

FEMALE RESULTS

Place	No.	Name	City	St	Age	S	Time	Pace
1	252	Katie Lowry	Clear Lake	IA	32	F	44:28	7:10
2	295	Tiffany Townsend	Mason City	IA	26	F	46:20	7:28
3	289	Sheri Sprang	Mason City	IA	51	F	46:52	7:33
4	223	Angelica Flores	Belmond	IA	35	F	48:39	7:50
5	407	Katie Abell	Rockwell	IA	26	F	51:06	8:14
6	296	Heidi Vanhorn	Swaledale	IA	32	F	52:09	8:24
7	424	Hillary Rickert	Hudson	IA	23	F	52:23	8:26
8	205	Mari Banse	Hampton	IA	32	F	52:36	8:28
9	421	Katie Poole	Clear Lake	IA	36	F	52:47	8:30
10	209	Lynn Bruggeman	Garner	IA	35	F	53:45	8:39
11	265	Nte Nditti	Mason City	IA	42	F	55:31	8:56
12	404	Leah Youngblut	Independence	IA	28	F	57:15	9:13
13	226	Hannah Gerk	St. Ansgar	IA	26	F	57:15	9:13
14	258	Kelsey Meany	Mason City	IA	24	F	57:20	9:14
15	214	Karen Clemens	New Hampton	IA	50	F	58:08	9:22
16	259	Brenda Merritt	Mason City	IA	52	F	58:21	9:24
17	224	Chelsey Formanek	Garner	IA	23	F	59:03	9:31
18	216	Sarah Datema	Garner	IA	42	F	59:36	9:36
19	206	Carrie Berg	Mason City	IA	48	F	1:00:50	9:48
20	425	Laura Wallace	Charles City	IA	52	F	1:01:38	9:56
21	235	Morgan Holzer	Charles City	IA	20	F	1:02:08	10:00
22	448	Tiffany Rumelhart	Ankeny	IA	42	F	1:02:32	10:04
23	410	Jennifer Groen	Mason City	IA	34	F	1:02:58	10:08
24	260	Ashley Miller	Clear Lake	IA	26	F	1:04:02	10:19
25	207	Jennifer Bixel	Kanawha	IA	37	F	1:04:20	10:22
26	238	Tammy Hrubetz	Rockwell	IA	37	F	1:06:27	10:42
27	215	Susan Cowell	Kensett	IA	60	F	1:06:29	10:42
28	452	Augusta Wood	Cottage Grove	MN	28	F	1:07:26	10:52
29	234	Angela Holzer	Charles City	IA	44	F	1:09:41	11:13

MALE RESULTS

Place	No.	Name	City	St	Age	S	Time	Pace
1	292	Randy Sturm	Garner	IA	37	M	40:01	6:27
2	440	Jason Herrick	Nashua	IA	33	M	40:16	6:29
3	430	Aric Moeller	Leland	IA	21	M	41:26	6:41
4	242	Steve Hugo	Mason City	IA	57	M	43:30	7:01
5	446	Brad Rounds	Ankeny	IA	46	M	43:48	7:03
6	427	Carlos Gonescer	Britt	IA	48	M	44:25	7:09
7	409	George Jessen	Clear Lake	IA	54	M	44:37	7:11
8	286	Doug Schumacher	Mason City	IA	37	M	45:18	7:18
9	447	Bnan Rumelhart	Ankeny	IA	42	M	46:17	7:27
10	420	David Heyden	Hampton	IA	58	M	48:49	7:52
11	294	Tom Tecklenburg	Humboldt	IA	60	M	50:11	8:05
12	281	Curt Sauve	Mason City	IA	52	M	51:36	8:19
13	408	Dale Schnetter	Mason City	IA	50	M	51:58	8:22
14	227	James Gorman	New Hampton	IA	51	M	58:07	9:22
15	245	Don Johnson	Garner	IA	52	M	1:00:26	9:44