

RUNorwalk
8K Run & 5K Walk
May 7, 2011
Norwalk, Iowa

8K RESULTS

Place	Div/Tot	Name	City	St	Age	S	Time	Pace
=====	=====	=====	=====	==	===	=	=====	=====
1	1/10	Julius Rotich	West Des Moines	IA	36	M	25:52	5:13
2	2/10	K2 Barnes	Indianola	IA	39	M	30:18	6:06
3	1/7	Angie Berry	Indianola	IA	23	F	30:28	6:08
4	1/5	Todd Haugen	Story City	IA	48	M	31:21	6:19
5	3/10	Chris Gasche	Norwalk	IA	38	M	32:36	6:34
6	1/8	Kenny Wade	Altoona	IA	42	M	33:05	6:40
7	1/3	Zach Wood	Norwalk	IA	17	M	33:23	6:43
8	1/19	Kristy Feldman	West Des Moines	IA	31	F	33:50	6:49
9	2/5	Mark Berkenpas	Norwalk	IA	45	M	33:52	6:49
10	1/3	Casey Showalter	Altoona	IA	50	M	35:13	7:05
11	4/10	Todd Fee	Norwalk	IA	36	M	35:23	7:08
12	2/3	Jeff Feder	Norwalk	IA	50	M	36:16	7:18
13	2/8	Alan Wood	Norwalk	IA	41	M	36:17	7:18
14	5/10	Clay Olson	Perry	IA	39	M	36:47	7:24
15	1/15	Jennifer Groos	Norwalk	IA	36	F	37:08	7:29
16	2/15	Jennifer Downe	Norwalk	IA	35	F	37:11	7:29
17	2/19	Kate Wallace	Norwalk	IA	33	F	37:15	7:30
18	6/10	Jonathan Altes	Norwalk	IA	35	M	37:49	7:37
19	1/5	Tami Bingham	Norwalk	IA	28	F	37:51	7:37
20	1/3	Mark Lewis	Norwalk	IA	20	M	37:59	7:39
21	2/7	Chelsea Tyler	Norwalk	IA	21	F	38:09	7:41
22	1/6	Jason Brehner	West Des Moines	IA	31	M	38:43	7:48
23	1/3	Steven Kaster	Norwalk	IA	28	M	38:52	7:50
24	2/3	Matthew Rozendaal	Norwalk	IA	13	M	38:57	7:51
25	2/6	Justin Byars	Cumming	IA	32	M	39:00	7:51
26	3/8	Richard Mockobee	Norwalk	IA	43	M	39:04	7:52
27	3/7	Chelsea Johnson	Norwalk	IA	21	F	39:11	7:53
28	1/3	Kelly Grow	West Des Moines	IA	12	F	39:12	7:54
29	1/1	Jack Palen	Norwalk	IA	11	M	39:47	8:01
30	1/8	Angie Palen	Norwalk	IA	40	F	39:50	8:01
31	1/5	Brenda Tyler	Norwalk	IA	48	F	40:00	8:03
32	3/6	Brandon Johnson	Norwalk	IA	33	M	40:14	8:06
33	4/8	Aaron Stevens	Norwalk	IA	40	M	40:34	8:10
34	4/6	Paul Brady	Des Moines	IA	33	M	40:43	8:12
35	3/5	Herman Riva	Norwalk	IA	46	M	40:52	8:14
36	4/7	Brenna Stoffa	Norwalk	IA	24	F	41:01	8:15
37	2/3	Justin Stoffa	Norwalk	IA	24	M	41:01	8:15
38	5/6	Charlie Ochanpaugh	Cumming	IA	32	M	41:23	8:20
39	3/19	Mary Nelson	Grimes	IA	32	F	41:41	8:23
40	2/8	Sherry Smiley	Cumming	IA	44	F	41:45	8:24
41	5/7	Alyssa Tolliver	Norwalk	IA	20	F	41:46	8:25
42	4/5	Ken Bratt	Norwalk	IA	46	M	41:49	8:25
43	1/1	John Schneller	West Des Moines	IA	67	M	41:53	8:26
44	4/19	Abby Buhrow	Norwalk	IA	32	F	42:26	8:33
45	3/15	Joan Gilchrist	Norwalk	IA	39	F	42:26	8:33
46	1/5	Valiana Stahle	Norwalk	IA	15	F	42:35	8:34
47	2/5	Clarissa Lewis	Norwalk	IA	15	F	42:35	8:34
48	5/5	Michael Perry	West Des Moines	IA	45	M	43:11	8:42
49	4/15	Sara Boies	Indianola	IA	36	F	43:18	8:43
50	2/3	Greg Speer	Norwalk	IA	26	M	43:30	8:45
51	3/3	Michael Miller	Norwalk	IA	50	M	44:04	8:52

