

Nordic Fest Elvelopet

July 30, 2016

Overall Division Results

5K Run

Female Overall

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	6/404	1/213	519	Jordan Winke	17	F	Albia	IA	6:20	00:19:42.51

Male Overall

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	1/404	1/191	105	Austin Day	17	M	Waukon	IA	5:59	00:18:35.62

Female Ages 01 - 13

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	48/404	10/213	63	Fiona Buresh	13	F	Decorah	IA	7:48	00:24:16.29
2	53/404	11/213	468	Madison Tollefson	11	F	Decorah	IA	7:54	00:24:33.52
3	68/404	15/213	264	Mia Kautman	9	F	Ames	IA	8:08	00:25:16.93
4	77/404	19/213	62	Brielle Buresh	11	F	Decorah	IA	8:12	00:25:31.28
5	136/404	47/213	1031	Megan Hageman	11	F	Calmar	IA	9:05	00:28:15.43
6	156/404	54/213	1042	Rachel Bower	13	F	Decorah	IA	9:20	00:29:00.19
7	159/404	56/213	433	Samantha See	12	F	Decorah	IA	9:21	00:29:03.64
8	163/404	58/213	334	Anja Madson	13	F	Decorah	IA	9:24	00:29:14.48
9	175/404	65/213	177	Ana Gonzalez	11	F	Folsam	CA	9:31	00:29:34.80
10	176/404	66/213	453	Lilly Summers	13	F	Decorah	IA	9:31	00:29:37.03
11	185/404	71/213	6	Grace Bachelder	12	F	Decorah	IA	9:42	00:30:09.28
12	194/404	76/213	576	Brynn Bowden	12	F	Waukon	IA	9:51	00:30:36.88
13	195/404	77/213	462	Hannah Teslow	11	F	Waukon	IA	9:51	00:30:37.51
14	218/404	95/213	584	Ella Ready	10	F	Sioux Falls	SD	10:14	00:31:50.29
15	230/404	104/213	33	Kendra Bigler	13	F	Decorah	IA	10:28	00:32:32.45
16	231/404	105/213	571	Emma Barwick	12	F	Sheldon	IA	10:30	00:32:38.37
17	251/404	114/213	68	Adeline Carlson	12	F	Davenport	IA	11:03	00:34:20.49
18	265/404	127/213	393	Stella Pole	8	F	Decorah	IA	11:12	00:34:50.22
19	294/404	142/213	108	Ayda Delarosa	11	F	Decorah	IA	11:48	00:36:42.04
20	308/404	149/213	113	Camille Dinger	10	F	Midland	TX	12:09	00:37:46.23
21	312/404	152/213	313	Jenna Lemke	10	F	Decorah	IA	12:26	00:38:40.29
22	321/404	158/213	252	Jillian Kamanyt	11	F	Decorah	IA	12:49	00:39:50.49
23	323/404	160/213	1004	Natalie Beaver	10	F	Hayfield	MN	12:52	00:40:00.43
24	325/404	162/213	234	Lydia Ihde	13	F	Decorah	IA	12:55	00:40:08.16
25	337/404	169/213	552	Ashley Pouliot	7	F	Circle Pines	MN	13:29	00:41:56.14
26	340/404	171/213	314	Kylie Lenke	7	F	Decorah	IA	13:30	00:41:58.59
27	346/404	175/213	126	Avery Dolphin	11	F	Decorah	IA	13:43	00:42:38.05
28	349/404	177/213	268	Kelby Kerndt	8	F	Decorah	IA	13:57	00:43:23.30
29	376/404	193/213	543	Bella Francisco	13	F	Westlake Village	CA	15:17	00:47:30.56
30	387/404	200/213	267	Dekla Kerndt	5	F	Cedar Falls	IA	16:27	00:51:09.15
31	399/404	210/213	112	Blair Dinger	5	F	Midland	TX	21:05	01:05:31.16

Nordic Fest Elvelopet

July 30, 2016

Overall Division Results

5K Run

Male Ages 01 - 13

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	23/404	21/191	1001	Jayce Kiehne	11	M	Harmony	MN	7:10	00:22:16.51
2	28/404	25/191	407	Kyle Renken	13	M	Decorah	IA	7:24	00:23:00.58
3	30/404	27/191	245	Blake Jermier	11	M	Decorah	IA	7:28	00:23:12.24
4	31/404	28/191	260	Jacob Kautman	13	M	Ames	IA	7:30	00:23:18.97
5	51/404	41/191	265	Owen Kautman	11	M	Ames	IA	7:53	00:24:29.96
6	64/404	51/191	329	Noah Lovelace	13	M	Decorah	IA	8:03	00:25:01.02
7	89/404	66/191	247	Zach Jermier	12	M	Decorah	IA	8:22	00:26:01.91
8	91/404	68/191	165	Owen Frick	10	M	Rochester	MN	8:25	00:26:09.61
9	100/404	75/191	504	Drew White	13	M	Decorah	IA	8:37	00:26:47.48
10	108/404	79/191	432	Sam Scott	13	M	Omaha	NE	8:45	00:27:12.23
11	115/404	81/191	583	Claylan Mounthachak	13	M	Rockford	MN	8:51	00:27:31.02
12	116/404	82/191	134	Izaak Eichinger	12	M	Decorah	IA	8:51	00:27:31.65
13	132/404	88/191	411	Charlie Robinson	13	M	Decorah	IA	9:03	00:28:09.93
14	142/404	93/191	560	Zachary Brzezinski	11	M	Sun Prairie	WI	9:08	00:28:25.27
15	145/404	96/191	551	Evan Pouliot	11	M	Circle Pines	MN	9:13	00:28:39.03
16	148/404	98/191	231	Grant Huber	11	M	Decorah	IA	9:13	00:28:40.47
17	192/404	118/191	114	Cole Dinger	12	M	Midland	TX	9:48	00:30:29.20
18	221/404	124/191	77	Drew Chamberlain	13	M	Decorah	IA	10:15	00:31:53.55
19	234/404	128/191	565	Ethan Shimak	13	M	Decorah	IA	10:33	00:32:49.14
20	237/404	129/191	550	Lange Betts	11	M	Decorah	IA	10:37	00:32:59.34
21	275/404	143/191	80	Liam Chamberlain	9	M	Decorah	IA	11:24	00:35:27.27
22	282/404	146/191	531	Nicolas Yates	10	M	Suffolk	VA	11:32	00:35:51.10
23	283/404	147/191	544	William Hahn	10	M	Decorah	IA	11:33	00:35:55.54
24	289/404	151/191	1012	Lucas Mclellan	11	M	West Union	IA	11:43	00:36:26.29
25	306/404	158/191	478	Kash Turner	7	M	Decorah	IA	12:04	00:37:29.99
26	311/404	160/191	13	Fritz Barber	9	M	Des Moines	IA	12:26	00:38:38.92
27	333/404	166/191	449	Hudson Strahm	10	M	Linwood	KS	13:24	00:41:38.68
28	342/404	171/191	564	Huck Zahasky	6	M	Iowa City	IA	13:35	00:42:15.05
29	354/404	175/191	1013	Zachary Mclellan	9	M	West Union	IA	14:13	00:44:10.45
30	375/404	183/191	59	Nolan Buchan	9	M	St. Paul	MN	15:13	00:47:18.23

