

# RUNorwalk 8K and 5K Run/Walk

May 10, 2014

## Overall Results

5K Run

Place	Gender Pic/Total	Div Pic/Total	No.	Name	S	Age	City	St.	Pace	Time
1	1/60	1/3	534	Mike Hardy	M	25	Des Moines	IA	5:39	00:17:35.63
2	1/72	1/3	684	Kristy Harken	F	34	Ankeny	IA	5:43	00:17:46.88
3	2/60	2/3	546	Brandon Johnson	M	36	Norwalk	IA	6:17	00:19:33.04
4	3/60	3/3	529	Austin Grant	M	18	Norwalk	IA	6:21	00:19:44.01
5	4/60	1/20	559	Austin Lavelle	M	18	Norwalk	IA	6:21	00:19:44.39
6	5/60	1/8	615	Jack Palen	M	14	Norwalk	IA	6:21	00:19:45.39
7	6/60	2/20	634	Reid Kallenbach	M	15	Norwalk	IA	6:29	00:20:10.81
8	7/60	3/20	599	Baylee Steele	M	16	Norwalk	IA	6:34	00:20:24.80
9	8/60	4/20	630	Michael Geistler	M	15	Norwalk	IA	6:42	00:20:50.14
10	9/60	2/8	525	Jaden Eppers	M	11	Norwalk	IA	6:51	00:21:19.76
11	10/60	5/20	551	Coby Klocko	M	15	Norwalk	IA	6:54	00:21:27.12
12	2/72	2/3	635	Janell Kallenbach	F	41	Norwalk	IA	6:57	00:21:36.87
13	11/60	1/4	544	Tyler Isley	M	10	Cumming	IA	7:00	00:21:45.98
14	12/60	3/8	618	Joshua Lawless	M	13	Carlisle	IA	7:04	00:21:58.75
15	13/60	6/20	639	Jon Allison	M	18	Des Moines	IA	7:05	00:22:01.80
16	14/60	7/20	571	Kyle Mcguire	M	15	Norwalk	IA	7:06	00:22:03.84
17	15/60	1/1	543	John Hughes	M	60	Norwalk	IA	7:07	00:22:09.08
18	16/60	1/2	637	Steven Hall	M	56	Marshalltown	IA	7:16	00:22:35.48
19	17/60	8/20	691	Klay Klocko	M	16	Norwalk	IA	7:23	00:22:57.02
20	3/72	3/3	541	Trinity Hopkey	F	13	Cumming	IA	7:23	00:22:59.25
21	18/60	9/20	661	Trevor Baack	M	17	Norwalk	IA	7:24	00:23:02.09
22	19/60	10/20	591	Tyler Schamel	M	16	Norwalk	IA	7:25	00:23:05.19
23	4/72	1/13	611	Michelle Wiedmann	F	35	Norwalk	IA	7:30	00:23:19.09
24	5/72	1/9	556	Haley Larson	F	15	Norwalk	IA	7:33	00:23:28.65
25	20/60	11/20	552	Garret Klyn	M	15	Norwalk	IA	7:41	00:23:53.40
26	21/60	12/20	516	Jake Cook	M	16	Norwalk	IA	7:43	00:23:58.65
27	22/60	1/6	557	Chad Larson	M	47	Norwalk	IA	7:44	00:24:04.00
28	23/60	1/3	522	Brian Eppers	M	33	Norwalk	IA	7:47	00:24:11.71
29	6/72	1/10	524	Alix Eppers	F	13	Norwalk	IA	7:47	00:24:12.12
30	24/60	13/20	549	Doug Jones	M	15	Norwalk	IA	7:47	00:24:12.65
31	25/60	14/20	515	Zack Cook	M	15	Norwalk	IA	7:48	00:24:14.14
32	26/60	2/2	605	Rick Vanscoy	M	57	Martensdale	IA	7:48	00:24:15.15
33	7/72	2/9	578	Mallory Murphy	F	15	Norwalk	IA	7:50	00:24:21.87
34	8/72	3/9	598	Juliana Stahle	F	18	Norwalk	IA	7:51	00:24:23.70
35	27/60	15/20	576	Branden Moreau	M	18	Norwalk	IA	7:55	00:24:36.90
36	9/72	2/10	505	Annie Balk	F	13	Norwalk	IA	8:01	00:24:55.16
37	28/60	16/20	554	Noah Krichau	M	15	Indianola	IA	8:04	00:25:06.74
38	29/60	17/20	604	Will Vanderholt	M	16	Norwalk	IA	8:05	00:25:08.66
39	10/72	1/7	603	Leigh Vanderholt	F	45	Norwalk	IA	8:05	00:25:08.75
40	11/72	2/13	636	Krista Zepeda	F	39	Des Moines	IA	8:07	00:25:13.61
41	12/72	4/9	507	Sara Bennett	F	15	Norwalk	IA	8:15	00:25:39.16
42	13/72	5/9	508	Emily Bergan	F	16	Norwalk	IA	8:19	00:25:52.36
43	14/72	3/13	512	Sara Boies	F	39	Indianola	IA	8:19	00:25:53.09
44	15/72	1/8	572	Mallory Metzger	F	26	Norwalk	IA	8:22	00:26:01.66
45	30/60	4/8	566	Caden Maher	M	12	Norwalk	IA	8:25	00:26:09.22
46	31/60	2/6	596	Randy Spurr	M	46	Norwalk	IA	8:29	00:26:22.39
47	16/72	3/10	555	Cacy Larson	F	12	Norwalk	IA	8:29	00:26:22.60
48	32/60	5/8	597	Nate Spurr	M	13	Norwalk	IA	8:29	00:26:22.66
49	33/60	1/5	550	Andrew Kingsley	M	40	Norwalk	IA	8:30	00:26:25.16
50	34/60	2/4	621	Will Chase	M	9	Norwalk	IA	8:30	00:26:27.06
51	35/60	6/8	514	Nate Cook	M	13	Norwalk	IA	8:44	00:27:10.49
52	36/60	2/3	594	Brad Smith	M	33	Norwalk	IA	8:45	00:27:11.41
53	37/60	1/3	570	Jeff Mcconkey	M	39	Norwalk	IA	8:46	00:27:15.37
54	17/72	4/10	606	Alanah Vetterick	F	14	Norwalk	IA	8:49	00:27:24.94
55	18/72	2/8	520	Amanda Degroote	F	29	Norwalk	IA	8:50	00:27:27.16
56	19/72	6/9	616	Hannah Robertson	F	15	Norwalk	IA	8:51	00:27:31.07
57	38/60	18/20	553	Zach Kreider	M	15	Norwalk	IA	8:59	00:27:55.83

