

# RUNorwalk 8K and 5K Run/Walk

May 11, 2013

## Overall Results - Female

8K Run

Place	Overall Pic/Total	Div Pic/Total	No.	Name	Gender	Age	City	St.	Pace	Time
1	5/76	1/3	2189	Kristy Feldman-Harken	Female	33	Ankeny	IA	6:12 min/m	00:30:51.48
2	10/76	2/3	2250	Jennifer Groos	Female	38	Norwalk	IA	6:51 min/m	00:34:06.67
3	11/76	3/3	2180	Christine Comito	Female	45	Des Moines	IA	7:00 min/m	00:34:51.71
4	15/76	1/10	2176	Jessica Bush	Female	37	Norwalk	IA	7:14 min/m	00:36:01.92
5	16/76	1/5	2175	Shannon Brown	Female	29	Norwalk	IA	7:16 min/m	00:36:07.91
6	23/76	1/1	2197	Cassidy Gornick	Female	17	Norwalk	IA	7:27 min/m	00:37:04.95
7	26/76	1/10	2247	Kelly Brown	Female	32	Ackworth	IA	7:36 min/m	00:37:49.68
8	28/76	2/10	2212	Angie Klobnak	Female	38	Des Moines	IA	7:38 min/m	00:37:57.67
9	32/76	2/10	2208	Jamie Hurley	Female	31	Indianola	IA	7:43 min/m	00:38:24.68
10	36/76	3/10	2210	Jane Jensen	Female	35	Norwalk	IA	7:55 min/m	00:39:26.18
11	40/76	1/1	2217	Linda Leeper	Female	48	Norwalk	IA	8:08 min/m	00:40:28.90
12	41/76	2/5	2232	Melissa Reisinger	Female	28	Norwalk	IA	8:09 min/m	00:40:32.36
13	44/76	1/1	2231	Jodie Powers	Female	42	Indianola	IA	8:17 min/m	00:41:11.13
14	45/76	3/10	2182	Mary Decarlo	Female	34	Griimes	IA	8:19 min/m	00:41:25.32
15	48/76	4/10	2170	Heather Bendickson	Female	35	Norwalk	IA	8:24 min/m	00:41:49.27
16	50/76	1/2	2223	Mallory Murphy	Female	14	Norwalk	IA	8:30 min/m	00:42:15.43
17	51/76	2/2	2249	Morgan Weber	Female	14	Norwalk	IA	8:30 min/m	00:42:15.43
18	53/76	5/10	2193	Jill Frederick	Female	35	Waukee	IA	8:35 min/m	00:42:41.37
19	54/76	4/10	2236	Joanna Schoel	Female	30	West Des Moines	IA	8:36 min/m	00:42:47.69
20	57/76	1/2	2200	Anita Grgurich	Female	52	Indianola	IA	9:01 min/m	00:44:51.40
21	58/76	3/5	2190	Jessica Ferris	Female	27	West Des Moines	IA	9:07 min/m	00:45:19.44
22	60/76	6/10	2203	Heidi Hasselbalch	Female	35	Norwalk	IA	9:13 min/m	00:45:53.60
23	61/76	7/10	2181	Sarah Davis	Female	35	Norwalk	IA	9:16 min/m	00:46:05.44
24	62/76	8/10	2237	Allyson Seymour	Female	37	Norwalk	IA	9:20 min/m	00:46:26.47
25	63/76	5/10	2186	Jessica Eagan	Female	34	Norwalk	IA	9:22 min/m	00:46:34.20
26	64/76	6/10	2213	Sarah Krumm	Female	31	Des Moines	IA	9:25 min/m	00:46:49.94
27	65/76	2/2	2188	Angela Ellis	Female	50	Norwalk	IA	9:35 min/m	00:47:39.69
28	67/76	7/10	2174	Courtney Brewer	Female	34	Norwalk	IA	9:40 min/m	00:48:04.15
29	68/76	8/10	2228	Katie Ochanpaugh	Female	33	Cumming	IA	9:40 min/m	00:48:04.55
30	69/76	9/10	2178	Rebecca Campbell	Female	37	Norwalk	IA	9:51 min/m	00:48:58.44
31	71/76	1/1	2209	Avis James	Female	66	Urbandale	IA	10:30 min/m	00:52:12.28
32	72/76	10/10	2199	Kim Gray	Female	39	Norwalk	IA	10:31 min/m	00:52:16.70
33	73/76	4/5	2216	Lindsay Laurie	Female	28	Indianola	IA	10:40 min/m	00:53:02.20
34	74/76	9/10	2191	Heather Foley	Female	31	Norwalk	IA	10:40 min/m	00:53:04.67
35	75/76	5/5	2243	Kayla Wedebrand	Female	28	Norwalk	IA	10:41 min/m	00:53:06.90
36	76/76	10/10	2225	Kari Murray	Female	32	Norwalk	IA	11:07 min/m	00:55:18.62

