

RUNorwalk 8K and 5K Run/Walk

May 7, 2016

8K Run

Overall Results - Female

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	Pace	Time
1	5/33	1/3	254	Kirsten Cox	F	40	Des Moines	IA	6:34	00:32:41.92
2	9/33	2/3	286	Angela Chaney	F	28	Bloomfield	IA	7:24	00:36:51.61
3	12/33	3/3	272	Natalie Quenzer	F	27	Cumming	IA	7:34	00:37:36.99
4	13/33	1/2	103	Annie Balk	F	15	Norwalk	IA	7:43	00:38:25.68
5	14/33	1/4	271	Jamie Purviance	F	34	Indianola	IA	7:49	00:38:54.68
6	15/33	1/3	259	Heidi Hasselbalch	F	38	Norwalk	IA	7:54	00:39:18.67
7	17/33	2/2	268	Rylee Origer	F	17	Cumming	IA	8:25	00:41:53.48
8	21/33	2/4	281	Stephanie Healey	F	34	Norwalk	IA	8:41	00:43:10.94
9	22/33	2/3	262	Beth Herman	F	36	Norwalk	IA	8:43	00:43:24.40
10	23/33	1/1	276	Julia Tentinger	F	51	Norwalk	IA	8:51	00:44:01.28
11	26/33	3/3	275	Kristin Tague	F	36	Norwalk	IA	9:25	00:46:51.69
12	27/33	1/1	273	Allyson Seymour	F	40	Norwalk	IA	9:39	00:48:01.65
13	28/33	1/1	277	Ashley Ulveling	F	25	Ankeny	IA	9:52	00:49:03.11
14	30/33	1/1	282	Roma Snook	F	57	Chariton	IA	10:09	00:50:31.69
15	32/33	3/4	250	Angie Arndt-Parker	F	34	Indianola	IA	11:19	00:56:18.32
16	33/33	4/4	266	Andrea Kreuzt	F	34	Norwalk	IA	11:19	00:56:19.13

Overall Results - Male

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	Pace	Time
1	1/33	1/3	283	Julius Rotich	M	41	Des Moines	IA	5:34	00:27:41.39
2	2/33	2/3	261	Justin Helbing	M	30	Indianola	IA	5:36	00:27:51.00
3	3/33	3/3	260	Todd Haugen	M	53	Des Moines	IA	6:02	00:30:03.67
4	4/33	1/3	265	Brandon Johnson	M	38	Norwalk	IA	6:30	00:32:20.67
5	6/33	1/2	285	Dan York	M	40	Ankeny	IA	6:52	00:34:11.90
6	7/33	1/1	252	Maury Clark	M	46	Norwalk	IA	6:54	00:34:20.18
7	8/33	1/3	251	Greg Bockenstedt	M	31	Norwalk	IA	7:13	00:35:54.76
8	10/33	1/2	278	Robert Wallace	M	28	Norwalk	IA	7:31	00:37:24.23
9	11/33	2/3	274	Nathaniel Tagtow	M	34	Norwalk	IA	7:33	00:37:33.93
10	16/33	1/1	269	Michael Perry	M	50	West Des Moines	IA	8:10	00:40:38.18
11	18/33	1/1	284	John Schneller	M	72	West Des Moines	IA	8:28	00:42:06.80
12	19/33	1/1	280	John Hughes	M	62	Norwalk	IA	8:29	00:42:10.36
13	20/33	2/3	263	Brent Hulbert	M	37	Norwalk	IA	8:30	00:42:18.84
14	24/33	2/2	270	Dante Pierangeli	M	42	Norwalk	IA	8:52	00:44:06.43
15	25/33	3/3	264	Clint Hurley	M	34	Norwalk	IA	9:01	00:44:53.65
16	29/33	2/2	267	John Message	M	26	Urbandale	IA	9:53	00:49:10.63
17	31/33	3/3	279	Chad Watters	M	35	Norwalk	IA	10:45	00:53:28.80