

# Pulpit to Pulpit

July 3, 2021

5K

## Overall Results - Female

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	Pace	Gun Time	Chip Time
1	5/178	1/1	222	Lydia Davis	F	29	Greenville	SC	5:52	00:18:16.09	00:18:14.90
2	15/178	1/19	158	Melissa Vega	F	27	Postville	IA	6:57	00:21:38.86	00:21:36.01
3	17/178	1/22	246	Elise Bennett	F	33	Decorah	IA	7:03	00:22:03.85	00:21:55.49
4	28/178	2/22	277	Lisa Zittergruen	F	38	Decorah	IA	7:12	00:22:25.59	00:22:22.55
5	30/178	1/7	178	Brynn Storhoff	F	15	Decorah	IA	7:20	00:22:54.79	00:22:48.71
6	31/178	1/16	282	Yarrow Pasche	F	43	Decorah	IA	7:22	00:23:03.09	00:22:54.28
7	32/178	3/22	115	Amanda Bailey	F	38	Decorah	IA	7:25	00:23:16.11	00:23:04.90
8	38/178	1/1	211	Lumen Brandsmeier	F	7	North Liberty	IA	7:46	00:24:17.36	00:24:10.26
9	44/178	4/22	285	Ashley Baker	F	36	Decorah	IA	7:52	00:24:32.61	00:24:28.58
10	51/178	2/7	235	Lily Sandhorst	F	14	Decorah	IA	8:04	00:25:14.04	00:25:06.47
11	52/178	3/7	236	Sylvia Sandhorst	F	16	Decorah	IA	8:05	00:25:16.61	00:25:07.81
12	55/178	2/16	240	Staci Wicks	F	48	Cresco	IA	8:08	00:25:32.17	00:25:18.05
13	63/178	3/16	195	Gwen Strand	F	40	Decorah	IA	8:29	00:26:31.98	00:26:24.29
14	69/178	2/19	155	Mariana Vega	F	29	Decorah	IA	8:48	00:27:27.12	00:27:22.26
15	71/178	3/19	131	Sarah Moen	F	27	Decorah	IA	8:51	00:27:38.76	00:27:32.45
16	72/178	4/7	157	Madelyn Knock	F	17	Cedar Falls	IA	8:57	00:27:54.99	00:27:50.76
17	76/178	5/22	102	Erin Powers Daley	F	37	Cresco	IA	9:12	00:29:15.36	00:28:37.75
18	77/178	4/16	107	Olivia Christensen	F	41	Lime Springs	IA	9:13	00:29:15.76	00:28:38.27
19	81/178	4/19	286	Devon Bourget	F	22	Decorah	IA	9:22	00:29:29.57	00:29:06.80
20	82/178	5/7	220	Izzy Jorgensen	F	17	Hudson	IA	9:23	00:29:28.13	00:29:09.90
21	84/178	1/13	182	Lana Petersen	F	57	Hudson	IA	9:23	00:29:28.55	00:29:10.42
22	85/178	5/19	151	Micala Folkedah	F	21	Decorah	IA	9:23	00:29:34.83	00:29:11.96
23	86/178	6/22	185	Jessica Hosper	F	39	Owatonna	MN	9:26	00:29:34.42	00:29:21.33
24	87/178	6/19	161	Emma Brooks	F	21	Decorah	IA	9:33	00:30:04.62	00:29:42.27
