

MY WATERLOO DAYS  
 5K Run & Walk  
 June 1, 2013  
 Waterloo, Iowa

5K RESULTS

Place	Div/Tot	Name	City	St	Age	S	Time	Pace
1	1/20	Kyle Heineman	Cedar Rapids	IA	24	M	17:18	5:34
2	1/2	Noah Larsen	Kellerton	IA	17	M	17:40	5:41
3	1/12	Mike Wells	Cedar Falls	IA	46	M	18:32	5:58
4	2/12	Brent Boevers	Waverly	IA	41	M	19:06	6:09
5	2/20	Ryan Shumaker	Waterloo	IA	20	M	19:36	6:19
6	3/20	Nick Hembree	Waterloo	IA	27	M	19:48	6:23
7	4/20	Alex Hajek	Waterloo	IA	27	M	20:05	6:28
8	1/18	Mike Olson	Saint Louis Park	MN	34	M	20:16	6:32
9	1/9	Steve Johnson	Cedar Falls	IA	57	M	20:26	6:35
10	1/8	Bob Knox	Waterloo	IA	65	M	20:33	6:37
11	1/35	Kristin Carpenter	Waterloo	IA	32	F	20:45	6:41
12	2/18	Daniel Ankrum	Waterloo	IA	30	M	21:06	6:48
13	1/10	Beth Wells	Cedar Falls	IA	16	F	21:15	6:51
14	1/7	Clayton Streed	Waterloo	IA	13	M	21:17	6:51
15	2/7	Cody Samuelson	Waterloo	IA	13	M	21:26	6:54
16	5/20	Cody Javille	Oelwein	IA	23	M	21:29	6:55
17	1/29	Ashley Charmichael	Darien	IL	28	F	21:31	6:56
18	2/9	Dave Riley	Waterloo	IA	58	M	21:42	6:59
19	6/20	Grant Larsen	Waterloo	IA	24	M	22:01	7:05
20	2/35	Brooke Krantz	Waterloo	IA	34	F	22:15	7:10
21	3/12	Brian Sanderman	Cedar Falls	IA	40	M	22:22	7:12
22	7/20	Cory Graven	Waterloo	IA	28	M	22:28	7:14
23	1/19	Lori Catakano	Denver	CO	49	F	22:32	7:15
24	8/20	Michael Stewart	Waterloo	IA	26	M	22:41	7:18
25	3/9	David Breitkreuz	Waterloo	IA	51	M	22:41	7:19
26	9/20	Michael Gray	Waterloo	IA	27	M	22:57	7:24
27	3/7	Isaiah Arndorfer	Waterloo	IA	13	M	23:24	7:32
28	4/9	Stan Hemesath	Waterloo	IA	54	M	23:28	7:33
29	2/10	Tatyana Breitkreuz	Waterloo	IA	17	F	23:58	7:43
30	4/12	Greg Dietz	Waterloo	IA	46	M	24:00	7:44
31	3/10	Madi Hewitt	Gilbertville	IA	17	F	24:04	7:45
32	2/8	Michael Craft	Laporte City	IA	63	M	24:04	7:45
33	2/19	Amy Nolan	Waterloo	IA	42	F	24:07	7:46
34	10/20	Ryan McGrane	Waterloo	IA	28	M	24:10	7:47
35	5/12	Clint Herbert	Waterloo	IA	41	M	24:11	7:47
36	1/4	Emma Shirk	Laporte City	IA	11	F	24:19	7:50
37	3/19	Barbara Gaffney	Center Point	IA	45	F	24:20	7:50
38	3/35	Sarah Craft	Laporte City	IA	35	F	24:33	7:54
39	6/12	Kevin Grondahl	Kaukauna	WI	41	M	24:50	8:00
40	4/35	Liz Winter	Jesup	IA	35	F	24:51	8:00
41	1/16	Linda Gruetzmacher	Waterloo	IA	56	F	24:58	8:03
42	11/20	Lucas Pietan	Waterloo	IA	20	M	25:01	8:04
43	2/29	Lara Wasserman	Cedar Falls	IA	25	F	25:02	8:04
44	5/35	Debbie Olson	Cedar Falls	IA	35	F	25:03	8:04
45	3/29	Sara Fort	Holland	IA	27	F	25:06	8:05
46	4/19	Mary Steffensmeier	Waterloo	IA	49	F	25:15	8:08
47	3/8	Jim Peterson	Waterloo	IA	60	M	25:20	8:09
48	7/12	Matthew Dunning	Cedar Falls	IA	43	M	25:35	8:14
49	4/10	Kristin Mackenburg	Cedar Rapids	IA	16	F	25:38	8:15
50	12/20	Randy Ijames	Waterloo	IA	27	M	25:40	8:16
51	8/12	Eric Ritland	Waterloo	IA	45	M	25:42	8:17

