

# 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
4	98/449	26/238	172	Elsa Cottrell	13	F	Portland	OR	8:20	00:25:55.17
5	105/449	28/238	241	Alex Grimm	13	F	Madrid	IA	8:23	00:26:05.47
6	144/449	42/238	285	Elayna Hook	13	F	Decorah	IA	8:42	00:27:03.40
7	161/449	50/238	475	Cloe Williams	13	F	Spicer	MN	8:59	00:27:57.09
8	170/449	55/238	275	Clara Hjelle	11	F	Decorah	IA	9:05	00:28:14.17
9	181/449	59/238	374	Erica Ollendick	12	F	Lime Springs	IA	9:12	00:28:35.22
10	183/449	61/238	460	Amelia Wadsworth	12	F	Waukon	IA	9:12	00:28:37.16
11	213/449	80/238	485	Cora Aiels	11	F	Cedar Rapids	IA	9:34	00:29:44.80
12	233/449	90/238	279	Mya Hoden	11	F	Dubuque	IA	9:56	00:30:53.45
13	240/449	96/238	223	Kamryn Frey	9	F	Decorah	IA	10:01	00:31:09.28
14	250/449	103/238	140	Grace Brynsaas	13	F	Decorah	IA	10:07	00:31:28.82
15	258/449	109/238	292	Olivia Huinker	11	F	Decorah	IA	10:17	00:31:59.93
16	259/449	110/238	633	Stella Pole	11	F	Decorah	IA	10:17	00:31:59.93
17	262/449	113/238	410	Megan Roe	13	F	Decorah	IA	10:18	00:32:02.47
18	267/449	116/238	123	Avery Bildstein	8	F	Cedar Rapids	IA	10:24	00:32:20.94
19	271/449	118/238	302	Elsa Johnson	12	F	Decorah	IA	10:25	00:32:23.22
20	275/449	120/238	675	Reese Hansen	10	F	Hudson	IA	10:25	00:32:24.21
21	276/449	121/238	307	Kelby Kerndt	11	F	Decorah	IA	10:26	00:32:26.61
22	278/449	123/238	671	Claire Storhoff	11	F	Decorah	IA	10:29	00:32:35.18
23	302/449	137/238	674	Nat Roberts	13	F	Decorah	IA	10:53	00:33:49.22
24	307/449	141/238	152	Ava Carolan	11	F	Decorah	IA	10:56	00:34:00.72
25	323/449	152/238	627	Grace Blikre	12	F	Decorah	IA	11:12	00:34:49.60
26	325/449	154/238	239	Natalie Goodner	12	F	Decorah	IA	11:14	00:34:56.55
27	368/449	179/238	211	Kaia Finanger	8	F	Spring	TX	12:32	00:38:58.72
28	370/449	181/238	209	Elin Finanger	6	F	The Woodlands	TX	12:37	00:39:14.34
29	375/449	184/238	115	Kiersten Bateman	13	F	Waterloo	IA	12:40	00:39:23.47
30	391/449	196/238	340	Ainsley Mathew	9	F	Dubuque	IA	13:15	00:41:11.89
31	392/449	197/238	669	Kaity Thole	8	F	Urbandale	IA	13:17	00:41:19.02
32	394/449	199/238	363	Brandi Nehls	9	F	Decorah	IA	13:20	00:41:27.71
33	401/449	206/238	114	Edyn Bateman	12	F	Ames	IA	13:34	00:42:09.27
34	408/449	212/238	188	Ellie Delarosa	8	F	Decorah	IA	14:00	00:43:32.67
35	418/449	217/238	274	Maggie Herath	12	F	La Crosse	WI	14:30	00:45:05.97
36	422/449	220/238	187	Charlotte Delarosa	6	F	Decorah	IA	15:15	00:47:25.46
37	437/449	231/238	200	Sophia Dvorak	12	F	Ridgeway	IA	18:55	00:58:47.65
38	449/449	238/238	201	Penny Eastling	4	F	Eagan	MN	23:21	01:12:33.55