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## Overall Results - Male

8K Run

Place	Overall Pic/Total	Div Pic/Total	No.	Name	Gender	Age	City	St.	Pace	Time
1	1/76	1/3	2245	Julius Rotich	Male	38	Des Moines	IA	5:17 min/m	00:26:16.73
2	2/76	2/3	2204	Todd Haugen	Male	50	Story City	IA	6:00 min/m	00:29:50.40
3	3/76	3/3	2183	Bradley Dougherty	Male	18	Norwalk	IA	6:07 min/m	00:30:25.12
4	4/76	1/4	2242	Randy Sturm	Male	35	Garner	IA	6:07 min/m	00:30:28.55
5	6/76	1/3	2230	Michael Ploeger	Male	24	Ames	IA	6:25 min/m	00:31:56.82
6	7/76	1/8	2215	David Larson	Male	41	West Des Moines	IA	6:27 min/m	00:32:06.16
7	8/76	2/3	2198	Andrew Grant	Male	19	Norwalk	IA	6:38 min/m	00:33:02.76
8	9/76	1/7	2187	Andy Eagan	Male	34	Norwalk	IA	6:49 min/m	00:33:57.36
9	12/76	2/8	2201	Mike Ham	Male	42	Winterset	IA	7:01 min/m	00:34:55.39
10	13/76	1/5	2241	Brad Springer	Male	48	Cumming	IA	7:02 min/m	00:35:00.42
11	14/76	1/3	2171	Michael Bockholt	Male	18	Norwalk	IA	7:07 min/m	00:35:27.42
12	17/76	2/4	2233	Chad Ross	Male	39	Norwalk	IA	7:19 min/m	00:36:23.42
13	18/76	3/8	2246	Aaron Stevens	Male	42	Norwalk	IA	7:19 min/m	00:36:26.19
14	19/76	4/8	2244	Erick Danielson	Male	40	Norwalk	IA	7:19 min/m	00:36:26.92
15	20/76	1/3	2218	Bryan Leitzinger	Male	27	Norwalk	IA	7:22 min/m	00:36:37.42
16	21/76	2/7	2177	Justin Byars	Male	34	Cumming	IA	7:23 min/m	00:36:42.61
17	22/76	2/3	2172	Travis Bockholt	Male	17	Norwalk	IA	7:26 min/m	00:36:59.85
18	24/76	3/7	2239	Brian Shipley	Male	33	Elkhart	IA	7:34 min/m	00:37:37.59
19	25/76	1/2	2235	John Schneller	Male	69	West Des Moines	IA	7:34 min/m	00:37:38.40
20	27/76	3/3	2234	Matthew Rozendaal	Male	15	Norwalk	IA	7:37 min/m	00:37:53.60
21	29/76	5/8	2251	Brennan Buckley	Male	40	Norwalk	IA	7:38 min/m	00:37:58.29
22	30/76	1/1	2206	John Hughes	Male	59	Lagune Niquel	CA	7:39 min/m	00:38:02.98
23	31/76	2/5	2185	James Dy	Male	49	Clive	IA	7:42 min/m	00:38:20.18
24	33/76	4/7	2229	Sam Oppel	Male	33	Norwalk	IA	7:50 min/m	00:38:58.18
25	34/76	1/1	2221	George Meinecke	Male	51	Cumming	IA	7:50 min/m	00:39:00.18
26	35/76	3/5	2196	Dan Gornick	Male	48	Norwalk	IA	7:55 min/m	00:39:24.37
27	37/76	3/4	2192	Doug Foster	Male	36	Des Moines	IA	7:57 min/m	00:39:32.89
28	38/76	4/5	2195	Patrick Gogerty	Male	46	Norwalk	IA	8:03 min/m	00:40:05.16
29	39/76	4/4	2194	Mark Gavin	Male	36	Norwalk	IA	8:07 min/m	00:40:25.43
30	42/76	2/3	2220	James Mcconkey	Male	29	West Des Moines	IA	8:16 min/m	00:41:07.68
31	43/76	2/2	2214	Fred Krumm	Male	63	Beaufort	SC	8:17 min/m	00:41:11.13
32	46/76	5/7	2227	Hank Norem	Male	33	Norwalk	IA	8:20 min/m	00:41:27.35
33	47/76	3/3	2240	Aaron Snethen	Male	22	Norwalk	IA	8:20 min/m	00:41:29.39
34	49/76	6/8	2224	Terrell Murphy	Male	43	Norwalk	IA	8:25 min/m	00:41:50.68
35	52/76	6/7	2238	Jarrold Sheets	Male	32	Winterset	IA	8:31 min/m	00:42:23.14
36	55/76	3/3	2205	James Holmes	Male	29	West Des Moines	IA	8:36 min/m	00:42:47.93
37	56/76	7/7	2207	Clint Hurley	Male	31	Norwalk	IA	8:38 min/m	00:42:55.86
38	59/76	7/8	2248	Gary Scherer	Male	41	West Des Moines	IA	9:09 min/m	00:45:33.93
39	66/76	5/5	2222	Chris Miller	Male	46	Norwalk	IA	9:35 min/m	00:47:40.69
40	70/76	8/8	2211	Greg Jones	Male	43	Norwalk	IA	10:25 min/m	00:51:50.40