

# Loop de Loop Half Marathon and 5K-10K

September 26, 2015

## Overall Division Results

## Half Marathon

### Male Ages 01 - 12

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	59/114	29/43	523	Austin Wilkins	11	M	Decorah	IA	9:33	02:05:21.24

### Female Ages 13 - 19

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	23/114	10/71	491	Natalie Sandstrom	13	F	Decorah	IA	8:19	01:49:02.30
2	50/114	25/71	447	Makayla Mcqueen	13	F	Decorah	IA	8:59	01:57:53.76

### Male Ages 13 - 19

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	5/114	4/43	466	Anders Braaten	16	M	Minnesota City	MN	7:23	01:36:48.98
2	90/114	37/43	530	Austin Keck	17	M	Decorah	IA	10:47	02:21:32.96

### Female Ages 20 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	1/114	1/71	458	Sarah Bakula	20	F	Fort Atkinson	IA	6:29	01:25:06.70
2	13/114	3/71	445	Tonya Holthaus	29	F	Decorah	IA	8:02	01:45:27.39
3	19/114	7/71	529	Sunny Teeling	29	F	Sumner	IA	8:14	01:48:07.30
4	22/114	9/71	427	Kelly Hilsabeck	26	F	Lansing	IA	8:18	01:48:58.22
5	28/114	12/71	484	Katie Buchheit	20	F	Dubuque	IA	8:28	01:51:03.75
6	41/114	18/71	514	Lena Bruner	27	F	Clive	IA	8:51	01:56:13.45
7	44/114	19/71	533	Aliana Glasson	24	F	Decorah	IA	8:54	01:56:50.40
8	46/114	21/71	486	Megan Mccready	20	F	Decorah	IA	8:56	01:57:18.82
9	47/114	22/71	463	Erika Hinz	20	F	Decorah	IA	8:56	01:57:19.01
10	48/114	23/71	426	Michelle Leonard	27	F	Winterset	IA	8:57	01:57:30.82
11	61/114	32/71	419	Brooke Welsh	26	F	Lansing	IA	9:40	02:06:43.77
12	62/114	33/71	472	Alison Gau	20	F	Decorah	IA	9:44	02:07:47.02
13	65/114	34/71	518	Deja Dircks	20	F	Savage	MN	9:47	02:08:21.17
14	66/114	35/71	429	Katie Cunningham	28	F	Decorah	IA	9:49	02:08:43.02
15	70/114	38/71	499	Kelli Anderson	24	F	Waverly	IA	10:01	02:11:21.51
16	75/114	42/71	451	Maria Dubon	20	F	Decorah	IA	10:14	02:14:16.53
17	79/114	46/71	476	Krista Johnson	28	F	Independence	IA	10:23	02:16:10.78
18	108/114	67/71	474	Kate Scheuer	22	F	Madison	WI	12:59	02:50:14.31
19	109/114	68/71	480	Amanda Thiel	22	F	Madison	WI	12:59	02:50:14.57
20	113/114	70/71	403	Kelli Ann Gytoku	23	F	La Crosse	WI	13:36	02:58:18.58
21	114/114	71/71	440	Andrea Fors	24	F	Calmar	IA	17:28	03:49:05.61

### Male Ages 20 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	4/114	3/43	500	Evan Obert	23	M	Davenport	IA	7:21	01:36:26.39
2	6/114	5/43	535	Luke Elsbernd	24	M	Calmar	IA	7:25	01:37:25.83
3	67/114	32/43	416	Max Hunter	26	M	Decorah	IA	9:53	02:09:44.27
4	88/114	36/43	511	Tracy Nuss	26	M	West Union	IA	10:44	02:20:49.03

