

ShamRock N Run 5K

August 1, 2015

5K

Overall Results - Female

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	Pace	Chip Time	Gun Time
1	15/373	1/10	439	Kaitlyn Walker	F	17	Des Moines	IA	7:01	00:21:47.81	00:21:50.71
2	21/373	2/10	479	Paige Kvale	F	15	Cedar Falls	IA	7:17	00:22:36.02	00:22:39.30
3	27/373	1/42	180	Jill Devries	F	40	Denver	IA	7:35	00:23:29.58	00:23:34.30
4	29/373	1/43	510	Michele Stevens	F	54	Denver	IA	7:45	00:23:59.87	00:24:05.00
5	30/373	1/45	496	Alix Schmidt	F	29	Cedar Falls	IA	7:48	00:24:09.66	00:24:14.80
6	32/373	1/56	378	Danielle Rohret	F	37	Waterloo	IA	7:50	00:24:14.75	00:24:20.72
7	33/373	2/45	495	Jamie Decker	F	27	Cedar Falls	IA	7:53	00:24:18.32	00:24:30.66
8	36/373	2/56	453	Liz Wintr	F	37	Jesup	IA	7:55	00:24:32.31	00:24:36.33
9	42/373	2/43	407	Mary Steffensmeier	F	52	Waterloo	IA	8:10	00:25:18.85	00:25:22.56
10	43/373	3/56	415	Katy Susong	F	33	Waterloo	IA	8:10	00:25:10.95	00:25:23.25
11	45/373	4/56	102	Meredith Allen	F	32	Laurens	IA	8:10	00:25:10.71	00:25:25.29
12	48/373	3/45	286	Alissa Llewellyn	F	26	Cedar Falls	IA	8:11	00:25:19.50	00:25:27.53
13	49/373	4/45	219	Colleen Gannon	F	26	Cedar Falls	IA	8:14	00:25:22.04	00:25:35.81
14	54/373	5/56	402	Alicia Smith	F	38	Alexandria	VA	8:23	00:25:50.38	00:26:04.12
15	56/373	6/56	263	Kelli Klein	F	38	Waterloo	IA	8:24	00:25:36.84	00:26:06.14
16	58/373	5/45	126	Rachel Breuer	F	25	Marshalltown	IA	8:27	00:26:12.53	00:26:17.06
17	59/373	3/43	421	Sue Thompson	F	52	Evansdale	IA	8:29	00:26:06.50	00:26:24.56
18	63/373	4/43	450	Cindy Weyland	F	55	Gilbertville	IA	8:34	00:26:33.34	00:26:37.64
19	64/373	7/56	511	Jen Ferson	F	39	Denver	IA	8:35	00:26:36.75	00:26:42.31
20	65/373	2/42	459	Meta Forbes	F	46	Waterloo	IA	8:35	00:26:30.95	00:26:43.06
21	68/373	6/45	227	Linsey Gravlin	F	28	Ames	IA	8:41	00:26:40.75	00:26:58.83
22	69/373	8/56	427	Elizabeth Underwood	F	31	Waterloo	IA	8:43	00:27:00.58	00:27:05.31
23	70/373	7/45	164	Kristin Coulson	F	28	Cedar Falls	IA	8:44	00:27:05.07	00:27:10.21
24	72/373	1/11	160	Alana Corwin	F	12	Dike	IA	8:49	00:27:03.88	00:27:25.21
25	73/373	3/42	224	Jennifer Goodrich	F	41	Waterloo	IA	8:49	00:27:25.31	00:27:25.31
26	75/373	9/56	445	Crystal Weber	F	33	Raymond	IA	8:51	00:27:24.33	00:27:30.29
27	77/373	5/43	405	Lane Stark	F	58	Cedar Falls	IA	8:51	00:27:22.49	00:27:32.12
28	78/373	6/43	161	Mary Corwin	F	52	Dike	IA	8:52	00:27:14.61	00:27:35.15
29	81/373	10/56	231	Eryn Hageman	F	33	Waterloo	IA	8:53	00:27:32.67	00:27:38.00
30	82/373	11/56	114	Katie Beckman	F	34	Waterloo	IA	8:54	00:27:26.16	00:27:40.31
31	83/373	8/45	348	Katelyn Pedersen	F	25	Cedar Falls	IA	8:55	00:27:33.52	00:27:44.56
32	88/373	7/43	293	Darlene Lubinus	F	51	Ames	IA	9:00	00:27:41.29	00:27:59.54
33	89/373	4/42	466	Angela Rink	F	49	Sioux Falls	SD	9:00	00:27:43.12	00:28:00.76
34	93/373	5/42	387	Cindy Scheid	F	48	Port Washington	WI	9:05	00:26:47.81	00:28:15.56
35	94/373	9/45	169	Meaghan Daley	F	23	New Hartford	IA	9:06	00:28:05.85	00:28:18.62
36	95/373	10/45	209	Jamie Frederick	F	27	Davenport	IA	9:07	00:27:57.53	00:28:20.05
37	98/373	6/42	447	Rhonda Weber	F	48	Waterloo	IA	9:14	00:28:33.96	00:28:43.99
38	101/373	12/56	509	Sarah Craft	F	37	La Porte City	IA	9:17	00:28:25.09	00:28:52.81
39	107/373	8/43	412	Charlotte Strub	F	58	Cedar Falls	IA	9:24	00:29:02.72	00:29:13.24
40	109/373	7/42	386	Jacqueline Schafer	F	47	San Antonio	TX	9:27	00:27:54.81	00:29:22.56
41	111/373	13/56	376	Robyn Rodenburgh	F	39	Waterloo	IA	9:28	00:29:10.25	00:29:27.07
42	113/373	9/43	265	Debbie Knipp	F	58	Waterloo	IA	9:30	00:29:15.34	00:29:32.98
43	117/373	8/42	198	Susan Eisenbacher	F	42	Waterloo	IA	9:38	00:29:48.43	00:29:55.96
44	119/373	14/56	199	Elaine Eshbaugh	F	37	Cedar Falls	IA	9:40	00:29:33.10	00:30:04.27
45	121/373	15/56	288	Roberta Longworth	F	37	Waterloo	IA	9:47	00:29:48.10	00:30:25.81
46	123/373	16/56	233	Tricia Hansen	F	39	Hudson	IA	9:47	00:30:15.30	00:30:26.81
47	124/373	11/45	422	Alexis Thorne	F	27	Evansdale	IA	9:50	00:30:07.87	00:30:35.15
48	129/373	9/42	101	Erika Allen	F	41	Dike	IA	9:55	00:30:36.73	00:30:51.31
49	132/373	12/45	440	Michelle Walsh	F	25	Bridgeview	IL	9:58	00:30:40.47	00:30:58.54
50	134/373	17/56	272	Leilana Kruchek	F	34	Cedar Falls	IA	10:01	00:30:55.87	00:31:09.82
51	135/373	18/56	245	Tara Jarchow	F	39	Lisbon	IA	10:02	00:31:04.95	00:31:10.50
52	138/373	3/10	132	Rachel Bruns	F	19	Huxley	IA	10:04	00:31:02.03	00:31:18.02
53	139/373	13/45	131	Kayla Bruns	F	21	Cedar Falls	IA	10:04	00:31:01.12	00:31:18.22
54	141/373	19/56	322	Kala Miller	F	30	Waterloo	IA	10:07	00:31:09.33	00:31:28.21

