

FAST BEFORE THE FEAST 2010 5K Awards and Results

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

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

1	295	Nichole Porath	27	Red Wing	MN	19:14
2	404	Julia Weiskopf	35	White Bear Lake	MN	21:00

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

1	38	Andrew Boldt	25	Stillwater	MN	16:47
2	39	Chris Boldt	30	Stillwater	MN	17:13

FEMALE AGE GROUP: 1 - 19

1	33	29	Natalie Benson	18	Lino Lakes	MN	23:16
2	49	260	Olivia Norman	11	Cottage Grove	MN	24:26

MALE AGE GROUP: 1 - 19

1	15	302	Robert Revering	18	Roseville	MN	20:56
2	19	129	Kevin Geisen	14	Washburn	WI	21:41

FEMALE AGE GROUP: 20 - 24

1	44	445	Megan Erlandson	20	Minneapolis	MN	24:10
2	64	247	Whitney Nasca	22	Roseville	MN	24:46

MALE AGE GROUP: 20 - 24

1	12	351	Spencer Siddons	21	Andover	MN	20:35
2	25	474	Jason Koneczny	22	Madison	WI	22:27

FEMALE AGE GROUP: 25 - 29

1	20	244	April Morgan	27	Minneapolis	MN	21:56
2	40	94	Jessica Edblom	29	Lino Lakes	MN	23:43

MALE AGE GROUP: 25 - 29

1	7	294	Nathan Porath	27	Red Wing	MN	19:20
2	9	355	Mike Smith	25	St. Paul	MN	20:10

FEMALE AGE GROUP: 30 - 34

1	29	450	Kate Cooper	31	Dubuque	IA	22:51
2	101	372	Hilary Sweeney	30	Minneapolis	MN	26:54

MALE AGE GROUP: 30 - 34

1	5	451	Will Hoyer	30	Dubuque	IA	19:10
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2 8 282 Jason Peters 34 White Bear Lake MN 20:04

FEMALE AGE GROUP: 35 - 39

1 65 34 Jenni Blat 38 Roseville MN 24:47

2 108 430 Dana Phillips 39 Oakdale MN 27:07

MALE AGE GROUP: 35 - 39

1 4 245 Thomas Morgan 36 Minneapolis MN 18:52

2 14 439 Ray Fini 38 St Paul MN 20:39

FEMALE AGE GROUP: 40 - 44

1 79 483 Pauline Lacher 43 ST Paul MN 25:47

2 136 1052 Stefanie Swanson -Galic 41 North Oaks MN 28:26

MALE AGE GROUP: 40 - 44

1 23 47 Eriik Broberg 42 Lino Lakes MN 22:16

2 62 87 Todd DeLong 43 White Bear Lake MN 24:45

FEMALE AGE GROUP: 45 - 49

1 83 317 Lisa Rowenhorst 46 Lake Elmo MN 25:55

2 103 290 Michelle Popham 45 Lino Lakes MN 26:59

MALE AGE GROUP: 45 - 49

1 3 45 Zach Brintz 46 Lino Lakes MN 17:51

2 41 48 Stanley Brouillard 49 Andover MN 23:54

FEMALE AGE GROUP: 50 - 54

1 43 350 Jeanette Siddons 51 Andover MN 24:04

2 50 40 Mary Boldt 52 Stillwater MN 24:27

MALE AGE GROUP: 50 - 54

1 24 347 Brian Siddons 52 Andover MN 22:21

2 35 240 Jeff Malean 51 WI 23:26

FEMALE AGE GROUP: 55 - 59

1 227 11 Julie Appert 56 Cottage Grove MN 31:47

2 259 185 Mariam Juvette 56 Stillwater MN 33:24

MALE AGE GROUP: 55 - 59

1 22 248 Rick Nelson 56 North St Paul MN 22:06

2 30 92 Dave Dow 55 stillwater MM 22:59

FEMALE AGE GROUP: 60 - 64

1 286 472 Linda Pemble 61 Wyoming MN 34:50

2 307 102 Cyndi Englund 61 Pine Springs MN 36:42

MALE AGE GROUP: 60 - 64

1	131	160	Jerry Hines	62	White Bear Lake	MN	28:13
2	208	114	Ron Fields	60	Hudson	WI	31:19

FEMALE AGE GROUP: 65 - 69

MALE AGE GROUP: 65 - 69

1	163	166	Gene Holen	69	Shoreview	MN	29:38
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FEMALE AGE GROUP: 70 - 99

MALE AGE GROUP: 70 - 99

1	168	418	Larry Junkermeier	72	White Bear Lake	MN	29:50
2	256	214	Dick Mackey	72	White Bear Lake	MN	33:15

