

FAST BEFORE THE FEAST 10k Results

***** AWARDS LIST *****

***** FEMALE OVERALL RESULTS *****

1	1022	Jayne Chatterton	48	Cottage Grove	MN	38:05
2	1157	Kimberly Scheel	34	mankato	MN	41:30

***** MALE OVERALL RESULTS *****

1	1102	Matt Longen	16	Centerville	MN	37:18
2	1033	Scott Davis	40	Maple Grove	MN	38:07

FEMALE AGE GROUP: 1 - 19

1	387	1220	Janelle Yonker	16	White Bear Lk	MN	47:15
2	449	1140	Amy Pelk	16	Maplewood	MN	54:22

MALE AGE GROUP: 1 - 19

1	391	1016	Isaac Boyd	15	Boyeville	WI	48:15
2	426	1090	Paul Kittleson	14	White Bear Lake	MN	52:37

FEMALE AGE GROUP: 20 - 24

1	363	1209	Alison Brandt	20	Mahtomedi	MN	43:59
2	392	1229	Molly Vazelich	21			48:27

MALE AGE GROUP: 20 - 24

1	359	1186	Mike Vasquez	24	Rosemount	MN	43:29
2	373	1071	Brandon Hersch	23	Duluth	MN	45:29

FEMALE AGE GROUP: 25 - 29

1	374	1208	Heather Malecha	26	Arden Hills	MN	45:30
2	376	1156	Anne Scharenbroich	26	Stillwater	MN	45:53

MALE AGE GROUP: 25 - 29

1	367	1009	Aaron Benson	29	Woodville	WI	44:36
2	425	1031	Robbie Davies	27	White Bear Lake	MN	52:00

FEMALE AGE GROUP: 30 - 34

1	413	1004	Michelle Baland	32	Hugo	MN	49:25
2	420	1110	Jen McKay	32	Duluth	MN	50:41

MALE AGE GROUP: 30 - 34

1	343	1120	Christopher Morris	32	St Louis Park	MN	40:31
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2	352	1226	Brett Chmel	32	St Paul	MN	41:33
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FEMALE AGE GROUP: 35 - 39

1	406	1207	Sarah Hill	35	Blaine	MN	49:11
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2	451	1197	Jennifer Wilke	36	White Bear Lake	MN	54:26
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MALE AGE GROUP: 35 - 39

1	347	1179	Brian Swanson	38	Chicago	IL	41:15
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2	353	1201	Graham Wright	36	St. Paul	MN	41:51
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FEMALE AGE GROUP: 40 - 44

1	412	1099	Victoria Larson	40	Maple Grove	MN	49:24
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2	416	1025	Amy Coker	44	White Bear Lake	MN	50:00
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MALE AGE GROUP: 40 - 44

1	346	1058	Rick Geisen	44	Washburn	WI	40:57
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2	362	1222	Jonathan Pedersen	42	St Paul	MN	43:48
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FEMALE AGE GROUP: 45 - 49

1	369	1150	Kelly Ramacier	48	White Bear Lake	MN	44:56
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2	431	1089	Dawn Kittleson	47	White Bear Lake	MN	52:43
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MALE AGE GROUP: 45 - 49

1	333	1149	Jim Ramacier	47	White Bear Lake	MN	39:18
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2	375	1051	Steve Gacek	46		MN	45:53
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FEMALE AGE GROUP: 50 - 54

1	445	1061	Laura Hansen	52	White Bear Lake	MN	53:59
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2	456	1144	Joy Pitzl	52	Shoreview	MN	54:51
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MALE AGE GROUP: 50 - 54

1	360	1039	Pat Erlandson	51	Minneapolis	MN	43:32
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2	378	1075	Brian Holthus	52	Vadnais Heights	MN	46:18
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FEMALE AGE GROUP: 55 - 59

1	509	1079	Jill Huftel	56	Woodville	WI	1:01:12
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MALE AGE GROUP: 55 - 59

1	380	1036	David Dupre	56	White Bear Lake	MN	46:33
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2	415	1112	Andy Mensing	59	Stillwater	MN	49:52
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FEMALE AGE GROUP: 60 - 64