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55	144/373	20/56	338	Kelly O'donnell	F	31	Columbus Junction	IA	10:11	00:31:34.62	00:31:40.58
56	146/373	14/45	234	Lindsey Hayes	F	24	Waterloo	IA	10:12	00:31:16.35	00:31:44.25
57	148/373	4/10	369	Alayna Ritter	F	13	Waterloo	IA	10:16	00:31:34.77	00:31:55.32
58	151/373	15/45	201	Stacey Falck	F	29	Dunkerton	IA	10:18	00:30:48.57	00:32:02.54
59	153/373	10/42	295	Heather Lukes	F	40	Stewartville	MN	10:22	00:31:26.38	00:32:13.95
60	154/373	10/43	125	Sandi Brennan	F	58	Waterloo	IA	10:23	00:31:58.33	00:32:17.61
61	155/373	21/56	258	Erin Jordanger	F	34	Waterloo	IA	10:27	00:32:01.65	00:32:28.32
62	156/373	22/56	228	Beth Greene	F	35	Fairfax	IA	10:28	00:32:17.76	00:32:33.14
63	158/373	11/42	508	Kristen Duggen	F	45	Waterloo	IA	10:29	00:32:20.35	00:32:35.73
64	159/373	5/10	490	Maddy Skrovan	F	13	Tempe	AZ	10:31	00:31:54.24	00:32:42.03
65	160/373	12/42	247	Kristi Jasper	F	48	Waterloo	IA	10:32	00:32:26.04	00:32:45.82
66	161/373	11/43	210	Mary Frederick	F	51	Cedar Falls	IA	10:33	00:32:26.02	00:32:47.76
67	165/373	13/42	507	Teresa Sink	F	44	Waterloo	IA	10:38	00:32:46.80	00:33:02.57
68	166/373	16/45	368	Valyn Reinig	F	23	Cedar Falls	IA	10:38	00:32:48.27	00:33:05.07
69	167/373	17/45	384	Alyx Sandbothe	F	24	Cedar Falls	IA	10:39	00:32:51.05	00:33:07.07
70	168/373	14/42	145	Becky Carrier	F	48	Waterloo	IA	10:40	00:32:59.95	00:33:08.76
71	169/373	15/42	303	Sharon Mahoney	F	41	Walker	IA	10:41	00:32:49.47	00:33:11.81
72	171/373	12/43	315	Laurie Mclaughlin	F	52	Waterloo	IA	10:42	00:32:59.75	00:33:16.57
73	173/373	18/45	350	Nicole Philbrick	F	27	Iowa City	IA	10:50	00:33:03.28	00:33:40.05
74	174/373	16/42	431	Holly Van Fleet	F	40	Waterloo	IA	10:51	00:33:01.86	00:33:44.10
75	175/373	17/42	483	Sue Jurgensen	F	45	Westgate	IA	10:54	00:33:46.08	00:33:53.06
76	176/373	19/45	332	Krista Murphy	F	26	Waterloo	IA	10:57	00:33:56.05	00:34:02.57
77	178/373	23/56	494	Shaunna Zettle	F	32	Waterloo	IA	11:01	00:33:44.68	00:34:13.98
78	179/373	13/43	492	Cher White	F	59	Polo	IA	11:01	00:33:42.81	00:34:14.18
79	181/373	20/45	461	Tiffany Garvin	F	24	Waterloo	IA	11:01	00:33:45.40	00:34:15.57
80	182/373	21/45	419	Marissa Thompson	F	29	Waterloo	IA	11:02	00:34:17.82	00:34:17.82
81	183/373	22/45	360	Jordan Rasmussen	F	28	Waterloo	IA	11:03	00:33:42.98	00:34:20.29
82	185/373	24/56	183	Mindy Dolan	F	36	Jesup	IA	11:03	00:33:44.42	00:34:21.11
83	186/373	25/56	241	Amy Hunzelman	F	39	Waverly	IA	11:03	00:34:08.00	00:34:22.55
84	187/373	23/45	273	Jenny Kuennen	F	21	Waverly	IA	11:03	00:33:46.23	00:34:22.73
85	189/373	18/42	119	Michelle Bissell	F	48	Adel	IA	11:06	00:34:02.57	00:34:31.85
86	190/373	26/56	181	Maggie Dirks	F	30	Cedar Falls	IA	11:14	00:34:05.55	00:34:56.83
87	192/373	19/42	279	Amy Lang	F	43	Cedar Falls	IA	11:17	00:34:31.30	00:35:05.32
88	193/373	2/11	175	Lainey Demuth	F	9	Cedar Falls	IA	11:24	00:35:03.09	00:35:26.86
89	195/373	6/10	196	Martha Easton	F	17	Cedar Falls	IA	11:27	00:34:56.54	00:35:35.56
90	198/373	3/11	395	Sophia Sell	F	10	Cedar Falls	IA	11:46	00:36:32.98	00:36:35.24
91	199/373	24/45	346	Samantha Pacha	F	28	Davenport	IA	11:49	00:36:22.83	00:36:45.18
92	200/373	4/11	311	Adelyn Mckenna	F	10	Raymond	IA	11:54	00:36:11.82	00:36:58.57
93	201/373	27/56	135	April Buenger	F	37	Norwalk	IA	11:54	00:36:27.23	00:37:00.03
94	202/373	1/14	289	Carla Lown	F	60	Waterloo	IA	11:54	00:36:39.09	00:37:00.22
95	203/373	5/11	499	Jade Bushman	F	9	Cedar Rapids	IA	11:57	00:36:44.38	00:37:10.03
96	204/373	20/42	497	Julie Bushman	F	45	Cedar Rapids	IA	11:57	00:36:44.57	00:37:10.22
97	208/373	6/11	312	Mehla Mckenna	F	8	Raymond	IA	12:02	00:36:42.51	00:37:25.58
98	209/373	21/42	480	Kristi Klein-Bacon	F	44	Waterloo	IA	12:05	00:36:46.53	00:37:35.32
99	210/373	28/56	122	Jessica Boose	F	33	Waterloo	IA	12:07	00:36:59.89	00:37:39.03
100	211/373	7/10	437	Katie Vering	F	15	Waverly	IA	12:08	00:36:52.58	00:37:42.82
101	212/373	2/14	214	Louann Frush	F	61	Jesup	IA	12:11	00:37:35.30	00:37:54.07
102	213/373	29/56	458	Jill Zbornik	F	35	Independence	IA	12:15	00:37:27.17	00:38:04.07
103	214/373	30/56	106	Carissa Bacich	F	37	West Des Moines	IA	12:16	00:37:38.24	00:38:06.77
104	215/373	25/45	189	Mallory Dudley	F	29	Marion	IA	12:18	00:37:38.30	00:38:13.58
105	216/373	26/45	342	Ashley Osland	F	29	Waterloo	IA	12:18	00:37:38.80	00:38:13.58
106	217/373	27/45	127	Jordan Brooks	F	26	Waterloo	IA	12:28	00:37:59.05	00:38:45.81
107	219/373	14/43	489	Tamera Skrovan	F	51	Tempe	AZ	12:34	00:38:16.73	00:39:04.10
108	220/373	8/10	435	Grace Vanpatten	F	17	Cedar Falls	IA	12:36	00:38:28.77	00:39:09.97

