

Nordic Fest Elvelopet

July 24, 2021

5K

Overall Results - Female

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	Pace	Time
1	4/400	1/1	59	Flannery Cerbin-Bohach	F	34	Cresco	IA	5:59	00:18:35.91
2	7/400	1/31	346	Jordan Winke	F	22	Solon	IA	6:14	00:19:24.17
3	19/400	1/17	13	Rebecca Anderson	F	15	Decorah	IA	6:54	00:21:28.58
4	23/400	2/31	191	Abigail Lewis	F	20	Austin	MN	7:01	00:21:48.17
5	30/400	3/31	325	Melissa Vega	F	27	Postville	IA	7:15	00:22:34.60
6	48/400	1/26	56	Kristin Carpenter	F	40	Cedar Falls	IA	7:39	00:23:49.17
7	59/400	1/38	210	Leah Nelson	F	38	Chippewa Falls	WI	7:47	00:24:12.00
8	65/400	2/38	316	Lauren Thurmer	F	38	Minneapolis	MN	7:55	00:24:36.93
9	69/400	4/31	308	Olivia Syverson	F	22	Decorah	IA	8:06	00:25:12.64
10	71/400	1/25	288	Anastasia Simon	F	12	Decorah	IA	8:08	00:25:16.68
11	73/400	3/38	258	Teresa Procter	F	31	Houston	TX	8:09	00:25:20.59
12	74/400	1/10	131	Abby Halverson	F	17	Decorah	IA	8:09	00:25:21.63
13	76/400	2/26	45	Alecia Bucksa	F	45	Decorah	IA	8:10	00:25:22.63
14	77/400	2/17	47	Brielle Buresh	F	16	Decorah	IA	8:10	00:25:22.83
15	84/400	3/17	426	Brynn Storhoff	F	15	Decorah	IA	8:14	00:25:35.68
16	85/400	4/17	194	Dani Losen	F	15	Decorah	IA	8:14	00:25:36.43
17	89/400	3/26	271	Amy Robinson	F	49	Decorah	IA	8:19	00:25:53.29
18	92/400	2/10	331	Amy Webb	F	19	Waverly	IA	8:24	00:26:06.88
19	97/400	5/17	278	Lily Sandhorst	F	14	Decorah	IA	8:29	00:26:22.18
20	98/400	6/17	484	Alison Wagner	F	15	Lansing	IA	8:29	00:26:23.18
21	100/400	1/27	348	Pam Winke	F	59	Solon	IA	8:30	00:26:27.09
22	102/400	2/27	99	Jenelle Fong	F	50	Mill Valley	CA	8:34	00:26:37.34
23	105/400	3/10	175	Ella Kittelson	F	18	Decorah	IA	8:38	00:26:49.43
24	106/400	7/17	477	Amelia Wadsworth	F	14	Waukon	IA	8:38	00:26:49.43
25	107/400	8/17	296	Kamryn Steines	F	14	Decorah	IA	8:38	00:26:50.68
26	112/400	4/26	342	Trisha Wilkins	F	41	Waukon	IA	8:44	00:27:09.65
27	114/400	5/31	31	Emily Blum	F	25	Harlan	IA	8:45	00:27:12.68
28	115/400	4/38	95	Amber Fogle	F	34	Decorah	IA	8:45	00:27:13.32
29	116/400	5/38	37	Rebecca Borgman	F	34	West Des Moines	IA	8:46	00:27:16.38
30	117/400	2/25	312	Sophia Thill	F	12	Goose Creek	SC	8:48	00:27:21.68
31	118/400	9/17	30	Grace Blikre	F	14	Decorah	IA	8:50	00:27:28.43
32	119/400	3/25	4	Ellie Adams	F	12	Decorah	IA	8:51	00:27:31.43
33	120/400	3/27	86	Cindy Elsbernd	F	50	Des Moines	IA	8:51	00:27:31.68
34	124/400	5/26	300	Gwen Strand	F	40	Decorah	IA	8:56	00:27:47.73
35	127/400	4/10	34	Abby Bolson	F	18	Decorah	IA	9:02	00:28:04.27
36	131/400	6/38	466	Erin Hamilton	F	34	Islamorada	FL	9:07	00:28:21.93
37	134/400	7/38	313	Kayla (Thill) Allen	F	35	Rochester	MN	9:09	00:28:26.43
38	135/400	6/31	204	Sarah Moen	F	28	Decorah	IA	9:09	00:28:27.26
39	136/400	4/25	234	Reese Osborn	F	12	Erie	CO	9:10	00:28:29.93
40	139/400	8/38	251	Jamie Poch	F	38	Iowa City	IA	9:11	00:28:33.82
41	144/400	4/27	485	Beth Pursley	F	52	Wendell	NC	9:17	00:28:53.18
42	147/400	9/38	337	Alexandra Wicks	F	30	Decorah	IA	9:21	00:29:05.43
43	149/400	7/31	96	Micala Folkedahl	F	21	Decorah	IA	9:24	00:29:15.26
44	152/400	1/17	211	Trish Neubauer	F	64	Decorah	IA	9:27	00:29:23.21
45	153/400	10/17	290	Naomi Simon	F	14	Decorah	IA	9:28	00:29:26.07
46	154/400	10/38	157	Jessica Hosper	F	39	Owatonna	MN	9:28	00:29:27.08
47	156/400	8/31	324	Mariana Vega	F	29	Postville	IA	9:32	00:29:37.68
48	157/400	9/31	159	Rachel Hudson	F	21	Decorah	IA	9:32	00:29:38.18
49	158/400	5/10	207	Natalie Neff	F	19	Marion	IA	9:32	00:29:39.31
50	164/400	10/31	142	Riley Heins	F	29	Monona	IA	9:39	00:30:01.68

