

Run to Exile

June 8, 2013

Overall Division Results

10K

Female Ages 01 - 19

Div Place	Overall Pic/Total	Gender Pic/Total	No.	Name	Age	Gender	City	St.	Pace	Time
1	51/278	18/167	338	Shelby Brandt	18	Female	Bettendorf	IA	7:15 min/m	00:45:09.17
2	221/278	120/167	285	Shelby Oelschlager	19	Female	Reinbeck	IA	9:25 min/m	00:58:34.52

Run to Exile

June 8, 2013

Overall Division Results

10K

Female Ages 20 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Time
1	12/278	3/167	340	Kelsey Brandt	21	Female	Des Moines	IA	6:18 min/m	00:39:09.26
2	21/278	5/167	382	Lindsay Knoop	29	Female	Granger	IA	6:36 min/m	00:41:04.12
3	25/278	6/167	335	Annie Binder	27	Female	Ankeny	IA	6:42 min/m	00:41:39.11
4	44/278	14/167	350	Joanna Cosner	27	Female	Des Moines	IA	7:12 min/m	00:44:47.65
5	50/278	17/167	339	Lauren Brandt	23	Female	Bettendorf	IA	7:15 min/m	00:45:08.80
6	70/278	28/167	241	Emily Fairchild	27	Female	Northfield	MN	7:32 min/m	00:46:50.67
7	77/278	30/167	352	Michaela Cross	26	Female	Des Moines	IA	7:36 min/m	00:47:14.76
8	80/278	32/167	833	Tiffany Audas	22	Female	West Des Moines	IA	7:41 min/m	00:47:50.21
9	81/278	33/167	320	Elizabeth Vangundy	29	Female	Johnston	IA	7:42 min/m	00:47:55.18
10	83/278	34/167	356	Molly Doolittle	29	Female	Ames	IA	7:43 min/m	00:48:01.76
11	88/278	35/167	300	Christie Smith	23	Female	Altoona	IA	7:50 min/m	00:48:41.56
12	92/278	38/167	417	Valerie Steele	27	Female	Des Moines	IA	7:53 min/m	00:49:03.27
13	94/278	39/167	357	Ashley Dose	29	Female	Des Moines	IA	7:54 min/m	00:49:09.83
14	96/278	41/167	268	Stefanie Kirk	27	Female	Waukee	IA	7:55 min/m	00:49:16.97
15	97/278	42/167	361	Whitney Ferin	24	Female	Ankeny	IA	7:56 min/m	00:49:22.45
16	98/278	43/167	341	Allison Brienzo	29	Female	Urbandale	IA	7:57 min/m	00:49:25.77
17	99/278	44/167	2838	Lacey Mitchell	25	Female	Indianola	IA	7:57 min/m	00:49:26.22
18	110/278	49/167	424	Kate White	29	Female	Des Moines	IA	8:01 min/m	00:49:53.68
19	111/278	50/167	2859	Renae Kreutner	26	Female	Windsor Heights	IA	8:02 min/m	00:49:55.31
20	113/278	51/167	374	Julia Hogren	26	Female	Des Moines	IA	8:02 min/m	00:49:58.27
21	114/278	52/167	375	Olivia Hogren	23	Female	Danville	IL	8:02 min/m	00:49:58.97
22	118/278	55/167	63	Ash Bruxvoort	23	Female	Des Moines	IA	8:04 min/m	00:50:12.65
23	125/278	58/167	370	Jill Hackman	29	Female	West Des Moines	IA	8:09 min/m	00:50:39.52
24	127/278	59/167	415	Jorie Smith	23	Female	Ankeny	IA	8:09 min/m	00:50:40.68
25	130/278	61/167	400	Thao Nguyen	24	Female	Iowa City	IA	8:09 min/m	00:50:41.89
