

# 33rd Dam to Dam

## Des Moines, Iowa

June 2, 2012

50s and 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 TIME	Chip TIME	FINAL TIME	PACE
1	1 M30	Geofrey Terer, 34, McDonough, GA	30:16	1:00:47	1:00:48	4:53
2	1 M25	Edward Tabut, 29, Coon Rapids, MN	30:16	1:01:16	1:01:17	4:56
3	2 M25	Sam Kosgei, 27, Sante Fe, NM	30:18	1:01:36	1:01:36	4:57
4	3 M25	George Towett, 27, Hebron, KY	30:17	1:01:40	1:01:40	4:58
5	2 M30	Matt Gabrielson, 33, St Louis Park, MN	30:30	1:01:46	1:01:46	4:58

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6	4 M25	James Kirwa, 28, Durango, CO	30:42	1:02:14	1:02:14	5:00
7	1 M35	Richard Kessio, 38, Crosby, MN		1:02:38	1:02:38	5:02
8	5 M25	Festus Kigen, 26, Coon Rapids, MN	30:18	1:03:37	1:03:37	5:07
9	6 M25	Sammy Rotich, 25, West Des Moines, IA	30:50	1:03:50	1:03:51	5:08
10	3 M30	Abraham Kogo, 31, West Des Moines, IA	31:27	1:04:19	1:04:20	5:11
11	7 M25	Jason Flogel, 29, West Des Moines, IA	32:08	1:04:27	1:04:28	5:11
12	4 M30	Randy Bill, 30, Cedar Falls, IA	32:08	1:05:10	1:05:11	5:15
13	8 M25	Ben Carlson, 27, Waverly, IA	32:41	1:05:45	1:05:46	5:17
1	1 W25	Diane Nukuri, 27*, Iowa City, IA	33:10	1:07:51	1:07:52	5:28
14	9 M25	Aaron Hohn, 26, Kansas City, MO	33:55	1:08:09	1:08:09	5:29
15	1 M20	Cody Manchester, 20, Mason City, IA	33:08	1:08:13	1:08:15	5:29
16	10 M25	Phil Young, 26, North Liberty, IA	33:12	1:08:31	1:08:32	5:31
17	1 M50	John Mirth, 50, Platteville, WI	33:55	1:08:51	1:08:51	5:32
18	11 M25	Andrew Jacob, 25, Lincoln, NE	34:06	1:10:13	1:10:14	5:39
19	2 M20	Kris Spoth, 24, Ames, IA	35:18	1:10:45	1:10:47	5:42
20	12 M25	Martin Popp, 29, West Des Moines, IA	35:45	1:10:51	1:10:51	5:42
21	3 M20	Jake Sutton, 21, West Des Moines, IA	35:41	1:10:52	1:10:56	5:42
22	13 M25	Shain Kephart, 26, Arlington, NE	34:53	1:11:25	1:11:26	5:45
2	1 W35	Mary Akor, 35*, Hawthorne, CA	35:02	1:11:49	1:11:50	5:47
23	2 M35	Joel Frye, 39, Des Moines, IA	35:03	1:12:09	1:12:09	5:48
24	1 M17	Ben Anderson, 17, Lclive, IA	35:42	1:12:24	1:12:28	5:50
25	5 M30	Chris Nealy, 32, Des Moines, IA	36:17	1:12:54	1:12:55	5:52
26	4 M20	Austin Tegels, 24, Ankeny, IA	36:45	1:12:58	1:13:00	5:52
3	1 W30	Erin Moeller, 34*, Mt Vernon, IA	36:17	1:13:17	1:13:19	5:54
4	2 W30	Kelly Brinkman, 31*, Bloomington, MN	36:25	1:13:22	1:13:24	5:54
27	1 M45	Michael Kabela, 45, North Liberty, IA	36:31	1:13:37	1:13:38	5:55
28	1 M40	Andrew Kauder, 40, Cedar Rapids, IA	36:16	1:13:37	1:13:38	5:55
29	14 M25	Ross Kilgore, 27, Iowa City, IA	36:26	1:13:44	1:13:47	5:56
30	5 M20	Craig Nie, 22, Jesup, IA	36:45	1:14:03	1:14:06	5:57

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31	6 M30	Luke Craven, 33, Johnston, IA	36:44	1:14:31	1:14:33	6:00
32	3 M35	Stacy Garrels, 36, Indianola, IA	36:45	1:14:38	1:14:41	6:00
5	1 W40	Liubov Denisova, 41*, New York, NY	36:26	1:14:45	1:14:46	6:01

33	15	M25	Eric McComb, 27, Cedar Falls, IA	36:03	1:15:02	1:15:02	6:02
6	2	W25	Traci Kresser, 26*, Clive, IA	37:39	1:15:21	1:15:22	6:04
7	3	W25	Danna Kelly, 25*, West Des Moines, IA	37:12	1:15:37	1:15:38	6:05
34	16	M25	Jordan Seaberg, 25, Des Moines, IA	36:31	1:15:44	1:15:45	6:06
35	17	M25	Scott Johnson, 29, Cedar Rapids, IA	36:40	1:16:00	1:16:06	6:07
36	7	M30	Ryan Fye, 34, Clive, IA	37:51	1:16:04	1:16:10	6:07
8	2	W35	Robyn Friedman, 38*, Lambs Grove, IA	37:06	1:16:18	1:16:20	6:08
37	2	M40	Todd Christensen, 43, Altoona, IA	37:48	1:16:37	1:16:43	6:10
9	4	W25	Jen Van Otterloo, 26*, Sioux City, IA	37:37	1:16:40	1:16:41	6:10
38	8	M30	Ryan Kramer, 33, Des Moines, IA	37:04	1:16:56	1:16:57	6:11
39	18	M25	Dan Saar, 29, Des Moines, IA	37:38	1:17:09	1:17:12	6:12
40	2	M17	Drew Jackson, 18, Johnston, IA	40:33	1:17:19	1:17:27	6:13
41	2	M50	Keith Abels, 50, Ogden, IA	37:53	1:17:19	1:17:24	6:13
42	9	M30	Sean McVeigh, 30, Nevada, IA	38:31	1:17:29	1:17:32	6:14
43	4	M35	Jesse Sullivan, 35, Algona, IA	38:42	1:17:30	1:17:34	6:14
44	10	M30	Joe Lahart, 33, Cedar Rapids, IA	38:50	1:17:38	1:17:43	6:15
45	6	M20	Tyler McCubbin, 23, Pleasant Hill, IA	38:41	1:17:41	1:17:45	6:15
46	5	M35	Anthony Cendana, 36, Cumming, IA	38:52	1:17:41	1:17:44	6:15
47	7	M20	John Venner, 23, Boone, IA	40:25	1:17:44	1:18:25	6:15
48	3	M40	Mark Timmerman, 42, Indianola, IA	38:01	1:18:01	1:18:03	6:17
49	4	M40	Scott Patterson, 40, Polk City, IA	38:52	1:18:02	1:18:04	6:17
50	6	M35	Konrad Christensen, 37, Ankeny, IA	39:27	1:18:05	1:18:08	6:17
51	19	M25	Sean Severe, 28, Des Moines, IA	39:54	1:18:08	1:18:15	6:17
52	20	M25	Eric Hoff, 25, Ankeny, IA	38:44	1:18:17	1:18:21	6:18
53	3	M17	Drew Prescott, 19, Urbandale, IA	38:00	1:18:18	1:18:20	6:18
54	5	M40	Shawn Miller, 40, Des Moines, IA	39:18	1:18:19	1:18:22	6:18
55	11	M30	Matthew McDermott, 34, West Des Moines, IA	39:06	1:18:22	1:18:24	6:18
56	1	JrM	Josh Rowley, 16, Urbandale, IA	38:01	1:18:25	1:18:30	6:19
57	12	M30	Justin Droppert, 32, Urbandale, IA	38:50	1:18:42	1:18:47	6:20
58	8	M20	Nicholas Newbury, 23, Johnston, IA	39:52	1:18:58	1:19:04	6:21
59	21	M25	Scott Mathes, 27, Des Moines, IA	38:48	1:18:59	1:19:21	6:21
10	3	W30	Susie Dyck, 31*, Ankeny, IA	39:08	1:19:03	1:19:05	6:22
60	2	JrM	Harry Freund, 16, West Des Moines, IA	39:18	1:19:11	1:19:15	6:22
61	22	M25	Jon White, 28, Seattle, WA	38:35	1:19:22	1:19:33	6:23
62	7	M35	Daniel Pinkerton, 36, Des Moines, IA	39:36	1:19:22	1:19:39	6:23
63	8	M35	Jason Lawry, 36, Waukee, IA	38:55	1:19:25	1:19:29	6:23
64	9	M20	Andrew Hamer, 22, Murray, IA	41:38	1:19:34	1:19:42	6:24
65	2	M45	Rob Beaver, 48, Johnston, IA	40:15	1:19:40	1:19:44	6:25
66	6	M40	Scott Jones, 41, Ankeny, IA	40:26	1:19:43	1:19:51	6:25
67	7	M40	Phil Waltermire, 40, Garwin, IA	39:31	1:19:46	1:19:49	6:25
68	23	M25	Cody Edwards, 26, West Des Moines, IA	40:20	1:19:47	1:20:09	6:25
69	8	M40	Bryan Runyan, 41, Indianola, IA	39:18	1:19:48	1:19:56	6:25
70	13	M30	Gregg Hennigan, 34, Coralville, IA	40:23	1:19:53	1:19:55	6:26
71	9	M35	Nathan Wenck, 35, Carroll, IA	40:00	1:19:53	1:20:00	6:26
72	14	M30	Corey Jansen, 30, Ankeny, IA	39:30	1:19:53	1:19:58	6:26
73	10	M20	Torey Stallsmith, 22, Charles City, IA	41:25	1:20:03	1:20:40	6:26
11	3	W35	Jenny Schulze, 39*, Clive, IA	39:57	1:20:05	1:20:09	6:27
74	1	M55	Paul Kmiecik, 59, Middleton, WI	39:55	1:20:08	1:20:09	6:27
75	24	M25	Jacob Johnson, 27, West Des Moines, IA	39:50	1:20:18	1:20:20	6:28
12	4	W30	Jennifer Vande Vegte, 34*, Sioux Center, IA	39:58	1:20:21	1:20:24	6:28
76	9	M40	Matt Tullis, 44, Marshalltown, IA	39:31	1:20:24	1:20:27	6:28
77	15	M30	Jack Johnson, 31, West Des Moines, IA	40:16	1:20:26	1:20:30	6:28
78	10	M40	Aaron Wrabek, 40, Ankeny, IA	40:26	1:20:27	1:20:30	6:28
79	25	M25	Lance Harris, 28, Windsor Heights, IA	39:35	1:20:29	1:20:33	6:29
80	26	M25	Joe Andersen, 27, Minnetonka, MN	40:18	1:20:43	1:20:47	6:30
13	4	W35	Michelle Paxton, 35*, Lincoln, NE	40:37	1:20:48	1:20:53	6:30
81	3	M45	Dean Junk, 47, Ankeny, IA	39:59	1:20:49	1:21:01	6:30
82	3	JrM	Connor Westlake, 16, Johnston, IA	40:33	1:20:51	1:21:00	6:30
83	4	M45	Cory De Long, 46, Milan, IL	40:01	1:20:55	1:20:56	6:31
84	27	M25	John Njoroge, 28, Coon Rapids, MN	32:30	1:20:59	1:21:00	6:31
14	1	W17	Cynthia Jerop, 17*, Coon Rapids, MN	35:39	1:20:59	1:21:00	6:31
85	16	M30	Randall Stanford, 34, Clive, IA	39:29	1:21:05	1:21:07	6:31
86	28	M25	Justin Brown, 29, Des Moines, IA	40:14	1:21:10	1:21:16	6:32
87	2	M55	Dave Johnson, 56, Harvard, NE	38:50	1:21:12	1:21:13	6:32

15	5	W35	Trisha Schlick, 38*, Ames, IA	40:21	1:21:13	1:21:18	6:32
88	11	M20	Josh Hohertz, 24, Des Moines, IA	40:15	1:21:16	1:21:22	6:32
89	29	M25	Matt Kleckner, 25, Mason City, IA	39:18	1:21:19	1:21:36	6:33
90	4	M17	Nathan Bradley, 17, State Center, IA	39:24	1:21:22	1:21:34	6:33
91	12	M20	Nathan Wiemers, 21, West Des Moines, IA	42:59	1:21:22	1:21:47	6:33
92	11	M40	Chris Brooks, 40, Albuquerque, NM	40:54	1:21:22	1:21:29	6:33
93	17	M30	Aaron Asmus, 33, Austin, MN	41:35	1:21:26	1:21:29	6:33
94	18	M30	Chad Marchant, 33, Ankeny, IA	40:08	1:21:29	1:21:36	6:33
95	13	M20	Ethan Warrior, 22, Bridgewater, IA	39:51	1:21:34	1:21:40	6:34
96	12	M40	Brett Christensen, 41, Clive, IA	39:51	1:21:40	1:21:46	6:34
97	30	M25	Adam Mayer, 26, St. Ansgar, IA	40:56	1:21:42	1:21:53	6:34
98	10	M35	Daniel York, 36, Ankeny, IA	40:27	1:21:42	1:21:50	6:34
16	1	W45	Bonnie Sons, 46*, Shorewood, MN	40:21	1:21:44	1:21:46	6:35
99	14	M20	Ryan Marzen, 22, Dougherty, IA	41:40	1:21:52	1:22:00	6:35
100	11	M35	Daniel Blondowski, 37, Johnston, IA	40:19	1:21:53	1:21:59	6:35
101	31	M25	Greg Pfiffner, 27, Ankeny, IA	39:27	1:21:54	1:21:57	6:35
102	19	M30	Eric Weiford, 34, Ankeny, IA	40:15	1:21:55	1:22:01	6:35
103	20	M30	Scott Ingersoll, 34, Ankeny, IA	40:21	1:21:57	1:22:05	6:36
104	21	M30	Joshua Aaron, 31, Des Moines, IA	40:22	1:22:11	1:22:18	6:37
105	32	M25	Gabe Wilson, 26, Osceola, IA	39:24	1:22:12	1:22:18	6:37
106	22	M30	Lance Randolph, 32, Norwalk, IA	40:23	1:22:13	1:22:20	6:37
107	23	M30	Matthew Struecker, 33, Knoxville, IA	41:24	1:22:20	1:22:31	6:37
108	13	M40	Scott Sterrett, 43, Cedar Falls, IA	41:09	1:22:23	1:22:30	6:38
109	5	M17	Matthew Poss, 18, Johnston, IA	42:23	1:22:25	1:22:33	6:38
110	3	M50	Greg Skopec, 50, Coralville, IA	39:56	1:22:26	1:22:28	6:38
111	14	M40	Matthew Hemry, 42, Des Moines, IA	40:54	1:22:28	1:22:36	6:38
112	24	M30	Jared Otte, 30, Waukee, IA	41:39	1:22:29	1:22:37	6:38
113	6	M17	Zac Wiemers, 19, West Des Moines, IA	42:58	1:22:29	1:22:54	6:38
114	12	M35	Marc Hollander, 37, West Des Moines, IA	40:26	1:22:29	1:22:38	6:38
115	13	M35	Matthew Wilson, 37, Clive, IA	40:35	1:22:33	1:22:40	6:39
17	5	W25	Casey Owens, 29*, Des Moines, IA	38:40	1:22:34	1:22:35	6:39
116	14	M35	Nate Strickler, 37, Grimes, IA	40:55	1:22:34	1:22:48	6:39
117	15	M20	Brandon Clough, 21, Marshalltown, IA	41:38	1:22:36	1:22:45	6:39
118	33	M25	Patrick O'Shea, 26, Marshalltown, IA	40:41	1:22:37	1:22:58	6:39
119	34	M25	Eric Gubbels, 27, Des Moines, IA	41:37	1:22:38	1:23:24	6:39
120	25	M30	Dan Gilliatt, 33, Winterset, IA	40:24	1:22:38	1:22:43	6:39
121	35	M25	Zach Cloe, 29, Cedar Rapids, IA	41:40	1:22:44	1:22:53	6:39
122	15	M40	Michael Strief, 42, Urbandale, IA	41:02	1:22:46	1:22:52	6:40
18	6	W25	Sara Hendrickson, 25*, Des Moines, IA	40:34	1:22:46	1:22:49	6:40
123	5	M45	Jeff Anker, 48, Polk City, IA	41:14	1:22:50	1:23:51	6:40
124	26	M30	Tyler Hostetler, 33, Jefferson, IA	40:34	1:22:52	1:23:26	6:40
125	4	M50	Brian Willem, 50, Urbandale, IA	40:34	1:22:52	1:23:01	6:40
126	15	M35	Tim Roetman, 39, Johnston, IA	42:09	1:22:57	1:23:11	6:40
19	2	W17	Andrea Toppin, 19*, Clear Lake, IA	40:14	1:23:00	1:23:05	6:41
127	16	M20	Nathan Kleckner, 22, Iowa City, IA	41:14	1:23:00	1:23:17	6:41
128	27	M30	Travis Ripperger, 34, Waukee, IA	40:44	1:23:01	1:23:05	6:41
129	7	M17	Zachary Cain, 18, Ankeny, IA	42:45	1:23:02	1:23:41	6:41
130	16	M35	Tyler Schwiesow, 35, Des Moines, IA	41:29	1:23:03	1:23:13	6:41
131	28	M30	John Christen, 33, Marshalltown, IA	41:36	1:23:04	1:23:25	6:41
132	17	M20	Carl Bakker, 24, Cedar Falls, IA	42:25	1:23:05	1:23:15	6:41
20	1	W20	Lauren Jones, 24*, Centerville, IA	42:09	1:23:08	1:23:23	6:41
133	17	M35	Paxton Bennett, 38, Des Moines, IA	41:56	1:23:08	1:23:11	6:41
134	18	M35	Chad Roethler, 39, Urbandale, IA	41:42	1:23:10	1:23:20	6:41
21	5	W30	Heather Droppert, 32*, Urbandale, IA	41:12	1:23:13	1:23:17	6:42
135	29	M30	Aaron Wheelock, 31, Des Moines, IA	42:21	1:23:29	1:24:07	6:43
136	36	M25	Kaleb Pergande, 28, Marshalltown, IA	41:43	1:23:29	1:23:44	6:43
137	6	M45	Kyle Weuve, 46, Urbandale, IA	40:54	1:23:29	1:23:37	6:43
138	19	M35	Jason Frederick, 35, Waukee, IA	39:59	1:23:40	1:23:44	6:44
139	18	M20	Mark Lahart, 21, Indianola, IA	41:17	1:23:42	1:23:47	6:44
140	30	M30	Jeff Boggs, 31, Chariton, IA	40:36	1:23:44	1:23:50	6:44
141	20	M35	Jason Hamilton, 35, Fort Dodge, IA	41:34	1:23:44	1:24:01	6:44
142	31	M30	Matt Meier, 32, Urbandale, IA	41:57	1:23:49	1:24:03	6:45
143	19	M20	Michael Ellerman, 21, Ames, IA	42:49	1:23:53	1:24:29	6:45
144	8	M17	Joel Veencamp, 19, Madrid, IA	42:28	1:23:56	1:24:20	6:45
145	32	M30	Gary Jensen, 33, Adel, IA	40:30	1:24:00	1:24:03	6:46

146	33	M30	Jason McElroy, 34, Perry, IA	42:24	1:24:03	1:24:34	6:46
147	34	M30	Brad Behrens, 34, Ankeny, IA	42:25	1:24:12	1:24:21	6:46
	22	W20	Daniellie Nowasell, 21*, Grinnell, IA	42:23	1:24:20	1:24:37	6:47
148	16	M40	Mark Fahrenkrug, 41, Waukee, IA	40:40	1:24:20	1:24:24	6:47
149	37	M25	Jeremy Arickx, 27, Ankeny, IA	42:34	1:24:24	1:24:38	6:47
150	35	M30	Nick Elliott, 32, Des Moines, IA	42:09	1:24:27	1:24:51	6:48
	23	W30	Kristen Mitchell, 33*, Ottumwa, IA	42:22	1:24:28	1:24:31	6:48
151	17	M40	Curtis Downs, 43, Des Moines, IA	42:02	1:24:30	1:24:52	6:48
152	38	M25	Austin Baeth, 27, Des Moines, IA	43:12	1:24:30	1:24:53	6:48
153	20	M20	John Sheldahl, 23, Iowa City, IA	42:31	1:24:33	1:25:01	6:48
154	36	M30	Neal DenHartog, 31, Ames, IA	41:36	1:24:36	1:24:44	6:48
155	3	M55	Willie Lahart, 59, Newton, IA	41:17	1:24:41	1:24:45	6:49
156	37	M30	Karl Niggemeyer, 30, Iowa City, IA	42:37	1:24:42	1:25:25	6:49

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157	9	M17	Payton Busch, 17, Centerville, IA	43:29	1:24:42	1:27:02	6:49
158	18	M40	Peter Hill, 41, Ankeny, IA	41:40	1:24:44	1:24:50	6:49
159	38	M30	James Clevenger, 33, West Des Moines, IA	43:04	1:24:45	1:25:08	6:49
160	39	M30	James Petersen, 30, Grimes, IA	41:40	1:24:45	1:24:54	6:49
161	19	M40	Luke Spencer, 40, Des Moines, IA	41:25	1:24:46	1:25:02	6:49
162	21	M20	John Veencamp, 21, Madrid, IA	42:21	1:24:49	1:25:12	6:49
	24	W25	Mary Kummerfeld, 29*, Orange City, IA	41:31	1:24:50	1:24:55	6:50
163	40	M30	Tim Vos, 33, Ankeny, IA	41:55	1:24:55	1:25:02	6:50
164	22	M20	Daniel Jensen, 20, Urbandale, IA	40:07	1:24:57	1:25:05	6:50
165	39	M25	Clinton Eshelman, 26, Clive, IA	42:09	1:25:00	1:25:08	6:50
166	23	M20	Robert Endriss, 23, Indianola, IA	42:17	1:25:02	1:25:20	6:50
167	41	M30	Agustin Delgado, Jr., 32, Omaha, NE	40:53	1:25:03	1:25:14	6:51
168	21	M35	Darin Dowling, 38, Des Moines, IA	42:39	1:25:03	1:25:11	6:51
	25	W40	Christine Price, 43*, Des Moines, IA	41:46	1:25:04	1:25:07	6:51
169	24	M20	Justin Noel, 22, Ames, IA	40:49	1:25:08	1:25:12	6:51
170	25	M20	Joe Christensen, 20, Audubon, IA	42:08	1:25:10	1:27:40	6:51
171	26	M20	Kyle Polich, 24, Coralville, IA	43:35	1:25:12	1:30:18	6:51
172	22	M35	Tag Noel, 35, Windsor Heights, IA	43:27	1:25:14	1:25:38	6:51
173	7	M45	Joe DuPre, 48, Pella, IA	43:01	1:25:15	1:25:28	6:52
174	23	M35	David Jacks, 35, Ankeny, IA	42:55	1:25:16	1:25:23	6:52
175	40	M25	Aaron Wells, 28, Des Moines, IA	42:29	1:25:16	1:25:23	6:52
176	24	M35	Scott Heisler, 36, West Des Moines, IA	41:29	1:25:16	1:25:22	6:52
177	42	M30	Daniel Mandernach, 34, Grimes, IA	42:42	1:25:17	1:25:26	6:52
178	25	M35	Doug Bickford, 39, Grimes, IA	43:07	1:25:19	1:25:28	6:52
	26	W30	Courtney Mann, 33*, Omaha, NE	43:00	1:25:27	1:25:32	6:53
179	43	M30	Zach Johnson, 30, Grimes, IA	41:56	1:25:28	1:25:31	6:53
180	44	M30	Darin Schuknecht, 30, Pella, IA	41:45	1:25:30	1:25:33	6:53
181	45	M30	Randy Sturm, 34, Belmond, IA	41:43	1:25:36	1:28:33	6:53
	27	W17	Lauren Opp, 19*, Garner, IA	44:39	1:25:36	1:26:50	6:53
182	20	M40	Matt Scotton, 43, Newton, IA	43:56	1:25:37	1:25:57	6:53
183	26	M35	James Krzak, 37, West Des Moines, IA	41:23	1:25:38	1:25:45	6:53
184	8	M45	Chad Wagener, 48, Ankeny, IA	41:59	1:25:38	1:25:41	6:53
185	27	M35	John Gretter, 38, Coralville, IA	42:19	1:25:40	1:25:47	6:54
186	9	M45	Chris Benjamin, 45, Coralville, IA	42:38	1:25:40	1:26:04	6:54
187	21	M40	Jeff Corcoran, 44, Des Moines, IA	42:28	1:25:40	1:25:58	6:54
188	22	M40	John Schuster, 43, Ankeny, IA	41:59	1:25:43	1:25:52	6:54
189	46	M30	Clint Stiles, 32, Grimes, IA	42:11	1:25:44	1:25:58	6:54
190	41	M25	Scott Rowe, 26, Colfax, IA	42:12	1:25:48	1:26:35	6:54
191	42	M25	Jonathan Escobar, 28, Des Moines, IA	40:32	1:25:49	1:25:57	6:54
192	23	M40	Tim Lundberg, 43, Urbandale, IA	42:41	1:25:54	1:26:16	6:55
193	27	M20	Riley Post, 24, Blue Grass, IA	43:29	1:25:54	1:26:06	6:55
	28	W40	Kelly Sorensen, 42*, West Des Moines, IA	41:36	1:25:57	1:26:13	6:55
	29	W25	Andrea Rigler, 28*, Urbandale, IA	42:33	1:25:57	1:26:25	6:55
194	43	M25	David Wilson, 29, Bondurant, IA	43:12	1:25:59	1:26:28	6:55
195	44	M25	Trevor Muchow, 25, Davenport, IA	42:53	1:26:01	1:26:12	6:55
196	10	M17	Thad Subra, 18, Polk City, IA	40:57	1:26:01	1:26:10	6:55
	30	W40	Carrie Van Quathem, 40*, Urbandale, IA	42:46	1:26:05	1:26:23	6:56
	31	W25	Patricia Keane, 28*, Sioux City, IA	42:49	1:26:07	1:26:52	6:56
197	47	M30	Tyson Ketelsen, 32, Iowa City, IA	41:52	1:26:07	1:26:31	6:56

198	45	M25	Joseph Fuller, 28, Peoria, IL	42:37	1:26:08	1:26:19	6:56
199	24	M40	Jason Hahn, 41, Des Moines, IA	42:59	1:26:08	1:26:14	6:56
200	28	M35	Shane Leach, 39, Johnston, IA	45:15	1:26:09	1:27:11	6:56
201	48	M30	Tom Rodemyer, 30, Ankeny, IA	41:01	1:26:11	1:26:16	6:56
202	29	M35	Steve Houg, 37, West Des Moines, IA	42:39	1:26:19	1:26:27	6:57
203	49	M30	Ryan Hennigan, 32, Urbandale, IA	42:08	1:26:20	1:26:29	6:57
204	50	M30	Mitch Kearney, 31, West Des Moines, IA	43:00	1:26:23	1:26:42	6:57
205	51	M30	David Hostetter, 34, Colfax, IA	41:15	1:26:23	1:26:55	6:57
206	25	M40	Dan Henderson, 41, Ankeny, IA	42:45	1:26:25	1:26:30	6:57
207	10	M45	Rob Mosher, 48, West Des Moines, IA	42:55	1:26:31	1:26:41	6:58
208	26	M40	Lee Hill, 43, Des Moines, IA	42:19	1:26:34	1:26:46	6:58
209	30	M35	Mike Gehringer, 39, Urbandale, IA	45:03	1:26:35	1:26:52	6:58
210	5	M50	John Taylor III, 53, Des Moines, IA	42:28	1:26:38	1:26:40	6:58
211	6	M50	Randy Brecht, 51, Middle Amana, IA	42:33	1:26:38	1:26:42	6:58
212	52	M30	Bo Anderson, 32, Urbandale, IA	43:11	1:26:42	1:27:00	6:58
213	31	M35	Trent Donnelly, 35, Dexter, IA	42:42	1:26:43	1:27:02	6:59
214	27	M40	Ken Wright, 43, Cedar Rapids, IA	43:01	1:26:44	1:27:09	6:59
215	53	M30	Michael Clark, 33, Cedar Rapids, IA	43:28	1:26:44	1:27:05	6:59
216	46	M25	Scott Brown, 29, Urbandale, IA	48:11	1:26:46	1:29:04	6:59
217	54	M30	Quinn Stamp, 32, Lisbon, IA	43:40	1:26:47	1:27:53	6:59
218	4	JrM	Jacob Wiemers, 16, West Des Moines, IA	44:42	1:26:48	1:27:13	6:59
219	5	JrM	Tanner Fischer, 15, Ankeny, IA	42:46	1:26:49	1:27:28	6:59
220	55	M30	Robert Volp, 33, West Des Moines, IA	42:42	1:26:59	1:27:07	7:00
221	11	M45	Steve Johnson, 45, Waukee, IA	43:03	1:26:59	1:27:07	7:00
222	11	M17	Brett Merseal, 18, Ames, IA	44:56	1:27:00	1:27:47	7:00
223	12	M45	Andrew Smart, 49, Ankeny, IA	42:42	1:27:07	1:27:15	7:01
224	47	M25	Levi Nichols, 28, Des Moines, IA	42:13	1:27:08	1:27:19	7:01
225	7	M50	Bernie Burke, 50, Des Moines, IA	45:24	1:27:08	1:28:05	7:01
226	56	M30	Joe Purvis, 33, Newton, IA	43:11	1:27:11	1:27:55	7:01
227	32	M35	Stephen Heyne, 36, North English, IA	43:50	1:27:16	1:27:36	7:01
228	6	JrM	Ethan Moran, 16, Johnston, IA	41:47	1:27:17	1:27:32	7:01
229	13	M45	Danny Randall, 49, Osage, IA	41:54	1:27:17	1:27:43	7:01
32	8	W30	Stephanie Mortenson, 30*, Urbandale, IA	45:41	1:27:27	1:27:51	7:02
230	14	M45	Chuck Fritz, 47, Clive, IA	43:56	1:27:28	1:27:49	7:02
33	10	M25	Jessica Novelli, 27*, Waukee, IA	43:00	1:27:33	1:27:48	7:03
34	11	W25	Emily Perreault, 27*, Mount Vernon, IA	44:00	1:27:37	1:27:51	7:03
231	33	M35	Todd Fee, 37, Norwalk, IA	42:27	1:27:37	1:27:51	7:03
232	57	M30	Ryan Foley, 33, Dubuque, IA	42:19	1:27:41	1:27:47	7:03
233	58	M30	Caleb Brown, 31, Des Moines, IA	43:43	1:27:42	1:27:50	7:03
234	12	M17	Austin Dunbar, 17, Van Meter, IA	41:26	1:27:42	1:27:47	7:03
35	9	W30	Janelle Heusinger, 33*, West Des Moines, IA	44:00	1:27:42	1:27:57	7:03
235	59	M30	Damian Peasley, 30, Madrid, IA	44:09	1:27:43	1:28:07	7:03
236	28	M40	Scott Heckenlaible, 43, Ankeny, IA	43:25	1:27:48	1:27:55	7:04
237	8	M50	Matt McCright, 52, Urbandale, IA	43:30	1:27:49	1:28:19	7:04
238	29	M40	Mark Hargrove, 42, Ames, IA	43:50	1:27:51	1:28:17	7:04
239	60	M30	Clete Younger, 30, Cedar Rapids, IA	43:56	1:27:52	1:28:00	7:04
240	61	M30	Ryan Barton, 32, Ankeny, IA	43:10	1:27:58	1:28:41	7:05
241	62	M30	Charles Dusbabek, 33, Des Moines, IA	43:39	1:27:58	1:29:18	7:05
242	15	M45	David Reid, 45, Fairfax, IA	42:09	1:28:03	1:28:06	7:05
243	34	M35	Jon Holstrom, 35, Urbandale, IA	42:52	1:28:06	1:28:32	7:05
244	48	M25	Eric Monahan, 26, Fort Dodge, IA	41:57	1:28:06	1:28:33	7:05
245	30	M40	Kevin Cummer, 40, Waverly, IA	43:22	1:28:07	1:28:22	7:05
36	12	W25	Jessica Schroeder, 26*, Urbandale, IA	42:49	1:28:08	1:28:13	7:05
246	63	M30	Able Mahaffey, 33, Altoona, IA	43:18	1:28:08	1:35:20	7:05
247	35	M35	Iurii Fedirko, 35, Des Moines, IA	42:48	1:28:10	1:28:25	7:06
248	13	M17	Josh Newell, 17, Story City, IA	45:14	1:28:13	1:29:01	7:06
249	36	M35	Michael Carr, 39, Ames, IA	44:22	1:28:16	1:28:41	7:06
250	64	M30	Mark Bennett, 32, Grimes, IA	43:31	1:28:17	1:29:19	7:06
251	65	M30	Nat Tagtow, 30, Norwalk, IA	43:34	1:28:21	1:28:28	7:07
252	16	M45	Brett Bosworth, 49, West Des Moines, IA	44:53	1:28:24	1:29:22	7:07
253	66	M30	Marcus Wilcke, 31, Ankeny, IA	43:41	1:28:24	1:29:03	7:07
254	17	M45	Michael Urich, 45, Ankeny, IA	44:42	1:28:29	1:28:57	7:07
255	14	M17	Tyler Keith, 18, Fort Dodge, IA	44:46	1:28:31	1:28:59	7:07
37	13	W25	Megan Kelly, 26*, Ankeny, IA	42:50	1:28:31	1:29:33	7:07

256	49	M25	Blake Utley, 29, Fort Dodge, IA	44:46	1:28:31	1:28:59	7:07
257	67	M30	Russell Anthofer, 33, Altoona, IA	42:06	1:28:34	1:28:51	7:08
258	4	M55	Chuck Huygens, 56, Urbandale, IA	42:34	1:28:35	1:28:53	7:08
259	37	M35	Curtis Pote, 35, Ankeny, IA	43:16	1:28:37	1:28:53	7:08
260	50	M25	Eric Peterson, 26, Des Moines, IA	43:00	1:28:38	1:28:57	7:08
261	18	M45	Mark Cooper, 49, Johnston, IA	43:37	1:28:39	1:28:52	7:08
262	31	M40	Dan Laird, 44, Clive, IA	44:45	1:28:41	1:29:00	7:08
263	15	M17	Stephen Today, 18, Ames, IA	42:48	1:28:43	1:28:55	7:08
264	51	M25	Casey Baney, 28, Des Moines, IA	43:45	1:28:46	1:29:00	7:09
265	16	M17	Taylor Burkhead, 18, Urbandale, IA	41:40	1:28:47	1:28:56	7:09
266	28	M20	Bart Zimmer, 24, Casey, IA	41:09	1:28:47	1:30:11	7:09
267	29	M20	Joshua Hill, 20, Ames, IA	44:29	1:28:55	1:29:42	7:09
268	19	M45	Tony Oberman, 45, Clive, IA	44:34	1:28:56	1:29:18	7:09
269	38	M35	Kris Perreault, 37, Mount Vernon, IA	43:59	1:28:59	1:29:14	7:10
270	32	M40	Brian Palmer, 43, Des Moines, IA	45:21	1:29:02	1:29:26	7:10
271	33	M40	Kevin Boyle, 42, Winterset, IA	44:01	1:29:03	1:29:22	7:10
272	34	M40	David Fisher, 44, Ankeny, IA	45:39	1:29:04	1:29:31	7:10
273	52	M25	Matthew Kelderman, 27, Des Moines, IA	43:39	1:29:05	1:29:20	7:10
274	39	M35	Russ Flug, 38, Waukee, IA	44:18	1:29:06	1:29:28	7:10
38	3	W20	Ali Gress, 21*, Bellevue, NE	44:39	1:29:06	1:29:26	7:10
275	53	M25	Matthew Scott, 28, West Des Moines, IA	44:48	1:29:07	1:29:41	7:10
39	5	W40	Joanne Parker, 44*, Redfield, IA	43:05	1:29:09	1:29:20	7:10
276	54	M25	Bryan Stanfill, 26, Ames, IA	45:31	1:29:10	1:29:29	7:10
277	40	M35	Jonathan Altes, 36, Norwalk, IA	44:52	1:29:10	1:29:44	7:10
278	55	M25	Adrian Stamper, 28, Des Moines, IA	43:23	1:29:10	1:29:18	7:10
279	68	M30	Tim Einertson, 34, Mason, IA	44:46	1:29:10	1:29:41	7:10
280	20	M45	Paul Albares, 49, Monticello, MN	44:59	1:29:11	1:29:57	7:11
281	69	M30	Josh Manning, 32, Pella, IA	44:24	1:29:11	1:29:23	7:11
282	17	M17	Jesus Iniquez, 19, Denison, IA	39:21	1:29:11	1:29:12	7:11
283	70	M30	Robert Rehkemper, 34, Urbandale, IA	43:48	1:29:11	1:29:22	7:11
284	71	M30	Eric Recker, 34, Pella, IA	44:24	1:29:12	1:29:23	7:11
285	72	M30	Tait Smock, 32, Pella, IA	44:24	1:29:12	1:29:23	7:11
286	18	M17	Allen Davis, 19, Melbourne, IA	40:30	1:29:16	1:29:28	7:11
40	14	W25	Candace Kautzky, 28*, Coon Rapids, IA	44:35	1:29:17	1:29:46	7:11
287	30	M20	Alex Inbody, 21, West Des Moines, IA	46:07	1:29:19	1:33:48	7:11
41	6	W35	Traci Havlik, 37*, Madrid, IA	43:57	1:29:19	1:29:39	7:11
288	31	M20	Nick Shell, 21, Ames, IA	44:45	1:29:21	1:30:01	7:11
289	56	M25	Daniel Baxter, 28, Fertile, IA	46:00	1:29:26	1:29:58	7:12
290	32	M20	James Roan, 23, Kansas City, KS	43:36	1:29:27	1:30:07	7:12
291	57	M25	Matthew Boyles, 29, Tupper's Plains, OH	46:01	1:29:27	1:29:58	7:12
292	7	JrM	Jacob Hamilton, 15, Fort Dodge, IA	41:56	1:29:29	1:29:45	7:12
293	58	M25	Jesse Waitman, 27, Urbandale, IA	42:52	1:29:31	1:29:41	7:12
42	1	JrW	Tiffany Christensen, 16*, Eagle Grove, IA	44:02	1:29:33	1:30:31	7:12
294	19	M17	Mace Blank, 18, Minneapolis, MN	42:55	1:29:35	1:32:15	7:12
295	41	M35	Caleb Hegna, 35, Des Moines, IA	44:52	1:29:35	1:30:00	7:12
296	21	M45	Joel Duncan, 47, Urbandale, IA	45:13	1:29:37	1:30:13	7:13
297	8	JrM	Ian Hansen, 16, Ames, IA	44:56	1:29:41	1:30:29	7:13
298	73	M30	Tyler Smith, 34, Pleasant Hill, IA	46:01	1:29:43	1:30:04	7:13
299	74	M30	Jeff Kernens, 34, Omaha, NE	44:33	1:29:45	1:30:32	7:13
300	42	M35	Brandon Eckardt, 39, Des Moines, IA	43:48	1:29:46	1:30:17	7:13
43	10	W30	Lisa Pecina, 33*, Urbandale, IA	45:23	1:29:52	1:30:24	7:14
301	75	M30	Michael Crouse, 32, Ankeny, IA	45:40	1:29:55	1:32:08	7:14
302	76	M30	Josh Ehlen, 30, Omaha, NE	44:31	1:29:55	1:30:32	7:14
303	43	M35	Eric Anderson, 39, Webster City, IA	45:04	1:29:56	1:30:45	7:14
304	9	M50	Steve Mayberry, 50, Ames, IA	45:35	1:29:57	1:30:21	7:14
305	44	M35	Chris Rettig, 37, Ames, IA	44:01	1:29:57	1:30:11	7:14
306	22	M45	Kurt Leland, 48, Huxley, IA	45:34	1:29:57	1:30:21	7:14
307	59	M25	Eric Henderson, 29, Naperville, IL	43:36	1:29:58	1:30:37	7:14
308	20	M17	Kyle Neustrom, 18, West Des Moines, IA	44:47	1:30:02	1:30:27	7:15
309	45	M35	Ross Eoriatti, 39, West Des Moines, IA	44:18	1:30:04	1:30:14	7:15
310	60	M25	Tyler Goode, 25, Urbandale, IA	43:39	1:30:04	1:30:19	7:15
311	77	M30	Kyle Prendergast, 32, Des Moines, IA	43:55	1:30:04	1:30:20	7:15
312	61	M25	Brian Sender, 26, Clive, IA	43:35	1:30:05	1:30:15	7:15
313	35	M40	David Larson, 40, West Des Moines, IA	45:26	1:30:09	1:30:35	7:15
314	10	M50	Bruce Drummond, 54, Des Moines, IA	44:33	1:30:10	1:30:46	7:15

315	11	M50	K F. Headley, 50, Urbandale, IA	44:26	1:30:12	1:30:18	7:15
316	78	M30	Mike Hanson, 31, Clive, IA	43:19	1:30:15	1:30:41	7:16
317	79	M30	David Warner, 31, Council Bluffs, IA	45:07	1:30:17	1:30:54	7:16
	44	7	W35 Kimberley Presley, 36*, Urbandale, IA	43:43	1:30:19	1:30:59	7:16
318	36	M40	Scott Greenwood, 44, Des Moines, IA	43:53	1:30:21	1:30:36	7:16
319	21	M17	Brian Warren, 18, Des Moines, IA	44:40	1:30:35	1:32:26	7:17
320	80	M30	Cory Reiersen, 31, Ames, IA	46:11	1:30:36	1:30:55	7:17
321	37	M40	Tim Hart, 44, Johnston, IA	43:26	1:30:38	1:30:50	7:17
	45	11	W30 Andrea Feltz, 32*, Omaha, NE	44:04	1:30:39	1:30:44	7:18
322	33	M20	David Arends, 21, Ames, IA	45:53	1:30:39	1:31:38	7:18
323	81	M30	Zachary Kraft, 32, Johnston, IA	44:50	1:30:39	1:31:05	7:18
	46	6	W40 Dawn Hayes, 40*, Waukee, IA	46:29	1:30:40	1:31:20	7:18
324	34	M20	Grant Johnson, 21, Grimes, IA	43:33	1:30:42	1:31:18	7:18
325	46	M35	James Nelson, 38, Ames, IA	44:01	1:30:42	1:30:56	7:18
326	82	M30	Greg Castings, 34, West Des Moines, IA	42:51	1:30:44	1:30:58	7:18
327	35	M20	Matthew Larson, 22, Spencer, IA	45:46	1:30:46	1:31:27	7:18
328	38	M40	Brian Jergens, 40, Humboldt, IA	46:42	1:30:47	1:35:45	7:18
329	62	M25	R J. Tursi, 25, Des Moines, IA	45:39	1:30:49	1:32:48	7:18
330	47	M35	Conrad Hanson, 36, Urbandale, IA	46:08	1:30:52	1:31:29	7:19
331	83	M30	Troy Shoen, 34, Huxley, IA	45:28	1:31:01	1:31:22	7:19
332	48	M35	Darin Hendrix, 37, Ankeny, IA	46:21	1:31:02	1:31:27	7:19
333	49	M35	Gene Baloun, 36, Des Moines, IA	43:40	1:31:03	1:31:09	7:20
	47	12	W30 Jil Madison, 30*, Grimes, IA	44:07	1:31:03	1:31:13	7:20
334	39	M40	James Thornton, 41, Ankeny, IA	45:45	1:31:04	1:31:35	7:20
335	50	M35	Chris Ver Meer, 36, Pella, IA	45:57	1:31:05	1:31:54	7:20
336	40	M40	Travis Simpson, 41, Urbandale, IA	46:03	1:31:08	1:31:39	7:20
337	84	M30	Nate Cloe, 32, Des Moines, IA	44:14	1:31:11	1:31:20	7:20
338	51	M35	John Ramsey, 39, Johnston, IA	45:03	1:31:12	1:31:39	7:20
339	23	M45	Don Cumings, 49, Pleasant Hill, IA	44:21	1:31:13	1:31:21	7:20
340	85	M30	Jeff Grinstead, 30, Urbandale, IA	45:38	1:31:16	1:31:40	7:21
	48	4	W20 Kalyn Kruckenber, 21*, Mason City, IA	46:04	1:31:16	1:31:46	7:21
341	24	M45	My Cross, 46, Clive, IA	44:48	1:31:16	1:31:39	7:21
	49	15	W25 Stacy Bentler, 28*, Greenville, NC	45:44	1:31:18	1:32:19	7:21
342	36	M20	Spencer Elliott, 21, Dysart, IA	45:19	1:31:20	1:32:02	7:21
343	86	M30	Aaron Haug, 30, Pleasant Hill, IA	44:37	1:31:21	1:31:30	7:21
	50	16	W25 Kirsten Goble, 29*, Ankeny, IA	45:04	1:31:22	1:31:58	7:21
344	12	M50	Ken Fenton, 54, Waupaca, WI	45:30	1:31:22	1:31:51	7:21
345	41	M40	Kevin Campbell, 40, Polk City, IA	43:40	1:31:23	1:31:38	7:21
346	42	M40	Tony Stafford, 43, Prairie City, IA	45:28	1:31:23	1:31:56	7:21
347	5	M55	Tom Loudon, 55, Fairfield, IA	45:45	1:31:24	1:31:53	7:21
348	25	M45	Tim Vipond, 46, Cedar Rapids, IA	44:43	1:31:25	1:31:47	7:21
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94	10	W20	Maria Sorrentino, 21*, McHenry, IL	44:57	1:35:05	1:35:19	7:39
505	29	M50	Ron Hankins, 54, Polk City, IA	46:55	1:35:05	1:35:25	7:39
506	117	M30	Mike Larson, 34, Des Moines, IA	45:48	1:35:06	1:35:22	7:39
507	118	M30	Zach Evans, 31, Oxford, IA	45:48	1:35:06	1:35:42	7:39
95	17	W35	Julie Grove, 37*, Ellsworth, IA	47:03	1:35:07	1:35:47	7:39
508	8	M55	Jon Jordan, 57, Atlantic, IA	46:00	1:35:07	1:35:17	7:39
509	87	M25	Peter Wolf, 27, Des Moines, IA	46:34	1:35:07	1:35:55	7:39
510	80	M35	Bill Fischer, 35, Ankeny, IA	48:00	1:35:09	1:36:12	7:39
511	52	M20	Scott Shields, 21, Iowa City, IA	48:25	1:35:09	1:37:28	7:39
512	119	M30	Randy Jungers, 33, Des Moines, IA	48:49	1:35:13	1:37:17	7:40
513	81	M35	Ryan Worrell, 38, Ashland, NE	47:41	1:35:13	1:35:46	7:40
96	11	W20	Gwendolyn Kingsbury, 24*, Indianola, IA	48:16	1:35:13	1:36:51	7:40
514	30	M50	Duke Reichardt, 53, Clive, IA	46:56	1:35:14	1:35:50	7:40
515	88	M25	Caleb Bell, 29, Des Moines, IA	46:12	1:35:14	1:35:37	7:40
97	18	W35	Wendy Hanson, 39*, Urbandale, IA	47:31	1:35:15	1:36:13	7:40
516	38	M45	Michael Furrow, 49, Clive, IA	48:51	1:35:15	1:36:45	7:40

517	31	M50	Jeff Perry, 51, Bondurant, IA	46:06	1:35:16	1:35:25	7:40
518	65	M40	Dan Brink, 41, Ankeny, IA	48:13	1:35:17	1:36:39	7:40
519	82	M35	Zachary Curry, 36, Altoona, IA	48:59	1:35:17	1:36:17	7:40
520	89	M25	Eric Williams, 28, Waukee, IA	46:55	1:35:18	1:36:14	7:40
521	53	M20	Brandon Long, 23, Ames, IA	48:18	1:35:18	1:36:40	7:40
522	39	M45	Don Arends, 48, Newton, IA	47:29	1:35:19	1:36:44	7:40
98	19	W35	Sydney Leach, 37*, Johnston, IA	46:36	1:35:19	1:36:21	7:40
523	54	M20	Jeffrey Steiff, 24, Des Moines, IA	46:29	1:35:19	1:35:49	7:40
99	23	W30	Jacqueline Selix, 34*, West Des Moines, IA	46:23	1:35:20	1:35:38	7:40
524	55	M20	Paul O'Kane, 24, North Liberty, IA	47:44	1:35:20	1:36:04	7:40
525	66	M40	Michael Thilges, 42, West Des Moines, IA	49:12	1:35:21	1:38:34	7:40
526	90	M25	Dan Zagoren, 27, Des Moines, IA	49:14	1:35:21	1:39:37	7:40
527	9	M55	Stephen Maze, 55, Cedar Rapids, IA	48:05	1:35:23	1:38:34	7:40
528	40	M45	Jim Cunningham, 45, Johnston, IA	47:06	1:35:25	1:36:02	7:41
529	120	M30	Nathan Austin, 34, Blue Springs, MO	49:32	1:35:25	1:38:26	7:41
530	83	M35	Hans Schiefelbein, 35, McFarland, WI	46:52	1:35:25	1:36:04	7:41
531	23	M17	Dan Andersen, 19, Ankeny, IA	49:53	1:35:25	1:37:43	7:41
532	121	M30	Grant Robertson, 31, Shorewood, WI	46:53	1:35:26	1:36:04	7:41
533	11	JrM	Caanan Gassmann, 15, Winterset, IA	46:57	1:35:26	1:35:51	7:41
534	56	M20	Jared Engelbert, 23, Hiawatha, IA	47:17	1:35:26	1:37:45	7:41
535	84	M35	T J. Craig, 35, Iowa City, IA	50:01	1:35:27	1:36:30	7:41
536	57	M20	Andy Bernholtz, 23, Carroll, IA	46:36	1:35:28	1:35:56	7:41
100	26	W25	Jenny Baier, 26*, Urbandale, IA	49:18	1:35:29	1:37:56	7:41
537	122	M30	Michael Roberts, 33, West Des Moines, IA	47:25	1:35:30	1:36:02	7:41
101	2	JrW	Samantha Garner, 16*, Peru, IA	46:57	1:35:31	1:35:57	7:41
538	41	M45	Andy Lumadue, 46, Clive, IA	46:01	1:35:32	1:35:51	7:41
539	85	M35	Adam Lucas, 36, Norwalk, IA	47:33	1:35:32	1:35:42	7:41
540	58	M20	Derek Keast, 21, Altoona, IA	50:21	1:35:32	1:40:03	7:41
541	123	M30	Jonathan Weaver, 33, Altoona, IA	48:22	1:35:33	1:36:32	7:41
542	86	M35	Thomas McGinnis, 36, Shenandoah, IA	48:48	1:35:34	1:37:17	7:41
543	32	M50	Scott Freeman, 50, Urbandale, IA	47:24	1:35:35	1:36:13	7:41
544	42	M45	Craig Hinderks, 46, Minnetonka, MN	47:18	1:35:35	1:36:42	7:41
102	24	W30	Michele Asmus, 31*, Austin, MN	47:16	1:35:37	1:36:45	7:42
545	87	M35	Kevin Navrkal, 35, Grimes, IA	46:31	1:35:37	1:36:08	7:42
546	88	M35	Nathan Unger, 36, Victoria, MN	49:49	1:35:38	1:37:07	7:42
103	25	W30	Tamara Nelson, 32*, Iowa City, IA	47:33	1:35:38	1:36:18	7:42
547	67	M40	Steve Heimbaugh, 43, Gilbert, IA	46:39	1:35:39	1:36:35	7:42
104	20	W35	Jennifer Kownacki, 39*, Norwalk, IA	47:46	1:35:39	1:36:22	7:42
548	91	M25	Derek Swanson, 25, West Des Moines, IA	44:52	1:35:39	1:35:44	7:42
549	68	M40	Roger Selesky, 42, Ankeny, IA	47:29	1:35:43	1:36:03	7:42
550	43	M45	Robert Reicks, 48, Van Meter, IA	47:03	1:35:43	1:36:30	7:42
551	44	M45	Jeff Farrell, 48, Urbandale, IA	47:15	1:35:45	1:36:31	7:42
552	69	M40	Ian Bradley, 43, Johnston, IA	47:28	1:35:46	1:37:57	7:42
553	92	M25	Jacob McAnally, 29, Bondurant, IA	47:41	1:35:48	1:37:59	7:42
105	21	W35	Jennifer Mills, 39*, West Des Moines, IA	49:19	1:35:48	1:39:10	7:42
106	12	W20	Chelsea Tyler, 22*, Norwalk, IA	49:19	1:35:50	1:36:55	7:43
107	3	W50	Kristy Cain, 52*, Urbandale, IA	46:53	1:35:51	1:36:08	7:43
554	89	M35	Benton Frey, 39, Cedar Rapids, IA	48:41	1:35:52	1:38:29	7:43
555	33	M50	Roadog McKibben, 51, Clive, IA	45:54	1:35:52	1:36:16	7:43
556	10	M55	Chuck Korte, 57, West Des Moines, IA	46:39	1:35:53	1:36:50	7:43
557	34	M50	Kevin Allen, 51, Iowa, IA	46:08	1:35:56	1:36:23	7:43
558	70	M40	Mike Hershberger, 40, Ankeny, IA	47:19	1:35:56	1:36:16	7:43
559	93	M25	Jessie Wipperman, 27, Des Moines, IA	46:07	1:35:57	1:36:34	7:43
560	35	M50	Daniel Bergman, 50, Ankeny, IA	49:34	1:35:57	1:36:55	7:43
108	8	W40	Natalie Hempy, 41*, Solon, IA	48:58	1:35:58	1:38:00	7:43
109	26	W30	Trisha Joseph, 32*, West Des Moines, IA	47:40	1:35:58	1:36:13	7:43
110	6	W45	Michelle Deverell, 49*, Mason City, IA	46:16	1:35:59	1:36:12	7:43
561	124	M30	Nathaniel Welch, 32, Grimes, IA	47:59	1:36:02	1:36:29	7:44
562			18b6b6c	49:09	1:36:03	1:36:44	7:44
111	22	W35	Lori DeVries, 39*, Newton, IA	48:00	1:36:04	1:36:31	7:44
563	94	M25	Steven Berkley, 25, Ankeny, IA	46:36	1:36:05	1:36:29	7:44
564	95	M25	Phillip McCullough, 27, West Des Moines, IA	49:13	1:36:05	1:36:19	7:44
565	90	M35	Roshan Pradhan, 39, West Des Moines, IA	47:52	1:36:05	1:36:36	7:44
566	45	M45	Mick Lundquist, 48, Ankeny, IA	45:37	1:36:08	1:36:39	7:44

567	46	M45	Thomas Klotzbach, 46, Decorah, IA	46:55	1:36:12	1:36:53	7:44
112	23	W35	Jacy Downey, 37*, Indianola, IA	47:46	1:36:13	1:36:29	7:44
113	27	W30	Tiffani Conlon, 32*, Sioux City, IA	48:41	1:36:14	1:38:02	7:45
114	13	W20	Brittney Latare, 23*, Tiffin, IA	47:56	1:36:15	1:38:00	7:45
568	71	M40	Brian Crile, 42, Oskaloosa, IA	46:47	1:36:15	1:36:59	7:45
569	125	M30	Dan Engstler, 33, Slater, IA	49:28	1:36:15	1:37:39	7:45
115	3	JrW	Cassidy Gornick, 16*, Norwalk, IA	49:11	1:36:16	1:36:51	7:45
570	91	M35	Benjamin Smith, 37, Oshkosh, WI	48:51	1:36:17	1:36:38	7:45
571	126	M30	Jason Dreckman, 33, West Des Moines, IA	48:00	1:36:18	1:36:45	7:45
572	127	M30	Mitch Kunert, 33, Des Moines, IA	47:31	1:36:19	1:37:15	7:45
573	128	M30	Alex Bruns, 30, Ames, IA	45:39	1:36:20	1:36:33	7:45
116	28	W30	Amber Barwin, 32*, Fort Dodge, IA	46:28	1:36:21	1:36:26	7:45
117	9	W40	Jill Majeres, 41*, West Des Moines, IA	48:38	1:36:21	1:37:38	7:45
574	59	M20	Tyler Irving, 24, Tempe, AZ	43:14	1:36:22	1:36:29	7:45
575	129	M30	Tyler Harman, 30, Decorah, IA	45:03	1:36:22	1:36:41	7:45
576	96	M25	Michael Christiansen, 27, Des Moines, IA	49:14	1:36:22	1:40:38	7:45
577	97	M25	Neil Heithoff, 26, Ankeny, IA	49:03	1:36:23	1:39:05	7:45
578	11	M55	Jonathan Wendel, 57, Ames, IA	48:21	1:36:23	1:37:13	7:45
579	60	M20	Elliot Hoff, 24, Ames, IA	45:28	1:36:23	1:36:44	7:45
580	92	M35	Doug Haning, 39, Battlefield, MO	46:28	1:36:23	1:37:13	7:45
118	29	W30	Carrie Grant, 34*, Lincoln, NE	47:40	1:36:24	1:37:34	7:45
581	130	M30	Eric Riesberg, 32, West Des Moines, IA	48:55	1:36:24	1:37:23	7:45
582	36	M50	Tracy Robertson, 51, Independence, IA	48:02	1:36:24	1:37:08	7:45
583	47	M45	Michael Gasperi, 45, Ankeny, IA	47:46	1:36:27	1:37:06	7:46
584	61	M20	Jeremy Hilsabeck, 24, Marshalltown, IA	49:53	1:36:27	1:37:54	7:46
585	131	M30	Clinton Cummings, 30, Carroll, IA	46:32	1:36:27	1:36:37	7:46
586	93	M35	Bryan Aitchison, 37, Britt, IA	48:22	1:36:28	1:37:35	7:46
587	72	M40	Corey Carr, 42, Ankeny, IA	47:58	1:36:28	1:36:59	7:46
588	62	M20	Drew Yarkosky, 23, Albia, IA	46:33	1:36:28	1:36:46	7:46
589	63	M20	Jon Raftis, 24, West Des Moines, IA	48:44	1:36:30	1:37:53	7:46
590	94	M35	Nathan Stieler, 36, Des Moines, IA	47:36	1:36:31	1:38:12	7:46
591	24	M17	Sam McGinn, 17, Johnston, IA	48:45	1:36:32	1:38:09	7:46
592	132	M30	Sam Behrens, 33, Granger, IA	48:03	1:36:33	1:37:41	7:46
593	95	M35	Josh Jones, 36, Ankeny, IA	48:03	1:36:33	1:37:12	7:46
119	27	W25	Sarah Carlin, 29*, Eldridge, IA	46:13	1:36:33	1:37:12	7:46
594	37	M50	James Demmel, 51, Marshalltown, IA	48:50	1:36:34	1:37:32	7:46
595	133	M30	James Neal, 33, Urbandale, IA	48:19	1:36:34	1:38:26	7:46
596	96	M35	Nate Davis, 36, Ankeny, IA	48:54	1:36:36	1:37:46	7:46
120	7	W45	Sheri Sprung, 48*, Mason City, IA	47:48	1:36:38	1:37:15	7:46
597	134	M30	Nick Gifford, 31, Pleasant Hill, IA	48:44	1:36:38	1:37:18	7:47
598	98	M25	Dylan Lampe, 27, Des Moines, IA	47:50	1:36:38	1:37:11	7:47
121	30	W30	Melissa Crossland, 31*, Urbandale, IA	48:27	1:36:39	1:38:33	7:47
599	99	M25	Patrick Tasler, 29, Des Moines, IA	47:54	1:36:39	1:41:51	7:47
600	38	M50	Dennis Judd, 51, Urbandale, IA	48:21	1:36:40	1:37:28	7:47
601	100	M25	Charles Funaro, 28, West Des Moines, IA	50:41	1:36:41	1:37:45	7:47
602	101	M25	Garret Reddish, 25, Cedar Rapids, IA	49:16	1:36:41	1:48:07	7:47
603	39	M50	Stewart Baldner, 51, Dallas Center, IA	47:28	1:36:43	1:36:56	7:47
122	24	W35	Stephanie Cheney, 37*, Ankeny, IA	48:21	1:36:44	1:37:31	7:47
604	135	M30	Wesley Strong, 33, Hugo, MN	48:27	1:36:44	1:38:49	7:47
605	48	M45	Scott Meyer, 47, Pella, IA	47:43	1:36:45	1:36:57	7:47
606	25	M17	Trevor Lund, 19, Johnston, IA	48:49	1:36:45	1:37:06	7:47
607	40	M50	Bill Hansen, 51, Gilbert, IA	48:35	1:36:46	1:40:11	7:47
608	64	M20	Brian Smith, 23, West Des Moines, IA	47:51	1:36:47	1:38:50	7:47
123	14	W20	Brittany Angell, 22*, West Des Moines, IA	47:51	1:36:47	1:38:50	7:47
609	97	M35	Sean Soyer, 39, Bondurant, IA	50:04	1:36:47	1:39:40	7:47
124	15	W20	Megan Finley, 23*, Des Moines, IA	47:23	1:36:49	1:39:24	7:47
125	3	W55	Kathleen Wendel, 57*, Ames, IA	48:21	1:36:50	1:37:40	7:47
610	98	M35	Eric Fee, 38, Indianola, IA	48:49	1:36:50	1:37:46	7:47
611	73	M40	Joe Meyers, 42, Des Moines, IA	47:10	1:36:51	1:37:40	7:47
126	31	W30	Rachel Binneboese, 32*, Sioux City, IA	48:36	1:36:52	1:38:07	7:48
612	99	M35	Rob Wadle, 36, Clive, IA	47:53	1:36:53	1:37:39	7:48
613	102	M25	Kent Finley, 26, Wichita, KS	47:08	1:36:56	1:38:59	7:48
614	103	M25	Cody Goings, 29, Ankeny, IA	47:08	1:36:57	1:38:54	7:48
615	104	M25	Thomas Meierotto, 28, West Des Moines, IA	48:59	1:36:57	1:38:18	7:48
616	136	M30	Ryan Gilmore, 31, Des Moines, IA	46:08	1:36:59	1:37:32	7:48

617	49	M45	Max Studer, 48, Norwalk, IA	47:07	1:37:00	1:37:53	7:48
618	74	M40	Richard Mockobee, 44, Norwalk, IA	47:43	1:37:01	1:37:47	7:48
619	100	M35	Cory Sinclair, 37, Indianola, IA	48:55	1:37:01	1:37:46	7:48
127	32	W30	Debbie Henderson, 34*, Urbandale, IA	48:43	1:37:02	1:38:44	7:48
128	10	W40	Brenda O'Hare, 44*, Ankeny, IA	48:02	1:37:03	1:37:47	7:48
620	105	M25	Jimmy Vowell, 27, West Des Moines, IA	49:31	1:37:04	1:38:34	7:49
621	75	M40	Jake Ten Haken, 40, Hull, IA	48:58	1:37:04	1:38:18	7:49
129	33	W30	Heather Yost, 34*, Urbandale, IA	48:25	1:37:06	1:38:52	7:49
622	101	M35	Alex Juergens, 35, Nowalk, IA	49:56	1:37:06	1:39:20	7:49
623	102	M35	Ryan Roe, 35, Clive, IA	49:15	1:37:07	1:38:40	7:49
624	65	M20	Andy Haberkamp, 24, Cedar Falls, IA	47:23	1:37:07	1:37:49	7:49
130	25	W35	Janell Kallenbach, 39*, Norwalk, IA	47:43	1:37:12	1:37:54	7:49
131	16	W20	Molly Rhodes, 21*, Des Moines, IA	47:41	1:37:12	1:37:28	7:49
625	3	M60	Gregory Chlebicki, 62, Des Moines, IA	47:00	1:37:13	1:37:44	7:49
626	12	M55	Frank Greene, 57, Cumming, IA	47:03	1:37:14	1:37:15	7:49
132	26	W35	Erin Sandvig, 38*, West Des Moines, IA	48:08	1:37:14	1:38:08	7:49
627	103	M35	Kevin Brown, 36, Bellevue, NE	44:48	1:37:14	1:37:41	7:49
628	66	M20	Micah Neidhart, 21, Acton, CA	48:08	1:37:14	1:37:20	7:49
133	11	W40	Cindy Elsbernd, 41*, Des Moines, IA	47:00	1:37:16	1:37:53	7:50
629	137	M30	Jason Herrick, 30, Nashua, IA	49:55	1:37:16	1:43:07	7:50
630	13	M55	Brad Ewest, 58, Ankeny, IA	47:34	1:37:16	1:37:46	7:50
631	14	M55	Mark Hanson, 59, Ankeny, IA	47:45	1:37:20	1:38:14	7:50
632	138	M30	Dave Baitinger, 30, Ankeny, IA	48:44	1:37:20	1:38:24	7:50
633	139	M30	Timothy Scheib, 34, Ankeny, IA	49:27	1:37:20	1:38:49	7:50
134	17	W20	Stacia Nissen, 21*, Fort Dodge, IA	49:38	1:37:20	1:38:40	7:50
634	140	M30	Tony Ekman, 31, Des Moines, IA	49:05	1:37:21	1:38:07	7:50
635	4	M60	Richard Grote, 60, New Hampton, IA	47:59	1:37:22	1:38:11	7:50
636	104	M35	Mark Jessee, 37, Brooklyn Center, MN	48:33	1:37:22	1:38:07	7:50
637	106	M25	Andy Kucksdorf, 29, Altoona, IA	48:26	1:37:22	1:37:46	7:50
135	34	W30	Maureen Swenson, 34*, Ankeny, IA	47:55	1:37:23	1:38:39	7:50
638	141	M30	Andrew Barkley, 31, Desmoines, IA	49:05	1:37:23	1:44:47	7:50
136	28	W25	Diana Humphrey, 25*, Overland Park, KS	47:36	1:37:24	1:38:04	7:50
639	15	M55	John Roberts, 55, Audubon, IA	48:45	1:37:25	1:38:24	7:50
640	26	M17	Aaron Roberts, 19, Audubon, IA	48:43	1:37:25	1:38:23	7:50
641	142	M30	Thomas Zimpleman, 31, Washington, DC	49:38	1:37:26	1:39:37	7:50
642	12	JrM	Jake Lensing, 15, Otley, IA	48:42	1:37:26	1:40:59	7:50
643	27	M17	Korbin Stich, 19, Indianola, IA	43:57	1:37:26	1:37:44	7:50
644	105	M35	Jeremy Dyvig, 36, Waukee, IA	47:27	1:37:27	1:37:57	7:50
645	106	M35	Jason Boeding, 37, Des Moines, IA	47:40	1:37:28	1:38:28	7:50
646	16	M55	Terry Eason, 55, Waukee, IA	48:30	1:37:29	1:38:24	7:51
137	35	W30	Danielle Bucknell, 30*, Waukon, IA	48:30	1:37:29	1:38:25	7:51
647	107	M25	Ian O'Connor, 25, West Des Moines, IA	47:46	1:37:31	1:38:21	7:51
138	36	W30	Jennifer Childress, 32*, West Des Moines, IA	47:00	1:37:32	1:38:08	7:51
139	37	W30	Dana Flogel, 30*, West Des Moines, IA	49:00	1:37:32	1:38:19	7:51
648	108	M25	Lucas Queck, 28, Fontanelle, IA	48:53	1:37:32	1:38:39	7:51
140	38	W30	Lisa Ver Meer, 32*, Pella, IA	48:11	1:37:32	1:38:21	7:51
649	143	M30	Doug Prange, 33, Pella, IA	48:56	1:37:33	1:38:29	7:51
650	107	M35	Jason Pewe, 37, Johnston, IA	49:43	1:37:34	1:39:37	7:51
651	67	M20	Robert Main, 24, Des Moines, IA	49:44	1:37:34	1:38:29	7:51
652	68	M20	Eric Queck, 21, Papillion, NE	48:52	1:37:35	1:38:42	7:51
141	27	W35	Jodi Hanson, 37*, Urbandale, IA	49:46	1:37:35	1:38:38	7:51
142	28	W35	Kim Pope, 39*, Urbandale, IA	49:22	1:37:37	1:39:05	7:51
653	144	M30	Trent Johnson, 31, Des Moines, IA	48:30	1:37:37	1:38:33	7:51
654	76	M40	Jay Fogarty, 41, Clive, IA	48:45	1:37:39	1:38:02	7:51
655	77	M40	Matthew Morgan, 41, Ankeny, IA	47:58	1:37:40	1:37:53	7:51
656	78	M40	Kevin Sporer, 41, Ankeny, IA	48:30	1:37:41	1:38:53	7:52
657	69	M20	Dallas Boisen, 23, Urbandale, IA	49:14	1:37:42	1:38:43	7:52
658	145	M30	Tim Symanietz, 34, Ames, IA	49:27	1:37:42	1:42:08	7:52
659	41	M50	Mark Sexton, 51, Johnston, IA	48:54	1:37:42	1:39:37	7:52
660	50	M45	David Thayer, 47, Des Moines, IA	47:42	1:37:42	1:38:41	7:52
143	18	W20	Kristi Philips, 23*, Ames, IA	49:04	1:37:44	1:38:46	7:52
144	12	W40	Stacey Eddie, 42*, Storm Lake, IA	48:54	1:37:44	1:38:52	7:52
661	109	M25	Vas Shebarshov, 25, Clive, IA	49:14	1:37:45	1:47:16	7:52
662	108	M35	Ross Schuchart, 38, Ankeny, IA	49:52	1:37:46	1:38:58	7:52

663	146	M30	Keith Anderson, 33, Pella, IA	48:33	1:37:46	1:38:53	7:52
664	28	M17	Tim Logemann, 17, Earlham, IA	48:29	1:37:47	1:39:32	7:52
665	13	JrM	Brad Warren, 14, Des Moines, IA	46:10	1:37:48	1:39:38	7:52
666	51	M45	David Schmidt, 45, West Des Moines, IA	48:32	1:37:48	1:38:31	7:52
145	29	W35	Jessica George, 36*, Johnston, IA	49:35	1:37:50	1:38:51	7:52
667	109	M35	Kevin Birusingh, 37, Kansas City, MO	53:16	1:37:50	1:43:05	7:52
146	29	W25	Mackenzie Keenan, 25*, Urbandale, IA	49:34	1:37:50	1:38:51	7:52
147	19	W20	Katie Sczublewski, 23*, Minneapolis, MN	47:11	1:37:51	1:38:27	7:52
668	70	M20	Craig Lowary, 22, Grimes, IA	46:56	1:37:52	1:38:49	7:52
669	147	M30	Jeff Mayrose, 31, Waterloo, IA	48:44	1:37:52	1:38:52	7:52
670	110	M25	Scott McNaughton, 26, Iowa City, IA	48:41	1:37:52	1:39:57	7:52
671	110	M35	Jacob Conner, 35, Clive, IA	48:40	1:37:52	1:40:14	7:52
672	111	M35	Bill Finnegan, 39, West Des Moines, IA	48:42	1:37:52	1:39:00	7:52
673	112	M35	Matt White, 38, Albia, IA	47:05	1:37:52	1:38:09	7:52
674	148	M30	Dakota Derr, 34, Clive, IA	48:40	1:37:53	1:40:13	7:52
675	79	M40	Doug McKinstry, 41, Polk City, IA	48:35	1:37:53	1:38:11	7:53
148	20	W20	Mila O'Rourke, 24*, Omaha, NE	46:29	1:37:54	1:37:59	7:53
149	21	W20	Melissa Sporrer, 24*, Des Moines, IA	49:10	1:37:56	1:41:25	7:53
676	80	M40	Chris Cleveland, 44, Fort Dodge, IA	47:42	1:37:56	1:38:13	7:53
677	149	M30	Casey White, 30, Des Moines, IA	48:44	1:37:59	1:39:00	7:53
678	29	M17	Stephen Settlage, 19, Cedar Rapids, IA	49:47	1:38:00	1:41:07	7:53
679	14	JrM	Connor Mutch, 16, Des Moines, IA	47:08	1:38:01	1:38:37	7:53
680	150	M30	Zachary Allen, 32, Ames, IA	49:56	1:38:01	1:40:15	7:53
681	5	M60	Del Lark, 63, Des Moines, IA	47:59	1:38:02	1:38:22	7:53
682	111	M25	Joe Iacovazzi, 27, Des Moines, IA	49:09	1:38:02	1:39:32	7:53
683	42	M50	Loyed Hedges, 52, Des Moines, IA	49:41	1:38:02	1:39:32	7:53
684	81	M40	Jeff Sharpe, 43, West Des Moines, IA	46:57	1:38:02	1:38:53	7:53
685	151	M30	Hijinio Carreon, 34, Ankeny, IA	47:07	1:38:03	1:38:30	7:53
686	152	M30	Mitch Prashak, 31, Ankeny, IA	49:00	1:38:04	1:39:15	7:53
687	113	M35	Jason Douglas, 36, Charles City, IA	48:27	1:38:04	1:38:48	7:53
150	30	W35	Heather Douglas, 38*, Charles City, IA	48:28	1:38:04	1:38:48	7:53
688	112	M25	John Wilson, 27, Nevada, IA	48:41	1:38:04	1:38:37	7:53
689	114	M35	Aaron Bewyer, 38, Urbandale, IA	49:50	1:38:07	1:39:20	7:54
690	153	M30	Chris Hutchinson, 32, Ankeny, IA	49:14	1:38:09	1:39:12	7:54
151	30	W25	Dena Kroska, 29*, Ankeny, IA	49:20	1:38:09	1:39:13	7:54
152	31	W25	Allie Marr, 25*, Des Moines, IA	49:20	1:38:10	1:39:13	7:54
691	154	M30	John Shreck, 34, Salt Lake City, UT	49:01	1:38:11	1:39:42	7:54
153	8	W45	Joan Christie, 45*, Lombard, IL	48:37	1:38:12	1:38:56	7:54
692	52	M45	Ken Christie, 47, Lombard, IL	48:37	1:38:12	1:38:56	7:54
693	113	M25	Jeritt Tucker, 25, Ames, IA	50:26	1:38:13	1:40:12	7:54
694	115	M35	Shawn Gilchrist, 35, Knoxville, IA	48:41	1:38:13	1:39:14	7:54
695	71	M20	Trevor Haden, 22, Johnston, IA	50:07	1:38:15	1:40:41	7:54
696	53	M45	Mark Scherer, 47, Davenport, IA	48:05	1:38:16	1:38:35	7:54
154	39	W30	Danielle Nelson, 34*, Spirit Lake, IA	49:54	1:38:17	1:39:32	7:54
155	40	W30	Jodi Smith, 33*, Ames, IA	48:01	1:38:21	1:39:19	7:55
697	114	M25	Adam Whisler, 28, West Des Moines, IA	49:28	1:38:22	1:39:19	7:55
698	54	M45	Dave Lipinski, 45, Cedar Falls, IA	48:56	1:38:23	1:39:08	7:55
699	155	M30	David Hruby, 30, Waukee, IA	49:27	1:38:23	1:39:45	7:55
700	116	M35	Matt Lazear, 37, Ankeny, IA	47:58	1:38:23	1:39:11	7:55
701	43	M50	Steven Hilt, 51, Orange City, IA	48:57	1:38:23	1:39:49	7:55
702	115	M25	Phil Parker, 29, Indianola, IA	48:18	1:38:23	1:39:12	7:55
703	117	M35	Christopher Smith, 38, Clive, IA	50:33	1:38:25	1:49:46	7:55
704	15	JrM	Kyle Natzke, 16, Johnston,, Ia	48:29	1:38:26	1:40:10	7:55
705	156	M30	Justin Holdgrafer, 33, Latimer, IA	51:47	1:38:27	1:42:55	7:55
706			1b1ec04		1:38:27	1:38:27	7:55
707	72	M20	Matt Haydon, 22, West Des Moines, IA	48:16	1:38:27	1:40:04	7:55
708	73	M20	Evan Stenzel, 20, Iowa Falls, IA	48:53	1:38:27	1:39:27	7:55
709	82	M40	Doug Weih, 43, Robins, IA	48:42	1:38:28	1:39:01	7:55
710	116	M25	Jason Collins, 29, Des Moines, IA	46:43	1:38:30	1:38:43	7:55
711	117	M25	Craig Padleckas, 27, Ankeny, IA	49:15	1:38:30	1:39:09	7:56
156	22	W20	Amanda Green, 24*, Des Moines, IA	46:43	1:38:30	1:38:43	7:56
712	157	M30	Andrew Evers, 34, Ames, IA	50:03	1:38:30	1:42:59	7:56
157	41	W30	Shannon Strickler, 34*, Grimes, IA	50:10	1:38:31	1:39:44	7:56
713	83	M40	Brent Monson, 42, Des Moines, IA	49:33	1:38:31	1:39:41	7:56
714	6	M60	Al Hildestad, 62, Des Moines, IA	47:46	1:38:31	1:39:04	7:56

158	31	W35	Kirstin Isenhardt, 38*, Urbandale, IA	48:27	1:38:34	1:39:39	7:56
159	4	W55	Beth Henriksen, 56*, Ames, IA	48:46	1:38:35	1:39:34	7:56
715	158	M30	Brandon Haines, 31, Windsor Heights, IA	50:03	1:38:35	1:42:11	7:56
716	118	M25	Korey Roethler, 26, Overland Park, KS	50:30	1:38:36	1:40:36	7:56
160	4	JrW	Megan Deist, 16*, Audubon, IA	48:25	1:38:36	1:39:47	7:56
717	118	M35	Tracy Henke, 37, Treynor, IA	51:26	1:38:37	1:40:18	7:56
718	119	M35	Stew Bevis, 37, Des Moines, IA	49:26	1:38:38	1:39:33	7:56
719	17	M55	Kirk Tibbetts, 57, Urbandale, IA	47:52	1:38:38	1:39:07	7:56
720	120	M35	Jeff Jansen, 38, Ankeny, IA	48:29	1:38:39	1:39:06	7:56
721	159	M30	Satoshi Hirano, 31, West Des Moines, IA	48:02	1:38:39	1:39:28	7:56
161	32	W35	Keri McDermott, 36*, Grimes, IA	49:48	1:38:39	1:39:41	7:56
722	74	M20	Vincent Wagner, 23, Iowa City, IA	49:49	1:38:39	1:40:58	7:56
162	5	W17	Mandi Hare, 19*, Ida Grove, IA	49:59	1:38:40	1:42:26	7:56
163	9	W45	Barb Reutter, 49*, Urbandale, IA	48:35	1:38:40	1:39:26	7:56
723	119	M25	Ross Kelderman, 27, Des Moines, IA	48:37	1:38:40	1:39:21	7:56
724	55	M45	Scott Mortimer, 46, Cumming, IA	49:32	1:38:41	1:39:00	7:56
725	160	M30	William Freese, 32, Ankeny, IA	48:59	1:38:41	1:39:21	7:56
164	23	W20	Marissa Hare, 22*, Ida Grove, IA	49:59	1:38:41	1:42:28	7:56
165	10	W45	Cindy Gress, 48*, Bellevue, NE	47:58	1:38:41	1:39:01	7:56
726	120	M25	Bryan Leitzinger, 26, Nowalk, IA	48:49	1:38:42	1:40:42	7:56
727	84	M40	Brent Rickabaugh, 40, West Des Moines, IA	48:25	1:38:43	1:40:24	7:57
166	33	W35	Rachel Hoger, 37*, Johnston, IA	49:50	1:38:43	1:39:56	7:57
728	85	M40	Jim Heidt, 40, West Des Moines, IA	50:14	1:38:43	1:40:09	7:57
729	161	M30	Jim Wheeler, 31, Waukee, IA	50:09	1:38:43	1:40:06	7:57
730	162	M30	John Walker, 34, West Des Moines, IA	50:31	1:38:43	1:39:44	7:57
731	75	M20	Joel Stam, 24, Newton, IA	48:48	1:38:44	1:39:51	7:57
732	121	M25	Tony Pollastrini, 27, Cedar Falls, IA	48:33	1:38:44	1:42:35	7:57
167	13	W40	Beth Palmer, 43*, Des Moines, IA	49:18	1:38:45	1:39:17	7:57
168	24	W20	Jessalyn Sparks, 24*, West Des Moines, IA	45:49	1:38:45	1:39:14	7:57
169	32	W25	Katie Farwell, 28*, Waterloo, IA	49:20	1:38:45	1:39:40	7:57
733	44	M50	Kent Kelderman, 52, Ankeny, IA	48:38	1:38:45	1:39:25	7:57
734	30	M17	Aaron Havens, 17, Des Moines, IA	50:14	1:38:46	1:40:52	7:57
735	56	M45	Erik Swee, 46, Urbandale, IA	51:56	1:38:47	1:40:33	7:57
170	42	W30	Hollie Reilly, 31*, Atlantic, IA	48:48	1:38:49	1:44:21	7:57
736	163	M30	Daniel Burstein, 33, Clive, IA	49:03	1:38:50	1:40:08	7:57
737	86	M40	John Jares, 44, Gretna, NE	48:36	1:38:50	1:39:22	7:57
171	4	W50	Wilma Osmun, 52*, Creston, IA	49:21	1:38:50	1:39:56	7:57
738	122	M25	Taylor Rettig, 29, West Des Moines, IA	48:39	1:38:51	1:40:08	7:57
172	6	W17	Allison Wood, 18*, West Des Moines, IA	46:44	1:38:53	1:39:23	7:57
173	34	W35	Meredith Smith, 35*, Johnston, IA	49:48	1:38:54	1:39:56	7:57
739	164	M30	Dmitriy Nanaziashvili, 30, Waukee, IA	49:02	1:38:54	1:48:24	7:57
740	123	M25	Sean Lunde, 25, Clive, IA	51:40	1:38:55	1:42:25	7:58
174	33	W25	Allie Lunde, 26*, Clive, IA	51:40	1:38:55	1:42:25	7:58
741	87	M40	Justin Kelderman, 42, Urbandale, IA	47:22	1:38:55	1:39:25	7:58
742	165	M30	Tony Brezina, 31, Des Moines, IA	47:06	1:38:55	1:41:50	7:58
743	45	M50	Stewart Bjorgan, 54, St Paul, MN	48:38	1:38:56	1:39:42	7:58
744	76	M20	Kenneth Damron, 23, Winona, MN	50:23	1:38:57	1:40:01	7:58
175	25	W20	Meredith Manning, 23*, Johnston, IA	50:23	1:38:57	1:40:01	7:58
176	34	W25	Andrea Jansa, 27*, Des Moines, IA	50:01	1:38:59	1:46:59	7:58
745	166	M30	Bryan Friedrichs, 33, Fort Dodge, IA	48:57	1:38:59	1:39:48	7:58
746	31	M17	David Martin Jr, 18, Iowa City, IA	44:21	1:39:00	1:39:05	7:58
747	16	JrM	Jonathan Beltman, 15, Pella, IA	48:42	1:39:00	1:42:33	7:58
748	124	M25	Jeff Stewart, 29, Cedar Falls, IA	51:30	1:39:00	1:43:11	7:58
749	125	M25	Patrick Cavanaugh, 29, West Des Moines, IA	52:08	1:39:03	1:40:19	7:58
750	167	M30	Jeremy Moore, 32, Des Moines, IA	48:12	1:39:03	1:39:42	7:58
751	17	JrM	Spencer Cooney, 15, Pleasant Hill, IA	49:46	1:39:04	1:40:35	7:58
177	26	W20	Kelsey Meyer, 22*, Des Moines, IA	49:10	1:39:04	1:42:33	7:58
178	43	W30	Jennifer Krzak, 34*, West Des Moines, IA	50:05	1:39:05	1:40:30	7:58
179	5	JrW	Emma Thayer, 15*, Urbandale, IA	49:22	1:39:05	1:39:20	7:58
752	57	M45	Jeff Blosser, 45, West Des Moines, IA	50:03	1:39:05	1:41:30	7:58
180	35	W25	Stephanie Gray, 29*, Ankeny, IA	50:46	1:39:06	1:40:37	7:58
753	121	M35	Jason Lamping, 35, Johnston, IA	50:13	1:39:06	1:40:44	7:58
754	46	M50	Kim Wander, 51, West Union, IA	48:03	1:39:09	1:39:33	7:59
755	88	M40	Mike Gardner, 42, Ankeny, IA	47:53	1:39:11	1:39:44	7:59
181	44	W30	Lynne DeSotel, 34*, Marshalltown, IA	50:08	1:39:11	1:41:00	7:59

756	18	JrM	Zac Dietrich, 15, West Des Moines, IA	51:29	1:39:11	1:40:20	7:59
757	168	M30	John Brees, 31, Des Moines, IA	48:49	1:39:12	1:40:02	7:59
758	122	M35	James Olson, 39, Dakota Dunes, SD	48:31	1:39:12	1:40:07	7:59
759	19	JrM	Ross Miller, 15, Grimes, IA	48:17	1:39:13	1:40:23	7:59
760	169	M30	Josh Turek, 33, Lawrence, KS	49:14	1:39:13	1:40:04	7:59
761	126	M25	Cory DiCesare, 27, Ankeny, IA	46:42	1:39:14	1:40:07	7:59
762	127	M25	Phillip Mykleby, 25, Eagan, MN	50:10	1:39:15	1:40:54	7:59
763	89	M40	Roger Vincent, 44, Slater, IA	49:44	1:39:17	1:40:06	7:59
764	128	M25	Josh August, 29, West Des Moines, IA	48:21	1:39:17	1:39:53	7:59
765	90	M40	Dave Hahn, 42, Iowa City, IA	47:16	1:39:18	1:40:03	7:59
766	58	M45	Terry Lingner, 49, Grimes, IA	48:17	1:39:19	1:39:30	7:59
767	77	M20	Brad Slowinski, 21, Pella, IA	51:18	1:39:19	1:41:21	7:59
182	6	JrW	Olivia Prohaska, 15*, West Des Moines, IA	49:03	1:39:21	1:41:23	8:00
183	36	W25	Heidi Palmer, 27*, Ankeny, IA	48:35	1:39:21	1:40:15	8:00
768	91	M40	Jj O'Hara, 44, Ankeny, IA	49:44	1:39:21	1:40:31	8:00
769	129	M25	Jason Oskvig, 29, Ankeny, IA	47:17	1:39:21	1:40:14	8:00
184	14	W40	Lori Foster, 42*, Webster City, IA	49:50	1:39:22	1:42:59	8:00
770	20	JrM	Michael Casey, 16, Ames, IA	47:14	1:39:23	1:40:10	8:00
771	78	M20	Mark Lewis, 21, Norwalk, IA	43:50	1:39:23	1:39:36	8:00
185	37	W25	Denise Eslinger, 26*, Ottumwa, IA	48:15	1:39:24	1:40:17	8:00
772	130	M25	Joe Klosterman, 26, Des Moines, IA	48:11	1:39:25	1:40:03	8:00
186	11	W45	Tammy Greiner, 45*, Reinbeck, IA	48:01	1:39:25	1:39:54	8:00
187	35	W35	Julie Spieker, 35*, Urbandale, IA	48:52	1:39:26	1:41:14	8:00
773	47	M50	Keith Comfort, 54, Oskaloosa, IA	50:40	1:39:26	1:41:20	8:00
774	123	M35	Jonathan Ramsey, 38, Des Moines, IA	50:35	1:39:28	1:41:16	8:00
775	79	M20	Drew Brown, 21, Urbandale, IA	48:13	1:39:28	1:40:15	8:00
776	92	M40	James Stegeman, 42, Des Moines, IA	48:42	1:39:29	1:41:02	8:00
777	80	M20	Colin Judd, 22, Urbandale, IA	48:13	1:39:29	1:40:16	8:00
778	170	M30	Nicholas Main, 30, Albia, IA	48:10	1:39:31	1:39:49	8:00
779	59	M45	Phil Weber, 45, Norwalk, IA	48:34	1:39:31	1:40:12	8:00
780	21	JrM	Scott Kruse, 15, Johnston, IA	48:32	1:39:32	1:41:54	8:00
781	124	M35	Matthew Wiley, 37, Cedar Rapids, IA	50:04	1:39:33	1:40:32	8:01
782	125	M35	Nathan Hoffert, 37, Washington, IA	51:58	1:39:33	1:42:12	8:01
783	60	M45	Dave Hamilton, 46, Glidden, IA	50:14	1:39:33	1:40:44	8:01
784	126	M35	David Wright, 37, Altoona, IA	49:26	1:39:33	1:40:39	8:01
188	38	W25	Jaqueline Giltner, 29*, West Des Moines, IA	48:53	1:39:35	1:41:31	8:01
785	171	M30	Thaddeus Brandt, 30, Urbandale, IA	50:58	1:39:36	1:40:50	8:01
786	172	M30	Dan Powers, 32, Polk City, IA	48:32	1:39:36	1:40:32	8:01
787	81	M20	Zakk Ellingson, 20, Pleasantville, IA	49:57	1:39:37	1:40:35	8:01
189	27	W20	Caroline Fischer, 22*, Cedar Rapids, IA	50:59	1:39:37	1:41:55	8:01
788	127	M35	Konrad Weibel, 38, Hastings, MN	50:49	1:39:37	1:41:53	8:01
190	12	W45	Jean Johnson, 46*, Norwalk, IA	50:08	1:39:39	1:40:39	8:01
789	82	M20	Kyle McClain, 23, Altoona, IA	53:07	1:39:39	1:46:52	8:01
790	173	M30	Aaron Herman, 33, Des Moines, IA	49:59	1:39:40	1:40:23	8:01
791	128	M35	Tom Hendricks, 35, Des Moines, IA	51:32	1:39:40	1:43:45	8:01
191	45	W30	Ashley Maher-Widen, 30*, Windsor Heights, IA	50:58	1:39:42	1:41:49	8:01
792	48	M50	Greg Anderson, 50, West Des Moines, IA	50:10	1:39:43	1:41:22	8:01
192	15	W40	Beth Seufferer, 41*, West Des Moines, IA	50:08	1:39:44	1:40:44	8:01
793	174	M30	Matthew Harrington, 34, Ankeny, IA	49:44	1:39:45	1:40:34	8:02
193	36	W35	Cathleen Borst, 39*, Carroll, IA	48:52	1:39:45	1:40:24	8:02
794	175	M30	Asween Mallick, 33, Des Moines, IA	50:43	1:39:46	1:42:36	8:02
795	131	M25	Steven Dillavou, 26, Des Moines, IA	54:07	1:39:46	1:42:06	8:02
796	132	M25	Corey Ackerman, 29, Williamsburg, IA	51:59	1:39:46	1:41:08	8:02
797	61	M45	Brian Craig, 49, Armstrong, IA	48:05	1:39:46	1:42:13	8:02
798	32	M17	Will Meighan, 19, Ankeny, IA	52:56	1:39:46	1:41:15	8:02
194	28	W20	Molly Potts, 20*, Pleasant Hill, IA	47:58	1:39:47	1:39:56	8:02
799	62	M45	Russell Potts, 49, Pleasant Hill, IA	47:58	1:39:47	1:39:57	8:02
800	33	M17	Austin McCool, 17, State Center, IA	45:51	1:39:47	1:40:00	8:02
195	39	W25	Amber Kelley, 25*, Pleasant Hill, IA	50:13	1:39:48	1:41:22	8:02
801	133	M25	Chad Kelley, 26, Pleasant Hill, IA	50:13	1:39:49	1:41:22	8:02
802	129	M35	Mark Funaro, 37, Waukee, IA	49:43	1:39:49	1:41:05	8:02
803	176	M30	Hamand Matthew, 31, Cedar Rapids, IA	51:10	1:39:49	1:42:27	8:02
196	40	W25	Laura Saar, 26*, Des Moines, IA	49:50	1:39:50	1:41:02	8:02



197	5	W55	Jane Wickman, 58*, Kellogg, IA	49:01	1:39:51	1:40:05	8:02
804	93	M40	Jason Wentworth, 41, Urbandale, IA	53:30	1:39:52	1:41:33	8:02
805	134	M25	Travis Van Gundy, 27, Urbandale, IA	51:38	1:39:53	1:47:03	8:02
198	37	W35	Tammy Mickey, 39*, Melcher, IA	50:46	1:39:54	1:41:25	8:02
199	41	W25	Haily Ruth, 25*, Jefferson, IA	49:30	1:39:54	1:41:22	8:02
200	46	W30	Penny Watgen, 30*, Ankeny, IA	47:38	1:39:56	1:40:47	8:02
201	7	W17	Emily Wignall, 17*, Creston, IA	51:39	1:39:56	1:41:17	8:02
202	42	W25	Dianna Stiller, 25*, Williamsburg, IA	50:04	1:39:57	1:40:29	8:02
806	130	M35	Paul Schlueter, 39, Ankeny, IA	49:51	1:39:57	1:40:53	8:03
807	177	M30	Brandon Donoho, 30, Ankeny, IA	48:51	1:39:58	1:41:05	8:03
808	34	M17	Keaton Leisinger, 18, Council Bluffs, IA	49:47	1:39:58	1:47:33	8:03
809	83	M20	Jacob Dee, 20, Cedar Falls, IA	49:32	1:39:59	1:41:12	8:03
810	131	M35	Todd DeVries, 39, Newton, IA	49:21	1:39:59	1:41:29	8:03
811	178	M30	Choua Sayaxang, 32, Pleasant Hill, IA	49:15	1:40:00	1:41:14	8:03
812	132	M35	Tom Boettcher, 37, Des Moines, IA	50:30	1:40:00	1:41:54	8:03
813	179	M30	Andy Burgraff, 31, Des Moines, IA	49:10	1:40:00	1:43:29	8:03
814	135	M25	William Hegwein, 27, Des Moines, IA	50:30	1:40:00	1:41:54	8:03
815	133	M35	Lenny Edens, 36, Gladbrook, IA	49:31	1:40:01	1:41:48	8:03
816	94	M40	Alan Corey, 43, Ankeny, IA	50:16	1:40:04	1:42:23	8:03
203	43	W25	Emily Scanlon, 29*, Clive, IA	49:46	1:40:06	1:41:04	8:03
817	134	M35	Ryan Loftin, 35, Omaha, NE	49:44	1:40:06	1:42:08	8:03
818	180	M30	Jason Wells, 30, West Des Moines, IA	48:18	1:40:06	1:41:28	8:03
204	29	W20	Mollie Smith, 21*, Ames, IA	49:27	1:40:06	1:41:59	8:03
205	30	W20	Teagan Erikson-Willet, 21*, Ames, IA	49:27	1:40:07	1:41:59	8:03
206	38	W35	Christine Slania, 39*, Polk City, IA	49:13	1:40:07	1:40:57	8:03
819	135	M35	Shannon McCoy, 37, Adel, IA	48:47	1:40:08	1:41:30	8:03
820	181	M30	Nick Buller, 32, Slater, IA	49:47	1:40:08	1:43:18	8:03
821	182	M30	Adam Crutchley, 32, Waukee, IA	48:24	1:40:10	1:41:34	8:04
822	35	M17	Ben Carlson, 19, West Des Moines, IA	50:18	1:40:10	1:42:41	8:04
823	136	M25	Jared Bogaards, 26, Grimes, IA	48:33	1:40:11	1:41:55	8:04
824	84	M20	Kyle Gott, 21, Cedar Rapids, IA	49:47	1:40:12	1:43:20	8:04
207	47	W30	Shawna Stevenson, 33*, Kellogg, IA	49:59	1:40:13	1:40:42	8:04
825	63	M45	Timothy Bergan, 46, Colfax, IA	49:59	1:40:13	1:40:42	8:04
826	136	M35	Brian Pattinson, 39, Des Moines, IA	47:41	1:40:13	1:41:13	8:04
827	137	M35	Ryan Keairns, 35, Coralville, IA	49:59	1:40:13	1:41:18	8:04
208	48	W30	Emily Hansen, 34*, Webster City, IA	49:41	1:40:16	1:42:25	8:04
828	64	M45	Tim Johnson, 47, Council Bluffs, IA	52:23	1:40:16	1:42:42	8:04
829	138	M35	Matthew Bartek, 36, South Bend, IN	51:47	1:40:17	1:42:27	8:04
830	95	M40	Jeffrey Steenhoek, 41, Des Moines, IA	50:22	1:40:18	1:41:35	8:04
209	39	W35	Melanie Allen, 38*, Eureka, MO	51:31	1:40:19	1:40:48	8:04
831	49	M50	Jim Hagenbucher, 52, Clive, IA	48:46	1:40:20	1:41:19	8:04
210	16	W40	Rachel Prohaska, 44*, West Des Moines, IA	49:02	1:40:22	1:42:25	8:05
832	96	M40	Chris Eggert, 40, Ames, IA	49:14	1:40:22	1:40:43	8:05
833	139	M35	Tim Mulcahy, 36, Des Moines, IA	49:05	1:40:23	1:40:39	8:05
834	137	M25	Michael Holdren, 29, Ankeny, IA	50:26	1:40:23	1:41:40	8:05
835	183	M30	Nathan Linderman, 32, Des Moines, IA	51:48	1:40:24	1:44:29	8:05
211	49	W30	Crista Shawler, 32*, Bondurant, IA	50:46	1:40:24	1:41:55	8:05
836	140	M35	Jason Klein, 38, Des Moines, IA	47:06	1:40:25	1:41:16	8:05
837	65	M45	Brian Benjamin, 47, Perry, IA	50:53	1:40:25	1:47:17	8:05
212	44	W25	Jennifer Sprung, 29*, Perry, IA	50:53	1:40:26	1:47:18	8:05
213	7	JrW	Mackenzie Gray, 16*, Blue Grass, IA	46:56	1:40:27	1:40:50	8:05
838	141	M35	Joel Crawford, 37, Ankeny, IA	50:56	1:40:28	1:41:20	8:05
839	97	M40	Ian Lawler, 40, Huxley, IA	49:08	1:40:28	1:42:13	8:05
214	6	W55	Veronica Demmel, 56*, Marshalltown, IA	50:13	1:40:30	1:40:40	8:05
840	184	M30	Chaz Williamson, 33, Waukee, IA	50:30	1:40:31	1:42:11	8:05
841	138	M25	Craig Montgomery, 29, West Des Moines, IA	50:27	1:40:32	1:42:49	8:05
215	17	W40	Andria Nelson, 42*, Ankeny, IA	49:49	1:40:32	1:41:15	8:05
842	36	M17	Luther Grulke, 17, Kelley, IA	51:55	1:40:33	1:50:25	8:05
843	185	M30	Louis Hanson, 33, Grimes, IA	50:00	1:40:33	1:41:11	8:05
844	66	M45	Todd Van Wyngarden, 47, Lenexa, KS	50:31	1:40:34	1:41:42	8:05
845	18	M55	Scott Combs, 58, Aurora, IL	50:10	1:40:35	1:41:48	8:06
216	13	W45	Rebecca McIntosh, 47*, Urbandale, IA	49:57	1:40:36	1:42:54	8:06
217	50	W30	Valerie Smock, 32*, Pella, IA	50:28	1:40:36	1:41:27	8:06
218	45	W25	Shannon Prososki, 26*, Saint Peter, MN	48:22	1:40:37	1:41:18	8:06
846	85	M20	Drew Demery, 24, Boone, IA	47:59	1:40:38	1:41:41	8:06

