

# **Mud Run 2011 Overall Results**

2011-05-14

Truetime.com

### 3 Mile Run F

<b>Bib</b>	<b>Name</b>	<b>City, State</b>	<b>Age</b>	<b>Gen</b>	<b>Finish</b>	<b>AG</b>	<b>FO</b>
160	FLEMING, DOMMIQUE	WINTERSET, IA	14	F	0:25:34.6	1	22
177	Gale, Karen	Marshalltown, IA	39	F	0:26:31.7	1	29
108	coleman, shara	marshalltown, IA	28	F	0:27:20.3	1	38
570	Thomason, Emily	Newton, IA	36	F	0:27:46.8	2	47
593	Wang, Kimberly	Brooklyn, IA	29	F	0:27:47.0	2	48
216	Hefel, Lani	Clive, IA	26	F	0:28:04.1	3	50
229	Hoffmann, Lexie	Woodbine , IA	21	F	0:28:24.9	1	58
560	Tandberg, Cristin	Algona, IA	32	F	0:28:46.1	1	63
616	WILTSE, HEATHER	WAVERLY, IA	20	F	0:29:19.5	2	73
331	Lowe, Suzanne	WEst Des Moines, IA	43	F	0:29:22.4	1	75
334	Mackenburg, Kristin	Cedar Rapids, IA	14	F	0:29:30.1	2	80
492	Ross, Jessica	Cedar Rapids, IA	27	F	0:29:55.4	4	90
104	Clark, Sarah	Coralville, IA	27	F	0:29:55.7	5	91
510	Schreck, Liz	Carroll, IA	24	F	0:30:01.3	3	92
34	Becker, Liz	west des moines, IA	25	F	0:30:06.5	6	94
421	Paulson, Katie	Ottumwa, IA	24	F	0:30:12.6	4	97
422	Paulson, Kristin	Ames, IA	21	F	0:30:13.4	5	98
424	Paulson, Sarah	Ottumwa, IA	21	F	0:30:13.5	6	99
600	Weeks, Michaela	Davenport, IA	13	F	0:30:35.0	3	106
184	Geiger, Kristin Lee	Ames, IA	21	F	0:30:41.0	7	114
17	aubry, carla	ames, IA	28	F	0:30:42.7	7	116
429	Phillips, Kathi	Pleasant Hill, IA	41	F	0:30:50.3	2	118
165	FRAKES, CALLIE	TAMA, IA	9	F	0:30:57.2	4	119
477	Rice, Angie	Urbandale, IA	43	F	0:30:58.9	3	120
478	Rice, Emily	Des Moines , IA	25	F	0:31:09.9	8	121
57	Bone, Erin	Ankeny, IA	26	F	0:31:20.7	9	123
286	Kilburg, Allison	Tipton, IA	19	F	0:31:21.9	1	124
465	Raythe, patty	Des Moines, IA	26	F	0:31:25.7	10	126
63	Bova, Kelsey	West Des Moines, IA	26	F	0:31:28.0	11	127
101	Clark, Michelle	Clive, IA	27	F	0:31:44.7	12	131
140	Dowell, Dahoni	Runnells, IA	19	F	0:32:05.5	2	139
113	Cooper, Lindsey	cedar rapids, IA	29	F	0:32:08.7	13	141
98	clark, deborah	des moines, IA	43	F	0:32:14.5	4	142
268	Johnson, Jody	Adel, IA	26	F	0:32:20.8	14	144
201	Gustin, Kay	Altoons, IA	40	F	0:32:26.1	5	147
138	DOTHAGER, JERI ANN	PELLA, IA	33	F	0:32:26.7	2	149
584	VEENSTRA, JENNIFER	KNOXVILLE, IA	33	F	0:32:26.9	3	150
195	Greenfield, Tina	Story City, IA	31	F	0:32:36.1	4	152
451	prohaska, rachel	west des moines , IA	43	F	0:32:54.2	6	157
525	Sievers, Katie	Ames, IA	24	F	0:32:54.2	8	158
581	Unger, Shannon	Plainfield, IL	31	F	0:32:59.3	5	160
156	Finch, Erin	Coralville , IA	31	F	0:32:59.3	6	161
604	Weismann, Jessica	West Des Moines, IA	23	F	0:33:09.8	9	163
234	HOPP, LINDY	CEDAR RAPIDS, IA	28	F	0:33:13.2	15	165
278	Jurgens, Whitney	Keokuk, IA	19	F	0:33:13.4	3	166
222	Hennessey, Lesley	Marion , IA	19	F	0:33:17.0	4	167
123	de Catalan, Mayra	Des Moines, IA	27	F	0:33:27.0	16	174
553	Stoltz, Tressy	Bondurant, IA	35	F	0:33:29.6	3	176
587	Vigon, Crystal	Menlo, IA	31	F	0:33:36.1	7	178
402	Olson, Stacey	Des Moines, IA	28	F	0:33:40.1	17	179
253	Irlbeck, Mandi	Avoca, IA	35	F	0:33:44.7	4	181