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5K Run

### 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
4	91/449	68/211	654	Cody Vagts	13	M	Waseca	MN	8:12	00:25:31.00
5	101/449	75/211	454	Davin Trytten	10	M	Urbandale	IA	8:22	00:26:02.09
6	104/449	77/211	681	Elliot Berland	10	M	Decorah	IA	8:23	00:26:05.15
7	111/449	81/211	278	Max Hoden	12	M	Dubuque	IA	8:25	00:26:10.65
8	116/449	84/211	361	Keaton Nalean-Carlson	11	M	Decorah	IA	8:26	00:26:14.09
9	126/449	92/211	382	Eli Page	13	M	Vinton	IA	8:35	00:26:41.19
10	129/449	95/211	154	Gavin Carolan	9	M	Decorah	IA	8:36	00:26:43.45
11	150/449	106/211	387	Oak Pasche	9	M	Decorah	IA	8:48	00:27:20.92
12	151/449	107/211	449	Meison Tollefson	9	M	Decorah	IA	8:48	00:27:20.97
13	153/449	108/211	232	William Gallentine	10	M	Decorah	IA	8:49	00:27:26.42
14	158/449	110/211	371	Travis Nordheim	13	M	Decorah	IA	8:55	00:27:43.67
15	162/449	112/211	346	Holden Mcinroy	11	M	Charles City	IA	9:00	00:27:58.72
16	165/449	114/211	189	Jack Delarosa	10	M	Decorah	IA	9:02	00:28:04.61
17	177/449	120/211	462	Davis Walter	9	M	Decorah	IA	9:09	00:28:27.18
18	204/449	131/211	468	Henry Weis	13	M	Decorah	IA	9:30	00:29:32.34
19	206/449	132/211	127	Carson Bohner	11	M	Decorah	IA	9:31	00:29:34.98
20	208/449	133/211	329	Rhys Long	13	M	Coralville	IA	9:32	00:29:38.97
21	221/449	137/211	316	Jameson Labelle	11	M	Decorah	IA	9:42	00:30:11.22
22	224/449	139/211	617	Mason Schultes	10	M	Edina	MN	9:45	00:30:20.37
23	225/449	140/211	618	Pcior Schultes	10	M	Edina	MN	9:46	00:30:21.72
24	232/449	143/211	682	Cohen Berland	8	M	Decorah	IA	9:55	00:30:51.72
25	255/449	148/211	637	Sawyer Courtney	10	M	Decorah	IA	10:16	00:31:54.47
26	266/449	151/211	227	Jack Gallagher	3	M	Chicago	IL	10:24	00:32:20.51
27	268/449	152/211	238	Max Goodner	10	M	Decorah	IA	10:24	00:32:20.94
28	281/449	157/211	386	Philip Partello	13	M	Spirit Lake	IA	10:36	00:32:58.72
29	293/449	160/211	381	Carson Page	9	M	Vinton	IA	10:45	00:33:24.33
30	296/449	163/211	356	Creed Monroe	12	M	Decorah	IA	10:48	00:33:36.23
31	297/449	164/211	352	Will Mcnamara	8	M	Dubuque	IA	10:49	00:33:36.72
32	313/449	168/211	477	Garrett Willie	12	M	Decorah	IA	11:02	00:34:17.44
33	330/449	173/211	670	Max Thole	10	M	Des Moines	IA	11:29	00:35:41.72
34	337/449	175/211	645	Colton Elsbernd	9	M	Decorah	IA	11:35	00:36:00.47
35	340/449	178/211	167	Kade Coenen	10	M	Urbandale	IA	11:36	00:36:04.14
36	356/449	184/211	312	Anthony Kocian	12	M	Decorah	IA	12:05	00:37:32.58
37	366/449	188/211	683	Gabe Monroe	10	M	Decorah	IA	12:28	00:38:45.29
38	367/449	189/211	342	Zachary Mathew	11	M	Dubuque	IA	12:28	00:38:45.71
39	372/449	190/211	347	Nathaniel Mcinroy	8	M	Charles City	IA	12:39	00:39:20.86
40	380/449	192/211	248	William Hahn	13	M	Decorah	IA	12:55	00:40:09.17
41	384/449	194/211	171	Mason Cote	13	M	Decorah	IA	12:59	00:40:21.17
42	426/449	204/211	482	Nicholas Yates	13	M	Suffolk	VA	15:22	00:47:45.10
43	446/449	211/211	126	Samuel Bills	5	M	Decorah	IA	20:56	01:05:05.39

### 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

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5K Run

### Female Ages 14 - 16

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
3	51/449	12/238	447	Madison Tollefson	14	F	Decorah	IA	7:24	00:23:01.22
4	63/449	15/238	303	Leila Johnson	15	F	Decorah	IA	7:34	00:23:33.46
5	66/449	17/238	143	Brielle Buresh	15	F	Decorah	IA	7:37	00:23:41.49
6	130/449	35/238	144	Fiona Buresh	16	F	Decorah	IA	8:36	00:26:43.65
7	140/449	38/238	419	Sylvia Sandhorst	14	F	Decorah	IA	8:40	00:26:56.29
8	141/449	39/238	103	Kelly Ahrens	16	F	Ridgeway	IA	8:40	00:26:57.72
9	152/449	45/238	230	Sophia Gallentine	14	F	Decorah	IA	8:48	00:27:22.14
10	157/449	48/238	315	Sierra Kruger	16	F	Decorah	IA	8:51	00:27:30.89
11	167/449	52/238	345	Harper Mcinroy	14	F	Charles City	IA	9:04	00:28:11.11
12	169/449	54/238	426	Emma Shimak	14	F	Cedar Rapids	IA	9:05	00:28:13.57
13	185/449	62/238	175	Sydney-Kate Cottrell	15	F	Portland	OR	9:14	00:28:43.88
14	205/449	74/238	105	Ayla Akre	15	F	Waukesha	WI	9:30	00:29:32.96
15	207/449	75/238	630	Addie Carlson	15	F	Bettendorf	IA	9:31	00:29:35.19
16	260/449	111/238	260	Abby Halverson	15	F	Decorah	IA	10:18	00:32:01.35
17	261/449	112/238	272	Karen Henriquez	15	F	Decorah	IA	10:18	00:32:01.95
18	306/449	140/238	564	Cassandra Rich	14	F	Fredericksburg	IA	10:55	00:33:55.95
19	322/449	151/238	383	Elsa Page	15	F	Vinton	IA	11:12	00:34:48.78
20	369/449	180/238	622	Bella Agusta	15	F	Cary	NC	12:35	00:39:07.83
21	382/449	189/238	268	Hailey Heishman	15	F	Malcom	IA	12:56	00:40:12.02
22	383/449	190/238	269	Jerrica Heishman	16	F	Malcom	IA	12:56	00:40:12.22
23	389/449	194/238	198	Breanna Dvorak	16	F	Ridgeway	IA	13:13	00:41:05.21
24	396/449	201/238	219	Bella Francisco	16	F	Westlake Village	CA	13:23	00:41:35.72
25	403/449	208/238	690	Werner Paige	14	F	Decorah	IA	13:37	00:42:18.78
26	424/449	221/238	128	Abby Bolson	16	F	Decorah	IA	15:17	00:47:31.65
27	427/449	223/238	643	Isabelle Maunbaert	14	F	Stockholm	IA	15:44	00:48:55.33

