



Iowa National Guard 10K Trench Run  
 August 11, 2024  
 Camp Dodge  
 Johnston, Iowa

67 Degrees  
 Sunny



#	First Name	Last Name	Gender	Age	City	State	Chip Result	Gun Result	Pace
<b>Overall Male</b>									
1	Jonathon	Flaws	M	23	Carlisle	IA	00:44:28.54	00:44:31.01	07:09 /mi
2	Christopher	Sinnett	M	38	Ankeny	IA	00:46:03.37	00:46:06.00	07:25 /mi
3	Keagan	Hennessey	M	19	Orchard	IA	00:46:08.22	00:46:11.24	07:25 /mi
4	Bruce	Huckfeldt	M	44	Waukee	IA	00:46:33.83	00:46:36.83	07:30 /mi
5	Neal	Pinter	M	18	Denver	IA	00:46:48.57	00:46:52.04	07:32 /mi
6	Evan	Timmerman	M	18	Nodaway	IA	00:47:02.78	00:47:06.20	07:34 /mi
7	Luke	Higgins	M	36	Conrad	IA	00:48:50.33	00:49:13.61	07:55 /mi
8	Eric	Tolle	M	32	Pleasant Hill	IA	00:49:41.60	00:49:44.31	08:00 /mi
9	Josef	Lemker	M	20	Cedar Rapids	IA	00:50:40.45	00:50:45.97	08:10 /mi
10	Terry	KRUSE	M	57	Clive	IA	00:50:59.90	00:51:03.15	08:13 /mi
11	Adam	Stonehocker	M	33	Grimes	IA	00:51:13.12	00:51:17.94	08:15 /mi
12	Randall	Stanford	M	46	Grimes	IA	00:51:26.67	00:51:35.07	08:18 /mi
13	Cael	Cunningham	M	22	Des Moines	IA	00:51:33.83	00:51:37.31	08:18 /mi
14	Grant	Dietrich	M	49	Minneapolis	MN	00:52:24.04	00:52:26.37	08:26 /mi
15	Luke	Miller	M	15	Polk City	IA	00:52:25.10	00:52:46.42	08:29 /mi
16	Ashton	Sonberg	M	19	Osage	IA	00:52:43.34	00:52:51.68	08:30 /mi
17	Adam	Blakeman	M	16	Readlyn	IA	00:53:04.22	00:53:17.17	08:34 /mi
18	Jason	Kratzer	M	41	Waukee	IA	00:53:14.92	00:53:19.69	08:34 /mi
19	Zach	Riedemann	M	25	Waukee	IA	00:53:23.13	00:53:34.02	08:37 /mi
20	Michael	Kiel	M	42	Ankeny	IA	00:53:29.05	00:53:44.86	08:39 /mi
21	Chase	Roquet	M	21	Waterloo	IA	00:53:55.99	00:53:58.68	08:41 /mi
22	Devon	Swenson	M	19	Osage	IA	00:54:24.26	00:54:32.38	08:46 /mi
23	Matthew	Strasser	M	49	Rose Hill	IA	00:54:59.03	00:55:01.09	08:51 /mi
24	Leo	Jordan	M	14	Iowa City	IA	00:54:57.27	00:55:01.67	08:51 /mi
25	Mark	Kelly	M	29	Des Moines	IA	00:54:54.89	00:55:14.85	08:53 /mi
26	Kyle	Cary	M	27	Rochester	MN	00:55:37.17	00:56:11.44	09:02 /mi
27	Matthew	Means	M	17	Villisca	IA	00:56:15.95	00:56:19.42	09:03 /mi
28	Jimmy	Reyes	M	44	Waukee	IA	00:56:29.81	00:56:41.25	09:07 /mi
29	TJ	Burns	M	39	Saint Charles	IA	00:56:57.77	00:57:01.16	09:10 /mi
30	Ryan	Ferrara	M	39	Granger	IA	00:56:39.70	00:57:31.58	09:15 /mi
31	Nathan	Invie	M	27	Des Moines	IA	00:57:20.41	00:57:43.14	09:17 /mi
32	Matthew	Gardner	M	54	Johnston	IA	00:57:24.45	00:57:46.08	09:18 /mi
33	Roger	Selesky	M	54	Ankeny	IA	00:58:15.46	00:58:22.17	09:23 /mi
34	Zach	Sanders	M	19	Ankeny	IA	00:58:35.11	00:58:43.95	09:27 /mi
35	Michael	Morshead	M	27	Polk City	IA	00:59:09.80	00:59:18.19	09:32 /mi
36	Montrese	Tillman	M	18	Ankeny	IA	00:58:24.63	00:59:25.37	09:33 /mi
37	Ryan	Roth	M	26	Burlington	IA	00:59:14.39	00:59:31.59	09:34 /mi
38	Kyle	Chaska	M	29	Bondurant	IA	00:59:24.54	00:59:34.77	09:35 /mi
39	Levi	Kravos	M	27	Springfield	OH	00:59:33.80	00:59:47.75	09:37 /mi
40	Tom	Jordan	M	49	Iowa City	IA	00:59:47.26	01:00:07.90	09:40 /mi
41	Devin	Bormann	M	18	Robins	IA	01:00:02.86	01:00:18.02	09:42 /mi
42	Todd	Bormann	M	49	Robins	IA	01:00:07.63	01:00:22.52	09:43 /mi
43	Austin	Rasch	M	31	Fort Dodge	IA	01:00:07.14	01:00:31.42	09:44 /mi
44	Robert	Roquet	M	49	Evansdale	IA	01:00:51.19	01:00:54.07	09:48 /mi
45	Colton	Phelps	M	29	Ankeny	IA	01:00:52.66	01:01:15.33	09:51 /mi
46	Jack	McGovern	M	22	Atkins	IA	01:00:52.65	01:01:15.47	09:51 /mi
47	Jason	Heitman	M	17	Kalona	IA	01:01:11.58	01:01:17.39	09:51 /mi
48	Jeremy	Masterson	M	46	Prairie City	IA	01:01:38.95	01:01:42.36	09:55 /mi
49	Timothy	Gootee	M	54	Urbandale	IA	01:02:10.25	01:02:17.78	10:01 /mi
50	Evan	Lemker	M	23	Des Moines	IA	01:02:18.43	01:02:25.94	10:03 /mi
51	Tyler	Lagerquist	M	33	Mitchellville	IA	01:01:50.76	01:02:31.92	10:03 /mi
52	Anthony	Devick	M	35	Urbandale	IA	01:01:50.72	01:02:39.92	10:04 /mi
53	Chance	Parrish	M	25	New Sharon	IA	01:02:42.77	01:03:01.07	10:08 /mi
54	Nathan	Sumner	M	24	Grinnell	IA	01:02:59.23	01:03:02.11	10:08 /mi
55	Mike	Prewitt	M	55	Des Moines	IA	01:02:59.57	01:03:05.94	10:09 /mi
56	Dylan	Chandler	M	16	Chariton	IA	01:03:39.23	01:03:42.55	10:15 /mi
57	Ryan	Ravens	M	43	Johnston	IA	01:04:31.05	01:04:55.35	10:27 /mi
58	Rylan	Ravens	M	14	Johnston	IA	01:04:42.24	01:05:06.74	10:28 /mi
59	Todd	Smithson	M	47	Granger	IA	01:05:03.04	01:05:10.44	10:29 /mi
60	Marcus	Nelsen	M	20	Nevada	IA	01:05:41.60	01:05:47.07	10:35 /mi
61	Jovani	Morquecho	M	24	Des Moines	IA	01:05:13.72	01:05:54.73	10:36 /mi