MALE AGE GROUP: 60 - 64

1	430	1215	Harold Richey	64	Forest Lake	MN	52:43
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2 444 1028 Tom Couillard 61 White Bear Lake MN 53:54

FEMALE AGE GROUP: 65 - 69

MALE AGE GROUP: 65 - 69

1 498 1127 John Ogden 68 Greenwich CT 1:00:08

FEMALE AGE GROUP: 70 - 99

MALE AGE GROUP: 70 - 99

1 547 1086 Charles Kielkopf 75 Columbus OH 1:10:47

FAST BEFORE THE FEAST RESULTS

10K Race

Place	No.	Name	Age	Sex	City	State	Time	Pace
1	1102	Matt Longen	16	M	Centerville	MN	37:18	6:01
2	1022	Jayne Chatterton	48	F	Cottage Grove	MN	38:05	6:09
3	1033	Scott Davis	40	M	Maple Grove	MN	38:07	6:09
4	1149	Jim Ramacier	47	M	White Bear Lake	MN	39:18	6:21
5	1120	Christopher Morris	32	M	St Louis Park	MN	40:31	6:32
6	1058	Rick Geisen	44	M	Washburn	WI	40:57	6:37
7	1179	Brian Swanson	38	M	Chicago	IL	41:15	6:40
8	1157	Kimberly Scheel	34	F	mankato	MN	41:30	6:42
9	1226	Brett Chmel	32	M	St Paul	MN	41:33	6:43
10	1201	Graham Wright	36	M	St. Paul	MN	41:51	6:45
11	1053	Andrew Gatlin	35	M	Anoka	MN	41:56	6:46
12	1104	PJ Maglione	30	M	Shoreview	MN	42:26	6:51
13	1186	Mike Vasquez	24	M	Rosemount	MN	43:29	7:01
14	1039	Pat Erlandson	51	M	Minneapolis	MN	43:32	7:02
15	1222	Jonathan Pedersen	42	M	St Paul	MN	43:48	7:04
16	1209	Alison Brandt	20	F	Mahtomedi	MN	43:59	7:06
17	1134	Joe Ostrander	35	M	Shoreview	MN	44:11	7:08
18	1009	Aaron Benson	29	M	Woodville	WI	44:36	7:12
19	1150	Kelly Ramacier	48	F	White Bear Lake	MN	44:56	7:15
20	1071	Brandon Hersch	23	M	Duluth	MN	45:29	7:21
21	1208	Heather Malecha	26	F	Arden Hills	MN	45:30	7:21
22	1051	Steve Gacek	46	M		MN	45:53	7:24
23	1156	Anne Scharenbroich	26	F	Stillwater	MN	45:53	7:24
24	1091	Robert Kohl	38	M	Ham Lake	MN	45:56	7:25
25	1075	Brian Holthus	52	M	Vadnais Heights	MN	46:18	7:29
26	1227	Derek Hersch	20	M	Minneapolis	MN	46:28	7:30
27	1036	David Dupre	56	M	White Bear Lake	MN	46:33	7:31
28	1011	Mark Berens	52	M	Oakdale	MN	46:59	7:35
29	1165	Mathew Skogen	23	M	White Bear Lake	MN	47:12	7:37
30	1220	Janelle Yonker	16	F	White Bear Lk	MN	47:15	7:38
31	1174	Jonathan Sudberry	38	M	Minneapolis	MN	47:31	7:40
32	1016	Isaac Boyd	15	M	Boyeville	WI	48:15	7:47
33	1229	Molly Vazelich	21	F			48:27	7:49

