

Nordic Fest Elvelopet

July 26, 2014

Overall Division Results

5K Run

Female Overall

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	4/500	1/275	526	Claire McComb	22	F	Saint Peter	MN	6:45	00:21:00.38

Male Overall

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	1/500	1/225	471	Adam Weis	17	M	North Liberty	IA	6:34	00:20:25.21

Female Ages 01 - 13

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	92/500	24/275	148	Nell Graham	13	F	Dodge Center	MN	8:08	00:25:18.33
2	102/500	26/275	602	Madison Tollefson	9	F	Decorah	IA	8:16	00:25:43.72
3	122/500	35/275	83	Brooke Courtney	12	F	Ridgeway	IA	8:32	00:26:32.64
4	148/500	49/275	34	Shayla Betts	12	F	Decorah	IA	8:47	00:27:17.98
5	170/500	58/275	356	Elise Rasmussen	13	F	Jackson	MN	9:03	00:28:07.98
6	174/500	59/275	425	Britta Swanson	12	F	Decorah	IA	9:04	00:28:12.79
7	178/500	62/275	12	Grace Bachelder	10	F	Decorah	IA	9:08	00:28:22.98
8	181/500	63/275	326	Kalea Oftedahl	12	F	Decorah	IA	9:10	00:28:31.14
9	194/500	71/275	150	Claire Graham	11	F	Dodge Center	MN	9:20	00:29:02.36
10	211/500	81/275	429	Gracia Taylor	13	F	Decorah	IA	9:36	00:29:52.61
11	213/500	82/275	303	Abby Moen	11	F	Decorah	IA	9:37	00:29:53.22
12	215/500	83/275	11	Emma Bachelder	12	F	Decorah	IA	9:39	00:30:00.36
13	244/500	102/275	276	Anja Madsen	11	F	Decorah	IA	9:58	00:30:59.12
14	249/500	104/275	237	Mia Kautman	7	F	Gilbert	IA	10:00	00:31:06.88
15	266/500	114/275	301	Abby Milburn	11	F	Decorah	IA	10:07	00:31:28.43
16	267/500	115/275	569	Leonie Wegmueller	12	F	Langau		10:08	00:31:30.23
17	296/500	136/275	567	Muriel Wegmueller	12	F	Langua		10:21	00:32:11.75
18	301/500	138/275	255	Kylie Larson	9	F	Des Moines	IA	10:23	00:32:16.19
19	305/500	141/275	264	Annette Leschensky	12	F	Decorah	IA	10:25	00:32:22.73
20	318/500	150/275	603	Addie Carlson	10	F	Davenport	IA	10:35	00:32:55.49
21	333/500	161/275	252	Sydney Landstrom	13	F	Decorah	IA	10:42	00:33:16.74
22	355/500	176/275	589	Emma Fretheim	13	F	Decorah	IA	11:12	00:34:50.34
23	375/500	184/275	593	Hattie Baldock	10	F	Decorah	IA	11:40	00:36:16.60
24	378/500	186/275	292	Alexis McCombie	8	F	Bellevue	IA	11:44	00:36:27.99
25	393/500	195/275	76	Riley Corrigan	12	F	Norwood Young Arr	MN	11:53	00:36:57.25
26	405/500	204/275	109	Marlee Duwe	13	F	Decorah	IA	12:06	00:37:37.18
27	422/500	213/275	469	Helen Weis	12	F	Decorah	IA	12:52	00:40:01.25
28	434/500	223/275	73	Kayanne Cooper	13	F	Decorah	IA	13:02	00:40:32.25
29	439/500	227/275	493	Maleah Ackerman	13	F	South English	IA	13:10	00:40:55.69
30	442/500	229/275	358	Ella Ready	8	F	Sioux Falls	SD	13:13	00:41:05.67
31	444/500	231/275	551	Thea Schissel	9	F	Decorah	IA	13:16	00:41:13.50
32	447/500	234/275	525	Claire Jensen	13	F	Decorah	IA	13:23	00:41:37.75
33	473/500	256/275	352	Maddie Putnam	12	F	Decorah	IA	15:28	00:48:05.77
34	496/500	271/275	103	Violet Doolittle	12	F	Forest Lake	MN	19:03	00:59:12.48
35	497/500	272/275	479	Emily Williams	12	F	Decorah	IA	19:03	00:59:12.54
36	499/500	274/275	509	Teegan Johnson	6	F	Crookston	MN	19:11	00:59:36.45

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July 26, 2014

Overall Division Results

5K Run

Male Ages 01 - 13

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	30/500	25/225	198	Nils Holkesvik	12	M	Decorah	IA	7:16	00:22:35.93
2	37/500	28/225	235	Jacob Kautman	11	M	Gilbert	IA	7:30	00:23:19.27
3	43/500	33/225	248	Brayden Krivachek	13	M	Decorah	IA	7:33	00:23:28.82
4	59/500	43/225	427	Noah Tapscott	12	M	Decorah	IA	7:47	00:24:11.78
5	60/500	44/225	236	Owen Kautman	9	M	Gilbert	IA	7:47	00:24:11.97
6	69/500	52/225	368	Kyle Renken	11	M	Decorah	IA	7:51	00:24:26.22
7	77/500	58/225	342	Spencer Peterson	13	M	Decorah	IA	7:56	00:24:39.87
8	97/500	72/225	215	Blake Jermier	9	M	Decorah	IA	8:11	00:25:25.90
9	100/500	75/225	108	Briggs Duwe	11	M	Decorah	IA	8:14	00:25:36.97
10	106/500	80/225	280	Luke Maly	13	M	Medina	MN	8:24	00:26:06.86
11	107/500	81/225	214	Zach Jermier	10	M	Decorah	IA	8:25	00:26:10.25
12	124/500	89/225	372	Sam Robinson	13	M	Decorah	IA	8:33	00:26:34.67
13	141/500	96/225	399	Preston Sires	10	M	Saint Charles	MN	8:44	00:27:08.72
14	151/500	101/225	101	Hunter Dolphin	12	M	Gales Ferry	CT	8:50	00:27:29.25
15	159/500	106/225	592	Remi Baldock	9	M	Decorah	IA	8:57	00:27:51.42
16	165/500	109/225	155	James Groux	11	M	Calmar	IA	8:59	00:27:55.88
17	168/500	111/225	131	Owen Frick	8	M	Rochester	MN	9:01	00:28:02.60
18	171/500	113/225	287	Lars Marquardt	13	M	Decorah	IA	9:04	00:28:11.38
19	195/500	124/225	332	Drew Parks	8	M	Big Lake	MN	9:22	00:29:07.98
20	229/500	138/225	373	Charlie Robinson	11	M	Decorah	IA	9:53	00:30:43.62
21	265/500	152/225	72	Isaac Cooper	10	M	Decorah	IA	10:07	00:31:28.22
22	269/500	153/225	354	Lucas Rabe	8	M	Robins	IA	10:10	00:31:35.33
23	294/500	160/225	154	Gavin Groux	8	M	Calmar	IA	10:20	00:32:07.89
24	303/500	164/225	550	Tate Schissel	11	M	Decorah	IA	10:24	00:32:19.99
25	308/500	166/225	3	Austin Anderson	8	M	Franklin	TN	10:26	00:32:27.57
26	326/500	170/225	529	Claylan Mounthachock	11	M	Rockford	MN	10:38	00:33:03.92
27	334/500	173/225	327	Mason O'hara	11	M	Decorah	IA	10:42	00:33:16.96
28	344/500	176/225	822	Garrett Doolittle	9	M	Forest Lake	MN	10:55	00:33:55.34
29	345/500	177/225	586	Brody Hanson	8	M	Decorah	IA	10:57	00:34:02.33
30	354/500	179/225	573	Christian Mclellan	11	M	West Union	IA	11:09	00:34:41.46
31	363/500	185/225	572	Lucas Mclellan	9	M	West Union	IA	11:18	00:35:07.65
32	365/500	187/225	133	Sam Frick	11	M	Rochester	MN	11:20	00:35:15.20
33	406/500	202/225	77	Chris Corrigan	10	M	Norwood Young Arr	MN	12:08	00:37:44.38
34	421/500	209/225	468	Henry Weis	7	M	Decorah	IA	12:51	00:39:57.13
35	435/500	212/225	486	Nicholas Yates	8	M	Suffolk	VA	13:03	00:40:34.94

