

Nordic Fest Elvelopet

July 24, 2021

Overall Division Results

5K

Female Overall

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	4/400	1/194	59	Flannery Cerbin-Bohach	34	F	Cresco	IA	5:59	00:18:35.91

Male Overall

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	1/400	1/206	152	Brady Hogan	18	M	Waukon	IA	5:39	00:17:36.09

Female Ages 01 - 13

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	71/400	10/194	288	Anastasia Simon	12	F	Decorah	IA	8:08	00:25:16.68
2	117/400	30/194	312	Sophia Thill	12	F	Goose Creek	SC	8:48	00:27:21.68
3	119/400	32/194	4	Ellie Adams	12	F	Decorah	IA	8:51	00:27:31.43
4	136/400	39/194	234	Reese Osborn	12	F	Erie	CO	9:10	00:28:29.93
5	178/400	59/194	133	Reese Hansen	12	F	Hudson	IA	10:00	00:31:05.54
6	183/400	60/194	172	Kelby Kerndt	13	F	Decorah	IA	10:07	00:31:26.91
7	198/400	72/194	327	Jillian Volz	13	F	Decorah	IA	10:28	00:32:34.17
8	200/400	74/194	65	Maddie Clements	13	F	Russellville	AR	10:31	00:32:41.32
9	212/400	81/194	483	Brinlee Courtney	11	F	Ridgeway	IA	10:45	00:33:25.19
10	223/400	85/194	463	Mackenzie Larson	11	F	Des Moines	IA	11:09	00:34:41.10
11	226/400	87/194	5	Lauren Adams	11	F	Osage	IA	11:17	00:35:03.68
12	268/400	115/194	228	Kaia Olson-Daniel	9	F	Des Moines	IA	12:42	00:39:28.63
13	269/400	116/194	461	Izzy Larson	8	F	Des Moines	IA	12:42	00:39:30.20
14	270/400	117/194	460	Emery Larson	6	F	Des Moines	IA	12:43	00:39:30.65
15	272/400	119/194	310	Audrey Thill	8	F	Goose Creek	SC	12:55	00:40:08.64
16	278/400	123/194	273	Charlotte Rowlette	6	F	Iowa City	IA	13:02	00:40:30.44
17	280/400	124/194	178	Lucy Kramer	12	F	Georgetown	TX	13:06	00:40:44.69
18	289/400	129/194	107	Hannah Friedlein	13	F	Farmersburg	IA	13:19	00:41:24.83
19	309/400	137/194	267	Danika Reiser	12	F	Decorah	IA	14:37	00:45:26.85
20	311/400	139/194	253	Sophia Pommersheim	8	F	Waukon	IA	14:42	00:45:40.84
21	321/400	147/194	243	Lauren Patel	10	F	Lantana	TX	15:55	00:49:29.08
22	336/400	160/194	227	C J Olson-Daniel	13	F	Des Moines	IA	17:05	00:53:05.10
23	338/400	161/194	93	Molly Finholt-Daniel	12	F	Hillsborough	NC	17:07	00:53:11.58
24	364/400	178/194	202	Adalyn Mitchell	8	F	Waterloo	IA	18:40	00:58:02.57
25	378/400	183/194	218	Amelia Nutter	8	F	Troy	IL	19:20	01:00:04.96

Male Ages 01 - 13

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	25/400	21/206	63	Spencer Christensen	12	M	Lime Springs	IA	7:07	00:22:06.92
2	38/400	33/206	245	Kyle Pattison	13	M	Decorah	IA	7:29	00:23:15.34
3	39/400	34/206	332	Peyton Webb	13	M	Decorah	IA	7:29	00:23:15.67
4	44/400	39/206	32	Carson Bohner	13	M	Decorah	IA	7:34	00:23:31.24
5	51/400	45/206	478	Oak Pasche	11	M	Decorah	IA	7:41	00:23:52.60
6	62/400	55/206	57	Kelton Casterton	12	M	Decorah	IA	7:51	00:24:24.30
7	78/400	64/206	272	Will Robinson	13	M	Decorah	IA	8:10	00:25:24.68
8	88/400	72/206	33	Oliver Bollinger	13	M	Decorah	IA	8:19	00:25:52.88
9	103/400	81/206	52	Tanner Caddell	13	M	Decorah	IA	8:34	00:26:38.18

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Male Ages 01 - 13

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
10	104/400	82/206	179	Jameson Labelle	13	M	Decorah	IA	8:34	00:26:38.58
11	141/400	101/206	23	Cohen Berland	10	M	Decorah	IA	9:14	00:28:43.45
12	143/400	103/206	171	Heaton Kerndt	10	M	Decorah	IA	9:16	00:28:47.68
13	159/400	110/206	462	Lars Larson	9	M	Des Moines	IA	9:35	00:29:48.15
14	166/400	116/206	450	Theo Barber	11	M	Oakland	CA	9:44	00:30:16.18
15	179/400	120/206	117	Zachariah Goodson	8	M	Charlotte	NC	10:00	00:31:06.68
16	180/400	121/206	3	Connor Adams	13	M	Osage	IA	10:01	00:31:09.88
17	202/400	128/206	235	Carson Page	11	M	Vinton	IA	10:32	00:32:44.18
18	206/400	129/206	326	Carter Verthein	12	M	Lansing	IA	10:37	00:33:02.18
19	219/400	137/206	275	Jimmy Rowlette	8	M	Iowa City	IA	10:59	00:34:09.27
20	225/400	139/206	226	Asher Olson-Daniel	10	M	Des Moines	IA	11:14	00:34:54.12
21	264/400	153/206	186	Xavier Landas	11	M	Decorah	IA	12:40	00:39:22.91
22	284/400	158/206	108	Lukas Friedlein	10	M	Farmersburg	IA	13:16	00:41:14.56
23	292/400	162/206	439	Kinnick Lovstuen	8	M	Henderson	NV	13:23	00:41:36.43
24	340/400	179/206	427	Torben Clark	12	M	Gibsonia	PA	17:07	00:53:13.95
25	365/400	187/206	185	Sebastian Landas	5	M	Decorah	IA	19:02	00:59:11.21
26	367/400	189/206	432	Carson Bateman	8	M	Decorah	IA	19:04	00:59:15.88
27	368/400	190/206	220	Gabe Nutter	11	M	Troy	IL	19:06	00:59:22.21
28	369/400	191/206	221	Garrett Nutter	6	M	Troy	IL	19:08	00:59:26.93
29	386/400	198/206	49	Conner Burke	7	M	Dysart	IA	21:52	01:07:58.21
30	387/400	199/206	321	Asher Twyford	5	M	Marshalltown	IA	21:52	01:07:58.71
31	396/400	205/206	475	Liam Lantz	12	M	Stillwater	MN	22:56	01:11:17.71