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5K Run

Place	Gender Pic/Total	Div Pic/Total	No.	Name	S	Age	City	St.	Pace	Time
58	20/72	1/9	506	Kelli Becker	F	30	West Des Moines	IA	9:03	00:28:07.19
59	39/60	2/3	569	Brad Matt	M	35	Windsor Heights	IA	9:03	00:28:07.40
60	40/60	7/8	627	Jacob Dunn	M	13	Norwalk	IA	9:07	00:28:19.82
61	41/60	19/20	631	Zach Cook	M	15	Norwalk	IA	9:10	00:28:29.91
62	21/72	2/9	562	Jennifer Livingston	F	33	Norwalk	IA	9:15	00:28:46.60
63	22/72	1/4	563	Lexi Livingston	F	10	Norwalk	IA	9:15	00:28:46.85
64	42/60	2/5	622	Bill Chase	M	40	Norwalk	IA	9:15	00:28:47.42
65	23/72	5/10	620	Emma Chase	F	11	Norwalk	IA	9:16	00:28:47.83
66	24/72	3/8	537	Abby Hendrickson	F	29	Norwalk	IA	9:23	00:29:10.42
67	25/72	4/8	501	Rachel Aanonson	F	26	Norwalk	IA	9:23	00:29:11.62
68	26/72	2/7	558	Nancy Lavelle	F	47	Norwalk	IA	9:29	00:29:30.42
69	27/72	4/13	619	Brandi Dinnen	F	36	Norwalk	IA	9:35	00:29:47.80
70	28/72	3/9	600	Kristin Tague	F	34	Norwalk	IA	9:36	00:29:50.81
71	43/60	3/5	511	Kevin Boies	M	40	Indianola	IA	9:36	00:29:51.84
72	44/60	3/6	586	Richard Petersen	M	48	Des Moines	IA	9:40	00:30:04.42
73	29/72	2/4	548	Olivia Johnson	F	10	Nowalk	IA	9:46	00:30:21.75
74	30/72	5/13	547	Laura Johnson	F	38	Norwalk	IA	9:48	00:30:27.42
75	31/72	3/7	610	Tammy Westhoff	F	46	Norwalk	IA	9:49	00:30:31.72
76	45/60	4/6	608	Tom Westhoff	M	47	Norwalk	IA	9:49	00:30:31.96
77	32/72	6/13	587	Holly Pfeifer	F	35	Norwalk	IA	9:50	00:30:34.10
78	33/72	5/8	641	Katheryn Pearson	F	26	Norwalk	IA	9:50	00:30:36.00
79	46/60	1/2	640	Kevin Pearson	M	51	Norwalk	IA	9:50	00:30:36.17
80	34/72	6/10	623	Nicole Rudolf	F	12	Norwalk	IA	9:56	00:30:52.42
81	47/60	8/8	624	Cael Rudolf	M	12	Prole	IA	9:56	00:30:54.26
82	35/72	1/2	545	Erika Isley	F	40	Cumming	IA	10:02	00:31:11.43
83	36/72	4/9	528	Kristen Geisler	F	34	Norwalk	IA	10:03	00:31:14.92
84	37/72	5/9	590	Kristy Sadler Tiedt	F	34	Norwalk	IA	10:03	00:31:14.92
85	38/72	4/7	536	Shelley Heisdorffer	F	47	Norwalk	IA	10:06	00:31:23.42
