



Emerald Run 5K
March 16, 2024
Wapsipinicon State Park
Anamosa, Iowa

51 Degrees
Sunny & Windy



#	First Name	Last Name	Gender	Age	City	State	Final Result	Pace
Overall Male								
1	Jack	Stecher	M	17	Central City	IA	00:19:07.71	06:09 /mi
2	Sylis	McGee	M	14	Tipton	IA	00:19:49.37	06:22 /mi
3	Jeff	Niertert	M	63	Toddville	IA	00:21:10.19	06:48 /mi
4	Cooper	Ross	M	14	Solon	IA	00:22:31.18	07:15 /mi
5	Max	Krapfl-Viner	M	12	Iowa City	IA	00:22:55.20	07:22 /mi
6	Cole	Moeller	M	25	Lowden	IA	00:23:25.91	07:32 /mi
7	Benjamin	Nordby	M	46	Amana	IA	00:23:32.85	07:34 /mi
8	Chase	Ross	M	13	Solon	IA	00:24:03.70	07:44 /mi
9	Jesse	Mitchell	M	58	Cedar Rapids	IA	00:24:09.45	07:46 /mi
10	Zach	Adams	M	43	Solon	IA	00:25:05.73	08:04 /mi
11	Bret	Musser	M	42	Tipton	IA	00:25:16.58	08:08 /mi
12	Dennis	Holland	M	49	Anamosa	IA	00:26:13.54	08:26 /mi
13	Jax	Hamilton	M	14	Tipton	IA	00:26:36.84	08:34 /mi
14	Langston	Ehlers	M	14	Tipton	IA	00:26:59.41	08:41 /mi
15	Daniel	Bailey	M	61	Cedar Rapids	IA	00:27:36.63	08:53 /mi
16	Matthew	Rubner	M	43	Springville	IA	00:27:37.40	08:53 /mi
17	Cruz	Vega	M	10	Martelle	IA	00:27:59.66	09:00 /mi
18	Dave	DeWitte	M	67	Anamosa	IA	00:28:09.25	09:03 /mi
19	Mark	Weldon	M	60	Mount Vernon	IA	00:28:32.28	09:11 /mi
20	Caleb	Schewe	M	38	Monticello	IA	00:28:35.50	09:12 /mi
21	Blaine	Smith	M	31	Anamosa	IA	00:28:37.01	09:12 /mi
22	Justin	Harken	M	39	Cedar Rapids	IA	00:29:06.62	09:22 /mi
23	Robert	Wesseln	M	30	Monticello	IA	00:29:10.77	09:23 /mi
24	Mike	Telsrow	M	37	Tipton	IA	00:30:45.79	09:54 /mi
25	Landon	Lewis	M	11	Cedar Rapids	IA	00:30:53.48	09:56 /mi
26	Dan	Carolin	M	59	Cedar Rapids	IA	00:31:15.52	10:03 /mi
27	Jay	Belding	M	25	Anamosa	IA	00:31:16.62	10:04 /mi
28	Jack	Wolf	M	21	Solon	IA	00:32:30.74	10:27 /mi
29	Dillon	Wiegel	M	31	Martelle	IA	00:34:20.80	11:03 /mi
30	Brandon	Kent	M	37	Anamosa	IA	00:34:44.00	11:10 /mi
31	Chris	Talcott	M	44	Marion	IA	00:35:28.35	11:25 /mi
32	Luke	Feldermann	M	45	Lisbon	IA	00:35:49.59	11:31 /mi
33	Jar	Decker	M	11	Manchester	IA	00:35:50.83	11:32 /mi
34	Jason	Riley	M	39	Independence	IA	00:36:32.68	11:45 /mi
35	Nick	Ross	M	41	Solon	IA	00:36:44.68	11:49 /mi
36	Art	Millikin	M	71	Hedrick	IA	00:36:59.25	11:54 /mi
37	Dustin	Bentley	M	40	Cedar Rapids	IA	00:37:56.07	12:12 /mi
38	Colin	Ryan	M	46	Monticello	IA	00:38:41.50	12:27 /mi
39	Jacob	Miller	M	31	Cedar Rapids	IA	00:38:56.00	12:31 /mi
40	Gage	Decker	M	12	Manchester	IA	00:41:04.65	13:13 /mi
41	Sean	Williams	M	50	Springville	IA	00:41:57.58	13:30 /mi
