

Nordic Fest Elvelopet

July 28, 2018

Overall Division Results

5K Run

Female Overall

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	5/381	1/194	413	Jordan Winke	19	F	Albia	IA	6:11	00:19:12.99

Male Overall

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	1/381	1/187	237	Brady Hogan	15	M	Waukon	IA	6:03	00:18:48.79

Female Ages 01 - 13

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	56/381	8/194	380	Madison Tollefson	13	F	Decorah	IA	7:37	00:23:42.74
2	97/381	23/194	339	Megan Roe	12	F	Decorah	IA	8:12	00:25:30.99
3	99/381	25/194	187	Jorja Folkedahl	12	F	Decorah	IA	8:12	00:25:31.66
4	101/381	26/194	261	Brielle Buresh	13	F	Decorah	IA	8:13	00:25:34.24
5	102/381	27/194	372	Brynn Storhoff	12	F	Decorah	IA	8:14	00:25:36.49
6	112/381	30/194	267	Kathryn Kelly	12	F	Decorah	IA	8:25	00:26:10.63
7	158/381	48/194	280	Sophia Lewey	13	F	Decorah	IA	9:04	00:28:10.74
8	175/381	58/194	557	Cora Aiels	10	F	Cedar Rapids	IA	9:13	00:28:40.74
9	179/381	61/194	577	Mya Hoden	10	F	Decorah	IA	9:18	00:28:55.65
10	182/381	64/194	281	Danielle Losen	12	F	Decorah	IA	9:20	00:29:02.57
11	187/381	65/194	578	Olivia Huinker	10	F	Decorah	IA	9:22	00:29:08.48
12	214/381	82/194	389	Jasera Tweten	10	F	Decorah	IA	9:47	00:30:23.82
13	220/381	88/194	240	Elayna Hook	12	F	Decorah	IA	9:51	00:30:37.67
14	243/381	105/194	211	Alex Grimm	12	F	Madrid	IA	10:07	00:31:28.42
15	265/381	118/194	553	Kelby Kerndt	10	F	Decorah	IA	10:19	00:32:03.83
16	267/381	119/194	373	Claire Storhoff	10	F	Decorah	IA	10:21	00:32:11.74
17	281/381	127/194	532	Sydney Kipp	12	F	Decorah	IA	10:40	00:33:09.88
18	283/381	128/194	132	Annika Brynsaas	12	F	Decorah	IA	10:40	00:33:11.51
19	288/381	132/194	334	Cassandra Rich	13	F	Fredericksburg	IA	10:50	00:33:41.34
20	290/381	133/194	122	Avery Bildstein	7	F	Cedar Rapids	IA	10:51	00:33:45.62
21	301/381	140/194	133	Grace Brynsaas	12	F	Decorah	IA	11:04	00:34:24.82
22	320/381	155/194	579	Grace Huinker	8	F	Decorah	IA	11:26	00:35:31.83
23	341/381	167/194	519	Eve Boudreau	9	F	Shakopee	MN	12:09	00:37:47.65
24	352/381	174/194	381	Mckenzie Tollefson	11	F	Decorah	IA	13:15	00:41:11.25
25	355/381	176/194	203	Maggie Gavle	8	F	Decorah	IA	13:32	00:42:05.39
26	359/381	179/194	112	Edyn Bateman	11	F	Ames	IA	13:49	00:42:57.75
27	362/381	181/194	355	Ivy Sime	5	F	Decorah	IA	15:17	00:47:29.45
28	368/381	186/194	199	Esme Gastfield	12	F	Preston	MN	16:08	00:50:08.60
29	381/381	194/194	344	Tegyn Sanderman	9	F	Decorah	IA	18:38	00:57:54.24

Male Ages 01 - 13

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	49/381	42/187	256	Blake Jermier	13	M	Decorah	IA	7:29	00:23:17.62
2	78/381	61/187	234	Erik Hjelle	13	M	Decorah	IA	7:50	00:24:23.20
3	93/381	72/187	418	Austin Anderson	12	M	Franklin	TN	8:00	00:24:53.74
4	95/381	74/187	242	Landyn Hook	7	M	Decorah	IA	8:09	00:25:19.48
5	107/381	79/187	102	Darren Adams	12	M	Osage	IA	8:21	00:25:57.25

