

# 32nd Capital Pursuit 10 mile

## Des Moines, IA

Sep. 21, 2014

50s, sunny & windy at start  
Results by Cal Murdock

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

PLACE	CLASS	FINISHER	TIME	PACE
1	OpM	Ben Jaskowiak, 25, Des Moines, IA	52:53	5:17
2	OpM	Nathan Hopp, 31, West Amana, IA	53:49	5:23
3	OpM	Chris Nealy, 34, West Des Moines, IA	56:23	5:38
4	MM	Joel Frye, 42, Des Moines, IA	56:39	5:40
5	1 M30	Julius Rotich, 39, Des Moines, IA	56:56	5:42
6	2 M30	Scott Cale, 32, Carroll, IA	57:23	5:44
7	1 M40	Jay Pennington, 42, Des Moines, IA	57:28	5:45
1	OpW	Pasca Myers, 28*, Fort Dodge, IA	57:33	5:45
8	1 M20	Zach Wittenberg, 22, Des Moines, IA	58:34	5:51
2	OpW	Samantha Bluske, 23*, Ames, IA	59:23	5:56

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9	3 M30	Jack Johnson, 34, West Des Moines, IA	1:00:15	6:01
10	4 M30	Nathan Wenck, 37, Carroll, IA	1:00:28	6:03
3	OpW	Traci Kresser, 28*, Clive, IA	1:00:33	6:03
11	2 M20	Kipp Schuler, 26, University Park, IA	1:00:54	6:05
12	5 M30	Matthew McDermott, 36, West Des Moines, IA	1:01:04	6:06
4	1 W30	Susie Duke, 34*, Marshalltown, IA	1:01:30	6:09
13	6 M30	Sean Severe, 30, Des Moines, IA	1:02:19	6:14
14	3 M20	Aron Block, 23, Des Moines, IA	1:02:42	6:16
15	7 M30	Kenny Miller, 37, Maryville, MO	1:03:14	6:19
16	2 M40	Scott Engelhardt, 47, West Des Moines, IA	1:03:20	6:20
5	1 W20	Obsie Birru, 25*, Des Moines, IA	1:03:35	6:21
17	8 M30	Aaron Wheelock, 34, Des Moines, IA	1:03:41	6:22
18	9 M30	James Krzak, 39, West Des Moines, IA	1:04:20	6:26
6	2 W20	Meghan Bowden, 26*, Ames, IA	1:04:29	6:27
19	10 M30	Stu Sorrel, 38, Clive, IA	1:05:43	6:34
20	4 M20	Zachary Bales-Henry, 28, Des Moines, IA	1:05:58	6:36
21	3 M40	Matt Anderson, 44, Des Moines, IA	1:06:16	6:38
22	11 M30	Ryan Hennigan, 34, Waukee, IA	1:06:22	6:38
23	12 M30	Randy Sturm, 36, Garner, IA	1:06:38	6:40
24	13 M30	Neil Young, 32, Des Moines, IA	1:06:49	6:41
25	14 M30	Scott Heisler, 39, Clive, IA	1:06:50	6:41

26	5	M20	Eric Polle, 28, West Des Moines, IA	1:07:07	6:43
7		MW	Trisha Schlick, 40*, Ames, IA	1:07:09	6:43
27	6	M20	Nathaniel Kenne, 24, Algona, IA	1:07:40	6:46
28	7	M20	Ryan Ziegler, 26, Des Moines, IA	1:07:47	6:47
29	4	M40	David Primeau, 46, Des Moines, IA	1:08:07	6:49
30	1	M50	Rick Scharff, 52, West Des Moines, IA	1:08:33	6:51
8	1	W40	Christine Price, 45*, Des Moines, IA	1:09:15	6:55
31	5	M40	David Steward, 45, Earlham, IA	1:09:31	6:57
32	15	M30	Matthew Schell, 37, Clive, IA	1:09:50	6:59

