

# Nordic Fest Elvelopet

July 27, 2019

## Overall Division Results

5K Run

### Female Overall

| Div Place | Overall Plc/Total | Gender Plc/Total | No. | Name         | Age | S | City    | St. | Pace | Time        |
|-----------|-------------------|------------------|-----|--------------|-----|---|---------|-----|------|-------------|
| 1         | 6/449             | 1/238            | 366 | Katie Nimrod | 19  | F | Decorah | IA  | 6:10 | 00:19:11.32 |

### Male Overall

| Div Place | Overall Plc/Total | Gender Plc/Total | No. | Name        | Age | S | City       | St. | Pace | Time        |
|-----------|-------------------|------------------|-----|-------------|-----|---|------------|-----|------|-------------|
| 1         | 1/449             | 1/211            | 225 | Zachary Fry | 17  | M | Des Moines | IA  | 5:36 | 00:17:25.12 |

### Female Ages 01 - 13

| Div Place | Overall Plc/Total | Gender Plc/Total | No. | Name             | Age | S | City    | St. | Pace | Time        |
|-----------|-------------------|------------------|-----|------------------|-----|---|---------|-----|------|-------------|
| 1         | 17/449            | 3/238            | 110 | Rebecca Anderson | 13  | F | Decorah | IA  | 6:48 | 00:21:10.41 |
| 2         | 65/449            | 16/238           | 672 | Brynn Storhoff   | 13  | F | Decorah | IA  | 7:35 | 00:23:34.72 |
| 3         | 93/449            | 24/238           | 587 | Jorja Folkedahl  | 13  | F | Decorah | IA  | 8:14 | 00:25:35.47 |

### Male Ages 01 - 13

| Div Place | Overall Plc/Total | Gender Plc/Total | No. | Name        | Age | S | City    | St. | Pace | Time        |
|-----------|-------------------|------------------|-----|-------------|-----|---|---------|-----|------|-------------|
| 1         | 13/449            | 11/211           | 399 | Lucas Rabe  | 13  | M | Robins  | IA  | 6:32 | 00:20:20.07 |
| 2         | 33/449            | 27/211           | 287 | Landyn Hook | 12  | M | Decorah | IA  | 7:06 | 00:22:05.15 |
| 3         | 86/449            | 64/211           | 247 | Gavin Groux | 13  | M | Calmar  | IA  | 8:10 | 00:25:23.02 |

### Female Ages 14 - 16

| Div Place | Overall Plc/Total | Gender Plc/Total | No. | Name              | Age | S | City         | St. | Pace | Time        |
|-----------|-------------------|------------------|-----|-------------------|-----|---|--------------|-----|------|-------------|
| 1         | 34/449            | 7/238            | 613 | Maddie Hauck      | 15  | F | Victoria     | MN  | 7:06 | 00:22:06.17 |
| 2         | 47/449            | 11/238           | 375 | Olivia Ollendick  | 14  | F | Lime Springs | IA  | 7:20 | 00:22:48.46 |
| 3         | 51/449            | 12/238           | 447 | Madison Tollefson | 14  | F | Decorah      | IA  | 7:24 | 00:23:01.22 |

### Male Ages 14 - 16

| Div Place | Overall Plc/Total | Gender Plc/Total | No. | Name            | Age | S | City    | St. | Pace | Time        |
|-----------|-------------------|------------------|-----|-----------------|-----|---|---------|-----|------|-------------|
| 1         | 2/449             | 2/211            | 280 | Brady Hogan     | 16  | M | Waukon  | IA  | 5:36 | 00:17:25.12 |
| 2         | 5/449             | 5/211            | 203 | Izaak Eichinger | 15  | M | Decorah | IA  | 6:09 | 00:19:08.68 |
| 3         | 7/449             | 6/211            | 102 | Chance Adam     | 15  | M | Calmar  | IA  | 6:11 | 00:19:13.57 |

### Female Ages 17 - 19

| Div Place | Overall Plc/Total | Gender Plc/Total | No. | Name           | Age | S | City    | St. | Pace | Time        |
|-----------|-------------------|------------------|-----|----------------|-----|---|---------|-----|------|-------------|
| 1         | 20/449            | 4/238            | 323 | Abigail Lewis  | 18  | F | Austin  | MN  | 6:52 | 00:21:20.15 |
| 2         | 28/449            | 5/238            | 441 | Britta Swanson | 17  | F | Decorah | IA  | 7:00 | 00:21:46.44 |
| 3         | 36/449            | 8/238            | 372 | Kalea Oftedahl | 17  | F | Decorah | IA  | 7:09 | 00:22:14.97 |

