

# RUNorwalk 8K and 5K Run/Walk

May 11, 2013

## Overall Division Results

5K Run

### Female Overall

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Time
1	10/101	1/58	2105	Summer Rehkemper	36	Female	Urbandale	IA	7:18 min/m	00:22:42.16
2	11/101	2/58	2089	Juliana Stahle	17	Female	Norwalk	IA	7:23 min/m	00:22:59.40
3	13/101	3/58	2048	Trinity Hopkey	12	Female	Cumming	IA	7:53 min/m	00:24:31.35

### Male Overall

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Time
1	1/101	1/43	2036	Chris Gasche	40	Male	Norwalk	IA	5:57 min/m	00:18:31.78
2	2/101	2/43	2040	Mike Hardy	24	Male	Des Moines	IA	6:00 min/m	00:18:41.50
3	3/101	3/43	2032	Curtis Downs	44	Male	Des Moines	IA	6:13 min/m	00:19:21.95

### Female Ages 01 - 10

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Time
1	60/101	29/58	2060	Lexi Livingston	9	Female	Norwalk	IA	10:47 min/m	00:33:31.78
2	72/101	37/58	2071	Miranda Murphy	10	Female	Norwalk	IA	11:34 min/m	00:35:57.67
3	80/101	45/58	2066	Jacqui Mcginnis	8	Female	Norwalk	IA	12:04 min/m	00:37:29.68

### Male Ages 01 - 10

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Time
1	95/101	42/43	2055	Ben Liedtke	8	Male	Norwalk	IA	14:07 min/m	00:43:53.95

### Female Ages 11 - 14

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Time
1	15/101	4/58	2006	Annie Balk	12	Female	Cumming	IA	8:01 min/m	00:24:55.65
2	20/101	5/58	2110	Haley Larson	14	Female	Norwalk	IA	8:12 min/m	00:25:28.79
3	24/101	7/58	2051	Madison Knutson	14	Female	Norwalk	IA	8:30 min/m	00:26:26.41
4	63/101	32/58	2012	Sara Bennett	14	Female	Norwalk	IA	10:52 min/m	00:33:48.82
5	76/101	41/58	2031	Destinee Cunningham	11	Female	Phoenix	AZ	11:48 min/m	00:36:40.18

### Male Ages 11 - 14

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Time
1	6/101	6/43	2104	Carson Raper	12	Male	Norwalk	IA	7:01 min/m	00:21:48.82
2	36/101	24/43	2029	Joel Criswell	14	Male	St. Charles	IA	9:18 min/m	00:28:55.80
3	39/101	25/43	2088	Timothy Spooner	12	Male	Leawood	KS	9:34 min/m	00:29:45.66
4	65/101	32/43	2030	Robbie Criswell	11	Male	St. Charles	IA	11:06 min/m	00:34:30.24

### Female Ages 15 - 18

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Time
1	34/101	12/58	2019	Brett Bunnell	16	Female	Norwalk	IA	9:18 min/m	00:28:54.59
2	37/101	13/58	2014	Emilie Bergan	15	Female	Norwalk	IA	9:24 min/m	00:29:14.25
3	62/101	31/58	2011	Alex Bennett	16	Female	Norwalk	IA	10:52 min/m	00:33:48.82

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### Male Ages 15 - 18

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Time
1	5/101	5/43	2084	Jake Simpson	18	Male	Norwalk	IA	7:01 min/m	00:21:48.82
2	18/101	14/43	2005	Nathan Balk	18	Male	Cumming	IA	8:09 min/m	00:25:19.41
3	50/101	29/43	2015	Sam Bergan	17	Male	Norwalk	IA	10:15 min/m	00:31:51.14
4	90/101	39/43	2070	Branden Moreau	17	Male	Norwalk	IA	13:02 min/m	00:40:30.44

### Female Ages 19 - 24

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Time
1	53/101	24/58	2078	Sydney Reynolds	22	Female	Norwalk	IA	10:27 min/m	00:32:28.91
2	85/101	49/58	2003	Krystal Baccus	23	Female	Norwalk	IA	12:27 min/m	00:38:42.37

### Male Ages 19 - 24

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Time
1	4/101	4/43	2033	Nick Eginore	19	Male	Norwalk	IA	6:45 min/m	00:20:58.61
2	59/101	31/43	2076	Michael Petersen	24	Male	Norwalk	IA	10:46 min/m	00:33:29.42

### Female Ages 25 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Time
1	29/101	9/58	2097	Sarah Treft	29	Female	Pella	IA	8:35 min/m	00:26:41.99
2	67/101	34/58	2045	Elizabeth Hoffman	28	Female	Norwalk	IA	11:19 min/m	00:35:10.92