62	Callan	Anderson	M	29	Ames	IA	01:06:20.17	01:06:45.32	10:44 /mi
63	Caleb	Miller	M	34	Traer	IA	01:06:42.67	01:07:06.15	10:48 /mi
64	Chris	Fechner	M	53	Marion	IA	01:06:41.37	01:07:15.53	10:49 /mi
65	Chase	Fury	M	25	Des Moines	IA	01:06:34.82	01:07:16.31	10:49 /mi
66	Calvin	Knuth	M	28	De Soto	IA	01:06:43.41	01:07:18.64	10:49 /mi
67	Lucio	Briceno	M	25	Waukee	IA	01:06:47.81	01:07:25.50	10:51 /mi

68	Payton	Leis	M	24	Clemons	IA	01:08:19.02	01:08:51.29	11:04 /mi
69	Dylan	Comstock	M	26	New Sharon	IA	01:08:40.13	01:08:58.87	11:06 /mi
70	Miguel	Sousa	M	35	St. Peter	MN	01:08:30.43	01:09:00.18	11:06 /mi
71	Joseph	Zaiger	M	25	Ankeny	IA	01:09:00.72	01:09:11.22	11:07 /mi
72	Elijah	Zaiger	M	26	Polk City	IA	01:09:01.85	01:09:12.02	11:08 /mi
73	Jason	Zaiger	M	54	Exira	IA	01:09:00.99	01:09:12.35	11:08 /mi
74	Jerico	Williams	M	42	Ankeny	IA	01:08:22.88	01:09:24.59	11:10 /mi
75	Olin	Hupfeld	M	14	Conrad	IA	01:09:22.21	01:09:28.60	11:10 /mi
76	Andrew	Schneider	M	18	Cedar Falls	IA	01:08:58.29	01:09:31.45	11:11 /mi
77	Robbie	Clinton	M	20	Des Moines	IA	01:09:32.23	01:09:46.90	11:13 /mi
78	Drake	Wood	M	17	Johnston	IA	01:10:31.57	01:10:41.85	11:22 /mi
79	Robert	Widtfeldt	M	14	Johnston	IA	01:10:32.18	01:10:42.33	11:22 /mi
80	Cody	German	M	33	State Center	IA	01:10:57.94	01:11:21.53	11:28 /mi
81	Jeremy	Skinner	M	44	Altoona	IA	01:11:10.00	01:11:51.99	11:34 /mi
82	Jennifer	Cook Gregory	M	49	De Witt	IA	01:11:31.36	01:11:54.66	11:34 /mi
83	Johnny	Ytzen	M	70	Creston	IA	01:11:43.66	01:11:56.59	11:34 /mi
84	Nathaniel	Bennett	M	26	West Des Moines	IA	01:11:50.56	01:12:02.23	11:35 /mi
85	Benjamin	Adams	M	19	Van Meter	IA	01:11:54.54	01:12:13.81	11:37 /mi
86	Isaac	Creech	M	25	West Des Moines	IA	01:12:14.98	01:12:32.47	11:40 /mi
87	Jeremy	Mahler	M	49	Perry	IA	01:11:43.42	01:12:35.98	11:40 /mi
88	Greg	Riley	M	59	Ottumwa	IA	01:12:18.11	01:12:42.00	11:42 /mi
89	Shawn	Miner	M	49	Johnston	IA	01:12:40.19	01:13:01.58	11:45 /mi
90	Samuel	Miner	M	14	Johnston	IA	01:12:47.49	01:13:09.03	11:46 /mi
91	Robert	Walker	M	36	Colfax	IA	01:12:37.18	01:13:11.85	11:46 /mi
92	Brandon	Recht	M	29	Des Plaines	IL	01:12:52.96	01:13:17.44	11:47 /mi
93	Tim	Rider	M	26	Guttenberg	IA	01:13:25.95	01:14:12.56	11:56 /mi
94	Karl	Overton	M	56	Des Moines	IA	01:14:13.33	01:14:26.07	11:58 /mi
95	Adam	Novak	M	40	Maynard	IA	01:14:08.95	01:14:57.13	12:03 /mi
96	Chad	Stewart	M	53	Erie	IL	01:14:20.52	01:14:58.66	12:04 /mi
97	Cody	Cameron	M	28	Alta	IA	01:14:54.12	01:15:20.33	12:07 /mi
98	Carlos	Pena	M	22	Des Moines	IA	01:15:02.75	01:15:20.98	12:07 /mi
99	Ryan	Tresnak	M	53	Vinton	IA	01:14:32.57	01:15:24.28	12:07 /mi
100	Jeff	Cibert	M	44	Fort Dodge	IA	01:15:14.37	01:15:33.22	12:09 /mi
101	Ethan	Cibert	M	14	Fort Dodge	IA	01:15:36.30	01:15:55.64	12:13 /mi
102	Peter	Detar	M	29	Johnston	IA	01:15:26.21	01:15:59.66	12:13 /mi
103	Trey	Byers	M	28	Henderson	IA	01:15:50.86	01:16:11.12	12:15 /mi
104	Joel	Hjelmaas	M	65	Johnston	IA	01:15:47.82	01:16:19.25	12:16 /mi
105	David	Gossard	M	47	Bondurant	IA	01:16:16.75	01:17:18.08	12:26 /mi
106	Jonathan	Becker	M	29	Grimes	IA	01:17:15.86	01:17:21.33	12:27 /mi
107	Laurence	Vander Werff	M	25	Des Moines	IA	01:17:25.48	01:17:44.32	12:30 /mi
108	Jeremy	Taylor	M	46	Sioux City	IA	01:17:16.16	01:18:01.72	12:33 /mi
109	David	Swenson	M	69	Ames	IA	01:17:40.13	01:18:10.45	12:34 /mi
110	Jason	Meier	M	48	Ankeny	IA	01:17:42.63	01:18:27.23	12:37 /mi
111	Jordaen	Vandenhende	M	34	Des Moines	IA	01:18:10.57	01:18:41.23	12:39 /mi
112	McCoy	Mclravy	M	16	Waverly	IA	01:18:03.21	01:18:47.69	12:40 /mi
113	Matthew	Bierl	M	35	Urbandale	IA	01:18:06.58	01:19:03.99	12:43 /mi
114	Kevin	Sanders	M	38	Urbandale	IA	01:19:29.29	01:19:38.67	12:49 /mi
115	Jesse	Leis	M	17	Rochester	MN	01:19:05.62	01:19:44.75	12:49 /mi
116	Jacob	Higgins	M	28	Des Moines	IA	01:19:09.39	01:19:46.25	12:50 /mi
117	Alexander	Kawamura	M	36	Des Moines	IA	01:19:17.46	01:20:01.45	12:52 /mi
118	Dalton	Heer	M	23	Indianola	IA	01:20:23.89	01:20:34.72	12:58 /mi
119	Brian	Oetker	M	42	Cambridge	IA	01:20:46.50	01:20:52.89	13:01 /mi
120	Alex	Gansen	M	36	North Liberty	IA	01:20:14.67	01:21:13.61	13:04 /mi
121	Matthew	Waldschmidt	M	28	Swisher	IA	01:21:53.40	01:22:45.03	13:19 /mi
122	Lewis	Putz	M	40	Milo	IA	01:22:03.79	01:23:03.80	13:22 /mi
123	Steve	Fisher	M	52	Pella	IA	01:22:06.27	01:23:06.07	13:22 /mi
124	Brandon	McCoy	M	30	Boone	IA	01:23:05.74	01:24:00.45	13:31 /mi
125	Cody	Hidlebaugh	M	28	Webster City	IA	01:23:07.19	01:24:01.85	13:31 /mi
