

Pulpit to Pulpit

July 4, 2019

Overall Division Results

5K

Female Overall Winner

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	2/235	1/115	505	Flannery Cerbin-Bohach	32	F	Cresco	IA	5:57	00:18:30.18

Male Overall Winner

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	1/235	1/120	418	Jason Engelken	30	M	Decorah	IA	5:47	00:17:59.60

Female Youth Overall

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	96/235	25/115	416	Amelia Wadsworth	12	F	Waukon	IA	9:52	00:30:41.42

Male Youth Overall

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	17/235	15/120	424	Evan Sander	11	M	Fairbank	IA	7:13	00:22:27.68

Female Ages 01 - 12

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	138/235	52/115	503	Lumen Brandsmeier	5	F	North Liberty	IA	11:32	00:35:52.33
2	146/235	59/115	510	Riyan Knutson	6	F	Decorah	IA	11:46	00:36:34.40
3	160/235	67/115	414	Liv Anderson	9	F	Decorah	IA	12:47	00:39:44.39
4	174/235	78/115	379	Enola Nicholls	9	F	Lincoln	NE	13:50	00:43:00.14
5	178/235	79/115	325	Isabel Keppler	10	F	Glen Allen	VA	13:51	00:43:03.82
6	190/235	88/115	493	Harper Menke	8	F	Decorah	IA	14:38	00:45:29.69
7	192/235	89/115	492	Teagan Menke	10	F	Decorah	IA	14:38	00:45:30.29
8	199/235	94/115	392	Cora Giddings	6	F	Decorah	IA	15:26	00:47:58.38
9	206/235	99/115	441	Kylie Lemke	10	F	Decorah	IA	16:04	00:49:55.38
10	226/235	109/115	346	Josie Baird	10	F	Naperville	IL	19:06	00:59:23.57
11	227/235	110/115	543	Charlotte Chapman	7	F	Wheaton	IL	19:07	00:59:25.11

Male Ages 01 - 12

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	31/235	29/120	320	Will Larson	11	M	Decorah	IA	7:57	00:24:44.37
2	38/235	34/120	508	Gavin Knutson	10	M	Decorah	IA	8:05	00:25:09.92
3	40/235	35/120	457	William Gallentine	9	M	Decorah	IA	8:06	00:25:11.17
4	52/235	43/120	301	Spencer Christensen	9	M	Lime Springs	IA	8:28	00:26:20.30
5	57/235	47/120	412	Carson Bohner	11	M	Decorah	IA	8:36	00:26:43.31
6	64/235	50/120	314	Jameson Labelle	11	M	Decorah	IA	8:50	00:27:29.43
7	68/235	52/120	504	Axel Brandsmeier	8	M	North Liberty	IA	8:54	00:27:41.09
8	105/235	74/120	390	Ian Giddings	11	M	Decorah	IA	10:16	00:31:54.51
9	107/235	76/120	479	Gavin Carolan	9	M	Decorah	IA	10:20	00:32:06.41
10	124/235	81/120	423	Nathaniel Roberts	12	M	Decorah	IA	10:58	00:34:06.15
11	133/235	84/120	489	Zachary Severson	6	M	Decorah	IA	11:27	00:35:36.91

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Male Ages 01 - 12

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
12	136/235	86/120	509	Grant Knutson	8	M	Decorah	IA	11:31	00:35:49.09
13	155/235	92/120	326	Jackson Keppler	8	M	Glen Allen	VA	12:12	00:37:55.65
14	175/235	97/120	380	Kahler Nicholls	7	M	Lincoln	NE	13:50	00:43:00.37
15	176/235	98/120	321	Luc Larson	9	M	Decorah	IA	13:51	00:43:02.59
16	177/235	99/120	391	Tate Giddings	9	M	Decorah	IA	13:51	00:43:02.89
17	183/235	101/120	540	Dylan Brincks	9	M	Decorah	IA	14:24	00:44:47.48
18	195/235	105/120	348	Ellis Thompson	8	M	Decorah	IA	14:56	00:46:25.08
19	208/235	108/120	336	Henry Chiszar	5	M	Naperville	IL	16:16	00:50:34.99
20	211/235	110/120	546	Nate Chapman	4	M	Wheaton	IL	16:34	00:51:28.74
21	231/235	119/120	345	John Baird	12	M	Naperville	IL	19:38	01:01:02.83

