

Fast Before the Feast 5k 2009  
 Tri Fitness Training Center - White Bear Lake  
 Nov. 26, 2009

ID#	PLACE	CLASS PLACE	FINISHER	TIME	PACE
5:00 Pace					
389	1	1 M20	Jason Phillippi	23 M Hugo	MN 16:43.0 5:24
234	2	1 U20	Andrew Carlson	19 M White Bear Lake	MN 16:52.9 5:27
187	3	2 M20	James Fay	21 M Moorehead	MN 16:57.8 5:28
132	4	3 M20	Luke Windholtz	20 M MN	17:10.7 5:32
120	5	2 U20	John Soucherey	17 M Woodbury	MN 17:11.4 5:33
275	6	4 M20	Andrew Goldstein	22 M North Oaks	MN 18:12.8 5:52
499	7	1 M30	Sami Rush	30 M Minnetonka	MN 18:14.2 5:53
6:00 Pace					
494	8	3 U20	Adam Luecke	14 M White Bear Lake	MN 18:44.0 6:03
411	9	4 U20	Henry Rudolph	14 M Shoreview	MN 18:47.3 6:04
149	1	1 W35	Janet Ochocki	38 F Minneapolis	MN 18:51.0 6:05
365	10	1 M25	Aaron Olson	27 M White Bear Lake	MN 19:01.0 6:08
456	2	1 W30	Christine Volkmann	30 F White Bear Lake	MN 19:04.4 6:09
331	11	5 U20	Matther Longen	16 M Centerville	MN 19:06.8 6:10
237	12	6 U20	Colin Charpentie	16 M North Branch	MN 19:31.4 6:18
295	13	2 M25	Matthew Hanke	28 M Woodbury	MN 19:45.0 6:22
184	3	1 W25	Elli Johnson	28 F Maplewood	MN 19:47.5 6:23
148	14	1 M40	Brian Ochucki	41 M Maplewood	MN 19:49.4 6:24
264	15	1 M55	Aaron Folsom	56 M North Oaks	MN 20:08.1 6:30
350	16	2 M55	Rick Nelson	55 M North St. Paul	MN 20:09.1 6:30
296	17	2 M30	Michael Hlusak	33 M Fridley	MN 20:10.7 6:31
252	18	1 M50	Brad Dixon	50 M Woodbury	MN 20:16.5 6:32
427	19	7 U20	Kari Solberg	14 M White Bear Lake	MN 20:23.6 6:35
337	20	2 M50	Jeff Malean	50 M Hudson	MN 20:25.5 6:35
319	21	3 M50	Ron Koehnle	54 M North St. Paul	MN 20:34.9 6:38
451	22	1 M35	David Treichel	38 M Lino Lakes	MN 20:36.5 6:39
255	23	3 M30	John Ellis	34 M Blaine	20:38.2 6:39
179	24	2 M40	Neil Craigan	41 M Hugo	MN 20:42.0 6:41
217	25	4 M50	Dave Belisle	51 M Somerset	WI 20:50.1 6:43

189	26	8	U20	Willian	Fay	19	M	Hugo	MN	20:50.4	6:43
186	4	1	W20	Amanda	Wickersham	22	F	East Grand Forks	MN	20:50.7	6:43
233	5	1	W45	Laura	Carlson	47	F	White Bear Lake	MN	20:57.2	6:46
195	27	9	U20	Eric	Ashby	18	M	Stillwater	MN	20:58.1	6:46
336	28	10	U20	Devin	Malean	17	M	Maplewood	MN	20:58.5	6:46
415	6	2	W20	Amanda	Schilling	20	F	White Bear Lake	MN	21:01.7	6:47
251	29	4	M30	Joel	Dickey	31	M	St. Paul	MN	21:02.8	6:47
190	30	11	U20	William	Schlafke	12	M	White Bear Township		21:03.9	6:48
329	31	5	M30	Chris	Lahren	34	M	White Bear Lake	MN	21:12.4	6:50
238	32	12	U20	Ean	Charpentie	15	M	North Branch	MN	21:15.6	6:51
342	33	13	U20	Garrett	McCarger	16	M	Lino Lakes	MN	21:23.0	6:54

