

# Market to Market Relay Iowa - Virtual

May 9, 2020

## Overall Results

3 Mile

Place	Gender Pic/Total	No.	Name	S	Age	City	St.	Team Category	Team name	Pace	Time
1	1/718	2545	Brant Haase	M	27	Aberdeen	SD	Open	Six Pack & a Pound Fest	4:58	00:14:54.00
2	2/718	2543	Matt Dewald	M	37	Dakota Dunes	SD	Open	Six Pack & a Pound Fest	5:03	00:15:09.00
3	3/718	2544	Jay Welp	M	28	Iowa City	IA	Open	Six Pack & a Pound Fest	5:11	00:15:35.00
4	4/718	2981	Aaron Wells	M	36	Pleasant Hill	IA	Corporate	Snacks & Naps	5:16	00:15:48.00
5	5/718	5172	Jay Pennington	M	48	Des Moines	IA	Masters	DMR All-Stars	5:26	00:16:20.00
6	6/718	2283	Jacob Kaemmer	M	43	Des Moines	IA	Open	Inquiring Minds	5:29	00:16:28.00
7	7/718	2081	Anthony Kinley	M	24	Des Moines	IA	Open	Awesome Sauce	5:31	00:16:33.00
8	8/718	5196	Shannon Stenger	M	41	Papillion	NE	Masters	Runnin Lopes	5:31	00:16:34.00
9	9/718	2852	Scott Jobgen	M	41	West Des Moines	IA	Corporate	Corteva Market to Market Shapers	5:34	00:16:43.00
10	10/718	2311	Scott Cale	M	38	Carroll	IA	Open	Kyle's Bikes	5:35	00:16:46.00
11	11/718	2541	Alex Hohenthauer	M	28	Yankton	SD	Open	Six Pack & a Pound Fest	5:42	00:17:07.00
12	12/718	5176	Vic Morales	M	46	Urbandale	IA	Masters	DMR All-Stars	5:42	00:17:07.00
13	13/718	5174	Julius Rotich	M	45	Des Moines	IA	Masters	DMR All-Stars	5:44	00:17:12.00
14	14/718	5195	Todd Fuelberth	M	46	Omaha	NE	Masters	Runnin Lopes	5:45	00:17:17.00
15	15/718	4336	Brian Mullenbach	M	33	Center Point	IA	Mixed	Wtf (WhereÆs the finish?)	5:46	00:17:19.00
16	16/718	2846	Ricardo Carrasco	M	38	Johnston	IA	Corporate	Corteva Agriscience	5:46	00:17:19.00
17	17/718	2317	Jesse Veenstra	M	33	Ankeny	IA	Open	Kyle's Bikes	5:46	00:17:20.00
18	18/718	3852	Brody Tubaugh	M	33	Cedar Rapids	IA	Mixed	RUN TO EAT	5:46	00:17:21.00
19	19/718	5171	Yuri Fedirko	M	43	Des Moines	IA	Masters	DMR All-Stars	5:48	00:17:24.00
20	20/718	2153	Carter Logue	M	19	Altoona	IA	Open	Crop Dusters	5:48	00:17:25.00
21	21/718	2502	Scott Johnson	M	37	Johnston	IA	Open	RunDSM	5:48	00:17:25.00
22	22/718	2457	Brandon Bond	M	35	Pleasant Hill	IA	Open	Road Runners	5:50	00:17:30.00
23	23/718	2546	Andrew Duba	M	31	Minneapolis	MN	Open	Six Pack & a Pound Fest	5:50	00:17:31.00
24	24/718	3062	Scott Haug	M	41	Omaha	NE	Mixed	#Zcrew	5:51	00:17:34.00
25	25/718	5392	Sean Severe	M	36	Des Moines	IA	Academic Division	Speed Doctors of Drake	5:51	00:17:35.00
26	26/718	2842	Thomas Hlad	M	30	Monroe	IA	Corporate	Corteva Agriscience	5:53	00:17:42.00
27	27/718	2504	Kevin Brown	M	32	Adair	IA	Open	RunDSM	5:53	00:17:42.00
28	28/718	3634	Andrew Manning	M	31	Fargo	ND	Mixed	Manning Mafia	5:55	00:17:45.00
29	29/718	2316	Todd Vogel	M	34	Ankeny	IA	Open	Kyle's Bikes	5:56	00:17:48.00
30	30/718	3063	David Kotlarz	M	43	Omaha	NE	Mixed	#Zcrew	5:56	00:17:49.00
31	31/718	5175	Lance Bergeson	M	51	Ankeny	IA	Masters	DMR All-Stars	5:57	00:17:52.00
32	32/718	3557	Dave Baitinger	M	38	Ogden	IA	Mixed	Iowa Body Project	5:59	00:17:57.00
33	33/718	3722	Jason Opolka	M	34	Grinnell	IA	Mixed	Original 7	6:00	00:18:00.00
34	34/718	5173	Nathan Wenck	M	42	Templeton	IA	Masters	DMR All-Stars	6:01	00:18:04.00
35	35/718	2225	Joshua Sandquist	M	40	Grinnell	IA	Open	Grinnell Running Club	6:01	00:18:05.00
36	36/718	2226	Ryan Miller	M	30	Grinnell	IA	Open	Grinnell Running Club	6:01	00:18:05.00

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37	37/718	2653	Ravi Bhave	M	44	Ames	IA	Open	The Elephant in the Room	6:02	00:18:07.00
38	38/718	5191	Jamie Trenkle	M	43	Kearney	NE	Masters	Runnin Lopes	6:03	00:18:09.00
39	39/718	2503	Kipp Schuler	M	31	Oskaloosa	IA	Open	RunDSM	6:03	00:18:10.00
40	40/718	5192	Ivan Ivanov	M	49	Lincoln	NE	Masters	Runnin Lopes	6:03	00:18:11.00
41	41/718	2542	Matt Hoyt	M	19	Vermillion	SD	Open	Six Pack & a Pound Fest	6:03	00:18:11.00
42	42/718	3552	Jake Robertson	M	41	Alta	IA	Mixed	Iowa Body Project	6:06	00:18:18.00
43	43/718	2315	Logan Marvin	M	27	Ankeny	IA	Open	Kyle's Bikes	6:06	00:18:20.00
44	44/718	4281	Tyler Hostetler	M	41	Jefferson	IA	Mixed	We should be done by now	6:07	00:18:21.00
45	45/718	2901	Dan Pinkerton	M	44	Urbandale	IA	Corporate	FBL's Fabulous Flyers	6:07	00:18:23.00
46	1/1290	3061	Kaci Lickteig	F	33	Omaha	NE	Mixed	#Zcrew	6:08	00:18:24.00
47	46/718	2313	Dan Cyychosz	M	31	Boulder	CO	Open	Kyle's Bikes	6:08	00:18:24.00
48	47/718	2505	Mark Reha	M	40	Johnston	IA	Open	RunDSM	6:09	00:18:27.00
49	48/718	2013	Sam Jebesen	M	30	Superior	CO	Open	#notindiana	6:10	00:18:30.00
50	49/718	2314	Dan Hartly	M	33	Ankeny	IA	Open	Kyle's Bikes	6:10	00:18:33.00
51	2/1290	4543	Casey McDermott	F	30	Grinnell	IA	Women	Grinnell Girls Gone Running	6:12	00:18:38.00
52	50/718	4186	Parker Lofing	M	16	Grand Island	NE	Mixed	These Little Piggies...	6:14	00:18:42.00
53	51/718	4187	Parker Lofing	M	16	Grand Island	NE	Mixed	These Little Piggies...	6:14	00:18:42.00
54	52/718	2911	Seth Comfort	M	39	Johnston	IA	Corporate	Foster Group	6:14	00:18:44.00
55	53/718	3648	Daniel Gelhaus	M	26	Algona	IA	Mixed	Michael Scott's Dunder Mifflin SMPM	6:15	00:18:45.00
56	3/1290	2835	Emily Webb	F	33	Des Moines	IA	Corporate	Businessolver	6:15	00:18:47.00
57	54/718	3023	Jon Jordan	M	65	Atlantic	IA	Corporate	WesleyLife Wellness Team	6:16	00:18:48.00
58	55/718	2284	David Roney	M	28	Windsor Heights	IA	Open	Inquiring Minds	6:16	00:18:48.00
59	56/718	2221	Sean Skillern	M	25	Grinnell	IA	Open	Grinnell Running Club	6:17	00:18:52.00
60	57/718	2342	Matthew Olberding	M	46	Lincoln	NE	Open	Lincoln Logs	6:17	00:18:52.00
61	58/718	2343	Tom Roddel	M	42	Lincoln	NE	Open	Lincoln Logs	6:17	00:18:53.00
62	59/718	5387	Josh Magie	M	40	Ankeny	IA	Academic Division	DMACC Blue Past You	6:18	00:18:55.00
63	60/718	3954	Erik Graff	M	18	Mccook	NE	Mixed	Slow but we finish	6:19	00:18:59.00
64	61/718	2224	Jeff Blanchard	M	44	Grinnell	IA	Open	Grinnell Running Club	6:21	00:19:05.00
65	62/718	3016	Josh Warkentin	M	43	Baxter	IA	Corporate	Team Keen	6:21	00:19:05.00
66	63/718	2861	Hunter Haws	M	24	Ankeny	IA	Corporate	DLR Group	6:22	00:19:06.00
67	64/718	2843	Troy Henrich	M	41	West Des Moines	IA	Corporate	Corteva Agriscience	6:22	00:19:06.00
68	65/718	4212	Christopher Harken	M	36	Ankeny	IA	Mixed	Top Run	6:23	00:19:10.00
69	66/718	4041	Matt Stutzman	M	31	Lincoln	NE	Mixed	Team America	6:23	00:19:10.00
70	67/718	2152	Trevor Holland	M	36	Altoona	IA	Open	Crop Dusters	6:24	00:19:12.00
71	68/718	3394	Harrison Heppelmann	M	21	Ames	IA	Mixed	Experienced Trail Runners We Trail Everyone	6:24	00:19:14.00
72	69/718	2514	Jason Stowell	M	36	Lincoln	NE	Open	Runners Under Construction	6:26	00:19:20.00

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73	70/718	3984	Lawrence Dempsey	M	36	Des Moines	IA	Mixed	Speedy Trial	6:26	00:19:20.00
74	71/718	2154	Jay Upp	M	41	Truro	IA	Open	Crop Dusters	6:27	00:19:21.00
75	72/718	2853	Tim Hart	M	52	Johnston	IA	Corporate	Corteva Market to Market Shapers	6:27	00:19:23.00
76	73/718	3354	Ben Hohnstein	M	35	Omaha	NE	Mixed	DNR (Drinkers Not Runners)	6:27	00:19:24.00
77	74/718	3301	Ryan Harms	M	41	Eldridge	IA	Mixed	CYCOS	6:29	00:19:27.00
78	75/718	2966	Josh Evans	M	24	Ankeny	IA	Corporate	Renewable Energy	6:29	00:19:28.00
79	4/1290	5133	Amy Barry	F	40	Gretna	NE	Women	Women Race Nebraska	6:30	00:19:30.00
80	76/718	2318	Andy Bernholtz	M	31	Ankeny	IA	Open	Kyle's Bikes	6:30	00:19:30.00
81	77/718	2296	Ethan McGowan	M	25	Grand Island	NE	Open	JJ's Custom Fitness	6:30	00:19:30.00
82	78/718	3115	Jacob Meeske	M	23	Weeping Water	NE	Mixed	Average Joes	6:30	00:19:32.00
83	79/718	5435	Boe Prox	M	39	Bellevue	NE	Armed Forces Division	VETERANS@VMWARE	6:31	00:19:33.00
84	5/1290	5136	Brooke Coady	F	34	Elkhorn	NE	Women	Women Race Nebraska	6:32	00:19:37.00
85	80/718	3724	Joel OPolka	M	32	Lone Tree	IA	Mixed	Original 7	6:32	00:19:38.00
86	81/718	5023	Jeff Tschiggfrie	M	37	Dubuque	IA	Open	Thelma & Louise's Crazy Train	6:33	00:19:40.00
87	82/718	3015	Wade Nasheim	M	36	Ames	IA	Corporate	Team Keen	6:33	00:19:40.00
88	83/718	5432	Airan Parsons	M	37	Jblm	WA	Armed Forces Division	VETERANS@VMWARE	6:33	00:19:41.00
89	84/718	2516	Dan Fisher	M	46	Pleasant Dale	NE	Open	Runners Under Construction	6:33	00:19:41.00
90	85/718	3682	Derek Mensen	M	18	Earlville	IA	Mixed	No Judgement	6:34	00:19:43.00
91	86/718	2998	Jared Otte	M	38	Adel	IA	Corporate	Team Bond	6:35	00:19:46.00
92	87/718	2512	Dominic Steier	M	25	Naperville	IL	Open	Runners Under Construction	6:35	00:19:47.00
93	88/718	2321	Andrew Quam	M	29	Dubuque	IA	Open	Legs for Days	6:36	00:19:48.00
94	89/718	3943	Joseph Pieper	M	34	Beatrice	NE	Mixed	Sibling Rivalry	6:36	00:19:50.00
95	90/718	3551	Rick Moore	M	59	Urbandale	IA	Mixed	Iowa Body Project	6:37	00:19:52.00
96	91/718	3386	Derek Smith	M	36	Grinnell	IA	Mixed	Embrace the Suck	6:38	00:19:54.00
97	92/718	2517	Greg Hanel	M	50	Lincoln	NE	Open	Runners Under Construction	6:38	00:19:55.00
98	93/718	2285	Tim Schott	M	52	Des Moines	IA	Open	Inquiring Minds	6:39	00:19:58.00
99	94/718	2654	Barnes Kelley	M	34	West Des Moines	IA	Open	The Elephant in the Room	6:39	00:19:58.00
100	95/718	3216	Ryan Raftery	M	39	Cedar Rapids	IA	Mixed	Born to Shuffle	6:39	00:19:59.00
101	6/1290	3324	Theresa Bender	F	35	Papillion	NE	Mixed	Dashing Divas	6:40	00:20:02.00
102	96/718	2836	Wyatt Sann	M	26	Waukee	IA	Corporate	Businessolver	6:40	00:20:02.00
103	97/718	2871	Torey Stallsmith	M	30	Des Moines	IA	Corporate	Eide Bailly	6:41	00:20:03.00
104	98/718	2832	Mike Parsch	M	43	Clive	IA	Corporate	Businessolver	6:41	00:20:03.00
105	7/1290	5131	Crystal Kmoch	F	39	Omaha	NE	Women	Women Race Nebraska	6:41	00:20:04.00
106	99/718	2312	Nick Elliott	M	40	Ankeny	IA	Open	Kyle's Bikes	6:41	00:20:04.00
107	100/718	2303	Matt Johnson	M	34	Omaha	NE	Open	Kevin Bacon Cheeseburger	6:41	00:20:04.00
108	101/718	2872	Bryan Jordan	M	24	Des Moines	IA	Corporate	Eide Bailly	6:42	00:20:07.00

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Place	Gender Pic/Total	No.	Name	S	Age	City	St.	Team Category	Team name	Pace	Time
109	8/1290	5351	Carrie Van Quathem	F	48	Urbandale	IA	Women Masters	Run Like Hell	6:43	00:20:09.00
110	102/718	2305	Jeffrey ELLWANGER	M	35	Omaha	NE	Open	Kevin Bacon Cheeseburger	6:43	00:20:09.00
111	103/718	2222	Patrick BOLTE	M	47	Grinnell	IA	Open	Grinnell Running Club	6:43	00:20:11.00
112	104/718	3322	Neal Okerbloom	M	39	Council Bluffs	IA	Mixed	Dashing Divas	6:43	00:20:11.00
113	105/718	2845	Eric Welch	M	51	Woodward	IA	Corporate	Corteva Agriscience	6:44	00:20:12.00
114	106/718	2934	Cole Shurbert-Hetzel	M	25	Wdm	IA	Corporate	Iowa D.O.T.	6:44	00:20:12.00
115	107/718	3751	Brandon Skocz	M	35	Littleton	CO	Mixed	Pardon My Fartlek	6:44	00:20:14.00
116	108/718	3155	Jake Hohenthauer	M	31	West Point	NE	Mixed	berts rabbits	6:45	00:20:15.00
117	109/718	2043	Jon Stover	M	31	North Liberty	IA	Open	04 Legends	6:45	00:20:15.00
118	110/718	2831	Paul Newnham	M	45	Charlotte	NC	Corporate	Businessolver	6:46	00:20:18.00
119	111/718	2451	Franklin OTool	M	27	Pleasant Hill	IA	Open	Road Runners	6:46	00:20:18.00
120	112/718	3971	Eric Esser	M	42	Ames	IA	Mixed	Speedy Streakers	6:46	00:20:19.00
121	113/718	3721	Jake OPolka	M	27	Malcom	IA	Mixed	Original 7	6:46	00:20:20.00
122	114/718	2856	Doane Chilcoat	M	46	Clive	IA	Corporate	Corteva Market to Market Shapers	6:47	00:20:21.00
123	9/1290	5132	Kassia Ulfers	F	37	Omaha	NE	Women	Women Race Nebraska	6:47	00:20:22.00
124	115/718	2223	Josh Wardenburg	M	30	Grinnell	IA	Open	Grinnell Running Club	6:47	00:20:22.00
125	116/718	3325	Matt Howell	M	27	Council Bluffs	IA	Mixed	Dashing Divas	6:47	00:20:22.00
126	117/718	3637	Justin Manning	M	34	Sioux Falls	SD	Mixed	Manning Mafia	6:47	00:20:23.00
127	118/718	2424	Nick Brown	M	36	Storm Lake	IA	Open	Pace Be With You	6:48	00:20:25.00
128	119/718	5446	Tim Buchholz	M	38	Juniata	NE	Religious	Lifehouse Church	6:48	00:20:26.00
129	10/1290	5153	Jenny Schulze	F	47	Clive	IA	Women	You just got chicked	6:48	00:20:27.00
130	120/718	2501	Nick Newbury	M	31	Urbandale	IA	Open	RunDSM	6:49	00:20:28.00
131	11/1290	5134	Allison Nielsen	F	41	Elmwood	NE	Women	Women Race Nebraska	6:49	00:20:28.00
132	121/718	2645	Ben Cohoon	M	38	Lincoln	NE	Open	Test Tube	6:49	00:20:28.00
133	12/1290	5151	Whitney Noe	F	31	Clive	IA	Women	You just got chicked	6:50	00:20:30.00
134	122/718	2994	Mark Pianalto	M	29	Pella	IA	Corporate	Team Bond	6:50	00:20:30.00
135	123/718	2086	Rich Greenwell	M	38	Urbandale	IA	Open	Awesome Sauce	6:50	00:20:31.00
136	124/718	2492	John Steier	M	37	Algona	IA	Open	Runderpants	6:51	00:20:33.00
137	125/718	2465	Vas Shebarshov	M	33	Urbandale	IA	Open	Road Warriors	6:51	00:20:34.00
138	126/718	2301	Travis Johnston	M	36	Omaha	NE	Open	Kevin Bacon Cheeseburger	6:51	00:20:35.00
139	127/718	2907	Jackson Waechter	M	33	Clive	IA	Corporate	FBL's Fabulous Flyers	6:53	00:20:40.00
140	128/718	2162	Jim Baker	M	47	Lincoln	NE	Open	Death Taxes Running	6:53	00:20:41.00
141	13/1290	3553	Amanda Ives	F	39	Pleasant Hill	IA	Mixed	Iowa Body Project	6:53	00:20:41.00
142	14/1290	3554	Sara Schwendinger	F	43	Des Moines	IA	Mixed	Iowa Body Project	6:54	00:20:42.00
143	129/718	5193	Kurt Holliday	M	47	Seward	NE	Masters	Runnin Lopes	6:54	00:20:43.00
144	130/718	3336	Matt Harbert	M	37	Ankeny	IA	Mixed	Dilly Dilly	6:54	00:20:43.00

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145	131/718	2422	Mike Brostad	M	39	Storm Lake	IA	Open	Pace Be With You	6:54	00:20:44.00
146	132/718	2163	Mark Holmes	M	47	Lincoln	NE	Open	Death Taxes Running	6:54	00:20:44.00
147	133/718	2785	Jacob Hay	M	23	Kansas City	MO	Open	WTF: Where's The Finish	6:55	00:20:45.00
148	134/718	2656	Tim Wieland	M	33	Des Moines	IA	Open	The Elephant in the Room	6:55	00:20:47.00
149	15/1290	3072	Gracie Foster	F	14	Indianola	IA	Mixed	A Strange Van Full of Strange People	6:55	00:20:48.00
150	16/1290	4703	Alice Spence	F	47	Papillion	NE	Women	Perfect Strangers	6:55	00:20:48.00
151	135/718	2125	Travis Wieser	M	30	Grand Island	NE	Open	Between Walk and a Hard Pace	6:56	00:20:49.00
152	136/718	2905	Colby SORENSEN	M	26	Des Moines	IA	Corporate	FBL's Fabulous Flyers	6:56	00:20:49.00
153	17/1290	3117	Jessica Pape	F	34	Omaha	NE	Mixed	Average Joes	6:56	00:20:50.00
154	137/718	2161	Jeremy Day	M	47	Omaha	NE	Open	Death Taxes Running	6:58	00:20:54.00
155	138/718	3594	Sean Lunde	M	33	Des Moines	IA	Mixed	Just Keep Running Just Keep Running	6:58	00:20:54.00
156	18/1290	5154	Kelly Meyers	F	32	Dallas Center	IA	Women	You just got chicked	6:58	00:20:55.00
157	139/718	4112	Jediah Kautz	M	34	Hastings	NE	Mixed	The Joggermats	6:58	00:20:55.00
158	140/718	5397	Peter Levi	M	40	Des Moines	IA	Academic Division	Speed Doctors of Drake	6:58	00:20:56.00
159	19/1290	5156	Jennifer Vande Vegte	F	42	Sioux Center	IA	Women	You just got chicked	6:58	00:20:57.00
160	141/718	3585	Joe Lynn	M	40	West Des Moines	IA	Mixed	Joe's Hoes	6:59	00:20:58.00
161	142/718	2155	Tyler Lucht	M	41	Adel	IA	Open	Crop Dusters	6:59	00:20:58.00
162	143/718	2103	Michael Lopez	M	33	Des Moines	IA	Open	Bearded Ladies	6:59	00:20:58.00
163	144/718	3451	Jose Rodriguez	M	22	Minneapolis	MN	Mixed	FSHNProfessors	7:00	00:21:00.00
164	145/718	3781	Patrick Alt	M	29	Indianola	IA	Mixed	Quads of Fury	7:00	00:21:00.00
165	146/718	2887	Abraham Flanders	M	28	Ankeny	IA	Corporate	Elite 8	7:00	00:21:00.00
166	147/718	2594	Casey Thompson	M	37	Sigourney	IA	Open	Team McNurlen	7:00	00:21:00.00
167	148/718	2595	Preston McNurlen	M	23	Sigourney	IA	Open	Team McNurlen	7:00	00:21:00.00
168	149/718	2612	Kenneth Knoop	M	33	Lincoln	NE	Open	Team rails on trails	7:00	00:21:00.00
169	150/718	3833	Peter DeTar	M	25	West Des Moines	IA	Mixed	Run Drink Repeat	7:00	00:21:02.00
170	151/718	2515	Mark Patton	M	56	Lincoln	NE	Open	Runners Under Construction	7:00	00:21:02.00
171	152/718	2061	Andy Lester	M	36	Waukee	IA	Open	Agony of Defeat	7:01	00:21:04.00
172	153/718	3654	Tony Ekman	M	39	Johnston	IA	Mixed	Misbehavin!!	7:02	00:21:06.00
173	154/718	3983	Brandon Brown	M	42	Des Moines	IA	Mixed	Speedy Trial	7:02	00:21:07.00
174	155/718	2041	Kyle Olson	M	34	Humboldt	IA	Open	04 Legends	7:03	00:21:10.00
175	20/1290	3555	Rachel Morgan	F	44	Des Moines	IA	Mixed	Iowa Body Project	7:03	00:21:11.00
176	156/718	3278	Brian Powers	M	40	West Des Moines	IA	Mixed	Chasing Amy	7:04	00:21:12.00
177	157/718	3373	Zach Girthoffer	M	41	Omaha	NE	Mixed	Drop the Deuce	7:05	00:21:15.00
178	158/718	2272	Adam Zeiszler	M	33	Omaha	NE	Open	Ice Baggers 4 Life	7:05	00:21:15.00
179	159/718	3981	Jeremy Feitelson	M	46	West Des Moines	IA	Mixed	Speedy Trial	7:05	00:21:17.00
180	160/718	4216	Dan Skelton	M	36	Ankeny	IA	Mixed	Top Run	7:05	00:21:18.00

# Market to Market Relay Iowa - Virtual

May 9, 2020

## Overall Results

3 Mile

Place	Gender Pic/Total	No.	Name	S	Age	City	St.	Team Category	Team name	Pace	Time
181	161/718	4251	Kingsley Gibbens	M	28	Lincoln	NE	Mixed	Vinnie and the Jets	7:06	00:21:19.00
182	162/718	2744	Brian Claassen	M	38	Bondurant	IA	Open	Unconscious Hugs	7:07	00:21:21.00
183	163/718	2306	Kevin Stillman	M	35	Omaha	NE	Open	Kevin Bacon Cheeseburger	7:08	00:21:24.00
184	21/1290	4708	Steph Jackson	F	39	Papillion	NE	Women	Perfect Strangers	7:08	00:21:25.00
185	164/718	2365	Todd Klindt	M	46	Ames	IA	Open	Loonies Running Club	7:09	00:21:27.00
186	165/718	2963	Nick Robertson	M	27	Ankeny	IA	Corporate	Renewable Energy	7:10	00:21:30.00
187	166/718	5403	Matt Seeley	M	37	Prole	IA	Armed Forces Division	132d Wing	7:10	00:21:30.00
188	167/718	2906	Rhett Gainey	M	25	Ankeny	IA	Corporate	FBL's Fabulous Flyers	7:11	00:21:33.00
189	22/1290	2808	Lily Goos	F	15	Nevada	IA	Open	Yo Mama	7:11	00:21:33.00
190	168/718	2102	Sean Laffey	M	29	Des Moines	IA	Open	Bearded Ladies	7:11	00:21:34.00
191	23/1290	2833	Brittney Nilles	F	24	Waukee	IA	Corporate	Businessolver	7:12	00:21:37.00
192	24/1290	4857	Nicole Behm	F	28	Omaha	NE	Women	Sisterhood of the Running Pants	7:12	00:21:38.00
193	169/718	2323	Anthony Brantner	M	34	Algona	IA	Open	Legs for Days	7:12	00:21:39.00
194	25/1290	5135	Kami Alessandro	F	48	Omaha	NE	Women	Women Race Nebraska	7:13	00:21:40.00
195	170/718	2761	Josh Aaron	M	39	Norwalk	IA	Open	We'll Get There When We Get There	7:13	00:21:41.00
196	171/718	2851	Chris Vlahakis	M	53	Ankeny	IA	Corporate	Corteva Market to Market Shapers	7:13	00:21:41.00
197	26/1290	4272	Misty Levis	F	40	West Des Moines	IA	Mixed	We got the RUNS	7:14	00:21:43.00
198	172/718	4096	Lucas Miller	M	18	Columbus	NE	Mixed	Team Wrinkles	7:14	00:21:43.00
199	173/718	3294	Larry Hunt	M	45	Ankeny	IA	Mixed	Cold Turkey Cuss Bus	7:14	00:21:44.00
200	174/718	2423	Matt Brostad	M	39	Storm Lake	IA	Open	Pace Be With You	7:15	00:21:45.00
201	175/718	3644	Andrew Behr	M	27	Des Moines	IA	Mixed	Michael Scott's Dunder Mifflin SMPM	7:15	00:21:45.00
202	176/718	5391	Brian Vander Naald	M	40	Des Moines	IA	Academic Division	Speed Doctors of Drake	7:15	00:21:45.00
203	177/718	4295	Keith Van Beek	M	33	Jefferson	IA	Mixed	We've Got the Runs	7:15	00:21:45.00
204	178/718	2885	Tanner Peltier	M	23	Des Moines	IA	Corporate	Elite 8	7:15	00:21:46.00
205	179/718	2466	Ruskin Gautam	M	30	Urbandale	IA	Open	Road Warriors	7:15	00:21:47.00
206	180/718	3556	Matthew Morgan	M	49	Des Moines	IA	Mixed	Iowa Body Project	7:15	00:21:47.00
207	181/718	3075	Joseph Spivey	M	27	Des Moines	IA	Mixed	A Strange Van Full of Strange People	7:15	00:21:47.00
208	182/718	4344	Shane Molyneux	M	47	Waukee	IA	Mixed	Your Pace or Mine?	7:16	00:21:48.00
209	183/718	2425	Marc Vander Velden	M	42	Urbandale	IA	Open	Pace Be With You	7:16	00:21:50.00
210	27/1290	5041	Robyn Clevenger	F	41	West Des Moines	IA	Women	Tuff AF	7:16	00:21:50.00
211	28/1290	3635	Shelly Haiar	F	41	Omaha	NE	Mixed	Manning Mafia	7:17	00:21:51.00
212	184/718	2995	Tyler Kempkes	M	30	Des Moines	IA	Corporate	Team Bond	7:17	00:21:51.00
213	185/718	2085	Anand Balasubramanian	M	40	Ames	IA	Open	Awesome Sauce	7:17	00:21:52.00
214	186/718	5382	Arthur Brown	M	60	West Des Moines	IA	Academic Division	DMACC Blue Past You	7:17	00:21:53.00
215	187/718	4343	Sergi Trullas Medina	M	26	Overland Park	KS	Mixed	Your Pace or Mine?	7:18	00:21:54.00
216	29/1290	2454	Rosina Colton	F	33	Pleasant Hill	IA	Open	Road Runners	7:18	00:21:56.00

# Market to Market Relay Iowa - Virtual

May 9, 2020

## Overall Results

3 Mile

Place	Gender Pic/Total	No.	Name	S	Age	City	St.	Team Category	Team name	Pace	Time
217	188/718	2627	Terry McDonald	M	41	Indianola	IA	Open	Team Tanglefoot	7:18	00:21:56.00
218	189/718	3017	Matthew Frandsen	M	29	Des Moines	IA	Corporate	Team Keen	7:18	00:21:56.00
219	190/718	2591	Eric Olson	M	31	Bondurant	IA	Open	Team McNurlen	7:19	00:21:57.00
220	191/718	2863	Connor Gatzke	M	24	Des Moines	IA	Corporate	DLR Group	7:19	00:21:57.00
221	192/718	2168	Chad Crowe	M	27	Omaha	NE	Open	Death Taxes Running	7:19	00:21:57.00
222	193/718	3275	Ryan O'Hare	M	40	West Des Moines	IA	Mixed	Chasing Amy	7:19	00:21:58.00
223	194/718	4254	Vinnie Krikac	M	43	Lincoln	NE	Mixed	Vinnie and the Jets	7:19	00:21:59.00
224	30/1290	2383	Mikayla Splavec	F	25	Knoxville	IA	Open	Magic School Bus	7:20	00:22:00.00
225	195/718	2126	Neeraj Sharma	M	34	Columbus	NE	Open	Between Walk and a Hard Pace	7:20	00:22:00.00
226	196/718	4297	Scott Weber	M	38	Jefferson	IA	Mixed	We've Got the Runs	7:20	00:22:00.00
227	31/1290	3334	Shelley Heckert	F	39	Norwalk	IA	Mixed	Dilly Dilly	7:20	00:22:00.00
228	32/1290	3986	Katherine Flickinger	F	36	Ames	IA	Mixed	Speedy Trial	7:20	00:22:00.00
229	197/718	2511	Chad Lyons	M	48	Lincoln	NE	Open	Runners Under Construction	7:20	00:22:01.00
230	33/1290	5052	Katelin Valster	F	34	Pella	IA	Women	WCS Chicks With A Kick	7:20	00:22:01.00
231	198/718	3233	Douglas Hass	M	39	Cedar Rapids	IA	Mixed	Burning off the Crazy!	7:20	00:22:01.00
232	199/718	3243	Jason Boyle	M	43	Ankeny	IA	Mixed	Chafe Now Brag Later	7:21	00:22:03.00
233	200/718	2392	Greg Wittmeier	M	43	Papillion	NE	Open	MM EZ Market Warriors	7:21	00:22:03.00
234	201/718	5417	James Cole	M	36	Lincoln	NE	Armed Forces Division	Stay Frosty	7:21	00:22:03.00
235	202/718	4111	Dustin Stuehrenberg	M	35	Hastings	NE	Mixed	The Joggernauts	7:21	00:22:04.00
236	203/718	2374	Lucas Woodley	M	32	West Des Moines	IA	Open	Lu's Lads	7:21	00:22:05.00
237	34/1290	4546	Jennifer Latham	F	51	Honolulu	HI	Women	Grinnell Girls Gone Running	7:21	00:22:05.00
238	204/718	5434	Andy Himes	M	34	Council Bluffs	IA	Armed Forces Division	VETERANS@VMWARE	7:21	00:22:05.00
239	205/718	2904	Scott Freeman	M	58	Urbandale	IA	Corporate	FBL's Fabulous Flyers	7:22	00:22:06.00
240	206/718	3093	Jon Murphy	M	49	Des Moines	IA	Mixed	All in the Family.	7:22	00:22:08.00
241	207/718	2127	Chris Libanan	M	30	Oskaloosa	IA	Open	Between Walk and a Hard Pace	7:22	00:22:08.00
242	208/718	2464	Ryan Sovereign	M	42	Des Moines	IA	Open	Road Warriors	7:23	00:22:09.00
243	209/718	3762	Kellen Mcginnis	M	37	Rock Island	IL	Mixed	Party Patrol	7:23	00:22:09.00
244	35/1290	4874	Brandie Flathers	F	35	Brooklyn	IA	Women	Sole Sisters	7:23	00:22:11.00
245	210/718	3575	Kevin Powers	M	44	Ames	IA	Mixed	Jen's Mouth is So Dirty They Have A Bulldozer	7:24	00:22:12.00
246	36/1290	4328	Dylan SCHENK	F	38	Lincoln	NE	Mixed	Worst Pace Scenario	7:24	00:22:13.00
247	37/1290	2855	Joan Kallen	F	43	Johnston	IA	Corporate	Corteva Market to Market Shapers	7:25	00:22:15.00
248	211/718	3725	Josiah O'Polka	M	24	Ankeny	IA	Mixed	Original 7	7:25	00:22:15.00
249	212/718	2164	Chad Lunders	M	50	Lincoln	NE	Open	Death Taxes Running	7:25	00:22:15.00
250	213/718	2327	Seth Fulton	M	34	Johnston	IA	Open	Legs for Days	7:25	00:22:15.00
251	38/1290	3057	Audrey Smith	F	23	Omaha	NE	Mixed	#ThursdaysAtSix	7:25	00:22:15.00
252	39/1290	4425	Meg Andersen	F	33	Beresford	SD	Women	Beresford Road Warriors	7:25	00:22:16.00