52	3/18	Chris Kobliska	Evansdale	IA	30	M	25:51	8:20
53	6/35	Katie Slack	Dike	IA	30	F	25:58	8:22
54	13/20	Alex Jensen	Waterloo	IA	20	M	26:04	8:24
55	5/10	Rachel Ubbelohde	Waterloo	IA	19	F	26:10	8:26
56	2/16	Cindy Weyland	Gilbertville	IA	53	F	26:12	8:26
57	7/35	Elaine Eshbaugh	Waterloo	IA	35	F	26:14	8:27
58	5/9	Todd McGrath	Waterloo	IA	58	M	26:14	8:27
59	4/29	Katelyn Pedersen	Hudson	IA	23	F	26:16	8:28
60	4/18	Joe Edwards	Waterloo	IA	37	M	26:20	8:29
61	9/12	Kenneth Tovar	Waterloo	IA	43	M	26:21	8:29
62	8/35	Kelli Rokusek	Cedar Falls	IA	35	F	26:26	8:31
63	5/19	Cristina Herbert	Waterloo	IA	40	F	26:28	8:32
64	6/10	Autumn Wyant	Evansdale	IA	16	F	26:29	8:32
65	4/8	Jim Tiedemann	Iowa City	IA	63	M	26:43	8:36
66	5/29	Amy Lichty	Waterloo	IA	23	F	26:45	8:37
67	6/19	Erin Aperans	Waterloo	IA	47	F	26:46	8:37
68	7/10	Danika Harms	Evansdale	IA	15	F	26:53	8:39
69	10/12	Joe Roberts	Evansdale	IA	48	M	26:59	8:42
70	9/35	Jean Leichtman	New Hampton	IA	31	F	27:04	8:43
71	10/35	Tiffany Neuendorf	Waterloo	IA	32	F	27:05	8:43
72	8/10	Melissa Galloway	Waterloo	IA	16	F	27:29	8:51
73	7/19	Susan Eisenbacher	Waterloo	IA	40	F	27:40	8:55
74	14/20	Corey Krienert	Waterloo	IA	29	M	27:42	8:55
75	15/20	Brad Dunlay	Waterloo	IA	23	M	27:45	8:56
76	16/20	Scott Ebert	Waterloo	IA	24	M	27:48	8:57
77	6/29	Melissa Engel	Cedar Falls	IA	23	F	27:48	8:57
78	7/29	Kelli Bean	Cedar Falls	IA	22	F	28:01	9:01
79	6/9	Jeff Oltmann	Cedar Falls	IA	53	M	28:15	9:06
80	8/29	Elizabeth Minard	Waterloo	IA	28	F	28:17	9:07
81	9/29	Kelly Hellman	Waterloo	IA	28	F	28:17	9:07
82	11/35	Robin Hennick	Evansdale	IA	33	F	28:19	9:07
83	5/18	Kyle Winter	Jesup	IA	35	M	28:29	9:10
84	6/18	Edward Palmer	Waterloo	IA	34	M	28:30	9:11
85	7/18	Gabriel Benson	Evansdale	IA	37	M	28:38	9:13
86	8/18	Mark Rowe-Barth	Waterloo	IA	34	M	28:41	9:14
87	2/4	Morgan Ubbelohde	Waterloo	IA	13	F	29:12	9:24
88	9/18	Jeremy Feist	Waterloo	IA	35	M	29:15	9:25
89	10/29	Megan Ruebel	Waverly	UA	21	F	29:16	9:26
90	12/35	Tara Henry	Waterloo	IA	36	F	29:42	9:34
91	13/35	Brynn Dempster	Ankeny	IA	32	F	29:42	9:34
92	14/35	Christy Schilling	Evansdale	IA	31	F	29:52	9:37
93	11/29	Emily Kent	Fairbank	IA	20	F	29:57	9:39
94	11/12	Dan Herman	Evansdale	IA	42	M	29:57	9:39
95	10/18	Matt Verbraeken	Waterloo	IA	38	M	30:02	9:40
96	15/35	Amy Knoll	Waterloo	IA	30	F	30:02	9:40
97	17/20	Brent Dunlay	Waterlo	IA	20	M	30:02	9:40
98	4/7	Adrain Russell-Fai	Waterloo	IA	12	M	30:08	9:42
99	3/16	Lynor Koch	Waterloo	IA	53	F	30:09	9:43
100	11/18	Wesley Fairbanks	Waterloo	IA	31	M	30:14	9:44
101	4/16	Michele Arends	Cedar Falls	IA	58	F	30:16	9:45
102	8/19	Pam Arndorfer	Waterlo	IA	47	F	30:55	9:57
103	9/10	Melissa Eisenbache	Waterloo	IA	19	F	31:04	10:00
104	9/19	Annette Staples	Waterloo	IA	47	F	31:20	10:05
105	5/7	Tanner Bennett	Evansdale	IA	11	M	31:27	10:08
106	18/20	Jamie Oberheu	Waterloo	IA	26	M	31:32	10:09
107	2/2	Seth Jobes	Waterloo	IA	16	M	31:51	10:16
108	10/10	Abigail Staples	Waterloo	IA	15	F	31:52	10:16
109	19/20	Donavan Oberheu	Waterloo	IA	26	M	32:06	10:20
110	12/29	Kayla Stokes	Waterloo	IA	25	F	32:30	10:28
111	5/16	Linda Johnson	Cedar Falls	IA	52	F	33:30	10:47

112	6/7	Sam Wright	Waterloo	IA	13	M	33:41	10:51
113	13/29	Lindsay Anspach	Cedar Falls	IA	29	F	33:43	10:52
114	12/18	Adam Roise	Waterloo	IA	33	M	34:12	11:01
115	14/29	Tracy Shirey	Waterloo	IA	21	F	34:24	11:05
116	5/8	Dave Dutton	Waterloo	IA	77	M	34:25	11:05
117	7/9	Arlys Vannyhuis	Boyden	IA	59	M	34:28	11:06
118	15/29	Leah Schmitz	Laporte City	IA	25	F	34:35	11:08
119	13/18	Ryan Holden	Waverly	IA	31	M	34:37	11:09
120	6/16	Deb Schmitz	Laporte City	IA	53	F	34:39	11:09
121	16/35	Darcy Vannyhuis	Waterloo	IA	32	F	34:50	11:13
122	16/29	Tara Krause	Iowa City	IA	25	F	34:52	11:14
123	10/19	Lisa Krause	Laporte City	IA	49	F	34:52	11:14
124	11/19	Angie McGrath	Waterloo	IA	48	F	35:03	11:17
125	7/16	Stephanie Tomlinso	Hudson	IA	50	F	35:10	11:20
126	17/35	Samantha Vanfleet	Rennick	IA	33	F	35:27	11:25
127	14/18	Jon Dahlke	Goldfield	IA	31	M	35:27	11:25
128	6/8	Chuck Grassley	Cedar Falls	IA	79	M	35:36	11:28
129	1/7	Connie Faglke	Waterloo	IA	66	F	36:54	11:53
130	18/35	Wendy Marky	Jesup	IA	38	F	37:16	12:00
131	12/19	Marcy Ruckdasheel	Jessup	IA	42	F	37:38	12:07
132	19/35	Holly Dunlay-Lott	Ames	IA	31	F	38:18	12:20
133	20/35	Samantha Derifield	Adel	IA	33	F	38:46	12:29
134	8/16	Patty Rausa	Waterloo	IA	57	F	39:17	12:39
135	21/35	Marta Wittmayer	Waterloo	IA	30	F	39:40	12:46
136	22/35	Melissa Clark	Evansdale	IA	31	F	39:44	12:48
137	15/18	Adam Steinmeyer	Waterloo	IA	31	M	40:27	13:01
138	17/29	Amber Chase	Waterloo	IA	29	F	40:29	13:02
139	18/29	Hannah Pillack	Waterloo	IA	27	F	40:31	13:03
140	9/16	Kay Meaney	Waterloo	IA	55	F	40:35	13:04
141	19/29	Brittney Hoyer	Waterloo	IA	27	F	40:49	13:09
142	10/16	Vickie Elliott	Hudson	IA	50	F	40:51	13:09
143	20/29	Jordan Crow	Waterloo	IA	23	F	41:24	13:20
144	21/29	Liz Irwin	Waterloo	IA	20	F	41:38	13:24
145	22/29	Latisha Stokes	Cedar Falls	IA	29	F	41:49	13:28
146	23/35	Shantel Stokes	Waterloo	IA	31	F	41:49	13:28
147	23/29	Erin Renn	Waverly	IA	28	F	41:53	13:29
148	24/35	Mandy Kaestner	W. Des Moines	IA	31	F	42:16	13:36
149	11/16	Cathie Schaefer	Waterloo	IA	59	F	42:28	13:40
150	24/29	Katie Boelman	Waterloo	IA	23	F	42:48	13:47
151	7/7	Jacob Derifield	Adel	IA	9	M	42:48	13:47
152	25/35	Megan Ijames	Waterloo	IA	30	F	43:00	13:51
153	25/29	Jessica Ingham	Cedar Falls	IA	25	F	43:13	13:55
154	13/19	Denise Maas-Rous	Waterloo	IA	45	F	44:30	14:20
155	3/4	Madelynn Rous	Waterloo	IA	9	F	44:30	14:20
156	26/35	Christa Jenson	Waterloo	IA	30	F	45:10	14:33
157	7/8	Mel Buescher	Waterloo	IA	62	M	45:25	14:37
158	2/7	Barbara Buescher	Waterloo	IA	60	F	45:25	14:38
159	27/35	Jennifer Brocka	Waverly	IA	33	F	47:05	15:09
160	28/35	Laura Pruin	Waverly	IA	38	F	47:06	15:10
161	29/35	Serena Zwanziger	Janesville	IA	32	F	47:20	15:14
162	30/35	Angie Nees	Waterloo	IA	30	F	47:20	15:14
163	14/19	Julie Ritland	Waterloo	IA	44	F	47:20	15:15
164	8/9	Dean Renn	Waverly	IA	59	M	47:41	15:21
165	12/16	Deb Renn	Waverly	IA	59	F	47:41	15:21
166	26/29	Alison Walker	Waterloo	IA	24	F	48:07	15:29
167	16/18	Carlton Self	Waterloo	IA	32	M	48:09	15:30
168	3/7	Marie Easter	Waterloo	IA	71	F	48:26	15:36
169	15/19	Deanna Rustad	Waterloo	IA	42	F	48:26	15:36
170	4/7	Marsha Dutkowski	Waterloo	IA	69	F	48:27	15:36
171	16/19	Tammy Turner	Waterloo	IA	41	F	48:33	15:38