7:00 Pace

345	34	3	M40	Mark	Merrell	41	M	Mounds View	MN	21:42.4	7:00
170	35	2	M35	Brad	Granley	38	M	Stillwater	MN	21:49.4	7:02
285	36	3	M55	Luke	Harned	57	M	Mahtomedi	MN	21:50.9	7:03
300	7	1	U20	Taylor	Johnson	14	F	Hugo	MN	21:52.6	7:03
277	8	2	W25	Jonelle	Gray	27	F	Ann Arbor	MI	22:04.2	7:07
290	37	3	M35	Scott	Hartwig	36	M	White Bear Lake	MN	22:09.0	7:09
338	38	14	U20	Lucas	Malean	13	M	Maplewood	MN	22:19.7	7:12
121	9	2	U20	Oliva	Norman	14	F	MN		22:24.7	7:14
192	39	4	M55	Mike	Enz	56	M	Arden Hills	MN	22:28.2	7:15
222	40	3	M25	Greg	Drietz	26	M	St. Cloud	MN	22:41.6	7:19
414	41	4	M35	Welsey	Saunders-P	37	M	North St. Paul	MN	22:42.0	7:19
379	10	2	W30	Sarah	Pearce	32	F	Richmond	CA	22:43.2	7:20
265	42	15	U20	Paul	Folsom	17	M	North Oaks	MN	22:45.2	7:20
253	43	5	M55	David	Dow	55	M	White Bear Lake	MN	22:48.5	7:21
207	44	16	U20	Caven	Anderson	15	M	Lino Lakes	MN	23:16.1	7:30
397	45	5	M20	Mike	Potts	23	M	White Bear Lake	MN	23:19.2	7:31
146	46	6	M20	Andrew	Schwarte	22	M	Mounds View	MN	23:27.1	7:34
299	47	1	M65	Harvey	Johnson	68	M	North Branch	MN	23:29.7	7:35
260	48	4	M25	Joel	Erickson	29	M	Shoreview	MN	23:33.3	7:36
317	11	3	W20	Karyn	Koehnle	23	F	North St. Paul	MN	23:34.1	7:36
335	49	17	U20	Alex	Malean	18	M	Maplewood	MN	23:34.9	7:36
453	50	18	U20	Corey	Turner	13	M	Oakdale	MN	23:39.7	7:38
117	12	4	W20	Katie	Ballandby	21	F	MN		23:43.4	7:39
464	51	7	M20	Cody	Zustiak	22	M	North St. Paul	MN	23:48.1	7:41
225	13	3	U20	Elise	Buchman	14	F	Stillwater	MN	23:52.4	7:42
130	14	4	U20	Elizabeth	Windholts	18	F	MN		23:54.5	7:43

461	15	2	W45	Pam	Weier	49	F	Mahtomedi	MN	23:55.3	7:43
425	52	1	M45	Brain	Soderholm	46	M	Prior Lake	MN	23:57.2	7:44
313	53	19	U20	Paul	Kittleson	13	M	White Bear Lake	MN	23:57.7	7:44
311	54	2	M45	David	Kittleson	49	M	White Bear Lake	MN	24:01.2	7:45
486	16	3	W25	Michelle	Mussell	27	F	Hugo	MN	24:03.1	7:46
424	55	5	M25	Jon	Skrip	25	M	Richfield	MN	24:03.5	7:46
487	56	6	M25	Nate	Mussell	27	M	Hugo	MN	24:05.6	7:46
366	17	5	W20	Katie	Olson	21	F	White Bear Lake	MN	24:06.0	7:46
312	18	3	W45	Dawn	Kittleson	46	F	White Bear Lake	MN	24:06.5	7:47
188	57	5	M50	Jim	M Fay	51	M	Hugo	MN	24:13.0	7:49
276	58	7	M25	Stephen	Gray	29	M	Ann Arbor	MI	24:20.8	7:51
241	59	6	M55	John	Chrun	59	M	North Oaks	MN	24:21.6	7:51
212	19	1	W50	Denise	Bakken	50	F	Hudson	WI	24:22.0	7:52
390	60	8	M20	Jeremy	Phillippi	20	M	Hugo	MN	24:22.2	7:52
153	61	20	U20	Noah	Roseen	12	M	Chippewa	WI	24:26.5	7:53
199	62	4	M40	Bob	Foss	41	M	White Bear Lake	MN	24:30.4	7:54
363	63	7	M55	Robb	Olsen	55	M	White Bear Lake	MN	24:41.5	7:58
375	20	5	U20	Jackie	Paul	17	F	White Bear Lake	MN	24:42.6	7:58
182	21	4	W25	Marit	Johnson	25	F	West Desmoines	IA	24:45.1	7:59

8:00 Pace

128	64	2	M65	Lee	Stauffache	68	M	New Brighton	MN	24:53.5	8:02
318	22	6	U20	Kelli	Koehnle	18	F	North St. Paul	MN	24:55.1	8:02
226	65	21	U20	Austin	Bunnell	12	M	Cottage Grove	MN	24:58.2	8:03
351	23	2	W50	Rose	Nelson	53	F	North St. Paul	MN	25:03.0	8:05
353	66	9	M20	Scott	Nelson	20	M	North St. Paul	MN	25:05.3	8:06
227	24	7	U20	Emily	Bunnell	10	F	Cottage Grove	MN	25:07.5	8:06
298	25	1	W55	Peggy	Hunter	58	F	White Bear Lake	MN	25:08.0	8:06
139	67	5	M40	Tom	Willkom	42	M	Maplewood	MN	25:11.1	8:07
152	26	8	U20	Kelli	Kalpakoff	12	F	Little Falls	MN	25:20.4	8:10
433	27	3	W30	Jen	Surla	32	F	Minneapolis	MN	25:20.7	8:11
228	68	3	M45	Tim	Bunnell	45	M	Cottage Grove	MN	25:22.2	8:11
246	69	4	M45	Jim	Cooper	48	M	White Bear Township		25:22.6	8:11
474	70	22	U20	Jacob	Swanson	16	M	White Bear Lake	MN	25:24.0	8:12
151	28	4	W45	Tami	Kalpakoff	46	F	Little Falls	MN	25:24.9	8:12
339	71	10	M20	Josh	Mansee	22	M	Vadnais Heights	MN	25:27.5	8:13
360	72	8	M25	Ben	Oeth	26	M	St. Louis Park	MN	25:27.9	8:13
420	29	9	U20	Claire	Schraufnag	12	F	North Branch	MN	25:30.8	8:14
108	73	6	M30	Matthew	Gray	33	M	Fridley	MN	25:32.2	8:14