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July 26, 2014

Overall Division Results

5K Run

Female Ages 14 - 16

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	18/500	2/275	314	Katie Nimrod	14	F	Decorah	IA	7:07	00:22:07.21
2	46/500	12/275	39	Cassie Bjerke	15	F	Decorah	IA	7:37	00:23:42.22
3	58/500	16/275	565	Alaina Marti	16	F	Mount Vernon	IA	7:47	00:24:11.58
4	67/500	17/275	240	Shania Kelly	15	F	Decorah	IA	7:50	00:24:22.97
5	74/500	18/275	219	Helen Johnson	14	F	Decorah	IA	7:53	00:24:30.93
6	76/500	19/275	587	Josie Kriener	15	F	Fort Atkinson	IA	7:54	00:24:33.22
7	85/500	21/275	382	Hannah Sanderman	16	F	Cedar Falls	IA	8:02	00:25:00.20
8	96/500	25/275	189	Grace Herber	14	F	Dubuque	IA	8:11	00:25:25.67
9	111/500	29/275	33	Brenna Betts	15	F	Decorah	IA	8:28	00:26:19.82
10	128/500	38/275	157	Allie Hafner	14	F	Decorah	IA	8:35	00:26:41.42
11	154/500	51/275	524	Gina Rizzolo	14	F	Clive	IA	8:52	00:27:35.37
12	236/500	97/275	242	Kylie Kerndt	15	F	Decorah	IA	9:55	00:30:50.48
13	239/500	98/275	130	Noelle Francisco	14	F	Westlake Village	CA	9:56	00:30:54.48
14	246/500	103/275	320	Courtney Nordheim	15	F	Decorah	IA	9:58	00:31:00.14
15	255/500	106/275	180	Aly Haugen	14	F	Minneapolis	MN	10:01	00:31:09.92
16	257/500	107/275	216	Madelyn Jermier	15	F	Decorah	IA	10:02	00:31:11.95
17	258/500	108/275	584	Monica Tappe	16	F	Decorah	IA	10:03	00:31:14.57
18	268/500	116/275	355	Rylea Ranum	14	F	Decorah	IA	10:08	00:31:31.68
19	311/500	145/275	153	Alli Groux	14	F	Calmar	IA	10:28	00:32:32.73
20	312/500	146/275	89	Jenna Dambek	16	F	Valparaiso	IN	10:28	00:32:34.17
21	336/500	163/275	114	Lindsay Elsbernd	15	F	Decorah	IA	10:43	00:33:20.81
22	337/500	164/275	129	Amanda Francisco	16	F	Westlake Village	CA	10:45	00:33:24.68
23	396/500	197/275	531	Nicole Fosaaen	15	F	Rockford	MN	11:55	00:37:01.96

Male Ages 14 - 16

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	2/500	2/225	257	Andrew Larson	16	M	Decorah	IA	6:38	00:20:37.72
2	8/500	7/225	452	Tyler Vandelune	14	M	Decorah	IA	6:54	00:21:27.67
3	10/500	9/225	94	Austin Day	15	M	Waukon	IA	6:57	00:21:37.65
4	13/500	12/225	25	Garret Baumler	16	M	Decorah	IA	7:00	00:21:45.61
5	21/500	18/225	286	Henrik Marquardt	15	M	Decorah	IA	7:08	00:22:12.47
6	26/500	22/225	263	Ben Leschensky	15	M	Decorah	IA	7:11	00:22:22.22
7	39/500	30/225	121	Isaac Fink	16	M	Waukon	IA	7:31	00:23:24.21
8	65/500	49/225	80	Blake Courtney	15	M	Ridgeway	IA	7:50	00:24:22.22
9	93/500	69/225	8	Nathan Anderson	14	M	Saint Paul	MN	8:10	00:25:23.24
10	125/500	90/225	285	Jake Marlow	16	M	Decorah	IA	8:34	00:26:37.11
11	137/500	93/225	361	Jerod Redenius	14	M	Decorah	IA	8:42	00:27:04.39
12	153/500	103/225	523	Luke Anderson	15	M	Clive	IA	8:52	00:27:34.97
13	440/500	213/225	491	Clayton Morrison	15	M	South English	IA	13:10	00:40:56.70
14	480/500	220/225	579	Derek Morrow	14	M	Frisco	TX	16:46	00:52:06.47

Nordic Fest Elvelopet

July 26, 2014

Overall Division Results

5K Run

Female Ages 17 - 19

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	19/500	3/275	428	Amanda Taylor	17	F	Decorah	IA	7:07	00:22:07.22
2	32/500	7/275	295	Maria McDonough	17	F	Decorah	IA	7:18	00:22:41.99
3	33/500	8/275	38	Stef Bjerke	17	F	Decorah	IA	7:18	00:22:42.40
4	45/500	11/275	271	Gara Lonning	17	F	Decorah	IA	7:36	00:23:39.80
5	47/500	13/275	451	Lindsay Vande Lune	18	F	Decorah	IA	7:40	00:23:49.38
6	88/500	22/275	267	Rachel Loecker	18	F	Harrington	NE	8:05	00:25:09.99
7	89/500	23/275	308	Kjerstin Narvesen	19	F	Eagan	MN	8:06	00:25:10.40
8	127/500	37/275	88	Emma Dambek	17	F	Decorah	IA	8:34	00:26:38.47
9	129/500	39/275	274	Johanna Lubke	19	F	Ridgeway	IA	8:35	00:26:41.97
10	132/500	42/275	555	Lucy Rae Dorn	18	F	Decorah	IA	8:39	00:26:53.22
11	163/500	55/275	195	Molly Hilgart	19	F	Waukesha	WI	8:59	00:27:55.27
12	164/500	56/275	64	Melisse Chasse	19	F	Apple Valley	MN	8:59	00:27:55.48
13	220/500	85/275	516	Kayla Ingvalson	19	F	Decorah	IA	9:46	00:30:20.85
14	223/500	86/275	585	Hannah Bernatz	19	F	Decorah	IA	9:49	00:30:31.23
15	260/500	110/275	208	Jennison Jenkins	18	F	Decorah	IA	10:04	00:31:16.81
16	277/500	124/275	340	Kayla Peterson	19	F	Decorah	IA	10:12	00:31:42.69
17	291/500	133/275	259	Alysen Lemieux	19	F	Noblesville	IN	10:18	00:32:02.81
18	357/500	177/275	474	Molly Wettach	19	F	Decorah	IA	11:15	00:34:58.16
19	407/500	205/275	536	Kiersten Wenthold	19	F	Fort Atkinson	IA	12:12	00:37:54.94
20	431/500	221/275	284	Caroline Marlow	17	F	Decorah	IA	13:02	00:40:29.70
21	445/500	232/275	414	Zoe Steine-Hanson	17	F	Portland	OR	13:21	00:41:28.80
22	471/500	254/275	299	Jessie Metz	18	F	Albertville	MN	15:24	00:47:53.27
23	472/500	255/275	55	Josie Burns	18	F	Albertville	MN	15:24	00:47:53.39
24	477/500	259/275	43	Rachel Bourget	18	F	Albertville	MN	15:57	00:49:34.49
25	478/500	260/275	366	Maia Rehovsky	18	F	Albertville	MN	15:57	00:49:34.49
26	481/500	261/275	283	Caitlin Maly	17	F	Medina	MN	16:47	00:52:11.57
27	490/500	269/275	410	Chelsey Stamper	19	F	Waukon	IA	17:49	00:55:22.38

