

RUNorwalk 8K and 5K Run/Walk

May 10, 2014

Overall Division Results

5K Run

Female Overall

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	2/132	1/72	684	Kristy Harken	34	F	Ankeny	IA	5:43	00:17:46.88
2	12/132	2/72	635	Janell Kallenbach	41	F	Norwalk	IA	6:57	00:21:36.87
3	20/132	3/72	541	Trinity Hopkey	13	F	Cumming	IA	7:23	00:22:59.25

Male Overall

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	1/132	1/60	534	Mike Hardy	25	M	Des Moines	IA	5:39	00:17:35.63
2	3/132	2/60	546	Brandon Johnson	36	M	Norwalk	IA	6:17	00:19:33.04
3	4/132	3/60	529	Austin Grant	18	M	Norwalk	IA	6:21	00:19:44.01

Female Ages 01 - 10

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	63/132	22/72	563	Lexi Livingston	10	F	Norwalk	IA	9:15	00:28:46.85
2	73/132	29/72	548	Olivia Johnson	10	F	Norwalk	IA	9:46	00:30:21.75
3	105/132	53/72	527	Ava Garvey	7	F	Norwalk	IA	11:26	00:35:34.46
4	114/132	59/72	582	Rhyan Peter	3	F	Norwalk	IA	11:56	00:37:06.88

Male Ages 01 - 10

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	13/132	11/60	544	Tyler Isley	10	M	Cumming	IA	7:00	00:21:45.98
2	50/132	34/60	621	Will Chase	9	M	Norwalk	IA	8:30	00:26:27.06
3	99/132	52/60	583	Isaac Peter	6	M	Norwalk	IA	11:06	00:34:30.35
4	107/132	53/60	602	Zayvn Umphress	10	M	Pleasant Hill	IA	11:29	00:35:42.93

Female Ages 11 - 14

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	29/132	6/72	524	Alix Eppers	13	F	Norwalk	IA	7:47	00:24:12.12
2	36/132	9/72	505	Annie Balk	13	F	Norwalk	IA	8:01	00:24:55.16
3	47/132	16/72	555	Cacy Larson	12	F	Norwalk	IA	8:29	00:26:22.60
4	54/132	17/72	606	Alanah Vetterick	14	F	Norwalk	IA	8:49	00:27:24.94
5	65/132	23/72	620	Emma Chase	11	F	Norwalk	IA	9:16	00:28:47.83
6	80/132	34/72	623	Nicole Rudolf	12	F	Norwalk	IA	9:56	00:30:52.42
7	89/132	40/72	629	Morgan Dunn	12	F	Norwalk	IA	10:13	00:31:47.05
8	91/132	42/72	509	Taylor Bergan	11	F	Norwalk	IA	10:35	00:32:55.85
9	94/132	45/72	577	Abbie Mulford	13	F	Norwalk	IA	10:40	00:33:10.17
10	95/132	46/72	592	Caitlyn Shipley	14	F	Norwalk	IA	10:40	00:33:10.87

RUNorwalk 8K and 5K Run/Walk

May 10, 2014

Overall Division Results

5K Run

Male Ages 11 - 14

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	6/132	5/60	615	Jack Palen	14	M	Norwalk	IA	6:21	00:19:45.39
2	10/132	9/60	525	Jaden Eppers	11	M	Norwalk	IA	6:51	00:21:19.76
3	14/132	12/60	618	Joshua Lawless	13	M	Carlisle	IA	7:04	00:21:58.75
4	45/132	30/60	566	Caden Maher	12	M	Norwalk	IA	8:25	00:26:09.22
5	48/132	32/60	597	Nate Spurr	13	M	Norwalk	IA	8:29	00:26:22.66
6	51/132	35/60	514	Nate Cook	13	M	Norwalk	IA	8:44	00:27:10.49
7	60/132	40/60	627	Jacob Dunn	13	M	Norwalk	IA	9:07	00:28:19.82
8	81/132	47/60	624	Cael Rudolf	12	M	Prole	IA	9:56	00:30:54.26