294	30	6	W20	Traci	Haugen	22	F	River Falls	MN	25:33.4	8:15
196	74	6	M50	Mark	Ashby	53	M	Stillwater	MN	25:37.3	8:16
321	75	7	M50	Wayne	Komerek	50	M	Circle Pines	MN	25:47.9	8:19
316	76	23	U20	Tim	Klauer	14	M	White Bear Lake	MN	25:49.7	8:20
428	77	24	U20	Peder	Solberg	12	M	White Bear Lake	MN	25:51.7	8:21
138	31	5	W25	Leia	Ritt	27	F	St. Paul	MN	25:53.5	8:21
387	32	2	W35	Tiffany	Petronack	35	F	Hugo	MN	26:01.3	8:24
224	78	25	U20	Cole	Bredahl	11	M	Maplewood	MN	26:07.1	8:25
297	33	4	W30	Wati	Hlusak	32	F	Fridley	MN	26:08.2	8:26
163	79	7	M30	David	Hart	33	M	Maple Grove	MN	26:16.9	8:29
484	80	8	M30	Dan	Oehlerts	34	M			26:21.4	8:30
485	34	5	W30	Sarah	Oehlerts	34	F			26:26.1	8:32
429	81	26	U20	Tryg	Solberg	9	M	White Bear Lake	MN	26:27.8	8:32
471	35	10	U20	Sami	Woehrle	17	F	Vadnais Heights	MN	26:30.7	8:33
314	36	11	U20	Stephanie	Klauer	17	F	White Bear Lake	MN	26:33.3	8:34
197	37	12	U20	Dana	Ashby	19	F	Stillwater	MN	26:35.8	8:35
394	38	1	W40	Michelle	Pohpam	44	F	Lino Lakes	MN	26:38.3	8:36
167	82	6	M40	Bill	Walsh	43	M	White Bear Lake	MN	26:38.7	8:36
426	83	5	M45	Ryan	Solberg	48	M	White Bear Lake	MN	26:39.3	8:36
403	84	8	M50	David	Richter	50	M	White Bear Lake	MN	26:44.3	8:38
333	39	6	W30	Amber	Lynch	32	F	Minneapolis	MN	26:47.3	8:38
191	40	5	W45	Christine	Schlafke	46	F	White Bear Township		26:48.6	8:39
419	85	7	M40	Scott	Schraufnag	43	M	North Branch	MN	26:49.4	8:39
245	86			Stephen	Clysdale		M	Mahtomedi	MN	26:52.4	8:40
444	87	27	U20	Jordan	Thompson	15	M	Lino Lakes	MN	26:57.8	8:42
262	41	2	W40	Linda	Evert	41	F	Circle Pines	MN	26:58.8	8:42
404	88	9	M50	Mark	Richter	52	M	Oakdale	MN	27:00.9	8:43
274	42	3	W40	Jeanne	Giernet	42	F	Maplewood	MN	27:03.2	8:44
208	89	8	M40	Darrell	Anderson	40	M	Lino Lakes	MN	27:13.6	8:47
287	43			Jennifer	Hart		F	White Bear Lake	MN	27:20.0	8:49
289	44	13	U20	Valora	Hart	9	F	Stillwater	MN	27:22.4	8:50
140	90	11	M20	Jeff	Carpenter	23	M	Cottage Grove	MN	27:23.4	8:50
183	45	2	W55	Jane	Hogan	56	F	Vadnais Heights	MN	27:24.5	8:50
144	91	12	M20	Clayton	Benjamin	24	M	Lino Lakes	MN	27:25.6	8:51
498	46	1	W60	Nancy	Rush	61	F	Minnetonka	MN	27:29.1	8:52
483	47	14	U20	Maddie	Brandt	17	F	Mahtomedi	MN	27:29.7	8:52
194	92	6	M45	Rick	Williams	45	M	Stillwater	MN	27:30.6	8:52
315	48	6	W45	Theresa	Klauer	46	F	White Bear Lake	MN	27:32.5	8:53

