

# Run to Exile

June 8, 2013

## Overall Results - Female

10K

Place	Overall Pic/Total	Div Pic/Total	No.	Name	Gender	Age	City	St.	Pace	Time
1	7/278	1/50	398	Stephanie Mortenson	Female	31	Windsor Heights	IA	6:08 min/m	00:38:08.51
2	9/278	1/35	317	Carrie Van Quathem	Female	41	Urbandale	IA	6:15 min/m	00:38:53.46
3	12/278	1/66	340	Kelsey Brandt	Female	21	Des Moines	IA	6:18 min/m	00:39:09.26
4	20/278	1/13	384	Dana Kramer	Female	50	Urbandale	IA	6:35 min/m	00:40:56.51
5	21/278	2/66	382	Lindsay Knoop	Female	29	Granger	IA	6:36 min/m	00:41:04.12
6	25/278	3/66	335	Annie Binder	Female	27	Ankeny	IA	6:42 min/m	00:41:39.11
7	26/278	2/50	425	Kristi York	Female	33	West Des Moines	IA	6:45 min/m	00:42:00.76
8	30/278	3/50	347	Robyn Clevenger	Female	34	West Des Moines	IA	6:50 min/m	00:42:31.45
9	34/278	4/50	219	Sheri Beaver	Female	31	Grimes	IA	7:01 min/m	00:43:41.35
10	35/278	5/50	410	Kim Scarfe	Female	33	Des Moines	IA	7:03 min/m	00:43:49.50
11	40/278	6/50	329	Monica Atherton	Female	31	Waukee	IA	7:08 min/m	00:44:24.14
12	42/278	7/50	334	Audrey Bell	Female	33	Polk City	IA	7:12 min/m	00:44:44.76
13	43/278	2/35	271	Jennifer Kownacki	Female	40	Norwalk	IA	7:12 min/m	00:44:44.77
14	44/278	4/66	350	Joanna Cosner	Female	27	Des Moines	IA	7:12 min/m	00:44:47.65
15	46/278	8/50	429	Jamie Johnson	Female	33	West Des Moines	IA	7:14 min/m	00:45:02.76
16	49/278	3/35	299	Jenny Sinclair	Female	41	Carlisle	IA	7:15 min/m	00:45:07.87
17	50/278	5/66	339	Lauren Brandt	Female	23	Bettendorf	IA	7:15 min/m	00:45:08.80
18	51/278	1/2	338	Shelby Brandt	Female	18	Bettendorf	IA	7:15 min/m	00:45:09.17
19	52/278	4/35	279	Shannon McWilliams	Female	41	Altoona	IA	7:18 min/m	00:45:25.00
20	54/278	9/50	365	Emily Freedman	Female	34	Des Moines	IA	7:19 min/m	00:45:29.27
21	55/278	10/50	327	Jenifer Wolfe	Female	38	Altoona	IA	7:19 min/m	00:45:29.46
22	56/278	5/35	248	Julia Gauthier	Female	40	Urbandale	IA	7:19 min/m	00:45:29.62
23	62/278	11/50	392	Jennifer Mcginley	Female	36	Johnston	IA	7:27 min/m	00:46:17.68
24	64/278	12/50	369	Julie Gieseaman	Female	38	Clive	IA	7:28 min/m	00:46:26.20
25	65/278	13/50	371	Patty Hayes	Female	39	Des Moines	IA	7:29 min/m	00:46:30.90
26	66/278	6/35	262	Mary Jackovin-Bates	Female	40	Urbandale	IA	7:29 min/m	00:46:32.52
27	67/278	14/50	2876	Brooke Achenbach	Female	37	Clive	IA	7:31 min/m	00:46:43.76
28	70/278	6/66	241	Emily Fairchild	Female	27	Northfield	MN	7:32 min/m	00:46:50.67
