

Age Records - Iowans Only (16 & Over) & US Citizens

MEN

16	Jon Thomas, Des Moines	1:11:35	03
17	Andrew Barrett, Des Moines	1:11:09	09
18	Charlie Kelley, Marshalltown	1:07:21	96
	Jon Thomas, Des Moines	1:07:21	05
19	Marty Sprague, Berwick	1:07:35	82
20	Cody Manchester, Mason City	1:08:15	12
21	Jeff Wubbena, Ft Dodge	1:03:34	82
22	Kyle Kepler, Webster City	1:03:37	98
23	Doug Nelson, Fairfield	1:03:07	82
24	Phil Kauder, Cascade	1:03:39	85
25	Kim Sprain, Waverly	1:02:43	82
26	Dennis Karamitros, Cedar Rapids	1:02:40	85
27	Marty Dalton, Earlham	1:03:42	03
28	Phil Kauder, Cascade	1:03:35	89
29	Dan Hostager, Fayette	1:03:13	97
30	Phil Coppess, Clinton	59:23	85
31	Phil Coppess, Clinton	1:03:47	86
32	Raul DeAnda, Des Moines	1:04:26	84
33	Raul DeAnda, Des Moines	1:03:22	85
34	Keith Fevold, Des Moines	1:05:18	92
35	Keith Fevold, Des Moines	1:05:20	93
36	Thomas Raunig, Fayette	1:04:35	96
37	Raul DeAnda, Des Moines	1:06:01	89
38	Keith Fevold, Des Moines	1:08:30	96
39	Phil Kauder, Cascade	1:08:20	00
40	Phil Kauder, Cascade	1:06:52	01
41	Don Wood, Cedar Falls	1:08:39	85
42	Curt Hoegh, Clive	1:08:58	94
43	Curt Hoegh, Clive	1:08:59	95
44	Curt Hoegh, Clive	1:10:24	96
45	Curt Hoegh, Clive	1:09:55	97
46	Keith Fevold, Des Moines	1:11:34	04
47	Bill Koehn, Des Moines	1:13:07	83
48	Curt Hoegh, Clive	1:12:42	00
49	Raul DeAnda, Des Moines	1:11:58	01
50	Phil Pearson, Ames	1:14:02	83
51	Jerry Knox, Ames	1:14:52	89
52	Phil Pearson, Ames	1:16:43	85
53	Jim Smedema, Windsor Hts	1:16:51	85
54	Raul DeAnda, Urbandale	1:18:54	06
55	Jim Smedema, Windsor Hts	1:20:22	87
56	Jim Smedema, Windsor Hts	1:19:09	88
57	Patrick Murphy, Cedar Rapids	1:18:09	98
58	Karl Larson, Ames	1:20:26	80
59	Jim Smedema, Windsor Hts	1:21:44	91
60	Ronald McKay, Chariton	1:22:57	03
61	Karl Larson, Ames	1:20:03	83
62	Karl Larson, Ames	1:24:00	84
63	Karl Larson, Ames	1:25:33	85
64	Jim Smedema, Windsor Hts	1:26:29	96
65	Jim Schleisman, Jefferson	1:25:34	98
66	Jim Smedema, Windsor Hts	1:26:12	98
67	Jim Schleisman, Jefferson	1:27:43	00
68	Jim Smedema, Windsor Hts	1:28:00	00
69	Jim Smedema, Windsor Hts	1:31:38	01
70	Jim Schleisman, Jefferson	1:31:02	03
71	Jim Schleisman, Jefferson	1:36:10	04
72	Joe Anholt, Cedar Rapids	1:53:19	92
73	Jim Schleisman, Jefferson	1:37:25	06
74	Joe Anholt, Cedar Rapids	2:04:01	94
75	Jim Schleisman, Jefferson	1:38:56	08
76	Jerry Triplett, Winterset	2:22:47	10
77	Glen Zirbel, Ankeny	2:45:45	08
78	Glen Zirbel, Ankeny	3:05:04	09
79	Glen Zirbel, Ankeny	3:17:20	10

