

RUNorwalk 8K and 5K Run/Walk

May 9, 2015

Overall Division Results

8K Run

Female Overall

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	4/60	1/29	693	Abby Schmitz	33	F	Norwalk	IA	6:21	00:31:38.83
2	7/60	2/29	689	Molly Potts	23	F	Norwalk	IA	6:35	00:32:43.91
3	10/60	3/29	673	Angie Heim	39	F	Norwalk	IA	6:39	00:33:07.51

Male Overall

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	1/60	1/31	714	Julius Rotich	40	M	Des Moines	IA	5:10	00:25:42.32
2	2/60	2/31	703	Randy Sturm	37	M	Garner	IA	6:18	00:31:23.58
3	3/60	3/31	672	Todd Haugen	52	M	Des Moines	IA	6:21	00:31:37.90

Female Ages 11 - 14

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	46/60	17/29	654	Annie Balk	14	F	Norwalk	IA	9:22	00:46:34.86

Male Ages 15 - 18

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	6/60	5/31	702	Baylee Steele	17	M	Norwalk	IA	6:34	00:32:42.55
2	13/60	9/31	692	Matthew Rozendaal	17	M	Norwalk	IA	7:03	00:35:07.58
3	19/60	13/31	665	Brandon Fick	16	M	Cumming	IA	7:30	00:37:18.84
4	20/60	14/31	696	Cole Schumacher	16	M	Norwalk	IA	7:43	00:38:24.65

Female Ages 19 - 24

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	38/60	12/29	697	Ashlee Seibert	23	F	Norwalk	IA	8:51	00:44:02.42

Male Ages 19 - 24

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	34/60	24/31	655	Nathan Balk	20	M	Norwalk	IA	8:34	00:42:37.40
2	35/60	25/31	680	Austin Lancaster	20	M	Norwalk	IA	8:35	00:42:43.84

Female Ages 25 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	43/60	15/29	650	Rachel Aanonson	27	F	Norwalk	IA	9:09	00:45:33.10
2	48/60	19/29	667	Katie Freeborn	25	F	West Des Moines	IA	9:33	00:47:28.60
3	49/60	20/29	684	Mallory Metzger	27	F	Norwalk	IA	9:42	00:48:15.15

Male Ages 25 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	15/60	11/31	681	Bryan Leitzinger	29	M	Norwalk	IA	7:08	00:35:30.92
2	29/60	20/31	683	Andrew Mcgrean	27	M	Des Moines	IA	8:15	00:41:02.53
3	30/60	21/31	656	Ben Bohlender	26	M	Norwalk	IA	8:17	00:41:12.57

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Female Ages 30 - 34

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	11/60	4/29	657	Shannon Brown	31	F	Norwalk	IA	6:51	00:34:03.93
2	17/60	5/29	677	Jamie Hurley	33	F	Indianola	IA	7:15	00:36:05.33
3	33/60	10/29	669	Dawn Gries	34	F	Des Moines	IA	8:33	00:42:30.31
4	42/60	14/29	674	Abby Hendrickson	30	F	Norwalk	IA	9:09	00:45:32.85
5	57/60	27/29	679	Andrea Kreutz	33	F	Norwalk	IA	11:08	00:55:22.56
6	58/60	28/29	652	Angie Arndt-Parker	33	F	Indianola	IA	11:08	00:55:22.76
7	60/60	29/29	691	Lisa Redlinger	34	F	Des Moines	IA	12:21	01:01:28.31

Male Ages 30 - 34

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	14/60	10/31	694	Brandon Schmitz	32	M	Norwalk	IA	7:04	00:35:10.83
2	32/60	23/31	676	Clint Hurley	33	M	Norwalk	IA	8:32	00:42:29.59

Female Ages 35 - 39

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	18/60	6/29	706	Michelle Wiedmann	36	F	Norwalk	IA	7:15	00:36:05.33
2	24/60	7/29	671	Heidi Hasselbalch	37	F	Norwalk	IA	8:00	00:39:50.65
3	28/60	9/29	660	Mary Decarlo	36	F	Grimes	IA	8:15	00:41:01.94
4	39/60	13/29	704	Kristin Tague	35	F	Norwalk	IA	8:58	00:44:35.92
5	45/60	16/29	698	Allyson Seymour	39	F	Norwalk	IA	9:14	00:45:57.11
6	53/60	23/29	685	Shana Michael	37	F	Norwalk	IA	9:52	00:49:04.35
7	54/60	24/29	668	Kristen Geisler	35	F	Norwalk	IA	10:11	00:50:38.22
8	55/60	25/29	695	Jamie Schumacher	39	F	Norwalk	IA	10:11	00:50:38.61
9	56/60	26/29	678	Laura Johnson	39	F	Norwalk	IA	10:11	00:50:38.84

Male Ages 35 - 39

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	8/60	6/31	651	Jonathan Altes	39	M	Norwalk	IA	6:36	00:32:48.65
2	22/60	16/31	688	Hank Norem	35	M	Norwalk	IA	7:51	00:39:06.22
3	41/60	28/31	670	Joshua Hardie	36	M	Norwalk	IA	9:05	00:45:13.68

Female Ages 40 - 44

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	52/60	22/29	663	Stacy Evans	42	F	Indianola	IA	9:52	00:49:04.11

Male Ages 40 - 44

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	9/60	7/31	707	Bill Wilson	40	M	Norwalk	IA	6:38	00:32:58.78
2	16/60	12/31	659	Erick Danielson	42	M	Norwalk	IA	7:13	00:35:55.71
3	21/60	15/31	682	Jeff Mcconkey	40	M	Norwalk	IA	7:49	00:38:55.62
4	23/60	17/31	710	Tyson Crawford	40	M	Osceola	IA	7:59	00:39:42.34

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Female Ages 45 - 49

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	26/60	8/29	708	Shawna Neifert	45	F	Norwalk	IA	8:10	00:40:38.35

Male Ages 45 - 49

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	27/60	19/31	709	Jason Neifert	45	M	Norwalk	IA	8:10	00:40:38.95
2	40/60	27/31	687	Robert Mullins	49	M	Indianola	IA	9:05	00:45:12.85
3	44/60	29/31	661	Joe Driscoll	49	M	Norwalk	IA	9:13	00:45:52.23
4	59/60	31/31	686	Chris Miller	48	M	Norwalk	IA	12:21	01:01:27.50

Female Ages 50 - 54

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	37/60	11/29	705	Julia Tentinger	50	F	Norwalk	IA	8:47	00:43:39.91
2	47/60	18/29	662	Angela Ellis	52	F	Norwalk	IA	9:32	00:47:27.85

Male Ages 50 - 54

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	5/60	4/31	690	Russ Potts	52	M	Norwalk	IA	6:32	00:32:32.61
2	31/60	22/31	664	Jeff Feder	54	M	Norwalk	IA	8:29	00:42:12.98
3	36/60	26/31	653	James Arthur	51	M	Pleasant Hill	IA	8:46	00:43:38.59
4	50/60	30/31	699	Wade Shriver	50	M	Marshalltown	IA	9:42	00:48:15.36

Female Ages 55 - 59

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	51/60	21/29	713	Roma Snook	56	F	Chariton	IA	9:47	00:48:41.34

Male Ages 55 - 59

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	12/60	8/31	715	Bruce Dummond	57	M	Des Moines	IA	7:01	00:34:56.64

Male Ages 60 - 64

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	25/60	18/31	675	John Hughes	61	M	Norwalk	IA	8:08	00:40:28.59