847	142	M35	Dan Ashworth, 38, Ankeny, IA	49:29	1:40:38	1:42:01	8:06
848	143	M35	Dan Vallejo, 35, Ankeny, IA	49:29	1:40:38	1:42:40	8:06
219	40	W35	Mary White, 35*, Johnston, IA	48:57	1:40:41	1:42:36	8:06
849	67	M45	Darren Knopic, 49, Des Moines, IA	51:18	1:40:42	1:41:51	8:06
220	51	W30	Shelley Heckert, 31*, Indianola, IA	52:08	1:40:42	1:50:15	8:06
221	41	W35	Erin Budreau, 36*, Urbandale, IA	49:32	1:40:43	1:44:22	8:06
850	7	M60	Rick Long, 60, Freeport, IL	51:15	1:40:44	1:42:27	8:06
222	31	W20	Miranda Garland, 21*, Ames, IA	49:59	1:40:46	1:41:25	8:06
851	144	M35	Paul Forristall, 37, Altoona, IA	50:14	1:40:46	1:49:47	8:06
852	186	M30	Jeffrey Hatlevig, 33, Urbandale, IA	50:45	1:40:47	1:42:48	8:06
223	8	W17	Brittany Trow, 19*, Johnston, IA	51:54	1:40:47	1:42:41	8:07
853	86	M20	Erik Olson, 21, Madrid, IA	48:18	1:40:48	1:41:11	8:07
854	139	M25	Chris Wiltermood, 29, Creston, IA	48:15	1:40:48	1:41:01	8:07
855	145	M35	Philip Behrends, 39, Des Moines, IA	53:23	1:40:48	1:44:59	8:07
224	42	W35	Stacie Sarasio, 35*, Blair, NE	51:28	1:40:48	1:43:21	8:07
225	32	W20	Sarah Dieken, 21*, Dike, IA	51:38	1:40:50	1:43:51	8:07
856	146	M35	Marty Mitchell, 37, Carlisle, IA	48:24	1:40:50	1:42:01	8:07
857	37	M17	Anton Stork, 19, Des Moines, IA	52:14	1:40:50	1:44:57	8:07
858	98	M40	Mike Teske, 40, Eldora, IA	46:54	1:40:50	1:41:15	8:07
859	68	M45	Wade Steward, 46, LeGrand, IA	50:31	1:40:50	1:41:00	8:07
226	18	W40	Cynthia Hilleman, 40*, State Center, IA	49:59	1:40:51	1:42:41	8:07
227	46	W25	Katie Benson, 26*, Iowa City, IA	50:39	1:40:51	1:42:21	8:07
860	140	M25	Jackson Waechter, 25, Waukee, IA	49:23	1:40:51	1:42:33	8:07
228	43	W35	Heidi Wauters, 37*, Belle Plaine, IA	50:46	1:40:52	1:41:33	8:07
861	99	M40	Seth Watkins, 43, Clarinda, IA	51:46	1:40:52	1:43:19	8:07
229	47	W25	Esmie Holderman, 27*, Des Moines, IA	49:29	1:40:53	1:41:50	8:07
862	69	M45	Roger Mullinnix, 47, Iowa City, IA	48:30	1:40:54	1:41:38	8:07
863	147	M35	Aaron Fopma, 38, Blairsburg, IA	49:38	1:40:54	1:43:22	8:07
230	52	W30	Sarah Zinn-Burggraaf, 34*, Clive, IA	50:50	1:40:54	1:42:29	8:07
864	50	M50	John Ziemann, 53, Newton, IA	50:00	1:40:54	1:42:00	8:07
865	187	M30	Daniel Akers, 30, Des Moines, IA	47:29	1:40:55	1:41:29	8:07
231	19	W40	Dawn Heimer, 42*, Ankeny, IA	48:51	1:40:56	1:41:09	8:07
232	33	W20	Megan Frandsen, 24*, Des Moines, IA	50:22	1:40:56	1:47:40	8:07
866	148	M35	Adam Van Dike, 37, West Des Moines, IA	54:06	1:40:58	1:42:32	8:07
867	51	M50	Phelan Thomas, 54, Clive, IA	50:09	1:40:58	1:42:51	8:07
868	149	M35	Nathan Brand, 35, Des Moines, IA	50:15	1:40:59	1:48:28	8:07
869	188	M30	Andrew Michaelson, 32, Jefferson, IA	50:49	1:40:59	1:42:27	8:07
870	189	M30	Cory Rezac, 34, Armstrong, IA	49:57	1:41:01	1:43:26	8:08
233	53	W30	Randi Peterson, 33*, Cedar Rapids, IA	48:47	1:41:03	1:43:03	8:08
234	44	W35	Erin Ross-Johnson, 36*, Johnston, IA	50:32	1:41:03	1:43:13	8:08
871	190	M30	Bart Smith, 32, Clear Lake, IA	51:30	1:41:03	1:42:33	8:08
235	54	W30	Melissa Bishop, 31*, Cedar Rapids, IA	51:35	1:41:04	1:42:31	8:08
872	191	M30	Luke Bishop, 32, Cedar Rapids, IA	51:35	1:41:04	1:42:31	8:08
873	150	M35	Michael Simpson, 35, Des Moines, IA	49:28	1:41:04	1:43:32	8:08
874	100	M40	Perry Xu, 41, Clive, IA	48:30	1:41:04	1:42:05	8:08
236	34	W20	Sydney Steil, 23*, Cedar Falls, IA	53:24	1:41:05	1:47:59	8:08
875	151	M35	Jayne Lentz, 39, Algona, IA	48:45	1:41:06	1:41:43	8:08
237	35	W20	Alexandra Stork, 23*, Des Moines, IA	52:14	1:41:06	1:45:14	8:08
238	48	W25	Monica Capper, 28*, Altoona, IA	49:34	1:41:06	1:41:29	8:08
876	192	M30	Bryce Roskens, 31, Eldora, IA	51:51	1:41:10	1:43:58	8:08
877	87	M20	Joseph Gerant, 24, Wichita, KS	49:23	1:41:11	1:42:53	8:08
239	55	W30	Macenzie Rubin, 34*, Ankeny, IA	48:48	1:41:11	1:42:00	8:08
878	38	M17	Michael Jolivette, 18, Garner, IA	51:45	1:41:12	1:42:04	8:09
879	52	M50	Gil Gullickson, 50, West Des Moines, IA	49:59	1:41:13	1:42:17	8:09
880	19	M55	Mark Powers, 57, Cedar Rapids, IA	51:38	1:41:13	1:43:42	8:09
881	152	M35	Abe Miller, 35, Des Moines, IA	51:10	1:41:15	1:42:27	8:09
882	70	M45	Dave Carey, 46, Iowa City, IA	51:33	1:41:15	1:42:20	8:09
883	141	M25	Joseph Johnston, 29, West Des Moines, IA	49:51	1:41:15	1:41:46	8:09
240	20	W40	Julie Schultz, 40*, Creston, IA	49:26	1:41:16	1:42:17	8:09
241	14	W45	Martha Freeman, 49*, Urbandale, IA	50:31	1:41:17	1:42:46	8:09
242	49	W25	Anne Binder, 26*, Ankeny, IA	51:43	1:41:17	1:47:16	8:09
243	21	W40	Bobbi Downing, 40*, West Des Moines, IA	49:53	1:41:18	1:43:49	8:09
884	142	M25	Brad Hopkins, 28, Des Moines, IA	50:02	1:41:19	1:42:33	8:09
244	45	W35	Nicole Gebhart, 37*, Ames, IA	51:05	1:41:21	1:46:22	8:09
885	153	M35	Adam Manternach, 36, Nolensville, TN	51:41	1:41:22	1:44:14	8:09

886	88	M20	Kyle Kramer, 24, Urbandale, IA	52:03	1:41:23	1:44:06	8:09
887	193	M30	Troy Ohnemus, 33, Carlisle, IA	51:45	1:41:23	1:43:04	8:09
888	101	M40	Dirk Snyder, 42, Ames, IA	53:32	1:41:23	1:48:34	8:09
245	56	W30	Jessica Manning, 32*, Pella, IA	50:28	1:41:24	1:42:14	8:09
246	57	W30	Cathy Bormann, 33*, Urbandale, IA	51:35	1:41:24	1:44:06	8:09
247	46	W35	Heather Reed, 37*, Carlisle, IA	50:02	1:41:24	1:43:01	8:10
889	143	M25	James Hover, 29, Altoona, IA	50:49	1:41:24	1:42:46	8:10
890	144	M25	John Meyer, 29, West Des Moines, IA	50:36	1:41:24	1:42:48	8:10
248	50	W25	Kim Pfannebecker, 25*, Des Moines, IA	50:17	1:41:26	1:49:20	8:10
891	194	M30	Jeff Cibert, 32, Fort Dodge, IA	50:20	1:41:28	1:42:02	8:10
892	154	M35	Chad Truemper, 37, Grimes, IA	51:36	1:41:29	1:43:40	8:10
249	47	W35	Sherilyn Rittgers, 39*, Ankeny, IA	49:49	1:41:30	1:41:30	8:10
893	155	M35	Matt Hillis, 35, Clive, IA	51:26	1:41:30	1:43:04	8:10
250	36	W20	Kari Ussery, 22*, Sunrise Beach, MO	51:55	1:41:30	1:42:29	8:10
894	71	M45	David Desing, 49, Urbandale, IA	50:36	1:41:32	1:41:57	8:10
251	15	W45	Lonni Waltermire, 45*, Garwin, IA	49:07	1:41:34	1:42:05	8:10
895	53	M50	Christopher Delaney, 52, Ames, IA	52:02	1:41:35	1:43:55	8:10
896	54	M50	Tim Schleisman, 53, Burnsville, MN	52:31	1:41:35	1:43:55	8:10
252	58	W30	Amy Studer, 32*, Waukee, IA	52:37	1:41:36	1:48:21	8:10
897	195	M30	Bobby Shepherd, 32, Indianola, IA	49:54	1:41:36	1:43:55	8:10
253	51	W25	Dawn Guerrero, 28*, Marion, IA	51:07	1:41:36	1:42:52	8:11
898	196	M30	Jaime Guerrero, 30, Marion, IA	51:08	1:41:37	1:42:53	8:11
254	37	W20	Ali Meyer, 22*, West Des Moines, IA	50:42	1:41:37	1:43:00	8:11
899	156	M35	Jeff Jones, 37, West Des Moines, IA	52:07	1:41:38	1:42:59	8:11
900	197	M30	Michael Chen, 34, West Des Moines, IA	49:11	1:41:39	1:43:32	8:11
255	22	W40	Teri Collins, 43*, Windsor Heights, IA	50:17	1:41:39	1:47:55	8:11
901	20	M55	Steve Pederson, 57, Jesup, IA	50:28	1:41:40	1:42:14	8:11
902	89	M20	Erik Anderberg, 23, Ames, IA	51:42	1:41:40	1:43:04	8:11
903	102	M40	Matthew Riggs, 40, Phoenix, AZ	51:24	1:41:40	1:42:44	8:11
256	38	W20	Cayla Taylor, 23*, Ida Grove, IA	52:44	1:41:41	1:44:27	8:11
257	52	W25	Michelle Moeller, 28*, Ankeny, IA	51:28	1:41:41	1:44:06	8:11
904	72	M45	James Fredregill, 48, Cumming, IA	49:49	1:41:42	1:42:39	8:11
258	23	W40	Tracy Everett, 42*, Pleasant Hill, IA	49:45	1:41:42	1:43:13	8:11
905	198	M30	Aaron Smith, 34, Cedar Rapids, IA	49:54	1:41:43	1:43:00	8:11
906	199	M30	Nathan Davis, 33, Des Moines, IA	50:44	1:41:44	1:44:44	8:11
907	157	M35	Adam Grier, 37, Williamsburg, IA	52:26	1:41:44	1:43:36	8:11
908	158	M35	Lee Simmons, 36, West Des Moines, IA	50:46	1:41:45	1:43:16	8:11
259	48	W35	Karey Sharar, 39*, Ankeny, IA	50:47	1:41:45	1:43:16	8:11
260	39	W20	Nicole Henderson, 23*, Denver, CO	51:40	1:41:46	1:43:28	8:11
909	200	M30	Cliff Plymesser, 30, Ames, IA	49:53	1:41:47	1:42:43	8:11
261	53	W25	Amanda Chalik, 25*, West Des Moines, IA	50:45	1:41:51	1:44:21	8:12
262	59	W30	Betsy Luck, 34*, Oskaloosa, IA	52:48	1:41:51	1:43:57	8:12
910	201	M30	Jake Bates, 32, Earlham, IA	50:06	1:41:52	1:43:07	8:12
911	103	M40	Bobby Opheim, 40, Oskaloosa, IA	50:42	1:41:53	1:44:41	8:12
912	90	M20	Mike Flanagan, 21, Indianola, IA	49:08	1:41:54	1:42:39	8:12
913	159	M35	Troy Rutz, 39, Johnston, IA	51:25	1:41:55	1:44:00	8:12
914	73	M45	Steve Fettkether, 46, Mason City, IA	51:03	1:41:55	1:43:08	8:12
915	202	M30	Adam Jones, 32, Grimes, IA	51:30	1:41:55	1:43:25	8:12
916	91	M20	Brandon Vogel, 24, Ft. Dodge, IA	50:23	1:41:55	1:42:56	8:12
917	55	M50	Jeffery Feder, 51, Norwalk, IA	48:33	1:41:56	1:42:21	8:12
263	8	JrW	Ruby Johnson, 15*, Audubon, IA	51:53	1:41:56	1:44:27	8:12
918	104	M40	Michael Sturtz, 44, Indianola, IA	50:37	1:41:57	1:43:17	8:12

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921	56	M50	Galyn Wiemers, 52, West Des Moines, IA	50:43	1:41:58	1:43:16	8:12
922	160	M35	Jason Uecker, 37, Mingo, IA	50:44	1:41:58	1:43:10	8:12
264	60	W30	Tiffany Konz, 30*, Indianola, IA	52:01	1:42:00	1:43:58	8:12
923	105	M40	Brian Schulz, 40, Mallard, IA	51:50	1:42:02	1:43:44	8:13
924	106	M40	Jeff Jamison, 40, Emmetsburg, IA	51:50	1:42:02	1:43:44	8:13
925	161	M35	Brian Yardley, 36, Omaha, NE	52:04	1:42:03	1:46:33	8:13
926	92	M20	Kyle Davy, 23, Des Moines, IA	50:50	1:42:03	1:44:46	8:13
265	61	W30	Christina Djerf, 33*, Cedar Rapids, IA	52:04	1:42:03	1:46:33	8:13

927	107	M40	Tom Trygstad, 40, Clive, IA	51:12	1:42:03	1:44:10	8:13
266	54	W25	Amanda Jepson, 25*, Des Moines, IA	50:51	1:42:03	1:44:46	8:13
267	24	W40	Anissa McNeece, 44*, Pleasant Hill, IA	49:41	1:42:03	1:43:15	8:13
928	3	M65	Larry Walden, 65, Marshalltown, IA	50:22	1:42:04	1:42:13	8:13
929	74	M45	Montey Halls, 48, Des Moines, IA	51:43	1:42:05	1:43:35	8:13
930	162	M35	Ben Demuth, 37, Eagle Grove, IA	53:02	1:42:06	1:44:15	8:13
931	145	M25	Mark Kline, 25, West Des Moines, IA	49:02	1:42:07	1:43:09	8:13
268	62	W30	Robyn Paulsen, 33*, Spirit Lake, IA	49:52	1:42:07	1:43:29	8:13
932	75	M45	Dan Heintz, 46, Nevada, IA	50:03	1:42:07	1:53:04	8:13
933	146	M25	Adam Christoffersen, 26, Forest City, IA	51:32	1:42:08	1:46:19	8:13
934	76	M45	Kent Bain, 46, West Des Moines, IA	50:33	1:42:08	1:43:01	8:13
935	57	M50	Kevin O'Connor, 50, Des Moines, IA	47:23	1:42:09	1:43:01	8:13
936	204	M30	Bob McDowell, 34, Windsor Heights, IA	54:46	1:42:09	1:44:57	8:13
937	23	JrM	Nick Lindsey, 12, Lindstrom, MN	54:22	1:42:09	1:44:48	8:13
269	40	W20	Lauren Maze, 20*, Cedar Rapids, IA	51:31	1:42:10	1:45:45	8:13
938	205	M30	Ryan Malloy, 34, Williamsburg, IA	49:42	1:42:10	1:43:45	8:13
270	25	W40	Angela Palen, 41*, Norwalk, IA	49:09	1:42:11	1:43:32	8:13
939	206	M30	Allen Rogers, 33, Melcher, IA	52:02	1:42:11	1:44:33	8:13
271	49	W35	Barbara Bacon, 38*, Knoxville, IA	51:20	1:42:12	1:44:07	8:13
940	147	M25	Ted Schreur, 25, Des Moines, IA	51:18	1:42:13	1:44:14	8:13
272	63	W30	Kristi Haughey, 33*, North Liberty, IA	50:39	1:42:13	1:45:22	8:13
941	163	M35	Gustaf Henrici, 37, Grimes, IA	50:00	1:42:14	1:42:52	8:13
273	50	W35	Sarah Andersson, 37*, West Des Moines, IA	49:55	1:42:14	1:43:04	8:14
274	55	W25	Jessica Gunsolley, 29*, Ankeny, IA	51:25	1:42:14	1:43:29	8:14
275	56	W25	Rebecca Petersen, 28*, Kimball, MN	51:19	1:42:14	1:44:15	8:14
942	108	M40	Brad Lane, 43, Marshalltown, IA	53:08	1:42:14	1:44:15	8:14
943	164	M35	Mike Fuller, 35, Urbandale, IA	50:24	1:42:17	1:45:11	8:14
276	64	W30	Laura Rank, 30*, Ankeny, IA	51:40	1:42:17	1:43:01	8:14
944	109	M40	Todd Louwagie, 42, Algona, IA	48:45	1:42:17	1:42:54	8:14
945	165	M35	Matt Clausen, 39, Urbandale, IA	52:18	1:42:17	1:44:28	8:14
946	207	M30	Jeremy Munter, 32, Ankeny, IA	50:44	1:42:18	1:43:33	8:14
947	208	M30	Benjamin Barndollar, 32, Des Moines, IA	51:51	1:42:18	1:46:03	8:14
948	77	M45	Brad Hodges, 49, Oskaloosa, IA	51:47	1:42:19	1:44:59	8:14
949	93	M20	Zachary Hodges, 23, West Des Moines, IA	51:47	1:42:19	1:44:59	8:14
277	57	W25	Tiffany Thomas, 28*, Ankney, IA	49:40	1:42:19	1:43:51	8:14
950	78	M45	Jeff Hodges, 46, Des Moines, IA	51:47	1:42:19	1:44:59	8:14
951	94	M20	Seth Meyers, 23, Dallas Center, IA	51:54	1:42:19	1:43:49	8:14
952	209	M30	Bret Nelson, 32, Grimes, IA	51:11	1:42:20	1:44:13	8:14
953	210	M30	David Perrigo, 34, Westdes Moines, IA	49:58	1:42:20	1:43:03	8:14
954	39	M17	Jake Agnitsch, 19, Ames, IA	48:58	1:42:20	1:43:15	8:14
955	166	M35	Cory Shook, 38, Pleasant Hill, IA	53:18	1:42:21	1:45:12	8:14
956	167	M35	Travis Rosenmeyer, 36, Highlands Ranch, CO	49:06	1:42:21	1:43:31	8:14
278	51	W35	Jennifer Machan, 36*, Ankeny, IA	51:40	1:42:22	1:43:05	8:14
957	79	M45	Bryan Nepl, 46, West Des Moines, IA	48:51	1:42:22	1:43:21	8:14
958	148	M25	Chris Deal, 27, Ames, IA	51:39	1:42:22	1:51:42	8:14
959	95	M20	Colby Allen, 24, Pleasant Hill, IA	49:42	1:42:23	1:43:34	8:14
960	96	M20	Jeff Tanking, 23, Topeka, KS	50:47	1:42:23	1:48:08	8:14
961	58	M50	Jon Schmidt, 50, Centerville, IA	51:26	1:42:24	1:43:40	8:14
962	110	M40	Brad Steffen, 41, Johnston, IA	51:51	1:42:26	1:43:39	8:15
279	52	W35	Suzy Lipinski, 39*, Cedar Falls, IA	50:17	1:42:27	1:44:07	8:15
963	59	M50	Michael Long, 52, Ames, IA	50:51	1:42:27	1:45:59	8:15
964	149	M25	Andy Lester, 28, Waukee, IA	52:39	1:42:29	1:45:52	8:15
280	65	W30	Niki Friessen, 34*, Hinton, IA	51:08	1:42:29	1:43:34	8:15
965	168	M35	Greg Thompson, 39, West Des Moines, IA	51:19	1:42:29	1:43:57	8:15
966	60	M50	Jon Parsons, 51, Atlantic, IA	51:33	1:42:30	1:44:19	8:15
967	97	M20	Matt Jones, 24, Urbandale, IA	51:33	1:42:30	1:43:09	8:15
281	53	W35	Carla Danielson, 39*, Ames, IA	51:23	1:42:31	1:43:34	8:15
968	80	M45	Scott Vermillion, 49, Ankeny, IA	48:29	1:42:32	1:43:27	8:15
969	24	JrM	Evan O'Leary, 14, Desoto, IA	50:39	1:42:33	1:44:13	8:15
970	111	M40	Matthew Gardner, 42, Urbandale, IA	51:27	1:42:33	1:44:37	8:15
971	211	M30	Zachary Deardorff, 34, Lemars, IA	50:20	1:42:34	1:43:08	8:15
972	150	M25	Robert Seaberg, 27, Des Moines, IA	51:31	1:42:34	1:48:23	8:15
282	66	W30	Stephanie Myers, 30*, Ames, IA	52:09	1:42:34	1:44:23	8:15
973	112	M40	Brad Blackman, 41, Urbandale, IA	53:58	1:42:35	1:47:36	8:15
974	98	M20	Evan Swanson, 23, Coralville, IA	54:36	1:42:36	1:44:31	8:15

283	26	W40	Patrice Davis, 40*, Grimes, IA	51:05	1:42:36	1:43:36	8:15
975	113	M40	Scott Brown, 44, Desoto, IA	49:32	1:42:38	1:44:04	8:15
976	151	M25	Josh Hasty, 26, Davenport, IA	51:19	1:42:38	1:43:35	8:15
977	99	M20	Tj Anderson, 23, Des Moines, IA	52:49	1:42:38	1:45:09	8:15
978	169	M35	John Vogelaar, 39, Clive, IA	50:49	1:42:38	1:44:13	8:15
284	54	W35	Miki Miller, 37*, Johnston, IA	51:10	1:42:38	1:43:31	8:15
285	67	W30	Becky Krieg, 34*, West Des Moines, IA	51:09	1:42:39	1:50:07	8:16
979	81	M45	Brian Culich, 49, Des Moines, IA	51:19	1:42:39	1:43:35	8:16
980	152	M25	Ross Sickora, 25, West Des Moines, IA	51:22	1:42:39	1:50:03	8:16
981	82	M45	Bill McGinn, 45, Johnston, IA	52:13	1:42:39	1:44:16	8:16
982	83	M45	Brad Willie, 45, Urbandale, IA	52:13	1:42:39	1:44:17	8:16
983	170	M35	John Buzzoni, 38, Polk City, IA	51:19	1:42:40	1:44:12	8:16
984	114	M40	Matt Palen, 44, Norwalk, IA	49:10	1:42:40	1:44:01	8:16
985	115	M40	David Hayes, 41, Cedar Rapids, IA	53:44	1:42:42	1:49:37	8:16
986	171	M35	Tom Hisler, 38, Ankeny, IA	51:24	1:42:42	1:44:26	8:16
987	172	M35	Dana Braunschweig, 37, Des Moines, IA	50:38	1:42:42	1:43:56	8:16
988	21	M55	Patrick Hoover, 57, Chico, CA	50:57	1:42:43	1:43:46	8:16
286	55	W35	Jen Boess, 35*, Waukee, IA	52:06	1:42:43	1:48:26	8:16
989	173	M35	Bradley Runyon, 35, Cedar Rapids, IA	52:55	1:42:44	1:44:23	8:16
990	212	M30	Daniel Marshall, 34, Des Moines, IA	53:41	1:42:44	1:46:07	8:16
991	213	M30	Kelcey Krings, 34, Polk City, IA	50:45	1:42:45	1:44:37	8:16
992	214	M30	Andrew Lemmenes, 30, Humboldt, IA	52:40	1:42:45	1:53:00	8:16
993	215	M30	Brian Gunsolley, 30, Ankeny, IA	51:08	1:42:45	1:43:59	8:16
287	58	W25	Kathryn Yost, 25*, Papillion, NE	49:34	1:42:45	1:42:51	8:16
994	84	M45	Bruce Johnson, 48, Osage, IA	51:00	1:42:46	1:45:04	8:16
288	68	W30	Jennifer Noel, 30*, Polk City, IA	52:09	1:42:46	1:44:03	8:16
995	22	M55	David Jordan, 55, Setagaya-Ku, Tokyo	51:51	1:42:46	1:46:07	8:16
289	59	W25	Jesse Harper, 29*, Des Moines, IA	52:22	1:42:48	1:44:23	8:16
290	16	W45	Karen Jennings-Boland, 48*, Marshalltown, IA	51:45	1:42:48	1:46:52	8:16
291	41	W20	Jordyn Boland, 20*, Marshalltown, IA	51:44	1:42:48	1:46:52	8:16
292	42	W20	Koriann Kent, 24*, Des Moines, IA	50:24	1:42:48	1:48:54	8:16
996	216	M30	Dan Wolfe, 34, Cedar Rapids, IA	52:55	1:42:49	1:44:28	8:16
997	153	M25	Josh Purcell, 28, Omaha, NE	51:55	1:42:50	1:44:26	8:16
998	174	M35	Kory Brady, 35, Johnston, IA	52:04	1:42:51	1:47:13	8:16
999	116	M40	Christopher Birler, 43, Polk City, IA	53:25	1:42:51	1:44:35	8:17
293	43	W20	Allison Shedek, 23*, Iowa City, IA	50:02	1:42:52	1:45:37	8:17
294	56	W35	Erin Kouri, 35*, Mission, KS	51:01	1:42:53	1:44:40	8:17
295	69	W30	Sheri Beaver, 30*, Grimes, IA	52:52	1:42:54	1:45:30	8:17
1000	175	M35	Jason Badtram, 35, Johnston, IA	50:37	1:42:54	1:44:38	8:17
1001	176	M35	Jeremy Vaught, 39, Johnston, IA	50:29	1:42:54	1:43:57	8:17
1002	217	M30	Jon Friessen, 33, Hinton, IA	51:08	1:42:54	1:44:00	8:17
1003	177	M35	Scott Ford, 35, Clive, IA	50:30	1:42:54	1:43:57	8:17
1004	154	M25	Nicholas Reed, 28, Des Moines, IA		1:42:55	1:47:04	8:17
1005	155	M25	Sam Brownlee, 28, Emmetsburg, IA	50:44	1:42:57	1:43:33	8:17
1006	117	M40	Todd Robran, 41, Ankeny, IA	53:39	1:42:58	1:45:11	8:17
296	44	W20	Meghann Smith, 23*, Ankeny, IA	53:07	1:42:58	1:44:31	8:17
1007	118	M40	Scott Johnston, 42, Indianola, IA	50:30	1:42:58	1:43:59	8:17
297	60	W25	Kelly Youland, 25*, Rochester, MN	50:45	1:42:58	1:45:28	8:17
1008	4	M65	David Schulte, 65, Granger, IA	49:42	1:42:59	1:43:39	8:17
1009	119	M40	John Shaw, 43, Altoona, IA	50:15	1:42:59	1:43:21	8:17
1010	178	M35	Geoff Robinson, 35, Waukee, IA	49:52	1:43:00	1:44:37	8:17
298	70	W30	Annette Carver Schlee, 34*, Ankeny, IA	49:43	1:43:00	1:44:06	8:17
1011	179	M35	T J. Lechtenberg, 35, West Des Moines, IA	50:18	1:43:00	1:46:47	8:17
1012	180	M35	Jamie Meis, 37, Des Moines, IA	50:43	1:43:01	1:44:36	8:17
1013	85	M45	Jimmy Keller, 49, Cedar Rapids, IA	49:36	1:43:01	1:44:43	8:17
1014	181	M35	Mike Richardson, 37, Adel, IA	51:08	1:43:02	1:45:12	8:17
299	45	W20	Colleen Jemmi, 23*, Chicago, IL	50:48	1:43:02	1:44:47	8:17
1015	218	M30	Eric Schulz, 30, Ankeny, IA	51:58	1:43:03	1:44:38	8:17
1016	100	M20	Scott Towers, 21, Dallas Center, IA	51:43	1:43:03	1:45:42	8:17
300	46	W20	Lauren Link, 24*, Lawrence, KS	53:37	1:43:03	1:44:21	8:17
301	61	W25	Darci Pratt, 29*, West Des Moines, IA	50:39	1:43:04	1:43:31	8:18
1017	182	M35	David Rietz, 39, Huxley, IA	51:55	1:43:05	1:44:21	8:18
1018	86	M45	Mike Larsen, 46, Clear Lake, IA	49:07	1:43:05	1:43:54	8:18
1019	219	M30	Adam Hahn, 31, Ames, IA	52:04	1:43:05	1:46:55	8:18

1020	220	M30	Nick Varcoe, 33, Waukee, IA	52:40	1:43:06	1:44:21	8:18
1021	221	M30	Justin Barrett, 31, Des Moines, IA	53:06	1:43:07	1:45:34	8:18
	302	71	W30 Amanda Beveridge, 30*, West Des Moines, IA	51:30	1:43:07	1:44:46	8:18
1022	222	M30	Richard Beveridge, 32, West Des Moines, IA	51:29	1:43:07	1:44:46	8:18
1023	223	M30	Robert Nelson, 34, Oskaloosa, IA	49:52	1:43:07	1:44:40	8:18
1024	183	M35	John Becker, 36, Atlantic, IA	52:46	1:43:08	1:44:59	8:18
	303	57	W35 Heather Fleming, 35*, Robins, IA	50:19	1:43:09	1:44:00	8:18
1025	120	M40	Chris Stimson, 41, Jefferson, IA	51:38	1:43:12	1:45:03	8:18
	304	58	W35 Nikki Roetman, 38*, Johnston, IA	51:55	1:43:12	1:44:22	8:18
1026	156	M25	John Olson, 28, Des Moines, IA	50:22	1:43:13	1:45:59	8:18
	305	17	W45 Kathie Madron, 49*, Oakland, IA	48:04	1:43:13	1:43:46	8:18
	306	59	W35 Maria Mattiace, 36*, Ankeny, IA	49:55	1:43:14	1:43:14	8:18
	307	60	W35 Jennifer Cottier, 39*, Boone, IA	50:52	1:43:14	1:44:46	8:18
1027	61	M50	Daniel Reed, 51, Edina, MN	50:51	1:43:15	1:43:42	8:18
	308	47	W20 Michele Schoop, 22*, Johnston, IA	52:31	1:43:15	1:44:47	8:18
1028	23	M55	Jeffrey Crane, 56, West Des Moines, IA	48:14	1:43:15	1:43:49	8:18
	309	61	W35 Michelle Madden, 38*, West Des Moines, IA	51:23	1:43:16	1:44:55	8:18
1029	224	M30	Jeffrey Judisch, 31, Omaha, NE	51:40	1:43:17	1:47:00	8:19
	310	62	W35 Tiffany Weieneth, 37*, Adel, IA	51:34	1:43:17	1:44:28	8:19
1030	25	JrM	George Reis, 13, Urbandale, IA	54:08	1:43:17	1:46:36	8:19
1031	184	M35	Brent Brungardt, 38, Ames, IA	50:55	1:43:18	1:44:26	8:19
1032	121	M40	Paul Rearick, 43, Ankeny, IA	52:34	1:43:18	1:45:08	8:19
	311	5	W50 Rose Wignall, 51*, Creston, IA	51:39	1:43:20	1:44:41	8:19
1033	101	M20	Ross Hanson, 22, Coralville, IA	52:55	1:43:21	1:46:07	8:19
	312	48	W20 Ciera Fundermann, 23*, Ankeny, IA	52:20	1:43:21	1:44:39	8:19
1034	122	M40	Cory DeWitt, 40, Ankeny, IA	52:20	1:43:21	1:44:39	8:19
	313	62	W25 Tanna Harshbarger, 27*, Ankeny, IA	51:09	1:43:21	1:44:53	8:19
	314	18	W45 Julie Olmstead, 49*, Webster City, IA	50:15	1:43:22	1:47:00	8:19
1035	123	M40	Wes Breckenridge, 44, Newton, IA	51:32	1:43:23	1:44:05	8:19
	315	19	W45 Margaret Fisher, 47*, Ames, IA	50:47	1:43:23	1:45:06	8:19
	316	72	W30 Ann Tucker, 30*, Johnston, IA	51:09	1:43:23	1:44:55	8:19
	317	63	W35 Nadine Woods, 39*, Johnston, IA	51:55	1:43:24	1:44:34	8:19
	318	64	W35 Mary Jackovin, 39*, Urbandale, IA	50:09	1:43:25	1:43:58	8:19
	319	49	W20 Susie Kuhl, 21*, Beaman, IA	51:00	1:43:26	1:45:44	8:19
	320	9	W17 Krystle Thai, 19*, Arcadia, CA	53:09	1:43:27	1:47:43	8:19
1036	24	M55	Alan DiSpirito, 58, Ames, IA	50:25	1:43:27	1:44:36	8:19
1037	102	M20	Matt Dalton, 20, Des Moines, IA	50:34	1:43:27	1:45:06	8:19
	321	73	W30 Jessica Schmitt, 31*, Urbandale, IA	51:46	1:43:27	1:44:38	8:19
1038	124	M40	Tj Bangs, 40, Huxley, IA	51:55	1:43:28	1:44:44	8:19
1039	225	M30	Steve Schmitt, 32, Urbandale, IA	51:46	1:43:28	1:44:39	8:19
1040	226	M30	Scott Hansen, 34, Charles City, IA	53:47	1:43:28	1:45:38	8:19
1041	125	M40	Matt Meline, 44, West Des Moines, IA	54:05	1:43:28	1:45:03	8:20
	322	50	W20 Katie King, 22*, Altoona, IA	52:31	1:43:29	1:45:01	8:20
1042	126	M40	Scott Mills, 42, Des Moines, IA	52:18	1:43:29	1:55:01	8:20
1043	62	M50	David Body, 54, Polk City, IA	52:37	1:43:29	1:44:50	8:20
1044	157	M25	Keith Olson, 28, Ankeny, IA	51:57	1:43:30	1:44:36	8:20
1045	103	M20	Devin Yeager, 22, Ottumwa, IA	49:14	1:43:30	1:50:38	8:20
1046	158	M25	Christopher Marzen, 25, West Des Moines, IA	51:03	1:43:31	1:46:03	8:20
	323	65	W35 Sara Schwendinger, 35*, Des Moines, IA	52:24	1:43:31	1:45:21	8:20
	324	63	W25 Shelby Sutherland, 28*, Cedar Rapids, IA	51:22	1:43:32	1:45:51	8:20
	325	64	W25 Anna Cigrand, 29*, Iowa City, IA	52:59	1:43:33	1:50:15	8:20
1047	159	M25	Dan Harty, 25, Ankeny, IA	51:15	1:43:33	1:49:42	8:20
1048	185	M35	Eric Wagner, 36, Urbandale, IA	50:57	1:43:33	1:45:11	8:20
1049	127	M40	Michael Alleman, 40, Ankeny, IA	51:27	1:43:35	1:45:35	8:20
1050	104	M20	Nicholas Robertson, 20, Ankeny, IA	50:17	1:43:36	1:44:55	8:20
1051	227	M30	Nick Mahoney, 32, Marion, IA	50:27	1:43:38	1:44:34	8:20
1052	160	M25	Matt Harbert, 29, Ankeny, IA	52:26	1:43:39	1:44:36	8:20
	326	65	W25 Chelsey Pederson, 28*, Grimes, IA	51:08	1:43:41	1:51:10	8:21
1053	25	M55	Jim Pippert, 55, Dysart, IA	51:47	1:43:42	1:44:37	8:21
	327	66	W25 Jessa Kane, 25*, West Des Moines, IA	49:15	1:43:43	1:45:30	8:21
	328	51	W20 Rebecca Schulke, 21*, Spencer, IA	48:07	1:43:43	1:44:26	8:21
1054	228	M30	Brandon Kienitz, 33, Belle Plaine, IA	51:50	1:43:44	1:45:41	8:21
1055	186	M35	John Huttemier, 38, Waseca, MN	50:42	1:43:45	1:46:43	8:21
1056	161	M25	Ryan Keehn, 29, West Des Moines, IA	46:38	1:43:45	1:44:12	8:21

329	52	W20	Clara Bailey-Hugill, 24*, Belle Plaine, IA	51:51	1:43:45	1:45:41	8:21
1057	128	M40	Brad Wade, 40, Altoona, IA	51:50	1:43:46	1:45:09	8:21
1058	105	M20	Warren Pierson, 24, Ames, IA	51:47	1:43:46	1:46:23	8:21
1059	229	M30	Mark Moeller, 31, Ankeny, IA	53:57	1:43:46	1:46:19	8:21
330	67	W25	Laura Buffington, 29*, Ankeny, IA	50:43	1:43:48	1:45:07	8:21
1060	230	M30	Jon Olson, 34, Atlantic, IA	53:14	1:43:48	1:45:39	8:21
1061	129	M40	John Krogman, 44, Atlantic, IA	53:16	1:43:48	1:45:38	8:21
331	74	W30	Kristi York, 32*, West Des Moines, IA	54:00	1:43:49	1:47:10	8:21
332	27	W40	Angela Knight, 40*, West Des Moines, IA	51:01	1:43:49	1:45:20	8:21
1062	231	M30	Joseph Webb, 32, Eden Prairie, MN	51:01	1:43:49	1:45:20	8:21
1063	87	M45	Gregory Burmeister, 49, Clive, IA	51:58	1:43:49	1:45:40	8:21
1064	63	M50	Raymond Layton, 53, Ankeny, IA	52:08	1:43:50	1:45:55	8:21
333	6	W50	Dee Henderson, 54*, Clive, IA	51:09	1:43:50	1:46:04	8:21
334	75	W30	Sarah Brady, 31*, Johnston, IA	52:03	1:43:50	1:48:13	8:21
1065	88	M45	Dean Hoffman, 46, Ankeny, IA	52:42	1:43:51	1:52:10	8:21
335	66	W35	Deann Thoreson, 38*, Knoxville, IA	51:37	1:43:51	1:45:30	8:21
336	76	W30	Anne Shrader, 33*, West Des Moines, IA	52:39	1:43:52	1:45:37	8:21
337	77	W30	Angie Sinclair, 33*, Indianola, IA	51:10	1:43:53	1:44:38	8:21
1066	89	M45	Michael Zachmeyer, 46, Milan, IL	51:30	1:43:53	1:44:51	8:21
1067	106	M20	Cody Banks, 23, Cedar Falls, IA	52:52	1:43:54	1:46:05	8:22
1068	187	M35	Jeremy Mueller, 35, West Des Moines, IA	51:25	1:43:54	1:45:28	8:22
1069	188	M35	Matthew Goodman, 39, Ames, IA	50:28	1:43:54	1:49:51	8:22
1070	26	M55	Randy Mundt, 56, Urbandale, IA	52:51	1:43:55	1:45:07	8:22
338	68	W25	Andrea Basche, 28*, Ames, IA	51:21	1:43:56	1:45:36	8:22
1071	162	M25	Aaron Rector, 28, Grimes, IA	48:38	1:43:57	1:45:12	8:22
339	69	W25	Sara Gearin, 25*, Ankeny, IA	51:04	1:43:57	1:47:17	8:22
340	78	W30	Casey Wetjen, 32*, Williamsburg, IA	50:02	1:43:57	1:44:52	8:22
341	67	W35	Wendy Kelly, 37*, Glen Ellyn, IL	49:49	1:43:58	1:45:23	8:22
342	53	W20	Kali Judd, 23*, Winterset, IA	51:19	1:43:58	1:46:05	8:22
343	70	W25	Sheena Danzer, 27*, Pleasant Hill, IA	50:50	1:43:59	1:45:37	8:22
344	7	W55	Karen Thimmesch, 56*, Tiffin, IA	51:52	1:43:59	1:46:05	8:22
1072	189	M35	Jacob Welchans, 35, Des Moines, IA	51:36	1:43:59	1:45:32	8:22
1073	90	M45	Jeff Frost, 45, Gilbertville, IA	52:19	1:43:59	1:47:59	8:22
345	28	W40	Cristen Schipper, 41*, Clive, IA	51:53	1:43:59	1:44:58	8:22
1074	130	M40	Mike Penningroth, 40, Urbandale, IA	48:21	1:44:00	1:44:34	8:22
346	68	W35	Trishia Borts, 37*, Urbandale, IA	52:21	1:44:01	1:46:31	8:22
1075	163	M25	Sony Sithonnorath, 25, Des Moines, IA	53:08	1:44:02	1:54:41	8:22
347	29	W40	Heidi Brown, 42*, Sheldon, IA	52:21	1:44:03	1:46:33	8:22
1076	131	M40	Dave Leever, 41, Ankeny, IA	51:32	1:44:03	1:44:46	8:22
1077	27	M55	Dan Beck, 56, Hills, IA	54:09	1:44:04	1:46:07	8:22
1078	164	M25	Seth Rowland, 29, North Liberty, IA	53:47	1:44:04	1:46:25	8:22
1079	190	M35	Pete Busch, 38, Conrad, IA	54:09	1:44:05	1:48:29	8:22
348	79	W30	Jill Clark, 34*, Marshalltown, IA	52:25	1:44:06	1:45:34	8:23
1080	132	M40	Matt Van Heukelom, 41, Des Moines, IA	52:18	1:44:06	1:45:16	8:23
1081	191	M35	Chad Kinter, 37, Grimes, IA	52:12	1:44:06	1:45:07	8:23
349	80	W30	Susie Robertson, 34*, North Liberty, IA	52:45	1:44:06	1:51:26	8:23
1082	5	M65	Clay Whiteis, 69, Des Moines, IA	51:42	1:44:07	1:44:31	8:23
1083	91	M45	William Kearney, 47, Sheldahl, IA	53:25	1:44:07	1:45:56	8:23
1084	107	M20	Jason Taylor-Ohmes, 22, Cedar Rapids, IA	52:51	1:44:07	1:51:02	8:23
350	81	W30	Jennifer White, 33*, Urbandale, IA	49:48	1:44:07	1:45:39	8:23
351	82	W30	Caprice DeJong, 32*, Montezuma, IA	52:45	1:44:07	1:51:26	8:23
1085	64	M50	Steve Wood, 54, West Des Moines, IA	50:30	1:44:08	1:46:36	8:23
1086	192	M35	Todd Yelland, 36, Williamsburg, IA	50:17	1:44:08	1:45:41	8:23
1087	232	M30	David Stanfield, 31, Marshalltown, IA	52:01	1:44:10	1:54:33	8:23
352	69	W35	Tonya Oolman, 38*, Paullina, IA	51:43	1:44:10	1:46:16	8:23
1088	233	M30	Mathew Mann, 30, West Des Moines, IA	51:00	1:44:11	1:53:59	8:23
353	70	W35	Britt German, 36*, Cumming, IA	53:28	1:44:11	1:48:05	8:23
354	71	W35	Nancy Reynolds, 36*, Atlantic, IA	53:17	1:44:13	1:46:04	8:23
1089	108	M20	Will Folkerts, 20, Chariton, IA	53:30	1:44:13	1:45:43	8:23
355	71	W25	Amanda Muhlbauer, 29*, McCallsburg, IA	51:52	1:44:14	1:46:32	8:23
1090	109	M20	Aaron Beck, 20, Grinnell, IA	52:08	1:44:14	1:46:53	8:23
356	54	W20	Rachel Claman, 23*, Arlington Heights, IL	51:08	1:44:15	1:45:47	8:23
1091	165	M25	Nathan Beck, 29, West Des Moines, IA	52:38	1:44:15	1:45:43	8:23
1092	193	M35	Jeremy Marshall, 35, Ankeny, IA	52:06	1:44:15	1:45:25	8:23
1093			18b7286		1:44:15	1:44:15	8:23

357	83	W30	Stacey Guertin, 31*, Cedar Rapids, IA	52:01	1:44:15	1:46:11	8:23
1094	194	M35	Matt Sunde, 39, West Des Moines, IA	56:38	1:44:15	1:47:38	8:23
1095	65	M50	Bill Krier, 54, Urbandale, IA	52:28	1:44:15	1:45:09	8:23
358	30	W40	Theresa McClure, 44*, Johnston, IA	51:02	1:44:17	1:45:27	8:23
1096	234	M30	James Martin, 34, Wayne, PA	53:06	1:44:17	1:44:40	8:23
1097	8	M60	Richard Martin, 63, Ames, IA	53:06	1:44:17	1:44:40	8:23
1098	166	M25	Drew Crawford, 27, Norwalk, IA	54:44	1:44:17	1:49:16	8:23
1099	235	M30	Rob Peterson, 34, Urbandale, IA	52:03	1:44:17	1:45:48	8:23
1100	133	M40	Aaron Stevens, 41, Norwalk, IA	53:24	1:44:18	1:47:09	8:23
1101	236	M30	Josh Engelhart, 33, Ankeny, IA	51:43	1:44:18	1:48:29	8:24
359	72	W35	Kristen Lehman, 38*, Lakeville, MN	52:06	1:44:19	1:45:24	8:24
360	10	W17	Sierra McVicker, 19*, Ames, IA	53:18	1:44:19	1:46:58	8:24
361	73	W35	Melissa Billings, 37*, Ankeny, IA	52:06	1:44:19	1:45:24	8:24
1102	110	M20	Devin Leland, 20, Huxley, ID	53:18	1:44:20	1:46:58	8:24
362	72	W25	Amanda Umbaugh, 26*, Des Moines, IA	52:01	1:44:21	1:46:02	8:24
1103	237	M30	Matt Timmins, 34, Newton, IA	53:02	1:44:21	1:48:06	8:24
1104	111	M20	Benjamin Newcomb, 23, Cedar Falls, IA	53:07	1:44:21	1:46:34	8:24
363	74	W35	Sarah Ramsey, 38*, Des Moines, IA	51:58	1:44:22	1:46:10	8:24
364	75	W35	Stacey Blazek, 36*, Centerville, IA	52:59	1:44:22	1:46:53	8:24
365	84	W30	Kendra Lerdal, 34*, Ankeny, IA	54:07	1:44:22	1:50:19	8:24
1105	238	M30	Clint Pudenz, 31, Urbandale, IA	50:59	1:44:24	1:46:23	8:24
366	73	W25	Brooke Wanninger, 25*, Lake City, IA	50:49	1:44:24	1:45:52	8:24
1106	167	M25	Thomas Jones, 27, Omaha, NE	53:10	1:44:24	1:45:57	8:24
367	74	W25	Jessica Bernard, 25*, Ames, IA	52:03	1:44:25	1:47:00	8:24
368	31	W40	Jacqueline Konopik, 41*, Clive, IA	51:52	1:44:26	1:45:42	8:24
1107	239	M30	Joe Feldmann, 31, Des Moines, IA	52:45	1:44:26	1:50:19	8:24
1108	168	M25	Seth Hagarty, 29, Ankeny, IA	50:34	1:44:26	1:45:53	8:24
1109	195	M35	Jonathan Scroggs, 35, Ankeny, IA	53:38	1:44:26	1:46:40	8:24
1110	169	M25	Patrick Majewski, 26, Grimes, IA	52:57	1:44:27	1:47:20	8:24
369	20	W45	Keri Lewis, 49*, West Des Moines, IA	52:18	1:44:27	1:46:32	8:24
370	7	W50	Kate Pantel, 54*, Iowa City, IA	52:34	1:44:27	1:46:20	8:24
371	76	W35	Kristy Pellett, 38*, Atlantic, IA	53:16	1:44:28	1:46:19	8:24
372	77	W35	Julie Muller, 37*, Clive, IA	53:22	1:44:28	1:46:24	8:24
1111	240	M30	Randy Collison, 31, Bondurant, IA	51:49	1:44:29	1:45:56	8:24
1112	170	M25	Jeffrey Smith, 25, Cedar Falls, IA	54:58	1:44:29	1:47:58	8:24
1113	171	M25	Justin Alt, 27, Eagle Grove, IA	49:40	1:44:30	1:45:58	8:24
1114	196	M35	Jeffrey Maassen, 38, Coralville, IA	55:13	1:44:31	1:50:10	8:25
1115	172	M25	Jason Buseman, 27, Johnston, IA	52:58	1:44:32	1:50:01	8:25
1116	173	M25	Samuel Hanish, 25, West Des Moines, IA	50:53	1:44:33	1:46:26	8:25
1117	197	M35	Erik Grotenhuis, 37, Blue Springs, MO	52:55	1:44:34	1:47:35	8:25
1118	112	M20	Jamey Johnson, 23, West Des Moines, IA	53:20	1:44:34	1:45:44	8:25
1119	174	M25	Bradley Crookshank, 26, Des Moines, IA	48:29	1:44:34	1:45:39	8:25
373	32	W40	Denise King, 44*, Atlantic, IA	53:17	1:44:34	1:46:26	8:25
1120	198	M35	Eugene Frimpong, 38, Norwalk, IA	52:14	1:44:36	1:46:51	8:25
374	55	W20	Emily Douglas, 24*, Rochester, MN	50:32	1:44:36	1:45:55	8:25
1121	66	M50	Allen Benson, 52, Ankeny, IA	51:59	1:44:38	1:45:17	8:25
1122	40	M17	Nick Hagan, 17, St Charles, IA	50:30	1:44:38	1:46:31	8:25
375	33	W40	Teresa Brooks, 40*, Albuquerque, NM	52:03	1:44:38	1:47:23	8:25
1123	92	M45	Dave Wenger, 45, Albia, IA	51:02	1:44:40	1:44:58	8:25
1124	241	M30	Adam Behrends, 31, Clive, IA	53:04	1:44:40	1:46:51	8:25
376	34	W40	Susan Potter, 41*, Ankeny, IA	52:37	1:44:40	1:47:27	8:25
377	75	W25	Ann Wetz, 25*, Omaha, NE	50:03	1:44:40	1:45:22	8:25
1125	242	M30	Scott Kopperud, 34, Urbandale, IA	50:29	1:44:42	1:46:57	8:25
1126	243	M30	Pete Frett, 34, Des Moines, IA	51:45	1:44:43	1:45:39	8:26
1127	175	M25	Brian Berg, 25, Johnston, IA	53:16	1:44:44	1:52:25	8:26
378	85	W30	Michelle Meinecke, 30*, Yale, IA	53:06	1:44:44	1:46:53	8:26
379	35	W40	Julie Perkins, 40*, Carroll, IA	53:01	1:44:44	1:47:07	8:26
1128	134	M40	Greg Perkins, 41, Carroll, IA	53:01	1:44:45	1:47:07	8:26
380	86	W30	Maisie Bovy, 34*, Waterloo, IA	51:56	1:44:45	1:56:03	8:26
1129	135	M40	Tony Guerra, 40, Ankeny, IA	49:37	1:44:46	1:45:38	8:26
1130	244	M30	Nate Meier, 30, Ankeny, IA	52:48	1:44:47	1:48:28	8:26
1131	93	M45	Jon Leisinger, 45, Council Bluffs, IA	50:39	1:44:47	1:52:28	8:26
1132	245	M30	Ryan Janke, 31, Prole, IA	52:40	1:44:49	1:46:27	8:26
1133	246	M30	Troy Hyde, 31, Des Moines, IA	52:38	1:44:49	1:47:46	8:26
381	87	W30	Jolie Tegels, 33*, Urbandale, IA	52:17	1:44:49	1:46:59	8:26



382	56	W20	Hannah Hutchison, 22*, Des Moines, IA	51:02	1:44:50	1:45:26	8:26
1134	176	M25	Barrett Anderson, 27, Clive, IA	52:23	1:44:50	1:46:24	8:26
1135	67	M50	Doug Keast, 54, Altoona, IA	52:31	1:44:50	1:49:21	8:26
1136	247	M30	Brent Whipps, 32, Ankeny, IA	50:56	1:44:51	1:45:43	8:26
383	57	W20	Whitney Wolfe, 24*, Johnston, IA	50:15	1:44:51	1:46:17	8:26
384	21	W45	Shelley Birmingham, 45*, Johnston, IA	53:06	1:44:51	1:47:00	8:26
1137	199	M35	Sean Chicoine, 37, Des Moines, IA	50:43	1:44:52	1:45:32	8:26
385	22	W45	Chris Gorman, 47*, Council Bluffs, IA	55:31	1:44:52	1:46:35	8:26
1138	9	M60	Mike Anthony, 61, Carlisle, IA	50:56	1:44:53	1:45:15	8:26
1139	94	M45	Jeff Marks, 46, Des Moines, IA	51:44	1:44:54	1:46:46	8:26
386	76	W25	Amy Rossman, 28*, Cedar Falls, IA	52:01	1:44:55	1:49:07	8:26
387	78	W35	Jenny Bucklin, 36*, Urbandale, IA	51:05	1:44:55	1:46:13	8:26
388	58	W20	Molli Kipp, 20*, Johnston, IA	53:35	1:44:55	1:45:22	8:27
389	79	W35	Amy Jones, 38*, West Des Moines, IA	52:07	1:44:55	1:46:17	8:27
390	77	W25	Rachel Dick, 27*, Cedar Rapids, IA	51:18	1:44:56	1:47:05	8:27
1140	177	M25	Ryan Johnson, 26, Ames, IA	55:03	1:44:56	1:49:21	8:27
1141	95	M45	Jos Kobussen, 48, Indianola, IA	53:32	1:44:59	1:48:30	8:27
391	88	W30	Missy Henry, 32*, Des Moines, IA	53:26	1:44:59	1:47:33	8:27
1142	200	M35	Wade Helfer, 39, Ames, IA	53:49	1:44:59	1:47:05	8:27
392	89	W30	Carissa Oltmann, 30*, Cedar Rapids, IA	51:36	1:45:00	1:46:47	8:27
393	36	W40	Keri Frommelt, 41*, Ankeny, IA	51:50	1:45:00	1:45:54	8:27
394	59	W20	Katie Burt, 20*, Slater, IA	52:52	1:45:01	1:46:34	8:27
1143	136	M40	Tom Lindsey, 44, Lindstrom, MN	54:21	1:45:02	1:47:40	8:27
395	90	W30	Bethany Tangen, 31*, Pella, IA	51:50	1:45:02	1:46:35	8:27
1144	137	M40	Brad Myers, 40, Knoxville, IA	51:31	1:45:02	1:46:57	8:27
1145	248	M30	Jonathan Schoeberl, 30, West Des Moines, IA	53:13	1:45:03	1:46:51	8:27
396	37	W40	Susie Bernard, 40*, Overland Park, KS	52:37	1:45:03	1:47:24	8:27
397	91	W30	Sarah Paoli, 33*, Des Moines, IA	53:06	1:45:03	1:47:11	8:27
1146	138	M40	Jason Soliday, 44, West Des Moines, IA	49:23	1:45:04	1:45:40	8:27
1147	139	M40	Tom Shrader, 43, West Des Moines, IA	52:39	1:45:04	1:46:49	8:27
1148	178	M25	Joshua Pryor, 27, Papillion, NE	53:09	1:45:05	1:46:38	8:27
398	23	W45	Cindy Boss, 46*, Clive, IA	52:03	1:45:05	1:47:40	8:27
1149	28	M55	Terry Lint, 57, Clive, IA	51:58	1:45:06	1:46:14	8:27
1150	26	JrM	Nathaniel Bennett, 16, Ankeny, IA	48:39	1:45:07	1:45:29	8:27
1151	96	M45	John TeKippe, 45, Des Moines, IA	52:04	1:45:07	1:46:32	8:27
399	38	W40	Angie Neville, 42*, Bondurant, IA	52:46	1:45:08	1:46:56	8:28
1152	10	M60	Glenn Michael, 62, Glendale, AZ	52:17	1:45:09	1:46:34	8:28
1153	140	M40	Steven McIntosh, 41, Des Moines, IA	53:09	1:45:09	1:46:24	8:28
400	80	W35	Lisa Krugler, 39*, Des Moines, IA	52:48	1:45:09	1:47:30	8:28
1154	68	M50	Mark Brownell, 51, Ankeny, IA	52:33	1:45:10	1:46:35	8:28
1155	113	M20	Rick Twohy Jr, 23, West Des Moines, IA	52:16	1:45:10	1:47:10	8:28
401	78	W25	Sally Locke Ward, 26*, Ollie, IA	52:51	1:45:10	1:47:28	8:28
1156	249	M30	Quanah Walker, 32, Minneapolis, MN	50:54	1:45:10	1:46:58	8:28
1157	69	M50	Todd Carter, 52, San Antonio, TX	53:19	1:45:10	1:46:17	8:28
1158	141	M40	Randy Heitman, 41, West Des Moines, IA	50:37	1:45:11	1:49:36	8:28
1159	179	M25	Joshua Arickx, 29, Waterloo, IA	51:34	1:45:11	1:46:17	8:28
402	92	W30	Mary DeCarlo, 33*, Grimes, IA	51:27	1:45:12	1:47:05	8:28
403	79	W25	Alyssa Drezdon, 26*, West Des Moines, IA	51:32	1:45:12	1:46:50	8:28
1160	180	M25	Brandon Arnold, 26, West Des Moines, IA	52:06	1:45:12	1:47:20	8:28
1161	250	M30	Tj Sunderman, 32, Des Moines, IA	55:05	1:45:14	1:49:38	8:28
404	60	W20	Kristin Gronbach, 22*, Fort Dodge, IA	50:32	1:45:14	1:47:09	8:28
405	81	W35	Carol Tesch, 35*, St Ansgar, IA	52:57	1:45:14	1:47:58	8:28
1162	97	M45	Rob Niess, 48, Osage, IA	52:57	1:45:14	1:47:58	8:28
406	82	W35	Angie Klobnak, 37*, Des Moines, IA	52:54	1:45:15	1:48:57	8:28
407	80	W25	Lisa Butler, 28*, Bondurant, IA	50:11	1:45:15	1:45:46	8:28
1163	29	M55	Rob Stetson, 58, Johnston, IA	52:55	1:45:15	1:46:51	8:28
408	93	W30	Heather Jurgenson, 34*, Fairfax, IA		1:45:15	1:45:15	8:28
409	94	W30	Sarah Miller, 31*, Island Lake, IL	54:09	1:45:15	1:46:01	8:28
1164	142	M40	Eric Camper, 40, Des Moines, IA	51:33	1:45:16	1:46:34	8:28
1165	114	M20	Colin Hueser, 20, Ames, IA	55:56	1:45:17	1:52:39	8:28
410	95	W30	Stacia Weber, 32*, Ankeny, IA	51:12	1:45:17	1:45:30	8:28
1166	115	M20	Tyler Nauman, 21, Des Moines, IA	53:54	1:45:18	1:48:12	8:28
1167	143	M40	Aaron Kennedy, 43, Des Moines, IA	51:59	1:45:19	1:46:40	8:28
411	96	W30	Courtney Kelley, 31*, West Liberty, IA	53:21	1:45:20	1:51:24	8:28

412	8	W50	Debi Bull, 54*, Des Moines, IA	52:28	1:45:20	1:46:28	8:28
413	9	W50	Gail Bormann, 54*, Waukee, IA	52:21	1:45:20	1:45:53	8:28
1168	201	M35	Jesse Frederick, 37, Nevada, IA	50:31	1:45:20	1:46:45	8:29
414	39	W40	Monica Frey, 40*, Cedar Rapids, IA	52:31	1:45:20	1:47:57	8:29
1169	181	M25	Brad Campbell, 27, Marion, IA	52:28	1:45:21	1:48:02	8:29
415	81	W25	Mischa Andersen, 29*, West Des Moines, IA	53:58	1:45:21	1:48:24	8:29
416	97	W30	Tara Hofbauer, 30*, Grimes, IA	54:12	1:45:22	1:47:32	8:29
417	98	W30	Kristy O'Rourke, 31*, Shenandoah, IA	52:00	1:45:22	1:47:04	8:29
418	99	W30	Lisa Lane, 31*, Omaha, NE	52:00	1:45:22	1:47:04	8:29
1170	202	M35	Heath Smith, 36, Des Moines, IA	53:57	1:45:22	1:49:11	8:29
419	82	W25	Andrea Ahrendsen, 25*, Des Moines, IA	52:47	1:45:22	1:47:42	8:29
420	83	W25	Andrea Parmenter, 29*, Norwalk, IA	52:53	1:45:23	1:48:52	8:29
421	83	W35	Cristal Burkle, 36*, Granger, IA	51:57	1:45:23	1:47:07	8:29
1171	11	M60	Roger Heinle, 62, Whiting, IA	52:15	1:45:23	1:46:38	8:29
422	84	W35	Tara Inman, 37*, Omaha, NE	54:25	1:45:24	1:48:38	8:29
1172	203	M35	James Wolfe, 36, New Hampton, IA	54:25	1:45:24	1:48:38	8:29
423	84	W25	Brook Lenze, 27*, Dexter, IA	51:33	1:45:24	1:47:19	8:29
424	24	W45	Connie Hoffman, 49*, Carroll, IA	52:18	1:45:26	1:46:37	8:29
425	85	W25	Mary Mansheim, 25*, Clive, IA	51:42	1:45:26	1:50:18	8:29
426	10	W50	Dawn Cochran, 54*, W Des Moines, IA	51:32	1:45:27	1:48:37	8:29
1173	251	M30	Curt Long, 33, Des Moines, IA	51:03	1:45:27	1:46:23	8:29
1174	252	M30	Aaron Betts, 34, Waverly, IA	54:04	1:45:27	1:48:20	8:29
427	61	W20	Ruth Lapointe, 20*, Mason City, IA	51:24	1:45:28	1:49:17	8:29
1175	144	M40	Adam Conn, 40, Urbandale, IA	53:50	1:45:32	1:46:00	8:29
428	86	W25	Melia Raitt, 26*, Iowa City, IA	51:58	1:45:32	1:49:28	8:29
429	85	W35	Amy McAllister, 36*, Altoona, IA	51:35	1:45:32	1:47:22	8:29
1176	145	M40	Blair Smith, 41, Des Moines, IA	53:24	1:45:32	1:47:54	8:29
1177	204	M35	Kjell Aamodt, 36, Gilbert, IA	52:27	1:45:32	1:53:41	8:29
430	100	W30	Kimberly Dea, 32*, West Des Moines, IA	50:28	1:45:32	1:46:05	8:29
431	101	W30	Leah Fuhrman, 30*, Cedar Rapids, IA	51:26	1:45:34	1:47:36	8:30
1178	116	M20	Jacob Powers, 20, Indianola, IA	51:24	1:45:35	1:48:20	8:30
1179	253	M30	Joel Folkerts, 32, Ames, IA	54:26	1:45:35	1:48:01	8:30
1180	205	M35	Jj Sandvig, 39, West Des Moines, IA	52:48	1:45:35	1:46:31	8:30
1181	254	M30	Joe Heger, 33, Cumming, IA	53:21	1:45:35	1:51:02	8:30
1182	30	M55	Michael Wheelock, 56, Ames, IA	52:44	1:45:36	1:47:19	8:30
432	102	W30	Jessica Kelley, 30*, Solon, IA	52:52	1:45:36	1:49:31	8:30
433	11	W17	Alyssa Nease, 17*, Polk City, IA	48:43	1:45:36	1:46:26	8:30
1183	182	M25	Gabriel Hibben, 27, Windsor Heights, IA	51:22	1:45:37	1:52:25	8:30
1184	206	M35	Michael Parsch, 35, Clive, IA	53:41	1:45:38	1:49:26	8:30
434	87	W25	Jolene Reed, 28*, Des Moines, IA	52:24	1:45:39	1:47:59	8:30
1185	207	M35	Dan Bruns, 37, Ankeny, IA	52:48	1:45:40	1:47:48	8:30
1186	27	JrM	Joey Sodergren, 16, Topeka, KS	54:42	1:45:40	1:49:11	8:30
435	40	W40	Stacy Gehling, 42*, Carroll, IA	52:25	1:45:40	1:46:51	8:30
1187	12	M60	Galen Wilke, 61, Ames, IA	54:12	1:45:40	1:47:23	8:30
1188	183	M25	Blake Wittrock, 27, Waukee, IA	52:45	1:45:41	1:47:03	8:30
436	41	W40	Melany Shaw, 43*, Altoona, IA	52:32	1:45:41	1:46:04	8:30
437	86	W35	Amy Donner, 36*, Des Moines, IA	52:21	1:45:43	1:48:55	8:30
1189	98	M45	Michael Cadden, 49, Eden Prairie, MN	49:46	1:45:44	1:46:06	8:30
438	62	W20	Nicole Wilson, 23*, Des Moines, IA	52:06	1:45:45	1:46:44	8:31
1190	146	M40	Michael Turck, 41, West Des Moines, IA	53:17	1:45:46	1:47:48	8:31
1191	31	M55	Thomas Dirks, 56, Mingo, IA	53:30	1:45:46	1:47:06	8:31
1192	255	M30	Benjamin Parrott, 31, West Des Moines, IA	53:38	1:45:46	1:47:13	8:31
1193	99	M45	David Hoefer, 48, Ames, IA	52:19	1:45:46	1:47:30	8:31
439	88	W25	Carrie Flatjord, 29*, Ankeny, IA	52:54	1:45:46	1:48:26	8:31
440	63	W20	Nicole Guthmiller, 23*, Coralville, IA	53:40	1:45:47	1:48:23	8:31
1194	100	M45	Brad Cooper, 46, Cumming, IA	52:05	1:45:48	1:47:56	8:31
1195	184	M25	Tyler Kinder, 27, West Des Moines, IA	50:58	1:45:49	1:47:33	8:31
1196	256	M30	Doug Enabnit, 33, Altoona, IA	52:31	1:45:49	1:49:15	8:31
1197	185	M25	Tim Sullivan, 26, Des Moines, IA	53:52	1:45:49	1:47:16	8:31
1198	147	M40	Eric Johnson, 42, Johnston, IA	50:32	1:45:49	1:47:59	8:31
441	89	W25	Michelle Duncaif, 26*, Ankeny, IA	52:28	1:45:50	1:47:51	8:31
1199	208	M35	Jason Lyons, 35, Urbandale, IA	54:32	1:45:50	1:49:13	8:31
1200	257	M30	Caleb Schmitz, 33, Des Moines, IA	51:08	1:45:51	1:46:36	8:31
1201	41	M17	Patrick Lahart, 19, Chariton, IA	53:31	1:45:51	1:47:21	8:31
1202	117	M20	Scott Morrett, 20, Des Moines, IA	53:31	1:45:51	1:47:21	8:31

1203	258	M30	Joseph Earp, 31, Ankeny, IA	49:31	1:45:52	1:46:30	8:31
442	25	W45	Shari Osier, 46*, Bondurant, IA	51:33	1:45:53	1:47:29	8:31
1204	186	M25	Joshua Burrows, 27, Des Moines, IA	54:09	1:45:54	1:48:38	8:31
443	103	W30	Shelly Mount, 30*, Riverton, IA	52:40	1:45:54	1:47:34	8:31
1205	32	M55	Greg Madison, 57, Ankeny, IA	53:13	1:45:54	1:46:14	8:31
444	12	W17	Kari Peterson, 19*, Webster City, IA	52:04	1:45:55	1:47:07	8:31
445	90	W25	Renee Roth, 27*, Waukee, IA	50:17	1:45:55	1:47:33	8:31
1206	209	M35	Matthew Trosper, 35, Ankeny, IA	52:46	1:45:55	1:46:58	8:31
446	87	W35	Maria Trosper, 35*, Ankeny, IA	52:46	1:45:55	1:46:58	8:31
1207	118	M20	Michael Wrolstad, 22, Ames, IA	52:14	1:45:55	1:51:46	8:31
1208	101	M45	Joel Peterson, 48, Webster City, IA	52:04	1:45:55	1:47:08	8:31
1209	148	M40	Jeff Spilinek, 40, Gretna, NE	53:30	1:45:56	1:53:43	8:31
1210	210	M35	Brian Freeseaman, 38, Ankeny, IA	50:49	1:45:56	1:46:50	8:31
1211	149	M40	Chris Roling, 40, Des Moines, IA	48:59	1:45:56	1:46:11	8:31
1212	102	M45	Tom Youngwirth, 45, Windsor Heights, IA	52:34	1:45:56	1:47:08	8:31
1213	187	M25	Sean Nelson, 27, Des Moines, IA	51:59	1:45:56	1:52:46	8:31
1214	188	M25	Mario DeAngelo, 27, Des Moines, IA	55:31	1:45:57	1:48:31	8:31
1215	119	M20	Stephen Kesten, 22, Ames, IA	1:00:01	1:45:58	1:45:58	8:32
1216	120	M20	Andrew Burns, 20, Ankeny, IA	51:38	1:45:58	1:47:33	8:32
447	64	W20	Lauren Brendeland, 22*, Ames, IA	55:50	1:45:58	1:47:35	8:32
448	26	W45	Lisa Wink, 45*, Urbandale, IA	50:49	1:45:59	1:47:26	8:32
1217	211	M35	David DuShane II, 37, Hartford, IA	53:00	1:45:59	1:49:50	8:32
1218	70	M50	Tom Hoehamer, 54, Des Moines, IA	51:59	1:45:59	1:47:22	8:32
449	104	W30	Robin Greenlee, 32*, Ames, IA	51:57	1:46:00	1:48:28	8:32
1219	150	M40	Carl Norman, 41, State Center, IA	51:43	1:46:00	1:48:44	8:32
1220	151	M40	Brian Church, 43, Atlantic, IA	53:41	1:46:01	1:47:51	8:32
1221	42	M17	Josh Meyer, 18, Otley, IA	53:27	1:46:02	1:52:13	8:32
1222	259	M30	Jonathan Wang, 30, Urbandale, IA	50:20	1:46:02	1:55:33	8:32
450	88	W35	Linda McNiell, 37*, Homestead, IA	54:13	1:46:02	1:50:21	8:32
451	42	W40	Kim Stewart, 44*, Des Moines, IA	52:12	1:46:03	1:50:26	8:32
1223	189	M25	Laury Aye, 26, Des Moines, IA	52:34	1:46:04	1:46:22	8:32
1224	121	M20	Grant Ruge, 24, Ankeny, IA	50:48	1:46:04	1:46:48	8:32
452	65	W20	Taylor Ruge, 24*, Ankeny, IA	50:48	1:46:04	1:46:48	8:32
1225	212	M35	Larry Isom, 38, Panora, IA	51:57	1:46:05	1:48:16	8:32
453	13	W17	Amy Donaghy, 17*, Ankeny, IA	53:09	1:46:07	1:47:55	8:32
454	105	W30	Holly McHone, 33*, Spencer, IA	52:05	1:46:08	1:49:36	8:32
1226	260	M30	Jordan Anderson, 30, Urbandale, IA	59:41	1:46:08	1:58:31	8:32
1227	71	M50	Rick Gubbels, 54, Des Moines, IA	53:05	1:46:08	1:48:02	8:32
1228	103	M45	Tracy Borkowski, 47, Iowa Falls, IA	50:20	1:46:09	1:46:20	8:32
455	66	W20	Ariadne Vogel, 24*, West Des Moines, IA	51:57	1:46:09	1:53:31	8:32
1229	190	M25	Drew Aspenson, 29, Des Moines, IA	55:58	1:46:09	1:50:48	8:32
1230	104	M45	Gary Thompson, 48, Urbandale, IA	53:43	1:46:10	1:48:22	8:32
1231	261	M30	Dan Kuboushek, 31, Calmar, IA	51:04	1:46:10	1:47:42	8:32
1232	191	M25	Jeffrey Swanson, 26, Ames, IA	53:47	1:46:10	1:48:55	8:33
456	91	W25	Kelsey Nicol, 29*, Ankeny, IA	51:40	1:46:10	1:47:30	8:33
457	43	W40	Heidi Steskal, 41*, Valley, NE	51:26	1:46:10	1:46:47	8:33
458	92	W25	Lauren Hill, 26*, Iowa City, IA	54:21	1:46:12	1:47:53	8:33
1233	152	M40	Jay Petrich, 40, Minneapolis, MN	51:14	1:46:12	1:49:05	8:33
1234	105	M45	Christopher Renihan, 49, New Providence, IA	54:00	1:46:12	1:48:57	8:33
1235	262	M30	Shawn Smothers, 30, Pella, IA	54:42	1:46:14	1:49:44	8:33
1236	213	M35	Marty Wolske, 39, West Des Moines, IA	52:45	1:46:14	1:46:33	8:33
1237	153	M40	Jerry Rexroat, 41, Ankeny, IA	53:44	1:46:14	1:49:31	8:33
1238	122	M20	William Drake, 21, Creston, IA	53:46	1:46:15	1:48:46	8:33
1239	43	M17	Edward Halbur, 17, Guthrie Center, IA	1:01:23	1:46:15	1:50:58	8:33
459	27	W45	Donna Johnson Herring, 49*, Lisbon, IA	52:44	1:46:15	1:47:43	8:33
1240	154	M40	Ed Husar, 44, West Des Moines, IA	52:32	1:46:15	1:47:44	8:33
1241	192	M25	Matt Sales, 28, Des Moines, IA	51:19	1:46:16	1:51:05	8:33
460	89	W35	Maggie Nugent, 35*, Adel, IA	52:06	1:46:17	1:47:43	8:33
1242	193	M25	Zachary Arlen, 28, Des Moines, IA	53:34	1:46:19	1:47:40	8:33
461	28	W45	Leah Tokheim, 48*, Johnston, IA	53:57	1:46:19	1:48:36	8:33
462	106	W30	Ann Orsini, 30*, West Des Moines, IA	54:14	1:46:22	1:53:50	8:34
1243	123	M20	Benjamin Dorin, 21, Pleasant Hill, IA	48:08	1:46:23	1:46:29	8:34
463	29	W45	Kelly Greene, 49*, Cumming, IA	53:03	1:46:23	1:46:24	8:34
464	107	W30	Nicole Parrott, 31*, West Des Moines, IA	53:38	1:46:24	1:47:51	8:34

1244	194	M25	Ben Vogel, 27, Des Moines, IA	53:12	1:46:25	1:47:26	8:34
465	108	W30	Liz Hiveley, 33*, Waukee, IA	54:48	1:46:27	1:49:50	8:34
1245	106	M45	Larry Cole, 48, Rundy Center, IA	52:16	1:46:28	1:47:42	8:34
466	67	W20	Kimberly Johnson, 24*, Pleasantville, IA	52:15	1:46:29	1:47:47	8:34
1246	214	M35	Heath Rhinehart, 39, Conrad, IA	54:10	1:46:29	1:50:53	8:34
1247	215	M35	Chris Spencer, 39, Moravia, IA	53:27	1:46:29	1:47:35	8:34
467	90	W35	Lori Reha, 35*, Ankeny, IA	52:15	1:46:29	1:47:18	8:34
468	109	W30	Erin Jansen, 31*, Ankeny, IA	50:06	1:46:30	1:47:21	8:34
469	91	W35	Stacy Johnson, 38*, Gilbert, IA	53:41	1:46:32	1:47:52	8:34
1248	107	M45	Scott Newbury, 47, Waukee, IA	53:26	1:46:33	1:49:08	8:34
1249	216	M35	Andrew Kautman, 38, Gilbert, IA	53:41	1:46:33	1:47:52	8:34
470	30	W45	Marie Rainforth, 47*, West Des Moines, IA	53:26	1:46:33	1:49:07	8:34
471	110	W30	Kate Stephens, 32*, Gilbert, IA	53:41	1:46:33	1:47:52	8:34
1250	108	M45	Greg Johnson, 47, Waterloo, IA	51:28	1:46:33	1:47:31	8:34
472	111	W30	Amy Powers, 34*, Polk City, IA	51:59	1:46:34	1:48:18	8:34
1251	155	M40	Dennis Haney, 44, Des Moines, IA	54:51	1:46:34	1:48:24	8:34
1252	263	M30	Todd Harman, 33, Johnston, IA	53:20	1:46:34	1:50:08	8:34
1253	217	M35	Neal Tapken, 36, Adel, IA	54:17	1:46:34	1:48:30	8:34
473	68	W20	Shelby Lee, 20*, Pleasant Hill, IA	54:51	1:46:34	1:48:24	8:34
474	69	W20	Jessica Cole, 24*, West Des Moines, IA	52:57	1:46:35	1:48:27	8:35
475	44	W40	Marcey Norland, 44*, Algona, IA	52:39	1:46:35	1:53:55	8:35
476	11	W50	Brenda Bright, 51*, Ames, IA	52:53	1:46:36	1:48:18	8:35
477	45	W40	Julie Peterson, 41*, Ames, IA	52:53	1:46:36	1:48:19	8:35
1254	156	M40	Allen Kratz, 42, Des Moines, IA	52:26	1:46:36	1:49:06	8:35
478	112	W30	Leah Vos, 33*, Altoona, IA	53:19	1:46:37	1:49:27	8:35
479	113	W30	Julie Pietig, 34*, Carroll, IA	50:49	1:46:37	1:47:47	8:35
1255	218	M35	Jason Pentico, 38, Pella, IA	53:49	1:46:37	1:48:13	8:35
480	70	W20	Tara Christensen, 24*, West Des Moines, IA	51:47	1:46:38	1:49:15	8:35
1256	195	M25	Brian Rehm, 26, Carroll, IA	56:12	1:46:39	1:51:56	8:35
481	92	W35	Amanda Mathews, 39*, Centerville, IA	55:09	1:46:40	1:49:12	8:35
1257	196	M25	Nick Smith, 28, Des Moines, IA	51:35	1:46:41	1:48:14	8:35
482	12	W50	Joyce Holland, 51*, Des Moines, IA	53:35	1:46:42	1:48:18	8:35
1258	219	M35	Brian Rumelhart, 39, Ankeny, IA	51:05	1:46:43	1:47:35	8:35
483	31	W45	Molly Moreland, 47*, Iowa City, IA	53:27	1:46:44	1:50:19	8:35
1259	109	M45	Blair Beck, 46, Bondurant, IA	53:41	1:46:44	1:47:59	8:35
1260	264	M30	Joey Poschner, 31, Urbandale, IA	54:35	1:46:44	1:49:21	8:35
1261	197	M25	Casey Byers, 29, West Des Moines, IA	52:54	1:46:45	1:48:28	8:35
1262	110	M45	Doug Kintzle, 47, Urbandale, IA	53:47	1:46:46	1:50:24	8:35
1263	265	M30	Adam Foley, 32, Ames, IA	52:43	1:46:46	1:57:43	8:35
1264	198	M25	Patrick McKenna, 29, West Des Moines, IA	51:45	1:46:46	1:48:43	8:35
484	93	W25	Tara Olaby, 27*, Des Moines, IA	52:56	1:46:46	1:50:21	8:35
1265	266	M30	Mark McKenna, 33, Ankeny, IA	51:44	1:46:46	1:48:43	8:35
1266	220	M35	Matt McKenna, 38, Kansas City, MO	51:45	1:46:46	1:48:43	8:35
1267	72	M50	John Hartley, 50, Iowa City, IA	54:36	1:46:46	1:47:52	8:35
1268	157	M40	Josh Stoffel, 41, Norwalk, IA	52:45	1:46:46	1:49:31	8:35
1269	267	M30	Joseph Thompson, 32, Des Moines, IA	55:47	1:46:47	1:50:06	8:35
485	46	W40	Gale Christensen, 42*, Clive, IA	51:18	1:46:47	1:47:24	8:36
1270	124	M20	Wesley Holtkamp, 24, Fort Madison, IA	55:08	1:46:48	1:48:58	8:36
486	114	W30	Colleen Kuhl, 33*, Urbandale, IA	54:11	1:46:48	1:48:50	8:36
487	94	W25	Kellie Hasken, 27*, Des Moines, IA	52:31	1:46:49	1:52:00	8:36
1271	158	M40	Brian Peppenger, 42, Grimes, IA	55:20	1:46:49	1:49:30	8:36
488	47	W40	Denise Murano, 41*, Grimes, IA	53:32	1:46:49	1:48:21	8:36
489	95	W25	Tracy Hartwig, 27*, Des Moines, IA	53:43	1:46:49	1:48:38	8:36
490	96	W25	Breanna Schmillen, 25*, Des Moines, IA	54:52	1:46:50	1:48:46	8:36
1272	159	M40	Michael Biegger, 42, Des Moines, IA	53:56	1:46:50	1:52:15	8:36
1273	199	M25	Tim Hasken, 26, Des Moines, IA	52:31	1:46:50	1:52:01	8:36
1274	6	M65	Larry Olofson, 65, Boone, IA	50:57	1:46:51	1:47:10	8:36
491	71	W20	Caitlin Clark, 24*, West Des Moines, IA	52:57	1:46:51	1:48:43	8:36
492	32	W45	Kris Urban, 48*, Clive, IA	54:40	1:46:52	1:51:31	8:36
1275	221	M35	Eric Johnson, 38, Des Moines, IA	53:19	1:46:52	1:49:04	8:36
1276	268	M30	Chrs Hartigan, 31, Des Moines, IA	50:57	1:46:53	1:47:27	8:36
493	72	W20	Tricia Davis, 24*, Indianola, IA	55:09	1:46:53	1:49:02	8:36
1277	33	M55	Dale Buntng, 59, West Des Moines, IA	51:56	1:46:53	1:48:19	8:36
1278	200	M25	Bryan Geelan, 27, Indianola, IA	55:09	1:46:53	1:49:02	8:36
1279	125	M20	Nathan Warner, 22, Iowa City, IA	53:09	1:46:53	1:48:02	8:36

1280	222	M35	Barry Burrell, 37, West Des Moines, IA	52:54	1:46:53	1:48:10	8:36
1281	160	M40	Brent Nicolet, 42, Johnston, IA	54:56	1:46:54	1:49:21	8:36
494	97	W25	Tami Bingham, 29*, Pleasantville, IA	53:43	1:46:54	1:48:42	8:36
495	98	W25	Jamie Young, 25*, Urbandale, IA	52:47	1:46:54	1:49:14	8:36
1282	1	M70	Chuck Haigh, 71, West Des Moines, IA	52:40	1:46:54	1:49:39	8:36
1283	161	M40	Jason Carlson, 41, Lemars, IA	54:22	1:46:54	1:49:17	8:36
1284	73	M50	David Teachout, 51, Des Moines, IA	57:26	1:46:55	1:53:52	8:36
1285	201	M25	John Clarke, 27, Des Moines, IA	51:21	1:46:56	1:50:46	8:36
1286	111	M45	Jay Fisher, 48, Pleasant Hill, IA	54:10	1:46:56	1:50:38	8:36
1287	202	M25	Brian Larkin, 27, Des Moines, IA	50:12	1:46:57	1:50:47	8:36
496	99	W25	Stephanie Noble, 26*, Ankeny, IA	54:09	1:46:58	1:48:29	8:36
1288	223	M35	Mitchel Inman, 37, Omaha, NE	55:08	1:47:00	1:50:14	8:37
497	33	W45	Marilyn Wendell, 47*, Ankeny, IA	55:18	1:47:00	1:49:45	8:37
1289	162	M40	Ryan Person, 40, Altoona, IA	51:40	1:47:01	1:47:35	8:37
1290	163	M40	Nick Tornabane, 43, Waukee, IA	54:23	1:47:01	1:49:23	8:37
498	48	W40	Sally McAleer, 42*, Ankeny, IA	53:40	1:47:02	1:48:19	8:37
499	115	W30	Amy Proctor, 34*, Ankeny, IA	55:04	1:47:02	1:52:41	8:37
1291	44	M17	Christopher Lee, 19, Urbandale, IA	55:57	1:47:02	1:51:48	8:37
1292	13	M60	Ernest Vortherms, 63, Urbandale, IA	51:42	1:47:03	1:47:53	8:37
500	93	W35	Emily Kimes, 36*, Des Moines, IA	53:04	1:47:03	1:50:19	8:37
501	94	W35	Sage Ballalatak, 36*, Marshalltown, IA	53:56	1:47:04	1:48:54	8:37
1293	126	M20	Blake Barnes, 24, Onalaska, WI	53:54	1:47:05	1:49:10	8:37
502	100	W25	Melissa Ditch, 28*, Center Point, IA	53:54	1:47:05	1:49:10	8:37
1294	224	M35	Michael Hannon, 35, Johnston, IA	55:38	1:47:05	1:49:46	8:37
1295	269	M30	Ryan Murphy, 31, West Des Moines, IA	54:29	1:47:07	1:48:55	8:37
503	49	W40	Tricia Vermeer, 40*, Pella, IA	54:36	1:47:08	1:49:41	8:37
1296	112	M45	Eric Wasson, 49, Cedar Rapids, IA	52:06	1:47:09	1:47:58	8:37
504	9	JrW	Breanna Williams, 16*, Johnston, IA	52:55	1:47:09	1:51:01	8:37
505	95	W35	Jennie Shipley, 35*, Ankeny, IA	53:19	1:47:09	1:48:49	8:37
1297	127	M20	Justin Mohr, 20, Indianola, IA	49:08	1:47:10	1:47:56	8:37
506	34	W45	Rhonda Lockin, 49*, Clive, IA	52:46	1:47:10	1:48:19	8:37
1298	270	M30	Paul Ryan, 31, Grimes, IA	54:16	1:47:11	1:51:08	8:37
1299	128	M20	Caleb Hockel, 23, Fairfield, Ia, Ia	54:22	1:47:11	1:48:04	8:37
507	101	W25	Sue Bunnell, 26*, Earlham, IA	53:07	1:47:11	1:49:07	8:37
1300	271	M30	Adam Fast, 34, Ankeny, IA	53:20	1:47:12	1:49:05	8:37
1301	164	M40	Ronald Wheeler, 41, Johnston, IA	51:53	1:47:12	1:48:37	8:38
508	50	W40	Melissa Yolish, 44*, Urbandale, IA	52:46	1:47:12	1:52:19	8:38
509	51	W40	Kaiti Muelhaupt, 40*, Des Moines, IA	53:08	1:47:14	1:50:52	8:38
1302	203	M25	Dan Lynch, 28, Delmar, IA	53:49	1:47:14	1:50:23	8:38
1303	272	M30	Joel Anderson, 30, Johnston, IA	53:07	1:47:15	1:51:16	8:38
510	102	W25	Shara Coleman, 29*, Marshalltown, IA	53:05	1:47:15	1:50:30	8:38
1304	273	M30	Brian Reser, 32, Urbandale, IA	54:22	1:47:16	1:49:43	8:38
1305	274	M30	Michael Kiel, 30, Ankeny, IA	47:47	1:47:16	1:47:49	8:38
511	14	W17	Christina Marceau, 19*, Ames, IA	56:03	1:47:16	1:53:17	8:38
1306	74	M50	Jeff Lockwood, 51, Bettendorf, IA	54:52	1:47:17	1:49:20	8:38
1307	275	M30	James Bucher, 34, West Des Moines, IA	53:15	1:47:17	1:50:10	8:38
1308	225	M35	Edward Johnson, 35, Waterloo, IA	52:31	1:47:17	1:49:13	8:38
1309	276	M30	Eric Dyjak, 31, Ankeny, IA	55:41	1:47:19	1:51:08	8:38
1310	75	M50	Paul Brees, 54, Urbandale, IA	52:49	1:47:19	1:47:42	8:38
1311	113	M45	Mike Purcell, 49, Ames, IA	54:23	1:47:20	1:48:57	8:38
512	15	W17	Eily Brett, 17*, Polk City, IA	53:06	1:47:21	1:48:57	8:38
1312	14	M60	Joe Blunk, 60, Ames, IA	51:35	1:47:22	1:47:34	8:38
1313	165	M40	Ted Nahas, 40, West Des Moines, IA	52:27	1:47:23	1:49:19	8:38
513	52	W40	Kim Kent, 42*, Panora, IA	53:37	1:47:23	1:48:43	8:38
514	53	W40	Kori Cusick, 42*, North Liberty, IA	52:47	1:47:24	1:49:25	8:38
1314	2	M70	Dwight Van Wyngarden, 70, Waterloo, IA	51:23	1:47:24	1:48:32	8:38
515	10	JrW	Anne Rogers, 15*, Johnston, IA	53:17	1:47:24	1:50:54	8:38
1315	166	M40	Douglas Kendall, 43, Pella, IA	55:46	1:47:25	1:53:50	8:39
1316	277	M30	Aaron Hahn, 31, West Des Moines, IA	52:47	1:47:25	1:53:14	8:39
1317	278	M30	Emiliano Lerda, 31, Omaha, NE	53:38	1:47:26	1:48:35	8:39
516	96	W35	Ellen Mayberry, 38*, Ames, IA	54:19	1:47:27	1:49:20	8:39
1318	226	M35	Matthew Petersen, 35, Ankeny, IA	54:00	1:47:28	1:50:34	8:39
1319	279	M30	Craig Mickley, 33, Ames, IA	52:10	1:47:28	1:49:14	8:39
1320	227	M35	Scott Dykstra, 39, Urbandale, IA	54:05	1:47:30	1:48:49	8:39
1321	34	M55	Mark Ohnemus, 59, Carlisle, IA	52:51	1:47:30	1:49:10	8:39

1322	167	M40	Joel Davis, 44, Algona, IA	52:21	1:47:30	1:50:16	8:39
517	13	W50	Toni Wiemers, 52*, West Des Moines, IA	53:49	1:47:30	1:49:47	8:39
1323	76	M50	Jack Dekkers, 52, Ames, IA	54:01	1:47:31	1:49:48	8:39
1324	228	M35	Clem Messerli, 38, Cedar Rapids, IA	53:31	1:47:31	1:51:19	8:39
1325	114	M45	Ronald Rees, 45, Bolingbrook, IL	52:05	1:47:32	1:49:54	8:39
1326	229	M35	Curt Brass, 39, Newton, IA	55:35	1:47:32	1:52:26	8:39
1327	35	M55	Steve Pohlman, 57, Jackson, MN	51:09	1:47:32	1:47:48	8:39
518	16	W17	Kelsie Kelly, 19*, Ankeny, IA	54:33	1:47:32	1:48:39	8:39
1328	280	M30	Adam Russell, 33, Forest City, IA	53:42	1:47:32	1:50:52	8:39
519	35	W45	Kim Nees, 45*, Carroll, IA	53:38	1:47:33	1:48:52	8:39
520	116	W30	Missy Gripp, 32*, Indianola, IA	54:28	1:47:33	1:50:26	8:39
1329	36	M55	Tom Wieseler, 59, Mt. Vernon, IA	52:43	1:47:33	1:50:45	8:39
521	97	W35	Jennifer Caskey, 38*, Earlham, IA	51:03	1:47:34	1:52:37	8:39
522	73	W20	Lindsay Boehm, 24*, Urbandale, IA	53:26	1:47:34	1:48:55	8:39
1330	204	M25	Thang Chau, 29, Ankeny, IA	52:13	1:47:35	1:52:20	8:39
523	54	W40	Cheryl Blythe, 40*, Urbandale, IA	54:39	1:47:36	1:49:51	8:39
1331	230	M35	Izaak Myers, 36, Johnston, IA	53:28	1:47:36	1:49:58	8:39
524	55	W40	Jacqueline Hansen, 40*, Minneapolis, MN	54:23	1:47:39	1:52:41	8:40
525	11	JrW	Shyla Cottier, 13*, Boone, IA	50:11	1:47:40	1:48:04	8:40
1332	37	M55	Mark Eikenberry, 56, Des Moines, IA	53:45	1:47:40	1:53:28	8:40
526	98	W35	Shelby Larson, 37*, Dayton, IA	52:54	1:47:40	1:57:53	8:40
527	117	W30	Robyn Clevenger, 33*, West Des Moines, IA	54:11	1:47:41	1:49:43	8:40
1333	168	M40	Tim McCann, 42, Johnston, IA	54:29	1:47:42	1:55:13	8:40
1334	281	M30	Kyle Egemo, 33, Fort Dodge, IA	53:20	1:47:43	1:52:12	8:40
1335	205	M25	Travis Bushaw, 28, Oelwein, IA	54:10	1:47:43	1:50:47	8:40
528	14	W50	Kris Nolte, 50*, Waucoma, IA	53:57	1:47:43	1:57:02	8:40
1336	206	M25	Peter Fecteau, 29, Ankeny, IA	53:21	1:47:43	1:48:44	8:40
529	118	W30	Heidi Engstler, 31*, Slater, IA	51:55	1:47:43	1:49:07	8:40
530	103	W25	Jennifer Comfort, 27*, Oskaloosa, IA	52:24	1:47:44	1:50:14	8:40
1337	282	M30	Grant Menke, 32, Ankeny, IA	51:10	1:47:45	1:48:57	8:40
531	104	W25	Amanda Floy, 29*, West Des Moines, IA	52:15	1:47:46	1:48:29	8:40
532	74	W20	Casey Kettman, 23*, Marion, IA	54:27	1:47:46	1:50:29	8:40
1338	169	M40	Sean Frommelt, 42, Ankeny, IA	53:36	1:47:46	1:48:39	8:40
533	119	W30	Tina Stuart, 34*, Indianola, IA	52:37	1:47:46	1:57:18	8:40
1339	170	M40	Jeff White, 43, Ankeny, IA	53:41	1:47:46	1:49:08	8:40
1340	77	M50	Brad Crossett, 50, Knoxville, IA	53:56	1:47:47	1:50:59	8:40
1341	207	M25	David Rusche, 25, West Des Moines, IA	56:43	1:47:47	1:50:19	8:40
1342	208	M25	Ben Howard, 25, West Des Moines, IA	54:28	1:47:47	1:53:35	8:40
1343	231	M35	Travis Kasch, 36, Urbandale, IA	51:35	1:47:48	1:48:58	8:40
1344	232	M35	Mark Holm, 36, Ankeny, IA	54:04	1:47:48	1:50:45	8:40
1345	283	M30	Steve Perkins, 34, Madrid, IA	53:32	1:47:49	1:52:37	8:40
534	99	W35	Angel Martin, 36*, Fairbank, IA	53:36	1:47:49	1:50:29	8:40
535	100	W35	Sheri Bosch, 35*, Cedar Rapids, IA	54:26	1:47:50	1:49:41	8:41
1346	78	M50	John Burke, 54, Cedar Rapids, IA	53:56	1:47:50	1:52:19	8:41
1347	284	M30	Lance Routson, 31, Des Moines, IA	52:53	1:47:50	1:48:55	8:41
536	75	W20	Mary Begg, 22*, Ames, IA	53:46	1:47:50	1:49:26	8:41
537	36	W45	Deb Safford, 46*, Norwalk, IA	52:30	1:47:51	1:48:59	8:41
1348	209	M25	Garrett Penfield, 25, Indianola, IA	55:31	1:47:51	1:50:26	8:41
1349	129	M20	Taler Grier, 23, Des Moines, IA	54:18	1:47:53	1:52:37	8:41
1350	171	M40	Scott Meador, 43, Independence, IA	53:55	1:47:53	1:50:51	8:41
538	101	W35	Tracy Rhoads, 37*, Cambridge, IA	53:21	1:47:53	1:48:45	8:41
1351	130	M20	Tj Masker, 23, Neola, IA	53:48	1:47:54	1:49:35	8:41
1352	285	M30	Jeremy Ingram, 31, Ankeny, IA	50:15	1:47:54	1:49:04	8:41
1353	233	M35	Sean O'Connell, 37, West Des Moines, IA	54:46	1:47:55	1:50:46	8:41
539	120	W30	Beth Gehlsen, 34*, Edwards, IL	53:39	1:47:55	1:49:12	8:41
540	76	W20	Nichelle Hackert, 24*, West Des Moines, IA	53:24	1:47:55	1:50:02	8:41
1354	115	M45	Joel Grabinoski, 46, Armstrong, IA	53:06	1:47:56	1:50:24	8:41
1355	210	M25	Kristian Day, 26, Des Moines, IA	51:12	1:47:56	1:49:01	8:41
1356	211	M25	Brad Hingtgen, 28, West Des Moines, IA	56:05	1:47:56	1:57:12	8:41
1357	234	M35	Christopher Coleman, 35, Urbandale, IA	51:18	1:47:57	1:50:16	8:41
541	77	W20	Michelle Hubbell, 21*, Laurens, IA	55:50	1:47:57	1:49:56	8:41
542	78	W20	Kirsten Youngberg, 21*, Pocahontas, IA	55:50	1:47:57	1:49:56	8:41
1358	235	M35	Dan Birkett, 37, Waukee, IA	54:04	1:47:58	1:49:02	8:41
1359	286	M30	Maurice Murenzi, 31, Waukee, IA	52:34	1:47:59	1:50:02	8:41
543	56	W40	Laine Mendenhall, 41*, West Des Moines, IA	54:06	1:47:59	1:50:43	8:41

