

Run to Exile

June 8, 2013

Overall Division Results

5K

Female Ages 01 - 19

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Time
1	68/439	23/266	886	Jessica Jacobson	19	Female	Ames	IA	7:04 min/m	00:21:58.84
2	76/439	27/266	943	Anna Svoboda	15	Female	Ankeny	IA	7:08 min/m	00:22:11.86
3	228/439	115/266	878	Megan Hampton	14	Female	Clive	IA	8:41 min/m	00:27:00.78

Male Ages 01 - 19

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Time
1	11/439	10/173	579	Josh Jacobs	19	Male	Johnston	IA	5:53 min/m	00:18:18.18
2	13/439	12/173	158	Mason Hampton	16	Male	Clive	IA	5:57 min/m	00:18:31.17
3	149/439	84/173	441	Keaton Babcock	18	Male	Altoona	IA	7:59 min/m	00:24:48.35

Run to Exile

June 8, 2013

Overall Division Results

5K

Female Ages 20 - 29

Div Place	Overall Pic/Total	Gender Pic/Total	No.	Name	Age	Gender	City	St.	Pace	Time
1	47/439	10/266	863	Vanessa Everson	24	Female	Des Moines	IA	6:44 min/m	00:20:56.64
2	52/439	13/266	884	Katie Jackson	26	Female	Ankeny	IA	6:51 min/m	00:21:18.74
3	53/439	14/266	766	Brook Otto	21	Female	Marshalltown	IA	6:52 min/m	00:21:21.74
4	54/439	15/266	582	Paige Jones	24	Female	Ames	IA	6:52 min/m	00:21:22.75
5	58/439	17/266	836	Amanda Bakeris	27	Female	Des Moines	IA	6:54 min/m	00:21:27.50
6	59/439	18/266	849	Andrea Daugherty	27	Female	West Des Moines	IA	6:54 min/m	00:21:27.51
7	63/439	20/266	877	Stacy Halbach	26	Female	Ankeny	IA	6:59 min/m	00:21:42.34
8	65/439	21/266	330	Amber Baker	28	Female	Des Moines	IA	7:00 min/m	00:21:47.63
9	70/439	24/266	719	Ann Hoover	21	Female	Nevada	IA	7:05 min/m	00:22:00.55
10	73/439	25/266	830	Lindsay Allen	25	Female	Ames	IA	7:07 min/m	00:22:07.49
11	74/439	26/266	953	Hannah Haas	24	Female	Des Moines	IA	7:08 min/m	00:22:10.86
12	77/439	28/266	909	Jessica Meyer	29	Female	Ankeny	IA	7:10 min/m	00:22:16.32
13	80/439	29/266	783	Meghan Schoen	23	Female	Johnston	IA	7:11 min/m	00:22:21.39
14	84/439	31/266	658	Nicole Aspenson	29	Female	Des Moines	IA	7:13 min/m	00:22:26.49
15	86/439	32/266	832	Ashley Anderson	28	Female	Johnston	IA	7:13 min/m	00:22:28.24
16	94/439	34/266	656	Angela Angela Ann Foster	29	Female	Ankeny	IA	7:25 min/m	00:23:02.65
17	100/439	35/266	937	Lauren Shimanovsky	21	Female	Madison	WI	7:28 min/m	00:23:12.99
18	103/439	36/266	838	Rebecca Barloon	27	Female	Iowa City	IA	7:29 min/m	00:23:17.87
19	104/439	37/266	659	Grace Barloon	24	Female	Iowa City	IA	7:29 min/m	00:23:17.99
20	106/439	39/266	2887	Brittany Allison	28	Female	West Des Moines	IA	7:32 min/m	00:23:24.60
21	107/439	40/266	939	Shannon Stiles	26	Female	Waukee	IA	7:33 min/m	00:23:27.64
22	116/439	45/266	768	Melissa Pasker	28	Female	Bondurant	IA	7:41 min/m	00:23:53.88
23	119/439	48/266	806	Erica Thompson	22	Female	Ames	IA	7:43 min/m	00:24:00.56
24	126/439	53/266	756	Nicole Mortenson	28	Female	Bondurant	IA	7:47 min/m	00:24:13.40
25	129/439	55/266	840	Ashleigh Brady	26	Female	Des Moines	IA	7:48 min/m	00:24:16.65
26	137/439	58/266	778	Anne Roth	23	Female	West Des Moines	IA	7:52 min/m	00:24:29.45
27	140/439	60/266	890	Madison Kasper	21	Female	Des Moines	IA	7:55 min/m	00:24:35.95
28	142/439	61/266	866	Erinn Flahive	20	Female	Des Moines	IA	7:56 min/m	00:24:41.27
29	147/439	64/266	944	Jamie Tabor	25	Female	Ames	IA	7:58 min/m	00:24:45.50
30	150/439	66/266	843	Niki Cade	21	Female	Des Moines	IA	7:59 min/m	00:24:48.98
31	154/439	69/266	826	Margeaux Adams	21	Female	Des Moines	IA	8:03 min/m	00:25:01.99
32	156/439	71/266	917	Annika Peick	21	Female	Des Moines	IA	8:05 min/m	00:25:09.72
33	163/439	74/266	2845	Angie Vanderschel	29	Female	Pleasant Hill	IA	8:07 min/m	00:25:14.23
34	166/439	77/266	657	Maggie Arnold	27	Female	Shannon City	IA	8:10 min/m	00:25:22.57
35	167/439	78/266	942	Anna Svecs	29	Female	West Des Moines	IA	8:10 min/m	00:25:22.97
36	173/439	82/266	728	Ashley Kasper	23	Female	Iowa City	IA	8:13 min/m	00:25:31.92
37	175/439	83/266	864	Katie Frier	23	Female	Des Moines	IA	8:14 min/m	00:25:37.18
38	178/439	84/266	913	Carien Natalia	24	Female	Des Moines	IA	8:15 min/m	00:25:40.23
39	180/439	86/266	962	Megan Nielson	21	Female	Des Moines	IA	8:16 min/m	00:25:41.65
40	181/439	87/266	738	Darcy Lane	27	Female	Des Moines	IA	8:16 min/m	00:25:41.86
41	182/439	88/266	2850	Steph Albrecht	28	Female	Ankeny	IA	8:16 min/m	00:25:42.68
42	183/439	89/266	911	Kristin Morrison	23	Female	Des Moines	IA	8:16 min/m	00:25:43.69
43	187/439	92/266	894	Jacqueline Kolpek	24	Female	Des Moines	IA	8:18 min/m	00:25:49.12
44	190/439	94/266	2863	Emma Schlomann	24	Female	Des Moines	IA	8:18 min/m	00:25:49.75
45	191/439	95/266	883	Mary Hovick	23	Female	Coralville	IA	8:19 min/m	00:25:52.28
46	196/439	97/266	771	Liz Prosch	23	Female	West Des Moines	IA	8:23 min/m	00:26:03.45
47	197/439	98/266	848	Kaitlin Dallman	24	Female	West Des Moines	IA	8:23 min/m	00:26:03.45
48	199/439	99/266	934	Keri Sersland	29	Female	West Des Moines	IA	8:23 min/m	00:26:04.62
49	204/439	101/266	835	Kristin Baedke	27	Female	Des Moines	IA	8:26 min/m	00:26:12.80
50	210/439	103/266	478	Lynne Johnson	28	Female	West Des Moines	IA	8:29 min/m	00:26:22.75
51	215/439	106/266	2880	Samantha Wetzel	24	Female	Wdsm	IA	8:34 min/m	00:26:37.39
52	216/439	107/266	865	Erinn Flahive	21	Female	Des Moines	IA	8:35 min/m	00:26:40.22
53	219/439	110/266	856	Katharyne Dunn	22	Female	Altoona	IA	8:35 min/m	00:26:41.75
54	222/439	112/266	931	Elizabeth Schlievert	29	Female	Des Moines	IA	8:37 min/m	00:26:46.76

