

# Nordic Fest Elvelopet

July 30, 2016

## Overall Results

5K Run

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	Pace	Time
1	1/191	1/1	105	Austin Day	M	17	Waukon	IA	5:59	00:18:35.62
2	2/191	1/6	498	Adam Weis	M	19	North Liberty	IA	6:01	00:18:41.92
3	3/191	1/28	379	Stew Otting	M	29	Decorah	IA	6:04	00:18:52.25
4	4/191	2/6	506	David Will	M	17	Rochester	MN	6:06	00:18:57.38
5	5/191	2/28	447	Tyler Stevenson	M	27	Middleton	WI	6:13	00:19:21.92
6	1/213	1/1	519	Jordan Winke	F	17	Albia	IA	6:20	00:19:42.51
7	6/191	1/30	136	Arren Ellingson	M	31	Seattle	WA	6:25	00:19:56.29
8	2/213	1/24	328	Moran Lonning	F	23	West Des Moines	IA	6:32	00:20:20.43
9	7/191	1/12	239	Kristofer Jacobson	M	15	Irvine	CA	6:33	00:20:24.09
10	8/191	3/28	1016	Sam Donlan	M	28	Rochester	MN	6:39	00:20:40.21
11	9/191	1/28	389	Bradley Phillips	M	54	Decorah	IA	6:40	00:20:43.32
12	10/191	2/30	9	Korey Bachelder	M	36	Phoenix	AZ	6:42	00:20:50.01
13	11/191	3/6	592	Herald Marquardt	M	17	Decorah	IA	6:43	00:20:54.94
14	12/191	1/34	1010	Lars Anderson	M	46	Iowa City	IA	6:48	00:21:10.01
15	13/191	4/6	299	Andrew Larson	M	18	Decorah	IA	6:49	00:21:11.99
16	14/191	4/28	1024	Bryant Rasmussen	M	28	Denison	IA	6:53	00:21:26.17
17	15/191	2/12	55	Michael Bruening	M	16	Decorah	IA	6:56	00:21:33.01
18	16/191	2/34	98	David Dahl	M	48	Livonia	MI	6:57	00:21:36.15
19	17/191	1/21	368	Randy Nordheim	M	60	Waukon	IA	6:58	00:21:41.24
20	18/191	3/34	306	Ross Laursen	M	46	Kirkland	WA	6:59	00:21:43.67
21	19/191	3/12	390	Jarod Phillips	M	16	Decorah	IA	7:01	00:21:48.12
22	20/191	5/6	21	Garret Baumler	M	18	Decorah	IA	7:01	00:21:49.57
23	21/191	1/30	1001	Jayce Kiehne	M	11	Harmony	MN	7:10	00:22:16.51
24	22/191	4/34	61	Brent Buresh	M	41	Decorah	IA	7:13	00:22:25.40
25	23/191	5/28	442	Jeremy Stenseth	M	23	Calmar	IA	7:21	00:22:50.61
26	24/191	6/28	487	Will Versteegh	M	20	Cedar Rapids	IA	7:21	00:22:52.44
27	3/213	2/24	155	Miranda Fober	F	20	Denver	IA	7:22	00:22:56.31
28	25/191	2/30	407	Kyle Renken	M	13	Decorah	IA	7:24	00:23:00.58
29	26/191	5/34	582	Aire Mounthachak	M	49	Rockford	MN	7:25	00:23:03.44
30	27/191	3/30	245	Blake Jermier	M	11	Decorah	IA	7:28	00:23:12.24
31	28/191	4/30	260	Jacob Kautman	M	13	Ames	IA	7:30	00:23:18.97
32	4/213	1/55	8	Kaela Bachelder	F	34	Phoenix	AZ	7:31	00:23:22.97
33	29/191	7/28	1015	Aaron Busch	M	23	Chanhassen	MN	7:34	00:23:31.32
34	30/191	6/34	337	Jason Maret	M	45	Decorah	IA	7:35	00:23:33.97
35	31/191	4/12	142	Lars Elsbernd	M	16	Des Moines	IA	7:35	00:23:35.20
36	32/191	8/28	1043	Brent Pepin	M	28	Postville	IA	7:35	00:23:35.26
37	5/213	1/17	545	Kaitlyn Rooney	F	16	Decorah	IA	7:35	00:23:36.63
38	33/191	2/28	150	Dave Farmer	M	59	Postville	IA	7:37	00:23:41.52
39	6/213	2/55	266	Angie Kerndt	F	33	Decorah	IA	7:38	00:23:43.26
40	34/191	5/12	517	Drew Winke	M	16	Albia	IA	7:38	00:23:46.00
41	35/191	3/28	441	James Stenseth	M	51	Calmar	IA	7:41	00:23:55.33
42	7/213	1/13	594	Rachel Lovelace	F	18	Rochester	MN	7:42	00:23:57.20
43	36/191	4/28	1022	Howard Higgins	M	52	Fairport	NY	7:42	00:23:58.22
44	37/191	6/12	127	Hunter Dolphin	M	14	Gales Ferry	CT	7:43	00:24:01.01
45	8/213	2/17	32	Shayla Betts	F	14	Decorah	IA	7:44	00:24:02.07
46	9/213	1/40	140	Cindy Elsbernd	F	45	Des Moines	IA	7:47	00:24:11.04
47	38/191	2/21	430	Dean Schultz	M	68	Clayton	IA	7:47	00:24:12.51
48	10/213	1/31	63	Fiona Buresh	F	13	Decorah	IA	7:48	00:24:16.29
49	39/191	7/34	100	Paul Dambek	M	45	Valparaiso	IN	7:49	00:24:17.27
50	40/191	9/28	505	Gavin Wicks	M	26	Decorah	IA	7:49	00:24:19.15
51	41/191	5/30	265	Owen Kautman	M	11	Ames	IA	7:53	00:24:29.96
52	42/191	8/34	202	Dean Haugen	M	47	Minneapolis	MN	7:53	00:24:30.17
53	11/213	2/31	468	Madison Tollefson	F	11	Decorah	IA	7:54	00:24:33.52
54	43/191	3/30	37	Justin Blair	M	37	Decorah	IA	7:54	00:24:34.44
55	12/213	3/55	316	Denise Leonhart	F	38	Castalia	IA	7:54	00:24:35.26
56	44/191	5/28	95	John Courtney	M	50	Decorah	IA	7:55	00:24:36.26
57	45/191	4/30	491	Jarrad Walter	M	39	Decorah	IA	7:55	00:24:37.39

