

Nordic Fest Elvelopet

July 27, 2013

Overall Division Results

5K Run

Female Overall 5K

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Time
1	17/460	1/243	214	Moran Lonning	20	Female	Decorah	IA	6:34	00:20:24.67

Male Overall 5K

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Time
1	1/460	1/217	191	Patrick Larson	18	Male	Decorah	IA	5:43	00:17:46.86

Female Ages 01 - 12

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Time
1	44/460	4/243	528	Felicity Taylor	12	Female	Springville	IA	7:27	00:23:11.51
2	139/460	34/243	548	Ivy Hirsch	12	Female	Sumner	IA	8:40	00:26:56.43
3	179/460	59/243	196	Hannah Lee	11	Female	Elgin	IL	9:04	00:28:13.25

Male Ages 01 - 12

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Time
1	31/460	29/217	139	Nils Holkesvik	11	Male	Decorah	IA	7:09	00:22:15.90
2	54/460	47/217	319	Kyle Renken	10	Male	Decorah	IA	7:40	00:23:49.93
3	74/460	62/217	230	Luke Maly	12	Male	Medina	MN	7:56	00:24:41.91

Female Ages 13 - 19

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Time
1	37/460	3/243	527	Brinn Anderson	19	Female	Decorah	IA	7:13	00:22:28.37
2	45/460	5/243	138	Marea Holkesvik	19	Female	Decorah	IA	7:28	00:23:14.13
3	49/460	6/243	276	Katie Nimrod	13	Female	Decorah	IA	7:36	00:23:37.68

Male Ages 13 - 19

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Time
1	4/460	4/217	544	Thomas Knubbe	19	Male	Decorah	IA	5:55	00:18:24.91
2	5/460	5/217	289	Ethan Pankow	18	Male	Decorah	IA	5:58	00:18:33.35
3	6/460	6/217	234	Isaac Marquardt	16	Male	Decorah	IA	6:08	00:19:06.48

Female Ages 20 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Time
1	80/460	13/243	304	Erin Preloger	29	Female	Denver	CO	8:02	00:24:58.86
2	112/460	23/243	137	Lizzie Herrig	25	Female	Decorah	IA	8:23	00:26:03.30
3	118/460	25/243	400	Bethany Van Sloten	24	Female	Johnston	IA	8:26	00:26:13.93

Male Ages 20 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Time
1	2/460	2/217	382	Tyler Strand	28	Male	Marshalltown	IA	5:53	00:18:19.23
2	9/460	9/217	303	Jake Powell	21	Male	Northfield	MN	6:16	00:19:30.42
3	11/460	11/217	105	Eric Gubbels	28	Male	Decorah	IA	6:26	00:20:00.63

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Female Ages 30 - 39

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Time
1	23/460	2/243	45	Kristin Carpenter	32	Female	Waterloo	IA	6:54	00:21:26.61
2	90/460	16/243	414	Amanda Webb	33	Female	Decorah	IA	8:09	00:25:21.82
3	96/460	18/243	206	Mari Lewey	36	Female	Decorah	IA	8:16	00:25:42.58

Male Ages 30 - 39

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Time
1	3/460	3/217	91	Jeff Freund	30	Male	Denver	CO	5:54	00:18:21.27
2	10/460	10/217	550	Dustin Carolan	30	Male	Decorah	IA	6:17	00:19:32.10
3	14/460	14/217	536	Tait Smock	33	Male	Pella	IA	6:30	00:20:12.64

Female Ages 40 - 49

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Time
1	61/460	9/243	506	Sarah Johanss	44	Female	MINNEAPOLIS	MN	7:47	00:24:12.68
2	81/460	14/243	349	Annette Schweinefus	43	Female	Decorah	IA	8:03	00:25:01.28
3	105/460	21/243	21	Melanie Bauch	41	Female	Clermont	IA	8:18	00:25:49.18

Male Ages 40 - 49

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Time
1	15/460	15/217	339	Ryan Rulon	40	Male	Boise	ID	6:33	00:20:23.86
2	21/460	20/217	370	Alexander Steding	43	Male	Decorah	IA	6:44	00:20:55.44
3	43/460	40/217	561	Brian Sandermann	40	Male	Cedar Falls	IA	7:27	00:23:10.68

Female Ages 50 - 59

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Time
1	68/460	11/243	272	Trish Neubauer	56	Female	Decorah	IA	7:50	00:24:22.43
2	152/460	43/243	437	Sue Yearous	59	Female	New Hampton	IA	8:45	00:27:11.95
3	168/460	53/243	177	Barb Kraus	52	Female	Decorah	IA	8:55	00:27:42.77

Male Ages 50 - 59

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Time
1	36/460	34/217	210	Brad Loftsgard	56	Male	Decorah	IA	7:13	00:22:27.67
2	39/460	36/217	281	Randy Nordheim	59	Male	Waukon	IA	7:19	00:22:45.92
3	41/460	38/217	192	Robert Larson	50	Male	Jefferson	IA	7:23	00:22:56.43

Female Ages 60 - 98

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Time
1	377/460	179/243	95	Carol Gaard	62	Female	Decorah	IA	11:16	00:35:01.60
2	437/460	227/243	226	Barb Mahr	62	Female	Decorah	IA	14:07	00:43:52.85
3	446/460	234/243	82	Christine Flaskerud	61	Female	Decorah	IA	15:08	00:47:01.64

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Male Ages 60 - 98

Div Place	Overall Pic/Total	Gender Pic/Total	No.	Name	Age	Gender	City	St.	Pace	Time
1	47/460	42/217	33	Arland Braaten-Lee	64	Male	Northfield	MN	7:29	00:23:15.56
2	97/460	79/217	74	James Ehrie	68	Male	Decorah	IA	8:16	00:25:42.97
3	113/460	90/217	404	Tony Vondra	63	Male	Decorah	IA	8:23	00:26:03.61