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51	169/400	11/31	43	Emma Brooks	F	21	Decorah	IA	9:47	00:30:24.65
52	170/400	12/31	481	Sophia Augusta	F	21	Chicago	IL	9:47	00:30:26.46
53	171/400	6/10	349	Linnea Wolle	F	19	Arvada	CO	9:48	00:30:27.70
54	173/400	13/31	190	Ashlyn Lensing	F	20	Decorah	IA	9:51	00:30:39.14
55	174/400	14/31	156	Tori Hornby	F	23	Marshall	MN	9:54	00:30:47.54
56	175/400	11/38	50	Lizzie Burras	F	32	Decorah	IA	9:57	00:30:56.69
57	176/400	1/2	494	Alayna Cor	F	99	Waconia	MN	9:57	00:30:57.15
58	177/400	12/38	110	Whitney Gessner	F	36	Monona	IA	10:00	00:31:05.13
59	178/400	5/25	133	Reese Hansen	F	12	Hudson	IA	10:00	00:31:05.54
60	183/400	6/25	172	Kelby Kerndt	F	13	Decorah	IA	10:07	00:31:26.91
61	184/400	13/38	66	Jenna Cline	F	35	Bondurant	IA	10:13	00:31:45.18
62	185/400	15/31	36	Lauren Boos	F	21	Waukesha	WI	10:14	00:31:47.94
63	186/400	5/27	8	Ann Akre	F	52	Waukesha	WI	10:14	00:31:48.17
64	187/400	14/38	287	Katie Schweinefus	F	30	Decorah	IA	10:14	00:31:50.18
65	188/400	11/17	98	Elsa Fong	F	14	Mill Valley	CA	10:16	00:31:56.60
66	191/400	6/26	92	Andrea Finholt-Daniel	F	42	Hillsborough	NC	10:24	00:32:21.87
67	192/400	16/31	76	Leah Dahlquist	F	28	Decorah	IA	10:25	00:32:23.68
68	194/400	17/31	165	Megan Jelinski	F	26	Rochester	MN	10:25	00:32:24.69
69	195/400	15/38	162	Jill Ivan	F	36	Plymouth	MN	10:26	00:32:25.13
70	196/400	7/26	132	Jordan Hansen	F	40	Hudson	IA	10:26	00:32:26.35
71	197/400	16/38	469	Erin Lenninger	F	39	Neenah	WI	10:26	00:32:27.16
72	198/400	7/25	327	Jillian Volz	F	13	Decorah	IA	10:28	00:32:34.17
73	199/400	8/26	289	Melissa Simon	F	40	Decorah	IA	10:30	00:32:37.93
74	200/400	8/25	65	Maddie Clements	F	13	Russellville	AR	10:31	00:32:41.32
75	203/400	2/17	280	Angie Schiller	F	60	Monona	IA	10:34	00:32:50.13
76	204/400	9/26	189	Jessica Lennon	F	41	Spillville	IA	10:34	00:32:51.57
77	205/400	10/26	330	Amanda Webb	F	41	Decorah	IA	10:36	00:32:58.68
78	207/400	3/17	340	Barbara Wilkerson	F	61	Decorah	IA	10:39	00:33:06.69
79	209/400	12/17	148	Sayda Hernandez	F	16	Postville	IA	10:42	00:33:17.51
80	211/400	11/26	75	Jana Dahlen	F	43	Crystal	MN	10:44	00:33:23.68
81	212/400	9/25	483	Brinlee Courtney	F	11	Ridgeway	IA	10:45	00:33:25.19
82	218/400	12/26	489	Heather Kleiboer	F	43	Decorah	IA	10:56	00:34:00.14
83	221/400	13/17	482	Grace Augusta	F	14	Cary	NC	11:04	00:34:25.63
84	222/400	7/10	237	Elsa Page	F	17	Vinton	IA	11:06	00:34:29.44
85	223/400	10/25	463	Mackenzie Larson	F	11	Des Moines	IA	11:09	00:34:41.10
86	224/400	13/26	493	Susanna Cole	F	49	Fresno	CA	11:11	00:34:47.38
87	226/400	11/25	5	Lauren Adams	F	11	Osage	IA	11:17	00:35:03.68
88	228/400	14/26	25	Karen Berland	F	44	Decorah	IA	11:23	00:35:22.97
89	229/400	17/38	217	Meleah Numedahl	F	38	Decorah	IA	11:23	00:35:23.14
90	230/400	18/31	187	Shannon Larkin	F	29	Waukon	IA	11:27	00:35:34.59
91	232/400	18/38	286	Erica Schwanke	F	37	La Crosse	WI	11:29	00:35:41.50
92	233/400	19/31	138	Aly Haugen	F	21	Minneapolis	MN	11:30	00:35:44.15
93	234/400	6/27	105	Alan Frey	F	57	Spring	TX	11:36	00:36:05.49
94	235/400	19/38	192	Brooke Lodge	F	32	Ossian	IA	11:37	00:36:07.94
95	236/400	20/38	208	Celia Neis	F	33	Asbury	IA	11:38	00:36:09.17
96	237/400	21/38	472	Kirsten Grinoeland	F	39	New York	NY	11:40	00:36:15.07
97	238/400	20/31	39	Devon Bourget	F	22	Decorah	IA	11:40	00:36:16.19
98	240/400	14/17	225	Lillian Olson	F	14	Decorah	IA	11:42	00:36:21.19
99	242/400	2/2	128	Orbell Hall	F	99	Decorah	IA	11:44	00:36:27.72
100	243/400	15/26	19	Nicole Bateman	F	42	Waterloo	IA	11:44	00:36:29.63

