

# Nordic Fest Elvelopet

July 30, 2016

5K Run

## Overall Results - Female

| Place | Overall Plc/Total | Div Plc/Total | No.  | Name                | S | Age | City            | St. | Pace | Time        |
|-------|-------------------|---------------|------|---------------------|---|-----|-----------------|-----|------|-------------|
| 1     | 6/404             | 1/1           | 519  | Jordan Winke        | F | 17  | Albia           | IA  | 6:20 | 00:19:42.51 |
| 2     | 8/404             | 1/24          | 328  | Moran Lonning       | F | 23  | West Des Moines | IA  | 6:32 | 00:20:20.43 |
| 3     | 27/404            | 2/24          | 155  | Miranda Fober       | F | 20  | Denver          | IA  | 7:22 | 00:22:56.31 |
| 4     | 32/404            | 1/55          | 8    | Kaela Bachelder     | F | 34  | Phoenix         | AZ  | 7:31 | 00:23:22.97 |
| 5     | 37/404            | 1/17          | 545  | Kaitlyn Rooney      | F | 16  | Decorah         | IA  | 7:35 | 00:23:36.63 |
| 6     | 39/404            | 2/55          | 266  | Angie Kerndt        | F | 33  | Decorah         | IA  | 7:38 | 00:23:43.26 |
| 7     | 42/404            | 1/13          | 594  | Rachel Lovelace     | F | 18  | Rochester       | MN  | 7:42 | 00:23:57.20 |
| 8     | 45/404            | 2/17          | 32   | Shayla Betts        | F | 14  | Decorah         | IA  | 7:44 | 00:24:02.07 |
| 9     | 46/404            | 1/40          | 140  | Cindy Elsbernd      | F | 45  | Des Moines      | IA  | 7:47 | 00:24:11.04 |
| 10    | 48/404            | 1/31          | 63   | Fiona Buresh        | F | 13  | Decorah         | IA  | 7:48 | 00:24:16.29 |
| 11    | 53/404            | 2/31          | 468  | Madison Tollefson   | F | 11  | Decorah         | IA  | 7:54 | 00:24:33.52 |
| 12    | 55/404            | 3/55          | 316  | Denise Leonhart     | F | 38  | Castalia        | IA  | 7:54 | 00:24:35.26 |
| 13    | 61/404            | 2/13          | 31   | Brenna Betts        | F | 17  | Decorah         | IA  | 8:00 | 00:24:52.12 |
| 14    | 67/404            | 2/40          | 262  | Laura Kautman       | F | 41  | Ames            | IA  | 8:06 | 00:25:11.02 |
| 15    | 68/404            | 3/31          | 264  | Mia Kautman         | F | 9   | Ames            | IA  | 8:08 | 00:25:16.93 |
| 16    | 69/404            | 3/17          | 94   | Brooke Courtney     | F | 14  | Ridgeway        | IA  | 8:08 | 00:25:17.34 |
| 17    | 72/404            | 4/55          | 319  | Mari Lewey          | F | 39  | Decorah         | IA  | 8:09 | 00:25:20.62 |
| 18    | 74/404            | 3/40          | 450  | Sarah Strahm        | F | 41  | Linwood         | KS  | 8:10 | 00:25:22.83 |
| 19    | 77/404            | 4/31          | 62   | Brielle Buresh      | F | 11  | Decorah         | IA  | 8:12 | 00:25:31.28 |
| 20    | 82/404            | 4/17          | 174  | Silje Gilve Skaar   | F | 16  | Decorah         | IA  | 8:18 | 00:25:48.49 |
| 21    | 83/404            | 5/17          | 511  | Olivia Wilson       | F | 15  | Amana           | IA  | 8:18 | 00:25:48.49 |
| 22    | 86/404            | 3/24          | 569  | Mari Klotzbach      | F | 27  | Sioux Falls     | SD  | 8:19 | 00:25:53.39 |
| 23    | 88/404            | 6/17          | 402  | Rylea Ranum         | F | 16  | Decorah         | IA  | 8:22 | 00:26:00.09 |
| 24    | 93/404            | 7/17          | 456  | Britta Swanson      | F | 14  | Decorah         | IA  | 8:25 | 00:26:12.02 |
| 25    | 98/404            | 4/24          | 64   | Lizzie Burras       | F | 27  | Decorah         | IA  | 8:33 | 00:26:36.46 |
| 26    | 101/404           | 5/55          | 129  | Regina Downing      | F | 37  | Decorah         | IA  | 8:39 | 00:26:54.24 |
| 27    | 102/404           | 5/24          | 357  | Kjerstin Narvesen   | F | 21  | Eagan           | MN  | 8:40 | 00:26:57.90 |
| 28    | 103/404           | 8/17          | 232  | Clare Huisman       | F | 14  | Osage           | IA  | 8:40 | 00:26:58.50 |
| 29    | 107/404           | 1/20          | 360  | Trish Neubauer      | F | 59  | Decorah         | IA  | 8:44 | 00:27:10.99 |
| 30    | 109/404           | 9/17          | 371  | Kalea Oftedahl      | F | 14  | Decorah         | IA  | 8:47 | 00:27:19.27 |
| 31    | 110/404           | 6/55          | 11   | Ashley Baker        | F | 31  | Decorah         | IA  | 8:47 | 00:27:19.44 |
| 32    | 112/404           | 3/13          | 595  | Erin Jennings       | F | 19  | Davenport       | IA  | 8:49 | 00:27:24.97 |
| 33    | 113/404           | 4/13          | 445  | Sommer Stevens      | F | 19  | Denver          | IA  | 8:49 | 00:27:25.02 |
| 34    | 114/404           | 7/55          | 452  | Gwen Strand         | F | 36  | Decorah         | IA  | 8:51 | 00:27:30.02 |
| 35    | 117/404           | 10/17         | 1030 | Annette Lescheusky  | F | 14  | Decorah         | IA  | 8:52 | 00:27:33.49 |
| 36    | 118/404           | 8/55          | 1002 | Krystle Starr       | F | 30  | Overland Park   | KS  | 8:53 | 00:27:38.02 |
| 37    | 119/404           | 9/55          | 110  | Jenn Delarosa       | F | 34  | Decorah         | IA  | 8:54 | 00:27:39.18 |
| 38    | 120/404           | 11/17         | 54   | Katherine Bruening  | F | 14  | Decorah         | IA  | 8:54 | 00:27:41.22 |
| 39    | 121/404           | 4/40          | 431  | Annette Schweinefus | F | 46  | Ossian          | IA  | 8:55 | 00:27:43.02 |
| 40    | 124/404           | 2/20          | 359  | Sarah Nelson        | F | 54  | Moscow          | ID  | 8:57 | 00:27:50.16 |
| 41    | 125/404           | 10/55         | 315  | Jessica Lennon      | F | 36  | Spillville      | IA  | 8:57 | 00:27:51.52 |
| 42    | 128/404           | 3/20          | 375  | Linda Olson         | F | 50  | Ames            | IA  | 9:00 | 00:27:59.27 |
| 43    | 129/404           | 6/24          | 510  | Stephanie Williams  | F | 26  | Eden Prairie    | MN  | 9:02 | 00:28:06.02 |
| 44    | 130/404           | 5/40          | 415  | Heidi Rockweiler    | F | 49  | Decorah         | IA  | 9:03 | 00:28:08.02 |
| 45    | 134/404           | 6/40          | 148  | Stacy Engelhardt    | F | 42  | Decorah         | IA  | 9:04 | 00:28:11.14 |
| 46    | 135/404           | 11/55         | 492  | Nicole Waskow       | F | 39  | Decorah         | IA  | 9:05 | 00:28:15.01 |
| 47    | 136/404           | 5/31          | 1031 | Megan Hageman       | F | 11  | Calmar          | IA  | 9:05 | 00:28:15.43 |
| 48    | 139/404           | 4/20          | 66   | Susan Busta         | F | 51  | Calmar          | IA  | 9:06 | 00:28:16.46 |
| 49    | 141/404           | 7/40          | 558  | Kari Kempf          | F | 42  | Fairfax         | IA  | 9:07 | 00:28:22.27 |
| 50    | 147/404           | 5/13          | 246  | Madelyn Jermier     | F | 17  | Decorah         | IA  | 9:13 | 00:28:39.43 |
| 51    | 149/404           | 12/55         | 351  | Aubrey Miller       | F | 36  | Cape Elizabeth  | ME  | 9:15 | 00:28:45.02 |
| 52    | 150/404           | 13/55         | 137  | Dana Ellingson      | F | 36  | Ventura         | CA  | 9:15 | 00:28:45.27 |
| 53    | 151/404           | 7/24          | 250  | Kyrie Jorgenson     | F | 27  | Decorah         | IA  | 9:16 | 00:28:49.27 |
| 54    | 156/404           | 6/31          | 1042 | Rachel Bower        | F | 13  | Decorah         | IA  | 9:20 | 00:29:00.19 |