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109	221/373	22/42	205	Wanda Fishel	F	47	Cedar Falls	IA	12:43	00:39:21.11	00:39:32.08
110	222/373	15/43	153	Chris Clarkson	F	51	Waterloo	IA	12:43	00:39:08.31	00:39:32.32
111	223/373	7/11	391	Diana Sell	F	8	Cedar Falls	IA	12:50	00:39:50.54	00:39:52.60
112	224/373	28/45	133	Jennifer Brustkern	F	29	Waterloo	IA	12:54	00:39:41.53	00:40:07.58
113	225/373	31/56	455	Brooke Wooldrik	F	30	Waterloo	IA	12:54	00:39:41.78	00:40:07.83
114	226/373	23/42	424	Angela Townsend	F	43	Cedar Falls	IA	13:00	00:40:01.91	00:40:24.68
115	227/373	24/42	392	Mary Sell	F	44	Cedar Falls	IA	13:00	00:40:21.16	00:40:26.30
116	228/373	29/45	389	Bethany Schwan	F	22	Waterloo	IA	13:00	00:39:46.33	00:40:26.51
117	232/373	30/45	408	Mikki Stravers	F	29	West Des Moines	IA	13:04	00:40:01.89	00:40:37.58
118	233/373	3/14	337	Kathleen Niedert	F	63	Hudson	IA	13:11	00:40:42.98	00:40:59.18
119	234/373	4/14	365	Patty Rausa	F	60	Waterloo	IA	13:11	00:40:40.79	00:41:00.50
120	235/373	16/43	136	Odette Bulmer	F	56	Cedar Falls	IA	13:12	00:40:27.55	00:41:03.33
121	236/373	17/43	454	Angela Woods	F	51	Waterloo	IA	13:13	00:40:47.07	00:41:06.58
122	237/373	18/43	266	Rita Konrardy	F	51	Waterloo	IA	13:14	00:40:47.01	00:41:07.32
123	238/373	32/56	313	Tessa Mckenna	F	34	Raymond	IA	13:16	00:40:27.54	00:41:14.08
124	240/373	25/42	117	Candy Bidler Hurley	F	48	Johnston	IA	13:36	00:41:27.93	00:42:15.50
125	241/373	26/42	156	Renee Cole	F	45	Iowa City	IA	13:37	00:41:22.69	00:42:20.33
126	242/373	27/42	467	Janelle Barnes	F	45	Waterloo	IA	13:43	00:41:48.10	00:42:37.62
127	243/373	31/45	471	Erin Daley	F	22	Minneapolis	MN	13:46	00:42:19.55	00:42:47.83
128	245/373	28/42	406	Audrey Steffen	F	45	Dunkerton	IA	13:50	00:42:37.49	00:43:01.11
129	246/373	29/42	249	Coco Jensen	F	47	Dunkerton	IA	13:50	00:42:37.16	00:43:01.18
130	247/373	33/56	152	Jenni Clark	F	32	Cedar Falls	IA	13:53	00:42:38.51	00:43:10.50
131	249/373	8/11	487	Jenna Funk	F	9	Waterloo	IA	13:58	00:42:39.96	00:43:23.83
132	250/373	9/11	486	Addison Risetter	F	8	Waterloo	IA	13:58	00:42:40.49	00:43:24.36
133	251/373	10/11	430	Bella Van Fleet	F	6	Waterloo	IA	13:58	00:42:42.88	00:43:26.75
134	254/373	32/45	207	Megan Flaucher	F	27	Waterloo	IA	14:06	00:42:35.27	00:43:51.08
135	256/373	30/42	329	Paula Moore	F	48	Waterloo	IA	14:18	00:44:17.01	00:44:27.26
136	257/373	33/45	349	Amanda Perkins	F	26	Waterloo	IA	14:19	00:43:52.79	00:44:31.09
137	258/373	19/43	165	Jaculin Coyle	F	53	Cross Plains	WI	14:24	00:44:04.04	00:44:47.10
138	261/373	31/42	190	Karen Duncan	F	49	Waverly	IA	14:36	00:44:58.94	00:45:22.33
139	262/373	20/43	268	Bernadette Kral	F	57	Cedar Falls	IA	14:41	00:44:50.88	00:45:39.69
140	263/373	9/10	379	Alexis Samuelson	F	17	Waterloo	IA	14:56	00:45:37.18	00:46:26.96
141	264/373	5/14	382	Mikki Samuelson	F	66	La Porte City	IA	14:56	00:45:37.30	00:46:26.96
142	267/373	34/56	464	Stephanie Abels	F	39	Evansdale	IA	15:01	00:45:54.00	00:46:40.34
143	268/373	21/43	462	Rose Hagen	F	54	Jesup	IA	15:05	00:46:15.15	00:46:54.08
144	269/373	22/43	256	Michelle Jones-Hughes	F	53	Cedar Falls	IA	15:06	00:46:16.61	00:46:56.17
145	270/373	34/45	282	Tiffany Lee	F	25	Overland Park	KS	15:28	00:48:06.23	00:48:06.23
146	273/373	35/56	307	Amanda Martin	F	31	Vinton	IA	15:35	00:47:16.52	00:48:25.55
147	274/373	23/43	237	Connie Hix	F	53	Waterloo	IA	15:38	00:47:42.96	00:48:37.33
148	277/373	36/56	287	Katy Lockard	F	36	Cedar Falls	IA	15:41	00:47:37.71	00:48:44.33
149	278/373	24/43	321	Brenda Mickle	F	53	Waterloo	IA	15:51	00:48:53.86	00:49:16.84
150	279/373	25/43	344	Carolyn Ottesen	F	53	Waterloo	IA	15:51	00:48:53.64	00:49:16.91
151	281/373	26/43	317	Marilyn Mcmillan	F	58	Olathe	KS	15:57	00:48:33.47	00:49:34.76
152	283/373	10/10	155	Mackenzie Cole	F	18	Iowa City	IA	16:00	00:48:47.06	00:49:45.09
153	284/373	32/42	460	Kari Thorn	F	46	Aplington	IA	16:01	00:48:26.02	00:49:46.54
154	285/373	33/42	388	Alisa Schutte	F	46	Elk Run Heights	IA	16:01	00:48:26.61	00:49:46.75
155	286/373	27/43	123	Janell Bradley	F	53	Wadena	IA	16:06	00:49:11.73	00:50:04.01
156	289/373	35/45	250	Katy Jensen	F	22	Waterloo	IA	16:13	00:49:23.48	00:50:25.84
157	290/373	34/42	217	Becky Gall	F	48	St Joseph	MO	16:20	00:49:54.50	00:50:45.03
158	291/373	6/14	168	Mary Cusack	F	60	Crystal Lake	IL	16:22	00:50:31.21	00:50:53.74
159	292/373	35/42	436	Laura Vanpatten	F	44	Cedar Falls	IA	16:25	00:50:19.07	00:51:01.34
160	293/373	37/56	425	Robin Treichel	F	32	Waterloo	IA	16:26	00:50:29.41	00:51:05.28
161	294/373	36/42	192	Brenda Durbahn	F	48	Waterloo	IA	16:28	00:50:07.71	00:51:11.09
162	295/373	28/43	162	Barbara Coselman	F	58	Waterloo	IA	16:28	00:50:07.77	00:51:11.57

