

Run to Exile

June 8, 2013

Overall Results

10K

Place	Gender Pic/Total	Div Pic/Total	No.	Name	Gender	Age	City	St.	Pace	Time
1	1/111	1/41	111	Jeff Hughes	Male	35	Norwalk	IA	5:17 min/m	00:32:53.30
2	2/111	2/41	108	Russ Flug	Male	39	Waukee	IA	5:23 min/m	00:33:31.30
3	3/111	3/41	430	Jack Johnson	Male	32	West Des Moines	IA	5:47 min/m	00:35:59.97
4	4/111	1/48	436	Nate White	Male	29	Des Moines	IA	5:53 min/m	00:36:34.48
5	5/111	4/41	220	Paxton Bennett	Male	39	West Des Moines	IA	6:01 min/m	00:37:26.87
6	6/111	2/48	286	Nicholas Oestreich	Male	21	Des Moines	IA	6:08 min/m	00:38:07.95
7	1/167	1/50	398	Stephanie Mortenson	Female	31	Windsor Heights	IA	6:08 min/m	00:38:08.51
8	7/111	3/48	256	Kyle Hanson	Male	23	West Des Moines	IA	6:14 min/m	00:38:44.70
9	2/167	1/35	317	Carrie Van Quathem	Female	41	Urbandale	IA	6:15 min/m	00:38:53.46
10	8/111	1/1	432	Steve Falck	Male	99	Des Moines	IA	6:16 min/m	00:39:01.39
11	9/111	4/48	322	Hunter Watson	Male	21	Bettendorf	IA	6:18 min/m	00:39:09.26
12	3/167	1/66	340	Kelsey Brandt	Female	21	Des Moines	IA	6:18 min/m	00:39:09.26
13	10/111	5/41	173	Jeremy Mueller	Male	36	Waukee	IA	6:20 min/m	00:39:24.76
14	11/111	6/41	237	Neal Denhartog	Male	32	Ames	IA	6:21 min/m	00:39:32.18
15	12/111	7/41	166	Michael Kobylinski	Male	31	Pella	IA	6:25 min/m	00:39:52.72
16	13/111	8/41	155	Dean Gieseman	Male	38	Clive	IA	6:31 min/m	00:40:33.56
17	14/111	5/48	209	Joey Zehner	Male	29	Des Moines	IA	6:33 min/m	00:40:45.34
18	15/111	6/48	180	Andy Puhmann	Male	23	Des Moines	IA	6:34 min/m	00:40:48.38
19	16/111	7/48	138	Dan Zagoren	Male	28	Clive	IA	6:35 min/m	00:40:55.51
20	4/167	1/13	384	Dana Kramer	Female	50	Urbandale	IA	6:35 min/m	00:40:56.51
21	5/167	2/66	382	Lindsay Knoop	Female	29	Granger	IA	6:36 min/m	00:41:04.12
22	17/111	9/41	274	Jason Laughlin	Male	38	Des Moines	IA	6:41 min/m	00:41:32.57
23	18/111	8/48	195	Jason Vangundy	Male	29	Johnston	IA	6:41 min/m	00:41:33.51
24	19/111	9/48	194	Tim Tesar	Male	29	Des Moines	IA	6:41 min/m	00:41:37.72
25	6/167	3/66	335	Annie Binder	Female	27	Ankeny	IA	6:42 min/m	00:41:39.11
26	7/167	2/50	425	Kristi York	Female	33	West Des Moines	IA	6:45 min/m	00:42:00.76
27	20/111	10/48	115	Michael Lunn	Male	23	Des Moines	IA	6:47 min/m	00:42:11.51
28	21/111	10/41	104	Chad Buresh	Male	39	Clive	IA	6:48 min/m	00:42:19.26
29	22/111	11/48	227	Caleb Carroll	Male	25	Ankeny	IA	6:49 min/m	00:42:26.76
30	8/167	3/50	347	Robyn Clevenger	Female	34	West Des Moines	IA	6:50 min/m	00:42:31.45
31	23/111	12/48	324	Tyman Wiley	Male	27	Palo	IA	6:55 min/m	00:43:02.26
32	24/111	13/48	275	Bryan Lloyd	Male	27	Des Moines	IA	6:57 min/m	00:43:11.41
33	25/111	14/48	316	Matt Ulmer	Male	28	Des Moines	IA	7:00 min/m	00:43:31.18
34	9/167	4/50	219	Sheri Beaver	Female	31	Grimes	IA	7:01 min/m	00:43:41.35
35	10/167	5/50	410	Kim Scarfe	Female	33	Des Moines	IA	7:03 min/m	00:43:49.50
36	26/111	15/48	234	Nicholas Cross	Male	22	Fort Madison	IA	7:05 min/m	00:44:05.51