# Market to Market Relay Iowa - Virtual

May 9, 2020

## Overall Results

3 Mile

Place	Gender Pic/Total	No.	Name	S	Age	City	St.	Team Category	Team name	Pace	Time
253	40/1290	4532	Lindsey Funk	F	38	Ankeny	IA	Women	Golden Girls	7:26	00:22:18.00
254	214/718	5381	Tony Guerra	M	48	Ankeny	IA	Academic Division	DMACC Blue Past You	7:26	00:22:18.00
255	215/718	3626	Matt Keller	M	45	Ankeny	IA	Mixed	Lost In Pace	7:26	00:22:18.00
256	216/718	2344	Jared Goertzen	M	37	Lincoln	NE	Open	Lincoln Logs	7:26	00:22:19.00
257	217/718	3844	Bo Anderson	M	40	Urbandale	IA	Mixed	Run Like A Champ Not Like A Chump	7:26	00:22:20.00
258	218/718	3758	Tyson Tilton	M	39	York	NE	Mixed	Pardon My Fartlek	7:26	00:22:20.00
259	219/718	2766	Brandon Hebel	M	24	Manly	IA	Open	We'll Get There When We Get There	7:27	00:22:21.00
260	41/1290	4674	Dawn Huizenga	F	38	Orange City	IA	Women	Not so hard-core mamas	7:27	00:22:22.00
261	220/718	3561	Matt kernen	M	39	Fontanelle	IA	Mixed	Irish We Were Finished	7:27	00:22:23.00
262	42/1290	4256	Wanda Essink	F	59	Lincoln	NE	Mixed	Vinnie and the Jets	7:27	00:22:23.00
263	43/1290	2463	Kelli Brockmann	F	44	Waukee	IA	Open	Road Warriors	7:28	00:22:24.00
264	221/718	2426	Mark Shea	M	48	Galva	IA	Open	Pace Be With You	7:28	00:22:24.00
265	222/718	3333	Trevor Swanson	M	35	Indianola	IA	Mixed	Dilly Dilly	7:28	00:22:24.00
266	223/718	5395	David Courard-Hauri	M	51	Des Moines	IA	Academic Division	Speed Doctors of Drake	7:28	00:22:24.00
267	44/1290	2651	Aj Kelley	F	34	West Des Moines	IA	Open	The Elephant in the Room	7:28	00:22:25.00
268	224/718	2493	Chad Besch	M	46	Algona	IA	Open	Runderpants	7:28	00:22:25.00
269	225/718	3102	Nathan Schultz	M	37	Saint Charles	MN	Mixed	aMaizing Runners #we'recorny	7:29	00:22:27.00
270	45/1290	3033	Ella Junker	F	17	Aplington	IA	Mixed	#forcedfamilyfun	7:29	00:22:27.00
271	226/718	2421	Evan Franzmeier	M	30	Storm Lake	IA	Open	Pace Be With You	7:29	00:22:29.00
272	227/718	4071	Sean O'EHanlon	M	49	Davenport	IA	Mixed	Team Party Patrol Deux	7:29	00:22:29.00
273	228/718	3507	Brian Cheney	M	38	Marion	IA	Mixed	Homestar Runners	7:29	00:22:29.00
274	46/1290	4765	Jessica Schroeder	F	34	Urbandale	IA	Women	Run Mama Run	7:29	00:22:29.00
275	229/718	2992	Randall Meyer	M	35	Norwalk	IA	Corporate	Team Bond	7:30	00:22:30.00
276	47/1290	4702	Nikki Mallen	F	35	Ankeny	IA	Women	Perfect Strangers	7:30	00:22:30.00
277	48/1290	2854	Melanie Dana	F	33	Grimes	IA	Corporate	Corteva Market to Market Shapers	7:30	00:22:30.00
278	230/718	2325	Justin Feldt	M	34	Hiawatha	IA	Open	Legs for Days	7:30	00:22:30.00
279	231/718	3505	Jerry Kilgore	M	45	Cedar Rapids	IA	Mixed	Homestar Runners	7:30	00:22:30.00
280	232/718	3268	Ryan Loock	M	33	Lincoln	NE	Mixed	Chafing the Dream	7:30	00:22:30.00
281	233/718	3253	Ryan Loock	M	33	Lincoln	NE	Mixed	Chafing Dreams	7:30	00:22:30.00
282	234/718	3775	Robert Carter	M	48	Pleasant Hill	IA	Mixed	Perfect Strangers	7:30	00:22:30.00
283	49/1290	3865	Sonya Ewert	F	33	Des Moines	IA	Mixed	Runder the Sea	7:30	00:22:30.00
284	235/718	2823	Nick Nelson	M	37	New Sharon	IA	Corporate	ASI/ImageFirst Running Team	7:30	00:22:31.00
285	50/1290	3855	Jennifer Bohr	F	46	Swisher	IA	Mixed	RUN TO EAT	7:30	00:22:31.00
286	236/718	5408	Cory Tuma	M	48	Van Meter	IA	Armed Forces Division	132d Wing	7:30	00:22:31.00
287	237/718	3624	Blair Westerly	M	37	Ankeny	IA	Mixed	Lost In Pace	7:30	00:22:32.00
288	238/718	2494	Collin Besch	M	22	Algona	IA	Open	Runderpants	7:30	00:22:32.00



# Market to Market Relay Iowa - Virtual

May 9, 2020

## Overall Results

3 Mile

Place	Gender Pic/Total	No.	Name	S	Age	City	St.	Team Category	Team name	Pace	Time
289	239/718	2743	Scott Heldt	M	30	Des Moines	IA	Open	Unconscious Hugs	7:30	00:22:32.00
290	240/718	5232	Jason Henderson	M	51	West Des Moines	IA	Mixed Masters	Respect Your Elders	7:30	00:22:33.00
291	241/718	2384	Michael Splavec	M	27	Knoxville	IA	Open	Magic School Bus	7:30	00:22:33.00
292	51/1290	4296	Kelsie Van Beek	F	33	Jefferson	IA	Mixed	We've Got the Runs	7:30	00:22:33.00
293	242/718	2834	Ryan Keehn	M	37	Urbandale	IA	Corporate	Businessolver	7:30	00:22:33.00
294	52/1290	5355	Julie Schneider	F	43	Des Moines	IA	Women Masters	Run Like Hell	7:31	00:22:34.00
295	243/718	3562	Brian Chapman	M	48	Smithville	MO	Mixed	Irish We Were Finished	7:31	00:22:35.00
296	53/1290	3714	Rachael Ash	F	27	Bettendorf	IA	Mixed	Not Fast But Furious	7:32	00:22:36.00
297	54/1290	3306	Elizabeth McAllister	F	32	Ames	IA	Mixed	CYCOS	7:32	00:22:37.00
298	244/718	3737	Drake Handling	M	18	Drakesville	IA	Mixed	P.B.R.	7:32	00:22:38.00
299	245/718	2288	Matthew Smith	M	44	Des Moines	IA	Open	Inquiring Minds	7:32	00:22:38.00
300	246/718	2063	Brian Peppenger	M	50	Grimes	IA	Open	Agony of Defeat	7:33	00:22:40.00
301	247/718	2962	Anthony (Aj) Pollard	M	34	Ames	IA	Corporate	Renewable Energy	7:33	00:22:40.00
302	248/718	3337	Joe Gentile	M	40	West Des Moines	IA	Mixed	Dilly Dilly	7:33	00:22:40.00
303	55/1290	5451	Dawn DeWit	F	42	Rock Valley	IA	Religious	Sioux County Saints	7:33	00:22:41.00
304	249/718	2742	Chad Grandon	M	35	Maxwell	IA	Open	Unconscious Hugs	7:33	00:22:41.00
305	56/1290	3741	Jessie Chase	F	35	Spring Park	MN	Mixed	Panorama Slamorama	7:33	00:22:41.00
306	250/718	3748	Mark Chase	M	36	Spring Park	MN	Mixed	Panorama Slamorama	7:33	00:22:41.00
307	251/718	3053	Brock Hansen	M	34	Omaha	NE	Mixed	#ThursdaysAtSix	7:34	00:22:42.00
308	57/1290	4592	Mallory Swenson	F	36	Ankeny	IA	Women	Keota	7:34	00:22:42.00
309	252/718	4091	Craig Brophy	M	59	Cedar Rapids	IA	Mixed	Team Wrinkles	7:34	00:22:43.00
310	58/1290	4523	Sarah Askdal	F	40	Brandon	SD	Women	Girls: We Run This Mother!	7:34	00:22:43.00
311	253/718	2791	John Lang	M	24	Waukee	IA	Open	Yes We Can	7:34	00:22:43.00
312	254/718	3343	Jake Overgaard	M	37	Winona	MN	Mixed	DINNER TIME	7:34	00:22:44.00
313	255/718	3632	Tyler Weig	M	37	Des Moines	IA	Mixed	Manning Mafia	7:34	00:22:44.00
314	256/718	2165	Glen White	M	50	Lincoln	NE	Open	Death Taxes Running	7:35	00:22:45.00
315	257/718	2453	Peter OTool	M	22	Pleasant Hill	IA	Open	Road Runners	7:35	00:22:46.00
316	59/1290	3925	Abby Finley	F	27	Sioux Center	IA	Mixed	SCCS A+ Team	7:35	00:22:46.00
317	258/718	2712	Tom Handorf	M	44	Rhodes	IA	Open	Thumbs and Friends	7:35	00:22:46.00
318	259/718	3646	Austin Graff	M	25	Des Moines	IA	Mixed	Michael Scott's Dunder Mifflin SMPM	7:35	00:22:47.00
319	60/1290	3853	Natalie Hempy	F	49	Solon	IA	Mixed	RUN TO EAT	7:35	00:22:47.00
320	260/718	5263	Michael Powers	M	48	Sperry	IA	Mixed Masters	The Running Fartz	7:36	00:22:48.00
321	261/718	3401	Andy Seydel	M	39	Urbandale	IA	Mixed	EY for Life	7:36	00:22:48.00
322	262/718	2993	David Desing	M	57	Urbandale	IA	Corporate	Team Bond	7:36	00:22:48.00
323	263/718	2731	Jason Korbelt	M	40	Charles City	IA	Open	Tough Brudders	7:36	00:22:49.00
324	61/1290	2202	Amanda Parker	F	31	Carlisle	IA	Open	Finally gonna register so gotta have a team nan	7:36	00:22:50.00

# Market to Market Relay Iowa - Virtual

May 9, 2020

## Overall Results

3 Mile

Place	Gender Pic/Total	No.	Name	S	Age	City	St.	Team Category	Team name	Pace	Time
325	264/718	3623	Joe Feldmann	M	39	Ankeny	IA	Mixed	Lost In Pace	7:36	00:22:50.00
326	62/1290	3326	Amy Locher	F	34	Omaha	NE	Mixed	Dashing Divas	7:37	00:22:51.00
327	265/718	2105	Daniel Kuhlmann	M	34	Des Moines	IA	Open	Bearded Ladies	7:37	00:22:52.00
328	63/1290	4522	Mindy Whisler	F	43	Vermillion	SD	Women	Girls: We Run This Mother!	7:37	00:22:53.00
329	64/1290	3642	Abbey Schiltz	F	26	Waukee	IA	Mixed	Michael Scott's Dunder Mifflin SMPM	7:37	00:22:53.00
330	65/1290	3643	Kaitlyn Creger	F	26	West Des Moines	IA	Mixed	Michael Scott's Dunder Mifflin SMPM	7:37	00:22:53.00
331	266/718	2035	Justin Vinchattle	M	38	Ankeny	IA	Open	#whydowedothis?	7:37	00:22:53.00
332	267/718	2167	Dan Donnelly	M	38	Elkhorn	NE	Open	Death Taxes Running	7:37	00:22:53.00
333	268/718	2324	Jordan Weber	M	34	Clive	IA	Open	Legs for Days	7:37	00:22:54.00
334	66/1290	3323	Shelley Lippold	F	37	Omaha	NE	Mixed	Dashing Divas	7:37	00:22:54.00
335	269/718	3766	Kevin kay	M	35	Davenport	IA	Mixed	Party Patrol	7:37	00:22:54.00
336	270/718	2491	Jeff Marsh	M	62	Algona	IA	Open	Runderpants	7:38	00:22:55.00
337	271/718	2693	Jason Gehrken	M	37	Omaha	NE	Open	The Nurhaci's	7:39	00:22:57.00
338	67/1290	4253	Lyndsay Jensen	F	42	Lincoln	NE	Mixed	Vinnie and the Jets	7:39	00:22:58.00
339	68/1290	4841	Sueann French	F	54	Red Oak	IA	Women	SCRAMBLED LEGGS	7:40	00:23:00.00
340	69/1290	5155	Brooke Newton	F	35	Waukee	IA	Women	You just got chicked	7:40	00:23:00.00
341	272/718	2862	Andrew Van Leeuwen	M	36	Waukee	IA	Corporate	DLR Group	7:40	00:23:02.00
342	70/1290	4095	Dashauna Jones	F	36	Cedar Rapids	IA	Mixed	Team Wrinkles	7:40	00:23:02.00
343	71/1290	2101	Mischa Impossible	F	37	West Des Moines	IA	Open	Bearded Ladies	7:40	00:23:02.00
344	273/718	3056	Chris Yeager	M	32	Omaha	NE	Mixed	#ThursdaysAtSix	7:41	00:23:03.00
345	274/718	2401	Chad Hamilton	M	39	Fairfield	IA	Open	Not a Clue	7:41	00:23:04.00
346	72/1290	3234	Erika Hass	F	36	Cedar Rapids	IA	Mixed	Burning off the Crazy!	7:41	00:23:04.00
347	275/718	3567	Kevin Lindberg	M	41	West Des Moines	IA	Mixed	Irish We Were Finished	7:41	00:23:04.00
348	73/1290	4706	Amy Slykhuis	F	40	Colorado Springs	CO	Women	Perfect Strangers	7:42	00:23:06.00
349	74/1290	4465	Dana Havlik	F	33	Ankeny	IA	Women	Brisk & Bright	7:42	00:23:06.00
350	75/1290	2655	Lauren McAnelly	F	35	Des Moines	IA	Open	The Elephant in the Room	7:42	00:23:06.00
351	76/1290	4724	Lexis Rogers	F	25	Council Bluffs	IA	Women	Pretty Girl Rock	7:42	00:23:07.00
352	276/718	5412	John Ferguson	M	34	Ashland	NE	Armed Forces Division	Stay Frosty	7:43	00:23:09.00
353	277/718	2261	James Thornton	M	49	Ankeny	IA	Open	I thought I was Driving the Van	7:43	00:23:10.00
354	77/1290	3856	Suzie Johannes	F	44	Swisher	IA	Mixed	RUN TO EAT	7:43	00:23:10.00
355	278/718	5186	Jeff Weeks	M	60	Altoona	IA	Masters	East Village People	7:43	00:23:10.00
356	78/1290	3706	Kelsey Batschelet	F	30	Des Moines	IA	Mixed	No Time For Cardio	7:44	00:23:12.00
357	79/1290	5104	Morgan Olson	F	33	Humboldt	IA	Women	WeÆve Got The Runs	7:44	00:23:12.00
358	279/718	3746	Greg Steffen	M	49	Panora	IA	Mixed	Panorama Slamorama	7:44	00:23:12.00
359	80/1290	3747	Tricia Steffen	F	49	Panora	IA	Mixed	Panorama Slamorama	7:44	00:23:12.00
360	280/718	3691	Peter LeBlanc	M	41	Waukee	IA	Mixed	No Lug Nuts No Problem	7:44	00:23:13.00

# Market to Market Relay Iowa - Virtual

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## Overall Results

3 Mile

Place	Gender Pic/Total	No.	Name	S	Age	City	St.	Team Category	Team name	Pace	Time
361	81/1290	3851	Maddie Tubaugh	F	27	Cedar Rapids	IA	Mixed	RUN TO EAT	7:44	00:23:14.00
362	281/718	3973	Ben Hotsauce Badgley	M	40	Madrid	IA	Mixed	Speedy Streakers	7:44	00:23:14.00
363	282/718	2646	Jason Bakewell	M	38	Omaha	NE	Open	Test Tube	7:44	00:23:14.00
364	283/718	2151	Walker Lee Holland	M	29	Des Moines	IA	Open	Crop Dusters	7:45	00:23:15.00
365	284/718	3192	John Scroggins	M	48	Cedar Rapids	IA	Mixed	Blood Sweat and Beers	7:45	00:23:15.00
366	285/718	3252	Dustin Giddings	M	33	Lincoln	NE	Mixed	Chafing Dreams	7:45	00:23:15.00
367	82/1290	3716	Danielle Campbell	F	33	Waukee	IA	Mixed	Not Fast But Furious	7:45	00:23:15.00
368	286/718	2351	Michael Pfeiffer	M	31	Overland Park	KS	Open	Long Distance Relay-tionship	7:45	00:23:16.00
369	83/1290	3631	Gina Olson	F	41	Waverly	NE	Mixed	Manning Mafia	7:45	00:23:16.00
370	287/718	2865	Matthew Gaul	M	31	Des Moines	IA	Corporate	DLR Group	7:45	00:23:16.00
371	288/718	2406	Kory Spees	M	48	Selma	IA	Open	Not a Clue	7:45	00:23:16.00
372	289/718	3331	Scott Kruthoff	M	39	Indianola	IA	Mixed	Dilly Dilly	7:45	00:23:17.00
373	290/718	2734	Matt Williams	M	41	Charles City	IA	Open	Tough Brudders	7:46	00:23:18.00
374	291/718	5194	Thomas Schutz	M	49	Salina	KS	Masters	Runnin Lopes	7:46	00:23:18.00
375	292/718	2452	Caleb OTool	M	25	Pleasant Hill	IA	Open	Road Runners	7:46	00:23:19.00
376	293/718	2346	Jeremy Larson	M	39	Lincoln	NE	Open	Lincoln Logs	7:46	00:23:19.00
377	294/718	2462	Doug Hoyng	M	58	Clive	IA	Open	Road Warriors	7:46	00:23:20.00
378	295/718	4094	Jim Dwyer	M	59	Marion	IA	Mixed	Team Wrinkles	7:46	00:23:20.00
379	84/1290	4257	Ashley Taff	F	36	Lincoln	NE	Mixed	Vinnie and the Jets	7:46	00:23:20.00
380	85/1290	2857	Traci Rimbey	F	29	Des Moines	IA	Corporate	Corteva Market to Market Shapers	7:46	00:23:20.00
381	86/1290	3726	Jennifer Baumgartner	F	35	Ames	IA	Mixed	Original 7	7:46	00:23:20.00
382	87/1290	2065	Kathy Hale	F	55	Bondurant	IA	Open	Agony of Defeat	7:47	00:23:21.00
383	296/718	2326	David Quam	M	34	Waukee	IA	Open	Legs for Days	7:47	00:23:21.00
384	88/1290	4772	Whitney Weymiller	F	27	Minneapolis	MN	Women	Run Now Wine Later	7:47	00:23:21.00
385	297/718	3391	Dan MacKenzie	M	33	Des Moines	IA	Mixed	Experienced Trail Runners We Trail Everyone	7:47	00:23:21.00
386	89/1290	4406	Lindsey Horner	F	40	Des Moines	IA	Women	Babes on the Run	7:47	00:23:21.00
387	298/718	2713	Dennis Haney	M	52	Clive	IA	Open	Thumbs and Friends	7:47	00:23:21.00
388	299/718	2874	Todd Williams	M	32	Des Moines	IA	Corporate	Eide Bailly	7:47	00:23:21.00
389	300/718	2367	Clayton Mooney	M	32	Ames	IA	Open	Loonies Running Club	7:47	00:23:21.00
390	301/718	2213	Austin Simon	M	26	Sioux City	IA	Open	Formula Run	7:47	00:23:23.00
391	90/1290	3277	Jenna Powers	F	38	West Des Moines	IA	Mixed	Chasing Amy	7:47	00:23:23.00
392	302/718	2513	Steven Sousek	M	53	Lincoln	NE	Open	Runners Under Construction	7:48	00:23:24.00
393	303/718	3018	Mark Selmecki	M	43	Polk City	IA	Corporate	Team Keen	7:48	00:23:25.00
394	91/1290	3292	Nicole Lauzon	F	33	Waukee	IA	Mixed	Cold Turkey Cuss Bus	7:49	00:23:27.00
395	304/718	3074	Kyle Maley	M	29	Burnsville	MN	Mixed	A Strange Van Full of Strange People	7:49	00:23:27.00
396	92/1290	5056	Abby Johnson	F	34	Ankeny	IA	Women	WCS Chicks With A Kick	7:49	00:23:28.00

# Market to Market Relay Iowa - Virtual

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## Overall Results

3 Mile

Place	Gender Pic/Total	No.	Name	S	Age	City	St.	Team Category	Team name	Pace	Time
397	93/1290	4074	Jenn O'Hanlon	F	38	Davenport	IA	Mixed	Team Party Patrol Deux	7:49	00:23:28.00
398	94/1290	4704	Erin Russell	F	42	Papillion	NE	Women	Perfect Strangers	7:50	00:23:30.00
399	305/718	3405	Aaron Boushek	M	39	Waukee	IA	Mixed	EY for Life	7:50	00:23:31.00
400	306/718	5185	Chris Pose	M	56	Cumming	IA	Masters	East Village People	7:51	00:23:33.00
401	307/718	2212	Josiah Schiller	M	28	Sioux City	IA	Open	Formula Run	7:51	00:23:34.00
402	308/718	2687	Darren Lockhart	M	59	Lincoln	NE	Open	THE LINCOLN FORCE	7:51	00:23:34.00
403	309/718	3454	Peter Clark	M	39	Ames	IA	Mixed	FSHNProfessors	7:51	00:23:35.00
404	310/718	5165	Jason Reiseck	M	47	Ely	IA	Masters	Ceement Shoes	7:51	00:23:35.00
405	311/718	4025	Justin Woods	M	40	Ankeny	IA	Mixed	Tanglefeet	7:51	00:23:35.00
406	95/1290	2468	Sandy Bowman	F	43	Waukee	IA	Open	Road Warriors	7:51	00:23:35.00
407	96/1290	4851	Kim Hillyer	F	40	Omaha	NE	Women	Sisterhood of the Running Pants	7:52	00:23:36.00
408	312/718	3982	Michael Kuehner	M	36	Des Moines	IA	Mixed	Speedy Trial	7:52	00:23:36.00
409	313/718	2042	Adam Rasmussen	M	32	Overland Park	KS	Open	04 Legends	7:52	00:23:36.00
410	314/718	2942	Navinder Mehrok	M	31	Omaha	NE	Corporate	LinkedIn	7:52	00:23:37.00
411	315/718	2304	Alex Kinyon	M	35	Omaha	NE	Open	Kevin Bacon Cheeseburger	7:53	00:23:40.00
412	316/718	2104	Mike Lovelady	M	36	Overland Park	KS	Open	Bearded Ladies	7:53	00:23:40.00
413	317/718	5371	Andrew Stem	M	37	Omaha	NE	Academic Division	Bluth Company	7:54	00:23:43.00
414	318/718	3182	Derek Conley	M	39	Ankeny	IA	Mixed	BFF's 1 Day Of The Year	7:55	00:23:45.00
415	319/718	4312	Mike Loss	M	54	Clive	IA	Mixed	Whole Lotto Miles	7:55	00:23:45.00
416	97/1290	4092	Stacie Merta	F	41	Marion	IA	Mixed	Team Wrinkles	7:55	00:23:45.00
417	320/718	2652	Austin Williamson	M	34	Moline	IL	Open	The Elephant in the Room	7:55	00:23:45.00
418	98/1290	4935	Jess Harris	F	42	Coralville	IA	Women	Team D.I.L.L.I.G.A.F.	7:55	00:23:45.00
419	321/718	2366	Allen Bierbaum	M	44	Ames	IA	Open	Loonies Running Club	7:55	00:23:45.00
420	322/718	3832	Matthew Gray	M	28	Des Moines	IA	Mixed	Run Drink Repeat	7:55	00:23:46.00
421	99/1290	3193	Jodee Ross	F	36	Cedar Rapids	IA	Mixed	Blood Sweat and Beers	7:55	00:23:46.00
422	323/718	2434	Brady De Vries	M	33	Des Moines	IA	Open	Powered by Hamms	7:55	00:23:46.00
423	100/1290	3013	Jenna Nasheim	F	33	Ames	IA	Corporate	Team Keen	7:55	00:23:46.00
424	324/718	4115	Joel Zach	M	37	Hastings	NE	Mixed	The Joggeronauts	7:55	00:23:46.00
425	325/718	5167	Keith Duster	M	47	Solon	IA	Masters	Ceement Shoes	7:55	00:23:46.00
426	101/1290	4858	Robin Plathe	F	41	Omaha	NE	Women	Sisterhood of the Running Pants	7:55	00:23:46.00
427	326/718	3441	Matt Mattocks	M	39	Ankeny	IA	Mixed	Follow the Clues	7:56	00:23:48.00
428	102/1290	5454	Emily Mouw	F	41	Orange City	IA	Religious	Sioux County Saints	7:56	00:23:48.00
429	327/718	2714	Mark Benson	M	50	Clive	IA	Open	Thumbs and Friends	7:56	00:23:48.00
430	103/1290	4886	Jeanine Link	F	32	Grinnell	IA	Women	Soles on Fire	7:56	00:23:48.00
431	104/1290	2171	Bethany Butsyak	F	29	Papillion	NE	Open	DECADEnce	7:56	00:23:49.00
432	105/1290	3195	Lauren Hoth	F	28	Ely	IA	Mixed	Blood Sweat and Beers	7:56	00:23:49.00

# Market to Market Relay Iowa - Virtual

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## Overall Results

3 Mile

Place	Gender Pic/Total	No.	Name	S	Age	City	St.	Team Category	Team name	Pace	Time
433	106/1290	3884	Paige Moret	F	33	Sioux Center	IA	Mixed	Running with my Homies	7:56	00:23:50.00
434	328/718	2945	Jonathan Ellison	M	40	Omaha	NE	Corporate	LinkedIn	7:57	00:23:51.00
435	329/718	3633	Nathan Sorben	M	43	Waverly	NE	Mixed	Manning Mafia	7:57	00:23:51.00
436	330/718	4033	Jonathan Fransen	M	33	West Des Moines	IA	Mixed	TB	7:57	00:23:51.00
437	107/1290	2526	Jill Cook	F	39	Omaha	NE	Open	Running Sucks	7:57	00:23:52.00
438	108/1290	3621	Rachel Carlson	F	38	Ankeny	IA	Mixed	Lost In Pace	7:57	00:23:53.00
439	109/1290	4823	Tracy TRUE	F	38	Van Meter	IA	Women	Running Like A Mother	7:57	00:23:53.00
440	110/1290	4525	Bobbi Underberg	F	39	Sioux Falls	SD	Women	Girls: We Run This Mother!	7:57	00:23:53.00
441	111/1290	4428	Amanda Schwaderer	F	34	Beresford	SD	Women	Beresford Road Warriors	7:57	00:23:53.00
442	112/1290	2251	Stephanie Leuenberger	F	34	Omaha	NE	Open	HuskersNtheHouse	7:58	00:23:54.00
443	331/718	2266	Bob Lichtenwalter	M	51	Earlham	IA	Open	I thought I was Driving the Van	7:58	00:23:54.00
444	332/718	2642	Tj Jones	M	35	Omaha	NE	Open	Test Tube	7:58	00:23:54.00
445	333/718	3217	Andy Koestner	M	39	Johnston	IA	Mixed	Born to Shuffle	7:58	00:23:56.00
446	334/718	2733	Adam Nosbisch	M	41	Waverly	IA	Open	Tough Brudders	7:59	00:23:57.00
447	335/718	3875	Spencer Nelson	M	22	Perry	IA	Mixed	Running on Empty	7:59	00:23:58.00
448	336/718	3051	Antonio Guillen	M	31	Omaha	NE	Mixed	#ThursdaysAtSix	7:59	00:23:59.00
449	113/1290	4218	Andrea Ward	F	40	Des Moines	IA	Mixed	Top Run	7:59	00:23:59.00
450	114/1290	2984	Samantha Kruse	F	33	Redfield	IA	Corporate	Snacks & Naps	8:00	00:24:00.00
451	337/718	2611	James Tessier	M	33	Firth	NE	Open	Team rails on trails	8:00	00:24:00.00
452	338/718	3655	Ryan McIntosh	M	39	Ankeny	IA	Mixed	Misbehavin!!	8:00	00:24:00.00
453	339/718	3541	Tom Williams	M	57	Villisca	IA	Mixed	Insanity Made Us Do It	8:00	00:24:02.00
454	340/718	4202	Chris Keller	M	40	Waukee	IA	Mixed	Tie Dyed Soles	8:01	00:24:03.00
455	115/1290	4511	Jessica Clements	F	40	Murdock	NE	Women	Girls Run Wild	8:01	00:24:03.00
456	341/718	3813	Chris Ward	M	51	Clear Lake	IA	Mixed	Rum Runners	8:01	00:24:03.00
457	116/1290	2841	Megan Mortier	F	36	Johnston	IA	Corporate	Corteva Agriscience	8:01	00:24:04.00
458	342/718	2441	Andy Kucksdorf	M	37	Ankeny	IA	Open	Right Meow	8:01	00:24:05.00
459	117/1290	3361	Ashley Scheevel	F	29	Fairmont	MN	Mixed	Dr. Schultz's Minions	8:01	00:24:05.00
460	343/718	3645	Alex Boisjolie	M	26	Des Moines	IA	Mixed	Michael Scott's Dunder Mifflin SMPM	8:01	00:24:05.00
461	344/718	4072	Kent Johnson	M	52	Moline	IL	Mixed	Team Party Patrol Deux	8:02	00:24:07.00
462	118/1290	2883	Haley Peters	F	26	Norwalk	IA	Corporate	Elite 8	8:02	00:24:08.00
463	119/1290	2686	Vicky Lockhart	F	58	Lincoln	NE	Open	THE LINCOLN FORCE	8:02	00:24:08.00
464	120/1290	2391	Kate Eakin	F	38	Omaha	NE	Open	MM EZ Market Warriors	8:03	00:24:09.00
465	345/718	2753	Mike Tiedens	M	45	Des Moines	IA	Open	We Are Not Going to Win Volume 2	8:03	00:24:09.00
466	121/1290	2771	Hannah Davis	F	33	Prole	IA	Open	Wheaties Box Rejects	8:03	00:24:10.00
467	122/1290	4053	Laura Furne	F	37	Cedar Rapids	IA	Mixed	Team Llamacorn	8:03	00:24:10.00
468	123/1290	3941	Jennifer Donner	F	40	Honolulu	HI	Mixed	Sibling Rivalry	8:03	00:24:11.00

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## Overall Results

3 Mile

Place	Gender Pic/Total	No.	Name	S	Age	City	St.	Team Category	Team name	Pace	Time
469	346/718	3573	Tyler Engel	M	41	Urbandale	IA	Mixed	Jen's Mouth is So Dirty They Have A Bulldozer	8:03	00:24:11.00
470	124/1290	5286	Mitzi Ritzman	F	45	Lincoln	NE	Women Masters	AWOL	8:03	00:24:11.00
471	125/1290	3592	Veronica Stafford	F	30	West Des Moines	IA	Mixed	Just Keep Running Just Keep Running	8:04	00:24:13.00
472	347/718	3372	Jeff Granneman	M	36	Omaha	NE	Mixed	Drop the Deuce	8:04	00:24:14.00
473	348/718	2446	Brad TOLAND	M	38	Elkhorn	NE	Open	Right Meow	8:04	00:24:14.00
474	349/718	5265	Luke Newton	M	41	Yarmouth	IA	Mixed Masters	The Running Fartz	8:04	00:24:15.00
475	126/1290	4418	Chelsea Krause	F	28	Ankeny	IA	Women	Beast Mode Beauties	8:04	00:24:15.00
476	127/1290	4585	Amy Bahnsen	F	36	Clarion	IA	Women	I Thought They Said Rum	8:05	00:24:16.00
477	128/1290	3901	Heather Johnson	F	42	Forest City	IA	Mixed	Runs on Beer	8:05	00:24:17.00
478	350/718	3738	Bryer Wallace	M	18	Drakesville	IA	Mixed	P.B.R.	8:05	00:24:17.00
479	129/1290	4422	Ashley Halvorson	F	36	Beresford	SD	Women	Beresford Road Warriors	8:06	00:24:18.00
480	351/718	4273	Matt Fryar	M	45	Waukee	IA	Mixed	We got the RUNS	8:06	00:24:18.00
481	130/1290	4404	Christine Comito	F	52	Des Moines	IA	Women	Babes on the Run	8:06	00:24:18.00
482	352/718	2882	Jericho Cimburek	M	27	Urbandale	IA	Corporate	Elite 8	8:06	00:24:18.00
483	353/718	2443	Mark Wisham	M	44	Johnston	IA	Open	Right Meow	8:06	00:24:18.00
484	131/1290	4458	Theresa Hanes	F	32	Solon	IA	Women	BrickHouse Babes	8:06	00:24:18.00
485	354/718	5205	Glen Dippold	M	57	Clive	IA	Masters	Running with the Animals	8:06	00:24:18.00
486	132/1290	3862	Emily Feldkamp	F	29	Des Moines	IA	Mixed	Runder the Sea	8:06	00:24:18.00
487	355/718	5372	Dallas Dickey	M	42	Johnston	IA	Academic Division	Bluth Company	8:06	00:24:20.00
488	133/1290	4705	Angie Mosher	F	43	Bellevue	NE	Women	Perfect Strangers	8:06	00:24:20.00
489	356/718	2067	Kurt Naae	M	43	Des Moines	IA	Open	Agony of Defeat	8:06	00:24:20.00
490	134/1290	4242	Meredith Todd	F	38	Ankeny	IA	Mixed	Undertrained and Overconfident	8:07	00:24:21.00
491	135/1290	4548	Amy Miller	F	44	Grinnell	IA	Women	Grinnell Girls Gone Running	8:07	00:24:22.00
492	136/1290	5027	Keri Smith	F	35	Guttenberg	IA	Open	Thelma & Louise's Crazy Train	8:08	00:24:24.00
493	137/1290	4513	Jamie Graham	F	33	Alvo	NE	Women	Girls Run Wild	8:08	00:24:24.00
494	138/1290	2647	Linda Brown	F	40	Lincoln	NE	Open	Test Tube	8:08	00:24:24.00
495	357/718	3054	James Jolly	M	37	Omaha	NE	Mixed	#ThursdaysAtSix	8:08	00:24:25.00
496	139/1290	5152	Kaitlin Courtney	F	31	Waukee	IA	Women	You just got chicked	8:08	00:24:26.00
497	358/718	2932	David Evans	M	43	Ames	IA	Corporate	Iowa D.O.T.	8:09	00:24:27.00
498	140/1290	3667	Amy Oliver	F	37	Milo	IA	Mixed	Moms Miles & Mules	8:09	00:24:27.00
499	141/1290	3241	Kelli BOYLE	F	42	Ankeny	IA	Mixed	Chafe Now Brag Later	8:09	00:24:28.00
500	359/718	3896	Trent Lienau	M	41	Clive	IA	Mixed	Runs In The Family	8:09	00:24:28.00
501	360/718	2553	Brandon Converse	M	35	Polk City	IA	Open	Sleep. Eat. Poop. Run.	8:09	00:24:28.00
502	142/1290	2176	Jacquelyn Baudhuin	F	37	Omaha	NE	Open	DECADEnce	8:09	00:24:28.00
503	143/1290	2662	Sara Duhrkopf	F	38	Sumner	IA	Open	The Highly Educated	8:09	00:24:29.00
504	144/1290	2431	Nicole Pirie	F	27	Ankeny	IA	Open	Powered by Hamms	8:09	00:24:29.00