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163	296/373	36/45	399	Jenna Siems	F	29	Parkersburg	IA	16:35	00:50:26.56	00:51:33.59
164	299/373	38/56	103	Amanda Archibald	F	30	Chicago	IL	16:47	00:51:16.42	00:52:08.97
165	302/373	11/11	434	Emma Vanpatten	F	10	Cedar Falls	IA	16:55	00:51:53.09	00:52:36.34
166	303/373	37/42	105	Vanessa Arhart	F	45	La Porte City	IA	16:57	00:51:45.07	00:52:41.84
167	304/373	37/45	468	Tasha Arhart	F	24	Waterloo	IA	16:58	00:51:43.94	00:52:43.07
168	305/373	39/56	285	Carrie Lindley	F	37	Waterloo	IA	16:58	00:51:45.32	00:52:43.10
169	306/373	38/45	173	Katie Degelau	F	29	Fort Dodge	IA	17:19	00:52:51.58	00:53:50.67
170	309/373	40/56	354	Kristi Pruckler	F	35	Cedar Falls	IA	17:31	00:53:17.92	00:54:26.17
171	311/373	29/43	223	Jennifer Gillins	F	53	Cedar Falls	IA	17:33	00:53:15.82	00:54:32.59
172	313/373	30/43	441	Denise Ward	F	53	Waterloo	IA	17:34	00:53:33.21	00:54:37.59
173	314/373	41/56	140	Holly Caquelin	F	33	Waterloo	IA	17:35	00:53:37.80	00:54:38.09
174	315/373	38/42	149	Stephanie Chesmore	F	46	Cedar Falls	IA	17:39	00:53:46.80	00:54:51.32
175	316/373	42/56	356	Angela Quinn-Webb	F	38	Independence	IA	17:39	00:53:46.80	00:54:51.32
176	317/373	39/45	390	Meghan Selke	F	29	Waterloo	IA	17:40	00:53:40.42	00:54:56.19
177	318/373	40/45	108	Elizabeth Barnes	F	28	Cedar Falls	IA	17:41	00:53:42.59	00:54:57.80
178	319/373	39/42	115	Leslie Bechthold	F	48	Nashua	IA	17:41	00:54:00.98	00:54:58.00
179	320/373	31/43	211	Ann Freiberg	F	54	Charles City	IA	17:41	00:54:01.10	00:54:58.34
180	322/373	32/43	340	Jennifer Olson	F	59	Waterloo	IA	17:43	00:54:13.61	00:55:02.84
181	323/373	43/56	280	Ronda Larson	F	39	Waterloo	IA	17:44	00:53:49.53	00:55:08.80
182	326/373	44/56	397	Journey Shipman	F	39	Waterloo	IA	17:50	00:54:29.49	00:55:26.59
183	327/373	41/45	238	Lauren Hix	F	25	Sioux City	IA	17:54	00:54:44.28	00:55:38.87
184	329/373	33/43	352	Jan Pratt	F	59	Waterloo	IA	18:05	00:55:00.87	00:56:11.15
185	330/373	45/56	456	Mary Wymore	F	33	New Hartford	IA	18:05	00:54:58.07	00:56:11.34
186	331/373	7/14	138	Maggie Burke	F	62	Waterloo	IA	18:05	00:55:00.37	00:56:12.10
187	332/373	40/42	170	Andrea Dalpolo	F	49	Manhattan	IL	18:08	00:55:55.35	00:56:23.37
188	333/373	34/43	345	Laura Owens	F	54	New Lenox	IL	18:09	00:55:56.66	00:56:23.75
189	334/373	8/14	305	Sue Mangels	F	63	Davenport	IA	18:09	00:55:35.36	00:56:26.39
190	336/373	46/56	516	Karin Rowe	F	35	Waterloo	IA	18:11	00:55:17.39	00:56:32.66
191	337/373	42/45	517	Britney Weber	F	29	Waterloo	IA	18:12	00:55:17.81	00:56:33.09
192	338/373	9/14	375	Vickie Robinson	F	65	Cedar Falls	IA	18:16	00:55:47.73	00:56:46.50
193	339/373	10/14	426	Joyce Trost	F	70	Cedar Falls	IA	18:16	00:55:44.74	00:56:47.52
194	340/373	11/14	110	Mary-Sue Bartlett	F	65	Cedar Falls	IA	18:16	00:55:44.41	00:56:47.93
195	341/373	35/43	299	Theresa Magner	F	55	Waterloo	IA	18:22	00:56:01.38	00:57:04.34
196	344/373	12/14	174	Lori Degelau	F	63	Fort Dodge	IA	18:26	00:56:15.82	00:57:17.77
197	346/373	43/45	373	Christie Roberts	F	27	Waterloo	IA	18:27	00:56:03.84	00:57:22.04
198	347/373	36/43	144	Teresa Carr	F	56	Cedar Falls	IA	18:28	00:56:04.43	00:57:22.60
199	349/373	37/43	178	Diane Devine	F	59	Waterloo	IA	18:43	00:57:06.77	00:58:11.54
200	350/373	47/56	177	Megan Dennis	F	35	Waterloo	IA	18:44	00:57:09.07	00:58:12.85
201	351/373	48/56	150	Heather Chingren	F	32	La Porte City	IA	18:55	00:57:54.11	00:58:49.30
202	352/373	13/14	112	Marcia Bechthold	F	75	Brandon	IA	18:56	00:57:54.70	00:58:49.70
203	353/373	49/56	107	Angie Balk	F	34	Waterloo	IA	19:00	00:58:09.83	00:59:04.35
204	354/373	41/42	380	Christi Samuelson	F	42	Waterloo	IA	19:01	00:58:09.50	00:59:05.77
205	355/373	14/14	191	Doddie Dunn	F	66	Waterloo	IA	19:03	00:58:17.05	00:59:12.85
206	356/373	50/56	367	Teri Reel	F	35	Waterloo	IA	19:23	00:59:19.77	01:00:14.29
207	357/373	38/43	357	Rose Quirk	F	57	Waterloo	IA	19:27	00:59:16.34	01:00:27.11
208	358/373	39/43	512	Jodee Schmit	F	58	Waterloo	IA	19:30	00:59:26.68	01:00:36.35
209	359/373	40/43	372	Monica Robbins	F	57	Cedar Falls	IA	19:30	00:59:27.33	01:00:37.35
210	360/373	44/45	148	Shannon Carroll	F	21	Rosemount	MN	19:32	01:00:01.39	01:00:42.91
211	362/373	45/45	147	Norah Carroll	F	26	Des Moines	IA	19:33	00:59:59.24	01:00:44.55
212	363/373	41/43	260	Maureen Kelly-Carroll	F	58	Rosemount	MN	19:33	01:00:01.07	01:00:45.57
213	364/373	51/56	444	Amanda Weber	F	32	Waterloo	IA	19:48	01:00:11.66	01:01:33.86
214	365/373	52/56	264	Alexis Kline	F	32	Des Moines	IA	19:49	01:00:13.27	01:01:34.85
215	367/373	42/42	277	Mary Lamar	F	46	Ames	IA	20:08	01:02:34.78	01:02:34.78
216	368/373	42/43	278	Susan Lamos	F	53	Traer	IA	20:09	01:01:33.44	01:02:36.80

