

# Urbandale July 4th William Courtney 5.1 km

## Urbandale, IA

July 4, 2018

78 degrees, sunny  
Results by Michael Franke

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

Last updated July 4, 2018 12:28 PM

PLACE	CLASS	FINISHER	TIME	PACE
1	1 M14	Cole Schroeder, 17, West Des Moines, IA	16:50	5:18
2	1 M19	Drake Henrichs, 20, Urbandale, IA	16:57	5:20
3	2 M14	Payton Marrs, 16, Urbandale, IA	17:12	5:25
4	2 M19	Griff Jaworski, 25, Des Moines, IA	17:18	5:27
5	1 M30	Scott Johnson, 35, Johnston, IA	17:38	5:33
6	3 M14	Will Ode, 17, Des Moines, IA	17:47	5:36
7	4 M14	Zachary Fry, 16, Des Moines, IA	17:56	5:39
8	5 M14	Jake Miller, 17, Des Moines, IA	18:07	5:43
9	6 M14	Brandon Latting, 16, West Des Moines, IA	18:09	5:43
10	7 M14	Reece Knepper, 16, Urbandale, IA	18:12	5:44
11	3 M19	Devon Gurnett, 26, Urbandale, IA	18:22	5:47
12	8 M14	Sam Schweizer, 17, Urbandale, IA	18:29	5:49
1	1 W30	Ashley Tollakson, 34*, Des Moines, IA	18:32	5:50
13	2 M30	Timothy Ives, 37, Pleasant Hill, IA	18:40	5:53

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14	1 M40	Paxton Bennett, 44, West Des Moines, IA	19:11	6:03
15	4 M19	Grant Acoymo, 20, Ankeny, IA	19:19	6:05
16	9 M14	Noah Fopma, 16, Urbandale, IA	19:26	6:07
17	2 M40	Yuri Fedirko, 41, Des Moines, IA	19:27	6:08
18	10 M14	Carson Houg, 14, Urbandale, IA	19:30	6:09
19	11 M14	Will Ryan, 14, Waukee, IA	19:33	6:10
20	12 M14	Jacob Fopma, 16, Urbandale, IA	19:36	6:10
21	3 M40	Dan Pinkerton, 42, Urbandale, IA	19:37	6:11
22	5 M19	Alex Smith, 20, Urbandale, IA	19:39	6:11
23	13 M14	Andrew Brase, 17, Des Moines, IA	19:42	6:13
24	14 M14	Nolan Kyhl, 15, Johnston, IA	19:45	6:13
25	15 M14	Tommy Hancock, 14, Urbandale, IA	20:01	6:18
26	16 M14	Ryan O'Halloran, 16, West Des Moines, IA	20:06	6:20
27	17 M14	Max Brown, 15, Urbandale, IA	20:09	6:21
28	18 M14	Griffin Rhode, 16, Urbandale, IA	20:18	6:24
29	19 M14	Bryson McGowan, 16, Urbandale, IA	20:25	6:26
30	20 M14	Chase Bartlett, 15, Pleasant Hill, IA	20:28	6:27

31	1	M12	Jack Brown, 13, Norwalk, IA	20:34	6:29
32	21	M14	Cade Muller, 14, Urbandale, IA	20:35	6:29
33	22	M14	Steffen Osborn, 16, Waukee, IA	20:47	6:33
34	3	M30	Michael McGinn, 37, Jonnston, IA	20:48	6:33
35	23	M14	Jonah Magneson, 18, Urbandale, IA	20:51	6:34
36	4	M40	David Zimmer, 46, Polk City, IA	20:53	6:35
37	24	M14	Alessandro Stanco, 17, Jonnston, IA	20:54	6:35
2	1	W40	Carrie Van Quathem, 46*, Urbandale, IA	21:00	6:37
38	25	M14	Colin LaBrie, 17, Des Moines, IA	21:03	6:38
39	26	M14	Dylan Arreola, 15, Urbandale, IA	21:13	6:41
40	27	M14	Aidan Cunningham, 16, Urbandale, IA	21:17	6:42
41	28	M14	Joe Bussey, 16, Urbandale, IA	21:17	6:42
42	5	M40	Robert Rehkemper, 40, Urbandale, IA	21:19	6:43
43	2	M12	Aidan Oconnor, 13, Jonnston, IA	21:24	6:45
44	29	M14	Michael Fraizer, 16, West Des Moines, IA	21:28	6:46
3			Janelle Hodovic*, West Des Moines, IA	21:40	6:50
4	1	W19	Emily Linscheid, 25*, Johnston, IA	21:41	6:50
45	4	M30	Matt Lano, 36, Richmond, VA	21:43	6:51
5	1	W14	Macy Gaskill, 14*, Urbandale, IA	21:47	6:52
46	6	M19	Baylor Hill, 23, Urbandale, IA	21:49	6:52
47	5	M30	James Knuuttila, 31, Lunenburg, MA	21:50	6:53
6	2	W14	Kelsey Schweizer, 17*, Urbandale, IA	21:50	6:53
48	7	M19	Chad Crummel, 28, Chattanooga, TN	21:51	6:53
49	30	M14	Lucas Miller, 17, Urbandale, IA	21:53	6:54
50	3	M12	Flynn Milligan, 13, Des Moines, IA	21:54	6:54
7	3	W14	Kate Timboe, 16*, West Des Moines, IA	21:54	6:54
51	31	M14	Tyler Schweizer, 14, Urbandale, IA	21:57	6:55
52	32	M14	Christopher Pierson, 14, Waukee, IA	21:58	6:55
53	33	M14	Dyer Jarabek, 16, West Des Moines, IA	22:03	6:57
54	1	JrM	Brody Burr, 11, West Des Moines, IA	22:11	6:59

