

# Market to Market Relay Iowa

May 11, 2013

## Overall Results

Place	Div Plc/Total	Division	No.	Team Captain	Team Name	----- First 35.3 Miles -----			----- Last 37 Miles -----			----- Total -----	
						Place	Pace	Time	Place	Pace	Time	Pace	Time
1	1/66	Open	302	Louis Dewild	Brown Chicken Brown Cow	1	5:27 min/m	03:12:23.50	1	5:37 min/m	03:27:51.51	5:32 min/m	06:40:15.01
2	1/65	Mixed	303	Lindsey Meyer	NDORFNZ Coed	2	5:58 min/m	03:30:46.31	2	6:28 min/m	03:59:31.89	6:13 min/m	07:30:18.20
3	2/65	Mixed	305	Chris Nealy	High Voltage Running Club	3	6:11 min/m	03:38:45.56	5	6:42 min/m	04:08:12.38	6:27 min/m	07:46:57.94
4	2/66	Open	306	Tim Wieland	The Elephant in the Room	6	6:29 min/m	03:48:55.22	3	6:31 min/m	04:01:28.03	6:30 min/m	07:50:23.25
5	1/8	Masters	307	David Sutej	Team NDORFNZ Masters	4	6:17 min/m	03:42:02.76	6	6:44 min/m	04:09:28.26	6:31 min/m	07:51:31.02
6	2/8	Masters	304	Scott Heckenlaible	H&B All Stars	7	6:30 min/m	03:49:36.69	4	6:38 min/m	04:05:31.44	6:34 min/m	07:55:08.13
7	3/65	Mixed	289	Yannon Hammerschmidt	The Dashing Divas	5	6:23 min/m	03:45:34.76	8	7:03 min/m	04:20:53.51	6:43 min/m	08:06:28.27
8	4/65	Mixed	287	Shelly Haiar	Manning Mafia	8	6:31 min/m	03:50:36.40	7	6:57 min/m	04:17:38.17	6:45 min/m	08:08:14.57
9	5/65	Mixed	288	Jeff Jensen	The GOATs	9	6:33 min/m	03:51:15.83	9	7:10 min/m	04:25:18.65	6:52 min/m	08:16:34.49
10	3/66	Open	290	Jamie Johnson	We are Runners	13	6:51 min/m	04:02:18.72	11	7:17 min/m	04:29:38.65	7:04 min/m	08:31:57.38
11	4/66	Open	292	Shyamali Vithanage	TEAM SWEEPERS	11	6:46 min/m	03:59:14.17	16	7:24 min/m	04:34:16.52	7:06 min/m	08:33:30.69
12	3/8	Masters	291	Andy Roat	Waveland Park	15	6:57 min/m	04:05:37.89	12	7:18 min/m	04:30:41.43	7:08 min/m	08:36:19.32
13	6/65	Mixed	251	Mindi Decker	Above and Beyond Cancer-Imja Tse	17	7:01 min/m	04:07:47.77	10	7:17 min/m	04:29:38.23	7:09 min/m	08:37:26.00
14	7/65	Mixed	301	Marzia Benson	Binders full of Runners	18	7:01 min/m	04:08:13.77	14	7:20 min/m	04:31:53.82	7:11 min/m	08:40:07.60
15	5/66	Open	253	John Opheim	Twisted Blister	21	7:05 min/m	04:10:24.77	13	7:18 min/m	04:30:42.30	7:12 min/m	08:41:07.07
16	1/14	Corporate	293	Dean Luttrell	Speedo Heroes	26	7:11 min/m	04:13:53.43	15	7:22 min/m	04:32:41.08	7:16 min/m	08:46:34.51
17	8/65	Mixed	261	Scott Brown	Feeling Good Looking Better	10	6:44 min/m	03:57:48.14	27	7:50 min/m	04:49:50.28	7:17 min/m	08:47:38.42
18	9/65	Mixed	294	Lindsey Opp	PowHer Fitness	12	6:50 min/m	04:01:29.04	26	7:48 min/m	04:48:55.37	7:20 min/m	08:50:24.42
19	1/44	Women	252	Adeline Hohman	Reticulated Giraffes	24	7:10 min/m	04:13:21.22	18	7:37 min/m	04:42:05.41	7:24 min/m	08:55:26.63
20	1/1	Academic	257	Craig Ogilvie	Relativistic Physicists	22	7:06 min/m	04:11:09.33	20	7:44 min/m	04:46:11.24	7:25 min/m	08:57:20.58
21	10/65	Mixed	256	Shawn Miller	What Time is Breakfast	25	7:11 min/m	04:13:36.58	19	7:41 min/m	04:44:39.20	7:26 min/m	08:58:15.78
22	6/66	Open	259	Jeff Sharpe	Team Skid-Mark	14	6:52 min/m	04:02:39.27	42	8:04 min/m	04:59:00.22	7:29 min/m	09:01:39.49
23	11/65	Mixed	262	Tracy Nicholson	Speedy Streakers	30	7:14 min/m	04:15:36.08	21	7:44 min/m	04:46:30.71	7:29 min/m	09:02:06.80
24	7/66	Open	153	Michael Hotze	Big Slick	16	7:00 min/m	04:07:21.36	36	7:58 min/m	04:55:07.55	7:30 min/m	09:02:28.91
25	8/66	Open	295	Trisha Joseph	We Are Runners too	36	7:24 min/m	04:21:28.18	17	7:36 min/m	04:41:47.11	7:30 min/m	09:03:15.30
