

34th Capital Pursuit 10 Mile

Des Moines, IA

Sep. 18, 2016

60s and partly cloudy
Results by Cal Murdock

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

Last updated Sep. 18, 2016 11:02 AM

| PLACE | CLASS | FINISHER | TIME | PACE |
|-------|-------|---|-------|------|
| 1 | OpM | Brogan Austin, 24, West Des Moines, IA | 50:00 | 5:00 |
| 2 | OpM | Adam Bohach, 32, Decorah, IA | 51:20 | 5:08 |
| 3 | OpM | Conor Wells, 23, Minneapolis, MN | 51:37 | 5:10 |
| 4 | 1 M20 | Terry Nielsen, 23, West Des Moines, IA | 53:40 | 5:22 |
| 5 | 1 M30 | Nathan Hopp, 33, Amana, IA | 54:53 | 5:29 |
| 6 | 2 M20 | Jake Sutton, 25, West Des Moines, IA | 55:08 | 5:31 |
| 7 | 3 M20 | Austin Tegels, 29, Des Moines, IA | 55:15 | 5:31 |
| 8 | 2 M30 | Scott Johnson, 34, Johnston, IA | 55:36 | 5:34 |
| 9 | 3 M30 | Chris Nealy, 36, Des Moines, IA | 55:46 | 5:35 |
| 10 | 4 M30 | Scott Cale, 34, Carroll, IA | 57:05 | 5:42 |
| 11 | 5 M30 | Patric Carruthers-Green, 30, Des Moines, IA | 57:25 | 5:44 |
| 12 | 4 M20 | Peter Augustine Kazery, 25, Osceola, IA | 57:34 | 5:45 |
| 13 | 5 M20 | John Paul Sevcik, 22, Des Moines, IA | 57:57 | 5:48 |
| 14 | OpW | Obsie Birru, 27*, Des Moines, IA | 57:57 | 5:48 |
| 15 | 6 M30 | Jack Johnson, 36, West Des Moines, IA | 58:35 | 5:51 |
| 16 | 1 M40 | Kevin Barnes, 44, Indianola, IA | 59:21 | 5:56 |
| 17 | 7 M30 | Jacob Kaemmer, 39, Des Moines, IA | 59:49 | 5:59 |
| 18 | 8 M30 | Sean Severe, 32, Des Moines, IA | 59:52 | 5:59 |

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| 19 | 6 M20 | Thomas Had, 27, Urbandale, IA | 1:00:08 | 6:01 |
| 20 | OpW | Pasca Myers, 30*, Fort Dodge, I | 1:00:11 | 6:01 |
| 21 | OpW | Casey McDermott, 27*, Grinnell, IA | 1:00:22 | 6:02 |
| 22 | 1 W20 | Flannery Cerbin-Bohach, 29*, Decorah, IA | 1:00:44 | 6:04 |
| 23 | 7 M20 | David Roney, 25, Windsor Heights, IA | 1:00:45 | 6:04 |
| 24 | 9 M30 | Rick Fesler, 34, Boiling Springs, PA | 1:01:11 | 6:07 |
| 25 | 2 M40 | Paxton Bennett, 42, West Des Moines, IA | 1:01:13 | 6:07 |
| 26 | 10 M30 | Matthew McDermott, 38, West Des Moines, IA | 1:01:29 | 6:09 |
| 27 | 11 M30 | Matthew Hilbert, 33, West Des Moines, IA | 1:01:59 | 6:12 |
| 28 | 12 M30 | Nathan Wenck, 39, Carroll, IA | 1:02:44 | 6:16 |
| 29 | 13 M30 | Douglas Schroeder, 30, Minneapolis, MN | 1:02:47 | 6:17 |
| 30 | 14 M30 | Neil Young, 34, Des Moines, IA | 1:03:42 | 6:22 |
| 31 | 15 M30 | Lance Gunkel, 37, Clive, IA | 1:03:47 | 6:23 |
| 32 | 8 M20 | Mitchell Davis, 25, Des Moines, IA | 1:04:02 | 6:24 |