Female Ages 14 - 16

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	19/400	3/194	13	Rebecca Anderson	15	F	Decorah	IA	6:54	00:21:28.58
2	77/400	14/194	47	Brielle Buresh	16	F	Decorah	IA	8:10	00:25:22.83
3	84/400	15/194	426	Brynn Storhoff	15	F	Decorah	IA	8:14	00:25:35.68
4	85/400	16/194	194	Dani Losen	15	F	Decorah	IA	8:14	00:25:36.43
5	97/400	19/194	278	Lily Sandhorst	14	F	Decorah	IA	8:29	00:26:22.18
6	98/400	20/194	484	Alison Wagner	15	F	Lansing	IA	8:29	00:26:23.18
7	106/400	24/194	477	Amelia Wadsworth	14	F	Waukon	IA	8:38	00:26:49.43
8	107/400	25/194	296	Kamryn Steines	14	F	Decorah	IA	8:38	00:26:50.68
9	118/400	31/194	30	Grace Blikre	14	F	Decorah	IA	8:50	00:27:28.43
10	153/400	45/194	290	Naomi Simon	14	F	Decorah	IA	9:28	00:29:26.07
11	188/400	65/194	98	Elsa Fong	14	F	Mill Valley	CA	10:16	00:31:56.60
12	209/400	79/194	148	Sayda Hernandez	16	F	Postville	IA	10:42	00:33:17.51
13	221/400	83/194	482	Grace Augusta	14	F	Cary	NC	11:04	00:34:25.63
14	240/400	98/194	225	Lillian Olson	14	F	Decorah	IA	11:42	00:36:21.19
15	274/400	120/194	145	Maggie Herath	14	F	La Crosse	WI	12:55	00:40:10.10
16	281/400	125/194	173	Julia Kilgore	16	F	Dubuque	IA	13:07	00:40:47.20
17	326/400	152/194	431	Edyn Bateman	14	F	Decorah	IA	16:01	00:49:46.21

Male Ages 14 - 16

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	10/400	8/206	333	Henry Weis	15	M	Decorah	IA	6:26	00:20:01.19
2	11/400	9/206	169	Nate Keenan	16	M	Waukon	IA	6:28	00:20:05.60

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Male Ages 14 - 16

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
3	14/400	12/206	168	Josh Keenan	16	M	Waukon	IA	6:49	00:21:10.89
4	15/400	13/206	486	Leo Martin	16	M	Louisburg	KS	6:49	00:21:12.42
5	21/400	18/206	28	Riley Berns	14	M	Decorah	IA	6:56	00:21:34.46
6	22/400	19/206	223	Cade Olson	16	M	Decorah	IA	6:59	00:21:44.31
7	27/400	23/206	149	Erik Hjelle	16	M	Decorah	IA	7:09	00:22:12.92
8	31/400	26/206	137	Gabe Hart	15	M	Maple Grove	MN	7:17	00:22:40.36
9	32/400	27/206	27	Reid Berns	14	M	Decorah	IA	7:18	00:22:41.13
10	42/400	37/206	236	Eli Page	15	M	Vinton	IA	7:32	00:23:24.68
11	50/400	44/206	151	Max Hoden	14	M	Asbury	IA	7:41	00:23:52.39
12	52/400	46/206	216	Travis Nordheim	15	M	Decorah	IA	7:42	00:23:58.43
13	57/400	51/206	265	Henry Reints	16	M	Parkersburg	IA	7:46	00:24:07.92
14	64/400	57/206	90	Lincoln Ferris	14	M	Dresser	WI	7:54	00:24:35.38
15	82/400	68/206	231	Noah Olson-Daniel	14	M	Des Moines	IA	8:13	00:25:33.27
16	94/400	76/206	201	Alex Mcgohan	15	M	Decorah	IA	8:25	00:26:11.60
17	110/400	85/206	241	Philip Partello	15	M	Spirit Lake	IA	8:44	00:27:08.41
18	137/400	98/206	174	Anders Kittelson	16	M	Decorah	IA	9:10	00:28:29.93
19	161/400	112/206	344	Garrett Willie	14	M	Decorah	IA	9:37	00:29:53.25
20	216/400	135/206	269	Laquin Reynolds-Dunlap	15	M	Decorah	IA	10:51	00:33:45.03
21	244/400	144/206	353	Nicholas Yates	15	M	Suffolk	VA	11:45	00:36:31.89
22	293/400	163/206	440	Anders Lovstuen	16	M	Henderson	NV	13:23	00:41:37.19
23	348/400	181/206	437	Lars Lovstuen	15	M	Henderson	NV	17:31	00:54:25.61
24	382/400	196/206	448	Zachary Barbber	15	M	Oakland	CA	20:12	01:02:48.65