# 3 Mile Run F

<b>Bib</b>	<b>Name</b>	<b>City, State</b>	<b>Age</b>	<b>Gen</b>	<b>Finish</b>	<b>AG</b>	<b>FO</b>
15	archer, kris	urbandale, IA	44	F	0:33:46.1	7	185
442	Presley, Kimberley	Urbandale, IA	35	F	0:33:46.2	5	186
430	PHILLIPS, KRYSTAL	MCCLEELAND, IA	14	F	0:33:49.9	5	189
497	Rupe, Star	Waverly, IA	32	F	0:33:50.8	8	190
322	Leone, Emilene	moline, IL	32	F	0:33:53.3	9	191
266	jimenez, tiffany	huxley, IA	30	F	0:33:55.1	10	193
265	Jerred, Megan	Lisbon, IA	27	F	0:34:03.6	18	196
313	Langenfeld, Sarah	Pella, IA	20	F	0:34:08.9	10	197
7	Allgood, Stephanie	Albia, IA	25	F	0:34:09.0	19	198
312	LANGENFELD, MEGAN	PELLA, IA	18	F	0:34:11.9	5	199
304	Kulenkamp, Sara	Cedar Falls, IA	19	F	0:34:14.0	6	205
564	Taylor, Allison	Ames, IA	19	F	0:34:21.3	7	208
638	Dailey, Shelby		15	F	0:34:24.4	8	211
639	Brown, Taylor		15	F	0:34:25.2	9	212
622	Young, Ali	Polk City, IA	27	F	0:34:27.8	20	214
303	Kuennen, Arianne	Bondurant, IA	29	F	0:34:38.2	21	220
547	Steer, Kelly	Waukee, IA	40	F	0:34:45.2	8	223
576	Toresdahl, Constance	Ames, IA	43	F	0:34:53.2	9	227
45	Blaine, Mallory	Urbandale, IA	23	F	0:35:04.3	11	228
473	Reisner, Jill	Altoona, IA	31	F	0:35:12.7	11	230
2	Aguiniga, Kirsten	Altoona, IA	32	F	0:35:13.3	12	231
41	Bernardino, Rosaura	Des Moines, IA	31	F	0:35:18.1	13	233
427	Perkins, Samantha	Madrid, IA	19	F	0:35:20.5	10	236
178	Garden, Denise	Oskaloosa, IA	25	F	0:35:24.6	22	238
535	Soukhavong, Vini	marshalltown, IA	27	F	0:35:38.0	23	239
515	Schwendinger, Sara	Des Moines, IA	34	F	0:35:38.3	14	240
236	howell, lisa	centerville, IA	38	F	0:35:40.0	6	241
148	Etringer, Ashley	Kansas City, MO	28	F	0:35:40.8	24	243
146	Erion, Abby	Des Moines, IA	26	F	0:35:40.9	25	244
11	Anderson, Lindsey	West Des Moines, IA	28	F	0:35:41.1	26	245
357	McKinney, Lani	Ames, IA	37	F	0:35:47.7	7	249
391	Noble, Letisha	Des Moines, IA	31	F	0:35:48.8	15	250
423	Paulson, Natalie	Grimes, IA	10	F	0:36:22.9	6	259
164	Fox, Lindsay	Cedar Rapids, IA	27	F	0:36:26.7	27	260
459	Puth, Mia	West Des Moines, IA	28	F	0:36:34.6	28	262
116	Cunningham, Kati	ankeny, IA	22	F	0:36:44.6	12	265
518	Severin, Amber	Waukee, IA	30	F	0:36:45.5	16	266
213	Harrington, Jennifer	Pella, IA	32	F	0:36:45.7	17	267
632	Lewis, Rachel		22	F	0:36:45.9	13	268
31	Beaumont, Jamie	Albia, IA	32	F	0:36:46.8	18	269
171	fritz, molly	ames, IA	31	F	0:36:47.2	19	270
235	Hostetler, Amanda	Colo, IA	29	F	0:36:47.5	29	271
582	Van Hemert, Jessica	Ames, IA	26	F	0:36:47.7	30	272
350	Maylum, Megan	Milan, IL	27	F	0:36:47.8	31	273
297	Krausman, Tammie	Ankeny, IA	32	F	0:36:48.4	20	274
174	Fultz, Nicole	Des Moines, IA	30	F	0:36:50.8	21	275
603	Weishaar , Rachel	ames, IA	23	F	0:36:51.8	14	276
602	Weishaar, Diane	Cedar Falls, IA	27	F	0:36:51.8	32	277
433	Pickerell, Mindye	Cedar Rapids, IA	31	F	0:37:04.4	22	279
394	Norton, Jessie	Cedar Rapids, IA	27	F	0:37:04.7	33	281
290	Kirsch, Kendra	West Des Moines, IA	23	F	0:37:06.5	15	282

### 3 Mile Run F

Bib	Name	City, State	Age	Gen	Finish	AG	FO
519	Shannon, Tonya	Charles City, IA	24	F	0:37:07.7	16	283
185	gemaehlich, shana	charles city, IA	31	F	0:37:08.3	23	284
417	Paul, Emily	Iowa City, IA	20	F	0:37:12.8	17	287
386	Nash, Rachel	Iowa City , IA	21	F	0:37:13.7	18	288
224	Henson, Ginny	Keokuk, IA	50	F	0:37:14.0	1	290
294	Kollmorgen, Kallie	Humboldt, IA	17	F	0:37:14.6	11	291
621	Yoakam, Amber	Humboldt, IA	17	F	0:37:15.8	12	293
399	O'Meara, Kristin	West Des Moines, IA	25	F	0:37:21.3	34	295
323	LILLIBRIDGE, HOLLI	MARSHALLTOWN, IA	39	F	0:37:27.5	8	297
612	Wilson, Brooke	Greenfield, IA	31	F	0:37:30.6	24	299
542	steege, katie	Fredericksburg, IA	30	F	0:37:43.6	25	303
346	Martin, Leanne	Ames, IA	30	F	0:37:43.7	26	304
594	Warne, Emily	Bonner Springs, KS	32	F	0:37:43.8	27	305
575	Topping, Lindsey	Maple Grove, MN	31	F	0:37:43.9	28	306
225	Henson, Shannon	Des Moines, IA	25	F	0:37:44.9	35	307
279	KATZER, KASSIE	DES MOINES , IA	28	F	0:37:45.3	36	309
255	JAENKE, KAYLA	IOWA FALLS, IA	14	F	0:37:46.3	7	310
21	Bailey, Lauren	Otley, IA	20	F	0:37:49.3	19	311
267	Johnson, Elizabeth	Stratford, IA	21	F	0:37:50.3	20	312
271	Johnson, Victoria	Stratford, IA	14	F	0:37:51.0	8	313
35	beers, brooke	oskaloosa, IA	16	F	0:37:53.3	13	314
523	SHROYER, AMBER	STRATTFORD, IA	41	F	0:38:23.3	10	319
360	McNeil, Annie	West Des Moines, IA	25	F	0:38:24.2	37	321
655	Shoa, Kim		38	F	0:38:27.8	9	322
1	Adams, Linda	Oskaloosa, IA	51	F	0:38:28.5	2	323
539	Spray, Natalie	oskaloosa, IA	29	F	0:38:28.6	38	324
404	opheim, jane	oskaloosa, IA	35	F	0:38:28.8	10	325
425	Pedersen, Kerri	Ankeny, IA	27	F	0:38:33.1	39	327
644	Mason, Teresa		25	F	0:38:35.9	40	329
369	MITCHELL, KELLY	NEW SHARON, IA	31	F	0:38:36.3	29	331
531	Smith, Jenny	Des Moines, IA	27	F	0:38:36.5	41	332
398	O'Connell, Ashleigh	Des Moines, IA	27	F	0:38:37.0	42	333
158	Fleming, Amber	Montezuma, IA	34	F	0:38:42.1	30	335
72	Brown, Katrina	Waukee, IA	26	F	0:38:43.7	43	336
335	Magie, Amanda	Ames, IA	36	F	0:38:45.1	11	337
546	Steenhoek, Julie	Pella, IA	33	F	0:38:48.3	31	339
414	Parrott, Molly	Ames, IA	31	F	0:38:48.5	32	340
545	Steenhoek, Amy	West Des Moines, IA	30	F	0:38:48.9	33	341
24	Barkhaus, Jessica	Fort Dodge, IA	27	F	0:38:50.6	44	342
254	Jacobs, Brandy	Ames, IA	25	F	0:38:52.5	45	343
419	Paulson, Anne	West Des Moines, IA	25	F	0:38:53.9	46	344
6	Allen, Megan	Runnells, IA	27	F	0:39:01.1	47	345
317	Leavitt, Kate	Marcus, IA	24	F	0:39:01.4	21	346
567	Taylor, Trish	Dubuque, IA	25	F	0:39:01.8	48	347
566	Taylor, Margrette	Fort Dodge, IA	27	F	0:39:04.2	49	348
58	Booth, Maggie	Cedar Rapids, IA	23	F	0:39:18.5	22	349
379	Mrvoljak, Sanela	urbandale, IA	20	F	0:39:20.4	23	352
289	Kirkpatrick, Stephanie	Clive, IA	20	F	0:39:20.6	24	353
60	Bosman, Emily	Urbandale, IA	20	F	0:39:21.1	25	354
410	OSTREN, KAREN	STRATFORD, IA	46	F	0:39:24.5	1	355
568	Templeton, Megan	Ames, IA	32	F	0:39:26.4	34	356