52	5/8	Doug Anderson	Saint Charles	IA	43	M	44:33	8:58
53	5/15	Dawn Nguyen	W Des Moines	IA	37	F	44:54	9:02
54	2/5	Mala Devore	Ankeny	IA	29	F	45:07	9:05
55	3/5	Katie Luzier	Norwalk	IA	16	F	45:09	9:05
56	3/8	Michelle Boyd	Indianola	IA	42	F	45:27	9:09
57	2/5	Connie Hildebrandt	Norwalk	IA	45	F	45:45	9:13
58	3/5	Dawn Ortiguerra	Ankeny	IA	28	F	45:45	9:13
59	3/5	Julia Tentinger	West Des Moines	IA	46	F	45:51	9:14
60	6/8	Torrell Murphy	Norwalk	IA	41	M	46:15	9:19
61	4/8	Shelly Schulte	Des Moines	IA	43	F	46:55	9:27
62	5/8	Lori Miller	Norwalk	IA	43	F	46:59	9:27
63	5/19	Crystal St.Clair	New Virginia	IA	33	F	47:44	9:37
64	3/3	Nolan Murphy	Norwalk	IA	15	M	48:12	9:42
65	6/6	Ken Tague	Norwalk	IA	31	M	48:14	9:43
66	6/19	Theresa Schumacher	Clive	IA	33	F	48:21	9:44
67	7/19	Heidi Hasselbalch	Norwalk	IA	33	F	48:40	9:48
68	8/19	Kristin Tague	Norwalk	IA	31	F	48:59	9:52
69	6/15	Allyson Schultze	Norwalk	IA	35	F	49:05	9:53
70	2/3	Miki Schmidt	Norwalk	IA	12	F	49:10	9:54
71	3/3	Mallory Murphy	Norwalk	IA	12	F	49:20	9:56
72	9/19	Jenny Livingston	Norwalk	IA	30	F	49:26	9:57
73	10/19	Wendy Black	Norwalk	IA	34	F	49:53	10:03
74	4/5	Angela Ellis	Norwalk	IA	48	F	49:57	10:03
75	6/8	Hollie Fick	Cumming	IA	41	F	50:03	10:04
76	1/3	Nikki Sobotka	Diagonal	IA	50	F	50:37	10:11
77	7/8	Tom Black	Norwalk	IA	43	M	50:40	10:12
78	2/3	Terri Frieberg	Norwalk	IA	53	F	51:09	10:18
79	7/10	Eric Wildman	Indianola	IA	36	M	51:11	10:18
80	7/8	Mary Eichhorn	Des Moines	IA	40	F	51:13	10:19
81	5/5	Denna Mitchell	Greenfield	IA	46	F	51:15	10:19
82	7/15	Laura Murphy	Norwalk	IA	39	F	51:38	10:24
83	8/10	Brad Noon	West Des Moines	IA	39	M	51:42	10:24
84	9/10	Patrick Horrell	Norwalk	IA	39	M	51:49	10:26
85	11/19	Jane Jensen	Norwalk	IA	33	F	53:01	10:40
86	12/19	Rhonda Ray	Carlisle	IA	33	F	53:01	10:40
87	4/5	Mark Boehm	Norwalk	IA	27	F	53:02	10:40
88	6/7	Jennifer Sykes	West Des Moines	IA	24	F	53:02	10:40
89	8/15	Wendy Case	Barrington	IL	37	F	53:05	10:41
90	3/3	Caleb Pahl	Ankeny	IA	24	M	53:11	10:42
91	7/7	Claudia Pahl	Ankeny	IA	24	F	53:12	10:42
92	13/19	Monica Strange	New Virginia	IA	30	F	54:17	10:56
93	14/19	Holly Pfeifer	Norwalk	IA	33	F	54:35	10:59
94	10/10	Bill Wilson	Norwalk	IA	36	M	54:36	10:59
95	9/15	Tiffany Roberts	Winterset	IA	35	F	54:56	11:04
96	10/15	Tiffanie Snyder	Des Moines	IA	35	F	54:56	11:04
97	15/19	Karen Smith	Knoxville	IA	33	F	55:19	11:08
98	11/15	Carrie Hall	Norwalk	IA	37	F	55:33	11:11
99	12/15	Melissa Pierangeli	Norwalk	IA	37	F	55:40	11:12
100	16/19	Emily Horrell	Norwalk	IA	34	F	56:09	11:18
101	4/5	Rachel Weber	Norwalk	IA	14	F	56:21	11:21
102	8/8	Phil Weber	Norwalk	IA	44	M	56:22	11:21
103	17/19	Amy Crick	Norwalk	IA	33	F	56:24	11:21
104	3/3	Jeremy Hoffman	Norwalk	IA	27	M	57:41	11:37
105	8/8	Sharyn Bergan	Norwalk	IA	43	F	1:01:48	12:26
106	5/5	Emily Bergan	Norwalk	IA	13	F	1:01:49	12:26
107	13/15	Marci Thompson	Runnells	IA	39	F	1:02:27	12:34
108	14/15	Micki Ashby	Winterset	IA	37	F	1:02:30	12:35
109	5/5	Wendy Crabtree	Maxwell	IA	25	F	1:02:42	12:37
110	15/15	Sandi Falter	Omaha	NE	38	F	1:02:50	12:39
111	18/19	Jodi Bassett	Knoxville	IA	33	F	1:06:23	13:22