86	39/72	5/7	574	Jennifer Mihalovich	F	48	Milo	IA	10:06	00:31:25.92
87	48/60	3/3	535	Josh Heggen	M	32	Urbandale	IA	10:08	00:31:30.41
88	49/60	5/6	628	Pat Dunn	M	47	Norwalk	IA	10:13	00:31:46.92
89	40/72	7/10	629	Morgan Dunn	F	12	Norwalk	IA	10:13	00:31:47.05
90	41/72	7/13	540	Amy Hock	F	38	Norwalk	IA	10:18	00:32:00.26
91	42/72	8/10	509	Taylor Bergan	F	11	Norwalk	IA	10:35	00:32:55.85
92	43/72	8/13	613	Maureen Winslow	F	35	Cumming	IA	10:36	00:32:58.89
93	44/72	1/3	517	Megan Cook	F	19	Norwalk	IA	10:40	00:33:08.84
94	45/72	9/10	577	Abbie Mulford	F	13	Norwalk	IA	10:40	00:33:10.17
95	46/72	10/10	592	Caitlyn Shipley	F	14	Norwalk	IA	10:40	00:33:10.87
96	50/60	1/2	585	Michael Petersen	M	25	Norwalk	IA	10:48	00:33:35.43
97	51/60	4/5	513	Mike Chihak	M	44	Indianola	IA	10:59	00:34:10.33
98	47/72	1/3	573	Cynthia Michelsen	F	53	Indianola	IA	11:03	00:34:21.06
99	52/60	3/4	583	Isaac Peter	M	6	Norwalk	IA	11:06	00:34:30.35
100	48/72	6/8	601	Carina Tucker	F	28	Clive	IA	11:07	00:34:32.86
101	49/72	6/7	510	Sharyn Bergan	F	46	Norwalk	IA	11:09	00:34:40.37
102	50/72	9/13	638	Anna Stringer	F	37	Marshalltown	IA	11:09	00:34:41.37
103	51/72	10/13	504	Sarah Baker	F	36	Norwalk	IA	11:12	00:34:50.43
104	52/72	7/7	530	Donna Grant Paulsen	F	45	Norwalk	IA	11:23	00:35:23.68
105	53/72	3/4	527	Ava Garvey	F	7	Norwalk	IA	11:26	00:35:34.46
106	54/72	11/13	526	Ann Garvey	F	38	Norwalk	IA	11:27	00:35:35.73
107	53/60	4/4	602	Zayvn Umphress	M	10	Pleasant Hill	IA	11:29	00:35:42.93
108	54/60	6/6	779	Kevin Umphress	M	47	Pleasant Hill	IA	11:29	00:35:43.66
109	55/72	2/3	595	Jo Snyder	F	51	Winterset	IA	11:32	00:35:50.43
110	56/72	3/3	502	Marla Allen	F	50	Waukee	IA	11:40	00:36:17.93
111	55/60	20/20	519	Dylan Curtis	M	16	Norwalk	IA	11:52	00:36:55.29
112	57/72	7/9	533	Jordan Hanson	F	15	Norwalk	IA	11:53	00:36:56.64
113	58/72	2/2	532	Jennifer Hanson	F	41	Norwalk	IA	11:53	00:36:56.65
114	59/72	4/4	582	Rhyan Peter	F	3	Norwalk	IA	11:56	00:37:06.88