34	1133 Shelley Ostrander	25	F	Shoreview	MN	48:30	7:50
35	1018 Bob Brandt	49	M	Mahtomedi	MN	48:33	7:50
36	1154 Chris Saladin	33	M	Hugo	MN	48:43	7:52
37	1063 Steve Heikkila	53	M	St. Paul	MN	48:51	7:53
38	1207 Sarah Hill	35	F	Blaine	MN	49:11	7:56
39	1206 Alexander Hill	35	M	Blaine	MN	49:11	7:56
40	1118 Scott Miles	47	M	Mahtomedi	MN	49:11	7:56
41	1027 Greg Coppersmith	37	M	Centerville	MN	49:16	7:57
42	1099 Victoria Larson	40	F	Maple Grove	MN	49:24	7:59
43	1004 Michelle Baland	32	F	Hugo	MN	49:25	7:59
44	1172 Steve Storkamp	37	M	White Bear Lake	MN	49:43	8:02
45	1112 Andy Mensing	59	M	Stillwater	MN	49:52	8:03
46	1025 Amy Coker	44	F	White Bear Lake	MN	50:00	8:04
47	1110 Jen McKay	32	F	Duluth	MN	50:41	8:11
48	1145 Tim Pratt	45	M	Shoreview	MN	51:12	8:16
49	1189 Valerie Waldoch	28	F	Hugo	MN	51:26	8:18
50	1067 Dan Hermes	20	M	Vadnais Heights	MN	51:48	8:22

TRI FITNESS FAST BEFORE THE FEAST RESULTS

TRI FITNESS, WHITE BEAR = LAKE,=20 MN NOV 25, 2010 8:00 A.M.

10K Race

Place	No.	Name	Age	Sex	City	State	Time	Pace
51	1173	Katherine Stuemke	33	F	Gem Lake	MN	51:50	8:22
52	1031	Robbie Davies	27	M	White Bear Lake	MN	52:00	8:24
53	1090	Paul Kittleson	14	M	White Bear Lake	MN	52:37	8:30
54	1088	David Kittleson	50	M	White Bear Lake	MN	52:37	8:30
55	1113	Steve Nauman	56	M	North Oaks	MN	52:42	8:30
56	1032	Abigail Davis	41	F	Maple Grove	MN	52:42	8:30
57	1215	Harold Richey	64	M	Forest Lake	MN	52:43	8:31
58	1089	Dawn Kittleson	47	F	White Bear Lake	MN	52:43	8:31
59	1210	Katy Fini	34	F	St Paul	MN	52:44	8:31
60	1013	Kirsten Bock	23	F	Minneapolis	MN	52:55	8:32
61	1148	Dave Raile	22	M	Minneapolis	MN	52:55	8:33
62	1003	Jordan Axelrod	29	M	Blaine	MN	53:04	8:34
63	1225	Carrie Veitch	43	F	White Bear Lk	MN	53:11	8:35
64	1041	Rikki Fahrman	32	F	North Branch	MN	53:21	8:37
65	1042	Ryan Fahrman	33	M	North Branch	MN	53:21	8:37
66	1211	Steve Dilger	48	M			53:38	8:39
67	1166	Thomas Smouse	31	M	St Paul	MN	53:42	8:40
68	1028	Tom Couillard	61	M	White Bear Lake	MN	53:54	8:42
69	1061	Laura Hansen	52	F	White Bear Lake	MN	53:59	8:43
70	1085	Heather Kiehne	41	F	St. Paul	MN	54:06	8:44

71	1196 Chris Wilke	35	M	White Bear Lake	MN	54:16	8:46
72	1216 Katelin Barraclough	30	F	Fridley	MN	54:18	8:46
73	1140 Amy Pelk	16	F	Maplewood	MN	54:22	8:47
74	1142 Cheryl Pelk	17	F	Maplewood	MN	54:26	8:47
75	1197 Jennifer Wilke	36	F	White Bear Lake	MN	54:26	8:47
76	1054 Lauren Giammar	32	F	Minneapolis	MN	54:30	8:48
77	1177 Kate Sweeney	41	F	Edina	MN	54:32	8:48
78	1080 Brooke Huftel	30	F	Woodville	WI	54:32	8:48
79	1017 Mathew Boyd	25	M	Boyeville	WI	54:50	8:51
80	1144 Joy Pitzl	52	F	Shoreview	MN	54:51	8:51
81	1192 Rebecca Watson	29	F	Plymouth	MN	54:51	8:51
82	1136 Matt Paulson	27	M	Ham Lake	MN	55:06	8:54
83	1175 Laura Suppes	26	F	Falcon Heights	MN	55:09	8:54
84	1060 Kent Hamre	34	M	St. Paul	MN	55:09	8:54
85	1132 Paul Olson	36	M	Woodbury	MN	55:16	8:55
86	1070 Ariel Hernandez	39	M	Hugo	MN	55:37	8:59
87	1182 Troy Tatting	32	M	Eagan	MN	55:52	9:01
88	1043 Chris Feigal	33	M	Woodbury	MN	55:52	9:01
89	1198 Teresa Wilkom	36	F	Maplewood	MN	56:01	9:03
90	1181 Deanna Tangwell	45	F	Gem Lake	MN	56:09	9:04
91	1045 Nikki Fernandes	29	F	Edina	MN	56:15	9:05
92	1029 Chris Cushenbery	24	M	St Paul	MN	56:48	9:10
93	1096 Ben Lancette	31	M	St. Paul	MN	56:48	9:10
94	1066 Colleen Hermes	22	F	Vadnais Heights	MN	56:48	9:10
95	1081 Anthony Hutchinson	43	M	Hugo	MN	56:50	9:10
96	1005 Becky Baltes	31	F	Honolulu	HI	57:11	9:14
97	1129 Isobel Ojalvo	25	F	Shoreview	MN	57:13	9:14
98	1030 Carrie Davies	26	F	White Bear Lake	MN	57:35	9:18
99	1014 Michelle Boespflug	46	F	Lino Lakes	MN	57:41	9:19
100	1193 Gerald Weightman	56	M	White Bear Lake	MN	57:51	9:20

