

RUNorwalk 8K and 5K Run/Walk

May 9, 2015

Overall Results

5K Run

Place	Gender Pic/Total	Div Pic/Total	No.	Name	S	Age	City	St.	Pace	Time
1	1/53	1/3	522	Alban Crook	M	25	Norwalk	IA	5:38	00:17:31.57
2	2/53	2/3	537	Mike Hardy	M	26	Des Moines	IA	5:40	00:17:36.54
3	3/53	3/3	531	Carter Gornick	M	15	Norwalk	IA	5:44	00:17:50.12
4	1/62	1/3	538	Kristy Harken	F	35	Ankeny	IA	5:49	00:18:05.55
5	4/53	1/18	619	Kason Crall	M	16	Norwalk	IA	6:04	00:18:51.58
6	5/53	2/18	501	Ben Armstrong	M	17	Prole	IA	6:06	00:18:58.69
7	6/53	3/18	519	Jacob Connelly	M	16	Prole	IA	6:13	00:19:21.24
8	2/62	2/3	539	Sara Hendrickson	F	28	Des Moines	IA	6:18	00:19:36.20
9	7/53	4/18	559	Jack Livingston	M	15	Norwalk	IA	6:19	00:19:38.87
10	8/53	5/18	615	Daniel Obley	M	18	Norwalk	IA	6:24	00:19:53.28
11	9/53	1/6	544	Brandon Johnson	M	37	Norwalk	IA	6:24	00:19:53.49
12	10/53	1/3	586	Tyler Vaughan	M	14	Norwalk	IA	6:32	00:20:19.27
13	11/53	6/18	550	Coby Klocko	M	16	Norwalk	IA	6:47	00:21:04.81
14	12/53	1/3	574	Travis Powell	M	26	Norwalk	IA	6:47	00:21:04.81
15	13/53	7/18	577	Drew Rosonke	M	15	Norwalk	IA	6:51	00:21:19.71
16	3/62	3/3	606	Karen Brophy	F	28	Norwalk	IA	7:05	00:22:01.97
17	14/53	1/1	535	Steven Hall	M	57	Marshalltown	IA	7:07	00:22:07.23
18	15/53	2/3	527	Tanner Dunn	M	14	Norwalk	IA	7:08	00:22:11.67
19	4/62	1/5	549	Angie Klobnak	F	40	Des Moines	IA	7:08	00:22:12.81
20	16/53	8/18	611	Trevor Baack	M	18	Norwalk	IA	7:16	00:22:35.81
21	17/53	9/18	546	Doug Jones	M	16	Norwalk	IA	7:21	00:22:51.65
22	18/53	1/4	532	Dan Gornick	M	50	Norwalk	IA	7:22	00:22:53.48
23	5/62	1/5	621	Haley Larson	F	16	Norwalk	IA	7:24	00:23:01.30
24	19/53	10/18	602	Chris Boules	M	16	Norwalk	IA	7:30	00:23:18.36
25	20/53	1/3	564	James Mcconkey	M	31	West Des Moines	IA	7:31	00:23:22.91
26	21/53	1/3	596	Will Chase	M	10	Norwalk	IA	7:33	00:23:28.17
27	22/53	1/3	582	Greg Staples	M	48	Norwalk	IA	7:34	00:23:31.30
28	6/62	1/15	517	Erin Colonna	F	39	Lincoln	NE	7:35	00:23:36.49
29	23/53	11/18	598	Andrew Welden	M	17	Norwalk	IA	7:37	00:23:42.17
30	24/53	12/18	600	Dylan Polka	M	17	Norwalk	IA	7:37	00:23:42.17
31	7/62	1/14	541	Trinity Hopkey	F	14	Cumming	IA	7:38	00:23:44.81
32	25/53	13/18	565	Kyle Mcguire	M	16	Norwalk	IA	7:43	00:24:00.82
33	26/53	14/18	530	Nick Eltjes	M	16	Indianola	IA	7:43	00:24:01.43
34	8/62	2/15	520	Tracie Courcier	F	36	Norwalk	IA	7:44	00:24:03.90
35	27/53	1/1	558	Brian Little	M	24	West Des Moines	IA	7:44	00:24:04.51
36	28/53	15/18	610	Joey Goode	M	15	Vernon Hills	IL	7:52	00:24:26.61
37	9/62	2/5	529	Jodi Eddleman	F	44	Indianola	IA	7:55	00:24:38.32
38	10/62	2/14	554	Torin Lackman	F	12	Norwalk	IA	7:58	00:24:45.48
39	29/53	16/18	515	Cooper Cirksena	M	15	Norwalk	IA	8:01	00:24:54.57
40	30/53	2/6	506	Joel Bacon	M	38	Lincoln	NE	8:05	00:25:09.22
41	31/53	2/3	590	J P Williams	M	27	Carlisle	IA	8:08	00:25:19.32
42	11/62	2/5	614	Rylee Origer	F	16	Cumming	IA	8:11	00:25:25.66
43	12/62	3/15	505	Kelli Bacon	F	37	Lincoln	NE	8:16	00:25:43.57
44	13/62	3/14	553	Tevka Lackman	F	13	Norwalk	IA	8:17	00:25:46.55
45	14/62	4/15	521	Amy Crick	F	37	Norwalk	IA	8:19	00:25:51.24
46	32/53	1/3	622	Jason Fisher	M	40	Norwalk	IA	8:19	00:25:51.44
47	33/53	3/3	562	Caden Maher	M	13	Norwalk	IA	8:21	00:25:59.32
48	34/53	2/3	765	Andrew Kingsley	M	41	Norwalk	IA	8:23	00:26:05.44
49	35/53	3/3	514	Bob Burnett	M	44	Norwalk	IA	8:25	00:26:11.57
50	36/53	1/2	583	Doyle Sullivan	M	62	Norwalk	IA	8:29	00:26:22.50
51	15/62	1/3	700	Barbara Stafford	F	52	Grimes	IA	8:30	00:26:27.66
52	16/62	4/14	620	Cacy Larson	F	13	Norwalk	IA	8:31	00:26:27.78
53	17/62	1/4	701	Nicole Stafford	F	26	Minneapolis	IA	8:31	00:26:28.57
54	18/62	5/14	547	Natalie Jones	F	13	Norwalk	IA	8:31	00:26:29.57
55	19/62	6/14	512	Taylor Bergan	F	12	Norwalk	IA	8:32	00:26:31.97
56	20/62	1/6	525	Amanda Degroote	F	30	Norwalk	IA	8:40	00:26:57.32
57	37/53	2/3	581	Greg Speer	M	30	Clive	IA	8:47	00:27:19.75