544	57	W40	Michelle Posten, 40*, Davenport, IA	53:00	1:48:00	1:50:45	8:41
1360	15	M60	Sam Fisher, 63, Boone, IA	55:02	1:48:00	1:50:32	8:41
1361	236	M35	Troy Belmer, 37, Waterloo, IA	52:35	1:48:00	1:50:28	8:41
1362	172	M40	Steve Novy, 42, Iowa Falls, IA	53:54	1:48:01	1:50:02	8:41
1363	287	M30	David Suggett, 32, Minneapolis, MN	56:07	1:48:03	1:53:21	8:42
1364	212	M25	Jordan Scupien, 25, Ottumwa, IA	55:10	1:48:03	1:50:02	8:42
1365	79	M50	Lane Vellinga, 50, Waukee, IA	53:19	1:48:03	1:49:10	8:42
545	37	W45	Tonya Anderson-Hotze, 45*, Altoona, IA	51:52	1:48:03	1:49:09	8:42
1366	213	M25	Kerry Johnson, 26, Ames, IA	53:43	1:48:04	1:49:48	8:42
546	58	W40	Karen Symons-Smith, 42*, Clive, IA	54:40	1:48:04	1:52:44	8:42
1367	131	M20	Ted Dirkx, 24, Pella, IA	55:40	1:48:06	1:52:17	8:42
547	79	W20	Renata Bryson, 23*, Amana, IA	55:10	1:48:06	1:49:56	8:42
1368	214	M25	Brent Queck, 27, Omaha, NE	53:53	1:48:06	1:49:14	8:42
1369	215	M25	Brandon Converse, 27, Des Moines, IA	55:55	1:48:06	1:53:13	8:42
548	105	W25	Christa Vander Leest, 26*, Ankeny, IA	55:23	1:48:07	1:51:17	8:42
1370	38	M55	Tom Broadbooks, 56, Ankeny, IA	55:46	1:48:08	1:52:31	8:42
549	102	W35	Sara Huegerich, 36*, Ankeny, IA	53:43	1:48:08	1:49:11	8:42
1371	237	M35	Dan Huegerich, 37, Ankeny, IA	53:43	1:48:09	1:49:11	8:42
550	17	W17	Kerigan Thomson, 18*, Johnston, IA	53:54	1:48:10	1:51:46	8:42
1372	216	M25	Ryan Esdohr, 27, Polk City, IA	55:39	1:48:10	1:52:20	8:42
1373	39	M55	Steve Lisano, 55, Hudson, OH	53:29	1:48:10	1:50:49	8:42
1374	173	M40	Dana Cox, 42, Earlham, IA	55:54	1:48:11	1:50:18	8:42
551	103	W35	Heather Kleis, 37*, Johnston, IA	54:46	1:48:11	1:53:36	8:42
552	106	W25	Ashley Large, 27*, West Des Moines, IA	54:14	1:48:11	1:51:01	8:42
1375	238	M35	Jason Haag, 37, Marion, IA	53:42	1:48:12	1:56:48	8:42
1376	217	M25	Jordan Schier, 29, Coralville, IA	54:57	1:48:12	1:57:43	8:42
553	80	W20	Mary Maassen, 23*, Ames, IA	55:10	1:48:13	1:52:02	8:42
554	107	W25	Carissa Bryson, 25*, West Des Moines, IA	55:11	1:48:14	1:50:04	8:42
555	121	W30	Billi Larsen, 34*, Mount Ayr, IA	52:46	1:48:14	1:53:05	8:42
1377	218	M25	Justin Blair, 26, West Des Moines, IA	58:28	1:48:14	1:53:40	8:43
556	104	W35	Sarah Dvorak, 37*, Maxwell, IA	52:20	1:48:15	1:49:09	8:43
1378	174	M40	Jonathan Suddarth, 40, Winterset, IA	54:05	1:48:16	1:52:07	8:43
1379	288	M30	Shane Boots, 30, Desmoines, IA	52:03	1:48:16	1:49:10	8:43
1380	289	M30	Jamie Christenson, 33, Des Moines, IA	52:52	1:48:16	1:50:33	8:43
1381	175	M40	Jonathan Kuyers, 44, Pella, IA	55:09	1:48:17	1:51:03	8:43
1382	116	M45	Joseph Bantz, 46, West Des Moines, IA	55:27	1:48:18	1:49:30	8:43
557	122	W30	Kristie Drake, 33*, Johnston, IA	55:12	1:48:18	1:56:20	8:43
558	108	W25	Rachel Oswald, 25*, West Des Moines, IA	54:41	1:48:18	1:51:52	8:43
559	81	W20	Lindsay Blair, 24*, Pella, IA	52:51	1:48:19	1:50:00	8:43
560	105	W35	Emily Meinders, 37*, Waukee, IA	53:34	1:48:19	1:51:29	8:43
1383	290	M30	David Martin, 30, Des Moines, IA	53:04	1:48:20	1:50:14	8:43
1384	117	M45	Mike Yeries, 47, Oxford, IA	53:11	1:48:20	1:48:50	8:43
1385	132	M20	Nathan Graves, 24, Ames, IA	54:16	1:48:20	1:49:53	8:43
1386	239	M35	Steve Archer, 37, Ankeny, IA	53:32	1:48:22	1:51:24	8:43
1387	291	M30	Carlos Cortez, 34, West Des Moines, IA	56:42	1:48:22	1:52:46	8:43
561	106	W35	Jennifer Popp, 38*, Adel, IA	53:31	1:48:23	1:49:46	8:43
1388	240	M35	Steve Olsen, 35, Altoona, IA	52:07	1:48:23	1:49:43	8:43
1389	241	M35	Matthew Arenholz, 36, Marion, IA	54:13	1:48:24	1:54:43	8:43
1390	292	M30	Jason Connor, 32, Erie, CO	52:12	1:48:24	1:50:28	8:43
1391	219	M25	Michael Caley, 28, West Des Moines, IA	53:26	1:48:25	1:50:07	8:43
1392	45	M17	Nathan Moore, 17, Fort Dodge, IA	52:33	1:48:25	1:50:08	8:43
1393	46	M17	Seth Dolan, 17, Fort Dodge, IA	52:32	1:48:25	1:50:08	8:43
1394	28	JrM	Hank Puckett, 14, Urbandale, IA	55:59	1:48:28	1:50:14	8:44
562	107	W35	Brooke Achenbach, 36*, Clive, IA	53:39	1:48:29	1:50:09	8:44
1395	80	M50	Dan Varnum, 50, Ankeny, IA	54:13	1:48:30	1:49:49	8:44
1396	29	JrM	Rowen Abbas, 10, Des Moines, IA	54:25	1:48:32	1:49:36	8:44
1397	176	M40	Stephan Thomasee, 41, Johnston, IA	52:42	1:48:32	1:50:11	8:44
1398	47	M17	Samual Henry, 19, Ankeny, IA	46:16	1:48:32	1:58:30	8:44
1399	242	M35	Dan Caropreso, 36, West Des Moines, IA	54:35	1:48:32	1:51:26	8:44
1400	243	M35	Brendan McCallum, 37, Des Moines, IA	55:35	1:48:33	1:53:28	8:44
563	123	W30	Julie Lonergan, 32*, Clinton, IA	53:27	1:48:33	1:50:14	8:44
564	124	W30	Stacy Cleveland, 32*, Nashua, IA	54:12	1:48:34	1:53:28	8:44
565	108	W35	Beth McDonald, 39*, Prole, IA	50:37	1:48:35	1:50:38	8:44
566	125	W30	Jen Dirkx, 31*, Carroll, IA	53:01	1:48:35	1:51:06	8:44
567	109	W25	Amanda Buck, 26*, Appleton, WI	53:01	1:48:35	1:50:35	8:44

1401	81	M50	Patrick Edwards, 54, Lambs Grove, IA	55:11	1:48:37	1:51:38	8:44
1402	220	M25	Zack Bonner, 26, Ames, IA	52:16	1:48:37	1:49:53	8:44
568	126	W30	Amy Mitchell, 34*, Ankeny, IA	53:38	1:48:37	1:51:26	8:44
1403	221	M25	Timothy Glaza, 27, Bloomington, IL	55:47	1:48:37	1:59:23	8:44
569	127	W30	Amanda Loeffelholz, 30*, Des Moines, IA	53:36	1:48:38	1:52:49	8:44
1404	82	M50	Jon Williams, 53, Urbandale, IA	52:57	1:48:38	1:49:32	8:44
570	82	W20	Jenalee Williams, 23*, Urbandale, IA	52:57	1:48:39	1:49:32	8:44
571	110	W25	Mae Trullinger, 28*, Des Moines, IA	53:48	1:48:39	1:50:27	8:44
1405	177	M40	Andrew Bartek, 43, Ankeny, IA	52:58	1:48:40	1:50:50	8:45
572	128	W30	Trina Flack, 30*, Ankeny, IA	54:56	1:48:40	1:49:37	8:45
573	109	W35	Sheila Gatlin, 39*, Marietta, GA	55:47	1:48:40	1:56:03	8:45
1406	222	M25	Andrew Anderson, 26, West Des Moines, IA	57:19	1:48:40	1:51:49	8:45
574	83	W20	Jessica Lamb, 22*, Creston, IA	53:32	1:48:40	1:49:41	8:45
1407	244	M35	Aaron Siegfried, 38, Des Moines, IA	53:39	1:48:41	1:50:12	8:45
575	129	W30	Nicole Hamill, 34*, Omaha, NE	53:53	1:48:41	1:50:23	8:45
1408	133	M20	Patrick Clayton, 24, Ames, IA	54:45	1:48:42	1:52:19	8:45
1409	223	M25	Nick Brandt, 26, Ames, IA	54:45	1:48:42	1:52:19	8:45
576	110	W35	Jodi Jenkins, 35*, Johnston, IA	54:08	1:48:42	1:49:43	8:45
1410	224	M25	David Warburton, 26, West Des Moines, IA	54:51	1:48:43	1:50:39	8:45
1411	225	M25	Bryce Nelson, 26, Albert Lea, MN	54:51	1:48:43	1:50:39	8:45
577	84	W20	Emilee Rose, 24*, Vermillion, SD	56:44	1:48:44	1:51:16	8:45
1412	245	M35	Adam Jerdee, 39, West Des Moines, IA	55:29	1:48:44	1:52:56	8:45
1413	40	M55	William Johnson, 56, Iowa City, IA	51:04	1:48:45	1:49:00	8:45
578	59	W40	Kathie Reis, 44*, Urbandale, IA	54:09	1:48:45	1:52:04	8:45
1414	83	M50	Kurtis Jensen, 51, Marshalltown, IA	52:26	1:48:46	1:49:02	8:45
579	111	W35	Caryn Helgeson, 37*, Urbandale, IA	53:40	1:48:46	1:50:13	8:45
1415	118	M45	Daniel Beenken, 48, Ames, IA	55:34	1:48:46	1:52:40	8:45
580	60	W40	Lisa Hovey, 40*, Urbandale, IA	53:59	1:48:47	1:51:02	8:45
581	85	W20	Suzy Levett, 21*, Iowa City, IA	51:49	1:48:47	1:56:00	8:45
1416	226	M25	Craig Menke, 25, Coralville, IA	56:03	1:48:47	1:52:22	8:45
582	111	W25	Elizabeth Green, 29*, Afton, IA	54:29	1:48:48	1:50:46	8:45
583	112	W35	Emily Vander Waal, 36*, Pella, IA	54:36	1:48:49	1:51:22	8:45
1417	293	M30	Luke Budke, 30, Cedar Falls, IA	55:38	1:48:49	1:52:32	8:45
584	112	W25	Katherin Christoffersen, 25*, Forest City, IA	55:54	1:48:49	1:54:16	8:45
585	15	W50	Cathy Callan, 52*, Hastings, NE	55:30	1:48:49	1:52:28	8:45
1418	84	M50	Dave Anderson, 51, Ames, IA	54:56	1:48:49	1:52:40	8:45
586	130	W30	Kim Long-Jungers, 30*, Des Moines, IA	53:57	1:48:49	1:50:53	8:45
587	113	W25	Ashley Heath, 25*, Urbandale, IA	53:41	1:48:49	1:51:54	8:45
588	61	W40	Rhonda Baker, 44*, Grimes, IA	53:46	1:48:49	1:50:35	8:45
1419	85	M50	Jeff Hostetter, 53, West Des Moines, IA	54:36	1:48:50	1:49:40	8:45
589	114	W25	Kelly Kalvelage, 29*, Des Moines, IA		1:48:51	1:48:51	8:45
1420	294	M30	Matt Logue, 32, Runnells, IA	54:45	1:48:51	1:51:43	8:45
590	16	W50	Jan Atchison, 53*, Rhodes, IA	54:46	1:48:52	1:51:43	8:46
1421	134	M20	Tyler Miller, 24, Iowa City, IA	49:49	1:48:52	1:49:10	8:46
591	115	W25	Abby Emmert, 26*, Iowa City, IA	53:50	1:48:52	1:51:18	8:46
1422	178	M40	Mike Eilers, 43, Indianola, IA	53:37	1:48:52	1:50:24	8:46
1423	86	M50	Doug Oldenkamp, 51, West Des Moines, IA	54:46	1:48:52	1:51:43	8:46
1424	227	M25	Seth Fulton, 26, Des Moines, IA	54:20	1:48:52	1:49:38	8:46
1425	295	M30	Kurt Sparks, 34, Des Moines, IA	52:55	1:48:52	1:50:18	8:46
592	131	W30	Lacey Fulton, 31*, Des Moines, IA	54:20	1:48:53	1:49:38	8:46
1426	296	M30	Logan Stinger, 31, Waukee, IA	55:57	1:48:53	1:52:17	8:46
1427	119	M45	Marty Swanson, 45, Ames, IA	55:31	1:48:53	1:50:30	8:46
1428	41	M55	Will Walling, 57, Polk City, IA	53:47	1:48:53	1:50:15	8:46
1429	120	M45	Eric Larsen, 46, Dubuque, IA	52:41	1:48:54	1:52:34	8:46
1430	179	M40	Troy Wright, 42, Johnston, IA	52:14	1:48:54	1:49:40	8:46
593	113	W35	Jeana Hillary, 37*, Dubuque, IA	52:06	1:48:54	1:50:08	8:46
594	86	W20	Jessica Kelling, 23*, Des Moines, IA	53:09	1:48:55	1:53:11	8:46
595	116	W25	Lauren Whitney, 28*, West Des Moines, IA	52:17	1:48:55	1:50:19	8:46
596	114	W35	Heather Zylstra, 35*, Sully, IA	55:06	1:48:56	1:53:06	8:46
1431	297	M30	Justin Byars, 33, Cumming, IA	55:34	1:48:56	1:50:38	8:46
597	117	W25	Laura Covert, 29*, Omaha, NE	55:20	1:48:57	1:52:12	8:46
598	18	W17	Heather Goff, 19*, Eagan, MN	52:40	1:48:58	1:52:10	8:46
599	118	W25	Jamie Dobson, 27*, West Des Moines, IA	51:45	1:48:58	1:50:37	8:46
1432	246	M35	Kevin Tiffany, 36, Des Moines, IA	55:31	1:48:58	1:50:35	8:46



1433	228	M25	Tj Schmitt, 26, Des Moines, IA	56:56	1:48:59	2:00:42	8:46
600	132	W30	Lisa Blunk, 32*, Ankeny, IA	52:28	1:49:00	1:51:42	8:46
601	12	JrW	Stefanie Jensen, 16*, Ankeny, IA	52:35	1:49:00	1:49:59	8:46
1434	229	M25	Sam DeGree, 27, Dubuque, IA	54:57	1:49:00	1:53:57	8:46
602	133	W30	Julie Wheelock, 34*, Sac City, IA	52:50	1:49:01	1:53:20	8:46
603	17	W50	Susan Rome, 50*, Bala Cynwyd, PA	57:40	1:49:02	1:55:11	8:46
1435	121	M45	Mark McDermott, 46, West Des Moines, IA	55:24	1:49:03	1:54:44	8:46
1436	122	M45	Larry Gaston, 45, Des Moines, IA	54:39	1:49:03	1:50:22	8:46
604	119	W25	Janelle Schmidt, 28*, Waukee, IA	54:06	1:49:03	1:50:28	8:46
1437	247	M35	Justin Ek, 37, Sun Prairie, WI	54:09	1:49:03	1:51:16	8:46
605	62	W40	Bridgette Schilling, 43*, Carroll, IA	54:46	1:49:03	1:52:02	8:46
1438	123	M45	Mark Kramer, 45, Des Moines, IA	55:45	1:49:04	1:52:48	8:46
1439	87	M50	David Kizzier, 50, Urbandale, IA	55:46	1:49:04	1:52:48	8:47
606	63	W40	Krista Walker, 41*, Johnston, IA	53:52	1:49:05	1:51:35	8:47
1440	88	M50	Bruce Terlouw, 50, Pella, IA	51:15	1:49:05	1:49:43	8:47
607	87	W20	Sarah Carstens, 23*, Johnston, IA	53:55	1:49:05	1:52:55	8:47
608	88	W20	Rachel Culp, 22*, Newell, IA	53:54	1:49:05	1:52:56	8:47
609	134	W30	Lynn Westfall, 32*, Coralville, IA	55:37	1:49:05	1:51:34	8:47
610	89	W20	Katie Lee, 20*, Urbandale, IA	53:42	1:49:07	1:50:26	8:47
611	120	W25	Ashley Cox, 28*, West Des Moines, IA	52:18	1:49:07	1:50:19	8:47
612	38	W45	Sarah DeAngelis, 46*, Des Moines, IA	54:04	1:49:07	1:54:23	8:47
1441	298	M30	Matt Getting, 34, Clive, IA	56:52	1:49:08	1:50:27	8:47
1442	42	M55	Gary Fotiu, 55, Earlham, IA	53:44	1:49:08	1:51:14	8:47
1443	230	M25	Cody Stoermer, 26, Coralville, IA	56:37	1:49:08	1:53:21	8:47
1444	248	M35	Travis Hinrichs, 39, Clive, IA	55:03	1:49:08	1:51:44	8:47
1445	89	M50	Shawn Meighan, 52, Ankeny, IA	52:29	1:49:09	1:50:38	8:47
1446	180	M40	Corey Mineck, 40, Waukee, IA	54:05	1:49:09	1:50:31	8:47
613	64	W40	Shanda Noonan, 41*, Ankeny, IA	55:17	1:49:09	1:51:54	8:47
614	39	W45	Diane Nelson, 46*, Ankeny, IA	55:18	1:49:10	1:51:54	8:47
1447	135	M20	Zach Zehr, 22, Ankeny, IA	56:09	1:49:10	1:51:54	8:47
615	121	W25	Holly Barrett, 28*, Des Moines, IA	52:39	1:49:11	1:50:46	8:47
1448	43	M55	Lance Barnes, 55, Onalaska, WI	53:58	1:49:11	1:51:16	8:47
616	135	W30	Erin Lehman, 33*, Urbandale, IA	55:56	1:49:11	1:53:01	8:47
1449	299	M30	Nic Lehman, 33, Urbandale, IA	55:56	1:49:11	1:53:01	8:47
1450	136	M20	Mark Monat, 23, Independence, IA	55:22	1:49:12	1:51:53	8:47
617	136	W30	Rachael Crane, 34*, West Des Moines, IA	53:26	1:49:13	1:51:00	8:47
1451	249	M35	Jamie Staley, 38, Webster City, IA	53:39	1:49:13	1:51:28	8:47
1452	90	M50	John Justice, 52, Fort Dodge, IA	1:01:13	1:49:13	1:49:13	8:47
1453	137	M20	Mark Treska, 24, Ankeny, IA	52:33	1:49:13	1:53:16	8:47
1454	231	M25	Ryan Sones, 25, Des Moines, IA	52:58	1:49:13	1:51:32	8:47
618	122	W25	Jennifer Grundmeier, 26*, Roland, IA	54:09	1:49:14	1:51:17	8:47
1455	232	M25	Ryan Reynolds, 25, Des Moines, IA	53:19	1:49:14	1:52:11	8:47
619	137	W30	Amber Crews, 34*, Clive, IA	54:25	1:49:14	1:52:53	8:47
620	115	W35	Allison Morris, 35*, Ankeny, IA	53:24	1:49:15	1:51:21	8:47
1456	250	M35	Todd Givens, 36, Des Moines, IA	56:58	1:49:15	1:52:43	8:47
1457	251	M35	Justin Stuart, 35, Indianola, IA	52:38	1:49:15	1:58:46	8:47
621	123	W25	Meagan Greenbowe, 25*, West Des Moines, IA	57:05	1:49:15	1:54:38	8:47
622	40	W45	Jill Wanninger, 47*, Jefferson, IA	53:25	1:49:16	1:50:44	8:47
1458	181	M40	Devin Miller, 40, Ankeny, IA	55:19	1:49:16	1:52:00	8:48
1459	182	M40	Chad Geesaman, 40, Chariton, IA	53:00	1:49:17	1:50:44	8:48
1460	48	M17	Jon Lensing, 18, Otley, IA	53:19	1:49:17	1:53:28	8:48
1461	183	M40	Ryan Thoreson, 40, Knoxville, IA	52:34	1:49:18	1:50:57	8:48
623	65	W40	Anne Condon, 40*, Barnum, IA	56:13	1:49:18	1:59:18	8:48
624	90	W20	Jill Kassel, 23*, Columbia, MO	53:49	1:49:18	1:51:00	8:48
1462	184	M40	Patrick Mattingly, 43, Johnston, IA	56:25	1:49:19	1:53:11	8:48
1463	252	M35	Jon Beeman, 35, Johnston, IA	54:44	1:49:19	1:51:03	8:48
1464	300	M30	Trevor McGinnis, 32, Johnston, IA	54:45	1:49:19	1:51:03	8:48
1465	233	M25	Paul Henning, 28, Urbandale, IA	57:37	1:49:20	1:53:53	8:48
625	66	W40	Tonja Farrow, 44*, Clive, IA	54:17	1:49:21	1:50:50	8:48
1466	16	M60	Steve Huff, 64, St. Joseph, MO	54:46	1:49:21	1:52:03	8:48
626	116	W35	Jill Hill, 38*, West Des Moines, IA	53:15	1:49:21	1:51:30	8:48
1467	253	M35	Brett Reed, 36, Carlisle, IA	51:58	1:49:22	1:51:02	8:48
1468	44	M55	Dale Hendrickson, 58, Cedar Falls, IA	55:46	1:49:22	1:53:03	8:48
1469	91	M50	Bill Sullivan, 51, Johnston, IA	53:48	1:49:22	1:50:45	8:48
627	124	W25	Sara Nelson, 27*, Fort Dodge, IA	52:43	1:49:22	1:50:37	8:48

1470	301	M30	Tate Featherstone, 34, Ankeny, IA	56:10	1:49:23	1:52:21	8:48
1471	234	M25	Jared Hoyt, 28, Des Moines, IA	55:32	1:49:23	1:51:58	8:48
1472	235	M25	Luke Monat, 25, West Des Moines, IA	55:22	1:49:24	1:52:06	8:48
628	117	W35	Carrie Wright, 39*, West Des Moines, IA	53:45	1:49:25	1:51:35	8:48
1473	254	M35	Jason Neal, 37, West Des Moines, IA	52:48	1:49:25	1:50:42	8:48
1474	185	M40	Charles Anderson, 42, Prole, IA	52:49	1:49:26	1:50:42	8:48
629	41	W45	Cheryl Halterman, 45*, Indianola, IA	53:19	1:49:26	1:51:24	8:48
1475	92	M50	Gary Boesenberg, 52, Solon, IA	54:53	1:49:26	1:51:32	8:48
630	118	W35	Erin Zea, 37*, Ankeny, IA	53:39	1:49:27	1:52:17	8:48
631	138	W30	Melissa Strong, 33*, Indianola, IA	55:15	1:49:27	1:53:10	8:48
1476	302	M30	Travis Krause, 33, Madrid, IA	48:42	1:49:28	1:50:36	8:48
1477	186	M40	Brian Wubben, 41, Clive, IA	52:47	1:49:29	1:52:10	8:48
1478	236	M25	Zach Steele, 28, West Des Moines, IA	57:06	1:49:29	1:55:33	8:49
632	125	W25	Lisa Kirkpatrick, 29*, Ankeny, IA	54:22	1:49:30	1:52:08	8:49
633	119	W35	Sea Fey, 39*, Nevada, IA	54:38	1:49:30	1:53:11	8:49
634	13	JrW	Kennedi Hostetter, 15*, Colfax, IA	49:15	1:49:30	1:50:02	8:49
1479	187	M40	Joel Fey, 40, Nevada, IA	54:38	1:49:30	1:53:11	8:49
1480	124	M45	Joe Keitges, 45, Ames, IA	52:38	1:49:31	1:51:32	8:49
1481	93	M50	Michael Stoermer, 54, Kissimmee, FL	55:06	1:49:31	1:52:44	8:49
1482	237	M25	Brad Welcher, 29, Ankeny, IA	54:03	1:49:31	1:54:31	8:49
635	14	JrW	Sarah Kromminga, 15*, Johnston, IA	53:59	1:49:32	1:50:46	8:49
636	139	W30	Angie Hinke, 34*, Waukee, IA	55:57	1:49:32	1:52:57	8:49
637	140	W30	Carrie Rausch, 33*, Des Moines, IA	56:41	1:49:33	1:52:03	8:49
638	67	W40	Annika Cornelisse, 40*, Des Moines, IA	54:12	1:49:33	1:50:13	8:49
1483	94	M50	Jody Wilson, 50, La Porte City, IA	55:19	1:49:33	1:53:13	8:49
639	15	JrW	Ellen Bennett, 15*, Ankeny, IA	53:59	1:49:33	1:50:45	8:49
640	126	W25	Carissa Miller, 26*, Fort Dodge, IA	54:25	1:49:33	1:51:17	8:49
1484	188	M40	Michael Gaunt, 43, West Des Moines, IA	54:11	1:49:34	1:51:01	8:49
641	120	W35	Kelley Harrison, 36*, Urbandale, IA	54:44	1:49:34	1:52:16	8:49
642	127	W25	Stephanie Gable, 27*, Des Moines, IA	55:06	1:49:35	1:53:52	8:49
1485	255	M35	Aaron Christiansen, 39, Ankeny, IA	52:45	1:49:35	1:50:13	8:49
1486	125	M45	Troy Weiland, 47, Adel, IA	52:47	1:49:36	1:51:02	8:49
643	141	W30	Casee Woodley, 30*, Windsor Heights, IA	54:11	1:49:36	1:51:37	8:49
1487	256	M35	Walter Long, 37, Indianola, IA	54:10	1:49:36	1:52:40	8:49
644	68	W40	Michelle Lachner, 41*, Spencer, IA	53:51	1:49:36	1:52:38	8:49
1488	238	M25	Ryan Mertens, 29, Windsor Heights, IA	54:57	1:49:36	1:59:07	8:49
1489	257	M35	John Korte, 39, Columbia, MO	52:13	1:49:37	1:51:22	8:49
645	128	W25	Shayla Holcomb, 27*, Des Moines, IA	53:30	1:49:38	1:50:32	8:49
1490	303	M30	Ryan Myers, 34, West Des Moines, IA	55:19	1:49:39	1:52:21	8:49
1491	239	M25	Phillip Hill, 28, Des Moines, IA	53:30	1:49:39	1:50:33	8:49
1492	240	M25	D J. Bouillon, 26, Dows, IA	54:40	1:49:40	1:58:41	8:49
646	91	W20	Kelsey Peasley, 21*, Burlington, IA	53:36	1:49:41	1:50:07	8:49
647	69	W40	Sandy Leiferman, 42*, Panora, IA	54:09	1:49:41	1:50:52	8:49
648	121	W35	Jennifer Borst, 35*, Ankeny, IA	54:14	1:49:41	1:50:59	8:50
649	92	W20	Courtney Carlson, 20*, Iowa City, IA	55:14	1:49:42	1:55:47	8:50
650	129	W25	Abrielle Podliska, 26*, Ames, IA	53:29	1:49:42	1:58:04	8:50
651	70	W40	Stacie Shannon, 40*, Cedar Rapids, IA	55:25	1:49:43	1:51:33	8:50
1493	258	M35	Cory Abbas, 39, Des Moines, IA	54:25	1:49:43	1:50:47	8:50
652	93	W20	Bayle Larpenteur, 24*, Ankeny, IA	54:18	1:49:43	1:52:18	8:50
1494	189	M40	John Frohlich, 44, Panora, IA	54:09	1:49:43	1:50:55	8:50
1495	304	M30	Kent Mickelson, 30, Kelley, IA	55:30	1:49:44	1:58:20	8:50
1496	241	M25	Adam Granzow, 29, Ames, IA	55:30	1:49:44	1:58:20	8:50
1497	305	M30	Joel Brett, 32, Des Moines, IA	54:13	1:49:44	1:51:50	8:50
1498	126	M45	Tom Mitchell, 49, Ankeny, IA	53:24	1:49:44	1:51:23	8:50
653	142	W30	Alisa Drapeaux, 32*, Polk City, IA	54:19	1:49:45	1:50:39	8:50
1499	242	M25	Colin Smith, 26, Ankeny, IA	55:21	1:49:45	1:53:51	8:50
1500	3	M70	James Matthews, 71, Baxter, IA	52:08	1:49:45	1:49:50	8:50
654	71	W40	Rachel Bangs, 40*, Huxley, IA	54:55	1:49:46	1:52:56	8:50
655	130	W25	Katie Mason, 27*, Des Moines, IA	55:43	1:49:46	1:53:27	8:50
656	94	W20	Alicia Dusenbury, 24*, University Park, IA	55:53	1:49:46	1:54:45	8:50
657	95	W20	Amanda Mosinski, 24*, West Des Moines, IA	55:54	1:49:47	1:54:45	8:50
658	143	W30	Jannett Chavez, 30*, West Des Moines, IA	54:03	1:49:47	2:01:25	8:50
659	8	W55	Mary Razor, 57*, Omaha, NE	55:11	1:49:47	1:52:56	8:50
660	122	W35	Kori Heuss, 38*, Ames, IA	55:05	1:49:47	2:00:44	8:50
1501	243	M25	Fredy Marroquin, 25, Urbandale, IA	53:49	1:49:49	1:53:02	8:50

1502	259	M35	Kris Lien, 35, Fort Dodge, IA	53:45	1:49:49	1:52:17	8:50
661	123	W35	Brandee Jenkins, 36*, Des Moines, IA	53:36	1:49:49	1:53:42	8:50
1503	138	M20	Kaleb Seaton, 20, Urbandale, IA	52:53	1:49:49	1:51:18	8:50
1504	95	M50	Randy Sly, 54, Grimes, IA	53:09	1:49:49	1:52:55	8:50
662	96	W20	Ashley Wink, 20*, Urbandale, IA	52:54	1:49:49	1:51:18	8:50
1505	139	M20	William Connor, 22, Manchester, IA	52:35	1:49:50	1:51:03	8:50
1506	244	M25	David Gogerty, 28, Ankeny, IA	52:35	1:49:50	1:51:03	8:50
663	42	W45	Mary Buscher, 45*, West Des Moines, IA	54:35	1:49:50	1:52:49	8:50
664	144	W30	Summer Meyer, 33*, Cedar Falls, IA	55:58	1:49:52	1:53:27	8:50
665	131	W25	Lisa Schreck, 26*, Carroll, IA	52:25	1:49:52	1:51:03	8:50
1507	306	M30	Michael Armstrong, 33, Central City, IA	56:22	1:49:52	1:53:43	8:50
1508	190	M40	Trent Leopold, 42, Waukee, IA	55:00	1:49:53	1:52:17	8:50
1509	245	M25	Andrew Springer, 27, Norwalk, IA	55:57	1:49:53	1:54:59	8:50
666	72	W40	Juli Cambron, 40*, Indianola, IA	55:25	1:49:54	1:50:09	8:50
667	43	W45	Lisa Shaw, 46*, Ankeny, IA	54:20	1:49:54	1:51:51	8:51
1510	260	M35	Aaron Lee, 39, Des Moines, IA	55:27	1:49:54	1:53:34	8:51
668	124	W35	Katie Lee, 37*, Des Moines, IA	55:27	1:49:54	1:53:34	8:51
669	145	W30	Sonya Miller, 31*, Ankeny, IA	52:56	1:49:54	1:51:11	8:51
1511	261	M35	Chris George, 35, Des Moines, IA	51:49	1:49:54	1:51:25	8:51
670	125	W35	Elesa Wedemeyer, 38*, North English, IA	54:16	1:49:55	1:52:14	8:51
1512	140	M20	Ted Rogers, 24, West Des Moines, IA	54:00	1:49:55	1:52:03	8:51
1513	45	M55	Jim Pratt, 59, Boone, IA	55:48	1:49:56	1:53:21	8:51
671	73	W40	Sarah Smith, 41*, St. Louis, MO	55:48	1:49:57	1:55:24	8:51
1514	46	M55	Bob Bisenius, 56, Johnston, IA	55:14	1:49:57	1:57:04	8:51
1515	127	M45	Thomas Tuttle, 45, West Des Moines, IA	52:35	1:49:57	1:53:00	8:51
1516	307	M30	Joshua Baker, 33, Rockwell, IA	54:41	1:49:57	1:53:31	8:51
672	18	W50	Mary Ward, 50*, West Des Moines, IA	55:04	1:49:58	1:50:57	8:51
673	146	W30	Mandy Wolvert, 34*, Sauk Rapids, MN	56:08	1:49:58	1:55:16	8:51
1517	128	M45	Thomas Duff, 49, Des Moines, IA	55:42	1:49:59	1:52:14	8:51
1518	191	M40	Kevin Smith, 41, Ames, IA	54:39	1:50:00	1:53:00	8:51
1519	262	M35	Jason Freres, 38, Kenosha, WI	57:36	1:50:00	1:59:46	8:51
1520	246	M25	Todd Attig, 27, West Des Moines, IA	55:33	1:50:00	1:53:38	8:51
674	19	W17	Ali Burtraw, 18*, Elkhorn, WI	55:25	1:50:01	1:56:50	8:51
1521	129	M45	Martin Foxen, 48, Cedar Rapids, IA	57:19	1:50:01	1:54:03	8:51
675	132	W25	Lisa Grote, 27*, Ames, IA	54:21	1:50:02	1:50:51	8:51
676	133	W25	Laura Henry, 28*, Des Moines, IA	50:48	1:50:03	1:51:44	8:51
1522	247	M25	Brett Beltrame, 29, West Des Moines, IA	53:57	1:50:03	1:52:54	8:51
1523	308	M30	Adam Haselhuhn, 34, Boone, IA	54:08	1:50:03	1:53:09	8:51
677	134	W25	Rachel Kautzky, 27*, Bouton, IA	54:07	1:50:03	1:51:33	8:51
678	147	W30	Ellen Barrett, 31*, Des Moines, IA	55:05	1:50:04	1:56:50	8:51
679	126	W35	Kristal Phillips, 36*, Holstein, IA	54:32	1:50:04	1:53:47	8:51
1524	309	M30	Jeff Hughes, 34, Norwalk, IA	57:57	1:50:05	1:55:12	8:51
1525	17	M60	Dale Andres, 64, West Des Moines, IA	54:04	1:50:05	1:50:13	8:51
680	148	W30	Alicia Evans, 33*, Urbandale, IA	53:40	1:50:06	1:51:04	8:52
681	149	W30	Jamie Cody, 34*, Esherville, IA	54:30	1:50:06	1:52:44	8:52
682	20	W17	Dillan Glock, 18*, Ankeny, IA	55:31	1:50:06	1:55:36	8:52
1526	49	M17	Jackson Espeset, 18, Ames, IA	55:32	1:50:06	1:55:36	8:52
683	127	W35	Kendy Young, 38*, Bluffton, OH	53:45	1:50:07	1:52:17	8:52
684	97	W20	Alizabeth Gates, 22*, Creston, IA	54:58	1:50:07	1:52:44	8:52
685	98	W20	Ally Gittins, 21*, Perry, IA	54:58	1:50:07	1:52:45	8:52
1527	130	M45	Jim Thorpe, 46, Newton, IA	56:12	1:50:07	1:55:03	8:52
686	135	W25	Megan Carman, 25*, Montezuma, IA	53:00	1:50:07	1:51:40	8:52
687	19	W50	Catherine Burke, 54*, Forest City, IA	54:24	1:50:08	1:53:32	8:52
1528	310	M30	Lance Stierman, 33, Des Moines, IA	55:47	1:50:09	1:53:33	8:52
688	150	W30	Brenda Greenwell, 30*, Urbandale, IA	55:35	1:50:09	1:55:46	8:52
1529	131	M45	Mark Overton, 47, Des Moines, IA	55:03	1:50:10	1:53:10	8:52
689	21	W17	Dana Johnson, 18*, Audubon, IA	51:53	1:50:10	1:52:40	8:52
690	136	W25	Jennifer Smith, 28*, Des Moines, IA	55:44	1:50:10	1:53:39	8:52
691	99	W20	Amanda Cannon, 23*, Mount Ayr, IA	53:43	1:50:10	1:53:12	8:52
1530	141	M20	Kyle Herink, 23, Des Moines, IA	1:02:30	1:50:10	1:57:44	8:52
1531	311	M30	Curt Rogers, 30, West Des Moines, IA	54:08	1:50:11	1:53:56	8:52
692	22	W17	Genna Tesdall, 19*, Ames, IA	50:06	1:50:12	1:52:58	8:52
1532	248	M25	Nick Friedman, 29, Urbandale, IA	55:34	1:50:12	1:52:59	8:52
693	137	W25	Liz Mead, 29*, West Des Moines, IA	55:44	1:50:12	1:56:27	8:52
694	74	W40	Jill Sager, 44*, Pleasantville, IA	52:26	1:50:13	1:51:30	8:52

695	75	W40	Jessie Schrock, 41*, Altoona, IA	57:57	1:50:13	1:55:20	8:52
696	100	W20	Jess Pond, 24*, Cedar Falls, IA	56:22	1:50:15	1:54:34	8:52
1533	192	M40	Scott Barr, 40, Waukee, IA	54:21	1:50:16	1:53:24	8:52
697	128	W35	Shelby Cork, 36*, Winterset, IA	52:44	1:50:17	1:53:33	8:52
1534	312	M30	Justin Vander Leest, 32, Ankeny, IA	55:26	1:50:18	1:53:27	8:52
1535	193	M40	Jon Nost, 44, Grimes, IA	53:38	1:50:19	1:54:21	8:53
698	138	W25	Katie Brandstatter, 27*, Urbandale, IA	55:22	1:50:19	1:51:22	8:53
1536	194	M40	Grant Lilienthal, 41, Wilton, IA	54:19	1:50:19	2:01:42	8:53
1537	263	M35	Chris James, 37, Johnston, IA	54:53	1:50:21	1:56:45	8:53
699	151	W30	Stephanie Moeller, 33*, Minneapolis, MN	55:14	1:50:21	1:58:36	8:53
1538	249	M25	Joe Brandstatter, 29, Urbandale, IA	55:21	1:50:21	1:51:24	8:53
1539	132	M45	Chad Kirby, 46, Ankeny, IA	53:32	1:50:22	1:51:48	8:53
1540	313	M30	Pooh Luck, 32, Des Moines, IA	55:09	1:50:22	1:55:25	8:53
1541	314	M30	Jacob Koller, 34, Coralville, IA	57:59	1:50:23	1:56:00	8:53
700	139	W25	Pam Hudak, 25*, West Des Moines, IA	53:34	1:50:23	1:53:14	8:53
1542	195	M40	Jeff Collum, 43, West Des Moines, IA	54:59	1:50:23	1:52:50	8:53
1543	315	M30	Zach Erickson, 32, Indianola, IA	55:36	1:50:23	1:53:12	8:53
701	76	W40	Julia Moffitt, 44*, Iowa City, IA	55:49	1:50:24	1:53:18	8:53
1544	250	M25	Scott Macvilay, 27, Des Moines, IA	55:21	1:50:24	1:54:21	8:53
1545	251	M25	Steven Jacobs, 29, Ankeny, IA	52:31	1:50:25	1:51:53	8:53
1546	196	M40	Tim Hanke, 43, Urbandale, IA	54:18	1:50:25	1:54:28	8:53
1547	133	M45	Mark Boland, 46, Marshalltown, IA	54:47	1:50:25	1:54:30	8:53
1548	50	M17	Devin Munyon, 17, Ankeny, IA	53:03	1:50:25	1:51:43	8:53
1549	316	M30	Jason Arnold, 34, Urbandale, IA	50:05	1:50:25	1:52:24	8:53
1550	197	M40	Jeff Schoondyke, 42, West Des Moines, IA	54:04	1:50:25	1:53:42	8:53
1551	252	M25	Quentin Dietrich, 29, Des Moines, IA	55:04	1:50:25	1:54:50	8:53
1552	253	M25	Caleb Roney, 26, Des Moines, IA	55:05	1:50:26	1:54:50	8:53
1553	198	M40	Robert Thatcher, 44, Chariton, IA	54:08	1:50:26	1:59:51	8:53
702	77	W40	Lisa Schwarte, 41*, West Des Moines, IA	56:13	1:50:26	1:53:27	8:53
703	152	W30	Andrea Lundy, 32*, Knoxville, IA	56:32	1:50:26	1:53:24	8:53
704	101	W20	Rachel Bierbaum, 23*, Griswold, IA	55:29	1:50:27	1:57:45	8:53
1554	199	M40	Scott Wendl, 40, Johnston, IA	54:01	1:50:27	1:51:45	8:53
1555	96	M50	John Noll, 50, Clive, IA	53:22	1:50:27	1:52:15	8:53
1556	317	M30	Josh Baade, 31, Johnston, IA	56:28	1:50:27	1:53:26	8:53
1557	264	M35	Kenneth Beck, 35, Solon, IA	56:10	1:50:28	1:53:02	8:53
1558	318	M30	Brenton Loss, 31, West Des Moines, IA	55:27	1:50:28	2:00:08	8:53
1559	97	M50	Scott Owen, 50, Gilbert, IA	54:24	1:50:30	1:57:16	8:53
705	140	W25	Katie Buzynski, 26*, West Des Moines, IA	55:23	1:50:30	1:58:31	8:53
1560	319	M30	Jay Posner, 32, Chicago, IL	52:56	1:50:31	1:51:43	8:53
706	153	W30	Kelly Brown, 31*, Ackworth, IA	55:09	1:50:31	1:56:29	8:54
707	154	W30	Molly McWilliam, 31*, Grimes, IA	54:05	1:50:32	1:56:31	8:54
1561	254	M25	Kris Krebs, 28, Maxwell, IA	53:02	1:50:32	1:51:35	8:54
708	129	W35	Megan Kinder Smith, 36*, Johnston, IA	50:13	1:50:32	1:51:41	8:54
1562	47	M55	David Porepp, 56, Clive, IA	55:06	1:50:33	1:58:15	8:54
709	141	W25	Riley Barth, 25*, Cedar Rapids, IA	57:04	1:50:33	1:55:10	8:54
710	142	W25	Molly Milden, 25*, Cedar Rapids, IA	57:05	1:50:33	1:55:10	8:54
1563	134	M45	Mike Jones, 45, Knoxville, IA	55:49	1:50:33	1:53:49	8:54
711	155	W30	Carrie Gosnell, 31*, Des Moines, IA	56:18	1:50:34	1:58:08	8:54
1564	200	M40	Tony Hanson, 44, Johnston, IA	53:43	1:50:34	1:55:07	8:54
1565	98	M50	Dave Elsenbast, 50, Ames, IA	55:41	1:50:36	1:53:30	8:54
1566	99	M50	Michael Lee, 53, Ames, IA	53:45	1:50:36	1:54:06	8:54
1567	265	M35	Matt Naig, 37, Pella, IA	56:14	1:50:36	1:56:47	8:54
712	156	W30	Jennifer Drey, 31*, Elkhart, IA	57:01	1:50:36	1:56:15	8:54
1568	320	M30	Matthew Dohlman, 30, Waukee, IA	55:32	1:50:37	1:52:48	8:54
713	1	W60	Marie Quanbeck, 64*, Newton, IA	56:10	1:50:38	1:53:29	8:54
714	157	W30	Kristine Forret, 33*, Des Moines, IA	55:55	1:50:39	1:52:45	8:54
715	130	W35	Amy Hutchins, 35*, Des Moines, IA	55:54	1:50:39	1:52:45	8:54
1569	321	M30	Joseph DeJong, 34, West Des Moines, IA	54:33	1:50:39	1:52:27	8:54
716	158	W30	Kari DeJong, 34*, West Des Moines, IA	54:33	1:50:39	1:52:27	8:54
717	20	W50	Mary Ann Wagner, 54*, West Des Moines, IA	54:46	1:50:40	1:52:43	8:54
1570	135	M45	Pete Bowen, 45, Bondurant, IA	54:52	1:50:40	1:51:55	8:54
718	78	W40	Pam Funke, 43*, Coralville, IA	54:58	1:50:41	1:54:00	8:54
719	16	JrW	Sandra Kromminga, 15*, Johnston, IA	56:42	1:50:41	1:52:44	8:54
1571	136	M45	John Kromminga, 47, Johnston, IA	56:42	1:50:41	1:52:44	8:54
720	159	W30	Amanda Damstetter, 30*, Ankeny, IA	52:40	1:50:42	1:53:54	8:54

1572	100	M50	Vincent Carbino, 52, Ankeny, IA	55:09	1:50:43	1:52:45	8:54
1573	201	M40	Michael Kapustka, 44, Johnston, IA	53:56	1:50:44	1:54:24	8:55
721	160	W30	Beth Sabers, 30*, Des Moines, IA	51:58	1:50:44	1:51:41	8:55
1574	48	M55	Scott Beckwith, 56, Ames, IA	54:08	1:50:44	1:53:32	8:55
1575	137	M45	Zhanshan Dong, 46, Johnston, IA	51:35	1:50:45	1:51:01	8:55
1576	101	M50	Dan March, 53, Atlantic, IA	55:28	1:50:45	1:51:27	8:55
722	131	W35	Carrie Dieken, 35*, Cedar Falls, IA	55:39	1:50:46	1:54:19	8:55
1577	322	M30	Mike Leeds, 33, Huxley, IA	54:59	1:50:46	1:52:37	8:55
723	161	W30	Penny Reimer, 33*, West Des Moines, IA	54:26	1:50:46	1:58:21	8:55
1578	138	M45	John Cahalan, 47, Mason City, IA	49:17	1:50:46	1:51:15	8:55
1579	266	M35	David Loetz, 37, Packwood, IA	56:22	1:50:46	1:55:06	8:55
724	23	W17	Hannah Lilienthal, 18*, Wilton, IA	54:20	1:50:47	2:02:08	8:55
1580	51	M17	Hayden Prather, 17, Fort Dodge, IA	56:07	1:50:47	1:55:59	8:55
1581	52	M17	Zach Orth, 18, Fort Dodge, IA	56:06	1:50:47	1:56:00	8:55
725	24	W17	Taylor Burt, 18*, Slater, IA	53:19	1:50:49	1:52:24	8:55
726	79	W40	Jodi Runge, 42*, Des Moines, IA	57:21	1:50:49	1:56:59	8:55
1582	202	M40	Bradley Thomas, 40, Ankeny, IA	54:57	1:50:49	1:54:23	8:55
1583	49	M55	Warren Chizek, 55, Marshalltown, IA	53:39	1:50:50	1:52:17	8:55
1584	255	M25	Dylan Salisbury, 29, Iowa City, IA	57:13	1:50:52	1:54:12	8:55
727	80	W40	Jenny Moats, 42*, Altoona, IA	57:58	1:50:52	1:55:59	8:55
1585	50	M55	Jonathan Buss, 59, Ames, IA	55:28	1:50:54	1:53:30	8:55
728	162	W30	Allison Vaughn, 34*, Marshalltown, IA	54:26	1:50:55	1:52:23	8:55
1586	139	M45	Herman Riva, 47, Norwalk, IA	56:27	1:50:55	1:56:56	8:55
1587	256	M25	Dan Sherman, 26, Des Moines, IA	56:34	1:50:55	1:53:46	8:55
729	143	W25	Abby Sherman, 25*, Des Moines, IA	56:34	1:50:56	1:53:46	8:56
730	144	W25	Jennifer Cleveland, 29*, Fort Dodge, IA	54:44	1:50:57	1:57:34	8:56
1588	102	M50	Ron Hoeger, 52, Dyersville, IA	55:56	1:50:58	1:54:48	8:56
731	163	W30	Allysa Spring, 31*, Des Moines, IA	55:24	1:50:58	2:00:28	8:56
1589	323	M30	David Ropte, 34, Des Moines, IA	55:17	1:50:58	1:53:29	8:56
1590	324	M30	Paul Penman, 31, Des Moines, IA	54:53	1:51:00	1:54:18	8:56
1591	325	M30	Cory Schultes, 34, Johnston, IA	55:29	1:51:00	2:01:16	8:56
732	145	W25	Jocelyn Thurston, 27*, Des Moines, IA	54:53	1:51:00	1:54:18	8:56
733	146	W25	Tiffany Owenson, 27*, West Des Moines, IA	57:22	1:51:00	1:55:42	8:56
734	147	W25	Angie Richter, 28*, Grimes, IA	54:53	1:51:01	1:54:18	8:56
1592	18	M60	Lee Tesdell, 61, Slater, IA	54:15	1:51:01	1:51:28	8:56
1593	257	M25	Ben Richter, 29, Grimes, IA	54:53	1:51:01	1:54:18	8:56
1594	258	M25	Scott Jamison, 29, North Liberty, IA	54:53	1:51:02	1:54:19	8:56
735	148	W25	Lacey Liska, 27*, Fort Dodge, IA	54:43	1:51:02	1:57:39	8:56
736	164	W30	Annie Lopez, 30*, Fort Collins, CO	55:32	1:51:02	2:02:30	8:56
737	132	W35	Katherine Thompson, 36*, Cedar Rapids, IA	54:28	1:51:03	1:52:55	8:56
1595	142	M20	Klay Queck, 23, Johnston, IA	58:45	1:51:03	1:55:18	8:56
738	102	W20	Michelle Varnum, 23*, Ankeny, IA	54:12	1:51:04	1:52:24	8:56
1596	267	M35	John Dewey, 36, Des Moines, IA	55:48	1:51:04	1:56:26	8:56
739	149	W25	Julie Streib, 29*, Rochester, MN	56:06	1:51:04	1:55:36	8:56
1597	143	M20	Matt VanPatten, 21, Des Moines, IA	55:25	1:51:04	1:55:40	8:56
1598	203	M40	Scott Knaack, 41, Correctionville, IA	54:38	1:51:04	1:52:02	8:56
1599	268	M35	Tim Stockdale, 36, Holt, MO	57:01	1:51:05	1:54:25	8:56
740	150	W25	Stacey Reneson, 25*, Ankeny, IA	57:20	1:51:05	1:57:03	8:56
1600	326	M30	Richard Brown, 33, Des Moines, IA	54:34	1:51:05	1:53:40	8:56
1601	140	M45	Steve Callistein, 45, Des Moines, IA	54:54	1:51:05	1:53:23	8:56
1602	327	M30	Quincy Beck, 32, Urbandale, IA	53:41	1:51:05	1:51:50	8:56
1603	269	M35	Bruce Reese, 39, Des Moines, IA	55:24	1:51:05	1:55:10	8:56
741	133	W35	Mindy Moore, 36*, West Des Moines, IA	54:34	1:51:05	1:53:41	8:56
1604	259	M25	Scott Carkhuff, 27, Newton, IA	51:08	1:51:08	1:58:38	8:56
1605	141	M45	Patrick Hammen, 47, Waukee, IA	55:33	1:51:09	1:55:28	8:57
1606	51	M55	Kenton Gleichman, 55, West Des Moines, IA	56:53	1:51:10	1:56:10	8:57
742	103	W20	JoHannah Schewe, 24*, West Des Moines, IA	54:29	1:51:10	1:52:35	8:57
743	81	W40	Lisa Klein, 43*, Des Moines, IA	51:55	1:51:11	1:51:29	8:57
744	82	W40	Jana Edwards, 44*, West Des Moines, IA	51:55	1:51:11	1:51:29	8:57
745	21	W50	Diana Ronk, 50*, Des Moines, IA	56:38	1:51:12	1:53:57	8:57
1607	270	M35	Weslie Spradling, 36, Des Moines, IA	53:11	1:51:12	1:53:39	8:57
746	83	W40	Jill Smith, 41*, Clive, IA	55:00	1:51:13	1:53:20	8:57
747	165	W30	Angela Oakie, 32*, Ankeny, IA	55:08	1:51:13	1:56:52	8:57
748	151	W25	Roxana Ferreyro, 25*, Des Moines, IA	54:15	1:51:13	1:52:53	8:57
1608	328	M30	Brandon Rohlfen, 33, Ankeny, IA	54:48	1:51:13	1:52:54	8:57

749	104	W20	Katie Hansen, 21*, Hudson, IA	54:06	1:51:14	1:53:16	8:57
750	22	W50	Nola Seaberg, 50*, Des Moines, IA	56:04	1:51:14	1:57:03	8:57
1609	271	M35	Kyle Troyer, 35, Independence, IA	52:01	1:51:14	1:52:49	8:57
751	105	W20	Kristin Riley, 21*, West Des Moines, IA	54:06	1:51:14	1:53:16	8:57
1610	329	M30	Tory Hetland, 34, Polk City, IA	54:02	1:51:15	1:53:17	8:57
1611	330	M30	Andy Grimes, 31, Bondurant, IA	53:39	1:51:16	1:52:32	8:57
752	166	W30	Leslie Sager, 32*, Gladbrook, IA	56:06	1:51:16	1:54:59	8:57
1612	331	M30	Zach Christensen, 34, Johnston, IA	54:08	1:51:17	1:51:48	8:57
753	44	W45	Angela Doran, 47*, Ames, IA	55:00	1:51:18	1:54:50	8:57
1613	144	M20	Tyler Arickx, 24, Waterloo, IA	51:21	1:51:19	1:52:24	8:57
754	134	W35	Richelle Runyon, 36*, Keosauqua, IA	58:25	1:51:19	1:54:42	8:57
1614	260	M25	Jason Less, 29, Saint Louis Park, MN	55:35	1:51:20	1:54:06	8:57
1615	261	M25	Sam Early, 27, Des Moines, IA	57:21	1:51:21	1:57:09	8:58
1616	332	M30	Travis Bergeson, 30, Waukee, IA	55:39	1:51:21	1:53:15	8:58
1617	145	M20	Louis Elbert, 24, Council Bluffs, IA	56:56	1:51:22	2:02:52	8:58
1618	262	M25	Robert Meade, 25, Omaha, NE	56:55	1:51:22	2:02:52	8:58
755	25	W17	Nicole Baker, 19*, Grimes, IA	55:39	1:51:22	1:53:08	8:58
756	152	W25	Chrissy Blake, 27*, Des Moines, IA	55:58	1:51:24	1:51:55	8:58
1619	204	M40	Michael Triplett, 44, Polk City, IA	53:07	1:51:24	1:51:59	8:58
1620	146	M20	Brett Mathes, 20, Madrid, IA	55:39	1:51:24	1:53:10	8:58
1621	272	M35	Scott Pallwitz, 37, Des Moines, IA	54:08	1:51:24	1:53:36	8:58
1622	263	M25	Taylor Fjelland, 28, West Des Moines, IA	51:45	1:51:24	1:58:12	8:58
757	106	W20	Katey Meyer, 20*, Stockton, IA	55:39	1:51:24	1:53:10	8:58
1623	333	M30	Matthew Skeens, 30, Des Moines, IA	50:58	1:51:25	1:52:18	8:58
1624	264	M25	Andrew Quint, 28, Des Moines, IA	55:47	1:51:26	1:54:45	8:58
1625	265	M25	Kelly Hilpipre, 27, Ankeny, IA	56:44	1:51:26	1:57:09	8:58
1626	334	M30	Nick Woolsey, 34, Des Moines, IA	55:51	1:51:26	1:54:42	8:58
1627	147	M20	Tom Salter, 24, Iowa City, IA	53:25	1:51:27	1:53:15	8:58
1628	266	M25	Klint Boxx, 29, Oskaloosa, IA	52:50	1:51:27	1:52:26	8:58
758	153	W25	Lisa Bunnell, 29*, Cedar Rapids, IA	55:54	1:51:28	1:57:08	8:58
1629	103	M50	Andy Smith, 51, Colfax, IA	52:09	1:51:28	1:52:52	8:58
1630	335	M30	Andy Winkels, 30, Medford, MN	53:50	1:51:28	1:52:20	8:58
1631	336	M30	Jon Barnhill, 30, Des Moines, IA	53:13	1:51:28	1:54:26	8:58
1632	337	M30	Luke Rolfes, 30, Platte City, MO	53:51	1:51:29	1:52:20	8:58
759	45	W45	Mindee Jensen, 45*, Ankeny, IA	56:10	1:51:29	1:54:20	8:58
1633	338	M30	Josh Bradley, 34, Urbandale, IA	56:19	1:51:29	1:55:30	8:58
1634	273	M35	Phong Hong, 39, Des Moines, IA	55:09	1:51:30	1:53:42	8:58
760	167	W30	Candi Hatch, 32*, Knoxville, IA	55:44	1:51:30	1:54:46	8:58
1635	274	M35	Pete Knapp, 38, Polk City, IA	56:47	1:51:30	1:55:54	8:58
1636	53	M17	Conner VandeVenter, 18, West Des Moines, IA	55:05	1:51:30	1:52:05	8:58
1637	205	M40	Aaron Harpold, 40, Des Moines, IA	57:17	1:51:30	1:58:21	8:58
1638	148	M20	Brian Newton, 21, Newton, IA	55:16	1:51:30	2:01:45	8:58
1639	339	M30	Brian Hatch, 33, Knoxville, IA	55:44	1:51:30	1:54:47	8:58
1640	54	M17	Clark Baldus, 18, West Des Moines, IA	55:05	1:51:30	1:52:05	8:58
761	154	W25	Jenna Nasheim, 25*, Iowa Falls, IA	57:10	1:51:31	1:56:58	8:58
1641	142	M45	Mark Arkema, 48, Pella, IA	55:09	1:51:31	1:54:17	8:58
1642	267	M25	Wade Nasheim, 28, Iowa Falls, IA	57:11	1:51:31	1:56:58	8:58
762	107	W20	Allison McNeal, 23*, Adel, IA	54:46	1:51:31	1:54:12	8:58
1643	268	M25	Brock Boehm, 25, Johnston, IA	56:58	1:51:31	1:56:52	8:58
1644	30	JrM	Zade McCall, 16, Nashua, IA	53:49	1:51:31	1:52:44	8:58
1645	340	M30	Josh Miller, 31, Ankeny, IA	55:14	1:51:31	1:55:33	8:58
1646	341	M30	Nick Washburn, 33, Ankeny, IA	1:00:07	1:51:32	1:56:36	8:58
763	46	W45	Mary Greiner, 47*, Williamsburg, IA	55:00	1:51:32	1:55:17	8:58
1647	206	M40	Rick Goodvin, 41, Corning, IA	55:11	1:51:32	1:53:43	8:58
764	168	W30	Amy Meyer, 32*, Palo, IA	56:41	1:51:32	1:57:44	8:58
765	135	W35	Jill Else, 38*, Holstein, IA	54:13	1:51:33	1:55:16	8:58
766	169	W30	Nicole Birkett, 34*, Waukee, IA	54:06	1:51:33	1:52:37	8:58
1648	52	M55	Larry Miller, 56, Goleta, CA	53:48	1:51:33	1:53:25	8:59
767	108	W20	Stephanie Merrick, 21*, Eldridge, IA	55:43	1:51:33	1:55:14	8:59
1649	207	M40	Nathan Trexel, 40, Altoona, IA	55:22	1:51:34	1:55:39	8:59
1650	208	M40	Jeremy Lynch, 40, Indianola, IA	53:52	1:51:34	1:54:43	8:59
768	84	W40	Mary Ducar, 42*, Ankeny, IA	57:01	1:51:35	1:54:15	8:59
1651	269	M25	Kyle Glienke, 25, West Des Moines, IA	57:56	1:51:35	1:56:53	8:59
769	9	W55	Sally Marzen, 55*, Dougherty, IA	55:25	1:51:36	1:54:07	8:59

770	155	W25	Ashlee Glienke, 25*, West Des Moines, IA	57:56	1:51:36	1:56:53	8:59
771	156	W25	Joany Yi, 26*, West Des Moines, IA	55:35	1:51:36	1:58:25	8:59
1652	275	M35	Michael Duder, 39, West Des Moines, IA	55:40	1:51:37	1:55:47	8:59
1653	270	M25	James McConkey, 28, West Des Moines, IA	58:11	1:51:37	1:55:19	8:59
772	170	W30	Heather Martin, 33*, Cedar Falls, IA	55:57	1:51:37	1:55:12	8:59
773	136	W35	Cindy Kovacs, 38*, Ankeny, IA	57:01	1:51:38	1:54:18	8:59
1654	143	M45	Dan Dirks, 46, Coralville, IA	54:28	1:51:39	1:53:30	8:59
774	171	W30	Josie Reekers, 32*, Clive, IA	56:24	1:51:39	1:55:21	8:59
775	17	JrW	Dana Junk, 16*, Ankeny, IA	55:06	1:51:39	1:52:39	8:59
776	18	JrW	Erin Burdt, 15*, Polk City, IA	55:06	1:51:39	1:52:39	8:59
1655	209	M40	Scott Frohlich, 43, Harlan, IA	57:37	1:51:40	1:56:26	8:59
1656	210	M40	Todd Eschweiler, 41, Johnston, IA	54:01	1:51:40	1:53:23	8:59
777	23	W50	Carol Stephens, 51*, Westminster, CO	53:35	1:51:40	1:53:13	8:59
1657	104	M50	Claude Frazier III, 52, Des Moines, IA	55:17	1:51:40	1:59:56	8:59
1658	19	M60	Carl Voss, 63, Des Moines, IA	54:56	1:51:41	1:52:49	8:59
778	109	W20	Lisbeth Wilder, 22*, Waukee, IA	52:05	1:51:41	1:53:35	8:59
779	157	W25	Kim Poll, 27*, Des Moines, IA	55:52	1:51:43	1:55:16	8:59
780	110	W20	Angela Bollie, 23*, Ankeny, IA	56:32	1:51:43	1:52:58	8:59
1659	342	M30	Jeff Austin, 33, Ankeny, IA	54:26	1:51:43	1:53:24	8:59
1660	271	M25	Michael Stone, 28, Des Moines, IA	56:40	1:51:44	1:57:34	8:59
1661	105	M50	James Blume, 54, Johnston, IA	49:49	1:51:45	1:52:23	8:59
1662	276	M35	Jason Weibel, 35, West Des Moines, IA	54:16	1:51:45	1:54:00	8:59
1663	149	M20	Kyle Hoehns, 23, Bettendorf, IA	1:01:27	1:51:45	2:00:45	8:59
1664	343	M30	Reagan Elsbury, 32, Ventura, IA	55:55	1:51:45	1:53:15	8:59
781	111	W20	Bridget Vesely, 22*, Des Moines, IA	57:31	1:51:46	1:57:27	9:00
782	172	W30	Nicole Schultz, 33*, West Des Moines, IA	56:44	1:51:46	1:59:47	9:00
783	137	W35	Alyssa Subbert, 38*, Adel, IA	54:01	1:51:47	2:01:20	9:00
784	138	W35	Carrie Buzzoni, 38*, Polk City, IA	55:18	1:51:47	1:53:18	9:00
1665	106	M50	Joseph Quinn, 50, Des Moines, IA	57:39	1:51:47	1:54:41	9:00
1666	55	M17	Eric Cline, 19, Le Mars, IA	1:00:13	1:51:47	1:57:11	9:00
1667	150	M20	Derek Lacina, 22, Tama, IA	51:13	1:51:47	1:53:13	9:00
1668	144	M45	Kevin Gordon, 48, Johnston, IA	54:34	1:51:48	1:55:00	9:00
785	139	W35	Lori White, 36*, Rochester, MN	57:53	1:51:48	1:56:54	9:00
1669	211	M40	Mike DeFrancisco, 42, Altoona, IA	55:15	1:51:49	1:54:28	9:00
1670	107	M50	Jeff Damman, 50, Ankeny, IA	53:56	1:51:49	1:53:12	9:00
786	158	W25	Nikki Rawson, 28*, North Liberty, IA	56:37	1:51:50	1:55:38	9:00
1671	108	M50	Mark Kilian, 51, Clive, IA	56:32	1:51:50	1:55:15	9:00
1672	272	M25	Robert Rypma, 27, Des Moines, IA	55:12	1:51:50	1:52:25	9:00
1673	273	M25	Mitchell Wiese, 25, Iowa City, IA	58:31	1:51:50	2:02:29	9:00
787	85	W40	Jennifer Fejfar, 42*, Clive, IA	54:16	1:51:51	1:53:20	9:00
1674	31	JrM	Jacob Perin, 15, Webster City, IA	58:34	1:51:51	2:01:19	9:00
1675	274	M25	Nathan Johnson, 26, Des Moines, IA	54:40	1:51:53	1:54:19	9:00
1676	20	M60	Mike Chovonec, 62, Baltimore, MD	56:20	1:51:53	1:53:25	9:00
788	159	W25	Lisa Foster, 26*, Des Moines, IA	54:06	1:51:54	1:54:43	9:00
789	86	W40	Teresa Richardson, 43*, Lake City, IA	51:01	1:51:54	1:53:47	9:00
790	87	W40	Tammy Jones, 41*, Ankeny, IA	54:52	1:51:54	1:52:34	9:00
1677	53	M55	Bill Parks, 59, Des Moines, IA	53:09	1:51:54	1:53:01	9:00
791	160	W25	Kellie Hoover, 29*, Des Moines, IA	54:04	1:51:55	1:53:03	9:00
1678	277	M35	Jason Madison, 39, Ankeny, IA	55:47	1:51:55	1:55:00	9:00
792	26	W17	Amanda McLearn-Montz, 19*, Ankeny, IA	55:18	1:51:55	1:54:43	9:00
1679	54	M55	Ron Niceswanger, 56, Urbandale, IA	55:03	1:51:55	1:53:37	9:00
1680	151	M20	Elliott Carlson, 21, Mt. Pleasant, IA	59:42	1:51:55	2:00:34	9:00
793	173	W30	Tanya Ross, 33*, Adel, IA	54:00	1:51:56	1:55:16	9:00
794	112	W20	Kristen O'Donnell, 21*, Ankeny, IA	54:06	1:51:56	1:53:52	9:00
795	174	W30	Kerry Hottinger, 33*, Ankeny, IA	55:41	1:51:56	1:55:22	9:00
796	175	W30	Melissa Fiacco, 30*, Cedar Rapids, IA	55:21	1:51:57	1:54:34	9:00
1681	344	M30	Dave Hyman, 32, Huxley, IA	57:54	1:51:58	2:00:57	9:01
797	88	W40	Elisabeth Reynoldson, 44*, Osceola, IA	55:12	1:51:58	1:57:26	9:01
1682	275	M25	Zachary Piper, 25, Des Moines, IA	58:31	1:51:59	2:02:39	9:01
798	47	W45	Michelle Goodman, 45*, West Des Moines, IA	56:49	1:52:00	1:58:49	9:01
799	48	W45	Sarah Harmeyer, 48*, West Des Moines, IA	56:49	1:52:00	1:58:49	9:01
1683	276	M25	Levi Kannedy, 27, North Liberty, IA	56:48	1:52:00	1:54:49	9:01
800	113	W20	Jenon Scallon, 24*, Iowa City, IA	54:45	1:52:01	1:58:45	9:01
1684	277	M25	Mitchell Allen, 25, Waukee, IA	55:12	1:52:01	2:04:02	9:01
801	176	W30	Melissa Grinstead, 30*, Urbandale, IA	57:36	1:52:02	1:55:13	9:01

1685	145	M45	Matt Paglia, 46, Marshalltown, IA	50:08	1:52:02	1:53:04	9:01
1686	55	M55	David Neve, 57, Des Moines, IA	54:29	1:52:02	1:52:56	9:01
802	140	W35	Jennifer Chamberlin, 35*, Oskaloosa, IA	53:39	1:52:03	1:53:36	9:01
1687	278	M25	David Dick, 26, Cedar Rapids, IA	55:16	1:52:03	1:54:13	9:01
1688	212	M40	Don Harvey, 44, Newton, IA	54:35	1:52:04	2:02:07	9:01
803	141	W35	Angela Tewfik, 37*, Grimes, IA	53:57	1:52:04	1:54:14	9:01
1689	21	M60	David Gaulke, 60, Indianola, IA	53:57	1:52:05	1:54:05	9:01
1690	279	M25	Jeff Thibadeau, 27, West Des Moines, IA	58:40	1:52:05	1:57:39	9:01
1691	278	M35	John Barlow, 36, Altoona, IA	56:42	1:52:06	1:52:53	9:01
804	177	W30	Casey Fonley, 32*, Cedar Falls, IA	54:13	1:52:06	1:57:01	9:01
1692	280	M25	Chris Penney, 29, West Des Moines, IA	54:04	1:52:06	1:53:43	9:01
1693	281	M25	James Nowasell, 25, Des Moines, IA	57:00	1:52:07	1:54:06	9:01
805	89	W40	Connie Ten Napel, 44*, Sibley, IA	55:35	1:52:08	1:54:06	9:01
806	142	W35	Lisa Tingwald, 35*, Lemars, IA	55:35	1:52:08	1:54:06	9:01
1694	146	M45	Kevin Umphress, 45, Pleasant Hill, IA	52:58	1:52:08	1:54:33	9:01
807	24	W50	Paula Paaske, 54*, Eldridge, IA	55:02	1:52:09	1:54:30	9:01
808	143	W35	Katie Seidler, 35*, Winterset, IA	55:15	1:52:10	1:54:36	9:01
1695	282	M25	Neil Erickson, 27, Grimes, IA	57:02	1:52:10	1:58:47	9:01
809	161	W25	Jeannie Deschamps, 27*, Iowa City, IA	56:46	1:52:11	1:55:31	9:02
810	114	W20	Raelene Main, 22*, Altoona, IA	56:28	1:52:11	1:54:18	9:02
811	90	W40	Jenny Slack, 40*, Ankeny, IA	53:53	1:52:12	1:53:46	9:02
1696	213	M40	Brent Ouellette, 40, Ankeny, IA	54:24	1:52:12	1:52:30	9:02
812	91	W40	Cheryl Ouellette, 41*, Ankeny, IA	54:24	1:52:12	1:52:30	9:02
813	49	W45	Kris Robson, 46*, Urbandale, IA	55:47	1:52:12	1:54:30	9:02
814	178	W30	Kelli Reinhart, 34*, Alleman, IA	53:39	1:52:12	1:53:29	9:02
815	25	W50	Phyllis Eshelman, 50*, Bridgewater, IA	55:05	1:52:13	1:53:10	9:02
816	144	W35	Raneen Schulte, 35*, Waukee, IA	55:19	1:52:13	1:59:23	9:02
817	115	W20	Calliope Copoulos, 24*, West Des Moines, IA				
				59:49	1:52:13	1:57:30	9:02
818	145	W35	Anne Pentico, 37*, Pella, IA	56:17	1:52:13	1:53:50	9:02
1697	214	M40	Tom McMahon, 43, Des Moines, IA	58:29	1:52:13	1:57:10	9:02
1698	283	M25	Matt Yetmar, 29, Des Moines, IA	57:42	1:52:14	2:01:44	9:02
819	26	W50	Sue Schmitz, 50*, Des Moines, IA	58:03	1:52:14	1:56:42	9:02
1699	22	M60	Craig Carr, 63, Iowa City, IA	54:13	1:52:14	1:54:02	9:02
1700	215	M40	Nathan Apprill, 42, West Des Moines, IA	54:24	1:52:15	1:54:47	9:02
820	162	W25	Nicole Aldrich, 25*, Altoona, IA	54:08	1:52:15	1:59:12	9:02
1701	216	M40	Barry Fox, 42, West Des Moines, IA	54:24	1:52:15	1:54:47	9:02
821	19	JrW	Angie Ellendson, 16*, Ft. Dodge, IA	55:20	1:52:16	1:55:11	9:02
1702	217	M40	Tim Coltvot, 44, Lenexa, KS	54:15	1:52:16	1:53:11	9:02
1703	345	M30	Curt Narwold, 33, Ankeny, IA	56:25	1:52:16	1:55:38	9:02
1704	109	M50	Bob Tursi, 50, Des Moines, IA	58:15	1:52:17	1:55:54	9:02
1705	147	M45	Joel Johnon, 45, Clive, IA	56:54	1:52:18	1:56:06	9:02
1706	218	M40	Tim Titus, 44, Clive, IA	56:54	1:52:18	1:56:06	9:02
822	146	W35	Tonia Johnson, 38*, Altoona, IA	57:57	1:52:18	1:57:25	9:02
1707	346	M30	Mike Perin, 31, West Des Moines, IA	55:10	1:52:18	2:01:45	9:02
823	179	W30	Katie Schrum, 33*, Indianola, IA	54:47	1:52:20	1:53:34	9:02
1708	279	M35	Lance Castle, 38, West Des Moines, IA	53:18	1:52:21	1:54:23	9:02
824	163	W25	Nicole Winebrenner, 29*, Des Moines, IA	56:44	1:52:21	1:57:31	9:02
1709	148	M45	Edward Modglin, 47, West Des Moines, IA	52:06	1:52:22	1:53:26	9:02
1710	347	M30	Grant Hilton, 32, West Des Moines, IA	55:04	1:52:22	1:55:10	9:02
825	180	W30	Courtney Behrens, 32*, West Des Moines, IA	56:03	1:52:23	1:54:41	9:03
1711	56	M55	Frank Tallerico, 56, Waukee, IA	56:56	1:52:24	1:54:43	9:03
1712	284	M25	Travis Roseberry, 28, West Des Moines, IA	51:46	1:52:24	1:56:51	9:03
1713	348	M30	Kadin White, 33, Ankeny, IA	58:22	1:52:24	1:56:38	9:03
1714	285	M25	Josh Hadenfeldt, 29, Doniphan, NE	58:14	1:52:25	2:00:26	9:03
1715	280	M35	Mike O'Leary, 36, Bondurant, IA	51:01	1:52:25	1:54:13	9:03
1716	152	M20	Jamison Arends, 22, Rockford, MN	55:56	1:52:25	1:59:48	9:03
1717	153	M20	Jake Hemberger, 22, Bettendorf, IA	55:57	1:52:26	1:59:48	9:03
826	92	W40	Susan Brown, 43*, Waukee, IA	55:09	1:52:27	1:53:21	9:03
827	27	W50	Gina Iverson, 50*, Altoona, IA	56:13	1:52:27	1:58:15	9:03
1718	110	M50	Terry Scheu, 51, Sioux Falls, SD	56:36	1:52:27	1:55:19	9:03
1719	349	M30	John Ridgeway, 32, Ankeny, IA	57:37	1:52:28	1:58:03	9:03
828	164	W25	Ashley Pringle, 25*, West Des Moines, IA	56:47	1:52:28	1:59:56	9:03
1720	281	M35	Paul Drake, 37, Woodward, IA	54:17	1:52:28	1:56:45	9:03
829	116	W20	Dahoni Dowell, 20*, Runnells, IA	58:35	1:52:29	1:56:59	9:03



830	165	W25	Emily Dreher, 29*, West Des Moines, IA	58:29	1:52:29	1:57:06	9:03
1721	23	M60	Gene Behrens, 63, Des Moines, IA	56:04	1:52:29	1:54:48	9:03
1722	219	M40	Kevin Kruse, 44, Johnston, IA	52:47	1:52:29	1:54:07	9:03
831	93	W40	Lisa Rempe, 44*, Urbandale, IA	54:33	1:52:30	1:54:09	9:03
1723	282	M35	Wayne Pantini, 39, Creston, IA	55:35	1:52:32	1:55:53	9:03
832	166	W25	Amy Meyer, 28*, East Peoria, IL	55:25	1:52:32	1:55:42	9:03
833	94	W40	Shanda Harder, 42*, Ankeny, IA	56:23	1:52:32	1:53:31	9:03
834	27	W17	Anna Maassen, 19*, Maurice, IA	56:00	1:52:32	1:56:21	9:03
835	28	W50	Donna Beste, 52*, Boone, IA	56:26	1:52:32	1:55:59	9:03
1724	220	M40	Joseph Barry, 44, Urbandale, IA	55:18	1:52:33	1:53:45	9:03
1725	221	M40	Chris Butler, 43, Urbandale, IA	52:19	1:52:33	1:56:38	9:03
1726	286	M25	Sean Neugent, 25, Des Moines, IA	52:11	1:52:34	1:55:24	9:03
1727	283	M35	Justin Sample, 38, Huxley, IA	56:32	1:52:35	1:55:11	9:03
836	147	W35	Mindla White, 39*, Altoona, IA	55:45	1:52:35	1:55:13	9:03
837	117	W20	Brittany Wellman, 21*, Houghton, IA	53:36	1:52:36	1:53:02	9:04
838	148	W35	Kecia Fencl, 35*, Ames, IA	56:32	1:52:36	1:55:25	9:04
839	95	W40	Kristen Franken, 44*, Ames, IA	56:33	1:52:36	1:55:25	9:04
840	149	W35	Heidi Watkins, 36*, Grimes, IA	57:45	1:52:37	1:54:20	9:04
1728	222	M40	Stephen Adamson, 41, Urbandale, IA	55:37	1:52:37	1:56:17	9:04
841	118	W20	Haley Huhn, 24*, Des Moines, IA	57:31	1:52:38	1:59:49	9:04
842	181	W30	Denise Hagarty, 33*, Charles City, IA	56:39	1:52:38	1:58:09	9:04
843	182	W30	Gina David, 32*, West Des Moines, IA	54:06	1:52:38	1:54:03	9:04
844	150	W35	Stephanie Jones, 35*, Grimes, IA	57:46	1:52:38	1:54:21	9:04
845	96	W40	Jill Schwarte, 40*, Albia, IA	57:19	1:52:39	1:56:56	9:04
1729	350	M30	Tom Paulson, 30, Des Moines, IA	56:33	1:52:40	1:55:03	9:04
846	119	W20	Katelyn Kotek, 20*, Appleton, WI	56:18	1:52:41	1:54:32	9:04
847	97	W40	Chris Berryhill, 41*, Ames, IA	54:30	1:52:42	1:57:54	9:04
848	28	W17	Ashley Renteria, 19*, West Des Moines, IA	56:19	1:52:42	1:54:32	9:04
849	167	W25	Laura Jontz, 29*, Des Moines, IA	56:08	1:52:42	1:59:21	9:04
850	120	W20	Rebecca Borgeson, 22*, Chicago, IL	54:59	1:52:43	1:54:58	9:04
851	168	W25	Beth McDermott, 29*, Des Moines, IA	56:41	1:52:44	1:55:18	9:04
852	183	W30	Abby Ubben, 31*, Marshalltown, IA	55:40	1:52:44	1:58:50	9:04
1730	351	M30	Kevin Ranslow, 34, Windsor Heights, IA	55:46	1:52:44	1:55:37	9:04
1731	287	M25	Collin Connett, 26, Des Moines, IA	57:27	1:52:46	1:56:55	9:04
1732	352	M30	Tim Fencl, 32, Ames, IA	56:34	1:52:46	1:55:35	9:04
1733	149	M45	Davood Kolbehdari, 46, Iowa, IA	54:44	1:52:47	1:53:41	9:04
1734	150	M45	Eric Laurenco, 46, Urbandale, IA	58:02	1:52:47	1:55:52	9:04
853	151	W35	Jennifer Hrabe, 36*, Iowa City, IA	57:10	1:52:48	1:55:29	9:05
1735	151	M45	Dominic Giegerich, 47, Anita, IA	55:23	1:52:48	1:55:54	9:05
1736	284	M35	Nathan Anderson, 36, Arvada, CO	53:50	1:52:48	1:54:19	9:05
854	29	W17	Megan Patava, 19*, Norwalk, IA	55:57	1:52:48	1:57:39	9:05
855	30	W17	Chelesa Jones, 19*, Walker, IA	55:57	1:52:49	1:57:39	9:05
1737	223	M40	Jack Haynes, 41, Johnston, IA	55:39	1:52:49	1:56:00	9:05
856	152	W35	Susanne Kennedy, 35*, Des Moines, IA	55:17	1:52:49	1:54:59	9:05
857	50	W45	Anne Shannon, 47*, Pleasant Hill, IA	56:30	1:52:49	2:02:45	9:05
858	184	W30	Carla Seat, 34*, Urbandale, IA	57:11	1:52:50	1:56:07	9:05
1738	353	M30	Tim Hanson, 30, West Des Moines, IA	57:21	1:52:50	1:56:39	9:05
1739	285	M35	Brian Subbert, 37, Ankeny, IA	52:48	1:52:51	1:53:56	9:05
859	185	W30	Sarah Shelquist, 32*, West Des Moines, IA	57:21	1:52:51	1:56:40	9:05
1740	56	M17	Sean Kenel, 19, Cedar Rapids, IA	54:26	1:52:51	1:55:03	9:05
860	29	W50	Patricia Kenel, 51*, Cedar Rapids, IA	54:27	1:52:51	1:55:03	9:05
861	186	W30	Linda Craven, 33*, Johnston, IA	54:46	1:52:52	1:58:17	9:05
1741	354	M30	Caleb Pike, 30, Des Moines, IA	56:42	1:52:52	1:53:39	9:05
1742	152	M45	Robert Wiley, 48, Adel, IA	55:38	1:52:52	1:55:18	9:05
862	169	W25	Tracy Deal, 28*, Ames, IA	56:54	1:52:53	2:02:11	9:05
863	30	W50	D. Peterson, 54*, Grimes, IA	57:03	1:52:53	1:55:18	9:05
864	187	W30	Brooke Wilson, 32*, Greenfield, IA	54:55	1:52:53	1:53:08	9:05
865	153	W35	Wendy Barlow, 35*, Altoona, IA	56:42	1:52:53	1:53:39	9:05
1743	355	M30	Ben Hermanson, 32, Otsego, MN	54:29	1:52:54	1:53:53	9:05
866	98	W40	Dawn Taute, 40*, Paton, IA	54:34	1:52:54	1:54:22	9:05
867	154	W35	Jessica Block, 37*, Jefferson, IA	54:34	1:52:54	1:54:22	9:05
868	170	W25	Carly Huhn, 28*, Cedar Rapids, IA	57:32	1:52:55	2:00:05	9:05
1744	154	M20	Jedidiah McGuire, 24, Saint Charles, IA	55:59	1:52:55	2:03:11	9:05
869	155	W35	Stephanie Forinash, 36*, Urbandale, IA	55:14	1:52:56	1:55:50	9:05
870	171	W25	Molly Dolan, 25*, Des Moines, IA	58:31	1:52:56	2:00:19	9:05

1745	288	M25	Tyler Bartels, 26, Urbandale, IA	55:59	1:52:56	2:03:12	9:05
871	172	W25	Jenny Morse, 28*, Pleasant Hill, IA	57:11	1:52:56	1:56:07	9:05
1746	356	M30	Jerimie Rushing, 30, Ankeny, IA	57:42	1:52:56	2:02:26	9:05
872	188	W30	Anne King, 32*, Washington, DC	55:24	1:52:56	1:56:20	9:05
873	189	W30	Mackenzie Pedersen, 32*, West Liberty, IA	58:47	1:52:56	1:59:09	9:05
874	121	W20	Maggie Harper-Rogers, 23*, Ames, IA	54:42	1:52:57	1:54:03	9:05
875	190	W30	Mackenzie Edwards, 33*, Tipton, IA	58:48	1:52:57	1:59:09	9:05
876	51	W45	Alyson Skahill, 45*, West Des Moines, IA	55:04	1:52:57	1:54:26	9:05
1747	153	M45	Cedric Siriwardena, 46, Indianola, IA	57:17	1:52:57	1:59:10	9:05

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878	99	W40	Dawn Statton, 40*, West Des Moines, IA	55:04	1:52:58	1:54:26	9:05
879	191	W30	Bethany Schmidt, 31*, Des Moines, IA	55:37	1:52:58	1:55:28	9:05
1748	286	M35	Nick Vasquez, 39, Altoona, IA	59:01	1:52:58	2:00:49	9:05
880	192	W30	Katie Goodwin, 31*, Des Moines, IA	58:02	1:53:00	1:57:46	9:05
1749	357	M30	Ryan Kirkpatrick, 32, Ankeny, IA	54:43	1:53:00	1:54:51	9:05
881	31	W17	Susanna Harris, 19*, Iowa City, IA	56:33	1:53:00	1:59:06	9:06
882	173	W25	Nina Johnston, 29*, Des Moines, IA	55:58	1:53:01	2:00:42	9:06
1750	154	M45	Kirk Dressler, 48, Greenfield, IA	56:03	1:53:01	1:56:36	9:06
883	193	W30	Susie Menke, 31*, Ankeny, IA	54:56	1:53:01	1:57:04	9:06
1751	57	M55	David Acker, 59, Ames, IA	55:37	1:53:01	1:56:47	9:06
884	174	W25	Jamie Ruba, 27*, Cedar Falls, IA	57:27	1:53:02	1:55:38	9:06
1752	111	M50	Jeff Hileman, 53, Knoxville, IA	51:45	1:53:03	1:53:57	9:06
885	194	W30	Devan Helgeson, 32*, Garner, IA	55:35	1:53:03	1:55:27	9:06
886	31	W50	Susan Ward, 54*, Urbandale, IA	56:16	1:53:03	1:58:15	9:06
1753	112	M50	Bernie Veenstra, 53, Pella, IA	56:50	1:53:04	1:57:22	9:06
1754	289	M25	Matt Launspach, 27, Chicago, IA	52:56	1:53:05	1:54:17	9:06
1755	113	M50	Larry Huffman, 51, Audubon, IA	57:14	1:53:05	1:55:15	9:06
887	195	W30	Kate Wulkow, 30*, Frankfort, IL	57:30	1:53:05	1:54:41	9:06
888	196	W30	Lisa Leighton, 32*, Granger, IA	54:32	1:53:05	1:55:44	9:06
889	197	W30	Nicole Wood, 32*, Des Moines, IA	56:28	1:53:06	2:02:54	9:06
890	175	W25	Alison Miller, 27*, West Des Moines, IA	56:28	1:53:06	2:02:55	9:06
891	176	W25	Anna Raya, 25*, Moline, IL	54:28	1:53:06	1:54:40	9:06
1756	114	M50	Jack Thompson, 53, Norwalk, IA	53:43	1:53:07	1:56:52	9:06
1757	24	M60	Dennis Lincicum, 62, Ankeny, IA	55:47	1:53:08	1:55:54	9:06
892	198	W30	Jill Buchan, 31*, Ankeny, IA	56:25	1:53:09	1:54:28	9:06
1758	287	M35	Travis Wilson, 36, Clive, IA	58:44	1:53:09	1:56:30	9:06
893	123	W20	Rachel Madsen, 23*, Iowa City, IA	58:45	1:53:09	1:57:25	9:06
894	124	W20	Becky Heffling, 23*, North Liberty, IA	58:44	1:53:10	1:57:25	9:06
895	52	W45	Dawn Wellman, 48*, Johnston, IA	55:47	1:53:10	1:55:27	9:06
896	32	W50	Jeannie Tison, 53*, Des Moines, IA	56:33	1:53:10	1:56:36	9:06
1759	224	M40	Erik Egglund, 44, Ankeny, IA	52:42	1:53:10	2:00:48	9:06
1760	58	M55	Gerald Hill, 59, Altoona, IA	54:46	1:53:11	2:06:15	9:06
897	125	W20	Hilary Sadler, 22*, Ames, IA	53:05	1:53:11	1:55:17	9:06
1761	155	M20	Brad McCartney, 23, Ames, IA	53:06	1:53:12	1:55:17	9:06
898	177	W25	Abbey Henderson, 29*, Naperville, IL	55:08	1:53:12	1:56:18	9:06
899	100	W40	Linda Stoffel, 40*, Norwalk, IA	57:04	1:53:12	1:55:56	9:06
1762	32	JrM	Jacob Huston, 15, Ames, IA	56:43	1:53:13	1:55:51	9:07
1763	358	M30	Nathan McGlynn, 30, Des Moines, IA	58:54	1:53:13	1:55:11	9:07
1764	290	M25	Jason VanGundy, 28, Johnston, IA	58:53	1:53:13	1:55:11	9:07
900	178	W25	Katie Rasmussen, 28*, Exira, IA	53:30	1:53:13	2:03:28	9:07
901	199	W30	Kristi Steinkamp, 33*, Laurel, IA	57:00	1:53:14	1:58:28	9:07
902	179	W25	Lani Hefel, 27*, Ankeny, IA	55:46	1:53:14	1:54:42	9:07
1765	291	M25	Andrew Graff, 26, West Des Moines, IA	56:57	1:53:14	1:58:36	9:07
903	126	W20	Jodie Hogue, 24*, Atlantic, IA	56:05	1:53:14	1:56:12	9:07
904	127	W20	Azalia Sanchez, 24*, Round Lake Beach, IL	57:06	1:53:14	1:55:10	9:07
1766	359	M30	Jacob Auliff, 32, Des Moines, IA	56:27	1:53:15	1:56:08	9:07
905	128	W20	Amanda Scott, 24*, West Des Moines, IA	56:35	1:53:15	1:56:17	9:07
1767	288	M35	Rick Muller, 39, Clive, IA	53:41	1:53:15	1:55:11	9:07
1768	360	M30	Tyler Evans, 32, Urbandale, IA	55:05	1:53:15	1:54:14	9:07
1769	225	M40	Doug Nichol, 42, Des Moines, IA	54:24	1:53:16	1:56:08	9:07
906	129	W20	Arianna Klein, 24*, Dubuque, IA	55:45	1:53:16	1:54:44	9:07
907	200	W30	Amy Crick, 34*, Norwalk, IA	57:20	1:53:16	1:59:51	9:07

1770	155	M45	Dennis Baldwin, 49, Waukee, IA	54:37	1:53:16	1:54:18	9:07
1771	156	M20	Austin Mercial, 23, Ankeny, IA	51:54	1:53:16	1:55:32	9:07
908	156	W35	Angie Gruening, 39*, Norwalk, IA	56:12	1:53:17	1:59:52	9:07
1772	361	M30	Chad Follis, 30, Hartford, IA	57:59	1:53:17	2:04:45	9:07
909	130	W20	Stephanie Kristensen, 23*, Ankeny, IA	55:49	1:53:17	1:54:35	9:07
910	180	W25	Shireen Cave, 28*, Indianola, IA	56:42	1:53:18	2:04:17	9:07
1773	226	M40	Eric Sailsbury, 44, Ames, IA	57:16	1:53:18	1:56:13	9:07
1774	156	M45	Kevin Kuhn, 47, Bagley, IA	57:45	1:53:19	2:00:38	9:07
1775	25	M60	Don Schoen, 60, West Des Moines, IA	55:47	1:53:19	1:55:36	9:07
911	201	W30	Tiffany Behrens, 30*, Ankeny, IA	57:29	1:53:19	1:55:09	9:07
912	181	W25	Stephanie Sissel, 26*, West Des Moines, IA	54:13	1:53:20	1:55:45	9:07
913	202	W30	Amy Doyle, 31*, Urbandale, IA	56:22	1:53:20	1:57:20	9:07
914	182	W25	Nina Lovan, 25*, Pleasant Hill, IA	55:37	1:53:20	1:56:15	9:07
1776	157	M45	Chuck Cozad, 46, Grimes, IA	54:17	1:53:20	1:55:46	9:07
1777	362	M30	Brad Backer, 31, Waukee, IA	57:01	1:53:21	1:55:20	9:07
915	32	W17	Sharice Clough, 19*, Marshalltown, IA	56:33	1:53:21	1:58:17	9:07
1778	115	M50	Steve Schmidt, 51, Granger, IA	54:56	1:53:21	1:55:08	9:07
1779	59	M55	Jim Beranek, 59, Charles City, IA	57:19	1:53:22	1:55:40	9:07
916	131	W20	Caely Roby, 23*, West Des Moines, IA	56:04	1:53:22	2:00:33	9:07
917	203	W30	Nicole Quade, 32*, Norwalk, IA	57:07	1:53:22	2:01:17	9:07
918	204	W30	Angie Reschly, 31*, West Des Moines, IA	53:40	1:53:23	1:53:55	9:07
1780	363	M30	Key Kain, 33, Iowa City, IA	56:49	1:53:24	1:57:36	9:07
1781	289	M35	Srinivasa Kadiam, 36, Grimes, IA		1:53:25	1:59:39	9:07
919	205	W30	Kacey Sutter, 30*, Humboldt, IA	55:51	1:53:25	1:56:18	9:08
1782	116	M50	Craig Allison, 52, Urbandale, IA	55:54	1:53:26	1:57:05	9:08
920	53	W45	Julie Thomas, 48*, Bedford, IA	57:09	1:53:26	1:56:42	9:08
1783	364	M30	Adam Cline, 30, Des Moines, IA	55:57	1:53:26	2:01:23	9:08
1784	292	M25	Ryan McDermott, 28, Des Moines, IA	56:40	1:53:26	1:56:00	9:08
1785	365	M30	Robert Gidel, 31, Urbandale, IA	55:48	1:53:27	1:56:09	9:08
1786	227	M40	Tony Takla, 43, West Des Moines, IA	55:00	1:53:27	1:55:35	9:08
921	101	W40	Elena Takla, 43*, West Des Moines, IA	55:02	1:53:27	1:55:35	9:08
1787	290	M35	Jorge Lopez, 38, Pleasant Hill, IA	51:08	1:53:28	1:54:18	9:08
922	157	W35	Karen Smith, 36*, Urbandale, IA	54:08	1:53:28	1:54:41	9:08
1788	158	M45	Karl Kruse, 47, Johnston, IA	56:26	1:53:30	1:57:22	9:08
923	206	W30	Susanne Jenkins, 34*, Des Moines, IA	58:07	1:53:31	1:58:45	9:08
1789	159	M45	David Lemons, 47, West Des Moines, IA	57:31	1:53:31	1:59:19	9:08
924	132	W20	Andrea Coughlin, 24*, Johnston, IA	54:22	1:53:32	1:56:34	9:08
1790	291	M35	Craig Rueschhoff, 37, Des Moines, IA	54:02	1:53:32	1:58:41	9:08
925	183	W25	Ashley McCann, 26*, Altoona, IA	56:33	1:53:32	1:56:47	9:08
1791	366	M30	Drew Gosselink, 31, Des Moines, IA	54:41	1:53:32	1:56:18	9:08
1792	293	M25	Nathan Paul, 29, Altoona, IA	56:33	1:53:32	1:56:47	9:08
926	184	W25	Kendra Hanson, 26*, Atlantic, IA	56:05	1:53:33	1:56:30	9:08
1793	292	M35	Dan Adams, 36, Waukee, IA	56:49	1:53:33	1:56:29	9:08
927	158	W35	Heather Kauffman, 36*, Adair, IA	57:56	1:53:34	1:59:27	9:08
928	159	W35	Anne Fogarty, 39*, Clive, IA	57:39	1:53:34	1:55:55	9:08
929	185	W25	Rebekah Clark-Bryner, 27*, Grinnell, IA	55:07	1:53:34	1:56:24	9:08
930	186	W25	Kathryn Atkinson, 28*, Des Moines, IA	58:03	1:53:34	1:57:36	9:08
1794	57	M17	Justin Winters, 17, Cedar Rapids, IA	57:58	1:53:34	1:58:14	9:08
1795	117	M50	Kenneth Feldmann, 51, Mt. Pleasant, IA	56:39	1:53:34	1:57:45	9:08
931	187	W25	Emily Kenny, 27*, Urbandale, IA	56:02	1:53:35	2:04:04	9:08
1796	294	M25	Justin Kenny, 29, Urbandale, IA	56:02	1:53:35	2:04:04	9:08
932	133	W20	Nitya Ramaswami, 20*, Ames, IA	54:00	1:53:35	1:54:11	9:08
933	207	W30	Kirsten Garland, 31*, Clive, IA	57:56	1:53:35	1:57:44	9:08
1797	228	M40	Chad Christensen, 42, Libertyville, IA	55:37	1:53:35	1:55:21	9:08
934	188	W25	Robin Sullivan, 29*, Altoona, IA	55:40	1:53:36	1:55:27	9:08
1798	367	M30	Mike Wilson, 33, Indianola, IA	55:53	1:53:37	1:55:52	9:08
935	134	W20	Josey Strathe, 24*, Iowa City, IA	54:22	1:53:37	1:56:39	9:08
1799	295	M25	Zack Sammler, 29, Waukee, IA	57:56	1:53:37	1:57:46	9:09
1800	229	M40	Grant Thies, 42, Johnston, IA	52:10	1:53:37	1:55:43	9:09
936	33	W50	Terri Kent, 52*, Des Moines, IA	55:40	1:53:38	1:59:45	9:09
937	102	W40	Keri Ellingboe, 40*, Ankeny, IA	55:29	1:53:39	1:57:24	9:09
1801	60	M55	David VanSickel, 58, West Des Moines, IA	57:22	1:53:39	1:59:43	9:09
1802	230	M40	Matt Garber, 41, Marshalltown, IA	56:23	1:53:39	1:57:07	9:09
938	160	W35	Stacey Lewis, 38*, Ankeny, IA	55:29	1:53:39	1:57:24	9:09
1803	26	M60	Barry Coates, 60, Elkhorn, NE	55:38	1:53:39	1:55:01	9:09