126	Matthew	Reholz	M	42	Peru	IL	01:23:48.25	01:24:14.52	13:33 /mi
127	Dan	Roupe	M	54	West Des Moines	IA	01:24:50.61	01:25:19.68	13:43 /mi
128	Nathan	Todd	M	43	Ankeny	IA	01:25:46.18	01:26:25.44	13:54 /mi
129	Benjamin	Lindaman	M	27	Ackley	IA	01:26:05.84	01:26:33.54	13:55 /mi
130	Christopher	Gibson	M	55	Ankeny	IA	01:25:47.90	01:26:36.53	13:56 /mi
131	Martin Lambertus	Jr	M	38	Le Mars	IA	01:26:34.78	01:26:41.49	13:57 /mi
132	Justin	Pithan	M	41	Pleasant Hill	IA	01:26:30.90	01:26:44.29	13:57 /mi
133	Logan	Pinter	M	15	Denver	IA	01:26:51.64	01:27:05.92	14:01 /mi
134	Don	Pinter Jr	M	50	Denver	IA	01:26:59.48	01:27:13.74	14:02 /mi
135	Joey	Janes	M	27	Altoona	IA	01:27:56.17	01:28:05.48	14:10 /mi
136	John	Wells	M	36	Urbandale	IA	01:28:36.70	01:29:33.17	14:24 /mi
137	Spenser	Rothman	M	22	Independence	IA	01:29:40.07	01:30:35.82	14:34 /mi
138	Jackson	Baty	M	21	Tiffin	IA	01:29:40.85	01:30:36.48	14:34 /mi
139	Owen	Hagenow	M	16	Urbandale	IA	01:30:55.63	01:31:03.79	14:39 /mi
140	Grant	Green	M	16	Clive	IA	01:30:57.49	01:31:04.98	14:39 /mi
141	Tien	Thai	M	27	Johnston	IA	01:30:15.48	01:31:07.68	14:39 /mi

142	Kaden	Russell	M	18	Estherville	IA	01:31:49.29	01:31:55.69	14:47 /mi
143	Cody	Kanke	M	29	Ely	IA	01:31:09.55	01:32:04.96	14:49 /mi
144	Brody	Barnes	M	18	Ankeny	IA	01:31:18.38	01:32:09.01	14:49 /mi
145	Dan	Barnes	M	49	Ankeny	IA	01:31:19.39	01:32:09.65	14:49 /mi
146	Brian	Meacham	M	44	Portage	MI	01:32:18.51	01:32:34.27	14:54 /mi
147	Dan	Graber	M	69	Lockridge	IA	01:32:37.85	01:33:40.09	15:04 /mi
148	Brad	Bakker	M	42	Cedar Falls	IA	01:34:34.15	01:35:05.60	15:18 /mi
149	James	Wells	M	34	Urbandale	IA	01:34:19.28	01:35:16.77	15:19 /mi
150	Steven	Lakey	M	37	Newton	IA	01:35:29.18	01:35:55.96	15:26 /mi
151	Matthew	Lakey	M	33	Newton	IA	01:35:30.07	01:35:56.06	15:26 /mi
152	Joseph	Brant	M	40	Grimes	IA	01:35:22.06	01:36:04.30	15:27 /mi
153	Chris	Seuferer	M	37	Norwalk	IA	01:35:54.05	01:36:11.69	15:28 /mi
154	James	Grimaldi	M	47	Altoona	IA	01:36:15.75	01:36:44.98	15:34 /mi
155	Clinton	Anderson	M	37	Rhodes	IA	01:36:00.86	01:36:51.13	15:35 /mi
156	Brian	Aroy	M	53	Altoona	IA	01:37:05.97	01:37:15.79	15:39 /mi
157	Dane	VanBrocklin	M	31	Madrid	IA	01:40:45.49	01:41:12.27	16:17 /mi
158	Steve	VanBrocklin	M	58	Madrid	IA	01:40:44.78	01:41:12.31	16:17 /mi
159	Chris	Kuble	M	59	Grimes	IA	01:42:49.25	01:43:17.70	16:37 /mi
160	Jake	Madren	M	43	Grinnell	IA	01:45:13.19	01:45:17.88	16:57 /mi
161	Jonathan	Reicks	M	37	Ankeny	IA	01:46:33.00	01:46:37.65	17:09 /mi
162	Keith	Crowe	M	60	Grimes	IA	01:58:13.90	01:58:47.09	19:07 /mi
<b>Overall Female</b>									
1	Sarah Faith	Carson	F	23	Ackley	IA	00:54:21.77	00:54:33.59	08:46 /mi
2	Liberty	Leis	F	21	Rochester	MN	00:54:05.30	00:54:39.70	08:48 /mi
3	Ayrin	Burns	F	32	Saint Charles	IA	00:57:17.43	00:57:20.40	09:13 /mi
4	Fabiola	Gamboa	F	22	Grimes	IA	01:00:09.00	01:00:09.00	09:40 /mi
5	Shay	Vandersluis	F	29	Newton	IA	01:02:39.97	01:03:28.86	10:13 /mi
6	Ruth	Harrington	F	24	Colfax	IA	01:04:57.32	01:05:33.83	10:33 /mi
7	Melanie	Henry	F	48	Des Moines	IA	01:06:10.62	01:06:22.57	10:40 /mi
8	Brynn	Davis	F	15	North Liberty	IA	01:05:57.24	01:06:30.01	10:42 /mi
9	Kathryn	Kriss	F	31	Waukee	IA	01:06:18.44	01:06:57.36	10:46 /mi
10	Kenna	Mills	F	22	Indianola	IA	01:07:07.74	01:07:12.22	10:48 /mi
11	Tiffany	Brotherson	F	39	Grimes	IA	01:07:08.08	01:07:33.96	10:52 /mi
12	Cinda	Blake	F	56	Wayland	IA	01:08:23.23	01:08:37.90	11:02 /mi
13	Briley	Jordan	F	14	Grundy Center	IA	01:09:22.27	01:09:28.70	11:10 /mi
14	Linda	Bennett Wilsson	F	27	Des Moines	IA	01:10:46.28	01:11:08.96	11:27 /mi
15	Kaye	Williams	F	26	Elyria	OH	01:11:00.87	01:11:41.30	11:32 /mi
16	Sheryl	Dekutoski	F	59	Hudson	IA	01:11:08.74	01:11:58.11	11:34 /mi
17	Madison	Spieker	F	23	Des Moines	IA	01:11:49.45	01:12:25.39	11:39 /mi
18	Emilee	O'Brien	F	32	Des Moines	IA	01:11:43.87	01:12:36.10	11:40 /mi
19	Molly	Leis	F	50	Rochester	MN	01:12:25.46	01:13:04.78	11:45 /mi
20	Alex	Miller	F	31	Huxley	IA	01:12:52.93	01:13:17.43	11:47 /mi
21	Kristin	Fechner	F	39	Marion	IA	01:13:20.21	01:13:53.13	11:53 /mi
22	Molly	Greenfield	F	30	West Des Moines	IA	01:14:07.65	01:14:57.09	12:03 /mi
23	Kristen	Neely	F	38	Doylestown	OH	01:14:58.57	01:15:12.43	12:06 /mi
24	Amy	Roth	F	52	Cedar Falls	IA	01:15:08.74	01:15:26.56	12:08 /mi
25	Samantha	Thompson	F	26	Johnston	IA	01:15:27.00	01:15:59.29	12:13 /mi
26	Rachael	Krier	F	34	Ankeny	IA	01:16:07.10	01:16:32.60	12:19 /mi