Female Ages 13 - 19

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	39/235	5/115	459	Sophia Gallentine	14	F	Decorah	IA	8:06	00:25:11.17
2	62/235	13/115	402	Morgan Brauer	16	F	Decorah	IA	8:43	00:27:05.65
3	113/235	34/115	523	Grace Fulsaas	14	F	Decorah	IA	10:29	00:32:36.91
4	114/235	35/115	442	Jenna Lemke	13	F	Decorah	IA	10:31	00:32:40.60
5	115/235	36/115	366	Ellie Loesch	18	F	Fort Atkinson	IA	10:34	00:32:52.38
6	128/235	46/115	324	Ava Keppler	13	F	Glen Allen	VA	11:11	00:34:45.34
7	144/235	57/115	524	Emily Jensen	17	F	West Union	IA	11:37	00:36:08.14
8	150/235	62/115	341	Kate Hoheisel	17	F	Hiawatha	IA	11:54	00:36:59.92
9	159/235	66/115	351	Riley Wilson	15	F	Decorah	IA	12:38	00:39:16.15

Male Ages 13 - 19

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	6/235	5/120	499	Izaak Eichinger	15	M	Decorah	IA	6:24	00:19:54.42
2	8/235	7/120	451	Larsson Shockey	15	M	Decorah	IA	6:35	00:20:29.76
3	12/235	11/120	448	Pat Bockman	17	M	Decorah	IA	6:56	00:21:32.64
4	20/235	18/120	530	Jake Magner	14	M	Decorah	IA	7:25	00:23:04.58
5	22/235	20/120	352	Max Wilson	13	M	Decorah	IA	7:28	00:23:14.92
6	25/235	23/120	447	Calvin Henning	15	M	Eugene	OR	7:36	00:23:38.27
7	32/235	30/120	367	Lance Butikofer	18	M	Clermont	IA	7:59	00:24:48.84

Female Ages 20 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	60/235	11/115	364	Heidi Mirth	23	F	Decorah	IA	8:41	00:27:01.61
2	63/235	14/115	532	Melissa Vega	25	F	Postville	IA	8:50	00:27:29.23
3	65/235	15/115	408	Kiley Billiet	27	F	Denver	CO	8:51	00:27:32.28
4	69/235	17/115	337	Olivia Parrott	21	F	Iowa City	IA	8:55	00:27:42.31
5	80/235	20/115	368	Ariana Cervantes	29	F	Decorah	IA	9:13	00:28:40.42
6	83/235	21/115	500	Isabelle Burton	22	F	Decorah	IA	9:23	00:29:10.55
7	94/235	24/115	403	Heather Levinson	28	F	Decorah	IA	9:51	00:30:37.57
8	97/235	26/115	370	Sarah Moen	25	F	Calmar	IA	9:56	00:30:54.81
9	99/235	28/115	331	Jessa Drake	27	F	Oelwein	IA	10:04	00:31:18.14
10	120/235	40/115	361	Shelby Lehmann	23	F	Wadena	IA	10:41	00:33:14.26

