

Run to Exile

June 8, 2013

Overall Results - Female

5K

Place	Overall Pic/Total	Div Pic/Total	No.	Name	Gender	Age	City	St.	Pace	Time
1	5/439	1/40	990	Katie Chuapoco	Female	41	Dsm	IA	5:34 min/m	00:17:19.23
2	14/439	1/100	901	Kiley Mars	Female	34	West Des Moines	IA	5:59 min/m	00:18:37.37
3	18/439	2/40	871	Tonja Goodwin	Female	40	Ames	IA	6:11 min/m	00:19:15.49
4	31/439	2/100	404	Megan Pitz	Female	33	Urbandale	IA	6:23 min/m	00:19:52.49
5	36/439	3/100	891	Nicole Kelly	Female	38	Ankeny	IA	6:33 min/m	00:20:23.71
6	37/439	4/100	898	Ambria Luetjohann	Female	30	Urbandale	IA	6:34 min/m	00:20:24.24
7	40/439	3/40	663	Jennifer Benna	Female	45	Ankeny	IA	6:39 min/m	00:20:42.39
8	45/439	5/100	761	Jessica Nesseler	Female	30	Des Moines	IA	6:41 min/m	00:20:47.46
9	46/439	6/100	2864	Jessica Durand	Female	31	Des Moines	IA	6:43 min/m	00:20:52.35
10	47/439	1/107	863	Vanessa Everson	Female	24	Des Moines	IA	6:44 min/m	00:20:56.64
11	49/439	7/100	571	Shannon Hedges	Female	31	West Des Moines	IA	6:45 min/m	00:20:59.25
12	50/439	8/100	915	Molly Olsasky	Female	31	Urbandale	IA	6:45 min/m	00:21:00.93
13	52/439	2/107	884	Katie Jackson	Female	26	Ankeny	IA	6:51 min/m	00:21:18.74
14	53/439	3/107	766	Brook Otto	Female	21	Marshalltown	IA	6:52 min/m	00:21:21.74
15	54/439	4/107	582	Paige Jones	Female	24	Ames	IA	6:52 min/m	00:21:22.75
16	56/439	9/100	2841	Michelle Madden	Female	39	West Des Moines	IA	6:53 min/m	00:21:23.49
17	58/439	5/107	836	Amanda Bakeris	Female	27	Des Moines	IA	6:54 min/m	00:21:27.50
18	59/439	6/107	849	Andrea Daugherty	Female	27	West Des Moines	IA	6:54 min/m	00:21:27.51
19	62/439	4/40	511	Kristen Schweitzer	Female	42	Ankeny	IA	6:55 min/m	00:21:30.56
20	63/439	7/107	877	Stacy Halbach	Female	26	Ankeny	IA	6:59 min/m	00:21:42.34
21	65/439	8/107	330	Amber Baker	Female	28	Des Moines	IA	7:00 min/m	00:21:47.63
22	67/439	5/40	680	Karen Chicken	Female	45	Waukee	IA	7:04 min/m	00:21:57.43
23	68/439	1/3	886	Jessica Jacobson	Female	19	Ames	IA	7:04 min/m	00:21:58.84
24	70/439	9/107	719	Ann Hoover	Female	21	Nevada	IA	7:05 min/m	00:22:00.55
25	73/439	10/107	830	Lindsay Allen	Female	25	Ames	IA	7:07 min/m	00:22:07.49
26	74/439	11/107	953	Hannah Haas	Female	24	Des Moines	IA	7:08 min/m	00:22:10.86
27	76/439	2/3	943	Anna Svoboda	Female	15	Ankeny	IA	7:08 min/m	00:22:11.86
28	77/439	12/107	909	Jessica Meyer	Female	29	Ankeny	IA	7:10 min/m	00:22:16.32
29	80/439	13/107	783	Meghan Schoen	Female	23	Johnston	IA	7:11 min/m	00:22:21.39
30	81/439	10/100	733	Sheena Kramer	Female	30	West Des Moines	IA	7:12 min/m	00:22:23.29
31	84/439	14/107	658	Nicole Aspenson	Female	29	Des Moines	IA	7:13 min/m	00:22:26.49
32	86/439	15/107	832	Ashley Anderson	Female	28	Johnston	IA	7:13 min/m	00:22:28.24
33	92/439	11/100	660	Ellen Barrett	Female	32	Des Moines	IA	7:21 min/m	00:22:50.46
34	94/439	16/107	656	Angela Angela Ann Foste	Female	29	Ankeny	IA	7:25 min/m	00:23:02.65
35	100/439	17/107	937	Lauren Shimanovsky	Female	21	Madison	WI	7:28 min/m	00:23:12.99
36	103/439	18/107	838	Rebecca Barloon	Female	27	Iowa City	IA	7:29 min/m	00:23:17.87
37	104/439	19/107	659	Grace Barloon	Female	24	Iowa City	IA	7:29 min/m	00:23:17.99
38	105/439	6/40	874	Dawn Grooters	Female	43	West Des Moines	IA	7:31 min/m	00:23:23.19
39	106/439	20/107	2887	Brittany Allison	Female	28	West Des Moines	IA	7:32 min/m	00:23:24.60
40	107/439	21/107	939	Shannon Stiles	Female	26	Waukee	IA	7:33 min/m	00:23:27.64
41	108/439	1/11	2865	Laurie Kuestner	Female	51	West Des Moines	IA	7:33 min/m	00:23:28.46
42	109/439	7/40	539	Lisa Ceschan	Female	44	West Des Moines	IA	7:33 min/m	00:23:28.66
43	110/439	12/100	791	Sara Snyder	Female	31	Ankeny	IA	7:33 min/m	00:23:30.49
44	113/439	13/100	730	Andrea Kirby	Female	38	Ankeny	IA	7:36 min/m	00:23:39.23
45	116/439	22/107	768	Melissa Pasker	Female	28	Bondurant	IA	7:41 min/m	00:23:53.88
46	117/439	14/100	716	Abigail Henderson	Female	34	Ankeny	IA	7:41 min/m	00:23:54.70
47	118/439	15/100	2852	Tessa Uppena	Female	39	Waukee	IA	7:41 min/m	00:23:55.24
48	119/439	23/107	806	Erica Thompson	Female	22	Ames	IA	7:43 min/m	00:24:00.56
49	120/439	1/4	809	Linda Turnroth	Female	61	Rock Falls	IL	7:43 min/m	00:24:00.97
50	122/439	16/100	935	Sarah Sexton	Female	34	Ankeny	IA	7:44 min/m	00:24:02.58
51	123/439	8/40	673	Melissa Buresh	Female	40	Clive	IA	7:44 min/m	00:24:04.63
52	124/439	9/40	674	Melissa Buresh	Female	40	Clive	IA	7:44 min/m	00:24:04.74
53	126/439	24/107	756	Nicole Mortenson	Female	28	Bondurant	IA	7:47 min/m	00:24:13.40
54	127/439	10/40	264	Sonya Johnson	Female	45	Clive	IA	7:47 min/m	00:24:13.99
55	129/439	25/107	840	Ashleigh Brady	Female	26	Des Moines	IA	7:48 min/m	00:24:16.65
56	134/439	17/100	948	Patricia Voigt	Female	38	Des Moines	IA	7:51 min/m	00:24:25.74
57	136/439	18/100	86	Katie Glatt	Female	39	Ankeny	IA	7:52 min/m	00:24:27.62

