

Fifth Season 8k – July 4, 2010

8K State and Local Winners

Top 5 Iowa – Men

Jason Flogel, West Des Moines 25:18

Christopher Jensen, Marion 25:24

Joseph Aulwes, Bondurant 25:50

Randy Bill, Cedar Falls 26:01

Ben Carlson, Stanhope 26:07

Top 5 Iowa – Women

Erin Moeller, Mt Vernon 28:06

Casey Owens, Des Moines 29:39

Marie Schofer, Mt Vernon 30:11

Elaina Mertens, Cedar Rapids 31:35

Erin Penticoff, Cedar Rapids 31:44

Top 3 Local – Men

Christopher Jensen, Marion 25:24

Phil Young, North Liberty 26:11

Nathan Hopp, West Amana 26:17

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Erin Moeller, Mt Vernon 28:06

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