

Fast Before the Feast 10k 2009
 Tri Fitness Training Center - White Bear Lake, MN
 Nov. 26, 2009

ID#	PLACE	CLASS PLACE	FINISHER	TIME	PACE
713	1	1	Digger Carlson	48 M White Bear Lake	MN 33:59.0 5:29
721	2	2	Mike Davis	49 M Minneapolis	MN 34:42.5 5:36
777	3	1	Christopher Sachs	29 M White Bear Lake	MN 36:04.2 5:49
6:00 Pace					
702	4	1	Adam Ankrum	37 M Crivitz	WI 37:58.4 6:07
783	5	1	William Sikorski	40 M White Bear Lake	MN 38:02.2 6:08
847	6	2	Paul Eckerle	41 M Madison	WI 38:08.2 6:09
780	7	1	Cody Schultz	21 M Shoreview	MN 39:06.7 6:19
840	8	2	Randy Roseen	38 M Chippewa Falls	WI 39:16.7 6:20
842	1	1	Amber Hertz	23 F Madison	WI 39:21.0 6:21
756	9	2	Pj Maglione	29 M New York	NY 39:21.8 6:21
850	10	1	Brett Chuel	31 M Roseville	MN 39:51.4 6:26
839	11	3	Curtis Sanford	46 M	39:55.5 6:26
727	12	1	Pat Erlandson	50 M Minneapolis	MN 40:23.2 6:31
797	13	3	Chris Vitalis	37 M Hugo	MN 40:38.0 6:33
703	2	1	Laura Ankrum	36 F Crivitz	WI 40:52.4 6:36
826	14	3	Derek Kidwell	25 M Vadnais Heights	MN 41:10.8 6:39
739	15	3	Glenn Holt	41 M Sartell	MN 41:30.8 6:42
784	16	2	Jason Slama	21 M Woodbury	MN 41:41.3 6:43
814	3	1	Allison Brandt	19 F Mahtomedi	MN 42:27.0 6:51
7:00 Pace					
827	17		Johnathan Setz	M New Berlin	WI 43:25.3 7:00
762	4	1	Corey McClay	27 F Minneapolis	MN 43:50.4 7:04
837	18	4	Jason Deshaw	36 M Spring Lake Park	MN 44:19.1 7:09
849	19		#849	M	44:48.5 7:14
786	20	5	Steve Storkamp	36 M Dellwood	MN 44:54.6 7:15
852	21	2	Kent Scharringh	50 M Roseville	MN 45:10.5 7:17
854	22	3	Mark Berens	51 M Oakdale	MN 46:01.4 7:25
808	23	1	Jacob Friendt	15 M Andover	MN 46:17.3 7:28
730	24	4	Peter Frisch	25 M Plymouth	MN 46:45.0 7:32

805	5	2	Laurie	Xiong	36	F	Shoreview	MN	46:45.4	7:32
729	6	1	Vickie	Finnegan	43	F	Stillwater	MN	46:46.9	7:33
846	7	2	Emily	Trapp	24	F	Shoreview	MN	46:49.1	7:33
848	25			#848		M			46:50.1	7:33
757	8	3	Jennifer	Mader	36	F	Hugo	MN	47:06.3	7:36
740	26	4	Brian	Holthus	51	M	Vadnais Heights	MN	47:25.1	7:39
810	27	2	Alex	Hill	34	M	Blaine	MN	47:31.0	7:40
779	28	4	Dave	Schoeller	47	M	White Bear Lake	MN	47:33.7	7:40
838	29	1	David	L Roseen	69	M			47:56.4	7:44
745	30	4	Christopher	Hughes	40	M	White Bear Lake	MN	47:59.0	7:44
722	9	1	Carrie	Davis	33	F			47:59.8	7:44
761	31	5	Gary	Mattesen	42	M	Zimmerman	MN	48:04.4	7:45
754	32	6	Tom	Lawrence	42	M	Roseville	MN	48:06.3	7:46
708	33	2	Dennis	Brewer	68	M	White Bear Lake	MN	48:12.0	7:46
723	34	3	Robby	Davis	34	M			48:25.7	7:49
817	10	2	Debra	Weir	40	F			48:36.3	7:50
816	11	4	Kristin	Marshall	36	F	Hugo	MN	48:38.7	7:51
813	35	5	Bob	Brandt	48	M	Mahtomedi	MN	48:39.7	7:51
835	12	2	Katie	Schlafke	16	F	White Bear Lake	MN	48:40.7	7:51
743	13	3	Elenor	Hughes	20	F	Minneapolis	MN	48:46.4	7:52
767	14	3	Ellen	Middleswar	44	F	Urbandale	IA	48:51.1	7:53
828	15	5	Tracey	Campbell	38	F	Forest Lake	MN	49:00.9	7:54
790	36	1	Bryan	Swenson	55	M	Big Lake	MN	49:19.8	7:57
858	16	3	Kayla	Reiter	15	F			49:20.7	7:58