1804	296	M25	Brett Latham, 25, Coralville, IA	53:11	1:53:39	1:55:58	9:09
1805	61	M55	Michael Clayton, 56, Ames, IA	57:00	1:53:41	1:56:39	9:09
939	135	W20	Sarah Groth, 23*, Webster City, IA	55:48	1:53:41	1:59:59	9:09
1806	293	M35	Cory Jensen, 35, Iowa City, IA	56:46	1:53:41	2:00:17	9:09
1807	368	M30	Joshua Sloan, 32, Raymore, MO	58:22	1:53:41	1:58:41	9:09
1808	33	JrM	Tyler Bryant, 14, West Des Moines, IA	56:04	1:53:41	1:56:15	9:09
940	103	W40	Renee Kaufman, 43*, Duncombe, IA	57:41	1:53:41	1:56:53	9:09
1809	160	M45	Mark Perington, 47, Johnston, IA	56:32	1:53:41	1:57:34	9:09
1810	58	M17	Collin O'Leary, 19, Desoto, IA	53:00	1:53:42	1:55:22	9:09
1811	62	M55	Rick Riley, 55, West Des Moines, IA	55:33	1:53:42	1:56:31	9:09
941	54	W45	Laurie Johns, 48*, West Des Moines, IA	58:31	1:53:43	1:57:15	9:09
942	34	W50	Karen Riley, 54*, West Des Moines, IA	55:33	1:53:43	1:56:31	9:09
1812	297	M25	Kyle Riley, 29, Des Moines, IA	54:13	1:53:43	1:55:44	9:09
1813	231	M40	Kevin Barkema, 43, Conrad, IA	54:38	1:53:43	1:54:41	9:09
943	189	W25	Lindsay Wiese, 26*, Des Moines, IA	56:46	1:53:44	1:58:55	9:09
944	161	W35	Danna Pins, 36*, West Des Moines, IA	56:00	1:53:44	1:59:01	9:09
1814	161	M45	Wade Busch, 48, Mason City, IA	58:50	1:53:44	1:57:06	9:09
945	208	W30	Sarah Peters, 30*, Robins, IA	55:20	1:53:44	1:56:21	9:09
1815	369	M30	Trent Chambers, 34, Humboldt, IA	1:00:14	1:53:45	1:57:05	9:09
1816	232	M40	Clark Johnson, 44, Altoona, IA	57:57	1:53:45	1:58:52	9:09
946	136	W20	Lydia Parker, 23*, Sioux Falls, SD	55:38	1:53:45	1:57:43	9:09
1817	298	M25	Randall Meyer, 27, Norwalk, IA	55:14	1:53:46	1:55:40	9:09
947	190	W25	Ashley Mathes, 27*, Des Moines, IA	58:03	1:53:46	1:59:29	9:09
948	137	W20	Katy Betten, 22*, Manson, IA	53:17	1:53:46	1:54:25	9:09
949	138	W20	Courtney Bruns, 22*, Iowa City, IA	49:26	1:53:46	1:53:59	9:09
1818	157	M20	Alex Heggen, 21, Pleasant Hill, IA	54:29	1:53:46	1:58:36	9:09
950	191	W25	Katy Severe, 27*, Des Moines, IA	56:15	1:53:47	1:57:42	9:09
951	209	W30	Amber Deardorff, 32*, Ames, IA	57:42	1:53:47	1:57:31	9:09
1819	59	M17	Zach Winters, 19, Cedar Rapids, IA	57:58	1:53:48	1:58:27	9:09
952	10	W55	Candy Mullen, 55*, Marion, IA	56:12	1:53:49	1:55:09	9:09
1820	233	M40	Jeff Hartz, 41, Runnells, IA	58:52	1:53:50	1:56:14	9:10
1821	158	M20	Scott Griffin, 21, Cedar Rapids, IA	56:22	1:53:50	1:59:15	9:10
953	192	W25	Wendy Olson, 26*, Ankeny, IA	57:37	1:53:50	1:58:37	9:10
954	210	W30	Shandie Tai, 31*, Urbandale, IA	56:38	1:53:51	1:59:57	9:10
1822	234	M40	Ignatius Wibowo, 40, Urbandale, IA	54:46	1:53:51	1:57:45	9:10
1823	370	M30	Bill Tai, 34, Urbandale, IA	56:37	1:53:51	1:59:57	9:10
1824	299	M25	Tim Moran, 29, Story City, IA	55:55	1:53:51	1:59:18	9:10
955	162	W35	Jana Bakke, 38*, Urbandale, IA	56:39	1:53:51	1:59:58	9:10
1825	300	M25	Blair Dickinson, 29, Waukee, IA	56:34	1:53:52	2:04:41	9:10
956	104	W40	Amy Price, 41*, Ankeny, IA	56:06	1:53:52	1:59:30	9:10
1826	162	M45	Jeff Logan, 46, Urbandale, IA	55:14	1:53:53	1:55:04	9:10
1827	63	M55	John Vujnovich, 57, Des Moines, IA	57:00	1:53:54	1:56:53	9:10
1828	235	M40	Michael Swaim, 41, West Des Moines, IA	58:10	1:53:54	1:57:17	9:10
1829	371	M30	Ryan Stuart, 32, Des Moines, IA	59:56	1:53:55	1:58:26	9:10
957	163	W35	Julie Jorgensen, 39*, Grimes, IA	56:30	1:53:55	1:55:54	9:10
958	211	W30	Kathryn Sandie, 30*, Waukee, IA	56:44	1:53:56	1:58:02	9:10
959	164	W35	Lois Frazer, 37*, Ankeny, IA	55:48	1:53:56	1:59:34	9:10
960	212	W30	Kari Conley, 32*, Ankeny, IA	58:14	1:53:56	1:59:50	9:10
1830	118	M50	Scott Clayberg, 51, Clive, IA	54:09	1:53:57	1:56:04	9:10
1831	294	M35	Kevin Smith, 38, Ankeny, IA	56:10	1:53:57	1:58:22	9:10
961	213	W30	Nicole Thurman, 34*, Grimes, IA	55:31	1:53:57	1:56:06	9:10
1832	301	M25	Benjamin Hall, 29, Waukee, IA	53:10	1:53:58	1:56:46	9:10
962	165	W35	Jennifer Nemmers, 35*, Clive, IA	55:14	1:53:58	1:56:24	9:10
963	35	W50	Melanie Rutgers, 51*, Omaha, NE	55:43	1:53:59	1:57:14	9:10
1833	119	M50	Patrick Weepie, 51, Altoona, IA	57:24	1:54:00	1:58:51	9:10
1834	372	M30	Andrew Schirman, 34, Granger, IA	55:39	1:54:00	1:55:40	9:10
1835	373	M30	Scott Geistkemper, 33, Urbandale, IA	59:14	1:54:01	1:58:02	9:10
1836	236	M40	Jeremy Renger, 40, Johnston, IA	55:17	1:54:01	1:57:31	9:10
964	193	W25	Julie Graeve, 27*, North Liberty, IA	56:01	1:54:01	1:56:05	9:10
965	166	W35	Nikki Thies, 36*, West Des Moines, IA	56:42	1:54:01	1:57:01	9:10
966	214	W30	Angie Vanderbeek, 32*, Waukee, IA	55:06	1:54:02	1:55:56	9:10
967	215	W30	Sara Davis, 33*, Des Moines, IA	56:42	1:54:02	1:57:01	9:10
968	194	W25	Leslie Austen, 28*, Ankeny, IA	59:35	1:54:02	1:59:48	9:10
1837	237	M40	Louis Kelehan, 42, Des Moines, IA	58:30	1:54:02	2:00:22	9:10
969	167	W35	Kimberly Price, 37*, West Des Moines, IA	58:43	1:54:02	1:59:45	9:10

1838	163	M45	Jeff Schachtner, 47, Clive, IA	57:37	1:54:03	2:00:15	9:11
970	55	W45	Deb Blaser Gretillat, 47*, Clear Lake, IA	55:25	1:54:03	1:55:38	9:11
971	195	W25	Margo Tomka, 25*, Des Moines, IA	55:08	1:54:03	1:59:54	9:11
972	168	W35	Esther Vander Waal, 38*, Johnston, IA	54:36	1:54:03	1:56:35	9:11
973	33	W17	Madelyne Rosenberg, 19*, Cedar Rapids, IA	57:57	1:54:03	1:58:43	9:11
974	56	W45	Jill Winters, 45*, Cedar Rapids, IA	57:58	1:54:04	1:58:43	9:11
975	36	W50	Julie Rosenberg, 54*, Cedar Rapids, IA	57:58	1:54:04	1:58:44	9:11
1839	64	M55	Brent Cooper, 57, Urbandale, IA	54:15	1:54:05	1:56:40	9:11
1840	65	M55	Blake Barnes, 57, Mason City, IA	53:57	1:54:05	1:56:11	9:11
976	196	W25	Emily Kothmann, 27*, Huxley, IA	57:53	1:54:07	1:58:17	9:11
1841	295	M35	Eric Bryan, 37, Ankeny, IA	58:36	1:54:07	1:59:58	9:11
1842	238	M40	John Hoekstra, 41, Johnston, IA	55:14	1:54:07	1:56:25	9:11
1843	66	M55	Denny Henrich, 55, Des Moines, IA	57:42	1:54:07	1:59:32	9:11
977	197	W25	Karla Bechtold, 28*, Hinton, IA	56:09	1:54:08	1:57:40	9:11
1844	302	M25	Derek Jansen, 27, Des Moines, IA	53:24	1:54:08	1:56:34	9:11
978	216	W30	Kylie Sloan, 34*, Altoona, IA	58:21	1:54:10	1:59:09	9:11
1845	7	M65	Steve Schroeder, 69, River Falls, WI	57:26	1:54:10	1:57:04	9:11
1846	120	M50	Steve Davis, 50, Harlan, IA	56:11	1:54:10	1:56:09	9:11
1847	239	M40	David Whisler, 44, Urbandale, IA	57:55	1:54:11	2:02:07	9:11
1848	374	M30	Zach Johnson, 30, Altoona, IA	55:24	1:54:11	1:59:51	9:11
979	217	W30	Kelly Koenigs, 30*, West Des Moines, IA	56:47	1:54:11	1:57:35	9:11
980	198	W25	Lorraine Burke, 29*, Ames, IA	53:27	1:54:12	1:59:00	9:11
1849	67	M55	Brian Walters, 55, Urbandale, IA	55:10	1:54:12	1:56:12	9:11
1850	164	M45	Patrick Baldus, 47, West Des Moines, IA	55:09	1:54:13	1:55:14	9:11
1851	240	M40	David Hanson, 40, Urbandale, IA	58:18	1:54:14	2:01:38	9:11
1852	296	M35	Dave Wadle, 38, Marshalltown, IA	58:59	1:54:15	1:57:58	9:12
981	218	W30	Beth Davis, 30*, Moulton, IA	57:55	1:54:15	2:02:14	9:12
1853	297	M35	Joe Willey, 37, Urbandale, IA	56:51	1:54:15	1:59:17	9:12
1854	165	M45	Dave Shutt, 46, Urbandale, IA	55:26	1:54:16	2:04:04	9:12
982	199	W25	Lindsay Burnham, 28*, Des Moines, Ia, Ia	57:59	1:54:16	2:04:51	9:12
983	169	W35	Heidi Lonson, 36*, Grand Rapids, MN	56:31	1:54:16	1:58:16	9:12
1855	298	M35	David Dixon, 36, Altoona, IA	56:10	1:54:17	1:59:34	9:12
1856	303	M25	Nick Blyth, 28, West Des Moines, IA	55:47	1:54:17	1:57:06	9:12
1857	159	M20	Jeff Hart, 24, Ankeny, IA	58:59	1:54:18	1:58:01	9:12
984	219	W30	Kathy Davis, 34*, Collins, IA	56:57	1:54:18	1:55:40	9:12
1858	375	M30	Patrick Bernardy, 32, West Des Moines, IA	56:45	1:54:18	2:06:11	9:12
1859	166	M45	Danny Pauley, 49, Coon Rapids, IA	57:05	1:54:18	1:56:43	9:12
1860	304	M25	Zachary Mingus, 27, West Des Moines, IA	54:02	1:54:18	1:55:45	9:12
985	220	W30	Brenda Van Berkum, 31*, Des Moines, IA	57:32	1:54:18	1:59:58	9:12
1861	376	M30	Keith Musser, 32, Marion, IA	57:52	1:54:18	1:55:36	9:12
986	170	W35	Tracy Greening, 38*, Des Moines, IA	55:04	1:54:18	1:58:15	9:12
1862	167	M45	Bill Burma, 48, Ankeny, IA	54:02	1:54:19	1:55:45	9:12
1863	377	M30	Brock Weliver, 32, Cedar Falls, IA	52:35	1:54:19	2:05:04	9:12
987	34	W17	Eryn Vandermus, 19*, Onalaska, WI	56:06	1:54:19	1:56:39	9:12
988	221	W30	Jenny Livingston, 31*, Norwalk, IA	57:20	1:54:20	2:00:55	9:12
1864	241	M40	Shawn Svoboda, 42, Ankeny, IA	58:01	1:54:20	2:03:14	9:12
989	37	W50	Michele Fritz, 51*, Pleasant Hill, IA	56:23	1:54:20	1:55:07	9:12
990	57	W45	Tania Rosener, 45*, Johnston, IA	58:11	1:54:20	1:56:43	9:12
991	222	W30	Merenciana Paulus, 31*, Des Moines, IA	57:56	1:54:20	1:59:28	9:12
992	38	W50	Carol Brockway, 52*, Bettendorf, IA	54:08	1:54:20	1:55:22	9:12
993	200	W25	Jessica Punelli, 27*, Des Moines, IA	56:33	1:54:20	1:55:07	9:12
1865	68	M55	Jerry Brown, 59, Evansdale, IA	53:54	1:54:21	1:55:17	9:12
1866	168	M45	Scott Bandy, 47, Indianola, IA	57:07	1:54:22	2:02:17	9:12
1867	378	M30	Ted Baccam, 32, Des Moines, IA	59:03	1:54:22	2:02:08	9:12
994	139	W20	Brooklyn Roberts, 22*, Huxley, IA	56:09	1:54:23	1:56:00	9:12
995	140	W20	Nichole Onnen, 21*, Grundy Center, IA	55:09	1:54:23	1:57:20	9:12
1868	169	M45	Stephen Garcia, 46, Ankeny, IA	56:44	1:54:24	1:57:26	9:12
1869	299	M35	Ben Meyer, 36, Des Moines, IA	56:11	1:54:24	1:58:29	9:12
996	171	W35	Emily Williams, 37*, Lincoln, NE	57:20	1:54:24	2:02:17	9:12
997	105	W40	Kimberly Baeth, 41*, Urbandale, IA	55:22	1:54:24	1:55:33	9:12
1870	69	M55	John Duffy, 57, West Des Moines, IA	55:45	1:54:25	1:55:30	9:12
1871	70	M55	Kelly Fried, 56, Omaha, NE	56:03	1:54:25	1:57:30	9:12
998	11	W55	Marcia Fried, 57*, Omaha, NE	55:26	1:54:25	1:57:30	9:12
1872	305	M25	Michael Messerich, 27, Wilton, IA	56:55	1:54:25	1:58:51	9:12
1873	379	M30	Adam Emerson, 32, Urbandale, IA	55:57	1:54:26	2:02:22	9:12

999	141	W20	Stephanie Eifler, 24*, Windsor Heights, IA	57:03	1:54:26	1:57:07	9:12
1874	242	M40	Kurt Huyser, 42, Des Moines, IA	54:33	1:54:26	1:56:06	9:12
1875	306	M25	Michael Comfort, 26, Oskaloosa, IA	53:47	1:54:27	1:56:56	9:12
1876	380	M30	Chawn Honkomp, 34, Clive, IA	59:07	1:54:27	2:00:06	9:12
1000	223	W30	Ryan Honkomp, 34*, Clive, IA	59:07	1:54:27	2:00:07	9:13
1877	300	M35	Nathan Pickrell, 35, Des Moines, IA	55:43	1:54:28	2:03:22	9:13
1001	224	W30	Kelly Munter, 34*, Ankeny, IA	57:52	1:54:28	1:55:45	9:13
1002	225	W30	Melissa Starr, 32*, Ankeny, IA	57:52	1:54:28	1:55:45	9:13
1003	201	W25	Allie Osmundson, 25*, Marshalltown, IA	58:53	1:54:29	1:58:52	9:13
1878	307	M25	Eric Osmundson, 29, West Des Moines, IA	58:53	1:54:29	1:58:52	9:13
1879	308	M25	Halley Griess, 26, Des Moines, IA	55:49	1:54:29	1:55:59	9:13
1880	27	M60	Kevin Cunningham, 60, Des Moines, IA	55:19	1:54:29	1:54:56	9:13
1004	142	W20	Alicia Orndorff, 22*, Carlisle, IA	53:22	1:54:29	1:56:30	9:13
1005	202	W25	Rachel Meade, 29*, Omaha, NE	59:22	1:54:29	2:06:00	9:13
1881	243	M40	Brian Lazear, 40, Ankeny, IA	57:56	1:54:30	1:57:30	9:13
1006	226	W30	Jenny Leonard, 31*, Norwalk, IA	59:29	1:54:31	2:05:51	9:13
1007	227	W30	Katie Rose, 32*, West Des Moines, IA	59:29	1:54:31	2:05:51	9:13
1008	228	W30	Lindsay Walker, 33*, Urbandale, IA	56:39	1:54:31	2:00:37	9:13
1882	309	M25	Nathaniel LaFleur, 28, Staten Island, NY	58:36	1:54:32	1:58:26	9:13
1009	229	W30	Joanie Buller, 32*, Slater, IA	56:12	1:54:32	1:57:43	9:13
1883	381	M30	Mike Davidson, 34, Urbandale, IA	57:23	1:54:32	1:57:35	9:13
1010	172	W35	Laura Phillips, 38*, West Des Moines, IA	57:03	1:54:32	2:01:26	9:13
1011	230	W30	Kayren Davidson, 34*, Urbandale, IA	57:24	1:54:33	1:57:36	9:13
1884	244	M40	Jeff Nelson, 42, Ames, IA	57:16	1:54:33	1:56:28	9:13
1012	143	W20	Allison Hora, 20*, Cedar Falls, IA	55:46	1:54:33	1:56:03	9:13
1885	170	M45	Dave Duncan, 47, Clive, IA	57:40	1:54:34	1:58:39	9:13
1886	60	M17	John Casady, 17, Indianola, IA	55:18	1:54:34	1:58:51	9:13
1887	171	M45	John Gray, 45, Waukee, IA	54:57	1:54:35	1:57:09	9:13
1888	71	M55	Russ Canfield, 56, Austin, TX	55:44	1:54:36	1:58:44	9:13
1013	144	W20	Carlie Rhinehart, 20*, Ames, IA	59:42	1:54:36	2:03:15	9:13
1889	382	M30	Ryan Doyle, 30, Urbandale, IA	57:44	1:54:37	1:58:36	9:13
1890	28	M60	Jim Pfeifer, 64, Waukee, IA	55:29	1:54:37	1:57:15	9:13
1014	231	W30	Elizabeth Geistkemper, 30*, Urbandale, IA	58:01	1:54:37	1:58:38	9:13
1015	39	W50	Kathi Allison, 50*, Rock Island, IL	57:12	1:54:37	1:59:10	9:13
1891	383	M30	Russell Zimmerman, 32, Iowa, IA	56:33	1:54:38	1:57:13	9:13
1892	172	M45	Craig Allison, 49, Rock Island, IL	57:13	1:54:38	1:59:10	9:13
1016	106	W40	Stacy Anderson, 42*, Forest City, IA	55:25	1:54:39	1:56:14	9:13
1893	245	M40	James McDonald, 41, Grimes, IA	58:15	1:54:39	1:59:32	9:13
1894	246	M40	Mike Devereux, 40, Ankeny, IA	57:54	1:54:39	2:00:31	9:13
1895	29	M60	David Friedgood, 63, West Des Moines, IA	53:44	1:54:40	1:55:08	9:14
1017	58	W45	Kristin Archer, 45*, Urbandale, IA	57:10	1:54:40	1:58:51	9:14
1018	203	W25	Ali Kirsch, 27*, Bettendorf, IA	58:15	1:54:42	1:57:54	9:14
1019	59	W45	Leslie Shuman, 48*, Davenport, IA	54:46	1:54:42	1:57:27	9:14
1020	232	W30	Andrea Olson, 31*, Ankeny, IA	55:59	1:54:42	1:57:43	9:14
1021	60	W45	Lori McQuiston, 49*, Maxwell, IA	56:03	1:54:42	1:55:33	9:14
1896	384	M30	Josh Burke, 32, Ankeny ,Ia 50023, Ia	54:32	1:54:42	1:56:08	9:14
1022	2	W60	Carol Kirsch, 60*, Iowa City, IA	58:16	1:54:43	1:57:55	9:14
1023	107	W40	Tricia Van Wyk, 40*, Sibley, IA	55:50	1:54:43	1:57:33	9:14
1897	310	M25	Justin Stoffa, 25, Norwalk, IA	56:59	1:54:44	1:56:48	9:14
1024	204	W25	Brenna Stoffa, 25*, Norwalk, IA	57:00	1:54:45	1:56:48	9:14
1898	173	M45	Brian Graeve, 47, Ankeny, IA	56:10	1:54:45	1:59:21	9:14
1899	311	M25	Justin Oswald, 27, Urbandale, IA	54:55	1:54:47	1:56:31	9:14
1025	173	W35	Lindy Van Dike, 35*, West Des Moines, IA	57:02	1:54:47	2:01:42	9:14
1026	233	W30	Di O'Connor Dlr-Roberts, 33*, Ames, IA	54:29	1:54:48	1:57:40	9:14
1900	385	M30	Gareth Roberts, 31, Ames, IA	54:30	1:54:48	1:57:40	9:14
1027	145	W20	Madis Mayberry Hofmeyer, 24*, Grinnell, IA	56:34	1:54:48	1:56:41	9:14
1901	386	M30	David Kelley, 32, Des Moines, IA	59:36	1:54:48	1:57:35	9:14
1028	205	W25	Kerrie Knudsen, 25*, Sheldahl, IA	56:34	1:54:49	1:56:41	9:14
1902	121	M50	Steve Ambrose, 52, Clive, IA	56:11	1:54:49	1:59:38	9:14
1903	312	M25	Aaron Spiess, 26, Cedar Falls, IA	55:17	1:54:49	1:57:39	9:14
1904	313	M25	Matt Sly, 29, Urbandale, IA	53:49	1:54:50	1:57:55	9:14
1905	122	M50	Mark Streit, 53, Bettendorf, IA	56:02	1:54:51	1:58:35	9:14
1029	61	W45	Lisa Lensing, 49*, Otley, IA	58:37	1:54:51	1:59:01	9:14
1030	146	W20	Karie Downing, 23*, West Des Moines, IA	56:50	1:54:51	1:58:03	9:14
1906	314	M25	Todd Claiborne, 25, Windsor Heights, IA	58:15	1:54:52	1:58:30	9:15

1031	206	W25	Kelly Pieper, 25*, Denmark, IA	57:56	1:54:53	1:57:45	9:15
1032	174	W35	Melissa Strunk, 39*, North Liberty, IA	57:43	1:54:53	1:58:52	9:15
1907	174	M45	Neal Halder, 48, Ankeny, IA	56:10	1:54:54	1:55:43	9:15
1033	234	W30	Jennifer Coker, 30*, Olathe, KS	57:14	1:54:54	2:02:40	9:15
1034	207	W25	Laura Albrecht, 25*, Waukee, IA	56:02	1:54:55	1:58:17	9:15
1035	208	W25	Danielle Varnum, 25*, Ankeny, IA	56:02	1:54:55	1:58:17	9:15
1036	147	W20	Courtney Busch, 20*, Mason City, IA	59:00	1:54:56	1:58:17	9:15
1037	62	W45	Deanne Herr, 45*, Indianola, IA	59:01	1:54:56	2:02:45	9:15
1038	148	W20	Meghan Turner, 23*, Columbia, MO	59:22	1:54:56	1:59:57	9:15
1908	72	M55	Rick Hillman, 59, Dana, IA	58:03	1:54:56	2:00:32	9:15
1039	63	W45	Laurin Canfield, 48*, Des Moines, IA	56:17	1:54:57	1:59:05	9:15
1909	301	M35	Steve Morrissey, 36, Ankeny, IA	58:05	1:55:00	1:58:25	9:15
1040	108	W40	Karla Schumacher, 41*, Adel, IA	57:20	1:55:00	1:56:10	9:15
1041	235	W30	Lindsay Wedemeier, 30*, West Des Moines, IA				
			55:54	1:55:00	1:55:32	9:15	
1910	247	M40	Bradley Archer, 44, Urbandale, IA	57:09	1:55:01	1:59:12	9:15
1911	175	M45	Scott Curtis, 45, Algona, IA	58:58	1:55:01	1:58:24	9:15
1042	209	W25	Alicia Clancy, 28*, Ogden, IA	56:59	1:55:02	1:58:14	9:15
1043	175	W35	Alisa Frandsen, 38*, Ames, IA	57:35	1:55:03	2:01:47	9:15
1912	315	M25	Tom Edgington, 29, Waukee, IA	53:56	1:55:03	1:56:07	9:15
1913	316	M25	Greg Gayman, 27, Des Moines, IA	55:40	1:55:04	1:57:54	9:15
1914	302	M35	Michael Parker, 36, Oswego, IL	56:10	1:55:04	1:57:45	9:15
1915	303	M35	Ryan Wierson, 36, Nevada, IA	55:22	1:55:05	1:56:29	9:16
1044	176	W35	Natalie Near, 35*, Johnston, IA	55:32	1:55:05	1:56:16	9:16
1916	248	M40	Matthew Scaparro, 44, Waukee, IA	59:08	1:55:05	1:59:12	9:16
1917	160	M20	Mitch Smith, 23, West Des Moines, IA	57:13	1:55:05	1:58:39	9:16
1045	149	W20	Kathleen Willem, 22*, West Des Moines, IA	57:13	1:55:06	1:58:39	9:16
1918	123	M50	Cody Kilgore, 50, West Des Moines, IA	54:23	1:55:06	1:57:08	9:16
1046	109	W40	Amy Kolacia, 43*, Fort Dodge, IA	57:42	1:55:06	1:59:05	9:16
1047	177	W35	Tami Danley, 39*, West Des Moines, IA	56:25	1:55:06	1:57:12	9:16
1919	317	M25	Ty Closson, 29, Ankeny, IA	54:46	1:55:07	1:57:43	9:16
1048	64	W45	Connie Hildebrandt, 46*, Norwalk, IA	57:30	1:55:08	2:01:06	9:16
1920	304	M35	Daniel Ribbens, 36, Waukee, IA	56:40	1:55:09	1:58:27	9:16
1049	236	W30	Karen Smith, 30*, West Des Moines, IA	55:54	1:55:09	1:55:42	9:16
1921	387	M30	Brent Svenby, 33, Oskaloosa, IA	57:58	1:55:10	2:00:49	9:16
1922	318	M25	Brian Callanan, 27, Urbandale, IA	58:34	1:55:10	1:58:12	9:16
1050	178	W35	Denay Gray, 39*, Ankeny, IA	57:03	1:55:11	1:59:16	9:16
1923	124	M50	Keith Van Gent, 53, Sheldon, IA	57:32	1:55:11	1:59:40	9:16
1051	110	W40	Kay Gustin, 41*, Altoona, IA	57:00	1:55:12	2:00:58	9:16
1924	125	M50	Chuck Bishop, 54, Urbandale, IA	58:37	1:55:12	1:59:23	9:16
1052	40	W50	Julie Bishop, 50*, Urbandale, IA	58:37	1:55:12	1:59:23	9:16
1053	237	W30	Susan Huss, 32*, Clive, IA	56:13	1:55:13	1:59:04	9:16
1054	238	W30	Melissa Pelham, 33*, Ankeny, IA	58:22	1:55:13	2:00:14	9:16
1055	179	W35	Sarah Trosper, 38*, West Des Moines, IA	56:13	1:55:13	1:59:04	9:16
1056	210	W25	Brenna Vanderloop, 26*, Minneapolis, MN	57:30	1:55:13	2:00:38	9:16
1925	388	M30	Brad Robison, 30, Mt. Veernon, IA	56:01	1:55:14	1:57:18	9:16
1926	305	M35	Joshua Duden, 36, Bondurant, IA	55:03	1:55:14	1:58:02	9:16
1057	239	W30	Erin King, 34*, Ankeny, IA	57:22	1:55:16	1:58:35	9:16
1927	249	M40	Monte Ayres, 41, Ankeny, IA	54:59	1:55:16	2:00:44	9:16
1058	180	W35	Kristi Haase, 36*, Shawnee, KS	57:43	1:55:18	1:58:33	9:17
1059	181	W35	Kate Bibbs, 36*, Urbandale, IA	58:22	1:55:18	1:58:31	9:17
1060	65	W45	Kimberly Busse-Hatting, 45*, Grinnell, IA	56:37	1:55:19	2:03:20	9:17
1061	150	W20	Ashley Feldman, 24*, Ankeny, IA	55:21	1:55:19	1:56:52	9:17
1062	111	W40	Regina Otten, 43*, Waukee, IA	57:29	1:55:19	1:57:07	9:17
1928	176	M45	Daniel Berte, 46, Des Moines, IA	56:38	1:55:20	1:59:01	9:17
1063	182	W35	Shelly Hanson, 39*, Webster City, IA	59:05	1:55:21	2:01:07	9:17
1929	319	M25	Tim Rutledge, 25, Ankeny, IA	55:55	1:55:21	2:01:18	9:17
1930	250	M40	Curt Snyder, 42, Carroll, IA	58:19	1:55:21	2:00:16	9:17
1931	126	M50	Dale Stephens, 50, Johnston, IA	55:23	1:55:22	1:56:48	9:17
1932	389	M30	Wyatt Myers, 34, Des Moines, IA	56:34	1:55:23	1:57:46	9:17
1064	183	W35	Jenny Peterson, 37*, Waukee, IA	58:20	1:55:24	1:59:58	9:17
1065	112	W40	Amy Wagler, 40*, Clear Lake, IA	57:48	1:55:25	1:59:59	9:17
1933	390	M30	Steve Allen, 33, Lincoln, NE	55:45	1:55:25	1:59:28	9:17
1066	240	W30	Gina Swanson, 33*, West Des Moines, IA	58:20	1:55:25	1:59:59	9:17
1934	161	M20	Ben Roby, 23, West Des Moines, IA	58:08	1:55:26	2:02:36	9:17

1935	8	M65	Herman Merten, 69, Charles City, IA	57:24	1:55:26	1:58:14	9:17
1067	20	JrW	Haley Jacobs, 16*, Ankeny, IA	53:12	1:55:27	1:56:26	9:17
1936	251	M40	Mark Kuennen, 44, Ankeny, IA	56:20	1:55:27	1:59:03	9:17
1937	306	M35	Jesper Andersson, 36, West Des Moines, IA	56:48	1:55:28	1:56:18	9:17
1068	241	W30	Jacqueline Haylett, 30*, Park Ridge, IL	58:06	1:55:28	1:59:06	9:17
1069	242	W30	Claudia Gladstone, 30*, Chicago, IL	59:02	1:55:28	2:06:58	9:17
1070	113	W40	Laura Phelps, 44*, Kingsley, IA	55:52	1:55:28	1:58:25	9:17
1938	177	M45	Todd Keech, 46, Johnston, IA	56:30	1:55:28	1:59:21	9:17
1071	243	W30	Hillary Sveny, 31*, Oskaloosa, IA	57:59	1:55:29	2:01:07	9:17
1072	244	W30	Amanda Carr, 34*, Fairfield, IA	57:59	1:55:29	2:03:03	9:18
1073	151	W20	Jessica Muntz, 20*, Dubuque, IA	57:25	1:55:30	1:59:45	9:18
1074	114	W40	Alma Blagg, 41*, Sterling, CO	58:16	1:55:30	2:01:39	9:18
1075	245	W30	Katrina Johnson, 30*, Fairfield, IA	58:53	1:55:30	1:59:03	9:18
1076	184	W35	Lucy Schachtner, 38*, Clive, IA	58:16	1:55:30	2:01:39	9:18
1077	66	W45	Dee Dee Janssen, 46*, Ankeny, IA	56:02	1:55:31	1:58:14	9:18
1078	246	W30	Kari Strong, 33*, Hugo, MN	55:49	1:55:31	2:01:08	9:18
1939	162	M20	Lucas Gaskill, 20, Edina, MN	56:37	1:55:31	1:56:29	9:18
1940	127	M50	Michael Boyle, 51, Ankeny, IA	56:02	1:55:31	1:58:14	9:18
1941	307	M35	Wayne Beam, 38, Ankeny, IA	56:06	1:55:31	1:57:13	9:18
1942	320	M25	Andy Birmingham, 27, Des Moines, IA	56:20	1:55:31	1:57:01	9:18
1079	152	W20	Alyse Dreher, 23*, North Libery, IA	55:59	1:55:32	1:58:17	9:18
1080	211	W25	Brooke Archibald, 26*, West Des Moines, IA	57:29	1:55:32	1:57:20	9:18
1943	308	M35	Kyle King, 35, Ankeny, IA	55:05	1:55:32	1:58:51	9:18
1081	212	W25	Shelene Billups, 28*, Bondurant, IA	54:48	1:55:32	1:58:23	9:18
1082	185	W35	Suzanne Johannes, 36*, Swsisher, IA	58:18	1:55:33	1:58:58	9:18
1083	153	W20	Adair Brown, 22*, Des Moines, IA	57:42	1:55:33	2:05:56	9:18
1944	163	M20	Robert Greiner, 22, Des Moines, IA	57:51	1:55:34	1:58:49	9:18
1084	67	W45	Marie Vajgrt, 45*, Urbandale, IA	59:45	1:55:34	2:03:11	9:18
1945	252	M40	Pat Ryan, 41, Urbandale, IA	56:35	1:55:35	1:58:27	9:18
1946	61	M17	Daniel Peet, 18, Fort Dodge, IA	58:08	1:55:35	2:00:47	9:18
1085	154	W20	Meaghan Johnson, 24*, Osage, IA	57:39	1:55:35	2:00:07	9:18
1086	213	W25	Erin Hall, 26*, Des Moines, IA	57:29	1:55:35	1:57:24	9:18
1947	391	M30	Preston Young, 34, Des Moines, IA	57:35	1:55:35	1:59:49	9:18
1948	392	M30	Chris Birkland, 31, Waukee, IA	54:05	1:55:36	1:59:11	9:18
1087	186	W35	Bree Bartlett, 37*, Pleasant Hill, IA	55:02	1:55:36	1:56:44	9:18
1088	115	W40	Julie Stillman, 44*, West Des Moines, IA	57:29	1:55:36	1:58:37	9:18
1089	116	W40	Michele Winger, 43*, Waukee, IA	57:29	1:55:36	1:58:37	9:18
1090	214	W25	Noelle Papial, 27*, Urbandale, IA	56:13	1:55:37	2:05:00	9:18
1949	393	M30	Brad Dains, 32, De Soto, IA	57:10	1:55:37	2:00:24	9:18
1950	394	M30	Byron Hoogland, 30, Omaha, NE	57:11	1:55:37	2:00:25	9:18
1091	247	W30	Tonya Patrick, 31*, Urbandale, IA	54:40	1:55:37	2:05:10	9:18
1092	215	W25	Ashley Sparks, 26*, Johnston, IA	56:06	1:55:38	1:57:48	9:18
1093	41	W50	Bobbi Snodgrass, 50*, Indianola, IA	55:37	1:55:39	1:57:54	9:18
1094	187	W35	Allison Evans, 37*, Waukee, IA	57:03	1:55:39	2:02:33	9:18
1095	117	W40	Jody Vandever, 42*, Earlham, IA	58:48	1:55:39	1:57:45	9:18
1951	309	M35	David Bower, 36, Des Moines, IA	1:00:53	1:55:39	2:00:11	9:18
1096	248	W30	Jennie Davidson, 33*, Ankeny, IA	58:22	1:55:39	2:00:41	9:18
1952	321	M25	Corey Viet, 25, West Des Moines, IA	58:29	1:55:40	1:59:24	9:18
1097	188	W35	Jennifer Hinrichs, 38*, Clive, IA	57:01	1:55:40	1:58:15	9:18
1953	62	M17	Spencer VanSickel, 17, West Des Moines, IA	49:31	1:55:40	1:57:21	9:18
1954	73	M55	Paul Erickson, 56, Urbandale, IA	56:13	1:55:40	1:59:52	9:18
1098	249	W30	Katie Eastvold, 31*, Coralville, IA	57:19	1:55:41	2:00:18	9:18
1099	216	W25	Julie Tuel, 29*, Otley, IA	57:12	1:55:41	1:58:46	9:18
1955	395	M30	Travis Burke, 34, Ankeny, IA	57:38	1:55:41	2:00:59	9:18
1956	178	M45	Mark Kleihauer, 48, Clive, IA	56:13	1:55:41	1:59:53	9:18
1100	250	W30	Julie Pewe, 34*, Johnston, IA	55:22	1:55:42	1:57:48	9:19
1957	253	M40	David Chicken, 44, Waukee, IA	58:00	1:55:43	1:58:59	9:19
1101	118	W40	Karen Chicken, 44*, Waukee, IA	58:01	1:55:43	1:58:59	9:19
1958	322	M25	Kyle Liske, 25, Des Moines, IA	58:31	1:55:43	2:07:32	9:19
1102	251	W30	Ashley Wilkinson, 31*, Westminster, CO	58:32	1:55:44	2:00:06	9:19
1959	310	M35	Corey Harms, 36, Huxley, IA	57:55	1:55:44	2:04:42	9:19
1960	396	M30	Eric Jackson, 34, Des Moines, IA	58:00	1:55:44	2:07:12	9:19
1961	128	M50	Doug Adamson, 52, Carlisle, IA	56:13	1:55:45	1:58:18	9:19
1962	311	M35	Jeremy Pins, 37, West Des Moines, IA	56:08	1:55:45	2:01:01	9:19
1103	252	W30	Amanda Brantley, 30*, Ankeny, IA	1:01:33	1:55:45	2:00:39	9:19



1104	155	W20	Sara Pfannes, 24*, Iowa City, IA	56:59	1:55:45	2:00:58	9:19
1105	217	W25	Ellen Wade, 28*, Pleasant Hill, IA	57:09	1:55:45	1:59:15	9:19
1106	253	W30	Laura Zinn, 32*, Ankeny, IA	58:45	1:55:46	2:00:12	9:19
1963	397	M30	Aaron Stoltz, 33, Huxley, IA	56:30	1:55:46	1:58:24	9:19
1964	312	M35	Jared Heller, 36, Ankeny, IA	55:52	1:55:47	2:01:39	9:19
1107	119	W40	Kim Bazzocco, 42*, Johnston, IA	56:19	1:55:48	1:56:44	9:19
1965	313	M35	Blake Meisenheimer, 39, Minnetonka, MN	58:30	1:55:48	1:59:20	9:19
1966	323	M25	Jared Lerdal, 29, North Liberty, IA	56:55	1:55:48	2:01:46	9:19
1108	68	W45	Pam Engelbert, 48*, Norton, KS	55:29	1:55:48	1:57:42	9:19
1967	179	M45	Dan Gornick, 47, Norwalk, IA	56:28	1:55:48	1:59:33	9:19
1968	314	M35	Jeremy Hillebrand, 35, Huxley, IA	56:32	1:55:48	1:58:24	9:19
1109	254	W30	Jill McIlhon, 32*, Ankeny, IA	58:09	1:55:48	1:59:07	9:19
1969	180	M45	Charlie Hoover, 49, Ankeny, IA	1:01:02	1:55:49	2:03:21	9:19
1110	255	W30	Danielle Mau, 32*, Overland Park, KS	57:20	1:55:50	2:00:27	9:19
1111	256	W30	Cindy Perry, 34*, Johnston, IA	56:42	1:55:50	1:58:58	9:19
1970	315	M35	John Hembry, 37, Urbandale, IA	1:00:58	1:55:50	2:02:54	9:19
1971	316	M35	Mark Gammon, 36, Newton, IA	57:34	1:55:50	2:00:49	9:19
1112	257	W30	Candace Clark, 32*, Marion, IA	57:05	1:55:51	2:07:30	9:19
1113	258	W30	Cindy Goodner, 33*, Iowa Falls, IA	55:23	1:55:52	1:59:56	9:19
1972	181	M45	Thane Peterson, 46, Waukee, IA	54:47	1:55:52	2:00:44	9:19
1973	317	M35	Eugene Wandera, 37, Des Moines, IA	54:37	1:55:53	1:59:08	9:19
1974	164	M20	Brett Grieser, 24, Urbandale, IA	1:00:15	1:55:53	1:59:22	9:19
1114	156	W20	Andrea Sturdevant, 21*, Urbandale, IA	1:00:15	1:55:53	1:59:22	9:19
1115	157	W20	Emily Schwartz, 20*, Urbandale, IA	57:25	1:55:54	2:00:09	9:19
1116	69	W45	Rachelle Adams, 45*, Earlham, IA	56:35	1:55:54	2:00:49	9:19
1117	189	W35	Sarah Miller, 35*, Des Moines, IA	58:44	1:55:54	2:03:29	9:20
1118	190	W35	Kristi Emick, 35*, Ankeny, IA	58:44	1:55:55	2:03:29	9:20
1119	218	W25	Stacie Cooper, 29*, Des Moines, IA	1:00:38	1:55:55	2:03:18	9:20
1120	191	W35	Clare Burke, 35*, Ankeny, IA	57:38	1:55:55	2:01:12	9:20
1121	158	W20	Shellina Herink, 23*, Des Moines, IA	1:02:30	1:55:55	2:03:29	9:20
1975	165	M20	Grant Hedding, 20, Fort Dodge, IA	1:00:54	1:55:56	2:02:56	9:20
1122	159	W20	Katy Klang, 24*, Cedar Rapids, IA	56:59	1:55:57	2:01:10	9:20
1976	254	M40	Aaron Simon, 42, Clive, IA	58:05	1:55:57	2:01:04	9:20
1123	120	W40	Lisa Thomas, 40*, Ankeny, IA	58:12	1:55:57	2:02:19	9:20
1977	318	M35	Andy Johnson, 39, Urbandale, IA	58:30	1:55:58	1:59:30	9:20
1124	259	W30	Angela Giese, 32*, North Liberty, IA	57:54	1:55:58	1:59:07	9:20
1125	70	W45	Kathleen Jones, 45*, West Des Moines, IA	57:00	1:55:58	1:58:32	9:20
1126	260	W30	Sarah Eichorn, 31*, Ames, IA	57:52	1:55:59	2:03:07	9:20
1127	35	W17	Jacqueline Alex, 19*, Carroll, IA	56:11	1:55:59	2:01:18	9:20
1128	12	W55	Laura Damstetter, 57*, Ankeny, IA	56:08	1:55:59	2:01:29	9:20
1978	63	M17	Spencer Cunningham, 18, Fort Dodge, IA	53:47	1:56:01	1:56:36	9:20
1979	182	M45	Gordy Dye, 45, Sheffield, IA	59:10	1:56:01	2:01:15	9:20
1980	319	M35	Brian Scott, 36, Urbandale, IA	57:40	1:56:01	1:59:03	9:20
1981	320	M35	Ken Gosnell, 36, Des Moines, IA	1:00:04	1:56:02	2:03:35	9:20
1129	71	W45	Bene' Zehr, 48*, Ankeny, IA	58:28	1:56:02	1:59:59	9:20
1982	324	M25	Justin Rogers, 27, West Des Moines, IA	58:55	1:56:02	2:00:21	9:20
1130	160	W20	Lorin Hendrickson, 24*, Norwalk, IA	58:54	1:56:02	2:00:21	9:20
1983	183	M45	Bill Henninger, 49, Newton, IA	1:01:20	1:56:02	2:00:57	9:20
1131	261	W30	Leah Moyer, 32*, Ankeny, IA	58:33	1:56:02	1:59:17	9:20
1132	192	W35	Deanne Dunphy, 39*, Council Bluffs, IA	56:55	1:56:03	1:58:58	9:20
1133	121	W40	Cindy McCartan, 44*, Clive, IA	1:00:48	1:56:04	2:01:24	9:20
1984	129	M50	Tom Mahoney, 53, West Des Moines, IA	57:24	1:56:04	1:57:03	9:20
1134	262	W30	Jodi Carlson, 31*, Ankeny, IA	57:31	1:56:04	1:59:16	9:20
1135	263	W30	Brandee Gatchel, 32*, Huxley, IA	57:31	1:56:04	1:59:16	9:20
1985	255	M40	Andre Sampson, 44, Atlantic, IA	1:01:26	1:56:05	2:05:07	9:20
1136	161	W20	Paige Atwood, 22*, Batavia, IA	1:00:38	1:56:05	1:59:45	9:20
1137	42	W50	Deb Fritz, 53*, Des Moines, IA	57:57	1:56:05	1:59:45	9:20
1138	122	W40	Colleen Bentzen, 42*, West Des Moines, IA	56:48	1:56:06	1:56:57	9:20
1139	123	W40	Jodi England, 40*, Cedar Rapids, IA	57:12	1:56:06	2:01:20	9:20
1986	74	M55	Dick Deming, 58, Des Moines, IA	58:14	1:56:06	1:59:46	9:21
1987	321	M35	Ross Lincoln, 37, Clive, IA	57:22	1:56:07	1:59:28	9:21
1140	264	W30	Mindi Decker, 32*, Des Moines, IA	58:15	1:56:07	1:59:45	9:21
1141	265	W30	Jennifer Harrington, 33*, Pella, IA	57:59	1:56:07	2:01:46	9:21
1142	266	W30	Raelynn Schroeder, 34*, Pella, IA	57:58	1:56:07	2:01:47	9:21
1143	219	W25	Allison Whitver, 27*, Ames, IA	57:35	1:56:08	1:58:14	9:21

1144	162	W20	Jaime Lang, 24*, Des Moines, IA	55:29	1:56:08	2:03:27	9:21
1988	75	M55	Scott Avitt, 59, Des Moines, IA	58:15	1:56:08	1:59:47	9:21
1145	193	W35	Jillisa Welsch, 38*, Ankeny, IA	58:25	1:56:09	2:00:07	9:21
1989	325	M25	Kyle Gage, 29, North Liberty, IA	58:08	1:56:09	2:01:00	9:21
1990	76	M55	Greg Youmans, 59, Johnston, IA	58:23	1:56:09	2:03:31	9:21
1991	130	M50	Brad Mills, 53, Waukee, IA	56:38	1:56:09	2:01:27	9:21
1146	163	W20	Nicole Beer, 22*, Boone, IA	1:00:20	1:56:10	1:59:36	9:21
1147	267	W30	Ashley Miller, 31*, Sioux Falls, SD	59:09	1:56:10	2:00:08	9:21
1148	220	W25	Chelsea Clark, 26*, Boone, IA	1:00:20	1:56:10	1:59:36	9:21
1149	124	W40	Tina Cochran, 40*, Platte City, MO	57:11	1:56:10	2:00:30	9:21
1992	326	M25	Michael Curry, 27, Des Moines, IA	55:59	1:56:10	1:59:35	9:21
1150	194	W35	Krista Banyas, 37*, Altoona, IA	56:04	1:56:10	2:01:48	9:21
1151	268	W30	Jessica Perry, 33*, Coralville, IA	56:37	1:56:10	1:59:19	9:21
1152	221	W25	Caroline Nichols, 27*, Ames, IA	57:44	1:56:10	1:58:40	9:21
1993	398	M30	Tyler Molstre, 33, Waukee, IA	55:23	1:56:12	1:58:04	9:21
1153	125	W40	Sonja Koch, 41*, Fayetteville, AR	57:07	1:56:13	1:58:56	9:21
1994	166	M20	Zeb Ollendick, 22, Grimes, IA	55:38	1:56:13	2:00:18	9:21
1154	72	W45	Debra Lyons, 49*, West Des Moines, IA	58:18	1:56:13	1:59:04	9:21
1995	256	M40	Daniel Harkness, 42, Waukee, IA	58:23	1:56:14	1:59:17	9:21
1996	77	M55	Brent Hintz, 56, Waterloo, IA	57:56	1:56:14	1:59:42	9:21
1997	322	M35	Matt Nolan, 39, Johnston, IA	57:02	1:56:15	1:57:12	9:21
1155	195	W35	Ann Carlson, 37*, Lemars, IA	54:35	1:56:15	1:58:37	9:21
1156	196	W35	Jennifer Meseke, 37*, Maxwell, IA	57:22	1:56:15	2:00:30	9:21
1157	269	W30	Jaime Drewis, 34*, Bondurant, IA	56:57	1:56:17	2:00:26	9:21
1998	4	M70	Jim Harman, 71, Crest Hill, IL	57:50	1:56:17	1:59:25	9:21
1999	323	M35	Matt Ferring, 38, Des Moines, IA	55:28	1:56:18	1:58:40	9:21
2000	327	M25	Michael Tucker, 28, Kansas City, MO	58:40	1:56:18	1:59:18	9:21
1158	164	W20	Abby Jung, 23*, Council Bluffs, IA	56:40	1:56:18	2:01:10	9:21
2001	399	M30	Justin Frerichs, 31, Johnston, IA	57:06	1:56:18	2:05:18	9:21
2002	400	M30	Jesse Harlan, 31, Atlantic, IA	1:01:27	1:56:19	2:05:20	9:21
2003	324	M35	Jermaine Parkey, 39, Des Moines, IA	58:57	1:56:19	2:01:56	9:22
1159	270	W30	Leslie Benner, 30*, Montrose, IA	59:38	1:56:19	2:00:48	9:22
1160	197	W35	Sara Stieler, 35*, Des Moines, IA	58:02	1:56:19	1:59:39	9:22
1161	222	W25	Stephanie Richardson, 27*, Ankeny, IA	55:53	1:56:19	2:01:21	9:22
2004	328	M25	Drew Wayne, 26, Ottumwa, IA	55:53	1:56:20	2:01:21	9:22
2005	325	M35	Phoukham Baccam, 39, Des Moines, IA	58:07	1:56:20	2:02:11	9:22
2006	78	M55	Rich Rettig, 57, Tripoli, IA	57:31	1:56:20	2:00:49	9:22
2007	184	M45	Patrick Hatting, 49, Grinnell, IA	55:18	1:56:20	2:07:25	9:22
2008	257	M40	Gj Clothier, 41, Epworth, IA	1:00:17	1:56:21	2:02:01	9:22
1162	21	JrW	Caroline Warmuth, 13*, Waukee, IA	58:51	1:56:21	2:02:19	9:22
2009	401	M30	Mitch Hackbarth, 33, Pocahontas, IA	57:47	1:56:22	1:59:14	9:22
1163	126	W40	Dotty Johnson, 42*, Urbandale, IA	57:27	1:56:23	1:58:16	9:22
1164	198	W35	Jennifer Stieglmeyer, 38*, Solon, IA	57:14	1:56:23	2:02:16	9:22
1165	199	W35	Jenna Porter, 38*, Des Moines, IA	56:14	1:56:23	1:59:08	9:22
2010	79	M55	Michael Bauer, 57, West Des Moines, IA	1:01:13	1:56:24	1:59:21	9:22
2011	167	M20	Zachary Bishop, 21, West Des Moines, IA	56:17	1:56:24	1:58:42	9:22
1166	165	W20	Ashley Meredith, 21*, West Des Moines, IA	56:17	1:56:24	1:58:42	9:22
2012	131	M50	Christopher Denney, 50, Omaha, NE	56:35	1:56:24	1:58:55	9:22
2013	402	M30	Steven Kuhns, 34, Waukee, IA	58:17	1:56:25	2:00:50	9:22
1167	271	W30	Tara Moro, 31*, Polk City, IA	54:40	1:56:26	1:57:20	9:22
2014	403	M30	Lonny Koehlmoos, 31, West Des Moines, IA	56:11	1:56:26	2:00:34	9:22
2015	326	M35	McLean Jordan, 38, Ankeny, IA	57:49	1:56:27	2:05:33	9:22
1168	223	W25	Ashley Eidbo, 29*, Coralville, IA	58:48	1:56:28	2:01:46	9:22
1169	127	W40	Holly Rasmussen, 41*, Ely, IA	55:46	1:56:28	1:58:18	9:22
1170	224	W25	Molly Muchow, 25*, Davenport, IA	58:13	1:56:28	2:00:45	9:22
1171	200	W35	Janan Felts, 36*, Des Moines, IA	55:33	1:56:28	1:57:39	9:22
1172	272	W30	Amanda Sterk, 32*, Altoona, IA	56:23	1:56:29	1:58:22	9:22
2016	30	M60	Bob Overstreet, 61, Des Moines, IA	56:26	1:56:29	1:56:56	9:22
2017	168	M20	Brad Adams, 23, West Des Moines, IA	58:34	1:56:29	2:00:16	9:22
1173	273	W30	Tomorra Smith, 34*, Ames, IA	56:08	1:56:30	1:59:26	9:22
1174	274	W30	Martha Pope, 31*, Ames, IA	56:38	1:56:30	1:59:08	9:22
1175	275	W30	Stacey Purvis, 32*, Newton, IA	54:56	1:56:31	1:59:03	9:22
2018	169	M20	Austin Zlab, 24, West Des Moines, IA	58:41	1:56:31	2:01:55	9:22
1176	276	W30	Glori Haidar, 31*, Spencer, IA	54:34	1:56:32	2:00:00	9:23
1177	225	W25	Katie Blevins, 27*, Blue Grass, IA	59:26	1:56:33	2:01:19	9:23

2019	31	M60	Daniel Evers, 60, Cedar Rapids, IA	58:19	1:56:33	2:06:29	9:23
1178	277	W30	Jill Buckman, 30*, Ankeny, IA	58:05	1:56:34	1:59:38	9:23
1179	278	W30	Brookann Redick, 32*, Des Moines, IA	58:26	1:56:34	2:03:57	9:23
2020	329	M25	Tyler Romine, 27, Des Moines, IA	57:35	1:56:34	2:00:08	9:23
2021	185	M45	Scott O'Conner, 48, Winterset, IA	58:03	1:56:34	1:58:47	9:23
2022	330	M25	Jerit Tripp, 27, Des Moines, IA	57:36	1:56:34	2:00:08	9:23
2023	34	JrM	Riley McMorran, 16, Greenfield, IA	54:54	1:56:34	1:59:44	9:23
1180	226	W25	Amber Alley, 27*, Des Moines, IA	57:46	1:56:35	2:01:06	9:23
2024	35	JrM	Nathan Weigel, 14, Chicago, IL	59:41	1:56:35	2:02:27	9:23
1181	36	W17	Lauren Bonett, 19*, Ames, IA	1:00:15	1:56:36	2:02:37	9:23
2025	327	M35	Tyson Crawford, 37, Osceola, IA	58:25	1:56:36	2:04:14	9:23
1182	227	W25	Erin Riley, 25*, West Des Moines, IA	56:18	1:56:37	2:00:03	9:23
1183	43	W50	Ruth Comer, 50*, Chariton, IA	56:53	1:56:38	1:59:19	9:23
2026	132	M50	Paul Kruse, 54, Granger, IA	58:17	1:56:38	1:59:18	9:23
2027	80	M55	Hank Manning, 56, Springfield, IL	58:18	1:56:38	1:59:18	9:23
2028	81	M55	Greg Hauser, 58, Minnetrista, MN	58:17	1:56:38	1:59:19	9:23
2029	404	M30	Zachary Pacha, 31, Clive, IA	59:41	1:56:38	1:58:53	9:23
1184	279	W30	Debra Williams, 32*, Gladstone, MO	53:31	1:56:40	1:58:05	9:23
1185	166	W20	Emily Behrens, 22*, Cedar Rapids, IA	59:22	1:56:41	2:02:14	9:23
1186	201	W35	Jami Beshear, 36*, Altoona, IA	57:01	1:56:41	2:02:27	9:23
1187	167	W20	Ivy Rohlwing, 24*, Ames, IA	59:16	1:56:41	1:59:37	9:23
1188	168	W20	Heather Newton, 24*, Ames, IA	59:16	1:56:41	1:59:37	9:23
2030	405	M30	Ryan Pfantz, 30, State Center, IA	57:37	1:56:41	2:00:52	9:23
1189	280	W30	Alison Wallenburg, 31*, Waukee, IA	1:00:01	1:56:42	2:01:52	9:23
2031	331	M25	John Schutt, 26, Des Moines, IA	1:00:16	1:56:43	2:01:02	9:23
1190	73	W45	Leanne Bartlow, 45*, New Sharon, IA	56:15	1:56:44	1:59:31	9:23
1191	169	W20	Christina Hillman, 22*, Des Moines, IA	57:13	1:56:46	1:58:19	9:24
2032	332	M25	Emmanuel Szadkowski, 27, Ames, IA	57:23	1:56:46	2:01:19	9:24
2033	32	M60	Rich Coker, 64, Woodward, IA	56:29	1:56:47	2:00:40	9:24
2034	333	M25	Todd York, 29, Johnston, IA	59:12	1:56:47	2:02:35	9:24
2035	334	M25	Craig Mouchka, 29, Newton, IA	59:24	1:56:47	2:02:29	9:24
2036	186	M45	Jim Noonan, 49, Bondurant, IA	56:35	1:56:47	1:59:24	9:24
2037	406	M30	Adam Austin, 32, Des Moines, IA	57:26	1:56:48	1:59:48	9:24
1192	128	W40	Carmen Davis, 41*, Ankeny, IA	58:35	1:56:49	1:59:47	9:24
1193	281	W30	Michelle Sams, 33*, West Des Moines, IA	55:51	1:56:49	1:58:21	9:24
1194	170	W20	Jaime Schrandt, 21*, Adel, IA	56:18	1:56:49	1:58:20	9:24
1195	13	W55	Mary Harris, 56*, Marshalltown, IA	1:00:03	1:56:51	1:58:34	9:24
2038	407	M30	Jeffrey Coquyt, 30, Ankeny, IA	58:40	1:56:51	2:00:04	9:24
2039	335	M25	Alejandro Alaniz, 28, Clive, IA	56:26	1:56:51	1:59:35	9:24
2040	328	M35	Bill Ford, 38, Grinnell, IA	57:02	1:56:52	1:58:59	9:24
1196	129	W40	Anastasia Hurn, 43*, Johnston, IA	57:30	1:56:52	1:57:46	9:24
2041	336	M25	Derek Johnson, 26, Ankeny, IA	56:06	1:56:53	2:04:28	9:24
1197	228	W25	Kelli Egan Mennen, 29*, Des Moines, IA	57:14	1:56:53	2:02:00	9:24
1198	282	W30	Shanna Wunder, 32*, Slater, IA	56:51	1:56:54	2:00:05	9:24
2042	329	M35	Robert Hoppe, 39, Chanhassen, MN	57:00	1:56:54	1:59:04	9:24
1199	283	W30	Ginny Washburne, 33*, Arlington Heights, IL	56:52	1:56:54	2:00:05	9:24
2043	258	M40	Chad Starling, 40, Boone, IA	56:12	1:56:55	1:58:38	9:24
2044	337	M25	Todd Wolff, 29, Prole, IA	59:43	1:56:56	2:04:07	9:24
1200	44	W50	Christine Bobst, 51*, Norwalk, IA	56:39	1:56:56	2:03:14	9:25
2045	408	M30	Nathan Willey, 32, Oskaloosa, IA	54:32	1:56:56	1:57:52	9:25
1201	284	W30	Nikki Ehn, 30*, Ankeny, IA	57:22	1:56:57	2:00:29	9:25
2046	409	M30	Nick Vellema, 32, Ankeny, IA	57:07	1:56:58	2:04:52	9:25
1202	285	W30	Dusty Embree, 31*, Anamosa, IA	1:02:53	1:56:58	2:04:38	9:25
2047	170	M20	Josh Cunningham, 22, Prole, IA	1:01:07	1:56:58	2:01:24	9:25
2048	330	M35	Scott Johnson, 39, West Des Moines, IA	59:45	1:56:58	1:59:10	9:25
2049	187	M45	Jordan Bruntz, 46, Baxter, IA	58:31	1:56:58	2:06:17	9:25
2050	259	M40	Shawn Christenson, 43, Boone, IA	54:52	1:56:59	1:59:09	9:25
1203	286	W30	Jenny Tiefenthaler, 32*, Breda, IA	58:25	1:57:00	2:01:55	9:25
1204	229	W25	Kristine Wolfe, 26*, Des Moines, IA	56:09	1:57:01	1:58:59	9:25
2051	260	M40	Greg Beckwith, 42, Des Moines, IA	58:14	1:57:03	2:04:23	9:25
2052	338	M25	Matthew Wilke, 26, West Des Moines, IA	53:29	1:57:04	1:58:29	9:25
2053	188	M45	Keith Snow, 45, Ankeny, IA	58:39	1:57:04	1:59:06	9:25
1205	130	W40	Whitney Brink, 40*, Ankeny, IA	58:39	1:57:04	1:59:06	9:25
2054	261	M40	Jared Elder II, 42, Des Moines, IA	1:00:18	1:57:05	2:00:22	9:25

2055	331	M35	Mike Hatch, 36, Knoxville, IA	56:33	1:57:06	2:00:22	9:25
1206	202	W35	Tiffany Maeder, 37*, Corning, IA	57:34	1:57:06	2:05:00	9:25
2056	189	M45	Wayne Ostergaard, 49, Des Moines, IA	59:37	1:57:06	2:04:21	9:25
1207	230	W25	Dawn Ortiguerra, 29*, Ankeny, IA	57:30	1:57:06	2:03:05	9:25
2057	332	M35	Shane Myers, 35, Villisca, IA	57:34	1:57:07	2:05:00	9:25
2058	410	M30	Matthew Rowles, 32, Des Moines, IA	57:49	1:57:08	2:03:01	9:25
1208	131	W40	Lynn Robertson, 43*, Grimes, IA	55:37	1:57:08	1:59:49	9:25
1209	287	W30	Mindy Stalker, 33*, Creston, IA	54:27	1:57:08	2:01:59	9:25
1210	288	W30	Krista Eittreim, 32*, West Des Moines, IA	57:44	1:57:08	2:03:06	9:25
2059	190	M45	Todd Devine, 48, St Louis Park, MN	56:00	1:57:10	2:08:06	9:26
1211	289	W30	Laura Juffer, 34*, Adel, IA	58:47	1:57:11	1:59:18	9:26
1212	290	W30	Pamela Schipper, 31*, Conrad, IA	58:37	1:57:12	2:01:43	9:26
1213	231	W25	Stephanie Nail, 29*, Ankeny, IA	1:03:29	1:57:13	1:59:27	9:26
2060	411	M30	Zach Lincicum, 34, Ankeny, IA	55:00	1:57:13	2:00:02	9:26
2061	191	M45	Neil Wilson, 48, Pella, IA	57:45	1:57:15	1:59:23	9:26
1214	74	W45	Deval Shah, 45*, Clive, IA	58:20	1:57:15	1:59:44	9:26
2062	412	M30	Erik Kyler, 31, West Des Moines, IA	1:00:16	1:57:15	2:01:35	9:26
1215	203	W35	Angela Wilson, 39*, Pella, IA	57:45	1:57:15	1:59:24	9:26
2063	133	M50	Robert Lee, 50, Urbandale, IA	55:59	1:57:16	2:02:02	9:26
2064	192	M45	David Smith, 49, Mount Vernon, IA	59:44	1:57:17	2:02:52	9:26
1216	45	W50	Julie Hamilton, 53*, Fremont, NE	57:14	1:57:17	2:05:03	9:26
2065	134	M50	Mark Young, 54, Mason City, IA	59:01	1:57:17	2:00:39	9:26
1217	232	W25	Maria Wolfe, 26*, West Des Moines, IA	58:32	1:57:18	2:03:12	9:26
2066	333	M35	Chip Albright, 36, Des Moines, IA	53:10	1:57:18	1:58:40	9:26
1218	204	W35	Corissa Arndt, 35*, Indianola, IA	59:05	1:57:19	2:05:20	9:26
2067	339	M25	Andy Ireland, 27, West Des Moines, IA	53:09	1:57:19	1:58:41	9:26
1219	132	W40	Beverly Williams, 44*, Waukee, IA	57:23	1:57:19	2:04:51	9:26
2068	413	M30	Dennis Jung, 33, Woodbury, MN	59:36	1:57:20	2:00:52	9:26
1220	205	W35	Briana Jung, 35*, Woodbury, MN	59:36	1:57:20	2:00:52	9:26
1221	233	W25	Michelle Grant, 27*, Ogden, IA	59:50	1:57:21	2:03:18	9:26
1222	75	W45	Tammie Ollendick, 48*, Grimes, IA	58:16	1:57:21	2:01:26	9:26
1223	206	W35	Jennifer Goodman, 36*, Johnston, IA	54:29	1:57:22	1:59:39	9:27
1224	133	W40	Diane Schultes, 41*, West Branch, IA	1:01:08	1:57:22	2:03:35	9:27
1225	171	W20	Asheley Burch, 23*, Johnston, IA	59:08	1:57:22	2:00:01	9:27
2069	171	M20	Matt Burch, 23, Urbandale, IA	59:08	1:57:22	2:00:01	9:27
2070	135	M50	Vaun DeJong, 51, West Des Moines, IA	54:44	1:57:22	2:00:13	9:27
1226	172	W20	Kirsten Van Dusseldorp, 23*, Pella, IA	59:08	1:57:23	2:00:02	9:27
1227	291	W30	Rhonda Muller, 34*, Osage, IA	58:34	1:57:23	2:01:27	9:27
1228	234	W25	Ashley Curran, 26*, Urbandale, IA	59:05	1:57:23	2:02:36	9:27
2071	262	M40	Alan Backstrom, 42, Van Meter, IA	58:10	1:57:24	2:02:34	9:27
2072	33	M60	John Lang, 60, Waterloo, IA	56:40	1:57:24	2:00:29	9:27
2073	414	M30	Michael Peverill, 33, Ankeny, IA	57:11	1:57:24	2:01:37	9:27
2074	193	M45	Dolan Pederson, 47, West Des Moines, IA	58:23	1:57:24	2:01:53	9:27
2075	194	M45	John Cunningham, 49, Fort Dodge, IA	55:02	1:57:24	1:58:01	9:27
1229	235	W25	Nicole Drake, 29*, West Des Moines, IA	59:05	1:57:24	2:02:37	9:27
1230	292	W30	Emily Krall Feldman, 31*, Lisbon, IA	1:00:59	1:57:24	2:05:41	9:27
1231	134	W40	Carol Gschwendtner, 40*, Eden Prairie, MN	58:14	1:57:25	1:59:46	9:27
1232	293	W30	Lori Bryan, 30*, Ankeny, IA	58:08	1:57:25	2:02:36	9:27
1233	207	W35	Ashley Olson, 38*, Des Moines, IA	58:08	1:57:25	2:02:39	9:27
1234	208	W35	Jennifer Perman, 39*, Johnston, IA	59:20	1:57:26	2:07:07	9:27
2076	334	M35	Mike Bahnsen, 36, Dike, IA	47:15	1:57:28	1:58:06	9:27
2077	340	M25	Dustin Carlson, 29, Waukee, IA	59:05	1:57:29	2:00:42	9:27
1235	37	W17	Chelsea Ekeler, 19*, Creston, IA	57:20	1:57:29	2:07:41	9:27
1236	135	W40	Becky Weathers, 44*, Grimes, IA	56:43	1:57:29	1:59:29	9:27
2078	335	M35	Ben Eisenbach, 37, Coralville, IA	59:14	1:57:30	2:03:07	9:27
2079	415	M30	Andrew Pollock, 30, Ankeny, IA	56:26	1:57:30	2:01:10	9:27
1237	294	W30	Kristy Jones, 32*, Norwalk, IA	57:39	1:57:30	2:01:44	9:27
2080	263	M40	George Strong, 41, Indianola, IA	55:16	1:57:32	2:01:14	9:27
2081	172	M20	Derek Richards, 24, Cedar Rapids, IA	57:49	1:57:32	2:00:19	9:27
2082	341	M25	Adam Hertzke, 29, Des Moines, IA	1:01:12	1:57:32	2:05:35	9:27
2083	82	M55	John Sorenson, 57, Des Moines, IA	55:17	1:57:34	2:00:11	9:28
1238	209	W35	Kristen Kaser, 38*, Des Moines, IA	57:18	1:57:34	2:02:37	9:28
2084	336	M35	Jeff Storey, 39, Dallas Center, IA	58:40	1:57:34	2:00:21	9:28
1239	136	W40	Kate Walton, 40*, Indianola, IA	59:05	1:57:35	2:05:36	9:28
1240	236	W25	Tricia Nikiforuk, 27*, Omaha, NE	59:17	1:57:35	2:03:13	9:28

2085	416	M30	Brian Neumayer, 31, Des Moines, IA	1:01:35	1:57:35	2:05:40	9:28
2086	173	M20	Thomas Casady, 20, Indianola, IA	57:27	1:57:35	2:01:52	9:28
2087	337	M35	Monty Evans, 35, Ankeny, IA	1:01:10	1:57:35	2:02:26	9:28
2088	342	M25	Bryan Arndt, 25, Des Moines, IA	1:00:38	1:57:36	1:59:35	9:28
1241	210	W35	Amy Oehlert, 38*, Urbandale, IA	58:14	1:57:36	1:59:52	9:28
2089	338	M35	Shawn Olson, 37, Forest City, IA	57:14	1:57:36	2:07:55	9:28
2090	264	M40	Steve Kenton, 43, Ames, IA	58:43	1:57:36	2:01:41	9:28
2091	195	M45	Jeff Schumacher, 49, Ankeny, IA	55:10	1:57:37	1:59:42	9:28
1242	295	W30	Angela Amunson, 33*, Swisher, IA	58:18	1:57:37	2:01:02	9:28
2092	343	M25	Jake Vold, 29, West Des Moines, IA	1:01:12	1:57:37	2:05:40	9:28
1243	237	W25	Angela Underberg, 27*, Alleman, IA	55:58	1:57:37	2:02:40	9:28
1244	137	W40	Linda Russell, 43*, Lynnville, IA	58:20	1:57:38	2:01:49	9:28
1245	76	W45	Kimberly Veldhuizen, 45*, Oskaloosa, IA	1:00:44	1:57:39	2:00:23	9:28
1246	296	W30	Mala DeVore, 30*, Ankeny, IA	57:54	1:57:39	2:00:46	9:28
2093	265	M40	Jason Pool, 41, Des Moines, IA	1:00:18	1:57:39	2:00:56	9:28
2094	344	M25	Stephen Skram, 29, La Porte City, IA	1:01:46	1:57:39	2:04:46	9:28
1247	238	W25	Erin Newbury, 25*, West Des Moines, IA	57:21	1:57:40	2:02:27	9:28
1248	211	W35	Kari Smith, 38*, Ankeny, IA	57:16	1:57:40	2:02:05	9:28
2095	83	M55	Ric Benzing, 59, Monona, IA	1:00:55	1:57:40	2:00:57	9:28
1249	46	W50	Diane Kruckenberg, 53*, Mason City, IA	56:59	1:57:40	2:00:46	9:28
1250	297	W30	Sara Lenz, 30*, Carroll, IA	58:18	1:57:40	2:02:35	9:28
2096	196	M45	David Messerli, 49, Grimes, IA	1:00:25	1:57:40	2:03:30	9:28
2097	266	M40	Dwight Rastetter, 40, Johnston, IA	58:12	1:57:41	2:00:03	9:28
2098	84	M55	John Nelson, 55, Des Moines, IA	58:27	1:57:42	2:04:01	9:28
2099	339	M35	Ronald Conn, 37, Waukee, IA	1:00:10	1:57:42	2:04:26	9:28
2100	267	M40	Todd Siefkas, 41, Clive, IA	56:44	1:57:43	2:00:06	9:28
1251	239	W25	Gianna Kiebel, 28*, Coralville, IA	57:14	1:57:43	2:01:03	9:28
1252	212	W35	Emily Eisentrager, 37*, Altoona, IA	56:05	1:57:44	2:03:22	9:28
1253	298	W30	Jody Sandy, 30*, Chariton, IA	58:55	1:57:44	2:01:19	9:28
1254	213	W35	Heather Swarthout, 36*, Chariton, IA	58:54	1:57:44	2:01:19	9:28
2101	36	JrM	Peter Dressel, 14, Waukee, IA	1:00:07	1:57:45	2:02:14	9:28
1255	240	W25	Jane Slusark, 25*, Des Moines, IA	59:47	1:57:45	2:05:49	9:28
1256	173	W20	Megan Luchtel, 24*, West Des Moines, IA	59:47	1:57:45	2:05:49	9:28
2102	268	M40	Sam Graeve, 44, Audubon, IA	57:05	1:57:46	2:02:21	9:28
1257	22	JrW	Bailey Nelson, 15*, Audubon, IA	57:06	1:57:46	2:02:21	9:29
2103	340	M35	Henry Wood, 35, Des Moines, IA	53:55	1:57:46	1:58:47	9:29
1258	23	JrW	Lauren Graeve, 14*, Audubon, IA	57:06	1:57:47	2:02:22	9:29
1259	241	W25	Jordan Lang, 27*, West Des Moines, IA	57:54	1:57:48	2:00:55	9:29
2104	417	M30	Jarid Catrenich, 34, Pleasant Hill, IA	1:00:01	1:57:48	2:01:34	9:29
2105	345	M25	Cory Hanson, 28, Ames, IA	57:35	1:57:48	1:59:27	9:29
2106	346	M25	Nick Hanson, 25, Ankeny, IA	57:35	1:57:48	1:59:27	9:29
2107	418	M30	Garth Gillaspie, 32, Des Moines, IA	58:42	1:57:48	2:02:18	9:29
1260	242	W25	Nicole Murillo, 26*, Ankeny, IA	58:13	1:57:48	2:02:02	9:29
1261	174	W20	Sarah Baxter, 22*, Omaha, NE	57:14	1:57:48	2:03:02	9:29
1262	243	W25	Amy Jensen, 25*, Des Moines, IA	58:43	1:57:49	2:00:48	9:29
1263	138	W40	Leslie Shaeffer, 44*, Ankeny, IA	59:48	1:57:49	2:05:23	9:29
2108	269	M40	Chris Friedrich, 43, West Des Moines, IA	55:13	1:57:49	2:06:05	9:29
2109	174	M20	Joseph Gallagher, 23, Ames, IA	1:00:01	1:57:50	2:02:23	9:29
1264	244	W25	Emilie Reha, 29*, Grimes, IA	1:02:04	1:57:50	2:04:58	9:29
2110	34	M60	Lawain Judisch, 62, Tripoli, IA	57:33	1:57:50	2:01:35	9:29
1265	214	W35	Christy Pierce, 35*, Nashua, IA	58:11	1:57:51	2:00:24	9:29
1266	299	W30	Robyn Eisenbach, 33*, Coralville, IA	59:43	1:57:51	2:03:29	9:29
1267	47	W50	Mary Ann Koehler, 54*, Waukee, IA	57:49	1:57:52	2:07:32	9:29
1268	77	W45	Penny Luthens, 46*, Urbandale, IA	57:57	1:57:52	2:03:58	9:29
2111	197	M45	Vincent Vanderneck, 47, West Des Moines, IA	59:17	1:57:52	2:00:39	9:29
2112	341	M35	Stephen Sanchez, 38, North Liberty, IA	59:36	1:57:52	2:09:52	9:29
2113	198	M45	Jeff Staton, 46, Story City, IA	57:03	1:57:52	2:02:53	9:29
2114	270	M40	Jon Johnson, 42, Dallas Center, IA	58:37	1:57:52	2:01:31	9:29
1269	215	W35	Megan McMillin, 38*, Waverly, IA	1:00:53	1:57:53	2:02:43	9:29
2115	342	M35	Nick Bogue, 39, Johnston, IA	59:28	1:57:53	1:59:48	9:29
2116	347	M25	Robby Savery, 25, Iowa City, IA	55:59	1:57:54	2:03:20	9:29
1270	300	W30	Amanda Briggs, 31*, Ankeny, IA	57:53	1:57:55	2:01:06	9:29
2117	271	M40	Ed Dunham, 40, Waukee, IA	57:16	1:57:55	2:04:29	9:29
2118	272	M40	Curt Blades, 40, Urbandale, IA	58:52	1:57:56	2:00:21	9:29

2119	85	M55	Jim Chamberlain, 55, Norman, OK	1:01:08	1:57:57	2:04:10	9:29
2120	175	M20	Michael Duncan, 24, North Liberty, IA	58:08	1:57:57	2:02:49	9:29
1271	139	W40	Heidi Perman, 41*, Johnston, IA	58:56	1:57:58	2:01:34	9:29
1272	245	W25	Jennie Tischler, 29*, West Des Moines, IA	57:31	1:57:58	2:03:12	9:29
1273	301	W30	Lindsey Goldammer, 30*, Spencer, IA	59:53	1:57:59	2:06:58	9:30
1274	246	W25	Abby Rierson, 29*, Lansing, MI	59:53	1:57:59	2:06:58	9:30
1275	78	W45	Wendi Thompson, 45*, Johnston, IA	58:57	1:57:59	2:01:35	9:30
1276	247	W25	Alex Sampson, 25*, Nevada, IA	57:28	1:58:01	2:02:55	9:30
1277	175	W20	Jenny Hosack, 21*, Harlan, IA	59:20	1:58:02	2:05:28	9:30
1278	302	W30	Ashley Coffman, 30*, Story City, IA	59:07	1:58:02	2:04:20	9:30
1279	140	W40	Leah Churchman, 42*, Ankeny, IA	58:46	1:58:02	2:02:28	9:30
1280	176	W20	Kelly Hein, 21*, Indianola, IA	59:20	1:58:02	2:05:29	9:30
1281	216	W35	Becky Rastetter, 36*, Johnston, IA	58:11	1:58:03	2:00:26	9:30
2121	343	M35	Brian Deets, 35, Waukee, IA	58:12	1:58:03	2:00:57	9:30
2122	344	M35	Brett Carley, 35, Polk City, IA	56:18	1:58:03	2:01:39	9:30
1282	248	W25	Sara Vanderpool, 26*, Des Moines, IA	55:49	1:58:03	2:00:41	9:30
1283	303	W30	Carroll Deets, 32*, Waukee, IA	56:13	1:58:03	2:00:57	9:30
2123	348	M25	Brad Henningsen, 28, Atlantic, IA	57:09	1:58:04	2:01:02	9:30
2124	349	M25	Jacob Heisterkamp, 27, Altoona, IA	57:20	1:58:04	2:04:02	9:30
2125	345	M35	Jeff Simbric, 38, Waukee, IA	56:57	1:58:04	2:02:57	9:30
1284	177	W20	Brittney Rebhuhn, 21*, Ames, IA	58:50	1:58:05	2:10:11	9:30
1285	178	W20	Sarah Schrum, 21*, Grimes, IA	58:50	1:58:05	2:10:10	9:30
1286	217	W35	Paul Sams, 39*, Des Moines, IA	59:23	1:58:06	2:03:08	9:30
1287	304	W30	Autumn Kline, 30*, Clarinda, IA	55:17	1:58:07	2:00:05	9:30
2126	419	M30	Vinny Salviccio, 33, Festus, MO	1:01:54	1:58:09	2:09:45	9:30
2127	86	M55	Thomas Morgan, 58, Johnston, IA	57:36	1:58:10	2:02:36	9:30
1288	249	W25	Jacqueline Gravino, 26*, West Des Moines, IA	55:23	1:58:10	2:01:01	9:30
1289	218	W35	Robin Clark, 35*, Normal, IL	1:01:03	1:58:11	2:03:44	9:31
1290	305	W30	Krista Pugh, 34*, Cedar Falls, IA	59:01	1:58:11	2:04:16	9:31
1291	179	W20	Katie Martin, 24*, Des Moines, IA	59:52	1:58:12	2:02:37	9:31
1292	48	W50	Terri Bunting, 53*, West Des Moines, IA	58:26	1:58:13	1:59:39	9:31
1293	306	W30	Amy Braun, 31*, Topeka, KS	59:06	1:58:13	2:01:38	9:31
2128	199	M45	Tab Newbury, 49, Urbandale, IA	57:47	1:58:14	2:01:09	9:31
2129	5	M70	Paul Miller, 72, Sioux City, IA	58:16	1:58:14	2:00:56	9:31
1294	79	W45	Linda Nowasell, 48*, Grinnell, IA	58:12	1:58:15	1:58:32	9:31
2130	273	M40	Chris Andersen, 41, Nevada, IA	57:17	1:58:15	2:01:51	9:31
1295	80	W45	Michelle Mullin, 47*, Clive, IA	58:02	1:58:16	2:00:37	9:31
1296	307	W30	Tracy Warren, 30*, Grimes, IA	57:48	1:58:17	2:07:39	9:31
1297	308	W30	Jennifer Lane, 32*, Glenwood, IA	59:44	1:58:17	2:03:46	9:31
2131	350	M25	Robert Peck, 25, Manchester, IA	58:03	1:58:18	2:02:35	9:31
2132	351	M25	Timothy Knefelkamp, 25, Des Moines, IA	1:01:53	1:58:21	2:09:58	9:31
2133	352	M25	Seth Church, 29, Cresco, IA	54:08	1:58:21	2:00:47	9:31
2134	346	M35	Matthew Lehman, 35, Des Moines, IA	54:39	1:58:22	2:02:10	9:31
1298	219	W35	Mandy Hollander, 38*, West Des Moines, IA	58:15	1:58:22	2:02:16	9:31
1299	250	W25	Emily Hollingsworth, 26*, West Des Moines, IA	56:58	1:58:23	2:01:03	9:31
1300	220	W35	Kari Kellen, 35*, Ames, IA	56:57	1:58:23	1:59:45	9:31
1301	221	W35	Bonnie Ribbens, 35*, Waukee, IA	57:59	1:58:23	2:01:41	9:32
1302	309	W30	Amber Severin, 31*, Waukee, IA	55:35	1:58:24	1:59:28	9:32
1303	222	W35	Shelbie Barrett, 35*, Grimes, IA	57:43	1:58:24	2:01:49	9:32
1304	310	W30	Wendy Visser, 31*, Pella, IA	1:01:23	1:58:24	2:04:02	9:32
1305	251	W25	Nichole Carr, 25*, Greenfield, IA	56:31	1:58:24	2:02:37	9:32
1306	252	W25	Janelle Buxton, 28*, Des Moines, IA	59:32	1:58:24	2:07:59	9:32
1307	141	W40	Angie Lilienthal, 40*, Wilton, IA	57:19	1:58:25	2:09:46	9:32
2135	347	M35	Brian Kouba, 35, Ames, IA	1:00:50	1:58:25	2:01:58	9:32
1308	311	W30	Laura Lyons, 31*, Ankeny, IA	59:45	1:58:27	2:05:46	9:32
2136	274	M40	Shane Thompson, 40, Logan, IA	54:29	1:58:27	1:58:48	9:32
1309	24	JrW	Katrina Moreno, 14*, Urbandale, IA	1:02:28	1:58:28	2:00:15	9:32
2137	420	M30	Josh Huber, 32, Des Moines, IA	1:01:25	1:58:28	2:08:13	9:32
1310	312	W30	Jessica Fuchs, 32*, Arcadia, IA	1:01:03	1:58:29	2:04:03	9:32
1311	142	W40	Linda Miller, 41*, Grimes, IA	57:54	1:58:30	1:59:40	9:32
1312	253	W25	Ashley Ireland, 27*, Ankeny, IA	1:00:02	1:58:30	2:04:08	9:32
2138	136	M50	Marc Ward, 54, Des Moines, IA	59:23	1:58:30	2:03:32	9:32
1313	254	W25	Rebecca Turner, 29*, Marshalltown, IA	56:37	1:58:31	2:03:29	9:32

1314	313	W30	Sara Bird, 34*, Des Moines, IA	1:00:01	1:58:31	2:04:08	9:32
1315	180	W20	Laura Tronchetti, 24*, Clive, IA	54:09	1:58:31	2:01:35	9:32
2139	421	M30	John Maly, 30, Des Moines, IA	58:23	1:58:31	2:01:28	9:32
1316	255	W25	Darci Folkerts, 26*, Des Moines, IA	58:55	1:58:32	2:03:42	9:32
2140	422	M30	Graham Barnes, 30, West Des Moines, IA	59:24	1:58:32	2:04:14	9:32
2141	353	M25	Steve Weeks, 26, Newton, IA	59:24	1:58:32	2:04:14	9:32
1317	143	W40	Amy Clark, 40*, Afton, IA	59:36	1:58:32	2:07:40	9:32
1318	314	W30	Natalie Meier, 31*, Ankeny, IA	51:09	1:58:33	2:06:01	9:32
1319	181	W20	Crystal Nye, 20*, Urbandale, IA	56:31	1:58:33	2:02:51	9:32
2142	275	M40	Troy Thompson, 42, West Des Moines, IA	1:00:18	1:58:34	2:03:29	9:32
2143	354	M25	Ryan Flugge, 27, Saint Ansgar, IA	59:25	1:58:34	2:04:30	9:32
2144	423	M30	Travis Shepard, 34, North Liberty, IA	1:00:53	1:58:37	2:04:31	9:33
2145	200	M45	Steven Brown, 47, Des Moines, IA	58:03	1:58:37	2:00:31	9:33
2146	137	M50	Randy Stonewall, 51, Waterloo, IA	58:26	1:58:38	2:00:48	9:33
1320	144	W40	Amy Kintzle, 41*, Urbandale, IA	1:02:24	1:58:38	2:00:28	9:33
2147	424	M30	Tim Stroope, 34, Iowa City, IA	1:00:01	1:58:39	2:02:24	9:33
2148	201	M45	Dave Salaba, 47, Cumming, IA	56:50	1:58:39	1:59:38	9:33
2149	348	M35	Jeremy Brummond, 35, Eureka, MO	57:38	1:58:39	2:01:31	9:33
1321	145	W40	Kristi Troncin, 40*, Urbandale, IA	59:29	1:58:40	2:03:47	9:33
1322	146	W40	Tracy Daley, 41*, Des Moines, IA	1:02:28	1:58:41	2:00:28	9:33
2150	355	M25	Daniel Douglas, 28, Clarksville, TN	55:14	1:58:41	1:59:38	9:33
2151	425	M30	Robert Mallinger, 34, Ankeny, IA	57:41	1:58:42	2:01:30	9:33
1323	147	W40	Karen Gale, 40*, Marshalltown, IA	59:59	1:58:42	2:02:25	9:33
1324	223	W35	Laurie Marriott, 38*, West Des Moines, IA	57:11	1:58:43	2:03:02	9:33
1325	224	W35	Ramona VanDusseldorp, 38*, Pella, IA	56:21	1:58:43	2:01:16	9:33
2152	356	M25	Jeremy Stegall, 29, West Des Moines, IA	53:56	1:58:43	2:02:55	9:33
1326	182	W20	Kaitlyn Savery, 23*, Cedar Rapids, IA	59:17	1:58:43	2:04:08	9:33
1327	225	W35	Beth Johnson, 37*, Marion, IA	58:11	1:58:44	2:05:56	9:33
1328	315	W30	Jennifer Bonzer, 31*, Fort Dodge, IA	57:44	1:58:44	1:59:51	9:33
2153	176	M20	Andrew Krech, 23, Clive, IA	54:34	1:58:44	2:00:41	9:33
1329	256	W25	Jenny Schulte, 29*, West Des Moines, IA	56:54	1:58:44	2:06:45	9:33
2154	349	M35	Matt Basart, 35, Clive, IA	58:48	1:58:44	2:03:15	9:33
2155	350	M35	Joe Hansen, 37, Des Moines, IA	59:27	1:58:45	2:01:45	9:33
2156	276	M40	Nathan Rosengren, 41, Logan, IA	1:00:27	1:58:45	2:05:55	9:33
1330	49	W50	Joan Bauer, 54*, Audubon, IA	56:53	1:58:46	2:01:05	9:33
1331	226	W35	Xin Meng, 36*, Johnston, IA	58:25	1:58:46	2:03:37	9:33
2157	426	M30	Glenn Conrad, 33, Ankeny, IA	58:18	1:58:46	2:00:13	9:33
2158	357	M25	Randy Elliott, 29, Des Moines, IA	58:19	1:58:48	2:00:14	9:33
1332	257	W25	Alisha Plueger, 29*, Spencer, IA	57:06	1:58:48	2:01:51	9:34
2159	202	M45	Kevin Rahner, 46, Slater, IA	58:58	1:58:49	2:02:20	9:34
2160	35	M60	Jim Kuebler, 60, Des Moines, IA	57:11	1:58:49	2:01:35	9:34
1333	183	W20	Paige Abbas, 23*, Mason City, IA	56:59	1:58:49	2:04:02	9:34
1334	184	W20	Chelsey Rowley, 24*, Des Moines, IA	56:59	1:58:50	2:04:03	9:34
1335	258	W25	Megan Secor, 25*, Fort Dodge, IA	58:44	1:58:51	2:02:59	9:34
2161	351	M35	Justin Smith, 36, Ankeny, IA	58:33	1:58:51	2:02:23	9:34
1336	316	W30	Kathleen Claeys, 33*, Urbandale, IA	59:46	1:58:51	2:00:02	9:34
2162	138	M50	Steven Dressel, 50, Waukee, IA	59:55	1:58:53	2:03:22	9:34
1337	81	W45	Zoila Jimenez, 45*, Marion, IA	58:30	1:58:53	2:03:34	9:34
1338	82	W45	Holli Hillmer, 47*, Eldora, IA	59:10	1:58:54	2:00:46	9:34
1339	227	W35	Shelly Fleischmann, 37*, Huxley, IA	58:38	1:58:54	2:04:11	9:34
1340	317	W30	Sarah O'Neil, 32*, Urbandale, IA	59:27	1:58:54	2:04:39	9:34
1341	318	W30	Megan Flynn Bickel, 34*, Des Moines, IA	58:07	1:58:54	2:04:08	9:34
1342	148	W40	Michelle Willenborg, 42*, Urbandale, IA	59:15	1:58:54	2:03:09	9:34
2163	427	M30	Daniel Beyer, 30, West Des Moines, IA	53:47	1:58:55	2:00:49	9:34
1343	228	W35	Laura Lockard, 37*, Des Moines, IA	1:02:04	1:58:56	2:03:15	9:34
1344	259	W25	Shannon Henson, 26*, Des Moines, IA	59:23	1:58:56	2:04:41	9:34
1345	50	W50	Cheryl Mendenhall, 50*, Des Moines, IA	56:46	1:58:57	2:02:35	9:34
2164	428	M30	William Scales, 30, Des Moines, IA	59:23	1:58:57	2:04:41	9:34
1346	319	W30	Jessica Friedrichs, 32*, Minneapolis, MN	59:14	1:58:57	2:04:37	9:34
1347	320	W30	Kara Bahnsen, 32*, Urbandale, IA	59:14	1:58:57	2:04:37	9:34
1348	260	W25	Jennifer Hiatt, 26*, Johnston, IA	58:01	1:58:57	2:04:29	9:34
2165	139	M50	Kevin Huerkamp, 53, Clive, IA	56:54	1:58:58	2:02:22	9:34
2166	429	M30	Luke Anderson, 31, West Des Moines, IA	56:42	1:58:58	2:04:07	9:34
2167	140	M50	Douglas Fick, 50, Johnston, IA	59:44	1:58:59	2:02:24	9:34
1349	261	W25	Kiley Stenberg, 28*, West Des Moines, IA	55:53	1:58:59	2:01:48	9:34

2168	358	M25	Kirk Haaland, 28, Ankeny, IA	1:00:38	1:58:59	2:01:45	9:34
2169	36	M60	Terry Asher, 60, Norwalk, IA	57:04	1:58:59	2:00:23	9:34
2170	141	M50	Larry Spray II, 51, Dallas Center, IA	56:48	1:58:59	2:03:14	9:34
2171	352	M35	Kirk Harrison, 36, Des Moines, IA	57:18	1:59:00	2:09:03	9:34
2172	142	M50	Michael McKim, 52, Boone, IA	58:32	1:59:00	2:01:53	9:34
1350	229	W35	Heidi Markla, 37*, Urbandale, IA	56:44	1:59:00	2:01:34	9:34
1351	262	W25	Kendra Smith, 26*, Des Moines, IA	1:00:07	1:59:01	2:03:31	9:35
1352	230	W35	Heidi Sporrer, 35*, Logan, IA	59:24	1:59:02	2:02:13	9:35
2173	9	M65	Daniel Murphy, 65, Mason City, IA	58:59	1:59:02	2:02:23	9:35
2174	359	M25	Andy Campbell, 26, West Des Moines, IA	58:53	1:59:02	2:03:03	9:35
1353	263	W25	Danielle Campbell, 26*, West Des Moines, IA	58:53	1:59:02	2:03:03	9:35
1354	149	W40	Jennifer Barry, 43*, Ames, IA	59:32	1:59:02	2:03:18	9:35
1355	83	W45	Sara Curtis, 45*, Algona, IA	59:00	1:59:03	2:02:25	9:35
1356	321	W30	Kim Hoover, 33*, Urbandale, IA	59:39	1:59:04	2:04:13	9:35
2175	143	M50	Scott Tuttle, 54, Ogden, IA	58:02	1:59:04	2:04:00	9:35
1357	231	W35	Robin Wastenev, 37*, Des Moines, IA	58:48	1:59:05	2:01:59	9:35
1358	14	W55	Pam Wood, 57*, Janesville, IA	58:24	1:59:05	2:02:13	9:35
2176	430	M30	Nathan Stanton, 32, Des Moines, IA	58:43	1:59:05	2:00:40	9:35
2177	360	M25	Ryan Larson, 26, Council Bluffs, IA	56:27	1:59:05	2:01:42	9:35
2178	431	M30	Kyn Hedrick, 32, Indianola, IA	58:39	1:59:05	2:05:00	9:35
1359	51	W50	Jan Mackey, 52*, Johnston, IA	58:49	1:59:05	2:02:52	9:35
1360	322	W30	Katie Wulkow, 30*, Grimes, IA	1:00:59	1:59:06	2:00:42	9:35
1361	232	W35	Rachel Rensink, 36*, Des Moines, IA	58:32	1:59:06	2:05:00	9:35
2179	432	M30	Nick Slater, 33, Parkston, SD	1:00:00	1:59:07	2:04:31	9:35
2180	144	M50	Kyle Kostelecky, 51, Ames, IA	59:16	1:59:08	2:04:27	9:35
1362	233	W35	Windy Ayres, 37*, Ankeny, IA	59:56	1:59:08	2:04:37	9:35
2181	37	JrM	Sammy Meyer, 16, Urbandale, IA	1:00:30	1:59:09	2:00:47	9:35
1363	264	W25	Stephanie Tokheim, 28*, Des Moines, IA	57:10	1:59:09	2:03:19	9:35
1364	323	W30	Tome Hope, 33*, Waukee, IA	58:34	1:59:09	2:03:11	9:35
2182	64	M17	Robby Clark, 18, Desoto, IA	53:00	1:59:10	2:00:50	9:35
1365	265	W25	Allison Leinen, 29*, Adel, IA	58:50	1:59:10	2:00:34	9:35
2183	145	M50	Mark Koskamp, 53, Des Moines, IA	59:20	1:59:11	2:06:08	9:35
1366	185	W20	Allie Lauritson, 22*, West Des Moines, IA		1:59:11	2:09:38	9:35
1367	324	W30	Deborah Rose, 32*, Ankeny, IA	58:13	1:59:12	2:07:00	9:35
1368	84	W45	Wendy Flander, 49*, Oskaloosa, IA	59:58	1:59:13	2:04:37	9:35
2184	65	M17	Benjamin Sevcik, 19, Des Moines, IA	56:04	1:59:13	2:03:21	9:36
1369	325	W30	Angie Shultz, 32*, Ottumwa, IA	55:16	1:59:13	2:05:07	9:36
2185	353	M35	Aldrich Cabildo, 38, Urbandale, IA	58:40	1:59:14	2:06:05	9:36
1370	326	W30	Sarah Cabildo, 33*, Urbandale, IA	58:40	1:59:14	2:06:05	9:36
1371	186	W20	Kelsey Meighan, 23*, Ankeny, IA	57:39	1:59:14	2:00:43	9:36
1372	150	W40	Rena Cheers, 43*, Afton, IA	59:36	1:59:15	2:08:23	9:36
1373	266	W25	Emily Petermann, 25*, Sioux Falls, SD	59:15	1:59:15	2:01:35	9:36
1374	52	W50	Deanna Anderson, 54*, Boone, IA	57:50	1:59:15	2:00:59	9:36
1375	267	W25	Sarah Potthoff, 26*, Carroll, IA	54:48	1:59:15	2:00:26	9:36
2186	277	M40	Thomas Reece, 40, Des Moines, IA	59:06	1:59:16	2:00:35	9:36
2187	361	M25	Jerry Blahut, 28, Ankeny, Ia, Ia	52:03	1:59:16	1:59:42	9:36
1376	25	JrW	Michaela Reece, 14*, Des Moines, IA	59:07	1:59:16	2:00:35	9:36
1377	268	W25	Lisa Carlson, 28*, Waukee, IA	59:05	1:59:17	2:02:31	9:36
2188	433	M30	Brian Seidl, 30, West Des Moines, IA	57:05	1:59:18	2:02:14	9:36
1378	85	W45	Joleen Henning, 48*, Ankeny, Ia, Ia	58:01	1:59:18	2:05:08	9:36
1379	187	W20	Kate Nielsen, 21*, Urbandale, IA	59:23	1:59:18	2:03:32	9:36
1380	151	W40	Rebecca Zeck, 42*, Muscatine, IA	1:00:52	1:59:18	2:05:32	9:36
2189	177	M20	Michael Chia, 20, Indianola, IA	59:23	1:59:19	2:03:32	9:36
1381	188	W20	Jamie Elbert, 21*, Indianola, IA	59:23	1:59:19	2:03:32	9:36
2190	203	M45	Doug Maharry, 45, Newton, IA	1:00:01	1:59:19	2:04:00	9:36
1382	189	W20	Cathy Kain, 21*, Ankeny, IA	59:23	1:59:19	2:03:32	9:36
1383	190	W20	Alicia Goetz, 21*, Indianola, IA	59:23	1:59:19	2:03:32	9:36
1384	152	W40	Jennie Svoboda, 42*, Ankeny, IA	59:45	1:59:19	2:08:13	9:36
1385	269	W25	Diane Snakenberg, 26*, West Des Moines, IA	59:15	1:59:19	2:01:40	9:36
1386	270	W25	Kristin Hjelmeland, 29*, Waukee, IA	57:41	1:59:20	2:04:27	9:36
1387	191	W20	Haley Streff, 21*, Urbandale, IA	58:51	1:59:20	2:03:36	9:36
2191	362	M25	Tyler Millard, 27, Waukee, IA	59:15	1:59:20	2:04:52	9:36
1388	327	W30	Kate Shade, 31*, Lakeville, MN	59:15	1:59:20	2:04:52	9:36
1389	328	W30	Katie Penfold, 31*, Osage, IA	58:34	1:59:20	2:03:23	9:36