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5K

Female Ages 20 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Time
55	226/439	113/266	553	Kelli Fisk	26	Female	Clive	IA	8:40 min/m	00:26:58.15
56	229/439	116/266	926	Carol Ricker	27	Female	Des Moines	IA	8:43 min/m	00:27:06.55
57	231/439	118/266	918	Megan Peiffer	28	Female	Des Moines	IA	8:43 min/m	00:27:07.82
58	232/439	119/266	774	Shawna Ritchie	26	Female	Creston	IA	8:44 min/m	00:27:08.50
59	233/439	120/266	924	Kelly Reilly	27	Female	Des Moines	IA	8:45 min/m	00:27:13.25
60	234/439	121/266	986	Hallie Beeler	23	Female	Des Moines	IA	8:45 min/m	00:27:14.17
61	241/439	124/266	902	Mary Mary Maassen	24	Female	Ankeny	IA	8:48 min/m	00:27:22.00
62	242/439	125/266	885	Ashley Jacobson	29	Female	Ankeny	IA	8:48 min/m	00:27:22.10
63	246/439	128/266	985	Mary Serg	27	Female	Wdm	IA	8:48 min/m	00:27:22.95
64	266/439	144/266	2875	Kayla Spartz	26	Female	Minneapolis	MN	8:54 min/m	00:27:40.82
65	271/439	149/266	945	Lynn Tazzioli	23	Female	Ankeny	IA	8:57 min/m	00:27:50.68
66	272/439	150/266	682	Ashley Chyma	27	Female	Ames	IA	8:57 min/m	00:27:51.25
67	273/439	151/266	889	Sabina Karamuja	24	Female	West Des Moines	IA	8:57 min/m	00:27:51.49
68	274/439	152/266	2840	Lindsay Crawford	22	Female	Minnnetonka	MN	8:58 min/m	00:27:51.80
69	275/439	153/266	907	Ashley Mcdonald	24	Female	Des Moines	IA	8:58 min/m	00:27:53.94
70	279/439	155/266	2885	Kate Moriarty	29	Female	Urbandale	IA	9:06 min/m	00:28:16.70
71	282/439	157/266	2817	Laura Laura Terpstra	25	Female	Marengo	IA	9:06 min/m	00:28:18.72
72	285/439	159/266	2860	Shelby Sever	25	Female	West Des Moines	IA	9:11 min/m	00:28:33.38
73	288/439	160/266	799	Samara Stoneking	23	Female	Des Moines	IA	9:12 min/m	00:28:38.10
74	293/439	163/266	749	Kristen Mclain	28	Female	Des Moines	IA	9:15 min/m	00:28:45.59
75	294/439	164/266	593	Miranda Mark	23	Female	Urbandale	IA	9:15 min/m	00:28:46.19
76	295/439	165/266	875	Abby Gumina	24	Female	West Des Moines	IA	9:15 min/m	00:28:46.19
77	298/439	166/266	872	Keely Goshia	22	Female	Galena	OH	9:20 min/m	00:29:01.86
78	299/439	167/266	654	Danielle Alphonson	29	Female	Des Moines	IA	9:20 min/m	00:29:02.47
79	303/439	170/266	888	Julie Jolesch	27	Female	Ankeny	IA	9:22 min/m	00:29:08.16
80	308/439	172/266	669	Lisa Brekke	25	Female	Ames	IA	9:29 min/m	00:29:29.70
81	310/439	174/266	938	Samantha Spence	25	Female	Bloomington	IL	9:29 min/m	00:29:30.51
82	314/439	175/266	881	Hannah Herzog	25	Female	Des Moines	IA	9:32 min/m	00:29:40.25
83	315/439	176/266	936	Jessica Shalita	24	Female	Des Moines	IA	9:33 min/m	00:29:40.69
84	316/439	177/266	997	Jenny Silvers	28	Female	West Des Moines	IA	9:33 min/m	00:29:41.30
85	325/439	186/266	759	Brianna Metzel	23	Female	Des Moines	IA	9:40 min/m	00:30:04.66
86	327/439	187/266	758	Alyssa Mueller	26	Female	West Des Moines	IA	9:41 min/m	00:30:06.69
87	331/439	190/266	632	Megan Skinner	25	Female	West Des Moines	IA	9:46 min/m	00:30:21.35
88	332/439	191/266	646	Tyne Westfall	28	Female	Des Moines	IA	9:50 min/m	00:30:34.50
89	336/439	194/266	2874	Tamra Gustafson	28	Female	West Des Moines	IA	9:54 min/m	00:30:47.80
90	343/439	199/266	538	Jen Cattell	28	Female	West Des Moines	IA	10:10 min/m	00:31:37.53
91	346/439	200/266	854	Abbi Dow	25	Female	Waukee	IA	10:15 min/m	00:31:51.37
92	349/439	202/266	2827	Tara Ray	25	Female	Des Moines	IA	10:19 min/m	00:32:04.76
93	353/439	205/266	951	Sheena Bass	27	Female	Clive	IA	10:28 min/m	00:32:31.50
94	358/439	208/266	558	Emily Friesth	23	Female	West Des Moines	IA	10:37 min/m	00:33:02.23
95	361/439	210/266	671	Linley Bruess	24	Female	Des Moines	IA	10:41 min/m	00:33:13.76
96	374/439	219/266	773	Steph Ries	26	Female	Minneapolis	MN	11:09 min/m	00:34:39.65
97	380/439	224/266	857	Megan Dvorak	28	Female	Elberon	IA	11:14 min/m	00:34:54.49
98	395/439	234/266	925	Anne Reser	27	Female	West Des Moines	IA	11:56 min/m	00:37:06.51
99	396/439	235/266	2873	Alexis Carroll	26	Female	West Des Moines	IA	12:00 min/m	00:37:17.47
100	397/439	236/266	837	Heather Banker	23	Female	Des Moines	IA	12:05 min/m	00:37:33.76
101	398/439	237/266	711	Brittany Grochala	22	Female	Ankeny	IA	12:05 min/m	00:37:34.99
102	399/439	238/266	903	Lindsey Matthews	24	Female	Des Moines	IA	12:05 min/m	00:37:34.99
103	400/439	239/266	916	Kelli Paris	23	Female	Des Moines	IA	12:05 min/m	00:37:34.99
104	408/439	245/266	2855	Katie Johnson	28	Female	West Des Moines	IA	12:22 min/m	00:38:28.26
105	409/439	246/266	2856	Tara Konradi	29	Female	Storm Lake	IA	12:23 min/m	00:38:30.51
106	413/439	249/266	528	Amanda Allen	25	Female	West Des Moines	IA	12:40 min/m	00:39:22.51
107	423/439	257/266	605	Allison Morris	28	Female	Waukee	IA	13:17 min/m	00:41:18.63

