia Johnson, 37*, Altoona, IA	56:51	2:06:19	2:08:39	10:10
1499	335	W30	Sarah Parks, 31*, Bondurant, IA	1:05:51	2:06:19	2:08:49	10:10
1500	152	W40	Jessie Schrock, 40*, Altoona, IA		2:06:19	2:08:39	10:10
2160	393	M30	Nicholaus Garwick, 32, Iowa City, IA	59:11	2:06:21	2:08:43	10:10
1501	341	W25	Jaqueline Giltner, 28*, West Des Moines, IA	59:23	2:06:21	2:11:23	10:10
1502	192	W20	Amanda Fray, 22*, Des Moines, IA	1:01:39	2:06:22	2:10:55	10:10
2161	100	M55	Stewart Lewis, 55, Sioux Rapids, IA	1:02:31	2:06:23	2:11:08	10:10
1503	153	W40	Melissa Stenberg, 41*, Ames, IA	1:04:57	2:06:23	2:11:58	10:10
1504	93	W45	Sue Schmitz, 49*, Des Moines, IA	1:06:34	2:06:24	2:11:28	10:10
1505	342	W25	Kelly Littleton, 26*, Iowa City, IA	1:01:39	2:06:24	2:11:36	10:10
2162	394	M30	Thomas Touney, 31, West Des Moines, IA	1:01:19	2:06:25	2:11:14	10:10
1506	41	W17	Lauren Engley, 17*, Ackworth, IA	1:01:14	2:06:26	2:13:18	10:10
1507	193	W20	Abby Schuller, 21*, Columbia, MO	1:00:37	2:06:26	2:10:22	10:10
2163	329	M35	Matthew Van Maanen, 39, Cedar Rapids, IA	1:01:16	2:06:27	2:11:07	10:10
2164	395	M30	Jason Chapman, 32, Clive, IA	57:23	2:06:28	2:08:02	10:11
2165	396	M30	Carl Berg, 33, Iowa, IA	58:20	2:06:28	2:10:33	10:11
2166	157	M50	Kevin Harris, 53, Des Moines, IA	1:00:27	2:06:29	2:11:20	10:11
1508	343	W25	Kristin Hjelmeland, 28*, Waukee, IA	59:38	2:06:29	2:09:25	10:11
2167	330	M35	Aaron Knutson, 36, Cedar Falls, IA	1:00:48	2:06:29	2:11:04	10:11
2168	36	M60	Isaac Oyibo, 60, Des Moines, IA	1:01:05	2:06:29	2:11:45	10:11
1509	336	W30	Karey Hawkins, 34*, West Liberty, IA	1:00:44	2:06:30	2:10:23	10:11
2169	397	M30	Jeremy Lewis, 33, Des Moines, IA	1:02:25	2:06:30	2:13:48	10:11
2170	204	M45	Ed Acoymo, 46, Ankeny, IA	58:46	2:06:32	2:09:53	10:11
1510	344	W25	Nicole Clark, 27*, Urbandale, IA	57:36	2:06:32	2:11:39	10:11
1511	17	W55	Denise Neumann, 55*, Ankeny, IA	1:01:05	2:06:32	2:11:05	10:11
2171	44	JrM	Billy Chelsvig, 15, Urbandale, IA	57:30	2:06:33	2:08:57	10:11
2172	352	M25	Jared Hoyt, 27, Des Moines, IA	1:01:25	2:06:34	2:13:04	10:11
2173	398	M30	Jason Hack, 31, New London, IA	59:04	2:06:34	2:15:51	10:11
1512	337	W30	Penny Freeman, 32*, Carlisle, IA	1:03:30	2:06:34	2:12:22	10:11
1513	42	W17	Kate Klavon, 18*, Cedar Rapids, IA	59:44	2:06:34	2:11:30	10:11
1514	154	W40	Steph Becker, 42*, Indianola, IA	1:01:33	2:06:35	2:11:23	10:11
1515	345	W25	Stephanie Palser, 26*, Council Bluffs, IA	1:00:47	2:06:36	2:11:36	10:11
1516	43	W17	Katelyn Johnson, 19*, Iowa City, IA	1:02:18	2:06:36	2:09:35	10:11
2174	267	M40	Craig Linscheid, 43, Johnston, IA	58:56	2:06:36	2:10:31	10:11
2175	353	M25	Seth Taggart, 25, Iowa City, IA	1:01:06	2:06:37	2:11:35	10:11
1517	194	W20	Terrah Taggart, 24*, Iowa City, IA	1:01:06	2:06:37	2:11:36	10:11
1518	338	W30	Jane Van Zee, 31*, Clive, IA	1:03:05	2:06:37	2:14:04	10:11
1519	346	W25	Teresa Lee, 25*, Mason City, IA	1:01:38	2:06:38	2:09:46	10:11
2176	199	M20	Vichai Thanupakorn, 21, Urbandale, IA	58:54	2:06:38	2:12:51	10:11
1520	339	W30	Elizabeth Dixon, 33*, Des Moines, IA	1:01:26	2:06:39	2:11:34	10:11
1521	347	W25	Katherine Neugent, 29*, Des Moines, IA	1:01:26	2:06:39	2:11:34	10:11
2177	399	M30	Andy Kong, 31, Des Moines, IA	1:00:40	2:06:39	2:11:26	10:11
2178	354	M25	Billy Blake, 25, Norwalk, IA	1:03:13	2:06:40	2:13:32	10:11
2179	45	JrM	Jacob Jansen, 15, Johnston, IA	56:17	2:06:41	2:07:24	10:12
2180	400	M30	Ryan Loftin, 34, Omaha, NE	54:11	2:06:44	2:08:08	10:12
2181	355	M25	Nathaniel Fox, 26, Oskaloosa, IA	56:06	2:06:45	2:07:34	10:12
2182	356	M25	Zack Vroegh, 27, Oskaloosa, IA	56:10	2:06:45	2:07:34	10:12
1522	155	W40	Julie Dalecky, 41*, Kansas City, MO	57:54	2:06:45	2:10:49	10:12
2183	401	M30	Robert Nelson, 33, Oskaloosa, IA	56:06	2:06:45	2:07:34	10:12
2184	402	M30	Wyatt Myers, 33, Des Moines, IA	1:04:00	2:06:46	2:09:56	10:12

2185	101	M55	John Doherty, 57, Urbandale, IA	1:02:46	2:06:47	2:08:13	10:12
1523	263	W35	Sacha Steine, 36*, Iowa City, IA	59:23	2:06:47	2:11:23	10:12
2186	158	M50	Michael McKim, 51, Boone, IA	1:01:43	2:06:47	2:09:52	10:12
1524	340	W30	Amy Steenhoek, 30*, West Des Moines, IA	1:01:21	2:06:47	2:12:18	10:12
1525	341	W30	Jen Andersen, 31*, West Des Moines, IA	1:00:11	2:06:48	2:14:05	10:12
1526	264	W35	Cindy Kovacs, 37*, Ankeny, IA	1:01:56	2:06:50	2:10:55	10:12
2187	331	M35	Brian Galle, 35, Asbury, IA	57:17	2:06:50	2:08:19	10:12
1527	342	W30	Mary Tran, 34*, Ankeny, IA		2:06:51	2:10:54	10:12
1528	54	W50	Natalie Welter, 53*, Story City, IA	1:03:37	2:06:51	2:12:03	10:12
1529	343	W30	Beth Goldberg, 33*, Cedar Rapids, IA	1:00:20	2:06:51	2:08:10	10:12
2188	357	M25	Chris Andersen, 29, West Des Moines, IA	1:00:11	2:06:52	2:14:10	10:12
1530	156	W40	Ann Hudson, 42*, West Des Moines, IA	1:02:48	2:06:53	2:11:01	10:13
1531	44	W17	Amy Wickett, 19*, Indianola, IA	58:51	2:06:53	2:09:03	10:13
1532	94	W45	Mary Letsche, 45*, Cherokee, IA	59:35	2:06:53	2:09:20	10:13
1533	45	W17	Madison Prueger, 18*, Ames, IA	1:02:35	2:06:54	2:10:13	10:13
1534	46	W17	Kari Peterson, 18*, Webster City, IA	59:11	2:06:54	2:10:12	10:13
2189	80	M17	Louis Dupuis, 17, Ames, IA	1:02:34	2:06:54	2:10:13	10:13
2190	205	M45	Joel Peterson, 47, Webster City, IA	59:11	2:06:54	2:10:12	10:13
1535	195	W20	Megan Slechta, 22*, North Liberty, IA	1:03:38	2:06:54	2:13:04	10:13
1536	157	W40	Sheri Coughenower, 43*, Indianola, IA	1:00:22	2:06:54	2:11:48	10:13
1537	348	W25	Megan Brunk, 26*, West Des Moines, IA	59:20	2:06:55	2:10:10	10:13
1538	349	W25	Kelly Christensen, 26*, Des Moines, IA	1:01:29	2:06:56	2:15:52	10:13
1539	350	W25	Kelsi Salter, 27*, North Liberty, IA	1:05:50	2:06:57	2:14:28	10:13
2191	200	M20	Ross Yeast, 23, West Liberty, IA	59:04	2:06:58	2:09:24	10:13
1540	344	W30	Carroll Deets, 31*, Waukee, IA	59:45	2:06:58	2:09:15	10:13
2192	403	M30	Brian Deets, 34, Waukee, IA	59:35	2:06:58	2:09:15	10:13
1541	196	W20	Mallory Hensley, 24*, Urbandale, IA	1:01:21	2:06:59	2:10:52	10:13
1542	351	W25	Valerie Steele, 25*, West Des Moines, IA	1:01:21	2:07:00	2:10:52	10:13
2193	358	M25	Zach Bader, 26, West Des Moines, IA	59:36	2:07:00	2:11:06	10:13
1543	352	W25	Jordan Lang, 26*, West Des Moines, IA		2:07:00	2:07:00	10:13
1544	353	W25	Robin Sullivan, 28*, Altoona, IA	58:01	2:07:01	2:10:13	10:13
1545	95	W45	Beth Dessner, 46*, Wilton, IA	1:00:08	2:07:02	2:08:00	10:13
1546	354	W25	Marie Sturm, 28*, Lake View, IA	1:02:01	2:07:02	2:13:11	10:13
1547	96	W45	Phyllis Peter, 47*, Prairie City, IA	1:01:10	2:07:04	2:11:17	10:13
1548	355	W25	Melissa Gavin, 26*, Cedar Rapids, IA	1:01:50	2:07:04	2:07:04	10:13
2194	359	M25	Daniel Trower, 26, Cedar Rapids, IA	1:01:50	2:07:04	2:07:04	10:13
1549	97	W45	LaRisa Riley, 47*, Des Moines, IA	1:03:42	2:07:04	2:12:46	10:13
2195	404	M30	Matt Loecke, 34, Ames, IA	1:01:57	2:07:05	2:11:09	10:13
2196	102	M55	Steven Sisco, 57, Cedar Rapids, IA	1:02:32	2:07:07	2:16:13	10:14
2197	332	M35	Jeremy Breese, 35, Des Moines, IA	1:03:21	2:07:08	2:13:20	10:14
1550	265	W35	Katie Lacey, 35*, Ankeny, IA	1:00:50	2:07:08	2:09:00	10:14
1551	345	W30	Meghan Gavin, 31*, Des Moines, IA	1:01:26	2:07:10	2:11:40	10:14
2198	405	M30	Tory Hetland, 33, Polk City, IA	54:41	2:07:11	2:09:31	10:14
1552	356	W25	Amanda Mecham, 26*, Indianola, IA	58:26	2:07:11	2:09:39	10:14
2199	360	M25	Christopher Peyton, 26, Ankeny, IA	1:06:08	2:07:12	2:07:12	10:14
1553	357	W25	Jody Johnson, 26*, Adel, IA	1:03:34	2:07:12	2:11:00	10:14
1554	358	W25	Sarah Contreras, 25*, Marion, IA	59:38	2:07:14	2:11:39	10:14
1555	346	W30	Laura Cressy, 34*, Clive, IA	1:04:01	2:07:15	2:13:52	10:14
1556	359	W25	Jessica Robertson, 25*, Shorewood, WI	57:15	2:07:15	2:11:20	10:14
1557	347	W30	Beth Holzmueller, 31*, Lawrence, KS	1:00:48	2:07:17	2:10:54	10:14
1558	266	W35	Ruth Lerg, 36*, West Des Moines, IA	1:00:08	2:07:17	2:09:39	10:14
1559	267	W35	Angela Wilson, 38*, Pella, IA	1:01:08	2:07:18	2:09:26	10:15
2200	206	M45	Neil Wilson, 47, Pella, IA	1:01:08	2:07:18	2:09:26	10:15
1560	348	W30	Mary Crile, 32*, Bondurant, IA	57:48	2:07:18	2:09:00	10:15
1561	268	W35	Dana Pardekooper, 35*, Waukee, IA	59:37	2:07:18	2:12:05	10:15
1562	349	W30	Jamie L Nelson-Kirby, 30*, Des Moines, IA	59:27	2:07:18	2:13:07	10:15
1563	269	W35	Bridget Obermeier, 39*, Audubon, IA	58:18	2:07:19	2:08:27	10:15
2201	406	M30	Randy Arnold, 31, Ankeny, IA	1:01:14	2:07:20	2:10:37	10:15
1564	55	W50	Rebecca Taylor, 54*, Kirksville, MO	1:01:19	2:07:21	2:10:21	10:15
1565	360	W25	Kimberly Petersen, 28*, Arnolds Park, IA	1:00:44	2:07:21	2:08:47	10:15
2202	407	M30	Andrew Schirman, 33, Granger, IA	58:57	2:07:21	2:08:46	10:15
1566	47	W17	Kendra Smtih, 18*, Beaman, IA	59:06	2:07:21	2:09:40	10:15
1567	270	W35	Karey Brower, 35*, Carlisle, IA	59:59	2:07:22	2:09:57	10:15
1568	350	W30	Melissa Strong, 32*, Indianola, IA	1:02:38	2:07:22	2:13:49	10:15
2203	333	M35	John Oneil, 37, Des Moines, IA	57:24	2:07:22	2:09:38	10:15

1569	158	W40	Sonya Staudt, 41*, Maxwell, IA	1:02:46	2:07:22	2:17:07	10:15
2204	408	M30	Kevin Kloss, 34, Apple Valley, MN	1:00:43	2:07:22	2:13:15	10:15
2205	361	M25	Francis Tutell, 29, Minneapolis, MN	1:00:44	2:07:23	2:13:15	10:15
2206	159	M50	Kevin Huerkamp, 52, Clive, IA	55:11	2:07:23	2:07:54	10:15
2207	81	M17	Tanner Doughty, 18, Fort Dodge, IA	54:35	2:07:26	2:08:46	10:15
1570	361	W25	Kelli Terrell, 26*, Mason City, IA	1:01:37	2:07:26	2:10:33	10:15
2208	362	M25	Derek Oien, 29, Fort Dodge, IA	1:03:30	2:07:28	2:08:39	10:15
2209	207	M45	Mark Mitchell, 48, Muscatine, IA	1:02:28	2:07:28	2:12:19	10:15
1571	271	W35	Julie Wolf, 36*, Pella, IA	1:01:08	2:07:29	2:14:08	10:15
1572	197	W20	Lexie Hagerty, 22*, Tama, IA	1:06:51	2:07:30	2:12:27	10:15
1573	98	W45	Cheryl Mendenhall, 49*, Des Moines, IA	1:00:58	2:07:30	2:12:07	10:16
2210	409	M30	James Steinberg, 34, Adel, IA	59:32	2:07:31	2:10:43	10:16
2211	82	M17	Clark Baldus, 17, West Des Moines, IA	53:20	2:07:31	2:08:07	10:16
1574	272	W35	Lucy Schachtner, 37*, Clive, IA	59:44	2:07:31	2:09:32	10:16
2212	208	M45	Steve Klein, 47, Ankeny, IA	58:10	2:07:31	2:08:44	10:16
2213	363	M25	Nick Wessling, 25, Omaha, NE	1:05:00	2:07:32	2:12:47	10:16
1575	48	W17	Emily Cashman, 19*, Deep River, IA	1:05:04	2:07:32	2:12:47	10:16
1576	273	W35	Stacey Sytsma, 39*, Oskaloosa, IA	58:32	2:07:33	2:09:37	10:16
1577	351	W30	Robyn Johnson, 32*, Ankeny, IA	1:01:51	2:07:36	2:10:31	10:16
1578	274	W35	Shelly Hanson, 38*, Webster City, IA	1:02:16	2:07:37	2:12:14	10:16
1579	362	W25	Alison Miller, 26*, West Des Moines, IA	58:58	2:07:37	2:12:28	10:16
2214	364	M25	Jason Less, 28, Minneapolis, MN	59:38	2:07:37	2:10:39	10:16
1580	363	W25	Noelle Papial, 26*, Urbandale, IA	1:02:28	2:07:37	2:15:23	10:16
1581	56	W50	Mary Sue Crabtree, 51*, Des Moines, IA	57:49	2:07:38	2:09:51	10:16
2215	334	M35	Weslie Spradling, 35, Des Moines, IA	1:01:27	2:07:38	2:16:32	10:16
2216	37	M60	Steve Ovel, 63, Cedar Rapids, IA	58:43	2:07:39	2:10:29	10:16
1582	364	W25	Meredith Swafford, 28*, Festus, MO	1:01:34	2:07:40	2:11:56	10:16
1583	159	W40	Angie Swackhamer, 40*, Des Moines, IA	1:03:41	2:07:40	2:13:22	10:16
1584	275	W35	Lauren Springer, 35*, Urbandale, IA	1:00:36	2:07:41	2:10:44	10:16
2217	335	M35	Tony Malloy, 37, Williamsburg, IA	1:03:55	2:07:42	2:13:44	10:16
2218	103	M55	Joel Cooper, 59, Cedarfalls, IA	1:02:36	2:07:42	2:10:40	10:17
1585	276	W35	Dawn Malloy, 37*, Williamsburg, IA	1:03:55	2:07:43	2:13:44	10:17
1586	352	W30	Erin Hunt, 32*, West Des Moines, IA	1:00:18	2:07:44	2:10:53	10:17
1587	353	W30	Amanda Krukow, 33*, Urbandale, IA	59:34	2:07:45	2:09:05	10:17
1588	198	W20	Ashley Feldman, 23*, Alleman, IA	59:19	2:07:45	2:11:11	10:17
2219	201	M20	Ben Roby, 22, Urbandale, IA	1:04:07	2:07:45	2:12:18	10:17
1589	365	W25	Allison Leinen, 28*, Adel, IA	1:01:35	2:07:45	2:09:57	10:17
1590	354	W30	Brookann Redick, 31*, Des Moines, IA	59:23	2:07:46	2:09:02	10:17
2220	104	M55	Daniel Todd, 56, West Des Moines, IA	56:24	2:07:46	2:09:55	10:17
1591	277	W35	Anne Condon, 39*, Barnum, IA	1:02:08	2:07:46	2:09:45	10:17
2221	365	M25	Brent Wells, 25, Ames, IA	59:54	2:07:47	2:11:54	10:17
1592	366	W25	Emily Schellhorn, 27*, Cedar Falls, IA	1:02:35	2:07:47	2:10:13	10:17
1593	199	W20	Cara Chicoine, 23*, Ankeny, IA	59:55	2:07:47	2:11:54	10:17
2222	209	M45	Dave Duncan, 46, Clive, IA	1:03:50	2:07:47	2:12:39	10:17
2223	83	M17	Jordan Pierce, 18, Indianola, IA	59:38	2:07:49	2:10:20	10:17
1594	99	W45	Laurin Canfield, 47*, Des Moines, IA	1:01:15	2:07:51	2:11:49	10:17
1595	367	W25	Andrea Breen, 26*, Des Moines, IA	58:03	2:07:52	2:08:27	10:17
2224	210	M45	Mark Donahue, 47, Des Moines, IA	59:30	2:07:52	2:11:54	10:17
2225	336	M35	Scott Pallwitz, 36, Des Moines, IA	57:19	2:07:52	2:11:28	10:17
2226	410	M30	Jonathan Pearson, 30, Clive, IA	1:04:57	2:07:52	2:13:17	10:17
2227	411	M30	Joe Bormann, 31, Denver, IA	57:00	2:07:54	2:08:57	10:17
1596	278	W35	Joni Klusman, 38*, Honey Creek, IA	1:02:24	2:07:54	2:14:45	10:17
1597	200	W20	Murphy Stanley, 20*, Clive, IA	1:01:19	2:07:56	2:08:19	10:18
1598	160	W40	Lisa Turk, 42*, Mitchellville, IA	1:00:05	2:07:56	2:10:44	10:18
1599	161	W40	Lisa Rempe, 43*, Urbandale, IA	57:31	2:07:56	2:08:19	10:18
2228	160	M50	R Michael Stanley, 54, Clive, IA	1:01:19	2:07:57	2:08:19	10:18
1600	355	W30	Liz Bomer, 30*, Altoona, IA	1:02:39	2:07:59	2:13:07	10:18
1601	368	W25	Tiffany Bomer, 29*, Des Moines, IA	1:02:39	2:07:59	2:13:08	10:18
2229	337	M35	John Hembry, 36, Urbandale, IA	1:05:46	2:07:59	2:12:43	10:18
2230	211	M45	Kevin Rahner, 45, Slater, IA	59:48	2:08:01	2:12:22	10:18
2231	212	M45	Dave Shutt, 45, St. Marys, IA	58:39	2:08:01	2:10:32	10:18
2232	366	M25	Kevin Luensmann, 28, West Des Moines, IA	1:00:33	2:08:01	2:11:46	10:18



1602	356	W30	Crystal Schulz, 34*, Polk Ciry, IA	1:03:04	2:08:01	2:13:00	10:18
1603	279	W35	Toye Cody, 39*, Des Moines, IA	1:02:52	2:08:02	2:11:34	10:18
2233	105	M55	Doug Jepsen, 57, Johnston, IA	1:00:16	2:08:04	2:16:51	10:18
1604	280	W35	Tiffany Kragnes, 38*, Des Moines, IA	59:40	2:08:04	2:12:07	10:18
1605	281	W35	Jami Beshear, 35*, Altoona, IA	1:01:45	2:08:05	2:11:22	10:18
1606	162	W40	Kristine Creighton, 44*, Urbandale, IA	1:00:17	2:08:05	2:16:51	10:18
1607	201	W20	Stephanie Kristensen, 22*, Ankeny, IA	1:02:15	2:08:06	2:11:32	10:18
1608	282	W35	Erica Polson, 39*, Des Moines, IA	1:00:07	2:08:06	2:12:12	10:18
1609	202	W20	Megan Jacobson, 21*, Iowa City, IA	1:04:07	2:08:07	2:12:37	10:19
1610	163	W40	Julie Price, 44*, Forest City, IA	1:02:40	2:08:10	2:13:33	10:19
2234	412	M30	Dan Schumacher, 34, Harlan, IA	57:40	2:08:10	2:08:42	10:19
2235	367	M25	Johnny Lukehart, 28, Cedar Falls, IA	1:04:30	2:08:10	2:15:53	10:19
1611	100	W45	Tina Neustrom, 47*, West Des Moines, IA	1:02:19	2:08:12	2:14:05	10:19
1612	203	W20	Molly Lersten, 20*, West Des Moines, IA	1:05:58	2:08:14	2:14:35	10:19
1613	369	W25	Deb Gervais, 28*, Ankeny, IA	1:02:44	2:08:16	2:14:26	10:19
2236	84	M17	Brad Kruse, 19, Johnston, IA	1:00:36	2:08:17	2:14:33	10:19
1614	57	W50	Joan Bauer, 53*, Audubon, IA	1:04:28	2:08:18	2:14:42	10:19
2237	161	M50	Robert Keefer, 54, Clarinda, IA	1:04:07	2:08:18	2:14:09	10:19
1615	164	W40	Jackie Henderson, 42*, West Liberty, IA	59:48	2:08:18	2:12:10	10:19
2238	413	M30	Alan Brincks, 34, Altoona, IA	56:50	2:08:18	2:10:38	10:19
1616	357	W30	Leah Barton, 33*, Cedar Falls, IA	1:02:30	2:08:18	2:13:15	10:19
2239	414	M30	Andrew McCormick, 33, Cedar Falls, IA	1:02:30	2:08:19	2:13:15	10:19
2240	415	M30	Ryan Brooker, 34, Altoona, IA	1:03:31	2:08:19	2:17:03	10:19
2241	268	M40	Matt Kubovich, 40, Johnston, IA	57:31	2:08:19	2:10:56	10:19
2242	162	M50	Jeff Nolan, 51, Winterset, IA	1:03:10	2:08:21	2:12:56	10:20
1617	204	W20	Amanda Rubie, 23*, Clive, IA	1:03:36	2:08:21	2:14:13	10:20
1618	358	W30	Lindsey Opp, 31*, Clive, IA	57:57	2:08:22	2:12:11	10:20
1619	370	W25	Heather Wright, 26*, Pleasant Hill, IA	1:03:47	2:08:22	2:14:22	10:20
2243	368	M25	Alex Koenigs, 25, Des Moines, IA		2:08:22	2:09:10	10:20
1620	359	W30	Kristi Steinkamp, 32*, Marshalltown, IA	1:03:20	2:08:23	2:16:29	10:20
1621	165	W40	Jennifer Walter, 41*, Centennial, CO	58:49	2:08:25	2:09:51	10:20
2244	369	M25	Dustin Carlson, 28, Waukee, IA	58:18	2:08:26	2:11:20	10:20
2245	85	M17	Keith Rowley, 19, Albia, IA	57:57	2:08:26	2:17:43	10:20
1622	205	W20	Alex Lagneaux, 23*, Iowa City, IA	1:00:05	2:08:26	2:11:52	10:20
1623	360	W30	Kim Forrester, 34*, Ankeny, IA	1:04:51	2:08:27	2:14:29	10:20
1624	206	W20	Danielle Varnum, 24*, Ankeny, IA	1:00:02	2:08:27	2:11:34	10:20
1625	371	W25	Niki Zaloudek, 28*, Council Bluffs, IA	1:01:27	2:08:27	2:15:06	10:20
1626	372	W25	Ashleigh O'Connell, 27*, Des Moines, IA	1:02:16	2:08:29	2:13:45	10:20
2246	338	M35	Ted Nahas, 39, West Des Moines, IA	58:41	2:08:30	2:10:48	10:20
2247	46	JrM	Kasey Clary, 15, Runnells, IA	1:04:35	2:08:30	2:11:41	10:20
1627	283	W35	Tarrel Storey, 39*, Newell, IA	1:00:34	2:08:31	2:11:19	10:20
1628	284	W35	Allison Evans, 36*, Waukee, IA	1:02:20	2:08:31	2:16:18	10:20
2248	269	M40	Robert Burnett, 40, Norwalk, IA	1:01:42	2:08:31	2:13:10	10:20
2249	416	M30	Randy Collison, 30, Bondurant, IA	1:01:19	2:08:32	2:11:13	10:20
1629	207	W20	Erin Meyer, 22*, West Des Moines, IA	1:02:45	2:08:32	2:12:21	10:21
1630	101	W45	Mary Clark, 48*, Ames, IA	1:05:33	2:08:32	2:17:16	10:21
1631	102	W45	Linda Frangenberg, 49*, Huxley, IA	1:03:20	2:08:33	2:12:29	10:21
1632	373	W25	Kristin Delleman, 27*, Oak Park, IL	1:02:06	2:08:34	2:13:16	10:21
1633	208	W20	Abbey Wells, 24*, West Des Moines, IA	1:04:30	2:08:35	2:16:17	10:21
1634	285	W35	Heather Hendrix, 35*, Ankeny, IA	1:01:17	2:08:35	2:11:46	10:21
1635	166	W40	Sara Warnock, 42*, Indianola, IA	1:01:33	2:08:35	2:13:23	10:21
1636	49	W17	Johanna Lemoine, 19*, Urbandale, IA	59:53	2:08:36	2:09:11	10:21
2250	106	M55	Praveen Prasad, 55, Clive, IA	1:01:13	2:08:36	2:12:38	10:21
2251	213	M45	Martin Ikeda, 48, Urbandale, IA	59:53	2:08:37	2:09:13	10:21
2252	270	M40	Mark Lawless, 43, Des Moines, IA	1:00:25	2:08:37	2:09:53	10:21
1637	361	W30	Jenae Newlin, 30*, Ankeny, IA	59:30	2:08:37	2:11:59	10:21
2253	271	M40	William Bormann, 41, Urbandale, IA	57:14	2:08:37	2:09:30	10:21
1638	18	W55	Kim Abbey, 55*, Ames, IA	1:00:53	2:08:38	2:13:51	10:21
2254	417	M30	Zach Pacha, 30, Clive, IA	1:01:41	2:08:39	2:11:06	10:21
1639	286	W35	Kathleen Boatwright, 35*, Des Moines, IA	1:02:45	2:08:39	2:12:27	10:21
1640	362	W30	Jennifer Stone, 32*, Johnston, IA	1:01:04	2:08:39	2:12:37	10:21
2255	339	M35	Bobby Opheim, 39, Oskaloosa, IA	56:41	2:08:40	2:13:35	10:21
2256	370	M25	Ross Weidner, 25, Des Moines, IA	56:29	2:08:40	2:13:54	10:21
1641	58	W50	Helen Cropp, 50*, Urbandale, IA	1:01:13	2:08:41	2:08:58	10:21
2257	272	M40	Jason Paulson, 40, Grimes, IA	1:02:13	2:08:41	2:12:05	10:21



1642	287	W35	Jill Bartachek, 39*, Wdsm, IA	1:04:10	2:08:42	2:14:44	10:21
1643	374	W25	Danielle Dunnwald, 25*, West Des Moines, IA				
			57:51	2:08:42	2:10:14	10:21	
2258	371	M25	Andy Campbell, 25, West Des Moines, IA	57:51	2:08:42	2:10:15	10:21
1644	288	W35	Amanda Freese, 36*, Cedar Rapids, IA	1:05:30	2:08:42	2:15:31	10:21
1645	375	W25	Amber Stearns, 27*, Newhall, IA	1:01:41	2:08:43	2:11:00	10:21
2259	107	M55	Brent Hintz, 55, Waterloo, IA	1:02:45	2:08:43	2:17:12	10:21
1646	376	W25	Erin Peterson, 25*, Anita, IA	1:00:57	2:08:43	2:13:15	10:21
1647	209	W20	Chelsey Rowley, 23*, Des Moines, IA	1:00:03	2:08:43	2:12:53	10:21
1648	103	W45	Tonya Heier, 45*, Humboldt, IA	59:07	2:08:43	2:10:24	10:21
2260	273	M40	Thomas Tuttle, 44, West Des Moines, IA	56:35	2:08:44	2:10:26	10:21
2261	163	M50	Curt Hollebrands, 54, Clive, IA	1:02:08	2:08:44	2:12:20	10:21
1649	363	W30	Heather Griffith, 33*, Marion, IA	1:04:21	2:08:45	2:14:25	10:22
2262	86	M17	Pat Nepp, 19, Waukee, IA	59:20	2:08:45	2:12:21	10:22
1650	289	W35	Jodi Bonnett, 36*, Fairfield, IA	1:02:37	2:08:45	2:14:15	10:22
1651	210	W20	Jill Westrum, 24*, Stratford, IA	1:01:48	2:08:46	2:11:00	10:22
1652	211	W20	Renee Atherley, 24*, Des Moines, IA	1:01:48	2:08:46	2:11:00	10:22
1653	377	W25	Kattie Hamann, 29*, West Des Moines, IA	1:04:19	2:08:47	2:13:29	10:22
1654	167	W40	Kay Gustin, 40*, Altoona, IA	59:54	2:08:47	2:13:32	10:22
1655	364	W30	Jenny Houlihan, 32*, Cedar Rapids, IA	1:00:47	2:08:49	2:12:42	10:22
1656	59	W50	Sally Marzen, 54*, Dougherty, IA	1:02:14	2:08:50	2:12:53	10:22
1657	212	W20	Jennifer Rich, 24*, Des Moines, IA	1:01:11	2:08:51	2:14:04	10:22
2263	418	M30	Adam Conlon, 30, Sioux City, IA	58:48	2:08:51	2:11:59	10:22
2264	202	M20	Joshua Cronbaugh, 24, Cedar Rapids, IA	57:19	2:08:51	2:13:33	10:22
2265	108	M55	Daniel Evers, 59, Cedar Rapids, IA	1:05:05	2:08:53	2:14:23	10:22
2266	274	M40	Michael Klusman, 41, Honey Creek, IA	1:02:22	2:08:53	2:15:43	10:22
1658	365	W30	Tracy Beck, 34*, Des Moines, IA	1:05:02	2:08:53	2:12:02	10:22
1659	19	W55	Tiare Mathison, 58*, Newton, IA	1:03:27	2:08:54	2:15:32	10:22
2267	214	M45	Randy Sturm, 47, Ankeny, IA	1:02:24	2:08:54	2:15:30	10:22
2268	372	M25	Jason Ferguson, 25, Clive, IA	58:47	2:08:54	2:10:35	10:22
2269	109	M55	Robert McKenzie, 59, The Woodlands, TX	1:03:48	2:08:55	2:15:28	10:22
1660	378	W25	Marisol Trevino, 28*, Rock Island, IL	59:02	2:08:57	2:09:46	10:22
1661	379	W25	Michelle Barrett, 29*, West Des Moines, IA	1:00:50	2:08:57	2:12:02	10:23
1662	104	W45	Tammie Ollendick, 47*, Grimes, IA	1:01:07	2:08:59	2:13:04	10:23
2270	373	M25	Nick Gray, 29, Villisca, IA	1:00:02	2:08:59	2:15:06	10:23
1663	380	W25	Meredith Buseman, 25*, Johnston, IA	1:03:38	2:09:00	2:12:56	10:23
1664	168	W40	Leslie Shaeffer, 43*, Ankeny, IA	1:03:41	2:09:01	2:12:57	10:23
1665	169	W40	Rena Cheers, 42*, Afton, IA	1:03:36	2:09:01	2:11:43	10:23
1666	381	W25	Nikki Schneider, 26*, Stuart, IA	1:00:09	2:09:01	2:09:35	10:23
1667	366	W30	Andrea Widen, 31*, North Liberty, IA	58:37	2:09:02	2:12:54	10:23
1668	105	W45	Gayles Busch, 47*, Mason City, IA	1:04:47	2:09:03	2:12:18	10:23
1669	290	W35	Andi Vanderhoff, 35*, Pella, IA	1:06:01	2:09:03	2:15:22	10:23
2271	374	M25	Robert Palmer, 25, West Des Moines, IA	1:04:50	2:09:04	2:16:53	10:23
1670	291	W35	Janel Anglick, 38*, Indianola, IA	1:02:38	2:09:05	2:11:41	10:23
2272	340	M35	David Reis, 38, Carroll, IA	1:02:29	2:09:05	2:16:52	10:23
1671	382	W25	Andrea Lang, 28*, Festus, MO	1:00:27	2:09:05	2:13:22	10:23
1672	106	W45	Connie Hildebrandt, 45*, Norwalk, IA	1:02:14	2:09:05	2:14:11	10:23
2273	375	M25	Roy Gullickson, 29, North Liberty, IA	1:00:35	2:09:05	2:13:29	10:23
1673	383	W25	Dawn Ortiguerra, 28*, Ankeny, IA	1:02:14	2:09:06	2:14:11	10:23
1674	367	W30	Marcy Coleman, 32*, Nora Springs, IA	1:02:18	2:09:06	2:14:32	10:23
1675	18	JrW	Amy Donaghy, 16*, Ankeny, IA	58:09	2:09:06	2:10:13	10:23
1676	368	W30	Stephanie Licht, 31*, West Des Moines, IA	59:54	2:09:07	2:12:21	10:23
2274	164	M50	Jeff Murra, 52, Des Moines, IA	59:57	2:09:07	2:11:05	10:23
1677	170	W40	Suzy Trotter, 44*, Newton, IA	1:02:14	2:09:08	2:14:13	10:23
2275	419	M30	Dan Cooper, 31, Denver, IA	57:34	2:09:08	2:10:10	10:23
1678	369	W30	Mandy Shepherd, 33*, Urbandale, IA	1:03:38	2:09:08	2:13:04	10:23
1679	213	W20	Jill Vander Werff, 24*, Sanborn, IA	53:11	2:09:09	2:11:37	10:24
1680	171	W40	Kathleen Osborn, 42*, Johnston, IA	1:03:42	2:09:09	2:13:05	10:24
1681	292	W35	Julie Huddleston, 37*, Bloomington, IL	1:04:36	2:09:10	2:14:28	10:24
1682	20	W55	Sharon Collins, 55*, Urbandale, IA	1:04:29	2:09:11	2:13:54	10:24
1683	107	W45	Lisa Lemon, 48*, Des Moines, IA	1:02:44	2:09:12	2:13:41	10:24
1684	172	W40	Melita Schuster, 44*, Des Moines, IA	1:06:56	2:09:13	2:15:58	10:24
1685	108	W45	Joleen Workman, 47*, Waukee, IA	1:01:29	2:09:14	2:13:40	10:24
1686	60	W50	Cindy Blaine, 53*, Traer, IA	1:02:04	2:09:15	2:13:12	10:24
2276	110	M55	John Palmolea, 55, Ankeny, IA	1:01:07	2:09:15	2:10:58	10:24

1687	384	W25	Mary Pederson, 28*, Clear Lake, IA	1:03:22	2:09:15	2:15:15	10:24
2277	275	M40	Shawn Svoboda, 41, Ankeny, IA	1:03:28	2:09:16	2:13:16	10:24
1688	173	W40	Jennie Svoboda, 41*, Ankeny, IA	1:03:29	2:09:16	2:13:16	10:24
1689	174	W40	Julie Holt, 43*, Clive, IA	1:03:32	2:09:18	2:15:29	10:24
1690	293	W35	Susan Harris, 36*, West Des Moines, IA	1:01:29	2:09:18	2:14:34	10:24
2278	420	M30	Christopher Hartigan, 30, Des Moines, IA	1:00:01	2:09:20	2:12:31	10:24
1691	50	W17	Jenae Noonan, 19*, Bondurant, IA	1:01:25	2:09:20	2:10:02	10:24
2279	341	M35	Marc Beshear, 35, Altoona, IA	59:19	2:09:20	2:11:22	10:24
2280	421	M30	Jud Eastman, 33, Urbandale, IA	55:13	2:09:20	2:10:42	10:24
2281	342	M35	Gerald Hiesterman, 35, Des Moines, IA	1:00:42	2:09:21	2:13:42	10:24
1692	19	JrW	Emma Thayer, 14*, Urbandale, IA	59:17	2:09:22	2:10:27	10:25
2282	215	M45	David Thayer, 46, Urbandale, IA	59:17	2:09:23	2:10:28	10:25
2283	276	M40	Ronald Rees, 44, Bolingbrook, IL	58:47	2:09:23	2:12:55	10:25
2284	422	M30	Michael Chen, 33, West Des Moines, IA	1:04:15	2:09:23	2:14:26	10:25
2285	343	M35	Scott Weber, 39, Cedar Rapids, IA	1:00:05	2:09:24	2:13:19	10:25
2286	423	M30	Craig Geppert, 34, Grimes, IA	1:04:15	2:09:24	2:14:27	10:25
1693	294	W35	Jenny Carter, 38*, Ankeny, IA	1:02:10	2:09:25	2:15:27	10:25
1694	51	W17	Katie Huston, 19*, Ames, IA	1:00:16	2:09:26	2:11:33	10:25
2287	111	M55	Scott Beckwith, 55, Ames, IA	1:01:23	2:09:26	2:13:54	10:25
2288	203	M20	Jonathan Anderegg, 24, Ames, IA	59:39	2:09:27	2:18:14	10:25
1695	385	W25	Mallory Soda, 25*, West Des Moines, IA	1:04:49	2:09:27	2:17:16	10:25
2289	376	M25	David Malo, 28, Ankeny, IA	1:04:36	2:09:28	2:12:25	10:25
2290	377	M25	Kate Malo, 27, Ankeny, IA	1:04:36	2:09:28	2:12:25	10:25
2291	344	M35	Dan Carleton, 36, Polk City, IA	58:49	2:09:28	2:13:16	10:25
2292	165	M50	Steve Ambrose, 51, Clive, IA	1:02:09	2:09:30	2:16:14	10:25
2293	345	M35	Chad Willis, 37, Ottumwa, IA	55:13	2:09:30	2:10:59	10:25
1696	214	W20	Kendra Neer, 23*, Pleasantville, IA	1:02:07	2:09:30	2:14:21	10:25
1697	215	W20	Tara Lee, 21*, Urbandale, IA	59:18	2:09:30	2:10:19	10:25
1698	370	W30	Connie Terry, 34*, Earlham, IA	1:03:48	2:09:33	2:15:05	10:25
2294	216	M45	Dan Gornick, 46, Norwalk, IA	59:47	2:09:33	2:10:22	10:25
1699	295	W35	Nikki Smith, 38*, Cedar Rapids, IA	1:04:45	2:09:34	2:16:09	10:25
1700	61	W50	Lisa Harreld, 50*, New Brighton, MN	59:33	2:09:34	2:13:41	10:25
1701	296	W35	Joanna Meints, 37*, Eldora, IA	59:26	2:09:35	2:12:45	10:26
2295	166	M50	John Moran, 53, Story City, IA	1:04:08	2:09:36	2:14:49	10:26
2296	277	M40	Dave Glenn, 40, McCallsburg, IA	58:56	2:09:36	2:11:46	10:26
2297	204	M20	Kody McCauley, 24, Ankeny, IA	56:00	2:09:36	2:11:47	10:26
2298	424	M30	Bobby Shepherd, 31, Indianola, IA	54:25	2:09:37	2:11:07	10:26
2299	278	M40	Scott Christensen, 40, Urbandale, IA	1:01:22	2:09:37	2:14:34	10:26
1702	109	W45	Shannon Jungman, 47*, Johnston, IA	1:03:25	2:09:37	2:13:19	10:26
1703	297	W35	Keri Ellingboe, 39*, Ankeny, IA	1:03:10	2:09:37	2:14:48	10:26
1704	298	W35	Dana Riley, 35*, Des Moines, IA	1:02:37	2:09:38	2:11:06	10:26
1705	110	W45	Sue Strain, 45*, Urbandale, IA	59:41	2:09:38	2:10:10	10:26
1706	299	W35	Laura Martin, 35*, West Desmoines, IA	1:02:38	2:09:38	2:11:06	10:26
1707	371	W30	Stacy Berenguel, 32*, Des Moines, IA	1:04:31	2:09:38	2:17:27	10:26
2300	87	M17	Adam Vlach, 18, Topeka, KS	1:05:34	2:09:38	2:15:39	10:26
1708	372	W30	Jill Albright, 32*, Menomonie, WI	1:04:42	2:09:39	2:17:08	10:26
1709	175	W40	Pamela Amos, 43*, Ankeny, IA	1:04:07	2:09:39	2:15:36	10:26
2301	425	M30	Kenny Coursey, 30, Ankeny, IA	59:56	2:09:39	2:14:15	10:26
1710	111	W45	Kelly Hassman, 47*, Sumner, IA	1:03:57	2:09:40	2:15:09	10:26
1711	176	W40	Stephanie Petrick, 42*, Crystal, MN	1:02:57	2:09:40	2:14:02	10:26
1712	112	W45	Julie Lundy, 45*, Grimes, IA	1:03:57	2:09:40	2:15:09	10:26
2302	167	M50	Ken Locasha, 53, West Des Moines, IA	1:03:50	2:09:41	2:18:30	10:26
1713	386	W25	Tammy Clark, 26*, Altoona, IA	1:03:39	2:09:41	2:13:00	10:26
2303	346	M35	Wayne Beam, 37, Ankeny, IA	1:01:02	2:09:43	2:18:32	10:26
1714	387	W25	Amy Bear, 26*, Ankeny, IA	1:04:13	2:09:43	2:14:51	10:26
1715	62	W50	Cyndi Nelson, 52*, Carroll, IA	1:05:32	2:09:44	2:17:51	10:26
1716	373	W30	Martha Pope, 30*, Ames, IA	1:00:47	2:09:44	2:13:41	10:26
1717	388	W25	Alisha Plueger, 28*, Spencer, IA	58:48	2:09:45	2:12:33	10:26
2304	6	M65	Bill Lawless, 68, Des Moines, IA	59:35	2:09:45	2:10:25	10:26
2305	378	M25	Ryan White, 27, Cedar Rapids, IA	1:01:51	2:09:46	2:13:43	10:26
1718	177	W40	Diane Porter, 43*, Clive, IA	1:01:38	2:09:46	2:16:11	10:26
1719	374	W30	Bonita Bontrager, 32*, Des Moines, IA	1:01:28	2:09:46	2:14:07	10:26
1720	113	W45	Lisa Hoffmann, 45*, West Des Moines, IA	1:02:00	2:09:48	2:13:31	10:27
2306	88	M17	Matt Kilian, 19, Clive, IA	1:00:50	2:09:48	2:14:46	10:27
2307	426	M30	Tony Gabriel, 31, Grimes, IA	58:02	2:09:48	2:14:11	10:27

2308	38	M60	Larry Abbas, 61, Olive Branch, MS	1:02:12	2:09:48	2:12:39	10:27
2309	427	M30	Troy Hyde, 30, Des Moines, IA	1:01:18	2:09:48	2:17:26	10:27
2310	428	M30	Bill Ogier, 33, Kansas City, KS	1:03:00	2:09:48	2:19:05	10:27
2311	168	M50	Todd Onnen, 50, Grundy Center, IA	1:00:45	2:09:49	2:14:08	10:27
2312	279	M40	John Gray, 44, Waukee, IA	1:01:39	2:09:50	2:16:17	10:27
1721	216	W20	Kelsey Goodwin, 23*, Otley, IA	58:48	2:09:50	2:11:16	10:27
1722	21	W55	Mona Bleeker, 56*, Steamboat Rock, IA	1:01:24	2:09:52	2:13:26	10:27
1723	3	W60	Anne McIllece, 62*, Walcott, IA	1:05:19	2:09:52	2:13:42	10:27
1724	217	W20	Taryn Randall, 23*, Ames, IA	1:02:59	2:09:52	2:13:03	10:27
2313	379	M25	Cory Young, 28, Cedar Falls, IA	1:03:11	2:09:52	2:18:46	10:27
2314	429	M30	Nick Hillman, 34, Dana, IA	1:01:23	2:09:52	2:14:02	10:27
1725	218	W20	Amy Warg, 24*, Gilbert, IA	1:02:59	2:09:52	2:13:04	10:27
1726	375	W30	Jennifer Homer, 30*, Mankato, MN	1:03:12	2:09:53	2:18:45	10:27
2315	47	JrM	Sam Perington, 16, Johnston, IA	1:00:57	2:09:54	2:14:31	10:27
1727	63	W50	Michele Fritz, 50*, Pleasant Hill, IA	1:01:03	2:09:54	2:10:27	10:27
1728	300	W35	Tracy Leshner, 39*, Cambridge, IA	1:04:12	2:09:56	2:15:27	10:27
1729	301	W35	Melissa Rademacher, 37*, Ankeny,, Ia	1:05:03	2:09:56	2:14:47	10:27
1730	389	M25	Rachel Vetter, 27*, Grimes, IA	1:00:30	2:09:56	2:14:45	10:27
2316	430	M30	Chad Crabb, 32, West Des Moines, IA	59:31	2:09:56	2:13:17	10:27
1731	114	W45	Jenny Jones, 48*, Ottumwa, IA	1:02:49	2:09:58	2:12:38	10:27
1732	20	JrW	Georgia Carroll, 14*, Johnston, IA	1:03:30	2:09:58	2:14:28	10:27
1733	376	W30	Jen Murphy, 30*, Highland Falls, NY	1:02:54	2:09:58	2:14:37	10:27
1734	390	W25	Tara Case, 26*, Des Moines, IA	59:29	2:09:58	2:13:55	10:27
1735	178	W40	Rachelle Adams, 44*, Earlham, IA	1:01:30	2:09:58	2:16:26	10:27
1736	21	JrW	Anne Rogers, 14*, Johnston, IA	1:03:31	2:09:59	2:14:29	10:27
2317	280	M40	Rob Baas, 42, St. Paul, MN	1:04:38	2:10:01	2:16:23	10:28
1737	391	W25	Falon Scheer, 26*, Cedar Rapids, IA	1:03:24	2:10:02	2:16:30	10:28
2318	217	M45	Joel Jacobs, 46, Robins, IA	1:03:36	2:10:03	2:17:48	10:28
2319	218	M45	Jeff Staton, 45, Story City, IA	1:03:35	2:10:04	2:17:47	10:28
1738	392	W25	Eliza Nosek, 28*, Ankeny, IA	1:00:58	2:10:05	2:11:09	10:28
1739	377	W30	Angie Shultz, 31*, Ottumwa, IA	1:01:35	2:10:05	2:13:03	10:28
1740	22	W55	Gloria Lunt, 56*, Oakland, IA	1:03:01	2:10:05	2:16:09	10:28
1741	302	W35	Amy Follmann, 35*, Massena, IA	1:04:30	2:10:05	2:16:10	10:28
2320	281	M40	Michael Fisher, 42, Adel, IA	1:04:06	2:10:06	2:15:49	10:28
2321	347	M35	Joseph Willey, 36, Urbandale, IA	1:01:15	2:10:07	2:13:52	10:28
1742	378	W30	Lindsay Mostek, 33*, Cedar Falls, IA	1:03:56	2:10:07	2:16:00	10:28
2322	380	M25	Christopher Wilder, 29, West Des Moines, IA	59:40	2:10:07	2:11:08	10:28
1743	179	W40	Krista Long, 41*, Des Moines, IA	1:00:59	2:10:07	2:11:36	10:28
2323	219	M45	Daniel Terrones, 49, Marshalltown, IA	59:31	2:10:08	2:13:28	10:28
1744	219	W20	Jennifer Towers, 23*, Perry, IA	1:03:53	2:10:08	2:13:45	10:28
1745	393	W25	Eileen Splendore, 25*, Perry, IA	1:03:53	2:10:09	2:13:45	10:28
1746	379	W30	Suze Neff, 31*, Marion, IA	1:00:57	2:10:09	2:12:34	10:28
1747	394	W25	Karrie Zeman, 25*, Des Moines, IA	1:01:50	2:10:10	2:10:10	10:28
1748	380	W30	Melissa Ertle, 30*, Coralville, IA	1:03:38	2:10:11	2:16:21	10:28
1749	220	W20	Elizabeth Lund, 24*, Urbandale, IA	1:01:56	2:10:12	2:15:17	10:29
2324	381	M25	Caleb Hoakison, 29, Ankeny, IA	1:05:52	2:10:13	2:17:16	10:29
1750	303	W35	Annalie Thies, 38*, Chippewa Falls, WI	1:01:08	2:10:14	2:18:52	10:29
1751	395	W25	Jill Johnson, 29*, West Des Moines, IA	1:01:27	2:10:15	2:13:18	10:29
1752	396	W25	Lindsey Wagner, 27*, Ankeny, IA	1:03:15	2:10:15	2:15:23	10:29
2325	39	M60	Richard Newkirk, 62, Ankeny, IA	55:13	2:10:17	2:10:17	10:29
2326	220	M45	Dave Daughton, 49, Corydon, IA	1:01:20	2:10:17	2:15:04	10:29
1753	221	W20	Ana Stover, 21*, North Liberty, IA	1:02:15	2:10:17	2:14:27	10:29
1754	381	W30	Krissy Young, 32*, West Des Moines, IA	1:01:37	2:10:17	2:13:02	10:29
1755	397	W25	Elizabeth Johnson, 28*, Des Moines, IL	1:02:24	2:10:18	2:16:26	10:29
1756	382	W30	Betsy Yates, 32*, West Des Moines, IA	1:04:59	2:10:19	2:16:31	10:29
1757	398	W25	Rachael Bodkins, 27*, Nevada, IA	1:04:59	2:10:19	2:15:27	10:29
1758	222	W20	Danielle Johnson, 24*, Plymouth, MN	1:04:54	2:10:19	2:17:11	10:29
1759	52	W17	Tess Haverkamp, 17*, Ames, Ia, Ia		2:10:20	2:14:01	10:29
1760	399	W25	Deserae Long, 29*, Newton, IA	1:05:24	2:10:20	2:13:31	10:29
1761	180	W40	Tori Haverkamp, 43*, Ames, Ia, Ia	1:03:04	2:10:20	2:14:01	10:29
1762	223	W20	Allison Gill, 24*, Des Moines, IA	1:02:24	2:10:21	2:15:09	10:29
1763	304	W35	Natalie Franke, 37*, Clive, IA	1:02:58	2:10:21	2:16:15	10:29
1764	64	W50	Kim Taylor, 50*, West Des Moines, IA	1:02:03	2:10:21	2:15:09	10:29
1765	383	W30	Kari Bricker, 32*, Ankeny, IA	58:56	2:10:21	2:16:38	10:29