37	27/111	16/48	290	Clint Puhmann	Male	25	Des Moines	IA	7:06 min/m	00:44:09.26
38	28/111	11/41	139	Derc Albrecht	Male	30	Ankeny	IA	7:06 min/m	00:44:10.26
39	29/111	12/41	188	Michael Simpson	Male	36	Des Moines	IA	7:07 min/m	00:44:14.36
40	11/167	6/50	329	Monica Atherton	Female	31	Waukee	IA	7:08 min/m	00:44:24.14
41	30/111	13/41	141	Justin Barrett	Male	32	Des Moines	IA	7:09 min/m	00:44:28.25
42	12/167	7/50	334	Audrey Bell	Female	33	Polk City	IA	7:12 min/m	00:44:44.76
43	13/167	2/35	271	Jennifer Kownacki	Female	40	Norwalk	IA	7:12 min/m	00:44:44.77
44	14/167	4/66	350	Joanna Cosner	Female	27	Des Moines	IA	7:12 min/m	00:44:47.65
45	31/111	17/48	165	Marc Kittleson	Male	26	Mason City	IA	7:14 min/m	00:45:01.94
46	15/167	8/50	429	Jamie Johnson	Female	33	West Des Moines	IA	7:14 min/m	00:45:02.76
47	32/111	18/48	199	Ryan Watermiller	Male	26	Ankeny	IA	7:15 min/m	00:45:03.67
48	33/111	14/41	176	Joseph O'hanlon	Male	32	Johnston	IA	7:15 min/m	00:45:06.65
49	16/167	3/35	299	Jenny Sinclair	Female	41	Carlisle	IA	7:15 min/m	00:45:07.87
50	17/167	5/66	339	Lauren Brandt	Female	23	Bettendorf	IA	7:15 min/m	00:45:08.80
51	18/167	1/2	338	Shelby Brandt	Female	18	Bettendorf	IA	7:15 min/m	00:45:09.17
52	19/167	4/35	279	Shannon McWilliams	Female	41	Altoona	IA	7:18 min/m	00:45:25.00
53	34/111	1/9	182	Michael Ream	Male	42	Des Moines	IA	7:19 min/m	00:45:28.65
54	20/167	9/50	365	Emily Freedman	Female	34	Des Moines	IA	7:19 min/m	00:45:29.27
55	21/167	10/50	327	Jenifer Wolfe	Female	38	Altoona	IA	7:19 min/m	00:45:29.46
56	22/167	5/35	248	Julia Gauthier	Female	40	Urbandale	IA	7:19 min/m	00:45:29.62
57	35/111	19/48	280	Craig Menke	Male	26	Coralville	IA	7:25 min/m	00:46:05.65

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Place	Gender Pic/Total	Div Pic/Total	No.	Name	Gender	Age	City	St.	Pace	Time
58	36/111	20/48	162	James Jeltema	Male	26	Des Moines	IA	7:25 min/m	00:46:05.76
59	37/111	21/48	319	Hans Vander Plaats	Male	25	West Des Moines	IA	7:25 min/m	00:46:06.26
60	38/111	15/41	164	Lance Kelderman	Male	38	Norwalk	IA	7:25 min/m	00:46:06.46
61	39/111	22/48	2869	Zach Steele	Male	29	Des Moines	IA	7:26 min/m	00:46:15.43
62	23/167	11/50	392	Jennifer Mcginley	Female	36	Johnston	IA	7:27 min/m	00:46:17.68
63	40/111	23/48	117	Kyle McClain	Male	25	Clive	IA	7:27 min/m	00:46:18.17
64	24/167	12/50	369	Julie Gieseman	Female	38	Clive	IA	7:28 min/m	00:46:26.20
65	25/167	13/50	371	Patty Hayes	Female	39	Des Moines	IA	7:29 min/m	00:46:30.90
66	26/167	6/35	262	Mary Jackovin-Bates	Female	40	Urbandale	IA	7:29 min/m	00:46:32.52
67	27/167	14/50	2876	Brooke Achenbach	Female	37	Clive	IA	7:31 min/m	00:46:43.76
68	41/111	24/48	283	Austin Narber	Male	23	Des Moines	IA	7:31 min/m	00:46:45.51
69	42/111	16/41	131	Nick Swift	Male	36	Waukee	IA	7:31 min/m	00:46:47.43
70	28/167	6/66	241	Emily Fairchild	Female	27	Northfield	MN	7:32 min/m	00:46:50.67