Female Ages 14 - 16

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	37/404	5/213	545	Kaitlyn Rooney	16	F	Decorah	IA	7:35	00:23:36.63
2	45/404	8/213	32	Shayla Betts	14	F	Decorah	IA	7:44	00:24:02.07
3	69/404	16/213	94	Brooke Courtney	14	F	Ridgeway	IA	8:08	00:25:17.34
4	82/404	20/213	174	Silje Gilve Skaar	16	F	Decorah	IA	8:18	00:25:48.49
5	83/404	21/213	511	Olivia Wilson	15	F	Amana	IA	8:18	00:25:48.49
6	88/404	23/213	402	Rylea Ranum	16	F	Decorah	IA	8:22	00:26:00.09
7	93/404	24/213	456	Britta Swanson	14	F	Decorah	IA	8:25	00:26:12.02
8	103/404	28/213	232	Clare Huisman	14	F	Osage	IA	8:40	00:26:58.50
9	109/404	30/213	371	Kalea Oftedahl	14	F	Decorah	IA	8:47	00:27:19.27
10	117/404	35/213	1030	Annette Lescheusky	14	F	Decorah	IA	8:52	00:27:33.49
11	120/404	38/213	54	Katherine Bruening	14	F	Decorah	IA	8:54	00:27:41.22
12	208/404	88/213	340	Gabby Marti	16	F	Waukon	IA	10:02	00:31:13.51
13	228/404	102/213	536	Elise Rasmussen	15	F	Jackson	MN	10:27	00:32:30.62
14	260/404	122/213	304	Lily Laursen	15	F	Kirkland	WA	11:09	00:34:39.61
15	313/404	153/213	3	Juanita Abler	14	F	Des Moines	IA	12:27	00:38:41.25
16	327/404	164/213	475	Abby Trewin	16	F	Decorah	IA	13:03	00:40:33.37
17	381/404	195/213	397	Maddie Putnam	14	F	Decorah	IA	15:28	00:48:03.59

Nordic Fest Elvelopet

July 30, 2016

Overall Division Results

5K Run

Male Ages 14 - 16

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	9/404	7/191	239	Kristofer Jacobson	15	M	Irvine	CA	6:33	00:20:24.09
2	17/404	15/191	55	Michael Bruening	16	M	Decorah	IA	6:56	00:21:33.01
3	21/404	19/191	390	Jarod Phillips	16	M	Decorah	IA	7:01	00:21:48.12
4	35/404	31/191	142	Lars Elsbernd	16	M	Des Moines	IA	7:35	00:23:35.20
5	40/404	34/191	517	Drew Winke	16	M	Albia	IA	7:38	00:23:46.00
6	44/404	37/191	127	Hunter Dolphin	14	M	Gales Ferry	CT	7:43	00:24:01.01
7	80/404	61/191	1033	Tyler Barth	16	M	Florence	CO	8:16	00:25:41.52
8	105/404	77/191	183	Logan Halverson	14	M	Decorah	IA	8:44	00:27:09.27
9	158/404	103/191	444	Jackson Sterling	16	M	Dallas	TX	9:20	00:29:01.40
10	214/404	121/191	23	Luke Benzing	14	M	Decorah	IA	10:10	00:31:36.91
11	222/404	125/191	109	Isaac Delarosa	14	M	Decorah	IA	10:17	00:31:57.03
12	341/404	170/191	74	Henry Castro	14	M	Calmar	IA	13:33	00:42:07.55

Female Ages 17 - 19

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	42/404	7/213	594	Rachel Lovelace	18	F	Rochester	MN	7:42	00:23:57.20
2	61/404	13/213	31	Brenna Betts	17	F	Decorah	IA	8:00	00:24:52.12
3	112/404	32/213	595	Erin Jennings	19	F	Davenport	IA	8:49	00:27:24.97
4	113/404	33/213	445	Sommer Stevens	19	F	Denver	IA	8:49	00:27:25.02
5	147/404	50/213	246	Madelyn Jermier	17	F	Decorah	IA	9:13	00:28:39.43
6	162/404	57/213	496	Lidia Weighner	18	F	Van Meter	IA	9:24	00:29:13.53
7	170/404	61/213	1037	Pamela Lisowski	17	F	Chatfield	MN	9:29	00:29:29.11
8	204/404	85/213	204	Anna Helt	19	F	Parnell	IA	9:58	00:31:00.26
9	209/404	89/213	339	Alex Marti	18	F	Waukon	IA	10:03	00:31:14.29
10	210/404	90/213	377	Emily Opfer	19	F	Waukon	IA	10:03	00:31:15.52
11	223/404	98/213	1018	Melissa Hammel	19	F	Dorchester	IA	10:18	00:32:02.12
12	244/404	111/213	396	Erin Power	19	F	Story City	IA	10:53	00:33:48.99
13	310/404	151/213	581	Nicole Fosaaen	18	F	Cresco	IA	12:21	00:38:22.67