25	88/178	5/16	264	Jamie Gavle	F	40	Decorah	IA	9:36	00:30:08.97	00:29:49.90
26	90/178	1/7	165	Niva Anderson	F	9	Decorah	IA	9:39	00:30:07.32	00:29:59.58
27	91/178	7/22	139	Sarah Dougherty	F	38	Huxley	IA	9:41	00:30:20.53	00:30:05.42
28	93/178	6/16	148	Erin Shaw	F	40	Decorah	IA	9:51	00:31:02.51	00:30:38.13
29	94/178	2/13	214	Mini Locke	F	59	Decorah	IA	9:53	00:30:48.96	00:30:42.47
30	95/178	7/19	270	Hannah Nelson	F	21	Decorah	IA	9:53	00:31:08.25	00:30:44.66
31	96/178	8/19	271	Hannah Alberts	F	21	Decorah	IA	9:53	00:31:08.38	00:30:44.79
32	97/178	7/16	188	Kim Kavan	F	48	Decorah	IA	9:57	00:31:02.77	00:30:57.71
33	100/178	3/13	243	Brenda Knobloch	F	56	Cresco	IA	10:12	00:31:46.54	00:31:41.93
34	105/178	8/22	141	Emily Kiernan	F	33	Atlanta	GA	10:18	00:32:27.82	00:32:01.57
35	107/178	9/22	143	Ariana Cervantes	F	31	Decorah	IA	10:21	00:32:34.88	00:32:11.77
36	110/178	9/19	159	Thuan Tran	F	22	Decorah	IA	10:28	00:32:54.38	00:32:31.61
37	111/178	10/19	160	Krissy Monson	F	22	Decorah	MN	10:28	00:32:54.05	00:32:31.69
38	112/178	10/22	167	Laurie Meinholz	F	34	Decorah	IA	10:28	00:32:55.06	00:32:33.73
39	113/178	11/22	269	Carrie Nimrod	F	39	Decorah	IA	10:32	00:33:05.63	00:32:45.55
40	114/178	11/19	197	Leah Dahlquist	F	28	Decorah	IA	10:36	00:33:12.87	00:32:58.34
41	115/178	4/13	255	Charmion Mohning	F	51	Houston	TX	10:38	00:33:15.52	00:33:02.53
42	116/178	2/7	164	Liv Anderson	F	11	Decorah	IA	10:38	00:33:12.63	00:33:03.53
43	119/178	12/22	247	Anette Svendsberget	F	34	Davenport	IA	10:44	00:33:42.13	00:33:21.84
44	121/178	5/13	103	Diane Krentz	F	50	Cresco	IA	10:56	00:34:35.51	00:33:58.43
45	122/178	12/19	106	Lexie Henry	F	24	Cresco	IA	10:57	00:34:35.31	00:34:03.14
46	123/178	13/22	116	Kasi Zieminski	F	37	Des Moines	IA	10:58	00:34:23.89	00:34:07.30
47	124/178	6/7	216	Sayda Hernandez	F	16	Postville	IA	11:01	00:34:22.53	00:34:16.67
48	128/178	8/16	196	Anna Chou	F	41	Bellevue	NE	11:14	00:35:21.35	00:34:55.74
49	129/178	14/22	168	Tara McConnell	F	35	Decorah	IA	11:29	00:36:04.59	00:35:43.27
50	130/178	15/22	241	Anne Wuebker	F	37	Waukon	IA	11:56	00:37:22.15	00:37:04.79