172	31/35	Malinda Dodd	Bettendorf	IA	36	F	48:34	15:38
173	12/12	Tony Fullilove	Waterloo	IA	45	M	49:16	15:52
174	17/19	Dee Fullilove	Waterloo	IA	43	F	49:17	15:52
175	13/16	Rose Quirk	Waterloo	IA	55	F	49:18	15:52
176	5/7	Marcia Bechtold	Brandon	IA	72	F	49:18	15:52
177	8/8	Harold Schulze	Cedar Rapids	IA	77	M	49:22	15:54
178	6/7	Jan Miller	Waterloo	IA	64	F	51:01	16:26
179	14/16	Denise Rowland	Waterloo	IA	58	F	51:01	16:26
180	20/20	Bruce Elliott	Waterloo	IA	20	M	51:12	16:29
181	32/35	Brenna Schaefer	Waterloo	IA	33	F	51:13	16:29
182	18/19	Jan Coffin	Waterloo	IA	48	F	51:37	16:37
183	9/9	Tony Koch	Waterloo	IA	57	M	51:42	16:39
184	27/29	Rachel Larsen	Waterloo	IA	22	F	54:21	17:30
185	33/35	Tina Hummel	Waterloo	IA	30	F	54:24	17:31
186	15/16	Paula Harvey	Lamont	IA	56	F	54:24	17:31
187	34/35	Michelle Grimm	Gilbertville	IA	31	F	54:24	17:31
188	28/29	Emily Dunlay	Waterloo	IA	25	F	55:52	17:59
189	17/18	Reggie Hayes	Waterloo	IA	30	M	56:04	18:03
190	19/19	Shayla Nystrom	Waterloo	IA	42	F	56:12	18:06
191	16/16	Jill Fauser	Waterloo	IA	58	F	56:12	18:06
192	4/4	Ashley Nystrom	Waterloo	IA	11	F	56:12	18:06
193	7/7	Sharon Reed	Waterloo	IA	65	F	56:12	18:06
194	29/29	Madeline McGrane	Waterloo	IA	27	F	57:08	18:24
195	35/35	Karen Gardner	Waterloo	IA	34	F	58:22	18:48
196	18/18	Robert Etheredge	Cedar Falls	IA	36	M	59:19	19:06

MALE RESULTS

Place	No.	Name	City	St	Age	S	Time	Pace
=====	=====	=====	=====	==	====	=	=====	=====
1	159	Kyle Heineman	Cedar Rapids	IA	24	M	17:18	5:34
2	179	Noah Larsen	Kellerton	IA	17	M	17:40	5:41
3	278	Mike Wells	Cedar Falls	IA	46	M	18:32	5:58
4	290	Brent Boevers	Waverly	IA	41	M	19:06	6:09
5	223	Ryan Shumaker	Waterloo	IA	20	M	19:36	6:19
6	309	Nick Hembree	Waterloo	IA	27	M	19:48	6:23
7	154	Alex Hajek	Waterloo	IA	27	M	20:05	6:28
8	314	Mike Olson	Saint Louis Park	MN	34	M	20:16	6:32
9	279	Steve Johnson	Cedar Falls	IA	57	M	20:26	6:35
10	285	Bob Knox	Waterloo	IA	65	M	20:33	6:37
11	101	Daniel Ankrum	Waterloo	IA	30	M	21:06	6:48
12	232	Clayton Streed	Waterloo	IA	13	M	21:17	6:51
13	300	Cody Samuelson	Waterloo	IA	13	M	21:26	6:54
14	303	Cody Javille	Oelwein	IA	23	M	21:29	6:55
15	206	Dave Riley	Waterloo	IA	58	M	21:42	6:59
16	256	Grant Larsen	Waterloo	IA	24	M	22:01	7:05
17	216	Brian Sanderman	Cedar Falls	IA	40	M	22:22	7:12
18	147	Cory Graven	Waterloo	IA	28	M	22:28	7:14
19	228	Michael Stewart	Waterloo	IA	26	M	22:41	7:18
20	110	David Breitzkreuz	Waterloo	IA	51	M	22:41	7:19
21	148	Michael Gray	Waterloo	IA	27	M	22:57	7:24
22	102	Isaiah Arndorfer	Waterloo	IA	13	M	23:24	7:32
23	161	Stan Hemesath	Waterloo	IA	54	M	23:28	7:33
24	124	Greg Dietz	Waterloo	IA	46	M	24:00	7:44
25	119	Michael Craft	Laporte City	IA	63	M	24:04	7:45
26	186	Ryan McGrane	Waterloo	IA	28	M	24:10	7:47
27	292	Clint Herbert	Waterloo	IA	41	M	24:11	7:47
28	151	Kevin Grondahl	Kaukauna	WI	41	M	24:50	8:00
29	315	Lucas Pietan	Waterloo	IA	20	M	25:01	8:04