406	93	9	M30	Jake	Riley	32	M	Hudson	WI	27:32.9	8:53
492	94	7	M45	Mike	McHugh	47	M	Vadnais Heights	MN	27:33.5	8:53
436	95	10	M50	Kevin	Sweeny	52	M	Maple Grove	MN	27:40.5	8:56
475	96	1	M60	Steve	Peterson	64	M	White Bear Lake	MN	27:43.6	8:57
201	49	4	W40	Teresa	Foss	41	F	White Bear Lake	MN	27:44.2	8:57
328	50	7	W30	Katie	Lafleur	30	F	Woodbury	MN	27:50.6	8:59
412	97	28	U20	Mitchell	Rudolph	19	M	Shoreview	MN	27:51.8	8:59

9:00 Pace

413	98	8	M45	Randy	Rudolph	47	M	Shoreview	MN	27:52.6	9:00
410	51	7	W45	Connie	Rudolph	48	F	Shoreview	MN	27:54.8	9:00
250	99	9	M45	Paul	Dawson	45	M	White Bear Lake	MN	27:56.0	9:01
123	100	5	M35	Randy	Schmidt	37	M	White Bear Lake	MN	27:56.4	9:01
154	52	3	W35	Jessica	Roseen	38	F	Wi		28:07.5	9:04
407	53	8	W30	Gina	Riley	34	F	Hudson	WI	28:07.9	9:04
493	54	8	W45	Alicia	McHugh	46	F	Vadnais Heights	MN	28:08.1	9:05
109	55	3	W50	Cindy	Angerhofer	51	F	Circle Pines	MN	28:08.8	9:05
472	101	10	M45	Mike	Woehrle	48	M	Vadnais Heights	MN	28:09.9	9:05
310	56	9	W30	Chelsea	Kimpton	33	F	White Bear Lake	MN	28:11.5	9:06
131	57	15	U20	Rebecca	Windholts	16	F	MN		28:18.3	9:08
445	102	11	M45	Paul	Thompson	49	M	Lino Lakes	MN	28:20.0	9:08
439	58	4	W35	Krista	Sweeny	35	F	St. Paul	MN	28:21.4	9:09
261	59	6	W25	Sara	Jane Erick	28	F	Shoreview	MN	28:26.1	9:10
118	103	10	M30	Matthew	Cass	32	M	MN		28:28.8	9:11
490	104	29	U20	Jack	McKeague	10	M	MN		28:29.5	9:11
369	105	2	M60	Michael	Oneil	61	M	Mahtomedi	MN	28:29.7	9:12
489	60	5	W35	Kris	McKeague	36	F	MN		28:33.8	9:13
293	61	16	U20	Alexandra	Hassel	13	F	Vadnais Heights	MN	28:41.5	9:15
174	106	11	M30	Mat	Lindquist	32	M	Shoreview	MN	28:43.0	9:16
266	107	30	U20	Alex	Fuller	8	M	Centerville	MN	28:43.8	9:16
268	108	31	U20	Jackson	Fuller	5	M	Centerville	MN	28:44.9	9:16
267	109	6	M35	Bryce	Fuller	37	M	Centerville	MN	28:46.5	9:17
422	110	7	M35	Jeff	Shaw	38	M	White Bear Lake	MN	28:49.0	9:18
377	62	7	W20	Kristen	Paul	22	F	White Bear Lake	MN	28:49.8	9:18
348	63	7	W25	Kristen	Morse	28	F	Apple Valley	MN	28:52.1	9:19
347	64	8	W25	Angie	Morse	26	F	Apple Valley	MN	28:52.4	9:19
481	111	12	M30	Jim	Harmes	30	M	Lino Lakes	MN	28:53.2	9:19
482	112	32	U20	Josh	Harmes	8	M	Lino Lakes	MN	28:54.3	9:19
126	113	13	M30	Jay	Guerin	31	M	Shoreview	MN	28:55.8	9:20