42	Dakota	Ash	M	30	Monticello	IA	00:50:54.71	16:23 /mi
43	Travis	Timm	M	32	Anamosa	IA	00:50:57.44	16:24 /mi
44	Philip	Hackbart	M	74	Marion	IA	00:52:38.54	16:56 /mi
45	Justin	Walker	M	31	Martelle	IA	00:53:55.75	17:21 /mi
46	Nicky	Ryan	M	8	Monticello	IA	00:55:33.31	17:52 /mi
Overall Female								
1	Jaqueline	Astor	F	35	Anamosa	IA	00:23:35.03	07:35 /mi
2	Anne	Weber	F	45	Coralville	IA	00:24:13.04	07:47 /mi
3	Jamie	Weiss	F	36	Ely	IA	00:24:37.52	07:55 /mi
4	Andrea	Joyner	F	49	Marion	IA	00:24:38.81	07:55 /mi
5	Rae Lynn	Lamparek	F	52	Swisher	IA	00:24:43.26	07:57 /mi
6	Amber	Holland	F	46	Anamosa	IA	00:25:27.81	08:12 /mi
7	Amanda	Babcock	F	36	North Liberty	IA	00:25:51.72	08:19 /mi
8	Sarah	Schewe	F	40	Monticello	IA	00:26:42.63	08:36 /mi
9	Nicole	Hanson	F	39	Cedar Rapids	IA	00:27:33.55	08:52 /mi
10	Lorena	Puga	F	56	Marion	IA	00:27:49.42	08:57 /mi
11	Cassie	Doolady	F	33	Mount Vernon	IA	00:27:52.94	08:58 /mi
12	Audrey	Fort	F	15	Center Junction	IA	00:28:10.35	09:04 /mi
13	Ava	Remley	F	15	Anamosa	IA	00:28:10.55	09:04 /mi
14	Angie	Maske-Berka	F	44	Iowa City	IA	00:28:15.99	09:06 /mi
15	Rachel	Schewe	F	10	Monticello	IA	00:28:35.12	09:12 /mi
16	Andrea	Palmer	F	38	Cedar Rapids	IA	00:28:51.61	09:17 /mi

17	Catherine	Dyson	F	35	Cedar Rapids	IA	00:29:15.28	09:25 /mi
18	Candice	Dietz	F	41	Toddville	IA	00:29:33.98	09:31 /mi
19	Alanna	Huber	F	47	Palo	IA	00:29:58.31	09:39 /mi
20	Jami	Wolf	F	49	Solon	IA	00:30:03.26	09:40 /mi
21	Marcia	Main	F	58	Independence	IA	00:30:08.99	09:42 /mi
22	Andrea	Lewis	F	37	Cedar Rapids	IA	00:30:51.86	09:55 /mi
23	Carol	Thumma	F	55	Coggon	IA	00:31:01.62	09:59 /mi
24	Ashley	Peska	F	36	Springville	IA	00:31:30.26	10:08 /mi
25	Kristin	Ries	F	38	Anamosa	IA	00:31:30.33	10:08 /mi
26	Payton	Timmerman	F	28	New Liberty	IA	00:32:25.23	10:25 /mi
27	Jen	Biewen	F	45	Cedar Rapids	IA	00:32:33.97	10:28 /mi
28	Lisa	Stejskal	F	42	Anamosa	IA	00:32:43.54	10:31 /mi
29	Sophia	Chamberlain	F	42	Cedar Rapids	IA	00:32:44.29	10:32 /mi
30	Emily	Flowergarden	F	45	Cedar Rapids	IA	00:32:52.06	10:34 /mi
31	Sheri	Strathman	F	55	Bellevue	IA	00:32:58.55	10:36 /mi
32	Heidi	Hall	F	36	Monticello	IA	00:33:04.65	10:39 /mi
33	Brenda	Kalous	F	52	Fairfax	IA	00:33:22.15	10:44 /mi
34	Charlotte	Smith	F	3	Anamosa	IA	00:33:42.00	10:51 /mi
35	Melissa	Williams	F	45	Springville	IA	00:33:42.13	10:51 /mi
36	Megan	Twachtmann	F	36	Marion	IA	00:34:46.17	11:11 /mi
37	Maddie	Wolke	F	27	Cedar Rapids	IA	00:34:57.94	11:15 /mi