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## Overall Results

3 Mile

Place	Gender Pic/Total	No.	Name	S	Age	City	St.	Team Category	Team name	Pace	Time
505	145/1290	4471	Jennifer Hosch	F	37	Cascade	IA	Women	Cereal Killers	8:09	00:24:29.00
506	146/1290	4771	Erika Arkle	F	30	Omaha	NE	Women	Run Now Wine Later	8:10	00:24:30.00
507	147/1290	3203	Darla Davis	F	43	Coon Rapids	IA	Mixed	Blue Footed Boobies	8:10	00:24:30.00
508	148/1290	3152	Carol Hohenthauer	F	60	Yankton	SD	Mixed	berts rabbits	8:10	00:24:30.00
509	149/1290	2902	Robin Riggins	F	53	Urbandale	IA	Corporate	FBL's Fabulous Flyers	8:10	00:24:30.00
510	361/718	5203	Roadog McKibben	M	59	Clive	IA	Masters	Running with the Animals	8:10	00:24:30.00
511	150/1290	4031	Alicia Masters	F	32	Ankeny	IA	Mixed	TB	8:10	00:24:30.00
512	151/1290	4042	Valerie Shaw	F	35	Bennington	NE	Mixed	Team America	8:10	00:24:30.00
513	362/718	2792	Jay Udey	M	34	West Des Moines	IA	Open	Yes We Can	8:10	00:24:30.00
514	363/718	2826	Alan Parsons	M	41	Bennington	NE	Corporate	ASI/ImageFirst Running Team	8:10	00:24:31.00
515	364/718	3116	Lee Jameson	M	51	Murray	NE	Mixed	Average Joes	8:10	00:24:31.00
516	365/718	2084	Joshua Allen	M	41	Ankeny	IA	Open	Awesome Sauce	8:10	00:24:31.00
517	152/1290	2262	Beth McDonald	F	47	Prole	IA	Open	I thought I was Driving the Van	8:10	00:24:32.00
518	153/1290	4381	Britt Jungck	F	37	Perry	IA	Women	2 Pretty 4 Math	8:10	00:24:32.00
519	154/1290	4544	Mary Lindberg	F	40	Grinnell	IA	Women	Grinnell Girls Gone Running	8:10	00:24:32.00
520	155/1290	5054	Katie Houston	F	37	Clive	IA	Women	WCS Chicks With A Kick	8:10	00:24:32.00
521	156/1290	4701	Koral Booth	F	40	Bellevue	NE	Women	Perfect Strangers	8:10	00:24:32.00
522	366/718	2015	Matt Keith	M	30	Denver	CO	Open	#notindiana	8:10	00:24:32.00
523	367/718	2751	Matt Tiedens	M	45	Polk City	IA	Open	We Are Not Going to Win Volume 2	8:11	00:24:33.00
524	368/718	3501	Brett Dupree	M	44	Marion	IA	Mixed	Homestar Runners	8:11	00:24:33.00
525	369/718	2117	Myles Davis	M	21	Gowrie	IA	Open	Better at runnin a tab up	8:11	00:24:33.00
526	370/718	3206	Kent Kavan	M	43	Juniata	NE	Mixed	Blue Footed Boobies	8:11	00:24:33.00
527	157/1290	5142	Melanie Peltz	F	43	Omaha	NE	Women	WTF...Where's The Finish	8:11	00:24:34.00
528	371/718	2745	Joe White	M	41	Altoona	IA	Open	Unconscious Hugs	8:11	00:24:34.00
529	158/1290	3776	Khara Keegan	F	38	Des Moines	IA	Mixed	Perfect Strangers	8:11	00:24:34.00
530	372/718	5187	Andy Roat	M	58	Des Moines	IA	Masters	East Village People	8:11	00:24:34.00
531	159/1290	4301	Laura Thein	F	30	Ankeny	IA	Mixed	We'll Be FINE	8:11	00:24:35.00
532	373/718	3184	Shane Behrendsen	M	36	Clarion	IA	Mixed	BFF's 1 Day Of The Year	8:11	00:24:36.00
533	374/718	5414	Jeremy Rupprecht	M	41	Cortland	NE	Armed Forces Division	Stay Frosty	8:11	00:24:36.00
534	160/1290	4826	Shannon Heintz	F	37	Solon	IA	Women	Running Like A Mother	8:11	00:24:36.00
535	375/718	2593	Joshua Jorgensen	M	40	Adel	IA	Open	Team McNurlen	8:12	00:24:37.00
536	161/1290	4124	Mary Wood	F	23	Des Moines	IA	Mixed	The Knights Who Say Knee	8:12	00:24:37.00
537	162/1290	2807	Kim Koch	F	43	Nevada	IA	Open	Yo Mama	8:12	00:24:37.00
538	163/1290	4816	Robyn Paulsen	F	41	Belmond	IA	Women	Runaway Chix	8:12	00:24:38.00
539	376/718	5183	Pete Sandler	M	64	West Des Moines	IA	Masters	East Village People	8:13	00:24:39.00
540	164/1290	3222	Cathy Sabelka	F	42	Spillville	IA	Mixed	Bossy	8:13	00:24:39.00

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## Overall Results

3 Mile

Place	Gender Pic/Total	No.	Name	S	Age	City	St.	Team Category	Team name	Pace	Time
541	165/1290	3342	Sue Overgaard	F	32	Winona	MN	Mixed	DINNER TIME	8:13	00:24:40.00
542	377/718	2393	Justin Hohn	M	38	West Des Moines	IA	Open	MM EZ Market Warriors	8:13	00:24:40.00
543	166/1290	2467	Elizabeth Sweers	F	31	Clive	IA	Open	Road Warriors	8:13	00:24:40.00
544	378/718	2956	Aaron Maue	M	44	Walker	IA	Corporate	Not So Fast	8:14	00:24:42.00
545	379/718	2322	Andy Campbell	M	34	Waukee	IA	Open	Legs for Days	8:14	00:24:42.00
546	167/1290	4884	Lindsay Conner	F	41	Grinnell	IA	Women	Soles on Fire	8:14	00:24:42.00
547	168/1290	2496	Kathryn Loew	F	30	Storm Lake	IA	Open	Runderpants	8:14	00:24:42.00
548	169/1290	2752	Carroll Nelson	F	40	Polk City	IA	Open	We Are Not Going to Win Volume 2	8:14	00:24:43.00
549	170/1290	4504	Kasi Hatfield	F	36	Earlham	IA	Women	Girls on the Run	8:14	00:24:43.00
550	380/718	2824	Ryan Hudnut	M	37	Grinnell	IA	Corporate	ASI/ImageFirst Running Team	8:14	00:24:43.00
551	171/1290	3274	Amy Powers	F	42	West Des Moines	IA	Mixed	Chasing Amy	8:14	00:24:43.00
552	172/1290	5393	Vanessaæs Miller	F	35	Urbandale	IA	Academic Division	Speed Doctors of Drake	8:14	00:24:43.00
553	173/1290	5375	Molly Loesche	F	35	Omaha	NE	Academic Division	Bluth Company	8:14	00:24:44.00
554	174/1290	3502	Whitney Dupree	F	40	Marion	IA	Mixed	Homestar Runners	8:15	00:24:45.00
555	381/718	2592	Justin Sample	M	46	Huxley	IA	Open	Team McNurlen	8:15	00:24:45.00
556	175/1290	2071	Jodie Carlson	F	35	Marion	IA	Open	All That Remains Is Love	8:15	00:24:45.00
557	176/1290	4854	Jessica Bauer	F	43	Omaha	NE	Women	Sisterhood of the Running Pants	8:15	00:24:45.00
558	382/718	5438	Curtis Mulcahy	M	48	Bellevue	NE	Armed Forces Division	VETERANS@VMWARE	8:15	00:24:45.00
559	177/1290	2986	Amy Sandhurst	F	30	Urbandale	IA	Corporate	Snacks & Naps	8:15	00:24:45.00
560	383/718	4162	Eric Anderson	M	36	Des Moines	IA	Mixed	The VanTrapped Family Runners	8:15	00:24:46.00
561	384/718	3754	Steven Howser	M	39	Lincoln	NE	Mixed	Pardon My Fartlek	8:15	00:24:46.00
562	385/718	3305	Cody Finer	M	26	Ames	IA	Mixed	CYCOS	8:15	00:24:46.00
563	178/1290	4427	Lourdes Reaves	F	41	Beresford	SD	Women	Beresford Road Warriors	8:15	00:24:46.00
564	386/718	2332	Shaun O'Neill	M	29	Fort Dodge	IA	Open	Let's TACO Bout Running	8:15	00:24:47.00
565	387/718	3647	Kyle Coghlan	M	26	Des Moines	IA	Mixed	Michael Scott's Dunder Mifflin SMPM	8:16	00:24:48.00
566	179/1290	5352	Sheila Maddock	F	64	Johnston	IA	Women Masters	Run Like Hell	8:16	00:24:49.00
567	180/1290	5356	Kristy Cain	F	60	Urbandale	IA	Women Masters	Run Like Hell	8:16	00:24:49.00
568	388/718	3368	Ben Scheevel	M	29	Fairmont	MN	Mixed	Dr. Schultz's Minions	8:16	00:24:49.00
569	181/1290	4506	Courtney Silliman	F	32	Winterset	IA	Women	Girls on the Run	8:16	00:24:50.00
570	389/718	5184	Brendan Comito	M	53	Des Moines	IA	Masters	East Village People	8:16	00:24:50.00
571	182/1290	3874	Libby Nelson	F	42	Perry	IA	Mixed	Running on Empty	8:17	00:24:51.00
572	183/1290	2782	Jody Johnson	F	38	Grand Island	NE	Open	WTF: Where's The Finish	8:17	00:24:51.00
573	390/718	2361	Dave Biedenbach	M	51	Ames	IA	Open	Loonies Running Club	8:17	00:24:51.00
574	184/1290	4294	Danielle Weber	F	38	Jefferson	IA	Mixed	We've Got the Runs	8:17	00:24:51.00
575	185/1290	3695	Josie Lemke	F	41	Nevada	IA	Mixed	No Lug Nuts No Problem	8:17	00:24:51.00
576	186/1290	2166	Sarah Neubert	F	39	Omaha	NE	Open	Death Taxes Running	8:17	00:24:51.00



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3 Mile

Place	Gender Pic/Total	No.	Name	S	Age	City	St.	Team Category	Team name	Pace	Time
577	391/718	2242	Brett Roberts	M	38	Shenandoah	IA	Open	Hit The Ground Stumblin	8:17	00:24:51.00
578	392/718	4321	Michael Reiter	M	41	Cortland	NE	Mixed	Worst Pace Scenario	8:17	00:24:52.00
579	187/1290	3221	Emily Boss	F	34	New Hampton	IA	Mixed	Bossy	8:17	00:24:53.00
580	393/718	2621	Tom Reece	M	48	Des Moines	IA	Open	Team Tanglefoot	8:17	00:24:53.00
581	188/1290	3547	Ruth Regehr	F	54	Clarinda	IA	Mixed	Insanity Made Us Do It	8:17	00:24:53.00
582	189/1290	5407	Clare Long	F	33	Woodward	IA	Armed Forces Division	132d Wing	8:17	00:24:53.00
583	190/1290	4152	Tara O'Leary	F	31	Muscatine	IA	Mixed	The Strong WILLed	8:18	00:24:54.00
584	394/718	2407	Steve Leonard	M	44	Ottumwa	IA	Open	Not a Clue	8:18	00:24:54.00
585	395/718	2692	Andrew Potter	M	38	Papillion	NE	Open	The Nurhaci's	8:18	00:24:55.00
586	191/1290	3881	Traci Hiemstra	F	35	Sioux Center	IA	Mixed	Running with my Homies	8:18	00:24:55.00
587	192/1290	2908	Beth Fye	F	37	Polk City	IA	Corporate	FBL's Fabulous Flyers	8:18	00:24:55.00
588	396/718	2596	Nathan Fritz	M	22	Sigourney	IA	Open	Team McNurlen	8:18	00:24:55.00
589	397/718	2362	Andrew Zalasky	M	47	Ames	IA	Open	Loonies Running Club	8:18	00:24:56.00
590	193/1290	3521	Kylie Spies	F	36	Des Moines	IA	Mixed	I Can't Feel My Legs When I'm With You	8:18	00:24:57.00
591	194/1290	2264	Paula Ervolino	F	42	Peosta	IA	Open	I thought I was Driving the Van	8:18	00:24:57.00
592	195/1290	4844	Missy Buntrock	F	41	Red Oak	IA	Women	SCRAMBLED LEGGS	8:19	00:24:58.00
593	196/1290	3103	Megan Burke	F	41	Indianola	IA	Mixed	aMaizing Runners #we'recorny	8:19	00:24:58.00
594	197/1290	2944	Nika Zuerlein	F	28	Omaha	NE	Corporate	LinkedIn	8:19	00:24:58.00
595	198/1290	5055	Krystal Schoen-Helvey	F	34	Des Moines	IA	Women	WCS Chicks With A Kick	8:19	00:24:58.00
596	199/1290	5026	Julie Arnold	F	39	Earlville	IA	Open	Thelma & Louise's Crazy Train	8:19	00:24:58.00
597	398/718	5396	Thomas Rosburg	M	65	Colo	IA	Academic Division	Speed Doctors of Drake	8:19	00:24:58.00
598	200/1290	2954	Nicole Hubbell	F	45	Cedar Rapids	IA	Corporate	Not So Fast	8:19	00:24:59.00
599	201/1290	5354	Ellen Middleswart	F	54	Urbandale	IA	Women Masters	Run Like Hell	8:19	00:24:59.00
600	202/1290	2772	Crystal Hoffman	F	38	West Des Moines	IA	Open	Wheaties Box Rejects	8:20	00:25:00.00
601	203/1290	2363	Erin Biedenbach	F	49	Ames	IA	Open	Loonies Running Club	8:20	00:25:00.00
602	204/1290	5422	Kathryn Sharp	F	22	Centerville	IA	Armed Forces Division	Team Krankenwagen	8:20	00:25:00.00
603	205/1290	5463	Melanie Lukowych	F	38	Fort Dodge	IA	Religious	We Will Run	8:20	00:25:01.00
604	206/1290	4855	Melita Reineke	F	45	Omaha	NE	Women	Sisterhood of the Running Pants	8:20	00:25:01.00
605	207/1290	4426	Stephanie Voss	F	39	Beresford	SD	Women	Beresford Road Warriors	8:20	00:25:02.00
606	399/718	3353	Shayne Krull	M	32	Omaha	NE	Mixed	DNR (Drinkers Not Runners)	8:20	00:25:02.00
607	400/718	3201	Grant Waltz	M	39	West Des Moines	IA	Mixed	Blue Footed Boobies	8:21	00:25:03.00
608	208/1290	3681	Angela Mensen	F	40	Earlville	IA	Mixed	No Judgement	8:21	00:25:04.00
609	209/1290	4454	Julie Sillanpaa	F	34	Bondurant	IA	Women	BrickHouse Babes	8:21	00:25:04.00
610	210/1290	4526	Joy Parker	F	40	Brandon	SD	Women	Girls: We Run This Mother!	8:21	00:25:04.00
611	211/1290	3864	Rachel Welling	F	26	Ames	IA	Mixed	Runder the Sea	8:21	00:25:04.00
612	212/1290	5237	Nikki Thies	F	43	West Des Moines	IA	Mixed Masters	Respect Your Elders	8:21	00:25:05.00

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## Overall Results

3 Mile

Place	Gender Pic/Total	No.	Name	S	Age	City	St.	Team Category	Team name	Pace	Time
613	213/1290	5002	Rachel Burd	F	43	Chariton	IA	Women	The Magnificent Seven	8:21	00:25:05.00
614	214/1290	3985	Tammy Gentry	F	47	Des Moines	IA	Mixed	Speedy Trial	8:21	00:25:05.00
615	401/718	2461	Asween Mallick	M	41	West Des Moines	IA	Open	Road Warriors	8:22	00:25:06.00
616	402/718	2614	Mark elyea	M	57	Greenwood	NE	Open	Team rails on trails	8:22	00:25:06.00
617	403/718	4135	Andrew Barkley	M	39	Des Moines	IA	Mixed	The Pace Is Right	8:22	00:25:06.00
618	404/718	2922	Mark Nevenhoven	M	53	West Des Moines	IA	Corporate	INVISION	8:22	00:25:07.00
619	215/1290	5343	Brie Roth	F	41	North Liberty	IA	Women Masters	Pumped up Kicks	8:22	00:25:07.00
620	405/718	3114	Matthew Hudson	M	40	Gretna	NE	Mixed	Average Joes	8:22	00:25:08.00
621	216/1290	2211	Brenda Bush-Hanson	F	42	Sioux City	IA	Open	Formula Run	8:22	00:25:08.00
622	217/1290	5394	Meredith Hord	F	35	Grinnell	IA	Academic Division	Speed Doctors of Drake	8:22	00:25:08.00
623	406/718	3251	Ryan Lowry	M	40	Lincoln	NE	Mixed	Chafing Dreams	8:23	00:25:09.00
624	407/718	4346	Scott Duescher	M	38	Waukee	IA	Mixed	Your Pace or Mine?	8:23	00:25:09.00
625	218/1290	4871	Sarah Seney	F	39	Grinnell	IA	Women	Sole Sisters	8:23	00:25:11.00
626	408/718	3565	Jason Haglund	M	46	Story City	IA	Mixed	Irish We Were Finished	8:23	00:25:11.00
627	409/718	5222	Matt Fiala	M	44	Andover	MN	Mixed Masters	Gypsies Tramps & Thieves	8:24	00:25:12.00
628	219/1290	4234	Stephanie devault	F	44	Minburn	IA	Mixed	Ummmm	8:24	00:25:12.00
629	410/718	2623	Duane Spence	M	38	Lacona	IA	Open	Team Tanglefoot	8:24	00:25:12.00
630	411/718	4113	Sam Robinson	M	34	Bondurant	IA	Mixed	The Joggernauts	8:24	00:25:13.00
631	220/1290	4873	Jamie Edelen	F	36	Grinnell	IA	Women	Sole Sisters	8:24	00:25:14.00
632	221/1290	4655	Megan Joines	F	40	Sutherland	IA	Women	Not Fast Just Furious	8:24	00:25:14.00
633	222/1290	3385	Azra Beganovic	F	29	Des Moines	IA	Mixed	Embrace the Suck	8:24	00:25:14.00
634	223/1290	5287	Denise Teahon	F	58	Lincoln	NE	Women Masters	AWOL	8:24	00:25:14.00
635	224/1290	4173	Lauren Maze	F	28	Des Moines	IA	Mixed	Therabandits	8:25	00:25:15.00
636	412/718	4244	Jacob CATRON	M	32	Clive	IA	Mixed	Undertrained and Overconfident	8:25	00:25:15.00
637	225/1290	3185	Jodi Johnson	F	36	Holstein	IA	Mixed	BFF's 1 Day Of The Year	8:25	00:25:15.00
638	413/718	2873	Michael Holdren	M	37	Johnston	IA	Corporate	Eide Bailly	8:25	00:25:16.00
639	226/1290	4856	Jenny Pruitt	F	31	Omaha	NE	Women	Sisterhood of the Running Pants	8:25	00:25:16.00
640	227/1290	4423	Mikala Larsen	F	36	Beresford	SD	Women	Beresford Road Warriors	8:25	00:25:17.00
641	228/1290	4743	Bethany Rewerts	F	32	Waverly	IA	Women	Rise and Shine	8:25	00:25:17.00
642	229/1290	2036	Linda Vinchattle	F	38	Ankeny	IA	Open	#whydowedothis?	8:25	00:25:17.00
643	230/1290	2777	Courtney Schooley	F	30	Cumming	IA	Open	Wheaties Box Rejects	8:25	00:25:17.00
644	414/718	2404	Gregg Baker	M	36	Fairfield	IA	Open	Not a Clue	8:25	00:25:17.00
645	415/718	3366	Ian Bents	M	39	Fairmont	MN	Mixed	Dr. Schultz's Minions	8:25	00:25:17.00
646	416/718	4345	Sean Lair	M	39	Des Moines	IA	Mixed	Your Pace or Mine?	8:25	00:25:18.00
647	231/1290	3211	Kara Carlson	F	36	Indianapolis	IN	Mixed	Born to Shuffle	8:26	00:25:19.00
648	232/1290	5051	Ashley kittle	F	36	Waverly	IA	Women	WCS Chicks With A Kick	8:26	00:25:19.00

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## Overall Results

3 Mile

Place	Gender Pic/Total	No.	Name	S	Age	City	St.	Team Category	Team name	Pace	Time
649	417/718	4057	Anthony Davis	M	35	Adel	IA	Mixed	Team Llamacorn	8:26	00:25:19.00
650	418/718	3335	Randy Heckert	M	41	Norwalk	IA	Mixed	Dilly Dilly	8:26	00:25:19.00
651	233/1290	3332	Dani Kruthoff	F	37	Indianola	IA	Mixed	Dilly Dilly	8:26	00:25:20.00
652	419/718	4154	Mark Richmond	M	40	Hiawatha	IA	Mixed	The Strong WILLed	8:26	00:25:20.00
653	234/1290	4924	Melanie Sewell	F	45	Mason City	IA	Women	Team Awesome Sauce	8:26	00:25:20.00
654	420/718	3991	Derek Klein	M	29	Waukee	IA	Mixed	Still Looking For The Shortcut	8:27	00:25:21.00
655	235/1290	2523	Paula Renner	F	38	Omaha	NE	Open	Running Sucks	8:27	00:25:21.00
656	236/1290	4673	Larissa Van Dyke	F	37	Orange City	IA	Women	Not so hard-core mamas	8:27	00:25:22.00
657	237/1290	4974	Amber Thompson	F	38	Sigourney	IA	Women	The Beeliners	8:27	00:25:23.00
658	238/1290	5005	Tisha Pruiett	F	45	Corydon	IA	Women	The Magnificent Seven	8:28	00:25:24.00
659	239/1290	5282	Joeth Zucco	F	53	Lincoln	NE	Women Masters	AWOL	8:28	00:25:25.00
660	240/1290	4214	Debra Stewart	F	57	West Des Moines	IA	Mixed	Top Run	8:28	00:25:25.00
661	421/718	4024	Chris Jessee	M	41	Bondurant	IA	Mixed	Tanglefeet	8:28	00:25:25.00
662	422/718	4034	Ryan Moe	M	34	Coon Rapids	MN	Mixed	TB	8:28	00:25:25.00
663	241/1290	5031	Kara Gruber	F	37	Solon	IA	Women	Tough Mother Runners	8:28	00:25:26.00
664	423/718	3213	Bill Raftery	M	65	Davenport	IA	Mixed	Born to Shuffle	8:28	00:25:26.00
665	242/1290	4184	Katie Kingsley	F	30	Aurora	NE	Mixed	These Little Piggies...	8:29	00:25:27.00
666	424/718	2302	Mark Holmberg	M	33	Omaha	NE	Open	Kevin Bacon Cheeseburger	8:29	00:25:28.00
667	425/718	2368	Steven Brockshus	M	27	Grimes	IA	Open	Loonies Running Club	8:29	00:25:28.00
668	243/1290	3892	Sarah Dungey	F	39	New Hampton	IA	Mixed	Runs In The Family	8:29	00:25:29.00
669	244/1290	4852	Diane Katzdorn	F	45	Omaha	NE	Women	Sisterhood of the Running Pants	8:29	00:25:29.00
670	245/1290	4172	Heidi Sharp	F	28	Ankeny	IA	Mixed	Therabandits	8:30	00:25:30.00
671	426/718	5202	Scott McFetridge	M	56	Des Moines	IA	Masters	Running with the Animals	8:30	00:25:30.00
672	427/718	4002	Delbert Bermel	M	53	Omaha	NE	Mixed	Straight Outta Breath	8:30	00:25:30.00
673	428/718	3436	Sxott Rosenbaugh	M	37	Lincoln	NE	Mixed	Flock of Flamingos	8:30	00:25:30.00
674	429/718	2456	Caleb Flickinger	M	31	Altoona	IA	Open	Road Runners	8:30	00:25:30.00
675	430/718	3593	Aaron Frasier	M	38	Des Moines	IA	Mixed	Just Keep Running Just Keep Running	8:30	00:25:30.00
676	246/1290	3596	Rachael Baethke	F	34	Windsor Heights	IA	Mixed	Just Keep Running Just Keep Running	8:30	00:25:30.00
677	431/718	3348	Nick Mabe	M	39	Minneapolis	MN	Mixed	DINNER TIME	8:30	00:25:30.00
678	247/1290	4116	Alycia Hughes	F	37	Hastings	NE	Mixed	The Joggnernauts	8:30	00:25:30.00
679	248/1290	4986	Jaimie Kruger	F	40	Omaha	NE	Women	The Blistered Sisters Go To Iowa!	8:30	00:25:31.00
680	432/718	5402	Jonathan Shepherd	M	36	Urbandale	IA	Armed Forces Division	132d Wing	8:31	00:25:33.00
681	249/1290	3471	Kylie Wunschel	F	30	Clive	IA	Mixed	Got the Case of the Runs	8:31	00:25:33.00
682	250/1290	4656	Sheila Weaver	F	51	Sutherland	IA	Women	Not Fast Just Furious	8:31	00:25:33.00
683	433/718	3674	Doug Barlow	M	57	Weeping Water	NE	Mixed	NeBEERska	8:31	00:25:33.00
684	434/718	2331	Robb winters	M	49	Fort Dodge	IA	Open	Let's TACO Bout Running	8:31	00:25:34.00

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## Overall Results

3 Mile

Place	Gender Pic/Total	No.	Name	S	Age	City	St.	Team Category	Team name	Pace	Time
685	435/718	2567	Lewis Opheim	M	41	Oskaloosa	IA	Open	Stuck Between a Walk and a Hard Pace	8:31	00:25:34.00
686	251/1290	3295	Debbie Hunt	F	46	Ankeny	IA	Mixed	Cold Turkey Cuss Bus	8:31	00:25:35.00
687	436/718	4065	Dustin Klein	M	31	Des Moines	IA	Mixed	Team Pacman	8:31	00:25:35.00
688	437/718	2066	Greg Gehrke	M	48	Altoona	IA	Open	Agony of Defeet	8:31	00:25:35.00
689	438/718	3276	Dan Powers	M	40	West Des Moines	IA	Mixed	Chasing Amy	8:31	00:25:35.00
690	252/1290	3911	Gina Gear	F	39	Urbandale	IA	Mixed	S&W Fender Benders	8:32	00:25:36.00
691	253/1290	4171	Katie Solon	F	26	Des Moines	IA	Mixed	Therabandits	8:32	00:25:36.00
692	254/1290	2522	Erin Vaughn	F	39	Omaha	NE	Open	Running Sucks	8:32	00:25:36.00
693	439/718	2274	Chuck Barthelme	M	41	Chicago	IL	Open	Ice Baggers 4 Life	8:32	00:25:36.00
694	255/1290	3885	Kelly Franken	F	44	Sioux Center	IA	Mixed	Running with my Homies	8:32	00:25:36.00
695	256/1290	2123	Erika Kim	F	41	Columbus	NE	Open	Between Walk and a Hard Pace	8:32	00:25:37.00
696	257/1290	4675	Cindy Van Regenmorter	F	40	Sioux Center	IA	Women	Not so hard-core mamas	8:32	00:25:39.00
697	258/1290	3756	Erin Pinneo	F	34	York	NE	Mixed	Pardon My Fartlek	8:33	00:25:41.00
698	259/1290	4252	Jeanne bouwens	F	53	Lincoln	NE	Mixed	Vinnie and the Jets	8:33	00:25:41.00
699	440/718	2615	Keith Knoop	M	33	Lincoln	NE	Open	Team rails on trails	8:33	00:25:41.00
700	260/1290	3763	Amy Kay	F	40	Davenport	IA	Mixed	Party Patrol	8:33	00:25:41.00
701	261/1290	4491	Kelley Grothus	F	37	Madrid	IA	Women	Easier Said Than Run	8:34	00:25:42.00
702	441/718	4055	Douglas Karkow	M	34	Mount Vernon	IA	Mixed	Team Llamacorn	8:34	00:25:42.00
703	442/718	2142	David Light	M	33	Johnston	IA	Open	Commodity 2 Commodity	8:34	00:25:42.00
704	262/1290	4654	Karen Brassler	F	54	Paullina	IA	Women	Not Fast Just Furious	8:34	00:25:42.00
705	263/1290	3383	Amra Beganovic	F	29	Des Moines	IA	Mixed	Embrace the Suck	8:34	00:25:42.00
706	443/718	5437	Allen Parsons	M	58	Springfield	NE	Armed Forces Division	VETERANS@VMWARE	8:34	00:25:42.00
707	264/1290	4732	Lisa Walter	F	41	Council Bluffs	IA	Women	Real Housewives of CB	8:34	00:25:42.00
708	444/718	2214	Nick Sibenaller	M	32	Minneapolis	MN	Open	Formula Run	8:34	00:25:42.00
709	445/718	4121	Brice Middleton	M	49	Lincoln	NE	Mixed	The Knights Who Say Knee	8:34	00:25:43.00
710	446/718	2691	Joseph Garry	M	33	Omaha	NE	Open	The Nurhaci's	8:34	00:25:43.00
711	265/1290	3024	Felesha Petersen	F	28	Walnut	IA	Corporate	WesleyLife Wellness Team	8:34	00:25:43.00
712	266/1290	3582	Cheyenne Steward	F	36	Ames	IA	Mixed	Joe's Hoes	8:35	00:25:45.00
713	267/1290	4484	Tatiana Long	F	31	Holdrege	NE	Women	Deuces Wild	8:35	00:25:45.00
714	447/718	2394	Eric Daniel	M	37	West Des Moines	IA	Open	MM EZ Market Warriors	8:35	00:25:45.00
715	448/718	3652	Nathan Johnston	M	39	Urbandale	IA	Mixed	Misbehavin!!	8:35	00:25:46.00
716	268/1290	4885	Victoria Osera	F	35	Grinnell	IA	Women	Soles on Fire	8:35	00:25:46.00
717	449/718	4114	David Hughes	M	41	Hastings	NE	Mixed	The Joggeronauts	8:35	00:25:47.00
718	450/718	4246	Nathan Paul	M	37	Waukee	IA	Mixed	Undertrained and Overconfident	8:36	00:25:48.00
719	269/1290	4831	Hannah Van Dyke	F	25	Edgerton	MN	Women	S.W.A.T.T	8:36	00:25:49.00
720	270/1290	3895	Anna Eklund	F	33	Slater	IA	Mixed	Runs In The Family	8:36	00:25:49.00

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## Overall Results

3 Mile

Place	Gender Pic/Total	No.	Name	S	Age	City	St.	Team Category	Team name	Pace	Time
721	271/1290	4991	Amy Thome	F	42	Kearney	NE	Women	The Dream Chafers	8:36	00:25:50.00
722	272/1290	3912	Bridget Larson	F	36	Urbandale	IA	Mixed	S&W Fender Benders	8:36	00:25:50.00
723	273/1290	3242	Jessica Cole	F	39	Ankeny	IA	Mixed	Chafe Now Brag Later	8:36	00:25:50.00
724	274/1290	5413	Patti Lee-Smith	F	44	David City	NE	Armed Forces Division	Stay Frosty	8:36	00:25:50.00
725	275/1290	5111	Kyrie Murray	F	30	Altoona	IA	Women	Whats Our Name?	8:36	00:25:50.00
726	451/718	5436	Patrick ABELL	M	43	Bellevue	NE	Armed Forces Division	VETERANS@VMWARE	8:36	00:25:50.00
727	276/1290	5473	Kara Merchant	F	42	Lincoln	NE	Corporate	Potential Issues	8:36	00:25:50.00
728	277/1290	4621	Missy Rodman	F	33	Neola	IA	Women	Midwest Mamas	8:37	00:25:51.00
729	278/1290	3771	Amy Dales	F	41	Papillion	NE	Women	Perfect Strangers	8:37	00:25:52.00
730	279/1290	5336	Emily Cataldi	F	42	Windsor Heights	IA	Women Masters	Oh Van Where Art Thou?	8:37	00:25:52.00
731	452/718	4093	Horacio Olivo	M	58	Iowa City	IA	Mixed	Team Wrinkles	8:37	00:25:52.00
732	280/1290	2804	Leah Geerdes	F	14	Nevada	IA	Open	Yo Mama	8:37	00:25:52.00
733	281/1290	2805	Lynze Geerdes	F	14	Nevada	IA	Open	Yo Mama	8:37	00:25:52.00
734	282/1290	2806	Bridget Cahill	F	15	Nevada	IA	Open	Yo Mama	8:37	00:25:52.00
735	283/1290	5116	Lisa Butler	F	35	Bondurant	IA	Women	Whats Our Name?	8:37	00:25:53.00
736	284/1290	5433	Andrea Parsons	F	31	Jblm	WA	Armed Forces Division	VETERANS@VMWARE	8:38	00:25:54.00
737	453/718	2964	Robert Mallinger	M	42	Jefferson	IA	Corporate	Renewable Energy	8:38	00:25:55.00
738	285/1290	4721	Chelsea Cooper	F	25	West Des Moines	IA	Women	Pretty Girl Rock	8:38	00:25:56.00
739	286/1290	4824	Rachel Scheve	F	40	Waukee	IA	Women	Running Like A Mother	8:38	00:25:56.00
740	287/1290	3153	Emily Albin	F	27	Elkhorn	NE	Mixed	berts rabbits	8:39	00:25:57.00
741	288/1290	3183	Abby Buschkoetter	F	32	Hastings	NE	Mixed	BFF's 1 Day Of The Year	8:39	00:25:57.00
742	454/718	5461	Josh Carmody	M	37	Fort Dodge	IA	Religious	We Will Run	8:39	00:25:58.00
743	289/1290	5025	Megan Redmond	F	30	Cedar Falls	IA	Open	Thelma & Louise's Crazy Train	8:39	00:25:59.00
744	290/1290	4521	Carrie Vanschoiack	F	40	Homer	NE	Women	Girls: We Run This Mother!	8:39	00:26:00.00
745	455/718	2241	Trevor McGinnis	M	40	Johnston	IA	Open	Hit The Ground Stumblin	8:39	00:26:00.00
746	291/1290	4374	Rebecca Distad	F	31	Cedar Rapids	IA	Women	#TeamRunsWithBlankets	8:39	00:26:00.00
747	292/1290	5364	Angela Harnly	F	45	Gretna	NE	Women Masters	The Streakers	8:39	00:26:00.00
748	293/1290	4862	Kristin Morgan	F	36	Stuart	IA	Women	Small Town Girls	8:39	00:26:00.00
749	294/1290	4652	Tonya Oolman	F	46	Sutherland	IA	Women	Not Fast Just Furious	8:39	00:26:00.00
750	295/1290	3774	Joy Carter	F	48	Pleasant Hill	IA	Mixed	Perfect Strangers	8:39	00:26:00.00
751	296/1290	3104	Hiliary Burns	F	37	Ames	IA	Mixed	aMaizing Runners #we'recomy	8:40	00:26:01.00
752	456/718	4293	Chris Nelson	M	36	Jefferson	IA	Mixed	We've Got the Runs	8:40	00:26:01.00
753	297/1290	4417	Elizabeth Broadus	F	39	Ankeny	IA	Women	Beast Mode Beauties	8:40	00:26:01.00
754	298/1290	4691	Megan Komp	F	31	Olathe	KS	Women	Pavement Princesses	8:40	00:26:02.00
755	457/718	4157	Gerry Roark	M	32	Davenport	IA	Mixed	The Strong WILLed	8:40	00:26:02.00
756	299/1290	3371	Ashlie Nielsen	F	39	Elkhorn	NE	Mixed	Drop the Deuce	8:41	00:26:03.00