### 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
4	9/449	7/211	648	Noah Lovelace	16	M	Decorah	IA	6:20	00:19:43.46
5	14/449	12/211	139	Maximilan Brown	16	M	Urbandale	IA	6:32	00:20:20.69
6	16/449	14/211	385	Parker Partello	15	M	Spirit Lake	IA	6:40	00:20:45.87
7	22/449	18/211	433	Hogan Smith	15	M	Decorah	IA	6:54	00:21:27.81
8	26/449	22/211	431	Preston Sires	15	M	Rochester	MN	6:58	00:21:39.47
9	27/449	23/211	422	Bennett Schutte	15	M	Decorah	IA	6:59	00:21:43.41
10	30/449	25/211	119	Drew Berns	15	M	Decorah	IA	7:04	00:21:57.83
11	38/449	30/211	376	Cade Olson	14	M	Decorah	IA	7:12	00:22:23.47
12	40/449	32/211	276	Erik Hjelle	14	M	Decorah	IA	7:15	00:22:33.41
13	41/449	33/211	336	Jake Magner	14	M	Decorah	IA	7:15	00:22:34.43
14	42/449	34/211	136	Casey Brickley	15	M	Decorah	IA	7:16	00:22:35.71
15	52/449	40/211	402	Kyle Renken	16	M	Decorah	IA	7:26	00:23:06.72
16	53/449	41/211	504	Andrew B. Chamberlain	16	M	Decorah	IA	7:26	00:23:07.96
17	60/449	46/211	473	Drew White	16	M	Decorah	IA	7:32	00:23:26.67
18	74/449	55/211	273	John Herath	15	M	La Crosse	WI	7:50	00:24:21.07
19	84/449	62/211	554	Corbyn Palmer	14	M	Decorah	IA	8:08	00:25:18.72
20	124/449	90/211	327	Ethan Long	15	M	Coralville	IA	8:33	00:26:34.91

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5K Run

### Male Ages 14 - 16

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
21	135/449	99/211	631	Claylan Mounthachak	16	M	Rockford	MN	8:38	00:26:52.22
22	139/449	102/211	121	Lange Betts	14	M	Decorah	IA	8:39	00:26:54.22
23	147/449	104/211	360	Aidan Nalean-Carlson	14	M	Decorah	IA	8:45	00:27:13.15
24	231/449	142/211	689	Nate Sturtz	14	M	Indianola	IA	9:52	00:30:39.85
25	338/449	176/211	112	Ryan Bacon	14	M	Fredericksburg	IA	11:35	00:36:01.22
26	410/449	198/211	427	Ethan Shimak	15	M	Cedar Rapids	IA	14:01	00:43:33.27

### 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
4	45/449	10/238	321	Annette Leschensky	17	F	Decorah	IA	7:17	00:22:40.46
5	58/449	14/238	122	Shayla Betts	17	F	Decorah	IA	7:32	00:23:25.24
6	80/449	21/238	434	Lily Smith	17	F	Decorah	IA	8:02	00:24:59.46
7	82/449	22/238	478	Madeline Wilson	17	F	Deephaven	MN	8:04	00:25:04.38
8	94/449	25/238	624	Elise Rasmussen	18	F	Jackson	MN	8:15	00:25:39.13
9	193/449	65/238	214	Micala Folkedahl	19	F	Decorah	IA	9:21	00:29:03.62
10	217/449	83/238	673	Ellie Shuros	17	F	Saint Paul	MN	9:36	00:29:52.72
11	246/449	100/238	333	Kirsten Loynachan	19	F	Marion	IA	10:04	00:31:17.97
12	277/449	122/238	220	Noelle Francisco	19	F	Westlake Village	CA	10:27	00:32:31.08
13	280/449	124/238	245	Rachel Grimstad	19	F	Decorah	IA	10:31	00:32:40.89
14	314/449	146/238	205	Laura Elmquist	19	F	New Auburn	WI	11:05	00:34:26.19

### 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
4	64/449	49/211	368	Erik Nordgaard	17	M	Portland	OR	7:35	00:23:34.40
5	81/449	60/211	106	Logan Akre	18	M	Waukesha	WI	8:03	00:25:03.72
6	88/449	65/211	555	Dawson Palmer	17	M	Decorah	IA	8:11	00:25:26.97
7	100/449	74/211	168	Conner Cook	17	M	Decorah	IA	8:21	00:25:57.20
8	166/449	115/211	733	Michael Gipple	17	M	Urbandale	IA	9:02	00:28:04.72
9	176/449	119/211	149	Dalton Cale	17	M	Urbandale	IA	9:08	00:28:24.47
10	412/449	199/211	199	Sam Dvorak	18	M	Ridgeway	IA	14:13	00:44:12.83

### 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
4	110/449	30/238	469	Jacqueline Welch	22	F	Waukon	IA	8:25	00:26:09.97
5	114/449	32/238	480	Regan Wolverton	23	F	Dubuque	IA	8:26	00:26:12.47
6	133/449	36/238	132	Grace Bowen	20	F	Madison	NJ	8:37	00:26:48.22