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5K Run

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	Pace	Time
58	46/191	6/28	326	Bradley Loftsgard	M	59	Decorah	IA	7:56	00:24:42.01
59	47/191	5/30	568	Patrick Klotzbuch	M	31	Sioux Falls	SD	7:58	00:24:45.52
60	48/191	7/28	162	Alan Frey	M	52	Spring	TX	7:58	00:24:48.02
61	13/213	2/13	31	Brenna Betts	F	17	Decorah	IA	8:00	00:24:52.12
62	49/191	3/21	44	Arland Braaten-Lee	M	67	Northfield	MN	8:00	00:24:52.52
63	50/191	8/28	1044	Kevin Dixon	M	52	Waukon	IA	8:01	00:24:54.56
64	51/191	6/30	329	Noah Lovelace	M	13	Decorah	IA	8:03	00:25:01.02
65	52/191	9/28	135	Mark Eichinger	M	51	Decorah	IA	8:03	00:25:01.69
66	53/191	10/28	597	Gary Lovelace	M	50	Rochester	MN	8:05	00:25:08.81
67	14/213	2/40	262	Laura Kautman	F	41	Ames	IA	8:06	00:25:11.02
68	15/213	3/31	264	Mia Kautman	F	9	Ames	IA	8:08	00:25:16.93
69	16/213	3/17	94	Brooke Courtney	F	14	Ridgeway	IA	8:08	00:25:17.34
70	54/191	10/28	549	Bradley Vogel	M	27	Saint Paul	MN	8:09	00:25:20.20
71	55/191	4/21	133	James Ehrie	M	71	Decorah	IA	8:09	00:25:20.41
72	17/213	4/55	319	Mari Lewey	F	39	Decorah	IA	8:09	00:25:20.62
73	56/191	11/28	385	Gregory Peterson	M	55	Decorah	IA	8:09	00:25:21.21
74	18/213	3/40	450	Sarah Strahm	F	41	Linwood	KS	8:10	00:25:22.83
75	57/191	5/21	138	Dennis Ellingson	M	64	Courtland	MN	8:11	00:25:27.83
76	58/191	9/34	540	Donal Craine	M	47	Carver	MN	8:12	00:25:29.52
77	19/213	4/31	62	Brielle Buresh	F	11	Decorah	IA	8:12	00:25:31.28
78	59/191	10/34	467	David Tollefson	M	43	Cedar Rapids	IA	8:14	00:25:35.87
79	60/191	12/28	570	Lyle Klotzbach	M	56	Tea	SD	8:14	00:25:36.69
80	61/191	7/12	1033	Tyler Barth	M	16	Florence	CO	8:16	00:25:41.52
81	62/191	6/30	331	Mike Ludeking	M	31	Ridgeway	IA	8:17	00:25:45.59
82	20/213	4/17	174	Silje Gilve Skaar	F	16	Decorah	IA	8:18	00:25:48.49
83	21/213	5/17	511	Olivia Wilson	F	15	Amana	IA	8:18	00:25:48.49
84	63/191	11/34	593	Thomas Marquarot	M	47	Decorah	IA	8:18	00:25:48.49
85	64/191	12/34	547	Eric Courtney	M	48	W Des Moines	IA	8:18	00:25:49.41
86	22/213	3/24	569	Mari Klotzbach	F	27	Sioux Falls	SD	8:19	00:25:53.39
87	65/191	11/28	277	Jonathan Knudson	M	23	Minneapolis	MN	8:21	00:25:57.87
88	23/213	6/17	402	Rylea Ranum	F	16	Decorah	IA	8:22	00:26:00.09
89	66/191	7/30	247	Zach Jermier	M	12	Decorah	IA	8:22	00:26:01.91
90	67/191	7/30	563	Joshua Shimak	M	30	Decorah	IA	8:23	00:26:03.32
91	68/191	8/30	165	Owen Frick	M	10	Rochester	MN	8:25	00:26:09.61
92	69/191	13/34	30	Krist Beseler	M	47	Buffalo City	WI	8:25	00:26:10.01
93	24/213	7/17	456	Britta Swanson	F	14	Decorah	IA	8:25	00:26:12.02
94	70/191	12/28	508	Joshua Williams	M	26	Eden Prairie	MN	8:28	00:26:18.58
95	71/191	8/30	271	Braham Ketcham	M	33	Chicago	IL	8:28	00:26:19.27
96	72/191	14/34	258	Andrew Kautman	M	42	Ames	IA	8:30	00:26:27.27
97	73/191	13/28	477	Bob Tupy	M	57	Calmar	IA	8:31	00:26:28.33
98	25/213	4/24	64	Lizzie Burras	F	27	Decorah	IA	8:33	00:26:36.46
99	74/191	14/28	559	Dan Pile	M	51	Sanderdoro		8:36	00:26:45.02
100	75/191	9/30	504	Drew White	M	13	Decorah	IA	8:37	00:26:47.48
101	26/213	5/55	129	Regina Downing	F	37	Decorah	IA	8:39	00:26:54.24
102	27/213	5/24	357	Kjerstin Narvesen	F	21	Eagan	MN	8:40	00:26:57.90
103	28/213	8/17	232	Clare Huisman	F	14	Osage	IA	8:40	00:26:58.50
104	76/191	15/28	310	Jeff Leeper	M	57	Decorah	IA	8:43	00:27:05.44
105	77/191	8/12	183	Logan Halverson	M	14	Decorah	IA	8:44	00:27:09.27
106	78/191	13/28	178	Ryan Guyer	M	20	Ossian	IA	8:44	00:27:10.28
107	29/213	1/20	360	Trish Neubauer	F	59	Decorah	IA	8:44	00:27:10.99
108	79/191	10/30	432	Sam Scott	M	13	Omaha	NE	8:45	00:27:12.23
109	30/213	9/17	371	Kalea Oftedahl	F	14	Decorah	IA	8:47	00:27:19.27
110	31/213	6/55	11	Ashley Baker	F	31	Decorah	IA	8:47	00:27:19.44
111	80/191	9/30	186	Solomon Halvorson	M	31	Des Moines	IA	8:48	00:27:20.90
112	32/213	3/13	595	Erin Jennings	F	19	Davenport	IA	8:49	00:27:24.97
113	33/213	4/13	445	Sommer Stevens	F	19	Denver	IA	8:49	00:27:25.02
114	34/213	7/55	452	Gwen Strand	F	36	Decorah	IA	8:51	00:27:30.02