Run to Exile

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Overall Results - Female

5K

Place	Overall Pic/Total	Div Pic/Total	No.	Name	Gender	Age	City	St.	Pace	Time
58	137/439	26/107	778	Anne Roth	Female	23	West Des Moines	IA	7:52 min/m	00:24:29.45
59	138/439	19/100	947	Kati Vanhart	Female	35	Johnston	IA	7:54 min/m	00:24:33.97
60	140/439	27/107	890	Madison Kasper	Female	21	Des Moines	IA	7:55 min/m	00:24:35.95
61	142/439	28/107	866	Erinn Flahive	Female	20	Des Moines	IA	7:56 min/m	00:24:41.27
62	144/439	20/100	546	Patty Decaire Durr	Female	36	Urbandale	IA	7:56 min/m	00:24:41.74
63	146/439	21/100	2829	Carla Aubry	Female	30	Ames	IA	7:58 min/m	00:24:45.50
64	147/439	29/107	944	Jamie Tabor	Female	25	Ames	IA	7:58 min/m	00:24:45.50
65	148/439	22/100	940	Kellie Sullivan	Female	31	Waukee	IA	7:58 min/m	00:24:46.30
66	150/439	30/107	843	Niki Cade	Female	21	Des Moines	IA	7:59 min/m	00:24:48.98
67	151/439	23/100	920	Jen Pribil	Female	30	Johnston	IA	8:00 min/m	00:24:51.84
68	152/439	24/100	941	Jessica Susie	Female	31	West Des Moines	IA	8:01 min/m	00:24:54.96
69	154/439	31/107	826	Margeaux Adams	Female	21	Des Moines	IA	8:03 min/m	00:25:01.99
70	155/439	11/40	814	Krystal Wasko	Female	41	Ankeny	IA	8:03 min/m	00:25:02.99
71	156/439	32/107	917	Annika Peick	Female	21	Des Moines	IA	8:05 min/m	00:25:09.72
72	159/439	12/40	534	Darla Brendemuehl	Female	42	Pleasant Hill	IA	8:06 min/m	00:25:10.94
73	160/439	25/100	880	Stacy Henningsen	Female	38	Waukee	IA	8:07 min/m	00:25:13.20
74	163/439	33/107	2845	Angie Vanderschel	Female	29	Pleasant Hill	IA	8:07 min/m	00:25:14.23
75	164/439	2/11	801	Barb Svoboda	Female	52	Ankeny	IA	8:09 min/m	00:25:19.72
76	165/439	26/100	2857	Cari Cunningham	Female	33	Urbandale	IA	8:09 min/m	00:25:20.13
77	166/439	34/107	657	Maggie Arnold	Female	27	Shannon City	IA	8:10 min/m	00:25:22.57
78	167/439	35/107	942	Anna Svecs	Female	29	West Des Moines	IA	8:10 min/m	00:25:22.97
79	168/439	27/100	896	Dawnelle Laverman	Female	30	Des Moines	IA	8:10 min/m	00:25:23.75
80	171/439	28/100	689	Jana Daisy	Female	31	Ankeny	IA	8:12 min/m	00:25:30.90
81	172/439	29/100	610	Lisa Ohlinger	Female	36	Cumming	IA	8:12 min/m	00:25:31.10
82	173/439	36/107	728	Ashley Kasper	Female	23	Iowa City	IA	8:13 min/m	00:25:31.92
83	175/439	37/107	864	Katie Frier	Female	23	Des Moines	IA	8:14 min/m	00:25:37.18
84	178/439	38/107	913	Carien Natalia	Female	24	Des Moines	IA	8:15 min/m	00:25:40.23
85	179/439	30/100	930	Randi Jo Rowedder	Female	38	West Des Moines	IA	8:15 min/m	00:25:41.00
86	180/439	39/107	962	Megan Nielson	Female	21	Des Moines	IA	8:16 min/m	00:25:41.65
87	181/439	40/107	738	Darcy Lane	Female	27	Des Moines	IA	8:16 min/m	00:25:41.86
88	182/439	41/107	2850	Steph Albrecht	Female	28	Ankeny	IA	8:16 min/m	00:25:42.68
89	183/439	42/107	911	Kristin Morrison	Female	23	Des Moines	IA	8:16 min/m	00:25:43.69
90	184/439	13/40	844	Pamela Camper	Female	43	West Des Moines	IA	8:16 min/m	00:25:43.74
91	185/439	14/40	793	Lisa Soderblom	Female	42	Granger	IA	8:17 min/m	00:25:45.34
92	187/439	43/107	894	Jacqueline Kolpek	Female	24	Des Moines	IA	8:18 min/m	00:25:49.12
93	188/439	31/100	578	Amanda Huey	Female	36	Altoona	IA	8:18 min/m	00:25:49.23
94	190/439	44/107	2863	Emma Schломann	Female	24	Des Moines	IA	8:18 min/m	00:25:49.75
95	191/439	45/107	883	Mary Hovick	Female	23	Coralville	IA	8:19 min/m	00:25:52.28
96	194/439	15/40	724	Janet Johnson	Female	45	Pleasant Hill	IA	8:20 min/m	00:25:54.32
97	196/439	46/107	771	Liz Prosch	Female	23	West Des Moines	IA	8:23 min/m	00:26:03.45
98	197/439	47/107	848	Kaitlin Dallman	Female	24	West Des Moines	IA	8:23 min/m	00:26:03.45
99	199/439	48/107	934	Keri Sersland	Female	29	West Des Moines	IA	8:23 min/m	00:26:04.62
100	200/439	32/100	685	Tina Coquyt	Female	31	Ankeny	IA	8:24 min/m	00:26:06.92
101	204/439	49/107	835	Kristin Baedke	Female	27	Des Moines	IA	8:26 min/m	00:26:12.80
102	209/439	33/100	550	Tina Felice	Female	35	Altoona	IA	8:29 min/m	00:26:22.75
103	210/439	50/107	478	Lynne Johnson	Female	28	West Des Moines	IA	8:29 min/m	00:26:22.75
104	212/439	34/100	815	Stacey Wertzberger	Female	30	Des Moines	IA	8:32 min/m	00:26:31.92
105	213/439	3/11	249	Cathy Gesualdo	Female	52	Des Moines	IA	8:33 min/m	00:26:35.97
106	215/439	51/107	2880	Samantha Wetzal	Female	24	Wdsm	IA	8:34 min/m	00:26:37.39
107	216/439	52/107	865	Erinn Flahive	Female	21	Des Monies	IA	8:35 min/m	00:26:40.22
108	217/439	35/100	870	Jennifer Gonnerman-Mur	Female	33	Waukee	IA	8:35 min/m	00:26:40.82
109	218/439	36/100	636	Carmen Spenner	Female	32	Des Moines	IA	8:35 min/m	00:26:41.66
110	219/439	53/107	856	Katharyne Dunn	Female	22	Altoona	IA	8:35 min/m	00:26:41.75
111	220/439	16/40	2839	Michelle Fortune	Female	46	Seymour	IA	8:36 min/m	00:26:43.49
112	222/439	54/107	931	Elizabeth Schlievert	Female	29	Des Moines	IA	8:37 min/m	00:26:46.76
113	226/439	55/107	553	Kelli Fisk	Female	26	Clive	IA	8:40 min/m	00:26:58.15
114	227/439	17/40	892	Lisa Kock	Female	44	Clive	IA	8:41 min/m	00:26:58.95