Male Ages 17 - 19

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	11/500	10/225	270	Gable Lonning	17	M	Decorah	IA	6:58	00:21:39.29
2	16/500	15/225	590	Parker Fretheim	17	M	Decorah	IA	7:03	00:21:54.39
3	20/500	17/225	341	Tyler Peterson	17	M	Decorah	IA	7:08	00:22:12.46
4	25/500	21/225	576	Josh Miller	19	M	Decorah	IA	7:11	00:22:21.65
5	27/500	23/225	200	Steven Holkesvik	17	M	Decorah	IA	7:12	00:22:23.68
6	70/500	53/225	311	Forde Nesteby	18	M	Decorah	IA	7:52	00:24:27.68
7	79/500	60/225	138	Jakob Frueh	18	M	Decorah	IA	7:57	00:24:43.53
8	101/500	76/225	136	Jakob Frueh	18	M	Decorah	IA	8:15	00:25:38.68
9	143/500	98/225	92	Ethan Davis	19	M	Decorah	IA	8:46	00:27:14.72
10	149/500	100/225	458	Anders Wahlberg	18	M	Decorah	IA	8:49	00:27:24.13

Nordic Fest Elvelopet

July 26, 2014

Overall Division Results

5K Run

Female Ages 20 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	23/500	4/275	9	Brinn Anderson	20	F	Decorah	IA	7:11	00:22:20.84
2	29/500	5/275	199	Marea Holkesvik	20	F	Decorah	IA	7:13	00:22:27.22
3	31/500	6/275	325	Kelsey Offerman	26	F	Madison	WI	7:17	00:22:38.35
4	36/500	9/275	192	Lizzie Herrig	25	F	Decorah	IA	7:30	00:23:18.21
5	82/500	20/275	552	Allison Orvis	20	F	Decorah	IA	8:00	00:24:52.66
6	112/500	30/275	227	Madeline Jungbauer	25	F	Inver Grove Heights	MN	8:28	00:26:20.84
7	117/500	32/275	318	Ashley Noethe	26	F	Indianola	IA	8:31	00:26:28.96
8	133/500	43/275	117	Melissa Erickson	24	F	Ames	IA	8:40	00:26:55.86
9	140/500	45/275	338	Jackie Peterson	25	F	Middleton	WI	8:43	00:27:07.36
10	145/500	47/275	244	Carrie Kilen	21	F	Rochester	MN	8:46	00:27:16.73
11	146/500	48/275	226	Kyrie Jorgenson	25	F	Decorah	IA	8:46	00:27:16.79
12	167/500	57/275	605	Megan McDonough	23	F	Decorah	IA	9:00	00:27:59.48
13	182/500	64/275	574	Samantha Cuvelier	22	F	Decorah	IA	9:11	00:28:32.38
14	183/500	65/275	416	Rachel Stenhaug	22	F	Rochester	MN	9:11	00:28:32.48
15	190/500	69/275	253	Janna Langholz	25	F	Dallas	TX	9:16	00:28:47.82
16	193/500	70/275	411	Krystle Starr	28	F	Kansas City	MO	9:19	00:28:58.89
17	203/500	75/275	570	Bethany Chalmers	29	F	Minneapolis	MN	9:26	00:29:19.23
18	206/500	77/275	488	Lydia Veeder	23	F	Saint Paul	MN	9:28	00:29:25.95
19	218/500	84/275	600	Stacey Falck	28	F	Dunkerton	IA	9:44	00:30:16.80
20	231/500	93/275	380	Allyson Sand	24	F	Chicago	IL	9:55	00:30:48.92
21	234/500	95/275	388	Jennifer Schulz	23	F	Decorah	IA	9:55	00:30:49.33
22	272/500	119/275	613	Hillary Reed	25	F	Cedar Rapids	IA	10:10	00:31:36.23
23	273/500	120/275	324	Bridget Ode	25	F	Cedar Rapids	IA	10:10	00:31:36.36
24	276/500	123/275	614	Isabela Rosales	20	F	Decorah	IA	10:12	00:31:42.49
25	278/500	125/275	241	Amanda Kennay	25	F	Rockfalls	IL	10:13	00:31:46.76
26	286/500	130/275	492	Hannah Ranum	23	F	Minneapolis	MN	10:16	00:31:54.48
27	292/500	134/275	490	Mikayla Morrison	20	F	South English	IA	10:19	00:32:03.43
28	304/500	140/275	142	Krista Garvin	21	F	Cedar Falls	IA	10:24	00:32:20.68
29	309/500	143/275	266	Hanna Lindblom	22	F	Edina	MN	10:27	00:32:30.71
30	316/500	149/275	514	Kerbie Engel	29	F	Decorah	IA	10:34	00:32:51.66
31	319/500	151/275	449	Sharese Van Sloten	27	F	Iowa City	IA	10:36	00:32:56.15
32	324/500	155/275	383	Whitney Schiller	29	F	Decorah	IA	10:37	00:32:59.99
33	328/500	158/275	511	Christine Bochniak	27	F	Dubuque	IA	10:39	00:33:05.97
34	335/500	162/275	530	Brooke Fosaaen	20	F	Rockford	MN	10:43	00:33:19.60
35	342/500	167/275	598	Allie Canoy	22	F	Grand Forks	ND	10:52	00:33:46.99
36	353/500	175/275	575	Jenna Darsee	21	F	Urbandale	IA	11:07	00:34:34.49
37	366/500	179/275	379	Rachel Sand	27	F	Chicago	IL	11:21	00:35:18.87
38	376/500	185/275	70	Claire Cobb	22	F	Shawnee	KS	11:40	00:36:17.21
39	384/500	190/275	502	Rachel Jungwirth	23	F	Saint Louis Park	MN	11:46	00:36:36.29
40	392/500	194/275	91	Linday Davis	28	F	Decorah	IA	11:53	00:36:55.56
41	403/500	202/275	494	Melissa Ross	29	F	Oregon	WI	12:04	00:37:31.12
42	404/500	203/275	432	Ashley Thompson	20	F	Oakdale	MN	12:05	00:37:34.50
43	408/500	206/275	537	Shandra Taylor	22	F	Louisville	KY	12:12	00:37:55.25
44	412/500	208/275	421	Samantha Street	23	F	Winona	MN	12:22	00:38:27.25
45	418/500	211/275	245	Mollie King	22	F	Minneapolis	MN	12:42	00:39:27.64
46	428/500	218/275	37	Erica Bjelland	20	F	Devils Lake	ND	12:56	00:40:13.82
47	429/500	219/275	47	Emma Breitenstein	20	F	Decorah	IA	12:56	00:40:13.82
48	432/500	222/275	445	Hillary Vamstad	28	F	Decorah	IA	13:02	00:40:30.75
49	437/500	225/275	505	Sarah Dow	25	F	Waukee	IA	13:06	00:40:42.44
50	451/500	238/275	13	Kelly Baker	21	F	Homer Glen	IL	13:44	00:42:41.35
51	462/500	246/275	963	Liv Ulring	20	F	Decorah	IA	14:33	00:45:13.23
52	465/500	248/275	24	Marie Bauer	20	F	Stillwater	MN	14:33	00:45:14.17
53	466/500	249/275	97	Shanna Dibble	28	F	Decorah	IA	14:46	00:45:54.93
54	469/500	252/275	310	Railyn Nelson	27	F	Hastings	MN	15:04	00:46:50.26