71	29/167	7/35	349	Annika Cornelisse	Female	41	Des Moines	IA	7:34 min/m	00:47:01.64
72	43/111	17/41	208	Joseph Zambreno	Male	33	Ankeny	IA	7:34 min/m	00:47:02.17
73	44/111	18/41	2877	Jeromy Pribil	Male	35	Johnston	IA	7:35 min/m	00:47:08.54
74	45/111	1/12	191	Gary Stangland	Male	56	Cedar Rapids	IA	7:35 min/m	00:47:08.73
75	46/111	19/41	18	David Perrigo	Male	35	West Des Moines	IA	7:35 min/m	00:47:08.73
76	47/111	25/48	223	Justin Briar	Male	28	Des Moines	IA	7:35 min/m	00:47:13.16
77	30/167	7/66	352	Michaela Cross	Female	26	Des Moines	IA	7:36 min/m	00:47:14.76
78	31/167	15/50	402	Dawn Ortiguerra	Female	30	Ankeny	IA	7:37 min/m	00:47:23.55
79	48/111	20/41	121	Nathan Mundy	Male	31	Des Moines	IA	7:41 min/m	00:47:49.19
80	32/167	8/66	833	Tiffany Audas	Female	22	West Des Moines	IA	7:41 min/m	00:47:50.21
81	33/167	9/66	320	Elizabeth Vangundy	Female	29	Johnston	IA	7:42 min/m	00:47:55.18
82	49/111	21/41	215	Justin Atherton	Male	33	Waukee	IA	7:43 min/m	00:47:57.24
83	34/167	10/66	356	Molly Doolittle	Female	29	Ames	IA	7:43 min/m	00:48:01.76
84	50/111	26/48	185	Rob Schreurs	Male	29	Des Moines	IA	7:46 min/m	00:48:16.26
85	51/111	22/41	116	Brent Marnin	Male	36	West Des Moines	IA	7:46 min/m	00:48:21.48
86	52/111	23/41	267	Andrew Judge	Male	31	Clive	IA	7:48 min/m	00:48:32.22
87	53/111	27/48	242	Adam Falk	Male	26	Des Moines	IA	7:49 min/m	00:48:39.26
88	35/167	11/66	300	Christie Smith	Female	23	Altoona	IA	7:50 min/m	00:48:41.56
89	36/167	2/13	355	Cheryl Dirth	Female	53	West Point	IA	7:50 min/m	00:48:45.50
90	37/167	16/50	247	Lindsey Funk	Female	31	Ankeny	IA	7:51 min/m	00:48:49.49
91	54/111	24/41	30	David Graham	Male	31	West Des Moines	IA	7:52 min/m	00:48:54.85
92	38/167	12/66	417	Valerie Steele	Female	27	Des Moines	IA	7:53 min/m	00:49:03.27
93	55/111	2/9	134	Dan Uppena	Male	40	Waukee	IA	7:54 min/m	00:49:05.94
94	39/167	13/66	357	Ashley Dose	Female	29	Des Moines	IA	7:54 min/m	00:49:09.83
95	40/167	8/35	431	Melissa Reents	Female	43	Urbandale	IA	7:55 min/m	00:49:11.77
96	41/167	14/66	268	Stefanie Kirk	Female	27	Waukee	IA	7:55 min/m	00:49:16.97
97	42/167	15/66	361	Whitney Ferin	Female	24	Ankeny	IA	7:56 min/m	00:49:22.45
98	43/167	16/66	341	Allison Brienzo	Female	29	Urbandale	IA	7:57 min/m	00:49:25.77
99	44/167	17/66	2838	Lacey Mitchell	Female	25	Indianola	IA	7:57 min/m	00:49:26.22
100	45/167	17/50	344	Margaret Carper	Female	33	West Des Moines	IA	7:57 min/m	00:49:28.20
101	56/111	25/41	292	Michael Riggs	Male	33	West Des Moines	IA	7:58 min/m	00:49:30.77
102	57/111	26/41	128	Brian Speers	Male	37	Des Moines	IA	7:58 min/m	00:49:32.98
103	58/111	2/12	167	Mark Koskamp	Male	54	Des Moines	IA	8:00 min/m	00:49:45.52
104	59/111	27/41	159	Andy Heggenstaller	Male	35	Des Moines	IA	8:00 min/m	00:49:47.25
105	46/167	18/50	307	Shonna Stevenson	Female	36	Des Moines	IA	8:01 min/m	00:49:49.47
106	47/167	9/35	387	Trish Lemke	Female	45	Dallas Center	IA	8:01 min/m	00:49:49.48