FAST BEFORE THE FEAST 2010 RESULTS

5K Race

Place	No.	Name	Age	Sex	City	State	Time	Pace
1	38	Andrew Boldt	25	M	Stillwater	MN	16:47	5:24
2	39	Chris Boldt	30	M	Stillwater	MN	17:13	5:33
3	45	Zach Brintz	46	M	Lino Lakes	MN	17:51	5:45
4	245	Thomas Morgan	36	M	Minneapolis	MN	18:52	6:05
5	451	Will Hoyer	30	M	Dubuque	IA	19:10	6:11
6	295	Nichole Porath	27	F	Red Wing	MN	19:14	6:12
7	294	Nathan Porath	27	M	Red Wing	MN	19:20	6:14
8	282	Jason Peters	34	M	White Bear Lake	MN	20:04	6:28
9	355	Mike Smith	25	M	St. Paul	MN	20:10	6:30
10	186	Chris Kamrath	28	M	Chippewa Falls	WI	20:18	6:32
11	300	Bill Revering	29	M	Coon Rapids	MN	20:29	6:36
12	351	Spencer Siddons	21	M	Andover	MN	20:35	6:38
13	224	Bryan McClusky	31	M		MN	20:36	6:38
14	439	Ray Fini	38	M	St Paul	MN	20:39	6:39
15	302	Robert Revering	18	M	Roseville	MN	20:56	6:45
16	404	Julia Weiskopf	35	F	White Bear Lake	MN	21:00	6:46
17	156	Matt Henke	29	M	White Bear Lake	MN	21:03	6:47
18	89	Joel Dickey	32	M		MN	21:05	6:48
19	129	Kevin Geisen	14	M	Washburn	WI	21:41	6:59
20	244	April Morgan	27	F	Minneapolis	MN	21:56	7:04
21	138	Tyler Grant	13	M	Brooklyn Park	MN	22:06	7:07
22	248	Rick Nelson	56	M	North St Paul	MN	22:06	7:07
23	47	Eriik Broberg	42	M	Lino Lakes	MN	22:16	7:10
24	347	Brian Siddons	52	M	Andover	MN	22:21	7:12
25	474	Jason Koneczny	22	M	Madison	WI	22:27	7:14
26	99	John Ellis	35	M	Blaine	MN	22:35	7:16
27	335	Garrett Schiltgen	19	M	Hugo	MN	22:44	7:19
28	334	Brandon Scheel	35	M	Mankato	MN	22:46	7:20
29	450	Kate Cooper	31	F	Dubuque	IA	22:51	7:22
30	92	Dave Dow	55	M	stillwater	MM	22:59	7:24
31	431	Todd Peltier	38	M	Dallas	WI	23:07	7:27
32	217	Devin Malean	18	M		MN	23:13	7:29
33	29	Natalie Benson	18	F	Lino Lakes	MN	23:16	7:30
34	218	Lucas Malean	14	M		MN	23:17	7:30
35	240	Jeff Malean	51	M		WI	23:26	7:33
36	203	Tom Knoedler	20	M	St Paul	MN	23:27	7:33
37	66	John Chatterton	17	M	Cottage Grove	MN	23:35	7:36
38	413	Aaron Kaetterhenry	27	M	Shoreview	MN	23:35	7:36
39	473	Pat Persons	23	M	St Anthony	MN	23:43	7:38
40	94	Jessica Edblom	29	F	Lino Lakes	MN	23:43	7:38
41	48	Stanley Brouillard	49	M	Andover	MN	23:54	7:42
42	179	Mark Johnson	22	M	Excelsior	MN	24:00	7:44
43	350	Jeanette Siddons	51	F	Andover	MN	24:04	7:45

44	445	Megan Erlandson	20	F	Minneapolis	MN	24:10	7:47
45	103	Mike Enz	57	M	Arden Hills	MN	24:16	7:49
46	440	Tim Klauer	15	M	White Bear Lk	MN	24:16	7:49
47	106	Joel Erickson	30	M	Grand Forks	ND	24:21	7:50
48	61	Dave Carlson	38	M	Duluth	MN	24:21	7:51
49	260	Olivia Norman	11	F	Cottage Grove	MN	24:26	7:52
50	40	Mary Boldt	52	F	Stillwater	MN	24:27	7:53

TRI FITNESS FAST BEFORE THE FEAST RESULTS
TRI FITNESS, WHITE BEAR LAKE, MN NOV 25, 2010 8:00 A.M.

