

RUNorwalk 8K and 5K Run/Walk

May 11, 2013

Overall Results - Female

5K Run

Place	Overall Pic/Total	Div Pic/Total	No.	Name	Gender	Age	City	St.	Pace	Time
1	10/101	1/3	2105	Summer Rehkemper	Female	36	Urbandale	IA	7:18 min/m	00:22:42.16
2	11/101	2/3	2089	Juliana Stahle	Female	17	Norwalk	IA	7:23 min/m	00:22:59.40
3	13/101	3/3	2048	Trinity Hopkey	Female	12	Cumming	IA	7:53 min/m	00:24:31.35
4	15/101	1/5	2006	Annie Balk	Female	12	Cumming	IA	8:01 min/m	00:24:55.65
5	20/101	2/5	2110	Haley Larson	Female	14	Norwalk	IA	8:12 min/m	00:25:28.79
6	22/101	1/5	2113	Angela Gruening	Female	40	Norwalk	IA	8:22 min/m	00:26:00.49
7	24/101	3/5	2051	Madison Knutson	Female	14	Norwalk	IA	8:30 min/m	00:26:26.41
8	25/101	1/10	2112	Abby Schmitz	Female	31	Norwalk	IA	8:30 min/m	00:26:26.47
9	29/101	1/2	2097	Sarah Treft	Female	29	Pella	IA	8:35 min/m	00:26:41.99
10	32/101	2/10	2053	Laura Larson	Female	33	Norwalk	IA	9:14 min/m	00:28:43.66
11	33/101	1/4	2096	Julie Thorson	Female	50	Norwalk	IA	9:17 min/m	00:28:52.76
12	34/101	1/3	2019	Brett Bunnell	Female	16	Norwalk	IA	9:18 min/m	00:28:54.59
13	37/101	2/3	2014	Emilie Bergan	Female	15	Norwalk	IA	9:24 min/m	00:29:14.25
14	38/101	1/13	2027	Melissa Criswell	Female	35	St. Charles	IA	9:27 min/m	00:29:23.81
15	40/101	2/4	2091	Barb Storjohann	Female	54	Norwalk	IA	9:36 min/m	00:29:49.78
16	41/101	2/13	2026	Amy Crick	Female	35	Norwalk	IA	9:36 min/m	00:29:51.91
17	42/101	3/13	2039	Kenzie Harder	Female	36	Norwalk	IA	9:36 min/m	00:29:52.10
18	44/101	3/10	2037	Jenna Gochanour	Female	31	Norwalk	IA	9:39 min/m	00:29:59.95
19	45/101	4/13	2069	Heather Mora	Female	39	Norwalk	IA	10:00 min/m	00:31:04.41
20	46/101	4/10	2090	Jenna Stiegelmeier	Female	34	Prole	IA	10:00 min/m	00:31:04.66
21	49/101	5/13	2067	Cindy Meyer	Female	35	Des Moines	IA	10:13 min/m	00:31:46.42
22	51/101	1/5	2042	Shelly Heisdorffer	Female	46	Norwalk	IA	10:15 min/m	00:31:51.14
23	52/101	2/5	2047	Amysue Hopkey	Female	41	Cumming	IA	10:24 min/m	00:32:21.67
24	53/101	1/2	2078	Sydney Reynolds	Female	22	Norwalk	IA	10:27 min/m	00:32:28.91
25	54/101	6/13	2075	Lisa Ohlinger	Female	36	Cumming	IA	10:27 min/m	00:32:30.91
26	55/101	5/10	2095	Kristin Tague	Female	33	Norwalk	IA	10:28 min/m	00:32:31.52
27	57/101	2/5	2079	Pam Reynolds	Female	49	Norwalk	IA	10:36 min/m	00:32:58.76
28	58/101	3/5	2083	Cindy Simpson	Female	46	Norwalk	IA	10:41 min/m	00:33:12.42