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## Overall Results - Female

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	Pace	Gun Time	Chip Time
51	131/178	16/22	239	Danielle Straate	F	36	Durango	CO	11:56	00:37:22.35	00:37:05.35
52	132/178	6/13	242	Lisa Heins	F	59	Postville	IA	11:56	00:37:21.89	00:37:05.78
53	134/178	9/16	221	Jana Dahlen	F	43	Crystal	MN	12:05	00:37:47.39	00:37:34.43
54	135/178	3/7	223	Kylie Lemke	F	12	Decorah	IA	12:05	00:37:47.11	00:37:34.47
55	137/178	4/7	267	Tegyn Sanderman	F	12	Decorah	IA	12:32	00:39:11.90	00:38:58.04
56	139/178	5/7	173	Maud Holtsnider	F	8	Cresco	IA	12:39	00:39:31.14	00:39:18.51
57	143/178	17/22	132	Chauncy Egglund	F	36	Decorah	IA	12:59	00:40:44.86	00:40:21.06
58	144/178	10/16	266	Dawn Sanderman	F	49	Decorah	IA	13:06	00:40:57.83	00:40:44.34
59	145/178	1/3	109	Dianne Schultz	F	69	Postville	IA	13:13	00:41:15.90	00:41:04.76
60	146/178	7/13	259	Angie Boehm	F	51	Elgin	IA	13:24	00:41:59.65	00:41:38.79
61	147/178	13/19	226	Hanna Bonelli	F	25	Fort Atkinson	IA	13:49	00:43:19.90	00:42:56.52
62	148/178	18/22	276	Aleesa Baakko	F	32	Decorah	IA	14:00	00:43:57.84	00:43:32.00
63	149/178	8/13	258	Emillia Noordhoek	F	54	Cresco	IA	14:17	00:44:31.66	00:44:25.15
64	150/178	14/19	278	Kathryn Larson	F	25	Decorah	IA	14:18	00:44:53.02	00:44:27.17
65	151/178	2/3	123	Sue Moffit	F	63	Rochester	MN	14:36	00:45:38.41	00:45:21.82
66	152/178	9/13	111	Marcy Fadness	F	51	Decorah	IA	14:39	00:45:50.86	00:45:32.25
67	154/178	6/7	234	Madison Dahl	F	12	Decorah	IA	14:44	00:46:30.16	00:45:46.93
68	155/178	11/16	256	Laura Parrish	F	42	Decorah	IA	15:08	00:47:36.16	00:47:01.43
69	156/178	19/22	257	Katie Parrish	F	36	Decorah	IA	15:08	00:47:35.16	00:47:01.56
70	157/178	15/19	283	April Blong	F	29	Decorah	IA	15:21	00:48:28.91	00:47:44.04
71	159/178	1/1	127	Norma Refsal	F	71	Decorah	IA	15:42	00:49:20.67	00:48:49.56
72	160/178	10/13	170	Sharon Anderson	F	53	Omaha	NE	15:49	00:49:27.66	00:49:09.31
73	161/178	16/19	124	Minji Na	F	29	Decorah	IA	16:03	00:50:54.42	00:49:54.06
74	162/178	17/19	126	Jeny Na	F	20	Decorah	IA	16:03	00:50:56.42	00:49:54.31
75	163/178	11/13	218	Carrie Reynolds	F	50	Decorah	IA	16:27	00:51:40.07	00:51:07.70
76	164/178	20/22	207	Johanna Bergan	F	34	Decorah	IA	17:45	00:55:59.94	00:55:09.83
77	165/178	7/7	213	Margret Zook	F	13	Decorah	IA	17:45	00:56:01.43	00:55:10.58
78	166/178	12/16	209	Sara Klosterboer	F	40	North Liberty	IA	17:52	00:56:38.43	00:55:32.22
79	167/178	3/3	208	Laurie Klosterboer	F	68	North Liberty	IA	17:52	00:56:38.65	00:55:32.53
80	168/178	13/16	229	Heidi Loebig	F	42	Waukon	IA	17:57	00:56:43.97	00:55:46.95
81	169/178	18/19	230	Courtney Hansen	F	23	Fayette	IA	17:57	00:56:45.11	00:55:48.25
82	170/178	21/22	232	Samantha Thiele	F	32	Decorah	IA	18:13	00:57:21.66	00:56:36.17
83	171/178	19/19	176	Alysha Williams	F	29	Blaine	MN	18:13	00:57:21.43	00:56:36.56
84	172/178	7/7	122	Andi Dibble	F	7	Decorah	IA	18:25	00:57:57.68	00:57:15.89
85	173/178	14/16	119	Samantha Spilde	F	47	Decorah	IA	18:30	00:58:10.15	00:57:29.60
86	174/178	15/16	153	Steph Folkedahl	F	48	Decorah	IA	18:31	00:58:10.35	00:57:32.04
87	175/178	16/16	154	Shannon Duncan	F	48	Decorah	IA	18:31	00:58:13.68	00:57:33.74
88	176/178	12/13	120	Sara Friedl-Putnam	F	54	Decorah	IA	18:34	00:58:29.43	00:57:43.10
89	177/178	13/13	152	Jacky Budweg	F	55	Decorah	IA	18:34	00:58:28.84	00:57:43.24
90	178/178	22/22	121	Brecka Putnam	F	39	Decorah	IA	18:36	00:58:27.80	00:57:47.94

