

All-Time Iowa Records - 5 Kilometers

OPEN MEN

| | | |
|------------|---|-------------------|
| 13:36 | *Jonah Koech, 22, Ames/Kenya | CR YWCA 92 |
| 13:47 | *Edwin Kurgat, 24, Ames/Kenya | Blazing 22 |
| 14:19 | Jay Welp, 28, Iowa City | Blazing 20 |
| 14:21 | Kevin Herd, 25, Coralville | IowaCity 94 |
| 14:21 | Garret Ehlers, 31, Sioux City | Blazing 23 |
| 14:22 | Austin O'Brien, 28, Waukee | Blazing 22 |
| 14:23 | Blake Whalen, 26, Des Moines | Blazing 22 |
| 14:24 | *Richard Kaitany, 28, Ames/Kenya | IC Hawkeye 84 |
| 14:24 | *Ian Robinson, 26, Cedar Rapids/England | IowaCity 95 |
| 14:24 | Joe Freiburger, 21, Waverly | Blazing 20 |
| 14:25 | Dan Hostager, 28, Fayette | IowaCity 96 |
| 14:26 | *Dmitry Drozdov, 25, Ames/Russia | IowaCity 97 |
| 14:29 | Cody Baele, 26, Des Moines | Blazing 21 |
| 14:32 | *Bob Verbeeck, 21, Ames/Belgium | DM WHO 82 |
| 14:32 | *Joseph Kipsang, 22, Ames/Kenya | DM WHO 82 |
| 14:32 | Alec Baldwin, 28, Clive | Blazing 20 |
| 14:33 | Mike Carney, 28, Ames | CR YWCA 91 |
| 14:40 | Mike Gilie, 22, Bettendorf | Blazing 22 |
| 14:42 | Tony Every, 22, Cedar Rapids | CR YWCA 92 |
| 14:42 | Daniel Soto, 23, Iowa City | Blazing 20 |
| 14:45 | Brian Smith, 24, Bayard | IowaCity 85 |
| 14:45 | Matt Lorenz, 24, Swisher | Blazing 23 |
| 14:46 | Doug Nelson, 26, Fairfield | IowaCity 85 |
| 14:47 | Devin Allbaugh, 30, Bettendorf | Blazing 20 |
| 14:47 | Trevor Albert, 23, Altoona | Blazing 22 |
| 14:47 | Dan Iselin, 23, Des Moines | Blazing 22 |
| 14:47 | Caleb Appleton, 24, Des Moines | Blazing 22 |
| 14:50 | *John Kihonge, 23, Ames/Kenya | IowaCity 95 |
| 14:51 | Raul DeAnda, 34, Des Moines | IowaCity 85 |
| 14:51 | David Litoff, 31, Iowa City | CR YMCA 92 |
| 14:51 | *Sammy Rotich, 28, W Des Moines/Kenya | Drake 15 |
| 14:51 | Adam Bohach, 36, Cresco | Blazing 20 |
| 14:52 | Terry Ramlo, 27, Decorah | CR YWCA 91 |
| 14:53 | *Paul Black, 25, Ames/England | Madness 87 |
| 14:53 | Bill Ford, 25, Ames | CR YWCA 91 |
| 14:54 | Steve Froeschle, 26, Davenport | Blazing 20 |
| 14:54 | Phil Kauder, 24, Cascade | IowaCity 85 |
| 14:54 | Eric Steiger, 24, Sioux Center | Blazing 24 |
| 14:55 | Luke Guttormson, ?, Dubuque | Blazing 23 |
| 14:55 | Caleb Shumaker, 22, Tipton | CR Turkey Trot 24 |
| All-Comers | | |
| 13:37 | *Frank Omara, Fayetteville, AK/Ireland | CR YWCA 92 |

MASTER MEN (40 to 49)

| | | |
|-------|------------------------------|-----------------------------|
| 15:20 | Ean Caskey, 41, Lisbon | Lisbon 22 |
| 15:41 | Nate Hopp, 41, Cedar Rapids | Davenport Spring Classic 24 |
| 15:47 | Scott Gall, 46, Cedar Falls | SturgisFall 21 |
| 15:53 | Phil Kauder, 40, Cascade | Camanche 01 |
| 15:55 | Rich Fuller, 40, Davenport | QC Sunshine 97 |
| 16:06 | Mike Felts, 42, Cedar Falls | IowaCity 85 |
| 16:07 | Don Wood, 41, Cedar Falls | Grand Prix 85 |
| 16:07 | Artur Mueller, 40, Davenport | QC Zombie 24 |
| 16:16 | Curt Hoegh, 41, Clive | Clive 93 |
| 16:21 | Charles Schmidt, 40, Oxford | IC RiverRun 97 |
| 16:25 | Charles Lutz, 44, Iowa City | IC RiverRun 97 |

GRAND MASTER MEN (50 plus) - top 10 performers

| | | |
|-------|----------------------------------|--------------------|
| 16:30 | Raul DeAnda, 50, Urbandale | Beaverdale 01 |
| 16:38 | Scott Gall, 51, Cedar Falls | Cedar Valley TT 24 |
| 17:14 | Mike Mallon, 50, Davenport | Lisbon 16 |
| 17:22 | Patrick Murphy, 50, Cedar Rapids | IowaCity 91 |
| 17:23 | Curt Hoegh, 51, Clive | Beaverdale 02 |
| 17:26 | Phil Kauder, 50, Cascade | Madness 11 |
| 17:29 | Dan Bonthius, 54, Iowa City | Clive 14 |
| 17:33 | Phil Pearson, 52, Ames | IowaCity 85 |
| 17:38 | Paul Gryte, 50, Nevada | Madness 94 |
| 17:45 | Bernie Wilder, 51, Davenport | QC Classic 07 |
| 17:46 | Jim Robidoux, 50, Ankeny | DM Marathon 15 |

OPEN WOMEN

| | | |
|------------|--------------------------------------|----------------------|
| 15:46 | Kassie Parker, 25, Waverly | Blazing 24 |
| 15:55 | Callie Logue, 24, Ames | Blazing 23 |
| 16:04 | Nan Doak, 30, Coralville | CR YWCA 92 |
| 16:07 | *Diane Nukuri, 26, Iowa City/BUR | MarionArts 11 |
| 16:17 | Ashely Tutt, 23, Ames | Blazing 22 |
| 16:17 | Emma Huston, 28, Des Moines | Blazing 23 |
| 16:40 | *Pasca Myers, 37, Ames/Kenya | Blazing 23 |
| 16:41 | Lisa Koll, 20, Fort Dodge | Webster City 08 |
| 16:41 | Erin Moeller, 33, Cedar Rapids | MarionArts 11 |
| 16:45 | Andrea Fischer, 31, Davenport | IowaCity 94 |
| 16:46 | Lisa Wittman, 25, Dubuque | IowaCity 85 |
| 16:46 | Caroline McMartin, 22, Iowa City | Blazing 24 |
| 16:47 | Casey Owen, 25, Des Moines | MarionArts 08 |
| 16:48 | Alexina Wilson, 31, Cedar Rapids | CR Turkey Trot 24 |
| 16:50 | Robyn Friedman, 33, Lambs Grove | Indianola Balloon 06 |
| 16:51 | Karen Clark, 29, Rockwell City | Grand Prix 85 |
| 16:59 | Danna Herrick, 37, Norwalk | Blazing 24 |
| 17:05 | Anita Kelly, 27, Ames | Big Sioux 92 |
| 17:08 | Bethany Lewis, 27, Iowa City | QC Classic 07 |
| 17:13 | Samantha Wingert, 34, Cedar Falls | SturgisFalls 21 |
| 17:13 | Flannery Cerbin-Bohach, 36, Cresco | Blazing 23 |
| 17:15 | Andrea Fisher, 31, Davenport | QC Sunshine 94 |
| 17:15 | Madeline Block, 25, Marion | Blazing 24 |
| 17:19 | Penny O'Brien, 21, Bettendorf | IowaCity 85 |
| 17:19 | Kris Wallace, 34, Des Moines | CR YWCA 85 |
| 17:19 | Connie Prince, 27, Sioux City | BigSioux 91 |
| 17:19 | Ashlyn Bagge, 23, Waverly | SturgisFalls 18 |
| 17:20 | Andrea Ertz, 24, Central City | Blazing 23 |
| 17:20 | Shaelyn Hostager, 22, Dubuque | CR Turkey Trot 24 |
| 17:21 | Brooke Slayman, 31, Iowa City | Ganzo's 22 |
| 17:20 | Nikki Borner, ?, Indianola | Blazing 24 |
| 17:24 | Julie Litoff, 29, Iowa City | CR YWCA 92 |
| 17:24 | Jordan Winke, 26, University Heights | Blazing 23 |
| 17:28 | Ellen Ries, 24, Urbandale | EpeciallyforYou 11 |
| 17:30 | Amy Hassell, 29, Mt Vernon | Kraut 14 |
| 17:31 | Tracy Kresser, 28, Clive | Drake 14 |
| 17:31 | Lexi Brown, 23, Waverly | Blazing 24 |
| 17:32 | Olivia Johnson, 25, Iowa City | IC RiverRun 13 |
| 17:32 | Sarah Bakula, 36, Ft Atkinson | Decorah 24 |
| 17:33 | Ashley Tousley, 29, Des Moines | Beaverdale 08 |
| 17:33 | Melinda Courage, 33, Urbandale | Dam to Dam 07 |
| 17:34 | Casey McDermott, 26, Des Moines | Hy Vee 15 |
| All-Comers | | |
| 15:30 | Shelly Steely, 29, Albuquerque, NM | CR YWCA 92 |