107	60/111	28/48	229	Bryan Cogswell	Male	29	Richfield	MN	8:01 min/m	00:49:49.64
108	48/167	19/50	359	Joni Embree-Meinders	Female	34	Des Moines	IA	8:01 min/m	00:49:52.66
109	61/111	3/12	196	John Vujnovich	Male	58	Des Moines	IA	8:01 min/m	00:49:52.86
110	49/167	18/66	424	Kate White	Female	29	Des Moines	IA	8:01 min/m	00:49:53.68
111	50/167	19/66	2859	Renae Kreutner	Female	26	Windsor Heights	IA	8:02 min/m	00:49:55.31
112	62/111	28/41	118	Tim McClure	Male	39	Altoona	IA	8:02 min/m	00:49:56.75
113	51/167	20/66	374	Julia Hogren	Female	26	Des Moines	IA	8:02 min/m	00:49:58.27
114	52/167	21/66	375	Olivia Hogren	Female	23	Danville	IL	8:02 min/m	00:49:58.97

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Place	Gender Pic/Total	Div Pic/Total	No.	Name	Gender	Age	City	St.	Pace	Time
115	53/167	10/35	367	Tonja Furrow	Female	46	Clive	IA	8:03 min/m	00:50:01.41
116	54/167	20/50	2832	Nicolle McClure	Female	34	Altoona	IA	8:03 min/m	00:50:02.28
117	63/111	29/41	160	Brian Higgins	Male	37	Waukee	IA	8:03 min/m	00:50:04.68
118	55/167	22/66	63	Ash Bruxvoort	Female	23	Des Moines	IA	8:04 min/m	00:50:12.65
119	56/167	3/13	351	Mary Sue Crabtree	Female	53	Des Moines	IA	8:05 min/m	00:50:14.22
120	57/167	11/35	266	Kathleen Jones	Female	46	West Des Moines	IA	8:05 min/m	00:50:14.23
121	64/111	30/41	190	Christopher Smith	Male	33	Urbandale	IA	8:06 min/m	00:50:21.70
122	65/111	29/48	142	Chris Brandes	Male	27	Ames	IA	8:07 min/m	00:50:28.92
123	66/111	4/12	189	Mark Smidt	Male	50	Keokuk	IA	8:09 min/m	00:50:39.26
124	67/111	30/48	109	Avery Gaston	Male	24	Clive	IA	8:09 min/m	00:50:39.45
125	58/167	23/66	370	Jill Hackman	Female	29	West Des Moines	IA	8:09 min/m	00:50:39.52
126	68/111	31/41	103	Rick Brcka	Male	37	Altoona	IA	8:09 min/m	00:50:40.00
127	59/167	24/66	415	Jorie Smith	Female	23	Ankeny	IA	8:09 min/m	00:50:40.68
128	69/111	31/48	277	Robert Main	Male	25	Ankeny	IA	8:09 min/m	00:50:41.22
129	60/167	21/50	366	Michelle Frost	Female	30	Bondurant	IA	8:09 min/m	00:50:41.27
130	61/167	25/66	400	Thao Nguyen	Female	24	Iowa City	IA	8:09 min/m	00:50:41.89
131	70/111	5/12	112	Doug Jacobson	Male	55	Ames	IA	8:09 min/m	00:50:42.70
132	62/167	22/50	296	Sara Schueler	Female	33	Des Moines	IA	8:11 min/m	00:50:54.27
133	63/167	26/66	328	Abby Arneson	Female	29	West Des Moines	IA	8:11 min/m	00:50:56.98
134	71/111	32/48	273	Brian Lapcewich	Male	26	West Des Moines	IA	8:12 min/m	00:50:59.20
135	64/167	12/35	373	Connie Hildebrandt	Female	47	Norwalk	IA	8:14 min/m	00:51:11.27
136	65/167	23/50	403	Megan Pitz	Female	33	Urbandale	IA	8:14 min/m	00:51:11.27
137	66/167	24/50	145	Carrie Buzzoni	Female	39	Polk City	IA	8:15 min/m	00:51:21.97
138	72/111	6/12	204	John Williams	Male	58	Carlisle	IA	8:16 min/m	00:51:27.77
139	67/167	25/50	420	Andrea Thompson	Female	31	Des Moines	IA	8:17 min/m	00:51:29.77
140	73/111	32/41	197	Robert Walker	Male	32	Des Moines	IA	8:17 min/m	00:51:32.77