5K Race

Place	No.	Name	Age	Sex	City	State	Time	Pace
51	23	Scott Bantz	32	M	Shakopee	MN	24:29	7:53
52	314	Daniel Ross	29	M	Maplewood	MN	24:30	7:53
53	403	Leala Wegwerth	28	F		MN	24:31	7:54
54	1059	Nick Geisen	18	M	Washburn	WI	24:35	7:55
55	1117	Amanda Miles	18	F	Mahtomedi	MN	24:35	7:55
56	7	Csaba Andrasfi	21	M	Oakdale	MN	24:38	7:56
57	263	JD Ogden	8	M	White Bear Lake	MN	24:39	7:56
58	182	John Juvette	58	M	Stillwater	MN	24:40	7:57
59	252	Adam Nielsen	24	M	crystal	MN	24:43	7:58
60	255	Samantha Nielsen	15	F	Maplewood	MN	24:44	7:58
61	400	William Ward	29	M	New Brighton	MN	24:44	7:58
62	87	Todd DeLong	43	M	White Bear Lake	MN	24:45	7:58
63	306	Mark Richter	53	M	Oakdale	MN	24:46	7:59
64	247	Whitney Nasca	22	F	Roseville	MN	24:46	7:59
65	34	Jenni Blat	38	F	Roseville	MN	24:47	7:59
66	188	Evan Kaneski	36	M	Shakopee	MN	24:59	8:03
67	395	Calvin Walker	21	M	Minneapolis	MN	25:10	8:06
68	18	Denise Bakken	51	F	Hudson	WI	25:12	8:07
69	397	Sharon Walker	50	F	Minneapolis	MN	25:13	8:07
70	415	Alex Barrette	14	M	Oakdale	MN	25:17	8:09
71	90	Sarah Dickey	26	F		MN	25:20	8:10
72	195	Katherin Klein	50	F	Stillwater	MN	25:24	8:11
73	358	James Spinner	37	M	Oakdale	MN	25:25	8:11
74	484	Mitch Jorgensen	46	M	Lake Elmo	MN	25:26	8:11
75	454	Taylor Johnson	15	F	Hugo	MN	25:38	8:15
76	292	Jim Porath	57	M	Shoreview	MN	25:47	8:18
77	50	Austin Bunnell	13	M	Cottage Grove	MN	25:47	8:18
78	483	Pauline Lacher	43	F	ST Paul	MN	25:47	8:18
79	356	Mathew Snell	42	M	Blaine	MN	25:48	8:19
80	52	William Bunnell	45	M	Cottage Grove	MN	25:49	8:19
81	259	Chris Noha	33	M	Woodbury	MN	25:54	8:21
82	317	Lisa Rowenhorst	46	F	Lake Elmo	MN	25:55	8:21
83	315	Jack Rowenhorst	10	M	Lake Elmo	MN	25:55	8:21
84	401	Bill Wegwerth	54	M		MN	25:58	8:22
85	57	Austin Callahan	11	M	White Bear Lake	MN	26:01	8:23
86	422	Jeff Schreier	44	M	Dellwood	MN	26:06	8:24

87	216	Alex Malean	19	M		MN	26:09	8:25
88	53	Kevin Bushey	53	M	St. Anthony	MN	26:11	8:26
89	149	Chad Hanson	44	M	Hugo	MN	26:14	8:27
90	136	Jynelle Gorka	24	F	Oakdale	MN	26:19	8:29
91	183	Karee Juvette	19	F	Stillwater	MN	26:22	8:30
92	361	Brett Stoler	36	M	Hugo	MN	26:25	8:31
93	76	Ian Deans		M	Dellwood	MN	26:26	8:31
94	383	Jordan Thompson	16	M	Lino Lakes	MN	26:27	8:31
95	384	Paul Thompson	50	M	Lino Lakes	MN	26:32	8:33
96	190	Kelsey Kemp	16	F	Dubuque	IA	26:35	8:34
97	44	Bill Brintz	46	M	Lino Lakes	MN	26:49	8:38
98	388	Erik Torgerson	24	M	St Paul	MN	26:52	8:39
99	372	Hilary Sweeney	30	F	Minneapolis	MN	26:54	8:40
100	325	Joel Savat	53	M	White Bear Lake	MN	26:58	8:41

TRI FITNESS FAST BEFORE THE FEAST RESULTS
TRI FITNESS, WHITE BEAR LAKE, MN NOV 25, 2010 8:00 A.M.