30	274	Jim Peterson	Waterloo	IA	60	M	25:20	8:09
31	281	Matthew Dunning	Cedar Falls	IA	43	M	25:35	8:14
32	252	Randy Ijames	Waterloo	IA	27	M	25:40	8:16
33	210	Eric Ritland	Waterloo	IA	45	M	25:42	8:17
34	272	Chris Kobliska	Evansdale	IA	30	M	25:51	8:20
35	308	Alex Jensen	Waterloo	IA	20	M	26:04	8:24
36	188	Todd McGrath	Waterloo	IA	58	M	26:14	8:27
37	131	Joe Edwards	Waterloo	IA	37	M	26:20	8:29
38	236	Kenneth Tovar	Waterloo	IA	43	M	26:21	8:29
39	234	Jim Tiedemann	Iowa City	IA	63	M	26:43	8:36
40	264	Joe Roberts	Evansdale	IA	48	M	26:59	8:42
41	254	Corey Krienert	Waterloo	IA	29	M	27:42	8:55
42	125	Brad Dunlay	Waterloo	IA	23	M	27:45	8:56
43	130	Scott Ebert	Waterloo	IA	24	M	27:48	8:57
44	196	Jeff Oltmann	Cedar Falls	IA	53	M	28:15	9:06
45	246	Kyle Winter	Jesup	IA	35	M	28:29	9:10
46	197	Edward Palmer	Waterloo	IA	34	M	28:30	9:11
47	108	Gabriel Benson	Evansdale	IA	37	M	28:38	9:13
48	213	Mark Rowe-Barth	Waterloo	IA	34	M	28:41	9:14
49	282	Jeremy Feist	Waterloo	IA	35	M	29:15	9:25
50	299	Dan Herman	Evansdale	IA	42	M	29:57	9:39
51	240	Matt Verbraeken	Waterloo	IA	38	M	30:02	9:40
52	126	Brent Dunlay	Waterlo	IA	20	M	30:02	9:40
53	276	Adrain Russell-Fai	Waterloo	IA	12	M	30:08	9:42
54	275	Wesley Fairbanks	Waterloo	IA	31	M	30:14	9:44
55	107	Tanner Bennett	Evansdale	IA	11	M	31:27	10:08
56	263	Jamie Oberheu	Waterloo	IA	26	M	31:32	10:09
57	273	Seth Jobes	Waterloo	IA	16	M	31:51	10:16
58	262	Donavan Oberheu	Waterloo	IA	26	M	32:06	10:20
59	291	Sam Wright	Waterloo	IA	13	M	33:41	10:51
60	250	Adam Roise	Waterloo	IA	33	M	34:12	11:01
61	313	Dave Dutton	Waterloo	IA	77	M	34:25	11:05
62	284	Arlys Vannyhuis	Boyden	IA	59	M	34:28	11:06
63	165	Ryan Holden	Waverly	IA	31	M	34:37	11:09
64	122	Jon Dahlke	Goldfield	IA	31	M	35:27	11:25
65	146	Chuck Grassley	Cedar Falls	IA	79	M	35:36	11:28
66	227	Adam Steinmeyer	Waterloo	IA	31	M	40:27	13:01
67	298	Jacob Derifield	Adel	IA	9	M	42:48	13:47
68	113	Mel Buescher	Waterloo	IA	62	M	45:25	14:37
69	203	Dean Renn	Waverly	IA	59	M	47:41	15:21
70	221	Carlton Self	Waterloo	IA	32	M	48:09	15:30
71	142	Tony Fullilove	Waterloo	IA	45	M	49:16	15:52
72	220	Harold Schulze	Cedar Rapids	IA	77	M	49:22	15:54
73	134	Bruce Elliott	Waterloo	IA	20	M	51:12	16:29
74	175	Tony Koch	Waterloo	IA	57	M	51:42	16:39
75	157	Reggie Hayes	Waterloo	IA	30	M	56:04	18:03
76	139	Robert Etheredge	Cedar Falls	IA	36	M	59:19	19:06

#### FEMALE RESULTS

Place	No.	Name	City	St	Age	S	Time	Pace
1	115	Kristin Carpenter	Waterloo	IA	32	F	20:45	6:41
2	277	Beth Wells	Cedar Falls	IA	16	F	21:15	6:51
3	304	Ashley Charmichael	Darien	IL	28	F	21:31	6:56
4	176	Brooke Krantz	Waterloo	IA	34	F	22:15	7:10
5	295	Lori Catakano	Denver	CO	49	F	22:32	7:15
6	111	Tatyana Breitzkreuz	Waterloo	IA	17	F	23:58	7:43
7	164	Madi Hewitt	Gilbertville	IA	17	F	24:04	7:45