ShamRock N Run 5K

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5K

Overall Results - Female

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	Pace	Chip Time	Gun Time
217	369/373	53/56	130	Jennifer Browne	F	39	Waterloo	IA	20:20	01:02:23.32	01:03:10.85
218	370/373	54/56	334	Heather Neil	F	35	Waterloo	IA	20:20	01:02:19.21	01:03:11.31
219	371/373	55/56	261	Carley Kennedy	F	34	Waterloo	IA	20:23	01:01:56.63	01:03:21.30
220	372/373	56/56	220	Karen Gardner	F	36	Waterloo	IA	20:23	01:01:57.17	01:03:21.85
221	373/373	43/43	186	Janet Drewelow	F	56	Waterloo	IA	20:35	01:02:58.23	01:03:58.26

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5K

Overall Results - Male

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	Pace	Chip Time	Gun Time
1	1/373	1/17	371	James Ritter	M	17	Waterloo	IA	5:50	00:18:06.20	00:18:07.86
2	2/373	2/17	410	Clayton Streed	M	15	Waterloo	IA	5:54	00:18:20.48	00:18:22.14
3	3/373	3/17	381	Cody Samuelson	M	15	Waterloo	IA	5:58	00:18:31.17	00:18:33.02
4	4/373	1/31	281	Jason Lawry	M	39	Waukee	IA	6:00	00:18:37.90	00:18:41.22
5	5/373	1/30	359	Joel Rasmussen	M	29	Cedar Falls	IA	6:08	00:19:01.96	00:19:05.05
6	6/373	2/30	438	Wyatt Vucic	M	24	Waterloo	IA	6:31	00:20:07.26	00:20:17.05
7	7/373	3/30	320	Evan Meyer	M	24	Cedar Falls	IA	6:38	00:20:35.54	00:20:37.20
8	8/373	4/30	361	Riley Rasmussen	M	20	West Des Moines	IA	6:41	00:20:35.66	00:20:46.94
9	9/373	1/22	493	Clark Porter	M	54	Waterloo	IA	6:41	00:20:44.98	00:20:48.31
10	10/373	4/17	477	Sam Obrien	M	15	Waterloo	IA	6:44	00:20:53.28	00:20:55.30
11	11/373	1/24	451	Terry Whisman	M	46	Cedar Falls	IA	6:54	00:21:21.14	00:21:26.71
12	12/373	5/30	362	Ryan Rasmussen	M	20	West Des Moines	IA	6:57	00:21:27.65	00:21:38.52
13	13/373	6/30	330	Tony Moore	M	28	Ankeny	IA	6:58	00:21:31.09	00:21:39.12
14	14/373	5/17	193	Grant Durbahn	M	17	Waterloo	IA	6:59	00:21:41.16	00:21:43.18
15	16/373	2/24	194	Mark Durbahn	M	48	Waterloo	IA	7:04	00:21:38.27	00:21:59.00
16	17/373	2/31	324	Ryan Miller	M	37	Waterloo	IA	7:09	00:22:08.95	00:22:15.94
17	18/373	6/17	292	Matthew Lubben	M	17	Hudson	IA	7:14	00:22:18.18	00:22:31.30
18	19/373	3/24	120	Garret Bitker	M	49	Rochester	MN	7:16	00:22:34.04	00:22:36.95
19	20/373	2/22	478	Mark Zimmer	M	58	Independence	IA	7:16	00:22:33.35	00:22:36.95
20	22/373	7/30	208	Nathan Ford	M	22	Cedar Rapids	IA	7:21	00:22:40.91	00:22:52.97
21	23/373	1/15	235	Cadin Herrmann	M	11	Elk Run Heights	IA	7:26	00:23:06.54	00:23:08.20
22	24/373	3/31	473	Matt Stoychoff	M	37	Waterloo	IA	7:31	00:22:49.02	00:23:22.23