# Loop de Loop Half Marathon and 5K-10K

September 26, 2015

## Overall Division Results

Half Marathon

### Female Ages 30 - 45

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	8/114	2/71	488	Heather Douglas	41	F	Charles City	IA	7:38	01:40:14.67
2	14/114	4/71	446	Erica Brenden	31	F	Decorah	IA	8:02	01:45:27.79
3	17/114	5/71	465	Mandy Huebbe	33	F	Urbandale	IA	8:09	01:46:51.74
4	18/114	6/71	415	Elizabeth Lippert Kane	42	F	Decorah	IA	8:11	01:47:22.65
5	21/114	8/71	464	Liza Hicken	35	F	Decorah	IA	8:18	01:48:55.39
6	25/114	11/71	428	Megan Buckingham	30	F	Decorah	IA	8:23	01:49:54.46
7	29/114	13/71	420	Stephanie Hughes	38	F	Decorah	IA	8:29	01:51:23.00
8	32/114	14/71	485	Mary Buchheit	43	F	Dubuque	IA	8:35	01:52:43.75
9	35/114	15/71	469	Julie Modjeski	40	F	Sparta	WI	8:41	01:53:59.72
10	38/114	17/71	449	Sherrie Elzey	30	F	Maplewood	MN	8:47	01:55:14.38
11	45/114	20/71	475	Amanda Huinker	33	F	Decorah	IA	8:56	01:57:16.76
12	49/114	24/71	431	Meagan Devalapalli	30	F	Rochester	MN	8:58	01:57:42.38
13	52/114	27/71	513	Stephanie Garcia-Prats	34	F	Decorah	IA	9:00	01:58:02.79
14	53/114	28/71	436	Amy Robinson	43	F	Decorah	IA	9:12	02:00:47.77
15	57/114	29/71	444	Amanda Scott	32	F	Cedar Falls	IA	9:26	02:03:42.24
16	58/114	30/71	421	Yang Wang	33	F	Oakland	CA	9:28	02:04:15.10
17	60/114	31/71	438	Jessica Mcgraw	31	F	Decorah	IA	9:36	02:05:52.77
18	68/114	36/71	524	Tiffany Lundtvedt	30	F	Decorah	IA	9:55	02:10:10.76
19	69/114	37/71	453	Kristin Rood	30	F	Mason City	IA	10:00	02:11:07.73
20	71/114	39/71	423	Shelley Szudera	33	F	Fargo	ND	10:02	02:11:39.16
21	73/114	40/71	410	Nicole Mikota	37	F	Maple Grove	MN	10:05	02:12:16.03
22	74/114	41/71	452	Meagan Wittnebel	30	F	Mason City	IA	10:13	02:13:59.74
23	76/114	43/71	473	Gwen Strand	34	F	Decorah	IA	10:16	02:14:35.23
24	77/114	44/71	408	Lisa Kuennen	42	F	Urbandale	IA	10:18	02:15:14.27
25	78/114	45/71	448	Jeanne Mcqueen	45	F	St Louis	MO	10:21	02:15:45.28
26	81/114	48/71	454	Kristi Burt	30	F	Mason City	IA	10:24	02:16:27.79
27	83/114	49/71	519	Sara Heger	40	F	Decorah	IA	10:32	02:18:06.95
28	85/114	50/71	532	Emily Young Johnson	43	F	Decorah	IA	10:40	02:20:00.16
29	86/114	51/71	459	Jessica Kipp	30	F	Fort Atkinson	IA	10:41	02:20:13.76
30	87/114	52/71	435	Billijo Link	40	F	St Paul	MN	10:41	02:20:14.28
31	89/114	53/71	405	Sarah Schacherer	30	F	Decorah	IA	10:44	02:20:49.27
32	91/114	54/71	437	Tera Tweten	36	F	Decorah	IA	10:48	02:21:34.79
33	93/114	56/71	456	Heather Deboest	30	F	Charles City	IA	10:56	02:23:29.03
34	95/114	57/71	433	Robyn Hanson	35	F	Decorah	IA	11:16	02:27:49.52
35	96/114	58/71	497	Chauncy Eggland	31	F	Decorah	IA	11:18	02:28:09.54
36	101/114	61/71	418	Angela Kueny	35	F	Decorah	IA	11:35	02:32:00.46
37	102/114	62/71	481	Jessica Raabe	36	F	Decorah	IA	11:35	02:32:00.65
38	103/114	63/71	422	Jen Kopperud	31	F	Fargo	ND	11:45	02:34:04.27
39	104/114	64/71	496	Carmen Covington	40	F	Fairfax	IA	11:53	02:35:49.05