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5K Run

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	Pace	Time
58	21/62	7/14	595	Emma Chase	F	12	Norwalk	IA	8:52	00:27:35.65
59	22/62	8/14	618	Cadyn Niemeyer	F	11	Norwalk	IA	8:53	00:27:36.79
60	38/53	17/18	605	Logan Schwery	M	18	Prole	IA	8:57	00:27:49.74
61	39/53	18/18	609	Nathan Moore	M	15	Norwalk	IA	8:57	00:27:49.95
62	23/62	5/15	658	Jillian Camwell	F	36	Indianola	IA	9:07	00:28:21.57
63	24/62	2/3	573	Becky Potts	F	52	Norwalk	IA	9:15	00:28:44.54
64	25/62	6/15	603	Sarah Davis	F	37	Norwalk	IA	9:19	00:28:57.82
65	26/62	2/6	604	Amanda Pelzer	F	34	Norwalk	IA	9:21	00:29:05.57
66	27/62	7/15	578	Barbara Samuelson	F	37	West Des Moines	IA	9:26	00:29:19.77
67	40/53	3/3	563	Trevor Martin	M	34	Norwalk	IA	9:33	00:29:40.95
68	41/53	2/3	616	Jack Larson	M	8	Norwalk	IA	9:35	00:29:47.86
69	42/53	3/6	556	Chris Larson	M	39	Norwalk	IA	9:36	00:29:51.33
70	28/62	1/1	617	Josie Larson	F	7	Norwalk	IA	9:36	00:29:51.85
71	29/62	8/15	580	Stacy Slate	F	35	Norwalk	IA	9:36	00:29:52.16
72	30/62	9/15	560	Julie Lors	F	35	Norwalk	IA	9:40	00:30:03.61
73	31/62	3/6	594	Tonya Krueger	F	34	Norwalk	IA	9:41	00:30:05.85
74	32/62	4/6	584	Amy Tiefenthaler	F	31	Norwalk	IA	9:41	00:30:06.93
75	33/62	9/14	587	Morgan Weeks	F	11	Norwalk	IA	9:43	00:30:12.30
76	34/62	10/14	545	Olivia Johnson	F	11	Norwalk	IA	9:43	00:30:12.32
77	43/53	4/6	570	Matt Nielsen	M	37	Des Moines	IA	9:43	00:30:13.11
78	35/62	1/4	599	Lizel Bragg	F	24	Des Moines	IA	9:47	00:30:24.59
79	36/62	5/6	593	Elizabeth Wulf	F	32	West Des Moines	IA	9:48	00:30:28.83
80	37/62	6/6	561	Ashley Madole	F	31	Norwalk	IA	9:49	00:30:32.50
81	38/62	2/4	523	Paige Curtis	F	22	Norwalk	IA	9:55	00:30:49.78
82	39/62	10/15	566	Elaine Menke	F	37	Norwalk	IA	9:57	00:30:57.70
83	40/62	11/15	509	Michelle Benschoter	F	39	Des Moines	IA	10:10	00:31:35.41
84	41/62	1/2	552	Heidi Lackman	F	45	Norwalk	IA	10:10	00:31:37.28
85	42/62	3/5	597	Kim Gray	F	41	Norwalk	IA	10:11	00:31:40.46
86	44/53	2/3	548	Greg Jones	M	45	Norwalk	IA	10:12	00:31:44.32
87	45/53	5/6	526	Thomas Dunn	M	39	Norwalk	IA	10:14	00:31:50.80