Run to Exile

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Overall Results - Female

5K

Place	Overall Pic/Total	Div Pic/Total	No.	Name	Gender	Age	City	St.	Pace	Time
115	228/439	3/3	878	Megan Hampton	Female	14	Clive	IA	8:41 min/m	00:27:00.78
116	229/439	56/107	926	Carol Ricker	Female	27	Des Moines	IA	8:43 min/m	00:27:06.55
117	230/439	37/100	887	Sandra Jaques	Female	36	West Des Moines	IA	8:43 min/m	00:27:07.25
118	231/439	57/107	918	Megan Peiffer	Female	28	Des Moines	IA	8:43 min/m	00:27:07.82
119	232/439	58/107	774	Shawna Ritchie	Female	26	Creston	IA	8:44 min/m	00:27:08.50
120	233/439	59/107	924	Kelly Reilly	Female	27	Des Moines	IA	8:45 min/m	00:27:13.25
121	234/439	60/107	986	Hallie Beeler	Female	23	Des Moines	IA	8:45 min/m	00:27:14.17
122	239/439	38/100	2866	Tiffany Smith	Female	30	Ankeny	IA	8:47 min/m	00:27:18.66
123	240/439	39/100	858	Kate Eichner	Female	30	Des Moines	IA	8:48 min/m	00:27:20.94
124	241/439	61/107	902	Mary Mary Maassen	Female	24	Ankeny	IA	8:48 min/m	00:27:22.00
125	242/439	62/107	885	Ashley Jacobson	Female	29	Ankeny	IA	8:48 min/m	00:27:22.10
126	244/439	18/40	846	Krisanne Colby Calhoun	Female	44	West Des Moines	IA	8:48 min/m	00:27:22.50
127	245/439	40/100	929	Brook Roberson	Female	33	Windsor Heights	IA	8:48 min/m	00:27:22.95
128	246/439	63/107	985	Mary Serg	Female	27	Wdm	IA	8:48 min/m	00:27:22.95
129	248/439	19/40	861	Beth Eslinger	Female	43	Des Moines	IA	8:48 min/m	00:27:23.55
130	249/439	41/100	751	Megan Labresh	Female	33	Des Moines	IA	8:49 min/m	00:27:24.19
131	250/439	42/100	919	Nicole Pike	Female	30	Des Moines	IA	8:49 min/m	00:27:25.75
132	252/439	43/100	868	Aileen Foss	Female	39	Pleasant Hill	IA	8:50 min/m	00:27:27.65
133	254/439	44/100	949	Hilary Warner	Female	33	West Des Moines	IA	8:50 min/m	00:27:29.00
134	255/439	45/100	946	Melissa Tedone	Female	39	Ames	IA	8:50 min/m	00:27:29.50
135	256/439	20/40	726	Amy Johnson	Female	40	Madrid	IA	8:51 min/m	00:27:32.25
136	257/439	46/100	372	Jacki Hayes	Female	37	Des Moines	IA	8:52 min/m	00:27:32.94
137	259/439	47/100	623	Teresa Roof	Female	32	Norwalk	IA	8:52 min/m	00:27:33.75
138	260/439	1/1	882	Erin Hogan	Female	99	Urbandale	IA	8:52 min/m	00:27:33.75
139	261/439	48/100	217	Carissa Bacich	Female	35	Waterloo	IA	8:53 min/m	00:27:37.10
140	262/439	49/100	914	Erin Northway	Female	30	Iowa City	IA	8:53 min/m	00:27:37.23
141	263/439	50/100	172	Beth Mensing	Female	32	Des Moines	IA	8:53 min/m	00:27:37.63
142	264/439	51/100	803	Erin Sweeney	Female	31	Iowa City	IA	8:53 min/m	00:27:38.45
143	265/439	21/40	555	Cristi Flynn	Female	42	Urbandale	IA	8:54 min/m	00:27:39.67
144	266/439	64/107	2875	Kayla Spartz	Female	26	Minneapolis	MN	8:54 min/m	00:27:40.82
145	267/439	52/100	684	Tina Coquyt	Female	31	Ankeny	IA	8:54 min/m	00:27:41.10
146	268/439	22/40	792	Lisa Sobotka	Female	42	Granger	IA	8:55 min/m	00:27:43.17
147	269/439	53/100	581	Jennifer Jennifer Sill	Female	35	Ankeny	IA	8:55 min/m	00:27:43.25
148	270/439	54/100	994	Tina Finn	Female	34	Wdm	IA	8:57 min/m	00:27:50.25
149	271/439	65/107	945	Lynn Tazzioli	Female	23	Ankeny	IA	8:57 min/m	00:27:50.68
150	272/439	66/107	682	Ashley Chyma	Female	27	Ames	IA	8:57 min/m	00:27:51.25
151	273/439	67/107	889	Sabina Karamuja	Female	24	West Des Moines	IA	8:57 min/m	00:27:51.49
152	274/439	68/107	2840	Lindsay Crawford	Female	22	Minnetonka	MN	8:58 min/m	00:27:51.80
153	275/439	69/107	907	Ashley Mcdonald	Female	24	Des Moines	IA	8:58 min/m	00:27:53.94
154	278/439	55/100	2883	Deborah Freeman	Female	35	Altoona	IA	9:03 min/m	00:28:08.97
155	279/439	70/107	2885	Kate Moriarty	Female	29	Urbandale	IA	9:06 min/m	00:28:16.70
156	280/439	23/40	672	Lisa Bruner	Female	47	Pleasant Hill	IA	9:06 min/m	00:28:16.70
157	282/439	71/107	2817	Laura Laura Terpstra	Female	25	Marengo	IA	9:06 min/m	00:28:18.72
158	283/439	56/100	583	Shawna Kalous	Female	35	Lytton	IA	9:07 min/m	00:28:19.95
159	285/439	72/107	2860	Shelby Sever	Female	25	West Des Moines	IA	9:11 min/m	00:28:33.38
160	288/439	73/107	799	Samara Stoneking	Female	23	Des Moines	IA	9:12 min/m	00:28:38.10
161	291/439	24/40	710	Kimberly Graham	Female	48	Indianola	IA	9:14 min/m	00:28:41.50
162	292/439	57/100	542	Michelle Corwin	Female	38	West Des Moines	IA	9:14 min/m	00:28:43.95
163	293/439	74/107	749	Kristen Mclain	Female	28	Des Moines	IA	9:15 min/m	00:28:45.59
164	294/439	75/107	593	Miranda Mark	Female	23	Urbandale	IA	9:15 min/m	00:28:46.19
165	295/439	76/107	875	Abby Gumina	Female	24	West Des Moines	IA	9:15 min/m	00:28:46.19
166	298/439	77/107	872	Keely Goshia	Female	22	Galena	OH	9:20 min/m	00:29:01.86
167	299/439	78/107	654	Danielle Alphson	Female	29	Des Moines	IA	9:20 min/m	00:29:02.47
168	300/439	58/100	961	Mindy Chandler	Female	38	Waukee	IA	9:22 min/m	00:29:06.94
169	301/439	59/100	2871	Audra Hiebert	Female	37	Prairie City	IA	9:22 min/m	00:29:06.94
170	303/439	79/107	888	Julie Jolesch	Female	27	Ankeny	IA	9:22 min/m	00:29:08.16
171	306/439	60/100	956	Allison Line	Female	37	Urbandale	IA	9:26 min/m	00:29:20.21