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Male Ages 01 - 13

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
6	111/381	82/187	316	Holten Palmer	11	M	Decorah	IA	8:23	00:26:05.55
7	119/381	87/187	274	Jameson Labelle	10	M	Decorah	IA	8:34	00:26:37.65
8	127/381	93/187	382	Meison Tollefson	8	M	Decorah	IA	8:38	00:26:50.45
9	134/381	98/187	308	Travis Nordheim	12	M	Decorah	IA	8:41	00:26:59.61
10	142/381	103/187	580	Cody Vagts	12	M	Waseca	MN	8:47	00:27:17.49
11	148/381	107/187	118	Elliot Berland	9	M	Decorah	IA	8:52	00:27:35.74
12	149/381	108/187	236	Max Hoden	11	M	Dubuque	IA	8:54	00:27:41.99
13	178/381	118/187	126	Carson Bohner	10	M	Decorah	IA	9:18	00:28:53.81
14	205/381	128/187	387	Kash Turner	9	M	Decorah	IA	9:35	00:29:49.24
15	206/381	129/187	299	Creed Monroe	11	M	Decorah	IA	9:36	00:29:49.73
16	207/381	130/187	402	Henry Weis	12	M	Decorah	IA	9:36	00:29:49.91
17	240/381	138/187	285	Evan Madsen	9	M	Decorah	IA	10:03	00:31:15.86
18	245/381	139/187	212	Kinnick Grimm	9	M	Madrid	IA	10:08	00:31:30.85
19	254/381	142/187	314	Corbyn Palmer	13	M	Decorah	IA	10:12	00:31:43.74
20	255/381	143/187	397	Davis Walter	8	M	Decorah	IA	10:12	00:31:44.47
21	256/381	144/187	120	Lange Betts	13	M	Decorah	IA	10:13	00:31:45.24
22	282/381	155/187	117	Cohen Berland	7	M	Decorah	IA	10:40	00:33:10.25
23	286/381	156/187	206	Ian Giddings	10	M	Decorah	IA	10:46	00:33:30.19
24	324/381	166/187	150	Liam Chamberlain	11	M	Decorah	IA	11:32	00:35:51.49
25	330/381	170/187	129	Hayes Brown	12	M	Houston	TX	11:55	00:37:02.16
26	357/381	180/187	571	Nat Roberts	12	M	Decorah	IA	13:35	00:42:14.75
27	361/381	181/187	417	Nicholas Yates	12	M	Suffolk	VA	14:47	00:45:58.16
28	370/381	184/187	359	Mason Sires	9	M	Rochester	MN	16:19	00:50:43.14

Female Ages 14 - 16

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	18/381	3/194	121	Shayla Betts	16	F	Decorah	IA	6:45	00:21:01.15
2	48/381	7/194	376	Payton Taylor	15	F	Decorah	IA	7:29	00:23:16.74
3	57/381	9/194	116	Katelyn Benzing	16	F	Harpers Ferry	IA	7:39	00:23:46.66
4	60/381	11/194	111	Jocelyn Basler	16	F	Chicago	IL	7:40	00:23:52.30
5	62/381	12/194	309	Kalea Oftedahl	16	F	Decorah	IA	7:43	00:23:59.22
6	73/381	17/194	138	Fiona Buresh	15	F	Decorah	IA	7:48	00:24:16.07
7	120/381	33/194	430	Addie Carlson	14	F	Davenport	IA	8:34	00:26:39.67
8	135/381	37/194	362	Lily Smith	16	F	Decorah	IA	8:41	00:27:00.50
9	156/381	47/194	109	Grace Bachelder	14	F	Decorah	IA	9:03	00:28:08.46
10	162/381	51/194	220	Abby Halverson	14	F	Decorah	IA	9:05	00:28:16.39
11	163/381	52/194	229	Karen Henriquez	14	F	Decorah	IA	9:05	00:28:16.39
12	168/381	56/194	587	Hailey Bower	14	F	Decorah	IA	9:08	00:28:24.95
13	176/381	59/194	354	Kruger Sierra	15	F	Decorah	IA	9:16	00:28:50.14
14	194/381	69/194	536	Lauren Myli	15	F	Decorah	IA	9:27	00:29:22.09
15	208/381	78/194	586	Rachel Bower	15	F	Decorah	IA	9:38	00:29:56.84
16	209/381	79/194	590	Jenna Lundtvedt	15	F	Decorah	IA	9:38	00:29:57.85
17	212/381	80/194	298	Abby Moen	15	F	Decorah	IA	9:46	00:30:21.02
18	216/381	84/194	251	Whitney Huisman	14	F	Saint Ansgar	IA	9:47	00:30:25.45
19	241/381	103/194	284	Anja Madsen	15	F	Decorah	IA	10:04	00:31:17.48

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Overall Division Results

5K Run

Male Ages 14 - 16

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	4/381	4/187	192	Matthew Franzen	16	M	Decorah	IA	6:09	00:19:08.11
2	8/381	7/187	246	Logan Houg	16	M	Waukon	IA	6:17	00:19:31.99
3	9/381	8/187	223	Daniel Hanson	16	M	Rockford	IL	6:23	00:19:52.17
4	12/381	10/187	282	Noah Lovelace	15	M	Decorah	IA	6:27	00:20:04.89
5	13/381	11/187	349	Bennett Schutte	14	M	Decorah	IA	6:36	00:20:32.49
6	19/381	16/187	572	Larsson Shockey	14	M	Decorah	IA	6:46	00:21:02.16
7	22/381	19/187	409	Drew White	15	M	Decorah	IA	6:48	00:21:10.49
8	23/381	20/187	514	Izaak Eichinger	14	M	Decorah	IA	6:55	00:21:30.40
9	31/381	27/187	575	Treyton Sturgeon	16	M	Leighton	IA	7:06	00:22:05.12
10	32/381	28/187	360	Preston Sires	14	M	Rochester	MN	7:06	00:22:05.49
11	41/381	36/187	361	Hogan Smith	14	M	Decorah	IA	7:18	00:22:42.69
12	44/381	38/187	174	Hunter Dolphin	16	M	Gales Ferry	CT	7:22	00:22:53.45
13	52/381	45/187	239	Bradyn Hook	14	M	Decorah	IA	7:34	00:23:33.45
14	55/381	48/187	566	Thomas Foster	16	M	Decorah	IA	7:37	00:23:42.37
15	82/381	62/187	161	Conner Cook	16	M	Decorah	IA	7:53	00:24:32.33
16	87/381	67/187	259	Sam Jermier	14	M	Decorah	IA	7:58	00:24:45.49
17	100/381	75/187	548	Claylan Mounthachak	15	M	Rockford	MN	8:13	00:25:33.90
18	114/381	84/187	315	Dawson Palmer	16	M	Decorah	IA	8:26	00:26:14.48
19	122/381	89/187	179	Isaiah Duffield	15	M	Decorah	IA	8:35	00:26:41.24
20	186/381	122/187	582	Elijah Mitchell	16	M	Decorah	IA	9:21	00:29:05.24
21	193/381	125/187	300	Simon Mumford	14	M	Decorah	IA	9:26	00:29:21.06
22	210/381	131/187	130	Sam Brown	15	M	Houston	TX	9:40	00:30:03.14