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July 30, 2016

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## Overall Results - Female

| Place | Overall Plc/Total | Div Plc/Total | No.  | Name                 | S | Age | City           | St. | Pace  | Time        |
|-------|-------------------|---------------|------|----------------------|---|-----|----------------|-----|-------|-------------|
| 55    | 157/404           | 8/40          | 251  | Karen Junko          | F | 43  | Ankeny         | IA  | 9:20  | 00:29:01.00 |
| 56    | 159/404           | 7/31          | 433  | Samantha See         | F | 12  | Decorah        | IA  | 9:21  | 00:29:03.64 |
| 57    | 162/404           | 6/13          | 496  | Lidia Weighner       | F | 18  | Van Meter      | IA  | 9:24  | 00:29:13.53 |
| 58    | 163/404           | 8/31          | 334  | Anja Madson          | F | 13  | Decorah        | IA  | 9:24  | 00:29:14.48 |
| 59    | 165/404           | 9/40          | 227  | Sara Hotvedt         | F | 40  | Decorah        | IA  | 9:25  | 00:29:15.48 |
| 60    | 167/404           | 10/40         | 263  | Laura Kautman        | F | 41  | Ames           | IA  | 9:26  | 00:29:20.03 |
| 61    | 170/404           | 7/13          | 1037 | Pamela Lisowski      | F | 17  | Chatfield      | MN  | 9:29  | 00:29:29.11 |
| 62    | 171/404           | 5/20          | 219  | Mary Hill            | F | 50  | Coppell        | TX  | 9:29  | 00:29:29.91 |
| 63    | 173/404           | 11/40         | 438  | Heidi Snell-Anderson | F | 40  | Decorah        | IA  | 9:31  | 00:29:34.51 |
| 64    | 174/404           | 12/40         | 401  | Renee Rabe           | F | 43  | Robins         | IA  | 9:31  | 00:29:34.51 |
| 65    | 175/404           | 9/31          | 177  | Ana Gonzalez         | F | 11  | Folsam         | CA  | 9:31  | 00:29:34.80 |
| 66    | 176/404           | 10/31         | 453  | Lilly Summers        | F | 13  | Decorah        | IA  | 9:31  | 00:29:37.03 |
| 67    | 178/404           | 8/24          | 254  | Ashley Kappers       | F | 22  | Spring Valley  | MN  | 9:33  | 00:29:43.34 |
| 68    | 179/404           | 13/40         | 599  | Jen Sime             | F | 43  | Decorah        | IA  | 9:35  | 00:29:46.61 |
| 69    | 180/404           | 14/40         | 272  | Amy Knoke            | F | 47  | Decorah        | IA  | 9:36  | 00:29:51.28 |
| 70    | 182/404           | 9/24          | 325  | Hannah Lindblom      | F | 24  | Decorah        | IA  | 9:39  | 00:30:01.26 |
| 71    | 185/404           | 11/31         | 6    | Grace Bachelder      | F | 12  | Decorah        | IA  | 9:42  | 00:30:09.28 |
| 72    | 186/404           | 14/55         | 5    | Allie Bachelder      | F | 36  | Decorah        | IA  | 9:42  | 00:30:09.82 |
| 73    | 189/404           | 15/40         | 387  | Michelle Peterson    | F | 44  | Columbia Falls | MT  | 9:45  | 00:30:18.53 |
| 74    | 190/404           | 15/55         | 410  | Katherine Rich       | F | 34  | Fredericksburg | IA  | 9:46  | 00:30:22.53 |
| 75    | 193/404           | 1/11          | 152  | Lois A Finanger      | F | 61  | Decorah        | IA  | 9:50  | 00:30:34.44 |
| 76    | 194/404           | 12/31         | 576  | Brynn Bowden         | F | 12  | Waukon         | IA  | 9:51  | 00:30:36.88 |
| 77    | 195/404           | 13/31         | 462  | Hannah Teslow        | F | 11  | Waukon         | IA  | 9:51  | 00:30:37.51 |
| 78    | 196/404           | 16/55         | 106  | Jaime Decker         | F | 39  | Rochester      | MN  | 9:53  | 00:30:43.59 |
| 79    | 197/404           | 16/40         | 567  | Jane Hover           | F | 44  | Brooklyn       | NY  | 9:53  | 00:30:44.40 |
| 80    | 198/404           | 17/55         | 119  | Michelle Dinger      | F | 39  | Midland        | TX  | 9:55  | 00:30:49.69 |
| 81    | 199/404           | 17/40         | 249  | Kara Johnson         | F | 40  | West Union     | IA  | 9:55  | 00:30:51.03 |
| 82    | 201/404           | 18/40         | 376  | Lisa Olson           | F | 48  | Minneapolis    | MN  | 9:56  | 00:30:53.53 |
| 83    | 202/404           | 18/55         | 425  | Erin Schaden         | F | 31  | Saint Paul     | MN  | 9:57  | 00:30:57.52 |
| 84    | 203/404           | 10/24         | 572  | Sarah Krueger        | F | 21  | Sidney         | NE  | 9:58  | 00:30:59.23 |
| 85    | 204/404           | 8/13          | 204  | Anna Helt            | F | 19  | Parnell        | IA  | 9:58  | 00:31:00.26 |
| 86    | 205/404           | 11/24         | 209  | Audrey Helt          | F | 21  | Parnell        | IA  | 9:58  | 00:31:00.46 |
| 87    | 207/404           | 19/55         | 242  | Jessica Jensen       | F | 34  | Burnsville     | MN  | 10:02 | 00:31:10.66 |
| 88    | 208/404           | 12/17         | 340  | Gabby Marti          | F | 16  | Waukon         | IA  | 10:02 | 00:31:13.51 |
| 89    | 209/404           | 9/13          | 339  | Alex Marti           | F | 18  | Waukon         | IA  | 10:03 | 00:31:14.29 |
| 90    | 210/404           | 10/13         | 377  | Emily Opfer          | F | 19  | Waukon         | IA  | 10:03 | 00:31:15.52 |
| 91    | 211/404           | 20/55         | 1007 | Katie Hoey           | F | 34  | Stanton        | CA  | 10:04 | 00:31:17.53 |
| 92    | 212/404           | 6/20          | 139  | Cathy Elsbernd       | F | 54  | Decorah        | IA  | 10:06 | 00:31:24.51 |
| 93    | 213/404           | 21/55         | 1014 | Laree Schouweiler    | F | 33  | Decorah        | IA  | 10:06 | 00:31:25.53 |
| 94    | 217/404           | 19/40         | 93   | Barbara Clements     | F | 45  | Russelville    | AR  | 10:14 | 00:31:48.97 |
| 95    | 218/404           | 14/31         | 584  | Ella Ready           | F | 10  | Sioux Falls    | SD  | 10:14 | 00:31:50.29 |
| 96    | 219/404           | 22/55         | 70   | Dana Carolan         | F | 38  | Decorah        | IA  | 10:15 | 00:31:51.30 |
| 97    | 220/404           | 23/55         | 403  | Laura Ready          | F | 37  | Sioux Falls    | SD  | 10:15 | 00:31:53.53 |
| 98    | 223/404           | 11/13         | 1018 | Melissa Hammel       | F | 19  | Dorchester     | IA  | 10:18 | 00:32:02.12 |
| 99    | 224/404           | 20/40         | 398  | Sarah Putnam         | F | 49  | Decorah        | IA  | 10:18 | 00:32:02.32 |
| 100   | 225/404           | 21/40         | 1008 | Traci Schmitz        | F | 49  | Marion         | IA  | 10:18 | 00:32:02.52 |
| 101   | 226/404           | 22/40         | 578  | Kelli Smutzeer       | F | 47  | Decorah        | IA  | 10:21 | 00:32:10.03 |
| 102   | 228/404           | 13/17         | 536  | Elise Rasmussen      | F | 15  | Jackson        | MN  | 10:27 | 00:32:30.62 |
| 103   | 229/404           | 23/40         | 535  | Larissa Rasmussen    | F | 40  | Jackson        | MN  | 10:27 | 00:32:31.03 |
| 104   | 230/404           | 15/31         | 33   | Kendra Bigler        | F | 13  | Decorah        | IA  | 10:28 | 00:32:32.45 |
| 105   | 231/404           | 16/31         | 571  | Emma Barwick         | F | 12  | Sheldon        | IA  | 10:30 | 00:32:38.37 |
| 106   | 232/404           | 12/24         | 82   | Kaia Chambers        | F | 24  | Sioux Falls    | SD  | 10:30 | 00:32:38.99 |
| 107   | 235/404           | 7/20          | 521  | Pam Winke            | F | 54  | Albia          | IA  | 10:34 | 00:32:52.19 |
| 108   | 236/404           | 13/24         | 1028 | Raina Hatfield       | F | 26  | Decorah        | IA  | 10:36 | 00:32:59.03 |

