

LOST NATION RUSTIC RUN

TOP 25 WOMEN'S 4-MILE RESULTS

	Year	Runner	City	Time	Age
1	1990	Muriel Naumann	Iowa City	24.24	34
2	1989	Muriel Naumann	Iowa City	24.35	33
3	1996	Muriel Naumann	Iowa City	24.40	40
4	1994	Muriel Naumann	Iowa City	24.41	38
5	1992	Muriel Naumann	Iowa City	24.44	36
6	1989	Mary Morris	Bennett	24.46	27
7	1992	Patty Grogan	Davenport	24.48	28
8	1991	Muriel Naumann	Iowa City	24.51	35
9	1993	Muriel Naumann	Iowa City	24.54	37
10	1995	Muriel Naumann	Iowa City	24.55	39
11	1992	Mary Morris	Bennett	25.01	30
12	1997	Muriel Naumann	Iowa City	25.02	41
13	2007	Jennifer Paul	LeClaire	25.05	24
14	1998	Muriel Naumann	Iowa City	25.06	42
15	1987	Muriel Naumann	Iowa City	25.14	31
16	2009	Nancy Foxen	Muscatine	25.19	31
17	1990	Mary Morris	Bennett	25.20	28
18	1989	Jean Folan	Ireland	25.21	38
19	2003	Bethany Helms	Iowa City	25.24	25
20	1999	Michelle Lahann	Wheatland	25.29	18
21	1988	Muriel Naumann	Iowa City	25.35	32
22	2007	Hannah Roeder	Des Moines	25.35	19
23	2000	Michelle Lahann	Wheatland	25.58	19
24	1988	Mary Morris	Bennett	26.00	26
25	1991	Mary Morris	Bennett	26.04	29