

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
2	44/70	22/43	125	Nyah Hulbert	9	F	Norwalk	IA	9:54	00:30:47.17
3	68/70	42/43	117	Ava Danielson	10	F	Norwalk	IA	13:05	00:40:39.93

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
2	23/70	8/43	162	Eva Hoch	12	F	Norwalk	IA	8:26	00:26:12.92
3	24/70	9/43	128	Olivia Johnson	12	F	Norwalk	IA	8:28	00:26:19.86
4	65/70	39/43	156	Kylie Winkler	12	F	Norwalk	IA	12:11	00:37:53.63
5	66/70	40/43	118	Emily Davis	12	F	Norwalk	IA	12:12	00:37:54.64

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
2	40/70	18/43	160	Ella Mcguire	15	F	West Des Moines	IA	9:42	00:30:11.26
3	41/70	19/43	159	Susan Alverio	16	F	Norwalk	IA	9:43	00:30:12.28

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
2	6/70	5/27	141	Jack Palen	16	M	Norwalk	IA	6:29	00:20:08.90
3	8/70	6/27	175	Blake Johnson	16	M	Norwalk	IA	6:41	00:20:48.39
4	9/70	7/27	113	Kason Crall	17	M	Norwalk	IA	7:03	00:21:55.90

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Male Ages 15 - 18

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
5	10/70	8/27	129	Doug Jones	17	M	Norwalk	IA	7:17	00:22:39.32
6	11/70	9/27	174	Joey Goode	16	M	Cumming	IA	7:29	00:23:17.66
7	45/70	23/27	111	Nate Cook	15	M	Norwalk	IA	9:56	00:30:52.67

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
2	63/70	38/43	167	Lisi Kerrigan	20	F	Omaha	NE	12:03	00:37:27.67

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
2	48/70	24/43	138	Katie Naert	25	F	Norwalk	IA	9:58	00:30:59.67
3	67/70	41/43	155	Erica Warren	27	F	Des Moines	IA	12:44	00:39:35.92

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
2	18/70	13/27	106	Mitch Boldman	27	M	Norwalk	IA	8:01	00:24:55.41
3	30/70	18/27	105	Ben Bohlender	27	M	Norwalk	IA	8:49	00:27:24.16
4	64/70	26/27	168	Tyler Davenport	29	M	Omaha	NE	12:03	00:37:28.68

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
2	33/70	15/43	322	Kodi Blake	33	F	Norwalk	IA	9:05	00:28:14.67
3	46/70	23/43	107	Emily Bruner	34	F	Norwalk	IA	9:57	00:30:56.42
4	60/70	35/43	152	Amy Tiefenthaler	32	F	Norwalk	IA	11:13	00:34:53.87

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
2	47/70	24/27	108	Kyle Bruner	33	M	Norwalk	IA	9:57	00:30:56.67

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
2	38/70	16/43	148	Stacy Slate	36	F	Norwalk	IA	9:23	00:29:10.66
3	43/70	21/43	134	Elaine Menke	38	F	Norwalk	IA	9:51	00:30:36.63
4	49/70	25/43	115	Melissa Daggy	37	F	Norwalk	IA	10:04	00:31:17.62

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Female Ages 35 - 39

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
5	51/70	27/43	144	Teresa Roof	35	F	Norwalk	IA	10:26	00:32:25.59
6	52/70	28/43	119	Kristen Geisler	36	F	Norwalk	IA	10:28	00:32:33.67
7	53/70	29/43	136	Kari Murray	35	F	Norwalk	IA	10:28	00:32:33.84
8	57/70	32/43	114	Amy Crick	38	F	Norwalk	IA	10:47	00:33:30.67

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
2	27/70	12/43	170	Janell Kallenbach	43	F	Norwalk	IA	8:35	00:26:42.38
3	31/70	13/43	127	Laura Johnson	40	F	Norwalk	IA	8:56	00:27:46.59
4	39/70	17/43	142	Melissa Pierangeli	42	F	Norwalk	IA	9:27	00:29:23.67
5	50/70	26/43	135	Heather Mora	42	F	Norwalk	IA	10:06	00:31:24.10
6	61/70	36/43	140	Kimberly Nellesen	42	F	Norwalk	IA	11:14	00:34:57.13
7	70/70	43/43	147	Staci Shipley	43	F	Norwalk	IA	13:34	00:42:10.14

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
2	28/70	16/27	166	Chris Larson	40	M	Norwalk	IA	8:39	00:26:53.27
3	35/70	20/27	120	Trevor Gingrich	41	M	Norwalk	IA	9:10	00:28:29.89
4	37/70	22/27	161	Andrew Kingsley	42	M	Norwalk	IA	9:18	00:28:55.17
5	69/70	27/27	116	Erick Danielson	43	M	Norwalk	IA	13:05	00:40:41.83

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

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
2	54/70	30/43	102	Kim Balk	52	F	Norwalk	IA	10:35	00:32:55.41
3	56/70	31/43	104	Ann Boeke	54	F	Des Moines	IA	10:46	00:33:28.89

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

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Male Ages 50 - 54

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
2	36/70	21/27	172	Todd Bohlender	51	M	Indianola	IA	9:14	00:28:41.47

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