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## Overall Results

3 Mile

Place	Gender Pic/Total	No.	Name	S	Age	City	St.	Team Category	Team name	Pace	Time
757	458/718	3482	Rob Lindquist	M	36	Council Bluffs	IA	Mixed	Grandma's Babysitting	8:41	00:26:03.00
758	459/718	3752	Warren Holt	M	48	Lincoln	NE	Mixed	Pardon My Fartlek	8:41	00:26:04.00
759	300/1290	3055	Emily Schmitz	F	27	Omaha	NE	Mixed	#ThursdaysAtSix	8:41	00:26:04.00
760	301/1290	3154	Deborah Lamml	F	66	Norfolk	NE	Mixed	berts rabbits	8:41	00:26:04.00
761	460/718	2736	Scott Hansen	M	42	Charles City	IA	Open	Tough Brudders	8:41	00:26:04.00
762	461/718	2068	Kyle Brown	M	41	Carlisle	IA	Open	Agony of Defeet	8:41	00:26:04.00
763	302/1290	5021	Kelly Ruegnitz	F	40	Elkader	IA	Open	Thelma & Louise's Crazy Train	8:42	00:26:06.00
764	462/718	5376	Chris Richardson	M	41	Omaha	NE	Academic Division	Bluth Company	8:42	00:26:06.00
765	303/1290	4453	Kelly Murley	F	41	Bondurant	IA	Women	BrickHouse Babes	8:42	00:26:07.00
766	463/718	2961	Michael Wilson	M	51	Ames	IA	Corporate	Renewable Energy	8:42	00:26:08.00
767	304/1290	4861	Sue Bump	F	34	Panora	IA	Women	Small Town Girls	8:42	00:26:08.00
768	464/718	2215	Nick McBride	M	28	Sioux City	IA	Open	Formula Run	8:42	00:26:08.00
769	305/1290	5345	Mindy Lamb	F	44	North Liberty	IA	Women Masters	Pumped up Kicks	8:43	00:26:09.00
770	465/718	2715	Darko Lokmic	M	46	Johnston	IA	Open	Thumbs and Friends	8:43	00:26:09.00
771	306/1290	2294	Jody Stutzman	F	35	Hastings	NE	Open	JJ's Custom Fitness	8:43	00:26:10.00
772	307/1290	4834	Haylee Spronk	F	32	Edgerton	MN	Women	S.W.A.T.T	8:43	00:26:10.00
773	466/718	2433	Clark De Vries	M	34	Sioux Center	IA	Open	Powered by Hamms	8:43	00:26:11.00
774	308/1290	4977	Anna Clark	F	37	Sigourney	IA	Women	The Beeliners	8:43	00:26:11.00
775	309/1290	2634	Shelly Pieper	F	55	Wever	IA	Open	Tequila Chasers	8:43	00:26:11.00
776	467/718	4021	Hans Sickles	M	35	Urbandale	IA	Mixed	Tanglefeet	8:44	00:26:12.00
777	310/1290	4483	Bethanne Kuck	F	43	Loomis	NE	Women	Deuces Wild	8:44	00:26:12.00
778	468/718	2273	Tanee Nimsakont	M	42	Ashland	NE	Open	Ice Baggers 4 Life	8:44	00:26:12.00
779	311/1290	3744	Sandy Leiferman	F	49	Panora	IA	Mixed	Panorama Slamorama	8:44	00:26:12.00
780	312/1290	4424	Brenda Hansen	F	36	Beresford	SD	Women	Beresford Road Warriors	8:44	00:26:13.00
781	313/1290	4347	Jady Polson	F	22	Johnston	IA	Mixed	Your Pace or Mine?	8:44	00:26:13.00
782	314/1290	4853	Kelsie Buckley	F	30	Omaha	NE	Women	Sisterhood of the Running Pants	8:44	00:26:13.00
783	469/718	2116	Sean Minikis	M	39	Badger	IA	Open	Better at runnin a tab up	8:44	00:26:13.00
784	315/1290	3883	Jenny Winterfeld	F	36	Sioux Center	IA	Mixed	Running with my Homies	8:44	00:26:13.00
785	316/1290	2181	Kimberly Haines	F	61	Oskaloosa	IA	Open	Ditch Witches	8:45	00:26:15.00
786	470/718	5181	Patrick Molony	M	57	Des Moines	IA	Masters	East Village People	8:45	00:26:15.00
787	317/1290	4508	Chelsy Funaro	F	31	Adel	IA	Women	Girls on the Run	8:45	00:26:15.00
788	318/1290	4164	Katie Johnson	F	33	Ankeny	IA	Mixed	The VanTrapped Family Runners	8:45	00:26:15.00
789	319/1290	3376	Jennifer Warren	F	41	Elkhorn	NE	Mixed	Drop the Deuce	8:45	00:26:15.00
790	320/1290	5384	Amanda Magie	F	45	Ankeny	IA	Academic Division	DMACC Blue Past You	8:45	00:26:15.00
791	321/1290	3135	Dulce Escalona	F	32	Newell	IA	Mixed	Backdraft	8:45	00:26:15.00
792	322/1290	2951	Debby Hildebrand	F	58	Hiawatha	IA	Corporate	Not So Fast	8:45	00:26:17.00

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## Overall Results

3 Mile

Place	Gender Pic/Total	No.	Name	S	Age	City	St.	Team Category	Team name	Pace	Time
793	323/1290	2203	Elizabeth Price	F	38	Indianola	IA	Open	Finally gonna register so gotta have a team nar	8:45	00:26:17.00
794	471/718	3711	Jonny Getting	M	27	Waukee	IA	Mixed	Not Fast But Furious	8:45	00:26:17.00
795	324/1290	3712	Halli Getting	F	27	Waukee	IA	Mixed	Not Fast But Furious	8:45	00:26:17.00
796	325/1290	4694	Renae Huebner	F	37	Wever	IA	Women	Pavement Princesses	8:45	00:26:17.00
797	326/1290	4756	Jenny Stock	F	38	Lake View	IA	Women	Run Like the Winded	8:45	00:26:17.00
798	327/1290	4763	Lyndi Mcvey	F	35	Ankeny	IA	Women	Run Mama Run	8:45	00:26:17.00
799	472/718	3576	Christopher Coleman	M	43	Urbandale	IA	Mixed	Jen's Mouth is So Dirty They Have A Bulldozer	8:45	00:26:17.00
800	328/1290	2185	Heather Stevens	F	45	Oskaloosa	IA	Open	Ditch Witches	8:46	00:26:18.00
801	329/1290	3112	Madeline Brown	F	29	Omaha	NE	Mixed	Average Joes	8:46	00:26:20.00
802	330/1290	4275	Megan Algreen	F	25	West Des Moines	IA	Mixed	We got the RUNS	8:46	00:26:20.00
803	473/718	2414	Cameron Christiansen	M	13	Omaha	NE	Open	Over the Fence	8:47	00:26:21.00
804	331/1290	5341	Erin Thompson	F	40	North Liberty	IA	Women Masters	Pumped up Kicks	8:47	00:26:21.00
805	474/718	4204	Billy Ware	M	38	Clive	IA	Mixed	Tie Dyed Soles	8:47	00:26:21.00
806	332/1290	4245	Amy Leonard	F	34	Adel	IA	Mixed	Undertrained and Overconfident	8:47	00:26:21.00
807	333/1290	3186	Alyssa Sackett	F	35	Pierson	IA	Mixed	BFF's 1 Day Of The Year	8:47	00:26:21.00
808	475/718	3011	Rodney Graven	M	60	Jefferson	IA	Corporate	Team Keen	8:47	00:26:22.00
809	334/1290	5462	Alicia Carmody	F	37	Fort Dodge	IA	Religious	We Will Run	8:47	00:26:22.00
810	476/718	3296	Jake Lauzon	M	37	Panora	IA	Mixed	Cold Turkey Cuss Bus	8:47	00:26:22.00
811	335/1290	3522	Hanna Engel Brower	F	37	West Des Moines	IA	Mixed	I Can't Feel My Legs When I'm With You	8:47	00:26:23.00
812	477/718	2683	Kiran Poda	M	46	Lincoln	NE	Open	THE LINCOLN FORCE	8:48	00:26:24.00
813	478/718	4315	Todd Montgomery	M	51	Cedar Rapids	IA	Mixed	Whole Lotto Miles	8:48	00:26:24.00
814	479/718	3004	Brad Smerage	M	51	Des Moines	IA	Corporate	Team HJA	8:48	00:26:25.00
815	336/1290	4421	Amber Sorensen	F	36	Beresford	SD	Women	Beresford Road Warriors	8:48	00:26:26.00
816	337/1290	3364	Maria Oelke	F	37	Garner	IA	Mixed	Dr. Schultz's Minions	8:48	00:26:26.00
817	338/1290	4726	Kaitlin Killinger	F	25	Des Moines	IA	Women	Pretty Girl Rock	8:48	00:26:26.00
818	339/1290	5022	Jill Gogel	F	36	Worthington	IA	Open	Thelma & Louise's Crazy Train	8:49	00:26:27.00
819	340/1290	4524	Janey Case	F	40	Tea	SD	Women	Girls: We Run This Mother!	8:49	00:26:27.00
820	341/1290	3663	Stacy Evans	F	47	Indianola	IA	Mixed	Moms Miles & Mules	8:49	00:26:29.00
821	480/718	3523	Jeff Spies	M	40	Des Moines	IA	Mixed	I Can't Feel My Legs When I'm With You	8:49	00:26:29.00
822	342/1290	4598	Paige Moore	F	34	Ankeny	IA	Women	Keota	8:49	00:26:29.00
823	343/1290	5365	Angie Petersen	F	42	Gretna	NE	Women Masters	The Streakers	8:50	00:26:30.00
824	344/1290	4117	Lydia Zach	F	35	Hastings	NE	Mixed	The Joggnauts	8:50	00:26:30.00
825	345/1290	4672	Lori Walstra	F	36	Sioux Center	IA	Women	Not so hard-core mamas	8:50	00:26:31.00
826	346/1290	5342	Amy Dowden	F	44	North Liberty	IA	Women Masters	Pumped up Kicks	8:50	00:26:31.00
827	481/718	5264	Michael Myers	M	50	Burlington	IA	Mixed Masters	The Running Fartz	8:50	00:26:32.00
828	347/1290	3156	Sandy Yaggie	F	57	Yankton	SD	Mixed	berts rabbits	8:50	00:26:32.00

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## Overall Results

3 Mile

Place	Gender Pic/Total	No.	Name	S	Age	City	St.	Team Category	Team name	Pace	Time
829	482/718	3457	Matt Rowling	M	45	Ankeny	IA	Mixed	FSHNProfessors	8:50	00:26:32.00
830	483/718	5231	John Mears	M	44	Adel	IA	Mixed Masters	Respect Your Elders	8:51	00:26:33.00
831	484/718	2765	Joshua Metz	M	29	Newton	IA	Open	We'll Get There When We Get There	8:51	00:26:33.00
832	348/1290	3014	Abbey Johnson	F	22	Ankeny	IA	Corporate	Team Keen	8:51	00:26:33.00
833	349/1290	3871	Jill Hardy	F	39	Ames	IA	Mixed	Running on Empty	8:51	00:26:34.00
834	350/1290	4692	Erin Komp	F	36	Omaha	NE	Women	Pavement Princesses	8:51	00:26:34.00
835	485/718	3546	Adam Timmerman	M	16	Nodaway	IA	Mixed	Insanity Made Us Do It	8:51	00:26:35.00
836	351/1290	2844	Mallory Spear	F	25	West Des Moines	IA	Corporate	Corteva Agriscience	8:52	00:26:36.00
837	352/1290	4416	Amber Senn	F	31	Ankeny	IA	Women	Beast Mode Beauties	8:52	00:26:36.00
838	486/718	2996	Ryan Fox	M	41	Des Moines	IA	Corporate	Team Bond	8:52	00:26:36.00
839	353/1290	4545	Lauren Gant	F	36	Grinnell	IA	Women	Grinnell Girls Gone Running	8:52	00:26:37.00
840	487/718	3811	Reagan Elsbury	M	40	Ventura	IA	Mixed	Rum Runners	8:52	00:26:37.00
841	354/1290	2571	Alisha Fangmeyer	F	36	Hebron	NE	Open	SWATT	8:52	00:26:38.00
842	355/1290	2575	Penny Befort	F	39	Deshler	NE	Open	SWATT	8:52	00:26:38.00
843	356/1290	4653	Jennifer Lange	F	39	Paullina	IA	Women	Not Fast Just Furious	8:53	00:26:39.00
844	357/1290	5404	Jennifer Barrer	F	34	Mitchellville	IA	Armed Forces Division	132d Wing	8:53	00:26:39.00
845	358/1290	4892	Randi Pruitt	F	35	Urbandale	IA	Women	SSDGM	8:53	00:26:40.00
846	488/718	5431	Eric Rausch	M	33	Papillion	NE	Armed Forces Division	VETERANS@VMWARE	8:53	00:26:40.00
847	359/1290	3886	Heather Rozeboom	F	37	Hawarden	IA	Mixed	Running with my Homies	8:53	00:26:40.00
848	489/718	2442	Marc Johnson	M	45	Papillion	NE	Open	Right Meow	8:54	00:26:42.00
849	490/718	5415	James Rasmussen	M	31	Firth	NE	Armed Forces Division	Stay Frosty	8:54	00:26:42.00
850	360/1290	4707	Amy Dales	F	41	Papillion	NE	Women	Perfect Strangers	8:54	00:26:43.00
851	491/718	5223	Kirt Anderson	M	48	Coon Rapids	MN	Mixed Masters	Gypsies Tramps & Thieves	8:54	00:26:44.00
852	492/718	2275	Brett Huizenga	M	37	Elkhorn	NE	Open	Ice Baggers 4 Life	8:54	00:26:44.00
853	493/718	5418	Scott Wilke	M	49	Lincoln	NE	Armed Forces Division	Stay Frosty	8:54	00:26:44.00
854	361/1290	2031	Laura Werk	F	40	Fargo	ND	Open	#whydowedothis?	8:55	00:26:45.00
855	494/718	2793	Derrick Kresser	M	37	West Des Moines	IA	Open	Yes We Can	8:55	00:26:45.00
856	495/718	3955	Jon Graff	M	48	Mccook	NE	Mixed	Slow but we finish	8:55	00:26:45.00
857	362/1290	4215	Kayla Lunn	F	29	West Des Moines	IA	Mixed	Top Run	8:55	00:26:46.00
858	363/1290	5107	Nikki Rasmussen	F	32	Goldfield	IA	Women	WeEve Got The Runs	8:55	00:26:46.00
859	364/1290	4461	Jess Daniel	F	31	Lake City	IA	Women	Brisk & Bright	8:55	00:26:46.00
860	365/1290	4442	Phoebe Gearhart	F	32	Logan	IA	Women	Better at running up a tab	8:55	00:26:47.00
861	496/718	3703	Pat Jackson	M	54	Ames	IA	Mixed	No Time For Cardio	8:56	00:26:48.00
862	366/1290	3021	Abby Harlacher	F	37	Adel	IA	Corporate	WesleyLife Wellness Team	8:56	00:26:48.00
863	367/1290	4058	Julia Karkow	F	33	Mount Vernon	IA	Mixed	Team Llamacorn	8:56	00:26:48.00
864	368/1290	4926	Cally Peterson	F	41	Mason City	IA	Women	Team Awesome Sauce	8:56	00:26:48.00



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3 Mile

Place	Gender Pic/Total	No.	Name	S	Age	City	St.	Team Category	Team name	Pace	Time
865	497/718	2141	Chris Ruttencutter	M	35	Grimes	IA	Open	Commodity 2 Commodity	8:56	00:26:49.00
866	498/718	2903	Bryce Druvenga	M	32	West Des Moines	IA	Corporate	FBL's Fabulous Flyers	8:56	00:26:49.00
867	369/1290	3866	Kelly Hewitt	F	25	Ames	IA	Mixed	Runder the Sea	8:56	00:26:49.00
868	370/1290	4191	Brittany Harden	F	32	Green Castle	MO	Mixed	Thick Thighs Save Lives	8:56	00:26:50.00
869	371/1290	5081	Sara Crane	F	45	Orange City	IA	Women	Weekend Runaways	8:56	00:26:50.00
870	372/1290	4842	Sara Bridie	F	46	Grimes	IA	Women	SCRAMBLED LEGGS	8:56	00:26:50.00
871	373/1290	4512	Cassie Vogt	F	34	Elmwood	NE	Women	Girls Run Wild	8:56	00:26:50.00
872	499/718	3262	Shawn June	M	31	Ankeny	IA	Mixed	Chafing the Dream	8:56	00:26:50.00
873	374/1290	2663	Christi Seehase	F	44	Sumner	IA	Open	The Highly Educated	8:56	00:26:50.00
874	375/1290	4651	Jenny Johnson	F	45	Sutherland	IA	Women	Not Fast Just Furious	8:56	00:26:50.00
875	500/718	2681	Vidya Sagar Davuluri	M	45	Lincoln	NE	Open	THE LINCOLN FORCE	8:57	00:26:51.00
876	376/1290	4821	Robin Anderson	F	33	Eldridge	IA	Women	Running Like A Mother	8:57	00:26:51.00
877	377/1290	4538	Sarah Woodard	F	41	Ankeny	IA	Women	Golden Girls	8:57	00:26:51.00
878	378/1290	3455	Deb Mayer	F	51	Grover	MO	Mixed	FSHNProfessors	8:57	00:26:52.00
879	379/1290	5164	Paula Sears	F	48	Solon	IA	Masters	Ceement Shoes	8:57	00:26:52.00
880	380/1290	4063	Maranda Thompson	F	28	Omaha	NE	Mixed	Team Pacman	8:58	00:26:54.00
881	501/718	3697	Chris Sanford	M	43	Urbandale	IA	Mixed	No Lug Nuts No Problem	8:58	00:26:54.00
882	381/1290	3304	Kelly Hanfelt	F	41	Ankeny	IA	Mixed	CYCOS	8:58	00:26:55.00
883	382/1290	3893	Katie Champlin	F	37	Urbandale	IA	Mixed	Runs In The Family	8:58	00:26:55.00
884	502/718	3204	Josh Smouse	M	41	Coon Rapids	IA	Mixed	Blue Footed Boobies	8:58	00:26:55.00
885	383/1290	4291	Katie Nelson	F	30	Jefferson	IA	Mixed	We've Got the Runs	8:58	00:26:55.00
886	384/1290	4292	Mary Pedersen	F	33	Jefferson	IA	Mixed	We've Got the Runs	8:58	00:26:55.00
887	503/718	3882	Kyle Hiemstra	M	38	Sioux Center	IA	Mixed	Running with my Homies	8:58	00:26:55.00
888	504/718	3448	Charles Engelkes	M	38	Ames	IA	Mixed	Follow the Clues	8:58	00:26:55.00
889	505/718	2375	Brad Johnson	M	55	Polk City	IA	Open	Lu's Lads	8:58	00:26:56.00
890	385/1290	2881	Clarissa Ruiz	F	25	Des Moines	IA	Corporate	Elite 8	8:59	00:26:57.00
891	506/718	2931	Misty Bierwagen	M	31	Boone	IA	Corporate	Iowa D.O.T.	8:59	00:26:58.00
892	386/1290	4401	Sacha Wise	F	43	Des Moines	IA	Women	Babes on the Run	8:59	00:26:58.00
893	387/1290	5464	Jaye Kliever	F	36	Fort Dodge	IA	Religious	We Will Run	8:59	00:26:58.00
894	388/1290	4587	Megan Hejlik	F	35	Sheffield	IA	Women	I Thought They Said Rum	8:59	00:26:59.00
895	389/1290	3071	Kristi York	F	40	West Des Moines	IA	Mixed	A Strange Van Full of Strange People	9:00	00:27:00.00
896	390/1290	4893	Jessica McLeran	F	39	Urbandale	IA	Women	SSDGM	9:00	00:27:00.00
897	391/1290	5033	Stephanie Proud	F	39	North Liberty	IA	Women	Tough Mother Runners	9:00	00:27:00.00
898	392/1290	4201	Kim Philippon	F	35	Grimes	IA	Mixed	Tie Dyed Soles	9:00	00:27:00.00
899	393/1290	5125	Allison Blake	F	31	Sioux Falls	SD	Women	Winking Cats	9:00	00:27:00.00
900	507/718	2817	Joe Russell	M	35	Bondurant	IA	Open	You Make Me Feel Like 90s Country	9:00	00:27:00.00

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Place	Gender Pic/Total	No.	Name	S	Age	City	St.	Team Category	Team name	Pace	Time
901	508/718	4004	Taylor Bozarth	M	26	Omaha	NE	Mixed	Straight Outta Breath	9:00	00:27:00.00
902	509/718	3826	Luke Luxford	M	34	Lincoln	NE	Mixed	RUN CYT	9:00	00:27:00.00
903	510/718	4233	David Keene	M	38	Bondurant	IA	Mixed	Ummmm	9:00	00:27:01.00
904	394/1290	3563	Laurie Harman	F	43	Omaha	NE	Mixed	Irish We Were Finished	9:01	00:27:03.00
905	395/1290	3205	Morgan Miller	F	35	West Point	NE	Mixed	Blue Footed Boobies	9:01	00:27:03.00
906	511/718	2345	Scott Brown	M	41	Lincoln	NE	Open	Lincoln Logs	9:01	00:27:03.00
907	396/1290	3825	Madelyn McGowan	F	27	Lincoln	NE	Mixed	RUN CYT	9:01	00:27:03.00
908	397/1290	3002	Susan Sadewasser	F	29	Ankeny	IA	Corporate	Team HJA	9:01	00:27:04.00
909	512/718	3003	Chris Sadewasser	M	33	Ankeny	IA	Corporate	Team HJA	9:01	00:27:04.00
910	398/1290	2037	Darbie McMahan	F	38	Omaha	NE	Open	#whydowedothis?	9:01	00:27:04.00
911	399/1290	3831	Bridget Holly	F	29	Des Moines	IA	Mixed	Run Drink Repeat	9:01	00:27:05.00
912	513/718	2402	Cole Boatright	M	38	Fairfield	IA	Open	Not a Clue	9:01	00:27:05.00
913	400/1290	5386	Lea Carlson	F	23	Meservey	IA	Academic Division	DMACC Blue Past You	9:01	00:27:05.00
914	401/1290	4488	Debra Jauken	F	43	Holdrege	NE	Women	Deuces Wild	9:01	00:27:05.00
915	402/1290	2521	Maggie Paulson	F	35	Elkhorn	NE	Open	Running Sucks	9:02	00:27:06.00
916	403/1290	4633	Kristin Gentry	F	38	Lavista	NE	Women	Moms on the Run	9:02	00:27:07.00
917	404/1290	2495	Emily Lampe	F	42	Algona	IA	Open	Runderpants	9:02	00:27:08.00
918	405/1290	2373	Rebekah Oler	F	34	Des Moines	IA	Open	Lu's Lads	9:03	00:27:09.00
919	406/1290	4396	Emily Drenkow Carr	F	40	Altoona	IA	Women	Angels In Disguise 2020	9:03	00:27:09.00
920	407/1290	4472	Jackie Christensen	F	30	Royal	IA	Women	Cereal Killers	9:03	00:27:09.00
921	408/1290	5143	Heather Wagner	F	39	Omaha	NE	Women	WTF...Where's The Finish	9:03	00:27:09.00
922	409/1290	4217	Elizabeth Herzmann	F	35	Ankeny	IA	Mixed	Top Run	9:03	00:27:09.00
923	410/1290	2781	Emma Wright	F	28	Ankeny	IA	Open	WTF: Where's The Finish	9:03	00:27:10.00
924	411/1290	3293	Danielle Lauzon	F	36	Panora	IA	Mixed	Cold Turkey Cuss Bus	9:03	00:27:10.00
925	412/1290	5285	Therese Liegl	F	62	Lincoln	NE	Women Masters	AWOL	9:03	00:27:11.00
926	514/718	2778	Aj Vickroy	M	33	Ankeny	IA	Open	Wheaties Box Rejects	9:03	00:27:11.00
927	515/718	2291	Jeff Morrnick	M	46	Grand Island	NE	Open	JJ's Custom Fitness	9:04	00:27:12.00
928	413/1290	3662	Ashley Edwards	F	36	West Des Moines	IA	Mixed	Moms Miles & Mules	9:04	00:27:12.00
929	516/718	4123	Trey Kehoe	M	25	Fort Dodge	IA	Mixed	The Knights Who Say Knee	9:04	00:27:12.00
930	414/1290	5333	Rachel Boon	F	43	Des Moines	IA	Women Masters	Oh Van Where Art Thou?	9:04	00:27:12.00
931	415/1290	4457	Jessie Schrock	F	49	Altoona	IA	Women	BrickHouse Babes	9:04	00:27:12.00
932	517/718	5204	Phelan THOMAS	M	62	West Des Moines	IA	Masters	Running with the Animals	9:04	00:27:12.00
933	518/718	4709	Jeremy Oleson	M	46	Runnells	IA	Women	Perfect Strangers	9:04	00:27:13.00
934	416/1290	3975	Carla Danielson	F	47	Ames	IA	Mixed	Speedy Streakers	9:04	00:27:13.00
935	519/718	2082	Steve Shaner	M	38	Ankeny	IA	Open	Awesome Sauce	9:04	00:27:14.00
936	520/718	3147	Scott Carnahan	M	26	Ames	IA	Mixed	Beer Nuts	9:04	00:27:14.00

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Place	Gender Pic/Total	No.	Name	S	Age	City	St.	Team Category	Team name	Pace	Time
937	417/1290	5057	Chelsea Odonnell	F	37	Overland Park	KS	Women	WCS Chicks With A Kick	9:04	00:27:14.00
938	418/1290	4955	Lydia Ballard	F	35	Urbandale	IA	Women	Team Unicorn	9:04	00:27:14.00
939	419/1290	4581	Heidi VanHorn	F	37	Swaledale	IA	Women	I Thought They Said Rum	9:05	00:27:15.00
940	420/1290	4845	Dawn LeRette	F	49	Red Oak	IA	Women	SCRAMBLED LEGGS	9:05	00:27:15.00
941	421/1290	3091	Katherine Lefert	F	41	Des Moines	IA	Mixed	All in the Family.	9:05	00:27:15.00
942	521/718	5206	Charlie Neibergall	M	55	Urbandale	IA	Masters	Running with the Animals	9:05	00:27:15.00
943	422/1290	4498	Malory Smith	F	33	Ankeny	IA	Women	Easier Said Than Run	9:05	00:27:15.00
944	522/718	3307	Adam Laug	M	40	Grinnell	IA	Mixed	CYCOS	9:05	00:27:15.00
945	423/1290	3717	Erica Davidson	F	25	Indianola	IA	Mixed	Not Fast But Furious	9:05	00:27:15.00
946	424/1290	4386	Claire Muselman	F	35	West Des Moines	IA	Women	2 Pretty 4 Math	9:05	00:27:15.00
947	425/1290	3902	Brynn Daniels	F	32	Forest City	IA	Mixed	Runs on Beer	9:05	00:27:17.00
948	523/718	2257	Hector Martinez	M	35	Omaha	NE	Open	HuskersNtheHouse	9:05	00:27:17.00
949	426/1290	5082	Amy BRIGHTWELL	F	39	Orange City	IA	Women	Weekend Runaways	9:06	00:27:18.00
950	427/1290	3303	Erin Heeren	F	37	Ankeny	IA	Mixed	CYCOS	9:06	00:27:18.00
951	428/1290	4413	Leann Harms	F	31	West Des Moines	IA	Women	Beast Mode Beauties	9:06	00:27:19.00
952	429/1290	4755	Barb Weber	F	41	Lake View	IA	Women	Run Like the Winded	9:06	00:27:19.00
953	430/1290	2119	Lindsay Weinschenk	F	35	Iowa City	IA	Open	Better at runnin a tab up	9:06	00:27:19.00
954	431/1290	4435	Lindsay Weinschenk	F	35	Iowa City	IA	Women	Better At Runnin Up A Tab	9:06	00:27:19.00
955	432/1290	4933	Amy Piercy	F	45	North Liberty	IA	Women	Team D.I.L.L.I.G.A.F.	9:06	00:27:20.00
956	433/1290	4973	Jessica Webb	F	36	Sigourney	IA	Women	The Beeliners	9:06	00:27:20.00
957	434/1290	4231	Courtney Wolterman	F	43	Ankeny	IA	Mixed	Ummmm	9:06	00:27:21.00
958	524/718	3036	Connor Cunningham	M	15	Okoboji	IA	Mixed	#forcedfamilyfun	9:06	00:27:21.00
959	435/1290	4818	Holly Andela	F	42	Manhattan	KS	Women	Runaway Chix	9:06	00:27:21.00
960	436/1290	3511	Eden Kreighbaum	F	22	Des Moines	IA	Mixed	Hydration Gang	9:07	00:27:22.00
961	437/1290	4677	Lorilyn Van Dyke	F	35	Sioux Center	IA	Women	Not so hard-core mamas	9:07	00:27:22.00
962	438/1290	2622	Deanna Hutchings	F	36	Ottumwa	IA	Open	Team Tanglefoot	9:07	00:27:23.00
963	525/718	2955	Dean Karl	M	45	Cedar Rapids	IA	Corporate	Not So Fast	9:08	00:27:24.00
964	439/1290	3906	Kallie Finley	F	30	Forest City	IA	Mixed	Runs on Beer	9:08	00:27:24.00
965	440/1290	5357	Dana Kramer	F	57	Urbandale	IA	Women Masters	Run Like Hell	9:08	00:27:24.00
966	441/1290	2011	Lizzy Li	F	30	Superior	CO	Open	#notindiana	9:08	00:27:25.00
967	442/1290	3731	Jen Steel	F	41	Mitchellville	IA	Mixed	P.B.R.	9:08	00:27:25.00
968	443/1290	3403	Megan Boushek	F	30	Waukee	IA	Mixed	EY for Life	9:08	00:27:25.00
969	526/718	3212	Drew Sellner	M	39	Ankeny	IA	Mixed	Born to Shuffle	9:08	00:27:26.00
970	444/1290	2822	Kimberly Hatting	F	53	Grinnell	IA	Corporate	ASI/ImageFirst Running Team	9:09	00:27:27.00
971	445/1290	3872	Jasmine Lee	F	34	Ogden	IA	Mixed	Running on Empty	9:09	00:27:27.00
972	527/718	5182	Kevin fitzpatrick	M	61	West Des Moines	IA	Masters	East Village People	9:09	00:27:27.00

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Place	Gender Pic/Total	No.	Name	S	Age	City	St.	Team Category	Team name	Pace	Time
973	446/1290	4742	Stephanie Bochmann	F	41	Waverly	IA	Women	Rise and Shine	9:09	00:27:27.00
974	447/1290	2783	Madeline Sheldahl	F	23	Kansas City	MO	Open	WTF: Where's The Finish	9:09	00:27:27.00
975	448/1290	4988	Chelsea Baird	F	29	Lincoln	NE	Women	The Blistered Sisters Go To Iowa!	9:09	00:27:27.00
976	449/1290	3661	Beth Miller	F	36	Indianola	IA	Mixed	Moms Miles & Mules	9:09	00:27:28.00
977	450/1290	3665	Kelsey Jackson	F	37	Altoona	IA	Mixed	Moms Miles & Mules	9:09	00:27:28.00
978	451/1290	2773	Emily Hagen	F	35	Johnston	IA	Open	Wheaties Box Rejects	9:09	00:27:28.00
979	452/1290	2528	Jessica Kolde	F	39	Springfield	MO	Open	Running Sucks	9:09	00:27:28.00
980	453/1290	4686	Emily Prauner	F	30	Omaha	NE	Women	Ovarychievers	9:09	00:27:28.00
981	454/1290	4881	Jennifer Huff	F	28	Reeds	MO	Women	Soles on Fire	9:09	00:27:29.00
982	455/1290	3245	Andrea Kurtz	F	22	Des Moines	IA	Mixed	Chafe Now Brag Later	9:09	00:27:29.00
983	456/1290	4313	Mary Neubauer	F	52	Clive	IA	Mixed	Whole Lotto Miles	9:09	00:27:29.00
984	457/1290	5058	Sarah Judsich	F	34	Waverly	IA	Women	WCS Chicks With A Kick	9:09	00:27:29.00
985	458/1290	3834	Anna Thompson	F	28	Bridgewater	IA	Mixed	Run Drink Repeat	9:10	00:27:30.00
986	528/718	2732	Andy Schaapveld	M	40	Waverly	IA	Open	Tough Brudders	9:10	00:27:30.00
987	459/1290	5053	Mary Tjeerdsma	F	37	Grimes	IA	Women	WCS Chicks With A Kick	9:10	00:27:30.00
988	460/1290	2573	Trudy Degenhardt	F	36	Hebron	NE	Open	SWATT	9:10	00:27:30.00
989	461/1290	4976	Amy Molyneux	F	40	Sigourney	IA	Women	The Beeliners	9:10	00:27:30.00
990	529/718	2643	Dylan Wilson	M	34	Lincoln	NE	Open	Test Tube	9:10	00:27:30.00
991	462/1290	5346	Mandi Lockwood	F	44	North Liberty	IA	Women Masters	Pumped up Kicks	9:10	00:27:30.00
992	463/1290	3773	Jasmine Greb	F	37	Altoona	IA	Mixed	Perfect Strangers	9:10	00:27:30.00
993	530/718	2786	Jeff Wright	M	40	Ankeny	IA	Open	WTF: Where's The Finish	9:10	00:27:30.00
994	464/1290	4322	Jenny Ebke	F	38	Roca	NE	Mixed	Worst Pace Scenario	9:10	00:27:31.00
995	465/1290	4325	Amy Sadler	F	39	Lincoln	NE	Mixed	Worst Pace Scenario	9:10	00:27:31.00
996	531/718	3148	Vinnie Macklin	M	53	Lavista	NE	Mixed	Beer Nuts	9:10	00:27:31.00
997	532/718	3736	Derek Handling	M	43	Drakesville	IA	Mixed	P.B.R.	9:10	00:27:31.00
998	466/1290	2636	Nicole Wilkens	F	22	Fort Madison	IA	Open	Tequila Chasers	9:10	00:27:31.00
999	533/718	3001	Jonathan Rector	M	33	West Des Moines	IA	Corporate	Team HJA	9:10	00:27:32.00
1000	467/1290	4698	Julie Schneider	F	38	Fort Madison	IA	Women	Pavement Princesses	9:10	00:27:32.00
1001	468/1290	2074	Jenni Wedewer	F	36	Cedar Rapids	IA	Open	All That Remains Is Love	9:11	00:27:33.00
1002	469/1290	4276	Teresa Algreen	F	57	Earlham	IA	Mixed	We got the RUNS	9:11	00:27:33.00
1003	470/1290	2973	Lisa Mouw	F	39	Sioux Center	IA	Corporate	Sioux Center Christian School-A Team	9:11	00:27:33.00
1004	471/1290	4133	Jennifer Noel	F	38	Polk City	IA	Mixed	The Pace Is Right	9:11	00:27:33.00
1005	472/1290	4151	Elyse Lenz	F	33	Monmouth	IL	Mixed	The Strong WILLed	9:11	00:27:34.00
1006	473/1290	4612	Kali Knoth	F	29	Syracuse	NE	Women	Matching T-shirts	9:11	00:27:34.00
1007	534/718	5233	Matthew Marckmann	M	47	Adel	IA	Mixed Masters	Respect Your Elders	9:11	00:27:34.00
1008	474/1290	3583	Carrie Barber	F	36	Waukee	IA	Mixed	Joe's Hoes	9:11	00:27:34.00