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5K

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172	308/439	80/107	669	Lisa Brekke	Female	25	Ames	IA	9:29 min/m	00:29:29.70
173	309/439	61/100	554	Jennifer Flug	Female	35	Waukee	IA	9:29 min/m	00:29:30.50
174	310/439	81/107	938	Samantha Spence	Female	25	Bloomington	IL	9:29 min/m	00:29:30.51
175	314/439	82/107	881	Hannah Herzog	Female	25	Des Moines	IA	9:32 min/m	00:29:40.25
176	315/439	83/107	936	Jessica Shalita	Female	24	Des Moines	IA	9:33 min/m	00:29:40.69
177	316/439	84/107	997	Jenny Silvers	Female	28	West Des Moines	IA	9:33 min/m	00:29:41.30
178	317/439	62/100	467	Lexie Franzeen	Female	34	West Des Moines	IA	9:33 min/m	00:29:41.50
179	318/439	63/100	879	Laura Harper	Female	33	Des Moines	IA	9:34 min/m	00:29:44.50
180	319/439	64/100	713	Emilie Grzybowski	Female	34	Des Moines	IA	9:34 min/m	00:29:44.94
181	320/439	4/11	562	Tena Geis	Female	53	Ankeny	IA	9:35 min/m	00:29:48.75
182	321/439	65/100	574	Brandi Herman	Female	34	Truro	IA	9:36 min/m	00:29:52.25
183	322/439	66/100	662	Bonny Beenen	Female	30	Ankeny	IA	9:37 min/m	00:29:53.13
184	323/439	67/100	622	Callie Robison	Female	30	West Des Moines	IA	9:37 min/m	00:29:54.20
185	324/439	68/100	703	Betty Field	Female	36	Perry	IA	9:40 min/m	00:30:04.45
186	325/439	85/107	759	Brianna Metzel	Female	23	Des Moines	IA	9:40 min/m	00:30:04.66
187	327/439	86/107	758	Alyssa Mueller	Female	26	West Des Moines	IA	9:41 min/m	00:30:06.69
188	329/439	69/100	642	Sarah Tracy	Female	36	Pleasant Hill	IA	9:42 min/m	00:30:10.25
189	330/439	70/100	521	Kelli Wong-Shroyer	Female	34	Johnston	IA	9:44 min/m	00:30:15.30
190	331/439	87/107	632	Megan Skinner	Female	25	West Des Moines	IA	9:46 min/m	00:30:21.35
191	332/439	88/107	646	Tyne Westfall	Female	28	Des Moines	IA	9:50 min/m	00:30:34.50
192	333/439	25/40	318	Gia Van Roekel	Female	43	Ankeny	IA	9:51 min/m	00:30:37.78
193	334/439	71/100	735	Jaya Krovvidi	Female	34	Johnston	IA	9:51 min/m	00:30:37.98
194	336/439	89/107	2874	Tamra Gustafson	Female	28	West Des Moines	IA	9:54 min/m	00:30:47.80
195	338/439	72/100	2848	Ashley Schott	Female	31	Urbandale	IA	9:58 min/m	00:30:59.75
196	339/439	73/100	218	Bonnie Baumhardt	Female	36	Urbandale	IA	9:59 min/m	00:31:02.83
197	340/439	74/100	294	Jasmine Roche	Female	31	West Des Moines	IA	10:01 min/m	00:31:08.72
198	341/439	75/100	584	Jennifer Kerns	Female	38	Des Moines	IA	10:01 min/m	00:31:09.98
199	343/439	90/107	538	Jen Cattell	Female	28	West Des Moines	IA	10:10 min/m	00:31:37.53
200	346/439	91/107	854	Abbi Dow	Female	25	Waukee	IA	10:15 min/m	00:31:51.37
201	347/439	26/40	635	Stacy Soethout	Female	40	Indianola	IA	10:17 min/m	00:31:59.70
202	349/439	92/107	2827	Tara Ray	Female	25	Des Moines	IA	10:19 min/m	00:32:04.76
203	351/439	76/100	873	Sarah Greener	Female	38	Maple Grove	MN	10:22 min/m	00:32:13.77
204	352/439	27/40	589	Karen Kulisky	Female	41	Altoona	IA	10:22 min/m	00:32:14.50
205	353/439	93/107	951	Sheena Bass	Female	27	Clive	IA	10:28 min/m	00:32:31.50
206	355/439	77/100	633	Heidi Snider	Female	39	West Des Moines	IA	10:30 min/m	00:32:40.25
207	357/439	78/100	497	Alicia Murphy	Female	31	Nevada	IA	10:37 min/m	00:32:59.25
208	358/439	94/107	558	Emily Friesth	Female	23	West Des Moines	IA	10:37 min/m	00:33:02.23
209	359/439	79/100	825	Jennifer Zwagerman	Female	34	Ankeny	IA	10:38 min/m	00:33:04.80
210	361/439	95/107	671	Linley Bruess	Female	24	Des Moines	IA	10:41 min/m	00:33:13.76
211	362/439	80/100	958	Joy Talmon	Female	33	Ankeny	IA	10:41 min/m	00:33:13.97
212	364/439	28/40	597	Teresa Mcconnell	Female	46	Urbandale	IA	10:51 min/m	00:33:43.77
213	365/439	29/40	637	Gail Stutz	Female	47	Des Moines	IA	10:51 min/m	00:33:44.75
214	367/439	5/11	757	Cathy Mueller	Female	52	Urbandale	IA	10:53 min/m	00:33:49.25
215	368/439	81/100	852	Mary De La Cruz	Female	32	Des Moines	IA	10:55 min/m	00:33:57.50
216	369/439	82/100	785	Christina Schwab	Female	34	Des Moines	IA	10:55 min/m	00:33:57.64
217	372/439	83/100	900	Holly Madison	Female	37	Ankeny	IA	10:56 min/m	00:34:00.73
218	373/439	84/100	2879	Katie Hunter	Female	32	Ames	IA	10:59 min/m	00:34:09.77
219	374/439	96/107	773	Steph Ries	Female	26	Minneapolis	MN	11:09 min/m	00:34:39.65
220	376/439	2/4	505	Jaxon Procknow	Female	63	Des Moines	IA	11:12 min/m	00:34:48.62
221	377/439	30/40	472	Tabitha Hand	Female	43	West Des Moines	IA	11:12 min/m	00:34:48.91
222	378/439	31/40	643	Paula Truitt	Female	43	Waukee	IA	11:13 min/m	00:34:51.65
223	379/439	32/40	652	Bonnie Young	Female	41	Ankeny	IA	11:13 min/m	00:34:52.25
224	380/439	97/107	857	Megan Dvorak	Female	28	Elberon	IA	11:14 min/m	00:34:54.49
225	383/439	33/40	543	Stacy Cunningham	Female	44	Knoxville	IA	11:18 min/m	00:35:06.90
226	385/439	85/100	486	Amy Laude	Female	39	Crestwood	IL	11:30 min/m	00:35:46.76
227	386/439	86/100	598	Mindy Mccoy	Female	33	Ames	IA	11:34 min/m	00:35:59.36
228	387/439	87/100	462	Tanya Ellis	Female	31	Albia	IA	11:35 min/m	00:35:59.50