Female Ages 17 - 19

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	74/400	12/194	131	Abby Halverson	17	F	Decorah	IA	8:09	00:25:21.63
2	92/400	18/194	331	Amy Webb	19	F	Waverly	IA	8:24	00:26:06.88
3	105/400	23/194	175	Ella Kittelson	18	F	Decorah	IA	8:38	00:26:49.43
4	127/400	35/194	34	Abby Bolson	18	F	Decorah	IA	9:02	00:28:04.27
5	158/400	49/194	207	Natalie Neff	19	F	Marion	IA	9:32	00:29:39.31
6	171/400	53/194	349	Linnea Wolle	19	F	Arvada	CO	9:48	00:30:27.70
7	222/400	84/194	237	Elsa Page	17	F	Vinton	IA	11:06	00:34:29.44
8	324/400	150/194	292	Lily Smith	19	F	Decorah	IA	15:59	00:49:40.69
9	332/400	157/194	277	Huayra Salvo	19	F	Des Moines	IA	17:04	00:53:01.64
10	379/400	184/194	9	Ayla Akre	17	F	Waukesha	WI	20:03	01:02:18.19

Male Ages 17 - 19

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	3/400	3/206	84	Izaak Eichinger	17	M	Decorah	IA	5:52	00:18:16.15
2	6/400	5/206	140	Arlo Hayes	18	M	Decorah	IA	6:13	00:19:21.12
3	26/400	22/206	80	Hunter Dolphin	19	M	Gales Ferry	CT	7:07	00:22:08.55
4	28/400	24/206	490	Austin Wilkins	17	M	Decorah	IA	7:12	00:22:23.41
5	29/400	25/206	26	Drew Berns	17	M	Decorah	IA	7:12	00:22:23.61
6	35/400	30/206	240	Parker Partello	17	M	Spirit Lake	IA	7:24	00:23:01.17
7	60/400	53/206	150	Joe Hjelle	18	M	Decorah	IA	7:49	00:24:17.54
8	68/400	60/206	7	Spencer Adams	18	M	Osage	IA	8:02	00:24:59.93
9	72/400	62/206	100	Luther Fong	19	M	Mill Valley	CA	8:09	00:25:19.39

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Male Ages 17 - 19

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
10	79/400	65/206	291	Preston Sires	17	M	Stewartville	MN	8:10	00:25:24.88
11	109/400	84/206	144	John Herath	17	M	La Crosse	WI	8:39	00:26:54.18
12	182/400	123/206	69	Conner Cook	19	M	Decorah	IA	10:07	00:31:26.30
13	308/400	172/206	266	Brayden Reiser	17	M	Decorah	IA	14:37	00:45:26.19

Female Ages 20 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	7/400	2/194	346	Jordan Winke	22	F	Solon	IA	6:14	00:19:24.17
2	23/400	4/194	191	Abigail Lewis	20	F	Austin	MN	7:01	00:21:48.17
3	30/400	5/194	325	Melissa Vega	27	F	Postville	IA	7:15	00:22:34.60
4	69/400	9/194	308	Olivia Syverson	22	F	Decorah	IA	8:06	00:25:12.64
5	114/400	27/194	31	Emily Blum	25	F	Harlan	IA	8:45	00:27:12.68
6	135/400	38/194	204	Sarah Moen	28	F	Decorah	IA	9:09	00:28:27.26
7	149/400	43/194	96	Micala Folkedahl	21	F	Decorah	IA	9:24	00:29:15.26
8	156/400	47/194	324	Mariana Vega	29	F	Postville	IA	9:32	00:29:37.68
9	157/400	48/194	159	Rachel Hudson	21	F	Decorah	IA	9:32	00:29:38.18
10	164/400	50/194	142	Riley Heins	29	F	Monona	IA	9:39	00:30:01.68
11	169/400	51/194	43	Emma Brooks	21	F	Decorah	IA	9:47	00:30:24.65
12	170/400	52/194	481	Sophia Augusta	21	F	Chicago	IL	9:47	00:30:26.46
13	173/400	54/194	190	Ashlyn Lensing	20	F	Decorah	IA	9:51	00:30:39.14
14	174/400	55/194	156	Tori Hornby	23	F	Marshall	MN	9:54	00:30:47.54
15	185/400	62/194	36	Lauren Boos	21	F	Waukesha	WI	10:14	00:31:47.94
16	192/400	67/194	76	Leah Dahlquist	28	F	Decorah	IA	10:25	00:32:23.68
17	194/400	68/194	165	Megan Jelinski	26	F	Rochester	MN	10:25	00:32:24.69
18	230/400	90/194	187	Shannon Larkin	29	F	Waukon	IA	11:27	00:35:34.59
19	233/400	92/194	138	Aly Haugen	21	F	Minneapolis	MN	11:30	00:35:44.15
20	238/400	97/194	39	Devon Bourget	22	F	Decorah	IA	11:40	00:36:16.19
21	245/400	101/194	334	Cydney Weitzel	29	F	Decorah	IA	11:50	00:36:48.69
22	248/400	103/194	248	Olivia Peterson	26	F	Lacrescent	MN	11:55	00:37:03.94
23	266/400	113/194	304	Ashley Swanson	28	F	Decorah	IA	12:40	00:39:23.69
24	283/400	126/194	112	Morgan Gjere	28	F	Decorah	IA	13:15	00:41:11.26
25	312/400	140/194	260	Linnea Rahlf	23	F	Decorah	IA	14:50	00:46:07.94
26	320/400	146/194	123	Lydia Hall	26	F	Knoxville	IA	15:48	00:49:08.25
27	327/400	153/194	102	Amanda Francisco	23	F	Westlake Village	CA	16:02	00:49:49.45
28	344/400	165/194	122	Isabelle Hall	23	F	Knoxville	IA	17:24	00:54:06.01
29	355/400	172/194	468	Kaitlyn Sommer	27	F	Koliganek	AK	17:46	00:55:12.39
30	360/400	175/194	323	Brynne Valkosky	21	F	Decorah	IA	18:21	00:57:02.96
31	362/400	176/194	188	Elizabeth Lemar	21	F	Iowa City	IA	18:22	00:57:06.02