Run to Exile

June 8, 2013

Overall Division Results

5K

Male Ages 20 - 29

Div Place	Overall Pic/Total	Gender Pic/Total	No.	Name	Age	Gender	City	St.	Pace	Time
1	1/439	1/173	807	Andrew Townsend	26	Male	Des Moines	IA	4:49 min/m	00:14:58.71
2	4/439	4/173	450	J D Cambron	25	Male	Indianola	IA	5:12 min/m	00:16:09.73
3	6/439	5/173	991	Dilon Flanders	24	Male	Dsm	IA	5:34 min/m	00:17:19.49
4	8/439	7/173	709	Cody Gaiuin	24	Male	Des Moines	IA	5:48 min/m	00:18:01.49
5	9/439	8/173	2846	Adam Harris	24	Male	Nevada	IA	5:50 min/m	00:18:10.48
6	15/439	13/173	566	Justin Green	25	Male	Saint Anthony	IA	6:00 min/m	00:18:40.70
7	17/439	15/173	906	Josh Mcbride	29	Male	Waukee	IA	6:09 min/m	00:19:07.26
8	19/439	16/173	679	Joseph Carter	26	Male	Fredericksburg	VA	6:12 min/m	00:19:18.24
9	23/439	20/173	619	Clinton Ricker	29	Male	Des Moines	IA	6:14 min/m	00:19:22.70
10	26/439	23/173	2847	Peter Cade	27	Male	Des Moines	IA	6:18 min/m	00:19:36.91
11	27/439	24/173	638	Kyle Svoboda	23	Male	Rochester	MN	6:19 min/m	00:19:40.24
12	28/439	25/173	720	Samuel Hoover	24	Male	Nevada	IA	6:20 min/m	00:19:41.49
13	33/439	29/173	2843	Jordan Mcbride	26	Male	Waukee	IA	6:31 min/m	00:20:15.99
14	41/439	34/173	552	Andrew Fisher	22	Male	Ames	IA	6:39 min/m	00:20:42.59
15	57/439	41/173	772	Nick Raasch	27	Male	Des Moines	IA	6:54 min/m	00:21:26.92
16	61/439	43/173	908	Justin Meyer	29	Male	Ankeny	IA	6:54 min/m	00:21:27.96
17	66/439	45/173	755	Alexander Mortenson	28	Male	Bondurant	IA	7:01 min/m	00:21:48.44
18	69/439	46/173	565	Mark Gordon	22	Male	Nevada	IA	7:04 min/m	00:21:59.99
19	75/439	49/173	586	Keith Kistenmacher	28	Male	West Des Moines	IA	7:08 min/m	00:22:10.99
20	90/439	58/173	492	James Mangra	21	Male	Des Moines	IA	7:20 min/m	00:22:48.10
21	93/439	60/173	661	Adam Bates	27	Male	Des Moines	IA	7:23 min/m	00:22:57.74
22	95/439	61/173	625	Riley Schlievert	29	Male	Des Moines	IA	7:26 min/m	00:23:07.72
23	99/439	65/173	692	Joseph Dong	26	Male	Des Moines	IA	7:28 min/m	00:23:12.49
24	102/439	67/173	594	Josh Marker	28	Male	Ames	IA	7:29 min/m	00:23:16.65
25	114/439	70/173	547	Kyle Dedecker	23	Male	Cedar Rapids	IA	7:36 min/m	00:23:39.27
26	131/439	76/173	708	Cody Galvin	24	Male	Des Moines	IA	7:51 min/m	00:24:23.75
27	135/439	79/173	630	Matthew Shimanovsky	25	Male	Des Moines	IA	7:51 min/m	00:24:26.39
28	139/439	80/173	510	Mike Schubert	27	Male	Des Moines	IA	7:54 min/m	00:24:35.14
29	145/439	83/173	795	Justin Sofen	25	Male	West Des Moines	IA	7:57 min/m	00:24:42.85
30	161/439	88/173	693	Sam Druvenga	27	Male	West Des Moines	IA	8:07 min/m	00:25:13.75
31	162/439	89/173	517	Craig Vandeventer	23	Male	West Des Moines	IA	8:07 min/m	00:25:14.23
32	170/439	91/173	527	Cory Albrecht	26	Male	Ankeny	IA	8:12 min/m	00:25:30.49
33	174/439	92/173	588	Nicholas Kruger	23	Male	Des Moines	IA	8:14 min/m	00:25:36.99
34	186/439	95/173	535	Adam Brewer	29	Male	Clive	IA	8:18 min/m	00:25:47.38
35	192/439	97/173	596	Joe Mcandrew	22	Male	Iowa City	IA	8:19 min/m	00:25:52.70
36	202/439	102/173	957	Timothy Reilly	27	Male	Des Moines	IA	8:25 min/m	00:26:09.15
37	223/439	111/173	648	Jarryd Widhalm	26	Male	Des Moines	IA	8:37 min/m	00:26:47.24
38	237/439	116/173	640	Gregory Tallman	24	Male	Des Moines	IA	8:46 min/m	00:27:17.24
39	276/439	123/173	696	Ben Eichner	29	Male	Des Moines	IA	9:00 min/m	00:27:58.41
40	281/439	125/173	493	Zach Mccalester	24	Male	Marengo	IA	9:06 min/m	00:28:18.50
41	284/439	126/173	519	John Welp	29	Male	Clive	IA	9:07 min/m	00:28:21.99
42	289/439	129/173	488	Tyler Linn	28	Male	Des Moines	IA	9:13 min/m	00:28:38.66
43	296/439	131/173	613	Sumit Patel	27	Male	Waukee	IA	9:16 min/m	00:28:47.75
44	304/439	134/173	498	Andrew Musgrove	28	Male	Des Moines	IA	9:22 min/m	00:29:08.75
45	305/439	135/173	449	David Brockshus	24	Male	Sioux City	IA	9:23 min/m	00:29:10.23
46	311/439	137/173	489	Justin Lobaito	26	Male	Altoona	IA	9:30 min/m	00:29:33.50
47	342/439	144/173	522	Zachary Woods	26	Male	Des Moines	IA	10:07 min/m	00:31:26.39
48	350/439	148/173	540	Lucas Chyma	28	Male	Ames	IA	10:19 min/m	00:32:04.96
49	371/439	155/173	612	Mike Ozburn	21	Male	Madison	WI	10:56 min/m	00:34:00.69
50	381/439	157/173	153	Julio Espada	24	Male	Eau Claire	WI	11:16 min/m	00:35:00.40
51	382/439	158/173	459	Tyler Cox	23	Male	Des Moines	IA	11:16 min/m	00:35:00.61
52	410/439	164/173	750	Clark Moorehead	29	Male	Urbandale	IA	12:28 min/m	00:38:45.50
53	427/439	169/173	2851	Nathin Felt	21	Male	Waukee	IA	13:19 min/m	00:41:23.15