1390	153	W40	Nicole Beaman, 41*, Johnston, IA	58:08	1:59:20	2:02:26	9:36
1391	271	W25	Abby Malinski, 28*, Urbandale, IA	58:34	1:59:20	2:09:01	9:36
1392	329	W30	Melinda Penfold, 30*, Clear Lake, IA	58:35	1:59:21	2:03:24	9:36
1393	38	W17	Morgan Bettis, 19*, Ames, IA	57:15	1:59:25	2:06:17	9:36
1394	86	W45	Kim Jensen, 46*, Ankeny, IA	57:02	1:59:25	2:00:42	9:36
1395	154	W40	Jeanie Kerber, 40*, Johnston, IA	58:09	1:59:25	2:02:31	9:37
1396	192	W20	Alicia Fischer, 24*, Urbandale, IA	56:48	1:59:27	2:02:35	9:37
1397	330	W30	Marla Daniels, 34*, Ankeny, IA	58:56	1:59:28	2:03:02	9:37
2192	178	M20	Vichai Thanupakorn, 22, Urbandale, IA	56:52	1:59:28	2:07:13	9:37
2193	179	M20	Jason Van Pelt, 24, Waukee, IA	59:57	1:59:29	2:11:34	9:37
1398	234	W35	Tabitha Garrett, 39*, Urbandale, IA	59:03	1:59:29	2:04:28	9:37
1399	331	W30	Kelli Goodale, 30*, Diagonal, IA	59:05	1:59:29	2:04:28	9:37
1400	155	W40	Deb Anderson, 42*, Des Moines, IA	1:01:33	1:59:31	2:04:09	9:37
2194	204	M45	James Arthur, 48, Des Moines, IA	1:02:59	1:59:32	2:02:43	9:37
2195	363	M25	Kevin Keller, 29, Grundy Center, IA	55:38	1:59:33	2:04:49	9:37
2196	278	M40	Tim Rankin, 44, Knoxville, IA	58:04	1:59:35	2:05:45	9:37
1401	332	W30	Jessica Durand, 30*, Des Moines, IA	58:24	1:59:35	2:03:58	9:37
1402	272	W25	Sarah Haley, 27*, West Des Moines, IA	57:19	1:59:36	2:10:04	9:37
1403	193	W20	Amy Kitchhoff, 24*, Mason City, IA	1:00:14	1:59:37	2:05:10	9:37
2197	354	M35	Eric Kisgen, 37, Des Moines, IA	59:57	1:59:37	2:03:19	9:37
1404	273	W25	Brianna Damstetter, 27*, Des Moines, IA	58:11	1:59:37	2:04:16	9:37
1405	194	W20	Nicole McIntosh, 23*, Des Moines, IA	1:03:00	1:59:38	2:06:46	9:37
1406	274	W25	Meg Ozbun, 25*, West Des Moines, IA	58:48	1:59:38	2:04:17	9:38
1407	275	W25	Megan Brunk, 27*, West Des Moines, IA	58:11	1:59:38	2:04:17	9:38
1408	276	W25	Sarah Stammeyer, 26*, Waterloo, IA	59:44	1:59:40	2:08:58	9:38
1409	333	W30	Susan Bormann, 32*, Dewitt, IA	1:00:57	1:59:40	2:07:39	9:38
2198	434	M30	Benjamin Bormann, 31, Dewitt, IA	1:00:57	1:59:41	2:07:40	9:38
1410	156	W40	Val Hoefle, 41*, Ankeny, IA	1:03:03	1:59:41	2:04:47	9:38
1411	277	W25	Debbie Dietrich, 26*, Ankeny, IA	1:03:03	1:59:41	2:04:47	9:38
1412	334	W30	Julie Fahrni, 33*, Raymore, MO	1:01:14	1:59:41	2:07:21	9:38
2199	364	M25	Chris Vowell, 25, Waverly, IA	57:37	1:59:42	2:01:12	9:38
1413	235	W35	Lacey Loewe, 37*, Cambridge, IA	58:53	1:59:43	2:02:20	9:38
1414	335	W30	Sarah Zimmerman, 31*, Ankeny, IA	57:31	1:59:44	2:02:24	9:38
1415	195	W20	Monica Elmore, 22*, Ames, IA	58:03	1:59:44	2:02:43	9:38
1416	278	W25	Megan Janssen, 28*, Sumter, SC	56:39	1:59:45	2:03:16	9:38
2200	279	M40	Gary Thatcher, 41, Fairmont, MN	56:27	1:59:45	2:09:10	9:38
2201	205	M45	Andy Blaess, 47, Waukee, IA	59:56	1:59:45	2:02:59	9:38
2202	355	M35	Jonathan Russell, 36, Urbandale, IA	59:45	1:59:45	2:06:51	9:38
1417	336	W30	Rebecca Thompson, 31*, Eden Prairie, MN	58:14	1:59:46	2:03:10	9:38
1418	337	W30	Mollie Jorgensen, 32*, Urbandale, IA	58:14	1:59:46	2:03:10	9:38
2203	146	M50	Borden Plunkett, 50, Mason City, IA	58:10	1:59:47	2:04:47	9:38
2204	365	M25	Patrick Mansheim, 28, Clive, IA	57:40	1:59:47	2:09:19	9:38
2205	147	M50	David Dahlquist, 53, Des Moines, IA	58:11	1:59:47	2:04:47	9:38
2206	280	M40	Russ McCullough, 40, Ottawa, KS	58:16	1:59:47	2:05:00	9:38
1419	87	W45	Miste Hansch, 46*, Rockwell City, IA	58:28	1:59:49	2:04:19	9:38
1420	196	W20	Jessica Carlson, 24*, Minneapolis, MN	57:30	1:59:49	2:05:14	9:38
1421	53	W50	Sarah Christensen, 51*, Audubon, IA	59:53	1:59:50	2:07:46	9:38
1422	39	W17	Therese Frels, 17*, Guthrie Center, IA	1:03:19	1:59:50	2:04:33	9:38
1423	88	W45	Stacy Lang, 47*, Urbandale, IA	59:58	1:59:50	2:02:14	9:39
1424	236	W35	Tara McFarling, 36*, Urbandaledriveurb, IA	59:59	1:59:50	2:02:14	9:39
1425	237	W35	Brook Byars, 35*, Cumming, IA	55:34	1:59:51	2:01:34	9:39
1426	197	W20	Erin Jung, 23*, Wausau, WI	59:46	1:59:51	2:10:47	9:39
1427	279	W25	Elizabeth Lund, 25*, Urbandale, IA	56:35	1:59:51	2:04:13	9:39
2207	148	M50	Jim Cooper, 53, Urbandale, IA	57:27	1:59:52	2:07:14	9:39
2208	10	M65	Philip Caropreso, 65, Keokuk, IA	58:34	1:59:53	2:02:46	9:39
2209	366	M25	Bejamin Hale, 25, Ames, IA	1:00:00	1:59:53	2:04:27	9:39
2210	435	M30	Bryan Buss, 33, Ames, IA	57:03	1:59:53	2:02:30	9:39
1428	338	W30	Sarah Eisenman, 30*, Indianola, IA	1:00:14	1:59:54	2:04:25	9:39
1429	198	W20	Brittany Boettcher, 20*, Waukee, IA	59:32	1:59:54	2:05:15	9:39
1430	280	W25	Halcyon Younger, 28*, Cedar Rapids, IA	1:00:23	1:59:54	2:05:28	9:39
1431	157	W40	Jennifer Carpenter, 40*, West Des Moines, IA	56:26	1:59:54	2:05:12	9:39
2211	87	M55	John Doherty, 58, Urbandale, IA	58:02	1:59:55	2:05:09	9:39
1432	281	W25	Haley Weiland, 27*, Altoona, IA	1:00:23	1:59:55	2:05:29	9:39
1433	158	W40	Stacie O'Connor, 40*, Des Moines, IA	59:19	1:59:56	2:06:04	9:39

1434	238	W35	Tammy Burch, 38*, Waukee, IA	55:57	1:59:56	2:02:17	9:39
1435	54	W50	Ronni Scott, 52*, Earlham, IA	59:26	1:59:56	2:02:33	9:39
1436	239	W35	Sara Sinclair, 35*, Ames, IA	1:00:06	1:59:57	2:10:09	9:39
1437	339	W30	Jessica Clark, 30*, Knoxville, IA	58:50	1:59:57	2:05:55	9:39
1438	89	W45	Kathy Skopec, 46*, Coralville, IA	59:15	1:59:57	2:01:53	9:39
1439	159	W40	Shelley Horak, 43*, Dallas Center, IA	59:35	1:59:58	2:07:39	9:39
2212	367	M25	Clayton Bettis, 25, Urbandale, IA	1:01:03	1:59:59	2:05:55	9:39
1440	240	W35	Jessi Riley, 35*, Rippey, IA	1:01:03	1:59:59	2:05:55	9:39
1441	160	W40	Aimee Benner, 44*, Knoxville, IA	1:00:04	1:59:59	2:04:27	9:39
2213	206	M45	Jeff Van Houten, 47, Urbandale, IA	59:35	1:59:59	2:07:39	9:39
1442	340	W30	Megan Moeller, 33*, Tipton, IA	1:00:29	2:00:00	2:06:51	9:39
2214	281	M40	Lane Goos, 43, Johnston, IA	1:00:34	2:00:01	2:06:51	9:39
1443	341	W30	Anne Kramer, 33*, Des Moines, IA	59:37	2:00:02	2:03:22	9:39
1444	199	W20	Tara Ray, 24*, Des Moines, IA	59:09	2:00:02	2:04:00	9:39
1445	200	W20	Brooke Zehr, 24*, West Des Moines, IA	59:08	2:00:03	2:04:00	9:40
2215	282	M40	Mike Benner, 44, Knoxville, IA	1:00:04	2:00:03	2:04:31	9:40
1446	241	W35	Tracy Porter, 38*, Ames, IA	58:16	2:00:04	2:05:16	9:40
1447	90	W45	Rachel Quill, 49*, Clive, IA	59:15	2:00:04	2:06:13	9:40
2216	436	M30	Brian Feist, 30, Clive, IA	56:36	2:00:05	2:04:18	9:40
2217	368	M25	Rob Lindquist, 28, Council Bluffs, IA	57:28	2:00:06	2:03:43	9:40
2218	283	M40	Tom Arneson, 42, Marshalltown, IA	55:39	2:00:06	2:06:22	9:40
1448	342	W30	Jenelle Ausborn, 32*, Polk City, IA	56:26	2:00:07	2:04:09	9:40
1449	343	W30	Sarah Infante, 34*, Waukee, IA	1:03:50	2:00:07	2:12:01	9:40
1450	91	W45	Marva Kemper, 46*, Clive, IA	58:43	2:00:08	2:06:02	9:40
1451	282	W25	Megan Schueler, 25*, Urbandale, IA	1:00:22	2:00:08	2:08:11	9:40
1452	344	W30	Amy Walsh, 33*, Waukee, IA	58:49	2:00:09	2:10:59	9:40
1453	345	W30	Angie Michel, 30*, Waukee, IA	58:49	2:00:09	2:10:59	9:40
2219	88	M55	Randy Van Dyke, 57, Spencer, IA	58:04	2:00:09	2:11:59	9:40
2220	356	M35	Shay Acheson, 37, Des Moines, IA	59:05	2:00:10	2:01:58	9:40
1454	92	W45	Jody Haws, 45*, Ankeny, IA	58:50	2:00:10	2:01:19	9:40
2221	284	M40	John McCartan, 42, Clive, IA	59:31	2:00:10	2:05:31	9:40
1455	242	W35	Sabrina Smit, 35*, Orange City, IA	58:42	2:00:11	2:02:26	9:40
1456	346	W30	Amanda Van Andel, 31*, Denver, CO	58:42	2:00:11	2:02:26	9:40
1457	161	W40	Jill Tyler, 42*, Des Moines, IA	1:00:53	2:00:12	2:11:27	9:40
1458	162	W40	Sara Altemeier, 41*, Ankeny, IA	58:17	2:00:12	2:05:15	9:40
1459	283	W25	Kara Ries, 27*, Urbandale, IA	55:50	2:00:12	2:02:48	9:40
1460	201	W20	Sabrina Schol, 24*, Des Moines, IA	59:44	2:00:12	2:04:29	9:40
1461	163	W40	Heidi Havnen, 40*, Clive, IA	56:24	2:00:13	2:07:23	9:40
2222	357	M35	Matt Sammler, 36, Adel, IA	57:56	2:00:13	2:04:22	9:40
2223	207	M45	Steve Paquin, 45, Minneapolis, MN	58:58	2:00:13	2:03:55	9:40
1462	164	W40	Stephanie Petrick, 43*, Crystal, MN	58:57	2:00:13	2:03:55	9:40
1463	243	W35	Tina Kueter, 39*, South Amana, IA	59:07	2:00:15	2:03:16	9:41
1464	284	W25	Alyssa Ericson, 26*, West Des Moines, IA	56:09	2:00:16	2:04:22	9:41
2224	358	M35	Dale Moyle, 39, Fairfax, IA	58:15	2:00:16	2:05:57	9:41
2225	89	M55	John Shorey, 56, Council Bluffs, IA	1:02:18	2:00:16	2:06:21	9:41
2226	285	M40	Nick Nolte, 40, Cedar Rapids, IA	58:15	2:00:16	2:05:57	9:41
1465	347	W30	Callie Heisler, 30*, West Des Moines, IA	59:21	2:00:17	2:06:25	9:41
2227	90	M55	Leon Kuehner, 58, Hampton, IA	59:19	2:00:18	2:06:33	9:41
1466	285	W25	Rachelle O'Leary, 27*, Altoona, IA	55:44	2:00:18	2:06:27	9:41
1467	55	W50	Doreen Steil, 50*, Cedar Falls, IA	59:08	2:00:18	2:07:13	9:41
2228	369	M25	Nick Murphy, 26, West Des Moines, IA	55:36	2:00:19	2:06:27	9:41
2229	180	M20	Jordan Stoermer, 22, Coralville, IA	59:09	2:00:21	2:04:34	9:41
1468	286	W25	Nancy Manatham, 25*, Des Moines, IA	59:52	2:00:22	2:08:07	9:41
2230	370	M25	Christopher Peters, 28, Des Moines, IA	1:02:00	2:00:22	2:06:01	9:41
1469	287	W25	Jessie Boll, 25*, West Des Moines, IA	58:10	2:00:22	2:05:33	9:41
1470	244	W35	Dana Riley, 36*, Des Moines, IA	1:00:31	2:00:25	2:04:26	9:41
1471	245	W35	Laura Martin, 36*, West Des Moines, IA	1:00:31	2:00:26	2:04:28	9:41
1472	348	W30	Valerie Polniak, 33*, Marion, IA	58:25	2:00:27	2:05:24	9:41
2231	38	JrM	Josh Paulson, 14, Grimes, IA	59:02	2:00:27	2:03:48	9:41
1473	288	W25	Sarah Lerdal, 29*, North Liberty, IA	59:04	2:00:27	2:06:24	9:41
2232	371	M25	Dinu Mathai, 29, Des Moines, IA	56:22	2:00:27	2:02:43	9:41
2233	437	M30	Peter Hunsinger, 33, Ames, IA	55:36	2:00:29	2:06:28	9:42
1474	289	W25	Kelli Oliver, 26*, Ankeny, IA	56:56	2:00:29	2:02:39	9:42
1475	165	W40	Kate Shaw, 40*, Des Moines, IA	1:00:32	2:00:30	2:04:31	9:42
2234	149	M50	Tracy Hook, 53, Urbandale, IA	56:51	2:00:30	2:03:29	9:42

1476	202	W20	Stephanie Cox, 20*, Des Moines, IA	1:03:01	2:00:31	2:09:47	9:42
1477	290	W25	Brianna Blake, 27*, Pella, IA	1:01:03	2:00:32	2:07:47	9:42
2235	359	M35	Dan Schumacher, 35, Harlan, IA	58:04	2:00:32	2:02:30	9:42
2236	438	M30	William Chilcote, 32, Oskaloosa, IA	1:00:41	2:00:33	2:08:19	9:42
1478	166	W40	Kathi Phillips, 42*, Pleasant Hill, IA	1:00:25	2:00:33	2:11:26	9:42
2237	11	M65	Rick Grant, 65, West Des Moines, IA	59:09	2:00:33	2:04:12	9:42
2238	286	M40	Mike Repp, 42, Waterloo, IA	1:00:25	2:00:33	2:02:18	9:42
2239	439	M30	Andrew Hanson, 30, West Des Moines, IA	1:04:17	2:00:34	2:05:11	9:42
1479	349	W30	Tiffany Jimenez, 31*, Polk City, IA	1:01:41	2:00:34	2:08:34	9:42
1480	246	W35	Kelly Van Gelder, 39*, Le Mars, IA	1:01:05	2:00:34	2:08:22	9:42
2240	91	M55	Jimmer Pech, 56, Polk City, IA	57:37	2:00:34	2:01:54	9:42
1481	26	JrW	Kandace Breckenridge, 16*, Newton, IA	58:23	2:00:34	2:02:04	9:42
2241	92	M55	Jim Pech, 56, Polk City, IA	57:37	2:00:34	2:01:54	9:42
1482	93	W45	Kathleen Ventling, 45*, Newton, IA	1:00:02	2:00:34	2:05:15	9:42
1483	15	W55	Connie Dellaca-Hill, 55*, Altoona, IA	59:18	2:00:35	2:08:25	9:42
1484	247	W35	Steph Spurling, 36*, Dexter, IA	57:18	2:00:35	2:05:39	9:42
2242	372	M25	Douglas Stone, 29, Des Moines, IA	1:00:58	2:00:35	2:06:39	9:42
1485	248	W35	Audrey Heath, 37*, Iowa City, IA	1:00:31	2:00:35	2:08:30	9:42
2243	360	M35	Jason Wulf, 39, Des Moines, IA	59:14	2:00:35	2:05:24	9:42
2244	440	M30	Steve Olney, 32, Urbandale, IA	59:07	2:00:36	2:04:05	9:42
2245	287	M40	Jason Paulson, 41, Grimes, IA	59:02	2:00:36	2:03:58	9:42
1486	40	W17	Emily Linscheid, 19*, Johnston, IA	58:52	2:00:37	2:06:33	9:42
1487	94	W45	Nancy Linscheid, 45*, Johnston, IA	58:52	2:00:37	2:06:33	9:42
1488	167	W40	Terri McIlhon, 43*, Clive, IA	58:24	2:00:38	2:07:23	9:42
2246	361	M35	Rich Staley, 35, Altoona, IA	1:00:14	2:00:38	2:02:28	9:42
1489	249	W35	Wendy Thiessen, 39*, Marshalltown, IA	57:29	2:00:38	2:03:42	9:42
1490	350	W30	Heather Sloma-Weber, 33*, Tipton, IA	58:26	2:00:38	2:04:07	9:42
2247	39	JrM	Zachary Provin, 16, Fort Dodge, IA	1:00:47	2:00:39	2:05:47	9:42
2248	441	M30	Justin Peters, 30, Fort Dodge, IA	1:00:05	2:00:39	2:06:44	9:42
2249	288	M40	Matthew Paul, 43, Des Moines, IA	59:10	2:00:40	2:01:47	9:42
2250	373	M25	Lance Johnston, 28, Ankeny, IA	57:50	2:00:40	2:03:09	9:43
1491	27	JrW	Ashley Meldrum, 14*, Cambridge, IA	57:50	2:00:40	2:03:09	9:43
2251	442	M30	Tanner Kinzler, 31, Des Moines, IA	58:20	2:00:41	2:06:54	9:43
1492	351	W30	Traci Crabb, 31*, Des Moines, IA	1:00:02	2:00:41	2:06:19	9:43
1493	168	W40	Jill Bartachek, 40*, Wdsm, IA	59:50	2:00:41	2:04:25	9:43
1494	56	W50	Gina Flowers, 52*, Ankeny, IA	59:40	2:00:41	2:01:37	9:43
1495	250	W35	Janet Stout, 36*, Des Moines, IA	1:01:53	2:00:42	2:04:09	9:43
2252	208	M45	David Stout, 46, Des Moines, IA	1:01:53	2:00:42	2:04:09	9:43
1496	169	W40	Heidi Gay, 41*, Ankeny, IA	1:00:01	2:00:42	2:06:27	9:43
2253	209	M45	Martin Gay, 46, Ankeny, IA	1:00:01	2:00:43	2:06:27	9:43
2254	362	M35	Colby Weatherly, 37, Corning, IA	57:03	2:00:43	2:05:16	9:43
2255	289	M40	David Hampe, 42, Iowa Falls, IA	58:02	2:00:44	2:09:02	9:43
1497	57	W50	Kim Taylor, 51*, West Des Moines, IA	57:31	2:00:44	2:04:19	9:43
1498	251	W35	Alecia Rahn-Blakeslee, 39*, Ankeny, IA	1:01:31	2:00:45	2:06:59	9:43
1499	291	W25	Alyssa Jones, 27*, Guthrie Center, IA	1:03:20	2:00:45	2:05:28	9:43
1500	203	W20	Stefanie Anderson, 22*, Rockwell, IA	1:02:02	2:00:47	2:06:03	9:43
1501	252	W35	Heather James, 35*, Johnston, IA	59:41	2:00:47	2:07:11	9:43
1502	253	W35	Jill Shawhan, 35*, Grimes, IA	57:43	2:00:47	2:04:12	9:43
2256	210	M45	Michael O'Brien, 49, Waukee, IA	1:02:11	2:00:48	2:10:26	9:43
2257	290	M40	Bob Burnett, 41, Norwalk, IA	59:09	2:00:48	2:01:55	9:43
2258	374	M25	Aj Kenny, 25, Ames, IA	1:01:43	2:00:48	2:00:48	9:43
1503	292	W25	Sarah Langgaard, 27*, Guthrie Center, IA	59:50	2:00:49	2:06:09	9:43
1504	254	W35	Renee Kriel, 37*, West Des Moines, IA	59:44	2:00:49	2:05:45	9:43
1505	95	W45	Christine Mohrfeld, 45*, Urban Dale, IA	59:45	2:00:50	2:08:27	9:43
1506	204	W20	Abigail Harris, 22*, Omaha, NE	1:01:44	2:00:52	2:06:52	9:43
2259	211	M45	Doug Rex, 47, Clive, IA	57:42	2:00:52	2:03:40	9:43
1507	255	W35	Paula Genkinger, 38*, Granger, IA	1:00:27	2:00:52	2:10:38	9:44
1508	170	W40	Lesla Maring, 41*, Elkhart, IA	1:01:16	2:00:53	2:04:57	9:44
2260	291	M40	Garin Buttermore, 40, Ames, IA	1:01:13	2:00:54	2:04:09	9:44
2261	150	M50	Don Owens, 53, Des Moines, IA	1:01:13	2:00:54	2:04:09	9:44
1509	205	W20	Brianne Dacy, 24*, Omaha, NE	1:02:23	2:00:55	2:03:53	9:44
1510	293	W25	Becky Chambers, 26*, Omaha, NE	1:02:23	2:00:55	2:03:53	9:44
1511	294	W25	Tami Kreykes, 26*, Urbandale, IA	59:44	2:00:57	2:05:13	9:44
2262	375	M25	Brendan Cortesio, 25, Des Moines, IA	1:00:05	2:00:58	2:08:02	9:44
2263	376	M25	Keith Kistenmacher, 27, West Des Moines, IA				

			56:15	2:00:58	2:03:24	9:44		
2264	151	M50	Kirk Reeder, 52, Ankeny, IA	58:57	2:00:59	2:04:39	9:44	
2265	363	M35	Saravanan Krishnan, 37, Grimes, IA	59:05	2:01:00	2:07:48	9:44	
1512	295	W25	Dawn Kress, 26*, Independence, IA	59:33	2:01:01	2:12:03	9:44	
2266	443	M30	Logan Runyan, 33, Ankeny, IA	59:07	2:01:01	2:11:11	9:44	
2267	181	M20	Derrick Rogers, 22, Indianola, IA	56:12	2:01:01	2:04:33	9:44	
2268	212	M45	Martin Ikeda, 49, Urbandale, IA	1:01:32	2:01:01	2:07:16	9:44	
1513	256	W35	Heather Schebel, 38*, West Des Moines, IA	59:38	2:01:02	2:04:22	9:44	
1514	352	W30	Michelle Mortice, 33*, Des Moines, IA	1:02:03	2:01:02	2:05:36	9:44	
1515	257	W35	Heidi Pollmann, 35*, Kansas City, MO	59:58	2:01:03	2:03:28	9:44	
1516	296	W25	Laurel Caes, 29*, West Des Moines, IA	57:57	2:01:04	2:03:30	9:44	
2269	152	M50	Phuoc Le, 50, West Des Moines, IA	58:38	2:01:04	2:02:45	9:44	
1517	297	W25	Brandie Overton, 28*, Des Moines, IA	56:56	2:01:04	2:05:15	9:44	
2270	93	M55	Brad Shipman, 57, Altoona, IA	57:53	2:01:05	2:12:43	9:44	
1518	206	W20	Marlena Terrell, 22*, Centerville, IA	1:00:04	2:01:05	2:12:17	9:45	
1519	258	W35	Amber Megonigle, 37*, Clive, IA	59:28	2:01:06	2:05:40	9:45	
1520	207	W20	Sady Dunlay, 24*, West Des Moines, IA	1:01:02	2:01:06	2:02:57	9:45	
2271	377	M25	Brett Hamilton, 25, Ames, IA	1:00:52	2:01:06	2:08:52	9:45	
1521	298	W25	Christine Sailer, 27*, West Des Moines, IA	1:00:52	2:01:06	2:03:34	9:45	
2272	40	JrM	Brady Harper, 14, Johnston, IA	56:53	2:01:07	2:04:32	9:45	
2273	292	M40	James Klein, 42, Bellevue, IA	1:01:08	2:01:07	2:07:59	9:45	
1522	353	W30	Kelly Ondracek, 33*, Blairstown, IA	57:02	2:01:09	2:01:56	9:45	
2274	444	M30	Richard Harrington, 34, Des Moines, IA	1:00:12	2:01:10	2:10:18	9:45	
2275	37	M60	Curtis Hollebrands, 60, Clive, IA	59:05	2:01:10	2:02:17	9:45	
2276	38	M60	Steven Ovel, 64, Cedar Rapids, IA	57:54	2:01:10	2:03:58	9:45	
2277	213	M45	John Wahlert, 47, Urbandale, IA	57:02	2:01:10	2:01:57	9:45	
1523	299	W25	Jacquelyn Panos, 27*, West Des Moines, IA	58:49	2:01:11	2:12:30	9:45	
2278	364	M35	Brian Wierson, 37, Nevada, IA	59:38	2:01:11	2:02:35	9:45	
1524	58	W50	Patricia Hilt, 50*, Orange City, IA	59:10	2:01:12	2:03:36	9:45	
2279	378	M25	Jon Ellis, 28, Nashville, TN	1:00:01	2:01:14	2:05:22	9:45	
2280	379	M25	John Chai, 28, Norwalk, IA	59:00	2:01:14	2:10:05	9:45	
2281	380	M25	Andy Wilkinson, 26, Lafayette, IN	58:05	2:01:14	2:05:28	9:45	
2282	365	M35	Todd Galetich, 39, Urbandale, IA	56:48	2:01:14	2:02:21	9:45	
2283	445	M30	Travis Brummond, 32, Ankeny, IA	59:05	2:01:15	2:04:06	9:45	
1525	354	W30	Kendra Borcherding, 33*, Grimes, IA	1:00:07	2:01:16	2:08:50	9:45	
2284	366	M35	Andrew McDowell, 36, West Des Moines, IA	59:32	2:01:17	2:04:48	9:45	
1526	96	W45	Pat Carlson, 49*, Atlantic, IA	1:00:46	2:01:17	2:03:09	9:45	
1527	171	W40	Michele Ramsey, 40*, Altoona, IA	56:59	2:01:18	2:02:06	9:46	
1528	97	W45	Tammi Marsh, 45*, Ankeny, IA	1:01:30	2:01:20	2:06:18	9:46	
1529	355	W30	Jamie Hurley, 30*, Indianola, IA	56:05	2:01:20	2:03:03	9:46	
2285	41	JrM	Joseph Ferguson, 14, Norwalk, IA	59:49	2:01:20	2:06:19	9:46	
2286	381	M25	Chris Fitzgerald, 28, Des Moines, IA	1:03:43	2:01:21	2:12:23	9:46	
1530	259	W35	Carrie Bowen, 35*, Dallas Center, IA	59:23	2:01:21	2:04:56	9:46	
1531	300	W25	Christopher Schweers, 28*, Ames, IA	56:38	2:01:22	2:07:40	9:46	
2287	446	M30	Jeff Shaffer, 33, Des Moines, IA	52:18	2:01:22	2:02:32	9:46	
1532	301	W25	Emily Reddish, 25*, Cedar Rapids, IA	59:08	2:01:22	2:12:48	9:46	
1533	356	W30	Nicole Johnson, 30*, Bondurant, IA	59:49	2:01:23	2:06:29	9:46	
2288	382	M25	David Miller, 28, West Des Moines, IA	59:51	2:01:23	2:05:49	9:46	
1534	302	W25	Melanie Jackson, 28*, West Des Moines, IA	58:16	2:01:24	2:02:07	9:46	
1535	208	W20	Caitlyn Abell, 23*, Ames, IA	58:18	2:01:24	2:03:54	9:46	
2289	182	M20	Ian Hillgartner, 24, West Des Moines, IA	57:07	2:01:24	2:04:32	9:46	
1536	303	W25	Michelle Howe, 26*, Urbandale, IA	59:19	2:01:24	2:04:43	9:46	
1537	304	W25	Sara Puetz, 29*, Waukee, IA	58:36	2:01:24	2:03:19	9:46	
1538	172	W40	Elaine Stewart, 40*, Missouri, MO	58:18	2:01:25	2:06:27	9:46	
2290	293	M40	Neil Trout, 42, Johnston, IA	1:05:56	2:01:25	2:10:01	9:46	
1539	173	W40	Danee Ferguson, 43*, Norwalk, IA	59:49	2:01:25	2:06:24	9:46	
1540	305	W25	Jodi Langel, 27*, Davenport, IA	58:36	2:01:26	2:03:20	9:46	
2291	294	M40	Brian Vance, 42, Des Moines, IA	1:05:58	2:01:26	2:02:27	9:46	
2292	295	M40	Jeff Glass, 42, Waukee, IA	57:24	2:01:26	2:06:39	9:46	
2293	39	M60	Simon Casady, 63, Indianola, IA	58:24	2:01:27	2:11:20	9:46	
1541	98	W45	Sandra Norby, 48*, Le Mars, IA	1:00:28	2:01:27	2:03:51	9:46	
1542	357	W30	Jessica Schaffer, 32*, Elkhart, IA	1:00:22	2:01:28	2:07:27	9:46	
1543	260	W35	Cassie VanArkel, 38*, Urbandale, IA	57:45	2:01:28	2:05:26	9:46	
1544	306	W25	Carrie Larsen, 28*, Des Moines, IA	1:00:48	2:01:28	2:06:12	9:46	
2294	383	M25	Colby Larsen, 29, Des Moines, IA	1:00:48	2:01:28	2:06:12	9:46	

1545	358	W30	Amanda Bainbridge, 33*, Kingsley, IA	59:57	2:01:29	2:05:52	9:46
1546	174	W40	Brooke Hundling, 41*, Newton, IA	59:13	2:01:29	2:06:48	9:46
1547	359	W30	Cassie Beltz, 32*, Oskaloosa, IA	59:01	2:01:29	2:02:10	9:46
1548	360	W30	Heather Van Hemert, 34*, Oskaloosa, IA	59:01	2:01:30	2:02:11	9:47
1549	361	W30	Shonna Stevenson, 34*, Des Moines, IA	1:00:03	2:01:32	2:07:09	9:47
2295	384	M25	Chinnuraj Somasundaram, 29, Desmoines, IA	54:59	2:01:32	2:03:49	9:47
1550	175	W40	Jill Gullett, 43*, Ankeny, IA	58:38	2:01:32	2:07:47	9:47
2296	385	M25	Anton Stanek, 25, Fort Dodge, IA	57:24	2:01:32	2:02:32	9:47
1551	261	W35	Vicky Kielsmeier, 38*, Huxley, IA	58:38	2:01:32	2:07:48	9:47
1552	362	W30	Sarah Hinrichs, 32*, Grimes, IA	1:02:15	2:01:33	2:02:53	9:47
1553	307	W25	Sara Hagedorn, 29*, West Des Moines, IA	1:01:29	2:01:34	2:08:57	9:47
2297	386	M25	Christian Abrams, 25, Des Moines, IA	58:57	2:01:34	2:11:33	9:47
2298	183	M20	Ian Leslie, 23, Windsor Heights, IA	1:01:13	2:01:34	2:05:35	9:47
2299	447	M30	Josh Rasmusson, 34, Ankeny, IA	1:03:33	2:01:36	2:07:05	9:47
1554	209	W20	Emily Schaffer, 21*, Madrid, IA	1:00:23	2:01:37	2:07:36	9:47
2300	296	M40	Dan Polson, 41, Des Moines, IA	59:46	2:01:38	2:08:45	9:47
2301	448	M30	Tad Halley, 31, Green Bay, WI	1:00:30	2:01:38	2:04:18	9:47
2302	449	M30	Christopher Anderson, 32, Austin, MN	1:00:31	2:01:38	2:04:17	9:47
1555	176	W40	Jill Whitaker Griffith, 43*, Nevada, IA	59:50	2:01:38	2:06:40	9:47
2303	40	M60	Rik Anderson, 60, Cedar Falls, IA	1:00:31	2:01:39	2:04:18	9:47
2304	450	M30	Zosh Zeutenhorst, 31, West Des Moines, IA	57:54	2:01:39	2:04:36	9:47
1556	28	JrW	Madison Blagg, 10*, West Des Moines, IA		2:01:39	2:01:39	9:47
1557	177	W40	Erica Polson, 40*, Des Moines, IA	59:46	2:01:39	2:08:46	9:47
1558	363	W30	Lesley Vanness, 31*, Ottumwa, IA	1:02:22	2:01:39	2:10:11	9:47
1559	262	W35	Erinn Sommars, 38*, Ankeny, IA	1:01:51	2:01:40	2:05:48	9:47
1560	364	W30	Kristin Vance, 30*, Des Moines, IA	1:05:57	2:01:40	2:02:42	9:47
2305	451	M30	Brandon Patterson, 31, Waukee, IA	57:56	2:01:40	2:04:35	9:47
1561	178	W40	Bonnie Christensen, 41*, Clive, IA	1:05:58	2:01:40	2:02:42	9:47
2306	41	M60	Don Miller, 64, Clive, IA	59:41	2:01:40	2:04:10	9:47
2307	184	M20	John Guzman III, 23, Ankeny, IA	59:32	2:01:41	2:04:21	9:47
1562	210	W20	Amy Wickett, 20*, Indianola, IA	59:33	2:01:42	2:04:26	9:47
1563	211	W20	Allison Corbin, 22*, Davenport, IA	1:01:44	2:01:42	2:07:41	9:47
2308	452	M30	Josh Clark, 34, Des Moines, IA	58:53	2:01:42	2:03:07	9:47
2309	297	M40	Joseph Gassmann, 40, Winterset, IA	56:25	2:01:43	2:02:09	9:48
1564	212	W20	Hailey Courtney, 20*, Iowa City, IA	1:01:21	2:01:45	2:04:28	9:48
1565	365	W30	Andrea Spurgeon, 34*, Ankeny, IA	59:10	2:01:45	2:05:45	9:48
1566	308	W25	Emily Henning, 27*, Urbandale, IA	59:34	2:01:45	2:06:19	9:48
2310	214	M45	Douglas Keel, 46, Omaha, NE	1:01:01	2:01:46	2:07:31	9:48
1567	263	W35	Sherri Murphy, 39*, Clive, IA	58:17	2:01:46	2:02:40	9:48
1568	309	W25	Heather Noble, 28*, Britt, IA	59:33	2:01:46	2:04:30	9:48
1569	213	W20	Katie Lonneman, 21*, Garner, IA	59:33	2:01:46	2:04:31	9:48
2311	42	JrM	Austin Carter, 13, Pleasant Hill, IA	1:00:35	2:01:47	2:05:37	9:48
1570	310	W25	Casey Keeney, 29*, Indianola, IA	59:37	2:01:47	2:11:19	9:48
2312	94	M55	Stewart Lewis, 56, Sioux Rapids, IA	1:00:59	2:01:48	2:04:18	9:48
1571	366	W30	April Wolter, 31*, Urbandale, IA	59:11	2:01:49	2:04:42	9:48
2313	298	M40	Tony VanDenEinde, 42, St. Louis Park, MN	57:52	2:01:50	2:09:12	9:48
1572	214	W20	Beth Bystrom, 23*, Ames, IA	59:22	2:01:50	2:06:50	9:48
2314	453	M30	Tim Anderson, 30, Urbandale, IA	1:01:52	2:01:51	2:09:38	9:48
1573	59	W50	Cindy De Prenger, 52*, Otley, IA	1:02:30	2:01:52	2:08:02	9:48
1574	60	W50	Betsy Happe, 53*, Urbandale, IA	58:31	2:01:52	2:04:55	9:48
1575	99	W45	Jean Dingeman, 48*, Pella, IA	1:02:31	2:01:52	2:08:02	9:48
1576	179	W40	Katrisha Heidemann, 41*, Des Moines, IA	57:31	2:01:53	2:04:47	9:48
1577	180	W40	Kate Evans, 40*, Des Moines, IA	1:01:21	2:01:53	2:08:32	9:48
2315	95	M55	Mark Beimal, 56, North Riverside, IL	1:01:41	2:01:54	2:07:03	9:49
2316	215	M45	Jeff Sullivan, 47, West Des Moines, IA	57:51	2:01:55	2:04:06	9:49
1578	181	W40	Lola Evans, 44*, Altoona, IA	58:40	2:01:56	2:05:38	9:49
1579	16	W55	Beth Nelson, 55*, Marion, IA	1:01:34	2:01:56	2:07:33	9:49
2317	96	M55	Wes Nelson, 56, Marion, IA	1:01:34	2:01:56	2:07:33	9:49
1580	215	W20	Kristen Frerk, 23*, Waukee, IA	1:03:29	2:01:57	2:07:31	9:49
2318	299	M40	Chris Sunde, 42, Omaha, NE	56:39	2:01:57	2:05:19	9:49
1581	367	W30	Darby Oppold, 34*, Urbandale, IA	57:17	2:01:57	2:05:08	9:49
1582	216	W20	Kelli Beimal, 21*, Des Moines, IA	1:01:41	2:01:57	2:07:06	9:49
1583	182	W40	Kathy Strottmann, 42*, Des Moines, IA	1:00:48	2:01:59	2:05:50	9:49
2319	387	M25	Brent Wells, 26, Prairie City, IA	1:01:06	2:02:00	2:06:23	9:49
1584	217	W20	Lindy Shaw, 24*, Clive, IA	1:02:37	2:02:02	2:08:41	9:49

1585	183	W40	Deb Dean, 44*, Johnston, IA	58:33	2:02:02	2:06:48	9:49
2320	153	M50	Steven Hall, 53, Urbandale, IA	58:40	2:02:02	2:06:15	9:49
2321	154	M50	Rick Davis, 53, Des Moines, IA	59:34	2:02:03	2:09:50	9:49
1586	368	W30	Laura Sievers, 31*, Alton, IA	1:00:35	2:02:03	2:05:07	9:49
1587	369	W30	Cari Hannon, 34*, Johnston, IA	1:02:03	2:02:03	2:06:37	9:49
1588	61	W50	Helen Cropp, 51*, Urbandale, IA	1:01:21	2:02:03	2:04:47	9:49
2322	300	M40	Joseph Thompson, 42, Ames, IA	59:55	2:02:04	2:09:19	9:49
1589	370	W30	Chree Bernal, 32*, Waukee, IA	1:01:11	2:02:07	2:06:35	9:50
1590	371	W30	Rosie Johnson, 31*, Grimes, IA	59:58	2:02:09	2:07:17	9:50
1591	311	W25	Eliza Nosek, 29*, Ankeny, IA	1:01:41	2:02:11	2:09:40	9:50
1592	62	W50	Darl George, 52*, Urbandale, IA	58:09	2:02:11	2:04:38	9:50
1593	17	W55	Mona Bleeker, 57*, Steamboat Rock, IA	1:00:17	2:02:11	2:08:22	9:50
2323	216	M45	Dwight Berns, 45, Altoona, IA	1:01:36	2:02:11	2:05:48	9:50
1594	372	W30	Elizabeth Smithson, 32*, Chicago, IL	1:00:12	2:02:11	2:08:10	9:50
2324	388	M25	Tom Cavanagh, 28, Des Moines, IA	1:04:35	2:02:12	2:12:21	9:50
1595	373	W30	Lindsey Griffith, 32*, Waukee, IA	1:01:11	2:02:12	2:06:40	9:50
1596	264	W35	Melissa Perrin, 35*, Urbandale, IA	1:01:11	2:02:12	2:08:07	9:50
1597	265	W35	Tiffany Roberts, 36*, Winterset, IA	1:03:43	2:02:12	2:05:31	9:50
2325	155	M50	Steve Schaffer, 53, Ankeny, IA	58:49	2:02:12	2:05:53	9:50
1598	63	W50	Bonnie Bales, 54*, Pasadena, CA	56:51	2:02:13	2:04:36	9:50
2326	367	M35	Bret Lucas, 39, Grimes, IA	59:21	2:02:13	2:05:31	9:50
1599	218	W20	Taylor Foxen, 21*, Cedar Rapids, IA	1:01:33	2:02:13	2:06:15	9:50
1600	184	W40	Dawn DeJong, 44*, West Des Moines, IA	1:02:29	2:02:14	2:07:39	9:50
1601	100	W45	Lisa Rasmussen, 48*, Goldfield, IA	1:01:06	2:02:14	2:10:16	9:50
1602	266	W35	Shawna Kinter, 36*, Grimes, IA	59:43	2:02:15	2:05:07	9:50
1603	219	W20	Jessica Meyers, 20*, Dallas Center, IA	57:47	2:02:15	2:03:44	9:50
1604	267	W35	Mary Fratianni, 37*, West Des Moines, IA	59:03	2:02:16	2:05:06	9:50
1605	312	W25	Andrea Breen, 27*, Des Moines, IA	59:52	2:02:16	2:06:42	9:50
2327	301	M40	Winston Jimenez, 40, Marion, IA	1:02:54	2:02:16	2:06:58	9:50
2328	97	M55	Gregory Dirks, 58, Iowa City, IA	1:03:01	2:02:16	2:09:51	9:50
2329	454	M30	Garrett Buffenbarger, 32, Des Moines, IA	1:00:33	2:02:17	2:07:01	9:50
1606	313	W25	Lauren Simonds, 25*, Ankeny, IA	1:01:52	2:02:18	2:07:42	9:50
1607	220	W20	Amber Van Soelen, 23*, Sully, IA	58:53	2:02:19	2:06:29	9:50
1608	314	W25	Bethany Arganbright, 27*, Johnston, IA	1:03:09	2:02:19	2:07:28	9:50
1609	221	W20	Hallie Bushaw, 24*, Des Moines, IA	54:10	2:02:19	2:05:22	9:50
2330	389	M25	Joey Patino, 27, Des Moines, IA	1:03:09	2:02:19	2:07:28	9:50
1610	185	W40	Carrie Spencer, 42*, Bedford, IA	1:02:06	2:02:19	2:09:15	9:50
2331	368	M35	Andrew Wilson, 35, Council Bluffs, IA	1:01:16	2:02:19	2:11:48	9:51
1611	64	W50	Andrea Donaghy, 50*, Ankeny, IA	58:52	2:02:19	2:04:08	9:51
1612	222	W20	Caslon Hatch, 22*, Chicago, IL	59:22	2:02:20	2:06:46	9:51
1613	374	W30	Andi Smeltzer, 30*, Ankeny, IA	1:00:22	2:02:20	2:08:19	9:51
1614	186	W40	Mary Rowedder, 44*, Des Moines, IA	1:00:36	2:02:21	2:07:57	9:51
1615	18	W55	Elizabeth Deatsch, 57*, Mystic, IA	59:38	2:02:22	2:13:50	9:51
1616	375	W30	Brenna Rueschhoff, 30*, Des Moines, IA	59:47	2:02:22	2:07:30	9:51
1617	268	W35	Asia Strong, 35*, Indianola, IA	58:14	2:02:22	2:08:10	9:51
2332	455	M30	Brian O'Leary, 31, Des Moines, IA	1:00:03	2:02:23	2:07:59	9:51
2333	156	M50	Mark Taylor, 51, Norwalk, IA	1:03:38	2:02:23	2:07:42	9:51
2334	390	M25	Dylan Neuweg, 28, Grimes, IA	1:00:24	2:02:23	2:06:42	9:51
1618	101	W45	Julie Lundy, 46*, Grime, IA	1:00:25	2:02:24	2:08:04	9:51
1619	102	W45	Sherri Huff, 49*, Winterset, IA	1:01:48	2:02:25	2:07:13	9:51
1620	103	W45	Lisa Flugstad, 47*, Bloomington, MN	59:27	2:02:25	2:07:01	9:51
1621	187	W40	Ramona Martinek, 43*, Cresco, IA	59:27	2:02:25	2:07:02	9:51
2335	157	M50	Alan McLearn-Montz, 54, Ankeny, IA	1:00:53	2:02:26	2:11:14	9:51
1622	376	W30	Erin Gerloff, 32*, Chamois, MO	1:02:20	2:02:26	2:07:33	9:51
2336	98	M55	Steve Robertson, 58, Cedarburg, WI	59:44	2:02:26	2:09:00	9:51
1623	188	W40	Amy Wilkinson, 41*, Ankeny, IA	1:01:24	2:02:26	2:07:46	9:51
1624	269	W35	Susan Aliano, 35*, Omaha, NE	1:01:12	2:02:27	2:08:05	9:51
1625	270	W35	Heather Wonderlich, 35*, La Vista, NE	1:01:12	2:02:28	2:08:05	9:51
1626	315	W25	Sara Cline, 28*, Creston, IA	1:00:13	2:02:28	2:07:20	9:51
1627	377	W30	Emily Kerns, 31*, Creston, IA	1:00:13	2:02:28	2:07:20	9:51
1628	378	W30	Lindsey Letizia, 30*, Blaine, MN	1:01:43	2:02:28	2:09:17	9:51
1629	379	W30	Shantell Harvey, 32*, Des Moines, IA	1:02:28	2:02:29	2:13:57	9:51
1630	271	W35	Miranda Jones Phelps, 35*, Centerville, IA	1:00:04	2:02:29	2:13:41	9:51
1631	380	W30	Laura Mastin, 32*, Des Moines, IA	1:00:03	2:02:29	2:07:55	9:51
1632	381	W30	Laura Burk, 32*, Holstein, IA	1:00:15	2:02:29	2:12:40	9:51

2337	391	M25	Andrew Ulrich, 27, Rippey, IA	56:40	2:02:30	2:14:12	9:51
2338	66	M17	Jacob Kramer, 19, Minden, IA	1:02:54	2:02:30	2:13:47	9:51
2339	392	M25	Adam Nederhoff, 27, Johnston, IA	59:10	2:02:31	2:04:24	9:51
1633	223	W20	Jenna Smith, 20*, Mount Vernon, IA	1:02:30	2:02:32	2:09:51	9:52
2340	302	M40	Roger Madsen, 44, Guthrie Center, IA	1:00:00	2:02:33	2:12:33	9:52
1634	382	W30	Monica Mills, 34*, Des Moines, IA	1:01:50	2:02:34	2:09:27	9:52
1635	104	W45	Lori Keech, 45*, Johnston, IA	1:01:59	2:02:35	2:08:03	9:52
1636	41	W17	Gabrielle Iverson, 17*, Iowa City, IA	1:04:05	2:02:36	2:06:11	9:52
1637	189	W40	Nicole Bradley, 44*, Iowa City, IA	1:04:06	2:02:36	2:06:11	9:52
1638	316	W25	Angelica Quintana, 29*, Des Moines, IA	1:03:52	2:02:37	2:09:49	9:52
1639	317	W25	Erinn Anderson, 29*, Des Moines, IA	58:19	2:02:37	2:04:16	9:52
2341	303	M40	Minh Doan, 43, Urbandale, IA	1:01:26	2:02:37	2:12:22	9:52
1640	383	W30	Shawn Pierce, 33*, West Branch, IA	1:01:12	2:02:37	2:08:49	9:52
1641	272	W35	Jenny McIntyre, 38*, Center Point, IA	1:01:05	2:02:37	2:08:49	9:52
2342	158	M50	Michael Moller, 53, Ankeny, IA	1:01:30	2:02:37	2:07:36	9:52
2343	185	M20	Cory Cox, 20, Richland, IA	56:12	2:02:37	2:06:17	9:52
2344	186	M20	Cody Millikin, 21, Hedrick, IA	56:13	2:02:37	2:06:17	9:52
1642	318	W25	Adrienne Vida, 26*, Ames, IA	1:00:22	2:02:38	2:08:10	9:52
1643	319	W25	Brett Harrison, 25*, Nevada, IA	59:23	2:02:38	2:07:58	9:52
1644	384	W30	Melissa Janssen, 34*, Grimes, IA	59:10	2:02:38	2:05:31	9:52
2345	369	M35	Jeff Sparks, 38, Glidden, IA	1:00:00	2:02:39	2:06:22	9:52
1645	320	W25	Stephanie Palser, 27*, Council Bluffs, IA	1:00:01	2:02:39	2:07:02	9:52
1646	273	W35	Nariza Fuller, 36*, Monroe, IA	1:01:03	2:02:40	2:09:56	9:52
2346	456	M30	Ben Brady, 31, Prairie Village, KS	59:49	2:02:40	2:05:41	9:52
2347	187	M20	Justin Becvar, 21, Waukee, IA	58:33	2:02:40	2:07:53	9:52
2348	457	M30	Scott Huether, 31, Ankeny, IA	59:49	2:02:40	2:05:41	9:52
1647	105	W45	Arlin Ayala-Wurth, 46*, Tiffin, IA	1:00:30	2:02:41	2:10:37	9:52
1648	321	W25	Brooke Newton, 27*, West Des Moines, IA	1:01:33	2:02:43	2:10:02	9:52
1649	322	W25	Katrina Karasch, 27*, Chicago, IL	58:46	2:02:43	2:14:00	9:52
1650	385	W30	Alison Munter, 32*, Spencer, IA	58:41	2:02:44	2:06:00	9:52
2349	370	M35	Josh Munter, 36, Spencer, IA	58:41	2:02:44	2:06:00	9:52
2350	43	JrM	Tabor Jorgenson, 12, Johnston, IA	1:00:04	2:02:44	2:13:42	9:53
1651	274	W35	Missy Jorgenson, 39*, Johnston, IA	1:00:04	2:02:44	2:13:42	9:53
1652	190	W40	Brenda Johnson, 40*, Dallas Center, IA	59:23	2:02:45	2:06:20	9:53
2351	42	M60	John Pleasants, 63, Ames, IA	1:01:58	2:02:45	2:05:54	9:53
1653	386	W30	Jodi Yeggy, 34*, West Branch, IA	1:01:13	2:02:45	2:08:57	9:53
1654	224	W20	Dana Ball, 24*, West Des Moines, IA	58:50	2:02:46	2:13:02	9:53
1655	387	W30	Mandy Bence, 32*, Van Meter, IA	1:00:25	2:02:47	2:07:18	9:53
1656	388	W30	Jessica Aldridge, 31*, Winterset, IA	1:00:24	2:02:47	2:07:19	9:53
2352	188	M20	Chris Glover, 23, Ankeny, IA	59:25	2:02:48	2:06:35	9:53
1657	275	W35	Sarah Mathis, 38*, Urbana, IA	1:00:52	2:02:48	2:07:38	9:53
2353	458	M30	Todd Pietig, 32, Ankeny, IA	1:00:16	2:02:48	2:07:08	9:53
2354	159	M50	Jerry Lawrence, 52, Des Moines, IA	59:54	2:02:48	2:08:12	9:53
2355	371	M35	Ken Balduchi, 37, Des Moines, IA	58:29	2:02:50	2:08:17	9:53
1658	29	JrW	Rachel Tinman, 15*, Pleasant Hill, IA	1:02:22	2:02:50	2:07:12	9:53
1659	191	W40	Angela Hopson, 42*, West Des Moines, IA	59:19	2:02:50	2:10:18	9:53
1660	323	W25	Kelli Dean, 26*, West Des Moines, IA	58:28	2:02:50	2:08:16	9:53
1661	225	W20	Kerrienne Savery, 21*, Cedar Rapids, IA	58:48	2:02:50	2:08:14	9:53
1662	389	W30	Rachel Roth, 30*, Windsor Heights, IA	58:09	2:02:50	2:13:42	9:53
1663	276	W35	Jen Wallace, 38*, Scranton, IA	59:35	2:02:50	2:04:19	9:53
2356	67	M17	Chase Ringler, 18, Altoona, IA	1:02:22	2:02:50	2:07:12	9:53
2357	304	M40	Miles Pufall, 44, Iowa City, IA	1:00:49	2:02:50	2:08:00	9:53
1664	65	W50	Kari Manning, 50*, Urbandale, IA	1:01:21	2:02:50	2:07:11	9:53
2358	217	M45	Shawn Bown, 45, Des Moines, IA	1:01:11	2:02:50	2:08:45	9:53
1665	324	W25	Ginny Ray, 27*, Des Moines, IA	59:21	2:02:52	2:07:44	9:53
1666	390	W30	Devon Wendler Alvord, 31*, North Liberty, IA	1:01:22	2:02:53	2:05:32	9:53
1667	325	W25	Jennifer Meyer, 28*, Overland Park, KS	58:39	2:02:54	2:04:17	9:53
1668	277	W35	Annalie Thies, 39*, Chippewa Falls, WI	1:00:53	2:02:55	2:07:44	9:53
1669	278	W35	Neilie Hoskins, 37*, Nevada, IA	1:00:56	2:02:56	2:07:51	9:53
1670	279	W35	Jill Rhodes, 35*, Nevada, IA	1:00:55	2:02:56	2:07:51	9:53
2359	43	M60	Patrick Kozitza, 63, Des Moines, IA	59:44	2:02:57	2:08:25	9:54
1671	226	W20	Keely Burke, 21*, Cedar Rapids, IA	1:01:18	2:02:58	2:10:05	9:54
1672	391	W30	Rachel Ausenus, 30*, Ankeny, IA	1:01:17	2:02:58	2:08:25	9:54
1673	227	W20	Elle Pope, 21*, Cedar Rapids, IA	1:01:18	2:02:59	2:10:05	9:54

2360	160	M50	Rich Dwyer, 50, Muscatine, IA	59:06	2:02:59	2:07:58	9:54
2361	459	M30	Bryant Arns, 34, Bondurant, IA	58:44	2:03:00	2:14:19	9:54
2362	460	M30	Joshua Rehmann, 34, Johnston, IA	57:22	2:03:01	2:06:33	9:54
2363	372	M35	Drew Raleigh, 36, Knoxville, IA	59:36	2:03:01	2:09:12	9:54
1674	326	W25	Angela Padilla, 25*, Ankeny, IA	1:02:15	2:03:01	2:07:26	9:54
1675	392	W30	Brooke Thielking, 32*, Kansas City, MO	1:00:09	2:03:02	2:08:04	9:54
1676	327	W25	Stephanie Muff, 28*, Sioux Center, IA	1:01:28	2:03:02	2:09:24	9:54
1677	66	W50	Nancy Ellis, 53*, Urbandale, IA	1:00:01	2:03:02	2:07:11	9:54
1678	328	W25	Alison Matthes, 28*, West Des Moines, IA	58:50	2:03:02	2:10:12	9:54
2364	373	M35	Tim Sauer, 35, Waukee, IA	1:04:23	2:03:03	2:07:34	9:54
1679	393	W30	Shannon Conner, 30*, West Des Moines, IA	1:01:18	2:03:03	2:08:22	9:54
1680	228	W20	Kellie Schaefer, 20*, Stacyville, IA	1:01:53	2:03:04	2:11:07	9:54
1681	280	W35	Maggie Chance, 36*, Chariton, IA	1:00:54	2:03:05	2:13:55	9:54
2365	461	M30	Michael Christianson, 32, Des Moines, IA	1:01:46	2:03:05	2:12:19	9:54
1682	394	W30	Elaina Honeycutt, 31*, Des Moines, IA	1:01:46	2:03:05	2:12:19	9:54
1683	67	W50	Debbie Beimal, 53*, North Riverside, IL	1:02:12	2:03:05	2:08:15	9:54
1684	395	W30	Angie Follis, 33*, Hartford, IA	1:00:17	2:03:05	2:14:33	9:54
2366	161	M50	Kevin Howe, 52, Adel, IA	59:19	2:03:06	2:06:24	9:54
1685	281	W35	Heather Brincks, 35*, Templeton, IA	1:01:00	2:03:06	2:06:13	9:54
1686	396	W30	Elizabeth Matney, 34*, Des Moines, IA	1:00:38	2:03:06	2:05:46	9:54
1687	42	W17	Alexis Reno, 18*, Humeston, IA	1:01:33	2:03:07	2:10:25	9:54
2367	305	M40	Greg Higginbotham, 40, Knoxville, IA	1:01:25	2:03:09	2:09:13	9:55
1688	282	W35	Kim Higginbotham, 35*, Knoxville, IA	1:01:25	2:03:10	2:09:13	9:55
2368	374	M35	Joseph Frentress, 39, Pleasant Hill, IA	1:01:20	2:03:10	2:07:30	9:55
2369	44	JrM	Grady Rogers, 13, Urbandale, IA	1:01:18	2:03:10	2:06:46	9:55
2370	306	M40	Paul Storbeck, 43, Clive, IA	1:00:14	2:03:10	2:14:55	9:55
1689	397	W30	Kristin Conte, 30*, Chicago, IL	1:01:24	2:03:12	2:14:28	9:55
1690	398	W30	Karisa Faber, 30*, Ankeny, IA	1:00:59	2:03:12	2:07:39	9:55
1691	399	W30	Amy Gould, 34*, Pleasant Hill, IA	1:00:01	2:03:13	2:09:38	9:55
1692	283	W35	Kimberley Barnes, 39*, Gladbrook, IA	1:02:27	2:03:13	2:08:04	9:55
2371	375	M35	Donald Manderfield, 39, Waucoma, IA	59:11	2:03:13	2:14:33	9:55
2372	376	M35	Matthew Vaske, 36, Algona, IA	58:03	2:03:14	2:06:51	9:55
1693	400	W30	Stephanie Braun, 34*, Ankeny, IA	59:32	2:03:15	2:06:40	9:55
1694	284	W35	Leanna Halfhill, 39*, Bondurant, IA	1:00:45	2:03:15	2:14:06	9:55
1695	285	W35	Laura Cressy, 35*, Clive, IA	1:02:22	2:03:16	2:11:48	9:55
1696	286	W35	Traci Ludwig, 36*, Cedar Falls, IA	58:20	2:03:16	2:14:33	9:55
1697	229	W20	Audrey Hockel, 23*, Fairfield, Ia, Ia	1:02:24	2:03:16	2:04:09	9:55
2373	377	M35	Jonathan Ahl, 38, West Des Moines, IA	1:00:45	2:03:16	2:08:10	9:55
2374	462	M30	Jamie Wolf, 30, Algona, IA	56:56	2:03:17	2:07:36	9:55
1698	329	W25	Jessica Pilling, 29*, Clive, IA	1:00:07	2:03:17	2:08:29	9:55
2375	189	M20	Dallas Lehman, 22, Altoona, IA	1:00:53	2:03:18	2:06:50	9:55
2376	307	M40	Matt Meter, 41, Ankeny, IA	56:15	2:03:18	2:06:21	9:55
1699	401	W30	Teyona Steenhoek, 34*, Pleasant Hill, IA	1:00:16	2:03:19	2:06:37	9:55
1700	402	W30	Laura Schmidt, 34*, St. Ansgar, IA	57:52	2:03:19	2:06:04	9:55
2377	99	M55	Rusty Rustad, 55, Grafton, IA	57:52	2:03:19	2:06:04	9:55
1701	330	W25	BreAnn VanDeer, 25*, Webster City, IA	1:00:47	2:03:19	2:08:27	9:55
2378	378	M35	Steven Strang, 38, West Des Moines, IA	1:02:22	2:03:19	2:11:51	9:55
1702	403	W30	Denise Burrow, 33*, Waukee, IA	1:00:14	2:03:20	2:10:42	9:55
1703	331	W25	Carrie Cavanaugh, 25*, Des Moines, IA	59:18	2:03:20	2:08:22	9:55
2379	393	M25	Josh Miller, 26, Grimes, IA	1:00:04	2:03:21	2:10:25	9:55
1704	230	W20	Kari Queck, 21*, Johnston, IA	1:03:03	2:03:22	2:13:00	9:56
2380	394	M25	Nick Wetzal, 29, Grinnell, IA	54:28	2:03:22	2:04:07	9:56
1705	231	W20	Vanessa Peterzen, 24*, Des Moines, IA	59:32	2:03:23	2:08:33	9:56
1706	404	W30	Maura Miller, 33*, Ankeny, IA	1:01:26	2:03:23	2:08:59	9:56
2381	463	M30	James Woerdeman, 34, Ankeny, IA	1:00:32	2:03:23	2:09:29	9:56
1707	232	W20	Alyssa Mahoney, 23*, Des Moines, IA	57:24	2:03:24	2:04:23	9:56
1708	68	W50	Julie Venner, 54*, Boone, IA	1:00:19	2:03:24	2:06:01	9:56
1709	405	W30	Kristina Hildebrand, 30*, Des Moines, IA	1:00:26	2:03:24	2:14:18	9:56
2382	379	M35	Chad Armstrong, 39, West Des Moines, IA	1:02:25	2:03:24	2:10:44	9:56
1710	406	W30	Michelle Thompson, 34*, West Des Moines, IA	1:01:23	2:03:25	2:09:59	9:56
1711	192	W40	Angie Rice, 44*, Urbandale, IA	1:01:18	2:03:26	2:07:01	9:56
1712	332	W25	Melanie Seipel, 27*, Ankeny, IA	1:00:12	2:03:26	2:07:12	9:56
2383	464	M30	Aaron Weibel, 31, Ankeny, IA	1:00:12	2:03:26	2:07:12	9:56
2384	44	M60	John Walter, 62, Ankeny, IA	1:00:52	2:03:26	2:06:23	9:56



1713	407	W30	Erica Bohn, 31*, Pella, IA	1:01:17	2:03:27	2:10:39	9:56
1714	287	W35	Jodi Schafer, 39*, North Liberty, IA	1:00:53	2:03:28	2:09:22	9:56
2385	395	M25	Scott Williams, 26, Altoona, IA	52:06	2:03:28	2:04:31	9:56
1715	106	W45	Julie Schwalbe, 46*, Des Moines, IA	1:01:44	2:03:28	2:07:36	9:56
1716	408	W30	Deserae Long, 30*, Newton, IA	1:01:31	2:03:28	2:07:57	9:56
1717	107	W45	Tracy Harms, 46*, Waukee, IA	59:40	2:03:29	2:09:11	9:56
2386	465	M30	Joel Jernstad, 32, Ankeny, IA	1:01:33	2:03:29	2:08:49	9:56
2387	466	M30	Steve Rude, 30, Ankeny, IA	1:01:33	2:03:29	2:08:48	9:56
1718	333	W25	Shawna Freeze, 26*, Des Moines, IA	1:00:26	2:03:29	2:08:21	9:56
2388	162	M50	David Peters, 52, Newton, IA	58:53	2:03:29	2:03:46	9:56
2389	163	M50	Tie Wang, 53, Des Moines, IA	59:38	2:03:30	2:12:56	9:56
1719	193	W40	Dina Embree, 41*, Clive, IA	1:02:03	2:03:31	2:13:35	9:56
2390	308	M40	Cory Faber, 42, Sioux Falls, SD	1:01:42	2:03:31	2:09:11	9:56
1720	288	W35	Heather Strang, 35*, West Des Moines, IA	1:02:22	2:03:32	2:12:04	9:56
1721	409	W30	Lindsey Moore, 30*, Des Moines, IA	1:02:51	2:03:34	2:04:40	9:57
1722	233	W20	Nicole Sage, 23*, Ankeny, IA	1:02:02	2:03:35	2:08:51	9:57
1723	108	W45	Rebecca Banzhaf, 49*, Marshalltown, IA	1:00:09	2:03:35	2:08:01	9:57
1724	289	W35	Kristin Reese, 37*, Des Moines, IA	1:01:44	2:03:35	2:07:43	9:57
1725	290	W35	Stephanie Tullis, 36*, Ankeny, IA	58:13	2:03:35	2:07:49	9:57
1726	334	W25	Leah Lundquist, 28*, Minneapolis, MN	1:05:19	2:03:37	2:14:40	9:57
1727	291	W35	Jamie Jackson, 36*, Des Moines, IA	1:00:51	2:03:38	2:03:48	9:57
1728	410	W30	Megan Boettcher, 31*, Ankeny, IA	1:00:03	2:03:38	2:08:41	9:57
1729	335	W25	Jill Hackman, 28*, West Des Moines, IA	59:49	2:03:38	2:07:49	9:57
1730	109	W45	Teresa Larson-White, 47*, Badger, IA	59:18	2:03:38	2:07:11	9:57
1731	30	JrW	Jessie Laughridge, 16*, Perry, IA	58:35	2:03:38	2:05:24	9:57
1732	336	W25	Angela Mataloni, 27*, Des Moines, IA	1:05:18	2:03:38	2:14:41	9:57
2391	218	M45	Tony Byington, 49, Grimes, IA	1:00:08	2:03:39	2:04:43	9:57
1733	110	W45	Connie Byington, 46*, Grimes, IA	1:00:08	2:03:39	2:04:43	9:57
1734	292	W35	Julie Wolf, 37*, Pella, IA	1:00:07	2:03:40	2:09:02	9:57
2392	219	M45	Mark VanLent, 45, Nora Springs, IA	59:42	2:03:41	2:07:14	9:57
2393	396	M25	Nicholas Ihde, 26, Parnell, IA	59:38	2:03:42	2:15:10	9:57
1735	69	W50	Josena Wadle, 51*, Newton, IA	58:14	2:03:42	2:07:06	9:57
2394	309	M40	Jeffrey Olson, 40, Ankeny, IA	59:35	2:03:43	2:04:48	9:57
1736	293	W35	Jamie Rusher, 39*, Algona, IA	1:00:40	2:03:43	2:04:25	9:57
2395	45	M60	Randy Pierce, 60, Manchester, MO	1:00:57	2:03:43	2:14:22	9:57
2396	397	M25	Josh Sievers, 27, Des Moines, IA	58:30	2:03:44	2:07:33	9:57
1737	194	W40	Katie Jensen, 40*, Clive, IA	1:02:46	2:03:45	2:10:43	9:57
1738	337	W25	Catherine Strahl, 27*, Des Moines, IA	1:03:01	2:03:46	2:10:55	9:58
2397	310	M40	Tim Stanfield, 44, Cedar Falls, IA	59:35	2:03:46	2:14:10	9:58
1739	195	W40	Jennifer York, 42*, Ames, IA	1:02:05	2:03:47	2:10:39	9:58
1740	338	W25	Tory Kajewski, 29*, Owatonna, MN	1:01:25	2:03:47	2:06:56	9:58
1741	234	W20	Sara Hildebrand, 24*, Des Moines, IA	1:00:07	2:03:48	2:10:51	9:58
1742	235	W20	Mary Houangsavanh, 20*, Indianola, IA	59:20	2:03:49	2:11:15	9:58
2398	467	M30	Eric Green, 33, Afton, IA	59:13	2:03:49	2:05:47	9:58
1743	43	W17	Briana Van Ravenswaay, 17*, Orange City, IA	1:00:33	2:03:49	2:06:14	9:58
2399	468	M30	Tony Gabriel, 32, Grimes, IA	59:13	2:03:49	2:07:44	9:58
1744	411	W30	Kristin Fast, 32*, Villisca, IA	1:01:19	2:03:50	2:11:45	9:58
1745	412	W30	Sara Swartz, 31*, Prescott, IA	1:01:20	2:03:50	2:11:45	9:58
1746	413	W30	Laci Schafer, 32*, Villisca, IA	1:01:20	2:03:50	2:11:45	9:58
1747	196	W40	Shona Means, 40*, Villisca, IA	1:01:20	2:03:51	2:11:45	9:58
2400	311	M40	Troy Gullett, 42, Ankeny, IA	57:42	2:03:51	2:06:57	9:58
1748	294	W35	Dena Steinbach, 35*, Des Moines, IA	59:01	2:03:51	2:07:53	9:58
2401	380	M35	Ryan Woods, 39, Bloomfield, IA	1:04:19	2:03:51	2:08:07	9:58
1749	414	W30	Shannon Woods, 34*, Bloomfield, IA	1:04:20	2:03:51	2:08:07	9:58
2402	190	M20	Avery Gaston, 23, Des Moines, IA	56:51	2:03:51	2:11:04	9:58
1750	197	W40	Diana Van Ravenswaay, 42*, Orange City, IA	1:00:33	2:03:51	2:06:16	9:58
1751	339	W25	Rhonda Boesenberg, 25*, Ankeny, IA	1:02:06	2:03:52	2:13:02	9:58
2403	398	M25	Jason Hayes, 25, Trenton, MO	1:02:07	2:03:52	2:13:02	9:58
2404	399	M25	Jeffrey Seufert, 27, West Des Moines, IA	1:06:18	2:03:52	2:14:04	9:58
1752	415	W30	Katie Ong, 31*, Ankeny, IA	59:57	2:03:52	2:08:17	9:58
2405	400	M25	Jeremiah Crabb, 29, Des Moines, IA	1:00:03	2:03:53	2:09:31	9:58
2406	469	M30	Billy Strickler, 31, Libertyville, IA	1:01:19	2:03:53	2:11:34	9:58
2407	220	M45	Brett Altman, 47, Newton, IA	1:02:44	2:03:54	2:09:22	9:58
1753	416	W30	Kara Grupp, 32*, Ames, IA	1:03:48	2:03:54	2:07:31	9:58

1754	236	W20	Jill Thomasson, 24*, Des Moines, IA	1:01:19	2:03:55	2:11:37	9:58
1755	340	W25	Emily Cardella, 25*, Windsor Heights, IA	1:01:18	2:03:55	2:11:37	9:58
2408	191	M20	Dennis Krieger, 24, Des Moines, IA	1:01:19	2:03:56	2:11:38	9:58
2409	381	M35	Aaron Stursma, 39, Pella, IA	1:02:11	2:03:56	2:09:31	9:58
1756	341	W25	Meghan Norman, 25*, Grundy Center, IA	1:03:49	2:03:56	2:07:31	9:58
2410	46	M60	Jim Rezab, 62, Ankeny, IA	1:00:47	2:03:56	2:08:13	9:58
1757	342	W25	Christina McLean, 27*, Des Moines, IA	1:00:59	2:03:57	2:11:17	9:58
1758	70	W50	Joan Hall, 54*, Ankeny, IA	1:00:57	2:03:57	2:07:47	9:58
2411	221	M45	Larry Mahlstedt, 47, Des Moines, IA	59:41	2:03:57	2:07:43	9:58
2412	164	M50	Bruce Hall, 54, Ankeny, IA	1:00:57	2:03:57	2:07:47	9:58
1759	417	W30	Sarah Davison, 32*, Ames, IA	58:01	2:03:59	2:10:13	9:58
2413	222	M45	Randy Buss, 49, Grimes, IA	1:02:37	2:03:59	2:15:23	9:59
1760	295	W35	Jama Johnson, 38*, Grundy Center, IA	1:03:49	2:04:00	2:07:35	9:59
1761	237	W20	Sadie Siefken, 23*, Rockwell, IA	1:02:02	2:04:00	2:09:16	9:59
1762	418	W30	Keely Weiner, 33*, Rockwell, IA	1:02:03	2:04:00	2:09:16	9:59
1763	419	W30	Andrea Casky, 33*, Bondurant, IA	59:59	2:04:00	2:04:52	9:59
1764	238	W20	Ilyssa McIntosh, 20*, Des Moines, IA	1:01:26	2:04:01	2:09:23	9:59
2414	470	M30	Eric Vos, 30, Roland, IA	1:00:12	2:04:02	2:09:25	9:59
1765	111	W45	Cindi Warmuth, 46*, Waukee, IA	1:00:19	2:04:03	2:10:45	9:59
1766	198	W40	Barbara Lacina, 43*, Des Moines, IA	1:05:54	2:04:05	2:12:58	9:59
1767	296	W35	Katie Cox, 35*, Urbandale, IA	1:00:09	2:04:05	2:09:17	9:59
1768	297	W35	Kristen Kajewski, 35*, Red Wing, MN	1:01:25	2:04:06	2:07:15	9:59
1769	343	W25	Dana Johnson, 29*, West Des Moines, IA	58:53	2:04:06	2:09:31	9:59
1770	420	W30	Michelle Synarong, 31*, Sun Prairie, WI	1:00:43	2:04:06	2:09:56	9:59
2415	401	M25	Austin Hoffman, 25, Des Moines, IA	1:01:44	2:04:06	2:09:43	9:59
2416	100	M55	Craig Johnson, 56, Cedar Rapids, IA	1:00:55	2:04:07	2:09:26	9:59
1771	421	W30	Anne Wright, 33*, Des Moines, IA	58:04	2:04:07	2:08:29	9:59
1772	344	W25	Emily Bodling, 27*, West Des Moines, IA	1:05:19	2:04:07	2:15:10	9:59
1773	345	W25	Bridget Warg, 25*, Ames, IA	1:00:23	2:04:07	2:10:26	9:59
2417	12	M65	Tom Leffler, 66, Johnston, IA	59:34	2:04:08	2:08:23	9:59
1774	346	W25	Amy Warg, 25*, Ames, IA	1:00:23	2:04:08	2:10:26	9:59
1775	298	W35	Sara Johnson, 39*, Red Oak, IA	1:00:37	2:04:08	2:10:39	9:59
1776	199	W40	Diane Wise, 44*, Red Oak, IA	1:00:38	2:04:08	2:10:40	9:59
1777	347	W25	Katherine Johnson, 26*, Omaha, NE	1:03:44	2:04:08	2:08:15	9:59
1778	422	W30	Erin Anderson, 33*, Urbandale, IA	1:02:27	2:04:08	2:11:12	9:59
2418	101	M55	Bruce Rehmke, 58, Peosta, IA	1:02:27	2:04:08	2:11:12	9:59
1779	239	W20	Holly Bartsch, 24*, West Des Moines, IA	59:23	2:04:10	2:09:30	9:59
2419	312	M40	Noah Wolter, 40, Urbandale, IA	1:00:07	2:04:10	2:11:53	9:59
2420	192	M20	Jacob Thein, 23, Des Moines, IA	59:42	2:04:10	2:08:42	9:59
1780	240	W20	Laura Menendez, 22*, Des Moines, IA	59:43	2:04:10	2:08:42	9:59
1781	423	W30	Andrea Reser, 33*, Urbandale, IA	1:02:24	2:04:11	2:09:33	9:59
1782	424	W30	Jenica Moffitt, 33*, Ankeny, IA	1:00:53	2:04:11	2:10:58	10:00
1783	425	W30	Kacee Bell, 31*, West Liberty, IA	1:01:20	2:04:11	2:10:16	10:00
1784	348	W25	Jenna Spiering, 26*, North Liberty, IA	1:02:35	2:04:12	2:08:23	10:00
1785	200	W40	Jen Dange, 41*, Windsor Heights, IA	59:58	2:04:12	2:09:19	10:00
1786	426	W30	Alyssa Lazear, 31*, Ankeny, IA	1:03:45	2:04:12	2:07:12	10:00
2421	193	M20	Tyler Anderson, 23, Buffalo Center, IA	57:01	2:04:13	2:06:53	10:00
1787	349	W25	Amy Hertz, 25*, Altoona, IA	57:01	2:04:13	2:06:53	10:00
1788	350	W25	Laura Stensland, 28*, Colo, IA	1:02:58	2:04:13	2:13:28	10:00
1789	201	W40	Mary Alert, 41*, Mason City, IA	58:54	2:04:14	2:06:01	10:00
1790	202	W40	Kandace Drees-Dunn, 44*, Norwalk, IA	1:02:24	2:04:14	2:06:22	10:00
1791	241	W20	Christa Ganley, 23*, Altoona, IA	1:00:53	2:04:14	2:07:46	10:00
2422	313	M40	Mike St. Clair, 43, Ankeny, IA	1:00:52	2:04:14	2:07:59	10:00
1792	299	W35	Elizabeth Rogers, 36*, West Des Moines, IA	1:04:26	2:04:15	2:08:47	10:00
1793	427	W30	Rena Badger, 30*, Des Moines, IA	58:47	2:04:15	2:13:41	10:00
1794	300	W35	Jamie Hackett, 35*, Waukee, IA	59:23	2:04:16	2:09:58	10:00
2423	102	M55	Dennis Cornelius, 58, Ankeny, IA	1:02:20	2:04:17	2:11:08	10:00
2424	402	M25	Jon Kasworm, 27, Oskaloosa, IA	1:02:23	2:04:17	2:10:49	10:00
2425	382	M35	Luke Sabers, 35, Des Moines, IA	51:45	2:04:18	2:05:14	10:00
1795	428	W30	Melissa Chrystal, 30*, West Des Moines, IA	1:01:08	2:04:18	2:09:10	10:00
1796	301	W35	Lori Lamping, 39*, Johnston, IA	1:02:27	2:04:18	2:10:17	10:00
1797	112	W45	Lisa Hoffmann, 46*, West Des Moines, IA	1:02:17	2:04:18	2:08:51	10:00
2426	403	M25	Chris Proctor, 28, Des Moines, IA	1:01:26	2:04:19	2:11:35	10:00
2427	404	M25	Nicholas Barelos, 26, Omaha, NE	55:32	2:04:19	2:05:55	10:00
2428	13	M65	Terry Digman, 66, Ankeny, IA	1:01:49	2:04:19	2:09:41	10:00

1798	242	W20	Jamie Life, 22*, Oskaloosa, IA	1:00:36	2:04:20	2:13:30	10:00
1799	429	W30	Melanie Johnson, 33*, Clarinda, IA	1:01:22	2:04:20	2:07:54	10:00
1800	302	W35	Karey Hawkins, 35*, West Liberty, IA	1:01:21	2:04:21	2:14:40	10:00
1801	303	W35	Shawna Mueller, 38*, West Liberty, IA	1:01:47	2:04:21	2:14:41	10:00
1802	304	W35	Heather Van Lin, 36*, Ankeny, IA	1:00:18	2:04:21	2:07:30	10:00
2429	405	M25	Benjamin Quanbeck, 28, Ankeny, IA	1:00:18	2:04:21	2:07:29	10:00
1803	44	W17	Mandy Hackenmiller, 18*, Ventura, IA	59:54	2:04:22	2:06:46	10:00
1804	113	W45	Barb Niemeyer, 47*, West Des Moines, IA	1:01:56	2:04:22	2:10:59	10:00
2430	471	M30	Joshua Mandelbaum, 33, Davenport, IA	1:01:00	2:04:22	2:07:45	10:00
1805	430	W30	Katherine Meeker, 31*, Ames, IA	1:01:00	2:04:22	2:07:45	10:00
1806	203	W40	Maggie McCay, 43*, Carlisle, IA	1:01:57	2:04:22	2:10:59	10:00
1807	204	W40	Amy Haas, 40*, Clive, IA	1:02:46	2:04:22	2:11:21	10:00
1808	351	W25	Emily Verre, 25*, West Des Moines, IA	1:02:25	2:04:23	2:08:14	10:00
2431	194	M20	John Verre, 24, West Des Moines, IA	1:02:25	2:04:23	2:08:14	10:00
1809	305	W35	Connie Terry, 35*, Earlham, IA	1:00:50	2:04:24	2:09:29	10:01
2432	383	M35	Brian Mills, 37, Urbandale, IA	1:01:48	2:04:24	2:11:32	10:01
2433	314	M40	Charles Bickel, 40, Des Moines, IA	59:49	2:04:25	2:12:02	10:01
1810	205	W40	Jodi Powers, 41*, Indianola, IA	1:02:29	2:04:26	2:06:52	10:01
2434	195	M20	Brett Burke, 20, Ames, IA	50:48	2:04:27	2:07:20	10:01
2435	196	M20	Daniel Faas, 23, Ames, IA	1:00:05	2:04:27	2:09:25	10:01
2436	384	M35	Mike Gerritson, 35, Bloomfield, IA	1:06:54	2:04:28	2:12:25	10:01
1811	243	W20	Audrey Dwyer, 20*, Muscatine, IA	1:02:06	2:04:29	2:09:28	10:01
1812	431	W30	Shanna Harrington, 32*, Des Moines, IA	1:03:54	2:04:30	2:13:39	10:01
2437	406	M25	Luke DeMouth, 29, Johnston, IA	59:45	2:04:33	2:05:05	10:01
2438	472	M30	Kevin Lone, 31, Des Moines, IA	1:01:31	2:04:33	2:09:01	10:01
1813	114	W45	Holly Theobald, 45*, Clear Lake, IA	1:00:12	2:04:34	2:09:08	10:01
1814	244	W20	Amanda Boleyn, 24*, West Des Moines, IA	59:34	2:04:34	2:15:48	10:01
1815	306	W35	Kerrie Hammelman, 37*, Clive, IA	1:01:31	2:04:37	2:09:48	10:02
1816	206	W40	Angie Swackhamer, 41*, Des Moines, IA	1:02:23	2:04:37	2:10:27	10:02
2439	385	M35	Chad Holt, 35, Clive, IA	1:01:12	2:04:38	2:14:21	10:02
2440	473	M30	Alan Polniak, 33, Marion, IA	1:00:13	2:04:38	2:09:36	10:02
2441	474	M30	Matt Edwards, 34, West Des Moines, IA	59:44	2:04:39	2:11:16	10:02
1817	19	W55	Deb Harvey, 58*, Knoxville, IA	1:02:27	2:04:39	2:15:14	10:02
2442	165	M50	Paul Warmuth, 50, Waukee, IA	1:00:03	2:04:39	2:10:37	10:02
1818	207	W40	Cindy Adamson, 40*, Sun Prairie, WI	1:01:54	2:04:39	2:08:13	10:02
1819	432	W30	Allison Scherer, 30*, Johnston, IA	1:05:14	2:04:40	2:10:30	10:02
2443	103	M55	Patrick Mitchell, 57, Des Moines, IA	1:00:46	2:04:41	2:12:06	10:02
2444	475	M30	John Mills, 31, Des Moines, IA	56:35	2:04:42	2:15:11	10:02

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1820	208	W40	Sonya Staudt, 42*, Maxwell, IA	1:02:15	2:04:42	2:16:58	10:02
2445	476	M30	Andrew Long, 31, Urban Dale, IA	1:03:53	2:04:43	2:05:26	10:02
1821	307	W35	Kelly Maxwell, 35*, West Des Moines, IA	1:00:21	2:04:43	2:07:47	10:02
1822	308	W35	Carrie Belt, 38*, Indianola, IA	1:00:59	2:04:44	2:09:30	10:02
1823	115	W45	Penny Frey, 49*, Earlham, IA	58:48	2:04:44	2:09:40	10:02
1824	116	W45	Teresa Algreen, 49*, Earlham, IA	58:48	2:04:45	2:09:40	10:02
1825	309	W35	Denise Bily, 38*, Indianola, IA	1:00:59	2:04:45	2:09:30	10:02
2446	407	M25	Tony Rabey, 26, Des Moines, IA	1:01:42	2:04:45	2:12:09	10:02
1826	209	W40	Valerie Giegerich, 40*, Anita, IA	1:00:55	2:04:46	2:10:39	10:02
2447	477	M30	Rakesh Gore, 33, West Des Moines, IA	1:04:30	2:04:46	2:11:32	10:02
2448	315	M40	James Wilson, 42, West Des Moines, IA	1:02:32	2:04:47	2:11:56	10:02
1827	310	W35	Kimberly Hembry, 35*, Urbandale, IA	1:04:14	2:04:47	2:11:51	10:02
1828	352	W25	Nicole Lindquist, 29*, Council Bluffs, IA	59:04	2:04:47	2:08:24	10:02
1829	353	W25	Kendra Haverkamp, 25*, Des Moines, IA	1:01:02	2:04:48	2:06:38	10:02
1830	210	W40	Martha Baudler, 40*, Indianola, IA	1:01:35	2:04:48	2:09:50	10:02
1831	433	W30	Megan Hoger, 34*, Indianola, IA	1:00:29	2:04:48	2:12:13	10:02
1832	311	W35	Denise Boozell, 36*, Milo, IA	1:01:35	2:04:49	2:09:51	10:03
2449	408	M25	Greg Wilhelm, 28, Windsor Heights, IA	58:23	2:04:49	2:05:33	10:03
1833	211	W40	Holly Patterson, 41*, West Des Moines, IA		2:04:51	2:09:46	10:03
1834	71	W50	Jeri Messenger, 53*, West Des Moines, IA	1:00:00	2:04:54	2:10:41	10:03
1835	72	W50	Michelle Lloyd, 52*, Iowa City, IA	59:25	2:04:54	2:09:12	10:03
1836	312	W35	Shelley Slay, 37*, Iowa City, IA	59:25	2:04:54	2:09:12	10:03
1837	434	W30	Lynnette Estrem, 30*, West Des Moines, IA	1:02:39	2:04:55	2:09:39	10:03
2450	409	M25	Timothy Bolten, 25, Waukee, IA	1:02:29	2:04:55	2:12:43	10:03

1838	354	W25	Stephanie Peterson, 25*, West Des Moines, IA	1:02:29	2:04:55	2:12:43	10:03	
1839	245	W20	Karla Quandt, 21*, Des Moines, IA		1:02:29	2:04:55	2:12:43	10:03
1840	435	W30	Jesse Lindsay, 34*, Owatonna, MN		1:03:53	2:04:56	2:16:41	10:03
1841	45	W17	Elizabeth Bolten, 19*, Pleasant Hill, IA		1:02:29	2:04:56	2:12:44	10:03
1842	355	W25	Natalie Caldwell, 29*, Des Moines, IA		1:03:35	2:04:56	2:14:52	10:03
1843	246	W20	Kylie Wunschel, 22*, Cedar Falls, IA		1:02:29	2:04:57	2:12:44	10:03
2451	410	M25	Aaron Heuss, 29, Des Moines, IA		1:04:09	2:04:57	2:10:18	10:03
1844	356	W25	Vanessa Smock, 29*, Gladbrook, IA		58:18	2:04:58	2:08:41	10:03
1845	212	W40	Beth Nigut, 42*, Des Moines, IA		1:00:38	2:04:59	2:07:53	10:03
2452	478	M30	Cole Boatright, 30, Fairfield, IA		1:01:19	2:04:59	2:12:39	10:03
1846	357	W25	Toni Anderson, 28*, Ankeny, IA		1:02:08	2:05:00	2:10:12	10:03
2453	479	M30	Erik Ullestad, 33, West Des Moines, IA		59:15	2:05:00	2:07:09	10:03
1847	436	W30	Alicia Schiller, 33*, West Point, IA		1:01:57	2:05:02	2:11:57	10:04
1848	437	W30	Jennifer Jackson, 34*, Ankeny, IA		1:00:54	2:05:03	2:12:52	10:04
1849	313	W35	Megan Hill, 35*, West Des Moines, IA		58:58	2:05:03	2:08:11	10:04
2454	166	M50	Thomas Clancy, 52, Toledo, IA		1:07:23	2:05:04	2:16:10	10:04
1850	438	W30	Bethany Whitesell, 34*, South Greenfield, MO					
				59:30	2:05:05	2:09:27	10:04	
1851	439	W30	Brianne Sears, 32*, Des Moines, IA		59:30	2:05:05	2:09:27	10:04
1852	440	W30	Jill Hardy, 31*, Ames, IA		58:52	2:05:06	2:09:57	10:04
1853	441	W30	Mindy Ruhland, 34*, Lemars, IA		58:38	2:05:06	2:08:07	10:04
2455	386	M35	Ryan Brooker, 35, Altoona, IA		1:00:12	2:05:06	2:14:35	10:04
1854	358	W25	Jasmina Halkic, 26*, Des Moines, IA		1:04:34	2:05:08	2:11:01	10:04
1855	359	W25	Jennifer Curran, 29*, Urbandale, IA		1:02:08	2:05:08	2:10:01	10:04
1856	314	W35	Jodi Bonnett, 37*, Fairfield, IA		1:01:35	2:05:10	2:12:39	10:04
2456	480	M30	Brian Hobbs, 31, Houston, TX		57:10	2:05:11	2:12:53	10:04
1857	315	W35	Greta Southall, 37*, Indianola, IA		1:01:35	2:05:11	2:10:13	10:04
1858	213	W40	Lisa Haynes, 41*, Johnston, IA		1:03:06	2:05:12	2:10:15	10:04
2457	481	M30	Matthew Leinen, 33, Ames, IA		59:12	2:05:13	2:09:05	10:04
1859	316	W35	Jenny Roe, 38*, Webster City, IA		1:00:18	2:05:13	2:10:44	10:05
1860	442	W30	Jaime Ackles, 33*, Mt Pleasant, IA		1:01:50	2:05:13	2:10:35	10:05
1861	317	W35	Heather Barth, 36*, Waukee, IA		1:02:56	2:05:14	2:12:13	10:05
1862	360	W25	Megan Jackson, 26*, Junction City, KS		1:01:21	2:05:14	2:09:35	10:05
1863	247	W20	Kyra Smith, 24*, Killduff, IA		1:01:30	2:05:14	2:14:25	10:05
1864	361	W25	Claire Bryan, 25*, Kearney, NE		1:00:56	2:05:15	2:10:13	10:05
1865	443	W30	Stephanie Mahaffey, 32*, Altoona, IA		1:00:17	2:05:16	2:12:28	10:05
1866	444	W30	Amanda Barsness, 34*, West Des Moines, IA		1:01:47	2:05:16	2:09:11	10:05
1867	362	W25	Jenny Cherry, 29*, Lagrange, GA		1:03:45	2:05:17	2:10:32	10:05
1868	363	W25	Jennifer Springer, 28*, Newton, IA		1:05:15	2:05:18	2:12:56	10:05
2458	223	M45	Keith Treu, 45, Grimes, IA		57:26	2:05:18	2:06:32	10:05
2459	224	M45	Tom Wieck, 45, Urbandale, IA		54:20	2:05:19	2:08:59	10:05
1869	318	W35	Tracy Beck, 35*, Des Moines, IA		1:01:56	2:05:19	2:07:46	10:05
1870	445	W30	Keely Baade, 30*, Johnston, IA		1:02:27	2:05:22	2:11:21	10:05
2460	167	M50	Gregory Dockum, 52, Urbandale, IA		1:00:33	2:05:22	2:07:38	10:05
2461	47	M60	Richard Newkirk, 63, Ankeny, IA		54:23	2:05:22	2:05:22	10:05
2462	482	M30	Kevin Peters, 31, Des Moines, IA		1:01:20	2:05:23	2:13:19	10:05
1871	117	W45	Tina Newbury, 49*, Jamaica, IA		1:02:04	2:05:23	2:12:31	10:05
1872	319	W35	Amber Baybayan, 36*, Ankeny, IA		1:03:51	2:05:24	2:06:50	10:05
2463	316	M40	Justin Green, 43, Des Moines, IA		1:00:18	2:05:24	2:10:10	10:05
2464	197	M20	Chad Harper, 23, Kansas City, MO		1:01:23	2:05:25	2:16:25	10:05
2465	168	M50	Douglas Wood, 52, Oelwein, IA		59:33	2:05:26	2:11:59	10:05
2466	169	M50	Greg Koppman, 54, Sioux Falls, SD		59:22	2:05:26	2:09:24	10:05
2467	198	M20	Jacob Wood, 23, Bloomington, IN		59:33	2:05:26	2:12:00	10:06
2468	170	M50	Joel Mangold, 50, Des Moines, IA		1:01:44	2:05:26	2:06:42	10:06
2469	387	M35	Dan Barth, 37, Waukee, IA		1:02:56	2:05:26	2:12:25	10:06
1873	364	W25	Mai Vue, 28*, West Des Moines, IA		1:03:52	2:05:26	2:12:39	10:06
2470	104	M55	Jim Horton, 58, Des Moines, IA		1:01:44	2:05:26	2:06:42	10:06
1874	214	W40	Teri Johnson, 41*, West Des Moines, IA		1:02:56	2:05:27	2:12:25	10:06
1875	320	W35	Jennifer Coe, 39*, Altoona, IA		1:03:07	2:05:27	2:10:58	10:06
2471	317	M40	Terry Merfeld, 41, Des Moines, IA		1:08:19	2:05:27	2:13:16	10:06
2472	225	M45	Kim Norby, 45, Le Mars, IA		1:00:04	2:05:28	2:07:52	10:06
1876	20	W55	Joyce Burch, 56*, Pella, IA		1:02:33	2:05:29	2:11:39	10:06
2473	171	M50	Marty Kalton, 54, Des Moines, IA		1:02:51	2:05:29	2:15:03	10:06
2474	388	M35	Jesse Jordan, 36, Waukee, IA		1:01:40	2:05:30	2:09:58	10:06