Female Ages 17 - 19

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	115/381	31/194	375	Natalie Tapscott	17	F	Decorah	IA	8:27	00:26:15.50
2	117/381	32/194	479	Elise Rasmussen	17	F	Jackson	MN	8:32	00:26:31.24
3	140/381	39/194	119	Brenna Betts	19	F	Decorah	IA	8:45	00:27:12.99
4	146/381	41/194	283	Emma Lovett	19	F	Colona	IL	8:49	00:27:23.74
5	165/381	54/194	258	Madelyn Jermier	19	F	Decorah	IA	9:07	00:28:19.86
6	198/381	71/194	306	Courtney Nordheim	19	F	Decorah	IA	9:30	00:29:30.99
7	217/381	85/194	250	Chelsey Huisman	18	F	Saint Ansgar	IA	9:47	00:30:25.46
8	227/381	95/194	137	Aubrey Buresh	17	F	Decorah	IA	9:56	00:30:54.74
9	250/381	109/194	295	Ann Meirick	17	F	Decorah	IA	10:10	00:31:35.73
10	260/381	115/194	232	Nell Himlie	19	F	Rushford	MN	10:14	00:31:49.75
11	264/381	117/194	552	Kylie Kerndt	19	F	Decorah	IA	10:18	00:32:03.03
12	331/381	161/194	191	Noelle Francisco	18	F	Westlake Village	CA	11:55	00:37:04.59

Male Ages 17 - 19

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	3/381	3/187	160	Kevin Conner	17	M	West Des Moines	IA	6:07	00:19:02.61
2	16/381	14/187	564	Adam Hovden	19	M	Ridgeway	IA	6:40	00:20:42.90
3	28/381	25/187	412	Daniel Willie	19	M	Decorah	IA	7:03	00:21:54.49
4	43/381	37/187	346	Isaac Sash	17	M	West Des Moines	IA	7:21	00:22:51.22
5	90/381	70/187	294	Ben Means	17	M	Des Moines	IA	7:58	00:24:48.20
6	92/381	71/187	434	Nicholas Cloutier	17	M	Clive	IA	7:59	00:24:48.40
7	94/381	73/187	459	Matthew Linkletter	17	M	Clive	IA	8:04	00:25:03.82

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Overall Division Results

5K Run

Male Ages 17 - 19

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
8	113/381	83/187	352	Casey Shanaberger	17	M	Urbandale	IA	8:26	00:26:12.24
9	132/381	96/187	272	Adam Krieger	19	M	Decorah	IA	8:40	00:26:57.74
10	133/381	97/187	104	Logan Akre	17	M	Waukesha	WI	8:40	00:26:57.99
11	154/381	109/187	180	Avery Dugger	18	M	Decorah	IA	9:01	00:28:01.55
12	185/381	121/187	336	Sam Robinson	17	M	Decorah	IA	9:21	00:29:05.24

Female Ages 20 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	64/381	13/194	302	Kjerstin Narvesen	23	F	Fargo	ND	7:43	00:24:00.84
2	72/381	16/194	415	Regan Wolverton	22	F	Dubuque	IA	7:47	00:24:11.62
3	79/381	18/194	404	Jacqueline Welch	21	F	Waukon	IA	7:51	00:24:24.41
4	80/381	19/194	583	Stefanie Bjerke	21	F	Decorah	IA	7:51	00:24:25.23
5	81/381	20/194	290	Maria Mcdonough	21	F	Decorah	IA	7:51	00:24:26.03
6	98/381	24/194	401	Kimberly Wedinger	23	F	Powell	OH	8:12	00:25:31.47
7	104/381	28/194	215	Myriah Groth	26	F	Decorah	IA	8:15	00:25:39.40
8	124/381	34/194	107	Rachael Andera	29	F	Decorah	IA	8:37	00:26:47.19
9	136/381	38/194	224	Tori Hartman	23	F	Decorah	IA	8:41	00:27:00.62
10	150/381	42/194	273	Hannah Kuehner	24	F	Decorah	IA	8:55	00:27:42.48
11	166/381	55/194	291	Molly Mcdonough	24	F	Decorah	IA	9:07	00:28:22.30
12	171/381	57/194	152	Meghan Cheng	27	F	Downers Grove	IL	9:12	00:28:36.73
13	191/381	67/194	333	Megan Reinhardt	26	F	Tipton	IA	9:24	00:29:14.57
14	195/381	70/194	407	Brooke Welsh	29	F	Lansing	IA	9:28	00:29:25.97
15	202/381	75/194	189	Keegan Frana	25	F	Decorah	IA	9:32	00:29:38.96
16	213/381	81/194	287	Monica Malila	21	F	Cedar Falls	IA	9:46	00:30:22.21
17	218/381	86/194	243	Carol Hopp	28	F	Decorah	IA	9:49	00:30:31.34
18	219/381	87/194	410	Tess Wicks	27	F	Decorah	IA	9:49	00:30:31.95
19	222/381	90/194	145	Allie Canoy Illies	26	F	Grand Forks	ND	9:51	00:30:39.07
20	236/381	101/194	114	Alexis Benjamin	27	F	Decorah	IA	10:00	00:31:06.24
21	244/381	106/194	172	Kirsten Dejarlais	29	F	Decorah	IA	10:07	00:31:28.99
22	284/381	129/194	350	Hanna Schutte Linngren	28	F	Apple Valley	MN	10:43	00:33:20.01
23	285/381	130/194	549	Nicole Fosaaen	20	F	Cresco	IA	10:44	00:33:21.44
24	302/381	141/194	411	Brylie Wiedmaier	20	F	Decorah	IA	11:07	00:34:34.73
25	314/381	149/194	366	Annie Stenseth	21	F	Calmar	IA	11:16	00:35:01.35
26	315/381	150/194	101	Bailey Aaland	28	F	St. Paul	MN	11:16	00:35:02.58
27	316/381	151/194	266	Carrie Kauffman	28	F	Decorah	ME	11:16	00:35:02.74
28	347/381	171/194	159	Samantha Clements	21	F	Aurora	IL	12:22	00:38:25.41
29	372/381	188/194	227	Allie Helmuth	26	F	Ollie	IA	16:49	00:52:15.70
30	376/381	191/194	326	Teresa Phillips	20	F	Decorah	IA	17:33	00:54:34.73