MASTER WOMEN (40 to 49)

| | | |
|-------|-------------------------------------|-------------------|
| 18:07 | Jenny Schulze, 42, Clive | Taste of Hope 15 |
| 18:17 | Jessica Hruska, 42, Dubuque | Blazing 22 |
| 18:25 | Emily Burmeister, 41, Marsion | CR Turkey Trot 24 |
| 18:34 | Muriel Naumann, 41, Iowa City | QC Sunshine 97 |
| 18:46 | Claudia Scott, 43, Marion | CR Mercy 94 |
| 18:51 | Robyn Friedman, 41, Newton | Klompfen 14 |
| 18:55 | Nancy Foxen, 4?, Muscatine | QC CASI 19 |
| 19:13 | Eva Machuca, 41, Cedar Falls | Madness 11 |
| 19:13 | Susie Duke, 40, Grinnell | Sully Freedom 21 |
| 19:24 | Andriette Wickstrom, 41, Storm Lake | DM Cure 96 |
| 19:43 | Joanne Sackett, 48, Des Moines | Fairgrounds 16 |

GRAND MASTER WOMEN (50 plus)

| | | |
|-------|---------------------------------|------------------|
| 19:43 | Jenny Schulze, 50, Clive | Blazing 22 |
| 20:20 | Mary Toohill, 51, Davenport | Lisbon 18 |
| 20:22 | Janelle Swanberg, 54, Davenport | Kapheim 05 |
| 20:37 | Claudia Scott, 51, Marion | Madness 02 |
| 21:13 | Dody Burkey, 51, Cedar Rapids | IowaCity 95 |
| 21:23 | Eloise Caldwell, 50, Davenport | QC St Paddy's 83 |
| 21:26 | Kelly Timmerman, 5?, Davenport | QC Easter Egg 19 |
| 21:32 | Jan Daker, 50, Davenport | QC Classic 98 |
| 21:52 | Karen Mills, 50, Cedar Falls | Sturgis Falls 97 |
| 21:56 | Sandy Rupnow, 52, Ames | DM Cure 96 |
| 21:56 | Tricia McClain, 52, Altoona | Madness 09 |
| 21:56 | Muriel Nauman, 51, Iowa City | QCClassic 07 |

NOTE: Records set by Iowa residents at Iowa races.

All-Time Iowa Records - 10 Kilometers

OPEN MEN

| | | |
|------------|---------------------------------------|--------------------|
| 28:25 | *Barnaba Korir, 24, Ames/Kenya | Drake 90 |
| 28:25 | *Patrick Sang, 25, Ames/Kenya | Drake 89 |
| 28:43 | *Jonah Koech, 20, Ames/Kenya | Drake 89 |
| 28:46 | *Raf Wyls, 24, Ames/Belgium | H Hustle 87 |
| 28:52 | *Jonathon Brown, 22, Ames/England | Marshalltown 93 |
| 29:09 | Mike Carney, 27, Des Moines | Drake 90 |
| 29:09 | *Bob Verbeeck, 28, Ames/Belgium | Drake 89 |
| 29:15 | Kevin Herd, 26, Coralville | IowaCity 95 |
| 29:16 | *Richard Kaitany, 31, Ames/Kenya | Madness 88 |
| 29:19 | Austin O'Brien, 28, Waukee | Blazing Invite 21 |
| 29:27 | *Sammy Rotich, 27, W Des Moines/Kenya | Drake 14 |
| 29:33 | Cody Beale, 28, Des Moines | Drake 23 |
| 29:40 | John Wellerding, 27, Bettendorf | CR Hardees 81 |
| 29:41 | Dan Hostager, 24, Cedar Falls | Madness 91 |
| 29:53 | *Ian Robinson, 22, Ames/England | Madness 91 |
| 29:56 | *Yobes Ondieki, 22, Ames/Kenya | Madness 83 |
| 30:02 | Phil Coppess, 28, Clinton | GovCup 83 |
| 30:04 | Frank Richardson, 26, Ames | GovCup 81 |
| 30:05 | *Joe Kipsang, 24, Ames/Kenya | Ames MarineCorp 84 |
| 30:06 | Blake Whalen, 28, Des Moines | Drake 23 |
| 30:07 | Brian Smith, 27, Bayard | IowaCity 87 |
| 30:07 | *Paul Black, 25, Ames/England | H Hustle 87 |
| 30:12 | *Kip Limo, 21, Ames/Kenya | Drake 91 |
| 30:14 | Doug Nelson, 24, Fairfied | NatBank 83 |
| 30:14 | Steve MacTaggart, 28, Waterloo | NatBank 83 |
| 30:18 | Kyle Kepler, 24, Webster City | Madness 99 |
| 30:19 | Brogan Austin, 27, West Des Moines | Madness 19 |
| 30:22 | Dan Hostager, 23, Gowrie | Marshalltown 90 |
| 30:24 | Kim Sprain, 26, Waverly | NatBank 83 |
| 30:25 | Gene McGivern, 24, Ames | ISU Converse 82 |
| 30:26 | Glenn Magrum, 26, Des Moines | H Hustle 88 |
| 30:26 | Dallas Robertson, 30, Iowa City | IowaCity 86 |
| 30:26 | Bob Simmons, 27, Iowa City | Madness 99 |
| 30:26 | Devin Allbaugh, 30, Bettendorf | Blazing Invite 21 |
| 30:27 | Jim Robidoux, 27, Oskaloosa | Drake 92 |
| 30:27 | Josh Moen, 27, Readlyn | Madness 07 |
| 30:28 | Dennis Karamitros, 25, MasonCity | CR Mem 85 |
| 30:29 | Thomas Boeh, 24, Dubuque | NatBank 83 |
| 30:30 | Greg Newell, 27, Davenport | CR Hardee 81 |
| 30:30 | David Smith, 25, Dubuque | NatBank 83 |
| 30:34 | Raul DeAnda, 34, DesMoines | GovCup 85 |
| 30:35 | Garret Ehlers, 31, Sioux City | Drake 23 |
| 30:37 | Dennis Karamitros, 25, MasonCity | NatBank 85 |
| 30:37 | Rich Fuller, 27, Davenport | NatBank 84 |
| 30:37 | *Roland Pauwels, 28, Ames/Belgium | Madness 94 |
| All-Comers | | |
| 27:46 | *Yobes Ondieki, 28, New Mexico/Kenya | Drake 89 |

MASTER MEN (40 to 49)

| | | |
|-------|-----------------------------------|-------------|
| 31:26 | Ean Caskey, 41, Lisbon | Drake 23 |
| 31:51 | Rick Scupham, 40, West Des Moines | Drake 89 |
| 32:38 | Jim Pollard, 40, Boone | Drake 92 |
| 32:41 | Don Zile, 41, Des Moines | H Hustle 87 |
| 32:55 | Curt Hoegh, 40, Clive | Drake 92 |
| 32:55 | Keith Fevold, 41, Des Moines | Madness 99 |
| 32:52 | John Mulholland, 44, Ft Dodge | GovCup 84 |
| 33:16 | Michael Felts, 41, Cedar Falls | GovCup 84 |
| 33:18 | Bruce Hopkins, 41, Cedar Falls | NatBank 83 |
| 33:18 | Bill Rader, 41, Cedar Rapids | Marion Y 84 |

GRAND MASTER MEN (50 plus)

| | | |
|-------|----------------------------------|-----------------|
| 34:01 | Raul DeAnda, 50, Panora | Marshalltown 01 |
| 35:30 | Patrick Murphy, 51, Cedar Rapids | Drake 92 |
| 35:51 | Phil Pearson, 50, Ames | GovCup 83 |
| 36:06 | Mike Bender, 51, Adel | Drake 92 |
| 36:12 | Phil Caldwell, 51, Davenport | CR Armstrong 82 |
| 36:23 | Larry Cheever, 51, Des Moines | Drake 89 |
| 36:27 | Bill Duggan, 51, Dubuque | H Hustle 87 |
| 36:28 | Guy Ealey, 52, Newton | Drake 92 |
| 36:43 | Al Siemering, 50, Cedar Rapids | CR Mem 89 |
| 36:52 | Fred Dice, 50, Keokuk | Madness 86 |

OPEN WOMEN

| | | |
|------------|--------------------------------------|-------------------|
| 32:21 | Nan Doak-Davis, 27, Coralville | Drake 89 |
| 33:15 | Connie Prince, 28, Sioux City | IowaCity 86 |
| 34:09 | Jennifer Brower, 23, Iowa City | B-rry Scurry 93 |
| 34:18 | Tracy Dahl, 22, Iowa City | IowaCity 93 |
| 34:52 | Casey Owens, 25, Des Moines | Madness 08 |
| 34:55 | Lisa Wittman, 25, Dubuque | GovCup 85 |
| 34:55 | Anita Kelly, 28, Ames | Madness 92 |
| 34:58 | Suzanne Youngberg, 24, Des Moines | Drake 88 |
| 34:58 | Robyn Friedman, 34, Lambs Grove | Madness 08 |
| 35:01 | *Pasca Cheruiyot, 34, Ft Dodge/Kenya | Blazing Invite 21 |
| 35:02 | Jenny Spangler, 22, Iowa City | IowaCity 85 |
| 35:07 | Lindsay Crevoiserat, 26, Des Moines | Madness 19 |
| 35:10 | Emma Huston, 22, Des Moines | Madness 16 |
| 35:16 | Angela Andersen, 25, Ames | Marshalltown 95 |
| 35:19 | Samantha Bluske, 23, Ames | Madness 14 |
| 35:26 | Karen Clark, 29, Rockwell City | GovCup 85 |
| 35:29 | Roxi Erickson, 33, Sioux City | Madness 96 |
| 35:29 | Michelle Borgert, 30, Ames | Madness 03 |
| 35:29 | Danna Herrick, 29, Urbandale | Leprechaun 16 |
| 35:37 | *Karen Glerum, 23, Ames/Netherlands | Marshalltown 93 |
| 35:39 | Anne Flynn, 35, Iowa City | Madness 99 |
| 35:43 | Letha Davis, 18, Des Moines | GovCup 80 |
| 35:49 | Gail Viola, 24, Davenport | H Hustle 87 |
| 35:49 | Julie Litoff, 29, Iowa City | Drake 92 |
| 35:54 | Ashley Tousley, 26, Des Moines | Madness 10 |
| 35:54 | Laura Sigmund, 23, Stanhope | Drake 13 |
| 35:58 | Andrea Fisher, 30, Davenport | IowaCity 93 |
| 35:59 | Christy Nielson, 24, Council Bluffs | Madness 99 |
| All-Comers | | |
| 31:14 | *Liz Lynch-McColgan, 22, Scotland | H Hustle 87 |