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55	1	M50	Chad Larson, 51, Norwalk, IA	22:13	7:00
56	2	JrM	Alexander Baker, 11, Urbandale, IA	22:22	7:03
57	8	M19	Alex Green, 29, Ankeny, IA	22:31	7:06
58	6	M40	Matthew Gardner, 48, Jonnston, IA	22:45	7:10
59	7	M40	Chris Sterling, 45, Johnston, IA	22:46	7:10
60	4	M12	Jackson Heidesch, 13, West Des Moines, IA	22:46	7:11
61	5	M12	Gabe Shaw, 13, Des Moines, IA	22:46	7:11
62	1	M60	3sticks McBride, 62, Des Moines, IA	22:53	7:13
63	34	M14	Henry Nagle, 14, Des Moines, IA	23:00	7:15
8	2	W19	Molly Doruska, 21*, Ankeny, IA	23:12	7:19
64	35	M14	Andrew Robey, 14, Pleasant Hill, IA	23:13	7:19
9	4	W14	Karleigh Osborn, 14*, Waukee, IA	23:14	7:19
10	1	W12	Erin Vanquathem, 13*, Urbandale, IA	23:21	7:22
65	6	M12	Jack Ode, 13, Des Moines, IA	23:21	7:22
66	6	M30	Jon Jasper, 31, Urbandale, IA	23:27	7:23
11	5	W14	Bella Heidesch, 17*, West Des Moines, IA	23:31	7:25
67	3	JrM	Jack Flori, 11, Waukee, IA	23:32	7:25
68	2	M60	Tom Heuer, 60, Des Moines, IA	23:35	7:26
12	6	W14	Megan Szalay, 16*, Urbandale, IA	23:37	7:27
69	36	M14	Carter Smith, 14, Urbandale, IA	23:38	7:27
70	2	M50	Scott Freeman, 56, Urbandale, IA	23:45	7:29
71	9	M19	Grant Gossling, 19, Johnston, IA	23:55	7:32
72	7	M12	Tommy Hensley, 12, Urbandale, IA	23:56	7:32

73	8	M12	Drew Dunlap, 12, Des Moines, IA	23:56	7:33
74	7	M30	Andrew Forschler, 30, Kansas City, MO	23:57	7:33
75	10	M19	Bryce Hingst, 21, Waukee, IA	23:59	7:33
76	8	M30	Jeff Hansen, 39	23:59	7:34
13	3	W19	Emma Finger, 25*, Grimes, IA	24:01	7:34
77	9	M30	Brett Finger, 31, Grimes, IA	24:01	7:34
78	10	M30	Matt Weller, 34, Des Moines, IA	24:04	7:35
79	8	M40	Jason Brown, 46, Norwalk, IA	24:08	7:36
80	37	M14	Griffin Stuart, 16, Urbandale, IA	24:09	7:37
14	7	W14	Jessica Thomas, 17*, Des Moines, IA	24:16	7:39
15	2	W30	Jessica Schroeder, 32*, Urbandale, IA	24:17	7:39
81	38	M14	Jake Perman, 15, Urbandale, IA	24:24	7:41
16	8	W14	Megan Wainwright, 14*, Windsor Heights, IA	24:25	7:42
17	3	W30	Stephanie Mortenson, 36*, Urbandale, IA	24:25	7:42
82	9	M12	Joe Wilwerding, 13, Des Moines, IA	24:31	7:44
83	9	M40	Patrick Mattingly, 49, Johnston, IA	24:31	7:44
84	39	M14	Nick Rider, 16, Des Moines, IA	24:40	7:47
85	10	M40	Juan Jaramillo, 42, Pittsburgh, PA	24:43	7:47
86	40	M14	Collin Schroeder, 17, Urbandale, IA	24:46	7:48
87	41	M14	Matt Brockway, 16, Urbandale, IA	24:49	7:49
88	11	M19	Dan Jensen, 26, Des Moines, IA	24:50	7:49
89	11	M30	Mark Reha, 38, Grimes, IA	24:54	7:51
90	12	M19	Sam Amadeo, 21, Urbandale, IA	24:55	7:51
91	3	M50	Gerard Amadeo, 52, Urbandale, IA	24:56	7:51
92	42	M14	Jonah Sterling, 14, Johnston, IA	25:01	7:53
93	13	M19	Lucas Asbury, 27, West Des Moines, IA	25:02	7:53
94	4	JrM	Blake Grask, 11, Clive, IA	25:03	7:54
95	10	M12	Zachary Braggs, 13, Urbandale, IA	25:10	7:56
96	12	M30	Josh Johnson, 39, Urbandale, IA	25:11	7:56
18	9	W14	Abi Zimmer, 15*, Polk City, IA	25:13	7:57
97	14	M19	Jake Hanegan, 28, Seattle, WA	25:15	7:57
19	10	W14	Alexis Schweizer, 17*, Urbandale, IA	25:15	7:57
20	2	W40	Kathy Schweizer, 48*, Urbandale, IA	25:15	7:57
98	11	M40	Christian Scott, 40, Charlestown, WV	25:19	7:59
99	12	M40	Richard Miller, 40, Adel, IA	25:21	7:59