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33	6	M40	Kyle Weuve, 48, Urbandale, IA	1:09:59	7:00
9	3	W20	Sara Hendrickson, 27*, Des Moines, IA	1:10:10	7:01
10	4	W20	Kait Reed, 23*, West Des Moines, IA	1:10:22	7:02
34	8	M20	Armond Luthens, 20, Urbandale, IA	1:10:26	7:03
35	7	M40	David Larson, 42, West Des Moines, IA	1:11:17	7:08
36	8	M40	Andrew Shipley, 47, West Des Moines, IA	1:11:34	7:09
37	16	M30	Jared Otte, 33, Waukee, IA	1:11:39	7:10
38	2	M50	Todd Haugen, 51, Des Moines, IA	1:11:56	7:12
39	3	M50	Daniel Bergman, 52, Ankeny, IA	1:12:07	7:13
40	17	M30	Trent Lienau, 35, West Des Moines, IA	1:12:11	7:13
11	2	W40	Carrie Van Quathem, 42*, Urbandale, IA	1:12:20	7:14
41	9	M40	Scot Nash, 43, Des Moines, IA	1:12:23	7:14
12	1	W50	Andriette Wickstrom, 59*, Storm Lake, IA	1:12:34	7:15
42	18	M30	Braydn Girdler, 38, Granger, IA	1:12:52	7:17
13	2	W50	Kathy Hale, 50*, Bondurant, IA	1:12:56	7:18
14	3	W40	Katie Chuapoco, 42*, Des Moines, IA	1:13:27	7:21
43	19	M30	Chris Compton, 38, Ankeny, IA	1:13:58	7:24
15	4	W40	Jennifer Mills, 41*, West Des Moines, IA	1:14:20	7:26
44	4	M50	Steve Falck, 56, Des Moines, IA	1:14:22	7:26
16	2	W30	Bethany Cochran, 31*, Waukee, IA	1:14:30	7:27
45	10	M40	Scott Greenwood, 47, Des Moines, IA	1:14:30	7:27
46	20	M30	Douglas Cutler, 39, Pella, IA	1:14:34	7:27
47	21	M30	Eric Rowley, 32, Des Moines, IA	1:14:37	7:28
48	1	M60	James Jacobsen, 64, Des Moines, IA	1:14:45	7:28
17	3	W30	Gabriele Garza, 37*, West Des Moines, IA	1:14:49	7:29
49	22	M30	Justin Hyde, 36, Des Moines, IA	1:14:56	7:30
50	5	M50	Don Cumings, 51, Ankeny, IA	1:15:03	7:30
51	11	M40	Brendan Chuapoco, 45, Des Moines, IA	1:15:10	7:31
52	12	M40	Brian Brunk, 45, Des Moines, IA	1:15:14	7:31
53	23	M30	Joseph Zambreno, 35, Ankeny, IA	1:15:18	7:32
54	24	M30	Russell Campbell-Porter, 31, Des Moines, IA	1:15:32	7:33
55	13	M40	Tony Guerra, 42, Ankeny, IA	1:15:36	7:34
56	14	M40	Kenneth Overton, 46, Des Moines, IA	1:15:47	7:35
57	15	M40	Doug Staudt, 46, Urbandale, IA	1:15:49	7:35
58	16	M40	Matthew Morgan, 43, Ankeny, IA	1:15:57	7:36
59	25	M30	Caleb Hegna, 37, Des Moines, IA	1:16:01	7:36
18	5	W40	Mary Rinn, 46*, West Des Moines, IA	1:16:08	7:37
60	2	M60	Mark Hayes, 64, Creston, IA	1:16:21	7:38
61	17	M40	Joel Crawford, 40, Ankeny, IA	1:16:23	7:38
62	26	M30	Ross Kelderman, 30, Des Moines, IA	1:16:32	7:39
63	6	M50	Tom Heuer, 57, Des Moines, IA	1:16:36	7:40
64	9	M20	Dustin Shannon, 28, West Des Moines, IA	1:16:45	7:40
65	7	M50	Kent Kelderman, 55, Ankeny, IA	1:16:50	7:41
66	27	M30	Matthew Stodden, 35, Des Moines, IA	1:16:53	7:41

67	18	M40	Brian Peppenger, 45, Grimes, IA	1:16:56	7:42
68	28	M30	Andy Barkley, 33, Des Moines, IA	1:17:08	7:43
19	5	W20	Molly Rhodes, 23*, Des Moines, IA	1:17:23	7:44
69	19	M40	Brian Terhark, 46, Clive, IA	1:17:24	7:44
70	8	M50	Joe Manning, 52, Winfield, IL	1:17:36	7:46
71	29	M30	Matt Jakcson, 38, Des Moines, IA	1:17:41	7:46
72	20	M40	Mike Rieks, 47, Urbandale, IA	1:18:03	7:48
20	4	W30	Jamie Johnson, 34*, West Des Moines, IA	1:18:05	7:48
73	30	M30	Nick Roerig, 35, Clive, IA	1:18:11	7:49
21	6	W20	Allie Marr, 27*, Ames, IA	1:18:13	7:49
22	5	W30	Dena Kroska, 32*, Ankeny, IA	1:18:15	7:49
23	3	W50	Rose Wignall, 54*, Creston, IA	1:18:23	7:50
24	4	W50	Dana Kramer, 52*, Urbandale, IA	1:18:26	7:51
74	31	M30	Ryan Wise, 39, Des Moines, IA	1:18:27	7:51
75	9	M50	David Desing, 51, Urbandale, IA	1:18:42	7:52
25	7	W20	Randi Pruitt, 29*, Urbandale, IA	1:18:46	7:53
26	6	W30	Kacey Sutter, 32*, Urbandale, IA	1:18:46	7:53
76	3	M60	Richard Martin, 65, Ames, IA	1:18:58	7:54
77	21	M40	Tim Annett, 46, West Des Moines, IA	1:18:58	7:54
78	22	M40	Dan Laird, 47, Des Moines, IA	1:19:02	7:54
27	7	W30	Jessica McLeran, 33*, Urbandale, IA	1:19:04	7:54
28	8	W30	Stefanie Boyd, 35*, Ankeny, IA	1:19:08	7:55
79	10	M20	Blake Chapman, 28, Des Moines, IA	1:19:11	7:55
80	23	M40	Dan Holm, 49, Ankeny, IA	1:19:12	7:55
81	24	M40	Alex Van Quathem, 44, Urbandale, IA	1:19:14	7:55
82	25	M40	Tim Roetman, 41, Urbandale, IA	1:19:29	7:57
29	9	W30	Sarah Andersson, 39*, West Des Moines, IA	1:19:30	7:57
83	4	M60	Sam Fisher, 65, Boone, IA	1:19:31	7:57
30	6	W40	Ellen Middleswart, 49*, Urbandale, IA	1:19:48	7:59

