

RUNorwalk
8K Run & 5K Walk
May 7, 2011
Norwalk, Iowa

5K RESULTS

Place	Div/Tot	Name	City	St	Age	S	Time	Pace
1	1/26	Amanda Degroote	Norwalk	IA	26	F	36:46	11:50
2	2/26	Franklin Brown	Des Moines	IA	77	M	38:39	12:27
3	3/26	Sabrina Kennedy	Norwalk	IA	13	F	38:40	12:27
4	4/26	Deb Newman	Indianola	IA	54	F	38:40	12:27
5	5/26	Katherine Schmidt	Norwalk	IA	53	F	38:42	12:28
6	6/26	Mary Kennedy	Norwalk	IA	43	F	39:14	12:38
7	7/26	Glenn Soyer	Norwalk	IA	66	M	39:24	12:41
8	8/26	Veronica Borst	Urbandale	IA	12	F	39:37	12:45
9	9/26	Mickie Sevde	Norwalk	IA	63	F	41:30	13:22
10	10/26	Dave Hansen	Norwalk	IA	49	M	41:40	13:25
11	11/26	Taylor Griese	West Des Moines	IA	10	F	43:44	14:05
12	12/26	Carol Griese	West Des Moines	IA	41	F	43:45	14:05
13	13/26	Tracy Sharp	Norwalk	IA	48	F	44:49	14:26
14	14/26	Sarah Rosenberger	Norwalk	IA	35	F	45:04	14:31
15	15/26	Anne Connell	Norwalk	IA	50	F	45:42	14:43
16	16/26	Maggie Luzier	Norwalk	IA	12	F	45:43	14:43
17	17/26	Amy Lester	Norwalk	IA	33	F	46:03	14:50
18	18/26	Michael Bockholt	Norwalk	IA	16	M	46:18	14:54
19	19/26	Jean Spurlock	Norwalk	IA	65	F	47:41	15:21
20	20/26	Travis Bockholt	Norwalk	IA	15	M	48:50	15:43
21	21/26	Garry Bockholt	Norwalk	IA	47	M	48:53	15:45
22	22/26	Ken Henke	Norwalk	IA	49	M	48:55	15:45
23	23/26	Richard Mandt	Cumming	IA	68	M	49:00	15:47
24	24/26	Nathan Henke	Norwalk	IA	17	M	50:17	16:11
25	25/26	Ian Schwarz	Des Moines	IA	14	M	50:17	16:11
26	26/26	Mason Schwarz	Des Moines	IA	37	M	51:11	16:29

MALE RESULTS

Place	No.	Name	City	St	Age	S	Time	Pace
1	254	Franklin Brown	Des Moines	IA	77	M	38:39	12:27
2	279	Glenn Soyer	Norwalk	IA	66	M	39:24	12:41
3	262	Dave Hansen	Norwalk	IA	49	M	41:40	13:25
4	251	Michael Bockholt	Norwalk	IA	16	M	46:18	14:54
5	252	Travis Bockholt	Norwalk	IA	15	M	48:50	15:43
6	250	Garry Bockholt	Norwalk	IA	47	M	48:53	15:45
7	263	Ken Henke	Norwalk	IA	49	M	48:55	15:45
8	269	Richard Mandt	Cumming	IA	68	M	49:00	15:47
9	265	Nathan Henke	Norwalk	IA	17	M	50:17	16:11
10	276	Ian Schwarz	Des Moines	IA	14	M	50:17	16:11
11	275	Mason Schwarz	Des Moines	IA	37	M	51:11	16:29

FEMALE RESULTS

Place	No.	Name	City	St	Age	S	Time	Pace
1	257	Amanda Degroote	Norwalk	IA	26	F	36:46	11:50
2	267	Sabrina Kennedy	Norwalk	IA	13	F	38:40	12:27

3	270	Deb Newman	Indianola	IA	54	F	38:40	12:27
4	274	Katherine Schmidt	Norwalk	IA	53	F	38:42	12:28
5	266	Mary Kennedy	Norwalk	IA	43	F	39:14	12:38
6	253	Veronica Borst	Urbandale	IA	12	F	39:37	12:45
7	277	Mickie Sevde	Norwalk	IA	63	F	41:30	13:22
8	261	Taylor Griese	West Des Moines	IA	10	F	43:44	14:05
9	260	Carol Griese	West Des Moines	IA	41	F	43:45	14:05
10	278	Tracy Sharp	Norwalk	IA	48	F	44:49	14:26
11	273	Sarah Rosenberger	Norwalk	IA	35	F	45:04	14:31
12	256	Anne Connell	Norwalk	IA	50	F	45:42	14:43
13	281	Maggie Luzier	Norwalk	IA	12	F	45:43	14:43
14	282	Amy Lester	Norwalk	IA	33	F	46:03	14:50
15	280	Jean Spurlock	Norwalk	IA	65	F	47:41	15:21