112	3/3	Vicki Minor	Norwalk	IA	52	F	1:11:53	14:28
113	19/19	Christine Maske	Saint Charles	IA	32	F	1:17:43	15:39

MALE RESULTS

Place	No.	Name	City	St	Age	S	Time	Pace
1	110	Julius Rotich	West Des Moines	IA	36	M	25:52	5:13
2	5	K2 Barnes	Indianola	IA	39	M	30:18	6:06
3	113	Todd Haugen	Story City	IA	48	M	31:21	6:19
4	27	Chris Gasche	Norwalk	IA	38	M	32:36	6:34
5	84	Kenny Wade	Altoona	IA	42	M	33:05	6:40
6	90	Zach Wood	Norwalk	IA	17	M	33:23	6:43
7	109	Mark Berkenpas	Norwalk	IA	45	M	33:52	6:49
8	112	Casey Showalter	Altoona	IA	50	M	35:13	7:05
9	24	Todd Fee	Norwalk	IA	36	M	35:23	7:08
10	23	Jeff Feder	Norwalk	IA	50	M	36:16	7:18
11	89	Alan Wood	Norwalk	IA	41	M	36:17	7:18
12	54	Clay Olson	Perry	IA	39	M	36:47	7:24
13	98	Jonathan Altes	Norwalk	IA	35	M	37:49	7:37
14	41	Mark Lewis	Norwalk	IA	20	M	37:59	7:39
15	115	Jason Brehner	West Des Moines	IA	31	M	38:43	7:48
16	100	Steven Kaster	Norwalk	IA	28	M	38:52	7:50
17	65	Matthew Rozendaal	Norwalk	IA	13	M	38:57	7:51
18	18	Justin Byars	Cumming	IA	32	M	39:00	7:51
19	93	Richard Mockobee	Norwalk	IA	43	M	39:04	7:52
20	102	Jack Palen	Norwalk	IA	11	M	39:47	8:01
21	37	Brandon Johnson	Norwalk	IA	33	M	40:14	8:06
22	111	Aaron Stevens	Norwalk	IA	40	M	40:34	8:10
23	106	Paul Brady	Des Moines	IA	33	M	40:43	8:12
24	63	Herman Riva	Norwalk	IA	46	M	40:52	8:14
25	97	Justin Stoffa	Norwalk	IA	24	M	41:01	8:15
26	53	Charlie Ochanpaugh	Cumming	IA	32	M	41:23	8:20
27	16	Ken Bratt	Norwalk	IA	46	M	41:49	8:25
28	67	John Schneller	West Des Moines	IA	67	M	41:53	8:26
29	58	Michael Perry	West Des Moines	IA	45	M	43:11	8:42
30	72	Greg Speer	Norwalk	IA	26	M	43:30	8:45
31	95	Michael Miller	Norwalk	IA	50	M	44:04	8:52
32	1	Doug Anderson	Saint Charles	IA	43	M	44:33	8:58
33	47	Torrell Murphy	Norwalk	IA	41	M	46:15	9:19
34	50	Nolan Murphy	Norwalk	IA	15	M	48:12	9:42
35	77	Ken Tague	Norwalk	IA	31	M	48:14	9:43
36	12	Tom Black	Norwalk	IA	43	M	50:40	10:12
37	87	Eric Wildman	Indianola	IA	36	M	51:11	10:18
38	52	Brad Noon	West Des Moines	IA	39	M	51:42	10:24
39	34	Patrick Horrell	Norwalk	IA	39	M	51:49	10:26
40	56	Caleb Pahl	Ankeny	IA	24	M	53:11	10:42
41	88	Bill Wilson	Norwalk	IA	36	M	54:36	10:59
42	118	Phil Weber	Norwalk	IA	44	M	56:22	11:21
43	33	Jeremy Hoffman	Norwalk	IA	27	M	57:41	11:37

FEMALE RESULTS

Place	No.	Name	City	St	Age	S	Time	Pace
1	9	Angie Berry	Indianola	IA	23	F	30:28	6:08
2	108	Kristy Feldman	West Des Moines	IA	31	F	33:50	6:49
3	91	Jennifer Groos	Norwalk	IA	36	F	37:08	7:29