23	25/373	4/31	515	William Henninger	M	33	Cedar Falls	IA	7:31	00:22:52.88	00:23:23.05
24	26/373	8/30	327	Aaron Moore	M	25	Waverly	IA	7:33	00:23:21.50	00:23:29.54
25	28/373	7/17	383	Nick Samuelson	M	14	Waterloo	IA	7:36	00:23:25.03	00:23:36.81
26	31/373	9/30	341	Kully Olson	M	26	Waterloo	IA	7:49	00:24:10.86	00:24:19.06
27	34/373	1/13	167	Michael Craft	M	65	La Porte City	IA	7:53	00:24:24.50	00:24:31.27
28	35/373	3/22	446	Kevin Weber	M	51	Hudson	IA	7:54	00:24:29.13	00:24:33.06
29	37/373	4/22	262	Mark Klahsen	M	50	Hudson	IA	7:57	00:24:38.20	00:24:42.73
30	38/373	8/17	433	Andrew Vanpatten	M	14	Cedar Falls	IA	8:05	00:24:58.26	00:25:09.03
31	39/373	5/31	104	Michael Archibald	M	30	Chicago	IL	8:06	00:25:07.95	00:25:11.55
32	40/373	10/30	374	Tyson Roberts	M	29	Waterloo	IA	8:07	00:25:03.08	00:25:13.34
33	41/373	4/24	225	Brian Graettinger	M	46	Waverly	IA	8:07	00:25:06.72	00:25:15.80
34	44/373	11/30	521	Kory Heineman	M	25	Urbana	IA	8:10	00:24:38.70	00:25:23.81
35	46/373	12/30	514	Nathaniel Welshons	M	21	Cedar Falls	IA	8:11	00:24:52.55	00:25:25.71
36	47/373	13/30	171	Chese Deese	M	24	Columbus Junction	IA	8:11	00:25:19.94	00:25:25.91
37	50/373	5/24	300	Dennis Mahoney	M	40	Walker	IA	8:14	00:25:26.20	00:25:37.71
38	51/373	6/31	182	Brennan Dolan	M	35	Polk City	IA	8:16	00:25:35.77	00:25:42.90
39	52/373	7/31	206	Shawn Fisher	M	39	Waterloo	IA	8:17	00:25:37.51	00:25:45.05
40	53/373	6/24	411	Jason Streed	M	44	Waterloo	IA	8:23	00:25:29.29	00:26:03.51
41	55/373	14/30	185	Josh Dougherty	M	25	Waterloo	IA	8:23	00:25:57.76	00:26:04.53
42	57/373	15/30	331	Charlie Murphy	M	26	Waterloo	IA	8:25	00:26:01.81	00:26:10.01
43	60/373	16/30	503	Jeremy Stenseth	M	23	Waterloo	IA	8:32	00:26:27.78	00:26:31.55
44	61/373	5/22	502	James Stenseth	M	50	Calmar	IA	8:32	00:26:30.90	00:26:33.78
45	62/373	17/30	513	Paul Lichty	M	21	Cedar Falls	IA	8:33	00:25:57.66	00:26:34.56
46	66/373	18/30	188	Joel Dudley	M	29	Marion	IA	8:38	00:26:19.74	00:26:51.03
47	67/373	9/17	271	Christian Kremer	M	13	Independence	IA	8:39	00:26:40.69	00:26:53.81
48	71/373	2/15	518	Taylor Kyale	M	11	Cedar Falls	IA	8:45	00:27:11.76	00:27:13.82
49	74/373	7/24	116	Brendan Benter	M	45	Cedar Rapids	IA	8:50	00:26:41.29	00:27:27.31
50	76/373	10/17	482	Tyler Stiers	M	18	Cedar Falls	IA	8:51	00:27:12.25	00:27:30.30
51	79/373	8/31	197	Joe Edwards	M	39	Waterloo	IA	8:52	00:27:28.61	00:27:35.77
52	80/373	2/13	284	John Leonhart	M	64	Urbandale	IA	8:53	00:27:07.75	00:27:36.06
53	84/373	3/15	243	Ian Hurley	M	9	Johnston	IA	8:56	00:27:44.85	00:27:47.53
54	85/373	6/22	481	Mick Stiers	M	50	Cedar Falls	IA	8:57	00:27:32.06	00:27:49.97