392	114	11	M50	Mat	Pohpam	50	M	Lino Lakes	MN	28:57.0	9:20
393	115	9	M25	Luke	Pohpam	28	M	Lino Lakes	MN	28:57.4	9:20
452	116	1	M70	Rich	Trochman	72	M	Spring Lake Park	MN	29:05.3	9:23
236	117	10	M25	Ryan	Chamberlia	28	M	Maplewood	MN	29:06.0	9:23
235	118	8	M55	Roger	Chamberlai	57	M	North Oaks	MN	29:09.5	9:24
374	119	11	M25	Fred	Paul	25	M	Shoreview	MN	29:09.9	9:24
376	65	17	U20	Maddie	Paul	19	F	White Bear Lake	MN	29:12.1	9:25
434	120	12	M50	Kevin	Swanson	51	M	Elk River	MN	29:12.6	9:25
173	66	9	W25	Monique	Lindquist	26	F	Shoreview	MN	29:13.1	9:26
497	67	10	W30	Anne	Estes	32	F	Minneapolis	MN	29:13.5	9:26
454	68	6	W35	Laura	Turner	36	F	Maplewood	MN	29:13.8	9:26
107	69	11	W30	Erin	Gray	30	F	MN		29:20.1	9:28
359	121	9	M55	Jim	Odonnell	55	M	White Bear Lake	MN	29:20.5	9:28
219	70	8	W20	Katie	Bild	24	F	Lakeland	MN	29:21.6	9:28
385	71	7	W35	Melissa	Petrich	35	F	White Bear Lake	MN	29:24.9	9:29
488	72	18	U20	Laura	Edwards	18	F	Hugo	MN	29:25.2	9:29
383	73	19	U20	Brooklyn	Petrich	18	F	White Bear Lake	MN	29:26.2	9:30
340	74	4	W50	Sandra	Mansee	50	F	Vadnais Heights	MN	29:29.5	9:31
113	122	12	M45	Juan	Antavia	46	M	MN		29:30.3	9:31
408	75	9	W20	Alanna	Riley	24	F	Stillwater	MN	29:30.6	9:31
447	76	10	W20	Tara	Tierney	24	F	Stillwater	MN	29:33.8	9:32
402	123	33	U20	Zach	Reicher	9	M	White Bear Lake	MN	29:34.2	9:32
401	77	12	W30	Elena	Reicher	31	F	White Bear Lake	MN	29:34.6	9:32
468	78	10	W25	Christie	Skrip	28	F			29:34.9	9:33
244	79	20	U20	Morgan	Ciccotelli	9	F	Medina	MN	29:36.3	9:33
243	124	9	M40	Johnathan	Ciccotelli	43	M	Medina	MN	29:37.1	9:33
119	125	8	M35	Chad	Wiese	35	M	Stillwater	MN	29:38.2	9:34
399	80	13	W30	Mary	Ranalla	34	F	Stillwater	MN	29:41.0	9:35
110	126	13	M50	Will	Rogers	53	M	White Bear Lake	MN	29:43.3	9:35
248	127	34	U20	Andrew	Hollenbeck	10	M	Coon Rapids	MN	29:44.0	9:35
249	128	9	M35	Brian	Hollenbeck	37	M	Coon Rapids	MN	29:47.1	9:36
466	81	11	W25	Carrie	Skrip Acke	29	F			29:53.0	9:38
272	82	11	W20	Britta	Gauthier	21	F	Minneapolis	MN	29:53.9	9:39
307	83	12	W20	Kirsten	Kesseboehm	24	F	Minneapolis	MN	29:54.4	9:39
263	84	14	W30	Kristen	Fleming	34	F	White Bear Lake	MN	29:58.8	9:40
409	85	9	W45	Mary	Rowe	48	F	Maplewood	MN	29:59.3	9:40
270	86	5	W40	Marilyn	Galloway	44	F	Vadnais Heights	MN	29:59.8	9:41
438	87	12	W25	Brianna	Sweeny	27	F	Maple Grove	MN	30:00.4	9:41

271	129	13	M20	Ryan	Galloway	22	M	Vadnais Heights	MN	30:08.0	9:43
269	130	14	M50	Juan	Galloway	52	M	Vadnais Heights	MN	30:36.5	9:52
446	88	13	W20	Lindsey	Thompson	21	F	Lino Lakes	MN	30:40.1	9:54
467	89	2	W60	Cathy	Skrip	61	F			30:43.3	9:55
278	90	15	W30	Wendy	Griffin	34	F	Lino Lakes	MN	30:44.7	9:55
206	91	13	W25	Lacey	Ahlers	27	F	Hudson	WI	30:49.3	9:57
367	131	14	M20	Chris	Olson	23	M	Hugo	MN	30:50.2	9:57
368	92	14	W20	Christina	Olson	23	F	Hugo	MN	30:58.1	9:59

