

RUNorwalk 8K and 5K Run/Walk

May 10, 2014

Overall Results

8K Run

Place	Gender Pic/Total	Div Pic/Total	No.	Name	S	Age	City	St.	Pace	Time
1	1/37	1/3	724	Julius Rotich	M	39	Des Moines	IA	5:16	00:26:12.41
2	1/29	1/3	693	Traci Kresser	F	28	Clive	IA	5:34	00:27:41.16
3	2/37	2/3	728	Matthew McDermott	M	36	West Des Moines	IA	5:35	00:27:45.48
4	3/37	3/3	658	Grant Acoymo	M	16	Ankeny	IA	6:08	00:30:33.35
5	4/37	1/6	713	Randy Sturm	M	36	Garner	IA	6:11	00:30:49.01
6	5/37	1/7	731	David Larson	M	42	West Des Moines	IA	6:15	00:31:07.85
7	6/37	2/7	681	Chris Gasche	M	41	Norwalk	IA	6:15	00:31:07.86
8	7/37	2/6	720	Bill Wilson	M	39	Norwalk	IA	6:16	00:31:10.30
9	8/37	1/6	692	Zachary Kraft	M	34	Norwalk	IA	6:17	00:31:17.92
10	9/37	1/3	682	Carter Gornick	M	15	Norwalk	IA	6:18	00:31:21.61
11	10/37	1/4	686	Todd Haugen	M	51	Des Moines	IA	6:19	00:31:25.92
12	11/37	2/4	704	Rusty Potts	M	51	Norwalk	IA	6:21	00:31:36.68
13	2/29	2/3	726	Abby Schmitz	F	32	Norwalk	IA	6:33	00:32:38.17
14	12/37	3/4	723	Casey Showalter	M	53	Altoona	IA	6:53	00:34:16.81
15	13/37	2/3	664	Travis Bockholt	M	18	Norwalk	IA	6:58	00:34:38.43
16	14/37	1/4	680	Kirk Ford	M	24	Norwalk	IA	7:00	00:34:50.30
17	3/29	3/3	705	Molly Potts	F	22	Norwalk	IA	7:03	00:35:06.32
18	15/37	3/7	673	Erick Danielson	M	41	Norwalk	IA	7:07	00:35:27.41
19	16/37	1/1	696	Bryan Leitzinger	M	28	Norwalk	IA	7:13	00:35:56.21
20	17/37	2/6	714	Nathaniel Tagtow	M	32	Norwalk	IA	7:14	00:36:01.92
21	4/29	1/7	730	Kari Dietch	F	31	Newton	IA	7:21	00:36:33.78
22	18/37	4/7	725	Aaron Stevens	M	43	Norwalk	IA	7:26	00:36:58.14
23	5/29	1/5	712	Jenny Sinclair	F	42	Carlisle	IA	7:28	00:37:08.43
24	19/37	1/1	710	John Schneller	M	70	West Des Moines	IA	7:37	00:37:55.72
25	6/29	2/7	687	Jamie Hurley	F	32	Indianola	IA	7:41	00:38:12.19
26	20/37	3/6	689	Jeff Isley	M	38	Cumming	IA	7:42	00:38:18.91
27	21/37	4/6	721	Charlie Ochanpaugh	M	35	Cumming	IA	7:42	00:38:19.31
28	22/37	2/4	665	Chad Bockholt	M	21	Norwalk	IA	7:56	00:39:28.88
29	7/29	1/7	672	Amy Crick	F	36	Norwalk	IA	7:57	00:39:33.94
30	23/37	3/6	703	Steve Peter	M	31	Norwalk	IA	8:01	00:39:53.02
31	24/37	3/3	709	Matthew Rozendaal	M	16	Norwalk	IA	8:04	00:40:06.62
32	8/29	2/7	685	Heidi Hasselbalch	F	36	Norwalk	IA	8:08	00:40:26.44
33	25/37	5/6	701	Brian Onstot	M	38	Norwalk	IA	8:08	00:40:26.90