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100	13	M40	Brook Hansen, 42, Johnston, IA	25:24	8:00
21	4	W30	Heather Scott, 33*, Urbandale, IA	25:26	8:01
101	43	M14	Theo Whitehead, 14, Des Moines, IA	25:27	8:01
102	13	M30	Martin Zachary, 30, Urbandale, IA	25:27	8:01
103	14	M30	David Fuson, 30, Des Moines, IA	25:29	8:02
104	15	M30	Mark Van Thomme, 31, Ankeny, IA	25:32	8:03
105	4	M50	Roadog McKibben, 57, Clive, IA	25:32	8:03
22	3	W40	Jayna Gossling, 47*, Johnston, IA	25:34	8:03
106	44	M14	Cohen Darsee, 14, Urbandale, IA	25:36	8:04
23	11	W14	Jaden Scharingson, 14*, Urbandale, IA	25:39	8:05
107	45	M14	Brett Schroeder, 14, Urbandale, IA	25:41	8:06
108	15	M19	Dylan Heuer, 29, Des Moines, IA	25:42	8:06
24	1	W50	Nancy Linscheid, 51*, Johnston, IA	25:43	8:06
109	14	M40	Mike Fraizer, 47, West Des Moines, IA	25:44	8:07
110	15	M40	Jim O'Halloran, 49, West Des Moines, IA	25:44	8:07
25	2	W12	Norah Seeley, 12*, Urbandale, IA	25:45	8:07
26	12	W14	Sydney Djal, 14*, Urbandale, IA	25:46	8:07
111	16	M30	Euseph Messiah, 32, Sharpsburg, GA	25:46	8:07

112	16	M19	Kelly Waddell, 29, Sharpsburg, GA	25:49	8:08
113	11	M12	Cooper Hardersen, 13, Urbandale, IA	25:58	8:11
114	5	JrM	Ashton Hensley, 10, Urbandale, IA	25:59	8:11
27	13	W14	Emma Isenhard, 14*, Grimes, IA	26:03	8:12
28	4	W40	Beth McDonald, 45*, Prole, IA	26:06	8:14
29	4	W19	Emily Leonhart, 20*, Urbandale, IA	26:08	8:14
30	14	W14	Mykenna Cole, 15*, Urbandale, IA	26:08	8:14
115	16	M40	Justin Kelso, 40, Johnston, IA	26:12	8:15
31	2	W50	Kristy Cain, 59*, Urbandale, IA	26:13	8:16
116	17	M40	Curtis Brown, 42, Urbandale, IA	26:15	8:16
117	18	M40	Tanner Hensley, 40, Urbandale, IA	26:19	8:18
118	46	M14	Andrew McEniry, 14, Clive, IA	26:20	8:18
32	5	W30	Stephanie Luttrell, 38*, Urbandale, IA	26:28	8:21
33	5	W40	Summer Rehkemper, 41*, Urbandale, IA	26:35	8:23
34	3	W50	Martha Freeman, 55*, Urbandale, IA	26:35	8:23
119	5	M50	Gary Thompson, 54, Urbandale, IA	26:36	8:23
120	12	M12	Lewis Lentsch, 12, West Des Moines, IA	26:38	8:24
121	13	M12	Collin Houg, 12, Urbandale, IA	26:38	8:24
122	17	M30	Tim Lewis, 35, Urbandale, IA	26:41	8:24
35	3	W12	Alyssa Rinke, 13*, Urbandale, IA	26:42	8:25
123	14	M12	Antonio Stanco, 12, Jonnston, IA	26:43	8:25
124	6	M50	James Halliwell, 54, West Des Moines, IA	26:44	8:26
36	15	W14	Natalie Thomas, 14*, Des Moines, IA	26:46	8:26
37	16	W14	Julie Dunlap, 17*, Des Moines, IA	26:48	8:27
38	6	W30	Stephanie Majeran, 34*, Urbandale, IA	26:48	8:27
39	17	W14	Cacy Larson, 16*, Norwalk, IA	26:49	8:27
125	6	JrM	Eli Dunlap, 9, Des Moines, IA	26:49	8:27
126	7	JrM	Eli Wees, 11, Urbandale, IA	26:51	8:28
127	18	M30	Phillip Hill, 34, Des Moines, IA	26:53	8:28
40	7	W30	Shaytla Hill, 33*, Des Moines, IA	26:53	8:28
128	17	M19	Joe Amadeo, 23, Urbandale, IA	26:55	8:29
129	8	JrM	Bentley Burr, 9, West Des Moines, IA	26:55	8:29
41	6	W40	Cara Ode, 46*, Des Moines, IA	26:56	8:29
130	18	M19	Kevin Winter, 28, New Orleans, LA	26:56	8:29
131	47	M14	Casey Shanaberger, 17, Urbandale, IA	26:58	8:30
42	5	W19	Elizabeth Oka, 28*, Monrovia, CA	27:00	8:31
132	19	M40	Alex Van Quathem, 48, Urbandale, IA	27:06	8:32
133	15	M12	Adrian Brown, 12, Urbandale, IA	27:08	8:33
134	48	M14	Forest Landis, 14, Des Moines, IA	27:10	8:34
135	9	JrM	Cooper Smith, 11, Urbandale, IA	27:13	8:35
43	6	W19	Megan Rinke, 20*, Urbandale, IA	27:15	8:35
136	16	M12	Thomas Huegerich, 12, Jonnston, IA	27:17	8:36
137	20	M40	Joshua Stubbs, 43, Urbandale, IA	27:24	8:38
138	21	M40	Brad Rempe, 46, Urbandale, IA	27:31	8:40
139	17	M12	Patrick Wainwright, 12, Windsor Heights, IA	27:32	8:41
140	19	M19	Branden McGowan, 24, Urbandale, IA	27:34	8:41
44	18	W14	Julia Martinez-Lohf, 14*, Urbandale, IA	27:38	8:42
141	3	M60	John Olds, 62, Clive, IA	27:40	8:43
45	8	W30	Shelly Hanson, 34*, Clive, IA	27:40	8:43
142	49	M14	Beau Carenza, 14, Urbandale, IA	27:44	8:45
143	10	JrM	Davis Hardersen, 10, Urbandale, IA	27:45	8:45
144	50	M14	James Barnes, 14, Urbandale, IA	27:55	8:48
145	7	M50	Patrick Walter, 57, Urbandale, IA	28:00	8:49
146	19	M30	Michael Schneider, 37, Grimes, IA	28:04	8:51
46	9	W30	Miranda Burr, 36*, Charlseston, WV	28:12	8:53
47	7	W19	Rachel Jensen, 25*, Des Moines, IA	28:16	8:54