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3 Mile

Place	Gender Pic/Total	No.	Name	S	Age	City	St.	Team Category	Team name	Pace	Time
1009	475/1290	2253	Kristie Arlt	F	46	Sioux City	IA	Open	HuskersNtheHouse	9:11	00:27:34.00
1010	535/718	3904	Garrett Boller	M	33	Overland Park	KS	Mixed	Runs on Beer	9:11	00:27:35.00
1011	536/718	2477	Eric Rodine	M	29	Omaha	NE	Open	Run 2 Travel	9:11	00:27:35.00
1012	537/718	4247	Gregory Jackson	M	44	Waukee	IA	Mixed	Undertrained and Overconfident	9:12	00:27:37.00
1013	476/1290	3861	Alexandria Yoerger	F	24	Ames	IA	Mixed	Runder the Sea	9:12	00:27:37.00
1014	477/1290	3841	Jennifer O'Connor	F	40	West Des Moines	IA	Mixed	Run Like A Champ Not Like A Chump	9:13	00:27:39.00
1015	478/1290	5303	Bea Sides	F	68	Omaha	NE	Women Masters	Ladies of the Evening	9:13	00:27:39.00
1016	479/1290	4351	Nicole Segar	F	37	Johnston	IA	Women	#FirstTimers	9:13	00:27:40.00
1017	538/718	3822	Ryan Thompson	M	40	Ashland	NE	Mixed	RUN CYT	9:13	00:27:40.00
1018	480/1290	2458	Emily Wiedemeier	F	26	Haymarket	VA	Open	Road Runners	9:13	00:27:40.00
1019	539/718	2551	Aaron McCann	M	36	Des Moines	IA	Open	Sleep. Eat. Poop. Run.	9:13	00:27:41.00
1020	481/1290	3685	Jill Dillon	F	32	Sumner	IA	Mixed	No Judgement	9:13	00:27:41.00
1021	482/1290	4333	Lindsey Mullenbach	F	34	Center Point	IA	Mixed	Wtf (WhereÆs the finish?)	9:13	00:27:41.00
1022	483/1290	4657	Jamae Dau	F	42	Sutherland	IA	Women	Not Fast Just Furious	9:13	00:27:41.00
1023	484/1290	4502	Hannah Hawkins	F	36	Adel	IA	Women	Girls on the Run	9:13	00:27:42.00
1024	485/1290	4403	Allison Carlson	F	39	West Des Moines	IA	Women	Babes on the Run	9:13	00:27:42.00
1025	486/1290	5291	Lisa Chance	F	42	West Des Moines	IA	Women Masters	Bibiddi Bobiddi Booze	9:13	00:27:42.00
1026	487/1290	3272	Amy Wallman Madden	F	46	Winterset	IA	Mixed	Chasing Amy	9:13	00:27:42.00
1027	540/718	2376	Jason Ostergaard	M	32	Des Moines	IA	Open	Lu's Lads	9:13	00:27:42.00
1028	488/1290	4752	Jadie Van Pelt	F	31	Ankeny	IA	Women	Run Like the Winded	9:14	00:27:43.00
1029	489/1290	3271	Amy Teas	F	41	West Des Moines	IA	Mixed	Chasing Amy	9:14	00:27:43.00
1030	490/1290	2866	Sirina Reed	F	24	Ankeny	IA	Corporate	DLR Group	9:14	00:27:43.00
1031	491/1290	4407	Dotty Johnson	F	50	Austin	TX	Women	Babes on the Run	9:14	00:27:43.00
1032	492/1290	5411	Stephanie Ferguson	F	31	Ashland	NE	Armed Forces Division	Stay Frosty	9:14	00:27:44.00
1033	493/1290	2252	Natasha Robinson	F	41	Omaha	NE	Open	HuskersNtheHouse	9:14	00:27:44.00
1034	494/1290	5061	Aubri Kenney	F	40	Johnston	IA	Women	We Thought They Said RUM	9:15	00:27:45.00
1035	541/718	4022	Tim Woods	M	70	Des Moines	IA	Mixed	Tanglefeet	9:15	00:27:45.00
1036	495/1290	5024	Andrea Mausser	F	37	New Vienna	IA	Open	Thelma & Louise's Crazy Train	9:15	00:27:45.00
1037	496/1290	4802	Rachel Benzoni	F	32	Omaha	NE	Women	Runaway Bridesmaids	9:15	00:27:45.00
1038	497/1290	3772	Jennifer Miner	F	41	Altoona	IA	Mixed	Perfect Strangers	9:15	00:27:46.00
1039	498/1290	3572	Pat Swanson	F	68	Emmetsburg	IA	Mixed	Jen's Mouth is So Dirty They Have A Bulldozer	9:15	00:27:46.00
1040	542/718	2016	Tyler Fogt	M	30	Denver	CO	Open	#notindiana	9:15	00:27:46.00
1041	499/1290	3402	Heidi DeMarais	F	35	Urbandale	IA	Mixed	EY for Life	9:15	00:27:47.00
1042	500/1290	4822	Jenna Sleeper	F	32	Lenexa	KS	Women	Running Like A Mother	9:16	00:27:48.00
1043	501/1290	4891	Amber Peterson	F	39	Lincoln	NE	Women	SSDGM	9:16	00:27:50.00
1044	502/1290	5083	Elizabeth Heeg	F	41	Orange City	IA	Women	Weekend Runaways	9:16	00:27:50.00

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## Overall Results

3 Mile

Place	Gender Pic/Total	No.	Name	S	Age	City	St.	Team Category	Team name	Pace	Time
1045	503/1290	4496	Amanda Grimm	F	40	Madrid	IA	Women	Easier Said Than Run	9:16	00:27:50.00
1046	504/1290	5103	Taryn Myer	F	33	Humboldt	IA	Women	We/Eve Got The Runs	9:17	00:27:52.00
1047	505/1290	4996	Janna Mashek	F	43	Gibbon	NE	Women	The Dream Chafers	9:17	00:27:52.00
1048	506/1290	2972	Kelli Van Roekel	F	36	Sioux Center	IA	Corporate	Sioux Center Christian School-A Team	9:17	00:27:52.00
1049	543/718	3803	Rick Ballinger	M	43	West Des Moines	IA	Mixed	Ross Needs A Groove	9:17	00:27:53.00
1050	507/1290	5353	Linda Crowley	F	50	Urbandale	IA	Women Masters	Run Like Hell	9:17	00:27:53.00
1051	508/1290	5063	Afef Chelbi	F	48	Johnston	IA	Women	We Thought They Said RUM	9:18	00:27:54.00
1052	509/1290	4262	Athena Clark	F	36	Waukee	IA	Mixed	Was Faster 10 Years Ago!	9:18	00:27:54.00
1053	544/718	3715	Anthony Ash	M	27	Bettendorf	IA	Mixed	Not Fast But Furious	9:18	00:27:54.00
1054	510/1290	4181	Hannah Lubber	F	28	Grand Island	NE	Mixed	These Little Piggies...	9:18	00:27:55.00
1055	511/1290	2985	Libby Richardson	F	30	Des Moines	IA	Corporate	Snacks & Naps	9:18	00:27:55.00
1056	512/1290	4255	Connie Peterson	F	49	Lincoln	NE	Mixed	Vinnie and the Jets	9:18	00:27:55.00
1057	545/718	3903	Matt Daniels	M	30	Forest City	IA	Mixed	Runs on Beer	9:18	00:27:56.00
1058	513/1290	4327	Calli Witherby	F	29	Lincoln	NE	Mixed	Worst Pace Scenario	9:18	00:27:56.00
1059	546/718	2617	Jonathan Lehman	M	29	Lincoln	NE	Open	Team rails on trails	9:18	00:27:56.00
1060	514/1290	5028	Rachel Keeler	F	36	Dubuque	IA	Open	Thelma & Louise's Crazy Train	9:19	00:27:58.00
1061	515/1290	3641	Alison Keim	F	26	Des Moines	IA	Mixed	Michael Scott's Dunder Mifflin SMPM	9:19	00:27:59.00
1062	547/718	3842	Drew Gosselink	M	39	Clive	IA	Mixed	Run Like A Champ Not Like A Chump	9:20	00:28:00.00
1063	516/1290	3431	Joanne Rosenbaugh	F	35	Lincoln	NE	Mixed	Flock of Flamingos	9:20	00:28:00.00
1064	517/1290	4643	Carlene Hinds	F	57	Norwalk	IA	Women	Not Fast but Kinda Furious	9:20	00:28:00.00
1065	548/718	2455	Angelo Luis	M	36	Carroll	IA	Open	Road Runners	9:20	00:28:01.00
1066	518/1290	5362	Andrea Haver	F	40	Omaha	NE	Women Masters	The Streakers	9:20	00:28:02.00
1067	519/1290	4541	Barb Baker	F	59	Grinnell	IA	Women	Grinnell Girls Gone Running	9:20	00:28:03.00
1068	549/718	2711	Scott Bandy	M	55	Indianola	IA	Open	Thumbs and Friends	9:20	00:28:03.00
1069	520/1290	4493	Jana Surratt	F	37	Madrid	IA	Women	Easier Said Than Run	9:21	00:28:04.00
1070	521/1290	3432	Stephanie Lambrecht	F	35	Lincoln	NE	Mixed	Flock of Flamingos	9:21	00:28:04.00
1071	522/1290	4536	Erin Del Val	F	38	Ankeny	IA	Women	Golden Girls	9:21	00:28:05.00
1072	523/1290	4241	Erin Winters	F	36	Winterset	IA	Mixed	Undertrained and Overconfident	9:22	00:28:06.00
1073	524/1290	4571	Kelli Pearson	F	36	Eagle	NE	Women	Hot Moms on the Run	9:22	00:28:06.00
1074	525/1290	3022	Jessica Johnston	F	38	Omaha	NE	Corporate	WesleyLife Wellness Team	9:22	00:28:06.00
1075	550/718	2432	Jon Bolkema	M	33	Bennington	NE	Open	Powered by Hamms	9:22	00:28:06.00
1076	526/1290	5163	Jami Wolf	F	45	Solon	IA	Masters	Ceement Shoes	9:22	00:28:06.00
1077	527/1290	2572	Melissa Aksamit	F	48	Superior	NE	Open	SWATT	9:22	00:28:07.00
1078	528/1290	3944	Laura Pieper	F	31	Beatrice	NE	Mixed	Sibling Rivalry	9:22	00:28:07.00
1079	529/1290	5074	Nicole Hoffman	F	40	Elmwood	NE	Women	wearblue:runtoremember	9:22	00:28:07.00
1080	530/1290	2556	Heather Day	F	35	Ankeny	IA	Open	Sleep. Eat. Poop. Run.	9:22	00:28:07.00

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Place	Gender Pic/Total	No.	Name	S	Age	City	St.	Team Category	Team name	Pace	Time
1081	531/1290	3236	Alison Nichols	F	25	Cedar Rapids	IA	Mixed	Burning off the Crazy!	9:22	00:28:07.00
1082	532/1290	3625	Kara Westerly	F	36	Ankeny	IA	Mixed	Lost In Pace	9:22	00:28:08.00
1083	551/718	2555	Mike Anderson	M	35	West Des Moines	IA	Open	Sleep. Eat. Poop. Run.	9:22	00:28:08.00
1084	552/718	2255	Armando SALGADO	M	39	Omaha	NE	Open	HuskersNtheHouse	9:22	00:28:08.00
1085	533/1290	3664	Martha Rowe	F	43	Indianola	IA	Mixed	Moms Miles & Mules	9:23	00:28:09.00
1086	534/1290	4547	Nikki Laug	F	38	Grinnell	IA	Women	Grinnell Girls Gone Running	9:23	00:28:09.00
1087	535/1290	3073	Allisyn Maley	F	28	Burnsville	MN	Mixed	A Strange Van Full of Strange People	9:23	00:28:09.00
1088	536/1290	4503	Sarah Miller	F	45	Desoto	IA	Women	Girls on the Run	9:23	00:28:10.00
1089	537/1290	4863	Alexandria Algreen	F	33	Des Moines	IA	Women	Small Town Girls	9:23	00:28:10.00
1090	553/718	2537	Chris Carr	M	43	Lincoln	NE	Open	RUNS WITH SCISSORS	9:23	00:28:10.00
1091	538/1290	2411	Lisa Brunssen	F	38	Springfield	NE	Open	Over the Fence	9:23	00:28:11.00
1092	539/1290	4723	Alyssa Saunders	F	32	Wdm	IA	Women	Pretty Girl Rock	9:23	00:28:11.00
1093	554/718	4278	Eric White	M	44	Clive	IA	Mixed	We got the RUNS	9:23	00:28:11.00
1094	540/1290	4505	Brook Lenze	F	35	Dexter	IA	Women	Girls on the Run	9:24	00:28:12.00
1095	541/1290	4897	Sara Liker	F	35	Urbandale	IA	Women	SSDGM	9:24	00:28:12.00
1096	542/1290	3481	Ericka Lang	F	36	Glenwood	IA	Mixed	Grandma's Babysitting	9:24	00:28:13.00
1097	543/1290	4341	Gracelyn Frofunga	F	26	Overland Park	KS	Mixed	Your Pace or Mine?	9:24	00:28:13.00
1098	544/1290	4531	Melanie Ellison	F	41	Ankeny	IA	Women	Golden Girls	9:24	00:28:14.00
1099	545/1290	5344	Jean Hegland	F	43	North Liberty	IA	Women Masters	Pumped up Kicks	9:24	00:28:14.00
1100	546/1290	4206	Krissy Gatrel	F	31	Waukee	IA	Mixed	Tie Dyed Soles	9:24	00:28:14.00
1101	547/1290	3653	Anna Kaufman	F	34	Des Moines	IA	Mixed	Misbehavin!!	9:24	00:28:14.00
1102	548/1290	4925	Mary Claire Wunderlich	F	24	Mason City	IA	Women	Team Awesome Sauce	9:25	00:28:15.00
1103	549/1290	4397	Kari Stafford	F	41	Altoona	IA	Women	Angels In Disguise 2020	9:25	00:28:15.00
1104	555/718	3347	Josh Overgaard	M	40	Fergus Falls	MN	Mixed	DINNER TIME	9:25	00:28:15.00
1105	556/718	2256	Michael Evans	M	38	Omaha	NE	Open	HuskersNtheHouse	9:25	00:28:15.00
1106	550/1290	4953	Amber Sheeley	F	39	Solon	IA	Women	Team Unicorn	9:25	00:28:16.00
1107	551/1290	4957	Mandi Kowal	F	56	Iowa City	IA	Women	Team Unicorn	9:25	00:28:16.00
1108	552/1290	4983	Jessica Mowrey	F	28	Omaha	NE	Women	The Blistered Sisters Go To Iowa!	9:25	00:28:16.00
1109	553/1290	4182	Ashley Beckman	F	30	Marquette	NE	Mixed	These Little Piggies...	9:25	00:28:17.00
1110	554/1290	3651	Lisa Steenhard	F	39	Urbandale	IA	Mixed	Misbehavin!!	9:25	00:28:17.00
1111	555/1290	4827	Jesslyn VonMuenster	F	35	Indianapolis	IN	Women	Running Like A Mother	9:25	00:28:17.00
1112	556/1290	2087	Anuprit Minhas	F	42	Ames	IA	Open	Awesome Sauce	9:26	00:28:18.00
1113	557/718	2341	Andy Voss	M	43	Lincoln	NE	Open	Lincoln Logs	9:26	00:28:18.00
1114	557/1290	3675	Crystal Creasy	F	35	La Vista	NE	Mixed	NeBEERska	9:26	00:28:18.00
1115	558/1290	4843	Deborah Vitko	F	48	Ottumwa	IA	Women	SCRAMBLED LEGGS	9:26	00:28:20.00
1116	559/1290	4631	Megan McMorran	F	28	La Vista	NE	Women	Moms on the Run	9:26	00:28:20.00

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3 Mile

Place	Gender Pic/Total	No.	Name	S	Age	City	St.	Team Category	Team name	Pace	Time
1117	558/718	4203	Mark Gatrel	M	51	Waukee	IA	Mixed	Tie Dyed Soles	9:26	00:28:20.00
1118	560/1290	4872	Staci Harms	F	36	Grinnell	IA	Women	Sole Sisters	9:26	00:28:20.00
1119	561/1290	3976	Tracy Nicholson	F	48	Amex	IA	Mixed	Speedy Streakers	9:26	00:28:20.00
1120	562/1290	4632	Kristi Kava	F	39	Omaha	NE	Women	Moms on the Run	9:27	00:28:21.00
1121	563/1290	3434	Karlin Warner	F	35	Lincoln	NE	Mixed	Flock of Flamingos	9:27	00:28:21.00
1122	564/1290	5335	Anne Wright	F	41	Des Moines	IA	Women Masters	Oh Van Where Art Thou?	9:27	00:28:21.00
1123	565/1290	2935	Rebekah Stickfort	F	31	Ankeny	IA	Corporate	Iowa D.O.T.	9:27	00:28:21.00
1124	566/1290	4392	Shelene Billups	F	36	Bondurant	IA	Women	Angels In Disguise 2020	9:27	00:28:22.00
1125	567/1290	4342	Deanna Polson	F	52	Johnston	IA	Mixed	Your Pace or Mine?	9:27	00:28:22.00
1126	568/1290	3027	Natasha Nikkel	F	30	Sully	IA	Corporate	WesleyLife Wellness Team	9:27	00:28:22.00
1127	569/1290	5011	Tina Thurston	F	42	Clarence	IA	Women	The Sparkle Divas	9:27	00:28:23.00
1128	570/1290	4797	Mary Anderson	F	40	Glenwood	IA	Women	Run With A Heart On	9:27	00:28:23.00
1129	571/1290	4934	Leah Robertson	F	30	Wilton	IA	Women	Team D.I.L.L.I.G.A.F.	9:27	00:28:23.00
1130	559/718	2624	Jake Jansen	M	33	Des Moines	IA	Open	Team Tanglefoot	9:27	00:28:23.00
1131	572/1290	4944	Donna Bernhardt	F	56	Marion	KS	Women	Team R.I.O.T. (Running Is Our Therapy)	9:27	00:28:23.00
1132	573/1290	3031	Jonn Junker	F	42	Aplington	IA	Mixed	#forcedfamilyfun	9:27	00:28:24.00
1133	574/1290	3845	Erin Anderson	F	41	Urbandale	IA	Mixed	Run Like A Champ Not Like A Chump	9:27	00:28:24.00
1134	560/718	3846	Dewell Anderson	M	12	Urbandale	IA	Mixed	Run Like A Champ Not Like A Chump	9:27	00:28:24.00
1135	575/1290	5337	Laura Lockard	F	45	Des Moines	IA	Women Masters	Oh Van Where Art Thou?	9:27	00:28:24.00
1136	561/718	2682	Viji Pushkaran	M	47	Lincoln	NE	Open	THE LINCOLN FORCE	9:28	00:28:25.00
1137	576/1290	5085	Kelly Van Gelder	F	47	Lemars	IA	Women	Weekend Runaways	9:28	00:28:25.00
1138	577/1290	2644	Maddie Haden	F	27	Lincoln	NE	Open	Test Tube	9:28	00:28:25.00
1139	578/1290	5038	Heidi Primrose	F	39	Palo	IA	Women	Tough Mother Runners	9:28	00:28:26.00
1140	579/1290	5305	Anna Milos	F	57	Bellevue	NE	Women Masters	Ladies of the Evening	9:28	00:28:26.00
1141	580/1290	5304	Jean Ubbelohde	F	58	Papillion	NE	Women Masters	Ladies of the Evening	9:29	00:28:27.00
1142	581/1290	4132	Suzanne Sosby	F	42	Polk City	IA	Mixed	The Pace Is Right	9:29	00:28:27.00
1143	582/1290	3503	Sara Kilgore	F	45	Cedar Rapids	IA	Mixed	Homestar Runners	9:29	00:28:28.00
1144	562/718	3345	Wade Swenson	M	47	Fergus Falls	MN	Mixed	DINNER TIME	9:29	00:28:28.00
1145	583/1290	3026	Lindsay Waechter	F	29	Clive	IA	Corporate	WesleyLife Wellness Team	9:29	00:28:29.00
1146	584/1290	3404	Molly Timlin	F	37	Urbandale	IA	Mixed	EY for Life	9:29	00:28:29.00
1147	585/1290	2821	Kristin Adkins	F	50	Grinnell	IA	Corporate	ASI/ImageFirst Running Team	9:30	00:28:30.00
1148	563/718	4061	Paul Salais Jr	M	30	Clive	IA	Mixed	Team Pacman	9:30	00:28:30.00
1149	564/718	3571	Terry Hansen	M	68	Council Bluffs	IA	Mixed	Jen's Mouth is So Dirty They Have A Bulldozer	9:30	00:28:30.00
1150	586/1290	3564	Lynae Kruse	F	39	Huxley	IA	Mixed	Irish We Were Finished	9:30	00:28:30.00
1151	587/1290	5084	Angela Boersma	F	40	Orange City	IA	Women	Weekend Runaways	9:30	00:28:30.00
1152	588/1290	3012	Ashley Martinez	F	35	Ames	IA	Corporate	Team Keen	9:30	00:28:30.00



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Place	Gender Pic/Total	No.	Name	S	Age	City	St.	Team Category	Team name	Pace	Time
1153	589/1290	4943	Alexis Radil	F	44	Lenexa	KS	Women	Team R.I.O.T. (Running Is Our Therapy)	9:30	00:28:30.00
1154	565/718	3346	Shaun Mabe	M	36	Des Moines	IA	Mixed	DINNER TIME	9:30	00:28:30.00
1155	590/1290	2576	Julie Krotzinger	F	30	Superior	NE	Open	SWATT	9:30	00:28:30.00
1156	591/1290	2577	Karla Blackstone	F	47	Superior	NE	Open	SWATT	9:30	00:28:30.00
1157	592/1290	3743	Maggie Armstrong	F	38	Earlham	IA	Mixed	Panorama Slamorama	9:30	00:28:30.00
1158	566/718	2767	Jim Chedester	M	58	Grinnell	IA	Open	We'll Get There When We Get There	9:30	00:28:30.00
1159	567/718	5201	Karl Overton	M	52	Des Moines	IA	Masters	Running with the Animals	9:30	00:28:31.00
1160	568/718	2134	Greg Smalley	M	40	Osage	IA	Open	Bodyglide Blisters & Bengay	9:30	00:28:31.00
1161	593/1290	3704	Presley McCormick	F	26	Lucas	IA	Mixed	No Time For Cardio	9:30	00:28:32.00
1162	594/1290	3705	Carlee Bellon	F	27	Chariton	IA	Mixed	No Time For Cardio	9:30	00:28:32.00
1163	595/1290	3437	Dana Ford	F	42	Colorado Springs	CO	Mixed	Flock of Flamingos	9:30	00:28:32.00
1164	596/1290	4274	Wanda Kasperbauer	F	60	West Des Moines	IA	Mixed	We got the RUNS	9:31	00:28:33.00
1165	569/718	2685	Praveen Gumudavalli	M	41	Lincoln	NE	Open	THE LINCOLN FORCE	9:31	00:28:33.00
1166	570/718	4277	Mark Thomsen	M	39	Clive	IA	Mixed	We got the RUNS	9:31	00:28:33.00
1167	597/1290	2997	Ruthie Mckendree	F	33	Rhodes	IA	Corporate	Team Bond	9:31	00:28:33.00
1168	598/1290	4433	Michelle Winders	F	43	Iowa City	IA	Women	Better At Runnin Up A Tab	9:31	00:28:33.00
1169	599/1290	2254	Yamy Salgado	F	40	Omaha	NE	Open	HuskersNtheHouse	9:31	00:28:33.00
1170	600/1290	3504	Vanessa Christenson	F	44	Marion	IA	Mixed	Homestar Runners	9:31	00:28:34.00
1171	601/1290	4555	Shelby Therme	F	24	North Liberty	IA	Women	Hot Mess Moms	9:31	00:28:34.00
1172	602/1290	4141	Lynn Hanson	F	42	Cedar Rapids	IA	Mixed	The Rosie Runners	9:31	00:28:35.00
1173	571/718	3837	Bryce Tiffany	M	25	Dunlap	IA	Mixed	Run Drink Repeat	9:31	00:28:35.00
1174	572/718	5267	Jason Lampe	M	46	Burlington	IA	Mixed Masters	The Running Fartz	9:31	00:28:35.00
1175	573/718	3267	Brad Erdmann	M	40	Ankeny	IA	Mixed	Chafing the Dream	9:31	00:28:35.00
1176	603/1290	4146	Rachel Larsen	F	31	Cedar Rapids	IA	Mixed	The Rosie Runners	9:31	00:28:35.00
1177	574/718	3438	Jess Roe	M	48	Colorado Springs	CO	Mixed	Flock of Flamingos	9:31	00:28:35.00
1178	604/1290	3452	Lyndsay Marron	F	43	Urbandale	IA	Mixed	FSHNProfessors	9:32	00:28:36.00
1179	605/1290	4896	Charlie Friesen	F	34	Lincoln	NE	Women	SSDGM	9:32	00:28:36.00
1180	606/1290	5272	Jo McAleer	F	46	Omaha	NE	Women Masters	Absolutely Fabulous	9:32	00:28:36.00
1181	575/718	2012	Michael Splittgerber	M	30	Des Moines	IA	Open	#notindiana	9:32	00:28:36.00
1182	607/1290	4311	Martha Scanlan	F	45	Adel	IA	Mixed	Whole Lotto Miles	9:32	00:28:37.00
1183	608/1290	4825	Leslie Timmerman	F	38	Bennett	IA	Women	Running Like A Mother	9:32	00:28:37.00
1184	576/718	3122	Rick Pratt	M	58	La Vista	NE	Mixed	Awesomeness in Motion	9:32	00:28:37.00
1185	609/1290	5106	Jill Rhead	F	33	Humboldt	IA	Women	We/Eve Got The Runs	9:32	00:28:38.00
1186	610/1290	3362	Sandy Tomschin	F	55	Alden	MN	Mixed	Dr. Schultz's Minions	9:32	00:28:38.00
1187	611/1290	4641	Alexis Shull	F	27	Des Moines	IA	Women	Not Fast but Kinda Furious	9:33	00:28:39.00
1188	612/1290	4305	Emily Heeren	F	38	Waukee	IA	Mixed	We'll Be FINE	9:33	00:28:41.00

# Market to Market Relay Iowa - Virtual

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## Overall Results

3 Mile

Place	Gender Pic/Total	No.	Name	S	Age	City	St.	Team Category	Team name	Pace	Time
1189	613/1290	4177	Stefanie Munro	F	28	Ankeny	IA	Mixed	Therabandits	9:33	00:28:41.00
1190	614/1290	4551	Lindsay Wright	F	42	Cedar Falls	IA	Women	Hot Mess Moms	9:34	00:28:42.00
1191	615/1290	4032	Katie Moe	F	36	Coon Rapids	MN	Mixed	TB	9:34	00:28:42.00
1192	577/718	2025	Shane Leaming	M	44	Johnston	IA	Open	#pukeandrally	9:34	00:28:42.00
1193	578/718	3953	Ethan Graff	M	16	Mccook	NE	Mixed	Slow but we finish	9:34	00:28:42.00
1194	616/1290	5224	Sone Srixomphou	F	40	Mountain Lake	MN	Mixed Masters	Gypsies Tramps & Thieves	9:34	00:28:44.00
1195	617/1290	3923	Gretchen De Wit	F	31	Sioux Center	IA	Mixed	SCCS A+ Team	9:34	00:28:45.00
1196	579/718	5383	Dewey Anderson	M	58	West Des Moines	IA	Academic Division	DMACC Blue Past You	9:34	00:28:45.00
1197	580/718	2625	Joe Kohls	M	40	Norwalk	IA	Open	Team Tanglefoot	9:34	00:28:45.00
1198	618/1290	4774	Amy Ruf	F	35	Omaha	NE	Women	Run Now Wine Later	9:34	00:28:45.00
1199	581/718	3264	Chad Anderson	M	39	Nevada	IA	Mixed	Chafing the Dream	9:35	00:28:46.00
1200	619/1290	5161	Jennifer Ferguson	F	44	Solon	IA	Masters	Ceement Shoes	9:35	00:28:47.00
1201	620/1290	5283	Karen Green	F	59	Lincoln	NE	Women Masters	AWOL	9:35	00:28:47.00
1202	621/1290	4562	Heather May	F	48	North Liberty	IA	Women	Hot Messes	9:35	00:28:47.00
1203	582/718	3627	Rory Flynn	M	39	Des Moines	IA	Mixed	Lost In Pace	9:35	00:28:47.00
1204	622/1290	4972	Mindy Morse	F	43	Sigourney	IA	Women	The Beeliners	9:36	00:28:48.00
1205	623/1290	5295	Michelle Madden	F	46	West Des Moines	IA	Women Masters	Bibiddi Bobiddi Booze	9:36	00:28:48.00
1206	583/718	4161	Brian Israel	M	36	Overland Park	KS	Mixed	The VanTrapped Family Runners	9:36	00:28:49.00
1207	624/1290	4501	Jessica Aldridge	F	39	Winterset	IA	Women	Girls on the Run	9:36	00:28:49.00
1208	625/1290	2182	Lindsay Wilcox	F	39	Oskaloosa	IA	Open	Ditch Witches	9:36	00:28:49.00
1209	584/718	2481	Karl Lundy	M	46	Des Moines	IA	Open	Run Like The Winded - The Original	9:36	00:28:49.00
1210	626/1290	5037	Kassie Adams	F	38	North Liberty	IA	Women	Tough Mother Runners	9:36	00:28:49.00
1211	585/718	5234	Andy Gress	M	49	Urbandale	IA	Mixed Masters	Respect Your Elders	9:36	00:28:49.00
1212	627/1290	3113	Angie Jameson	F	51	Murray	NE	Mixed	Average Joes	9:36	00:28:50.00
1213	628/1290	4921	Carol Dettmer	F	45	Mason City	IA	Women	Team Awesome Sauce	9:36	00:28:50.00
1214	629/1290	4131	Anne Enderlin	F	39	Grimes	IA	Mixed	The Pace Is Right	9:37	00:28:52.00
1215	586/718	4176	Matthew Ramsey	M	24	Des Moines	IA	Mixed	Therabandits	9:37	00:28:53.00
1216	630/1290	4936	Lisa Fender	F	43	Iowa City	IA	Women	Team D.I.L.L.I.G.A.F.	9:37	00:28:53.00
1217	631/1290	3801	Linda Peyton	F	56	Marion	IA	Mixed	Ross Needs A Groove	9:38	00:28:54.00
1218	632/1290	4731	Amy Bierbaum	F	41	Council Bluffs	IA	Women	Real Housewives of CB	9:38	00:28:54.00
1219	587/718	4211	Bradley Harris	M	37	Des Moines	IA	Mixed	Top Run	9:38	00:28:55.00
1220	588/718	3922	Howard Rus	M	56	Sioux Center	IA	Mixed	SCCS A+ Team	9:38	00:28:55.00
1221	633/1290	2524	Lindsay Podrebarac	F	36	Tonganoxie	KS	Open	Running Sucks	9:38	00:28:55.00
1222	634/1290	3863	Andrea Behanish	F	37	Ankeny	IA	Mixed	Runder the Sea	9:38	00:28:55.00
1223	635/1290	4793	Emily Loney	F	42	Cumming	IA	Women	Run With A Heart On	9:38	00:28:56.00
1224	589/718	2064	Pete Bowen	M	53	Bondurant	IA	Open	Agony of Defeat	9:38	00:28:56.00

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## Overall Results

3 Mile

Place	Gender Pic/Total	No.	Name	S	Age	City	St.	Team Category	Team name	Pace	Time
1225	636/1290	5443	Bobbi Buchholz	F	40	Juniata	NE	Religious	Lifehouse Church	9:38	00:28:56.00
1226	637/1290	4613	Madelyne Hughes	F	27	Syracuse	NE	Women	Matching T-shirts	9:39	00:28:57.00
1227	590/718	5113	Lisa Turk	M	51	Indianola	IA	Women	Whats Our Name?	9:39	00:28:57.00
1228	591/718	2354	Glenn Crouse	M	57	Mountainair	NM	Open	Long Distance Relay-tionship	9:39	00:28:57.00
1229	638/1290	5474	Amy Frankfurter	F	49	Lincoln	NE	Corporate	Potential Issues	9:39	00:28:59.00
1230	592/718	5476	Aaron Rutt	M	38	Lincoln	NE	Corporate	Potential Issues	9:39	00:28:59.00
1231	639/1290	2186	Jennifer Barnes	F	43	Oskaloosa	IA	Open	Ditch Witches	9:40	00:29:00.00
1232	640/1290	4745	Stephanie Angell	F	35	Waverly	IA	Women	Rise and Shine	9:40	00:29:00.00
1233	641/1290	4695	Cari Reicherts	F	40	Waterloo	IA	Women	Pavement Princesses	9:40	00:29:00.00
1234	593/718	4125	Mark Langrud	M	47	Lincoln	NE	Mixed	The Knights Who Say Knee	9:40	00:29:00.00
1235	594/718	2784	Dylan Wright	M	31	Ames	IA	Open	WTF: Where's The Finish	9:40	00:29:00.00
1236	642/1290	2886	Jordan Tynes	F	24	Des Moines	IA	Corporate	Elite 8	9:40	00:29:00.00
1237	643/1290	3672	Angie Frederick	F	44	Omaha	NE	Mixed	NeBEERska	9:40	00:29:00.00
1238	644/1290	3381	Sharese Van Sloten	F	33	Cedar Falls	IA	Mixed	Embrace the Suck	9:40	00:29:01.00
1239	645/1290	3673	Abbie Kretz	F	37	Omaha	NE	Mixed	NeBEERska	9:40	00:29:01.00
1240	646/1290	4375	Beth Lesh	F	33	Marion	IA	Women	#TeamRunsWithBlankets	9:40	00:29:02.00
1241	647/1290	2114	Shantel Kahrs	F	29	Hudson	IA	Open	Better at runnin a tab up	9:40	00:29:02.00
1242	648/1290	5292	Mira Trivedi	F	47	Ames	IA	Women Masters	Bibiddi Bobiddi Booze	9:41	00:29:03.00
1243	649/1290	5293	Alana Trimble	F	44	West Des Moines	IA	Women Masters	Bibiddi Bobiddi Booze	9:41	00:29:03.00
1244	595/718	3435	Lucas Fairbanks	M	38	Omaha	NE	Mixed	Flock of Flamingos	9:41	00:29:03.00
1245	650/1290	3406	Jen List	F	34	West Des Moines	IA	Mixed	EY for Life	9:41	00:29:03.00
1246	651/1290	2207	Katie Graham	F	38	Indianola	IA	Open	Finally gonna register so gotta have a team nan	9:41	00:29:03.00
1247	652/1290	2183	Brenda Finneman	F	48	Oskaloosa	IA	Open	Ditch Witches	9:41	00:29:04.00
1248	653/1290	3926	Leah Mouw	F	50	Sioux Center	IA	Mixed	SCCS A+ Team	9:41	00:29:04.00
1249	654/1290	4384	Jessica Durand	F	38	Des Moines	IA	Women	2 Pretty 4 Math	9:41	00:29:04.00
1250	655/1290	3341	Melissa Lind	F	31	Des Moines	IA	Mixed	DINNER TIME	9:41	00:29:05.00
1251	656/1290	3244	Michaela Davis	F	25	Grimes	IA	Mixed	Chafe Now Brag Later	9:41	00:29:05.00
1252	657/1290	4671	Renae Calkhoven	F	43	Ireton	IA	Women	Not so hard-core mamas	9:41	00:29:05.00
1253	596/718	3433	Keith Ratterree	M	48	Lincoln	NE	Mixed	Flock of Flamingos	9:41	00:29:05.00
1254	658/1290	5105	Jonna Conlon	F	33	Humboldt	IA	Women	WeÆve Got The Runs	9:41	00:29:05.00
1255	597/718	3824	Matt Kasik	M	41	Lincoln	NE	Mixed	RUN CYT	9:41	00:29:05.00
1256	659/1290	5416	Jennifer Good	F	36	Seward	NE	Armed Forces Division	Stay Frosty	9:41	00:29:05.00
1257	660/1290	3191	Mailis Warland	F	33	Hiawatha	IA	Mixed	Blood Sweat and Beers	9:41	00:29:06.00
1258	661/1290	3974	Lani McKinney	F	46	Ames	IA	Mixed	Speedy Streakers	9:41	00:29:06.00
1259	662/1290	4693	Kay Petersen	F	59	Fort Madison	IA	Women	Pavement Princesses	9:42	00:29:08.00
1260	598/718	2121	Josh Novak	M	27	Columbus	NE	Open	Between Walk and a Hard Pace	9:43	00:29:09.00