MASTER WOMEN (40 to 49)

| | | |
|-------|------------------------------------|-----------------|
| 37:17 | Jenny Schulze, 43, Clive | Leprechaun 16 |
| 37:34 | Muriel Naumann, 41, Iowa City | IowaCity 97 |
| 37:43 | Lisa Marshall, 43, Granger | Madness 11 |
| 39:09 | Leigh Wilcox, 40, Montezuma | Madness 91 |
| 39:20 | Claudia Scott, 43, Marion | IowaCity 94 |
| 39:23 | Holly Fuchs, 46, Ames | GovCup 82 |
| 39:35 | Kathy Loper, 42, Davenport | Madness 84 |
| 39:36 | Andriett Wickstrom, 41, Storm Lake | Marshalltown 96 |
| 40:00 | Kate Mauer, 40, Ankeny | Madness 15 |

GRAND MASTER WOMEN (50 plus)

| | | |
|-------|-------------------------------------|-----------------|
| 42:27 | Aimee Jones, 50, Cedar Rapids | NewBo 19 |
| 42:29 | Nancy Hoegh, 50, Clive | Madness 03 |
| 43:04 | Sheila Maddock, 50, Johnston | Marshalltown 06 |
| 44:13 | Jan Daker, 50, Davenport | B-rry Scurry 98 |
| 44:14 | Eloise Caldwell, 50, Davenport | GovCup 82 |
| 44:23 | Beth Henriksen, 52, Ames | Madness 08 |
| 45:33 | Andriette Wickstrom, 50, Storm Lake | Madness 05 |
| 45:33 | Sueann French, 50, Red Oak | Leprechaun 16 |
| 45:37 | Dorothy Campbell, 50, Des Moines | GovCup 81 |
| 45:39 | Jean Gifford, 51, West Des Moines | Drake 90 |

NOTE: Records set by Iowa residents at Iowa races.

All-Time Iowa Records - Half-Marathon

OPEN MEN

| | | |
|---------|---------------------------------------|-----------------|
| 1:03:22 | *Sammy Rotich, 26, W Des Moines/Kenya | Park to Park 18 |
| 1:03:41 | Antonio Vega, 27, Des Moines | DM Marathon 12 |
| 1:04:43 | Blake Whalen, 27, Des Moines | DM Marathon 22 |
| 1:04:56 | Cody Baele, 27, Des Moines | DM Marathon 22 |
| 1:05:15 | Brogan Austin, 26, West Des Moines | DM Marathon 18 |
| 1:05:29 | Phil Coppess, 26, Clinton | IowaCity 81 |
| 1:05:41 | Frank Richardson, 24, Ames | Cyclone 79 |
| 1:05:44 | Gregg Newell, 29, Iowa City | IowaCity 83 |
| 1:06:11 | Ben Anderson, 26, Clive ? | DM Marathon 21 |
| 1:06:14 | *Richard Kaitany, 28, Ames/Kenya | Dubuque 84 |
| 1:06:17 | Nick Holmes, 24, Iowa City | Dam to Dam 15 |
| 1:06:22 | Greg Prestemon, 22, Ames | Cyclone 79 |
| 1:06:31 | Jay Welp, 27, Iowa City | DM Marathon 19 |
| 1:06:44 | Garret Ehlers, 31, Sioux City | DM Marathon 23 |
| 1:06:45 | Devin Allbaugh, 32, Bettendorf | QC Marathon 23 |
| 1:06:54 | Skyler Nesheim, 25, Des Moines | DM Marathon 10 |
| 1:07:10 | Zach Baker, 24, Iowa City | ParktoPark 17 |
| 1:07:12 | Kallin Khan, 21, Iowa City | ParktoPark 18 |
| 1:07:24 | Adam Bohach, 30, Decorah | DM Marathon 19 |
| 1:07:30 | Kevin Herd, 25, Coralville | Dubuque 94 |
| 1:07:39 | Karl Junginger, 27, Clinton | Dubuque 83 |
| 1:07:45 | Tommy Neal, 24, Ames | ParktoPark 07 |
| 1:07:48 | Mike Gille, 24?, Davenport | QC Marathon 23 |
| 1:07:49 | Sam Pinkowski, 25, Des Moines | DM Marathon 23 |
| 1:07:52 | Alex Ntagawa, 22, West Des Moines ? | Dam to Dam 15 |
| 1:07:53 | Trevor Albert, 24, Iowa City | DM Marathon 23 |
| 1:07:55 | Phil Kauder, 25, Cascade | Dubuque 86 |
| 1:07:57 | Randy Bill, 32, Cedar Falls | ParktoPark 14 |
| 1:07:57 | Jason Thomas, 21, Ames | ParktoPark 17 |
| 1:08:04 | Rich Fuller, 27, Davenport | Dubuque 84 |
| 1:08:07 | Blake Bolden, 28, Ames | DM Marathon 07 |
| 1:08:08 | Raul DeAnda, 33, Des Moines | Dubuque 84 |
| 1:08:15 | Tyler Lance, 28, Algona | DM Marathon 23 |
| 1:08:16 | Lucas Keifer, 26, Burlington | DM Marathon 24 |
| 1:08:22 | Steve McTaggart, 29, Cedar Falls | SturgisFalls 84 |
| 1:08:23 | Jason Flogel, 23, W Des Moines | ParktoPark 06 |
| 1:08:29 | Ben Jaskowaik, 35, West Des Moines | Dam to Dam 15 |
| 1:08:31 | Kevin Lewis, 22, West Des Moines | DM Marathon 16 |
| 1:08:33 | Austin O'Brien, 25, West Des Moines | DM Marathon 17 |

All-Comers

| | | |
|---------|--------------------|----------|
| 1:02:27 | Mark Kiptoo, Kenya | Drake 13 |
|---------|--------------------|----------|

MASTER MEN (40 to 49)

| | | |
|---------|-------------------------------------|-----------------|
| 1:09:43 | Ean Caskey, 40, Lisbon | DM Marathon 22 |
| 1:11:42 | Scott Gall, 40, Cedar Falls | Park to Park 15 |
| 1:12:56 | Phil Kauder, 40, Cascade | Drake 01 |
| 1:13:05 | Nathan Hopp, 40, Cedar Rapids | MVRA Dubuque 23 |
| 1:13:32 | Julius Rotich, 40, Des Moines/Kenya | Dam to Dam 15 |
| 1:14:18 | Joel Frye, 41, Des Moines | DM Marathon 14 |
| 1:14:20 | Bill Rader, 40, Cedar Rapids | IowaCity 83 |
| 1:14:30 | Jim Streeby, 42, Ottumwa | IowaCity 82 |
| 1:14:30 | Eric Hollander, 43, Urbandale | DM Marathon 19 |
| 1:14:34 | Don Wood, 41, Cedar Falls | Dubuque 85 |

GRAND MASTER MEN (50 plus)

| | | |
|---------|--------------------------------|-----------------|
| 1:18:02 | Mike Mallon, 56, Davenport | CR NewBo 22 |
| 1:19:41 | Jerry Anders, 50, Waterloo | SturgisFalls 89 |
| 1:20:39 | Kent Meier, 53, Story City | Drake 18 |
| 1:20:58 | Dave Nauman, 50, Mason City | DM Marathon 06 |
| 1:21:33 | Joe Haynes, 51, Ames | Drake 06 |
| 1:21:49 | Phil Kauder, 50, Cascade | Drake 11 |
| 1:22:05 | Keith Abels, 50, Ogden | Drake 12 |
| 1:22:48 | James Quigley, 51, Johnston | DM Marathon 09 |
| 1:22:54 | Patrick McGowan, 51, Urbandale | Dam to Dam 15 |
| 1:23:04 | Dean Schultz, 50, Garnavillo | IowaCity 98 |