48	10	W30	Melissa Krumm, 33*, Urbandale, IA	28:16	8:55
49	19	W14	Payten Watson, 16*, Urbandale, IA	28:18	8:55
50	20	W14	Maddy Hall, 14*, West Des Moines, IA	28:19	8:55
147	18	M12	Evan Lambert, 12, Johnston, IA	28:25	8:57
51	11	W30	Renee Schneider, 36*, Grimes, IA	28:29	8:59

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52	7	W40	Kari Draeger, 44*, Johnston, IA	28:36	9:01
148	20	M30	Joel Goetsch, 36, Urbandale, IA	28:36	9:01
149	11	JrM	John Kacmarynski, 11, Urbandale, IA	28:37	9:01
150	22	M40	Tracy Draeger, 46, Johnston, IA	28:37	9:01
151	8	M50	Brad Mills, 59, Waukee, IA	28:41	9:02
152	51	M14	Ben Huegerich, 15, Jonnston, IA	28:47	9:04
153	52	M14	Daniel Osborne, 15, Jonnston, IA	28:48	9:05
53	12	W30	Melissa Grinstead, 36*, Urbandale, IA	28:48	9:05
154	9	M50	Michael Kapustka, 50, West Des Moines, IA	28:54	9:07
155	19	M12	Owen Palmer, 12, Des Moines, IA	28:55	9:07
54	13	W30	Brittanie Messiah, 32*, Sharpsburg, GA	28:57	9:07
55	8	W19	Mackenzie Brees, 21*, Urbandale, IA	28:58	9:08
156	4	M60	Paul Brees, 60, Urbandale, IA	28:58	9:08
56	1	JrW	Elise Huegerich, 10*, Jonnston, IA	28:59	9:08
57	8	W40	Katie Wainwright, 48*, Windsor Heights, IA	28:59	9:08
58	9	W40	Cynthia Ellsworth, 48*, Urbandale, IA	29:00	9:08
157	21	M30	Jared Schuknecht, 39, Urbandale, IA	29:03	9:09
59	14	W30	Jennifer Van Thomme, 32*, Ankeny, IA	29:03	9:09
60	10	W40	Sara Huegerich, 42*, Jonnston, IA	29:07	9:11
158	12	JrM	Noah Snodgrass, 9, Urbandale, IA	29:09	9:11
61	21	W14	Grace Roesler, 14*, Urbandale, IA	29:10	9:11
159	13	JrM	Ethan Huebbe, 8, Urbandale, IA	29:10	9:11
62	15	W30	Mandy Huebbe, 35*, Urbandale, IA	29:10	9:12
63	16	W30	Lindsey Smith, 38*, West Des Moines, IA	29:13	9:12
160	23	M40	Daniel Miller, 49, Urbandale, IA	29:13	9:12
161	53	M14	Dalem Williams, 15, Aurora, CO	29:13	9:13
162	20	M12	Beau Schneider, 12, Grimes, IA	29:14	9:13
163	24	M40	Thomas Doruska, 48, Ankeny, IA	29:18	9:14
64	17	W30	Molly Timlin, 35*, Urbandale, IA	29:18	9:14
65	9	W19	Brittany Zimmer, 21*, Polk City, IA	29:19	9:14
164	20	M19	David Lienemann, 28, Grand Junction, CO	29:19	9:14
165	21	M12	Alexander Amadeo Ranch, 13, Danville, CA	29:20	9:15
66	2	JrW	Emma McLeran, 9*, Urbandale, IA	29:21	9:15
166	25	M40	Dan Huegerich, 43, Jonnston, IA	29:26	9:17
167	14	JrM	Cole Schott, 10, Urbandale, IA	29:32	9:19
67	10	W19	Beth Zimmer, 19*, Polk City, IA	29:34	9:19
168	10	M50	Brian Whalen, 50, Urbandale, IA	29:36	9:20
68	11	W40	Jill Miller, 40*, Urbandale, IA	29:37	9:20
69	12	W40	Yvonne Schweizer, 42*, Urbandale, IA	29:40	9:21
169	22	M12	Ben Hansen, 13, Dallas Center, IA	29:41	9:21
170	5	M60	Daniel Keller, 64, Dallas Center, IA	29:42	9:22
70	13	W40	Bree Bartlett, 44*, Pleasant Hill, IA	29:42	9:22
71	3	JrW	Reagan Zimmer, 11*, Polk City, IA	29:43	9:22
171	54	M14	Denny Wheeler, 15, Urbandale, IA	29:44	9:22
72	4	JrW	Lilly Schneider, 9*, Grimes, IA	29:45	9:23
172	11	M50	John Springer, 58, Littleton, CO	29:46	9:23
173	26	M40	Bill Bormann, 48, Urbandale, IA	29:51	9:25
73	18	W30	Stephanie Davis, 39*, Urbandale, IA	29:54	9:25