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Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	Pace	Time
115	81/191	11/30	583	Claylan Mounthachak	M	13	Rockford	MN	8:51	00:27:31.02
116	82/191	12/30	134	Izaak Eichinger	M	12	Decorah	IA	8:51	00:27:31.65
117	35/213	10/17	1030	Annette Lescheusky	F	14	Decorah	IA	8:52	00:27:33.49
118	36/213	8/55	1002	Krystle Starr	F	30	Overland Park	KS	8:53	00:27:38.02
119	37/213	9/55	110	Jenn Delarosa	F	34	Decorah	IA	8:54	00:27:39.18
120	38/213	11/17	54	Katherine Bruening	F	14	Decorah	IA	8:54	00:27:41.22
121	39/213	4/40	431	Annette Schweinefuss	F	46	Ossian	IA	8:55	00:27:43.02
122	83/191	10/30	428	Cory Scholerock	M	36	Calmar	IA	8:55	00:27:45.27
123	84/191	16/28	418	Troy Roush	M	50	Ankeny	IA	8:56	00:27:47.88
124	40/213	2/20	359	Sarah Nelson	F	54	Moscow	ID	8:57	00:27:50.16
125	41/213	10/55	315	Jessica Lennon	F	36	Spillville	IA	8:57	00:27:51.52
126	85/191	14/28	188	Uriah Halvorson	M	29	Decorah	IA	8:58	00:27:54.02
127	86/191	15/34	163	Matthew Frick	M	44	Rochester	MN	9:00	00:27:58.27
128	42/213	3/20	375	Linda Olson	F	50	Ames	IA	9:00	00:27:59.27
129	43/213	6/24	510	Stephanie Williams	F	26	Eden Prairie	MN	9:02	00:28:06.02
130	44/213	5/40	415	Heidi Rockweiler	F	49	Decorah	IA	9:03	00:28:08.02
131	87/191	17/28	274	Fred Knoke	M	51	Decorah	IA	9:03	00:28:09.52
132	88/191	13/30	411	Charlie Robinson	M	13	Decorah	IA	9:03	00:28:09.93
133	89/191	11/30	386	Jonathan Peterson	M	34	Fargo	ND	9:04	00:28:11.05
134	45/213	6/40	148	Stacy Engelhardt	F	42	Decorah	IA	9:04	00:28:11.14
135	46/213	11/55	492	Nicole Waskow	F	39	Decorah	IA	9:05	00:28:15.01
136	47/213	5/31	1031	Megan Hageman	F	11	Calmar	IA	9:05	00:28:15.43
137	90/191	12/30	413	Tad Robinson	M	39	Alentown	PA	9:05	00:28:15.53
138	91/191	13/30	362	Jared Noack	M	30	Des Moines	IA	9:05	00:28:15.62
139	48/213	4/20	66	Susan Busta	F	51	Calmar	IA	9:06	00:28:16.46
140	92/191	16/34	1005	Erik Riha	M	40	Champaign	IL	9:06	00:28:18.02
141	49/213	7/40	558	Kari Kempf	F	42	Fairfax	IA	9:07	00:28:22.27
142	93/191	14/30	560	Zachary Brzezinski	M	11	Sun Prairie	WI	9:08	00:28:25.27
143	94/191	18/28	338	Glen Marshal	M	53	Cedar Falls	IA	9:10	00:28:30.27
144	95/191	14/30	346	Matt Mcelree	M	35	Wet Union	IA	9:11	00:28:34.18
145	96/191	15/30	551	Evan Pouliot	M	11	Circle Pines	MN	9:13	00:28:39.03
146	97/191	6/6	145	Sam Elsbernd	M	19	Des Moines	IA	9:13	00:28:39.23
147	50/213	5/13	246	Madelyn Jermier	F	17	Decorah	IA	9:13	00:28:39.43
148	98/191	16/30	231	Grant Huber	M	11	Decorah	IA	9:13	00:28:40.47
149	51/213	12/55	351	Aubrey Miller	F	36	Cape Elizabeth	ME	9:15	00:28:45.02
150	52/213	13/55	137	Dana Ellingson	F	36	Ventura	CA	9:15	00:28:45.27
151	53/213	7/24	250	Kyrie Jorgenson	F	27	Decorah	IA	9:16	00:28:49.27
152	99/191	19/28	223	Tom Hoey	M	50	Jesup	IA	9:17	00:28:51.02
153	100/191	20/28	406	Al Renken	M	52	Decorah	IA	9:17	00:28:52.25
154	101/191	15/28	1027	Steven Teslow	M	26	Ossian	IA	9:17	00:28:53.68
155	102/191	15/30	72	Michael Casterton	M	36	Decorah	IA	9:19	00:28:58.35
156	54/213	6/31	1042	Rachel Bower	F	13	Decorah	IA	9:20	00:29:00.19
157	55/213	8/40	251	Karen Junko	F	43	Ankeny	IA	9:20	00:29:01.00
158	103/191	9/12	444	Jackson Sterling	M	16	Dallas	TX	9:20	00:29:01.40
159	56/213	7/31	433	Samantha See	F	12	Decorah	IA	9:21	00:29:03.64
160	104/191	16/28	102	Nick Davis	M	23	Decorah	IA	9:23	00:29:10.59
161	105/191	21/28	497	Mark Weighner	M	53	Van Meter	IA	9:24	00:29:13.52
162	57/213	6/13	496	Lidia Weighner	F	18	Van Meter	IA	9:24	00:29:13.53
163	58/213	8/31	334	Anja Madson	F	13	Decorah	IA	9:24	00:29:14.48
164	106/191	17/34	335	Greg Madsen	M	46	Decorah	IA	9:25	00:29:15.48
165	59/213	9/40	227	Sara Hotvedt	F	40	Decorah	IA	9:25	00:29:15.48
166	107/191	17/28	399	Erik Queoff	M	22	Fitchburg	WI	9:25	00:29:16.07
167	60/213	10/40	263	Laura Kautman	F	41	Ames	IA	9:26	00:29:20.03
168	108/191	22/28	1021	Pat Wagner	M	56	Lansing	IA	9:28	00:29:25.49
169	109/191	18/28	440	Ben Stenseth	M	27	Calmar	IA	9:28	00:29:26.87
170	61/213	7/13	1037	Pamela Lisowski	F	17	Chatfield	MN	9:29	00:29:29.11
171	62/213	5/20	219	Mary Hill	F	50	Coppell	TX	9:29	00:29:29.91

