

Stride for Fitness 2006

5K FEMALE BY AGE GROUP

17 and Under

PL	NAME	AGE	TIME	PER MI	PER KM
1	Carrie Benson	16	24:18.44	7:49.28	4:51.60
2	Cecelia Weir	14	25:06.94	8:05.05	5:01.39
3	Emily North	14	26:09.33	8:25.01	5:13.79
4	Julia Walk	17	28:25.89	9:09.10	5:41.20

18 - 29

PL	NAME	AGE	TIME	PER MI	PER KM
1	Katie Schneider	24	24:10.10	7:46.70	4:50.00
2	Dana Asleson	27	26:27.53	8:31.12	5:17.60
3	Jenny Conzemius	25	27:06.14	8:43.35	5:25.20
4	Audrey Lench	22	30:54.18	9:56.74	6:10.79
5	LINDY CHRISTIAN	21	30:59.64	9:58.67	6:12.00
6	Diana Moore	24	33:15.62	10:42.45	6:39.20

30 - 39

PL	NAME	AGE	TIME	PER MI	PER KM
1	Julie Mooney	30	24:23.60	7:51.21	4:52.79
2	Asenath Smith	30	36:30.06	11:44.89	7:18.00
3	Kory Schmitt	33	41:31.18	13:21.77	8:18.20

40 - 49

PL	NAME	AGE	TIME	PER MI	PER KM
1	Masami Kita	46	25:49.06	8:18.57	5:09.79
2	Deb Erickson	46	28:23.08	9:08.14	5:40.60
3	Judy Devorak	45	28:39.68	9:13.61	5:44.00
4	Faye Doyle	48	31:16.71	10:04.14	6:15.39

50 - 59

PL	NAME	AGE	TIME	PER MI	PER KM
1	Carol Gordon	54	27:02.99	8:42.39	5:24.60
2	Faye Wendland	53	28:48.97	9:16.51	5:45.79
3	Lisa Lench	51	30:53.77	9:56.74	6:10.79
4	Susan Christian	56	34:00.51	10:56.93	6:48.20

60 - 69

PL	NAME	AGE	TIME	PER MI	PER KM
1	Pauline Benke	60	32:03.54	10:19.27	6:24.79
2	Carol Prescher	66	37:14.20	11:59.05	7:26.79

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5K MALE OPEN BY AGE GROUP

17 and Under

PL	NAME	AGE	TIME	PER MI	PER KM	CITY, ST
1	Micah Faas	16	21:58.61	7:04.54	4:23.79	Rochester,
MN						
2	David Campeau	11	23:09.18	7:27.07	4:37.79	Rochester,
MN						

18 - 29

PL	NAME	AGE	TIME	PER MI	PER KM	CITY, ST
1	Will Schulz	27	26:50.95	8:38.53	5:22.20	Rochester,
MN						
2	Mark Smith	28	36:30.43	11:44.89	7:18.00	Palo, IA

30 - 39

PL	NAME	AGE	TIME	PER MI	PER KM	CITY, ST
1	Alan Steichen	39	21:20.94	6:52.31	4:16.20	Rochester,
MN						
2	Paul Melby	31	22:16.43	7:10.01	4:27.20	Byron, MN
3	Bryan Beck	31	26:24.43	8:29.84	5:16.79	Red Wing, MN
4	Diganta Borgohain	37	27:03.81	8:42.71	5:24.79	Rochester,
MN						
5	Frank Wilson	30	40:06.35	12:54.41	8:01.20	Kasson, MN

40 - 49

PL	NAME	AGE	TIME	PER MI	PER KM	CITY, ST
1	Jim Mason	46	21:18.39	6:51.34	4:15.60	Rochester,
MN						
2	Randy Regimbal	49	21:41.75	6:59.07	4:20.39	Rochester,
MN						
3	Gerald Volcheck	43	22:07.16	7:07.11	4:25.39	Rochester,
MN						
4	Hirohito Kita	48	22:33.88	7:15.81	4:30.79	Rochester,
MN						
5	Thomas Griffin	43	24:25.97	7:51.85	4:53.20	Rochester,
MN						
6	Brian Nass	48	25:38.63	8:15.35	5:07.79	Rochester,
MN						
7	Steve Norton	49	26:47.98	8:37.56	5:21.60	Rochester,
MN						
8	Tim Weir	42	27:07.62	8:44.00	5:25.60	Rochester,
MN						
9	Frank Hall	44	27:11.36	8:44.96	5:26.20	Rochester,
MN						
10	Keith Tally	44	27:31.36	8:51.40	5:30.20	Rochester,
MN						