174	22	M30	Keith Medhus, 37, Bondurant, IA	29:55	9:26
74	22	W14	Brooke Kiley, 14*, Bondurant, IA	29:55	9:26
175	6	M60	Brian Shriver, 66, Urbandale, IA	29:58	9:27
176	12	M50	Wayne Ostergaard, 55, Des Moines, IA	30:01	9:28
177	55	M14	Adam Jackson, 18, Windsor Heights, IA	30:10	9:30
75	4	W12	Kayla McLeran, 13*, Urbandale, IA	30:10	9:31
178	56	M14	Wyatt Kacmarynski, 16, Urbandale, IA	30:15	9:32
76	5	W12	Avery Van Quathem, 12*, Urbandale, IA	30:27	9:36
77	23	W14	Jennifer Jeong, 14*, Urbandale, IA	30:28	9:36
179	7	M60	Carl Voss, 69, Des Moines, IA	30:30	9:37
180	8	M60	Greg Kline, 70, Urbandale, IA	30:33	9:38
181	23	M12	Max Obrecht, 12, Urbandale, IA	30:42	9:41
78	4	W50	LuAnn Ostergaard, 59*, Des Moines, IA	30:42	9:41
182	57	M14	Carter Luttrell, 16, Urbandale, IA	30:44	9:41
79	11	W19	Gianna Asbury, 25*, West Des Moines, IA	30:51	9:43
80	14	W40	Patty Williams, 48*, Urbandale, IA	30:53	9:44
81	19	W30	Courtney Lienemann, 31*, Grand Junction, CO	30:54	9:44
82	20	W30	Sarah Grundfast, 32*, West Des Moines, IA	30:55	9:45
83	12	W19	Esther Paine, 29*, Urbandale, IA	30:55	9:45
84	24	W14	Kate Youngers, 17*, Urbandale, IA	30:55	9:45
85	25	W14	Shannon Dougherty, 17*, Clive, IA	30:55	9:45
183	23	M30	Greg Gayman, 33, Urbandale, IA	30:57	9:45
86	15	W40	Nonoko Okapa, 42*, Chapel Hill, NC	30:57	9:45
87	21	W30	Jessica McLeran, 37*, Urbandale, IA	31:01	9:46
184	24	M30	Mike McLeran, 36, Urbandale, IA	31:02	9:47
88	13	W19	Nicolette Kirner, 27*, Windsor Heights, IA	31:05	9:48
185	24	M12	Dominic Quinn, 13, Urbandale, IA	31:10	9:49
186	25	M12	Cael Nelmark, 12, Urbandale, IA	31:11	9:50
187	25	M30	Schuyler Slack, 30, Richmond, VA	31:12	9:50
89	5	JrW	Hadley Hardersen, 11*, Urbandale, IA	31:16	9:51
90	16	W40	Denise Obrecht, 41*, Urbandale, IA	31:17	9:52
188	9	M60	Rob Stetson, 64, Jonnston, IA	31:17	9:52
91	17	W40	Tricia Hingst, 48*, Waukee, IA	31:19	9:52
92	18	W40	Laura Hamilton, 41*, Urbandale, IA	31:24	9:54
93	1	W60	Paula Dierenfeld, 63*, Jonnston, IA	31:36	9:58
189	21	M19	Luke Fitzpatrick, 29, Ft. Wayne, IN	31:38	9:58
190	58	M14	George Pierson, 15, Waukee, IA	31:41	9:59
191	27	M40	Mike May, 48, Clive, IA	31:41	9:59

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94	22	W30	Gina Wright, 36*, Urbandale, IA	31:43	10:00
192	13	M50	Shawn Plank, 53, Urbandale, IA	31:43	10:00
95	14	W19	Jordyn Radkie, 24*, Sharpsburg, GA	31:45	10:00
193	28	M40	Darren Burr, 49, West Des Moines, IA	31:49	10:02
96	26	W14	Annamaria Dimon, 14*, Urbandale, IA	31:53	10:03
194	29	M40	Brian Mills, 43, Urbandale, IA	31:54	10:03
97	15	W19	Natalie Fairchild, 20*, Urbandale, IA	31:56	10:04
98	2	W60	Arlene Dabill, 68*, Urbandale, IA	31:58	10:05
99	16	W19	Rachel White, 23*, Des Moines, IA	32:03	10:06
195	22	M19	Connor Judd, 25, Des Moines, IA	32:03	10:06
196	14	M50	Dennis A Judd, 57, Urbandale, IA	32:04	10:06
100	23	W30	Kahyee Lee, 30*, Arlington, VA	32:04	10:06
101	24	W30	Emily Wasson, 38*, Urbandale, IA	32:14	10:10
102	17	W19	Grace Recker, 19*, West Des Moines, IA	32:20	10:12

197	30	M40	Lindsey Bakker, 42, Urbandale, IA	32:28	10:14
103	19	W40	Rosa Hansen, 43*	32:28	10:14
104	20	W40	Andrea Hansen, 42*, Jonnston, IA	32:28	10:14
105	18	W19	Kelly Flynn, 19*, Clive, IA	32:34	10:16
106	5	W50	Becky Weathers, 50*, Grimes, IA	32:49	10:20
107	19	W19	Maria Grazia Stanco, 19*, Jonnston, IA	32:57	10:23
198	15	M50	Vincenzo Stanco, 51, Jonnston, IA	32:59	10:24
108	21	W40	Jennifer Cunningham, 45*, Urbandale, IA	33:02	10:25
199	31	M40	Gary Magneson, 49, Urbandale, IA	33:02	10:25
109	22	W40	Kelly Lentsch, 47*, West Des Moines, IA	33:17	10:29
200	32	M40	Kevin Oconnor, 45, Jonnston, IA	33:18	10:30
110	23	W40	Melissa Oconnor, 44*, Jonnston, IA	33:19	10:30
201	26	M12	Sam Smith, 13, Urbandale, IA	33:20	10:30
111	27	W14	Leah Lentsch, 18*, West Des Moines, IA	33:21	10:31
202	15	JrM	Ethan Wunn, 10, Clive, IA	33:26	10:32
112	6	W50	Maureen Jackso, 53*, Windsor Heights, IA	33:28	10:33
203	16	M50	Tom Killeen, 58, Clive, IA	33:35	10:35
113	28	W14	Courtney Flynn, 16*, Clive, IA	33:36	10:35
204	26	M30	Mike Gillespie, 36, Urbandale, IA	33:41	10:37
205	16	JrM	Nathan Tischer, 10, Urbandale, IA	33:42	10:37
114	24	W40	Heidi Markla, 43*, Urbandale, IA	33:42	10:37
115	25	W30	Jenna Day, 32*, Urbandale, IA	33:49	10:40
116	29	W14	Julia Miyazaki, 16*, West Des Moines, IA	33:55	10:41
117	20	W19	Madison Green, 26*, Ankeny, IA	33:55	10:42
206	27	M12	Gavin Knudsen, 12, Grimes, IA	34:02	10:44
207	28	M12	Collin Comito, 12, Urbandale, IA	34:04	10:44
208	17	JrM	Kieran Seeley, 10, Urbandale, IA	34:07	10:45
209	33	M40	Christian Comito, 47, Urbandale, IA	34:10	10:46
210	34	M40	Michael Rhode, 49, Urbandale, IA	34:11	10:46
118	6	JrW	Charlotte Smith, 8*, Urbandale, IA	34:20	10:49
119	26	W30	Patty Riesberg, 37*, Urbandale, IA	34:20	10:49
211	59	M14	Donovan Cheborad, 18, Urbandale, IA	34:27	10:52
120	25	W40	Joscelyn Smith, 41*, Urbandale, IA	34:31	10:53
212	17	M50	Bill Courtney, 58, Ankeny, IA	34:31	10:53
213	18	JrM	Nate Timboe, 8, West Des Moines, IA	34:36	10:54
121	21	W19	Elizabeth Gurnett, 26*, Urbandale, IA	34:39	10:55
214	35	M40	Douglas Timboe, 49, West Des Moines, IA	34:42	10:56
122			Kaylyan Cheborad*, Urbandale, IA	34:51	10:59