27	Emily	Cameron	F	36	Polk City	IA	01:16:07.35	01:16:32.91	12:19 /mi
28	Meredith	McGee	F	23	West Des Moines	IA	01:17:34.96	01:17:54.32	12:32 /mi
29	Mandy	Simons	F	36	Des Moines	IA	01:17:16.37	01:17:59.20	12:33 /mi
30	Emily	Devereux	F	20	Ankeny	IA	01:17:30.77	01:18:16.97	12:36 /mi
31	Kassie	Hennings	F	26	Hudson	IA	01:18:29.94	01:19:00.18	12:42 /mi
32	Megan	Cartwright	F	34	Villa Ridge	MO	01:18:58.96	01:19:31.91	12:48 /mi
33	Dena	Searles	F	25	Dexter	IA	01:18:57.91	01:19:33.11	12:48 /mi
34	Destiny	McGinnis	F	27	Ankeny	IA	01:19:24.01	01:19:52.49	12:51 /mi
35	Emma	Stoker	F	22	Ankeny	IA	01:19:12.91	01:19:56.01	12:51 /mi
36	Katelin	Meier	F	22	Ankeny	IA	01:19:21.26	01:20:04.70	12:53 /mi
37	JESS	McIlravy	F	44	Waverly	IA	01:19:22.54	01:20:07.34	12:53 /mi
38	Catalina	Sanchez	F	23	Indianola	IA	01:20:24.45	01:20:34.64	12:58 /mi
39	Betty	Carson	F	56	Ackley	IA	01:20:44.72	01:21:16.02	13:04 /mi
40	Cierra	Michael	F	26	Pleasant Hill	IA	01:21:04.49	01:21:36.65	13:07 /mi
41	Bridget	Fulitano	F	56	Redfield	IA	01:21:21.65	01:22:16.09	13:14 /mi
42	Jaclyn	Higgins	F	29	Des Moines	IA	01:22:03.39	01:22:39.90	13:18 /mi
43	Lauren	Waldschmidt	F	28	Swisher	IA	01:21:53.08	01:22:45.04	13:19 /mi
44	Jordan	Nusbaum	F	28	West Des Moines	IA	01:22:01.78	01:22:55.41	13:20 /mi
45	Layne	Ogle	F	26	West Des Moines	IA	01:22:02.23	01:22:55.59	13:21 /mi
46	Laurie	Craig	F	63	Cedar Rapids	IA	01:22:23.43	01:23:09.65	13:22 /mi
47	Jessica	Strasser	F	52	Rose Hill	IA	01:23:02.36	01:23:47.86	13:29 /mi
48	Jo	Meints	F	50	Eldora	IA	01:23:02.97	01:23:48.14	13:29 /mi
49	Emma	Auberg	F	26	Pella	IA	01:24:42.08	01:25:28.21	13:45 /mi
50	Deb	Lange	F	51	Guttenberg	IA	01:24:47.53	01:25:38.29	13:46 /mi
51	Meredith	Todd	F	42	Ankeny	IA	01:25:46.83	01:26:25.64	13:54 /mi

52	Alex	Nguyen	F	28	Ankeny	IA	01:25:47.52	01:26:26.23	13:54 /mi
53	Muta	Paw	F	23	Des Moines	IA	01:26:24.24	01:26:42.63	13:57 /mi
54	Tara	Peterson	F	21	Ames	IA	01:26:48.61	01:27:16.23	14:02 /mi
55	Kaitlyn	Forney	F	21	West Des Moines	IA	01:26:48.56	01:27:16.29	14:02 /mi
56	Bailey	Wuestenberg	F	21	Eldridge	IA	01:26:48.88	01:27:16.61	14:03 /mi
57	Wendy	Hatcher	F	53	Maxwell	IA	01:26:48.45	01:27:30.05	14:04 /mi
58	Sharon	Rosenblatt	F	36	Ridgefield	CT	01:27:27.01	01:28:07.99	14:10 /mi
59	Megan	Malz	F	38	Portage	MI	01:28:17.17	01:28:32.47	14:15 /mi
60	Bella	Arpy	F	23	Altoona	IA	01:28:33.97	01:28:42.22	14:16 /mi
61	Cindy	Liera	F	24	Grimes	IA	01:29:02.36	01:29:11.68	14:21 /mi
62	Katelynn	VanGundy	F	26	Waukee	IA	01:29:02.45	01:29:11.92	14:21 /mi
63	Nicole	Arntz	F	45	Waterloo	IA	01:28:49.92	01:29:19.71	14:22 /mi
64	Brenda	Halsey	F	49	Eldora	IA	01:28:55.39	01:29:21.77	14:22 /mi
65	Nikki	Wells	F	39	Urbandale	IA	01:28:35.47	01:29:32.61	14:24 /mi
66	Monica	Blakeman	F	45	Readlyn	IA	01:31:21.68	01:31:36.18	14:44 /mi
67	Charity	Carson	F	27	Ackley	IA	01:30:58.54	01:31:46.33	14:46 /mi
68	Karla	Vos	F	40	Des Moines	IA	01:30:58.36	01:31:46.48	14:46 /mi
69	Jessa	Gasteiger	F	22	Lake Mills	IA	01:31:11.37	01:32:07.12	14:49 /mi
70	Kate	Kurzenberger	F	47	Grayslake	IL	01:31:17.49	01:32:08.77	14:49 /mi
71	Candace	Seuferer	F	36	Norwalk	IA	01:32:18.20	01:32:35.34	14:54 /mi
72	Catalina	Westendorf	F	17	Janesville	IA	01:32:27.53	01:32:57.77	14:57 /mi
73	Anna	Rhodes	F	46	Wellman	IA	01:32:32.34	01:33:03.33	14:58 /mi
74	Hannah	Graber	F	32	Lockridge	IA	01:32:33.78	01:33:35.37	15:03 /mi
75	Becky	Wu	F	59	Des Moines	IA	01:32:57.15	01:33:58.07	15:07 /mi
76	Nerissa	Jennisch	F	54	Urbandale	IA	01:33:05.28	01:34:06.23	15:08 /mi
77	Serenity	Byers	F	20	Des Moines	IA	01:35:28.40	01:35:42.76	15:24 /mi
78	Evalina	Grimaldi	F	24	Altoona	IA	01:36:15.67	01:36:44.95	15:34 /mi
79	Sadie	Hennings	F	20	Dysart	IA	01:35:56.71	01:36:52.01	15:35 /mi
80	Jessica	Crespo	F	28	Des Moines	IA	01:37:57.29	01:38:14.44	15:48 /mi
81	Mara	Wengryn	F	32	Leon	IA	01:38:07.80	01:38:24.25	15:50 /mi
82	Alison	Wengryn	F	37	Des Moines	IA	01:39:05.30	01:39:21.61	15:59 /mi
83	Kimberly	Reicks	F	41	Ankeny	IA	01:46:45.23	01:46:49.47	17:11 /mi
84	Michelle	Lindell	F	40	Elkhart	IA	01:47:04.91	01:47:09.70	17:15 /mi
85	Olivia	Jones	F	24	Elkhart	IA	01:52:41.42	01:53:28.54	18:15 /mi
86	Annie	Strawn	F	64	Saint Charles	IA	01:53:24.01	01:54:06.83	18:21 /mi
87	Angela	Weller	F	53	Grimes	IA	01:58:13.12	01:58:47.03	19:07 /mi
88	Sloan	Edwards	F	14	Urbandale	IA	02:00:48.98	02:01:35.92	19:34 /mi
89	Joslyn	Thompson	F	14	Johnston	IA	02:00:48.49	02:01:35.96	19:34 /mi
90	Kodi	Dailey	F	24	Coralville	IA	01:56:17.65	02:03:23.95	19:51 /mi