10:00 Pace

306	132	13	M45	Maureen	Kelm	45	M	White Bear Lake	MN	30:58.8	10:00
125	93	6	W40	Lynn	Hunt	44	F	Rockford	MT	31:00.8	10:00
418	133	15	M20	Ricky	Schmidt	23	M	White Bear Lake	MN	31:01.7	10:01
405	94	15	W20	Shannon	Richter	20	F	White Bear Lake	MN	31:05.2	10:02
458	95	8	W35	Jessica	Walton	37	F	White Bear Township		31:05.9	10:02
457	134	10	M35	Jamison	Walton	37	M	White Bear Township		31:11.8	10:04
142	96	16	W30	Becky	Kent	34	F	MN		31:13.7	10:04
143	135	14	M30	Miles	Carlson	32	M	MN		31:16.8	10:05
382	136	16	M20	Preston	Petermeier	20	M	Greenwald	MN	31:17.8	10:06
398	97	21	U20	Natasha	Radunz	14	F	Willerniw	MN	31:18.9	10:06
491	98	16	W20	Lexie	Weibel	24	F	White Bear Lake	MN	31:20.4	10:07
291	99	10	W45	Theresa	Hassel	47	F	Vadnais Heights	MN	31:21.2	10:07
346	100	17	W30	Sara	Mitzuk	32	F	Hugo	MN	31:21.6	10:07
430	101	9	W35	Amy	Stafford	39	F	Woodbury	MN	31:23.5	10:08
469	102	5	W50	Lois	Beaudry	54	F	Oakdale	MN	31:23.8	10:08
161	137	12	M25	Jack	Combest	28	M	Shoreview	MN	31:24.7	10:08
141	103	17	W20	Gerilyn	Carpenter	24	F	Cottage Grove	MN	31:28.6	10:09
257	104	11	W45	Kris	Emerson	48	F	Hugo	MN	31:33.0	10:11
364	105	6	W50	Ginger	Olson	54	F	White Bear Lake	MN	31:33.3	10:11
356	106	10	W35	Mayra	Oberto	39	F	Shoreview	MN	31:34.5	10:11
352	107			Sandy	Nelson		F	Shoreview	MN	31:34.9	10:11
441	108	14	W25	Laura	Szondy	25	F	Hugo	MN	31:35.2	10:11
440	109	15	W25	Jessica	Szondy	27	F	Hugo	MN	31:37.5	10:12
180	110	22	U20	Micheala	Craigian	10	F	Hugo	MN	31:52.5	10:17
129	111	18	W20	Kelly	Vanbooren	24	F	Wi		31:56.4	10:18
162	112	16	W25	Katherine	Ojalvo	26	F	Shoreview	MN	31:56.8	10:18
459	113	11	W35	Angela	Way	36	F	Vadnais Heights	MN	32:04.2	10:21
166	114	12	W45	Ginny	Hansen	48	F	Arden Hills	MN	32:14.5	10:24
256	138	14	M45	Marty	Emerson	46	M	Hugo	MN	32:15.2	10:24

450	115	12	W35	Sharron	Treichel	36	F	Lino Lakes	MN	32:21.7	10:26
122	116	18	W30	Shannon	Schmidt	30	F	White Bear Lake	MN	32:22.5	10:27
463	117	13	W35	Cheri	Zajac	38	F	St. Michael	MN	32:24.3	10:27
111	139	11	M35	Blue	Stedt	39	M	Dellwoon	MN	32:49.9	10:35
181	118	23	U20	Claire	Craigian	12	F	Hugo	MN	32:50.6	10:36
460	140	15	M50	Jeff	Weideman	52	M	Roseville	MN	33:04.5	10:40
476	119	17	W25	Sara	Lindberg	25	F	White Bear Lake	MN	33:04.9	10:40
178	120	7	W40	Jennifer	Craigian	40	F	Hugo	MN	33:06.3	10:41
213	121	19	W20	Jessica	Bankers	24	F	Shoreview	MN	33:14.2	10:43
502	141	10	M40	Dan	Bolem	40	M	Maplewood	MN	33:18.4	10:45
341	122	24	U20	Emy	Marier	18	F	Hugo	MN	33:21.0	10:45
354	123	25	U20	Hannah	Nethercut	18	F	Hugo	MN	33:22.3	10:46
210	124	14	W35	Christine	Anderson	36	F	White Bear Lake	MN	33:25.4	10:47
220	125	15	W35	Jennie	Boland	37	F	Hugo	MN	33:26.4	10:47
416	126	19	W30	Laura	Schmidt	30	F	Forest Lake	MN	33:27.4	10:48
503	127	16	W35	Sinona	Bolen	38	F	Maplewood	MN	33:29.9	10:48
322	128	20	W30	Heather	Kramer	33	F	Circle Pines	MN	33:34.2	10:50
203	129	26	U20	Sarah	Peck	13	F	Lino Lakes	MN	33:41.6	10:52
343	130	7	W50	Marjean	McElrath	54	F	Vadnais Heights	MN	33:45.9	10:53
380	131	8	W40	Elizabeth	Persico	43	F	Shoreview	MN	33:48.9	10:54
391	132	17	W35	Justina	Pope	39	F	Woodbury	MN	33:53.6	10:56
223	133	20	W20	Natalie	Mold	22	F	White Bear Lake	MN	33:59.8	10:58
320	134	21	W20	Gina	Koerner	24	F	White Bear Lake	MN	34:00.4	10:58