OPEN WOMEN

| | | |
|------------|--|------------------|
| 1:13:17 | *Diane Nukuri Johnson, 29, Iowa City/Burandi | Dam 14 |
| 1:13:48 | Emma Huston, 27, Des Moines | DM Marathon 22 |
| 1:14:32 | *Pasca (Myers) Cheruiyot, 27, Ft Dodge/Kenya | Drake 13 |
| 1:15:06 | Nan Doak-Davis, 27, Coralville | IowaCity 89 |
| 1:15:59 | Robyn Friedman, 38, Lambs Grove | Drake 11 |
| 1:16:13 | Obsie Birru, 26, Des Moines | ParktoPark 15 |
| 1:16:36 | Samantha Wingert, 33, Cedar Falls | DM Marathon 21 |
| 1:16:50 | Erin Moeller, 33, Mt Vernon | ParktoPark 10 |
| 1:16:59 | Lisa Uhl, 27, Des Moines | Dam to Dam 15 |
| 1:17:05 | Lisa Wittman, 25, Dubuque | Dubuque 85 |
| 1:17:19 | Traci Kresser, 28, Clive | ParktoPark 14 |
| 1:17:20 | Danna Kelly, 28, Urbandale | Dam to Dam 15 |
| 1:18:12 | Christy Nielson, 22, Council Bluffs | IowaCity 97 |
| 1:18:20 | Susie Duke, 34, Marshalltown | DM Marathon 14 |
| 1:18:26 | Ashley Tollakson, 27, Des Moines | DM Marathon 11 |
| 1:18:30 | Brooke Slayman, 31, Solon | Drake 23 |
| 1:18:34 | Hannah Roeder, 23, Iowa City | DM Marathon 11 |
| 1:18:34 | Ashlyn Bagge, 23, Waverly | DM Marathon 18 |
| 1:18:38 | Jenny Schulze, 42, Clive | Park to Park 15 |
| 1:18:48 | Yelena Nanaziahvili, 33, Clive | DM Marathon 14 |
| 1:18:50 | Jordan Winke, 26, University Heights | DM Marathon 23 |
| 1:19:04 | Casey Owens, 28, Des Moines | DM Marathon 10 |
| 1:19:33 | Anne Flynn, 34, Coralville | Dubuque 98 |
| 1:19:45 | Sharon Greenwood, 31, Cedar Rapids | Dubuque 84 |
| 1:19:45 | Casey McDermott, 34, Malcom | DM St Paddy's 24 |
| 1:19:47 | Jen Van Otterloo, 24, Souix Center | DM Marathon 10 |
| 1:19:48 | Lisa Marshall, 39, Granger | Drake 07 |
| 1:20:01 | Ellen Ries, 27, Des Moines | Dam 14 |
| 1:20:03 | Andrea Ertz, 24, Central City | DM Marathon 23 |
| 1:20:04 | Laura Bell, 24, Des Moines | Drake 97 |
| 1:20:13 | Melinda Courage, 33, Urbandale | Drake 07 |
| 1:20:15 | Tricia Serres, 28, Asbury | Drake 22 |
| 1:20:21 | Flannery Cerbin-Bohach, 32, Cresco | DM Marathon 19 |
| 1:20:22 | Renee Kruse, 25, Sioux City | IowaCity 93 |
| 1:20:24 | Jordan Winke, 27, University Heights | DM Marathon 24 |
| 1:20:28 | Gabby Skopec, ??, Iowa City | QC Marathon 24 |
| 1:20:54 | Sarah Bakula, 34, Fort Atkinson | DM Marathon 22 |
| 1:20:58 | Margaret Connelly, 24, Ames | Dam to Dam 16 |
| 1:21:14 | Danika Simonson, 27, Coralville | NewBo 19 |
| 1:21:19 | Bethany Helms, 26, Iowa City | Drake 04 |
| All-Comers | | |
| 1:11:18 | Rkia El Moukin, Morocco | Drake 14 |

MASTER WOMEN (40 to 49)

| | | |
|---------|-------------------------------------|-----------------|
| 1:18:38 | Jenny Schulze, 42, Clive | Park to Park 15 |
| 1:21:54 | Jessica Smith, 40, Clive | DM Marathon 21 |
| 1:22:26 | Lisa Marshall, 43, Granger | Drake 11 |
| 1:23:46 | Colleen Webb, 42, Des Moines | DM Marathon 19 |
| 1:25:34 | Jessica Smith, 41, Clive | DM Marathon 22 |
| 1:26:09 | Kate Mauer, 4?, Ames | DM Marathon 14 |
| 1:26:31 | Jessica Switzer, 4?, Cedar Falls | DM Marathon 18 |
| 1:26:49 | Trisha Schlick, 40, Ames | DM Marathon 14 |
| 1:26:51 | Christine Price, 42, Des Moines | DM Marathon 11 |
| 1:28:00 | Andriette Wickstrom, 41, Storm Lake | Drake 96 |

GRAND MASTER WOMEN (50 plus)

| | | |
|---------|-----------------------------------|----------------|
| 1:27:58 | Jenny Schulze, 50, Clive | DM Marathon 22 |
| 1:29:55 | Mary Toohill, 51, Davenport | DM Marathon 18 |
| 1:32:01 | Carrie Van Quathem, 51, Urbandale | Drake 23 |
| 1:33:29 | Tricia McClain, 50, Altoona | Drake 07 |
| 1:33:52 | Beth Henriksen, 51, Ames | Drake 07 |
| 1:34:24 | Nancy Hoegh, 51, Clive | ParktoPark 04 |
| 1:34:35 | Patty Croonquist, 52, Ft Dodge | ParktoPark 10 |
| 1:34:33 | Sheila Maddock, 50, Des Moines | DM Marathon 06 |
| 1:35:08 | Eloise Caldwell, 50, Davenport | IowaCity 83 |
| 1:35:16 | Kathy Hale, 50, Bondurant | DM Marathon 15 |

NOTE: Records set by Iowa residents at Iowa races.

All-Time Iowa Records - Marathon

OPEN MEN

| | | |
|--------------------|--|----------------------|
| 2:09:39 | *Richard Kaitany, 32, Ames/Kenya | Chicago 88 |
| 2:10:05 | Phil Coppess, 31, Clinton | Twin Cities 85 |
| 2:12:06 | John Wellerding, 29, Bettendorf | Houston 84 |
| 2:12:38 | Brogan Austin, 27, West Des Moines | California Int. 18 |
| 2:13:54 | Frank Richardson, 25, Ames | AAU/California 80 |
| 2:14:13 | John Lodwich, 25, Cedar Rapids | Boston 78 |
| 2:15:02 | Bob Becker, 28, Des Moines | Mardi Gras 80 |
| 2:17:00 | Ryan Root, 29, Iowa City | Chicago 19 |
| 2:18:21 | Jason Fogel, 28, West Des Moines | Grandma's 11 |
| 2:18:26 | Pat McGuire, 28, Ft Dodge | Mardi Gras, 80 |
| 2:18:38 | Austin O'Brien, 29, Waukeke | Indianapolis 19 |
| 2:18:40 | Cody Baele, 29, Des Moines | Grandma's 24 |
| 2:18:46 | Stan Linton, 25, West Des Moines | Grandma's 19 |
| 2:19:08 | Dan Hostager, 24, Cedar Falls | Columbus 91 |
| 2:19:27 | Blake Whalen, 27, Des Moines | Houston 22 |
| 2:19:29 | Adam Bohach, 37, Decorah | TC 16 & Grandma's 23 |
| 2:19:41 | Rick Scuphum, 33, Iowa City | Iowa City 82 |
| 2:19:49 | *Terence Attema, 27, Sioux Center/Canada | Twin Cities 16 |
| 2:20:17 | Sam Pinkowski, 25, Des Moines | California 23 |
| 2:20:26 | Jason Thomas, 24, Des Moines | Chicago 19 |
| 2:20:49 | Steve Froeschle, 27, Dubuque | Carmel 22 |
| 2:20:57 | Matt Lorenz, 25, Swisher | Grandma's 24 |
| 2:21:10 | Dennis Delmont, 27, Des Moines | Drake 75 |
| 2:21:35 | Bob Simmons, 28, Iowa City | Chicago 99 |
| 2:21:46 | John Samore, 27, Sioux City | SiouxCity 75 |
| 2:21:59 | Dallas Robertson, 30, Iowa City | Las Vegas 87 |
| 2:22:06 | Matt Dewald, 28, Iowa City | Grandma's 11 |
| 2:22:28 | Kallin Khan, 22, Iowa City | Houston 19 |
| 2:22:35 | Raul DeAnda, 27, Des Moines | Boston 79 |
| 2:22:39 | Garret Ehlers, 32, Sioux City | California 23 |
| 2:22:49 | Randy Bill, 27, Cedar Falls | Chicago, 09 |
| 2:22:53 | Julius Rotich, 28, West Des Moines/Kenya | QC Marathon 03 |
| 2:23:03 | Ben Carlson, 26, Stanhope | Twin Cities 10 |
| 2:23:23 | Jeff Wubbena, 23, Ft Dodge | Cleveland 82 |
| 2:23:29 | Leroy Popowski, 23, Iowa City | Chicago 98 |
| 2:23:44 | Richard Fuller, 26, Davenport | QC Marathon 83 |
| 2:23:45 | Devin Allbaugh, 32, Bettendorf | Indianapolis 23 |
| 2:23:53 | Marty Dalton, 31, Earlham | Houston 07 |
| 2:24:34 | Ben Jaskowiak, 29, Des Moines | Grandma's 19 |
| 2:24:30 | Dan Froeschle, 32, Davenport | Indianapolis 23 |
| 2:24:43 | Robert Emmons, 23, Iowa City | IowaCity 82 |
| 2:24:46 | Dave Bradley, 31, Des Moines | Omaha 81 |
| All-Comers in Iowa | | |
| 2:12:19 | Phillip Lagat, Kentucky/Kenya | DM Marathon 14 |

MASTER MEN (40 to 49)

| | | |
|---------|--------------------------------|------------------|
| 2:31:09 | Jim Streeby, 41, Ottumwa | Grandma's 81 |
| 2:32:04 | Eric Hollander, 43, Urbandale | California 19 |
| 2:34:27 | Ean Caskey, 41, Lisbon | Grandma's 23 |
| 2:34:39 | Phil Kauder, 40, Cascade | QC Marathon 01 |
| 2:35:43 | Artur Mueller, 40, Davenport | QC Marathon 24 |
| 2:38:00 | Curt Hoegh, 45, Clive | Twin Cities 96 |
| 2:38:09 | Joel Frye, 40, Des Moines | DM Marathon 13 |
| 2:38:25 | Dick Seagrave, 45, Ames | City of Lakes 81 |
| 2:39:16 | Bruce Hopkins, 40, Cedar Falls | City of Lakes 81 |
| 2:39:27 | Jay Pennington, 45, Des Moines | Grandma's 17 |