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101	245/400	21/31	334	Cydney Weitzel	F	29	Decorah	IA	11:50	00:36:48.69
102	247/400	22/38	79	Alicia Defrance	F	32	Iowa City	IA	11:52	00:36:54.99
103	248/400	22/31	248	Olivia Peterson	F	26	Lacrescent	MN	11:55	00:37:03.94
104	249/400	23/38	219	Christy Nutter	F	37	Troy	IL	12:00	00:37:19.86
105	250/400	4/17	164	Tamera Jahnke	F	62	Springfield	MO	12:02	00:37:25.73
106	253/400	16/26	81	Lara Dolphin	F	48	Gales Ferry	CT	12:06	00:37:38.60
107	256/400	24/38	181	Laura Lamb	F	39	Chicago	IL	12:14	00:38:01.16
108	257/400	7/27	68	Kirsten Cole	F	52	Miles	IA	12:23	00:38:30.87
109	258/400	17/26	6	Rena Adams	F	46	Osage	IA	12:25	00:38:37.19
110	261/400	8/27	125	Mary Hall	F	55	Black Earth	WI	12:39	00:39:18.82
111	262/400	25/38	254	Alex Poskin	F	34	Black Diamond	WA	12:40	00:39:21.94
112	265/400	5/17	284	Dianne Schultz	F	70	Postville	IA	12:40	00:39:22.91
113	266/400	23/31	304	Ashley Swanson	F	28	Decorah	IA	12:40	00:39:23.69
114	267/400	18/26	347	Nicole Winke	F	47	Lansing	IA	12:41	00:39:24.53
115	268/400	12/25	228	Kaia Olson-Daniel	F	9	Des Moines	IA	12:42	00:39:28.63
116	269/400	13/25	461	Izzy Larson	F	8	Des Moines	IA	12:42	00:39:30.20
117	270/400	14/25	460	Emery Larson	F	6	Des Moines	IA	12:43	00:39:30.65
118	271/400	19/26	464	Julie Larson	F	45	Des Moines	IA	12:47	00:39:44.34
119	272/400	15/25	310	Audrey Thill	F	8	Goose Creek	SC	12:55	00:40:08.64
120	274/400	15/17	145	Maggie Herath	F	14	La Crosse	WI	12:55	00:40:10.10
121	276/400	26/38	303	Lindsey Davis	F	35	Decorah	IA	13:00	00:40:26.19
122	277/400	27/38	276	Laura Rowlette	F	39	Iowa City	IA	13:02	00:40:30.09
123	278/400	16/25	273	Charlotte Rowlette	F	6	Iowa City	IA	13:02	00:40:30.44
124	280/400	17/25	178	Lucy Kramer	F	12	Georgetown	TX	13:06	00:40:44.69
125	281/400	16/17	173	Julia Kilgore	F	16	Dubuque	IA	13:07	00:40:47.20
126	283/400	24/31	112	Morgan Gjere	F	28	Decorah	IA	13:15	00:41:11.26
127	285/400	9/27	62	Patti Christensen	F	50	Springfield	IL	13:16	00:41:14.97
128	288/400	6/17	317	J M Tiernan	F	65	Decorah	IA	13:19	00:41:24.63
129	289/400	18/25	107	Hannah Friedlein	F	13	Farmersburg	IA	13:19	00:41:24.83
130	290/400	28/38	270	Kristen Risser	F	38	Rochester	MN	13:23	00:41:35.44
131	295/400	29/38	15	Aleesa Baakko	F	32	Decorah	IA	13:29	00:41:53.94
132	297/400	30/38	113	Erin Gjere	F	33	Decorah	IA	13:37	00:42:20.44
133	302/400	31/38	199	Mollie Marken	F	35	Decorah	IA	14:16	00:44:21.94
134	305/400	7/17	197	Barb Mahr	F	70	Decorah	IA	14:19	00:44:29.69
135	306/400	20/26	106	Danielle Friedlein	F	43	Farmersburg	IA	14:23	00:44:44.44
136	307/400	8/17	53	Ruth Caldwell	F	77	Decorah	IA	14:25	00:44:49.67
137	309/400	19/25	267	Danika Reiser	F	12	Decorah	IA	14:37	00:45:26.85
138	310/400	32/38	351	Molly Woodard	F	33	Waukon	IA	14:42	00:45:40.43
139	311/400	20/25	253	Sophia Pommersheim	F	8	Waukon	IA	14:42	00:45:40.84
140	312/400	25/31	260	Linnea Rahlf	F	23	Decorah	IA	14:50	00:46:07.94
141	313/400	10/27	55	Andrea Carlson	F	54	Decorah	IA	14:50	00:46:08.14
142	314/400	21/26	350	Emily Wood	F	48	Des Moines	IA	14:53	00:46:17.29
143	315/400	11/27	89	Marcy Fadness	F	51	Decorah	IA	15:00	00:46:38.44
144	317/400	33/38	78	Heather Darling	F	34	Lansing	IA	15:13	00:47:19.31
145	318/400	22/26	242	Rachel Partello	F	48	Spirit Lake	IA	15:39	00:48:38.20
146	320/400	26/31	123	Lydia Hall	F	26	Knoxville	IA	15:48	00:49:08.25
147	321/400	21/25	243	Lauren Patel	F	10	Lantana	TX	15:55	00:49:29.08
148	322/400	34/38	282	Amy Schlachtenhaufen	F	38	Decorah	IA	15:56	00:49:31.53
149	323/400	9/17	264	Norma Refsal	F	71	Decorah	IA	15:57	00:49:34.17
150	324/400	8/10	292	Lily Smith	F	19	Decorah	IA	15:59	00:49:40.69