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Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	Pace	Time
172	110/191	18/34	526	Mike Yakimisky	M	42	Algonquin	IL	9:30	00:29:32.38
173	63/213	11/40	438	Heidi Snell-Anderson	F	40	Decorah	IA	9:31	00:29:34.51
174	64/213	12/40	401	Renee Rabe	F	43	Robins	IA	9:31	00:29:34.51
175	65/213	9/31	177	Ana Gonzalez	F	11	Folsam	CA	9:31	00:29:34.80
176	66/213	10/31	453	Lilly Summers	F	13	Decorah	IA	9:31	00:29:37.03
177	111/191	23/28	281	Kenny Koster	M	52	Centralia	MO	9:33	00:29:41.50
178	67/213	8/24	254	Ashley Kappers	F	22	Spring Valley	MN	9:33	00:29:43.34
179	68/213	13/40	599	Jen Sime	F	43	Decorah	IA	9:35	00:29:46.61
180	69/213	14/40	272	Amy Knoke	F	47	Decorah	IA	9:36	00:29:51.28
181	112/191	16/30	469	Mike Tollefson	M	36	Decorah	IA	9:39	00:29:59.21
182	70/213	9/24	325	Hannah Lindblom	F	24	Decorah	IA	9:39	00:30:01.26
183	113/191	17/30	1023	Alex Koenigs	M	31	Cresco	IA	9:41	00:30:05.94
184	114/191	19/34	18	Scott Bassford	M	42	Decorah	IA	9:41	00:30:06.28
185	71/213	11/31	6	Grace Bachelder	F	12	Decorah	IA	9:42	00:30:09.28
186	72/213	14/55	5	Allie Bachelder	F	36	Decorah	IA	9:42	00:30:09.82
187	115/191	18/30	548	Darin Peterson	M	33	Decorah	IA	9:43	00:30:11.49
188	116/191	20/34	388	Tim Peterson	M	48	Columbia Falls	MT	9:45	00:30:18.53
189	73/213	15/40	387	Michelle Peterson	F	44	Columbia Falls	MT	9:45	00:30:18.53
190	74/213	15/55	410	Katherine Rich	F	34	Fredericksburg	IA	9:46	00:30:22.53
191	117/191	19/30	409	Jason Rich	M	36	Fredericksburg	IA	9:46	00:30:23.50
192	118/191	17/30	114	Cole Dinger	M	12	Midland	TX	9:48	00:30:29.20
193	75/213	1/11	152	Lois A Finanger	F	61	Decorah	IA	9:50	00:30:34.44
194	76/213	12/31	576	Brynn Bowden	F	12	Waukon	IA	9:51	00:30:36.88
195	77/213	13/31	462	Hannah Teslow	F	11	Waukon	IA	9:51	00:30:37.51
196	78/213	16/55	106	Jaime Decker	F	39	Rochester	MN	9:53	00:30:43.59
197	79/213	16/40	567	Jane Hover	F	44	Brooklyn	NY	9:53	00:30:44.40
198	80/213	17/55	119	Michelle Dinger	F	39	Midland	TX	9:55	00:30:49.69
199	81/213	17/40	249	Kara Johnson	F	40	West Union	IA	9:55	00:30:51.03
200	119/191	6/21	1009	Dick Woodard	M	60	West Union	IA	9:55	00:30:51.11
201	82/213	18/40	376	Lisa Olson	F	48	Minneapolis	MN	9:56	00:30:53.53
202	83/213	18/55	425	Erin Schaden	F	31	Saint Paul	MN	9:57	00:30:57.52
203	84/213	10/24	572	Sarah Krueger	F	21	Sidney	NE	9:58	00:30:59.23
204	85/213	8/13	204	Anna Helt	F	19	Parnell	IA	9:58	00:31:00.26
205	86/213	11/24	209	Audrey Helt	F	21	Parnell	IA	9:58	00:31:00.46
206	120/191	21/34	214	James Hengen	M	49	Chanhassen	MN	10:01	00:31:09.28
207	87/213	19/55	242	Jessica Jensen	F	34	Burnsville	MN	10:02	00:31:10.66
208	88/213	12/17	340	Gabby Marti	F	16	Waukon	IA	10:02	00:31:13.51
209	89/213	9/13	339	Alex Marti	F	18	Waukon	IA	10:03	00:31:14.29
210	90/213	10/13	377	Emily Opfer	F	19	Waukon	IA	10:03	00:31:15.52
211	91/213	20/55	1007	Katie Hoey	F	34	Stanton	CA	10:04	00:31:17.53
212	92/213	6/20	139	Cathy Elsbernd	F	54	Decorah	IA	10:06	00:31:24.51
213	93/213	21/55	1014	Laree Schouweiler	F	33	Decorah	IA	10:06	00:31:25.53
214	121/191	10/12	23	Luke Benzing	M	14	Decorah	IA	10:10	00:31:36.91
215	122/191	7/21	180	Merle Hageman	M	65	Fort Atkinson	IA	10:10	00:31:37.12
216	123/191	22/34	224	Josh Holland	M	41	Cedar Rapids	IA	10:11	00:31:41.19
217	94/213	19/40	93	Barbara Clements	F	45	Russelville	AR	10:14	00:31:48.97
218	95/213	14/31	584	Ella Ready	F	10	Sioux Falls	SD	10:14	00:31:50.29
219	96/213	22/55	70	Dana Carolan	F	38	Decorah	IA	10:15	00:31:51.30
220	97/213	23/55	403	Laura Ready	F	37	Sioux Falls	SD	10:15	00:31:53.53
221	124/191	18/30	77	Drew Chamberlain	M	13	Decorah	IA	10:15	00:31:53.55
222	125/191	11/12	109	Isaac Delarosa	M	14	Decorah	IA	10:17	00:31:57.03
223	98/213	11/13	1018	Melissa Hammel	F	19	Dorchester	IA	10:18	00:32:02.12
224	99/213	20/40	398	Sarah Putnam	F	49	Decorah	IA	10:18	00:32:02.32
225	100/213	21/40	1008	Traci Schmitz	F	49	Marion	IA	10:18	00:32:02.52
226	101/213	22/40	578	Kelli Smutzeer	F	47	Decorah	IA	10:21	00:32:10.03
227	126/191	20/30	283	Jon Kottke	M	34	Kasson	MN	10:27	00:32:28.41
228	102/213	13/17	536	Elise Rasmussen	F	15	Jackson	MN	10:27	00:32:30.62