1766	65	W50	Tammy Berenguel, 51*, Des Moines, IA	1:04:31	2:10:22	2:18:11	10:29
2327	89	M17	Andrew Burns, 19, Ankeny, IA	1:01:29	2:10:22	2:13:46	10:29
2328	40	M60	Larry Farrell, 64, Des Moines, IA	1:00:06	2:10:23	2:14:12	10:29
1767	400	W25	Jocelyn Poli, 27*, West Des Moines, IA	1:02:02	2:10:23	2:16:30	10:29
1768	384	W30	Jackie Cannon, 31*, Urbandale, IA	1:04:16	2:10:24	2:17:08	10:29
1769	305	W35	Christina Anderson, 39*, Pleasant Hill, IA	1:01:36	2:10:24	2:15:34	10:30
1770	224	W20	Jessie Boll, 24*, West Des Moines, IA	1:01:03	2:10:25	2:14:28	10:30
1771	401	W25	Kelly Koenigs, 29*, West Des Moines, IA	1:07:01	2:10:25	2:16:50	10:30
1772	181	W40	Kristine Snyder, 41*, Ames, IA	1:04:24	2:10:25	2:15:14	10:30
1773	385	W30	Michelle Bakker, 31*, Ankeny, IA	1:01:26	2:10:26	2:13:45	10:30
1774	182	W40	Tammy Davis, 41*, Algona, IA	1:01:22	2:10:30	2:14:35	10:30
2329	221	M45	Brian Graeve, 46, Ankeny, IA	56:02	2:10:30	2:11:46	10:30
2330	382	M25	Nathan Johnson, 25, West Des Moines, IA	1:01:00	2:10:31	2:17:14	10:30
1775	386	W30	Marcy Baker, 32*, Clive, IA	1:02:15	2:10:31	2:15:51	10:30
1776	387	W30	Mindy Cathcart, 31*, Ankeny, IA	1:04:34	2:10:31	2:14:06	10:30
1777	225	W20	Sarah Hansen, 23*, Bouton, IA	1:01:21	2:10:31	2:16:02	10:30
2331	383	M25	Michael Drahaus, 29, Cedar Falls, IA	59:28	2:10:32	2:12:35	10:30
1778	402	W25	Abby Arneson, 27*, West Des Moines, IA	1:04:49	2:10:33	2:15:02	10:30
2332	222	M45	Mark Goffinet, 45, Ankeny, IA	1:00:25	2:10:33	2:13:24	10:30
2333	48	JrM	Joseph Metzger, 16, Marshalltown, IA	57:29	2:10:33	2:12:48	10:30
1779	388	W30	Brianne Sears, 31*, Hartford, IA	1:03:39	2:10:33	2:14:53	10:30
1780	403	W25	Lauren Slater, 27*, Phoenix, IA	1:01:55	2:10:33	2:14:13	10:30
2334	169	M50	Don Owens, 52, Des Moines, IA	1:06:11	2:10:33	2:11:11	10:30
2335	205	M20	Tyler Anderson, 22, Cedar Rapids, IA	59:57	2:10:33	2:15:10	10:30
2336	223	M45	Mike Larsen, 45, Clear Lake, IA	52:56	2:10:33	2:12:10	10:30
2337	348	M35	Garin Buttermore, 39, Ames, IA	1:06:11	2:10:33	2:11:11	10:30
1781	404	W25	Cassie Ihle, 27*, Ankeny, IA	1:03:39	2:10:34	2:14:53	10:30
1782	66	W50	Monica Weis, 51*, Creston, IA	1:03:53	2:10:34	2:10:45	10:30
2338	349	M35	Matt Thatcher, 35, Ames, IA	58:57	2:10:35	2:13:22	10:30
1783	67	W50	Kandi Baxter, 52*, Mondamin, IA	1:01:55	2:10:35	2:13:42	10:30
1784	389	W30	Diana Thatcher, 34*, Ames, IA	58:57	2:10:36	2:13:22	10:30
2339	224	M45	Mike Musser, 49, Glen Ellyn, IL	1:01:56	2:10:36	2:17:54	10:30
1785	183	W40	Kristin Teig Torres, 42*, Cedar Falls, IA	1:04:02	2:10:36	2:15:55	10:30
1786	68	W50	Shellie Billings, 52*, Dallas Center, IA	1:01:17	2:10:36	2:15:11	10:31
1787	184	W40	Kim Nielsen, 41*, Ankeny, IA	1:03:33	2:10:37	2:18:59	10:31
2340	225	M45	Mark Cowan, 47, Des Moines, IA	59:31	2:10:37	2:14:06	10:31
1788	115	W45	Andrea Donaghy, 49*, Ankeny, IA	1:01:19	2:10:37	2:11:45	10:31
2341	384	M25	Chris Brown, 28, Des Moines, IA		2:10:39	2:15:21	10:31
1789	390	W30	Melissa Pelham, 32*, Ankeny, IA	1:03:34	2:10:39	2:19:00	10:31
2342	282	M40	Travis Sonsalla, 41, Rollingstone, MN	1:01:07	2:10:40	2:15:38	10:31
1790	226	W20	Kelsey Meighan, 22*, Ankeny, IA	1:02:05	2:10:41	2:12:15	10:31
2343	431	M30	Michael Gaul, 32, Urbandale, IA	1:04:22	2:10:41	2:17:11	10:31
2344	350	M35	Kevin Christian, 39, Pleasant Hill, IA	1:03:47	2:10:41	2:16:41	10:31
1791	391	W30	Teyona Steenhoek, 33*, Pleasant Hill, IA	1:01:33	2:10:41	2:12:26	10:31
1792	306	W35	Deborah Gannon, 36*, Des Moines, IA	1:04:35	2:10:42	2:14:16	10:31
1793	185	W40	Leah Abraham, 40*, North Liberty, IA	1:04:46	2:10:42	2:15:27	10:31
1794	186	W40	Christy Plain, 43*, Des Moines, IA	1:03:19	2:10:42	2:16:56	10:31
1795	187	W40	Kandace Drees-Dunn, 43*, Norwalk, IA	1:03:28	2:10:44	2:14:18	10:31
1796	392	W30	Sara Mathiasen Kellogg, 34*, Iowa City, IA	1:04:46	2:10:45	2:15:30	10:31
1797	393	W30	Shanna Harrington, 31*, Des Moines, IA	1:01:58	2:10:46	2:16:04	10:31
2345	226	M45	Michael O'Brien, 48, Waukee, IA	1:04:39	2:10:46	2:17:20	10:31
2346	351	M35	Ross DeBoer, 36, Pella, IA	1:01:08	2:10:47	2:12:22	10:31
1798	227	W20	Kyra Smith, 23*, Killduff, IA	1:01:20	2:10:47	2:16:35	10:31
1799	405	W25	Gwyn Ferguson, 27*, Norwalk, IA	1:01:20	2:10:47	2:16:35	10:31
1800	188	W40	Kristy Blanchard, 41*, Polk City, IA	1:03:11	2:10:48	2:14:12	10:31
2347	170	M50	Dave Balvin, 52, Cedar Rapids, IA	1:01:53	2:10:48	2:13:17	10:31
1801	228	W20	Krista McCarty, 20*, Hartley, IA	53:46	2:10:48	2:16:03	10:31
1802	307	W35	Tammy Paris-Walker, 38*, Boone, IA	1:03:15	2:10:49	2:14:21	10:32
2348	206	M20	Pat Andersen, 23, Council Bluffs, IA	1:00:19	2:10:49	2:14:45	10:32
2349	283	M40	Scott Kephart, 42, Idaho Dr, IA	1:00:26	2:10:50	2:13:30	10:32
2350	227	M45	Chuck Weno, 47, Iowa City, IA	1:00:22	2:10:50	2:13:43	10:32
1803	308	W35	Mary Fratianni, 36*, West Des Moines, IA	1:01:27	2:10:50	2:16:37	10:32
1804	116	W45	Wendy Highsmith, 48*, Ankeny, IA	1:02:31	2:10:51	2:14:35	10:32
2351	385	M25	David Djordjevic, 27, Clive, IA	1:04:19	2:10:52	2:14:28	10:32
1805	406	W25	Bethany Djordjevic, 25*, Clive, IA	1:04:19	2:10:52	2:14:28	10:32

2352	41	M60	Terry Hanneman, 64, Newton, IA	1:00:29	2:10:52	2:14:00	10:32
1806	229	W20	Afton Strosahl, 23*, Waukee, IA	1:05:37	2:10:53	2:14:58	10:32
2353	284	M40	Tim Sieber, 42, Johnston, IA	1:02:26	2:10:53	2:19:29	10:32
1807	407	W25	Lauren Zeman, 25*, West Des Moines, IA	1:05:38	2:10:53	2:14:58	10:32
2354	112	M55	Greg Haack, 58, Spencer, IA	59:02	2:10:54	2:13:21	10:32
1808	22	JrW	Madison Faga, 15*, Iowa Falls, IA	1:03:54	2:10:55	2:16:28	10:32
2355	228	M45	Steven Davis, 48, Johnston, IA	1:03:33	2:10:55	2:14:38	10:32
2356	207	M20	Matt Diehl, 24, Minneapolis, MN	1:03:22	2:10:55	2:15:35	10:32
1809	230	W20	Shawna Diehl, 22*, Des Moines, IA	1:03:22	2:10:56	2:15:35	10:32
1810	309	W35	Jennifer Oldfield, 38*, Clive, IA	1:00:39	2:10:57	2:15:19	10:32
2357	49	JrM	Conner Faga, 13, Iowa Falls, IA	1:05:29	2:10:57	2:16:32	10:32
1811	310	W35	Kam Henkel, 36*, Monona, IA	58:59	2:10:57	2:13:46	10:32
2358	386	M25	Michael Pesek, 29, Cumming, IA	1:01:12	2:10:57	2:16:07	10:32
1812	394	W30	Julie Hergenrader, 30*, Ankeny, IA		2:10:58	2:16:10	10:32
1813	231	W20	Kelsey Peasley, 20*, Iowa City, IA	58:01	2:10:59	2:13:38	10:32
1814	408	W25	Kelsey Hoakison, 27*, Ankeny, IA	1:05:54	2:10:59	2:18:02	10:32
2359	229	M45	Steve Kipp, 47, Johnston, IA	58:02	2:10:59	2:13:38	10:32
1815	53	W17	Molli Kipp, 19*, Johnston, IA	58:02	2:10:59	2:13:38	10:32
1816	232	W20	Lindsay Calvert, 20*, Guthrie Center, IA	1:06:29	2:11:00	2:16:18	10:32
2360	352	M35	Sergio Bravo, 36, Waukee, IA	1:07:28	2:11:00	2:15:24	10:32
2361	230	M45	William Safris, 45, Johnston, IA	1:04:58	2:11:02	2:19:43	10:33
1817	409	W25	Stacey Olson, 28*, Des Moines, IA	1:01:33	2:11:02	2:16:04	10:33
1818	189	W40	Annie Creighton, 44*, Johnston, IA	1:04:58	2:11:03	2:19:43	10:33
1819	190	W40	Kelly Faga, 42*, Iowa Falls, IA	1:05:29	2:11:03	2:16:38	10:33
1820	395	W30	Rosalyn Lehman, 33*, Pleasant Hill, IA	1:00:24	2:11:03	2:12:30	10:33
1821	311	W35	Bradi Johnson, 36*, Parkersburg, IA	1:00:08	2:11:04	2:13:27	10:33
2362	171	M50	Paul Carlson, 51, Clive, IA	1:00:17	2:11:05	2:11:09	10:33
1822	312	W35	Kate Bibbs, 35*, Urbandale, IA	1:02:50	2:11:06	2:14:22	10:33
2363	387	M25	Carlos Troncoso, 29, Ames, IA	1:04:56	2:11:06	2:16:41	10:33
1823	410	W25	Sarah Olson, 27*, Ankeny, IA	1:03:29	2:11:08	2:17:50	10:33
2364	388	M25	Keith Olson, 27, Ankeny, IA	1:03:29	2:11:08	2:17:50	10:33
1824	313	W35	Lori Beireis, 36*, North Liberty, IA	1:03:45	2:11:10	2:16:05	10:33
1825	233	W20	Jennifer Ohrt, 22*, Urbandale, IA	1:00:22	2:11:10	2:13:00	10:33
1826	117	W45	Paulette Gleason, 46*, Fort Dodge, IA	1:02:04	2:11:11	2:12:27	10:33
1827	411	W25	Breanna Bucklin, 28*, Cedar Rapids, IA	1:01:32	2:11:11	2:12:49	10:33
1828	314	W35	Lisa Bata, 39*, Cedar Rapids, IA	1:01:30	2:11:11	2:12:49	10:33
2365	172	M50	Randy Westman, 51, Russell, IA	1:00:42	2:11:11	2:14:05	10:33
1829	234	W20	Kendra Haverkamp, 24*, Des Moines, IA	1:06:05	2:11:12	2:16:03	10:33
1830	235	W20	Megan Bryan, 22*, Des Moines, IA	1:01:46	2:11:13	2:14:39	10:33
1831	412	W25	Ashley Kunz, 26*, West Des Moines, IA	1:03:32	2:11:13	2:19:35	10:33
1832	236	W20	Meghan Young, 22*, Boone, IA	1:06:26	2:11:13	2:18:48	10:33
1833	237	W20	Calli Copoulos, 23*, West Des Moines, IA	1:02:56	2:11:14	2:15:56	10:34
2366	285	M40	Steve Kenton, 42, Ames, IA	1:03:36	2:11:15	2:16:05	10:34
2367	432	M30	Patrick Moeller, 30, North Liberty, IA	55:41	2:11:16	2:14:11	10:34
2368	353	M35	Michael McTaggart, 35, Des Moines, IA	59:44	2:11:16	2:13:11	10:34
2369	389	M25	Eric Mead, 29, West Des Moines, IA	59:18	2:11:17	2:13:59	10:34
2370	390	M25	David Miller, 27, Des Moines, IA	58:04	2:11:18	2:11:53	10:34
2371	231	M45	Bryan Reicks, 46, Newton, IA	1:03:19	2:11:18	2:16:57	10:34
2372	173	M50	Phil Cacek, 53, Nevada, IA	1:03:26	2:11:18	2:17:49	10:34
2373	433	M30	Zachary Lincicum, 33, Ankeny, IA	59:05	2:11:18	2:12:32	10:34
1834	396	W30	Christina Bauer, 34*, Stratford, IA	59:26	2:11:18	2:17:23	10:34
1835	238	W20	Kylie Wunschel, 21*, Cedar Falls, IA	1:01:38	2:11:19	2:16:34	10:34
1836	239	W20	Caely Johnson, 22*, Urbandale, IA	1:01:40	2:11:19	2:15:52	10:34
2374	174	M50	Dru Toresdahl, 53, Ames, IA	58:33	2:11:20	2:13:57	10:34
1837	240	W20	Maggie Kigin, 22*, West Des Moines, IA	1:02:56	2:11:20	2:16:01	10:34
2375	391	M25	Dylan Neuweg, 27, Grimes, IA	1:04:27	2:11:20	2:19:09	10:34
1838	413	W25	Christina McLean, 26*, Des Moines, IA	1:00:13	2:11:20	2:15:18	10:34
1839	118	W45	Lisa Rasmussen, 47*, Goldfield, IA	1:04:42	2:11:20	2:19:57	10:34
2376	286	M40	Mike Mohan, 43, Clive, IA	1:00:43	2:11:21	2:15:50	10:34
2377	434	M30	Michael Simpson, 34, Des Moines, IA	1:00:37	2:11:21	2:13:35	10:34
1840	414	W25	Rachael Mueller, 25*, Ankeny, IA	1:02:02	2:11:23	2:15:33	10:34
2378	90	M17	Andrew Schaefer, 18, Creston, IA	58:56	2:11:24	2:16:21	10:34
2379	392	M25	Derek Swartz, 27, Plymouth, MN	1:03:53	2:11:24	2:20:35	10:34
2380	91	M17	Conrad Cruthrids, 19, Ankeny, IA	1:00:22	2:11:24	2:14:18	10:34
1841	23	JrW	Kennedi Hostetter, 14*, Colfax, IA	57:19	2:11:26	2:13:27	10:34

1842	191	W40	Julie Liebe, 41*, Tiffin, IA	1:03:28	2:11:26	2:15:09	10:34
1843	192	W40	Jean Amosson, 43*, Clive, IA	1:04:13	2:11:26	2:17:34	10:35
1844	193	W40	Lisa Hofmann, 44*, Adel, IA	1:00:26	2:11:26	2:14:57	10:35
2381	435	M30	Brian Tumey, 32, Algona, IA	59:02	2:11:27	2:13:10	10:35
2382	208	M20	Brad Haught, 22, Cedar Falls, IA	58:44	2:11:28	2:13:18	10:35
2383	113	M55	Doran Pruisner, 55, Norwalk, IA	1:03:22	2:11:28	2:15:46	10:35
2384	436	M30	Jason Bjork, 34, Clive, IA	1:02:00	2:11:31	2:17:40	10:35
1845	415	W25	Selma Brkic, 29*, Clive, IA	1:04:44	2:11:32	2:16:26	10:35
1846	416	W25	Kerri Howard, 26*, Madison, WI	1:03:36	2:11:33	2:16:24	10:35
1847	397	W30	Lacey Howard, 33*, Des Moines, IA	1:03:35	2:11:33	2:16:24	10:35
2385	393	M25	Ernie Galbreath, 28, Des Moines, IA		2:11:33	2:18:30	10:35
1848	398	W30	Kori Griffin, 31*, Morning Sun, IA	1:03:24	2:11:33	2:16:47	10:35
1849	417	W25	Jana Davis, 27*, Des Moines, IA	1:04:13	2:11:34	2:18:30	10:35
2386	175	M50	Jay Erickson, 50, Clive, IA	1:04:10	2:11:34	2:20:09	10:35
1850	241	W20	Lea Stover, 24*, Iowa City, IA	1:02:15	2:11:34	2:15:43	10:35
1851	119	W45	Teresa Algreen, 48*, Earlham, IA	1:03:44	2:11:36	2:13:07	10:35
2387	394	M25	Nic Klocke, 26, St Joseph, MO	1:04:13	2:11:36	2:18:33	10:35
2388	354	M35	Loren Boozell, 37, Indianola, IA	1:01:05	2:11:37	2:13:28	10:35
1852	399	W30	Shawna Upchurch, 33*, Indianola, IA	1:01:05	2:11:37	2:13:28	10:35
2389	287	M40	Chris Rider, 40, Urbana, IA	1:08:51	2:11:38	2:19:47	10:35
1853	400	W30	Jill Rhodes, 34*, Nevada, IA		2:11:39	2:14:52	10:36
1854	401	W30	Amy Patnode, 30*, Albertville, MN	1:04:59	2:11:39	2:16:58	10:36
2390	355	M35	Mark Gallagher, 39, Johnston, IA	1:02:38	2:11:40	2:15:55	10:36
1855	69	W50	Cindy De Prenger, 51*, Otley, IA	58:57	2:11:40	2:14:43	10:36
2391	50	JrM	Ethen Mueggenberg, 14, Glidden, IA	1:03:49	2:11:40	2:14:48	10:36
2392	395	M25	John Roper, 29, West Des Moines, IA	59:09	2:11:42	2:17:59	10:36
2393	232	M45	Tom Vlach, 45, Topeka, KS	1:05:34	2:11:42	2:17:42	10:36
1856	402	W30	Kimberly Hembry, 34*, Urbandale, IA	1:05:45	2:11:43	2:16:28	10:36
2394	288	M40	Troy Beckman, 43, Pleasant Hill, IA	1:02:20	2:11:43	2:16:19	10:36
1857	23	W55	Michelle Witte, 57*, Lake View, IA	1:03:20	2:11:44	2:16:25	10:36
1858	242	W20	Hallie Bushaw, 23*, Des Moines, IA	56:15	2:11:44	2:12:13	10:36
1859	315	W35	Heather Morris, 36*, Ankeny, IA	1:03:53	2:11:45	2:16:56	10:36
1860	418	W25	Heather Gardner, 26*, North Liberty, IA	1:03:15	2:11:45	2:17:36	10:36
2395	42	M60	Walter Hunt, 60, Missouri Valley, IA	1:04:39	2:11:45	2:15:22	10:36
2396	396	M25	Chad Ketelsen, 26, North Liberty, IA	1:03:15	2:11:45	2:17:37	10:36
1861	403	W30	Shenna Storr, 30*, Alexander, Ia, Ia	1:01:03	2:11:46	2:20:35	10:36
2397	43	M60	Howard Hunt, 62, Dixon, IA	1:04:39	2:11:46	2:15:22	10:36
1862	404	W30	Stephanie Lengtat, 31*, Windsor Heights, IA				
				1:02:50	2:11:46	2:19:16	10:36
1863	316	W35	Lisa Mixon, 36*, Ankeny, IA	1:03:54	2:11:46	2:16:56	10:36
1864	120	W45	Patricia Carlson, 48*, Atlantic, IA	1:03:15	2:11:46	2:13:05	10:36
1865	54	W17	Kristina Dunker, 18*, Clive, IA	1:05:31	2:11:46	2:16:51	10:36
2398	233	M45	Tyler Dunker, 45, Clive, IA	1:05:32	2:11:46	2:16:51	10:36
1866	317	W35	Tressy Stoltz, 35*, Bondurant, IA	59:55	2:11:47	2:16:31	10:36
2399	234	M45	Dan Wignall, 46, Ankeny, IA	1:01:54	2:11:48	2:16:25	10:36
1867	194	W40	Beth Wignall, 43*, Ankeny, IA	1:01:54	2:11:48	2:16:25	10:36
1868	1	W65	Jan Ross, 68*, Des Moines, IA	1:02:55	2:11:49	2:13:34	10:36
1869	318	W35	Kara Dunham, 39*, Waukee, IA	1:03:55	2:11:50	2:17:02	10:36
1870	195	W40	Kathy Strottmann, 41*, Des Moines, IA	1:01:56	2:11:51	2:13:46	10:36
1871	419	W25	Amy Mieke, 27*, Waterloo, IA	59:35	2:11:52	2:15:45	10:37
2400	235	M45	Del Metz, 46, Newton, IA	58:48	2:11:53	2:13:26	10:37
2401	356	M35	Stephen Mosqueda, 35, Urbandale, IA	1:04:28	2:11:54	2:16:54	10:37
1872	420	W25	Jasmina Halkic, 25*, Des Moines, IA	1:04:40	2:11:55	2:18:36	10:37
2402	236	M45	Mark Parmenter, 47, Perry, IA	58:09	2:11:55	2:15:18	10:37
2403	289	M40	Steve Snyder, 43, Ankeny, IA	59:53	2:11:57	2:16:11	10:37
1873	196	W40	Brooke Lovelace, 40*, Newton, IA	1:01:19	2:11:57	2:15:56	10:37
2404	437	M30	Paul Brady, 33, Des Moines, IA	1:01:34	2:11:57	2:19:47	10:37
1874	405	W30	Jessica Kockler, 31*, Zearing, IA	1:04:31	2:11:57	2:18:31	10:37
2405	357	M35	Shay Acheson, 36, Waukee, IA	57:55	2:11:57	2:13:12	10:37
2406	358	M35	Travis Wilson, 35, Clive, IA	1:03:27	2:11:57	2:16:06	10:37
1875	319	W35	Elizabeth Godwin, 37*, Slater, IA	1:04:44	2:11:57	2:20:19	10:37
1876	421	W25	Toni Anderson, 27*, Ankeny, IA	1:03:58	2:11:59	2:19:20	10:37
2407	397	M25	Rob Lindquist, 27, Council Bluffs, IA	1:00:54	2:11:59	2:16:13	10:37
2408	290	M40	Scott Ramker, 44, Waverly, IA	1:04:25	2:11:59	2:16:50	10:37
2409	114	M55	Allyn Ramker, 59, Clearwater, FL	1:04:27	2:12:00	2:16:50	10:37

1877	243	W20	Amber Van Soelen, 22*, Sully, IA	59:27	2:12:01	2:17:33	10:37
1878	70	W50	Kimberly Barker, 50*, Osage, IA	1:01:19	2:12:02	2:15:55	10:37
1879	320	W35	Amy Johnson, 38*, Osage, IA	1:01:21	2:12:02	2:15:55	10:37
2410	291	M40	William Gossman, 40, Ankeny, IA	1:01:23	2:12:02	2:16:27	10:37
1880	406	W30	Jackie Gorham, 32*, Atlanta, GA	1:03:12	2:12:02	2:12:56	10:37
1881	321	W35	Angie Hartman, 35*, Urbandale, IA	1:00:59	2:12:02	2:13:51	10:37
1882	407	W30	Melissa Konrad, 32*, Eden Prairie, MN	1:03:12	2:12:02	2:12:56	10:37
2411	438	M30	Stephen McCarl, 34, Osceola, IA	57:10	2:12:03	2:14:45	10:37
2412	439	M30	Jason Shaw, 34, Kirksville, MO	1:01:56	2:12:03	2:16:24	10:37
2413	398	M25	Alan Quangvan, 28, Waukee, IA	59:45	2:12:03	2:16:38	10:37
1883	408	W30	Rachael Owens, 30*, Des Moines, IA	1:05:49	2:12:03	2:18:18	10:37
2414	176	M50	Marc Ward, 53, Des Moines, IA	1:03:29	2:12:04	2:20:25	10:38
1884	422	W25	Jill Hackman, 27*, West Des Moines, IA	1:04:50	2:12:04	2:16:34	10:38
1885	244	W20	Ashley Hejlik, 24*, Altoona, IA	1:02:32	2:12:04	2:19:18	10:38
2415	292	M40	Paul Damge, 43, Des Moines, IA	1:02:47	2:12:06	2:16:08	10:38
1886	409	W30	Kori Stotlar, 31*, Burlington, IA	1:04:18	2:12:07	2:14:41	10:38
2416	293	M40	Steve Marek, 40, Naperville, IL	1:03:47	2:12:07	2:12:07	10:38
1887	423	W25	Wendy Dormer, 28*, Des Moines, IA	1:03:44	2:12:08	2:18:30	10:38
2417	399	M25	Shawn Reidburn, 26, West Des Moines, IA	1:02:29	2:12:09	2:18:34	10:38
1888	197	W40	Angela Huseman, 43*, Minden, IA	1:00:45	2:12:09	2:16:28	10:38
1889	410	W30	Lisa Zemlicka, 30*, Johnston, IA	1:02:39	2:12:09	2:17:09	10:38
2418	400	M25	David Hruby, 29, Waukee, IA	1:04:36	2:12:09	2:18:15	10:38
1890	424	W25	Leslie Austen, 27*, Ankeny, IA	1:06:49	2:12:09	2:19:39	10:38
1891	425	W25	Kelli Hruby, 29*, Waukee, IA	1:04:37	2:12:09	2:18:15	10:38
2419	440	M30	Josh Crosser, 31, Cedar Rapids, IA	1:02:46	2:12:10	2:14:56	10:38
2420	401	M25	Derek Gage, 26, Ankeny, IA	1:07:36	2:12:12	2:15:50	10:38
1892	245	W20	Lindsey Moon, 21*, Panora, IA	59:54	2:12:12	2:14:56	10:38
2421	402	M25	Geoffrey Knoop, 25, Williamsburg, IA	1:06:42	2:12:12	2:20:16	10:38
1893	411	W30	Kari Holm, 32*, Ankeny, IA	1:05:59	2:12:12	2:17:28	10:38
1894	426	W25	Lori Schmitz, 28*, Des Moines, IA	1:03:38	2:12:12	2:18:09	10:38
1895	24	W55	Susan Duoblys, 56*, Des Moines, IA	1:02:42	2:12:13	2:16:05	10:38
1896	412	W30	Jill Boor, 32*, Ankeny, IA	1:02:46	2:12:13	2:14:59	10:38
1897	246	W20	Kaytee Kleinmeyer, 23*, Conroy, IA	1:06:42	2:12:13	2:20:16	10:38
2422	115	M55	Chris Mitchell, 56, Clear Lake, IA	59:40	2:12:14	2:14:33	10:38
1898	247	W20	Margo Tomka, 24*, Des Moines, IA	1:04:50	2:12:15	2:16:48	10:38
1899	248	W20	Shelby L McAndrew, 23*, Des Moines, IA	1:04:50	2:12:15	2:16:48	10:38
1900	413	W30	Brenda Adams, 33*, Tama, IA	1:03:43	2:12:16	2:18:19	10:39
1901	198	W40	Sara Neil, 41*, Norwalk, IA	1:01:35	2:12:16	2:16:27	10:39
1902	427	W25	Valerie Dale, 27*, Johnston, IA	1:04:27	2:12:16	2:15:52	10:39
1903	199	W40	Marcia Schlichte, 41*, Ralston, IA	1:04:02	2:12:17	2:15:10	10:39
1904	428	W25	Christina Harbaugh, 25*, Des Moines, IA	1:03:09	2:12:17	2:16:53	10:39
1905	429	W25	Kristin Compton, 28*, Hermitage, TN	1:03:10	2:12:17	2:18:32	10:39
2423	44	M60	Dan Looker, 63, Des Moines, IA	1:02:33	2:12:17	2:17:31	10:39
2424	359	M35	Jesse Frederick, 36, Nevada, IA	58:08	2:12:18	2:13:23	10:39
1906	322	W35	Amy Wagler, 39*, Clear Lake, IA	1:03:29	2:12:18	2:16:08	10:39
2425	360	M35	Joe Cunningham, 38, Knoxville, IA	1:05:17	2:12:19	2:19:17	10:39
1907	414	W30	Becky Jordan, 33*, Ankeny, IA	1:01:29	2:12:20	2:16:11	10:39
1908	415	W30	Stephanie Smith, 34*, Ankeny, IA	1:04:47	2:12:20	2:17:10	10:39
2426	237	M45	Dale Groh, 46, Indianola, IA	1:05:46	2:12:21	2:18:02	10:39
1909	323	W35	Sarah Westmoreland, 35*, Des Moines, IA	1:02:15	2:12:22	2:14:18	10:39
1910	121	W45	Miste Hansch, 45*, Rockwell City, IA	1:02:18	2:12:24	2:17:27	10:39
1911	416	W30	Jennifer McBride, 31*, Waukee, IA	1:02:33	2:12:24	2:16:40	10:39
1912	430	W25	Tara Tresnak, 29*, West Des Moines, IA	1:03:11	2:12:24	2:21:19	10:39
1913	431	W25	Rebecca Fetter, 27*, North Liberty, IA	1:05:00	2:12:24	2:17:42	10:39
2427	294	M40	Jeff Collum, 42, West Des Moines, IA	1:01:55	2:12:24	2:15:07	10:39
1914	249	W20	Margaret Hart, 22*, Waterloo, IA	1:00:35	2:12:25	2:17:18	10:39
2428	441	M30	Tony Senephansiri, 30, Grimes, IA	1:02:37	2:12:26	2:17:13	10:39
2429	361	M35	Ryan Novak, 38, Marion, IA	59:15	2:12:27	2:18:45	10:39
1915	25	W55	Debra Larsen, 55*, Fort Dodge, IA	1:03:33	2:12:27	2:18:18	10:39
1916	324	W35	Rachael Jaffe, 37*, Council Bluffs, IA	1:06:12	2:12:27	2:18:51	10:39
1917	200	W40	Michelle Boyd, 42*, Bettendorf, IA	1:05:45	2:12:28	2:20:03	10:39
2430	238	M45	Steven Shaffer, 49, Audubon, IA	1:04:07	2:12:29	2:17:57	10:40
2431	45	M60	Robert Mc Donald, 60, Coal Valley, IL	59:11	2:12:29	2:12:52	10:40
1918	201	W40	Connie Ten Napel, 43*, Sibley, IA	1:01:59	2:12:30	2:14:59	10:40
1919	432	W25	Michelle Modtland, 26*, Overland Park, KS	1:04:23	2:12:30	2:15:17	10:40

1920	417	W30	Megan Boettcher, 30*, Ankeny, IA	1:01:30	2:12:30	2:16:32	10:40
1921	433	W25	Angelica Smith, 27*, Des Moines, IA	1:04:23	2:12:30	2:15:17	10:40
1922	71	W50	Betty Hopkins, 51*, Marion, IA	1:00:16	2:12:32	2:17:13	10:40
2432	442	M30	Matthew Smith, 30, Des Moines, IA	55:14	2:12:33	2:15:18	10:40
1923	418	W30	Rachelle Haker, 31*, Robins, IA	1:02:27	2:12:34	2:16:29	10:40
2433	403	M25	Matt Sass, 29, Perry, IA	1:02:13	2:12:35	2:14:05	10:40
1924	434	W25	Jodi Langel, 26*, Davenport, IA	1:03:17	2:12:35	2:17:47	10:40
1925	419	W30	Tanya Ross, 32*, Adel, IA	1:07:44	2:12:36	2:20:26	10:40
1926	250	W20	Sady Dunlay, 23*, Osage, IA	1:04:41	2:12:36	2:16:45	10:40
1927	325	W35	Abby Frazee-Pazdernik, 37*, Cedar Rapids, IA	1:00:20	2:12:36	2:17:17	10:40
1928	72	W50	Lori Schwartz, 50*, Greenfield, IA	1:05:15	2:12:38	2:14:36	10:40
1929	326	W35	Sherrri Murphy, 38*, Clive, IA	1:03:40	2:12:38	2:15:18	10:40
2434	362	M35	Jeremy Mounce, 35, Cedar Falls, IA	1:02:53	2:12:39	2:17:13	10:40
2435	443	M30	Mike Naig, 33, Urbandale, IA	1:06:57	2:12:39	2:16:14	10:40
1930	122	W45	Cindi Warmuth, 45*, Waukee, IA	1:04:39	2:12:39	2:19:09	10:40
2436	239	M45	Karl Maasdam, 46, Pella, IA	1:00:32	2:12:43	2:16:06	10:41
1931	420	W30	April Forslin, 32*, Marshall, MN	1:01:20	2:12:44	2:15:43	10:41
2437	295	M40	Gary Thatcher, 40, Fairmont, MN	1:04:28	2:12:44	2:19:45	10:41
1932	421	W30	Christine Crow, 31*, Des Moines, IA	1:04:55	2:12:44	2:19:52	10:41
2438	363	M35	Ryan Mahnke, 35, Omaha, NE	1:04:08	2:12:45	2:21:49	10:41
2439	92	M17	Z2kk Ellingson, 19, Pleasantville, IA	51:34	2:12:46	2:13:55	10:41
1933	327	W35	Molly Wendel, 37*, Polk City, IA	1:02:47	2:12:46	2:16:10	10:41
1934	202	W40	Christine Franck, 43*, Altoona, IA	1:06:18	2:12:46	2:18:06	10:41
1935	328	W35	Andrea Hoekstra, 39*, Des Moines, IA	1:02:03	2:12:46	2:16:52	10:41
1936	329	W35	Heidi Pries, 36*, Grimes, IA	1:03:07	2:12:47	2:15:42	10:41
2440	240	M45	Greg Darling, 49, Humboldt, IA	1:05:12	2:12:47	2:20:35	10:41
1937	435	W25	Anne Sloan, 27*, Eden Prairie, MN	1:03:58	2:12:48	2:20:09	10:41
2441	404	M25	Sai Wah Wong, 29, Des Moines, IA	1:02:38	2:12:48	2:17:35	10:41
1938	251	W20	Katie Morrison, 24*, Des Moines, IA	1:08:07	2:12:48	2:21:15	10:41
2442	177	M50	David Dahlquist, 53, Des Moines, IA	1:02:17	2:12:49	2:17:32	10:41
2443	444	M30	Matt Robie, 34, Ankeny, IA	59:00	2:12:49	2:17:15	10:41
1939	123	W45	Carmen Holtrop, 45*, Sheldon, IA	59:38	2:12:49	2:15:14	10:41
1940	252	W20	Danielle Esselman, 22*, Ankeny, IA	1:05:58	2:12:50	2:17:10	10:41
1941	253	W20	Sarah Brimeyer, 21*, Ames, IA	1:08:08	2:12:50	2:21:16	10:41
2444	241	M45	Borden Plunkett, 49, Mason City, IA	1:02:18	2:12:50	2:17:32	10:41
1942	422	W30	Carmen Spenner, 30*, Des Moines, IA	1:01:57	2:12:50	2:16:03	10:41
2445	296	M40	Shawn Adams, 41, Urbandale, IA	1:03:33	2:12:50	2:21:53	10:41
2446	445	M30	Travis Alldredge, 31, Pine Mountain, GA	1:05:59	2:12:50	2:17:09	10:41
1943	330	W35	Stacia VanCleave, 38*, Des Moines, IA	59:49	2:12:52	2:15:04	10:41
1944	203	W40	Lori Rowan, 41*, Urbandale, IA	1:02:53	2:12:53	2:17:03	10:42
1945	331	W35	Amy Pesce, 35*, Lavista, NE	1:02:53	2:12:54	2:17:03	10:42
1946	436	W25	Jennifer Meister, 26*, Burt, IA	1:06:38	2:12:54	2:18:00	10:42
2447	116	M55	Thomas Mohr, 59, Pleasantville, IA	1:11:11	2:12:55	2:16:28	10:42
1947	437	W25	Nicole Erpelding, 28*, Algona, IA	1:06:37	2:12:55	2:18:00	10:42
1948	124	W45	Cheryl Howard, 47*, Ankeny, IA	1:00:53	2:12:55	2:17:12	10:42
2448	364	M35	Brad Green, 39, Indianola, IA	1:01:13	2:12:55	2:16:33	10:42
1949	254	W20	Abagael Shrader, 20*, Tiffin, IA	1:04:10	2:12:56	2:17:10	10:42
1950	55	W17	Amy DeLong, 19*, Lincoln, NE	1:03:57	2:12:57	2:19:31	10:42
1951	26	W55	Cindy Manker, 56*, West Des Moines, IA	1:03:14	2:12:58	2:15:40	10:42
1952	438	W25	Kate Laufer, 29*, West Des Moines, IA	1:05:01	2:12:58	2:20:23	10:42
1953	423	W30	Sarah Holland, 31*, West Des Moines, IA	1:02:38	2:12:59	2:15:06	10:42
2449	446	M30	Anthony Holland, 32, West Des Moines, IA	1:02:38	2:12:59	2:15:06	10:42
2450	405	M25	Jason Murray, 28, Hartford, IA	1:00:37	2:12:59	2:17:27	10:42
1954	424	W30	Sarah Zimmerman, 30*, Ankeny, IA	1:01:33	2:13:00	2:17:05	10:42
2451	406	M25	Adam Fuerstenau, 25, West Des Moines, IA	1:04:06	2:13:01	2:19:23	10:42
2452	178	M50	Randy Stonewall, 50, Waterloo, IA	1:02:46	2:13:02	2:17:55	10:42
2453	447	M30	Ryan Risetter, 33, Waterloo, IA	1:04:31	2:13:02	2:21:38	10:42
1955	332	W35	Kathy Kain, 38*, Urbandale, IA	1:03:20	2:13:02	2:16:19	10:42
1956	425	W30	Melanie Malloy, 34*, Williamsburg, IA	1:03:01	2:13:02	2:17:19	10:42
1957	333	W35	Krista Tanner, 37*, Clive, IA	1:02:10	2:13:03	2:15:07	10:42
2454	242	M45	Steve Van Weelden, 45, Pella, IA	1:03:09	2:13:03	2:16:33	10:42
2455	243	M45	Patrick Baldus, 46, West Des Moines, IA	1:01:43	2:13:03	2:14:45	10:42
1958	439	W25	Lindsay Fuerstenau, 26*, West Des Moines, IA	1:04:08	2:13:03	2:19:23	10:42



2456	297	M40	Michael Chesmore, 42, Pleasant Hill, IA	1:03:59	2:13:04	2:18:25	10:42
1959	255	W20	Alex Hudson, 21*, Urbandale, IA	1:02:06	2:13:04	2:17:46	10:42
1960	73	W50	Deanna Anderson, 53*, Boone, IA	1:06:49	2:13:04	2:19:33	10:42
2457	365	M35	Jason Ploog, 39, Polk City, IA	1:03:13	2:13:05	2:18:04	10:42
1961	440	W25	Jamie Gilleland, 25*, Des Moines, IA	1:06:36	2:13:06	2:19:37	10:43
1962	426	W30	Angela Kruse, 32*, Waverly, IA	1:02:24	2:13:06	2:19:01	10:43
1963	125	W45	Rachel Quill, 48*, Clive, IA	1:06:23	2:13:06	2:21:07	10:43
2458	93	M17	Andrew Metzger, 18, Marshalltown, IA	1:01:57	2:13:07	2:17:21	10:43
2459	179	M50	Bill Courtney, 51, Des Moines, IA	1:01:34	2:13:07	2:17:57	10:43
2460	244	M45	Gerard Amadeo, 45, Des Moines, IA	1:01:33	2:13:07	2:17:57	10:43
1964	441	W25	Meghan Tiernan, 29*, West Des Moines, IA	1:06:29	2:13:08	2:16:04	10:43
1965	334	W35	Heather Peterson, 36*, Hudson, IA	1:04:57	2:13:08	2:17:25	10:43
1966	204	W40	Julie Kaus, 42*, Hudson, IA	1:04:57	2:13:09	2:17:25	10:43
1967	335	W35	Brenda Klenk, 39*, Hudson, IA	1:04:57	2:13:09	2:17:25	10:43
2461	407	M25	Ross Lippincott, 25, Slater, IA	1:00:48	2:13:09	2:16:36	10:43
1968	336	W35	Dee Sallee, 38*, Hudson, IA	1:04:56	2:13:09	2:17:25	10:43
1969	256	W20	Alivia Hall, 23*, West Des Moines, IA	1:03:50	2:13:10	2:20:36	10:43
2462	117	M55	William Johnson, 55, Iowa City, IA		2:13:11	2:13:57	10:43
2463	46	M60	Ken Birkenholtz, 60, Indianola, IA	1:05:46	2:13:11	2:17:56	10:43
2464	448	M30	Eric Knight, 32, Irvine, CA	1:01:11	2:13:11	2:14:14	10:43
1970	257	W20	Bertha Iniguez, 20*, Cherokee, IA	1:01:37	2:13:12	2:15:01	10:43
2465	408	M25	Narayanan Esakkimuthu, 25, Johnston, IA	1:02:58	2:13:12	2:18:05	10:43
1971	427	W30	Angie Dow, 33*, Clarinda, IA	1:03:01	2:13:13	2:18:02	10:43
1972	442	W25	Erinn Anderson, 28*, Des Moines, IA	1:08:37	2:13:13	2:18:00	10:43
1973	337	W35	Wendy Kirby, 39*, Pleasantville, IA	1:03:44	2:13:14	2:16:56	10:43
2466	209	M20	Josiah Ertz, 20, Central City, IA	1:00:07	2:13:15	2:21:39	10:43
2467	94	M17	Kyle Wepler, 19, Central City, IA	1:00:07	2:13:15	2:21:39	10:43
1974	258	W20	Lindsay Greiner, 20*, Boone, IA	1:01:25	2:13:15	2:16:51	10:43
2468	449	M30	Derek Lippincott, 30, Urbandale, IA	1:05:42	2:13:16	2:20:49	10:43
2469	298	M40	David Phillips, 44, Des Moines, IA	1:06:39	2:13:18	2:18:46	10:43
2470	118	M55	Chuck Gilarski, 55, Ames, IA	1:03:57	2:13:18	2:18:19	10:43
2471	450	M30	Josh Rasmusson, 33, Ames, IA	58:19	2:13:18	2:17:26	10:44
2472	180	M50	Stephen Mulert, 54, Grimes, IA	59:52	2:13:18	2:16:58	10:44
1975	428	W30	Jessie Weaver, 34*, Iowa Falls, IA	1:01:41	2:13:19	2:17:44	10:44
2473	409	M25	Colin Smith, 25, Ankeny, IA	1:01:08	2:13:19	2:18:21	10:44
1976	126	W45	Ruth Comer, 49*, Chariton, IA	1:03:21	2:13:19	2:17:33	10:44
2474	451	M30	Aaron Juergens, 32, Carroll, IA	1:02:12	2:13:21	2:15:55	10:44
2475	299	M40	Mark Pollmann, 40, Des Moines, KS	1:04:59	2:13:23	2:14:55	10:44
1977	443	W25	Melanie Kempf, 28*, Urbandale,, Ia	1:07:04	2:13:23	2:19:55	10:44
2476	410	M25	Michelle Capouch, 26, Des Moines, IA	1:02:38	2:13:23	2:15:17	10:44
1978	338	W35	Julie Ostby, 36*, Mt. Pleasant, IA	1:03:34	2:13:24	2:18:04	10:44
1979	339	W35	Maria Loder, 38*, Des Moines, IA	1:06:27	2:13:24	2:20:53	10:44
1980	56	W17	Kristina Pauley, 18*, Columbus, NE	1:06:03	2:13:24	2:16:14	10:44
1981	429	W30	Suzanne Coen, 33*, Des Moines, IA	1:06:28	2:13:25	2:20:53	10:44
1982	259	W20	Kelsey McGee, 23*, Ankeny, IA	1:02:39	2:13:25	2:18:25	10:44
1983	444	W25	Jenni Bodensteiner, 27*, West Des Moines, IA				
				1:04:06	2:13:26	2:17:56	10:44
2477	300	M40	Patrick Nath, 44, Des Moines, IA	1:04:36	2:13:27	2:18:52	10:44
2478	210	M20	Tyler Rosburg, 21, Ames, IA	1:04:07	2:13:28	2:20:55	10:44
2479	211	M20	Cory Hall, 23, Guthrie Center, IA	57:59	2:13:28	2:18:24	10:44
1984	430	W30	Jess Kinard, 34*, Cedar Falls, IA	1:04:00	2:13:29	2:21:15	10:44
2480	301	M40	Jesse Gerlits, 42, Des Moines, IA	59:16	2:13:30	2:15:25	10:44
1985	205	W40	Lisa Munsey, 40*, Atlantic, IA	1:05:15	2:13:31	2:18:42	10:45
2481	302	M40	Nick Pross, 41, Atlantic, IA	1:05:13	2:13:31	2:18:43	10:45
1986	445	W25	Melanie Blass, 26*, West Des Moines, IA	1:03:10	2:13:32	2:20:08	10:45
1987	340	W35	Heather Kauzlarich, 36*, Altoona, IA	1:02:29	2:13:32	2:16:49	10:45
2482	303	M40	Jonathan Clements, 41, West Des Moines, IA	1:03:10	2:13:32	2:20:08	10:45
2483	366	M35	Alston Penfold, 37, Osage, IA	1:04:02	2:13:33	2:19:15	10:45
1988	57	W17	Bo Frangenberg, 17*, Huxley, IA	1:06:20	2:13:35	2:17:31	10:45
1989	206	W40	Andrea Dryer, 44*, Cedar Falls, IA	1:03:55	2:13:35	2:18:24	10:45
2484	181	M50	Tom Lang, 53, Ankeny, IA	1:04:25	2:13:35	2:17:37	10:45
1990	260	W20	Jaime Lang, 23*, Des Moines, IA	1:02:45	2:13:35	2:19:54	10:45
2485	212	M20	Chris Nisbet, 21, Des Peres, MO	1:02:04	2:13:36	2:19:11	10:45
2486	182	M50	Chris Nisbet, 50, Des Peres, MO	1:02:07	2:13:36	2:19:12	10:45
2487	452	M30	Brian Donaldson, 32, Urbandale, IA	1:00:28	2:13:36	2:16:37	10:45