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151	325/400	12/27	458	Kathleen Fitzgerald	F	59	Winfield	IL	15:59	00:49:40.89
152	326/400	17/17	431	Edyn Bateman	F	14	Decorah	IA	16:01	00:49:46.21
153	327/400	27/31	102	Amanda Francisco	F	23	Westlake Village	CA	16:02	00:49:49.45
154	328/400	13/27	40	Susan Bowman	F	58	Alexandria	VA	16:05	00:50:01.12
155	329/400	10/17	16	Mary Bateman	F	66	Waterloo	IA	16:11	00:50:19.05
156	330/400	14/27	103	Anne Francisco	F	53	Westlake Village	CA	16:40	00:51:49.70
157	332/400	9/10	277	Huayra Salvo	F	19	Des Moines	IA	17:04	00:53:01.64
158	334/400	15/27	453	Aimie Kachingwe	F	53	La Crescenta	CA	17:04	00:53:03.85
159	335/400	16/27	443	Annie Fitzgerald	F	51	Windsor	CO	17:04	00:53:04.20
160	336/400	22/25	227	C J Olson-Daniel	F	13	Des Moines	IA	17:05	00:53:05.10
161	338/400	23/25	93	Molly Finholt-Daniel	F	12	Hillsborough	NC	17:07	00:53:11.58
162	341/400	23/26	73	Sarah Crose	F	41	Decorah	IA	17:10	00:53:23.19
163	342/400	17/27	176	Judy Kittleson	F	57	Washington	DC	17:15	00:53:36.78
164	343/400	18/27	124	Marti Hall	F	58	Decorah	IA	17:16	00:53:39.44
165	344/400	28/31	122	Isabelle Hall	F	23	Knoxville	IA	17:24	00:54:06.01
166	345/400	19/27	141	Christine Headington-Hall	F	56	Knoxville	IA	17:24	00:54:06.64
167	347/400	20/27	205	Desiree Muheim	F	52	Thornton	CO	17:25	00:54:07.70
168	350/400	24/26	438	Tirzah Garner	F	46	Henderson	NV	17:31	00:54:26.82
169	351/400	21/27	146	Sarah Herath	F	55	La Crosse	WI	17:31	00:54:28.20
170	353/400	11/17	246	Gloria Peck	F	73	Golden Valley	MN	17:37	00:54:44.51
171	354/400	12/17	48	Connie Buresh	F	69	Decorah	IA	17:45	00:55:10.38
172	355/400	29/31	468	Kaitlyn Sommer	F	27	Koliganek	AK	17:46	00:55:12.39
173	356/400	22/27	467	Kristy Bolen	F	51	Fort Calhoun	NE	17:46	00:55:12.45
174	357/400	13/17	214	Amy Noel	F	68	Decorah	IA	18:13	00:56:36.72
175	360/400	30/31	323	Brynne Valkosky	F	21	Decorah	IA	18:21	00:57:02.96
176	362/400	31/31	188	Elizabeth Lemar	F	21	Iowa City	IA	18:22	00:57:06.02
177	363/400	23/27	345	Beth Winke	F	59	Suffolk	VA	18:40	00:58:00.76
178	364/400	24/25	202	Adalyn Mitchell	F	8	Waterloo	IA	18:40	00:58:02.57
179	371/400	35/38	309	Samantha Thiele	F	32	Decorah	IA	19:09	00:59:31.84
180	374/400	24/27	455	Jeannette Jenkins	F	52	Seattle	WA	19:11	00:59:36.93
181	375/400	25/26	184	Erica Landas	F	42	Decorah	IA	19:17	00:59:56.90
182	376/400	14/17	307	Patti Davis	F	67	Decorah	IA	19:18	00:59:57.95
183	378/400	25/25	218	Amelia Nutter	F	8	Troy	IL	19:20	01:00:04.96
184	379/400	10/10	9	Ayla Akre	F	17	Waukesha	WI	20:03	01:02:18.19
185	380/400	25/27	491	Margaret Monhardt	F	59	Monticello	MN	20:03	01:02:19.42
186	381/400	15/17	11	Marie Akre	F	60	Pewaukee	WI	20:03	01:02:19.43
187	383/400	26/27	446	Sabbrina Smith	F	50	Oakland	CA	20:13	01:02:50.06
188	385/400	26/26	445	Jenny Young	F	43	Oakland	CA	20:21	01:03:14.67
189	389/400	36/38	126	Megan Hall	F	33	Dysart	IA	21:53	01:08:01.59
190	390/400	37/38	2	Lauren Abraham	F	30	Waterloo	IA	21:59	01:08:20.15
191	395/400	38/38	474	Morgan Lantz	F	31	Addison	IL	22:56	01:11:16.29
192	397/400	27/27	115	Dianne Godfrey	F	56	Brainerd	MN	23:05	01:11:44.94
193	398/400	16/17	195	Holly Losen	F	60	Decorah	IA	23:05	01:11:44.95
194	399/400	17/17	77	Julie Dale	F	67	Minnnetonka	MN	23:05	01:11:45.56