11:00 Pace

400	135	9	W40	Jennifer	Ranalla	40	F	Stillwater	MN	34:18.5	11:04
349	136	13	W45	Jo	Anne Murph	48	F	White Bear Lake	MN	34:23.0	11:05
185	137	18	W35	Suzanne	Montgomery	39	F	Lino Lakes	MN	34:23.6	11:06
302	138	22	W20	Cathy	Joyce	20	F	Maplewood	MN	34:32.5	11:09
303	139	27	U20	Patricia	Joyce	19	F	Maplewood	MN	34:33.2	11:09
449	142	15	M30	Jason	Tischer	34	M	Blaine	MN	34:42.2	11:12
448	140	21	W30	Emily	Tischer	31	F	Blaine	MN	34:53.3	11:15
112	141	10	W40	Jennifer	Stedt	43	F	Dellwoon	MN	34:57.9	11:17
114	143	12	M35	Tony	Lightfoot	38	M			34:58.2	11:17
323	142	28	U20	Allison	Krattley	13	F	East Troy	WI	34:59.8	11:17
326	144	15	M45	Michael	Krattley	46	M	East Troy	WI	35:03.6	11:19
147	143	18	W25	Jillian	Schwarze	25	F	Mounds View	MN	35:10.4	11:21
501	144	14	W45	Sandy	Arcand	45	F	Little Canada	MN	35:10.7	11:21
205	145	15	W45	Heike	Ahlers	49	F	Hudson	WI	35:11.5	11:21

455	146	11	W40	Aimee	Viniard-We	44	F	Roseville	MN	35:28.2	11:27
136	147	29	U20	Cindy	Paulson	18	F	MN		35:31.2	11:27
135	148	23	W20	Melissa	Paulson	22	F	MN		35:31.8	11:28
137	145	13	M25	Ted	Paulson	27	M	MN		35:32.3	11:28
134	149	19	W25	Janie	Paulson	28	F	MN		35:35.6	11:29
133	146	16	M30	Will	Paulson	30	M	MN		35:36.2	11:29
370	150	19	W35	Kelly	Oneil	37	F	Mahtomedi	MN	35:41.0	11:31
209	151	16	W45	Donna	Anderson	45	F	Maplewood	MN	35:54.8	11:35
216	147	13	M35	Mike	Belde	35	M	Forest Lake	MN	36:06.2	11:39
247	152	22	W30	Tammy	Cortes	34	F	Hugo	MN	36:25.9	11:45
284	148	3	M60	Rich	Hansen	61	M	Hugo	MN	36:27.6	11:46
254	153	17	W45	Mary	Dow-Bunnel	45	F	Cottage Grove	MN	36:28.6	11:46

12:00 Pace

221	154	24	W20	Jennifer	Branzovsky	24	F	Minneapolis	MN	37:14.7	12:01
215	155	23	W30	Jessica	Bartels	31	F	Hugo	MN	37:28.5	12:05
273	156	8	W50	Sherry	Gregen	52	F	Hudson	WI	37:28.8	12:05
327	157	24	W30	Jen	Kvidera-Le	34	F	Centerville	MN	37:30.9	12:06
124	149	16	M50	Bob	Dempsey	54	M	White Bear Lake	MN	37:31.2	12:06
279	158	12	W40	Patty	Haines	44	F	Pine City	MN	37:37.2	12:08
258	150	10	M55	Bob	Engh	55	M	White Bear Lake	MN	37:56.4	12:14
378	159	9	W50	Sue	Paul	54	F	White Bear Lake	MN	37:59.8	12:15
423	160	25	W30	Sarah	Shaw	33	F	White Bear Lake	MN	38:02.1	12:16
421	161	30	U20	Abby	Schraufnag	15	F	North Branch	MN	38:30.4	12:25
344	151	11	M55	David	Merideth	58	M	Lino Lakes	MN	38:36.8	12:27
470	162	31	U20	Katie	Woehrie	14	F	Vadnais Heights	MN	39:28.8	12:44
473	163	13	W40	Sue	Woehrle	41	F	Vadnais Heights	MN	39:30.0	12:44
145	164	18	W45	Rodell	Benjamin	48	F	Lino Lakes	MN	40:12.1	12:58

13:00 Pace

371	165	19	W45	Linda	Osterbauer	48	F	White Bear Lake	MN	40:41.6	13:08
150	166	20	W45	Mardi	Dilger	46	F	Vadnais Heights	MN	41:24.9	13:22
115	167	26	W30	Jennifer	Lightfoot	34	F	White Bear Lake	MN	42:09.2	13:36
211	168	20	W35	Laura	Baires Esc	39	F	Woodbury	MN	42:12.7	13:37
214	169	10	W50	Lanette	Barnes	52	F	Hudson	WI	42:17.6	13:39
332	170	21	W45	Heidi	Losinski	48	F	Mahtomedi	MN	42:25.1	13:41
177	171	22	W45	Carole	Schilling	49	F	White Bear Lake	MN	42:25.8	13:41
478	172	27	W30	Sarah	Hill	34	F	Blaine	MN	43:04.0	13:54