141	68/167	26/50	308	Michelle Swanson	Female	31	Des Moines	IA	8:18 min/m	00:51:39.63
142	74/111	33/48	326	Ben Wolf	Male	24	Beloit	IA	8:19 min/m	00:51:46.51
143	69/167	27/66	426	Brooke Zehr	Female	25	West Des Moines	IA	8:20 min/m	00:51:51.19
144	70/167	27/50	169	Melanie Malloy	Female	36	Williamsburg	IA	8:24 min/m	00:52:16.81
145	75/111	3/9	135	Tray Wade	Male	40	Waukee	IA	8:26 min/m	00:52:30.21
146	71/167	28/66	261	Ashley Ivers	Female	23	Des Moines	IA	8:28 min/m	00:52:38.33
147	72/167	29/66	214	Tracy Arthur	Female	29	Des Moines	IA	8:28 min/m	00:52:39.76
148	76/111	7/12	146	Mike Clayton	Male	57	Ames	IA	8:28 min/m	00:52:40.98
149	73/167	30/66	987	Michelle Hermesch	Female	24	Wdm	IA	8:29 min/m	00:52:43.41
150	77/111	33/41	125	Dan Rivenburgh	Male	39	Waukee	IA	8:30 min/m	00:52:52.78
151	74/167	31/66	364	Tara Fisher	Female	29	Ames	IA	8:30 min/m	00:52:52.99
152	75/167	13/35	386	Trish Lemke	Female	45	Dallas Center	IA	8:30 min/m	00:52:53.27
153	76/167	32/66	358	Elizabeth Droste	Female	28	Des Moines	IA	8:33 min/m	00:53:10.89
154	77/167	14/35	421	Kelly Tracy	Female	44	Johnston	IA	8:35 min/m	00:53:22.72
155	78/111	34/48	304	Eligio Sotelo Herrera	Male	27	Ankeny	IA	8:35 min/m	00:53:24.77
156	79/111	34/41	193	Victor Svecs	Male	33	West Des Moines	IA	8:36 min/m	00:53:27.00
157	80/111	4/9	132	Joseph Thompson	Male	43	Ames	IA	8:36 min/m	00:53:30.68
158	78/167	15/35	232	Liz Cosner	Female	49	Urbandale	IA	8:37 min/m	00:53:36.19
159	79/167	16/35	419	Jamie Sundet	Female	43	Urbandale	IA	8:37 min/m	00:53:37.86
160	80/167	33/66	321	Jamie Votrobeck	Female	28	Lovilila	IA	8:37 min/m	00:53:38.68
161	81/111	35/48	225	Adam Carlson	Male	26	Ankeny	IA	8:39 min/m	00:53:47.22
162	81/167	17/35	150	Tamara Cross	Female	40	Van Meter	IA	8:39 min/m	00:53:48.48
163	82/167	28/50	288	Kristeena Preston	Female	34	Huxley	IA	8:39 min/m	00:53:49.26
164	83/167	34/66	388	Cassandra Lumley	Female	23	Hampton	IA	8:39 min/m	00:53:50.47
165	84/167	35/66	2828	Brittany Telk	Female	23	Ankeny	IA	8:39 min/m	00:53:50.47
166	85/167	29/50	981	Jessica Thorne	Female	31	West Des Moines	IA	8:39 min/m	00:53:50.77
167	86/167	36/66	233	Abigail Crabbs	Female	26	Iowa City	IA	8:40 min/m	00:53:52.77
168	87/167	4/13	168	Tricia Bergman	Female	52	Des Moines	IA	8:40 min/m	00:53:53.94
169	82/111	5/9	993	Doug Kuntz	Male	48	Pleasant Hill	IA	8:40 min/m	00:53:54.14
170	88/167	30/50	253	Lindsay Graham	Female	33	Indianola	IA	8:40 min/m	00:53:54.24
171	89/167	18/35	976	Sara Altemeier	Female	42	Ankeny	IA	8:40 min/m	00:53:55.29

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172	83/111	35/41	148	John Condon	Male	35	Waukee	IA	8:41 min/m	00:54:02.27
173	84/111	36/41	124	Steven Rancourt	Male	34	West Des Moines	IA	8:41 min/m	00:54:02.33
174	90/167	37/66	2882	Elizabeth Lloyd	Female	26	Hiawatha	IA	8:42 min/m	00:54:07.77
175	91/167	38/66	343	Michelle Butler	Female	27	West Des Moines	IA	8:44 min/m	00:54:16.40