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Overall Results - Male

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1	1/400	1/1	152	Brady Hogan	M	18	Waukon	IA	5:39	00:17:36.09
2	2/400	1/30	87	Lars Elsbernd	M	21	Memphis	TN	5:40	00:17:39.11
3	3/400	1/13	84	Izaak Eichinger	M	17	Decorah	IA	5:52	00:18:16.15
4	5/400	2/30	167	Nils Johnson	M	28	Des Moines	IA	6:09	00:19:07.92
5	6/400	2/13	140	Arlo Hayes	M	18	Decorah	IA	6:13	00:19:21.12
6	8/400	1/29	302	Tyler Strand	M	36	North Liberty	IA	6:17	00:19:34.01
7	9/400	3/30	250	Jarod Phillips	M	21	Decorah	IA	6:22	00:19:48.24
8	10/400	1/24	333	Henry Weis	M	15	Decorah	IA	6:26	00:20:01.19
9	11/400	2/24	169	Nate Keenan	M	16	Waukon	IA	6:28	00:20:05.60
10	12/400	4/30	111	Kyle Gilberg	M	24	Decorah	IA	6:28	00:20:06.84
11	13/400	2/29	44	Kyle Buck	M	32	Minneapolis	MN	6:40	00:20:44.89
12	14/400	3/24	168	Josh Keenan	M	16	Waukon	IA	6:49	00:21:10.89
13	15/400	4/24	486	Leo Martin	M	16	Louisburg	KS	6:49	00:21:12.42
14	16/400	5/30	283	Tyler Scholl	M	29	Decorah	IA	6:50	00:21:14.01
15	17/400	6/30	51	Aaron Busch	M	28	Chanhassen	MN	6:50	00:21:14.38
16	18/400	7/30	457	John Fitzgerald	M	24	Winfield	IL	6:54	00:21:26.50
17	20/400	1/28	14	Rick Aske	M	43	Mabel	MN	6:55	00:21:32.17
18	21/400	5/24	28	Riley Berns	M	14	Decorah	IA	6:56	00:21:34.46
19	22/400	6/24	223	Cade Olson	M	16	Decorah	IA	6:59	00:21:44.31
20	24/400	2/28	177	David Knock	M	43	Cedar Falls	IA	7:05	00:22:03.06
21	25/400	1/31	63	Spencer Christensen	M	12	Lime Springs	IA	7:07	00:22:06.92
22	26/400	3/13	80	Hunter Dolphin	M	19	Gales Ferry	CT	7:07	00:22:08.55
23	27/400	7/24	149	Erik Hjelle	M	16	Decorah	IA	7:09	00:22:12.92
24	28/400	4/13	490	Austin Wilkins	M	17	Decorah	IA	7:12	00:22:23.41
25	29/400	5/13	26	Drew Berns	M	17	Decorah	IA	7:12	00:22:23.61
26	31/400	8/24	137	Gabe Hart	M	15	Maple Grove	MN	7:17	00:22:40.36
27	32/400	9/24	27	Reid Berns	M	14	Decorah	IA	7:18	00:22:41.13
28	33/400	3/29	255	Jeff Poskin	M	34	Black Diamond	WA	7:22	00:22:53.42
29	34/400	8/30	85	Gabriel Eide	M	28	Decorah	IA	7:23	00:22:58.17
30	35/400	6/13	240	Parker Partello	M	17	Spirit Lake	IA	7:24	00:23:01.17
31	36/400	3/28	252	Joe Poch	M	40	Iowa City	IA	7:24	00:23:01.78
32	37/400	1/27	473	Garth Carlson	M	51	Bettendorf	IA	7:26	00:23:06.17
33	38/400	2/31	245	Kyle Pattison	M	13	Decorah	IA	7:29	00:23:15.34
34	39/400	3/31	332	Peyton Webb	M	13	Decorah	IA	7:29	00:23:15.67
35	40/400	2/27	139	Dean Haugen	M	52	Minneapolis	MN	7:29	00:23:17.18
36	41/400	3/27	249	Bradley Phillips	M	59	Decorah	IA	7:30	00:23:20.93
37	42/400	10/24	236	Eli Page	M	15	Vinton	IA	7:32	00:23:24.68
38	43/400	4/28	488	Matt Wagner	M	44	Lansing	IA	7:32	00:23:27.42
39	44/400	4/31	32	Carson Bohner	M	13	Decorah	IA	7:34	00:23:31.24
40	45/400	4/29	480	Tyler Mikesh	M	32	Decorah	IA	7:37	00:23:39.92
41	46/400	5/29	444	Jake Fitzgerald	M	30	Nashville	TN	7:37	00:23:40.13
42	47/400	9/30	147	Mefi Hernandez	M	27	Postille	IA	7:37	00:23:42.93
43	49/400	6/29	279	Justin Scardina	M	39	Decorah	IA	7:40	00:23:50.14
44	50/400	11/24	151	Max Hoden	M	14	Asbury	IA	7:41	00:23:52.39
45	51/400	5/31	478	Oak Pasche	M	11	Decorah	IA	7:41	00:23:52.60
46	52/400	12/24	216	Travis Nordheim	M	15	Decorah	IA	7:42	00:23:58.43
47	53/400	5/28	355	Steven Zittergruen	M	41	Decorah	IA	7:42	00:23:58.51
48	54/400	6/28	58	Michael Casterton	M	41	Decorah	IA	7:43	00:24:00.55
49	55/400	10/30	336	Kyle Olson	M	27	Decorah	IA	7:45	00:24:05.25
50	56/400	11/30	70	Michael Cook	M	21	Decorah	IA	7:45	00:24:05.92

