

RUNorwalk 8K and 5K Run/Walk

May 10, 2014

Overall Division Results

8K Run

Female Overall

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	2/66	1/29	693	Traci Kresser	28	F	Clive	IA	5:34	00:27:41.16
2	13/66	2/29	726	Abby Schmitz	32	F	Norwalk	IA	6:33	00:32:38.17
3	17/66	3/29	705	Molly Potts	22	F	Norwalk	IA	7:03	00:35:06.32

Male Overall

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	1/66	1/37	724	Julius Rotich	39	M	Des Moines	IA	5:16	00:26:12.41
2	3/66	2/37	728	Matthew McDermott	36	M	West Des Moines	IA	5:35	00:27:45.48
3	4/66	3/37	658	Grant Acoymo	16	M	Ankeny	IA	6:08	00:30:33.35

Female Ages 15 - 18

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	34/66	9/29	667	Hannah Broadbent	16	F	Norwalk	IA	8:11	00:40:44.74

Male Ages 15 - 18

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	10/66	9/37	682	Carter Gornick	15	M	Norwalk	IA	6:18	00:31:21.61
2	15/66	13/37	664	Travis Bockholt	18	M	Norwalk	IA	6:58	00:34:38.43
3	31/66	24/37	709	Matthew Rozendaal	16	M	Norwalk	IA	8:04	00:40:06.62

Female Ages 19 - 24

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	37/66	11/29	677	Kelsey Erbes	23	F	Norwalk	IA	8:15	00:41:01.61
2	64/66	28/29	732	Katie Luzier	19	F	Norwalk	IA	10:29	00:52:07.28

Male Ages 19 - 24

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	16/66	14/37	680	Kirk Ford	24	M	Norwalk	IA	7:00	00:34:50.30
2	28/66	22/37	665	Chad Bockholt	21	M	Norwalk	IA	7:56	00:39:28.88
3	36/66	26/37	702	Joseph Patava	24	M	Norwalk	IA	8:15	00:41:01.60
4	50/66	31/37	694	Austin Lancaster	19	M	Norwalk	IA	8:58	00:44:39.20

Male Ages 25 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	19/66	16/37	696	Bryan Leitzinger	28	M	Norwalk	IA	7:13	00:35:56.21

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Female Ages 30 - 34

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	21/66	4/29	730	Kari Dietch	31	F	Newton	IA	7:21	00:36:33.78
2	25/66	6/29	687	Jamie Hurley	32	F	Indianola	IA	7:41	00:38:12.19
3	35/66	10/29	715	Andrea Tagtow	31	F	Norwalk	IA	8:13	00:40:52.20
4	46/66	17/29	717	Kathy Vanamburg	34	F	Norwalk	IA	8:47	00:43:40.22
5	48/66	19/29	719	Angie Vanderbeek	34	F	Waukee	IA	8:54	00:44:16.39
6	53/66	21/29	679	Heather Foley	31	F	Norwalk	IA	9:11	00:45:42.86
7	55/66	22/29	657	Larissa Ackerson	31	F	Norwalk	IA	9:26	00:46:57.87

Male Ages 30 - 34

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	9/66	8/37	692	Zachary Kraft	34	M	Norwalk	IA	6:17	00:31:17.92
2	20/66	17/37	714	Nathaniel Tagtow	32	M	Norwalk	IA	7:14	00:36:01.92
3	30/66	23/37	703	Steve Peter	31	M	Norwalk	IA	8:01	00:39:53.02
4	43/66	28/37	727	Brandon Schmitz	31	M	Norwalk	IA	8:26	00:41:59.79
5	49/66	30/37	688	Clint Hurley	32	M	Norwalk	IA	8:55	00:44:20.45
6	56/66	34/37	656	Brian Ackerson	33	M	Norwalk	IA	9:27	00:46:59.67

