

RUNorwalk 8K and 5K Run/Walk

May 11, 2013

Overall Division Results

8K Run

Female Overall

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Time
1	5/76	1/36	2189	Kristy Feldman-Harken	33	Female	Ankeny	IA	6:12 min/m	00:30:51.48
2	10/76	2/36	2250	Jennifer Groos	38	Female	Norwalk	IA	6:51 min/m	00:34:06.67
3	11/76	3/36	2180	Christine Comito	45	Female	Des Moines	IA	7:00 min/m	00:34:51.71

Male Overall

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Time
1	1/76	1/40	2245	Julius Rotich	38	Male	Des Moines	IA	5:17 min/m	00:26:16.73
2	2/76	2/40	2204	Todd Haugen	50	Male	Story City	IA	6:00 min/m	00:29:50.40
3	3/76	3/40	2183	Bradley Dougherty	18	Male	Norwalk	IA	6:07 min/m	00:30:25.12

Female Ages 11 - 14

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Time
1	50/76	16/36	2223	Mallory Murphy	14	Female	Norwalk	IA	8:30 min/m	00:42:15.43
2	51/76	17/36	2249	Morgan Weber	14	Female	Norwalk	IA	8:30 min/m	00:42:15.43

Female Ages 15 - 18

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Time
1	23/76	6/36	2197	Cassidy Gornick	17	Female	Norwalk	IA	7:27 min/m	00:37:04.95

Male Ages 15 - 18

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Time
1	14/76	11/40	2171	Michael Bockholt	18	Male	Norwalk	IA	7:07 min/m	00:35:27.42
2	22/76	17/40	2172	Travis Bockholt	17	Male	Norwalk	IA	7:26 min/m	00:36:59.85
3	27/76	20/40	2234	Matthew Rozendaal	15	Male	Norwalk	IA	7:37 min/m	00:37:53.60

Male Ages 19 - 24

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Time
1	6/76	5/40	2230	Michael Ploeger	24	Male	Ames	IA	6:25 min/m	00:31:56.82
2	8/76	7/40	2198	Andrew Grant	19	Male	Norwalk	IA	6:38 min/m	00:33:02.76
3	47/76	33/40	2240	Aaron Snethen	22	Male	Norwalk	IA	8:20 min/m	00:41:29.39

Female Ages 25 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Time
1	16/76	5/36	2175	Shannon Brown	29	Female	Norwalk	IA	7:16 min/m	00:36:07.91
2	41/76	12/36	2232	Melissa Reisinger	28	Female	Norwalk	IA	8:09 min/m	00:40:32.36
3	58/76	21/36	2190	Jessica Ferris	27	Female	West Des Moines	IA	9:07 min/m	00:45:19.44
4	73/76	33/36	2216	Lindsay Laurie	28	Female	Indianola	IA	10:40 min/m	00:53:02.20
5	75/76	35/36	2243	Kayla Wedebrand	28	Female	Norwalk	IA	10:41 min/m	00:53:06.90

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Male Ages 25 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Time
1	20/76	15/40	2218	Bryan Leitzinger	27	Male	Norwalk	IA	7:22 min/m	00:36:37.42
2	42/76	30/40	2220	James Mcconkey	29	Male	West Des Moines	IA	8:16 min/m	00:41:07.68
3	55/76	36/40	2205	James Holmes	29	Male	West Des Moines	IA	8:36 min/m	00:42:47.93

Female Ages 30 - 34

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Time
1	26/76	7/36	2247	Kelly Brown	32	Female	Ackworth	IA	7:36 min/m	00:37:49.68
2	32/76	9/36	2208	Jamie Hurley	31	Female	Indianola	IA	7:43 min/m	00:38:24.68
3	45/76	14/36	2182	Mary Decarlo	34	Female	Griimes	IA	8:19 min/m	00:41:25.32
4	54/76	19/36	2236	Joanna Schoel	30	Female	West Des Moines	IA	8:36 min/m	00:42:47.69
5	63/76	25/36	2186	Jessica Eagan	34	Female	Norwalk	IA	9:22 min/m	00:46:34.20
6	64/76	26/36	2213	Sarah Krumm	31	Female	Des Moines	IA	9:25 min/m	00:46:49.94
7	67/76	28/36	2174	Courtney Brewer	34	Female	Norwalk	IA	9:40 min/m	00:48:04.15
8	68/76	29/36	2228	Katie Ochanpaugh	33	Female	Cumming	IA	9:40 min/m	00:48:04.55
9	74/76	34/36	2191	Heather Foley	31	Female	Norwalk	IA	10:40 min/m	00:53:04.67
10	76/76	36/36	2225	Kari Murray	32	Female	Norwalk	IA	11:07 min/m	00:55:18.62

Male Ages 30 - 34

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Time
1	9/76	8/40	2187	Andy Eagan	34	Male	Norwalk	IA	6:49 min/m	00:33:57.36
2	21/76	16/40	2177	Justin Byars	34	Male	Cumming	IA	7:23 min/m	00:36:42.61
3	24/76	18/40	2239	Brian Shipley	33	Male	Elkhart	IA	7:34 min/m	00:37:37.59
4	33/76	24/40	2229	Sam Oppel	33	Male	Norwalk	IA	7:50 min/m	00:38:58.18
5	46/76	32/40	2227	Hank Norem	33	Male	Norwalk	IA	8:20 min/m	00:41:27.35
6	52/76	35/40	2238	Jarrod Sheets	32	Male	Winterset	IA	8:31 min/m	00:42:23.14
7	56/76	37/40	2207	Clint Hurley	31	Male	Norwalk	IA	8:38 min/m	00:42:55.86