# Nordic Fest Elvelopet

July 30, 2016

## Overall Results

5K Run

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	Pace	Time
229	103/213	23/40	535	Larissa Rasmussen	F	40	Jackson	MN	10:27	00:32:31.03
230	104/213	15/31	33	Kendra Bigler	F	13	Decorah	IA	10:28	00:32:32.45
231	105/213	16/31	571	Emma Barwick	F	12	Sheldon	IA	10:30	00:32:38.37
232	106/213	12/24	82	Kaia Chambers	F	24	Sioux Falls	SD	10:30	00:32:38.99
233	127/191	19/28	83	Tanner Chambers	M	24	Sioux Falls	SD	10:30	00:32:39.20
234	128/191	19/30	565	Ethan Shimak	M	13	Decorah	IA	10:33	00:32:49.14
235	107/213	7/20	521	Pam Winke	F	54	Albia	IA	10:34	00:32:52.19
236	108/213	13/24	1028	Raina Hatfield	F	26	Decorah	IA	10:36	00:32:59.03
237	129/191	20/30	550	Lange Betts	M	11	Decorah	IA	10:37	00:32:59.34
238	130/191	20/28	1029	Lucas Barloon	M	26	Decorah	IA	10:37	00:33:00.19
239	131/191	8/21	590	Mark Finanger	M	61	Decorah	IA	10:38	00:33:02.39
240	132/191	9/21	182	Ron Halse	M	62	Mendham	NJ	10:41	00:33:12.28
241	133/191	10/21	1034	Larry Grimstad	M	73	Decorah	IA	10:48	00:33:36.38
242	109/213	24/55	176	Sara Goldberg	F	38	Takoma Park	MD	10:50	00:33:40.04
243	110/213	25/55	588	Kyleen Cowie	F	32	Chicago	IL	10:53	00:33:48.99
244	111/213	12/13	396	Erin Power	F	19	Story City	IA	10:53	00:33:48.99
245	134/191	11/21	600	Dick Graham	M	70	West Union	IA	10:53	00:33:50.21
246	135/191	21/28	587	Andrew Sears	M	29	Cedar Falls	IA	10:54	00:33:52.64
247	112/213	8/20	45	Stacey Brandt	F	50	Decorah	IA	10:56	00:33:59.10
248	136/191	24/28	238	David Jacobson	M	50	Belvidere	IL	10:56	00:33:59.29
249	113/213	9/20	596	Ronda Lovelace	F	50	Rochester	MN	11:01	00:34:14.99
250	137/191	12/21	161	Bob Frase	M	62	Fairbury	IL	11:02	00:34:19.06
251	114/213	17/31	68	Adeline Carlson	F	12	Davenport	IA	11:03	00:34:20.49
252	115/213	26/55	19	Christina Baumgart	F	31	Onalaska	WI	11:04	00:34:23.95
253	116/213	27/55	458	Erica Swenson	F	31	Maple Plain	MN	11:04	00:34:25.29
254	138/191	13/21	241	Darrel Jensen	M	69	Decorah	IA	11:04	00:34:25.57
255	117/213	14/24	96	Katie Courtney	F	24	Decorah	IA	11:05	00:34:26.18
256	118/213	28/55	71	Kelly Casterton	F	32	Decorah	IA	11:05	00:34:26.55
257	119/213	29/55	591	Abby Erion	F	31	Cedar Rapids	IA	11:07	00:34:32.68
258	120/213	24/40	248	Amy Johnson	F	42	Waukon	IA	11:08	00:34:35.54
259	121/213	10/20	213	Sharon Helt	F	51	Parnell	IA	11:09	00:34:38.99
260	122/213	14/17	304	Lily Laursen	F	15	Kirkland	WA	11:09	00:34:39.61
261	123/213	11/20	215	Mary Hengen	F	52	Chanhassen	MN	11:11	00:34:46.23
262	124/213	30/55	523	Anne Wuebker	F	32	Waukon	IA	11:11	00:34:47.29
263	125/213	12/20	199	Gail Harrison	F	51	Des Moines	IA	11:12	00:34:48.59
264	126/213	31/55	392	Auny Pole	F	35	Decorah	IA	11:12	00:34:49.54
265	127/213	18/31	393	Stella Pole	F	8	Decorah	IA	11:12	00:34:50.22
266	128/213	15/24	348	Crystal Mensen	F	20	Decorah	IA	11:13	00:34:52.25
267	139/191	23/34	1025	Mark Vagb	M	48	Waseca	MN	11:15	00:34:59.52
268	140/191	14/21	1026	Karl Knudson	M	65	Decorah	IA	11:16	00:35:01.02
269	129/213	25/40	301	Dana Laursen	F	46	Kirkland	WA	11:17	00:35:06.06
270	141/191	24/34	1032	Bob Hemesath	M	47	Decorah	IA	11:19	00:35:10.21
271	130/213	16/24	421	Alissa Sabers	F	28	Solon	IA	11:19	00:35:12.42
272	131/213	32/55	345	Janell Mcelree	F	34	West Union	IA	11:19	00:35:12.62
273	142/191	21/30	422	Michael Sabers	M	30	Solon	IA	11:20	00:35:15.61
274	132/213	26/40	528	Traci Yakimisky	F	43	Algonquin	IL	11:21	00:35:18.91
275	143/191	21/30	80	Liam Chamberlain	M	9	Decorah	IA	11:24	00:35:27.27
276	144/191	22/30	168	Matt Gallagher	M	32	Chicago	IL	11:24	00:35:27.88
277	145/191	15/21	170	Michael Gallagher	M	62	Cedar Rapids	IA	11:24	00:35:28.04
278	133/213	33/55	35	Michelle Bildstein	F	37	Cedar Rapids	IA	11:24	00:35:28.04
279	134/213	13/20	579	Minie Baccam	F	50	Rockford	MN	11:25	00:35:29.69
280	135/213	17/24	580	Brooke Fosaaen	F	22	Cresco	IA	11:26	00:35:32.29
281	136/213	34/55	420	Jacquelyn Ruen	F	35	Minneapolis	MN	11:31	00:35:47.23
282	146/191	22/30	531	Nicolas Yates	M	10	Suffolk	VA	11:32	00:35:51.10
283	147/191	23/30	544	William Hahn	M	10	Decorah	IA	11:33	00:35:55.54
284	137/213	35/55	308	Erica Lea	F	31	Ankeny	IA	11:34	00:35:59.00
285	138/213	36/55	384	Amy Peterson	F	39	West Fargo	ND	11:36	00:36:02.62

