

RUNorwalk 8K and 5K Run/Walk

May 11, 2013

Overall Results

5K Run

Place	Gender Pic/Total	Div Pic/Total	No.	Name	Gender	Age	City	St.	Pace	Time
1	1/43	1/3	2036	Chris Gasche	Male	40	Norwalk	IA	5:57 min/m	00:18:31.78
2	2/43	2/3	2040	Mike Hardy	Male	24	Des Moines	IA	6:00 min/m	00:18:41.50
3	3/43	3/3	2032	Curtis Downs	Male	44	Des Moines	IA	6:13 min/m	00:19:21.95
4	4/43	1/2	2033	Nick Eginore	Male	19	Norwalk	IA	6:45 min/m	00:20:58.61
5	5/43	1/4	2084	Jake Simpson	Male	18	Norwalk	IA	7:01 min/m	00:21:48.82
6	6/43	1/4	2104	Carson Raper	Male	12	Norwalk	IA	7:01 min/m	00:21:48.82
7	7/43	1/4	2098	Frank Wennerholt	Male	41	Grimes	IA	7:07 min/m	00:22:09.15
8	8/43	1/10	2106	Paul Drake	Male	38	Woodward	IA	7:16 min/m	00:22:37.31
9	9/43	2/10	2050	Brandon Johnson	Male	35	Norwalk	IA	7:18 min/m	00:22:40.91
10	1/58	1/3	2105	Summer Rehkemper	Female	36	Urbandale	IA	7:18 min/m	00:22:42.16
11	2/58	2/3	2089	Juliana Stahle	Female	17	Norwalk	IA	7:23 min/m	00:22:59.40
12	10/43	1/5	2099	Jp Williams	Male	25	Des Moines	IA	7:47 min/m	00:24:11.85
13	3/58	3/3	2048	Trinity Hopkey	Female	12	Cumming	IA	7:53 min/m	00:24:31.35
14	11/43	2/5	2080	Matt Roth	Male	25	Norwalk	IA	7:58 min/m	00:24:45.36
15	4/58	1/5	2006	Annie Balk	Female	12	Cumming	IA	8:01 min/m	00:24:55.65
16	12/43	3/5	2034	David Elwood	Male	28	West Des Moines	IA	8:04 min/m	00:25:06.27
17	13/43	2/4	2179	Jay Castle	Male	41	Indianola	IA	8:07 min/m	00:25:15.18
18	14/43	2/4	2005	Nathan Balk	Male	18	Cumming	IA	8:09 min/m	00:25:19.41
19	15/43	1/2	2081	Dave Roth	Male	50	Cumming	IA	8:10 min/m	00:25:24.32
20	5/58	2/5	2110	Haley Larson	Female	14	Norwalk	IA	8:12 min/m	00:25:28.79
21	16/43	1/3	2103	Larry Hamm	Male	64	Des Moines	IA	8:17 min/m	00:25:45.40
22	6/58	1/5	2113	Angela Gruening	Female	40	Norwalk	IA	8:22 min/m	00:26:00.49
23	17/43	1/2	2111	Chad Larson	Male	46		IA	8:27 min/m	00:26:15.31
24	7/58	3/5	2051	Madison Knutson	Female	14	Norwalk	IA	8:30 min/m	00:26:26.41
25	8/58	1/10	2112	Abby Schmitz	Female	31	Norwalk	IA	8:30 min/m	00:26:26.47
26	18/43	3/10	2074	Chad Nicolino	Male	36	Des Moines	IA	8:31 min/m	00:26:28.41
27	19/43	4/10	2017	Daniel Blom	Male	36	Norwalk	IA	8:31 min/m	00:26:28.66
28	20/43	2/3	2094	Doyle Sullivan	Male	60	Norwalk	IA	8:33 min/m	00:26:34.79