38	Michelle	Clark	F	51	Coralville	IA	00:35:06.12	11:18 /mi
39	Danielle	Powell	F	39	Cedar Rapids	IA	00:35:14.38	11:20 /mi
40	Casey	Voss	F	45	Anamosa	IA	00:35:22.37	11:22 /mi
41	Holly	Spreeman	F	42	Cedar Rapids	IA	00:35:28.29	11:25 /mi
42	Jillian	Thompson	F	24	Hopkinton	IA	00:35:31.40	11:25 /mi
43	Kelley	Aldrich	F	49	Cedar Rapids	IA	00:35:37.12	11:27 /mi
44	Lindsay	Lansberry	F	37	Hills	IA	00:35:39.67	11:28 /mi
45	Melissa	Eversmeyer	F	35	Clinton	IA	00:36:00.12	11:35 /mi
46	Kelli	Ruther	F	36	Lowden	IA	00:36:04.02	11:36 /mi
47	Amanda	Wendling	F	39	Marion	IA	00:36:09.88	11:38 /mi
48	Amy	Larkin	F	48	Coralville	IA	00:36:44.56	11:49 /mi
49	Ashley	Grimm	F	42	Independence	IA	00:37:39.48	12:07 /mi
50	Amy	Stecher	F	48	Central City	IA	00:38:20.91	12:20 /mi
51	Stephanie	Kaftan	F	43	Wyoming	IA	00:38:31.03	12:24 /mi
52	Rachelle	MCDonald	F	27	Tama	IA	00:38:31.09	12:24 /mi
53	Susan	Reinier	F	46	Cedar Rapids	IA	00:39:02.66	12:34 /mi
54	Stephanie	Musser	F	39	Tipton	IA	00:39:08.82	12:36 /mi
55	Meagan	Fields-Behrle	F	29	Lost Nation	IA	00:40:38.44	13:04 /mi
56	Brandy	Baxter	F	47	Cedar Rapids	IA	00:40:50.80	13:09 /mi
57	Gianna	Decker	F	12	Manchester	IA	00:41:02.32	13:12 /mi
58	Julie	Horne	F	54	Cedar Rapids	IA	00:42:49.03	13:46 /mi
59	Brittany	Wesseln	F	33	Monticello	IA	00:43:46.95	14:05 /mi
60	Molly	Deutmeyer	F	28	Anamosa	IA	00:44:06.47	14:12 /mi
61	Amanda	Kelchen	F	31	Anamosa	IA	00:44:24.84	14:17 /mi
62	Karissa	Beranek-Trinkle	F	31	Anamosa	IA	00:44:26.35	14:18 /mi
63	Jen	Carrillo	F	43	Cedar Rapids	IA	00:44:29.46	14:19 /mi
64	Camryn	Bunge	F	25	Monmouth	IA	00:44:30.80	14:19 /mi
65	Niki	Bunge	F	52	Mechanicsville	IA	00:45:26.89	14:37 /mi
66	Elizabeth	McCormick	F	39	Calamus	IA	00:45:56.28	14:47 /mi
67	Sara	Sievert	F	45	Anamosa	IA	00:46:21.77	14:55 /mi
68	Amanda	Ruggles	F	41	Anamosa	IA	00:46:22.48	14:55 /mi
69	Dusty	Dryden	F	40	Manchester	IA	00:46:23.05	14:55 /mi
70	Lorelei	Hackbardt	F	72	Marion	IA	00:46:52.45	15:05 /mi
71	Lea-Anne	Schaaf	F	42	Anamosa	IA	00:49:44.57	16:00 /mi
72	Brittni	Timm	F	32	Anamosa	IA	00:50:56.18	16:23 /mi
73	Mallory	Ash	F	34	Monticello	IA	00:50:56.19	16:23 /mi
74	Casey	McGuire	F	42	Cedar Rapids	IA	00:53:25.23	17:11 /mi
75	Mendi	Schmelzel	F	42	Iowa City	IA	00:53:25.65	17:12 /mi
76	Grayce	Endres	F	31	North Liberty	IA	00:53:25.92	17:12 /mi
77	Jamie	Bowman	F	38	North Liberty	IA	00:53:31.70	17:13 /mi
78	Sydney	Bean	F	34	Toddville	IA	00:53:31.96	17:13 /mi
79	Regina	Roling	F	34	Preston	IA	00:53:48.34	17:19 /mi