176	92/167	19/35	427	Bene' Zehr	Female	49	Ankeny	IA	8:48 min/m	00:54:44.17
177	85/111	36/48	156	Grant Gillon	Male	23	Des Moines	IA	8:48 min/m	00:54:46.28
178	93/167	31/50	40	Lori Mickle	Female	33	Ames	IA	8:48 min/m	00:54:46.70
179	94/167	39/66	336	Lynda Bohlmann	Female	28	Cedar Falls	IA	8:49 min/m	00:54:47.92
180	86/111	8/12	137	John Wengert	Male	50	Johnston	IA	8:52 min/m	00:55:08.52
181	95/167	32/50	406	Liz Rivenburgh	Female	38	Waukee	IA	8:54 min/m	00:55:20.86
182	96/167	20/35	989	Mary Sheka	Female	48	Des Moines	IA	8:54 min/m	00:55:21.18
183	87/111	6/9	175	Mike Murphy	Male	47	Des Moines	IA	8:55 min/m	00:55:28.77
184	97/167	40/66	2836	Camille Roth	Female	29	Des Moines	IA	8:56 min/m	00:55:36.90
185	98/167	41/66	293	Mackenzie Rittler	Female	26	West Des Moines	IA	8:57 min/m	00:55:40.27
186	99/167	42/66	395	Alex Meyer	Female	24	Ames	IA	8:57 min/m	00:55:42.78
187	88/111	37/41	102	Jeff Berckes	Male	31	Des Moines	IA	8:58 min/m	00:55:47.24
188	89/111	37/48	297	Jeff Shinrock	Male	28	Ames	IA	8:59 min/m	00:55:52.14
189	100/167	33/50	411	Bo Schroeder	Female	30	Des Moines	IA	8:59 min/m	00:55:52.53
190	90/111	38/41	113	John Kittell	Male	35	West Des Moines	IA	9:00 min/m	00:56:00.27
191	101/167	34/50	284	Keeley Nyman	Female	33	Omaha	NE	9:00 min/m	00:56:00.73
192	91/111	38/48	295	Tim Schlichte	Male	24	Des Moines	IA	9:01 min/m	00:56:03.40
193	102/167	21/35	842	Christine Brandenburg	Female	49	Urbandale	IA	9:03 min/m	00:56:15.98
194	103/167	43/66	377	Caroline Jones	Female	26	Des Moines	IA	9:04 min/m	00:56:22.47
195	92/111	7/9	120	Brian Miller	Male	41	Des Moines	IA	9:04 min/m	00:56:23.70
196	93/111	39/48	240	Eric Dirth	Male	22	West Point	IA	9:05 min/m	00:56:27.76
197	94/111	9/12	239	Todd Dirth	Male	52	West Point	IA	9:05 min/m	00:56:28.27
198	95/111	40/48	126	Thomas Roth	Male	29	West Des Moines	IA	9:05 min/m	00:56:28.78
199	104/167	22/35	228	Glenda Clark	Female	40	Norwalk	IA	9:07 min/m	00:56:41.25
200	105/167	44/66	245	Sarah Fitzgerald	Female	27	Des Moines	IA	9:07 min/m	00:56:42.68
201	96/111	41/48	154	Chris Fitzgerald	Male	29	Des Moines	IA	9:07 min/m	00:56:43.66
202	106/167	35/50	250	Jeana Gingery	Female	35	Slater	IA	9:08 min/m	00:56:48.27
203	107/167	5/13	416	Jan Stangland	Female	56	Cedar Rapids	IA	9:09 min/m	00:56:53.87
204	97/111	42/48	315	Spenser Tonda	Male	25	West Des Moines	IA	9:10 min/m	00:56:57.77
205	108/167	45/66	332	Rachel Barkley	Female	24	Madison	WI	9:10 min/m	00:56:57.77
206	109/167	46/66	379	Chelsea Keenan	Female	25	Des Moines	IA	9:11 min/m	00:57:05.52
207	110/167	36/50	289	Erin Publow	Female	34	West Des Moines	IA	9:11 min/m	00:57:09.19
208	111/167	47/66	2834	Alexa Mehesan	Female	23	West Des Moines	IA	9:12 min/m	00:57:11.66
209	112/167	48/66	226	Lindsay Carmack-Lack	Female	29	Kansas City	MO	9:12 min/m	00:57:11.77
210	113/167	49/66	259	Kayla Hunefeld	Female	24	Urbandale	IA	9:12 min/m	00:57:13.27