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31	10	W30	Stephanie Majeran, 30*, Urbandale, IA	1:20:02	8:00
32	11	W30	Erin Hunt, 36*, West Des Moines, IA	1:20:23	8:02
33	8	W20	Emily Feldkamp, 24*, Ames, IA	1:20:29	8:03
84	10	M50	Mark Movic, 57, Des Moines, IA	1:20:40	8:04
85	32	M30	Kevin Birusingh, 39, West Des Moines, IA	1:20:48	8:05
34	12	W30	Susanne Kennedy, 37*, Des Moines, IA	1:20:50	8:05
86	33	M30	Ryan Schulte, 38, Waukee, IA	1:20:54	8:05
87	11	M20	Steve Canady, 29, West Des Moines, IA	1:21:01	8:06
35	7	W40	Katie Wittmer, 41*, Clive, IA	1:21:02	8:06
36	8	W40	Jeanna English, 42*, West Des Moines, IA	1:21:08	8:07
37	13	W30	Sara Schwendinger, 37*, Des Moines, IA	1:21:20	8:08
38	14	W30	Kiley Mars, 35*, West Des Moines, IA	1:21:30	8:09
88	34	M30	Nate Hunt, 37, West Des Moines, IA	1:21:47	8:11
39	15	W30	Rachel Rowley, 38*, Windsor Heights, IA	1:21:56	8:12
89	26	M40	Jason Wittmer, 43, Clive, IA	1:22:03	8:12
90	11	M50	Greg Burmeister, 51, Eagle Grove, IA	1:22:06	8:13
91	1	JrM	Zachary Rinke, 13, Urbandale, IA	1:22:22	8:14
92	27	M40	John Buzzoni, 40, Polk City, IA	1:22:28	8:15
40	9	W40	Lisa Hovey, 43*, Urbandale, IA	1:22:34	8:15
41	16	W30	Christie Birchem, 32*, Prairie Village, KS	1:22:35	8:15
93	12	M50	Michael Boyle, 54, Ankeny, IA	1:22:36	8:16
42	5	W50	Martha Freeman, 51*, Urbandale, IA	1:22:43	8:16
43	10	W40	Nikki Roetman, 40*, Urbandale, IA	1:22:44	8:16

