

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	5/33	1/18	276	Abby Schmitz	35	F	Cumming	IA	6:42	00:33:20.93
2	6/33	2/18	289	Alyssa Arends	23	F	Ankeny	IA	7:00	00:34:50.69
3	8/33	3/18	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	1/33	1/15	260	Justin Helbing	31	M	Indianola	IA	5:46	00:28:42.14
2	2/33	2/15	279	John Sheldahl	28	M	Waukee	IA	6:16	00:31:10.66
3	3/33	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	11/33	5/18	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	14/33	7/18	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	18/33	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	17/33	9/18	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	16/33	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	12/33	6/18	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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Male Ages 30 - 34

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	7/33	5/15	253	Greg Bockenstedt	32	M	Norwalk	IA	7:04	00:35:10.68
2	20/33	10/15	267	Tony Miller	31	M	Atlantic	IA	8:21	00:41:34.13

Female Ages 35 - 39

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	10/33	4/18	283	Stephanie Healey	36	F	Norwalk	IA	7:23	00:36:44.37
2	15/33	8/18	274	Jamie Purviance	35	F	Indianola	IA	7:57	00:39:31.59
3	19/33	10/18	259	Heidi Hasselbalch	39	F	Norwalk	IA	8:19	00:41:21.18
4	22/33	11/18	255	Mary Decarlo	38	F	Grimes	IA	8:28	00:42:08.42
5	25/33	13/18	266	Hilary Levine	38	F	West Des Moines	IA	9:00	00:44:44.69
6	28/33	15/18	263	Angie Juergens	38	F	Norwalk	IA	9:18	00:46:17.69
7	32/33	17/18	265	Tiffany Kohls	36	F	Norwalk	IA	12:51	01:03:56.00

Male Ages 35 - 39

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	4/33	4/15	262	Brandon Johnson	39	M	West Des Moines	IA	6:36	00:32:50.69
2	26/33	13/15	271	Troy Ohnemus	38	M	Carlisle	IA	9:03	00:44:59.51
3	29/33	14/15	261	Clint Hurley	35	M	Norwalk	IA	9:55	00:49:20.24
4	30/33	15/15	264	Joe Kohls	37	M	Norwalk	IA	10:20	00:51:23.83

Male Ages 40 - 44

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	9/33	6/15	282	Erick Danielson	44	M	Norwalk	IA	7:19	00:36:25.44
2	13/33	7/15	287	John White	41	M	Cumming	IA	7:33	00:37:33.88

Female Ages 45 - 49

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	27/33	14/18	256	Suzette Douglas	45	F	Des Moines	IA	9:10	00:45:36.69
2	31/33	16/18	251	Sharyn Bergan	49	F	Norwalk	IA	10:46	00:53:32.67

Female Ages 50 - 54

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	24/33	12/18	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	21/33	11/15	273	Michael Perry	51	M	West Des Moines	IA	8:21	00:41:35.16

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Female Ages 55 - 59

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	33/33	18/18	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	23/33	12/15	257	Jeff Feder	56	M	Norwalk	IA	8:34	00:42:38.10