# 3 Mile Run F

<b>Bib</b>	<b>Name</b>	<b>City, State</b>	<b>Age</b>	<b>Gen</b>	<b>Finish</b>	<b>AG</b>	<b>FO</b>
111	Conrad, Amy	Mount Vernon, IA	34	F	0:39:33.9	35	357
383	murphy, lisa	West Des Moines, IA	31	F	0:39:40.2	36	360
382	Murphy, Danielle	Iowa City, IA	23	F	0:39:40.4	26	361
136	Doe, Heather	West Des Moines, IA	40	F	0:39:53.6	11	364
204	Hamblin, Jacey	ames, IA	21	F	0:40:00.0	27	365
538	Sporrer, Michelle	nevada, IA	34	F	0:40:03.8	37	368
44	Betting, Jessie	Nevada, IA	34	F	0:40:05.0	38	369
572	Tibodeau, Betsy	Nevada, IA	34	F	0:40:05.2	39	370
554	Stout, Mickie	Windsor Heights, IA	28	F	0:40:05.4	50	371
367	Miller, Marna	Urbandale, IA	52	F	0:40:09.2	3	373
314	Langstraat, Tammy	Beacon, IA	44	F	0:40:11.9	12	374
109	collier, shelley	altoona, IA	46	F	0:40:25.0	2	376
483	Ristau, Diane	Owatonna, MN	37	F	0:40:32.8	12	378
432	Pick, Katie	West Des Moines, IA	29	F	0:40:41.0	51	379
227	Hillman, Amber	West Des Moines, IA	27	F	0:40:41.4	52	380
296	Kratoska, Abby	Gragner, IA	28	F	0:40:45.7	53	382
228	Hofer, Cynthia	Des Moines, IA	31	F	0:40:45.7	40	383
332	Lundeen, Kaitlin	West Des Moines, IA	20	F	0:40:46.7	28	384
435	Piner, Shelly	Altoona, IA	40	F	0:40:47.3	13	386
188	Gilleland, Jamie	Des Moines, IA	25	F	0:40:49.8	54	387
52	Boehme, Christina	Ames, IA	18	F	0:41:00.3	14	388
509	Schorr, Bobbie	San Diego, CA	31	F	0:41:04.7	41	392
50	Bodkins, Rachael	Nevada, IA	27	F	0:41:08.3	55	394
49	Bodkins, Amber	Nevada, IA	21	F	0:41:09.3	29	395
81	Cao, Tiffani	Slater, IA	26	F	0:41:19.7	56	399
630	Schnitzer, Kalah		11	F	0:41:20.9	9	400
378	Mostaert, Sarah	Ames, IA	27	F	0:41:22.2	57	401
344	Martin, Bobbie	Maxwell, IA	26	F	0:41:25.3	58	402
99	Clark, Kayla	Ames, IA	27	F	0:41:30.3	59	404
356	McKenna, Stefanie	Morris, IL	36	F	0:41:30.8	13	405
624	Zaputil, Jena	Des Moines, IA	25	F	0:41:39.2	60	407
507	Schmitz, Lindsay	Des Moines, IA	24	F	0:41:39.5	30	408
508	Schmitz, Lindsey	West Des Moines, IA	27	F	0:41:39.7	61	409
100	Clark, Michelle	Iowa City, IA	38	F	0:41:41.5	14	410
145	Edwards, Rachel	Cedar Rapids , IA	23	F	0:41:46.7	31	411
207	Hansen, Abby	Windsor Heights, IA	28	F	0:41:49.4	62	412
248	Huntington, Rhiley	West Des Moines, IA	19	F	0:41:50.7	15	413
614	Wilson, Kylie	Greenfield, IA	30	F	0:41:51.1	42	414
324	Link, Dawn	Grimes, IA	54	F	0:41:52.2	4	415
627	Sprague, Darcijean		54	F	0:41:56.1	5	416
233	Hoover, Kim	West Des Moines, IA	32	F	0:41:59.5	43	417
239	Huck, Jennifer	Ames, IA	33	F	0:42:00.3	44	418
237	howell, nadia	centerville, IA	10	F	0:42:00.6	10	419
512	Schultz, Keyli	West Des Moines, IA	31	F	0:42:07.9	45	420
434	Pierce, Meghan	Davenport, IA	12	F	0:42:10.6	11	421
458	Purcell, Zoe	Davenport, IA	11	F	0:42:10.7	12	422
337	Magner, Maria	Cedar Falls, IA	25	F	0:42:29.5	63	426
219	Heginger, Nanette	Nevada, IA	37	F	0:42:59.4	15	427
648	Anen, Melody		38	F	0:43:05.2	16	430
684	Johnson, Erin		27	F	0:43:06.8	64	431
397	Nybeck, Jessica	Ankeny, IA	28	F	0:43:10.5	65	432