44	11	W40	Michelle Vincent, 41*, Slater, IA	1:22:46	8:17
94	35	M30	Christopher Fitzgerald, 30, Des Moines, IA	1:22:47	8:17
45	6	W50	Kristy Cain, 55*, Urbandale, IA	1:22:48	8:17
95	13	M50	David Caris, 54, Des Moines, IA	1:22:49	8:17
96	14	M50	Kent Weeden, 53, Des Moines, IA	1:22:51	8:17
46	17	W30	Jamilee Noble, 30*, Johnston, IA	1:22:53	8:17
47	18	W30	Miriam Hager, 36*, Urbandale, IA	1:22:53	8:17
48	19	W30	Shawna Boeding, 38*, Des Moines, IA	1:22:56	8:18
97	36	M30	Jason Boeding, 39, Des Moines, IA	1:22:57	8:18
49	9	W20	Allie Mackey, 28*, Johnston, IA	1:23:02	8:18
98	28	M40	Brian Hendrickson, 45, Shellsburg, IA	1:23:07	8:19
99	5	M60	Joe Blunk, 62, Ames, IA	1:23:13	8:19
100	29	M40	Steve Callistein, 48, Des Moines, IA	1:23:35	8:21
101	30	M40	Charlie Neibergall, 49, Urbandale, IA	1:23:39	8:22
102	31	M40	Cj Osborn, 49, Newton, IA	1:23:58	8:24
103	32	M40	Eric Prosperi, 45, Des Moines, IA	1:24:00	8:24
104	33	M40	Matt Smith, 41, Johnston, IA	1:24:00	8:24
105	34	M40	Marty Wolske, 42, West Des Moines, IA	1:24:26	8:27
106	15	M50	John DeAngelis, 50, Des Moines, IA	1:24:30	8:27
107	16	M50	Gary Fotiu, 57, Earlham, IA	1:24:43	8:28
50	10	W20	Lisa McGonegle, 24*, Norwalk, IA	1:24:57	8:30
51	7	W50	Nancy Willert, 58*, Albia, IA	1:25:00	8:30
52	20	W30	Andrea Reser, 35*, Urbandale, IA	1:25:06	8:31
108	35	M40	Kieran Williams, 47, Windsor Heights, IA	1:25:06	8:31
53	8	W50	Leah Tokheim, 50*, Johnston, IA	1:25:08	8:31
54	9	W50	Marilyn Wendell, 50*, Ankeny, IA	1:25:09	8:31
55	12	W40	Kris Robson, 48*, Urbandale, IA	1:25:09	8:31
109	36	M40	Scott Bandy, 49, Indianola, IA	1:25:10	8:31
56	21	W30	Abby Buhrow, 35*, Norwalk, IA	1:25:14	8:31
110	37	M40	Paul Rearick, 45, Ankeny, IA	1:25:15	8:31
57	1	W60	Kathi Dellaca, 61*, Windsor Heights, IA	1:25:24	8:32
111	6	M60	Mark Hanson, 61, Des Moines, IA	1:25:31	8:33
58	22	W30	Jodi Jenkins, 37*, Johnston, IA	1:25:37	8:34
112	37	M30	Benjamin Barndoller, 34, Des Moines, IA	1:25:45	8:34
59	23	W30	Karen Steck, 37*, Johnston, IA	1:25:46	8:35
60	13	W40	Amy Harris, 49*, Des Moines, IA	1:25:48	8:35
113	38	M30	Jason Dreckman, 35, West Des Moines, IA	1:25:50	8:35
61	14	W40	Leslie French, 49*, Cedar Rapids, IA	1:25:53	8:35
62	15	W40	Teri Johnson, 43*, Urbandale, IA	1:25:59	8:36
63	16	W40	Tammy Gentry, 42*, Des Moines, IA	1:26:02	8:36
64	24	W30	Sue Honkamp, 39*, Des Moines, IA	1:26:02	8:36
65	25	W30	Jane Jensen, 36*, Norwalk, IA	1:26:09	8:37
66	10	W50	Denise Charter-Jones, 53*, Urbandale, IA	1:26:11	8:37
114	38	M40	Troy Kueter, 44, West Des Moines, IA	1:26:12	8:37
67	17	W40	Sonya Hemshassen, 47*, Des Moines, IA	1:26:13	8:37
68	26	W30	Katie White, 39*, Windsor Heights, IA	1:26:19	8:38
69	18	W40	Rebecca Brannan, 49*, Urbandale, IA	1:26:21	8:38
115	39	M40	Michael Stimson, 44, Johnston, IA	1:26:25	8:38
116	39	M30	Steve Voigt, 36, Pewaukee, WI	1:26:33	8:39
117	17	M50	John Curtin, 58, Des Moines, IA	1:26:41	8:40
70	27	W30	Emily Orna, 30*, Grimes, IA	1:26:46	8:41
118	7	M60	Dennis Wheeler, 64, Urbandale, IA	1:26:47	8:41
119	40	M40	Tod McComb, 49, Des Moines, IA	1:26:54	8:41
120	18	M50	Mark Jackson, 50, Story City, IA	1:26:59	8:42
121	19	M50	Dan Gornick, 50, Norwalk, IA	1:27:00	8:42
71	19	W40	Ann Betten, 47*, Clive, IA	1:27:05	8:42

72	20	W40	Robin Prier-Ross, 48*, Clive, IA	1:27:05	8:42
122	41	M40	Thomas Tuttle, 47, West Des Moines, IA	1:27:07	8:43
73	28	W30	Jennifer Krzak, 36*, West Des Moines, IA	1:27:10	8:43
123	20	M50	Greg Anderson, 52, West Des Moines, IA	1:27:12	8:43
74	21	W40	Diane Nelson, 48*, Ankeny, IA	1:27:14	8:43
124	21	M50	David Sturzaker, 58, Johnston, IA	1:27:15	8:43
125	42	M40	Jeff Steenhoek, 44, Des Moines, IA	1:27:17	8:44
75	22	W40	Michelle Madden, 41*, West Des Moines, IA	1:27:31	8:45
76	23	W40	Chris Mathews, 45*, Des Moines, IA	1:27:39	8:46
77	11	W50	Carol Stratemeyer, 58*, Des Moines, IA	1:27:48	8:47
126	40	M30	Bhpinder Brar, 31, Johnston, IA	1:27:59	8:48
127	12	M20	Keith Kistenmacher, 29, Windsor Heights, IA	1:28:01	8:48
78	24	W40	Penny Luthens, 48*, Urbandale, IA	1:28:03	8:48
128	43	M40	Michael Mohan, 46, Clive, IA	1:28:11	8:49
79	29	W30	Shelby Cork, 39*, Harlan, IA	1:28:17	8:50
80	30	W30	Jodi Trewet, 39*, Granger, IA	1:28:21	8:50
81	31	W30	CoraLynn Trewet, 35*, Ankeny, IA	1:28:21	8:50
82	32	W30	Nicole Quade, 35*, Norwalk, IA	1:28:28	8:51
129	41	M30	Carl Koedam, 37, Ankeny, IA	1:28:31	8:51
83	25	W40	Leigh VanderHolt, 46*, Norwalk, IA	1:28:33	8:51
130	44	M40	Karl Lundy, 41, Des Moines, IA	1:28:43	8:52
84	26	W40	Jenna Porter, 40*, Des Moines, IA	1:28:50	8:53
85	27	W40	Melinda Nye, 40*, Ankeny, IA	1:28:51	8:53
131	22	M50	Steve Timmons, 54, Pleasantville, IA	1:28:55	8:53
86	28	W40	Shanda Noonan, 43*, Ankeny, IA	1:28:56	8:54
132	23	M50	Phelan Thomas, 57, Clive, IA	1:28:56	8:54
87	33	W30	Brookann Redick, 34*, Des Moines, IA	1:28:57	8:54
133	42	M30	Matt Griffin, 33, Des Moines, IA	1:28:57	8:54
134	13	M20	Eric Olson, 26, Bondurant, IA	1:29:05	8:54
88	11	W20	Jenessa Koedam, 29*, Ankeny, IA	1:29:07	8:55
89	29	W40	Jennifer York, 45*, Ames, IA	1:29:09	8:55
135	24	M50	Bob Schoby, 55, Blair, NE	1:29:26	8:57
90	12	W50	Pamela Pomerenk, 54*, Boone, IA	1:29:36	8:58
91	30	W40	Michele Ramsey, 42*, Cumming, IA	1:29:40	8:58
92	34	W30	Mariah Chapman, 37*, Ankeny, IA	1:29:41	8:58
136	45	M40	John Harris, 44, Ankeny, IA	1:29:45	8:58
137	25	M50	Tom Sueppel, 53, West Des Moines, IA	1:29:51	8:59