Nordic Fest Elvelopet

July 26, 2014

Overall Division Results

5K Run

Female Ages 20 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
55	470/500	253/275	408	Sarah Snyder	23	F	Cottage Grove	MN	15:04	00:46:50.46
56	483/500	263/275	98	Audi Dickey	20	F	Apple Valley	MN	17:02	00:52:57.78
57	484/500	264/275	560	Courtney Castleberry	20	F	Stillwater	MN	17:02	00:52:57.79
58	485/500	265/275	444	Hailey Uphoff	20	F	Big Lake	MN	17:02	00:52:58.28
59	498/500	273/275	508	Ashley Johnson	27	F	Crookston	MN	19:10	00:59:35.87
60	500/500	275/275	389	Rebekah Schulz	22	F	Decorah	IA	25:27	01:19:05.99

Male Ages 20 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	5/500	4/225	205	Kent Ingvalson	23	M	Decorah	IA	6:49	00:21:12.18
2	6/500	5/225	370	Alex Rigdon	23	M	St. Louis Park	MN	6:53	00:21:24.40
3	15/500	14/225	433	Joe Thompson	25	M	Ames	IA	7:02	00:21:52.35
4	17/500	16/225	456	Nathan Wagner	29	M	Des Moines	IA	7:03	00:21:55.21
5	28/500	24/225	185	Ryan Henderson	21	M	Monona	IA	7:12	00:22:25.31
6	34/500	26/225	228	Henry Jungbauer	21	M	Dellwood	MN	7:23	00:22:57.49
7	48/500	35/225	74	Mitch Cornelius	25	M	Streetsboro	OH	7:40	00:23:50.19
8	68/500	51/225	571	Brent Pepin	26	M	Postville	IA	7:51	00:24:25.22
9	73/500	56/225	477	Gavin Wicks	24	M	Decorah	IA	7:52	00:24:28.90
10	80/500	61/225	489	Bradley Vogel	25	M	Saint Paul	MN	7:57	00:24:44.55
11	86/500	65/225	316	Jared Noack	28	M	Des Moines	IA	8:03	00:25:02.86
12	94/500	70/225	417	Jeremy Stenseth	21	M	Calmar	IA	8:10	00:25:24.22
13	95/500	71/225	187	John Herber	20	M	Dubuque	IA	8:10	00:25:24.87
14	98/500	73/225	333	Sean Parvi	24	M	Ramsey	MN	8:11	00:25:26.90
15	99/500	74/225	378	Michael Sabers	28	M	Iowa City	IA	8:13	00:25:33.40
16	108/500	82/225	581	Soloman Halvorson	29	M	Des Moines	IA	8:26	00:26:15.13
17	113/500	83/225	434	Tanner Tjossem	21	M	Decorah	IA	8:29	00:26:21.64
18	116/500	85/225	319	Justin Noethe	26	M	Indianola	IA	8:31	00:26:28.47
19	118/500	86/225	478	Benjamin Wilbur	26	M	Decorah	IA	8:31	00:26:29.58
20	135/500	91/225	201	Stephen Hu	27	M	Minneapolis	MN	8:42	00:27:02.16
21	138/500	94/225	164	Uriah Halvorson	27	M	Decorah	IA	8:43	00:27:04.99
22	139/500	95/225	476	Drew White	26	M	Middleton	WI	8:43	00:27:06.64
23	147/500	99/225	393	Drew Sears	27	M	Cedar Falls	IA	8:46	00:27:17.20
24	162/500	108/225	367	Jacob Reinhardt	23	M	Decorah	IA	8:58	00:27:54.67
25	169/500	112/225	553	Erik Orvis	20	M	Decorah	IA	9:02	00:28:05.45
26	197/500	126/225	535	Darrin Sersland	26	M	Minneapolis	MN	9:22	00:29:08.85
27	216/500	133/225	519	Peter Lillibridge	20	M	Decorah	IA	9:39	00:30:00.48
28	245/500	143/225	85	Michael Crowe	23	M	Waterloo	IA	9:58	00:30:59.31
29	247/500	144/225	599	Andy Pavlovec	29	M	Fort Atkinson	IA	9:59	00:31:02.60
30	281/500	156/225	515	Brett Epperson	25	M	Decorah	IA	10:14	00:31:50.41
31	290/500	158/225	125	Erik Forbes	20	M	Noblesville	IN	10:18	00:32:02.21
32	293/500	159/225	400	Alex Smith	21	M	Decorah	IA	10:19	00:32:05.46
33	330/500	171/225	386	Gannon Schmitz	20	M	Decorah	IA	10:39	00:33:08.39
34	359/500	182/225	557	Joe Snyder	23	M	Cottage Grove	MN	11:15	00:34:58.56
35	367/500	188/225	464	Chris Wanless	22	M	Decorah	IA	11:22	00:35:20.99
36	377/500	192/225	334	Dean Parvi	22	M	Ramsey	MN	11:42	00:36:23.12
37	385/500	195/225	503	Keller Grado	23	M	Saint Louis Park	MN	11:47	00:36:36.86
38	389/500	198/225	419	Ben Stenseth	25	M	Calmar	IA	11:48	00:36:41.17
39	395/500	199/225	167	Jake Hammes	25	M	Cumberland	WI	11:54	00:36:59.73
40	397/500	200/225	309	Greg Nelson	28	M	Hastings	MN	11:59	00:37:15.50
41	433/500	211/225	446	Brian Vamstad	29	M	Decorah	IA	13:02	00:40:30.90
42	452/500	214/225	323	Gregg O'connor	21	M	Schaumburg	IL	13:44	00:42:41.44