1991	446	W25	Kate Pergande, 28*, Marshalltown, IA	1:02:36	2:13:37	2:18:23	10:45
1992	261	W20	Brittany Wellman, 20*, Iowa City, IA		2:13:39	2:13:39	10:45
2488	411	M25	Dane Lang, 26, Brooklyn, IA	1:07:33	2:13:40	2:20:36	10:45
1993	262	W20	Diana Wright, 21*, Clear Lake, IA	1:03:10	2:13:40	2:21:27	10:45
1994	263	W20	Lindsay Zylstra, 22*, Pella, IA	1:05:14	2:13:41	2:18:01	10:45
2489	412	M25	Lucas Bonner, 28, Minneapolis, MN	1:02:21	2:13:41	2:18:03	10:45
2490	453	M30	Scott Schyvinck, 32, Grimes, IA	1:03:21	2:13:41	2:18:22	10:45
1995	431	W30	Jolie Tegels, 32*, Urbandale, IA	1:04:00	2:13:42	2:16:46	10:45
1996	264	W20	Brittany Rebhuhn, 20*, Ames, IA	1:04:47	2:13:42	2:23:09	10:45
1997	265	W20	Sarah Schrum, 20*, Grand Junction, IA	1:04:47	2:13:42	2:23:09	10:45
2491	5	M70	Larry Reed Sr, 72, Ankeny, IA	1:04:33	2:13:43	2:14:32	10:46
1998	127	W45	Mary Raman, 45*, Ames, IA	1:06:25	2:13:44	2:20:20	10:46
1999	447	W25	Robyn Reiersen, 29*, Ames, IA	1:04:48	2:13:45	2:22:11	10:46
2492	367	M35	Brian Marsh, 36, Altoona, IA	1:02:18	2:13:45	2:17:33	10:46
2000	128	W45	Lauri Mihalovich, 49*, Des Moines, IA	1:05:37	2:13:46	2:17:46	10:46
2001	448	W25	Brenna Larsen, 29*, Des Moines, IA	1:03:53	2:13:46	2:20:32	10:46
2002	449	W25	Aricka Brown, 25*, Des Moines, IA	1:05:37	2:13:47	2:17:46	10:46
2493	213	M20	Tom Davidson, 22, Cedar Falls, IA	57:39	2:13:47	2:15:00	10:46
2003	432	W30	Nicholle Miller, 32*, Omaha, NE	1:03:54	2:13:48	2:20:27	10:46
2494	304	M40	Jim Cairney, 42, Norwalk, IA	1:06:18	2:13:49	2:16:46	10:46
2495	413	M25	Matthew Busche, 25, Ankeny, IA	1:02:29	2:13:49	2:19:13	10:46
2496	368	M35	Jeff Umstead, 37, Johnston, IA	1:01:58	2:13:50	2:17:35	10:46
2004	433	W30	Amanda Bricker, 31*, Des Moines, IA	1:03:45	2:13:50	2:18:13	10:46
2005	129	W45	Elizabeth Stromdahl, 45*, Minneapolis, MN	1:04:23	2:13:50	2:18:58	10:46
2497	119	M55	Rich Lee, 57, Ames, IA	1:05:13	2:13:52	2:20:32	10:46
2498	214	M20	Jon Mileham, 22, Fort Dodge, IA	1:06:00	2:13:52	2:23:03	10:46
2006	266	W20	Brittany Zern, 23*, Ankeny, IA	56:19	2:13:53	2:16:29	10:46
2007	341	W35	Juli Accola, 35*, Huxley, IA	1:02:58	2:13:54	2:16:24	10:46
2499	245	M45	Scott Day, 48, St. Charles, IA	1:02:17	2:13:54	2:18:12	10:46
2008	130	W45	Kimberly Malloy, 49*, Des Moines, IA	1:03:23	2:13:54	2:15:50	10:46
2500	215	M20	Mitchell Cline, 24, Ames, IA	1:02:26	2:13:54	2:16:42	10:46
2009	207	W40	Debbie Ditolla, 43*, Urbandale, IA	1:04:59	2:13:54	2:17:36	10:46
2501	183	M50	Clint Bailey, 50, Mitchellville, IA	1:03:15	2:13:54	2:17:45	10:46
2502	6	M70	Ron Scott, 74, Keokuk, IA	1:02:26	2:13:55	2:16:41	10:46
2503	305	M40	Kumaresan Subramani, 43, Urbandale, IA	1:01:45	2:13:55	2:19:40	10:46
2010	450	W25	Stacey Wertzberger, 28*, Des Moines, IA	1:01:53	2:13:55	2:17:14	10:47
2504	454	M30	Loren Mott, 34, Ankeny, IA	57:49	2:13:56	2:16:35	10:47
2011	434	W30	Jenelle Ausborn, 31*, Polk City, IA	1:03:16	2:13:56	2:18:24	10:47
2012	342	W35	Sarabeth Anderson, 38*, Des Moines, IA	1:03:50	2:13:56	2:20:10	10:47
2013	435	W30	Cara Vander Wilt, 32*, Grain Valley, MO	1:03:59	2:13:56	2:15:59	10:47
2014	436	W30	Araceli Burgason, 32*, Ames, IA	1:10:51	2:13:57	2:20:32	10:47
2015	451	W25	Rachel Lorenzen, 26*, Clinton, IA	1:04:43	2:13:57	2:22:14	10:47
2016	208	W40	Tracey Boothe, 44*, Ames, IA	1:05:31	2:13:58	2:22:43	10:47
2505	455	M30	Philip Jacoby, 30, West Des Moines, IA	1:02:18	2:13:58	2:16:27	10:47
2017	267	W20	Dayna Grabinoski, 22*, Ankeny, IA	1:00:27	2:13:58	2:19:02	10:47
2018	343	W35	Thea Mink, 39*, Ankeny, IA	1:03:48	2:13:58	2:14:58	10:47
2506	306	M40	Brian Mathis, 41, Des Moines, IA	1:03:29	2:13:58	2:17:30	10:47
2507	95	M17	Jared Fisher, 18, Troy, OH	58:30	2:13:58	2:16:02	10:47
2019	344	W35	Nariza Nunez, 35*, Pella, IA	1:02:14	2:13:59	2:19:48	10:47
2020	268	W20	Calla Whipp, 24*, Des Moines, IA	1:06:45	2:13:59	2:20:18	10:47
2021	4	W60	Carol Eggert, 62*, Wyoming, IA	1:05:07	2:13:59	2:16:58	10:47
2508	7	M65	Norman Hulscher, 67, West Des Moines, IA	1:05:25	2:13:59	2:18:19	10:47
2022	269	W20	Lacey Mitchell, 23*, Indianola, IA	1:03:13	2:14:01	2:18:08	10:47
2023	437	W30	Brianne Mundy, 31*, San Diego, CA	1:03:53	2:14:02	2:21:57	10:47
2024	270	W20	Erica Floyd, 21*, Dubuque, IA	1:05:35	2:14:03	2:19:36	10:47
2025	345	W35	Melissa Michehl, 36*, Fort Dodge, IA	1:05:28	2:14:04	2:23:29	10:47
2026	452	W25	Melody Stepp, 29*, Des Moines, IA	1:03:32	2:14:05	2:19:25	10:47
2027	438	W30	Jesse Lindsay, 33*, Owatonna, MN	1:06:52	2:14:05	2:20:33	10:47
2028	27	W55	Jeanice Lester, 56*, Red Oak, IA	1:05:55	2:14:07	2:17:24	10:47
2029	439	W30	Kathi Eggleston, 34*, Cedar Falls, IA	1:04:02	2:14:08	2:19:27	10:48
2030	271	W20	Casey Kettman, 22*, Marion, IA	1:06:27	2:14:09	2:19:26	10:48
2031	346	W35	Dania Nolan, 38*, Johnston, IA	1:07:39	2:14:09	2:16:11	10:48
2509	369	M35	Matt Nolan, 38, Johnston, IA	1:07:39	2:14:09	2:16:11	10:48
2032	209	W40	Heidi Gay, 40*, Ankeny, IA	1:04:58	2:14:10	2:16:58	10:48
2510	246	M45	Martin Gay, 45, Ankeny, IA	1:04:59	2:14:10	2:16:58	10:48

2511	307	M40	Kevin Smith, 40, Ames, IA	58:24	2:14:11	2:17:04	10:48
2512	370	M35	Drew Raleigh, 35, Knoxville, IA	55:07	2:14:12	2:16:39	10:48
2033	453	W25	Amy Hobert, 26*, Norwalk, IA	1:04:27	2:14:13	2:16:34	10:48
2034	74	W50	Debra Johnston, 50*, Marion, IA	1:06:04	2:14:13	2:22:02	10:48
2513	184	M50	Marty Kalton, 53, Des Moines, IA	1:03:05	2:14:13	2:16:24	10:48
2035	272	W20	Katie Schwartz, 24*, Coralville, IA	1:02:19	2:14:15	2:16:14	10:48
2036	75	W50	Deb Barnard, 52*, Philadelphia, PA	59:05	2:14:15	2:17:25	10:48
2037	440	W30	Christine Coughenower, 32*, West Des Moines, IA	1:06:14	2:14:16	2:18:32	10:48
2038	347	W35	Monica McDowell, 35*, Ankeny, IA	1:05:35	2:14:16	2:20:22	10:48
2514	308	M40	Todd Carlisle, 44, West Des Moines, IA	1:02:55	2:14:17	2:15:36	10:48
2039	454	W25	Elizabeth Witt, 27*, Honey Creek, IA	1:06:14	2:14:17	2:16:20	10:48
2040	441	W30	Lauri Meythaler-Mullins, 33*, Des Moines, IA	1:01:00	2:14:18	2:18:40	10:48
2041	442	W30	Shannon Strickler, 33*, Grimes, IA	54:18	2:14:18	2:15:22	10:48
2515	414	M25	Chad Conley, 27, Windsor Heights, IA	1:08:06	2:14:18	2:20:52	10:48
2042	348	W35	Amy Fickbohm, 35*, Ankeny, IA	1:03:11	2:14:18	2:20:34	10:48
2516	216	M20	Aaron Etcher, 22, Ankeny, IA	1:06:03	2:14:19	2:18:55	10:48
2517	456	M30	David Kelley, 31, Des Moines, IA	1:02:25	2:14:19	2:19:30	10:48
2043	455	W25	Angela Kelley, 29*, Des Moines, IA	1:02:25	2:14:19	2:19:31	10:48
2518	309	M40	Doug Maharry, 44, Newton, IA		2:14:20	2:19:25	10:48
2519	371	M35	Chad Sparks, 36, Mingo, IA	59:04	2:14:20	2:23:10	10:48
2044	456	W25	Ann Keller, 27*, Indianola, IA	1:06:04	2:14:22	2:18:57	10:49
2520	8	M65	Gail Endres, 65, Ankeny, IA	1:05:09	2:14:22	2:19:46	10:49
2521	372	M35	Greg Higginbotham, 39, Knoxville, IA	59:51	2:14:23	2:18:29	10:49
2522	457	M30	Kim Higginbotham, 34, Knoxville, IA	59:52	2:14:23	2:18:29	10:49
2523	373	M35	Dan Caropreso, 35, West Des Moines, IA	59:27	2:14:23	2:17:04	10:49
2045	457	W25	Natalie Caldwell, 28*, Des Moines, IA	1:06:02	2:14:23	2:19:19	10:49
2524	120	M55	Richard Hellmich, 56, Ames, IA	1:02:29	2:14:24	2:17:53	10:49
2046	76	W50	Lynda Crossgrove, 50*, Kirksville, MO	1:08:10	2:14:25	2:18:10	10:49
2047	458	W25	Amy Tomich, 27*, Kirksville, MO	1:03:23	2:14:25	2:18:16	10:49
2525	217	M20	Blake Bach, 24, Granger, IA	1:03:20	2:14:26	2:20:38	10:49
2048	443	W30	Shandra Holtz, 30*, Omaha, NE	1:05:57	2:14:26	2:19:52	10:49
2049	273	W20	Hilarie Droz, 24*, Ottumwa, IA	1:00:13	2:14:27	2:17:16	10:49
2050	210	W40	Lori Anderson, 44*, Bondurant, IA	1:05:14	2:14:27	2:20:43	10:49
2526	458	M30	Bradley Husted, 34, St Petersburg, FL	1:07:07	2:14:27	2:23:58	10:49
2051	459	W25	Margaret Stalter, 26*, Stuart, IA	1:03:22	2:14:27	2:20:10	10:49
2052	349	W35	Janet Lose, 37*, Des Moines, IA		2:14:28	2:16:51	10:49
2053	444	W30	Rosie Rosenow, 30*, Grimes, IA		2:14:28	2:18:27	10:49
2527	459	M30	Justin Bassett, 30, Des Moines, IA	1:04:39	2:14:29	2:20:57	10:49
2528	47	M60	Daniel Murphy, 64, Mason City, IA	1:06:36	2:14:29	2:17:45	10:49
2054	350	W35	Stacey Baker, 37*, Wes Des Moines, IA	1:04:19	2:14:29	2:18:40	10:49
2529	460	M30	Josh Rice, 32, Cedar Rapids, IA	1:00:54	2:14:30	2:14:56	10:49
2055	445	W30	Jennifer Anderson, 31*, Altoona, IA	1:03:32	2:14:31	2:19:04	10:49
2056	460	W25	Sarah Montgomery, 26*, Omaha, NE	1:04:25	2:14:31	2:21:23	10:49
2530	415	M25	Michael Christiansen, 26, Boone, IA	1:00:48	2:14:33	2:18:35	10:50
2057	351	W35	Erika Troyna, 35*, Charles City, IA	1:06:21	2:14:34	2:20:01	10:50
2531	48	M60	Milt Aunan, 62, Marion, IA	1:06:56	2:14:34	2:17:34	10:50
2058	446	W30	Jamie Snarr, 34*, Davenport, IA	1:03:02	2:14:34	2:20:00	10:50
2059	447	W30	Carrie Baird, 34*, Monroe, IA	1:03:36	2:14:36	2:19:31	10:50
2532	185	M50	Brad Smith, 53, Beaman, IA	56:41	2:14:37	2:16:57	10:50
2533	310	M40	Matt Brennecke, 40, Polk City, IA	1:05:42	2:14:38	2:17:24	10:50
2534	374	M35	John Bryant, 38, Waukee, IA	1:04:25	2:14:38	2:20:07	10:50
2060	211	W40	Tina Brennecke, 42*, Polk City, IA	1:05:42	2:14:38	2:17:24	10:50
2535	218	M20	Joseph Dickinson, 23, Des Moines, IA	1:02:15	2:14:38	2:18:04	10:50
2061	461	W25	Nicole Pike, 28*, Des Moines, IA	1:05:45	2:14:39	2:17:02	10:50
2062	274	W20	Jenna Marzen, 23*, Ankeny, IA	1:02:56	2:14:39	2:18:49	10:50
2063	448	W30	Lisa Vanderpluym, 31*, Waukee, IA	1:05:31	2:14:39	2:22:12	10:50
2064	462	W25	Amanda Hostetler, 29*, Colo, IA	1:04:30	2:14:39	2:16:46	10:50
2065	275	W20	Leah Seltun, 23*, Cedar Falls, IA	1:02:58	2:14:40	2:18:49	10:50
2066	463	W25	Kiley Stenberg, 27*, West Des Moines, IA	1:03:15	2:14:40	2:17:33	10:50
2067	352	W35	Amy Grostic, 39*, North Liberty, IA	1:07:32	2:14:40	2:20:11	10:50
2068	212	W40	Kaylynn Christenson, 41*, Boone, IA	1:04:12	2:14:41	2:18:48	10:50
2069	464	W25	Melissa Dale, 29*, Des Moines, IA	1:04:27	2:14:42	2:18:18	10:50
2536	311	M40	David Hill, 42, Sioux Falls, SD	1:07:01	2:14:42	2:23:03	10:50

2070	449	W30	Maia Block, 31*, Waukee, IA	1:05:32	2:14:43	2:22:15	10:50
2071	353	W35	Stephanie Byland, 38*, St. Louis Park, MN	1:07:04	2:14:43	2:21:37	10:50
2072	354	W35	Ann Davenport, 35*, Minneapolis, MN	1:07:04	2:14:43	2:21:37	10:50
2537	416	M25	Matthew Gilbert, 25, Des Moines, IA	1:01:13	2:14:44	2:19:12	10:50
2538	247	M45	Marty Marren, 47, Johnston, IA	1:03:22	2:14:44	2:21:01	10:50
2539	461	M30	Lonnie Norgaard, 33, Ankeny, IA	1:00:55	2:14:46	2:18:05	10:51
2073	450	W30	Lindsey Kowalke, 33*, Lincoln, NE	1:03:06	2:14:46	2:19:44	10:51
2540	49	M60	Robert Schneider, 62, Urbandale, IA	1:06:21	2:14:46	2:19:15	10:51
2074	465	W25	Tessa Schneider, 29*, St. Louis, MO	1:06:21	2:14:47	2:19:16	10:51
2075	451	W30	Natalie Felton, 32*, Manchester, IA	1:04:11	2:14:47	2:23:35	10:51
2541	312	M40	Matt Crile, 42, Ankeny, IA	1:05:53	2:14:47	2:19:48	10:51
2076	213	W40	Raquel Eash, 40*, Carlisle, IA	1:04:14	2:14:48	2:20:39	10:51
2542	248	M45	Eric Stroud, 48, Urbandale, IA	58:40	2:14:48	2:16:52	10:51
2077	214	W40	Amy Jurgens, 44*, Lincoln, NE	1:03:06	2:14:48	2:19:47	10:51
2078	355	W35	Sara Kilgore, 36*, Cedar Rapids, IA	1:00:21	2:14:50	2:16:49	10:51
2079	452	W30	Miranda Jones Phelps, 34*, Centerville, IA	1:02:48	2:14:51	2:17:45	10:51
2080	215	W40	Tami Rubino, 40*, Urbandale, IA	1:03:59	2:14:53	2:22:27	10:51
2543	462	M30	Austin Lepper, 30, Ames, IA	1:05:59	2:14:54	2:21:32	10:51
2081	466	W25	Amanda Lepper, 28*, Ames, IA	1:06:00	2:14:55	2:21:32	10:51
2082	453	W30	Rachel Menken, 31*, Carroll, IA	59:47	2:14:56	2:16:34	10:51
2544	417	M25	Gabriel Hibben, 26, Windsor Heights, IA	1:00:13	2:14:57	2:18:54	10:51
2545	418	M25	Jordan Brooks, 26, Iowa City, IA	59:53	2:14:58	2:17:22	10:52
2546	463	M30	Mike Helland, 33, Des Moines, IA	1:01:54	2:14:59	2:21:55	10:52
2083	276	W20	Chelsey Russell, 22*, Omaha, NE	59:54	2:14:59	2:17:22	10:52
2084	58	W17	Alex McFarland, 17*, Cedar Rapids, IA	1:09:36	2:15:00	2:23:35	10:52
2547	375	M35	Jeffrey Olson, 39, Ankeny, IA	1:03:29	2:15:00	2:17:40	10:52
2085	467	W25	Lisa Johnson, 25*, Ankeny, IA	1:04:13	2:15:01	2:20:08	10:52
2086	131	W45	Regina Randall, 47*, Solon, IA	1:03:28	2:15:02	2:18:44	10:52
2087	277	W20	Maggie Randall, 20*, Solon, IA	1:03:28	2:15:02	2:18:44	10:52
2548	186	M50	Tom Smith, 50, Iowa Falls, IA	1:01:17	2:15:02	2:18:23	10:52
2549	464	M30	Eric Olinger, 33, Ankeny, IA	1:01:38	2:15:02	2:17:48	10:52
2550	376	M35	Jason Whiting, 38, Cedar Falls, IA	1:04:24	2:15:03	2:18:53	10:52
2551	219	M20	Logan Willis, 24, West Des Moines, IA	1:03:02	2:15:03	2:21:16	10:52
2552	50	M60	Stephen Meade, 60, Council Bluffs, IA	1:05:59	2:15:04	2:22:51	10:52
2088	454	W30	Laura Tofteland, 33*, Des Moines, IA	1:07:33	2:15:04	2:20:03	10:52
2089	28	W55	Charlotte Meade, 58*, Council Bluffs, IA	1:06:02	2:15:04	2:22:51	10:52
2090	77	W50	Louisa Perry, 50*, Ia, IA	1:05:11	2:15:04	2:19:27	10:52
2091	356	W35	Stacey Enloe, 35*, Waukee, IA	1:02:13	2:15:05	2:15:22	10:52
2092	216	W40	Christine Barker, 40*, Ankeny, IA	1:04:21	2:15:06	2:20:43	10:52
2553	51	M60	Buzz Hoffman, 63, West Des Moines, IA	1:01:28	2:15:07	2:21:15	10:52
2554	465	M30	Cameron Rasool, 32, Ankeny, IA	1:05:53	2:15:07	2:18:02	10:52
2555	377	M35	Cameron Fifer, 35, Newton, IA	57:50	2:15:07	2:15:51	10:52
2556	220	M20	Nacho Cardenas, 23, Creston, IA	1:00:45	2:15:07	2:17:49	10:52
2093	217	W40	Kerry Schafer, 42*, Emerson, IA	1:04:38	2:15:08	2:18:46	10:52
2094	357	W35	Shay Grebin, 39*, Stanton, IA	1:04:37	2:15:08	2:18:46	10:52
2095	218	W40	Melinda Allen, 42*, Waukee, IA	1:03:00	2:15:09	2:17:53	10:52
2557	52	M60	Patrick Kozitza, 62, Des Moines, IA	1:05:18	2:15:09	2:18:16	10:52
2096	468	W25	Lynn Klein, 27*, Owatonna, MN	1:01:44	2:15:10	2:16:22	10:52
2097	455	W30	Kit Trentin, 31*, Des Moines, IA	1:03:55	2:15:10	2:21:08	10:53
2098	358	W35	Marianne Vandereide, 37*, Owatonna, MN	1:05:56	2:15:11	2:22:11	10:53
2099	359	W35	Kerry Croskey, 38*, Ankeny, IA	1:05:28	2:15:12	2:20:57	10:53
2100	456	W30	Amy Frey, 32*, Carlisle, IA	1:03:00	2:15:12	2:19:04	10:53
2558	313	M40	Jason Luedtke, 41, West Des Moines, IA	59:24	2:15:13	2:18:08	10:53
2101	469	W25	Jill Elbert, 25*, West Des Moines, IA	1:05:19	2:15:14	2:21:00	10:53
2102	278	W20	Mickie Damstetter, 23*, Ankeny, IA	1:03:31	2:15:14	2:18:18	10:53
2559	314	M40	Robert Ridnour, 40, Grimes, IA	1:04:00	2:15:15	2:21:21	10:53
2103	360	W35	Kari Livengood, 38*, Center Point, IA	1:03:09	2:15:15	2:18:01	10:53
2560	419	M25	Scott Wadding, 26, West Des Moines, IA	1:05:45	2:15:15	2:17:53	10:53
2104	457	W30	Renee Schipper, 34*, Waukee, IA	1:02:23	2:15:15	2:19:28	10:53
2105	458	W30	Carrie Ratliff, 34*, Mingo, IA	1:04:48	2:15:15	2:18:01	10:53
2106	361	W35	Mickolyn Clapper, 36*, Baxter, IA	1:04:48	2:15:16	2:18:01	10:53
2561	221	M20	Dave Overman, 24, Cedar Rapids, IA	1:07:41	2:15:16	2:24:04	10:53
2562	249	M45	Stephen McGinnis, 48, Indianola, IA	1:03:27	2:15:16	2:18:55	10:53
2107	470	W25	Katalin Kolodick, 29*, Marion, IA	1:03:31	2:15:16	2:18:25	10:53
2563	420	M25	Brian Bradour, 28, Des Moines, IA	1:04:25	2:15:17	2:23:35	10:53

2108	132	W45	Julie Houge, 46*, Polk City, IA	59:14	2:15:18	2:16:55	10:53
2109	279	W20	Sarah Saladino, 24*, Davenport, IA	1:07:47	2:15:19	2:21:47	10:53
2564	378	M35	Eric Kisgen, 36, Des Moines, IA	1:03:04	2:15:19	2:19:21	10:53
2110	471	W25	Megan Feld, 27*, Ankeny, IA	1:05:42	2:15:19	2:22:51	10:53
2111	280	W20	Michelle Howard, 23*, West Des Moines, IA	1:04:40	2:15:20	2:23:22	10:53
2112	78	W50	Mary Emge, 52*, Grinnell, IA	1:03:00	2:15:20	2:18:09	10:53
2565	421	M25	Tom Kinsinger, 26, West Des Moines, IA	1:03:44	2:15:20	2:20:35	10:53
2113	459	W30	Emily Robins, 32*, Robins, IA	1:03:45	2:15:21	2:20:35	10:53
2114	219	W40	Patricia Downing, 43*, Eldridge, IA	1:03:47	2:15:23	2:18:21	10:54
2566	422	M25	Juan Mendias, 28, Des Moines, IA	1:03:12	2:15:23	2:21:43	10:54
2567	466	M30	Harjinder Singh Papial, 31, Des Moines, IA	1:10:14	2:15:24	2:15:24	10:54
2568	423	M25	Phil Cato, 29, Paris, TX	1:05:25	2:15:26	2:23:01	10:54
2115	472	W25	Shana Godfred-Cato, 28*, West Des Moines, IA	1:05:25	2:15:26	2:23:01	10:54
2116	473	W25	Dorisa Smith, 29*, Norwalk, IA	1:09:57	2:15:26	2:19:46	10:54
2569	250	M45	Michael Scoblic, 47, Waukee, IA		2:15:26	2:22:14	10:54
2117	220	W40	Robin Steinkamp, 44*, Saylorville, IA	1:04:09	2:15:26	2:21:36	10:54
2118	474	W25	Halley Anderson, 25*, Des Moines, IA	1:07:06	2:15:26	2:23:43	10:54
2119	362	W35	Jodi Van Bell, 39*, Clive, IA	1:04:01	2:15:29	2:20:30	10:54
2120	460	W30	Michelle Pralle, 31*, Alexander, IA	1:01:54	2:15:30	2:24:20	10:54
2121	133	W45	Lisa Greenig, 47*, Andover, MN	1:04:12	2:15:31	2:20:48	10:54
2570	251	M45	Doug Rex, 46, Clive, IA	1:08:24	2:15:33	2:22:34	10:54
2122	461	W30	Amanda Thill, 32*, Marshalltown, IA	1:06:42	2:15:33	2:21:41	10:54
2123	363	W35	Amy Bokhoven, 37*, Pella, IA	1:04:50	2:15:33	2:19:51	10:54
2124	134	W45	Sarah Woodward, 46*, Nevada, IA	1:03:35	2:15:34	2:19:28	10:54
2125	221	W40	Lisa Dwight, 41*, West Des Moines, IA	1:07:33	2:15:35	2:20:34	10:55
2126	364	W35	Andrea Walsh, 36*, Fort Dodge, IA	1:02:02	2:15:35	2:17:34	10:55
2571	467	M30	Kyle Lovell, 31, Overland Park, KS	1:02:52	2:15:35	2:17:27	10:55
2127	222	W40	Leah Churchman, 41*, Ankeny, IA	1:00:52	2:15:36	2:18:23	10:55
2572	121	M55	David Eastburn, 57, Fairfield, IA	1:07:07	2:15:38	2:20:31	10:55
2573	252	M45	Kevin Brehm, 45, Mitchellville, IA	1:05:10	2:15:39	2:22:35	10:55
2128	475	W25	Kristi Thiese, 28*, Urbandale, IA	1:06:19	2:15:39	2:20:46	10:55
2129	59	W17	Macy Sturges, 18*, Rockwell, IA	59:27	2:15:39	2:15:59	10:55
2574	379	M35	Jeff Stephens, 37, Grimes, IA	1:10:54	2:15:40	2:24:31	10:55
2575	468	M30	Jacob Auliff, 31, Des Moines, IA	1:04:54	2:15:40	2:18:35	10:55
2130	476	W25	Brooke Jones, 27*, West Des Moines, IA	1:10:10	2:15:40	2:22:03	10:55
2131	477	W25	Jamie Pickerill, 25*, West Des Moines, IA	1:10:10	2:15:41	2:22:03	10:55
2576	469	M30	Jeff Dick, 30, West Des Moines, IA	1:01:00	2:15:41	2:19:01	10:55
2132	281	W20	Jennifer Haines, 22*, Cedar Falls, IA	1:05:49	2:15:41	2:24:01	10:55
2133	462	W30	Carrie Garrett, 30*, Newton, IA	1:00:27	2:15:41	2:20:19	10:55
2577	470	M30	Wesley St Clair, 34, New Virginia, IA	1:02:09	2:15:41	2:23:04	10:55
2578	471	M30	Luke Anderson, 30, West Des Moines, IA	1:02:31	2:15:42	2:21:01	10:55
2579	424	M25	Matthew Bargstadt, 27, Des Moines, IA	1:05:50	2:15:43	2:19:58	10:55
2134	29	W55	Julia Batten, 55*, Carlisle, IA		2:15:43	2:19:49	10:55
2580	222	M20	Nicholas Berte, 20, Ankeny, IA	1:01:14	2:15:44	2:18:38	10:55
2135	478	W25	Lindsey Clausen, 27*, West Des Moines, IA	1:02:04	2:15:45	2:22:15	10:55
2136	479	W25	Sarah R Miller, 27*, Carroll, IA	1:04:45	2:15:45	2:22:38	10:55
2137	282	W20	Kara Leabhart, 24*, Urbandale, IA	1:06:51	2:15:47	2:21:31	10:56
2581	253	M45	Mike Kaldenberg, 45, Winterset, IA	57:38	2:15:49	2:21:39	10:56
2138	135	W45	Denise Bauer, 48*, Ames, IA	1:06:05	2:15:49	2:22:03	10:56
2582	315	M40	Doug Nichol, 41, Des Moines, IA	1:02:28	2:15:51	2:17:05	10:56
2583	316	M40	Gregory Reicks, 42, Lincoln, NE	1:06:45	2:15:51	2:24:32	10:56
2139	223	W40	Ann Thompson Reicks, 43*, Lincoln, NE	1:06:45	2:15:52	2:24:32	10:56
2140	463	W30	Sally Haack, 33*, Urbandale, IA	1:04:33	2:15:52	2:17:35	10:56
2141	480	W25	Vini Soukhavong, 27*, Marshalltown, IA	1:03:15	2:15:52	2:18:39	10:56
2584	380	M35	Mike Madden, 39, Des Moines, IA	1:06:09	2:15:53	2:23:09	10:56
2142	224	W40	Becky Veach, 42*, Des Moines, IA	1:05:19	2:15:54	2:21:03	10:56
2143	30	W55	Deb Harvey, 57*, Knoxville, IA	1:07:23	2:15:56	2:22:42	10:56
2585	187	M50	Sid Baird, 54, Des Moines, IA	1:02:51	2:15:56	2:19:25	10:56
2144	136	W45	Ellen Miller, 47*, Marion, IA	1:06:03	2:15:56	2:23:45	10:56
2586	472	M30	Maurice Murenzi, 30, Waukee, IA	1:01:49	2:15:56	2:18:03	10:56
2587	223	M20	Dustin Leo, 24, Ankeny, IA	1:04:54	2:15:56	2:23:55	10:56
2145	60	W17	Ashley Harris, 19*, Cedar Rapids, IA	1:02:35	2:15:59	2:21:57	10:56
2146	365	W35	Chantelle Smith, 37*, Johnston, IA	1:06:45	2:15:59	2:20:06	10:56
2147	283	W20	Laura Hess, 23*, Iowa City, IA	1:03:23	2:15:59	2:22:42	10:56

2148	225	W40	Barbara Kesterson, 40*, Emmetsburg, IA	1:04:23	2:16:01	2:21:29	10:57
2588	473	M30	Nathan Andrews, 34, Des Moines, IA	1:06:52	2:16:01	2:22:04	10:57
2149	284	W20	Sara Akre, 24*, Des Moines, IA	1:06:52	2:16:01	2:22:04	10:57
2150	366	W35	Heidi Markla, 36*, Urbandale, IA	1:03:44	2:16:01	2:22:04	10:57
2589	474	M30	Drew Gosselink, 30, Des Moines, IA	1:01:46	2:16:02	2:19:06	10:57
2151	61	W17	Mindy McMullen, 17*, Fort Dodge, IA	1:08:18	2:16:02	2:24:17	10:57
2590	475	M30	Ryan Ellsworth, 34, Des Moines, IA	1:03:49	2:16:03	2:18:32	10:57
2152	464	W30	Megan Sesker, 33*, Sandia Park, NM	1:06:30	2:16:04	2:25:27	10:57
2591	381	M35	Shane Skala, 36, Cedar Rapids, IA	1:02:51	2:16:05	2:25:34	10:57
2153	481	W25	Anne Paulson, 25*, West Des Moines, IA	1:03:46	2:16:06	2:22:14	10:57
2154	285	W20	Natalie McGrath, 24*, Des Moines, IA	1:06:49	2:16:06	2:23:03	10:57
2155	465	W30	Mindie Hoppenworth, 30*, Parkersburg, IA	1:00:08	2:16:06	2:18:29	10:57
2592	122	M55	Mark Minear, 57, Marshalltown, IA	1:06:14	2:16:07	2:21:08	10:57
2156	482	W25	Shelby Herrick, 29*, Greenfield, IA	1:06:25	2:16:07	2:20:08	10:57
2593	224	M20	Ken Arnold, 24, Minot, ND	1:01:43	2:16:07	2:22:15	10:57
2157	483	W25	Molly Herrick, 26*, Greenfield, IA	1:06:25	2:16:07	2:20:08	10:57
2594	476	M30	Justin Lyman, 30, Clive, IA	58:47	2:16:09	2:18:18	10:57
2595	96	M17	Mark Cooley, 18, Orient, IA	1:02:35	2:16:10	2:21:00	10:57
2596	317	M40	Andre Sampson, 43, Atlantic, IA	1:05:19	2:16:11	2:21:23	10:57
2158	367	W35	Amanda Schwartzhoff, 35*, Davenport, IA	1:04:22	2:16:11	2:19:20	10:57
2159	137	W45	Jackie Sampson, 45*, Atlantic, IA	1:05:21	2:16:12	2:21:24	10:58
2160	368	W35	Jennifer Tigges, 39*, Waukee, IA	1:05:18	2:16:12	2:24:15	10:58
2597	318	M40	James Kickland, 44, Atlantic, IA	1:05:15	2:16:12	2:21:23	10:58
2598	123	M55	Gregory Dirks, 57, Iowa City, IA	1:10:03	2:16:13	2:22:07	10:58
2161	286	W20	Brooke Jackson, 21*, West Des Moines, IA	1:02:47	2:16:14	2:18:36	10:58
2162	79	W50	Carol Horner, 51*, Des Moines, IA	1:07:12	2:16:15	2:24:35	10:58
2163	226	W40	Annette O'Connor, 42*, Ames, KS	1:06:05	2:16:16	2:23:41	10:58
2164	484	W25	Abby Hansen, 28*, Windsor Heights, IA	1:04:47	2:16:17	2:16:17	10:58
2599	382	M35	Justin Smith, 35, Ankeny, IA	1:05:54	2:16:18	2:21:07	10:58
2165	138	W45	Karla Peiffer, 46*, West Des Moines, IA	1:06:09	2:16:19	2:20:47	10:58
2166	485	W25	Molly Hircock, 25*, West Des Moines, IA	59:13	2:16:19	2:20:11	10:58
2167	486	W25	Jenna Gale, 26*, Clive, IA	1:06:11	2:16:20	2:21:42	10:58
2168	487	W25	Sarah Hundt, 25*, West Des Moines, IA	1:06:11	2:16:20	2:21:42	10:58
2169	488	W25	Holly Zumbach, 25*, Monticello, IA	1:06:27	2:16:22	2:21:25	10:58
2170	466	W30	Jana Peterson, 32*, Johnston, IA	1:09:15	2:16:22	2:20:04	10:58
2171	467	W30	Jennifer Tjernagel, 32*, Roland, IA	1:11:25	2:16:22	2:25:28	10:58
2172	468	W30	April Swayne, 33*, Woodward, IA	1:06:23	2:16:22	2:22:41	10:58
2600	477	M30	Eric Peterson, 31, Johnston, IA	1:09:15	2:16:22	2:20:04	10:58
2173	139	W45	Mary Sheka, 46*, Des Moines, IA	1:04:57	2:16:22	2:20:58	10:58
2601	124	M55	Bruce Rehmke, 57, Peosta, IA	1:03:45	2:16:22	2:22:05	10:58
2174	31	W55	Carleen Rehmke, 58*, Peosta, IA	1:03:45	2:16:23	2:22:05	10:58
2602	425	M25	Kyle Bandermann, 26, Knoxville, TN	1:00:22	2:16:23	2:18:51	10:58
2175	469	W30	Andrea Wilson, 32*, Kirksville, MO	1:04:15	2:16:23	2:22:17	10:58
2176	470	W30	Melissa Blegen, 30*, Ottumwa, IA	1:02:09	2:16:23	2:19:22	10:58
2177	369	W35	Michelle Vlcko, 36*, Plover, WI		2:16:23	2:22:17	10:58
2178	140	W45	Kristy Montange, 45*, Merville, IA	1:03:50	2:16:24	2:21:27	10:58
2179	370	W35	Amy Acheson, 35*, Des Moines, IA	1:04:00	2:16:25	2:21:38	10:59
2180	371	W35	Dede Jacoby, 36*, Jewell, IA	1:07:06	2:16:27	2:21:19	10:59
2181	489	W25	Marisa Garcia, 26*, Des Moines, IA	1:07:44	2:16:28	2:25:41	10:59
2182	490	W25	Carrie Arp, 29*, Panora, IA	1:00:32	2:16:29	2:18:44	10:59
2603	426	M25	Courtney Berry, 29, Des Moines, IA	1:04:23	2:16:29	2:19:46	10:59
2183	141	W45	Amy Northrup, 49*, Griswold, IA	1:02:35	2:16:29	2:25:21	10:59
2184	491	W25	Betsy Nusbaum, 25*, State Center, IA	1:04:09	2:16:29	2:22:38	10:59
2185	142	W45	Diane Spain, 47*, Johnston, IA	1:07:04	2:16:30	2:22:52	10:59
2186	80	W50	Linda Lehman, 51*, Ames, IA	1:02:27	2:16:30	2:22:05	10:59
2604	427	M25	Anthony Crabb, 27, Ankeny, IA	1:03:41	2:16:31	2:21:26	10:59
2605	478	M30	Michael Bartak, 34, Grimes, IA	1:02:11	2:16:31	2:19:58	10:59
2187	471	W30	Jaime Drewis, 33*, Bondurant, IA	1:05:01	2:16:31	2:21:32	10:59
2188	472	W30	Kathlene DeFoe, 31*, Des Moines, IA	1:04:09	2:16:31	2:19:57	10:59
2189	492	W25	Katie Blomgren, 27*, Boone, IA	1:06:59	2:16:32	2:22:02	10:59
2190	493	W25	Kathy Warren, 28*, Des Moines, IA	1:05:47	2:16:33	2:21:50	10:59
2606	479	M30	Otto Krueger, 32, Ankeny, IA	1:08:13	2:16:33	2:24:07	10:59
2191	143	W45	Sarah Johnson, 45*, Marshalltown, IA	1:04:58	2:16:33	2:19:35	10:59
2192	494	W25	Gabrielle Archibald, 29*, Bettendorf, IA	1:07:09	2:16:33	2:22:38	10:59
2607	254	M45	Edward Ellifritt, 47, Winterset, IA	1:01:06	2:16:35	2:23:45	10:59

2608	319	M40	Benjamin Lehl, 42, Ames, IA	1:08:18	2:16:36	2:20:52	10:59
2193	227	W40	Cindy Jenkins, 40*, West Des Moines, IA	1:03:22	2:16:36	2:19:09	10:59
2609	255	M45	Calvin Hansen, 48, West Des Moines, IA	1:05:27	2:16:37	2:21:59	10:59
2194	144	W45	Amy Peters, 45*, Ames, IA	1:08:18	2:16:37	2:20:52	11:00
2195	372	W35	Katie White, 35*, Ames, IA	1:08:18	2:16:37	2:20:52	11:00
2610	480	M30	Matthew Ver Meer, 32, Hannibal, MO	1:02:45	2:16:38	2:22:44	11:00
2611	383	M35	Brian Anderson, 39, Nevada, IA	1:08:18	2:16:38	2:20:54	11:00
2612	384	M35	Jeffrey Sparks, 37, Glidden, IA	1:00:39	2:16:39	2:19:56	11:00
2613	188	M50	Jon Kuperus, 50, Ankeny, IA		2:16:40	2:24:48	11:00
2196	473	W30	Emily Peterson, 33*, Des Moines, IA	1:06:01	2:16:40	2:19:43	11:00
2197	145	W45	Anne Gaskill, 46*, Edina, MN	1:05:56	2:16:40	2:20:11	11:00
2198	474	W30	Anna Gray, 33*, Johnston, IA	1:03:16	2:16:40	2:17:41	11:00
2199	81	W50	Jean Siefken, 52*, Cedar Falls, IA	1:04:28	2:16:40	2:21:24	11:00
2200	228	W40	Jody Off, 43*, Des Moines, IA	1:07:48	2:16:41	2:22:39	11:00
2201	475	W30	Darcey Reynolds, 30*, Newton, IA	1:03:13	2:16:41	2:20:19	11:00
2202	373	W35	Marcy Roff, 36*, Blair, NE	1:07:43	2:16:41	2:23:04	11:00
2203	374	W35	Jaime Morgan, 35*, Clive, IA		2:16:41	2:22:00	11:00
2614	428	M25	Kobi Voshell, 26, West Des Moines, IA	1:07:08	2:16:41	2:21:51	11:00
2204	476	W30	Heather Korte, 33*, Marshalltown, IA	1:04:58	2:16:42	2:19:44	11:00
2205	375	W35	Jill Moline, 35*, Manson, IA	1:08:44	2:16:42	2:22:02	11:00
2615	256	M45	Wayne Ostergaard, 48, Des Moines, IA	1:01:56	2:16:45	2:24:18	11:00
2206	229	W40	Laura Frescoln, 43*, Ames, IA	1:07:41	2:16:46	2:23:20	11:00
2616	481	M30	Chad Holt, 34, Clive, IA	1:02:54	2:16:46	2:22:57	11:00
2207	477	W30	Laura Riley, 33*, Ankeny, IA	1:03:16	2:16:47	2:19:14	11:00
2208	478	W30	Shashawna Beneke, 32*, Ankeny, IA	1:03:17	2:16:47	2:19:14	11:00
2209	479	W30	Jill Kolars, 34*, Ankeny, IA	1:03:17	2:16:47	2:19:14	11:00
2210	480	W30	Kandi Hensel, 30*, Clive, IA	1:07:14	2:16:47	2:22:39	11:00
2211	376	W35	Denise Kuczynski, 36*, Downers Grove, IL	1:03:26	2:16:48	2:21:07	11:00
2212	495	W25	Megan Hansen, 25*, Boone, IA	1:07:35	2:16:48	2:23:17	11:00
2213	377	W35	Carolyn Clark, 38*, Boone, IA	1:07:35	2:16:49	2:23:17	11:00
2617	257	M45	Craig Jones, 47, Des Moines, IA	1:04:06	2:16:49	2:22:01	11:00
2618	385	M35	Ignatius Wibowo, 39, Urbandale, IA	1:01:18	2:16:49	2:21:01	11:00
2214	287	W20	Kate Phillips, 23*, Phoenix, AZ	1:01:38	2:16:50	2:22:05	11:01
2619	386	M35	Adam Conn, 39, Urbandale, IA	59:34	2:16:50	2:18:22	11:01
2620	429	M25	Seth Conn, 26, Des Moines, IA	59:34	2:16:51	2:18:22	11:01
2215	378	W35	Tami Klimpel, 37*, Rosemount, MN	1:03:55	2:16:51	2:22:03	11:01
2621	53	M60	Thomas Hostetter, 60, Ames, IA	1:05:04	2:16:52	2:21:32	11:01
2622	482	M30	Rob Evans, 34, Waukee, IA	1:02:37	2:16:52	2:24:39	11:01
2216	496	W25	Carey Gau, 29*, West Des Moines, IA	1:03:09	2:16:55	2:23:41	11:01
2217	230	W40	Laura Higgins, 44*, Des Moines, IA	1:03:45	2:16:56	2:20:25	11:01
2218	379	W35	Linda DeFrancisco, 36*, Altoona, IA	1:02:16	2:16:56	2:22:05	11:01
2623	320	M40	Mike DeFrancisco, 41, Altoona, IA	1:02:16	2:16:56	2:22:05	11:01
2219	481	W30	Sharon Kline, 34*, State Center, IA	1:04:44	2:16:56	2:23:11	11:01
2220	146	W45	Mary Lafferty, 45*, Des Moines, IA	1:07:28	2:16:57	2:23:24	11:01
2624	387	M35	Lance Grummert, 39, Clive, IA	1:04:44	2:16:58	2:23:59	11:01
2221	482	W30	Jenny Bisgard, 34*, North Liberty, IA	1:04:48	2:16:58	2:23:19	11:01
2222	82	W50	Annette Norris, 50*, Pleasant Hill, IA	1:06:49	2:16:59	2:23:25	11:01
2223	380	W35	Jeni Sundermeyer, 36*, Pleasant Hill, IA	1:08:04	2:16:59	2:23:34	11:01
2224	483	W30	Stephanie Wright, 32*, Des Moines, IA	1:08:06	2:17:00	2:23:34	11:01
2625	483	M30	Tim Maher, 30, Des Moines, IA	1:08:05	2:17:00	2:23:34	11:01
2626	258	M45	John Cox, 49, Urbandale, IA	1:02:45	2:17:00	2:18:27	11:01
2225	288	W20	Kristine Peterson, 21*, Webster City, IA	1:05:37	2:17:01	2:20:23	11:01
2627	484	M30	Curt Leigh, 31, Ankeny, IA	1:07:32	2:17:03	2:20:29	11:02
2226	289	W20	Rachel Ellefson, 20*, Marshalltown, IA	1:03:56	2:17:04	2:20:21	11:02
2227	231	W40	Brenda Jones Wiarda, 40*, West Des Moines, IA	1:05:42	2:17:04	2:22:50	11:02
2628	485	M30	Brad Youngblut, 32, Ankeny, IA	1:05:57	2:17:04	2:25:35	11:02
2629	430	M25	Mark Sabers, 25, Clive, IA	59:14	2:17:05	2:18:45	11:02
2228	381	W35	Kelley Henson, 36*, Plainfield, IL	1:05:56	2:17:05	2:21:23	11:02
2630	9	M65	Ken Lathrum, 68, Omaha, NE	1:05:46	2:17:06	2:26:41	11:02
2229	484	W30	Lisa Erickson, 30*, Boone, KS	1:05:30	2:17:08	2:20:58	11:02
2230	83	W50	Lois Biggs, 51*, Johnston, IA	1:05:32	2:17:08	2:23:52	11:02
2231	290	W20	Kristine Erickson, 24*, Des Moines, IA	1:05:30	2:17:08	2:20:58	11:02
2631	486	M30	Marek Sobieszkoda, 30, Des Moines, IA	1:05:21	2:17:11	2:23:36	11:02
2232	232	W40	Mary Koogler, 40*, Altoona, IA	1:05:22	2:17:11	2:23:36	11:02

2233	382	W35	Stacey Slifka, 36*, Pleasant Hill, IA	1:05:22	2:17:11	2:23:36	11:02
2632	431	M25	Tanner McLean, 28, Waterloo, IA	1:04:34	2:17:11	2:25:42	11:02
2234	497	W25	Lara Van Wyk, 25*, West Des Moines, IA	1:05:29	2:17:12	2:21:02	11:02
2633	432	M25	Keith Kistenmacher, 26, West Des Moines, IA	1:05:30	2:17:12	2:21:02	11:02
2634	388	M35	Ross Lincoln, 36, Clive, IA	1:05:45	2:17:12	2:24:42	11:02
2235	291	W20	Laura Albrecht, 24*, Waukee, IA	1:05:19	2:17:12	2:21:34	11:02
2236	498	W25	Lynnea Cameron, 28*, Montgomery, IL	1:01:43	2:17:13	2:26:15	11:02
2237	24	JrW	Angie Ellendson, 15*, Fort Dodge, IA	1:00:27	2:17:13	2:20:49	11:02
2238	499	W25	Megan Spick, 26*, Storm Lake, IA	1:10:30	2:17:14	2:22:57	11:03
2239	485	W30	Kristin Horning, 30*, West Des Moines, IA	1:04:41	2:17:15	2:21:24	11:03
2635	487	M30	Joshua Rehmann, 33, Johnston, IA	1:04:31	2:17:16	2:21:24	11:03
2240	500	W25	Kimberly Gavin, 27*, West Des Moines, IA	1:02:09	2:17:18	2:19:43	11:03
2636	488	M30	Reagan Elsbury, 31, Ventura, IA	58:15	2:17:19	2:17:42	11:03
2241	501	W25	Jennie Heilesen, 29*, Johnston, IA	1:05:31	2:17:19	2:22:45	11:03
2242	383	W35	Amy Lampman, 36*, Mason City, IA	1:04:48	2:17:21	2:21:21	11:03
2243	292	W20	Megan Hensley, 21*, Des Moines, IA	1:11:29	2:17:21	2:22:18	11:03
2244	233	W40	Maria Newton, 42*, West Liberty, IA	1:03:56	2:17:23	2:21:11	11:03
2637	189	M50	Steve Shifflett, 53, Ames, IA	1:06:49	2:17:24	2:20:02	11:03
2245	486	W30	Renee Sorenson, 30*, Mason City, IA	1:03:29	2:17:25	2:24:21	11:03
2638	389	M35	Jonathan Suddarth, 39, Winterset, IA	1:07:05	2:17:25	2:26:32	11:03
2639	259	M45	David Martin Sr, 47, Iowa City, IA	1:06:03	2:17:26	2:23:44	11:03
2640	321	M40	Joe Heimer, 40, Ankeny, IA	1:03:48	2:17:26	2:17:39	11:03
2641	390	M35	Jeremy Karli, 35, Urbandale, IA	1:02:15	2:17:27	2:21:22	11:04
2642	54	M60	Phil Caropreso, 64, Keokuk, IA	1:07:13	2:17:27	2:22:57	11:04
2246	234	W40	Julie Van Soelen, 40*, Pella, IA	1:04:50	2:17:27	2:21:44	11:04
2643	489	M30	Michael Rose, 30, Des Moines, IA	59:21	2:17:27	2:22:56	11:04
2247	84	W50	Barb Svoboda, 50*, Ankeny, IA	1:06:20	2:17:28	2:21:49	11:04
2644	433	M25	Justin Oswald, 26, Urbandale, IA	59:43	2:17:28	2:19:28	11:04
2248	502	W25	Chelsey Wood, 25*, Windsor Heights, IA	1:03:07	2:17:29	2:20:23	11:04
2645	260	M45	Kevin Leonard, 45, Savage, MN	1:01:25	2:17:30	2:18:58	11:04
2249	503	W25	Melanie Nerhus, 27*, Des Moines, IA	1:07:40	2:17:31	2:25:36	11:04
2250	147	W45	Lori Bosley, 48*, Slater, IA	1:06:23	2:17:31	2:23:16	11:04
2251	384	W35	Shari Roling, 39*, Clive, IA	1:05:09	2:17:32	2:24:08	11:04
2252	385	W35	InSun Colerick, 39*, Boone, IA	1:08:41	2:17:32	2:25:21	11:04
2253	487	W30	Kristin Broers, 32*, West Des Moines, IA	1:04:27	2:17:32	2:24:04	11:04
2254	235	W40	Kristen Garber, 40*, Marshalltown, IA	1:06:15	2:17:33	2:20:49	11:04
2646	490	M30	Jeremy Haack, 34, Urbandale, IA	1:06:14	2:17:33	2:17:34	11:04
2255	148	W45	Holly Theobald, 45*, Clear Lake, IA	1:05:42	2:17:33	2:19:03	11:04
2256	236	W40	Catherine Staub, 42*, West Des Moines, IA	1:02:56	2:17:34	2:24:03	11:04
2647	190	M50	Thomas Clancy, 51, Toledo, IA	1:00:54	2:17:34	2:22:32	11:04
2257	488	W30	Rebecca Kurtz, 30*, Lake In The Hills, IL	1:05:01	2:17:35	2:25:00	11:04
2258	386	W35	Julie Gardner, 37*, Ankeny, IA	1:03:01	2:17:36	2:22:21	11:04
2259	387	W35	Emily Sopko, 35*, Forest City, IA	1:07:39	2:17:38	2:23:03	11:04
2648	391	M35	Jerrell Royal, 37, Altoona, IA	1:03:32	2:17:40	2:23:46	11:05
2260	237	W40	Cammie Shelley, 40*, Altoona, IA	1:03:32	2:17:40	2:23:47	11:05
2261	293	W20	Abbie Schurman, 23*, Omaha, NE	1:04:22	2:17:40	2:26:47	11:05
2649	125	M55	Steve Rose, 59, Indianola, IA		2:17:40	2:17:40	11:05
2650	322	M40	Paul Huston, 43, Ames, IA	1:01:58	2:17:41	2:19:49	11:05
2262	504	W25	JillAlice Hoakison, 29*, Ankeny, IA	1:05:53	2:17:44	2:24:47	11:05
2651	392	M35	Todd DeVries, 38, Newton, IA	1:06:23	2:17:45	2:22:57	11:05
2263	489	W30	Hillari Jennings, 32*, Ankeny, IA	1:04:25	2:17:47	2:24:19	11:05
2264	505	W25	Erica Hohensee, 28*, Moline, IL	1:06:56	2:17:48	2:26:17	11:05
2265	506	W25	Melissa O'Malley, 27*, Davenport, IA	1:06:58	2:17:49	2:26:16	11:05
2266	490	W30	Tacia Edeker, 30*, North Liberty, IA	1:06:58	2:17:49	2:26:17	11:05
2652	191	M50	Lambert Blank, Jr., 52, Clive, IA	1:04:07	2:17:49	2:22:18	11:05
2267	491	W30	Tara Mason, 32*, Ankeny, IA	1:07:11	2:17:50	2:25:55	11:05
2268	388	W35	Teresa Green, 36*, Ankeny, IA	1:07:11	2:17:50	2:25:55	11:05
2269	389	W35	Carol Kelderman, 37*, Oskaloosa, IA	1:09:45	2:17:50	2:24:37	11:05
2653	434	M25	Michael Phothasone, 26, Des Moines, IA	1:07:09	2:17:51	2:25:42	11:05
2270	390	W35	Carrie Belt, 37*, Indianola, IA	1:07:57	2:17:51	2:24:29	11:05
2271	492	W30	Amanda Robinson, 32*, Ames, IA	1:05:44	2:17:51	2:23:20	11:05
2654	192	M50	Jack Harper, 52, Prairie City, IA	1:04:59	2:17:51	2:27:22	11:05
2272	238	W40	Kristine Kamminga, 42*, Ankeny, IA	1:08:17	2:17:52	2:25:40	11:06
2273	391	W35	Sheila Rees, 38*, Ankeny, IA	1:03:54	2:17:53	2:23:56	11:06



