

# RUNorwalk 8K and 5K Run/Walk

May 10, 2014

8K Run

## Overall Results - Female

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	Pace	Time
1	2/66	1/3	693	Traci Kresser	F	28	Clive	IA	5:34	00:27:41.16
2	13/66	2/3	726	Abby Schmitz	F	32	Norwalk	IA	6:33	00:32:38.17
3	17/66	3/3	705	Molly Potts	F	22	Norwalk	IA	7:03	00:35:06.32
4	21/66	1/7	730	Kari Dietch	F	31	Newton	IA	7:21	00:36:33.78
5	23/66	1/5	712	Jenny Sinclair	F	42	Carlisle	IA	7:28	00:37:08.43
6	25/66	2/7	687	Jamie Hurley	F	32	Indianola	IA	7:41	00:38:12.19
7	29/66	1/7	672	Amy Crick	F	36	Norwalk	IA	7:57	00:39:33.94
8	32/66	2/7	685	Heidi Hasselbalch	F	36	Norwalk	IA	8:08	00:40:26.44
9	34/66	1/1	667	Hannah Broadbent	F	16	Norwalk	IA	8:11	00:40:44.74
10	35/66	3/7	715	Andrea Tagtow	F	31	Norwalk	IA	8:13	00:40:52.20
11	37/66	1/2	677	Kelsey Erbes	F	23	Norwalk	IA	8:15	00:41:01.61
12	38/66	2/5	675	Jodi Eddleman	F	43	Norwalk	IA	8:15	00:41:05.31
13	40/66	3/5	668	Wendy Bryant	F	44	Clive	IA	8:23	00:41:42.35
14	41/66	3/7	674	Mary Decarlo	F	35	Grimes	IA	8:24	00:41:47.20
15	42/66	1/3	697	Lori Mckimpson	F	54	Ankeny	IA	8:25	00:41:52.09
16	45/66	1/1	716	Julia Tentinger	F	49	Norwalk	IA	8:44	00:43:26.44
17	46/66	4/7	717	Kathy Vanamburg	F	34	Norwalk	IA	8:47	00:43:40.22
18	47/66	2/3	706	Becky Potts	F	51	Norwalk	IA	8:54	00:44:15.77
19	48/66	5/7	719	Angie Vanderbeek	F	34	Waukee	IA	8:54	00:44:16.39
20	52/66	4/7	698	Elaine Menke	F	36	Norwalk	IA	9:09	00:45:33.79
21	53/66	6/7	679	Heather Foley	F	31	Norwalk	IA	9:11	00:45:42.86
22	55/66	7/7	657	Larissa Ackerson	F	31	Norwalk	IA	9:26	00:46:57.87
23	58/66	4/5	670	Amy Carkoski	F	40	Lincoln	NE	9:34	00:47:34.96
24	60/66	5/7	711	Allyson Seymour	F	38	Norwalk	IA	9:38	00:47:55.96
25	61/66	3/3	676	Angela Ellis	F	51	Norwalk	IA	10:02	00:49:55.15
26	62/66	5/5	699	Kimberly Nellesen	F	40	Norwalk	IA	10:10	00:50:34.13
27	63/66	6/7	671	Sarah Copple	F	35	Norwalk	IA	10:13	00:50:50.15
28	64/66	2/2	732	Katie Luzier	F	19	Norwalk	IA	10:29	00:52:07.28
29	65/66	7/7	662	Cara Behrens	F	35	Norwalk	IA	10:49	00:53:47.69