26	133/278	63/167	328	Abby Arneson	29	Female	West Des Moines	IA	8:11 min/m	00:50:56.98
27	143/278	69/167	426	Brooke Zehr	25	Female	West Des Moines	IA	8:20 min/m	00:51:51.19
28	146/278	71/167	261	Ashley Ivers	23	Female	Des Moines	IA	8:28 min/m	00:52:38.33
29	147/278	72/167	214	Tracy Arthur	29	Female	Des Moines	IA	8:28 min/m	00:52:39.76
30	149/278	73/167	987	Michelle Hermes	24	Female	Wdm	IA	8:29 min/m	00:52:43.41
31	151/278	74/167	364	Tara Fisher	29	Female	Ames	IA	8:30 min/m	00:52:52.99
32	153/278	76/167	358	Elizabeth Droste	28	Female	Des Moines	IA	8:33 min/m	00:53:10.89
33	160/278	80/167	321	Jamie Votrobeck	28	Female	Lovilia	IA	8:37 min/m	00:53:38.68
34	164/278	83/167	388	Cassandra Lumley	23	Female	Hampton	IA	8:39 min/m	00:53:50.47
35	165/278	84/167	2828	Brittany Telk	23	Female	Ankeny	IA	8:39 min/m	00:53:50.47
36	167/278	86/167	233	Abigail Crabbs	26	Female	Iowa City	IA	8:40 min/m	00:53:52.77
37	174/278	90/167	2882	Elizabeth Lloyd	26	Female	Hiawatha	IA	8:42 min/m	00:54:07.77
38	175/278	91/167	343	Michelle Butler	27	Female	West Des Moines	IA	8:44 min/m	00:54:16.40
39	179/278	94/167	336	Lynda Bohlmann	28	Female	Cedar Falls	IA	8:49 min/m	00:54:47.92
40	184/278	97/167	2836	Camille Roth	29	Female	Des Moines	IA	8:56 min/m	00:55:36.90
41	185/278	98/167	293	Mackenzie Rittler	26	Female	West Des Moines	IA	8:57 min/m	00:55:40.27
42	186/278	99/167	395	Alex Meyer	24	Female	Ames	IA	8:57 min/m	00:55:42.78
43	194/278	103/167	377	Caroline Jones	26	Female	Des Moines	IA	9:04 min/m	00:56:22.47
44	200/278	105/167	245	Sarah Fitzgerald	27	Female	Des Moines	IA	9:07 min/m	00:56:42.68
45	205/278	108/167	332	Rachel Barkley	24	Female	Madison	WI	9:10 min/m	00:56:57.77
46	206/278	109/167	379	Chelsea Keenan	25	Female	Des Moines	IA	9:11 min/m	00:57:05.52
47	208/278	111/167	2834	Alexa Mehesan	23	Female	West Des Moines	IA	9:12 min/m	00:57:11.66
48	209/278	112/167	226	Lindsay Carmack-Lack	29	Female	Kansas City	MO	9:12 min/m	00:57:11.77
49	210/278	113/167	259	Kayla Hunefeld	24	Female	Urbandale	IA	9:12 min/m	00:57:13.27
50	211/278	114/167	236	Brianna Damstetter	28	Female	Des Moines	IA	9:16 min/m	00:57:38.77
51	225/278	124/167	433	Miranda Straw	26	Female	Windsor Heights	IA	9:31 min/m	00:59:09.78
52	227/278	126/167	345	Krystal Chambers	27	Female	Urbandale	IA	9:31 min/m	00:59:12.93
53	236/278	132/167	252	Kimberly Graham	29	Female	West Des Moines	IA	9:51 min/m	01:01:14.28
54	240/278	135/167	276	Aly Mabrier	25	Female	Des Moines	IA	9:57 min/m	01:01:52.50