# Nordic Fest Elvelopet

July 30, 2016

## Overall Results

5K Run

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	Pace	Time
286	148/191	22/28	369	Ryan Odonnel	M	29	Cedar Rapids	IA	11:38	00:36:10.22
287	149/191	25/28	99	John Dambek	M	52	Decorah	IA	11:41	00:36:19.54
288	150/191	26/28	483	Paul Ulvilden	M	57	Decorah	IA	11:42	00:36:21.54
289	151/191	24/30	1012	Lucas Mclellan	M	11	West Union	IA	11:43	00:36:26.29
290	139/213	2/11	233	Merry Hunter	F	61	Decorah	IA	11:43	00:36:27.29
291	140/213	37/55	284	Karla Kottke	F	33	Kasson	MN	11:44	00:36:29.29
292	141/213	38/55	203	Jaqui Haugen	F	34	Houston	TX	11:46	00:36:34.83
293	152/191	25/34	111	Rick Delarosa	M	40	Decorah	IA	11:48	00:36:41.92
294	142/213	19/31	108	Ayda Delarosa	F	11	Decorah	IA	11:48	00:36:42.04
295	153/191	26/34	486	David Vanpatten	M	41	Gilbert	AZ	11:49	00:36:43.96
296	143/213	27/40	546	Tonia Courtney	F	45	W Des Moines	IA	11:49	00:36:44.54
297	144/213	3/11	437	Becky Smith	F	60	Fort Atkinson	IA	11:50	00:36:47.54
298	145/213	28/40	179	Kimberley Hable	F	49	Decorah	IA	11:51	00:36:51.27
299	154/191	23/30	1040	John Pete Schnitzler	M	38	Decorah	IA	11:52	00:36:55.29
300	155/191	24/30	470	John Torkelson	M	39	Big Lake	MN	11:57	00:37:10.21
301	146/213	18/24	39	Rebecca Blake	F	29	Waukon	IA	11:58	00:37:13.04
302	147/213	19/24	216	Amanda Hess	F	29	Lansing	IA	11:59	00:37:14.04
303	148/213	20/24	40	April Blong	F	24	Decorah	IA	11:59	00:37:14.66
304	156/191	16/21	598	Ken Reimer	M	74	Elkader	IA	12:02	00:37:24.87
305	157/191	25/30	479	Matt Turner	M	35	Decorah	IA	12:04	00:37:29.53
306	158/191	25/30	478	Kash Turner	M	7	Decorah	IA	12:04	00:37:29.99
307	159/191	26/30	115	Jeff Dinger	M	38	Midland	TX	12:09	00:37:45.41
308	149/213	20/31	113	Camille Dinger	F	10	Midland	TX	12:09	00:37:46.23
309	150/213	29/40	181	Amanda Hahn	F	42	Decorah	IA	12:19	00:38:18.38
310	151/213	13/13	581	Nicole Fosaaen	F	18	Cresco	IA	12:21	00:38:22.67
311	160/191	26/30	13	Fritz Barber	M	9	Des Moines	IA	12:26	00:38:38.92
312	152/213	21/31	313	Jenna Lemke	F	10	Decorah	IA	12:26	00:38:40.29
313	153/213	15/17	3	Juanita Abler	F	14	Des Moines	IA	12:27	00:38:41.25
314	154/213	39/55	198	Sandy Harding	F	37	Madison	WI	12:28	00:38:46.04
315	155/213	21/24	355	Laura Munkel	F	20	Decorah	IA	12:28	00:38:47.02
316	161/191	17/21	158	Eric Forsberg	M	67	Golden Valley	MN	12:31	00:38:54.04
317	156/213	22/24	500	Brooke Welsh	F	27	Lansing	IA	12:34	00:39:05.16
318	162/191	18/21	372	David Olsen	M	75	Louisville	CO	12:40	00:39:21.80
319	163/191	27/30	585	Zachary Robinson	M	37	Parker	CO	12:45	00:39:39.51
320	157/213	40/55	586	Amy Schlachtenhaufen	F	33	Parker	CO	12:45	00:39:39.92
321	158/213	22/31	252	Jillian Kamanyt	F	11	Decorah	IA	12:49	00:39:50.49
322	159/213	41/55	101	Lindsay Davis	F	30	Decorah	IA	12:49	00:39:51.05
323	160/213	23/31	1004	Natalie Beaver	F	10	Hayfield	MN	12:52	00:40:00.43
324	161/213	30/40	416	Janette Rodecap	F	41	Decorah	IA	12:54	00:40:06.34
325	162/213	24/31	234	Lydia Ihde	F	13	Decorah	IA	12:55	00:40:08.16
326	163/213	42/55	1003	Christina Beaver	F	37	Hayfield	MN	12:57	00:40:15.05
327	164/213	16/17	475	Abby Trewin	F	16	Decorah	IA	13:03	00:40:33.37
328	165/213	14/20	417	Joannie Rollins	F	55	Decorah	IA	13:05	00:40:41.80
329	166/213	4/11	465	Jm Tiernan	F	60	Burnsville	MN	13:08	00:40:49.55
330	164/191	19/21	124	Ross Dohlen	M	81	Emerlad Isle	NC	13:11	00:41:00.05
331	167/213	5/11	429	Dianne Schultz	F	65	Postville	IA	13:22	00:41:34.55
332	165/191	27/34	451	Ted Strahm	M	44	Linwood	KS	13:24	00:41:38.68
333	166/191	27/30	449	Hudson Strahm	M	10	Linwood	KS	13:24	00:41:38.68
334	167/191	23/28	190	Jake Hammes	M	27	Saint Louis Park	MN	13:26	00:41:47.23
335	168/191	20/21	24	Don Berg	M	81	Decorah	IA	13:29	00:41:53.80
336	168/213	43/55	461	Sarah Tekippe	F	38	Glenview	IL	13:29	00:41:55.94
337	169/213	25/31	552	Ashley Pouliot	F	7	Circle Pines	MN	13:29	00:41:56.14
338	169/191	28/34	553	Chris Pouliot	M	40	Circle Pines	MN	13:29	00:41:56.14
339	170/213	44/55	378	Kari Ostby	F	38	Rochester	MN	13:29	00:41:56.14
340	171/213	26/31	314	Kylie Lenke	F	7	Decorah	IA	13:30	00:41:58.59
341	170/191	12/12	74	Henry Castro	M	14	Calmar	IA	13:33	00:42:07.55
342	171/191	28/30	564	Huck Zahasky	M	6	Iowa City	IA	13:35	00:42:15.05