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| 33 | 3 M40 | Mark Timmerman, 46, Indianola, IA | 1:04:26 | 6:27 |
| 34 | 9 M20 | Zewude Kia, 29, Desmoines, IA | 1:04:41 | 6:28 |
| 35 | 16 M30 | Aaron Wheelock, 36, Des Moines, IA | 1:04:49 | 6:29 |
| 36 | 17 M30 | Heath Moenck, 30, Indianola, IA | 1:04:58 | 6:30 |
| 37 | 4 M40 | Ben Reyes, 42, Saint Charles, IA | 1:05:07 | 6:31 |
| 38 | 5 M40 | Steve Houg, 41, Urbandale, IA | 1:05:09 | 6:31 |
| 39 | 1 W40 | Joanne Sackett, 48*, Des Moines, IA | 1:05:15 | 6:31 |
| 40 | 10 M20 | Logan Marvin, 24, Johnston, IA | 1:05:16 | 6:32 |
| 41 | 2 W20 | Sara Hendrickson, 29*, Altoonaltoona, IA | 1:05:25 | 6:33 |
| 42 | 1 W30 | Colleen Webb, 39*, Des Moines, IA | 1:06:24 | 6:38 |
| 43 | 6 M40 | Michael Bupp, 44, Gardners, PA | 1:06:38 | 6:40 |
| 44 | 11 M20 | Aron Block, 25, Des Moines, IA | 1:07:17 | 6:44 |
| 45 | 1 M50 | Kurt Leland, 52, Huxley, IA | 1:07:30 | 6:45 |
| 46 | 2 M50 | Troy Zeleznik, 54, West Des Moines, IA | 1:07:31 | 6:45 |
| 47 | 3 M50 | Loran Storts, 51, Clive, IA | 1:07:42 | 6:46 |
| 48 | 4 M50 | Todd Haugen, 50, Des Moinesd, IA | 1:07:52 | 6:47 |
| 49 | 7 M40 | TyrannoMarco Hollandero, 42, West Des Moines, IA | 1:08:16 | 6:50 |
| 50 | 5 M50 | My Cross, 50, Clive, IA | 1:08:27 | 6:51 |
| 51 | 18 M30 | Dan Ross, 37, Clive, IA | 1:08:38 | 6:52 |
| 52 | 19 M30 | Justin Davis, 37, Algona, IA | 1:08:58 | 6:54 |
| 53 | 1 M60 | Willielahart@Gma Lahart, 63, Urbandale, IA | 1:09:21 | 6:56 |
| 54 | 12 M20 | Kyle Hoehns, 27, Ankeny, IA | 1:09:24 | 6:56 |
| 55 | 20 M30 | Brian Petersen, 32, Ankeny, IA | 1:09:40 | 6:58 |

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| 56 | 3 W20 | Elizabeth Crimmins, 25*, Des Moines, IA | 1:09:58 | 7:00 |
| 57 | 21 M30 | Matt Meier, 36, Urbandale, IA | 1:10:01 | 7:00 |
| 58 | 8 M40 | James Thornton, 45, Ankeny, IA | 1:10:03 | 7:00 |
| 59 | 9 M40 | Gemechisa Mosa, 42, Grimes, IA | 1:10:12 | 7:01 |
| 60 | 6 M50 | Ben Lounsbury, 51, West Des Moines, IA | 1:10:50 | 7:05 |
| 61 | 4 W20 | Lisa Wegman, 26*, Des Moines, IA | 1:10:55 | 7:05 |
| 62 | 2 W30 | Laura Hamman, 31*, Madison, WI | 1:11:03 | 7:06 |
| 63 | 22 M30 | Mike Castegnoli, 32, West Des Moines, IA | 1:11:19 | 7:08 |
| 64 | 10 M40 | David Larson, 44, West Des Moines, IA | 1:11:52 | 7:11 |
| 65 | 3 W30 | Jenna Hejlik, 32*, Des Moines, IA | 1:11:57 | 7:12 |
| 66 | 2 W40 | Katie Chaupoco, 44*, Des Moines, IA | 1:12:08 | 7:13 |
| 67 | 5 W20 | Alyssa Arends, 23*, Ankeny, IA | 1:12:32 | 7:15 |
| 68 | 11 M40 | Troy Thompson, 47, West Des Moines, IA | 1:12:39 | 7:16 |
| 69 | 12 M40 | Jason Hahn, 45, Des Moines, IA | 1:13:01 | 7:18 |
| 70 | 7 M50 | Chuck Fritz, 52, Clive, IA | 1:13:01 | 7:18 |
| 71 | 23 M30 | Sean Lunde, 30, Des Moines, IA | 1:13:09 | 7:19 |
| 72 | 13 M40 | David Steward, 47, Earlham, IA | 1:13:29 | 7:21 |
| 73 | 1 W60 | Andriette Wickstrom, 61*, Storm Lake, IA | 1:14:02 | 7:24 |
| 74 | 3 W40 | Annika Veeder, 44*, Des Moines, IA | 1:14:05 | 7:24 |
| 75 | 6 W20 | Molly Rhodes, 25*, Des Moines, IA | 1:14:18 | 7:26 |
| 76 | 8 M50 | Bruce Drummond, 58, Des Moines, IA | 1:14:20 | 7:26 |
| 77 | 7 W20 | Kate Schmerbach, 26*, Des Moines, IA | 1:14:31 | 7:27 |
| 78 | 14 M40 | Chris Compton, 40, Ankeny, IA | 1:14:55 | 7:29 |
| 79 | 24 M30 | Jeremy Mueller, 39, Waukee, IA | 1:14:59 | 7:30 |
| 80 | 4 W30 | Kelly Vander Esch, 39*, Johnston, IA | 1:15:17 | 7:32 |
| 81 | 15 M40 | David Ness, 45, Johnston, IA | 1:15:42 | 7:34 |
| 82 | 5 W30 | Stephanie Mortenson, 34*, Windsor Heights, IA | 1:15:57 | 7:36 |
| 83 | | Jonathan Escobar, Mexico City | 1:16:10 | 7:37 |
| 84 | 25 M30 | Patrick Phelan, 39, Des Moines, IA | 1:16:11 | 7:37 |
| 85 | 16 M40 | Andrew Shipley, 49, Des Moines, IA | 1:16:25 | 7:38 |
| 86 | 26 M30 | Charlie Daugherty, 35, Pella, IA | 1:16:27 | 7:39 |
| 87 | 27 M30 | Burton Joseph, 38, West Des Moines, IA | 1:16:29 | 7:39 |
| 88 | 13 M20 | Jon Fitzpatrick, 29, Indianola, IA | 1:16:32 | 7:39 |