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## Overall Results

3 Mile

Place	Gender Pic/Total	No.	Name	S	Age	City	St.	Team Category	Team name	Pace	Time
1261	663/1290	2435	Madison Burke	F	30	Altoona	IA	Open	Powered by Hamms	9:43	00:29:09.00
1262	664/1290	3083	Erika LaPlante	F	27	Rochester	MN	Mixed	A Van Down By The River	9:43	00:29:09.00
1263	665/1290	2201	Rebecca Verwers	F	34	Indianola	IA	Open	Finally gonna register so gotta have a team nar	9:43	00:29:10.00
1264	666/1290	3214	Molly Bailey	F	36	Iowa City	IA	Mixed	Born to Shuffle	9:43	00:29:10.00
1265	667/1290	4923	Susan Callanan	F	47	Mason City	IA	Women	Team Awesome Sauce	9:43	00:29:10.00
1266	668/1290	5276	Holly Tucker	F	40	West Des Moines	IA	Women Masters	Absolutely Fabulous	9:43	00:29:10.00
1267	669/1290	4553	Jennifer Skelley	F	42	North Liberty	IA	Women	Hot Mess Moms	9:43	00:29:11.00
1268	670/1290	4023	Monica Koenen	F	31	Des Moines	IA	Mixed	Tanglefeet	9:43	00:29:11.00
1269	599/718	4196	Mike Dean	M	36	Indianola	IA	Mixed	Thick Thighs Save Lives	9:43	00:29:11.00
1270	671/1290	3636	Karen Nissen-Boryczka	F	43	Madison	WI	Mixed	Manning Mafia	9:44	00:29:12.00
1271	600/718	3095	Mike Murphy	M	54	Des Moines	IA	Mixed	All in the Family.	9:44	00:29:12.00
1272	672/1290	4467	Holli Pogeler	F	40	Cherokee	IA	Women	Brisk & Bright	9:44	00:29:12.00
1273	673/1290	4005	Whitney Bozarth	F	28	Omaha	NE	Mixed	Straight Outta Breath	9:44	00:29:12.00
1274	674/1290	4865	Molly Eaton	F	32	Des Moines	IA	Women	Small Town Girls	9:44	00:29:12.00
1275	601/718	4155	Adam O'Leary	M	30	Muscatine	IA	Mixed	The Strong WILLed	9:44	00:29:14.00
1276	675/1290	2722	Kelly Lucis	F	30	Minneapolis	MN	Open	Tick Tock We Don't Stop	9:45	00:29:15.00
1277	676/1290	4432	Ana Baue	F	30	North Liberty	IA	Women	Better At Runnin Up A Tab	9:45	00:29:15.00
1278	677/1290	5385	Yessenia George	F	28	Nevada	IA	Academic Division	DMACC Blue Past You	9:45	00:29:15.00
1279	678/1290	3043	Sara Croskey	F	50	Des Moines	IA	Mixed	#huffingandpuffing	9:45	00:29:15.00
1280	679/1290	5363	Kathleen McClung	F	43	Gretna	NE	Women Masters	The Streakers	9:45	00:29:16.00
1281	680/1290	3365	Brooke Schultz	F	37	Fairmont	MN	Mixed	Dr. Schultz's Minions	9:45	00:29:16.00
1282	681/1290	4486	Pamela Peterson	F	38	Holdrege	NE	Women	Deuces Wild	9:45	00:29:16.00
1283	602/718	3005	Zach Beaman	M	30	Ankeny	IA	Corporate	Team HJA	9:45	00:29:17.00
1284	682/1290	5284	Kim Ross	F	54	Gretna	NE	Women Masters	AWOL	9:45	00:29:17.00
1285	603/718	2688	Praveen Potti	M	42	Lincoln	NE	Open	THE LINCOLN FORCE	9:45	00:29:17.00
1286	683/1290	3735	Cassie Nemmers	F	24	Altoona	IA	Mixed	P.B.R.	9:45	00:29:17.00
1287	684/1290	2292	Jenny Morricks	F	39	Grand Island	NE	Open	JJ's Custom Fitness	9:46	00:29:18.00
1288	685/1290	5261	Mindy Hess	F	49	Danville	IA	Mixed Masters	The Running Fartz	9:46	00:29:18.00
1289	686/1290	3755	Debra Gonnerman	F	38	York	NE	Mixed	Pardon My Fartlek	9:46	00:29:18.00
1290	687/1290	4434	Jenae Roseland	F	29	Iowa City	IA	Women	Better At Runnin Up A Tab	9:46	00:29:18.00
1291	688/1290	4992	Lynn Gorman	F	36	Plattsmouth	NE	Women	The Dream Chafers	9:46	00:29:19.00
1292	689/1290	3692	Mary Hard	F	42	Ames	IA	Mixed	No Lug Nuts No Problem	9:46	00:29:19.00
1293	690/1290	4715	Stacy Soderholm	F	37	Lakefield	MN	Women	PokeMoms	9:46	00:29:19.00
1294	604/718	2295	Jack Sheard	M	41	Grand Island	NE	Open	JJ's Custom Fitness	9:46	00:29:20.00
1295	691/1290	2444	Kelly Brown	F	34	Bennington	NE	Open	Right Meow	9:46	00:29:20.00
1296	692/1290	4412	Shawna Brown	F	31	Bondurant	IA	Women	Beast Mode Beauties	9:47	00:29:21.00

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3 Mile

Place	Gender Pic/Total	No.	Name	S	Age	City	St.	Team Category	Team name	Pace	Time
1297	693/1290	3145	Jessica Hydo	F	39	Lincoln	NE	Mixed	Beer Nuts	9:47	00:29:21.00
1298	694/1290	4482	Melissa Drain	F	48	Holdrege	NE	Women	Deuces Wild	9:47	00:29:22.00
1299	695/1290	4761	Deena Klesel	F	32	Ankeny	IA	Women	Run Mama Run	9:47	00:29:23.00
1300	605/718	3225	Mark Rottinghaus	M	51	Ankeny	IA	Mixed	Bossy	9:48	00:29:24.00
1301	696/1290	5281	Peg Ogea-Ginsburg	F	61	Lincoln	NE	Women Masters	AWOL	9:48	00:29:25.00
1302	606/718	3742	Sam Benton	M	50	Panora	IA	Mixed	Panorama Slamorama	9:48	00:29:25.00
1303	697/1290	4497	Samantha perkins	F	37	Madrid	IA	Women	Easier Said Than Run	9:48	00:29:26.00
1304	698/1290	4931	Becky Klutts	F	46	Iowa City	IA	Women	Team D.I.L.L.I.G.A.F.	9:49	00:29:27.00
1305	699/1290	4741	Lindsay Schaapveld	F	36	Waverly	IA	Women	Rise and Shine	9:49	00:29:27.00
1306	700/1290	2122	Elizabeth Boschult	F	27	Columbus	NE	Open	Between Walk and a Hard Pace	9:49	00:29:28.00
1307	607/718	4314	Troy Montgomery	M	50	Hiawatha	IA	Mixed	Whole Lotto Miles	9:49	00:29:28.00
1308	701/1290	4398	Rachel Miller	F	28	Bondurant	IA	Women	Angels In Disguise 2020	9:49	00:29:29.00
1309	702/1290	3395	Courtney Joint	F	27	Ankeny	IA	Mixed	Experienced Trail Runners We Trail Everyone	9:49	00:29:29.00
1310	703/1290	2184	Mary Clark	F	60	Oskaloosa	IA	Open	Ditch Witches	9:50	00:29:30.00
1311	704/1290	4271	Megan Thomsen	F	40	Clive	IA	Mixed	We got the RUNS	9:50	00:29:30.00
1312	705/1290	5331	Maris Loder	F	47	Des Moines	IA	Women Masters	Oh Van Where Art Thou?	9:50	00:29:30.00
1313	706/1290	4751	Alyssa Henderson	F	28	Cambridge	IA	Women	Run Like the Winded	9:50	00:29:30.00
1314	608/718	4193	Jonathan Snyder	M	25	St Paul	MN	Mixed	Thick Thighs Save Lives	9:50	00:29:30.00
1315	707/1290	3321	Esther Paine	F	31	Urbandale	IA	Mixed	Dashing Divas	9:50	00:29:30.00
1316	708/1290	4836	Wendy Robinson	F	49	Sheldon	IA	Women	S.W.A.T.T	9:50	00:29:30.00
1317	709/1290	5162	Christy Yetley	F	48	Solon	IA	Masters	Ceement Shoes	9:50	00:29:32.00
1318	710/1290	3006	Hannah Van Heukelom	F	25	Milo	IA	Corporate	Team HJA	9:50	00:29:32.00
1319	711/1290	2723	Megan Wessling	F	30	Papillion	NE	Open	Tick Tock We Don/Et Stop	9:50	00:29:32.00
1320	712/1290	5043	Michelle Russell	F	37	Earlham	IA	Women	Tuff AF	9:51	00:29:33.00
1321	713/1290	2802	Natalie Barber	F	15	Nevada	IA	Open	Yo Mama	9:51	00:29:33.00
1322	714/1290	3491	Kelli Kersten	F	33	Logan	IA	Mixed	Highlights of the Day	9:51	00:29:33.00
1323	715/1290	3588	Jenny Simonis	F	36	Waukee	IA	Mixed	Joe's Hoes	9:51	00:29:33.00
1324	716/1290	3111	Alice Lauer	F	56	Lincoln	NE	Mixed	Average Joes	9:51	00:29:34.00
1325	717/1290	4142	Linda Johnson	F	60	Cedar Rapids	IA	Mixed	The Rosie Runners	9:51	00:29:34.00
1326	609/718	2864	Mike Pollmann	M	46	Des Moines	IA	Corporate	DLR Group	9:51	00:29:34.00
1327	718/1290	4623	Wendy Lausen	F	33	Logan	IA	Women	Midwest Mamas	9:51	00:29:34.00
1328	719/1290	3032	Jami Beranek	F	44	Waterloo	IA	Mixed	#forcedfamilyfun	9:51	00:29:35.00
1329	720/1290	2077	Angela Matson	F	44	Robins	IA	Open	All That Remains Is Love	9:51	00:29:35.00
1330	610/718	2735	Greg Buenger	M	57	Charles City	IA	Open	Tough Brudders	9:52	00:29:36.00
1331	721/1290	5012	Dalila Dee Neff	F	46	Riverdale	IA	Women	The Sparkle Divas	9:52	00:29:36.00
1332	722/1290	3149	Amanda Fangmeier	F	36	Denton	NE	Mixed	Beer Nuts	9:52	00:29:36.00

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## Overall Results

3 Mile

Place	Gender Pic/Total	No.	Name	S	Age	City	St.	Team Category	Team name	Pace	Time
1333	611/718	3384	Mark Meggers	M	35	Cedar Rapids	IA	Mixed	Embrace the Suck	9:52	00:29:36.00
1334	723/1290	3235	Theresa Stalnaker	F	38	Cedar Falls	IA	Mixed	Burning off the Crazy!	9:52	00:29:36.00
1335	724/1290	5288	Shelly Fargo	F	45	Lincoln	NE	Women Masters	AWOL	9:52	00:29:37.00
1336	725/1290	4236	Abby Schreck	F	29	Humboldt	IA	Mixed	Ummmm	9:52	00:29:38.00
1337	726/1290	5366	Holly Suit	F	44	Boise	ID	Women Masters	The Streakers	9:53	00:29:39.00
1338	727/1290	5007	Cortney Wilson	F	41	Mount Ayr	IA	Women	The Magnificent Seven	9:53	00:29:39.00
1339	728/1290	4882	Emily Smith	F	26	Grinnell	IA	Women	Soles on Fire	9:53	00:29:40.00
1340	729/1290	4156	Jenisa Peiffer	F	32	Davenport	IA	Mixed	The Strong WILLed	9:53	00:29:40.00
1341	730/1290	4373	Stacie Hoppman	F	29	Marion	IA	Women	#TeamRunsWithBlankets	9:54	00:29:42.00
1342	731/1290	5112	Ashley Hall	F	35	Altoona	IA	Women	Whats Our Name?	9:54	00:29:42.00
1343	612/718	2947	Ryan Hazimeh	M	30	Omaha	NE	Corporate	LinkedIn	9:54	00:29:42.00
1344	613/718	2933	Thomas Reis	M	64	Ames	IA	Corporate	Iowa D.O.T.	9:54	00:29:42.00
1345	732/1290	3447	Breanna Van Dyke	F	38	Ames	IA	Mixed	Follow the Clues	9:54	00:29:42.00
1346	733/1290	2293	Melissa Sheard	F	41	Grand Island	NE	Open	JJ's Custom Fitness	9:54	00:29:43.00
1347	734/1290	3374	Marla Stoltenberg	F	47	Omaha	NE	Mixed	Drop the Deuce	9:55	00:29:45.00
1348	614/718	2741	Joshua Duden	M	44	Bondurant	IA	Open	Unconscious Hugs	9:55	00:29:47.00
1349	735/1290	5032	Jess Killeen	F	38	Omaha	NE	Women	Tough Mother Runners	9:56	00:29:48.00
1350	736/1290	5093	Kristin Wendlandt	F	38	Iowa City	IA	Women	We/Ere Kind of a Big Deal	9:56	00:29:48.00
1351	737/1290	2075	Amy Perry	F	36	Cedar Rapids	IA	Open	All That Remains Is Love	9:56	00:29:48.00
1352	738/1290	2694	Rebecca Welchert	F	28	Fort Calhoun	NE	Open	The Nurhaci's	9:56	00:29:48.00
1353	615/718	3375	Edward Krieger	M	61	Omaha	NE	Mixed	Drop the Deuce	9:56	00:29:49.00
1354	616/718	2816	Jeremiah Schlegel	M	39	Fort Dodge	IA	Open	You Make Me Feel Like 90s Country	9:56	00:29:50.00
1355	739/1290	2948	Nina Gerken	F	31	Omaha	NE	Corporate	LinkedIn	9:56	00:29:50.00
1356	617/718	3745	Pete Leiferman	M	49	Panora	IA	Mixed	Panorama Slamorama	9:56	00:29:50.00
1357	740/1290	5126	Alison Powell	F	38	Independence	MO	Women	Winking Cats	9:57	00:29:51.00
1358	741/1290	4391	Kara Lindsey	F	44	Pleasant Hill	IA	Women	Angels In Disguise 2020	9:57	00:29:52.00
1359	618/718	2531	Derek Harris	M	37	Lincoln	NE	Open	RUNS WITH SCISSORS	9:57	00:29:52.00
1360	742/1290	4466	Natasha Miller	F	35	Cherokee	IA	Women	Brisk & Bright	9:57	00:29:52.00
1361	743/1290	4635	Kylie Byman	F	34	Grenta	NE	Women	Moms on the Run	9:57	00:29:53.00
1362	744/1290	4941	Jo Stephens	F	57	Papillion	NE	Women	Team R.I.O.T. (Running Is Our Therapy)	9:57	00:29:53.00
1363	745/1290	2133	Tammy Kofoot	F	43	Saint Ansgar	IA	Open	Bodyglide Blisters & Bengay	9:57	00:29:53.00
1364	746/1290	3131	Araceli Johnson	F	44	Holstein	IA	Mixed	Backdraft	9:58	00:29:54.00
1365	747/1290	2187	Valerie Clayton	F	42	Cedar	IA	Open	Ditch Witches	9:58	00:29:54.00
1366	748/1290	2774	Kristin Padgett	F	28	Des Moines	IA	Open	Wheaties Box Rejects	9:58	00:29:54.00
1367	619/718	3352	David Crabtree	M	35	Lincoln	NE	Mixed	DNR (Drinkers Not Runners)	9:58	00:29:54.00
1368	749/1290	5388	Shelby Spiker	F	29	Ankeny	IA	Academic Division	DMAcc Blue Past You	9:58	00:29:56.00

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## Overall Results

3 Mile

Place	Gender Pic/Total	No.	Name	S	Age	City	St.	Team Category	Team name	Pace	Time
1369	620/718	2554	Ryan King	M	36	Ankeny	IA	Open	Sleep. Eat. Poop. Run.	9:59	00:29:57.00
1370	750/1290	4557	Emily O'Donnell	F	39	North Liberty	IA	Women	Hot Mess Moms	9:59	00:29:57.00
1371	751/1290	4515	Missy Ross	F	41	Murdock	NE	Women	Girls Run Wild	9:59	00:29:58.00
1372	752/1290	5101	Ashley bates	F	29	Lincoln	NE	Women	We/Eve Got The Runs	10:00	00:30:00.00
1373	753/1290	5102	Michelle Lesiak	F	53	Lincoln	NE	Women	We/Eve Got The Runs	10:00	00:30:00.00
1374	754/1290	3701	Abby Vermeer	F	26	Bondurant	IA	Mixed	No Time For Cardio	10:00	00:30:00.00
1375	755/1290	4304	Katie Cox	F	43	Urbandale	IA	Mixed	We'll Be FINE	10:00	00:30:00.00
1376	756/1290	4402	Susan Fleming	F	49	Des Moines	IA	Women	Babes on the Run	10:00	00:30:00.00
1377	757/1290	4753	Alyssa Knudsen	F	29	Polk City	IA	Women	Run Like the Winded	10:00	00:30:00.00
1378	758/1290	3034	Jenni Cunningham	F	39	Okoboji	IA	Mixed	#forcedfamilyfun	10:00	00:30:00.00
1379	759/1290	2664	Joani Barlow	F	16	Ankeny	IA	Open	The Highly Educated	10:00	00:30:00.00
1380	760/1290	2665	Wendy Barlow	F	44	Ankeny	IA	Open	The Highly Educated	10:00	00:30:00.00
1381	761/1290	4796	Tami Cull	F	55	Council Bluffs	IA	Women	Run With A Heart On	10:00	00:30:00.00
1382	762/1290	2091	Hannah Bakke	F	26	North Liberty	IA	Open	Bakke	10:00	00:30:00.00
1383	621/718	5466	Justin Peters	M	38	Duncombe	IA	Religious	We Will Run	10:00	00:30:00.00
1384	763/1290	2175	Stephanie Thorson	F	43	Omaha	NE	Open	DECADEnce	10:00	00:30:00.00
1385	764/1290	4446	Kaydee Bednarz	F	39	Papillion	NE	Women	Better at running up a tab	10:00	00:30:00.00
1386	765/1290	4487	Stephani Solorio	F	25	Holdrege	NE	Women	Deuces Wild	10:00	00:30:00.00
1387	766/1290	5071	Sara Olsen	F	38	Omaha	NE	Women	wearblue:runtoremember	10:00	00:30:02.00
1388	767/1290	3142	Cindy Dittmer	F	50	Lincoln	NE	Mixed	Beer Nuts	10:01	00:30:03.00
1389	622/718	3143	Jason Kaiser	M	50	Lincoln	NE	Mixed	Beer Nuts	10:01	00:30:03.00
1390	768/1290	3732	Tabitha Monohon	F	30	Mitchellville	IA	Mixed	P.B.R.	10:01	00:30:03.00
1391	769/1290	2952	Katie Allen	F	37	Vinton	IA	Corporate	Not So Fast	10:01	00:30:04.00
1392	770/1290	3146	Gayle Jasper	F	54	Lincoln	NE	Mixed	Beer Nuts	10:01	00:30:04.00
1393	771/1290	2281	Mckenzie Kennedy	F	35	West Des Moines	IA	Open	Inquiring Minds	10:01	00:30:04.00
1394	772/1290	5453	Koty Vande Griend	F	41	Sioux Center	IA	Religious	Sioux County Saints	10:01	00:30:05.00
1395	773/1290	3543	Laci Schafer	F	40	Villisca	IA	Mixed	Insanity Made Us Do It	10:01	00:30:05.00
1396	774/1290	4746	Mariah Stauffer	F	36	Waverly	IA	Women	Rise and Shine	10:01	00:30:05.00
1397	775/1290	2093	Karly Kramer	F	24	North Liberty	IA	Open	Bakke	10:01	00:30:05.00
1398	776/1290	4993	Tara Johnson	F	40	Kearney	NE	Women	The Dream Chafers	10:02	00:30:07.00
1399	623/718	2684	Ganesh Srinivasan	M	47	Lincoln	NE	Open	THE LINCOLN FORCE	10:02	00:30:08.00
1400	624/718	3961	Nicholas Wiegmann	M	39	Allison	IA	Mixed	Sole Crazy Runners	10:03	00:30:09.00
1401	777/1290	4561	Mary Meskimen	F	43	North Liberty	IA	Women	Hot Messes	10:03	00:30:09.00
1402	778/1290	4875	Lee Rozmus	F	37	Brooklyn	IA	Women	Sole Sisters	10:03	00:30:09.00
1403	779/1290	4697	Tracy Blanchard	F	36	Fort Madison	IA	Women	Pavement Princesses	10:03	00:30:09.00
1404	780/1290	4554	Kristen Winter	F	30	Rochester	MN	Women	Hot Mess Moms	10:03	00:30:10.00

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## Overall Results

3 Mile

Place	Gender Pic/Total	No.	Name	S	Age	City	St.	Team Category	Team name	Pace	Time
1405	781/1290	5075	Caitlin Allely	F	24	Omaha	NE	Women	wearblue:runtoremember	10:03	00:30:10.00
1406	782/1290	4494	Suzanne Schneider	F	30	Madrid	IA	Women	Easier Said Than Run	10:03	00:30:11.00
1407	783/1290	4681	Claire Hoff	F	31	Omaha	NE	Women	Ovarychievers	10:03	00:30:11.00
1408	784/1290	4791	Sarah Ziegler	F	43	Underwood	IA	Women	Run With A Heart On	10:04	00:30:12.00
1409	785/1290	5035	Jessica Krob	F	40	North Liberty	IA	Women	Tough Mother Runners	10:04	00:30:12.00
1410	786/1290	2172	Jane Thorson	F	44	Omaha	NE	Open	DECADEnce	10:04	00:30:12.00
1411	787/1290	5144	Shana Martinez	F	40	Omaha	NE	Women	WTF...Where's The Finish	10:04	00:30:12.00
1412	625/718	2416	Brodie Brunssen	M	13	Springfield	NE	Open	Over the Fence	10:04	00:30:12.00
1413	626/718	2427	Chris Rasmussen	M	47	Spirit Lake	IA	Open	Pace Be With You	10:04	00:30:12.00
1414	788/1290	2525	Kate Bigg	F	36	Bondurant	IA	Open	Running Sucks	10:04	00:30:14.00
1415	789/1290	4722	Caitlin Brown	F	34	Des Moines	IA	Women	Pretty Girl Rock	10:05	00:30:15.00
1416	790/1290	3082	Dawn Cowles	F	47	Ames	IA	Mixed	A Van Down By The River	10:05	00:30:15.00
1417	791/1290	4833	Erin Olson	F	40	Sanborn	IA	Women	S.W.A.T.T	10:05	00:30:15.00
1418	792/1290	4595	Jenna Hull	F	31	West Des Moines	IA	Women	Keota	10:05	00:30:15.00
1419	793/1290	5306	Megan Berry Barlow	F	51	Weeping Water	NE	Women Masters	Ladies of the Evening	10:05	00:30:15.00
1420	627/718	3121	Patrick Christiansen	M	45	Omaha	NE	Mixed	Awesomeness in Motion	10:05	00:30:16.00
1421	794/1290	5361	Emily Williams	F	45	Lincoln	NE	Women Masters	The Streakers	10:06	00:30:18.00
1422	795/1290	4773	Christa Ruf	F	30	Omaha	NE	Women	Run Now Wine Later	10:06	00:30:19.00
1423	796/1290	2062	Chom Naae	F	47	Des Moines	IA	Open	Agony of Defeat	10:07	00:30:21.00
1424	797/1290	3723	Hannah O'Polka	F	24	Ankeny	IA	Mixed	Original 7	10:07	00:30:21.00
1425	798/1290	3905	Julianna Burkholder	F	33	Forest City	IA	Mixed	Runs on Beer	10:07	00:30:22.00
1426	799/1290	3816	Dawn Cowles	F	47	Ames	IA	Mixed	Rum Runners	10:07	00:30:22.00
1427	800/1290	3525	Margot McComas	F	34	Urbandale	IA	Mixed	I Can't Feel My Legs When I'm With You	10:07	00:30:23.00
1428	801/1290	3574	Jen Hummel	F	36	Waukee	IA	Mixed	Jen's Mouth is So Dirty They Have A Bulldozer	10:07	00:30:23.00
1429	802/1290	2635	Brandy Anderson	F	38	Ankeny	IA	Open	Tequila Chasers	10:07	00:30:23.00
1430	803/1290	4334	Sarah Andrews	F	28	Robins	IA	Mixed	Wtf (Where/Es the finish?)	10:08	00:30:24.00
1431	804/1290	5271	April Fleischman	F	40	West Des Moines	IA	Women Masters	Absolutely Fabulous	10:08	00:30:25.00
1432	805/1290	3586	Abby Conrad	F	36	Waukee	IA	Mixed	Joe's Hoes	10:08	00:30:26.00
1433	628/718	2716	Bill Kallestad	M	49	Des Moines	IA	Open	Thumbs and Friends	10:08	00:30:26.00
1434	806/1290	4134	Brookann Barkley	F	40	Des Moines	IA	Mixed	The Pace Is Right	10:08	00:30:26.00
1435	807/1290	3052	Chelsea Mollak	F	37	Omaha	NE	Mixed	#ThursdaysAtSix	10:08	00:30:27.00
1436	808/1290	3622	Michelle Feldmann	F	40	Ankeny	IA	Mixed	Lost In Pace	10:09	00:30:28.00
1437	629/718	3873	David Bollenbaugh	M	37	Ogden	IA	Mixed	Running on Empty	10:09	00:30:29.00
1438	809/1290	2072	Kelly Allsup	F	43	Vinton	IA	Open	All That Remains Is Love	10:09	00:30:29.00
1439	810/1290	3821	Amy Ruisinger	F	48	Bennet	NE	Mixed	RUN CYT	10:10	00:30:30.00
1440	811/1290	5266	Nicole Newton	F	40	Yarmouth	IA	Mixed Masters	The Running Fartz	10:10	00:30:30.00



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Place	Gender Pic/Total	No.	Name	S	Age	City	St.	Team Category	Team name	Pace	Time
1441	812/1290	3694	Amara Danielson	F	28	Ankeny	IA	Mixed	No Lug Nuts No Problem	10:10	00:30:30.00
1442	813/1290	3443	Steph Schares	F	38	Ames	IA	Mixed	Follow the Clues	10:10	00:30:30.00
1443	814/1290	2364	Mikayla Sullivan	F	25	Ames	IA	Open	Loonies Running Club	10:10	00:30:30.00
1444	630/718	4054	Ryan Lenger	M	40	Iowa City	IA	Mixed	Team Llamacorn	10:10	00:30:31.00
1445	815/1290	4678	Tami Kraayenbrink	F	36	Sioux Center	IA	Women	Not so hard-core mamas	10:10	00:30:31.00
1446	816/1290	3782	Rabecca Jones	F	48	Des Moines	IA	Mixed	Quads of Fury	10:10	00:30:31.00
1447	817/1290	3668	Kami Meyer	F	42	Indianola	IA	Mixed	Moms Miles & Mules	10:10	00:30:31.00
1448	818/1290	2033	Ashley Funkhauser	F	38	Des Moines	IA	Open	#whydowedothis?	10:10	00:30:32.00
1449	819/1290	4985	Kristen McKenney	F	40	Omaha	NE	Women	The Blistered Sisters Go To Iowa!	10:10	00:30:32.00
1450	820/1290	4591	Kim Crawford	F	40	Keota	IA	Women	Keota	10:11	00:30:33.00
1451	631/718	2943	Robert Kirwan	M	35	Omaha	NE	Corporate	LinkedIn	10:11	00:30:33.00
1452	821/1290	2884	Morgan Knight	F	27	Ankeny	IA	Corporate	Elite 8	10:11	00:30:33.00
1453	822/1290	4995	Katie Fitch	F	40	Kearney	NE	Women	The Dream Chafers	10:11	00:30:34.00
1454	823/1290	4584	Katie Abell	F	32	Rockwell	IA	Women	I Thought They Said Rum	10:11	00:30:34.00
1455	824/1290	2661	Kelly Hassman	F	56	Sumner	IA	Open	The Highly Educated	10:11	00:30:35.00
1456	825/1290	5042	Jodi Jones	F	46	West Des Moines	IA	Women	Tuff AF	10:11	00:30:35.00
1457	826/1290	5114	Megan Schumacher	F	39	Altoona	IA	Women	Whats Our Name?	10:12	00:30:36.00
1458	827/1290	4597	Paige Jaeger	F	29	Clive	IA	Women	Keota	10:12	00:30:36.00
1459	828/1290	2811	Heidi Schlegel	F	33	Fort Dodge	IA	Open	You Make Me Feel Like 90s Country	10:12	00:30:37.00
1460	829/1290	4792	Tami Manz	F	42	Council Bluffs	IA	Women	Run With A Heart On	10:12	00:30:38.00
1461	830/1290	5301	Deanna Jares	F	61	Omaha	NE	Women Masters	Ladies of the Evening	10:12	00:30:38.00
1462	632/718	2445	Anthony Buxter	M	39	Omaha	NE	Open	Right Meow	10:13	00:30:40.00
1463	831/1290	2076	Brenda Manteufel	F	43	Overland Park	KS	Open	All That Remains Is Love	10:13	00:30:41.00
1464	832/1290	4175	Courtney Buhrow	F	28	Waukee	IA	Mixed	Therabandits	10:14	00:30:43.00
1465	833/1290	3485	Jaime Jones	F	36	Blair	NE	Mixed	Grandma's Babysitting	10:14	00:30:43.00
1466	834/1290	2286	Sarah Dougherty	F	37	Huxley	IA	Open	Inquiring Minds	10:14	00:30:44.00
1467	835/1290	4552	Rachel Dancer	F	41	Cedar Falls	IA	Women	Hot Mess Moms	10:15	00:30:45.00
1468	836/1290	4894	Kristen Eldridge	F	24	Lincoln	NE	Women	SSDGM	10:15	00:30:46.00
1469	837/1290	5146	Megan Hall	F	36	Gretna	NE	Women	WTF...Where's The Finish	10:15	00:30:46.00
1470	838/1290	4411	Brittney Hampl	F	30	Wakefield	NE	Women	Beast Mode Beauties	10:15	00:30:47.00
1471	839/1290	4794	Amelia Cooney	F	34	Council Bluffs	IA	Women	Run With A Heart On	10:15	00:30:47.00
1472	840/1290	4952	Devon Wendler Alvord	F	39	Ankeny	IA	Women	Team Unicorn	10:15	00:30:47.00
1473	841/1290	5145	Eve Gilbert	F	41	Omaha	NE	Women	WTF...Where's The Finish	10:15	00:30:47.00
1474	842/1290	4658	Tricia Van Regenmorter	F	27	Sanborn	IA	Women	Not Fast Just Furious	10:15	00:30:48.00
1475	633/718	3483	Chad Lang	M	38	Glenwood	IA	Mixed	Grandma's Babysitting	10:16	00:30:50.00
1476	843/1290	2702	Lisa Blunk	F	40	Maxwell	IA	Open	The young and the breathless!	10:16	00:30:50.00

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3 Mile

Place	Gender Pic/Total	No.	Name	S	Age	City	St.	Team Category	Team name	Pace	Time
1477	844/1290	3382	Natica Boland	F	35	Ankeny	IA	Mixed	Embrace the Suck	10:17	00:30:51.00
1478	845/1290	3835	Regina Davis	F	45	Ankeny	IA	Mixed	Run Drink Repeat	10:17	00:30:52.00
1479	846/1290	3595	Mara Wengryn	F	28	Leon	IA	Mixed	Just Keep Running Just Keep Running	10:17	00:30:53.00
1480	847/1290	5477	Chelsea Mills	F	99	Lincoln	NE	Corporate	Potential Issues	10:18	00:30:55.00
1481	634/718	4185	Dustin Lofing	M	45	Grand Island	NE	Mixed	These Little Piggies...	10:18	00:30:56.00
1482	848/1290	3351	Jocelyn Crabtree	F	34	Lincoln	NE	Mixed	DNR (Drinkers Not Runners)	10:19	00:30:57.00
1483	849/1290	3453	Alison St. Germain	F	50	Gilbert	IA	Mixed	FSHNProfessors	10:19	00:30:58.00
1484	850/1290	4153	Jaclyn Richmond	F	39	Hiawatha	IA	Mixed	The Strong WILLed	10:19	00:30:58.00
1485	851/1290	2118	Maja Campbell	F	38	North Liberty	IA	Open	Better at runnin a tab up	10:19	00:30:58.00
1486	635/718	2875	Blake Crow	M	32	Waukee	IA	Corporate	Eide Bailly	10:19	00:30:58.00
1487	636/718	3151	Bert lamlli	M	72	Norfolk	NE	Mixed	berts rabbits	10:19	00:30:59.00
1488	852/1290	3202	April Scriven	F	43	Lincoln	NE	Mixed	Blue Footed Boobies	10:20	00:31:00.00
1489	853/1290	4994	Wendy Thome	F	42	Cozad	NE	Women	The Dream Chafers	10:20	00:31:00.00
1490	854/1290	3942	Tonya Blaser	F	42	Adams	NE	Mixed	Sibling Rivalry	10:20	00:31:00.00
1491	637/718	2562	Bobby Opheim	M	48	Oskaloosa	IA	Open	Stuck Between a Walk and a Hard Pace	10:20	00:31:00.00
1492	855/1290	2482	Susie Bormann	F	52	Des Moines	IA	Open	Run Like The Winded - The Original	10:20	00:31:00.00
1493	856/1290	4495	Tara Atkinson	F	40	Madrid	IA	Women	Easier Said Than Run	10:20	00:31:00.00
1494	857/1290	2173	Susan Stangl	F	32	Omaha	NE	Open	DECADEnce	10:20	00:31:01.00
1495	858/1290	3702	Megan Haugerud	F	37	Urbandale	IA	Mixed	No Time For Cardio	10:20	00:31:02.00
1496	859/1290	2971	Meredith Spicher	F	23	Sioux Center	IA	Corporate	Sioux Center Christian School-A Team	10:21	00:31:03.00
1497	860/1290	4876	Jessie Schaffner	F	34	Brooklyn	IA	Women	Sole Sisters	10:21	00:31:03.00
1498	861/1290	3273	Lori Straight	F	45	West Des Moines	IA	Mixed	Chasing Amy	10:21	00:31:04.00
1499	638/718	3035	Ryan Cunningham	M	42	Okoboji	IA	Mixed	#forcedfamilyfun	10:21	00:31:05.00
1500	639/718	3854	Steven Bohr	M	50	Swisher	IA	Mixed	RUN TO EAT	10:21	00:31:05.00
1501	862/1290	4056	Tristan Gremmer	F	34	Williamsburg	IA	Mixed	Team Llamacorn	10:22	00:31:06.00
1502	640/718	2034	Corey Gibney	M	42	Des Moines	IA	Open	#whydowedothis?	10:22	00:31:06.00
1503	863/1290	4264	Lisa Vanderpluym-Demmer	F	40	Urbandale	IA	Mixed	Was Faster 10 Years Ago!	10:22	00:31:06.00
1504	864/1290	5062	Erin Stiles	F	45	Johnston	IA	Women	We Thought They Said RUM	10:22	00:31:07.00
1505	865/1290	2561	Leanne bartlow	F	53	Oskaloosa	IA	Open	Stuck Between a Walk and a Hard Pace	10:22	00:31:07.00
1506	866/1290	4596	Bridget Greiner	F	32	Keota	IA	Women	Keota	10:22	00:31:08.00
1507	641/718	2124	Abhinay Dornala	M	29	Lincoln	NE	Open	Between Walk and a Hard Pace	10:22	00:31:09.00
1508	867/1290	5097	Elizabeth Sanderson	F	47	Evanston	IL	Women	WeÆre Kind of a Big Deal	10:22	00:31:09.00
1509	868/1290	4556	Brandy Schroeder	F	46	North Liberty	IA	Women	Hot Mess Moms	10:22	00:31:09.00
1510	869/1290	4634	Michelle Schulte	F	34	Council Bluffs	IA	Women	Moms on the Run	10:23	00:31:10.00
1511	870/1290	4485	Tammy Epp	F	40	Holdrege	NE	Women	Deuces Wild	10:23	00:31:10.00
1512	642/718	2558	Ryan Caldbeck	M	33	Norwalk	IA	Open	Sleep. Eat. Poop. Run.	10:23	00:31:10.00