211	114/167	50/66	236	Brianna Damstetter	Female	28	Des Moines	IA	9:16 min/m	00:57:38.77
212	98/111	43/48	179	Ryan Prusa	Male	26	Des Moines	IA	9:17 min/m	00:57:43.28
213	99/111	8/9	130	Scott Steen	Male	47	Urbandale	IA	9:18 min/m	00:57:51.90
214	115/167	23/35	192	Melissa Steen	Female	44	Urbandale	IA	9:18 min/m	00:57:52.29
215	100/111	44/48	107	Pershall Derrick Pershall	Male	25	Ankeny	IA	9:19 min/m	00:57:56.97
216	116/167	37/50	363	Stephanie Filer	Female	30	Des Moines	IA	9:19 min/m	00:57:57.37
217	117/167	6/13	354	Michele Dillon	Female	52	Carlisle	IA	9:19 min/m	00:57:58.52
218	118/167	7/13	414	Susan Smith	Female	56	Topeka	KS	9:25 min/m	00:58:32.67
219	101/111	39/41	207	Victor Young	Male	37	Ankeny	IA	9:25 min/m	00:58:33.90
220	119/167	38/50	238	Stacy Dietch	Female	36	Ankeny	IA	9:25 min/m	00:58:33.90
221	120/167	2/2	285	Shelby Oelschlager	Female	19	Reinbeck	IA	9:25 min/m	00:58:34.52
222	121/167	24/35	174	Tara Murphy	Female	47	Des Moines	IA	9:27 min/m	00:58:46.28
223	122/167	25/35	346	Kimberly Christofferson	Female	44	Ankeny	IA	9:28 min/m	00:58:51.18
224	123/167	26/35	216	Sarah Aunspach	Female	43	Ankeny	IA	9:28 min/m	00:58:51.28
225	124/167	51/66	433	Miranda Straw	Female	26	Windsor Heights	IA	9:31 min/m	00:59:09.78
226	125/167	1/1	200	Caryn Westman	Female	61	Chariton	IA	9:31 min/m	00:59:11.30
227	126/167	52/66	345	Krystal Chambers	Female	27	Urbandale	IA	9:31 min/m	00:59:12.93
228	127/167	27/35	413	Barb Smidt	Female	49	Keokuk	IA	9:32 min/m	00:59:17.41

Run to Exile

June 8, 2013

Overall Results

10K

Place	Gender Plc/Total	Div Plc/Total	No.	Name	Gender	Age	City	St.	Pace	Time
229	102/111	45/48	119	Michael Donnelly	Male	28	Granger	IA	9:33 min/m	00:59:20.78
230	128/167	28/35	265	Michelle Jones	Female	44	Des Moines	IA	9:35 min/m	00:59:33.32
231	129/167	29/35	258	Jill Heilskov	Female	43	Des Moines	IA	9:35 min/m	00:59:33.33
232	130/167	39/50	184	Jodee Schaben	Female	37	Hudson	WI	9:38 min/m	00:59:56.52
233	103/111	40/41	122	Paul Pedersen	Male	37	Ankeny	IA	9:46 min/m	01:00:42.79
234	131/167	30/35	178	Julie Phippen	Female	42	Indianola	IA	9:46 min/m	01:00:44.62
235	104/111	9/9	186	Scott Schumacher	Male	43	Johnston	IA	9:47 min/m	01:00:47.78
236	132/167	53/66	252	Kimberly Graham	Female	29	West Des Moines	IA	9:51 min/m	01:01:14.28
237	133/167	40/50	988	Rebecca Kilderman	Female	33	Norwalk	IA	9:51 min/m	01:01:14.51
238	105/111	46/48	53	Blake Uhlken	Male	25	Omaha	NE	9:55 min/m	01:01:40.67
239	134/167	31/35	389	Marcy Lundberg	Female	41	Fort Dodge	IA	9:56 min/m	01:01:44.78
240	135/167	54/66	276	Aly Mabrier	Female	25	Des Moines	IA	9:57 min/m	01:01:52.50
241	136/167	41/50	2872	Shauna Smith	Female	30	Adel	IA	9:57 min/m	01:01:55.17
242	106/111	10/12	435	Randy Westman	Male	54	Chariton	IA	9:57 min/m	01:01:55.53
243	137/167	42/50	157	Dia Gross	Female	38	Des Moines	IA	9:58 min/m	01:01:57.40
244	138/167	55/66	244	Kristi Fisher	Female	23	Des Moines	IA	10:01 min/m	01:02:19.70