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5K

Female Ages 30 - 39

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Time
1	14/439	2/266	901	Kiley Mars	34	Female	West Des Moines	IA	5:59 min/m	00:18:37.37
2	31/439	4/266	404	Megan Pitz	33	Female	Urbandale	IA	6:23 min/m	00:19:52.49
3	36/439	5/266	891	Nicole Kelly	38	Female	Ankeny	IA	6:33 min/m	00:20:23.71
4	37/439	6/266	898	Ambria Luettjohann	30	Female	Urbandale	IA	6:34 min/m	00:20:24.24
5	45/439	8/266	761	Jessica Nesseler	30	Female	Des Moines	IA	6:41 min/m	00:20:47.46
6	46/439	9/266	2864	Jessica Durand	31	Female	Des Moines	IA	6:43 min/m	00:20:52.35
7	49/439	11/266	571	Shannon Hedges	31	Female	West Des Moines	IA	6:45 min/m	00:20:59.25
8	50/439	12/266	915	Molly Olsasky	31	Female	Urbandale	IA	6:45 min/m	00:21:00.93
9	56/439	16/266	2841	Michelle Madden	39	Female	West Des Moines	IA	6:53 min/m	00:21:23.49
10	81/439	30/266	733	Sheena Kramer	30	Female	West Des Moines	IA	7:12 min/m	00:22:23.29
11	92/439	33/266	660	Ellen Barrett	32	Female	Des Moines	IA	7:21 min/m	00:22:50.46
12	110/439	43/266	791	Sara Snyder	31	Female	Ankeny	IA	7:33 min/m	00:23:30.49
13	113/439	44/266	730	Andrea Kirby	38	Female	Ankeny	IA	7:36 min/m	00:23:39.23
14	117/439	46/266	716	Abigail Henderson	34	Female	Ankeny	IA	7:41 min/m	00:23:54.70
15	118/439	47/266	2852	Tessa Uppena	39	Female	Waukee	IA	7:41 min/m	00:23:55.24
16	122/439	50/266	935	Sarah Sexton	34	Female	Ankeny	IA	7:44 min/m	00:24:02.58
17	134/439	56/266	948	Patricia Voigt	38	Female	Des Moines	IA	7:51 min/m	00:24:25.74
18	136/439	57/266	86	Katie Glatt	39	Female	Ankeny	IA	7:52 min/m	00:24:27.62
19	138/439	59/266	947	Kati Vanhart	35	Female	Johnston	IA	7:54 min/m	00:24:33.97
20	144/439	62/266	546	Patty Decaire Durr	36	Female	Urbandale	IA	7:56 min/m	00:24:41.74
21	146/439	63/266	2829	Carla Aubry	30	Female	Ames	IA	7:58 min/m	00:24:45.50
22	148/439	65/266	940	Kellie Sullivan	31	Female	Waukee	IA	7:58 min/m	00:24:46.30
23	151/439	67/266	920	Jen Pribil	30	Female	Johnston	IA	8:00 min/m	00:24:51.84
24	152/439	68/266	941	Jessica Susie	31	Female	West Des Moines	IA	8:01 min/m	00:24:54.96
25	160/439	73/266	880	Stacy Henningsen	38	Female	Waukee	IA	8:07 min/m	00:25:13.20
26	165/439	76/266	2857	Cari Cunningham	33	Female	Urbandale	IA	8:09 min/m	00:25:20.13
27	168/439	79/266	896	Dawnelle Laverman	30	Female	Des Moines	IA	8:10 min/m	00:25:23.75
28	171/439	80/266	689	Jana Daisy	31	Female	Ankeny	IA	8:12 min/m	00:25:30.90
29	172/439	81/266	610	Lisa Ohlinger	36	Female	Cumming	IA	8:12 min/m	00:25:31.10
30	179/439	85/266	930	Randi Jo Rowedder	38	Female	West Des Moines	IA	8:15 min/m	00:25:41.00
31	188/439	93/266	578	Amanda Huey	36	Female	Altoona	IA	8:18 min/m	00:25:49.23
32	200/439	100/266	685	Tina Coquyt	31	Female	Ankeny	IA	8:24 min/m	00:26:06.92
33	209/439	102/266	550	Tina Felice	35	Female	Altoona	IA	8:29 min/m	00:26:22.75
34	212/439	104/266	815	Stacey Wertzberger	30	Female	Des Moines	IA	8:32 min/m	00:26:31.92
35	217/439	108/266	870	Jennifer Gonnerman-M	33	Female	Waukee	IA	8:35 min/m	00:26:40.82
36	218/439	109/266	636	Carmen Spenner	32	Female	Des Moines	IA	8:35 min/m	00:26:41.66
37	230/439	117/266	887	Sandra Jaques	36	Female	West Des Moines	IA	8:43 min/m	00:27:07.25
38	239/439	122/266	2866	Tiffany Smith	30	Female	Ankeny	IA	8:47 min/m	00:27:18.66
39	240/439	123/266	858	Kate Eichner	30	Female	Des Moines	IA	8:48 min/m	00:27:20.94
40	245/439	127/266	929	Brook Roberson	33	Female	Windsor Heights	IA	8:48 min/m	00:27:22.95
41	249/439	130/266	751	Megan Labresh	33	Female	Des Moines	IA	8:49 min/m	00:27:24.19
42	250/439	131/266	919	Nicole Pike	30	Female	Des Moines	IA	8:49 min/m	00:27:25.75
43	252/439	132/266	868	Aileen Foss	39	Female	Pleasant Hill	IA	8:50 min/m	00:27:27.65
44	254/439	133/266	949	Hilary Warner	33	Female	West Des Moines	IA	8:50 min/m	00:27:29.00
45	255/439	134/266	946	Melissa Tedone	39	Female	Ames	IA	8:50 min/m	00:27:29.50
46	257/439	136/266	372	Jacki Hayes	37	Female	Des Moines	IA	8:52 min/m	00:27:32.94
47	259/439	137/266	623	Teresa Roof	32	Female	Norwalk	IA	8:52 min/m	00:27:33.75
48	261/439	139/266	217	Carissa Bacich	35	Female	Waterloo	IA	8:53 min/m	00:27:37.10
49	262/439	140/266	914	Erin Northway	30	Female	Iowa City	IA	8:53 min/m	00:27:37.23
50	263/439	141/266	172	Beth Mensing	32	Female	Des Moines	IA	8:53 min/m	00:27:37.63
51	264/439	142/266	803	Erin Sweeney	31	Female	Iowa City	IA	8:53 min/m	00:27:38.45
52	267/439	145/266	684	Tina Coquyt	31	Female	Ankeny	IA	8:54 min/m	00:27:41.10
53	269/439	147/266	581	Jennifer Jennifer Sill	35	Female	Ankeny	IA	8:55 min/m	00:27:43.25
54	270/439	148/266	994	Tina Finn	34	Female	Wdm	IA	8:57 min/m	00:27:50.25