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Female Ages 20 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
11	121/235	41/115	365	Jessie Woodward	27	F	Waukon	IA	10:47	00:33:32.65
12	153/235	63/115	385	Haley Meyer	20	F	Fayette	IA	11:56	00:37:05.90
13	162/235	68/115	315	Elizabeth Shroyer	25	F	Cedar Rapids	IA	12:49	00:39:50.11
14	172/235	76/115	454	Cydney Weitzel	27	F	Decorah	IA	13:46	00:42:48.36
15	182/235	82/115	461	Morgan Gjere	26	F	Decorah	IA	14:20	00:44:33.25
16	218/235	105/115	397	Nicole Hanks	24	F	Waukon	IA	17:10	00:53:20.74
17	228/235	111/115	437	Teage Luther	25	F	Decorah	IA	19:34	01:00:48.36
18	234/235	114/115	469	Hannah Meyer	26	F	Decorah	IA	23:19	01:12:28.60
19	235/235	115/115	484	Meheret Grau	22	F	Decorah	IA	23:23	01:12:39.56

Male Ages 20 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	4/235	3/120	497	Trevor Phillips	21	M	Decorah	IA	6:15	00:19:27.43
2	5/235	4/120	453	Matt Weitzel	27	M	Decorah	IA	6:22	00:19:48.57
3	9/235	8/120	466	Gabriel Eide	25	M	Decorah	IA	6:43	00:20:52.86
4	11/235	10/120	462	Jonathan Mcdonough	28	M	Northfield	MN	6:50	00:21:16.39
5	13/235	12/120	547	Luke Eksbernd	28	M	Calmar	IA	7:00	00:21:47.67
6	24/235	22/120	330	Chris Hale	21	M	Decorah	IA	7:35	00:23:34.17
7	33/235	31/120	332	Colin Morgan	28	M	Oelwein	IA	7:59	00:24:50.42
8	36/235	33/120	333	Alex Schlesinger	20	M	Decorah	IA	8:03	00:25:01.23
9	45/235	39/120	369	Blake Moen	26	M	Calmar	IA	8:12	00:25:29.49
10	58/235	48/120	478	Liam Jones	29	M	Rochester	MN	8:36	00:26:43.67
11	76/235	57/120	358	Luke Butikofer	21	M	Clermont	IA	9:05	00:28:15.16
12	85/235	64/120	515	Gunnar Rollins	28	M	Decorah	IA	9:34	00:29:46.16
13	86/235	65/120	406	Lee Rollins	24	M	Decorah	IA	9:35	00:29:46.84
14	93/235	70/120	404	Ben Levinson	29	M	Decorah	IA	9:51	00:30:37.17
15	95/235	71/120	434	Byron Montgomery	29	M	Cedar Rapids	IA	9:52	00:30:40.41
16	110/235	78/120	527	Ahmed Muaz	29	M	Decorah	IA	10:23	00:32:16.44
17	116/235	80/120	477	Buddy Lingner	24	M	Minneapolis	MN	10:34	00:32:52.79
18	186/235	102/120	474	Blake Hoppe	23	M	Decorah	IA	14:28	00:44:59.61
19	230/235	118/120	438	Austin Luther	25	M	Decorah	IA	19:34	01:00:48.58

Female Ages 30 - 39

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	15/235	2/115	376	Lisa Zittergruen	36	F	Decorah	IA	7:06	00:22:06.36
2	35/235	3/115	513	Bridget Martin	34	F	Monroe	IA	8:03	00:25:01.03
3	37/235	4/115	309	Kyrie Jorgenson	30	F	Decorah	IA	8:03	00:25:01.85
4	42/235	6/115	525	Elizabeth Abbas	31	F	Decorah	IA	8:08	00:25:18.29
5	49/235	8/115	300	Olivia Christensen	39	F	Lime Springs	IA	8:16	00:25:43.89
6	50/235	9/115	481	Courtney Brainard	32	F	Saint Paul	MN	8:20	00:25:53.62
7	66/235	16/115	409	Breann Billiet	31	F	San Diego	CA	8:51	00:27:32.41
8	88/235	22/115	463	Gwen Strand	38	F	Decorah	IA	9:40	00:30:03.66
9	102/235	30/115	303	Laree Schouweiler	36	F	Decorah	IA	10:10	00:31:37.83
10	118/235	38/115	359	Sheena Kremer	30	F	Waterloo	IA	10:41	00:33:13.64
11	119/235	39/115	522	Catherine Nelson	32	F	Decorah	IA	10:41	00:33:13.64
12	122/235	42/115	307	Erin Shaw	38	F	Topeka	KS	10:49	00:33:38.81
13	123/235	43/115	541	Angela Leuenberger	39	F	Decorah	IA	10:57	00:34:01.65