Run to Exile

June 8, 2013

Overall Results - Female

5K

Place	Overall Pic/Total	Div Pic/Total	No.	Name	Gender	Age	City	St.	Pace	Time
229	388/439	6/11	747	Kerri Mcalexander	Female	51	Rockwell City	IA	11:40 min/m	00:36:17.86
230	390/439	88/100	822	Melissa Wuebker	Female	32	Grimes	IA	11:44 min/m	00:36:29.74
231	391/439	89/100	559	Shelley Frost	Female	34	Des Moines	IA	11:45 min/m	00:36:33.30
232	392/439	7/11	668	Catherine Bowman	Female	52	Waterloo	IA	11:50 min/m	00:36:48.47
233	394/439	34/40	609	Dawn Oelschlager	Female	43	Reinbeck	IA	11:56 min/m	00:37:05.76
234	395/439	98/107	925	Anne Reser	Female	27	West Des Moines	IA	11:56 min/m	00:37:06.51
235	396/439	99/107	2873	Alexis Carroll	Female	26	West Des Moines	IA	12:00 min/m	00:37:17.47
236	397/439	100/107	837	Heather Banker	Female	23	Des Moines	IA	12:05 min/m	00:37:33.76
237	398/439	101/107	711	Brittany Grochala	Female	22	Ankeny	IA	12:05 min/m	00:37:34.99
238	399/439	102/107	903	Lindsey Matthews	Female	24	Des Moines	IA	12:05 min/m	00:37:34.99
239	400/439	103/107	916	Kelli Paris	Female	23	Des Moines	IA	12:05 min/m	00:37:34.99
240	402/439	35/40	876	Gia Gunerius	Female	42	Andover	MN	12:08 min/m	00:37:43.51
241	404/439	90/100	651	Emily Wolfe	Female	31	Altoona	IA	12:08 min/m	00:37:44.75
242	405/439	91/100	649	Kristy Willett	Female	30	Des Moines	IA	12:09 min/m	00:37:45.15
243	406/439	92/100	763	Mary Nichols	Female	31	Des Moines	IA	12:09 min/m	00:37:45.26
244	407/439	93/100	641	Dominica Thomas	Female	31	Des Moines	IA	12:17 min/m	00:38:12.76
245	408/439	104/107	2855	Katie Johnson	Female	28	West Des Moines	IA	12:22 min/m	00:38:28.26
246	409/439	105/107	2856	Tara Konradi	Female	29	Storm Lake	IA	12:23 min/m	00:38:30.51
247	411/439	94/100	820	Maylee Wong	Female	31	West Des Moines	IA	12:28 min/m	00:38:46.10
248	412/439	95/100	561	Sarah Garner	Female	31	West Des Moines	IA	12:28 min/m	00:38:46.71
249	413/439	106/107	528	Amanda Allen	Female	25	West Des Moines	IA	12:40 min/m	00:39:22.51
250	414/439	8/11	686	Lisa Cross	Female	57	Baxter	IA	12:43 min/m	00:39:31.76
251	416/439	96/100	590	Jessie Lidgett	Female	38	Granger	IA	12:53 min/m	00:40:02.20
252	417/439	3/4	2854	Kathy Klauser	Female	62	Keokuk	IA	12:56 min/m	00:40:12.14
253	419/439	36/40	982	Richelle Lowery	Female	44	Johnston	IA	13:12 min/m	00:41:02.35
254	420/439	9/11	676	Nicki Capozziello	Female	58	West Des Moines	IA	13:12 min/m	00:41:02.75
255	421/439	37/40	899	Brenda Lyle	Female	47	Des Moines	IA	13:17 min/m	00:41:16.81
256	422/439	97/100	482	Katie Kulisky	Female	38	Altoona	IA	13:17 min/m	00:41:17.22
257	423/439	107/107	605	Allison Morris	Female	28	Waukee	IA	13:17 min/m	00:41:18.63
258	424/439	38/40	754	Natalie Mote	Female	45	Des Moines	IA	13:18 min/m	00:41:19.85
259	428/439	10/11	910	Mindi Morris	Female	54	Waukee	IA	13:20 min/m	00:41:26.60
260	429/439	39/40	464	Melissa Felt	Female	44	Waukee	IA	13:20 min/m	00:41:27.20
261	430/439	98/100	895	Heather Lane	Female	33	Ankeny	IA	13:23 min/m	00:41:37.19
262	433/439	11/11	453	Caroyle Caroyle Andrews	Female	54	Des Moines	IA	13:34 min/m	00:42:12.15
263	434/439	4/4	570	Pauline Hartman	Female	66	Des Moines	IA	13:35 min/m	00:42:14.51
264	435/439	40/40	626	Shelia Schlobohm	Female	46	Dsm	IA	13:58 min/m	00:43:23.97
265	437/439	99/100	604	Kathryn Moon	Female	31	Adel	IA	13:58 min/m	00:43:25.40
266	439/439	100/100	602	Courtney Miller	Female	33	Des Moines	IA	19:05 min/m	00:59:20.33