### Male Ages 25 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Time
1	12/101	10/43	2099	Jp Williams	25	Male	Des Moines	IA	7:47 min/m	00:24:11.85
2	14/101	11/43	2080	Matt Roth	25	Male	Norwalk	IA	7:58 min/m	00:24:45.36
3	16/101	12/43	2034	David Elwood	28	Male	West Des Moines	IA	8:04 min/m	00:25:06.27
4	43/101	26/43	2049	Mike Johnson	27	Male	Norwalk	IA	9:37 min/m	00:29:53.41
5	100/101	43/43	2086	Greg Speer	28	Male	Clive	IA	16:13 min/m	00:50:23.34

### Female Ages 30 - 34

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Time
1	25/101	8/58	2112	Abby Schmitz	31	Female	Norwalk	IA	8:30 min/m	00:26:26.47
2	32/101	10/58	2053	Laura Larson	33	Female	Norwalk	IA	9:14 min/m	00:28:43.66
3	44/101	18/58	2037	Jenna Gochanour	31	Female	Norwalk	IA	9:39 min/m	00:29:59.95
4	46/101	20/58	2090	Jenna Stiegelmeier	34	Female	Prole	IA	10:00 min/m	00:31:04.66
5	55/101	26/58	2095	Kristin Tague	33	Female	Norwalk	IA	10:28 min/m	00:32:31.52
6	61/101	30/58	2059	Jenny Livingston	32	Female	Norwalk	IA	10:47 min/m	00:33:31.92
7	73/101	38/58	2023	Micah Chaplin	32	Female	Windsor Heights	IA	11:36 min/m	00:36:03.61
8	81/101	46/58	2007	Cara Behrens	34	Female	Norwalk	IA	12:05 min/m	00:37:33.13
9	82/101	47/58	2025	Sarah Copple	34	Female	Norwalk	IA	12:05 min/m	00:37:33.33
10	101/101	58/58	2082	Holly Sealine	32	Female	Des Moines	IA	17:40 min/m	00:54:56.45

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### Male Ages 30 - 34

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Time
1	30/101	21/43	2035	Justin Fletcher	33	Male	Norwalk	IA	8:43 min/m	00:27:06.28
2	31/101	22/43	2041	Josh Heggen	31	Male	Urbandale	IA	9:13 min/m	00:28:41.16

### Female Ages 35 - 39

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Time
1	38/101	14/58	2027	Melissa Criswell	35	Female	St. Charles	IA	9:27 min/m	00:29:23.81
2	41/101	16/58	2026	Amy Crick	35	Female	Norwalk	IA	9:36 min/m	00:29:51.91
3	42/101	17/58	2039	Kenzie Harder	36	Female	Norwalk	IA	9:36 min/m	00:29:52.10
4	45/101	19/58	2069	Heather Mora	39	Female	Norwalk	IA	10:00 min/m	00:31:04.41
5	49/101	21/58	2067	Cindy Meyer	35	Female	Des Moines	IA	10:13 min/m	00:31:46.42
6	54/101	25/58	2075	Lisa Ohlinger	36	Female	Cumming	IA	10:27 min/m	00:32:30.91
7	64/101	33/58	2044	Amy Hock	37	Female	Norwalk	IA	10:56 min/m	00:33:59.80
8	74/101	39/58	2073	Kimberly Nellesen	39	Female	Norwalk	IA	11:46 min/m	00:36:33.88
9	79/101	44/58	2004	Sarah Baker	35	Female	Norwalk	IA	12:02 min/m	00:37:23.42
10	87/101	50/58	2016	Karin Beschen	39	Female	Cumming	IA	12:39 min/m	00:39:18.68
11	92/101	52/58	2108	Mandi Comstock	37	Female	Carlisle	IA	13:37 min/m	00:42:19.72
12	96/101	54/58	2056	Kerrie Liedtke	37	Female	Norwalk	IA	14:07 min/m	00:43:54.35
13	99/101	57/58	2087	Marisa Spooner	37	Female	Leawood	KS	15:32 min/m	00:48:15.86

### Male Ages 35 - 39

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Time
1	8/101	8/43	2106	Paul Drake	38	Male	Woodward	IA	7:16 min/m	00:22:37.31
2	9/101	9/43	2050	Brandon Johnson	35	Male	Norwalk	IA	7:18 min/m	00:22:40.91
3	26/101	18/43	2074	Chad Nicolino	36	Male	Des Moines	IA	8:31 min/m	00:26:28.41
4	27/101	19/43	2017	Daniel Blom	36	Male	Norwalk	IA	8:31 min/m	00:26:28.66
5	48/101	28/43	2052	Mark Laman	38	Male	Norwalk	IA	10:09 min/m	00:31:32.88
6	66/101	33/43	2028	Brad Criswell	35	Male	St. Charles	IA	11:06 min/m	00:34:30.42
7	68/101	34/43	2002	Brian Arnold	38	Male	Norwalk	IA	11:20 min/m	00:35:13.86
8	69/101	35/43	2021	Scott Bush	38	Male	Norwalk	IA	11:25 min/m	00:35:30.89
9	91/101	40/43	2109	Eric Schaffor	37	Male	Prole	IA	13:37 min/m	00:42:19.18
10	94/101	41/43	2057	Nate Liedtke	35	Male	Norwalk	IA	14:05 min/m	00:43:46.19