Male Ages 17 - 19

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	2/404	2/191	498	Adam Weis	19	M	North Liberty	IA	6:01	00:18:41.92
2	4/404	4/191	506	David Will	17	M	Rochester	MN	6:06	00:18:57.38
3	13/404	11/191	592	Herald Marquardt	17	M	Decorah	IA	6:43	00:20:54.94
4	15/404	13/191	299	Andrew Larson	18	M	Decorah	IA	6:49	00:21:11.99
5	22/404	20/191	21	Garret Baumler	18	M	Decorah	IA	7:01	00:21:49.57
6	146/404	97/191	145	Sam Elsbernd	19	M	Des Moines	IA	9:13	00:28:39.23

Nordic Fest Elvelopet

July 30, 2016

Overall Division Results

5K Run

Female Ages 20 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	8/404	2/213	328	Moran Lonning	23	F	West Des Moines	IA	6:32	00:20:20.43
2	27/404	3/213	155	Miranda Fober	20	F	Denver	IA	7:22	00:22:56.31
3	86/404	22/213	569	Mari Klotzbach	27	F	Sioux Falls	SD	8:19	00:25:53.39
4	98/404	25/213	64	Lizzie Burras	27	F	Decorah	IA	8:33	00:26:36.46
5	102/404	27/213	357	Kjerstin Narvesen	21	F	Eagan	MN	8:40	00:26:57.90
6	129/404	43/213	510	Stephanie Williams	26	F	Eden Prairie	MN	9:02	00:28:06.02
7	151/404	53/213	250	Kyrie Jorgenson	27	F	Decorah	IA	9:16	00:28:49.27
8	178/404	67/213	254	Ashley Kappers	22	F	Spring Valley	MN	9:33	00:29:43.34
9	182/404	70/213	325	Hannah Lindblom	24	F	Decorah	IA	9:39	00:30:01.26
10	203/404	84/213	572	Sarah Krueger	21	F	Sidney	NE	9:58	00:30:59.23
11	205/404	86/213	209	Audrey Helt	21	F	Parnell	IA	9:58	00:31:00.46
12	232/404	106/213	82	Kaia Chambers	24	F	Sioux Falls	SD	10:30	00:32:38.99
13	236/404	108/213	1028	Raina Hatfield	26	F	Decorah	IA	10:36	00:32:59.03
14	255/404	117/213	96	Katie Courtney	24	F	Decorah	IA	11:05	00:34:26.18
15	266/404	128/213	348	Crystal Mensen	20	F	Decorah	IA	11:13	00:34:52.25
16	271/404	130/213	421	Alissa Sabers	28	F	Solon	IA	11:19	00:35:12.42
17	280/404	135/213	580	Brooke Fosaaen	22	F	Cresco	IA	11:26	00:35:32.29
18	301/404	146/213	39	Rebecca Blake	29	F	Waukon	IA	11:58	00:37:13.04
19	302/404	147/213	216	Amanda Hess	29	F	Lansing	IA	11:59	00:37:14.04
20	303/404	148/213	40	April Blong	24	F	Decorah	IA	11:59	00:37:14.66
21	315/404	155/213	355	Laura Munkel	20	F	Decorah	IA	12:28	00:38:47.02
22	317/404	156/213	500	Brooke Welsh	27	F	Lansing	IA	12:34	00:39:05.16
23	363/404	187/213	257	Carrie Kauffman	26	F	Decorah	IA	14:48	00:45:59.92
24	392/404	205/213	333	Erin Lundell	27	F	Grand Rapids	MI	18:10	00:56:28.33

Nordic Fest Elvelopet

July 30, 2016

Overall Division Results

5K Run

Male Ages 20 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	3/404	3/191	379	Stew Otting	29	M	Decorah	IA	6:04	00:18:52.25
2	5/404	5/191	447	Tyler Stevenson	27	M	Middleton	WI	6:13	00:19:21.92
3	10/404	8/191	1016	Sam Donlan	28	M	Rochester	MN	6:39	00:20:40.21
4	16/404	14/191	1024	Bryant Rasmussen	28	M	Denison	IA	6:53	00:21:26.17
5	25/404	23/191	442	Jeremy Stenseth	23	M	Calmar	IA	7:21	00:22:50.61
6	26/404	24/191	487	Will Versteegh	20	M	Cedar Rapids	IA	7:21	00:22:52.44
7	33/404	29/191	1015	Aaron Busch	23	M	Chanhassen	MN	7:34	00:23:31.32
8	36/404	32/191	1043	Brent Pepin	28	M	Postville	IA	7:35	00:23:35.26
9	50/404	40/191	505	Gavin Wicks	26	M	Decorah	IA	7:49	00:24:19.15
10	70/404	54/191	549	Bradley Vogel	27	M	Saint Paul	MN	8:09	00:25:20.20
11	87/404	65/191	277	Jonathan Knudson	23	M	Minneapolis	MN	8:21	00:25:57.87
12	94/404	70/191	508	Joshua Williams	26	M	Eden Prairie	MN	8:28	00:26:18.58
13	106/404	78/191	178	Ryan Guyer	20	M	Ossian	IA	8:44	00:27:10.28
14	126/404	85/191	188	Uriah Halvorson	29	M	Decorah	IA	8:58	00:27:54.02
15	154/404	101/191	1027	Steven Teslow	26	M	Ossian	IA	9:17	00:28:53.68
16	160/404	104/191	102	Nick Davis	23	M	Decorah	IA	9:23	00:29:10.59
17	166/404	107/191	399	Erik Queoff	22	M	Fitchburg	WI	9:25	00:29:16.07
18	169/404	109/191	440	Ben Stenseth	27	M	Calmar	IA	9:28	00:29:26.87
19	233/404	127/191	83	Tanner Chambers	24	M	Sioux Falls	SD	10:30	00:32:39.20
20	238/404	130/191	1029	Lucas Barloon	26	M	Decorah	IA	10:37	00:33:00.19
21	246/404	135/191	587	Andrew Sears	29	M	Cedar Falls	IA	10:54	00:33:52.64
22	286/404	148/191	369	Ryan Odonnel	29	M	Cedar Rapids	IA	11:38	00:36:10.22
23	334/404	167/191	190	Jake Hammes	27	M	Saint Louis Park	MN	13:26	00:41:47.23
24	364/404	177/191	1038	Spencer Green	26	M	Marshall	MN	14:48	00:46:00.33
25	365/404	178/191	278	Jonathon Koch	27	M	Decorah	IA	14:48	00:46:00.53
26	366/404	179/191	575	Eric Eitrheim	25	M	Decorah	IA	14:48	00:46:00.93
27	378/404	185/191	480	Gabe Twedt	28	M	Decorah	IA	15:23	00:47:48.81
28	393/404	188/191	293	Karl Larsen	24	M	Grand Rapids	MI	18:10	00:56:28.83