TRI FITNESS FAST BEFORE THE FEAST RESULTS

TRI FITNESS, WHITE BEAR = LAKE,=20 MN NOV 25, 2010 8:00 A.M.

10K Race

Place	No.	Name	Age	Sex	City	State	Time	Pace
101	1204	Suzanne Zimmerman	47	F		MN	57:52	9:20
102	1057	Nicholas Gillen	29	M	Elk River	MN	58:24	9:26
103	1170	Anne Stepnick	31	F	Hugo	MN	58:28	9:26
104	1169	Jennifer Sprain	36	F	Shoreview		58:29	9:26
105	1034	Patricia Dempsey	54	F	White Bear Lake	MN	58:40	9:28
106	1124	Stefani Neubeck	24	F	Vadnais Heights	MN	58:50	9:30
107	1123	Ken Neubeck	54	M	Vadnais Heights	MN	58:51	9:30

108	1062 Michelle Heinz	41	F	White Bear Lake MN	58:58	9:31
109	1153 Alexis Rupp	30	F	White Bear Lake MN	59:18	9:34
110	1135 Paul Paulisich	32	M	Hudson WI	59:19	9:34
111	1163 Gordon Simle	30	M	St Paul MN	59:40	9:38
112	1141 Patrice Pelk	47	F	Maplewood MN	59:56	9:40
113	1125 Mayra Oberto	40	F	Shoreview MN	59:59	9:41
114	1101 Donna Lockman	48	F	Lino Lakes MN	1:00:04	9:42
115	1127 John Ogden	68	M	Greenwich CT	1:00:08	9:42
116	1010 Erin Benson	26	F	Woodville WI	1:00:15	9:43
117	1214 Britta Suppes	28	F	Falcon Heights MN	1:00:21	9:44
118	1024 Michelle Cherrier	49	F	Stillwater MN	1:00:26	9:45
119	1205 Kristen Fleming	35	F	White Bear Lake MN	1:00:32	9:46
120	1023 Angela Churchill	33	F	Birchwood MN	1:00:32	9:46
121	1200 Amy Worthingham	45	F	Minneapolis MN	1:00:38	9:47
122	1106 Lindsey Malinak	26	F	Blaine MN	1:00:49	9:49
123	1151 Brian Ramsey	35	M	Minneapolis MN	1:00:49	9:49
124	1185 Mat Tysver	34	M	Blaine MN	1:00:51	9:49
125	1195 Kristina Westphall	34	F	Maplewood MN	1:00:58	9:50
126	1079 Jill Huftel	56	F	Woodville WI	1:01:12	9:53
127	1077 Nicholas Howe	24	M	White Bear Lake MN	1:01:15	9:53
128	1190 Melanie Nelson-Waldoch	35	F	WI	1:01:22	9:54
129	1155 Rebecca Salmonson	37	F	Fridley MN	1:01:38	9:57
130	1223 Margaret Vitalis	41	F	ST Paul MN	1:02:06	10:01
131	1217 Tarek Alkatout	32	M	Minneapolis MN	1:02:21	10:04
132	1056 Marissa Gill	14	F	N St Paul MN	1:02:36	10:06
133	1202 Catherine Young	29	F	Hugo MN	1:02:38	10:07
134	1218 Richard Mensing	55	M	St Paul MN	1:02:39	10:07
135	1213 Jennifer Fuller	36	F	Centerville MN	1:02:39	10:07
136	1212 Trish Martenson	40	F	Centerville MN	1:02:39	10:07
137	1162 Randi Setter	36	F	Hugo MN	1:03:10	10:12
138	1160 Wendy Schulze	39	F	Centerville MN	1:03:23	10:14
139	1221 Kevin Clemens	53	M	Lake Elmo MN	1:03:27	10:14
140	1082 Velda Johnson	39	F	Maplewood MN	1:03:27	10:14
141	1159 Tim Schulze	38	M	Lino Lakes MN	1:03:36	10:16
142	1146 Brenda Pribnow	45	F	Hugo MN	1:04:18	10:23
143	1114 Lana Nguyen-Barshac	46	F	Roseville MN	1:04:21	10:23
144	1128 Howard Ojalvo	57	M	Shoreview MN	1:04:25	10:24
145	1055 Charlotte Gill	16	F	MN	1:04:36	10:26
146	1040 Karen Evans	49	F	N St Paul MN	1:04:36	10:26
147	1119 Angi Moore	37	F	Hugo MN	1:05:18	10:32
148	1100 Nicky Lavalley	35	F	White Bear Lake MN	1:05:50	10:37
149	1143 AJ Peterson	20	M	Oakdale MN	1:06:20	10:42
150	1187 Anna Viner	27	F	St Paul MN	1:06:31	10:44