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## Overall Division Results

5K Run

### Female Ages 20 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
7	142/449	40/238	771	Alexandra Picht	20	F	Decorah	IA	8:40	00:26:57.92
8	145/449	43/238	325	Maggie Locke	24	F	Decorah	IA	8:42	00:27:04.82
9	163/449	51/238	133	Josie Boyle	29	F	St. Paul	MN	9:00	00:28:00.72
10	168/449	53/238	288	Carol Hopp	29	F	Decorah	IA	9:04	00:28:12.22
11	192/449	64/238	680	Olivia Syverson	20	F	Decorah	IA	9:21	00:29:03.42
12	199/449	70/238	120	Brenna Betts	20	F	Decorah	IA	9:27	00:29:22.37
13	229/449	88/238	151	Allie Canoy Illies	27	F	Rochester	MN	9:51	00:30:38.43
14	241/449	97/238	358	Ashley Moore	21	F	Decorah	IA	10:02	00:31:10.71
15	242/449	98/238	429	Hannah Sikkink	21	F	Decorah	IA	10:02	00:31:11.72
16	252/449	105/238	299	Madelyn Jermier	20	F	Decorah	IA	10:10	00:31:37.14
17	254/449	107/238	156	Andrea Carpenter	25	F	Sun Prairie	WI	10:14	00:31:49.47
18	256/449	108/238	679	Kayla Peterson	24	F	Decorah	IA	10:16	00:31:54.80
19	263/449	114/238	584	Alexandra Wicks	28	F	Decorah	IA	10:19	00:32:04.97
20	283/449	126/238	458	Mariana Vega	27	F	Postville	IA	10:38	00:33:02.97
21	285/449	128/238	747	Keegan Luzum	26	F	Decorah	IA	10:40	00:33:10.47
22	292/449	133/238	369	Courtney Nordheim	20	F	Decorah	IA	10:44	00:33:23.12
23	298/449	134/238	423	Claire Seitzinger	26	F	Minneapolis	MN	10:49	00:33:37.67
24	299/449	135/238	481	Andrea Woodberry	25	F	Robbinsdale	MN	10:49	00:33:37.67
25	303/449	138/238	177	Alexa Courtney	24	F	West Des Moines	IA	10:53	00:33:51.87
26	305/449	139/238	192	Lydia Dempsey	25	F	Iowa City	IA	10:54	00:33:54.11
27	312/449	145/238	666	Hannah Leeper	24	F	Denton	TX	11:01	00:34:14.39
28	327/449	156/238	217	Amanda Francisco	21	F	Westlake Village	CA	11:18	00:35:08.54
29	336/449	162/238	178	Breanna Courtney	28	F	West Des Moines	IA	11:34	00:35:56.71
30	348/449	167/238	158	Jenna Casper	27	F	Decorah	IA	11:52	00:36:53.97
31	350/449	169/238	155	Hailey Carolan	28	F	Iowa City	IA	11:57	00:37:10.62
32	357/449	173/238	233	Claire Garvin	25	F	Chicago	IL	12:09	00:37:46.19
33	358/449	174/238	134	Emma Breitenstein	25	F	Edina	MN	12:09	00:37:46.20
34	362/449	176/238	663	Morgan Gjere	26	F	Decorah	IA	12:16	00:38:08.47
35	405/449	210/238	314	Krista Krueger	29	F	Osage	IA	13:41	00:42:33.64
36	435/449	229/238	353	Hannah Meyer	26	F	Decorah	IA	17:46	00:55:13.21
37	441/449	234/238	253	Lauren Hall	28	F	Decorah	IA	19:56	01:01:56.25
38	448/449	237/238	362	Kjerstin Narvesen	25	F	Fargo	ND	23:21	01:12:33.35

### 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
4	21/449	17/211	226	Joey Furst	27	M	Rochester	MN	6:53	00:21:25.83
5	35/449	28/211	235	Devin Gilbertson	27	M	Decorah	IA	7:09	00:22:12.91
6	50/449	39/211	649	Mitchell Burggraf	24	M	Oxnard	CA	7:24	00:23:00.22
7	54/449	42/211	474	Gavin Wicks	29	M	Decorah	IA	7:27	00:23:10.20
8	57/449	44/211	476	Daniel Willie	20	M	Decorah	IA	7:31	00:23:23.00
9	62/449	48/211	655	Russell Dale	28	M	West Des Moines	IA	7:34	00:23:30.72
10	67/449	50/211	176	Alex Courtney	26	M	West Des Moines	IA	7:38	00:23:45.81
11	90/449	67/211	304	Mitch Johnson	25	M	Dubuque	IA	8:12	00:25:30.97
12	95/449	70/211	667	Colin Delgado	24	M	Youngstown	NY	8:15	00:25:40.76
13	113/449	82/211	311	Jonathan Knudson	26	M	Minneapolis	MN	8:25	00:26:11.46

# Nordic Fest Elvelopet

July 27, 2019

## Overall Division Results

5K Run

### Male Ages 20 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
14	120/449	88/211	412	Lee Rollins	24	M	Golden Valley	MN	8:31	00:26:29.97
15	127/449	93/211	424	Alex Shaikoski	24	M	Bloomington	MN	8:35	00:26:42.22
16	164/449	113/211	413	Paul Rose	25	M	St. Paul	MN	9:00	00:28:00.72
17	179/449	122/211	234	Keon Garvin	25	M	Chicago	IL	9:10	00:28:30.43
18	222/449	138/211	439	Jeremy Stenseth	27	M	Calmar	IA	9:44	00:30:16.22
19	244/449	145/211	417	Thomas Ruppeiner	23	M	Ridgeway	IA	10:04	00:31:16.82
20	342/449	180/211	179	Dylan Courtney	26	M	West Des Moines	IA	11:38	00:36:09.47
21	361/449	186/211	186	Nick Davis	27	M	Decorah	IA	12:14	00:38:01.71