Nordic Fest Elvelopet

July 30, 2016

Overall Division Results

5K Run

Female Ages 30 - 39

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	32/404	4/213	8	Kaela Bachelder	34	F	Phoenix	AZ	7:31	00:23:22.97
2	39/404	6/213	266	Angie Kerndt	33	F	Decorah	IA	7:38	00:23:43.26
3	55/404	12/213	316	Denise Leonhart	38	F	Castalia	IA	7:54	00:24:35.26
4	72/404	17/213	319	Mari Lewey	39	F	Decorah	IA	8:09	00:25:20.62
5	101/404	26/213	129	Regina Downing	37	F	Decorah	IA	8:39	00:26:54.24
6	110/404	31/213	11	Ashley Baker	31	F	Decorah	IA	8:47	00:27:19.44
7	114/404	34/213	452	Gwen Strand	36	F	Decorah	IA	8:51	00:27:30.02
8	118/404	36/213	1002	Krystle Starr	30	F	Overland Park	KS	8:53	00:27:38.02
9	119/404	37/213	110	Jenn Delarosa	34	F	Decorah	IA	8:54	00:27:39.18
10	125/404	41/213	315	Jessica Lennon	36	F	Spillville	IA	8:57	00:27:51.52
11	135/404	46/213	492	Nicole Waskow	39	F	Decorah	IA	9:05	00:28:15.01
12	149/404	51/213	351	Aubrey Miller	36	F	Cape Elizabeth	ME	9:15	00:28:45.02
13	150/404	52/213	137	Dana Ellingson	36	F	Ventura	CA	9:15	00:28:45.27
14	186/404	72/213	5	Allie Bachelder	36	F	Decorah	IA	9:42	00:30:09.82
15	190/404	74/213	410	Katherine Rich	34	F	Fredericksburg	IA	9:46	00:30:22.53
16	196/404	78/213	106	Jaime Decker	39	F	Rochester	MN	9:53	00:30:43.59
17	198/404	80/213	119	Michelle Dinger	39	F	Midland	TX	9:55	00:30:49.69
18	202/404	83/213	425	Erin Schaden	31	F	Saint Paul	MN	9:57	00:30:57.52
19	207/404	87/213	242	Jessica Jensen	34	F	Burnsville	MN	10:02	00:31:10.66
20	211/404	91/213	1007	Katie Hoey	34	F	Stanton	CA	10:04	00:31:17.53
21	213/404	93/213	1014	Laree Schouweiler	33	F	Decorah	IA	10:06	00:31:25.53
22	219/404	96/213	70	Dana Carolan	38	F	Decorah	IA	10:15	00:31:51.30
23	220/404	97/213	403	Laura Ready	37	F	Sioux Falls	SD	10:15	00:31:53.53
24	242/404	109/213	176	Sara Goldberg	38	F	Takoma Park	MD	10:50	00:33:40.04
25	243/404	110/213	588	Kyleen Cowie	32	F	Chicago	IL	10:53	00:33:48.99
26	252/404	115/213	19	Christina Baumgart	31	F	Onalaska	WI	11:04	00:34:23.95
27	253/404	116/213	458	Erica Swenson	31	F	Maple Plain	MN	11:04	00:34:25.29
28	256/404	118/213	71	Kelly Casterton	32	F	Decorah	IA	11:05	00:34:26.55
29	257/404	119/213	591	Abby Erion	31	F	Cedar Rapids	IA	11:07	00:34:32.68
30	262/404	124/213	523	Anne Wuebker	32	F	Waukon	IA	11:11	00:34:47.29
31	264/404	126/213	392	Auny Pole	35	F	Decorah	IA	11:12	00:34:49.54
32	272/404	131/213	345	Janell Mcelree	34	F	West Union	IA	11:19	00:35:12.62
33	278/404	133/213	35	Michelle Bildstein	37	F	Cedar Rapids	IA	11:24	00:35:28.04
34	281/404	136/213	420	Jacquelyn Ruen	35	F	Minneapolis	MN	11:31	00:35:47.23
35	284/404	137/213	308	Erica Lea	31	F	Ankeny	IA	11:34	00:35:59.00
36	285/404	138/213	384	Amy Peterson	39	F	West Fargo	ND	11:36	00:36:02.62
37	291/404	140/213	284	Karla Kottke	33	F	Kasson	MN	11:44	00:36:29.29
38	292/404	141/213	203	Jaqui Haugen	34	F	Houston	TX	11:46	00:36:34.83
39	314/404	154/213	198	Sandy Harding	37	F	Madison	WI	12:28	00:38:46.04
40	320/404	157/213	586	Amy Schlachtenhaufen	33	F	Parker	CO	12:45	00:39:39.92
41	322/404	159/213	101	Lindsay Davis	30	F	Decorah	IA	12:49	00:39:51.05
42	326/404	163/213	1003	Christina Beaver	37	F	Hayfield	MN	12:57	00:40:15.05
43	336/404	168/213	461	Sarah Tekippe	38	F	Glenview	IL	13:29	00:41:55.94
44	339/404	170/213	378	Kari Ostby	38	F	Rochester	MN	13:29	00:41:56.14
45	344/404	173/213	484	Hillary Vamstad	30	F	Decorah	IA	13:42	00:42:36.62
46	351/404	178/213	1017	Megan Koenigs	31	F	Cresco	IA	14:00	00:43:31.30
47	358/404	182/213	459	Laura Taylor	36	F	Rochester	MN	14:18	00:44:28.81
48	359/404	183/213	356	Patty Murray	37	F	Mabel	MN	14:19	00:44:28.98
49	361/404	185/213	226	Jessica Hosper	34	F	Owatonna	MN	14:21	00:44:35.49
50	369/404	189/213	237	Po Ching Ip	39	F	Hong Kong		14:49	00:46:04.39
51	372/404	192/213	408	Erica Rheinschmidt	34	F	Cedar Rapids	IA	14:59	00:46:34.94
52	382/404	196/213	69	Sarah Carlson	30	F	Decorah	IA	15:47	00:49:04.25
53	384/404	197/213	358	Kari Nelson	35	F	Richland Center	WI	15:48	00:49:08.30
54	385/404	198/213	727	Sara Lee Bryant	30	F	Elma	IA	15:51	00:49:15.81