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93	31	W40	Stephanie Wignall, 44*, Ankeny, IA	1:29:59	9:00
138	26	M50	Cody Kilgore, 53, Adel, IA	1:30:00	9:00
94	32	W40	Dona Cretors, 44*, Grimes, IA	1:30:01	9:00
95	12	W20	Bailey Mendenhall, 27*, Johnston, IA	1:30:12	9:01
96	13	W20	Lindsay Paris, 25*, Johnston, IA	1:30:13	9:01
97	33	W40	Karmel Sueppel, 45*, West Des Moines, IA	1:30:20	9:02
139	27	M50	Todd Weber, 51, Earlham, IA	1:30:35	9:03
98	1	W15	Rosie Cook, 17*, Des Moines, IA	1:30:40	9:04
140	1	M15	Sam Elsbernd, 17, Des Moines, IA	1:30:41	9:04
141	43	M30	Derek McChurch, 33, Des Moines, IA	1:30:41	9:04
142	44	M30	Anthony Cendana, 39, Cumming, IA	1:30:42	9:04
99	34	W40	Erin Rewerts, 44*, Nevada, IA	1:30:48	9:05
100	35	W30	Angel Shawda, 37*, Urbandale, IA	1:30:50	9:05
101	13	W50	Barb Baker, 54*, Grinnell, IA	1:30:53	9:05
143	46	M40	Steven Behrends, 46, West Des Moines, IA	1:30:57	9:06