# Nordic Fest Elvelopet

July 30, 2016

## Overall Results

5K Run

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	Pace	Time
343	172/213	15/20	312	Cheryl Lemke	F	59	Decorah	IA	13:41	00:42:33.55
344	173/213	45/55	484	Hillary Vamstad	F	30	Decorah	IA	13:42	00:42:36.62
345	174/213	31/40	128	Lara Dolphin	F	43	Gales Ferry	CT	13:43	00:42:37.55
346	175/213	27/31	126	Avery Dolphin	F	11	Decorah	IA	13:43	00:42:38.05
347	172/191	27/28	192	Mark Hammes	M	54	Cumberland	WI	13:49	00:42:57.30
348	176/213	6/11	439	Nancy Sojka	F	66	Decorah	IA	13:52	00:43:06.13
349	177/213	28/31	268	Kelby Kerndt	F	8	Decorah	IA	13:57	00:43:23.30
350	173/191	28/30	269	Tade Kerndt	M	39	Decorah	IA	13:58	00:43:23.89
351	178/213	46/55	1017	Megan Koenigs	F	31	Cresco	IA	14:00	00:43:31.30
352	179/213	32/40	85	Bonnie Christensen	F	45	Clive	IA	14:06	00:43:49.91
353	174/191	29/34	88	Chad Christensen	M	47	Clive	IA	14:06	00:43:50.05
354	175/191	29/30	1013	Zachary Mclellan	M	9	West Union	IA	14:13	00:44:10.45
355	180/213	33/40	1011	Lisa Mclellan	F	44	West Union	IA	14:13	00:44:10.85
356	181/213	34/40	78	Julie Chamberlain	F	42	Decorah	IA	14:14	00:44:15.97
357	176/191	30/34	75	Brad Chamberlain	M	44	Decorah	IA	14:14	00:44:16.38
358	182/213	47/55	459	Laura Taylor	F	36	Rochester	MN	14:18	00:44:28.81
359	183/213	48/55	356	Patty Murray	F	37	Mabel	MN	14:19	00:44:28.98
360	184/213	16/20	513	Beth Winke	F	54	Suffolk	VA	14:20	00:44:34.48
361	185/213	49/55	226	Jessica Hosper	F	34	Owatonna	MN	14:21	00:44:35.49
362	186/213	35/40	341	Jennifer Mccabe	F	49	South St Paul	MN	14:43	00:45:46.49
363	187/213	23/24	257	Carrie Kauffman	F	26	Decorah	IA	14:48	00:45:59.92
364	177/191	24/28	1038	Spencer Green	M	26	Marshall	MN	14:48	00:46:00.33
365	178/191	25/28	278	Jonathon Koch	M	27	Decorah	IA	14:48	00:46:00.53
366	179/191	26/28	575	Eric Eitrheim	M	25	Decorah	IA	14:48	00:46:00.93
367	180/191	31/34	354	Eric Monson	M	46	Hong Kong		14:49	00:46:04.31
368	188/213	36/40	426	Ann Schoenecker	F	48	Onalaska	WI	14:49	00:46:04.39
369	189/213	50/55	237	Po Ching Ip	F	39	Hong Kong		14:49	00:46:04.39
370	190/213	17/20	503	Connie White	F	54	Decorah	IA	14:51	00:46:09.27
371	191/213	7/11	123	Barb Dohlen	F	70	Emerlad Isle	NC	14:58	00:46:32.48
372	192/213	51/55	408	Erica Rheinschmidt	F	34	Cedar Rapids	IA	14:59	00:46:34.94
373	181/191	32/34	1041	Knut Hoelstad	M	49	Hamilton	MT	15:06	00:46:57.49