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51	57/400	13/24	265	Henry Reints	M	16	Parkersburg	IA	7:46	00:24:07.92
52	58/400	12/30	441	Riley Stursma	M	26	Knoxville	IA	7:46	00:24:08.54
53	60/400	7/13	150	Joe Hjelle	M	18	Decorah	IA	7:49	00:24:17.54
54	61/400	7/29	94	Phillip Flaskerud	M	34	Decorah	IA	7:50	00:24:20.82
55	62/400	6/31	57	Kelton Casterton	M	12	Decorah	IA	7:51	00:24:24.30
56	63/400	4/27	479	Scott Hervey	M	58	Decorah	IA	7:53	00:24:32.10
57	64/400	14/24	90	Lincoln Ferris	M	14	Dresser	WI	7:54	00:24:35.38
58	66/400	8/29	315	Hans Thurmer	M	39	Minneapolis	MN	7:56	00:24:39.89
59	67/400	9/29	339	Gavin Wicks	M	31	Decorah	IA	7:59	00:24:48.42
60	68/400	8/13	7	Spencer Adams	M	18	Osage	IA	8:02	00:24:59.93
61	70/400	13/30	451	Kudzai Kachingwe	M	22	La Crescenta	CA	8:07	00:25:15.68
62	72/400	9/13	100	Luther Fong	M	19	Mill Valley	CA	8:09	00:25:19.39
63	75/400	1/23	354	Mark Zimmer	M	64	Independence	IA	8:09	00:25:21.82
64	78/400	7/31	272	Will Robinson	M	13	Decorah	IA	8:10	00:25:24.68
65	79/400	10/13	291	Preston Sires	M	17	Stewartville	MN	8:10	00:25:24.88
66	80/400	7/28	91	Nathan Ferris	M	47	Dresser	WI	8:11	00:25:27.68
67	81/400	8/28	244	Piyush Patel	M	45	Lantana	TX	8:12	00:25:31.43
68	82/400	15/24	231	Noah Olson-Daniel	M	14	Des Moines	IA	8:13	00:25:33.27
69	83/400	14/30	301	Paul Strand	M	23	Trempealeau	WI	8:14	00:25:35.52
70	86/400	15/30	433	Erik Basler	M	23		IA	8:17	00:25:45.03
71	87/400	16/30	343	Daniel Willie	M	22	Decorah	IA	8:18	00:25:48.34
72	88/400	8/31	33	Oliver Bollinger	M	13	Decorah	IA	8:19	00:25:52.88
73	90/400	10/29	495	John Vogel	M	35	Decorah	IA	8:21	00:25:56.93
74	91/400	11/29	134	Benjamin Harman	M	32	Decorah	IA	8:22	00:26:02.63
75	93/400	12/29	158	Nathan Hosper	M	39	Owatonna	MN	8:24	00:26:08.11
76	94/400	16/24	201	Alex MCGohan	M	15	Decorah	IA	8:25	00:26:11.60
77	95/400	17/30	170	Sam Kelly	M	21	Iowa City	IA	8:27	00:26:16.12
78	96/400	13/29	22	Adam Berland	M	38	Muncie	IN	8:28	00:26:21.18
79	99/400	14/29	263	Martin Refsal	M	37	Decorah	IA	8:29	00:26:23.43
80	101/400	9/28	136	David Hart	M	44	Maple Grove	MN	8:32	00:26:31.79
81	103/400	9/31	52	Tanner Caddell	M	13	Decorah	IA	8:34	00:26:38.18
82	104/400	10/31	179	Jameson Labelle	M	13	Decorah	IA	8:34	00:26:38.58
83	108/400	15/29	471	Volkan Axtas	M	31	New York	NY	8:39	00:26:52.91
84	109/400	11/13	144	John Herath	M	17	La Crosse	WI	8:39	00:26:54.18
85	110/400	17/24	241	Philip Partello	M	15	Spirit Lake	IA	8:44	00:27:08.41
86	111/400	18/30	10	Logan Akre	M	20	Waukesha	WI	8:44	00:27:09.18
87	113/400	16/29	38	Steven Borgman	M	34	West Des Moines	IA	8:45	00:27:12.10
88	121/400	10/28	329	Jarrad Walter	M	44	Decorah	IA	8:51	00:27:32.43
89	122/400	11/28	72	Bryan Crose	M	40	Decorah	IA	8:53	00:27:37.18
90	123/400	19/30	338	Emily Johnson	M	28	Decorah	IA	8:54	00:27:40.29
91	125/400	17/29	54	Matt Canoy Illies	M	30	Rochester	MN	8:59	00:27:55.43
92	126/400	5/27	297	Jim Stenseth	M	56	Calmar	IA	9:00	00:27:59.37
93	128/400	20/30	459	Michael Fitzgerald	M	24	Winfield	IL	9:03	00:28:08.93
94	129/400	21/30	452	Thulani Kachingwe	M	24	La Crescenta	CA	9:03	00:28:10.17
95	130/400	18/29	67	Shannon Cline	M	35	Bondurant	IA	9:07	00:28:20.93
96	132/400	12/28	261	Carl Refsal	M	45	Mooreville	NC	9:08	00:28:23.62
97	133/400	19/29	470	David Lenninger	M	39	Neenah	WI	9:08	00:28:25.43
98	137/400	18/24	174	Anders Kittelson	M	16	Decorah	IA	9:10	00:28:29.93
99	138/400	20/29	160	Trevor Huinker	M	39	Eden Prairie	MN	9:10	00:28:30.92
100	140/400	13/28	435	Brian Lensch	M	46	Decorah	IA	9:14	00:28:42.02