4	99	Jennifer Downe	Norwalk	IA	35	F	37:11	7:29
5	85	Kate Wallace	Norwalk	IA	33	F	37:15	7:30
6	10	Tami Bingham	Norwalk	IA	28	F	37:51	7:37
7	82	Chelsea Tyler	Norwalk	IA	21	F	38:09	7:41
8	105	Chelsea Johnson	Norwalk	IA	21	F	39:11	7:53
9	28	Kelly Grow	West Des Moines	IA	12	F	39:12	7:54
10	101	Angie Palen	Norwalk	IA	40	F	39:50	8:01
11	83	Brenda Tyler	Norwalk	IA	48	F	40:00	8:03
12	96	Brenna Stoffa	Norwalk	IA	24	F	41:01	8:15
13	51	Mary Nelson	Grimes	IA	32	F	41:41	8:23
14	69	Sherry Smiley	Cumming	IA	44	F	41:45	8:24
15	81	Alyssa Tolliver	Norwalk	IA	20	F	41:46	8:25
16	17	Abby Buhrow	Norwalk	IA	32	F	42:26	8:33
17	103	Joan Gilchrist	Norwalk	IA	39	F	42:26	8:33
18	121	Valiana Stahle	Norwalk	IA	15	F	42:35	8:34
19	123	Clarissa Lewis	Norwalk	IA	15	F	42:35	8:34
20	14	Sara Boies	Indianola	IA	36	F	43:18	8:43
21	122	Dawn Nguyen	W Des Moines	IA	37	F	44:54	9:02
22	92	Mala Devore	Ankeny	IA	29	F	45:07	9:05
23	94	Katie Luzier	Norwalk	IA	16	F	45:09	9:05
24	15	Michelle Boyd	Indianola	IA	42	F	45:27	9:09
25	32	Connie Hildebrandt	Norwalk	IA	45	F	45:45	9:13
26	55	Dawn Ortiguerra	Ankeny	IA	28	F	45:45	9:13
27	79	Julia Tentinger	West Des Moines	IA	46	F	45:51	9:14
28	117	Shelly Schulte	Des Moines	IA	43	F	46:55	9:27
29	44	Lori Miller	Norwalk	IA	43	F	46:59	9:27
30	73	Crystal St.Clair	New Virginia	IA	33	F	47:44	9:37
31	114	Theresa Schumacher	Clive	IA	33	F	48:21	9:44
32	30	Heidi Hasselbalch	Norwalk	IA	33	F	48:40	9:48
33	78	Kristin Tague	Norwalk	IA	31	F	48:59	9:52
34	68	Allyson Schultze	Norwalk	IA	35	F	49:05	9:53
35	66	Miki Schmidt	Norwalk	IA	12	F	49:10	9:54
36	49	Mallory Murphy	Norwalk	IA	12	F	49:20	9:56
37	42	Jenny Livingston	Norwalk	IA	30	F	49:26	9:57