Run to Exile

June 8, 2013

Overall Division Results

5K

Female Ages 30 - 39

Div Place	Overall Pic/Total	Gender Pic/Total	No.	Name	Age	Gender	City	St.	Pace	Time
55	278/439	154/266	2883	Deborah Freeman	35	Female	Altoona	IA	9:03 min/m	00:28:08.97
56	283/439	158/266	583	Shawna Kalous	35	Female	Lytton	IA	9:07 min/m	00:28:19.95
57	292/439	162/266	542	Michelle Corwin	38	Female	West Des Moines	IA	9:14 min/m	00:28:43.95
58	300/439	168/266	961	Mindy Chandler	38	Female	Waukee	IA	9:22 min/m	00:29:06.94
59	301/439	169/266	2871	Audra Hiebert	37	Female	Prairie City	IA	9:22 min/m	00:29:06.94
60	306/439	171/266	956	Allison Line	37	Female	Urbandale	IA	9:26 min/m	00:29:20.21
61	309/439	173/266	554	Jennifer Flug	35	Female	Waukee	IA	9:29 min/m	00:29:30.50
62	317/439	178/266	467	Lexie Franzeen	34	Female	West Des Moines	IA	9:33 min/m	00:29:41.50
63	318/439	179/266	879	Laura Harper	33	Female	Des Moines	IA	9:34 min/m	00:29:44.50
64	319/439	180/266	713	Emilie Grzybowski	34	Female	Des Moines	IA	9:34 min/m	00:29:44.94
65	321/439	182/266	574	Brandi Herman	34	Female	Truro	IA	9:36 min/m	00:29:52.25
66	322/439	183/266	662	Bonny Beenen	30	Female	Ankeny	IA	9:37 min/m	00:29:53.13
67	323/439	184/266	622	Callie Robison	30	Female	West Des Moines	IA	9:37 min/m	00:29:54.20
68	324/439	185/266	703	Betty Field	36	Female	Perry	IA	9:40 min/m	00:30:04.45
69	329/439	188/266	642	Sarah Tracy	36	Female	Pleasant Hill	IA	9:42 min/m	00:30:10.25
70	330/439	189/266	521	Kelli Wong-Shroyer	34	Female	Johnston	IA	9:44 min/m	00:30:15.30
71	334/439	193/266	735	Jaya Krovvidi	34	Female	Johnston	IA	9:51 min/m	00:30:37.98
72	338/439	195/266	2848	Ashley Schott	31	Female	Urbandale	IA	9:58 min/m	00:30:59.75
73	339/439	196/266	218	Bonnie Baumhardt	36	Female	Urbandale	IA	9:59 min/m	00:31:02.83
74	340/439	197/266	294	Jasmine Roche	31	Female	West Des Moines	IA	10:01 min/m	00:31:08.72
75	341/439	198/266	584	Jennifer Kerns	38	Female	Des Moines	IA	10:01 min/m	00:31:09.98
76	351/439	203/266	873	Sarah Greener	38	Female	Maple Grove	MN	10:22 min/m	00:32:13.77
77	355/439	206/266	633	Heidi Snider	39	Female	West Des Moines	IA	10:30 min/m	00:32:40.25
78	357/439	207/266	497	Alicia Murphy	31	Female	Nevada	IA	10:37 min/m	00:32:59.25
79	359/439	209/266	825	Jennifer Zwagerman	34	Female	Ankeny	IA	10:38 min/m	00:33:04.80
80	362/439	211/266	958	Joy Talmon	33	Female	Ankeny	IA	10:41 min/m	00:33:13.97
81	368/439	215/266	852	Mary De La Cruz	32	Female	Des Moines	IA	10:55 min/m	00:33:57.50
82	369/439	216/266	785	Christina Schwab	34	Female	Des Moines	IA	10:55 min/m	00:33:57.64
83	372/439	217/266	900	Holly Madison	37	Female	Ankeny	IA	10:56 min/m	00:34:00.73
84	373/439	218/266	2879	Katie Hunter	32	Female	Ames	IA	10:59 min/m	00:34:09.77
85	385/439	226/266	486	Amy Laude	39	Female	Crestwood	IL	11:30 min/m	00:35:46.76
86	386/439	227/266	598	Mindy Mccoy	33	Female	Ames	IA	11:34 min/m	00:35:59.36
87	387/439	228/266	462	Tanya Ellis	31	Female	Albia	IA	11:35 min/m	00:35:59.50
88	390/439	230/266	822	Melissa Wuebker	32	Female	Grimes	IA	11:44 min/m	00:36:29.74
89	391/439	231/266	559	Shelley Frost	34	Female	Des Moines	IA	11:45 min/m	00:36:33.30
90	404/439	241/266	651	Emily Wolfe	31	Female	Altoona	IA	12:08 min/m	00:37:44.75
91	405/439	242/266	649	Kristy Willett	30	Female	Des Moines	IA	12:09 min/m	00:37:45.15
92	406/439	243/266	763	Mary Nichols	31	Female	Des Moines	IA	12:09 min/m	00:37:45.26
93	407/439	244/266	641	Dominica Thomas	31	Female	Des Moines	IA	12:17 min/m	00:38:12.76
94	411/439	247/266	820	Maylee Wong	31	Female	West Des Moines	IA	12:28 min/m	00:38:46.10
95	412/439	248/266	561	Sarah Garner	31	Female	West Des Moines	IA	12:28 min/m	00:38:46.71
96	416/439	251/266	590	Jessie Lidgett	38	Female	Granger	IA	12:53 min/m	00:40:02.20
97	422/439	256/266	482	Katie Kulisky	38	Female	Altoona	IA	13:17 min/m	00:41:17.22
98	430/439	261/266	895	Heather Lane	33	Female	Ankeny	IA	13:23 min/m	00:41:37.19
99	437/439	265/266	604	Kathryn Moon	31	Female	Adel	IA	13:58 min/m	00:43:25.40
100	439/439	266/266	602	Courtney Miller	33	Female	Des Moines	IA	19:05 min/m	00:59:20.33