80	Tara	Manderscheid	F	40	Marion	IA	00:53:50.39	17:19 /mi
81	Breanne	Davis	F	36	Marion	IA	00:53:52.19	17:20 /mi
82	Stephanie	Muters	F	36	Marion	IA	00:53:53.27	17:20 /mi
83	Ellie	Keuter	F	31	Brighton	MA	00:53:57.66	17:22 /mi
84	Laura	Walker	F	28	Cedar Rapids	IA	00:54:01.51	17:23 /mi
85	Samantha	Wacker	F	36	Center Junction	IA	00:54:44.80	17:37 /mi
86	Kim	Johnson	F	39	Monticello	IA	00:55:08.01	17:44 /mi
87	Kelsea	Holton	F	31	Hills	IA	00:55:10.45	17:45 /mi
88	Kelly	Youse	F	45	Monticello	IA	00:55:12.13	17:46 /mi

89	Aisling	Ryan	F	11	Monticello	IA	00:55:19.87	17:48 /mi
90	Lindsay	Ryan	F	39	Monticello	IA	00:55:38.04	17:54 /mi
91	Sarah	Lagunes-Kraus	F	37	Monticello	IA	00:56:24.00	18:09 /mi
92	Shawna	Giegerich	F	34	Anamosa	IA	00:56:24.31	18:09 /mi
93	Carolyn	Turnis	F	57	Hopkinton	IA	00:57:17.99	18:26 /mi
94	Natasha	Heick	F	32	West Branch	IA	00:57:18.92	18:27 /mi
95	Rebecca	Rohwedder	F	24	Olin	IA	00:57:33.14	18:31 /mi
96	Brenna	Oberbreckling	F	29	Anamosa	IA	00:57:33.32	18:31 /mi
97	Melissa	Paulsen	F	36	Anamosa	IA	00:57:33.37	18:31 /mi
98	Stefanie	Hamilton	F	55	North English	IA	00:59:42.24	19:13 /mi
99	Jessica	Miller	F	39	Riverside	IA	01:02:50.00	20:13 /mi
100	Nowya	Rickels	F	65	Anamosa	IA	01:02:50.84	20:13 /mi
Male 19U								
1	Jack	Stecher	M	17	Central City	IA	00:19:07.71	06:09 /mi
2	Sylis	McGee	M	14	Tipton	IA	00:19:49.37	06:22 /mi
3	Cooper	Ross	M	14	Solon	IA	00:22:31.18	07:15 /mi
4	Max	Krapfl-Viner	M	12	Iowa City	IA	00:22:55.20	07:22 /mi
5	Chase	Ross	M	13	Solon	IA	00:24:03.70	07:44 /mi
6	Jax	Hamilton	M	14	Tipton	IA	00:26:36.84	08:34 /mi
7	Langston	Ehlers	M	14	Tipton	IA	00:26:59.41	08:41 /mi
8	Cruz	Vega	M	10	Martelle	IA	00:27:59.66	09:00 /mi
9	Landon	Lewis	M	11	Cedar Rapids	IA	00:30:53.48	09:56 /mi
10	Jar	Decker	M	11	Manchester	IA	00:35:50.83	11:32 /mi
11	Gage	Decker	M	12	Manchester	IA	00:41:04.65	13:13 /mi
12	Nicky	Ryan	M	8	Monticello	IA	00:55:33.31	17:52 /mi
Female 19U								
1	Audrey	Fort	F	15	Center Junction	IA	00:28:10.35	09:04 /mi
2	Ava	Remley	F	15	Anamosa	IA	00:28:10.55	09:04 /mi
3	Rachel	Schewe	F	10	Monticello	IA	00:28:35.12	09:12 /mi
4	Charlotte	Smith	F	3	Anamosa	IA	00:33:42.00	10:51 /mi
5	Gianna	Decker	F	12	Manchester	IA	00:41:02.32	13:12 /mi
6	Aisling	Ryan	F	11	Monticello	IA	00:55:19.87	17:48 /mi
Male 20-29								
1	Cole	Moeller	M	25	Lowden	IA	00:23:25.91	07:32 /mi
2	Jay	Belding	M	25	Anamosa	IA	00:31:16.62	10:04 /mi
3	Jack	Wolf	M	21	Solon	IA	00:32:30.74	10:27 /mi