102	35	W40	Jennifer Noonan, 43*, Solon, IA	1:30:57	9:06
144	28	M50	Scott Dean, 50, Des Moines, IA	1:31:13	9:07
103	36	W40	Kimberly Hatting, 47*, Grinnell, IA	1:31:17	9:08
145	29	M50	Alex Van Wyk, 52, Des Moines, IA	1:31:18	9:08
146	30	M50	Steven Wandro, 57, Des Moines, IA	1:31:24	9:08
104	36	W30	Heather Hunter, 38*, Ankeny, IA	1:31:30	9:09
105	14	W20	Abi Albrecht, 29*, Windsor Heights, IA	1:31:38	9:10
106	37	W40	Jenny Gray, 40*, Ankeny, IA	1:31:39	9:10
107	14	W50	Deb Fritz, 56*, Des Moines, IA	1:31:45	9:10
108	37	W30	Jennifer Girdler, 39*, Granger, IA	1:31:47	9:11
109	2	W60	Elaine Van Dyck, 60*, Des Moines, IA	1:31:48	9:11
110	38	W40	Kelly Roberson, 44*, Des Moines, IA	1:31:49	9:11
111	39	W40	Cheryl Ouellette, 43*, Ankeny, IA	1:31:52	9:11
147	31	M50	Mike Aman, 57, Blair, NE	1:32:03	9:12
112	2	W15	Jazzaray James, 16*, West Des Moines, IA	1:32:09	9:13
113	40	W40	Cindy Elsbernd, 43*, Des Moines, IA	1:32:09	9:13
148	47	M40	Cliff Baker, 40, Waukee, IA	1:32:14	9:13
149	45	M30	Tom Duffy, 36, West Des Moines, IA	1:32:14	9:13
114	15	W20	Laitie Mather, 27*, West Des Moines, IA	1:32:15	9:13
115	38	W30	Erin Sawhill, 32*, Des Moines, IA	1:32:22	9:14
150	32	M50	David Klinkenburg, 54, Windsor Heights, IA	1:32:29	9:15
151	2	M15	Ben Mowitz, 15, Des Moines, IA	1:32:35	9:15
152	48	M40	Jonathan Montpas, 41, Des Moines, IA	1:32:36	9:16
116	15	W50	Jan Atchison, 55*, Rhodes, IA	1:32:43	9:16
117	16	W20	Brittany Telk, 25*, Ankeny, IA	1:32:49	9:17
118	17	W20	Jaclyn Rebman, 29*, Ankeny, IA	1:32:51	9:17
119	18	W20	Janell Christians, 28*, Des Moines, IA	1:32:51	9:17
153	33	M50	Michael Lee, 55, Ames, IA	1:33:09	9:19
120	41	W40	Tonya Miller, 42*, Solon, IA	1:33:22	9:20
121	42	W40	Holly Hanson, 45*, Des Moines, IA	1:33:31	9:21
154	46	M30	Brant Sharp, 36, Des Moines, IA	1:33:38	9:22
155	47	M30	Steve Olney, 35, West Des Moines, IA	1:33:38	9:22
122	19	W20	Sarah Haley, 29*, Des Moines, IA	1:33:39	9:22
123	39	W30	Jill Schwarz, 38*, Des Moines, IA	1:33:46	9:23
124	43	W40	Joni Tonnemacher, 44*, Johnston, IA	1:33:46	9:23
125	16	W50	Dawn Wellman, 50*, Johnston, IA	1:33:46	9:23
156	49	M40	Brian Applesby, 44, West Des Moines, IA	1:33:49	9:23
126	3	W60	Paula Dierenfeld, 60*, Johnston, IA	1:33:52	9:23
127	40	W30	Chree Berneal, 34*, Waukee, IA	1:33:53	9:23
128	20	W20	Emily Feldkamp, 24*, Ames, IA	1:33:54	9:23
157	50	M40	Jeff Davis, 45, West Des Moines, IA	1:33:57	9:24
129	44	W40	Maria Davis, 45*, West Des Moines, IA	1:33:57	9:24
158	48	M30	Kyle Brown, 39, Des Moines, IA	1:34:07	9:25
159	1	M70	Jim Harman, 73, Crest Hill, IL	1:34:12	9:25
130	21	W20	Libby Kropp, 22*, Shawnee, KS	1:34:12	9:25
131	45	W40	Jenny Federspiel, 41*, Iowa City, IA	1:34:19	9:26
132	46	W40	Melissa Gatzionis, 43*, Urbandale, IA	1:34:22	9:26
133	47	W40	Kristin Adkins, 45*, Brooklyn, IA	1:34:26	9:27
134	3	W15	Jordan Rhodes, 19*, Des Moines, IA	1:34:45	9:28
160	51	M40	Paxton Bennett, 40, West Des Moines, IA	1:34:45	9:28
135	48	W40	Lisa Schwarte, 43*, West Des Moines, IA	1:34:48	9:29
136	49	W40	Kelly Lentsch, 43*, West Des Moines, IA	1:34:48	9:29
137	17	W50	Janice Woolery, 53*, Des Moines, IA	1:34:52	9:29
138	41	W30	Stacy Dietch, 37*, Ankeny, IA	1:34:57	9:30
139	1	W70	Sandy Rupnow, 70*, Ames, IA	1:34:58	9:30
161	34	M50	Erik Luthens, 50, Urbandale, IA	1:35:02	9:30

140	42	W30	Rosemary Perez, 37*, Ames, IA	1:35:11	9:31
141	50	W40	Aletha Lenz, 42*, Urbandale, IA	1:35:19	9:32
162	52	M40	Bruce Kolling, 42, Johnston, IA	1:35:22	9:32
142	51	W40	Kelly Richardson, 45*, Iowa City, IA	1:35:27	9:33
143	43	W30	Kristi Caylor, 31*, West Des Moines, IA	1:35:29	9:33
163	49	M30	Wyatt Myers, 36, Des Moines, IA	1:35:41	9:34
144	44	W30	Sacha Wise, 38*, Des Moines, IA	1:35:45	9:34
145	52	W40	Traci Thomas, 45*, West Des Moines, IA	1:35:45	9:34
146	18	W50	Patti Wachtendorf, 55*, Clive, IA	1:35:54	9:35
147	45	W30	Angela Peters, 39*, Mason City, IA	1:35:58	9:36
164	35	M50	Terry Mitchell, 52, Waukee, IA	1:36:01	9:36
148	53	W40	Colleen Bentzen, 44*, West Des Moines, IA	1:36:03	9:36
149	22	W20	Katie Riley, 25*, Ankeny, IA	1:36:25	9:38
165	53	M40	Bret-Wayne Dillon-Hanse, 40, Des Moines, IA	1:36:34	9:39
150	46	W30	Marisa Tank, 31*, Waukee, IA	1:36:43	9:40
151	47	W30	Erin Reese, 32*, Des Moines, IA	1:36:48	9:41
152	48	W30	Kayla Davidson, 32*, Ankeny, IA	1:36:53	9:41
153	49	W30	Briget Johnson, 36*, West Des Moines, IA	1:36:55	9:41
166	50	M30	Tim Rypma, 34, Des Moines, IA	1:37:02	9:42
154	23	W20	Angel Banks, 26*, West Des Moines, IA	1:37:24	9:44
167	36	M50	Travis Kneale, 50, Des Moines, IA	1:37:36	9:46
168	37	M50	Kevin Hircock, 54, Adel, IA	1:37:48	9:47
155	24	W20	Molly Hircock, 28*, West Des Moines, IA	1:37:48	9:47
156	50	W30	Kate Selden, 35*, Des Moines, IA	1:38:06	9:49
157	51	W30	Sarah Barrett, 36*, Amherst, NH	1:38:06	9:49
158	25	W20	Vanessa Pinter, 24*, Des Moines, IA	1:38:07	9:49
159	54	W40	Katie Glatt, 40*, Ankeny, IA	1:38:12	9:49
160	52	W30	Jeni Sundermeyer, 39*, Pleasant Hill, IA	1:38:12	9:49
169	8	M60	Simon Casady, 65, Indianola, IA	1:38:22	9:50
161	55	W40	Michele Dahlen, 40*, West Des Moines, IA	1:38:26	9:51
170	54	M40	Jamie Lawler, 46, West Des Moines, IA	1:38:31	9:51
171	51	M30	Jesper Andersson, 39, West Des Moines, IA	1:38:41	9:52
172	9	M60	Larry Farrell, 67, Des Moines, IA	1:38:42	9:52
162	19	W50	Cheryl Mendenhall, 52*, Des Moines, IA	1:38:46	9:53
163	26	W20	Hannah Haas, 25*, Windsor Heights, IA	1:39:12	9:55
164	56	W40	Laura Bidinger, 45*, West Des Moines, IA	1:39:15	9:55
165	57	W40	Jill Bartachek, 42*, Wdsm, IA	1:39:31	9:57
173	38	M50	Greg Ronald, 55, West Des Moines, IA	1:39:33	9:57
174	52	M30	Joshua Bertocki, 30, Des Moines, IA	1:39:35	9:57
166	53	W30	Amanda Rauen, 31*, Dubuque, IA	1:39:50	9:59
175	39	M50	Craig Cutts, 51, Ackworth, IA	1:39:50	9:59