2475	483	M30	Scott Jordan, 32, Urbandale, IA	1:01:40	2:05:30	2:09:58	10:06
2476	318	M40	Scott McIlroy, 41, Des Moines, IA	1:00:37	2:05:33	2:10:30	10:06
1877	215	W40	Holly McIlroy, 41*, Des Moines, IA	1:00:38	2:05:33	2:10:30	10:06
1878	46	W17	Erin Herink, 18*, Clutier, IA	1:03:38	2:05:33	2:13:30	10:06
1879	216	W40	Robbi Knudsen, 41*, Omaha, NE	58:04	2:05:34	2:06:11	10:06
1880	446	W30	Anya Watson, 33*, Des Moines, IA	1:02:11	2:05:34	2:17:40	10:06
1881	118	W45	Gayles Busch, 48*, Mason City, IA	1:02:22	2:05:34	2:08:55	10:06
1882	321	W35	Kim Coen, 37*, Creston, IA	1:01:03	2:05:35	2:15:22	10:06
1883	248	W20	Julie Thomas, 24*, Cedar Falls, IA	1:00:13	2:05:35	2:10:27	10:06
1884	249	W20	Colleen Reagan, 24*, West Des Moines, IA	1:03:52	2:05:36	2:07:02	10:06
2477	411	M25	Gary Carter, 29, West Des Moines, IA	55:34	2:05:36	2:06:17	10:06
1885	217	W40	Kathy Schramm, 43*, Clive, IA	1:02:39	2:05:37	2:12:14	10:06
2478	226	M45	Stephen Osborn, 46, Johnston, IA	1:03:07	2:05:38	2:11:10	10:07
1886	447	W30	Danielle Bonzer, 31*, Cedar Falls, IA	1:00:07	2:05:39	2:10:36	10:07
1887	250	W20	Hilary Van Soelen, 22*, Sully, IA	1:02:13	2:05:39	2:12:43	10:07
2479	172	M50	Bill Courtney, 52, Des Moines, IA	1:00:03	2:05:39	2:10:31	10:07
2480	484	M30	Dennis Oliver, 31, Ankeny, IA	1:00:52	2:05:39	2:07:49	10:07
2481	227	M45	Gerard Amadeo, 46, Des Moines, IA	1:00:03	2:05:39	2:10:31	10:07
2482	319	M40	Paul Huston, 44, Ames, IA	58:02	2:05:40	2:08:18	10:07
2483	389	M35	Sreepada Nadiger, 36, West Des Moines, IA	1:00:17	2:05:40	2:10:03	10:07
1888	21	W55	Paula Dierenfeld, 57*, Johnston, IA	1:01:22	2:05:41	2:10:56	10:07
1889	218	W40	Christy Rietz, 40*, Huxley, IA	1:00:38	2:05:41	2:08:51	10:07
1890	47	W17	Lauren Ossian, 17*, Huxley, IA	1:00:38	2:05:42	2:08:51	10:07
2484	173	M50	Dan Staples, 51, Winterset,, Ia	1:02:05	2:05:42	2:18:05	10:07
1891	365	W25	Megan Rempe, 27*, Cedar Rapids, IA	57:43	2:05:42	2:09:41	10:07
1892	322	W35	Missy Coquyt, 39*, Huxley, IA	1:02:06	2:05:44	2:08:56	10:07
1893	48	W17	Brittany Plambeck, 18*, Red Oak, IA	1:03:35	2:05:44	2:12:49	10:07
2485	105	M55	George Howe, 55, Johnston, IA	59:14	2:05:45	2:08:53	10:07
1894	323	W35	Tiffany Kragnes, 39*, West Des Moines, IA	58:47	2:05:46	2:11:13	10:07
1895	219	W40	Michelle Scheid, 42*, Urbandale, IA	1:01:45	2:05:47	2:12:30	10:07
1896	448	W30	Abbey Pitzenberger, 31*, Rockwell, IA	1:01:17	2:05:47	2:10:10	10:07
1897	366	W25	Molly Gosselink, 29*, Des Moines, IA	1:02:12	2:05:48	2:12:51	10:07
1898	324	W35	Lauri Ericson, 35*, Des Moines, IA	1:01:17	2:05:49	2:08:32	10:07
2486	485	M30	Steven Russell, 34, Pleasant Hill, IA	1:00:14	2:05:49	2:17:33	10:07
1899	220	W40	Jackie Morse, 41*, Altoona, IA	1:01:06	2:05:49	2:12:57	10:07
2487	390	M35	David Wiggins, 36, Norwalk, IA	1:01:30	2:05:50	2:08:05	10:07
2488	174	M50	Mike Van Berkum, 50, Ankeny, IA	1:01:32	2:05:52	2:09:19	10:08
1900	367	W25	Elizabeth Torres, 28*, Clive, IA	1:03:27	2:05:52	2:09:48	10:08
1901	325	W35	Bree Holgers, 35*, Clive, IA	1:03:27	2:05:52	2:09:48	10:08
1902	119	W45	Wendy Highsmith, 49*, Ankeny, IA	1:00:05	2:05:53	2:07:37	10:08
1903	326	W35	Tami Klimpel, 38*, Rosemount, MN	57:48	2:05:53	2:10:51	10:08
2489	320	M40	Jon Hobbs, 43, Des Moines, IA	59:24	2:05:54	2:07:03	10:08
1904	327	W35	Mindy Dooley, 37*, Emmetsburg, IA	58:12	2:05:56	2:07:39	10:08
1905	49	W17	Kristin Wasson, 18*, Cedar Rapids, IA	1:01:30	2:05:56	2:06:45	10:08
1906	120	W45	Denna Mitchell, 47*, Greenfield, IA	1:03:19	2:05:57	2:10:22	10:08
1907	73	W50	Gwen Johnston, 50*, Greenfield, IA	1:03:20	2:05:57	2:10:22	10:08
2490	412	M25	Erich Ottervanger, 27, Des Moines, IA	1:03:13	2:05:57	2:12:58	10:08
2491	175	M50	Yogesh Shah, 53, Clive, IA	1:02:46	2:05:58	2:08:27	10:08
2492	228	M45	Jim Polen, 48, Irvine, CA	58:45	2:05:58	2:11:52	10:08
2493	486	M30	Phil Embree, 33, Anamosa, IA	1:03:11	2:06:00	2:13:40	10:08
1908	368	W25	Amber Jamison, 26*, Aurora, CO	1:01:02	2:06:01	2:14:02	10:08
1909	449	W30	Renaev Evans, 33*, Oxford, IA	1:01:02	2:06:02	2:10:38	10:08
2494	413	M25	Jeff Rudisill, 29, Des Moines, IA	59:17	2:06:02	2:11:09	10:08
1910	121	W45	So Yong Newman, 45*, Clive, IA	1:00:24	2:06:02	2:13:34	10:08
2495	487	M30	Robert Dacka, 30, Arlington Heights, IL	1:02:38	2:06:03	2:16:24	10:08
1911	251	W20	Allison Maze, 23*, Cedar Rapids, IA	1:00:26	2:06:03	2:12:24	10:09
1912	328	W35	Heather Spong, 35*, Pella, IA	1:02:11	2:06:04	2:11:39	10:09
1913	252	W20	Michelle Dettmer, 24*, Urbandale, IA	1:00:08	2:06:05	2:16:13	10:09
1914	369	W25	Molly Wright, 26*, Des Moines, IA	1:02:47	2:06:06	2:10:02	10:09
1915	450	W30	Megan Pospisil, 34*, Mount Vernon, IA	1:01:53	2:06:06	2:08:10	10:09
2496	488	M30	Ben Pospisil, 34, Mount Vernon, IA	1:01:53	2:06:06	2:08:11	10:09
1916	451	W30	Mandy Shepherd, 34*, Urbandale, IA	1:03:06	2:06:07	2:11:38	10:09
2497	321	M40	Bradley Marner, 41, Norwalk, IA	59:12	2:06:08	2:09:07	10:09
1917	221	W40	Heidi Palkovic, 41*, Ankeny, IA	59:07	2:06:09	2:10:18	10:09
1918	329	W35	Stephanie Linder, 39*, Nevada, IA	1:01:51	2:06:10	2:10:48	10:09

1919	330	W35	Karen Rodekamp, 35*, Ankeny, IA	1:02:46	2:06:10	2:10:48	10:09
2498	176	M50	Allen Gatlin, 50, Marietta, GA	1:00:35	2:06:11	2:13:33	10:09
1920	370	W25	Elizabeth Droste, 27*, Des Moines, IA	1:00:43	2:06:12	2:12:59	10:09
1921	122	W45	Angela Looney, 48*, Rowley, IA	1:00:45	2:06:13	2:15:52	10:09
1922	452	W30	Kim Petersen, 32*, Story City, IA	1:02:27	2:06:15	2:11:18	10:09
1923	222	W40	Diana Elliott, 44*, Story City, IA	1:02:27	2:06:15	2:11:19	10:09
1924	371	W25	Andrea Steinkamp, 29*, Norwalk, IA	59:21	2:06:15	2:16:51	10:10
1925	372	W25	Tabitha Tjaden, 28*, Pleasantville, IA	1:03:06	2:06:17	2:10:28	10:10
1926	373	W25	Jenny Shirbroun, 27*, Ames, IA	1:02:52	2:06:17	2:11:21	10:10
2499	177	M50	Bart Dobson, 53, Ames, IA	1:02:52	2:06:17	2:11:21	10:10
1927	22	W55	Michelle Witte, 58*, Lake View, IA	1:00:50	2:06:17	2:09:56	10:10
1928	331	W35	Jennifer Manternach, 37*, Nolensville, TN	1:01:21	2:06:18	2:10:28	10:10
1929	453	W30	Carrie Pederson, 34*, Sioux Falls, SD	1:02:52	2:06:18	2:10:18	10:10
2500	489	M30	Jake Newman, 31, Ankeny, IA	1:03:10	2:06:19	2:11:37	10:10
1930	223	W40	Kaylynn Christenson, 42*, Boone, IA	1:03:09	2:06:19	2:09:36	10:10
1931	454	W30	Bobbi Brunner, 33*, Shawnee, KS	1:02:46	2:06:19	2:11:19	10:10
1932	455	W30	Courtney Pedersen, 30*, Readlyn, IA	1:00:45	2:06:20	2:10:22	10:10
1933	456	W30	Anne Enderlin, 31*, Waukee, IA	1:02:47	2:06:20	2:11:19	10:10
1934	253	W20	Mara Zuckerman, 20*, West Des Moines, IA	59:40	2:06:20	2:17:33	10:10
1935	31	JrW	Katie Busch, 15*, Centerville, IA	1:01:51	2:06:20	2:08:45	10:10
1936	332	W35	Andrea Patterson, 35*, Clive, IA	1:00:41	2:06:20	2:10:11	10:10
1937	457	W30	Erin Koester, 30*, Cedar Rapids, IA	1:02:03	2:06:20	2:13:04	10:10
1938	32	JrW	Bailey Witt, 15*, Centerville, IA	1:01:50	2:06:20	2:08:45	10:10
1939	224	W40	Deb Ditolla, 44*, Urbandale, IA	1:04:11	2:06:21	2:12:17	10:10
1940	23	W55	Kim Abbey, 56*, Ames, IA	1:02:27	2:06:21	2:12:58	10:10
2501	490	M30	Michael Willenborg, 32, St. Louis, MO	1:00:17	2:06:22	2:10:37	10:10
2502	178	M50	David Caris, 52, Des Moines, IA	1:03:06	2:06:23	2:14:21	10:10
1941	333	W35	Karen Junko, 39*, Ankeny, IA	1:03:46	2:06:23	2:14:12	10:10
2503	322	M40	Trevor Schmidt, 44, Prairie City, IA	1:02:38	2:06:25	2:14:11	10:10
1942	33	JrW	Ashleigh Edwards, 16*, Johnston, IA	59:44	2:06:25	2:12:49	10:10
1943	225	W40	Keri Chumbley, 40*, Rosemount, MN	1:04:22	2:06:25	2:09:26	10:10
2504	414	M25	Kevin Quickstad, 25, Bettendorf, IA	1:02:50	2:06:25	2:12:40	10:10
2505	179	M50	Michael Miller, 51, Norwalk, IA	55:23	2:06:26	2:07:32	10:10
1944	226	W40	Jodi Van Bell, 40*, Clive, IA	1:01:35	2:06:27	2:13:18	10:10
1945	374	W25	Brooke Minnehan, 29*, Churdan, IA	1:00:07	2:06:29	2:14:02	10:11
2506	45	JrM	Noah Neyens, 14, Dubuque, IA	1:03:32	2:06:30	2:17:31	10:11
1946	74	W50	Mary Sue Crabtree, 52*, Des Moines, IA	57:00	2:06:30	2:09:04	10:11
1947	227	W40	Amy Burk, 40*, Indianola, IA	59:58	2:06:30	2:11:03	10:11
1948	228	W40	Naomi Weidman, 40*, Dubuque, IA	1:03:31	2:06:30	2:17:31	10:11
1949	254	W20	Katherine Langenfeld, 24*, Saint Paul, MN	1:02:33	2:06:31	2:12:02	10:11
1950	334	W35	Kristi Hyink-Huttemier, 39*, Waseca, MN	1:00:47	2:06:31	2:15:57	10:11
2507	415	M25	Wade Johnson, 26, Ankeny, IA	59:18	2:06:32	2:13:52	10:11
1951	255	W20	Chelsy Manny, 23*, West Des Moines, IA	1:03:14	2:06:32	2:12:04	10:11
1952	256	W20	Courtney Manny, 24*, Peru, IA	1:03:14	2:06:32	2:12:04	10:11
1953	375	W25	Tara Klocke, 27*, Dedham, IA	1:00:49	2:06:32	2:10:43	10:11
1954	50	W17	Kathy Kuennen, 19*, Fort Atkinson, IA	1:02:45	2:06:34	2:14:04	10:11
1955	458	W30	Carol Gaul, 33*, Urbandale, IA	1:02:44	2:06:34	2:14:04	10:11
2508	491	M30	Michael Gaul, 33, Urbandale, IA	1:02:45	2:06:35	2:14:05	10:11
1956	376	W25	Cassie Hudson, 26*, Mount Ayr, IA	1:00:55	2:06:35	2:08:52	10:11
2509	416	M25	Joe Hugen, 28, West Des Moines, IA	1:02:29	2:06:35	2:09:40	10:11
2510	68	M17	Scott Oman, 19, West Des Moines, IA	56:08	2:06:36	2:09:07	10:11
1957	51	W17	Allissa Fisher, 19*, Clive, Ia, Ia	56:08	2:06:37	2:09:08	10:11
2511	106	M55	Chris Mitchell, 57, Clear Lake, IA	1:00:58	2:06:37	2:07:36	10:11
1958	257	W20	Frances Xin, 22*, Ames, IA	58:11	2:06:37	2:07:37	10:11
2512	229	M45	William Safris, 46, Johnston, IA	1:03:38	2:06:38	2:11:51	10:11
1959	123	W45	Annie Creighton, 45*, Johnston, IA	1:03:38	2:06:38	2:11:51	10:11
1960	459	W30	Tracy True, 30*, West Des Moines, IA	1:01:37	2:06:38	2:11:39	10:11
1961	460	W30	Kathlene DeFoe, 32*, Des Moines, IA	1:02:02	2:06:39	2:13:43	10:11
2513	323	M40	Joe Heimer, 41, Ankeny, IA	1:01:44	2:06:39	2:06:52	10:11
2514	180	M50	Dennis McNerny, 54, Pleasantville, IA	59:16	2:06:40	2:09:59	10:12
1962	377	W25	Melissa Mauch, 26*, Ames, IA	1:02:11	2:06:41	2:12:08	10:12
1963	258	W20	Brooke Jackson, 22*, Urbandale, IA	1:03:07	2:06:42	2:12:13	10:12
1964	229	W40	Tracy Kennedy, 40*, Des Moines, IA	1:03:10	2:06:42	2:17:05	10:12
1965	378	W25	Emily Lanphier, 25*, West Des Moines, IA	1:03:10	2:06:43	2:17:05	10:12
1966	230	W40	InSun Colerick, 40*, Boone, IA	1:03:34	2:06:43	2:12:05	10:12

2515	324	M40	William Bormann, 42, Urbandale, IA	1:00:37	2:06:43	2:10:23	10:12
2516	417	M25	Daniel Murphy, 25, Des Moines, IA	1:02:06	2:06:43	2:15:53	10:12
1967	75	W50	Natalie Welter, 54*, Story City, IA	1:02:27	2:06:45	2:13:23	10:12
1968	461	W30	Krissy Young, 33*, West Des Moines, IA	58:22	2:06:49	2:09:20	10:12
2517	492	M30	Mono Harris, 34, Des Moines, IA	1:02:58	2:06:50	2:13:00	10:12
1969	462	W30	Brenna Finnerty, 30*, Waukee, IA	1:02:29	2:06:51	2:12:49	10:12
2518	391	M35	Timothy Young, 37, Des Moines, IA	1:02:42	2:06:51	2:11:30	10:12
2519	493	M30	Marek Sobieszkoda, 31, Des Moines, IA	1:02:42	2:06:51	2:11:30	10:12
1970	379	W25	Tonya Nosbisch, 25*, Floyd, IA	1:00:10	2:06:51	2:10:22	10:12
2520	418	M25	Matt Richman, 27, Urbandale, IA	59:51	2:06:52	2:10:39	10:12
1971	463	W30	Angie Elbert, 31*, Waukee, IA	1:02:01	2:06:53	2:14:08	10:12
1972	464	W30	Michelle Juon, 31*, Council Bluffs, IA	57:46	2:06:55	2:07:53	10:13
1973	259	W20	Elisabeth Letsche, 21*, Iowa City, IA	1:00:59	2:06:55	2:08:52	10:13
1974	124	W45	Mary Letsche, 46*, Cherokee, IA	1:00:59	2:06:55	2:08:52	10:13
1975	380	W25	Dawn Juon, 26*, Kansas City, MO	57:46	2:06:55	2:07:53	10:13
1976	52	W17	Emily Bogart, 19*, Des Moines, IA	1:03:07	2:06:55	2:11:50	10:13
1977	381	W25	Brianna Salwey, 25*, West Des Moines, IA	1:04:46	2:06:56	2:10:48	10:13
1978	24	W55	Rita Hoffman, 56*, Spencer, IA	1:02:42	2:06:56	2:13:19	10:13
1979	231	W40	Julie Holt, 44*, Clive, IA	1:02:09	2:06:57	2:16:40	10:13
1980	465	W30	Ambika Adhikari, 32*, West Des Moines, IA	1:00:21	2:06:58	2:08:22	10:13
1981	76	W50	Mary Emge, 53*, Grinnell, IA	59:47	2:06:59	2:15:00	10:13
1982	335	W35	Lindsay Simmons, 35*, West Des Moines, IA	1:01:19	2:07:00	2:10:22	10:13
2521	419	M25	Tony Cupp, 29, Clive, IA	59:41	2:07:01	2:17:51	10:13
1983	382	W25	Maggie Lichtenberg, 27*, Des Moines, IA	1:02:24	2:07:03	2:12:08	10:13
2522	199	M20	Justin Evans, 24, Waterloo, IA	1:02:24	2:07:03	2:12:08	10:13
1984	336	W35	Shawn Blaesing-Thompson, 38*, Ames, IA	1:00:12	2:07:03	2:14:19	10:13
1985	260	W20	Liza Lichtenberg, 24*, Cedar Falls, IA	1:02:24	2:07:03	2:12:08	10:13
1986	466	W30	Alexis Angier, 32*, Ankeny, IA	1:01:30	2:07:04	2:13:21	10:13
1987	337	W35	Dania Nolan, 39*, Johnston, IA	1:00:19	2:07:05	2:08:03	10:13
1988	261	W20	Whitney Wederquist, 23*, West Des Moines, IA	1:02:36	2:07:06	2:14:09	10:14
1989	383	W25	Erin Daley, 28*, Cresco, IA	1:01:05	2:07:07	2:10:14	10:14
1990	34	JrW	Amelia Leshar, 12*, Cambridge, IA	1:02:58	2:07:07	2:12:57	10:14
1991	384	W25	Holly Manske, 29*, Cresco, IA	1:01:05	2:07:07	2:10:14	10:14
1992	232	W40	Tracy Leshar, 40*, Cambridge, IA	1:02:58	2:07:07	2:12:57	10:14
2523	181	M50	Robert Hansell, 53, Ankeny, IA	1:01:59	2:07:08	2:12:46	10:14
1993	385	W25	Kalliope McAllister, 25*, Independence, IA	1:03:32	2:07:08	2:15:02	10:14
2524	230	M45	Craig Jones, 48, West Des Moines, IA	1:00:16	2:07:09	2:09:09	10:14
1994	125	W45	Shannon Jungman, 48*, Johnston, IA	1:01:14	2:07:09	2:10:28	10:14
1995	338	W35	Jenene Friedrichs, 35*, Fort Dodge, IA	59:57	2:07:10	2:11:40	10:14
1996	339	W35	Mary Kay Daniel, 36*, Fort Dodge, IA	59:57	2:07:10	2:11:40	10:14
2525	325	M40	David Postell, 44, Monticello, IA	1:03:19	2:07:10	2:13:49	10:14
1997	233	W40	Billi Gordy, 40*, Bloomfield, IA	1:02:55	2:07:10	2:14:41	10:14
2526	494	M30	David Anderson, 32, Iowa City, IA	1:01:49	2:07:11	2:14:54	10:14
1998	340	W35	Meg Kayko, 35*, Des Moines, IA	1:01:02	2:07:11	2:12:03	10:14
1999	386	W25	Jade Clark, 27*, Des Moines, IA	59:41	2:07:12	2:08:30	10:14
2000	341	W35	Sheila Rosengarten, 38*, Readlyn, IA	1:00:33	2:07:12	2:14:53	10:14
2001	467	W30	Niki DePhillips, 33*, Clive, IA	1:02:09	2:07:12	2:14:12	10:14
2527	182	M50	Michael Harper, 51, West Des Moines, IA	57:42	2:07:12	2:08:56	10:14
2002	234	W40	Jennifer Robins, 41*, Olathe, KS	1:01:37	2:07:14	2:13:04	10:14
2003	235	W40	Shay Grebin, 40*, Stanton, IA	1:02:10	2:07:15	2:12:21	10:14
2004	387	W25	Courtney Hegouet, 29*, Coralville, IA	1:01:44	2:07:15	2:12:42	10:14
2005	388	W25	Hillary Farmer, 29*, North Liberty, IA	1:01:44	2:07:16	2:12:42	10:14
2006	468	W30	Crystal Betts, 32*, Waverly, IA	1:01:32	2:07:17	2:17:05	10:14
2007	469	W30	Jamey Smith, 33*, Donnellson, IA	1:03:09	2:07:17	2:14:12	10:14
2528	392	M35	Jason Schaben, 36, Ames, IA	1:00:31	2:07:18	2:13:40	10:15
2529	393	M35	Chris Adams, 37, Eagle Grove, IA	1:04:58	2:07:19	2:15:19	10:15
2008	470	W30	Amy Foster, 30*, Overland Park, KS	1:13:20	2:07:19	2:15:15	10:15
2530	231	M45	Erik Luthens, 47, Urbandale, IA	1:00:59	2:07:21	2:13:26	10:15
2009	471	W30	Darcy Ries, 34*, Ryan, IA	1:03:19	2:07:22	2:12:58	10:15
2531	48	M60	Mark Schill, 61, Waukee, IA	59:30	2:07:23	2:11:38	10:15
2532	394	M35	Darren Reid, 37, West Des Moines, IA	56:21	2:07:23	2:08:45	10:15
2533	395	M35	Ahren Wonderlich, 36, La Vista, NE	1:01:09	2:07:23	2:13:17	10:15
2010	342	W35	Heather Curtis, 38*, Des Moines, IA	1:03:09	2:07:24	2:13:25	10:15
2011	472	W30	Katie Katzer, 30*, Urbandale, IA	1:00:27	2:07:25	2:15:27	10:15

2012	236	W40	Monica St. Angelo, 42*, Grinnell, IA	1:06:28	2:07:26	2:13:42	10:15
2534	232	M45	Sammy Watson, 45, Des Moines, IA	1:04:54	2:07:26	2:19:34	10:15
2535	326	M40	Patrick Rogers, 43, West Des Moines, IA	1:00:48	2:07:28	2:12:19	10:15
2536	396	M35	Jim Steinberg, 35, Adel, IA	58:20	2:07:28	2:11:10	10:15
2013	473	W30	Rachel Hoffman, 32*, Ankeny, IA	1:03:27	2:07:28	2:13:51	10:15
2014	389	W25	April Woosley, 25*, West Des Moines, IA	58:47	2:07:30	2:09:21	10:15
2015	390	W25	Jennifer Horner, 28*, Bussey, IA	1:03:26	2:07:30	2:12:27	10:15
2016	474	W30	Dawn Gries, 31*, Des Moines, IA	1:03:26	2:07:30	2:12:28	10:16
2017	391	W25	Angela Schroeder, 29*, Clive, IA	1:02:36	2:07:31	2:13:28	10:16
2018	343	W35	Brenda Barker, 37*, Ames, IA	1:01:55	2:07:31	2:17:26	10:16
2019	392	W25	Justine Newhouse, 26*, Madison, WI	1:03:41	2:07:32	2:16:35	10:16
2020	53	W17	Dana Gordon, 19*, Creston, IA	1:03:26	2:07:32	2:13:31	10:16
2021	237	W40	Bridget Evans, 42*, Altoona, IA	1:03:50	2:07:32	2:14:35	10:16
2022	126	W45	Joan Gordon, 49*, Creston, IA	1:03:26	2:07:33	2:13:31	10:16
2537	107	M55	Josh Engman, 56, Clive, IA	59:13	2:07:33	2:08:02	10:16
2023	393	W25	Hilary Cuthbertson, 27*, Clive, IA	1:01:17	2:07:33	2:12:59	10:16
2024	238	W40	Kerry Schafer, 43*, Emerson, IA	1:02:11	2:07:34	2:12:40	10:16
2025	239	W40	Christina Anderson, 40*, Pleasant Hill, IA	1:03:49	2:07:36	2:14:38	10:16
2538	420	M25	Catlin Curry, 27, West Des Moines, IA	1:01:00	2:07:36	2:16:50	10:16
2026	240	W40	Danene Suttten, 41*, Altoona, IA	1:03:49	2:07:36	2:14:39	10:16
2027	394	W25	Britni Munch, 26*, Audubon, IA	1:00:43	2:07:37	2:12:24	10:16
2028	127	W45	Lori Bosley, 49*, Slater, IA	1:00:53	2:07:37	2:11:21	10:16
2029	395	W25	Chelsea McCarty, 29*, West Des Moines, IA	59:02	2:07:37	2:07:54	10:16
2030	262	W20	Kara Leabhart, 24*, Des Moines, IA	1:06:36	2:07:37	2:15:05	10:16
2031	475	W30	Kate Procyk, 30*, Grimes, IA	59:02	2:07:38	2:07:54	10:16
2032	241	W40	Calleen Katzer, 44*, Ankeny, IA	1:01:58	2:07:38	2:09:02	10:16
2033	242	W40	Ann Wilde, 43*, Eagle Grove, IA	1:03:55	2:07:38	2:10:58	10:16
2539	397	M35	Alan Rahe, 36, Des Moines, IA	59:58	2:07:38	2:11:32	10:16
2034	128	W45	Jeannie Harlan, 47*, Woodland Park, CO	1:02:39	2:07:38	2:17:52	10:16
2035	396	W25	Jessica Jansen, 25*, Des Moines, IA	1:04:27	2:07:41	2:12:14	10:16
2540	233	M45	Chuck Weno, 48, Iowa City, IA	57:53	2:07:41	2:10:47	10:16
2036	476	W30	Brandee Ferriss, 32*, Brooklyn, IA	57:53	2:07:42	2:10:52	10:16
2037	54	W17	Alex Gettys, 18*, Harlan, IA	1:04:35	2:07:42	2:18:33	10:16
2038	397	W25	April Barnhill, 29*, Des Moines, IA	1:00:10	2:07:42	2:13:56	10:16
2039	344	W35	Daphne Roberts, 37*, Dodge Center, MN	1:03:27	2:07:43	2:12:40	10:17
2040	477	W30	Jodi Hagarty, 30*, Ankeny, IA	1:01:58	2:07:44	2:11:43	10:17
2041	345	W35	Melissa Nesbit, 35*, Ankeny, IA	1:01:58	2:07:44	2:11:43	10:17
2042	346	W35	Dawn Smith, 37*, Ankeny, IA	1:01:58	2:07:44	2:11:43	10:17
2043	347	W35	Susan Ham, 37*, Reasnor, IA	1:04:26	2:07:45	2:16:18	10:17
2541	200	M20	Nick VanMeter, 24, Clive, IA	1:03:22	2:07:45	2:13:35	10:17
2044	263	W20	Katharine Messerli, 24*, West Des Moines, IA	1:03:22	2:07:45	2:13:35	10:17
2045	398	W25	Holly Morgan, 26*, Urbandale, IA	59:34	2:07:45	2:10:15	10:17
2046	399	W25	Ellen Thompson, 27*, West Des Moines, IA	1:02:36	2:07:46	2:14:49	10:17
2542	327	M40	Chris Furne, 41, Clive, IA	1:02:40	2:07:46	2:12:25	10:17
2047	478	W30	Stacey Krings, 33*, Polk City, IA	1:05:19	2:07:46	2:13:50	10:17
2048	77	W50	Linda McGerr, 51*, Victoria, MN	1:01:39	2:07:48	2:11:03	10:17
2049	348	W35	Maria Loder, 39*, Des Moines, IA	1:08:20	2:07:49	2:13:59	10:17
2050	479	W30	Amanda Carter, 31*, Des Moines, IA	1:04:08	2:07:49	2:09:53	10:17
2051	3	W60	Caryn Westman, 60*, Russell, IA	1:01:34	2:07:51	2:10:55	10:17
2543	108	M55	Guy Wernet, 56, Frankfort, IL	59:54	2:07:51	2:11:41	10:17
2544	183	M50	Randy Westman, 52, Russell, IA	1:01:34	2:07:51	2:10:56	10:17
2545	234	M45	Keith Light, 48, Perry, IA	1:00:12	2:07:53	2:19:44	10:17
2546	495	M30	Michael Naig, 34, Urbandale, IA	1:03:54	2:07:53	2:15:10	10:17
2052	264	W20	Allison Metzger, 24*, Ames, IA	1:08:18	2:07:54	2:14:14	10:17
2053	265	W20	Andrea Metzger, 20*, Ames, IA	1:08:18	2:07:54	2:14:14	10:17
2054	349	W35	Rachel Andrews, 36*, West Des Moines, IA	1:03:41	2:07:54	2:12:29	10:17
2055	350	W35	Amy Acheson, 36*, Waukee, IA	1:03:41	2:07:54	2:12:29	10:17
2056	243	W40	Julie Price, 40*, Forest City, IA	1:03:52	2:07:55	2:14:42	10:18
2057	400	W25	Julie Lint, 29*, Newton, IA	1:01:28	2:07:55	2:18:49	10:18
2058	129	W45	Mary Hanna, 49*, Forest City, IA	1:03:53	2:07:56	2:14:43	10:18
2547	184	M50	Curt Gause, 53, Pleasant Hill, IA	1:02:45	2:07:56	2:15:24	10:18
2059	78	W50	Kathleen Boettcher, 50*, Waukee, IA	1:00:58	2:07:56	2:13:16	10:18
2060	351	W35	Shana Karle, 36*, Mahtomedi, MN	1:00:14	2:07:56	2:12:12	10:18
2061	352	W35	Kirsten Jasper, 36*, Pierre, SD	1:00:14	2:07:57	2:12:13	10:18



2062	266	W20	Laura Hanrahan, 24*, Rochester, MN	1:02:14	2:07:57	2:09:35	10:18
2063	480	W30	Michelle Flatt, 32*, West Des Moines, IA	1:01:00	2:07:58	2:19:12	10:18
2548	235	M45	Daniel Roth, 47, Yutan, NE	1:01:52	2:07:59	2:11:22	10:18
2549	328	M40	James Conner, 42, Des Moines, IA	1:03:28	2:07:59	2:12:20	10:18
2064	401	W25	Guanjing Hu, 28*, Ames, IA	1:03:29	2:07:59	2:12:20	10:18
2550	398	M35	Dennis Lyman, 37, Bondurant, IA	56:41	2:07:59	2:14:01	10:18
2551	496	M30	Jason Dammen, 33, Glenwood, IA	1:02:16	2:08:00	2:12:27	10:18
2065	481	W30	Brooke Maine, 30*, Urbandale, IA	1:03:25	2:08:00	2:15:43	10:18
2552	399	M35	Shane Vineyard, 35, Waterloo, IA	1:00:41	2:08:01	2:17:12	10:18
2066	402	W25	Laura Miller, 29*, Des Moines, IA	59:21	2:08:02	2:18:37	10:18
2553	185	M50	Robert Morgan, 52, Lincoln, NE	1:02:37	2:08:02	2:15:39	10:18
2067	244	W40	Wendy Bryant, 42*, Clive, IA	1:02:12	2:08:03	2:14:03	10:18
2554	421	M25	Blake Bach, 25, Granger, IA	1:02:23	2:08:05	2:14:05	10:18
2068	55	W17	Elizabeth Kaloupek, 18*, Ames, IA	1:04:04	2:08:05	2:14:46	10:18
2555	400	M35	Brian Beers, 35, Des Moines, IA	58:15	2:08:05	2:20:19	10:18
2069	56	W17	Madison Prueger, 19*, Ames, IA	1:04:04	2:08:05	2:14:46	10:18
2556	109	M55	Curtis Cokeley, 59, Des Moines, IA	59:25	2:08:05	2:11:28	10:18
2557	401	M35	Jeremy Breese, 36, Des Moines, IA	1:02:23	2:08:05	2:14:05	10:18
2558	402	M35	Jason Pulliam, 35, Des Moines, IA	1:02:32	2:08:06	2:19:38	10:18
2559	403	M35	Sonny Hutton, 38, Des Moines, IA	1:02:57	2:08:07	2:14:09	10:18
2560	201	M20	Colin Hurd, 22, Ames, IA	1:03:30	2:08:07	2:12:15	10:19
2070	267	W20	Emily Olson, 20*, Vinton, IA	1:03:31	2:08:08	2:12:14	10:19
2071	268	W20	Kimberly Becker, 20*, Waukee, IA	1:03:31	2:08:08	2:12:15	10:19
2072	57	W17	Kylie Bradley, 17*, Urbandale, IA	1:05:54	2:08:09	2:13:54	10:19
2073	482	W30	Megan Stevens, 33*, Ankeny, IA	1:05:58	2:08:11	2:17:45	10:19
2561	329	M40	Anthony Cianciaruso, 44, Des Moines, IA	59:23	2:08:11	2:15:50	10:19
2562	422	M25	John Riemenschneider, 28, Des Moines, IA	1:00:39	2:08:11	2:13:38	10:19
2074	483	W30	Jessica Chesley, 32*, Des Moines, IA	59:23	2:08:11	2:15:50	10:19
2563	236	M45	Scott Nielsen, 49, Hiawatha, IA	1:01:08	2:08:12	2:13:53	10:19
2075	403	W25	Elizabeth Raygor, 28*, Fort Dodge, IA	1:05:20	2:08:12	2:19:21	10:19
2564	497	M30	Jonathan True, 31, West Des Moines, IA	1:01:38	2:08:12	2:13:13	10:19
2076	353	W35	Lindsey Baracz, 35*, Cedar Falls, IA	59:41	2:08:13	2:17:24	10:19
2077	354	W35	Carol Kelderman, 38*, Oskaloosa, IA	1:03:28	2:08:15	2:16:19	10:19
2078	269	W20	Megan Munson, 23*, Des Moines, IA	1:02:55	2:08:16	2:14:07	10:19
2565	110	M55	Owen Shunkwiler, 56, Urbandale, IA	59:47	2:08:16	2:14:03	10:19
2079	4	W60	Connie Robinson, 61*, Bndurant, IA	59:53	2:08:17	2:11:55	10:19
2080	404	W25	Ashley Katch, 26*, Urbandale, IA	1:00:04	2:08:17	2:11:25	10:19
2081	355	W35	Amy Short, 36*, Grimes, IA	1:04:26	2:08:17	2:16:50	10:19
2082	356	W35	Nicole Bunnell, 37*, Oskaloosa, IA	1:03:28	2:08:18	2:16:23	10:19
2566	330	M40	John Bush, 43, Des Moines, IA	1:02:32	2:08:18	2:14:21	10:19
2083	405	W25	Beth Meyering, 25*, Clear Lake, IA	1:03:46	2:08:19	2:13:33	10:19
2084	484	W30	Kendra Limback, 34*, West Des Moines, IA	59:20	2:08:19	2:15:47	10:19
2567	237	M45	Dan Schmitz, 49, Des Moines, IA	1:02:15	2:08:19	2:12:47	10:19
2568	49	M60	Lowell Bauer, 64, Mitchellville, IA	1:00:35	2:08:20	2:12:02	10:20
2569	423	M25	John Lande, 26, Urbandale, IA	1:05:28	2:08:20	2:14:57	10:20
2085	406	W25	Cynthia Boyle, 26*, Urbandale, IA	1:05:29	2:08:21	2:14:57	10:20
2570	186	M50	Douglas Righi, 51, West Des Moines, IA	1:04:00	2:08:21	2:20:18	10:20
2571	404	M35	Brian Blomquist, 35, Ankeny, IA	1:00:52	2:08:22	2:15:08	10:20
2572	238	M45	Joe Akers, 47, Grimes, IA	59:25	2:08:23	2:11:42	10:20
2086	357	W35	Erin Van Dorin, 36*, Des Moines, IA	1:02:44	2:08:23	2:16:03	10:20
2573	187	M50	Kevin Morris, 54, Clive, IA	1:03:17	2:08:25	2:13:06	10:20
2087	79	W50	Laurie Anderson, 51*, Nevada, IA	1:03:51	2:08:25	2:13:41	10:20
2088	407	W25	Emily Buckles, 28*, West Des Moines, IA	1:03:00	2:08:26	2:12:49	10:20
2089	270	W20	Jennifer Bach, 22*, Ankeny, IA	1:02:47	2:08:26	2:12:22	10:20
2574	239	M45	Steve Van Weelden, 46, Pella, IA	1:02:09	2:08:26	2:13:48	10:20
2090	130	W45	Anne Gaskill, 47*, Edina, MN	1:03:05	2:08:27	2:09:25	10:20
2091	131	W45	Laurie Gustafson, 47*, Cedar Rapids, IA	1:03:02	2:08:27	2:13:23	10:20
2575	424	M25	Kyle Denny, 29, Westminster, CO	1:03:36	2:08:28	2:15:13	10:20
2092	408	W25	Melissa Denny, 29*, Westminster, CO	1:03:36	2:08:28	2:15:13	10:20
2093	358	W35	Tiffany Scovel, 37*, Indianola, IA	1:00:29	2:08:29	2:15:54	10:20
2576	111	M55	Phil Johnson, 56, Belmont, IA	1:00:36	2:08:29	2:13:05	10:20
2094	80	W50	Catherine Michl, 50*, Urbandale, IA	1:03:22	2:08:30	2:17:39	10:20
2577	50	M60	Stephen Meade, 61, Council Bluffs, IA	1:02:45	2:08:31	2:18:28	10:20
2578	202	M20	Chris Walker, 22, Des Moines, IA	1:10:08	2:08:31	2:16:06	10:20
2095	25	W55	Charlotte Meade, 59*, Council Bluffs, IA	1:02:45	2:08:31	2:18:29	10:20

2096	359	W35	Nichole Waltz, 37*, Park Ridge, IL	1:04:59	2:08:32	2:18:48	10:20
2097	409	W25	Brittany Maxwell, 25*, Maxwell, IA	1:03:52	2:08:32	2:13:48	10:20
2098	81	W50	Lori McKim, 50*, Boone, IA	1:00:19	2:08:32	2:11:09	10:20
2579	69	M17	Jan Uruba, 17, Yutan, NE	57:17	2:08:32	2:11:34	10:21
2580	425	M25	Brad Delaney, 25, Ankeny, IA	59:32	2:08:33	2:12:28	10:21
2581	498	M30	Brennan Dolan, 32, West Des Moines, IA	58:56	2:08:36	2:11:30	10:21
2099	360	W35	Amy Clemen, 39*, Harrisburg, SD	1:02:52	2:08:36	2:12:35	10:21
2582	499	M30	Ryan Wahl, 30, Urbandale, IA	1:00:18	2:08:36	2:13:34	10:21
2583	426	M25	Ryan McDonald, 28, Des Moines, IA	1:05:46	2:08:37	2:20:48	10:21
2100	271	W20	Krista Morris, 24*, Lindstrom, MN	1:02:33	2:08:37	2:14:08	10:21
2584	331	M40	Dale Oldenkamp, 44, Slater, IA	1:00:46	2:08:37	2:14:18	10:21
2101	132	W45	Tammy Herink, 48*, Clutier, IA	1:03:38	2:08:38	2:16:34	10:21
2102	272	W20	Madison Thompson, 20*, Johnston, IA	58:57	2:08:38	2:12:15	10:21
2585	112	M55	Bill Woodyard, 55, Urbandale, IA	59:11	2:08:39	2:12:19	10:21
2103	410	W25	Veronica Hindt, 26*, West Des Moines, IA	1:02:15	2:08:40	2:11:22	10:21
2104	273	W20	Erica Johnston, 21*, Hedrick, IA	1:00:40	2:08:41	2:12:21	10:21
2105	5	W60	Ann Greubel, 61*, Indianola, IA	1:02:20	2:08:42	2:09:31	10:21
2586	405	M35	Cory Nydene, 37, Urbandale, IA	59:31	2:08:43	2:12:58	10:21
2587	188	M50	Jeff Hoskinson, 50, Anamosa, IA	1:03:58	2:08:43	2:14:02	10:21
2588	189	M50	Will Hildreth, 51, Desmoines, IA	57:37	2:08:44	2:11:48	10:21
2589	70	M17	Thomas Kesten, 19, Fort Dodge, IA	1:10:14	2:08:47	2:08:47	10:22
2590	500	M30	Scott Rinderknecht, 32, West Des Moines, IA	1:07:14	2:08:47	2:16:44	10:22
2106	485	W30	Amy Frey, 33*, Carlisle, IA	1:00:58	2:08:47	2:12:46	10:22
2591	501	M30	Harsha Phukan, 33, Des Moines, IA	1:05:17	2:08:47	2:12:54	10:22
2592	427	M25	Jacob Cochenour, 28, Dubuque, IA	1:09:10	2:08:48	2:19:14	10:22
2107	274	W20	Lindsay Amstutz, 23*, Clear Lake, IA	1:06:38	2:08:48	2:18:54	10:22
2108	361	W35	Kendra Rockhold, 39*, Allerton, IA	1:02:58	2:08:49	2:17:26	10:22
2109	411	W25	Britni Borland, 28*, Stanton, IA	1:03:03	2:08:49	2:18:10	10:22
2593	406	M35	Phonethip Synarong, 35, Sun Prairie, WI	1:00:52	2:08:49	2:14:39	10:22
2110	486	W30	Shanda Carreon, 33*, Ankeny, IA	1:02:49	2:08:50	2:16:47	10:22
2594	407	M35	Chris Ulrich, 38, Ankeny, IA	59:34	2:08:51	2:11:49	10:22
2111	245	W40	Shelly Piner, 41*, Altoona, IA	1:00:10	2:08:51	2:12:19	10:22
2595	332	M40	Greg Gehrke, 40, Altoona, IA	1:00:09	2:08:52	2:12:19	10:22
2112	275	W20	Kelli Steinlage, 22*, Charles City, IA	59:17	2:08:53	2:12:36	10:22
2113	26	W55	Jeanice Lester, 57*, Red Oak, IA	1:04:43	2:08:53	2:12:16	10:22
2114	82	W50	Tracy Sandbothe, 53*, Des Moines, IA	1:05:03	2:08:53	2:14:04	10:22
2115	412	W25	Melinda Gibson, 27*, Des Moines, IA	1:02:31	2:08:53	2:14:56	10:22
2596	240	M45	Scott Day, 49, St. Charles, IA	1:03:37	2:08:53	2:13:20	10:22
2116	246	W40	Anne Johnson, 42*, Coralville, IA	1:00:58	2:08:56	2:12:55	10:22
2117	247	W40	Shellie Mackel, 42*, Des Moines, IA	1:02:48	2:08:56	2:13:15	10:22
2118	487	W30	Heidi Miller, 31*, Indianola, IA	1:06:40	2:08:57	2:15:58	10:23
2119	488	W30	Jill Spence, 30*, Waterloo, IA	1:02:14	2:08:58	2:20:16	10:23
2120	489	W30	Melissa Boyd, 32*, Indianola, IA	1:06:40	2:08:58	2:15:59	10:23
2597	190	M50	Ken Locasha, 54, West Des Moines, IA	1:04:51	2:08:59	2:16:44	10:23
2598	51	M60	Larry Robinson, 63, Ankeny, IA	1:01:13	2:08:59	2:13:34	10:23
2121	362	W35	Heather Pack, 38*, Urbandale, IA	1:02:15	2:08:59	2:20:47	10:23
2122	413	W25	Meredith Buseman, 26*, Johnston, IA	1:03:24	2:08:59	2:14:31	10:23
2123	248	W40	Kathleen Osborn, 43*, Johnston, IA	1:03:24	2:08:59	2:14:31	10:23
2599	428	M25	David Allen, 26, Altoona, IA	59:19	2:09:00	2:16:20	10:23
2124	276	W20	Jenny Sorenson, 21*, Indianola, IA	1:00:15	2:09:02	2:13:33	10:23
2125	363	W35	Gentry Smith, 35*, Des Moines, IA	1:06:27	2:09:02	2:17:59	10:23
2600	429	M25	Justin Schaben, 29, Omaha, NE	1:01:18	2:09:02	2:15:25	10:23
2126	490	W30	Kristy Conrad, 34*, Urbandale, IA	1:02:23	2:09:04	2:15:37	10:23
2127	491	W30	Rachel Schantz, 33*, West Des Moines, IA	1:03:15	2:09:06	2:15:21	10:23
2128	364	W35	Jennifer Frakes, 38*, Creston, IA	1:03:56	2:09:06	2:19:58	10:23
2129	365	W35	Alissa Sheldon, 38*, Waukee, IA	1:00:20	2:09:06	2:14:11	10:23
2130	492	W30	Allisha Moss, 31*, West Des Moines, IA	1:00:59	2:09:08	2:18:31	10:23
2601	408	M35	Jason Kent, 37, Urbandale, IA	1:00:59	2:09:08	2:18:31	10:23
2602	502	M30	Kyle Karsjen, 30, Urbandale, IA	1:01:08	2:09:08	2:15:09	10:23
2131	414	W25	Jill Heddinger, 28*, West Des Moines, IA	1:03:54	2:09:08	2:16:08	10:23
2132	277	W20	Stephanie Goos, 23*, West Des Moines, IA	1:02:00	2:09:09	2:15:59	10:23
2133	415	W25	Nancy Keller, 29*, Grundy Center, IA	1:04:31	2:09:11	2:14:29	10:24
2134	416	W25	Jessica Klinker, 25*, West Des Moines, IA	1:02:14	2:09:11	2:17:22	10:24
2135	417	W25	Olivia Croskey, 26*, Iowa City, IA	1:07:10	2:09:14	2:18:09	10:24

2136	418	W25	Alyssa Heilman, 29*, West Des Moines, IA	1:03:14	2:09:15	2:15:31	10:24
2603	503	M30	Randy Arnold, 33, Ankeny, IA	1:03:25	2:09:16	2:17:15	10:24
2137	366	W35	Renee Cramer, 39*, Des Moines, IA	1:02:04	2:09:16	2:17:02	10:24
2604	333	M40	Jerry Cihota, 44, Urbandale, IA	1:04:02	2:09:17	2:15:27	10:24
2138	367	W35	Tami Romick, 37*, Urbandale, IA	59:52	2:09:17	2:13:03	10:24
2139	368	W35	Melissa Sudman, 37*, Waukee, IA	1:02:28	2:09:18	2:13:36	10:24
2140	35	JrW	Paige Deardorff, 15*, Lemars, IA	1:03:30	2:09:19	2:09:52	10:24
2141	58	W17	Breanna Severin, 17*, Des Moines, IA	1:03:48	2:09:19	2:18:24	10:24
2142	369	W35	Renee Welk, 35*, Des Moines, IA	1:08:20	2:09:19	2:15:30	10:24
2605	203	M20	John Phillips, 24, Des Moines, IA	1:03:52	2:09:20	2:14:28	10:24
2606	504	M30	Justin Saiz, 34, West Des Moines, IA	1:01:59	2:09:20	2:10:47	10:24
2607	241	M45	Ravi Vemulapalli, 49, Clive, IA	1:02:14	2:09:21	2:19:00	10:24
2608	242	M45	Kevin Kincaid, 48, Knoxville, IA	1:02:04	2:09:22	2:15:27	10:25
2143	493	W30	Stephanie Lengtat, 32*, Windsor Heights, IA				
			1:06:30	2:09:22	2:20:02	10:25	
2609	430	M25	Tom Hansell, 26, West Des Moines, IA	1:06:07	2:09:25	2:16:59	10:25
2144	494	W30	Maggie Gosnell, 30*, West Des Moines, IA	1:06:07	2:09:26	2:16:58	10:25
2145	495	W30	Melissa Lyon, 34*, Urbandale, IA	1:02:32	2:09:27	2:10:34	10:25
2146	370	W35	Blanca Biede, 37*, West Des Moines, IA	1:03:49	2:09:27	2:13:59	10:25
2610	505	M30	Josh Thiessen, 30, Des Moines, IA	1:05:40	2:09:27	2:13:48	10:25
2611	409	M35	Kent Hinnen, 38, Ankeny, IA	59:34	2:09:27	2:14:56	10:25
2147	27	W55	Barbara Hale, 57*, Ankeny, IA	1:02:48	2:09:28	2:21:05	10:25
2148	59	W17	Brittany Hach, 17*, Elkader, IA	1:03:35	2:09:29	2:18:31	10:25
2149	419	W25	Anna Happ, 29*, Polk City, IA	1:03:23	2:09:29	2:15:06	10:25
2150	496	W30	Amy Bahr, 30*, Urbandale, IA	1:04:27	2:09:30	2:19:53	10:25
2151	371	W35	Shelly Brokaw, 38*, Clearfield, IA	1:03:42	2:09:31	2:20:23	10:25
2152	372	W35	Amy Follmann, 36*, Massena, IA	1:07:36	2:09:32	2:20:30	10:25
2612	431	M25	Ted Craig, 28, Des Moines, IA	1:03:38	2:09:32	2:16:46	10:25
2613	432	M25	Ryan Lensing, 29, West Des Moines, IA	1:04:48	2:09:33	2:19:23	10:25
2153	373	W35	Chantelle Smith, 38*, Johnston, IA	1:05:01	2:09:34	2:14:35	10:25
2614	52	M60	Larry Zimpleman, 60, Cumming, IA	1:02:01	2:09:34	2:15:21	10:26
2154	249	W40	Kris Cook, 40*, Indianola, IA	1:01:30	2:09:35	2:17:12	10:26
2155	497	W30	Jill Eimermann, 34*, Des Moines, IA	1:04:46	2:09:35	2:17:16	10:26
2156	498	W30	Andi Thomsen, 33*, Dunlap, IA	1:04:47	2:09:36	2:17:16	10:26
2157	6	W60	Catherine Kemper, 61*, Des Moines, IA	1:04:08	2:09:36	2:17:37	10:26
2158	420	W25	Jennifer Rich, 25*, Des Moines, IA	1:05:11	2:09:36	2:18:48	10:26
2159	374	W35	Rochelle Benavides, 35*, Norwalk, IA	1:05:04	2:09:36	2:14:01	10:26
2160	421	W25	Ashley Huisman, 27*, Windsor Heights, IA	59:47	2:09:38	2:10:48	10:26
2161	499	W30	Michelle Roozeboom, 34*, West Des Moines, IA				
			1:01:42	2:09:38	2:15:38	10:26	
2162	133	W45	Lisa Failla, 48*, Madrid, IA	1:04:41	2:09:39	2:15:01	10:26
2163	422	W25	Kristine Erickson, 25*, Des Moines, IA	1:02:54	2:09:39	2:14:52	10:26
2164	134	W45	Jill Deimerly, 49*, Jewell, IA	1:03:56	2:09:39	2:14:14	10:26
2615	506	M30	Tim Helgeson, 32, Garner, IA	56:54	2:09:41	2:12:05	10:26
2165	500	W30	Rachael Beck, 32*, Solon, IA	1:04:19	2:09:41	2:15:45	10:26
2616	410	M35	Michael McTaggart, 36, Des Moines, IA	59:27	2:09:42	2:12:41	10:26
2166	250	W40	Tammy Davis, 42*, Algona, IA	1:04:48	2:09:42	2:16:07	10:26
2167	423	W25	Alyssa Zimmerman, 29*, Waukee, IA	1:03:37	2:09:43	2:20:33	10:26
2168	375	W35	Jeni Sundermeyer, 37*, Pleasant Hill, IA	1:04:29	2:09:43	2:17:15	10:26
2169	376	W35	Heidi Long, 37*, Indianola, IA	1:04:17	2:09:44	2:17:53	10:26
2617	507	M30	Travis Waters, 30, Des Moines, IA	1:05:43	2:09:44	2:16:15	10:26
2618	433	M25	Jordon McLaughlin, 26, Iowa City, IA	1:01:55	2:09:45	2:17:28	10:26
2619	508	M30	Michael Rose, 31, Des Moines, IA	1:03:10	2:09:46	2:15:10	10:26
2170	83	W50	Maria Smith, 54*, Epworth, IA	1:04:18	2:09:47	2:16:38	10:26
2171	501	W30	Laura Tofteland, 34*, Des Moines, IA	1:03:57	2:09:47	2:17:42	10:26
2620	509	M30	Tim Maher, 31, Des Moines, IA	1:04:30	2:09:47	2:17:18	10:26
2172	502	W30	Stephanie Maher, 33*, Des Moines, IA	1:04:31	2:09:47	2:17:18	10:27
2173	377	W35	Tara Clark, 37*, North Liberty, IA	1:04:44	2:09:47	2:16:51	10:27
2174	503	W30	Andrea Hicks, 34*, North Liberty, IA	1:04:44	2:09:48	2:16:52	10:27
2621	334	M40	Gene Merritt, 44, Ames, IA	56:29	2:09:48	2:20:40	10:27
2175	504	W30	Abby Beane, 30*, North Liberty, IA	59:27	2:09:48	2:17:45	10:27
2622	434	M25	Brad Beane, 29, North Liberty, IA	59:27	2:09:49	2:17:45	10:27
2176	278	W20	Jennifer Peters, 24*, Indianola, IA	1:06:39	2:09:49	2:17:38	10:27
2177	279	W20	Kathrin DePue, 21*, Indianola, IA	1:06:39	2:09:49	2:17:38	10:27
2623	204	M20	James Peters, 24, Indianola, IA	59:01	2:09:49	2:17:39	10:27

2178	251	W40	Lisa Dwight, 42*, West Des Moines, IA	1:03:57	2:09:50	2:17:46	10:27
2179	378	W35	Erin Frederick, 38*, Ankeny, IA	59:55	2:09:50	2:12:03	10:27
2180	505	W30	Kelly Murley, 33*, Colfax, IA	1:05:12	2:09:50	2:17:15	10:27
2181	280	W20	Rebekah Reynolds, 20*, Windsor Heights, IA	59:56	2:09:53	2:12:27	10:27
2182	281	W20	Lauren Perucco, 20*, Des Moines, IA	59:56	2:09:53	2:12:27	10:27
2183	282	W20	Brittany Telk, 22*, Ankeny, IA	1:02:13	2:09:53	2:21:42	10:27
2184	135	W45	Jill Oconnell, 49*, Urbandale, IA	1:01:43	2:09:54	2:12:58	10:27
2624	53	M60	Isaac Oyibo, 61, Des Moines, IA	1:02:47	2:09:54	2:12:42	10:27
2185	506	W30	Amy Patnode, 31*, Albertville, MN	1:03:12	2:09:55	2:19:04	10:27
2625	243	M45	Ken Bratt, 47, Norwalk, IA	1:00:54	2:09:55	2:21:13	10:27
2186	252	W40	Beth Wignall, 44*, Ankeny, IA	1:02:39	2:09:56	2:13:00	10:27
2626	113	M55	Wayne Martens, 55, Norwalk, IA	1:04:58	2:09:56	2:19:53	10:27
2187	424	W25	Amber Kastler, 25*, Webster City, IA	1:02:28	2:09:56	2:14:04	10:27
2627	435	M25	Nick Kastler, 26, Webster City, IA	1:02:28	2:09:56	2:14:05	10:27
2188	283	W20	Shelby McAndrew, 24*, West Des Moines, IA	1:00:43	2:09:57	2:15:48	10:27
2628	244	M45	Dan Wignall, 47, Ankeny, IA	1:02:40	2:09:57	2:13:01	10:27
2629	411	M35	Jeffrey Fahrman, 35, Ankeny, IA	59:30	2:09:58	2:12:51	10:27
2189	379	W35	Danielle Pearson, 37*, Fort Dodge, IA		2:09:58	2:09:58	10:27
2630	436	M25	Jonathan Lukes, 26, Des Moines, IA	1:04:43	2:09:58	2:17:16	10:27
2190	380	W35	Abby Becker, 36*, Atlantic, IA	1:06:29	2:09:59	2:18:59	10:27
2191	507	W30	Desiree Pliler, 31*, Polk City, IA	1:02:34	2:09:59	2:14:37	10:27
2192	508	W30	Amanda Eastin, 31*, Des Moines, IA	1:03:33	2:09:59	2:19:51	10:28
2193	253	W40	Rena Ploog, 40*, Polk City, IA	1:02:34	2:09:59	2:14:37	10:28
2631	191	M50	Rick George, 54, Omaha, NE	1:02:41	2:10:00	2:18:19	10:28
2194	425	W25	Anne Paulson, 26*, Urbandale, IA	59:49	2:10:02	2:22:24	10:28
2195	84	W50	Kandi Baxter, 53*, Mondamin, IA	1:03:23	2:10:02	2:17:17	10:28
2196	284	W20	Lainey Erion, 20*, Decorah, IA	1:03:12	2:10:03	2:17:04	10:28
2197	254	W40	Kristyn Flake Manjoine, 41*, Muscatine, IA	1:04:23	2:10:05	2:16:18	10:28
2198	509	W30	Shelby Boyd, 31*, Des Moines, IA	1:04:50	2:10:06	2:15:41	10:28
2199	136	W45	Melanie Mason, 45*, Oskaloosa, IA	1:00:36	2:10:06	2:19:42	10:28
2200	510	W30	Kaarin Reese, 30*, Ankeny, IA	1:00:28	2:10:07	2:14:09	10:28
2201	426	W25	Ashley Kunz, 27*, West Des Moines, IA	1:03:25	2:10:07	2:21:07	10:28
2632	510	M30	Zac Tyler, 30, Maynard, IA	1:03:16	2:10:08	2:15:55	10:28
2202	511	W30	Lois Tyler, 31*, Maynard, IA	1:03:16	2:10:08	2:15:55	10:28
2203	285	W20	Carly Vinchattle, 24*, Ames, IA	1:03:58	2:10:08	2:10:45	10:28
2204	427	W25	Kate Lindsay, 25*, West Des Moines, IA	1:01:51	2:10:08	2:21:10	10:28
2205	286	W20	Hannah Furfaro, 23*, Ames, IA	1:03:58	2:10:08	2:10:46	10:28
2633	437	M25	Benjamin Buckhahn, 28, Des Moines, IA	1:02:09	2:10:09	2:15:14	10:28
2206	512	W30	Rachel Anderson, 33*, Boone, IA	1:03:56	2:10:10	2:16:05	10:28
2634	192	M50	David Balvin, 53, Cedar Rapids, IA	1:03:19	2:10:10	2:10:47	10:28
2207	381	W35	Karen Botting, 38*, Winterset, IA	1:03:45	2:10:11	2:15:02	10:28
2208	382	W35	Trish Kallemeier, 39*, Urbandale, IA	1:02:09	2:10:12	2:19:25	10:29
2209	287	W20	Stacy Berry, 24*, Des Moines, IA	1:04:50	2:10:12	2:15:46	10:29
2635	511	M30	Krishna Dhanraj, 30, Davenport, IA	59:16	2:10:12	2:13:47	10:29
2210	255	W40	Kim Nielsen, 42*, Ankeny, IA	1:03:25	2:10:13	2:21:13	10:29
2211	28	W55	Cindy Manker, 57*, West Des Moines, IA	1:02:20	2:10:14	2:13:35	10:29
2212	428	W25	Mandi McReynolds, 29*, West Des Moines, IA	1:02:55	2:10:15	2:19:42	10:29
2636	412	M35	Ryan York, 39, West Des Moines, IA	59:24	2:10:15	2:14:12	10:29
2213	256	W40	Tami Rubino, 41*, Urbandale, IA	1:00:01	2:10:15	2:10:54	10:29
2637	193	M50	Steven Hoff, 51, Jewell, IA	1:01:45	2:10:18	2:16:49	10:29
2638	438	M25	Russell Place, 25, West Des Moines, IA	1:03:47	2:10:19	2:15:26	10:29
2214	137	W45	Tammy Newton, 49*, Carlisle, IA	1:02:34	2:10:20	2:13:09	10:29
2215	429	W25	Neyfit Fuentes, 29*, Collinsville, IL	1:02:53	2:10:21	2:11:13	10:29
2216	383	W35	Angela Evans, 39*, Cedar Rapids, IA	1:00:52	2:10:21	2:13:30	10:29
2639	14	M65	Larry Farrell, 65, Des Moines, IA	1:05:25	2:10:21	2:17:57	10:29
2217	288	W20	Michelle McAlpine, 24*, Sioux Rapids, IA	1:06:55	2:10:21	2:19:55	10:29
2218	430	W25	Suzanne Hansen, 29*, Des Moines, IA		2:10:21	2:10:21	10:29
2219	257	W40	Keri Kolb, 41*, Ankeny, IA	1:05:25	2:10:21	2:17:57	10:29
2220	513	W30	Holly Ann Russell, 32*, Urbandale, IA	1:05:14	2:10:22	2:17:28	10:29
2221	431	W25	Stacey Arthur, 28*, Nora Springs, IA	1:06:38	2:10:23	2:20:29	10:29
2222	514	W30	Lisa Tekippe, 32*, Urbandale, IA	1:05:14	2:10:23	2:17:28	10:29
2640	245	M45	Gerard Linskens, 46, Osceola, IA	1:07:13	2:10:24	2:16:55	10:30
2223	138	W45	Robin Steinkamp, 45*, Saylorville, IA	1:00:37	2:10:24	2:13:36	10:30
2224	432	W25	Brandie Weih, 27*, Des Moines, IA	1:02:15	2:10:25	2:18:35	10:30
2225	384	W35	Stacey Enloe, 36*, Waukee, IA	1:01:21	2:10:25	2:13:08	10:30

2226	385	W35	Amber Fleming, 35*, Montezuma, IA	1:09:59	2:10:25	2:16:00	10:30
2227	386	W35	Molly Wait, 35*, Tiffin, IA	1:09:59	2:10:25	2:16:00	10:30
2641	114	M55	John Lott, 56, Ames, IA	1:03:24	2:10:26	2:15:25	10:30
2642	439	M25	Chris Starrett, 29, Newton, IA	1:02:09	2:10:29	2:15:23	10:30
2228	515	W30	Mary Burgmaier, 31*, Minneapolis, MN	1:02:40	2:10:29	2:14:13	10:30
2229	516	W30	Molly Kilborn, 31*, Fontanelle, IA	1:02:40	2:10:30	2:14:14	10:30
2230	85	W50	Diane Spiering, 54*, Des Moines, IA	1:02:38	2:10:30	2:14:41	10:30
2231	258	W40	Kathy O'Neill, 42*, Boone, IA	1:02:29	2:10:30	2:13:47	10:30
2232	517	W30	Lacey Howard, 34*, Des Moines, IA	1:02:55	2:10:31	2:16:45	10:30
2233	433	W25	Kerri Howard, 27*, Madison, WI	1:02:55	2:10:31	2:16:45	10:30
2234	434	W25	Stephanie Larson, 25*, West Des Moines, IA	1:04:41	2:10:31	2:18:17	10:30
2643	71	M17	Piet Kobussen, 17, Indianola, IA	1:05:55	2:10:32	2:14:01	10:30
2644	440	M25	Jeremy Simon, 29, Chicago, IL	1:01:29	2:10:32	2:21:49	10:30
2235	139	W45	Lori Foxen, 47*, Cedar Rapids, IA	1:04:05	2:10:33	2:14:36	10:30
2645	246	M45	Gary Houdeshell, 46, Stanhope, IA	1:05:35	2:10:33	2:16:47	10:30
2646	512	M30	Andy Robinson, 30, Ankeny, IA	1:03:18	2:10:33	2:13:34	10:30
2236	387	W35	Maria Jebens, 39*, Wellman, IA	1:04:59	2:10:34	2:21:09	10:30
2237	518	W30	Cristabelle Budak, 34*, Newton, IA	1:05:26	2:10:35	2:20:28	10:30
2238	435	W25	Janelle Thier, 25*, Urbandale, IA	1:02:15	2:10:35	2:18:02	10:30
2239	140	W45	Denise Helmick, 45*, Eagle Grove, IA	1:03:55	2:10:36	2:13:56	10:30
2240	519	W30	Jessica Smith, 32*, Fort Dodge, IA	1:02:45	2:10:37	2:12:19	10:31
2647	247	M45	Bob Levinstein, 46, Des Moines, IA	1:02:18	2:10:37	2:18:02	10:31
2241	388	W35	Stacy Kuehler, 35*, West Des Moines, IA	1:05:39	2:10:39	2:18:11	10:31
2242	436	W25	Lara Van Wyk, 26*, West Des Moines, IA	1:01:42	2:10:41	2:15:18	10:31
2243	437	W25	Ainslee Barnes, 25*, Des Moines, IA	1:02:37	2:10:41	2:15:18	10:31
2244	520	W30	Jamie Baas, 32*, Bondurant, IA	58:16	2:10:41	2:14:49	10:31
2648	441	M25	Scott Weinheimer, 27, Des Moines, IA	1:02:37	2:10:42	2:15:18	10:31
2245	60	W17	Christina Lemon, 19*, Ames, IA	1:00:26	2:10:42	2:16:05	10:31
2649	115	M55	Ron Havens, 59, Greenfield, IA	1:00:26	2:10:42	2:16:05	10:31
2650	335	M40	Kevin Fynaardt, 43, West Des Moines, IA	59:01	2:10:43	2:15:08	10:31
2651	336	M40	Brian Oswald, 42, Waukee, IA	1:02:00	2:10:43	2:21:37	10:31
2246	521	W30	Melissa Dale, 30*, Des Moines, IA	1:05:21	2:10:44	2:16:31	10:31
2652	15	M65	Merrill Knight, 67, Ankeny, IA	1:06:09	2:10:44	2:16:01	10:31
2247	86	W50	Lori Schwartz, 51*, Greenfield, IA	1:05:52	2:10:45	2:19:43	10:31
2248	522	W30	Angie Dow, 34*, Clarinda, IA	1:01:22	2:10:46	2:14:20	10:31
2653	442	M25	Jeffrey Tuttle, 25, Des Moines, IA	1:02:00	2:10:48	2:15:34	10:31
2249	389	W35	Lynette Morano, 36*, Des Moines, IA	1:00:59	2:10:48	2:14:48	10:31
2250	438	W25	Jessica Tuttle, 25*, Des Moines, IA	1:02:00	2:10:49	2:15:35	10:31
2251	390	W35	Sara Muller, 37*, Ankeny, IA	1:03:11	2:10:49	2:16:35	10:31
2252	523	W30	Sarah Perrien, 30*, Red Oak, IA	1:06:33	2:10:49	2:16:45	10:31
2654	194	M50	Daniel Henscheid, 53, Ankeny, IA	1:06:15	2:10:49	2:16:19	10:32
2655	513	M30	Brad Youngblut, 33, Ankeny, IA	1:03:11	2:10:50	2:16:35	10:32
2253	391	W35	Rachel Farnham, 36*, Gowrie, IA	1:03:50	2:10:50	2:17:08	10:32
2254	259	W40	Melinda Allen, 43*, Waukee, IA	1:04:23	2:10:51	2:14:55	10:32
2656	514	M30	Jim Uthe, 33, Adel, IA	1:05:11	2:10:51	2:22:43	10:32
2255	392	W35	Gina Uthe, 35*, Chicago, IL	1:05:12	2:10:51	2:22:43	10:32
2256	439	W25	Amanda Stevenson, 27*, Ames, IA	1:05:18	2:10:51	2:18:32	10:32
2257	440	W25	Elizabeth Witt, 28*, Honey Creek, IA	1:08:38	2:10:52	2:18:54	10:32
2657	205	M20	Derek Bitzer, 23, Omaha, NE	59:49	2:10:53	2:12:15	10:32
2258	524	W30	Heather Klein, 31*, West Des Moines, IA	1:02:21	2:10:53	2:12:26	10:32
2658	337	M40	Chad Spyksma, 41, Waukee, IA	59:25	2:10:53	2:12:59	10:32
2259	441	W25	Samantha Perkins, 29*, Madrid, IA	1:02:08	2:10:53	2:15:42	10:32
2260	289	W20	Alyssa Boehm, 22*, Elkhorn, NE	59:49	2:10:54	2:12:15	10:32
2659	248	M45	Wayne Demydowich, 49, Rochester, MN	1:04:20	2:10:56	2:20:17	10:32
2261	260	W40	Michelle Gossard, 40*, Bondurant, IA	1:04:36	2:10:56	2:15:44	10:32
2262	442	W25	Roxanne Heimann, 29*, Dike, IA	1:04:27	2:10:56	2:14:46	10:32
2263	443	W25	Anjuli Myers, 29*, Dike, IA	1:04:27	2:10:57	2:14:46	10:32
2264	290	W20	Amanda De Hoedt, 23*, Iowa City, IA	1:04:09	2:10:58	2:16:07	10:32
2265	29	W55	Mary Arlen, 57*, Dubuque, IA	1:02:59	2:10:58	2:14:30	10:32
2266	261	W40	Tracy Whisler, 41*, Grimes, IA	1:02:01	2:10:59	2:16:19	10:32
2267	393	W35	Jennifer Daniels, 38*, Des Moines, IA	1:03:44	2:10:59	2:20:31	10:32
2268	87	W50	LuAnn Ostergaard, 53*, Des Moines, IA	1:05:03	2:11:00	2:18:14	10:32
2660	515	M30	Andre Carroll, 31, Des Moines, IA	59:47	2:11:00	2:13:32	10:32
2269	444	W25	Courtney Fett, 28*, West Des Moines, IA	1:01:17	2:11:02	2:16:28	10:33
2270	525	W30	Maureen Gray, 34*, Olathe, KS	1:03:40	2:11:03	2:17:22	10:33

2661	116	M55	Craig Orr, 56, Urbandale, IA	1:03:34	2:11:03	2:17:20	10:33
2662	413	M35	John Gray, 36, Olathe, KS	1:03:40	2:11:03	2:17:22	10:33
2663	249	M45	Patrick Nath, 45, Des Moines, IA	1:04:18	2:11:03	2:20:09	10:33
2271	526	W30	Meghan Lynch, 31*, Grundy Center, IA	1:03:51	2:11:04	2:14:40	10:33
2272	527	W30	Beth Maroney, 30*, Coralville, IA	1:04:15	2:11:05	2:20:56	10:33
2273	394	W35	Stacey Busch, 37*, Conrad, IA	1:02:32	2:11:06	2:18:38	10:33
2274	262	W40	Rajeen Tonner, 43*, Conrad, IA	1:02:32	2:11:06	2:18:39	10:33
2275	291	W20	Maggie Schopp, 24*, Des Moines, IA	1:04:57	2:11:07	2:16:34	10:33
2276	528	W30	Kelly Midtling, 30*, Webster City, IA	1:06:26	2:11:07	2:17:42	10:33
2277	61	W17	Amber Johnson, 19*, Grinnell, IA	1:01:07	2:11:07	2:13:53	10:33
2278	292	W20	Megan Petersen, 21*, Indianola, IA	1:01:08	2:11:07	2:13:53	10:33
2279	529	W30	Shawna Upchurch, 34*, Indianola, IA	59:33	2:11:10	2:13:14	10:33
2664	414	M35	Loren Boozell, 38, Indianola, IA	59:33	2:11:10	2:13:14	10:33
2280	293	W20	Amy Buttolph, 22*, Ames, IA	1:02:36	2:11:10	2:15:55	10:33
2281	294	W20	Janyce Kesselmayr, 21*, Iowa, IA	1:02:36	2:11:11	2:15:55	10:33
2665	117	M55	Robert Meimann, 56, Nevada, IA	1:02:37	2:11:12	2:18:18	10:33
2282	295	W20	Jesa Wolthuizen, 21*, Ames, IA	1:03:22	2:11:13	2:15:47	10:33
2666	443	M25	Daniel Sherman, 25, West Des Moines, IA	1:05:27	2:11:15	2:21:10	10:34
2283	445	W25	Lisa Fridley, 27*, Ames, IA	1:04:27	2:11:15	2:16:03	10:34
2284	263	W40	Jeanette Kratofil, 42*, Indianola, IA	1:05:27	2:11:15	2:21:11	10:34
2285	141	W45	Kathleen Parker, 49*, Colfax, IA	1:03:06	2:11:15	2:18:09	10:34
2286	530	W30	Amber Showers, 30*, Pleasantville, IA	1:03:47	2:11:16	2:16:13	10:34
2287	446	W25	Jenna Tanner, 26*, Knoxville, IA	1:03:47	2:11:17	2:16:13	10:34
2667	516	M30	George Mosby, 31, Ankeny, IA	58:26	2:11:22	2:12:35	10:34
2288	447	W25	Rachael Baethke, 26*, Ankeny, IA	1:03:35	2:11:23	2:19:25	10:34
2668	250	M45	Phillip Vaassen, 45, Indianola, IA	1:04:04	2:11:24	2:17:43	10:34
2289	395	W35	Jennifer Chamberlain, 36*, Indianola, IA	1:04:03	2:11:25	2:17:43	10:34
2290	531	W30	Dawn Grooters, 31*, Ames, IA	1:02:24	2:11:25	2:17:21	10:34
2669	517	M30	Derek Grooters, 32, Ames, IA	1:02:24	2:11:26	2:17:21	10:34
2670	251	M45	Shawn Nelson, 46, Ankeny, IA	1:02:59	2:11:26	2:14:11	10:35
2291	264	W40	Stephanie Lawrence, 44*, Grimes, IA	1:03:08	2:11:27	2:16:58	10:35
2292	448	W25	Lindsay Johnson, 28*, Topeka, KS	1:07:18	2:11:29	2:20:57	10:35
2671	195	M50	Mike Christensen, 53, Jefferson, IA	1:06:24	2:11:29	2:22:05	10:35
2293	265	W40	Holly Cihota, 43*, Urbandale, IA	1:04:02	2:11:30	2:17:39	10:35
2294	449	W25	Asia Thacker, 28*, Des Moines, IA	59:47	2:11:31	2:14:03	10:35
2295	396	W35	Connie Weaver, 37*, Clive, IA	1:03:14	2:11:31	2:18:53	10:35
2672	118	M55	Paul Schenkelberg, 55, Cedar Rapids, IA	1:01:09	2:11:32	2:15:32	10:35
2673	444	M25	Brian Schenkelberg, 28, West Des Moines, IA	1:01:09	2:11:32	2:15:32	10:35
2296	88	W50	Louisa Perry, 51*, Bondurant, IA	1:04:41	2:11:33	2:14:37	10:35
2297	266	W40	Julie Suby, 43*, Ankeny, IA	1:02:58	2:11:33	2:17:30	10:35
2298	142	W45	Kimberly Cross, 49*, Des Moines, IA	1:04:21	2:11:34	2:21:51	10:35
2674	415	M35	Doug Kouma, 38, Des Moines, IA	59:13	2:11:34	2:17:07	10:35
2299	296	W20	Cara Wells, 24*, Prairie City, IA	1:01:06	2:11:36	2:15:58	10:35
2300	397	W35	Jamie Keller, 35*, Ankeny, IA	1:05:25	2:11:37	2:21:24	10:35
2301	532	W30	Hollie Weber, 33*, Donnellson, IA	1:03:11	2:11:37	2:16:06	10:35
2302	450	W25	Kristine Nelson, 28*, Waukee, IA	1:07:18	2:11:39	2:17:35	10:36
2303	297	W20	Jayne Anderson, 24*, West Des Moines, IA	1:00:36	2:11:40	2:16:16	10:36
2675	206	M20	Thomas Blankenship, 22, Aubrey, TX	1:01:52	2:11:41	2:17:06	10:36
2304	533	W30	Kristin Cooper, 32*, West Des Moines, IA	1:01:17	2:11:42	2:18:26	10:36
2305	298	W20	Faith Griffin, 22*, Des Moines, IA	1:01:52	2:11:42	2:17:06	10:36
2306	299	W20	Madeleine Bennett, 24*, Dubuque, IA	1:02:53	2:11:42	2:19:26	10:36
2676	207	M20	Chris Wooley, 24, Dubuque, IA	1:02:52	2:11:42	2:19:26	10:36
2677	208	M20	Nathan Dane, 24, Chicago, IL	1:04:34	2:11:42	2:20:20	10:36
2307	300	W20	Emily Durkin, 23*, Shakopee, MN	58:00	2:11:42	2:13:18	10:36
2678	119	M55	Calvin Niess, 56, Little Cedar, IA	58:00	2:11:42	2:13:17	10:36
2308	398	W35	Beth Brungardt, 37*, Ames, IA	1:06:40	2:11:43	2:20:47	10:36
2309	534	W30	Kayalvizhi Manimaran, 32*, Ames, IA	1:06:41	2:11:43	2:20:47	10:36
2310	267	W40	Jen Arneson, 40*, Marshalltown, IA	1:02:41	2:11:44	2:18:01	10:36
2679	416	M35	Jon Harris, 36, Des Moines, IA	1:03:21	2:11:44	2:17:58	10:36
2311	89	W50	Mona Follmann, 50*, Stanhope, IA	1:03:29	2:11:44	2:18:02	10:36
2680	120	M55	Mark Hacker, 58, Des Moines, IA	1:06:38	2:11:44	2:17:38	10:36
2312	535	W30	Karen Malloy, 33*, Des Moines, IA	1:05:42	2:11:45	2:19:43	10:36
2313	451	W25	Cindy Woebeking, 27*, Gladbrook, IA	1:05:42	2:11:46	2:19:43	10:36
2314	90	W50	Lois Biggs, 52*, Johnston, IA	1:02:40	2:11:46	2:16:18	10:36

2315	30	W55	Christine Mondak, 59*, Ames, IA	1:06:41	2:11:46	2:20:50	10:36
2316	452	W25	Amye Valant, 25*, Bellevue, IA	1:05:19	2:11:46	2:18:29	10:36
2317	268	W40	Traci Houghton, 40*, Ankeny, IA	1:03:50	2:11:46	2:17:23	10:36
2318	453	W25	Chelsea Wilharm, 25*, North Liberty, IA	1:05:19	2:11:46	2:18:30	10:36
2319	399	W35	Amy Duder, 38*, West Des Moines, IA	1:05:31	2:11:48	2:16:45	10:36
2320	536	W30	Jennifer Johnson, 31*, West Des Moines, IA	1:03:25	2:11:48	2:21:12	10:36
2321	143	W45	Angie Gettys, 48*, Harlan, IA	1:05:00	2:11:48	2:22:40	10:36
2681	6	M70	Arlo Van Diest, 71, Webster City, IA	1:02:52	2:11:48	2:13:28	10:36
2322	269	W40	Michelle Palen, 43*, Des Moines, IA	1:01:41	2:11:48	2:15:46	10:36
2323	537	W30	Autumn Morphew, 32*, Bancroft, IA	1:05:17	2:11:48	2:16:57	10:36
2682	518	M30	Alexander Greazel, 34, Clive, IA	1:06:41	2:11:48	2:16:55	10:36
2324	7	W60	Anne McIllece, 63*, Walcott, IA	1:06:42	2:11:48	2:16:56	10:36
2683	519	M30	Ryan Morphew, 33, Bancroft, IA	1:05:17	2:11:48	2:16:57	10:36
2325	400	W35	Kari Livengood, 39*, Center Point, IA	1:00:58	2:11:48	2:14:38	10:36
2326	538	W30	Leslie Ehlen, 31*, Omaha, NE	1:06:30	2:11:49	2:16:46	10:36
2684	252	M45	Kelly Mudge, 45, Ankeny, IA	1:05:46	2:11:50	2:16:53	10:36
2327	301	W20	Kerry King, 24*, Chicago, IL	1:01:47	2:11:50	2:16:02	10:36
2328	539	W30	Suzanne Sosby, 34*, Madrid, IA	59:10	2:11:51	2:19:15	10:37
2329	401	W35	Sandra Clark, 37*, Roland, IA	1:02:52	2:11:52	2:16:43	10:37
2330	402	W35	Kim Forrester, 35*, Ankeny, IA	1:02:08	2:11:56	2:17:16	10:37
2331	540	W30	Sarah Arends, 33*, Ankeny, IA	1:05:38	2:11:58	2:17:20	10:37
2332	454	W25	Kelley Crosbie, 29*, Des Moines, IA	1:06:13	2:11:59	2:21:29	10:37
2333	455	W25	Vilasatr Chanthinouvong, 25*, Des Moines, IA	1:05:03	2:11:59	2:17:52	10:37
2334	62	W17	Addison Kepner, 19*, Cincinnati, IA	1:01:50	2:12:00	2:14:25	10:37
2335	63	W17	Avery Schmidt, 18*, Centerville, IA	1:01:50	2:12:00	2:14:25	10:37
2685	253	M45	Steve Kipp, 48, Johnston, IA	1:06:21	2:12:00	2:19:05	10:37
2336	403	W35	Emily Sopko, 36*, Forest City, IA	1:06:17	2:12:01	2:17:27	10:37
2337	91	W50	Sheryl Putz, 51*, Forest City, IA	1:07:50	2:12:01	2:17:27	10:37
2686	417	M35	Jeff Marcinko, 38, Windsor Heights, IA	1:04:17	2:12:02	2:19:28	10:37
2338	456	W25	Annie Craig, 25*, Urbandale, IA	1:03:38	2:12:02	2:19:16	10:37
2687	196	M50	Lyle Hanrahan, 50, Rochester, MN	1:05:48	2:12:03	2:13:41	10:37
2339	457	W25	Carissa Schmidt, 29*, Urbandale, IA	1:04:46	2:12:03	2:15:56	10:37
2688	197	M50	Jack Harper, 53, Prairie City, IA	1:02:07	2:12:04	2:23:04	10:38
2340	541	W30	Jill Spencer, 30*, Ogden, IA	1:02:44	2:12:06	2:22:58	10:38
2689	254	M45	Brent Hoehns, 46, Knoxville, IA	1:01:28	2:12:07	2:21:08	10:38
2341	270	W40	Alison Collette, 41*, Waukee, IA	1:05:43	2:12:07	2:17:14	10:38
2342	542	W30	Carolyn Gunkel, 32*, Clive, IA	1:04:08	2:12:08	2:17:49	10:38
2343	92	W50	Mary Hanrahan, 50*, Rochester, MN	1:05:48	2:12:09	2:13:47	10:38
2344	404	W35	Jill Kolars, 35*, Ankeny, IA	1:04:35	2:12:09	2:19:23	10:38
2345	405	W35	Darci Gutfreund, 37*, Birmingham, MI	1:04:55	2:12:09	2:23:42	10:38
2346	543	W30	Meghan Gavin, 31*, Des Moines, IA	1:03:12	2:12:09	2:17:10	10:38
2347	406	W35	Jenni Thompson, 35*, Fayette, IA	1:05:41	2:12:10	2:15:18	10:38
2348	407	W35	Anna Henry, 36*, Perry, IA	1:05:41	2:12:10	2:15:18	10:38
2349	458	W25	Erin McGowan, 27*, Minneapolis, MN	1:03:15	2:12:11	2:20:42	10:38
2690	338	M40	Darren Herrold, 40, Cambridge, IA	1:03:05	2:12:12	2:12:39	10:38
2691	445	M25	Shawn Reidburn, 27, West Des Moines, IA	1:02:49	2:12:12	2:19:36	10:38
2350	408	W35	Melissa Van Gorp, 35*, Pella, IA	1:01:14	2:12:12	2:15:15	10:38
2692	418	M35	Mike Tidball, 38, Des Moines, IA	1:01:18	2:12:14	2:13:36	10:38
2351	93	W50	Pattie Frohlich, 50*, Harlan, IA	1:03:26	2:12:14	2:17:17	10:38
2352	271	W40	Monica McDowell, 40*, Ankeny, IA	1:04:30	2:12:19	2:22:29	10:39
2353	459	W25	Kiley Konop, 27*, Altoona, IA	1:04:36	2:12:19	2:19:14	10:39
2354	302	W20	Erin Kruckenber, 23*, Mason City, IA	1:00:59	2:12:19	2:16:52	10:39
2355	460	W25	Claire Muselman, 27*, West Des Moines, IA	1:05:26	2:12:20	2:17:32	10:39
2356	272	W40	Teresa Beuter, 41*, Des Moines, IA	1:01:55	2:12:20	2:22:42	10:39
2357	461	W25	Alissa Eischeid, 29*, Urbandale, IA	1:05:27	2:12:21	2:18:40	10:39
2358	462	W25	Angela Herman, 27*, Chicago, IL	1:07:14	2:12:21	2:22:11	10:39
2693	16	M65	Antonio Osorio, 69, Urbandale, IA	1:05:27	2:12:21	2:17:32	10:39
2694	198	M50	Steve Shifflett, 54, Ames, IA	1:04:25	2:12:21	2:21:21	10:39
2695	446	M25	Steve Canady, 27, West Des Moines, IA	1:04:37	2:12:23	2:19:46	10:39
2359	463	W25	Briana Lovelace, 26*, North Liberty, IA	1:04:37	2:12:23	2:19:46	10:39
2360	544	W30	Melissa Wubben, 34*, Ames, IA	1:09:14	2:12:25	2:23:33	10:39
2361	464	W25	Allison Brienzo, 28*, Urbandale, IA	1:03:06	2:12:25	2:20:27	10:39
2362	465	W25	Marissa Marshall, 25*, Des Moines, IA	1:02:07	2:12:25	2:17:40	10:39
2696	447	M25	Thomas Roth, 28, West Des Moines, IA	58:55	2:12:26	2:18:30	10:39

2363	409	W35	Angela Hartman, 36*, Urbandale, IA	1:02:43	2:12:27	2:16:25	10:39
2364	545	W30	Katie Donnelly, 30*, Clive, IA	1:01:08	2:12:27	2:18:26	10:39
2365	546	W30	Emily Enabnit, 33*, Altoona, IA	1:01:08	2:12:28	2:22:01	10:40
2366	466	W25	Megan Frank, 27*, West Des Moines, IA	1:04:12	2:12:29	2:20:24	10:40
2367	547	W30	Marcey Propp, 30*, Story City, IA	1:01:25	2:12:31	2:14:50	10:40
2697	121	M55	Barry Ulberg, 56, Norwalk, IA	1:09:14	2:12:31	2:23:39	10:40
2698	448	M25	Richard Jackson, 28, Ankeny, IA	1:02:07	2:12:33	2:22:17	10:40
2368	273	W40	Angela Oestreich, 44*, Silver Lake, MN	1:03:17	2:12:35	2:20:15	10:40
2369	144	W45	Barb Roth, 46*, Yutan, NE	1:01:52	2:12:35	2:15:59	10:40
2370	145	W45	Stephanie Perington, 46*, Johnston, IA	1:06:20	2:12:35	2:18:04	10:40
2699	419	M35	Gregory Simmons, 35, Des Moines, IA	1:04:01	2:12:36	2:18:05	10:40
2371	274	W40	Krista Morton, 42*, Indainola, IA	1:08:49	2:12:36	2:17:51	10:40
2372	303	W20	Jessica Wagner, 22*, Des Moines, IA	1:01:57	2:12:37	2:15:12	10:40
2373	467	W25	Amanda Thompson, 29*, West Des Moines, IA	59:04	2:12:38	2:16:24	10:40
2374	304	W20	Szuyin Leow, 21*, Apple Valley, MN	1:02:18	2:12:38	2:20:05	10:40
2375	548	W30	Gina Gear, 31*, Urbandale, IA	1:02:38	2:12:38	2:17:43	10:40
2700	520	M30	Robert Shontz, 34, Urbandale, IA	59:04	2:12:38	2:16:24	10:40
2376	549	W30	Jessica Sellner, 30*, Urbandale, IA	1:08:18	2:12:40	2:24:08	10:40
2377	305	W20	Emily Schmid, 23*, Brooklyn Park, MN	1:01:18	2:12:41	2:23:36	10:41
2378	275	W40	Nancy Bishop, 43*, Ottumwa, IA	1:03:16	2:12:42	2:19:42	10:41
2379	410	W35	Heather Goodwin, 36*, Johnston, IA	1:03:25	2:12:42	2:13:51	10:41
2701	420	M35	Matthew Smith, 36, Johnston, IA	1:01:36	2:12:42	2:13:45	10:41
2702	255	M45	William Bishop, 48, Ottumwa, IA	1:03:16	2:12:42	2:19:42	10:41
2703	339	M40	Dan Goodwin, 43, Johnston, IA	1:03:25	2:12:43	2:13:52	10:41
2380	468	W25	Tanna Bennum, 29*, Ottosen, IA	1:03:28	2:12:43	2:24:34	10:41
2381	469	W25	Chelsey Horstmann, 26*, Altoona, IA	1:00:55	2:12:44	2:19:18	10:41
2382	146	W45	Sandra Milach, 46*, Johnston, IA	1:03:43	2:12:46	2:14:32	10:41
2704	421	M35	Steve Evans, 38, Indianola, IA	1:01:31	2:12:46	2:13:36	10:41
2383	306	W20	Jennifer Miller, 23*, Grimes, IA	1:01:43	2:12:48	2:18:21	10:41
2705	340	M40	David Chumbley, 41, Rosemount, MN	1:03:11	2:12:51	2:15:52	10:41
2706	449	M25	Jesse Truax, 26, Des Moines, IA	1:01:58	2:12:52	2:18:15	10:41
2707	450	M25	Jude Sellner, 29, Urbandale, IA	1:06:31	2:12:53	2:24:20	10:41
2384	411	W35	Brenda Carter, 37*, Nashua, IA	1:05:33	2:12:54	2:18:24	10:42
2708	451	M25	Spencer Higgins, 27, Ottumwa, IA	1:06:21	2:12:55	2:17:43	10:42
2385	550	W30	April Hoogland, 30*, Omaha, NE	1:05:24	2:12:55	2:21:07	10:42
2709	422	M35	Matthew Braafhart, 37, Des Moines, IA	1:06:30	2:12:55	2:23:35	10:42
2386	307	W20	Virginia McCalmont, 24*, Ottumwa, IA	1:06:21	2:12:56	2:17:44	10:42
2387	276	W40	Kim Kelly, 42*, Waukee, IA	1:05:00	2:12:56	2:21:22	10:42
2388	277	W40	Jennifer Tigges, 40*, Waukee, IA	1:05:00	2:12:56	2:21:22	10:42
2389	551	W30	Angela Pline, 30*, Clive, IA	1:02:07	2:12:56	2:21:02	10:42
2390	147	W45	Mary Swartz, 48*, Eldora, IA	1:02:43	2:12:56	2:18:32	10:42
2710	256	M45	Scott Swartz, 48, Eldora, IA	1:02:43	2:12:56	2:18:32	10:42
2391	470	W25	Jamie Pickerill, 26*, West Des Moines, IA	1:05:29	2:12:56	2:18:54	10:42
2392	471	W25	Brooke Jones, 28*, West Des Moines, IA	1:05:28	2:12:57	2:18:54	10:42
2393	552	W30	Shawna Tice, 32*, Sully, IA	1:02:00	2:12:57	2:18:48	10:42
2394	472	W25	Anna Terry, 29*, Van Meter, IA	1:04:16	2:12:57	2:16:54	10:42
2711	209	M20	Justin Halverson, 24, West Des Moines, IA	54:26	2:12:57	2:16:04	10:42
2712	452	M25	Brandon Boesenberg, 28, Marion, IA	1:06:18	2:12:57	2:16:06	10:42
2395	64	W17	Kara Larson, 19*, Des Moines, IA	1:07:07	2:12:58	2:22:45	10:42
2713	210	M20	Spencer Brown, 21, Fremont, NE	1:04:44	2:12:58	2:19:23	10:42
2714	341	M40	Noel McMillin, 41, Waverly, IA	1:03:52	2:13:00	2:18:49	10:42
2396	278	W40	Megan Wick, 40*, Clive, IA	1:02:38	2:13:00	2:18:05	10:42
2397	412	W35	Amy Samuels, 37*, Johnston, IA	59:44	2:13:00	2:17:56	10:42
2398	1	W65	Avis James, 65*, Urbandale, IA	1:03:36	2:13:01	2:20:31	10:42
2399	413	W35	Tammy Paris-Walker, 39*, Boone, IA	1:04:20	2:13:01	2:13:48	10:42
2400	31	W55	Mary Carlson, 57*, Clive, IA	1:01:26	2:13:02	2:18:46	10:42
2715	521	M30	Johnny Kurtz, 33, Pleasant Hill, IA	1:01:25	2:13:02	2:18:46	10:42
2401	473	W25	Emily Burney, 25*, Des Moines, IA	1:03:44	2:13:03	2:16:39	10:42
2402	32	W55	Susan Duoblys, 57*, Des Moines, IA	1:06:34	2:13:03	2:16:37	10:42
2403	148	W45	Darcy Soule, 46*, Newton, IA	1:03:59	2:13:03	2:20:11	10:42
2716	211	M20	John Jones, 24, Bettendorf, IA	1:04:34	2:13:03	2:21:42	10:42
2717	342	M40	Chris Schmidt, 40, Ankeny, IA	1:07:21	2:13:04	2:23:18	10:42
2404	308	W20	Amanda Fuhrmeister, 23*, Iowa City, IA	1:04:35	2:13:04	2:21:43	10:42
2405	474	W25	Amanda Accola, 28*, Marshalltown, IA	1:03:36	2:13:04	2:20:19	10:42
2406	553	W30	Sonja Brandt, 31*, Urbandale, IA	1:03:48	2:13:05	2:14:19	10:42