Female Ages 35 - 39

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	29/66	7/29	672	Amy Crick	36	F	Norwalk	IA	7:57	00:39:33.94
2	32/66	8/29	685	Heidi Hasselbalch	36	F	Norwalk	IA	8:08	00:40:26.44
3	41/66	14/29	674	Mary Decarlo	35	F	Grimes	IA	8:24	00:41:47.20
4	52/66	20/29	698	Elaine Menke	36	F	Norwalk	IA	9:09	00:45:33.79
5	60/66	24/29	711	Allyson Seymour	38	F	Norwalk	IA	9:38	00:47:55.96
6	63/66	27/29	671	Sarah Copple	35	F	Norwalk	IA	10:13	00:50:50.15
7	65/66	29/29	662	Cara Behrens	35	F	Norwalk	IA	10:49	00:53:47.69

Male Ages 35 - 39

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	5/66	4/37	713	Randy Sturm	36	M	Garner	IA	6:11	00:30:49.01
2	8/66	7/37	720	Bill Wilson	39	M	Norwalk	IA	6:16	00:31:10.30
3	26/66	20/37	689	Jeff Isley	38	M	Cumming	IA	7:42	00:38:18.91
4	27/66	21/37	721	Charlie Ochanpaugh	35	M	Cumming	IA	7:42	00:38:19.31
5	33/66	25/37	701	Brian Onstot	38	M	Norwalk	IA	8:08	00:40:26.90
6	66/66	37/37	663	Mark Bengé	35	M	Norwalk	IA	14:37	01:12:42.50

Female Ages 40 - 44

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	23/66	5/29	712	Jenny Sinclair	42	F	Carlisle	IA	7:28	00:37:08.43
2	38/66	12/29	675	Jodi Eddleman	43	F	Norwalk	IA	8:15	00:41:05.31
3	40/66	13/29	668	Wendy Bryant	44	F	Clive	IA	8:23	00:41:42.35
4	58/66	23/29	670	Amy Carkoski	40	F	Lincoln	NE	9:34	00:47:34.96
5	62/66	26/29	699	Kimberly Nellesen	40	F	Norwalk	IA	10:10	00:50:34.13

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Male Ages 40 - 44

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	6/66	5/37	731	David Larson	42	M	West Des Moines	IA	6:15	00:31:07.85
2	7/66	6/37	681	Chris Gasche	41	M	Norwalk	IA	6:15	00:31:07.86
3	18/66	15/37	673	Erick Danielson	41	M	Norwalk	IA	7:07	00:35:27.41
4	22/66	18/37	725	Aaron Stevens	43	M	Norwalk	IA	7:26	00:36:58.14
5	44/66	29/37	700	Craig Niehaus	44	M	Ankeny	IA	8:40	00:43:05.20
6	54/66	33/37	690	Greg Jones	44	M	Norwalk	IA	9:17	00:46:13.21
7	59/66	36/37	669	Todd Carkoski	44	M	Lincoln	NE	9:34	00:47:35.44

Female Ages 45 - 49

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	45/66	16/29	716	Julia Tentinger	49	F	Norwalk	IA	8:44	00:43:26.44

Male Ages 45 - 49

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	51/66	32/37	729	Robert Mullins	48	M	Norwalk	IA	9:05	00:45:10.80
2	57/66	35/37	659	Ed Acoymo	49	M	Ankeny	IA	9:32	00:47:28.21

Female Ages 50 - 54

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	42/66	15/29	697	Lori Mckimpson	54	F	Ankeny	IA	8:25	00:41:52.09
2	47/66	18/29	706	Becky Potts	51	F	Norwalk	IA	8:54	00:44:15.77
3	61/66	25/29	676	Angela Ellis	51	F	Norwalk	IA	10:02	00:49:55.15

Male Ages 50 - 54

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	11/66	10/37	686	Todd Haugen	51	M	Des Moines	IA	6:19	00:31:25.92
2	12/66	11/37	704	Rusty Potts	51	M	Norwalk	IA	6:21	00:31:36.68
3	14/66	12/37	723	Casey Showalter	53	M	Altoona	IA	6:53	00:34:16.81
4	39/66	27/37	678	Jeffery Feder	53	M	Norwalk	IA	8:21	00:41:33.63

Male Ages 70+

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	24/66	19/37	710	John Schneller	70	M	West Des Moines	IA	7:37	00:37:55.72