Male Ages 20 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	6/381	5/187	576	Peter Storch	26	M	Minneapolis	MN	6:12	00:19:17.00
2	14/381	12/187	205	Tom Gerberich	25	M	Haskins	OH	6:39	00:20:41.25
3	15/381	13/187	204	Joel Gerberich	22	M	Akron	OH	6:39	00:20:41.27
4	20/381	17/187	143	Aaron Busch	25	M	Chanhassen	MN	6:47	00:21:06.43
5	25/381	22/187	260	Brian Johnson	20	M	Dublin	OH	6:58	00:21:41.37
6	29/381	26/187	522	Gavin Wicks	28	M	Decorah	IA	7:05	00:22:02.99

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5K Run

Male Ages 20 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
7	33/381	29/187	196	Joseph Furst	26	M	Rochester	MN	7:06	00:22:05.93
8	36/381	32/187	547	Michael Knudson	29	M	Aloha	OR	7:09	00:22:14.86
9	45/381	39/187	115	Parker Benjamin	28	M	Decorah	IA	7:22	00:22:55.07
10	70/381	55/187	546	Jonathan Knudson	25	M	Minneapolis	MN	7:46	00:24:08.16
11	71/381	56/187	262	Mitch Johnson	23	M	Dubuque	IA	7:47	00:24:11.40
12	74/381	57/187	345	John Sanderson	27	M	St Louis	MO	7:49	00:24:17.69
13	75/381	58/187	467	Collin Nimrod	22	M	Decorah	IA	7:50	00:24:20.94
14	83/381	63/187	369	Jeremy Stenseth	25	M	Calmar	IA	7:54	00:24:34.75
15	84/381	64/187	167	Russell Dale	27	M	West Des Moines	IA	7:56	00:24:40.45
16	118/381	86/187	365	Alex Steffens	29	M	Jesup	IA	8:33	00:26:34.40
17	125/381	91/187	151	Cheng Cheng	27	M	Downers Grove	IL	8:37	00:26:48.49
18	128/381	94/187	225	Dane Haugen	21	M	Lohman	MO	8:38	00:26:52.49
19	138/381	100/187	589	Byron Montgomery	28	M	Cedar Rapids	IA	8:41	00:27:01.65
20	173/381	116/187	228	Maxwell Helmuth	28	M	Ollie	IA	9:13	00:28:39.49
21	184/381	120/187	216	Ryan Hageman	21	M	Iowa City	IA	9:21	00:29:04.82
22	189/381	123/187	321	Andrew Peterson	22	M	Cedar Falls	IA	9:23	00:29:11.24
23	190/381	124/187	332	Jake Reinhardt	27	M	Tipton	IA	9:24	00:29:14.57
24	246/381	140/187	162	Alex Courtney	25	M	West Des Moines	IA	10:09	00:31:33.69
25	279/381	154/187	395	Luke Voneschen	22	M	St. Louis Park	MN	10:32	00:32:45.49
26	313/381	165/187	367	Ben Stenseth	29	M	Calmar	IA	11:16	00:35:01.24
27	345/381	176/187	518	Lee Rollins	23	M	Golden Valley	MN	12:19	00:38:16.09