50 - 59

PL	NAME	AGE	TIME	PER MI	PER KM	CITY, ST
1	Emanuel Strehler	52	22:52.72	7:21.92	4:34.60	Rochester,
MN						
2	Wendland Curt	50	27:52.15	8:58.16	5:34.39	Byron, MN
3	Paul Christian	56	28:57.22	9:19.08	5:47.39	Rochester,
MN						
4	Lee J. Smith	59	29:34.80	9:31.31	5:55.00	St. Charles,
MN						
5	Jeff Green	50	30:18.19	9:45.15	6:03.60	Rochester,
MN						
6	Jim Goodnature	59	31:24.85	10:06.72	6:17.00	Rochester,
MN						
7	Wayne Smith	55	33:23.58	10:45.02	6:40.79	Mantorville,
MN						

60 - 69

PL	NAME	AGE	TIME	PER MI	PER KM	CITY, ST
1	Don Benke	63	25:43.65	8:16.96	5:08.79	Wayzata, MN

70 and Over

PL	NAME	AGE	TIME	PER MI	PER KM	CITY, ST
1	Roger Regimbal	75	28:02.19	9:01.38	5:36.39	Stephen, MN
2	Jerry Reynolds	72	31:31.31	10:08.65	6:18.20	Rochester,
MN						

Stride for Fitness 2006

5K FEMALE OVERALL RESULTS

PL	NAME	AGE	TIME	PER MI	PER KM	CITY, ST
1	Katie Schneider	24	24:10.10	7:46.70	4:50.00	Rochester,
MN						
2	Carrie Benson	16	24:18.44	7:49.28	4:51.60	Rochester,
MN						
3	Julie Mooney	30	24:23.60	7:51.21	4:52.79	Red Wing, MN
4	Cecelia Weir	14	25:06.94	8:05.05	5:01.39	Rochester,
MN						
5	Masami Kita	46	25:49.06	8:18.57	5:09.79	Rochester,
MN						
6	Emily North	14	26:09.33	8:25.01	5:13.79	Rochester,
MN						
7	Dana Asleson	27	26:27.53	8:31.12	5:17.60	Rochester,
MN						
8	Carol Gordon	54	27:02.99	8:42.39	5:24.60	Wabasha, MN
9	Jenny Conzemius	25	27:06.14	8:43.35	5:25.20	Rochester,
MN						
10	Deb Erickson	46	28:23.08	9:08.14	5:40.60	Eyota, MN
11	Julia Walk	17	28:25.89	9:09.10	5:41.20	Rochester,
MN						
12	Judy Devorak	45	28:39.68	9:13.61	5:44.00	Rochester,
MN						
13	Faye Wendland	53	28:48.97	9:16.51	5:45.79	Byron, MN
14	Lisa Lenocho	51	30:53.77	9:56.74	6:10.79	Pine Island,
MN						
15	Audrey Lenocho	22	30:54.18	9:56.74	6:10.79	Pine Island,
MN						
16	LINDY CHRISTIAN	21	30:59.64	9:58.67	6:12.00	Rochester,
MN						
17	Faye Doyle	48	31:16.71	10:04.14	6:15.39	Rochester,
MN						
18	Pauline Benke	60	32:03.54	10:19.27	6:24.79	Wayzata, MN
19	Diana Moore	24	33:15.62	10:42.45	6:39.20	Riceville,
IA						
20	Susan Christian	56	34:00.51	10:56.93	6:48.20	Rochester,
MN						
21	Asenath Smith	30	36:30.06	11:44.89	7:18.00	Palo, IA
22	Carol Prescher	66	37:14.20	11:59.05	7:26.79	Wabasha, MN
23	Kory Schmitt	33	41:31.18	13:21.77	8:18.20	Rochester,
MN						

Stride for Fitness 2006

5K MALE OVERALL RESULTS

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MN						
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MN						
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MN						
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MN						
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MN						
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MN						
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MN						
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MN						
16	Diganta Borgohain	37	27:03.81	8:42.71	5:24.79	Rochester,
MN						
17	Tim Weir	42	27:07.62	8:44.00	5:25.60	Rochester,
MN						
18	Frank Hall	44	27:11.36	8:44.96	5:26.20	Rochester,
MN						
19	Keith Tally	44	27:31.36	8:51.40	5:30.20	Rochester,
MN						
20	Wendland Curt	50	27:52.15	8:58.16	5:34.39	Byron, MN
21	Roger Regimbal	75	28:02.19	9:01.38	5:36.39	Stephen, MN
22	Paul Christian	56	28:57.22	9:19.08	5:47.39	Rochester,
MN						
23	Lee J. Smith	59	29:34.80	9:31.31	5:55.00	St. Charles,
MN						
24	Jeff Green	50	30:18.19	9:45.15	6:03.60	Rochester,
MN						
25	Jim Goodnature	59	31:24.85	10:06.72	6:17.00	Rochester,
MN						
26	Jerry Reynolds	72	31:31.31	10:08.65	6:18.20	Rochester,
MN						
27	Wayne Smith	55	33:23.58	10:45.02	6:40.79	Mantorville,
MN						
28	Mark Smith	28	36:30.43	11:44.89	7:18.00	Palo, IA
29	Frank Wilson	30	40:06.35	12:54.41	8:01.20	Kasson, MN