

# RUNorwalk 8K and 5K Run/Walk

May 13, 2017

## Overall Division Results

8K Run

### Female Overall

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	5/32	1/17	276	Abby Schmitz	35	F	Cumming	IA	6:42	00:33:20.93
2	6/32	2/17	289	Alyssa Arends	23	F	Ankeny	IA	7:00	00:34:50.69
3	8/32	3/17	288	Kelly Brown	36	F	Ackworth	IA	7:14	00:35:57.43

### Male Overall

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	1/32	1/15	260	Justin Helbing	31	M	Indianola	IA	5:46	00:28:42.14
2	2/32	2/15	279	John Sheldahl	28	M	Waukee	IA	6:16	00:31:10.66
3	3/32	3/15	284	Jonathan Altes	41	M	Norwalk	IA	6:25	00:31:55.93

### Female Ages 11 - 14

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	11/32	5/17	252	Taylor Bergan	14	F	Norwalk	IA	7:30	00:37:18.69

### Female Ages 15 - 18

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	14/32	7/17	250	Annie Balk	16	F	Norwalk	IA	7:42	00:38:17.43

### Male Ages 19 - 24

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	18/32	9/15	275	Matthew Rozendaal	19	M	Norwalk	IA	8:10	00:40:36.13

### Female Ages 25 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	17/32	9/17	286	Katie Miller	29	F	Pleasant Hill	IA	8:01	00:39:53.91

### Male Ages 25 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	16/32	8/15	285	Nicholas Grandfield	27	M	Des Moines	IA	8:01	00:39:53.91

### Female Ages 30 - 34

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	12/32	6/17	281	Nicole Wandrey	33	F	Norwalk	IA	7:32	00:37:31.18

### Male Ages 30 - 34

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
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8K Run

### Male Ages 30 - 34

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	7/32	5/15	253	Greg Bockenstedt	32	M	Norwalk	IA	7:04	00:35:10.68

### Female Ages 35 - 39

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	10/32	4/17	283	Stephanie Healey	36	F	Norwalk	IA	7:23	00:36:44.37

### Male Ages 35 - 39

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	4/32	4/15	262	Brandon Johnson	39	M	West Des Moines	IA	6:36	00:32:50.69

### Male Ages 40 - 44

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	9/32	6/15	282	Erick Danielson	44	M	Norwalk	IA	7:19	00:36:25.44

### Female Ages 45 - 49

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	27/32	14/17	256	Suzette Douglas	45	F	Des Moines	IA	9:10	00:45:36.69

### Female Ages 50 - 54

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	24/32	12/17	280	Julia Tentinger	52	F	Norwalk	IA	8:58	00:44:37.81

### Male Ages 50 - 54

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	21/32	11/15	273	Michael Perry	51	M	West Des Moines	IA	8:21	00:41:35.16

### Female Ages 55 - 59

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	32/32	17/17	258	Carolyn Gordon	56	F	Norwalk	IA	17:20	01:26:14.00

### Male Ages 55 - 59

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	23/32	12/15	257	Jeff Feder	56	M	Norwalk	IA	8:34	00:42:38.10