

LOOP DE LOOP 5K & 1/2 MARATHON
September 28, 2013
Decorah, Iowa

5K RESULTS

Place	Div/Tot	Name	City	St	Age	S	Time	Pace
1	1/7	Alexander Steding	Decorah	IA	44	M	20:17	6:32
2	1/16	Hallie Evans	New Albin	IA	38	F	21:13	6:50
3	2/7	Michael Casterton	Decorah	IA	33	M	22:18	7:11
4	1/5	Andrew Wannigman	Decorah	IA	28	M	22:24	7:13
5	2/5	Zachary Bruce	Cedar Rapids	IA	27	M	23:15	7:29
6	2/16	Mari Lewey	Decorah	IA	36	F	23:37	7:36
7	1/3	Bob Tupy	Calmar	IA	54	M	23:40	7:37
8	3/7	Mike Tollefson	Decorah	IA	33	M	24:05	7:45
9	3/16	Tiffany Dahlberg	Decorah	IA	32	F	24:22	7:51
10	4/7	Curtis Peterson	Decorah	IA	43	M	24:33	7:55
11	3/5	Jeff Hoden	Dubuque	IA	28	M	24:36	7:55
12	1/6	Madeline Jungbauer	Inver Grove Heights	MN	24	F	25:18	8:09
13	1/1	Tony Vondra	Decorah	IA	63	M	25:40	8:16
14	1/1	Payton Schultz	Young America	MN	19	F	26:52	8:39
15	4/16	Kelli Smutzurk	Decorah	IA	45	F	27:40	8:55
16	2/6	Andrea Berven	Rochester	MN	24	F	27:47	8:57
17	4/5	Jason Engelmann	Rochester	MN	29	M	27:47	8:57
18	1/3	Abby Moen	Decorah	IA	10	F	28:54	9:19
19	2/3	Steve Davis	Decorah	IA	59	M	29:05	9:22
20	5/7	Scott Bassford	Decorah	IA	40	M	29:05	9:22
21	3/6	Laurie Meinholz	Tyler	MN	27	F	29:10	9:24
22	1/8	Jaymee Glenn-Burns	Cedar Falls	IA	55	F	29:30	9:30
23	4/6	Jessica Latzke	Hamburg	MN	27	F	29:47	9:36
24	5/16	Erica Landas	Oak Park	IL	34	F	30:00	9:40
25	6/16	Nicole Waskow	Decorah	IA	36	F	30:09	9:43
26	7/16	Tabita Green	Decorah	IA	39	F	30:28	9:49
27	8/16	Molly Harms	Chanhassen	MN	33	F	30:48	9:55
28	2/8	Maureen Regan	Decorah	IA	52	F	30:50	9:56
29	9/16	Janeen Christy	Decorah	IA	42	F	30:51	9:56
30	3/8	Terrie Allen	Postville	IA	56	F	31:04	10:00
31	4/8	Beth Perry	Waucoma	IA	48	F	32:09	10:21
32	6/7	Israel Balik	Cresco	IA	33	M	32:44	10:33
33	5/8	Joellen Anderson	Waukon	IA	52	F	34:26	11:05
34	5/6	Tori Lacroxi	Fort Wayne	IN	21	F	35:23	11:24
35	10/16	Mindy McLain	Circle Pines	MN	33	F	37:22	12:02
36	3/3	Patrick Davis	Decorah	IA	50	M	39:38	12:46
37	1/4	Mary Weiss	Decorah	IA	62	F	39:52	12:50
38	6/8	Gail Schaudenecker	Decorah	IA	58	F	42:01	13:32
39	2/4	Janet Haller	Decorah	IA	62	F	42:25	13:39
40	7/7	Steven Hein	Ridgeway	IA	31	M	43:36	14:02
41	7/8	Julie Wyckoff	Decorah	IA	55	F	44:27	14:19
42	8/8	Brenda Keatly	Waukon	IA	50	F	44:28	14:19
43	11/16	Lynne Dempewolf	Spring Valley	MN	43	F	44:34	14:21
44	12/16	Angi Helland	Lyle	MN	38	F	44:34	14:21
45	13/16	Kathy Moen	Decorah	IA	42	F	46:46	15:04
46	3/4	Ann Moen	Decorah	IA	70	F	46:47	15:04
47	6/6	Sarah Stadie	Decorah	IA	24	F	47:59	15:27
48	5/5	Gabriel Twedt	Decorah	IA	25	M	47:59	15:27
49	4/4	Ann Highum	Decorah	IA	62	F	47:59	15:27
50	14/16	Amy Sanders	Decorah	IA	39	F	48:23	15:35
51	15/16	Paula Snitzler	Decorah	IA	37	F	48:27	15:36
52	2/3	Cameron Ollendick	Lime Springs	IA	11	F	53:50	17:20

53	16/16	Laura Ollendick	Lime Springs	IA	35	F	53:51	17:20
54	3/3	Aspen Ollendick	Lime Springs	IA	7	F	53:51	17:20