Male Ages 20 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	2/400	2/206	87	Lars Elsbernd	21	M	Memphis	TN	5:40	00:17:39.11
2	5/400	4/206	167	Nils Johnson	28	M	Des Moines	IA	6:09	00:19:07.92
3	9/400	7/206	250	Jarod Phillips	21	M	Decorah	IA	6:22	00:19:48.24
4	12/400	10/206	111	Kyle Gilberg	24	M	Decorah	IA	6:28	00:20:06.84
5	16/400	14/206	283	Tyler Scholl	29	M	Decorah	IA	6:50	00:21:14.01
6	17/400	15/206	51	Aaron Busch	28	M	Chanhassen	MN	6:50	00:21:14.38

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Male Ages 20 - 29

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
7	18/400	16/206	457	John Fitzgerald	24	M	Winfield	IL	6:54	00:21:26.50
8	34/400	29/206	85	Gabriel Eide	28	M	Decorah	IA	7:23	00:22:58.17
9	47/400	42/206	147	Mefi Hernandez	27	M	Postille	IA	7:37	00:23:42.93
10	55/400	49/206	336	Kyle Olson	27	M	Decorah	IA	7:45	00:24:05.25
11	56/400	50/206	70	Michael Cook	21	M	Decorah	IA	7:45	00:24:05.92
12	58/400	52/206	441	Riley Stursma	26	M	Knoxville	IA	7:46	00:24:08.54
13	70/400	61/206	451	Kudzai Kachingwe	22	M	La Crescenta	CA	8:07	00:25:15.68
14	83/400	69/206	301	Paul Strand	23	M	Trempealeau	WI	8:14	00:25:35.52
15	86/400	70/206	433	Erik Basler	23	M		IA	8:17	00:25:45.03
16	87/400	71/206	343	Daniel Willie	22	M	Decorah	IA	8:18	00:25:48.34
17	95/400	77/206	170	Sam Kelly	21	M	Iowa City	IA	8:27	00:26:16.12
18	111/400	86/206	10	Logan Akre	20	M	Waukesha	WI	8:44	00:27:09.18
19	123/400	90/206	338	Emily Johnson	28	M	Decorah	IA	8:54	00:27:40.29
20	128/400	93/206	459	Michael Fitzgerald	24	M	Winfield	IL	9:03	00:28:08.93
21	129/400	94/206	452	Thulani Kachingwe	24	M	La Crescenta	CA	9:03	00:28:10.17
22	142/400	102/206	259	Lane Rahlf	23	M	Decorah	IA	9:14	00:28:43.93
23	165/400	115/206	256	Tyler Privia	23	M	Underwood	IA	9:41	00:30:07.93
24	168/400	118/206	60	Treyten Chiglo	22	M	Decorah	IA	9:47	00:30:24.43
25	208/400	130/206	88	Sam Elsbernd	24	M	Chicago	IL	10:40	00:33:09.69
26	217/400	136/206	299	Jeremy Stenseth	28	M	Calmar	IA	10:52	00:33:47.44
27	246/400	145/206	335	Matthew Weitzel	29	M	Decorah	IA	11:50	00:36:48.94
28	255/400	149/206	82	Avery Dugger	21	M	Decorah	IA	12:10	00:37:49.51
29	275/400	155/206	305	Nick Davis	28	M	Decorah	IA	13:00	00:40:25.19
30	361/400	186/206	206	Cade Naughton	21	M	Iowa City	IA	18:22	00:57:04.19

Female Ages 30 - 39

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	59/400	7/194	210	Leah Nelson	38	F	Chippewa Falls	WI	7:47	00:24:12.00
2	65/400	8/194	316	Lauren Thurmer	38	F	Minneapolis	MN	7:55	00:24:36.93
3	73/400	11/194	258	Teresa Procter	31	F	Houston	TX	8:09	00:25:20.59
4	115/400	28/194	95	Amber Fogle	34	F	Decorah	IA	8:45	00:27:13.32
5	116/400	29/194	37	Rebecca Borgman	34	F	West Des Moines	IA	8:46	00:27:16.38
6	131/400	36/194	466	Erin Hamilton	34	F	Islamorada	FL	9:07	00:28:21.93
7	134/400	37/194	313	Kayla (Thill) Allen	35	F	Rochester	MN	9:09	00:28:26.43
8	139/400	40/194	251	Jamie Poch	38	F	Iowa City	IA	9:11	00:28:33.82
9	147/400	42/194	337	Alexandra Wicks	30	F	Decorah	IA	9:21	00:29:05.43
10	154/400	46/194	157	Jessica Hosper	39	F	Owatonna	MN	9:28	00:29:27.08
11	175/400	56/194	50	Lizzie Burras	32	F	Decorah	IA	9:57	00:30:56.69
12	177/400	58/194	110	Whitney Gessner	36	F	Monona	IA	10:00	00:31:05.13
13	184/400	61/194	66	Jenna Cline	35	F	Bondurant	IA	10:13	00:31:45.18
14	187/400	64/194	287	Katie Schweinefus	30	F	Decorah	IA	10:14	00:31:50.18
15	195/400	69/194	162	Jill Ivan	36	F	Plymouth	MN	10:26	00:32:25.13
16	197/400	71/194	469	Erin Lenninger	39	F	Neenah	WI	10:26	00:32:27.16
17	229/400	89/194	217	Meleah Numedahl	38	F	Decorah	IA	11:23	00:35:23.14
18	232/400	91/194	286	Erica Schwanke	37	F	La Crosse	WI	11:29	00:35:41.50
19	235/400	94/194	192	Brooke Lodge	32	F	Ossian	IA	11:37	00:36:07.94
20	236/400	95/194	208	Celia Neis	33	F	Asbury	IA	11:38	00:36:09.17
21	237/400	96/194	472	Kirsten Grinoeland	39	F	New York	NY	11:40	00:36:15.07