### 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
4	102/449	27/238	378	Joni Osmundson	35	F	Granger	IA	8:23	00:26:04.32
5	112/449	31/238	310	Christina Knudson	32	F	Minneapolis	MN	8:25	00:26:11.22
6	121/449	33/238	212	Amber Fogle	32	F	Pleasant Prairie	WI	8:32	00:26:32.97
7	122/449	34/238	108	Rachael Andera	30	F	Calmar	IA	8:32	00:26:33.71
8	136/449	37/238	267	Andrea Haugo	38	F	Viroqua	WI	8:39	00:26:52.63
9	156/449	47/238	138	Amanda Brooks	33	F	St. Paul	MN	8:51	00:27:30.68
10	159/449	49/238	130	Becky Borgman	32	F	West Des Moines	IA	8:58	00:27:53.97
11	174/449	57/238	642	Trishe Karr	39	F	Winone	MN	9:08	00:28:23.32
12	180/449	58/238	440	Gwen Strand	38	F	Decorah	IA	9:11	00:28:32.89
13	182/449	60/238	377	Deborah O'shea	39	F	Decorah	IA	9:12	00:28:36.15
14	191/449	63/238	289	Jessica Hosper	37	F	Owatonna	MN	9:19	00:28:56.88
15	196/449	67/238	466	Jodi Webb	32	F	Decorah	IA	9:22	00:29:08.35
16	197/449	68/238	350	Christina Mcnamara	34	F	Dubuque	IA	9:26	00:29:20.32
17	198/449	69/238	320	Jessica Lennon	39	F	Spillville	IA	9:26	00:29:21.15
18	201/449	71/238	146	Lizzie Burras	30	F	Decorah	IA	9:28	00:29:25.63
19	209/449	76/238	164	Jenna Cline	33	F	Bondurant	IA	9:33	00:29:40.71
20	210/449	77/238	338	Katie Martin	32	F	Decorah	IA	9:33	00:29:42.75
21	211/449	78/238	265	Heidi Hassen	32	F	North Liberty	IA	9:34	00:29:43.47
22	212/449	79/238	403	Erin Richter	32	F	Mansfield	CT	9:34	00:29:44.80
23	216/449	82/238	150	Jen Canales	39	F	Des Moines	IA	9:36	00:29:50.91
24	223/449	85/238	472	Sarah Welper	36	F	Stewartville	MN	9:44	00:30:17.22
25	227/449	87/238	647	Christine Weeg	38	F	Plymouth	MN	9:48	00:30:27.44
26	237/449	93/238	213	Erica Foley	38	F	Manchester	IA	10:00	00:31:04.43
27	238/449	94/238	599	Heidi Grimm	37	F	Nevada	IA	10:00	00:31:06.44
28	249/449	102/238	162	Samantha Clark	31	F	Washington	DC	10:05	00:31:20.88
29	251/449	104/238	464	Dawn Walton	37	F	Atlantic	IA	10:07	00:31:28.82
30	274/449	119/238	262	Jordan Hansen	38	F	Hudson	IA	10:25	00:32:24.21
31	282/449	125/238	452	Renda Tollefson	38	F	Decorah	IA	10:37	00:33:01.97
32	288/449	130/238	465	Liz Waters	34	F	Gardner	KS	10:43	00:33:20.07
33	317/449	148/238	398	Alison Puls	38	F	Cedar Falls	IA	11:07	00:34:33.93
34	326/449	155/238	395	Alex Poskin	32	F	Decorah	IA	11:15	00:34:58.00
35	328/449	157/238	197	Sarah Dougherty	36	F	Huxley	IA	11:20	00:35:15.65
36	332/449	159/238	691	Chelsea Smorstad	30	F	Cedar Rapids	IA	11:30	00:35:44.73
37	346/449	165/238	415	Jacquelyn Ruen	38	F	Minneapolis	MN	11:41	00:36:20.22

# Nordic Fest Elvelopet

July 27, 2019

## 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
38	347/449	166/238	453	Laurie Tope	37	F	Decorah	IA	11:45	00:36:31.88
39	349/449	168/238	240	Becky Gould	32	F	Chicago	IL	11:56	00:37:06.16
40	351/449	170/238	795	Stephanie Wagner	35	F	Des Moines	IA	11:57	00:37:10.71
41	365/449	178/238	216	Lily Fouts	39	F	Overbrook	KS	12:27	00:38:41.68
42	371/449	182/238	210	Emily Finanger	39	F	Spring	TX	12:37	00:39:14.72
43	373/449	183/238	635	Erica Reiser	38	F	Decorah	IA	12:40	00:39:21.46
44	376/449	185/238	443	Hilary Teslow	39	F	Decorah	IA	12:43	00:39:32.22
45	377/449	186/238	296	Jessica Jensen	37	F	Burnsville	MN	12:45	00:39:37.47
46	379/449	188/238	450	Melissa Tollefson	36	F	Decorah	IA	12:54	00:40:06.72
47	385/449	191/238	373	Jillian O'holvearn	31	F	Milwaukee	WI	13:10	00:40:56.47
48	388/449	193/238	318	Laura Lamb	37	F	Decorah	IA	13:13	00:41:04.97
49	393/449	198/238	668	Emily Stewart	34	F	Urbandale	IA	13:18	00:41:20.96
50	397/449	202/238	349	Vanessa Mclain	37	F	Fairview	OK	13:29	00:41:54.41
51	399/449	204/238	407	Kristen Risser	36	F	Rochester	MN	13:30	00:41:57.64
52	400/449	205/238	250	Megan Hahner	34	F	Milwaukee	WI	13:33	00:42:07.44
53	406/449	211/238	166	Kallie Cochran	31	F	Maxwelton	WV	13:48	00:42:53.72
54	413/449	214/238	206	Rachel England	32	F	Chicago	IL	14:16	00:44:21.97
55	425/449	222/238	190	Jenn Delarosa	37	F	Decorah	IA	15:18	00:47:33.25
56	434/449	228/238	432	Danielle Smith	34	F	Decorah	IA	16:47	00:52:10.68
57	436/449	230/238	444	Samantha Thiele	30	F	Decorah	IA	18:37	00:57:50.66
58	447/449	236/238	125	Melissa Bills	38	F	Decorah	IA	20:56	01:05:05.40