5K Race

Place	No.	Name	Age	Sex	City	State	Time	Pace
101	290	Michelle Popham	45	F	Lino Lakes	MN	26:59	8:42
102	396	Mark Walker	51	M	Minneapolis	MN	26:59	8:42
103	1116	Alexis Miles	17	F	Mahtomedi	MN	26:59	8:42
104	137	Scott Grant	46	M	Brooklyn Park	MN	26:59	8:42
105	1115	Abigail Miles	14	F	Mahtomedi	MN	27:01	8:42
106	430	Dana Phillips	39	F	Oakdale	MN	27:07	8:44
107	221	Karrie Marshall	30	F	Maplewood	MN	27:10	8:45
108	339	Katie Schlafke	17	F	White Bear Twshp	MN	27:11	8:45
109	381	James Thelen	28	M	Excelsior	MN	27:16	8:47
110	262	Henry Ogden	37	M	White Bear Lake	MN	27:17	8:47
111	264	John Ogden	12	M	White Bear Lake	MN	27:17	8:47
112	249	Rose Nelson	54	F	North St Paul	MN	27:18	8:48
113	326	Tyler Savat	24	M	White Bear Lake	MN	27:21	8:49
114	486	Quinn Anderson	21	M	Stillwater	MN	27:22	8:49
115	161	Quoc Huy Ho	23	M	St Paul	MN	27:25	8:50
116	225	David McGough	14	M	Lino Lakles	MN	27:30	8:51
117	324	Dawn Savat	52	F	White Bear Lake	MN	27:43	8:56
118	146	Charlie Haik	12	M	Arden Hills	MN	27:47	8:57
119	337	Tory Schiltgen	21	F	Hugo	MN	27:47	8:57
120	402	Kelly Wegwerth	30	F		MN	27:49	8:57
121	310	Jeff Roath	49	M	White Bear Lake	MN	27:57	9:00
122	242	Marcus Mondo	14	M	Vadnais Heights	MN	27:59	9:01
123	243	Melissa Mondo	25	F	Vadnais Heights	MN	28:00	9:01
124	281	Megan Perry	30	F		MN	28:08	9:04
125	303	Sarah Revering	23	F	Mankato	MN	28:09	9:04
126	250	Sandy Nelson	48	F	Shoreview	MN	28:12	9:05
127	266	James Ojalvo	18	M	Shoreview	MN	28:12	9:05
128	160	Jerry Hines	62	M	White Bear Lake	MN	28:13	9:05
129	280	Dan Perry	30	M		MN	28:14	9:06

Race Name

130	241	Annelise Mondo	22	F	Vadnais Heights	MN	28:20	9:07
131	376	Dawn Syverson	47	F	Oakdale	MN	28:22	9:08
132	283	Tiffany Petronack	36	F	Hugo	MN	28:26	9:09
133	1052	Stefanie Swanson -Galic	41	F	North Oaks	MN	28:26	9:10
134	291	Jessica Porath	24	F	White Bear Lake	MN	28:27	9:10
135	16	Christopher Bailey	37	M	Lino Lakes	MN	28:27	9:10
136	301	Katie Revering	28	F	Roseville	MN	28:40	9:14
137	305	David Richter	51	M	White Bear Lake	MN	28:45	9:16
138	1171	Brittany Stoler	34	F	Hugo	MN	28:48	9:17
139	348	Harrison Siddons	15	M	Andover	MN	28:49	9:17
140	1199	Shelly Wolff	53	F	Monroe	CT	28:49	9:17
141	289	Mat Popham	51	M	Lino Lakes	MN	28:52	9:18
142	131	Mary Glaeser	42	F	Centerville	MN	29:04	9:22
143	74	Andrew Deans	31	M	Mahtomedi	MN	29:06	9:22
144	167	Kyle Holen	40	M	Lake Forest	IL	29:08	9:23
145	212	Molly Linqvist	29	F	Pine Springs	MN	29:08	9:23
146	5	Karl Anderson	36	M	Blaine	MN	29:14	9:25
147	322	Ryan Satrom	29	M	White Bear Lake	MN	29:15	9:25
148	145	Bonnie Haik	50	F	Arden Hills	MN	29:18	9:26
149	147	Steven Hamer	49	F	Mahtomedi	MN	29:20	9:27
150	35	Fabrice Bod	40	M	Hudson	WI	29:22	9:27

TRI FITNESS FAST BEFORE THE FEAST RESULTS
TRI FITNESS, WHITE BEAR LAKE, MN NOV 25, 2010 8:00 A.M.

5K Race

Place	No.	Name	Age	Sex	City	State	Time	Pace
151	118	Jonathon Fruen	48	M	St. Paul	MN	29:22	9:27
152	28	Becky Benson		F	Lino Lakes	MN	29:24	9:28
153	254	Eric Nielsen	24	M	White Bear Lake	MN	29:24	9:28
154	77	Kate Deans	21	F	Pine Springs	MN	29:26	9:29
155	456	Brenda Bebeau	40	F	New Brighton	MN	29:28	9:29
156	191	Sammi Kemp	13	F	Dubuque	IA	29:29	9:30
157	177	Kayli Johnson	21	F	Stillwater	MN	29:29	9:30
158	299	Mike Raymond	41	M	New Brighton	MN	29:30	9:30
159	297	Anne Quinn	22	F			29:37	9:32
160	166	Gene Holen	69	M	Shoreview	MN	29:38	9:33
161	309	Jack Roath	13	M	White Bear Lake	MN	29:41	9:33
162	464	Jack Cambest	29	M	Monroeville	PA	29:42	9:34
163	141	Rachel Gromek	18	F	Lino Lakes	MN	29:48	9:36
164	251	Scott Nelson	21	M	North St Paul	MN	29:50	9:36
165	418	Larry Junkermeier	72	M	White Bear Lake	MN	29:50	9:36
166	95	Adam Eisele	10	M	Lake Elmo	MN	29:53	9:37
167	32	Dominick Birch	16	M	Ramsey	MN	29:57	9:39
168	112	Jason Fields	30	M	White Bear Lake	MN	29:57	9:39
169	75	Ellie Deans	15	F	Dellwood	MN	29:59	9:39
170	236	Annie Miles	12	F	Mahtomedi	MN	29:59	9:40
171	119	Henry Fusco	9	M	White Bear Lake	MN	30:00	9:40
172	46	Catherine Broberg	40	F	Lino Lakes	MN	30:08	9:42