Nordic Fest Elvelopet

July 30, 2016

Overall Division Results

5K Run

Female Ages 30 - 39

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
55	388/404	201/213	253	Marissa Kamanyt	39	F	Decorah	IA	16:59	00:52:49.00

Male Ages 30 - 39

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	7/404	6/191	136	Arren Ellingson	31	M	Seattle	WA	6:25	00:19:56.29
2	12/404	10/191	9	Korey Bachelder	36	M	Phoenix	AZ	6:42	00:20:50.01
3	54/404	43/191	37	Justin Blair	37	M	Decorah	IA	7:54	00:24:34.44
4	57/404	45/191	491	Jarrad Walter	39	M	Decorah	IA	7:55	00:24:37.39
5	59/404	47/191	568	Patrick Klotzbuch	31	M	Sioux Falls	SD	7:58	00:24:45.52
6	81/404	62/191	331	Mike Ludeking	31	M	Ridgeway	IA	8:17	00:25:45.59
7	90/404	67/191	563	Joshua Shimak	30	M	Decorah	IA	8:23	00:26:03.32
8	95/404	71/191	271	Braham Ketcham	33	M	Chicago	IL	8:28	00:26:19.27
9	111/404	80/191	186	Solomon Halvorson	31	M	Des Moines	IA	8:48	00:27:20.90
10	122/404	83/191	428	Cory Scholeroch	36	M	Calmar	IA	8:55	00:27:45.27
11	133/404	89/191	386	Jonathan Peterson	34	M	Fargo	ND	9:04	00:28:11.05
12	137/404	90/191	413	Tad Robinson	39	M	Alentown	PA	9:05	00:28:15.53
13	138/404	91/191	362	Jared Noack	30	M	Des Moines	IA	9:05	00:28:15.62
14	144/404	95/191	346	Matt Mcelree	35	M	Wet Union	IA	9:11	00:28:34.18
15	155/404	102/191	72	Michael Casterton	36	M	Decorah	IA	9:19	00:28:58.35
16	181/404	112/191	469	Mike Tollefson	36	M	Decorah	IA	9:39	00:29:59.21
17	183/404	113/191	1023	Alex Koenigs	31	M	Cresco	IA	9:41	00:30:05.94
18	187/404	115/191	548	Darin Peterson	33	M	Decorah	IA	9:43	00:30:11.49
19	191/404	117/191	409	Jason Rich	36	M	Fredericksburg	IA	9:46	00:30:23.50
20	227/404	126/191	283	Jon Kottke	34	M	Kasson	MN	10:27	00:32:28.41
21	273/404	142/191	422	Michael Sabers	30	M	Solon	IA	11:20	00:35:15.61
22	276/404	144/191	168	Matt Gallagher	32	M	Chicago	IL	11:24	00:35:27.88
23	299/404	154/191	1040	John Pete Schnitzler	38	M	Decorah	IA	11:52	00:36:55.29
24	300/404	155/191	470	John Torkelson	39	M	Big Lake	MN	11:57	00:37:10.21
25	305/404	157/191	479	Matt Turner	35	M	Decorah	IA	12:04	00:37:29.53
26	307/404	159/191	115	Jeff Dinger	38	M	Midland	TX	12:09	00:37:45.41
27	319/404	163/191	585	Zachary Robinson	37	M	Parker	CO	12:45	00:39:39.51
28	350/404	173/191	269	Tade Kerndt	39	M	Decorah	IA	13:58	00:43:23.89
29	377/404	184/191	481	Josh Twedt	37	M	Stoughton	WI	15:23	00:47:48.81
30	398/404	189/191	555	Corey Shaman	37	M	Decorah	IA	21:02	01:05:23.47