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## Overall Results

3 Mile

Place	Gender Pic/Total	No.	Name	S	Age	City	St.	Team Category	Team name	Pace	Time
1513	643/718	3843	Bruce Rehmke	M	66	Peosta	IA	Mixed	Run Like A Champ Not Like A Chump	10:23	00:31:11.00
1514	644/718	2112	Cory Waller	M	30	Lohrville	IA	Open	Better at runnin a tab up	10:24	00:31:14.00
1515	871/1290	4354	Amanda Paulsen	F	35	Ankeny	IA	Women	#FirstTimers	10:25	00:31:15.00
1516	872/1290	4622	Liz Koepp	F	31	Omaha	NE	Women	Midwest Mamas	10:25	00:31:16.00
1517	645/718	2721	Paul Frederick	M	36	Springfield	NE	Open	Tick Tock We DonÆt Stop	10:25	00:31:17.00
1518	646/718	3417	Larry Darr II	M	47	Urbandale	IA	Mixed	Fleet Running Partners	10:26	00:31:18.00
1519	873/1290	2762	Sheila Smith	F	43	Malcom	IA	Open	We'll Get There When We Get There	10:26	00:31:19.00
1520	647/718	2371	Wayne Ostergaard	M	57	Johnston	IA	Open	Lu's Lads	10:26	00:31:20.00
1521	874/1290	3814	Tami Marienau	F	58	Roland	IA	Mixed	Rum Runners	10:26	00:31:20.00
1522	875/1290	3587	Amy Stuntz	F	36	Urbandale	IA	Mixed	Joe's Hoes	10:26	00:31:20.00
1523	876/1290	4942	Annette O'Brien	F	55	Glenwood	IA	Women	Team R.I.O.T. (Running Is Our Therapy)	10:27	00:31:21.00
1524	877/1290	4062	Sarah Kennedy	F	29	Ankeny	IA	Mixed	Team Pacman	10:27	00:31:22.00
1525	878/1290	5401	Kris rode	F	51	Ankeny	IA	Armed Forces Division	132d Wing	10:27	00:31:22.00
1526	879/1290	2483	Gentry Smith	F	43	Lucas	IA	Open	Run Like The Winded - The Original	10:27	00:31:22.00
1527	880/1290	4232	Kirsten Cox	F	44	Canby	OR	Mixed	Ummmm	10:27	00:31:23.00
1528	881/1290	4436	Maja campbell	F	38	North Liberty	IA	Women	Better At Runnin Up A Tab	10:28	00:31:24.00
1529	882/1290	3486	Amy AÆHearn	F	37	Ankeny	IA	Mixed	Grandma's Babysitting	10:28	00:31:25.00
1530	648/718	2396	Nicholas Swank	M	38	Bellevue	NE	Open	MM EZ Market Warriors	10:28	00:31:25.00
1531	649/718	3387	Paul Dunning	M	49	West Des Moines	IA	Mixed	Embrace the Suck	10:28	00:31:26.00
1532	883/1290	3506	Chelsea Cheney	F	36	Marion	IA	Mixed	Homestar Runners	10:29	00:31:27.00
1533	884/1290	3223	Mandy Kellogg	F	32	New Hampton	IA	Mixed	Bossy	10:29	00:31:27.00
1534	885/1290	4456	Lindsey Scott	F	40	Bondurant	IA	Women	BrickHouse Babes	10:29	00:31:28.00
1535	886/1290	3581	Emily Fenske	F	36	Urbandale	IA	Mixed	Joe's Hoes	10:30	00:31:31.00
1536	650/718	4261	Dennis Temple	M	50	Ankeny	IA	Mixed	Was Faster 10 Years Ago!	10:30	00:31:32.00
1537	887/1290	5334	Sarah Miller	F	43	Des Moines	IA	Women Masters	Oh Van Where Art Thou?	10:30	00:31:32.00
1538	888/1290	3591	Alison Wengryn	F	32	Des Moines	IA	Mixed	Just Keep Running Just Keep Running	10:30	00:31:32.00
1539	889/1290	5373	Amanda McHendry	F	32	Omaha	NE	Academic Division	Bluth Company	10:30	00:31:32.00
1540	651/718	5226	David Hammerschmidt	M	43	New Ulm	MN	Mixed Masters	Gypsies Tramps & Thieves	10:31	00:31:34.00
1541	890/1290	5221	Anne anderson	F	43	Coon Rapids	MN	Mixed Masters	Gypsies Tramps & Thieves	10:31	00:31:35.00
1542	891/1290	3836	Rachel Hoy	F	24	Dunlap	IA	Mixed	Run Drink Repeat	10:32	00:31:37.00
1543	892/1290	2787	Ellen Shroyer	F	28	Riverside	IA	Open	WTF: Where's The Finish	10:32	00:31:37.00
1544	893/1290	2022	Jolynn Nixt	F	37	Norwalk	IA	Open	#pukeandrally	10:32	00:31:38.00
1545	652/718	2267	Corey Johnson	M	42	Ankeny	IA	Open	I thought I was Driving the Van	10:33	00:31:40.00
1546	894/1290	4911	Suzanne Hennings	F	46	North Liberty	IA	Women	Team ACT	10:33	00:31:41.00
1547	895/1290	2552	Mariel McCann	F	31	Des Moines	IA	Open	Sleep. Eat. Poop. Run.	10:33	00:31:41.00
1548	896/1290	5115	Stephanie Hendrickson	F	37	Altoona	IA	Women	Whats Our Name?	10:33	00:31:41.00

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Place	Gender Pic/Total	No.	Name	S	Age	City	St.	Team Category	Team name	Pace	Time
1549	897/1290	3041	Tammie Krausman	F	41	Ankeny	IA	Mixed	#huffingandpuffing	10:34	00:31:42.00
1550	653/718	4035	Corey Phelps	M	29	Grimes	IA	Mixed	TB	10:34	00:31:42.00
1551	654/718	5405	Bobby Keeling	M	33	Norwalk	IA	Armed Forces Division	132d Wing	10:34	00:31:42.00
1552	898/1290	4385	Stephanie Filer	F	37	Des Moines	IA	Women	2 Pretty 4 Math	10:34	00:31:42.00
1553	655/718	5406	Cole Houser	M	35	Indianola	IA	Armed Forces Division	132d Wing	10:34	00:31:42.00
1554	899/1290	3414	Shirley Hoveland	F	61	Des Moines	IA	Mixed	Fleet Running Partners	10:34	00:31:44.00
1555	900/1290	5455	Desirae Willms	F	36	Akron	IA	Religious	Sioux County Saints	10:34	00:31:44.00
1556	901/1290	4455	Heidi Sirdoreus	F	42	Altoona	IA	Women	BrickHouse Babes	10:35	00:31:45.00
1557	902/1290	2633	Karla Williams	F	32	Donnelson	IA	Open	Tequila Chasers	10:35	00:31:45.00
1558	903/1290	5332	Kylah Barnes	F	41	Sheldon	IA	Women Masters	Oh Van Where Art Thou?	10:35	00:31:46.00
1559	904/1290	2111	Jamie Waller	F	30	Lohrville	IA	Open	Better at runnin a tab up	10:35	00:31:46.00
1560	905/1290	4945	Jessica Heidebrecht	F	31	Omaha	NE	Women	Team R.I.O.T. (Running Is Our Therapy)	10:35	00:31:46.00
1561	656/718	3181	Andrew Michaelson	M	40	Jefferson	IA	Mixed	BFF's 1 Day Of The Year	10:35	00:31:47.00
1562	906/1290	4956	Alexis Kimbrough	F	40	Lisbon	IA	Women	Team Unicorn	10:35	00:31:47.00
1563	907/1290	2021	Camille Mann	F	36	Des Moines	IA	Open	#pukeandrally	10:36	00:31:48.00
1564	657/718	2763	Dave Peters	M	60	Newton	IA	Open	We'll Get There When We Get There	10:36	00:31:48.00
1565	658/718	5465	Kyle Bangert	M	35	Fort Dodge	IA	Religious	We Will Run	10:36	00:31:48.00
1566	908/1290	5095	Katie Iverson	F	45	Iowa City	IA	Women	WeÆre Kind of a Big Deal	10:36	00:31:49.00
1567	909/1290	3297	Laura Robson	F	38	Guthrie Center	IA	Mixed	Cold Turkey Cuss Bus	10:36	00:31:50.00
1568	910/1290	3411	Carol Stratemeyer	F	64	Des Moines	IA	Mixed	Fleet Running Partners	10:36	00:31:51.00
1569	911/1290	3377	Michaela Kriener	F	44	Omaha	NE	Mixed	Drop the Deuce	10:37	00:31:52.00
1570	912/1290	2566	Taelor Huffman	F	28	Oskaloosa	IA	Open	Stuck Between a Walk and a Hard Pace	10:37	00:31:52.00
1571	913/1290	2387	Carly Sullivan	F	30	Prior Lake	MN	Open	Magic School Bus	10:37	00:31:53.00
1572	914/1290	4754	Jess Hudspeth	F	45	Lakeside	IA	Women	Run Like the Winded	10:38	00:31:56.00
1573	915/1290	5094	Brittany Sanderson	F	30	Waterloo	IA	Women	WeÆre Kind of a Big Deal	10:39	00:31:57.00
1574	916/1290	3527	Amy Langgin	F	43	Des Moines	IA	Mixed	I Can't Feel My Legs When I'm With You	10:40	00:32:00.00
1575	917/1290	4324	Shelby GOERING	F	29	Roca	NE	Mixed	Worst Pace Scenario	10:40	00:32:00.00
1576	918/1290	3413	Helen Harwood	F	53	West Des Moines	IA	Mixed	Fleet Running Partners	10:40	00:32:00.00
1577	919/1290	4975	Stacy Ackerman	F	36	Williamsburg	IA	Women	The Beeliners	10:40	00:32:00.00
1578	659/718	3671	Jim Hudson	M	45	Ceresco	NE	Mixed	NeBEERska	10:40	00:32:00.00
1579	920/1290	4542	Nicole Brua Behrens	F	47	Grinnell	IA	Women	Grinnell Girls Gone Running	10:40	00:32:02.00
1580	921/1290	3246	Jazmin Torres	F	23	Des Moines	IA	Mixed	Chafe Now Brag Later	10:40	00:32:02.00
1581	922/1290	3344	Elizabeth Rosendale	F	30	Onalaska	WI	Mixed	DINNER TIME	10:41	00:32:04.00
1582	923/1290	3544	Kadee Myers	F	42	Villisca	IA	Mixed	Insanity Made Us Do It	10:41	00:32:05.00
1583	924/1290	4431	Victoria Walstrum	F	28	Coralville	IA	Women	Better At Runnin Up A Tab	10:42	00:32:06.00
1584	925/1290	4586	Angie Stricker	F	42	Mason City	IA	Women	I Thought They Said Rum	10:42	00:32:06.00

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Place	Gender Pic/Total	No.	Name	S	Age	City	St.	Team Category	Team name	Pace	Time
1585	926/1290	2472	Kelly Tanzer	F	40	Omaha	NE	Open	Run 2 Travel	10:42	00:32:07.00
1586	660/718	4126	Kurt Langrud	M	39	Kearney	NE	Mixed	The Knights Who Say Knee	10:42	00:32:08.00
1587	927/1290	2174	Andrea Hennings	F	32	Papillion	NE	Open	DECADEnce	10:43	00:32:09.00
1588	661/718	3733	Dalton Handling	M	20	Drakesville	IA	Mixed	P.B.R.	10:43	00:32:09.00
1589	928/1290	2177	Dianna Larson	F	37	Omaha	NE	Open	DECADEnce	10:43	00:32:10.00
1590	929/1290	4594	Heather Jaeger	F	33	Keota	IA	Women	Keota	10:43	00:32:11.00
1591	930/1290	2023	Michelle Shetler	F	32	Urbandale	IA	Open	#pukeandrally	10:43	00:32:12.00
1592	931/1290	5274	Lara Newsom	F	44	Urbandale	IA	Women Masters	Absolutely Fabulous	10:43	00:32:12.00
1593	932/1290	4452	Breanna Arens	F	33	Bondurant	IA	Women	BrickHouse Babes	10:44	00:32:13.00
1594	933/1290	3134	Melissa Fraser	F	35	Holstein	IA	Mixed	Backdraft	10:44	00:32:13.00
1595	934/1290	3815	Mylissa Carstens	F	44	Washington	IL	Mixed	Rum Runners	10:44	00:32:13.00
1596	662/718	3532	Nick Crawford	M	29	Indianola	IA	Mixed	I need a nap!	10:44	00:32:13.00
1597	935/1290	5141	Michelle Glow	F	33	Omaha	NE	Women	WTF...Where's The Finish	10:44	00:32:14.00
1598	936/1290	5123	Sabrina Danielson	F	32	Denver	CO	Women	Winking Cats	10:44	00:32:14.00
1599	937/1290	4213	Raeann Skeers	F	40	West Des Moines	IA	Mixed	Top Run	10:44	00:32:14.00
1600	938/1290	3524	Andrea Quann	F	35	West Des Moines	IA	Mixed	I Can't Feel My Legs When I'm With You	10:44	00:32:14.00
1601	939/1290	4624	Amanda Stamp	F	33	Neola	IA	Women	Midwest Mamas	10:45	00:32:15.00
1602	940/1290	4145	Emmaly Renshaw	F	38	Cedar Rapids	IA	Mixed	The Rosie Runners	10:45	00:32:15.00
1603	941/1290	2867	Heidi Pollmann	F	43	Des Moines	IA	Corporate	DLR Group	10:45	00:32:15.00
1604	942/1290	5044	Kylie Markey	F	28	Des Moines	IA	Women	Tuff AF	10:45	00:32:16.00
1605	943/1290	4645	Ericka Bass	F	24	Anamosa	IA	Women	Not Fast but Kinda Furious	10:46	00:32:18.00
1606	944/1290	5127	Andrea Stegall	F	35	Cedar Rapids	IA	Women	Winking Cats	10:46	00:32:19.00
1607	945/1290	4811	Abby Young	F	38	Belmond	IA	Women	Runaway Chix	10:46	00:32:20.00
1608	946/1290	4812	Kacie Allen	F	33	Belmond	IA	Women	Runaway Chix	10:46	00:32:20.00
1609	947/1290	3302	Caitlin Peterson	F	31	West Des Moines	IA	Mixed	CYCOS	10:46	00:32:20.00
1610	948/1290	4815	Sarah Nelson	F	39	Belmond	IA	Women	Runaway Chix	10:46	00:32:20.00
1611	949/1290	2412	Jennifer Richardson	F	45	Elkhorn	NE	Open	Over the Fence	10:47	00:32:21.00
1612	950/1290	3045	Kristine Crisman	F	54	Des Moines	IA	Mixed	#huffingandpuffing	10:47	00:32:22.00
1613	951/1290	4775	Alison Miller	F	29	Westminster	CO	Women	Run Now Wine Later	10:47	00:32:23.00
1614	952/1290	3951	Ronda Graff	F	47	Mccook	NE	Mixed	Slow but we finish	10:47	00:32:23.00
1615	663/718	5004	Dina Lewis	M	52	Chariton	IA	Women	The Magnificent Seven	10:48	00:32:25.00
1616	953/1290	4583	Jennifer Groen	F	39	Mason City	IA	Women	I Thought They Said Rum	10:48	00:32:26.00
1617	954/1290	3693	Lori Staples	F	39	Ankeny	IA	Mixed	No Lug Nuts No Problem	10:49	00:32:27.00
1618	955/1290	5445	Jamie Logue	F	37	Grand Island	NE	Religious	Lifehouse Church	10:49	00:32:27.00
1619	956/1290	2631	Cayla Pieper	F	24	Wever	IA	Open	Tequila Chasers	10:49	00:32:28.00
1620	957/1290	2967	Deena Townley	F	50	Ankeny	IA	Corporate	Renewable Energy	10:49	00:32:29.00

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Place	Gender Pic/Total	No.	Name	S	Age	City	St.	Team Category	Team name	Pace	Time
1621	958/1290	4371	Mariah Obiedzinski	F	35	Center Point	IA	Women	#TeamRunsWithBlankets	10:50	00:32:30.00
1622	959/1290	3266	Afton Erdmann	F	37	Ankeny	IA	Mixed	Chafing the Dream	10:50	00:32:30.00
1623	664/718	3894	Matt Guns	M	36	West Des Moines	IA	Mixed	Runs In The Family	10:50	00:32:31.00
1624	960/1290	3847	Molly Gosselink	F	37	Clive	IA	Mixed	Run Like A Champ Not Like A Chump	10:50	00:32:31.00
1625	961/1290	4238	Cody Reichart	F	40	Polk City	IA	Mixed	Ummmm	10:51	00:32:33.00
1626	962/1290	4353	Mandy Paulsen	F	32	Ankeny	IA	Women	#FirstTimers	10:51	00:32:33.00
1627	963/1290	2613	Sarah Johnson	F	31	Lincoln	NE	Open	Team rails on trails	10:51	00:32:33.00
1628	964/1290	2616	Megan Burtle	F	34	Lincoln	NE	Open	Team rails on trails	10:51	00:32:33.00
1629	965/1290	4696	Tami Stuekerjuergen	F	51	Donnellson	IA	Women	Pavement Princesses	10:51	00:32:34.00
1630	966/1290	5003	Kristie Carr	F	40	Chariton	IA	Women	The Magnificent Seven	10:51	00:32:34.00
1631	967/1290	5034	Afton LeFevere	F	37	Shellsburg	IA	Women	Tough Mother Runners	10:51	00:32:35.00
1632	968/1290	4492	Emily Ostert	F	41	Madrid	IA	Women	Easier Said Than Run	10:52	00:32:36.00
1633	969/1290	3025	Paige Wardell	F	25	Indianola	IA	Corporate	WesleyLife Wellness Team	10:52	00:32:36.00
1634	970/1290	3416	Luciana Mueller	F	23	Des Moines	IA	Mixed	Fleet Running Partners	10:52	00:32:36.00
1635	971/1290	3363	Joann Eaton	F	50	Armstrong	IA	Mixed	Dr. Schultz's Minions	10:52	00:32:38.00
1636	665/718	5444	Andrew Logue	M	42	Grand Island	NE	Religious	Lifehouse Church	10:53	00:32:40.00
1637	972/1290	4644	Taylor Hackett	F	25	Davenport	IA	Women	Not Fast but Kinda Furious	10:53	00:32:40.00
1638	973/1290	4326	Ashley McGee	F	28	Cortland	NE	Mixed	Worst Pace Scenario	10:54	00:32:43.00
1639	974/1290	4636	Kristin Phelps	F	38	Omaha	NE	Women	Moms on the Run	10:55	00:32:45.00
1640	975/1290	2092	Jenna Bakke	F	26	North Liberty	IA	Open	Bakke	10:55	00:32:45.00
1641	976/1290	2382	Katie DeBower	F	31	Pella	IA	Open	Magic School Bus	10:55	00:32:46.00
1642	977/1290	4813	Natasha Nelson	F	39	Gulfport	FL	Women	Runaway Chix	10:55	00:32:46.00
1643	978/1290	4814	Jamie Shonk	F	45	Gulfport	FL	Women	Runaway Chix	10:55	00:32:46.00
1644	979/1290	4514	Lacy Baitinger	F	36	Murdock	NE	Women	Girls Run Wild	10:55	00:32:46.00
1645	980/1290	2983	Megan Gent	F	31	West Des Moines	IA	Corporate	Snacks & Naps	10:56	00:32:50.00
1646	981/1290	3761	Sara McGinnis	F	32	Rock Island	IL	Mixed	Party Patrol	10:57	00:32:52.00
1647	982/1290	4837	Lana Endorf	F	44	Sanborn	IA	Women	S.W.A.T.T	10:57	00:32:52.00
1648	983/1290	4051	Mary Beth Davis	F	37	Cedar Rapids	IA	Mixed	Team Llamacorn	10:58	00:32:54.00
1649	666/718	4052	Austin Davis	M	36	Cedar Rapids	IA	Mixed	Team Llamacorn	10:58	00:32:54.00
1650	984/1290	3823	Lisa Kasik	F	43	Lincoln	NE	Mixed	RUN CYT	10:58	00:32:54.00
1651	985/1290	4895	Cori Hofmeister	F	38	Lincoln	NE	Women	SSDGM	10:58	00:32:55.00
1652	667/718	4642	Ashley Masten	M	29	Ankeny	IA	Women	Not Fast but Kinda Furious	10:58	00:32:55.00
1653	668/718	3676	William Stott	M	57	Omaha	NE	Mixed	NeBEERska	10:58	00:32:55.00
1654	669/718	2641	Todd Fitzgerald	M	46	Lincoln	NE	Open	Test Tube	11:00	00:33:00.00
1655	986/1290	4303	Alana Schares	F	43	Urbandale	IA	Mixed	We'll Be FINE	11:00	00:33:00.00
1656	987/1290	5242	Natalie Welter	F	61	Story City	IA	Mixed Masters	Semper Vardo	11:00	00:33:00.00

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Place	Gender Pic/Total	No.	Name	S	Age	City	St.	Team Category	Team name	Pace	Time
1657	988/1290	5124	Kay Oskvig	F	30	Des Moines	IA	Women	Winking Cats	11:00	00:33:00.00
1658	989/1290	2982	Megan Ware	F	36	Urbandale	IA	Corporate	Snacks & Naps	11:00	00:33:00.00
1659	670/718	2403	Brad Hendrickson	M	45	Batavia	IA	Open	Not a Clue	11:00	00:33:02.00
1660	990/1290	2533	Lora Sypal	F	46	Lincoln	NE	Open	RUNS WITH SCISSORS	11:00	00:33:02.00
1661	991/1290	4922	Kris Garrett	F	51	Mason City	IA	Women	Team Awesome Sauce	11:01	00:33:03.00
1662	992/1290	5065	Jennifer Hays	F	45	Ankeny	IA	Women	We Thought They Said RUM	11:01	00:33:05.00
1663	993/1290	4267	Jennifer Bremer	F	35	West Des Moines	IA	Mixed	Was Faster 10 Years Ago!	11:01	00:33:05.00
1664	994/1290	3378	Genelle Girthoffer	F	42	Omaha	NE	Mixed	Drop the Deuce	11:02	00:33:06.00
1665	995/1290	5452	Dorinda Oostenink	F	37	Sioux Center	IA	Religious	Sioux County Saints	11:02	00:33:06.00
1666	996/1290	4832	Caresa Carney	F	44	Sanborn	IA	Women	S.W.A.T.T	11:02	00:33:06.00
1667	997/1290	3913	Annemarie Johnson	F	33	West Des Moines	IA	Mixed	S&W Fender Benders	11:02	00:33:07.00
1668	998/1290	5122	Laura Hupp	F	34	Minneapolis	MN	Women	Winking Cats	11:02	00:33:08.00
1669	999/1290	4614	Erin Pape	F	39	Davenport	IA	Women	Matching T-shirts	11:02	00:33:08.00
1670	1000/1290	5235	Jessie James	F	40	Adel	IA	Mixed Masters	Respect Your Elders	11:02	00:33:08.00
1671	671/718	3046	Tim thelen	M	44	Des Moines	IA	Mixed	#huffingandpuffing	11:03	00:33:10.00
1672	1001/1290	4507	Beth Woods	F	47	Urbandale	IA	Women	Girls on the Run	11:03	00:33:11.00
1673	1002/1290	4481	Allison Fritsche	F	37	Holdrege	NE	Women	Deuces Wild	11:04	00:33:12.00
1674	1003/1290	4533	Lael Adamson	F	47	Ankeny	IA	Women	Golden Girls	11:04	00:33:12.00
1675	1004/1290	2632	Bobbi Kruse	F	36	Donnelson	IA	Open	Tequila Chasers	11:04	00:33:12.00
1676	1005/1290	2941	Cj Avande	F	26	Omaha	NE	Corporate	LinkedIn	11:04	00:33:14.00
1677	1006/1290	4405	Lori Stevenson	F	56	West Des Moines	IA	Women	Babes on the Run	11:04	00:33:14.00
1678	1007/1290	4382	Melissa Dietrich	F	39	Minneapolis	MN	Women	2 Pretty 4 Math	11:04	00:33:14.00
1679	1008/1290	4221	Cecily Kulhavy	F	27	Des Moines	IA	Mixed	Udder Chaos	11:04	00:33:14.00
1680	1009/1290	3876	Monica Bohnert	F	50	Ames	IA	Mixed	Running on Empty	11:05	00:33:15.00
1681	1010/1290	4572	Kristy Coleman	F	38	Hudson	WI	Women	Hot Moms on the Run	11:05	00:33:15.00
1682	1011/1290	2032	Whitney Achenbaugh	F	32	Iowa City	IA	Open	#whydowedothis?	11:05	00:33:15.00
1683	1012/1290	5302	Mariana Phipps	F	75	Omaha	NE	Women Masters	Ladies of the Evening	11:05	00:33:15.00
1684	1013/1290	2803	Charmi Geerdes	F	45	Nevada	IA	Open	Yo Mama	11:05	00:33:15.00
1685	1014/1290	3367	Anna Bents	F	39	Fairmont	MN	Mixed	Dr. Schultz's Minions	11:05	00:33:15.00
1686	1015/1290	4441	Jessica Camplin	F	38	Grand Island	NE	Women	Better at running up a tab	11:05	00:33:16.00
1687	1016/1290	2476	Jennifer Bunge	F	29	Omaha	NE	Open	Run 2 Travel	11:05	00:33:17.00
1688	1017/1290	4376	Michaela Fishell	F	37	Center Point	IA	Women	#TeamRunsWithBlankets	11:05	00:33:17.00
1689	1018/1290	4282	Leann Hostetler	F	34	Jefferson	IA	Mixed	We should be done by now	11:05	00:33:17.00
1690	1019/1290	4323	Erin Mihm	F	31	Clay Center	NE	Mixed	Worst Pace Scenario	11:06	00:33:18.00
1691	1020/1290	4661	Sherri Watts	F	49	Nevada	IA	Women	Not my hill....Not my problem!	11:06	00:33:18.00
1692	672/718	3358	Jacob Ramos	M	35	Omaha	NE	Mixed	DNR (Drinkers Not Runners)	11:06	00:33:18.00

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## Overall Results

3 Mile

Place	Gender Pic/Total	No.	Name	S	Age	City	St.	Team Category	Team name	Pace	Time
1693	1021/1290	3656	Jessica Ekman	F	35	Johnston	IA	Mixed	Misbehavin!!	11:06	00:33:18.00
1694	1022/1290	4073	Julie VanPelt	F	57	Moline	IL	Mixed	Team Party Patrol Deux	11:06	00:33:20.00
1695	1023/1290	2372	Luann Ostergaard	F	61	Johnston	IA	Open	Lu's Lads	11:07	00:33:21.00
1696	673/718	3412	Brian Webb	M	44	Des Moines	IA	Mixed	Fleet Running Partners	11:07	00:33:21.00
1697	674/718	4003	Tyler Baker	M	36	Omaha	NE	Mixed	Straight Outta Breath	11:07	00:33:21.00
1698	1024/1290	4971	Jessica Meier	F	34	Sigourney	IA	Women	The Beeliners	11:07	00:33:22.00
1699	1025/1290	4243	Kara Jackson	F	38	Waukee	IA	Mixed	Undertrained and Overconfident	11:07	00:33:22.00
1700	1026/1290	3106	Nicole Pearson	F	37	Rochester	MN	Mixed	aMaizing Runners #we'recorny	11:07	00:33:22.00
1701	1027/1290	4725	Kristin Molgaard	F	24	West Des Moines	IA	Women	Pretty Girl Rock	11:07	00:33:22.00
1702	1028/1290	4064	Cherie Eller	F	29	Waukee	IA	Mixed	Team Pacman	11:08	00:33:24.00
1703	1029/1290	5225	Jessica Davis	F	40	Roseville	MN	Mixed Masters	Gypsies Tramps & Thieves	11:08	00:33:25.00
1704	1030/1290	4462	Emily Prough	F	27	West Des Moines	IA	Women	Brisk & Bright	11:08	00:33:25.00
1705	1031/1290	4122	Gretchen Middleton	F	53	Lincoln	NE	Mixed	The Knights Who Say Knee	11:09	00:33:27.00
1706	1032/1290	3765	Ryane Pappa	F	28	Davenport	IA	Mixed	Party Patrol	11:09	00:33:27.00
1707	1033/1290	2991	Dawn Brodersen	F	36	Ankeny	IA	Corporate	Team Bond	11:09	00:33:28.00
1708	1034/1290	4332	Annie Brustkern	F	38	Center Point	IA	Mixed	Wtf (Where's the finish?)	11:09	00:33:28.00
1709	675/718	2115	Ronley King	M	30	Gowrie	IA	Open	Better at runnin a tab up	11:09	00:33:28.00
1710	1035/1290	3141	Paige Bouc	F	26	Lincoln	NE	Mixed	Beer Nuts	11:09	00:33:29.00
1711	1036/1290	4192	Maggie Snyder	F	25	Saint Paul	MN	Mixed	Thick Thighs Save Lives	11:10	00:33:30.00
1712	676/718	3255	Matt Kilbride	M	28	Monmouth Junction	NJ	Mixed	Chafing Dreams	11:10	00:33:30.00
1713	1037/1290	2923	Shannon McGee	F	28	Des Moines	IA	Corporate	INVISION	11:10	00:33:32.00
1714	1038/1290	4394	Tanya Vlieger	F	31	Altoona	IA	Women	Angels In Disguise 2020	11:10	00:33:33.00
1715	1039/1290	3462	Amber O'Brion	F	31	Johnston	IA	Mixed	"Get Your ""Cray""on"	11:10	00:33:33.00
1716	677/718	2017	Ryan Goeser	M	28	Des Moines	IA	Open	#notindiana	11:10	00:33:33.00
1717	1040/1290	2527	Niki Ortner	F	41	Omaha	NE	Open	Running Sucks	11:11	00:33:34.00
1718	1041/1290	2388	Kelli Keefer	F	38	Knoxville	IA	Open	Magic School Bus	11:11	00:33:34.00
1719	1042/1290	3531	Elizabeth Crawford	F	27	Indianola	IA	Mixed	I need a nap!	11:11	00:33:35.00
1720	1043/1290	3415	Prairie Meyer-Hesler	F	32	Des Moines	IA	Mixed	Fleet Running Partners	11:11	00:33:35.00
1721	1044/1290	4447	Carlee Hoss	F	30	Logan	IA	Women	Better at running up a tab	11:11	00:33:35.00
1722	1045/1290	4795	Dena Nelson	F	46	Council Bluffs	IA	Women	Run With A Heart On	11:12	00:33:36.00
1723	1046/1290	5036	Amy Van Wechel	F	38	Vinton	IA	Women	Tough Mother Runners	11:12	00:33:37.00
1724	1047/1290	2271	Emily Nimsakont	F	41	Ashland	NE	Open	Ice Baggers 4 Life	11:13	00:33:39.00
1725	1048/1290	2073	Ann Adamson	F	46	Marion	IA	Open	All That Remains Is Love	11:14	00:33:42.00
1726	1049/1290	4817	Leigh Faaborg	F	34	Belmond	IA	Women	Runaway Chix	11:14	00:33:42.00
1727	1050/1290	3948	Lisa Zessin	F	41	Malcolm	NE	Mixed	Sibling Rivalry	11:14	00:33:42.00
1728	678/718	4163	Dan Israel	M	36	Johnston	IA	Mixed	The VanTrapped Family Runners	11:14	00:33:43.00



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Place	Gender Pic/Total	No.	Name	S	Age	City	St.	Team Category	Team name	Pace	Time
1729	1051/1290	4263	Kristen Campbell-Blumhagen	F	42	Ankeny	IA	Mixed	Was Faster 10 Years Ago!	11:15	00:33:46.00
1730	1052/1290	3968	Laura Howe	F	34	Nora Springs	IA	Mixed	Sole Crazy Runners	11:15	00:33:46.00
1731	1053/1290	3727	Emma OÆPolka	F	29	Grinnell	IA	Mixed	Original 7	11:15	00:33:46.00
1732	1054/1290	5262	Margie Ward	F	55	Burlington	IA	Mixed Masters	The Running Fartz	11:16	00:33:48.00
1733	1055/1290	3734	Patty Sneddon-Kisting	F	37	Grimes	IA	Mixed	P.B.R.	11:16	00:33:48.00
1734	1056/1290	2666	Jacie O'Brien	F	31	Sumner	IA	Open	The Highly Educated	11:16	00:33:50.00
1735	1057/1290	2764	Kari Gosselink	F	39	Grinnell	IA	Open	We'll Get There When We Get There	11:17	00:33:51.00
1736	1058/1290	3683	Joyce Harris	F	49	Dubuque	IA	Mixed	No Judgement	11:17	00:33:53.00
1737	679/718	4302	Jim Crowley	M	50	Urbandale	IA	Mixed	We'll Be FINE	11:18	00:33:54.00
1738	680/718	2381	Jason DeBower	M	34	Pella	IA	Open	Magic School Bus	11:18	00:33:56.00
1739	681/718	3767	Cody Mathis	M	29	Davenport	IA	Mixed	Party Patrol	11:18	00:33:56.00
1740	682/718	5441	Michael Dekker	M	29	Juniata	NE	Religious	Lifehouse Church	11:19	00:33:57.00
1741	1059/1290	3094	Tara Murphy	F	54	Des Moines	IA	Mixed	All in the Family.	11:19	00:33:59.00
1742	1060/1290	4947	Nicky Jones	F	40	Tabor	IA	Women	Team R.I.O.T. (Running Is Our Therapy)	11:19	00:34:00.00
1743	683/718	5421	Jarod Bark	M	33	Ames	IA	Armed Forces Division	Team Krankenwagen	11:20	00:34:01.00
1744	1061/1290	4001	Theresa Bozarth	F	52	Omaha	NE	Mixed	Straight Outta Breath	11:20	00:34:02.00
1745	1062/1290	5442	Tarassa Dekker	F	29	Juniata	NE	Religious	Lifehouse Church	11:21	00:34:03.00
1746	1063/1290	3696	Betsy Yates	F	41	West Des Moines	IA	Mixed	No Lug Nuts No Problem	11:21	00:34:05.00
1747	1064/1290	4684	Jill Odens	F	33	Omaha	NE	Women	Ovarychievers	11:22	00:34:08.00
1748	1065/1290	4266	Amy Strutt	F	36	Dallas Center	IA	Mixed	Was Faster 10 Years Ago!	11:22	00:34:08.00
1749	1066/1290	3964	Angie Holzer	F	49	Charles City	IA	Mixed	Sole Crazy Runners	11:24	00:34:12.00
1750	684/718	3445	Tyler McCabe	M	36	Ames	IA	Mixed	Follow the Clues	11:24	00:34:12.00
1751	1067/1290	3757	Debra Zarek	F	35	Genoa	NE	Mixed	Pardon My Fartlek	11:24	00:34:12.00
1752	685/718	2876	Andrew Wagner	M	36	Johnston	IA	Corporate	Eide Bailly	11:24	00:34:12.00
1753	1068/1290	3231	Sherrie Collins	F	44	Atkins	IA	Mixed	Burning off the Crazy!	11:25	00:34:15.00
1754	1069/1290	2563	Jane Opheim	F	44	Oskaloosa	IA	Open	Stuck Between a Walk and a Hard Pace	11:25	00:34:16.00
1755	1070/1290	3686	Brooke Wooten	F	24	Hopkinton	IA	Mixed	No Judgement	11:25	00:34:16.00
1756	1071/1290	3446	Robyn Reisetter	F	31	Radcliffe	IA	Mixed	Follow the Clues	11:26	00:34:18.00
1757	1072/1290	2532	Kaydee Gronewold	F	40	Lincoln	NE	Open	RUNS WITH SCISSORS	11:26	00:34:19.00
1758	686/718	2385	Trenton Keefer	M	35	Knoxville	IA	Open	Magic School Bus	11:26	00:34:21.00
1759	1073/1290	4573	Jennifer Krajewski	F	36	Eagle	NE	Women	Hot Moms on the Run	11:26	00:34:21.00
1760	1074/1290	3812	Kathy Lukacik	F	44	Gilbert	IA	Mixed	Rum Runners	11:27	00:34:22.00
1761	1075/1290	5064	Stephanie Otis	F	42	Dallas Center	IA	Women	We Thought They Said RUM	11:27	00:34:22.00
1762	1076/1290	4265	Melissa Johnson	F	37	Ankeny	IA	Mixed	Was Faster 10 Years Ago!	11:28	00:34:25.00
1763	1077/1290	4877	Colleen Johnston	F	24	Montezuma	IA	Women	Sole Sisters	11:28	00:34:26.00
1764	1078/1290	2395	Amanda Hohn	F	34	West Des Moines	IA	Open	MM EZ Market Warriors	11:28	00:34:26.00