Run to Exile

June 8, 2013

Overall Results - Male

5K

Place	Overall Pic/Total	Div Pic/Total	No.	Name	Gender	Age	City	St.	Pace	Time
1	1/439	1/53	807	Andrew Townsend	Male	26	Des Moines	IA	4:49 min/m	00:14:58.71
2	2/439	1/63	2878	Mitch Kearney	Male	32	West Des Moines	IA	4:54 min/m	00:15:13.74
3	3/439	1/27	694	Curtis Downs	Male	44	Des Moines	IA	5:07 min/m	00:15:56.48
4	4/439	2/53	450	J D Cambron	Male	25	Indianola	IA	5:12 min/m	00:16:09.73
5	6/439	3/53	991	Dilon Flanders	Male	24	Dsm	IA	5:34 min/m	00:17:19.49
6	7/439	2/63	950	Eric Baarda	Male	38	West Des Moines	IA	5:39 min/m	00:17:35.16
7	8/439	4/53	709	Cody Gaiuin	Male	24	Des Moines	IA	5:48 min/m	00:18:01.49
8	9/439	5/53	2846	Adam Harris	Male	24	Nevada	IA	5:50 min/m	00:18:10.48
9	10/439	3/63	655	Joel Anderson	Male	31	Johnston	IA	5:52 min/m	00:18:15.49
10	11/439	1/3	579	Josh Jacobs	Male	19	Johnston	IA	5:53 min/m	00:18:18.18
11	12/439	4/63	618	Ryan Rafferty	Male	32	Cedar Rapids	IA	5:55 min/m	00:18:24.24
12	13/439	2/3	158	Mason Hampton	Male	16	Clive	IA	5:57 min/m	00:18:31.17
13	15/439	6/53	566	Justin Green	Male	25	Saint Anthony	IA	6:00 min/m	00:18:40.70
14	16/439	5/63	503	Arik Peterson	Male	37	Des Moines	IA	6:05 min/m	00:18:54.72
15	17/439	7/53	906	Josh McBride	Male	29	Waukee	IA	6:09 min/m	00:19:07.26
16	19/439	8/53	679	Joseph Carter	Male	26	Fredericksburg	VA	6:12 min/m	00:19:18.24
17	20/439	6/63	560	Stefan Gailans	Male	30	Ames	IA	6:13 min/m	00:19:19.44
18	21/439	7/63	573	Hadley Henderson	Male	34	Ankeny	IA	6:13 min/m	00:19:19.44
19	22/439	8/63	481	Jonathan Kelly	Male	38	Ankeny	IA	6:14 min/m	00:19:22.50
20	23/439	9/53	619	Clinton Ricker	Male	29	Des Moines	IA	6:14 min/m	00:19:22.70
21	24/439	9/63	2833	Matt Mattocks	Male	32	Boone	IA	6:17 min/m	00:19:33.65
22	25/439	10/63	272	Ryan Krull	Male	31	Des Moines	IA	6:18 min/m	00:19:35.99
23	26/439	10/53	2847	Peter Cade	Male	27	Des Moines	IA	6:18 min/m	00:19:36.91
24	27/439	11/53	638	Kyle Svoboda	Male	23	Rochester	MN	6:19 min/m	00:19:40.24
25	28/439	12/53	720	Samuel Hoover	Male	24	Nevada	IA	6:20 min/m	00:19:41.49
26	29/439	2/27	644	David Van Den Baard	Male	45	Ankeny	IA	6:20 min/m	00:19:42.18
27	30/439	11/63	2881	Eduardo De La Cruz	Male	32	Des Moines	IA	6:21 min/m	00:19:46.43
28	32/439	3/27	556	Dan Fortune	Male	48	Seymour	IA	6:27 min/m	00:20:04.74
29	33/439	13/53	2843	Jordan McBride	Male	26	Waukee	IA	6:31 min/m	00:20:15.99
30	34/439	1/3	653	Jay Zwagerman	Male	99	Ankeny	IA	6:32 min/m	00:20:20.86
31	35/439	12/63	600	Tory Mears	Male	34	West Des Moines	IA	6:33 min/m	00:20:21.46
32	38/439	13/63	2842	Josh Staudt	Male	30	Ames	IA	6:34 min/m	00:20:26.56
33	39/439	14/63	545	Daniel Daniel Marshall	Male	35	Des Moines	IA	6:35 min/m	00:20:27.58
34	41/439	14/53	552	Andrew Fisher	Male	22	Ames	IA	6:39 min/m	00:20:42.59
35	42/439	1/21	2831	Tod Boucher	Male	54	Boone	IA	6:40 min/m	00:20:43.74
36	43/439	15/63	777	Josh Rosonke	Male	31	Des Moines	IA	6:40 min/m	00:20:45.63
37	44/439	16/63	468	Shane Gibney	Male	38	Bondurant	IA	6:41 min/m	00:20:46.64
38	48/439	17/63	548	Matt Denes	Male	32	Grimes	IA	6:44 min/m	00:20:58.24
39	51/439	4/27	932	John Schweitzer	Male	42	Ankeny	IA	6:51 min/m	00:21:17.73
40	55/439	5/27	592	Gregory Madden	Male	40	West Des Moines	IA	6:53 min/m	00:21:23.42
41	57/439	15/53	772	Nick Raasch	Male	27	Des Moines	IA	6:54 min/m	00:21:26.92
42	60/439	18/63	2830	Jordan Swanson	Male	32	Ames	IA	6:54 min/m	00:21:27.96
43	61/439	16/53	908	Justin Meyer	Male	29	Ankeny	IA	6:54 min/m	00:21:27.96
44	64/439	19/63	629	Beau Sexton	Male	33	Ankeny	IA	6:59 min/m	00:21:44.52
45	66/439	17/53	755	Alexander Mortenson	Male	28	Bondurant	IA	7:01 min/m	00:21:48.44
46	69/439	18/53	565	Mark Gordon	Male	22	Nevada	IA	7:04 min/m	00:21:59.99
47	71/439	20/63	557	Kris Foster	Male	31	Des Moines	IA	7:06 min/m	00:22:05.49
48	72/439	21/63	465	Kyle Foster	Male	34	Granger	IA	7:07 min/m	00:22:06.97
49	75/439	19/53	586	Keith Kistenmacher	Male	28	West Des Moines	IA	7:08 min/m	00:22:10.99
50	78/439	6/27	628	Eric Seeman	Male	41	Boone	IA	7:11 min/m	00:22:19.38
51	79/439	22/63	631	Paul Sieka	Male	32	Minneapolis	MN	7:11 min/m	00:22:20.78
52	82/439	23/63	532	Justin Bielenberg	Male	32	West Des Moines	IA	7:12 min/m	00:22:23.99
53	83/439	24/63	502	Benjamin Pasker	Male	35	Bondurant	IA	7:12 min/m	00:22:25.10
54	85/439	7/27	133	Steve Tracy	Male	42	Johnston	IA	7:13 min/m	00:22:27.49
55	87/439	25/63	639	Dan Sweeney	Male	31	Iowa City	IA	7:14 min/m	00:22:29.26
56	88/439	8/27	473	Chris Heilskov	Male	41	Des Moines	IA	7:16 min/m	00:22:35.44
57	89/439	2/21	524	Isaac Wyant	Male	59	Des Moines	IA	7:19 min/m	00:22:46.21