38	11	Wendy Black	Norwalk	IA	34	F	49:53	10:03
39	104	Angela Ellis	Norwalk	IA	48	F	49:57	10:03
40	25	Hollie Fick	Cumming	IA	41	F	50:03	10:04
41	107	Nikki Sobotka	Diagonal	IA	50	F	50:37	10:11
42	26	Terri Frieberg	Norwalk	IA	53	F	51:09	10:18
43	22	Mary Eichhorn	Des Moines	IA	40	F	51:13	10:19
44	46	Denna Mitchell	Greenfield	IA	46	F	51:15	10:19
45	48	Laura Murphy	Norwalk	IA	39	F	51:38	10:24
46	36	Jane Jensen	Norwalk	IA	33	F	53:01	10:40
47	62	Rhonda Ray	Carlisle	IA	33	F	53:01	10:40
48	13	Mark Boehm	Norwalk	IA	27	F	53:02	10:40
49	76	Jennifer Sykes	West Des Moines	IA	24	F	53:02	10:40
50	116	Wendy Case	Barrington	IL	37	F	53:05	10:41
51	57	Claudia Pahl	Ankeny	IA	24	F	53:12	10:42
52	75	Monica Strange	New Virginia	IA	30	F	54:17	10:56
53	59	Holly Pfeifer	Norwalk	IA	33	F	54:35	10:59
54	64	Tiffany Roberts	Winterset	IA	35	F	54:56	11:04
55	71	Tiffanie Snyder	Des Moines	IA	35	F	54:56	11:04
56	70	Karen Smith	Knoxville	IA	33	F	55:19	11:08
57	29	Carrie Hall	Norwalk	IA	37	F	55:33	11:11
58	60	Melissa Pierangeli	Norwalk	IA	37	F	55:40	11:12
59	35	Emily Horrell	Norwalk	IA	34	F	56:09	11:18
60	119	Rachel Weber	Norwalk	IA	14	F	56:21	11:21
61	20	Amy Crick	Norwalk	IA	33	F	56:24	11:21
62	7	Sharyn Bergan	Norwalk	IA	43	F	1:01:48	12:26
63	8	Emily Bergan	Norwalk	IA	13	F	1:01:49	12:26

64	80	Marci Thompson	Runnells	IA	39	F	1:02:27	12:34
65	2	Micki Ashby	Winterset	IA	37	F	1:02:30	12:35
66	19	Wendy Crabtree	Maxwell	IA	25	F	1:02:42	12:37
67	120	Sandi Falter	Omaha	NE	38	F	1:02:50	12:39
68	6	Jodi Bassett	Knoxville	IA	33	F	1:06:23	13:22
69	45	Vicki Minor	Norwalk	IA	52	F	1:11:53	14:28
70	43	Christine Maske	Saint Charles	IA	32	F	1:17:43	15:39