Female Ages 30 - 39

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	11/381	2/194	567	Sarah Bakula	30	F	Waucoma	IA	6:27	00:20:03.96
2	38/381	5/194	303	Leah Nelson	35	F	Chippewa Falls	WI	7:16	00:22:35.98
3	42/381	6/194	147	Kristin Carpenter	37	F	Cedar Falls	IA	7:20	00:22:49.43
4	65/381	14/194	318	Angie Pellett	35	F	Decorah	IA	7:44	00:24:02.26
5	91/381	21/194	178	Vera Dovirak	35	F	Newport News	VA	7:58	00:24:48.20
6	96/381	22/194	541	Karla Knudson	34	F	Tappan	NY	8:11	00:25:28.63
7	108/381	29/194	301	Tiffany Murphy	33	F	Decorah	IA	8:21	00:25:57.99
8	155/381	46/194	186	Amber Fogle	31	F	Pleasant Prairie	WI	9:02	00:28:04.74
9	159/381	49/194	277	Jessie Lennon	38	F	Decorah	IA	9:04	00:28:11.25
10	181/381	63/194	539	Kirstan Dyonne	36	F	West Chicago	IL	9:20	00:29:00.13
11	188/381	66/194	507	Sarah Welper	35	F	Stewartville	MN	9:22	00:29:08.99
12	192/381	68/194	329	Becky Rea	31	F	Lansing	IA	9:25	00:29:17.20
13	200/381	73/194	310	Deb Ofshea	38	F	Decorah	IA	9:32	00:29:38.25
14	204/381	77/194	139	Courtney Burks	32	F	Minneapolis	MN	9:34	00:29:43.61
15	215/381	83/194	390	Tera Tweten	39	F	Decorah	IA	9:47	00:30:24.63
16	223/381	91/194	384	Renda Tollefson	37	F	Decorah	IA	9:53	00:30:44.49
17	225/381	93/194	530	Sarah Hunter	32	F	Des Moines	IA	9:56	00:30:53.24
18	226/381	94/194	554	Laree Schouweiler	35	F	Decorah	IA	9:56	00:30:53.92
19	235/381	100/194	210	Megan Goodson	35	F	Charlotte	NC	10:00	00:31:05.68
20	237/381	102/194	244	Jessica Hosper	36	F	Owatonna	MN	10:00	00:31:07.24
21	242/381	104/194	348	Rachel Schuman	33	F	Decorah	IA	10:06	00:31:25.24
22	252/381	111/194	207	Shelly Giddings	37	F	Decorah	IA	10:11	00:31:41.20
23	253/381	112/194	166	Vada Dahl	32	F	Leroy	MN	10:12	00:31:42.23
24	259/381	114/194	545	Hope Konrad	35	F	Cedar Rapids	IA	10:14	00:31:49.62

Nordic Fest Elvelopet

July 28, 2018

Overall Division Results

5K Run

Female Ages 30 - 39

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
25	271/381	120/194	328	Alison Puls	37	F	Cedar Falls	IA	10:24	00:32:19.49
26	272/381	121/194	568	Melissa Bbills	37	F	Decorah	IA	10:27	00:32:29.84
27	273/381	122/194	327	Stacey Praska	31	F	Decorah	IA	10:27	00:32:31.00
28	274/381	123/194	144	Hon Busta	37	F	Decorah	IA	10:29	00:32:34.72
29	280/381	126/194	424	Nicole Bateman	39	F	Waterloo	IA	10:35	00:32:53.74
30	291/381	134/194	317	Laura Pearson	31	F	Minneapolis	MN	10:54	00:33:52.73
31	292/381	135/194	195	Anne Fulton	35	F	Minneapolis	MN	10:54	00:33:52.93
32	297/381	138/194	288	Mollie Marken	32	F	Waterloo	IA	10:58	00:34:06.73
33	303/381	142/194	370	Maria Storevik	36	F			11:08	00:34:35.74
34	305/381	144/194	231	Amanda Hess	31	F	Lansing	IA	11:08	00:34:38.41
35	306/381	145/194	123	Michelle Bildstein	39	F	Cedar Rapids	IA	11:10	00:34:41.86
36	309/381	146/194	156	Sarah Cisco	36	F	Tiffin	IA	11:10	00:34:43.24
37	317/381	152/194	169	Lindsay Davis	32	F	Decorah	IA	11:17	00:35:06.24
38	318/381	153/194	181	Amy Eastling	33	F	Eagan	MN	11:25	00:35:30.49
39	321/381	156/194	560	Laurie Tope	36	F	Decorah	IA	11:27	00:35:35.27
40	322/381	157/194	343	Jacquelyn Ruen	37	F	Minneapolis	MN	11:29	00:35:42.98
41	329/381	160/194	176	Sarah Dougherty	35	F	Huxley	IA	11:55	00:37:01.97
42	338/381	165/194	591	Katlyn S.	31	F	Springfield	IL	12:08	00:37:42.50
43	343/381	168/194	335	Kristen Risser	35	F	Rochester	MN	12:16	00:38:07.97
44	351/381	173/194	140	Meredith Burks	35	F	Saint Paul	MN	13:02	00:40:32.45
45	356/381	177/194	202	Jamie Gavle	37	F	Decorah	IA	13:32	00:42:05.75
46	358/381	178/194	516	Patty Murray	39	F	Mabel	MN	13:40	00:42:29.25
47	360/381	180/194	296	Kristi Miller	31	F	West Union	IA	14:29	00:45:01.99

