

# RUNorwalk 8K and 5K Run/Walk

May 13, 2017

## Overall Division Results

5K Run

### Female Overall

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	5/98	1/56	131	Sara Hendrickson	30	F	Altoona	IA	6:18	00:19:35.60
2	6/98	2/56	141	Torin Lackmann	14	F	Norwalk	IA	6:31	00:20:16.00
3	9/98	3/56	188	Angie Palen	46	F	Norwalk	IA	7:23	00:22:57.68

### Male Overall

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	1/98	1/42	113	Alban Cook	27	M	Des Moines	IA	5:27	00:16:57.90
2	2/98	2/42	151	Tom Naert	27	M	Norwalk	IA	5:37	00:17:30.00
3	3/98	3/42	144	Caden Maher	15	M	Norwalk	IA	6:10	00:19:11.63

### Female Ages 01 - 10

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	74/98	39/56	197	Allee Clark	10	F	Norwalk	IA	11:01	00:34:13.94
2	77/98	40/56	165	Hannah Schmitz	5	F	Cumming	IA	11:03	00:34:22.68

### Male Ages 01 - 10

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	43/98	28/42	192	Jacob Nguyen	8	M	West Des Moines	IA	9:36	00:29:52.33
2	49/98	31/42	184	Benjamin Thompson	8	M	Norwalk	IA	9:54	00:30:45.68
3	59/98	35/42	180	Gavin Wiedmann	7	M	Norwalk	IA	10:11	00:31:39.85

### Female Ages 11 - 14

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	18/98	4/56	145	Natalie Martin	13	F	Norwalk	IA	7:48	00:24:16.13
2	25/98	8/56	182	Kylie Winkler	13	F	Norwalk	IA	8:29	00:26:23.68
3	36/98	11/56	166	Sydney Schulz	12	F	Norwalk	IA	9:06	00:28:18.40
4	63/98	28/56	137	Ava Johnson	11	F	Norwalk	IA	10:22	00:32:14.82
5	94/98	52/56	118	Emily Davis	13	F	Norwalk	IA	12:39	00:39:19.23
6	96/98	54/56	278	Gracie Schnoor	14	F	Norwalk	IA	14:17	00:44:25.19

### Male Ages 11 - 14

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	17/98	14/42	157	Andrew Phillips	14	M	Norwalk	IA	7:44	00:24:03.68
2	30/98	22/42	134	Taylor Hurley	11	M	Norwalk	IA	8:40	00:26:57.68

### Female Ages 15 - 18

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	80/98	42/56	124	Lauren Fick	15	F	Cumming	IA	11:20	00:35:12.85
2	88/98	48/56	129	Elizabeth Gideon	15	F	Norwalk	IA	12:14	00:38:00.68
3	89/98	49/56	116	Grace Crady	16	F	Norwalk	IA	12:14	00:38:01.18

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### Female Ages 15 - 18

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
4	97/98	55/56	143	Torie Lequatte	16	F	Norwalk	IA	16:19	00:50:42.19

### Male Ages 15 - 18

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	4/98	4/42	189	Matthew Palen	15	M	Norwalk	IA	6:16	00:19:28.92
2	12/98	9/42	121	Logan Duffy	15	M	Norwalk	IA	7:34	00:23:33.68
3	16/98	13/42	177	Tyler Vaughan	16	M	Norwalk	IA	7:43	00:24:00.67

### Female Ages 19 - 24

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	40/98	14/56	174	Emma Trabing	23	F	Norwalk	IA	9:30	00:29:31.25
2	52/98	20/56	160	Miranda Roberts	22	F	Norwalk	IA	9:59	00:31:02.15
3	65/98	30/56	132	Dacia Henning	22	F	Norwalk	IA	10:38	00:33:04.76
4	66/98	31/56	169	Ashten Sinclair	22	F	Indianola	IA	10:39	00:33:06.32
5	84/98	45/56	140	Kristin Koestler	24	F	Norwalk	IA	11:44	00:36:29.33