FEMALE AGE GROUP RESULTS 1 - 12

Place	No.	Name	City	St	Age	S	Time	Pace
1	28	Kelly Grow	West Des Moines	IA	12	F	39:12	7:54
2	66	Miki Schmidt	Norwalk	IA	12	F	49:10	9:54
3	49	Mallory Murphy	Norwalk	IA	12	F	49:20	9:56

MALE AGE GROUP RESULTS 1 - 12

Place	No.	Name	City	St	Age	S	Time	Pace
1	102	Jack Palen	Norwalk	IA	11	M	39:47	8:01

FEMALE AGE GROUP RESULTS 13 - 18

Place	No.	Name	City	St	Age	S	Time	Pace
1	121	Valiana Stahle	Norwalk	IA	15	F	42:35	8:34
2	123	Clarissa Lewis	Norwalk	IA	15	F	42:35	8:34
3	94	Katie Luzier	Norwalk	IA	16	F	45:09	9:05
4	119	Rachel Weber	Norwalk	IA	14	F	56:21	11:21
5	8	Emily Bergan	Norwalk	IA	13	F	1:01:49	12:26

MALE AGE GROUP RESULTS 13 - 18

Place	No.	Name	City	St	Age	S	Time	Pace
1	90	Zach Wood	Norwalk	IA	17	M	33:23	6:43
2	65	Matthew Rozendaal	Norwalk	IA	13	M	38:57	7:51
3	50	Nolan Murphy	Norwalk	IA	15	M	48:12	9:42

FEMALE AGE GROUP RESULTS 19 - 24

Place	No.	Name	City	St	Age	S	Time	Pace
1	9	Angie Berry	Indianola	IA	23	F	30:28	6:08
2	82	Chelsea Tyler	Norwalk	IA	21	F	38:09	7:41
3	105	Chelsea Johnson	Norwalk	IA	21	F	39:11	7:53
4	96	Brenna Stoffa	Norwalk	IA	24	F	41:01	8:15
5	81	Alyssa Tolliver	Norwalk	IA	20	F	41:46	8:25
6	76	Jennifer Sykes	West Des Moines	IA	24	F	53:02	10:40
7	57	Claudia Pahl	Ankeny	IA	24	F	53:12	10:42

MALE AGE GROUP RESULTS 19 - 24

Place No.	Name	City	St	Age	S	Time	Pace
1	41 Mark Lewis	Norwalk	IA	20	M	37:59	7:39
2	97 Justin Stoffa	Norwalk	IA	24	M	41:01	8:15
3	56 Caleb Pahl	Ankeny	IA	24	M	53:11	10:42

FEMALE AGE GROUP RESULTS 25 - 29

Place No.	Name	City	St	Age	S	Time	Pace
1	10 Tami Bingham	Norwalk	IA	28	F	37:51	7:37
2	92 Mala Devore	Ankeny	IA	29	F	45:07	9:05
3	55 Dawn Ortiguerra	Ankeny	IA	28	F	45:45	9:13
4	13 Mark Boehm	Norwalk	IA	27	F	53:02	10:40
5	19 Wendy Crabtree	Maxwell	IA	25	F	1:02:42	12:37

MALE AGE GROUP RESULTS 25 - 29

Place No.	Name	City	St	Age	S	Time	Pace
1	100 Steven Kaster	Norwalk	IA	28	M	38:52	7:50
2	72 Greg Speer	Norwalk	IA	26	M	43:30	8:45
3	33 Jeremy Hoffman	Norwalk	IA	27	M	57:41	11:37