Female Ages 15 - 18

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	24/132	5/72	556	Haley Larson	15	F	Norwalk	IA	7:33	00:23:28.65
2	33/132	7/72	578	Mallory Murphy	15	F	Norwalk	IA	7:50	00:24:21.87
3	34/132	8/72	598	Juliana Stahle	18	F	Norwalk	IA	7:51	00:24:23.70
4	41/132	12/72	507	Sara Bennett	15	F	Norwalk	IA	8:15	00:25:39.16
5	42/132	13/72	508	Emily Bergan	16	F	Norwalk	IA	8:19	00:25:52.36
6	56/132	19/72	616	Hannah Robertson	15	F	Norwalk	IA	8:51	00:27:31.07
7	112/132	57/72	533	Jordan Hanson	15	F	Norwalk	IA	11:53	00:36:56.64
8	129/132	69/72	609	Kiley Westhoff	15	F	Norwalk	IA	13:19	00:41:23.20
9	131/132	71/72	588	Mattie Ralston	16	F	Norwalk	IA	14:42	00:45:42.34

Male Ages 15 - 18

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	5/132	4/60	559	Austin Lavelle	18	M	Norwalk	IA	6:21	00:19:44.39
2	7/132	6/60	634	Reid Kallenbach	15	M	Norwalk	IA	6:29	00:20:10.81
3	8/132	7/60	599	Baylee Steele	16	M	Norwalk	IA	6:34	00:20:24.80
4	9/132	8/60	630	Michael Geistler	15	M	Norwalk	IA	6:42	00:20:50.14
5	11/132	10/60	551	Coby Klocko	15	M	Norwalk	IA	6:54	00:21:27.12
6	15/132	13/60	639	Jon Allison	18	M	Des Moines	IA	7:05	00:22:01.80
7	16/132	14/60	571	Kyle Mcguire	15	M	Norwalk	IA	7:06	00:22:03.84
8	19/132	17/60	691	Klay Klocko	16	M	Norwalk	IA	7:23	00:22:57.02
9	21/132	18/60	661	Trevor Baack	17	M	Norwalk	IA	7:24	00:23:02.09
10	22/132	19/60	591	Tyler Schamel	16	M	Norwalk	IA	7:25	00:23:05.19
11	25/132	20/60	552	Garret Klyn	15	M	Norwalk	IA	7:41	00:23:53.40
12	26/132	21/60	516	Jake Cook	16	M	Norwalk	IA	7:43	00:23:58.65
13	30/132	24/60	549	Doug Jones	15	M	Norwalk	IA	7:47	00:24:12.65
14	31/132	25/60	515	Zack Cook	15	M	Norwalk	IA	7:48	00:24:14.14
15	35/132	27/60	576	Branden Moreau	18	M	Norwalk	IA	7:55	00:24:36.90
16	37/132	28/60	554	Noah Krichau	15	M	Indianola	IA	8:04	00:25:06.74
17	38/132	29/60	604	Will Vanderholt	16	M	Norwalk	IA	8:05	00:25:08.66
18	57/132	38/60	553	Zach Kreider	15	M	Norwalk	IA	8:59	00:27:55.83
19	61/132	41/60	631	Zach Cook	15	M	Norwalk	IA	9:10	00:28:29.91
20	111/132	55/60	519	Dylan Curtis	16	M	Norwalk	IA	11:52	00:36:55.29

Female Ages 19 - 24

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	93/132	44/72	517	Megan Cook	19	F	Norwalk	IA	10:40	00:33:08.84
2	116/132	61/72	518	Paige Curtis	21	F	Norwalk	IA	11:58	00:37:12.43
3	117/132	62/72	503	Krystal Baccus	24	F	Norwalk	IA	11:59	00:37:16.94