### 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
4	49/449	38/211	688	Tyler Mikesh	30	M	Decorah	IA	7:23	00:22:59.22
5	69/449	52/211	290	Nathan Hesper	37	M	Owatonna	MN	7:41	00:23:53.47
6	70/449	53/211	421	Cory Scholbrock	39	M	Calmar	IA	7:42	00:23:56.57
7	77/449	58/211	612	Brian Walker	37	M	Decorah	IA	7:53	00:24:31.05
8	85/449	63/211	471	Lucas Welper	37	M	Stewartville	MN	8:09	00:25:22.01
9	89/449	66/211	165	Shannon Cline	33	M	Bondurant	IA	8:12	00:25:30.58
10	96/449	71/211	404	Nathaniel Richter	34	M	Mansfield	CT	8:17	00:25:44.60
11	103/449	76/211	379	Nathan Osmundson	37	M	Granger	IA	8:23	00:26:04.47
12	118/449	86/211	494	Brian Black	37	M	Red Wing	MN	8:29	00:26:22.22
13	119/449	87/211	664	Ottesen Paul	37	M	Iowa City	IA	8:29	00:26:23.31
14	123/449	89/211	652	Mike Teslow	32	M	Tipton	IA	8:33	00:26:34.22
15	128/449	94/211	308	Braham Ketcham	36	M	Oak Park	IL	8:35	00:26:42.63
16	131/449	96/211	261	Solomon Halvorson	34	M	Des Moines	IA	8:36	00:26:45.88
17	134/449	98/211	659	Uriah Halvorson	32	M	La Crosse	WI	8:38	00:26:50.17
18	146/449	103/211	620	John Frethan	36	M	Decorah	IA	8:43	00:27:06.66
19	155/449	109/211	685	Brent Grinna	37	M	Boston	MA	8:50	00:27:29.47
20	160/449	111/211	131	Steve Borgman	30	M	West Des Moines	IA	8:58	00:27:54.46
21	172/449	117/211	148	Sam Caito	36	M	Hampden	ME	9:07	00:28:19.65
22	175/449	118/211	651	Estiban Vega	31	M	Decorah	IA	9:08	00:28:23.72
23	200/449	130/211	317	Michael Labelle	39	M	Decorah	IA	9:27	00:29:22.58
24	220/449	136/211	249	Adam Hahner	36	M	Milwaukee	WI	9:41	00:30:07.72

# Nordic Fest Elvelopet

July 27, 2019

## 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
25	228/449	141/211	390	Darin Peterson	36	M	Decorah	IA	9:49	00:30:32.12
26	257/449	149/211	437	Ben Stenseth	30	M	Calmar	IA	10:17	00:31:59.47
27	269/449	153/211	228	Matt Gallagher	35	M	Chicago	IL	10:24	00:32:21.14
28	272/449	154/211	339	Ryan Martin	32	M	Decorah	IA	10:25	00:32:23.41
29	300/449	165/211	263	Lucas Harless	31	M	Calmar	IA	10:50	00:33:41.47
30	304/449	166/211	161	Carson Clark	36	M	Olsburg	KS	10:54	00:33:53.71
31	321/449	171/211	650	Daniel Deferned	31	M	Oxnard	CA	11:10	00:34:41.72
32	329/449	172/211	396	Jeff Poskin	32	M	Decorah	IA	11:24	00:35:25.72
33	339/449	177/211	451	Michael Tollefson	39	M	Decorah	IA	11:36	00:36:02.93
34	344/449	181/211	251	Doug Hall	31	M	Decorah	IA	11:38	00:36:10.22
35	352/449	182/211	442	Craig Taylor	36	M	Saint Ansgar	IA	12:00	00:37:19.97
36	374/449	191/211	271	Tyler Hendrickson	32	M	Iowa City	IA	12:40	00:39:22.97
37	387/449	195/211	137	Travis Bridges	38	M	Decorah	IA	13:13	00:41:04.19
38	423/449	203/211	687	Darren Vick	30	M	Decorah	IA	15:17	00:47:31.22
39	442/449	208/211	101	Brad Abraham	34	M	Decorah	IA	19:56	01:01:58.32

### 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 Bucksa	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
4	143/449	41/238	425	Kisa Shapiro	44	F	Tampa	FL	8:40	00:26:58.33
5	154/449	46/238	388	Yarrow Pasche	41	F	Decorah	IA	8:50	00:27:26.83
6	202/449	72/238	116	Nicole Bateman	40	F	Waterloo	IA	9:30	00:29:31.72
7	215/449	81/238	684	Jennifer White	40	F	Des Moines	IA	9:36	00:29:50.72
8	218/449	84/238	354	Jennifer Mikkelson	49	F	Dorchester	IA	9:37	00:29:52.93
9	230/449	89/238	286	Emily Hook	44	F	Decorah	IA	9:51	00:30:39.22
10	235/449	91/238	224	Stacie Fry	49	F	Des Moines	IA	9:57	00:30:57.33
11	236/449	92/238	163	Barbara Clements	48	F	Russellville	AR	10:00	00:31:04.22
12	239/449	95/238	568	Annette Schweinefus	49	F	Decorah	IA	10:01	00:31:08.22
13	248/449	101/238	640	Kim Karr	40	F	Antioch	CA	10:05	00:31:20.68
14	253/449	106/238	678	Susanna Cole	47	F	Corpus Christi	TX	10:14	00:31:48.93
15	270/449	117/238	237	Cindy Goodner	40	F	Decorah	IA	10:24	00:32:21.15
16	284/449	127/238	625	Larissa Rasmussen	43	F	Jackson	MN	10:39	00:33:06.22
17	289/449	131/238	300	Amy Johnson	45	F	Waukon	IA	10:43	00:33:20.47
18	301/449	136/238	430	Holly Sires	46	F	Rochester	MN	10:52	00:33:47.72
19	308/449	142/238	153	Dana Carolan	41	F	Decorah	IA	10:56	00:34:00.80
20	309/449	143/238	196	Lara Dolphin	46	F	Gales Gerry	CT	10:58	00:34:04.65
21	315/449	147/238	208	Linda Ferris	44	F	Dresser	WI	11:05	00:34:26.97
22	331/449	158/238	242	Amanda Grimm	40	F	Madrid	IA	11:29	00:35:42.97
23	335/449	161/238	170	Heather Cote	45	F	Decorah	IA	11:33	00:35:54.84
24	354/449	171/238	409	Janette Rodecap	44	F	Kansas City	MO	12:04	00:37:30.72
25	355/449	172/238	644	Sandy Harding	40	F	Madison	WI	12:04	00:37:31.97
26	360/449	175/238	456	Amy Van Arkel	43	F	Cedar Falls	IA	12:12	00:37:55.47
27	363/449	177/238	182	Tonia Courtney	48	F	West Des Moines	IA	12:25	00:38:35.97
28	378/449	187/238	445	Amy Tollefson	44	F	Decorah	IA	12:54	00:40:06.47
29	386/449	192/238	348	Tia Mcinroy	41	F	Charles City	IA	13:10	00:40:57.46
30	390/449	195/238	341	Jenna Mathew	41	F	Dubuque	IA	13:15	00:41:11.69



