

# RUNorwalk 8K and 5K Run/Walk

May 13, 2017

## Overall Results

## 5K Run

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	Pace	Time
1	1/42	1/3	113	Alban Cook	M	27	Des Moines	IA	5:27	00:16:57.90
2	2/42	2/3	151	Tom Naert	M	27	Norwalk	IA	5:37	00:17:30.00
3	3/42	3/3	144	Caden Maher	M	15	Norwalk	IA	6:10	00:19:11.63
4	4/42	1/3	189	Matthew Palen	M	15	Norwalk	IA	6:16	00:19:28.92
5	1/56	1/3	131	Sara Hendrickson	F	30	Altoona	IA	6:18	00:19:35.60
6	2/56	2/3	141	Torin Lackmann	F	14	Norwalk	IA	6:31	00:20:16.00
7	5/42	1/5	142	Chad Larson	M	50	Norwalk	IA	6:36	00:20:30.65
8	6/42	2/5	163	David Rozendaal	M	52	Des Moines	IA	7:20	00:22:48.18
9	3/56	3/3	188	Angie Palen	F	46	Norwalk	IA	7:23	00:22:57.68
10	7/42	1/5	155	Paul Nesbit	M	27	West Des Moines	IA	7:26	00:23:06.13
11	8/42	1/3	186	Nathaniel Tagtow	M	35	Norwalk	IA	7:32	00:23:25.93
12	9/42	2/3	121	Logan Duffy	M	15	Norwalk	IA	7:34	00:23:33.68
13	10/42	1/4	103	Brandon Bair	M	19	Norwalk	IA	7:36	00:23:37.14
14	11/42	2/4	158	Josh Phillips	M	20	Norwalk	IA	7:38	00:23:45.88
15	12/42	3/4	162	Weslie Rouse	M	19	Norwalk	IA	7:40	00:23:51.44
16	13/42	3/3	177	Tyler Vaughan	M	16	Norwalk	IA	7:43	00:24:00.67
17	14/42	1/2	157	Andrew Phillips	M	14	Norwalk	IA	7:44	00:24:03.68
18	4/56	1/6	145	Natalie Martin	F	13	Norwalk	IA	7:48	00:24:16.13
19	5/56	1/8	114	Tracie Courcier	F	38	Norwalk	IA	7:53	00:24:31.37
20	6/56	1/3	122	Jodi Eddleman	F	46	Indianola	IA	7:53	00:24:32.17
21	15/42	1/5	148	Greg Meitl	M	34	Norwalk	IA	7:58	00:24:45.93
22	16/42	2/5	105	Mitch Boldman	M	29	Norwalk	IA	7:59	00:24:49.43
23	17/42	3/5	110	Ethan Carpenter	M	28	Norwalk	IA	8:01	00:24:55.71
24	7/56	2/8	244	Tasha Yepsen	F	36	Norwalk	IA	8:07	00:25:15.94
25	8/56	2/6	182	Kylie Winkler	F	13	Norwalk	IA	8:29	00:26:23.68
26	18/42	1/6	146	Jeff Mcconkey	M	42	Norwalk	IA	8:31	00:26:29.18
27	19/42	1/1	190	Chuck Clark	M	66	Norwalk	IA	8:35	00:26:40.79
28	20/42	2/5	170	Greg Speer	M	32	Clive	IA	8:35	00:26:42.18
29	21/42	1/1	172	Doyle Sullivan	M	64	Norwalk	IA	8:39	00:26:54.43
30	22/42	2/2	134	Taylor Hurley	M	11	Norwalk	IA	8:40	00:26:57.68
31	23/42	2/6	139	Andrew Kingsley	M	43	Norwalk	IA	8:41	00:27:00.43
32	24/42	3/6	181	Eric Wildman	M	42	Norwalk	IA	8:41	00:27:00.68
33	25/42	4/6	133	Reid Hester	M	42	Cumming	IA	8:45	00:27:12.62
34	9/56	1/8	185	Andrea Tagtow	F	34	Norwalk	IA	8:51	00:27:31.94
35	10/56	2/8	243	Amanda Stecker	F	33	Altoona	IA	9:00	00:27:58.48
36	11/56	3/6	166	Sydney Schulz	F	12	Norwalk	IA	9:06	00:28:18.40
37	12/56	2/3	167	Deanna Schulz	F	45	Norwalk	IA	9:07	00:28:19.61
38	13/56	1/6	168	Allyson Seymour	F	41	Norwalk	IA	9:18	00:28:54.91
39	26/42	4/4	175	Christopher Niemeyer	M	22	Norwalk	IA	9:29	00:29:30.85
40	14/56	1/5	174	Emma Trabing	F	23	Norwalk	IA	9:30	00:29:31.25
41	15/56	3/8	108	Kelly Brophy	F	30	Galesburg	IL	9:31	00:29:35.43
42	27/42	5/6	130	Trevor Gingrich	M	42	Norwalk	IA	9:34	00:29:45.43
43	28/42	1/3	192	Jacob Nguyen	M	8	West Des Moines	IA	9:36	00:29:52.33
44	16/56	1/3	176	Michelle Turnbull	F	53	Norwalk	IA	9:40	00:30:05.12
45	29/42	2/3	193	Joe Nguyen	M	37	West Des Moines	IA	9:42	00:30:08.83
46	17/56	2/3	235	Kim Balk	F	53	Norwalk	IA	9:45	00:30:18.90
47	30/42	3/5	112	Doug Conant	M	50	Norwalk	IA	9:45	00:30:19.10
48	18/56	3/8	117	Melissa Daggy	F	38	Norwalk	IA	9:47	00:30:23.93
49	31/42	2/3	184	Benjamin Thompson	M	8	Norwalk	IA	9:54	00:30:45.68
50	32/42	4/5	119	Joe Driscoll	M	51	Norwalk	IA	9:56	00:30:51.93
51	19/56	1/6	120	Jessica Driscoll	F	27	Des Moines	IA	9:56	00:30:53.69
52	20/56	2/5	160	Miranda Roberts	F	22	Norwalk	IA	9:59	00:31:02.15

