

# Loop de Loop Half Marathon and 5K-10K

October 22, 2016

## Overall Division Results

10K

### Female Ages 13 - 19

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	11/36	4/24	227	Annette Leschensky	14	F	Decorah	IA	8:43	00:54:13.00

### Male Ages 13 - 19

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	3/36	3/12	237	Alexander Schaeffer	18	M	Decorah	IA	7:35	00:47:11.36

### Female Ages 20 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	5/36	1/24	232	Debbie Nesvik	24	F	Ossian	IA	7:43	00:48:01.27
2	20/36	11/24	220	Anna Helt	20	F	Decorah	IA	9:25	00:58:36.32
3	23/36	14/24	212	Tiffany Garvin	25	F	Waterloo	IA	9:35	00:59:36.91
4	31/36	20/24	239	Catherine Scott	28	F	Ames	IA	10:37	01:06:02.74

### Female Ages 30 - 45

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	6/36	2/24	253	Trisha Wilkins	37	F	Waukon	IA	8:09	00:50:44.39
2	10/36	3/24	243	Kelly Thormodsgard	41	F	Prior Lake	MN	8:32	00:53:03.74
3	13/36	5/24	254	Brooke Weighner	35	F	Harpers Ferry	IA	8:53	00:55:15.56
4	14/36	6/24	226	Lisa Kuennen	43	F	Urbandale	IA	9:03	00:56:14.92
5	15/36	7/24	229	Sara Milburn	39	F	Decorah	IA	9:07	00:56:41.37
6	17/36	8/24	241	Gwen Strand	36	F	Decorah	IA	9:14	00:57:28.18
7	18/36	9/24	208	Kate Elliott	40	F	Decorah	IA	9:20	00:58:02.35
8	19/36	10/24	260	Lisa Mclellan	44	F	West Union	IA	9:21	00:58:06.62
9	22/36	13/24	242	Amy Tersinar	43	F	Marion	IA	9:33	00:59:20.72
10	26/36	15/24	255	Amy Johnson	43	F	Waukon	IA	9:50	01:01:06.39
11	27/36	16/24	258	Cindy See	44	F	Decorah	IA	9:56	01:01:47.79
12	34/36	22/24	3	Christina Aspegren	41	F	Merriam	KS	11:23	01:10:46.10
13	35/36	23/24	223	Stacey Knox	40	F	Decorah	IA	12:54	01:20:13.22

### Male Ages 30 - 45

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	1/36	1/12	257	Kevin Roberts	39	M	Decorah	IA	6:29	00:40:22.61
2	8/36	6/12	209	John Fretham	34	M	Decorah	IA	8:19	00:51:42.72
3	12/36	8/12	249	Jason Winter	42	M	Mcgregor	IA	8:50	00:54:54.66
4	16/36	9/12	247	Chris Wilder	34	M	Decorah	IA	9:12	00:57:14.15

### Female Ages 46 - 59

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	21/36	12/24	256	Denise Imoehl	49	F	Decorah	IA	9:26	00:58:38.15
2	28/36	17/24	252	Kirstie Bower	47	F	Decorah	IA	9:56	01:01:48.40
3	29/36	18/24	225	Asrun Kristmundsdottir	52	F	Ames	IA	10:16	01:03:51.67

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### Female Ages 46 - 59

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
4	30/36	19/24	261	Chynia Garvin	50	F	Decorah	IA	10:26	01:04:52.33
5	32/36	21/24	236	Denise Reents	52	F	Wellsburg	IA	11:15	01:09:57.94
6	36/36	24/24	235	Sharon Reents	54	F	Wellsburg	IA	13:38	01:24:43.23

### Male Ages 46 - 59

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	2/36	2/12	259	Jeff Ernst	57	M	Cresco	IA	7:20	00:45:38.24
2	4/36	4/12	262	Scott Hervey	54	M	Decorah	IA	7:37	00:47:22.63
3	7/36	5/12	219	Bruce Hegge	55	M	Fort Atkinson	IA	8:10	00:50:45.67
4	9/36	7/12	251	David Breitzkreuz	55	M	Waterloo	IA	8:22	00:52:05.60
5	24/36	10/12	213	James Gorman	52	M	New Hampton	IA	9:44	01:00:29.82
6	25/36	11/12	104	Rich Werner	53	M	Decorah	IA	9:44	01:00:29.91
7	33/36	12/12	245	Paul Ulvilden	57	M	Decorah	IA	11:22	01:10:38.61