# Nordic Fest Elvelopet

July 27, 2019

## 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
31	395/449	200/238	124	Michelle Bildstein	40	F	Cedar Rapids	IA	13:22	00:41:33.71
32	416/449	216/238	639	Emily Wood	46	F	Des Moines	IA	14:25	00:44:50.21
33	428/449	224/238	428	Janel Shimak	48	F	Cedar Rapids	IA	15:54	00:49:26.16
34	432/449	226/238	661	Tirzach Garner	44	F	Henderson	NV	16:30	00:51:17.97
35	433/449	227/238	326	Beth Long	45	F	Coralville	IA	16:30	00:51:18.18
36	439/449	232/238	173	Erika Cottrell	47	F	Portland	OR	19:55	01:01:55.22
37	444/449	235/238	159	Bonnie Christensen	48	F	Clive	IA	20:34	01:03:54.95

### 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
4	61/449	47/211	461	David Wadsworth	45	M	Waukon	IA	7:33	00:23:28.49
5	68/449	51/211	283	Kelly Holthaus	45	M	Decorah	IA	7:40	00:23:51.69
6	75/449	56/211	194	Eric Dillinger	47	M	Des Moines	IA	7:51	00:24:24.47
7	76/449	57/211	231	Todd Gallentine	46	M	Decorah	IA	7:53	00:24:29.72
8	79/449	59/211	400	Carl Refsal	43	M	Decorah	IA	7:59	00:24:51.17
9	99/449	73/211	284	Byron Hook	41	M	Decorah	IA	8:20	00:25:56.38
10	109/449	80/211	169	Dustin Cote	46	M	Decorah	IA	8:25	00:26:09.22
11	117/449	85/211	467	Luke Webinger	43	M	Lost Nation	IA	8:28	00:26:19.40
12	125/449	91/211	389	Piyush Patel	43	M	Lantana	TX	8:34	00:26:37.95
13	138/449	101/211	277	Chris Hoden	41	M	Dubuque	IA	8:39	00:26:53.44
14	171/449	116/211	446	David Tollefson	46	M	Decorah	IA	9:05	00:28:15.40
15	178/449	121/211	185	Paul Dambek	48	M	Valparaiso	IN	9:10	00:28:29.41
16	186/449	124/211	174	Patrick Cottrell	45	M	Portland	OR	9:14	00:28:44.08
17	188/449	126/211	463	Jarrad Walter	42	M	Decorah	IA	9:16	00:28:49.72
18	189/449	127/211	607	T J Sturtz	48	M	Plano	TX	9:17	00:28:52.97
19	279/449	156/211	243	Ben Grimstad	46	M	Decorah	IA	10:31	00:32:40.89
20	407/449	196/211	384	Kirk Page	49	M	Vinton	IA	13:49	00:42:56.14
21	409/449	197/211	191	Rick Delarosa	43	M	Decorah	IA	14:00	00:43:32.67
22	415/449	200/211	638	Jeff Foster	41	M	Des Moines	IA	14:25	00:44:50.00
23	419/449	202/211	357	Darin Monroe	45	M	Decorah	IA	14:40	00:45:36.93
24	431/449	206/211	660	Randy Lovstuen	48	M	Henderson	NV	16:30	00:51:17.15

### 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
4	265/449	115/238	107	Beth Albertson	51	F	Calmar	IA	10:23	00:32:17.46
5	286/449	129/238	332	Ronda Lovelace	53	F	Rochester	MN	10:43	00:33:18.45
6	290/449	132/238	236	Julie Goodman	57	F	Stoughton	WI	10:43	00:33:20.89
7	310/449	144/238	479	Kirsten Witherspoon	50	F	Miles	IA	10:59	00:34:10.54
8	320/449	150/238	457	Hortencia Vega	51	F	Postville	IA	11:09	00:34:40.97
9	324/449	153/238	295	Tammy Jacobson	53	F	Belvidere	IL	11:12	00:34:50.42
10	343/449	163/238	255	Mary Hall	53	F	Decorah	IA	11:38	00:36:10.09