29	71/278	7/35	349	Annika Cornelisse	Female	41	Des Moines	IA	7:34 min/m	00:47:01.64
30	77/278	7/66	352	Michaela Cross	Female	26	Des Moines	IA	7:36 min/m	00:47:14.76
31	78/278	15/50	402	Dawn Ortiguerra	Female	30	Ankeny	IA	7:37 min/m	00:47:23.55
32	80/278	8/66	833	Tiffany Audas	Female	22	West Des Moines	IA	7:41 min/m	00:47:50.21
33	81/278	9/66	320	Elizabeth Vangundy	Female	29	Johnston	IA	7:42 min/m	00:47:55.18
34	83/278	10/66	356	Molly Doolittle	Female	29	Ames	IA	7:43 min/m	00:48:01.76
35	88/278	11/66	300	Christie Smith	Female	23	Altoona	IA	7:50 min/m	00:48:41.56
36	89/278	2/13	355	Cheryl Dirth	Female	53	West Point	IA	7:50 min/m	00:48:45.50
37	90/278	16/50	247	Lindsey Funk	Female	31	Ankeny	IA	7:51 min/m	00:48:49.49
38	92/278	12/66	417	Valerie Steele	Female	27	Des Moines	IA	7:53 min/m	00:49:03.27
39	94/278	13/66	357	Ashley Dose	Female	29	Des Moines	IA	7:54 min/m	00:49:09.83
40	95/278	8/35	431	Melissa Reents	Female	43	Urbandale	IA	7:55 min/m	00:49:11.77
41	96/278	14/66	268	Stefanie Kirk	Female	27	Waukee	IA	7:55 min/m	00:49:16.97
42	97/278	15/66	361	Whitney Ferin	Female	24	Ankeny	IA	7:56 min/m	00:49:22.45
43	98/278	16/66	341	Allison Brienzo	Female	29	Urbandale	IA	7:57 min/m	00:49:25.77
44	99/278	17/66	2838	Lacey Mitchell	Female	25	Indianola	IA	7:57 min/m	00:49:26.22
45	100/278	17/50	344	Margaret Carper	Female	33	West Des Moines	IA	7:57 min/m	00:49:28.20
46	105/278	18/50	307	Shonna Stevenson	Female	36	Des Moines	IA	8:01 min/m	00:49:49.47
47	106/278	9/35	387	Trish Lemke	Female	45	Dallas Center	IA	8:01 min/m	00:49:49.48
48	108/278	19/50	359	Joni Embree-Meinders	Female	34	Des Moines	IA	8:01 min/m	00:49:52.66
49	110/278	18/66	424	Kate White	Female	29	Des Moines	IA	8:01 min/m	00:49:53.68
50	111/278	19/66	2859	Renae Kreutner	Female	26	Windsor Heights	IA	8:02 min/m	00:49:55.31
51	113/278	20/66	374	Julia Hogren	Female	26	Des Moines	IA	8:02 min/m	00:49:58.27
52	114/278	21/66	375	Olivia Hogren	Female	23	Danville	IL	8:02 min/m	00:49:58.97
53	115/278	10/35	367	Tonja Furrow	Female	46	Clive	IA	8:03 min/m	00:50:01.41
54	116/278	20/50	2832	Nicolle McClure	Female	34	Altoona	IA	8:03 min/m	00:50:02.28
55	118/278	22/66	63	Ash Bruxvoort	Female	23	Des Moines	IA	8:04 min/m	00:50:12.65
56	119/278	3/13	351	Mary Sue Crabtree	Female	53	Des Moines	IA	8:05 min/m	00:50:14.22
57	120/278	11/35	266	Kathleen Jones	Female	46	West Des Moines	IA	8:05 min/m	00:50:14.23