### Male Ages 19 - 24

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	13/98	10/42	103	Brandon Bair	19	M	Norwalk	IA	7:36	00:23:37.14
2	14/98	11/42	158	Josh Phillips	20	M	Norwalk	IA	7:38	00:23:45.88
3	15/98	12/42	162	Weslie Rouse	19	M	Norwalk	IA	7:40	00:23:51.44
4	39/98	26/42	175	Christopher Niemeyer	22	M	Norwalk	IA	9:29	00:29:30.85

### Female Ages 25 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	51/98	19/56	120	Jessica Driscoll	27	F	Des Moines	IA	9:56	00:30:53.69
2	55/98	22/56	270	Dani Nowasell	27	F	Urbandale	IA	10:06	00:31:24.48
3	67/98	32/56	171	Amanda Stoner	28	F	Carlisle	IA	10:47	00:33:31.93
4	73/98	38/56	109	Karly Burmeister	28	F	Carlisle	IA	11:00	00:34:12.68
5	92/98	50/56	194	Amanda Sonntag	29	F	Norwalk	IA	12:19	00:38:18.34
6	98/98	56/56	125	Danielle Firkins	26	F	Norwalk	IA	18:36	00:57:49.19

### Male Ages 25 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	10/98	7/42	155	Paul Nesbit	27	M	West Des Moines	IA	7:26	00:23:06.13
2	22/98	16/42	105	Mitch Boldman	29	M	Norwalk	IA	7:59	00:24:49.43
3	23/98	17/42	110	Ethan Carpenter	28	M	Norwalk	IA	8:01	00:24:55.71
4	85/98	40/42	126	Kirk Ford	27	M	Indianola	IA	11:44	00:36:29.69
5	91/98	42/42	195	Nick Mcgahan	29	M	Des Moines	IA	12:19	00:38:17.14

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## Overall Division Results

5K Run

### Female Ages 30 - 34

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	34/98	9/56	185	Andrea Tagtow	34	F	Norwalk	IA	8:51	00:27:31.94
2	35/98	10/56	243	Amanda Stecker	33	F	Altoona	IA	9:00	00:27:58.48
3	41/98	15/56	108	Kelly Brophy	30	F	Galesburg	IL	9:31	00:29:35.43
4	54/98	21/56	269	Katera Nowasell	31	F	Norwalk	IA	10:06	00:31:24.43
5	68/98	33/56	127	Jenilee Foster	34	F	Norwalk	IA	10:51	00:33:42.68
6	69/98	34/56	156	Eden Pearson	31	F	Norwalk	IA	10:54	00:33:52.18
7	72/98	37/56	173	Amy Tiefenthaler	33	F	Norwalk	IA	10:59	00:34:09.43
8	95/98	53/56	104	Ashley Bockenstedt	32	F	Norwalk	IA	12:48	00:39:47.64

### Male Ages 30 - 34

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	21/98	15/42	148	Greg Meitl	34	M	Norwalk	IA	7:58	00:24:45.93
2	28/98	20/42	170	Greg Speer	32	M	Clive	IA	8:35	00:26:42.18
3	53/98	33/42	268	James Nowasell	30	M	Norwalk	IA	10:06	00:31:24.18
4	76/98	37/42	164	Brandon Schmitz	34	M	Cumming	IA	11:03	00:34:22.27
5	82/98	39/42	191	Benjamin Pearson	31	M	Norwalk	IA	11:35	00:36:01.78

### Female Ages 35 - 39

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	19/98	5/56	114	Tracie Courcier	38	F	Norwalk	IA	7:53	00:24:31.37
2	24/98	7/56	244	Tasha Yepsen	36	F	Norwalk	IA	8:07	00:25:15.94
3	48/98	18/56	117	Melissa Daggy	38	F	Norwalk	IA	9:47	00:30:23.93
4	57/98	23/56	107	Julie Brincks	38	F	Norwalk	IA	10:09	00:31:33.80
5	58/98	24/56	179	Michelle Wiedmann	38	F	Norwalk	IA	10:11	00:31:38.66
6	61/98	26/56	161	Teresa Roof	36	F	Norwalk	IA	10:21	00:32:11.77
7	64/98	29/56	111	Melissa Chingway	36	F	Norwalk	IA	10:35	00:32:53.69
8	81/98	43/56	183	Elizabeth Thompson	36	F	Norwalk	IA	11:27	00:35:36.58