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Overall Division Results

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Female Ages 30 - 39

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
22	247/400	102/194	79	Alicia Defrance	32	F	Iowa City	IA	11:52	00:36:54.99
23	249/400	104/194	219	Christy Nutter	37	F	Troy	IL	12:00	00:37:19.86
24	256/400	107/194	181	Laura Lamb	39	F	Chicago	IL	12:14	00:38:01.16
25	262/400	111/194	254	Alex Poskin	34	F	Black Diamond	WA	12:40	00:39:21.94
26	276/400	121/194	303	Lindsey Davis	35	F	Decorah	IA	13:00	00:40:26.19
27	277/400	122/194	276	Laura Rowlette	39	F	Iowa City	IA	13:02	00:40:30.09
28	290/400	130/194	270	Kristen Risser	38	F	Rochester	MN	13:23	00:41:35.44
29	295/400	131/194	15	Aleesa Baakko	32	F	Decorah	IA	13:29	00:41:53.94
30	297/400	132/194	113	Erin Gjere	33	F	Decorah	IA	13:37	00:42:20.44
31	302/400	133/194	199	Mollie Marken	35	F	Decorah	IA	14:16	00:44:21.94
32	310/400	138/194	351	Molly Woodard	33	F	Waukon	IA	14:42	00:45:40.43
33	317/400	144/194	78	Heather Darling	34	F	Lansing	IA	15:13	00:47:19.31
34	322/400	148/194	282	Amy Schlachtenhaufen	38	F	Decorah	IA	15:56	00:49:31.53
35	371/400	179/194	309	Samantha Thiele	32	F	Decorah	IA	19:09	00:59:31.84
36	389/400	189/194	126	Megan Hall	33	F	Dysart	IA	21:53	01:08:01.59
37	390/400	190/194	2	Lauren Abraham	30	F	Waterloo	IA	21:59	01:08:20.15
38	395/400	191/194	474	Morgan Lantz	31	F	Addison	IL	22:56	01:11:16.29

Male Ages 30 - 39

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	8/400	6/206	302	Tyler Strand	36	M	North Liberty	IA	6:17	00:19:34.01
2	13/400	11/206	44	Kyle Buck	32	M	Minneapolis	MN	6:40	00:20:44.89
3	33/400	28/206	255	Jeff Poskin	34	M	Black Diamond	WA	7:22	00:22:53.42
4	45/400	40/206	480	Tyler Mikesh	32	M	Decorah	IA	7:37	00:23:39.92
5	46/400	41/206	444	Jake Fitzgerald	30	M	Nashville	TN	7:37	00:23:40.13
6	49/400	43/206	279	Justin Scardina	39	M	Decorah	IA	7:40	00:23:50.14
7	61/400	54/206	94	Phillip Flaskerud	34	M	Decorah	IA	7:50	00:24:20.82
8	66/400	58/206	315	Hans Thurmer	39	M	Minneapolis	MN	7:56	00:24:39.89
9	67/400	59/206	339	Gavin Wicks	31	M	Decorah	IA	7:59	00:24:48.42
10	90/400	73/206	495	John Vogel	35	M	Decorah	IA	8:21	00:25:56.93
11	91/400	74/206	134	Benjamin Harman	32	M	Decorah	IA	8:22	00:26:02.63
12	93/400	75/206	158	Nathan Hosper	39	M	Owatonna	MN	8:24	00:26:08.11
13	96/400	78/206	22	Adam Berland	38	M	Muncie	IN	8:28	00:26:21.18
14	99/400	79/206	263	Martin Refsal	37	M	Decorah	IA	8:29	00:26:23.43
15	108/400	83/206	471	Volkan Axtas	31	M	New York	NY	8:39	00:26:52.91
16	113/400	87/206	38	Steven Borgman	34	M	West Des Moines	IA	8:45	00:27:12.10
17	125/400	91/206	54	Matt Canoy Illies	30	M	Rochester	MN	8:59	00:27:55.43
18	130/400	95/206	67	Shannon Cline	35	M	Bondurant	IA	9:07	00:28:20.93
19	133/400	97/206	470	David Lenninger	39	M	Neenah	WI	9:08	00:28:25.43
20	138/400	99/206	160	Trevor Huinker	39	M	Eden Prairie	MN	9:10	00:28:30.92
21	151/400	108/206	295	Alex Steffens	32	M	Jesup	IA	9:25	00:29:17.68
22	181/400	122/206	116	Andrew Goodson	38	M	Charlotte	NC	10:02	00:31:11.13
23	214/400	133/206	212	Jared Noack	35	M	Ankeny	IA	10:45	00:33:25.84
24	259/400	150/206	247	Darin Peterson	38	M	Decorah	IA	12:27	00:38:43.92
25	287/400	160/206	298	Ben Stenseth	32	M	Calmar	IA	13:19	00:41:23.81
26	372/400	193/206	74	Kyle Dahl	33	M	Decorah	IA	19:09	00:59:32.21
27	377/400	195/206	222	Nathaniel Nutter	38	M	Troy	IL	19:20	01:00:04.71
28	388/400	200/206	320	Mac Twyford	38	M	Marshalltown	IA	21:53	01:08:00.97

Nordic Fest Elvelopet

July 24, 2021

Overall Division Results

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Male Ages 30 - 39

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
29	391/400	201/206	1	Brad Abraham	36	M	Waterloo	IA	22:00	01:08:21.77