<b>Male 19U</b>									
1	Keagan	Hennessey	M	19	Orchard	IA	00:46:08.22	00:46:11.24	07:25 /mi
2	Neal	Pinter	M	18	Denver	IA	00:46:48.57	00:46:52.04	07:31 /mi
3	Evan	Timmerman	M	18	Nodaway	IA	00:47:02.78	00:47:06.20	07:34 /mi
4	Luke	Miller	M	15	Polk City	IA	00:52:25.10	00:52:46.42	08:26 /mi
5	Ashton	Sonberg	M	19	Osage	IA	00:52:43.34	00:52:51.68	08:28 /mi
6	Adam	Blakeman	M	16	Readlyn	IA	00:53:04.22	00:53:17.17	08:32 /mi
7	Devon	Swenson	M	19	Osage	IA	00:54:24.26	00:54:32.38	08:45 /mi
8	Leo	Jordan	M	14	Iowa City	IA	00:54:57.27	00:55:01.67	08:50 /mi
9	Matthew	Means	M	17	Villisca	IA	00:56:15.95	00:56:19.42	09:03 /mi
10	Montrese	Tillman	M	18	Ankeny	IA	00:58:24.63	00:59:25.37	09:24 /mi
11	Zach	Sanders	M	19	Ankeny	IA	00:58:35.11	00:58:43.95	09:25 /mi
12	Devin	Bormann	M	18	Robins	IA	01:00:02.86	01:00:18.02	09:39 /mi
13	Jason	Heitman	M	17	Kalona	IA	01:01:11.58	01:01:17.39	09:51 /mi
14	Dylan	Chandler	M	16	Chariton	IA	01:03:39.23	01:03:42.55	10:14 /mi
15	Rylan	Ravens	M	14	Johnston	IA	01:04:42.24	01:05:06.74	10:24 /mi
16	Andrew	Schneider	M	18	Cedar Falls	IA	01:08:58.29	01:09:31.45	11:06 /mi
17	Olin	Hupfeld	M	14	Conrad	IA	01:09:22.21	01:09:28.60	11:09 /mi
18	Drake	Wood	M	17	Johnston	IA	01:10:31.57	01:10:41.85	11:21 /mi
19	Robert	Widtfeldt	M	14	Johnston	IA	01:10:32.18	01:10:42.33	11:21 /mi
20	Benjamin	Adams	M	19	Van Meter	IA	01:11:54.54	01:12:13.81	11:34 /mi
21	Samuel	Miner	M	14	Johnston	IA	01:12:47.49	01:13:09.03	11:42 /mi
22	Ethan	Cibert	M	14	Fort Dodge	IA	01:15:36.30	01:15:55.64	12:10 /mi
23	McCoy	Mclravy	M	16	Waverly	IA	01:18:03.21	01:18:47.69	12:33 /mi
24	Jesse	Leis	M	17	Rochester	MN	01:19:05.62	01:19:44.75	12:43 /mi
25	Logan	Pinter	M	15	Denver	IA	01:26:51.64	01:27:05.92	13:58 /mi
26	Owen	Hagenow	M	16	Urbandale	IA	01:30:55.63	01:31:03.79	14:37 /mi
27	Grant	Green	M	16	Clive	IA	01:30:57.49	01:31:04.98	14:38 /mi
28	Brody	Barnes	M	18	Ankeny	IA	01:31:18.38	01:32:09.01	14:41 /mi
29	Kaden	Russell	M	18	Estherville	IA	01:31:49.29	01:31:55.69	14:46 /mi
<b>Femal 19U</b>									
1	Brynn	Davis	F	15	North Liberty	IA	01:05:57.24	01:06:30.01	10:36 /mi
2	Briley	Jordan	F	14	Grundy Center	IA	01:09:22.27	01:09:28.70	11:09 /mi

3	Catalina	Westendorf	F	17	Janesville	IA	01:32:27.53	01:32:57.77	14:52 /mi
4	Joslyn	Thompson	F	14	Johnston	IA	02:00:48.49	02:01:35.96	19:26 /mi
5	Sloan	Edwards	F	14	Urbandale	IA	02:00:48.98	02:01:35.92	19:26 /mi
<b>Male 20-29</b>									
1	Jonathon	Flaws	M	23	Carlisle	IA	00:44:28.54	00:44:31.01	07:09 /mi
2	Josef	Lemker	M	20	Cedar Rapids	IA	00:50:40.45	00:50:45.97	08:09 /mi
3	Cael	Cunningham	M	22	Des Moines	IA	00:51:33.83	00:51:37.31	08:18 /mi
4	Zach	Riedemann	M	25	Waukee	IA	00:53:23.13	00:53:34.02	08:35 /mi
5	Chase	Roquet	M	21	Waterloo	IA	00:53:55.99	00:53:58.68	08:40 /mi
6	Mark	Kelly	M	29	Des Moines	IA	00:54:54.89	00:55:14.85	08:50 /mi
7	Kyle	Cary	M	27	Rochester	MN	00:55:37.17	00:56:11.44	08:57 /mi
8	Nathan	Invie	M	27	Des Moines	IA	00:57:20.41	00:57:43.14	09:13 /mi
9	Michael	Morshead	M	27	Polk City	IA	00:59:09.80	00:59:18.19	09:31 /mi
10	Ryan	Roth	M	26	Burlington	IA	00:59:14.39	00:59:31.59	09:31 /mi
11	Kyle	Chaska	M	29	Bondurant	IA	00:59:24.54	00:59:34.77	09:33 /mi
12	Levi	Kravos	M	27	Springfield	OH	00:59:33.80	00:59:47.75	09:35 /mi
13	Jack	McGovern	M	22	Atkins	IA	01:00:52.65	01:01:15.47	09:48 /mi
14	Colton	Phelps	M	29	Ankeny	IA	01:00:52.66	01:01:15.33	09:48 /mi
15	Evan	Lemker	M	23	Des Moines	IA	01:02:18.43	01:02:25.94	10:01 /mi
16	Chance	Parrish	M	25	New Sharon	IA	01:02:42.77	01:03:01.07	10:05 /mi
17	Nathan	Sumner	M	24	Grinnell	IA	01:02:59.23	01:03:02.11	10:08 /mi
18	Jovani	Morquecho	M	24	Des Moines	IA	01:05:13.72	01:05:54.73	10:30 /mi
19	Marcus	Nelsen	M	20	Nevada	IA	01:05:41.60	01:05:47.07	10:34 /mi
20	Callan	Anderson	M	29	Ames	IA	01:06:20.17	01:06:45.32	10:40 /mi
21	Chase	Fury	M	25	Des Moines	IA	01:06:34.82	01:07:16.31	10:42 /mi
22	Calvin	Knuth	M	28	De Soto	IA	01:06:43.41	01:07:18.64	10:44 /mi
23	Lucio	Briceno	M	25	Waukee	IA	01:06:47.81	01:07:25.50	10:45 /mi
24	Payton	Leis	M	24	Clemons	IA	01:08:19.02	01:08:51.29	10:59 /mi
25	Dylan	Comstock	M	26	New Sharon	IA	01:08:40.13	01:08:58.87	11:03 /mi
26	Joseph	Zaiger	M	25	Ankeny	IA	01:09:00.72	01:09:11.22	11:06 /mi
27	Elijah	Zaiger	M	26	Polk City	IA	01:09:01.85	01:09:12.02	11:06 /mi
28	Robbie	Clinton	M	20	Des Moines	IA	01:09:32.23	01:09:46.90	11:11 /mi
29	Nathaniel	Bennett	M	26	West Des Moines	IA	01:11:50.56	01:12:02.23	11:33 /mi