Run to Exile

June 8, 2013

Overall Division Results

5K

Male Ages 30 - 39

Div Place	Overall Pic/Total	Gender Pic/Total	No.	Name	Age	Gender	City	St.	Pace	Time
1	2/439	2/173	2878	Mitch Kearney	32	Male	West Des Moines	IA	4:54 min/m	00:15:13.74
2	7/439	6/173	950	Eric Baarda	38	Male	West Des Moines	IA	5:39 min/m	00:17:35.16
3	10/439	9/173	655	Joel Anderson	31	Male	Johnston	IA	5:52 min/m	00:18:15.49
4	12/439	11/173	618	Ryan Raftery	32	Male	Cedar Rapids	IA	5:55 min/m	00:18:24.24
5	16/439	14/173	503	Arik Peterson	37	Male	Des Moines	IA	6:05 min/m	00:18:54.72
6	20/439	17/173	560	Stefan Gailans	30	Male	Ames	IA	6:13 min/m	00:19:19.44
7	21/439	18/173	573	Hadley Henderson	34	Male	Ankeny	IA	6:13 min/m	00:19:19.44
8	22/439	19/173	481	Jonathan Kelly	38	Male	Ankeny	IA	6:14 min/m	00:19:22.50
9	24/439	21/173	2833	Matt Mattocks	32	Male	Boone	IA	6:17 min/m	00:19:33.65
10	25/439	22/173	272	Ryan Krull	31	Male	Des Moines	IA	6:18 min/m	00:19:35.99
11	30/439	27/173	2881	Eduardo De La Cruz	32	Male	Des Moines	IA	6:21 min/m	00:19:46.43
12	35/439	31/173	600	Tory Mears	34	Male	West Des Moines	IA	6:33 min/m	00:20:21.46
13	38/439	32/173	2842	Josh Staudt	30	Male	Ames	IA	6:34 min/m	00:20:26.56
14	39/439	33/173	545	Daniel Daniel Marshall	35	Male	Des Moines	IA	6:35 min/m	00:20:27.58
15	43/439	36/173	777	Josh Rosonke	31	Male	Des Moines	IA	6:40 min/m	00:20:45.63
16	44/439	37/173	468	Shane Gibney	38	Male	Bondurant	IA	6:41 min/m	00:20:46.64
17	48/439	38/173	548	Matt Denes	32	Male	Grimes	IA	6:44 min/m	00:20:58.24
18	60/439	42/173	2830	Jordan Swanson	32	Male	Ames	IA	6:54 min/m	00:21:27.96
19	64/439	44/173	629	Beau Sexton	33	Male	Ankeny	IA	6:59 min/m	00:21:44.52
20	71/439	47/173	557	Kris Foster	31	Male	Des Moines	IA	7:06 min/m	00:22:05.49
21	72/439	48/173	465	Kyle Foster	34	Male	Granger	IA	7:07 min/m	00:22:06.97
22	79/439	51/173	631	Paul Sieka	32	Male	Minneapolis	MN	7:11 min/m	00:22:20.78
23	82/439	52/173	532	Justin Bielenberg	32	Male	West Des Moines	IA	7:12 min/m	00:22:23.99
24	83/439	53/173	502	Benjamin Pasker	35	Male	Bondurant	IA	7:12 min/m	00:22:25.10
25	87/439	55/173	639	Dan Sweeney	31	Male	Iowa City	IA	7:14 min/m	00:22:29.26
26	91/439	59/173	466	Calen Foster	33	Male	Ankeny	IA	7:20 min/m	00:22:49.74
27	96/439	62/173	530	Thomas Aubry	31	Male	Ames	IA	7:27 min/m	00:23:09.94
28	97/439	63/173	500	Josh Olson	34	Male	Granger	IA	7:27 min/m	00:23:10.95
29	101/439	66/173	702	Nick Field	35	Male	Perry	IA	7:29 min/m	00:23:15.22
30	111/439	68/173	572	Robert Heim	38	Male	Clive	IA	7:35 min/m	00:23:36.57
31	112/439	69/173	959	Matt Van Berkum	38	Male	Des Moines	IA	7:36 min/m	00:23:37.39
32	121/439	72/173	617	Caleb Pike	31	Male	Des Moines	IA	7:44 min/m	00:24:01.77
33	128/439	74/173	624	Nate Schechinger	32	Male	Grimes	IA	7:48 min/m	00:24:16.65
34	130/439	75/173	577	Aaron Huey	35	Male	Altoona	IA	7:49 min/m	00:24:19.67
35	169/439	90/173	954	Dan Hecker	37	Male	Ankeny	IA	8:10 min/m	00:25:23.79
36	176/439	93/173	442	Dusty Beenen	30	Male	Ankeny	IA	8:15 min/m	00:25:38.18
37	177/439	94/173	447	Matt Bradley	37	Male	Waukee	IA	8:15 min/m	00:25:40.23
38	193/439	98/173	507	David Salazar	32	Male	Des Moines	IA	8:19 min/m	00:25:52.89
39	201/439	101/173	541	Jeff Coquyt	31	Male	Ankeny	IA	8:24 min/m	00:26:06.99
40	203/439	103/173	506	Jason Rosa	34	Male	Des Moines	IA	8:25 min/m	00:26:10.98
41	206/439	105/173	699	Michael Engelbrecht	34	Male	Urbandale	IA	8:26 min/m	00:26:14.45
42	214/439	109/173	568	Matthew Halbach	34	Male	Ankeny	IA	8:33 min/m	00:26:36.18
43	221/439	110/173	446	Andrew Borcharding	33	Male	Grimes	IA	8:36 min/m	00:26:44.50
44	235/439	114/173	776	Josh Rosonke	31	Male	Des Moines	IA	8:46 min/m	00:27:14.50
45	243/439	118/173	621	Nicholas Roberson	35	Male	Windsor Heights	IA	8:48 min/m	00:27:22.25
46	247/439	119/173	525	Dan Zimmerman	37	Male	West Des Moines	IA	8:48 min/m	00:27:23.15
47	253/439	121/173	818	Ryan Williams	35	Male	Adel	IA	8:50 min/m	00:27:28.25
48	258/439	122/173	531	Paul Beers	32	Male	Urbandale	IA	8:52 min/m	00:27:33.35
49	277/439	124/173	797	Brian Spulak	35	Male	West Des Moines	IA	9:01 min/m	00:28:01.20
50	286/439	127/173	512	Tybee Sever	37	Male	West Des Moines	IA	9:11 min/m	00:28:33.50
51	287/439	128/173	445	Scott Boik	38	Male	Urbandale	IA	9:11 min/m	00:28:34.20
52	290/439	130/173	480	Kevin Kalous	35	Male	Lytton	IA	9:13 min/m	00:28:39.48
53	297/439	132/173	437	Mike Alphson	32	Male	Des Moines	IA	9:19 min/m	00:28:56.99
54	312/439	138/173	448	Shawn Brekke	31	Male	Ames	IA	9:31 min/m	00:29:35.50

Run to Exile

June 8, 2013

Overall Division Results

5K

Male Ages 30 - 39

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Time
55	337/439	143/173	509	Andrew Schott	33	Male	Urbandale	IA	9:58 min/m	00:30:59.75
56	344/439	145/173	607	Danny Mount	30	Male	Ankeny	IA	10:12 min/m	00:31:42.20
57	348/439	147/173	515	Tyler Soethout	38	Male	Indianola	IA	10:18 min/m	00:32:01.25
58	354/439	149/173	514	Benjamin Snyder	39	Male	Ankeny	IA	10:30 min/m	00:32:38.45
59	356/439	150/173	475	Greg Hunter	30	Male	Ames	IA	10:33 min/m	00:32:49.45
60	360/439	151/173	614	Bradley Penar	37	Male	West Des Moines	IA	10:39 min/m	00:33:06.75
61	431/439	170/173	483	David Lane	35	Male	Ankeny	IA	13:23 min/m	00:41:37.69
62	432/439	171/173	996	Mauni Seraji	31	Male	Ankeny	IA	13:25 min/m	00:41:43.77
63	438/439	173/173	495	Joseph Moon	33	Male	Adel	IA	13:58 min/m	00:43:25.77