2274	149	W45	Catherine Michl, 49*, Urbandale, IA	1:08:43	2:17:53	2:23:10	11:06
2275	493	W30	Kristi Jacobson, 31*, Carroll, IA	1:08:22	2:17:54	2:25:59	11:06
2276	239	W40	Jill Nepper, 40*, Urbandale, IA	1:06:10	2:17:54	2:22:21	11:06
2655	491	M30	Tony Lochner, 34, Ankeny, IA	1:03:23	2:17:55	2:24:16	11:06
2656	492	M30	Ryan Stowe, 30, Urbandale, IA	1:04:52	2:17:56	2:23:15	11:06
2277	494	W30	Katie Warner, 30*, Eagan, MN	1:08:06	2:17:58	2:18:54	11:06
2278	507	W25	Jana Daisy, 29*, Ankeny, IA	1:03:00	2:17:58	2:20:55	11:06
2279	85	W50	Nancy Betz, 52*, Grimes, IA	1:07:36	2:17:59	2:20:30	11:06
2280	392	W35	Jessie Santi, 35*, Boone, IA	1:01:54	2:17:59	2:23:12	11:06
2657	126	M55	Randy Clarke, 59, Reinbeck, IA	1:01:54	2:17:59	2:23:12	11:06
2658	393	M35	Corey Harms, 35, Huxley, IA	1:01:01	2:18:01	2:21:03	11:06
2659	193	M50	Kyle Ruge, 53, Fort Dodge, IA	1:00:10	2:18:02	2:21:37	11:06
2281	393	W35	Amanda Werts, 36*, Des Moines, IA		2:18:02	2:25:01	11:06
2282	240	W40	Ellen Toomsen, 44*, Ackley, IA	1:03:50	2:18:02	2:23:27	11:06
2283	86	W50	Ginger Stallman, 50*, Norway, IA	1:07:04	2:18:02	2:25:00	11:06
2660	225	M20	Mark Gilarski, 21, Ames, IA	1:03:39	2:18:03	2:21:00	11:06
2661	493	M30	John Hannan, 33, Cherry Hill, NJ	1:05:26	2:18:03	2:19:52	11:06
2284	495	W30	Tania Wood, 33*, Winterset, IA	1:06:54	2:18:04	2:23:09	11:06
2285	294	W20	Linea Bartel, 23*, Iowa City, IA	1:03:23	2:18:04	2:24:47	11:07
2286	394	W35	Stacy Carriker, 39*, Oskaloosa, IA	1:04:26	2:18:05	2:20:56	11:07
2287	508	W25	Sarah Noon, 26*, Winterset, IA	1:06:55	2:18:06	2:23:12	11:07
2288	509	W25	Chelsy Dahms, 26*, Johnston, IA	1:05:24	2:18:07	2:18:51	11:07
2662	435	M25	Bruce Kempf, 28, Urbandale,, Ia	1:03:56	2:18:08	2:24:39	11:07
2289	496	W30	Jenny Chung, 31*, Johnston, IA	1:03:47	2:18:08	2:24:49	11:07
2290	510	W25	Erin Van Bergen, 29*, Bloomington, MN	1:06:13	2:18:09	2:27:04	11:07
2663	226	M20	Mitchell Wiese, 24, Iowa City, IA	59:09	2:18:09	2:22:10	11:07
2664	323	M40	Gary Magneson, 42, Urbandale, IA	1:02:54	2:18:09	2:24:38	11:07
2665	261	M45	Daniel Berte, 45, Des Moines, IA	1:06:02	2:18:11	2:24:43	11:07
2291	295	W20	Amanda Jellema, 24*, Des Moines, IA	1:07:03	2:18:11	2:26:16	11:07
2292	497	W30	Jessica Keehn, 32*, Des Moines, IA	1:06:20	2:18:12	2:22:05	11:07
2666	436	M25	Charles Harned, 25, Des Moines, IA	1:04:42	2:18:13	2:26:33	11:07
2293	296	W20	Brandi Harned, 23*, Carlisle, IA	1:04:43	2:18:13	2:26:33	11:07
2294	395	W35	Heather Schebel, 37*, West Des Moines, IA	1:07:07	2:18:15	2:26:32	11:07
2295	396	W35	Angie Doyle Scar, 39*, Dsm, IA	1:07:31	2:18:15	2:21:19	11:07
2296	32	W55	Paula Dierenfeld, 56*, Johnston, IA	1:07:31	2:18:15	2:21:19	11:07
2297	297	W20	Brittany Maxwell, 24*, Maxwell, IA	1:07:42	2:18:16	2:23:35	11:07
2298	511	W25	Claire Muselman, 26*, West Des Moines, IA	1:07:00	2:18:16	2:23:43	11:08
2299	498	W30	Marie Shipley, 30*, Elkhart, IA	1:05:55	2:18:17	2:23:31	11:08
2300	512	W25	Ashley Avery, 27*, West Des Moines, IA	1:05:37	2:18:18	2:24:06	11:08
2301	513	W25	Lisa Salemink, 27*, West Des Moines, IA	1:02:26	2:18:18	2:21:10	11:08
2667	194	M50	Joe Murdock, 50, Johnston, IA	1:06:58	2:18:19	2:24:27	11:08
2302	397	W35	Kerrie Hammelman, 36*, Clive, IA	1:03:52	2:18:19	2:19:16	11:08
2303	33	W55	Dawn Vandell, 55*, Des Moines, IA	1:05:21	2:18:20	2:25:01	11:08
2668	195	M50	Michael Rye, 54, Des Moines, IA	1:02:39	2:18:20	2:25:11	11:08
2304	241	W40	Mickie Stout, 42*, Windsor Heights, IA	1:04:47	2:18:20	2:18:20	11:08
2669	494	M30	Jessy Vera, 31, Marion, IA	1:05:09	2:18:20	2:23:04	11:08
2670	262	M45	Dan Clason, 47, Grimes, IA	1:00:58	2:18:20	2:27:08	11:08
2671	324	M40	Kevin White, 42, Council Bluffs, IA	1:03:40	2:18:21	2:25:13	11:08
2305	499	W30	Jessica Ihrke, 30*, Waukee, IA	1:06:59	2:18:21	2:23:48	11:08
2306	242	W40	Jill White, 41*, Council Bluffs, IA	1:03:42	2:18:21	2:25:13	11:08
2307	514	W25	Maggie Downs, 25*, Creston, IA	1:05:48	2:18:22	2:24:22	11:08
2308	243	W40	Suzan Frantum, 44*, Ogden, IA	1:04:48	2:18:23	2:27:49	11:08
2309	515	W25	Taylor Sette, 26*, Owatonna, MN	1:06:58	2:18:23	2:25:23	11:08
2310	398	W35	Shannon Prostrollo, 37*, Medford, MN	1:06:58	2:18:24	2:25:23	11:08
2311	244	W40	Carol Heaverlo, 44*, Boone, IA	1:05:36	2:18:25	2:22:38	11:08
2312	150	W45	Robyn Cooper, 47*, Boone, IA	1:05:36	2:18:25	2:22:38	11:08
2313	500	W30	Suzanne Sosby, 33*, Madrid, IA	1:00:44	2:18:26	2:18:57	11:08
2314	516	W25	Amy Sturm, 25*, Ankeny, IA	1:10:30	2:18:26	2:24:09	11:08
2315	298	W20	Denise Crawley, 23*, West Des Moines, IA	1:08:27	2:18:28	2:21:17	11:08
2316	517	W25	Alicia Prendergast, 27*, West Des Moines, IA	1:08:27	2:18:28	2:21:18	11:08
2317	501	W30	Brook Stein, 30*, Manly, IA	1:03:33	2:18:30	2:24:47	11:09
2672	10	M65	Michael Kent, 65, Des Moines, IA	1:06:39	2:18:30	2:24:04	11:09
2318	502	W30	Amy Klein, 34*, Forest City, IA	1:03:33	2:18:31	2:24:48	11:09
2319	518	W25	Jennifer Hoffman, 28*, Ankeny, IA	1:08:19	2:18:31	2:22:57	11:09

2673	196	M50	Steve Vance, 53, Sheldahl, IA	1:03:03	2:18:31	2:27:27	11:09
2674	197	M50	Patrick Hoye, 51, Pleasant Hill, IA	1:05:17	2:18:31	2:24:15	11:09
2320	245	W40	Jodi Jamison, 44*, Woodward, IA	1:05:39	2:18:32	2:23:07	11:09
2321	246	W40	Chris Hicks, 42*, Marion, IA	1:04:40	2:18:32	2:24:55	11:09
2322	503	W30	Carmen Snider, 32*, Urbandale, IA	1:06:08	2:18:32	2:24:50	11:09
2323	299	W20	Maddie Moffitt, 24*, Waukee, IA	1:04:22	2:18:32	2:23:26	11:09
2324	504	W30	Marcie Reynolds, 34*, Hiawatha, IA	1:05:51	2:18:33	2:24:18	11:09
2675	263	M45	Dan Schmitz, 48, Des Moines, IA	1:06:38	2:18:34	2:23:39	11:09
2325	505	W30	Jill Motroni, 31*, Urbandale, IA	1:04:42	2:18:34	2:23:55	11:09
2326	300	W20	Megan Ascherl, 24*, Sioux Falls, SD	1:05:41	2:18:35	2:25:08	11:09
2327	34	W55	Gail Stelmacher, 56*, West Des Moines, IA	1:06:50	2:18:36	2:19:45	11:09
2328	506	W30	Mariah Chapman, 33*, Ankeny, IA	1:13:24	2:18:36	2:24:16	11:09
2329	151	W45	Janaan Reeves, 45*, Des Moines, IA	1:06:50	2:18:36	2:19:46	11:09
2330	507	W30	Danette Stritt, 33*, Des Moines, IA	1:02:28	2:18:37	2:23:51	11:09
2331	301	W20	Megan Holden, 24*, Pleasant Hill, IA	1:03:13	2:18:37	2:22:15	11:09
2332	302	W20	Whitney Meseck, 24*, Iowa City, IA	1:03:39	2:18:38	2:23:44	11:09
2333	508	W30	Melissa Van Gorp, 34*, Pella, IA	1:02:05	2:18:38	2:21:51	11:09
2334	247	W40	Wendy Bryant, 41*, Clive, IA	1:03:42	2:18:38	2:24:20	11:09
2676	495	M30	Josh Miller, 30, Ankeny, IA	59:50	2:18:38	2:28:05	11:09
2335	399	W35	Miriam Rinehart, 38*, Waukee, IA	1:04:02	2:18:39	2:23:02	11:09
2336	303	W20	Jill Cronbaugh, 23*, Cedar Falls, IA	1:02:50	2:18:39	2:23:20	11:09
2677	496	M30	Calvin Miller, 34, Des Moines, IA	1:09:27	2:18:39	2:26:53	11:09
2678	51	JrM	Alex Preston, 16, Waukee, IA	1:03:48	2:18:39	2:23:38	11:09
2679	127	M55	Doug Ryan, 58, Webster City, IA	1:04:01	2:18:40	2:24:16	11:09
2337	87	W50	Tracy Sandbothe, 52*, Des Moines, IA	1:08:28	2:18:40	2:23:16	11:09
2680	394	M35	Tyler Soethout, 36, Indianola, Iowa, Ia	1:04:05	2:18:40	2:28:09	11:09
2338	25	JrW	Emily Maruth, 16*, Ankeny, IA	1:05:14	2:18:40	2:21:16	11:09

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2681	497	M30	Siaolong Southammavong, 30, Johnston, IA	1:03:55	2:18:40	2:31:16	11:09
2339	519	W25	Rebekah Risbeck, 26*, Des Moines, IA	1:11:20	2:18:42	2:25:23	11:10
2340	509	W30	Stacy Sassman, 32*, Ames, IA	1:02:44	2:18:43	2:21:29	11:10
2341	520	W25	Jessica Sellner, 29*, Urbandale, IA	1:09:02	2:18:43	2:24:18	11:10
2682	437	M25	Jude Sellner, 28, Urbandale, IA	1:09:01	2:18:43	2:24:18	11:10
2342	510	W30	Gina David, 31*, West Des Moines, IA	1:07:12	2:18:44	2:26:15	11:10
2343	62	W17	Kendra Gliem, 18*, Desoto, IA	1:01:59	2:18:44	2:21:02	11:10
2344	511	W30	Patty Feeley, 30*, Omaha, NE	1:02:56	2:18:44	2:25:23	11:10
2345	521	W25	Mary Wilson, 25*, West Des Moines, IA	1:06:38	2:18:45	2:26:09	11:10
2683	325	M40	Joe Bosch, 40, Blairsburg, IA	1:06:42	2:18:45	2:27:24	11:10
2346	88	W50	Sondra Jay-Grote, 50*, Filley, NE	1:07:54	2:18:45	2:22:55	11:10
2684	227	M20	Cody Petersen, 20, Grimes, IA	1:02:19	2:18:46	2:20:37	11:10
2685	11	M65	Walter Aeckerle, 68, Lakewood, CO	1:08:05	2:18:46	2:19:43	11:10
2347	522	W25	Tasha Spratt, 27*, Cedar Rapids, IA	1:06:58	2:18:46	2:25:06	11:10
2348	523	W25	Sara Meisterling, 26*, Cedar Rapids, IA	1:06:58	2:18:47	2:25:06	11:10
2349	524	W25	Katie Gebhart, 29*, North Liberty, IA	1:09:57	2:18:49	2:25:03	11:10
2350	400	W35	Kristi Nove, 37*, Fairfax, IA	1:09:58	2:18:49	2:25:03	11:10
2351	525	W25	Erica Jenewein, 26*, North Liberty, IA	1:09:57	2:18:49	2:25:04	11:10
2352	304	W20	Emily Verre, 24*, West Des Moines, IA	1:06:59	2:18:49	2:24:20	11:10
2353	305	W20	Kourtney Wedeking, 21*, Cedar Falls, IA	1:06:00	2:18:51	2:21:43	11:10
2354	306	W20	Amber Kastler, 24*, Webster City, IA	1:07:33	2:18:51	2:25:03	11:10
2355	401	W35	Traci Houghton, 39*, Ankeny, IA	1:05:12	2:18:52	2:23:02	11:10
2686	498	M30	Pete Drury, 31, Gilman, IA	1:05:48	2:18:53	2:25:14	11:10
2356	307	W20	Carly Chouteau, 24*, Ames, IA	1:05:05	2:18:53	2:24:02	11:10
2357	512	W30	Nicole Kathman, 33*, Ankeny, IA	1:05:27	2:18:54	2:23:40	11:11
2687	499	M30	Adam Sparks, 30, Des Moines, IA	1:01:24	2:18:54	2:25:49	11:11
2688	500	M30	Justin Coop, 30, Des Moines, IA	1:04:29	2:18:56	2:25:57	11:11
2358	513	W30	Carrie Blom, 33*, Burlington, IA	1:04:24	2:18:56	2:21:30	11:11
2359	402	W35	Maureen McGraw Duncklee, 38*, Waukon, IA	1:04:33	2:18:57	2:24:00	11:11
2689	128	M55	Dick Deming, 57, Des Moines, IA	1:05:11	2:18:58	2:24:19	11:11
2360	526	W25	Sara Hagedorn, 28*, West Des Moines, IA	1:05:19	2:19:00	2:24:11	11:11
2690	501	M30	Joel Folkerts, 31, Ames, IA	1:04:42	2:19:00	2:26:55	11:11
2361	514	W30	Kim Casey, 34*, Des Moines, IA	1:08:16	2:19:00	2:25:25	11:11
2691	395	M35	Brad Myers, 39, Knoxville, IA	58:59	2:19:01	2:22:44	11:11
2692	264	M45	Kevin Kincaid, 47, Waukee, IA	1:07:12	2:19:02	2:27:41	11:11

2362	515	W30	Jennifer Folkerts, 30*, Ames, IA	1:04:44	2:19:02	2:26:56	11:11
2693	129	M55	Gary Moenck, 57, Webster City, IA	1:00:56	2:19:03	2:22:22	11:11
2363	527	W25	Allyssa Herrin, 25*, West Des Moines, IA	1:04:48	2:19:03	2:23:57	11:11
2694	97	M17	Taylor Godwin, 19, Slater, IA	1:04:44	2:19:04	2:27:26	11:11
2695	265	M45	Gary Houdeshell, 45, Stanhope, IA	1:07:37	2:19:04	2:22:42	11:11
2696	266	M45	Paul Brooke, 45, Ames, IA	1:04:58	2:19:06	2:24:40	11:12
2697	502	M30	Jason Dammen, 32, Glenwood, IA		2:19:07	2:25:44	11:12
2698	326	M40	James Farrell, 42, Ames, IA	1:05:07	2:19:07	2:22:00	11:12
2699	396	M35	Justin Wyatt, 35, Glenwood, IA	1:04:19	2:19:07	2:25:44	11:12
2364	35	W55	Joyce Burch, 55*, Pella, IA	1:02:02	2:19:08	2:22:11	11:12
2365	516	W30	Dina Schaller, 33*, Carthage, IL	1:05:37	2:19:09	2:24:40	11:12
2366	63	W17	Heather Swanson, 19*, Red Oak, IA	1:04:28	2:19:10	2:19:33	11:12
2700	55	M60	Jack Sandmeier, 60, Knoxville, IA		2:19:10	2:19:10	11:12
2367	528	W25	Erin Lewachowicz, 27*, Urbandale, IA	1:06:06	2:19:11	2:25:19	11:12
2701	503	M30	Eric James, 32, Lenexa, KS	1:04:27	2:19:11	2:21:27	11:12
2702	438	M25	Quent Christensen, 28, Urbandale, IA	1:06:06	2:19:11	2:25:20	11:12
2703	439	M25	Jon Kasworm, 26, Oskaloosa, IA	1:06:21	2:19:12	2:26:22	11:12
2368	529	W25	Chandra Wheatley, 27*, West Des Moines, IA	1:05:40	2:19:12	2:23:13	11:12
2369	530	W25	Jill Heddinger, 27*, West Des Moines, IA	1:07:21	2:19:15	2:25:07	11:12
2370	152	W45	Steph Perington, 45*, Johnston, IA	1:07:43	2:19:15	2:23:51	11:12
2371	531	W25	Lyndsi Roenfeld, 29*, West Des Moines, IA	1:05:22	2:19:16	2:25:24	11:12
2704	504	M30	Rob Keller, 31, Des Moines, IA	59:44	2:19:17	2:20:19	11:12
2372	403	W35	Nicol Roethler, 36*, Johnston, IA	1:07:43	2:19:17	2:23:53	11:12
2373	517	W30	Krystal Wyatt, 34*, Glenwood, IA	1:04:19	2:19:17	2:25:54	11:12
2374	404	W35	Nichole Waltz, 36*, Park Ridge, IL	1:06:37	2:19:18	2:25:44	11:12
2705	397	M35	Kirk Harrison, 35, Des Moines, IA	1:01:55	2:19:18	2:26:41	11:12
2375	532	W25	Lisa Bunnell, 28*, Cedar Rapids, IA	1:03:25	2:19:19	2:23:33	11:13
2376	533	W25	Anjee Fraher, 29*, Fort Dodge, IA	1:07:28	2:19:21	2:25:23	11:13
2377	534	W25	Stacy Crouse, 27*, Johnston, IA	1:04:24	2:19:21	2:25:09	11:13
2378	535	W25	Krissy Daniel, 27*, Ankeny, IA	1:04:24	2:19:21	2:25:09	11:13
2379	536	W25	Jacqueline Glascock, 25*, Columbia, MO	1:07:16	2:19:22	2:23:05	11:13
2706	267	M45	Owen Garretson, 49, Oklahoma City, OK	1:03:53	2:19:23	2:25:41	11:13
2380	405	W35	Shannon Petersen, 39*, Granger, IA	1:07:28	2:19:26	2:24:01	11:13
2707	7	M70	Pete Peterson, 70, Marshalltown, IA	1:07:33	2:19:26	2:25:21	11:13
2381	248	W40	Dina Embree, 40*, Des Moines, IA	1:07:22	2:19:28	2:26:46	11:13
2382	249	W40	Jennifer Van Nest, 40*, Ottumwa, IA	1:05:28	2:19:28	2:24:04	11:13
2383	406	W35	Tracey Cormeny, 39*, Ottumwa, IA	1:05:28	2:19:29	2:24:04	11:13
2708	398	M35	Scott Cordes, 35, Cedar Rapids, IA	1:07:45	2:19:29	2:24:55	11:13
2384	518	W30	Jill McIlhon, 31*, Ankeny, IA	1:08:18	2:19:29	2:24:22	11:13
2709	268	M45	Mark Neary, 47, Iowa City, IA	1:01:10	2:19:29	2:22:28	11:13
2385	537	W25	Michelle Howe, 25*, West Des Moines, IA	1:05:54	2:19:30	2:23:25	11:13
2710	198	M50	Kevin Howe, 51, Adel, IA	1:05:55	2:19:30	2:23:24	11:13
2386	250	W40	Maria Maharry, 41*, Newton, IA	1:06:55	2:19:30	2:24:36	11:13
2387	519	W30	Asia Strong, 34*, Indianola, IA	1:04:13	2:19:31	2:25:47	11:13
2388	251	W40	Kris Rode, 42*, Marshalltown, IA	1:06:04	2:19:32	2:25:40	11:14
2389	252	W40	Soyong Newman, 44*, Clive, IA	1:04:00	2:19:32	2:19:32	11:14
2390	538	W25	Crystal Stowe, 28*, Urbandale, IA	1:04:52	2:19:32	2:24:52	11:14
2391	153	W45	Deborah Beauchamp, 46*, Cedar Rapids, IA	1:04:28	2:19:33	2:26:29	11:14
2392	154	W45	Lori McKim, 49*, Boone, IA	1:05:46	2:19:33	2:23:39	11:14
2393	308	W20	Amanda De Hoedt, 22*, Iowa City, IA	1:06:46	2:19:34	2:26:56	11:14
2711	505	M30	Brian Kinkle, 32, Des Moines, IA	1:09:45	2:19:35	2:25:36	11:14
2394	155	W45	Joyce Hagley, 49*, Ames, IA	1:11:04	2:19:35	2:25:03	11:14
2395	539	W25	Shannon Green, 27*, Pleasant Hill, IA	1:09:45	2:19:35	2:25:36	11:14
2396	156	W45	Lisa Failla, 47*, Madrid, IA	1:08:41	2:19:35	2:27:24	11:14
2712	399	M35	Nick Jackson, 35, Des Moines, IA	1:05:13	2:19:35	2:24:07	11:14
2713	327	M40	Tony Takla, 42, West Des Moines, IA	1:03:28	2:19:36	2:23:40	11:14
2397	407	W35	Crystal Greiman, 39*, Ankeny, IA	1:08:06	2:19:37	2:23:02	11:14
2714	506	M30	Curt Narwold, 32, Ankeny, IA	1:02:57	2:19:37	2:27:02	11:14
2398	520	W30	Stacy Kuehler, 34*, West Des Moines, IA	1:07:47	2:19:37	2:26:27	11:14
2715	56	M60	David Dickens, 63, Ankeny, IA	1:05:50	2:19:37	2:25:47	11:14
2399	540	W25	Laura Wallace, 26*, West Des Moines, IA	1:05:34	2:19:38	2:24:21	11:14
2400	408	W35	Kristen Hatcher, 35*, West Des Moines, IA	1:05:34	2:19:39	2:24:21	11:14
2401	157	W45	Mary Hanna, 48*, Forest City, IA	1:02:40	2:19:41	2:25:05	11:14
2716	199	M50	Joe McCright, 53, Johnston, IA	1:10:39	2:19:42	2:28:07	11:14
2717	440	M25	Kris Dane, 29, Waukee, IA	1:00:14	2:19:42	2:21:51	11:14

2402	253	W40	Rita Nierling, 41*, Fairfax, IA	1:06:36	2:19:44	2:23:02	11:15
2403	409	W35	Deanna Konkol, 36*, Des Moines, IA	1:08:28	2:19:47	2:28:14	11:15
2404	89	W50	Jane Montgomery, 54*, Ames, IA	1:07:21	2:19:47	2:27:02	11:15
2405	309	W20	Amy Jensen, 24*, Des Moines, IA	1:09:27	2:19:47	2:27:23	11:15
2406	36	W55	Darla Emery, 57*, Ames, IA	1:07:21	2:19:47	2:27:02	11:15
2407	521	W30	Shannon Emerson, 32*, Des Moines, IA	1:08:00	2:19:49	2:22:12	11:15
2408	410	W35	Jen Pierzina, 36*, Kearney, NE	1:02:29	2:19:51	2:25:05	11:15
2409	522	W30	Jamie Donaldson, 33*, Fort Leavenworth, KS	1:05:27	2:19:51	2:24:36	11:15
2718	400	M35	Nate Manning, 37, Keosauqua, IA	1:04:57	2:19:52	2:24:15	11:15
2719	269	M45	Ken Bratt, 46, Norwalk, IA	1:02:19	2:19:53	2:21:26	11:15
2410	523	W30	Sarah Kavalier, 34*, Altoona, IA	1:08:00	2:19:53	2:22:17	11:15
2411	254	W40	Shelly Piner, 40*, Altoona, IA	1:07:53	2:19:53	2:26:01	11:15
2720	401	M35	Greg Gehrke, 39, Altoona, IA	1:07:53	2:19:54	2:26:01	11:15
2412	524	W30	Robin Bender, 33*, Newman Grove, NE	1:10:21	2:19:55	2:28:18	11:15
2413	411	W35	Stephanie Labenz, 36*, Johnston, IA	1:10:21	2:19:55	2:28:18	11:15
2721	228	M20	Derek Lacina, 21, Ames, IA	1:02:05	2:19:56	2:27:33	11:16
2414	255	W40	Teresa Strauss, 40*, Waukee, IA	1:08:03	2:19:56	2:26:06	11:16
2415	310	W20	Brittney Fairholm, 20*, Winterset, IA	1:02:05	2:19:56	2:27:33	11:16
2722	57	M60	Lawain Judisch, 61, Tripoli, IA	1:02:44	2:19:56	2:24:15	11:16
2416	412	W35	Patty Steffensmeier, 38*, West Point, IA	1:09:23	2:19:59	2:26:09	11:16
2723	270	M45	Jon Klinkefus, 48, Cedar Rapids, IA	1:05:08	2:19:59	2:23:42	11:16
2724	271	M45	Tom Morris, 45, Johnston, IA	1:04:28	2:20:01	2:22:02	11:16
2417	525	W30	Amber Schut, 31*, Clive, IA	1:10:15	2:20:01	2:28:42	11:16
2725	402	M35	Chuck Augustine, 39, Cedar Rapids, IA	1:07:57	2:20:01	2:23:22	11:16
2726	403	M35	David Kurth, 39, Grimes, IA	1:07:57	2:20:01	2:23:23	11:16
2418	90	W50	Mary Johnson, 53*, Des Moines, IA	1:03:00	2:20:02	2:20:45	11:16
2419	256	W40	Danene Suttten, 40*, Altoona, IA	1:09:45	2:20:02	2:26:25	11:16
2420	257	W40	Bridget Evans, 41*, Altoona, IA	1:09:45	2:20:03	2:26:25	11:16
2421	158	W45	Jasdeep Kaur, 45*, Waukee, IA	1:06:00	2:20:03	2:26:34	11:16
2422	526	W30	Carol Gaul, 32*, Urbandale, IA	1:04:22	2:20:03	2:26:33	11:16
2727	130	M55	Jim Mease, 59, Winterset, IA	1:05:27	2:20:05	2:24:34	11:16
2423	159	W45	Joann De Haan, 48*, Urbandale, IA	1:06:11	2:20:06	2:29:45	11:16
2424	541	W25	Julie Lint, 28*, Newton, IA	1:05:23	2:20:08	2:27:03	11:17
2425	311	W20	Kate Lindsay, 24*, West Des Moines, IA	1:08:04	2:20:09	2:27:36	11:17
2426	413	W35	Renee Weis, 37*, Chicago, IL	1:06:15	2:20:09	2:24:24	11:17
2728	507	M30	Jon Duey, 34, Indianola, IA	1:06:11	2:20:09	2:27:06	11:17
2427	414	W35	Libby Byers, 38*, Carlsile, IA	1:04:26	2:20:09	2:24:01	11:17
2428	542	W25	Melanie Seipel, 26*, Ankeny, IA	1:06:01	2:20:10	2:25:27	11:17
2729	508	M30	Aaron Weibel, 30, Ankeny, IA	1:06:01	2:20:10	2:25:27	11:17
2429	415	W35	Erin Schuessler, 39*, Iowa City, IA	1:13:02	2:20:11	2:20:11	11:17
2430	258	W40	Laura Krejchi, 43*, Waukee, IA	1:08:24	2:20:11	2:28:57	11:17
2431	312	W20	Anna Arnold, 20*, Waukee, IA	1:06:14	2:20:11	2:20:24	11:17
2432	259	W40	Kristyn Flake Manjoine, 40*, Muscatine, IA	1:04:39	2:20:12	2:24:07	11:17
2433	313	W20	Carrie Boyd, 24*, Des Moines, IA	1:07:03	2:20:12	2:27:46	11:17
2434	314	W20	Lindsay Knights, 24*, State Center, IA	1:06:26	2:20:12	2:26:27	11:17
2730	441	M25	Stephen Adams, 25, State Center, IA	1:06:26	2:20:12	2:26:28	11:17
2435	64	W17	Laura Weigel, 19*, Grinnell, IA	1:02:48	2:20:13	2:28:00	11:17
2436	527	W30	Eva Nunn, 34*, Panora, IA	1:08:56	2:20:17	2:26:57	11:17
2437	315	W20	Sara Hejhal, 21*, Osage, IA	1:06:27	2:20:17	2:27:32	11:17
2438	543	W25	Amber DeCesare, 28*, Chicago, IL	1:04:21	2:20:18	2:28:40	11:17
2439	260	W40	Peggy Vespa, 43*, Urbandale, IA	1:08:19	2:20:18	2:28:40	11:17
2440	316	W20	Aryn Allison, 23*, Johnston, IA	1:04:50	2:20:19	2:23:27	11:17
2441	416	W35	Christine Woodyard, 38*, Altoona, IA	1:06:54	2:20:24	2:28:12	11:18
2731	509	M30	Nick Einwalter, 30, Johnston, IA	1:03:41	2:20:25	2:29:38	11:18
2732	442	M25	Josh Thiessen, 29, Des Moines, IA	1:09:41	2:20:25	2:27:17	11:18
2442	317	W20	Miranda Straw, 24*, West Des Moines, IA	1:06:14	2:20:26	2:23:41	11:18
2443	544	W25	Emily Russ, 25*, Monticello, IA	1:06:33	2:20:26	2:25:30	11:18
2444	545	W25	Brooke Palmer, 25*, Iowa City, IA	1:09:37	2:20:26	2:26:03	11:18
2445	546	W25	Keri Rolland, 26*, Minneapolis, MN	1:09:37	2:20:27	2:26:03	11:18
2446	417	W35	Karen Smith, 35*, Urbandale, IA	1:04:36	2:20:29	2:23:51	11:18
2447	547	W25	Hollie Green, 29*, Des Moines, IA	1:01:12	2:20:30	2:26:28	11:18
2448	548	W25	Fae Seil, 27*, Sioux City, IA	1:00:39	2:20:31	2:25:11	11:18
2449	418	W35	Heather Freebern, 36*, Dakota Dunes, SD	1:00:39	2:20:31	2:25:11	11:18
2450	549	W25	Mallory Spray, 25*, Dallas Center, IA	1:03:05	2:20:32	2:23:28	11:18
2733	404	M35	Chad Carter, 38, Ankeny, IA	1:03:16	2:20:33	2:26:36	11:19

2451	528	W30	Angela Reedy, 34*, Ames, IA	1:08:54	2:20:35	2:27:11	11:19
2452	261	W40	Anjela Shutts, 40*, Des Moines, IA	1:07:13	2:20:36	2:28:08	11:19
2734	328	M40	David Whisler, 43, Urbandale, IA	1:03:46	2:20:36	2:26:42	11:19
2735	229	M20	Jonathan Rector, 24, Des Moines, IA	1:04:17	2:20:36	2:25:31	11:19
2736	405	M35	Gary Marker, 39, Norwalk, IA	1:03:10	2:20:38	2:29:21	11:19
2453	529	W30	Jamie Baas, 31*, Bondurant, IA	1:04:50	2:20:43	2:27:04	11:19
2454	160	W45	Lori Meeker, 46*, Des Moines, IA	1:08:28	2:20:43	2:27:08	11:19
2455	91	W50	Karen Hoff, 53*, Urbandale, IA	1:06:37	2:20:44	2:23:25	11:19
2456	262	W40	Kim Kelly, 41*, Waukee, IA	1:05:19	2:20:44	2:28:46	11:19
2457	530	W30	Lindsay Thomas, 30*, Chicago, IL	1:10:42	2:20:44	2:25:11	11:19
2458	263	W40	Kathy Schramm, 42*, Clive, IA	1:08:48	2:20:45	2:26:40	11:19
2459	65	W17	Mary Houangsavanh, 19*, Des Moines, IA	1:06:22	2:20:49	2:26:10	11:20
2460	318	W20	Kaytlin Moeller, 22*, Iowa City, IA	1:08:13	2:20:50	2:25:39	11:20
2461	419	W35	Stephanie Spurling, 35*, Dexter, IA	1:09:34	2:20:51	2:22:23	11:20
2737	329	M40	Aaron Jones, 40, Urbandale, IA	1:02:48	2:20:53	2:24:16	11:20
2738	272	M45	Robert Jiracek, 45, West Des Moines, IA	1:09:53	2:20:53	2:26:16	11:20
2462	319	W20	Mallory Blaine, 23*, Urbandale, IA	1:03:04	2:20:55	2:25:18	11:20
2463	550	W25	Katera O'Rourke, 25*, Ankeny, IA	1:08:09	2:20:57	2:25:31	11:20
2464	551	W25	Angela Henson, 29*, Wdsm, IA	1:05:23	2:20:58	2:27:53	11:21
2465	531	W30	Lindsey Baracz, 34*, Cedar Falls, IA	1:11:40	2:20:58	2:29:27	11:21
2466	420	W35	Trishia Borts, 36*, Urbandale, IA	1:11:13	2:20:59	2:26:57	11:21
2467	552	W25	Ashley Sabatka, 26*, Omaha, NE	1:06:30	2:20:59	2:27:21	11:21
2739	273	M45	Chuck Burkhart, 45, Urbandale, IA	1:11:14	2:20:59	2:26:57	11:21
2468	532	W30	Keeley Nyman, 31*, Omaha, NE	1:06:30	2:21:01	2:27:23	11:21
2740	131	M55	Alan Fukushima, 55, Ames, IA	1:05:08	2:21:02	2:25:54	11:21
2469	264	W40	Holly McIlroy, 40*, Des Moines, IA	1:11:34	2:21:02	2:26:05	11:21
2741	330	M40	Scott McIlroy, 40, Des Moines, IA	1:11:34	2:21:02	2:26:06	11:21
2742	443	M25	Ben Korthas, 29, West Des Moines, IA	1:03:35	2:21:03	2:24:51	11:21
2470	421	W35	Melissa Schwarting, 37*, Overland Park, KS	1:07:50	2:21:04	2:25:30	11:21
2471	553	W25	Veronica Hindt, 25*, West Des Moines, IA	1:08:06	2:21:05	2:23:55	11:21
2472	92	W50	LuAnn Ostergaard, 52*, Des Moines, IA	1:07:06	2:21:05	2:28:35	11:21
2473	26	JrW	Paige Pauley, 16*, Honey Creek, IA		2:21:07	2:21:07	11:21
2743	274	M45	Pat Pauley, 47, Honey Creek, IA	1:06:03	2:21:07	2:21:07	11:21
2474	533	W30	Jamie Ehlert, 31*, Grimes, IA	1:08:01	2:21:07	2:26:51	11:21
2475	554	W25	Lisa Tatge, 29*, West Branch, IA	1:06:45	2:21:08	2:25:53	11:21
2476	422	W35	Heather Pack, 37*, Urbandale, IA	1:08:55	2:21:08	2:27:34	11:21
2744	406	M35	Derek Meinders, 38, Waukee, IA	1:09:19	2:21:09	2:30:31	11:21
2477	423	W35	Emily Meinders, 36*, Waukee, IA	1:09:19	2:21:09	2:30:31	11:21
2478	161	W45	Penny Frey, 48*, Earlham, IA	1:05:17	2:21:10	2:22:41	11:21
2745	58	M60	Kim Smith, 60, Ames, IA	1:12:16	2:21:11	2:26:57	11:22
2479	424	W35	Stacie Moseley, 37*, Waukee, IA	1:09:22	2:21:11	2:30:31	11:22
2480	162	W45	Karla Dielschneider, 48*, Conrad, IA	1:09:25	2:21:11	2:27:57	11:22
2481	93	W50	Donna Fiscus, 50*, Marshalltown, IA	1:09:25	2:21:11	2:27:57	11:22
2746	331	M40	Eric Lindberg, 44, Altoona, IA	1:04:42	2:21:11	2:24:06	11:22
2482	425	W35	Angela Evans, 38*, Cedar Rapids, IA	1:05:42	2:21:12	2:27:48	11:22
2483	94	W50	Tamela Toth, 50*, Ames, IA	1:06:28	2:21:12	2:26:14	11:22
2484	426	W35	Erika Eckley, 37*, Carlisle, IA	1:08:05	2:21:12	2:27:03	11:22
2747	98	M17	Jake Strong, 17, Indianola, IA	1:06:20	2:21:14	2:27:30	11:22
2485	163	W45	Doreen Steil, 49*, Cedar Falls, IA	1:04:55	2:21:15	2:25:33	11:22
2748	407	M35	Michael Turpin, 36, Waukee, IA		2:21:15	2:21:15	11:22
2749	200	M50	Jeff Holston, 52, Ankeny, IA	1:07:38	2:21:17	2:30:49	11:22
2750	332	M40	Willie Brazzle, 42, Des Moines, IA	1:03:19	2:21:18	2:21:24	11:22
2486	427	W35	Lora Sladovnik, 38*, Omaha, NE	1:06:20	2:21:18	2:22:42	11:22
2751	510	M30	Tom DeWaay, 33, Clive, IA	1:06:28	2:21:19	2:26:37	11:22
2752	444	M25	Joe Hugen, 27, West Des Moines, IA	1:02:53	2:21:19	2:22:20	11:22
2487	555	W25	Chelsey Handley, 26*, Ankeny, IA	1:08:18	2:21:19	2:24:48	11:22
2753	132	M55	James Porter, 56, Iowa City, IA	1:07:33	2:21:20	2:26:56	11:22
2488	320	W20	Kimberly Harrell, 21*, Fort Dodge, Ia, Ia	1:04:14	2:21:20	2:25:52	11:22
2489	321	W20	Haley Janssen, 24*, Des Moines, IA	1:03:47	2:21:21	2:26:12	11:22
2490	428	W35	Julie Anderson-Suddarth, 37*, Winterset, IA				
				1:11:50	2:21:23	2:30:29	11:23
2491	429	W35	Jennifer Daniels, 37*, Des Moines, IA	1:09:00	2:21:23	2:28:46	11:23
2492	164	W45	Tina Newbury, 48*, Jamaica, IA	1:08:38	2:21:23	2:27:47	11:23
2493	165	W45	Denna Mitchell, 46*, Greenfield, IA	1:08:39	2:21:24	2:27:48	11:23
2494	430	W35	Rhea Noel, 35*, North Liberty, IA	1:06:56	2:21:25	2:27:09	11:23

2495	431	W35	Melanie Dunphy, 36*, Griswold, IA	1:05:15	2:21:25	2:26:36	11:23
2496	534	W30	Jennifer Slaymaker, 32*, Amana, IA	1:06:58	2:21:28	2:25:43	11:23
2497	556	W25	Ashley Katch, 25*, Urbandale, IA	1:04:17	2:21:30	2:25:18	11:23
2754	408	M35	Ahren Wonderlich, 35, La Vista, NE	1:04:19	2:21:30	2:30:09	11:23
2498	265	W40	Kelly Jordison, 44*, Ankeny, IA	1:06:46	2:21:31	2:26:51	11:23
2499	5	W60	Arlene Dabill, 61*, Urbandale, IA	1:02:35	2:21:32	2:23:58	11:23
2755	445	M25	Clint Dee, 29, Ankeny, IA	1:04:16	2:21:32	2:26:32	11:23
2756	230	M20	Jesse Dick, 24, Des Moines, IA	1:07:18	2:21:32	2:30:06	11:23
2500	322	W20	Julie Thomas, 23*, Cedar Falls, IA	1:07:55	2:21:34	2:29:13	11:23
2501	557	W25	Katie Johnson, 26*, West Des Moines, IA	1:08:33	2:21:34	2:28:06	11:23
2502	432	W35	Heidi Long, 36*, Indianola, IA	1:07:57	2:21:35	2:28:13	11:24
2503	323	W20	Kylie Dilla, 22*, Cherokee, IA	1:02:01	2:21:39	2:23:26	11:24
2504	266	W40	Matthew Patton, 40*, Pella, IA	1:04:07	2:21:39	2:24:59	11:24
2757	59	M60	Allan Goldberg, 61, Des Moines, IA	1:05:33	2:21:39	2:24:49	11:24
2758	511	M30	Derek Dufon, 34, Des Moines, IA	1:04:37	2:21:41	2:30:46	11:24
2759	275	M45	Todd Frein, 49, Osage, IA	1:07:28	2:21:41	2:27:23	11:24
2760	276	M45	Jim Hintz, 45, Urbandale, IA	1:05:28	2:21:41	2:27:52	11:24
2505	433	W35	Connie Weaver, 36*, Clive, IA	1:07:46	2:21:43	2:27:34	11:24
2761	512	M30	Matt Lehman, 34, Des Moines, IA	1:02:21	2:21:43	2:25:24	11:24
2506	95	W50	Deb Baker, 50*, Urbandale, IA	1:07:36	2:21:44	2:24:16	11:24
2762	446	M25	Matt White, 26, Polk City, IA	1:03:56	2:21:45	2:29:11	11:24
2507	535	W30	Brigitte Arnold, 30*, Ankeny, IA	1:09:38	2:21:45	2:28:02	11:24
2508	324	W20	Michelle Mitchell, 20*, Ames, IA	1:06:59	2:21:46	2:27:28	11:24
2509	434	W35	Erin Black, 35*, Grinnell, IA	1:06:13	2:21:46	2:29:11	11:24
2763	201	M50	Marc Andresen, 52, Ankeny, IA	1:02:56	2:21:47	2:29:13	11:24
2510	558	W25	Tanna Bennum, 28*, Altoona, IA	1:08:21	2:21:48	2:30:21	11:25
2764	333	M40	Mindi Rexroat, 40, Ankeny, IA	1:04:38	2:21:48	2:26:26	11:25
2511	435	W35	Karen Junko, 38*, Ankeny, IA	1:06:55	2:21:49	2:26:30	11:25
2512	436	W35	Suzanne Meyers, 38*, West Des Moines, IA	1:06:55	2:21:49	2:26:30	11:25
2513	96	W50	Jean Schmidt, 50*, Ames, IA	1:08:24	2:21:49	2:27:13	11:25
2765	202	M50	Charles Avery, 50, Ankeny, IA	1:04:58	2:21:50	2:25:23	11:25
2514	559	W25	Jessica Lambert, 25*, Des Moines, IA	1:05:54	2:21:50	2:28:01	11:25
2515	166	W45	Barbara Tschannen, 49*, Brookfield, MO	1:08:11	2:21:55	2:24:28	11:25
2516	325	W20	Shannon Sanders, 23*, Des Moines, IA	1:05:31	2:21:55	2:24:22	11:25
2517	560	W25	Katie Elliott, 26*, Independence, IA	1:04:19	2:21:55	2:24:58	11:25
2518	326	W20	Megan Hayes, 23*, Ankeny, IA	1:04:20	2:21:55	2:24:58	11:25
2519	6	W60	Mavis Butler, 62*, Ames, IA	1:07:29	2:21:56	2:29:11	11:25
2520	561	W25	Kelly Hansen, 25*, Ames, IA	1:07:39	2:21:56	2:29:11	11:25
2521	562	W25	Britta Wey, 26*, Johnston, IA	1:09:10	2:21:59	2:25:41	11:25
2522	563	W25	Alison Jepsen, 25*, Des Moines, IA	1:09:09	2:21:59	2:25:42	11:25
2523	97	W50	Christie Pence, 51*, Eldora, IA	1:08:29	2:22:00	2:26:08	11:26
2524	267	W40	Rhonda Nelson, 44*, Ames, IA	1:04:59	2:22:00	2:26:22	11:26
2525	167	W45	Rahn Johnson, 48*, Marshalltown, IA	1:08:29	2:22:00	2:26:08	11:26
2526	327	W20	Danielle Bloxham, 24*, West Des Moines, IA	1:07:50	2:22:00	2:27:51	11:26
2527	564	W25	Heather Morrison, 28*, Windsor Heights, IA	1:09:27	2:22:00	2:31:15	11:26
2766	513	M30	Rich Fetcho, 33, Bloomfield, IA	1:07:32	2:22:00	2:28:14	11:26
2528	536	W30	Angie Follis, 32*, Hartford, IA	1:09:28	2:22:01	2:31:15	11:26
2767	203	M50	Anthony Nelson, 51, Ames, IA	1:05:00	2:22:01	2:26:22	11:26
2529	537	W30	Katie Fetcho, 30*, Bloomfield, IA	1:07:32	2:22:01	2:28:15	11:26
2530	437	W35	Paula Genkinger, 37*, Granger, IA	1:05:13	2:22:02	2:29:00	11:26
2531	98	W50	Julie Schnoebelen, 51*, Cedar Rapids, IA	1:09:43	2:22:03	2:29:41	11:26
2532	565	W25	Joy Clark, 28*, Des Moines, IA	1:06:00	2:22:04	2:25:47	11:26
2768	204	M50	Larry Shivers, 50, Indianola, IA	1:12:03	2:22:04	2:28:09	11:26
2533	538	W30	Paula Walsh, 34*, San Antonio, TX	1:04:53	2:22:05	2:29:54	11:26
2769	8	M70	Verdean Wiertzema, 70, Boyden, IA	1:07:01	2:22:07	2:30:29	11:26
2534	438	W35	Melissa Garton, 35*, Urbandale, IA	1:08:41	2:22:08	2:31:04	11:26
2535	168	W45	Kathleen Parker, 48*, Colfax, IA	1:07:02	2:22:09	2:28:36	11:26
2536	439	W35	Tricia Watts, 37*, Clive, IA	1:08:06	2:22:10	2:28:45	11:26
2537	328	W20	Jessica Cole, 23*, West Des Moines, IA	1:04:30	2:22:10	2:27:43	11:26
2538	329	W20	Lori Mueth, 22*, West Des Moines, IA	1:04:30	2:22:10	2:27:44	11:26
2770	447	M25	Marc Hertert, 29, Tipton, IA	1:07:45	2:22:10	2:28:39	11:26
2539	566	W25	Jennifer Hertert, 29*, Tipton, IA	1:07:45	2:22:11	2:28:39	11:26
2540	330	W20	Jana Van Bruggen, 23*, Sioux Center, IA	1:06:00	2:22:11	2:25:54	11:26
2541	169	W45	Stephanie White, 45*, Pacific Palisades, CA				

1:05:31      2:22:11      2:25:57      11:26

2771	514	M30	Anthony Blackburn, 31, Urbandale, IA	1:04:02	2:22:14	2:29:02	11:27
2542	331	W20	Haylie Davis, 23*, West Des Moines, IA	1:09:15	2:22:16	2:30:00	11:27
2543	539	W30	Melinda Kuennen, 34*, West Des Moines, IA	1:08:47	2:22:17	2:28:12	11:27
2772	515	M30	Barry Oneill, 33, Urbandale, IA	1:06:24	2:22:18	2:30:26	11:27
2544	440	W35	Holly Anderson, 38*, Van Meter, IA	1:06:32	2:22:20	2:31:06	11:27
2773	334	M40	Greg Friedman, 43, Johnston, IA	1:03:20	2:22:21	2:27:30	11:27
2545	441	W35	Kathe Irvine, 38*, Des Moines, IA	1:05:58	2:22:21	2:26:20	11:27
2774	516	M30	Brian Martin, 30, Des Moines, IA	1:07:25	2:22:23	2:27:39	11:27
2546	567	W25	Megan Tegtmeier, 26*, Kingsley, IA	1:05:05	2:22:23	2:29:08	11:27
2775	335	M40	Mark Hoven, 42, Ankeny, IA	1:07:31	2:22:24	2:27:30	11:27
2547	332	W20	Nicole Sage, 22*, Ankeny, IA	1:02:51	2:22:24	2:24:17	11:27
2548	333	W20	Alicia Liebe, 23*, Iowa City, IA	1:07:56	2:22:25	2:28:43	11:28
2549	540	W30	Jennifer Groen, 30*, Mason City, IA	1:09:13	2:22:25	2:29:46	11:28
2550	442	W35	Heather Curtis, 37*, Des Moines, IA	1:08:25	2:22:26	2:30:32	11:28
2776	205	M50	Ky Boyle, 52, Moline, IL	1:06:34	2:22:26	2:29:38	11:28
2551	541	W30	Adam Flack, 30*, Ankeny, IA		2:22:28	2:24:09	11:28
2777	206	M50	Kevin Morris, 53, Des Moines, IA	1:06:49	2:22:28	2:26:53	11:28
2552	170	W45	Terri Balvin, 49*, Cedar Rapids, IA	1:08:45	2:22:32	2:25:01	11:28
2553	334	W20	Molly Freie, 21*, Hampton, IA	1:06:55	2:22:35	2:28:34	11:28
2554	542	W30	Dana Owens, 32*, Waukee, IA	1:10:51	2:22:37	2:30:07	11:28
2778	517	M30	Dave Parker, 31, Waukee, IA	1:03:51	2:22:37	2:26:28	11:29
2779	518	M30	John Mills, 31, Des Moines, IA	1:07:23	2:22:37	2:32:47	11:29
2780	448	M25	Chris Proctor, 27, Des Moines, IA	1:11:17	2:22:40	2:27:36	11:29
2781	60	M60	Doug Wicks, 61, Ames, IA	1:04:29	2:22:40	2:24:56	11:29
2782	449	M25	Aaron Lagneaux, 27, North Liberty, IA	1:05:46	2:22:42	2:31:31	11:29
2555	171	W45	Kathy Clark, 46*, Altoona, IA	1:08:12	2:22:43	2:26:06	11:29
2556	99	W50	Janice Joslin, 50*, Fort Worth, TX	1:09:14	2:22:43	2:26:05	11:29
2557	568	W25	Laci Williamson, 27*, Pleasant Hill, IA	1:09:07	2:22:44	2:27:20	11:29
2558	543	W30	Megan Hill, 34*, West Des Moines, IA	1:08:52	2:22:47	2:27:10	11:29
2559	268	W40	Eileen Boggess, 43*, Urbandale, IA	1:08:43	2:22:48	2:29:13	11:29
2783	61	M60	Darwin Ramker, 62, Waverly, IA	1:04:24	2:22:49	2:27:40	11:29
2560	569	W25	Emily Kistner, 28*, Des Moines, IA	1:09:14	2:22:49	2:27:53	11:29
2561	443	W35	Rocio Collins, 38*, Wray, CO	1:07:57	2:22:49	2:24:50	11:29
2562	544	W30	Jennifer Tallman, 33*, Altoona, IA	1:09:20	2:22:50	2:24:42	11:30
2784	450	M25	Robert Kistner, 28, Des Moines, IA	1:09:14	2:22:50	2:27:54	11:30
2563	100	W50	Reeca DeGoey, 54*, Pleasantville, IA	1:07:22	2:22:52	2:25:07	11:30
2564	545	W30	Cora Sondgeroth, 32*, Ames, IA	1:10:51	2:22:54	2:29:30	11:30
2565	269	W40	Lori Keech, 44*, Johnston, IA	1:07:03	2:22:58	2:27:34	11:30
2566	444	W35	Denise Gibson, 39*, West Des Moines, IA	1:07:26	2:22:59	2:27:54	11:30
2567	66	W17	Rachel Northrup, 18*, Griswold, IA	1:00:55	2:22:59	2:25:20	11:30
2568	67	W17	Lauren Moore, 19*, Griswold, IA	1:00:56	2:22:59	2:25:21	11:30
2569	445	W35	Crystal Evans, 36*, Urbandale, IA	1:10:41	2:23:00	2:27:49	11:30
2785	519	M30	Dennis Oliver, 30, Ankeny, IA	1:09:51	2:23:01	2:24:33	11:30
2570	446	W35	Amber Sable, 38*, Ankeny, IA	1:05:16	2:23:02	2:29:56	11:31
2571	335	W20	Sarah Buckles, 24*, West Des Moines, IA	1:09:40	2:23:03	2:28:04	11:31
2572	270	W40	Janice Guessford, 41*, Norwalk, IA	1:05:57	2:23:04	2:27:03	11:31
2573	101	W50	Terri Frieberg, 53*, Norwalk, IA	1:08:16	2:23:05	2:32:41	11:31
2574	447	W35	Jennie Sertterh, 37*, North Liberty, IA	1:06:47	2:23:06	2:29:27	11:31
2575	336	W20	Ashley Stockdale, 24*, West Des Moines, IA	1:06:10	2:23:07	2:28:40	11:31
2576	172	W45	Stacy Foust, 48*, Clive, IA	1:06:48	2:23:07	2:29:39	11:31
2577	570	W25	Katie Wheeler, 28*, Cheyenne, WY	1:07:56	2:23:07	2:31:00	11:31
2578	102	W50	Audrey Wheeler, 50*, Ames, IA	1:07:56	2:23:08	2:31:01	11:31
2579	571	W25	Emily Buckles, 27*, West Des Moines, IA	1:09:40	2:23:08	2:28:10	11:31
2580	103	W50	Janet Malmberg, 51*, Des Moines, IA	1:07:05	2:23:09	2:29:06	11:31
2786	451	M25	Jamison Lensing, 26, West Des Moines, IA	1:01:03	2:23:09	2:26:07	11:31
2581	448	W35	Mindy Dooley, 36*, Emmetsburg, IA	1:06:51	2:23:11	2:26:15	11:31
2787	336	M40	Chris Furne, 40, Clive, IA	1:08:34	2:23:12	2:28:35	11:31
2788	409	M35	Timothy Young, 36, Des Moines, IA	1:08:35	2:23:12	2:28:35	11:31
2789	207	M50	Tim Sullivan, 50, Clive, IA	1:05:36	2:23:14	2:24:31	11:31
2790	208	M50	George Klotzbach, 52, Ames, IA	1:05:39	2:23:16	2:28:29	11:32
2791	209	M50	Kevin Hircock, 51, Adel, IA	1:08:29	2:23:17	2:29:08	11:32
2582	104	W50	Janet Hircock, 51*, Adel, IA	1:08:29	2:23:17	2:29:08	11:32
2583	105	W50	Jennifer Seales, 54*, Rhodes, IA	1:07:12	2:23:19	2:28:49	11:32
2792	62	M60	Earl Smith, 62, Des Moines, IA	1:06:03	2:23:20	2:27:11	11:32
2584	271	W40	Debbie Pierce, 43*, Carlisle, IA	1:09:39	2:23:20	2:29:56	11:32