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| 89 | 17 | M40 | Noah Swanson, 41, Dulles, VA | 1:16:34 | 7:39 |
| 90 | 4 | W40 | Kathy Schweizer, 47*, Urbandale, IA | 1:16:39 | 7:40 |
| 91 | 28 | M30 | Randy Sturm, 38, Garner, IA | 1:16:40 | 7:40 |
| 92 | 5 | W40 | Jeanna English, 44*, West Des Moines, IA | 1:16:47 | 7:41 |
| 93 | 14 | M20 | Ben Huf, 27, Melbourne, AU | 1:16:58 | 7:42 |
| 94 | 8 | W20 | Lauren Dayton, 28*, Cincinnati, OH | 1:17:08 | 7:43 |
| 95 | 29 | M30 | Ross Kelderman, 32, Johnston, IA | 1:17:12 | 7:43 |
| 96 | 6 | W30 | Danielle Kelloway, 33*, Grimes, IA | 1:17:13 | 7:43 |
| 97 | 7 | W30 | Allison Kohlhaas, 33*, Clive, IA | 1:17:43 | 7:46 |
| 98 | 18 | M40 | Brian Terhark, 48, Clive, IA | 1:17:44 | 7:46 |
| 99 | 19 | M40 | Timothy Gootee, 46, Urbandale, IA | 1:17:54 | 7:47 |
| 100 | 8 | W30 | Robyn Clevenger, 37*, West Des Moines, IA | 1:17:54 | 7:47 |
| 101 | 30 | M30 | Caleb Hegna, 39, Des Moines, IA | 1:17:55 | 7:47 |
| 102 | 31 | M30 | Rajesh Chalamalasetti, 39, West Des Moines, IA | 1:17:56 | 7:48 |
| 103 | 6 | W40 | Kelli Brockmann, 41*, Waukee, IA | 1:18:03 | 7:48 |
| 104 | 20 | M40 | Richard Mockobee, 48, Norwalk, IA | 1:18:05 | 7:48 |
| 105 | 9 | M50 | Don Blair, 56, Ames, IA | 1:18:13 | 7:49 |
| 106 | 10 | M50 | Don Cumings, 53, Ankeny, IA | 1:18:52 | 7:53 |
| 107 | 21 | M40 | Tony Guerra, 44, Ankeny, IA | 1:18:59 | 7:54 |
| 108 | 15 | M20 | Marcus Varnum, 23, Ankeny, IA | 1:19:01 | 7:54 |
| 109 | 11 | M50 | Dave Endres, 53, West Des Moines, IA | 1:19:06 | 7:55 |
| 110 | 9 | W30 | Kat Sandie, 34*, Waukee, IA | 1:19:08 | 7:55 |
| 111 | 32 | M30 | Jason Dreckman, 37, West Des Moines, IA | 1:19:23 | 7:56 |
| 112 | 22 | M40 | Roger Selesky, 46, Ankeny, IA | 1:19:24 | 7:56 |
| 113 | 16 | M20 | Dillon Mellick, 27, Waukee, IA | 1:19:32 | 7:57 |
| 114 | 33 | M30 | Travis Squires, 32, Ankeny, IA | 1:19:40 | 7:58 |
| 115 | 34 | M30 | Matthew Sly, 33, Urbandale, IA | 1:19:40 | 7:58 |
| 116 | 12 | M50 | Christopher Ross, 50, Des Moines, IA | 1:19:44 | 7:58 |
| 117 | 10 | W30 | Darcy Ehrmann, 34*, Cedar Rapids, IA | 1:19:50 | 7:59 |