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July 3, 2021

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## Overall Results - Male

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	Pace	Gun Time	Chip Time
1	1/178	1/1	224	Kyle Hosting	M	26	Greenville	SC	5:11	00:16:10.09	00:16:08.98
2	2/178	1/13	231	Colin Weber	M	23	Decorah	IA	5:18	00:16:31.10	00:16:30.31
3	3/178	1/24	149	Jason Engelken	M	32	Decorah	IA	5:27	00:16:59.59	00:16:58.74
4	4/178	1/8	118	Izaak Eichinger	M	17	Decorah	IA	5:42	00:17:44.21	00:17:43.23
5	6/178	2/13	252	Jarod Phillips	M	21	Decorah	IA	5:58	00:18:38.36	00:18:33.23
6	7/178	1/9	201	Scott Conway	M	51	Calmar	IA	6:05	00:18:57.28	00:18:55.48
7	8/178	3/13	130	Blake Moen	M	28	Decorah	IA	6:20	00:19:45.39	00:19:41.16
8	9/178	2/9	237	Jon Jensen	M	54	Decorah	IA	6:33	00:20:31.46	00:20:23.90
9	10/178	2/8	112	D'mitry Lesser	M	14	Decorah	IA	6:35	00:20:35.53	00:20:27.95
10	11/178	1/20	260	Rick Aske	M	43	Mabel	MN	6:37	00:20:35.93	00:20:33.92
11	12/178	1/1	268	Clarence Nimrod	M	11	Decorah	IA	6:46	00:21:12.35	00:21:04.42
12	13/178	1/7	108	Spencer Christensen	M	11	Lime Springs	IA	6:49	00:21:12.48	00:21:11.10
13	14/178	2/20	156	David Knock	M	43	Cedar Falls	IA	6:49	00:21:16.95	00:21:13.73
14	16/178	3/8	191	Gabe Hart	M	15	Osseo	MN	7:01	00:22:00.36	00:21:50.76
15	18/178	3/20	261	Brent Buresh	M	46	Decorah	IA	7:03	00:21:59.99	00:21:57.15
16	19/178	3/9	238	Monte Marti	M	55	Cedar Rapids	IA	7:06	00:22:10.86	00:22:04.35
17	20/178	2/7	279	Oak Pasche	M	11	Decorah	IA	7:07	00:22:15.00	00:22:08.30
18	21/178	4/20	186	Spencer Martin	M	48	Decorah	IA	7:07	00:22:13.97	00:22:08.68
19	22/178	4/8	245	Keaton Nalean-Carlson	M	13	Decorah	IA	7:08	00:22:19.87	00:22:11.07
20	23/178	2/24	114	Andrew Bailey	M	35	Decorah	IA	7:08	00:22:19.08	00:22:11.35
21	24/178	5/8	244	Aidan Nalean-Carlson	M	16	Decorah	IA	7:08	00:22:19.87	00:22:12.30
22	25/178	4/9	251	Bradley Phillips	M	59	Decorah	IA	7:08	00:22:17.85	00:22:12.39
23	26/178	6/8	145	Carson Bohner	M	13	Decorah	IA	7:09	00:22:22.12	00:22:14.18
24	27/178	5/20	289	Steven Zittergruen	M	40	Decorah	IA	7:11	00:22:22.35	00:22:19.24