Race Name

173	275	Katie Palabio	23	F	Mankato	MN	30:16	9:45
174	165	Brian Holen	45	M	Minneapolis	MN	30:29	9:49
175	33	Harland Birch	14	M	Ramsey	MN	30:29	9:49
176	117	Venecia Frick	37	F	Ramsey	MN	30:29	9:49
177	130	Evan Gill	11	M		MN	30:31	9:50
178	210	Mat Lindquist	33	M	Shoreview	MN	30:33	9:50
179	211	Monique Lindquist	27	F	Shoreview	MN	30:33	9:50
180	338	Christine Schlafke	47	F	White Bear Twshp	MN	30:37	9:52
181	43	Stephen Boyd	50	M	Boyceville	WI	30:38	9:52
182	14	Quinn Appert	9	M	Dellwood	MN	30:43	9:54
183	380	Ann Thelen	28	F	Excelsior	MN	30:44	9:54
184	12	Kristen Appert	39	F	Dellwood	MN	30:44	9:54
185	278	Missy Paulson	23	F	Ham Lake	MN	30:44	9:54
186	377	Theodore Tegen	28	M	Mankato	MN	30:45	9:54
187	10	John Appert	58	M	Cottage Grove	MN	30:45	9:54
188	410	Margaret Wright	39	F	St Paul	MN	30:48	9:55
189	274	Maija Padelford	32	F	White Bear Lake	MN	30:49	9:55
190	273	Jim Padelford	33	M	White Bear Lake	MN	30:50	9:56
191	64	Roger Chamberlain	57	M	North Oaks	MN	30:50	9:56
192	93	Mary Dow-Bunnell	46	F	Cottage Grove	MN	30:53	9:57
193	3	Beau Anderson	20	M	Cottage Grove	MN	30:53	9:57
194	51	Emily Bunnell	11	F	Cottage Grove	MN	30:54	9:57
195	58	Cathy Callahan	44	F	White Bear Lake	MN	30:54	9:57
196	2	Ann Anderson	48	F	Cottage Grove	MN	30:54	9:57
197	194	Theresa Klauer	47	F	White Bear Lake	MN	30:58	9:58
198	408	Sawyer Wiese	12	F	Stillwater	MN	31:04	10:00
199	405	Abra Wiese	36	F	Stillwater	MN	31:05	10:01
200	26	Julie Beavens	45	F	White Bear Lake	MN	31:06	10:01

TRI FITNESS FAST BEFORE THE FEAST RESULTS
TRI FITNESS, WHITE BEAR LAKE, MN NOV 25, 2010 8:00 A.M.

5K Race

Place	No.	Name	Age	Sex	City	State	Time	Pace
201	349	Jackie Siddons	22	F	St Cloud	MN	31:17	10:04
202	68	Bill Chouinard	22	M	St Cloud	MN	31:17	10:04
203	114	Ron Fields	60	M	Hudson	WI	31:19	10:05
204	220	Greg Marcus	45	M		MN	31:20	10:05
205	70	Shari Clauson	38	F	Centerville	MN	31:22	10:06
206	206	Michael Lavalley	43	M	White Bear Lake	MN	31:23	10:06
207	152	Lisa Heller	43	F	St Paul	MN	31:23	10:06
208	436	Kris McKeague	37	F	Spring Park	MN	31:23	10:06
209	151	Dave Heller	44	M	St Paul	MN	31:23	10:06
210	437	Kari Loger	27	F	Spring Park	MN	31:23	10:06
211	105	Camille Erickson	35	F	St. Paul	MN	31:25	10:07
212	435	Jack McKeague	11	M		MN	31:25	10:07
213	434	Renee Good	40	F	Amarillo	TX	31:26	10:07
214	184	Kelsey Juvette	22	F	Stillwater	MN	31:36	10:11
215	423	Valts Treibergs	44	M	White Bear Twshp	MN	31:39	10:12