2585	106	W50	Faith Zellweger, 51*, Prescott, IA	1:07:47	2:23:21	2:23:50	11:32
2793	520	M30	Eric McCready, 34, Macedonia, IA		2:23:22	2:24:59	11:32
2586	449	W35	Shelley Slay, 36*, Iowa City, IA	1:06:42	2:23:23	2:27:04	11:32
2794	133	M55	James Kuebler, 59, Des Moines, IA	1:04:54	2:23:25	2:26:26	11:32
2795	410	M35	Ryan Duppong, 36, Urbandale, IA	1:06:39	2:23:25	2:30:13	11:32
2587	272	W40	Linda Schmitt, 44*, Holy Cross, IA	1:07:33	2:23:26	2:27:37	11:32
2588	546	W30	Mono Harris, 33*, Des Moines, IA	1:06:23	2:23:26	2:29:18	11:32
2589	173	W45	Lori Rubie, 49*, Clive, IA	1:07:51	2:23:26	2:29:19	11:32
2590	547	W30	Katie Dunbar, 31*, Ankeny, IA	1:08:09	2:23:27	2:29:41	11:32
2591	68	W17	Taylor McBroom, 18*, Derby, IA	1:06:02	2:23:28	2:27:51	11:33
2796	277	M45	Russell Erwin, 46, Urbandale, IA	1:03:17	2:23:28	2:27:13	11:33
2797	452	M25	Matthew Erusha, 28, Cedar Rapids, IA	1:03:17	2:23:29	2:27:14	11:33
2798	278	M45	Robb Spearman, 46, Des Moines, IA	1:08:39	2:23:30	2:28:25	11:33
2799	453	M25	Greg Speer, 26, Norwalk, IA	59:50	2:23:31	2:32:26	11:33
2592	572	W25	Kathryn Moon, 29*, Waukee, IA	1:05:18	2:23:31	2:27:29	11:33
2593	174	W45	Amy Kuperus, 47*, Ankeny, IA	1:07:36	2:23:32	2:31:40	11:33
2800	279	M45	Tom Bell, 46, Clive, IA	1:05:26	2:23:32	2:27:15	11:33
2801	521	M30	Justin Woods, 31, Ankeny, IA	1:05:39	2:23:34	2:27:07	11:33
2594	573	W25	Leah Carter, 28*, Urbandale, IA	58:13	2:23:34	2:24:14	11:33
2595	450	W35	Kavitha Kalyanaraman, 36*, Johnston, IA	1:08:34	2:23:35	2:29:21	11:33
2802	522	M30	Justin Washburn, 32, Ankeny, IA	58:13	2:23:35	2:24:14	11:33
2803	337	M40	Fred Oleson, 44, Kensett, IA	1:06:38	2:23:38	2:29:22	11:33
2596	574	W25	Carmen Chipera, 29*, Urbandale, IA	1:10:20	2:23:38	2:29:14	11:33
2597	175	W45	Lori Dawson-Weeks, 47*, Grimes, IA	1:06:52	2:23:39	2:32:52	11:33
2598	451	W35	Renee Kriel, 36*, West Des Moines, IA	1:13:55	2:23:40	2:29:36	11:34
2599	575	W25	Kati Nizzi, 28*, Urbandale, IA	1:06:19	2:23:40	2:28:46	11:34
2600	273	W40	Renee Kaufman, 42*, Duncombe, IA	1:25:20	2:23:40	2:29:08	11:34
2601	107	W50	Christine Bobst, 50*, Norwalk, IA	1:18:09	2:23:41	2:28:50	11:34
2804	411	M35	Brett Perry, 39, Marshalltown, IA	1:06:11	2:23:42	2:28:23	11:34
2805	134	M55	John Lott, 55, Ames, IA	1:05:35	2:23:43	2:28:28	11:34
2602	548	W30	Tracy Lewandowski, 32*, Urbandale, IA	1:07:47	2:23:43	2:28:30	11:34
2806	135	M55	Jeffrey Clark, 58, Marion, IA	1:08:58	2:23:44	2:30:20	11:34
2603	452	W35	Carrie Danger, 36*, Urbandale, IA	1:07:37	2:23:44	2:31:18	11:34
2807	412	M35	Khone Keoouthai, 37, Des Moines, IA	1:03:14	2:23:45	2:24:13	11:34
2604	576	W25	Traci Brayton, 27*, Rowley, IA	1:10:46	2:23:45	2:30:29	11:34
2808	523	M30	Brock Weliver, 31, Cedar Falls, IA	1:08:33	2:23:46	2:33:15	11:34
2809	280	M45	Bruce Grotenhuis, 49, Urbandale, IA	1:05:01	2:23:46	2:25:31	11:34
2605	337	W20	Meredith Peterson, 24*, Costa Mesa, CA	1:06:10	2:23:46	2:29:20	11:34
2606	577	W25	Alison Swanson, 28*, Lehigh, IA	1:06:06	2:23:47	2:33:05	11:34
2810	524	M30	Matthew Weis, 31, Elkhart, IA	1:05:48	2:23:47	2:29:01	11:34
2607	176	W45	Brenda Flaming, 48*, Huxley, IA	1:10:44	2:23:49	2:27:22	11:34
2608	177	W45	Jane Stroud, 45*, Hendersonville, IA	1:07:18	2:23:51	2:27:33	11:34
2609	338	W20	Kylie Flanagan, 22*, West Des Moines, IA	1:07:54	2:23:52	2:28:29	11:35
2610	274	W40	Kenzie Alderson, 40*, Nevada, IA	1:06:05	2:23:52	2:27:05	11:35
2611	453	W35	Jennifer Young, 35*, Minneapolis, MN	1:08:05	2:23:53	2:28:56	11:35
2811	338	M40	Michael Johnston, 44, Boone, IA	1:04:08	2:23:58	2:28:05	11:35
2812	525	M30	Brent Marnin, 34, West Des Moines, IA	1:01:30	2:23:59	2:28:36	11:35
2612	578	W25	Tina Miranda, 27*, Grimes, IA	1:07:58	2:23:59	2:26:54	11:35
2613	579	W25	Alyssa Heilman, 28*, West Des Moines, IA	1:12:49	2:23:59	2:32:05	11:35
2614	275	W40	Jill Gray, 40*, Janesville, IA	1:09:44	2:24:00	2:31:33	11:35
2813	210	M50	Tim Waddilove, 54, Cedar Rapids, IA	1:08:32	2:24:01	2:29:17	11:35
2615	549	W30	Rachel Schantz, 32*, Des Moines, IA	1:12:49	2:24:01	2:32:07	11:35
2814	63	M60	Galen Peery, 60, Kiron, IA	1:08:32	2:24:01	2:29:17	11:35
2616	108	W50	Deb Miller, 54*, Perry, IA	1:06:46	2:24:02	2:29:31	11:35
2617	454	W35	Rae Ann Kolbet, 37*, Ames, IA	1:07:57	2:24:02	2:31:59	11:35
2618	178	W45	Cindy Adams, 49*, Clive, IA	1:07:29	2:24:03	2:30:29	11:35
2619	109	W50	Lisa Schmitt, 50*, Atlantic, IA	1:08:11	2:24:03	2:30:08	11:35
2815	281	M45	Jeff Hoskinson, 49, Anamosa, IA	1:11:35	2:24:04	2:32:24	11:36
2620	550	W30	Jenny Leonard, 30*, Norwalk, IA	1:10:05	2:24:05	2:32:50	11:36
2621	551	W30	Katie Rose, 31*, West Des Moines, IA	1:10:05	2:24:05	2:32:50	11:36
2622	455	W35	Kris Evans, 35*, Ames, IA	1:11:07	2:24:06	2:30:04	11:36
2623	580	W25	Kacie Lewis, 25*, Carroll, IA	1:03:49	2:24:07	2:30:47	11:36
2624	456	W35	Traci Shogren-Knaak, 38*, Ames, IA	1:08:59	2:24:09	2:29:11	11:36
2816	282	M45	Ravi Menneni, 46, Johnston, IA	1:07:32	2:24:09	2:26:33	11:36
2625	552	W30	Jennifer Throckmorton, 31*, West Des Moines, IA				



			1:06:23	2:24:10	2:31:06	11:36	
2817	9	M70	Arlo Van Diest, 70, Webster City, IA	1:05:39	2:24:11	2:27:33	11:36
2818	454	M25	Jesse Johannesen, 25, Urbandale, IA	1:09:46	2:24:15	2:30:29	11:36
2626	581	W25	Amy Sherwood, 25*, Urbandale, IA	1:09:08	2:24:15	2:29:15	11:36
2819	455	M25	Kyle Karsjen, 29, Urbandale, IA	1:08:21	2:24:16	2:30:49	11:36
2627	457	W35	Michelle Kimm, 35*, Amana, IA	1:06:02	2:24:17	2:30:23	11:37
2628	37	W55	Mary Arlen, 56*, Dubuque, IA	1:08:30	2:24:18	2:26:25	11:37
2629	582	W25	Jennifer Pockrandt, 29*, West Des Moines, IA				
			1:10:05	2:24:18	2:32:10	11:37	
2630	583	W25	Jaclyn MacRunnel, 25*, Webster City, IA	1:04:45	2:24:19	2:31:13	11:37
2820	211	M50	Mark Swehla, 51, Des Moines, IA	1:06:26	2:24:21	2:32:17	11:37
2821	99	M17	Christian Albaugh, 19, Des Moines, IA	1:05:38	2:24:21	2:26:51	11:37
2631	339	W20	Johanna Albaugh, 23*, Des Moines, IA	1:05:38	2:24:21	2:26:51	11:37
2822	456	M25	James Burnley, 26, West Des Moines, IA	1:05:48	2:24:24	2:30:50	11:37
2823	457	M25	Tony Rabey, 25, Des Moines, IA	1:02:28	2:24:24	2:30:50	11:37
2632	584	W25	Ashley White, 26*, Clear Lake, IA	1:07:54	2:24:25	2:32:30	11:37
2824	458	M25	Kirk Artist, 27, Clear Lake, IA	1:07:53	2:24:25	2:32:30	11:37
2633	585	W25	Breann Acker, 29*, West Des Moines, IA	1:08:04	2:24:30	2:32:08	11:38
2825	526	M30	Matt Peiffer, 34, Cedar Rapids, IA	1:07:36	2:24:30	2:27:20	11:38
2826	231	M20	Joshua Metz, 20, Newton, IA	1:01:56	2:24:31	2:26:04	11:38
2634	553	W30	Amy Harrison, 30*, Van Meter, IA	1:09:52	2:24:32	2:29:52	11:38
2635	586	W25	Ashley Vanderheiden, 25*, Desoto, IA	1:09:51	2:24:32	2:29:52	11:38
2636	276	W40	Christine Munson, 44*, Mitchellville, IA	1:10:09	2:24:33	2:30:55	11:38
2827	527	M30	Dan Winters, 30, Des Moines, IA	1:06:24	2:24:33	2:30:44	11:38
2828	283	M45	Burton R Exley, 47, Des Moines, IA	1:07:09	2:24:33	2:26:52	11:38
2637	179	W45	Susan Healy, 45*, West Des Moines, IA	1:07:08	2:24:34	2:30:47	11:38
2638	587	W25	Rachelle O'Leary, 26*, Urbandale, IA	1:08:27	2:24:35	2:29:20	11:38
2639	588	W25	Nicole Lovik-Blaser, 27*, Forest City, IA	1:08:08	2:24:36	2:30:01	11:38
2640	340	W20	Mallory Lovik, 23*, Forest City, IA	1:08:08	2:24:36	2:30:01	11:38
2641	554	W30	Melissa Starr, 31*, Ankeny, IA	1:07:38	2:24:36	2:28:02	11:38
2642	458	W35	Jill Sterling, 35*, Urbandale, IA	1:07:47	2:24:37	2:29:58	11:38
2829	284	M45	John Mann, 47, Adel, IA	1:08:35	2:24:37	2:30:29	11:38
2830	413	M35	Chad Olson, 39, West Des Moines, IA	1:08:24	2:24:38	2:31:39	11:38
2831	285	M45	Ravi Vemulapalli, 48, Clive, IA	1:04:39	2:24:39	2:31:13	11:38
2643	69	W17	Lauren Kirby, 19*, Cedar Rapids, IA	1:07:26	2:24:39	2:28:12	11:38
2832	339	M40	Chris Foster, 44, Marion, IA	1:11:17	2:24:40	2:33:42	11:38
2833	459	M25	Dan Fitzpatrick, 26, Runnells, IA	1:12:03	2:24:41	2:33:35	11:38
2644	555	W30	Allison Hogenson, 33*, Urbandale, IA	1:08:34	2:24:41	2:29:14	11:38
2645	556	W30	Heidi Wych, 33*, Des Moines, IA	1:08:02	2:24:41	2:31:23	11:38
2834	460	M25	Joey Hansen, 27, Norwalk, IA	1:11:03	2:24:42	2:29:19	11:39
2646	110	W50	Barb Garrett, 51*, Clarinda, IA	1:06:39	2:24:42	2:29:21	11:39
2647	589	W25	Jennifer Hansen, 26*, Norwalk, IA	1:11:03	2:24:42	2:29:19	11:39
2835	212	M50	Edward Bryja, 52, Pleasant Hill, IA	1:07:42	2:24:43	2:30:24	11:39
2648	459	W35	Lisa Owen, 38*, Ankeny, IA	1:08:42	2:24:43	2:31:09	11:39
2649	277	W40	Michelle Eash, 40*, Des Moines, IA	1:11:49	2:24:44	2:30:36	11:39
2836	340	M40	Todd Weber, 41, West Des Moines, IA	1:08:17	2:24:44	2:25:45	11:39
2837	528	M30	Brandon Jensen, 32, Grimes, IA	1:06:27	2:24:44	2:30:28	11:39
2650	557	W30	Megan Zuniga, 33*, Waterloo, IA	1:10:09	2:24:44	2:30:34	11:39
2651	278	W40	Karla Griggs, 41*, Pleasant Hill, IA	1:08:45	2:24:45	2:26:29	11:39
2652	279	W40	Kelly Richards, 41*, Ankeny, IA	1:15:40	2:24:46	2:29:59	11:39
2838	529	M30	Jason Pope, 31, Sacramento, CA	1:13:02	2:24:47	2:31:38	11:39
2839	530	M30	Travis Brummond, 31, Ankeny, IA	1:04:06	2:24:47	2:27:12	11:39
2840	341	M40	Phill Vaassen, 44, Indianola, IA	1:02:54	2:24:48	2:26:01	11:39
2841	213	M50	Greg Younger, 53, Ankeny, IA	1:10:41	2:24:48	2:25:55	11:39
2653	111	W50	Julie Younger, 52*, Ankeny, IA	1:10:40	2:24:48	2:25:56	11:39
2842	214	M50	Will Hildreth, 50, Des Moines, IA	1:02:42	2:24:50	2:29:50	11:39
2654	180	W45	Brenda Chenchar, 46*, Des Moines, IA	1:10:20	2:24:53	2:30:17	11:39
2655	341	W20	Katie Young, 23*, Boone, IA	1:06:32	2:24:54	2:32:28	11:39
2843	531	M30	John Petersen, 31, West Des Moines, IA	1:03:29	2:24:55	2:27:27	11:40
2656	181	W45	Shari Timms, 45*, Ames, IA	1:07:01	2:24:57	2:29:56	11:40
2657	342	W20	Rachel Wall, 22*, Iowa City, IA	1:09:49	2:24:58	2:30:15	11:40
2658	280	W40	Rebecca Ingham, 41*, Urbandale, IA	1:09:27	2:24:59	2:33:14	11:40
2659	590	W25	Heather Rosewall, 29*, Des Moines, IA	1:09:08	2:24:59	2:31:23	11:40
2844	414	M35	Mitch Brown, 38, Des Moines, IA	1:06:48	2:25:00	2:34:37	11:40
2660	558	W30	Heather Anderson, 33*, Two Rivers, WI	1:09:37	2:25:01	2:33:33	11:40

2661	591	W25	Amy Hutson, 27*, Columbia, MO	1:09:06	2:25:01	2:29:37	11:40
2662	70	W17	Ilyssa McIntosh, 19*, Ankeny, IA	1:03:51	2:25:04	2:27:32	11:40
2845	532	M30	Steve Olney, 31, Urbandale, IA	1:02:56	2:25:05	2:30:44	11:40
2663	112	W50	Sheryl Ruge, 52*, Fort Dodge, IA	1:04:39	2:25:08	2:28:43	11:41
2846	12	M65	Don Jarrard, 69, Charles City, IA	1:09:26	2:25:10	2:29:54	11:41
2847	533	M30	Kent Hayes, 33, Ankeny, IA	1:04:50	2:25:11	2:26:13	11:41
2664	281	W40	Michelle Skogerson, 40*, Van Meter, IA	1:11:35	2:25:12	2:32:47	11:41
2665	592	W25	Jennifer Barrer, 25*, Minot, ND	1:06:56	2:25:13	2:31:21	11:41
2666	559	W30	Mindy Chapman, 32*, Clive, IA	1:10:13	2:25:14	2:33:40	11:41
2848	342	M40	Morgan Streeter, 40, Des Moines, IA	1:06:37	2:25:14	2:33:10	11:41
2667	113	W50	Joyce Wiederin, 52*, Lake City, IA	1:05:11	2:25:15	2:29:43	11:41
2668	7	W60	Joellen Ferguson, 62*, Marshalltown, IA	1:10:55	2:25:15	2:33:26	11:41
2849	215	M50	Mark Blake, 51, Polk City, IA	1:09:27	2:25:16	2:26:35	11:41
2669	343	W20	Alicia Neal, 20*, Woodward, IA	1:01:17	2:25:16	2:29:11	11:41
2670	593	W25	Holly Klotz, 25*, Ankeny, IA	1:08:27	2:25:17	2:28:07	11:41
2850	461	M25	Cody Goings, 28, Ankeny, IA	1:06:17	2:25:18	2:30:24	11:41
2851	286	M45	Keith Henaman, 45, West Des Moines, IA	1:00:50	2:25:19	2:27:16	11:42
2671	594	W25	Stephanie Widen, 27*, Eagan, MN	1:04:08	2:25:20	2:26:25	11:42
2852	462	M25	Jeremy Simon, 28, Chicago, IL	1:08:51	2:25:21	2:34:33	11:42
2672	182	W45	Robyn Drew, 46*, Dixon, IL	1:11:41	2:25:21	2:33:29	11:42
2673	560	W30	Denise Burrow, 32*, Waukee, IA	1:08:41	2:25:21	2:30:31	11:42
2853	415	M35	Thomas Sutton, 39, Des Moines, IA	1:08:08	2:25:22	2:33:03	11:42
2674	460	W35	Dawn Christensen, 35*, Grimes, IA	1:08:12	2:25:22	2:34:19	11:42
2675	461	W35	Heather Rinderknecht, 38*, Waukee, IA	1:08:41	2:25:22	2:30:31	11:42
2676	462	W35	Sarah Petrak, 37*, Grimes, IA	1:08:13	2:25:22	2:34:19	11:42
2677	561	W30	Jennifer Hart, 31*, Bettendorf, IA	1:08:13	2:25:22	2:34:19	11:42
2854	534	M30	Steve Lilla, 34, Waukee, IA	1:09:28	2:25:25	2:31:57	11:42
2678	114	W50	Charlotte Jacobs, 53*, Urbandale, IA	1:13:19	2:25:26	2:30:49	11:42
2855	136	M55	Mark Schwalenberg, 55, Polk City, IA	1:09:39	2:25:26	2:32:20	11:42
2679	562	W30	Alissa Lilla, 33*, Waukee, IA	1:09:30	2:25:27	2:32:00	11:42
2680	563	W30	Amy Linn, 33*, Ankeny, IA	1:05:50	2:25:30	2:31:30	11:42
2856	137	M55	Mark Hacker, 57, Des Moines, IA	1:05:37	2:25:31	2:26:10	11:42
2681	595	W25	Katie Leo, 25*, Ankeny, IA	1:08:32	2:25:31	2:33:29	11:42
2682	463	W35	Julie Miller, 38*, Pleasant Hill, IA	1:08:22	2:25:32	2:30:53	11:43
2683	38	W55	Rebecca Rees, 57*, Carlisle, IA	1:08:18	2:25:35	2:26:36	11:43
2857	287	M45	Kent Edelman, 48, Clive, IA	1:08:35	2:25:35	2:31:12	11:43
2858	100	M17	Lucas Gaskill, 19, Edina, MN	1:04:51	2:25:37	2:29:07	11:43
2684	564	W30	Jennifer Waltz, 31*, Altoona, IA	1:11:33	2:25:38	2:28:05	11:43
2685	596	W25	Lisa Carlson, 27*, Waukee, IA	1:07:21	2:25:38	2:28:33	11:43
2686	71	W17	Jenny Enriquez, 19*, Coralville, IA	1:11:08	2:25:38	2:31:49	11:43
2687	282	W40	Amy Bejarno, 42*, Clive, IA	1:05:27	2:25:39	2:30:01	11:43
2859	232	M20	Robert Harris, 24, Grimes, IA	1:03:46	2:25:42	2:27:05	11:43
2860	463	M25	Chris Starrett, 28, Newton, IA	1:05:50	2:25:43	2:26:17	11:43
2688	283	W40	Christine Schmid, 44*, Lavista, NE	1:08:00	2:25:43	2:31:20	11:43
2861	288	M45	John Asmussen, 46, Ames, IA	1:05:39	2:25:44	2:31:17	11:44
2689	464	W35	Nicole Arnold, 35*, Ames, IA	1:10:10	2:25:46	2:33:42	11:44
2690	597	W25	Steph Schmaltz, 28*, Des Moines, IA	1:12:09	2:25:46	2:30:24	11:44
2691	565	W30	Beth Schoepfner, 30*, Ankeny, IA	1:07:30	2:25:47	2:33:08	11:44
2862	464	M25	Ted Craig, 27, Des Moines, IA	1:08:07	2:25:49	2:31:45	11:44
2692	598	W25	Autumn Hoadley, 29*, Orient, IA	1:10:13	2:25:50	2:28:32	11:44
2693	115	W50	Carolyn Ware, 51*, Grimes, IA	1:08:34	2:25:52	2:33:40	11:44
2863	416	M35	Brian Franke, 39, Urbandale, IA	1:01:34	2:25:53	2:28:11	11:44
2694	599	W25	Jessica Craun, 25*, Brighton, IA	1:09:09	2:25:53	2:31:25	11:44
2695	344	W20	Megan Secor, 24*, Fort Dodge, IA	1:07:51	2:25:53	2:32:06	11:44
2696	465	W35	Sabrina Howes, 36*, Nora Springs, IA	1:05:40	2:25:56	2:31:23	11:44
2864	138	M55	Bob George, 55, Iowa City, IA	1:08:54	2:25:57	2:32:47	11:45
2865	64	M60	Bl Sheriff, 63, Greenfield, IA	1:09:16	2:25:57	2:29:20	11:45
2697	466	W35	Mindi Slaymaker, 37*, Marengo, IA	1:09:40	2:25:57	2:32:38	11:45
2698	467	W35	Nikki Mumby, 35*, Marengo, IA	1:09:40	2:25:57	2:32:38	11:45
2699	284	W40	Anne Johnson, 41*, North Liberty, IA	1:10:26	2:25:58	2:28:57	11:45
2866	343	M40	Joel Davis, 43, Algona, IA	1:06:07	2:25:58	2:30:28	11:45
2700	468	W35	Justean Allen, 36*, Waukee, IA	1:06:49	2:25:59	2:28:57	11:45
2701	566	W30	Lauri Ericson, 34*, Des Moines, IA	1:10:32	2:26:00	2:29:23	11:45
2702	285	W40	Amy Koenig, 41*, Des Moines, IA	1:09:29	2:26:00	2:31:08	11:45
2703	600	W25	Krista Peterson, 25*, West Des Moines, IA	1:08:38	2:26:00	2:31:47	11:45

2867	417	M35	Ben Meyer, 35, Des Moines, IA	1:15:01	2:26:01	2:31:13	11:45
2704	469	W35	Kelly Meyer, 35*, Des Moines, IA	1:15:02	2:26:01	2:31:13	11:45
2868	465	M25	Brett Coffman, 28, Story City, IA	1:03:08	2:26:04	2:30:50	11:45
2705	601	W25	Robin Weiler, 27*, Des Moines, IA	1:06:12	2:26:04	2:31:24	11:45
2706	602	W25	Abi Albrecht, 26*, Ames, IA	1:05:28	2:26:06	2:32:36	11:45
2707	470	W35	Windy Ayres, 36*, Ankeny, IA	1:05:55	2:26:06	2:30:02	11:45
2869	418	M35	Brian Dunn, 39, Ottumwa, IA	1:13:01	2:26:07	2:33:50	11:45
2870	139	M55	Steve Robertson, 57, Cedarburg, WI	1:03:40	2:26:08	2:31:02	11:45
2708	345	W20	Natalie Patterson, 20*, Cedar Falls, IA	1:11:32	2:26:09	2:31:53	11:46
2709	346	W20	Julie Richards, 24*, Wheaton, IL	1:11:26	2:26:09	2:33:07	11:46
2710	567	W30	Liz Patterson, 31*, Cedar Falls, IA	1:11:32	2:26:09	2:31:53	11:46
2711	39	W55	Carol Kirsch, 59*, Iowa City, IA	1:16:54	2:26:09	2:34:26	11:46
2712	603	W25	Ali Kirsch, 26*, Bettendorf, IA	1:16:55	2:26:10	2:34:26	11:46
2871	419	M35	Thomas Smith, 39, Indianola, IA	1:06:15	2:26:10	2:31:26	11:46
2713	568	W30	Meg Kayko, 34*, Des Moines, IA	1:12:09	2:26:12	2:30:50	11:46
2714	471	W35	Kristina J Dawson, 38*, Des Moines, IA	1:15:05	2:26:13	2:31:23	11:46
2715	472	W35	Beth Lash, 37*, Des Moines, IA	1:10:00	2:26:13	2:34:45	11:46
2716	604	W25	Katie Ward, 29*, Clive, IA	1:08:48	2:26:14	2:31:34	11:46
2872	52	JrM	Zach Schnoebelen, 15, Cedar Rapids, IA	1:12:56	2:26:14	2:35:05	11:46
2717	347	W20	Alyssa Mahoney, 22*, West Des Moines, IA	1:14:25	2:26:15	2:35:14	11:46
2718	605	W25	Kendra Smith, 25*, Des Moines, IA	1:06:57	2:26:15	2:29:13	11:46
2873	101	M17	Thomas Howell, 18, Baxter, IA	1:03:26	2:26:15	2:28:32	11:46
2719	286	W40	Jen Damge, 40*, Des Moines, IA	1:07:50	2:26:19	2:30:21	11:46
2874	466	M25	Matt Bral, 29, West Des Moines, IA	1:06:39	2:26:19	2:31:48	11:46
2875	102	M17	Dylan Lang, 19, Johnston, IA	1:03:43	2:26:19	2:27:56	11:46
2720	606	W25	Sara Craig, 27*, Urbandale, IA	1:10:57	2:26:20	2:33:43	11:46
2876	344	M40	Gene Merritt, 43, Ames, IA	1:08:43	2:26:20	2:31:20	11:46
2877	467	M25	Nathan Olson, 29, Brooklyn, NY	1:06:41	2:26:21	2:31:48	11:47
2721	569	W30	Sarah Moulton, 30*, Des Moines, IA	1:07:31	2:26:22	2:30:13	11:47
2722	287	W40	Mary Andersen, 41*, Fairfield, IA	1:13:51	2:26:23	2:31:54	11:47
2878	53	JrM	Alec Ginsberg, 14, Johnston, IA	1:07:38	2:26:23	2:29:34	11:47
2879	216	M50	Jeff Drawbond, 51, Ames, IA	1:10:33	2:26:24	2:32:37	11:47
2723	348	W20	Alex Kennedy, 22*, Ames, IA	1:13:07	2:26:25	2:32:24	11:47
2724	349	W20	Mackinze Kennedy, 20*, Hiawatha, IA	1:13:07	2:26:26	2:32:24	11:47
2725	607	W25	Samantha Perkins, 28*, Madrid, IA	1:10:42	2:26:30	2:34:15	11:47
2726	183	W45	Robyn Van Berkum, 48*, Pella, IA	1:01:08	2:26:30	2:29:40	11:47
2727	350	W20	Sara Galenbeck, 20*, Des Moines, IA	1:10:05	2:26:31	2:32:08	11:47
2728	351	W20	Anne Roush, 21*, Urbandale, IA	1:06:20	2:26:32	2:31:57	11:47
2880	217	M50	Scott Rosheim, 52, Bondurant, IA	1:00:27	2:26:33	2:28:03	11:48
2729	570	W30	Marcy Milburn, 30*, Newton, IA	1:08:58	2:26:34	2:33:17	11:48
2881	420	M35	Matt Braafhart, 36, Des Moines, IA	1:10:43	2:26:34	2:31:57	11:48
2882	468	M25	Ryan Hart, 29, Stanton, IA	1:06:51	2:26:38	2:32:45	11:48
2730	288	W40	Ann Gansemer-Topf, 43*, Ames, IA	1:10:34	2:26:38	2:32:06	11:48
2883	421	M35	Kirk Collins, 37, Alpharetta, GA	1:07:20	2:26:38	2:31:45	11:48
2731	473	W35	Dawn Collins, 35*, Alpharetta, GA	1:07:21	2:26:39	2:31:46	11:48
2732	608	W25	Molly Ammons, 29*, Oakland, CA	1:06:53	2:26:39	2:29:09	11:48
2733	352	W20	Bethany Benning, 23*, Charles City, IA	1:06:24	2:26:40	2:29:56	11:48
2734	353	W20	Jodi Calvert, 23*, Guthrie Center, IA	1:06:29	2:26:40	2:31:59	11:48
2884	422	M35	Tony Lovejoy, 38, Urbandale, IA	1:04:53	2:26:42	2:35:38	11:48
2735	184	W45	Elizabeth Breck, 45*, Apopka, FL	1:09:44	2:26:42	2:32:43	11:48
2736	289	W40	Tracy Fuller, 40*, Pella, IA	1:07:47	2:26:44	2:33:02	11:48
2885	345	M40	Michael Flint, 40, Maple Grove, MN	1:08:01	2:26:46	2:35:53	11:49
2886	103	M17	Justin Becvar, 19, Waukee, IA	1:03:36	2:26:46	2:28:48	11:49
2737	474	W35	Melissa Simmons, 37*, West Des Moines, IA	1:10:10	2:26:49	2:30:50	11:49
2887	289	M45	Mike Simmons, 49, West Des Moines, IA	1:10:10	2:26:49	2:30:50	11:49
2738	8	W60	Catherine Smith, 63*, West Des Moines, IA	1:05:09	2:26:51	2:32:24	11:49
2739	475	W35	Erin Foster, 39*, Marion, IA	1:17:57	2:26:52	2:35:54	11:49
2888	423	M35	Andrew Hudson, 39, Urbandale, IA	1:03:44	2:26:53	2:32:56	11:49
2740	571	W30	Becky Jolly, 31*, Pleasantville, IA	1:11:17	2:26:53	2:35:04	11:49
2889	140	M55	Dennis Howard, 57, Des Moines, IA	1:08:58	2:26:56	2:29:26	11:49
2741	609	W25	Melissa Chrystal, 29*, West Des Moines, IA	1:09:44	2:26:56	2:29:39	11:49
2890	104	M17	Joshua Swanson, 18, Fort Dodge, IA	1:11:05	2:26:57	2:34:50	11:49
2742	572	W30	Jessica Bloomberg, 30*, Waukee, IA	1:12:12	2:26:57	2:33:52	11:49
2743	290	W40	Christine Klimmer, 42*, Johnnton, IA	1:08:01	2:26:58	2:31:05	11:49
2744	116	W50	Linda Murphy, 53*, Des Moines, IA	1:09:20	2:27:01	2:35:53	11:50

2745	291	W40	Merrilee Blosser, 40*, Indianola, IA	1:07:45	2:27:03	2:32:14	11:50
2746	476	W35	Beth Brungardt, 36*, Ames, IA	1:09:29	2:27:04	2:31:36	11:50
2747	573	W30	Katy Rodish, 33*, Winterset, IA	1:08:59	2:27:04	2:35:45	11:50
2748	574	W30	Carol Omtvedt, 31*, Waseca, MN	1:12:10	2:27:05	2:35:02	11:50
2891	218	M50	Clark Holthaus, 50, Oskaloosa, IA	1:08:41	2:27:05	2:31:57	11:50
2892	346	M40	Sean Frommelt, 41, Ankeny, IA	1:05:14	2:27:05	2:32:20	11:50
2749	292	W40	Cheila Frayne, 40*, Garner, IA	1:06:08	2:27:06	2:29:53	11:50
2750	610	W25	Kristen Sass, 26*, Perry, IA	1:09:57	2:27:08	2:30:09	11:50
2751	477	W35	Amelia Kissell, 36*, Des Moines, IA	1:11:20	2:27:09	2:35:19	11:50
2752	611	W25	Sara Rhamy, 26*, Pleasant Hill, IA	1:06:31	2:27:09	2:33:16	11:50
2753	575	W30	Jenny Morris, 33*, Wright City, MO	1:08:34	2:27:12	2:32:02	11:51
2754	576	W30	Stephanie Braun, 33*, Ankeny, IA	1:06:15	2:27:14	2:31:07	11:51
2755	40	W55	Catherine Isaak, 56*, Mason City, IA	1:12:08	2:27:15	2:33:42	11:51
2893	290	M45	Art Dinkin, 45, Clive, IA	1:10:27	2:27:16	2:32:57	11:51
2756	117	W50	Jane Dirks, 53*, Urbandale, IA	1:07:49	2:27:17	2:32:18	11:51
2757	41	W55	Dorothy Dickens, 56*, Ankeny, IA	1:09:05	2:27:19	2:33:29	11:51
2894	347	M40	Doug Stine, 41, West Des Moines, IA	1:06:35	2:27:19	2:29:17	11:51
2895	535	M30	Michael Acevedo, 33, Des Moines, IA	1:10:34	2:27:19	2:33:07	11:51
2758	577	W30	Renae Park, 31*, Indianola, IA	1:11:17	2:27:20	2:35:31	11:51
2759	72	W17	Chelsea Montoya, 18*, Fort Dodge, KS	1:08:39	2:27:22	2:35:38	11:51
2760	293	W40	Teri Anderson, 44*, Orange City, IA	1:05:52	2:27:22	2:33:51	11:51
2761	185	W45	Heather Bacino, 48*, Waukee, IA	1:10:10	2:27:22	2:34:43	11:51
2762	294	W40	Susan Pegg, 43*, Urbandale, IA	1:10:10	2:27:22	2:34:44	11:51
2896	348	M40	Harry Pegg, 41, Urbandale, IA	1:10:10	2:27:22	2:34:44	11:51
2763	9	W60	Diane Yannotta, 62*, Buffalo Grove, IL	1:11:09	2:27:24	2:34:02	11:52
2764	612	W25	Sarah Staley, 29*, Webster City, IA	1:10:43	2:27:24	2:36:03	11:52
2765	478	W35	Alice Bear, 36*, Ankeny, IA	1:11:09	2:27:24	2:34:02	11:52
2766	613	W25	Megan Hague, 26*, Des Moines, IA	1:06:29	2:27:26	2:30:28	11:52
2767	295	W40	Amy Suedmeier, 41*, Ankeny, IA	1:04:26	2:27:27	2:32:36	11:52
2768	296	W40	Cherie Lovell, 40*, West Liberty, IA	1:09:15	2:27:27	2:31:16	11:52
2769	614	W25	Laura Hutzell, 26*, West Des Moines, IA	1:10:41	2:27:27	2:31:31	11:52
2897	349	M40	Jim Suedmeier, 43, Ankeny, IA	1:04:26	2:27:27	2:32:36	11:52
2898	424	M35	Scott Newland, 39, Cumming, IA	1:12:01	2:27:28	2:34:50	11:52
2899	350	M40	Justin Nepper, 42, Urbandale, IA	1:09:40	2:27:28	2:31:55	11:52
2770	354	W20	Karie Downing, 22*, Ottumwa, IA	1:14:44	2:27:35	2:32:09	11:52
2771	479	W35	Tonya Korkow, 37*, Silver City, IA	1:10:33	2:27:36	2:32:18	11:53
2772	297	W40	Michaele Cooper, 44*, Ankeny, IA	1:11:30	2:27:36	2:33:52	11:53
2773	480	W35	Kristen Henke, 37*, Treynor, IA	1:10:34	2:27:36	2:32:18	11:53
2900	233	M20	Timothy Knefelkamp, 24, Des Moines, IA	1:11:05	2:27:37	2:33:50	11:53
2774	355	W20	Kayla Heimbaugh, 20*, Gilbert, IA	1:08:42	2:27:38	2:28:33	11:53
2775	118	W50	Jeri Messenger, 52*, West Des Moines, IA	1:08:34	2:27:38	2:33:12	11:53
2776	615	W25	Sarah Hovey, 29*, Anamosa, IA	1:08:56	2:27:38	2:31:28	11:53
2901	234	M20	Ben Knefelkamp, 23, St. Louis, MO	1:11:06	2:27:38	2:33:50	11:53
2777	578	W30	Erin Hogenson, 31*, Minneapolis, MN	1:08:40	2:27:39	2:32:12	11:53
2778	579	W30	Elizabeth Acevedo, 34*, Des Moines, IA	1:10:34	2:27:39	2:33:26	11:53
2779	298	W40	Jamie Bachman, 42*, West Des Moines, IA	1:10:00	2:27:42	2:31:50	11:53
2902	469	M25	Bart Black, 27, Winterset, IA	1:10:00	2:27:43	2:36:05	11:53
2780	186	W45	Lisa K Flaherty, 48*, Fairfax, IA	1:10:15	2:27:43	2:33:01	11:53
2903	470	M25	Dylan Wagener, 26, Ankeny, IA	1:08:32	2:27:43	2:32:31	11:53
2904	471	M25	Aaron Johnson, 28, Dallas Center, IA	1:05:17	2:27:43	2:29:51	11:53
2905	235	M20	Kelsey Lunn, 23, Fort Dodge, IA	1:10:01	2:27:43	2:36:05	11:53
2781	356	W20	Erin Newbury, 24*, West Des Moines, IA	1:18:23	2:27:44	2:32:49	11:53
2906	351	M40	Andrew Metz, 44, Ankeny, IA	1:07:09	2:27:44	2:34:36	11:53
2782	616	W25	Sarah Thompson, 27*, Iowa City, IA	1:12:13	2:27:46	2:33:54	11:53
2783	481	W35	Tera Cole, 36*, Carthage, IL	1:07:19	2:27:47	2:33:18	11:53
2784	580	W30	Melissa Kucks, 31*, Omaha, NE	1:12:17	2:27:48	2:33:03	11:54
2907	536	M30	Zach Beck, 31, Grimes, IA	1:08:22	2:27:49	2:33:09	11:54
2785	581	W30	Nicolle McClure, 32*, Altoona, IA	1:07:58	2:27:50	2:35:23	11:54
2786	482	W35	Katrina Bissell, 38*, Iowa Falls, IA	1:11:33	2:27:51	2:33:51	11:54
2787	299	W40	MeLinda Ogaard, 40*, Iowa Falls, IA	1:11:33	2:27:52	2:33:51	11:54
2788	300	W40	Anissa McNeece, 43*, Pleasant Hill, IA	1:09:45	2:27:52	2:34:15	11:54
2789	357	W20	Lindsey Stanaford, 23*, West Des Moines, IA	1:07:48	2:27:52	2:34:20	11:54
2790	483	W35	Joy Carter, 39*, Pleasant Hill, IA	1:09:49	2:27:52	2:34:15	11:54
2791	301	W40	Sheena Davidson, 41*, Runnells, IA	1:09:49	2:27:53	2:34:15	11:54

2792	187	W45	Angie Elliott, 47*, Indianola, IA	1:07:19	2:27:55	2:33:19	11:54
2793	582	W30	Katie Schrum, 32*, Indianola, IA	1:05:06	2:27:55	2:29:07	11:54
2794	188	W45	Brenda Smith, 47*, Belleair, FL	1:07:20	2:27:55	2:31:30	11:54
2795	73	W17	Anne Cox, 19*, West Des Moines, IA	1:04:47	2:27:57	2:31:59	11:54
2796	42	W55	Julie Larson, 56*, Ames, IA	1:10:35	2:27:57	2:33:25	11:54
2908	236	M20	Tyler Wells, 21, Fonda, IA	1:05:49	2:27:58	2:35:41	11:54
2797	484	W35	Gabrielle Carlson, 39*, West Des Mones, IA	1:08:02	2:28:01	2:34:42	11:55
2798	43	W55	Jackie Kilby, 59*, Pella, IA	1:11:12	2:28:05	2:34:31	11:55
2799	617	W25	Lisa Fridley, 26*, Ames, IA	1:09:50	2:28:06	2:34:40	11:55
2800	302	W40	Julie Stricker, 43*, Des Moines, IA	1:12:28	2:28:06	2:37:03	11:55
2909	291	M45	James Metzger, 49, Marshalltown, IA	1:07:58	2:28:09	2:35:42	11:55
2801	44	W55	Patricia Toal, 55*, Rhodes, IA	1:08:56	2:28:12	2:36:17	11:55
2802	618	W25	Christie Williams, 25*, Ankeny, IA	1:14:22	2:28:12	2:34:09	11:55
2803	485	W35	Brooke Gritzner, 37*, Waverly, IA	1:06:28	2:28:13	2:33:57	11:55
2804	303	W40	Julie Sander, 42*, Altoona, IA	1:12:57	2:28:14	2:34:42	11:56
2910	292	M45	Russ Gillum, 46, Des Moines, IA	1:14:20	2:28:15	2:31:30	11:56
2911	237	M20	Michael Anderson, 24, Cedar Falls, IA	1:04:56	2:28:17	2:33:34	11:56
2912	352	M40	Chris Ward, 41, Ackworth, IA	1:08:17	2:28:19	2:33:28	11:56
2805	304	W40	Deb Freund, 42*, Urbandale, IA	1:06:24	2:28:19	2:31:36	11:56
2806	583	W30	Nicole Young, 30*, Des Moines, IA	1:13:02	2:28:20	2:35:48	11:56
2913	537	M30	Preston Young, 33, Des Moines, IA	1:13:03	2:28:20	2:35:48	11:56
2807	486	W35	Jennifer Urbanek, 37*, Cedar Rapids, IA	1:10:06	2:28:21	2:31:12	11:56
2914	353	M40	Brian Jones, 41, Thomson, GA	1:01:56	2:28:22	2:30:51	11:56
2808	584	W30	Kristen Leonard, 30*, Savage, MN	1:08:10	2:28:23	2:29:51	11:56
2809	358	W20	Carly Cummings, 20*, Pleasantville, IA	1:09:31	2:28:24	2:31:58	11:56
2810	585	W30	Jesseca LaFayette, 30*, Ames, IA	1:12:17	2:28:24	2:33:40	11:56
2811	119	W50	Sue Bace, 54*, Omaha, NE	1:06:20	2:28:24	2:29:49	11:56
2812	487	W35	Brandy Walker, 37*, Ames, IA	1:10:38	2:28:25	2:34:39	11:56
2813	586	W30	Holly Ann Russell, 31*, Urbandale, IA	1:11:33	2:28:26	2:34:22	11:57
2814	619	W25	Carrie Brannen, 27*, Windsor Heights, IA	1:07:18	2:28:26	2:32:06	11:57
2815	120	W50	Denise Doyle, 54*, Ames, IA	1:08:56	2:28:27	2:34:53	11:57
2816	189	W45	Sherry Cummings, 49*, Pleasantville, IA	1:09:32	2:28:27	2:32:01	11:57
2817	620	W25	Amanda Waldstein, 29*, Urbandale, IA	59:45	2:28:28	2:33:05	11:57
2915	538	M30	Scott Jordan, 31, Urbandale, IA	1:06:01	2:28:28	2:33:35	11:57
2818	587	W30	Alexis Faber, 30*, Des Moines, IA	1:10:51	2:28:29	2:35:59	11:57
2916	472	M25	Regan Oakley, 25, Huxley, IA	1:01:25	2:28:29	2:34:09	11:57
2819	588	W30	Erin Parmelee, 34*, Waukee, IA	1:10:06	2:28:39	2:30:25	11:58
2917	539	M30	Mike Seufert, 30, Savannah, MO	1:08:31	2:28:40	2:32:28	11:58
2820	621	W25	Megan Culbertson, 29*, West Des Moines, IA	1:10:06	2:28:41	2:30:27	11:58
2821	190	W45	Paula Correy, 47*, Johnston, IA	1:07:22	2:28:42	2:28:48	11:58
2822	589	W30	Sharla Danielson, 32*, Bettendorf, IA	1:12:21	2:28:43	2:32:16	11:58
2823	590	W30	Elizabeth Peck, 32*, Indianola, IA	1:12:21	2:28:43	2:32:16	11:58
2824	622	W25	Hayley Schick, 25*, West Des Moines, IA	1:09:25	2:28:46	2:32:20	11:58
2825	623	W25	Misty Brager, 28*, Montour, IA	1:08:00	2:28:48	2:34:50	11:58
2918	354	M40	Vern Jefferson, 40, Montour, IA	1:07:58	2:28:48	2:34:50	11:58
2826	305	W40	Charlyn Mason, 43*, Nevada, IA	1:12:18	2:28:49	2:34:04	11:58
2827	306	W40	Anne Hess, 41*, Grimes, IA	1:06:38	2:28:50	2:34:33	11:58
2828	307	W40	Cherie Ridenour, 41*, Martelle, IA	1:11:19	2:28:50	2:33:03	11:58
2829	488	W35	Lisa Russell, 35*, Eagle Grove, IA	58:26	2:28:50	2:31:14	11:59
2830	74	W17	Lindsey Kruse, 19*, Gowrie, IA	1:11:44	2:28:50	2:32:59	11:59
2831	27	JrW	Jaclyn Rittgers, 16*, Gowrie, IA	1:11:44	2:28:51	2:32:59	11:59
2832	591	W30	Laura Judge, 31*, Ames, IA	1:10:17	2:28:51	2:35:07	11:59
2919	355	M40	Clint Malbon, 40, Guthrie Center, IA	1:04:55	2:28:51	2:30:24	11:59
2833	359	W20	Katie Thompson, 21*, Ames, IA	1:10:16	2:28:51	2:35:08	11:59
2834	360	W20	Jaecy Lukehart, 24*, Ankeny, IA	1:08:41	2:28:51	2:33:11	11:59
2920	540	M30	Michael Dobbertin, 33, Des Moines, IA	1:10:33	2:28:51	2:34:48	11:59
2835	592	W30	Michelle Pignatelli, 33*, Des Moines, IA	1:10:33	2:28:51	2:34:48	11:59
2921	541	M30	James Martin, 33, Wayne,, Pa	1:10:48	2:28:57	2:35:15	11:59
2922	425	M35	Ken Clary, 39, Runnells, IA	1:04:35	2:29:00	2:32:10	11:59
2836	593	W30	Kellie Cooper, 33*, Clear Lake, IA	1:04:30	2:29:00	2:34:25	11:59
2837	308	W40	Cathy Schneider, 41*, Des Moines, IA	1:11:08	2:29:01	2:36:49	11:59
2923	542	M30	Kevin Folkerts, 31, West Des Moines, IA	1:05:46	2:29:01	2:35:28	11:59
2838	594	W30	Jane Jensen, 33*, Norwalk, IA	1:07:15	2:29:02	2:32:59	11:59
2924	473	M25	Stephen Neff, 28, Madrid, IA	1:13:41	2:29:02	2:36:47	11:59
2925	474	M25	Steve Poole, 26, Osceola, IA	1:14:09	2:29:10	2:37:45	12:00