Nordic Fest Elvelopet

July 30, 2016

Overall Division Results

5K Run

Female Ages 40 - 49

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	46/404	9/213	140	Cindy Elsbernd	45	F	Des Moines	IA	7:47	00:24:11.04
2	67/404	14/213	262	Laura Kautman	41	F	Ames	IA	8:06	00:25:11.02
3	74/404	18/213	450	Sarah Strahm	41	F	Linwood	KS	8:10	00:25:22.83
4	121/404	39/213	431	Annette Schweinefus	46	F	Ossian	IA	8:55	00:27:43.02
5	130/404	44/213	415	Heidi Rockweiler	49	F	Decorah	IA	9:03	00:28:08.02
6	134/404	45/213	148	Stacy Engelhardt	42	F	Decorah	IA	9:04	00:28:11.14
7	141/404	49/213	558	Kari Kempf	42	F	Fairfax	IA	9:07	00:28:22.27
8	157/404	55/213	251	Karen Junko	43	F	Ankeny	IA	9:20	00:29:01.00
9	165/404	59/213	227	Sara Hotvedt	40	F	Decorah	IA	9:25	00:29:15.48
10	167/404	60/213	263	Laura Kautman	41	F	Ames	IA	9:26	00:29:20.03
11	173/404	63/213	438	Heidi Snell-Anderson	40	F	Decorah	IA	9:31	00:29:34.51
12	174/404	64/213	401	Renee Rabe	43	F	Robins	IA	9:31	00:29:34.51
13	179/404	68/213	599	Jen Sime	43	F	Decorah	IA	9:35	00:29:46.61
14	180/404	69/213	272	Amy Knoke	47	F	Decorah	IA	9:36	00:29:51.28
15	189/404	73/213	387	Michelle Peterson	44	F	Columbia Falls	MT	9:45	00:30:18.53
16	197/404	79/213	567	Jane Hover	44	F	Brooklyn	NY	9:53	00:30:44.40
17	199/404	81/213	249	Kara Johnson	40	F	West Union	IA	9:55	00:30:51.03
18	201/404	82/213	376	Lisa Olson	48	F	Minneapolis	MN	9:56	00:30:53.53
19	217/404	94/213	93	Barbara Clements	45	F	Russelville	AR	10:14	00:31:48.97
20	224/404	99/213	398	Sarah Putnam	49	F	Decorah	IA	10:18	00:32:02.32
21	225/404	100/213	1008	Traci Schmitz	49	F	Marion	IA	10:18	00:32:02.52
22	226/404	101/213	578	Kelli Smutzeer	47	F	Decorah	IA	10:21	00:32:10.03
23	229/404	103/213	535	Larissa Rasmussen	40	F	Jackson	MN	10:27	00:32:31.03
24	258/404	120/213	248	Amy Johnson	42	F	Waukon	IA	11:08	00:34:35.54
25	269/404	129/213	301	Dana Laursen	46	F	Kirkland	WA	11:17	00:35:06.06
26	274/404	132/213	528	Traci Yakimisky	43	F	Algonquin	IL	11:21	00:35:18.91
27	296/404	143/213	546	Tonia Courtney	45	F	W Des Moines	IA	11:49	00:36:44.54
28	298/404	145/213	179	Kimberley Hable	49	F	Decorah	IA	11:51	00:36:51.27
29	309/404	150/213	181	Amanda Hahn	42	F	Decorah	IA	12:19	00:38:18.38
30	324/404	161/213	416	Janette Rodecap	41	F	Decorah	IA	12:54	00:40:06.34
31	345/404	174/213	128	Lara Dolphin	43	F	Gales Ferry	CT	13:43	00:42:37.55
32	352/404	179/213	85	Bonnie Christensen	45	F	Clive	IA	14:06	00:43:49.91
33	355/404	180/213	1011	Lisa Mclellan	44	F	West Union	IA	14:13	00:44:10.85
34	356/404	181/213	78	Julie Chamberlain	42	F	Decorah	IA	14:14	00:44:15.97
35	362/404	186/213	341	Jennifer Mccabe	49	F	South St Paul	MN	14:43	00:45:46.49
36	368/404	188/213	426	Ann Schoenecker	48	F	Onalaska	WI	14:49	00:46:04.39
37	379/404	194/213	361	Staci Nicoll	49	F	Cresco	IA	15:26	00:47:57.56
38	386/404	199/213	42	Dominique Bockman	45	F	Decorah	IA	16:08	00:50:09.96
39	389/404	202/213	424	Kari Sansgaard	48	F	Fort Atkinson	IA	17:14	00:53:33.15
40	397/404	209/213	554	Krya Bellrichard	41	F	Decorah	IA	20:54	01:04:57.25

