

Pos	Race No	Name	Time	Category	Cat Pos	Age	Gender	Gen Pos	City
1	7591	Quinton Orr	0:55:11	Overall	1	20	Male	1	Humboldt
2	7522	John Freude	0:57:41	3039	1	31	Male	2	Minneapolis
3	7595	Matt Rubins	0:58:55	3039	2	32	Male	3	West Des Moines
4	7605	Nils Johnson	1:00:04	3039	3	31	Male	4	Des Moines
5	7603	Evan Neubauer	1:01:07	3039	4	32	Male	5	Decorah
6	7530	Ethan Hougen	1:01:09	2029	1	29	Male	6	Saint Paul
7	7546	Ben Lloyd	1:01:32	3039	5	31	Male	7	Clear Lake
8	7549	Isaac Marquardt	1:02:32	2029	2	26	Male	8	Decorah
9	7561	Trevor Phillips	1:03:22	2029	3	25	Male	9	Bloomington
10	7538	Owen Kautman	1:04:06	1719	1	18	Male	10	Ames
11	7548	Henrik Marquardt	1:04:14	2029	4	24	Male	11	Ames
12	7510	Matthew Benson	1:04:14	2029	5	24	Male	12	Park Rapids
13	7513	Markus Elsbernd	1:05:41	1719	2	18	Male	13	Mason City
14	7582	Jake Wittman	1:05:53	3039	6	33	Male	14	Minneapolis
15	7570	Jodi Smith	1:05:55	Overall	1	45	Female	1	Ames
16	7556	Katie Nimrod	1:06:30	2029	1	23	Female	2	Cedar Falls
17	7501	Darren Adams	1:07:04	1719	3	17	Male	15	Osage
18	7580	Dawson Wenthold	1:08:18	1719	4	18	Male	16	Ossian
19	7512	Elizabeth Boyer	1:09:23	3039	1	37	Female	3	Mason City
20	7502	Greg Adams	1:10:19	4049	1	49	Male	17	Osage
21	7568	Shawn Schroeder	1:10:22	3039	7	39	Male	18	Colorado Springs
22	7602	Antonio Gaetani	1:10:22	4049	2	41	Male	19	Torre Suda
23	7529	Trevor Haren	1:10:43	2029	6	24	Male	20	Washington
24	7566	Lauren Risdal	1:10:45	1416	1	15	Female	4	Ames
25	7533	Robert Ingalls	1:11:06	3039	8	34	Male	21	Medina
26	7573	Derek Sweet	1:11:24	5059	1	55	Male	22	Decorah
27	7550	Lars Marquardt	1:12:29	2029	7	22	Male	23	Decorah
28	7528	Jim Hagelie	1:12:53	5059	2	55	Male	24	Waukee
29	7542	Jon Kullen	1:13:10	3039	9	32	Male	25	Decorah
30	7562	Craig Rabe	1:13:14	5059	3	53	Male	26	Robins
31	7599	Alan Kvindesland	1:13:18	2029	8	25	Male	27	bergen
32	7594	John Brandt	1:13:19	5059	4	52	Male	28	Arvada
33	7601	Tracy Nuss	1:13:26	3039	10	34	Male	29	West Union
34	7606	Kennedy Folkedahl	1:13:49	2029	9	27	Male	30	Des Moines
35	7509	Dave Benson	1:13:50	5059	5	55	Male	31	Park Rapids
36	7610	Donna Carlson	1:14:02	4049	1	44	Female	5	Bettendorf
37	7593	Blair Redenius	1:14:56	4049	3	46	Male	32	Charles City
38	7608	Lauren Berg	1:15:10	2029	2	23	Female	6	KenyonKenyon
39	7567	phillip Schewe	1:15:22	60+	1	73	Male	33	Silver Spring
40	7611	Monte Marti	1:15:24	5059	6	57	Male	34	Mount Vernon
41	7585	Lisa Zittergruen	1:16:08	4049	2	41	Female	7	Decorah
42	7583	Robert Wood	1:17:23	5059	7	57	Male	35	Kansas City