WOMEN

16	Stephanie Mundt, Urbandale	1:19:23	07
17	Casey Owens, Des Moines	1:27:48	00
18	Tami Colby, Boone	1:15:29	85
19	Tami Colby, Boone	1:15:53	86
20	Danna Kelly, Boone	1:20:19	09
21	Lisa Skidmore, Des Moines	1:17:57	89
22	Suzanne Youngberg, Ames	1:15:06	86
23	Casey Owens, Mt Pleasant	1:15:06	06
24	Suzanne Youngberg, Des Moines	1:12:26	88
25	Angela Anderson, Ames	1:14:27	95
26	Angela Anderson, Ames	1:14:40	96
27	Karen Clark, Rockwell City	1:14:27	83
28	Connie Prince, Sioux City	1:13:51	86
29	Karen Clark, Rockwell City	1:13:09	85
30	Erin Moeller, Cedar Rapids	1:13:02	08
31	Kris Wallace, Des Moines	1:15:41	89
32	Erin Moeller, Mt Vernon	1:13:48	10
33	Erin Moeller, Mt Vernon	1:12:14	11
34	Robyn Friedman, Lambs Grove	1:13:15	07
35	Robyn Friedman, Lambs Grove	1:13:19	08
36	Robyn Friedman, Lambs Grove	1:11:12	09
37	Jane Asimus, Cedar Falls	1:17:28	89
38	Robyn Friedman, Lambs Grove	1:11:54	11
39	Robyn Friedman, Lambs Grove	1:16:20	12
40	Jenny Schulze, Clive	1:20:16	13
41	Lisa Marshall, Granger	1:18:23	09
42	Jackie Groves, Polk City	1:24:26	98
43	Lisa Marshall, Granger	1:16:58	11
44	Tricia McClain, Altoona	1:24:47	01
45	Dana Kramer, Urbandale	1:25:31	08
46	Tricia McClain, Altoona	1:23:53	03
47	Tricia McClain, Altoona	1:24:52	04
48	Carol Baker, Waterloo	1:22:42	07
49	Nancy Hoegh, Clive	1:31:41	02
50	Tricia McClain, Altoona	1:26:53	07
51	Tricia McClain, Altoona	1:28:33	08
52	Janelle Swanberg, Davenport	1:27:40	03
53	Beth Henriksen, Ames	1:35:10	09
54	Patty Croonquist, Ft Dodge	1:32:56	12
55	Patty Croonquist, Ft Dodge	1:34:19	13
56	Andriette Wickstrom, Storm Lake	1:34:38	11
57	Andriette Wickstrom, Storm Lake	1:32:41	12
58	Andriette Wickstrom, Storm Lake	1:34:45	13
59	Sandy Rupnow, Ames	1:41:41	03
60	Sandy Rupnow, Ames	1:55:00	04
61	Maggie Haaland, Ames	1:49:07	13
62	Judy Teeple, Davenport	1:37:50	03
63	Judy Teeple, Davenport	1:38:09	04
64	Marilyn Ver Meer, Pella	1:48:01	13
65	Marie Quanbeck, Newton	1:57:30	13
66	Breta Westlund, Urbandale	2:25:35	06
67	Carol Hartman, Hiawatha	2:15:54	04
68	Jan Ross, Des Moines	2:13:34	11
69	Breta Westlund, Urbandale	2:35:23	09
70	Rita Jackson-Ashmead, Ottumwa	2:03:19	06
71	Breta Westlund, Urbandale	2:57:27	11
72	Breta Westlund, Urbandale	2:21:01	12
73	None		
74	Rita Jackson Ashmead, Ottumwa	2:11:25	11
75	Jan Gillum, Des Moines	3:12:45	11
76	None		
77	Jan Gillum, Des Moines	3:24:48	13

Corrections or comments - calmurdock@earthlink.net
Gun time are used for all records