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|-------|-------------------|---------------|------|----------------------|---|-----|---------------|-----|-------|-------------|
| 109   | 242/404           | 24/55         | 176  | Sara Goldberg        | F | 38  | Takoma Park   | MD  | 10:50 | 00:33:40.04 |
| 110   | 243/404           | 25/55         | 588  | Kyleen Cowie         | F | 32  | Chicago       | IL  | 10:53 | 00:33:48.99 |
| 111   | 244/404           | 12/13         | 396  | Erin Power           | F | 19  | Story City    | IA  | 10:53 | 00:33:48.99 |
| 112   | 247/404           | 8/20          | 45   | Stacey Brandt        | F | 50  | Decorah       | IA  | 10:56 | 00:33:59.10 |
| 113   | 249/404           | 9/20          | 596  | Ronda Lovelace       | F | 50  | Rochester     | MN  | 11:01 | 00:34:14.99 |
| 114   | 251/404           | 17/31         | 68   | Adeline Carlson      | F | 12  | Davenport     | IA  | 11:03 | 00:34:20.49 |
| 115   | 252/404           | 26/55         | 19   | Christina Baumgart   | F | 31  | Onalaska      | WI  | 11:04 | 00:34:23.95 |
| 116   | 253/404           | 27/55         | 458  | Erica Swenson        | F | 31  | Maple Plain   | MN  | 11:04 | 00:34:25.29 |
| 117   | 255/404           | 14/24         | 96   | Katie Courtney       | F | 24  | Decorah       | IA  | 11:05 | 00:34:26.18 |
| 118   | 256/404           | 28/55         | 71   | Kelly Casterton      | F | 32  | Decorah       | IA  | 11:05 | 00:34:26.55 |
| 119   | 257/404           | 29/55         | 591  | Abby Erion           | F | 31  | Cedar Rapids  | IA  | 11:07 | 00:34:32.68 |
| 120   | 258/404           | 24/40         | 248  | Amy Johnson          | F | 42  | Waukon        | IA  | 11:08 | 00:34:35.54 |
| 121   | 259/404           | 10/20         | 213  | Sharon Helt          | F | 51  | Parnell       | IA  | 11:09 | 00:34:38.99 |
| 122   | 260/404           | 14/17         | 304  | Lily Laursen         | F | 15  | Kirkland      | WA  | 11:09 | 00:34:39.61 |
| 123   | 261/404           | 11/20         | 215  | Mary Hengen          | F | 52  | Chanhassen    | MN  | 11:11 | 00:34:46.23 |
| 124   | 262/404           | 30/55         | 523  | Anne Wuebker         | F | 32  | Waukon        | IA  | 11:11 | 00:34:47.29 |
| 125   | 263/404           | 12/20         | 199  | Gail Harrison        | F | 51  | Des Moines    | IA  | 11:12 | 00:34:48.59 |
| 126   | 264/404           | 31/55         | 392  | Auny Pole            | F | 35  | Decorah       | IA  | 11:12 | 00:34:49.54 |
| 127   | 265/404           | 18/31         | 393  | Stella Pole          | F | 8   | Decorah       | IA  | 11:12 | 00:34:50.22 |
| 128   | 266/404           | 15/24         | 348  | Crystal Mensen       | F | 20  | Decorah       | IA  | 11:13 | 00:34:52.25 |
| 129   | 269/404           | 25/40         | 301  | Dana Laursen         | F | 46  | Kirkland      | WA  | 11:17 | 00:35:06.06 |
| 130   | 271/404           | 16/24         | 421  | Alissa Sabers        | F | 28  | Solon         | IA  | 11:19 | 00:35:12.42 |
| 131   | 272/404           | 32/55         | 345  | Janell Mcelree       | F | 34  | West Union    | IA  | 11:19 | 00:35:12.62 |
| 132   | 274/404           | 26/40         | 528  | Traci Yakimisky      | F | 43  | Algonquin     | IL  | 11:21 | 00:35:18.91 |
| 133   | 278/404           | 33/55         | 35   | Michelle Bildstein   | F | 37  | Cedar Rapids  | IA  | 11:24 | 00:35:28.04 |
| 134   | 279/404           | 13/20         | 579  | Minie Baccam         | F | 50  | Rockford      | MN  | 11:25 | 00:35:29.69 |
| 135   | 280/404           | 17/24         | 580  | Brooke Fosaaen       | F | 22  | Cresco        | IA  | 11:26 | 00:35:32.29 |
| 136   | 281/404           | 34/55         | 420  | Jacquelyn Ruen       | F | 35  | Minneapolis   | MN  | 11:31 | 00:35:47.23 |
| 137   | 284/404           | 35/55         | 308  | Erica Lea            | F | 31  | Ankeny        | IA  | 11:34 | 00:35:59.00 |
| 138   | 285/404           | 36/55         | 384  | Amy Peterson         | F | 39  | West Fargo    | ND  | 11:36 | 00:36:02.62 |
| 139   | 290/404           | 2/11          | 233  | Merry Hunter         | F | 61  | Decorah       | IA  | 11:43 | 00:36:27.29 |
| 140   | 291/404           | 37/55         | 284  | Karla Kottke         | F | 33  | Kasson        | MN  | 11:44 | 00:36:29.29 |
| 141   | 292/404           | 38/55         | 203  | Jaqui Haugen         | F | 34  | Houston       | TX  | 11:46 | 00:36:34.83 |
| 142   | 294/404           | 19/31         | 108  | Ayda Delarosa        | F | 11  | Decorah       | IA  | 11:48 | 00:36:42.04 |
| 143   | 296/404           | 27/40         | 546  | Tonia Courtney       | F | 45  | W Des Moines  | IA  | 11:49 | 00:36:44.54 |
| 144   | 297/404           | 3/11          | 437  | Becky Smith          | F | 60  | Fort Atkinson | IA  | 11:50 | 00:36:47.54 |
| 145   | 298/404           | 28/40         | 179  | Kimberley Hable      | F | 49  | Decorah       | IA  | 11:51 | 00:36:51.27 |
| 146   | 301/404           | 18/24         | 39   | Rebecca Blake        | F | 29  | Waukon        | IA  | 11:58 | 00:37:13.04 |
| 147   | 302/404           | 19/24         | 216  | Amanda Hess          | F | 29  | Lansing       | IA  | 11:59 | 00:37:14.04 |
| 148   | 303/404           | 20/24         | 40   | April Blong          | F | 24  | Decorah       | IA  | 11:59 | 00:37:14.66 |
| 149   | 308/404           | 20/31         | 113  | Camille Dinger       | F | 10  | Midland       | TX  | 12:09 | 00:37:46.23 |
| 150   | 309/404           | 29/40         | 181  | Amanda Hahn          | F | 42  | Decorah       | IA  | 12:19 | 00:38:18.38 |
| 151   | 310/404           | 13/13         | 581  | Nicole Fosaaen       | F | 18  | Cresco        | IA  | 12:21 | 00:38:22.67 |
| 152   | 312/404           | 21/31         | 313  | Jenna Lemke          | F | 10  | Decorah       | IA  | 12:26 | 00:38:40.29 |
| 153   | 313/404           | 15/17         | 3    | Juanita Abler        | F | 14  | Des Moines    | IA  | 12:27 | 00:38:41.25 |
| 154   | 314/404           | 39/55         | 198  | Sandy Harding        | F | 37  | Madison       | WI  | 12:28 | 00:38:46.04 |
| 155   | 315/404           | 21/24         | 355  | Laura Munkel         | F | 20  | Decorah       | IA  | 12:28 | 00:38:47.02 |
| 156   | 317/404           | 22/24         | 500  | Brooke Welsh         | F | 27  | Lansing       | IA  | 12:34 | 00:39:05.16 |
| 157   | 320/404           | 40/55         | 586  | Amy Schlachtenhaufen | F | 33  | Parker        | CO  | 12:45 | 00:39:39.92 |
| 158   | 321/404           | 22/31         | 252  | Jillian Kamanyt      | F | 11  | Decorah       | IA  | 12:49 | 00:39:50.49 |
| 159   | 322/404           | 41/55         | 101  | Lindsay Davis        | F | 30  | Decorah       | IA  | 12:49 | 00:39:51.05 |
| 160   | 323/404           | 23/31         | 1004 | Natalie Beaver       | F | 10  | Hayfield      | MN  | 12:52 | 00:40:00.43 |
| 161   | 324/404           | 30/40         | 416  | Janette Rodecap      | F | 41  | Decorah       | IA  | 12:54 | 00:40:06.34 |
| 162   | 325/404           | 24/31         | 234  | Lydia Ihde           | F | 13  | Decorah       | IA  | 12:55 | 00:40:08.16 |