8	286	Amy Nolan	Waterloo	IA	42	F	24:07	7:46
9	222	Emma Shirk	Laporte City	IA	11	F	24:19	7:50
10	249	Barbara Gaffney	Center Point	IA	45	F	24:20	7:50
11	120	Sarah Craft	Laporte City	IA	35	F	24:33	7:54
12	245	Liz Winter	Jesup	IA	35	F	24:51	8:00
13	152	Linda Gruetzmacher	Waterloo	IA	56	F	24:58	8:03
14	242	Lara Wasserman	Cedar Falls	IA	25	F	25:02	8:04
15	195	Debbie Olson	Cedar Falls	IA	35	F	25:03	8:04
16	305	Sara Fort	Holland	IA	27	F	25:06	8:05
17	226	Mary Steffensmeier	Waterloo	IA	49	F	25:15	8:08
18	182	Kristin Mackenburg	Cedar Rapids	IA	16	F	25:38	8:15
19	302	Katie Slack	Dike	IA	30	F	25:58	8:22
20	306	Rachel Ubbelohde	Waterloo	IA	19	F	26:10	8:26
21	244	Cindy Weyland	Gilbertville	IA	53	F	26:12	8:26
22	137	Elaine Eshbaugh	Waterloo	IA	35	F	26:14	8:27
23	198	Katelyn Pedersen	Hudson	IA	23	F	26:16	8:28
24	212	Kelli Rokusek	Cedar Falls	IA	35	F	26:26	8:31
25	296	Cristina Herbert	Waterloo	IA	40	F	26:28	8:32
26	301	Autumn Wyant	Evansdale	IA	16	F	26:29	8:32
27	310	Amy Lichty	Waterloo	IA	23	F	26:45	8:37
28	317	Erin Aperans	Waterloo	IA	47	F	26:46	8:37
29	155	Danika Harms	Evansdale	IA	15	F	26:53	8:39
30	180	Jean Leichtman	New Hampton	IA	31	F	27:04	8:43
31	193	Tiffany Neuendorf	Waterloo	IA	32	F	27:05	8:43
32	144	Melissa Galloway	Waterloo	IA	16	F	27:29	8:51
33	133	Susan Eisenbacher	Waterloo	IA	40	F	27:40	8:55
34	136	Melissa Engel	Cedar Falls	IA	23	F	27:48	8:57
35	104	Kelli Bean	Cedar Falls	IA	22	F	28:01	9:01
36	191	Elizabeth Minard	Waterloo	IA	28	F	28:17	9:07
37	160	Kelly Hellman	Waterloo	IA	28	F	28:17	9:07
38	162	Robin Hennick	Evansdale	IA	33	F	28:19	9:07
39	307	Morgan Ubbelohde	Waterloo	IA	13	F	29:12	9:24
40	311	Megan Ruebel	Waverly	IA	21	F	29:16	9:26
41	163	Tara Henry	Waterloo	IA	36	F	29:42	9:34
42	123	Brynn Dempster	Ankeny	IA	32	F	29:42	9:34
43	265	Christy Schilling	Evansdale	IA	31	F	29:52	9:37
44	172	Emily Kent	Fairbank	IA	20	F	29:57	9:39
45	173	Amy Knoll	Waterloo	IA	30	F	30:02	9:40
46	174	Lynor Koch	Waterloo	IA	53	F	30:09	9:43
47	289	Michele Arends	Cedar Falls	IA	58	F	30:16	9:45
48	103	Pam Arndorfer	Waterloo	IA	47	F	30:55	9:57
49	132	Melissa Eisenbache	Waterloo	IA	19	F	31:04	10:00
50	225	Annette Staples	Waterloo	IA	47	F	31:20	10:05
51	224	Abigail Staples	Waterloo	IA	15	F	31:52	10:16
52	229	Kayla Stokes	Waterloo	IA	25	F	32:30	10:28
53	280	Linda Johnson	Cedar Falls	IA	52	F	33:30	10:47
54	287	Lindsay Anspach	Cedar Falls	IA	29	F	33:43	10:52
55	312	Tracy Shirey	Waterloo	IA	21	F	34:24	11:05
56	219	Leah Schmitz	Laporte City	IA	25	F	34:35	11:08
57	218	Deb Schmitz	Laporte City	IA	53	F	34:39	11:09
58	239	Darcy Vannyhuis	Waterloo	IA	32	F	34:50	11:13
59	178	Tara Krause	Iowa City	IA	25	F	34:52	11:14
60	177	Lisa Krause	Laporte City	IA	49	F	34:52	11:14
61	187	Angie McGrath	Waterloo	IA	48	F	35:03	11:17
62	235	Stephanie Tomlinso	Hudson	IA	50	F	35:10	11:20
63	238	Samantha Vanfleet	Rennick	IA	33	F	35:27	11:25
64	140	Connie Faglke	Waterloo	IA	66	F	36:54	11:53
65	293	Wendy Marky	Jesup	IA	38	F	37:16	12:00
66	294	Marcy Ruckdasheel	Jessup	IA	42	F	37:38	12:07
67	127	Holly Dunlay-Lott	Ames	IA	31	F	38:18	12:20

68	297	Samantha Derifield	Adel	IA	33	F	38:46	12:29
69	202	Patty Rausa	Waterloo	IA	57	F	39:17	12:39
70	247	Marta Wittmayer	Waterloo	IA	30	F	39:40	12:46
71	117	Melissa Clark	Evansdale	IA	31	F	39:44	12:48
72	116	Amber Chase	Waterloo	IA	29	F	40:29	13:02
73	199	Hannah Pillack	Waterloo	IA	27	F	40:31	13:03
74	189	Kay Meaney	Waterloo	IA	55	F	40:35	13:04
75	166	Brittney Hoyer	Waterloo	IA	27	F	40:49	13:09
76	135	Vickie Elliott	Husdon	IA	50	F	40:51	13:09
77	121	Jordan Crow	Waterloo	IA	23	F	41:24	13:20
78	283	Liz Irwin	Waterloo	IA	20	F	41:38	13:24
79	230	Latisha Stokes	Cedar Falls	IA	29	F	41:49	13:28
80	231	Shantel Stokes	Waterloo	IA	31	F	41:49	13:28
81	204	Erin Renn	Waverly	IA	28	F	41:53	13:29
82	170	Mandy Kaestner	W. Des Moines	IA	31	F	42:16	13:36
83	259	Cathie Schaefer	Waterloo	IA	59	F	42:28	13:40
84	109	Katie Boelman	Waterloo	IA	23	F	42:48	13:47
85	253	Megan Ijames	Waterloo	IA	30	F	43:00	13:51
86	168	Jessica Ingham	Cedar Falls	IA	25	F	43:13	13:55
87	266	Denise Maas-Rous	Waterloo	IA	45	F	44:30	14:20
88	267	Madelynn Rous	Waterloo	IA	9	F	44:30	14:20
89	169	Christa Jenson	Waterloo	IA	30	F	45:10	14:33
90	114	Barbara Buescher	Waterloo	IA	60	F	45:25	14:38
91	112	Jennifer Brocka	Waverly	IA	33	F	47:05	15:09
92	200	Laura Pruin	Waverly	IA	38	F	47:06	15:10
93	248	Serena Zwanziger	Janesville	IA	32	F	47:20	15:14
94	192	Angie Nees	Waterloo	IA	30	F	47:20	15:14
95	207	Julie Ritland	Waterloo	IA	44	F	47:20	15:15
96	205	Deb Renn	Waverly	IA	59	F	47:41	15:21
97	241	Alison Walker	Waterloo	IA	24	F	48:07	15:29
98	129	Marie Easter	Waterloo	IA	71	F	48:26	15:36
99	215	Deanna Rustad	Waterloo	IA	42	F	48:26	15:36
100	128	Marsha Dutkowski	Waterloo	IA	69	F	48:27	15:36
101	237	Tammy Turner	Waterloo	IA	41	F	48:33	15:38
102	271	Malinda Dodd	Bettendorf	IA	36	F	48:34	15:38
103	143	Dee Fullilove	Waterloo	IA	43	F	49:17	15:52
104	201	Rose Quirk	Waterloo	IA	55	F	49:18	15:52
105	105	Marcia Bechtold	Brandon	IA	72	F	49:18	15:52
106	190	Jan Miller	Waterloo	IA	64	F	51:01	16:26
107	214	Denise Rowland	Waterloo	IA	58	F	51:01	16:26
108	217	Brenna Schaefer	Waterloo	IA	33	F	51:13	16:29
109	118	Jan Coffin	Waterloo	IA	48	F	51:37	16:37
110	255	Rachel Larsen	Waterloo	IA	22	F	54:21	17:30
111	167	Tina Hummel	Waterloo	IA	30	F	54:24	17:31
112	156	Paula Harvey	Lamont	IA	56	F	54:24	17:31
113	150	Michelle Grimm	Gilbertville	IA	31	F	54:24	17:31
114	260	Emily Dunlay	Waterloo	IA	25	F	55:52	17:59
115	268	Shayla Nystrom	Waterloo	IA	42	F	56:12	18:06
116	141	Jill Fauser	Waterloo	IA	58	F	56:12	18:06
117	269	Ashley Nystrom	Waterloo	IA	11	F	56:12	18:06
118	270	Sharon Reed	Waterloo	IA	65	F	56:12	18:06
119	185	Madeline McGrane	Waterloo	IA	27	F	57:08	18:24
120	145	Karen Gardner	Waterloo	IA	34	F	58:22	18:48