245	139/167	8/13	183	Janet Reiter	Female	54	Johnston	IA	10:04 min/m	01:02:33.93
246	140/167	9/13	323	Susan Wengert	Female	50	Johnston	IA	10:04 min/m	01:02:33.93
247	141/167	32/35	281	Kara Moulin	Female	43	Grimes	IA	10:07 min/m	01:02:54.48
248	142/167	56/66	2844	Kaitlin Moulin	Female	24	Grimes	IA	10:07 min/m	01:02:54.86
249	143/167	43/50	127	Alana Schares	Female	36	Urbandale	IA	10:07 min/m	01:02:55.28
250	107/111	47/48	147	Jonathan Cline	Male	25	Des Moines	IA	10:12 min/m	01:03:24.34
251	144/167	57/66	331	Amanda Banas	Female	25	Des Moines	IA	10:12 min/m	01:03:24.58
252	108/111	41/41	105	Benjamin Chambers	Male	30	Urbandale	IA	10:13 min/m	01:03:30.75
253	145/167	58/66	412	Shannon Shannon Dierks	Female	24	Albia	IA	10:14 min/m	01:03:37.78
254	109/111	11/12	152	Tom Dierks	Male	54	Plymouth	MN	10:14 min/m	01:03:37.78
255	146/167	44/50	246	Erin Frederick	Female	39	Ankeny	IA	10:15 min/m	01:03:45.80
256	147/167	33/35	897	Shannon Lucas	Female	43	Ankeny	IA	10:15 min/m	01:03:46.50
257	148/167	45/50	979	Michelle Bialas	Female	32	Des Moines	IA	10:16 min/m	01:03:52.70
258	149/167	46/50	210	April Zynda	Female	32	West Des Moines	IA	10:21 min/m	01:04:21.51
259	150/167	59/66	129	Margaret Stalter	Female	28	Waukee	IA	10:21 min/m	01:04:21.71
260	151/167	60/66	381	Lindsay Knoop	Female	29	Granger	IA	10:21 min/m	01:04:24.98
261	152/167	47/50	187	Courtney Schwartz	Female	30	Windsor Heights	IA	10:22 min/m	01:04:25.29
262	153/167	34/35	984	Sue Olson	Female	44	Ankeny	IA	10:22 min/m	01:04:27.20
263	154/167	48/50	149	Melissa Criswell	Female	35	Saint Charles	IA	10:22 min/m	01:04:27.20
264	155/167	61/66	353	Audriana Debus	Female	23	West Des Moines	IA	10:26 min/m	01:04:52.28
265	156/167	62/66	368	Caitlin Germer	Female	24	West Des Moines	IA	10:36 min/m	01:05:52.32
266	157/167	63/66	342	Allison Butler	Female	23	Des Moines	IA	10:36 min/m	01:05:52.38
267	158/167	64/66	36	Amber Martinez	Female	28	West Des Moines	IA	10:44 min/m	01:06:42.26
268	159/167	49/50	206	Lesli Woodyard	Female	35	Des Moines	IA	10:54 min/m	01:07:48.95
269	160/167	50/50	143	Susan Brown	Female	36	Des Moines	IA	10:59 min/m	01:08:20.81
270	161/167	35/35	251	Marcia Goffinet	Female	41	Ankeny	IA	11:00 min/m	01:08:21.79
271	162/167	65/66	201	Maggie White	Female	28	Des Moines	IA	11:01 min/m	01:08:28.73
272	163/167	10/13	270	Linda Koele	Female	54	Des Moines	IA	11:08 min/m	01:09:14.43
273	110/111	12/12	171	Randy Mckern	Male	52	Pleasant Hill	IA	11:08 min/m	01:09:15.44
274	164/167	11/13	975	Marcie Morrison	Female	59	West Des Moines	IA	11:14 min/m	01:09:49.97
275	165/167	12/13	140	Susan Appler	Female	50	Norwalk	IA	12:42 min/m	01:18:59.10
276	166/167	13/13	325	Amy Williams-Mckern	Female	51	Pleasant Hill	IA	13:17 min/m	01:22:37.80
277	167/167	66/66	418	Wendy Steffen	Female	24	Des Moines	IA	13:18 min/m	01:22:38.80
278	111/111	48/48	2886	Clodomir Jean-Louis	Male	23	Des Moines	IA	13:18 min/m	01:22:40.69