Nordic Fest Elvelopet

July 30, 2016

Overall Division Results

5K Run

Male Ages 40 - 49

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	14/404	12/191	1010	Lars Anderson	46	M	Iowa City	IA	6:48	00:21:10.01
2	18/404	16/191	98	David Dahl	48	M	Livonia	MI	6:57	00:21:36.15
3	20/404	18/191	306	Ross Laursen	46	M	Kirkland	WA	6:59	00:21:43.67
4	24/404	22/191	61	Brent Buresh	41	M	Decorah	IA	7:13	00:22:25.40
5	29/404	26/191	582	Aire Mounthachak	49	M	Rockford	MN	7:25	00:23:03.44
6	34/404	30/191	337	Jason Maret	45	M	Decorah	IA	7:35	00:23:33.97
7	49/404	39/191	100	Paul Dambek	45	M	Valparaiso	IN	7:49	00:24:17.27
8	52/404	42/191	202	Dean Haugen	47	M	Minneapolis	MN	7:53	00:24:30.17
9	76/404	58/191	540	Donal Craine	47	M	Carver	MN	8:12	00:25:29.52
10	78/404	59/191	467	David Tollefson	43	M	Cedar Rapids	IA	8:14	00:25:35.87
11	84/404	63/191	593	Thomas Marquarot	47	M	Decorah	IA	8:18	00:25:48.49
12	85/404	64/191	547	Eric Courtney	48	M	W Des Moines	IA	8:18	00:25:49.41
13	92/404	69/191	30	Krist Beseler	47	M	Buffalo City	WI	8:25	00:26:10.01
14	96/404	72/191	258	Andrew Kautman	42	M	Ames	IA	8:30	00:26:27.27
15	127/404	86/191	163	Matthew Frick	44	M	Rochester	MN	9:00	00:27:58.27
16	140/404	92/191	1005	Erik Riha	40	M	Champaign	IL	9:06	00:28:18.02
17	164/404	106/191	335	Greg Madsen	46	M	Decorah	IA	9:25	00:29:15.48
18	172/404	110/191	526	Mike Yakimisky	42	M	Algonquin	IL	9:30	00:29:32.38
19	184/404	114/191	18	Scott Bassford	42	M	Decorah	IA	9:41	00:30:06.28
20	188/404	116/191	388	Tim Peterson	48	M	Columbia Falls	MT	9:45	00:30:18.53
21	206/404	120/191	214	James Hengen	49	M	Chanhassen	MN	10:01	00:31:09.28
22	216/404	123/191	224	Josh Holland	41	M	Cedar Rapids	IA	10:11	00:31:41.19
23	267/404	139/191	1025	Mark Vagb	48	M	Waseca	MN	11:15	00:34:59.52
24	270/404	141/191	1032	Bob Hemesath	47	M	Decorah	IA	11:19	00:35:10.21
25	293/404	152/191	111	Rick Delarosa	40	M	Decorah	IA	11:48	00:36:41.92
26	295/404	153/191	486	David Vanpatten	41	M	Gilbert	AZ	11:49	00:36:43.96
27	332/404	165/191	451	Ted Strahm	44	M	Linwood	KS	13:24	00:41:38.68
28	338/404	169/191	553	Chris Pouliot	40	M	Circle Pines	MN	13:29	00:41:56.14
29	353/404	174/191	88	Chad Christensen	47	M	Clive	IA	14:06	00:43:50.05
30	357/404	176/191	75	Brad Chamberlain	44	M	Decorah	IA	14:14	00:44:16.38
31	367/404	180/191	354	Eric Monson	46	M	Hong Kong		14:49	00:46:04.31
32	373/404	181/191	1041	Knut Hoelstad	49	M	Hamilton	MT	15:06	00:46:57.49
33	380/404	186/191	557	Devin Juel	45	M	Kerrville	TX	15:26	00:47:59.06
34	403/404	191/191	157	Marc Folkedahl	48	M	Decorah	IA	24:49	01:17:06.87

Nordic Fest Elvelopet

July 30, 2016

Overall Division Results

5K Run

Female Ages 50 - 59

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	107/404	29/213	360	Trish Neubauer	59	F	Decorah	IA	8:44	00:27:10.99
2	124/404	40/213	359	Sarah Nelson	54	F	Moscow	ID	8:57	00:27:50.16
3	128/404	42/213	375	Linda Olson	50	F	Ames	IA	9:00	00:27:59.27
4	139/404	48/213	66	Susan Busta	51	F	Calmar	IA	9:06	00:28:16.46
5	171/404	62/213	219	Mary Hill	50	F	Coppell	TX	9:29	00:29:29.91
6	212/404	92/213	139	Cathy Elsbernd	54	F	Decorah	IA	10:06	00:31:24.51
7	235/404	107/213	521	Pam Winke	54	F	Albia	IA	10:34	00:32:52.19
8	247/404	112/213	45	Stacey Brandt	50	F	Decorah	IA	10:56	00:33:59.10
9	249/404	113/213	596	Ronda Lovelace	50	F	Rochester	MN	11:01	00:34:14.99
10	259/404	121/213	213	Sharon Helt	51	F	Parnell	IA	11:09	00:34:38.99
11	261/404	123/213	215	Mary Hengen	52	F	Chanhassen	MN	11:11	00:34:46.23
12	263/404	125/213	199	Gail Harrison	51	F	Des Moines	IA	11:12	00:34:48.59
13	279/404	134/213	579	Minie Baccam	50	F	Rockford	MN	11:25	00:35:29.69
14	328/404	165/213	417	Joannie Rollins	55	F	Decorah	IA	13:05	00:40:41.80
15	343/404	172/213	312	Cheryl Lemke	59	F	Decorah	IA	13:41	00:42:33.55
16	360/404	184/213	513	Beth Winke	54	F	Suffolk	VA	14:20	00:44:34.48
17	370/404	190/213	503	Connie White	54	F	Decorah	IA	14:51	00:46:09.27
18	390/404	203/213	561	Monica Stanley	58	F	Janesville	WI	17:15	00:53:38.43
19	402/404	212/213	464	Cynthia Thompson	53	F	Springfield	IL	23:22	01:12:39.04
20	404/404	213/213	718	Barbara Baker	55	F	Grinnell	IA	27:26	01:25:14.88