Run to Exile

June 8, 2013

Overall Division Results

10K

Female Ages 20 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Time
55	244/278	138/167	244	Kristi Fisher	23	Female	Des Moines	IA	10:01 min/m	01:02:19.70
56	248/278	142/167	2844	Kaitlin Moulin	24	Female	Grimes	IA	10:07 min/m	01:02:54.86
57	251/278	144/167	331	Amanda Banas	25	Female	Des Moines	IA	10:12 min/m	01:03:24.58
58	253/278	145/167	412	Shannon Shannon Diei	24	Female	Albia	IA	10:14 min/m	01:03:37.78
59	259/278	150/167	129	Margaret Stalter	28	Female	Waukee	IA	10:21 min/m	01:04:21.71
60	260/278	151/167	381	Lindsay Knoop	29	Female	Granger	IA	10:21 min/m	01:04:24.98
61	264/278	155/167	353	Audriana Debuse	23	Female	West Des Moines	IA	10:26 min/m	01:04:52.28
62	265/278	156/167	368	Caitlin Germer	24	Female	West Des Moines	IA	10:36 min/m	01:05:52.32
63	266/278	157/167	342	Allison Butler	23	Female	Des Moines	IA	10:36 min/m	01:05:52.38
64	267/278	158/167	36	Amber Martinez	28	Female	West Des Moines	IA	10:44 min/m	01:06:42.26
65	271/278	162/167	201	Maggie White	28	Female	Des Moines	IA	11:01 min/m	01:08:28.73
66	277/278	167/167	418	Wendy Steffen	24	Female	Des Moines	IA	13:18 min/m	01:22:38.80