RUNorwalk 8K and 5K Run/Walk

May 10, 2014

Overall Division Results

5K Run

Female Ages 25 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	44/132	15/72	572	Mallory Metzger	26	F	Norwalk	IA	8:22	00:26:01.66
2	55/132	18/72	520	Amanda Degroote	29	F	Norwalk	IA	8:50	00:27:27.16
3	66/132	24/72	537	Abby Hendrickson	29	F	Norwalk	IA	9:23	00:29:10.42
4	67/132	25/72	501	Rachel Aanonson	26	F	Norwalk	IA	9:23	00:29:11.62
5	78/132	33/72	641	Katheryn Pearson	26	F	Norwalk	IA	9:50	00:30:36.00
6	100/132	48/72	601	Carina Tucker	28	F	Clive	IA	11:07	00:34:32.86
7	125/132	67/72	770	Casey Hall	26	F	Des Moines	IA	12:30	00:38:51.17
8	126/132	68/72	612	Kendra Wilson	29	F	Norwalk	IA	12:37	00:39:12.45

Male Ages 25 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	96/132	50/60	585	Michael Petersen	25	M	Norwalk	IA	10:48	00:33:35.43
2	127/132	59/60	568	Kevin Marmon	26	M	Norwalk	IA	12:37	00:39:13.19

Female Ages 30 - 34

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	58/132	20/72	506	Kelli Becker	30	F	West Des Moines	IA	9:03	00:28:07.19
2	62/132	21/72	562	Jennifer Livingston	33	F	Norwalk	IA	9:15	00:28:46.60
3	70/132	28/72	600	Kristin Tague	34	F	Norwalk	IA	9:36	00:29:50.81
4	83/132	36/72	528	Kristen Geisler	34	F	Norwalk	IA	10:03	00:31:14.92
5	84/132	37/72	590	Kristy Sadler Tiedt	34	F	Norwalk	IA	10:03	00:31:14.92
6	115/132	60/72	581	Ashley Peter	30	F	Norwalk	IA	11:56	00:37:07.28
7	122/132	65/72	523	Katie Eppers	33	F	Norwalk	IA	12:18	00:38:13.41
8	123/132	66/72	539	Liz Hill	34	F	Norwalk	IA	12:27	00:38:42.86
9	130/132	70/72	617	Bobbie Backer	33	F	Norwalk	IA	14:14	00:44:14.95

Male Ages 30 - 34

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	28/132	23/60	522	Brian Eppers	33	M	Norwalk	IA	7:47	00:24:11.71
2	52/132	36/60	594	Brad Smith	33	M	Norwalk	IA	8:45	00:27:11.41
3	87/132	48/60	535	Josh Heggen	32	M	Urbandale	IA	10:08	00:31:30.41

Female Ages 35 - 39

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	23/132	4/72	611	Michelle Wiedmann	35	F	Norwalk	IA	7:30	00:23:19.09
2	40/132	11/72	636	Krista Zepeda	39	F	Des Moines	IA	8:07	00:25:13.61
3	43/132	14/72	512	Sara Boies	39	F	Indianola	IA	8:19	00:25:53.09
4	69/132	27/72	619	Brandi Dinnen	36	F	Norwalk	IA	9:35	00:29:47.80
5	74/132	30/72	547	Laura Johnson	38	F	Norwalk	IA	9:48	00:30:27.42
6	77/132	32/72	587	Holly Pfeifer	35	F	Norwalk	IA	9:50	00:30:34.10
7	90/132	41/72	540	Amy Hock	38	F	Norwalk	IA	10:18	00:32:00.26
8	92/132	43/72	613	Maureen Winslow	35	F	Cumming	IA	10:36	00:32:58.89
9	102/132	50/72	638	Anna Stringer	37	F	Marshalltown	IA	11:09	00:34:41.37
10	103/132	51/72	504	Sarah Baker	36	F	Norwalk	IA	11:12	00:34:50.43
11	106/132	54/72	526	Ann Garvey	38	F	Norwalk	IA	11:27	00:35:35.73
12	119/132	63/72	607	Jennifer Vetterick	37	F	Norwalk	IA	12:16	00:38:07.69
13	132/132	72/72	783	Amy Havick	37	F	Norwalk	IA	14:48	00:46:01.96