25	29/178	3/7	210	Axel Brandsmeier	M	10	North Liberty	IA	7:16	00:22:42.68	00:22:36.82
26	33/178	6/20	187	Andrew Whitfield	M	45	Decorah	IA	7:26	00:23:13.28	00:23:08.22
27	34/178	4/13	217	Abdeel Hernandez	M	27	Decorah	IA	7:32	00:23:32.34	00:23:26.74
28	35/178	3/24	253	Justin Scardina	M	39	Decorah	IA	7:38	00:23:56.36	00:23:43.24
29	36/178	4/24	199	Justin Rilling	M	36	Cedar Rapids	IA	7:45	00:24:13.57	00:24:04.79
30	37/178	5/24	163	Brooks Igo	M	31	Dallas	TX	7:46	00:24:41.11	00:24:08.75
31	39/178	7/20	212	Brian Brandsmeier	M	43	North Liberty	IA	7:47	00:24:19.22	00:24:12.12
32	40/178	6/24	140	Brian Dougherty	M	36	Huxley	IA	7:49	00:24:26.86	00:24:18.73
33	41/178	7/24	133	Carson Eggland	M	37	Decorah	IA	7:52	00:24:49.51	00:24:26.73
34	42/178	4/7	134	Beck Eggland	M	2	Decorah	IA	7:52	00:24:49.11	00:24:26.75
35	43/178	8/24	198	Adam Weber	M	36	Ankeny	IA	7:52	00:24:35.26	00:24:28.16
36	45/178	9/24	184	Nathan Hosper	M	39	Owatonna	MN	7:53	00:24:44.01	00:24:31.02
37	46/178	10/24	233	Grant Burke	M	30	Decorah	IA	7:54	00:24:42.11	00:24:32.74
38	47/178	7/8	181	Calvin Henning	M	17	Eugene	OR	7:55	00:24:53.56	00:24:38.18
39	48/178	11/24	194	John Vogel	M	35	Decorah	IA	7:58	00:24:52.61	00:24:45.75
40	49/178	5/9	203	David Roberts	M	54	Holmen	WI	8:00	00:25:07.36	00:24:53.75
41	50/178	8/20	113	Matt Hughes	M	47	Decorah	IA	8:04	00:25:08.56	00:25:04.53
42	53/178	9/20	215	Jonathon Struve	M	42	Decorah	IA	8:08	00:25:26.86	00:25:16.47
43	54/178	12/24	125	Martin Refsal	M	37	Decorah	IA	8:08	00:25:28.25	00:25:17.04
44	56/178	13/24	228	Christopher Hadley	M	38	Decorah	IA	8:10	00:25:32.53	00:25:22.74
45	57/178	5/7	206	Keegan Jones	M	12	Waterloo	IA	8:12	00:25:44.08	00:25:29.74
46	58/178	5/13	200	Johnny Wander	M	23	Decorah	IA	8:12	00:25:54.85	00:25:30.23
47	59/178	10/20	202	Dan Omalley	M	47	Charles City	IA	8:14	00:25:50.80	00:25:36.44
48	60/178	11/20	249	Kyle Troyer	M	44	Independence	IA	8:21	00:26:09.06	00:25:58.46
49	61/178	12/20	190	David Hart	M	44	Osseo	MN	8:21	00:26:08.84	00:25:59.06
50	62/178	13/20	193	Matt Tills	M	45	Madison	WI	8:21	00:26:09.37	00:25:59.50