Run to Exile

June 8, 2013

Overall Division Results

10K

Male Ages 20 - 29

Div Place	Overall Pic/Total	Gender Pic/Total	No.	Name	Age	Gender	City	St.	Pace	Time
1	4/278	4/111	436	Nate White	29	Male	Des Moines	IA	5:53 min/m	00:36:34.48
2	6/278	6/111	286	Nicholas Oestreich	21	Male	Des Moines	IA	6:08 min/m	00:38:07.95
3	8/278	7/111	256	Kyle Hanson	23	Male	West Des Moines	IA	6:14 min/m	00:38:44.70
4	11/278	9/111	322	Hunter Watson	21	Male	Bettendorf	IA	6:18 min/m	00:39:09.26
5	17/278	14/111	209	Joey Zehner	29	Male	Des Moines	IA	6:33 min/m	00:40:45.34
6	18/278	15/111	180	Andy Puhmann	23	Male	Des Moines	IA	6:34 min/m	00:40:48.38
7	19/278	16/111	138	Dan Zagoren	28	Male	Clive	IA	6:35 min/m	00:40:55.51
8	23/278	18/111	195	Jason Vangundy	29	Male	Johnston	IA	6:41 min/m	00:41:33.51
9	24/278	19/111	194	Tim Tesar	29	Male	Des Moines	IA	6:41 min/m	00:41:37.72
10	27/278	20/111	115	Michael Lunn	23	Male	Des Moines	IA	6:47 min/m	00:42:11.51
11	29/278	22/111	227	Caleb Carroll	25	Male	Ankeny	IA	6:49 min/m	00:42:26.76
12	31/278	23/111	324	Tyman Wiley	27	Male	Palo	IA	6:55 min/m	00:43:02.26
13	32/278	24/111	275	Bryan Lloyd	27	Male	Des Moines	IA	6:57 min/m	00:43:11.41
14	33/278	25/111	316	Matt Ulmer	28	Male	Des Moines	IA	7:00 min/m	00:43:31.18
15	36/278	26/111	234	Nicholas Cross	22	Male	Fort Madison	IA	7:05 min/m	00:44:05.51
16	37/278	27/111	290	Clint Puhmann	25	Male	Des Moines	IA	7:06 min/m	00:44:09.26
17	45/278	31/111	165	Marc Kittleson	26	Male	Mason City	IA	7:14 min/m	00:45:01.94
18	47/278	32/111	199	Ryan Watermilller	26	Male	Ankeny	IA	7:15 min/m	00:45:03.67
19	57/278	35/111	280	Craig Menke	26	Male	Coralville	IA	7:25 min/m	00:46:05.65
20	58/278	36/111	162	James Jeltema	26	Male	Des Moines	IA	7:25 min/m	00:46:05.76
21	59/278	37/111	319	Hans Vander Plaats	25	Male	West Des Moines	IA	7:25 min/m	00:46:06.26
22	61/278	39/111	2869	Zach Steele	29	Male	Des Moines	IA	7:26 min/m	00:46:15.43
23	63/278	40/111	117	Kyle McClain	25	Male	Clive	IA	7:27 min/m	00:46:18.17
24	68/278	41/111	283	Austin Narber	23	Male	Des Moines	IA	7:31 min/m	00:46:45.51
25	76/278	47/111	223	Justin Briar	28	Male	Des Moines	IA	7:35 min/m	00:47:13.16
26	84/278	50/111	185	Rob Schreurs	29	Male	Des Moines	IA	7:46 min/m	00:48:16.26
27	87/278	53/111	242	Adam Falk	26	Male	Des Moines	IA	7:49 min/m	00:48:39.26
28	107/278	60/111	229	Bryan Cogswell	29	Male	Richfield	MN	8:01 min/m	00:49:49.64
29	122/278	65/111	142	Chris Brandes	27	Male	Ames	IA	8:07 min/m	00:50:28.92
30	124/278	67/111	109	Avery Gaston	24	Male	Clive	IA	8:09 min/m	00:50:39.45
31	128/278	69/111	277	Robert Main	25	Male	Ankeny	IA	8:09 min/m	00:50:41.22
32	134/278	71/111	273	Brian Lapcewich	26	Male	West Des Moines	IA	8:12 min/m	00:50:59.20
33	142/278	74/111	326	Ben Wolf	24	Male	Beloit	IA	8:19 min/m	00:51:46.51
34	155/278	78/111	304	Eligio Sotelo Herrera	27	Male	Ankeny	IA	8:35 min/m	00:53:24.77
35	161/278	81/111	225	Adam Carlson	26	Male	Ankeny	IA	8:39 min/m	00:53:47.22
36	177/278	85/111	156	Grant Gillon	23	Male	Des Moines	IA	8:48 min/m	00:54:46.28
37	188/278	89/111	297	Jeff Shinrock	28	Male	Ames	IA	8:59 min/m	00:55:52.14
38	192/278	91/111	295	Tim Schlichte	24	Male	Des Moines	IA	9:01 min/m	00:56:03.40
39	196/278	93/111	240	Eric Dirth	22	Male	West Point	IA	9:05 min/m	00:56:27.76
40	198/278	95/111	126	Thomas Roth	29	Male	West Des Moines	IA	9:05 min/m	00:56:28.78
41	201/278	96/111	154	Chris Fitzgerald	29	Male	Des Moines	IA	9:07 min/m	00:56:43.66
42	204/278	97/111	315	Spenser Tonda	25	Male	West Des Moines	IA	9:10 min/m	00:56:57.77
43	212/278	98/111	179	Ryan Prusa	26	Male	Des Moines	IA	9:17 min/m	00:57:43.28
44	215/278	100/111	107	Pershall Derrick Persh	25	Male	Ankeny	IA	9:19 min/m	00:57:56.97
45	229/278	102/111	119	Michael Donnelly	28	Male	Granger	IA	9:33 min/m	00:59:20.78
46	238/278	105/111	53	Blake Uhlken	25	Male	Omaha	NE	9:55 min/m	01:01:40.67
47	250/278	107/111	147	Jonathan Cline	25	Male	Des Moines	IA	10:12 min/m	01:03:24.34
48	278/278	111/111	2886	Clodomir Jean-Louis	23	Male	Des Moines	IA	13:18 min/m	01:22:40.69