30	Isaac	Crech	M	25	West Des Moines	IA	01:12:14.98	01:12:32.47	11:37 /mi
31	Brandon	Recht	M	29	Des Plaines	IL	01:12:52.96	01:13:17.44	11:43 /mi
32	Tim	Rider	M	26	Guttenberg	IA	01:13:25.95	01:14:12.56	11:49 /mi
33	Cody	Cameron	M	28	Alta	IA	01:14:54.12	01:15:20.33	12:03 /mi
34	Carlos	Pena	M	22	Des Moines	IA	01:15:02.75	01:15:20.98	12:04 /mi
35	Peter	Detar	M	29	Johnston	IA	01:15:26.21	01:15:59.66	12:08 /mi
36	Trey	Byers	M	28	Henderson	IA	01:15:50.86	01:16:11.12	12:12 /mi
37	Jonathan	Becker	M	29	Grimes	IA	01:17:15.86	01:17:21.33	12:25 /mi
38	Laurence	Vander Werff	M	25	Des Moines	IA	01:17:25.48	01:17:44.32	12:27 /mi
39	Jacob	Higgins	M	28	Des Moines	IA	01:19:09.39	01:19:46.25	12:44 /mi
40	Dalton	Heer	M	23	Indianola	IA	01:20:23.89	01:20:34.72	12:56 /mi
41	Matthew	Waldschmidt	M	28	Swisher	IA	01:21:53.40	01:22:45.03	13:10 /mi
42	Cody	Hidlebaugh	M	28	Webster City	IA	01:23:07.19	01:24:01.85	13:22 /mi
43	Benjamin	Lindaman	M	27	Ackley	IA	01:26:05.84	01:26:33.54	13:51 /mi
44	Joey	Janes	M	27	Altoona	IA	01:27:56.17	01:28:05.48	14:09 /mi
45	Spenser	Rothman	M	22	Independence	IA	01:29:40.07	01:30:35.82	14:25 /mi
46	Jackson	Baty	M	21	Tiffin	IA	01:29:40.85	01:30:36.48	14:25 /mi
47	Tien	Thai	M	27	Johnston	IA	01:30:15.48	01:31:07.68	14:31 /mi
48	Cody	Kanke	M	29	Ely	IA	01:31:09.55	01:32:04.96	14:40 /mi
<b>Female 20-29</b>									
1	Liberty	Leis	F	21	Rochester	MN	00:54:05.30	00:54:39.70	08:42 /mi
2	Sarah Faith	Carson	F	23	Ackley	IA	00:54:21.77	00:54:33.59	08:45 /mi
3	Fabiola	Gamboia	F	22	Grimes	IA	01:00:09.00	01:00:09.00	09:40 /mi
4	Shay	Vandersluis	F	29	Newton	IA	01:02:39.97	01:03:28.86	10:04 /mi
5	Ruth	Harrington	F	24	Colfax	IA	01:04:57.32	01:05:33.83	10:27 /mi
6	Kenna	Mills	F	22	Indianola	IA	01:07:07.74	01:07:12.22	10:48 /mi
7	Linda	Bennett Wilsson	F	27	Des Moines	IA	01:10:46.28	01:11:08.96	11:23 /mi
8	Kaye	Williams	F	26	Elyria	OH	01:11:00.87	01:11:41.30	11:25 /mi
9	Madison	Spieker	F	23	Des Moines	IA	01:11:49.45	01:12:25.39	11:33 /mi
10	Samantha	Thompson	F	26	Johnston	IA	01:15:27.00	01:15:59.29	12:08 /mi
11	Emily	Devereux	F	20	Ankeny	IA	01:17:30.77	01:18:16.97	12:28 /mi
12	Meredith	McGee	F	23	West Des Moines	IA	01:17:34.96	01:17:54.32	12:29 /mi
13	Kassie	Hennings	F	26	Hudson	IA	01:18:29.94	01:19:00.18	12:37 /mi
14	Dena	Searles	F	25	Dexter	IA	01:18:57.91	01:19:33.11	12:42 /mi
15	Emma	Stoker	F	22	Ankeny	IA	01:19:12.91	01:19:56.01	12:45 /mi
16	Katelin	Meier	F	22	Ankeny	IA	01:19:21.26	01:20:04.70	12:46 /mi
17	Destiny	McGinnis	F	27	Ankeny	IA	01:19:24.01	01:19:52.49	12:46 /mi
18	Catalina	Sanchez	F	23	Indianola	IA	01:20:24.45	01:20:34.64	12:56 /mi
19	Cierra	Michael	F	26	Pleasant Hill	IA	01:21:04.49	01:21:36.65	13:03 /mi

20	Lauren	Waldschmidt	F	28	Swisher	IA	01:21:53.08	01:22:45.04	13:10 /mi
21	Jordan	Nusbaum	F	28	West Des Moines	IA	01:22:01.78	01:22:55.41	13:12 /mi
22	Layne	Ogle	F	26	West Des Moines	IA	01:22:02.23	01:22:55.59	13:12 /mi
23	Jaclyn	Higgins	F	29	Des Moines	IA	01:22:03.39	01:22:39.90	13:12 /mi
24	Emma	Auberg	F	26	Pella	IA	01:24:42.08	01:25:28.21	13:37 /mi
25	Alex	Nguyen	F	28	Ankeny	IA	01:25:47.52	01:26:26.23	13:48 /mi
26	Muta	Paw	F	23	Des Moines	IA	01:26:24.24	01:26:42.63	13:54 /mi
27	Kaitlyn	Forney	F	21	West Des Moines	IA	01:26:48.56	01:27:16.29	13:58 /mi
28	Tara	Peterson	F	21	Ames	IA	01:26:48.61	01:27:16.23	13:58 /mi
29	Bailey	Wuestenberg	F	21	Eldridge	IA	01:26:48.88	01:27:16.61	13:58 /mi
30	Bella	Arpy	F	23	Altoona	IA	01:28:33.97	01:28:42.22	14:15 /mi
31	Cindy	Liera	F	24	Grimes	IA	01:29:02.36	01:29:11.68	14:19 /mi
32	Katelynn	VanGundy	F	26	Waukee	IA	01:29:02.45	01:29:11.92	14:19 /mi
33	Charity	Carson	F	27	Ackley	IA	01:30:58.54	01:31:46.33	14:38 /mi
34	Jessa	Gasteiger	F	22	Lake Mills	IA	01:31:11.37	01:32:07.12	14:40 /mi
35	Serenity	Byers	F	20	Des Moines	IA	01:35:28.40	01:35:42.76	15:21 /mi
36	Sadie	Hennings	F	20	Dysart	IA	01:35:56.71	01:36:52.01	15:26 /mi
37	Evalina	Grimaldi	F	24	Altoona	IA	01:36:15.67	01:36:44.95	15:29 /mi
38	Jessica	Crespo	F	28	Des Moines	IA	01:37:57.29	01:38:14.44	15:45 /mi
39	Olivia	Jones	F	24	Elkhart	IA	01:52:41.42	01:53:28.54	18:07 /mi
40	Kodi	Dailey	F	24	Coralville	IA	01:56:17.65	02:03:23.95	18:42 /mi
<b>Male 30-39</b>									
1	Christopher	Sinnott	M	38	Ankeny	IA	00:46:03.37	00:46:06.00	07:24 /mi
2	Luke	Higgins	M	36	Conrad	IA	00:48:50.33	00:49:13.61	07:51 /mi
3	Eric	Tolle	M	32	Pleasant Hill	IA	00:49:41.60	00:49:44.31	08:00 /mi