2407	279	W40	Kim Hagedorn, 40*, Ankeny, IA	1:03:50	2:13:08	2:19:08	10:43
2408	414	W35	Leisha Maurer, 35*, Depere, WI	1:09:21	2:13:08	2:19:12	10:43
2409	475	W25	Tracy Kroeger, 26*, Des Moines, IA	1:06:58	2:13:08	2:23:04	10:43
2410	280	W40	Carmen Jacobsen, 41*, West Des Moines, IA	1:09:50	2:13:08	2:19:13	10:43
2411	94	W50	Laurie Craig, 51*, Cedar Rapids, IA	1:07:05	2:13:09	2:24:18	10:43
2718	199	M50	Brent Wilson, 51, Johnston, IA	1:05:59	2:13:09	2:18:50	10:43
2412	415	W35	Nicola Hughes-Petrich, 35*, Minneapolis, MN	1:06:27	2:13:10	2:22:30	10:43
2413	416	W35	Stephanie Smith, 35*, Ankeny, IA	1:04:11	2:13:10	2:16:43	10:43
2719	212	M20	James Becvar, 22, Waukee, IA	1:00:15	2:13:11	2:18:24	10:43
2414	476	W25	Abby Erion, 27*, Des Moines, IA	1:03:13	2:13:11	2:20:12	10:43
2415	477	W25	Amber DeCesare, 29*, Chicago, IL	1:02:08	2:13:11	2:23:49	10:43
2416	149	W45	Maria McMahan, 49*, Urbandale, IA	1:01:54	2:13:12	2:16:50	10:43
2417	309	W20	Kelly Hingtgen, 22*, Urbandale, IA	1:09:45	2:13:13	2:18:27	10:43
2418	417	W35	Mikol Sesker, 37*, Knoxville, IA	1:03:36	2:13:14	2:24:56	10:43
2419	33	W55	Deb Miller, 55*, Perry, IA	1:03:45	2:13:15	2:20:32	10:43
2420	554	W30	Lindsay Norland, 30*, Ankeny, IA	1:03:26	2:13:16	2:17:35	10:43
2720	200	M50	Tom Guillaume, 53, Urbandale, IA	1:04:44	2:13:16	2:19:41	10:43
2421	281	W40	Amber Shroyer, 42*, Stratford, IA	1:04:33	2:13:16	2:19:08	10:43
2721	522	M30	Nicholas Benson, 33, Clermont, IA	1:05:30	2:13:20	2:19:18	10:44
2422	418	W35	Kathy Soseman, 37*, Nevada, IA	1:06:51	2:13:21	2:17:08	10:44
2423	65	W17	Kendra Gliem, 19*, Desoto, IA	1:00:51	2:13:25	2:15:57	10:44
2722	343	M40	Daniel Messerli, 42, Nevada, IA	1:00:17	2:13:25	2:17:13	10:44
2424	419	W35	Jen Trygstad, 39*, Clive, IA	1:04:13	2:13:26	2:20:45	10:44
2425	95	W50	Lori Rubie, 50*, Clive, IA	1:04:04	2:13:26	2:20:52	10:44
2426	310	W20	Alyssa Johansen, 24*, Des Moines, IA	1:03:05	2:13:26	2:19:16	10:44
2427	311	W20	Amanda Rubie, 24*, Ames, IA	1:04:05	2:13:26	2:20:53	10:44
2723	72	M17	Colin Ryan, 19, Webster City, IA	1:03:50	2:13:26	2:20:44	10:44
2724	122	M55	Doug Ryan, 59, Webster City, IA	1:03:51	2:13:27	2:20:44	10:44
2428	312	W20	Molly Swenson, 22*, Britt, IA	1:00:47	2:13:27	2:17:59	10:44
2429	282	W40	Patricia Thein, 42*, Marshalltown, IA	1:03:05	2:13:27	2:25:31	10:44
2430	478	W25	Jenna Irving, 27*, Urbandale, IA	1:02:15	2:13:28	2:23:33	10:44
2431	479	W25	Amy Norton, 28*, Cedar Rapids, IA	1:12:24	2:13:28	2:16:10	10:44
2432	480	W25	BreAnne Solem, 28*, Des Moines, IA	1:12:24	2:13:29	2:16:10	10:44
2433	481	W25	Amelia Dohlman, 29*, Wykoff, MN	1:12:25	2:13:29	2:16:09	10:44
2434	283	W40	Kim Stuart, 40*, Urbandale, IA	1:02:26	2:13:29	2:20:18	10:44
2725	54	M60	Tom Mohr, 60, Pleasantville, IA	1:08:49	2:13:29	2:16:47	10:44
2435	284	W40	Amy Snyder, 42*, Urbandale, IA	1:02:27	2:13:29	2:20:19	10:44
2726	344	M40	Michael Painovich, 42, West Des Moines, IA	1:06:56	2:13:30	2:24:40	10:44
2727	523	M30	Jason Schweneker, 34, Ankeny, IA	1:04:57	2:13:30	2:23:45	10:44
2436	285	W40	Amy Weber, 42*, Tucson, AZ	1:01:05	2:13:30	2:14:28	10:44
2728	524	M30	Kent Hayes, 34, Ankeny, IA	1:02:42	2:13:30	2:17:19	10:44
2437	420	W35	Kris Evans, 36*, Ames, IA	1:06:52	2:13:30	2:22:54	10:44
2729	55	M60	Randy Miller, 61, Clive, IA	1:05:28	2:13:30	2:21:33	10:45
2438	1	W70	Breta Westlund, 72*, Urbandale, IA	1:08:17	2:13:31	2:21:01	10:45
2439	286	W40	Jenny Zink, 40*, Grinnell, IA	1:06:28	2:13:32	2:19:48	10:45
2440	482	W25	Ashley Kenkel, 27*, Des Moines, IA	1:06:10	2:13:34	2:21:46	10:45
2441	483	W25	Theresa Dillon, 27*, West Des Moines, IA	1:06:10	2:13:34	2:21:46	10:45
2442	313	W20	Amy Loftus, 22*, West Des Moines, IA	1:04:22	2:13:34	2:17:55	10:45
2443	421	W35	Terri Boeding, 37*, Huxley, IA	1:05:08	2:13:36	2:20:57	10:45
2444	66	W17	Mackenzie Foxen, 18*, Cedar Rapids, IA	1:06:46	2:13:37	2:17:40	10:45
2445	96	W50	Cindi Aldrich, 50*, Altoona, IA	1:04:44	2:13:38	2:20:48	10:45
2446	555	W30	Katie Schnoor, 34*, Urbandale, IA	1:02:44	2:13:39	2:18:06	10:45
2447	97	W50	Janice Miller-Hook, 54*, Urbandale, IA	1:03:47	2:13:39	2:21:44	10:45
2448	287	W40	Megan Buske, 41*, Clive, IA	1:02:38	2:13:40	2:18:44	10:45
2449	150	W45	Diane Spain, 48*, Johnston, IA	1:04:46	2:13:40	2:20:48	10:45
2450	422	W35	Kristina Dawson, 39*, Des Moines, IA	1:04:47	2:13:41	2:22:48	10:45
2451	288	W40	Kelly Richards, 42*, Ankeny, IA	1:04:47	2:13:41	2:22:48	10:45
2730	213	M20	Ben James, 23, Cedar Falls, IA	1:06:56	2:13:41	2:18:32	10:45
2731	453	M25	Jared Bartel, 28, Des Moines, IA	1:07:51	2:13:41	2:23:01	10:45
2452	556	W30	Emilee Harlan, 31*, Atlantic, IA	1:06:33	2:13:41	2:22:42	10:45
2732	257	M45	Terry Riley, 45, Altoon, IA	1:05:06	2:13:42	2:21:01	10:45
2733	258	M45	Ed Ellifritt, 48, Winterset, IA	59:53	2:13:42	2:19:48	10:45
2453	314	W20	Madalyn Skahill, 23*, Cedar Falls, IA	1:06:56	2:13:46	2:18:36	10:46
2734	259	M45	James Kickland, 45, Atlantic, IA	1:06:32	2:13:46	2:22:48	10:46

2454	557	W30	Stephanie Bidney, 34*, Urbandale, IA	1:04:15	2:13:47	2:19:24	10:46
2735	454	M25	Matt Reiff, 25, Clive, IA	1:06:56	2:13:48	2:24:58	10:46
2736	123	M55	Robert Gagne, 55, Johnston, IA	1:05:30	2:13:48	2:19:04	10:46
2737	525	M30	Michael Dobbertin, 34, Des Moines, IA	1:06:33	2:13:48	2:22:47	10:46
2455	151	W45	Jackie Sampson, 46*, Atlantic, IA	1:06:34	2:13:48	2:22:48	10:46
2456	558	W30	Laura Bikoko, 30*, West Des Moines, IA	1:01:35	2:13:48	2:20:47	10:46
2738	345	M40	Robert Stomp, 42, Clive, IA	1:01:49	2:13:48	2:16:37	10:46
2739	423	M35	Rob Collison, 36, Onawa, IA	1:03:49	2:13:49	2:23:07	10:46
2740	201	M50	Joe Anderson, 50, West Des Moines, IA	1:00:49	2:13:50	2:17:41	10:46
2741	455	M25	Todd Rabey, 28, Cedar Rapids, IA	1:01:43	2:13:51	2:21:14	10:46
2457	152	W45	Lisa Lemon, 49*, Des Moines, IA	1:04:48	2:13:51	2:23:23	10:46
2458	289	W40	Elizabeth Sedrel, 44*, Des Moines, IA	1:04:49	2:13:51	2:23:23	10:46
2459	484	W25	Rianne Veenstra, 26*, West Des Moines, IA	1:04:48	2:13:52	2:24:59	10:46
2460	290	W40	Janeen Micka, 42*, West Des Moines, IA	1:02:23	2:13:53	2:18:27	10:46
2461	153	W45	Juanita Swoboda, 48*, Des Moines, IA	1:00:48	2:13:54	2:15:44	10:46
2462	423	W35	Bobbi Kleinschmidt, 39*, Grimes, IA	1:07:09	2:13:56	2:24:11	10:47
2463	424	W35	Melanie White, 35*, Altoona, IA	1:05:33	2:13:57	2:25:37	10:47
2742	526	M30	Naveen Maram, 30, West Des Moines, IA	1:05:04	2:13:57	2:16:15	10:47
2464	425	W35	Sulley Blessman, 37*, Grimes, IA	1:06:11	2:13:57	2:23:17	10:47
2465	485	W25	Desiree Bryant, 26*, Osceola, IA	1:06:07	2:13:57	2:21:44	10:47
2466	291	W40	Heather Imoehl, 40*, Urbandale, IA	1:05:03	2:13:58	2:19:35	10:47
2467	559	W30	Nicole Essink, 32*, Altoona, IA	1:06:48	2:13:58	2:20:06	10:47
2468	292	W40	Tanya Feller, 42*, Norwalk, IA	1:06:17	2:13:59	2:25:18	10:47
2469	560	W30	Londa Liddle, 31*, Des Moines, IA	1:04:30	2:13:59	2:19:24	10:47
2470	486	W25	Michelle Vaughn, 29*, Pella, IA	1:02:00	2:14:01	2:19:53	10:47
2743	202	M50	John Esser, 50, Urbandale, IA	1:03:26	2:14:01	2:20:29	10:47
2471	487	W25	Keely Pearson, 28*, Ankeny, IA	1:05:56	2:14:01	2:19:11	10:47
2472	561	W30	Shannon Salmon, 31*, Urbandale, IA	1:06:10	2:14:02	2:19:17	10:47
2744	456	M25	Matt Pearson, 29, Ankeny, IA	1:05:56	2:14:02	2:19:11	10:47
2745	424	M35	David Reis, 39, Carroll, IA	1:03:59	2:14:03	2:23:28	10:47
2746	527	M30	Corey Huinker, 32, Gilbertville, IA	1:01:09	2:14:04	2:17:39	10:47
2473	488	W25	Sue Kuennen, 29*, Minneapolis, MN	1:02:45	2:14:05	2:21:34	10:47
2474	67	W17	Jenny Kuennen, 17*, Fort Atkinson, IA	1:02:45	2:14:05	2:21:35	10:47
2475	489	W25	Elizabeth Cumpston, 28*, West Des Moines, IA	1:05:05	2:14:05	2:24:26	10:47
2476	426	W35	Amy Yardley, 37*, Omaha, NE	1:05:31	2:14:07	2:21:56	10:47
2477	562	W30	Jackie Surber, 30*, Des Moines, IA	1:05:05	2:14:08	2:24:29	10:48
2478	427	W35	Amanda Mincer, 35*, Burlington, IA	1:01:02	2:14:08	2:22:05	10:48
2479	293	W40	Christine Cournoyer, 41*, Le Claire, IA	1:05:04	2:14:09	2:22:49	10:48
2747	214	M20	Adam Bernard, 24, Ankeny, IA	1:05:57	2:14:10	2:19:45	10:48
2480	294	W40	Kristine Maggard, 44*, Colfax, IA	1:06:54	2:14:10	2:20:17	10:48
2481	98	W50	Sue Olmstead, 53*, Pleasant Hill, IA	1:04:40	2:14:10	2:22:24	10:48
2482	295	W40	Jennifer Keitges, 43*, Ames, IA	1:06:10	2:14:13	2:23:29	10:48
2483	428	W35	Stacy DeMoss, 37*, Cedar Rapids, IA	1:10:48	2:14:13	2:25:37	10:48
2748	528	M30	Christopher Francois, 32, Bondurant, IA	1:02:04	2:14:14	2:17:28	10:48
2749	425	M35	Justin DeMoss, 36, Cedar Rapids, IA	1:10:48	2:14:14	2:25:39	10:48
2484	563	W30	Valerie Francois, 31*, Bondurant, IA	1:02:05	2:14:14	2:17:28	10:48
2485	564	W30	Katie Scandrett, 34*, Des Moines, IA	1:06:04	2:14:18	2:19:43	10:48
2750	124	M55	Lester Yen, 56, West Des Moines, IA	1:07:10	2:14:18	2:20:39	10:48
2486	296	W40	Jill Heilskov, 42*, Des Moines, IA	1:00:50	2:14:18	2:17:51	10:48
2487	429	W35	Nikki Vandello, 39*, Winterset, IA	1:06:27	2:14:20	2:25:41	10:48
2488	154	W45	Andrea Dryer, 45*, Cedar Falls, IA	1:02:02	2:14:20	2:19:37	10:48
2489	315	W20	Laura Eisenman, 22*, Ankeny, IA	1:02:18	2:14:21	2:18:03	10:49
2490	565	W30	Francine Brown, 32*, Ankeny, IA	1:07:40	2:14:21	2:23:08	10:49
2491	316	W20	Nicole Wells, 22*, Urbandale, IA	1:09:45	2:14:23	2:19:37	10:49
2492	297	W40	Kristi Tetmeyer, 44*, West Des Moines, IA	1:04:23	2:14:23	2:21:08	10:49
2751	457	M25	Bryce Boehm, 25, Urbandale, IA	59:49	2:14:24	2:15:46	10:49
2493	566	W30	Heather Halverson, 31*, Granger, IA	1:08:20	2:14:25	2:21:17	10:49
2494	317	W20	Jeanna Thimmesch, 21*, West Des Moines, IA	1:08:34	2:14:25	2:20:50	10:49
2495	298	W40	Holly Showalter, 42*, Waukee, IA	1:06:51	2:14:25	2:21:43	10:49
2496	567	W30	Miranda Sharp, 32*, Kansas City, MO	1:08:08	2:14:25	2:22:11	10:49
2497	568	W30	Erin Huisman, 32*, Centerville, IA	1:06:51	2:14:26	2:21:43	10:49
2752	426	M35	Matthew Essick, 35, Dickens, IA	1:02:37	2:14:26	2:22:00	10:49
2498	569	W30	Christina Hixson, 33*, Carlisle, IA	1:05:22	2:14:26	2:24:26	10:49
2499	430	W35	Janet Lose, 38*, Des Moines, IA	1:06:50	2:14:27	2:20:33	10:49

2500	318	W20	Amelia Mieth, 22*, Des Moines, IA	1:02:22	2:14:27	2:19:45	10:49
2501	431	W35	Dede Jacoby, 37*, Jewell, IA	1:04:50	2:14:29	2:18:10	10:49
2502	570	W30	Jamie Ehlert, 32*, Grimes, IA	1:04:35	2:14:29	2:24:31	10:49
2753	427	M35	Thom Thielman, 36, Urbandale, IA	1:09:45	2:14:31	2:24:30	10:49
2754	428	M35	Matt Sepanic, 35, Urbandale, IA	1:08:39	2:14:31	2:24:30	10:49
2503	319	W20	Emily Engstrom, 24*, Liscomb, IA	1:03:33	2:14:32	2:19:03	10:49
2504	155	W45	Deborah Carlson, 46*, Hammond, WI	1:04:32	2:14:32	2:20:08	10:49
2755	458	M25	Matt Diehl, 25, Minneapolis, MN	1:06:05	2:14:32	2:25:35	10:49
2505	68	W17	Emily Block, 18*, Panora, IA	1:02:25	2:14:33	2:17:43	10:50
2756	215	M20	Daniel Nelson, 20, West Des Moines, IA	1:02:25	2:14:33	2:17:43	10:50
2506	8	W60	Sharon Bahr, 64*, Hawkeye, IA	1:05:34	2:14:33	2:24:56	10:50
2507	299	W40	Cindy Anderson, 40*, Boone, IA	1:04:25	2:14:35	2:15:22	10:50
2508	490	W25	Libby Liewer, 27*, Des Moines, IA	1:04:09	2:14:37	2:19:58	10:50
2757	203	M50	Joe Murdock, 51, Johnston, IA	1:06:59	2:14:40	2:20:22	10:50
2509	432	W35	Jill LaBarre, 35*, Urbandale, IA	1:06:50	2:14:41	2:22:05	10:50
2758	429	M35	Steve Heun, 36, Johnston, IA	1:04:32	2:14:43	2:17:57	10:50
2510	571	W30	Jamie Gallagher, 32*, Bella Vista, AR	1:11:19	2:14:43	2:22:16	10:50
2759	260	M45	Tom Morris, 46, Johnston, IA	1:04:31	2:14:43	2:17:57	10:50
2511	491	W25	Johanna Turner, 26*, Ames, IA	1:05:33	2:14:44	2:20:09	10:50
2512	572	W30	Sarah Holst, 30*, West Des Moines, IA	1:03:53	2:14:44	2:26:29	10:50
2513	320	W20	Erin Jun, 21*, Ames, IA	1:06:30	2:14:45	2:20:45	10:50
2760	529	M30	Michael Schulte, 31, Ankeny, IA	1:07:42	2:14:45	2:22:44	10:51
2761	216	M20	Andrew Klein, 21, Clear Lake, IA	1:03:16	2:14:46	2:26:20	10:51
2514	156	W45	Maggie Thompson, 46*, Perry, IA	1:05:10	2:14:46	2:21:08	10:51
2515	492	W25	Genevieve Craggs, 25*, Iowa City, IA	1:11:42	2:14:48	2:22:17	10:51
2516	300	W40	Jeri Knutson, 40*, Fort Dodge, IA	1:06:00	2:14:49	2:25:47	10:51
2517	34	W55	Jo Ellen O'Neal, 55*, Des Moines, IA	1:03:53	2:14:49	2:22:16	10:51
2518	493	W25	Kelsi Hansen, 25*, West Des Moines, IA	1:07:21	2:14:50	2:22:58	10:51
2519	573	W30	Anne Weinberg, 30*, West Des Moines, IA	1:05:12	2:14:51	2:21:22	10:51
2520	99	W50	Teri Lohr, 50*, Des Moines, IA	1:05:10	2:14:51	2:21:13	10:51
2521	321	W20	Rachel Bojorquez, 20*, Clear Lake, IA	1:03:17	2:14:52	2:26:25	10:51
2762	530	M30	Justin Roth, 31, Desmoines, IA	1:04:36	2:14:53	2:19:26	10:51
2522	574	W30	Jennifer Evans, 31*, Pleasant Hill, IA	59:10	2:14:58	2:20:09	10:52
2523	494	W25	LeAnn Hostetler, 26*, Jefferson, IA	1:05:41	2:14:58	2:19:37	10:52
2524	301	W40	Barbie Ahrens-Lowry, 42*, Montezuma, IA	1:05:30	2:14:59	2:22:19	10:52
2525	157	W45	Lori Lipscomb, 48*, Johnston, IA	1:06:03	2:15:01	2:20:28	10:52
2763	430	M35	Mitchell Lake, 35, Waukee, IA	1:08:48	2:15:01	2:25:04	10:52
2526	158	W45	Elizabeth Dawley, 47*, Des Moines, IA	1:08:02	2:15:01	2:25:05	10:52
2527	322	W20	Aryn Allison, 24*, West Des Moines, IA	1:02:28	2:15:04	2:18:42	10:52
2528	495	W25	Estee Roe, 28*, Clive, IA	1:08:05	2:15:04	2:16:37	10:52
2529	496	W25	Michelle Butler, 26*, West Des Moines, IA	1:02:10	2:15:05	2:20:56	10:52
2530	575	W30	Katie Turner, 34*, Creston, IA	1:05:50	2:15:05	2:21:58	10:52
2531	576	W30	Crystal Butler, 33*, Clive, IA	1:07:03	2:15:06	2:24:47	10:52
2532	159	W45	Kelli Nelsen, 49*, West Des Moines, IA	1:03:37	2:15:06	2:16:59	10:52
2764	431	M35	Erik Tetmeyer, 39, West Des Moines, IA	1:04:17	2:15:06	2:21:51	10:52
2533	35	W55	Terri Glass, 57*, Arcadia, IA	1:02:21	2:15:06	2:18:00	10:52
2534	433	W35	Andrea Kirby, 37*, Ankeny, IA	1:07:09	2:15:07	2:17:37	10:52
2535	100	W50	Christie Pence, 52*, Eldora, IA	1:04:09	2:15:07	2:21:19	10:52
2536	69	W17	Katie Rickels, 18*, Fort Dodge, IA	1:01:33	2:15:07	2:20:19	10:52
2537	577	W30	Nicola Nicolaisen, 31*, Iowa City, IA	1:07:08	2:15:08	2:17:38	10:52
2538	101	W50	Denise Phillips, 51*, Des Moines, IA	1:04:32	2:15:08	2:20:44	10:52
2539	302	W40	Kristine Snyder, 42*, Ames, IA	1:06:25	2:15:09	2:22:20	10:52
2765	432	M35	Jeremy Zmolek, 38, Urbandale, IA	1:10:07	2:15:10	2:24:14	10:53
2766	531	M30	Ryan Hervey, 34, West Des Moines, IA	1:10:08	2:15:10	2:24:14	10:53
2767	125	M55	Dennis Howard, 58, Des Moines, IA	1:02:38	2:15:13	2:18:37	10:53
2768	459	M25	Larry Spray III, 27, Dallas Center, IA	1:00:04	2:15:16	2:19:31	10:53
2540	497	W25	Kristen Rasplicka, 27*, Johnston, IA	1:04:04	2:15:16	2:24:27	10:53
2769	433	M35	Scott Cordes, 36, Cedar Rapids, IA	1:04:28	2:15:16	2:19:28	10:53
2770	434	M35	Tony Lovejoy, 39, Des Moines, IA	1:02:01	2:15:17	2:20:58	10:53
2771	346	M40	Leroy Imoehl, 42, Urbandale, IA	1:05:02	2:15:17	2:20:54	10:53
2541	498	W25	Mindy Powell, 29*, Ames, IA	1:04:22	2:15:17	2:24:53	10:53
2542	323	W20	Sydney Kronkow, 23*, Des Moines, IA	1:02:26	2:15:18	2:27:06	10:53
2543	434	W35	Suzanne Loch, 38*, Ankeny, IA	1:02:35	2:15:19	2:24:25	10:53
2544	303	W40	Jill Nepper, 41*, Urbandale, IA	1:05:10	2:15:19	2:21:06	10:53
2545	304	W40	Jill Lilienthal, 42*, Urbandale, IA	1:05:10	2:15:19	2:21:06	10:53

2546	102	W50	Charlotte Jacobs, 54*, West Des Moines, IA	1:10:46	2:15:20	2:23:25	10:53
2772	217	M20	Nate Taylor, 20, Peoria, IL	1:07:04	2:15:21	2:27:31	10:53
2773	532	M30	Matthew Kressley, 30, Belle Plaine, IA	59:05	2:15:21	2:18:17	10:53
2547	160	W45	Sharon Koele, 47*, Des Moines, IA	1:04:09	2:15:22	2:21:56	10:53
2774	533	M30	Matt Reed, 30, Urbandale, IA	1:07:04	2:15:22	2:27:32	10:53
2548	103	W50	Linda Koele, 53*, Des Moines, IA	1:04:09	2:15:22	2:21:56	10:53
2549	324	W20	Abby Long, 23*, West Des Moines, IA	1:02:09	2:15:22	2:19:09	10:53
2775	218	M20	Hunter Rohde, 20, Le Mars, IA	1:09:16	2:15:22	2:22:53	10:53
2776	460	M25	Henry Dean V, 29, Ankeny, IA	1:04:37	2:15:22	2:22:14	10:53
2550	499	W25	Laura Hausman, 27*, Carroll, IA	1:05:41	2:15:22	2:24:09	10:54
2551	578	W30	Nicole Cummings, 30*, Carroll, IA	1:05:40	2:15:22	2:24:09	10:54
2552	500	W25	Cortney Dean, 29*, Ankeny, IA	1:04:37	2:15:22	2:22:14	10:54
2553	435	W35	Melissa Michehl, 37*, Fort Dodge, IA	1:04:43	2:15:23	2:24:55	10:54
2554	579	W30	Jeana Gingery, 34*, Slater, IA	1:03:36	2:15:23	2:22:56	10:54
2555	325	W20	Emily Peterson, 22*, Fort Dodge, IA	1:04:44	2:15:23	2:24:55	10:54
2556	104	W50	Nikki Sobotka, 51*, Diagonal, IA	1:05:08	2:15:23	2:25:18	10:54
2777	204	M50	Tony McBride, 50, Clive, IA	1:03:55	2:15:24	2:17:24	10:54
2778	56	M60	Robert Schneider, 63, Urbandale, IA	1:07:09	2:15:26	2:22:41	10:54
2557	580	W30	Tessa Schneider, 30*, St. Louis, MO	1:07:09	2:15:26	2:22:41	10:54
2779	534	M30	Ben Manderfield, 31, Kelley, IA	1:03:05	2:15:26	2:26:46	10:54
2558	161	W45	Patti Loonan, 47*, Des Moines, IA	1:06:16	2:15:26	2:23:49	10:54
2559	501	W25	Jamie Gilleland, 26*, Des Moines, IA	1:06:16	2:15:26	2:23:49	10:54
2560	305	W40	Lynn Gaumer, 44*, Ankeny, IA	1:08:48	2:15:26	2:22:42	10:54
2561	581	W30	Cara Blair, 30*, Ames, IA	1:00:11	2:15:29	2:21:44	10:54
2562	502	W25	Lindsay Bennett, 26*, Waukee, IA	1:05:48	2:15:31	2:25:23	10:54
2563	436	W35	Lydia Holm, 39*, West Des Moines, IA	1:06:55	2:15:31	2:23:41	10:54
2780	261	M45	Brian Muller, 46, Manchester, IA	1:01:16	2:15:32	2:16:51	10:54
2781	535	M30	Roy Gullickson, 30, North Liberty, IA	1:03:39	2:15:33	2:24:11	10:54
2564	503	W25	Melissa Carlson, 29*, Ankeny, IA	1:03:24	2:15:33	2:17:24	10:54
2565	582	W30	Jennifer Anderson, 32*, Altoona, IA	1:02:47	2:15:33	2:23:24	10:54
2566	162	W45	Conni Crees, 45*, Winterset, IA	1:05:37	2:15:35	2:18:34	10:55
2782	347	M40	Tom Roff, 40, Norwalk, IA	1:08:51	2:15:35	2:22:39	10:55
2567	583	W30	Jill Boor, 33*, Ankeny, IA	1:06:08	2:15:35	2:15:53	10:55
2568	584	W30	Danielle Pence, 30*, Des Moines, IA	1:05:36	2:15:35	2:18:35	10:55
2569	326	W20	Amanda Miller, 23*, Ames, IA	1:04:41	2:15:37	2:27:06	10:55
2783	205	M50	Roger Borcharding, 51, Redfield, IA	1:04:18	2:15:37	2:23:45	10:55
2570	327	W20	Danika Campidilli, 23*, Wellsburg, IA	1:04:41	2:15:37	2:27:06	10:55
2571	585	W30	Jody Mohwinkle, 32*, Des Moines, IA	1:04:54	2:15:38	2:21:01	10:55
2572	105	W50	Julie Waling, 50*, Crescent, IA	1:10:30	2:15:38	2:23:40	10:55
2573	586	W30	Michelle Buetow, 33*, Montgomery, MN	1:04:54	2:15:38	2:21:01	10:55
2574	587	W30	Susan Brandt, 34*, Crescent, IA	1:10:30	2:15:38	2:23:41	10:55
2575	70	W17	Jessica Bales, 18*, Clive, IA	1:01:23	2:15:39	2:23:42	10:55
2576	328	W20	Anna Tolander, 24*, Ankeny, IA	1:06:02	2:15:42	2:21:09	10:55
2577	437	W35	Sharon McMartin, 36*, Ankeny, IA	1:02:36	2:15:43	2:24:49	10:55
2578	588	W30	Candi Ladwig, 31*, Urbandale, IA	1:06:27	2:15:44	2:21:07	10:55
2579	438	W35	Kristen Henke, 38*, Treynor, IA	1:05:19	2:15:44	2:18:19	10:55
2580	504	W25	Suzanne Vanderpohl, 28*, Omaha, NE	1:05:43	2:15:44	2:22:16	10:55
2581	589	W30	Jennifer Williams, 32*, Ankeny, IA	1:08:28	2:15:45	2:27:09	10:55
2582	106	W50	Karen Hoff, 54*, Urbandale, IA	1:04:17	2:15:46	2:20:38	10:55
2583	71	W17	Kristin Upah, 19*, Ames, IA	1:00:48	2:15:46	2:20:42	10:55
2784	348	M40	Chad Fickbohm, 40, Ankeny, IA	1:06:34	2:15:46	2:21:48	10:55
2584	439	W35	Amy Fickbohm, 36*, Ankeny, IA	1:06:36	2:15:47	2:21:48	10:55
2585	505	W25	Jayna Beal, 29*, Des Moines, IA	1:05:25	2:15:51	2:23:43	10:56
2586	329	W20	Lindsey Andersen, 24*, Omaha, NE	1:05:24	2:15:51	2:23:43	10:56
2587	306	W40	Chris Magneson, 42*, Urbandale, IA	1:07:10	2:15:52	2:27:31	10:56
2588	72	W17	Melinda McMullen, 18*, Fort Dodge, IA	1:05:13	2:15:54	2:21:06	10:56
2589	307	W40	Mary VanHeukelom, 40*, Des Moines, IA	1:05:07	2:15:54	2:20:54	10:56
2785	206	M50	Sam Carrell, 51, Des Moines, IA	1:05:07	2:15:54	2:20:55	10:56
2786	73	M17	Caleb Grulke, 19, Kelley, IA	1:09:29	2:15:56	2:25:48	10:56
2590	590	W30	Allison Krutsinger, 30*, Chariton, IA	59:39	2:15:56	2:19:31	10:56
2787	17	M65	Noel Johnson, 69, Denison, IA	1:04:06	2:15:57	2:26:58	10:56
2788	461	M25	Chad Conley, 28, Windsor Heights, IA	1:09:16	2:15:57	2:23:28	10:56
2591	506	W25	Briana Williamson, 28*, Osage, IA	1:01:29	2:15:57	2:20:30	10:56
2592	73	W17	Erica Westhoff, 19*, Le Mars, IA	1:05:50	2:15:57	2:23:29	10:56
2593	330	W20	Katie Sicheneder, 23*, Des Moines, IA	1:07:26	2:15:58	2:20:51	10:56

2789	349	M40	Nick Preston, 43, Harlan, IA	1:10:05	2:15:58	2:24:48	10:56
2594	308	W40	Eleisa Preston, 40*, Harlan, IA	1:10:05	2:15:58	2:24:48	10:56
2595	107	W50	Laurie Bence, 52*, W. Des Moines, IA	59:51	2:15:59	2:19:17	10:56
2790	462	M25	J R. Sopher, 26, Des Moines, IA	1:02:45	2:15:59	2:21:38	10:56
2596	309	W40	Lisa Martin, 42*, Johnston, IA	1:03:52	2:16:01	2:23:32	10:57
2597	591	W30	Lee Narwid, 31*, Delano, MN	1:07:06	2:16:02	2:25:11	10:57
2598	507	W25	Marion Brault, 27*, Ames, IA	1:06:52	2:16:02	2:22:14	10:57
2599	592	W30	Rachel Rand, 31*, Des Moines, IA	1:07:22	2:16:03	2:23:34	10:57
2600	593	W30	Alissa Lilla, 34*, Waukee, IA	1:05:21	2:16:06	2:18:48	10:57
2791	435	M35	Steve Lilla, 35, Waukee, IA	1:05:21	2:16:06	2:18:48	10:57
2601	310	W40	Beth Wiese, 41*, Montour, IA	1:07:12	2:16:06	2:19:34	10:57
2602	440	W35	Julie Anderson-Suddarth, 38*, Winterset, IA	1:06:55	2:16:06	2:24:17	10:57
2603	163	W45	Melinda Life, 47*, Ankeny, IA	1:05:00	2:16:08	2:21:37	10:57
2604	441	W35	Emily Maass, 35*, Papillion, NE	1:06:09	2:16:08	2:26:27	10:57
2605	594	W30	Brandi Millikan, 31*, Melbourne, IA	1:06:10	2:16:08	2:26:27	10:57
2606	331	W20	Courtney Henecke, 23*, Hiawatha, IA	1:01:08	2:16:08	2:21:33	10:57
2792	436	M35	Chad Elkin, 36, Papillion, NE	1:06:10	2:16:09	2:26:27	10:57
2793	219	M20	Caleb Holman, 23, Washburn, IA	1:05:35	2:16:09	2:28:04	10:57
2607	36	W55	Jennifer Seales, 55*, Rhodes, IA	1:04:37	2:16:10	2:19:37	10:57
2608	332	W20	Liz Schilling, 23*, West Des Moines, IA	1:02:09	2:16:10	2:19:57	10:57
2609	508	W25	Kathy Warren, 29*, Des Moines, IA	1:03:20	2:16:12	2:21:27	10:57
2794	126	M55	Craig Rohrer, 59, Ankeny, IA	1:05:06	2:16:12	2:21:16	10:58
2610	509	W25	Laura Pals, 28*, West Des Moines, IA	1:07:25	2:16:12	2:21:06	10:58
2795	536	M30	Nick Rohrer, 33, Cheyenne, WY	1:05:06	2:16:12	2:21:16	10:58
2611	164	W45	Elizabeth Breck, 46*, Apopka, FL	1:06:56	2:16:15	2:23:29	10:58
2612	595	W30	Megan Briggs, 33*, Chicago, IL	1:01:42	2:16:15	2:20:07	10:58
2613	510	W25	Kim Baker, 25*, Creston, IA	1:09:11	2:16:15	2:28:15	10:58
2614	511	W25	Jennifer Higgins, 29*, Des Moines, IA	1:05:40	2:16:17	2:17:32	10:58
2615	512	W25	Ashley Cudworth, 25*, West Des Moines, IA	1:09:00	2:16:17	2:26:34	10:58
2796	220	M20	Jayson Wicker, 24, West Des Moines, IA	1:09:00	2:16:18	2:26:35	10:58
2616	513	W25	Calista Oberhelman, 29*, West Des Moines, IA	1:02:31	2:16:21	2:22:09	10:58
2617	442	W35	Renee Batts, 39*, Ankeny, IA	1:05:56	2:16:22	2:22:07	10:58
2618	514	W25	Julie Mason, 27*, Des Moines, IA	1:07:26	2:16:22	2:21:15	10:58
2619	443	W35	Leah Hansen, 38*, Colfax, IA	1:06:39	2:16:22	2:24:35	10:58
2620	311	W40	Kathy Haage, 42*, Pleasant Hill, IA	1:06:39	2:16:22	2:24:36	10:58
2621	444	W35	Stephanie Fleckenstein, 39*, North Liberty, IA	1:07:10	2:16:24	2:20:24	10:58
2622	333	W20	Lindsey Tauer, 23*, Des Moines, IA	1:04:44	2:16:26	2:24:18	10:59
2797	463	M25	Stephen Smith, 25, Henderson, IA	1:04:44	2:16:26	2:24:18	10:59
2623	334	W20	Laura Weigel, 20*, Grinnell, IA	1:04:47	2:16:27	2:22:19	10:59
2798	74	M17	Jack Randall, 18, Spencer, IA	1:07:46	2:16:28	2:22:41	10:59
2624	74	W17	Makenzie Dallman, 18*, Dickens, IA	1:07:46	2:16:28	2:22:41	10:59
2625	165	W45	Diane Kruse, 47*, Johnston, IA	1:05:42	2:16:28	2:20:21	10:59
2626	36	JrW	Megan Diesslin, 15*, Ames, IA	1:02:50	2:16:28	2:21:58	10:59
2799	262	M45	Javier Pedraza, 47, Lewistown, TX	1:05:43	2:16:29	2:20:22	10:59
2627	108	W50	Janet Reiter, 53*, Johnston, IA	1:05:42	2:16:29	2:20:22	10:59
2628	515	W25	Christina Schave, 29*, Ankeny, IA	1:04:23	2:16:30	2:21:39	10:59
2629	312	W40	Melody Gibson, 43*, West Des Moines, IA	1:01:57	2:16:30	2:21:53	10:59
2630	313	W40	Amy Gates, 42*, Urbandale, IA	1:01:57	2:16:30	2:21:53	10:59
2631	516	W25	Haley Wilke, 27*, West Des Moines, IA	1:04:37	2:16:32	2:21:38	10:59
2632	596	W30	Richelle Anderson, 33*, Urban Dale, IA	1:09:28	2:16:32	2:23:38	10:59
2633	37	JrW	Sara Boyd, 12*, Bettendorf, IA	1:08:54	2:16:35	2:22:27	10:59
2634	597	W30	Donna Weeda, 33*, LeClaire, IA	1:08:54	2:16:35	2:22:27	10:59
2635	517	W25	Stacy Conrardt, 29*, Des Moines, IA	1:03:42	2:16:35	2:21:37	10:59
2636	335	W20	Mallory White, 24*, Treynor, IA	1:04:49	2:16:36	2:24:12	10:59
2637	314	W40	Heidi White, 41*, Council Bluffs, IA	1:04:49	2:16:37	2:24:12	10:59
2800	464	M25	Derek Gage, 27, Ankeny, IA	1:08:55	2:16:37	2:20:15	11:00
2638	518	W25	Kristi Holton, 26*, Apple Valley, MN	1:09:00	2:16:38	2:27:40	11:00
2639	598	W30	Sarah Tharp, 31*, Des Moines, IA	1:00:11	2:16:38	2:22:54	11:00
2801	127	M55	Ronald Dorin, 57, Pleasant Hill, IA	1:03:51	2:16:39	2:20:46	11:00
2640	445	W35	Leah Cronk, 39*, Iowa City, IA	1:06:20	2:16:39	2:24:19	11:00
2641	599	W30	Dee Crow, 31*, Ankeny, IA	1:08:27	2:16:39	2:27:26	11:00
2802	437	M35	Kevin Cline, 36, Urbandale, IA	1:00:58	2:16:40	2:19:28	11:00

2642	446	W35	Rae Ann Kolbet, 38*, Ames, IA	1:10:11	2:16:41	2:25:45	11:00
2643	315	W40	Jennifer Heitman, 40*, West Des Moines, IA	1:05:51	2:16:42	2:25:56	11:00
2644	316	W40	Jody Walsh, 40*, Barnum, IA	1:11:30	2:16:42	2:26:44	11:00
2645	600	W30	Cora Griffen, 33*, Ames, IA	1:07:25	2:16:42	2:25:45	11:00
2646	601	W30	Samantha Lagneaux, 31*, Cedar Rapids, IA	1:07:28	2:16:42	2:21:39	11:00
2647	519	W25	Ashley Winkelbauer, 25*, Cedar Falls, IA	1:11:32	2:16:43	2:26:43	11:00
2648	336	W20	Stephanie Jones, 23*, Ames, IA	1:04:07	2:16:43	2:21:17	11:00
2649	520	W25	Ashley Smith, 28*, Lake City, IA	59:24	2:16:43	2:21:14	11:00
2650	337	W20	Erin Sullivan, 20*, West Des Moines, IA	57:45	2:16:44	2:19:29	11:00
2651	521	W25	Mackenzie Skul, 25*, Des Moines, IA	1:05:18	2:16:46	2:20:10	11:00
2652	338	W20	Megan Pearson, 23*, West Des Moines, IA	1:05:18	2:16:46	2:20:10	11:00
2653	109	W50	Julie Younger, 53*, Ankeny, IA	1:02:14	2:16:46	2:17:56	11:00
2654	602	W30	Renee Sorenson, 31*, Mason City, IA	1:01:26	2:16:47	2:26:32	11:00
2655	447	W35	Beth Lash, 38*, Des Moines, IA	1:04:59	2:16:47	2:27:22	11:00
2656	603	W30	Brenda Adams, 34*, Tama, IA	1:04:12	2:16:47	2:24:37	11:00
2657	110	W50	Nancy Betz, 53*, Grimes, IA	1:06:12	2:16:48	2:19:53	11:00
2658	111	W50	Deb Baker, 51*, Urbandale, IA	1:06:11	2:16:48	2:19:53	11:00
2659	604	W30	Jaime Bonner, 32*, Iowa Falls, IA	1:08:31	2:16:48	2:26:05	11:00
2803	207	M50	Todd Onnen, 51, Grundy Center, IA	1:07:11	2:16:48	2:23:16	11:00
2660	522	W25	Jayme Freye, 25*, Ames, IA	1:07:11	2:16:49	2:23:16	11:00
2661	166	W45	Susan Healy, 46*, West Des Moines, IA	1:08:15	2:16:50	2:21:43	11:01
2662	339	W20	Julie Phillips, 24*, Clear Lake, IA	1:11:19	2:16:50	2:21:32	11:01
2804	438	M35	Greg Jones, 38, Des Moines, IA	1:05:27	2:16:50	2:20:38	11:01
2663	523	W25	Heather Morrison, 29*, Windsor Heights, IA	1:05:41	2:16:51	2:28:18	11:01
2664	317	W40	Sue Burger, 43*, Iowa City, IA	1:06:21	2:16:52	2:24:32	11:01
2805	350	M40	Tony Galeazzi, 42, Des Moines, IA	1:07:24	2:16:53	2:24:37	11:01
2665	524	W25	Jennifer Morris, 27*, West Des Moines, IA	1:06:12	2:16:54	2:20:00	11:01
2666	167	W45	Lisa Scheppmann, 47*, West Des Moines, IA	1:05:56	2:16:55	2:22:06	11:01
2806	465	M25	David Wedin, 27, Clearwater, MN	1:04:53	2:16:56	2:24:14	11:01
2667	605	W30	Autumn Hoadley, 30*, Orient, IA	1:05:36	2:16:56	2:26:04	11:01
2668	525	W25	Alyssa Mueller, 25*, West Des Moines, IA	1:07:44	2:16:59	2:21:45	11:01
2669	526	W25	Katie Wolff, 26*, Prole, IA	1:10:05	2:16:59	2:24:10	11:01
2670	606	W30	Rena Park, 32*, Pleasantville, IA	1:07:32	2:16:59	2:27:07	11:01
2671	607	W30	Becky Jolly, 32*, Pleasantville, IA	1:07:32	2:16:59	2:27:07	11:01
2672	448	W35	Kathi Thompson, 37*, Indianola, IA	1:07:32	2:17:00	2:27:08	11:01
2807	7	M70	Richard Nehring, 72, Alden, IA	1:07:53	2:17:00	2:28:40	11:01
2808	351	M40	Jim Allen, 44, Waukee, IA	1:03:22	2:17:01	2:21:06	11:01
2673	608	W30	Sue Nelson, 30*, Urbandale, IA	1:03:50	2:17:02	2:28:56	11:02
2674	609	W30	Sarah Lundt, 32*, West Des Moines, IA	1:03:51	2:17:02	2:28:56	11:02
2675	318	W40	Michelle Boyd, 43*, Bettendorf, IA	1:08:54	2:17:03	2:22:55	11:02
2676	610	W30	Janelle Anderson, 30*, Des Moines, IA	1:00:32	2:17:03	2:21:51	11:02
2677	611	W30	Kristan Lawless, 33*, Ames, IA	1:06:16	2:17:03	2:27:18	11:02
2809	537	M30	Ty Mann, 30, Urbandale, IA	1:10:31	2:17:03	2:27:14	11:02
2678	612	W30	Kelli Kauffman, 32*, Johnston, IA	1:07:57	2:17:03	2:24:45	11:02
2810	263	M45	Marty Marren, 48, Johnston, IA	1:07:41	2:17:03	2:22:31	11:02
2679	319	W40	Angie Kiger, 41*, Dakota City, IA	1:04:55	2:17:04	2:17:46	11:02
2680	527	W25	Megan Kampen, 27*, Ankeny, IA	1:03:27	2:17:05	2:28:56	11:02
2681	613	W30	Shana Platt, 34*, Massena, IA	1:07:37	2:17:05	2:28:04	11:02
2811	46	JrM	Isaiah Strong, 14, Indianola, IA	1:04:09	2:17:05	2:20:49	11:02
2682	614	W30	Cheyenne Hayes, 33*, Urbandale, IA	1:03:20	2:17:05	2:24:11	11:02
2812	208	M50	Mark Clark, 54, Runnells, IA	1:04:04	2:17:07	2:21:02	11:02
2683	449	W35	Kari McLaren, 35*, Urbandale, IA	1:11:03	2:17:08	2:27:56	11:02
2813	538	M30	Eric Mead, 30, West Des Moines, IA	1:02:20	2:17:11	2:23:25	11:02
2814	439	M35	Chris Benda, 37, Waukee, IA	1:05:41	2:17:11	2:26:57	11:02
2684	340	W20	Jessica Drown, 22*, Winterset, IA	1:02:25	2:17:11	2:18:04	11:02
2685	341	W20	Michelle Howard, 24*, West Des Moines, IA	1:05:13	2:17:12	2:23:01	11:02
2686	112	W50	Patti Burns, 50*, Ankeny, IA	1:03:03	2:17:13	2:24:17	11:02
2815	352	M40	Douglas Laughlin, 43, Johnston, IA	1:05:40	2:17:13	2:24:00	11:02
2816	353	M40	Bill Weber, 43, Osage, IA	1:06:05	2:17:14	2:29:02	11:02
2817	209	M50	Brian Queck, 50, Johnston, IA	1:05:40	2:17:14	2:23:59	11:02
2687	528	W25	Jenifer Grochala, 28*, Des Moines, IA	1:04:50	2:17:18	2:22:52	11:03
2688	320	W40	Tami Weilbrenner, 40*, Bloomfield, IA	1:06:54	2:17:18	2:25:15	11:03
2689	321	W40	Susie Rosengren, 43*, Logan, IA	1:07:25	2:17:18	2:24:27	11:03
2690	342	W20	Abigail Swartz, 20*, Eldora, IA	1:05:18	2:17:18	2:22:53	11:03
2818	18	M65	Dean Lauterbach, 68, Newton, IA	1:02:55	2:17:18	2:18:02	11:03

2819	539	M30	Nick Mueller, 30, Urbandale, IA	1:06:28	2:17:19	2:21:32	11:03
2691	615	W30	Shashawna Beneke, 33*, Ankeny, IA	1:04:35	2:17:20	2:24:33	11:03
2692	343	W20	Kaitlin Moulin, 23*, Grimes, IA	1:09:53	2:17:24	2:25:05	11:03
2693	529	W25	Erin Nennig, 29*, West Des Moines, IA	1:06:08	2:17:28	2:27:19	11:04
2694	168	W45	Lisa Flaherty, 49*, Fairfax, IA	1:05:38	2:17:28	2:27:03	11:04
2695	450	W35	Amelia Kissell, 37*, Des Moines, IA	1:09:29	2:17:29	2:28:44	11:04
2696	451	W35	Holly Bartak, 36*, Grimes, IA	1:02:30	2:17:29	2:22:49	11:04
2697	113	W50	Theresa Anderson, 53*, Rockwell, IA	1:06:46	2:17:30	2:22:47	11:04
2698	344	W20	Ellie Anderson, 20*, Rockwell, IA	1:06:46	2:17:31	2:22:47	11:04
2699	452	W35	Erin Kozitza, 35*, Waukee, IA	1:05:09	2:17:31	2:28:37	11:04
2700	322	W40	Anjela Shutts, 41*, Des Moines, IA	1:08:06	2:17:31	2:24:59	11:04
2701	530	W25	Destiny Welsh, 28*, West Des Moines, IA	1:06:09	2:17:32	2:27:22	11:04
2702	453	W35	Nicole Depner, 39*, Park Ridge, IL	1:05:20	2:17:32	2:20:00	11:04
2703	616	W30	Kelly Hemmer, 34*, Waukee, IA	1:05:20	2:17:32	2:20:00	11:04
2704	617	W30	Tiffany Schweer, 30*, Kansas City, MO	1:04:17	2:17:34	2:22:12	11:04
2705	323	W40	Kristen Garber, 41*, Marshalltown, IA	1:07:14	2:17:35	2:21:03	11:04
2820	354	M40	Jeffrey Balbinot, 42, Cary, IL	1:08:55	2:17:36	2:21:33	11:04
2706	454	W35	Cassandra Halls, 35*, Des Moines, IA	1:04:15	2:17:37	2:24:19	11:04
2707	618	W30	Tracey Huinker, 31*, Gilbertville, IA	1:05:16	2:17:37	2:27:38	11:04
2821	264	M45	Lauren Knous, 45, Urbandale, IA	1:04:15	2:17:37	2:24:19	11:04
2822	355	M40	John Underwood, 41, Ankeny, IA	1:02:57	2:17:39	2:23:12	11:05
2708	531	W25	Jayne Weber, 26*, Kearney, NE	1:12:40	2:17:39	2:22:37	11:05
2823	356	M40	Gregory Reicks, 43, Lincoln, NE	1:06:52	2:17:39	2:29:00	11:05
2709	324	W40	Ann Reicks, 44*, Lincoln, NE	1:06:53	2:17:40	2:29:00	11:05
2710	169	W45	Kristen Nanke, 48*, New Hampton, IA	1:03:14	2:17:40	2:22:31	11:05
2711	345	W20	Amanda Wolcott, 24*, St Louis Park, MN	1:04:19	2:17:40	2:26:44	11:05
2824	440	M35	Brian Craig, 37, Johnston, IA	1:02:43	2:17:41	2:21:12	11:05
2825	19	M65	Stephen Arnold, 65, McHenry, IL	1:06:49	2:17:42	2:25:41	11:05
2712	532	W25	Katie Wheeler, 29*, Cheyenne, WY	1:07:00	2:17:45	2:23:37	11:05
2713	114	W50	Audrey Wheeler, 51*, Ames, IA	1:06:59	2:17:45	2:23:37	11:05
2714	619	W30	Melissa Gress, 30*, West Des Moines, IA	1:10:46	2:17:45	2:22:17	11:05
2826	441	M35	Mike Pollmann, 38, Kansas City, MO	1:05:15	2:17:46	2:20:11	11:05
2715	170	W45	Shannon Cofield, 47*, Des Moines, IA	1:10:09	2:17:47	2:23:46	11:05
2716	346	W20	Katie O'Connell, 23*, Urbandale, IA	1:02:22	2:17:48	2:20:51	11:05
2717	533	W25	Megan Schuller, 27*, Minneapolis, MN	1:12:33	2:17:49	2:25:52	11:05
2718	171	W45	Rosana Melo, 49*, Johnston, IA	1:05:00	2:17:52	2:19:38	11:06

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2719	534	W25	Shauna Smith, 29*, Adel, IA	1:06:44	2:17:52	2:29:05	11:06
2720	347	W20	Samantha Finneseth, 24*, Adel, IA	1:05:02	2:17:54	2:27:08	11:06
2721	348	W20	Alexandra Madole, 21*, Dallas Center, IA	1:07:51	2:17:54	2:23:15	11:06
2722	535	W25	Ashlee Duimstra, 29*, Monroe, IA	1:06:44	2:17:54	2:29:07	11:06
2723	620	W30	Marta Sandoval, 34*, Storm Lake, IA	1:01:28	2:17:54	2:29:32	11:06
2724	621	W30	Lisa Brunner, 32*, Des Moines, IA	1:07:16	2:17:56	2:24:03	11:06
2725	622	W30	Laura Howard, 32*, Ankeny, IA	1:09:48	2:17:57	2:24:22	11:06
2726	536	W25	Cari Yeries, 25*, West Des Moines, IA	1:04:20	2:17:57	2:27:00	11:06
2727	325	W40	Kara Dunham, 40*, Waukee, IA	1:04:58	2:17:58	2:24:30	11:06
2728	326	W40	Angela Beaver, 42*, Johnston, IA	1:07:51	2:17:59	2:25:30	11:06
2827	20	M65	Norman Hulscher, 68, West Des Moines, IA	1:07:34	2:17:59	2:30:01	11:06
2729	537	W25	Jenni Bodensteiner, 28*, West Des Moines, IA	1:11:15	2:17:59	2:24:36	11:06
2828	357	M40	Sanctus Hsu, 42, Ankeny, IA	57:59	2:18:01	2:19:02	11:06
2730	327	W40	Sarah Madsen, 42*, Guthrie Center, IA	1:05:51	2:18:01	2:27:16	11:06
2731	455	W35	Monica Cameron, 39*, Des Moines, IA	1:07:29	2:18:02	2:29:14	11:06
2732	538	W25	Heather Meinecke, 28*, Waterloo, IA	1:05:30	2:18:02	2:27:55	11:06
2733	539	W25	Shawna Hamilton, 25*, Ames, IA	1:07:33	2:18:05	2:25:57	11:07
2829	466	M25	Chris Metz, 29, Dallas, IA	1:03:58	2:18:05	2:20:27	11:07
2830	540	M30	William Putz, 31, Des Moines, IA	1:03:59	2:18:06	2:20:27	11:07
2831	210	M50	Brad Zaun, 50, Urbandale, IA	1:13:00	2:18:07	2:25:26	11:07
2734	328	W40	Kristin Hunt, 44*, Ankeny, IA	1:03:45	2:18:08	2:23:32	11:07
2735	623	W30	Brandy Poli, 34*, Waukee, IA	1:04:45	2:18:09	2:29:40	11:07
2832	541	M30	Robert Greedy, 32, Ames, IA	1:03:06	2:18:12	2:26:14	11:07
2736	540	W25	Kristi Thiese, 29*, Urbandale, IA	1:08:26	2:18:13	2:25:09	11:07
2833	47	JrM	Justin Dwyer, 14, Muscatine, IA	1:03:32	2:18:17	2:23:16	11:08

2834	265	M45	Steve Sodergren, 49, Topeka, KS	1:05:12	2:18:18	2:24:26	11:08
2737	541	W25	Melissa Cruikshank, 29*, Tama, IA	1:08:09	2:18:18	2:28:59	11:08
2738	38	JrW	Andie Sodergren, 14*, Topeka, KS	1:05:11	2:18:18	2:24:27	11:08
2739	172	W45	Kathy DeReus, 48*, Huxley, IA	1:07:45	2:18:18	2:28:07	11:08
2835	542	M30	Benjy Klostermann, 31, Bondurant, IA	1:03:32	2:18:21	2:22:27	11:08
2740	456	W35	Deborah Gannon, 37*, Des Moines, IA	1:07:55	2:18:21	2:28:44	11:08
2741	349	W20	Tracey Toenjes, 24*, Cedar Falls, IA	1:05:30	2:18:21	2:28:14	11:08
2742	173	W45	Debra Koster, 49*, Carroll, IA	1:04:59	2:18:22	2:23:51	11:08
2743	542	W25	Megan Murphy, 27*, Ankeny, IA	1:06:56	2:18:22	2:25:43	11:08
2744	350	W20	Jen Breidinger, 22*, Ames, IA	1:06:30	2:18:23	2:24:23	11:08
2745	174	W45	Jane Bollinger, 49*, West Des Moines, IA	1:08:15	2:18:24	2:23:17	11:08
2746	457	W35	Rachel Spyksma, 39*, Waukee, IA	1:06:36	2:18:24	2:20:30	11:08
2747	458	W35	Amy Mathis, 35*, Elkhart, IA	1:03:54	2:18:25	2:24:04	11:08
2748	351	W20	Leeanne Finley, 24*, Wichita, KS	1:10:30	2:18:26	2:28:27	11:08
2749	329	W40	Martina Hull, 43*, Grinnell, IA	1:07:34	2:18:27	2:29:11	11:08
2750	543	W25	Amber Scheil, 28*, Mount Vernon, IA	1:04:57	2:18:28	2:21:41	11:08
2836	543	M30	Brandon Scheil, 30, Mount Vernon, IA	1:04:57	2:18:28	2:21:41	11:08
2837	75	M17	Talon Jendro, 19, Johnston, IA	1:06:16	2:18:28	2:25:55	11:08
2751	459	W35	Patty Steffensmeier, 39*, West Point, IA	1:05:08	2:18:28	2:25:21	11:08
2752	460	W35	Kim Casey, 35*, Des Moines, IA	1:09:29	2:18:28	2:25:34	11:08
2838	358	M40	Kapil Limbu, 41, Clive, IA	1:09:57	2:18:29	2:25:17	11:09
2753	624	W30	Danielle Kraehling, 33*, Gilbert, IA	1:09:32	2:18:30	2:27:34	11:09
2839	266	M45	John Pins, 46, Lake Saint Louis, MO	1:09:09	2:18:31	2:28:52	11:09
2840	359	M40	Ron Pins, 44, Cedar Rapids, IA	1:09:10	2:18:32	2:28:52	11:09
2841	544	M30	Brian Kirkle, 33, Des Moines, IA	1:09:10	2:18:33	2:30:08	11:09
2754	352	W20	Shawna Diehl, 23*, Des Moines, IA	1:06:05	2:18:33	2:29:36	11:09
2755	544	W25	Shannon Green, 28*, Pleasant Hill, IA	1:09:10	2:18:34	2:30:09	11:09
2756	625	W30	Kimberly Stephens, 31*, Ames, IA	1:08:05	2:18:34	2:27:58	11:09
2757	175	W45	Tammy Weber, 49*, Aberdeen, SD	1:02:49	2:18:34	2:25:23	11:09
2758	626	W30	Jana Peterson, 33*, Johnston, IA	1:04:46	2:18:34	2:25:42	11:09
2759	545	W25	Rebecca Pedersen, 26*, Kingsley, IA	1:02:08	2:18:35	2:21:31	11:09
2842	267	M45	Albert Bingaman, 48, Urbandale, IA	1:06:19	2:18:37	2:29:18	11:09
2843	360	M40	Jamie Lawler, 43, West Des Moines, IA	1:09:09	2:18:37	2:28:58	11:09
2760	546	W25	Erin Hoversten, 25*, Grimes, IA	1:10:10	2:18:39	2:25:25	11:09
2844	57	M60	Howard Hunt Jr, 62, Dixon, IA	1:08:55	2:18:39	2:22:37	11:09
2845	58	M60	Walter Hunt, 61, Missouri Valley, IA	1:08:55	2:18:39	2:22:37	11:09
2761	353	W20	Laura Hedding, 24*, West Des Moines, IA	1:07:33	2:18:40	2:29:04	11:09
2762	461	W35	Molly Fedler, 38*, West Point, IA	1:04:04	2:18:43	2:25:36	11:10
2763	627	W30	Rebecca Schimming, 34*, Waseca, MN	1:08:04	2:18:44	2:28:11	11:10
2764	628	W30	Beth Schoepfner, 31*, Ankeny, IA	1:07:29	2:18:44	2:26:42	11:10
2846	545	M30	Pradip Sthapit, 31, West Des Moines, IA	1:07:52	2:18:46	2:25:32	11:10
2765	462	W35	Tracy Helgeson, 35*, Forest City, Ia, Ia	1:07:52	2:18:47	2:24:12	11:10
2766	629	W30	Jennifer Robertson, 31*, Ankeny, IA	1:05:30	2:18:48	2:28:02	11:10
2767	630	W30	Amanda Mohn, 31*, Omaha, NE	1:10:16	2:18:50	2:28:46	11:10
2847	361	M40	Carlos Herrera, 42, Knoxville, IA	1:10:18	2:18:53	2:30:12	11:10
2768	330	W40	Julie Herrera, 42*, Knoxville, IA	1:10:19	2:18:54	2:30:12	11:11
2769	631	W30	Beth McLaren, 31*, Atlantic, IA	1:06:11	2:18:55	2:29:44	11:11
2770	331	W40	Margaret Hintze, 42*, Bondurant, IA	1:06:09	2:18:56	2:19:13	11:11
2771	176	W45	Christine Hartman, 49*, Ankeny, IA	1:06:08	2:18:56	2:19:13	11:11
2848	546	M30	Chad Egan, 31, Des Moines, IA	1:06:19	2:18:57	2:24:20	11:11
2849	442	M35	Bikram Shrestha, 35, Waukee, IA	1:10:04	2:18:57	2:25:45	11:11
2850	128	M55	Steve Ryan, 58, LeGrand, IA	1:06:53	2:18:57	2:22:15	11:11
2851	362	M40	Paul Damge, 44, Windsor Heights, IA	1:07:10	2:18:58	2:24:06	11:11
2772	332	W40	Kathleen Timmerman, 42*, Indianola, IA	1:10:34	2:18:58	2:21:24	11:11
2773	115	W50	Rebecca Van Baale, 51*, Newton, IA	1:07:44	2:19:00	2:26:58	11:11
2852	547	M30	Jason Bunnell, 34, Fremont, IA		2:19:01	2:19:01	11:11
2774	632	W30	Gretchen McLain, 30*, Fairfield, IA	1:05:33	2:19:02	2:26:35	11:11
2775	547	W25	Erica Fishel, 27*, Huxley, IA	1:04:59	2:19:03	2:28:34	11:11
2776	548	W25	Ashley Stephan, 26*, West Des Moines, IA	1:04:58	2:19:03	2:28:34	11:11
2777	549	W25	Adrienne Strege, 26*, Winterset, IA	1:08:19	2:19:03	2:27:40	11:11
2853	268	M45	Terry Petersen, 45, Perry, IA	1:14:59	2:19:04	2:27:41	11:11
2778	633	W30	Carol Omtvedt, 32*, Waseca, MN	1:08:05	2:19:04	2:28:31	11:11
2779	354	W20	Sara Galenbeck, 21*, Des Moines, IA	1:05:44	2:19:05	2:22:28	11:11
2780	116	W50	Leann Treloar, 54*, Des Moines, IA	1:05:43	2:19:05	2:22:28	11:11
2854	269	M45	Rob Wheeler, 48, Ankeny, IA	1:05:20	2:19:05	2:21:40	11:11



2781	75	W17	Mollie Wheeler, 18*, Des Moines, IA	1:05:20	2:19:05	2:21:40	11:11
2855	548	M30	Grant Nobiling, 31, Cedar Rapids, IA	1:04:29	2:19:06	2:29:30	11:12
2782	463	W35	Melody Sheridan, 37*, West Des Moines, IA	1:05:25	2:19:07	2:28:12	11:12
2856	467	M25	Mike Day, 29, Boone, IA	1:09:07	2:19:09	2:28:19	11:12
2783	37	W55	Lu Fink, 57*, Belmond, IA	1:14:25	2:19:09	2:24:30	11:12
2784	464	W35	Julia Richards Krapfl, 37*, Ankeny, IA	1:03:55	2:19:10	2:24:06	11:12
2785	177	W45	Angela Maiers, 45*, Clive, IA	1:14:18	2:19:10	2:25:10	11:12
2786	178	W45	Kimberly Bradley, 45*, Urbandale, IA	1:05:55	2:19:10	2:24:56	11:12
2787	550	W25	Amber Caudle, 29*, Adel, IA	1:05:50	2:19:11	2:24:31	11:12
2788	333	W40	Sara Sauter, 43*, Edina, MN	1:09:11	2:19:12	2:25:06	11:12
2857	270	M45	Tom Potts, 46, Waukee, IA	1:09:11	2:19:12	2:25:06	11:12
2789	117	W50	Sue Hannon, 50*, Saint Paul, MN	1:09:12	2:19:12	2:25:06	11:12
2790	634	W30	Amanda Krukow, 34*, Urbandale, IA	1:02:56	2:19:13	2:24:04	11:12
2858	443	M35	William McDaniel, 36, Harlan, IA	1:11:36	2:19:13	2:28:03	11:12
2859	468	M25	Jeff Ackley, 29, Des Moines, IA	1:05:16	2:19:13	2:22:15	11:12
2860	549	M30	Mitch Muth, 31, Elkhart, IA	1:05:20	2:19:13	2:26:48	11:12
2861	129	M55	James Steger, 57, Earlville, IA	1:14:00	2:19:14	2:29:42	11:12
2791	635	W30	Kelly Erickson, 34*, Elkader, IA	1:03:42	2:19:15	2:28:18	11:12
2792	465	W35	Brenda Miller, 36*, Ankeny, IA	1:05:25	2:19:16	2:28:21	11:12
2793	355	W20	Haylie Davis, 24*, West Des Moines, IA	1:06:25	2:19:16	2:27:01	11:12
2794	551	W25	Kristen Fiacco, 27*, Coralville, IA	1:05:33	2:19:17	2:21:55	11:12
2795	636	W30	Meg Benson, 34*, Clermont, IA		2:19:18	2:19:18	11:12
2796	356	W20	Danielle Aceto, 21*, Urbandale, IA	1:06:11	2:19:18	2:28:23	11:12
2797	637	W30	Jamie Burdorf, 31*, State Center, IA	1:08:15	2:19:20	2:27:38	11:13
2798	466	W35	Marie Troya, 38*, Omaha, NE	1:07:15	2:19:23	2:29:25	11:13
2862	21	M65	Ken Lathrum, 69, Omaha, NE	1:06:17	2:19:25	2:31:59	11:13
2799	334	W40	Shelley Miller, 41*, Indianola, IA	1:09:57	2:19:25	2:25:12	11:13
2800	335	W40	Deb Howe, 40*, Stanton, IA	1:09:57	2:19:25	2:25:12	11:13
2863	363	M40	Naveen Gogineni, 43, Johnston, IA	1:08:30	2:19:26	2:30:30	11:13
2801	638	W30	Rhea Schirm, 31*, Truro, IA	1:03:44	2:19:27	2:25:07	11:13
2864	271	M45	Art Dinkin, 46, Clive, IA	1:08:38	2:19:29	2:28:25	11:13
2865	22	M65	Michael Kent, 66, Des Moines, IA	1:07:09	2:19:31	2:22:21	11:14
2802	76	W17	Paige Altman, 18*, Fort Dodge, IA	1:05:13	2:19:32	2:24:44	11:14
2866	221	M20	Mathew Johnson, 24, Ankeny, IA	1:04:15	2:19:32	2:23:30	11:14
2803	552	W25	Staci Fjelland, 26*, West Des Moines, IA	1:07:27	2:19:35	2:26:56	11:14
2804	336	W40	Rosario Manzano, 41*, West Des Moines, IA	1:05:57	2:19:36	2:24:46	11:14
2805	553	W25	Michelle Rothlisberger, 28*, Ames, IA	1:08:24	2:19:39	2:25:36	11:14
2867	469	M25	Shane Rothlisberger, 29, Ames, IA	1:08:24	2:19:39	2:25:36	11:14
2806	554	W25	Ashlee Lepa, 28*, West Des Moines, IA	1:05:57	2:19:39	2:30:44	11:14
2868	364	M40	Michael Kock, 41, Clive, IA	1:07:48	2:19:39	2:27:41	11:14
2807	357	W20	Ryanne Christensen, 21*, Jefferson, IA	1:06:23	2:19:40	2:30:16	11:14
2808	639	W30	Rhiannon DenHerder, 31*, Ames, IA	1:05:35	2:19:41	2:25:29	11:14
2809	9	W60	Joellen Ferguson, 63*, Marshalltown, IA	1:07:40	2:19:42	2:31:14	11:14
2869	365	M40	Timothy Devine, 41, Des Moines, IA	1:08:33	2:19:42	2:30:38	11:14
2810	337	W40	Leslie Devine, 40*, Des Moines, IA	1:08:34	2:19:42	2:30:38	11:14
2870	550	M30	Andrae Delaney, 31, West Des Moines, IA	1:04:59	2:19:45	2:21:40	11:15
2811	179	W45	Linda Schmitt, 45*, Holy Cross, IA	1:06:22	2:19:46	2:26:37	11:15
2812	555	W25	Danielle Bloxham, 25*, West Des Moines, IA	1:09:27	2:19:46	2:27:11	11:15
2813	358	W20	Chelsea Morris, 21*, Altoona, IA	1:05:39	2:19:46	2:21:01	11:15
2814	338	W40	Lisa Cavanah, 41*, Des Moines, IA	1:06:27	2:19:46	2:25:09	11:15
2871	470	M25	Kiel Archer, 29, Indianola, IA	1:06:18	2:19:46	2:30:25	11:15
2815	118	W50	Lisa Schmitt, 51*, Atlantic, IA	1:08:06	2:19:47	2:29:58	11:15
2816	359	W20	Danielle Schoonhoven, 24*, Waterloo, IA	1:06:50	2:19:50	2:26:34	11:15
2817	467	W35	Mollie Graves, 36*, Dike, IA	1:06:49	2:19:50	2:26:34	11:15
2818	556	W25	Katie Freese, 27*, Eagle Grove, IA	1:10:10	2:19:51	2:26:00	11:15
2819	557	W25	Jillian Bradour, 27*, Des Moines, IA	1:08:14	2:19:51	2:29:40	11:15
2820	360	W20	Elena Davis, 20*, West Des Moines, IA	1:07:53	2:19:52	2:30:36	11:15
2872	551	M30	Christopher Hemesath, 33, Des Moines, IA	59:39	2:19:53	2:25:30	11:15
2821	38	W55	Connie Haylett, 58*, Muscatine, IA	1:05:08	2:19:54	2:23:32	11:15
2873	366	M40	Brian Mathis, 42, West Des Moines, IA	1:05:58	2:19:55	2:25:20	11:15
2874	444	M35	Todd Makinster, 39, Des Moines, IA	1:09:48	2:19:55	2:28:05	11:15
2875	552	M30	Nathan Sorensen, 32, Ankeny, IA	1:05:45	2:19:57	2:30:42	11:16
2876	471	M25	Jonathan Smith, 28, Waukee, IA	1:10:29	2:19:57	2:25:46	11:16
2822	180	W45	Cindy Bussanmas, 49*, Des Moines, IA	1:03:41	2:19:58	2:21:18	11:16
2823	339	W40	Emmi Miller, 43*, Ames, IA	1:13:20	2:19:59	2:28:57	11:16

2824	361	W20	Jorie Shields-Smith, 22*, Ankeny, IA	1:07:53	2:20:00	2:26:14	11:16
2825	468	W35	Amy Bingaman, 37*, Urbandale, IA	1:06:19	2:20:00	2:30:41	11:16
2826	362	W20	Megan Framke, 23*, Ottumwa, IA	1:07:25	2:20:00	2:31:24	11:16
2827	640	W30	Felicia Collison, 32*, Bondurant, IA	1:07:25	2:20:01	2:31:24	11:16
2828	469	W35	Amy Dix, 37*, Urbandale, IA	1:09:25	2:20:01	2:27:52	11:16
2829	181	W45	Lori Fosse, 48*, Bondurant, IA	1:13:30	2:20:02	2:25:17	11:16
2830	641	W30	Anna Shull, 32*, Des Moines, IA	1:09:29	2:20:03	2:31:18	11:16
2831	470	W35	Cathy Stevermer, 39*, West Des Moines, IA	1:09:13	2:20:06	2:29:08	11:16
2832	558	W25	Kelsey Bova, 27*, West Des Moines, IA	1:05:48	2:20:07	2:31:12	11:16
2833	363	W20	Amy Garvin, 21*, La Crosse, WI	1:09:24	2:20:07	2:27:36	11:16
2834	559	W25	Amanda Van Steenwyk, 27*, Sigourney, IA	1:05:22	2:20:11	2:30:26	11:17
2835	642	W30	Amy Piepmeier, 33*, Adel, IA	1:12:15	2:20:11	2:27:26	11:17
2836	560	W25	Laura Manroe, 28*, Des Moines, IA	1:09:29	2:20:12	2:31:28	11:17
2837	364	W20	Julia Wigger, 23*, Pella, IA	1:06:56	2:20:12	2:26:06	11:17
2838	561	W25	Lynnette Wilson, 26*, Ankeny, IA	1:08:27	2:20:15	2:28:11	11:17
2839	471	W35	Rachel Williams, 36*, Hoover, AL	1:06:06	2:20:17	2:25:03	11:17
2840	365	W20	Paige Berns, 22*, Charles City, IA	1:07:38	2:20:19	2:23:49	11:17
2841	472	W35	Rachel Jackson, 35*, Urbandale, IA	1:04:50	2:20:21	2:21:12	11:18
2842	643	W30	Bridget Drapeaux, 32*, North Liberty, IA	1:07:49	2:20:21	2:21:16	11:18
2843	644	W30	Kari Smith, 31*, Ames, IA	1:09:27	2:20:22	2:31:02	11:18
2844	562	W25	Annette Bartel, 27*, Des Moines, IA	1:07:48	2:20:22	2:31:29	11:18
2845	473	W35	Jessica O'Mara, 39*, Windsor Heights, IA	1:06:39	2:20:23	2:23:16	11:18
2846	182	W45	Tammy Domonoske, 45*, Ventura, IA	1:09:19	2:20:23	2:30:52	11:18
2847	119	W50	Deb Paschal, 51*, Ventura, IA	1:09:18	2:20:23	2:30:53	11:18
2848	366	W20	Maria Miller, 20*, Lake City, IA	1:06:39	2:20:24	2:22:17	11:18
2849	563	W25	Jennifer Andersen, 28*, Johnston, IA	1:04:33	2:20:25	2:25:54	11:18
2877	48	JrM	Tucker Kiley, 11, Dallas Center, IA	1:12:01	2:20:26	2:28:51	11:18
2850	645	W30	Branne Kiley, 30*, Dallas Center, IA	1:12:00	2:20:26	2:28:51	11:18
2851	646	W30	Emilie Harvey, 30*, Grimes, IA	1:12:01	2:20:26	2:28:51	11:18
2852	340	W40	Vickie Manuel, 44*, Mason City, IA	1:13:30	2:20:27	2:25:42	11:18
2853	564	W25	Casey Huck, 27*, Des Moines, IA	1:09:11	2:20:33	2:25:20	11:19
2854	474	W35	Melissa Pierangeli, 38*, Norwalk, IA	1:04:45	2:20:33	2:23:40	11:19
2855	367	W20	Sarah McCarthy, 21*, Grimes, IA	1:07:20	2:20:34	2:28:29	11:19
2856	368	W20	Alexandra Reddell, 23*, Fort Worth, TX	1:07:56	2:20:36	2:29:52	11:19
2857	341	W40	Kathy Agocs, 40*, Urbandale, IA	1:05:59	2:20:36	2:26:06	11:19
2878	367	M40	Todd Carrick, 44, Stanton, IA	1:09:57	2:20:38	2:26:25	11:19
2879	211	M50	Jeff Pitts, 51, Polk City, IA	1:04:18	2:20:40	2:28:47	11:19
2858	342	W40	Linda Crowley, 42*, Urbandale, IA	1:05:56	2:20:40	2:26:26	11:19
2880	368	M40	Jim Crowley, 42, Urbandale, IA	1:05:55	2:20:40	2:26:26	11:19
2859	565	W25	Jessica Lambert, 26*, Des Moines, IA	1:06:05	2:20:42	2:25:29	11:19
2860	343	W40	Ann Gansemer-Topf, 44*, Ames, IN	1:08:41	2:20:48	2:30:54	11:20
2861	566	W25	Regan Wooldridge, 29*, West Des Moines, IA	1:09:51	2:20:49	2:27:45	11:20
2881	369	M40	Jeffrey Miller, 43, Des Moines, IA	1:03:13	2:20:50	2:26:55	11:20
2882	472	M25	Luke Ahrendsen, 28, Johnston, IA	1:08:01	2:20:51	2:27:09	11:20
2862	567	W25	Marie Sussman, 27*, Villisca, IA	1:08:13	2:20:51	2:28:46	11:20
2883	212	M50	Russ Herold, 51, Urbandale, IA	1:05:29	2:20:52	2:28:39	11:20
2863	568	W25	Christie Williams, 26*, Ankeny, IA	1:10:19	2:20:52	2:29:09	11:20
2864	569	W25	Michelle Hertzke, 25*, Ames, IA	1:10:19	2:20:52	2:29:08	11:20
2865	647	W30	Kristy Vogt, 30*, Junction City, KS	1:05:19	2:20:53	2:28:05	11:20
2866	344	W40	Kristine Kamminga, 43*, Ankeny, IA	1:13:17	2:20:54	2:27:49	11:20
2867	345	W40	Shannon Lucas, 42*, Ankeny, IA	1:08:28	2:20:54	2:23:11	11:20
2868	648	W30	Jennifer Throckmorton, 32*, West Des Moines, IA	1:06:03	2:20:56	2:29:42	11:20
2884	213	M50	Bill Fellows, 51, Urbandale, IA	1:00:25	2:20:56	2:22:52	11:20
2885	214	M50	Paul Carlson, 52, Clive, IA	1:06:34	2:20:56	2:22:43	11:20
2869	475	W35	Terri Hogan, 36*, Ankeny, IA	1:06:29	2:20:56	2:26:33	11:20
2870	570	W25	Danielle Johnson, 25*, West Des Moines, IA	1:06:51	2:20:56	2:28:32	11:20
2871	571	W25	Becky Cain, 27*, Des Moines, IA	1:08:38	2:20:57	2:29:54	11:20
2872	572	W25	Kati Nizzi, 29*, Urbandale, IA	1:08:26	2:20:58	2:27:54	11:20
2886	473	M25	Sean Conner, 29, West Des Moines, IA	1:05:56	2:20:58	2:26:18	11:21
2873	649	W30	Beth Knipper, 32*, Waukee, IA	1:10:04	2:20:59	2:28:27	11:21
2887	49	JrM	Tyler Fluharty, 15, Martensdale, IA	1:10:20	2:21:00	2:31:37	11:21
2874	650	W30	Angela-Moon Lins-Eich, 30*, Marshalltown, IA	1:04:35	2:21:02	2:22:27	11:21
2875	369	W20	Rachelle Gaul, 24*, Indianola, IA	1:05:14	2:21:03	2:27:44	11:21

2876	370	W20	Chelsea Fauser, 21*, Indianola, IA	1:05:12	2:21:03	2:27:44	11:21
2877	476	W35	Amy Bland, 35*, Gladbrook, IA	1:08:24	2:21:04	2:25:54	11:21
2878	477	W35	Raquel Whitehill, 38*, Norwalk, IA	1:09:31	2:21:05	2:31:20	11:21
2879	371	W20	Kourtny Wedeking, 22*, Ames, IA	1:03:53	2:21:06	2:26:21	11:21
2880	346	W40	Joy Carter, 40*, Pleasant Hill, IA	1:06:38	2:21:09	2:28:12	11:21
2881	347	W40	Sheena Davidson, 42*, Runnells, IA	1:06:38	2:21:09	2:28:12	11:21
2882	573	W25	Serena Tichy, 25*, Eden Prairie, MN	1:08:22	2:21:09	2:25:59	11:21
2883	651	W30	Michelle Wilson, 31*, Ankeny, IA	1:07:25	2:21:11	2:22:47	11:22
2884	574	W25	Alisha Lyons, 28*, Omaha, NE	1:07:26	2:21:11	2:22:47	11:22
2885	478	W35	Gina Wiley, 37*, Cedar Rapids, IA	1:10:34	2:21:12	2:31:21	11:22
2886	183	W45	Laurie Westhoff, 45*, Norwalk, IA	1:06:17	2:21:13	2:32:32	11:22
2888	445	M35	Dan Ross, 39, West Des Moines, IA	1:03:43	2:21:15	2:27:11	11:22
2887	372	W20	Renee Cochenour, 24*, Dubuque, IA	1:09:52	2:21:19	2:31:45	11:22
2889	474	M25	Aaron Johnson, 29, Grimes, IA	1:10:33	2:21:20	2:29:04	11:22
2888	575	W25	Katera O'Rourke, 26*, Clive, IA	1:04:43	2:21:20	2:21:38	11:22
2890	553	M30	John MacDonald, 33, Des Moines, IA	1:07:22	2:21:24	2:22:52	11:23
2889	652	W30	Beth Riesberg, 34*, Des Moines, IA	1:09:42	2:21:24	2:28:25	11:23
2891	272	M45	Craig Feller, 46, Norwalk, IA	1:06:17	2:21:25	2:32:43	11:23
2892	554	M30	Brice Oleson, 32, Ankeny, IA	1:06:35	2:21:25	2:26:08	11:23
2890	479	W35	Joy Fopma, 37*, Blairsburg, IA	1:06:51	2:21:25	2:29:27	11:23
2891	39	JrW	Taylor Brown, 14*, Ankeny, IA	1:09:14	2:21:27	2:26:56	11:23
2892	348	W40	Brenda Brown, 43*, Ankeny, IA	1:09:14	2:21:28	2:26:56	11:23
2893	130	M55	Joseph Munoz, 59, Windsor Hgts, IA	1:09:00	2:21:28	2:26:52	11:23
2893	480	W35	Nicole Lester-Ekis, 39*, Waukee, IA	1:03:31	2:21:29	2:28:32	11:23
2894	222	M20	Tim Alberts, 24, Urbandale, IA	1:05:30	2:21:30	2:30:44	11:23
2894	373	W20	Alexis Statler, 21*, Ankeny, IA	1:10:20	2:21:30	2:32:19	11:23
2895	653	W30	Krystal Tentinger, 30*, Ankeny, IA	1:05:31	2:21:31	2:27:27	11:23
2896	349	W40	Tonya Wilkins, 40*, Davenport, IA	1:06:00	2:21:32	2:25:24	11:23
2897	481	W35	Jackie Nolte, 38*, Elkhart, IA	1:06:52	2:21:33	2:26:27	11:23
2898	482	W35	Shelly Fischer, 39*, Davenport, IA	1:06:00	2:21:34	2:25:26	11:23
2895	223	M20	Joe Dooley, 24, West Des Moines, IA	1:07:56	2:21:34	2:30:51	11:23
2899	120	W50	Kathryn Rebec, 54*, O'Fallon, MO	1:05:25	2:21:35	2:29:35	11:23
2900	121	W50	Kimberly Malloy, 50*, Des Moines, IA	1:05:21	2:21:38	2:28:06	11:24
2901	576	W25	Sarah Thompson, 28*, Iowa City, IA	1:09:39	2:21:38	2:30:53	11:24
2902	654	W30	Angie Rathbun, 34*, Ankeny, IA	1:09:47	2:21:40	2:32:37	11:24
2896	555	M30	Jasper Eckstein, 31, Milo, IA	59:48	2:21:40	2:22:14	11:24
2903	374	W20	Jana Van Bruggen, 24*, Sioux Center, IA	1:04:50	2:21:40	2:23:20	11:24
2904	577	W25	Molly Meyer, 28*, Ankeny, IA	1:10:21	2:21:42	2:32:31	11:24
2905	578	W25	Katie Bryan, 26*, Urbandale, IA	1:05:57	2:21:42	2:27:33	11:24
2906	655	W30	Angela Henson, 30*, Wdsm, IA	1:07:35	2:21:42	2:32:36	11:24
2907	579	W25	Emily Burt, 28*, Des Moines, IA	1:08:42	2:21:42	2:26:24	11:24
2908	580	W25	Ashley Adams, 28*, Des Moines, IA	1:08:42	2:21:42	2:26:24	11:24
2909	581	W25	Sandy Purcell, 29*, Omaha, NE	1:13:17	2:21:43	2:26:17	11:24
2910	582	W25	Jana Luttenegger, 25*, West Des Moines, IA	1:06:48	2:21:44	2:29:28	11:24
2911	350	W40	Rosanna Brommel, 40*, Des Moines, IA	1:10:47	2:21:45	2:29:38	11:24
2912	656	W30	Ashley Schlader, 30*, Waukee, IA	1:04:26	2:21:46	2:29:02	11:24
2913	40	JrW	Olivia Leisinger, 16*, Council Bluffs, IA	1:09:37	2:21:46	2:29:27	11:24
2914	583	W25	Lindsay Morris, 27*, Ankeny, IA	1:09:52	2:21:48	2:29:03	11:25
2915	657	W30	Chrissy Ryburn, 34*, Ankeny, IA	1:10:46	2:21:49	2:29:42	11:25
2916	584	W25	Ashley Stockdale, 25*, West Des Moines, IA	1:10:29	2:21:49	2:27:38	11:25
2917	351	W40	Allison Sindlinger, 41*, Clive, IA	1:11:08	2:21:49	2:32:37	11:25
2918	352	W40	Melissa Slocum, 40*, Meridian, ID	1:09:33	2:21:51	2:24:13	11:25
2919	39	W55	Sue Wetsch, 57*, Van Meter, IA	1:13:39	2:21:51	2:32:01	11:25
2920	375	W20	Deanna Pingel, 22*, Ames, IA	1:01:35	2:21:52	2:32:01	11:25
2897	224	M20	Greg Pingel, 23, Ames, IA	1:01:35	2:21:53	2:32:02	11:25
2921	353	W40	Julie Sander, 43*, Altoona, IA	1:12:04	2:21:55	2:32:30	11:25
2898	475	M25	Derek Swartz, 28, Maple Grove, MN	1:08:59	2:21:56	2:33:13	11:25
2922	585	W25	Megan Swartz, 28*, Maple Grove, MN	1:05:57	2:21:56	2:33:13	11:25
2923	122	W50	Linda Lehman, 52*, Ames, IA	1:03:58	2:21:56	2:29:06	11:25
2899	215	M50	Jim Nixon, 54, Johnston, IA	1:06:09	2:21:57	2:25:44	11:25
2924	483	W35	Jolene Johnson, 37*, Ankeny, IA	1:08:53	2:21:58	2:32:32	11:25
2900	476	M25	Jonathan Moeller, 29, Grimes, IA	1:06:32	2:21:59	2:33:25	11:25
2925	123	W50	Ann West, 50*, West Des Moines, IA	1:08:46	2:22:00	2:30:43	11:26
2901	273	M45	Jeff Hardie, 45, Ankeny, IA	1:10:10	2:22:07	2:29:52	11:26
2926	184	W45	Linda Hardie, 47*, Ankeny, IA	1:10:10	2:22:07	2:29:52	11:26

2927	586	W25	Falon Scheer, 27*, Cedar Rapids, IA	1:10:44	2:22:08	2:30:45	11:26
2902	131	M55	Jim McElroy, 58, Johnston, IA	1:04:17	2:22:12	2:30:12	11:26
2903	23	M65	William Lawless, 69, Des Moines, IA	1:08:15	2:22:12	2:28:05	11:26
2928	124	W50	Sharon Hall, 54*, Ankeny, IA	1:09:03	2:22:14	2:29:29	11:27
2929	77	W17	Jessica McMillan, 17*, Ankeny, IA	1:06:30	2:22:17	2:26:51	11:27
2930	484	W35	Alana Schares, 35*, Urbandale, IA	1:05:37	2:22:20	2:27:30	11:27
2931	658	W30	Suzanne Coen, 34*, Des Moines, IA	1:10:20	2:22:23	2:32:11	11:27
2932	376	W20	Sydney Boothe, 20*, Ames, IA	1:11:01	2:22:23	2:29:31	11:27
2933	354	W40	Mindi Rexroat, 41*, Ankeny, IA	1:06:14	2:22:24	2:26:28	11:27
2934	185	W45	Tracey Boothe, 45*, Ames, IA	1:11:01	2:22:26	2:29:34	11:28
2935	377	W20	Carly Cummings, 21*, Pleasantville, IA	1:06:54	2:22:27	2:25:45	11:28
2936	587	W25	Georgina Simmons, 26*, Des Moines, IA	1:05:01	2:22:28	2:26:51	11:28
2937	378	W20	Jessica Nemeth, 22*, Ames, IA	1:06:12	2:22:29	2:24:06	11:28
2938	125	W50	Sherry Cummings, 50*, Pleasantville, IA	1:06:55	2:22:31	2:25:48	11:28
2904	556	M30	Mike Seufert, 31, Savannah, MO	1:08:38	2:22:32	2:32:44	11:28
2939	588	W25	Amy Seufert, 29*, Savannah, MO	1:08:40	2:22:33	2:32:44	11:28
2940	659	W30	Raychel Phillippe, 33*, Savannah, MO	1:08:40	2:22:33	2:32:44	11:28
2941	660	W30	Jill Evans, 34*, Ankeny, IA	1:10:27	2:22:33	2:27:26	11:28
2942	589	W25	Melissa Blessington, 29*, Creston, IA	1:09:59	2:22:35	2:32:10	11:28
2943	186	W45	Cherie Bailey, 47*, Urbandale, IA	1:00:58	2:22:35	2:23:37	11:28
2944	187	W45	Mary Lafferty, 46*, Des Moines, IA	1:04:18	2:22:39	2:27:31	11:29
2905	477	M25	Jace Teed, 29, Rock Island, IL	1:09:04	2:22:41	2:33:10	11:29
2945	590	W25	Sarah Teed, 28*, Rock Island, IL	1:09:04	2:22:42	2:33:10	11:29
2946	661	W30	Nicole Fluharty, 32*, Martensdale, IA	1:06:28	2:22:42	2:33:18	11:29
2906	478	M25	Greg Speer, 27, Norwalk, IA	1:06:28	2:22:42	2:33:19	11:29
2907	557	M30	Joe Markwitz, 30, Marion, IA	1:09:04	2:22:42	2:33:11	11:29
2947	10	W60	Jackie Kilby, 60*, Pella, IA	1:10:01	2:22:43	2:34:12	11:29
2948	40	W55	Phyllis Schwindt, 56*, Rock Island, IL	1:05:22	2:22:43	2:33:08	11:29
2949	379	W20	Lacey Mitchell, 24*, Indianola, IA	1:01:46	2:22:44	2:28:25	11:29
2950	662	W30	Mindy Sauer, 33*, Urbandale, IA	1:02:53	2:22:46	2:30:15	11:29
2908	132	M55	Joe Ryan, 58, Oskaloosa, IA	1:07:44	2:22:46	2:26:43	11:29
2909	446	M35	Chris Schimming, 35, Waseca, MN	1:08:13	2:22:46	2:32:16	11:29
2951	485	W35	Vanessa Blanchfield, 36*, Des Moines, IA	1:12:48	2:22:46	2:32:58	11:29
2910	274	M45	Ken Mehls, 46, Johnston, IA	1:08:25	2:22:48	2:23:32	11:29
2952	486	W35	Venessa Uhl, 36*, Dallas Center, IA	1:04:58	2:22:48	2:28:15	11:29
2953	126	W50	Julia Ham, 50*, Ames, IA	1:08:32	2:22:49	2:29:59	11:29
2911	558	M30	Travis Duke, 32, Urbandale, IA	1:06:34	2:22:49	2:27:33	11:29
2954	487	W35	Jenny Johnson, 39*, Hamlin, IA	1:06:53	2:22:50	2:31:51	11:30
2955	663	W30	Sheila Vert, 31*, Waukee, IA	1:06:53	2:22:50	2:31:51	11:30
2956	188	W45	Julie Mehls, 45*, Johnston, IA	1:08:24	2:22:50	2:23:35	11:30
2957	591	W25	Jessica Campbell, 28*, Ankeny, IL	1:07:58	2:22:53	2:34:33	11:30
2958	355	W40	Marcia Goffinet, 40*, Ankeny, IA	1:06:52	2:22:53	2:25:10	11:30
2959	592	W25	Casey Holmes, 29*, Indianola, IA	1:11:13	2:22:54	2:33:52	11:30
2960	380	W20	Kali Gleason, 21*, Iowa City, IA	1:11:44	2:22:55	2:28:21	11:30
2961	41	W55	Anne Noonan, 55*, Cascae, IA	1:11:50	2:22:57	2:29:43	11:30
2912	370	M40	Steve Angersinger, 44, Pleasant Hill, IA	1:10:15	2:22:57	2:33:35	11:30
2962	78	W17	Kathleen Gleason, 19*, Gowrie, IA	1:00:38	2:22:58	2:28:21	11:30
2963	664	W30	Angie Atwood, 32*, Fairfield, IA	1:03:33	2:22:58	2:30:31	11:30
2913	371	M40	Brian Carson, 43, Woodburn, IA	1:11:24	2:22:59	2:34:20	11:30
2964	488	W35	Shelli Quam, 36*, Johnston, IA	1:09:15	2:23:02	2:28:58	11:31
2965	593	W25	Rebecca Sanger, 29*, Des Moines, IA	1:08:07	2:23:03	2:30:40	11:31
2914	447	M35	Tom Miller, 37, Johnston, IA	1:03:16	2:23:04	2:23:58	11:31
2966	665	W30	Shea Jensen, 32*, Sheffield, IA	1:06:05	2:23:05	2:23:48	11:31
2967	381	W20	Paige Draheim, 21*, Urbandale, IA	1:10:00	2:23:08	2:28:23	11:31
2968	382	W20	Stacy Rebelsky, 21*, Iowa City, IA	1:10:01	2:23:08	2:28:23	11:31
2915	559	M30	Tim Huff, 33, Des Moines, IA	1:08:21	2:23:11	2:29:14	11:31
2969	489	W35	Marcy Roff, 37*, Norwalk, IA	1:13:42	2:23:13	2:30:16	11:31
2916	448	M35	Mike Leavengood, 37, Des Moines, IA	1:08:07	2:23:15	2:30:51	11:32
2917	59	M60	Earl Smith, 63, Des Moines, IA	1:14:49	2:23:19	2:35:31	11:32
2918	133	M55	Brian Anstedt, 55, Norwalk, IA	1:14:49	2:23:19	2:35:32	11:32
2919	76	M17	Andrew Schaefer, 19, Creston, IA	1:02:02	2:23:20	2:28:16	11:32
2970	666	W30	Jami Shepard, 32*, North Liberty, IA	1:07:31	2:23:21	2:29:16	11:32
2920	134	M55	Dave Skogerboe, 55, Nevada, IA	1:09:12	2:23:21	2:30:41	11:32
2921	479	M25	Dustin Skogerboe, 27, Nevada, IA	1:09:12	2:23:21	2:30:41	11:32
2971	594	W25	Staci Hotovec, 27*, Olathe, KS	1:10:48	2:23:24	2:34:05	11:32

2972	189	W45	Molly Steffen, 46*, Ankeny, IA	1:09:58	2:23:24	2:28:15	11:32
2922	480	M25	Chad Hotovec, 28, Olathe, KS	1:10:49	2:23:25	2:34:05	11:32
2973	667	W30	Stacey Lyman, 34*, Bondurant, IA	1:07:14	2:23:26	2:29:34	11:32
2923	481	M25	Nick Best, 29, Ankeny, IA	1:03:50	2:23:30	2:26:15	11:33
2974	490	W35	Sarah Drea, 36*, Solon, IA	1:10:06	2:23:30	2:32:51	11:33
2975	668	W30	Amelia Palmer, 30*, Des Moines, IA	1:06:55	2:23:30	2:35:09	11:33
2924	60	M60	Jim Mease, 60, Winterset, IA	1:06:21	2:23:31	2:28:35	11:33
2976	669	W30	Sandra Warren, 33*, Spencer, IA	1:07:24	2:23:32	2:28:59	11:33
2977	670	W30	Mary Tesdall, 32*, Urbandale, IA	1:11:21	2:23:33	2:34:44	11:33
2978	671	W30	Rosaura Bernardino, 32*, Des Moines, IA	1:11:20	2:23:33	2:34:45	11:33
2925	560	M30	Rick Breuss III, 32, West Des Moines, IA	1:11:21	2:23:33	2:34:45	11:33
2979	672	W30	Emily Trampel, 33*, Des Moines, IA	1:11:23	2:23:34	2:34:45	11:33
2926	225	M20	Matthew Schlinz, 23, Iowa City, IA	1:03:02	2:23:34	2:33:20	11:33
2927	216	M50	Edward Bryja, 53, Pleasant Hill, IA	1:09:31	2:23:35	2:31:46	11:33
2980	595	W25	Kenessa Jones, 28*, Ames, IA	1:03:10	2:23:35	2:27:38	11:33
2928	275	M45	Philip Orndorff, 45, Carlisle, IA	1:07:59	2:23:36	2:27:04	11:33
2929	276	M45	Michael Weno, 49, Cedar Falls, IA	1:03:00	2:23:36	2:26:42	11:33
2930	482	M25	Joshua Bertocki, 28, Des Moines, IA	1:07:25	2:23:36	2:31:42	11:33
2981	596	W25	Emily Gilbert, 27*, Ankeny, IA	1:15:23	2:23:37	2:33:29	11:33
2931	61	M60	Kevin Ulmer, 61, Pleasant Hill, IA	1:12:17	2:23:38	2:29:09	11:33
2932	135	M55	John Wetherell, 56, Des Moines, IA	1:10:28	2:23:38	2:31:36	11:33
2933	277	M45	Curt Carlson, 48, Johnston, IA	1:06:21	2:23:39	2:27:18	11:33
2982	491	W35	Michelle Clark, 39*, Iowa City, IA	1:10:27	2:23:41	2:33:17	11:34
2983	597	W25	Nicholle Axser-Keo, 28*, West Des Moines, IA	1:07:39	2:23:44	2:31:02	11:34
2934	449	M35	Scott Blessman, 37, Grimes, IA	1:10:44	2:23:45	2:33:06	11:34
2984	598	W25	Stacia Koenen, 27*, West Des Moines, IA	1:04:48	2:23:47	2:26:01	11:34
2985	673	W30	Karen Guard, 34*, Carlisle, IA	1:08:49	2:23:48	2:27:48	11:34
2986	79	W17	Shannon McCoy, 19*, Conrad, IA	1:14:21	2:23:49	2:31:22	11:34
2987	599	W25	Misty Brager, 29*, Montour, IA	1:06:42	2:23:50	2:26:19	11:34
2935	372	M40	Vern Jefferson, 41, Montour, IA	1:06:41	2:23:51	2:26:20	11:34
2988	127	W50	Lucy Riggins, 51*, Des Moines, IA	1:12:48	2:23:52	2:34:03	11:34
2989	492	W35	Kate Rodriguez, 39*, Des Moines, IA	1:11:48	2:23:53	2:34:57	11:35
2990	674	W30	Kristin Brandenburgh, 34*, Wichita, KS	1:07:14	2:23:53	2:29:29	11:35
2991	675	W30	Kelly Olson, 31*, Olathe, KS	1:09:55	2:23:54	2:30:54	11:35
2992	600	W25	Nikki Filippelli, 27*, Des Moines, IA	1:08:48	2:23:56	2:31:20	11:35
2993	676	W30	Amanda Price, 32*, Elmwood, IL	1:04:31	2:23:57	2:28:09	11:35
2936	483	M25	David Hughes, 25, Des Moines, IA	1:01:03	2:23:57	2:27:35	11:35
2937	373	M40	Justin Nepper, 43, Urbandale, IA	1:05:54	2:24:00	2:29:46	11:35
2994	383	W20	Ashten Lindsey, 21*, Earlham, IA	1:14:25	2:24:00	2:28:57	11:35
2938	484	M25	Jason Mutchler, 29, Earlham, IA	1:14:25	2:24:01	2:28:57	11:35
2995	601	W25	Kelly Grapentine, 25*, Ankeny, IA	1:07:37	2:24:01	2:35:42	11:35
2939	62	M60	Terry Grapentine, 61, Ankeny, IA	1:07:37	2:24:01	2:35:42	11:35
2940	561	M30	Jason Pope, 32, Sacramento, CA	1:11:57	2:24:02	2:33:40	11:35
2941	485	M25	Wes Hope, 27, Winterset, IA	1:09:21	2:24:03	2:26:16	11:35
2996	602	W25	Jessica Craun, 26*, Brighton, IA	1:09:26	2:24:03	2:31:32	11:35
2942	486	M25	Ryan Riesenbergs, 27, West Des Moines, IA	1:10:48	2:24:04	2:32:59	11:35
2997	190	W45	Patty Savage, 48*, Lake City, IA	1:10:49	2:24:04	2:32:59	11:35
2998	356	W40	Victoria Miller, 44*, Norwalk, IA	1:09:55	2:24:04	2:31:03	11:35
2999	603	W25	Trisha Olson, 27*, Ankeny, IA	1:09:55	2:24:04	2:31:04	11:35
3000	493	W35	Melissa Niesen, 37*, Ames, IA	1:11:58	2:24:04	2:33:42	11:36
2943	278	M45	Chuck Knoblauch, 46, Urbandale, IA	1:03:50	2:24:05	2:29:02	11:36
3001	677	W30	Lisa Ryan, 31*, Des Moines, IA	1:07:21	2:24:06	2:35:58	11:36
3002	357	W40	Karen Miljour, 42*, Fond Du Lac, WI	1:09:25	2:24:06	2:31:14	11:36
3003	358	W40	Michele Lindsey, 44*, Fond Du Lac, WI	1:09:25	2:24:07	2:31:15	11:36
3004	359	W40	Kimberley Schmidt, 44*, Prairie City, IA	1:05:52	2:24:08	2:31:54	11:36
3005	604	W25	Kat Tran, 28*, Des Moines, IA	1:08:02	2:24:09	2:31:21	11:36
2944	374	M40	Toune Lo, 41, Des Moines, IA	1:08:01	2:24:09	2:31:21	11:36
3006	605	W25	Katie Dietz, 25*, Wylie, TX	1:03:50	2:24:09	2:30:28	11:36
2945	450	M35	Khone Keoouthai, 38, Des Moines, IA	1:01:53	2:24:10	2:28:22	11:36
3007	128	W50	Terri Frieberg, 54*, Norwalk, IA	1:07:46	2:24:12	2:35:32	11:36
2946	24	M65	David Rosonke, 66, Algona, IA	1:07:19	2:24:13	2:32:10	11:36
2947	487	M25	Bryan Gilbert, 26, Ankeny, IA	1:15:22	2:24:20	2:34:12	11:37
2948	562	M30	Aaron Omtvedt, 32, Waseca, MN	1:07:59	2:24:27	2:33:57	11:37
3008	678	W30	Heidi Gillespie, 33*, Waukee, IA	1:06:28	2:24:30	2:33:27	11:38