FEMALE AGE GROUP RESULTS 30 - 34

Place No.	Name	City	St	Age	S	Time	Pace
1	108 Kristy Feldman	West Des Moines	IA	31	F	33:50	6:49
2	85 Kate Wallace	Norwalk	IA	33	F	37:15	7:30
3	51 Mary Nelson	Grimes	IA	32	F	41:41	8:23
4	17 Abby Buhrow	Norwalk	IA	32	F	42:26	8:33
5	73 Crystal St.Clair	New Virginia	IA	33	F	47:44	9:37
6	114 Theresa Schumacher	Clive	IA	33	F	48:21	9:44
7	30 Heidi Hasselbalch	Norwalk	IA	33	F	48:40	9:48
8	78 Kristin Tague	Norwalk	IA	31	F	48:59	9:52
9	42 Jenny Livingston	Norwalk	IA	30	F	49:26	9:57
10	11 Wendy Black	Norwalk	IA	34	F	49:53	10:03
11	36 Jane Jensen	Norwalk	IA	33	F	53:01	10:40
12	62 Rhonda Ray	Carlisle	IA	33	F	53:01	10:40
13	75 Monica Strange	New Virginia	IA	30	F	54:17	10:56
14	59 Holly Pfeifer	Norwalk	IA	33	F	54:35	10:59
15	70 Karen Smith	Knoxville	IA	33	F	55:19	11:08
16	35 Emily Horrell	Norwalk	IA	34	F	56:09	11:18
17	20 Amy Crick	Norwalk	IA	33	F	56:24	11:21
18	6 Jodi Bassett	Knoxville	IA	33	F	1:06:23	13:22
19	43 Christine Maske	Saint Charles	IA	32	F	1:17:43	15:39

MALE AGE GROUP RESULTS 30 - 34

Place No.	Name	City	St	Age	S	Time	Pace
1	115 Jason Brehner	West Des Moines	IA	31	M	38:43	7:48
2	18 Justin Byars	Cumming	IA	32	M	39:00	7:51
3	37 Brandon Johnson	Norwalk	IA	33	M	40:14	8:06
4	106 Paul Brady	Des Moines	IA	33	M	40:43	8:12

5	53	Charlie Ochanpaugh	Cumming	IA	32	M	41:23	8:20
6	77	Ken Tague	Norwalk	IA	31	M	48:14	9:43

FEMALE AGE GROUP RESULTS 35 - 39

Place	No.	Name	City	St	Age	S	Time	Pace
1	91	Jennifer Groos	Norwalk	IA	36	F	37:08	7:29
2	99	Jennifer Downe	Norwalk	IA	35	F	37:11	7:29
3	103	Joan Gilchrist	Norwalk	IA	39	F	42:26	8:33
4	14	Sara Boies	Indianola	IA	36	F	43:18	8:43
5	122	Dawn Nguyen	W Des Moines	IA	37	F	44:54	9:02
6	68	Allyson Schultze	Norwalk	IA	35	F	49:05	9:53
7	48	Laura Murphy	Norwalk	IA	39	F	51:38	10:24
8	116	Wendy Case	Barrington	IL	37	F	53:05	10:41
9	64	Tiffany Roberts	Winterset	IA	35	F	54:56	11:04
10	71	Tiffanie Snyder	Des Moines	IA	35	F	54:56	11:04
11	29	Carrie Hall	Norwalk	IA	37	F	55:33	11:11
12	60	Melissa Pierangeli	Norwalk	IA	37	F	55:40	11:12
13	80	Marci Thompson	Runnells	IA	39	F	1:02:27	12:34
14	2	Micki Ashby	Winterset	IA	37	F	1:02:30	12:35
15	120	Sandi Falter	Omaha	NE	38	F	1:02:50	12:39

MALE AGE GROUP RESULTS 35 - 39

Place	No.	Name	City	St	Age	S	Time	Pace
1	110	Julius Rotich	West Des Moines	IA	36	M	25:52	5:13
2	5	K2 Barnes	Indianola	IA	39	M	30:18	6:06
3	27	Chris Gasche	Norwalk	IA	38	M	32:36	6:34
4	24	Todd Fee	Norwalk	IA	36	M	35:23	7:08
5	54	Clay Olson	Perry	IA	39	M	36:47	7:24
6	98	Jonathan Altes	Norwalk	IA	35	M	37:49	7:37
7	87	Eric Wildman	Indianola	IA	36	M	51:11	10:18
8	52	Brad Noon	West Des Moines	IA	39	M	51:42	10:24
9	34	Patrick Horrell	Norwalk	IA	39	M	51:49	10:26
10	88	Bill Wilson	Norwalk	IA	36	M	54:36	10:59