29	60/101	1/3	2060	Lexi Livingston	Female	9	Norwalk	IA	10:47 min/m	00:33:31.78
30	61/101	6/10	2059	Jenny Livingston	Female	32	Norwalk	IA	10:47 min/m	00:33:31.92
31	62/101	3/3	2011	Alex Bennett	Female	16	Norwalk	IA	10:52 min/m	00:33:48.82
32	63/101	4/5	2012	Sara Bennett	Female	14	Norwalk	IA	10:52 min/m	00:33:48.82
33	64/101	7/13	2044	Amy Hock	Female	37	Norwalk	IA	10:56 min/m	00:33:59.80
34	67/101	2/2	2045	Elizabeth Hoffman	Female	28	Norwalk	IA	11:19 min/m	00:35:10.92
35	70/101	3/4	2085	Jo Snyder	Female	51	Winterset	IA	11:27 min/m	00:35:35.54
36	71/101	4/4	2068	Cynthia Michelsen	Female	52	Indianola	IA	11:33 min/m	00:35:53.88
37	72/101	2/3	2071	Miranda Murphy	Female	10	Norwalk	IA	11:34 min/m	00:35:57.67
38	73/101	7/10	2023	Micah Chaplin	Female	32	Windsor Heights	IA	11:36 min/m	00:36:03.61
39	74/101	8/13	2073	Kimberly Nellesen	Female	39	Norwalk	IA	11:46 min/m	00:36:33.88
40	75/101	4/5	2001	Marla Allen	Female	49	Waukee	IA	11:46 min/m	00:36:34.88
41	76/101	5/5	2031	Destinee Cunningham	Female	11	Phoenix	AZ	11:48 min/m	00:36:40.18
42	77/101	3/5	2072	Laura Murphy	Female	41	Norwalk	IA	11:53 min/m	00:36:55.58
43	78/101	5/5	2013	Sharyn Bergan	Female	45	Norwalk	IA	11:58 min/m	00:37:12.93
44	79/101	9/13	2004	Sarah Baker	Female	35	Norwalk	IA	12:02 min/m	00:37:23.42
45	80/101	3/3	2066	Jacqui Mcginnis	Female	8	Norwalk	IA	12:04 min/m	00:37:29.68
46	81/101	8/10	2007	Cara Behrens	Female	34	Norwalk	IA	12:05 min/m	00:37:33.13
47	82/101	9/10	2025	Sarah Copple	Female	34	Norwalk	IA	12:05 min/m	00:37:33.33
48	84/101	4/5	2038	Stacy Ham	Female	41	Winterset	IA	12:13 min/m	00:37:57.68
49	85/101	2/2	2003	Krystal Baccus	Female	23	Norwalk	IA	12:27 min/m	00:38:42.37
50	87/101	10/13	2016	Karin Beschen	Female	39	Cumming	IA	12:39 min/m	00:39:18.68
51	89/101	1/2	2008	Peggy Bendixen	Female	57	Norwalk	IA	12:57 min/m	00:40:14.44
52	92/101	11/13	2108	Mandi Comstock	Female	37	Carlisle	IA	13:37 min/m	00:42:19.72
53	93/101	5/5	2065	Julie Mcginnis	Female	40	Norwalk	IA	14:03 min/m	00:43:42.19
54	96/101	12/13	2056	Kerrie Liedtke	Female	37	Norwalk	IA	14:07 min/m	00:43:54.35
55	97/101	2/2	2062	Bridgett Lottman	Female	57	Norwalk	IA	14:25 min/m	00:44:49.80
56	98/101	1/1	2058	Heather Lindsay	Female	60	Norwalk	IA	14:55 min/m	00:46:22.96
57	99/101	13/13	2087	Marisa Spooner	Female	37	Leawood	KS	15:32 min/m	00:48:15.86