Female Ages 40 - 49

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Time
1	5/439	1/266	990	Katie Chuapoco	41	Female	Dsm	IA	5:34 min/m	00:17:19.23
2	18/439	3/266	871	Tonja Goodwin	40	Female	Ames	IA	6:11 min/m	00:19:15.49
3	40/439	7/266	663	Jennifer Benna	45	Female	Ankeny	IA	6:39 min/m	00:20:42.39
4	62/439	19/266	511	Kristen Schweitzer	42	Female	Ankeny	IA	6:55 min/m	00:21:30.56
5	67/439	22/266	680	Karen Chicken	45	Female	Waukee	IA	7:04 min/m	00:21:57.43
6	105/439	38/266	874	Dawn Grooters	43	Female	West Des Moines	IA	7:31 min/m	00:23:23.19
7	109/439	42/266	539	Lisa Ceschan	44	Female	West Des Moines	IA	7:33 min/m	00:23:28.66
8	123/439	51/266	673	Melissa Buresh	40	Female	Clive	IA	7:44 min/m	00:24:04.63
9	124/439	52/266	674	Melissa Buresh	40	Female	Clive	IA	7:44 min/m	00:24:04.74
10	127/439	54/266	264	Sonya Johnson	45	Female	Clive	IA	7:47 min/m	00:24:13.99
11	155/439	70/266	814	Krystal Wasko	41	Female	Ankeny	IA	8:03 min/m	00:25:02.99
12	159/439	72/266	534	Darla Brendemuehl	42	Female	Pleasant Hill	IA	8:06 min/m	00:25:10.94
13	184/439	90/266	844	Pamela Camper	43	Female	West Des Moines	IA	8:16 min/m	00:25:43.74
14	185/439	91/266	793	Lisa Soderblom	42	Female	Granger	IA	8:17 min/m	00:25:45.34
15	194/439	96/266	724	Janet Johnson	45	Female	Pleasant Hill	IA	8:20 min/m	00:25:54.32
16	220/439	111/266	2839	Michelle Fortune	46	Female	Seymour	IA	8:36 min/m	00:26:43.49
17	227/439	114/266	892	Lisa Kock	44	Female	Clive	IA	8:41 min/m	00:26:58.95
18	244/439	126/266	846	Krisanne Colby Calhou	44	Female	West Des Moines	IA	8:48 min/m	00:27:22.50
19	248/439	129/266	861	Beth Eslinger	43	Female	Des Moines	IA	8:48 min/m	00:27:23.55
20	256/439	135/266	726	Amy Johnson	40	Female	Madrid	IA	8:51 min/m	00:27:32.25
21	265/439	143/266	555	Cristi Flynn	42	Female	Urbandale	IA	8:54 min/m	00:27:39.67
22	268/439	146/266	792	Lisa Sobotka	42	Female	Granger	IA	8:55 min/m	00:27:43.17
23	280/439	156/266	672	Lisa Bruner	47	Female	Pleasant Hill	IA	9:06 min/m	00:28:16.70
24	291/439	161/266	710	Kimberly Graham	48	Female	Indianola	IA	9:14 min/m	00:28:41.50
25	333/439	192/266	318	Gia Van Roekel	43	Female	Ankeny	IA	9:51 min/m	00:30:37.78
26	347/439	201/266	635	Stacy Soethout	40	Female	Indianola	IA	10:17 min/m	00:31:59.70
27	352/439	204/266	589	Karen Kulisky	41	Female	Altoona	IA	10:22 min/m	00:32:14.50
28	364/439	212/266	597	Teresa Mcconnell	46	Female	Urbandale	IA	10:51 min/m	00:33:43.77
29	365/439	213/266	637	Gail Stutz	47	Female	Des Moines	IA	10:51 min/m	00:33:44.75
30	377/439	221/266	472	Tabitha Hand	43	Female	West Des Moines	IA	11:12 min/m	00:34:48.91
31	378/439	222/266	643	Paula Truitt	43	Female	Waukee	IA	11:13 min/m	00:34:51.65
32	379/439	223/266	652	Bonnie Young	41	Female	Ankeny	IA	11:13 min/m	00:34:52.25
33	383/439	225/266	543	Stacy Cunningham	44	Female	Knoxville	IA	11:18 min/m	00:35:06.90
34	394/439	233/266	609	Dawn Oelschlager	43	Female	Reinbeck	IA	11:56 min/m	00:37:05.76
35	402/439	240/266	876	Gia Gunerius	42	Female	Andover	MN	12:08 min/m	00:37:43.51
36	419/439	253/266	982	Richelle Lowery	44	Female	Johnston	IA	13:12 min/m	00:41:02.35
37	421/439	255/266	899	Brenda Lyle	47	Female	Des Moines	IA	13:17 min/m	00:41:16.81
38	424/439	258/266	754	Natalie Mote	45	Female	Des Moines	IA	13:18 min/m	00:41:19.85
39	429/439	260/266	464	Melissa Felt	44	Female	Waukee	IA	13:20 min/m	00:41:27.20
40	435/439	264/266	626	Shelia Schlobohm	46	Female	Dsm	IA	13:58 min/m	00:43:23.97

Run to Exile

June 8, 2013

Overall Division Results

5K

Male Ages 40 - 49

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Time
1	3/439	3/173	694	Curtis Downs	44	Male	Des Moines	IA	5:07 min/m	00:15:56.48
2	29/439	26/173	644	David Van Den Baard	45	Male	Ankeny	IA	6:20 min/m	00:19:42.18
3	32/439	28/173	556	Dan Fortune	48	Male	Seymour	IA	6:27 min/m	00:20:04.74
4	51/439	39/173	932	John Schweitzer	42	Male	Ankeny	IA	6:51 min/m	00:21:17.73
5	55/439	40/173	592	Gregory Madden	40	Male	West Des Moines	IA	6:53 min/m	00:21:23.42
6	78/439	50/173	628	Eric Seeman	41	Male	Boone	IA	7:11 min/m	00:22:19.38
7	85/439	54/173	133	Steve Tracy	42	Male	Johnston	IA	7:13 min/m	00:22:27.49
8	88/439	56/173	473	Chris Heilskov	41	Male	Des Moines	IA	7:16 min/m	00:22:35.44
9	98/439	64/173	978	Howard Frye	43	Male	Des Moines	IA	7:27 min/m	00:23:11.15
10	133/439	78/173	805	David Thayer	48	Male	Des Moines	IA	7:51 min/m	00:24:25.18
11	141/439	81/173	544	Paul Damge	45	Male	Windsor Heights	IA	7:55 min/m	00:24:36.49
12	153/439	85/173	471	Tyler Haase	41	Male	West Des Moines	IA	8:02 min/m	00:24:59.38
13	157/439	86/173	608	Chris Myszewski	42	Male	Waukee	IA	8:05 min/m	00:25:09.99
14	158/439	87/173	740	Larry Bradshaw	45	Male	Des Moines	IA	8:05 min/m	00:25:10.00
15	211/439	108/173	263	Todd Johansen	43	Male	Waukee	IA	8:32 min/m	00:26:30.92
16	224/439	112/173	479	Dale Johnson	47	Male	Clive	IA	8:37 min/m	00:26:47.56
17	238/439	117/173	739	Larry Larry Bradshaw	45	Male	Des Moines	IA	8:47 min/m	00:27:17.84
18	251/439	120/173	705	David Foss	40	Male	Pleasant Hill	IA	8:50 min/m	00:27:27.45
19	302/439	133/173	443	Kyle Benna	44	Male	Ankeny	IA	9:22 min/m	00:29:07.75
20	307/439	136/173	955	Michael Line	41	Male	Urbandale	IA	9:26 min/m	00:29:20.50
21	326/439	140/173	508	Jack Schlobohm	46	Male	Dsm	IA	9:41 min/m	00:30:06.25
22	345/439	146/173	439	Mike Appler	45	Male	Norwalk	IA	10:13 min/m	00:31:45.88
23	366/439	153/173	496	David Mote	45	Male	Des Moines	IA	10:53 min/m	00:33:49.25
24	370/439	154/173	580	Jason Jason Madison	40	Male	Ankeny	IA	10:56 min/m	00:34:00.27
25	401/439	162/173	567	Ron Gunerius	46	Male	Andover	MN	12:08 min/m	00:37:43.51
26	403/439	163/173	444	Mike Bjork	46	Male	West Des Moines	IA	12:08 min/m	00:37:43.73
27	425/439	167/173	551	Darin Felt	44	Male	Waukee	IA	13:18 min/m	00:41:20.87