Female 20-29								
1	Payton	Timmerman	F	28	New Liberty	IA	00:32:25.23	10:25 /mi
2	Maddie	Wolke	F	27	Cedar Rapids	IA	00:34:57.94	11:15 /mi
3	Jillian	Thompson	F	24	Hopkinton	IA	00:35:31.40	11:25 /mi
4	Rachelle	MCDonald	F	27	Tama	IA	00:38:31.09	12:24 /mi
5	Meagan	Fields-Behrle	F	29	Lost Nation	IA	00:40:38.44	13:04 /mi
6	Molly	Deutmeyer	F	28	Anamosa	IA	00:44:06.47	14:12 /mi
7	Camryn	Bunge	F	25	Monmouth	IA	00:44:30.80	14:19 /mi
8	Laura	Walker	F	28	Cedar Rapids	IA	00:54:01.51	17:23 /mi
9	Rebecca	Rohwedder	F	24	Olin	IA	00:57:33.14	18:31 /mi
10	Brenna	Oberbreckling	F	29	Anamosa	IA	00:57:33.32	18:31 /mi
Male 30-39								
1	Caleb	Schewe	M	38	Monticello	IA	00:28:35.50	09:12 /mi
2	Blaine	Smith	M	31	Anamosa	IA	00:28:37.01	09:12 /mi
3	Justin	Harken	M	39	Cedar Rapids	IA	00:29:06.62	09:22 /mi
4	Robert	Wesseln	M	30	Monticello	IA	00:29:10.77	09:23 /mi
5	Mike	Telsrow	M	37	Tipton	IA	00:30:45.79	09:54 /mi
6	Dillon	Wiegel	M	31	Martelle	IA	00:34:20.80	11:03 /mi
7	Brandon	Kent	M	37	Anamosa	IA	00:34:44.00	11:10 /mi
8	Jason	Riley	M	39	Independence	IA	00:36:32.68	11:45 /mi
9	Jacob	Miller	M	31	Cedar Rapids	IA	00:38:56.00	12:31 /mi
10	Dakota	Ash	M	30	Monticello	IA	00:50:54.71	16:23 /mi
11	Travis	Timm	M	32	Anamosa	IA	00:50:57.44	16:24 /mi
12	Justin	Walker	M	31	Martelle	IA	00:53:55.75	17:21 /mi
Female 30-39								
1	Jaqueline	Astor	F	35	Anamosa	IA	00:23:35.03	07:35 /mi
2	Jamie	Weiss	F	36	Ely	IA	00:24:37.52	07:55 /mi
3	Amanda	Babcock	F	36	North Liberty	IA	00:25:51.72	08:19 /mi
4	Nicole	Hanson	F	39	Cedar Rapids	IA	00:27:33.55	08:52 /mi
5	Cassie	Doolady	F	33	Mount Vernon	IA	00:27:52.94	08:58 /mi

6	Andrea	Palmer	F	38	Cedar Rapids	IA	00:28:51.61	09:17 /mi
7	Catherine	Dyson	F	35	Cedar Rapids	IA	00:29:15.28	09:25 /mi
8	Andrea	Lewis	F	37	Cedar Rapids	IA	00:30:51.86	09:55 /mi
9	Ashley	Peska	F	36	Springville	IA	00:31:30.26	10:08 /mi
10	Kristin	Ries	F	38	Anamosa	IA	00:31:30.33	10:08 /mi
11	Heidi	Hall	F	36	Monticello	IA	00:33:04.65	10:39 /mi
12	Megan	Twachtmann	F	36	Marion	IA	00:34:46.17	11:11 /mi
13	Danielle	Powell	F	39	Cedar Rapids	IA	00:35:14.38	11:20 /mi
14	Lindsay	Lansberry	F	37	Hills	IA	00:35:39.67	11:28 /mi
15	Melissa	Eversmeyer	F	35	Clinton	IA	00:36:00.12	11:35 /mi
16	Kelli	Ruther	F	36	Lowden	IA	00:36:04.02	11:36 /mi
17	Amanda	Wendling	F	39	Marion	IA	00:36:09.88	11:38 /mi
18	Stephanie	Musser	F	39	Tipton	IA	00:39:08.82	12:36 /mi
19	Brittany	Wesseln	F	33	Monticello	IA	00:43:46.95	14:05 /mi
20	Amanda	Kelchen	F	31	Anamosa	IA	00:44:24.84	14:17 /mi