26	9/66	Open	260	Robert Peck	Running with Chubbies	23	7:09 min/m	04:12:46.10	32	7:54 min/m	04:52:22.77	7:32 min/m	09:05:08.88
27	10/66	Open	225	Taylor Marvin	Hurts So Good	28	7:12 min/m	04:14:10.24	31	7:53 min/m	04:52:10.07	7:33 min/m	09:06:20.31
28	11/66	Open	266	Cory Sinclair	Mixed Nuts	29	7:13 min/m	04:15:11.53	30	7:53 min/m	04:51:57.38	7:34 min/m	09:07:08.92
29	2/14	Corporate	297	Andy Ireland	Flynn Wright	33	7:19 min/m	04:18:44.20	24	7:48 min/m	04:48:36.91	7:34 min/m	09:07:21.11
30	12/66	Open	250	Tanee Nimsakont	Rib Shack Smokies	34	7:22 min/m	04:20:19.53	23	7:47 min/m	04:48:07.24	7:35 min/m	09:08:26.78
31	13/66	Open	299	Mark Skahill	Irish We Were Finished!	32	7:16 min/m	04:17:03.37	33	7:54 min/m	04:52:46.43	7:36 min/m	09:09:49.80
32	12/65	Mixed	218	Megan Kuhl	Fool Runnings	27	7:11 min/m	04:13:54.57	38	8:00 min/m	04:56:02.95	7:36 min/m	09:09:57.52
33	3/14	Corporate	300	Ruth Comer	Hy-Vee	37	7:24 min/m	04:21:32.83	25	7:48 min/m	04:48:49.14	7:36 min/m	09:10:21.97
34	14/66	Open	281	Gary Schmitz	Team Schmitz	39	7:24 min/m	04:21:34.43	28	7:51 min/m	04:50:42.58	7:38 min/m	09:12:17.01
35	13/65	Mixed	268	Chris Gaskill	Running Sucks	20	7:05 min/m	04:10:05.62	48	8:10 min/m	05:02:43.76	7:38 min/m	09:12:49.39
36	14/65	Mixed	187	Andrea Benson	D4 Joggercisers	40	7:26 min/m	04:22:29.25	29	7:51 min/m	04:50:46.28	7:39 min/m	09:13:15.54

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	Plc/Total	Division				Place	Pace	Time	Place	Pace	Time	Pace	Time
37	15/65	Mixed	217	Robyn Clevenger	Vamonos!	51	7:41 min/m	04:31:31.81	22	7:46 min/m	04:47:47.76	7:44 min/m	09:19:19.57
38	16/65	Mixed	272	Bryan Steussy	Speedy EvisceRacin'	19	7:02 min/m	04:08:17.47	62	8:24 min/m	05:11:18.00	7:44 min/m	09:19:35.47
39	17/65	Mixed	255	Lisa Tingwald	Incredibles	44	7:32 min/m	04:26:12.00	37	7:59 min/m	04:55:40.89	7:46 min/m	09:21:52.89
40	1/3	Women Masters	254	Ellen Middleswart	Run Like Hell	41	7:27 min/m	04:23:07.27	43	8:04 min/m	04:59:04.50	7:46 min/m	09:22:11.77
41	15/66	Open	152	Kirk Tibbetts	Team Fat Hog	52	7:41 min/m	04:31:37.61	34	7:55 min/m	04:53:14.83	7:48 min/m	09:24:52.44
42	4/14	Corporate	220	Ryan Harms	Road Warriors	38	7:24 min/m	04:21:33.30	50	8:12 min/m	05:03:57.15	7:49 min/m	09:25:30.45
43	18/65	Mixed	284	Lisa Braden	Integer Cross Crountry	47	7:38 min/m	04:29:37.67	39	8:01 min/m	04:56:40.53	7:49 min/m	09:26:18.20
44	16/66	Open	216	Dan Vallejo	The Runs	57	7:45 min/m	04:34:03.52	35	7:57 min/m	04:54:09.47	7:51 min/m	09:28:13.00
45	4/8	Masters	258	Roadog Mckibben	Run with the Animals	50	7:40 min/m	04:30:51.69	40	8:03 min/m	04:57:57.11	7:52 min/m	09:28:48.80
46	19/65	Mixed	282	Jill Byerly	TEAM BISHOP (and a Byerly)	42	7:29 min/m	04:24:34.75	51	8:13 min/m	05:04:16.80	7:52 min/m	09:28:51.56
47	17/66	Open	157	Diana Shewmaker	Teenage Mutant Ninja Turtles	45	7:32 min/m	04:26:25.90	47	8:10 min/m	05:02:35.30	7:52 min/m	09:29:01.21
48	20/65	Mixed	280	Kari DeJong	Above & Beyond	55	7:42 min/m	04:32:17.92	41	8:03 min/m	04:58:07.17	7:53 min/m	09:30:25.09
49	18/66	Open	298	Joe Bailey	Dino's Storage	43	7:32 min/m	04:25:57.17	55	8:16 min/m	05:06:24.92	7:54 min/m	09:32:22.09
50	21/65	Mixed	270	Ellen Carlson	Tortoises and O'Hares	35	7:22 min/m	04:20:25.23	64	8:28 min/m	05:13:24.05	7:56 min/m	09:33:49.28
51	22/65	Mixed	222	Dan Feilmeier	Kind of a Big Deal	54	7:42 min/m	04:32:14.93	45	8:09 min/m	05:01:59.29	7:56 min/m	09:34:14.23
52	1/4	Masters Mixed	283	Rose Wignall	Southern Prairie Runners	49	7:39 min/m	04:30:06.94	56	8:18 min/m	05:07:22.27	7:59 min/m	09:37:29.21