FEMALE AGE GROUP RESULTS 1 - 14

Place	No.	Name	City	St	Age	S	Time	Pace
1	222	Emma Shirk	Laporte City	IA	11	F	24:19	7:50

2	307	Morgan Ubbelohde	Waterloo	IA	13	F	29:12	9:24
3	267	Madelynn Rous	Waterloo	IA	9	F	44:30	14:20
4	269	Ashley Nystrom	Waterloo	IA	11	F	56:12	18:06

MALE AGE GROUP RESULTS 1 - 14

Place	No.	Name	City	St	Age	S	Time	Pace
1	232	Clayton Streed	Waterloo	IA	13	M	21:17	6:51
2	300	Cody Samuelson	Waterloo	IA	13	M	21:26	6:54
3	102	Isaiah Arndorfer	Waterloo	IA	13	M	23:24	7:32
4	276	Adrain Russell-Fai	Waterloo	IA	12	M	30:08	9:42
5	107	Tanner Bennett	Evansdale	IA	11	M	31:27	10:08
6	291	Sam Wright	Waterloo	IA	13	M	33:41	10:51
7	298	Jacob Derifield	Adel	IA	9	M	42:48	13:47

FEMALE AGE GROUP RESULTS 15 - 19

Place	No.	Name	City	St	Age	S	Time	Pace
1	277	Beth Wells	Cedar Falls	IA	16	F	21:15	6:51
2	111	Tatyana Breitzkreuz	Waterloo	IA	17	F	23:58	7:43
3	164	Madi Hewitt	Gilbertville	IA	17	F	24:04	7:45
4	182	Kristin Mackenburg	Cedar Rapids	IA	16	F	25:38	8:15
5	306	Rachel Ubbelohde	Waterloo	IA	19	F	26:10	8:26
6	301	Autumn Wyant	Evansdale	IA	16	F	26:29	8:32
7	155	Danika Harms	Evansdale	IA	15	F	26:53	8:39
8	144	Melissa Galloway	Waterloo	IA	16	F	27:29	8:51
9	132	Melissa Eisenbache	Waterloo	IA	19	F	31:04	10:00
10	224	Abigail Staples	Waterloo	IA	15	F	31:52	10:16

MALE AGE GROUP RESULTS 15 - 19

Place	No.	Name	City	St	Age	S	Time	Pace
1	179	Noah Larsen	Kellerton	IA	17	M	17:40	5:41
2	273	Seth Jobes	Waterloo	IA	16	M	31:51	10:16

FEMALE AGE GROUP RESULTS 20 - 29

Place	No.	Name	City	St	Age	S	Time	Pace
1	304	Ashley Charmichael	Darien	IL	28	F	21:31	6:56
2	242	Lara Wasserman	Cedar Falls	IA	25	F	25:02	8:04
3	305	Sara Fort	Holland	IA	27	F	25:06	8:05
4	198	Katelyn Pedersen	Hudson	IA	23	F	26:16	8:28
5	310	Amy Lichty	Waterloo	IA	23	F	26:45	8:37
6	136	Melissa Engel	Cedar Falls	IA	23	F	27:48	8:57
7	104	Kelli Bean	Cedar Falls	IA	22	F	28:01	9:01
8	191	Elizabeth Minard	Waterloo	IA	28	F	28:17	9:07
9	160	Kelly Hellman	Waterloo	IA	28	F	28:17	9:07
10	311	Megan Ruebel	Waverly	UA	21	F	29:16	9:26
11	172	Emily Kent	Fairbank	IA	20	F	29:57	9:39
12	229	Kayla Stokes	Waterloo	IA	25	F	32:30	10:28
13	287	Lindsay Anspach	Cedar Falls	IA	29	F	33:43	10:52
14	312	Tracy Shirey	Waterloo	IA	21	F	34:24	11:05

15	219	Leah Schmitz	Laporte City	IA	25	F	34:35	11:08
16	178	Tara Krause	Iowa City	IA	25	F	34:52	11:14
17	116	Amber Chase	Waterloo	IA	29	F	40:29	13:02
18	199	Hannah Pillack	Waterloo	IA	27	F	40:31	13:03
19	166	Brittney Hoyer	Waterloo	IA	27	F	40:49	13:09
20	121	Jordan Crow	Waterloo	IA	23	F	41:24	13:20
21	283	Liz Irwin	Waterloo	IA	20	F	41:38	13:24
22	230	Latisha Stokes	Cedar Falls	IA	29	F	41:49	13:28
23	204	Erin Renn	Waverly	IA	28	F	41:53	13:29
24	109	Katie Boelman	Waterloo	IA	23	F	42:48	13:47
25	168	Jessica Ingham	Cedar Falls	IA	25	F	43:13	13:55
26	241	Alison Walker	Waterloo	IA	24	F	48:07	15:29
27	255	Rachel Larsen	Waterloo	IA	22	F	54:21	17:30
28	260	Emily Dunlay	Waterloo	IA	25	F	55:52	17:59
29	185	Madeline McGrane	Waterloo	IA	27	F	57:08	18:24