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| 118 | 11 | W30 | Jamie Johnson, 36*, West Des Moines, IA | 1:19:58 | 8:00 |
| 119 | 13 | M50 | John DeAngelis, 52, Des Moines, IA | 1:20:00 | 8:00 |
| 120 | 7 | W40 | Denise Carleton, 45*, Ankeny, IA | 1:20:09 | 8:01 |
| 121 | 1 | JrM | Gabe Cook, 13, West Des Moines, IA | 1:20:18 | 8:02 |
| 122 | 8 | W40 | Rachel Hoger, 41*, Johnston, IA | 1:20:27 | 8:03 |
| 123 | 12 | W30 | Bridget Sheeder, 35*, Casey, IA | 1:20:28 | 8:03 |
| 124 | 9 | W40 | Kristin Adkins, 47*, Brooklyn, IA | 1:20:46 | 8:05 |
| 125 | 1 | W50 | Kristy Cain, 57*, West Des Moines, IA | 1:20:49 | 8:05 |
| 126 | 23 | M40 | John Buzzoni, 42, Polk City, IA | 1:20:55 | 8:05 |
| 127 | 10 | W40 | Mary Ducar, 47*, Ankeny, IA | 1:20:58 | 8:06 |
| 128 | 24 | M40 | Tom Handorf, 40 | 1:20:58 | 8:06 |
| 129 | 11 | W40 | Nikki Roetman, 42*, Urbandale, IA | 1:21:21 | 8:08 |
| 130 | 9 | W20 | Alicia Dusenbury, 28*, Ankeny, IA | 1:21:21 | 8:08 |
| 131 | 1 | JrW | Morgan Allen, 18*, Winterset, IA | 1:21:25 | 8:08 |
| 132 | 25 | M40 | Marty Dalton, 40, Earlham, IA | 1:21:25 | 8:08 |
| 133 | 35 | M30 | Mike Owens, 39, Urbandale, IA | 1:21:38 | 8:10 |
| 134 | 14 | M50 | Tim Flowers, 58, West Des Moines, IA | 1:21:50 | 8:11 |
| 135 | 13 | W30 | Carrie Schwake, 33*, Ankeny, IA | 1:21:59 | 8:12 |
| 136 | 14 | W30 | Tasha Main, 37*, West Des Moines, IA | 1:22:07 | 8:13 |
| 137 | 12 | W40 | Tammy Gentry, 44*, Des Moines, IA | 1:22:15 | 8:13 |
| 138 | 13 | W40 | Sue Honkamp, 41*, Des Moines, IA | 1:22:15 | 8:13 |
| 139 | 15 | M50 | John Dillon, 56, Urbandale, IA | 1:22:24 | 8:14 |
| 140 | 2 | M60 | Sam Fisher, 67, Boone, IA | 1:22:29 | 8:15 |
| 141 | 14 | W40 | Sonya Hayworth-Cooksey, 44*, Libertyville, IA | 1:22:36 | 8:16 |
| 142 | 10 | W20 | Claire Mellick, 26*, Waukee, IA | 1:22:37 | 8:16 |
| 143 | 26 | M40 | Colin Witt, 42, Des Moines, IA | 1:22:38 | 8:16 |
| 144 | 15 | W40 | Lori Kiene, 43*, Ankeny, IA | 1:22:57 | 8:18 |