RUNorwalk 8K and 5K Run/Walk

May 10, 2014

Overall Division Results

5K Run

Male Ages 35 - 39

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	53/132	37/60	570	Jeff Mcconkey	39	M	Norwalk	IA	8:46	00:27:15.37
2	59/132	39/60	569	Brad Matt	35	M	Windsor Heights	IA	9:03	00:28:07.40
3	124/132	58/60	538	Adam Hill	39	M	Norwalk	IA	12:27	00:38:43.06

Female Ages 40 - 44

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	82/132	35/72	545	Erika Isley	40	F	Cumming	IA	10:02	00:31:11.43
2	113/132	58/72	532	Jennifer Hanson	41	F	Norwalk	IA	11:53	00:36:56.65

Male Ages 40 - 44

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	49/132	33/60	550	Andrew Kingsley	40	M	Norwalk	IA	8:30	00:26:25.16
2	64/132	42/60	622	Bill Chase	40	M	Norwalk	IA	9:15	00:28:47.42
3	71/132	43/60	511	Kevin Boies	40	M	Indianola	IA	9:36	00:29:51.84
4	97/132	51/60	513	Mike Chihak	44	M	Indianola	IA	10:59	00:34:10.33
5	121/132	57/60	593	Donald Sleeth	44	M	Norwalk	IA	12:16	00:38:08.95

Female Ages 45 - 49

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	39/132	10/72	603	Leigh Vanderholt	45	F	Norwalk	IA	8:05	00:25:08.75
2	68/132	26/72	558	Nancy Lavelle	47	F	Norwalk	IA	9:29	00:29:30.42
3	75/132	31/72	610	Tammy Westhoff	46	F	Norwalk	IA	9:49	00:30:31.72
4	85/132	38/72	536	Shelley Heisdorffer	47	F	Norwalk	IA	10:06	00:31:23.42
5	86/132	39/72	574	Jennifer Mihalovich	48	F	Milo	IA	10:06	00:31:25.92
6	101/132	49/72	510	Sharyn Bergan	46	F	Norwalk	IA	11:09	00:34:40.37
7	104/132	52/72	530	Donna Grant Paulsen	45	F	Norwalk	IA	11:23	00:35:23.68

Male Ages 45 - 49

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	27/132	22/60	557	Chad Larson	47	M	Norwalk	IA	7:44	00:24:04.00
2	46/132	31/60	596	Randy Spurr	46	M	Norwalk	IA	8:29	00:26:22.39
3	72/132	44/60	586	Richard Petersen	48	M	Des Moines	IA	9:40	00:30:04.42
4	76/132	45/60	608	Tom Westhoff	47	M	Norwalk	IA	9:49	00:30:31.96
5	88/132	49/60	628	Pat Dunn	47	M	Norwalk	IA	10:13	00:31:46.92
6	108/132	54/60	779	Kevin Umphress	47	M	Pleasant Hill	IA	11:29	00:35:43.66

Female Ages 50 - 54

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	98/132	47/72	573	Cynthia Michelsen	53	F	Indianola	IA	11:03	00:34:21.06
2	109/132	55/72	595	Jo Snyder	51	F	Winterset	IA	11:32	00:35:50.43
3	110/132	56/72	502	Marla Allen	50	F	Waukee	IA	11:40	00:36:17.93

RUNorwalk 8K and 5K Run/Walk

May 10, 2014

Overall Division Results

5K Run

Male Ages 50 - 54

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	79/132	46/60	640	Kevin Pearson	51	M	Norwalk	IA	9:50	00:30:36.17
2	128/132	60/60	567	John Marmon	51	M	Norwalk	IA	12:37	00:39:13.44

Male Ages 55 - 59

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	18/132	16/60	637	Steven Hall	56	M	Marshalltown	IA	7:16	00:22:35.48
2	32/132	26/60	605	Rick Vanscoy	57	M	Martensdale	IA	7:48	00:24:15.15

Female Ages 60 - 64

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	120/132	64/72	584	Judy Peters	64	F	Webster City	IA	12:16	00:38:08.94

Male Ages 60 - 64

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	17/132	15/60	543	John Hughes	60	M	Norwalk	IA	7:07	00:22:09.08

Male Ages 70+

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	118/132	56/60	626	Hummer Brown	74	M	Des Moines	IA	12:05	00:37:33.69