8:00 Pace

758	37	6	Mike	Manning	49	M	Cottage Grove	MN	49:38.7	8:00
851	17	1	Joy	Pitzl	51	F	Shoreview	MN	50:01.0	8:04
770	18	6	Nikki	Newman	36	F	Centerville	MN	50:05.5	8:05
735	19	4	Marie	Gramer	40	F	Shoreview	MN	50:10.9	8:06
845	38	7	Steve	Dilger	47	M	Vadnais Heights	MN	50:14.2	8:06
859	39	8	Greg	Prokott	47	M	Blaine	MN	50:15.3	8:06
706	20	2	Michelle	Baland	31	F	Hugo	MN	50:22.0	8:07
701	21	5	Karen	Alderfer	44	F	White Bear Lake	MN	50:25.4	8:08
714	40	6	Blaine	Caton	39	M	Stillwater	MN	50:26.1	8:08
728	41	7	Paul	Felipe	44	M	Stillwater	MN	50:33.0	8:09
856	42	9	Keith	Nelson	48	M	White Bear Lake	MN	50:36.9	8:10
788	22		Kathleen	Sweeney		F	Edina	MN	50:37.7	8:10
834	23	3	Katie	Stuemke	32	F	Gem Lake	MN	50:38.4	8:10

821	43	5	Keith	Wolter	28	M	Minneapolis	MN	50:41.4	8:11
720	44	1	Tom	Couillard	60	M	White Bear Lake	MN	50:48.3	8:12
792	24	6	Deanna	Tangwall	44	F	Gem Lake	MN	51:17.4	8:16
725	45	2	David	Dupre	55	M	White Bear Lake	MN	51:28.7	8:18
710	25	7	Sue	Buchman	42	F	Stillwater	MN	51:43.0	8:20
752	46	4	Ben	Lancette	30	M	St. Paul	MN	51:45.9	8:21
791	26	1	Julie	Swenson	55	F	Big Lake	MN	51:58.2	8:23
776	47	8	Jason	Rupert	41	M	Forest Lake	MN	51:59.4	8:23
717	27	4	Rachel	Chiappetta	31	F	Lino Lakes	MN	52:05.6	8:24
778	28	1	Kathy	Scherer	47	F	Mahtomedi	MN	52:09.8	8:25
737	29	2	Holly	Harris	27	F	Sauk Rapids	MN	52:23.9	8:27
773	30	4	Laura	Otrema	19	F	Andover	MN	52:26.5	8:27
731	31	5	Jennifer	Fuller	34	F	Centerville	MN	52:37.3	8:29
815	32	3	Katie	Pederson	28	F	Stillwater	MN	52:38.0	8:29
747	33	8	Heather	Kiehne	40	F	St. Paul	MN	52:43.4	8:30
716	34	9	Amy	Coker	43	F	White Bear Lake	MN	52:54.2	8:32
824	35	6	Alyssa	Slanga	31	F	Vadnais Heights	MN	52:59.1	8:33
836	36	7	Kelly	Osborn	30	F	Hugo	MN	53:03.1	8:33
800	48	5	Chris	Waldoch	32	M	Hugo	MN	53:04.5	8:34
812	37	4	Kelli	Hermes	29	F	Lino Lakes	MN	53:07.4	8:34
843	38	5	Catherine	Young	28	F	Hugo	MN	53:31.3	8:38
844	49	6	Erik	Yang	28	M	Hugo	MN	53:59.4	8:42
802	39	7	Teresa	Willkom	35	F	Maplewood	MN	54:11.3	8:44
865	40	10	Bonnie	Siegel	42	F	Eagan	MN	54:12.1	8:45
774	50	6	Brian	Ramsey	34	M	Minneapolis	MN	54:20.2	8:46
769	41	4	Stefani	Neubeck	23	F	Vadnais Heights	MN	54:21.5	8:46
768	51	5	Ken	Neubeck	52	M	Vadnais Heights	MN	54:23.0	8:46
831	52	6	Glen	Flynn	51	M	Hugo	MN	54:47.1	8:50
799	42	8	Carol	Waldoch	32	F	Hugo	MN	54:48.1	8:50
801	43	6	Valerie	Waldoch	27	F	Hugo	MN	55:04.1	8:53
738	44	11	Michelle	Heinz	40	F	White Bear Lake	MN	55:05.0	8:53
794	45	5	Katrina	Van Hout	21	F	Maplewood	MN	55:08.5	8:54
787	46	12	Colleen	Sweeney	42	F	Minneapolis	MN	55:10.2	8:54
165	47	5	Casey	Schultz	24	F	Shoreview	MN	55:30.6	8:56
711	48	7	Jessica	Burdick	26	F	Blaine	MN	55:32.6	8:58
750	53	7	Rob	Kohl	37	M	Ham Lake	MN	55:35.3	8:58
833	49	2	Julie	Flynn	49	F	Hugo	MN	55:36.2	8:58