29	9/58	1/2	2097	Sarah Treft	Female	29	Pella	IA	8:35 min/m	00:26:41.99
30	21/43	1/2	2035	Justin Fletcher	Male	33	Norwalk	IA	8:43 min/m	00:27:06.28
31	22/43	2/2	2041	Josh Heggen	Male	31	Urbandale	IA	9:13 min/m	00:28:41.16
32	10/58	2/10	2053	Laura Larson	Female	33	Norwalk	IA	9:14 min/m	00:28:43.66
33	11/58	1/4	2096	Julie Thorson	Female	50	Norwalk	IA	9:17 min/m	00:28:52.76
34	12/58	1/3	2019	Brett Bunnell	Female	16	Norwalk	IA	9:18 min/m	00:28:54.59
35	23/43	3/4	2020	Rod Bunnell	Male	42	Norwalk	IA	9:18 min/m	00:28:54.59
36	24/43	2/4	2029	Joel Criswell	Male	14	St. Charles	IA	9:18 min/m	00:28:55.80
37	13/58	2/3	2014	Emilie Bergan	Female	15	Norwalk	IA	9:24 min/m	00:29:14.25
38	14/58	1/13	2027	Melissa Criswell	Female	35	St. Charles	IA	9:27 min/m	00:29:23.81
39	25/43	3/4	2088	Timothy Spooner	Male	12	Leawood	KS	9:34 min/m	00:29:45.66
40	15/58	2/4	2091	Barb Storjohann	Female	54	Norwalk	IA	9:36 min/m	00:29:49.78
41	16/58	2/13	2026	Amy Crick	Female	35	Norwalk	IA	9:36 min/m	00:29:51.91
42	17/58	3/13	2039	Kenzie Harder	Female	36	Norwalk	IA	9:36 min/m	00:29:52.10
43	26/43	4/5	2049	Mike Johnson	Male	27	Norwalk	IA	9:37 min/m	00:29:53.41
44	18/58	3/10	2037	Jenna Gochanour	Female	31	Norwalk	IA	9:39 min/m	00:29:59.95
45	19/58	4/13	2069	Heather Mora	Female	39	Norwalk	IA	10:00 min/m	00:31:04.41
46	20/58	4/10	2090	Jenna Stiegelmeier	Female	34	Prole	IA	10:00 min/m	00:31:04.66
47	27/43	2/2	2043	Ken Henke	Male	51	Norwalk	IA	10:03 min/m	00:31:16.17
48	28/43	5/10	2052	Mark Laman	Male	38	Norwalk	IA	10:09 min/m	00:31:32.88
49	21/58	5/13	2067	Cindy Meyer	Female	35	Des Moines	IA	10:13 min/m	00:31:46.42
50	29/43	3/4	2015	Sam Bergan	Male	17	Norwalk	IA	10:15 min/m	00:31:51.14
51	22/58	1/5	2042	Shelly Heisdorffer	Female	46	Norwalk	IA	10:15 min/m	00:31:51.14
52	23/58	2/5	2047	Amysue Hopkey	Female	41	Cumming	IA	10:24 min/m	00:32:21.67
53	24/58	1/2	2078	Sydney Reynolds	Female	22	Norwalk	IA	10:27 min/m	00:32:28.91
54	25/58	6/13	2075	Lisa Ohlinger	Female	36	Cumming	IA	10:27 min/m	00:32:30.91
55	26/58	5/10	2095	Kristin Tague	Female	33	Norwalk	IA	10:28 min/m	00:32:31.52
56	30/43	4/4	2024	Mike Chihak	Male	43	Indianola	IA	10:35 min/m	00:32:55.65
57	27/58	2/5	2079	Pam Reynolds	Female	49	Norwalk	IA	10:36 min/m	00:32:58.76