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## Overall Results - Male

Place	Overall Plc/Total	Div Plc/Total	No.	Name	S	Age	City	St.	Pace	Gun Time	Chip Time
51	64/178	14/24	129	Justin Ransom	M	33	Decorah	IA	8:31	00:27:59.87	00:26:28.16
52	65/178	15/24	205	Joel Zook	M	34	Decorah	IA	8:34	00:27:09.92	00:26:38.37
53	66/178	14/20	204	Dan O'malley	M	47	Waterloo	IA	8:35	00:26:56.35	00:26:41.82
54	67/178	15/20	254	Matthew Deeney	M	40	Decorah	IA	8:38	00:27:00.26	00:26:50.15
55	68/178	16/24	135	Andrew Ruble	M	32	Ixonia	WI	8:39	00:27:22.33	00:26:53.72
56	70/178	17/24	117	Jordan Bles	M	39	Des Moines	IA	8:49	00:27:39.98	00:27:24.21
57	73/178	1/3	150	Paul Mullen	M	63	Decorah	IA	9:04	00:28:29.08	00:28:12.07
58	74/178	18/24	250	John Fretham	M	38	Decorah	IA	9:05	00:28:43.28	00:28:15.67
59	75/178	6/9	189	Cheuang Kavan	M	52	Decorah	IA	9:09	00:28:32.12	00:28:27.80
60	78/178	16/20	287	Andy Carlson	M	41	Decorah	IA	9:13	00:28:54.05	00:28:38.28
61	79/178	17/20	180	Travis Henning	M	44	Eugene	OR	9:16	00:29:03.79	00:28:48.67
62	80/178	18/20	192	Bryan Wood	M	44	Dike	IA	9:17	00:28:59.87	00:28:50.76
63	83/178	7/9	183	Jim Kaus	M	57	Waterloo	IA	9:23	00:29:28.35	00:29:10.22
64	89/178	19/24	136	Michael Ruble	M	37	Hawthorne	CA	9:37	00:30:09.97	00:29:54.86
65	92/178	2/3	288	Kim Wander	M	60	West Union	IA	9:44	00:30:23.98	00:30:16.45
66	98/178	6/13	169	Nolan Dix	M	27	Decorah	IA	9:58	00:31:12.30	00:30:59.01
67	99/178	7/13	272	Chantz Rodriguez	M	27	Chicago	IL	10:09	00:31:34.01	00:31:34.01
68	101/178	8/13	105	Landan Paulsen	M	24	Cresco	IA	10:14	00:32:23.14	00:31:48.40
69	102/178	8/9	104	Keith Krentz	M	57	Cresco	IA	10:14	00:32:25.13	00:31:49.06
70	103/178	9/13	275	James Mulvihill	M	29	Decorah	IA	10:17	00:32:19.38	00:31:58.89
71	104/178	20/24	142	Matt Kiak	M	33	Atlanta	GA	10:17	00:32:27.13	00:32:00.04
72	106/178	21/24	144	Troy Gardner	M	39	Decorah	IA	10:21	00:32:34.88	00:32:10.50
73	108/178	22/24	321	Josh Espinosa	M	32	Dallas	TX	10:27	00:33:17.00	00:32:30.00
74	109/178	23/24	162	Matthew Olson	M	33	Decorah	IA	10:27	00:33:17.55	00:32:30.41
75	117/178	8/8	219	Laquin Reynolds-Dunlap	M	15	Decorah	IA	10:38	00:33:14.63	00:33:05.05
76	118/178	1/2	110	Larry Schultz	M	70	Postville	IA	10:43	00:33:30.13	00:33:19.09
77	120/178	6/7	146	Eli Crandell	M	11	New Hope	MN	10:48	00:33:41.13	00:33:34.43
78	125/178	10/13	225	Bryce Hosting	M	23	Decorah	IA	11:08	00:35:03.08	00:34:38.05
79	126/178	9/9	227	Alan Hosting	M	57	Decorah	IA	11:08	00:35:03.38	00:34:38.14
80	127/178	24/24	273	Cody Boots	M	32	Decorah	IA	11:11	00:35:34.14	00:34:46.37
81	133/178	11/13	262	Avery Dugger	M	21	Decorah	IA	11:59	00:37:38.88	00:37:15.08
82	136/178	19/20	147	Jason Shaw	M	44	Decorah	IA	12:15	00:38:28.39	00:38:06.66
83	138/178	12/13	274	Shawn Rodriguez	M	29	Decorah	IA	12:35	00:39:57.38	00:39:08.59
84	140/178	7/7	171	Henry Holtsnider	M	6	Cresco	IA	12:39	00:39:32.01	00:39:20.59
85	141/178	20/20	172	James Holtsnider	M	41	Cresco	IA	12:39	00:39:31.81	00:39:20.76
86	142/178	3/3	248	Paul Trafelet	M	67	Hawkeye	IA	12:42	00:39:38.09	00:39:29.27
87	153/178	13/13	175	Slade Williams	M	29	Blaine	MN	14:43	00:46:30.86	00:45:46.41
88	158/178	2/2	128	Harley Refsal	M	76	Decorah	IA	15:42	00:49:21.07	00:48:48.06