MALE RESULTS

Place	No.	Name	City	St	Age	S	Time	Pace
1	14	Alexander Steding	Decorah	IA	44	M	20:17	6:32
2	34	Michael Casterton	Decorah	IA	33	M	22:18	7:11
3	29	Andrew Wannigman	Decorah	IA	28	M	22:24	7:13
4	16	Zachary Bruce	Cedar Rapids	IA	27	M	23:15	7:29
5	39	Bob Tupy	Calmar	IA	54	M	23:40	7:37
6	33	Mike Tollefson	Decorah	IA	33	M	24:05	7:45
7	24	Curtis Peterson	Decorah	IA	43	M	24:33	7:55
8	4	Jeff Hoden	Dubuque	IA	28	M	24:36	7:55
9	17	Tony Vondra	Decorah	IA	63	M	25:40	8:16
10	23	Jason Engelmann	Rochester	MN	29	M	27:47	8:57
11	30	Steve Davis	Decorah	IA	59	M	29:05	9:22
12	1	Scott Bassford	Decorah	IA	40	M	29:05	9:22
13	57	Israel Balik	Cresco	IA	33	M	32:44	10:33
14	25	Patrick Davis	Decorah	IA	50	M	39:38	12:46
15	45	Steven Hein	Ridgeway	IA	31	M	43:36	14:02
16	10	Gabriel Twedt	Decorah	IA	25	M	47:59	15:27

FEMALE RESULTS

Place	No.	Name	City	St	Age	S	Time	Pace
1	32	Hallie Evans	New Albin	IA	38	F	21:13	6:50
2	38	Mari Lewey	Decorah	IA	36	F	23:37	7:36
3	31	Tiffany Dahlberg	Decorah	IA	32	F	24:22	7:51
4	36	Madeline Jungbauer	Inver Grove Heights	MN	24	F	25:18	8:09
5	15	Payton Schultz	Young America	MN	19	F	26:52	8:39
6	51	Kelli Smutzurk	Decorah	IA	45	F	27:40	8:55
7	22	Andrea Berven	Rochester	MN	24	F	27:47	8:57
8	13	Abby Moen	Decorah	IA	10	F	28:54	9:19
9	46	Laurie Meinholz	Tyler	MN	27	F	29:10	9:24
10	47	Jaymee Glenn-Burns	Cedar Falls	IA	55	F	29:30	9:30
11	11	Jessica Latzke	Hamburg	MN	27	F	29:47	9:36
12	48	Erica Landas	Oak Park	IL	34	F	30:00	9:40
13	7	Nicole Waskow	Decorah	IA	36	F	30:09	9:43
14	5	Tabita Green	Decorah	IA	39	F	30:28	9:49
15	28	Molly Harms	Chanhassen	MN	33	F	30:48	9:55
16	49	Maureen Regan	Decorah	IA	52	F	30:50	9:56
17	27	Janeen Christy	Decorah	IA	42	F	30:51	9:56
18	52	Terrie Allen	Postville	IA	56	F	31:04	10:00
19	37	Beth Perry	Waucoma	IA	48	F	32:09	10:21
20	50	Joellen Anderson	Waukon	IA	52	F	34:26	11:05
21	3	Tori Lacroxi	Fort Wayne	IN	21	F	35:23	11:24
22	35	Mindy McLain	Circle Pines	MN	33	F	37:22	12:02
23	21	Mary Weiss	Decorah	IA	62	F	39:52	12:50
24	20	Gail Schaudenecker	Decorah	IA	58	F	42:01	13:32
25	40	Janet Haller	Decorah	IA	62	F	42:25	13:39
26	43	Julie Wyckoff	Decorah	IA	55	F	44:27	14:19
27	44	Brenda Keatly	Waukon	IA	50	F	44:28	14:19
28	8	Lynne Dempewolf	Spring Valley	MN	43	F	44:34	14:21
29	9	Angi Helland	Lyle	MN	38	F	44:34	14:21
30	12	Kathy Moen	Decorah	IA	42	F	46:46	15:04
31	26	Ann Moen	Decorah	IA	70	F	46:47	15:04
32	19	Sarah Stadie	Decorah	IA	24	F	47:59	15:27

33	53	Ann Highum	Decorah	IA	62	F	47:59	15:27
34	41	Amy Sanders	Decorah	IA	39	F	48:23	15:35
35	42	Paula Snitzler	Decorah	IA	37	F	48:27	15:36
36	54	Cameron Ollendick	Lime Springs	IA	11	F	53:50	17:20
37	56	Laura Ollendick	Lime Springs	IA	35	F	53:51	17:20
38	55	Aspen Ollendick	Lime Springs	IA	7	F	53:51	17:20

FEMALE AGE GROUP RESULTS 1 - 12

Place	No.	Name	City	St	Age	S	Time	Pace
1	13	Abby Moen	Decorah	IA	10	F	28:54	9:19
2	54	Cameron Ollendick	Lime Springs	IA	11	F	53:50	17:20
3	55	Aspen Ollendick	Lime Springs	IA	7	F	53:51	17:20

FEMALE AGE GROUP RESULTS 13 - 19

Place	No.	Name	City	St	Age	S	Time	Pace
1	15	Payton Schultz	Young America	MN	19	F	26:52	8:39