# Nordic Fest Elvelopet

July 30, 2016

5K Run

## Overall Results - Female

| Place | Overall Plc/Total | Div Plc/Total | No.  | Name               | S | Age | City             | St. | Pace  | Time        |
|-------|-------------------|---------------|------|--------------------|---|-----|------------------|-----|-------|-------------|
| 163   | 326/404           | 42/55         | 1003 | Christina Beaver   | F | 37  | Hayfield         | MN  | 12:57 | 00:40:15.05 |
| 164   | 327/404           | 16/17         | 475  | Abby Trewin        | F | 16  | Decorah          | IA  | 13:03 | 00:40:33.37 |
| 165   | 328/404           | 14/20         | 417  | Joannie Rollins    | F | 55  | Decorah          | IA  | 13:05 | 00:40:41.80 |
| 166   | 329/404           | 4/11          | 465  | Jm Tiernan         | F | 60  | Burnsville       | MN  | 13:08 | 00:40:49.55 |
| 167   | 331/404           | 5/11          | 429  | Dianne Schultz     | F | 65  | Postville        | IA  | 13:22 | 00:41:34.55 |
| 168   | 336/404           | 43/55         | 461  | Sarah Tekippe      | F | 38  | Glenview         | IL  | 13:29 | 00:41:55.94 |
| 169   | 337/404           | 25/31         | 552  | Ashley Pouliot     | F | 7   | Circle Pines     | MN  | 13:29 | 00:41:56.14 |
| 170   | 339/404           | 44/55         | 378  | Kari Ostby         | F | 38  | Rochester        | MN  | 13:29 | 00:41:56.14 |
| 171   | 340/404           | 26/31         | 314  | Kylie Lenke        | F | 7   | Decorah          | IA  | 13:30 | 00:41:58.59 |
| 172   | 343/404           | 15/20         | 312  | Cheryl Lemke       | F | 59  | Decorah          | IA  | 13:41 | 00:42:33.55 |
| 173   | 344/404           | 45/55         | 484  | Hillary Vamstad    | F | 30  | Decorah          | IA  | 13:42 | 00:42:36.62 |
| 174   | 345/404           | 31/40         | 128  | Lara Dolphin       | F | 43  | Gales Ferry      | CT  | 13:43 | 00:42:37.55 |
| 175   | 346/404           | 27/31         | 126  | Avery Dolphin      | F | 11  | Decorah          | IA  | 13:43 | 00:42:38.05 |
| 176   | 348/404           | 6/11          | 439  | Nancy Sojka        | F | 66  | Decorah          | IA  | 13:52 | 00:43:06.13 |
| 177   | 349/404           | 28/31         | 268  | Kelby Kerndt       | F | 8   | Decorah          | IA  | 13:57 | 00:43:23.30 |
| 178   | 351/404           | 46/55         | 1017 | Megan Koenigs      | F | 31  | Cresco           | IA  | 14:00 | 00:43:31.30 |
| 179   | 352/404           | 32/40         | 85   | Bonnie Christensen | F | 45  | Clive            | IA  | 14:06 | 00:43:49.91 |
| 180   | 355/404           | 33/40         | 1011 | Lisa McLellan      | F | 44  | West Union       | IA  | 14:13 | 00:44:10.85 |
| 181   | 356/404           | 34/40         | 78   | Julie Chamberlain  | F | 42  | Decorah          | IA  | 14:14 | 00:44:15.97 |
| 182   | 358/404           | 47/55         | 459  | Laura Taylor       | F | 36  | Rochester        | MN  | 14:18 | 00:44:28.81 |
| 183   | 359/404           | 48/55         | 356  | Patty Murray       | F | 37  | Mabel            | MN  | 14:19 | 00:44:28.98 |
| 184   | 360/404           | 16/20         | 513  | Beth Winke         | F | 54  | Suffolk          | VA  | 14:20 | 00:44:34.48 |
| 185   | 361/404           | 49/55         | 226  | Jessica Hosper     | F | 34  | Owatonna         | MN  | 14:21 | 00:44:35.49 |
| 186   | 362/404           | 35/40         | 341  | Jennifer Mccabe    | F | 49  | South St Paul    | MN  | 14:43 | 00:45:46.49 |
| 187   | 363/404           | 23/24         | 257  | Carrie Kauffman    | F | 26  | Decorah          | IA  | 14:48 | 00:45:59.92 |
| 188   | 368/404           | 36/40         | 426  | Ann Schoenecker    | F | 48  | Onalaska         | WI  | 14:49 | 00:46:04.39 |
| 189   | 369/404           | 50/55         | 237  | Po Ching Ip        | F | 39  | Hong Kong        |     | 14:49 | 00:46:04.39 |
| 190   | 370/404           | 17/20         | 503  | Connie White       | F | 54  | Decorah          | IA  | 14:51 | 00:46:09.27 |
| 191   | 371/404           | 7/11          | 123  | Barb Dohlen        | F | 70  | Emerlad Isle     | NC  | 14:58 | 00:46:32.48 |
| 192   | 372/404           | 51/55         | 408  | Erica Rheinschmidt | F | 34  | Cedar Rapids     | IA  | 14:59 | 00:46:34.94 |
| 193   | 376/404           | 29/31         | 543  | Bella Francisco    | F | 13  | Westlake Village | CA  | 15:17 | 00:47:30.56 |
| 194   | 379/404           | 37/40         | 361  | Staci Nicoll       | F | 49  | Cresco           | IA  | 15:26 | 00:47:57.56 |
| 195   | 381/404           | 17/17         | 397  | Maddie Putnam      | F | 14  | Decorah          | IA  | 15:28 | 00:48:03.59 |
| 196   | 382/404           | 52/55         | 69   | Sarah Carlson      | F | 30  | Decorah          | IA  | 15:47 | 00:49:04.25 |
| 197   | 384/404           | 53/55         | 358  | Kari Nelson        | F | 35  | Richland Center  | WI  | 15:48 | 00:49:08.30 |
| 198   | 385/404           | 54/55         | 727  | Sara Lee Bryant    | F | 30  | Elma             | IA  | 15:51 | 00:49:15.81 |
| 199   | 386/404           | 38/40         | 42   | Dominque Bockman   | F | 45  | Decorah          | IA  | 16:08 | 00:50:09.96 |
| 200   | 387/404           | 30/31         | 267  | Dekla Kerndt       | F | 5   | Cedar Falls      | IA  | 16:27 | 00:51:09.15 |
| 201   | 388/404           | 55/55         | 253  | Marissa Kamanyt    | F | 39  | Decorah          | IA  | 16:59 | 00:52:49.00 |
| 202   | 389/404           | 39/40         | 424  | Kari Sansgaard     | F | 48  | Fort Atkinson    | IA  | 17:14 | 00:53:33.15 |
| 203   | 390/404           | 18/20         | 561  | Monica Stanley     | F | 58  | Janesville       | WI  | 17:15 | 00:53:38.43 |
| 204   | 391/404           | 8/11          | 22   | Kathy Belz-Olson   | F | 63  | Decorah          | IA  | 17:39 | 00:54:52.05 |
| 205   | 392/404           | 24/24         | 333  | Erin Lundell       | F | 27  | Grand Rapids     | MI  | 18:10 | 00:56:28.33 |
| 206   | 394/404           | 9/11          | 303  | Jeri Laursen       | F | 70  | Decorah          | IA  | 18:11 | 00:56:31.83 |
| 207   | 395/404           | 10/11         | 29   | Paula Berg Owen    | F | 68  | San Antonio      | TX  | 20:34 | 01:03:56.84 |
| 208   | 396/404           | 11/11         | 172  | Kristin Gilbert    | F | 67  | Boulder          | CO  | 20:35 | 01:03:58.26 |
| 209   | 397/404           | 40/40         | 554  | Krya Bellrichard   | F | 41  | Decorah          | IA  | 20:54 | 01:04:57.25 |
| 210   | 399/404           | 31/31         | 112  | Blair Dinger       | F | 5   | Midland          | TX  | 21:05 | 01:05:31.16 |
| 211   | 400/404           | 1/1           | 573  | Pat Barber         | F | 99  | Des Moines       | IA  | 21:33 | 01:06:57.50 |
| 212   | 402/404           | 19/20         | 464  | Cynthia Thompson   | F | 53  | Springfield      | IL  | 23:22 | 01:12:39.04 |
| 213   | 404/404           | 20/20         | 718  | Barbara Baker      | F | 55  | Grinnell         | IA  | 27:26 | 01:25:14.88 |