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Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	Pace	Time
53	33/42	3/5	268	James Nowasell	M	30	Norwalk	IA	10:06	00:31:24.18
54	21/56	4/8	269	Katera Nowasell	F	31	Norwalk	IA	10:06	00:31:24.43
55	22/56	2/6	270	Dani Nowasell	F	27	Urbandale	IA	10:06	00:31:24.48
56	34/42	6/6	154	Luke Nelson	M	41	Norwalk	IA	10:07	00:31:27.51
57	23/56	4/8	107	Julie Brincks	F	38	Norwalk	IA	10:09	00:31:33.80
58	24/56	5/8	179	Michelle Wiedmann	F	38	Norwalk	IA	10:11	00:31:38.66
59	35/42	3/3	180	Gavin Wiedmann	M	7	Norwalk	IA	10:11	00:31:39.85
60	25/56	3/3	123	Angela Ellis	F	54	Norwalk	IA	10:16	00:31:54.32
61	26/56	6/8	161	Teresa Roof	F	36	Norwalk	IA	10:21	00:32:11.77
62	27/56	2/6	136	Laura Johnson	F	41	Norwalk	IA	10:22	00:32:14.82
63	28/56	4/6	137	Ava Johnson	F	11	Norwalk	IA	10:22	00:32:14.82
64	29/56	7/8	111	Melissa Chingway	F	36	Norwalk	IA	10:35	00:32:53.69
65	30/56	3/5	132	Dacia Henning	F	22	Norwalk	IA	10:38	00:33:04.76
66	31/56	4/5	169	Ashten Sinclair	F	22	Indianola	IA	10:39	00:33:06.32
67	32/56	3/6	171	Amanda Stoner	F	28	Carlisle	IA	10:47	00:33:31.93
68	33/56	5/8	127	Jenilee Foster	F	34	Norwalk	IA	10:51	00:33:42.68
69	34/56	6/8	156	Eden Pearson	F	31	Norwalk	IA	10:54	00:33:52.18
70	35/56	3/6	178	Jenni Whitaker	F	40	Norwalk	IA	10:54	00:33:54.66
71	36/56	4/6	150	Heather Mora	F	43	Norwalk	IA	10:55	00:33:55.18
72	37/56	7/8	173	Amy Tiefenthaler	F	33	Norwalk	IA	10:59	00:34:09.43
73	38/56	4/6	109	Karly Burmeister	F	28	Carlisle	IA	11:00	00:34:12.68
74	39/56	1/2	197	Allee Clark	F	10	Norwalk	IA	11:01	00:34:13.94
75	36/42	1/1	196	Maury Clark	M	47	Norwalk	IA	11:01	00:34:14.16
76	37/42	4/5	164	Brandon Schmitz	M	34	Cumming	IA	11:03	00:34:22.27
77	40/56	2/2	165	Hannah Schmitz	F	5	Cumming	IA	11:03	00:34:22.68
78	38/42	3/3	147	Trent McIntyre	M	37	Norwalk	IA	11:17	00:35:05.96
79	41/56	5/6	135	Erika Isley	F	43	Cumming	IA	11:19	00:35:11.68
80	42/56	1/4	124	Lauren Fick	F	15	Cumming	IA	11:20	00:35:12.85
81	43/56	8/8	183	Elizabeth Thompson	F	36	Norwalk	IA	11:27	00:35:36.58
82	39/42	5/5	191	Benjamin Pearson	M	31	Norwalk	IA	11:35	00:36:01.78
83	44/56	1/2	187	Ann Hayes	F	56	Prole	IA	11:36	00:36:03.77
84	45/56	5/5	140	Kristin Koestler	F	24	Norwalk	IA	11:44	00:36:29.33
85	40/42	4/5	126	Kirk Ford	M	27	Indianola	IA	11:44	00:36:29.69
86	46/56	2/2	149	Cynthia Michelsen	F	56	Indianola	IA	11:46	00:36:35.53
87	47/56	6/6	153	Kimberly Nellesen	F	43	Norwalk	IA	11:52	00:36:53.70
88	48/56	2/4	129	Elizabeth Gideon	F	15	Norwalk	IA	12:14	00:38:00.68
89	49/56	3/4	116	Grace Crady	F	16	Norwalk	IA	12:14	00:38:01.18
90	41/42	5/5	115	Mark Crady	M	52	Norwalk	IA	12:14	00:38:01.50
91	42/42	5/5	195	Nick Mcgahan	M	29	Des Moines	IA	12:19	00:38:17.14
92	50/56	5/6	194	Amanda Sonntag	F	29	Norwalk	IA	12:19	00:38:18.34
93	51/56	3/3	138	Martha Kester	F	49	Des Moines	IA	12:21	00:38:23.39
94	52/56	5/6	118	Emily Davis	F	13	Norwalk	IA	12:39	00:39:19.23
95	53/56	8/8	104	Ashley Bockenstedt	F	32	Norwalk	IA	12:48	00:39:47.64
96	54/56	6/6	278	Gracie Schnoor	F	14	Norwalk	IA	14:17	00:44:25.19
97	55/56	4/4	143	Torie Lequatte	F	16	Norwalk	IA	16:19	00:50:42.19
98	56/56	6/6	125	Danielle Firkins	F	26	Norwalk	IA	18:36	00:57:49.19