Female Ages 40 - 49

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	48/400	6/194	56	Kristin Carpenter	40	F	Cedar Falls	IA	7:39	00:23:49.17
2	76/400	13/194	45	Alecia Bucksa	45	F	Decorah	IA	8:10	00:25:22.63
3	89/400	17/194	271	Amy Robinson	49	F	Decorah	IA	8:19	00:25:53.29
4	112/400	26/194	342	Trisha Wilkins	41	F	Waukon	IA	8:44	00:27:09.65
5	124/400	34/194	300	Gwen Strand	40	F	Decorah	IA	8:56	00:27:47.73
6	191/400	66/194	92	Andrea Finholt-Daniel	42	F	Hillsborough	NC	10:24	00:32:21.87
7	196/400	70/194	132	Jordan Hansen	40	F	Hudson	IA	10:26	00:32:26.35
8	199/400	73/194	289	Melissa Simon	40	F	Decorah	IA	10:30	00:32:37.93
9	204/400	76/194	189	Jessica Lennon	41	F	Spillville	IA	10:34	00:32:51.57
10	205/400	77/194	330	Amanda Webb	41	F	Decorah	IA	10:36	00:32:58.68
11	211/400	80/194	75	Jana Dahlen	43	F	Crystal	MN	10:44	00:33:23.68
12	218/400	82/194	489	Heather Kleiboer	43	F	Decorah	IA	10:56	00:34:00.14
13	224/400	86/194	493	Susanna Cole	49	F	Fresno	CA	11:11	00:34:47.38
14	228/400	88/194	25	Karen Berland	44	F	Decorah	IA	11:23	00:35:22.97
15	243/400	100/194	19	Nicole Bateman	42	F	Waterloo	IA	11:44	00:36:29.63
16	253/400	106/194	81	Lara Dolphin	48	F	Gales Ferry	CT	12:06	00:37:38.60
17	258/400	109/194	6	Rena Adams	46	F	Osage	IA	12:25	00:38:37.19
18	267/400	114/194	347	Nicole Winke	47	F	Lansing	IA	12:41	00:39:24.53
19	271/400	118/194	464	Julie Larson	45	F	Des Moines	IA	12:47	00:39:44.34
20	306/400	135/194	106	Danielle Friedlein	43	F	Farmersburg	IA	14:23	00:44:44.44
21	314/400	142/194	350	Emily Wood	48	F	Des Moines	IA	14:53	00:46:17.29
22	318/400	145/194	242	Rachel Partello	48	F	Spirit Lake	IA	15:39	00:48:38.20
23	341/400	162/194	73	Sarah Crose	41	F	Decorah	IA	17:10	00:53:23.19
24	350/400	168/194	438	Tirzah Garner	46	F	Henderson	NV	17:31	00:54:26.82
25	375/400	181/194	184	Erica Landas	42	F	Decorah	IA	19:17	00:59:56.90
26	385/400	188/194	445	Jenny Young	43	F	Oakland	CA	20:21	01:03:14.67

Male Ages 40 - 49

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	20/400	17/206	14	Rick Aske	43	M	Mabel	MN	6:55	00:21:32.17
2	24/400	20/206	177	David Knock	43	M	Cedar Falls	IA	7:05	00:22:03.06
3	36/400	31/206	252	Joe Poch	40	M	Iowa City	IA	7:24	00:23:01.78
4	43/400	38/206	488	Matt Wagner	44	M	Lansing	IA	7:32	00:23:27.42
5	53/400	47/206	355	Steven Zittergruen	41	M	Decorah	IA	7:42	00:23:58.51
6	54/400	48/206	58	Michael Casterton	41	M	Decorah	IA	7:43	00:24:00.55
7	80/400	66/206	91	Nathan Ferris	47	M	Dresser	WI	8:11	00:25:27.68
8	81/400	67/206	244	Piyush Patel	45	M	Lantana	TX	8:12	00:25:31.43
9	101/400	80/206	136	David Hart	44	M	Maple Grove	MN	8:32	00:26:31.79
10	121/400	88/206	329	Jarrad Walter	44	M	Decorah	IA	8:51	00:27:32.43
11	122/400	89/206	72	Bryan Crose	40	M	Decorah	IA	8:53	00:27:37.18
12	132/400	96/206	261	Carl Refsal	45	M	Mooreville	NC	9:08	00:28:23.62
13	140/400	100/206	435	Brian Lensch	46	M	Decorah	IA	9:14	00:28:42.02
14	145/400	104/206	180	Michael Labelle	41	M	Decorah	IA	9:18	00:28:54.84

Nordic Fest Elvelopet

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Overall Division Results

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Male Ages 40 - 49

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
15	146/400	105/206	224	Eric Olson	45	M	Rochester	MN	9:20	00:29:00.10
16	160/400	111/206	465	Shane Larson	49	M	Des Moines	IA	9:35	00:29:48.36
17	189/400	124/206	97	Christian Fong	44	M	Mill Valley	CA	10:16	00:31:56.97
18	220/400	138/206	274	Jamey Rowlette	41	M	Iowa City	IA	10:59	00:34:09.88
19	227/400	140/206	230	Nate Olson-Daniel	45	M	Des Moines	IA	11:21	00:35:16.39
20	254/400	148/206	161	Garth Hunter	49	M	Gales Ferry	CT	12:06	00:37:38.69
21	273/400	154/206	311	Brian Thill	47	M	Goose Creek	SC	12:55	00:40:09.06
22	282/400	157/206	41	Travis Bridges	40	M	Chicago	IL	13:07	00:40:47.42
23	291/400	161/206	318	Frode Tilden	44	M	Fargo	ND	13:23	00:41:36.42
24	294/400	164/206	314	Ole Thomassen	40	M	Fargo	ND	13:26	00:41:46.84
25	300/400	168/206	239	Darin Partello	47	M	Spirit Lake	IA	14:06	00:43:49.16
26	359/400	185/206	198	Robert Mariano	40	M	Union City	CA	18:16	00:56:45.68
27	366/400	188/206	71	Justin Corson	40	M	Waterloo	IA	19:04	00:59:14.88
28	384/400	197/206	447	Jacob Barker	43	M	Oakland	CA	20:14	01:02:51.96