53	19/66	Open	264	Dale Drent	Slow Pokers	46	7:37 min/m	04:29:19.05	60	8:23 min/m	05:10:33.58	8:01 min/m	09:39:52.63
54	20/66	Open	221	Michael Wilson	Dogfish Head 75 Mile	66	7:52 min/m	04:38:00.77	46	8:09 min/m	05:02:09.01	8:01 min/m	09:40:09.79
55	23/65	Mixed	197	Andrea Basche	Hybrid Vigor	79	7:58 min/m	04:41:14.81	44	8:07 min/m	05:00:44.34	8:02 min/m	09:41:59.15
56	21/66	Open	158	Crystal Hoffman	FUBAR	67	7:53 min/m	04:38:30.71	54	8:16 min/m	05:05:53.82	8:04 min/m	09:44:24.53
57	24/65	Mixed	162	Kerty Levy	Above + Beyond Team	73	7:56 min/m	04:40:23.23	52	8:13 min/m	05:04:17.73	8:05 min/m	09:44:40.97
58	25/65	Mixed	173	Cindi Abbas	Crazy 8's	81	7:59 min/m	04:41:54.48	49	8:11 min/m	05:02:58.50	8:05 min/m	09:44:52.98
59	26/65	Mixed	102	McKenzie Sauser	Westwind	48	7:38 min/m	04:29:54.97	72	8:31 min/m	05:15:19.30	8:05 min/m	09:45:14.27
60	27/65	Mixed	219	Aaron Morrow	Scrambled Legs and Ham	53	7:42 min/m	04:31:51.19	67	8:29 min/m	05:14:08.39	8:06 min/m	09:45:59.59
61	2/44	Women	278	Lisa Harms	Cy's Girls	69	7:54 min/m	04:38:59.00	57	8:18 min/m	05:07:23.00	8:06 min/m	09:46:22.01
62	28/65	Mixed	182	Brad Miller	Team Orange Falls	82	7:59 min/m	04:42:04.62	53	8:13 min/m	05:04:33.31	8:06 min/m	09:46:37.93
63	3/44	Women	228	Becky Harkema	Pavement Pushers	64	7:50 min/m	04:36:43.47	59	8:23 min/m	05:10:20.64	8:07 min/m	09:47:04.11
64	29/65	Mixed	296	John Hooley	Whisker Biscuits	31	7:15 min/m	04:16:27.80	101	8:56 min/m	05:30:38.35	8:07 min/m	09:47:06.15
65	22/66	Open	175	Mario DeAngelo	Too Fast For Sleeves	61	7:49 min/m	04:36:04.96	65	8:28 min/m	05:13:31.59	8:09 min/m	09:49:36.56
66	30/65	Mixed	273	Adam Hertzke	Slow and Steady	60	7:47 min/m	04:35:11.03	69	8:30 min/m	05:14:55.95	8:09 min/m	09:50:06.98
67	31/65	Mixed	183	Ryan Forret	The Beerlievers	63	7:50 min/m	04:36:33.38	68	8:29 min/m	05:14:23.87	8:10 min/m	09:50:57.25
68	4/44	Women	271	Elena Takla	Runnin' Rebels	65	7:50 min/m	04:36:57.55	70	8:30 min/m	05:15:02.97	8:11 min/m	09:52:00.53
69	5/44	Women	230	Sarah Zinn-Burggraaf	Runaway Moms	83	8:00 min/m	04:42:56.38	58	8:21 min/m	05:09:24.42	8:11 min/m	09:52:20.81
70	32/65	Mixed	223	Doug Prange	Duck N Run	71	7:55 min/m	04:39:30.37	66	8:28 min/m	05:13:50.44	8:12 min/m	09:53:20.81
71	6/44	Women	275	Keri Kain	The Runnin' Ritas	77	7:57 min/m	04:40:56.48	63	8:26 min/m	05:12:32.47	8:12 min/m	09:53:28.96
72	7/44	Women	267	Erin Rewerts	Twisted Sisters	68	7:53 min/m	04:38:40.44	73	8:31 min/m	05:15:31.26	8:13 min/m	09:54:11.70

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73	8/44	Women	276	Jess Harris	PHF	59	7:46 min/m	04:34:21.51	78	8:39 min/m	05:20:12.21	8:13 min/m	09:54:33.72
74	9/44	Women	224	Amy Studer	Running Rainbows	84	8:02 min/m	04:44:01.37	61	8:23 min/m	05:10:43.85	8:13 min/m	09:54:45.23
75	5/8	Masters	155	Debbie Avitt	Above & Beyond Cancer-Everest	76	7:57 min/m	04:40:53.26	71	8:31 min/m	05:15:10.56	8:14 min/m	09:56:03.82
76	23/66	Open	265	Tom Ahlschwede	Seal Team 7.1	75	7:57 min/m	04:40:48.24	74	8:31 min/m	05:15:31.45	8:14 min/m	09:56:19.70
77	5/14	Corporate	154	Chuck Cozad	Pork Peeps	62	7:49 min/m	04:36:15.83	79	8:39 min/m	05:20:14.65	8:15 min/m	09:56:30.49
78	33/65	Mixed	279	Dan Petrak	This Too Will Pass	56	7:43 min/m	04:32:49.45	89	8:46 min/m	05:24:28.23	8:15 min/m	09:57:17.68
79	24/66	Open	190	Trina Flack	Run for Your Life	58	7:46 min/m	04:34:20.11	88	8:44 min/m	05:23:31.74	8:16 min/m	09:57:51.86