MALE AGE GROUP RESULTS 20 - 29

Place	No.	Name	City	St	Age	S	Time	Pace
1	159	Kyle Heineman	Cedar Rapids	IA	24	M	17:18	5:34
2	223	Ryan Shumaker	Waterloo	IA	20	M	19:36	6:19
3	309	Nick Hembree	Waterloo	IA	27	M	19:48	6:23
4	154	Alex Hajek	Waterloo	IA	27	M	20:05	6:28
5	303	Cody Javille	Oelwein	IA	23	M	21:29	6:55
6	256	Grant Larsen	Waterloo	IA	24	M	22:01	7:05
7	147	Cory Graven	Waterloo	IA	28	M	22:28	7:14
8	228	Michael Stewart	Waterloo	IA	26	M	22:41	7:18
9	148	Michael Gray	Waterloo	IA	27	M	22:57	7:24
10	186	Ryan McGrane	Waterloo	IA	28	M	24:10	7:47
11	315	Lucas Pietan	Waterloo	IA	20	M	25:01	8:04
12	252	Randy Ijames	Waterloo	IA	27	M	25:40	8:16
13	308	Alex Jensen	Waterloo	IA	20	M	26:04	8:24
14	254	Corey Krienert	Waterloo	IA	29	M	27:42	8:55
15	125	Brad Dunlay	Waterloo	IA	23	M	27:45	8:56
16	130	Scott Ebert	Waterloo	IA	24	M	27:48	8:57
17	126	Brent Dunlay	Waterloo	IA	20	M	30:02	9:40
18	263	Jamie Oberheu	Waterloo	IA	26	M	31:32	10:09
19	262	Donavan Oberheu	Waterloo	IA	26	M	32:06	10:20
20	134	Bruce Elliott	Waterloo	IA	20	M	51:12	16:29

FEMALE AGE GROUP RESULTS 30 - 39

Place	No.	Name	City	St	Age	S	Time	Pace
1	115	Kristin Carpenter	Waterloo	IA	32	F	20:45	6:41
2	176	Brooke Krantz	Waterloo	IA	34	F	22:15	7:10
3	120	Sarah Craft	Laporte City	IA	35	F	24:33	7:54
4	245	Liz Winter	Jesup	IA	35	F	24:51	8:00
5	195	Debbie Olson	Cedar Falls	IA	35	F	25:03	8:04
6	302	Katie Slack	Dike	IA	30	F	25:58	8:22
7	137	Elaine Eshbaugh	Waterloo	IA	35	F	26:14	8:27
8	212	Kelli Rokusek	Cedar Falls	IA	35	F	26:26	8:31
9	180	Jean Leichtman	New Hampton	IA	31	F	27:04	8:43
10	193	Tiffany Neuendorf	Waterloo	IA	32	F	27:05	8:43
11	162	Robin Hennick	Evansdale	IA	33	F	28:19	9:07
12	163	Tara Henry	Waterloo	IA	36	F	29:42	9:34
13	123	Brynn Dempster	Ankeny	IA	32	F	29:42	9:34

14	265	Christy Schilling	Evansdale	IA	31	F	29:52	9:37
15	173	Amy Knoll	Waterloo	IA	30	F	30:02	9:40
16	239	Darcy Vannyhuis	Waterloo	IA	32	F	34:50	11:13
17	238	Samantha Vanfleet	Rennick	IA	33	F	35:27	11:25
18	293	Wendy Marky	Jesup	IA	38	F	37:16	12:00
19	127	Holly Dunlay-Lott	Ames	IA	31	F	38:18	12:20
20	297	Samantha Derifield	Adel	IA	33	F	38:46	12:29
21	247	Marta Wittmayer	Waterloo	IA	30	F	39:40	12:46
22	117	Melissa Clark	Evansdale	IA	31	F	39:44	12:48
23	231	Shantel Stokes	Waterloo	IA	31	F	41:49	13:28
24	170	Mandy Kaestner	W. Des Moines	IA	31	F	42:16	13:36
25	253	Megan Ijames	Waterloo	IA	30	F	43:00	13:51
26	169	Christa Jenson	Waterloo	IA	30	F	45:10	14:33
27	112	Jennifer Brocka	Waverly	IA	33	F	47:05	15:09
28	200	Laura Pruin	Waverly	IA	38	F	47:06	15:10
29	248	Serena Zwanziger	Janesville	IA	32	F	47:20	15:14
30	192	Angie Nees	Waterloo	IA	30	F	47:20	15:14
31	271	Malinda Dodd	Bettendorf	IA	36	F	48:34	15:38
32	217	Brenna Schaefer	Waterloo	IA	33	F	51:13	16:29
33	167	Tina Hummel	Waterloo	IA	30	F	54:24	17:31
34	150	Michelle Grimm	Gilbertville	IA	31	F	54:24	17:31
35	145	Karen Gardner	Waterloo	IA	34	F	58:22	18:48

MALE AGE GROUP RESULTS 30 - 39

Place	No.	Name	City	St	Age	S	Time	Pace
1	314	Mike Olson	Saint Louis Park	MN	34	M	20:16	6:32
2	101	Daniel Ankrum	Waterloo	IA	30	M	21:06	6:48
3	272	Chris Kobliska	Evansdale	IA	30	M	25:51	8:20
4	131	Joe Edwards	Waterloo	IA	37	M	26:20	8:29
5	246	Kyle Winter	Jesup	IA	35	M	28:29	9:10
6	197	Edward Palmer	Waterloo	IA	34	M	28:30	9:11
7	108	Gabriel Benson	Evansdale	IA	37	M	28:38	9:13
8	213	Mark Rowe-Barth	Waterloo	IA	34	M	28:41	9:14
9	282	Jeremy Feist	Waterloo	IA	35	M	29:15	9:25
10	240	Matt Verbraken	Waterloo	IA	38	M	30:02	9:40
11	275	Wesley Fairbanks	Waterloo	IA	31	M	30:14	9:44
12	250	Adam Roise	Waterloo	IA	33	M	34:12	11:01
13	165	Ryan Holden	Waverly	IA	31	M	34:37	11:09
14	122	Jon Dahlke	Goldfield	IA	31	M	35:27	11:25
15	227	Adam Steinmeyer	Waterloo	IA	31	M	40:27	13:01
16	221	Carlton Self	Waterloo	IA	32	M	48:09	15:30
17	157	Reggie Hayes	Waterloo	IA	30	M	56:04	18:03
18	139	Robert Etheredge	Cedar Falls	IA	36	M	59:19	19:06