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## Overall Results - Female

10K

Place	Overall Pic/Total	Div Pic/Total	No.	Name	Gender	Age	City	St.	Pace	Time
58	125/278	23/66	370	Jill Hackman	Female	29	West Des Moines	IA	8:09 min/m	00:50:39.52
59	127/278	24/66	415	Jorie Smith	Female	23	Ankeny	IA	8:09 min/m	00:50:40.68
60	129/278	21/50	366	Michelle Frost	Female	30	Bondurant	IA	8:09 min/m	00:50:41.27
61	130/278	25/66	400	Thao Nguyen	Female	24	Iowa City	IA	8:09 min/m	00:50:41.89
62	132/278	22/50	296	Sara Schueler	Female	33	Des Moines	IA	8:11 min/m	00:50:54.27
63	133/278	26/66	328	Abby Arneson	Female	29	West Des Moines	IA	8:11 min/m	00:50:56.98
64	135/278	12/35	373	Connie Hildebrandt	Female	47	Norwalk	IA	8:14 min/m	00:51:11.27
65	136/278	23/50	403	Megan Pitz	Female	33	Urbandale	IA	8:14 min/m	00:51:11.27
66	137/278	24/50	145	Carrie Buzzoni	Female	39	Polk City	IA	8:15 min/m	00:51:21.97
67	139/278	25/50	420	Andrea Thompson	Female	31	Des Moines	IA	8:17 min/m	00:51:29.77
68	141/278	26/50	308	Michelle Swanson	Female	31	Des Moines	IA	8:18 min/m	00:51:39.63
69	143/278	27/66	426	Brooke Zehr	Female	25	West Des Moines	IA	8:20 min/m	00:51:51.19
70	144/278	27/50	169	Melanie Malloy	Female	36	Williamsburg	IA	8:24 min/m	00:52:16.81
71	146/278	28/66	261	Ashley Ivers	Female	23	Des Moines	IA	8:28 min/m	00:52:38.33
72	147/278	29/66	214	Tracy Arthur	Female	29	Des Moines	IA	8:28 min/m	00:52:39.76
73	149/278	30/66	987	Michelle Hermesch	Female	24	Wdm	IA	8:29 min/m	00:52:43.41
74	151/278	31/66	364	Tara Fisher	Female	29	Ames	IA	8:30 min/m	00:52:52.99
75	152/278	13/35	386	Trish Lemke	Female	45	Dallas Center	IA	8:30 min/m	00:52:53.27
76	153/278	32/66	358	Elizabeth Droste	Female	28	Des Moines	IA	8:33 min/m	00:53:10.89
77	154/278	14/35	421	Kelly Tracy	Female	44	Johnston	IA	8:35 min/m	00:53:22.72
78	158/278	15/35	232	Liz Cosner	Female	49	Urbandale	IA	8:37 min/m	00:53:36.19
79	159/278	16/35	419	Jamie Sundet	Female	43	Urbandale	IA	8:37 min/m	00:53:37.86
80	160/278	33/66	321	Jamie Votrobeck	Female	28	Lovilla	IA	8:37 min/m	00:53:38.68
81	162/278	17/35	150	Tamara Cross	Female	40	Van Meter	IA	8:39 min/m	00:53:48.48
82	163/278	28/50	288	Kristeena Preston	Female	34	Huxley	IA	8:39 min/m	00:53:49.26
83	164/278	34/66	388	Cassandra Lumley	Female	23	Hampton	IA	8:39 min/m	00:53:50.47
84	165/278	35/66	2828	Brittany Telk	Female	23	Ankeny	IA	8:39 min/m	00:53:50.47
85	166/278	29/50	981	Jessica Thorne	Female	31	West Des Moines	IA	8:39 min/m	00:53:50.77