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| 145 | 27 | M40 | Joe Meyers, 46, Des Moines, IA | 1:23:02 | 8:18 |
| 146 | 15 | W30 | Megan Phillips, 31*, Grimes, IA | 1:23:02 | 8:18 |
| 147 | 16 | W30 | Shanna Harrington, 36*, Des Moines, IA | 1:23:05 | 8:18 |
| 148 | 11 | W20 | Hannah Mason, 25*, Osceola, IA | 1:23:25 | 8:20 |
| 149 | 2 | W50 | Michelle Deverell, 54*, Mason City, IA | 1:23:28 | 8:21 |
| 150 | 16 | W40 | Kate Kelly, 40*, Minneapolis, MN | 1:23:45 | 8:22 |
| 151 | 28 | M40 | Justin Anderson, 43, Johnston, IA | 1:23:46 | 8:23 |
| 152 | 12 | W20 | Amelia Borgomainerio, 26*, Fairfield, IA | 1:23:57 | 8:24 |
| 153 | 16 | M50 | Todd Mattison, 57, Des Moines, IA | 1:24:18 | 8:26 |
| 154 | 29 | M40 | Darren Cornwell, 42, Johnston, IA | 1:24:25 | 8:26 |
| 155 | 36 | M30 | Michael Meyer, 30, Norwalk, IA | 1:24:30 | 8:27 |
| 156 | 17 | W30 | Katie Meyer, 30*, Norwalk, IA | 1:24:31 | 8:27 |
| 157 | 18 | W30 | Jodi Jenkins, 39*, Johnston, IA | 1:24:32 | 8:27 |
| 158 | 17 | W40 | Aileen Crawford, 41*, Ankeny, IA | 1:24:44 | 8:28 |
| 159 | 30 | M40 | Karl Lundy, 43, Des Moines, IA | 1:24:57 | 8:30 |
| 160 | 3 | M60 | Richard Martin, 67, Ames, IA | 1:25:03 | 8:30 |
| 161 | 13 | W20 | Lindsey Burton, 24*, Fairfield, IA | 1:25:04 | 8:30 |
| 162 | 19 | W30 | Cynthias Lande, 31*, Urbandale, IA | 1:25:10 | 8:31 |
| 163 | 3 | W50 | Leah Tokheim, 52*, Johnston, IA | 1:25:27 | 8:33 |
| 164 | 4 | M60 | John Curtin, 60, Des Moines, IA | 1:25:49 | 8:35 |
| 165 | 14 | W20 | Angel Banks-Adams, 28*, Ankeny, IA | 1:26:04 | 8:36 |
| 166 | 20 | W30 | Carole Curtis, 39*, Des Moines, IA | 1:26:05 | 8:36 |
| 167 | 21 | W30 | Kelly Vowels, 38*, Clive, IA | 1:26:09 | 8:37 |
| 168 | 37 | M30 | Tom Acton, 39, Granger, IA | 1:26:09 | 8:37 |
| 169 | 38 | M30 | Colby Gardner, 36, West Des Moines, IA | 1:26:10 | 8:37 |
| 170 | 39 | M30 | Martin McCombs, 37, Des Moines, IA | 1:26:11 | 8:37 |
| 171 | 2 | W60 | Vicki Vanderkwaak, 60*, Johnston, IA | 1:26:20 | 8:38 |
| 172 | 18 | W40 | Courtney Donaldson, 40*, Urbandale, IA | 1:26:29 | 8:39 |
| 173 | 31 | M40 | Bill Kallestad, 45, Des Moines, IA | 1:26:30 | 8:39 |
| 174 | 32 | M40 | Jenny Goodman, 41, Johnston, IA | 1:26:39 | 8:40 |
| 175 | 4 | W50 | Nancy Willert, 59*, Onaga, KS | 1:26:40 | 8:40 |
| 176 | 17 | M50 | Kent Kelderman, 57, Ankeny, IA | 1:27:00 | 8:42 |
| 177 | 17 | M20 | Christopher McIntyre, 23, Indianola, IA | 1:27:08 | 8:43 |
| 178 | 19 | W40 | Jenna Porter, 42*, Des Moines, IA | 1:27:14 | 8:43 |
| 179 | 5 | M60 | Russ Nay, 62, Runnells, IA | 1:27:17 | 8:44 |
| 180 | 5 | W50 | Peg McMahan, 50*, Des Moines, IA | 1:27:22 | 8:44 |
| 181 | 6 | W50 | Rebecca Brannan, 51*, Urbandale, IA | 1:27:26 | 8:45 |
| 182 | 7 | W50 | Kathi Prien, 55*, West Des Moines, IA | 1:27:30 | 8:45 |
| 183 | 22 | W30 | Abi Kincade, 31*, Windsor Heights, IA | 1:27:31 | 8:45 |
| 184 | 23 | W30 | Angel Shawda, 39*, Urbandale, IA | 1:27:38 | 8:46 |
| 185 | 8 | W50 | Denise Charter-Jones, 55*, Urbandale, IA | 1:27:42 | 8:46 |
| 186 | 40 | M30 | Kevin Sanders, 30, Urbandale, IA | 1:27:45 | 8:46 |
| 187 | 24 | W30 | Macenzie Rubin, 39*, Ankeny, IA | 1:27:48 | 8:47 |
| 188 | 25 | W30 | Beth Borrett, 33*, Ankeny, IA | 1:27:49 | 8:47 |
| 189 | 26 | W30 | Laura Weiglein, 31*, Richfield, MN | 1:27:52 | 8:47 |
| 190 | 20 | W40 | Wendy Muller, 48*, Urbandale, IA | 1:27:53 | 8:47 |
| 191 | 33 | M40 | Scott Sundstrom, 43, Des Moines, IA | 1:27:53 | 8:47 |
| 192 | 3 | W60 | Maggie Haaland, 64*, Ames, IA | 1:28:15 | 8:49 |
| 193 | 27 | W30 | Kathryn Cloe, 34*, Des Moines, IA | 1:28:22 | 8:50 |
| 194 | 18 | M20 | Zach Robertson, 28, Ankeny, IA | 1:28:22 | 8:50 |
| 195 | 15 | W20 | Michelle Robertson, 28*, Ankeny, IA | 1:28:23 | 8:50 |
| 196 | 28 | W30 | Maja Quiles, 38*, Des Moines, IA | 1:28:31 | 8:51 |
| 197 | 41 | M30 | Tom Duffy, 38, Clive, IA | 1:28:34 | 8:51 |
| 198 | 18 | M50 | Scott Bandy, 51, Indianola, IA | 1:28:39 | 8:52 |
| 199 | 42 | M30 | Michael Hayden, 31, Ankeny, IA | 1:28:40 | 8:52 |
| 200 | 21 | W40 | Lisa Schwarte, 45*, West Des Moines, IA | 1:28:59 | 8:54 |
| 201 | 29 | W30 | Mary DeCarlo, 38*, Grimes, IA | 1:29:07 | 8:55 |
| 202 | 19 | M50 | Jay Fisher, 52, Des Moines, IA | 1:29:15 | 8:55 |
| 203 | 20 | M50 | Vance Voss, 52, Ankeny, IA | 1:29:15 | 8:55 |
| 204 | 21 | M50 | Joe Akers, 51, Gimes, IA | 1:29:21 | 8:56 |
| 205 | 22 | W40 | Carrie Wright, 43*, West Des Moines, IA | 1:29:33 | 8:57 |
| 206 | 34 | M40 | David Schneider, 45, Clive, IA | 1:29:46 | 8:59 |