ShamRock N Run 5K

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Overall Results - Male

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	Pace	Chip Time	Gun Time
55	86/373	8/24	242	Brian Hurley	M	48	Johnston	IA	8:58	00:27:37.01	00:27:52.00
56	87/373	9/31	343	Gar Osland	M	36	Waterloo	IA	9:00	00:27:24.59	00:27:58.81
57	90/373	9/24	246	Joel Jasper	M	48	Waterloo	IA	9:02	00:27:45.31	00:28:05.02
58	91/373	11/17	179	Jacob Devries	M	14	Denver	IA	9:03	00:28:01.57	00:28:09.12
59	92/373	19/30	163	Josh Coulson	M	27	Cedar Falls	IA	9:04	00:28:02.94	00:28:12.72
60	96/373	12/17	475	Tyler Nichols	M	14	Romeoville	IL	9:12	00:28:28.77	00:28:35.56
61	97/373	3/13	326	Jon Mixdorf	M	60	Center Point	IA	9:14	00:28:31.54	00:28:43.56
62	99/373	10/24	109	Vincent Barnes	M	47	Waterloo	IA	9:15	00:28:05.25	00:28:46.64
63	100/373	20/30	111	Rob Bauer	M	23	Cedar Falls	IA	9:16	00:27:42.17	00:28:47.80
64	102/373	13/17	498	Joey Bushman	M	15	Cedar Rapids	IA	9:19	00:28:32.34	00:28:58.61
65	103/373	10/31	113	Brian Beckman	M	34	Waterloo	IA	9:21	00:28:49.39	00:29:03.69
66	104/373	11/31	283	Tim Leith	M	33	Laurens	IA	9:22	00:28:52.29	00:29:07.56
67	105/373	12/31	403	Kristopher Smith	M	37	Alexandria	VA	9:22	00:28:54.56	00:29:08.10
68	106/373	7/22	416	Dan Takle	M	50	Hudson	IA	9:23	00:29:02.80	00:29:11.00
69	108/373	4/13	323	Rick Miller	M	63	Cedar Falls	IA	9:26	00:29:07.73	00:29:20.06
70	110/373	13/31	420	Michael Thompson	M	33	Waterloo	IA	9:27	00:28:27.54	00:29:23.31
71	112/373	8/22	134	Steven Bryant	M	50	Mason City	IA	9:28	00:29:14.18	00:29:27.30
72	114/373	4/15	139	Mason Burr	M	10	Waterloo	IA	9:32	00:29:24.60	00:29:39.56
73	115/373	5/15	474	Andrew Kline	M	9	Waterloo	IA	9:33	00:29:31.76	00:29:40.56
74	116/373	21/30	520	John Schmitz	M	25	Waterloo	IA	9:33	00:28:56.81	00:29:42.54
75	118/373	9/22	413	Tom Strub	M	59	Cedar Falls	IA	9:40	00:29:52.87	00:30:02.65
76	120/373	22/30	519	Joshua Dahlen	M	27	Waterloo	IA	9:44	00:30:14.62	00:30:14.62
77	122/373	6/15	470	Caleb Moe	M	11	Waterloo	IA	9:47	00:30:17.21	00:30:26.30
78	125/373	11/24	328	Doug Moore	M	48	Waterloo	IA	9:50	00:30:26.40	00:30:36.16
79	126/373	14/17	505	Ryan Guger	M	18	Ossian	IA	9:53	00:30:40.54	00:30:44.25
80	127/373	15/17	469	Zack Thune	M	18	Waterloo	IA	9:54	00:30:35.29	00:30:47.06
81	128/373	23/30	142	Josue Carmona	M	28	Waterloo	IA	9:54	00:30:35.53	00:30:48.31
82	130/373	24/30	259	Mathew Kanour	M	23	Cedar Falls	IA	9:57	00:30:20.62	00:30:55.89
83	131/373	14/31	364	Curt Raue	M	30	Toledo	IA	9:57	00:30:35.38	00:30:57.31
84	133/373	15/31	200	Aaron Evarts	M	33	Marion	IA	10:00	00:30:58.04	00:31:06.25
85	136/373	12/24	429	Andy Van Fleet	M	40	Waterloo	IA	10:02	00:30:28.27	00:31:12.56
86	137/373	7/15	432	Mac Van Fleet	M	10	Waterloo	IA	10:02	00:30:28.80	00:31:13.14
87	140/373	13/24	294	Eric Lukes	M	42	Stewartville	MN	10:06	00:30:36.53	00:31:24.32
88	142/373	16/31	157	Matthew Conklin	M	39	Denver	IA	10:08	00:31:06.62	00:31:31.28
89	143/373	5/13	316	Jim Mcmillan	M	62	Olathe	KS	10:10	00:30:48.57	00:31:35.32
90	145/373	8/15	393	Maxwell Sell	M	6	Cedar Falls	IA	10:11	00:31:37.51	00:31:40.79
91	147/373	6/13	491	Jim Schneider	M	66	Waterloo	IA	10:13	00:31:29.70	00:31:46.30
92	149/373	10/22	370	Curtis Ritter	M	55	Waterloo	IA	10:16	00:31:35.30	00:31:55.32
93	150/373	17/31	351	Dan Praska	M	33	Dunkerton	IA	10:18	00:30:48.57	00:32:02.34
94	152/373	9/15	302	Hardy Mahoney	M	12	Walker	IA	10:21	00:31:50.68	00:32:11.82
95	157/373	25/30	504	Ben Stenseth	M	26	Calmar	IA	10:29	00:32:30.19	00:32:35.12
96	162/373	10/15	301	Devan Mahoney	M	9	Walker	IA	10:33	00:32:27.43	00:32:48.57
97	163/373	18/31	398	Jose Sianez	M	36	Waterloo	IA	10:36	00:32:04.60	00:32:57.74
98	164/373	19/31	401	Craig Skilling	M	39	Waterloo	IA	10:37	00:32:45.65	00:33:02.25
99	170/373	14/24	522	Jeff Heineman	M	49	Urbana	IA	10:41	00:32:28.71	00:33:14.26
100	172/373	15/24	394	Michael Sell	M	47	Cedar Falls	IA	10:43	00:33:16.27	00:33:19.56
101	177/373	11/22	449	Robert Welshons	M	59	Cedar Falls	IA	10:57	00:33:29.00	00:34:03.23
102	180/373	20/31	452	Chauncy White	M	30	Waterloo	IA	11:01	00:33:45.55	00:34:15.57
103	184/373	16/24	297	Shawn Madill	M	42	Ames	IA	11:03	00:33:00.30	00:34:20.83
104	188/373	17/24	118	Kyle Bissell	M	48	Adel	IA	11:06	00:34:02.93	00:34:31.65
105	191/373	7/13	159	Joel Cooper	M	63	Cedar Falls	IA	11:17	00:34:31.09	00:35:05.32
106	194/373	21/31	176	Scott Demuth	M	34	Cedar Falls	IA	11:24	00:35:03.28	00:35:27.06
107	196/373	16/17	506	Beau Henry	M	13	West Union	IA	11:33	00:35:55.67	00:35:55.67
108	197/373	12/22	358	Jim Rasmussen	M	55	West Des Moines	IA	11:39	00:35:37.92	00:36:14.82