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123	3	W60	Cynthia Fuson, 67*, Des Moines, IA	34:57	11:01
124	27	W30	Krista Pederson, 30*, Des Moines, IA	35:07	11:04
125	28	W30	Courtney Bach, 35*, Urbandale, IA	35:10	11:05
126	26	W40	Sue Mears, 46*, Urbandale, IA	35:12	11:06
127	29	W30	Megan Haugerud, 36*, Urbandale, IA	35:20	11:08
215	18	M50	Steven Fuqua, 54, Des Moines, IA	35:24	11:10
216	19	M50	Rod Warren, 54, Clive, IA	35:27	11:11
217	27	M30	Chase McCool, 32, Waukee, IA	35:35	11:13
218	20	M50	Daniel McCool, 56, Des Moines, IA	35:38	11:14
219	19	JrM	Addy Bjork, 9, Adel, IA	35:41	11:15
128	30	W30	Kelsey Gillespie, 35*, Urbandale, IA	35:46	11:16
220	36	M40	Eric Fopma, 45, Urbandale, IA	35:54	11:19
221	20	JrM	Marek Simms, 11, Urbandale, IA	35:59	11:21
129	30	W14	Lindsey Grask, 16*, Clive, IA	36:17	11:26
130	27	W40	Melinda Grask, 48*, Clive, IA	36:17	11:26

131	7	W50	Kathty Fairchild, 51*, Urbandale, IA	36:23	11:28
132	28	W40	Wendy Lambert, 41*, Johnston, IA	36:25	11:29
133	6	W12	Leah Rhode, 13*, Urbandale, IA	36:26	11:29
222	21	JrM	Jaxson Custer, 10, Clive, IA	36:27	11:29
223	22	JrM	Drew Bjork, 7, Adel, IA	36:31	11:31
224	37	M40	Jason Bjork, 41, Adel, IA	36:32	11:31
225	60	M14	Trevor Fitzpatrick, 14, Johnston, IA	36:37	11:32
134	31	W30	Melissa Farmer, 33*, Urbandale, IA	36:57	11:39
135	22	W19	Julia Coronellin, 29*, Chicago, IL	37:09	11:43
226	38	M40	Shawn Baker, 43, Urbandale, IA	37:14	11:44
136	23	W19	Rachel Moylan, 25*, Urbandale, IA	37:17	11:45
137	32	W30	Allison Smith, 30*, Urbandale, IA	37:17	11:45
138	7	JrW	Madelyn Schott, 8*, Urbandale, IA	37:21	11:46
139	8	W50	Michelle Cochran, 50*, Urbandale, IA	37:21	11:46
140	33	W30	Dawn Posey, 38*, Pittsburgh, PA	37:28	11:48
227	10	M60	Thomas Westby, 69, Urbandale, IA	37:29	11:49
228	61	M14	Evan Witke, 16, Urbandale, IA	37:48	11:55
141	8	JrW	Molli Young, 11*, West Des Moines, IA	37:52	11:56
142	7	W12	Olivia Dohrmann, 13*, Windsor Heights, IA	37:53	11:56