# Nordic Fest Elvelopet

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## 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
11	398/449	203/238	218	Anne Francisco	51	F	Westlake Village	CA	13:29	00:41:56.43
12	402/449	207/238	623	Anne Lynch	53	F	Minneapolis	MN	13:37	00:42:18.72
13	404/449	209/238	411	Joanie Rollins	58	F	Decorah	IA	13:37	00:42:21.22
14	414/449	215/238	646	Elsbernd Kathy	53	F	Decorah	IA	14:18	00:44:28.47
15	421/449	219/238	380	Barb Page	50	F	Vinton	IA	14:55	00:46:21.59
16	429/449	225/238	270	Mary Ann Hendrickson	58	F	Iowa City	IA	15:54	00:49:27.18
17	440/449	233/238	254	Marti Hall	56	F	Decorah	IA	19:56	01:01:56.21

### 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
4	37/449	29/211	632	Aire Mounthachak	52	M	Rockford	MN	7:09	00:22:15.17
5	39/449	31/211	266	Dean Haugen	50	M	Minneapolis	MN	7:13	00:22:25.97
6	48/449	37/211	291	Scott Houg	53	M	Waukon	IA	7:20	00:22:49.66
7	71/449	54/211	180	Eric Courtney	51	M	West Des Moines	IA	7:45	00:24:07.16
8	83/449	61/211	653	Mark Vagts	51	M	Waseca	MN	8:08	00:25:17.46
9	92/449	69/211	324	Glenn Livingston	52	M	Decorah	IA	8:14	00:25:35.09
10	97/449	72/211	438	James Stenseth	54	M	Calmar	IA	8:18	00:25:48.68
11	108/449	79/211	470	Kim Welch	53	M	Waukon	IA	8:24	00:26:07.47
12	115/449	83/211	606	Michael Sturtz	52	M	Indianola	IA	8:26	00:26:12.88
13	132/449	97/211	184	John Dambek	55	M	Decorah	IA	8:37	00:26:48.12
14	137/449	100/211	665	Jeff Leeper	59	M	Decorah	IA	8:39	00:26:52.63
15	149/449	105/211	331	Gary Lovelace	53	M	Rochester	MN	8:46	00:27:16.61
16	184/449	123/211	221	Alan Frey	55	M	Spring	TX	9:14	00:28:43.67
17	187/449	125/211	181	John Courtney	54	M	Decorah	IA	9:15	00:28:46.11
18	190/449	128/211	401	Al Renken	55	M	Decorah	IA	9:18	00:28:55.86
19	194/449	129/211	662	Bob Hemesath	50	M	Decorah	IA	9:21	00:29:03.62
20	214/449	134/211	294	David Jacobson	53	M	Belvidere	IL	9:34	00:29:45.46
21	219/449	135/211	328	Marc Long	52	M	Coralville	IA	9:40	00:30:04.15
22	234/449	144/211	129	Scott Bolson	50	M	Decorah	IA	9:57	00:30:55.49
23	247/449	147/211	282	Jeff Holmquist	58	M	West Salem	WI	10:04	00:31:18.45
24	264/449	150/211	621	Victor Augusta	51	M	Cary	NC	10:19	00:32:05.64
25	273/449	155/211	301	Andy Johnson	50	M	Decorah	IA	10:25	00:32:23.47
26	291/449	159/211	337	Jeffrey Martin	58	M	Decorah	IA	10:44	00:33:21.70
27	319/449	170/211	259	Scott Hall	56	M	Decorah	IA	11:09	00:34:38.72
28	333/449	174/211	207	James Felt	51	M	Spicer	MN	11:30	00:35:45.44
29	353/449	183/211	264	Thomas Hartman	56	M	Decorah	IA	12:03	00:37:27.47
30	443/449	209/211	257	Michael Hall	57	M	Decorah	IA	19:56	01:01:58.32
31	445/449	210/211	160	Chad Christensen	50	M	Clive	IA	20:34	01:03:55.95

### 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

# Nordic Fest Elvelopet

July 27, 2019

## Overall Division Results

5K Run

### Female Ages 60 - 98

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
4	318/449	149/238	258	Orbell Hall	98	F	Decorah	IA	11:07	00:34:35.00
5	334/449	160/238	531	Vickie Kroshus	63	F	Richfield	MN	11:32	00:35:50.47
6	345/449	164/238	293	Merry Hunter	64	F	Decorah	IA	11:38	00:36:11.53
7	411/449	213/238	334	Janell Ludens	62	F	Cresco	IA	14:06	00:43:48.71
8	420/449	218/238	246	Nancy Grinna	66	F	Postville	IA	14:51	00:46:09.60

### 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
4	245/449	146/211	416	George Ruppeiner	66	M	Sarasota	FL	10:04	00:31:17.22
5	287/449	158/211	281	Don Holmertz	65	M	Decorah	IA	10:43	00:33:18.97
6	294/449	161/211	229	Mike Gallagher	65	M	Cedar Rapids	IA	10:45	00:33:24.47
7	295/449	162/211	595	Brede Hoibak Gundersen	71	M	Royse		10:46	00:33:27.97
8	311/449	167/211	117	Jed Becker	68	M	Cresco	IA	11:00	00:34:12.16
9	316/449	169/211	619	Rasmus Sunde	75	M	Balestrand		11:06	00:34:29.97
10	341/449	179/211	343	Steve Matter	70	M	Decorah	IA	11:37	00:36:07.62
11	359/449	185/211	244	Larry Grimstad	76	M	Decorah	IA	12:10	00:37:50.22
12	364/449	187/211	636	Karl Knudson	68	M	Decorah	IA	12:25	00:38:36.41
13	381/449	193/211	589	George Ruen	62	M	Decorah	IA	12:55	00:40:09.17
14	417/449	201/211	215	Eric Forsberg	70	M	Minneapolis	MN	14:30	00:45:05.45
15	430/449	205/211	455	Paul Ulvilden	60	M	Decorah	IA	16:29	00:51:13.32
16	438/449	207/211	252	Gary Hall	77	M	Decorah	IA	18:56	00:58:49.87