Male Ages 30 - 39

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	7/381	6/187	399	Richard Washam	35	M	Chicago	IL	6:12	00:19:17.74
2	21/381	18/187	271	Lucas Klotzbach	39	M	Florence	AL	6:48	00:21:09.49
3	27/381	24/187	324	Jonathan Peterson	36	M	West Fargo	ND	6:59	00:21:44.43
4	34/381	30/187	177	Ostap Dovirak	36	M	Newport News	VA	7:07	00:22:08.49
5	35/381	31/187	276	Davod Larson	38	M	Decorah	IA	7:08	00:22:11.62
6	39/381	34/187	148	Michael Casterton	38	M	Decorah	IA	7:16	00:22:37.00
7	58/381	49/187	569	Braham Ketcham	35	M	Oak Park	IL	7:40	00:23:49.67
8	63/381	51/187	584	Brent Pepin	30	M	Edgerton	MN	7:43	00:23:59.49
9	68/381	53/187	245	Nathan Hosper	36	M	Owatonna	MN	7:45	00:24:06.49
10	89/381	69/187	484	Cory Scholbrock	38	M	Calmar	IA	7:58	00:24:47.50
11	103/381	76/187	542	Peter Triezenberg	38	M	Piermont	NY	8:14	00:25:37.77
12	110/381	81/187	364	Solomon Halvorson	33	M	Des Moines	IA	8:22	00:26:01.51
13	121/381	88/187	574	Greg Danielson	34	M	Costa Mesa	CA	8:35	00:26:40.24
14	123/381	90/187	275	Michael Labelle	38	M	Decorah	IA	8:36	00:26:43.31
15	126/381	92/187	269	Ahmed Khalili	31	M	Calmar	IA	8:38	00:26:49.42
16	130/381	95/187	573	Paul Arre	30	M	Hopkins	MN	8:39	00:26:55.15
17	137/381	99/187	406	Lucas Welper	36	M	Stewartville	MN	8:41	00:27:00.82
18	141/381	102/187	146	Andy Carlson	38	M	Decorah	IA	8:46	00:27:16.07
19	144/381	105/187	319	Paul Pellett	32	M	Decorah	IA	8:47	00:27:19.97
20	157/381	110/187	331	Martin Refsal	34	M	Las Vegas	NV	9:03	00:28:09.06
21	169/381	113/187	322	Darin Peterson	35	M	Decorah	IA	9:09	00:28:28.74
22	172/381	115/187	561	Theodore Loftsgard	36	M	Rochester	MN	9:12	00:28:38.16

Nordic Fest Elvelopet

July 28, 2018

Overall Division Results

5K Run

Male Ages 30 - 39

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
23	183/381	119/187	312	Nathan Osmundson	36	M	Ankeny	IA	9:21	00:29:04.21
24	234/381	135/187	209	Drew Goodson	35	M	Charlotte	NC	10:00	00:31:04.99
25	298/381	160/187	313	Aaron Palmer	31	M	Waukon	IA	10:59	00:34:08.99
26	300/381	161/187	377	Ole Thomassen	37	M	Fargo	ND	11:03	00:34:22.24
27	307/381	162/187	197	Matt Gallagher	34	M	Chicago	IL	11:10	00:34:41.99
28	326/381	167/187	388	Matt Turner	37	M	Decorah	IA	11:44	00:36:28.46
29	327/381	168/187	221	Kade Hammes	32	M	Coralville	IA	11:46	00:36:35.75
30	336/381	172/187	297	Nathan Miller	30	M	West Union	IA	12:02	00:37:23.25
31	337/381	173/187	593	Stephan Swat	30	M	Decorah	IA	12:07	00:37:40.73
32	339/381	174/187	592	Jon Bjerke	34	M	Springfield	IL	12:08	00:37:42.50
33	349/381	177/187	170	Tim Davis	39	M	Decorah	IA	12:57	00:40:14.60
34	353/381	179/187	383	Mike Tollefson	38	M	Decorah	IA	13:15	00:41:11.45

Female Ages 40 - 49

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	30/381	4/194	238	Molly Holkesvik	44	F	Decorah	IA	7:06	00:22:04.99
2	59/381	10/194	351	Jennifer Self	40	F	Decorah	IA	7:40	00:23:51.08
3	67/381	15/194	134	Alecia Buckska	42	F	Decorah	IA	7:44	00:24:04.34
4	129/381	35/194	400	Nicole Waskow	41	F	Decorah	IA	8:39	00:26:54.94
5	145/381	40/194	268	Laurie Kepros	42	F	Denver	CO	8:48	00:27:21.00
6	153/381	45/194	403	Amy Welch	49	F	Waukon	IA	8:59	00:27:57.48
7	161/381	50/194	278	Mari Lewey	41	F	Decorah	IA	9:05	00:28:16.18
8	164/381	53/194	103	Ann Akre	49	F	Waukesha	WI	9:06	00:28:18.99
9	180/381	62/194	157	Barbara Clements	47	F	Russellville	AR	9:19	00:28:57.68
10	199/381	72/194	558	Betsy Hanna	42	F	Mazomanie	WI	9:32	00:29:37.53
11	201/381	74/194	358	Holly Sires	45	F	Rochester	MN	9:32	00:29:38.36
12	203/381	76/194	171	Jaime Decker	41	F	Rochester	MN	9:33	00:29:41.99
13	224/381	92/194	480	Larissa Rasmussen	42	F	Jackson	MN	9:56	00:30:52.49
14	228/381	96/194	710	Kirstie Bower	48	F	Decorah	IA	9:56	00:30:54.74
15	229/381	97/194	528	Colleen Daily-Page	47	F	Newfield	NJ	9:57	00:30:56.35
16	232/381	98/194	241	Emily Hook	43	F	Decorah	IA	9:58	00:30:58.74
17	233/381	99/194	521	Jana Dahlen	40	F	Crystal	MN	9:59	00:31:02.24
18	248/381	107/194	175	Lara Dolphin	45	F	Gales Ferry	CT	10:10	00:31:35.50
19	249/381	108/194	534	Stacy Engelhardt	44	F	Decorah	IA	10:10	00:31:35.50
20	251/381	110/194	533	Sara Hotvedt	42	F	Decorah	IA	10:10	00:31:36.13
21	258/381	113/194	201	Nancy Gates Madsen	48	F	Decorah	IA	10:14	00:31:48.24
22	263/381	116/194	342	Anna Rue	40	F	Madison	WI	10:16	00:31:55.49
23	287/381	131/194	125	Dominique Bockman	47	F	Decorah	IA	10:50	00:33:39.73
24	293/381	136/194	320	Amy Peterson	41	F	West Fargo	ND	10:55	00:33:57.99
25	299/381	139/194	363	Kelli Smutzler	49	F	Decorah	IA	11:02	00:34:17.48
26	304/381	143/194	184	Linda Ferris	43	F	Dresser	WI	11:08	00:34:37.00
27	312/381	148/194	393	Amy Van Arkel	42	F	Cedar Falls	IA	11:15	00:34:58.72
28	319/381	154/194	540	Karen Berland	41	F	Decorah	IA	11:26	00:35:31.82
29	323/381	158/194	165	Tonia Courtney	47	F	W Des Moines	IA	11:30	00:35:46.23
30	325/381	159/194	113	Laura Belleville	41	F	Ballwin	MO	11:41	00:36:19.52
31	333/381	163/194	338	Janette Rodecap	43	F	Kansas City	MO	11:58	00:37:11.48
32	340/381	166/194	213	Padrin Grimstad	44	F	Decorah	IA	12:09	00:37:47.65
33	346/381	170/194	416	Emily Wood	45	F	Des Moines	IA	12:19	00:38:17.71