14:00 Pace

442	173	1	W65	Tepper	Sharon	65	F	Hudson	WI	43:36.2	14:04
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443	174	21	W35	Stacy	Sharon	35	F	Hudson	WI	43:36.4	14:04
193	175	3	W55	Pam	Enz	56	F	Arden Hills	MN	43:46.1	14:07
283	152	14	M35	Mark	Hansen	38	M	Shoreview	MN	43:48.3	14:08
281	176	32	U20	Kate	Hansen	8	F	Shoreview	MN	44:03.3	14:13
158	153	17	M50	Chris	Knoedler	51	M	North Oaks	MN	44:03.9	14:13
308	177	11	W50	Maureen	Kimmes	52	F	Lino Lakes	MN	45:04.7	14:32
309	154	18	M50	Jack	Kimmes	51	M	Lino Lakes	MN	45:05.2	14:33
324	178	33	U20	Emily	Krattley	11	F	East Troy	WI	45:21.6	14:38
325	179	14	W40	Jean	Krattley	44	F	East Troy	WI	45:22.2	14:38
495	180	28	W30	Teresa	Knoedler	31	F	Minneapolis	MN	46:14.9	14:55
156	155	35	U20	Colin	Knoedler	15	M	North Oaks	MN	46:15.6	14:55
373	181	12	W50	Ginny	Pastorious	54	F	White Bear Lake	MN	46:19.3	14:57
355	182	13	W50	Carla	Nielsen	52	F	White Bear Lake	MN	46:20.1	14:57

15:00 Pace

432	183	15	W40	Carla	Suchy	44	F	White Bear Lake	MN	47:12.1	15:14
176	184	16	W40	Angela	Farrington	40	F	Hugo	MN	47:13.4	15:14
175	156	11	M40	Andy	Farrington	42	M	Hugo	MN	47:19.0	15:16
230	185	22	W35	Bev	Carlson	39	F	Apple Valley	MN	47:21.6	15:17
239	186	17	W40	Peggy	Charpentie	41	F	North Branch	MN	47:25.5	15:18
169	187	25	W20	Margaret	Knoedler	23	F	North Oaks	MN	47:29.4	15:19
155	188	14	W50	Ellen	Abeln	51	F	North Oaks	MN	47:29.7	15:19
164	190	34	U20	Emily	Peck	16	F	Lino Lakes	MN	47:37.2	15:22
104	191	20	W25	Rachel	Gliske	28	F	Roseville	MN	47:41.2	15:23
105	192	21	W25	Jennifer	Stedge	29	F	Hugo	MN	47:55.9	15:28
159	193	27	W20	Isabel	Ojalvo	24	F	Shoreview	MN	48:44.6	15:43
384	157	15	M35	Mark	Petrich	36	M	White Bear Lake	MN	48:45.0	15:44
386	158	36	U20	Sage	Petrich	11	M	White Bear Lake	MN	48:57.5	15:48
388	194	4	W55	Joyce	Petsch	56	F	North St. Paul	MN	48:57.7	15:48
202	195	35	U20	Megan	Peck	11	F	Lino Lakes	MN	49:05.5	15:50
204	159	16	M45	John	Peck	48	M	Lino Lakes	MN	49:09.6	15:51
218	196	15	W50	Lynne	Blass	54	F	Woodbury	MN	49:10.4	15:52

16:00 Pace

240	197	18	W40	Yeon	Choi	43	F	Maplewood	MN	50:37.4	16:20
242	198	29	W30	Angela	Churchill	32	F	White Bear Lake	MN	51:03.7	16:28
259	199	30	W30	Jen	Engh	32	F	Hudson	WI	51:04.0	16:28

17:00 Pace

280	160	17	M45	Steve	Hamer	48	M	Mahtomedi	MN	54:36.1	17:37
288	200			Sky	Hart		F	White Bear Lake	MN	54:38.0	17:37

435	201	16 W50	Diane	Sweeny	51 F Maple Grove	MN 54:38.3	17:38
437	161	12 M40	Michael	Sweeny	44 M St. Paul	MN 54:39.5	17:38
477	202	2 W65	Patti	Paterson	67 F White Bear Lake	MN 55:15.0	17:49
500	203	23 W45	Cathy	Peck	46 F Lino Lakes	MN 55:16.0	17:50

\* indicates females

1 finishers among Males (no age given)  
 36 finishers among Men Under 20  
 16 finishers among Men 20 - 24  
 13 finishers among Men 25 - 29  
 16 finishers among Men 30 - 34  
 15 finishers among Men 35 - 39  
 12 finishers among Men 40 - 44  
 17 finishers among Men 45 - 49  
 18 finishers among Men 50 - 54  
 11 finishers among Men 55 - 59  
 3 finishers among Men 60 - 64  
 2 finishers among Men 65 - 69  
 1 finishers among Men 70 & Up  
 35 finishers among Women Under 20  
 27 finishers among Women 20 - 24  
 21 finishers among Women 25 - 29  
 30 finishers among Women 30 - 34  
 22 finishers among Women 35 - 39  
 18 finishers among Women 40 - 44  
 23 finishers among Women 45 - 49  
 16 finishers among Women 50 - 54  
 4 finishers among Women 55 - 59  
 2 finishers among Women 60 - 64  
 2 finishers among Women 65 - 69  
 3 finishers among Females (no age given)  
 161 male finishers  
 203 female finishers  
 364 total finishers