RUNorwalk 8K and 5K Run/Walk

May 11, 2013

Overall Results

5K Run

Place	Gender Plc/Total	Div Plc/Total	No.	Name	Gender	Age	City	St.	Pace	Time
58	28/58	3/5	2083	Cindy Simpson	Female	46	Norwalk	IA	10:41 min/m	00:33:12.42
59	31/43	2/2	2076	Michael Petersen	Male	24	Norwalk	IA	10:46 min/m	00:33:29.42
60	29/58	1/3	2060	Lexi Livingston	Female	9	Norwalk	IA	10:47 min/m	00:33:31.78
61	30/58	6/10	2059	Jenny Livingston	Female	32	Norwalk	IA	10:47 min/m	00:33:31.92
62	31/58	3/3	2011	Alex Bennett	Female	16	Norwalk	IA	10:52 min/m	00:33:48.82
63	32/58	4/5	2012	Sara Bennett	Female	14	Norwalk	IA	10:52 min/m	00:33:48.82
64	33/58	7/13	2044	Amy Hock	Female	37	Norwalk	IA	10:56 min/m	00:33:59.80
65	32/43	4/4	2030	Robbie Criswell	Male	11	St. Charles	IA	11:06 min/m	00:34:30.24
66	33/43	6/10	2028	Brad Criswell	Male	35	St. Charles	IA	11:06 min/m	00:34:30.42
67	34/58	2/2	2045	Elizabeth Hoffman	Female	28	Norwalk	IA	11:19 min/m	00:35:10.92
68	34/43	7/10	2002	Brian Arnold	Male	38	Norwalk	IA	11:20 min/m	00:35:13.86
69	35/43	8/10	2021	Scott Bush	Male	38	Norwalk	IA	11:25 min/m	00:35:30.89
70	35/58	3/4	2085	Jo Snyder	Female	51	Winterset	IA	11:27 min/m	00:35:35.54
71	36/58	4/4	2068	Cynthia Michelsen	Female	52	Indianola	IA	11:33 min/m	00:35:53.88
72	37/58	2/3	2071	Miranda Murphy	Female	10	Norwalk	IA	11:34 min/m	00:35:57.67
73	38/58	7/10	2023	Micah Chaplin	Female	32	Windsor Heights	IA	11:36 min/m	00:36:03.61
74	39/58	8/13	2073	Kimberly Nellesen	Female	39	Norwalk	IA	11:46 min/m	00:36:33.88
75	40/58	4/5	2001	Marla Allen	Female	49	Waukee	IA	11:46 min/m	00:36:34.88
76	41/58	5/5	2031	Destinee Cunningham	Female	11	Phoenix	AZ	11:48 min/m	00:36:40.18
77	42/58	3/5	2072	Laura Murphy	Female	41	Norwalk	IA	11:53 min/m	00:36:55.58
78	43/58	5/5	2013	Sharyn Bergan	Female	45	Norwalk	IA	11:58 min/m	00:37:12.93
79	44/58	9/13	2004	Sarah Baker	Female	35	Norwalk	IA	12:02 min/m	00:37:23.42
80	45/58	3/3	2066	Jacqui McGinnis	Female	8	Norwalk	IA	12:04 min/m	00:37:29.68
81	46/58	8/10	2007	Cara Behrens	Female	34	Norwalk	IA	12:05 min/m	00:37:33.13
82	47/58	9/10	2025	Sarah Copple	Female	34	Norwalk	IA	12:05 min/m	00:37:33.33
83	36/43	1/1	2064	Joe Mcconkey	Male	58	Prole	IA	12:11 min/m	00:37:52.20
84	48/58	4/5	2038	Stacy Ham	Female	41	Winterset	IA	12:13 min/m	00:37:57.68
85	49/58	2/2	2003	Krystal Baccus	Female	23	Norwalk	IA	12:27 min/m	00:38:42.37
86	37/43	2/2	2093	Tony Stravers	Male	46	Norwalk	IA	12:29 min/m	00:38:47.84
87	50/58	10/13	2016	Karin Beschen	Female	39	Cumming	IA	12:39 min/m	00:39:18.68
88	38/43	3/3	2107	Eugene Brown	Male	73	Des Moines	IA	12:45 min/m	00:39:38.18
89	51/58	1/2	2008	Peggy Bendixen	Female	57	Norwalk	IA	12:57 min/m	00:40:14.44
90	39/43	4/4	2070	Branden Moreau	Male	17	Norwalk	IA	13:02 min/m	00:40:30.44
91	40/43	9/10	2109	Eric Schaffor	Male	37	Prole	IA	13:37 min/m	00:42:19.18
92	52/58	11/13	2108	Mandi Comstock	Female	37	Carlisle	IA	13:37 min/m	00:42:19.72
93	53/58	5/5	2065	Julie McGinnis	Female	40	Norwalk	IA	14:03 min/m	00:43:42.19
94	41/43	10/10	2057	Nate Liedtke	Male	35	Norwalk	IA	14:05 min/m	00:43:46.19
95	42/43	1/1	2055	Ben Liedtke	Male	8	Norwalk	IA	14:07 min/m	00:43:53.95
96	54/58	12/13	2056	Kerrie Liedtke	Female	37	Norwalk	IA	14:07 min/m	00:43:54.35
97	55/58	2/2	2062	Bridgett Lottman	Female	57	Norwalk	IA	14:25 min/m	00:44:49.80
98	56/58	1/1	2058	Heather Lindsay	Female	60	Norwalk	IA	14:55 min/m	00:46:22.96
99	57/58	13/13	2087	Marisa Spooner	Female	37	Leawood	KS	15:32 min/m	00:48:15.86
100	43/43	5/5	2086	Greg Speer	Male	28	Clive	IA	16:13 min/m	00:50:23.34
101	58/58	10/10	2082	Holly Sealine	Female	32	Des Moines	IA	17:40 min/m	00:54:56.45