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### Half Marathon

#### Male Ages 30 - 45

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	2/114	1/43	525	Daniel Lundtvedt	30	M	Decorah	IA	6:56	01:30:57.44
2	3/114	2/43	498	Carson Egglund	31	M	Decorah	IA	7:07	01:33:24.71
3	7/114	6/43	507	Derek Magnuson	44	M	Tampa	FL	7:33	01:39:06.82
4	9/114	7/43	531	Andy Johnson	45	M	Decorah	IA	7:49	01:42:38.77
5	11/114	9/43	409	John Anderson	40	M	Decorah	IA	7:53	01:43:29.94
6	15/114	11/43	495	Spencer Martin	42	M	Decorah	IA	8:05	01:46:09.49
7	20/114	13/43	460	Brent Anderson	32	M	Lanesboro	MN	8:15	01:48:20.24
8	24/114	14/43	424	Kurt Kopperud	34	M	Fargo	ND	8:21	01:49:29.72
9	30/114	17/43	406	Matt Hughes	41	M	Decorah	IA	8:33	01:52:09.36
10	31/114	18/43	413	John Fretham	32	M	Decorah	IA	8:35	01:52:40.39
11	33/114	19/43	439	Dan Kuboushek	30	M	Calmar	IA	8:36	01:52:55.61
12	43/114	25/43	443	Shawn Scott	33	M	Cedar Falls	IA	8:54	01:56:47.94
13	54/114	26/43	478	Nic Olberding	41	M	Mount Vernon	IA	9:17	02:01:44.01
14	55/114	27/43	414	Mark Krob	30	M	Mt. Vernon	IA	9:17	02:01:44.13
15	72/114	33/43	411	Ryan Mikota	38	M	Maple Grove	MN	10:05	02:12:16.02
16	99/114	39/43	430	Joe Grimstad	39	M	Decorah	IA	11:30	02:30:53.05

#### Female Ages 46 - 59

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	36/114	16/71	479	Kristy Fuller	48	F	Bettendorf	IA	8:42	01:54:06.00
2	51/114	26/71	527	Elizabeth Lescheusly	46	F	Decorah	IA	9:00	01:57:59.48
3	80/114	47/71	470	Kirstie Bower	46	F	Decorah	IA	10:23	02:16:14.03
4	92/114	55/71	455	Stacey Salinas	46	F	Charles City	IA	10:51	02:22:16.01
5	97/114	59/71	462	Rhonda Peterson	59	F	Hillsboro	WI	11:22	02:29:01.73
6	98/114	60/71	442	Meg Bellrichard	54	F	Byron	MN	11:27	02:30:06.02
7	105/114	65/71	517	Joan Renier	46	F	Chanhassen	MN	11:56	02:36:35.68
8	106/114	66/71	534	Jennifer Nektivinda	57	F	Decorah	IA	12:41	02:46:17.72
9	110/114	69/71	494	Karen Soules	56	F	Decorah	IA	13:08	02:52:14.48

#### Male Ages 46 - 59

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	10/114	8/43	508	Roger Proksch	52	M	Santa Barbara	CA	7:51	01:43:06.40
2	12/114	10/43	492	Matt Brandt	54	M	Cedar Rapids	IA	7:56	01:44:01.17
3	16/114	12/43	528	Marc Folkedahl	46	M	Decorah	IA	8:08	01:46:39.41
4	26/114	15/43	493	Bernard Soules	54	M	Decorah	IA	8:27	01:50:48.75
5	27/114	16/43	489	Kim Wander	54	M	West Union	IA	8:27	01:50:55.08
6	34/114	20/43	450	Randy Zipse	52	M	Charles City	IA	8:40	01:53:39.42
7	37/114	21/43	468	Gary Hunt	50	M	Apple River	WI	8:42	01:54:15.36
8	39/114	22/43	482	Ken Fangman	52	M	Farley	IA	8:48	01:55:29.75
9	40/114	23/43	471	Gregory Peterson	54	M	Decorah	IA	8:51	01:56:08.75
10	42/114	24/43	441	Greg Buenger	52	M	Charles City	IA	8:54	01:56:42.65
11	64/114	31/43	467	Bruce Braaten	57	M	Minnesota City	MN	9:46	02:08:10.77
12	82/114	34/43	434	Troy Bellrichard	46	M	Spring Valley	MN	10:30	02:17:43.23
13	84/114	35/43	407	Mark Kuennen	47	M	Urbandale	IA	10:35	02:18:47.29
14	94/114	38/43	483	Larry Fangman	56	M	Decorah	IA	11:10	02:26:35.25
15	100/114	40/43	432	Dom Mascardo	47	M	Coralville	IA	11:30	02:30:53.29
16	107/114	41/43	490	Jeff Thiel	49	M	Decorah	IA	12:59	02:50:14.30

# Loop de Loop Half Marathon and 5K-10K

September 26, 2015

## Overall Division Results

Half Marathon

### Male Ages 60+

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	56/114	28/43	412	Stephen Taylor	64	M	Pleasant Hill	IA	9:23	02:03:13.46
2	63/114	30/43	487	David Braaten	62	M	Marshall	MN	9:46	02:08:09.77
3	111/114	42/43	515	David L Langhus	67	M	Bethlehem	PA	13:08	02:52:14.68
4	112/114	43/43	457	Jim Langhus	60	M	Monona	IA	13:08	02:52:14.82