Female Ages 50 - 59

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Time
1	108/439	41/266	2865	Laurie Kuestner	51	Female	West Des Moines	IA	7:33 min/m	00:23:28.46
2	164/439	75/266	801	Barb Svoboda	52	Female	Ankeny	IA	8:09 min/m	00:25:19.72
3	213/439	105/266	249	Cathy Gesualdo	52	Female	Des Moines	IA	8:33 min/m	00:26:35.97
4	320/439	181/266	562	Tena Geis	53	Female	Ankeny	IA	9:35 min/m	00:29:48.75
5	367/439	214/266	757	Cathy Mueller	52	Female	Urbandale	IA	10:53 min/m	00:33:49.25
6	388/439	229/266	747	Kerri Mcalexander	51	Female	Rockwell City	IA	11:40 min/m	00:36:17.86
7	392/439	232/266	668	Catherine Bowman	52	Female	Waterloo	IA	11:50 min/m	00:36:48.47
8	414/439	250/266	686	Lisa Cross	57	Female	Baxter	IA	12:43 min/m	00:39:31.76
9	420/439	254/266	676	Nicki Capozziello	58	Female	West Des Moines	IA	13:12 min/m	00:41:02.75
10	428/439	259/266	910	Mindi Morris	54	Female	Waukee	IA	13:20 min/m	00:41:26.60
11	433/439	262/266	453	Caroyle Caroyle Andre	54	Female	Des Moines	IA	13:34 min/m	00:42:12.15

Run to Exile

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Overall Division Results

5K

Male Ages 50 - 59

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Time
1	42/439	35/173	2831	Tod Boucher	54	Male	Boone	IA	6:40 min/m	00:20:43.74
2	89/439	57/173	524	Isaac Wyant	59	Male	Des Moines	IA	7:19 min/m	00:22:46.21
3	115/439	71/173	615	Edward Phillips	51	Male	Marshalltown	IA	7:37 min/m	00:23:41.89
4	125/439	73/173	516	Ray Svoboda	53	Male	Ankeny	IA	7:45 min/m	00:24:05.38
5	132/439	77/173	569	John Haluska	56	Male	West Des Moines	IA	7:51 min/m	00:24:24.97
6	143/439	82/173	980	Mike Furrow	50	Male	Clive	IA	7:56 min/m	00:24:41.45
7	189/439	96/173	564	Mike Gooding	51	Male	Urbandale	IA	8:18 min/m	00:25:49.63
8	195/439	99/173	523	Don Worrell	55	Male	Des Moines	IA	8:21 min/m	00:25:57.35
9	198/439	100/173	587	Brad Kramer	50	Male	Des Moines	IA	8:23 min/m	00:26:03.46
10	207/439	106/173	491	Joel Mangold	51	Male	Des Moines	IA	8:28 min/m	00:26:19.25
11	208/439	107/173	575	Jim Horton	59	Male	Des Moines	IA	8:29 min/m	00:26:21.49
12	225/439	113/173	819	Dave Wolz	59	Male	Des Moines	IA	8:39 min/m	00:26:53.48
13	236/439	115/173	456	Rodney Chyma	55	Male	Marshalltown	IA	8:46 min/m	00:27:16.23
14	313/439	139/173	529	Arch Allison	50	Male	Waukee	IA	9:32 min/m	00:29:39.20
15	335/439	142/173	616	Ed Phillips	51	Male	Marshalltown	IA	9:52 min/m	00:30:40.24
16	363/439	152/173	518	Steve Wasson	55	Male	Urbandale	IA	10:44 min/m	00:33:21.72
17	375/439	156/173	494	Karl Meisel	52	Male	Des Moines	IA	11:12 min/m	00:34:48.24
18	389/439	160/173	461	Earl Earl Mcalexander	55	Male	Rockwell City	IA	11:41 min/m	00:36:18.68
19	415/439	165/173	599	Rick Mcquiston	59	Male	Maxwell	IA	12:48 min/m	00:39:47.75
20	426/439	168/173	606	Dan Morris	54	Male	Waukee	IA	13:18 min/m	00:41:22.11
21	436/439	172/173	504	Jay Kelly Poole	52	Male	Des Moines	IA	13:58 min/m	00:43:23.98

Female Ages 60 - 69

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Time
1	120/439	49/266	809	Linda Turnroth	61	Female	Rock Falls	IL	7:43 min/m	00:24:00.97
2	376/439	220/266	505	Jaxon Procknow	63	Female	Des Moines	IA	11:12 min/m	00:34:48.62
3	417/439	252/266	2854	Kathy Klauser	62	Female	Keokuk	IA	12:56 min/m	00:40:12.14
4	434/439	263/266	570	Pauline Hartman	66	Female	Des Moines	IA	13:35 min/m	00:42:14.51

Male Ages 60 - 69

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Time
1	393/439	161/173	536	Gary Bridges	66	Male	Ames	IA	11:54 min/m	00:37:01.34
2	418/439	166/173	2853	Mike Klauser	63	Male	Keokuk	IA	12:57 min/m	00:40:14.15

Male Ages 70 - 79

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Time
1	384/439	159/173	463	Peter Eul	70	Male	Palos Park	IL	11:30 min/m	00:35:46.76

Female Ages 80 +

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Time
1	260/439	138/266	882	Erin Hogan	99	Female	Urbandale	IA	8:52 min/m	00:27:33.75

Run to Exile

June 8, 2013

Overall Division Results

5K

Male Ages 80 +

Div Place	Overall Pic/Total	Gender Pic/Total	No.	Name	Age	Gender	City	St.	Pace	Time
1	34/439	30/173	653	Jay Zwagerman	99	Male	Ankeny	IA	6:32 min/m	00:20:20.86
2	205/439	104/173	549	Todd Dursky	99	Male	Knoxville	IA	8:26 min/m	00:26:14.24
3	328/439	141/173	513	Matthew Shroyer	99	Male	Johnston	IA	9:42 min/m	00:30:09.20