

2010 USATF Iowa Association Masters Cross Country Championships

Female

Age Group

50-54	Rose Wignall	Creston	50	<u>24:06.38</u>
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Male

Age Group

40-44	Andrew Rinn	West Des Moines	43	<u>18:20.17</u>
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45-49	Christopher J Michaels	Winterset	45	<u>19:11.41</u>
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				<u>26:38.44</u>
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60-64	Mike McCullough	Urbandale	61	
	Buzz Hoffman	West Des Moines	63	<u>29:10.69</u>