2926	356	M40	Don Brinstad, 42, Des Moines, IA	1:09:08	2:29:12	2:32:26	12:00
2839	595	W30	Sara Shepherd, 31*, Panora, IA	1:08:23	2:29:12	2:36:14	12:00
2840	596	W30	Leann Subbert, 33*, Ankeny, IA	1:08:15	2:29:21	2:29:25	12:01
2841	309	W40	Kirsten Burton, 40*, Mason City, IA	1:15:59	2:29:22	2:34:44	12:01
2842	361	W20	Erin Goettsch, 24*, West Des Moines, IA	1:06:42	2:29:22	2:33:30	12:01
2843	489	W35	Amy Davison, 39*, Mason City, IA	1:15:59	2:29:22	2:34:44	12:01
2844	624	W25	Cortnie Ratzke, 27*, Waukee, IA	1:12:03	2:29:23	2:35:53	12:01
2845	625	W25	Amanda Lynch, 25*, West Des Moines, IA	1:08:53	2:29:23	2:37:00	12:01
2846	191	W45	Sheila Barron, 45*, Solon, IA	1:10:40	2:29:24	2:35:30	12:01
2927	475	M25	Scott Erwin, 28, Urbandale, IA	1:11:20	2:29:25	2:34:28	12:01
2847	310	W40	Melody Gibson, 42*, West Des Moines, IA	1:09:19	2:29:26	2:34:31	12:01
2848	311	W40	Noelle Trevillyan, 42*, Des Moines, IA	1:09:20	2:29:26	2:34:30	12:01
2849	121	W50	Joan Collins, 54*, Clive, IA	1:09:52	2:29:26	2:33:37	12:01
2850	312	W40	Amy Gates, 41*, Urbandale, IA	1:09:20	2:29:27	2:34:31	12:01
2851	192	W45	Patti Burns, 49*, Ankeny, IA	1:09:42	2:29:27	2:33:34	12:01
2852	10	W60	Candy Fisher, 60*, Ottumwa, IA	1:10:54	2:29:28	2:34:03	12:02
2853	626	W25	Tiffannie McDermott, 29*, Colfax, IA	1:16:35	2:29:29	2:34:49	12:02
2854	597	W30	Jill Clark, 33*, Marshalltown, IA	1:08:37	2:29:29	2:34:16	12:02
2928	13	M65	David Rosonke, 65, Algona, IA	1:09:33	2:29:29	2:34:57	12:02
2855	627	W25	Kristine Nelson, 27*, Waukee, IA	1:15:47	2:29:33	2:32:31	12:02
2856	362	W20	Kate Wells, 23*, Iowa City, IA	1:10:48	2:29:36	2:32:21	12:02
2857	598	W30	Jessica Fine, 34*, Windsor Heights, IA	1:10:34	2:29:37	2:36:03	12:02
2858	599	W30	Tara Bogner, 30*, West Des Moines, IA	1:11:53	2:29:37	2:35:54	12:02
2929	476	M25	Jay Larson, 29, Altoona, IA	1:05:39	2:29:37	2:34:20	12:02
2859	490	W35	Heather Martin, 35*, Marion, IA	1:10:34	2:29:37	2:36:03	12:02
2930	543	M30	Jacob Ross, 31, Des Moines, IA	1:14:19	2:29:38	2:31:25	12:02
2860	628	W25	Melissa Simmermaker, 25*, West Des Moines, IA	1:08:49	2:29:38	2:32:43	12:02
2861	600	W30	Stephanie Chickering, 30*, Indianola, IA	1:11:54	2:29:40	2:35:57	12:03
2862	601	W30	Amanda Doyle, 30*, Altoona, IA	1:09:44	2:29:41	2:31:59	12:03
2863	491	W35	Charlee Eekhoff, 35*, Otley, IA	1:07:04	2:29:41	2:32:55	12:03
2864	492	W35	Tiffany Scovel, 36*, Indianola, IA	1:00:51	2:29:42	2:33:20	12:03
2865	493	W35	Joy Fopma, 36*, Blairsburg, IA	1:14:37	2:29:46	2:35:52	12:03
2866	602	W30	Tracey Huinker, 30*, Gilbertville, IA	1:09:06	2:29:46	2:38:17	12:03
2867	603	W30	Megan Flynn, 33*, Des Moines, IA	1:05:47	2:29:48	2:35:06	12:03
2931	477	M25	Jeff Berckes, 29, Des Moines, IA	1:10:00	2:29:49	2:35:47	12:03
2868	122	W50	Sharon Hall, 53*, Ankeny, IA	1:10:05	2:29:50	2:35:59	12:03
2869	604	W30	Heather Elwood Keith, 31*, Ankeny, IA	1:09:51	2:29:51	2:36:00	12:03
2870	494	W35	Julia Richards Krapfl, 36*, Ankeny, IA	1:09:52	2:29:51	2:36:00	12:03
2871	75	W17	Morgan Hassman, 19*, Sumner, IA	1:09:06	2:29:52	2:35:21	12:03
2872	123	W50	Linda Severino, 51*, Des Moines, IA	1:14:00	2:29:56	2:35:00	12:04
2873	313	W40	Kimberly Bradley, 44*, Urbandale, IA	1:10:39	2:29:57	2:37:21	12:04
2874	314	W40	Stephanie Powell, 41*, Ankeny, IA	1:10:12	2:29:58	2:38:16	12:04
2875	11	W60	Jean Kristensen, 62*, West Des Moines, IA	1:10:35	2:29:58	2:35:18	12:04
2932	357	M40	Keith Snow, 44, Ankeny, IA	1:10:13	2:29:59	2:38:16	12:04
2876	193	W45	Julie Knipp, 47*, Altoona, IA	1:11:58	2:30:00	2:36:38	12:04
2877	495	W35	Amy Niederhauser, 36*, Urbandale, IA	1:10:55	2:30:01	2:39:14	12:04
2933	293	M45	Albert Bingaman, 47, Urbandale, IA	1:10:55	2:30:01	2:39:14	12:04
2878	496	W35	Cindy Lettington, 36*, West Des Moines, IA	1:11:31	2:30:01	2:39:04	12:04
2934	238	M20	Ivan Mendoza, 24, West Des Moines, IA	1:09:39	2:30:03	2:36:59	12:04
2879	629	W25	Katie Katzer, 29*, Urbandale, IA	1:11:45	2:30:04	2:31:40	12:04
2880	194	W45	Tamara Dark, 47*, Polk City, IA	1:09:06	2:30:04	2:33:26	12:04
2881	630	W25	Kiera Jacobson, 25*, West Des Moines, IA	1:09:40	2:30:04	2:36:59	12:04
2882	605	W30	Jill McGargill, 30*, West Des Moines, IA	1:09:45	2:30:06	2:32:48	12:05
2883	606	W30	Jenny Hugunin, 34*, Norwalk, IA	1:08:30	2:30:07	2:33:59	12:05
2884	315	W40	Martina Hull, 43*, Grinnell, IA	1:13:39	2:30:09	2:33:51	12:05
2885	316	W40	Jennifer Moret, 43*, Brookings, SD	1:11:20	2:30:13	2:38:35	12:05
2886	631	W25	Melissa Carlson, 28*, Ankeny, IA	1:08:23	2:30:16	2:37:09	12:05
2935	141	M55	Kelly Krull, 56, Johnston, IA	1:06:59	2:30:16	2:32:54	12:05
2887	363	W20	Katie Lease, 24*, Des Moines, IA	1:09:19	2:30:16	2:31:25	12:05
2888	45	W55	Mary Kay Shannon, 55*, Greenfield, IA	1:10:49	2:30:22	2:36:45	12:06
2889	195	W45	Lisa Deatruck, 47*, Waukee, IA	1:11:50	2:30:22	2:33:28	12:06
2890	607	W30	Tara Goecke, 34*, State Center, IA	1:09:27	2:30:24	2:36:39	12:06
2891	632	W25	Melissa Hall, 25*, Blair, NE	1:07:29	2:30:26	2:34:30	12:06
2936	478	M25	Stuart Spencer, 26, Johnston, IA	1:07:32	2:30:26	2:36:47	12:06

2892	497	W35	Molly Joss, 36*, North Liberty, IA	1:13:19	2:30:27	2:34:24	12:06
2893	12	W60	Bonnie Beal, 62*, Boone, IA	1:11:24	2:30:27	2:39:34	12:06
2894	608	W30	Emily Hippen, 30*, Atlanta, GA		2:30:27	2:37:31	12:06
2895	498	W35	Stacy DeMoss, 36*, Cedar Rapids, IA	1:11:25	2:30:27	2:39:34	12:06
2896	633	W25	Erin Spencer, 26*, Johnston, IA	1:07:34	2:30:28	2:36:47	12:06
2897	634	W25	Danielle Pence, 29*, Des Moines, IA	1:09:08	2:30:28	2:36:51	12:06
2898	364	W20	Janelle Thier, 24*, Farley, IA	1:11:03	2:30:28	2:36:19	12:06
2937	358	M40	Robert Hansen, 43, Grimes, IA	1:08:09	2:30:29	2:31:54	12:06
2899	76	W17	Jasmine Hansen, 18*, Grimes, IA	1:08:09	2:30:29	2:31:54	12:06
2938	294	M45	Bob Levinstein, 45, Des Moines, IA	1:07:23	2:30:30	2:36:19	12:07
2939	65	M60	Tim Devick, 61, Urbandale, IA	1:12:51	2:30:32	2:32:42	12:07
2940	295	M45	Brian Burgett, 48, Urbandale, IA	1:10:11	2:30:33	2:36:53	12:07
2900	365	W20	Amy Burgett, 20*, Urbandale, IA	1:10:11	2:30:33	2:36:53	12:07
2901	317	W40	Conni Crees, 44*, Winterset, IA	1:13:54	2:30:34	2:33:07	12:07
2941	359	M40	Toby Hoy, 42, Van Meter, IA	1:09:51	2:30:36	2:34:00	12:07
2902	635	W25	Erin McKeown, 28*, West Des Moines, IA	1:07:41	2:30:37	2:35:43	12:07
2903	499	W35	Anna Henry, 35*, Perry, IA	1:12:24	2:30:37	2:39:48	12:07
2904	609	W30	Jenni Thompson, 34*, Fayette, IA	1:12:24	2:30:37	2:39:48	12:07
2905	610	W30	Jill Vande Noord, 31*, Des Moines, IA	1:12:06	2:30:38	2:37:17	12:07
2942	360	M40	Sanjay Amatya, 40, Urbandale, IA	1:10:13	2:30:38	2:33:28	12:07
2943	239	M20	Nick Lantz, 20, Mason City, IA	1:11:44	2:30:39	2:34:48	12:07
2944	240	M20	Garrett Penfield, 24, Indianola, IA	1:10:49	2:30:40	2:37:11	12:07
2906	196	W45	Christine Hartman, 48*, Ankeny, IA	1:13:54	2:30:43	2:33:16	12:08
2907	636	W25	Tina Shimak, 26*, Cedar Rapids, IA	1:09:05	2:30:44	2:36:07	12:08
2908	611	W30	Anne Harrington, 30*, Ames, IA		2:30:45	2:39:19	12:08
2909	77	W17	Madelyn Mosiman, 19*, Ames, IA	1:09:01	2:30:45	2:34:32	12:08
2910	197	W45	Mary Mosiman, 49*, Ames, IA	1:09:00	2:30:46	2:34:33	12:08
2945	544	M30	Jim Richards, 32, Ames, IA	1:11:26	2:30:46	2:37:45	12:08
2911	366	W20	Liza Lichtenberg, 23*, Cedar Falls, IA	1:14:36	2:30:48	2:37:33	12:08
2912	367	W20	Rachel Stalder, 22*, Davenport, IA		2:30:48	2:37:33	12:08
2913	500	W35	Saundra Edie, 35*, Red Oak, IA	1:07:45	2:30:49	2:36:18	12:08
2914	318	W40	Angie Aarhus, 41*, Ankeny, IA	1:15:41	2:30:50	2:39:48	12:08
2915	637	W25	Lauren Reuland, 25*, West Des Moines, IA	1:08:38	2:30:50	2:36:37	12:08
2916	638	W25	Julie MacDonald, 26*, Grundy Center, IA	1:09:43	2:30:51	2:36:15	12:08
2946	361	M40	Leroy Imoehl, 41, Urbandale, IA	1:08:14	2:30:53	2:36:08	12:08
2947	219	M50	Mike Lauzon, 54, Boone, IA	1:12:49	2:30:53	2:36:48	12:08
2917	501	W35	Heather Imoehl, 39*, Urbandale, IA	1:08:14	2:30:53	2:36:08	12:08
2918	502	W35	Jennifer Coe, 38*, Des Moines, IA	1:10:32	2:30:54	2:34:18	12:08
2948	362	M40	Michael Ask, 41, Underwood, IA	1:09:24	2:30:54	2:34:23	12:08
2919	639	W25	Ashley Engelbarts, 25*, Grimes, IA	1:11:22	2:30:54	2:33:45	12:08
2920	124	W50	Dee Dee Robeson, 50*, Grundy Center, IA	1:11:42	2:30:54	2:40:18	12:08
2921	319	W40	Annette Watson, 41*, Urbandale, IA	1:11:11	2:30:56	2:37:27	12:09
2949	220	M50	John Cosner, 52, Des Moines, IA	1:09:34	2:30:59	2:36:58	12:09
2922	198	W45	Kathy Molden, 46*, Spirit Lake, IA	1:10:20	2:31:00	2:37:34	12:09
2923	368	W20	Jesa Wolthuizen, 20*, Akron, IA	1:06:20	2:31:00	2:36:26	12:09
2950	426	M35	Lary Hostak, Jr., 39, Marion, IA		2:31:01	2:37:31	12:09
2924	320	W40	Kathy O'Neill, 41*, Boone, IA	1:07:40	2:31:01	2:35:07	12:09
2925	640	W25	Gretchen McLain, 29*, Stockport, IA	1:12:16	2:31:01	2:36:33	12:09
2951	221	M50	Steve Hagen, 51, Jefferson, IA	1:07:16	2:31:04	2:35:18	12:09
2952	427	M35	Jason Bright, 37, Des Moines, IA	1:08:59	2:31:05	2:33:46	12:09
2953	545	M30	Doug Foster, 34, Des Moines, IA	1:10:19	2:31:06	2:38:11	12:09
2954	363	M40	Dax Abbas, 40, Windsor Heights, IA	1:10:02	2:31:06	2:33:58	12:09
2926	199	W45	Janet Townley, 46*, Prairie City, IA	1:07:31	2:31:10	2:37:28	12:10
2927	641	W25	Angie Lewis, 28*, West Des Moines, IA	1:11:28	2:31:11	2:34:39	12:10
2955	428	M35	Brian Craig, 36, Johnston, IA	1:07:46	2:31:11	2:40:01	12:10
2928	642	W25	Lynn Frank, 26*, Johnston, IA	1:14:39	2:31:11	2:38:37	12:10
2929	612	W30	Amy Miller, 31*, Ankeny, IA	1:12:50	2:31:12	2:40:34	12:10
2930	503	W35	Nina Ratzlaff, 36*, Des Moines, IA	1:11:55	2:31:13	2:36:21	12:10
2931	321	W40	Lisa Frame, 41*, Fairbank, IA	1:12:40	2:31:14	2:37:55	12:10
2932	200	W45	Mary Swartz, 47*, Eldora, IA	1:11:26	2:31:14	2:36:54	12:10
2933	504	W35	Raquel Stout, 35*, Urbandale, IA	1:11:57	2:31:15	2:36:19	12:10
2934	613	W30	Heidi Pollmann, 34*, Kansas City, MO	1:09:02	2:31:15	2:32:48	12:10
2956	364	M40	Dale Oldenkamp, 43, Slater, IA	1:06:02	2:31:15	2:37:43	12:10
2935	201	W45	Stacy Lang, 46*, Urbandale, IA	1:09:02	2:31:15	2:32:49	12:10
2936	322	W40	Kris Price, 43*, Ankeny, IA	1:12:46	2:31:17	2:36:28	12:10

2937	614	W30	Marla Jordan, 30*, Waukee, IA	1:12:46	2:31:17	2:36:28	12:10
2938	505	W35	Tracy Rhoads, 36*, Cambridge, IA	1:12:46	2:31:17	2:36:28	12:10
2957	365	M40	Terry Merfeld, 40, Des Moines, IA	1:11:09	2:31:17	2:40:33	12:10
2939	615	W30	Kim Melone, 33*, West Des Moines, IA	1:08:10	2:31:18	2:35:21	12:10
2958	142	M55	Steven Loney, 59, Lampe, MO	1:10:13	2:31:18	2:37:55	12:10
2940	323	W40	Michele Jensen, 40*, Grinnell, IA	1:11:32	2:31:20	2:37:43	12:11
2941	506	W35	Amy Sanford, 39*, Cedar Rapids, IA	1:13:14	2:31:20	2:40:15	12:11
2942	78	W17	Lydia Molnar, 18*, Ankeny, IA	1:08:29	2:31:21	2:34:08	12:11
2959	366	M40	Dan Sanford, 42, Cedar Rapids, IA	1:13:13	2:31:22	2:40:15	12:11
2960	222	M50	Brad Randall, 50, Solon, IA	1:13:04	2:31:22	2:37:15	12:11
2943	507	W35	JaMie Lane, 35*, Ankeny, IA	1:14:27	2:31:22	2:39:56	12:11
2961	54	JrM	Brady Harper, 13, Johnston, IA	1:09:39	2:31:22	2:36:17	12:11
2944	79	W17	Haley Groth, 18*, Marshalltown, IA	1:08:04	2:31:23	2:34:40	12:11
2945	202	W45	Lori Fosse, 47*, Bondurant, IA	1:15:27	2:31:24	2:36:49	12:11
2946	616	W30	Angie Rathbun, 33*, Ankeny, IA	1:08:09	2:31:26	2:37:41	12:11
2947	643	W25	Nikkol Johnson, 29*, Des Moines, IA	1:12:10	2:31:26	2:33:38	12:11
2948	508	W35	Julie Veasley, 39*, Des Moines, IA	1:12:10	2:31:27	2:33:38	12:11
2962	223	M50	William Nutty, 52, Ames, IA	1:09:05	2:31:28	2:35:38	12:11
2949	369	W20	Nancy Fieg, 24*, West Des Moines, IA	1:08:39	2:31:29	2:39:04	12:11
2950	203	W45	Brenda Romig, 45*, Boone, IA	1:09:48	2:31:29	2:37:26	12:11
2951	617	W30	Jennifer Rasavanh, 30*, West Des Moines, IA	1:10:49	2:31:30	2:37:55	12:11
2952	644	W25	Christina Ackelson, 29*, Granger, IA	1:09:00	2:31:30	2:37:05	12:11
2953	125	W50	Patricia Barron, 54*, Rock Island, IL	1:09:13	2:31:31	2:37:36	12:11
2954	645	W25	Jen Ransom, 27*, Truro, IA	1:12:26	2:31:31	2:35:16	12:11
2955	370	W20	Michelle Schmitt, 24*, Ames, IA	1:14:21	2:31:33	2:37:30	12:12
2956	646	W25	Kristen Rasplicka, 26*, Johnston, IA	1:12:00	2:31:33	2:37:59	12:12
2957	204	W45	Terri Lee Scott, 45*, Dakota Dunes, SD	1:13:43	2:31:34	2:36:31	12:12
2963	296	M45	Randi Johnson, 45, Osage, IA	1:10:14	2:31:37	2:37:19	12:12
2958	509	W35	Kolice Koester, 39*, West Des Moines, IA	1:09:28	2:31:38	2:39:00	12:12
2964	297	M45	Ken Mehls, 45, Johnston, IA	1:10:38	2:31:38	2:32:41	12:12
2959	324	W40	Julie Mehls, 44*, Johnston, IA	1:10:39	2:31:38	2:32:41	12:12
2965	479	M25	Arthur Holle, 29, Atlantic, IA	1:06:50	2:31:39	2:37:58	12:12
2960	618	W30	Jenny Reitano, 34*, Grimes, IA	1:09:46	2:31:39	2:38:10	12:12
2966	546	M30	Josh Rhamy, 31, Pleasant Hill, IA	1:07:55	2:31:44	2:37:51	12:13
2967	547	M30	Andrew Kilgore, 30, Des Moines, IA	1:07:14	2:31:45	2:40:54	12:13
2961	205	W45	Julie Cabeen, 48*, Clarinda, IA	1:14:16	2:31:46	2:40:23	12:13
2968	429	M35	Justin Bera, 36, Waukee, IA	1:10:49	2:31:47	2:37:23	12:13
2969	548	M30	Bryan Porter, 30, Dexter, IA	1:09:15	2:31:50	2:37:19	12:13
2970	480	M25	Richard Collins, 28, Des Moines, IA	1:08:40	2:31:50	2:37:51	12:13
2962	80	W17	Abigail Swartz, 19*, Eldora, IA	1:11:49	2:31:51	2:37:31	12:13
2971	14	M65	Rodney Bruck, 66, Wilsonville, OR	1:11:59	2:31:51	2:37:12	12:13
2963	371	W20	Kristen Anderson, 24*, Ankeny, IA	1:08:03	2:31:53	2:36:48	12:13
2964	28	JrW	Olivia Vanderploeg, 13*, Prairie City, IA	1:10:02	2:31:54	2:33:08	12:13
2965	619	W30	Tiffany Chumbley, 33*, Milo, IA	1:14:06	2:31:56	2:36:17	12:13
2966	510	W35	Lisa Thompson, 39*, Milo, IA	1:14:07	2:31:56	2:36:17	12:13
2967	206	W45	Sharon Turner, 48*, Milo, IA	1:14:06	2:31:57	2:36:19	12:14
2972	143	M55	Douglas Seeber, 55, Quincy, IL	1:11:06	2:31:57	2:41:16	12:14
2973	481	M25	Brandon Borseth, 28, Des Moines, IA	1:11:07	2:31:57	2:41:15	12:14
2968	620	W30	Angela Avery, 31*, West Des Moines, IA	1:07:36	2:31:58	2:37:45	12:14
2974	482	M25	Justin Adams, 29, Urbandale, IA	1:11:07	2:31:58	2:41:16	12:14
2969	81	W17	Brooke Fleener, 18*, Carroll, IA	1:09:43	2:31:59	2:38:53	12:14
2975	144	M55	Donald Cox, 57, West Des Moines, IA	1:03:39	2:32:01	2:36:03	12:14
2976	224	M50	Rick George, 53, Omaha, NE	1:07:53	2:32:01	2:38:00	12:14
2970	325	W40	Janet Bucher, 41*, Johnston, IA	1:16:32	2:32:01	2:40:09	12:14
2971	511	W35	Tracy Andreasen, 39*, Johnston, IA	1:16:32	2:32:02	2:40:09	12:14
2972	647	W25	Erin Morain, 29*, Jefferson, IA	1:13:36	2:32:03	2:35:33	12:14
2973	207	W45	Julie Comes, 46*, Urbandale, IA	1:13:18	2:32:04	2:37:29	12:14
2974	126	W50	Kelli Palazzo, 54*, Pleasant Hill, IA	1:11:51	2:32:05	2:33:32	12:14
2975	621	W30	Mj Mills, 33*, Des Moines, IA	1:06:03	2:32:06	2:40:59	12:14
2977	430	M35	Dave Wadle, 37, Marshalltown, IA	1:12:57	2:32:06	2:36:52	12:14
2978	483	M25	Doug Brandon, 29, Cedar Rapids, IA	1:01:50	2:32:07	2:37:30	12:14
2976	372	W20	Michelle Varnum, 22*, Ames, IA	1:07:15	2:32:09	2:33:00	12:15
2979	431	M35	Jason Wulf, 38, Des Moines, IA	1:12:09	2:32:10	2:36:47	12:15
2980	367	M40	Daniel Little, 40, Winterset, IA	1:08:59	2:32:12	2:40:52	12:15



2977	648	W25	Roxanne Richardson, 26*, Aransas Pass, TX	1:11:36	2:32:15	2:37:32	12:15
2981	368	M40	Barb Koerperich, 41, Epworth, IA	1:10:01	2:32:15	2:34:22	12:15
2978	622	W30	Laura Burk, 31*, Holstein, IA	1:05:14	2:32:16	2:36:35	12:15
2979	326	W40	Jonna Williams-Bey, 40*, Johnston, IA	1:10:31	2:32:16	2:35:15	12:15
2982	549	M30	Gaik Loong Kang, 34, Urbandale, IA	1:11:14	2:32:17	2:36:29	12:15
2983	241	M20	Matthew Konen, 24, Huxley, IA	1:11:59	2:32:19	2:37:14	12:15
2980	373	W20	Chelsea Parrott, 23*, Des Moines, IA	1:12:21	2:32:19	2:37:10	12:15
2981	46	W55	Linda Holt, 56*, Mitchellville, IA	1:15:55	2:32:20	2:39:19	12:15

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2982	512	W35	Heike Hofmann, 39*, Ames, IA	1:10:14	2:32:22	2:41:45	12:16
2984	225	M50	Tom Guillaume, 52, Urbandale, IA	1:09:43	2:32:24	2:38:08	12:16
2983	374	W20	Casey Guillaume, 21*, Urbandale, IA	1:09:43	2:32:24	2:38:08	12:16
2985	550	M30	Ryan Templeton, 32, Omaha, NE	1:06:01	2:32:33	2:38:00	12:16
2984	47	W55	Robin Hyland, 57*, Grimes, IA	1:09:02	2:32:34	2:32:58	12:17
2986	66	M60	Kenny Grandstaff, 61, Des Moines, IA	1:09:32	2:32:37	2:34:29	12:17
2985	513	W35	Melissa Niesen, 36*, Ames, IA	1:13:03	2:32:38	2:39:29	12:17
2986	375	W20	Michelle Grau, 22*, Newell, IA	1:11:39	2:32:38	2:37:55	12:17
2987	208	W45	Christine Shivers, 45*, Indianola, IA	1:12:04	2:32:40	2:38:46	12:17
2988	514	W35	Stacey Haviland, 37*, West Des Moines, IA	1:09:28	2:32:41	2:40:03	12:17
2987	551	M30	Jason Bunnell, 33, Fremont, IA	1:09:56	2:32:41	2:39:28	12:17
2988	369	M40	Chris Champion, 40, Des Moines, IA	1:13:54	2:32:41	2:36:00	12:17
2989	623	W30	Heidi Bunnell, 33*, Fremont, IA	1:10:08	2:32:41	2:39:28	12:17
2989	552	M30	Eric Jensen, 32, Montgomery, IL	1:08:52	2:32:43	2:41:47	12:17
2990	209	W45	Jennifer Lambert, 46*, Orange City, IA	1:04:55	2:32:47	2:39:17	12:18
2990	432	M35	Brent Jacobsen, 38, Ankeny, IA	1:08:58	2:32:48	2:38:05	12:18
2991	624	W30	Annie Buchmiller, 30*, Johnston, IA	1:12:35	2:32:48	2:33:32	12:18
2991	484	M25	Justin Miller, 28, Carpentersville, IL	1:06:56	2:32:51	2:42:04	12:18
2992	625	W30	Angie Harrington, 34*, Des Moines, IA	1:02:24	2:32:51	2:34:29	12:18
2992	553	M30	Mike Davidson, 33, Urbandale, IA	1:03:18	2:32:51	2:34:30	12:18
2993	210	W45	Sandra McCright, 49*, Johnston, IA	1:10:29	2:32:57	2:41:22	12:18
2994	29	JrW	Ashley Hubert, 15*, Harlan, IA	1:15:18	2:32:58	2:39:06	12:18
2995	649	W25	Brittany Warren, 25*, Cedar Falls, IA	1:15:49	2:33:00	2:41:28	12:19
2996	327	W40	Erin McCarty, 44*, Perry, IA	1:10:00	2:33:00	2:41:32	12:19
2997	515	W35	Felicity Croat, 35*, Vanmeter, IA	1:10:03	2:33:00	2:34:13	12:19
2998	376	W20	Helen Carlson, 24*, Des Moines, IA	1:08:50	2:33:02	2:38:22	12:19
2999	650	W25	Katie Melson, 29*, Des Moines, IA	1:15:05	2:33:03	2:41:58	12:19
2993	370	M40	Michael Schaeffer, 41, Ankeny, IA	1:14:44	2:33:04	2:39:15	12:19
2994	371	M40	Bryon Schaeffer, 43, Ankeny, IA		2:33:05	2:39:15	12:19
3000	211	W45	Barb Niemeyer, 46*, West Des Moines, IA	1:11:06	2:33:05	2:41:55	12:19
3001	212	W45	Wendy DeVries, 45*, Grimes, IA	1:11:02	2:33:07	2:36:12	12:19
3002	82	W17	Joanna Zaimes, 18*, Mokena, IL	1:11:12	2:33:07	2:41:08	12:19
3003	651	W25	Molly O'Brien, 28*, Des Moines, IA	1:14:47	2:33:08	2:39:49	12:19
3004	328	W40	Keri Schlueter, 41*, Clive, IA	1:11:07	2:33:09	2:41:59	12:19
2995	145	M55	Dennis Kern, 58, Ankeny, IA	1:14:20	2:33:09	2:41:46	12:19
3005	329	W40	Mary Nelson, 40*, Sioux Falls, SD	1:11:34	2:33:09	2:41:31	12:19
2996	372	M40	Todd Wirth, 40, Altoona, IA	1:09:52	2:33:13	2:39:03	12:20
3006	652	W25	Regan Wooldridge, 28*, Des Moines, IA	1:11:44	2:33:14	2:42:46	12:20
3007	330	W40	April Buchman, 40*, Ankeny, IA	1:11:02	2:33:15	2:36:20	12:20
3008	626	W30	Crystal St Clair, 33*, New Virginia, IA	1:16:42	2:33:17	2:40:39	12:20
3009	653	W25	Chrystal Bower, 27*, Urbandale, IA	1:09:07	2:33:18	2:39:54	12:20
3010	654	W25	Adia Tucker, 29*, West Des Moines, IA	1:10:12	2:33:19	2:36:16	12:20
3011	516	W35	Cathleen Lugar, 36*, Storm Lake, IA	1:10:09	2:33:19	2:39:42	12:20
2997	433	M35	Stephen Caropreso, 38, Chicago, IL	1:11:21	2:33:20	2:38:50	12:20
2998	485	M25	Brandon Sickler, 28, Des Moines, IA	1:06:56	2:33:22	2:38:43	12:20
3012	213	W45	Shari Rayburn, 49*, Juniata, NE	1:12:36	2:33:22	2:38:40	12:20
3013	377	W20	Alicia Sukovaty, 20*, Templeton, IA	1:10:45	2:33:24	2:33:24	12:21
3014	378	W20	Katelyn Thompson, 21*, Jefferson, IA	1:10:45	2:33:24	2:33:24	12:21
3015	48	W55	Kathleen Sterbick, 55*, Des Moines, IA	1:12:12	2:33:26	2:39:55	12:21
3016	127	W50	Naomi Nowland, 53*, Clear Lake, IA		2:33:26	2:41:06	12:21
3017	379	W20	Amber Glover, 22*, Des Moines, IA	1:14:24	2:33:26	2:42:27	12:21
3018	128	W50	Susan Ruen, 53*, Mason City, IA	1:12:09	2:33:27	2:39:53	12:21
3019	331	W40	Jody Kiehne, 44*, Urbandale, IA	1:16:07	2:33:28	2:40:11	12:21
3020	380	W20	Kalliope McAllister, 24*, Hazleton, IA	1:19:00	2:33:29	2:42:51	12:21

3021	30 JrW	Breanna Severin, 16*, Des Moines, IA	1:13:49	2:33:31	2:39:07	12:21
3022	31 JrW	Jessie Laughridge, 15*, Perry, IA	1:13:50	2:33:31	2:39:07	12:21
3023	517 W35	Melanie Holdorf, 35*, Davenport, IA	1:13:06	2:33:31	2:40:05	12:21
2999	226 M50	Patrick Antelman, 51, Altoona, IA	1:10:23	2:33:36	2:40:11	12:22
3000	227 M50	Harlan Sprecher, 52, Boone, IA	1:06:36	2:33:37	2:38:35	12:22
3024	518 W35	Molly Fedler, 37*, West Point, IA	1:09:39	2:33:39	2:39:49	12:22
3025	332 W40	Jennifer Hagge, 41*, North Liberty, IA	1:13:07	2:33:40	2:42:18	12:22
3026	655 W25	Samantha Fazio, 26*, Des Moines, IA	1:09:41	2:33:41	2:39:32	12:22
3001	242 M20	Avery Gaston, 22, Altoona, IA	1:02:22	2:33:43	2:41:44	12:22
3002	486 M25	Steve Gersdorf, 29, Ankeny, IA	1:12:14	2:33:44	2:42:28	12:22
3003	67 M60	Bob McFarland, 62, Cedar Rapids, IA	1:13:28	2:33:46	2:42:22	12:22
3027	656 W25	Stevie Halupnick, 26*, Waterloo, IA	1:18:15	2:33:48	2:37:30	12:23
3004	68 M60	Tom Paulson, 63, Ham Lake, MN	1:12:12	2:33:50	2:40:20	12:23
3028	657 W25	Genevieve Labath, 26*, Portland, CT	1:08:59	2:33:50	2:38:28	12:23
3005	434 M35	Sreepada Nadiger, 38, West Des Moines, IA	1:03:30	2:33:53	2:39:38	12:23
3006	435 M35	Erik Stroner, 37, Webster City, IA	1:10:30	2:33:54	2:42:37	12:23
3007	554 M30	Jason Meyers, 30, St. Louis, MO	1:10:05	2:33:56	2:41:18	12:23
3008	555 M30	Ryan Collision, 30, Toledo, IA	1:05:37	2:33:56	2:36:37	12:23
3029	381 W20	Maggie Graham, 22*, Oskaloosa, IA	1:11:18	2:33:56	2:36:23	12:23
3030	627 W30	Aimee Hulett, 34*, Waterloo, IA	1:09:34	2:33:57	2:43:16	12:23
3009	487 M25	Terrance Spurgin, 28, Des Moines, IA	1:09:33	2:33:59	2:35:28	12:23
3010	228 M50	Daniel Allen, 51, Omaha, NE	1:08:11	2:34:01	2:40:20	12:24
3011	229 M50	Mark Taylor, 50, Norwalk, IA	1:11:36	2:34:01	2:42:20	12:24
3031	628 W30	Amber Lewis, 32*, Des Moines, IA	1:09:21	2:34:01	2:41:20	12:24
3032	629 W30	Azure Christensen, 33*, Johnston, IA	1:10:23	2:34:02	2:41:29	12:24
3033	658 W25	Jamie Burris, 28*, Des Moines, IA	1:10:50	2:34:03	2:37:04	12:24
3034	333 W40	Stacy Barth, 41*, Urbandale, IA	1:07:29	2:34:06	2:41:43	12:24
3012	556 M30	Jason Nutt, 30, Pleasant Hill, IA	1:10:43	2:34:06	2:40:54	12:24
3035	630 W30	Leann Oakland, 30*, Earlville, IA	1:12:35	2:34:07	2:34:51	12:24
3036	334 W40	Kelly Richardson, 42*, Iowa City, IA	1:07:29	2:34:07	2:41:43	12:24
3013	557 M30	Ben Cowie, 30, Abilene, TX	1:09:37	2:34:07	2:40:55	12:24
3037	382 W20	Britni Flaherty, 22*, West Des Moines, IA	1:09:06	2:34:07	2:38:42	12:24
3038	214 W45	Debra Alberto, 46*, Clive, IA	1:10:44	2:34:09	2:35:04	12:24
3039	631 W30	Melissa Rammelsberg, 31*, Atkins, IA	1:13:11	2:34:10	2:37:49	12:24
3040	335 W40	Mari Janes, 40*, Story City, IA	1:08:29	2:34:18	2:39:28	12:25
3041	632 W30	Margret McCleary, 34*, West Des Moines, IA	1:14:13	2:34:18	2:39:04	12:25
3014	373 M40	Dean Keyt, 44, Adel, IA	1:11:14	2:34:19	2:40:31	12:25
3042	383 W20	Sarah Akin, 22*, Cedar Falls, IA	1:13:02	2:34:19	2:41:55	12:25
3043	633 W30	Jenny Williams, 32*, Cedar Rapids, IA	1:13:26	2:34:20	2:40:05	12:25
3015	436 M35	Nick Ditolla, 39, Urbandale, IA	1:07:49	2:34:22	2:38:04	12:25
3044	336 W40	Carmen Davis, 40*, Ankeny, IA	1:08:06	2:34:24	2:37:49	12:25
3045	519 W35	Tamara Davis, 39*, Ankeny, IA	1:09:57	2:34:24	2:37:49	12:25
3046	520 W35	Jennifer Swihart, 35*, Newton, IA	1:07:17	2:34:24	2:40:12	12:25
3047	521 W35	Kathi Thompson, 36*, Indianola, IA	1:11:18	2:34:25	2:42:35	12:25
3048	215 W45	Jenny Coulson, 46*, Runnells, IA	1:12:58	2:34:25	2:43:41	12:25
3049	522 W35	Jenifer Croat, 38*, Indianola, IA	1:14:29	2:34:26	2:40:58	12:26
3050	523 W35	Mikol Sesker, 36*, Knoxville, IA	1:09:37	2:34:26	2:43:49	12:26
3051	337 W40	Romunda Tonsfeldt, 40*, Ogden, IA	1:10:07	2:34:28	2:39:54	12:26
3052	634 W30	Rebecca Rosenberg, 33*, Bregenz, VO	1:13:52	2:34:30	2:42:13	12:26
3016	243 M20	Tyler Ehrenhard, 21, West Des Moines, IA	1:09:11	2:34:31	2:40:55	12:26
3053	659 W25	Rebecca Wilson, 29*, Nevada, IA	1:06:49	2:34:33	2:37:10	12:26
3054	660 W25	Alicia Erlandson, 25*, Windsor Heights, IA	1:14:14	2:34:33	2:37:58	12:26
3055	661 W25	Whitney Turner, 25*, Windsor Heights, IA	1:14:14	2:34:36	2:38:01	12:26
3056	635 W30	Kari Gipple, 31*, Bondurant, IA	1:14:43	2:34:36	2:39:37	12:26
3057	636 W30	Meg Alessio, 33*, West Des Moines, IA	1:14:55	2:34:39	2:40:44	12:27
3058	338 W40	Barbie Ahrens-Lowry, 41*, Montezuma, IA	1:13:47	2:34:40	2:43:23	12:27
3017	437 M35	Gary Kamminga, 39, Ankeny, IA	1:14:40	2:34:40	2:42:30	12:27
3018	374 M40	Kevin Edelman, 44, Eagan, MN	1:18:06	2:34:41	2:40:19	12:27
3059	32 JrW	Destiney McCarl, 14*, Osceola, IA	1:20:24	2:34:41	2:37:23	12:27
3060	339 W40	Brenda McCarl, 42*, Osceola, IA	1:17:08	2:34:41	2:37:23	12:27
3019	375 M40	Steven Snyder, 40, Urbandale, IA	1:13:36	2:34:42	2:43:13	12:27
3020	488 M25	Daniel Craig, 29, W. Des Moines, IA	1:10:56	2:34:43	2:42:06	12:27
3061	662 W25	Beth Hubinette, 29*, Agency, IA	1:07:29	2:34:45	2:38:53	12:27
3021	69 M60	David Holt, 62, Urbandale, IA	1:18:07	2:34:47	2:43:46	12:27

3022	55	JrM	Collin Laughlin, 14, Johnston, IA	1:13:06	2:34:47	2:41:21	12:27
3062	637	W30	Anna Shull, 31*, Des Moines, IA	1:11:21	2:34:47	2:42:56	12:27
3023	230	M50	Tom Franklin, 51, West Des Moines, IA	1:14:45	2:34:49	2:39:18	12:27
3024	231	M50	Mike Rust, 51, Storm Lake, IA	1:08:26	2:34:50	2:42:24	12:27
3063	638	W30	Angela Nicoli, 33*, West Des Moines, IA	1:09:45	2:34:51	2:43:47	12:28
3064	524	W35	Valerie Enlow, 37*, Dallas Center, IA	1:08:05	2:34:51	2:37:27	12:28
3065	384	W20	Mallory Hartgers, 24*, New Sharon, IA	1:10:58	2:34:52	2:41:07	12:28
3066	639	W30	Cassandra Halls, 34*, Des Moines, IA	1:12:06	2:34:56	2:41:04	12:28
3067	385	W20	Jana Delgado, 23*, Ames, IA	1:08:39	2:34:58	2:38:04	12:28
3025	558	M30	Tad Halley, 30, Green Bay, WI	1:05:21	2:34:59	2:37:13	12:28
3068	663	W25	Chelsea Delleman, 26*, Waukee, IA	1:11:56	2:34:59	2:39:41	12:28
3026	298	M45	Robert Rowe, 48, Appleton, WI	1:05:42	2:35:01	2:38:41	12:28
3027	559	M30	Nathan Sorensen, 31, Ankeny, IA	1:13:30	2:35:01	2:43:14	12:28
3069	216	W45	Lisa Ersland, 45*, Nevada, IA	1:11:16	2:35:02	2:41:15	12:28
3070	640	W30	Bethney Larson, 30*, West Des Moines, IA	1:12:57	2:35:03	2:40:37	12:28
3028	489	M25	Luke Ahrendsen, 27, Johnston, IA	1:12:56	2:35:04	2:40:38	12:29
3071	525	W35	Gayle Kingery, 35*, Newton, IA	1:10:22	2:35:04	2:40:16	12:29
3072	526	W35	Susan Ham, 36*, Reasnor, IA	1:16:35	2:35:04	2:40:25	12:29
3029	560	M30	Tony Nieland, 32, Cedar Rapids, IA	1:11:54	2:35:08	2:36:50	12:29
3073	641	W30	Carissa Jones, 30*, Ankeny, IA	1:10:03	2:35:08	2:37:20	12:29
3074	664	W25	Amy Christeson, 26*, Boone, IA	1:09:14	2:35:09	2:42:58	12:29
3075	340	W40	Patricia Thein, 41*, Marshalltown, IA	1:15:00	2:35:12	2:41:17	12:29
3076	665	W25	Vicki Pospisal, 25*, Council Bluffs, IA	1:15:46	2:35:12	2:42:12	12:29
3077	666	W25	Gina Messamer, 25*, Oskaloosa, IA	1:18:53	2:35:12	2:42:05	12:29
3078	642	W30	Angie Miller, 32*, Ankeny, IA	1:09:08	2:35:13	2:40:16	12:29
3079	341	W40	Jackie Morse, 40*, Altoona, IA	1:11:16	2:35:14	2:42:06	12:29
3080	527	W35	Tina Cronbaugh, 36*, Raymond, IA	1:14:29	2:35:15	2:43:48	12:29
3030	561	M30	Dave Hilgendorf, 34, Ames, IA	1:11:20	2:35:15	2:43:12	12:29
3081	643	W30	Bridgit Keller, 33*, Waukee, IA	1:12:43	2:35:15	2:42:08	12:29
3082	386	W20	Genevieve Craggs, 24*, Des Moines, IA	1:17:29	2:35:16	2:40:48	12:30
3083	33	JrW	Shannon Deatrck, 14*, Waukee, IA	1:09:03	2:35:17	2:38:23	12:30
3084	34	JrW	Savannah Oswald, 14*, Clive, IA	1:09:03	2:35:17	2:38:23	12:30
3085	387	W20	Sarah Jobst, 24*, West Des Moines, IA	1:17:45	2:35:19	2:39:22	12:30
3031	376	M40	Jason Peterson, 40, Urbandale, IA	1:08:36	2:35:20	2:40:42	12:30
3086	528	W35	Kristen Gray, 39*, Ankeny, IA	1:09:27	2:35:20	2:41:34	12:30
3032	438	M35	Brendan McCallum, 36, Des Moines, IA	53:04	2:35:21	2:37:11	12:30
3087	529	W35	Amber Cole, 35*, Ankeny, IA	1:14:42	2:35:22	2:40:22	12:30
3033	562	M30	Michael Goetz, 33, Bloomington, MN	1:09:29	2:35:25	2:39:30	12:30
3088	667	W25	Kara Berg, 29*, Bloomington, MN	1:09:29	2:35:25	2:39:30	12:30
3089	388	W20	Jenny Klein, 24*, Iowa City, IA	1:09:47	2:35:26	2:39:27	12:30
3034	490	M25	Cole Prevost, 25, Iowa City, IA	1:09:48	2:35:27	2:39:27	12:30
3090	389	W20	Kaitlin Moulin, 22*, Grimes, IA	1:10:39	2:35:28	2:41:11	12:31
3091	530	W35	Sandra Clark, 36*, Ames, IA	1:09:00	2:35:29	2:38:38	12:31
3092	342	W40	Kinlei Moulin, 41*, Grimes, IA	1:10:40	2:35:29	2:41:12	12:31
3035	563	M30	Tim Huff, 32, Des Moines, IA	1:13:47	2:35:29	2:41:35	12:31
3036	439	M35	Phong Hong, 39, Des Moines, IA	1:09:24	2:35:31	2:41:52	12:31
3037	564	M30	Chad Moore, 34, Windsor Heights, IA	1:16:12	2:35:31	2:37:32	12:31
3093	49	W55	Carol Smith, 55*, Clive, IA	1:19:14	2:35:35	2:44:59	12:31
3094	217	W45	Karen Drews, 45*, Lavista, NE	1:09:01	2:35:35	2:41:52	12:31
3095	644	W30	Amy Wallace, 33*, Ankeny, IA	1:08:44	2:35:38	2:38:07	12:31
3096	645	W30	Rachel Bougher, 33*, West Des Moines, IA	1:12:09	2:35:38	2:43:18	12:31
3097	83	W17	Brooke Wilson, 19*, Polk City, IA	1:06:57	2:35:40	2:39:29	12:31
3098	84	W17	Makayla Tendall, 17*, Waukee, IA	1:07:39	2:35:41	2:39:29	12:32
3038	299	M45	Rodney Clausen, 48, Des Moines, IA	1:04:59	2:35:45	2:45:16	12:32
3039	232	M50	Kenneth Finch, 50, Ankeny, IA	1:20:45	2:35:45	2:39:26	12:32
3099	129	W50	Maryellen Perkins, 52*, Panora, IA	1:18:24	2:35:46	2:40:46	12:32
3100	646	W30	Rebecca Schimming, 33*, Waseca, MN	1:12:10	2:35:47	2:43:44	12:32
3101	390	W20	Megan Wetrich, 24*, Ottumwa, IA	1:14:44	2:35:48	2:40:23	12:32
3040	565	M30	David Lawrence, 30, Pleasant Hill, IA	1:07:26	2:35:49	2:37:42	12:32
3102	13	W60	Helen Pearce, 60*, Cedar Falls, IA	1:15:50	2:35:49	2:42:45	12:32
3103	531	W35	Amy Lang, 39*, Cedar Falls, IA	1:15:51	2:35:49	2:42:45	12:32
3104	130	W50	Dawn Kelly, 51*, Cedar Falls, IA	1:15:51	2:35:49	2:42:46	12:32
3041	244	M20	Richard Stokka, 21, Urbandale, IA	1:10:36	2:35:49	2:43:14	12:32
3042	146	M55	Robert Hopper, 55, Waukee, IA	1:09:00	2:35:51	2:43:58	12:32
3043	491	M25	Jayson Keil, 27, Swisher, IA	1:11:51	2:35:54	2:40:44	12:33

3105	668	W25	Jessica Bills, 26*, Swisher, IA	1:11:51	2:35:57	2:40:46	12:33
3106	647	W30	Brandi Millikan, 30*, Melbourne, IA	1:11:48	2:35:57	2:37:33	12:33
3107	131	W50	Carrie Moore, 50*, Gladstone, MO	1:16:12	2:35:57	2:37:58	12:33
3108	50	W55	Cathy Brent, 56*, Ankeny, IA	1:14:00	2:35:57	2:39:32	12:33
3109	648	W30	Nicole Weliver, 33*, Norwalk, IA	1:08:33	2:35:57	2:45:27	12:33
3110	532	W35	Roxanne Steinkamp, 37*, Carroll, IA	1:09:13	2:35:59	2:40:17	12:33
3044	492	M25	Chad Lehman, 28, West Des Moines, IA	1:14:12	2:36:01	2:42:26	12:33
3111	343	W40	Tricia Kiefer, 40*, Hutchinson, MN	1:17:22	2:36:05	2:41:22	12:33
3112	391	W20	Thao Nguyen, 22*, Ames, Ia, Ia	1:11:36	2:36:06	2:41:23	12:34
3045	440	M35	Michael Johansen, 37, Bondurant, IA	1:05:29	2:36:06	2:42:17	12:34
3113	218	W45	Joleen Stephenson, 49*, Des Moines, IA	1:13:59	2:36:07	2:41:12	12:34
3114	219	W45	Kathy Gedler, 45*, West Des Moines, IA	1:12:30	2:36:09	2:39:47	12:34
3046	300	M45	Tim Gedler, 47, West Des Moines, IA	1:12:30	2:36:09	2:39:47	12:34
3115	649	W30	Julie Seiler, 32*, West Des Moines, IA	1:12:58	2:36:15	2:38:33	12:34
3047	245	M20	Josh Jacobs, 21, Des Moines, IA	1:10:37	2:36:24	2:43:48	12:35
3048	377	M40	Paul Sapp, 44, Des Moines, IA	1:11:36	2:36:31	2:45:52	12:36
3116	669	W25	Kari Dyjak, 29*, Ankeny, IA	1:08:02	2:36:32	2:41:45	12:36
3117	670	W25	Neyfit Fuentes, 28*, Collinsville, IL	1:10:59	2:36:36	2:39:49	12:36
3118	533	W35	Wendy Van Dyke, 35*, Ames, IA	1:21:32	2:36:37	2:41:26	12:36
3119	392	W20	Lisabeth Buelte, 22*, Polk City, IA	1:10:50	2:36:39	2:40:35	12:36
3049	566	M30	Mark Hanrahan, 32, Des Moines, IA	1:10:20	2:36:40	2:42:15	12:36
3120	671	W25	Mandy Darrington, 27*, Center Point, IA	1:14:07	2:36:40	2:43:32	12:36
3121	672	W25	Jennifer Curtis, 27*, Chicago, IL	1:10:25	2:36:40	2:41:34	12:36
3122	393	W20	Nicole Darrington, 21*, Iowa City, IA	1:14:07	2:36:40	2:43:32	12:36
3123	650	W30	Melissa Kocur, 32*, Indianola, IA	1:16:01	2:36:41	2:43:21	12:36
3124	344	W40	Bridgette Fitzsimmons, 40*, Ankeny, IA	1:12:55	2:36:43	2:44:27	12:37
3050	10	M70	John Beamer, 71, Des Moines, IA	1:14:34	2:36:50	2:38:43	12:37
3125	132	W50	Lynn Irr, 51*, Creston, IA	1:13:16	2:36:51	2:43:09	12:37
3051	493	M25	Kyle Austen, 26, Ankeny, IA	1:14:20	2:36:51	2:36:51	12:37
3052	70	M60	Lonnie Gerber, 61, Pella, IA	1:13:28	2:36:51	2:45:54	12:37
3053	378	M40	Jonathan Wolgamuth, 42, Pleasant Hill, IA	1:12:25	2:36:51	2:44:43	12:37
3054	301	M45	Merle Holland, 49, Des Moines, IA	1:13:30	2:36:53	2:38:48	12:37
3126	651	W30	Jennifer Robertson, 30*, Des Moines, IA	1:11:57	2:36:53	2:41:54	12:37
3127	652	W30	Jessica Owens, 32*, Ames, IA	1:08:08	2:36:54	2:38:52	12:37
3055	246	M20	Dallas Lehman, 21, Ankeny, IA	1:08:11	2:36:54	2:43:16	12:37
3128	653	W30	Carolyn Stafford, 31*, Clive, IA	1:12:10	2:36:54	2:42:44	12:37
3129	673	W25	Libby Liewer, 26*, Des Moines, IA	1:15:16	2:36:55	2:43:27	12:38
3056	302	M45	Tab Newbury, 48, Urbandale, IA	1:11:04	2:36:55	2:42:02	12:38
3057	379	M40	Todd McCauley, 43, Des Moines, IA	1:11:53	2:36:57	2:46:19	12:38
3130	394	W20	Debbie Foss, 24*, Kansas City, MO	1:09:41	2:36:59	2:39:52	12:38
3131	674	W25	Sarah Foss, 28*, West Des Monies, IA	1:12:14	2:37:00	2:39:53	12:38
3132	675	W25	Beth Maroney, 29*, Coralville, IA	1:15:32	2:37:00	2:45:31	12:38
3133	654	W30	Molly Eastman, 30*, Urbandale, IA	1:09:41	2:37:00	2:39:53	12:38
3134	220	W45	Laurie S Johnson, 46*, Webster City, IA	1:13:35	2:37:04	2:43:01	12:38
3135	221	W45	Karen Kisker, 47*, Ankeny, IA	1:12:36	2:37:04	2:42:21	12:38
3136	85	W17	Amelia Fleming, 19*, Iowa City, IA	1:09:57	2:37:04	2:41:24	12:38
3137	395	W20	Lacey Wegner, 22*, West Des Moines, IA	1:11:58	2:37:05	2:42:07	12:38
3138	534	W35	Kris Wright, 39*, Cedar Rapids, IA	1:12:56	2:37:07	2:44:51	12:38
3139	535	W35	Sandy Kirkman, 36*, Waukee, IA	1:14:42	2:37:08	2:42:09	12:39
3140	536	W35	Dawn Andrus, 38*, Waukee, IA	1:15:07	2:37:09	2:42:42	12:39
3058	567	M30	Martin Salcedo, 32, Omaha, NE	1:13:57	2:37:13	2:43:27	12:39
3059	441	M35	John Beals, 39, Johnston, IA		2:37:15	2:37:15	12:39
3060	233	M50	David Mitchell, 52, Des Moines, IA	1:17:08	2:37:15	2:39:19	12:39
3061	71	M60	Harry Breaux, 62, Des Moines, IA	1:13:32	2:37:17	2:44:19	12:39
3141	396	W20	Kadina Hodges, 23*, Ames, IA	1:15:07	2:37:18	2:42:50	12:39
3062	568	M30	Andrew Erps, 34, Des Moines, IA	1:13:43	2:37:18	2:46:02	12:39
3142	676	W25	Shantell Detweiler, 28*, Parnell, IA	1:06:54	2:37:22	2:41:37	12:40
3143	86	W17	Emily Subbert, 19*, Audubon, IA	1:14:54	2:37:23	2:46:41	12:40
3144	677	W25	Lindsey Greenwood, 28*, Polk City, IA	1:13:57	2:37:23	2:42:25	12:40
3063	380	M40	Weston Morris, 43, Chicago, IL	1:15:16	2:37:25	2:44:15	12:40
3145	397	W20	Sara Embrey, 24*, West Des Moines, IA	1:10:25	2:37:34	2:42:38	12:41
3146	655	W30	Kristine Holladay, 32*, Lenexa, KS	1:15:03	2:37:36	2:44:06	12:41
3147	678	W25	Sarah Holst, 29*, West Des Moines, IA	1:11:44	2:37:37	2:45:19	12:41
3064	494	M25	Aaron Heuss, 28, Des Moines, IA	1:15:16	2:37:37	2:44:09	12:41
3065	381	M40	Joe Marchesano, 41, Huxley, IA	1:11:55	2:37:40	2:45:36	12:41

