

Loop de Loop Half Marathon and 5K-10K

September 21, 2019

Overall Division Results

5K

Female Ages 01 - 12

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	15/76	6/51	73	Ava Gauley	11	F	Decorah	IA	8:44	00:27:08.73
2	24/76	11/51	382	Hope Zurbruggen	11	F	Elgin	IA	9:10	00:28:29.54
3	25/76	12/51	190	Hannah Scott	11	F	Westgate	IA	9:10	00:28:29.78
4	27/76	13/51	156	Rosella Burkholder	8	F	Decorah	IA	9:28	00:29:26.43
5	33/76	18/51	147	Liv Anderson	9	F	Decorah	IA	9:54	00:30:48.30
6	34/76	19/51	76	Leah Garcia-Prats	9	F	Decorah	IA	9:54	00:30:48.43
7	55/76	35/51	178	Kylie Lemke	11	F	Decorah	IA	12:34	00:39:05.42

Male Ages 01 - 12

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	47/76	19/25	155	Matthew Burkholder	10	M	Decorah	IA	11:42	00:36:23.00
2	57/76	21/25	381	Theo Wilder	5	M	Decorah	IA	12:53	00:40:04.11
3	74/76	25/25	148	Ishmael Baur	4	M	Saint Paul	MN	16:54	00:52:31.80

Female Ages 13 - 19

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	9/76	4/51	168	Jorja Folkedahl	13	F	Decorah	IA	7:19	00:22:46.47
2	36/76	21/51	177	Jenna Lemke	13	F	Decorah	IA	10:16	00:31:55.20
3	76/76	51/51	383	Mashal Wajid	15	F	Maplewood	MN	17:03	00:52:58.89

Male Ages 13 - 19

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	5/76	4/25	165	Robert Dean	19	M	Saint Paul	MN	6:50	00:21:14.09
2	42/76	17/25	161	Zachariah Cramer	18	M	Solon	IA	10:53	00:33:51.29

Female Ages 20 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	8/76	3/51	378	April Yelich	21	F	Minneapolis	MN	7:17	00:22:40.03
2	12/76	5/51	157	Ariana Cervantes	29	F	Decorah	IA	8:19	00:25:52.03
3	31/76	16/51	170	Tiffany Garvin	28	F	Des Moines	IA	9:46	00:30:23.26
4	39/76	23/51	150	Kelsey Bovy	23	F	West Union	IA	10:28	00:32:33.54
5	59/76	37/51	196	Alissa Smith	25	F	Readlyn	IA	13:33	00:42:07.98
6	62/76	39/51	158	Taylor Vickerman	28	F	Decorah	IA	14:58	00:46:31.54
7	63/76	40/51	162	Zariah Curran	25	F	Decorah	IA	15:05	00:46:53.05
8	64/76	41/51	182	Hannah Meyer	26	F	Decorah	IA	15:09	00:47:06.27

Male Ages 20 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	1/76	1/25	171	Kyle Gilberg	22	M	Decorah	IA	6:00	00:18:39.53
2	7/76	5/25	65	Dakota Cooley	20	M	Hawkeye	IA	7:16	00:22:36.73

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Female Ages 30 - 45

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	3/76	1/51	66	Koby Hagen	35	F	Decorah	IA	6:19	00:19:40.42
2	6/76	2/51	293	Amber Uhlenhake	32	F	Stewartville	MN	7:07	00:22:09.50
3	16/76	7/51	181	Katie Martin	32	F	Decorah	IA	8:44	00:27:09.13
4	19/76	9/51	379	Renessa Zurbriggen	41	F	Elgin	IA	8:47	00:27:19.93
5	29/76	15/51	194	Liz Siepker	37	F	Decorah	IA	9:33	00:29:41.84
6	35/76	20/51	186	Jessica Rediske	38	F	Decorah	IA	10:02	00:31:13.39
7	37/76	22/51	154	Effie Burkholder	31	F	Decorah	IA	10:20	00:32:07.59
8	46/76	28/51	185	Ashley Rauk	36	F	Decorah	IA	11:19	00:35:09.79
9	48/76	29/51	198	Leann Smith	32	F	Riceville	IA	11:49	00:36:45.92
10	54/76	34/51	72	Breanna Knowles	35	F	Rockwell	IA	12:33	00:38:59.73
11	56/76	36/51	377	Sarah Wilder	36	F	Decorah	IA	12:53	00:40:04.05
12	60/76	38/51	179	Laura Lemke	34	F	Decorah	IA	13:33	00:42:08.59
13	66/76	43/51	166	Kirsten Dejarlais Snell	30	F	Decorah	IA	15:10	00:47:07.48
14	68/76	45/51	371	Shannon Spalla	44	F	Decorah	IA	15:25	00:47:56.30
15	75/76	50/51	373	Sadaf Syeda	39	F	Maplewood	MN	16:57	00:52:41.82