ShamRock N Run 5K

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5K

Overall Results - Male

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	Pace	Chip Time	Gun Time
109	205/373	17/17	290	Lucas Lubben	M	14	Hudson	IA	11:58	00:36:58.29	00:37:11.57
110	206/373	11/15	244	Keagan Jarchow	M	12	Lisbon	IA	11:59	00:37:10.87	00:37:16.82
111	207/373	22/31	310	Aaron Mckenna	M	39	Raymond	IA	12:02	00:36:42.06	00:37:25.32
112	218/373	23/31	353	Travis Prien	M	34	Waterloo	IA	12:32	00:38:24.60	00:38:58.21
113	229/373	26/30	418	J.r. Tamez	M	29	Waterloo	IA	13:01	00:39:46.53	00:40:26.71
114	230/373	12/15	129	Torin Brown	M	10	Cedar Falls	IA	13:03	00:40:08.76	00:40:34.01
115	231/373	18/24	128	Seth Brown	M	47	Cedar Falls	IA	13:03	00:40:11.01	00:40:35.23
116	239/373	19/24	448	Michael Welch	M	42	Waterloo	IA	13:17	00:41:00.51	00:41:18.28
117	244/373	13/22	404	Russell A Squires	M	52	Waverly	IA	13:50	00:42:21.56	00:42:59.83
118	248/373	24/31	151	Dan Clark	M	33	Cedar Falls	IA	13:55	00:42:43.83	00:43:15.83
119	252/373	25/31	484	Ryan Risetter	M	37	Waterloo	IA	14:02	00:42:53.02	00:43:37.72
120	253/373	13/15	485	Brady Risetter	M	10	Waterloo	IA	14:02	00:42:53.38	00:43:38.08
121	255/373	14/15	428	Patrick Underwood	M	9	Waterloo	IA	14:17	00:44:05.05	00:44:25.08
122	259/373	14/22	166	James Coyle	M	54	Cross Plains	WI	14:24	00:44:03.87	00:44:47.13
123	260/373	15/22	314	Casey Mclaughlin	M	56	Waterloo	IA	14:26	00:43:38.85	00:44:50.78
124	265/373	15/15	465	Turner Abels	M	11	Evansdale	IA	14:59	00:45:49.04	00:46:34.58
125	266/373	20/24	463	Scott Abels	M	44	Evansdale	IA	15:01	00:45:54.07	00:46:40.34
126	271/373	27/30	267	Andrew Kral	M	28	Cedar Falls	IA	15:32	00:47:27.15	00:48:16.39
127	272/373	16/22	269	Danny Kral	M	58	Cedar Falls	IA	15:32	00:47:28.27	00:48:16.79
128	275/373	28/30	248	Cameron Jelinske	M	25	Overland Park	KS	15:41	00:48:43.82	00:48:43.82
129	276/373	26/31	347	Scott Parkhurst	M	31	Cedar Falls	IA	15:41	00:47:37.80	00:48:43.82
130	280/373	29/30	318	Dennis Mcnamara	M	29	Cedar Falls	IA	15:57	00:48:44.05	00:49:33.83
131	282/373	21/24	154	Greg Cole	M	45	Iowa City	IA	16:00	00:48:44.84	00:49:43.70
132	287/373	17/22	124	Jeff Bradley	M	57	Wadena	IA	16:12	00:49:28.71	00:50:21.26
133	288/373	30/30	251	Kyle Jensen	M	24	Waterloo	IA	16:13	00:49:23.48	00:50:25.50
134	297/373	27/31	400	Ryan Siems	M	33	Parkersburg	IA	16:36	00:50:27.56	00:51:34.59
135	298/373	8/13	423	Abu Timbo	M	69	Cedar Falls	IA	16:46	00:51:33.33	00:52:06.84
136	300/373	28/31	309	Matthew Martin	M	37	Vinton	IA	16:54	00:51:22.95	00:52:31.72
137	301/373	9/13	308	David Martin	M	63	Vinton	IA	16:54	00:51:23.76	00:52:32.53
138	307/373	10/13	172	Bill Degelau	M	66	Fort Dodge	IA	17:19	00:52:53.24	00:53:51.03
139	308/373	11/13	202	Louie Fettkether	M	64	Waterloo	IA	17:25	00:52:51.04	00:54:09.74
140	310/373	29/31	355	Tim Pruckler	M	31	Cedar Falls	IA	17:33	00:53:22.90	00:54:32.01
141	312/373	18/22	222	David Gillins	M	56	Cedar Falls	IA	17:33	00:53:13.15	00:54:32.68
142	321/373	22/24	218	William Gall	M	47	St Joseph	MO	17:43	00:54:11.84	00:55:02.84
143	324/373	30/31	137	Jason Burke	M	38	Waterloo	IA	17:45	00:53:49.48	00:55:09.01
144	325/373	23/24	443	Aaron Weber	M	40	Waterloo	IA	17:45	00:53:49.87	00:55:11.24
145	328/373	31/31	457	Scott Wymore	M	34	New Hartford	IA	18:04	00:54:55.75	00:56:10.53
146	335/373	12/13	304	Steve Mangels	M	65	Davenport	IA	18:10	00:55:35.72	00:56:26.99
147	342/373	19/22	476	Mark O'malley	M	53	Webster City	IA	18:24	00:56:07.82	00:57:10.35
148	343/373	24/24	141	Joe Caquelin	M	40	Waterloo	IA	18:26	00:56:16.68	00:57:16.37
149	345/373	20/22	298	Jeff Magner	M	57	Waterloo	IA	18:27	00:56:15.40	00:57:21.02
150	348/373	21/22	143	Brian Carr	M	57	Cedar Falls	IA	18:28	00:56:04.66	00:57:22.85
151	361/373	13/13	146	Kevin Carroll	M	61	Rosemount	MN	19:32	01:00:01.90	01:00:43.10
152	366/373	22/22	276	David Lamar	M	54	Ames	IA	20:08	01:02:34.78	01:02:34.78