3148	87	W17	Hannah Thayer, 17*, Urbandale, IA	1:14:07	2:37:40	2:38:44	12:41
3066	495	M25	Tim Davis, 28, Grimes, IA	1:15:48	2:37:41	2:42:29	12:41
3149	679	W25	Angela Schroeder, 28*, Clive, IA	1:10:25	2:37:43	2:42:35	12:41
3150	656	W30	Tiffany Richeson, 33*, West Des Moines, IA	1:14:09	2:37:45	2:42:53	12:42
3151	680	W25	Keshia Meissner, 25*, Fort Dodge, IA	1:16:13	2:37:49	2:43:41	12:42
3152	681	W25	Martha Slocombe, 27*, Des Moines, IA	1:12:46	2:37:51	2:39:56	12:42
3153	657	W30	Anna Young, 31*, Des Moines, IA		2:37:52	2:45:00	12:42
3067	569	M30	Brett Young, 31, Des Moines, IA	1:09:51	2:37:52	2:45:00	12:42
3154	398	W20	Jacquelyn Luedtke, 20*, Ames, IA	1:12:49	2:37:53	2:44:27	12:42
3155	222	W45	Judy Johnson, 47*, Ankeny, IA	1:15:00	2:37:53	2:41:26	12:42
3156	658	W30	Karin Nowicki, 30*, West Des Moines, IA	1:13:13	2:37:54	2:44:39	12:42
3157	88	W17	Shelby Dixon, 19*, Urbandale, IA	1:20:30	2:37:56	2:42:39	12:42
3068	247	M20	Craig Nie, 21, Jesup, IA	1:12:13	2:37:56	2:40:47	12:42
3158	659	W30	Therese Tran, 31*, Des Moines, IA	1:12:24	2:37:57	2:46:13	12:43
3159	399	W20	Taryn Bossert, 21*, Jesup, IA	1:12:15	2:37:57	2:40:46	12:43
3160	35	JrW	Taylor Brown, 13*, Ankeny, IA		2:38:01	2:44:28	12:43
3161	345	W40	Brenda Brown, 42*, Ankeny, IA	1:15:04	2:38:01	2:44:28	12:43
3162	660	W30	Londa Liddle, 30*, Des Moines, IA	1:11:50	2:38:04	2:44:43	12:43
3163	400	W20	Kayla Northup, 21*, Richland, IA	1:10:41	2:38:04	2:43:53	12:43
3164	401	W20	Brittany Millikin, 22*, Hedrick, IA	1:10:42	2:38:04	2:43:54	12:43
3165	661	W30	Cristin Kreifels, 32*, Adel, IA	1:15:01	2:38:08	2:46:55	12:43
3166	682	W25	Amy Mohr, 28*, Carroll, IA	1:11:29	2:38:09	2:45:24	12:43
3167	402	W20	Kayla Lagergren, 21*, Monroe, IA	1:10:34	2:38:12	2:44:57	12:44
3069	234	M50	John Schiltz, 53, Des Moines, IA	1:13:39	2:38:13	2:46:00	12:44
3168	133	W50	Colleen Erickson, 50*, Slater, IA	1:16:10	2:38:16	2:41:46	12:44
3070	147	M55	Nathan Callahan, 58, Cedar Falls, IA	1:10:57	2:38:17	2:44:53	12:44
3169	537	W35	Robbin Mann, 39*, Des Moines, IA	1:14:29	2:38:17	2:40:56	12:44
3170	662	W30	Michelle Ware, 30*, Grimes, IA	1:19:03	2:38:18	2:46:08	12:44
3171	663	W30	Sara Schyvinck, 30*, Grimes, IA	1:10:21	2:38:20	2:43:00	12:44
3172	683	W25	Megan Flaws, 29*, Des Moines, IA	1:15:06	2:38:20	2:47:14	12:44
3173	134	W50	Laurie Pooch, 54*, Waukee, IA	1:12:31	2:38:20	2:47:43	12:44
3174	403	W20	Chelsey Davis, 21*, Des Moines, IA	1:12:25	2:38:20	2:41:47	12:44
3071	382	M40	Matthew Mertens, 43, Johnston, IA	1:14:59	2:38:21	2:43:00	12:44
3072	442	M35	Mike Leavengood, 36, Des Moines, IA	1:08:53	2:38:22	2:45:13	12:45
3175	223	W45	Melanie Ewalt, 45*, Marshalltown, IA	1:12:58	2:38:22	2:43:07	12:45
3176	36	JrW	Haley Graf, 15*, Ankeny, IA	1:13:50	2:38:22	2:42:16	12:45
3177	346	W40	Deanna Breeding, 43*, Des Moines, IA		2:38:23	2:45:29	12:45
3178	664	W30	Jenny Bates, 32*, Glenwood, IA	1:13:56	2:38:23	2:43:37	12:45
3073	383	M40	Sandy Heidemann, 40, Des Moines, IA	1:11:54	2:38:24	2:47:46	12:45
3074	303	M45	Donald Breeding, 46, Des Moines, IA	1:14:41	2:38:24	2:45:29	12:45
3179	538	W35	Tisha Larsen, 35*, Wiota, IA	1:15:09	2:38:24	2:44:29	12:45
3180	539	W35	Kathy Patel, 39*, Clive, IA	1:17:51	2:38:25	2:44:46	12:45
3181	540	W35	Sheila Thompson, 38*, West Des Moines, IA	1:17:49	2:38:25	2:44:46	12:45
3182	541	W35	Katy Coppola, 39*, Urbandale, IA	1:17:51	2:38:25	2:44:47	12:45
3183	542	W35	Jenna Porter, 37*, Des Moines, IA	1:11:11	2:38:28	2:47:51	12:45
3184	665	W30	Monica Strange, 30*, New Virginia, IA	1:16:42	2:38:33	2:45:56	12:45
3075	384	M40	Doug Laughlin, 42, Johnston, IA	1:11:15	2:38:36	2:45:10	12:46
3076	304	M45	Brian Queck, 49, Johnston, IA	1:11:15	2:38:37	2:45:10	12:46
3077	385	M40	Sanjay Shrestha, 42, Urbandale, IA	1:16:26	2:38:38	2:41:27	12:46
3078	72	M60	Dick Hogan, 64, Urbandale, IA	1:13:43	2:38:39	2:44:24	12:46
3079	305	M45	Douglas Roerig, 47, Santa Monica, CA	1:14:36	2:38:40	2:45:17	12:46
3080	386	M40	Erik Olsen, 42, Zimmerman, MN	1:13:08	2:38:41	2:46:33	12:46
3185	684	W25	Laura Patino, 26*, Des Moines, IA	1:12:49	2:38:42	2:45:02	12:46
3186	135	W50	Kym Life, 52*, Oskaloosa, IA	1:20:59	2:38:43	2:42:25	12:46
3187	685	W25	Jamie McClenathan, 29*, Brooklyn, IA	1:11:05	2:38:43	2:46:50	12:46
3081	443	M35	Brian Baas, 35, Bondurant, IA	1:16:11	2:38:43	2:44:55	12:46
3188	666	W30	Erin Spokas, 34*, Marshalltown, IA	1:11:07	2:38:45	2:46:50	12:46
3189	543	W35	Nicole Bunnell, 36*, Oskaloosa, IA	1:12:49	2:38:49	2:45:46	12:47
3082	444	M35	John Hoelker, 39, Dexter, IA	1:10:16	2:38:49	2:45:48	12:47
3190	667	W30	Danielle Johnson, 34*, Marion, IA	1:16:48	2:38:50	2:44:29	12:47
3083	148	M55	Mark Virden, 55, Carlisle, IA	1:09:25	2:38:52	2:45:28	12:47
3191	224	W45	Nitza Dovenspike, 48*, Indianola, IA	1:13:55	2:38:53	2:48:12	12:47
3192	686	W25	Stacey Bielefeld, 27*, Mason City, IA	1:14:54	2:38:54	2:45:37	12:47
3084	149	M55	Gary Turner, 56, West Des Moines, IA	1:14:56	2:38:55	2:44:40	12:47
3193	404	W20	Lindsay Amstutz, 22*, Clear Lake, IA	1:20:33	2:38:55	2:45:37	12:47

3085	248	M20	Aaron Kilstofte, 20, Ames, IA	1:13:53	2:38:55	2:44:30	12:47
3194	405	W20	Marypat Rieck, 22*, Ames, IA	1:13:54	2:38:55	2:44:30	12:47
3195	347	W40	Carol Beebe, 40*, Griswold, IA	1:16:45	2:38:57	2:47:48	12:47
3086	496	M25	David Fajardo, 28, Des Moines, IA	1:12:31	2:38:58	2:39:01	12:47
3196	348	W40	Ellen Bradshaw, 40*, Ankeny, IA	1:15:28	2:38:59	2:44:25	12:48
3087	445	M35	Derrick Bunnell, 38, Oskaloosa, IA	1:12:59	2:38:59	2:45:46	12:48
3197	544	W35	Kellie Bray, 35*, Alexandria, VA	1:11:13	2:39:00	2:42:34	12:48
3198	668	W30	Tammie Krausman, 32*, Ankeny, IA	1:12:59	2:39:00	2:41:06	12:48
3199	687	W25	Lauren Campbell, 25*, Treynor, IA	1:13:19	2:39:06	2:46:43	12:48
3200	14	W60	Char Coon, 64*, Urbandale, IA	1:13:19	2:39:06	2:46:29	12:48
3201	136	W50	Kim Bougher, 50*, West Des Moines, IA	1:16:28	2:39:08	2:46:48	12:48
3202	688	W25	Holly Morgan, 25*, Urbandale, IA	1:14:42	2:39:09	2:45:55	12:48
3203	669	W30	Jenny Buschbom, 31*, State Center, IA	1:09:27	2:39:11	2:45:25	12:48
3204	349	W40	Mary Eichhorn, 40*, Des Moines, IA	1:10:21	2:39:13	2:47:09	12:49
3205	225	W45	Karen Hutzell, 49*, Mason City, IA	1:15:58	2:39:18	2:40:51	12:49
3088	387	M40	Kevin Bettis, 42, Ames, IA	1:08:40	2:39:21	2:44:00	12:49
3089	235	M50	John Degen, 50, Rockwell, IA	1:13:47	2:39:23	2:44:14	12:49
3206	406	W20	Calli Kahl, 22*, Durant, IA	1:10:46	2:39:24	2:40:22	12:49
3090	306	M45	John Bonnicksen, 45, Ames, IA	1:11:51	2:39:25	2:48:07	12:50
3207	407	W20	Beth Bonnicksen, 22*, Ames, IA		2:39:26	2:48:07	12:50
3208	51	W55	Judy Ackerman, 59*, Windsor Heights, IA	1:19:33	2:39:27	2:46:25	12:50
3209	670	W30	Alana Schares, 34*, Urbandale, IA	1:10:55	2:39:32	2:43:33	12:50
3210	689	W25	Ginny Ray, 26*, Des Moines, IA	1:17:39	2:39:32	2:45:32	12:50
3091	73	M60	Steve Floyd, 62, Clive, IA	1:08:01	2:39:33	2:44:49	12:50
3211	671	W30	Diane Nuzum, 33*, Winterset, IA	1:12:49	2:39:40	2:48:27	12:51
3212	672	W30	Maureen Cunningham, 30*, West Des Moines, IA	1:08:09	2:39:41	2:42:11	12:51
3213	226	W45	Kristin Goracke, 48*, Starbuck, MN	1:15:26	2:39:44	2:47:18	12:51
3214	673	W30	Roxanne Riesberg, 34*, Grimes, IA	1:14:29	2:39:50	2:43:21	12:52
3215	690	W25	Joelle Kirchhoff, 26*, Grimes, IA	1:14:29	2:39:50	2:43:21	12:52
3216	408	W20	Ally Kirby, 20*, Cedar Rapids, IA	1:14:35	2:39:51	2:47:05	12:52
3092	150	M55	Gary Soreide, 59, Panora, IA	1:15:58	2:39:52	2:44:50	12:52
3217	52	W55	Shelley Bishop, 55*, Council Bluffs, IA	1:16:01	2:39:52	2:40:49	12:52
3218	409	W20	Stephanie Enriquez, 22*, Coralville, IA		2:39:54	2:46:04	12:52
3219	350	W40	Karie Bos, 43*, Des Moines, IA	1:14:15	2:39:54	2:41:13	12:52
3093	105	M17	Conrad Amen, 18, Badger, IA	1:12:07	2:39:55	2:47:48	12:52
3220	37	JrW	Annie Edelman, 13*, Clive, IA	1:25:25	2:39:55	2:45:32	12:52
3094	106	M17	Matt Meyer, 18, Fort Dodge, IA	1:12:07	2:39:56	2:47:48	12:52
3095	446	M35	James Riley, 37, Des Moines, IA	1:14:04	2:39:58	2:48:23	12:52
3221	545	W35	Allison Mather, 36*, State Center, IA	1:19:06	2:40:01	2:45:42	12:52
3222	691	W25	Linda Giang, 26*, Coralville, IA	1:13:56	2:40:03	2:46:25	12:53
3223	227	W45	Lisa Hensel, 47*, Tingley, IA	1:20:04	2:40:05	2:42:47	12:53
3096	570	M30	Michael Hobart, 34, West Point, NY	1:13:29	2:40:05	2:49:49	12:53
3097	249	M20	Aaron Baird, 24, Des Moines, IA	1:07:26	2:40:05	2:43:33	12:53
3224	410	W20	Ashley Ewalt, 21*, Ames, IA	1:12:58	2:40:06	2:44:52	12:53
3225	546	W35	Joni Leinen, 35*, Urbandale, IA	1:11:06	2:40:07	2:46:36	12:53
3226	674	W30	Lee Narwid, 30*, Plymouth, MN	1:14:49	2:40:07	2:45:26	12:53
3227	228	W45	Maggie Thompson, 45*, Perry, IA	1:13:18	2:40:08	2:44:17	12:53
3228	229	W45	Jill Oconnell, 48*, Urbandale, IA	1:13:23	2:40:09	2:43:49	12:53
3229	675	W30	Laura Hamilton, 34*, Urbandale, IA	1:09:21	2:40:12	2:45:38	12:53
3230	230	W45	Teri Lohr, 49*, Des Moines, IA	1:13:18	2:40:15	2:44:24	12:54
3231	692	W25	Danielle Grabe, 29*, Des Moines, IA	1:12:51	2:40:17	2:48:25	12:54
3232	89	W17	Regina Preston, 19*, Urbandale, IA	1:15:52	2:40:18	2:45:57	12:54
3233	693	W25	Heather Hendrix, 27*, Adel, IA	1:14:57	2:40:21	2:44:47	12:54
3098	571	M30	Bjorn Soderlund, 34, Apple Valley, MN	1:16:19	2:40:23	2:48:09	12:54
3099	497	M25	Solomon Bales, 29, Waukee, IA	1:13:47	2:40:25	2:46:15	12:54
3234	676	W30	Amy Piepmeier, 32*, Adel, IA	1:13:05	2:40:26	2:47:11	12:54
3235	38	JrW	Emily Blobaum, 15*, Des Moines, IA	1:14:58	2:40:26	2:44:52	12:55
3236	231	W45	Diana Brown, 46*, West Liberty, IA	1:12:27	2:40:27	2:46:09	12:55
3237	547	W35	Nancy Mescher, 35*, Granger, IA		2:40:29	2:45:04	12:55
3100	307	M45	Steve Kuhlmann, 49, Waverly, IA	1:09:26	2:40:29	2:50:10	12:55
3238	548	W35	Andrea Engle, 36*, Prairie City, IA	1:18:09	2:40:29	2:50:01	12:55
3239	549	W35	Heather Hardy, 37*, Indianola, IA	1:11:13	2:40:30	2:45:18	12:55
3240	694	W25	Hillary Vogt, 28*, West Des Moines, IA	1:11:20	2:40:31	2:45:34	12:55
3241	232	W45	Beth Farley, 49*, Ida Grove, IA		2:40:33	2:47:15	12:55

3242	137	W50	Jane Arpy, 51*, Des Moines, IA	1:13:40	2:40:42	2:49:13	12:56
3101	498	M25	Anthony Jackson, 26, Des Moines, IA	1:09:20	2:40:42	2:44:26	12:56
3102	151	M55	Gene Arnold, 59, Waukee, IA	1:15:24	2:40:44	2:40:57	12:56
3103	236	M50	Brent Abel, 52, Ankeny, IA	1:10:54	2:40:44	2:49:25	12:56
3243	15	W60	Coleen Waage, 60*, West Des Moines, IA	1:15:25	2:40:45	2:40:57	12:56
3244	695	W25	Missy Cruikshank, 28*, Tama, IA	1:22:29	2:40:51	2:48:39	12:57
3245	677	W30	Joy Schneider, 31*, Gilbertville, IA	1:14:23	2:40:52	2:46:17	12:57
3104	499	M25	David Burgfechtel, 27, Sioux City, IA	1:13:45	2:40:54	2:47:49	12:57
3105	572	M30	Shane Hunold, 30, West Burlington, IA	1:10:19	2:40:56	2:48:28	12:57
3246	550	W35	Danie Andersen-Jepesen, 36*, Boone, IA	1:12:02	2:40:57	2:46:10	12:57
3247	696	W25	Breanne Vogel, 25*, Des Moines, IA	1:10:20	2:40:57	2:48:29	12:57
3248	678	W30	Laura Robie, 30*, Ankeny, IA	1:17:51	2:40:58	2:45:08	12:57
3249	411	W20	Jorie Smith, 21*, Grimes, IA	1:13:50	2:40:59	2:44:54	12:57
3250	551	W35	Rose Olson, 35*, Murray, IA	1:17:16	2:41:00	2:49:06	12:57
3106	237	M50	Donald Schable, 53, Eldora, IA	1:12:03	2:41:04	2:46:31	12:58
3251	233	W45	Valerie Peacock, 49*, Eldora, IA	1:12:04	2:41:04	2:46:31	12:58
3252	697	W25	Heidi Rushing, 29*, Ankeny, IA	1:16:07	2:41:07	2:45:20	12:58
3253	138	W50	Brenda Brink, 53*, Huxley, IA	1:15:47	2:41:08	2:50:26	12:58
3254	698	W25	Heather Skeens, 28*, Des Moines, IA	1:16:58	2:41:10	2:47:39	12:58
3255	552	W35	Lee Tjelmeland, 35*, Des Moines, IA	1:16:55	2:41:10	2:49:36	12:58
3256	139	W50	Sallie Hedgepeth, 51*, Johnston, IA	1:12:29	2:41:12	2:42:42	12:58
3107	74	M60	John Kuster, 63, Fairfield, IA	1:15:47	2:41:15	2:47:48	12:58
3257	234	W45	Susan Ruhser, 49*, Elkader, IA	1:20:28	2:41:16	2:48:57	12:59
3258	679	W30	Erin Ginkens, 31*, Waukee, IA	1:12:50	2:41:25	2:41:57	12:59
3259	412	W20	Vanessa Veiock, 24*, Des Moines, IA	1:14:58	2:41:27	2:45:28	12:59
3260	699	W25	Tina Coquyt, 29*, Ankeny, IA	1:14:11	2:41:33	2:50:54	13:00
3108	573	M30	Jeff Bennett, 32, Ankeny, IA	1:07:36	2:41:33	2:47:13	13:00
3109	308	M45	Roger Young, 49, Ankeny, IA	1:14:40	2:41:39	2:49:05	13:00
3261	700	W25	Cassie Warner, 27*, Fontanelle, IA	1:14:40	2:41:40	2:49:05	13:00
3262	701	W25	Amelia Ehler, 28*, Ames, IA	1:17:34	2:41:40	2:46:49	13:00
3110	500	M25	Tyler Dohlman, 25, Wykoff, MN	1:17:34	2:41:41	2:46:49	13:01
3263	680	W30	Karen Guard, 33*, Carlisle, IA	1:12:53	2:41:41	2:45:32	13:01
3264	413	W20	Lisette Grulke, 24*, Kelley, IA	1:12:54	2:41:42	2:46:18	13:01
3265	235	W45	Vilma Bergstrom, 47*, Urbandale, IA	1:19:03	2:41:47	2:49:53	13:01
3266	16	W60	Barbara Braafhart, 62*, Pella, IA	1:15:53	2:41:48	2:47:10	13:01
3267	702	W25	Kristi Busse, 29*, Spencer, IA	1:18:15	2:41:50	2:49:43	13:01
3268	351	W40	Debora Blume, 44*, West Des Moines, IA	1:14:40	2:41:51	2:47:37	13:01
3269	90	W17	Haley Stallsmith, 17*, Charles City, IA	1:17:54	2:41:53	2:49:48	13:01
3270	703	W25	Stacey Shafer, 29*, Des Moines, IA	1:15:55	2:41:55	2:48:48	13:02
3111	574	M30	Brian O'Leary, 30, Des Moines, IA	1:12:59	2:41:55	2:46:41	13:02
3271	681	W30	Sara Goldsberry, 31*, Pleasant Hill, IA	1:16:36	2:41:56	2:48:55	13:02
3272	553	W35	Jennifer Wagner, 39*, Baxter, IA	1:19:53	2:41:56	2:49:07	13:02
3273	682	W30	Jan Glendening, 32*, Pleasant Hill, IA	1:16:37	2:41:57	2:48:57	13:02
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3275	140	W50	DeAnna Hampton, 54*, Carlisle, IA	1:17:10	2:42:03	2:50:26	13:02
3276	704	W25	Sahvannah Jackson, 26*, Des Moines, IA	1:20:32	2:42:04	2:45:51	13:02
3277	684	W30	Jolynne Carlson, 30*, Madrid, IA	1:13:47	2:42:10	2:49:56	13:03
3278	414	W20	Bethany Zylstra, 24*, Sully, IA	1:22:46	2:42:12	2:48:21	13:03
3279	352	W40	JoLynn May, 41*, Indianola, IA	1:14:07	2:42:17	2:46:38	13:03
3280	554	W35	Jodi Clendenen, 39*, Indianola, IA	1:14:08	2:42:17	2:46:38	13:03
3281	705	W25	Lacey Morris, 28*, Des Moines, IA	1:10:03	2:42:18	2:45:41	13:04
3282	685	W30	Mindy Faas, 31*, Ames, IA	1:20:33	2:42:19	2:51:22	13:04
3283	706	W25	Kate Mabuice, 28*, Minnetonka, MN	1:18:46	2:42:20	2:51:06	13:04
3284	707	W25	Joanne Knight, 27*, Minneapolis, MN	1:18:45	2:42:20	2:51:06	13:04
3112	388	M40	Scott Ellenwood, 44, Des Moines, IA	1:18:40	2:42:21	2:50:29	13:04
3285	53	W55	Deborah Johnson, 56*, Urbandale, IA	1:18:39	2:42:21	2:50:29	13:04
3286	415	W20	Liyen Vong, 21*, Grimes, IA	1:13:54	2:42:23	2:47:50	13:04
3113	238	M50	Jim Chambers, 52, Montezuma, IA	1:15:46	2:42:24	2:47:56	13:04
3287	708	W25	Kiley Boesenberg, 28*, Marion, IA	1:14:56	2:42:26	2:50:23	13:04
3114	15	M65	Ruben Rullan, 69, Urbandale, IA	1:15:10	2:42:27	2:51:01	13:04
3288	686	W30	Jennifer Duffy, 31*, Cedar Rapids, IA	1:14:58	2:42:28	2:50:23	13:04
3289	353	W40	Jill Gilmore, 43*, Pleasant Hill, IA	1:17:30	2:42:28	2:51:15	13:04
3290	354	W40	Rhonda Ash, 43*, Cedar Rapids, IA	1:17:30	2:42:29	2:51:15	13:04
3291	709	W25	Morgan Pontius, 28*, Quantico, VA	1:12:30	2:42:29	2:46:53	13:04
3292	687	W30	Angie Dern, 31*, Carroll, IA	1:17:28	2:42:30	2:49:45	13:04



3293	555	W35	Larae Edens, 35*, Gladbrook, IA	1:15:08	2:42:33	2:47:36	13:05
3294	688	W30	Laura Jackson, 33*, Ames, IA	1:15:07	2:42:33	2:47:36	13:05
3115	389	M40	Steve Angersinger, 43, Pleasant Hill, IA	1:14:50	2:42:35	2:48:24	13:05
3295	416	W20	Ariel Wilson, 22*, Ankeny, IA	1:08:09	2:42:36	2:49:11	13:05
3296	556	W35	Michelle Reaman, 36*, Polk City, IA		2:42:43	2:44:55	13:06
3297	91	W17	Hannah O'Neal, 19*, Winterset, IA	1:15:46	2:42:44	2:49:17	13:06
3298	417	W20	Shannon Marso, 23*, Guthrie Center, IA	1:15:47	2:42:44	2:49:17	13:06
3116	152	M55	Bill Miller, 56, Des Moines, IA	1:08:09	2:42:45	2:46:52	13:06
3117	501	M25	Orval Stier, 26, Altoona, IA	1:11:47	2:42:50	2:49:50	13:06
3299	557	W35	Shandy Mikkelsen, 38*, Des Moines, IA	1:11:47	2:42:50	2:49:51	13:06
3300	236	W45	Laura McGohan, 45*, Ankeny, IA	1:13:25	2:42:53	2:48:33	13:06
3118	447	M35	Joey Hinke, 35, Waukee, IA	1:13:33	2:42:56	2:43:22	13:07
3119	448	M35	Bj Kinard, 37, Cedar Falls, IA	1:17:22	2:42:56	2:50:43	13:07
3120	239	M50	Bill Pieper, 53, West Des Moines, IA	1:12:52	2:42:56	2:47:26	13:07
3301	418	W20	Keeli Beck, 22*, Spirit Lake, IA	1:22:21	2:42:58	2:51:44	13:07
3302	558	W35	Jennifer Gjerde, 37*, Spirit Lake, IA	1:22:21	2:43:01	2:51:46	13:07
3303	689	W30	Hillary Svenby, 30*, Oskaloosa, IA	1:14:14	2:43:03	2:47:59	13:07
3304	690	W30	Amanda Flynn, 33*, Fairfield, IA	1:16:29	2:43:07	2:47:46	13:07
3305	419	W20	Deanna Kephart, 20*, Idaho Dr, IA	1:13:46	2:43:09	2:45:49	13:08
3306	559	W35	Melanie Brauer, 35*, Waukee, IA	1:11:35	2:43:11	2:52:30	13:08
3307	710	W25	Katherine Quinn, 28*, Iowa City, IA	1:12:11	2:43:15	2:49:17	13:08
3308	141	W50	Jan Wetrich, 50*, Ottumwa, IA	1:14:44	2:43:19	2:47:53	13:08
3309	420	W20	Julie Hauge, 22*, Osage, IA	1:14:53	2:43:19	2:50:01	13:08
3310	421	W20	Amy Woodard, 22*, Ottumwa, IA	1:14:46	2:43:19	2:47:53	13:08
3311	142	W50	Nancy Thurtell, 51*, Altoona, IA	1:21:11	2:43:33	2:49:40	13:10
3312	691	W30	Theresa Pike, 33*, Des Moines, IA	1:17:20	2:43:33	2:51:23	13:10
3313	143	W50	Joelle Miner, 54*, Perry, IA	1:17:12	2:43:35	2:50:33	13:10
3314	144	W50	Sue Edwards, 52*, Iowa City, IA	1:16:52	2:43:39	2:49:56	13:10
3315	2	W65	Jane Carter, 67*, Marshalltown, IA	1:16:47	2:43:39	2:47:57	13:10
3316	355	W40	Michelle Prange, 41*, Ankeny, IA	1:14:00	2:43:40	2:47:15	13:10
3317	711	W25	Kirstin Hickman, 25*, West Des Moines, IA	1:17:11	2:43:44	2:50:30	13:10
3318	560	W35	Danielle Pirkel, 39*, Victor, IA	1:13:33	2:43:46	2:51:54	13:11
3319	712	W25	Caitrin Wheeler, 26*, Windsor Heights, IA	1:16:12	2:43:48	2:53:20	13:11
3320	356	W40	Jodi Seymour, 41*, Lamoni, IA	1:18:18	2:43:51	2:49:57	13:11
3321	92	W17	Oiivia Eggers, 19*, State Center, IA	1:13:39	2:43:52	2:50:07	13:11
3322	357	W40	Charman Hanagan, 41*, West Des Moines, IA	1:15:37	2:43:53	2:48:37	13:11
3323	358	W40	Chris Flanery, 41*, Altoona, IA	1:17:28	2:43:57	2:50:36	13:11
3324	237	W45	Jodi Radke, 49*, Johnston, IA	1:16:53	2:43:57	2:51:14	13:12
3121	502	M25	Jesse Wilcox, 29, Ankeny, IA	1:14:02	2:43:59	2:48:01	13:12
3325	359	W40	Sonya Sellmeyer, 42*, Bondurant, IA	1:15:59	2:44:01	2:51:21	13:12
3326	238	W45	Diane Gaulke, 48*, Des Moines, IA	1:14:00	2:44:04	2:50:40	13:12
3327	360	W40	Andrea Martin, 42*, Iowa City, IA	1:16:52	2:44:05	2:50:22	13:12
3328	361	W40	Janet Reese, 44*, Oskaloosa, IA	1:20:59	2:44:06	2:47:49	13:12
3329	145	W50	Kristi Steil, 52*, Bondurant, IA	1:20:17	2:44:07	2:49:56	13:12
3330	692	W30	Jessica Little, 32*, Pleasant Hill, IA	1:15:49	2:44:09	2:50:31	13:12
3331	693	W30	Kathryn Anderson, 31*, Webster City, IA	1:16:21	2:44:10	2:52:49	13:12
3122	240	M50	Kevin Mohler, 50, Marion, IA	1:15:51	2:44:14	2:49:32	13:13
3123	390	M40	Bill Heard, 40, Urbandale, IA	1:15:01	2:44:15	2:53:06	13:13
3124	503	M25	Robbie Helzer, 28, West Des Moines, IA	1:13:21	2:44:16	2:50:29	13:13
3125	575	M30	Joshua Shupe, 33, Altoona, IA	1:13:45	2:44:17	2:49:04	13:13
3126	75	M60	Brad Andersen, 61, Desmoines, IA	1:16:16	2:44:20	2:51:55	13:13
3332	713	W25	Carly Konecny, 26*, Des Moines, IA	1:23:11	2:44:21	2:51:25	13:13
3127	576	M30	Eric Nelson, 30, Des Moines, IA	1:23:11	2:44:22	2:51:26	13:13
3333	714	W25	Stephanie Thomas, 29*, Clive, IA	1:19:01	2:44:25	2:50:27	13:14
3334	694	W30	Rebecca Sonnenburg, 33*, Las Vegas, NV	1:13:22	2:44:26	2:47:16	13:14
3335	54	W55	Connie Wright, 56*, Ira, IA	1:11:16	2:44:27	2:52:37	13:14
3336	146	W50	Rebecca Van Baale, 50*, Newton, IA	1:17:15	2:44:29	2:52:37	13:14
3337	695	W30	Carrie Phelps, 34*, Ankeny, IA	1:20:10	2:44:31	2:50:04	13:14
3338	239	W45	Lisa Scheppmann, 46*, West Des Moines, IA	1:20:17	2:44:34	2:45:30	13:14
3128	250	M20	Nathan Graves, 23, Ames, IA	1:01:27	2:44:34	2:47:28	13:14
3339	561	W35	Betsy Smith, 37*, Waterloo, IA	1:19:20	2:44:35	2:53:05	13:15
3129	577	M30	Shaun Thompson, 31, West Des Moines, IA	1:10:42	2:44:36	2:51:25	13:15
3340	362	W40	Jill Kaldenberg, 40*, West Des Moines, IA	1:18:48	2:44:39	2:51:36	13:15
3130	578	M30	Matthew Bjork, 34, Indianola, IA	1:16:24	2:44:41	2:52:45	13:15
3341	715	W25	Raina Armbruster, 25*, Des Moines, IA	1:21:31	2:44:44	2:51:29	13:15



3342	240	W45	Teresa Adams-Tomka, 49*, Des Moines, IA	1:17:04	2:44:46	2:50:08	13:15
3343	241	W45	Karen Parman, 49*, Colfax, IA	1:17:03	2:44:46	2:50:09	13:15
3344	147	W50	Debbie Avitt, 50*, Des Moines, IA	1:17:06	2:44:48	2:50:08	13:16
3345	55	W55	Sheryl Richey, 55*, Urbandale, IA	1:16:52	2:44:49	2:47:30	13:16
3131	391	M40	John Underwood, 40, Ankeny, IA	1:15:11	2:44:53	2:47:45	13:16

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3347	423	W20	Stephanie Smith, 23*, West Des Moines, IA	1:19:13	2:44:56	2:54:19	13:16
3348	716	W25	Autumn Downs, 28*, West Des Moines, IA	1:16:30	2:44:56	2:50:59	13:16
3349	242	W45	Kelly Cole, 48*, West Des Moines, IA	1:19:30	2:44:57	2:50:01	13:16
3350	696	W30	Hilary Deike, 34*, Ames, IA	1:17:28	2:44:58	2:54:38	13:16
3351	424	W20	Whitney Mastin, 24*, Omaha, NE	1:16:37	2:45:00	2:48:44	13:17
3352	717	W25	Bethany Mastin, 29*, Chicago, IL	1:16:36	2:45:00	2:48:44	13:17
3353	562	W35	Trevor Seavey, 36*, Owatonna, MN	1:19:21	2:45:01	2:51:30	13:17
3354	718	W25	Nicole Craun, 28*, West Des Moines, IA	1:20:12	2:45:02	2:52:00	13:17
3133	579	M30	Timothy McConnell, 30, Johnston, IA	1:11:38	2:45:03	2:51:49	13:17
3355	363	W40	Bess Wood, 40*, Des Moines, IA	1:20:12	2:45:04	2:52:02	13:17
3356	719	W25	Megan Schultz, 27*, Des Moines, IA	1:25:15	2:45:05	2:49:36	13:17
3134	392	M40	Matthew Olson, 41, Johnston, IA	1:16:40	2:45:07	2:48:35	13:17
3135	449	M35	Todd Harang, 38, Urbandale, IA	1:16:39	2:45:10	2:48:38	13:17
3136	16	M65	Ron Turner, 69, Glidden, IA	1:13:55	2:45:11	2:53:45	13:17
3137	580	M30	Matt Edwards, 33, West Des Moines, IA	1:18:40	2:45:16	2:52:18	13:18
3138	450	M35	Ben LaGrange, 37, Bettendorf, IA	1:14:47	2:45:17	2:49:46	13:18
3139	581	M30	Dave Weis, 33, West Des Moines, IA	1:16:22	2:45:21	2:51:23	13:18
3357	364	W40	Sandy Darveau, 43*, West Des Moines, IA	1:17:34	2:45:24	2:52:45	13:18
3358	563	W35	Matthew Marckmann, 38*, West Des Moines, IA	1:19:05	2:45:25	2:53:16	13:19
3140	505	M25	Cory Dunlay, 26, Ames, IA	1:14:46	2:45:26	2:54:04	13:19
3141	393	M40	Todd Miler, 40, West Des Moines, IA	1:19:05	2:45:27	2:53:18	13:19
3359	425	W20	Ann Craig, 24*, Des Moines, IA	1:13:23	2:45:27	2:51:24	13:19
3360	720	W25	Jessica White, 29*, Grimes, IA	1:14:50	2:45:28	2:54:23	13:19
3142	394	M40	Michael Gress, 40, West Des Moines, IA	1:19:05	2:45:28	2:53:18	13:19
3143	506	M25	Andrew Winter, 27, Grimes, IA	1:14:50	2:45:28	2:54:23	13:19
3361	56	W55	Jan Burback, 58*, Hiawatha, IA	1:17:57	2:45:30	2:54:32	13:19
3144	451	M35	Quentin Crouner, 38, Ankeny, IA	1:14:54	2:45:34	2:54:25	13:19
3362	697	W30	Sarah Smith, 31*, West Des Moines, IA	1:18:11	2:45:35	2:51:02	13:19
3363	243	W45	Peg Schrier, 48*, Cumberland, IA	1:18:28	2:45:40	2:54:33	13:20
3145	507	M25	Dustin Skogerboe, 26, Nevada, IA	1:10:42	2:45:40	2:52:08	13:20
3146	241	M50	Dave Skogerboe, 54, Nevada, IA	1:10:42	2:45:40	2:52:08	13:20
3364	365	W40	Lisa Clay, 40*, Urbandale, IA	1:17:03	2:45:43	2:54:13	13:20
3365	721	W25	Bobbie Martin, 26*, Maxwell, IA	1:13:28	2:45:44	2:52:39	13:20
3147	452	M35	Rob Hermann, 39, Clive, IA	1:19:28	2:45:51	2:52:21	13:21
3366	698	W30	Jenny Davis, 30*, Fort Dodge, IA	1:20:40	2:45:56	2:55:08	13:21
3148	582	M30	Jim Michels, 31, Ankeny, IA	1:17:18	2:45:57	2:55:14	13:21
3367	244	W45	Sharon Long, 49*, Altoona, IA	1:19:27	2:45:58	2:50:40	13:21
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3369	564	W35	Holly Bartak, 35*, Grimes, IA	1:13:21	2:46:06	2:49:33	13:22
3370	426	W20	Shelby Miller, 20*, Omaha, NE	1:10:20	2:46:16	2:53:53	13:23
3371	57	W55	Dee Paddock, 55*, Urbandale, IA	1:20:20	2:46:17	2:55:31	13:23
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3375	722	W25	Melissa Foley, 27*, Grimes, IA	1:17:41	2:46:28	2:52:54	13:24
3376	566	W35	Heidi Sokol, 39*, Mason City, IA	1:20:09	2:46:29	2:51:51	13:24
3150	584	M30	Josh Hall, 31, Nevada, IA	1:15:31	2:46:30	2:52:24	13:24
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3378	368	W40	Jenny Bethurem, 42*, Ames, IA	1:20:57	2:46:34	2:55:07	13:24
3379	369	W40	Michelle Wilson, 42*, Des Moines, IA	1:17:08	2:46:36	2:53:25	13:24
3380	427	W20	Kali Gleason, 20*, Fort Dodge, IA	1:15:01	2:46:37	2:50:45	13:24
3381	370	W40	Kristin Merkle, 40*, West Des Moines, IA	1:17:31	2:46:44	2:54:04	13:25
3382	371	W40	Patricia Newland, 40*, Cumming, IA	1:17:32	2:46:44	2:54:04	13:25

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3385	93	W17	Cortney Wolter, 18*, Badger, IA	1:24:55	2:46:48	2:55:03	13:25
3151	453	M35	Dalene Craig, 37, Johnston, IA	1:14:17	2:46:55	2:55:45	13:26
3152	242	M50	Jim Hingtgen, 54, Urbandale, IA	1:15:57	2:46:56	2:47:25	13:26
3153	395	M40	Jeffrey Miller, 42, Des Moines, IA	1:13:23	2:46:59	2:53:10	13:26
3154	396	M40	Jay Ginsberg, 41, Johnston, IA	1:14:11	2:47:05	2:53:00	13:27
3386	372	W40	Denise Becker, 42*, Knoxville, IA	1:12:24	2:47:05	2:55:06	13:27
3387	725	W25	Taryn Bode, 29*, Des Moines, IA	1:20:41	2:47:05	2:49:35	13:27
3388	429	W20	Jessica Katch, 24*, West Des Moines, IA	1:05:23	2:47:07	2:52:18	13:27
3155	251	M20	Grant Stokka, 24, Des Moines, IA	1:05:24	2:47:08	2:52:18	13:27
3389	567	W35	Michele Lammers, 35*, Apo, AE	1:18:20	2:47:15	2:50:58	13:27
3390	373	W40	Marlo Peterson, 43*, Pleasant Hill, IA	1:15:59	2:47:16	2:54:37	13:27
3391	726	W25	Meredith Wilson, 25*, Ankeny, IA	1:18:18	2:47:16	2:53:51	13:28
3392	727	W25	Mychele Herring, 28*, Waukee, IA	1:17:46	2:47:17	2:51:21	13:28
3393	728	W25	Janet Abejo, 26*, Cedar Rapids, IA	1:12:52	2:47:22	2:54:46	13:28
3394	729	W25	Kelli Akers, 28*, Des Moines, IA	1:15:05	2:47:27	2:52:11	13:28
3156	508	M25	Joseph Shearer, 29, Altoona, IA	1:15:58	2:47:27	2:52:23	13:28
3157	454	M35	Tim Houser, 36, Palo, IA	1:14:44	2:47:32	2:56:23	13:29
3395	699	W30	Kelley Gaul-Houser, 31*, Palo, IA	1:14:44	2:47:33	2:56:23	13:29
3396	730	W25	Amanda Weiland, 27*, Des Moines, IA	1:16:02	2:47:34	2:52:17	13:29
3158	585	M30	Keith Lehman, 31, Boone, IA	1:13:07	2:47:36	2:54:02	13:29
3397	58	W55	Connie Haylett, 57*, Muscatine, IA	1:20:57	2:47:37	2:56:50	13:29
3398	731	W25	Kristin Cleveland, 29*, West Des Moines, IA	1:14:44	2:47:38	2:54:28	13:29
3159	509	M25	Brandon College, 29, Earlham, IA		2:47:39	2:55:16	13:29
3399	17	W60	Sue Wood, 62*, Fort Dodge, IA	1:20:25	2:47:40	2:56:29	13:29
3160	586	M30	Benjamin Badgley, 31, Madrid, IA	1:14:05	2:47:43	2:55:27	13:30
3400	430	W20	Anna Hopkins, 24*, Promsie City, IA	1:15:48	2:47:45	2:53:47	13:30
3161	309	M45	Carl Egger, 49, Stuart, IA	1:24:47	2:47:45	2:53:40	13:30
3401	700	W30	Allisha Marnin, 31*, Fontanelle, IA		2:47:50	2:54:52	13:30
3402	568	W35	Jodi Rusch, 36*, Johnston, IA	1:17:20	2:47:51	2:55:37	13:30
3403	374	W40	Amy Swaim, 40*, Johnston, IA	1:17:20	2:47:52	2:55:37	13:30
3404	94	W17	Tanya Landt, 19*, Liscomb, IA	1:15:21	2:47:56	2:55:52	13:31
3405	431	W20	Jade Ruehlow, 23*, Osage, IA	1:20:11	2:48:01	2:54:44	13:31
3162	510	M25	Terrance Park, 25, Fairmont, MN	1:18:09	2:48:02	2:57:23	13:31
3406	246	W45	Sherry Poole, 46*, Booneville, IA	1:15:55	2:48:03	2:57:00	13:31
3407	701	W30	Amanda Dvorak, 30*, Des Moines, IA	1:16:41	2:48:04	2:57:00	13:31
3408	569	W35	Amy Frascht, 39*, Charles City, IA	1:22:45	2:48:10	2:56:04	13:32
3409	732	W25	Jen Wedeking, 29*, Waterloo, IA	1:13:21	2:48:13	2:55:28	13:32
3410	432	W20	Katelyn Bice, 21*, Adel, IA	1:20:52	2:48:18	2:53:54	13:33
3411	148	W50	Luana Nair, 51*, Spencer, IA	1:16:51	2:48:21	2:54:43	13:33
3412	702	W30	Jennifer Higdon, 31*, Johnston, IA	1:14:47	2:48:29	2:56:11	13:33
3163	511	M25	Terry Sindelar, 29, Waukee, IA	1:13:21	2:48:39	2:56:21	13:34
3164	397	M40	Symon Sanborn, 40, Cedar Rapids, IA	1:18:48	2:48:40	2:58:09	13:34
3165	512	M25	Joe Bintner, 28, Council Bluffs, IA	1:12:17	2:48:42	2:57:11	13:34
3413	703	W30	Kimberly Blythe, 31*, Des Moines, IA	1:14:56	2:48:44	2:56:21	13:35
3414	733	W25	Monica Roerig, 25*, New Orleans, LA	1:18:29	2:48:44	2:55:22	13:35
3415	149	W50	Rebecca Michaelsen, 51*, Ida Grove, IA	1:19:34	2:48:47	2:55:28	13:35
3416	375	W40	Cathy Olson, 40*, Mahtomedi, MN	1:21:48	2:48:48	2:55:47	13:35
3417	704	W30	Lori Michalek, 34*, Polk City, IA	1:18:35	2:48:50	2:57:47	13:35
3418	433	W20	Laura Hedding, 23*, West Des Moines, IA	1:15:17	2:48:51	2:54:43	13:35
3419	734	W25	Julie Leigh, 29*, Ankeny, IA	1:18:31	2:48:51	2:57:49	13:35
3420	735	W25	Ashley Hansen, 26*, Bondurant, IA	1:14:07	2:48:52	2:53:44	13:35
3166	17	M65	Hugh Hammond, 65, Montezuma, IA	1:23:17	2:48:54	2:58:07	13:35
3421	736	W25	Stephanie Quanbeck, 26*, Ankeny, IA	1:20:50	2:48:57	2:57:29	13:36
3422	737	W25	Hilary Zrostlik, 26*, Ventura, IA	1:14:54	2:48:59	2:55:42	13:36
3423	39	JrW	Shelby Erickson, 16*, Cumberland, IA	1:18:27	2:48:59	2:57:54	13:36
3424	376	W40	Christine Junker, 43*, Van Meter, IA	1:16:27	2:49:03	2:55:50	13:36
3425	570	W35	Jacki Askelson, 36*, Johnston, IA	1:16:44	2:49:05	2:56:35	13:36
3167	153	M55	Allen Butts, 57, Des Moines, IA	1:17:08	2:49:07	2:57:40	13:36
3426	59	W55	Mary Collins, 58*, Clive, IA	1:23:21	2:49:08	2:57:18	13:37
3427	377	W40	Laura Stallsmith, 41*, Charles City, IA	1:22:44	2:49:14	2:57:09	13:37
3428	571	W35	Dawn Downes, 38*, Olathe, KS	1:22:44	2:49:14	2:57:08	13:37
3429	738	W25	Kendra Meyer, 26*, Iowa City, IA	1:22:46	2:49:21	2:55:29	13:38