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176	53	M30	Matt Hackett, 39, Waukee, IA	1:40:03	10:00
177	54	M30	Paul Coveyou, 37, Des Moines, IA	1:40:17	10:02
167	58	W40	Heather Schebel, 40*, West Des Moines, IA	1:40:17	10:02
168	27	W20	Brittany Montgomery, 28*, Des Moines, IA	1:40:18	10:02
169	20	W50	Annie Strawn, 54*, St. Charles, IA	1:40:22	10:02
170	54	W30	Robyn Winner, 34*, Johnston, IA	1:40:24	10:02
171	55	W30	Candice Fantauzzi, 30*, Des Moines, IA	1:40:25	10:02
178	10	M60	Duane Osmun, 66, Creston, IA	1:40:27	10:03
172	21	W50	Wilma Osmun, 54*, Creston, IA	1:40:28	10:03

173	28	W20	Chelsea Drumheller, 27*, Granger, IA	1:40:30	10:03
174	22	W50	Gwen Johnston, 52*, Greenfield, IA	1:40:39	10:04
175	59	W40	Denna Mitchell, 49*, Greenfield, IA	1:40:39	10:04
176	56	W30	Staci Burr, 39*, West Des Moines, IA	1:40:42	10:04
179	55	M30	Robert Rypma, 30, Des Moines, IA	1:41:12	10:07
177	23	W50	Kagendo Randall, 52*, West Des Moines, IA	1:41:26	10:09
178	57	W30	Sarah Crane, 32*, Des Moines, IA	1:41:35	10:09
179	58	W30	Melissa Lugar, 38*, West Des Moines, IA	1:41:35	10:09
180	59	W30	Jennifer Williams, 35*, Ankeny, IA	1:41:53	10:11
180	55	M40	Joe Akers, 49, Grimes, IA	1:41:56	10:12
181	11	M60	David Dickens, 66, Ankeny, IA	1:41:59	10:12
182	56	M40	Dan McElroy, 41, West Des Moines, IA	1:42:00	10:12
183	57	M40	Eric Conrad, 43, Des Moines, IA	1:42:57	10:18
184	12	M60	Dennis Howard, 60, Des Moines, IA	1:43:04	10:18
181	60	W30	Holly Tucker, 34*, Des Moines, IA	1:43:08	10:19
182	60	W40	Tina Hade, 46*, Des Moines, IA	1:43:45	10:22
183	61	W30	Jennifer Gonnerman, 34*, Waukee, IA	1:43:47	10:23
185	40	M50	James Arthur, 50, Des Moines, IA	1:43:51	10:23
186	41	M50	Bill Williams, 54, Chariton, IA	1:44:09	10:25
184	61	W40	Kari Anderson, 40*, Johnston, IA	1:44:30	10:27
185	29	W20	Rachel Wolver, 25*, Urbandale, IA	1:44:31	10:27
186	24	W50	Lori Lipscomb, 51*, Johnston, IA	1:44:38	10:28
187	25	W50	Ruth Comer, 52*, Chariton, IA	1:44:46	10:29
188	26	W50	Colleen De Bruin, 54*, Urbandale, IA	1:44:56	10:30
187	56	M30	Raj Sangera, 32, Des Moines, IA	1:45:07	10:31
188	42	M50	John Moran, 57, Story City, IA	1:45:25	10:32
189	62	W40	Deb Anderson, 44*, Des Moines, IA	1:45:31	10:33
189	58	M40	Sam Rupp, 41, Johnston, IA	1:46:00	10:36
190	62	W30	Lisa Schoessler, 39*, West Des Moines, IA	1:47:04	10:42
191	27	W50	Lori Burmeister, 50*, Clive, IA	1:47:35	10:45
190	57	M30	Steve Olsen, 37, Altoona, IA	1:47:44	10:46
192	63	W30	Stephanie Olsen, 37*, Altoona, IA	1:47:44	10:46
193	63	W40	Christa LePorte, 40*, West Des Moines, IA	1:48:03	10:48
191	59	M40	Barry Jones, 46, Des Moines, IA	1:48:05	10:48
192	3	M15	Jake Rhodes, 16, Des Moines, IA	1:48:05	10:48
194	64	W40	Soko Starobin, 44*, Ames, IA	1:48:26	10:51
195	64	W30	Terri Hogan, 39*, Ankeny, IA	1:49:41	10:58
193	60	M40	Rocky Sposato, 40, Des Moines, IA	1:49:51	10:59