43	7551	Dillon McArdle	1:17:26	4049	4	40	Male	36	La Crosse

44	7545 Chad Lien	1:17:30	4049	5	49 Male	37 Shawnee
45	7558 James Ostlie	1:17:39	2029	10	28 Male	38 Minneapolis
46	7514 Brent Buresh	1:17:47	4049	6	48 Male	39 Decorah
47	7609 Alice Runde	1:17:53	3039	2	33 Female	8 Decorah
48	7574 Amy Taylor	1:18:22	3039	3	39 Female	9 Fort Atkinson
49	7520 Jorja Folkedahl	1:18:29	1719	1	17 Female	10 Decorah
50	7579 Ben Weers	1:19:05	4049	7	48 Male	40 Polk City
51	7507 Josh Baumler	1:19:32	2029	11	29 Male	41 Hawkeye
52	7560 Nick Pearch	1:19:48	3039	11	31 Male	42 Decorah
53	7547 Stephen Mally	1:19:54	3039	12	38 Male	43 Coralville
54	7552 Charles McCarty	1:20:03	3039	13	39 Male	44 Forest Lake
55	7536 Kyrie Jorgenson	1:20:35	3039	4	34 Female	11 Decorah
56	7504 John Alberts	1:20:36	5059	8	51 Male	45 Rochester
57	7555 Clarence Nimrod	1:20:57	1416	1	14 Male	46 Decorah
58	7575 Holly Tilleros	1:21:57	2029	3	25 Female	12 Chattanooga
59	7559 Hannah Pearch	1:22:28	3039	5	31 Female	13 Decorah
60	7600 Mack Heuser	1:22:42	1719	5	19 Male	47 ST. CHARLES
61	7521 Marc Folkedahl	1:22:46	5059	9	55 Male	48 DECORAH
62	7569 Earl Smith	1:23:26	5059	10	57 Male	49 Clear Lake
63	7525 Whitney Gessner	1:23:37	3039	6	38 Female	14 Postville
64	7541 Ben Krouse-Gagne	1:23:49	3039	14	34 Male	50 Decorah
65	7511 Grace Blikre	1:24:02	1416	2	16 Female	15 Decorah
66	7544 NICK LANE	1:24:04	3039	15	39 Male	51 Saint Paul
67	7564 Jenessa Reid	1:24:14	3039	7	37 Female	16 Plover
68	7531 Clare Huisman	1:25:22	2029	4	21 Female	17 Osage
69	7535 Helen Johnson	1:25:34	2029	5	23 Female	18 Decorah
70	7515 Grant Burke	1:25:37	3039	16	32 Male	52 Decorah
71	7577 Scott Turner	1:26:04	5059	11	50 Male	53 Brookfield
72	7537 Mia Kautman	1:26:19	1416	3	16 Female	19 Ames
73	7563 Matt Ranzenberger	1:26:20	3039	17	39 Male	54 La Crescent
74	7589 David Orr	1:26:52	4049	8	49 Male	55 Humboldt
75	7590 Allison Orr	1:27:28	4049	3	48 Female	20 Humboldt
76	7526 Julie Giese	1:27:50	3039	8	39 Female	21 Decorah
77	7534 Megan Jelinski	1:28:34	2029	6	28 Female	22 Minneapolis
78	7540 Thomas Kraabel	1:28:44 60+		2	62 Male	56 Decorah
79	7607 Laura Williams	1:28:45	3039	9	36 Female	23 West Union
80	7578 Megan Walker	1:29:00	3039	10	39 Female	24 Seoul
81	7597 Tim Hellyer	1:29:42	5059	12	56 Male	57 Zumbrota
82	7584 Emily Young Johnson	1:30:07	5059	1	51 Female	25 Decorah
83	7588 Jordan Klonne	1:31:33	2029	7	23 Female	26 Iowa City
84	7598 Calvin Brinda	1:32:31	2029	12	25 Male	58 Decorah
