

# RUNorwalk 8K and 5K Run/Walk

May 11, 2013

## Overall Division Results

5K Run

### Female Overall

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Time
1	10/101	1/58	2105	Summer Rehkemper	36	Female	Urbandale	IA	7:18 min/m	00:22:42.16
2	11/101	2/58	2089	Juliana Stahle	17	Female	Norwalk	IA	7:23 min/m	00:22:59.40
3	13/101	3/58	2048	Trinity Hopkey	12	Female	Cumming	IA	7:53 min/m	00:24:31.35

### Male Overall

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Time
1	1/101	1/43	2036	Chris Gasche	40	Male	Norwalk	IA	5:57 min/m	00:18:31.78
2	2/101	2/43	2040	Mike Hardy	24	Male	Des Moines	IA	6:00 min/m	00:18:41.50
3	3/101	3/43	2032	Curtis Downs	44	Male	Des Moines	IA	6:13 min/m	00:19:21.95

### Female Ages 01 - 10

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Time
1	60/101	29/58	2060	Lexi Livingston	9	Female	Norwalk	IA	10:47 min/m	00:33:31.78

### Male Ages 01 - 10

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Time
1	95/101	42/43	2055	Ben Liedtke	8	Male	Norwalk	IA	14:07 min/m	00:43:53.95

### Female Ages 11 - 14

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Time
1	15/101	4/58	2006	Annie Balk	12	Female	Cumming	IA	8:01 min/m	00:24:55.65

### Male Ages 11 - 14

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Time
1	6/101	6/43	2104	Carson Raper	12	Male	Norwalk	IA	7:01 min/m	00:21:48.82

### Female Ages 15 - 18

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Time
1	34/101	12/58	2019	Brett Bunnell	16	Female	Norwalk	IA	9:18 min/m	00:28:54.59

### Male Ages 15 - 18

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Time
1	5/101	5/43	2084	Jake Simpson	18	Male	Norwalk	IA	7:01 min/m	00:21:48.82

### Female Ages 19 - 24

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Time
1	53/101	24/58	2078	Sydnie Reynolds	22	Female	Norwalk	IA	10:27 min/m	00:32:28.91

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### Male Ages 19 - 24

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Time
1	4/101	4/43	2033	Nick Eginore	19	Male	Norwalk	IA	6:45 min/m	00:20:58.61

### Female Ages 25 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Time
1	29/101	9/58	2097	Sarah Treft	29	Female	Pella	IA	8:35 min/m	00:26:41.99

### Male Ages 25 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Time
1	12/101	10/43	2099	Jp Williams	25	Male	Des Moines	IA	7:47 min/m	00:24:11.85

### Female Ages 30 - 34

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Time
1	25/101	8/58	2112	Abby Schmitz	31	Female	Norwalk	IA	8:30 min/m	00:26:26.47

### Male Ages 30 - 34

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Time
1	30/101	21/43	2035	Justin Fletcher	33	Male	Norwalk	IA	8:43 min/m	00:27:06.28

### Female Ages 35 - 39

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Time
1	38/101	14/58	2027	Melissa Criswell	35	Female	St. Charles	IA	9:27 min/m	00:29:23.81

### Male Ages 35 - 39

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Time
1	8/101	8/43	2106	Paul Drake	38	Male	Woodward	IA	7:16 min/m	00:22:37.31

### Female Ages 40 - 44

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Time
1	22/101	6/58	2113	Angela Gruening	40	Female	Norwalk	IA	8:22 min/m	00:26:00.49

### Male Ages 40 - 44

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Time
1	7/101	7/43	2098	Frank Wennerholt	41	Male	Grimes	IA	7:07 min/m	00:22:09.15

### Female Ages 45 - 49

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Time
1	51/101	22/58	2042	Shelly Heisdorffer	46	Female	Norwalk	IA	10:15 min/m	00:31:51.14

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### Male Ages 45 - 49

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Time
1	23/101	17/43	2111	Chad Larson	46	Male		IA	8:27 min/m	00:26:15.31

### Female Ages 50 - 54

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Time
1	33/101	11/58	2096	Julie Thorson	50	Female	Norwalk	IA	9:17 min/m	00:28:52.76

### Male Ages 50 - 54

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Time
1	19/101	15/43	2081	Dave Roth	50	Male	Cumming	IA	8:10 min/m	00:25:24.32

### Female Ages 55 - 59

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Time
1	89/101	51/58	2008	Peggy Bendixen	57	Female	Norwalk	IA	12:57 min/m	00:40:14.44

### Male Ages 55 - 59

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Time
1	83/101	36/43	2064	Joe Mcconkey	58	Male	Prole	IA	12:11 min/m	00:37:52.20

### Female Ages 60 - 98

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Time
1	98/101	56/58	2058	Heather Lindsay	60	Female	Norwalk	IA	14:55 min/m	00:46:22.96

### Male Ages 60 - 98

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	Gender	City	St.	Pace	Time
1	21/101	16/43	2103	Larry Hamm	64	Male	Des Moines	IA	8:17 min/m	00:25:45.40