Female Ages 35 - 39

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Time
1	15/76	4/36	2176	Jessica Bush	37	Female	Norwalk	IA	7:14 min/m	00:36:01.92
2	28/76	8/36	2212	Angie Klobnak	38	Female	Des Moines	IA	7:38 min/m	00:37:57.67
3	36/76	10/36	2210	Jane Jensen	35	Female	Norwalk	IA	7:55 min/m	00:39:26.18
4	48/76	15/36	2170	Heather Bendickson	35	Female	Norwalk	IA	8:24 min/m	00:41:49.27
5	53/76	18/36	2193	Jill Frederick	35	Female	Waukee	IA	8:35 min/m	00:42:41.37
6	60/76	22/36	2203	Heidi Hasselbalch	35	Female	Norwalk	IA	9:13 min/m	00:45:53.60
7	61/76	23/36	2181	Sarah Davis	35	Female	Norwalk	IA	9:16 min/m	00:46:05.44
8	62/76	24/36	2237	Allyson Seymour	37	Female	Norwalk	IA	9:20 min/m	00:46:26.47
9	69/76	30/36	2178	Rebecca Campbell	37	Female	Norwalk	IA	9:51 min/m	00:48:58.44
10	72/76	32/36	2199	Kim Gray	39	Female	Norwalk	IA	10:31 min/m	00:52:16.70

Male Ages 35 - 39

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Time
1	4/76	4/40	2242	Randy Sturm	35	Male	Garner	IA	6:07 min/m	00:30:28.55
2	17/76	12/40	2233	Chad Ross	39	Male	Norwalk	IA	7:19 min/m	00:36:23.42
3	37/76	27/40	2192	Doug Foster	36	Male	Des Moines	IA	7:57 min/m	00:39:32.89
4	39/76	29/40	2194	Mark Gavin	36	Male	Norwalk	IA	8:07 min/m	00:40:25.43

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Female Ages 40 - 44

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Time
1	44/76	13/36	2231	Jodie Powers	42	Female	Indianola	IA	8:17 min/m	00:41:11.13

Male Ages 40 - 44

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Time
1	7/76	6/40	2215	David Larson	41	Male	West Des Moines	IA	6:27 min/m	00:32:06.16
2	12/76	9/40	2201	Mike Ham	42	Male	Winterset	IA	7:01 min/m	00:34:55.39
3	18/76	13/40	2246	Aaron Stevens	42	Male	Norwalk	IA	7:19 min/m	00:36:26.19
4	19/76	14/40	2244	Erick Danielson	40	Male	Norwalk	IA	7:19 min/m	00:36:26.92
5	29/76	21/40	2251	Brennan Buckley	40	Male	Norwalk	IA	7:38 min/m	00:37:58.29
6	49/76	34/40	2224	Terrell Murphy	43	Male	Norwalk	IA	8:25 min/m	00:41:50.68
7	59/76	38/40	2248	Gary Scherer	41	Male	West Des Moines	IA	9:09 min/m	00:45:33.93
8	70/76	40/40	2211	Greg Jones	43	Male	Norwalk	IA	10:25 min/m	00:51:50.40

Female Ages 45 - 49

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Time
1	40/76	11/36	2217	Linda Leeper	48	Female	Norwalk	IA	8:08 min/m	00:40:28.90

Male Ages 45 - 49

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Time
1	13/76	10/40	2241	Brad Springer	48	Male	Cumming	IA	7:02 min/m	00:35:00.42
2	31/76	23/40	2185	James Dy	49	Male	Clive	IA	7:42 min/m	00:38:20.18
3	35/76	26/40	2196	Dan Gornick	48	Male	Norwalk	IA	7:55 min/m	00:39:24.37
4	38/76	28/40	2195	Patrick Gogerty	46	Male	Norwalk	IA	8:03 min/m	00:40:05.16
5	66/76	39/40	2222	Chris Miller	46	Male	Norwalk	IA	9:35 min/m	00:47:40.69

Female Ages 50 - 54

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Time
1	57/76	20/36	2200	Anita Grgurich	52	Female	Indianola	IA	9:01 min/m	00:44:51.40
2	65/76	27/36	2188	Angela Ellis	50	Female	Norwalk	IA	9:35 min/m	00:47:39.69

Male Ages 50 - 54

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Time
1	34/76	25/40	2221	George Meinecke	51	Male	Cumming	IA	7:50 min/m	00:39:00.18

Male Ages 55 - 59

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Time
1	30/76	22/40	2206	John Hughes	59	Male	Lagune Niquel	CA	7:39 min/m	00:38:02.98

Female Ages 60 - 98

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Time
1	71/76	31/36	2209	Avis James	66	Female	Urbandale	IA	10:30 min/m	00:52:12.28

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Male Ages 60 - 98

Div Place	Overall Pic/Total	Gender Pic/Total	No.	Name	Age	Gender	City	St.	Pace	Time
1	25/76	19/40	2235	John Schneller	69	Male	West Des Moines	IA	7:34 min/m	00:37:38.40
2	43/76	31/40	2214	Fred Krumm	63	Male	Beaufort	SC	8:17 min/m	00:41:11.13