85	7592 Nick Lembezeder	1:32:31	2029	13	24 Male	59 Decorah
86	7557 Daniel Opdahl	1:32:31	2029	14	25 Male	60 Pueblo
87	7524 Sharon Gerleman	1:33:09 60+		1	61 Female	27 Cresco

88	7604 Trista Brauer	1:33:10	4049	4	46 Female	28 Decorah
89	7505 Katie Allen	1:33:23	4049	5	40 Female	29 Vinton
90	7539 Jonathon Koch	1:33:27	3039	18	34 Male	61 Decorah
91	7543 Michael LaBelle	1:35:07	4049	9	43 Male	62 Decorah
92	7518 Kaelen Dunn	1:35:31	2029	8	28 Female	30 Minneapolis
93	7523 Kayla Garvin	1:36:44	3039	11	34 Female	31 Ankeny
94	7571 Paul Strand	1:37:23	2029	15	25 Male	63 Des Moines
95	7586 Spencer Weis	1:37:23	2029	16	24 Male	64 Decorah
96	7581 Michael Wilker	1:38:36	5059	13	59 Male	65 Decorah
97	7565 Justin Reid	1:41:08	3039	19	37 Male	66 Plover
98	7532 Dianna Huisman	1:41:56	2029	9	27 Female	32 Omaha
99	7503 Hannah Alberts	1:42:15	2029	10	23 Female	33 Portland
100	7554 Hannah Nelson	1:42:15	2029	11	23 Female	34 Minneapolis
101	7508 Monty Beal	1:43:12 60+		3	60 Male	67 West Liberty
102	7527 Seth Gilbert	1:44:27	5059	14	53 Male	68 Eden Prairie
103	7517 Avery Dugger	1:46:24	2029	17	23 Male	69 Decorah

State	Pace	Finish	Pace
Iowa	5:55 min/m	0:55:11	5:55 min/m
Minnesota	6:11 min/m	0:57:41	6:11 min/m
Iowa	6:19 min/m	0:58:55	6:19 min/m
Iowa	6:26 min/m	1:00:04	6:26 min/m
Iowa	6:33 min/m	1:01:07	6:33 min/m
Minnesota	6:33 min/m	1:01:09	6:33 min/m
Iowa	6:36 min/m	1:01:32	6:36 min/m
Iowa	6:42 min/m	1:02:32	6:42 min/m
Indiana	6:47 min/m	1:03:22	6:47 min/m
Iowa	6:52 min/m	1:04:06	6:52 min/m
Iowa	6:53 min/m	1:04:14	6:53 min/m
Minnesota	6:53 min/m	1:04:14	6:53 min/m
Iowa	7:02 min/m	1:05:41	7:02 min/m
Minnesota	7:04 min/m	1:05:53	7:04 min/m
Iowa	7:04 min/m	1:05:55	7:04 min/m
Iowa	7:08 min/m	1:06:30	7:08 min/m
Iowa	7:11 min/m	1:07:04	7:11 min/m
Iowa	7:19 min/m	1:08:18	7:19 min/m
Iowa	7:26 min/m	1:09:23	7:26 min/m
Iowa	7:32 min/m	1:10:19	7:32 min/m
Colorado	7:33 min/m	1:10:22	7:33 min/m
	7:33 min/m	1:10:22	7:33 min/m
District of Columbia	7:35 min/m	1:10:43	7:35 min/m
Iowa	7:35 min/m	1:10:45	7:35 min/m
Tennessee	7:37 min/m	1:11:06	7:37 min/m
Iowa	7:39 min/m	1:11:24	7:39 min/m
Iowa	7:46 min/m	1:12:29	7:46 min/m
Iowa	7:49 min/m	1:12:53	7:49 min/m
Iowa	7:51 min/m	1:13:10	7:51 min/m
Iowa	7:51 min/m	1:13:14	7:51 min/m
	7:51 min/m	1:13:18	7:51 min/m
Colorado	7:52 min/m	1:13:19	7:52 min/m
Iowa	7:52 min/m	1:13:26	7:52 min/m
Iowa	7:55 min/m	1:13:49	7:55 min/m
Minnesota	7:55 min/m	1:13:50	7:55 min/m
Iowa	7:56 min/m	1:14:02	7:56 min/m
Iowa	8:02 min/m	1:14:56	8:02 min/m