# 3 Mile Run F

Bib	Name	City, State	Age	Gen	Finish	AG	FO
214	Hartmann, Jennifer	Des Moines, IA	28	F	0:43:11.9	66	434
281	Kelly, Kathleen	des moines, IA	25	F	0:43:14.5	67	436
259	Jarvis, Jenn	Waterloo, IA	26	F	0:43:15.4	68	437
447	Pringnitz, Karrie	Garner, IA	35	F	0:43:21.6	17	438
139	Dowell, Crystal	Indianola, IA	25	F	0:43:24.5	69	441
107	Cole, Katie	West Des Moines, IA	20	F	0:43:33.3	32	442
4	Aldis, Jessica	Sycamore, IL	21	F	0:43:34.3	33	444
32	Beckel, Luann	Des Moines, IA	54	F	0:43:39.6	6	446
134	Dickson, Madeline	Ames, IA	16	F	0:43:56.3	16	447
131	Dickson, Chelsie	Gilbert, IA	24	F	0:43:57.5	34	449
606	Weldon, McKenna	Cedar Rapids, IA	14	F	0:44:15.8	13	452
69	Brogden, Bailee	boone, IA	12	F	0:44:33.3	14	455
103	Clark, Sarah	Ames, IA	19	F	0:44:47.7	17	457
316	Larson, Andi	Iowa City, IA	18	F	0:44:57.7	18	459
636	Huss, Amber		21	F	0:45:03.3	35	460
212	HARRILL, MIKALA	STRATFORD, IA	14	F	0:45:07.3	15	462
210	Harrell, Carmel	San Jose, CA	55	F	0:45:15.2	1	463
329	Lopez, Sarah	Inver Grove Heig, MN	29	F	0:45:23.1	70	464
	Penalty: (-0:20:00.0)						
454	Puck, Athena	Ames, IA	33	F	0:45:25.5	46	465
559	Sweeney, Allyssa	Story City, IA	33	F	0:45:27.1	47	466
73	BROWN, NORANA	LAUREL, IA	16	F	0:45:37.2	19	467
319	Lee, Brandie	Boone, IA	37	F	0:45:45.5	18	468
475	RHOADS, SARAH	NEWTON, IA	16	F	0:45:51.2	20	469
415	Patterson, Alicia	Underwood, IA	42	F	0:45:54.1	14	470
543	Steele, Shannon	Bondurant, IA	32	F	0:45:57.1	48	471
270	Johnson, Marcy	Charles City, IA	23	F	0:46:17.2	36	472
182	gates, jessica	charles city, IA	26	F	0:46:17.8	71	473
682	Lyon, Kristina		24	F	0:46:18.9	37	474
376	Morris, Mindy	Grimes, IA	31	F	0:46:45.2	49	475
374	Morris, Lindsay	Ankeny, IA	26	F	0:46:45.3	72	476
563	Tanyag, Coleen Cecile	Pleasant Hill, IA	19	F	0:47:16.6	21	477
595	Watson, Erika	Altoona, IA	19	F	0:47:16.9	22	478
364	Michael, Brooke	Des Moines, IA	19	F	0:47:17.5	23	479
579	Tullis, Jamie	Boone, IA	39	F	0:47:19.1	19	480
348	Mattox, Cindy	Council Bluffs, IA	25	F	0:47:19.8	73	481
342	Marnin, Allisha	Fontanelle, IA	30	F	0:47:22.8	50	483
596	Way, Meagan	Des Moines, IA	20	F	0:47:35.7	38	486
660	Lose, Janet		37	F	0:48:03.5	20	487
196	Grimm, Brittney	West Des Moines, IA	21	F	0:48:19.5	39	489
93	Cheeseman, Lacey	Ankeny, IA	30	F	0:48:19.5	51	490
27	BEAN, ABBIE	KALONA, IA	15	F	0:48:30.3	24	491
192	Graber, Lydia	Urbandale, IA	11	F	0:49:04.5	16	493
243	HUGEN, PAM	WEST DES MOINES, IA	56	F	0:49:04.9	2	494
626	Zollman, Melissa	Pleasant Hill, IA	38	F	0:49:09.7	21	496
277	Jorgensen, Sandi	Des Moines, IA	19	F	0:49:11.2	25	497
580	Uhlenhake, Taunie	urbandale, IA	28	F	0:49:11.5	74	498
443	Price, Pamela	Des Moines, IA	29	F	0:49:12.6	75	499
124	DECKER, KALYN	DUBUQUE, IA	24	F	0:49:18.9	40	500
25	Barr, Jennifer	Winterset, IA	31	F	0:49:21.8	52	501
125	Dent, Jade	Elkhorn, NE	9	F	0:49:31.0	17	503

### 3 Mile Run F

<b>Bib</b>	<b>Name</b>	<b>City, State</b>	<b>Age</b>	<b>Gen</b>	<b>Finish</b>	<b>AG</b>	<b>FO</b>
127	Dent, Lexie	Elkhorn, NE	10	F	0:49:31.7	18	505
440	Prentice, Regina	Ames, IA	35	F	0:49:32.3	22	506
439	Prentice, Maya	Ames, IA	12	F	0:49:32.9	19	508
170	Frerichs, Katie	Titonka, IA	28	F	0:49:33.4	76	509
662	Oetken, Sarah		23	F	0:49:36.9	41	512
657	Gillette, Kelly		40	F	0:49:41.2	15	513
455	Purcell, Amy	Davenport, IA	41	F	0:49:44.0	16	515
608	Werkmeister, Dawn	West Des Moines, IA	35	F	0:49:44.6	23	516
106	Clayton, Emily	Windsor Heights, IA	19	F	0:49:44.9	26	517
646	Beer, Katie		22	F	0:49:45.1	42	519
505	Schmitt, Jennifer	West Des Moines, IA	34	F	0:49:45.1	53	520
306	Ladwig, Candi	Urbandale, IA	30	F	0:49:46.8	54	521
92	Chapman, Shalie	DeSoto, IA	24	F	0:49:47.7	43	522
257	Janssen, Shelby	Webster City, IA	17	F	0:49:48.8	27	524
533	Soderblom, Amber	Des Moines, IA	27	F	0:49:50.7	77	526
193	Grapentine, Kelly	Des Moines, IA	24	F	0:49:51.4	44	527
534	Soderblom, Erin	Des Moines, IA	28	F	0:49:59.1	78	528
39	Bennett, Sarah	Des Moines, IA	27	F	0:50:00.4	79	529
411	palmer, jaelynn	des moines, IA	15	F	0:50:04.7	28	530
343	Marquis, Talia	Des Moines, IA	16	F	0:50:04.9	29	531
144	Duve, Jesi	Dubuque, IA	34	F	0:50:08.5	55	532
437	Pote, Crystal	Panora, IA	33	F	0:50:11.8	56	533
413	parnell, aimee	perry, IA	27	F	0:50:42.3	80	535
467	Reeser, Jessica	west des moines, IA	23	F	0:50:42.5	45	536
273	Jones, Anna May	oskaloosa, IA	11	F	0:50:54.8	20	537
405	opheim, jessabelle	oskaloosa, IA	12	F	0:50:58.1	21	538
363	Mendenhall, Erin	Des Moines, IA	29	F	0:51:03.6	81	539
59	Bortscheller, Tammy	Des Moines, IA	34	F	0:51:04.8	57	540
288	Kirkman, Sandy	Waukee, IA	36	F	0:51:05.4	24	541
203	Hageman, Melody	Altoona, IA	33	F	0:51:09.4	58	542
242	Hugen, Lyndee	Indianola, IA	34	F	0:51:09.6	59	543
354	McCormick, Katie	Cedar Rapids, IA	20	F	0:51:24.6	46	544
284	Kennedy, Sheena	West Des Moines, IA	24	F	0:51:30.1	47	545
605	Welch, Danielle	Boone, IA	19	F	0:51:30.1	30	546
330	Loupee, Jessica	Newton, IA	24	F	0:51:32.7	48	547
641	Hynick, Sadie		14	F	0:51:38.6	22	548
373	Morris, Lacey	Des Moines, IA	28	F	0:51:59.6	82	549
37	Beitz, Nicole	West Des Moines, IA	23	F	0:51:59.9	49	550
12	Anderson, Sarah	Lakota, IA	17	F	0:52:02.7	31	553
347	Martinson, Hayley	Buffalo Center , IA	18	F	0:52:03.1	32	554
675	Sowers, Brenda		49	F	0:52:16.6	3	555
300	kruse, junifer	carlisle, IA	38	F	0:52:45.4	25	557
318	Lee, Abbie	boone, IA	13	F	0:54:19.6	23	558
589	Wafful, Ciara	boone, IA	13	F	0:54:19.7	24	559
309	LANDIS, EMILY	KNOXVILLE, IA	28	F	0:54:27.7	83	560
291	Klinker, Stacey	Johnston, IA	23	F	0:54:28.0	50	561
263	JERKINS, AMANDA	KNOXVILLE, IA	29	F	0:54:28.1	84	562
540	staples, meghan	west des moines, IA	26	F	0:54:47.6	85	563
613	wilson, julia	west des moines, IA	27	F	0:54:49.2	86	564
355	McIntosh, Jamie	Ankeny, IA	32	F	0:54:50.1	60	565
416	Patterson, Brooke	Altoona, IA	22	F	0:54:50.2	51	566