21	Karissa	Beranek-Trinkle	F	31	Anamosa	IA	00:44:26.35	14:18 /mi
22	Elizabeth	McCormick	F	39	Calamus	IA	00:45:56.28	14:47 /mi
23	Brittini	Timm	F	32	Anamosa	IA	00:50:56.18	16:23 /mi
24	Mallory	Ash	F	34	Monticello	IA	00:50:56.19	16:23 /mi
25	Grayce	Endres	F	31	North Liberty	IA	00:53:25.92	17:12 /mi
26	Jamie	Bowman	F	38	North Liberty	IA	00:53:31.70	17:13 /mi
27	Sydney	Bean	F	34	Toddville	IA	00:53:31.96	17:13 /mi
28	Regina	Roling	F	34	Preston	IA	00:53:48.34	17:19 /mi
29	Breanne	Davis	F	36	Marion	IA	00:53:52.19	17:20 /mi
30	Stephanie	Muters	F	36	Marion	IA	00:53:53.27	17:20 /mi
31	Ellie	Keuter	F	31	Brighton	MA	00:53:57.66	17:22 /mi
32	Samantha	Wacker	F	36	Center Junction	IA	00:54:44.80	17:37 /mi
33	Kim	Johnson	F	39	Monticello	IA	00:55:08.01	17:44 /mi
34	Kelsea	Holton	F	31	Hills	IA	00:55:10.45	17:45 /mi
35	Lindsay	Ryan	F	39	Monticello	IA	00:55:38.04	17:54 /mi
36	Sarah	Lagunes-Kraus	F	37	Monticello	IA	00:56:24.00	18:09 /mi
37	Shawna	Giegerich	F	34	Anamosa	IA	00:56:24.31	18:09 /mi
38	Natasha	Heick	F	32	West Branch	IA	00:57:18.92	18:27 /mi
39	Melissa	Paulsen	F	36	Anamosa	IA	00:57:33.37	18:31 /mi
40	Jessica	Miller	F	39	Riverside	IA	01:02:50.00	20:13 /mi
Male 40-49								
1	Benjamin	Nordby	M	46	Amana	IA	00:23:32.85	07:34 /mi
2	Zach	Adams	M	43	Solon	IA	00:25:05.73	08:04 /mi
3	Bret	Musser	M	42	Tipton	IA	00:25:16.58	08:08 /mi
4	Dennis	Holland	M	49	Anamosa	IA	00:26:13.54	08:26 /mi
5	Matthew	Rubner	M	43	Springville	IA	00:27:37.40	08:53 /mi
6	Chris	Talcott	M	44	Marion	IA	00:35:28.35	11:25 /mi
7	Luke	Feldermann	M	45	Lisbon	IA	00:35:49.59	11:31 /mi
8	Nick	Ross	M	41	Solon	IA	00:36:44.68	11:49 /mi
9	Dustin	Bentley	M	40	Cedar Rapids	IA	00:37:56.07	12:12 /mi
10	Colin	Ryan	M	46	Monticello	IA	00:38:41.50	12:27 /mi
Female 40-49								
1	Anne	Weber	F	45	Coralville	IA	00:24:13.04	07:47 /mi
2	Andrea	Joyner	F	49	Marion	IA	00:24:38.81	07:55 /mi
3	Amber	Holland	F	46	Anamosa	IA	00:25:27.81	08:12 /mi
4	Sarah	Schewe	F	40	Monticello	IA	00:26:42.63	08:36 /mi
5	Angie	Maske-Berka	F	44	Iowa City	IA	00:28:15.99	09:06 /mi
6	Candice	Dietz	F	41	Toddville	IA	00:29:33.98	09:31 /mi
7	Alanna	Huber	F	47	Palo	IA	00:29:58.31	09:39 /mi
8	Jami	Wolf	F	49	Solon	IA	00:30:03.26	09:40 /mi
9	Jen	Biewen	F	45	Cedar Rapids	IA	00:32:33.97	10:28 /mi
10	Lisa	Stejskal	F	42	Anamosa	IA	00:32:43.54	10:31 /mi
11	Sophia	Chamberlain	F	42	Cedar Rapids	IA	00:32:44.29	10:32 /mi
12	Emily	Flowergarden	F	45	Cedar Rapids	IA	00:32:52.06	10:34 /mi