Nordic Fest Elvelopet

July 28, 2018

Overall Division Results

5K Run

Female Ages 40 - 49

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
34	348/381	172/194	158	Marilee Clements	49	F	Aurora	IL	12:22	00:38:25.74
35	363/381	182/194	356	Jennifer Sime	45	F	Decorah	IA	15:17	00:47:30.25
36	378/381	192/194	149	Julie Chamberlain	44	F	Decorah	IA	18:03	00:56:06.23
37	379/381	193/194	153	Bonnie Christensen	47	F	Clive	IA	18:25	00:57:14.50

Male Ages 40 - 49

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	2/381	2/187	585	Paul Kilgore	43	M	Dubuque	IA	6:06	00:18:59.36
2	10/381	9/187	136	Lenny Bulman	48	M	Waukon	IA	6:25	00:19:57.45
3	40/381	35/187	270	Ryan Kipp	42	M	Decorah	IA	7:17	00:22:38.42
4	50/381	43/187	185	Nathan Ferris	44	M	Dresser	WI	7:30	00:23:18.99
5	61/381	50/187	286	Greg Madsen	48	M	Decorah	IA	7:41	00:23:54.98
6	66/381	52/187	249	Matt Hughes	44	M	Decorah	IA	7:44	00:24:03.49
7	85/381	65/187	588	Piyush Patel	42	M	Argyle	TX	7:58	00:24:45.25
8	86/381	66/187	330	Carl Refsal	42	M	Richmond	VA	7:58	00:24:45.34
9	88/381	68/187	379	David Tollefson	45	M	Cedar Rapids	IA	7:58	00:24:45.74
10	109/381	80/187	226	Dean Haugen	49	M	Minneapolis	MN	8:21	00:25:59.69
11	116/381	85/187	378	Frode Tilden	41	M	Fargo	ND	8:31	00:26:28.31
12	139/381	101/187	538	Josh Wolberg	41	M	Eden Prairie	MN	8:44	00:27:09.36
13	147/381	106/187	142	Matthew Burreson	41	M	Houston	TX	8:51	00:27:30.99
14	167/381	112/187	194	Matthew Fry	44	M	Centennial	CO	9:07	00:28:22.50
15	170/381	114/187	155	Brad Cisco	43	M	Tiffin	IA	9:10	00:28:30.99
16	174/381	117/187	325	Scott Peterson	46	M	Decorah	IA	9:13	00:28:39.77
17	197/381	127/187	520	Wyatt Beebe	41	M	Decorah	IA	9:29	00:29:29.81
18	230/381	133/187	527	Larry Page	45	M	Newfield	NJ	9:57	00:30:56.55
19	231/381	134/187	257	Jim Jermier	46	M	Decorah	IA	9:57	00:30:57.36
20	257/381	145/187	398	Jarrad Walter	41	M	Decorah	IA	10:13	00:31:46.24
21	261/381	146/187	565	Bob Hemesath	49	M	Decorah	IA	10:14	00:31:49.75
22	262/381	147/187	293	Charles McNulty	41	M	Madison	WI	10:14	00:31:50.44
23	268/381	149/187	371	Brent Storhoff	43	M	Decorah	IA	10:22	00:32:12.99
24	275/381	152/187	555	Klint Kjeldahl	49	M	Maple Grove	MN	10:29	00:32:34.93
25	289/381	157/187	124	Ryan Bildstein	40	M	Cedar Rapids	IA	10:51	00:33:44.19
26	328/381	169/187	108	Erik Ankerberg	47	M	Wheaton	IL	11:48	00:36:40.85
27	342/381	175/187	255	Jason Jarzembowski	45	M	Germantown	WI	12:11	00:37:53.50
28	367/381	182/187	341	James Rose	49	M	Indianapolis	IN	15:50	00:49:14.00
29	377/381	186/187	385	John C. Torkelson	41	M	Big Lake	MN	18:03	00:56:05.01
30	380/381	187/187	154	Chad Christensen	49	M	Clive	IA	18:25	00:57:15.14

Female Ages 50 - 59

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	131/381	36/194	304	Cristy Nimrod	51	F	Decorah	IA	8:40	00:26:55.96
2	151/381	43/194	337	Heidi Rockweiler	51	F	Decorah	IA	8:55	00:27:43.70
3	152/381	44/194	183	Patty Ellingson	59	F	Decorah	IA	8:56	00:27:45.93
4	177/381	60/194	414	Pam Winke	56	F	Albia	IA	9:17	00:28:51.16
5	221/381	89/194	105	Beth Albertson	50	F	Decorah	IA	9:51	00:30:38.99
6	276/381	124/194	208	Julie Goodman	56	F	Stoughton	WI	10:29	00:32:35.96
7	278/381	125/194	394	Beth Voneschen	55	F	St. Louis Park	MN	10:32	00:32:45.25

