

IOWA ABLE RUN 10K

Line Through = Disqualified

Place	Name	Hometown	Type	Bib #	Time	Pace	Speed	Sex	Age	ID Number
1	KAELEB ROYSTER	WILLIAMSBURG,	10K	313	00:38:06.77	06:08	9.8mph	M	18	
2	JOHN BANNANTINE	AMES,	10K	320	00:44:44.86	07:12	8.3mph	M	52	
3	RACHEL LOXTERMAN	JOHNSTON,	10K	314	00:47:25.27	07:37	7.9mph	F	43	
4	DAVID GUERARD	ELM GROVE,	10K	318	00:48:36.21	07:49	7.7mph	M	32	
5	CARSON SQUIERS		10K	322	00:50:20.15	08:06	7.4mph	M	10	
6	JASON DUNN	AMES,	10K	316	00:50:44.52	08:09	7.3mph	M	38	
7	CHRIS SCHMAL		10K	325	00:52:38.30	08:28	7.1mph	M	43	
8	MADLINE FOX	NORTH LIBERTY,	10K	305	00:53:29.52	08:36	7.0mph	F	15	
9	DAVID ORITH		10K	326	00:54:02.70	08:41	6.9mph	M	53	
10	KASEY SENT	APLINGTON,	10K	307	00:55:05.60	08:51	6.8mph	F	30	
11	NATHAN SHANNON	GRIMES,	10K	321	00:56:15.25	09:03	6.6mph	M	33	
12	MILAGROS PINTO	AMES,	10K	317	00:56:17.87	09:03	6.6mph	F	35	
13	RYAN KELLY	JONESBORO,	10K	302	00:56:24.96	09:04	6.6mph	M	39	
14	PAMELA POMERENK	BOONE,	10K	315	00:57:14.98	09:12	6.5mph	F	58	
15	KRISTIN WILSON	IOWA CITY,	10K	303	01:07:29.58	10:51	5.5mph	F	25	
16	JENNIFER VESS		10K	327	01:07:30.07	10:51	5.5mph	F	23	
17	RANDY DUNCAN		10K	324	01:11:53.06	11:34	5.2mph	M	60	
18	SHERRI WATTS	NEVADA,	10K	319	01:14:08.82	11:55	5.0mph	F	47	
19	MARY HUISMAN	APLINGTON,	10K	306	01:15:44.21	12:11	4.9mph	F	54	
20	EMILY CRONQUIST	WILLIAMSBURG,	10K	311	01:18:19.96	12:36	4.8mph	F	19	
21	BETHANY GEDNEY	NEVADA,	10K	304	01:18:34.95	12:38	4.7mph	F	27	
22	MIKE BACH	CARROLL,	10K	310	01:19:13.64	12:45	4.7mph	M	55	
23	CASSIE MUSSER	BOONE,	10K	301	01:23:57.46	13:30	4.4mph	F	34	
24	ANGELA RICHARD	AMES,	10K	312	01:24:46.30	13:38	4.4mph	F	47	
DQ	RILEY MILLER		10K	328	00:27:16.15	04:23	13.7mph	F	23	
DQ	MIKE PARSON		10K	323	00:31:02.58	04:59	12.0mph	M	58	