

WFRA Norway5K 2023 Results

Top 3 Females	
Donna Langerfeld	27:23.5
Sara Niccoli	31:25.1
Katina Sayers	33:22.4

Top 3 Males	
Eric Sambolec	26:11.8
David Kania	27:11.1
Matt Westerlund	28:24.4

Place	Bib	Last Name	First Name	Time
1	240	Sambolec	Eric	26:11.8
2	259	Kania	David	27:11.1
3	261	Langerfeld	Donna	27:23.5
4	251	Westerlund	Matthew	28:24.4
5	238	Imbriaco	Joseph	28:48.8
6	254	Zalocha	Tony	29:37.9
7	187	Brand	Jeremy	30:20.3
8	194	Dynka	Andrew	30:24.2
9	230	Griffith	Shaun	31:00.2
10	272	Niccoli	Sara	31:25.1
11	244	Thomas	Ben	31:43.2
12	248	Van Orman	William	32:07.2

13	189	Burd	Kenneth	32:07.7
14	265	Mayville	Frank	32:56.5
15	241	Sayers	Katina	33:22.4
16	258	Kaercher	Nate	33:36.4
17	235	Hilton	Kip	33:46.0
18	252	Wetterhahn	Lauren	33:57.0
19	234	Henderson	Kris	34:04.1
20	276	Pratt	Joshua	35:12.9
21	180	Albrecht	Peter	35:16.1
22	233	Hawthorne	Randy	35:24.1
23	266	McFalls	Thomas	35:27.8
24	197	Garvey	Kevin	36:07.6
25	198	Gibbs	Alyssa	36:10.6
26	281	Rechlin	Elliot	36:17.2
27	283	Ridenour	Sarah	36:22.5
28	286	Kester	Mike	37:23.4
29	250	Westerlund	Tracey	37:58.3
30	195	Eldridge	Stephanie	38:00.3
31	284	Rudd	Elizabeth	38:02.2
32	186	Bonk	Noel	38:25.1
33	264	Lupia	Tony	38:58.9
34	255	Jennings	Keirsten	39:14.6
35	231	Halsey	Justin	39:41.1
36	287	Conley	Jeff	39:53.1
37	193	Cook	Cheryl	39:53.7
38	191	Burns	Karen	40:21.9

39	190	Burns	Gary	40:22.5
40	199	Gibbs	Paul	40:34.1
41	243	Stiles	Michelle	40:44.5
42	268	Miner	James	40:58.1
43	273	O'Shaughnessy	Dawn	41:02.5
44	293	Bagalonis	Lytic	41:59.0
45	256	Jerome	Anna	42:55.6
46	260	King	Miranda	43:45.6
47	188	Brann	Scott	44:09.1
48	277	Proud	Alysha	45:16.4
49	227	Gilbert	Sherry	46:04.3
50	263	Lupia	Kim	46:29.8
51	275	Poole	Lynda	46:59.5
52	280	Rechlin	David	47:52.4
53	279	Raymond	Jennifer	47:59.1
54	242	Stewart	Cindy	48:36.0
55	181	Bagalonis	Michael	50:11.8
56	192	Clark	Kyle	50:20.0
57	285	Griffin	Chary	55:43.0
58	228	Gonyea	Kelli	56:23.2
59	267	McNamara	Robert	56:39.2
60	182	Bagalonis	Amanda	58:54.4
61	271	Murray	Mark	1.08:34.7
62	270	Murray	Sara	1.13:56.2
63	269	Muhrer	Sarah	1.13:59.2
64	262	Long	Caela	1.14:00.3

65	291	Hall	R Marshall	1.21:22.5
66	249	Venkatesulu	Debie	1.21:25.8
67	229	Good	Chris	1.21:28.4
68	288	Kate	Erin	1.22:36.3
69	289	Chase	Tim	1.22:36.9
70	292	Madden	Lisa Marie	1.22:37.8
71	290	Hall	Mar	1.22:46.1
72	278	Quirk	Kim	1.23:01.2