Race Name

216	320	Mark Rylander	50	M	Lino Lakes	MN	31:40	10:12
217	143	Jessica Hagstrom	12	F	Mahtomedi	MN	31:40	10:12
218	144	Joan Hagstrom	43	F	Mahtomedi	MN	31:42	10:13
219	142	Ruth Gromek	47	F	Lino Lakes	MN	31:44	10:13
220	13	Luke Appert	30	M	Woodbury	MN	31:44	10:13
221	9	Jessica Appert	28	F	Woodbury	MN	31:45	10:14
222	11	Julie Appert	56	F	Cottage Grove	MN	31:47	10:14
223	319	Lisa Rylander	44	F	Lino Lakes	MN	31:47	10:14
224	96	Jon Eisele	42	M	Lake Elmo	MN	31:48	10:14
225	109	Siobain Espelien	33	F	Forest Lake	MN	31:52	10:16
226	230	Karen Mecklenburg	50	F	St Paul	MN	31:55	10:17
227	222	Jackie Matzen	45	F		MN	31:59	10:18
228	421	Henry Schreier	11	M	Dellwood	MN	32:07	10:20
229	55	Michael Bushey	24	M	White Bear Lake	MN	32:07	10:21
230	98	Shelley Eisele	43	F	Lake Elmo	MN	32:09	10:21
231	386	Elizabeth Tierney	25	F	White Bear Lake	MN	32:10	10:21
232	387	Megan Tierney	31	F	Woodbury	MN	32:10	10:21
233	385	Anna Tierney	29	F	St. Louis	MO	32:10	10:22
234	357	Theresa Snell	41	F	Blaine	MN	32:10	10:22
235	462	Debra Kofal	44	F	Blaine	MN	32:12	10:22
236	6	Lori Ann Anderson	34	F	Blaine	MN	32:13	10:22
237	362	Ed Stueve	39	M	Arden Hills	MN	32:19	10:24
238	419	Carrie Petronack	36	F	Stillwater	MN	32:23	10:26
239	460	Jill Arrigoni	31	F	Vadnais Heights	MN	32:31	10:28
240	235	Krista Meyer	35	F	Andover	MN	32:39	10:31
241	158	Dawn Hill	46	F	Andover	MN	32:40	10:31
242	159	Ron Hill	45	M	Andover	MN	32:40	10:31
243	331	Max Schaefer	9	M	White Bear Lake	MN	32:40	10:31
244	332	Megan Schaefer	10	F	White Bear Lake	MN	32:41	10:31
245	333	Scott Schaefer	41	M	White Bear Lake	MN	32:41	10:31
246	340	Wally Schlafke	47	M	White Bear Twshp	MN	32:46	10:33
247	481	Matthew Weinberger	11	M	White Bear Lk	MN	33:11	10:41
248	480	Mark Wainberger		M	White Bear Lk	MN	33:12	10:42
249	69	Gina Church	26	F	White Bear Lake	MN	33:14	10:42
250	176	Andrea Johnson	24	F	Hudson	WI	33:15	10:42

TRI FITNESS FAST BEFORE THE FEAST RESULTS
TRI FITNESS, WHITE BEAR LAKE, MN NOV 25, 2010 8:00 A.M.

5K Race

Place	No.	Name	Age	Sex	City	State	Time	Pace
251	214	Dick Mackey	72	M	White Bear Lake	MN	33:15	10:43
252	121	Thomas Fusco	12	M	White Bear Lake	MN	33:19	10:44
253	21	Thomas Baltas	56	M	Albuquerque	NM	33:23	10:45
254	185	Mariam Juvette	56	F	Stillwater	MN	33:24	10:45
255	196	Theodore Klein	50	M	Stillwater	MN	33:34	10:49
256	471	Cate Vandermyde	35	F	Wyoming	MN	33:42	10:51
257	1224	Emily Sonnesyn	25	F	Minneapolis	MN	33:43	10:52
258	174	Jennifer Jasinski	32	F	Forest Lake	MN	33:48	10:53