4	Adam	Stonehocker	M	33	Grimes	IA	00:51:13.12	00:51:17.94	08:14 /mi
5	Ryan	Ferrara	M	39	Granger	IA	00:56:39.70	00:57:31.58	09:07 /mi
6	TJ	Burns	M	39	Saint Charles	IA	00:56:57.77	00:57:01.16	09:10 /mi
7	Austin	Rasch	M	31	Fort Dodge	IA	01:00:07.14	01:00:31.42	09:40 /mi
8	Anthony	Devick	M	35	Urbandale	IA	01:01:50.72	01:02:39.92	09:57 /mi
9	Tyler	Lagerquist	M	33	Mitchellville	IA	01:01:50.76	01:02:31.92	09:57 /mi
10	Caleb	Miller	M	34	Traer	IA	01:06:42.67	01:07:06.15	10:44 /mi
11	Miguel	Sousa	M	35	St. Peter	MN	01:08:30.43	01:09:00.18	11:01 /mi
12	Cody	German	M	33	State Center	IA	01:10:57.94	01:11:21.53	11:25 /mi
13	Robert	Walker	M	36	Colfax	IA	01:12:37.18	01:13:11.85	11:41 /mi
14	Matthew	Bierl	M	35	Urbandale	IA	01:18:06.58	01:19:03.99	12:34 /mi
15	Jordaen	Vandenhende	M	34	Des Moines	IA	01:18:10.57	01:18:41.23	12:34 /mi
16	Alexander	Kawamura	M	36	Des Moines	IA	01:19:17.46	01:20:01.45	12:45 /mi
17	Kevin	Sanders	M	38	Urbandale	IA	01:19:29.29	01:19:38.67	12:47 /mi
18	Alex	Gansen	M	36	North Liberty	IA	01:20:14.67	01:21:13.61	12:54 /mi
19	Brandon	McCoy	M	30	Boone	IA	01:23:05.74	01:24:00.45	13:22 /mi
20	Martin Lambertus	Jr	M	38	Le Mars	IA	01:26:34.78	01:26:41.49	13:55 /mi
21	John	Wells	M	36	Urbandale	IA	01:28:36.70	01:29:33.17	14:15 /mi
22	James	Wells	M	34	Urbandale	IA	01:34:19.28	01:35:16.77	15:10 /mi
23	Steven	Lakey	M	37	Newton	IA	01:35:29.18	01:35:55.96	15:22 /mi
24	Matthew	Lakey	M	33	Newton	IA	01:35:30.07	01:35:56.06	15:22 /mi
25	Chris	Seuferer	M	37	Norwalk	IA	01:35:54.05	01:36:11.69	15:25 /mi
26	Clinton	Anderson	M	37	Rhodes	IA	01:36:00.86	01:36:51.13	15:27 /mi
27	Dane	VanBrocklin	M	31	Madrid	IA	01:40:45.49	01:41:12.27	16:12 /mi
28	Jonathan	Reicks	M	37	Ankeny	IA	01:46:33.00	01:46:37.65	17:09 /mi
<b>Female 30-39</b>									
1	Ayrin	Burns	F	32	Saint Charles	IA	00:57:17.43	00:57:20.40	09:13 /mi
2	Kathryn	Kriss	F	31	Waukee	IA	01:06:18.44	01:06:57.36	10:40 /mi
3	Tiffany	Brotherson	F	39	Grimes	IA	01:07:08.08	01:07:33.96	10:48 /mi
4	Emilee	O'Brien	F	32	Des Moines	IA	01:11:43.87	01:12:36.10	11:32 /mi
5	Alex	Miller	F	31	Huxley	IA	01:12:52.93	01:13:17.43	11:43 /mi
6	Kristin	Fechner	F	39	Marion	IA	01:13:20.21	01:13:53.13	11:48 /mi
7	Molly	Greenfield	F	30	West Des Moines	IA	01:14:07.65	01:14:57.09	11:55 /mi
8	Kristen	Neely	F	38	Doylestown	OH	01:14:58.57	01:15:12.43	12:04 /mi
9	Rachael	Krier	F	34	Ankeny	IA	01:16:07.10	01:16:32.60	12:15 /mi
10	Emily	Cameron	F	36	Polk City	IA	01:16:07.35	01:16:32.91	12:15 /mi
11	Mandy	Simons	F	36	Des Moines	IA	01:17:16.37	01:17:59.20	12:26 /mi
12	Megan	Cartwright	F	34	Villa Ridge	MO	01:18:58.96	01:19:31.91	12:42 /mi
13	Sharon	Rosenblatt	F	36	Ridgefield	CT	01:27:27.01	01:28:07.99	14:04 /mi
14	Megan	Malz	F	38	Portage	MI	01:28:17.17	01:28:32.47	14:12 /mi
15	Nikki	Wells	F	39	Urbandale	IA	01:28:35.47	01:29:32.61	14:15 /mi
16	Candace	Seuferer	F	36	Norwalk	IA	01:32:18.20	01:32:35.34	14:51 /mi
17	Hannah	Graber	F	32	Lockridge	IA	01:32:33.78	01:33:35.37	14:54 /mi
18	Mara	Wengryn	F	32	Leon	IA	01:38:07.80	01:38:24.25	15:47 /mi
19	Alison	Wengryn	F	37	Des Moines	IA	01:39:05.30	01:39:21.61	15:57 /mi
<b>Male 40-49</b>									

1	Bruce	Huckfeldt	M	44	Waukee	IA	00:46:33.83	00:46:36.83	07:29 /mi
2	Randall	Stanford	M	46	Grimes	IA	00:51:26.67	00:51:35.07	08:16 /mi
3	Grant	Dietrich	M	49	Minneapolis	MN	00:52:24.04	00:52:26.37	08:25 /mi
4	Jason	Kratzer	M	41	Waukee	IA	00:53:14.92	00:53:19.69	08:34 /mi
5	Michael	Kiel	M	42	Ankeny	IA	00:53:29.05	00:53:44.86	08:36 /mi
6	Matthew	Strasser	M	49	Rose Hill	IA	00:54:59.03	00:55:01.09	08:51 /mi
7	Jimmy	Reyes	M	44	Waukee	IA	00:56:29.81	00:56:41.25	09:05 /mi
8	Tom	Jordan	M	49	Iowa City	IA	00:59:47.26	01:00:07.90	09:37 /mi
9	Todd	Bormann	M	49	Robins	IA	01:00:07.63	01:00:22.52	09:40 /mi
10	Robert	Roquet	M	49	Evansdale	IA	01:00:51.19	01:00:54.07	09:47 /mi
11	Jeremy	Masterson	M	46	Prairie City	IA	01:01:38.95	01:01:42.36	09:55 /mi
12	Ryan	Ravens	M	43	Johnston	IA	01:04:31.05	01:04:55.35	10:22 /mi
13	Todd	Smithson	M	47	Granger	IA	01:05:03.04	01:05:10.44	10:28 /mi
14	Jerico	Williams	M	42	Ankeny	IA	01:08:22.88	01:09:24.59	11:00 /mi
15	Jeremy	Skinner	M	44	Altoona	IA	01:11:10.00	01:11:51.99	11:27 /mi
16	Jennifer	Cook Gregory	M	49	De Witt	IA	01:11:31.36	01:11:54.66	11:30 /mi
17	Jeremy	Mahler	M	49	Perry	IA	01:11:43.42	01:12:35.98	11:32 /mi
18	Shawn	Miner	M	49	Johnston	IA	01:12:40.19	01:13:01.58	11:41 /mi
19	Adam	Novak	M	40	Maynard	IA	01:14:08.95	01:14:57.13	11:55 /mi