### 3 Mile Run F

<b>Bib</b>	<b>Name</b>	<b>City, State</b>	<b>Age</b>	<b>Gen</b>	<b>Finish</b>	<b>AG</b>	<b>FO</b>
274	jones, jennifer	west des moines, IA	30	F	0:54:50.7	61	567
685	Peterson, Jessica		26	F	0:55:10.2	87	568
199	gruber, shelby	colfax, IA	26	F	0:55:10.5	88	569
521	Sheehan, Erin	Altoona, IA	25	F	0:55:11.4	89	570
494	ROVEN, LYDIA	DES MOINES, IA	36	F	0:55:25.6	26	571
152	Fairchild, Molly	Des Moines, IA	35	F	0:55:25.8	27	572
151	Eyanson, Stephanie	Ankeny , IA	34	F	0:55:26.0	62	573
431	Phipps, Chantel	bondurant, IA	23	F	0:55:39.3	52	574
385	Myhre, Colleen	Ankeny, IA	46	F	0:55:42.2	4	575
562	TANKE, MARKIE	TOLEDO, IA	17	F	0:55:54.1	33	577
159	FLEMING, DEISE	WINTERSET, IA	16	F	0:55:54.1	34	578
132	DICKSON, CONNER	URBANDALE, IA	14	F	0:55:54.3	25	579
28	BEAN, CALLIE	KALONA, IA	14	F	0:55:54.5	26	580
91	Chapman, Kelsey	LeClaire, IA	19	F	0:56:44.0	35	582
118	Dankert, Kelsey	Bettendorf, IA	19	F	0:56:46.7	36	583
256	Janssen, Cassidy	Webster City, IA	12	F	0:56:52.8	27	584
74	Brueck, Madison	Polk City, IA	16	F	0:59:44.5	37	586
78	Burg, Chris	Polk City, IA	42	F	0:59:45.6	17	587
77	Burg, Allyssa	Polk City, IA	9	F	0:59:45.6	28	588
157	Fine-Pederson, Jen	Johnston, IA	36	F	0:59:45.7	28	589
591	Walker, Sarah	Fort Dodge, IA	33	F	1:01:27.3	63	590
333	lupton, sarah	Albia, IA	31	F	1:03:44.1	64	591
634	See, Meghan		32	F	1:03:44.2	65	592
321	Leon, Lisa	Des Moines, IA	44	F	1:05:03.2	18	593
499	Sampson, Mattie	Des Moines, IA	24	F	1:05:04.1	53	594
299	Krishnan, Melissa	Iowa City, IA	42	F	1:05:13.7	19	595
211	Harrell, Jess	Urbandale, IA	25	F	1:05:15.1	90	596
155	Fessler, Anne	Des Moines, IA	26	F	1:05:16.5	91	597
220	Heisler, Callie	West Des Moines, IA	29	F	2:23:35.9	92	598

Penalty: (-1:59:59.9)

# 3 Mile Run M

<b>Bib</b>	<b>Name</b>	<b>City, State</b>	<b>Age</b>	<b>Gen</b>	<b>Finish</b>	<b>AG</b>	<b>FO</b>
599	Webinger, Seth	La Crescent, MN	25	M	0:20:06.4	1	1
438	Prentice, Caleb	Des Moines, IA	14	M	0:21:10.4	1	2
511	Schultz, Jeremy	West Des Moines, IA	34	M	0:21:19.5	1	3
336	Magie, Joshua	Ames, IA	31	M	0:21:38.2	2	4
96	Clark, Andrew	Des Moines, IA	14	M	0:21:43.5	2	5
84	Carty, Olin	Des Moines, IA	16	M	0:21:46.8	1	6
619	wortman, eric	iowa city, IA	47	M	0:21:53.9	1	7
401	Olsen, Jason	Sumner, IA	23	M	0:22:41.5	1	8
221	Heisler, Scott	West Des Moines, IA	35	M	0:23:35.6	1	9
629	Johnson, Matt		26	M	0:23:39.9	2	10
489	Rodgers, Devin	West Des Moines, IA	30	M	0:24:11.4	3	11
485	Roberts, Michael	west des moines, IA	32	M	0:24:12.6	4	12
117	Dahlberg, Justin	Ames, IA	29	M	0:24:18.3	3	13
172	Frost, Gregory	Windsor Heights, IA	36	M	0:24:25.3	2	14
53	BOEVER, SCOTT	URBANDALE, IA	50	M	0:24:31.9	1	15
353	MCCOLLOUGH, TIMOTHY	AMES, IA	31	M	0:24:43.5	5	16
310	Lang, Simeon	Jefferson, IA	25	M	0:24:59.2	4	17
522	Shepard, William	Des Moines, IA	18	M	0:25:03.9	2	18
10	Anderson, Jordan	Urbandale, IA	29	M	0:25:08.3	5	19
631	Chambers, Kyle		30	M	0:25:20.5	6	20
436	Plymesser, Cliff	Ames, IA	29	M	0:25:21.3	6	21
490	ROOSA, TIM	ALTOONA, IA	16	M	0:25:37.9	3	23
578	Trenkamp, Jeremy	Cedar Rapids, IA	30	M	0:25:53.5	7	24
280	Keller, Blake	Toledo, IA	13	M	0:26:13.9	3	25
166	FRAKES, COLSON	TAMA, IA	13	M	0:26:17.3	4	26
22	Bailey, Peter	Otley, IA	17	M	0:26:27.3	4	27
56	Bonanno, Ben	Des Moines, IA	26	M	0:26:27.8	7	28
142	Driscoll, Jeremy	West Des Moines, IA	31	M	0:26:36.9	8	30
453	pruitt, skylar	earlham, IA	14	M	0:26:38.8	5	31
30	BEAN, SAMUEL	KALONA, IA	13	M	0:26:40.0	6	32
119	Davis, Dan	Dubuque, IA	26	M	0:26:46.5	8	33
65	BRANDT, TROY	PERRY, IA	43	M	0:26:50.1	1	34
311	Langenfeld, Greg	Pella, IA	22	M	0:27:04.1	2	35
66	Braunschweig, Dana	Des Moines, IA	36	M	0:27:13.6	3	36
481	Riesberg, Skyler	Grimes, IA	13	M	0:27:16.2	7	37
406	Opheim, Lewis	Oskaloosa, IA	32	M	0:27:21.1	9	39
33	Becker, Ben	fort dodge, IA	23	M	0:27:22.3	3	40
479	Richardson, Tom	lehigh, IA	26	M	0:27:25.3	9	41
460	Quint, Andrew	Des Moines, IA	27	M	0:27:31.0	10	42
573	Tighe, Ryan	Oskaloosa, IA	36	M	0:27:32.0	4	43
308	Lampe, Luke	North Liberty, IA	29	M	0:27:33.7	11	44
472	Reinders, Steve	Des Moines, IA	39	M	0:27:38.8	5	45
102	clark, ryan	warsaw, IL	23	M	0:27:45.9	4	46
176	Gadams, Bobby	Ankeny, IA	50	M	0:27:55.2	2	49
389	Noble, Jeremy	Des Moines, IA	31	M	0:28:10.5	10	51
569	Terry, Jason	Des Moines, IA	29	M	0:28:17.5	12	52
659	Halverson, John		38	M	0:28:18.5	6	53
150	EVANS, JACOB	ALTOONA, IA	15	M	0:28:18.7	5	54
245	Hughes III, William	Council Bluffs, IA	31	M	0:28:19.4	11	55
607	Welter, Eric	Iowa City, IA	29	M	0:28:19.4	13	56
403	opheim, bobby	oskaloosa, IA	39	M	0:28:23.9	7	57

