

RUNorwalk 8K and 5K Run/Walk

May 7, 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	4/70	1/43	123	Sara Hendrickson	29	F	Altoona	IA	6:15	00:19:25.62
2	7/70	2/43	143	Megan Reedy	30	F	Ankeny	IA	6:35	00:20:28.10
3	13/70	3/43	124	Trinity Hopkey	15	F	Cumming	IA	7:42	00:23:57.91

Male Overall

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	1/70	1/27	133	Tim Mckenna	29	M	Rochester	MN	5:02	00:15:39.52
2	2/70	2/27	122	Mike Hardy	27	M	Norwalk	IA	5:46	00:17:56.78
3	3/70	3/27	137	Tom Naert	26	M	Norwalk	IA	5:55	00:18:23.16

Female Ages 01 - 10

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	25/70	10/43	165	Josie Larson	8	F	Norwalk	IA	8:29	00:26:23.66

Female Ages 11 - 14

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	22/70	7/43	157	Emma Chase	13	F	Norwalk	IA	8:22	00:26:01.16

Male Ages 11 - 14

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	16/70	12/27	158	Will Chase	11	M	Norwalk	IA	7:51	00:24:26.29

Female Ages 15 - 18

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	26/70	11/43	171	Lily Kallenbach	15	F	Norwalk	IA	8:35	00:26:42.37

Male Ages 15 - 18

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	5/70	4/27	153	Tyler Vaughan	15	M	Norwalk	IA	6:22	00:19:47.53

Female Ages 19 - 24

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	59/70	34/43	139	Jordan Nail	23	F	Norwalk	IA	10:49	00:33:38.82

Female Ages 25 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
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Female Ages 25 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	32/70	14/43	126	Jade Huls	26	F	Norwalk	IA	9:03	00:28:07.78

Male Ages 25 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	14/70	11/27	163	Patrick Smith	25	M	Norwalk	IA	7:44	00:24:03.00

Female Ages 30 - 34

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	19/70	6/43	164	Heidi Alexander	34	F	Melrose	IA	8:05	00:25:07.41

Male Ages 30 - 34

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	34/70	19/27	150	Greg Speer	31	M	Clive	IA	9:07	00:28:21.57

Female Ages 35 - 39

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	15/70	4/43	112	Tracie Courcier	37	F	Norwalk	IA	7:45	00:24:05.52

Female Ages 40 - 44

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	17/70	5/43	146	Deanna Schulz	44	F	Norwalk	IA	8:01	00:24:54.85

Male Ages 40 - 44

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	12/70	10/27	132	Jeff Mcconkey	41	M	Norwalk	IA	7:35	00:23:34.55

Female Ages 45 - 49

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	58/70	33/43	130	Lisa Luu	48	F	Cumming	IA	10:49	00:33:38.67

Male Ages 45 - 49

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	55/70	25/27	110	Doug Conant	49	M	Carlisle	IA	10:35	00:32:55.82

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5K Run

Female Ages 50 - 54

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	42/70	20/43	256	Angela Ellis	53	F	Norwalk	IA	9:47	00:30:25.42

Male Ages 50 - 54

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	21/70	15/27	145	David Rozendaal	51	M	Des Moines	IA	8:19	00:25:53.41

Female Ages 60 - 64

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	62/70	37/43	173	Annette Mansheim	61	F	Norwalk	IA	11:32	00:35:52.93

Male Ages 60 - 64

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	29/70	17/27	151	Doyle Sullivan	63	M	Norwalk	IA	8:41	00:27:00.19

Male Ages 65 - 69

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	20/70	14/27	169	Chuck Clark	65	M	Norwalk	IA	8:16	00:25:42.10