

Iowa's Distance Classic - Best Times by Iowans!

TOP 30 Performers Open Men

All-Time Iowa/US Citizen

Phil Coppess, 30, Clinton	59:23	1985
Dennis Karamitros, 26, Mason City	1:02:40	1985
Kim Sprain, 25, Waverly	1:02:43	1982
Doug Nelson, 26, Fairfield	1:03:05	1985
2-Doug Nelson, 23, Fairfield	1:03:07	1982
2-Kim Sprain, 26, Waverly	1:03:09	1983
Dan Hostager, 29, Fayette	1:03:13	1997
Shane Dooley, 26, Des Moines	1:03:21	1982
Raul DeAnda, 33, Des Moines	1:03:22	1985
Mike Carney, 26, Des Moines	1:03:25	1989
Jeff Wubbena, 21, Osceola	1:03:34	1982
Phil Kauder, 28, Cascade	1:03:35	1989
(10)		
Gregg Newell, 29, Davenport	1:03:36	1983
Kyle Kepler, 22, Webster City	1:03:37	1998
2-Phil Kauder, 24, Cascade	1:03:39	1985
Marty Dalton, 27, Earlham	1:03:42	2003
Karl Junginger, 28, Clinton	1:03:43	1984
Jon Betz, 29, Bettendorf	1:03:46	1989
2-Phil Coppess, 31, Clinton	1:03:47	1986
Brian Smith, 24, Bayard	1:03:51	1985
2-Jeff Wubbena, 28, Ft Dodge	1:03:56	1989
Jeff Joiner, 24, Iowa City	1:04:02	1997
Terry Ramlo, 28, Decorah	1:04:07	1992
Matthew Waight, 26, Cedar Rapids	1:04:10	1989
2- Mike Carney, 27, Des Moines	1:04:13	1990
Jason Flogel, 23, West Des Moines	1:04:14	2006
2-Brian Smith, 26, Bayard	1:04:15	1986
(20)		
Tim Skopec, 22, Iowa City	1:04:16	1982
3-Kim Sprain, 28, Waverly	1:04:18	1985
Tom Hanlon, 26, Marshalltown	1:04:19	1983
Gene McGivern, 25, Ames	1:04:24	1983
2-Raul DeAnda, 32, Des Moines	1:04:26	1984
Paul Sparks, 23, Des Moines	1:04:28	1982
2-Jason Flogel, 29, West Des Moines	1:04:28	2012
3-Raul DeAnda, 31, Des Moines	1:04:31	1983
4-Raul DeAnda, 30, Des Moines	1:04:32	1982
David Heppner, 24, Des Moines	1:04:33	1994
Thomas Raunig, 36, Fayette	1:04:35	1996
Rob Semelroth, 23, Cedar Falls	1:04:39	1998
Chris Leonard, 23, Ankeny	1:04:38	1985
2-Tim Skopec, 24, Iowa City	1:04:42	1984
3-Brian Smith, 27, Des Moines	1:04:45	1988
Rich Fuller, 27, Davenport	1:04:46	1984
2-Gregg Newell, 31, Davenport	1:04:50	1985
3-Mike Carney, 28, Ames	1:04:53	1991
Tom Fisher, 24, Cedar Rapids	1:04:54	1983

TOP 15 Performers Master Men (40+)

All-Time Iowa/US Citizen

Phil Kauder, 40, Cascade	1:06:52	2001
Rick Scuphum, 40, West Des Moines	1:07:12	1989
Keith Fevold, 40, Des Moines	1:07:39	1998
Don Wood, 41, Cedar Falls	1:08:39	1985
Curt Hoegh, 41, Clive	1:08:55	1993
2-Curt Hoegh, 42, Clive	1:08:58	1994
3-Curt Hoegh, 43, Clive	1:08:59	1995
Jim Pollard, 40, Boone	1:09:31	1992
2-Keith Fevold, 43, Des Moines	1:09:52	2001

4-Curt Hoegh, 45, Clive	1:09:55	1997
Jim Streeby, 43, Ottumwa	1:10:01	1983
Bruce Hopkins, 41, Cedar Falls	1:10:17	1982
5-Curt Hoegh, 44, Clive	1:10:24	1996
Michael Felts, 42, Cedar Falls	1:10:38	1985
Rick Ironside, 40, Belle Plaine	1:10:45	1994
Don Zile, 40, Des Moines	1:10:49	1987
2-Michael Felts, 41, Cedar Falls	1:10:57	1984
Dallas Robertson, 40, Iowa City	1:10:57	1997
6-Curt Hoegh, 40, Clive	1:11:01	1992
2-Bruce Hopkins, 41, Cedar Falls	1:11:04	1983
3-Keith Fevold, 45, Des Moines	1:11:09	2003
Ron Werling, 40, Indianola	1:11:20	1985
2-Jim Streeby, 42, Ottumwa	1:11:21	1982
Raul DeAnda, 42, Urbandale	1:11:21	1994
Jim Shimek, 42, Cedar Rapids	1:11:23	1990

TOP 15 Performers

Grand Master Men (50+)

