

**Stride for Fitness 2006**

**10K FEMALE OPEN BY AGE GROUP**

20 - 29

PL	NAME	AGE	TIME	PER MI	PER KM
1	Marisa Vaughn	27	43:27.28	7:00.00	4:20.70
2	Toni Kolling	24	47:07.48	7:34.96	4:42.70
3	Lori DeCook	28	49:19.01	7:56.20	4:55.89
4	Jamie Michel	25	52:48.44	8:29.84	5:16.79
5	Jean Roth	29	53:06.07	8:32.73	5:18.60
6	Ellie Grice	28	1:04:06.47	10:18.95	6:24.60
7	Lori Dickerman	25	1:04:06.86	10:19.11	6:24.70

30 - 39

PL	NAME	AGE	TIME	PER MI	PER KM
1	Joanie Thompson	31	47:36.53	7:39.78	4:45.70
2	Kris Kruse	36	50:56.82	8:11.97	5:05.70
3	Kelly Lyndgaard	30	53:15.57	8:34.34	5:19.60
4	Mical Anne Peterson	31	54:00.88	8:41.58	5:24.10
5	Janee Klipfel	37	54:59.34	8:50.92	5:29.89
6	Renee Kottschade	33	56:46.53	9:08.30	5:40.70
7	Angie Lash	35	60:29.69	9:44.19	6:02.99
8	Yolanda Fiek	31	1:05:27.51	10:32.15	6:32.79
9	Christy Dokken	36	1:05:58.88	10:37.13	6:35.89

40 - 49

PL	NAME	AGE	TIME	PER MI	PER KM
1	Gina Sundsmo	44	54:14.57	8:43.84	5:25.50
2	Jacqueline Stevermer	41	55:02.20	8:51.40	5:30.20
3	Judy Weller	47	59:08.67	9:31.15	5:54.89

50 - 59

PL	NAME	AGE	TIME	PER MI	PER KM
1	Linda Gentling	55	47:58.35	7:43.16	4:47.79
2	Kit Hawkins	51	53:16.45	8:34.34	5:19.60
3	Susan Powers	55	59:10.13	9:31.31	5:55.00
4	Sue Heldt	59	59:30.22	9:34.53	5:57.00
5	Sue Kolling	54	1:11:18.40	11:28.47	7:07.79

60 - 69

PL	NAME	AGE	TIME	PER MI	PER KM
1	Rosemary Harnly	60	54:54.30	8:50.11	5:29.39

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**10K MALE OPEN BY AGE GROUP**

30 - 39

PL	NAME	AGE	TIME	PER MI	PER KM	CITY, ST
1	Andy Hemenway	32	48:12.18	7:45.42	4:49.20	Rochester, MN
2	Timothy Holten	37	50:43.93	8:09.88	5:04.39	Hayfield, MN
3	Trever Rosenbush	37	50:57.23	8:11.97	5:05.70	Stewartville, MN
4	Bryant Helgeson	34	55:08.35	8:52.37	5:30.79	Rochester,

MN	5	DOUGLAS GUENTHER	39	55:34.32	8:56.55	5:33.39	Rochester,
MN	6	Andy Roth	32	55:48.82	8:58.96	5:34.89	Rochester,
MN							
	40 - 49						
PL		NAME	AGE	TIME	PER MI	PER KM	CITY, ST
	1	Tom Woo	47	38:16.87	6:09.66	3:49.69	Rochester,
MN							
	2	Steven Hartog	47	47:13.72	7:36.08	4:43.39	Rochester,
MN							
	3	Bruce Walk	49	53:19.40	8:34.82	5:19.89	Rochester,
MN							
	4	Luke Jeffers	44	56:53.28	9:09.26	5:41.29	Rochester,
MN							
	50 - 59						
PL		NAME	AGE	TIME	PER MI	PER KM	CITY, ST
	1	Dave Morrill	56	45:42.93	7:21.44	4:34.29	Rochester,
MN							
	2	David Phillips	51	47:40.52	7:40.43	4:46.10	Spring
		Valley, MN					
	3	Mike Willard	56	53:05.23	8:32.57	5:18.50	Rochester,
MN							
	4	Doug Rau	56	54:31.16	8:46.41	5:27.10	Rochester,
MN							
	60 - 69						
PL		NAME	AGE	TIME	PER MI	PER KM	CITY, ST
	1	Peter Heldt	60	57:17.82	9:13.29	5:43.79	Rochester,
MN							
	70 and Over						
PL		NAME	AGE	TIME	PER MI	PER KM	CITY, ST
	1	Pat Brown	70	53:45.38	8:39.01	5:22.50	Lewiston, MN

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#### 10K FEMALE OVERALL RESULTS

PL		NAME	AGE	TIME	PER MI	PER KM	CITY, ST
	1	Marisa Vaughn	27	43:27.28	7:00.00	4:20.70	Rochester,
MN							
	2	Toni Kolling	24	47:07.48	7:34.96	4:42.70	Spring
		Valley, MN					
	3	Joanie Thompson	31	47:36.53	7:39.78	4:45.70	Eyota, MN
	4	Linda Gentling	55	47:58.35	7:43.16	4:47.79	Rochester,
MN							
	5	Lori DeCook	28	49:19.01	7:56.20	4:55.89	Rochester,
MN							
	6	Kris Kruse	36	50:56.82	8:11.97	5:05.70	Stewartville,
MN							
	7	Jamie Michel	25	52:48.44	8:29.84	5:16.79	Rochester,
MN							
	8	Jean Roth	29	53:06.07	8:32.73	5:18.60	Rochester,
MN							
	9	Kelly Lyndgaard	30	53:15.57	8:34.34	5:19.60	Rochester,

MN							
10	Kit Hawkins	51	53:16.45	8:34.34	5:19.60	Rochester,	
MN							
11	Mical Anne Peterson	31	54:00.88	8:41.58	5:24.10	Minneapolis,	
MN							
12	Gina Sundsmo	44	54:14.57	8:43.84	5:25.50	Rochester,	
MN							
13	Rosemary Harnly	60	54:54.30	8:50.11	5:29.39	Red Wing, MN	
14	Janee Klipfel	37	54:59.34	8:50.92	5:29.89	Lake City,	
MN							
15	Jacqueline Stevermer	41	55:02.20	8:51.40	5:30.20	Oronoco, MN	
16	Renee Kottschade	33	56:46.53	9:08.30	5:40.70	Rochester,	
MN							
17	Judy Weller	47	59:08.67	9:31.15	5:54.89	Rochester,	
MN							
18	Susan Powers	55	59:10.13	9:31.31	5:55.00	Rochester,	
MN							
19	Sue Heldt	59	59:30.22	9:34.53	5:57.00	Rochester,	
MN							
20	Angie Lash	35	60:29.69	9:44.19	6:02.99	Rochester,	
MN							
21	Ellie Grice	28	1:04:06.47	10:18.95	6:24.60	Minneapolis,	
MN							
22	Lori Dickerman	25	1:04:06.86	10:19.11	6:24.70	St. Charles,	
MN							
23	Yolanda Fiek	31	1:05:27.51	10:32.15	6:32.79	Rochester,	
MN							
24	Christy Dokken	36	1:05:58.88	10:37.13	6:35.89	Rochester,	
MN							
25	Sue Kolling	54	1:11:18.40	11:28.47	7:07.79	Spring	
	Valle, MN						

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MN						
13	DOUGLAS GUENTHER	39	55:34.32	8:56.55	5:33.39	Rochester,
MN						
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