9:00 Pace

832	54	3	Adam	Flynn	22	M	Hugo	MN	56:39.0	9:08
798	50	13	Margaret	Vitalis	40	F	West St. Paul	MN	56:41.4	9:09
736	51	9	Vineta	Greene	33	F	Maplewood	MN	56:42.8	9:09
760	52	8	Karrie	Ann Marsha	29	F	Maplewood	MN	56:44.5	9:09
733	55	9	Dan	Gerlach	40	M	Woodbury	MN	56:55.2	9:11
726	53	7	Theresa	Engler	24	F	Bloomington	MN	57:07.3	9:13
724	56	4	Michael	Dornik	23	M	Eden Prairie	MN	57:10.6	9:13
795	57	10	Rich	Van Sickle	40	M	Minneapolis	MN	57:11.8	9:14
863	54	5	Leslie	Schroeder	18	F			57:16.5	9:14
807	55	8	Trish	Martenson	38	F	Lino Lakes	MN	57:17.7	9:14
853	58	7	Jeff	Carpentor	51	M			57:18.7	9:15
862	56	2	Pat	Dempsey	53	F	White Bear Lake	MN	57:24.7	9:16
755	59	3	Steve	Libby	55	M	Arden Hills	MN	57:26.4	9:16
741	57	9	Amy	Homstad	36	F	Two Harbors	MN	57:27.3	9:16
781	58	10	Randi	Setter	35	F	Hugo	MN	57:52.5	9:20
804	59	14	Amy	Worthingha	44	F	Minneapolis	MN	57:59.0	9:21
707	60	8	Bethany	Branzovisk	22	F	Minneapolis	MN	57:59.9	9:21
789	61	9	Hilary	Sweeney	29	F	Minneapolis	MN	58:01.1	9:21
765	62	9	Joy	Murphy	24	F	White Bear Lake	MN	58:06.1	9:22
766	63	6	Rosalyn	Murphy	18	F	White Bear Lake	MN	58:14.0	9:24
818	64	10	Melissa	Villnow	25	F	St. Paul	MN	58:22.2	9:25
861	65	11	Laura	Skadsberg	27	F	Woodbury	MN	58:23.0	9:25
866	66	15	Cathy	Callahan	43	F	White Bear Lake	MN	58:41.8	9:28
855	60	2	Tom	Paulson	61	M	Ham Lake	MN	59:09.4	9:32
811	67	3	Rhonda	Peterson	45	F	Hugo	MN	59:14.8	9:33
759	68	16	Sue	Manning	44	F	Cottage Grove	MN	59:26.8	9:35
822	61	4	John	Knoedler	58	M	North Oaks	MN	1:00:01.8	9:41
841	62	10	Chris	Keran	48	M	Lino Lakes	MN	1:00:27.7	9:45
860	63	7	Ryan	Truesdale	29	M	Burnsville	MN	1:00:28.4	9:45
753	64	8	John	Larson	39	M	White Bear Lake	MN	1:00:29.5	9:45
704	69	3	Dore	Antonello	52	F	Lakeland	MN	1:00:36.3	9:46
782	70	12	Amy	Severson	25	F	White Bear Lake	MN	1:00:37.1	9:47
749	71	13	Megan	Koegel	25	F	Boulder	CO	1:00:37.9	9:47
715	72	4	Jayne	Chatterton	47	F	Cottage Grove	MN	1:00:39.2	9:47
857	73	17	Julie	Feirtng	43	F	White Bear Lake	MN	1:00:40.4	9:47
819	65	9	Thomas	Mack	39	M	Andover	MN	1:00:54.1	9:49
820	74	10	Lori	Mack	32	F	Andover	MN	1:00:55.1	9:50
712	75	11	Melissa	Burt-Ellis	32	F	Blaine	MN	1:01:04.9	9:51