Run to Exile

June 8, 2013

Overall Results - Male

5K

Place	Overall Pic/Total	Div Pic/Total	No.	Name	Gender	Age	City	St.	Pace	Time
58	90/439	20/53	492	James Mangra	Male	21	Des Moines	IA	7:20 min/m	00:22:48.10
59	91/439	26/63	466	Calen Foster	Male	33	Ankeny	IA	7:20 min/m	00:22:49.74
60	93/439	21/53	661	Adam Bates	Male	27	Des Moines	IA	7:23 min/m	00:22:57.74
61	95/439	22/53	625	Riley Schlievert	Male	29	Des Moines	IA	7:26 min/m	00:23:07.72
62	96/439	27/63	530	Thomas Aubry	Male	31	Ames	IA	7:27 min/m	00:23:09.94
63	97/439	28/63	500	Josh Olson	Male	34	Granger	IA	7:27 min/m	00:23:10.95
64	98/439	9/27	978	Howard Frye	Male	43	Des Moines	IA	7:27 min/m	00:23:11.15
65	99/439	23/53	692	Joseph Dong	Male	26	Des Moines	IA	7:28 min/m	00:23:12.49
66	101/439	29/63	702	Nick Field	Male	35	Perry	IA	7:29 min/m	00:23:15.22
67	102/439	24/53	594	Josh Marker	Male	28	Ames	IA	7:29 min/m	00:23:16.65
68	111/439	30/63	572	Robert Heim	Male	38	Clive	IA	7:35 min/m	00:23:36.57
69	112/439	31/63	959	Matt Van Berkum	Male	38	Des Moines	IA	7:36 min/m	00:23:37.39
70	114/439	25/53	547	Kyle Dedecker	Male	23	Cedar Rapids	IA	7:36 min/m	00:23:39.27
71	115/439	3/21	615	Edward Phillips	Male	51	Marshalltown	IA	7:37 min/m	00:23:41.89
72	121/439	32/63	617	Caleb Pike	Male	31	Des Moines	IA	7:44 min/m	00:24:01.77
73	125/439	4/21	516	Ray Svoboda	Male	53	Ankeny	IA	7:45 min/m	00:24:05.38
74	128/439	33/63	624	Nate Schechinger	Male	32	Grimes	IA	7:48 min/m	00:24:16.65
75	130/439	34/63	577	Aaron Huey	Male	35	Altoona	IA	7:49 min/m	00:24:19.67
76	131/439	26/53	708	Cody Galvin	Male	24	Des Moines	IA	7:51 min/m	00:24:23.75
77	132/439	5/21	569	John Haluska	Male	56	West Des Moines	IA	7:51 min/m	00:24:24.97
78	133/439	10/27	805	David Thayer	Male	48	Des Moines	IA	7:51 min/m	00:24:25.18
79	135/439	27/53	630	Matthew Shimanovsky	Male	25	Des Moines	IA	7:51 min/m	00:24:26.39
80	139/439	28/53	510	Mike Schubert	Male	27	Des Moines	IA	7:54 min/m	00:24:35.14
81	141/439	11/27	544	Paul Dange	Male	45	Windsor Heights	IA	7:55 min/m	00:24:36.49
82	143/439	6/21	980	Mike Furrow	Male	50	Clive	IA	7:56 min/m	00:24:41.45
83	145/439	29/53	795	Justin Sofen	Male	25	West Des Moines	IA	7:57 min/m	00:24:42.85
84	149/439	3/3	441	Keaton Babcock	Male	18	Altoona	IA	7:59 min/m	00:24:48.35
85	153/439	12/27	471	Tyler Haase	Male	41	West Des Moines	IA	8:02 min/m	00:24:59.38
86	157/439	13/27	608	Chris Myszewski	Male	42	Waukee	IA	8:05 min/m	00:25:09.99
87	158/439	14/27	740	Larry Bradshaw	Male	45	Des Moines	IA	8:05 min/m	00:25:10.00
88	161/439	30/53	693	Sam Druvenga	Male	27	West Des Moines	IA	8:07 min/m	00:25:13.75
89	162/439	31/53	517	Craig Vandeventer	Male	23	West Des Moines	IA	8:07 min/m	00:25:14.23
90	169/439	35/63	954	Dan Hecker	Male	37	Ankeny	IA	8:10 min/m	00:25:23.79
91	170/439	32/53	527	Cory Albrecht	Male	26	Ankeny	IA	8:12 min/m	00:25:30.49
92	174/439	33/53	588	Nicholas Kruger	Male	23	Des Moines	IA	8:14 min/m	00:25:36.99
93	176/439	36/63	442	Dusty Beenen	Male	30	Ankeny	IA	8:15 min/m	00:25:38.18
94	177/439	37/63	447	Matt Bradley	Male	37	Waukee	IA	8:15 min/m	00:25:40.23
95	186/439	34/53	535	Adam Brewer	Male	29	Clive	IA	8:18 min/m	00:25:47.38
96	189/439	7/21	564	Mike Gooding	Male	51	Urbandale	IA	8:18 min/m	00:25:49.63
97	192/439	35/53	596	Joe Mcandrew	Male	22	Iowa City	IA	8:19 min/m	00:25:52.70
98	193/439	38/63	507	David Salazar	Male	32	Des Moines	IA	8:19 min/m	00:25:52.89
99	195/439	8/21	523	Don Worrell	Male	55	Des Moines	IA	8:21 min/m	00:25:57.35
100	198/439	9/21	587	Brad Kramer	Male	50	Des Moines	IA	8:23 min/m	00:26:03.46
101	201/439	39/63	541	Jeff Coquyt	Male	31	Ankeny	IA	8:24 min/m	00:26:06.99
102	202/439	36/53	957	Timothy Reilly	Male	27	Des Moines	IA	8:25 min/m	00:26:09.15
103	203/439	40/63	506	Jason Rosa	Male	34	Des Moines	IA	8:25 min/m	00:26:10.98
104	205/439	2/3	549	Todd Dursky	Male	99	Knoxville	IA	8:26 min/m	00:26:14.24
105	206/439	41/63	699	Michael Engelbrecht	Male	34	Urbandale	IA	8:26 min/m	00:26:14.45
106	207/439	10/21	491	Joel Mangold	Male	51	Des Moines	IA	8:28 min/m	00:26:19.25
107	208/439	11/21	575	Jim Horton	Male	59	Des Moines	IA	8:29 min/m	00:26:21.49
108	211/439	15/27	263	Todd Johansen	Male	43	Waukee	IA	8:32 min/m	00:26:30.92
109	214/439	42/63	568	Matthew Halbach	Male	34	Ankeny	IA	8:33 min/m	00:26:36.18
110	221/439	43/63	446	Andrew Borcherding	Male	33	Grimes	IA	8:36 min/m	00:26:44.50
111	223/439	37/53	648	Jarryd Widhalm	Male	26	Des Moines	IA	8:37 min/m	00:26:47.24
112	224/439	16/27	479	Dale Johnson	Male	47	Clive	IA	8:37 min/m	00:26:47.56
113	225/439	12/21	819	Dave Wolz	Male	59	Des Moines	IA	8:39 min/m	00:26:53.48
114	235/439	44/63	776	Josh Rosonke	Male	31	Des Moines	IA	8:46 min/m	00:27:14.50