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196	65	W30	Lisa Brunner, 35*, Des Moines, IA	1:49:56	11:00
197	66	W30	Heidi Sharp, 35*, Des Moines, IA	1:49:57	11:00
198	67	W30	Dawn Sposato, 37*, Des Moines, IA	1:50:02	11:00
194	2	M70	William Lawless, 71, Des Moines, IA	1:50:08	11:01
199	30	W20	Jena Daubenberger, 22*, West Des Moines, IA	1:50:14	11:01
200	31	W20	Kelly Caylor, 29*, West Des Moines, IA	1:50:21	11:02
201	68	W30	Julianna Tunney, 31*, Des Moines, IA	1:51:01	11:06
202	69	W30	Breanne Costa, 35*, Waukee, IA	1:53:18	11:20
203	70	W30	Emily Johnson, 36*, Windsor Heights, IA	1:53:18	11:20
204	28	W50	Brenda Auxier-Mailey, 56*, Windsor Heights, IA	1:53:54	11:23
205	29	W50	Christine Brandenburg, 51*, Urbandale, IA		



				1:53:58	11:24
206	65	W40	Julie Hahn, 43*, Des Moines, IA	1:54:07	11:25
207	71	W30	Allisha Kent, 34*, Waukee, IA	1:54:23	11:26
195	58	M30	Jason Kent, 39, Waukee, IA	1:54:23	11:26
208	72	W30	Nicole Combs, 35*, Ankeny, IA	1:54:46	11:29
209	73	W30	Stacey Lyman, 36*, Bondurant, IA	1:55:40	11:34
210	74	W30	Alicia Rowley, 31*, Des Moines, IA	1:55:46	11:35
211	75	W30	Katie Williams, 36*, Des Moines, IA	1:55:46	11:35

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212	30	W50	Lucy Riggins, 53*, Des Moines, IA	2:00:38	12:04
213	76	W30	Holly Grasmick, 33*, Des Moines, IA	2:00:51	12:05
214	32	W20	Samantha Roberts, 25*, Johnston, IA	2:00:51	12:05
215	4	W15	Marit Simmons, 15*, Des Moines, IA	2:01:36	12:10
216	66	W40	Tammy Calhoun, 44*, West Des Moines, IA	2:01:37	12:10
217	67	W40	Noreen Nsereko, 41*, Johnston, IA	2:01:37	12:10
218	68	W40	Jacqui Morrow, 42*, Overland Park, KS	2:02:19	12:14
219	33	W20	Nicole Mortenson, 29*, Bondurant, IA	2:02:40	12:16
220	69	W40	Dawn Farrell, 40*, Clive, IA	2:02:40	12:16
221	31	W50	Debra Ashby, 51*, Norwalk, IA	2:04:18	12:26
222	34	W20	Melanie Bickford, 29*, Roselle, IL	2:04:18	12:26
196	61	M40	Kevin Taylor, 41, Ankeny, IA	2:09:53	12:59

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197	13	M60	Dick Hogan, 68, Urbandale, IA	2:11:19	13:08
198	14	M60	Mark Hacker, 60, Des Moines, IA	2:11:37	13:10
223	70	W40	Tamara Van Dee, 43*, Ankeny, IA	2:11:39	13:10

\* indicates females

8 finishers among Males (no age given)

1 finishers among Men Under 15

3 finishers among Men 15 - 19

13 finishers among Men 20 - 29

58 finishers among Men 30 - 39

61 finishers among Men 40 - 49

42 finishers among Men 50 - 59

14 finishers among Men 60 - 69

2 finishers among Men 70 & Up

4 finishers among Women 15 - 19

34 finishers among Women 20 - 29

76 finishers among Women 30 - 39

70 finishers among Women 40 - 49

31 finishers among Women 50 - 59

3 finishers among Women 60 - 69

1 finishers among Women 70 & Up

202 male finishers

219 female finishers

421 total finishers

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