Run to Exile

June 8, 2013

Overall Division Results

10K

Female Ages 30 - 39

Div Place	Overall Pic/Total	Gender Pic/Total	No.	Name	Age	Gender	City	St.	Pace	Time
1	7/278	1/167	398	Stephanie Mortenson	31	Female	Windsor Heights	IA	6:08 min/m	00:38:08.51
2	26/278	7/167	425	Kristi York	33	Female	West Des Moines	IA	6:45 min/m	00:42:00.76
3	30/278	8/167	347	Robyn Clevenger	34	Female	West Des Moines	IA	6:50 min/m	00:42:31.45
4	34/278	9/167	219	Sheri Beaver	31	Female	Grimes	IA	7:01 min/m	00:43:41.35
5	35/278	10/167	410	Kim Scarfe	33	Female	Des Moines	IA	7:03 min/m	00:43:49.50
6	40/278	11/167	329	Monica Atherton	31	Female	Waukee	IA	7:08 min/m	00:44:24.14
7	42/278	12/167	334	Audrey Bell	33	Female	Polk City	IA	7:12 min/m	00:44:44.76
8	46/278	15/167	429	Jamie Johnson	33	Female	West Des Moines	IA	7:14 min/m	00:45:02.76
9	54/278	20/167	365	Emily Freedman	34	Female	Des Moines	IA	7:19 min/m	00:45:29.27
10	55/278	21/167	327	Jenifer Wolfe	38	Female	Altoona	IA	7:19 min/m	00:45:29.46
11	62/278	23/167	392	Jennifer Mcginley	36	Female	Johnston	IA	7:27 min/m	00:46:17.68
12	64/278	24/167	369	Julie Gieseman	38	Female	Clive	IA	7:28 min/m	00:46:26.20
13	65/278	25/167	371	Patty Hayes	39	Female	Des Moines	IA	7:29 min/m	00:46:30.90
14	67/278	27/167	2876	Brooke Achenbach	37	Female	Clive	IA	7:31 min/m	00:46:43.76
15	78/278	31/167	402	Dawn Ortiguerra	30	Female	Ankeny	IA	7:37 min/m	00:47:23.55
16	90/278	37/167	247	Lindsey Funk	31	Female	Ankeny	IA	7:51 min/m	00:48:49.49
17	100/278	45/167	344	Margaret Carper	33	Female	West Des Moines	IA	7:57 min/m	00:49:28.20
18	105/278	46/167	307	Shonna Stevenson	36	Female	Des Moines	IA	8:01 min/m	00:49:49.47
19	108/278	48/167	359	Joni Embree-Meinders	34	Female	Des Moines	IA	8:01 min/m	00:49:52.66
20	116/278	54/167	2832	Nicolle McClure	34	Female	Altoona	IA	8:03 min/m	00:50:02.28
21	129/278	60/167	366	Michelle Frost	30	Female	Bondurant	IA	8:09 min/m	00:50:41.27
22	132/278	62/167	296	Sara Schueler	33	Female	Des Moines	IA	8:11 min/m	00:50:54.27
23	136/278	65/167	403	Megan Pitz	33	Female	Urbandale	IA	8:14 min/m	00:51:11.27
24	137/278	66/167	145	Carrie Buzzoni	39	Female	Polk City	IA	8:15 min/m	00:51:21.97
25	139/278	67/167	420	Andrea Thompson	31	Female	Des Moines	IA	8:17 min/m	00:51:29.77
26	141/278	68/167	308	Michelle Swanson	31	Female	Des Moines	IA	8:18 min/m	00:51:39.63
27	144/278	70/167	169	Melanie Malloy	36	Female	Williamsburg	IA	8:24 min/m	00:52:16.81
28	163/278	82/167	288	Kristeena Preston	34	Female	Huxley	IA	8:39 min/m	00:53:49.26
29	166/278	85/167	981	Jessica Thorne	31	Female	West Des Moines	IA	8:39 min/m	00:53:50.77
30	170/278	88/167	253	Lindsay Graham	33	Female	Indianola	IA	8:40 min/m	00:53:54.24
31	178/278	93/167	40	Lori Mickle	33	Female	Ames	IA	8:48 min/m	00:54:46.70
32	181/278	95/167	406	Liz Rivenburgh	38	Female	Waukee	IA	8:54 min/m	00:55:20.86
33	189/278	100/167	411	Bo Schroeder	30	Female	Des Moines	IA	8:59 min/m	00:55:52.53
34	191/278	101/167	284	Keeley Nyman	33	Female	Omaha	NE	9:00 min/m	00:56:00.73
35	202/278	106/167	250	Jeana Gingery	35	Female	Slater	IA	9:08 min/m	00:56:48.27
36	207/278	110/167	289	Erin Publow	34	Female	West Des Moines	IA	9:11 min/m	00:57:09.19
37	216/278	116/167	363	Stephanie Filer	30	Female	Des Moines	IA	9:19 min/m	00:57:57.37
38	220/278	119/167	238	Stacy Dietch	36	Female	Ankeny	IA	9:25 min/m	00:58:33.90
39	232/278	130/167	184	Jodee Schaben	37	Female	Hudson	WI	9:38 min/m	00:59:56.52
40	237/278	133/167	988	Rebecca Kilderman	33	Female	Norwalk	IA	9:51 min/m	01:01:14.51
41	241/278	136/167	2872	Shauna Smith	30	Female	Adel	IA	9:57 min/m	01:01:55.17
42	243/278	137/167	157	Dia Gross	38	Female	Des Moines	IA	9:58 min/m	01:01:57.40
43	249/278	143/167	127	Alana Schares	36	Female	Urbandale	IA	10:07 min/m	01:02:55.28
44	255/278	146/167	246	Erin Frederick	39	Female	Ankeny	IA	10:15 min/m	01:03:45.80
45	257/278	148/167	979	Michelle Bialas	32	Female	Des Moines	IA	10:16 min/m	01:03:52.70
46	258/278	149/167	210	April Zynda	32	Female	West Des Moines	IA	10:21 min/m	01:04:21.51
47	261/278	152/167	187	Courtney Schwartz	30	Female	Windsor Heights	IA	10:22 min/m	01:04:25.29
48	263/278	154/167	149	Melissa Criswell	35	Female	Saint Charles	IA	10:22 min/m	01:04:27.20
49	268/278	159/167	206	Lesli Woodyard	35	Female	Des Moines	IA	10:54 min/m	01:07:48.95
50	269/278	160/167	143	Susan Brown	36	Female	Des Moines	IA	10:59 min/m	01:08:20.81