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101	141/400	11/31	23	Cohen Berland	M	10	Decorah	IA	9:14	00:28:43.45
102	142/400	22/30	259	Lane Rahlf	M	23	Decorah	IA	9:14	00:28:43.93
103	143/400	12/31	171	Heaton Kerndt	M	10	Decorah	IA	9:16	00:28:47.68
104	145/400	14/28	180	Michael Labelle	M	41	Decorah	IA	9:18	00:28:54.84
105	146/400	15/28	224	Eric Olson	M	45	Rochester	MN	9:20	00:29:00.10
106	148/400	2/23	154	Jeff Holmquist	M	60	West Salem	WI	9:23	00:29:10.68
107	150/400	6/27	143	Tim Hellyer	M	54	Zumbrota	MN	9:25	00:29:15.87
108	151/400	21/29	295	Alex Steffens	M	32	Jesup	IA	9:25	00:29:17.68
109	155/400	7/27	35	Scott Bolson	M	52	Decorah	IA	9:30	00:29:32.35
110	159/400	13/31	462	Lars Larson	M	9	Des Moines	IA	9:35	00:29:48.15
111	160/400	16/28	465	Shane Larson	M	49	Des Moines	IA	9:35	00:29:48.36
112	161/400	19/24	344	Garrett Willie	M	14	Decorah	IA	9:37	00:29:53.25
113	162/400	3/23	281	Greg Schiller	M	61	Monona	IA	9:37	00:29:55.07
114	163/400	8/27	268	Al Renken	M	57	Decorah	IA	9:39	00:30:00.14
115	165/400	23/30	256	Tyler Privia	M	23	Underwood	IA	9:41	00:30:07.93
116	166/400	14/31	450	Theo Barber	M	11	Oakland	CA	9:44	00:30:16.18
117	167/400	9/27	449	Aaron Barber	M	53	Oakland	CA	9:45	00:30:17.90
118	168/400	24/30	60	Treyten Chiglo	M	22	Decorah	IA	9:47	00:30:24.43
119	172/400	4/23	306	Steve Swanson	M	67	Decorah	IA	9:50	00:30:34.18
120	179/400	15/31	117	Zachariah Goodson	M	8	Charlotte	NC	10:00	00:31:06.68
121	180/400	16/31	3	Connor Adams	M	13	Osage	IA	10:01	00:31:09.88
122	181/400	22/29	116	Andrew Goodson	M	38	Charlotte	NC	10:02	00:31:11.13
123	182/400	12/13	69	Conner Cook	M	19	Decorah	IA	10:07	00:31:26.30
124	189/400	17/28	97	Christian Fong	M	44	Mill Valley	CA	10:16	00:31:56.97
125	190/400	10/27	487	Patrick Martin	M	57	Louisburg	KS	10:18	00:32:01.68
126	193/400	5/23	293	Daryl Smock	M	70	Muscatine	IA	10:25	00:32:24.51
127	201/400	11/27	322	Mark Vagts	M	53	Waseca	MN	10:31	00:32:42.43
128	202/400	17/31	235	Carson Page	M	11	Vinton	IA	10:32	00:32:44.18
129	206/400	18/31	326	Carter Verthein	M	12	Lansing	IA	10:37	00:33:02.18
130	208/400	25/30	88	Sam Elsbernd	M	24	Chicago	IL	10:40	00:33:09.69
131	210/400	12/27	434	Brian Basler	M	54	Chicago	IL	10:44	00:33:21.68
132	213/400	6/23	341	Rick Wilkerson	M	69	Decorah	IA	10:45	00:33:25.68
133	214/400	23/29	212	Jared Noack	M	35	Ankeny	IA	10:45	00:33:25.84
134	215/400	7/23	193	Brad Loftsgard	M	64	Decorah	IA	10:50	00:33:40.94
135	216/400	20/24	269	Laquin Reynolds-Dunlap	M	15	Decorah	IA	10:51	00:33:45.03
136	217/400	26/30	299	Jeremy Stenseth	M	28	Calmar	IA	10:52	00:33:47.44
137	219/400	19/31	275	Jimmy Rowlette	M	8	Iowa City	IA	10:59	00:34:09.27
138	220/400	18/28	274	Jamey Rowlette	M	41	Iowa City	IA	10:59	00:34:09.88
139	225/400	20/31	226	Asher Olson-Daniel	M	10	Des Moines	IA	11:14	00:34:54.12
140	227/400	19/28	230	Nate Olson-Daniel	M	45	Des Moines	IA	11:21	00:35:16.39
141	231/400	13/27	163	David Jacobson	M	55	Belvidere	IL	11:27	00:35:36.01
142	239/400	8/23	285	Larry Schultz	M	70	Postville	IA	11:41	00:36:18.44
143	241/400	14/27	129	Scott Hall	M	58	Black Earth	WI	11:43	00:36:26.94
144	244/400	21/24	353	Nicholas Yates	M	15	Suffolk	VA	11:45	00:36:31.89
145	246/400	27/30	335	Matthew Weitzel	M	29	Decorah	IA	11:50	00:36:48.94
146	251/400	9/23	492	Paul Akre	M	62	Pewaukee	WI	12:04	00:37:29.67
147	252/400	10/23	328	Pat Wagner	M	61	Lansing	IA	12:04	00:37:29.89
148	254/400	20/28	161	Garth Hunter	M	49	Gales Ferry	CT	12:06	00:37:38.69
149	255/400	28/30	82	Avery Dugger	M	21	Decorah	IA	12:10	00:37:49.51
150	259/400	24/29	247	Darin Peterson	M	38	Decorah	IA	12:27	00:38:43.92