### Male Ages 35 - 39

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	11/98	8/42	186	Nathaniel Tagtow	35	M	Norwalk	IA	7:32	00:23:25.93
2	45/98	29/42	193	Joe Nguyen	37	M	West Des Moines	IA	9:42	00:30:08.83
3	78/98	38/42	147	Trent McIntyre	37	M	Norwalk	IA	11:17	00:35:05.96

### Female Ages 40 - 44

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	38/98	13/56	168	Allyson Seymour	41	F	Norwalk	IA	9:18	00:28:54.91
2	62/98	27/56	136	Laura Johnson	41	F	Norwalk	IA	10:22	00:32:14.82
3	70/98	35/56	178	Jenni Whitaker	40	F	Norwalk	IA	10:54	00:33:54.66
4	71/98	36/56	150	Heather Mora	43	F	Norwalk	IA	10:55	00:33:55.18
5	79/98	41/56	135	Erika Isley	43	F	Cumming	IA	11:19	00:35:11.68
6	87/98	47/56	153	Kimberly Nellesen	43	F	Norwalk	IA	11:52	00:36:53.70

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## Overall Division Results

5K Run

### Male Ages 40 - 44

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	26/98	18/42	146	Jeff Mcconkey	42	M	Norwalk	IA	8:31	00:26:29.18
2	31/98	23/42	139	Andrew Kingsley	43	M	Norwalk	IA	8:41	00:27:00.43
3	32/98	24/42	181	Eric Wildman	42	M	Norwalk	IA	8:41	00:27:00.68
4	33/98	25/42	133	Reid Hester	42	M	Cumming	IA	8:45	00:27:12.62
5	42/98	27/42	130	Trevor Gingrich	42	M	Norwalk	IA	9:34	00:29:45.43
6	56/98	34/42	154	Luke Nelson	41	M	Norwalk	IA	10:07	00:31:27.51

### Female Ages 45 - 49

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	20/98	6/56	122	Jodi Eddleman	46	F	Indianola	IA	7:53	00:24:32.17
2	37/98	12/56	167	Deanna Schulz	45	F	Norwalk	IA	9:07	00:28:19.61
3	93/98	51/56	138	Martha Kester	49	F	Des Moines	IA	12:21	00:38:23.39

### Male Ages 45 - 49

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	75/98	36/42	196	Maury Clark	47	M	Norwalk	IA	11:01	00:34:14.16

### Female Ages 50 - 54

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	44/98	16/56	176	Michelle Turnbull	53	F	Norwalk	IA	9:40	00:30:05.12
2	46/98	17/56	235	Kim Balk	53	F	Norwalk	IA	9:45	00:30:18.90
3	60/98	25/56	123	Angela Ellis	54	F	Norwalk	IA	10:16	00:31:54.32

### Male Ages 50 - 54

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	7/98	5/42	142	Chad Larson	50	M	Norwalk	IA	6:36	00:20:30.65
2	8/98	6/42	163	David Rozendaal	52	M	Des Moines	IA	7:20	00:22:48.18
3	47/98	30/42	112	Doug Conant	50	M	Norwalk	IA	9:45	00:30:19.10
4	50/98	32/42	119	Joe Driscoll	51	M	Norwalk	IA	9:56	00:30:51.93
5	90/98	41/42	115	Mark Crady	52	M	Norwalk	IA	12:14	00:38:01.50

### Female Ages 55 - 59

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	83/98	44/56	187	Ann Hayes	56	F	Prole	IA	11:36	00:36:03.77
2	86/98	46/56	149	Cynthia Michelsen	56	F	Indianola	IA	11:46	00:36:35.53

### Male Ages 60 - 64

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	29/98	21/42	172	Doyle Sullivan	64	M	Norwalk	IA	8:39	00:26:54.43

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5K Run

### Male Ages 65 - 69

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	27/98	19/42	190	Chuck Clark	66	M	Norwalk	IA	8:35	00:26:40.79