3430	434	W20	Lauren Guetzko, 23*, Dubuque, IA	1:10:11	2:49:22	2:57:07	13:38
3431	378	W40	Kelly Pearce, 41*, Ankeny, IA	1:20:17	2:49:28	2:53:22	13:38
3432	705	W30	Jenie Olson, 32*, Des Moines, IA	1:17:25	2:49:32	2:55:21	13:38
3433	60	W55	Sheri Downey, 57*, Lincoln, NE	1:13:51	2:49:34	2:53:34	13:39
3434	572	W35	Angie Thornton, 38*, Ankeny, IA	1:21:33	2:49:40	2:57:35	13:39
3168	107	M17	Stephen Steck, 19, Gowrie, IA	1:08:22	2:49:40	2:55:41	13:39
3435	706	W30	Karen Wiese, 30*, Des Moines, IA	1:20:09	2:49:41	2:53:24	13:39
3436	707	W30	Carrie Hamilton, 34*, Independence, IA	1:17:48	2:49:42	2:56:26	13:39
3437	573	W35	Terri Moon, 37*, Des Moines, IA	1:18:32	2:49:42	2:54:18	13:39
3438	708	W30	Emily Sacora, 34*, Cedar Rapids, IA	1:15:59	2:49:45	2:56:34	13:39
3439	379	W40	Jen Morgan, 40*, Urbandale, IA	1:18:23	2:49:46	2:51:19	13:40
3440	247	W45	Dawna Smith, 45*, Jesup, IA	1:17:48	2:49:47	2:56:31	13:40
3441	574	W35	Amanda Hull, 36*, Altoona, IA	1:15:25	2:49:51	2:57:08	13:40
3169	154	M55	Paul Ryan, 56, De Witt, IA	1:16:58	2:49:51	2:57:32	13:40
3442	709	W30	Jill Aalsburg, 30*, Ankeny, IA	1:19:41	2:49:53	2:58:23	13:40
3443	575	W35	Liat Kinard, 37*, Urbandale, IA	1:19:42	2:49:53	2:58:22	13:40
3170	398	M40	Joe Partington, 44, Round Lake, IL	1:21:28	2:49:55	2:58:14	13:40
3444	150	W50	Kerri Metzger, 50*, Marshalltown, IA	1:15:13	2:49:56	2:57:29	13:40
3445	380	W40	Patty Partington, 43*, Round Lake, IL	1:21:39	2:49:56	2:58:14	13:40
3446	151	W50	Jenny Schiltz, 51*, Des Moines, IA	1:17:31	2:50:04	2:57:45	13:41
3447	576	W35	Thetia Hall-Polking, 37*, Carroll, IA	1:14:25	2:50:07	2:54:26	13:41
3448	381	W40	Dawn Ridlen, 40*, Griswold, IA	1:16:44	2:50:14	2:59:04	13:42
3171	455	M35	Jared Laermans, 39, Des Moines, IA	1:22:21	2:50:15	2:57:51	13:42
3449	248	W45	Theresa Bringleson, 45*, Des Moines, IA	1:19:58	2:50:18	2:59:15	13:42
3450	249	W45	Carol Conway, 46*, Altoona, IA	1:19:58	2:50:19	2:59:16	13:42
3451	250	W45	Lois Zaimes, 46*, Mokena, IL	1:14:44	2:50:21	2:58:23	13:42
3452	739	W25	Amy Johnson, 29*, West Des Moines, IA	1:19:44	2:50:22	2:57:20	13:42
3453	382	W40	Stacy Kluesner, 41*, Urbandale, IA	1:21:52	2:50:23	2:50:55	13:43
3454	740	W25	Amanda Carson, 28*, Marion, IA	1:16:15	2:50:23	2:55:18	13:43
3455	435	W20	Heather Brown, 23*, Cedar Falls, IA	1:22:42	2:50:28	2:57:28	13:43
3456	710	W30	Amanda Crowell, 32*, Thornton, IA	1:20:29	2:50:30	2:59:36	13:43
3457	61	W55	Kathryn Daugherty, 59*, Pella, IA	1:22:39	2:50:33	2:59:02	13:43
3458	741	W25	Pamela Price, 29*, Des Moines, IA	1:19:47	2:50:34	2:56:35	13:43
3459	62	W55	Pam Hugen, 56*, West Des Moines, IA	1:19:48	2:50:35	2:56:34	13:43
3460	711	W30	Sabrina Sparks, 33*, Maywood, MO	1:19:48	2:50:35	2:56:35	13:44
3461	712	W30	Katie Sires, 30*, Spirit Lake, IA	1:15:26	2:50:42	2:57:59	13:44
3462	436	W20	Amy Rohlfen, 24*, Cedar Falls, IA	1:22:41	2:50:43	2:57:44	13:44
3463	742	W25	Emily Kaldenberg, 25*, Indianola, IA	1:22:42	2:50:43	2:57:43	13:44
3464	152	W50	Kandy Brown, 53*, Sherwood, AR	1:17:03	2:50:48	2:53:38	13:45
3465	713	W30	Melissa Bartecki, 30*, Des Moines, IA	1:15:20	2:50:53	2:58:27	13:45
3466	40	JrW	Cassie Hardy, 16*, Johnston, IA	1:16:56	2:50:53	2:53:59	13:45
3467	714	W30	Kara Smith, 30*, Urbandale, IA	1:15:20	2:50:53	2:58:27	13:45
3468	715	W30	Kim Pieper, 30*, Kansas City, MO	1:20:10	2:50:57	2:57:22	13:45
3469	716	W30	Kelly O'Connor, 33*, Ankeny, IA	1:20:46	2:50:57	2:56:02	13:45
3172	456	M35	Steven Kroeger, 37, Ames, IA	1:20:11	2:50:57	2:57:22	13:45
3470	743	W25	Darcy Lane, 25*, Des Moines, IA	1:19:25	2:50:58	2:57:53	13:45
3471	744	W25	Kimberly Bailey, 29*, Council Bluffs, IA	1:16:23	2:51:02	2:53:05	13:46
3472	745	W25	Amber McDonald, 28*, North Liberty, IA	1:16:38	2:51:02	2:58:39	13:46
3473	746	W25	Katie Moorhead, 29*, Tiffin, IA	1:16:38	2:51:03	2:58:39	13:46
3474	18	W60	Grace Turner, 60*, Urbandale, IA	1:21:51	2:51:06	2:54:28	13:46
3475	577	W35	Stacey Stein, 37*, Portland, OR	1:23:42	2:51:07	2:59:17	13:46
3476	383	W40	Elizabeth McCoy, 41*, Clive, IA	1:14:52	2:51:07	2:53:00	13:46
3477	384	W40	Leslie Dalen, 43*, Mason City, IA	1:26:07	2:51:07	2:59:07	13:46
3478	251	W45	Cindy Westemeyer, 46*, Johnston, IA	1:18:43	2:51:07	2:59:42	13:46
3479	95	W17	Carly Wehling, 19*, Readlyn, IA	1:15:45	2:51:09	2:56:28	13:46
3480	717	W30	Jill Gifford, 31*, Pleasant Hill, IA	1:15:44	2:51:15	2:58:04	13:47
3481	747	W25	Kelly Eagle, 27*, Waukee, IA	1:17:58	2:51:15	2:57:33	13:47
3482	578	W35	Kim Jorgensen, 37*, Faribault, MN	1:21:10	2:51:23	2:54:48	13:47
3483	385	W40	Kristine Klauer, 40*, Coal Valley, IL	1:21:36	2:51:26	2:59:56	13:48
3484	41	JrW	Megan Conner, 14*, Rochester, MN	1:16:00	2:51:28	2:57:14	13:48
3485	748	W25	Rachel Dieter, 26*, Des Moines, IA	1:21:04	2:51:29	2:59:53	13:48
3486	437	W20	Jada Exstrom, 24*, Lincoln, NE	1:16:01	2:51:29	2:57:14	13:48
3487	749	W25	Cortney Suckow, 25*, Waterloo, IA	1:21:04	2:51:30	2:59:54	13:48
3488	750	W25	Kim Meyers, 27*, Ankeny, IA	1:20:28	2:51:30	2:57:49	13:48
3489	751	W25	Kate Adkisson, 28*, Knoxville, IA	1:20:47	2:51:32	3:00:47	13:48

3490	96	W17	Kersten Kaufman, 18*, Fort Dodge, IA	1:24:55	2:51:34	2:59:50	13:48
3491	97	W17	Jennifer Schmidt, 18*, Fort Dodge, IA	1:19:34	2:51:35	2:59:50	13:48
3492	98	W17	Mallory Mileham, 18*, Fort Dodge, IA	1:19:34	2:51:35	2:59:51	13:48
3173	587	M30	Jason Noble, 32, Ames, IA	1:16:12	2:51:42	3:00:30	13:49
3493	153	W50	Kim Herman, 54*, Urbandale, IA	1:21:01	2:51:46	2:57:59	13:49
3494	438	W20	Emily Moses, 23*, Ogden, IA	1:18:30	2:51:46	2:56:42	13:49
3495	439	W20	Hallie Satre, 23*, Ames, IA	1:18:30	2:51:46	2:56:43	13:49
3496	752	W25	Ashley Delaney, 29*, Ankeny, IA	1:19:40	2:51:51	2:59:23	13:50
3497	386	W40	Serena Adams, 40*, Altoona, IA	1:18:01	2:51:52	2:58:14	13:50
3498	718	W30	Katie Boehmer, 32*, New Hampton, IA	1:16:35	2:51:52	3:00:27	13:50
3499	579	W35	Stephanie Mitchell, 38*, Clive, IA	1:23:25	2:51:55	2:58:15	13:50
3174	76	M60	Burley Davis, 60, West Des Moines, IA	1:16:49	2:51:57	3:00:37	13:50
3500	154	W50	Marna Miller, 52*, Urbandale, IA	1:21:25	2:51:58	2:51:58	13:50
3501	440	W20	Samantha Tasler, 23*, Ames, IA	1:17:50	2:51:59	2:55:03	13:50
3502	753	W25	Kellie McFadden, 26*, Des Moines, IA	1:22:21	2:52:01	2:58:25	13:50
3503	754	W25	Maria Hackett, 25*, Ankeny, IA	1:20:15	2:52:01	2:58:25	13:50
3504	755	W25	Valerie Blackford, 25*, Des Moines, IA	1:22:21	2:52:02	2:58:26	13:50
3505	580	W35	Gina Blaskovich, 39*, Des Moines, IA	1:20:03	2:52:06	2:58:26	13:51
3506	719	W30	Andrea Johnson, 30*, Lehigh, IA	1:21:21	2:52:09	2:57:39	13:51
3507	63	W55	Shirley Penney, 57*, Osage, IA	1:21:35	2:52:10	2:55:32	13:51
3175	513	M25	Nicholas Vize, 29, Des Moines, IA	1:09:25	2:52:13	2:59:08	13:51
3176	588	M30	Jacob Beneke, 34, Ankeny, IA	1:11:05	2:52:18	2:54:44	13:52
3177	514	M25	Christopher Shaver, 29, Grimes, IA	1:20:57	2:52:19	2:59:30	13:52
3178	589	M30	Jonathan Fokken, 30, Des Moines, IA	1:20:57	2:52:20	2:59:31	13:52
3508	720	W30	Katie Scandrett, 33*, Des Moines, IA	1:26:43	2:52:21	3:01:46	13:52
3179	399	M40	Thomas Vrieze, 41, Urbandale, IA	1:19:21	2:52:23	3:01:54	13:52
3509	756	W25	Rebecca Pedersen, 25*, Kingsley, IA	1:18:01	2:52:26	2:57:41	13:52
3510	581	W35	Lesa Haughey, 35*, Tama, IA	1:17:04	2:52:29	3:00:16	13:53
3511	441	W20	Jaimie Lortz, 23*, Des Moines, IA	1:25:13	2:52:31	2:57:02	13:53
3512	252	W45	Gail Cressley, 49*, Oskaloosa, IA	1:21:18	2:52:35	3:00:33	13:53
3180	457	M35	Bounthanh Lovan, 35, Des Moines, IA	1:12:50	2:52:39	3:02:51	13:53
3513	582	W35	Emily Namanny, 36*, Urbandale, IA	1:20:15	2:52:40	2:55:36	13:54
3514	442	W20	Randi Wessling, 24*, Omaha, NE	1:18:01	2:52:43	2:57:58	13:54
3515	583	W35	Kathleen Schellin, 38*, Johnston, IA	1:20:51	2:52:43	3:02:23	13:54
3516	721	W30	Steffani Simbric, 33*, Waukee, IA	1:18:27	2:52:53	3:00:08	13:55
3517	64	W55	Diane Stahle, 56*, Des Moines, IA	1:25:44	2:52:54	2:56:44	13:55
3518	99	W17	Miriam Rinehart, 18*, Boone, IA	1:21:09	2:52:55	2:55:09	13:55
3519	253	W45	Carla Klavins, 46*, Urbandale, IA	1:18:18	2:52:56	2:58:18	13:55
3520	42	JrW	Carly Klavins, 13*, Urbandale, IA	1:18:18	2:52:57	2:58:18	13:55
3521	584	W35	Terri Boeding, 36*, Huxley, IA	1:17:11	2:53:02	3:00:31	13:55
3181	458	M35	Gary Vander Heiden, 39, Knoxville, IA	1:17:43	2:53:05	2:54:31	13:56
3182	18	M65	John Anderson, 66, Johnston, IA	1:21:26	2:53:11	3:02:29	13:56
3522	757	W25	Claire Masker, 27*, Urbandale, IA	1:20:51	2:53:17	2:59:49	13:57
3523	722	W30	Deborah Barry, 34*, West Des Moines, IA	1:22:10	2:53:17	3:02:27	13:57
3524	443	W20	Casy Shatzer, 23*, Oskaloosa, IA	1:19:38	2:53:21	3:00:07	13:57
3525	387	W40	Le Ann Erickson, 42*, Cumberland, IA	1:22:36	2:53:23	3:02:17	13:57
3183	155	M55	Rod Horsman, 55, Pleasantville, IA	1:16:05	2:53:30	2:57:03	13:58
3184	590	M30	Brian Jones, 34, Des Moines, IA	1:19:04	2:53:35	2:59:38	13:58
3526	254	W45	Brenda Young, 47*, Eldora, IA	1:20:59	2:53:36	2:57:03	13:58
3527	444	W20	Amanda Duffield, 21*, Des Moines, IA	1:25:55	2:53:38	3:02:11	13:58
3528	585	W35	Stacie Hostetler, 36*, Colo, IA	1:17:40	2:53:45	2:55:52	13:59
3185	400	M40	Sanctus Hsu, 41, Ankeny, IA	1:15:05	2:53:53	2:55:38	13:59
3529	255	W45	Terri Whelan, 48*, Polk City, IA	1:25:07	2:53:59	3:02:45	14:00
3530	388	W40	Kara Moulin, 41*, Grimes, IA	1:21:24	2:53:59	2:58:52	14:00
3531	723	W30	Shannon Woodhall, 34*, Des Moines, IA	1:22:20	2:54:00	3:02:45	14:00
3532	65	W55	Kathy Lane, 59*, Des Moines, IA	1:19:45	2:54:01	3:00:56	14:00
3186	310	M45	Doug Smithee, 46, Corning, IA	1:17:32	2:54:06	3:00:28	14:01
3533	256	W45	Julie Kane, 47*, Johnston, IA	1:21:24	2:54:07	2:59:00	14:01
3187	311	M45	Joe Vanik, 48, Corning, IA	1:17:32	2:54:07	3:00:28	14:01
3534	586	W35	Misty Lovejoy, 35*, Urbandale, IA	1:19:05	2:54:09	3:03:06	14:01
3535	389	W40	Marzia Benson, 42*, Des Moines, IA	1:18:33	2:54:13	3:00:43	14:01
3536	758	W25	Darcy Johnson, 28*, Maxwell, IA	1:16:31	2:54:15	3:00:39	14:01
3188	515	M25	Derek Maravilla, 29, Ankeny, IA	1:15:52	2:54:19	3:00:32	14:02
3537	587	W35	Kirthi Narayanaswamy, 37*, Ames, IA	1:23:08	2:54:20	3:01:01	14:02
3189	516	M25	Tj Warren, 26, Cedar Falls, IA		2:54:20	3:02:49	14:02

3538	445	W20	Carly Quinn, 24*, Riverside, IA	1:16:36	2:54:32	3:00:34	14:03
3539	446	W20	Stephanie Johnson, 23*, Ankeny, IA	1:15:37	2:54:39	2:59:57	14:03
3540	447	W20	Caitlin Dolphin, 23*, Ankeny, IA	1:15:38	2:54:42	3:00:00	14:03
3541	448	W20	MacKenzie Fink, 24*, Ankeny, IA	1:18:24	2:54:44	3:03:26	14:04
3190	243	M50	Duwayne Fink, 50, Altoona, IA	1:22:15	2:54:47	3:03:32	14:04
3542	449	W20	Jaimie Miller, 24*, West Des Moines, IA	1:26:27	2:54:50	3:00:36	14:04
3543	724	W30	Sarah Eiklenborg, 31*, Stout, IA	1:22:06	2:54:50	3:03:20	14:04
3544	155	W50	Lu Ann Link, 54*, Des Moines, IA	1:18:22	2:54:50	3:00:11	14:04
3545	390	W40	Melanie Doser, 40*, Des Moines, IA	1:25:06	2:54:53	3:03:44	14:04
3546	759	W25	Megan Vorwald, 26*, Des Moines, IA	1:21:25	2:54:54	3:01:06	14:04
3547	725	W30	Julie Poznan, 33*, Lombard, IL	1:20:39	2:54:56	3:01:09	14:05
3548	760	W25	Jentri Haworth, 25*, New Sharon, IA	1:21:19	2:55:00	3:01:16	14:05
3549	588	W35	Anna Weepie, 35*, Dunkerton, IA	1:15:44	2:55:03	3:00:22	14:05
3550	589	W35	Jackie Nolte, 37*, Elkhart, IA	1:24:09	2:55:03	3:01:51	14:05
3551	257	W45	Cheryl Stayner, 48*, Ankeny, IA	1:22:45	2:55:04	2:59:46	14:05
3552	726	W30	Michelle Kopp, 31*, Waukee, IA	1:21:02	2:55:08	3:03:18	14:05
3553	761	W25	Bethany Padgett, 25*, Iowa City, IA	1:23:04	2:55:11	3:04:12	14:06
3554	258	W45	Sandi Darling, 49*, Humboldt, IA	1:21:35	2:55:15	3:04:07	14:06
3555	391	W40	Pam Calaway, 40*, Urbandale, IA	1:20:53	2:55:21	3:04:40	14:07
3556	43	JrW	Hannah Hanson, 14*, Eagle Grove, IA	1:22:47	2:55:30	3:04:57	14:07
3557	590	W35	Sara Abbas, 37*, Kanawha, IA	1:21:51	2:55:31	2:57:56	14:07
3558	727	W30	Emily Minear, 30*, Des Moines, IA	1:16:46	2:55:32	3:00:33	14:07
3191	252	M20	John Webster, 22, Ankeny, IA	1:16:06	2:55:32	3:00:35	14:07
3192	401	M40	Ken Pearson, 41, Polk City, IA	1:16:05	2:55:34	3:00:36	14:08
3559	1	W70	Breta Westlund, 71*, Urbandale, IA	1:16:41	2:55:38	2:57:27	14:08
3560	259	W45	Connie Kew, 45*, Boone, IA	1:24:59	2:55:45	3:03:50	14:08
3561	260	W45	Kimberly Weyant, 48*, Boone, IA	1:24:59	2:55:45	3:03:51	14:08
3193	11	M70	Don Withers, 71, Ames, IA	1:25:23	2:55:47	3:04:33	14:09
3194	156	M55	Stephen Richards, 56, Wheaton, IL	1:24:49	2:55:57	3:03:00	14:09
3562	261	W45	Cindy Blay, 45*, West Lafayette, IN	1:23:53	2:56:02	3:04:58	14:10
3563	392	W40	Victoria McQuerry, 42*, West Des Moines, IA	1:23:54	2:56:03	3:04:58	14:10
3564	44	JrW	Rachel Gillette, 12*, Ankeny, IA	1:26:39	2:56:04	3:05:16	14:10
3565	450	W20	Amber Daugherty, 22*, Ankeny, IA	1:26:39	2:56:05	3:05:17	14:10
3566	451	W20	Brittany Toney, 23*, Des Moines, IA	1:18:25	2:56:20	3:01:17	14:11
3567	452	W20	Courtney Seufferer, 20*, Ankeny, IA	1:25:55	2:56:24	3:04:57	14:12
3568	19	W60	Susan Sergeant, 62*, Fort Dodge, IA		2:56:24	3:02:17	14:12
3569	591	W35	Stacey Fisher, 38*, Eagle Grove, IA	1:22:49	2:56:30	3:05:56	14:12
3570	393	W40	Tamara Loughren, 44*, Ames, IA	1:23:19	2:57:19	3:04:33	14:16
3195	459	M35	John Haltiner, 39, Des Moines, IA	1:17:54	2:57:22	3:05:53	14:16
3571	762	W25	Tiffany Butler, 27*, Ames, IA	1:22:22	2:57:23	3:02:52	14:16
3572	66	W55	Carol Lemker, 57*, West Des Moines, IA	1:25:44	2:57:29	3:04:02	14:17

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3573	45	JrW	Alissa Noah, 15*, Chariton, IA	1:25:55	2:57:30	3:06:49	14:17
3574	262	W45	Marva Blue, 45*, Clive, IA	1:25:53	2:57:31	3:06:51	14:17
3575	263	W45	Julie Pace, 48*, Leawood, KS	1:26:01	2:57:35	3:04:23	14:17
3196	244	M50	David Pace, 51, Leawood, KS	1:26:01	2:57:36	3:04:23	14:17
3576	67	W55	Janet Niess, 56*, Little Cedar, IA	1:26:57	2:57:41	3:04:08	14:18
3577	394	W40	Toni Braaksma, 44*, Packwood, IA	1:26:35	2:57:54	3:03:25	14:19
3578	728	W30	Sally Lalor, 33*, Eagle Grove, IA	1:22:49	2:58:16	3:07:42	14:21
3579	763	W25	Amber Upah, 28*, Grinnell, IA	1:21:20	2:58:23	3:04:21	14:21
3580	264	W45	Susan Rome, 49*, Bala Cynwyd, PA	1:24:40	2:58:24	3:07:17	14:21
3581	265	W45	Rosie Ellendson, 47*, Fort Dodge, IA	1:21:43	2:58:24	3:07:13	14:21
3197	245	M50	Terrance Schachtner, 50, Anchorage, AK	1:24:42	2:58:24	3:07:17	14:21
3198	517	M25	Jason Textor, 28, Johnston, IA	1:22:36	2:58:26	3:00:31	14:21
3582	729	W30	Kate Osborn, 31*, Columbia, MO	1:19:39	2:58:30	3:03:30	14:22
3199	402	M40	Timmy James, 43, Ankeny, IA	1:24:28	2:58:35	2:59:36	14:22
3583	592	W35	Tawnya Schuman, 38*, West Des Moines, IA	1:19:41	2:58:45	3:07:32	14:23
3200	77	M60	Larry Schmitz, 63, Adel, IA	1:19:42	2:58:46	3:07:33	14:23
3584	764	W25	Ellen Chaussee, 29*, West Des Moines, IA	1:18:30	2:58:47	3:04:12	14:23
3585	765	W25	Megan Bantz, 29*, Marshalltown, IA	1:17:10	2:58:49	3:07:50	14:23
3586	453	W20	Rebecca Johnston, 21*, Des Moines, IA	1:18:25	2:58:53	3:03:51	14:24
3201	518	M25	Peter Howard, 27, Kansas City, MO	1:08:48	2:58:54	3:08:27	14:24

3587	593	W35	Michelle Doland, 37*, Newton, IA	1:20:14	2:58:55	3:00:55	14:24
3588	20	W60	Linda Davis, 63*, West Des Moines, IA	1:31:06	2:58:55	3:07:36	14:24
3589	594	W35	Rhonda Hanson, 39*, Eagle Grove, IA	1:22:48	2:59:02	3:08:29	14:24
3590	730	W30	Shannon Jones, 32*, Ankeny, IA	1:21:50	2:59:03	3:05:21	14:24
3202	19	M65	Jim Toillion, 68, Eagle Grove, IA	1:26:15	2:59:11	2:59:23	14:25
3203	312	M45	Stan Zandarski, 47, Nevada, IA	1:21:15	2:59:14	3:05:54	14:25
3204	20	M65	Fergus Taylor, 68, Clive, IA	1:24:38	2:59:18	3:06:09	14:26
3591	454	W20	Rachel Schindler, 22*, Arlington Heights, IL	1:18:21	2:59:19	3:07:04	14:26
3592	766	W25	Ashley Starkweather, 26*, Rochester, MN	1:18:31	2:59:22	3:04:48	14:26
3593	395	W40	Melissa Brown, 40*, Des Moines, IA	1:23:26	2:59:24	3:05:24	14:26
3205	21	M65	Duane Long, Sr., 66, Urbandale, IA	1:25:01	2:59:25	3:05:37	14:26
3594	156	W50	Donna Badding-Fleener, 51*, Carroll, IA	1:23:20	2:59:26	3:08:30	14:26
3595	396	W40	Nancy Johnson, 44*, Holstein, IA	1:18:34	2:59:26	3:03:45	14:26
3596	731	W30	Tenielle Stanbrough, 31*, Dike, IA	1:25:21	2:59:37	3:05:02	14:27
3597	455	W20	Ashley Dyke, 21*, West Union, IA	1:23:06	3:00:02	3:07:03	14:29
3598	266	W45	Julie McClain, 48*, Ankeny, IA	1:21:44	3:00:14	3:04:42	14:30
3206	157	M55	Darrell Conrad, 58, Blair, NE	1:21:44	3:00:14	3:04:42	14:30
3599	267	W45	Carol Hemphill, 46*, Urbandale, IA	1:09:46	3:00:15	3:05:39	14:30
3207	246	M50	Gary Young, 51, Johnston, IA	1:14:47	3:00:17	3:05:42	14:30
3600	157	W50	Marilyn Salter, 54*, Ankeny, IA	1:26:35	3:00:20	3:07:52	14:31
3208	12	M70	Vern Bauer, 75, Des Moines, IA	1:27:43	3:00:23	3:06:37	14:31
3209	253	M20	Nyle Fogelson, 22, Knoxville, IA	1:20:47	3:00:24	3:09:40	14:31
3210	519	M25	John Anderson, 29, Ottumwa, IA	1:20:40	3:00:33	3:06:43	14:32
3601	158	W50	Betty Borzo, 53*, Des Moines, IA	1:26:15	3:00:34	3:06:18	14:32
3211	460	M35	Matt Seevers, 39, Omaha, NE	1:29:40	3:00:36	3:08:44	14:32
3602	595	W35	Andrea Kopsa, 39*, Beaman, IA	1:25:59	3:00:59	3:07:38	14:34
3212	313	M45	Allen Waterman, 47, Johnston, IA	1:15:07	3:01:09	3:05:29	14:34
3603	397	W40	Molly Robinson, 42*, Des Moines, IA	1:25:21	3:01:19	3:06:47	14:35
3604	100	W17	Ally Walker, 18*, Boone, IA	1:21:16	3:01:31	3:03:45	14:36
3213	247	M50	Henry Walker, Jr., 52, Tama, IA	1:26:53	3:01:50	3:10:24	14:38
3605	398	W40	Christine Dunwell, 43*, Newton, IA	1:24:57	3:02:03	3:06:57	14:39
3606	596	W35	Kris Wagner, 36*, Howard, OH	1:19:54	3:02:13	3:09:23	14:40
3607	456	W20	Amber Heilman, 23*, Des Moines, IA	1:40:12	3:02:22	3:10:28	14:40
3608	732	W30	Kristy Heilman, 30*, Des Moines, IA	1:40:12	3:02:23	3:10:30	14:41
3214	22	M65	Lary Hostak, Sr., 67, Marion, IA	1:22:32	3:02:25	3:08:56	14:41
3215	108	M17	Logan Gillis, 18, Fort Dodge, IA	1:23:03	3:02:35	3:10:26	14:41
3216	461	M35	Callin Prieskorn, 35, Waukee, IA	1:26:38	3:02:36	3:07:37	14:42
3217	56	JrM	Andrew Langel, 15, Cedar Falls, IA	1:32:44	3:02:37	3:05:18	14:42
3609	733	W30	Jennifer Carpenter, 30*, Urbandale, IA	1:25:35	3:02:55	3:12:04	14:43
3610	767	W25	Sharon Fife, 29*, Des Moines, IA	1:30:06	3:02:55	3:09:22	14:43
3218	158	M55	Stan Carpenter, 59, Ames, IA	1:25:35	3:02:56	3:12:05	14:43
3611	268	W45	Wendy Stoneman, 46*, Osage, IA	1:26:57	3:03:27	3:09:55	14:46
3612	597	W35	Cinda Whitten, 36*, Winterset, IA	1:31:39	3:03:41	3:12:20	14:47
3613	768	W25	Valerie Seath, 29*, Owatonna, MN	1:25:07	3:03:41	3:11:37	14:47
3614	159	W50	Colleen Larimer, 53*, Bedford, IA	1:31:39	3:03:45	3:12:24	14:47
3219	591	M30	Jacob Ferrell, 30, Altoona, IA	1:26:46	3:03:55	3:10:46	14:48
3615	457	W20	Hannah Bice, 22*, Adel, IA	1:30:40	3:03:55	3:12:13	14:48
3616	46	JrW	Caseylee Anderson, 13*, Des Moines, IA	1:28:39	3:04:08	3:08:34	14:49
3617	399	W40	Kari Ryan, 43*, New Hope, MN	1:24:57	3:04:09	3:13:20	14:49
3220	57	JrM	Nate Jones, 12, Des Moines, IA	1:28:38	3:04:11	3:08:36	14:49
3221	403	M40	Michael Burton, 44, West Des Moines, IA	1:24:56	3:04:11	3:13:21	14:49
3618	160	W50	Suzanne Hoffman, 54*, Clive, IA	1:21:37	3:04:17	3:08:49	14:50
3619	769	W25	Amber Bettis, 25*, Omaha, NE	1:30:29	3:04:25	3:09:40	14:50
3222	520	M25	Jeff Ackley, 28, Des Moines, IA	1:26:45	3:04:26	3:10:12	14:50
3223	404	M40	Rodney Christensen, 44, Des Moines, IA	1:23:09	3:04:28	3:07:12	14:50
3620	734	W30	Angel Hamilton, 34*, Winterset, IA	1:27:33	3:04:28	3:13:34	14:51
3621	735	W30	Jennifer Tyler, 31*, Wilton, IA	1:26:53	3:04:29	3:12:02	14:51
3622	458	W20	Courtney Langel, 20*, Cedar Falls, IA	1:32:43	3:04:33	3:07:14	14:51
3224	592	M30	Karl Hehr, 32, Ames, IA	1:26:33	3:04:33	3:13:20	14:51
3623	400	W40	Lisa Langel, 42*, Cedar Falls, IA	1:32:40	3:04:34	3:07:15	14:51
3624	598	W35	Tanya Hardy, 39*, Osceola, IA	1:20:21	3:04:36	3:10:10	14:51
3625	736	W30	Cynthi Collins-McKinney, 32*, Des Moines, IA	1:27:57	3:04:36	3:13:41	14:51
3626	161	W50	Shelly Myers, 52*, Ames, IA	1:23:56	3:04:36	3:11:39	14:51



3225	248	M50	Doug Pauley, 50, Columbus, NE	1:33:02	3:04:39	3:09:58	14:51
3627	162	W50	Kris Hermsen, 52*, Dubuque, IA	1:33:03	3:04:46	3:10:04	14:52
3628	163	W50	Denice Nie, 53*, Jesup, IA	1:33:07	3:04:47	3:10:01	14:52
3629	459	W20	Nicole Loughren, 23*, Ames, IA	1:23:19	3:04:53	3:12:07	14:53
3226	521	M25	Brett Jacobs, 27, Newton, IA	1:22:50	3:05:05	3:13:16	14:54
3227	405	M40	Chad Coffin, 40, Des Moines, IA	1:17:58	3:05:09	3:14:07	14:54
3228	593	M30	Ryan Comer, 32, Newton, IA	1:22:49	3:05:11	3:13:23	14:54
3630	101	W17	Brittney Lipp, 19*, West Des Moines, IA	1:22:57	3:05:23	3:11:10	14:55
3229	406	M40	Michael Lipp, 40, West Des Moines, IA	1:24:27	3:05:23	3:11:10	14:55
3631	401	W40	Peg Mattison, 44*, Pleasant Hill, IA	1:25:37	3:05:32	3:13:23	14:56
3230	314	M45	Patrick Glasgow, 47, Woodward, IA	1:26:14	3:05:34	3:13:38	14:56
3632	2	W70	Jan Gillum, 75*, Des Moines, IA	1:24:51	3:05:43	3:12:45	14:57
3633	269	W45	Laura Nunez, 46*, Carlisle, IA	1:23:54	3:05:46	3:14:50	14:57
3231	315	M45	Craig Stewart, 49, Des Moines, IA	1:26:46	3:05:57	3:13:51	14:58
3634	270	W45	Renee Reece, 46*, Norwalk, IA	1:21:38	3:06:15	3:12:55	14:59
3635	68	W55	Laraine Davis, 58*, Clive, IA	1:31:08	3:06:17	3:14:58	14:59
3636	271	W45	Yvonne Lohmeyer, 49*, Wilton, IA	1:30:20	3:06:22	3:12:41	15:00
3637	402	W40	Barb Gosselink, 41*, Leighton, IA	1:24:21	3:06:23	3:12:39	15:00
3638	737	W30	Sara Kelsey, 34*, Iowa Falls, IA	1:23:35	3:06:24	3:10:49	15:00
3639	599	W35	Erica Holmes, 35*, Omaha, NE	1:25:29	3:06:30	3:14:59	15:00
3640	770	W25	Nicholette Mausser, 25*, Slater, IA	1:26:45	3:06:30	3:10:00	15:00
3232	462	M35	Chris Holmes, 37, Omaha, NE	1:25:49	3:06:32	3:15:02	15:01
3641	272	W45	Kathy Sheets, 48*, Des Moines, IA	1:24:36	3:06:37	3:14:58	15:01
3642	738	W30	Katherine Walker, 32*, Ankeny, IA	1:24:37	3:06:37	3:14:58	15:01
3233	159	M55	Thomas Morgan, 57, Johnston, IA	1:16:26	3:06:37	3:08:55	15:01
3643	739	W30	Marisa Baumgarn, 33*, Omaha, NE	1:36:42	3:06:40	3:07:54	15:01
3644	600	W35	Michelle Sagar, 37*, Johnston, IA	1:26:13	3:06:44	3:11:39	15:01
3645	102	W17	Mica Redenius, 17*, Fort Dodge, IA	1:30:08	3:06:45	3:15:32	15:02
3646	403	W40	Tiffany SeEVERS, 43*, Omaha, NE	1:29:42	3:06:54	3:15:00	15:02
3647	460	W20	Kelsi Jurik, 24*, Bondurant, IA	1:23:21	3:06:56	3:14:43	15:02
3648	273	W45	Polly Maly, 45*, West Des Moines, IA	1:29:43	3:07:04	3:15:10	15:03
3649	69	W55	Diann Wilder-Tomlinson, 56*, Ankeny, IA	1:28:59	3:07:21	3:16:41	15:04
3650	771	W25	Alesha Tomlinson, 25*, St. Louis Park, MN	1:29:00	3:07:22	3:16:41	15:05
3651	740	W30	Toni Plecko, 30*, Crystal, MN	1:25:42	3:07:23	3:12:42	15:05
3652	404	W40	Jennifer Everson, 41*, Madison, WI	1:28:54	3:07:24	3:13:11	15:05
3234	249	M50	Pat Schlapia, 52, Creston, IA	1:23:42	3:07:25	3:15:53	15:05
3653	47	JrW	Cora Terry, 12*, Des Moines, IA	1:26:00	3:07:25	3:08:39	15:05
3654	70	W55	Jacqueline Krogh, 55*, Adel, IA	1:30:42	3:07:46	3:16:03	15:06
3655	601	W35	Melissa Snell, 39*, Osceola, IA	1:27:44	3:07:54	3:13:32	15:07
3235	407	M40	Don Putz, 44, Lacona, IA	1:19:55	3:08:07	3:14:36	15:08
3656	405	W40	Staci Bird, 41*, Newton, IA	1:24:28	3:08:13	3:13:06	15:09
3657	602	W35	Dawn Atwood, 37*, Colfax, IA	1:20:21	3:08:15	3:14:42	15:09
3658	274	W45	Angie Taylor, 47*, Norwalk, IA	1:29:09	3:08:15	3:17:38	15:09
3236	594	M30	Benjamin Forest, 31, Des Moines, IA	1:30:57	3:08:38	3:15:45	15:11
3659	772	W25	Lia Brown, 29*, West Des Moines, IA	1:31:00	3:08:46	3:15:53	15:11
3237	522	M25	Chad Wood, 27, Ankeny, IA	1:30:13	3:08:56	3:17:39	15:12
3660	406	W40	Jenn Springer, 43*, Perry, IA	1:29:59	3:09:19	3:18:42	15:14
3661	407	W40	Melody Dean, 41*, Johnston, IA	1:30:19	3:09:22	3:18:11	15:14
3662	275	W45	Lisa Shanks, 47*, Johnston, IA	1:21:27	3:09:39	3:09:39	15:16
3663	71	W55	Catherine Evers, 58*, Cedar Rapids, IA	1:29:55	3:09:39	3:15:30	15:16
3664	408	W40	Melissa Smith, 43*, Altoona, IA	1:27:24	3:09:42	3:16:25	15:16
3665	603	W35	Molly Mitchell, 35*, Des Moines, IA	1:29:09	3:09:42	3:09:42	15:16
3666	741	W30	Katie McGrath, 33*, Des Moines, IA	1:29:09	3:09:43	3:09:43	15:16
3667	276	W45	Jennifer Schroeder, 47*, Des Moines, IA	1:26:26	3:09:52	3:16:20	15:17
3668	409	W40	Kathleen Jones, 44*, West Des Moines, IA	1:34:30	3:09:57	3:18:01	15:17

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3238	316	M45	Steve Nyquist, 48, Grimes, IA	1:29:59	3:10:15	3:19:55	15:18
3239	523	M25	Michael Cooley, 25, Orient, IA	1:25:11	3:10:25	3:15:15	15:19
3669	604	W35	Molly Montavon, 35*, Ankeny, IA	1:28:42	3:10:31	3:16:26	15:20
3240	254	M20	Levi State, 21, Oskaloosa, IA	1:25:19	3:10:31	3:19:46	15:20
3670	773	W25	Erin Zirkelbach, 27*, Des Moines, IA	1:33:09	3:10:35	3:14:33	15:20
3241	463	M35	John Alan Zirkelbach, 35, Lawrence, KS	1:33:10	3:10:37	3:14:34	15:20
3671	21	W60	Mary Zirkelbach, 62*, Johnston, IA	1:33:11	3:10:37	3:14:34	15:20

3672	72	W55	Debra Withers, 56*, Eagle Grove, IA	1:30:39	3:11:10	3:20:36	15:23
3673	461	W20	Kirstie Merschbrock, 21*, Carlisle, IA	1:29:36	3:11:21	3:18:49	15:24
3674	22	W60	Elizabeth Sutter, 61*, Des Moines, IA	1:30:49	3:11:23	3:18:24	15:24
3242	160	M55	Milton Lane, 57, Des Moines, IA	1:30:48	3:11:23	3:18:25	15:24
3675	410	W40	Tina Subbert, 42*, Audubon, IA	1:33:41	3:11:28	3:20:47	15:24
3676	411	W40	Dawn Fitzpatrick, 43*, Iowa City, IA	1:33:41	3:11:39	3:20:46	15:25
3677	73	W55	Wendy McLaughlin-Breaux, 56*, Des Moines, IA	1:33:03	3:11:46	3:18:48	15:26
3678	605	W35	Heather Mueggenberg, 36*, Glidden, IA	1:30:11	3:11:57	3:14:51	15:27
3679	742	W30	Lisa Shepard, 31*, Albia, IA	1:28:58	3:11:57	3:19:14	15:27
3680	743	W30	Kendra Stachum, 31*, Adams, NE	1:36:42	3:12:12	3:13:25	15:28
3681	774	W25	Tara Eisenlohr, 26*, Mason City, IA	1:29:31	3:12:36	3:19:19	15:30
3243	524	M25	Matt Harvey, 26, Knoxville, IA	1:30:57	3:12:57	3:22:12	15:31
3682	744	W30	Anne Enderlin, 30*, Waukee, IA	1:33:32	3:13:07	3:20:36	15:32
3683	74	W55	Mari Lash, 59*, Knoxville, IA	1:33:32	3:13:09	3:20:39	15:32
3684	277	W45	Susie Wadle, 45*, Johnston, IA	1:29:13	3:13:38	3:23:01	15:35
3685	412	W40	Tara Downs, 41*, Slater, IA	1:27:18	3:13:46	3:20:44	15:35
3686	606	W35	Jennifer Ghelf, 37*, West Des Moines, IA	1:29:48	3:14:05	3:22:31	15:37
3244	161	M55	Devin Howard, 59, East Moline, IL	1:29:46	3:14:21	3:16:52	15:38
3687	164	W50	Deborah Ohrn, 52*, Des Moines, IA	1:37:09	3:14:41	3:21:37	15:40
3688	48	JrW	Natalie Pace, 14*, Leawood, KS	1:28:07	3:15:07	3:21:05	15:42
3689	165	W50	Kim Newman, 53*, West Des Moines, IA	1:37:10	3:15:10	3:22:06	15:42
3690	103	W17	Caroline Pace, 17*, Leawood, KS	1:28:07	3:15:10	3:21:09	15:42
3691	745	W30	Teresa Finken, 34*, Des Moines, IA	1:26:39	3:15:18	3:23:11	15:43
3692	607	W35	Jolene Bostwick, 36*, Ankeny, IA	1:28:45	3:15:30	3:22:14	15:44
3693	608	W35	Julie Nuehring, 38*, Clive, IA	1:32:23	3:15:56	3:19:22	15:46
3245	317	M45	Craig Moore, 45, Des Moines, IA	1:24:24	3:16:02	3:24:41	15:46
3694	278	W45	Lynda Green, 49*, Iowa City, IA	1:25:53	3:16:17	3:24:15	15:48
3695	462	W20	Lucy Edelman, 20*, Clive, IA	1:33:02	3:16:32	3:22:09	15:49
3696	413	W40	Kim Edelman, 43*, Minneapolis, MN	1:33:01	3:16:33	3:22:11	15:49
3697	775	W25	Abby Gervais, 29*, West Des Moines, IA	1:24:06	3:16:34	3:22:08	15:49
3698	609	W35	Maggie Brodeur, 38*, Ankeny, IA	1:28:45	3:16:35	3:22:30	15:49
3246	595	M30	Jay Limbaugh, 31, Algona, IA	56:45	3:16:37	3:19:10	15:49
3699	776	W25	Reva Hidlebaugh, 27*, Perry, IA	1:33:24	3:16:43	3:26:04	15:50
3700	166	W50	Eileen Rooney, 51*, Omaha, NE	1:33:32	3:16:57	3:26:10	15:51
3701	167	W50	Mary Kiteley, 54*, Omaha, NE	1:33:32	3:16:59	3:26:11	15:51
3702	168	W50	Renee Murray, 52*, West Des Moines, IA	1:37:41	3:17:37	3:27:05	15:54
3703	414	W40	Tara Katschman, 41*, Norwalk, IA	1:37:42	3:17:37	3:27:05	15:54
3704	777	W25	Katie Hart, 25*, Des Moines, IA	1:32:35	3:17:44	3:22:36	15:55
3705	75	W55	Pam McIntyre, 58*, Boone, IA	1:35:14	3:17:57	3:27:22	15:56
3247	162	M55	James Hart, 57, Des Moines, IA	1:32:34	3:18:04	3:22:57	15:56
3706	463	W20	Laura Hart, 23*, Iowa City, IA	1:32:27	3:18:04	3:22:57	15:56
3248	163	M55	Keith Toal, 56, Rhodes, IA	1:26:04	3:18:09	3:26:25	15:57
3249	525	M25	Ian Toal, 27, Cedar Rapids, IA	1:26:03	3:18:09	3:26:26	15:57
3707	610	W35	Amy Stevens, 38*, Urbandale, IA	1:36:53	3:18:16	3:24:31	15:57
3708	746	W30	Heather Carman, 33*, Des Moines, IA	1:36:53	3:18:16	3:24:32	15:57
3709	778	W25	Jenifer Grochala, 27*, Des Moines, IA	1:32:18	3:19:02	3:25:10	16:01
3710	611	W35	Shelley Simpson, 38*, Olathe, KS	1:31:28	3:19:02	3:25:56	16:01
3711	779	W25	Emily Kothmann, 26*, Ankeny, IA	1:35:23	3:19:21	3:27:44	16:02
3712	76	W55	Sharon Kautzky, 55*, Bouton, IA	1:35:14	3:19:28	3:28:54	16:03
3250	408	M40	Chad Johnson, 40, West Des Moines, IA	1:32:37	3:20:34	3:27:07	16:08
3713	612	W35	Christy Cory, 38*, Altoona, IA	1:40:00	3:20:43	3:25:08	16:09
3714	747	W30	Cheri Bloyer, 30*, Des Moines, IA	1:33:19	3:20:53	3:24:40	16:10
3715	613	W35	Marijke Hodgson, 38*, West Des Moines, IA	1:39:59	3:20:57	3:28:32	16:10
3251	526	M25	David Mennie, 27, Marshalltown, IA	1:49:49	3:21:00	3:24:51	16:10
3716	614	W35	Jeni Nash, 35*, West Des Moines, IA	1:39:58	3:21:01	3:28:36	16:10
3717	23	W60	Pam Brennan, 63*, Des Moines, IA	1:39:41	3:21:12	3:28:59	16:11
3718	24	W60	Shirley Kunkle, 61*, Fulton, MO	1:39:42	3:21:14	3:29:00	16:11
3719	279	W45	Amy Williams-McKern, 49*, Pleasant Hill, IA	1:34:56	3:21:20	3:30:03	16:12
3252	250	M50	Randy McKern, 50, Pleasant Hill, IA	1:34:56	3:21:21	3:30:03	16:12
3720	169	W50	Doris Badding, 50*, Waukee, IA	1:34:49	3:21:27	3:30:31	16:13
3253	251	M50	Austin Burkey, 50, Council Bluffs, IA	1:39:08	3:22:03	3:26:53	16:15
3721	615	W35	Lydia Holm, 38*, West Des Moines, IA	1:18:19	3:22:04	3:31:10	16:15
3722	77	W55	Kathy Stachon, 55*, Des Moines, IA	1:39:06	3:22:04	3:26:55	16:16



3723	280	W45	Beth Burkey, 47*, Council Bluffs, IA	1:39:08	3:22:31	3:27:22	16:18
3724	415	W40	Randy Krebs, 44*, Gowrie, IA	1:38:02	3:22:45	3:28:54	16:19
3725	616	W35	Andrea Krebs, 39*, Gowrie, IA	1:38:02	3:22:51	3:29:00	16:19
3254	78	M60	Jim Beckett, 61, Woodinville, WA	1:37:05	3:23:21	3:29:57	16:22
3255	13	M70	Glen Zirbel, 80, Ankeny, IA	1:36:34	3:23:28	3:29:19	16:22
3726	780	W25	Jamie Jensen, 26*, Weldon, IA	1:37:58	3:23:55	3:29:40	16:24
3727	464	W20	JoAnna Ellis, 23*, Newton, IA	1:40:44	3:24:00	3:30:05	16:25
3728	748	W30	Jessica McMaster, 32*, Newton, IA	1:40:45	3:24:01	3:30:06	16:25

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3256	409	M40	Derek Twogood, 43, Des Moines, IA	1:39:09	3:24:08	3:31:24	16:25
3729	281	W45	Jeorjette Twogood, 46*, Des Moines, IA	1:39:11	3:24:13	3:31:28	16:26
3257	410	M40	Daniel Pfeffer, 44, West Des Moines, IA		3:25:54	3:25:54	16:34
3730	465	W20	Megan Roth, 24*, West Des Moines, IA		3:26:01	3:26:01	16:35
3731	416	W40	Valerie Rowley, 41*, Ames, IA	1:40:50	3:27:12	3:35:42	16:40
3732	749	W30	Jennifer Homer, 31*, Mankato, MN		3:27:46	3:27:46	16:43
3258	527	M25	Edward Moriarty, 27, Urbandale, IA		3:28:14	3:28:14	16:45
3733	750	W30	Rebecca Albert, 33*, Ankeny, IA	1:30:06	3:29:17	3:35:44	16:50
3734	781	W25	Amy Hauser, 26*, Des Moines, IA		3:29:32	3:29:32	16:52
3259	464	M35	Carl Soderlund, 38, Urbandale, IA	1:40:48	3:29:47	3:29:47	16:53
3735	466	W20	Kate Stoffer, 20*, West Des Moines, IA		3:30:07	3:30:07	16:54
3736	417	W40	Brenda Rodriguez, 40*, New Hampton, IA	1:48:15	3:30:13	3:38:49	16:55
3737	782	W25	Katie Moriarty, 27*, Urbandale, IA		3:30:21	3:30:21	16:56
3738	617	W35	Heather Maiers, 36*, Dubuque, IA		3:30:27	3:30:27	16:56
3739	751	W30	Amanda Ramsey, 30*, Des Moines, IA	1:33:20	3:30:47	3:39:47	16:58
3740	783	W25	Brooke Haltiner, 29*, Des Moines, IA	1:33:19	3:30:47	3:39:47	16:58
3741	618	W35	Kelly Langan, 36*, Waverly, IA		3:31:03	3:31:03	16:59
3742	619	W35	Carrie Nelson, 39*, Council Bluffs, IA		3:32:00	3:32:00	17:03
3260	255	M20	Eric Fleharty, 24, Grimes, IA	1:40:06	3:32:33	3:41:19	17:06
3743	752	W30	Jami James, 34*, Waverly, IA		3:33:13	3:33:13	17:09
3744	104	W17	Rebecca Miner, 18*, Urbandale, IA		3:33:22	3:33:22	17:10
3745	784	W25	Sarah Fogle, 25*, Marshalltown, IA		3:33:22	3:33:22	17:10
3261	528	M25	Ryan Roemerma, 28, Des Moines, IA	1:32:01	3:33:27	3:42:42	17:10
3746	620	W35	Melody Banger, 39*, Farmington, MO	1:38:42	3:33:28	3:41:09	17:11
3747	753	W30	Krystal Boyd, 30*, Casper, WY	1:32:03	3:33:28	3:42:42	17:11
3262	252	M50	Kevin Otte, 51, Clive, IA	56:14	3:33:30	3:35:44	17:11
3263	58	JrM	Peter DeTar, 16, Kelley, IA		3:34:09	3:34:09	17:14
3748	785	W25	Megan Parsons, 26*, Creston, IA	1:34:23	3:34:42	3:39:40	17:16
3749	754	W30	Jill Eimermann, 33*, Des Moines, IA		3:35:04	3:35:04	17:18
3750	418	W40	Lyn Anderson, 42*, Des Moines, IA	1:44:54	3:35:29	3:42:23	17:20
3751	755	W30	Hollie Zeglen, 33*, Carlisle, IA	1:44:54	3:35:30	3:42:24	17:20
3264	529	M25	Marty Hagedwood, 28, Clive, IA		3:36:08	3:36:08	17:23
3752	419	W40	Becky Jordan, 42*, Collins, IA	1:43:32	3:36:10	3:41:19	17:24

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3753	78	W55	Gita Mathai, 58*, Iowa City, IA	1:43:20	3:37:29	3:45:38	17:30
3754	79	W55	Jann Miller, 55*, Cedar Falls, IA		3:37:49	3:37:49	17:32
3755	786	W25	Stephanie Miner, 26*, Urbandale, IA		3:39:24	3:39:24	17:39
3756	787	W25	Amber Soderblom, 27*, Des Moines, IA		3:40:38	3:40:38	17:45
3757	80	W55	Kathleen Daup, 59*, Bondurant, IA		3:40:44	3:40:44	17:46
3758	282	W45	Carroll Benson, 46*, Des Moines, IA		3:40:55	3:40:55	17:47
3759	283	W45	Keri Alleman, 45*, Slater, IA		3:40:59	3:40:59	17:47
3760	621	W35	Carrie Downey, 36*, Creston, IA	1:42:57	3:41:04	3:46:02	17:47
3265	59	JrM	Ben Brewer, 13, Des Moines, IA	1:40:26	3:41:29	3:42:43	17:49
3761	788	W25	Caitlin Nicol-Thomas, 28*, Nashville, TN		3:42:42	3:42:42	17:55
3762	756	W30	Megan Baumann, 30*, Des Moines, IA		3:42:42	3:42:42	17:55
3763	789	W25	Lisa Klopfenstein, 29*, Des Moines, IA		3:43:45	3:43:45	18:00
3764	420	W40	Kim Bauer, 44*, Des Moines, IA	1:44:12	3:45:02	3:49:27	18:06
3266	411	M40	Van Plumb, 44, Des Moines, IA		3:46:14	3:46:14	18:12
3765	467	W20	Jennifer Johnston, 22*, Urbandale, IA		3:47:21	3:47:21	18:18

\* indicates females

59 finishers among Men Under 17

108 finishers among Men 17 - 19

255 finishers among Men 20 - 24  
529 finishers among Men 25 - 29  
595 finishers among Men 30 - 34  
464 finishers among Men 35 - 39  
411 finishers among Men 40 - 44  
317 finishers among Men 45 - 49  
252 finishers among Men 50 - 54  
163 finishers among Men 55 - 59  
78 finishers among Men 60 - 64  
22 finishers among Men 65 - 69  
13 finishers among Men 70 & Up  
48 finishers among Women Under 17  
104 finishers among Women 17 - 19  
467 finishers among Women 20 - 24  
789 finishers among Women 25 - 29  
756 finishers among Women 30 - 34  
621 finishers among Women 35 - 39  
420 finishers among Women 40 - 44  
283 finishers among Women 45 - 49  
169 finishers among Women 50 - 54  
80 finishers among Women 55 - 59  
24 finishers among Women 60 - 64  
2 finishers among Women 65 - 69  
2 finishers among Women 70 & Up  
3266 male finishers  
3765 female finishers  
7031 total finishers

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