### 3 Mile Run M

<b>Bib</b>	<b>Name</b>	<b>City, State</b>	<b>Age</b>	<b>Gen</b>	<b>Finish</b>	<b>AG</b>	<b>FO</b>
168	Freeman, Dan	Ankeny, IA	32	M	0:28:33.1	12	59
474	Reitano, Joe	Boone, IA	37	M	0:28:33.9	8	60
674	Holgate, Bailey		13	M	0:28:42.1	8	61
393	North, Dave	Oskaloosa, IA	40	M	0:28:43.1	2	62
191	Gogerty, Dan	Ames, IA	60	M	0:28:47.0	1	64
298	KREBS, KRIS	MAXWELL, IA	27	M	0:28:48.8	14	65
143	Duder, Michael	West Des Moines, IA	38	M	0:28:57.4	9	66
147	Esdohr, Ryan	Polk City,, IA	26	M	0:28:58.3	15	67
498	Sabotta, Chris	Cedar Rapdis, IA	19	M	0:29:08.5	6	68
5	ALDRED, BRANDON	INDIANOLA, IA	15	M	0:29:11.9	7	69
673	Robertson, Charles		13	M	0:29:17.6	9	70
615	WILTSE, COLIN	WAVERLY, IA	15	M	0:29:17.9	8	71
625	ZIMMERMANN, RICK	OTHO, IA	51	M	0:29:19.1	3	72
548	stephenson, tj	des moines, IA	11	M	0:29:22.1	10	74
14	archer, brad	urbandale, IA	43	M	0:29:22.6	3	76
520	shearon, austin	des moines, IA	10	M	0:29:22.9	11	77
208	Hansen, Gerrit	ames, IA	23	M	0:29:24.0	5	78
97	Clark, Brenden	Iowa City, IA	13	M	0:29:25.6	12	79
26	Bartley, Ross	Des Moines, IA	23	M	0:29:31.5	6	81
392	NORRIS , AUSTIN	OSKALOOSA, IA	33	M	0:29:38.9	13	82
186	Gerstenberger, Jameson	Des Moines, IA	24	M	0:29:39.4	7	83
557	Sutton, Tyler	Newton, IA	15	M	0:29:40.5	9	84
47	Blythe, Chris	Ankeny, IA	15	M	0:29:41.3	10	85
114	Cooper, Nathan	West Des Moines, IA	23	M	0:29:50.1	8	86
20	Bailey, Joshua	Otley, IA	14	M	0:29:52.3	13	87
325	Lippert, Jeremy	Ankeny, IA	24	M	0:29:53.7	9	88
592	Walker, Shawn	Des Moines, IA	23	M	0:29:54.8	10	89
623	Ytzen, Johnny	Creston, IA	57	M	0:30:06.4	1	93
88	CAWTHORN, AARON	ST CHARLES, IA	26	M	0:30:07.0	16	95
345	Martin, Erwin	Altoona, IA	42	M	0:30:11.7	4	96
471	Reinders, Dan	west des moines, IA	39	M	0:30:15.5	10	100
550	Stittsworth, Kevin	Knoxville, IA	37	M	0:30:20.2	11	101
51	Boechman, David	West Des Moines, IA	25	M	0:30:21.0	17	102
466	Reed, Mitch	Ankeny, IA	32	M	0:30:24.5	14	103
588	Von Tersch, Grant	Altoona, IA	12	M	0:30:27.4	14	104
371	MOORE, LIAM	CARLISLE, IA	14	M	0:30:32.2	15	105
110	Conner, James	Des Moines, IA	41	M	0:30:35.6	5	107
80	Cagley, Rod	Ankeny, IA	43	M	0:30:35.6	6	108
526	SIMMS, BRUCE	GRUNDY CENTER, IA	16	M	0:30:36.5	11	109
209	HARBERTS, JACOB	HOLLAND, IA	16	M	0:30:36.6	12	110
179	garnes, brian	ankeny, IA	25	M	0:30:37.2	18	111
601	Weirather, Lane	Montrose, IA	51	M	0:30:38.9	4	112
571	Thorson, Todd	Ames , IA	23	M	0:30:40.8	11	113
18	aubry, thomas	ames, IA	29	M	0:30:42.0	19	115
249	Huss, Clayton	Altoona, IA	15	M	0:30:43.4	13	117
71	BROWN, CHRISTOPHER	DES MOINES, IA	34	M	0:31:11.5	15	122
83	Carr, Jared	West Des Moines, IA	24	M	0:31:23.0	12	125
261	Jensen, Gary	adel, IA	32	M	0:31:29.0	16	128
262	Jensen, Kodi	adel, IA	11	M	0:31:29.0	16	129
493	Rouse, Nick	Clive, IA	31	M	0:31:44.6	17	130
361	Medina, Armando	Summit, IL	28	M	0:31:48.2	20	132