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143	34	W30	Jacklyn Lowe, 30*, Knoxville, IA	38:09	12:01
229	11	M60	Kevin Cunningham, 66, Des Moines, IA	38:09	12:02
144	8	W12	Lily Stuart, 12*, Urbandale, IA	38:10	12:02
230	62	M14	Erik Osborne, 15, Jonnston, IA	38:51	12:15
231	39	M40	Rob Fornoff, 42, Ankeny, IA	38:51	12:15
145	9	W12	Josephine Hayes, 13*, Ankeny, IA	38:54	12:16
232	63	M14	Nathan Baumhover, 15, Urbandale, IA	39:01	12:18
146	35	W30	Anna Weis, 31*, Urbandale, IA	39:09	12:20
147	29	W40	Michelle Cory Knudsen, 47*, Grimes, IA	39:16	12:23
148	9	JrW	Ella Schott, 10*, Urbandale, IA	39:18	12:23
149	4	W60	Debbie Albertson, 60*, West Des Moines, IA	39:20	12:24
150	36	W30	Allison Wallace, 39*, Urbandale, IA	39:20	12:24
151	10	JrW	Meara Wallace, 8*, Urbandale, IA	39:20	12:24
152	30	W40	Monica Fitzgerald, 41*, Urbandale, IA	39:20	12:24
153	11	JrW	Sophia Roetman, 10*, Urbandale, IA	39:27	12:26
233	40	M40	Tim Roetman, 45, Urbandale, IA	39:28	12:26
154	37	W30	Amy Boyce, 37*, Urbandale, IA	39:28	12:26
234	12	M60	Bob Overstreet, 67, Des Moines, IA	39:29	12:27
155	10	W12	Avery Miller, 13*, Adel, IA	39:31	12:27
235	29	M12	Coleman Osborne, 13, Jonnston, IA	39:42	12:31
236	21	M50	Gary Young, 59, Jonnston, IA	39:43	12:31
156	38	W30	Melinda Austin, 30*, Windsor Heights, IA	39:44	12:31
157	11	W12	Megan Young, 13*, Urbandale, IA	39:46	12:32
158	31	W14	Abby Thilges, 14*, Ankeny, IA	39:50	12:33
159	9	W50	Kathy Schramm, 50*, Clive, IA	39:51	12:34
160	39	W30	Ryan Page, 35*, Clive, IA	39:57	12:36
161	31	W40	Melinda Klaassen, 41*, West Des Moines, IA	40:14	12:41

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162	10	W50	Cindy Blay, 52*, Ankeny, IA	41:23	13:03
163	24	W19	Maddie Ripperger, 22*, Urbandale, IA	41:26	13:03
164	12	JrW	Ellery Conrad, 11*, Urbandale, IA	41:26	13:04



165	11	W50	Margaret Long, 55*, Des Moines, IA	41:28	13:04
166	32	W40	Victoria McQuerry, 49*, West Des Moines, IA	41:35	13:06
167	32	W14	Bella McDonald, 16*, Des Moines, IA	41:54	13:12
168	33	W40	Kaye Ohnemus, 47*, Urbandale, IA	42:00	13:14
237	22	M50	Sean Bensen, 51, Des Moines, IA	42:01	13:15
169	34	W40	Melanie Frausto, 47*, Des Moines, IA	42:15	13:19
238	13	M60	Conroy Smith, 63, Des Moines, IA	42:32	13:24
170	40	W30	Dennetta Groomes, 37*, Des Moines, IA	42:35	13:25
171	35	W40	Carrie O'Connor, 45*, Urbandale, IA	42:37	13:26
172	41	W30	Hannah Horton, 36*, Urbandale, IA	42:47	13:29
173	13	JrW	Ellie Horton, 6*, Urbandale, IA	42:47	13:29
239	14	M60	Ruben Rullan, 77, Urbandale, IA	42:48	13:29
240	23	JrM	Maddox Custer, 8, Clive, IA	42:51	13:30
241	15	M60	John Hoffman, 74, Des Moines, IA	43:55	13:50

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174	12	W50	Julie Dohrmann, 57*, Windsor Heights, IA	44:26	14:00
175	13	W50	Debi Kemp, 52*, Des Moines, IA	44:51	14:08
176	14	W50	Susan Patterson Plank, 52*, Urbandale, IA	44:52	14:09
242	24	JrM	Charlie Smith, 8, Urbandale, IA	44:53	14:09
177	36	W40	Kim Stuart, 47*, Urbandale, IA	44:53	14:09
178	14	JrW	Lola Hovey, 9*, Urbandale, IA	45:02	14:12
179	37	W40	Lisa Hovey, 46*, Urbandale, IA	45:03	14:12
243	28	M30	Dan Custer, 39, Clive, IA	45:16	14:16
244	30	M12	Jonahs Custer, 12, Clive, IA	45:16	14:16
180	15	W50	Laura Hoffman, 50*, Des Moines, IA	45:35	14:22
181	25	W19	Mackenzie Green, 25*, Nashville, TN	45:56	14:29
245	16	M60	Robert Green, 69, Ankeny, IA	45:57	14:29

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182	15	JrW	Maya Heston, 6*, Urbandale, IA	47:53	15:05
183	42	W30	Lauren Heston, 38*, Urbandale, IA	47:53	15:05
184	12	W12	Amy Fiolic, 12*, Urbandale, IA	48:22	15:15
185	16	JrW	Ana Simms, 10*, Urbandale, IA	48:30	15:17
246	25	JrM	Brendan Willey, 10, Urbandale, IA	49:30	15:36
186	26	W19	Emily Johnson, 29*, Urbandale, IA	49:42	15:40
187	27	W19	Ellie Walter, 26*, Urbandale, IA	49:43	15:40
188	5	W60	Darlene Gayman, 61*, Urbandale, IA	49:55	15:44
189	43	W30	Christina Gayman, 36*, Urbandale, IA	49:55	15:44
190	16	W50	Teresa Walter, 59*, Urbandale, IA	50:11	15:49
191	17	W50	Liljana Fiolic, 51*, Urbandale, IA	50:37	15:57
192	38	W40	Dunja Simms, 46*, Urbandale, IA	50:37	15:57

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193	44	W30	Emily Phinney, 35*, Urbandale, IA	51:15	16:09
247	26	JrM	Creithton Graham, 10, West Des Moines, IA	52:15	16:28
194	39	W40	Dawn Dority, 46*, West Des Moines, IA	52:53	16:40
248	27	JrM	Jude Brown, 5, Urbandale, IA	53:19	16:48

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249 17 M60 Tom Eaches, 70, Urbandale, IA 56:32 17:49