FEMALE AGE GROUP RESULTS 20 - 29

Place	No.	Name	City	St	Age	S	Time	Pace
1	36	Madeline Jungbauer	Inver Grove Heights	MN	24	F	25:18	8:09
2	22	Andrea Berven	Rochester	MN	24	F	27:47	8:57
3	46	Laurie Meinholz	Tyler	MN	27	F	29:10	9:24
4	11	Jessica Latzke	Hamburg	MN	27	F	29:47	9:36
5	3	Tori Lacroxi	Fort Wayne	IN	21	F	35:23	11:24
6	19	Sarah Stadie	Decorah	IA	24	F	47:59	15:27

MALE AGE GROUP RESULTS 20 - 29

Place	No.	Name	City	St	Age	S	Time	Pace
1	29	Andrew Wannigman	Decorah	IA	28	M	22:24	7:13
2	16	Zachary Bruce	Cedar Rapids	IA	27	M	23:15	7:29
3	4	Jeff Hoden	Dubuque	IA	28	M	24:36	7:55
4	23	Jason Engelmann	Rochester	MN	29	M	27:47	8:57
5	10	Gabriel Twedt	Decorah	IA	25	M	47:59	15:27

FEMALE AGE GROUP RESULTS 30 - 45

Place	No.	Name	City	St	Age	S	Time	Pace
1	32	Hallie Evans	New Albin	IA	38	F	21:13	6:50
2	38	Mari Lewey	Decorah	IA	36	F	23:37	7:36
3	31	Tiffany Dahlberg	Decorah	IA	32	F	24:22	7:51
4	51	Kelli Smutzurk	Decorah	IA	45	F	27:40	8:55
5	48	Erica Landas	Oak Park	IL	34	F	30:00	9:40
6	7	Nicole Waskow	Decorah	IA	36	F	30:09	9:43
7	5	Tabita Green	Decorah	IA	39	F	30:28	9:49
8	28	Molly Harms	Chanhassen	MN	33	F	30:48	9:55
9	27	Janeen Christy	Decorah	IA	42	F	30:51	9:56

10	35	Mindy McLain	Circle Pines	MN	33	F	37:22	12:02
11	8	Lynne Dempewolf	Spring Valley	MN	43	F	44:34	14:21
12	9	Angi Helland	Lyle	MN	38	F	44:34	14:21
13	12	Kathy Moen	Decorah	IA	42	F	46:46	15:04
14	41	Amy Sanders	Decorah	IA	39	F	48:23	15:35
15	42	Paula Snitzler	Decorah	IA	37	F	48:27	15:36
16	56	Laura Ollendick	Lime Springs	IA	35	F	53:51	17:20

MALE AGE GROUP RESULTS 30 - 45

Place	No.	Name	City	St	Age	S	Time	Pace
1	14	Alexander Steding	Decorah	IA	44	M	20:17	6:32
2	34	Michael Casterton	Decorah	IA	33	M	22:18	7:11
3	33	Mike Tollefson	Decorah	IA	33	M	24:05	7:45
4	24	Curtis Peterson	Decorah	IA	43	M	24:33	7:55
5	1	Scott Bassford	Decorah	IA	40	M	29:05	9:22
6	57	Israel Balik	Cresco	IA	33	M	32:44	10:33
7	45	Steven Hein	Ridgeway	IA	31	M	43:36	14:02

FEMALE AGE GROUP RESULTS 46 - 59

Place	No.	Name	City	St	Age	S	Time	Pace
1	47	Jaymee Glenn-Burns	Cedar Falls	IA	55	F	29:30	9:30
2	49	Maureen Regan	Decorah	IA	52	F	30:50	9:56
3	52	Terrie Allen	Postville	IA	56	F	31:04	10:00
4	37	Beth Perry	Waucoma	IA	48	F	32:09	10:21
5	50	Joellen Anderson	Waukon	IA	52	F	34:26	11:05
6	20	Gail Schaudenecker	Decorah	IA	58	F	42:01	13:32
7	43	Julie Wyckoff	Decorah	IA	55	F	44:27	14:19
8	44	Brenda Keatly	Waukon	IA	50	F	44:28	14:19

MALE AGE GROUP RESULTS 46 - 59

Place	No.	Name	City	St	Age	S	Time	Pace
1	39	Bob Tupy	Calmar	IA	54	M	23:40	7:37
2	30	Steve Davis	Decorah	IA	59	M	29:05	9:22
3	25	Patrick Davis	Decorah	IA	50	M	39:38	12:46

FEMALE AGE GROUP RESULTS 60 - 98

Place	No.	Name	City	St	Age	S	Time	Pace
1	21	Mary Weiss	Decorah	IA	62	F	39:52	12:50
2	40	Janet Haller	Decorah	IA	62	F	42:25	13:39
3	26	Ann Moen	Decorah	IA	70	F	46:47	15:04
4	53	Ann Highum	Decorah	IA	62	F	47:59	15:27

MALE AGE GROUP RESULTS 60 - 98

Place	No.	Name	City	St	Age	S	Time	Pace
1	17	Tony Vondra	Decorah	IA	63	M	25:40	8:16