Run to Exile

June 8, 2013

Overall Division Results

10K

Male Ages 30 - 39

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Time
1	1/278	1/111	111	Jeff Hughes	35	Male	Norwalk	IA	5:17 min/m	00:32:53.30
2	2/278	2/111	108	Russ Flug	39	Male	Waukeke	IA	5:23 min/m	00:33:31.30
3	3/278	3/111	430	Jack Johnson	32	Male	West Des Moines	IA	5:47 min/m	00:35:59.97
4	5/278	5/111	220	Paxton Bennett	39	Male	West Des Moines	IA	6:01 min/m	00:37:26.87
5	13/278	10/111	173	Jeremy Mueller	36	Male	Waukeke	IA	6:20 min/m	00:39:24.76
6	14/278	11/111	237	Neal Denhartog	32	Male	Ames	IA	6:21 min/m	00:39:32.18
7	15/278	12/111	166	Michael Kobylinski	31	Male	Pella	IA	6:25 min/m	00:39:52.72
8	16/278	13/111	155	Dean Gieseman	38	Male	Clive	IA	6:31 min/m	00:40:33.56
9	22/278	17/111	274	Jason Laughlin	38	Male	Des Moines	IA	6:41 min/m	00:41:32.57
10	28/278	21/111	104	Chad Buresh	39	Male	Clive	IA	6:48 min/m	00:42:19.26
11	38/278	28/111	139	Derc Albrecht	30	Male	Ankeny	IA	7:06 min/m	00:44:10.26
12	39/278	29/111	188	Michael Simpson	36	Male	Des Moines	IA	7:07 min/m	00:44:14.36
13	41/278	30/111	141	Justin Barrett	32	Male	Des Moines	IA	7:09 min/m	00:44:28.25
14	48/278	33/111	176	Joseph O'hanlon	32	Male	Johnston	IA	7:15 min/m	00:45:06.65
15	60/278	38/111	164	Lance Kelderman	38	Male	Norwalk	IA	7:25 min/m	00:46:06.46
16	69/278	42/111	131	Nick Swift	36	Male	Waukeke	IA	7:31 min/m	00:46:47.43
17	72/278	43/111	208	Joseph Zambreno	33	Male	Ankeny	IA	7:34 min/m	00:47:02.17
18	73/278	44/111	2877	Jeromy Pribil	35	Male	Johnston	IA	7:35 min/m	00:47:08.54
19	75/278	46/111	18	David Perrigo	35	Male	West Des Moines	IA	7:35 min/m	00:47:08.73
20	79/278	48/111	121	Nathan Mundy	31	Male	Des Moines	IA	7:41 min/m	00:47:49.19
21	82/278	49/111	215	Justin Atherton	33	Male	Waukeke	IA	7:43 min/m	00:47:57.24
22	85/278	51/111	116	Brent Marnin	36	Male	West Des Moines	IA	7:46 min/m	00:48:21.48
23	86/278	52/111	267	Andrew Judge	31	Male	Clive	IA	7:48 min/m	00:48:32.22
24	91/278	54/111	30	David Graham	31	Male	West Des Moines	IA	7:52 min/m	00:48:54.85
25	101/278	56/111	292	Michael Riggs	33	Male	West Des Moines	IA	7:58 min/m	00:49:30.77
26	102/278	57/111	128	Brian Speers	37	Male	Des Moines	IA	7:58 min/m	00:49:32.98
27	104/278	59/111	159	Andy Heggenstaller	35	Male	Des Moines	IA	8:00 min/m	00:49:47.25
28	112/278	62/111	118	Tim McClure	39	Male	Altoona	IA	8:02 min/m	00:49:56.75
29	117/278	63/111	160	Brian Higgins	37	Male	Waukeke	IA	8:03 min/m	00:50:04.68
30	121/278	64/111	190	Christopher Smith	33	Male	Urbandale	IA	8:06 min/m	00:50:21.70
31	126/278	68/111	103	Rick Brcka	37	Male	Altoona	IA	8:09 min/m	00:50:40.00
32	140/278	73/111	197	Robert Walker	32	Male	Des Moines	IA	8:17 min/m	00:51:32.77
33	150/278	77/111	125	Dan Rivenburgh	39	Male	Waukeke	IA	8:30 min/m	00:52:52.78
34	156/278	79/111	193	Victor Svecs	33	Male	West Des Moines	IA	8:36 min/m	00:53:27.00
35	172/278	83/111	148	John Condon	35	Male	Waukeke	IA	8:41 min/m	00:54:02.27
36	173/278	84/111	124	Steven Rancourt	34	Male	West Des Moines	IA	8:41 min/m	00:54:02.33
37	187/278	88/111	102	Jeff Berckes	31	Male	Des Moines	IA	8:58 min/m	00:55:47.24
38	190/278	90/111	113	John Kittell	35	Male	West Des Moines	IA	9:00 min/m	00:56:00.27
39	219/278	101/111	207	Victor Young	37	Male	Ankeny	IA	9:25 min/m	00:58:33.90
40	233/278	103/111	122	Paul Pedersen	37	Male	Ankeny	IA	9:46 min/m	01:00:42.79
41	252/278	108/111	105	Benjamin Chambers	30	Male	Urbandale	IA	10:13 min/m	01:03:30.75

