

RUNorwalk 8K and 5K Run/Walk

May 9, 2015

8K Run

Overall Results - Female

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	Pace	Time
1	4/60	1/3	693	Abby Schmitz	F	33	Norwalk	IA	6:21	00:31:38.83
2	7/60	2/3	689	Molly Potts	F	23	Norwalk	IA	6:35	00:32:43.91
3	10/60	3/3	673	Angie Heim	F	39	Norwalk	IA	6:39	00:33:07.51
4	11/60	1/7	657	Shannon Brown	F	31	Norwalk	IA	6:51	00:34:03.93
5	17/60	2/7	677	Jamie Hurley	F	33	Indianola	IA	7:15	00:36:05.33
6	18/60	1/9	706	Michelle Wiedmann	F	36	Norwalk	IA	7:15	00:36:05.33
7	24/60	2/9	671	Heidi Hasselbalch	F	37	Norwalk	IA	8:00	00:39:50.65
8	26/60	1/1	708	Shawna Neifert	F	45	Norwalk	IA	8:10	00:40:38.35
9	28/60	3/9	660	Mary Decarlo	F	36	Grimes	IA	8:15	00:41:01.94
10	33/60	3/7	669	Dawn Gries	F	34	Des Moines	IA	8:33	00:42:30.31
11	37/60	1/2	705	Julia Tentinger	F	50	Norwalk	IA	8:47	00:43:39.91
12	38/60	1/1	697	Ashlee Seibert	F	23	Norwalk	IA	8:51	00:44:02.42
13	39/60	4/9	704	Kristin Tague	F	35	Norwalk	IA	8:58	00:44:35.92
14	42/60	4/7	674	Abby Hendrickson	F	30	Norwalk	IA	9:09	00:45:32.85
15	43/60	1/3	650	Rachel Aanonson	F	27	Norwalk	IA	9:09	00:45:33.10
16	45/60	5/9	698	Allyson Seymour	F	39	Norwalk	IA	9:14	00:45:57.11
17	46/60	1/1	654	Annie Balk	F	14	Norwalk	IA	9:22	00:46:34.86
18	47/60	2/2	662	Angela Ellis	F	52	Norwalk	IA	9:32	00:47:27.85
19	48/60	2/3	667	Katie Freeborn	F	25	West Des Moines	IA	9:33	00:47:28.60
20	49/60	3/3	684	Mallory Metzger	F	27	Norwalk	IA	9:42	00:48:15.15
21	51/60	1/1	713	Roma Snook	F	56	Chariton	IA	9:47	00:48:41.34
22	52/60	1/1	663	Stacy Evans	F	42	Indianola	IA	9:52	00:49:04.11
23	53/60	6/9	685	Shana Michael	F	37	Norwalk	IA	9:52	00:49:04.35
24	54/60	7/9	668	Kristen Geisler	F	35	Norwalk	IA	10:11	00:50:38.22
25	55/60	8/9	695	Jamie Schumacher	F	39	Norwalk	IA	10:11	00:50:38.61
26	56/60	9/9	678	Laura Johnson	F	39	Norwalk	IA	10:11	00:50:38.84
27	57/60	5/7	679	Andrea Kreutz	F	33	Norwalk	IA	11:08	00:55:22.56
28	58/60	6/7	652	Angie Arndt-Parker	F	33	Indianola	IA	11:08	00:55:22.76
29	60/60	7/7	691	Lisa Redlinger	F	34	Des Moines	IA	12:21	01:01:28.31

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1	1/60	1/3	714	Julius Rotich	M	40	Des Moines	IA	5:10	00:25:42.32
2	2/60	2/3	703	Randy Sturm	M	37	Garner	IA	6:18	00:31:23.58
3	3/60	3/3	672	Todd Haugen	M	52	Des Moines	IA	6:21	00:31:37.90
4	5/60	1/4	690	Russ Potts	M	52	Norwalk	IA	6:32	00:32:32.61
5	6/60	1/4	702	Baylee Steele	M	17	Norwalk	IA	6:34	00:32:42.55
6	8/60	1/3	651	Jonathan Altes	M	39	Norwalk	IA	6:36	00:32:48.65
7	9/60	1/4	707	Bill Wilson	M	40	Norwalk	IA	6:38	00:32:58.78
8	12/60	1/1	715	Bruce Dummond	M	57	Des Moines	IA	7:01	00:34:56.64
9	13/60	2/4	692	Matthew Rozendaal	M	17	Norwalk	IA	7:03	00:35:07.58
10	14/60	1/2	694	Brandon Schmitz	M	32	Norwalk	IA	7:04	00:35:10.83
11	15/60	1/3	681	Bryan Leitzinger	M	29	Norwalk	IA	7:08	00:35:30.92
12	16/60	2/4	659	Erick Danielson	M	42	Norwalk	IA	7:13	00:35:55.71
13	19/60	3/4	665	Brandon Fick	M	16	Cumming	IA	7:30	00:37:18.84
14	20/60	4/4	696	Cole Schumacher	M	16	Norwalk	IA	7:43	00:38:24.65
15	21/60	3/4	682	Jeff Mcconkey	M	40	Norwalk	IA	7:49	00:38:55.62
16	22/60	2/3	688	Hank Norem	M	35	Norwalk	IA	7:51	00:39:06.22
17	23/60	4/4	710	Tyson Crawford	M	40	Osceola	IA	7:59	00:39:42.34
18	25/60	1/1	675	John Hughes	M	61	Norwalk	IA	8:08	00:40:28.59
19	27/60	1/4	709	Jason Neifert	M	45	Norwalk	IA	8:10	00:40:38.95
20	29/60	2/3	683	Andrew Mcgrean	M	27	Des Moines	IA	8:15	00:41:02.53
21	30/60	3/3	656	Ben Bohlender	M	26	Norwalk	IA	8:17	00:41:12.57
22	31/60	2/4	664	Jeff Feder	M	54	Norwalk	IA	8:29	00:42:12.98
23	32/60	2/2	676	Clint Hurley	M	33	Norwalk	IA	8:32	00:42:29.59
24	34/60	1/2	655	Nathan Balk	M	20	Norwalk	IA	8:34	00:42:37.40
25	35/60	2/2	680	Austin Lancaster	M	20	Norwalk	IA	8:35	00:42:43.84
26	36/60	3/4	653	James Arthur	M	51	Pleasant Hill	IA	8:46	00:43:38.59
27	40/60	2/4	687	Robert Mullins	M	49	Indianola	IA	9:05	00:45:12.85
28	41/60	3/3	670	Joshua Hardie	M	36	Norwalk	IA	9:05	00:45:13.68
29	44/60	3/4	661	Joe Driscoll	M	49	Norwalk	IA	9:13	00:45:52.23
30	50/60	4/4	699	Wade Shriver	M	50	Marshalltown	IA	9:42	00:48:15.36
31	59/60	4/4	686	Chris Miller	M	48	Norwalk	IA	12:21	01:01:27.50