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Female Ages 30 - 39

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
14	130/235	48/115	339	Anna Chou	39	F	Bellevue	NE	11:15	00:34:58.95
15	137/235	51/115	388	Shelly Giddings	38	F	Decorah	IA	11:32	00:35:50.10
16	139/235	53/115	501	Sara Klosterboer	38	F	North Liberty	IA	11:34	00:35:58.15
17	143/235	56/115	439	Tara Mcconnell	33	F	Decorah	IA	11:37	00:36:07.73
18	147/235	60/115	507	Tasha Knutson	37	F	Decorah51	IA	11:46	00:36:34.51
19	148/235	61/115	305	Jenna Hunt	32	F	Robins	IA	11:48	00:36:40.21
20	164/235	70/115	377	Holly Lensing	36	F	Decorah	IA	13:06	00:40:44.86
21	165/235	71/115	426	Effie Burkholder	30	F	Decorah	IA	13:08	00:40:49.31
22	167/235	72/115	374	Danielle Wadsworth	34	F	Ossian	IA	13:20	00:41:28.64
23	168/235	73/115	311	Tiffany Carrizales	37	F	Fayetteville	NC	13:25	00:41:41.43
24	173/235	77/115	378	Tracy Hays	34	F	Lincoln	NE	13:50	00:42:59.96
25	185/235	84/115	539	Val Brincks	37	F	Decorah	IA	14:27	00:44:54.13
26	187/235	85/115	384	Clarissa Einck	38	F	Decorah	IA	14:37	00:45:26.13
27	188/235	86/115	421	Kristin Tyler	39	F	Decorah	IA	14:37	00:45:26.39
28	189/235	87/115	490	Shauna Menke	38	F	Decorah	IA	14:38	00:45:29.28
29	198/235	93/115	393	Lauren Webb	33	F	Houston	TX	15:11	00:47:12.74
30	216/235	103/115	440	Laura Lemke	34	F	Decorah	IA	16:51	00:52:24.12
31	217/235	104/115	495	Johanna Bergan	32	F	Decorah	IA	16:59	00:52:47.62
32	224/235	108/115	430	Asenath Smith	33	F	Palo	IA	18:28	00:57:23.37
33	229/235	112/115	445	Brecka Putnam	37	F	Decorah	IA	19:34	01:00:48.36