\* indicates females

27 finishers among Men Under 12  
 30 finishers among Men 12 - 13  
 63 finishers among Men 14 - 18  
 22 finishers among Men 19 - 29  
 28 finishers among Men 30 - 39  
 40 finishers among Men 40 - 49  
 22 finishers among Men 50 - 59  
 17 finishers among Men 60 & Up  
 16 finishers among Women Under 12  
 12 finishers among Women 12 - 13  
 32 finishers among Women 14 - 18  
 27 finishers among Women 19 - 29  
 44 finishers among Women 30 - 39  
 39 finishers among Women 40 - 49  
 17 finishers among Women 50 - 59  
 5 finishers among Women 60 & Up  
 2 finishers among Females (no age given)  
 249 male finishers  
 194 female finishers  
 443 total finishers

PLACE	CLASS PLACE	FINISHER	TIME	PACE
<b>Men</b>				
1	1	Cole Schroeder, 17, West Des Moines, IA	16:50	5:18
2	2	Drake Henrichs, 20, Urbandale, IA	16:57	5:20
3	3	Payton Marrs, 16, Urbandale, IA	17:12	5:25
4	4	Griff Jaworski, 25, Des Moines, IA	17:18	5:27
5	5	Scott Johnson, 35, Johnston, IA	17:38	5:33
6	6	Will Ode, 17, Des Moines, IA	17:47	5:36
7	7	Zachary Fry, 16, Des Moines, IA	17:56	5:39
8	8	Jake Miller, 17, Des Moines, IA	18:07	5:43
9	9	Brandon Latting, 16, West Des Moines, IA	18:09	5:43
10	10	Reece Knepper, 16, Urbandale, IA	18:12	5:44

PLACE	CLASS PLACE	FINISHER	TIME	PACE
1	1	Ashley Tollakson, 34, Des Moines, IA	18:32	5:50
2	2	Carrie Van Quathem, 46, Urbandale, IA	21:00	6:37
3		Janelle Hodovic, West Des Moines, IA	21:40	6:50
4	4	Emily Linscheid, 25, Johnston, IA	21:41	6:50
5	5	Macy Gaskill, 14, Urbandale, IA	21:47	6:52
6	6	Kelsey Schweizer, 17, Urbandale, IA	21:50	6:53
7	7	Kate Timboe, 16, West Des Moines, IA	21:54	6:54
8	8	Molly Doruska, 21, Ankeny, IA	23:12	7:19
9	9	Karleigh Osborn, 14, Waukee, IA	23:14	7:19
10	10	Erin Vanquathem, 13, Urbandale, IA	23:21	7:22

CLASS

PLACE	PLACE	FINISHER	TIME	PACE
<b>Men Under 12</b>				
54	1	Brody Burr, 11, West Des Moines, IA	22:11	6:59
56	2	Alexander Baker, 11, Urbandale, IA	22:22	7:03
<b>Men 12 - 13</b>				
31	1	Jack Brown, 13, Norwalk, IA	20:34	6:29
43	2	Aidan Oconnor, 13, Jonnston, IA	21:24	6:45
<b>Men 14 - 18</b>				
1	1	Cole Schroeder, 17, West Des Moines, IA	16:50	5:18
3	2	Payton Marrs, 16, Urbandale, IA	17:12	5:25
<b>Men 19 - 29</b>				
2	1	Drake Henrichs, 20, Urbandale, IA	16:57	5:20
4	2	Griff Jaworski, 25, Des Moines, IA	17:18	5:27
<b>Men 30 - 39</b>				
5	1	Scott Johnson, 35, Johnston, IA	17:38	5:33
13	2	Timothy Ives, 37, Pleasant Hill, IA	18:40	5:53
<b>Men 40 - 49</b>				
14	1	Paxton Bennett, 44, West Des Moines, IA	19:11	6:03
17	2	Yuri Fedirko, 41, Des Moines, IA	19:27	6:08
<b>Men 50 - 59</b>				
55	1	Chad Larson, 51, Norwalk, IA	22:13	7:00
70	2	Scott Freeman, 56, Urbandale, IA	23:45	7:29
<b>Men 60 &amp; Up</b>				
62	1	3sticks McBride, 62, Des Moines, IA	22:53	7:13
68	2	Tom Heuer, 60, Des Moines, IA	23:35	7:26
	CLASS			
PLACE	PLACE	FINISHER	TIME	PACE
<b>Women Under 12</b>				
56	1	Elise Huegerich, 10, Jonnston, IA	28:59	9:08
66	2	Emma McLeran, 9, Urbandale, IA	29:21	9:15
<b>Women 12 - 13</b>				
10	1	Erin Vanquathem , 13, Urbandale, IA	23:21	7:22
25	2	Norah Seeley, 12, Urbandale, IA	25:45	8:07
<b>Women 14 - 18</b>				
5	1	Macy Gaskill, 14, Urbandale, IA	21:47	6:52
6	2	Kelsey Schweizer, 17, Urbandale, IA	21:50	6:53
<b>Women 19 - 29</b>				
4	1	Emily Linscheid, 25, Johnston, IA	21:41	6:50
8	2	Molly Doruska, 21, Ankeny, IA	23:12	7:19
<b>Women 30 - 39</b>				
1	1	Ashley Tollakson, 34, Des Moines, IA	18:32	5:50
15	2	Jessica Schroeder, 32, Urbandale, IA	24:17	7:39

**Women 40 - 49**

2	1	Carrie Van Quathem, 46, Urbandale, IA	21:00	6:37
20	2	Kathy Schweizer, 48, Urbandale, IA	25:15	7:57

**Women 50 - 59**

24	1	Nancy Linscheid, 51, Johnston, IA	25:43	8:06
31	2	Kristy Cain, 59, Urbandale, IA	26:13	8:16

**Women 60 & Up**

93	1	Paula Dierenfeld, 63, Jonnston, IA	31:36	9:58
98	2	Arlene Dabill, 68, Urbandale, IA	31:58	10:05

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