Nordic Fest Elvelopet

July 28, 2018

Overall Division Results

5K Run

Female Ages 50 - 59

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
8	294/381	137/194	254	Tammy Jacobson	52	F	Belvidere	IL	10:57	00:34:04.25
9	332/381	162/194	537	Ann Lynch	53	F	Rochester	MN	11:58	00:37:10.87
10	335/381	164/194	347	Lori Schott	58	F	Tipton	IA	11:59	00:37:16.75
11	344/381	169/194	517	Joanie Rollins	57	F	Decorah	IA	12:18	00:38:16.00
12	354/381	175/194	551	Karen Christopherson	57	F	Fairfax	IA	13:27	00:41:48.00
13	364/381	183/194	135	Diane Bulman	52	F	Dorchester	IA	15:28	00:48:05.75
14	366/381	185/194	264	Linda Jordan	51	F	Indianapolis	IN	15:50	00:49:12.75
15	371/381	187/194	550	Lisa Olson	50	F	Minneapolis	MN	16:19	00:50:43.50
16	373/381	189/194	190	Anne Francisco	50	F	Westlake Village	CA	17:09	00:53:18.00
17	374/381	190/194	217	Mary Hall	52	F	Black Earth	WI	17:27	00:54:15.00

Male Ages 50 - 59

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	17/381	15/187	323	John F Peterson	55	M	Fargo	ND	6:45	00:20:58.72
2	24/381	21/187	247	Scott Houg	52	M	Waukon	IA	6:55	00:21:31.99
3	46/381	40/187	230	Scott Hervey	55	M	Decorah	IA	7:26	00:23:08.24
4	47/381	41/187	163	Eric Courtney	50	M	W Des Moines	IA	7:28	00:23:13.15
5	51/381	44/187	353	Tom Shroyer	59	M	Decorah	IA	7:32	00:23:25.53
6	53/381	46/187	556	Ron Hougen	52	M	Decorah	IA	7:35	00:23:36.50
7	69/381	54/187	368	James Stenseth	53	M	Calmar	IA	7:45	00:24:06.99
8	76/381	59/187	106	Gerard Amadeo	52	M	Urbandale	IA	7:50	00:24:21.74
9	77/381	60/187	405	Kim Welch	52	M	Waukon	IA	7:50	00:24:21.98
10	105/381	77/187	164	John Courtney	53	M	Decorah	IA	8:15	00:25:40.21
11	106/381	78/187	193	Alan Frey	54	M	Spring	TX	8:15	00:25:41.02
12	143/381	104/187	392	Mark Vagts	50	M	Waseca	MN	8:47	00:27:18.11
13	211/381	132/187	559	Daniel Anderson	50	M	Williston	FL	9:41	00:30:06.40
14	239/381	137/187	357	Bill Sires	51	M	Rochester	MN	10:03	00:31:14.74
15	270/381	151/187	391	Paul Ulvilden	59	M	Decorah	IA	10:24	00:32:19.00
16	310/381	164/187	253	Dave Jacobson	52	M	Belvidere	IL	11:15	00:34:57.49
17	369/381	183/187	200	Steven Gastfield	54	M	Preston	MN	16:09	00:50:12.00
18	375/381	185/187	218	Scott Hall	55	M	Black Earth	WI	17:29	00:54:22.02

Female Ages 60 - 98

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	311/381	147/194	252	Merry Hunter	63	F	Decorah	IA	11:15	00:34:58.11
2	365/381	184/194	214	Nancy Grinna	65	F	Decorah	IA	15:43	00:48:50.28

Male Ages 60 - 98

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	26/381	23/187	307	Randy Nordheim	62	M	Waukon	IA	6:59	00:21:43.81
2	37/381	33/187	289	Kelly Mccarty	61	M	Clive	IA	7:14	00:22:31.12
3	54/381	47/187	563	Joel Clark	61	M	Harvest	AL	7:37	00:23:41.24
4	160/381	111/187	182	James Ehrie	73	M	Decorah	IA	9:05	00:28:15.57
5	196/381	126/187	570	Linus Barloon	70	M	Decorah	IA	9:28	00:29:26.57
6	238/381	136/187	173	Geir Denstad	66	M			10:01	00:31:07.49

Nordic Fest Elvelopet

July 28, 2018

Overall Division Results

5K Run

Male Ages 60 - 98

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
7	247/381	141/187	263	Doug Jones	60	M	Lakeland	FL	10:09	00:31:33.74
8	266/381	148/187	562	Brad Loftsgard	61	M	Decorah	IA	10:19	00:32:04.23
9	269/381	150/187	219	Ron Halse	64	M	Mendham	NJ	10:23	00:32:16.99
10	277/381	153/187	233	Ross Himlie	62	M	Rushford	MN	10:30	00:32:38.61
11	295/381	158/187	374	Rasmus Sunde	74	M			10:58	00:34:04.70
12	296/381	159/187	543	Larry Grimstad	75	M	Decorah	IA	10:58	00:34:05.24
13	308/381	163/187	198	Mike Gallagher	64	M	Cedar Rapids	IA	11:10	00:34:42.24
14	334/381	171/187	188	Eric Forsberg	69	M	Golden Valley	MN	11:59	00:37:15.99
15	350/381	178/187	222	Asbjørn Hansen	63	M			13:00	00:40:23.50