207 30 W30 Jessica Ferris, 30*, West Des Moines, IA 1:29:50 8:59

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| 208 | 31 | W30 | Brenda Sanchez, 37*, West Des Moines, IA | 1:30:23 | 9:02 |
| 209 | 32 | W30 | Eliza Kampton, 35*, Des Moines, IA | 1:30:29 | 9:03 |
| 210 | 33 | W30 | Tara Miller, 36*, Ankeny, IA | 1:30:37 | 9:04 |
| 211 | 22 | M50 | Sohail Ghaemi, 57, Des Moines, IA | 1:30:41 | 9:04 |
| 212 | 9 | W50 | Beth Lori, 55*, Ankeny, IA | 1:30:45 | 9:04 |
| 213 | 10 | W50 | Wilma Osmun, 56*, Creston, IA | 1:31:07 | 9:07 |
| 214 | 43 | M30 | Asween Mallick, 38, West Des Moines, IA | 1:31:11 | 9:07 |
| 215 | 23 | M50 | Doug Hoyng, 54, Clive, IA | 1:31:11 | 9:07 |
| 216 | 11 | W50 | Kris Robson, 50*, Urbandale, IA | 1:31:12 | 9:07 |
| 217 | 23 | W40 | Joni Tonnemacher, 46*, Johnston, IA | 1:31:12 | 9:07 |
| 218 | 35 | M40 | Rocky Sposato, 42, Des Moines, IA | 1:31:34 | 9:09 |
| 219 | 44 | M30 | Andy Whitehead, 34, Mount Vernon, IA | 1:31:35 | 9:09 |
| 220 | 36 | M40 | Cliff Baker, 42, Urbandale, IA | 1:31:52 | 9:11 |
| 221 | 34 | W30 | Michell Roozeboom-Baker, 38*, West Des Moines, IA | 1:32:21 | 9:14 |
| 222 | 37 | M40 | Steven Behrends, 48, West Des Moines, IA | 1:32:27 | 9:15 |
| 223 | 24 | M50 | Alex Van Wyk, 54, Des Moines, IA | 1:32:35 | 9:15 |
| 224 | 35 | W30 | Cindy Boyce, 37*, Ankeny, IA | 1:32:44 | 9:16 |
| 225 | 38 | M40 | Dwight Berns, 49, Altoona, IA | 1:33:21 | 9:20 |
| 226 | | | Rachel Parinton*, Des Moines, IA | 1:33:23 | 9:20 |
| 227 | 16 | W20 | Deena Klesel, 28*, Ankeny, IA | 1:33:59 | 9:24 |
| 228 | 39 | M40 | Eric Conrad, 45, Des Moinesdes Moi, IA | 1:34:13 | 9:25 |
| 229 | 24 | W40 | Chris Mathews, 47*, Des Moines, IA | 1:34:23 | 9:26 |
| 230 | 40 | M40 | Chris Schmidt, 44, Ankeny, IA | 1:34:29 | 9:27 |
| 231 | 4 | W60 | Paula Dierenfeld, 62*, Johnston, IA | 1:34:40 | 9:28 |
| 232 | 17 | W20 | Sarah Bishop, 29*, Clive, IA | 1:34:51 | 9:29 |
| 233 | 18 | W20 | Madison Shaffer, 20*, Marion, IA | 1:34:53 | 9:29 |
| 234 | 19 | W20 | Elly Sourwine, 20*, Iowa City, IA | 1:34:58 | 9:30 |
| 235 | 12 | W50 | Patti Wachtendorf, 57*, Urbandale, IA | 1:35:27 | 9:33 |
| 236 | 36 | W30 | Shannon Henson, 30*, Des Moines, IA | 1:35:35 | 9:33 |
| 237 | 25 | W40 | Jeni Sundermeyer, 41*, Pleasant Hill, IA | 1:35:36 | 9:34 |
| 238 | 41 | M40 | Darko Lokmic, 43, Johnston, IA | 1:35:41 | 9:34 |
| 239 | 26 | W40 | Karen Dhawan, 47*, Grimes, IA | 1:35:54 | 9:35 |
| 240 | 42 | M40 | Marty Wolske, 44, West Des Moines, IA | 1:35:58 | 9:36 |
| 241 | 13 | W50 | Annie Strawn, 56*, Saint Charles, IA | 1:36:17 | 9:38 |
| 242 | 27 | W40 | Stacy Farr, 45*, Clive, IA | 1:36:20 | 9:38 |
| 243 | 25 | M50 | Neal Bredbeck, 56, Fort Lauderdale, FL | 1:36:22 | 9:38 |
| 244 | 26 | M50 | Don Owens, 58, Des Moines, IA | 1:36:58 | 9:42 |
| 245 | 27 | M50 | Rick Gubbels, 59, Des Moines, IA | 1:36:58 | 9:42 |
| 246 | 37 | W30 | Mindy Sauer, 37*, Urbandale, IA | 1:37:12 | 9:43 |
| 247 | 28 | W40 | Carrie Buzzoni, 43*, Polk City, IA | 1:37:23 | 9:44 |
| 248 | 38 | W30 | Samantha Hayden, 31*, Ankeny, IA | 1:37:33 | 9:45 |
| 249 | 14 | W50 | Lori McQuiston, 53*, Maxwell, IA | 1:37:51 | 9:47 |
| 250 | 15 | W50 | Juanita Swoboda, 52*, Des Moines, IA | 1:38:08 | 9:49 |
| 251 | 39 | W30 | Jill Eimermann, 39*, Des Moines, IA | 1:38:31 | 9:51 |
| 252 | 28 | M50 | Mark Swehla, 56, Des Moines, IA | 1:38:36 | 9:52 |
| 253 | 5 | W60 | Julia Batten, 60*, Carlisle, IA | 1:38:41 | 9:52 |
| 254 | 16 | W50 | Sarah DeAngelis, 50*, Des Moines, IA | 1:39:05 | 9:54 |
| 255 | 29 | W40 | Lisa Ash, 49*, West Des Moines, IA | 1:39:10 | 9:55 |
| 256 | 40 | W30 | Lisa Grote, 31*, Huxley, IA | 1:39:14 | 9:55 |
| 257 | 30 | W40 | Patty Williams, 46*, Urbandale, IA | 1:39:25 | 9:56 |
| 258 | 31 | W40 | Mandy Hollander, 42*, West Des Moines, IA | 1:39:26 | 9:57 |
| 259 | 45 | M30 | Dave Jones, 32, West Des Moines, IA | 1:39:32 | 9:57 |
| 260 | 41 | W30 | Kristi Caylor, 33*, West Des Moines, IA | 1:39:33 | 9:57 |
| 261 | 6 | W60 | Carol Stratemeyer, 60*, Des Moines, IA | 1:39:46 | 9:59 |
| 262 | 20 | W20 | Jenna Marzen, 29*, Ankeny, IA | 1:39:48 | 9:59 |