80	6/8	Masters	151	Lowell Appleton	Band on the Run	72	7:56 min/m	04:40:09.62	83	8:40 min/m	05:20:56.84	8:18 min/m	10:01:06.46
81	25/66	Open	242	Martha Slocombe	Famous 'Staches	80	7:59 min/m	04:41:54.43	84	8:40 min/m	05:21:02.16	8:20 min/m	10:02:56.60
82	34/65	Mixed	285	Patricia Keane	Tricia's Militia	85	8:03 min/m	04:44:13.80	80	8:39 min/m	05:20:24.15	8:21 min/m	10:04:37.96
83	10/44	Women	184	Stephanie Gray	SOLE SISTERS	86	8:03 min/m	04:44:23.51	86	8:43 min/m	05:22:35.45	8:23 min/m	10:06:58.97
84	35/65	Mixed	226	Kyanna Wieseler	Cereal-ously	94	8:12 min/m	04:49:32.60	76	8:35 min/m	05:17:55.91	8:24 min/m	10:07:28.51
85	26/66	Open	101	Melanie Dunphy	Low Expectations	91	8:10 min/m	04:48:25.30	81	8:39 min/m	05:20:26.21	8:25 min/m	10:08:51.51
86	27/66	Open	130	patrick tasler	lets get physical	88	8:07 min/m	04:46:54.13	87	8:43 min/m	05:22:42.85	8:25 min/m	10:09:36.99
87	28/66	Open	269	Jonathan Wilson	I be pro fun	89	8:08 min/m	04:47:11.60	85	8:42 min/m	05:22:30.61	8:25 min/m	10:09:42.21
88	29/66	Open	159	Josh Muench	Road Crew: Tearin' It Up	108	8:20 min/m	04:54:40.03	77	8:37 min/m	05:19:10.65	8:29 min/m	10:13:50.68
89	36/65	Mixed	180	Chad Skinner	Free Ned	90	8:09 min/m	04:47:51.96	90	8:48 min/m	05:26:04.11	8:29 min/m	10:13:56.08
90	11/44	Women	105	Liz Higgins	7 Deadly Shins -Ames- IA	102	8:18 min/m	04:53:28.42	82	8:39 min/m	05:20:39.46	8:29 min/m	10:14:07.89
91	37/65	Mixed	104	Todd Berkoski	Salmon Kings	95	8:12 min/m	04:49:34.85	91	8:49 min/m	05:26:22.65	8:31 min/m	10:15:57.51
92	30/66	Open	246	Jenny Sorenson	Mystery Machine	92	8:10 min/m	04:48:31.57	94	8:52 min/m	05:28:17.60	8:31 min/m	10:16:49.17
93	6/14	Corporate	169	Brian Craig	TEAM HYDRO-KLEAN WE SUCK	74	7:56 min/m	04:40:27.65	111	9:06 min/m	05:37:02.91	8:32 min/m	10:17:30.56
94	12/44	Women	244	Brook Lenze	Just some small town girls	93	8:11 min/m	04:48:53.82	98	8:54 min/m	05:29:28.49	8:33 min/m	10:18:22.31
95	13/44	Women	131	Lesleh Heim	SoleHer Powered	97	8:15 min/m	04:51:44.02	93	8:50 min/m	05:27:15.87	8:33 min/m	10:18:59.89
96	38/65	Mixed	235	Dave Steines	Team Toyota 2	78	7:58 min/m	04:41:14.14	116	9:10 min/m	05:39:12.32	8:34 min/m	10:20:26.47
97	14/44	Women	227	Jeanne Rud	Duck Commander	140	8:38 min/m	05:05:19.64	75	8:33 min/m	05:16:21.25	8:35 min/m	10:21:40.89
98	31/66	Open	137	Bob Irving	Above + Beyond Cancer RAAM	112	8:23 min/m	04:56:15.65	92	8:49 min/m	05:26:28.18	8:36 min/m	10:22:43.84
99	15/44	Women	234	Jodie McGill	7 Deadly Sins - Omaha- NE	107	8:20 min/m	04:54:33.91	95	8:53 min/m	05:29:03.28	8:37 min/m	10:23:37.19
100	32/66	Open	185	Emily Burt	Wasted Potential	109	8:21 min/m	04:54:51.38	100	8:55 min/m	05:29:55.04	8:38 min/m	10:24:46.42
101	39/65	Mixed	188	Troy Price	Team 007	87	8:07 min/m	04:46:33.54	127	9:14 min/m	05:41:44.60	8:41 min/m	10:28:18.14
102	33/66	Open	166	Eric Rowley	Sorta Neat	103	8:20 min/m	04:54:14.15	108	9:03 min/m	05:35:23.81	8:42 min/m	10:29:37.96
103	40/65	Mixed	243	Tammie Ollendick	The Rando Runners	125	8:30 min/m	05:00:24.78	97	8:54 min/m	05:29:26.05	8:42 min/m	10:29:50.83
104	34/66	Open	201	Amanda Doran	Team Doing It All Day Long	70	7:54 min/m	04:39:25.85	152	9:28 min/m	05:50:28.65	8:42 min/m	10:29:54.51
105	16/44	Women	238	Jennifer Janssen	Misfits	127	8:31 min/m	05:00:53.90	96	8:53 min/m	05:29:07.51	8:42 min/m	10:30:01.42
106	35/66	Open	138	Vivian Masters	For the Love of Pete	105	8:20 min/m	04:54:23.01	109	9:04 min/m	05:36:04.64	8:43 min/m	10:30:27.65