13	Melissa	Williams	F	45	Springville	IA	00:33:42.13	10:51 /mi
14	Casey	Voss	F	45	Anamosa	IA	00:35:22.37	11:22 /mi
15	Holly	Spreeman	F	42	Cedar Rapids	IA	00:35:28.29	11:25 /mi
16	Kelley	Aldrich	F	49	Cedar Rapids	IA	00:35:37.12	11:27 /mi
17	Amy	Larkin	F	48	Coralville	IA	00:36:44.56	11:49 /mi
18	Ashley	Grimm	F	42	Independence	IA	00:37:39.48	12:07 /mi
19	Amy	Stecher	F	48	Central City	IA	00:38:20.91	12:20 /mi
20	Stephanie	Kaftan	F	43	Wyoming	IA	00:38:31.03	12:24 /mi
21	Susan	Reinier	F	46	Cedar Rapids	IA	00:39:02.66	12:34 /mi
22	Brandy	Baxter	F	47	Cedar Rapids	IA	00:40:50.80	13:09 /mi
23	Jen	Carrillo	F	43	Cedar Rapids	IA	00:44:29.46	14:19 /mi

24	Sara	Sievert	F	45	Anamosa	IA	00:46:21.77	14:55 /mi
25	Amanda	Ruggles	F	41	Anamosa	IA	00:46:22.48	14:55 /mi
26	Dusty	Dryden	F	40	Manchester	IA	00:46:23.05	14:55 /mi
27	Lea-Anne	Schaaf	F	42	Anamosa	IA	00:49:44.57	16:00 /mi
28	Casey	McGuire	F	42	Cedar Rapids	IA	00:53:25.23	17:11 /mi
29	Mendi	Schmelzel	F	42	Iowa City	IA	00:53:25.65	17:12 /mi
30	Tara	Manderscheid	F	40	Marion	IA	00:53:50.39	17:19 /mi
31	Kelly	Youse	F	45	Monticello	IA	00:55:12.13	17:46 /mi
Male 50-59								
1	Jesse	Mitchell	M	58	Cedar Rapids	IA	00:24:09.45	07:46 /mi
2	Dan	Carolin	M	59	Cedar Rapids	IA	00:31:15.52	10:03 /mi
3	Sean	Williams	M	50	Springville	IA	00:41:57.58	13:30 /mi
Female 50-59								
1	Rae Lynn	Lamparek	F	52	Swisher	IA	00:24:43.26	07:57 /mi
2	Lorena	Puga	F	56	Marion	IA	00:27:49.42	08:57 /mi
3	Marcia	Main	F	58	Independence	IA	00:30:08.99	09:42 /mi
4	Carol	Thumma	F	55	Coggon	IA	00:31:01.62	09:59 /mi
5	Sheri	Strathman	F	55	Bellevue	IA	00:32:58.55	10:36 /mi
6	Brenda	Kalous	F	52	Fairfax	IA	00:33:22.15	10:44 /mi
7	Michelle	Clark	F	51	Coralville	IA	00:35:06.12	11:18 /mi
8	Julie	Horne	F	54	Cedar Rapids	IA	00:42:49.03	13:46 /mi
9	Niki	Bunge	F	52	Mechanicsville	IA	00:45:26.89	14:37 /mi
10	Carolyn	Turnis	F	57	Hopkinton	IA	00:57:17.99	18:26 /mi
11	Stefanie	Hamilton	F	55	North English	IA	00:59:42.24	19:13 /mi
Male 60+								
1	Jeff	Niertert	M	63	Toddville	IA	00:21:10.19	06:48 /mi
2	Daniel	Bailey	M	61	Cedar Rapids	IA	00:27:36.63	08:53 /mi
3	Dave	DeWitte	M	67	Anamosa	IA	00:28:09.25	09:03 /mi
4	Mark	Weldon	M	60	Mount Vernon	IA	00:28:32.28	09:11 /mi
5	Art	Millikin	M	71	Hedrick	IA	00:36:59.25	11:54 /mi
6	Philip	Hackbardt	M	74	Marion	IA	00:52:38.54	16:56 /mi
Female 60+								
1	Lorelei	Hackbardt	F	72	Marion	IA	00:46:52.45	15:05 /mi
2	Nowya	Rickels	F	65	Anamosa	IA	01:02:50.84	20:13 /mi