# 3 Mile Run M

<b>Bib</b>	<b>Name</b>	<b>City, State</b>	<b>Age</b>	<b>Gen</b>	<b>Finish</b>	<b>AG</b>	<b>FO</b>
597	Way, Stephen	Des Moines, IA	24	M	0:31:48.3	13	133
671	Lawyer, Sean		46	M	0:31:49.0	2	134
502	Schafer, Jarrod	Beaman, IA	33	M	0:31:53.0	18	135
55	Bollhoefer, Vince	Haverhill, IA	45	M	0:31:53.6	3	136
9	Anderegg, Jonathan	Ames, IA	24	M	0:31:56.4	14	137
658	Deangelo, Mario		26	M	0:32:04.6	21	138
275	Jones, Justin	Runnells, IA	21	M	0:32:05.6	15	140
341	Manzer, Tyson	Story City, IA	13	M	0:32:15.5	17	143
501	Scales, William	Des Moines, IA	29	M	0:32:25.0	22	145
500	Scales, Jason	Elkhorn, NE	25	M	0:32:25.5	23	146
663	Mediand, Todd		21	M	0:32:26.4	16	148
491	Roseberry, Travis	West Des Moines, IA	27	M	0:32:31.7	24	151
449	Proctor, Chris	Des Moines, IA	27	M	0:32:41.9	25	153
340	Manzer, Jeff	Story City, IA	36	M	0:32:42.9	12	154
450	prohaska, coleman	west des moines, IA	11	M	0:32:53.2	18	155
70	Brooker, Ryan	Altoona, IA	33	M	0:32:53.8	19	156
387	Nelson, Todd	Ames, IA	26	M	0:32:54.4	26	159
42	Bertrand, Shawn	des moines, IA	31	M	0:33:07.4	20	162
295	KOVAC, CONNER	DES MOINES, IA	15	M	0:33:10.6	14	164
664	Vasquez, Jt		15	M	0:33:21.9	15	168
552	Stolp, Dylan	Ankeny, IA	15	M	0:33:22.1	16	169
651	Parker, Isaiah		15	M	0:33:23.0	17	170
112	COOKSON, AUSTIN	ANKENY, IA	15	M	0:33:23.2	18	171
408	Oscarson, Cole	Oskaloosa, IA	14	M	0:33:24.3	19	172
3	Albrecht, Keith	Urbandale, IA	27	M	0:33:25.3	27	173
409	Oscarson, Geoff	Oskaloosa, IA	42	M	0:33:28.8	7	175
180	garnes, daniel	ankeny, IA	19	M	0:33:31.1	19	177
681	Henson, Casey		24	M	0:33:42.8	17	180
252	Irlbeck, Darrian	Avoca, IA	16	M	0:33:45.0	20	182
464	Rauch, joseph	Cedar Rapids, IA	25	M	0:33:45.7	28	183
669	Mann, Mat		29	M	0:33:45.8	29	184
461	Raike, Steve	Clive, IA	49	M	0:33:46.3	4	187
23	Bainter, Jesse	Pleasant Hill, IA	28	M	0:33:46.9	30	188
516	Scott, Doug	West Des Moines , IA	30	M	0:33:54.8	21	192
122	De Bruin, Mark	Des Moines, IA	25	M	0:33:57.0	31	194
29	BEAN, LOGAN	KALONA, IA	13	M	0:34:03.0	20	195
244	Hugen, Rob	Indianola, IA	35	M	0:34:12.3	13	200
496	Rupe, Mike	Waverly, IA	35	M	0:34:12.8	14	201
380	MRZENA, JAKE	INDIANOLA, IA	17	M	0:34:13.1	21	202
198	GRISSOM, ZACH	ELDRIDGE, IA	15	M	0:34:13.5	22	203
652	Peschaury, Matt		14	M	0:34:13.9	21	204
149	EUTERLINE, VAUGHN	INDIANOLA, IA	16	M	0:34:17.1	23	206
269	Johnson, Joshua	Cedar Rapids, IA	32	M	0:34:20.4	22	207
650	West, Andrew		15	M	0:34:22.9	24	209
480	Riemenschneider, Jason	Marshalltown, IA	16	M	0:34:23.1	25	210
8	Amos, Trevor	Indianola, IA	17	M	0:34:26.5	26	213
241	Hugen, Joe	West Des Moines, IA	27	M	0:34:28.7	32	215
667	Lillibridge, Dalton		11	M	0:34:31.8	22	216
633	Stuit, Justin		25	M	0:34:32.6	33	217
637	Falok, Steve		53	M	0:34:33.7	5	218
247	Huntington, Jon	West Des Moines, IA	46	M	0:34:37.8	5	219

### 3 Mile Run M

Bib	Name	City, State	Age	Gen	Finish	AG	FO
283	Kendrick, James	Pella, IA	39	M	0:34:38.6	15	221
514	Schwendinger, David	Des Moines, IA	36	M	0:34:39.3	16	222
167	Frazee, Tyler	Waverly, IA	20	M	0:34:47.8	18	224
656	Carlson, George		38	M	0:34:49.0	17	225
577	Toresdahl, Dru	Ames, IA	53	M	0:34:53.1	6	226
46	Blaine, Nathaniel	Greenfield, IA	17	M	0:35:04.4	27	229
16	Arthur, James	Des Moines, IA	47	M	0:35:16.0	6	232
89	Channon, Cory	Des Moines, IA	32	M	0:35:18.2	23	234
105	Clary-Aust, Travis	Madrid, IA	19	M	0:35:20.1	28	235
238	howell, nickolas	centerville, IA	13	M	0:35:23.9	23	237
231	HOLDEFER, JACOB	NEWTON, IA	15	M	0:35:40.6	29	242
162	fox, barry	west des moines, IA	41	M	0:35:42.9	8	246
677	Staudt, Mark		40	M	0:35:42.9	9	247
537	sparks, john	ames, IA	42	M	0:35:47.7	10	248
68	Brinstad, Donnie	Des Moines, IA	42	M	0:35:51.9	11	251
654	Short, Doug		43	M	0:35:55.5	12	252
668	Hudrick, Chris		36	M	0:35:57.0	18	253
163	Fox, Brandon	west des moines, IA	11	M	0:36:08.2	24	254
678	Staudt, Nick		11	M	0:36:10.4	25	255
215	Hauswirth, Greg	Emmetsburg, IA	46	M	0:36:14.2	7	256
130	Dick, Jesse	Des Moines , IA	24	M	0:36:19.3	19	257
420	Paulson, Jason	Grimes, IA	40	M	0:36:22.8	13	258
251	Hutchinson II, Ken	West Des Moines, IA	28	M	0:36:33.6	34	261
377	Morris, Todd	Des Moines, IA	28	M	0:36:42.6	35	263
426	Penfield, Garrett	Indianola, IA	24	M	0:36:44.4	20	264
141	Drapeaux, Russ	Ankeny, IA	34	M	0:36:59.4	24	278
463	Ransom, Eric	North Liberty, IA	30	M	0:37:04.4	25	280
452	pruitt, curtis	earlham, IA	32	M	0:37:11.1	26	285
618	Woerdehoff, John	Cedar Rapids, IA	37	M	0:37:12.1	19	286
223	Henson, Brandon	Chicago, IL	27	M	0:37:13.9	36	289
285	kiger, kaleb	dakota city, IA	17	M	0:37:15.6	30	292
40	Bentz, Matt	Humboldt, IA	18	M	0:37:18.0	31	294
390	Noble, Josh	Des Moines, IA	28	M	0:37:23.4	37	296
175	Funke, Brayten	Greenfield, IA	11	M	0:37:30.6	26	298
642	Howard, Trenton		13	M	0:37:33.5	27	300
643	Howard, Tony		46	M	0:37:34.9	8	301
456	Purcell, Colin	Davenport, IA	14	M	0:37:40.7	28	302
292	Knudson, Justin	Des Moines, IA	29	M	0:37:45.3	38	308
36	beers, mark	oskaloosa, IA	48	M	0:37:54.0	9	315
276	Jorgensen, Jeff	Des Moines, IA	52	M	0:37:54.7	7	316
48	Blythe, Shawn	Ankeny, IA	40	M	0:37:56.0	14	317
181	Garnes, David	ankeny, IA	53	M	0:38:20.1	8	318
135	Dirkx, Chris	West Des Moines, IA	25	M	0:38:23.9	39	320
230	Hoins, Casady	Cedar Falls, IA	20	M	0:38:32.2	21	326
672	Brown, Lincoln		13	M	0:38:35.2	29	328
645	Mason, Jesse		26	M	0:38:35.9	40	330
476	Ribbeck, Mark	Moline, IL	17	M	0:38:39.2	32	334
649	Rauch, Brent		29	M	0:38:48.1	41	338
365	miller, brian	des moines, IA	39	M	0:39:19.0	20	350
513	Schumacher, Scott	Des Moines, IA	41	M	0:39:19.5	15	351
384	Murphy, Ryan	West Des Moines, IA	31	M	0:39:38.9	27	358