GRAND MASTER MEN (50 plus)

| | | |
|---------|-------------------------------|----------------|
| 2:45:43 | Joseph Haynes, 52, Ames | Chicago 06 |
| 2:46:45 | Jim Smedema, 56, Des Moines | Las Vegas 89 |
| 2:50:50 | Mike Mallon, 50, Davenport | Twin Cities 16 |
| 2:51:14 | Rob Semelroth, 50, Des Moines | California 24 |
| 2:52:13 | Jerry Anders, 50, Waterloo | Drake 89 |
| 2:53:03 | Dick Seagrave, 51, Ames | Omaha 87 |
| 2:55:19 | Jerry Knox, 51, Ames | Drake 89 |
| 2:56:51 | Jim Shimek, 51, Cedar Rapids | Las Vegas 98 |
| 2:58:27 | Phil Caldwell, 50, Davenport | Iowa City 81 |
| 2:58:12 | Kent Meier, 53, Story City | DM Marathon 18 |

OPEN WOMEN

| | | |
|---|--|-------------------|
| 2:29:54 | *Diane Nukuri-Johnson, 28, Iowa City/Burundi | Boston 13 |
| 2:33:11 | Nan Doak, 27, Coralville | California 89 |
| 2:33:45 | *Pasca Cheruweit, 28, Ft Dodge/Kenya | Grandma's 14 |
| 2:33:51 | Jenny Spangler, 20, Iowa City | Grandma's 83 |
| 2:34:31 | Emma Huston, 27, Des Moines | California 22 |
| 2:35:04 | Robyn Friedman, 34, Lambs Grove | Olympic Trials 08 |
| 2:35:25 | Connie Prince, 28, Sioux City | Twin Cities 86 |
| 2:36:51 | Erin Moeller, 31, Mt Vernon | Olympic Trials 08 |
| 2:36:53 | Obsie Birru, 26, Des Moines | Twin Cities 15 |
| 2:40:11 | Danna Herrick, 27, Urbandale | Grandma's 14 |
| 2:40:28 | Madeline Block, 25, Marion | California 24 |
| 2:40:56 | Brooke Layman, 34, Solon | Micro 23 |
| 2:40:51 | Lisa Uhl, 27, Des Moines | Chicago, 14 |
| 2:41:30 | Yelena Nanazaish, 33, Clive | California 14 |
| 2:41:52 | Samantha Wingert, 31, Cedar Falls | Grandma's 18 |
| 2:41:54 | Tina Gandy, 29, Des Moines | Grandma's 82 |
| 2:42:35 | Susie Duke, 34, Marshalltown | Indianapolis 14 |
| 2:43:27 | Christy Nielson, 22, Council Bluffs | Tennessee 97 |
| 2:43:50 | Sally Brent, 30, Sioux City | Twin Cities 82 |
| 2:44:00 | Jen Van Otterloo, 33, Sioux Center | Twin Cities 19 |
| 2:44:09 | Ashley Tollakson, 26, Des Moines | Twin Cities 10 |
| 2:45:17 | Jenny Schulze, 43, Clive | Twin Cities 15 |
| 2:46:09 | Mary Kerper, 27, ? | Chicago 99 |
| 2:47:21 | Anne Flynn, 35, Coralville | Chicago 98 |
| 2:48:05 | Danika Simonson, 27, Coralville | Berlin 19 |
| 2:48:10 | Melinda Courage, 33, Urbandale | Grandma's 07 |
| 2:48:27 | Bethany Lewis, 28, Iowa City | Phoenix 06 |
| 2:48:18 | Sharon Greenwood, 31, Cedar Rapids | Chicago 84 |
| 2:48:25 | Tricia Serres, 28, Asbury | Grandma's 22 |
| 2:48:30 | Traci Kresser, 26, Clive | DM Marathon 12 |
| 2:49:41 | Bev Boddicker, 24, Iowa City | IowaCity 82 |
| 2:49:57 | Danielle Hodge, ?, Iowa City | New York 18 |
| 2:50:30 | Lynn Ahlers, 39, Iowa City | Grandma's 24 |
| 2:50:53 | Yarrow Pasche, 28, Decorah | Chicago 06 |
| 2:50:48 | Angela Chaney, 36, Bloomfield | Boston 24 |
| 2:51:46 | Casey Owens, 28, Des Moines | Chicago 11 |
| 2:53:27 | Dana Kramer, 33, Urbandale | Columbus 95 |
| 2:53:31 | Marsha Yokas, 28, Oelwein | Omaha 85 |
| 2:53:35 | Cam Ratering, ??, Iowa City | Iowa City 82 |
| All-Comers in Iowa | | |
| 2:30:29 | Damaris Areba, ?/Kenya | QC Marathon 22 |
| Note - training with Hanson-Brooks team | | |
| 2:32:19 | Danna Herrick, 31, Michigan | Frankfurt 18 |

MASTER WOMEN (40 to 49)

| | | |
|---------|---------------------------------------|----------------|
| 2:45:17 | Jenny Schulze, 43, Clive | Twin Cities 15 |
| 2:49:03 | Jessica Hruska, 40, Asbury | Grandma's 22 |
| 2:59:46 | Jenn Vande Vegte, 41, Sioux Center | DM Marathon 19 |
| 3:01:25 | Christine Price, 40, Des Moines | DM Marathon 09 |
| 3:03:59 | Andriette Wickstrom, 41, Storm Lake | Chicago 96 |
| 3:04:05 | Jennifer VandeVegte, 41, Sioux Center | QC Marathon 19 |
| 3:06:37 | Ellen Pollard, 40, Ames | DM Marathon 08 |
| 3:11:30 | Dana Kramer, 44, Urbandale | DM Marathon 06 |
| 3:11:41 | Tricia McClain, 46, Altoona | DM Marathon 03 |
| 3:12:45 | Joanne Sackett, 48, Des Moines | DM Marathon 16 |

GRAND MASTER WOMEN (50 plus)

| | | |
|---------|--|----------------|
| 2:58:15 | Connie Prince-Hollihan, 51, Sioux City | DM Marathon 08 |
| 3:18:51 | Jan Daker, 50, Davenport | Columbus 97 |
| 3:20:09 | Eloise Caldwell, 51, Davenport | Grandma's 84 |
| 3:22:43 | Mary Toohill, 51, Davenport | Illinois 15 |
| 3:22:46 | Andriette Wickstrom, 60, Storm Lake | Twin Cities 18 |
| 3:24:16 | Beth Henriksen, 50, Ames | DM Marathon 06 |
| 3:25:29 | Nancy Hoegh, 51, Clive | DM Marathon 04 |
| 3:26:50 | Patty Croonquist, 57, Fort Dodge | DM Marathon 11 |
| 3:30:06 | Tricia McClain, 57, Altoona | DM Marathon 13 |
| 3:31:25 | Kathy Hale, 50, Bondurant | DM Marathon 16 |
| 3:31:30 | Dana Kramer, 51, Urbandale | Sioux Falls 13 |

NOTE: Records set in ANYWHERE by Iowa residents, not just in Iowa.

Race Records - unique to Iowa

All-Time Iowa Records - 8 Kilometers

OPEN MEN

| | | |
|------------|---|------------------|
| 22:56 | *Barnaba Korir, 24, Ames/Kenya | CR YWCA 90 |
| 22:57 | *Richard Kaitany, 31, Ames/Kenya | 5th Season 88 |
| 23:07 | *Patrick Sang, 26, Ames/Kenya | CR YWCA 90 |
| 23:28 | Austin O'Brien, 30, West Des Moines | QC Blazing 21 |
| 23:31 | *John Kihonge, 20, Ames/Kenya | CR YWCA 95 |
| 23:32 | *Jonah Koech, 20, Ames/Kenya | CR YWCA 89 |
| 23:37 | *Saul Lempirikany, 25, Ames/Kenya | 5th Season 98 |
| 23:40 | Kevin Herd, 23, Coralville | Drake 95 |
| 23:51 | Mike Carney, 25, Des Moines | 5th Season 88 |
| 23:51 | *David Kogo, 29, Ames/Kenya | 5th Season 95 |
| 23:53 | Brogan Austin, 24, West Des Moines | 5th Season 19 |
| 24:02 | Phil Coppess, 32, Clinton | 5th Season 86 |
| 24:04 | Brian Smith, 25, Bayard | 5th Season 86 |
| 24:07 | Devin Allbaugh, 30, Bettendorf | QC Blazing 21 |
| 24:08 | *Julius Rotich, 28, West Des Moines/Kenya | 5th Season 03 |
| 24:09 | Kevin Lewis, 22, West Des Moines | 5th Season 16 |
| 24:10 | Glenn Magrum, 26, Ames | DM T-Trot 88 |
| 24:10 | Dave Smith, 25, Dubuque | Dub (5 mile)83 |
| 24:13 | Mathew Waight, 25, Cedar Rapids | 5th Season 88 |
| 24:14 | Zach Baker, 23, Iowa City | 5th Season 15 |
| 24:22 | Blake Whalen, 25, Des Moines | QC Blazing 21 |
| 24:25 | Jack Moran, 23, Ames | 5th Season 24 |
| 24:26 | *Dmitiri Drozdov, 25, Ames/Russia | 5th Season 97 |
| 24:26 | Dan Hostager, 29, Fayette | Drake 97 |
| 24:28 | Andrew Rinn, 25, West Des Moines | CR YWCA 93 |
| 24:28 | Kyle Kepler, 23, Cedar Falls | Drake 99 |
| 24:29 | Jeff Randall, 23, Iowa City | Drake 10 |
| 24:29 | Steve Froeschle, 26, Dubuque | QC Blazing 21 |
| 24:29 | Eric , 23, Sioux Center | Loop the Lake 24 |
| 24:30 | Tim Wakeland, 22, Ames | DM T-Trot 87 |
| 24:30 | Thomas Raunig, 35, Fayette | 5th Season 96 |
| 24:30 | Jeff Joiner, 24, Iowa City | 5th Season 97 |
| 24:31 | Jeff Brooks, 22, Durant | 5th Season 87 |
| 24:31 | Matt Lorenz, 24, Swisher | 5th Season 23 |
| 24:31 | Sam Pinkowski, 24, Des Moines | Loop the Lake 24 |
| 24:32 | Gregg Newell, 32, Davenport | 5th Season 86 |
| 24:32 | Terry Ramlo, 29, Decorah | CR YWCA 93 |
| 24:33 | Phil Kauder, 26, Cascade | 5th Season 87 |
| 24:36 | Tony Every, 21, Colesburg | 5th Season 91 |
| 24:36 | Tyson Wieland, 26, Des Moines | QC Blazing 21 |
| 24:37 | Thomas Raunig, 35, Fayette | CR YWCA 95 |
| 24:38 | Jon Betz, 29, Bettendorf | Camanche 89 |
| 24:39 | Jason Fogel, 22, West Des Moines | 5th Season 05 |
| 24:39 | Luke Guttormson, 23, Iowa City | Loop the Lake 24 |
| All-Comers | | |
| 22:38 | Keith Brantly, Florida | 5th Season 88 |