86	167/278	36/66	233	Abigail Crabbs	Female	26	Iowa City	IA	8:40 min/m	00:53:52.77
87	168/278	4/13	168	Tricia Bergman	Female	52	Des Moines	IA	8:40 min/m	00:53:53.94
88	170/278	30/50	253	Lindsay Graham	Female	33	Indianola	IA	8:40 min/m	00:53:54.24
89	171/278	18/35	976	Sara Altemeier	Female	42	Ankeny	IA	8:40 min/m	00:53:55.29
90	174/278	37/66	2882	Elizabeth Lloyd	Female	26	Hiawatha	IA	8:42 min/m	00:54:07.77
91	175/278	38/66	343	Michelle Butler	Female	27	West Des Moines	IA	8:44 min/m	00:54:16.40
92	176/278	19/35	427	Bene' Zehr	Female	49	Ankeny	IA	8:48 min/m	00:54:44.17
93	178/278	31/50	40	Lori Mickle	Female	33	Ames	IA	8:48 min/m	00:54:46.70
94	179/278	39/66	336	Lynda Bohlmann	Female	28	Cedar Falls	IA	8:49 min/m	00:54:47.92
95	181/278	32/50	406	Liz Rivenburgh	Female	38	Waukee	IA	8:54 min/m	00:55:20.86
96	182/278	20/35	989	Mary Sheka	Female	48	Des Moines	IA	8:54 min/m	00:55:21.18
97	184/278	40/66	2836	Camille Roth	Female	29	Des Moines	IA	8:56 min/m	00:55:36.90
98	185/278	41/66	293	Mackenzie Rittler	Female	26	West Des Moines	IA	8:57 min/m	00:55:40.27
99	186/278	42/66	395	Alex Meyer	Female	24	Ames	IA	8:57 min/m	00:55:42.78
100	189/278	33/50	411	Bo Schroeder	Female	30	Des Moines	IA	8:59 min/m	00:55:52.53
101	191/278	34/50	284	Keeley Nyman	Female	33	Omaha	NE	9:00 min/m	00:56:00.73
102	193/278	21/35	842	Christine Brandenburg	Female	49	Urbandale	IA	9:03 min/m	00:56:15.98
103	194/278	43/66	377	Caroline Jones	Female	26	Des Moines	IA	9:04 min/m	00:56:22.47
104	199/278	22/35	228	Glenda Clark	Female	40	Norwalk	IA	9:07 min/m	00:56:41.25
105	200/278	44/66	245	Sarah Fitzgerald	Female	27	Des Moines	IA	9:07 min/m	00:56:42.68
106	202/278	35/50	250	Jeana Gingery	Female	35	Slater	IA	9:08 min/m	00:56:48.27
107	203/278	5/13	416	Jan Stangland	Female	56	Cedar Rapids	IA	9:09 min/m	00:56:53.87
108	205/278	45/66	332	Rachel Barkley	Female	24	Madison	WI	9:10 min/m	00:56:57.77
109	206/278	46/66	379	Chelsea Keenan	Female	25	Des Moines	IA	9:11 min/m	00:57:05.52
110	207/278	36/50	289	Erin Publow	Female	34	West Des Moines	IA	9:11 min/m	00:57:09.19
111	208/278	47/66	2834	Alexa Mehesan	Female	23	West Des Moines	IA	9:12 min/m	00:57:11.66
112	209/278	48/66	226	Lindsay Carmack-Lack	Female	29	Kansas City	MO	9:12 min/m	00:57:11.77
113	210/278	49/66	259	Kayla Hunefeld	Female	24	Urbandale	IA	9:12 min/m	00:57:13.27
114	211/278	50/66	236	Brianna Damstetter	Female	28	Des Moines	IA	9:16 min/m	00:57:38.77

