

H.E.R.T. 2010 5K Race/Walk 18 and Over Results

Overall Place	Over 18 Place	Last Name	First Name	Age	City	State	Time	Bib #
1	1	Bertram	Brandon	26	Goodyear	AZ	16:21.23	390
2	2	Grindall	Meg	29	Moorhead	MN	17:44.55	384
4	3	Towle	John	20	Minot	ND	18:19.44	415
5	4	Suparat	Toessawat	24	Moorhead	MN	18:49.25	401
6	5	Slotten	Michael	21	Fargo	ND	19:38.89	375
7	6	Lau	Rick	46	Fargo	ND	19:46.84	434
8	7	Grensteiner	Gerry	42	Fargo	ND	19:55.40	372
11	8	Crume	Rick	49	Glyndon	MN	20:30.89	328
13	9	Toms	Charles	29	Glyndon	MN	20:45.73	373
14	10	Jacobson	John	35	Moorhead	MN	20:48.38	382
15	11	Brogren	Jason	31	Detroit Lakes	MN	20:53.44	310
16	12	Miller	Drew	33	Hawley	MN	21:23.63	325
17	13	Kohler	Chris	37	Dilworth	MN	21:35.26	380
19	14	Anderson	Laura	25	Sabin	MN	21:51.90	336
20	15	Bellefeuille	Dan	53	Waubun	MN	22:01.13	374
21	16	Towle	Amanda	22	Audubon	MN	22:05.74	416
22	17	Humann	Mitch	43	Fargo	ND	22:42.80	316
23	18	Edwards	Doyle	55	Edgeley	ND	22:55.56	322
24	19	Prigelmeier	Kenny	40	Dilworth	MN	23:04.14	381
25	20	Bertram	Erin	26	Goodyear	AZ	23:10.49	391
26	21	Geeslin	Mike	36	Hawley	MN	23:41.57	347
27	22	Towle	April	44	Audubon	MN	23:44.16	413
28	23	Towle	Pat	44	Audubon	MN	23:44.89	414
31	24	Petermann	Breann	19	Hawley	MN	23:56.30	406
33	25	Kohler	Mike	46	Fargo	ND	24:21.30	379
34	26	Baltezore	Joan	43	West Fargo	ND	24:31.31	370
35	27	Anderson	Brian	51	Hawley	MN	24:32.48	333
37	28	Johnson	Melissa	38	Hawley	MN	25:13.97	363
38	29	Birchem	Nick	23	Hawley	MN	25:46.54	424
39	30	Kne	Krystal	25	Bismarck	ND	25:47.20	421
40	31	Brogren	Karla	51	Detroit Lakes	MN	26:03.14	308
41	32	Isaacson	Rachelle	39	Lake Park	MN	26:03.71	396
44	33	Vancura	Carol	45	Barnesville	MN	26:24.05	408
46	34	Langseth	Deanna	30	Hawley	MN	26:45.01	303
47	35	Isakson	Wynter	20	Moorhead	MN	26:50.65	429
48	36	Haaland	Colleen	43	Moorhead	MN	26:52.36	356
49	37	Knutson	Heidi	31	Hawley	MN	26:54.51	340
50	38	Johnson	Andy	31	Hawley	MN	27:04.50	312
51	39	Schenck	Darcy	35	Hawley	MN	27:06.28	404
52	40	Cabler	Kristin	25	Carrington	ND	27:06.72	402
53	41	Vancura	Julie	23	Moorhead	MN	27:09.77	428
54	42	Brenna	Stacey	31	Glyndon	MN	27:20.05	405
56	43	Hufford	Rob	26	Cavalier	ND	27:32.23	432
57	44	Johnson	Heidi	29	Hawley	MN	27:36.90	307
58	45	Schuler	Jonathan	25	West Fargo	ND	27:55.45	335
60	46	Petermann	Alli	19	Hawley	MN	28:11.18	407