Female Ages 50 - 59

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	100/400	21/194	348	Pam Winke	59	F	Solon	IA	8:30	00:26:27.09
2	102/400	22/194	99	Jenelle Fong	50	F	Mill Valley	CA	8:34	00:26:37.34
3	120/400	33/194	86	Cindy Elsbernd	50	F	Des Moines	IA	8:51	00:27:31.68
4	144/400	41/194	485	Beth Pursley	52	F	Wendell	NC	9:17	00:28:53.18
5	186/400	63/194	8	Ann Akre	52	F	Waukesha	WI	10:14	00:31:48.17
6	234/400	93/194	105	Alan Frey	57	F	Spring	TX	11:36	00:36:05.49
7	257/400	108/194	68	Kirsten Cole	52	F	Miles	IA	12:23	00:38:30.87
8	261/400	110/194	125	Mary Hall	55	F	Black Earth	WI	12:39	00:39:18.82
9	285/400	127/194	62	Patti Christensen	50	F	Springfield	IL	13:16	00:41:14.97
10	313/400	141/194	55	Andrea Carlson	54	F	Decorah	IA	14:50	00:46:08.14
11	315/400	143/194	89	Marcy Fadness	51	F	Decorah	IA	15:00	00:46:38.44
12	325/400	151/194	458	Kathleen Fitzgerald	59	F	Winfield	IL	15:59	00:49:40.89
13	328/400	154/194	40	Susan Bowman	58	F	Alexandria	VA	16:05	00:50:01.12
14	330/400	156/194	103	Anne Francisco	53	F	Westlake Village	CA	16:40	00:51:49.70
15	334/400	158/194	453	Aimie Kachingwe	53	F	La Crescenta	CA	17:04	00:53:03.85
16	335/400	159/194	443	Annie Fitzgerald	51	F	Windsor	CO	17:04	00:53:04.20
17	342/400	163/194	176	Judy Kittleson	57	F	Washington	DC	17:15	00:53:36.78
18	343/400	164/194	124	Marti Hall	58	F	Decorah	IA	17:16	00:53:39.44
19	345/400	166/194	141	Christine Headington-Hall	56	F	Knoxville	IA	17:24	00:54:06.64
20	347/400	167/194	205	Desiree Muheim	52	F	Thornton	CO	17:25	00:54:07.70
21	351/400	169/194	146	Sarah Herath	55	F	La Crosse	WI	17:31	00:54:28.20
22	356/400	173/194	467	Kristy Bolen	51	F	Fort Calhoun	NE	17:46	00:55:12.45
23	363/400	177/194	345	Beth Winke	59	F	Suffolk	VA	18:40	00:58:00.76
24	374/400	180/194	455	Jeannette Jenkins	52	F	Seattle	WA	19:11	00:59:36.93
25	380/400	185/194	491	Margaret Monhardt	59	F	Monticello	MN	20:03	01:02:19.42
26	383/400	187/194	446	Sabrina Smith	50	F	Oakland	CA	20:13	01:02:50.06
27	397/400	192/194	115	Dianne Godfrey	56	F	Brainerd	MN	23:05	01:11:44.94

Male Ages 50 - 59

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
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Nordic Fest Elvelopet

July 24, 2021

Overall Division Results

5K

Male Ages 50 - 59

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	37/400	32/206	473	Garth Carlson	51	M	Bettendorf	IA	7:26	00:23:06.17
2	40/400	35/206	139	Dean Haugen	52	M	Minneapolis	MN	7:29	00:23:17.18
3	41/400	36/206	249	Bradley Phillips	59	M	Decorah	IA	7:30	00:23:20.93
4	63/400	56/206	479	Scott Hervey	58	M	Decorah	IA	7:53	00:24:32.10
5	126/400	92/206	297	Jim Stenseth	56	M	Calmar	IA	9:00	00:27:59.37
6	150/400	107/206	143	Tim Hellyer	54	M	Zumbrota	MN	9:25	00:29:15.87
7	155/400	109/206	35	Scott Bolson	52	M	Decorah	IA	9:30	00:29:32.35
8	163/400	114/206	268	Al Renken	57	M	Decorah	IA	9:39	00:30:00.14
9	167/400	117/206	449	Aaron Barber	53	M	Oakland	CA	9:45	00:30:17.90
10	190/400	125/206	487	Patrick Martin	57	M	Louisburg	KS	10:18	00:32:01.68
11	201/400	127/206	322	Mark Vagts	53	M	Waseca	MN	10:31	00:32:42.43
12	210/400	131/206	434	Brian Basler	54	M	Chicago	IL	10:44	00:33:21.68
13	231/400	141/206	163	David Jacobson	55	M	Belvidere	IL	11:27	00:35:36.01
14	241/400	143/206	129	Scott Hall	58	M	Black Earth	WI	11:43	00:36:26.94
15	260/400	151/206	12	David Anderson	51	M	St Lucas	IA	12:36	00:39:11.91
16	286/400	159/206	61	Kevin Christensen	57	M	Springfield	IL	13:16	00:41:15.17
17	303/400	170/206	233	Iver Osborn	57	M	Westminster	CO	14:18	00:44:26.70
18	304/400	171/206	232	Harold Osborn	52	M	Erie	CO	14:18	00:44:27.34
19	316/400	173/206	238	Kirk Page	51	M	Vinton	IA	15:08	00:47:02.14
20	319/400	174/206	130	Tim Hall	56	M	Knoxville	IA	15:48	00:49:07.96
21	346/400	180/206	352	Dave Wortman	58	M	Thornton	CO	17:25	00:54:07.66
22	349/400	182/206	436	Ran\dy Lovstuen	50	M	Henderson	NV	17:31	00:54:25.70
23	352/400	183/206	114	David Glesne	57	M	Bloomington	IL	17:35	00:54:40.20
24	370/400	192/206	454	Michael Kachingwe	55	M	La Crescenta	CA	19:08	00:59:27.34
25	373/400	194/206	456	Jeff Fitzgerald	58	M	Winfield	IL	19:10	00:59:35.71
26	392/400	202/206	127	Mike Hall	59	M	Decorah	IA	22:01	01:08:25.42
27	394/400	204/206	476	Daniel Lantz	50	M	Stillwater	MN	22:55	01:11:12.43