107	36/66	Open	247	Jennifer Evans	Were we supposed to train for this?	99	8:17 min/m	04:52:50.41	121	9:12 min/m	05:40:44.18	8:45 min/m	10:33:34.59
108	37/66	Open	163	Trevor Meers	Slo-Pokes	100	8:18 min/m	04:53:10.50	120	9:12 min/m	05:40:33.23	8:45 min/m	10:33:43.74

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						Place	Pace	Time	Place	Pace	Time	Pace	Time
109	41/65	Mixed	274	Amy Harland	John Deere Green	96	8:12 min/m	04:49:58.78	135	9:17 min/m	05:43:55.30	8:46 min/m	10:33:54.08
110	17/44	Women	277	Deserae Long	7 Deadly Shins - Newton- IA	98	8:17 min/m	04:52:27.85	131	9:15 min/m	05:42:42.68	8:47 min/m	10:35:10.54
111	18/44	Women	133	JENNIFER ROSE	WONDER WOMEN	119	8:27 min/m	04:58:40.07	112	9:08 min/m	05:38:07.48	8:48 min/m	10:36:47.55
112	38/66	Open	149	Chris O'Hollearn	All Will No Skill	134	8:35 min/m	05:03:31.99	105	9:01 min/m	05:33:52.84	8:48 min/m	10:37:24.83
113	39/66	Open	178	June Burns	Dude Where's My Van?	110	8:21 min/m	04:54:53.21	130	9:15 min/m	05:42:37.74	8:49 min/m	10:37:30.95
114	40/66	Open	232	Matt Tupy	Cyclone fans	115	8:26 min/m	04:57:52.83	122	9:12 min/m	05:40:49.95	8:50 min/m	10:38:42.79
115	19/44	Women	165	Amada Muhlbauer	Chafed and Lubed	141	8:39 min/m	05:05:22.39	103	9:00 min/m	05:33:25.12	8:50 min/m	10:38:47.52
116	41/66	Open	128	Kristy Jones	Lost in Pace	131	8:33 min/m	05:02:15.73	110	9:06 min/m	05:36:57.26	8:50 min/m	10:39:13.00
117	42/65	Mixed	205	Stacey Olson	Team 007: License to Run	130	8:32 min/m	05:01:30.69	114	9:08 min/m	05:38:10.41	8:50 min/m	10:39:41.10
118	20/44	Women	248	Amy Miller	Girls Gone Running - Grinnell- IA	116	8:26 min/m	04:58:09.27	128	9:14 min/m	05:42:01.39	8:51 min/m	10:40:10.66
119	43/65	Mixed	231	Stephen Sanchez	Run TMCC	129	8:31 min/m	05:01:03.45	119	9:10 min/m	05:39:38.21	8:51 min/m	10:40:41.66
120	21/44	Women	167	Ashley Dunn	Taste The Rainbow	122	8:28 min/m	04:59:21.68	129	9:14 min/m	05:42:14.62	8:52 min/m	10:41:36.31
121	44/65	Mixed	144	Adam Soyer	Team Honey Badger	124	8:30 min/m	05:00:12.26	133	9:16 min/m	05:42:59.32	8:53 min/m	10:43:11.58
122	42/66	Open	135	Michelle Fields	Magnificent 7	149	8:43 min/m	05:07:57.31	107	9:03 min/m	05:35:19.85	8:53 min/m	10:43:17.16
123	45/65	Mixed	145	Brenda Johnson	Seemed Like a Good Idea at the Time	156	8:48 min/m	05:11:09.20	102	8:58 min/m	05:32:16.47	8:53 min/m	10:43:25.68
124	43/66	Open	112	Mark Powell	Team Chicken Wing	113	8:25 min/m	04:57:29.68	137	9:21 min/m	05:46:08.29	8:54 min/m	10:43:37.97
125	44/66	Open	194	Kirsten Garland	The Trots	139	8:38 min/m	05:04:59.54	115	9:09 min/m	05:38:38.81	8:54 min/m	10:43:38.36
126	45/66	Open	206	Betsy Tibodeau	Head's up 7up	117	8:26 min/m	04:58:10.89	136	9:20 min/m	05:45:37.84	8:54 min/m	10:43:48.73
127	46/65	Mixed	174	Teri Collins	Collins Team	138	8:38 min/m	05:04:48.26	117	9:10 min/m	05:39:25.79	8:54 min/m	10:44:14.06
128	46/66	Open	202	Jessica Cleereman	Fat Guys In Little Coats	154	8:47 min/m	05:10:32.47	104	9:01 min/m	05:33:46.55	8:54 min/m	10:44:19.03
129	2/4	Masters Mixed	240	Kimberly Bougher	New Hope Masters	133	8:34 min/m	05:02:59.30	125	9:13 min/m	05:41:22.01	8:54 min/m	10:44:21.32
130	2/3	Women Masters	236	Megan Berry Barlow	Ladies of the Evening	142	8:39 min/m	05:05:38.26	118	9:10 min/m	05:39:37.77	8:55 min/m	10:45:16.03
131	47/65	Mixed	132	Wayne Ostergaard	The slow- the fast & the ugly	137	8:37 min/m	05:04:31.25	123	9:12 min/m	05:40:54.56	8:55 min/m	10:45:25.82
