

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
2	68/115	41/53	616	Jack Larson	8	M	Norwalk	IA	9:35	00:29:47.86
3	112/115	51/53	516	August Colonna	4	M	Lincoln	NE	13:17	00:41:18.17

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
2	38/115	10/62	554	Torin Lackman	12	F	Norwalk	IA	7:58	00:24:45.48
3	44/115	13/62	553	Tevka Lackman	13	F	Norwalk	IA	8:17	00:25:46.55
4	52/115	16/62	620	Cacy Larson	13	F	Norwalk	IA	8:31	00:26:27.78
5	54/115	18/62	547	Natalie Jones	13	F	Norwalk	IA	8:31	00:26:29.57
6	55/115	19/62	512	Taylor Bergan	12	F	Norwalk	IA	8:32	00:26:31.97
7	58/115	21/62	595	Emma Chase	12	F	Norwalk	IA	8:52	00:27:35.65
8	59/115	22/62	618	Cadyn Niemeyer	11	F	Norwalk	IA	8:53	00:27:36.79
9	75/115	33/62	587	Morgan Weeks	11	F	Norwalk	IA	9:43	00:30:12.30
10	76/115	34/62	545	Olivia Johnson	11	F	Norwalk	IA	9:43	00:30:12.32
11	95/115	48/62	589	Kennedy Wendt	11	F	Norwalk	IA	10:21	00:32:11.89
12	96/115	49/62	579	Allison Schumacher	11	F	Norwalk	IA	10:31	00:32:41.95
13	110/115	60/62	524	Emily Davis	11	F	Norwalk	IA	12:47	00:39:45.10
14	111/115	61/62	591	Kylie Winkler	11	F	Norwalk	IA	12:47	00:39:45.92

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
2	18/115	15/53	527	Tanner Dunn	14	M	Norwalk	IA	7:08	00:22:11.67
3	47/115	33/53	562	Caden Maher	13	M	Norwalk	IA	8:21	00:25:59.32

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5K Run

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
2	42/115	11/62	614	Rylee Origer	16	F	Cumming	IA	8:11	00:25:25.66
3	90/115	44/62	777	Mattie George	17	F	Norwalk	IA	10:18	00:32:00.26
4	91/115	45/62	613	Taylor Voitell	17	F	Cumming	IA	10:18	00:32:00.33
5	101/115	53/62	511	Emily Bergan	17	F	Norwalk	IA	10:56	00:33:58.31

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
2	6/115	5/53	501	Ben Armstrong	17	M	Prole	IA	6:06	00:18:58.69
3	7/115	6/53	519	Jacob Connelly	16	M	Prole	IA	6:13	00:19:21.24
4	9/115	7/53	559	Jack Livingston	15	M	Norwalk	IA	6:19	00:19:38.87
5	10/115	8/53	615	Daniel Obley	18	M	Norwalk	IA	6:24	00:19:53.28
6	13/115	11/53	550	Coby Klocko	16	M	Norwalk	IA	6:47	00:21:04.81
7	15/115	13/53	577	Drew Rosonke	15	M	Norwalk	IA	6:51	00:21:19.71
8	20/115	16/53	611	Trevor Baack	18	M	Norwalk	IA	7:16	00:22:35.81
9	21/115	17/53	546	Doug Jones	16	M	Norwalk	IA	7:21	00:22:51.65
10	24/115	19/53	602	Chris Boules	16	M	Norwalk	IA	7:30	00:23:18.36
11	29/115	23/53	598	Andrew Welden	17	M	Norwalk	IA	7:37	00:23:42.17
12	30/115	24/53	600	Dylan Polka	17	M	Norwalk	IA	7:37	00:23:42.17
13	32/115	25/53	565	Kyle Mcguire	16	M	Norwalk	IA	7:43	00:24:00.82
14	33/115	26/53	530	Nick Eltjes	16	M	Indianola	IA	7:43	00:24:01.43
15	36/115	28/53	610	Joey Goode	15	M	Vernon Hills	IL	7:52	00:24:26.61
16	39/115	29/53	515	Cooper Cirksena	15	M	Norwalk	IA	8:01	00:24:54.57
17	60/115	38/53	605	Logan Schwery	18	M	Prole	IA	8:57	00:27:49.74
18	61/115	39/53	609	Nathan Moore	15	M	Norwalk	IA	8:57	00:27:49.95

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
2	81/115	38/62	523	Paige Curtis	22	F	Norwalk	IA	9:55	00:30:49.78
3	99/115	51/62	533	Katelynn Graesch	24	F	Norwalk	IA	10:49	00:33:39.16
4	104/115	56/62	502	Kelsey Ashby	23	F	Truro	IA	11:20	00:35:13.67

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
2	94/115	47/62	608	Katheryn Pearson	27	F	Norwalk	IA	10:18	00:32:02.35
3	100/115	52/62	568	Shannon Moses	26	F	Norwalk	IA	10:50	00:33:41.00
4	102/115	54/62	612	Amanda Sonntag	27	F	Norwalk	IA	11:06	00:34:31.33