### Male Ages 17 - 19

| Div Place | Overall Plc/Total | Gender Plc/Total | No. | Name | Age | S | City | St. | Pace | Time |
|-----------|-------------------|------------------|-----|------|-----|---|------|-----|------|------|
|-----------|-------------------|------------------|-----|------|-----|---|------|-----|------|------|

# Nordic Fest Elvelopet

July 27, 2019

## 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        |
|-----------|-------------------|------------------|-----|----------------|-----|---|-------------|-----|------|-------------|
| 1         | 10/449            | 8/211            | 392 | Jarod Phillips | 19  | M | Decorah     | IA  | 6:28 | 00:20:07.44 |
| 2         | 25/449            | 21/211           | 195 | Hunter Dolphin | 17  | M | Gales Gerry | CT  | 6:56 | 00:21:34.80 |
| 3         | 59/449            | 45/211           | 626 | Erick Fadness  | 19  | M | Decorah     | IA  | 7:32 | 00:23:25.89 |

### Female Ages 20 - 29

| Div Place | Overall Plc/Total | Gender Plc/Total | No. | Name            | Age | S | City      | St. | Pace | Time        |
|-----------|-------------------|------------------|-----|-----------------|-----|---|-----------|-----|------|-------------|
| 1         | 72/449            | 18/238           | 634 | Step Bjerke     | 22  | F | La Crosse | WI  | 7:46 | 00:24:08.72 |
| 2         | 73/449            | 19/238           | 344 | Maria Mcdonough | 22  | F | Decorah   | IA  | 7:46 | 00:24:09.18 |
| 3         | 87/449            | 23/238           | 459 | Melissa Vega    | 25  | F | Postville | IA  | 8:10 | 00:25:23.64 |

### Male Ages 20 - 29

| Div Place | Overall Plc/Total | Gender Plc/Total | No. | Name        | Age | S | City            | St. | Pace | Time        |
|-----------|-------------------|------------------|-----|-------------|-----|---|-----------------|-----|------|-------------|
| 1         | 3/449             | 3/211            | 414 | Matt Rubins | 28  | M | West Des Moines | IA  | 5:58 | 00:18:33.69 |
| 2         | 15/449            | 13/211           | 147 | Aaron Busch | 26  | M | Chanhassen      | MN  | 6:37 | 00:20:33.90 |
| 3         | 19/449            | 16/211           | 405 | Jake Riehle | 27  | M | Forest Lake     | MN  | 6:51 | 00:21:17.72 |

### Female Ages 30 - 39

| Div Place | Overall Plc/Total | Gender Plc/Total | No. | Name              | Age | S | City        | St. | Pace | Time        |
|-----------|-------------------|------------------|-----|-------------------|-----|---|-------------|-----|------|-------------|
| 1         | 8/449             | 2/238            | 204 | Catie Ellingson   | 30  | F | Forest Lake | MN  | 6:19 | 00:19:40.61 |
| 2         | 32/449            | 6/238            | 109 | Erin Anderson     | 34  | F | Decorah     | IA  | 7:05 | 00:22:01.68 |
| 3         | 43/449            | 9/238            | 157 | Kristin Carpenter | 38  | F | Cedar Falls | IA  | 7:16 | 00:22:37.46 |

### Male Ages 30 - 39

| Div Place | Overall Plc/Total | Gender Plc/Total | No. | Name            | Age | S | City        | St. | Pace | Time        |
|-----------|-------------------|------------------|-----|-----------------|-----|---|-------------|-----|------|-------------|
| 1         | 18/449            | 15/211           | 686 | Andrew Finanger | 30  | M | Boulder     | CO  | 6:49 | 00:21:13.74 |
| 2         | 31/449            | 26/211           | 193 | Chris Dibble    | 30  | M | Cedar Falls | IA  | 7:04 | 00:21:58.47 |
| 3         | 46/449            | 36/211           | 183 | Charlie Crooks  | 39  | M | Iowa City   | IA  | 7:20 | 00:22:47.22 |