# Nordic Fest Elvelopet

July 30, 2016

5K Run

## Overall Results - Male

| Place | Overall Plc/Total | Div Plc/Total | No.  | Name               | S | Age | City          | St. | Pace | Time        |
|-------|-------------------|---------------|------|--------------------|---|-----|---------------|-----|------|-------------|
| 1     | 1/404             | 1/1           | 105  | Austin Day         | M | 17  | Waukon        | IA  | 5:59 | 00:18:35.62 |
| 2     | 2/404             | 1/6           | 498  | Adam Weis          | M | 19  | North Liberty | IA  | 6:01 | 00:18:41.92 |
| 3     | 3/404             | 1/28          | 379  | Stew Otting        | M | 29  | Decorah       | IA  | 6:04 | 00:18:52.25 |
| 4     | 4/404             | 2/6           | 506  | David Will         | M | 17  | Rochester     | MN  | 6:06 | 00:18:57.38 |
| 5     | 5/404             | 2/28          | 447  | Tyler Stevenson    | M | 27  | Middleton     | WI  | 6:13 | 00:19:21.92 |
| 6     | 7/404             | 1/30          | 136  | Arren Ellingson    | M | 31  | Seattle       | WA  | 6:25 | 00:19:56.29 |
| 7     | 9/404             | 1/12          | 239  | Kristofer Jacobson | M | 15  | Irvine        | CA  | 6:33 | 00:20:24.09 |
| 8     | 10/404            | 3/28          | 1016 | Sam Donlan         | M | 28  | Rochester     | MN  | 6:39 | 00:20:40.21 |
| 9     | 11/404            | 1/28          | 389  | Bradley Phillips   | M | 54  | Decorah       | IA  | 6:40 | 00:20:43.32 |
| 10    | 12/404            | 2/30          | 9    | Korey Bachelder    | M | 36  | Phoenix       | AZ  | 6:42 | 00:20:50.01 |
| 11    | 13/404            | 3/6           | 592  | Herald Marquardt   | M | 17  | Decorah       | IA  | 6:43 | 00:20:54.94 |
| 12    | 14/404            | 1/34          | 1010 | Lars Anderson      | M | 46  | Iowa City     | IA  | 6:48 | 00:21:10.01 |
| 13    | 15/404            | 4/6           | 299  | Andrew Larson      | M | 18  | Decorah       | IA  | 6:49 | 00:21:11.99 |
| 14    | 16/404            | 4/28          | 1024 | Bryant Rasmussen   | M | 28  | Denison       | IA  | 6:53 | 00:21:26.17 |
| 15    | 17/404            | 2/12          | 55   | Michael Bruening   | M | 16  | Decorah       | IA  | 6:56 | 00:21:33.01 |
| 16    | 18/404            | 2/34          | 98   | David Dahl         | M | 48  | Livonia       | MI  | 6:57 | 00:21:36.15 |
| 17    | 19/404            | 1/21          | 368  | Randy Nordheim     | M | 60  | Waukon        | IA  | 6:58 | 00:21:41.24 |
| 18    | 20/404            | 3/34          | 306  | Ross Laursen       | M | 46  | Kirkland      | WA  | 6:59 | 00:21:43.67 |
| 19    | 21/404            | 3/12          | 390  | Jarod Phillips     | M | 16  | Decorah       | IA  | 7:01 | 00:21:48.12 |
| 20    | 22/404            | 5/6           | 21   | Garret Baumler     | M | 18  | Decorah       | IA  | 7:01 | 00:21:49.57 |
| 21    | 23/404            | 1/30          | 1001 | Jayce Kiehne       | M | 11  | Harmony       | MN  | 7:10 | 00:22:16.51 |
| 22    | 24/404            | 4/34          | 61   | Brent Buresh       | M | 41  | Decorah       | IA  | 7:13 | 00:22:25.40 |
| 23    | 25/404            | 5/28          | 442  | Jeremy Stenseth    | M | 23  | Calmar        | IA  | 7:21 | 00:22:50.61 |
| 24    | 26/404            | 6/28          | 487  | Will Versteegh     | M | 20  | Cedar Rapids  | IA  | 7:21 | 00:22:52.44 |
| 25    | 28/404            | 2/30          | 407  | Kyle Renken        | M | 13  | Decorah       | IA  | 7:24 | 00:23:00.58 |
| 26    | 29/404            | 5/34          | 582  | Aire Mounthachak   | M | 49  | Rockford      | MN  | 7:25 | 00:23:03.44 |
| 27    | 30/404            | 3/30          | 245  | Blake Jermier      | M | 11  | Decorah       | IA  | 7:28 | 00:23:12.24 |
| 28    | 31/404            | 4/30          | 260  | Jacob Kautman      | M | 13  | Ames          | IA  | 7:30 | 00:23:18.97 |
| 29    | 33/404            | 7/28          | 1015 | Aaron Busch        | M | 23  | Chanhassen    | MN  | 7:34 | 00:23:31.32 |
| 30    | 34/404            | 6/34          | 337  | Jason Maret        | M | 45  | Decorah       | IA  | 7:35 | 00:23:33.97 |
| 31    | 35/404            | 4/12          | 142  | Lars Elsbernd      | M | 16  | Des Moines    | IA  | 7:35 | 00:23:35.20 |
| 32    | 36/404            | 8/28          | 1043 | Brent Pepin        | M | 28  | Postville     | IA  | 7:35 | 00:23:35.26 |
| 33    | 38/404            | 2/28          | 150  | Dave Farmer        | M | 59  | Postville     | IA  | 7:37 | 00:23:41.52 |
| 34    | 40/404            | 5/12          | 517  | Drew Winke         | M | 16  | Albia         | IA  | 7:38 | 00:23:46.00 |
| 35    | 41/404            | 3/28          | 441  | James Stenseth     | M | 51  | Calmar        | IA  | 7:41 | 00:23:55.33 |
| 36    | 43/404            | 4/28          | 1022 | Howard Higgins     | M | 52  | Fairport      | NY  | 7:42 | 00:23:58.22 |
| 37    | 44/404            | 6/12          | 127  | Hunter Dolphin     | M | 14  | Gales Ferry   | CT  | 7:43 | 00:24:01.01 |
| 38    | 47/404            | 2/21          | 430  | Dean Schultz       | M | 68  | Clayton       | IA  | 7:47 | 00:24:12.51 |
| 39    | 49/404            | 7/34          | 100  | Paul Dambek        | M | 45  | Valparaiso    | IN  | 7:49 | 00:24:17.27 |
| 40    | 50/404            | 9/28          | 505  | Gavin Wicks        | M | 26  | Decorah       | IA  | 7:49 | 00:24:19.15 |
| 41    | 51/404            | 5/30          | 265  | Owen Kautman       | M | 11  | Ames          | IA  | 7:53 | 00:24:29.96 |
| 42    | 52/404            | 8/34          | 202  | Dean Haugen        | M | 47  | Minneapolis   | MN  | 7:53 | 00:24:30.17 |
| 43    | 54/404            | 3/30          | 37   | Justin Blair       | M | 37  | Decorah       | IA  | 7:54 | 00:24:34.44 |
| 44    | 56/404            | 5/28          | 95   | John Courtney      | M | 50  | Decorah       | IA  | 7:55 | 00:24:36.26 |
| 45    | 57/404            | 4/30          | 491  | Jarrad Walter      | M | 39  | Decorah       | IA  | 7:55 | 00:24:37.39 |
| 46    | 58/404            | 6/28          | 326  | Bradley Loftsgard  | M | 59  | Decorah       | IA  | 7:56 | 00:24:42.01 |
| 47    | 59/404            | 5/30          | 568  | Patrick Klotzbuch  | M | 31  | Sioux Falls   | SD  | 7:58 | 00:24:45.52 |
| 48    | 60/404            | 7/28          | 162  | Alan Frey          | M | 52  | Spring        | TX  | 7:58 | 00:24:48.02 |
| 49    | 62/404            | 3/21          | 44   | Arland Braaten-Lee | M | 67  | Northfield    | MN  | 8:00 | 00:24:52.52 |
| 50    | 63/404            | 8/28          | 1044 | Kevin Dixon        | M | 52  | Waukon        | IA  | 8:01 | 00:24:54.56 |
| 51    | 64/404            | 6/30          | 329  | Noah Lovelace      | M | 13  | Decorah       | IA  | 8:03 | 00:25:01.02 |
| 52    | 65/404            | 9/28          | 135  | Mark Eichinger     | M | 51  | Decorah       | IA  | 8:03 | 00:25:01.69 |
| 53    | 66/404            | 10/28         | 597  | Gary Lovelace      | M | 50  | Rochester     | MN  | 8:05 | 00:25:08.81 |
| 54    | 70/404            | 10/28         | 549  | Bradley Vogel      | M | 27  | Saint Paul    | MN  | 8:09 | 00:25:20.20 |