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## Overall Results - Male

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	Pace	Time
1	1/66	1/3	724	Julius Rotich	M	39	Des Moines	IA	5:16	00:26:12.41
2	3/66	2/3	728	Matthew McDermott	M	36	West Des Moines	IA	5:35	00:27:45.48
3	4/66	3/3	658	Grant Acoymo	M	16	Ankeny	IA	6:08	00:30:33.35
4	5/66	1/6	713	Randy Sturm	M	36	Garner	IA	6:11	00:30:49.01
5	6/66	1/7	731	David Larson	M	42	West Des Moines	IA	6:15	00:31:07.85
6	7/66	2/7	681	Chris Gasche	M	41	Norwalk	IA	6:15	00:31:07.86
7	8/66	2/6	720	Bill Wilson	M	39	Norwalk	IA	6:16	00:31:10.30
8	9/66	1/6	692	Zachary Kraft	M	34	Norwalk	IA	6:17	00:31:17.92
9	10/66	1/3	682	Carter Gornick	M	15	Norwalk	IA	6:18	00:31:21.61
10	11/66	1/4	686	Todd Haugen	M	51	Des Moines	IA	6:19	00:31:25.92
11	12/66	2/4	704	Rusty Potts	M	51	Norwalk	IA	6:21	00:31:36.68
12	14/66	3/4	723	Casey Showalter	M	53	Altoona	IA	6:53	00:34:16.81
13	15/66	2/3	664	Travis Bockholt	M	18	Norwalk	IA	6:58	00:34:38.43
14	16/66	1/4	680	Kirk Ford	M	24	Norwalk	IA	7:00	00:34:50.30
15	18/66	3/7	673	Erick Danielson	M	41	Norwalk	IA	7:07	00:35:27.41
16	19/66	1/1	696	Bryan Leitzinger	M	28	Norwalk	IA	7:13	00:35:56.21
17	20/66	2/6	714	Nathaniel Tagtow	M	32	Norwalk	IA	7:14	00:36:01.92
18	22/66	4/7	725	Aaron Stevens	M	43	Norwalk	IA	7:26	00:36:58.14
19	24/66	1/1	710	John Schneller	M	70	West Des Moines	IA	7:37	00:37:55.72
20	26/66	3/6	689	Jeff Isley	M	38	Cumming	IA	7:42	00:38:18.91
21	27/66	4/6	721	Charlie Ochanpaugh	M	35	Cumming	IA	7:42	00:38:19.31
22	28/66	2/4	665	Chad Bockholt	M	21	Norwalk	IA	7:56	00:39:28.88
23	30/66	3/6	703	Steve Peter	M	31	Norwalk	IA	8:01	00:39:53.02
24	31/66	3/3	709	Matthew Rozendaal	M	16	Norwalk	IA	8:04	00:40:06.62
25	33/66	5/6	701	Brian Onstot	M	38	Norwalk	IA	8:08	00:40:26.90
26	36/66	3/4	702	Joseph Patava	M	24	Norwalk	IA	8:15	00:41:01.60
27	39/66	4/4	678	Jeffery Feder	M	53	Norwalk	IA	8:21	00:41:33.63
28	43/66	4/6	727	Brandon Schmitz	M	31	Norwalk	IA	8:26	00:41:59.79
29	44/66	5/7	700	Craig Niehaus	M	44	Ankeny	IA	8:40	00:43:05.20
30	49/66	5/6	688	Clint Hurley	M	32	Norwalk	IA	8:55	00:44:20.45
31	50/66	4/4	694	Austin Lancaster	M	19	Norwalk	IA	8:58	00:44:39.20
32	51/66	1/2	729	Robert Mullins	M	48	Norwalk	IA	9:05	00:45:10.80
33	54/66	6/7	690	Greg Jones	M	44	Norwalk	IA	9:17	00:46:13.21
34	56/66	6/6	656	Brian Ackerson	M	33	Norwalk	IA	9:27	00:46:59.67
35	57/66	2/2	659	Ed Acoymo	M	49	Ankeny	IA	9:32	00:47:28.21
36	59/66	7/7	669	Todd Carkoski	M	44	Lincoln	NE	9:34	00:47:35.44
37	66/66	6/6	663	Mark Benge	M	35	Norwalk	IA	14:37	01:12:42.50