

# Run to Exile

June 8, 2013

## Overall Division Results

Half Marathon

### Female Ages 20 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Time
1	12/71	1/31	80	Whitney Noe	24	Female	Waukeke	IA	7:21 min/m	01:36:28.57
2	14/71	2/31	71	Katherine Flickinger	29	Female	Ankeny	IA	7:36 min/m	01:39:38.51
3	33/71	5/31	60	Ali Berens	25	Female	Ames	IA	8:19 min/m	01:49:14.47
4	34/71	6/31	88	Lauren Sullivan	29	Female	Ames	IA	8:19 min/m	01:49:14.47
5	35/71	7/31	70	Michelle Duncalf	27	Female	Ankeny	IA	8:23 min/m	01:50:00.86
6	36/71	8/31	89	Kacie Swanson	24	Female	West Des Moines	IA	8:25 min/m	01:50:30.78
7	40/71	9/31	73	Sarah Haley	28	Female	West Des Moines	IA	8:35 min/m	01:52:32.17
8	42/71	10/31	66	Kaitlin Courtney	24	Female	West Des Moines	IA	8:45 min/m	01:54:45.84
9	45/71	12/31	87	Alisha Smith	22	Female	Sigourney	IA	8:47 min/m	01:55:11.83
10	47/71	14/31	55	Kathleen Vonderhaar	26	Female	West Point	IA	8:55 min/m	01:57:03.20
11	51/71	17/31	85	Whitney Robertson	28	Female	West Des Moines	IA	9:00 min/m	01:58:04.63
12	52/71	18/31	75	Lauren Hill	27	Female	West Des Moines	IA	9:04 min/m	01:59:03.59
13	56/71	20/31	58	Nicole Aldrich	26	Female	Altoona	IA	9:14 min/m	02:01:06.92
14	58/71	21/31	69	Kaitlin Dilsaver	22	Female	Des Moines	IA	9:30 min/m	02:04:35.85
15	63/71	24/31	84	Mattie Robertson	23	Female	Dallas City	IL	10:14 min/m	02:14:15.85
16	65/71	26/31	44	Caitlin Robertson	21	Female	Des Moines	IA	10:17 min/m	02:15:00.66
17	67/71	28/31	81	Sarah Olson	24	Female	Ankeny	IA	10:56 min/m	02:23:28.26
18	68/71	29/31	61	Caitlin Bielenberg	21	Female	Ida Grove	IA	11:02 min/m	02:24:50.81

### Male Ages 20 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Time
1	3/71	3/40	41	Ryan Noe	24	Male	Waukeke	IA	6:42 min/m	01:27:58.73
2	5/71	5/40	42	Brian Petersen	28	Male	Ankeny	IA	6:55 min/m	01:30:49.30
3	6/71	6/40	2861	Michael Redlinger	27	Male	Waukeke	IA	7:00 min/m	01:31:47.70
4	7/71	7/40	77	Sean Lunde	26	Male	Clive	IA	7:06 min/m	01:33:17.42
5	9/71	9/40	20	Derek White	22	Male	Ames	IA	7:18 min/m	01:35:45.78
6	15/71	13/40	56	Jesse Waitman	28	Male	Urbandale	IA	7:36 min/m	01:39:41.95
7	17/71	15/40	28	Jacob Gingerich	25	Male	Des Moines	IA	7:38 min/m	01:40:12.50
8	18/71	16/40	35	Ben Judge	28	Male	Des Moines	IA	7:39 min/m	01:40:24.74
9	19/71	17/40	43	Nicholas Plundo	28	Male	West Des Moines	IA	7:41 min/m	01:40:43.74
10	20/71	18/40	17	Devin Mogler	27	Male	Des Moines	IA	7:41 min/m	01:40:53.90
11	27/71	24/40	37	Carson Mcintosh	27	Male	Keosauqua	IA	8:06 min/m	01:46:11.78
12	29/71	26/40	82	Donald Rastetter	23	Male	Lincoln	NE	8:06 min/m	01:46:23.33
13	32/71	28/40	27	Joseph Gallagher	24	Male	Ames	IA	8:19 min/m	01:49:14.27
14	37/71	29/40	47	Matt Sales	29	Male	Des Moines	IA	8:32 min/m	01:51:53.16
15	38/71	30/40	32	Evan Huseman	24	Male	Des Moines	IA	8:32 min/m	01:51:58.23
16	44/71	33/40	24	Brandon Brooks	24	Male	Sigourney	IA	8:47 min/m	01:55:11.83
17	48/71	34/40	7	Hans Bengtson	29	Male	Iowa City	IA	8:55 min/m	01:57:03.94
18	53/71	35/40	21	Jessie Wipperman	28	Male	Des Moines	IA	9:12 min/m	02:00:44.22
19	55/71	36/40	23	Brandon Borts	26	Male	Pleasant Hill	IA	9:14 min/m	02:01:06.34
20	60/71	39/40	14	Josh Larson	23	Male	Ames	IA	9:49 min/m	02:08:50.61