132	22/44	Women	176	Cari Matern	Pavement Princesses	136	8:37 min/m	05:04:13.04	126	9:14 min/m	05:41:42.39	8:56 min/m	10:45:55.44
133	47/66	Open	189	Lindsay Garlock	Ridin' Dirty	135	8:36 min/m	05:03:45.14	132	9:16 min/m	05:42:56.68	8:56 min/m	10:46:41.82
134	48/66	Open	186	Angie Healy	Negative Splits	168	8:59 min/m	05:17:08.57	99	8:54 min/m	05:29:54.07	8:56 min/m	10:47:02.64
135	7/14	Corporate	237	Anthony Takla	Last Place	118	8:27 min/m	04:58:29.32	149	9:27 min/m	05:49:40.90	8:57 min/m	10:48:10.22
136	48/65	Mixed	107	Deb Watts	Snow White and the Seven Dwarfs	111	8:21 min/m	04:55:17.91	160	9:32 min/m	05:53:16.40	8:58 min/m	10:48:34.31
137	49/65	Mixed	146	Kevin Case	Bait Gone Wild	161	8:52 min/m	05:13:26.49	106	9:03 min/m	05:35:15.03	8:58 min/m	10:48:41.53
138	49/66	Open	171	Angela Tschertter	Seven little pigs	150	8:43 min/m	05:08:02.45	124	9:12 min/m	05:40:59.82	8:58 min/m	10:49:02.28
139	50/66	Open	160	Jill Scott	Smells Like Funk	143	8:39 min/m	05:05:39.77	134	9:17 min/m	05:43:45.59	8:58 min/m	10:49:25.36
140	51/66	Open	233	Amanda Floy	2EZ	132	8:33 min/m	05:02:21.08	143	9:23 min/m	05:47:47.36	8:59 min/m	10:50:08.44
141	8/14	Corporate	118	Lisa Hubbard	Risky Business	121	8:27 min/m	04:58:49.26	154	9:29 min/m	05:51:24.92	8:59 min/m	10:50:14.18
142	52/66	Open	239	Ryan Jennings	Running Rednecks	104	8:20 min/m	04:54:19.08	169	9:39 min/m	05:57:05.52	9:00 min/m	10:51:24.60
143	23/44	Women	263	Amy Mathis	7 x00:00 A CHARm	126	8:30 min/m	05:00:36.40	159	9:32 min/m	05:52:46.67	9:02 min/m	10:53:23.07
144	50/65	Mixed	249	Cari Rosno	Super Market Heros	120	8:27 min/m	04:58:46.60	165	9:35 min/m	05:54:51.33	9:02 min/m	10:53:37.93

# Market to Market Relay Iowa

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## Overall Results

Place	Div Plc/Total	Division	No.	Team Captain	Team Name	----- First 35.3 Miles -----			----- Last 37 Miles -----			----- Total -----	
						Place	Pace	Time	Place	Pace	Time	Pace	Time
145	9/14	Corporate	241	Mark Nevenhoven	INVISION	145	8:40 min/m	05:06:22.77	142	9:23 min/m	05:47:41.19	9:02 min/m	10:54:03.96
146	53/66	Open	142	Caleb Hegna	Run Like the Winded	123	8:30 min/m	05:00:10.17	166	9:35 min/m	05:54:56.45	9:03 min/m	10:55:06.63
147	24/44	Women	168	Sherry Smiley	One Tough Mother Runner	146	8:41 min/m	05:06:35.54	146	9:25 min/m	05:48:52.88	9:03 min/m	10:55:28.42
148	10/14	Corporate	210	Randy Westman	Johnson Machine Works	114	8:26 min/m	04:57:44.84	175	9:41 min/m	05:58:35.94	9:04 min/m	10:56:20.79
149	25/44	Women	191	Jenna Irving	Team AVEDA for RODS Racing	153	8:47 min/m	05:10:20.29	138	9:21 min/m	05:46:20.60	9:04 min/m	10:56:40.89
150	54/66	Open	214	Julie Larson	Beauties and the Beasts	158	8:50 min/m	05:11:59.20	141	9:22 min/m	05:46:38.88	9:06 min/m	10:58:38.08
151	55/66	Open	208	Eric Reichwaldt	Cobra Kai	159	8:50 min/m	05:12:15.58	140	9:22 min/m	05:46:38.35	9:06 min/m	10:58:53.93
152	3/4	Masters Mixed	172	Wayne Beck	Nothing Runs Like a Beck	148	8:43 min/m	05:07:50.85	157	9:31 min/m	05:52:14.34	9:07 min/m	11:00:05.20
153	51/65	Mixed	245	Julie Bishop	ARL Running Club 2	151	8:45 min/m	05:08:54.28	155	9:29 min/m	05:51:26.61	9:08 min/m	11:00:20.90
154	11/14	Corporate	204	Sheila Smith	GMRC Cellar Dwellers	152	8:46 min/m	05:09:46.43	156	9:30 min/m	05:51:57.96	9:09 min/m	11:01:44.39
155	26/44	Women	113	Mona Bleeker	Greenbelt Gals	144	8:40 min/m	05:05:58.87	167	9:37 min/m	05:55:59.85	9:09 min/m	11:01:58.72