# Run to Exile

June 8, 2013

## Overall Results - Female

10K

Place	Overall Pic/Total	Div Pic/Total	No.	Name	Gender	Age	City	St.	Pace	Time
115	214/278	23/35	192	Melissa Steen	Female	44	Urbandale	IA	9:18 min/m	00:57:52.29
116	216/278	37/50	363	Stephanie Filer	Female	30	Des Moines	IA	9:19 min/m	00:57:57.37
117	217/278	6/13	354	Michele Dillon	Female	52	Carlisle	IA	9:19 min/m	00:57:58.52
118	218/278	7/13	414	Susan Smith	Female	56	Topeka	KS	9:25 min/m	00:58:32.67
119	220/278	38/50	238	Stacy Dietch	Female	36	Ankeny	IA	9:25 min/m	00:58:33.90
120	221/278	2/2	285	Shelby Oelschlager	Female	19	Reinbeck	IA	9:25 min/m	00:58:34.52
121	222/278	24/35	174	Tara Murphy	Female	47	Des Moines	IA	9:27 min/m	00:58:46.28
122	223/278	25/35	346	Kimberly Christofferson	Female	44	Ankeny	IA	9:28 min/m	00:58:51.18
123	224/278	26/35	216	Sarah Aunspach	Female	43	Ankeny	IA	9:28 min/m	00:58:51.28
124	225/278	51/66	433	Miranda Straw	Female	26	Windsor Heights	IA	9:31 min/m	00:59:09.78
125	226/278	1/1	200	Caryn Westman	Female	61	Chariton	IA	9:31 min/m	00:59:11.30
126	227/278	52/66	345	Krystal Chambers	Female	27	Urbandale	IA	9:31 min/m	00:59:12.93
127	228/278	27/35	413	Barb Smidt	Female	49	Keokuk	IA	9:32 min/m	00:59:17.41
128	230/278	28/35	265	Michelle Jones	Female	44	Des Moines	IA	9:35 min/m	00:59:33.32
129	231/278	29/35	258	Jill Heilskov	Female	43	Des Moines	IA	9:35 min/m	00:59:33.33
130	232/278	39/50	184	Jodee Schaben	Female	37	Hudson	WI	9:38 min/m	00:59:56.52
131	234/278	30/35	178	Julie Phippen	Female	42	Indianola	IA	9:46 min/m	01:00:44.62
132	236/278	53/66	252	Kimberly Graham	Female	29	West Des Moines	IA	9:51 min/m	01:01:14.28
133	237/278	40/50	988	Rebecca Kilderman	Female	33	Norwalk	IA	9:51 min/m	01:01:14.51
134	239/278	31/35	389	Marcy Lundberg	Female	41	Fort Dodge	IA	9:56 min/m	01:01:44.78
135	240/278	54/66	276	Aly Mabrier	Female	25	Des Moines	IA	9:57 min/m	01:01:52.50
136	241/278	41/50	2872	Shauna Smith	Female	30	Adel	IA	9:57 min/m	01:01:55.17
137	243/278	42/50	157	Dia Gross	Female	38	Des Moines	IA	9:58 min/m	01:01:57.40
138	244/278	55/66	244	Kristi Fisher	Female	23	Des Moines	IA	10:01 min/m	01:02:19.70
139	245/278	8/13	183	Janet Reiter	Female	54	Johnston	IA	10:04 min/m	01:02:33.93
140	246/278	9/13	323	Susan Wengert	Female	50	Johnston	IA	10:04 min/m	01:02:33.93
141	247/278	32/35	281	Kara Moulin	Female	43	Grimes	IA	10:07 min/m	01:02:54.48
142	248/278	56/66	2844	Kaitlin Moulin	Female	24	Grimes	IA	10:07 min/m	01:02:54.86
143	249/278	43/50	127	Alana Schares	Female	36	Urbandale	IA	10:07 min/m	01:02:55.28
144	251/278	57/66	331	Amanda Banas	Female	25	Des Moines	IA	10:12 min/m	01:03:24.58
145	253/278	58/66	412	Shannon Shannon Dierks	Female	24	Albia	IA	10:14 min/m	01:03:37.78
146	255/278	44/50	246	Erin Frederick	Female	39	Ankeny	IA	10:15 min/m	01:03:45.80
147	256/278	33/35	897	Shannon Lucas	Female	43	Ankeny	IA	10:15 min/m	01:03:46.50
148	257/278	45/50	979	Michelle Bialas	Female	32	Des Moines	IA	10:16 min/m	01:03:52.70
149	258/278	46/50	210	April Zynda	Female	32	West Des Moines	IA	10:21 min/m	01:04:21.51
150	259/278	59/66	129	Margaret Stalter	Female	28	Waukee	IA	10:21 min/m	01:04:21.71
151	260/278	60/66	381	Lindsay Knoop	Female	29	Granger	IA	10:21 min/m	01:04:24.98
152	261/278	47/50	187	Courtney Schwartz	Female	30	Windsor Heights	IA	10:22 min/m	01:04:25.29
153	262/278	34/35	984	Sue Olson	Female	44	Ankeny	IA	10:22 min/m	01:04:27.20
154	263/278	48/50	149	Melissa Criswell	Female	35	Saint Charles	IA	10:22 min/m	01:04:27.20
155	264/278	61/66	353	Audriana Debuse	Female	23	West Des Moines	IA	10:26 min/m	01:04:52.28
156	265/278	62/66	368	Caitlin Germer	Female	24	West Des Moines	IA	10:36 min/m	01:05:52.32
157	266/278	63/66	342	Allison Butler	Female	23	Des Moines	IA	10:36 min/m	01:05:52.38
158	267/278	64/66	36	Amber Martinez	Female	28	West Des Moines	IA	10:44 min/m	01:06:42.26
159	268/278	49/50	206	Lesli Woodyard	Female	35	Des Moines	IA	10:54 min/m	01:07:48.95
160	269/278	50/50	143	Susan Brown	Female	36	Des Moines	IA	10:59 min/m	01:08:20.81
161	270/278	35/35	251	Marcia Goffinet	Female	41	Ankeny	IA	11:00 min/m	01:08:21.79
162	271/278	65/66	201	Maggie White	Female	28	Des Moines	IA	11:01 min/m	01:08:28.73
163	272/278	10/13	270	Linda Koele	Female	54	Des Moines	IA	11:08 min/m	01:09:14.43
164	274/278	11/13	975	Marcie Morrison	Female	59	West Des Moines	IA	11:14 min/m	01:09:49.97
165	275/278	12/13	140	Susan Appler	Female	50	Norwalk	IA	12:42 min/m	01:18:59.10
166	276/278	13/13	325	Amy Williams-Mckern	Female	51	Pleasant Hill	IA	13:17 min/m	01:22:37.80
167	277/278	66/66	418	Wendy Steffen	Female	24	Des Moines	IA	13:18 min/m	01:22:38.80