Race Name

259	393	Steven Turner	59	M	Coon Rapids	MN	33:55	10:55
260	164	Brianna Holeman	34	F	Centerville	MN	33:55	10:55
261	115	Sara Fish	40	F	St Paul	MN	33:59	10:57
262	412	Kristin Zappa	29	F	Maplewood	MN	34:02	10:58
263	277	Cindy Paulson	19	F	Ham Lake	MN	34:05	10:58
264	237	Mary Miles	47	F	Mahtomedi	MN	34:08	10:59
265	155	Lindsey Henke	22	F	White Bear Lake	MN	34:14	11:02
266	441	Laura Lins	44	F	Savage	MN	34:19	11:03
267	442	Michelle Jueneman	31	F	Mpls	MN	34:19	11:03
268	406	Chad Wiese	36	M	Stillwater	MN	34:24	11:05
269	407	Elena Wiese	9	F	Stillwater	MN	34:26	11:05
270	296	Joe Pratte	13	M	Roseville	MN	34:30	11:06
271	24	Evan Barshack	42	M	Roseville	MN	34:30	11:06
272	125	Maddi Galloway	13	F	North Oaks	MN	34:30	11:07
273	127	Ryan Galloway	23	M	North Oaks	MN	34:30	11:07
274	178	Linnea Johnson	36	F	Shakopee	MN	34:46	11:12
275	72	Beth Cummins	18	F	Birchwood	MN	34:46	11:12
276	120	Jean Fusco	40	F	White Bear Lake	MN	34:47	11:12
277	444	Janel Donegan	50	F	Hugo	MN	34:49	11:13
278	417	Wesley Clerc	39	M	Blaine	MN	34:49	11:13
279	135	John Gomez	43	M	Richfield	MN	34:49	11:13
280	352	Miram Sivula	17	F	White Bear Twshp	MN	34:50	11:13
281	472	Linda Pemble	61	F	Wyoming	MN	34:50	11:13
282	482	Jorge Guerpp	57	M	Hastings	MN	34:55	11:15
283	253	Carla Nielsen	53	F	White Bear Lake	MN	34:57	11:15
284	420	Foley Schreier	14	M	Dellwood	MN	35:00	11:16
285	487	Todd Anderson	32	M	Stillwater	MN	35:01	11:17
286	485	Anae Anderson	48	F	Stillwater	MN	35:03	11:17
287	477	Karen Jorgensen	46	F	Lake Elmo	MN	35:12	11:20
288	113	Jenni Fields	34	F	White Bear Lake	MN	35:13	11:20
289	257	Katherine Nieters	46	F	Maplewood	MN	35:17	11:22
290	364	Shiela Sullivan	51	F	White Bear Lake	MN	35:21	11:23
291	270	Elizabeth Ott	12	F	St. Paul	MN	35:29	11:26
292	271	Lauren Ott	19	F	St. Paul	MN	35:31	11:26
293	1158	Cynthia Scherzer	42	F	Shoreview	MN	35:37	11:28
294	192	Lianne King	46	F	White Bear Lake	MN	35:41	11:29
295	321	Kellin Sandeno	26	M	White Bear Lake	MN	35:41	11:29
296	97	Seth Eisele	12	M	Lake Elmo	MN	35:41	11:30
297	37	Jennifer Boland	38	F	Hugo	MN	36:05	11:37
298	107	Sara Jane Erickson	29	F	Grand Forks	ND	36:33	11:46
299	180	Cathie Joyce	21	F	Maplewood	MN	36:36	11:47
300	181	Tricia Joyce	20	F	Maplewood	MN	36:36	11:47

TRI FITNESS FAST BEFORE THE FEAST RESULTS
TRI FITNESS, WHITE BEAR LAKE, MN NOV 25, 2010 8:00 A.M.

5K Race

Place	No.	Name	Age	Sex	City	State	Time	Pace
301	101	Anna Englund	28	F	Pine Springs	MN	36:41	11:49

Race Name

302	102	Cyndi Englund	61	F	Pine Springs	MN	36:42	11:49
303	360	Debbie Staedt	43	F	White Bear Lake	MN	36:44	11:50
304	272	Robert Ott	45	M	St. Paul	MN	37:09	11:58
305	168	Josie Holst	31	F	Arden Hills	MN	37:20	12:01
306	1147	Brian Primozich	25	M	Cedar Rapids	IA	37:20	12:01
307	173	Maria Jackson	42	F	White Bear Lake	MN	37:21	12:02
308	318	Myla Rowenhorst	8	F	Lake Elmo	MN	37:38	12:07
309	316	Jim Rowenhorst	44	M	Lake Elmo	MN	37:39	12:07
310	139	Wendy Griffin	35	F	Lino Lakes	MN	37:39	12:08
311	443	Brendan Griffin	6	M	Lino Lakes	MN	37:40	12:08
312	67	Kristie Chatterton	25	F	Cottage Grove	MN	38:06	12:16
313	343	Allyson Schultz	17	F	Brooklyn Park	MN	38:09	12:17
314	345	Katharine Schultz	39	F	Brooklyn Park	MN	38:17	12:20
315	389	Noemi Trevino	39	F	St Paul	MN	38:45	12:29
316	416	Sue Clerc	41	F	Blaine	MN	38:48	12:30
317	346	Amber Schulze	37	F	Lino Lakes	MN	38:48	12:30
318	390	Roberto Trevino	43	M	Wilmar	MN	38:51	12:31
319	446	Amanda Zabel	22	F	WBL	MN	38:56	12:32
320	449	Michelle Zabel	44	F	WBL	MN	38:57	12:33
321	327	Erika Schaefer	38	F	Mahtomedi	MN	38:59	12:33
322	330	Jonathon Schaefer	8	M	Mahtomedi	MN	39:00	12:34
323	265	Daniell Ojalvo	22	F	Shoreview	MN	39:10	12:37
324	391	Ruth Trevino	29	F	Wilmar	MN	39:15	12:38
325	344	Gabrielle Schultz	11	F	Brooklyn Park	MN	39:18	12:39
326	453	Jaclyn Swagsten	18	F	Lino Lakes	MN	39:46	12:48
327	79	Robin Deans	50	F	Dellwood	MN	40:01	12:53
328	78	Robert Deans	52	M	Dellwood	MN	40:14	12:57
329	459	Heidi Brinkworth	39	F	White Bear Lake	MN	40:18	12:59
330	124	Julia Galloway	9	F	North Oaks	MN	40:25	13:01
331	126	Marilyn Galloway	45	F	North Oaks	MN	40:27	13:02
332	122	Ashley Galloway	21	F	North Oaks	MN	40:29	13:02
333	123	Juan Galloway	53	M	North Oaks	MN	40:31	13:03
334	91	Camilla Dilger	22	F	Vadnais Heights	MN	40:48	13:08
335	447	Megan Zabel	18	F	WBL	MN	40:54	13:10
336	31	Amy Bersbaken	23	F	St Paul	MN	41:17	13:17
337	85	Taryn DeLong	12	F	White Bear Lake	MN	41:18	13:18
338	88	Bob Dempsey	55	M	White Bear Lake	MN	41:28	13:21
339	25	Randi Barshack	44	F	Roseville	MN	42:38	13:44
340	311	Lisa Roath	49	F	White Bear Lake	MN	42:54	13:49
341	308	Hannah Roath	13	F	White Bear Lake	MN	42:54	13:49
342	229	Sam McGough	17	F	Lino Lakles	MN	43:37	14:03
343	414	Rebecca Ausmus	29	F	Isanti	MN	44:03	14:11
344	71	Bree Coppersmith	38	F	Centerville	MN	44:21	14:17
345	148	Steven Hansa	54	M	White Bear Lake	MN	44:53	14:27
346	424	Annika Yunger	9	F	Annandale	VA	45:14	14:34
347	425	Erik Yunger	44	M	Annandale	VA	45:14	14:34
348	269	Linda Osterbauer	49	F	White Bear Lake	MN	45:19	14:36
349	227	Kelly McGough	19	F	Lino Lakles	MN	46:47	15:04