Run to Exile

June 8, 2013

Overall Results - Male

5K

Place	Overall Pic/Total	Div Pic/Total	No.	Name	Gender	Age	City	St.	Pace	Time
115	236/439	13/21	456	Rodney Chyma	Male	55	Marshalltown	IA	8:46 min/m	00:27:16.23
116	237/439	38/53	640	Gregory Tallman	Male	24	Des Moines	IA	8:46 min/m	00:27:17.24
117	238/439	17/27	739	Larry Larry Bradshaw	Male	45	Des Moines	IA	8:47 min/m	00:27:17.84
118	243/439	45/63	621	Nicholas Roberson	Male	35	Windsor Heights	IA	8:48 min/m	00:27:22.25
119	247/439	46/63	525	Dan Zimmerman	Male	37	West Des Moines	IA	8:48 min/m	00:27:23.15
120	251/439	18/27	705	David Foss	Male	40	Pleasant Hill	IA	8:50 min/m	00:27:27.45
121	253/439	47/63	818	Ryan Williams	Male	35	Adel	IA	8:50 min/m	00:27:28.25
122	258/439	48/63	531	Paul Beers	Male	32	Urbandale	IA	8:52 min/m	00:27:33.35
123	276/439	39/53	696	Ben Eichner	Male	29	Des Moines	IA	9:00 min/m	00:27:58.41
124	277/439	49/63	797	Brian Spulak	Male	35	West Des Moines	IA	9:01 min/m	00:28:01.20
125	281/439	40/53	493	Zach Mccalester	Male	24	Marengo	IA	9:06 min/m	00:28:18.50
126	284/439	41/53	519	John Welp	Male	29	Clive	IA	9:07 min/m	00:28:21.99
127	286/439	50/63	512	Tybee Sever	Male	37	West Des Moines	IA	9:11 min/m	00:28:33.50
128	287/439	51/63	445	Scott Boik	Male	38	Urbandale	IA	9:11 min/m	00:28:34.20
129	289/439	42/53	488	Tyler Linn	Male	28	Des Moines	IA	9:13 min/m	00:28:38.66
130	290/439	52/63	480	Kevin Kalous	Male	35	Lytton	IA	9:13 min/m	00:28:39.48
131	296/439	43/53	613	Sumit Patel	Male	27	Waukee	IA	9:16 min/m	00:28:47.75
132	297/439	53/63	437	Mike Alphson	Male	32	Des Moines	IA	9:19 min/m	00:28:56.99
133	302/439	19/27	443	Kyle Benna	Male	44	Ankeny	IA	9:22 min/m	00:29:07.75
134	304/439	44/53	498	Andrew Musgrove	Male	28	Des Moines	IA	9:22 min/m	00:29:08.75
135	305/439	45/53	449	David Brockshus	Male	24	Sioux City	IA	9:23 min/m	00:29:10.23
136	307/439	20/27	955	Michael Line	Male	41	Urbandale	IA	9:26 min/m	00:29:20.50
137	311/439	46/53	489	Justin Lobaito	Male	26	Altoona	IA	9:30 min/m	00:29:33.50
138	312/439	54/63	448	Shawn Brekke	Male	31	Ames	IA	9:31 min/m	00:29:35.50
139	313/439	14/21	529	Arch Allison	Male	50	Waukee	IA	9:32 min/m	00:29:39.20
140	326/439	21/27	508	Jack Schlobohm	Male	46	Dsm	IA	9:41 min/m	00:30:06.25
141	328/439	3/3	513	Matthew Shroyer	Male	99	Johnston	IA	9:42 min/m	00:30:09.20
142	335/439	15/21	616	Ed Phillips	Male	51	Marshalltown	IA	9:52 min/m	00:30:40.24
143	337/439	55/63	509	Andrew Schott	Male	33	Urbandale	IA	9:58 min/m	00:30:59.75
144	342/439	47/53	522	Zachary Woods	Male	26	Des Moines	IA	10:07 min/m	00:31:26.39
145	344/439	56/63	607	Danny Mount	Male	30	Ankeny	IA	10:12 min/m	00:31:42.20
146	345/439	22/27	439	Mike Appler	Male	45	Norwalk	IA	10:13 min/m	00:31:45.88
147	348/439	57/63	515	Tyler Soethout	Male	38	Indianola	IA	10:18 min/m	00:32:01.25
148	350/439	48/53	540	Lucas Chyma	Male	28	Ames	IA	10:19 min/m	00:32:04.96
149	354/439	58/63	514	Benjamin Snyder	Male	39	Ankeny	IA	10:30 min/m	00:32:38.45
150	356/439	59/63	475	Greg Hunter	Male	30	Ames	IA	10:33 min/m	00:32:49.45
151	360/439	60/63	614	Bradley Penar	Male	37	West Des Moines	IA	10:39 min/m	00:33:06.75
152	363/439	16/21	518	Steve Wasson	Male	55	Urbandale	IA	10:44 min/m	00:33:21.72
153	366/439	23/27	496	David Mote	Male	45	Des Moines	IA	10:53 min/m	00:33:49.25
154	370/439	24/27	580	Jason Jason Madison	Male	40	Ankeny	IA	10:56 min/m	00:34:00.27
155	371/439	49/53	612	Mike Ozburn	Male	21	Madison	WI	10:56 min/m	00:34:00.69
156	375/439	17/21	494	Karl Meisel	Male	52	Des Moines	IA	11:12 min/m	00:34:48.24
157	381/439	50/53	153	Julio Espada	Male	24	Eau Claire	WI	11:16 min/m	00:35:00.40
158	382/439	51/53	459	Tyler Cox	Male	23	Des Moines	IA	11:16 min/m	00:35:00.61
159	384/439	1/1	463	Peter Eul	Male	70	Palos Park	IL	11:30 min/m	00:35:46.76
160	389/439	18/21	461	Earl Earl Mcalexander	Male	55	Rockwell City	IA	11:41 min/m	00:36:18.68
161	393/439	1/2	536	Gary Bridges	Male	66	Ames	IA	11:54 min/m	00:37:01.34
162	401/439	25/27	567	Ron Gunerius	Male	46	Andover	MN	12:08 min/m	00:37:43.51
163	403/439	26/27	444	Mike Bjork	Male	46	West Des Moines	IA	12:08 min/m	00:37:43.73
164	410/439	52/53	750	Clark Moorehead	Male	29	Urbandale	IA	12:28 min/m	00:38:45.50
165	415/439	19/21	599	Rick Mcquiston	Male	59	Maxwell	IA	12:48 min/m	00:39:47.75
166	418/439	2/2	2853	Mike Klauser	Male	63	Keokuk	IA	12:57 min/m	00:40:14.15
167	425/439	27/27	551	Darin Felt	Male	44	Waukee	IA	13:18 min/m	00:41:20.87
168	426/439	20/21	606	Dan Morris	Male	54	Waukee	IA	13:18 min/m	00:41:22.11
169	427/439	53/53	2851	Nathin Felt	Male	21	Waukee	IA	13:19 min/m	00:41:23.15
170	431/439	61/63	483	David Lane	Male	35	Ankeny	IA	13:23 min/m	00:41:37.69
171	432/439	62/63	996	Mauni Seraji	Male	31	Ankeny	IA	13:25 min/m	00:41:43.77

Run to Exile

June 8, 2013

Overall Results - Male

5K

Place	Overall Plc/Total	Div Plc/Total	No.	Name	Gender	Age	City	St.	Pace	Time
172	436/439	21/21	504	Jay Kelly Poole	Male	52	Des Moines	IA	13:58 min/m	00:43:23.98
173	438/439	63/63	495	Joseph Moon	Male	33	Adel	IA	13:58 min/m	00:43:25.77