34	9/29	1/1	667	Hannah Broadbent	F	16	Norwalk	IA	8:11	00:40:44.74
35	10/29	3/7	715	Andrea Tagtow	F	31	Norwalk	IA	8:13	00:40:52.20
36	26/37	3/4	702	Joseph Patava	M	24	Norwalk	IA	8:15	00:41:01.60
37	11/29	1/2	677	Kelsey Erbes	F	23	Norwalk	IA	8:15	00:41:01.61
38	12/29	2/5	675	Jodi Eddleman	F	43	Norwalk	IA	8:15	00:41:05.31
39	27/37	4/4	678	Jeffery Feder	M	53	Norwalk	IA	8:21	00:41:33.63
40	13/29	3/5	668	Wendy Bryant	F	44	Clive	IA	8:23	00:41:42.35
41	14/29	3/7	674	Mary Decarlo	F	35	Grimes	IA	8:24	00:41:47.20
42	15/29	1/3	697	Lori Mckimpson	F	54	Ankeny	IA	8:25	00:41:52.09
43	28/37	4/6	727	Brandon Schmitz	M	31	Norwalk	IA	8:26	00:41:59.79
44	29/37	5/7	700	Craig Niehaus	M	44	Ankeny	IA	8:40	00:43:05.20
45	16/29	1/1	716	Julia Tentinger	F	49	Norwalk	IA	8:44	00:43:26.44
46	17/29	4/7	717	Kathy Vanamburg	F	34	Norwalk	IA	8:47	00:43:40.22
47	18/29	2/3	706	Becky Potts	F	51	Norwalk	IA	8:54	00:44:15.77
48	19/29	5/7	719	Angie Vanderbeek	F	34	Waukee	IA	8:54	00:44:16.39
49	30/37	5/6	688	Clint Hurley	M	32	Norwalk	IA	8:55	00:44:20.45
50	31/37	4/4	694	Austin Lancaster	M	19	Norwalk	IA	8:58	00:44:39.20
51	32/37	1/2	729	Robert Mullins	M	48	Norwalk	IA	9:05	00:45:10.80
52	20/29	4/7	698	Elaine Menke	F	36	Norwalk	IA	9:09	00:45:33.79
53	21/29	6/7	679	Heather Foley	F	31	Norwalk	IA	9:11	00:45:42.86
54	33/37	6/7	690	Greg Jones	M	44	Norwalk	IA	9:17	00:46:13.21
55	22/29	7/7	657	Larissa Ackerson	F	31	Norwalk	IA	9:26	00:46:57.87
56	34/37	6/6	656	Brian Ackerson	M	33	Norwalk	IA	9:27	00:46:59.67
57	35/37	2/2	659	Ed Acoymo	M	49	Ankeny	IA	9:32	00:47:28.21

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Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	Pace	Time
58	23/29	4/5	670	Amy Carkoski	F	40	Lincoln	NE	9:34	00:47:34.96
59	36/37	7/7	669	Todd Carkoski	M	44	Lincoln	NE	9:34	00:47:35.44
60	24/29	5/7	711	Allyson Seymour	F	38	Norwalk	IA	9:38	00:47:55.96
61	25/29	3/3	676	Angela Ellis	F	51	Norwalk	IA	10:02	00:49:55.15
62	26/29	5/5	699	Kimberly Nellesen	F	40	Norwalk	IA	10:10	00:50:34.13
63	27/29	6/7	671	Sarah Copple	F	35	Norwalk	IA	10:13	00:50:50.15
64	28/29	2/2	732	Katie Luzier	F	19	Norwalk	IA	10:29	00:52:07.28
65	29/29	7/7	662	Cara Behrens	F	35	Norwalk	IA	10:49	00:53:47.69
66	37/37	6/6	663	Mark Bengé	M	35	Norwalk	IA	14:37	01:12:42.50