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Place	Overall Pic/Total	Div Pic/Total	No.	Name	Gender	Age	City	St.	Pace	Time
58	101/101	10/10	2082	Holly Sealine	Female	32	Des Moines	IA	17:40 min/m	00:54:56.45
1	1/101	1/3	2036	Chris Gasche	Male	40	Norwalk	IA	5:57 min/m	00:18:31.78
2	2/101	2/3	2040	Mike Hardy	Male	24	Des Moines	IA	6:00 min/m	00:18:41.50
3	3/101	3/3	2032	Curtis Downs	Male	44	Des Moines	IA	6:13 min/m	00:19:21.95
4	4/101	1/2	2033	Nick Eginoire	Male	19	Norwalk	IA	6:45 min/m	00:20:58.61
5	5/101	1/4	2084	Jake Simpson	Male	18	Norwalk	IA	7:01 min/m	00:21:48.82
6	6/101	1/4	2104	Carson Raper	Male	12	Norwalk	IA	7:01 min/m	00:21:48.82
7	7/101	1/4	2098	Frank Wennerholt	Male	41	Grimes	IA	7:07 min/m	00:22:09.15
8	8/101	1/10	2106	Paul Drake	Male	38	Woodward	IA	7:16 min/m	00:22:37.31
9	9/101	2/10	2050	Brandon Johnson	Male	35	Norwalk	IA	7:18 min/m	00:22:40.91
10	12/101	1/5	2099	Jp Williams	Male	25	Des Moines	IA	7:47 min/m	00:24:11.85
11	14/101	2/5	2080	Matt Roth	Male	25	Norwalk	IA	7:58 min/m	00:24:45.36
12	16/101	3/5	2034	David Elwood	Male	28	West Des Moines	IA	8:04 min/m	00:25:06.27
13	17/101	2/4	2179	Jay Castle	Male	41	Indianola	IA	8:07 min/m	00:25:15.18
14	18/101	2/4	2005	Nathan Balk	Male	18	Cumming	IA	8:09 min/m	00:25:19.41
15	19/101	1/2	2081	Dave Roth	Male	50	Cumming	IA	8:10 min/m	00:25:24.32
16	21/101	1/3	2103	Larry Hamm	Male	64	Des Moines	IA	8:17 min/m	00:25:45.40
17	23/101	1/2	2111	Chad Larson	Male	46		IA	8:27 min/m	00:26:15.31
18	26/101	3/10	2074	Chad Nicolino	Male	36	Des Moines	IA	8:31 min/m	00:26:28.41
19	27/101	4/10	2017	Daniel Blom	Male	36	Norwalk	IA	8:31 min/m	00:26:28.66
20	28/101	2/3	2094	Doyle Sullivan	Male	60	Norwalk	IA	8:33 min/m	00:26:34.79
21	30/101	1/2	2035	Justin Fletcher	Male	33	Norwalk	IA	8:43 min/m	00:27:06.28
22	31/101	2/2	2041	Josh Heggen	Male	31	Urbandale	IA	9:13 min/m	00:28:41.16
23	35/101	3/4	2020	Rod Bunnell	Male	42	Norwalk	IA	9:18 min/m	00:28:54.59
24	36/101	2/4	2029	Joel Criswell	Male	14	St. Charles	IA	9:18 min/m	00:28:55.80
25	39/101	3/4	2088	Timothy Spooner	Male	12	Leawood	KS	9:34 min/m	00:29:45.66
26	43/101	4/5	2049	Mike Johnson	Male	27	Norwalk	IA	9:37 min/m	00:29:53.41
27	47/101	2/2	2043	Ken Henke	Male	51	Norwalk	IA	10:03 min/m	00:31:16.17
28	48/101	5/10	2052	Mark Laman	Male	38	Norwalk	IA	10:09 min/m	00:31:32.88
29	50/101	3/4	2015	Sam Bergan	Male	17	Norwalk	IA	10:15 min/m	00:31:51.14
30	56/101	4/4	2024	Mike Chihak	Male	43	Indianola	IA	10:35 min/m	00:32:55.65
31	59/101	2/2	2076	Michael Petersen	Male	24	Norwalk	IA	10:46 min/m	00:33:29.42
32	65/101	4/4	2030	Robbie Criswell	Male	11	St. Charles	IA	11:06 min/m	00:34:30.24
33	66/101	6/10	2028	Brad Criswell	Male	35	St. Charles	IA	11:06 min/m	00:34:30.42
34	68/101	7/10	2002	Brian Arnold	Male	38	Norwalk	IA	11:20 min/m	00:35:13.86
35	69/101	8/10	2021	Scott Bush	Male	38	Norwalk	IA	11:25 min/m	00:35:30.89
36	83/101	1/1	2064	Joe Mcconkey	Male	58	Prole	IA	12:11 min/m	00:37:52.20
37	86/101	2/2	2093	Tony Stravers	Male	46	Norwalk	IA	12:29 min/m	00:38:47.84
38	88/101	3/3	2107	Eugene Brown	Male	73	Des Moines	IA	12:45 min/m	00:39:38.18
39	90/101	4/4	2070	Branden Moreau	Male	17	Norwalk	IA	13:02 min/m	00:40:30.44
40	91/101	9/10	2109	Eric Schaffor	Male	37	Prole	IA	13:37 min/m	00:42:19.18
41	94/101	10/10	2057	Nate Liedtke	Male	35	Norwalk	IA	14:05 min/m	00:43:46.19
42	95/101	1/1	2055	Ben Liedtke	Male	8	Norwalk	IA	14:07 min/m	00:43:53.95
43	100/101	5/5	2086	Greg Speer	Male	28	Clive	IA	16:13 min/m	00:50:23.34