Nordic Fest Elvelopet

July 26, 2014

Overall Division Results

5K Run

Female Ages 30 - 39

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	41/500	10/275	118	Hallie Evans	39	F	New Albin	IA	7:32	00:23:25.47
2	50/500	14/275	168	Kristi Hannemann	32	F	Nashua	IA	7:40	00:23:51.50
3	52/500	15/275	247	Karla Knudson	30	F	Santa Cruz	CA	7:41	00:23:52.97
4	109/500	27/275	52	Alecia Bucksa	38	F	Decorah	IA	8:27	00:26:15.47
5	114/500	31/275	10	Allie Bachelder	34	F	Decorah	IA	8:29	00:26:23.68
6	121/500	34/275	465	Amanda Webb	34	F	Decorah	IA	8:32	00:26:31.42
7	131/500	41/275	51	Robin Bucheit	38	F	Solon	IA	8:37	00:26:49.15
8	134/500	44/275	461	Dawn Walton	32	F	Atlantic	IA	8:41	00:27:01.34
9	144/500	46/275	420	Gwen Strand	33	F	Decorah	IA	8:46	00:27:15.77
10	155/500	52/275	407	Heidi Snell-Anderson	38	F	Decorah	IA	8:52	00:27:35.47
11	187/500	67/275	532	Cara Feiderman	30	F	Rochester	MN	9:14	00:28:42.48
12	188/500	68/275	540	Kristin Schultes	34	F	Edina	MN	9:14	00:28:42.72
13	198/500	72/275	430	Laura Taylor	34	F	Rochester	MN	9:23	00:29:11.71
14	199/500	73/275	542	Rachel Parks	39	F	Big Lake	MN	9:24	00:29:13.73
15	200/500	74/275	143	Jamie Gavle	32	F	Decorah	IA	9:25	00:29:16.58
16	204/500	76/275	110	Kelly Egan	32	F	Westgate	IA	9:26	00:29:19.84
17	207/500	78/275	93	Amanda Day	34	F	Sun Prairie	WI	9:30	00:29:32.65
18	208/500	79/275	403	Tiffany Smith	34	F	Decorah	IA	9:32	00:29:40.28
19	209/500	80/275	312	Laura Nichols	39	F	Silver Spring	MD	9:35	00:29:47.34
20	224/500	87/275	171	Jordan Hanson	33	F	Hudson	IA	9:50	00:30:34.89
21	225/500	88/275	35	Melissa Bills	33	F	Decorah	IA	9:50	00:30:35.48
22	226/500	89/275	384	Brandi Schissel	32	F	Calmar	IA	9:50	00:30:35.50
23	227/500	90/275	538	Shelly Giddings	33	F	Decorah	IA	9:51	00:30:36.92
24	232/500	94/275	612	Jen Canales	33	F	Des Moines	IA	9:55	00:30:49.12
25	254/500	105/275	59	Dana Carolan	36	F	Decorah	IA	10:01	00:31:09.32
26	261/500	111/275	606	Gwen Van Genpen	36	F	Decorah	IA	10:04	00:31:16.99
27	283/500	127/275	377	Jacquelyn Ruen	33	F	Minneapolis	MN	10:15	00:31:51.64
28	284/500	128/275	182	Andrea Haugo	33	F	Viroqua	WI	10:15	00:31:52.44
29	287/500	131/275	183	Jean Hegland	37	F	North Libert	IA	10:16	00:31:56.72
30	288/500	132/275	480	Andrea Wilson	38	F	Decorah	IA	10:16	00:31:56.73
31	295/500	135/275	57	Hon Busta	33	F	Decorah	IA	10:20	00:32:09.10
32	302/500	139/275	357	Larissa Rasmussen	38	F	Jackson	MN	10:23	00:32:16.74
33	310/500	144/275	513	Jenn Reagan	35	F	Savanna	IL	10:28	00:32:31.49
34	313/500	147/275	81	Amy Courtney	38	F	Ridgeway	IA	10:29	00:32:35.19
35	323/500	154/275	485	Anne Wuebker	30	F	Waukon	IA	10:37	00:32:59.63
36	329/500	159/275	291	Lara Mccombie	36	F	Bellevue	IA	10:39	00:33:06.16
37	338/500	165/275	302	Rebecca Miller	31	F	Robins	IA	10:46	00:33:27.24
38	343/500	168/275	481	Kristina Wiltgen	35	F	Decorah	IA	10:55	00:33:55.24
39	346/500	169/275	583	Robyn Hanson	34	F	Decorah	IA	10:59	00:34:10.48
40	348/500	170/275	230	Marissa Kamaryt	37	F	Oak Park	IL	11:01	00:34:16.38
41	349/500	171/275	135	Lauren Frobish	32	F	Dewitt	IA	11:02	00:34:17.80
42	350/500	172/275	415	Stephanie Steines	38	F	Decorah	IA	11:03	00:34:21.88
43	373/500	182/275	293	Sarah Mcconnell	37	F	Rochester	MN	11:37	00:36:08.24
44	374/500	183/275	218	Dawn Johnson	37	F	Rochester	MN	11:38	00:36:09.67
45	383/500	189/275	582	Rachel Halvorson	30	F	Des Moines	IA	11:46	00:36:34.68
46	391/500	193/275	251	Erica Landas	35	F	Oak Park	IL	11:52	00:36:55.29
47	394/500	196/275	294	Laura McCreery	33	F	Davenport	IA	11:53	00:36:57.71
48	399/500	198/275	330	Keri Ostby	36	F	Rochester	MN	11:59	00:37:15.84
49	400/500	199/275	448	Cory Van Patten	34	F	Gilbert	AZ	11:59	00:37:15.84
50	402/500	201/275	134	Samantha Friederick	31	F	Decorah	IA	12:04	00:37:31.12
51	410/500	207/275	27	Lindsey Belz	33	F	Cardiff By The Sea	CA	12:20	00:38:21.39
52	423/500	214/275	84	Kyleen Cowie	30	F	Chicago	IL	12:54	00:40:05.25
53	426/500	217/275	390	Anna Seamans	33	F	Prairie Du Chien	WI	12:56	00:40:11.99
54	430/500	220/275	437	Mesha Torkelson	31	F	Big Lake	MN	12:58	00:40:18.83

Nordic Fest Elvelopet

July 26, 2014

Overall Division Results

5K Run

Female Ages 30 - 39

Div Place	Overall Pic/Total	Gender Pic/Total	No.	Name	Age	S	City	St.	Pace	Time
55	443/500	230/275	359	Laura Ready	35	F	Sioux Falls	SD	13:13	00:41:05.87
56	449/500	236/275	203	Janet Hunter	37	F	Decorah	IA	13:28	00:41:52.21
57	450/500	237/275	460	Linda Walter	39	F	Decorah	IA	13:28	00:41:52.21
58	453/500	239/275	106	Lacie Driscoll	32	F	Crystal Lake	IL	13:52	00:43:05.11
59	458/500	242/275	510	Jerita Burreson	37	F	Abu Dhabi		14:14	00:44:14.13
60	476/500	258/275	595	Patty Murray	35	F	Amboy	MN	15:43	00:48:49.93
61	487/500	266/275	17	Paige Baraban	36	F	Roeland Park	KS	17:20	00:53:51.77
62	489/500	268/275	18	Melanie Barr	38	F	Manhattan Beach	CA	17:28	00:54:18.19
63	493/500	270/275	501	Marissa Nordschow	34	F	Decorah	IA	18:36	00:57:49.15