MASTER MEN (40 to 49)

| | | |
|-------|-----------------------------------|---------------|
| 25:20 | Ean Caskey, 42, Lisbon | QC Pumpkin 22 |
| 25:36 | Nate Hopp, 40, Cedar Rapids | QC Pumpkin 22 |
| 25:59 | Phil Coppess, 40, Clinton | 5th Season 95 |
| 26:05 | Rick Scupham, 40, West Des Moines | CR YWCA 89 |
| 26:10 | Keith Fevold, 40, Des Moines | Drake 98 |
| 26:12 | Don Zile, 41, Des Moines | 5th Season 88 |
| 26:12 | Artur Mueller, 40, Davenport | QC Pumpkin 22 |

GRAND MASTER MEN (50 plus)

| | | |
|-------|----------------------------------|-------------------|
| 27:59 | Phil Kauder, 50, Cascade | 5th Season 11 |
| 28:37 | Jerry Anders, 50, Waterloo | 5th Season 89 |
| 28:48 | Patrick Murphy, 50, Cedar Rapids | CR YWCA 91 |
| 28:52 | Mike Mallon, 50, Davenport | Carl Run 16 |
| 28:53 | Kevin Barnes, 50, Indianola | DM Marathon 5m 21 |
| 28:59 | Paul Gryte, 50, Nevada | Drake 96 |
| 29:01 | Al Siemering, 52, Cedar Rapids | CR YWCA 91 |

OPEN WOMEN

| | | |
|-------|---|---------------|
| 25:50 | *Diane Nukuri-Johnson, 27, Coralville/Burindi | 5th Season 12 |
| 25:57 | Nan Davis, 27, Coralville | 5th Season 89 |
| 26:18 | Rachel Marchand, ??, Iowa City | 5th Season 09 |
| 26:47 | Casey Owens, 27, Des Moines | 5th Season 09 |
| 26:57 | Connie Prince, 30, Sioux City | 5th Season 88 |
| 27:00 | Suzanne Youngberg, 24, Des Moines | 5th Season 88 |
| 27:07 | *Pasca Myers, 26, Ft Dodge/Kenya | 5th Season 13 |
| 27:17 | Missy Buttry, 22, Shenandoah | 5th Season 05 |

| | | |
|------------|--|------------------|
| 27:18 | Shayla Houlihan, 25, Sioux City | Drake 10 |
| 27:24 | Erin Moeller, 35, Mt Vernon | 5th Season 11 |
| 27:26 | ?Turena Johnson-Lane | 5th Season 01 |
| 27:28 | Jennifer Brower, 23, Iowa City | CR YWCA 93 |
| 27:39 | Michelle Ihmels, 31, Ames | Drake 04 |
| 27:40 | *Karen Glerum, 23, Ames/Netherlands | CR YWCA 93 |
| 27:41 | Emma Huston, 28, Des Moines | Loop the Lake 24 |
| 27:43 | Angela Andersen, 25, Ames | 5th Season 95 |
| 27:47 | Brooke Gambrell (Slayman), 26, Iowa City | 5th Season 15 |
| 27:53 | Lindsay Crevoiserat, 26, Des Moines | 5th Season 19 |
| 28:00 | Samantha Bluske, 23, Ames | 5th Season 14 |
| 28:15 | Robyn Friedman, 35, Lambs Grove | 5th Season 08 |
| 28:17 | Janet Mundell, 27, Iowa City | 5th Season 15 |
| 28:24 | Renee Kruse, 26, Sioux City | CR YWCA 94 |
| 28:32 | Ashley Miller, 25, Tipton | Marion Turkey 14 |
| 28:33 | Anne Flynn, 34, Coralville | 5th Season 98 |
| 28:34 | Anita Kelly, 30, Ames | 5th Season 94 |
| 28:35 | Ellen Ries, 25, West Des Moines | Drake 12 |
| 28:36 | Obsie Birru, 26, Des Moines | Fifth Season 17 |
| 28:40 | Jen Van Otterloo, 24, Sioux Center | Drake 11 |
| 28:51 | Marie Schofer, 27, Mount Vernon | Drake 09 |
| 28:52 | Alexina Wilson, 22, Lisbon | Fifth Season 15 |
| 28:55 | Kay Pals, 25, Iowa City | 5th Season 98 |
| 28:57 | Kris Wallace, 31, Des Moines | 5th Season 89 |
| All-Comers | | |
| 25:48 | Cynthia Limo, ?, Kenya | Fifth Season 14 |

MASTER WOMEN (40 to 49)

| | | |
|-------|--|-----------------|
| 29:38 | Muriel Naumann, 40, Iowa City | 5th Season 96 |
| 29:47 | Connie Prince Houlihan, 49, Sioux City | Drake 07 |
| 30:50 | Claudia Scott, 44, Marion | CR YWCA 95 |
| 30:52 | Mary Toohill, 42, Davenport | Pumpkin Dash 09 |
| 31:53 | Emily Burmeister, 41, Marion | 5th Season 24 |
| 32:40 | Sue Boley, 40, Maxwell | Drake 97 |
| 32:42 | ?Julie Fiepke, 42, West Des Moines | Drake 10 |

GRAND MASTER WOMEN (50 plus)

| | | |
|-------|--|---------------|
| 30:19 | Connie Prince-Houlihan, 51, Sioux City | Drake 09 |
| 32:44 | Sheryl Miller, 50, Coalville | 5th Season 13 |
| 33:51 | Claudia Scott, 51, Marion | Drake 02 |
| 34:33 | Dody Burkey, 50, Cedar Rapids | 5th Season 95 |
| 34:24 | Aimee Jones, 50, Cedar Rapids | 5th Season 24 |
| 35:08 | Andriette Wickstrom, 54, Storm Lake | 5th Season 09 |

All-Time Iowa Records - 7 Mile

OPEN MEN

| | | |
|------------|---|--------|
| 32:40 | *Jonah Koech, 24, Ames/Kenya | Bix 93 |
| 33:29 | Phil Coppess, 30, Clinton | Bix 85 |
| 33:34 | Steven Yoder, ??, Iowa City | Bix 90 |
| 33:48 | Jason Lehmkuhle, Des Moines | Bix 06 |
| 33:54 | *Ian Robinson, 27, Cedar Rapids/England | Bix 96 |
| 33:56 | *Richard Kaitany, 27, Ames/Kenya | Bix 84 |
| 33:57 | John Wellerding, 29, Bettendorf | Bix 83 |
| 33:57 | *Joseph Kipsang, 25, Ames/Kenya | Bix 85 |
| 34:13 | Kevin Herd, 26, Iowa City | Bix 95 |
| 34:16 | Frank Richardson, 26, Ames | Bix 81 |
| 34:23 | Vern Iwancin, 21, Des Moines/Canada | Bix 82 |
| 34:26 | *Saul Lempirikandy, 25, Ames/Kenya | Bix 98 |
| 34:28 | *Yobes Ondieki, 22, Ames/Kenya | Bix 83 |
| 34:31 | Brogan Austin, 25, West Des Moines | Bix 17 |
| 34:39 | Max Murphy, 22, Bettendorf | Bix 24 |
| 34:50 | *Dimitry Drozdov, 24, Ames/Russia | Bix 96 |
| 34:53 | Greg Newell, 27, Davenport | Bix 81 |
| 34:55 | Devin Allbaugh, 33, Bettendorf | Bix 23 |
| 34:56 | John Lodwick, ??, Cedar Rapids | Bix 78 |
| 34:57 | Karl Junginger, 28, Clinton | Bix 84 |
| All-Comers | | |
| 31:52 | John Korir, Kenya | Bix 98 |