# Run to Exile

June 8, 2013

## Overall Results - Male

10K

Place	Overall Pic/Total	Div Pic/Total	No.	Name	Gender	Age	City	St.	Pace	Time
1	1/278	1/41	111	Jeff Hughes	Male	35	Norwalk	IA	5:17 min/m	00:32:53.30
2	2/278	2/41	108	Russ Flug	Male	39	Waukee	IA	5:23 min/m	00:33:31.30
3	3/278	3/41	430	Jack Johnson	Male	32	West Des Moines	IA	5:47 min/m	00:35:59.97
4	4/278	1/48	436	Nate White	Male	29	Des Moines	IA	5:53 min/m	00:36:34.48
5	5/278	4/41	220	Paxton Bennett	Male	39	West Des Moines	IA	6:01 min/m	00:37:26.87
6	6/278	2/48	286	Nicholas Oestreich	Male	21	Des Moines	IA	6:08 min/m	00:38:07.95
7	8/278	3/48	256	Kyle Hanson	Male	23	West Des Moines	IA	6:14 min/m	00:38:44.70
8	10/278	1/1	432	Steve Falck	Male	99	Des Moines	IA	6:16 min/m	00:39:01.39
9	11/278	4/48	322	Hunter Watson	Male	21	Bettendorf	IA	6:18 min/m	00:39:09.26
10	13/278	5/41	173	Jeremy Mueller	Male	36	Waukee	IA	6:20 min/m	00:39:24.76
11	14/278	6/41	237	Neal Denhartog	Male	32	Ames	IA	6:21 min/m	00:39:32.18
12	15/278	7/41	166	Michael Kobylinski	Male	31	Pella	IA	6:25 min/m	00:39:52.72
13	16/278	8/41	155	Dean Gieseman	Male	38	Clive	IA	6:31 min/m	00:40:33.56
14	17/278	5/48	209	Joey Zehner	Male	29	Des Moines	IA	6:33 min/m	00:40:45.34
15	18/278	6/48	180	Andy Puhmann	Male	23	Des Moines	IA	6:34 min/m	00:40:48.38
16	19/278	7/48	138	Dan Zagoren	Male	28	Clive	IA	6:35 min/m	00:40:55.51
17	22/278	9/41	274	Jason Laughlin	Male	38	Des Moines	IA	6:41 min/m	00:41:32.57
18	23/278	8/48	195	Jason Vangundy	Male	29	Johnston	IA	6:41 min/m	00:41:33.51
19	24/278	9/48	194	Tim Tesar	Male	29	Des Moines	IA	6:41 min/m	00:41:37.72
20	27/278	10/48	115	Michael Lunn	Male	23	Des Moines	IA	6:47 min/m	00:42:11.51
21	28/278	10/41	104	Chad Buresh	Male	39	Clive	IA	6:48 min/m	00:42:19.26
22	29/278	11/48	227	Caleb Carroll	Male	25	Ankeny	IA	6:49 min/m	00:42:26.76
23	31/278	12/48	324	Tyman Wiley	Male	27	Palo	IA	6:55 min/m	00:43:02.26
24	32/278	13/48	275	Bryan Lloyd	Male	27	Des Moines	IA	6:57 min/m	00:43:11.41
25	33/278	14/48	316	Matt Ulmer	Male	28	Des Moines	IA	7:00 min/m	00:43:31.18
26	36/278	15/48	234	Nicholas Cross	Male	22	Fort Madison	IA	7:05 min/m	00:44:05.51
27	37/278	16/48	290	Clint Puhmann	Male	25	Des Moines	IA	7:06 min/m	00:44:09.26
28	38/278	11/41	139	Derc Albrecht	Male	30	Ankeny	IA	7:06 min/m	00:44:10.26