FEMALE AGE GROUP RESULTS 40 - 44

Place	No.	Name	City	St	Age	S	Time	Pace
1	101	Angie Palen	Norwalk	IA	40	F	39:50	8:01
2	69	Sherry Smiley	Cumming	IA	44	F	41:45	8:24
3	15	Michelle Boyd	Indianola	IA	42	F	45:27	9:09
4	117	Shelly Schulte	Des Moines	IA	43	F	46:55	9:27
5	44	Lori Miller	Norwalk	IA	43	F	46:59	9:27
6	25	Hollie Fick	Cumming	IA	41	F	50:03	10:04
7	22	Mary Eichhorn	Des Moines	IA	40	F	51:13	10:19
8	7	Sharyn Bergan	Norwalk	IA	43	F	1:01:48	12:26

MALE AGE GROUP RESULTS 40 - 44

Place	No.	Name	City	St	Age	S	Time	Pace
1	84	Kenny Wade	Altoona	IA	42	M	33:05	6:40

2	89	Alan Wood	Norwalk	IA	41	M	36:17	7:18
3	93	Richard Mockobee	Norwalk	IA	43	M	39:04	7:52
4	111	Aaron Stevens	Norwalk	IA	40	M	40:34	8:10
5	1	Doug Anderson	Saint Charles	IA	43	M	44:33	8:58
6	47	Torrell Murphy	Norwalk	IA	41	M	46:15	9:19
7	12	Tom Black	Norwalk	IA	43	M	50:40	10:12
8	118	Phil Weber	Norwalk	IA	44	M	56:22	11:21

FEMALE AGE GROUP RESULTS 45 - 49

Place	No.	Name	City	St	Age	S	Time	Pace
1	83	Brenda Tyler	Norwalk	IA	48	F	40:00	8:03
2	32	Connie Hildebrandt	Norwalk	IA	45	F	45:45	9:13
3	79	Julia Tentinger	West Des Moines	IA	46	F	45:51	9:14
4	104	Angela Ellis	Norwalk	IA	48	F	49:57	10:03
5	46	Denna Mitchell	Greenfield	IA	46	F	51:15	10:19

MALE AGE GROUP RESULTS 45 - 49

Place	No.	Name	City	St	Age	S	Time	Pace
1	113	Todd Haugen	Story City	IA	48	M	31:21	6:19
2	109	Mark Berkenpas	Norwalk	IA	45	M	33:52	6:49
3	63	Herman Riva	Norwalk	IA	46	M	40:52	8:14
4	16	Ken Bratt	Norwalk	IA	46	M	41:49	8:25
5	58	Michael Perry	West Des Moines	IA	45	M	43:11	8:42

FEMALE AGE GROUP RESULTS 50 - 59

Place	No.	Name	City	St	Age	S	Time	Pace
1	107	Nikki Sobotka	Diagonal	IA	50	F	50:37	10:11
2	26	Terri Frieberg	Norwalk	IA	53	F	51:09	10:18
3	45	Vicki Minor	Norwalk	IA	52	F	1:11:53	14:28

MALE AGE GROUP RESULTS 50 - 59

Place	No.	Name	City	St	Age	S	Time	Pace
1	112	Casey Showalter	Altoona	IA	50	M	35:13	7:05
2	23	Jeff Feder	Norwalk	IA	50	M	36:16	7:18
3	95	Michael Miller	Norwalk	IA	50	M	44:04	8:52

MALE AGE GROUP RESULTS 60 - 99

Place	No.	Name	City	St	Age	S	Time	Pace
1	67	John Schneller	West Des Moines	IA	67	M	41:53	8:26