

# RUNorwalk 8K and 5K Run/Walk

May 7, 2016

5K Run

## Overall Results - Female

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	Pace	Time
1	4/70	1/3	123	Sara Hendrickson	F	29	Altoona	IA	6:15	00:19:25.62
2	7/70	2/3	143	Megan Reedy	F	30	Ankeny	IA	6:35	00:20:28.10
3	13/70	3/3	124	Trinity Hopkey	F	15	Cumming	IA	7:42	00:23:57.91
4	15/70	1/8	112	Tracie Courcier	F	37	Norwalk	IA	7:45	00:24:05.52
5	17/70	1/7	146	Deanna Schulz	F	44	Norwalk	IA	8:01	00:24:54.85
6	19/70	1/4	164	Heidi Alexander	F	34	Melrose	IA	8:05	00:25:07.41
7	22/70	1/5	157	Emma Chase	F	13	Norwalk	IA	8:22	00:26:01.16
8	23/70	2/5	162	Eva Hoch	F	12	Norwalk	IA	8:26	00:26:12.92
9	24/70	3/5	128	Olivia Johnson	F	12	Norwalk	IA	8:28	00:26:19.86
10	25/70	1/3	165	Josie Larson	F	8	Norwalk	IA	8:29	00:26:23.66
11	26/70	1/3	171	Lily Kallenbach	F	15	Norwalk	IA	8:35	00:26:42.37
12	27/70	2/7	170	Janell Kallenbach	F	43	Norwalk	IA	8:35	00:26:42.38
13	31/70	3/7	127	Laura Johnson	F	40	Norwalk	IA	8:56	00:27:46.59
14	32/70	1/3	126	Jade Huls	F	26	Norwalk	IA	9:03	00:28:07.78
15	33/70	2/4	322	Kodi Blake	F	33	Norwalk	IA	9:05	00:28:14.67
16	38/70	2/8	148	Stacy Slate	F	36	Norwalk	IA	9:23	00:29:10.66
17	39/70	4/7	142	Melissa Pierangeli	F	42	Norwalk	IA	9:27	00:29:23.67
18	40/70	2/3	160	Ella Mcguire	F	15	West Des Moines	IA	9:42	00:30:11.26
19	41/70	3/3	159	Susan Alverio	F	16	Norwalk	IA	9:43	00:30:12.28
20	42/70	1/3	256	Angela Ellis	F	53	Norwalk	IA	9:47	00:30:25.42
21	43/70	3/8	134	Elaine Menke	F	38	Norwalk	IA	9:51	00:30:36.63
22	44/70	2/3	125	Nyah Hulbert	F	9	Norwalk	IA	9:54	00:30:47.17
23	46/70	3/4	107	Emily Bruner	F	34	Norwalk	IA	9:57	00:30:56.42
24	48/70	2/3	138	Katie Naert	F	25	Norwalk	IA	9:58	00:30:59.67
25	49/70	4/8	115	Melissa Daggy	F	37	Norwalk	IA	10:04	00:31:17.62
26	50/70	5/7	135	Heather Mora	F	42	Norwalk	IA	10:06	00:31:24.10
27	51/70	5/8	144	Teresa Roof	F	35	Norwalk	IA	10:26	00:32:25.59
28	52/70	6/8	119	Kristen Geisler	F	36	Norwalk	IA	10:28	00:32:33.67
29	53/70	7/8	136	Kari Murray	F	35	Norwalk	IA	10:28	00:32:33.84
30	54/70	2/3	102	Kim Balk	F	52	Norwalk	IA	10:35	00:32:55.41
31	56/70	3/3	104	Ann Boeke	F	54	Des Moines	IA	10:46	00:33:28.89
32	57/70	8/8	114	Amy Crick	F	38	Norwalk	IA	10:47	00:33:30.67
33	58/70	1/1	130	Lisa Luu	F	48	Cumming	IA	10:49	00:33:38.67
34	59/70	1/2	139	Jordan Nail	F	23	Norwalk	IA	10:49	00:33:38.82
35	60/70	4/4	152	Amy Tiefenthaler	F	32	Norwalk	IA	11:13	00:34:53.87
36	61/70	6/7	140	Kimberly Nellesen	F	42	Norwalk	IA	11:14	00:34:57.13
37	62/70	1/1	173	Annette Mansheim	F	61	Norwalk	IA	11:32	00:35:52.93
38	63/70	2/2	167	Lisi Kerrigan	F	20	Omaha	NE	12:03	00:37:27.67
39	65/70	4/5	156	Kylie Winkler	F	12	Norwalk	IA	12:11	00:37:53.63
40	66/70	5/5	118	Emily Davis	F	12	Norwalk	IA	12:12	00:37:54.64
41	67/70	3/3	155	Erica Warren	F	27	Des Moines	IA	12:44	00:39:35.92
42	68/70	3/3	117	Ava Danielson	F	10	Norwalk	IA	13:05	00:40:39.93
43	70/70	7/7	147	Staci Shipley	F	43	Norwalk	IA	13:34	00:42:10.14