TRI FITNESS FAST BEFORE THE FEAST RESULTS**TRI FITNESS, WHITE BEAR = LAKE,=20 MN NOV 25, 2010 8:00 A.M.****10K Race**

Place	No.	Name	Age	Sex	City	State	Time	Pace
151	1137	Tom Paulson	62	M	Ham Lake	MN	1:06:45	10:46
152	1095	Emily Lamb	30	F	Hugo	MN	1:06:56	10:48
153	1074	Amy Hoelmer	33	F	Minneapolis	MN	1:07:13	10:51
154	1064	Debra Heiser	40	F	Minneapolis	MN	1:07:13	10:51
155	1046	Kelly Fleisner	33	F	Minneapolis	MN	1:07:13	10:51
156	1138	Sandra Pederson	51	F	alexandria	MN	1:07:41	10:55
157	1139	Ashley Pederson	27	F	White Bear Lake	MN	1:07:41	10:55
158	1188	Lauren Viner	27	F	St Paul	MN	1:08:06	10:59
159	1180	Deb Syvertsen	50	F	Sedalia	CO	1:08:26	11:03
160	1092	Christi Kokaisel	25	F	Cottage Grove	MN	1:08:26	11:03
161	1008	Caroline Becker	26	F	Minneapolis	MN	1:09:31	11:13
162	1086	Charles Kielkopf	75	M	Columbus	OH	1:10:47	11:25
163	1184	Lynda Tysver	41	F	Shoreview	MN	1:11:33	11:33
164	1072	Teri Hilden	49	F	Lino Lakes	MN	1:11:33	11:33
165	1152	Natasha Rodich	40	F	Falcon Heights	MN	1:11:45	11:35
166	1087	Teri Kiresuk	40	F	Falcon Heights	MN	1:11:45	11:35
167	1007	Steve Baltes	57	M	Arden Hills	MN	1:14:02	11:57
168	1228	Sara Whitehouse	32	F	ST Paul	MN	1:18:45	12:43
169	1122	Wendy Nove	53	F	Minneapolis	MN	1:20:49	13:02
170	1194	Lisa Westman	49	F	White Bear Lake	MN	1:20:49	13:03
171	1109	Becky McCoy	49	F	White Bear Lake	MN	1:22:02	13:14
172	1219	Jack McCoy	54	M	White Bear Lake	MN	1:22:03	13:14