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151	260/400	15/27	12	David Anderson	M	51	St Lucas	IA	12:36	00:39:11.91
152	263/400	11/23	20	Jed Becker	M	70	Cresco	IA	12:40	00:39:22.50
153	264/400	21/31	186	Xavier Landas	M	11	Decorah	IA	12:40	00:39:22.91
154	273/400	21/28	311	Brian Thill	M	47	Goose Creek	SC	12:55	00:40:09.06
155	275/400	29/30	305	Nick Davis	M	28	Decorah	IA	13:00	00:40:25.19
156	279/400	12/23	153	Don Holmertz	M	67	Decorah	IA	13:04	00:40:37.64
157	282/400	22/28	41	Travis Bridges	M	40	Chicago	IL	13:07	00:40:47.42
158	284/400	22/31	108	Lukas Friedlein	M	10	Farmersburg	IA	13:16	00:41:14.56
159	286/400	16/27	61	Kevin Christensen	M	57	Springfield	IL	13:16	00:41:15.17
160	287/400	25/29	298	Ben Stenseth	M	32	Calmar	IA	13:19	00:41:23.81
161	291/400	23/28	318	Frode Tilden	M	44	Fargo	ND	13:23	00:41:36.42
162	292/400	23/31	439	Kinnick Lovstuen	M	8	Henderson	NV	13:23	00:41:36.43
163	293/400	22/24	440	Anders Lovstuen	M	16	Henderson	NV	13:23	00:41:37.19
164	294/400	24/28	314	Ole Thomassen	M	40	Fargo	ND	13:26	00:41:46.84
165	296/400	13/23	118	Larry Grimstad	M	78	Decorah	IA	13:32	00:42:04.13
166	298/400	14/23	101	Eric Forsberg	M	72	Golden Valley	MN	13:42	00:42:36.25
167	299/400	15/23	430	George Ruen	M	64	Decorah	IA	13:55	00:43:16.57
168	300/400	25/28	239	Darin Partello	M	47	Spirit Lake	IA	14:06	00:43:49.16
169	301/400	16/23	257	Ken Procter	M	69	Decorah	IA	14:12	00:44:08.94
170	303/400	17/27	233	Iver Osborn	M	57	Westminster	CO	14:18	00:44:26.70
171	304/400	18/27	232	Harold Osborn	M	52	Erie	CO	14:18	00:44:27.34
172	308/400	13/13	266	Brayden Reiser	M	17	Decorah	IA	14:37	00:45:26.19
173	316/400	19/27	238	Kirk Page	M	51	Vinton	IA	15:08	00:47:02.14
174	319/400	20/27	130	Tim Hall	M	56	Knoxville	IA	15:48	00:49:07.96
175	331/400	17/23	17	Tom Bateman	M	67	Waterloo	IA	16:41	00:51:51.42
176	333/400	18/23	442	Randy Fitzgerald	M	61	Windsor	CO	17:04	00:53:03.20
177	337/400	19/23	262	Harley Refsal	M	76	Decorah	IA	17:05	00:53:06.14
178	339/400	20/23	64	Myrvin Christopherson	M	82	Decorah	IA	17:07	00:53:12.83
179	340/400	24/31	427	Torben Clark	M	12	Gibsonia	PA	17:07	00:53:13.95
180	346/400	21/27	352	Dave Wortman	M	58	Thornton	CO	17:25	00:54:07.66
181	348/400	23/24	437	Lars Lovstuen	M	15	Henderson	NV	17:31	00:54:25.61
182	349/400	22/27	436	Randy Lovstuen	M	50	Henderson	NV	17:31	00:54:25.70
183	352/400	23/27	114	David Glesne	M	57	Bloomington	IL	17:35	00:54:40.20
184	358/400	21/23	215	John Noel	M	68	Decorah	IA	18:13	00:56:37.45
185	359/400	26/28	198	Robert Mariano	M	40	Union City	CA	18:16	00:56:45.68
186	361/400	30/30	206	Cade Naughton	M	21	Iowa City	IA	18:22	00:57:04.19
187	365/400	25/31	185	Sebastian Landas	M	5	Decorah	IA	19:02	00:59:11.21
188	366/400	27/28	71	Justin Corson	M	40	Waterloo	IA	19:04	00:59:14.88
189	367/400	26/31	432	Carson Bateman	M	8	Decorah	IA	19:04	00:59:15.88
190	368/400	27/31	220	Gabe Nutter	M	11	Troy	IL	19:06	00:59:22.21
191	369/400	28/31	221	Garrett Nutter	M	6	Troy	IL	19:08	00:59:26.93
192	370/400	24/27	454	Michael Kachingwe	M	55	La Crescenta	CA	19:08	00:59:27.34
193	372/400	26/29	74	Kyle Dahl	M	33	Decorah	IA	19:09	00:59:32.21
194	373/400	25/27	456	Jeff Fitzgerald	M	58	Winfield	IL	19:10	00:59:35.71
195	377/400	27/29	222	Nathaniel Nutter	M	38	Troy	IL	19:20	01:00:04.71
196	382/400	24/24	448	Zachary Barbber	M	15	Oakland	CA	20:12	01:02:48.65
197	384/400	28/28	447	Jacob Barker	M	43	Oakland	CA	20:14	01:02:51.96
198	386/400	29/31	49	Conner Burke	M	7	Dysart	IA	21:52	01:07:58.21
199	387/400	30/31	321	Asher Twyford	M	5	Marshalltown	IA	21:52	01:07:58.71
200	388/400	28/29	320	Mac Twyford	M	38	Marshalltown	IA	21:53	01:08:00.97

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Overall Results - Male

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	Pace	Time
201	391/400	29/29	1	Brad Abraham	M	36	Waterloo	IA	22:00	01:08:21.77
202	392/400	26/27	127	Mike Hall	M	59	Decorah	IA	22:01	01:08:25.42
203	393/400	22/23	121	Gary Hall	M	79	Decorah	IA	22:01	01:08:27.21
204	394/400	27/27	476	Daniel Lantz	M	50	Stillwater	MN	22:55	01:11:12.43
205	396/400	31/31	475	Liam Lantz	M	12	Stillwater	MN	22:56	01:11:17.71
206	400/400	23/23	42	Ron Bronk	M	62	Decorah	IA	23:06	01:11:48.97