

RUNorwalk 8K and 5K Run/Walk

May 9, 2015

Overall Results

8K Run

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	Pace	Time
1	1/31	1/3	714	Julius Rotich	M	40	Des Moines	IA	5:10	00:25:42.32
2	2/31	2/3	703	Randy Sturm	M	37	Garner	IA	6:18	00:31:23.58
3	3/31	3/3	672	Todd Haugen	M	52	Des Moines	IA	6:21	00:31:37.90
4	1/29	1/3	693	Abby Schmitz	F	33	Norwalk	IA	6:21	00:31:38.83
5	4/31	1/4	690	Russ Potts	M	52	Norwalk	IA	6:32	00:32:32.61
6	5/31	1/4	702	Baylee Steele	M	17	Norwalk	IA	6:34	00:32:42.55
7	2/29	2/3	689	Molly Potts	F	23	Norwalk	IA	6:35	00:32:43.91
8	6/31	1/3	651	Jonathan Altes	M	39	Norwalk	IA	6:36	00:32:48.65
9	7/31	1/4	707	Bill Wilson	M	40	Norwalk	IA	6:38	00:32:58.78
10	3/29	3/3	673	Angie Heim	F	39	Norwalk	IA	6:39	00:33:07.51
11	4/29	1/7	657	Shannon Brown	F	31	Norwalk	IA	6:51	00:34:03.93
12	8/31	1/1	715	Bruce Dummond	M	57	Des Moines	IA	7:01	00:34:56.64
13	9/31	2/4	692	Matthew Rozendaal	M	17	Norwalk	IA	7:03	00:35:07.58
14	10/31	1/2	694	Brandon Schmitz	M	32	Norwalk	IA	7:04	00:35:10.83
15	11/31	1/3	681	Bryan Leitzinger	M	29	Norwalk	IA	7:08	00:35:30.92
16	12/31	2/4	659	Erick Danielson	M	42	Norwalk	IA	7:13	00:35:55.71
17	5/29	2/7	677	Jamie Hurley	F	33	Indianola	IA	7:15	00:36:05.33
18	6/29	1/9	706	Michelle Wiedmann	F	36	Norwalk	IA	7:15	00:36:05.33
19	13/31	3/4	665	Brandon Fick	M	16	Cumming	IA	7:30	00:37:18.84
20	14/31	4/4	696	Cole Schumacher	M	16	Norwalk	IA	7:43	00:38:24.65
21	15/31	3/4	682	Jeff Mcconkey	M	40	Norwalk	IA	7:49	00:38:55.62
22	16/31	2/3	688	Hank Norem	M	35	Norwalk	IA	7:51	00:39:06.22
23	17/31	4/4	710	Tyson Crawford	M	40	Osceola	IA	7:59	00:39:42.34
24	7/29	2/9	671	Heidi Hasselbalch	F	37	Norwalk	IA	8:00	00:39:50.65
25	18/31	1/1	675	John Hughes	M	61	Norwalk	IA	8:08	00:40:28.59
26	8/29	1/1	708	Shawna Neifert	F	45	Norwalk	IA	8:10	00:40:38.35
27	19/31	1/4	709	Jason Neifert	M	45	Norwalk	IA	8:10	00:40:38.95
28	9/29	3/9	660	Mary Decarlo	F	36	Grimes	IA	8:15	00:41:01.94
29	20/31	2/3	683	Andrew Mcgrean	M	27	Des Moines	IA	8:15	00:41:02.53
30	21/31	3/3	656	Ben Bohlender	M	26	Norwalk	IA	8:17	00:41:12.57
31	22/31	2/4	664	Jeff Feder	M	54	Norwalk	IA	8:29	00:42:12.98
32	23/31	2/2	676	Clint Hurley	M	33	Norwalk	IA	8:32	00:42:29.59
33	10/29	3/7	669	Dawn Gries	F	34	Des Moines	IA	8:33	00:42:30.31
34	24/31	1/2	655	Nathan Balk	M	20	Norwalk	IA	8:34	00:42:37.40
35	25/31	2/2	680	Austin Lancaster	M	20	Norwalk	IA	8:35	00:42:43.84
36	26/31	3/4	653	James Arthur	M	51	Pleasant Hill	IA	8:46	00:43:38.59
37	11/29	1/2	705	Julia Tentinger	F	50	Norwalk	IA	8:47	00:43:39.91
38	12/29	1/1	697	Ashlee Seibert	F	23	Norwalk	IA	8:51	00:44:02.42
39	13/29	4/9	704	Kristin Tague	F	35	Norwalk	IA	8:58	00:44:35.92
40	27/31	2/4	687	Robert Mullins	M	49	Indianola	IA	9:05	00:45:12.85
41	28/31	3/3	670	Joshua Hardie	M	36	Norwalk	IA	9:05	00:45:13.68
42	14/29	4/7	674	Abby Hendrickson	F	30	Norwalk	IA	9:09	00:45:32.85
43	15/29	1/3	650	Rachel Aanonson	F	27	Norwalk	IA	9:09	00:45:33.10
44	29/31	3/4	661	Joe Driscoll	M	49	Norwalk	IA	9:13	00:45:52.23
45	16/29	5/9	698	Allyson Seymour	F	39	Norwalk	IA	9:14	00:45:57.11
46	17/29	1/1	654	Annie Balk	F	14	Norwalk	IA	9:22	00:46:34.86
47	18/29	2/2	662	Angela Ellis	F	52	Norwalk	IA	9:32	00:47:27.85
48	19/29	2/3	667	Katie Freeborn	F	25	West Des Moines	IA	9:33	00:47:28.60
49	20/29	3/3	684	Mallory Metzger	F	27	Norwalk	IA	9:42	00:48:15.15
50	30/31	4/4	699	Wade Shriver	M	50	Marshalltown	IA	9:42	00:48:15.36
51	21/29	1/1	713	Roma Snook	F	56	Chariton	IA	9:47	00:48:41.34
52	22/29	1/1	663	Stacy Evans	F	42	Indianola	IA	9:52	00:49:04.11
53	23/29	6/9	685	Shana Michael	F	37	Norwalk	IA	9:52	00:49:04.35
54	24/29	7/9	668	Kristen Geisler	F	35	Norwalk	IA	10:11	00:50:38.22
55	25/29	8/9	695	Jamie Schumacher	F	39	Norwalk	IA	10:11	00:50:38.61
56	26/29	9/9	678	Laura Johnson	F	39	Norwalk	IA	10:11	00:50:38.84
57	27/29	5/7	679	Andrea Kreutz	F	33	Norwalk	IA	11:08	00:55:22.56

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Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	Pace	Time
58	28/29	6/7	652	Angie Arndt-Parker	F	33	Indianola	IA	11:08	00:55:22.76
59	31/31	4/4	686	Chris Miller	M	48	Norwalk	IA	12:21	01:01:27.50
60	29/29	7/7	691	Lisa Redlinger	F	34	Des Moines	IA	12:21	01:01:28.31