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| 263 | 21 | W20 | Katy Duffy, 28*, West Des Moines, IA | 1:40:00 | 10:00 |
| 264 | 2 | JrM | Theo Whitehead, 12, Des Moines, IA | 1:40:37 | 10:04 |
| 265 | 17 | W50 | Amy Harris, 51*, Des Moines, IA | 1:40:47 | 10:05 |
| 266 | 29 | M50 | John Moran, 59, Story City, IA | 1:41:11 | 10:07 |
| 267 | 32 | W40 | Stephanie Wignall, 46*, Ankeny, IA | 1:41:23 | 10:08 |
| 268 | 33 | W40 | Kari Anderson, 42*, Johnston, IA | 1:41:24 | 10:08 |
| 269 | 34 | W40 | Laura Bidinger, 47*, West Des Moines, IA | 1:41:37 | 10:10 |
| 270 | 35 | W40 | Vicki Born, 49*, Norwalk, IA | 1:41:49 | 10:11 |
| 271 | 42 | W30 | Jessica Thorne, 34*, Norwalk, IA | 1:41:50 | 10:11 |
| 272 | 30 | M50 | Lloyd Vanderkwaak, 59, Johnston, IA | 1:41:55 | 10:11 |
| 273 | 22 | W20 | Ashley Saunders, 27*, West Des Moines, IA | 1:42:03 | 10:12 |
| 274 | 18 | W50 | Laurie Wirtz, 55*, Waukee, IA | 1:42:04 | 10:12 |
| 275 | 43 | W30 | Rachael Bigg, 30*, Altoona, IA | 1:42:13 | 10:13 |
| 276 | 44 | W30 | Rosemary Perez, 39*, Ames, IA | 1:42:25 | 10:14 |
| 277 | 23 | W20 | Rachel Duffield, 25*, Des Moines, IA | 1:42:39 | 10:16 |
| 278 | 19 | W50 | Deb Fritz, 57*, Des Moines, IA | 1:43:10 | 10:19 |
| 279 | 45 | W30 | Melinda Urick, 39*, Urbandale, IA | 1:43:16 | 10:20 |
| 280 | 6 | M60 | Robert Zagar, 60, Des Moines, IA | 1:43:19 | 10:20 |
| 281 | 7 | M60 | Larry Farrell, 69, Des Moines, IA | 1:43:24 | 10:20 |
| 282 | 24 | W20 | Emily Woiwood, 28*, West Des Moines, IA | 1:43:51 | 10:23 |
| 283 | 20 | W50 | Natalie Welter, 58*, Story City, IA | 1:44:07 | 10:25 |
| 284 | 25 | W20 | Alison Wengryn, 29*, Des Moines, IA | 1:44:43 | 10:28 |
| 285 | 46 | W30 | Tara Bogner, 36*, West Des Moines, IA | 1:44:48 | 10:29 |
| 286 | 47 | W30 | Melanie Mueller, 38*, Des Moines, IA | 1:45:05 | 10:30 |
| 287 | 21 | W50 | Shelly Weatherby, 55*, West Des Moines, IA | 1:45:05 | 10:30 |
| 288 | 36 | W40 | Angie Doyle Scar, 45*, Des Moines, IA | 1:45:12 | 10:31 |
| 289 | 37 | W40 | Gretchen Hageman, 41*, Marshalltown, IA | 1:45:13 | 10:31 |
| 290 | 48 | W30 | Beth Jones, 39*, West Des Moines, IA | 1:45:13 | 10:31 |
| 291 | 38 | W40 | Jill Hill, 42*, West Des Moines, IA | 1:45:42 | 10:34 |
| 292 | 22 | W50 | Leslie Bramwell, 52*, West Des Moines, IA | 1:45:42 | 10:34 |
| 293 | 49 | W30 | Kate Sherer, 33*, Des Moines, IA | 1:46:53 | 10:41 |
| 294 | 1 | M70 | Roger Kimball, 76, Grimes, IA | 1:47:46 | 10:47 |
| 295 | 50 | W30 | Katie Stephens, 33*, Winterset, IA | 1:48:22 | 10:50 |
| 296 | 51 | W30 | Allisha Kent, 36*, Waukee, IA | 1:48:42 | 10:52 |
| 297 | 39 | W40 | Susan Haris, 42*, West Des Moines, IA | 1:48:54 | 10:53 |
| 298 | 8 | M60 | Duane Osmun, 68, Creston, IA | 1:48:58 | 10:54 |
| 299 | 23 | W50 | Carlyn Crowe, 51*, Des Moines, IA | 1:49:02 | 10:54 |
| 300 | 40 | W40 | Stacey Enloe, 40*, Waukee, IA | 1:49:08 | 10:55 |
| 301 | 41 | W40 | Misty Hade, 41*, Ankeny, IA | 1:49:08 | 10:55 |
| 302 | 52 | W30 | Erin Whitehead, 36*, Mount Vernon, IA | 1:49:10 | 10:55 |