### Female Ages 40 - 49

| Div Place | Overall Plc/Total | Gender Plc/Total | No. | Name             | Age | S | City       | St. | Pace | Time        |
|-----------|-------------------|------------------|-----|------------------|-----|---|------------|-----|------|-------------|
| 1         | 55/449            | 13/238           | 306 | Cara Kennedy-Ode | 47  | F | Des Moines | IA  | 7:29 | 00:23:18.12 |
| 2         | 78/449            | 20/238           | 142 | Alecia Buckska   | 43  | F | Decorah    | IA  | 7:57 | 00:24:44.26 |
| 3         | 106/449           | 29/238           | 322 | Mari Lewey       | 42  | F | Decorah    | IA  | 8:24 | 00:26:06.72 |

### Male Ages 40 - 49

| Div Place | Overall Plc/Total | Gender Plc/Total | No. | Name                   | Age | S | City        | St. | Pace | Time        |
|-----------|-------------------|------------------|-----|------------------------|-----|---|-------------|-----|------|-------------|
| 1         | 4/449             | 4/211            | 435 | Oystein Rognes Solheim | 45  | M | Oslo        |     | 6:01 | 00:18:44.46 |
| 2         | 12/449            | 10/211           | 436 | Alexander Steding      | 49  | M | Decorah     | IA  | 6:31 | 00:20:17.83 |
| 3         | 44/449            | 35/211           | 309 | David Knock            | 41  | M | Cedar Falls | IA  | 7:17 | 00:22:40.22 |

# Nordic Fest Elvelopet

July 27, 2019

## 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        |
|-----------|-------------------|------------------|-----|------------------|-----|---|----------|-----|------|-------------|
| 1         | 173/449           | 56/238           | 408 | Heidi Rockweiler | 52  | F | Decorah  | IA  | 9:08 | 00:28:23.22 |
| 2         | 203/449           | 73/238           | 104 | Ann Akre         | 50  | F | Waukesha | WI  | 9:30 | 00:29:32.22 |
| 3         | 226/449           | 86/238           | 313 | Mary Koukkari    | 55  | F | San Jose | CA  | 9:47 | 00:30:25.72 |

### Male Ages 50 - 59

| Div Place | Overall Plc/Total | Gender Plc/Total | No. | Name             | Age | S | City     | St. | Pace | Time        |
|-----------|-------------------|------------------|-----|------------------|-----|---|----------|-----|------|-------------|
| 1         | 11/449            | 9/211            | 297 | Jon Jensen       | 52  | M | Decorah  | IA  | 6:30 | 00:20:13.15 |
| 2         | 23/449            | 19/211           | 391 | Bradley Phillips | 57  | M | Decorah  | IA  | 6:55 | 00:21:30.70 |
| 3         | 24/449            | 20/211           | 330 | Andy Lonning     | 54  | M | Onalaska | WI  | 6:55 | 00:21:32.12 |

### Female Ages 60 - 98

| Div Place | Overall Plc/Total | Gender Plc/Total | No. | Name           | Age | S | City    | St. | Pace  | Time        |
|-----------|-------------------|------------------|-----|----------------|-----|---|---------|-----|-------|-------------|
| 1         | 148/449           | 44/238           | 364 | Trish Neubauer | 62  | F | Decorah | IA  | 8:46  | 00:27:14.37 |
| 2         | 195/449           | 66/238           | 588 | Mary Winger    | 62  | F | Decorah | IA  | 9:21  | 00:29:04.24 |
| 3         | 243/449           | 99/238           | 365 | Kathy Newkirk  | 61  | F | Moline  | IL  | 10:03 | 00:31:14.47 |

### Male Ages 60 - 98

| Div Place | Overall Plc/Total | Gender Plc/Total | No. | Name           | Age | S | City    | St. | Pace | Time        |
|-----------|-------------------|------------------|-----|----------------|-----|---|---------|-----|------|-------------|
| 1         | 29/449            | 24/211           | 370 | Randy Nordheim | 63  | M | Waukon  | IA  | 7:01 | 00:21:48.07 |
| 2         | 56/449            | 43/211           | 305 | Brian Jones    | 61  | M | Decorah | IA  | 7:31 | 00:23:21.39 |
| 3         | 107/449           | 78/211           | 202 | James Ehrie    | 74  | M | Decorah | IA  | 8:24 | 00:26:06.97 |