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Overall Division Results

5K Run

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
2	41/115	31/53	590	J P Williams	27	M	Carlisle	IA	8:08	00:25:19.32
3	107/115	50/53	601	James Metzger	27	M	Norwalk	IA	11:21	00:35:18.79

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
2	65/115	26/62	604	Amanda Pelzer	34	F	Norwalk	IA	9:21	00:29:05.57
3	73/115	31/62	594	Tonya Krueger	34	F	Norwalk	IA	9:41	00:30:05.85
4	74/115	32/62	584	Amy Tiefenthaler	31	F	Norwalk	IA	9:41	00:30:06.93
5	79/115	36/62	593	Elizabeth Wulf	32	F	West Des Moines	IA	9:48	00:30:28.83
6	80/115	37/62	561	Ashley Madole	31	F	Norwalk	IA	9:49	00:30:32.50

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
2	57/115	37/53	581	Greg Speer	30	M	Clive	IA	8:47	00:27:19.75
3	67/115	40/53	563	Trevor Martin	34	M	Norwalk	IA	9:33	00:29:40.95

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
2	34/115	8/62	520	Tracie Courcier	36	F	Norwalk	IA	7:44	00:24:03.90
3	43/115	12/62	505	Kelli Bacon	37	F	Lincoln	NE	8:16	00:25:43.57
4	45/115	14/62	521	Amy Crick	37	F	Norwalk	IA	8:19	00:25:51.24
5	62/115	23/62	658	Jillian Camwell	36	F	Indianola	IA	9:07	00:28:21.57
6	64/115	25/62	603	Sarah Davis	37	F	Norwalk	IA	9:19	00:28:57.82
7	66/115	27/62	578	Barbara Samuelson	37	F	West Des Moines	IA	9:26	00:29:19.77
8	71/115	29/62	580	Stacy Slate	35	F	Norwalk	IA	9:36	00:29:52.16
9	72/115	30/62	560	Julie Lors	35	F	Norwalk	IA	9:40	00:30:03.61
10	82/115	39/62	566	Elaine Menke	37	F	Norwalk	IA	9:57	00:30:57.70
11	83/115	40/62	509	Michelle Benschoter	39	F	Des Moines	IA	10:10	00:31:35.41
12	89/115	43/62	571	Holly Pfeifer	37	F	Norwalk	IA	10:16	00:31:54.43
13	92/115	46/62	540	Amy Hock	39	F	Norwalk	IA	10:18	00:32:02.32
14	108/115	58/62	555	Leigh Anne Larson	39	F	Norwalk	IA	12:11	00:37:53.78
15	109/115	59/62	513	Angie Brenizer	37	F	Norwalk	IA	12:20	00:38:21.80

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
2	40/115	30/53	506	Joel Bacon	38	M	Lincoln	NE	8:05	00:25:09.22
3	69/115	42/53	556	Chris Larson	39	M	Norwalk	IA	9:36	00:29:51.33
4	77/115	43/53	570	Matt Nielsen	37	M	Des Moines	IA	9:43	00:30:13.11
5	87/115	45/53	526	Thomas Dunn	39	M	Norwalk	IA	10:14	00:31:50.80
6	113/115	52/53	518	Steven Colonna	36	M	Lincoln	NE	13:18	00:41:20.13

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Overall Division Results

5K Run

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
2	37/115	9/62	529	Jodi Eddleman	44	F	Indianola	IA	7:55	00:24:38.32
3	85/115	42/62	597	Kim Gray	41	F	Norwalk	IA	10:11	00:31:40.46
4	97/115	50/62	588	Kirstin Wendl	44	F	Norwalk	IA	10:39	00:33:05.48
5	115/115	62/62	534	Deborah Gredell	42	F	West Des Moines	IA	14:10	00:44:01.19

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
2	48/115	34/53	765	Andrew Kingsley	41	M	Norwalk	IA	8:23	00:26:05.44
3	49/115	35/53	514	Bob Burnett	44	M	Norwalk	IA	8:25	00:26:11.57

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
2	103/115	55/62	510	Sharyn Bergan	47	F	Norwalk	IA	11:18	00:35:08.23

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
2	86/115	44/53	548	Greg Jones	45	M	Norwalk	IA	10:12	00:31:44.32
3	114/115	53/53	508	Paul Benschoter	45	M	Des Moines	IA	13:38	00:42:24.17

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
2	63/115	24/62	573	Becky Potts	52	F	Norwalk	IA	9:15	00:28:44.54
3	105/115	57/62	504	Deb Ashby	52	F	Norwalk	IA	11:20	00:35:13.90

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
2	88/115	46/53	528	John Dunn	51	M	West Des Moines	IA	10:15	00:31:51.30
3	93/115	47/53	607	Kevin Pearson	54	M	Norwalk	IA	10:18	00:32:02.35
4	106/115	49/53	567	Doug Metzger	54	M	Norwalk	IA	11:21	00:35:18.78

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

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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
2	98/115	48/53	503	Doyle Ashby	62	M	Norwalk	IA	10:45	00:33:24.33