88	46/53	2/4	528	John Dunn	M	51	West Des Moines	IA	10:15	00:31:51.30
89	43/62	12/15	571	Holly Pfeifer	F	37	Norwalk	IA	10:16	00:31:54.43
90	44/62	3/5	777	Mattie George	F	17	Norwalk	IA	10:18	00:32:00.26
91	45/62	4/5	613	Taylor Voitell	F	17	Cumming	IA	10:18	00:32:00.33
92	46/62	13/15	540	Amy Hock	F	39	Norwalk	IA	10:18	00:32:02.32
93	47/53	3/4	607	Kevin Pearson	M	54	Norwalk	IA	10:18	00:32:02.35
94	47/62	2/4	608	Katheryn Pearson	F	27	Norwalk	IA	10:18	00:32:02.35
95	48/62	11/14	589	Kennedy Wendl	F	11	Norwalk	IA	10:21	00:32:11.89
96	49/62	12/14	579	Allison Schumacher	F	11	Norwalk	IA	10:31	00:32:41.95
97	50/62	4/5	588	Kirstin Wendl	F	44	Norwalk	IA	10:39	00:33:05.48
98	48/53	2/2	503	Doyle Ashby	M	62	Norwalk	IA	10:45	00:33:24.33
99	51/62	3/4	533	Katelynn Graesch	F	24	Norwalk	IA	10:49	00:33:39.16
100	52/62	3/4	568	Shannon Moses	F	26	Norwalk	IA	10:50	00:33:41.00
101	53/62	5/5	511	Emily Bergan	F	17	Norwalk	IA	10:56	00:33:58.31
102	54/62	4/4	612	Amanda Sonntag	F	27	Norwalk	IA	11:06	00:34:31.33
103	55/62	2/2	510	Sharyn Bergan	F	47	Norwalk	IA	11:18	00:35:08.23
104	56/62	4/4	502	Kelsey Ashby	F	23	Truro	IA	11:20	00:35:13.67
105	57/62	3/3	504	Deb Ashby	F	52	Norwalk	IA	11:20	00:35:13.90
106	49/53	4/4	567	Doug Metzger	M	54	Norwalk	IA	11:21	00:35:18.78
107	50/53	3/3	601	James Metzger	M	27	Norwalk	IA	11:21	00:35:18.79
108	58/62	14/15	555	Leigh Anne Larson	F	39	Norwalk	IA	12:11	00:37:53.78
109	59/62	15/15	513	Angie Brenizer	F	37	Norwalk	IA	12:20	00:38:21.80
110	60/62	13/14	524	Emily Davis	F	11	Norwalk	IA	12:47	00:39:45.10
111	61/62	14/14	591	Kylie Winkler	F	11	Norwalk	IA	12:47	00:39:45.92
112	51/53	3/3	516	August Colonna	M	4	Lincoln	NE	13:17	00:41:18.17
113	52/53	6/6	518	Steven Colonna	M	36	Lincoln	NE	13:18	00:41:20.13
114	53/53	3/3	508	Paul Benschoter	M	45	Des Moines	IA	13:38	00:42:24.17

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Overall Results

5K Run

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	Pace	Time
115	62/62	5/5	534	Deborah Gredell	F	42	West Des Moines	IA	14:10	00:44:01.19