All-Time Iowa/US Citizen

Phil Pearson, 50, Ames	1:14:02	1983
Jerry Anders, 50, Waterloo	1:14:15	1989
Jerry Knox, 51, Ames	1:14:52	1989
Patrick Murphy, 51, Cedar Rapids	1:16:29	1992
Raul Deanda, 50, Panora	1:16:42	2002
2-Phil Pearson, 52, Ames	1:16:43	1985
Jim Smedema, 53, Des Moines	1:16:51	1985
3-Phil Pearson, 51, Ames	1:16:56	1984
Bill Koehn, 52, Des Moines	1:17:00	1988
2-Bill Koehn, 53, Des Moines	1:17:06	1989
David Nauman, 50, Mason City	1:17:22	2006
Jerry Knox, 52, Ames	1:17:24	1990
Keith Abels, 50, Ogden	1:17:24	2012
Curt Hoegh, 52, Clive	1:17:26	2004
Dick Seagrave, 51, Ames	1:17:37	1987
2-Dick Seagrave, 50, Ames	1:17:51	1986
Ronald McKay, 52, Chariton	1:17:56	1995
2-Keith Abels, 51, Ogden	1:18:01	2013
2-Patrick Murphy, 57, Cedar Rapids	1:18:09	1998
2-Jerry Knox, 53, Ames	1:18:14	1991
3-Dick Seagrave, 52, Ames	1:18:20	1988
Bill Koehn, 51, Ames	1:18:22	1987
2-Raul DeAnda, 54, Urbandale	1:18:54	2006
Phil Kauder, 50, Cascade	1:18:56	2011

TOP 30 Performers Women

All-Time Iowa/US Citizen

Robyn Friedman, 36, Lambs Grove	1:11:12	2009
2-Robyn Friedman, 38, Lambs Grove	1:11:54	2011
Erin Moeller, 33, Mt Vernon	1:12:14	2011
Suzanne Youngberg, 24, Des Moines	1:12:26	1988
2-Erin Moeller, 30, Cedar Rapids	1:13:02	2008
Karen Clark, 29, Rockwell City	1:13:09	1985
3-Robyn Friedman, 34, Lambs Grove	1:13:15	2007
4-Robyn Friedman, 35, Lambs Grove	1:13:19	2008
3-Erin Moeller, 34, Mt Vernon	1:13:19	2012
Michelle Ihmels, 30, Ames	1:13:46	2003
4-Erin Moeller, 32, Mt Vernon	1:13:48	2010
Connie Prince, 28, Sioux City	1:13:51	1986
Tina Gandy, 28, Des Moines	1:14:14	1981
2-Karen Clark, 28, Rockwell City	1:14:14	1984

3-Karen Clark, 27, Rockwell City	1:14:27	1983
Angela Anderson, 25, Ames	1:14:27	1995
Lisa Whitman, 24, Dubuque	1:14:31	1985
2-Angela Andersen, 26, Ames	1:14:40	1996
Kris Wallace, 32, Des Moines	1:14:43	1990
(10)		
Renee Kruse, 26, Sioux City	1:14:57	1994
2-Suzanne Youngberg, 22, Ames	1:15:07	1986
Casey Owens, 23, Mt Pleasant	1:15:06	2006
2-Casey Owens, 24, Des Moines	1:15:09	2007
Traci Kresser, 26, Clive	1:15:22	2012
Tami Colby, 18, Boone	1:15:29	1985
Anne Flynn, 36, Coralville	1:15:29	2000
Danna Kelly, 23, Des Moines	1:15:30	2010
Bethany Lewis, 29, Iowa City	1:15:34	2007
2-Danna Kelly, 25, West Des Moines	1:15:38	2012
2-Kris Wallace, 31, Des Moines	1:15:41	1989
Sandy DeNoon, 27, Des Moines	1:15:43	1982
3-Angela Anderson, 24, Ames	1:15:44	1994
Olivia Johnson, 24, Iowa City	1:15:49	2013
Jennifer Brower, 24, St Ansgar	1:15:51	1994

(20)

2-Tami Colby, 19, Boone	1:15:53	1986
2-Anne Flynn, 34, Coralville	1:15:56	1998
5-Robyn Friedman, 31, Lambs Grove	1:15:59	2004
6-Robyn Friedman, 33, Lambs Grove	1:16:10	2006
Casey McDermott, 24, West Des Moines	1:16:16	2013
Melinda Courage-Carlbert, 32, Urbandale	1:16:18	2006
7-Robyn Friedman, 30, Lambs Grove	1:16:20	2003
8-Robyn Friedman, 39, Lambs Grove	1:16:20	2012
Jen Van Otterloo, 26, Sioux City	1:16:41	2012
Ashley Tousley, 26, Des Moines	1:16:42	2010
Dana Kramer, 33, Urbandale	1:16:50	1996
Lisa Marshall, 35, Granger	1:16:55	2003
2-Jen Van Otterloo, 24, Sioux Center	1:16:57	2010
2-Lisa Marshall, 27, Des Moines	1:16:58	1995
3-Lisa Marshall, 43, Granger	1:16:58	2011
3-Anne Flynn, 33, Coraville	1:16:59	1997
Elaine VanDyck, 35, Des Moines	1:17:02	1989
Paulette Bendixen, 29, West Des Moines	1:17:04	1992
Dawn Lentsch, 19, Cedar Falls	1:17:05	1984
2-Traci Kresser, 24, Clive	1:17:16	2010
3-Danna Kelly, 24, West Des Moines	1:17:16	2011
2-Tina Gandy, 27, Des Moines	1:17:09	1980
Sharon Greenwood, 31, Cedar Rapids	1:17:16	1984