MASTER MEN (40 to 49)

| | | |
|-------|--------------------------------|--------|
| 37:05 | Phil Coppess, 40, Clinton | Bix 95 |
| 38:12 | Artur Mueller, 41, Davenport | Bix 24 |
| 37:52 | Keith Fevold, 40, Des Moines | Bix 98 |
| 38:26 | Nate Hopp, 41, Cedar Rapids | Bix 24 |
| 38:35 | Jerry Anders, 43, Waterloo | Bix 82 |
| 38:41 | Michael Felts, 41, Cedar Falls | Bix 84 |
| 38:53 | Ben Lloyd, 41, Davenport | Bix 24 |
| 38:55 | Ean Caskey, 41, Lisbon | Bix 23 |

GRAND MASTER MEN (50 plus)

| | | |
|-------|----------------------------|--------|
| 40:16 | Jim Smedma, 53, Des Moines | Bix 85 |
|-------|----------------------------|--------|

40:54 Jerry Anders, 50, Waterloo Bix 89
 40:56 Micheal Mallon, 56, Davenport Bix 22
 41:35 Phil Pearson, 51, Ames Bix 84
 42:42 Phil Caldwell, 51, Davenport Bix 82

OPEN WOMEN

37:52 Lisa Koll, 22, Des Moines Bix 10
 37:59 *Diane Nukuri-Johnson, 26, Iowa City/Burundi Bix 11
 38:04 Kassie Parker, 23, Guttenberg Bix 23
 38:34 Paityn Noe, 19, Huxley Bix 24
 38:45 Rachel Marchand, ??, Iowa City Bid 09
 38:51 Nan Doak, 26, Iowa City Bix 86
 39:07 ?Meghan Armstrong, ??, Iowa City Bix 09
 39:23 Pasca Myers, Ft Dodge/Kenya Bix 18
 39:31 Connie Prince, 28, Sioux City Bix 86
 39:41 ?Michelle Lilienthal, ??, ? Bix 09
 40:07 Casey Owens, 23, Des Moines Bix 05
 40:07 Erin Moeller, 33, Mt Vernon Bix 10
 40:20 Andrea Fischer, 31, Davenport Bix 94
 40:24 Robyn Friedman, 35, Lambs Grover Bix 08
 40:25 Suzanne Youngberg, 24, Des Moines Bix 88
 40:27 Jennifer Brower, 19, St. Ansgar Bix 90
 40:29 Lisa Wittman, 25, Dubuque Bix 85

All-Comers

35:18 Mary Keitany, Kenya Bix 16

MASTER WOMEN (40 to 49)

42:59 Jessica Hruska, 43, Dubuque Bix 23
 43:14 Muriel Naumann, 40, Iowa City Bix 96
 44:41 Kathy Loper, 42, Davenport Bix 84
 44:18 Nancy Foxen, 47, Muscatine, IA Bix 18
 45:30 Andriette Wickstrom, 41, Storm Lake Bix 96
 45:36 Claudia Scott, 40, Marion Bix 91

GRAND MASTER WOMEN (50 plus)

48:16 Mary Toohill, 50, Davenport Bix 17
 49:19 Kate Maurer, 51, Urbandale Bix 23
 50:49 Andriette Wickstrom, 58, Storm Lake Bix 14
 51:26 Cindy Sparks, 52, Muscatine Bix 19
 51:32 Eloise Caldwell, 52, Davenport Bix 84
 52:26 Yvonne Constantinou, 55+, Le Claire Bix 17
 53:04 Nancy Kapheim, 50, Davenport Bix 98

All-Time Iowa Records -10 Mile

OPEN MEN

48:00 Phil Coppess, 31, Clinton CapPursuit 85
 48:03 *Richard Kaitany, 28, Ames/Kenya CapPursuit 84
 49:05 Austin O'Brien, 29, Waukee CapPursuit 21
 49:07 *Sammy Rotich, 30, West Des Moines/Kenya CapPursuit 17
 49:13 Brogan Austin, 25, West Des Moines CapPursuit 17
 49:21 *Raf Wyns, 24, Ames/Belgium CapPursuit 87
 49:40 Cody Baele, 26, Des Moines CapPursuit 21
 49:43 Karl Junginger, 28, Clinton CapPursuit 84
 50:07 Raul DeAnda, 33, Des Moines CapPursuit 84
 50:09 Blake Whaletn, 27, Des Moines CapPursuit 22
 50:13 Phil Kauder, 25, Cascade CapPursuit 86
 50:20 Chris Leonard, 24, Ankeny CapPursuit 86
 50:26 Doug Nelson, 25, Fairfield CapPursuit 84
 50:27 Brian Smith, 25, Bayard CapPursuit 85
 50:34 Richard Fuller, 27, Davenport CapPursuit 84
 50:35 Dallas Robertson, 30, Iowa City CapPursuit 86
 50:36 *Paul Black, 25, Ames/England CapPursuit 86
 50:41 Stan Linton, 25, Des Moines CapPursuit 19
 50:44 Jon Betz, 25, Clinton CapPursuit 85

MASTER MEN (40 to 49) - top 3 US performers

52:46 Ean Caskey, 41, Lisaon CapPursuit 22
 53:40 Phil Kauder, 40, Cascade CapPursuit 01
 54:02 John Mulholland, 44, Ft Dodge CapPursuit 84
 54:33 Mike Felts, 41, Cedar Falls CapPursuit 84

GRAND MASTER MEN (50 plus) - top 3 US performers

56:51 Raul DeAnda, 50, Panora CapPursuit 01
 58:22 Phil Pearson, 50, Ames CapPursuit 83
 1:00:24 Bill Koehn, 50, Des Moines CapPursuit 86

OPEN WOMEN

57:19 Emma Huston, 28, Des Moines CapPursuit 22
 57:33 *Pasca Myers, 28, Ft Dodge/Kenya CapPursuit 14
 57:45 Danna Herrick, 28, Urbandale CapPursuit 15
 57:57 Obsie Birru, 27, Des Moines CapPursuit 16

58:43 Sharon Greenwood, 31, Cedar Rapids CapPursuit 84
 59:12 Karen Clark, 29, Rockwell City CapPursuit 85
 59:20 Kris Wallace, 31, Des Moines CapPursuit 89
 59:23 Samantha Bluske, 23, Ames CapPursuit 14
 59:40 Bev Docherty, 26, Iowa City CapPursuit 84
 60:00 Robyn Friedman, 30, Lambs Grove CapPursuit 03
 60:08 Suzanne Youngberg, 23, Des Moines CapPursuit 87
 60:10 Jenny Schulze, 43, Clive CapPursuit 15
 60:10 Ashlyn Bagge, 23, Waverly CapPursuit 18

MASTER WOMAN (40 to 49) - top 3 US performers

60:10 Jenny Schulze, 43, Clive CapPursuit 15
 61:33 Lisa Marshall, 40, Granger CapPursuit 08
 63:44 Muriel Naumann, 41, Iowa City CapPursuit 97

GRAND MASTER WOMEN (50 plus) - top 3 US performers

67:36 Jenny Schulze, 50, Clive CapPursuit 22
 71:13 Beth Henriksen, 51, Ames CapPursuit 07
 71:51 Andriette Wickstrom, 60, Storm Lake CapPursuit 15
 73:08 Eloise Caldwell, 51, Davenport CapPursuit 84

All-Time Iowa Records - 20 Kilometers

OPEN MEN

59:23 Phil Coppess, 30, Clinton Dam to Dam 85
 1:00:21 *Richard Kaitany, 31, Ames/Kenya Dam to Dam 88
 1:01:40 *Vern Iwansin, 24, Des Moines/Canada Dam to Dam 85
 1:01:40 *David Kogo, 29, Ames/Kenya Dam to Dam 95
 1:02:08 *Ian Robinson, 25, Ames/England Dam to Dam 94
 1:02:25 *Steve Brooks, 25, Ames/England Dam to Dam 95
 1:02:40 Dennis Karamitros, 26, Cedar Rapids Dam to Dam 85
 1:02:43 Kim Sprain, 25, Waverly Dam to Dam 82
 1:03:05 Doug Nelson, 26, Fairfield Dam to Dam 85
 1:03:07 Brogan Austin, 26, West Des Moines Dam to Dam 18
 1:03:13 *Roland Pauwels 28, Ames/Blegium Dam to Dam 94
 1:03:13 Dan Hostager, 29, Fayette Dam to Dam 97
 1:03:15 Jason Thomas, 24, Des Moines DAM to DSM 19
 1:03:16 Rich Fuller, 27, Davenport Madness 84
 1:03:21 Shane Dooley, 26, Des Moines Dam to Dam 82
 1:03:22 Raul DeAnda, 33, Des Moines Dam to Dam 85
 1:03:25 Mike Carney, 26, Des Moines Dam to Dam 89
 1:03:30 Jim Jams, 25, Ames Madness 84
 1:03:32 *Sammy Rotich, 23, WDM/Kenya Dam to Dam 10
 1:03:34 Jeff Wubbena, 21, Osceola Dam to Dam 82
 1:03:34 *Julius Rotich, 27, WDM/Kenya Dam to Dam 03
 1:03:35 Phil Kauder, 28, Cascade Dam to Dam 89
 1:03:35 Adam Bohach, 34, Cresco DAM to DSM 19
 1:03:36 Gregg Newell, 29, Davenport Dam to Dam 83
 1:03:37 Kyle Kepler, 22, Webster City Dam to Dam 98
 1:03:42 Marty Dalton, 27, Earlham Dam to Dam 03
 1:03:43 Karl Junginger, 28, Clinton Dam to Dam 84
 1:03:46 John Betz, 29, Bettendorf Dam to Dam 89
 1:03:51 Brian Smith, 24, Bayard Dam to Dam 85
 1:03:56 Jeff Wubbena, 28, Ft. Dodge Dam to Dam 89
 1:04:02 Jeff Joiner, 24, Iowa City Dam to Dam 97
 1:04:04 Guor Marial, 25, Ames/Sudan Dam to Dam 10
 1:04:07 Terry Ramlo, 28, Decorah Dam to Dam 92
 All-Comers
 59:50 Mark Curp, 25, Missouri Madness 84