# Nordic Fest Elvelopet

July 30, 2016

5K Run

## Overall Results - Male

| Place | Overall Plc/Total | Div Plc/Total | No.  | Name                | S | Age | City         | St. | Pace | Time        |
|-------|-------------------|---------------|------|---------------------|---|-----|--------------|-----|------|-------------|
| 55    | 71/404            | 4/21          | 133  | James Ehrie         | M | 71  | Decorah      | IA  | 8:09 | 00:25:20.41 |
| 56    | 73/404            | 11/28         | 385  | Gregory Peterson    | M | 55  | Decorah      | IA  | 8:09 | 00:25:21.21 |
| 57    | 75/404            | 5/21          | 138  | Dennis Ellingson    | M | 64  | Courtland    | MN  | 8:11 | 00:25:27.83 |
| 58    | 76/404            | 9/34          | 540  | Donal Craine        | M | 47  | Carver       | MN  | 8:12 | 00:25:29.52 |
| 59    | 78/404            | 10/34         | 467  | David Tollefson     | M | 43  | Cedar Rapids | IA  | 8:14 | 00:25:35.87 |
| 60    | 79/404            | 12/28         | 570  | Lyle Klotzbach      | M | 56  | Tea          | SD  | 8:14 | 00:25:36.69 |
| 61    | 80/404            | 7/12          | 1033 | Tyler Barth         | M | 16  | Florence     | CO  | 8:16 | 00:25:41.52 |
| 62    | 81/404            | 6/30          | 331  | Mike Ludeking       | M | 31  | Ridgeway     | IA  | 8:17 | 00:25:45.59 |
| 63    | 84/404            | 11/34         | 593  | Thomas Marquarot    | M | 47  | Decorah      | IA  | 8:18 | 00:25:48.49 |
| 64    | 85/404            | 12/34         | 547  | Eric Courtney       | M | 48  | W Des Moines | IA  | 8:18 | 00:25:49.41 |
| 65    | 87/404            | 11/28         | 277  | Jonathan Knudson    | M | 23  | Minneapolis  | MN  | 8:21 | 00:25:57.87 |
| 66    | 89/404            | 7/30          | 247  | Zach Jermier        | M | 12  | Decorah      | IA  | 8:22 | 00:26:01.91 |
| 67    | 90/404            | 7/30          | 563  | Joshua Shimak       | M | 30  | Decorah      | IA  | 8:23 | 00:26:03.32 |
| 68    | 91/404            | 8/30          | 165  | Owen Frick          | M | 10  | Rochester    | MN  | 8:25 | 00:26:09.61 |
| 69    | 92/404            | 13/34         | 30   | Krist Beseler       | M | 47  | Buffalo City | WI  | 8:25 | 00:26:10.01 |
| 70    | 94/404            | 12/28         | 508  | Joshua Williams     | M | 26  | Eden Prairie | MN  | 8:28 | 00:26:18.58 |
| 71    | 95/404            | 8/30          | 271  | Braham Ketcham      | M | 33  | Chicago      | IL  | 8:28 | 00:26:19.27 |
| 72    | 96/404            | 14/34         | 258  | Andrew Kautman      | M | 42  | Ames         | IA  | 8:30 | 00:26:27.27 |
| 73    | 97/404            | 13/28         | 477  | Bob Tupy            | M | 57  | Calmar       | IA  | 8:31 | 00:26:28.33 |
| 74    | 99/404            | 14/28         | 559  | Dan Pile            | M | 51  | Sanderdoro   |     | 8:36 | 00:26:45.02 |
| 75    | 100/404           | 9/30          | 504  | Drew White          | M | 13  | Decorah      | IA  | 8:37 | 00:26:47.48 |
| 76    | 104/404           | 15/28         | 310  | Jeff Leeper         | M | 57  | Decorah      | IA  | 8:43 | 00:27:05.44 |
| 77    | 105/404           | 8/12          | 183  | Logan Halverson     | M | 14  | Decorah      | IA  | 8:44 | 00:27:09.27 |
| 78    | 106/404           | 13/28         | 178  | Ryan Guyer          | M | 20  | Ossian       | IA  | 8:44 | 00:27:10.28 |
| 79    | 108/404           | 10/30         | 432  | Sam Scott           | M | 13  | Omaha        | NE  | 8:45 | 00:27:12.23 |
| 80    | 111/404           | 9/30          | 186  | Solomon Halvorson   | M | 31  | Des Moines   | IA  | 8:48 | 00:27:20.90 |
| 81    | 115/404           | 11/30         | 583  | Claylan Mounthachak | M | 13  | Rockford     | MN  | 8:51 | 00:27:31.02 |
| 82    | 116/404           | 12/30         | 134  | Izaak Eichinger     | M | 12  | Decorah      | IA  | 8:51 | 00:27:31.65 |
| 83    | 122/404           | 10/30         | 428  | Cory Scholerock     | M | 36  | Calmar       | IA  | 8:55 | 00:27:45.27 |
| 84    | 123/404           | 16/28         | 418  | Troy Roush          | M | 50  | Ankeny       | IA  | 8:56 | 00:27:47.88 |
| 85    | 126/404           | 14/28         | 188  | Uriah Halvorson     | M | 29  | Decorah      | IA  | 8:58 | 00:27:54.02 |
| 86    | 127/404           | 15/34         | 163  | Matthew Frick       | M | 44  | Rochester    | MN  | 9:00 | 00:27:58.27 |
| 87    | 131/404           | 17/28         | 274  | Fred Knoke          | M | 51  | Decorah      | IA  | 9:03 | 00:28:09.52 |
| 88    | 132/404           | 13/30         | 411  | Charlie Robinson    | M | 13  | Decorah      | IA  | 9:03 | 00:28:09.93 |
| 89    | 133/404           | 11/30         | 386  | Jonathan Peterson   | M | 34  | Fargo        | ND  | 9:04 | 00:28:11.05 |
| 90    | 137/404           | 12/30         | 413  | Tad Robinson        | M | 39  | Alentown     | PA  | 9:05 | 00:28:15.53 |
| 91    | 138/404           | 13/30         | 362  | Jared Noack         | M | 30  | Des Moines   | IA  | 9:05 | 00:28:15.62 |
| 92    | 140/404           | 16/34         | 1005 | Erik Riha           | M | 40  | Champaign    | IL  | 9:06 | 00:28:18.02 |
| 93    | 142/404           | 14/30         | 560  | Zachary Brzezinski  | M | 11  | Sun Prairie  | WI  | 9:08 | 00:28:25.27 |
| 94    | 143/404           | 18/28         | 338  | Glen Marshal        | M | 53  | Cedar Falls  | IA  | 9:10 | 00:28:30.27 |
| 95    | 144/404           | 14/30         | 346  | Matt Mcelree        | M | 35  | Wet Union    | IA  | 9:11 | 00:28:34.18 |
| 96    | 145/404           | 15/30         | 551  | Evan Pouliot        | M | 11  | Circle Pines | MN  | 9:13 | 00:28:39.03 |
| 97    | 146/404           | 6/6           | 145  | Sam Elsbernd        | M | 19  | Des Moines   | IA  | 9:13 | 00:28:39.23 |
| 98    | 148/404           | 16/30         | 231  | Grant Huber         | M | 11  | Decorah      | IA  | 9:13 | 00:28:40.47 |
| 99    | 152/404           | 19/28         | 223  | Tom Hoey            | M | 50  | Jesup        | IA  | 9:17 | 00:28:51.02 |
| 100   | 153/404           | 20/28         | 406  | Al Renken           | M | 52  | Decorah      | IA  | 9:17 | 00:28:52.25 |
| 101   | 154/404           | 15/28         | 1027 | Steven Teslow       | M | 26  | Ossian       | IA  | 9:17 | 00:28:53.68 |
| 102   | 155/404           | 15/30         | 72   | Michael Casterton   | M | 36  | Decorah      | IA  | 9:19 | 00:28:58.35 |
| 103   | 158/404           | 9/12          | 444  | Jackson Sterling    | M | 16  | Dallas       | TX  | 9:20 | 00:29:01.40 |
| 104   | 160/404           | 16/28         | 102  | Nick Davis          | M | 23  | Decorah      | IA  | 9:23 | 00:29:10.59 |
| 105   | 161/404           | 21/28         | 497  | Mark Weighner       | M | 53  | Van Meter    | IA  | 9:24 | 00:29:13.52 |
| 106   | 164/404           | 17/34         | 335  | Greg Madsen         | M | 46  | Decorah      | IA  | 9:25 | 00:29:15.48 |
| 107   | 166/404           | 17/28         | 399  | Erik Queoff         | M | 22  | Fitchburg    | WI  | 9:25 | 00:29:16.07 |
| 108   | 168/404           | 22/28         | 1021 | Pat Wagner          | M | 56  | Lansing      | IA  | 9:28 | 00:29:25.49 |