Run to Exile

June 8, 2013

Overall Division Results

10K

Female Ages 40 - 49

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Time
1	9/278	2/167	317	Carrie Van Quathem	41	Female	Urbandale	IA	6:15 min/m	00:38:53.46
2	43/278	13/167	271	Jennifer Kownacki	40	Female	Norwalk	IA	7:12 min/m	00:44:44.77
3	49/278	16/167	299	Jenny Sinclair	41	Female	Carlisle	IA	7:15 min/m	00:45:07.87
4	52/278	19/167	279	Shannon McWilliams	41	Female	Altoona	IA	7:18 min/m	00:45:25.00
5	56/278	22/167	248	Julia Gauthier	40	Female	Urbandale	IA	7:19 min/m	00:45:29.62
6	66/278	26/167	262	Mary Jackovin-Bates	40	Female	Urbandale	IA	7:29 min/m	00:46:32.52
7	71/278	29/167	349	Annika Cornelisse	41	Female	Des Moines	IA	7:34 min/m	00:47:01.64
8	95/278	40/167	431	Melissa Reents	43	Female	Urbandale	IA	7:55 min/m	00:49:11.77
9	106/278	47/167	387	Trish Lemke	45	Female	Dallas Center	IA	8:01 min/m	00:49:49.48
10	115/278	53/167	367	Tonja Furrow	46	Female	Clive	IA	8:03 min/m	00:50:01.41
11	120/278	57/167	266	Kathleen Jones	46	Female	West Des Moines	IA	8:05 min/m	00:50:14.23
12	135/278	64/167	373	Connie Hildebrandt	47	Female	Norwalk	IA	8:14 min/m	00:51:11.27
13	152/278	75/167	386	Trish Lemke	45	Female	Dallas Center	IA	8:30 min/m	00:52:53.27
14	154/278	77/167	421	Kelly Tracy	44	Female	Johnston	IA	8:35 min/m	00:53:22.72
15	158/278	78/167	232	Liz Cosner	49	Female	Urbandale	IA	8:37 min/m	00:53:36.19
16	159/278	79/167	419	Jamie Sundet	43	Female	Urbandale	IA	8:37 min/m	00:53:37.86
17	162/278	81/167	150	Tamara Cross	40	Female	Van Meter	IA	8:39 min/m	00:53:48.48
18	171/278	89/167	976	Sara Altemeier	42	Female	Ankeny	IA	8:40 min/m	00:53:55.29
19	176/278	92/167	427	Bene' Zehr	49	Female	Ankeny	IA	8:48 min/m	00:54:44.17
20	182/278	96/167	989	Mary Sheka	48	Female	Des Moines	IA	8:54 min/m	00:55:21.18
21	193/278	102/167	842	Christine Brandenburg	49	Female	Urbandale	IA	9:03 min/m	00:56:15.98
22	199/278	104/167	228	Glenda Clark	40	Female	Norwalk	IA	9:07 min/m	00:56:41.25
23	214/278	115/167	192	Melissa Steen	44	Female	Urbandale	IA	9:18 min/m	00:57:52.29
24	222/278	121/167	174	Tara Murphy	47	Female	Des Moines	IA	9:27 min/m	00:58:46.28
25	223/278	122/167	346	Kimberly Christoffersor	44	Female	Ankeny	IA	9:28 min/m	00:58:51.18
26	224/278	123/167	216	Sarah Aunspach	43	Female	Ankeny	IA	9:28 min/m	00:58:51.28
27	228/278	127/167	413	Barb Smidt	49	Female	Keokuk	IA	9:32 min/m	00:59:17.41
28	230/278	128/167	265	Michelle Jones	44	Female	Des Moines	IA	9:35 min/m	00:59:33.32
29	231/278	129/167	258	Jill Heilskov	43	Female	Des Moines	IA	9:35 min/m	00:59:33.33
30	234/278	131/167	178	Julie Phippen	42	Female	Indianola	IA	9:46 min/m	01:00:44.62
31	239/278	134/167	389	Marcy Lundberg	41	Female	Fort Dodge	IA	9:56 min/m	01:01:44.78
32	247/278	141/167	281	Kara Moulin	43	Female	Grimes	IA	10:07 min/m	01:02:54.48
33	256/278	147/167	897	Shannon Lucas	43	Female	Ankeny	IA	10:15 min/m	01:03:46.50
34	262/278	153/167	984	Sue Olson	44	Female	Ankeny	IA	10:22 min/m	01:04:27.20
35	270/278	161/167	251	Marcia Goffinet	41	Female	Ankeny	IA	11:00 min/m	01:08:21.79