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| 303 | 42 | W40 | Julie Hahn, 45*, Des Moines, IA | 1:50:58 | 11:06 |
| 304 | 9 | M60 | David Gaulke, 64, Indianola, IA | 1:51:28 | 11:09 |
| 305 | 43 | W40 | Sally Overton, 46*, Des Moines, IA | 1:51:45 | 11:10 |
| 306 | 53 | W30 | Talene McCullough, 39*, Altoona, IA | 1:51:50 | 11:11 |
| 307 | 24 | W50 | Suellen Overton, 54*, Waukee, IA | 1:52:23 | 11:14 |
| 308 | 44 | W40 | Lynette Morano, 40*, Norwalk, IA | 1:52:31 | 11:15 |
| 309 | 45 | W40 | Michelle Becker, 45*, Adel, IA | 1:52:33 | 11:15 |
| 310 | 46 | W40 | Stephanie McFarland, 46*, Des Moines, IA | 1:53:03 | 11:18 |
| 311 | 54 | W30 | Sarah Copple, 37*, Norwalk, IA | 1:53:14 | 11:19 |
| 312 | 55 | W30 | April Fleischman, 37*, West Des Moines, IA | 1:53:31 | 11:21 |
| 313 | 7 | W60 | Gail Stelmacher, 62*, West Des Moines, IA | 1:53:50 | 11:23 |
| 314 | 56 | W30 | Angela Becker, 34*, Des Moines, IA | 1:54:08 | 11:25 |

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| 315 | 47 | W40 | Amy Ann Pearson, 46*, Des Moines, IA | 1:54:10 | 11:25 |
| 316 | 48 | W40 | Kimberly Majors, 48*, Ankeny, IA | 1:54:14 | 11:25 |
| 317 | 57 | W30 | Candice Fantauzzi, 32*, Des Moines, IA | 1:54:37 | 11:28 |
| 318 | 10 | M60 | Dennis Howard, 62, Des Moines, IA | 1:55:11 | 11:31 |
| 319 | 43 | M40 | Kyle Brown, 41, Des Moines, IA | 1:57:21 | 11:44 |
| 320 | 8 | W60 | Karen Kennedy, 61*, West Des Moines, IA | 1:58:25 | 11:50 |
| 321 | 26 | W20 | Ashley Miller, 28*, Clear Lake, IA | 1:58:35 | 11:51 |
| 322 | 58 | W30 | Simonne Stricker, 33*, West Des Moines, IA | 1:59:11 | 11:55 |
| 323 | 27 | W20 | Jessica Wear, 29*, Waukee, IA | 1:59:11 | 11:55 |

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| 324 | 44 | M40 | Joel Wilkins, 40, Bedford, TX | 2:00:46 | 12:05 |
| 325 | 49 | W40 | Erika Eckley, 42*, Carlisle, IA | 2:00:47 | 12:05 |
| 326 | 11 | M60 | Mark Hacker, 62, Des Moines, IA | 2:02:17 | 12:14 |
| 327 | 25 | W50 | Susan Bilk, 58*, West Des Moines, IA | 2:02:28 | 12:15 |
| 328 | 50 | W40 | Jodi Selby, 48*, Adel, IA | 2:04:49 | 12:29 |
| 329 | 59 | W30 | Mia Anania, 38*, Clive, IA | 2:06:49 | 12:41 |
| 330 | 26 | W50 | Jane Bredbeck, 56*, Fort Lauderdale, FL | 2:06:50 | 12:41 |

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| 331 | 27 | W50 | Lucy Riggins, 55*, Des Moines, IA | 2:10:10 | 13:01 |
| 332 | 12 | M60 | John Fries, 61, Urbandale, IA | 2:12:58 | 13:18 |
| 333 | 51 | W40 | Tramelle Chandler, 49*, Norwalk, IA | 2:17:38 | 13:46 |

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| 334 | 28 | W50 | Marcia Morales, 52*, Des Moines, IA | 2:27:09 | 14:43 |
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* indicates females

7 finishers among Males (no age given)

2 finishers among Men Under 20

18 finishers among Men 20 - 29

45 finishers among Men 30 - 39

44 finishers among Men 40 - 49

30 finishers among Men 50 - 59

12 finishers among Men 60 - 69

1 finishers among Men 70 & Up

1 finishers among Women Under 20

27 finishers among Women 20 - 29

59 finishers among Women 30 - 39

51 finishers among Women 40 - 49

28 finishers among Women 50 - 59

8 finishers among Women 60 - 69

1 finishers among Females (no age given)

159 male finishers

175 female finishers

334 total finishers

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