# Nordic Fest Elvelopet

July 30, 2016

5K Run

## Overall Results - Male

| Place | Overall Plc/Total | Div Plc/Total | No.  | Name                 | S | Age | City           | St. | Pace  | Time        |
|-------|-------------------|---------------|------|----------------------|---|-----|----------------|-----|-------|-------------|
| 109   | 169/404           | 18/28         | 440  | Ben Stenseth         | M | 27  | Calmar         | IA  | 9:28  | 00:29:26.87 |
| 110   | 172/404           | 18/34         | 526  | Mike Yakimisky       | M | 42  | Algonquin      | IL  | 9:30  | 00:29:32.38 |
| 111   | 177/404           | 23/28         | 281  | Kenny Koster         | M | 52  | Centralia      | MO  | 9:33  | 00:29:41.50 |
| 112   | 181/404           | 16/30         | 469  | Mike Tollefson       | M | 36  | Decorah        | IA  | 9:39  | 00:29:59.21 |
| 113   | 183/404           | 17/30         | 1023 | Alex Koenigs         | M | 31  | Cresco         | IA  | 9:41  | 00:30:05.94 |
| 114   | 184/404           | 19/34         | 18   | Scott Bassford       | M | 42  | Decorah        | IA  | 9:41  | 00:30:06.28 |
| 115   | 187/404           | 18/30         | 548  | Darin Peterson       | M | 33  | Decorah        | IA  | 9:43  | 00:30:11.49 |
| 116   | 188/404           | 20/34         | 388  | Tim Peterson         | M | 48  | Columbia Falls | MT  | 9:45  | 00:30:18.53 |
| 117   | 191/404           | 19/30         | 409  | Jason Rich           | M | 36  | Fredericksburg | IA  | 9:46  | 00:30:23.50 |
| 118   | 192/404           | 17/30         | 114  | Cole Dinger          | M | 12  | Midland        | TX  | 9:48  | 00:30:29.20 |
| 119   | 200/404           | 6/21          | 1009 | Dick Woodard         | M | 60  | West Union     | IA  | 9:55  | 00:30:51.11 |
| 120   | 206/404           | 21/34         | 214  | James Hengen         | M | 49  | Chanhassen     | MN  | 10:01 | 00:31:09.28 |
| 121   | 214/404           | 10/12         | 23   | Luke Benzing         | M | 14  | Decorah        | IA  | 10:10 | 00:31:36.91 |
| 122   | 215/404           | 7/21          | 180  | Merle Hageman        | M | 65  | Fort Atkinson  | IA  | 10:10 | 00:31:37.12 |
| 123   | 216/404           | 22/34         | 224  | Josh Holland         | M | 41  | Cedar Rapids   | IA  | 10:11 | 00:31:41.19 |
| 124   | 221/404           | 18/30         | 77   | Drew Chamberlain     | M | 13  | Decorah        | IA  | 10:15 | 00:31:53.55 |
| 125   | 222/404           | 11/12         | 109  | Isaac Delarosa       | M | 14  | Decorah        | IA  | 10:17 | 00:31:57.03 |
| 126   | 227/404           | 20/30         | 283  | Jon Kottke           | M | 34  | Kasson         | MN  | 10:27 | 00:32:28.41 |
| 127   | 233/404           | 19/28         | 83   | Tanner Chambers      | M | 24  | Sioux Falls    | SD  | 10:30 | 00:32:39.20 |
| 128   | 234/404           | 19/30         | 565  | Ethan Shimak         | M | 13  | Decorah        | IA  | 10:33 | 00:32:49.14 |
| 129   | 237/404           | 20/30         | 550  | Lange Betts          | M | 11  | Decorah        | IA  | 10:37 | 00:32:59.34 |
| 130   | 238/404           | 20/28         | 1029 | Lucas Barloon        | M | 26  | Decorah        | IA  | 10:37 | 00:33:00.19 |
| 131   | 239/404           | 8/21          | 590  | Mark Finanger        | M | 61  | Decorah        | IA  | 10:38 | 00:33:02.39 |
| 132   | 240/404           | 9/21          | 182  | Ron Halse            | M | 62  | Mendham        | NJ  | 10:41 | 00:33:12.28 |
| 133   | 241/404           | 10/21         | 1034 | Larry Grimstad       | M | 73  | Decorah        | IA  | 10:48 | 00:33:36.38 |
| 134   | 245/404           | 11/21         | 600  | Dick Graham          | M | 70  | West Union     | IA  | 10:53 | 00:33:50.21 |
| 135   | 246/404           | 21/28         | 587  | Andrew Sears         | M | 29  | Cedar Falls    | IA  | 10:54 | 00:33:52.64 |
| 136   | 248/404           | 24/28         | 238  | David Jacobson       | M | 50  | Belvidere      | IL  | 10:56 | 00:33:59.29 |
| 137   | 250/404           | 12/21         | 161  | Bob Frase            | M | 62  | Fairbury       | IL  | 11:02 | 00:34:19.06 |
| 138   | 254/404           | 13/21         | 241  | Darrel Jensen        | M | 69  | Decorah        | IA  | 11:04 | 00:34:25.57 |
| 139   | 267/404           | 23/34         | 1025 | Mark Vagb            | M | 48  | Waseca         | MN  | 11:15 | 00:34:59.52 |
| 140   | 268/404           | 14/21         | 1026 | Karl Knudson         | M | 65  | Decorah        | IA  | 11:16 | 00:35:01.02 |
| 141   | 270/404           | 24/34         | 1032 | Bob Hemesath         | M | 47  | Decorah        | IA  | 11:19 | 00:35:10.21 |
| 142   | 273/404           | 21/30         | 422  | Michael Sabers       | M | 30  | Solon          | IA  | 11:20 | 00:35:15.61 |
| 143   | 275/404           | 21/30         | 80   | Liam Chamberlain     | M | 9   | Decorah        | IA  | 11:24 | 00:35:27.27 |
| 144   | 276/404           | 22/30         | 168  | Matt Gallagher       | M | 32  | Chicago        | IL  | 11:24 | 00:35:27.88 |
| 145   | 277/404           | 15/21         | 170  | Michael Gallagher    | M | 62  | Cedar Rapids   | IA  | 11:24 | 00:35:28.04 |
| 146   | 282/404           | 22/30         | 531  | Nicolas Yates        | M | 10  | Suffolk        | VA  | 11:32 | 00:35:51.10 |
| 147   | 283/404           | 23/30         | 544  | William Hahn         | M | 10  | Decorah        | IA  | 11:33 | 00:35:55.54 |
| 148   | 286/404           | 22/28         | 369  | Ryan Odonnel         | M | 29  | Cedar Rapids   | IA  | 11:38 | 00:36:10.22 |
| 149   | 287/404           | 25/28         | 99   | John Dambek          | M | 52  | Decorah        | IA  | 11:41 | 00:36:19.54 |
| 150   | 288/404           | 26/28         | 483  | Paul Ulvilden        | M | 57  | Decorah        | IA  | 11:42 | 00:36:21.54 |
| 151   | 289/404           | 24/30         | 1012 | Lucas Mclellan       | M | 11  | West Union     | IA  | 11:43 | 00:36:26.29 |
| 152   | 293/404           | 25/34         | 111  | Rick Delarosa        | M | 40  | Decorah        | IA  | 11:48 | 00:36:41.92 |
| 153   | 295/404           | 26/34         | 486  | David Vanpatten      | M | 41  | Gilbert        | AZ  | 11:49 | 00:36:43.96 |
| 154   | 299/404           | 23/30         | 1040 | John Pete Schnitzler | M | 38  | Decorah        | IA  | 11:52 | 00:36:55.29 |
| 155   | 300/404           | 24/30         | 470  | John Torkelson       | M | 39  | Big Lake       | MN  | 11:57 | 00:37:10.21 |
| 156   | 304/404           | 16/21         | 598  | Ken Reimer           | M | 74  | Elkader        | IA  | 12:02 | 00:37:24.87 |
| 157   | 305/404           | 25/30         | 479  | Matt Turner          | M | 35  | Decorah        | IA  | 12:04 | 00:37:29.53 |
| 158   | 306/404           | 25/30         | 478  | Kash Turner          | M | 7   | Decorah        | IA  | 12:04 | 00:37:29.99 |
| 159   | 307/404           | 26/30         | 115  | Jeff Dinger          | M | 38  | Midland        | TX  | 12:09 | 00:37:45.41 |
| 160   | 311/404           | 26/30         | 13   | Fritz Barber         | M | 9   | Des Moines     | IA  | 12:26 | 00:38:38.92 |
| 161   | 316/404           | 17/21         | 158  | Eric Forsberg        | M | 67  | Golden Valley  | MN  | 12:31 | 00:38:54.04 |
| 162   | 318/404           | 18/21         | 372  | David Olsen          | M | 75  | Louisville     | CO  | 12:40 | 00:39:21.80 |