350 140 Kimberly Gromek 14 F Lino Lakes MN 46:47 15:04

TRI FITNESS FAST BEFORE THE FEAST RESULTS
TRI FITNESS, WHITE BEAR LAKE, MN NOV 25, 2010 8:00 A.M.

5K Race

Place	No.	Name	Age	Sex	City	State	Time	Pace
351	226	Janet McGough	47	F	Lino Lakles	MN	46:47	15:04
352	336	Pattee Schiltgen	54	F	Hugo	MN	46:50	15:05
353	213	Heidi Losinski	49	F	Mahtomedi	MN	47:29	15:17
354	132	Emily Gliske	25	F	St. Paul	MN	47:30	15:18
355	20	Dorothy Baltes	57	F	Albuquerque	NM	48:38	15:39
356	19	Christina Baltes	54	F	Arden Hills	MN	48:38	15:40
357	209	Kate Lennon	33	F	White Bear Lake	MN	48:41	15:40
358	394	Elizabeth Wagner	57	F	White Bear Lake	MN	48:43	15:41
359	111	Greg Fangel	58	M	White Bear Lake	MN	48:44	15:41
360	359	Sarah Spinner	30	F	Oakdale	MN	48:47	15:42
361	116	Mary Ford	36	F	St Francis	MN	49:03	15:48
362	258	Michelle Nivala		F	White Bear Lake	MN	49:05	15:48
363	458	Lorrie Fitzsimmons	36	F	Minneapolis	MN	49:06	15:48
364	448	Brenna Zabel	15	F	WBL	MN	49:15	15:52
365	150	Terri Hart	57	F	Lino Lakes	MN	49:17	15:52
366	86	Taylor DeLong	14	F	White Bear Lake	MN	50:06	16:08
367	84	Tammy DeLong	43	F	White Bear Lake	MN	50:06	16:08
368	104	Pamela Enz	51	F	Arden Hills	MN	50:39	16:18
369	232	Gene Menne	62	M	Sioux Falls	SD	53:23	17:11
370	234	LaVonne Menne	59	F	Hugo	MN	53:33	17:15
371	238	Janet Mims	59	F	White Bear Lake	MN	53:42	17:17
372	199	Colin Knoedler	16	M	St Paul	MN	54:56	17:41
373	201	Margaret Knoedler	24	F	St Paul	MN	54:58	17:42
374	353	Nina Sivula	25	F	White Bear Twshp	MN	55:20	17:49
375	476	Jessica Dehn	27	F	St Paul	MN	56:22	18:09
376	475	Bryan Hoch	25	M	St Paul	MN	57:00	18:21
377	157	Jim Hermes	31	M		MN	57:21	18:28
378	457	Nina Fox	26	F	Rochester	MN	58:43	18:54
379	133	Rachel Gliske	29	F	St. Paul	MN	1:02:05	19:59
380	134	Ted Gliske	64	M	St. Paul	MN	1:02:07	20:00