### Female Ages 30 - 39

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Time
1	43/71	11/31	54	Michelle Vincent	39	Female	Slater	IA	8:45 min/m	01:54:50.52
2	46/71	13/31	90	Nicole Winebrenner	30	Female	Des Moines	IA	8:52 min/m	01:56:24.84
3	50/71	16/31	57	Jennifer Williams	33	Female	Ankeny	IA	8:59 min/m	01:57:47.75
4	62/71	23/31	50	Heather Spong	36	Female	Pella	IA	10:05 min/m	02:12:18.35
5	70/71	30/31	92	Cora Griffen	34	Female	Ames	IA	11:47 min/m	02:34:32.52

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### Male Ages 30 - 39

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Time
1	2/71	2/40	72	Lance Gunkel	34	Male	Clive	IA	6:24 min/m	01:24:06.31
2	4/71	4/40	971	Tony Schubert	31	Male	Des Moines	IA	6:42 min/m	01:27:59.32
3	10/71	10/40	22	Colin Witt	38	Male	Des Moines	IA	7:18 min/m	01:35:50.44
4	11/71	11/40	9	Scott Bohlmann	30	Male	Cedar Falls	IA	7:20 min/m	01:36:12.73
5	13/71	12/40	94	Darin Hendrix	38	Male	Ankeny	IA	7:31 min/m	01:38:32.94
6	16/71	14/40	46	Nick Roerig	34	Male	Clive	IA	7:37 min/m	01:39:51.52
7	21/71	19/40	16	Ryan Malloy	35	Male	Williamsburg	IA	7:43 min/m	01:41:21.57
8	23/71	21/40	12	Mike Gabrick	39	Male	Parkville	MO	7:55 min/m	01:43:48.58
9	24/71	22/40	8	Aaron Bewyer	39	Male	Urbandale	IA	7:55 min/m	01:43:48.63
10	26/71	23/40	25	Adam Foley	33	Male	Ames	IA	8:05 min/m	01:46:10.16
11	28/71	25/40	11	Sean Chicoine	38	Male	Des Moines	IA	8:06 min/m	01:46:13.10
12	31/71	27/40	10	John Buzzoni	39	Male	Polk City	IA	8:19 min/m	01:49:06.58
13	57/71	37/40	1	Chris Benda	38	Male	Des Moines	IA	9:27 min/m	02:04:03.35
14	59/71	38/40	4	Brian Chisholm	32	Male	Ankeny	IA	9:37 min/m	02:06:04.35
15	69/71	40/40	3	Kyle Brown	38	Male	Des Moines	IA	11:38 min/m	02:32:41.84

### Female Ages 40 - 49

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Time
1	54/71	19/31	64	Denise Carleton	42	Female	Ankeny	IA	9:12 min/m	02:00:44.23
2	66/71	27/31	202	Patty Williams	43	Female	Urbandale	IA	10:21 min/m	02:15:48.76

### Male Ages 40 - 49

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Time
1	1/71	1/40	26	Joel Frye	40	Male	Des Moines	IA	5:45 min/m	01:15:28.50
2	8/71	8/40	48	Darvish Shadravan	44	Male	Ankeny	IA	7:07 min/m	01:33:22.54
3	22/71	20/40	19	Kevin Sinclair	45	Male	Carlisle	IA	7:52 min/m	01:43:18.83
4	39/71	31/40	15	Keith Lydon	43	Male	Johnston	IA	8:33 min/m	01:52:12.44

### Female Ages 50 - 59

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Time
1	25/71	3/31	74	Beth Henriksen	57	Female	Ames	IA	8:00 min/m	01:44:52.33
2	30/71	4/31	93	Lisa Simonetta	54	Female	Des Moines	IA	8:12 min/m	01:47:32.13
3	49/71	15/31	79	Lori Mcquiston	50	Female	Maxwell	IA	8:55 min/m	01:57:04.84
4	61/71	22/31	68	Paula Dierenfeld	58	Female	Johnston	IA	10:00 min/m	02:11:08.77
5	64/71	25/31	59	Elizabeth Baustian	50	Female	West Des Moines	IA	10:17 min/m	02:14:56.23
6	71/71	31/31	31	Sallie Hedgepeth	53	Female	Johnston	IA	12:18 min/m	02:41:18.14

### Male Ages 50 - 59

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Time
1	41/71	32/40	2	Michael Boyle	52	Male	Ankeny	IA	8:44 min/m	01:54:35.51