Nordic Fest Elvelopet

July 26, 2014

Overall Division Results

5K Run

Male Ages 30 - 39

Div Place	Overall Pic/Total	Gender Pic/Total	No.	Name	Age	S	City	St.	Pace	Time
1	7/500	6/225	596	Blake Towle	31	M	Cedar Rapids	IA	6:53	00:21:25.42
2	9/500	8/225	392	Kurt Seamans	32	M	Wasilla	AK	6:57	00:21:37.47
3	12/500	11/225	54	Brent Buresh	39	M	Decorah	IA	6:58	00:21:40.71
4	14/500	13/225	197	Scott Hogseth	31	M	Madison	WI	7:01	00:21:48.68
5	40/500	31/225	321	Scott Nordschow	34	M	Decorah	IA	7:32	00:23:25.17
6	49/500	36/225	60	Michael Casterton	34	M	Decorah	IA	7:40	00:23:50.97
7	57/500	42/225	178	David Hart	37	M	Maple Grove	MN	7:47	00:24:10.97
8	63/500	47/225	440	Peter Triezenberg	34	M	Santa Cruz	CA	7:47	00:24:13.97
9	66/500	50/225	588	Daniel Kuboushek	34	M	Calmar	IA	7:50	00:24:22.59
10	90/500	67/225	561	Torray Wilson	32	M	Paullina	IA	8:06	00:25:12.63
11	103/500	77/225	601	Mike Tollefson	34	M	Decorah	IA	8:17	00:25:45.42
12	104/500	78/225	459	Jimmie Walsh	33	M	Waverly	IA	8:17	00:25:46.21
13	115/500	84/225	48	Nick Brock	34	M	Decorah	IA	8:29	00:26:24.28
14	123/500	88/225	472	Lucas Welper	32	M	Stewartville	MN	8:32	00:26:32.97
15	136/500	92/225	58	Tom Busta	32	M	Decorah	IA	8:42	00:27:02.73
16	142/500	97/225	431	Joshua Taylor	34	M	Rochester	MN	8:44	00:27:09.68
17	157/500	104/225	371	Erik Riha	38	M	Champaign	IL	8:55	00:27:44.28
18	161/500	107/225	374	Tad Robinson	37	M	Allentown	PA	8:58	00:27:53.73
19	166/500	110/225	336	Darin Peterson	31	M	Decorah	IA	8:59	00:27:56.90
20	180/500	118/225	261	Brian Lensch	39	M	Decorah	IA	9:08	00:28:24.21
21	189/500	121/225	539	Ben Schultes	36	M	Edina	MN	9:14	00:28:43.34
22	205/500	129/225	404	Weylin Smith	36	M	Decorah	IA	9:27	00:29:22.69
23	210/500	130/225	313	Bradley Nichols	39	M	Silver Spring	MD	9:35	00:29:47.73
24	233/500	139/225	243	Tade Kerndt	37	M	Decorah	IA	9:55	00:30:49.23
25	237/500	140/225	190	Dan Herman	30	M	Decorah	IA	9:56	00:30:52.48
26	238/500	141/225	484	Mike Wood	39	M	Perry	IA	9:56	00:30:53.19
27	250/500	146/225	179	Jason Hartfield	33	M	Minneapolis	MN	10:00	00:31:06.98
28	251/500	147/225	851	Dan Jackson	30	M	Minneapolis	MN	10:01	00:31:07.70
29	253/500	149/225	233	Anthony Kautman	37	M	Iowa City	IA	10:01	00:31:07.89
30	279/500	154/225	221	Adam Johnson	32	M	Rockfalls	IL	10:13	00:31:46.96
31	299/500	163/225	256	Mike Larson	36	M	Des Moines	IA	10:22	00:32:15.22
32	306/500	165/225	544	Paul Hogseth	35	M	Mount Horeb	WI	10:26	00:32:25.99
33	347/500	178/225	611	Rob Sand	31	M	Des Moines	IA	11:01	00:34:15.37
34	360/500	183/225	15	Israel Balik	34	M	Cresco	IA	11:16	00:35:01.16
35	361/500	184/225	442	Matt Turner	33	M	Decorah	IA	11:16	00:35:01.18
36	368/500	189/225	436	John Torkelson	37	M	Big Lake	MN	11:24	00:35:28.20
37	369/500	190/225	447	David Van Patten	39	M	Gilbert	AZ	11:26	00:35:32.69
38	370/500	191/225	46	Brian Brandsmeier	36	M	North Liberty	IA	11:29	00:35:42.86
39	379/500	193/225	512	Kyle Melaas	34	M	Savanna	IL	11:44	00:36:28.40
40	415/500	205/225	610	Rockne Cole	39	M	Illinois		12:36	00:39:11.50
41	427/500	210/225	391	Brent Seamans	34	M	Prairie Du Chien	WI	12:56	00:40:12.40
42	457/500	216/225	56	Matt Burreson	37	M	Decorah	IA	14:14	00:44:13.51
43	486/500	221/225	365	Carl Refsal	38	M	Roeland Park	KS	17:19	00:53:50.75
44	491/500	222/225	495	Steve Niedzlelski	39	M	Buffalo	MN	17:50	00:55:24.62

Nordic Fest Elvelopet

July 26, 2014

Overall Division Results

5K Run

Female Ages 40 - 49

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	110/500	28/275	375	Heidi Rockweiler	47	F	Decorah	IA	8:28	00:26:19.43
2	126/500	36/275	116	Stacy Engelhardt	40	F	Decorah	IA	8:34	00:26:37.92
3	130/500	40/275	315	Cristy Nimrod	47	F	Decorah	IA	8:35	00:26:42.48
4	156/500	53/275	353	Renee Rabe	41	F	Robins	IA	8:55	00:27:43.48
5	175/500	60/275	151	Padrin Grimstad	40	F	Decorah	IA	9:05	00:28:13.40
6	176/500	61/275	282	Maureen Maly	46	F	Medina	MN	9:06	00:28:17.91
7	228/500	91/275	249	Kathy Krob	47	F	Anderson	SC	9:52	00:30:40.78
8	240/500	99/275	398	Holly Sires	41	F	Saint Charles	MN	9:57	00:30:55.43
9	242/500	101/275	328	Lisa Olson	46	F	Minneapolis	MN	9:57	00:30:56.23
10	259/500	109/275	254	Brenda Langreck	48	F	Decorah	IA	10:03	00:31:14.98
11	263/500	112/275	273	Ronda Lovelace	48	F	Rochester	MN	10:06	00:31:25.18
12	274/500	121/275	385	Traci Schmitz	47	F	Marion	IA	10:10	00:31:37.79
13	275/500	122/275	149	Kory Graham	45	F	Dodge Center	MN	10:11	00:31:39.84
14	282/500	126/275	521	Sara Friedl Putnam	47	F	Decorah	IA	10:15	00:31:50.86
15	285/500	129/275	14	Kaija Baldock	40	F	Tonganoxie	KS	10:15	00:31:53.24
16	300/500	137/275	239	Kim Kavan	42	F	Decorah	IA	10:23	00:32:15.98
17	321/500	152/275	405	Kelli Smutzler	45	F	Decorah	IA	10:36	00:32:57.38
18	322/500	153/275	609	Susanna Cole	42	F	Redding	CA	10:37	00:32:59.49
19	325/500	156/275	102	Lara Dolphin	41	F	Gales Ferry	CT	10:38	00:33:02.69
20	327/500	157/275	439	Karen Trewin	44	F	Decorah	IA	10:39	00:33:05.97
21	351/500	173/275	397	Tammy Silver	49	F	Woodland	CA	11:04	00:34:25.49
22	352/500	174/275	209	Stacy Jensen	43	F	Mason City	IA	11:05	00:34:28.74
23	362/500	178/275	566	Lisa Mclellan	42	F	West Union	IA	11:18	00:35:07.45
24	380/500	187/275	177	Michelle Hanson	46	F	Valpraiso	IN	11:45	00:36:30.62
25	382/500	188/275	61	Julie Chamberlain	40	F	Decorah	IA	11:45	00:36:33.47
26	387/500	191/275	191	Candy Herold	48	F	Calmar	IA	11:47	00:36:39.75
27	390/500	192/275	96	Andrea Detweiler	43	F	Oelwein	IA	11:49	00:36:43.62
28	401/500	200/275	196	Tracy Hjelle	44	F	Decorah	IA	12:00	00:37:19.91
29	424/500	215/275	275	Ann Lynch	49	F	Rochester	MN	12:54	00:40:07.92
30	438/500	226/275	20	Cindy Barwick	43	F	Sheldon	IA	13:06	00:40:43.60
31	446/500	233/275	413	Tricia Steine-Hanson	41	F	Portland	OR	13:22	00:41:32.69
32	448/500	235/275	42	Keri Bodensteiner	41	F	Decorah	IA	13:26	00:41:45.68
33	454/500	240/275	4	Christin Anderson	43	F	Franklin	TN	13:52	00:43:06.47
34	455/500	241/275	44	Christy Bouska	41	F	Decorah	IA	14:03	00:43:41.51
35	464/500	247/275	522	Meg Hammes	45	F	Calmar	IA	14:33	00:45:14.16
36	488/500	267/275	297	Marnie Mentel	46	F	St. Albans	MO	17:28	00:54:17.53