**TOP 15 Performers
Master Women (40+)
All-Time Iowa/US Citizen**

Lisa Marshall, 43, Granger	1:16:58	2011
2-Lisa Marshall, 41, Granger	1:18:23	2009
Jenny Schulze, 40, Clive	1:20:16	2013
Andriette Wickstrom, 41, Storm Lake	1:22:40	1996
Christine Price, 40, Des Moines	1:21:57	2009
Carol Baker, 48, Waterloo	1:22:42	2007
Ellen Pollard, 41, Ames	1:23:10	2009
Tricia McClain, 46, Altoona	1:23:53	2003
Julie Fiepke, 41, West Des Moines	1:24:09	2009
Jackie Groves, 42, Polk City	1:24:26	1998
Julie Starry, 40, Des Moines	1:24:32	2000
Sheila Maddock, 42, Johnston	1:24:36	1998
2-Tricia McClain, 44, Altoona	1:24:47	2001
3-Tricia McClain, 47, Altoona	1:24:52	2004
Claudia Scott, 41, Marion	1:25:05	1992
2-Christine Price, 43, Des Moines	1:25:07	2012

3-Jackie Groves, 44, Polk City	1:25:09	2000
Carrie Van Quathem, 40, Urbandale	1:25:18	2013
3-Christine Price, 42, Des Moines	1:25:19	2011
2-Andriette Wickstrom, 42, Storm Lake	1:25:46	1997
3-Andriette Wickstrom, 43, Storm Lake	1:25:52	1998
2-Shelia Maddock, 45, Johnston	1:25:57	2001
Dana Kramer, 45, Urbandale	1:25:59	2008
2-Claudia Scott, 40, Marion	1:26:08	1991
Kelly Sorensen, 42, West Des Moines	1:26:13	2012

**TOP 15 Performers
Grand Master Women (40+)
All-Time Iowa/US Citizen**

Tricia McClain, 50, Altoona	1:26:53	2007
Nancy Hoegh, 50, Clive	1:27:11	2003
Janelle Swanberg, 52, Davenport	1:27:40	2003
2-Tricia McClain, 51, Altoona	1:28:33	2008
3-Nancy Hoegh, 51, Clive	1:29:25	2004
Jan Daker, 50, Davenport	1:29:31	1998
Sheila Maddock, 51, Johnston	1:31:00	2007
Dana Kramer, 50, Urbandale	1:30:02	2013
Claudia Scott, 51, Marion	1:32:03	2002
Andriette Wickstrom, 57, Storm Lake	1:32:41	2012
Patty Croonquist, Ft Dodge	1:32:56	2012
3-Nancy Hoegh, 54, Clive	1:33:25	2007
4-Nancy Hoegh, 52, Clive	1:33:32	2005
Jeanne McCurnin, 54, Mason City	1:33:38	2010
2-Patty Croonquist, 55, Ft Dodge	1:34:19	2012
2-Andriette Wickstrom, 55, Storm Lake	1:34:23	2010
2-Claudia Scott, 50, Marion	1:34:36	2001
3-Andriette Wickstrom, 56, Storm Lake	1:34:38	2011
2-Sheila Maddock, 50, Johnston	1:34:39	2006
3-Tricia McClain, 55, Altoona	1:34:39	2012
4-Andriette Wickstrom, 58, Storm Lake	1:34:45	2013
5-Andriette Wickstrom, 54, Storm Lake	1:34:54	2009
Beth Henriksen, 52, Ames	1:35:05	2008
3-Patty Croonquist, 53, Ft Dodge	1:35:05	2011
2-Beth Henriksen, 53, Ames	1:35:10	2009
4-Tricia McClain, 54, Altoona	1:35:39	2011
2-Claudia Scott, 52, Storm Lake	1:35:46	2003
5-Tricia McClain, 56, Altoona	1:35:56	2013
6-Tricia McClain, 52, Altoona	1:35:58	2009
Kristy Cain, 52, Urbandale	1:36:08	2012
3-Beth Henriksen, 54, Ames	1:36:34	2010
6-Andriette Wickstrom, 51, Storm Lake	1:36:40	2006
Sandy Rupnow, 53, Ames	1:36:52	1997
7-Tricia McClain, 53, Altoona	1:37:00	2010
Jean Gifford, 50, West Des Moines	1:37:03	1989
Jan Gillum, 52, Des Moines	1:37:10	1988

* Corrections or comments – calmurdock@earthlink.net

* Gun time are used for all records

* Performers are individual athletes, so top 30 include 30 athletes

* Performances are individual times, so some athletes have more than one outstanding time, therefore listed as 2-, 3-, etc