719	76	10	Jenn	Corazzo	22	F	Eagan	MN	1:01:07.8	9:52
734	77	11	Liz	Gliske	24	F	Roseville	MN	1:01:09.3	9:52
796	66	8	Randy	Vaske	50	M	Hugo	MN	1:01:10.2	9:52
803	78	11	Kelly	Wolkerstor	39	F	Stacy	MN	1:01:22.9	9:54
751	79	12	Tracy	Kuchenmeis	38	F	Stacy	MN	1:01:27.6	9:55
864	67	5	Lannim	Houston	58	M	North Oaks	MN	1:01:42.9	9:57
748	68	1	Charles	Kielkopf	74	M	Columbus	OH	1:01:44.3	9:57

10:00 Pace

775	80	13	Susan	Rupert	35	F	Forest Lake	MN	1:02:04.8	10:01
746	69	10	Mike	Jerik	37	M	Burnsville	MN	1:02:35.2	10:06
825	81	14	Melissa	Bauer	37	F	St. Paul	MN	1:02:41.0	10:07
771	82	4	Wendy	Nove	52	F	Minneapolis	MN	1:03:21.6	10:13
793	83	15	Carol	Usher	39	F	Nowthen	MN	1:04:04.8	10:20
809	84	16	Koreen	Friendt	38	F	Andover	MN	1:04:30.2	10:24
718	85	12	Dawn	Collett	31	F	White Bear Lake	MN	1:04:32.7	10:25
772	86	13	Gianna	Olson	31	F	White Bear Lake	MN	1:05:36.8	10:35
764	87	5	Joan	Merideth	53	F	Lino Lakes	MN	1:05:49.8	10:37
742	88	2	Kathy	Houston	58	F	North Oaks	MN	1:06:24.3	10:43
709	89	17	Carrie	Brumond	38	F	White Bear Lake	MN	1:06:49.6	10:47

* indicates females

3 finishers among Males (no age given)

1 finishers among Men Under 20

4 finishers among Men 20 - 24

7 finishers among Men 25 - 29

6 finishers among Men 30 - 34

10 finishers among Men 35 - 39

10 finishers among Men 40 - 44

10 finishers among Men 45 - 49

8 finishers among Men 50 - 54

5 finishers among Men 55 - 59

2 finishers among Men 60 - 64

2 finishers among Men 65 - 69

1 finishers among Men 70 & Up

6 finishers among Women Under 20

10 finishers among Women 20 - 24

13 finishers among Women 25 - 29

13 finishers among Women 30 - 34

17 finishers among Women 35 - 39

17 finishers among Women 40 - 44
4 finishers among Women 45 - 49
5 finishers among Women 50 - 54
2 finishers among Women 55 - 59
1 finishers among Females (no age given)
69 male finishers
88 female finishers
157 total finishers