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Place	Gender Pic/Total	No.	Name	S	Age	City	St.	Team Category	Team name	Pace	Time
1765	687/718	2287	Shashank Aurora	M	59	Clive	IA	Open	Inquiring Minds	11:28	00:34:26.00
1766	1079/1290	2282	Courtney Wahlstrom	F	38	Clive	IA	Open	Inquiring Minds	11:29	00:34:27.00
1767	1080/1290	4764	Amy Tagliareni	F	49	Ankeny	IA	Women	Run Mama Run	11:29	00:34:27.00
1768	1081/1290	4451	Stephanie Mahaffey	F	40	Bondurant	IA	Women	BrickHouse Babes	11:29	00:34:28.00
1769	1082/1290	3132	Mari Seel	F	35	Cherokee	IA	Mixed	Backdraft	11:29	00:34:28.00
1770	1083/1290	2815	Jane Thilges	F	37	West Bend	IA	Open	You Make Me Feel Like 90s Country	11:31	00:34:34.00
1771	1084/1290	5015	Lisa Syring	F	45	Tipton	IA	Women	The Sparkle Divas	11:32	00:34:36.00
1772	1085/1290	4682	Taylor Daniels	F	30	Omaha	NE	Women	Ovarychievers	11:33	00:34:39.00
1773	1086/1290	4582	Heather Goedken	F	37	Steamboat Rock	IA	Women	I Thought They Said Rum	11:33	00:34:40.00
1774	688/718	2564	Stephen Edgar	M	44	Oskaloosa	IA	Open	Stuck Between a Walk and a Hard Pace	11:33	00:34:40.00
1775	1087/1290	4712	Dawn Burns	F	57	Stewartville	MN	Women	PokeMoms	11:33	00:34:41.00
1776	1088/1290	4984	Alyssa Blair	F	26	Omaha	NE	Women	The Blistered Sisters Go To Iowa!	11:33	00:34:42.00
1777	1089/1290	3484	Nicole Lindquist	F	37	Council Bluffs	IA	Mixed	Grandma's Babysitting	11:34	00:34:43.00
1778	1090/1290	4443	Laura Stoltenberg	F	32	Omaha	NE	Women	Better at running up a tab	11:34	00:34:44.00
1779	1091/1290	5478	Lillian Oniell	F	99	Lincoln	NE	Corporate	Potential Issues	11:36	00:34:48.00
1780	1092/1290	2535	Season Epp	F	42	Lincoln	NE	Open	RUNS WITH SCISSORS	11:37	00:34:51.00
1781	1093/1290	3924	Kristi Vander Kooi	F	48	Sioux Center	IA	Mixed	SCCS A+ Team	11:37	00:34:52.00
1782	1094/1290	3914	Megan Wick	F	48	Clive	IA	Mixed	S&W Fender Benders	11:37	00:34:52.00
1783	1095/1290	4664	Jackie Griffin	F	46	Bondurant	IA	Women	Not my hill....Not my problem!	11:37	00:34:53.00
1784	1096/1290	4801	Gretchen Ritterling	F	49	Greenwood	NE	Women	Runaway Bridesmaids	11:38	00:34:54.00
1785	1097/1290	5072	Amy L Cobbs	F	38	Omaha	NE	Women	wearblue:runtoremember	11:38	00:34:56.00
1786	1098/1290	4987	Marsha Krienke-Hansen	F	41	Omaha	NE	Women	The Blistered Sisters Go To Iowa!	11:39	00:34:57.00
1787	1099/1290	2353	Charley Hill	F	33	Lincoln	NE	Open	Long Distance Relay-tionship	11:39	00:34:58.00
1788	1100/1290	4372	Ariel DaCosta	F	28	Cedar Rapids	IA	Women	#TeamRunsWithBlankets	11:40	00:35:00.00
1789	689/718	5247	Dave Elsenbast	M	58	Ames	IA	Mixed Masters	Semper Vardo	11:40	00:35:00.00
1790	1101/1290	5001	Haley Buckalew	F	23	West Des Moines	IA	Women	The Magnificent Seven	11:40	00:35:00.00
1791	1102/1290	4352	Lisa MOUNT	F	36	Boone	IA	Women	#FirstTimers	11:40	00:35:00.00
1792	1103/1290	4574	Krysta Foster	F	35	Eagle	NE	Women	Hot Moms on the Run	11:40	00:35:00.00
1793	1104/1290	5475	Kim Etherton	F	55	Lincoln	NE	Corporate	Potential Issues	11:40	00:35:00.00
1794	690/718	3356	Kyle Brown	M	35	Omaha	NE	Mixed	DNR (Drinkers Not Runners)	11:40	00:35:02.00
1795	1105/1290	2557	Maria Anderson	F	35	West Des Moines	IA	Open	Sleep. Eat. Poop. Run.	11:40	00:35:02.00
1796	1106/1290	4982	Rose Anderson	F	41	Omaha	NE	Women	The Blistered Sisters Go To Iowa!	11:40	00:35:02.00
1797	1107/1290	5006	Tina Clark	F	53	Corydon	IA	Women	The Magnificent Seven	11:40	00:35:03.00
1798	1108/1290	4864	Sarah McAndrews	F	37	Dexter	IA	Women	Small Town Girls	11:41	00:35:04.00
1799	1109/1290	4468	Crystal Samsel	F	41	Meriden	IA	Women	Brisk & Bright	11:42	00:35:07.00
1800	1110/1290	3261	Ashley Palmersheim	F	34	Ankeny	IA	Mixed	Chafing the Dream	11:43	00:35:09.00

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## Overall Results

3 Mile

Place	Gender Pic/Total	No.	Name	S	Age	City	St.	Team Category	Team name	Pace	Time
1801	1111/1290	4593	Katelyn Hammen	F	30	Harper	IA	Women	Keota	11:43	00:35:11.00
1802	1112/1290	5096	Rebecca Sanderson	F	13	Evanston	IL	Women	We/Ere Kind of a Big Deal	11:43	00:35:11.00
1803	1113/1290	2814	Denna Mitchell	F	55	Greenfield	IA	Open	You Make Me Feel Like 90s Country	11:44	00:35:12.00
1804	691/718	4331	James Brustkern	M	38	Center Point	IA	Mixed	Wtf (Where/Es the finish?)	11:44	00:35:12.00
1805	1114/1290	3458	Kaytlyn Mount	F	34	Ames	IA	Mixed	FSHNProfessors	11:44	00:35:12.00
1806	1115/1290	2475	Michele Frye	F	51	Omaha	NE	Open	Run 2 Travel	11:45	00:35:15.00
1807	1116/1290	2775	Rhonda Smith	F	48	Garden Grove	IA	Open	Wheaties Box Rejects	11:45	00:35:15.00
1808	1117/1290	4835	Heather Bakker	F	35	Sanborn	IA	Women	S.W.A.T.T	11:45	00:35:17.00
1809	1118/1290	4666	Avory Gurwell	F	23	Des Moines	IA	Women	Not my hill....Not my problem!	11:46	00:35:20.00
1810	692/718	2132	Benson Hargens	M	34	Osage	IA	Open	Bodyglide Blisters & Bengay	11:47	00:35:21.00
1811	1119/1290	5073	Free Smith	F	45	Omaha	NE	Women	wearblue:runtoremember	11:47	00:35:21.00
1812	1120/1290	5166	Wittsle Paisley	F	43	Solon	IA	Masters	Ceement Shoes	11:47	00:35:21.00
1813	1121/1290	2801	Jen Barber	F	44	Nevada	IA	Open	Yo Mama	11:47	00:35:23.00
1814	1122/1290	4575	Maureen Dreith	F	50	Lincoln	NE	Women	Hot Moms on the Run	11:48	00:35:26.00
1815	693/718	2135	Josh Steinberg	M	28	Grafton	IA	Open	Bodyglide Blisters & Bengay	11:49	00:35:27.00
1816	1123/1290	3081	Toni Pastotnik	F	32	Davenport	IA	Mixed	A Van Down By The River	11:49	00:35:29.00
1817	1124/1290	4335	Linnea Offerman	F	35	Center Point	IA	Mixed	Wtf (Where/Es the finish?)	11:49	00:35:29.00
1818	1125/1290	4393	Kellie DeCamp	F	44	Altoona	IA	Women	Angels In Disguise 2020	11:53	00:35:42.00
1819	1126/1290	3952	Emma Graff	F	13	Mccook	NE	Mixed	Slow but we finish	11:53	00:35:42.00
1820	1127/1290	2205	Bethany Langebartels	F	33	Altoona	IA	Open	Finally gonna register so gotta have a team name	11:55	00:35:47.00
1821	1128/1290	4946	Stephanie Lemonds	F	45	Tabor	IA	Women	Team R.I.O.T. (Running Is Our Therapy)	11:55	00:35:47.00
1822	1129/1290	3461	Katie Schlawin	F	25	Grimes	IA	Mixed	"Get Your ""Cray""on"	12:00	00:36:00.00
1823	1130/1290	5338	Kelly Rennick O'Berry	F	42	Des Moines	IA	Women Masters	Oh Van Where Art Thou?	12:00	00:36:00.00
1824	1131/1290	4563	Jean Prahm	F	41	North Liberty	IA	Women	Hot Messes	12:00	00:36:00.00
1825	1132/1290	3877	Clarrissa Lincoln	F	34	Ames	IA	Mixed	Running on Empty	12:00	00:36:01.00
1826	694/718	3764	Adam Duggleby	M	33	Davenport	IA	Mixed	Party Patrol	12:00	00:36:01.00
1827	1133/1290	5091	Tammy Madsen	F	45	North Liberty	IA	Women	We/Ere Kind of a Big Deal	12:00	00:36:02.00
1828	695/718	5244	Paul Skjoldal	M	56	Ames	IA	Mixed Masters	Semper Vardo	12:01	00:36:04.00
1829	1134/1290	3355	Aubrey Brown	F	31	Omaha	NE	Mixed	DNR (Drinkers Not Runners)	12:01	00:36:04.00
1830	1135/1290	2352	Kayla Crouse	F	33	West Jordan	UT	Open	Long Distance Relay-tionship	12:01	00:36:05.00
1831	696/718	2415	Jeremy Brunssen	M	39	Springfield	NE	Open	Over the Fence	12:01	00:36:05.00
1832	1136/1290	4665	Hanna Kennedy	F	22	Des Moines	IA	Women	Not my hill....Not my problem!	12:01	00:36:06.00
1833	1137/1290	5248	Kristen Franken	F	52	Ames	IA	Mixed Masters	Semper Vardo	12:02	00:36:07.00
1834	1138/1290	4414	Miranda Gauthier	F	40	Ankeny	IA	Women	Beast Mode Beauties	12:04	00:36:12.00
1835	1139/1290	2776	Molly Denney	F	42	Anita	IA	Open	Wheaties Box Rejects	12:05	00:36:17.00
1836	1140/1290	4688	Caitlin Osborn	F	27	Omaha	NE	Women	Ovarychievers	12:05	00:36:17.00

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## Overall Results

3 Mile

Place	Gender Pic/Total	No.	Name	S	Age	City	St.	Team Category	Team name	Pace	Time
1837	1141/1290	2113	Cassandra Fjerstad	F	30	Waterloo	IA	Open	Better at runnin a tab up	12:07	00:36:21.00
1838	1142/1290	2953	Kari Livengood	F	47	Center Point	IA	Corporate	Not So Fast	12:07	00:36:22.00
1839	697/718	3291	Michael Lauzon	M	63	Panora	IA	Mixed	Cold Turkey Cuss Bus	12:08	00:36:25.00
1840	1143/1290	4687	Sara Eliason	F	26	Omaha	NE	Women	Ovarychievers	12:08	00:36:25.00
1841	1144/1290	5296	Beth Berg	F	42	West Des Moines	IA	Women Masters	Bibiddi Bobiddi Booze	12:08	00:36:26.00
1842	698/718	3215	Richard Koestner	M	65	Davenport	IA	Mixed	Born to Shuffle	12:09	00:36:28.00
1843	1145/1290	3666	Angie Stangl	F	35	Manilla	IA	Mixed	Moms Miles & Mules	12:10	00:36:30.00
1844	1146/1290	3638	Molly Manning	F	31	Lincoln	NE	Mixed	Manning Mafia	12:10	00:36:30.00
1845	1147/1290	4076	Heather Nichols	F	45	East Moline	IL	Mixed	Team Party Patrol Deux	12:10	00:36:32.00
1846	1148/1290	5294	Anjali De Jong	F	47	West Des Moines	IA	Women Masters	Bibiddi Bobiddi Booze	12:11	00:36:33.00
1847	1149/1290	2474	Kristin Daubendiek	F	42	Omaha	NE	Open	Run 2 Travel	12:11	00:36:34.00
1848	1150/1290	2131	Nicole Wigern	F	35	Osage	IA	Open	Bodyglide Blisters & Bengay	12:12	00:36:36.00
1849	1151/1290	2083	Robbyn Anand	F	37	Ames	IA	Open	Awesome Sauce	12:12	00:36:37.00
1850	699/718	4077	Randy Nichols	M	51	East Moline	IL	Mixed	Team Party Patrol Deux	12:12	00:36:38.00
1851	1152/1290	2386	Paige bolton	F	30	Knoxville	IA	Open	Magic School Bus	12:13	00:36:40.00
1852	1153/1290	3963	Katelind Lenz	F	35	Osage	IA	Mixed	Sole Crazy Runners	12:14	00:36:42.00
1853	700/718	3044	Jeff Croskey	M	46	Des Moines	IA	Mixed	#huffingandpuffing	12:14	00:36:43.00
1854	1154/1290	3566	Jennifer Haglund	F	46	Story City	IA	Mixed	Irish We Were Finished	12:14	00:36:45.00
1855	1155/1290	2968	Elizabeth Burns-Thompson	F	29	Altoona	IA	Corporate	Renewable Energy	12:14	00:36:45.00
1856	1156/1290	4902	Kylee Schoen	F	32	Filley	NE	Women	Team 369	12:14	00:36:45.00
1857	1157/1290	3194	Kat Russell	F	42	Cedar Rapids	IA	Mixed	Blood Sweat and Beers	12:15	00:36:46.00
1858	1158/1290	3042	Lizbeth McCall	F	54	Ames	IA	Mixed	#huffingandpuffing	12:15	00:36:46.00
1859	1159/1290	5467	Darci Bangert	F	35	Fort Dodge	IA	Religious	We Will Run	12:15	00:36:47.00
1860	1160/1290	3208	Trisha Randel	F	31	West Point	NE	Mixed	Blue Footed Boobies	12:16	00:36:48.00
1861	1161/1290	3545	Cindy Williams	F	57	Villisca	IA	Mixed	Insanity Made Us Do It	12:17	00:36:51.00
1862	701/718	3232	Nicholas Hassinger	M	34	Cedar Rapids	IA	Mixed	Burning off the Crazy!	12:20	00:37:00.00
1863	1162/1290	3224	Katie Johnson	F	35	New Hampton	IA	Mixed	Bossy	12:20	00:37:00.00
1864	1163/1290	2471	Katie Ogle	F	38	Bellevue	NE	Open	Run 2 Travel	12:23	00:37:09.00
1865	1164/1290	3707	Marie Rodriguez	F	26	Des Moines	IA	Mixed	No Time For Cardio	12:23	00:37:10.00
1866	1165/1290	3357	Katie Ramos	F	34	Omaha	NE	Mixed	DNR (Drinkers Not Runners)	12:24	00:37:12.00
1867	1166/1290	4828	Jessica Kirk	F	38	Bennett	IA	Women	Running Like A Mother	12:24	00:37:13.00
1868	1167/1290	4143	Paula Purifoy	F	38	Cedar Rapids	IA	Mixed	The Rosie Runners	12:24	00:37:15.00
1869	1168/1290	4444	Stacey Welch	F	36	Blair	NE	Women	Better at running up a tab	12:24	00:37:15.00
1870	1169/1290	3684	Amy Connolly	F	48	Dubuque	IA	Mixed	No Judgement	12:25	00:37:16.00
1871	702/718	3817	Curtis Wright	M	33	Norwalk	IA	Mixed	Rum Runners	12:25	00:37:17.00
1872	1170/1290	4714	Jill Stanway	F	38	Stillwater	MN	Women	PokeMoms	12:27	00:37:21.00

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Place	Gender Pic/Total	No.	Name	S	Age	City	St.	Team Category	Team name	Pace	Time
1873	1171/1290	5456	Angie Huisman	F	41	Hospers	IA	Religious	Sioux County Saints	12:27	00:37:22.00
1874	1172/1290	2413	Tanya Christiansen	F	44	Omaha	NE	Open	Over the Fence	12:28	00:37:25.00
1875	1173/1290	3105	Niki Whitehead	F	35	St. Charles	MN	Mixed	aMaizing Runners #we'recorny	12:30	00:37:30.00
1876	1174/1290	4075	Kerilyn Hess	F	34	Moline	IL	Mixed	Team Party Patrol Deux	12:30	00:37:31.00
1877	1175/1290	4883	Misty Poush	F	40	Grinnell	IA	Women	Soles on Fire	12:34	00:37:42.00
1878	1176/1290	5108	Sara Embrey	F	33	Des Moines	IA	Women	We/Eve Got The Runs	12:34	00:37:42.00
1879	1177/1290	2825	Ashley LaRue	F	35	Searsboro	IA	Corporate	ASI/ImageFirst Running Team	12:34	00:37:44.00
1880	1178/1290	3945	Chelsea Mccoy	F	37	Lincoln	NE	Mixed	Sibling Rivalry	12:35	00:37:45.00
1881	1179/1290	4383	Jessie OÆKane	F	36	Urbandale	IA	Women	2 Pretty 4 Math	12:37	00:37:52.00
1882	1180/1290	5273	Nicole Berger	F	44	Urbandale	IA	Women Masters	Absolutely Fabulous	12:37	00:37:53.00
1883	1181/1290	4981	Courtney Dohrt	F	38	Omaha	NE	Women	The Blistered Sisters Go To Iowa!	12:40	00:38:00.00
1884	1182/1290	5374	Sarah Richardson	F	39	Omaha	NE	Academic Division	Bluth Company	12:40	00:38:00.00
1885	1183/1290	4951	Alycia Karsjens	F	35	North Liberty	IA	Women	Team Unicorn	12:41	00:38:03.00
1886	1184/1290	3542	Caryn Keller	F	28	Villisca	IA	Mixed	Insanity Made Us Do It	12:42	00:38:08.00
1887	703/718	5241	Doug Jacobson	M	62	Ames	IA	Mixed Masters	Semper Vardo	12:43	00:38:11.00
1888	1185/1290	5245	Bonnie SKJORDAL	F	53	Ames	IA	Mixed Masters	Semper Vardo	12:43	00:38:11.00
1889	1186/1290	5246	Marie Schwartz	F	47	Ames	IA	Mixed Masters	Semper Vardo	12:43	00:38:11.00
1890	1187/1290	5014	Tenille Miller	F	32	Bennett	IA	Women	The Sparkle Divas	12:43	00:38:11.00
1891	1188/1290	3965	Jerri Dight	F	44	Rockford	IA	Mixed	Sole Crazy Runners	12:44	00:38:12.00
1892	1189/1290	3265	Elizabeth Jones	F	27	Missouri Valley	IA	Mixed	Chafing the Dream	12:44	00:38:12.00
1893	1190/1290	4625	Andie Harman	F	35	Neola	IA	Women	Midwest Mamas	12:44	00:38:12.00
1894	1191/1290	3897	Molly Eklund	F	31	Ankeny	IA	Mixed	Runs In The Family	12:44	00:38:12.00
1895	1192/1290	2188	Leona Hanna	F	44	Oskaloosa	IA	Open	Ditch Witches	12:44	00:38:14.00
1896	1193/1290	4235	Carla Kirkpatrick	F	37	Ankeny	IA	Mixed	Ummmm	12:45	00:38:15.00
1897	1194/1290	3966	Brandi Jones	F	39	Rockford	IA	Mixed	Sole Crazy Runners	12:45	00:38:15.00
1898	1195/1290	3207	Elizabeth Kavan	F	41	Juniata	NE	Mixed	Blue Footed Boobies	12:47	00:38:23.00
1899	1196/1290	3967	Jennifer Schmitt	F	39	Rockford	IA	Mixed	Sole Crazy Runners	12:49	00:38:27.00
1900	1197/1290	4616	Katy Kitrell	F	28	Omaha	NE	Women	Matching T-shirts	12:49	00:38:27.00
1901	1198/1290	4662	Deb Hollingsworth	F	59	Ottumwa	IA	Women	Not my hill....Not my problem!	12:49	00:38:27.00
1902	1199/1290	2626	Tiffany Kohls	F	39	Norwalk	IA	Open	Team Tanglefoot	12:49	00:38:27.00
1903	1200/1290	4683	Lydia Sand	F	28	Omaha	NE	Women	Ovarychievers	12:50	00:38:31.00
1904	1201/1290	3805	Laura Gross	F	35	Ankeny	IA	Mixed	Ross Needs A Groove	12:51	00:38:34.00
1905	1202/1290	2946	Virginia Roode	F	39	Omaha	NE	Corporate	LinkedIn	13:01	00:39:04.00
1906	704/718	2827	Eugene Peart	M	38	Grinnell	IA	Corporate	ASI/ImageFirst Running Team	13:03	00:39:10.00
1907	1203/1290	2536	Rhon Carr	F	39	Lincoln	NE	Open	RUNS WITH SCISSORS	13:04	00:39:14.00
1908	705/718	4183	Josh Weimer	M	46	Gretna	NE	Mixed	These Little Piggies...	13:08	00:39:26.00

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Place	Gender Pic/Total	No.	Name	S	Age	City	St.	Team Category	Team name	Pace	Time
1909	1204/1290	2701	Melissa Kopaska	F	40	Polk City	IA	Open	The young and the breathless!	13:08	00:39:26.00
1910	1205/1290	4195	Amy Stanwood	F	40	Des Moines	IA	Mixed	Thick Thighs Save Lives	13:09	00:39:28.00
1911	706/718	3891	Ray Champlin	M	36	Urbandale	IA	Mixed	Runs In The Family	13:11	00:39:33.00
1912	1206/1290	4716	Kelly Pyfferoen	F	37	Stewartville	MN	Women	PokeMoms	13:12	00:39:36.00
1913	1207/1290	4174	Allison Larson	F	40	Des Moines	IA	Mixed	Therabandits	13:13	00:39:41.00
1914	1208/1290	4415	Sarah Truby	F	35	Ankeny	IA	Women	Beast Mode Beauties	13:14	00:39:42.00
1915	1209/1290	3753	Amanda Holt	F	32	Lincoln	NE	Mixed	Pardon My Fartlek	13:15	00:39:47.00
1916	1210/1290	4713	Angie Augenstein	F	44	Byron	MN	Women	PokeMoms	13:15	00:39:47.00
1917	1211/1290	2574	Kara Burken	F	31	Blue Hill	NE	Open	SWATT	13:16	00:39:48.00
1918	1212/1290	3713	Barb Meyer	F	55	New London	IA	Mixed	Not Fast But Furious	13:16	00:39:51.00
1919	1213/1290	3442	Dianna Sheldon	F	41	Ames	IA	Mixed	Follow the Clues	13:18	00:39:54.00
1920	1214/1290	4676	Brenda Kooiman	F	41	Sioux Center	IA	Women	Not so hard-core mamas	13:19	00:39:57.00
1921	1215/1290	4534	Rebekah Welker	F	43	Ankeny	IA	Women	Golden Girls	13:21	00:40:03.00
1922	1216/1290	3254	Jaclyn Sutton	F	29	Lincoln	NE	Mixed	Chafing Dreams	13:21	00:40:04.00
1923	1217/1290	3962	Sarah Wiegmann	F	37	Allison	IA	Mixed	Sole Crazy Runners	13:22	00:40:08.00
1924	1218/1290	4685	Hannah Young	F	29	Omaha	NE	Women	Ovarychievers	13:22	00:40:08.00
1925	1219/1290	4445	Erin Grabowski	F	33	Elkhorn	NE	Women	Better at running up a tab	13:23	00:40:12.00
1926	1220/1290	2565	Angie Stanley	F	44	Oskaloosa	IA	Open	Stuck Between a Walk and a Hard Pace	13:25	00:40:15.00
1927	707/718	3144	Greg Gray	M	49	Lincoln	NE	Mixed	Beer Nuts	13:27	00:40:23.00
1928	1221/1290	2265	Kaye Ohnemus	F	49	Urbandale	IA	Open	I thought I was Driving the Van	13:33	00:40:39.00
1929	1222/1290	2206	Lisa Ohlinger	F	43	Cumming	IA	Open	Finally gonna register so gotta have a team name	13:33	00:40:39.00
1930	708/718	5471	Marty Walter	M	53	Staplehurst	NE	Corporate	Potential Issues	13:40	00:41:00.00
1931	1223/1290	5472	Melanie Walter	F	44	Staplehurst	NE	Corporate	Potential Issues	13:40	00:41:00.00
1932	1224/1290	4954	Kristy Rekers	F	46	Solon	IA	Women	Team Unicorn	13:40	00:41:02.00
1933	1225/1290	5076	Natalie Goth	F	35	Independence	MO	Women	wearblue:runtoremember	13:41	00:41:05.00
1934	1226/1290	2024	Kaitlin McCormick	F	29	West Des Moines	IA	Open	#pukeandrally	13:48	00:41:25.00
1935	1227/1290	4205	Kari Frerk	F	37	Waukee	IA	Mixed	Tie Dyed Soles	13:50	00:41:31.00
1936	1228/1290	4207	Michelle Henry	F	39	Dallas Center	IA	Mixed	Tie Dyed Soles	13:53	00:41:40.00
1937	1229/1290	4744	Stacy Meisgeier	F	35	Waverly	IA	Women	Rise and Shine	13:53	00:41:41.00
1938	1230/1290	4464	Gina Stork	F	34	Rockwell City	IA	Women	Brisk & Bright	13:54	00:41:44.00
1939	1231/1290	3946	Chelsea Blaser	F	16	Adams	NE	Mixed	Sibling Rivalry	13:57	00:41:51.00
1940	709/718	3947	Dustin Blaser	M	44	Adams	NE	Mixed	Sibling Rivalry	13:57	00:41:51.00
1941	1232/1290	5092	Heather Sanderson	F	43	Iowa City	IA	Women	We're Kind of a Big Deal	14:00	00:42:00.00
1942	1233/1290	2812	Stacey Hager	F	52	Winterset	IA	Open	You Make Me Feel Like 90s Country	14:00	00:42:00.00
1943	710/718	2813	Darrin Hager	M	55	Winterset	IA	Open	You Make Me Feel Like 90s Country	14:00	00:42:00.00
1944	1234/1290	4144	Nicole Foster	F	39	Cedar Rapids	IA	Mixed	The Rosie Runners	14:00	00:42:00.00

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Place	Gender Pic/Total	No.	Name	S	Age	City	St.	Team Category	Team name	Pace	Time
1945	1235/1290	3688	Tracy Schultz	F	47	Fredericksburg	IA	Mixed	No Judgement	14:02	00:42:07.00
1946	1236/1290	2204	Mallory Wells	F	34	Indianola	IA	Open	Finally gonna register so gotta have a team name	14:02	00:42:08.00
1947	711/718	3921	Josh Bowar	M	37	Sioux Center	IA	Mixed	SCCS A+ Team	14:06	00:42:20.00
1948	1237/1290	3806	Jane Gumpert	F	58	Davenport	IA	Mixed	Ross Needs A Groove	14:07	00:42:21.00
1949	1238/1290	3802	Carol Woten	F	54	Davenport	IA	Mixed	Ross Needs A Groove	14:13	00:42:39.00
1950	1239/1290	4165	Ashton Israel	F	33	Johnston	IA	Mixed	The VanTrapped Family Runners	14:16	00:42:49.00
1951	1240/1290	2355	Theresa Crouse	F	59	Mountainair	NM	Open	Long Distance Relay-tionship	14:17	00:42:51.00
1952	1241/1290	2026	Rosemary Stevenson	F	27	West Des Moines	IA	Open	#pukeandrally	14:18	00:42:54.00
1953	712/718	3972	Steve Kenton	M	51	Ames	IA	Mixed	Speedy Streakers	14:20	00:43:00.00
1954	1242/1290	4147	Jennifer Johnson	F	35	Cedar Rapids	IA	Mixed	The Rosie Runners	14:22	00:43:08.00
1955	1243/1290	2534	Tessa Harris	F	36	Lincoln	NE	Open	RUNS WITH SCISSORS	14:23	00:43:10.00
1956	713/718	3456	Kyle Brunz	M	27	Minneapolis	MN	Mixed	FSHNProfessors	14:27	00:43:22.00
1957	1244/1290	4932	Trish Little	F	37	Atkins	IA	Women	Team D.I.L.L.I.G.A.F.	14:28	00:43:24.00
1958	1245/1290	3915	Emily Roths	F	40	Waukee	IA	Mixed	S&W Fender Benders	14:28	00:43:26.00
1959	1246/1290	3526	Hannah Horton	F	38	Urbandale	IA	Mixed	I Can't Feel My Legs When I'm With You	14:28	00:43:27.00
1960	1247/1290	2405	Hannah Baker	F	33	Fairfield	IA	Open	Not a Clue	14:32	00:43:37.00
1961	1248/1290	5121	Nancy Hupp	F	63	Scranton	IA	Women	Winking Cats	14:34	00:43:42.00
1962	1249/1290	5275	Kelli Anderson	F	42	Urbandale	IA	Women Masters	Absolutely Fabulous	14:35	00:43:45.00
1963	1250/1290	3101	Emily Schultz	F	38	Saint Charles	MN	Mixed	aMaizing Runners #we'recorny	14:38	00:43:56.00
1964	1251/1290	2473	Lonnie Conley	F	64	Omaha	NE	Open	Run 2 Travel	14:46	00:44:20.00
1965	1252/1290	2921	Becca Baum	F	57	Des Moines	IA	Corporate	INVISION	14:58	00:44:54.00
1966	714/718	3171	Roger Griswold	M	50	Fort Madison	IA	Mixed	Between Walk and a Hard Pace	15:00	00:45:00.00
1967	1253/1290	3172	Lori Griswold	F	50	Fort Madison	IA	Mixed	Between Walk and a Hard Pace	15:00	00:45:00.00
1968	1254/1290	3177	Jo Wetherill	F	48	Fort Madison	IA	Mixed	Between Walk and a Hard Pace	15:00	00:45:00.00
1969	1255/1290	3178	Brooke Wetherill	F	18	Fort Madison	IA	Mixed	Between Walk and a Hard Pace	15:00	00:45:00.00
1970	1256/1290	3179	Lori Griswold	F	50	Fort Madison	IA	Mixed	Between Walk and a Hard Pace	15:00	00:45:00.00
1971	1257/1290	3804	Grace Hirl	F	32	Davenport	IA	Mixed	Ross Needs A Groove	15:03	00:45:09.00
1972	1258/1290	5236	Wendy Marckmann	F	46	Adel	IA	Mixed Masters	Respect Your Elders	15:03	00:45:10.00
1973	1259/1290	3687	Gerene Gibbs	F	47	Earlville	IA	Mixed	No Judgement	15:04	00:45:12.00
1974	1260/1290	4535	Kelly Victor	F	46	Ankeny	IA	Women	Golden Girls	15:04	00:45:13.00
1975	1261/1290	4395	Jennifer Higdon	F	40	Johnston	IA	Women	Angels In Disguise 2020	15:06	00:45:18.00
1976	1262/1290	4762	Jennie Noble	F	34	Ankeny	IA	Women	Run Mama Run	15:06	00:45:20.00
1977	1263/1290	4711	Teresa Hulst	F	38	Kasson	MN	Women	PokeMoms	15:07	00:45:23.00
1978	1264/1290	3584	Ashley Henderson	F	37	West Des Moines	IA	Mixed	Joe's Hoes	15:09	00:45:29.00
1979	1265/1290	4901	Sally Tyma	F	43	Orlando	FL	Women	Team 369	15:10	00:45:32.00
1980	1266/1290	4463	Becky Firkins	F	29	Newton	IA	Women	Brisk & Bright	15:12	00:45:36.00

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Place	Gender Pic/Total	No.	Name	S	Age	City	St.	Team Category	Team name	Pace	Time
1981	715/718	5243	John Moran	M	62	Story City	IA	Mixed Masters	Semper Vardo	15:20	00:46:02.00
1982	1267/1290	4194	Halley Felty	F	25	Excelsior Springs	MO	Mixed	Thick Thighs Save Lives	15:28	00:46:24.00
1983	1268/1290	3263	Somchai Rice	F	37	Nevada	IA	Mixed	Chafing the Dream	15:29	00:46:29.00
1984	1269/1290	3092	Sara Altemeier	F	49	Ankeny	IA	Mixed	All in the Family.	15:39	00:46:59.00
1985	1270/1290	5066	Carmen Patrick	F	41	Grimes	IA	Women	We Thought They Said RUM	15:40	00:47:00.00
1986	1271/1290	4663	Torie Hollingsworth	F	27	Altoona	IA	Women	Not my hill....Not my problem!	15:42	00:47:07.00
1987	1272/1290	2014	Alexis Wright	F	31	Des Moines	IA	Open	#notindiana	15:47	00:47:21.00
1988	1273/1290	3161	Sarah Laferla	F	37	Omaha	NE	Mixed	Better at Runnin' Up A Tab	16:04	00:48:13.00
1989	1274/1290	3133	Stephanie Henkel	F	34	Galva	IA	Mixed	Backdraft	16:05	00:48:15.00
1990	1275/1290	4237	Rachael Owens	F	39	Des Moines	IA	Mixed	Ummmm	16:17	00:48:52.00
1991	716/718	3392	Barrett Ford	M	33	Polk City	IA	Mixed	Experienced Trail Runners We Trail Everyone	16:20	00:49:02.00
1992	1276/1290	3393	Dana Crable	F	34	Polk City	IA	Mixed	Experienced Trail Runners We Trail Everyone	16:20	00:49:02.00
1993	1277/1290	3444	Amber Upah	F	37	Ames	IA	Mixed	Follow the Clues	16:27	00:49:23.00
1994	1278/1290	2703	Paris Moten	F	42	Ankeny	IA	Open	The young and the breathless!	16:39	00:49:57.00
1995	1279/1290	3818	Cheri Thieleke	F	46	Ames	IA	Mixed	Rum Runners	16:40	00:50:01.00
1996	1280/1290	2268	Robyn Johnson	F	41	Ankeny	IA	Open	I thought I was Driving the Van	16:43	00:50:10.00
1997	1281/1290	2263	Angie Thornton	F	47	Ankeny	IA	Open	I thought I was Driving the Van	16:48	00:50:24.00
1998	717/718	3175	Jim Duggan	M	52	Fort Madison	IA	Mixed	Between Walk and a Hard Pace	18:00	00:54:00.00
1999	1282/1290	3176	Carla Duggan	F	52	Fort Madison	IA	Mixed	Between Walk and a Hard Pace	18:00	00:54:00.00
2000	1283/1290	4611	Kelsi Bruce	F	40	Villisca	IA	Women	Matching T-shirts	18:24	00:55:13.00
2001	1284/1290	3256	Kalina Young	F	34	Lincoln	NE	Mixed	Chafing Dreams	18:52	00:56:37.00
2002	1285/1290	5013	Lisa Schadler	F	39	Center Point	IA	Women	The Sparkle Divas	19:19	00:57:59.00
2003	1286/1290	4537	Mandy Backes	F	38	Ankeny	IA	Women	Golden Girls	19:35	00:58:46.00
2004	718/718	3173	Brent Tewes	M	54	Fort Madison	IA	Mixed	Between Walk and a Hard Pace	20:00	01:00:00.00
2005	1287/1290	3174	Brenda Tewes	F	51	Fort Madison	IA	Mixed	Between Walk and a Hard Pace	20:00	01:00:00.00
2006	1288/1290	4717	Leah Robinson	F	44	Stewartville	MN	Women	PokeMoms	21:27	01:04:23.00
2007	1289/1290	4615	Stefanie Wilcoxson	F	24	Villisca	IA	Women	Matching T-shirts	22:25	01:07:17.00
2008	1290/1290	2965	Crystal Chapman	F	31	Ankeny	IA	Corporate	Renewable Energy	24:02	01:12:08.00