

# RUNorwalk 8K and 5K Run/Walk

May 13, 2017

8K Run

## Overall Results - Female

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	Pace	Time
1	5/33	1/3	276	Abby Schmitz	F	35	Cumming	IA	6:42	00:33:20.93
2	6/33	2/3	289	Alyssa Arends	F	23	Ankeny	IA	7:00	00:34:50.69
3	8/33	3/3	288	Kelly Brown	F	36	Ackworth	IA	7:14	00:35:57.43
4	10/33	1/7	283	Stephanie Healey	F	36	Norwalk	IA	7:23	00:36:44.37
5	11/33	1/1	252	Taylor Bergan	F	14	Norwalk	IA	7:30	00:37:18.69
6	12/33	1/1	281	Nicole Wandrey	F	33	Norwalk	IA	7:32	00:37:31.18
7	14/33	1/1	250	Annie Balk	F	16	Norwalk	IA	7:42	00:38:17.43
8	15/33	2/7	274	Jamie Purviance	F	35	Indianola	IA	7:57	00:39:31.59
9	17/33	1/1	286	Katie Miller	F	29	Pleasant Hill	IA	8:01	00:39:53.91
10	19/33	3/7	259	Heidi Hasselbalch	F	39	Norwalk	IA	8:19	00:41:21.18
11	22/33	4/7	255	Mary Decarlo	F	38	Grimes	IA	8:28	00:42:08.42
12	24/33	1/1	280	Julia Tentinger	F	52	Norwalk	IA	8:58	00:44:37.81
13	25/33	5/7	266	Hilary Levine	F	38	West Des Moines	IA	9:00	00:44:44.69
14	27/33	1/2	256	Suzette Douglas	F	45	Des Moines	IA	9:10	00:45:36.69
15	28/33	6/7	263	Angie Juergens	F	38	Norwalk	IA	9:18	00:46:17.69
16	31/33	2/2	251	Sharyn Bergan	F	49	Norwalk	IA	10:46	00:53:32.67
17	32/33	7/7	265	Tiffany Kohls	F	36	Norwalk	IA	12:51	01:03:56.00
18	33/33	1/1	258	Carolyn Gordon	F	56	Norwalk	IA	17:20	01:26:14.00

## Overall Results - Male

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	Pace	Time
1	1/33	1/3	260	Justin Helbing	M	31	Indianola	IA	5:46	00:28:42.14
2	2/33	2/3	279	John Sheldahl	M	28	Waukee	IA	6:16	00:31:10.66
3	3/33	3/3	284	Jonathan Altes	M	41	Norwalk	IA	6:25	00:31:55.93
4	4/33	1/4	262	Brandon Johnson	M	39	West Des Moines	IA	6:36	00:32:50.69
5	7/33	1/2	253	Greg Bockenstedt	M	32	Norwalk	IA	7:04	00:35:10.68
6	9/33	1/2	282	Erick Danielson	M	44	Norwalk	IA	7:19	00:36:25.44
7	13/33	2/2	287	John White	M	41	Cumming	IA	7:33	00:37:33.88
8	16/33	1/1	285	Nicholas Grandfield	M	27	Des Moines	IA	8:01	00:39:53.91
9	18/33	1/1	275	Matthew Rozendaal	M	19	Norwalk	IA	8:10	00:40:36.13
10	20/33	2/2	267	Tony Miller	M	31	Atlantic	IA	8:21	00:41:34.13
11	21/33	1/1	273	Michael Perry	M	51	West Des Moines	IA	8:21	00:41:35.16
12	23/33	1/1	257	Jeff Feder	M	56	Norwalk	IA	8:34	00:42:38.10
13	26/33	2/4	271	Troy Ohnemus	M	38	Carlisle	IA	9:03	00:44:59.51
14	29/33	3/4	261	Clint Hurley	M	35	Norwalk	IA	9:55	00:49:20.24
15	30/33	4/4	264	Joe Kohls	M	37	Norwalk	IA	10:20	00:51:23.83