Male Ages 30 - 45

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	4/76	3/25	375	Brian Walker	38	M	Decorah	IA	6:42	00:20:50.74
2	18/76	10/25	289	Jason Shaw	42	M	Topeka	KS	8:46	00:27:16.66
3	22/76	12/25	187	Justin Reid	33	M	Plover	WI	9:02	00:28:04.41
4	26/76	14/25	78	Ben Stenseth	30	M	Calmar	IA	9:22	00:29:08.16
5	30/76	15/25	195	Mike Siepker	40	M	Decorah	IA	9:34	00:29:43.54
6	58/76	22/25	376	Chris Wilder	37	M	Decorah	IA	12:54	00:40:05.49
7	61/76	23/25	71	Steven Hein	37	M	Calmar	IA	14:26	00:44:51.02

Female Ages 46 - 59

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	20/76	10/51	191	Kathleen Scott	55	F	Westgate	IA	8:47	00:27:20.04
2	28/76	14/51	183	Beth Perry	54	F	Waucoma	IA	9:33	00:29:41.79
3	32/76	17/51	75	Sharon Elsbernd	55	F	Calmar	IA	9:54	00:30:46.54
4	40/76	24/51	169	Chynia Garvin	53	F	West Union	IA	10:28	00:32:33.79
5	45/76	27/51	193	Carolyn Sexton	57	F	Decorah	IA	11:14	00:34:54.88
6	49/76	30/51	197	Geralyn Smith	59	F	Waukon	IA	11:50	00:36:48.76
7	51/76	32/51	167	Marcy Fadness	50	F	Decorah	IA	11:57	00:37:08.05
8	69/76	46/51	188	Cindy Renken	51	F	Decorah	IA	15:25	00:47:56.72
9	70/76	47/51	370	Jody Snyder	52	F	Decorah	IA	15:26	00:47:57.73
10	71/76	48/51	173	Sandy Harman	57	F	Decorah	IA	15:26	00:47:58.53
11	73/76	49/51	159	Elaine Cramer	56	F	Solon	IA	15:31	00:48:13.99

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Male Ages 46 - 59

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	2/76	2/25	372	Alexander Steding	50	M	Decorah	IA	6:07	00:19:02.46
2	10/76	6/25	77	James Stenseth	54	M	Calmar	IA	7:27	00:23:09.63
3	11/76	7/25	79	Jesse Leuenberger	47	M	Decorah	IA	8:04	00:25:04.73
4	21/76	11/25	164	John Dawley	54	M	Ridgeway	IA	8:55	00:27:43.27
5	38/76	16/25	174	Thomas Hartman	56	M	Decorah	IA	10:22	00:32:12.88

Female Ages 60+

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	17/76	8/51	176	Nika Lee	61	F	Decorah	IA	8:45	00:27:12.39
2	41/76	25/51	172	Diane Hammel	65	F	Stewartville	MN	10:38	00:33:05.22
3	43/76	26/51	69	Patricia Junko	64	F	Lawler	IA	10:54	00:33:53.96
4	50/76	31/51	180	Janell Ludens	62	F	Cresco	IA	11:52	00:36:54.80
5	53/76	33/51	67	Nancy Grinna	67	F	Decorah	IA	12:29	00:38:48.04
6	65/76	42/51	369	Sue Snell	67	F	Decorah	IA	15:09	00:47:06.80
7	67/76	44/51	374	Kathy Tollefsrud	70	F	Decorah	IA	15:10	00:47:07.55

Male Ages 60+

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	13/76	8/25	74	Kevin Sprung	63	M	Osage	IA	8:23	00:26:04.98
2	14/76	9/25	62	Doyle Allen	68	M	Postville	IA	8:40	00:26:57.29
3	23/76	13/25	199	Lee Smith	72	M	Elkader	IA	9:03	00:28:09.49
4	44/76	18/25	64	Paul Trafelet	65	M	Hawkeye	IA	10:57	00:34:03.04
5	52/76	20/25	68	Thomas Junko	65	M	Lawler	IA	12:00	00:37:18.79
6	72/76	24/25	160	Mark Cramer	63	M	Solon	IA	15:31	00:48:13.99