29	39/278	12/41	188	Michael Simpson	Male	36	Des Moines	IA	7:07 min/m	00:44:14.36
30	41/278	13/41	141	Justin Barrett	Male	32	Des Moines	IA	7:09 min/m	00:44:28.25
31	45/278	17/48	165	Marc Kittleson	Male	26	Mason City	IA	7:14 min/m	00:45:01.94
32	47/278	18/48	199	Ryan Watermillier	Male	26	Ankeny	IA	7:15 min/m	00:45:03.67
33	48/278	14/41	176	Joseph O'hanlon	Male	32	Johnston	IA	7:15 min/m	00:45:06.65
34	53/278	1/9	182	Michael Ream	Male	42	Des Moines	IA	7:19 min/m	00:45:28.65
35	57/278	19/48	280	Craig Menke	Male	26	Coralville	IA	7:25 min/m	00:46:05.65
36	58/278	20/48	162	James Jeltema	Male	26	Des Moines	IA	7:25 min/m	00:46:05.76
37	59/278	21/48	319	Hans Vander Plaats	Male	25	West Des Moines	IA	7:25 min/m	00:46:06.26
38	60/278	15/41	164	Lance Kelderman	Male	38	Norwalk	IA	7:25 min/m	00:46:06.46
39	61/278	22/48	2869	Zach Steele	Male	29	Des Moines	IA	7:26 min/m	00:46:15.43
40	63/278	23/48	117	Kyle McClain	Male	25	Clive	IA	7:27 min/m	00:46:18.17
41	68/278	24/48	283	Austin Narber	Male	23	Des Moines	IA	7:31 min/m	00:46:45.51
42	69/278	16/41	131	Nick Swift	Male	36	Waukee	IA	7:31 min/m	00:46:47.43
43	72/278	17/41	208	Joseph Zambreno	Male	33	Ankeny	IA	7:34 min/m	00:47:02.17
44	73/278	18/41	2877	Jeromy Pribil	Male	35	Johnston	IA	7:35 min/m	00:47:08.54
45	74/278	1/12	191	Gary Stangland	Male	56	Cedar Rapids	IA	7:35 min/m	00:47:08.73
46	75/278	19/41	18	David Perrigo	Male	35	West Des Moines	IA	7:35 min/m	00:47:08.73
47	76/278	25/48	223	Justin Briar	Male	28	Des Moines	IA	7:35 min/m	00:47:13.16
48	79/278	20/41	121	Nathan Mundy	Male	31	Des Moines	IA	7:41 min/m	00:47:49.19
49	82/278	21/41	215	Justin Atherton	Male	33	Waukee	IA	7:43 min/m	00:47:57.24
50	84/278	26/48	185	Rob Schreurs	Male	29	Des Moines	IA	7:46 min/m	00:48:16.26
51	85/278	22/41	116	Brent Marnin	Male	36	West Des Moines	IA	7:46 min/m	00:48:21.48
52	86/278	23/41	267	Andrew Judge	Male	31	Clive	IA	7:48 min/m	00:48:32.22
53	87/278	27/48	242	Adam Falk	Male	26	Des Moines	IA	7:49 min/m	00:48:39.26
54	91/278	24/41	30	David Graham	Male	31	West Des Moines	IA	7:52 min/m	00:48:54.85
55	93/278	2/9	134	Dan Uppena	Male	40	Waukee	IA	7:54 min/m	00:49:05.94
56	101/278	25/41	292	Michael Riggs	Male	33	West Des Moines	IA	7:58 min/m	00:49:30.77
57	102/278	26/41	128	Brian Speers	Male	37	Des Moines	IA	7:58 min/m	00:49:32.98