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## Overall Results - Male

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	Pace	Time
1	1/70	1/3	133	Tim Mckenna	M	29	Rochester	MN	5:02	00:15:39.52
2	2/70	2/3	122	Mike Hardy	M	27	Norwalk	IA	5:46	00:17:56.78
3	3/70	3/3	137	Tom Naert	M	26	Norwalk	IA	5:55	00:18:23.16
4	5/70	1/7	153	Tyler Vaughan	M	15	Norwalk	IA	6:22	00:19:47.53
5	6/70	2/7	141	Jack Palen	M	16	Norwalk	IA	6:29	00:20:08.90
6	8/70	3/7	175	Blake Johnson	M	16	Norwalk	IA	6:41	00:20:48.39
7	9/70	4/7	113	Kason Crall	M	17	Norwalk	IA	7:03	00:21:55.90
8	10/70	5/7	129	Doug Jones	M	17	Norwalk	IA	7:17	00:22:39.32
9	11/70	6/7	174	Joey Goode	M	16	Cumming	IA	7:29	00:23:17.66
10	12/70	1/5	132	Jeff Mcconkey	M	41	Norwalk	IA	7:35	00:23:34.55
11	14/70	1/4	163	Patrick Smith	M	25	Norwalk	IA	7:44	00:24:03.00
12	16/70	1/1	158	Will Chase	M	11	Norwalk	IA	7:51	00:24:26.29
13	18/70	2/4	106	Mitch Boldman	M	27	Norwalk	IA	8:01	00:24:55.41
14	20/70	1/1	169	Chuck Clark	M	65	Norwalk	IA	8:16	00:25:42.10
15	21/70	1/2	145	David Rozendaal	M	51	Des Moines	IA	8:19	00:25:53.41
16	28/70	2/5	166	Chris Larson	M	40	Norwalk	IA	8:39	00:26:53.27
17	29/70	1/1	151	Doyle Sullivan	M	63	Norwalk	IA	8:41	00:27:00.19
18	30/70	3/4	105	Ben Bohlender	M	27	Norwalk	IA	8:49	00:27:24.16
19	34/70	1/2	150	Greg Speer	M	31	Clive	IA	9:07	00:28:21.57
20	35/70	3/5	120	Trevor Gingrich	M	41	Norwalk	IA	9:10	00:28:29.89
21	36/70	2/2	172	Todd Bohlender	M	51	Indianola	IA	9:14	00:28:41.47
22	37/70	4/5	161	Andrew Kingsley	M	42	Norwalk	IA	9:18	00:28:55.17
23	45/70	7/7	111	Nate Cook	M	15	Norwalk	IA	9:56	00:30:52.67
24	47/70	2/2	108	Kyle Bruner	M	33	Norwalk	IA	9:57	00:30:56.67
25	55/70	1/1	110	Doug Conant	M	49	Carlisle	IA	10:35	00:32:55.82
26	64/70	4/4	168	Tyler Davenport	M	29	Omaha	NE	12:03	00:37:28.68
27	69/70	5/5	116	Erick Danielson	M	43	Norwalk	IA	13:05	00:40:41.83