3009	191	W45	Jody Kiehne, 45*, Urbandale, IA	1:11:49	2:24:30	2:35:35	11:38
3010	80	W17	Jenna Shirley, 19*, Hudson, IA	1:14:17	2:24:31	2:30:51	11:38
3011	384	W20	Heather Brown, 24*, Cedar Falls, IA	1:14:17	2:24:31	2:30:51	11:38
3012	360	W40	Nichole Hartung, 40*, Altoona, IA	1:16:12	2:24:32	2:32:24	11:38
3013	679	W30	Kimberly Hunter, 31*, Fort Dodge, IA	1:06:21	2:24:33	2:29:16	11:38
3014	680	W30	Shana Olson, 31*, Grimes, IA	1:10:02	2:24:34	2:34:06	11:38
2949	50	JrM	Jaxon Arns, 8, Bondurant, IA	1:11:32	2:24:34	2:35:53	11:38
3015	681	W30	Roshael Arns, 33*, Bondurant, IA	1:11:32	2:24:34	2:35:53	11:38
3016	494	W35	Sarah Kavalier, 35*, Altoona, IA	1:16:11	2:24:35	2:32:28	11:38
3017	606	W25	Mary Boehm, 25*, Johnston, IA	1:11:57	2:24:37	2:29:58	11:38
3018	495	W35	Michelle Cabbage, 39*, Egan, MN	1:11:01	2:24:37	2:35:28	11:38
2950	217	M50	Brent Abel, 53, Ankeny, IA	1:10:29	2:24:37	2:35:49	11:38
2951	25	M65	Ed Ashby, 65, Polk City, IA	1:11:49	2:24:39	2:33:30	11:38
2952	279	M45	Bill Sand, 46, Waukee, IA	1:06:13	2:24:40	2:31:13	11:38
2953	451	M35	Matthew Bjork, 35, Indianola, IA	1:11:14	2:24:42	2:35:07	11:39
2954	280	M45	Chris Morgan, 45, Clive, IA	1:07:35	2:24:44	2:29:33	11:39
2955	452	M35	Pete Torres, 36, Des Moines, IA	1:06:38	2:24:45	2:29:35	11:39
3019	361	W40	Lisa Kock, 43*, Clive, IA	1:07:58	2:24:45	2:34:52	11:39
3020	682	W30	Lisa York, 34*, Ankeny, IA	1:06:43	2:24:49	2:35:50	11:39
3021	607	W25	Kristine Foote, 28*, Ankeny, IA	1:06:44	2:24:50	2:35:50	11:39
3022	608	W25	Stephanie Nederhoff, 26*, Windsor Heights, IA	1:03:11	2:24:50	2:31:06	11:39
2956	488	M25	Rhian Gronewold, 26, Ackley, IA	1:03:12	2:24:51	2:31:06	11:39
2957	489	M25	Jon Dlouhy, 26, Grimes, IA	1:07:33	2:24:51	2:32:43	11:39
2958	490	M25	Brett Coffman, 29, Story City, IA	1:04:22	2:24:53	2:31:11	11:39
3023	496	W35	Katie Shearman, 38*, Bellevue, NE	1:08:56	2:24:54	2:34:56	11:39
3024	362	W40	Barb Horstman, 44*, Cedar Falls, IA	1:12:49	2:24:54	2:35:37	11:39
2959	63	M60	Joel Cooper, 60, Cedar Falls, IA	1:12:49	2:24:54	2:35:37	11:40
3025	192	W45	Julie Knipp, 48*, Altoona, IA	1:06:47	2:24:54	2:31:53	11:40
2960	8	M70	Richard Trimble, 72, Mason City, IA	1:12:32	2:24:56	2:36:34	11:40
3026	683	W30	Elizabeth Wise, 32*, Marshalltown, IA	1:13:07	2:24:56	2:28:14	11:40
2961	563	M30	Lance Bromert, 32, Des Moines, IA	1:03:25	2:24:56	2:31:18	11:40
3027	129	W50	Linda Severino, 52*, Des Moines, IA	1:12:25	2:24:59	2:35:35	11:40
3028	81	W17	Amanda Zuckerman, 17*, West Des Moines, IA	1:13:43	2:25:00	2:36:14	11:40
3029	363	W40	Lisa Welshhons, 42*, Indianola, IA	1:11:14	2:25:01	2:35:25	11:40
3030	385	W20	Lindsey Riley, 23*, Naperville, MO	1:09:37	2:25:01	2:31:29	11:40
2962	281	M45	John Lacy, 47, Indianola, IA	1:11:14	2:25:01	2:35:25	11:40
3031	684	W30	Jackie Proctor, 32*, Omaha, NE	1:11:57	2:25:03	2:36:12	11:40
3032	685	W30	Adrienne Marinkovich, 30*, Omaha, NE	1:11:57	2:25:04	2:36:12	11:40
2963	564	M30	Sean Mansfield, 32, Des Moines, IA	1:13:42	2:25:06	2:36:39	11:40
3033	686	W30	Lindsay Brudtkuhl, 32*, Des Moines, IA	1:13:42	2:25:08	2:36:41	11:41
3034	687	W30	Erika Levis, 31*, Des Moines, IA	1:05:14	2:25:10	2:31:03	11:41
2964	77	M17	Teddy Chumbley, 19, Ankeny, IA	1:02:51	2:25:10	2:35:12	11:41
3035	688	W30	Lindsay Thomas, 31*, Chicago, IL	1:14:05	2:25:13	2:33:25	11:41
3036	689	W30	Krista White, 32*, Ankeny, IA	1:06:41	2:25:17	2:33:11	11:41
3037	609	W25	Erin Schaller, 27*, Cedar Rapids, IA	1:09:54	2:25:17	2:35:07	11:41
3038	610	W25	Valerie Lee, 29*, Columbus, NE	1:07:17	2:25:17	2:28:23	11:41
3039	364	W40	Stephanie Paulson, 40*, Grimes, IA	1:10:48	2:25:20	2:35:09	11:42
3040	82	W17	Mariah Mailander, 18*, Anita, IA	1:10:48	2:25:21	2:31:35	11:42
3041	611	W25	Abby Mailander, 25*, Des Moines, IA	1:10:48	2:25:21	2:31:35	11:42
2965	64	M60	Tim Devick, 62, Urbandale, IA	1:08:27	2:25:22	2:25:51	11:42
3042	42	W55	Patricia Toal, 56*, Rhodes, IA	1:10:49	2:25:22	2:36:08	11:42
3043	365	W40	Kim Burchett, 43*, Ankeny, IA	1:11:30	2:25:22	2:28:28	11:42
2966	453	M35	Michael Bartak, 35, Grimes, IA	1:04:32	2:25:23	2:30:43	11:42
3044	690	W30	Sarah Moulton, 31*, Des Moines, IA	1:06:08	2:25:23	2:33:11	11:42
2967	51	JrM	Caleb Rathjen, 9, Ankeny, IA	1:10:11	2:25:34	2:30:41	11:43
3045	691	W30	Jill Spies, 33*, Templeton, IA	1:06:31	2:25:35	2:28:42	11:43
3046	692	W30	Natalie Fevold, 32*, Farnhamville, IA	1:12:14	2:25:35	2:25:35	11:43
3047	366	W40	Dawn Selesky, 42*, Ankeny, IA	1:08:29	2:25:36	2:27:53	11:43
3048	693	W30	Kristine Dineen, 31*, Windsor Heights, IA	1:15:03	2:25:39	2:37:49	11:43
3049	694	W30	Kari Murray, 31*, Norwalk, IA	1:10:12	2:25:39	2:33:06	11:43
3050	695	W30	Jenny Chung, 32*, Johnston, IA	1:15:03	2:25:41	2:37:51	11:43
3051	696	W30	Alexis Faber, 31*, Des Moines, IA	1:10:20	2:25:43	2:35:31	11:43
3052	612	W25	Darcy Lane, 26*, Des Moines, IA	1:09:10	2:25:44	2:33:28	11:44
3053	613	W25	Christina Jacobs, 27*, Cedar Rapids, IA	1:09:11	2:25:44	2:33:28	11:44

3054	497	W35	Jennifer Vandivier, 38*, Des Moines, IA	1:09:29	2:25:44	2:36:59	11:44
2968	565	M30	Arthur Holle, 30, Atlantic, IA	1:07:23	2:25:47	2:35:57	11:44
3055	614	W25	Cassie Warner, 28*, Fontanelle, IA	1:10:18	2:25:47	2:37:20	11:44
3056	498	W35	Kirthi Srikanta, 38*, Ames, IA	1:11:38	2:25:49	2:35:17	11:44
2969	491	M25	Jacob Linduski, 25, Ames, IA	1:07:08	2:25:49	2:29:51	11:44
3057	386	W20	Sara Stephenson, 23*, Marion, IA	1:05:14	2:25:50	2:30:10	11:44
2970	566	M30	Travis Jondal, 33, Des Moines, IA	1:11:25	2:25:52	2:31:56	11:44
3058	615	W25	Maria Charbonneaux, 26*, Urbandale, IA	1:12:33	2:25:53	2:33:56	11:44
3059	697	W30	Kendra Erkamaa, 32*, Altoona, IA	1:08:30	2:25:55	2:36:55	11:44
3060	616	W25	Hilary Zrostlik, 27*, Ventura, IA	1:09:37	2:25:57	2:36:03	11:45
3061	698	W30	Liberty Caplan, 33*, Latimer, IA	1:07:12	2:25:57	2:35:14	11:45
2971	567	M30	Jeff Bennett, 33, Ankeny, IA	1:07:11	2:26:02	2:31:59	11:45
3062	699	W30	Stacey Shafer, 30*, Des Moines, IA	1:10:13	2:26:02	2:33:14	11:45
3063	499	W35	Alicia Epperly, 36*, West Des Moines, IA	1:10:19	2:26:04	2:34:03	11:45
3064	387	W20	Lauren Lundberg, 23*, Ames, IA	1:10:22	2:26:05	2:30:53	11:45
2972	454	M35	Scott VanGilder, 37, Urbandale, IA	1:02:51	2:26:08	2:36:11	11:45
3065	700	W30	Kari Jones, 31*, Chicago, IL	1:07:05	2:26:09	2:27:15	11:46
3066	500	W35	Amy Pittman, 35*, Thief River Falls, MN	1:07:38	2:26:11	2:28:44	11:46
3067	501	W35	Angela Bower, 36*, Des Moines, IA	1:09:16	2:26:13	2:34:05	11:46
2973	568	M30	Dan Rendall, 31, Urbandale, IA	1:07:07	2:26:14	2:31:28	11:46
3068	388	W20	Teresa Riesberg, 24*, Ankeny, IA	1:09:42	2:26:15	2:33:17	11:46
3069	389	W20	Tara Lee, 22*, Urbandale, IA	1:01:45	2:26:15	2:27:36	11:46
3070	390	W20	Mischa Olson, 21*, Ames, IA	1:11:36	2:26:18	2:30:33	11:46
3071	617	W25	Abby Teigland, 29*, West Des Moines, IA	1:06:11	2:26:21	2:27:37	11:46
3072	391	W20	Tiffany Fink, 21*, Belmond, IA	1:07:46	2:26:24	2:31:45	11:47
3073	367	W40	Susan Burton, 43*, Clear Lake, IA	1:08:19	2:26:24	2:37:09	11:47
2974	375	M40	Sanjay Shrestha, 43, Urbandale, IA	1:10:04	2:26:24	2:33:12	11:47
3074	392	W20	Jessica Dean, 24*, Newton, IA	1:15:11	2:26:27	2:37:25	11:47
3075	618	W25	Kim Philippson, 27*, Grimes, IA	1:03:43	2:26:28	2:32:02	11:47
3076	701	W30	Maria Zeutenhorst, 31*, West Des Moines, IA	1:08:01	2:26:29	2:32:46	11:47
3077	193	W45	Jennifer Coulson, 47*, Runnells, IA	1:10:23	2:26:29	2:35:52	11:47
2975	282	M45	Tim Fisher, 45, Van Meter, IA	1:10:11	2:26:31	2:31:50	11:47
3078	11	W60	Valentina Shatnaya, 64*, Clive, IA	1:10:12	2:26:32	2:28:18	11:47
3079	368	W40	Cathy Schneider, 42*, Des Moines, IA	1:10:38	2:26:34	2:36:27	11:48
3080	393	W20	Katie Cole, 21*, West Des Moines, IA	1:13:48	2:26:35	2:36:27	11:48
2976	492	M25	Justin Ehrecke, 27, Clive, IA	1:10:39	2:26:35	2:36:39	11:48
2977	283	M45	Dave Morgan, 47, Ankeny, IA	1:09:28	2:26:36	2:30:03	11:48
3081	702	W30	Alicia Kieffer-Hall, 31*, Cedar Falls, IA	1:11:19	2:26:36	2:30:39	11:48
3082	394	W20	Lindsey Anderson, 21*, Grimes, IA	1:08:20	2:26:37	2:34:32	11:48
3083	194	W45	Lori Carrara, 45*, Des Moines, IA	1:05:51	2:26:38	2:29:39	11:48
3084	703	W30	Jeni Pulliam, 31*, Des Moines, IA	1:10:12	2:26:39	2:38:11	11:48
3085	619	W25	Sarah Banwarth, 26*, Colfax, IA	1:07:58	2:26:39	2:34:00	11:48
3086	395	W20	Katy Draus, 22*, Iowa City, IA	1:11:14	2:26:41	2:33:18	11:48
3087	369	W40	Ruth Mwangangi, 43*, Des Moines, IA	1:09:44	2:26:45	2:29:57	11:48
3088	620	W25	Megan Hansen, 26*, Boone, IA	1:09:10	2:26:45	2:34:32	11:48
3089	195	W45	Barb Knutson, 48*, Duncombe, IA	1:15:46	2:26:46	2:37:44	11:49
3090	502	W35	Carolyn Manard, 39*, Boone, IA	1:09:10	2:26:47	2:34:34	11:49
2978	493	M25	Preetam Bora, 27, Pella, IA	1:08:14	2:26:47	2:35:28	11:49
3091	196	W45	Karen Drews, 46*, Lavista, NE	1:12:52	2:26:47	2:31:18	11:49
3092	197	W45	Wendy DeVries, 46*, Grimes, IA	1:07:30	2:26:49	2:29:36	11:49
3093	621	W25	Alexson Calahan, 29*, Des Moines, IA	1:11:07	2:26:51	2:37:51	11:49
3094	396	W20	Krista Garza, 24*, Des Moines, IA	1:12:39	2:26:51	2:38:57	11:49
3095	370	W40	April Buchman, 41*, Ankeny, IA	1:07:30	2:26:52	2:29:40	11:49
3096	397	W20	Maria Critelli, 23*, Des Moines, IA	1:11:42	2:26:53	2:34:22	11:49
3097	130	W50	Lauri Greco-Mihalovich, 50*, Des Moines, IA	1:08:23	2:26:53	2:30:50	11:49
2979	455	M35	Scott Hall, 36, Granger, IA	59:02	2:26:54	2:31:17	11:49
3098	622	W25	Aricka Brown, 26*, Des Moines, IA	1:08:24	2:26:54	2:30:50	11:49
3099	503	W35	Kristy Hall, 36*, Granger, IA		2:26:55	2:31:18	11:49
3100	623	W25	Jaimie Miller, 25*, Des Moines, IA	1:05:17	2:26:57	2:30:00	11:49
3101	131	W50	Laurie Donnenwerth, 52*, Sheffield, IA	1:06:05	2:26:57	2:27:40	11:49
2980	494	M25	Peter Lutz, 27, Amed, IA	1:07:44	2:26:59	2:39:02	11:50
2981	65	M60	Ron Wilson, 62, Knoxville, IA	1:11:43	2:27:00	2:37:57	11:50
3102	704	W30	Abby Hanson, 32*, West Des Moines, IA	1:07:55	2:27:00	2:38:05	11:50

3103	504	W35	Sally Twedt, 38*, Ankeny, IA	1:09:34	2:27:01	2:31:01	11:50
3104	624	W25	Janet Abejo, 27*, Cedar Rapids, IA	1:14:14	2:27:03	2:38:08	11:50
3105	625	W25	Ivelisse Windschitl, 29*, Missouri Valley, IA				
			1:09:13	2:27:07	2:39:35	11:50	
3106	705	W30	Kla Novencido, 32*, Urbandale, IA	1:09:13	2:27:10	2:39:38	11:50
2982	136	M55	Rod Horsman, 56, Pleasantville, IA	1:08:50	2:27:11	2:30:29	11:51
2983	569	M30	Benjamin Ruther, 30, Ames, IA	1:12:56	2:27:12	2:30:50	11:51
3107	43	W55	Deborah Calloway, 58*, Carlisle, IA	1:11:35	2:27:13	2:38:07	11:51
3108	626	W25	Emily Bollinger, 28*, Des Moines, IA	1:11:06	2:27:13	2:38:14	11:51
3109	44	W55	Karen Martens, 58*, Norwalk, IA	1:13:36	2:27:16	2:37:14	11:51
3110	398	W20	Jessica Besonen, 24*, Ames, IA	1:08:37	2:27:19	2:31:54	11:51
3111	132	W50	Faith Zellweger, 52*, Prescott, IA	1:12:18	2:27:20	2:33:05	11:51
2984	78	M17	Mark Cooley, 19, Orient, IA	58:36	2:27:22	2:34:40	11:51
3112	371	W40	Wendy Kirby, 40*, Pleasantville, IA	1:11:13	2:27:23	2:34:13	11:51
3113	706	W30	Angie Six, 33*, West Des Moines, IA	1:08:43	2:27:23	2:33:03	11:51
2985	495	M25	Samuel Speas, 29, Marshalltown, IA	1:07:20	2:27:23	2:38:28	11:52
3114	707	W30	Betsey Steinbrenner, 31*, Overland Park, KS				
			1:08:01	2:27:25	2:34:32	11:52	
3115	708	W30	Becky Davis, 31*, Clive, IA	1:10:41	2:27:26	2:38:12	11:52
2986	284	M45	Thomas Davis, 45, Ankeny, IA	1:07:10	2:27:26	2:35:16	11:52
3116	399	W20	Marypat Rieck, 22*, Ames, IA	1:13:22	2:27:26	2:36:49	11:52
3117	709	W30	Marsha Bro, 31*, Des Moines, IA	1:07:30	2:27:26	2:34:43	11:52
3118	198	W45	Sue Ward, 46*, Iowa City, IA	1:07:41	2:27:28	2:32:40	11:52
3119	505	W35	Maggie Anderson, 36*, Ankeny, IA	1:10:30	2:27:29	2:31:02	11:52
3120	710	W30	Rachel Stierman, 32*, Des Moines, IA	1:09:07	2:27:29	2:37:25	11:52
3121	506	W35	Corine Handlos, 38*, Coon Rapids, IA	1:07:45	2:27:29	2:37:04	11:52
3122	83	W17	Keeley Susienka, 19*, Northfield, MN	1:14:08	2:27:31	2:32:42	11:52
3123	627	W25	Sarah Buckles, 25*, Ankeny, IA	1:02:55	2:27:32	2:32:01	11:52
2987	52	JrM	Spencer Hoops, 14, Des Moines, IA	1:04:10	2:27:33	2:32:22	11:52
3124	711	W30	Stacy Schwarte, 34*, Ankeny, IA	1:16:48	2:27:34	2:33:39	11:52
3125	712	W30	Tiffany Seibert, 30*, Omaha, NE	1:11:57	2:27:34	2:38:42	11:52
3126	372	W40	Darla Sobotka, 42*, Diagonal, IA	1:14:50	2:27:35	2:36:37	11:52
3127	507	W35	Brandy Snodgrass, 38*, Knoxville, IA	1:11:14	2:27:36	2:34:26	11:53
3128	713	W30	Carissa Jones, 31*, Ankeny, IA	1:07:20	2:27:38	2:32:47	11:53
3129	199	W45	Kira Ahart, 47*, Des Moines, IA	1:11:48	2:27:39	2:29:03	11:53
2988	496	M25	Matthew Konen, 25, Ephraim, UT	1:08:35	2:27:39	2:36:38	11:53
3130	628	W25	Ashley Maguire, 26*, La Vista, NE	1:14:01	2:27:42	2:34:36	11:53
3131	629	W25	Cecilia O'Donnell, 27*, Lavista, NE	1:14:01	2:27:42	2:34:36	11:53
3132	714	W30	Meghan Shively, 33*, Bloomfield, IA	1:00:54	2:27:42	2:30:19	11:53
3133	715	W30	Bethney Larson, 31*, Johnston, IA	1:06:04	2:27:44	2:34:02	11:53
2989	137	M55	Charles Hoops, 55, Des Moines, IA	1:04:09	2:27:44	2:32:33	11:53
3134	508	W35	Nina Ratzlaff, 37*, Ankeny, IA	1:08:34	2:27:44	2:38:18	11:53
2990	226	M20	Aaron Kilstofte, 21, Ames, IA	1:13:23	2:27:48	2:37:10	11:53
3135	400	W20	Courtney Anderson, 23*, Grimes, IA	1:07:21	2:27:48	2:35:43	11:54
3136	401	W20	Emily Carlson, 21*, Grimes, IA	1:08:20	2:27:49	2:35:44	11:54
2991	497	M25	Matt O'Hollearn, 29, Pleasant Hill, IA	1:10:33	2:27:50	2:38:01	11:54
2992	498	M25	Chris O'Hollearn, 29, Urbandale, IA	1:10:33	2:27:51	2:38:02	11:54
3137	373	W40	Amy Lang, 40*, Cedar Falls, IA	1:11:35	2:27:53	2:35:46	11:54
3138	716	W30	Stacy Zoske, 30*, Iowa Falls, IA	1:09:27	2:27:56	2:38:36	11:54
3139	402	W20	Amber Daugherty, 23*, Ankeny, IA	1:15:05	2:27:57	2:39:31	11:54
3140	630	W25	Hayley Schick, 25*, West Des Moines, IA	1:02:23	2:28:00	2:37:32	11:54
2993	456	M35	Chris Piper, 39, Ankeny, IA	1:05:33	2:28:00	2:30:00	11:54
3141	631	W25	Mallory Hartgers, 25*, Montezuma, IA	1:09:59	2:28:06	2:33:41	11:55
2994	499	M25	Andrew Winter, 28, Grimes, IA	1:07:25	2:28:06	2:39:50	11:55
2995	570	M30	Christopher Ford, 30, Pleasant Hill, IA	1:07:25	2:28:06	2:39:50	11:55
3142	200	W45	Janine Wasson, 46*, Cedar Rapids, IA	1:12:24	2:28:07	2:31:57	11:55
3143	717	W30	Pamela Price, 30*, Des Moines, IA	1:09:08	2:28:09	2:31:16	11:55
3144	45	W55	Pam Hugen, 57*, West Des Moines, IA	1:09:08	2:28:09	2:31:16	11:55
3145	12	W60	Helen Pearce, 61*, Cedar Falls, IA	1:11:35	2:28:10	2:36:03	11:55
3146	201	W45	Chong Berger, 47*, West Des Moines, IA	1:14:00	2:28:11	2:36:16	11:55
3147	374	W40	Pamela Simpson, 41*, Des Moines, IA	1:03:01	2:28:12	2:37:27	11:55
3148	403	W20	Julie Hobbs, 24*, Johnston, IA	1:11:53	2:28:14	2:37:44	11:56
3149	632	W25	Danielle Lauzon, 28*, Panora, IA	1:11:34	2:28:14	2:37:29	11:56
3150	375	W40	Jodi Seymour, 42*, Lamoni, IA	1:16:21	2:28:17	2:33:05	11:56
3151	633	W25	Christina Nichols, 29*, West Des Moines, IA				



			1:13:48	2:28:18	2:38:10	11:56	
3152	133	W50	Dawn Kelly, 53*, Cedar Falls, IA	1:11:34	2:28:21	2:36:14	11:56
3153	718	W30	Val Gregori, 34*, Roland, IA	1:10:38	2:28:23	2:39:17	11:56
3154	509	W35	Darci Fuller, 36*, Newton, IA	1:11:54	2:28:23	2:37:34	11:56
2996	457	M35	Jason Sager, 35, Evanston, IL	1:10:10	2:28:24	2:35:30	11:56
3155	719	W30	Jamie Hall, 32*, North Liberty, IA	1:10:10	2:28:24	2:35:30	11:56
3156	202	W45	Jil Kloster, 48*, Mason City, IA	1:13:31	2:28:24	2:36:25	11:56
3157	376	W40	Janel Nagel, 43*, Mason City, IA	1:13:31	2:28:25	2:36:25	11:56
2997	571	M30	Michael Matzen, 33, Davenport, IA	1:07:54	2:28:25	2:36:32	11:57
2998	138	M55	Kent Herink, 57, Johnston, IA	1:11:59	2:28:27	2:39:19	11:57
3158	720	W30	Joy Schneider, 32*, Ames, IA	1:09:51	2:28:27	2:38:28	11:57
3159	721	W30	CeLisa McChesney, 31*, Johnston, IA	1:12:25	2:28:36	2:36:36	11:57
3160	722	W30	Emily Mueller, 30*, West Des Moines, IA	1:12:25	2:28:36	2:36:36	11:57
3161	723	W30	Kelli Showalter, 33*, Sheffield, IA	1:10:45	2:28:39	2:35:29	11:58
3162	724	W30	Katie Warner, 31*, Council Bluffs, IA	1:12:56	2:28:41	2:35:54	11:58
2999	26	M65	Walter Aeckerle, 69, Lakewood, CO	1:12:56	2:28:42	2:35:55	11:58
3163	634	W25	Courtney Bach, 29*, Clive, IA	1:13:20	2:28:45	2:36:41	11:58
3164	404	W20	Samantha Freeman, 23*, West Point, IA	1:10:59	2:28:46	2:38:13	11:58
3165	203	W45	Jan Olson, 49*, Johnston, IA	1:10:09	2:28:46	2:36:33	11:58
3166	725	W30	Angie Dern, 32*, Carroll, IA	1:07:21	2:28:46	2:32:58	11:58
3167	726	W30	Annie Buchmiller, 31*, Johnston, IA	1:09:11	2:28:47	2:31:34	11:58
3000	285	M45	Jim Hintz, 46, Urbandale, IA	1:04:38	2:28:48	2:31:27	11:58
3168	377	W40	Tracey Wildermuth, 43*, Urbandale, IA	1:15:06	2:28:49	2:34:26	11:58
3169	378	W40	Angela Hunt, 40*, West Des Moines, IA	1:10:14	2:28:52	2:37:41	11:59
3170	510	W35	Ashley Rathjen, 36*, Ankeny, IA	1:10:11	2:28:52	2:33:58	11:59
3171	635	W25	Kellee Wilson, 27*, Urbandale, IA	1:11:21	2:28:53	2:38:16	11:59
3172	379	W40	Jodi Putz, 42*, Lacona, IA	1:08:46	2:28:56	2:38:09	11:59
3173	511	W35	Bobbi Young, 39*, Des Moines, IA	1:09:28	2:29:01	2:34:50	11:59
3174	405	W20	Mary Beth Bell, 24*, De Soto, IA	1:10:11	2:29:02	2:34:21	11:59
3175	512	W35	Lori Michalek, 35*, Polk City, IA	1:04:59	2:29:02	2:32:24	11:59
3176	636	W25	Aj Tilus, 28*, Pleasant Hill, IA	1:11:17	2:29:07	2:33:01	12:00
3001	227	M20	Andrew Coan, 23, Des Moines, IA	1:09:36	2:29:08	2:40:41	12:00
3002	218	M50	Roger Young, 50, Fontanelle, IA	1:10:18	2:29:08	2:40:40	12:00
3177	513	W35	Sarah Widmer, 37*, Runnells, IA	1:09:59	2:29:08	2:37:14	12:00
3003	500	M25	Matthew Fritz, 26, West Des Moines, IA	1:07:45	2:29:09	2:36:13	12:00
3004	458	M35	Jock Naert, 36, Ankeny, IA	1:08:43	2:29:14	2:32:23	12:00
3178	134	W50	Yvonne Raes, 51*, Slater, IA	1:10:33	2:29:21	2:36:55	12:01
3179	727	W30	Megan Carter, 30*, West Des Moines, IA	1:13:05	2:29:23	2:40:28	12:01
3005	459	M35	Travis Kahrig, 37, Waukee, IA	1:07:14	2:29:24	2:32:26	12:01
3180	514	W35	Faith Mathews, 35*, Des Moines, IA	1:12:31	2:29:25	2:35:55	12:01
3181	515	W35	Sheila Thompson, 39*, West Des Moines, IA	1:12:46	2:29:33	2:36:07	12:02
3182	380	W40	Katy Coppola, 40*, Urbandale, IA	1:12:46	2:29:33	2:36:07	12:02
3183	381	W40	Tricia Mitchell, 41*, Nevada, IA	1:13:06	2:29:40	2:40:45	12:02
3184	406	W20	Torey Robinson, 22*, Des Moines, IA	1:11:35	2:29:40	2:39:58	12:03
3185	728	W30	Jennifer Cook, 33*, Urbandale, IA	1:11:48	2:29:40	2:34:24	12:03
3186	637	W25	Abby Young, 25*, Ankeny, IA	1:07:19	2:29:41	2:36:59	12:03
3006	501	M25	Dustin Young, 27, Ankeny, IA	1:07:21	2:29:41	2:36:59	12:03
3187	407	W20	Kelsi Kordick, 21*, Ames, IA	1:06:38	2:29:42	2:34:08	12:03
3007	460	M35	Venkat Parthasarathy, 37, Ames, IA	1:11:00	2:29:45	2:39:13	12:03

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3188	382	W40	Lisa McCoy, 42*, Clive, IA	1:14:49	2:29:45	2:31:19	12:03
3189	729	W30	Jessica Kockler, 32*, Zearing, IA	1:08:05	2:29:46	2:37:11	12:03
3190	638	W25	Molly Hittenmiller, 26*, West Des Moines, IA	1:04:36	2:29:47	2:36:42	12:03
3009	377	M40	Michael McCoy, 42, Clive, IA	59:55	2:29:48	2:31:21	12:03
3010	502	M25	Michael Phothasone, 27, Des Molines, IA	1:09:35	2:29:50	2:41:37	12:03
3191	516	W35	Janine Choudhury, 37*, Urbandale, IA	1:13:31	2:29:50	2:40:44	12:03
3192	730	W30	Amy Davis, 30*, Grimes, IA	1:12:58	2:29:51	2:39:26	12:03
3193	639	W25	Sarah Oskvig, 27*, Ankeny, IA	1:08:37	2:29:52	2:35:01	12:03
3194	41	JrW	Lilly Keitges, 14*, Ames, IA	1:07:10	2:29:52	2:39:09	12:03
3011	378	M40	Ahmed Choudhury, 40, Urbandale, IA	1:13:32	2:29:52	2:40:46	12:04
3012	139	M55	David Weieneth, 58, Des Moines, IA	1:09:16	2:29:54	2:35:36	12:04

3195	517	W35	Terry McQueen, 36*, Des Moines, IA	1:09:09	2:29:54	2:36:58	12:04
3196	204	W45	Julie Schraeger, 46*, Johnston, IA	1:13:09	2:29:56	2:36:42	12:04
3197	135	W50	Sallie Hedgepeth, 52*, Johnston, IA	1:09:56	2:29:57	2:39:10	12:04
3198	383	W40	Andrea Martin, 43*, Iowa City, IA	1:09:28	2:29:58	2:37:36	12:04
3199	136	W50	Cynthia Mauck Herman, 53*, Plymouth, MN	1:06:09	2:30:01	2:33:03	12:04
3200	518	W35	Tabby Rabenberg, 39*, Urbandale, IA	1:06:11	2:30:01	2:33:03	12:04
3013	461	M35	Joseph Lenihan, 37, Des Moines, IA	1:06:04	2:30:01	2:42:17	12:04
3201	137	W50	Sue Edwards, 53*, Iowa City, IA	1:09:29	2:30:02	2:37:39	12:04
3202	519	W35	Shannon Jones, 35*, Waukee, IA	1:11:17	2:30:02	2:33:56	12:04
3203	138	W50	Janet Tingwald, 54*, Waukee, IA	1:11:32	2:30:03	2:41:04	12:04
3204	205	W45	Angie Zaun, 46*, Sun City, AZ	1:13:00	2:30:04	2:37:23	12:04
3205	139	W50	Nancy Anthony, 53*, Creston, IA	1:14:30	2:30:08	2:37:01	12:05
3206	408	W20	Mary Van Liew, 20*, Des Moines, IA	1:15:11	2:30:08	2:37:23	12:05
3014	79	M17	Peter Tison, 19, Des Moines, IA	1:15:11	2:30:09	2:37:24	12:05
3207	520	W35	April Cochran, 38*, West Des Moines, IA	1:09:50	2:30:10	2:36:15	12:05
3208	409	W20	Hailey Hageman, 23*, Johnston, IA	1:09:30	2:30:11	2:30:55	12:05
3209	206	W45	Paula Correy, 48*, Johnston, IA	1:09:32	2:30:11	2:30:55	12:05
3015	286	M45	James Dy, 49, Clive, IA		2:30:20	2:39:58	12:06
3210	731	W30	Melissa Knutson, 31*, Johnston, IA	1:12:00	2:30:20	2:40:14	12:06
3016	503	M25	Dan Sousek, 29, Des Moines, IA	1:05:06	2:30:21	2:34:02	12:06
3211	521	W35	Becki Kalaher, 39*, Carlinville, IL	1:18:20	2:30:27	2:40:41	12:06
3212	42	JrW	Katelyn Lunders, 16*, Johnston, IA	1:13:08	2:30:28	2:35:56	12:06
3017	379	M40	James Lunders, 43, Johnston, IA	1:13:08	2:30:28	2:35:56	12:06
3018	380	M40	Chris Storesund, 41, Guthrie Ctr, IA	1:11:49	2:30:29	2:39:51	12:06
3019	504	M25	Joshua Challand, 26, Guthrie Center, IA	1:11:48	2:30:29	2:39:51	12:06
3213	410	W20	Megan Esser, 22*, St. Louis, MO	1:09:37	2:30:32	2:37:00	12:07
3020	228	M20	Tym Wood, 20, Tabor, IA	1:10:28	2:30:33	2:38:20	12:07
3214	411	W20	Caine Westergard, 20*, Ireton, IA	1:10:29	2:30:34	2:38:20	12:07
3215	522	W35	Erin Black, 36*, Grinnell, IA	1:07:38	2:30:35	2:41:19	12:07
3216	412	W20	Brandy Eilbeck, 22*, Hubbard, IA	1:08:48	2:30:39	2:40:05	12:07
3021	381	M40	Joe Fazio, 42, Des Moines, IA	1:10:35	2:30:44	2:38:08	12:08
3217	732	W30	Lyn Jenkins, 30*, Carlisle, IA	1:17:57	2:30:46	2:40:29	12:08
3218	640	W25	Ann Gadbury, 29*, Des Moines, IA	1:17:57	2:30:46	2:40:29	12:08
3219	641	W25	Mandy Johnson, 28*, Ankeny, IA	1:15:05	2:30:47	2:38:22	12:08
3022	505	M25	Eddie Courtney, 29, West Des Moines, IA	1:13:36	2:30:48	2:34:35	12:08
3220	642	W25	Tammy Clark, 27*, Altoona, IA	1:13:36	2:30:49	2:34:36	12:08
3221	643	W25	Michelle Parlett, 27*, Clive, IA	1:11:07	2:30:50	2:36:28	12:08
3222	384	W40	Christine Drabek, 43*, Runnells, IA	1:11:57	2:30:50	2:38:35	12:08
3023	506	M25	Evan Fratzke, 29, Urbandale, IA	1:20:21	2:30:54	2:42:16	12:09
3223	733	W30	Christina Ahrendsen, 30*, Granger, IA	1:16:01	2:30:56	2:42:24	12:09
3024	462	M35	Gaik-Loong Kang, 35, Urbandale, IA	1:09:11	2:30:57	2:38:06	12:09
3224	734	W30	Sarah Davis, 34*, Norwalk, IA	1:07:56	2:30:57	2:40:39	12:09
3225	735	W30	Jennifer Peterson, 31*, Fort Dodge, IA	1:07:50	2:30:58	2:38:10	12:09
3025	507	M25	Nick Bottenfield, 29, Pleasant Hill, IA	1:07:30	2:31:06	2:34:40	12:09
3226	736	W30	Michelle Pignatelli, 34*, Des Moines, IA	1:11:25	2:31:08	2:37:12	12:10
3026	382	M40	John Haltiner, 40, Des Moines, IA	1:07:13	2:31:08	2:38:59	12:10
3227	737	W30	Kim Mock, 34*, Mitchellville, IA	1:12:41	2:31:09	2:40:50	12:10
3228	738	W30	Lacey Cheeseman, 31*, Ankeny, IA	1:11:54	2:31:09	2:40:40	12:10
3229	739	W30	Abbie Schuhmacher, 31*, Arlington, IA	1:13:30	2:31:12	2:36:06	12:10
3230	740	W30	Stacie McKern, 34*, Council Bluffs, IA	1:13:29	2:31:12	2:36:06	12:10
3027	140	M55	Carlos Rondon, 56, Olathe, KS	1:06:35	2:31:13	2:40:14	12:10
3231	644	W25	Katie Elliot, 27*, Independence, IA	1:13:29	2:31:13	2:36:06	12:10
3232	413	W20	Megan Hayes, 24*, Ankeny, IA	1:13:30	2:31:13	2:36:06	12:10
3233	523	W35	Jennifer Cochran, 37*, Marion, IA	1:13:30	2:31:13	2:36:07	12:10
3234	414	W20	Paige Soma, 24*, Urbandale, IA	1:09:22	2:31:14	2:33:27	12:10
3235	645	W25	Shantelle Hope, 27*, Winterset, IA	1:09:22	2:31:15	2:33:28	12:10
3028	229	M20	Adam Gebauer, 24, Ankeny, IA	1:20:24	2:31:16	2:40:35	12:10
3236	140	W50	Gail Cressley, 50*, Oskaloosa, IA	1:11:15	2:31:18	2:41:22	12:10
3237	741	W30	Kate Hanson, 32*, Ames, IA	1:17:53	2:31:19	2:42:05	12:11
3238	742	W30	Anna Smith, 32*, Des Moines, IA	1:16:02	2:31:21	2:43:15	12:11
3239	646	W25	Heather Skeens, 29*, Des Moines, IA	1:08:40	2:31:25	2:39:55	12:11
3029	383	M40	Dan Kiernan, 42, Clive, IA	1:12:53	2:31:25	2:43:33	12:11
3240	647	W25	Jennifer Hummel, 28*, Waukee, IA	1:06:12	2:31:26	2:34:57	12:11
3241	13	W60	Patricia Swanson, 60*, Emmetsburg, IA	1:06:11	2:31:26	2:34:57	12:11
3030	141	M55	Keith Toal, 57, Rhodes, IA	1:12:48	2:31:36	2:42:25	12:12

3242	2	W70	Kay Gause, 70*, Newton, IA	1:13:56	2:31:43	2:39:13	12:12
3243	648	W25	Crystal Smith, 28*, Omaha, NE	1:15:00	2:31:43	2:36:09	12:12
3244	743	W30	Kara Smith, 31*, Urbandale, IA	1:10:48	2:31:47	2:42:37	12:13
3245	207	W45	Jen Statler, 47*, Ankeny, IA	1:20:00	2:31:48	2:41:06	12:13
3031	66	M60	Steven Floyd, 63, Clive, IA	1:04:54	2:31:49	2:41:28	12:13
3246	415	W20	Erin Curtis, 23*, Memphis, TN	1:09:24	2:31:50	2:39:18	12:13
3247	649	W25	Lauren Rawson, 26*, Des Moines, IA	1:09:07	2:31:50	2:42:39	12:13
3032	219	M50	Mike Nielsen, 50, Leavenworth, KS	1:15:51	2:31:59	2:35:26	12:14
3033	287	M45	Karl Goeken, 49, Centennial, CO	1:15:51	2:32:00	2:35:26	12:14
3248	524	W35	Dawn Radack, 39*, Robins, IA	1:13:59	2:32:04	2:43:46	12:14
3249	208	W45	Cindy Heick, 48*, Ankeny, IA	1:07:24	2:32:06	2:35:44	12:14
3250	385	W40	Rebecca Scholtec, 44*, Des Moines, IA	1:08:41	2:32:09	2:38:25	12:15
3034	384	M40	Jason Sopko, 41, Forest City, IA	1:17:40	2:32:12	2:42:29	12:15
3251	416	W20	Mallory Lovik, 24*, Forest City, IA	1:17:41	2:32:12	2:42:29	12:15
3252	386	W40	Kirsten Burton, 41*, Mason City, IA	1:16:10	2:32:13	2:42:50	12:15
3253	387	W40	Heidi Sokol, 40*, Mason City, IA	1:16:10	2:32:14	2:42:51	12:15
3254	388	W40	Michelle Mehalovich, 43*, Shawnee, KS	1:11:34	2:32:16	2:43:44	12:15
3035	142	M55	Rich Johnson, 59, Ankeny, IA	1:12:45	2:32:16	2:33:07	12:15
3255	141	W50	Kathy Mendel, 54*, Rhodes, IA	1:11:18	2:32:20	2:43:09	12:15
3036	572	M30	Savooun Chak, 34, Pleasant Hill, IA	1:09:43	2:32:23	2:41:27	12:16
3256	417	W20	Paige Milosevic, 20*, Ankeny, IA	1:09:03	2:32:28	2:38:26	12:16
3037	573	M30	Brent Bonner, 34, Iowa Falls, IA	1:14:40	2:32:28	2:41:46	12:16
3038	574	M30	Zac Ward, 33, Omaha, NE	1:12:10	2:32:31	2:44:21	12:16
3257	744	W30	Jesseca LaFayette, 31*, Ames, IA	1:15:37	2:32:33	2:36:37	12:16
3258	418	W20	Shelby Dixon, 20*, Urbandale, IA	1:07:25	2:32:36	2:33:38	12:17
3259	46	W55	Carol Smith, 56*, Clive, IA	1:13:50	2:32:36	2:40:39	12:17
3039	80	M17	Connor Mehalovich, 18, Shawnee, KS	1:11:05	2:32:37	2:37:07	12:17
3040	220	M50	Ben McCauley, 50, Ankeny, IA	1:11:05	2:32:37	2:37:07	12:17
3041	508	M25	Albert Koundakjian, 29, Des Moines, IA	1:05:16	2:32:40	2:38:07	12:17
3260	650	W25	Nakaiya Brickner, 28*, Van Buren, MO	1:10:24	2:32:48	2:42:35	12:18
3261	651	W25	Melanie Nerhus, 28*, Des Moines, IA	1:10:24	2:32:48	2:42:35	12:18
3262	142	W50	Carol Tierney, 50*, Ames, IA	1:10:23	2:32:50	2:40:37	12:18
3263	143	W50	Kim Supercynski, 50*, Nevada, IA	1:10:24	2:32:51	2:40:38	12:18
3264	389	W40	Laura Frescoln, 44*, Ames, IA	1:10:24	2:32:51	2:40:39	12:18
3042	143	M55	Randy Norby, 56, Osage, IA	1:08:23	2:32:53	2:44:41	12:18
3265	745	W30	Leann Subbert, 34*, Ankeny, IA	1:09:31	2:32:54	2:34:00	12:18
3266	419	W20	Shannon Marso, 24*, Guthrie Center, IA	1:11:34	2:32:56	2:42:11	12:18
3043	463	M35	Ross DeBoer, 37, Clive, IA	1:10:04	2:32:57	2:34:05	12:18
3267	525	W35	Angela Thornton, 39*, Ankeny, IA	1:13:31	2:32:58	2:42:17	12:18
3268	390	W40	Jennifer Phipps, 44*, Des Moines, IA	1:10:23	2:32:58	2:36:58	12:18
3269	526	W35	Jenny Olson, 38*, Des Moines, IA	1:17:29	2:33:04	2:38:48	12:19
3270	144	W50	Nora Hudson, 54*, Ames, IA	1:15:42	2:33:04	2:42:34	12:19
3044	288	M45	Jeff Olson, 45, Des Moines, IA	1:17:29	2:33:04	2:38:48	12:19
3271	527	W35	Heather Lilienthal, 38*, Ankeny, IA	1:14:01	2:33:06	2:44:28	12:19
3272	47	W55	Kelli Palazzo, 55*, Pleasant Hill, IA	1:15:49	2:33:07	2:40:14	12:19
3273	746	W30	Lindsey Brelsford, 31*, Perry, IA	1:06:16	2:33:07	2:41:10	12:19
3274	391	W40	Laura Seiler, 44*, Van Meter, IA	1:05:49	2:33:10	2:40:16	12:19
3045	385	M40	Jack Khoundara, 40, Pleasant Hill, IA	1:18:42	2:33:10	2:33:10	12:19
3046	144	M55	Jim Hingtgen, 55, Urbandale, IA	1:13:54	2:33:14	2:38:29	12:20
3275	392	W40	Coreen Witke, 42*, Urbandale, IA	1:13:23	2:33:16	2:43:04	12:20
3047	509	M25	Aaron Baird, 25, Des Moines, IA	1:04:38	2:33:18	2:42:33	12:20
3048	145	M55	Sidney Baird, 55, Des Moines, IA	1:04:39	2:33:18	2:42:34	12:20
3276	652	W25	Mary Henderson, 27*, Waukee, IA	1:12:46	2:33:19	2:43:40	12:20
3277	747	W30	Jennifer York, 32*, Waukee, IA	1:12:46	2:33:19	2:43:40	12:20
3278	748	W30	Angie Miller, 33*, Ankeny, IA	1:08:30	2:33:19	2:40:10	12:20
3049	221	M50	Steven Hobbs, 54, Grayslake, IL	1:12:04	2:33:20	2:41:03	12:20
3279	84	W17	Hannah Thayer, 18*, Urbandale, IA	1:08:05	2:33:21	2:40:48	12:20
3280	749	W30	Catrina McDaniel, 31*, Harlan, IA	1:15:21	2:33:22	2:42:12	12:20
3281	750	W30	Amy Harrison, 31*, West Des Moines, IA	1:09:47	2:33:22	2:40:13	12:20
3282	209	W45	Christine Brandenburg, 48*, Urbandale, IA	1:13:57	2:33:23	2:45:12	12:20
3283	528	W35	Dalene Craig, 38*, Johnston, IA	1:11:08	2:33:23	2:36:56	12:20
3284	751	W30	Monica Silliman, 30*, Ankeny, IA	1:14:46	2:33:29	2:45:00	12:21
3285	752	W30	Connie Hobbs, 32*, Urbandale, IA	1:11:54	2:33:31	2:43:01	12:21
3286	420	W20	Katie Bettis, 24*, Ames, IA	1:10:09	2:33:32	2:44:16	12:21
3287	653	W25	Jennifer Hall, 27*, West Des Moines, IA	1:20:24	2:33:33	2:42:52	12:21

3288	421	W20	Laura Coombs, 22*, Lincoln, NE	1:13:14	2:33:38	2:38:46	12:22
3289	753	W30	Nicole Weliver, 34*, Norwalk, IA	1:10:31	2:33:39	2:44:26	12:22
3290	210	W45	Diane Rowley, 46*, Bussey, IA	1:11:33	2:33:41	2:43:50	12:22
3050	510	M25	Farris Murray II, 29, West Des Moines, IA	1:08:09	2:33:45	2:41:01	12:22
3291	754	W30	Sally Bartlett, 34*, Kelley, IA	1:11:59	2:33:49	2:44:59	12:23
3292	755	W30	Karen Wiese, 31*, Des Moines, IA	1:13:21	2:33:51	2:37:17	12:23
3293	529	W35	Lee Tjelmeland, 36*, Des Moines, IA	1:14:02	2:33:53	2:44:31	12:23
3051	9	M70	Ron Turner, 70, Glidden, IA	1:16:56	2:33:56	2:45:01	12:23
3294	756	W30	Tara McAlexander, 32*, Tingley, IA	1:08:35	2:33:59	2:45:29	12:23
3295	757	W30	Jenny Mertes, 30*, Johnston, IA	1:09:55	2:34:00	2:43:50	12:23
3296	211	W45	Lisa Michaelson, 45*, Urbandale, IA	1:12:51	2:34:01	2:35:25	12:23
3297	758	W30	Sara Shepherd, 32*, Stuart, IA	1:10:50	2:34:04	2:41:55	12:24
3298	48	W55	Randi Bjerke, 56*, Ankeny, IA	1:11:32	2:34:06	2:36:20	12:24
3299	759	W30	Amber Lewis, 33*, Des Moines, IA	1:10:24	2:34:10	2:41:06	12:24
3300	422	W20	Christina Andeweg, 20*, Urbandale, IA	1:16:14	2:34:13	2:39:24	12:24
3301	760	W30	Nikkol Johnson, 30*, Des Moines, IA	1:19:25	2:34:17	2:43:30	12:25
3302	393	W40	Julie Veasley, 40*, Des Moines, IA	1:19:26	2:34:17	2:43:30	12:25
3303	530	W35	Michelle Van Zante, 37*, Ankeny, IA	1:16:54	2:34:19	2:46:00	12:25
3052	386	M40	Matt Crile, 43, Ankeny, IA	1:12:51	2:34:23	2:37:42	12:25
3053	53	JrM	Matt Wilson, 16, Indianola, IA	1:10:36	2:34:25	2:37:55	12:25
3304	145	W50	Kristina Hornback, 53*, Omaha, NE	1:15:37	2:34:27	2:38:31	12:26
3054	289	M45	Tim Lucas, 48, Ankeny, IA	1:07:59	2:34:28	2:36:45	12:26
3305	394	W40	Raegan Whitaker, 43*, Valley Park, MO	1:12:42	2:34:28	2:43:32	12:26
3306	212	W45	Nanette Cunningham, 48*, Oskaloosa, IA	1:12:35	2:34:28	2:36:18	12:26
3055	230	M20	John Blessington, 23, Auburn, IA	1:03:09	2:34:35	2:44:45	12:26
3307	654	W25	Jessica Kroh, 28*, Ankeny, IA	1:14:46	2:34:36	2:46:07	12:26
3308	423	W20	Marjorie Tometich, 20*, Boone, IA	1:10:18	2:34:37	2:42:13	12:26
3056	231	M20	Logan Perleth, 21, Dubuque, IA	1:09:32	2:34:38	2:43:36	12:26
3309	655	W25	Meggan Guns, 27*, West Des Moines, IA	1:09:32	2:34:38	2:43:36	12:26
3310	424	W20	Alex Light, 24*, Des Moines, IA	1:09:57	2:34:48	2:45:07	12:27
3057	290	M45	John Doerr, 47, Des Moines, IA	1:20:25	2:34:52	2:45:41	12:28
3311	395	W40	Traci Kirtley, 41*, Huxley, IA	1:13:07	2:34:53	2:45:59	12:28
3312	656	W25	Claire Masker, 28*, Urbandale, IA	1:12:44	2:34:54	2:44:21	12:28
3313	761	W30	Bridget Bahnsen, 33*, Mason City, IA	1:09:04	2:34:55	2:40:12	12:28
3058	10	M70	Steven Halstead, 70, Bondurant, IA	1:15:18	2:34:55	2:46:22	12:28
3314	657	W25	Jingxi Zhang, 25*, Ames, IA	1:12:48	2:34:57	2:38:31	12:28
3315	531	W35	Jennifer Voss, 37*, Waukee, IA	1:08:33	2:34:57	2:42:31	12:28
3316	532	W35	Emily Namanny, 37*, Urbandale, IA	1:13:02	2:35:00	2:43:41	12:28
3317	533	W35	Sara Larson, 37*, West Des Moines, IA	1:13:17	2:35:00	2:39:56	12:28
3318	658	W25	Casey Oberender, 27*, Des Moines, IA	1:13:01	2:35:00	2:43:41	12:28
3319	534	W35	Lesa Haughey, 36*, Tama, IA	1:13:52	2:35:00	2:45:41	12:28
3320	535	W35	Cynthia Lewerke, 38*, Mason City, IA	1:14:52	2:35:05	2:45:42	12:29
3321	213	W45	Krystyna Sloan, 48*, Mason City, IA	1:14:52	2:35:05	2:45:42	12:29
3322	536	W35	Cathleen Lugar, 37*, Storm Lake, IA	1:18:39	2:35:08	2:46:54	12:29
3323	537	W35	Jori Showalter, 35*, Hampton, IA	1:10:47	2:35:12	2:42:01	12:29
3324	762	W30	Tina Manning, 30*, Walford, IA	1:12:34	2:35:12	2:40:01	12:29
3325	659	W25	Amanda Murtha, 25*, Des Moinea, IA	1:14:15	2:35:13	2:39:56	12:29
3326	660	W25	Meghan Gallagher, 28*, Chicago, IL	1:11:21	2:35:15	2:42:48	12:29
3327	214	W45	Tracy Schmidt, 46*, Williamsburg, IA	1:13:25	2:35:18	2:44:54	12:30
3059	511	M25	Cole Toovey, 29, Des Moines, IA	1:14:46	2:35:18	2:44:38	12:30
3328	661	W25	Amber Von Arb, 27*, Des Moines, IA	1:14:46	2:35:18	2:44:38	12:30
3329	396	W40	Mindy Voigt, 41*, Ankeny, IA	1:14:06	2:35:20	2:43:45	12:30
3330	662	W25	Brittainey Sieren, 25*, Des Moines, IA	1:12:21	2:35:23	2:46:53	12:30
3331	49	W55	Sheryl Richey, 56*, Urbandale, IA	1:15:55	2:35:23	2:41:34	12:30
3332	397	W40	Renae Gaskins, 43*, Urbandale, IA	1:15:55	2:35:24	2:41:34	12:30
3333	538	W35	Rhoni Jo Barnes, 35*, Cedar Rapids, IA	1:13:25	2:35:31	2:45:07	12:31
3060	464	M35	Paul Pedersen, 36, Ankeny, IA	1:11:43	2:35:32	2:46:50	12:31
3334	663	W25	Andrea Blunck, 26*, Des Moines, IA	1:14:25	2:35:33	2:40:40	12:31
3335	763	W30	Teia Madren, 31*, Redfield, IA	1:11:58	2:35:37	2:37:33	12:31
3336	664	W25	Katie Johnson, 27*, West Des Moines, IA	1:14:42	2:35:40	2:45:08	12:31
3337	146	W50	Gina Higbee, 50*, West Des Moines, IA	1:12:25	2:35:40	2:39:31	12:31
3338	215	W45	Becky Herink, 45*, Omaha, NE	1:15:07	2:35:42	2:38:13	12:32
3339	50	W55	Mary Hillman, 58*, Grand Junction, IA	1:10:51	2:35:48	2:45:17	12:32
3340	216	W45	Lisa Drury, 48*, Lenxa, KS	1:12:09	2:35:53	2:43:53	12:33
3341	398	W40	Deanna Breeding, 44*, Des Moines, IA	1:13:52	2:35:54	2:44:25	12:33

3061	291	M45	Don Breeding, 49, Des Moines, IA	1:13:52	2:35:55	2:44:25	12:33
3342	14	W60	Barbara Braafhart, 63*, Pella, IA	1:13:58	2:35:55	2:46:34	12:33
3062	512	M25	Lei Gong, 28, Ames, IA	1:14:49	2:36:00	2:42:12	12:33
3343	147	W50	Cindy Zielke, 54*, Waukee, IA	1:21:32	2:36:01	2:42:38	12:33
3344	764	W30	Jill Motroni, 32*, Urbandale, IA	1:08:54	2:36:02	2:41:52	12:33
3063	465	M35	Tyler Soethout, 37, Indianola, IA	1:10:31	2:36:02	2:47:10	12:33
3345	399	W40	Chris Rhinehart, 43*, Conrad, IA	1:12:46	2:36:03	2:46:05	12:33
3064	11	M70	Donald Judisch, 75, Clive, IA	1:14:29	2:36:03	2:39:48	12:33
3346	400	W40	Tanya Hardy, 40*, Osceola, IA	1:19:10	2:36:04	2:46:49	12:33
3347	401	W40	Melissa Smith, 44*, Altoona, IA	1:12:48	2:36:09	2:45:56	12:34
3348	402	W40	Kris Price, 44*, Ankeny, IA	1:15:04	2:36:11	2:43:22	12:34
3349	765	W30	Karri Rogers, 33*, Ozark, MO	1:16:35	2:36:13	2:44:03	12:34
3065	466	M35	Toukata Vilayvong, 35, Des Moines, IA	1:05:38	2:36:16	2:48:04	12:34
3350	665	W25	Mala Vilayvong, 29*, Des Moines, IA	1:09:30	2:36:16	2:48:04	12:34
3351	403	W40	Michelle Lee, 42*, Fort Dodge, IA	1:11:22	2:36:16	2:39:03	12:34
3352	666	W25	Liz Cleek, 27*, Des Moines, IA	1:20:37	2:36:18	2:47:55	12:35
3353	667	W25	Caitrin Wheeler, 27*, Windsor Heights, IA	1:09:51	2:36:21	2:43:17	12:35
3066	513	M25	John Starnes, 28, Bloomington, IL	1:13:37	2:36:21	2:40:40	12:35
3354	148	W50	Deborah Schwalenberg, 53*, Polk City, IA	1:13:28	2:36:22	2:47:28	12:35
3355	539	W35	Christa LePorte, 37*, West Des Moines, IA	1:16:24	2:36:30	2:43:29	12:36
3356	540	W35	Jessica Nguyen, 35*, Ames, IA	1:07:58	2:36:30	2:48:10	12:36
3357	541	W35	Derrith Murphy, 39*, Urbandale, IA	1:16:24	2:36:31	2:43:29	12:36
3358	668	W25	Steffany Navrkal, 29*, Polk City, IA	1:11:46	2:36:34	2:44:34	12:36
3359	766	W30	Lynn Navrkal, 32*, Clever, MO	1:12:09	2:36:34	2:44:34	12:36
3067	292	M45	Craig Moore, 46, Des Moines, IA	1:18:20	2:36:34	2:47:47	12:36
3360	43	JrW	Erika Lewis, 14*, West Des Moines, IA		2:36:36	2:36:36	12:36
3361	404	W40	Jodi Chipman, 44*, Oskaloosa, IA	1:15:22	2:36:41	2:45:52	12:36
3068	222	M50	Paul Stoutenburg, 50, Des Moines, IA	1:15:25	2:36:41	2:47:51	12:36
3362	425	W20	Victoria Life, 22*, Bellevue, NE	1:15:22	2:36:42	2:45:53	12:36
3069	27	M65	Hugh Hammond, 66, Montezuma, IA	1:16:52	2:36:42	2:47:51	12:37
3363	542	W35	Jodi Rusch, 37*, Johnston, IA	1:10:09	2:36:44	2:44:17	12:37
3364	405	W40	Amy Swaim, 41*, Johnston, IA	1:10:10	2:36:45	2:44:17	12:37
3365	543	W35	Nancy Mescher, 36*, Granger, IA	1:12:57	2:36:46	2:47:04	12:37
3366	767	W30	Tiffany Richeson, 34*, West Des Moines, IA	1:12:09	2:36:49	2:44:05	12:37
3367	149	W50	Cynthia Pinter, 53*, Des Moines, IA	1:22:48	2:36:50	2:41:08	12:37
3368	669	W25	Ann Cavin, 27*, West Des Moines, IA	1:15:16	2:36:53	2:47:26	12:37
3369	670	W25	Molly Audetat, 27*, Milo, IA	1:16:04	2:36:55	2:44:59	12:38
3370	768	W30	Elizabeth Thompson, 31*, Norwalk, IA	1:16:03	2:36:55	2:44:59	12:38
3371	406	W40	Sandra Blom, 42*, Pella, IA	1:10:53	2:36:55	2:49:34	12:38
3372	407	W40	Denise Becker, 43*, Knoxville, IA	1:10:14	2:36:56	2:49:34	12:38
3373	544	W35	Molly Jones, 35*, Monroe, IA	1:10:53	2:37:03	2:48:33	12:38
3374	769	W30	Sarah Bormann, 32*, Norwalk, IA	1:16:25	2:37:04	2:44:56	12:38
3375	545	W35	Carrie Phelps, 35*, Ankeny, IA	1:12:20	2:37:05	2:39:59	12:38
3376	671	W25	Keshia Meissner, 26*, Des Moines, IA	1:11:18	2:37:07	2:47:31	12:38
3377	426	W20	Sarah Leichsenring, 24*, Montrose, IA	1:17:40	2:37:10	2:47:27	12:39
3378	217	W45	Brenda Sutton, 49*, Ankeny, IA	1:18:01	2:37:11	2:45:03	12:39
3070	387	M40	Rob Hermann, 40, Clive, IA	1:21:26	2:37:20	2:42:29	12:40
3379	408	W40	Kara Moulin, 42*, Grimes, IA	1:12:54	2:37:20	2:45:02	12:40
3071	67	M60	Harry Breaux, 63, Des Moines, IA	1:18:08	2:37:23	2:44:24	12:40
3072	514	M25	Timothy Brannen, 26, Gilbert, IA	1:11:07	2:37:27	2:48:01	12:40
3380	85	W17	Kelsey Knoblauch, 19*, Urbandale, IA	1:10:30	2:37:28	2:42:24	12:40
3073	68	M60	Terry Brannen, 60, Des Moines, IA	1:11:05	2:37:28	2:48:03	12:40
3381	672	W25	Carrie Kruse, 28*, Windsor Heights, IA	1:11:06	2:37:29	2:48:03	12:40
3382	427	W20	Sarah Wherry, 24*, Marshalltown, IA	1:11:12	2:37:30	2:48:20	12:40
3383	150	W50	Deb Wherry, 50*, Osage, IA	1:11:12	2:37:31	2:48:20	12:40
3074	515	M25	Eric Bruhn, 28, West Des Moines, IA	1:19:02	2:37:32	2:48:36	12:41
3384	151	W50	Vivian Masters, 53*, Des Moines, IA	1:18:00	2:37:40	2:46:42	12:41
3385	409	W40	Karla Kruger, 42*, West Des Moines, IA	1:22:17	2:37:41	2:42:43	12:41
3386	770	W30	Heather Carman, 34*, Des Moines, IA	1:32:56	2:37:44	2:44:55	12:41
3387	152	W50	Rosa Veenstra, 51*, Pella, IA	1:14:54	2:37:44	2:49:00	12:41
3388	410	W40	Stacia Lazear, 40*, Ankeny, IA	1:12:33	2:37:44	2:40:50	12:41
3075	28	M65	Dick Hogan, 65, Urbandale, IA	1:16:01	2:37:48	2:40:38	12:42
3389	673	W25	Lindsey Donahue, 25*, Norwalk, IA	1:16:05	2:37:52	2:48:48	12:42
3076	575	M30	Jim Richards, 33, Ames, IA	1:16:16	2:37:53	2:45:30	12:42
3390	546	W35	Janet Carrigan, 39*, Urbandale, IA	1:13:15	2:37:54	2:49:23	12:42

3391	428	W20	Julie Richards, 24*, Milwaukee, WI	1:16:17	2:37:54	2:45:31	12:42
3077	12	M70	Ruben Rullan, 70, Urbandale, IA	1:08:47	2:37:54	2:43:56	12:42
3392	674	W25	Danielle Verwers, 29*, Columbia, SC	1:16:08	2:38:02	2:50:01	12:43
3393	771	W30	Darcey Bast, 32*, Kansas City, KS	1:09:03	2:38:07	2:41:36	12:43
3078	388	M40	Mark Hoven, 43, Ankeny, IA	1:15:04	2:38:09	2:45:19	12:43
3394	153	W50	Joleen Stephenson, 50*, Des Moines, IA	1:12:25	2:38:10	2:48:47	12:44
3395	411	W40	Arlene Warren, 40*, Des Moines, IA	1:18:48	2:38:19	2:45:45	12:44
3396	218	W45	Connie Kew, 46*, Boone, IA	1:22:06	2:38:22	2:42:40	12:44
3397	412	W40	Sandy Conn, 43*, Waukee, IA	1:12:37	2:38:23	2:46:47	12:45
3079	389	M40	Timmy James, 44, Ankeny, IA	1:13:26	2:38:24	2:42:14	12:45
3080	223	M50	Peter Mueller, 51, Lake In The Hills, IL	1:17:59	2:38:24	2:47:27	12:45
3081	467	M35	Steve Safris, 37, Johnston, IA	1:08:15	2:38:28	2:43:35	12:45
3398	429	W20	Alyssa Hedrick, 24*, West Des Moines, IA	1:15:42	2:38:29	2:46:09	12:45
3399	772	W30	Stephanie Shearer, 31*, Des Moines, IA	1:14:28	2:38:35	2:46:23	12:46
3400	675	W25	Gabrielle Heins, 28*, Rhodes, IA	1:08:55	2:38:38	2:49:35	12:46
3401	773	W30	Emilie Hohn, 33*, Windsor Heights, IA	1:21:13	2:38:42	2:48:48	12:46
3402	547	W35	Jackie Wade, 39*, Altoona, IA	1:18:00	2:38:43	2:46:36	12:46
3403	676	W25	Ashley Schultz, 28*, Ankeny, IA	1:21:02	2:38:46	2:50:35	12:46
3404	219	W45	Annette Allender, 46*, Ankeny, IA	1:21:21	2:38:49	2:43:43	12:47
3405	430	W20	Emily Wiederin, 23*, Ankeny, IA	1:11:54	2:38:52	2:45:58	12:47
3082	232	M20	John Coffey, 22, Ankeny, IA	1:11:54	2:38:52	2:45:58	12:47
3406	413	W40	Jill Marsden, 43*, Norfolk, NE	1:14:04	2:38:53	2:45:46	12:47
3407	86	W17	Paige Marsden, 17*, Norfolk, NE	1:14:04	2:38:53	2:45:46	12:47
3083	468	M35	Matt Marckmann, 39, West Des Moines, IA	1:16:38	2:38:53	2:45:13	12:47
3408	154	W50	Jane Arpy, 52*, Des Moines, IA	1:13:31	2:38:54	2:49:23	12:47
3409	220	W45	Erin McCarty, 45*, Perry, IA	1:13:31	2:38:54	2:49:24	12:47
3410	774	W30	Shannon Hedges, 30*, Des Moines, IA	1:17:08	2:38:55	2:48:24	12:47
3084	390	M40	Andy Gress, 41, West Des Moines, IA	1:16:38	2:38:55	2:45:14	12:47
3411	15	W60	Judy Ackerman, 60*, Windsor Heights, IA	1:21:06	2:39:02	2:50:27	12:48
3412	775	W30	Lisa Nelsen, 31*, Mankato, MN	1:15:03	2:39:05	2:49:58	12:48
3413	221	W45	Tammra Chambers, 47*, Waterloo, IA	1:12:58	2:39:06	2:49:49	12:48
3414	677	W25	Kelly Johnston, 28*, West Des Moines, IA		2:39:15	2:39:15	12:49
3415	414	W40	Lisa Shaw, 42*, Des Moines, IA	1:13:00	2:39:20	2:42:32	12:49
3416	222	W45	Johnna Karsjens, 49*, Norwalk, IA	1:18:54	2:39:24	2:49:42	12:49
3417	223	W45	Vickie Doerr, 45*, Des Moines, IA	1:18:54	2:39:24	2:49:41	12:50
3418	224	W45	Shelly Knutson, 48*, Cambridge, IA	1:18:54	2:39:24	2:49:42	12:50
3419	225	W45	Kim Plambeck, 47*, Red Oak, IA	1:13:52	2:39:26	2:46:31	12:50
3420	415	W40	Julie Silvers, 44*, Fairfield, IA	1:14:24	2:39:28	2:46:54	12:50
3421	776	W30	Tammy Larson, 31*, Altoona, IA	1:15:36	2:39:32	2:49:53	12:50
3085	576	M30	Jay Larson, 30, Altoona, IA	1:15:36	2:39:32	2:49:53	12:50
3422	678	W25	Benazir Fateh, 28*, Ames, IA	1:15:27	2:39:34	2:48:36	12:50
3423	548	W35	Amanda Hull, 37*, Altoona, IA	1:13:25	2:39:37	2:48:53	12:51
3424	549	W35	Josie Johnson, 35*, Des Moines, IA	1:20:57	2:39:38	2:49:54	12:51
3425	416	W40	Terri Newton, 40*, Diagonal, IA	1:14:50	2:39:39	2:48:42	12:51
3086	233	M20	Nick Kramer, 21, Ames, IA	1:10:11	2:39:41	2:50:57	12:51
3426	777	W30	Katie Sires, 31*, Spirit Lake, IA	1:13:25	2:39:41	2:48:57	12:51
3087	516	M25	Tom Hosack, 27, Omaha, NE		2:39:49	2:39:49	12:52
3427	679	W25	Becki Vanik, 25*, Corning, IA	1:19:13	2:39:51	2:51:16	12:52
3088	293	M45	Joe Vanik, 49, Corning, IA	1:19:13	2:39:52	2:51:16	12:52
3428	226	W45	Toni Braaksma, 45*, Packwood, IA	1:16:21	2:39:52	2:47:25	12:52
3429	51	W55	Mary Collins, 59*, Clive, IA	1:21:40	2:39:59	2:49:56	12:52
3089	224	M50	Albert Zavala, 54, Rosemount,, Mn	1:16:21	2:40:06	2:50:34	12:53
3430	52	W55	Kay Zavala, 55*, Rosemount, MN	1:16:22	2:40:07	2:50:34	12:53
3090	225	M50	Kevin Mohler, 51, Marion, IA	1:15:11	2:40:08	2:49:28	12:53
3431	87	W17	Elizabeth Pruchnicki, 18*, Des Moines, IA	1:20:20	2:40:18	2:50:04	12:54
3091	294	M45	Kasey Regan, 49, Ankeny, IA	1:15:11	2:40:24	2:43:41	12:54
3432	417	W40	Amy Hunold-Van Gundy, 41*, Carlisle, IA	1:17:55	2:40:25	2:49:21	12:54
3433	550	W35	Jennifer Ghelf, 38*, West Des Moines, IA	1:15:39	2:40:28	2:51:06	12:55
3434	551	W35	Tammy Reiff, 38*, McCook Lake, SD	1:14:06	2:40:29	2:48:54	12:55
3435	227	W45	Deb Lee-Johnson, 49*, Indianola, IA	1:15:22	2:40:32	2:51:38	12:55
3436	778	W30	Autumn Davis, 31*, Waukee, IA	1:13:27	2:40:32	2:49:32	12:55
3437	418	W40	Debbie Graber, 43*, Red Oak, IA	1:14:35	2:40:34	2:47:39	12:55
3438	53	W55	Janet Niess, 57*, Little Cedar, IA	1:19:54	2:40:40	2:42:20	12:56
3439	431	W20	Rebekah Johnson, 23*, Ames, IA	1:21:31	2:40:41	2:45:15	12:56
3440	552	W35	Dawn Atwood, 38*, Colfax, IA	1:11:36	2:40:41	2:47:34	12:56

3441	155	W50	Kimberly Bougher, 51*, West Des Moines, IA	1:14:54	2:40:42	2:50:42	12:56
3442	419	W40	Anne Dirkx, 43*, Grimes, IA	1:14:53	2:40:45	2:48:59	12:56
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3139	475	M35	Jason Curry, 39, Johnston, IA		2:51:17	2:51:17	13:47
3578	572	W35	Kari Olson, 35*, Forest City, IA	1:23:01	2:51:23	3:02:55	13:47
3579	93	W17	Nell Bender, 19*, Valley Springs, SD	1:29:18	2:51:25	3:03:12	13:48
3140	584	M30	Ryan Eagle, 30, Waukee, IA	1:15:35	2:51:26	2:57:51	13:48
3580	706	W25	Kelly Eagle, 28*, Waukee, IA	1:15:36	2:51:26	2:57:51	13:48
3141	305	M45	Robert Shaw, 46, Des Moines, IA	1:16:18	2:51:31	2:54:42	13:48
3142			18035db		2:51:38	2:51:38	13:49
3581	21	W60	Grace Turner, 61*, Urbandale, IA	1:20:57	2:51:39	2:56:29	13:49

3143	520	M25	David Burgfechtel, 28, Sioux City, IA	1:17:39	2:51:40	3:02:05	13:49
3582	813	W30	Dawn Lauman, 33*, Pella, IA	1:22:10	2:51:40	2:58:05	13:49
3583	814	W30	Jill Gifford, 32*, Pleasant Hill, IA	1:17:42	2:51:41	3:02:45	13:49
3584	164	W50	Alisa Horn, 52*, Johnston, IA	1:25:00	2:51:48	3:01:57	13:49
3585	233	W45	Suzie Mataloni, 46*, Urbandale, IA	1:30:05	2:51:49	3:02:06	13:49
3586	234	W45	Jolene Brown, 48*, Urbandale, IA	1:30:05	2:51:50	3:02:07	13:50
3587	707	W25	Kari Frerk, 29*, Waukee, IA	1:17:02	2:51:50	2:57:23	13:50
3144	585	M30	Timothy McConnell, 31, Johnston, IA	1:23:26	2:52:12	2:59:29	13:51
3588	446	W20	Erin Hansman, 24*, Des Moines, IA	1:23:25	2:52:14	3:03:36	13:51
3589	235	W45	Lisa Hensel, 48*, Afton, IA	1:25:48	2:52:15	3:01:24	13:52
3590	815	W30	Corrinne Grover, 33*, Ames, IA	1:20:08	2:52:31	2:58:43	13:53
3591	708	W25	Beka Swallow, 26*, Des Moines, IA	1:24:54	2:52:33	3:03:19	13:53
3592	55	W55	Suzanne Hoffman, 55*, Clive, IA	1:15:14	2:52:34	2:58:11	13:53
3593	709	W25	Amy Simpson, 29*, Des Moines, IA	1:24:54	2:52:38	3:03:24	13:53
3594	573	W35	Mindy Chandler, 37*, Waukee, IA	1:26:21	2:52:42	3:00:10	13:54
3595	165	W50	Barb Scoles, 53*, Elk Run Heights, IA	1:22:01	2:52:43	3:04:25	13:54
3596	447	W20	Jamie Lynch, 21*, Lytton, IA	1:16:27	2:52:44	2:57:03	13:54
3597	574	W35	Maura Kenworthy, 36*, West Des Moines, IA	1:21:26	2:52:50	3:00:15	13:54
3598	94	W17	Mica Redenius, 18*, Fort Dodge, IA	1:26:30	2:52:57	3:04:12	13:55
3599	575	W35	Sara Abbas, 38*, Kanawha, IA	1:20:20	2:52:58	2:56:19	13:55
3600	710	W25	Katharine Pruisner, 25*, Norwalk, IA	1:24:13	2:53:04	3:04:27	13:55
3601	56	W55	Susan DeGolier, 57*, Chanhassen, MN	1:24:06	2:53:19	3:02:50	13:57
3602	711	W25	Stephanie Dose, 28*, Des Moines, IA	1:23:01	2:53:39	3:05:29	13:58
3145	395	M40	Sean Dunphy, 42, Council Bluffs, IA	1:17:40	2:53:46	3:00:23	13:59
3603	816	W30	Angela Grandgenett, 31*, Pleasant Hill, IA	1:24:38	2:53:47	3:05:02	13:59
3604	448	W20	Beth Bonnicksen, 23*, Ames, IA	1:20:56	2:53:49	3:04:51	13:59
3146	306	M45	John Bonnicksen, 46, Ames, IA	1:20:57	2:53:50	3:04:51	13:59
3605	22	W60	Kathy Michel, 63*, Milan, IL	1:25:13	2:53:54	2:56:50	13:59
3606	3	W70	Sharon Brooks, 70*, Bettendorf, IA	1:25:12	2:53:54	2:56:50	14:00
3607	817	W30	Jill VanDenBerg, 30*, Des Moines, IA	1:19:19	2:54:17	3:02:14	14:01
3608	712	W25	Selisia Schwarz, 29*, Ankeny, IA	1:26:59	2:54:19	3:05:38	14:02
3609	713	W25	Stephanie Gustafson, 27*, Ankeny, IA	1:27:00	2:54:20	3:05:38	14:02
3610	714	W25	Mattia Hansen, 27*, Altoona, IA	1:23:46	2:54:21	3:04:48	14:02
3611	449	W20	Amy Skjoldal, 22*, Gilbert, IA	1:20:41	2:54:28	3:04:41	14:02
3147	307	M45	Paul Skjoldal, 48, Gilbert, IA	1:20:40	2:54:29	3:04:42	14:02
3612	236	W45	Bonnie Skjoldal, 45*, Gilbert, IA	1:19:48	2:54:29	3:04:41	14:02
3613	237	W45	Kimberly Erbes, 47*, Cedar Rapids, IA	1:25:58	2:54:33	3:06:16	14:03

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3614	238	W45	Tracie Walker, 47*, Vinton, IA	1:25:50	2:54:39	3:06:22	14:03
3615	23	W60	Marilyn Phelan, 61*, Princeton, IA	1:25:13	2:54:45	2:57:42	14:04
3616	24	W60	Jackie Wessels, 60*, Bettendorf, IA	1:25:14	2:54:45	2:57:42	14:04
3617	437	W40	Sheila Nord, 41*, Earlham, IA	1:13:12	2:54:50	2:59:38	14:04
3148	13	M70	John Beamer, 72, Des Moines, IA	1:17:41	2:54:51	3:02:36	14:04
3618	438	W40	Brenda Schoen, 44*, Johnston, IA	1:18:33	2:54:59	3:06:46	14:05
3619	715	W25	Stacy Roe, 28*, Des Moines, IA	1:19:25	2:55:00	3:00:46	14:05
3620	716	W25	Abbie Caswell, 27*, Urbandale, IA	1:23:46	2:55:05	3:05:32	14:05
3621	576	W35	Jodi Barr, 36*, Waukee, IA	1:21:10	2:55:15	3:00:11	14:06
3622	439	W40	Kristine Rummel, 40*, Cedar Rapids, IA	1:21:20	2:55:18	3:04:42	14:06
3149	308	M45	John McInnerney, 48, Des Moines, IA	1:19:15	2:55:18	3:02:02	14:06
3623	45	JrW	Amber Carter, 16*, Nashua, IA		2:55:24	2:55:24	14:07
3624	440	W40	Melody Banger, 40*, Farmington, MO	1:24:02	2:55:30	3:04:44	14:07
3625	95	W17	Christie Schaaf, 19*, Ankeny, IA	1:20:53	2:55:34	3:05:12	14:08
3626	57	W55	Patty Bolinger, 58*, Creston, IA	1:29:47	2:55:38	3:06:43	14:08
3627	441	W40	Wendi Smith, 40*, Hampton, IL	1:25:10	2:55:56	3:08:02	14:09
3628	818	W30	Emily Wuebker, 32*, Creston, IA	1:22:09	2:55:57	2:56:42	14:09
3629	717	W25	Allie Rippe, 26*, Grinnell, IA	1:22:09	2:55:57	2:56:42	14:09
3630	819	W30	Jennifer Carpenter, 31*, Urbandale, IA	1:19:23	2:55:59	3:07:03	14:10
3631	718	W25	Lisette Grulke, 25*, Des Moines, IA	1:22:40	2:56:04	3:05:56	14:10
3632	719	W25	Tamra Gustafson, 27*, West Des Moines, IA	1:26:21	2:56:08	3:03:35	14:10
3633	720	W25	Whitney Winkels, 28*, Medford, MN	1:26:20	2:56:08	3:03:36	14:10
3634	721	W25	Sara Sargent, 29*, Winthrop, IA	1:21:25	2:56:11	3:08:15	14:11
3635	722	W25	Stephanie Henry, 29*, Ames, IA	1:28:34	2:56:16	3:06:08	14:11
3636	442	W40	Amy Young, 40*, Pella, IA	1:23:22	2:56:37	3:07:17	14:13

3637	577	W35	Shani Wahl, 36*, Granger, IA	1:14:00	2:56:45	3:01:08	14:13
3638	239	W45	Brenda Young, 48*, Eldora, IA	1:26:21	2:56:52	3:08:24	14:14
3150	396	M40	Brad Ogles, 40, Clive, IA	1:20:40	2:56:52	3:06:33	14:14
3639	820	W30	Sara Tasler, 34*, Boone, IA	1:28:36	2:57:28	3:07:19	14:17
3640	723	W25	Tiffany Bartos, 28*, Boone, IA	1:28:37	2:57:29	3:07:19	14:17
3641	578	W35	Kelly Postel, 35*, Monticello, IA	1:17:32	2:57:30	3:04:09	14:17
3642	724	W25	Megan Parsons, 27*, Creston, IA	1:22:10	2:57:36	2:59:53	14:17
3643	725	W25	Angie Arends, 26*, Osceola, IA	1:25:17	2:57:37	3:09:37	14:17
3644	96	W17	Alisha Maasdam, 18*, Pella, IA	1:32:18	2:57:37	3:08:09	14:17
3151	14	M70	Rollin Perry, 73, Cedar Falls, IA	1:27:15	2:57:38	2:57:51	14:18
3645	450	W20	Jessica Wurr, 24*, Altoona, IA	1:25:44	2:57:41	3:05:00	14:18
3646	166	W50	Pauline Arns, 53*, Waverly, IA	1:23:29	2:57:43	3:09:02	14:18
3152	586	M30	Greg Tew, 33, Des Moines, IA	1:24:55	2:57:47	3:06:33	14:18
3153	521	M25	Tj Spurgin, 29, Des Moines, IA	1:24:55	2:57:48	3:06:33	14:18
3647	240	W45	Bonnie Kramer, 47*, Minden, IA	1:24:47	2:57:51	3:09:49	14:19
3154			181222c		2:57:51	2:57:51	14:19
3648	821	W30	Kathryn Anderson, 32*, Webster City, IA	1:28:18	2:57:56	3:08:44	14:19
3649	241	W45	Lori Hungate, 48*, Eagle Grove, IA	1:23:34	2:58:01	3:09:48	14:19
3155	238	M20	Michael Putz, 22, Ames, IA	1:21:23	2:58:03	3:09:24	14:20
3156	309	M45	Don Putz, 45, Lacona, IA	1:21:23	2:58:04	3:09:25	14:20
3157	229	M50	Pat Schlapia, 53, Creston, IA	1:23:44	2:58:24	3:06:30	14:21
3650	726	W25	Mallory Benton, 28*, Polk City, IA	1:14:33	2:58:41	3:10:11	14:23
3651	451	W20	Jenn Vaske, 24*, West Des Moines, IA	1:25:33	2:58:45	3:09:36	14:23
3652	579	W35	Jodi Beachy, 37*, West Des Moines, IA	1:25:34	2:58:47	3:09:37	14:23
3653	727	W25	Tera Reed, 28*, Ankeny, IA	1:07:49	2:59:25	3:00:43	14:26
3158	476	M35	Russ Pamulak, 37, West Des Moines, IA	1:18:44	2:59:37	3:08:13	14:27
3654	580	W35	Alexis Hennig, 37*, Clive, IA	1:25:18	2:59:48	3:11:07	14:28
3655	58	W55	Patricia McKinney, 55*, Traer, IA	1:29:11	2:59:49	3:06:38	14:28
3656	728	W25	Robin McKinney, 28*, Des Moines, IA	1:29:12	2:59:49	3:06:38	14:28
3159	81	M17	Allen Messerly, 17, Ft. Dodge, IA	1:13:32	3:00:18	3:05:30	14:30
3657	581	W35	Teresa Finken, 35*, Des Moines, IA	1:26:58	3:00:19	3:10:57	14:31
3160			1837467		3:00:43	3:00:43	14:32
3161	587	M30	Scott Johnson, 33, Topeka, KS	1:31:25	3:00:58	3:10:26	14:34
3658	242	W45	Heidi Schoeneck, 48*, Ankeny, IA	1:20:19	3:01:09	3:12:48	14:35
3659	243	W45	Gaylel Lacquement, 47*, Norwalk, IA	1:24:18	3:02:10	3:07:49	14:39
3660	46	JrW	Laura Lacquement, 16*, Norwalk, IA	1:24:18	3:02:11	3:07:49	14:39
3661	582	W35	Kimberly Schwindt, 35*, Muscatine, IA	1:24:12	3:02:19	3:12:45	14:40
3662	822	W30	Angie Beckel, 30*, Clive, IA	1:25:53	3:02:37	3:13:19	14:42
3663	244	W45	Chris Grieder, 47*, Ankeny, IA	1:30:00	3:02:52	3:10:36	14:43
3664	245	W45	Diane Miller, 49*, Lake City, IA	1:30:01	3:02:53	3:10:37	14:43
3665	246	W45	Leah Mattox, 49*, Marshalltown, IA	1:30:00	3:02:54	3:10:38	14:43
3162	239	M20	Nathan Miller, 22, Lake City, IA	1:30:01	3:02:54	3:10:38	14:43
3666	583	W35	Kirsten Cox, 36*, Grimes, IA	1:36:52	3:03:03	3:14:35	14:44
3667	584	W35	Lisa Thomas, 36*, Ankeny, IA	1:24:26	3:03:08	3:12:54	14:44
3668	585	W35	Brandy Martinez, 37*, Iowa City, IA	1:24:16	3:03:35	3:15:34	14:46
3669	729	W25	Katrina Long, 29*, Creston, IA	1:29:47	3:03:41	3:14:45	14:47
3163	148	M55	Stan Carpenter, 59, Ames, IA	1:19:31	3:03:42	3:14:46	14:47
3670	586	W35	Colleen Hjort, 35*, Des Moines, IA	1:26:51	3:03:47	3:13:35	14:47
3164	240	M20	Nyle Fogelson, 23, Knoxville, IA	1:21:56	3:03:47	3:14:44	14:47
3165	522	M25	Phil Grant, 27, Ogden, IA	1:28:41	3:03:53	3:15:55	14:48
3671	587	W35	Danie Andersen-Jeppesen, 37*, Boone, IA	1:23:58	3:04:08	3:12:44	14:49
3672	823	W30	Hollie Zeglen, 34*, Carlisle, IA	1:30:44	3:04:21	3:16:11	14:50
3673	443	W40	Lyn Von Sprecken, 43*, Des Moines, IA	1:30:44	3:04:21	3:16:11	14:50
3674	47	JrW	Casey Anderson, 14*, Des Moines, IA	1:28:59	3:04:29	3:13:42	14:51
3675	730	W25	Gabrielle Turner, 27*, Urbandale, IA	1:26:21	3:04:33	3:15:33	14:51
3676	824	W30	Aimy Cory, 31*, Des Moines, IA	1:28:59	3:04:58	3:14:12	14:53
3166	241	M20	Jacob Robinson, 23, Ames, IA	1:35:24	3:05:00	3:15:44	14:53
3677	825	W30	April Harris-Gray, 34*, Urbandale, IA	1:24:44	3:05:04	3:16:52	14:53
3167	73	M60	Mark Zirkelbach, 63, Johnston, IA	1:32:06	3:05:34	3:16:57	14:56
3678	25	W60	Mary Zirkelbach, 63*, Johnston, IA	1:32:05	3:05:34	3:16:58	14:56
3679	444	W40	Jenny Roe, 41*, Webster City, IA	1:28:18	3:05:48	3:16:37	14:57
3680	445	W40	Dawn Kesler, 41*, Webster City, IA	1:28:22	3:05:49	3:16:37	14:57
3681	826	W30	Tenielle Stanbrough, 32*, Dike, IA	1:26:34	3:06:45	3:16:46	15:02

3168	310	M45	Kevin Edelman, 45, Eagan, MN	1:33:32	3:07:00	3:19:07	15:03
3169	523	M25	Brett Jacobs, 28, Newton, IA	1:22:38	3:07:06	3:17:52	15:03
3170	588	M30	Scott Nelsen, 31, Mankato, MN	1:25:58	3:07:17	3:18:09	15:04
3171	524	M25	Jason Textor, 29, Johnston, IA	1:29:54	3:07:52	3:15:13	15:07
3172	230	M50	Tom Franklin, 52, West Des Moines, IA	1:26:09	3:08:04	3:11:32	15:08
3682	446	W40	Wendy Maasdam, 43*, Pella, IA		3:08:11	3:08:11	15:08
3173	311	M45	Karl Maasdam, 47, Pella, IA		3:08:11	3:08:11	15:08
3683	59	W55	Deb Hedding, 58*, Fort Dodge, IA	1:37:22	3:08:41	3:19:43	15:11
3174	149	M55	Steve Hedding, 58, Fort Dodge, IA	1:37:23	3:08:42	3:19:44	15:11
3175	477	M35	Mike Pamulak, 36, West Des Moines, IA	1:28:39	3:08:54	3:17:31	15:12
3684	247	W45	Peg Mattison, 45*, Pleasant Hill, IA	1:29:28	3:09:10	3:17:58	15:13
3176	231	M50	Robert Lyons, 54, Irvine, CA	1:26:10	3:09:31	3:12:59	15:15
3177	150	M55	Gerald Osmundson, 58, Polk City, IA	1:28:55	3:09:42	3:15:44	15:16
3685	588	W35	Silvia Quezada, 38*, Iowa City, IA	1:30:47	3:09:47	3:21:29	15:16
3686	167	W50	Betty Borzo, 54*, Des Moines, IA	1:26:36	3:09:57	3:15:03	15:17
3687	731	W25	Ashley Schryver, 27*, Des Moines, IA	1:26:33	3:10:14	3:20:28	15:18
3178	312	M45	Rodney Christensen, 45, Des Moines, IA	1:17:41	3:10:28	3:11:49	15:20
3688	60	W55	Shirley Penney, 58*, Osage, IA	1:35:23	3:10:48	3:20:51	15:21
3689	248	W45	Wendy Stoneman, 47*, Osage, IA	1:35:23	3:10:48	3:20:51	15:21
3690	732	W25	Samantha Richey, 26*, Council Bluffs, IA	1:27:09	3:11:00	3:22:20	15:22
3179	313	M45	Steve Nyquist, 49, Grimes, IA	1:28:12	3:12:48	3:24:48	15:31
3691	452	W20	Sarah Sparling, 20*, West Des Moines, IA	1:22:59	3:13:02	3:22:25	15:32
3692	453	W20	Shawna Parrish, 24*, Diagonal, IA	1:31:21	3:13:41	3:23:01	15:35
3180	525	M25	Michael Cooley, 26, Ames, IA	1:24:58	3:13:52	3:21:10	15:36
3181	151	M55	Rob Bender, 58, Valley Springs, SD	1:29:18	3:13:56	3:25:43	15:36
3182	242	M20	John Webster, 23, Ankeny, IA	1:35:34	3:16:09	3:24:34	15:47
3693	733	W25	Jesse Warren, 27*, Ankeny, IA	1:35:34	3:16:10	3:24:35	15:47
3694	447	W40	Mary Messer, 43*, Osage Beach, MO	1:37:32	3:16:32	3:23:58	15:49
3695	26	W60	Shirley Kunkle, 62*, Fulton, MO	1:34:43	3:17:28	3:27:48	15:53
3183	74	M60	Skip Phillips, 62, Norwalk, IA	1:34:44	3:17:28	3:27:48	15:53
3696	27	W60	Pamela Brennan, 64*, Des Moines, IA	1:34:44	3:17:29	3:27:49	15:53
3184	589	M30	Ryan Toth, 31, Palatine, IL	1:40:06	3:18:58	3:19:00	16:01

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3697	61	W55	Debra Withers, 57*, Eagle Grove, IA	1:37:08	3:22:20	3:34:07	16:17
3185	75	M60	Tim Bahr, 64, Hawkeye, IA	1:40:58	3:23:46	3:34:10	16:24
3698	589	W35	Stacey Fisher, 39*, Eagle Grove, IA	1:37:07	3:24:23	3:36:10	16:27
3699	448	W40	Rhonda Hanson, 40*, Eagle Grove, IA	1:37:07	3:24:23	3:36:10	16:27
3700	62	W55	Catherine Evers, 59*, Cedar Rapids, IA	1:37:12	3:27:02	3:36:58	16:39
3701	827	W30	Andrea Schuh, 32*, Des Moines, IA	1:32:26	3:28:21	3:33:25	16:46
3702	828	W30	Randi Goodno, 32*, Fort Dodge, IA	1:32:26	3:28:22	3:33:26	16:46
3703	249	W45	Chris Sporrer, 45*, Nevada, IA	1:41:25	3:30:31	3:40:25	16:56

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3704	590	W35	Andrea Kuehn, 36*, Ames, IA	1:42:15	3:32:42	3:44:26	17:07
3705	63	W55	Heather Lindsay, 59*, Norwalk, IA	1:42:16	3:32:53	3:44:37	17:08
3706	250	W45	Terri Scott, 46*, Dakota Dunes, SD	1:44:44	3:33:57	3:45:33	17:13
3186	478	M35	Jesse Scott, 36, Dakota Dunes, SD	1:44:45	3:33:58	3:45:34	17:13
3707	734	W25	Kristen Bates, 27*, Creston, IA	1:38:22	3:35:30	3:46:59	17:20
3708	591	W35	Amy Stevens, 39*, West Des Moines, IA	1:43:11	3:38:52	3:46:04	17:37
3709	251	W45	Melodi McKeighan, 49*, Urbandale, IA	1:49:21	3:39:06	3:48:33	17:38

\* indicates females

7 finishers among Males (no age given)

55 finishers among Men Under 17

81 finishers among Men 17 - 19

242 finishers among Men 20 - 24

525 finishers among Men 25 - 29

589 finishers among Men 30 - 34

478 finishers among Men 35 - 39

396 finishers among Men 40 - 44

313 finishers among Men 45 - 49

231 finishers among Men 50 - 54

151 finishers among Men 55 - 59  
75 finishers among Men 60 - 64  
29 finishers among Men 65 - 69  
14 finishers among Men 70 & Up  
47 finishers among Women Under 17  
96 finishers among Women 17 - 19  
453 finishers among Women 20 - 24  
734 finishers among Women 25 - 29  
828 finishers among Women 30 - 34  
591 finishers among Women 35 - 39  
448 finishers among Women 40 - 44  
251 finishers among Women 45 - 49  
167 finishers among Women 50 - 54  
63 finishers among Women 55 - 59  
27 finishers among Women 60 - 64  
1 finishers among Women 65 - 69  
3 finishers among Women 70 & Up  
3186 male finishers  
3709 female finishers  
6895 total finishers

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