

# Loop de Loop Half Marathon and 5K-10K

September 30, 2017

## Overall Division Results

Half Marathon

### Female Ages 20 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	4/63	1/29	742	Chelsea Parrott	28	F	Kalona	IA	6:53	01:30:20.80
2	33/63	10/29	721	Celia Gould	20	F	Oconomowoc	WI	8:41	01:53:58.43
3	50/63	20/29	723	Mickey Hansche	22	F	Iowa City	IA	10:01	02:11:25.78
4	62/63	29/29	750	Morgan Thias	23	F	Clermont	IA	12:08	02:39:13.35

### Male Ages 20 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	5/63	4/34	740	Tracy Nuss	28	M	West Union	IA	7:00	01:31:47.17
2	6/63	5/34	148	Luke Elsbernd	26	M	Decorah	IA	7:10	01:34:08.92
3	19/63	15/34	739	Paul Nesbit	28	M	West Des Moines	IA	8:02	01:45:30.78
4	24/63	17/34	706	Matt Bitz	26	M	Albert Lea	MN	8:15	01:48:14.07
5	29/63	20/34	738	Andrew Nelson	26	M	Rochester	MN	8:25	01:50:24.46
6	34/63	24/34	701	Andres Alvarez	22	M	Minneapolis	MN	8:41	01:53:59.92
7	57/63	31/34	708	Patrick Brugger	25	M	Ottumwa	IA	11:13	02:27:12.78

### Female Ages 30 - 45

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	8/63	2/29	136	Tonya Holthaus	37	F	Decorah	IA	7:13	01:34:37.42
2	14/63	3/29	758	Lisa Zittergruen	35	F	Decorah	IA	7:31	01:38:43.62
3	15/63	4/29	735	Shauna Menke	36	F	Decorah	IA	7:32	01:38:52.42
4	22/63	6/29	704	Angie Bates	35	F	Leighton	IA	8:04	01:45:47.81
5	27/63	9/29	757	Trisha Wilkins	38	F	Waukon	IA	8:20	01:49:20.41
6	37/63	11/29	709	Megan Buckingham	32	F	Decorah	IA	8:47	01:55:14.58
7	38/63	12/29	120	Liza Hicken	37	F	Decorah	IA	8:47	01:55:14.58
8	39/63	13/29	702	Julie Archer	31	F	Decorah	IA	8:53	01:56:35.92
9	40/63	14/29	752	Jessica Verdon	31	F	Lansing	IA	8:54	01:56:52.92
10	41/63	15/29	746	Kara Shannon	38	F	Charles City	IA	9:03	01:58:38.67
11	43/63	16/29	749	Shelley Szudera	35	F	Fargo	ND	9:28	02:04:18.91
12	44/63	17/29	720	Cindy Goodner	38	F	Decorah	IA	9:31	02:04:49.94
13	45/63	18/29	753	Holly Voigt	34	F	Osage	IA	9:33	02:05:18.97
14	52/63	22/29	727	Heidi Kirschbaum	41	F	Mount Hope	WI	10:12	02:13:53.08
15	53/63	23/29	743	Jennifer Schoepp	37	F	Fennimore	WI	10:26	02:16:48.33
16	55/63	25/29	715	Jess Dean	34	F	Clermont	IA	10:55	02:23:07.92
17	56/63	26/29	707	Jaime Bonner	37	F	North Liberty	IA	10:56	02:23:22.81
18	58/63	27/29	751	Sandy Thomson	40	F	Charles City	IA	11:17	02:27:54.80

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### Male Ages 30 - 45

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	1/63	1/34	705	Jeff Bishop	41	M	Minneapolis	MN	6:33	01:25:56.64
2	3/63	3/34	130	Perry Mcgee	45	M	Cresco	IA	6:46	01:28:52.34
3	7/63	6/34	748	Justin Sprung	30	M	Decorah	IA	7:12	01:34:28.53
4	9/63	7/34	726	Matt Jordahl	34	M	Urbandale	IA	7:17	01:35:32.62
5	10/63	8/34	728	Kurt Kopperud	36	M	Fargo	ND	7:22	01:36:37.98
6	12/63	10/34	731	Spencer Martin	44	M	Decorah	IA	7:23	01:36:57.42
7	13/63	11/34	759	Steven Zittergruen	37	M	Decorah	IA	7:30	01:38:20.65
8	16/63	12/34	756	Jamie Wiley	44	M	Overland Park	KS	7:32	01:38:54.57
9	31/63	22/34	755	Jarrad Walter	41	M	Decorah	IA	8:33	01:52:09.92
10	32/63	23/34	737	Doug Nalean-Carlson	41	M	Decorah	IA	8:33	01:52:13.22
11	35/63	25/34	122	Kyle Digmann	31	M	Fort Atkinson	IA	8:42	01:54:05.82
12	61/63	33/34	722	Joe Grimstad	41	M	Decorah	IA	11:36	02:32:15.17

### Female Ages 46 - 59

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	21/63	5/29	125	Lisa Mages-Greene	50	F	Wausau	WI	8:04	01:45:45.17
2	23/63	7/29	717	Kristy Fuller	50	F	Bettendorf	IA	8:06	01:46:14.40
3	25/63	8/29	710	Jennie Butler	46	F	Manchester	IA	8:17	01:48:39.83
4	51/63	21/29	143	Emily Young Johnson	46	F	Decorah	IA	10:06	02:12:30.89
5	54/63	24/29	138	Deb Geater	59	F	Decorah	IA	10:43	02:20:42.06
6	59/63	28/29	142	Laure Rausch	59	F	Fort Atkinson	IA	11:25	02:29:49.14

### Male Ages 46 - 59

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	2/63	2/34	123	Derek Sweet	49	M	Decorah	IA	6:46	01:28:49.90
2	11/63	9/34	132	Jeff Ernst	58	M	Cresco	IA	7:22	01:36:39.61
3	17/63	13/34	133	Keith Minardi	47	M	Decorah	IA	7:42	01:41:05.03
4	20/63	16/34	137	Marc Folkedahl	49	M	Decorah	IA	8:02	01:45:30.78
5	28/63	19/34	716	Jerry Denhartog	59	M	Clear Lake	IA	8:23	01:49:54.67
6	36/63	26/34	724	James Hauschild	52	M	Manchester	IA	8:45	01:54:49.65
7	42/63	27/34	714	John Courtney	52	M	Decorah	IA	9:20	02:02:32.92
8	60/63	32/34	732	Dom Mascardo	49	M	Coralville	IA	11:36	02:32:14.92
9	63/63	34/34	734	Chris Meinders	50	M	Sheffield	IA	14:46	03:13:34.91

### Female Ages 60+

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	49/63	19/29	754	Coleen Waage	66	F	West Des Moines	IA	10:00	02:11:09.60

### Male Ages 60+

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	18/63	14/34	711	Gerald Carlson	65	M	Decorah	IA	8:02	01:45:27.67
2	26/63	18/34	736	Paul Mullen	60	M	Decorah	IA	8:18	01:49:00.71
3	46/63	28/34	747	Kenneth Shatek	60	M	Cresco	IA	9:39	02:06:34.42
4	47/63	29/34	713	Daniel Clark	65	M	La Crosse	WI	9:47	02:08:18.09
5	48/63	30/34	703	Gene Arnold	66	M	Waukee	IA	9:59	02:11:02.60

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Half Marathon

### Male Ages 99 - 99

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	30/63	21/34	146	Donny Manderfield	99	M	Waucoma	IA	8:32	01:52:01.64