Male Ages 30 - 39

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	14/235	13/120	375	Steven Zittergruen	38	M	Decorah	IA	7:04	00:21:59.42
2	21/235	19/120	420	Paul Cutting	34	M	Decorah	IA	7:26	00:23:08.25
3	27/235	25/120	360	Ricky Kremer	31	M	Waterloo	IA	7:41	00:23:55.32
4	28/235	26/120	419	Nathan Thompson	35	M	Decorah	IA	7:46	00:24:08.34
5	30/235	28/120	319	David Larson	39	M	Decorah	IA	7:57	00:24:44.18
6	34/235	32/120	328	Cory Scholbrock	39	M	Calmar	IA	8:02	00:24:57.59
7	51/235	42/120	494	Joel Zook	32	M	Decorah	IA	8:26	00:26:12.92
8	59/235	49/120	470	Justin Ransom	31	M	Decorah	IA	8:38	00:26:51.42
9	67/235	51/120	371	Eric Gubbels	34	M	Ankeny	IA	8:54	00:27:39.66
10	70/235	53/120	329	Jimmy Hoke	33	M	Decorah	IA	8:56	00:27:45.91
11	71/235	54/120	520	Tyler Harman	38	M	Decorah	IA	8:57	00:27:50.83
12	74/235	56/120	516	Chris Hadley	36	M	Decorah	IA	8:58	00:27:53.10
13	82/235	62/120	313	Michael Labelle	39	M	Decorah	IA	9:21	00:29:05.41
14	89/235	67/120	373	Eddie Wadsworth	34	M	Ossian	IA	9:41	00:30:06.52
15	92/235	69/120	548	Justin Scardina	37	M	Decorqh	IA	9:50	00:30:34.72
16	103/235	73/120	304	Russell Schouweiler	36	M	Decorah	IA	10:11	00:31:40.27
17	109/235	77/120	467	Ben Moore	39	M	Decorah	IA	10:23	00:32:16.41
18	166/235	95/120	306	Travis Hunt	32	M	Robins	IA	13:13	00:41:04.11
19	191/235	103/120	491	Tyler Menke	38	M	Decorah	IA	14:38	00:45:30.09
20	194/235	104/120	347	Jeremy Thompson	39	M	Decorah	IA	14:56	00:46:24.88
21	200/235	106/120	389	Josh Giddings	38	M	Decorah	IA	15:26	00:47:58.58
22	220/235	114/120	456	Joe Ness	39	M	Bettendorf	IA	17:11	00:53:23.76
23	222/235	115/120	482	Dean Niemiec	36	M	Saint Paul	MN	17:28	00:54:18.77

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Overall Division Results

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Female Ages 40 - 49

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	46/235	7/115	460	Mattine Gallentine	45	F	Decorah	IA	8:14	00:25:36.67
2	75/235	19/115	401	Trista Brauer	42	F	Decorah	IA	8:58	00:27:53.29
3	91/235	23/115	536	Tina Van Lin	42	F	Holmen	WI	9:49	00:30:31.65
4	98/235	27/115	400	Nina Smock	41	F	Decorah	IA	9:57	00:30:57.25
5	108/235	32/115	464	Kim Kavan	47	F	Decorh	IA	10:21	00:32:10.99
6	112/235	33/115	435	Charmion Mohning	49	F	Houston	TX	10:29	00:32:35.91
7	117/235	37/115	310	Jana Dahlen	41	F	Minneapolis	MN	10:38	00:33:03.40
8	126/235	44/115	450	Dominique Bockman	48	F	Decorah	IA	11:02	00:34:16.96
9	129/235	47/115	322	Amber Keppler	42	F	Glen Allen	VA	11:12	00:34:48.00
10	131/235	49/115	487	Dana Carolan	41	F	Decorah	IA	11:19	00:35:10.40
11	135/235	50/115	431	Melinda Severson	49	F	Decorah	IA	11:28	00:35:38.71
12	140/235	54/115	545	Melissa Borneman	47	F	Grimes	IA	11:34	00:35:58.20
13	158/235	65/115	350	Andrea Wilson	43	F	Decorah	IA	12:38	00:39:16.15
14	163/235	69/115	372	Marissa Quandahl	42	F	Decorah	IA	13:03	00:40:35.71
15	170/235	74/115	357	Marcy Fadness	49	F	Decorah	IA	13:27	00:41:49.73
16	179/235	80/115	318	Sara Larson	40	F	Decorah	IA	13:53	00:43:10.06
17	201/235	95/115	529	Sarah Zbornik	46	F	Decorah	IA	15:30	00:48:09.58
18	205/235	98/115	327	Kim Streich	45	F	Cresco	IA	15:58	00:49:36.55
19	219/235	106/115	436	Tera Mathis	41	F	Monona	IA	17:10	00:53:20.74
20	221/235	107/115	455	Sarah Ness	40	F	Bettendorf	IA	17:11	00:53:24.57