374	182/191	28/28	240	John Jefferson	M	59	Decorah	IA	15:12	00:47:16.00
375	183/191	30/30	59	Nolan Buchan	M	9	St. Paul	MN	15:13	00:47:18.23
376	193/213	29/31	543	Bella Francisco	F	13	Westlake Village	CA	15:17	00:47:30.56
377	184/191	29/30	481	Josh Twedt	M	37	Stoughton	WI	15:23	00:47:48.81
378	185/191	27/28	480	Gabe Twedt	M	28	Decorah	IA	15:23	00:47:48.81
379	194/213	37/40	361	Staci Nicoll	F	49	Cresco	IA	15:26	00:47:57.56
380	186/191	33/34	557	Devin Juel	M	45	Kerrville	TX	15:26	00:47:59.06
381	195/213	17/17	397	Maddie Putnam	F	14	Decorah	IA	15:28	00:48:03.59
382	196/213	52/55	69	Sarah Carlson	F	30	Decorah	IA	15:47	00:49:04.25
383	187/191	21/21	482	Rick Twedt	M	60	Decorah	IA	15:47	00:49:05.04
384	197/213	53/55	358	Kari Nelson	F	35	Richland Center	WI	15:48	00:49:08.30
385	198/213	54/55	727	Sara Lee Bryant	F	30	Elma	IA	15:51	00:49:15.81
386	199/213	38/40	42	Dominque Bockman	F	45	Decorah	IA	16:08	00:50:09.96
387	200/213	30/31	267	Dekla Kerndt	F	5	Cedar Falls	IA	16:27	00:51:09.15
388	201/213	55/55	253	Marissa Kamanyt	F	39	Decorah	IA	16:59	00:52:49.00
389	202/213	39/40	424	Kari Sansgaard	F	48	Fort Atkinson	IA	17:14	00:53:33.15
390	203/213	18/20	561	Monica Stanley	F	58	Janesville	WI	17:15	00:53:38.43
391	204/213	8/11	22	Kathy Belz-Olson	F	63	Decorah	IA	17:39	00:54:52.05
392	205/213	24/24	333	Erin Lundell	F	27	Grand Rapids	MI	18:10	00:56:28.33
393	188/191	28/28	293	Karl Larsen	M	24	Grand Rapids	MI	18:10	00:56:28.83
394	206/213	9/11	303	Jeri Laursen	F	70	Decorah	IA	18:11	00:56:31.83
395	207/213	10/11	29	Paula Berg Owen	F	68	San Antonio	TX	20:34	01:03:56.84
396	208/213	11/11	172	Kristin Gilbert	F	67	Boulder	CO	20:35	01:03:58.26
397	209/213	40/40	554	Krya Bellrichard	F	41	Decorah	IA	20:54	01:04:57.25
398	189/191	30/30	555	Corey Shaman	M	37	Decorah	IA	21:02	01:05:23.47
399	210/213	31/31	112	Blair Dinger	F	5	Midland	TX	21:05	01:05:31.16

# Nordic Fest Elvelopet

July 30, 2016

## Overall Results

## 5K Run

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	Pace	Time
400	211/213	1/1	573	Pat Barber	F	99	Des Moines	IA	21:33	01:06:57.50
401	190/191	1/1	574	Hal Barber	M	99	Des Moines	IA	21:33	01:06:57.90
402	212/213	19/20	464	Cynthia Thompson	F	53	Springfield	IL	23:22	01:12:39.04
403	191/191	34/34	157	Marc Folkedahl	M	48	Decorah	IA	24:49	01:17:06.87
404	213/213	20/20	718	Barbara Baker	F	55	Grinnell	IA	27:26	01:25:14.88