# Run to Exile

June 8, 2013

## Overall Results - Male

10K

Place	Overall Pic/Total	Div Pic/Total	No.	Name	Gender	Age	City	St.	Pace	Time
58	103/278	2/12	167	Mark Koskamp	Male	54	Des Moines	IA	8:00 min/m	00:49:45.52
59	104/278	27/41	159	Andy Heggenstaller	Male	35	Des Moines	IA	8:00 min/m	00:49:47.25
60	107/278	28/48	229	Bryan Cogswell	Male	29	Richfield	MN	8:01 min/m	00:49:49.64
61	109/278	3/12	196	John Vujnovich	Male	58	Des Moines	IA	8:01 min/m	00:49:52.86
62	112/278	28/41	118	Tim McClure	Male	39	Altoona	IA	8:02 min/m	00:49:56.75
63	117/278	29/41	160	Brian Higgins	Male	37	Waukee	IA	8:03 min/m	00:50:04.68
64	121/278	30/41	190	Christopher Smith	Male	33	Urbandale	IA	8:06 min/m	00:50:21.70
65	122/278	29/48	142	Chris Brandes	Male	27	Ames	IA	8:07 min/m	00:50:28.92
66	123/278	4/12	189	Mark Smidt	Male	50	Keokuk	IA	8:09 min/m	00:50:39.26
67	124/278	30/48	109	Avery Gaston	Male	24	Clive	IA	8:09 min/m	00:50:39.45
68	126/278	31/41	103	Rick Brcka	Male	37	Altoona	IA	8:09 min/m	00:50:40.00
69	128/278	31/48	277	Robert Main	Male	25	Ankeny	IA	8:09 min/m	00:50:41.22
70	131/278	5/12	112	Doug Jacobson	Male	55	Ames	IA	8:09 min/m	00:50:42.70
71	134/278	32/48	273	Brian Lapcewich	Male	26	West Des Moines	IA	8:12 min/m	00:50:59.20
72	138/278	6/12	204	John Williams	Male	58	Carlisle	IA	8:16 min/m	00:51:27.77
73	140/278	32/41	197	Robert Walker	Male	32	Des Moines	IA	8:17 min/m	00:51:32.77
74	142/278	33/48	326	Ben Wolf	Male	24	Beloit	IA	8:19 min/m	00:51:46.51
75	145/278	3/9	135	Tray Wade	Male	40	Waukee	IA	8:26 min/m	00:52:30.21
76	148/278	7/12	146	Mike Clayton	Male	57	Ames	IA	8:28 min/m	00:52:40.98
77	150/278	33/41	125	Dan Rivenburgh	Male	39	Waukee	IA	8:30 min/m	00:52:52.78
78	155/278	34/48	304	Eligio Sotelo Herrera	Male	27	Ankeny	IA	8:35 min/m	00:53:24.77
79	156/278	34/41	193	Victor Svecs	Male	33	West Des Moines	IA	8:36 min/m	00:53:27.00
80	157/278	4/9	132	Joseph Thompson	Male	43	Ames	IA	8:36 min/m	00:53:30.68
81	161/278	35/48	225	Adam Carlson	Male	26	Ankeny	IA	8:39 min/m	00:53:47.22
82	169/278	5/9	993	Doug Kuntz	Male	48	Pleasant Hill	IA	8:40 min/m	00:53:54.14
83	172/278	35/41	148	John Condon	Male	35	Waukee	IA	8:41 min/m	00:54:02.27
84	173/278	36/41	124	Steven Rancourt	Male	34	West Des Moines	IA	8:41 min/m	00:54:02.33
85	177/278	36/48	156	Grant Gillon	Male	23	Des Moines	IA	8:48 min/m	00:54:46.28
86	180/278	8/12	137	John Wengert	Male	50	Johnston	IA	8:52 min/m	00:55:08.52
87	183/278	6/9	175	Mike Murphy	Male	47	Des Moines	IA	8:55 min/m	00:55:28.77
88	187/278	37/41	102	Jeff Berckes	Male	31	Des Moines	IA	8:58 min/m	00:55:47.24
89	188/278	37/48	297	Jeff Shinrock	Male	28	Ames	IA	8:59 min/m	00:55:52.14
90	190/278	38/41	113	John Kittell	Male	35	West Des Moines	IA	9:00 min/m	00:56:00.27
91	192/278	38/48	295	Tim Schlichte	Male	24	Des Moines	IA	9:01 min/m	00:56:03.40
92	195/278	7/9	120	Brian Miller	Male	41	Des Moines	IA	9:04 min/m	00:56:23.70
93	196/278	39/48	240	Eric Dirth	Male	22	West Point	IA	9:05 min/m	00:56:27.76
94	197/278	9/12	239	Todd Dirth	Male	52	West Point	IA	9:05 min/m	00:56:28.27
95	198/278	40/48	126	Thomas Roth	Male	29	West Des Moines	IA	9:05 min/m	00:56:28.78
96	201/278	41/48	154	Chris Fitzgerald	Male	29	Des Moines	IA	9:07 min/m	00:56:43.66
97	204/278	42/48	315	Spenser Tonda	Male	25	West Des Moines	IA	9:10 min/m	00:56:57.77
98	212/278	43/48	179	Ryan Prusa	Male	26	Des Moines	IA	9:17 min/m	00:57:43.28
99	213/278	8/9	130	Scott Steen	Male	47	Urbandale	IA	9:18 min/m	00:57:51.90
100	215/278	44/48	107	Pershall Derrick Pershall	Male	25	Ankeny	IA	9:19 min/m	00:57:56.97
101	219/278	39/41	207	Victor Young	Male	37	Ankeny	IA	9:25 min/m	00:58:33.90
102	229/278	45/48	119	Michael Donnelly	Male	28	Granger	IA	9:33 min/m	00:59:20.78
103	233/278	40/41	122	Paul Pedersen	Male	37	Ankeny	IA	9:46 min/m	01:00:42.79
104	235/278	9/9	186	Scott Schumacher	Male	43	Johnston	IA	9:47 min/m	01:00:47.78
105	238/278	46/48	53	Blake Uhlken	Male	25	Omaha	NE	9:55 min/m	01:01:40.67
106	242/278	10/12	435	Randy Westman	Male	54	Chariton	IA	9:57 min/m	01:01:55.53
107	250/278	47/48	147	Jonathan Cline	Male	25	Des Moines	IA	10:12 min/m	01:03:24.34
108	252/278	41/41	105	Benjamin Chambers	Male	30	Urbandale	IA	10:13 min/m	01:03:30.75
109	254/278	11/12	152	Tom Dierks	Male	54	Plymouth	MN	10:14 min/m	01:03:37.78
110	273/278	12/12	171	Randy Mckern	Male	52	Pleasant Hill	IA	11:08 min/m	01:09:15.44
111	278/278	48/48	2886	Clodomir Jean-Louis	Male	23	Des Moines	IA	13:18 min/m	01:22:40.69