

Luke Demmel

Birthday: December 21 1989
Age: 21
Occupation: ISU student / summer intern for PCI

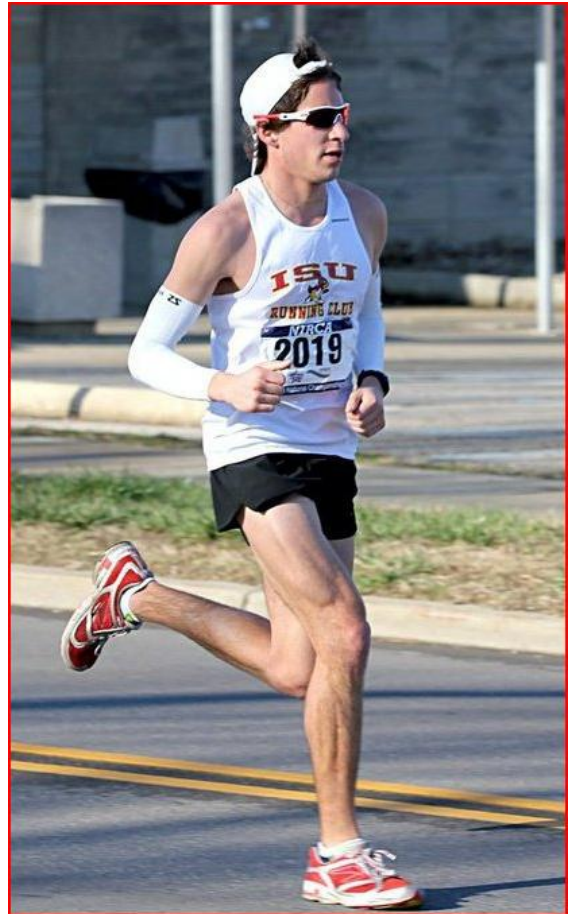
Personal Records:

1mi – 4:23
5km – 15:48
8km XC – 26:05
10mi – 53:54
20km – 1:05:45
Half Marathon: 1:09:04
Marathon: 2:30:07

Awards:

2011 1st team All-NIRCA Road
2011 NIRCA Road National Champion
2010 1st team All-NIRCA XC
2009 2nd team All-NIRCA XC

2011 NIRCA Road – Team National Champions
2010 NIRCA XC Team – Midwest Regional Championship:
3rd place
2010 NIRCA XC Team – National Championships: 5th place



Marathon:

2011 Boston Marathon: 95th place – 2:30:07
2011 Bank of America Chicago Marathon: 130th place – 2:36:09
2010 Pikes Peak Marathon: 43rd place, 2nd in age division – 5:21:36
2009 Boston Marathon: 371st – 2:48:28
2008 IMT Des Moines Marathon: 38th place – 3:00:25

Half Marathon:

2011 33rd Sturgis Falls Half-Marathon: 1st place – 1:09:04
2011 IU Mini Marathon (13.1mi): 3rd place – 1:11:59
2010 42nd Drake Relays On-the-Roads Half-marathon: 7th place – 1:13:23

NIRCA (National Intercollegiate Running Club Association):

2011 NIRCA road championships (Half Marathon): 1st place – 01:11:59
2010 NIRCA Cross Country National Championships 8km: 7th place – 26:31
2010 NIRCA Cross Country Midwest Regional Championship 8km: 4th place – 26:05

2011 Dam to Dam 20km: 10th place – 1:05:45
2010 27th Capital Pursuit 10 Miles: 2nd place – 53:54
2010 Fools 5km: 2nd place – 15:54
2010 Captain Midnight's Run for Cystic Fibrosis (5km): 3rd – 15:48:00
2010 Grand Blue Mile, Drake Relays (1mi road race): 2nd place – 04:23.00
2010 Living History Farms Off Road Races (7mi): 4th place – 41:33