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## Overall Results

## 5K Run

Place	Gender Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	Pace	Time
115	60/72	6/9	581	Ashley Peter	F	30	Norwalk	IA	11:56	00:37:07.28
116	61/72	2/3	518	Paige Curtis	F	21	Norwalk	IA	11:58	00:37:12.43
117	62/72	3/3	503	Krystal Baccus	F	24	Norwalk	IA	11:59	00:37:16.94
118	56/60	1/1	626	Hummer Brown	M	74	Des Moines	IA	12:05	00:37:33.69
119	63/72	12/13	607	Jennifer Vetterick	F	37	Norwalk	IA	12:16	00:38:07.69
120	64/72	1/1	584	Judy Peters	F	64	Webster City	IA	12:16	00:38:08.94
121	57/60	5/5	593	Donald Sleeth	M	44	Norwalk	IA	12:16	00:38:08.95
122	65/72	7/9	523	Katie Eppers	F	33	Norwalk	IA	12:18	00:38:13.41
123	66/72	8/9	539	Liz Hill	F	34	Norwalk	IA	12:27	00:38:42.86
124	58/60	3/3	538	Adam Hill	M	39	Norwalk	IA	12:27	00:38:43.06
125	67/72	7/8	770	Casey Hall	F	26	Des Moines	IA	12:30	00:38:51.17
126	68/72	8/8	612	Kendra Wilson	F	29	Norwalk	IA	12:37	00:39:12.45
127	59/60	2/2	568	Kevin Marmon	M	26	Norwalk	IA	12:37	00:39:13.19
128	60/60	2/2	567	John Marmon	M	51	Norwalk	IA	12:37	00:39:13.44
129	69/72	8/9	609	Kiley Westhoff	F	15	Norwalk	IA	13:19	00:41:23.20
130	70/72	9/9	617	Bobbie Backer	F	33	Norwalk	IA	14:14	00:44:14.95
131	71/72	9/9	588	Mattie Ralston	F	16	Norwalk	IA	14:42	00:45:42.34
132	72/72	13/13	783	Amy Havick	F	37	Norwalk	IA	14:48	00:46:01.96