Female Ages 60+

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	152/400	44/194	211	Trish Neubauer	64	F	Decorah	IA	9:27	00:29:23.21
2	203/400	75/194	280	Angie Schiller	60	F	Monona	IA	10:34	00:32:50.13
3	207/400	78/194	340	Barbara Wilkerson	61	F	Decorah	IA	10:39	00:33:06.69
4	250/400	105/194	164	Tamera Jahnke	62	F	Springfield	MO	12:02	00:37:25.73
5	265/400	112/194	284	Dianne Schultz	70	F	Postville	IA	12:40	00:39:22.91
6	288/400	128/194	317	J M Tiernan	65	F	Decorah	IA	13:19	00:41:24.63
7	305/400	134/194	197	Barb Mahr	70	F	Decorah	IA	14:19	00:44:29.69
8	307/400	136/194	53	Ruth Caldwell	77	F	Decorah	IA	14:25	00:44:49.67
9	323/400	149/194	264	Norma Refsal	71	F	Decorah	IA	15:57	00:49:34.17
10	329/400	155/194	16	Mary Bateman	66	F	Waterloo	IA	16:11	00:50:19.05
11	353/400	170/194	246	Gloria Peck	73	F	Golden Valley	MN	17:37	00:54:44.51
12	354/400	171/194	48	Connie Buresh	69	F	Decorah	IA	17:45	00:55:10.38
13	357/400	174/194	214	Amy Noel	68	F	Decorah	IA	18:13	00:56:36.72
14	376/400	182/194	307	Patti Davis	67	F	Decorah	IA	19:18	00:59:57.95
15	381/400	186/194	11	Marie Akre	60	F	Pewaukee	WI	20:03	01:02:19.43
16	398/400	193/194	195	Holly Losen	60	F	Decorah	IA	23:05	01:11:44.95
17	399/400	194/194	77	Julie Dale	67	F	Minnetonka	MN	23:05	01:11:45.56

Nordic Fest Elvelopet

July 24, 2021

Overall Division Results

5K

Male Ages 60+

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	75/400	63/206	354	Mark Zimmer	64	M	Independence	IA	8:09	00:25:21.82
2	148/400	106/206	154	Jeff Holmquist	60	M	West Salem	WI	9:23	00:29:10.68
3	162/400	113/206	281	Greg Schiller	61	M	Monona	IA	9:37	00:29:55.07
4	172/400	119/206	306	Steve Swanson	67	M	Decorah	IA	9:50	00:30:34.18
5	193/400	126/206	293	Daryl Smock	70	M	Muscatine	IA	10:25	00:32:24.51
6	213/400	132/206	341	Rick Wilkerson	69	M	Deorah	IA	10:45	00:33:25.68
7	215/400	134/206	193	Brad Loftsgard	64	M	Decorah	IA	10:50	00:33:40.94
8	239/400	142/206	285	Larry Schultz	70	M	Postville	IA	11:41	00:36:18.44
9	251/400	146/206	492	Paul Akre	62	M	Pewaukee	WI	12:04	00:37:29.67
10	252/400	147/206	328	Pat Wagner	61	M	Lansing	IA	12:04	00:37:29.89
11	263/400	152/206	20	Jed Becker	70	M	Cresco	IA	12:40	00:39:22.50
12	279/400	156/206	153	Don Holmertz	67	M	Decorah	IA	13:04	00:40:37.64
13	296/400	165/206	118	Larry Grimstad	78	M	Decorah	IA	13:32	00:42:04.13
14	298/400	166/206	101	Eric Forsberg	72	M	Golden Valley	MN	13:42	00:42:36.25
15	299/400	167/206	430	George Ruen	64	M	Decorah	IA	13:55	00:43:16.57
16	301/400	169/206	257	Ken Procter	69	M	Decorah	IA	14:12	00:44:08.94
17	331/400	175/206	17	Tom Bateman	67	M	Waterloo	IA	16:41	00:51:51.42
18	333/400	176/206	442	Randy Fitzgerald	61	M	Windsor	CO	17:04	00:53:03.20
19	337/400	177/206	262	Harley Refsal	76	M	Decorah	IA	17:05	00:53:06.14
20	339/400	178/206	64	Myrvin Christopherson	82	M	Decorah	IA	17:07	00:53:12.83
21	358/400	184/206	215	John Noel	68	M	Decorah	IA	18:13	00:56:37.45
22	393/400	203/206	121	Gary Hall	79	M	Decorah	IA	22:01	01:08:27.21
23	400/400	206/206	42	Ron Bronk	62	M	Decorah	IA	23:06	01:11:48.97

Female Ages 99 - 99

Div Place	Overall Plc/Total	Gender Plc/Total	No.	Name	Age	S	City	St.	Pace	Time
1	176/400	57/194	494	Alayna Cor	99	F	Waconia	MN	9:57	00:30:57.15
2	242/400	99/194	128	Orbell Hall	99	F	Decorah	IA	11:44	00:36:27.72