20	Jeff	Cibert	M	44	Fort Dodge	IA	01:15:14.37	01:15:33.22	12:06 /mi
21	David	Gossard	M	47	Bondurant	IA	01:16:16.75	01:17:18.08	12:16 /mi
22	Jeremy	Taylor	M	46	Sioux City	IA	01:17:16.16	01:18:01.72	12:25 /mi
23	Jason	Meier	M	48	Ankeny	IA	01:17:42.63	01:18:27.23	12:30 /mi
24	Brian	Oetker	M	42	Cambridge	IA	01:20:46.50	01:20:52.89	13:00 /mi
25	Lewis	Putz	M	40	Milo	IA	01:22:03.79	01:23:03.80	13:12 /mi
26	Matthew	Rebolz	M	42	Peru	IL	01:23:48.25	01:24:14.52	13:29 /mi
27	Nathan	Todd	M	43	Ankeny	IA	01:25:46.18	01:26:25.44	13:48 /mi
28	Justin	Pithan	M	41	Pleasant Hill	IA	01:26:30.90	01:26:44.29	13:55 /mi
29	Dan	Barnes	M	49	Ankeny	IA	01:31:19.39	01:32:09.65	14:42 /mi
30	Brian	Meacham	M	44	Portage	MI	01:32:18.51	01:32:34.27	14:51 /mi
31	Brad	Bakker	M	42	Cedar Falls	IA	01:34:34.15	01:35:05.60	15:13 /mi
32	Joseph	Brant	M	40	Grimes	IA	01:35:22.06	01:36:04.30	15:21 /mi
33	James	Grimaldi	M	47	Altoona	IA	01:36:15.75	01:36:44.98	15:29 /mi
34	Jake	Madren	M	43	Grinnell	IA	01:45:13.19	01:45:17.88	16:55 /mi
<b>Female 40-49</b>									
1	Melanie	Henry	F	48	Des Moines	IA	01:06:10.62	01:06:22.57	10:39 /mi
2	JESS	Mclravy	F	44	Waverly	IA	01:19:22.54	01:20:07.34	12:46 /mi
3	Meredith	Todd	F	42	Ankeny	IA	01:25:46.83	01:26:25.64	13:48 /mi
4	Nicole	Arntz	F	45	Waterloo	IA	01:28:49.92	01:29:19.71	14:18 /mi
5	Brenda	Halsey	F	49	Eldora	IA	01:28:55.39	01:29:21.77	14:18 /mi
6	Karla	Vos	F	40	Des Moines	IA	01:30:58.36	01:31:46.48	14:38 /mi
7	Kate	Kurzenberger	F	47	Grayslake	IL	01:31:17.49	01:32:08.77	14:41 /mi
8	Monica	Blakeman	F	45	Readlyn	IA	01:31:21.68	01:31:36.18	14:42 /mi
9	Anna	Rhodes	F	46	Wellman	IA	01:32:32.34	01:33:03.33	14:53 /mi
10	Kimberly	Reicks	F	41	Ankeny	IA	01:46:45.23	01:46:49.47	17:10 /mi
11	Michelle	Lindell	F	40	Elkhart	IA	01:47:04.91	01:47:09.70	17:13 /mi
<b>Male 50-59</b>									
1	Terry	KRUSE	M	57	Clive	IA	00:50:59.90	00:51:03.15	08:12 /mi
2	Matthew	Gardner	M	54	Johnston	IA	00:57:24.45	00:57:46.08	09:14 /mi
3	Roger	Selesky	M	54	Ankeny	IA	00:58:15.46	00:58:22.17	09:22 /mi
4	Timothy	Goollee	M	54	Urbandale	IA	01:02:10.25	01:02:17.78	10:00 /mi
5	Mike	Prewitt	M	55	Des Moines	IA	01:02:59.57	01:03:05.94	10:08 /mi
6	Chris	Fechner	M	53	Marion	IA	01:06:41.37	01:07:15.53	10:43 /mi
7	Jason	Zaiger	M	54	Exira	IA	01:09:00.99	01:09:12.35	11:06 /mi
8	Greg	Riley	M	59	Ottumwa	IA	01:12:18.11	01:12:42.00	11:38 /mi
9	Karl	Overton	M	56	Des Moines	IA	01:14:13.33	01:14:26.07	11:56 /mi
10	Chad	Stewart	M	53	Erie	IL	01:14:20.52	01:14:58.66	11:57 /mi
11	Ryan	Tresnak	M	53	Vinton	IA	01:14:32.57	01:15:24.28	12:00 /mi
12	Steve	Fisher	M	52	Pella	IA	01:22:06.27	01:23:06.07	13:12 /mi
13	Dan	Roupe	M	54	West Des Moines	IA	01:24:50.61	01:25:19.68	13:39 /mi
14	Christopher	Gibson	M	55	Ankeny	IA	01:25:47.90	01:26:36.53	13:48 /mi
15	Don	Pinter Jr	M	50	Denver	IA	01:26:59.48	01:27:13.74	14:00 /mi
16	Brian	Aroy	M	53	Altoona	IA	01:37:05.97	01:37:15.79	15:37 /mi
17	Steve	VanBrocklin	M	58	Madrid	IA	01:40:44.78	01:41:12.31	16:12 /mi
18	Chris	Kuble	M	59	Grimes	IA	01:42:49.25	01:43:17.70	16:33 /mi
<b>Female 50-59</b>									
1	Cinda	Blake	F	56	Wayland	IA	01:08:23.23	01:08:37.90	11:00 /mi
2	Sheryl	Dekutoski	F	59	Hudson	IA	01:11:08.74	01:11:58.11	11:27 /mi
3	Molly	Leis	F	50	Rochester	MN	01:12:25.46	01:13:04.78	11:39 /mi
4	Amy	Roth	F	52	Cedar Falls	IA	01:15:08.74	01:15:26.56	12:05 /mi
5	Betty	Carson	F	56	Ackley	IA	01:20:44.72	01:21:16.02	12:59 /mi

6	Bridget	Fulitano	F	56	Redfield	IA	01:21:21.65	01:22:16.09	13:05 /mi
7	Jessica	Strasser	F	52	Rose Hill	IA	01:23:02.36	01:23:47.86	13:21 /mi
8	Jo	Meints	F	50	Eldora	IA	01:23:02.97	01:23:48.14	13:21 /mi
9	Deb	Lange	F	51	Guttenberg	IA	01:24:47.53	01:25:38.29	13:39 /mi
10	Wendy	Hatcher	F	53	Maxwell	IA	01:26:48.45	01:27:30.05	13:58 /mi
11	Becky	Wu	F	59	Des Moines	IA	01:32:57.15	01:33:58.07	14:57 /mi
12	Nerissa	Jennisch	F	54	Urbandale	IA	01:33:05.28	01:34:06.23	14:58 /mi
13	Angela	Weller	F	53	Grimes	IA	01:58:13.12	01:58:47.03	19:01 /mi
<b>Male 60+</b>									
1	Johnny	Ytzen	M	70	Creston	IA	01:11:43.66	01:11:56.59	11:32 /mi
2	Joel	Hjelmaas	M	65	Johnston	IA	01:15:47.82	01:16:19.25	12:12 /mi
3	David	Swenson	M	69	Ames	IA	01:17:40.13	01:18:10.45	12:30 /mi
4	Dan	Graber	M	69	Lockridge	IA	01:32:37.85	01:33:40.09	14:54 /mi
5	Keith	Crowe	M	60	Grimes	IA	01:58:13.90	01:58:47.09	19:01 /mi
<b>Female 60+</b>									
1	Laurie	Craig	F	63	Cedar Rapids	IA	01:22:23.43	01:23:09.65	13:15 /mi
2	Annie	Strawn	F	64	Saint Charles	IA	01:53:24.01	01:54:06.83	18:15 /mi