Nordic Fest Elvelopet

July 26, 2014

Overall Division Results

5K Run

Male Ages 40 - 49

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	22/500	19/225	412	Alexander Steding	44	M	Decorah	IA	7:10	00:22:18.59
2	24/500	20/225	604	Garth Carlson	45	M	Davenport	IA	7:11	00:22:20.84
3	35/500	27/225	381	Brian Sanderman	41	M	Cedar Falls	IA	7:28	00:23:12.47
4	54/500	39/225	277	Greg Madsen	44	M	Decorah	IA	7:42	00:23:57.97
5	61/500	45/225	395	Michael Sheehan	46	M	Wausau	WI	7:47	00:24:12.58
6	62/500	46/225	423	Tj Sturtz	43	M	Plano	IA	7:47	00:24:13.61
7	64/500	48/225	272	Gary Lovelace	48	M	Rochester	MN	7:48	00:24:14.20
8	72/500	55/225	422	Michael Sturtz	47	M	Indianola	IA	7:52	00:24:28.90
9	75/500	57/225	220	Andy Johnson	44	M	Decorah	IA	7:53	00:24:31.13
10	78/500	59/225	234	Andrew Kautman	40	M	Gilbert	IA	7:57	00:24:43.13
11	81/500	62/225	281	Lance Maly	47	M	Medina	MN	7:59	00:24:49.97
12	83/500	63/225	82	Scott Courtney	42	M	Ridgeway	IA	8:00	00:24:54.28
13	87/500	66/225	86	Paul Dambek	43	M	Valparaiso	IN	8:04	00:25:03.87
14	91/500	68/225	238	Cheuang Kavan	45	M	Decorah	IA	8:07	00:25:15.47
15	105/500	79/225	597	David Tollefson	41	M	Cedar Rapids	IA	8:21	00:25:59.70
16	120/500	87/225	188	Christopher Herber	47	M	Dubuque	IA	8:32	00:26:31.20
17	152/500	102/225	147	Bob Gilbertson	41	M	Marshalltown	IA	8:52	00:27:33.34
18	158/500	105/225	594	Victor Augusta	46	M	Cary	NC	8:56	00:27:48.36
19	172/500	114/225	543	Thoms Marquardt	45	M	Decorah	IA	9:04	00:28:11.73
20	184/500	119/225	265	Jesse Leuenberger	42	M	Decorah	IA	9:12	00:28:35.21
21	191/500	122/225	339	Curtis Peterson	44	M	Decorah	IA	9:16	00:28:50.51
22	192/500	123/225	541	Tom Klotzbach	49	M	Decorah	IA	9:18	00:28:56.48
23	196/500	125/225	331	Jason Parks	41	M	Big Lake	MN	9:22	00:29:08.25
24	201/500	127/225	418	Jim Stenseth	49	M	Calmar	IA	9:25	00:29:17.73
25	212/500	131/225	360	Chris Redenius	41	M	Decorah	IA	9:37	00:29:52.98
26	214/500	132/225	176	Carter Hanson	45	M	Valpraiso	IN	9:38	00:29:56.89
27	217/500	134/225	289	Kevin Marquis	45	M	Marion	IA	9:44	00:30:15.73
28	221/500	136/225	305	Andrew Moorcroft	42	M	Decorah	IA	9:47	00:30:26.73
29	256/500	150/225	181	Dean Haugen	45	M	Minneapolis	MN	10:02	00:31:10.94
30	262/500	151/225	7	David Anderson	49	M	Robbinsville	NJ	10:05	00:31:22.53
31	297/500	161/225	568	Bernard Wegmueller	48	M	Lagnam		10:21	00:32:11.96
32	298/500	162/225	210	Rich Jensen	45	M	Mason City	IA	10:22	00:32:13.98
33	320/500	169/225	406	David Smutzler	46	M	Decorah	IA	10:36	00:32:57.23
34	331/500	172/225	172	John Hanson	40	M	Portland	OR	10:42	00:33:15.33
35	356/500	180/225	591	Daniel Fretheim	46	M	Decorah	IA	11:12	00:34:50.74
36	364/500	186/225	132	Matthew Frick	42	M	Rochester	MN	11:20	00:35:15.20
37	381/500	194/225	62	Brad Chamberlain	42	M	Decorah	IA	11:45	00:36:33.25
38	388/500	197/225	307	Svein Olav Mymark	49	M	Bergen		11:48	00:36:40.17
39	398/500	201/225	21	Gary Barwick	48	M	Sheldon	IA	11:59	00:37:15.75
40	411/500	204/225	548	Klint Kjeldahl	45	M	Maple Grove	MN	12:21	00:38:24.42
41	416/500	206/225	306	Erich Morris	42	M	Minneapolis	MN	12:37	00:39:12.22
42	494/500	224/225	202	Matt Hughes	40	M	Decorah	IA	18:36	00:57:49.79
43	495/500	225/225	504	Kevin Peterson	45	M	Omaha	NE	18:56	00:58:50.28