Male Ages 40 - 49

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	3/235	2/120	422	Kevin Roberts	42	M	Decorah	IA	6:06	00:18:57.88
2	7/235	6/120	433	Rick Aske	41	M	Mabel	MN	6:25	00:19:58.11
3	10/235	9/120	506	Alexander Steding	49	M	Decorah	IA	6:46	00:21:02.17
4	16/235	14/120	425	Stewart Grobstick	41	M	Dubuque	IA	7:11	00:22:20.59
5	23/235	21/120	533	David Knock	41	M	Cedar Falls	IA	7:30	00:23:20.18
6	26/235	24/120	488	Michael Owens	42	M	Decorah	IA	7:38	00:23:45.38
7	29/235	27/120	338	Matt Hughes	45	M	Decorah	IA	7:55	00:24:38.69
8	43/235	37/120	498	Bruce Mowatt	46	M	Tripoli	IA	8:08	00:25:18.91
9	44/235	38/120	458	Todd Gallentine	46	M	Decorah	IA	8:10	00:25:25.42
10	48/235	41/120	417	David Wadsworth	45	M	Waukon	IA	8:15	00:25:40.66
11	54/235	44/120	334	Jonathon Struve	40	M	Decorah	IA	8:29	00:26:22.91
12	56/235	46/120	405	Chris Dall	47	M	Edina	MN	8:32	00:26:32.13
13	78/235	59/120	411	Scott Bohner	40	M	Decorah	IA	9:10	00:28:31.66
14	79/235	60/120	502	Brian Brandsmeier	41	M	North Liberty	IA	9:11	00:28:34.13
15	84/235	63/120	446	Travis Henning	42	M	Eugene	OR	9:32	00:29:38.77
16	87/235	66/120	538	Jason Benrud	44	M	Onalaska	WI	9:39	00:30:01.06
17	101/235	72/120	308	Jason Shaw	42	M	Topeka	KS	10:05	00:31:21.99
18	106/235	75/120	542	Jesse Leuenberger	47	M	Decorah	IA	10:18	00:32:00.80
19	132/235	83/120	443	Jason Lemke	41	M	Decorah	IA	11:23	00:35:23.09
20	141/235	87/120	544	Brian Borneman	47	M	Grimes	IA	11:34	00:35:58.40
21	151/235	89/120	340	Kevin Hoheisel	47	M	Hiawatha	IA	11:54	00:37:00.18
22	152/235	90/120	353	Earl Kiefer	46	M	Rockford	IA	11:54	00:37:00.65
23	156/235	93/120	323	Matt Keppler	43	M	Glen Allen	VA	12:12	00:37:55.88
24	161/235	94/120	415	John Anderson	43	M	Decorah	IA	12:47	00:39:44.82
25	169/235	96/120	312	Rudy Carrizales	40	M	Fayetteville	NC	13:26	00:41:46.89

Pulpit to Pulpit

July 4, 2019

Overall Division Results

5K

Male Ages 40 - 49

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
26	212/235	111/120	480	Seth Chapman	41	M	Wheaton	IL	16:34	00:51:29.36
27	225/235	117/120	429	Mark Smith	41	M	Palo	IA	18:28	00:57:23.59

Female Ages 50 - 59

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	53/235	10/115	398	Sharon Gerleman	57	F	Ridgeway	IA	8:28	00:26:21.31
2	61/235	12/115	363	Wendy Mirth	59	F	Maple Plain	MN	8:42	00:27:02.17
3	73/235	18/115	452	Kathy Fuqua	50	F	Rochester	MN	8:58	00:27:52.07
4	100/235	29/115	355	K J Rebarcak	53	F	Decorah	IA	10:05	00:31:20.58
5	104/235	31/115	517	Linda Hougen	52	F	Decorah	IA	10:13	00:31:46.57
6	127/235	45/115	535	Ruth Busta	55	F	Fort Atkinson	IA	11:02	00:34:17.77
7	142/235	55/115	382	Jennifer Woodard	50	F	West Union	IA	11:37	00:36:07.53
8	157/235	64/115	531	Hortencia Vega	51	F	Postville	IA	12:36	00:39:11.39
9	171/235	75/115	396	Maureen Shroyer	58	F	Decorah	IA	13:44	00:42:40.64
10	184/235	83/115	407	Joanie Rollins	58	F	Decorah	IA	14:26	00:44:51.75
11	196/235	91/115	734	Darla Butikofer	57	F	Clermont	IA	14:57	00:46:28.00
12	202/235	96/115	475	Kara Headington	58	F	Decorah	IA	15:30	00:48:10.17
13	204/235	97/115	386	Leslie Klemme	51	F	Ankeny	IA	15:37	00:48:31.26
14	213/235	102/115	471	Michaela Shupe	53	F	Decorah	IA	16:44	00:52:01.01
15	232/235	113/115	344	Ronda Baird	54	F	Naperville	IL	19:42	01:01:14.40