MASTER MEN (40 to 49)

1:06:52 Phil Kauder, 40, Cascade Dam to Dam 01
 1:07:12 Rick Scupham, 40, West Des Moines Dam to Dam 89
 1:07:39 Keith Fevold, 40, Des Mines Dam to Dam 98
 1:08:39 Don Wood, 41, Cedar Falls Dam to Dam 85
 1:08:55 Curt Hoegh, 41, Clive Dam to Dam 93

GRAND MASTER MEN (50 plus)

1:14:02 Phil Pearson, 50, Ames Dam to Dam 83
 1:14:15 Jerry Anders, 50, Waterloo Dam to Dam 89
 1:14:52 Jerry Knox, 51, Ames Dam to Dam 89
 1:16:29 Patrick Murphy, 51, Cedar Rapids Dam to Dam 92
 1:16:42 Raul Deanda, 50, Panora Dam to Dam 02

OPEN WOMEN

1:07:52 *Diane Nukuri, 27, Iowa City/BUR Dam to Dam 12
 1:10:33 *Pasca Cheruivot, 26, Ft Dodge/KEN Dam to Dam 14
 1:11:12 Robyn Friedman, 36, Lambs Grove Dam to Dam 09
 1:12:14 Erin Moeller, 33, Mt Vernon Dam to Dam 11
 1:12:26 Suzanne Youngberg, 24, Des Moines Dam to Dam 88
 1:13:02 Nan Doak, 22, Iowa City Madness 83
 1:13:09 Karen Clark, 29, Rockwell City Dam to Dam 85

| | | | | | |
|------------|-------------------------------------|---------------|------|--|-----------------|
| 1:13:46 | Michelle Ihmels, 30, Ames | Dam to Dam 03 | 5:09 | Tricia Serres, 24, Dubuque | Grand Blue 18 |
| 1:13:52 | Connie Prince, 28, Sioux City | Dam to Dam 86 | 5:09 | Andrea Ertz, 23, Davenport | Grand Blue 22 |
| 1:14:14 | Tina Gandy, 28, Des Moines | Dam to Dam 81 | 5:10 | * Yelena Nanaziashvili, 33, Clive/Kazakhstan | Grand Blue 14 |
| 1:14:25 | Lindsay Crevoiserat, 26, Des Moines | DAM to DSM 19 | 5:14 | Alyx Woodley, 13, Johnston | Grand Blue 22 |
| 1:14:27 | Angela Anderson, 25, Ames | Dam to Dam 95 | 5:15 | Ashley Tollakson, 27, Des Moines | Grand Blue 11 |
| 1:14:31 | Lisa Whitman, 24, Dubuque | Dam to Dam 85 | 5:15 | Krista Maguire, 22, Des Moines | Grand Blue 16 |
| 1:14:43 | Kris Wallace, 32, Des Moines | Dam to Dam 90 | 5:16 | Flannery Cerbin-Bohach, 38, Cresco | Blazing Mile 23 |
| 1:15:06 | Casey Owens, 23, Mt Pleasant | Dam to Dam 06 | 5:17 | Maeghan Easler, 21, Saydel | Grand Blue 19 |
| 1:15:10 | Sharon Greenwood, 31, Cedar Rapids | Madness 84 | 5:23 | Jessica McKee, 24, Johnston | Grand Blue 24 |
| 1:15:22 | Traci Kresser, 26, Clive | Dam to Dam 12 | 5:24 | Celie Kohls, 14, Des Moines | Grand Blue 10 |
| 1:15:29 | Tami Colby, 18, Boone | Dam to Dam 85 | 5:25 | Julia Webb, 28, Des Moines | Grand Blue 11 |
| 1:15:29 | Anne Flynn, 36, Coralville | Dam to Dam 10 | 5:25 | Jenny Schulze, 42, Clive | Grand Blue 16 |
| 1:15:30 | Danna Kelly, 23, Des Moines | Dam to Dam 10 | | | |
| 1:15:34 | Bethany Lewis, 29, Iowa City | Dam to Dam 07 | | | |
| 1:15:43 | Sandy DeNoon, 27, Des Moines | Dam to Dam 82 | | | |
| 1:15:45 | Bev Boddicker, 25, Coralville | Madness 83 | | | |
| 1:15:49 | Olivia Johnson, 24, Iowa City | Dam to Dam 13 | | | |
| All-Comers | | | | | |
| 1:08:48 | Priscilla Welch, 39, England | Madness 84 | | | |

MASTER/GRAND MASTER MEN - - TBA/TBD

MASTER WOMEN (40 to 49)

| | | |
|---------|-------------------------------------|---------------|
| 1:16:58 | Lisa Marshall, 43, Granger | Dam to Dam 11 |
| 1:20:16 | Jenny Schulze, 40, Clive | Dam to Dam 13 |
| 1:22:40 | Andriette Wickstrom, 41, Storm Lake | Dam to Dam 97 |
| 1:22:42 | Carol Baker, 48, Waterloo | Dam to Dam 07 |
| 1:23:20 | Jenn Vande Vegte, 40, Sioux Center | Dam to Dam 18 |

GRAND MASTER WOMEN (50 plus)

| | | |
|---------|---------------------------------|---------------|
| 1:25:08 | Joanne Sackett, 50, Des Moines | DamtoDam 18 |
| 1:26:53 | Tricia McClain, 50, Altoona | Dam to Dam 07 |
| 1:27:11 | Nancy Hoegh, 50, Clive | Dam to Dam 03 |
| 1:27:40 | Janelle Swanberg, 52, Davenport | Dam to Dam 03 |
| 1:29:31 | Jan Daker, 50, Davenport | Dam to Dam 98 |

All-Time Iowa Records - 1 Mile

OPEN MEN

| | | |
|------|--|----------------|
| 4:06 | * Patrick Sang, 25, Ames/Kenya | Court Ave 89 |
| 4:08 | Alec Baldwin, 27, Waukeke | Grand Blue 22 |
| 4:13 | Jay Welp, 26, Iowa City | Grand Blue 19 |
| 4:14 | Matthew Jurysta, 24, Des Moines | Grand Blue 15 |
| 4:14 | * David Too, 26, Ames/Kenya | Motown Mile 21 |
| 4:14 | * Elisha Kipruto, 24, Fort Dodge/Kenya | Grand Blue 17 |
| 4:17 | Drew Burmahl, 25, Maquoketa | Grand Blue 15 |
| 4:17 | Robert Scanlon, 24, Ames | Grand Blue 16 |
| 4:18 | Eli Horton, 23, Pella | Grand Blue 16 |
| 4:18 | Ben Jaskowiak, 26, Des Moines | Grand Blue 16 |
| 4:18 | Tyson Wieland, 26, Des Moines | Motown Mile 21 |
| 4:18 | Jake Berns, 25, Iowa City | Grand Blue 12 |
| 4:18 | Josh Evans, 26, Ankeny | Grand Blue 22 |
| 4:18 | Tanner Osing, 32, Davenport | Motown Mile 21 |
| 4:20 | Jeff Weber, 26, Des Moines | Grand Blue 10 |
| 4:20 | Kyle Anderson, 25, Des Moines | Grand Blue 19 |
| 4:21 | Kyle Pape, 25, Ankeny | Grand Blue 24 |
| 4:22 | Danny Ducharme, 23, Ames | Grand Blue 12 |
| 4:22 | Jeff Mettler, 25, Ames | Grand Blue 18 |
| 4:22 | Eli Miller, 24, Davenport | Motown Mile 21 |
| 4:23 | Luke Demmel, 20, Ames | Grand Blue 10 |
| 4:23 | Mason Frank, 22, Ames | Grand Blue 12 |
| 4:23 | John Donovan, 24, Dubuque | Grand Blue 18 |
| 4:23 | Austin O'Brien, 31, Waukeke | Grand Blue 24 |
| 4:23 | Josh Evans, 28, Ankeny | Grand Blue 24 |
| 4:24 | Chris Robertson, 19, Ames | Grand Blue 12 |
| 4:24 | Sam Pinkowski, 25, Des Moines | Grand Blue 24 |

MASTER/GRAND MASTER MEN - - TBA/TBD

OPEN WOMEN

| | | |
|------|----------------------------------|---------------|
| 4:31 | Alexina Teubel, 29, Cedar Rapids | Grand Blue 23 |
| 4:45 | Stephanie Jenks, 17, Marion | Grand Blue 15 |
| 4:51 | Emma Huston, 29, Des Moines | Grand Blue 24 |
| 4:50 | Katy Moen, 24, Ames | Grand Blue 16 |
| 4:57 | Marie Schofer, 29, Mount Vernon | Grand Blue 10 |
| 4:57 | Traci Kresser, 28, Clive | Grand Blue 14 |
| 4:58 | Ellen Ries, 24, Des Moines | Grand Blue 12 |
| 5:03 | Susie Duke, 34, Grinnell | Grand Blue 14 |
| 5:04 | Kristy Harken, 35, West Liberty | Grand Blue 14 |
| 5:05 | Kassie Parker, 25, Waverly | Blazing 24 |
| 5:06 | Rebekah Topham, 13, Griswold | Grand Blue 10 |
| 5:08 | Danna Kelly, 23, Des Moines | Grand Blue 10 |
| 5:08 | Sarah Bakula, 36, Ft Atkinson | Blazing 24 |
| 5:09 | Casey Owens, 27, Des Moines | Grand Blue 10 |