FEMALE AGE GROUP RESULTS 40 - 49

Place	No.	Name	City	St	Age	S	Time	Pace
1	295	Lori Catakano	Denver	CO	49	F	22:32	7:15
2	286	Amy Nolan	Waterloo	IA	42	F	24:07	7:46
3	249	Barbara Gaffney	Center Point	IA	45	F	24:20	7:50
4	226	Mary Steffensmeier	Waterloo	IA	49	F	25:15	8:08
5	296	Cristina Herbert	Waterloo	IA	40	F	26:28	8:32
6	317	Erin Aperans	Waterloo	IA	47	F	26:46	8:37
7	133	Susan Eisenbacher	Waterloo	IA	40	F	27:40	8:55
8	103	Pam Arndorfer	Waterlo	IA	47	F	30:55	9:57

9	225	Annette Staples	Waterloo	IA	47	F	31:20	10:05
10	177	Lisa Krause	Laporte City	IA	49	F	34:52	11:14
11	187	Angie McGrath	Waterloo	IA	48	F	35:03	11:17
12	294	Marcy Ruckdasheel	Jessup	IA	42	F	37:38	12:07
13	266	Denise Maas-Rous	Waterloo	IA	45	F	44:30	14:20
14	207	Julie Ritland	Waterloo	IA	44	F	47:20	15:15
15	215	Deanna Rustad	Waterloo	IA	42	F	48:26	15:36
16	237	Tammy Turner	Waterloo	IA	41	F	48:33	15:38
17	143	Dee Fullilove	Waterloo	IA	43	F	49:17	15:52
18	118	Jan Coffin	Waterloo	IA	48	F	51:37	16:37
19	268	Shayla Nystrom	Waterloo	IA	42	F	56:12	18:06

MALE AGE GROUP RESULTS 40 - 49

Place	No.	Name	City	St	Age	S	Time	Pace
1	278	Mike Wells	Cedar Falls	IA	46	M	18:32	5:58
2	290	Brent Boevers	Waverly	IA	41	M	19:06	6:09
3	216	Brian Sanderman	Cedar Falls	IA	40	M	22:22	7:12
4	124	Greg Dietz	Waterloo	IA	46	M	24:00	7:44
5	292	Clint Herbert	Waterloo	IA	41	M	24:11	7:47
6	151	Kevin Grondahl	Kaukauna	WI	41	M	24:50	8:00
7	281	Matthew Dunning	Cedar Falls	IA	43	M	25:35	8:14
8	210	Eric Ritland	Waterloo	IA	45	M	25:42	8:17
9	236	Kenneth Tovar	Waterloo	IA	43	M	26:21	8:29
10	264	Joe Roberts	Evansdale	IA	48	M	26:59	8:42
11	299	Dan Herman	Evansdale	IA	42	M	29:57	9:39
12	142	Tony Fullilove	Waterloo	IA	45	M	49:16	15:52

FEMALE AGE GROUP RESULTS 50 - 59

Place	No.	Name	City	St	Age	S	Time	Pace
1	152	Linda Gruetzmacher	Waterloo	IA	56	F	24:58	8:03
2	244	Cindy Weyland	Gilbertville	IA	53	F	26:12	8:26
3	174	Lynor Koch	Waterloo	IA	53	F	30:09	9:43
4	289	Michele Arends	Cedar Falls	IA	58	F	30:16	9:45
5	280	Linda Johnson	Cedar Falls	IA	52	F	33:30	10:47
6	218	Deb Schmitz	Laporte City	IA	53	F	34:39	11:09
7	235	Stephanie Tomlinso	Hudson	IA	50	F	35:10	11:20
8	202	Patty Rausa	Waterloo	IA	57	F	39:17	12:39
9	189	Kay Meaney	Waterloo	IA	55	F	40:35	13:04
10	135	Vickie Elliott	Hudson	IA	50	F	40:51	13:09
11	259	Cathie Schaefer	Waterloo	IA	59	F	42:28	13:40
12	205	Deb Renn	Waverly	IA	59	F	47:41	15:21
13	201	Rose Quirk	Waterloo	IA	55	F	49:18	15:52
14	214	Denise Rowland	Waterloo	IA	58	F	51:01	16:26
15	156	Paula Harvey	Lamont	IA	56	F	54:24	17:31
16	141	Jill Fauser	Waterloo	IA	58	F	56:12	18:06

MALE AGE GROUP RESULTS 50 - 59

Place	No.	Name	City	St	Age	S	Time	Pace
1	279	Steve Johnson	Cedar Falls	IA	57	M	20:26	6:35
2	206	Dave Riley	Waterloo	IA	58	M	21:42	6:59
3	110	David Breitzkreuz	Waterloo	IA	51	M	22:41	7:19

4	161	Stan Hemesath	Waterloo	IA	54	M	23:28	7:33
5	188	Todd McGrath	Waterloo	IA	58	M	26:14	8:27
6	196	Jeff Oltmann	Cedar Falls	IA	53	M	28:15	9:06
7	284	Arlys Vannyhuis	Boyden	IA	59	M	34:28	11:06
8	203	Dean Renn	Waverly	IA	59	M	47:41	15:21
9	175	Tony Koch	Waterloo	IA	57	M	51:42	16:39

FEMALE AGE GROUP RESULTS 60 - 99

Place	No.	Name	City	St	Age	S	Time	Pace
1	140	Connie Faglke	Waterloo	IA	66	F	36:54	11:53
2	114	Barbara Buescher	Waterloo	IA	60	F	45:25	14:38
3	129	Marie Easter	Waterloo	IA	71	F	48:26	15:36
4	128	Marsha Dutkowski	Waterloo	IA	69	F	48:27	15:36
5	105	Marcia Bechtold	Brandon	IA	72	F	49:18	15:52
6	190	Jan Miller	Waterloo	IA	64	F	51:01	16:26
7	270	Sharon Reed	Waterloo	IA	65	F	56:12	18:06

MALE AGE GROUP RESULTS 60 - 99

Place	No.	Name	City	St	Age	S	Time	Pace
1	285	Bob Knox	Waterloo	IA	65	M	20:33	6:37
2	119	Michael Craft	Laporte City	IA	63	M	24:04	7:45
3	274	Jim Peterson	Waterloo	IA	60	M	25:20	8:09
4	234	Jim Tiedemann	Iowa City	IA	63	M	26:43	8:36
5	313	Dave Dutton	Waterloo	IA	77	M	34:25	11:05
6	146	Chuck Grassley	Cedar Falls	IA	79	M	35:36	11:28
7	113	Mel Buescher	Waterloo	IA	62	M	45:25	14:37
8	220	Harold Schulze	Cedar Rapids	IA	77	M	49:22	15:54