Male Ages 50 - 59

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	18/235	16/120	496	Bradley Phillips	57	M	Decorah	IA	7:14	00:22:30.71
2	41/235	36/120	465	Cheuang Kavan	50	M	Decorah	IA	8:07	00:25:15.68
3	55/235	45/120	514	Kevin Dixon	55	M	Waukon	IA	8:31	00:26:29.27
4	72/235	55/120	413	Michael Wilker	55	M	Washington	DC	8:58	00:27:52.07
5	77/235	58/120	362	John Dambek	55	M	Decorah	IA	9:09	00:28:28.24
6	81/235	61/120	476	Robert Lingner	59	M	Minneapolis	MN	9:17	00:28:50.60
7	125/235	82/120	449	Mike Bockman	52	M	Decorah	IA	11:00	00:34:11.28
8	134/235	85/120	432	John Severson	50	M	Decorah	IA	11:27	00:35:36.92
9	203/235	107/120	387	David Klemme	53	M	Ankeny	IA	15:36	00:48:30.85
10	209/235	109/120	335	Dave Chiszar	51	M	Naperville	IL	16:17	00:50:35.99
11	214/235	112/120	472	Michael Shupe	55	M	Decorah	IA	16:44	00:52:01.83
12	233/235	120/120	343	John Baird	57	M	Naperville	IL	19:50	01:01:38.85

Female Ages 60 - 69

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	145/235	58/115	342	Karen Bendtsen	60	F	Saint Paul	MN	11:43	00:36:25.39
2	181/235	81/115	511	Shirley Hotovec	60	F	Prairie City	IA	14:07	00:43:53.89
3	193/235	90/115	427	Melissa O'Rourke	65	F	Decorah	IA	14:46	00:45:55.63
4	197/235	92/115	394	Sally Hensley	64	F	Houston	TX	15:11	00:47:12.53
5	207/235	100/115	519	Karla Brown	62	F	Decorah	IA	16:09	00:50:13.09
6	210/235	101/115	468	Darlene Juve	66	F	Decorah	IA	16:26	00:51:03.57

Pulpit to Pulpit

July 4, 2019

Overall Division Results

5K

Male Ages 60 - 69

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	19/235	17/120	395	Tom Shroyer	60	M	Decorah	IA	7:20	00:22:49.40
2	47/235	40/120	302	Paul Mullen	61	M	Decorah	IA	8:14	00:25:37.92
3	90/235	68/120	410	Doyle Allen	67	M	Postville	IA	9:47	00:30:26.91
4	111/235	79/120	399	Steve Massman	63	M	Caledonia	MN	10:25	00:32:21.92
5	149/235	88/120	381	Dick Woodard	63	M	West Union	IA	11:50	00:36:47.87
6	154/235	91/120	444	Don Holmertz	65	M	Decorah	IA	12:00	00:37:19.93
7	223/235	116/120	483	Roger Brainard	64	M	Saint Paul	MN	17:29	00:54:21.84

Male Ages 70 +

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	180/235	100/120	512	Mick Hotovec	71	M	Prairie City	IA	14:07	00:43:53.39
2	215/235	113/120	428	Joe Skoda	70	M	Decorah	IA	16:45	00:52:03.86