

# RUNorwalk 8K and 5K Run/Walk

May 7, 2016

## Overall Division Results

8K Run

### Female Overall

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	5/33	1/16	254	Kirsten Cox	40	F	Des Moines	IA	6:34	00:32:41.92
2	9/33	2/16	286	Angela Chaney	28	F	Bloomfield	IA	7:24	00:36:51.61
3	12/33	3/16	272	Natalie Quenzer	27	F	Cumming	IA	7:34	00:37:36.99

### Male Overall

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	1/33	1/17	283	Julius Rotich	41	M	Des Moines	IA	5:34	00:27:41.39
2	2/33	2/17	261	Justin Helbing	30	M	Indianola	IA	5:36	00:27:51.00
3	3/33	3/17	260	Todd Haugen	53	M	Des Moines	IA	6:02	00:30:03.67

### Female Ages 15 - 18

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	13/33	4/16	103	Annie Balk	15	F	Norwalk	IA	7:43	00:38:25.68
2	17/33	7/16	268	Rylee Origer	17	F	Cumming	IA	8:25	00:41:53.48

### Female Ages 25 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	28/33	13/16	277	Ashley Ulveling	25	F	Ankeny	IA	9:52	00:49:03.11

### Male Ages 25 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	10/33	8/17	278	Robert Wallace	28	M	Norwalk	IA	7:31	00:37:24.23
2	29/33	16/17	267	John Message	26	M	Urbandale	IA	9:53	00:49:10.63

### Female Ages 30 - 34

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	14/33	5/16	271	Jamie Purviance	34	F	Indianola	IA	7:49	00:38:54.68
2	21/33	8/16	281	Stephanie Healey	34	F	Norwalk	IA	8:41	00:43:10.94
3	32/33	15/16	250	Angie Arndt-Parker	34	F	Indianola	IA	11:19	00:56:18.32
4	33/33	16/16	266	Andrea Kreutz	34	F	Norwalk	IA	11:19	00:56:19.13

### Male Ages 30 - 34

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	8/33	7/17	251	Greg Bockenstedt	31	M	Norwalk	IA	7:13	00:35:54.76
2	11/33	9/17	274	Nathaniel Tagtow	34	M	Norwalk	IA	7:33	00:37:33.93
3	25/33	15/17	264	Clint Hurley	34	M	Norwalk	IA	9:01	00:44:53.65

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### Female Ages 35 - 39

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	15/33	6/16	259	Heidi Hasselbalch	38	F	Norwalk	IA	7:54	00:39:18.67
2	22/33	9/16	262	Beth Herman	36	F	Norwalk	IA	8:43	00:43:24.40
3	26/33	11/16	275	Kristin Tague	36	F	Norwalk	IA	9:25	00:46:51.69

### Male Ages 35 - 39

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	4/33	4/17	265	Brandon Johnson	38	M	Norwalk	IA	6:30	00:32:20.67
2	20/33	13/17	263	Brent Hulbert	37	M	Norwalk	IA	8:30	00:42:18.84
3	31/33	17/17	279	Chad Watters	35	M	Norwalk	IA	10:45	00:53:28.80

### Female Ages 40 - 44

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	27/33	12/16	273	Allyson Seymour	40	F	Norwalk	IA	9:39	00:48:01.65

### Male Ages 40 - 44

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	6/33	5/17	285	Dan York	40	M	Ankeny	IA	6:52	00:34:11.90
2	24/33	14/17	270	Dante Pierangeli	42	M	Norwalk	IA	8:52	00:44:06.43

### Male Ages 45 - 49

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	7/33	6/17	252	Maury Clark	46	M	Norwalk	IA	6:54	00:34:20.18

### Female Ages 50 - 54

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	23/33	10/16	276	Julia Tentinger	51	F	Norwalk	IA	8:51	00:44:01.28

### Male Ages 50 - 54

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	16/33	10/17	269	Michael Perry	50	M	West Des Moines	IA	8:10	00:40:38.18

### Female Ages 55 - 59

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	30/33	14/16	282	Roma Snook	57	F	Chariton	IA	10:09	00:50:31.69

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### Male Ages 60 - 64

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	19/33	12/17	280	John Hughes	62	M	Norwalk	IA	8:29	00:42:10.36

### Male Ages 70+

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	18/33	11/17	284	John Schneller	72	M	West Des Moines	IA	8:28	00:42:06.80