

RUNorwalk 8K and 5K Run/Walk

May 9, 2015

Overall Division Results

5K Run

Female Overall

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	4/115	1/62	538	Kristy Harken	35	F	Ankeny	IA	5:49	00:18:05.55
2	8/115	2/62	539	Sara Hendrickson	28	F	Des Moines	IA	6:18	00:19:36.20
3	16/115	3/62	606	Karen Brophy	28	F	Norwalk	IA	7:05	00:22:01.97

Male Overall

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	1/115	1/53	522	Alban Crook	25	M	Norwalk	IA	5:38	00:17:31.57
2	2/115	2/53	537	Mike Hardy	26	M	Des Moines	IA	5:40	00:17:36.54
3	3/115	3/53	531	Carter Gornick	15	M	Norwalk	IA	5:44	00:17:50.12

Female Ages 01 - 10

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	70/115	28/62	617	Josie Larson	7	F	Norwalk	IA	9:36	00:29:51.85

Male Ages 01 - 10

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	26/115	21/53	596	Will Chase	10	M	Norwalk	IA	7:33	00:23:28.17

Female Ages 11 - 14

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	31/115	7/62	541	Trinity Hopkey	14	F	Cumming	IA	7:38	00:23:44.81

Male Ages 11 - 14

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	12/115	10/53	586	Tyler Vaughan	14	M	Norwalk	IA	6:32	00:20:19.27

Female Ages 15 - 18

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	23/115	5/62	621	Haley Larson	16	F	Norwalk	IA	7:24	00:23:01.30

Male Ages 15 - 18

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	5/115	4/53	619	Kason Crall	16	M	Norwalk	IA	6:04	00:18:51.58

Female Ages 19 - 24

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	78/115	35/62	599	Lizel Bragg	24	F	Des Moines	IA	9:47	00:30:24.59

RUNorwalk 8K and 5K Run/Walk

May 9, 2015

Overall Division Results

5K Run

Male Ages 19 - 24

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	35/115	27/53	558	Brian Little	24	M	West Des Moines	IA	7:44	00:24:04.51

Female Ages 25 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	53/115	17/62	701	Nicole Stafford	26	F	Minneapolis	IA	8:31	00:26:28.57

Male Ages 25 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	14/115	12/53	574	Travis Powell	26	M	Norwalk	IA	6:47	00:21:04.81

Female Ages 30 - 34

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	56/115	20/62	525	Amanda Degroote	30	F	Norwalk	IA	8:40	00:26:57.32

Male Ages 30 - 34

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	25/115	20/53	564	James Mcconkey	31	M	West Des Moines	IA	7:31	00:23:22.91

Female Ages 35 - 39

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	28/115	6/62	517	Erin Colonna	39	F	Lincoln	NE	7:35	00:23:36.49

Male Ages 35 - 39

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	11/115	9/53	544	Brandon Johnson	37	M	Norwalk	IA	6:24	00:19:53.49

Female Ages 40 - 44

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	19/115	4/62	549	Angie Klobnak	40	F	Des Moines	IA	7:08	00:22:12.81

Male Ages 40 - 44

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	46/115	32/53	622	Jason Fisher	40	M	Norwalk	IA	8:19	00:25:51.44

Female Ages 45 - 49

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	84/115	41/62	552	Heidi Lackman	45	F	Norwalk	IA	10:10	00:31:37.28

RUNorwalk 8K and 5K Run/Walk

May 9, 2015

Overall Division Results

5K Run

Male Ages 45 - 49

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	27/115	22/53	582	Greg Staples	48	M	Norwalk	IA	7:34	00:23:31.30

Female Ages 50 - 54

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	51/115	15/62	700	Barbara Stafford	52	F	Grimes	IA	8:30	00:26:27.66

Male Ages 50 - 54

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	22/115	18/53	532	Dan Gornick	50	M	Norwalk	IA	7:22	00:22:53.48

Male Ages 55 - 59

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	17/115	14/53	535	Steven Hall	57	M	Marshalltown	IA	7:07	00:22:07.23

Male Ages 60 - 64

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	50/115	36/53	583	Doyle Sullivan	62	M	Norwalk	IA	8:29	00:26:22.50