156	52/65	Mixed	192	Doug Nichol	High Mile Club	185	9:11 min/m	05:24:21.17	113	9:08 min/m	05:38:09.35	9:09 min/m	11:02:30.52
157	53/65	Mixed	136	Carrie Kruse	99 Problems but a Cramp Ain't One	166	8:58 min/m	05:16:57.99	139	9:21 min/m	05:46:30.74	9:10 min/m	11:03:28.74
158	27/44	Women	193	Jennifer Groen	I thought they said RUM!!!	163	8:54 min/m	05:14:31.04	148	9:26 min/m	05:49:03.93	9:10 min/m	11:03:34.97
159	28/44	Women	207	Sara Walker	Offutt Pink Ladies	160	8:51 min/m	05:12:31.47	153	9:29 min/m	05:51:22.35	9:10 min/m	11:03:53.82
160	4/4	Masters Mixed	100	Joyce Burch	Team PR	128	8:31 min/m	05:01:00.83	183	9:50 min/m	06:03:52.38	9:11 min/m	11:04:53.21
161	7/8	Masters	209	Natalie Welter	Semper Vardo	169	9:03 min/m	05:19:34.36	147	9:25 min/m	05:48:55.16	9:14 min/m	11:08:29.52
162	54/65	Mixed	203	Heidi Dibbet	Team Gifford	147	8:42 min/m	05:07:19.33	180	9:46 min/m	06:01:35.87	9:15 min/m	11:08:55.20
163	55/65	Mixed	199	Melissa Weber-Arnold	The Hitchhickers	106	8:20 min/m	04:54:31.23	195	10:08 min/m	06:14:56.68	9:15 min/m	11:09:27.91
164	29/44	Women	134	Heather Warren	Foxy Runners	167	8:58 min/m	05:17:04.93	158	9:32 min/m	05:52:44.92	9:15 min/m	11:09:49.85
165	12/14	Corporate	129	Tracy Hurt	BUNN-dles O-Energy	175	9:07 min/m	05:22:03.07	144	9:24 min/m	05:47:51.93	9:15 min/m	11:09:55.00
166	8/8	Masters	196	George Klotzbach	Carpe Vardo	165	8:57 min/m	05:16:29.76	162	9:33 min/m	05:53:27.98	9:15 min/m	11:09:57.74
167	56/66	Open	127	Beth McDonald	I thought you said RUM!!	155	8:48 min/m	05:10:58.96	177	9:42 min/m	05:59:24.04	9:16 min/m	11:10:23.00
168	56/65	Mixed	229	Troy Thompson	OGR	184	9:11 min/m	05:24:15.45	145	9:24 min/m	05:48:02.51	9:17 min/m	11:12:17.96
169	30/44	Women	103	Kara Moulin	Here We Go Again	178	9:08 min/m	05:22:40.05	150	9:27 min/m	05:49:51.31	9:18 min/m	11:12:31.37
170	57/66	Open	164	Brenda Young	Body Glide- Blisters and BenGay	177	9:07 min/m	05:22:17.52	161	9:33 min/m	05:53:21.81	9:20 min/m	11:15:39.33
171	57/65	Mixed	170	Katie Lueken	Team Tiger Baby	157	8:49 min/m	05:11:20.66	188	9:53 min/m	06:06:05.69	9:22 min/m	11:17:26.36
172	58/66	Open	141	Kimberly Roberts	Riesberg Group	162	8:53 min/m	05:14:02.57	181	9:49 min/m	06:03:24.21	9:22 min/m	11:17:26.78
173	31/44	Women	125	Heather Jaeger	Girls Gone Running - Keota- IA	173	9:04 min/m	05:20:21.14	170	9:39 min/m	05:57:07.27	9:22 min/m	11:17:28.41
174	59/66	Open	213	Amy Doyle	Team Awesome	171	9:04 min/m	05:20:08.30	173	9:39 min/m	05:57:20.52	9:22 min/m	11:17:28.83
175	58/65	Mixed	177	Kristin Johnson	2 Stupid 2 Stop	172	9:04 min/m	05:20:16.19	174	9:39 min/m	05:57:39.48	9:22 min/m	11:17:55.67
176	59/65	Mixed	108	Matthew Schemmel	Paulie Bleeker & the Dancing Elk Condors	181	9:10 min/m	05:23:47.86	164	9:34 min/m	05:54:08.49	9:22 min/m	11:17:56.35
177	32/44	Women	181	Stephanie Filer	ARL Running Club	191	9:18 min/m	05:28:40.39	151	9:28 min/m	05:50:26.11	9:23 min/m	11:19:06.50
178	33/44	Women	147	Krissy Frerk	Tie Dyed Soles	188	9:13 min/m	05:25:52.07	163	9:33 min/m	05:53:34.26	9:23 min/m	11:19:26.34
179	60/66	Open	140	Renee Reece	Running Chains Addiction	164	8:56 min/m	05:15:20.85	185	9:50 min/m	06:04:21.87	9:24 min/m	11:19:42.72
180	60/65	Mixed	121	Carol Woten	Fred and Ethel	174	9:05 min/m	05:20:51.40	176	9:42 min/m	05:59:09.26	9:24 min/m	11:20:00.66

# Market to Market Relay Iowa

May 11, 2013

## Overall Results

Place	Div Plc/Total	Division	No.	Team Captain	Team Name	----- First 35.3 Miles -----			----- Last 37 Miles -----			----- Total -----	