### 3 Mile Run M

Bib	Name	City, State	Age	Gen	Finish	AG	FO
683	Gasser, Matt		23	M	0:39:39.4	22	359
43	BERYSHIH, VINCENT	LISBON, IA	16	M	0:39:44.7	33	362
169	Frerichs, Dan	Titonka, IA	33	M	0:39:46.8	28	363
532	Smith, Reece	Garner, IA	10	M	0:40:00.2	30	366
551	Stoker, Joseph	Ames, IA	20	M	0:40:00.3	23	367
137	Doerr, John	Des Moines, IA	46	M	0:40:05.9	10	372
495	rowland, jeff	altoona, IA	51	M	0:40:24.9	9	375
484	Ristau, Mark	Owatonna, MN	38	M	0:40:32.4	21	377
680	Steffes, Tony		28	M	0:40:45.0	42	381
183	Gehrke, Greg	Altoona, IA	39	M	0:40:46.8	22	385
665	Reschke, Trevor		39	M	0:41:02.1	23	389
76	Bueltel, Jordan	Glenwood, IA	24	M	0:41:02.4	24	390
666	Reschke, Simon		11	M	0:41:02.6	31	391
246	Huitt, Caleb	Story City, IA	33	M	0:41:08.2	29	393
120	Davis, Gary	Des Moines, IA	47	M	0:41:10.7	11	396
121	Davis, Tim	West Des Moines, IA	11	M	0:41:10.7	32	397
598	Weber, Timothy	Ames, IA	10	M	0:41:17.2	33	398
565	Taylor, Keevan	des moines, IA	18	M	0:41:28.5	34	403
375	Morris, Matthew	Grimes, IA	31	M	0:41:37.6	30	406
190	Gilster, Wes	Grimes, IA	33	M	0:42:16.6	31	423
529	Smiley, Douglas	pella, IA	66	M	0:42:20.5	1	424
189	Gilster, Tristan	Grimes, IA	10	M	0:42:27.6	34	425
218	Heginger, Burton	Nevada, IA	43	M	0:42:59.7	16	428
647	Allen, Charles		44	M	0:43:04.9	17	429
396	Nybeck, Eric	Ankeny, IA	26	M	0:43:11.3	43	433
187	gill, justin	west des moines, IA	28	M	0:43:14.1	44	435
446	Pringnitz, Joe	Garner, IA	8	M	0:43:21.9	35	439
315	LARIMER, TYLER	CEDAR RAPIDS, IA	16	M	0:43:22.5	35	440
153	Feldmann, Michael	Northlake, IL	20	M	0:43:33.7	25	443
260	JAVELLANA, JOHN	west des moines, IA	28	M	0:43:37.4	45	445
661	Lee, Brandon		36	M	0:43:57.1	24	448
133	Dickson, Drew	Gilbert, IA	25	M	0:43:57.6	46	450
240	HUFFMAN, BLAKE	CEDAR FALLS, IA	16	M	0:44:14.5	36	451
549	Stier, Orval	Altoona, IA	26	M	0:44:21.1	47	453
194	green, Travis	Des Moines , IA	26	M	0:44:21.2	48	454
517	Sepich, Daniel	AMES, IA	19	M	0:44:47.7	37	456
635	Huss, Dennis		53	M	0:44:55.7	10	458
173	FRUETEL, ALEXANDER	NEWTON, IA	14	M	0:45:04.5	36	461
349	Mattox, Steve	Council Bluffs, IA	26	M	0:47:20.0	49	482
54	Bollas, Austin	Marshalltown, IA	16	M	0:47:30.9	38	484
328	LOGAN, BEN	MT VERNON, IA	15	M	0:47:31.8	39	485
561	TANKE, JESSE	TOLEDO, IA	14	M	0:48:04.0	37	488
87	Catus, Jack	Grimes, IA	14	M	0:49:04.2	38	492
676	Zollman, Tony		37	M	0:49:08.1	25	495
555	Sturm, Zach	polk city, IA	14	M	0:49:23.6	39	502
126	Dent, Lance	Elkhorn, NE	44	M	0:49:31.2	18	504
441	Prentice, Tom	Ames, IA	37	M	0:49:32.5	26	507
653	Williams, Mason		15	M	0:49:34.4	40	510
287	KING, QUINTEN	NEWTON, IA	14	M	0:49:34.5	40	511
457	Purcell, Joel	Davenport , IA	41	M	0:49:41.6	19	514
609	Werkmeister, Jordan	west des moines, IA	18	M	0:49:45.1	41	518

### 3 Mile Run M

<b>Bib</b>	<b>Name</b>	<b>City, State</b>	<b>Age</b>	<b>Gen</b>	<b>Finish</b>	<b>AG</b>	<b>FO</b>
90	Chapman, Josh	DeSoto, IA	29	M	0:49:48.3	50	523
670	Bennett, Josh		24	M	0:49:50.3	26	525
679	Rother, Mike		23	M	0:50:30.4	27	534
470	reid, harold	carlisle, IA	61	M	0:52:00.6	2	551
115	Crowder, Jacob	Thompson, IA	18	M	0:52:02.7	42	552
301	kruse, keaton	carlisle, IA	8	M	0:52:45.3	41	556
590	Walker, Blake	Fort Dodge, IA	9	M	0:55:52.4	42	576
400	Oestreich, Nick	Bettendorf, IA	19	M	0:56:44.0	43	581
258	Janssen, Tony	Webster City, IA	47	M	0:56:52.9	12	585