Male Ages 40 - 49

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Time
1	53/278	34/111	182	Michael Ream	42	Male	Des Moines	IA	7:19 min/m	00:45:28.65
2	93/278	55/111	134	Dan Uppena	40	Male	Waukee	IA	7:54 min/m	00:49:05.94
3	145/278	75/111	135	Tray Wade	40	Male	Waukee	IA	8:26 min/m	00:52:30.21
4	157/278	80/111	132	Joseph Thompson	43	Male	Ames	IA	8:36 min/m	00:53:30.68
5	169/278	82/111	993	Doug Kuntz	48	Male	Pleasant Hill	IA	8:40 min/m	00:53:54.14
6	183/278	87/111	175	Mike Murphy	47	Male	Des Moines	IA	8:55 min/m	00:55:28.77
7	195/278	92/111	120	Brian Miller	41	Male	Des Moines	IA	9:04 min/m	00:56:23.70
8	213/278	99/111	130	Scott Steen	47	Male	Urbandale	IA	9:18 min/m	00:57:51.90
9	235/278	104/111	186	Scott Schumacher	43	Male	Johnston	IA	9:47 min/m	01:00:47.78

Run to Exile

June 8, 2013

Overall Division Results

10K

Female Ages 50 - 59

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Time
1	20/278	4/167	384	Dana Kramer	50	Female	Urandale	IA	6:35 min/m	00:40:56.51
2	89/278	36/167	355	Cheryl Dirth	53	Female	West Point	IA	7:50 min/m	00:48:45.50
3	119/278	56/167	351	Mary Sue Crabtree	53	Female	Des Moines	IA	8:05 min/m	00:50:14.22
4	168/278	87/167	168	Tricia Bergman	52	Female	Des Moines	IA	8:40 min/m	00:53:53.94
5	203/278	107/167	416	Jan Stangland	56	Female	Cedar Rapids	IA	9:09 min/m	00:56:53.87
6	217/278	117/167	354	Michele Dillon	52	Female	Carlisle	IA	9:19 min/m	00:57:58.52
7	218/278	118/167	414	Susan Smith	56	Female	Topeka	KS	9:25 min/m	00:58:32.67
8	245/278	139/167	183	Janet Reiter	54	Female	Johnston	IA	10:04 min/m	01:02:33.93
9	246/278	140/167	323	Susan Wengert	50	Female	Johnston	IA	10:04 min/m	01:02:33.93
10	272/278	163/167	270	Linda Koele	54	Female	Des Moines	IA	11:08 min/m	01:09:14.43
11	274/278	164/167	975	Marcie Morrison	59	Female	West Des Moines	IA	11:14 min/m	01:09:49.97
12	275/278	165/167	140	Susan Appler	50	Female	Norwalk	IA	12:42 min/m	01:18:59.10
13	276/278	166/167	325	Amy Williams-Mckern	51	Female	Pleasant Hill	IA	13:17 min/m	01:22:37.80

Male Ages 50 - 59

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Time
1	74/278	45/111	191	Gary Stangland	56	Male	Cedar Rapids	IA	7:35 min/m	00:47:08.73
2	103/278	58/111	167	Mark Koskamp	54	Male	Des Moines	IA	8:00 min/m	00:49:45.52
3	109/278	61/111	196	John Vujnovich	58	Male	Des Moines	IA	8:01 min/m	00:49:52.86
4	123/278	66/111	189	Mark Smidt	50	Male	Keokuk	IA	8:09 min/m	00:50:39.26
5	131/278	70/111	112	Doug Jacobson	55	Male	Ames	IA	8:09 min/m	00:50:42.70
6	138/278	72/111	204	John Williams	58	Male	Carlisle	IA	8:16 min/m	00:51:27.77
7	148/278	76/111	146	Mike Clayton	57	Male	Ames	IA	8:28 min/m	00:52:40.98
8	180/278	86/111	137	John Wengert	50	Male	Johnston	IA	8:52 min/m	00:55:08.52
9	197/278	94/111	239	Todd Dirth	52	Male	West Point	IA	9:05 min/m	00:56:28.27
10	242/278	106/111	435	Randy Westman	54	Male	Chariton	IA	9:57 min/m	01:01:55.53
11	254/278	109/111	152	Tom Dierks	54	Male	Plymouth	MN	10:14 min/m	01:03:37.78
12	273/278	110/111	171	Randy Mckern	52	Male	Pleasant Hill	IA	11:08 min/m	01:09:15.44

Female Ages 60 - 69

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Time
1	226/278	125/167	200	Caryn Westman	61	Female	Chariton	IA	9:31 min/m	00:59:11.30

Male Ages 80 +

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Time
1	10/278	8/111	432	Steve Falck	99	Male	Des Moines	IA	6:16 min/m	00:39:01.39