### Female Ages 40 - 44

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Time
1	22/101	6/58	2113	Angela Gruening	40	Female	Norwalk	IA	8:22 min/m	00:26:00.49
2	52/101	23/58	2047	Amysue Hopkey	41	Female	Cumming	IA	10:24 min/m	00:32:21.67
3	77/101	42/58	2072	Laura Murphy	41	Female	Norwalk	IA	11:53 min/m	00:36:55.58
4	84/101	48/58	2038	Stacy Ham	41	Female	Winterset	IA	12:13 min/m	00:37:57.68
5	93/101	53/58	2065	Julie Mcginnis	40	Female	Norwalk	IA	14:03 min/m	00:43:42.19

### Male Ages 40 - 44

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Time
1	7/101	7/43	2098	Frank Wennerholt	41	Male	Grimes	IA	7:07 min/m	00:22:09.15
2	17/101	13/43	2179	Jay Castle	41	Male	Indianola	IA	8:07 min/m	00:25:15.18
3	35/101	23/43	2020	Rod Bunnell	42	Male	Norwalk	IA	9:18 min/m	00:28:54.59
4	56/101	30/43	2024	Mike Chihak	43	Male	Indianola	IA	10:35 min/m	00:32:55.65

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## Overall Division Results

5K Run

### Female Ages 45 - 49

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Time
1	51/101	22/58	2042	Shelly Heisdorffer	46	Female	Norwalk	IA	10:15 min/m	00:31:51.14
2	57/101	27/58	2079	Pam Reynolds	49	Female	Norwalk	IA	10:36 min/m	00:32:58.76
3	58/101	28/58	2083	Cindy Simpson	46	Female	Norwalk	IA	10:41 min/m	00:33:12.42
4	75/101	40/58	2001	Marla Allen	49	Female	Waukee	IA	11:46 min/m	00:36:34.88
5	78/101	43/58	2013	Sharyn Bergan	45	Female	Norwalk	IA	11:58 min/m	00:37:12.93

### Male Ages 45 - 49

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Time
1	23/101	17/43	2111	Chad Larson	46	Male		IA	8:27 min/m	00:26:15.31
2	86/101	37/43	2093	Tony Stravers	46	Male	Norwalk	IA	12:29 min/m	00:38:47.84

### Female Ages 50 - 54

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Time
1	33/101	11/58	2096	Julie Thorson	50	Female	Norwalk	IA	9:17 min/m	00:28:52.76
2	40/101	15/58	2091	Barb Storjohann	54	Female	Norwalk	IA	9:36 min/m	00:29:49.78
3	70/101	35/58	2085	Jo Snyder	51	Female	Winterset	IA	11:27 min/m	00:35:35.54
4	71/101	36/58	2068	Cynthia Michelsen	52	Female	Indianola	IA	11:33 min/m	00:35:53.88

### Male Ages 50 - 54

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Time
1	19/101	15/43	2081	Dave Roth	50	Male	Cumming	IA	8:10 min/m	00:25:24.32
2	47/101	27/43	2043	Ken Henke	51	Male	Norwalk	IA	10:03 min/m	00:31:16.17

### Female Ages 55 - 59

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Time
1	89/101	51/58	2008	Peggy Bendixen	57	Female	Norwalk	IA	12:57 min/m	00:40:14.44
2	97/101	55/58	2062	Bridgett Lottman	57	Female	Norwalk	IA	14:25 min/m	00:44:49.80

### Male Ages 55 - 59

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Time
1	83/101	36/43	2064	Joe Mcconkey	58	Male	Prole	IA	12:11 min/m	00:37:52.20

### Female Ages 60 - 98

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Time
1	98/101	56/58	2058	Heather Lindsay	60	Female	Norwalk	IA	14:55 min/m	00:46:22.96

### Male Ages 60 - 98

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Time
1	21/101	16/43	2103	Larry Hamm	64	Male	Des Moines	IA	8:17 min/m	00:25:45.40
2	28/101	20/43	2094	Doyle Sullivan	60	Male	Norwalk	IA	8:33 min/m	00:26:34.79
3	88/101	38/43	2107	Eugene Brown	73	Male	Des Moines	IA	12:45 min/m	00:39:38.18