						Place	Pace	Time	Place	Pace	Time	Pace	Time
181	61/65	Mixed	198	Kim Sulsberger	Tag...You're it!	187	9:13 min/m	05:25:34.65	171	9:39 min/m	05:57:14.78	9:26 min/m	11:22:49.43
182	34/44	Women	143	Julie Tuel	Team N-Emesis	176	9:07 min/m	05:22:13.75	178	9:44 min/m	06:00:36.05	9:26 min/m	11:22:49.80
183	61/66	Open	109	Ash Bruxvoort	Duh Moynzzz	179	9:09 min/m	05:23:05.94	179	9:46 min/m	06:01:32.90	9:28 min/m	11:24:38.84
184	13/14	Corporate	156	Bryan Schmidt	Mitas Tires North America	101	8:18 min/m	04:53:19.53	202	10:36 min/m	06:32:33.76	9:29 min/m	11:25:53.30
185	62/65	Mixed	200	Deb Schneider	Land Rovers	180	9:09 min/m	05:23:20.06	186	9:51 min/m	06:04:44.61	9:31 min/m	11:28:04.68
186	63/65	Mixed	211	Stacey Cole	Asphalt Avengers	170	9:03 min/m	05:19:51.55	190	9:59 min/m	06:09:26.49	9:32 min/m	11:29:18.05
187	62/66	Open	123	HELLE ERVIN-VINCENZO	Hairy Gumballs	190	9:15 min/m	05:26:40.30	182	9:49 min/m	06:03:34.04	9:32 min/m	11:30:14.34
188	63/66	Open	124	Cathy Lee Fredricksor	This Sounded Like a Great Idea in January	183	9:11 min/m	05:24:13.27	189	9:55 min/m	06:07:16.89	9:33 min/m	11:31:30.16
189	64/65	Mixed	111	Daniel Pearson	Free Beer Aint Free	189	9:15 min/m	05:26:36.43	187	9:51 min/m	06:04:55.08	9:33 min/m	11:31:31.52
190	35/44	Women	179	Amy Laumann	Old School Admirals	197	9:31 min/m	05:36:14.85	168	9:38 min/m	05:56:48.47	9:35 min/m	11:33:03.33
191	64/66	Open	195	Jill Bock	Balls and Dolls	186	9:12 min/m	05:24:52.83	191	9:59 min/m	06:09:32.88	9:36 min/m	11:34:25.72
192	3/3	Women Masters	106	Mary Sheka	The Wild Roses	182	9:10 min/m	05:24:07.79	192	10:04 min/m	06:12:58.21	9:38 min/m	11:37:06.01
193	36/44	Women	212	Tracy Downey	Angels in Disguise	203	9:42 min/m	05:42:52.99	172	9:39 min/m	05:57:16.11	9:41 min/m	11:40:09.11
194	65/66	Open	117	Dick Deming	Above and Beyond Cancer-Kilimanjaro	201	9:36 min/m	05:39:25.55	184	9:50 min/m	06:04:21.86	9:44 min/m	11:43:47.42
195	14/14	Corporate	116	Mitchell Lake	Insert Name	193	9:23 min/m	05:31:47.76	196	10:09 min/m	06:16:04.91	9:47 min/m	11:47:52.67
196	37/44	Women	139	Sarah Haley	Treadmills are for Girls	192	9:18 min/m	05:28:40.63	198	10:15 min/m	06:19:47.25	9:47 min/m	11:48:27.89
197	38/44	Women	126	Amy Frey	Sexy by Summer	196	9:31 min/m	05:36:04.13	194	10:07 min/m	06:14:38.09	9:49 min/m	11:50:42.23
198	39/44	Women	115	Claire Muselman	Scrambled Legs	194	9:29 min/m	05:34:53.10	197	10:12 min/m	06:17:37.59	9:51 min/m	11:52:30.69
199	65/65	Mixed	215	Jacki Hayes	May The Course Be With You	199	9:35 min/m	05:38:41.37	193	10:06 min/m	06:13:56.62	9:51 min/m	11:52:38.00
200	40/44	Women	150	Christine Petersen	Harlan Rockers	200	9:36 min/m	05:39:15.15	199	10:17 min/m	06:20:58.09	9:57 min/m	12:00:13.24
201	41/44	Women	114	Terry McQueen	Kyle's Bikes Gaggle of Girls	198	9:33 min/m	05:37:36.82	201	10:30 min/m	06:28:44.87	10:02 min/m	12:06:21.69
202	42/44	Women	122	Angie Williams	Flashdance Fever	202	9:41 min/m	05:42:22.32	200	10:23 min/m	06:24:24.66	10:03 min/m	12:06:46.98
203	43/44	Women	119	Jen Heithoff	Seven Sin Sisters	195	9:30 min/m	05:35:45.94	204	10:38 min/m	06:33:36.91	10:05 min/m	12:09:22.86
204	66/66	Open	110	Caron Osberg	Kilt or be Kilt	204	9:54 min/m	05:49:58.16	203	10:37 min/m	06:33:25.82	10:16 min/m	12:23:23.98
205	44/44	Women	120	Alicia Schiller	Team We! Wee! Weeee!	205	10:17 min/m	06:03:08.62	205	11:06 min/m	06:51:05.68	10:42 min/m	12:54:14.30