# Nordic Fest Elvelopet

July 30, 2016

5K Run

## Overall Results - Male

| Place | Overall Plc/Total | Div Plc/Total | No.  | Name             | S | Age | City             | St. | Pace  | Time        |
|-------|-------------------|---------------|------|------------------|---|-----|------------------|-----|-------|-------------|
| 163   | 319/404           | 27/30         | 585  | Zachary Robinson | M | 37  | Parker           | CO  | 12:45 | 00:39:39.51 |
| 164   | 330/404           | 19/21         | 124  | Ross Dohlen      | M | 81  | Emerlad Isle     | NC  | 13:11 | 00:41:00.05 |
| 165   | 332/404           | 27/34         | 451  | Ted Strahm       | M | 44  | Linwood          | KS  | 13:24 | 00:41:38.68 |
| 166   | 333/404           | 27/30         | 449  | Hudson Strahm    | M | 10  | Linwood          | KS  | 13:24 | 00:41:38.68 |
| 167   | 334/404           | 23/28         | 190  | Jake Hammes      | M | 27  | Saint Louis Park | MN  | 13:26 | 00:41:47.23 |
| 168   | 335/404           | 20/21         | 24   | Don Berg         | M | 81  | Decorah          | IA  | 13:29 | 00:41:53.80 |
| 169   | 338/404           | 28/34         | 553  | Chris Pouliot    | M | 40  | Circle Pines     | MN  | 13:29 | 00:41:56.14 |
| 170   | 341/404           | 12/12         | 74   | Henry Castro     | M | 14  | Calmar           | IA  | 13:33 | 00:42:07.55 |
| 171   | 342/404           | 28/30         | 564  | Huck Zahasky     | M | 6   | Iowa City        | IA  | 13:35 | 00:42:15.05 |
| 172   | 347/404           | 27/28         | 192  | Mark Hammes      | M | 54  | Cumberland       | WI  | 13:49 | 00:42:57.30 |
| 173   | 350/404           | 28/30         | 269  | Tade Kerndt      | M | 39  | Decorah          | IA  | 13:58 | 00:43:23.89 |
| 174   | 353/404           | 29/34         | 88   | Chad Christensen | M | 47  | Clive            | IA  | 14:06 | 00:43:50.05 |
| 175   | 354/404           | 29/30         | 1013 | Zachary Mclellan | M | 9   | West Union       | IA  | 14:13 | 00:44:10.45 |
| 176   | 357/404           | 30/34         | 75   | Brad Chamberlain | M | 44  | Decorah          | IA  | 14:14 | 00:44:16.38 |
| 177   | 364/404           | 24/28         | 1038 | Spencer Green    | M | 26  | Marshall         | MN  | 14:48 | 00:46:00.33 |
| 178   | 365/404           | 25/28         | 278  | Jonathon Koch    | M | 27  | Decorah          | IA  | 14:48 | 00:46:00.53 |
| 179   | 366/404           | 26/28         | 575  | Eric Eitheim     | M | 25  | Decorah          | IA  | 14:48 | 00:46:00.93 |
| 180   | 367/404           | 31/34         | 354  | Eric Monson      | M | 46  | Hong Kong        |     | 14:49 | 00:46:04.31 |
| 181   | 373/404           | 32/34         | 1041 | Knut Hoelstad    | M | 49  | Hamilton         | MT  | 15:06 | 00:46:57.49 |
| 182   | 374/404           | 28/28         | 240  | John Jefferson   | M | 59  | Decorah          | IA  | 15:12 | 00:47:16.00 |
| 183   | 375/404           | 30/30         | 59   | Nolan Buchan     | M | 9   | St. Paul         | MN  | 15:13 | 00:47:18.23 |
| 184   | 377/404           | 29/30         | 481  | Josh Twedt       | M | 37  | Stoughton        | WI  | 15:23 | 00:47:48.81 |
| 185   | 378/404           | 27/28         | 480  | Gabe Twedt       | M | 28  | Decorah          | IA  | 15:23 | 00:47:48.81 |
| 186   | 380/404           | 33/34         | 557  | Devin Juel       | M | 45  | Kerrville        | TX  | 15:26 | 00:47:59.06 |
| 187   | 383/404           | 21/21         | 482  | Rick Twedt       | M | 60  | Decorah          | IA  | 15:47 | 00:49:05.04 |
| 188   | 393/404           | 28/28         | 293  | Karl Larsen      | M | 24  | Grand Rapids     | MI  | 18:10 | 00:56:28.83 |
| 189   | 398/404           | 30/30         | 555  | Corey Shaman     | M | 37  | Decorah          | IA  | 21:02 | 01:05:23.47 |
| 190   | 401/404           | 1/1           | 574  | Hal Barber       | M | 99  | Des Moines       | IA  | 21:33 | 01:06:57.90 |
| 191   | 403/404           | 34/34         | 157  | Marc Folkedahl   | M | 48  | Decorah          | IA  | 24:49 | 01:17:06.87 |