Minnesota	8:03 min/m	1:15:10	8:03 min/m
Maryland	8:05 min/m	1:15:22	8:05 min/m
Iowa	8:05 min/m	1:15:24	8:05 min/m
Iowa	8:10 min/m	1:16:08	8:10 min/m
Missouri	8:18 min/m	1:17:23	8:18 min/m
Wisconsin	8:18 min/m	1:17:26	8:18 min/m

Kansas	8:18 min/m	1:17:30	8:18 min/m
Minnesota	8:19 min/m	1:17:39	8:19 min/m
Iowa	8:20 min/m	1:17:47	8:20 min/m
Iowa	8:21 min/m	1:17:53	8:21 min/m
Iowa	8:24 min/m	1:18:22	8:24 min/m
Iowa	8:25 min/m	1:18:29	8:25 min/m
Iowa	8:29 min/m	1:19:05	8:29 min/m
Iowa	8:32 min/m	1:19:32	8:32 min/m
Iowa	8:33 min/m	1:19:48	8:33 min/m
Iowa	8:34 min/m	1:19:54	8:34 min/m
Minnesota	8:35 min/m	1:20:03	8:35 min/m
Iowa	8:38 min/m	1:20:35	8:38 min/m
Minnesota	8:38 min/m	1:20:36	8:38 min/m
Iowa	8:41 min/m	1:20:57	8:41 min/m
Tennessee	8:47 min/m	1:21:57	8:47 min/m
Iowa	8:50 min/m	1:22:28	8:50 min/m
Illinois	8:52 min/m	1:22:42	8:52 min/m
Iowa	8:52 min/m	1:22:46	8:52 min/m
Iowa	8:57 min/m	1:23:26	8:57 min/m
Iowa	8:58 min/m	1:23:37	8:58 min/m
Iowa	8:59 min/m	1:23:49	8:59 min/m
Iowa	9:01 min/m	1:24:02	9:01 min/m
Minnesota	9:01 min/m	1:24:04	9:01 min/m
Wisconsin	9:02 min/m	1:24:14	9:02 min/m
Iowa	9:09 min/m	1:25:22	9:09 min/m
Iowa	9:10 min/m	1:25:34	9:10 min/m
Iowa	9:11 min/m	1:25:37	9:11 min/m
Wisconsin	9:14 min/m	1:26:04	9:14 min/m
Iowa	9:15 min/m	1:26:19	9:15 min/m
Minnesota	9:15 min/m	1:26:20	9:15 min/m
Iowa	9:19 min/m	1:26:52	9:19 min/m
Iowa	9:23 min/m	1:27:28	9:23 min/m
Iowa	9:25 min/m	1:27:50	9:25 min/m
Minnesota	9:30 min/m	1:28:34	9:30 min/m
Iowa	9:31 min/m	1:28:44	9:31 min/m
Iowa	9:31 min/m	1:28:45	9:31 min/m
	9:32 min/m	1:29:00	9:32 min/m
Minnesota	9:37 min/m	1:29:42	9:37 min/m
Iowa	9:40 min/m	1:30:07	9:40 min/m
Iowa	9:49 min/m	1:31:33	9:49 min/m
Iowa	9:55 min/m	1:32:31	9:55 min/m
Iowa	9:55 min/m	1:32:31	9:55 min/m
Colorado	9:55 min/m	1:32:31	9:55 min/m
Iowa	9:59 min/m	1:33:09	9:59 min/m

Iowa	9:59 min/m	1:33:10	9:59 min/m
Iowa	10:01 min/m	1:33:23	10:01 min/m
Iowa	10:01 min/m	1:33:27	10:01 min/m
Iowa	10:12 min/m	1:35:07	10:12 min/m
Minnesota	10:14 min/m	1:35:31	10:14 min/m
Iowa	10:22 min/m	1:36:44	10:22 min/m
Iowa	10:26 min/m	1:37:23	10:26 min/m
Iowa	10:26 min/m	1:37:23	10:26 min/m
Iowa	10:34 min/m	1:38:36	10:34 min/m
Wisconsin	10:51 min/m	1:41:08	10:51 min/m
Nebraska	10:56 min/m	1:41:56	10:56 min/m
Oregon	10:58 min/m	1:42:15	10:58 min/m
Minnesota	10:58 min/m	1:42:15	10:58 min/m
Iowa	11:04 min/m	1:43:12	11:04 min/m
Minnesota	11:12 min/m	1:44:27	11:12 min/m
Iowa	11:24 min/m	1:46:24	11:24 min/m