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61	47	Bellefeuille	Amanda	24	Barnesville	MN	28:16.94	419
62	48	Ulschmid	Beth	44	Hawley	MN	28:28.94	342
64	49	Helgeson	Emily	37	Hawley	MN	28:37.93	302
65	50	Olson	Carol	48	Hawley	MN	28:40.76	355
66	51	Vynych	Lucy	45	Fargo	ND	28:46.60	422
67	52	Brandt	Tara	34	Fargo	ND	28:48.79	367
68	53	Graunke	Denise	29	Hawley	MN	28:52.08	301
69	54	Solmon	Mary	55	Detroit Lakes	MN	28:54.37	376
70	55	Lonski	Beryl	58	Fargo	ND	29:05.40	351
72	56	Erdman	Bob	42	Cohasset	MN	29:20.45	387
73	57	Newton	Joyce	52	Hawley	MN	29:21.61	435
74	58	Laux	Lindsey	29	Lake Park	MN	29:25.96	420
76	59	Mehling	Michelle	30	Moorhead	MN	30:07.28	386
77	60	Ackerman	Marie	31	Hawley	MN	30:07.81	385
78	61	Solheim	Suzanne	41	West Fargo	ND	30:45.81	431
80	62	Schenck	Quinn	31	Hawley	MN	30:57.94	410
81	63	Robson	Joanne	62	Lihue	HI	31:15.66	377
82	64	Jongeward	Karen	48	Hawley	MN	31:21.23	306
84	65	Brager	Kara	35	Hawley	MN	31:58.85	309
87	66	Byklum	Cynthia24897	35	Hawley	MN	32:08.14	394
88	67	Moore	Lorraine	41	Mahnomen	MN	32:23.55	430
89	68	Grani	Doris	62	Hawley	MN	33:43.08	392
90	69	Grani	Charles	63	Hawley	MN	33:44.56	393
91	70	Lonski	Shelly	55	Fargo	ND	33:58.79	352
92	71	Heiberg	Stacie	38	Hawley	MN	34:57.26	362
93	72	Larson	Landi	33	Hawley	MN	34:57.96	409
94	73	Grande	Scott	40	Lake Park	MN	35:45.87	323
95	74	Olson	Shannon	28	Hawley	MN	36:45.95	412
96	75	Olson	Mike	32	Hawley	MN	36:46.66	411
98	76	Demmer	Allison	30	Hawley	MN	37:00.28	334
99	77	Spencer	Tori	32	Ulen	MN	37:21.85	319
101	78	Grani	Lynn	37	Hawley	MN	39:38.24	354
102	79	Halden	Dustin	31	Hawley	MN	39:54.99	311
103	80	Halden	Kristen	27	Hawley	MN	39:55.75	304
104	81	Card	Danelle	30	Hawley	MN	40:12.80	388
106	82	Bauman	Adam	32	Hawley	MN	40:43.89	313
107	83	Bauman	Amy	32	Hawley	MN	40:45.50	314
109	84	Lawson	Lisa	18+	Hawley	MN	44:06.63	353
113	85	Maesse	Janet	48	Ulen	MN	45:24.80	331
114	86	Ellefson	Lori	46	Ulen	MN	45:25.96	329
115	87	Schlauderahl	Kristi	26	Detroit Lakes	MN	45:33.10	418
116	88	Matter	Kim	47	Hawley	MN	45:33.80	417
117	89	Bauman	Heather	34	St. Bonifacius	MN	46:30.79	321
119	90	Miller	Tina	33	Hawley	MN	46:39.66	317
120	91	Geeslin	Jennifer	32	Hawley	MN	47:03.20	348
122	92	Riddle	Angela	30	Barnesville	MN	48:27.46	350

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123	93	Grande	Gretchen	38	Lake Park	MN	48:27.82	315
124	94	Halvorson	Carla		Hawley	MN	48:28.28	364
125	95	Justesen	Chastity	33	Hawley	MN	48:29.52	378
126	96	Flagg	Serena	30	Hawley	MN	48:40.66	343
127	97	Hinkle	Jill	32	Hawley	MN	48:42.93	339
128	98	Heidinger	Erin	29	Hawley	MN	48:44.74	330
129	99	Heidinger	Matt	30	Hawley	MN	48:47.08	327
131	100	Doyle	Leah	18	Hawley	MN	48:49.72	360
132	101	Anderson	Terri	35	Fargo	ND	49:36.54	368
133	102	Richardson	Cheri	51	Hawley	MN	50:04.97	318
134	103	Abtin	Darla	45	Hawley	MN	50:09.38	433
135	104	Miller	Carol	43	Hawley	MN	50:11.07	305
137	105	Thompson	Janet	36	Hawley	MN	50:45.03	383
139	106	Doyle	Lois	50	Hawley	MN	51:40.83	359
140	107	Alm-Plaziak	Lisa	44	Maple Grove	MN	51:41.47	427
141	108	Alm	Londa	31	Hawley	MN	51:46.36	426
142	109	Heng	Ashley	23	Hawley	MN	52:49.92	344
143	110	Heng	Angie	22	Hawley	MN	52:52.50	338
144	111	Johnston	Stephanie	18	Hawley	MN	53:08.73	399
145	112	Stoa	Amy	18	Hawley	MN	53:10.65	400
146	113	Spillum	Pearl	74	Hawley	MN	53:12.74	395
147	114	Strache	Suzanne	40	Hawley	MN	53:22.06	389
148	115	Nelson	Ashley	20	Hawley	MN	53:24.14	397
149	116	Nelson	Sandy	48	Hawley	MN	53:25.63	398
150	117	Burnside	Stephanie	38	Moorhead	MN	53:58.76	366
151	118	Stafke	Karla	38	Hawley	MN	54:00.45	365
153	119	Voss	Marcie	58	Hawley	MN	1:03:41.04	326
154	120	Bauman	Heidi	60+	St. Bonifacius	MN	1:03:43.17	320
155	121	Demmer	Virginia	58	Hawley	MN	1:03:45.18	349