

Run to Exile

June 8, 2013

Overall Results - Female

Half Marathon

Place	Overall Pic/Total	Div Pic/Total	No.	Name	Gender	Age	City	St.	Pace	Time
1	12/71	1/18	80	Whitney Noe	Female	24	Waukee	IA	7:21 min/m	01:36:28.57
2	14/71	2/18	71	Katherine Flickinger	Female	29	Ankeny	IA	7:36 min/m	01:39:38.51
3	25/71	1/6	74	Beth Henriksen	Female	57	Ames	IA	8:00 min/m	01:44:52.33
4	30/71	2/6	93	Lisa Simonetta	Female	54	Des Moines	IA	8:12 min/m	01:47:32.13
5	33/71	3/18	60	Ali Berens	Female	25	Ames	IA	8:19 min/m	01:49:14.47
6	34/71	4/18	88	Lauren Sullivan	Female	29	Ames	IA	8:19 min/m	01:49:14.47
7	35/71	5/18	70	Michelle Duncalf	Female	27	Ankeny	IA	8:23 min/m	01:50:00.86
8	36/71	6/18	89	Kacie Swanson	Female	24	West Des Moines	IA	8:25 min/m	01:50:30.78
9	40/71	7/18	73	Sarah Haley	Female	28	West Des Moines	IA	8:35 min/m	01:52:32.17
10	42/71	8/18	66	Kaitlin Courtney	Female	24	West Des Moines	IA	8:45 min/m	01:54:45.84
11	43/71	1/5	54	Michelle Vincent	Female	39	Slater	IA	8:45 min/m	01:54:50.52
12	45/71	9/18	87	Alisha Smith	Female	22	Sigourney	IA	8:47 min/m	01:55:11.83
13	46/71	2/5	90	Nicole Winebrenner	Female	30	Des Moines	IA	8:52 min/m	01:56:24.84
14	47/71	10/18	55	Kathleen Vonderhaar	Female	26	West Point	IA	8:55 min/m	01:57:03.20
15	49/71	3/6	79	Lori Mcquiston	Female	50	Maxwell	IA	8:55 min/m	01:57:04.84
16	50/71	3/5	57	Jennifer Williams	Female	33	Ankeny	IA	8:59 min/m	01:57:47.75
17	51/71	11/18	85	Whitney Robertson	Female	28	West Des Moines	IA	9:00 min/m	01:58:04.63
18	52/71	12/18	75	Lauren Hill	Female	27	West Des Moines	IA	9:04 min/m	01:59:03.59
19	54/71	1/2	64	Denise Carleton	Female	42	Ankeny	IA	9:12 min/m	02:00:44.23
20	56/71	13/18	58	Nicole Aldrich	Female	26	Altoona	IA	9:14 min/m	02:01:06.92
21	58/71	14/18	69	Kaitlin Dilsaver	Female	22	Des Moines	IA	9:30 min/m	02:04:35.85
22	61/71	4/6	68	Paula Dierenfeld	Female	58	Johnston	IA	10:00 min/m	02:11:08.77
23	62/71	4/5	50	Heather Spong	Female	36	Pella	IA	10:05 min/m	02:12:18.35
24	63/71	15/18	84	Mattie Robertson	Female	23	Dallas City	IL	10:14 min/m	02:14:15.85
25	64/71	5/6	59	Elizabeth Baustian	Female	50	West Des Moines	IA	10:17 min/m	02:14:56.23
26	65/71	16/18	44	Caitlin Robertson	Female	21	Des Moines	IA	10:17 min/m	02:15:00.66
27	66/71	2/2	202	Patty Williams	Female	43	Urbandale	IA	10:21 min/m	02:15:48.76
28	67/71	17/18	81	Sarah Olson	Female	24	Ankeny	IA	10:56 min/m	02:23:28.26
29	68/71	18/18	61	Caitlin Bielenberg	Female	21	Ida Grove	IA	11:02 min/m	02:24:50.81
30	70/71	5/5	92	Cora Griffen	Female	34	Ames	IA	11:47 min/m	02:34:32.52
31	71/71	6/6	31	Sallie Hedgepeth	Female	53	Johnston	IA	12:18 min/m	02:41:18.14