Nordic Fest Elvelopet

July 26, 2014

Overall Division Results

5K Run

Female Ages 50 - 59

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	119/500	33/275	507	Barbara Kraus	54	F	Decorah	IA	8:31	00:26:29.97
2	150/500	50/275	578	Marianne Stalberger	51	F	Decorah	IA	8:49	00:27:26.17
3	160/500	54/275	462	Rose Wander	52	F	Elgin	IA	8:58	00:27:52.28
4	185/500	66/275	547	Sarah Nelson	52	F	Moscow	ID	9:12	00:28:35.21
5	230/500	92/275	158	Sabrina Hageman	52	F	Lacey	WA	9:53	00:30:43.98
6	235/500	96/275	497	Lois Finanger	59	F	Decorah	IA	9:55	00:30:49.94
7	241/500	100/275	53	Pam Buddenberg	51	F	Decorah	IA	9:57	00:30:55.64
8	270/500	117/275	36	Alison Bishop	52	F	Decorah	IA	10:10	00:31:36.16
9	271/500	118/275	438	Randeen Torvik Ragan	58	F	Austin	TX	10:10	00:31:36.16
10	307/500	142/275	115	Sharon Elsbernd	50	F	Calmar	IA	10:26	00:32:26.20
11	314/500	148/275	450	Kendra Van Sloten	50	F	Decorah	IA	10:29	00:32:36.13
12	332/500	160/275	577	Jane Miller	50	F	Decorah	IA	10:42	00:33:16.14
13	339/500	166/275	204	Kay Imoehl	50	F	Decorah	IA	10:46	00:33:27.94
14	371/500	180/275	184	Wendy Helgerson	56	F	Decorah	IA	11:34	00:35:56.70
15	372/500	181/275	156	Renee Gunderson	50	F	Decorah	IA	11:35	00:36:00.49
16	414/500	210/275	107	Sarah Dunleavy	51	F	Denver	IA	12:32	00:38:56.99
17	420/500	212/275	376	Joanie Rollins	53	F	Decorah	IA	12:48	00:39:48.43
18	425/500	216/275	401	Carol Smith	57	F	Decorah	IA	12:55	00:40:08.73
19	441/500	228/275	396	Maureen Shroyer	53	F	Decorah	IA	13:11	00:40:58.74
20	460/500	244/275	482	Beth Winke	52	F	Suffolk	VA	14:31	00:45:08.26
21	467/500	250/275	222	Lisa Johnsrud	52	F	Dodgville	WI	15:00	00:46:38.47
22	468/500	251/275	475	Connie White	52	F	Decorah	IA	15:04	00:46:49.44
23	475/500	257/275	120	Lynette Falck	55	F	Decorah	IA	15:36	00:48:30.39
24	482/500	262/275	207	Llew Jenkins	50	F	Decorah	IA	16:50	00:52:20.74

Male Ages 50 - 59

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	3/500	3/225	2	Jorn Aslak Amundsen	52	M	Hundhamaren		6:43	00:20:53.96
2	38/500	29/225	193	Scott Hervey	51	M	Decorah	IA	7:30	00:23:20.72
3	42/500	32/225	224	Brian Jones	56	M	Decorah	IA	7:32	00:23:27.47
4	44/500	34/225	268	Bradley Loftsgard	57	M	Decorah	IA	7:36	00:23:37.56
5	55/500	40/225	483	Bill Winke	50	M	Albia	IA	7:44	00:24:04.25
6	56/500	41/225	75	Michael Cornelius	51	M	Decorah	IA	7:46	00:24:08.12
7	71/500	54/225	194	Howard Higgins	50	M	Fairport	NY	7:52	00:24:28.48
8	84/500	64/225	441	Bob Tupy	55	M	Calmar	IA	8:01	00:24:55.96
9	177/500	116/225	87	John Dambek	50	M	Decorah	IA	9:07	00:28:19.73
10	186/500	120/225	457	John Wahlberg	50	M	Apple Valley	MN	9:14	00:28:41.73
11	202/500	128/225	369	Alan Renken	50	M	Decorah	IA	9:25	00:29:18.42
12	219/500	135/225	223	Stu Johnston	52	M	Decorah	IA	9:45	00:30:18.42
13	222/500	137/225	564	Steve Pederson	59	M	Jesup	IA	9:49	00:30:30.98
14	248/500	145/225	161	Terry Haindfield	55	M	Highlandville	IA	10:00	00:31:05.98
15	252/500	148/225	885	Daniel Pavlovec	57	M	Ft. Atkinson	IA	10:01	00:31:07.89
16	315/500	167/225	443	Paul Ulviden	55	M	Decorah	IA	10:33	00:32:47.20
17	317/500	168/225	463	Paul Wanless	57	M	Decorah	IA	10:34	00:32:52.69
18	340/500	174/225	298	Claude Mertzénich	51	M	Decorah	IA	10:47	00:33:31.20
19	358/500	181/225	473	Jeff Wettach	56	M	Decorah	IA	11:15	00:34:58.49
20	409/500	203/225	217	Kai Robert Johansen	58	M	Gralum	IA	12:13	00:37:59.62
21	463/500	217/225	166	Mark Hammes	52	M	Cumberland	WI	14:33	00:45:13.43
22	474/500	218/225	351	Dale Putnam	56	M	Decorah	IA	15:31	00:48:13.32

Nordic Fest Elvelopet

July 26, 2014

Overall Division Results

5K Run

Female Ages 60 - 98

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	264/500	113/275	165	Diane Hammel	60	F	Stewartville	MN	10:07	00:31:25.98
2	413/500	209/275	387	Dianne Schultz	63	F	Postville	IA	12:23	00:38:31.53
3	436/500	224/275	278	Barb Mahr	63	F	Decorah	IA	13:05	00:40:41.64
4	459/500	243/275	124	Chris Flaskerud	62	F	Decorah	IA	14:21	00:44:36.59
5	461/500	245/275	99	Barb Dohlen	68	F	Emerald Isle	NC	14:32	00:45:11.76

Male Ages 60 - 98

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	51/500	37/225	45	Arland Braaten-Lee	65	M	Northfield	MN	7:40	00:23:51.81
2	53/500	38/225	113	Denny Ellingson	62	M	Courtland	MN	7:42	00:23:56.47
3	173/500	115/225	159	Marle Hageman	63	M	Fort Atkinson	IA	9:04	00:28:11.77
4	179/500	117/225	394	Jim Sewick	60	M	Waukon	IA	9:08	00:28:23.94
5	243/500	142/225	152	Larry Grimstad	71	M	Decorah	IA	9:58	00:30:58.70
6	280/500	155/225	213	Darrell Jensen	67	M	Decorah	IA	10:14	00:31:48.39
7	289/500	157/225	424	Rasmus Sunde	70	M	Balestraud		10:18	00:32:00.98
8	341/500	175/225	246	Karl Knudson	63	M	Decorah	IA	10:49	00:33:36.99
9	386/500	196/225	322	Arne Nymark	80	M	Bergen		11:47	00:36:36.90
10	417/500	207/225	100	Ross Dohlen	79	M	Emerald Isle	NC	12:39	00:39:20.92
11	419/500	208/225	31	Don Berg	79	M	Decorah	IA	12:42	00:39:29.87
12	456/500	215/225	269	Per Einar Sonnesym	82	M	Bergen		14:12	00:44:07.49
13	492/500	223/225	558	Olav Skeie	76	M			17:50	00:55:27.23

Male Ages 99 - 99

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	479/500	219/225	498	Frank Veltri	99	M	Eugene	OR	16:32	00:51:24.58