Male Ages 50 - 59

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	11/404	9/191	389	Bradley Phillips	54	M	Decorah	IA	6:40	00:20:43.32
2	38/404	33/191	150	Dave Farmer	59	M	Postville	IA	7:37	00:23:41.52
3	41/404	35/191	441	James Stenseth	51	M	Calmar	IA	7:41	00:23:55.33
4	43/404	36/191	1022	Howard Higgins	52	M	Fairport	NY	7:42	00:23:58.22
5	56/404	44/191	95	John Courtney	50	M	Decorah	IA	7:55	00:24:36.26
6	58/404	46/191	326	Bradley Loftsgard	59	M	Decorah	IA	7:56	00:24:42.01
7	60/404	48/191	162	Alan Frey	52	M	Spring	TX	7:58	00:24:48.02
8	63/404	50/191	1044	Kevin Dixon	52	M	Waukon	IA	8:01	00:24:54.56
9	65/404	52/191	135	Mark Eichinger	51	M	Decorah	IA	8:03	00:25:01.69
10	66/404	53/191	597	Gary Lovelace	50	M	Rochester	MN	8:05	00:25:08.81
11	73/404	56/191	385	Gregory Peterson	55	M	Decorah	IA	8:09	00:25:21.21
12	79/404	60/191	570	Lyle Klotzbach	56	M	Tea	SD	8:14	00:25:36.69
13	97/404	73/191	477	Bob Tupy	57	M	Calmar	IA	8:31	00:26:28.33
14	99/404	74/191	559	Dan Pile	51	M	Sanderdoro		8:36	00:26:45.02
15	104/404	76/191	310	Jeff Leeper	57	M	Decorah	IA	8:43	00:27:05.44
16	123/404	84/191	418	Troy Roush	50	M	Ankeny	IA	8:56	00:27:47.88
17	131/404	87/191	274	Fred Knoke	51	M	Decorah	IA	9:03	00:28:09.52
18	143/404	94/191	338	Glen Marshal	53	M	Cedar Falls	IA	9:10	00:28:30.27
19	152/404	99/191	223	Tom Hoey	50	M	Jesup	IA	9:17	00:28:51.02
20	153/404	100/191	406	Al Renken	52	M	Decorah	IA	9:17	00:28:52.25
21	161/404	105/191	497	Mark Weighner	53	M	Van Meter	IA	9:24	00:29:13.52
22	168/404	108/191	1021	Pat Wagner	56	M	Lansing	IA	9:28	00:29:25.49
23	177/404	111/191	281	Kenny Koster	52	M	Centralia	MO	9:33	00:29:41.50
24	248/404	136/191	238	David Jacobson	50	M	Belvidere	IL	10:56	00:33:59.29
25	287/404	149/191	99	John Dambek	52	M	Decorah	IA	11:41	00:36:19.54
26	288/404	150/191	483	Paul Ulvilden	57	M	Decorah	IA	11:42	00:36:21.54
27	347/404	172/191	192	Mark Hammes	54	M	Cumberland	WI	13:49	00:42:57.30
28	374/404	182/191	240	John Jefferson	59	M	Decorah	IA	15:12	00:47:16.00

Nordic Fest Elvelopet

July 30, 2016

Overall Division Results

5K Run

Female Ages 60 - 98

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	193/404	75/213	152	Lois A Finanger	61	F	Decorah	IA	9:50	00:30:34.44
2	290/404	139/213	233	Merry Hunter	61	F	Decorah	IA	11:43	00:36:27.29
3	297/404	144/213	437	Becky Smith	60	F	Fort Atkinson	IA	11:50	00:36:47.54
4	329/404	166/213	465	Jm Tiernan	60	F	Burnsville	MN	13:08	00:40:49.55
5	331/404	167/213	429	Dianne Schultz	65	F	Postville	IA	13:22	00:41:34.55
6	348/404	176/213	439	Nancy Sojka	66	F	Decorah	IA	13:52	00:43:06.13
7	371/404	191/213	123	Barb Dohlen	70	F	Emerlad Isle	NC	14:58	00:46:32.48
8	391/404	204/213	22	Kathy Belz-Olson	63	F	Decorah	IA	17:39	00:54:52.05
9	394/404	206/213	303	Jeri Laursen	70	F	Decorah	IA	18:11	00:56:31.83
10	395/404	207/213	29	Paula Berg Owen	68	F	San Antonio	TX	20:34	01:03:56.84
11	396/404	208/213	172	Kristin Gilbert	67	F	Boulder	CO	20:35	01:03:58.26

Male Ages 60 - 98

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	19/404	17/191	368	Randy Nordheim	60	M	Waukon	IA	6:58	00:21:41.24
2	47/404	38/191	430	Dean Schultz	68	M	Clayton	IA	7:47	00:24:12.51
3	62/404	49/191	44	Arland Braaten-Lee	67	M	Northfield	MN	8:00	00:24:52.52
4	71/404	55/191	133	James Ehrie	71	M	Decorah	IA	8:09	00:25:20.41
5	75/404	57/191	138	Dennis Ellingson	64	M	Courtland	MN	8:11	00:25:27.83
6	200/404	119/191	1009	Dick Woodard	60	M	West Union	IA	9:55	00:30:51.11
7	215/404	122/191	180	Merle Hageman	65	M	Fort Atkinson	IA	10:10	00:31:37.12
8	239/404	131/191	590	Mark Finanger	61	M	Decorah	IA	10:38	00:33:02.39
9	240/404	132/191	182	Ron Halse	62	M	Mendham	NJ	10:41	00:33:12.28
10	241/404	133/191	1034	Larry Grimstad	73	M	Decorah	IA	10:48	00:33:36.38
11	245/404	134/191	600	Dick Graham	70	M	West Union	IA	10:53	00:33:50.21
12	250/404	137/191	161	Bob Frase	62	M	Fairbury	IL	11:02	00:34:19.06
13	254/404	138/191	241	Darrel Jensen	69	M	Decorah	IA	11:04	00:34:25.57
14	268/404	140/191	1026	Karl Knudson	65	M	Decorah	IA	11:16	00:35:01.02
15	277/404	145/191	170	Michael Gallagher	62	M	Cedar Rapids	IA	11:24	00:35:28.04
16	304/404	156/191	598	Ken Reimer	74	M	Elkader	IA	12:02	00:37:24.87
17	316/404	161/191	158	Eric Forsberg	67	M	Golden Valley	MN	12:31	00:38:54.04
18	318/404	162/191	372	David Olsen	75	M	Louisville	CO	12:40	00:39:21.80
19	330/404	164/191	124	Ross Dohlen	81	M	Emerlad Isle	NC	13:11	00:41:00.05
20	335/404	168/191	24	Don Berg	81	M	Decorah	IA	13:29	00:41:53.80
21	383/404	187/191	482	Rick Twedt	60	M	Decorah	IA	15:47	00:49:05.04

Female Ages 99 - 99

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	400/404	211/213	573	Pat Barber	99	F	Des Moines	IA	21:33	01:06:57.50

Male Ages 99 - 99

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	401/404	190/191	574	Hal Barber	99	M	Des Moines	IA	21:33	01:06:57.90