

## 10 K Results

## Overall

1	Drevlow	Aaron	Male	36	35-49	Woodbury	MN	45:16.1
2	Keene	Jessop	Male	17	24 and under	Ellsworth	WI	45:16.8
3	Sheridan	Phil	Male	34	25-34	Minneapolis	MN	52:00.7
4	Black	Liz	Female	28	25-34	River Falls	WI	52:27.8
5	Sjoquist	Constance	Female	47	35-49	Apple Valley	MN	53:47.0
6	Marietta	Jenny	Female	32	25-34	River Falls	WI	55:48.6
7	Rudesill	Sara	Female	26	25-34	River Falls	WI	55:49.8
8	Aponte	Ray	Male	**	35-49	**		56:52.6
9	Lachowski	Rich	Male	59	50+	River Falls	WI	56:56.0
10	McIntee	DJ	Male	22	24 and under	Minneapolis	MN	1:01:09
11	Cedarleaf Dahl	Elissa	Female	30	25-34	Minneapolis	MN	1:01:38
12	Fahrman	Rikki	Female	30	25-34	North Branch	MN	1:01:40
13	Senoraske	Beth	Female	35	35-49	River Falls	WI	1:01:45
14	Osborne	Matt	Male	26	25-34	St. Paul	MN	1:01:54
15	Rozo	Fabio	Male	45	35-49	Minneapolis	MN	1:03:03
16	Pearson	Bianca	Female	27	25-34	Milwaukee	WI	1:04:42
17	Genco	Vic	Female	48	35-49	River Falls	WI	1:07:55
18	Toupal	Mark	Male	54	50+	New Brighton	MN	1:10:29
19	Tillman	Michele	Female	35	35-49	LaCrosse	WI	1:12:40
20	Montoya	Monica	Female	38	35-49	League City	TX	1:14:37
21	Heath	Jennifer	Female	23	24 and under	Minneapolis	MN	1:20:34
22	Newman	Philip	Male	48	35-49	Ellsworth	WI	DNF
23	Richie	Renee	Female	32	25-34	Minneapolis	MN	NR
24	Bonnifield	Kathy	Female	38	35-49	Minneapolis	MN	NR
25	Thomson	Mike	Male	48	35-49	River Falls	WI	NR

## Gender and Age Group

## F under 24

1	Heath	Jennifer	Female	23	24 and under	Minneapolis	MN	1:20:34
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## F 25-34

1	Black	Liz	Female	28	25-34	River Falls	WI	52:27.8
2	Marietta	Jenny	Female	32	25-34	River Falls	WI	55:48.6

	3 Rudesill	Sara	Female	26	25-34	River Falls	WI	55:49.8
	4 Cedarleaf Dahl	Elissa	Female	30	25-34	Minneapolis	MN	1:01:38
	5 Fahrmann	Rikki	Female	30	25-34	North Branch	MN	1:01:40
	6 Pearson	Bianca	Female	27	25-34	Milwaukee	WI	1:04:42
	NR Richie	Renee	Female	32	25-34	Minneapolis	MN	NR
<b>F 35-49</b>								
	1 Sjoquist	Constance	Female	47	35-49	Apple Valley	MN	53:47.0
	2 Senoraske	Beth	Female	35	35-49	River Falls	WI	1:01:45
	3 Genco	Vic	Female	48	35-49	River Falls	WI	1:07:55
	4 Tillman	Michele	Female	35	35-49	LaCrosse	WI	1:12:40
	5 Montoya	Monica	Female	38	35-49	League City	TX	1:14:37
	NR Bonnifield	Kathy	Female	38	35-49	Minneapolis	MN	NR
<b>M under 24</b>								
	1 Keene	Jessop	Male	17	24 and under	Ellsworth	WI	45:16.8
	2 McIntee	DJ	Male	22	24 and under	Minneapolis	MN	1:01:09
<b>M 25-34</b>								
	1 Sheridan	Phil	Male	34	25-34	Minneapolis	MN	52:00.7
	2 Osborne	Matt	Male	26	25-34	St. Paul	MN	1:01:54
<b>M 35-49</b>								
	1 Drevlow	Aaron	Male	36	35-49	Woodbury	MN	45:16.1
	2 Aponte	Ray	Male		35-49	**		56:52.6
	3 Rozo	Fabio	Male	45	35-49	Minneapolis	MN	1:03:03
	DNF Newman	Philip	Male	48	35-49	Ellsworth	WI	DNF
	NR Thomson	Mike	Male	48	35-49	River Falls	WI	NR
<b>M 50+</b>								
	1 Lachowski	Rich	Male	59	50+	River Falls	WI	56:56.0
	2 Toupal	Mark	Male	54	50+	New Brighton	MN	1:10:29