Run to Exile

June 8, 2013

Overall Results - Male

Half Marathon

Place	Overall Pic/Total	Div Pic/Total	No.	Name	Gender	Age	City	St.	Pace	Time
1	1/71	1/4	26	Joel Frye	Male	40	Des Moines	IA	5:45 min/m	01:15:28.50
2	2/71	1/15	72	Lance Gunkel	Male	34	Clive	IA	6:24 min/m	01:24:06.31
3	3/71	1/20	41	Ryan Noe	Male	24	Waukee	IA	6:42 min/m	01:27:58.73
4	4/71	2/15	971	Tony Schubert	Male	31	Des Moines	IA	6:42 min/m	01:27:59.32
5	5/71	2/20	42	Brian Petersen	Male	28	Ankeny	IA	6:55 min/m	01:30:49.30
6	6/71	3/20	2861	Michael Redlinger	Male	27	Waukee	IA	7:00 min/m	01:31:47.70
7	7/71	4/20	77	Sean Lunde	Male	26	Clive	IA	7:06 min/m	01:33:17.42
8	8/71	2/4	48	Darvish Shadravan	Male	44	Ankeny	IA	7:07 min/m	01:33:22.54
9	9/71	5/20	20	Derek White	Male	22	Ames	IA	7:18 min/m	01:35:45.78
10	10/71	3/15	22	Colin Witt	Male	38	Des Moines	IA	7:18 min/m	01:35:50.44
11	11/71	4/15	9	Scott Bohlmann	Male	30	Cedar Falls	IA	7:20 min/m	01:36:12.73
12	13/71	5/15	94	Darin Hendrix	Male	38	Ankeny	IA	7:31 min/m	01:38:32.94
13	15/71	6/20	56	Jesse Waitman	Male	28	Urbandale	IA	7:36 min/m	01:39:41.95
14	16/71	6/15	46	Nick Roerig	Male	34	Clive	IA	7:37 min/m	01:39:51.52
15	17/71	7/20	28	Jacob Gingerich	Male	25	Des Moines	IA	7:38 min/m	01:40:12.50
16	18/71	8/20	35	Ben Judge	Male	28	Des Moines	IA	7:39 min/m	01:40:24.74
17	19/71	9/20	43	Nicholas Plundo	Male	28	West Des Moines	IA	7:41 min/m	01:40:43.74
18	20/71	10/20	17	Devin Mogler	Male	27	Des Moines	IA	7:41 min/m	01:40:53.90
19	21/71	7/15	16	Ryan Malloy	Male	35	Williamsburg	IA	7:43 min/m	01:41:21.57
20	22/71	3/4	19	Kevin Sinclair	Male	45	Carlisle	IA	7:52 min/m	01:43:18.83
21	23/71	8/15	12	Mike Gabrick	Male	39	Parkville	MO	7:55 min/m	01:43:48.58
22	24/71	9/15	8	Aaron Bewyer	Male	39	Urbandale	IA	7:55 min/m	01:43:48.63
23	26/71	10/15	25	Adam Foley	Male	33	Ames	IA	8:05 min/m	01:46:10.16
24	27/71	11/20	37	Carson Mcintosh	Male	27	Keosauqua	IA	8:06 min/m	01:46:11.78
25	28/71	11/15	11	Sean Chicoine	Male	38	Des Moines	IA	8:06 min/m	01:46:13.10
26	29/71	12/20	82	Donald Rastetter	Male	23	Lincoln	NE	8:06 min/m	01:46:23.33
27	31/71	12/15	10	John Buzzoni	Male	39	Polk City	IA	8:19 min/m	01:49:06.58
28	32/71	13/20	27	Joseph Gallagher	Male	24	Ames	IA	8:19 min/m	01:49:14.27
29	37/71	14/20	47	Matt Sales	Male	29	Des Moines	IA	8:32 min/m	01:51:53.16
30	38/71	15/20	32	Evan Huseman	Male	24	Des Moines	IA	8:32 min/m	01:51:58.23
31	39/71	4/4	15	Keith Lydon	Male	43	Johnston	IA	8:33 min/m	01:52:12.44
32	41/71	1/1	2	Michael Boyle	Male	52	Ankeny	IA	8:44 min/m	01:54:35.51
33	44/71	16/20	24	Brandon Brooks	Male	24	Sigourney	IA	8:47 min/m	01:55:11.83
34	48/71	17/20	7	Hans Bengtson	Male	29	Iowa City	IA	8:55 min/m	01:57:03.94
35	53/71	18/20	21	Jessie Wipperman	Male	28	Des Moines	IA	9:12 min/m	02:00:44.22
36	55/71	19/20	23	Brandon Borts	Male	26	Pleasant Hill	IA	9:14 min/m	02:01:06.34
37	57/71	13/15	1	Chris Benda	Male	38	Des Moines	IA	9:27 min/m	02:04:03.35
38	59/71	14/15	4	Brian Chisholm	Male	32	Ankeny	IA	9:37 min/m	02:06:04.35
39	60/71	20/20	14	Josh Larson	Male	23	Ames	IA	9:49 min/m	02:08:50.61
40	69/71	15/15	3	Kyle Brown	Male	38	Des Moines	IA	11:38 min/m	02:32:41.84