

## 2013 Stride 5K/10K/Half-Marathon

Overall Finish ListRace Date

September 15, 2013

**Half Marathon****Female**

<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Gen</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>
1	Tanya Meyers	111	35	F	1/6 20-35	1:32:08.4	7:02/M
2	Heidi Hines	123	24	F	2/6 20-35	1:34:06.4	7:11/M
3	Keri Suppes	119	35	F	3/6 20-35	1:53:01.2	8:38/M
4	Lindsey Allen	100	28	F	4/6 20-35	1:54:28.8	8:44/M
5	Karen Burrows	101	37	F	1/6 36-45	1:56:44.8	8:55/M
6	Patty Weber	121	53	F	1/3 46-55	2:01:40.0	9:17/M
7	Shawn Summers	118	39	F	2/6 36-45	2:02:07.3	9:19/M
8	Jamie Dreher	104	32	F	5/6 20-35	2:08:49.8	9:50/M
9	Rhiannon Becker	124	29	F	6/6 20-35	2:11:01.5	10:00/M
10	Kimberly Pfanenstiel	112	43	F	3/6 36-45	2:19:16.3	10:38/M
11	Brenda Frederking	105	50	F	2/3 46-55	2:19:19.8	10:38/M
12	Michelle Frickey	106	40	F	4/6 36-45	2:24:09.9	11:00/M
13	Jody Scoby	114	38	F	5/6 36-45	2:49:07.1	12:55/M
14	Marla Verlinde	120	36	F	6/6 36-45	2:50:13.3	13:00/M
15	Barbara Cunningham	102	52	F	3/3 46-55	2:53:35.8	13:15/M

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		<b>Half Marathon</b>				<b>Male</b>	
<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Gen</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>
1	Jason Koerner	109	37	M	1/2 36-45	1:27:59.6	6:43/M
2	Mel Sauer	113	47	M	1/3 46-55	1:42:57.4	7:52/M
3	Mike Goodale	107	46	M	2/3 46-55	1:45:13.9	8:02/M
4	Bob Sanderson	122	64	M	1/1 56-65	1:45:15.2	8:02/M
5	Mike Koerner	110	50	M	3/3 46-55	1:51:44.7	8:32/M
6	Brian Dechant	103	44	M	2/2 36-45	1:54:11.7	8:43/M
7	Nathan Sullivan	117	34	M	1/3 20-35	2:06:05.3	9:37/M
8	Mark St. Peter	116	30	M	2/3 20-35	2:08:12.6	9:47/M
9	Jeremiah Ewan	125	31	M	3/3 20-35	3:24:37.2	15:37/M

## 2013 Stride 5K/10K/Half-Marathon

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Overall Finish List

		10K				Female	
<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Gend</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>
1	Danielle Vonfeldt	217	26	F	1/7 20-35	53:43.3	8:40/M
2	Crystal Quint	210	33	F	2/7 20-35	54:55.3	8:51/M
3	Miranda Fox	204	34	F	3/7 20-35	55:50.8	9:00/M
4	Denise Lynch	207	41	F	1/4 36-45	58:05.4	9:22/M
5	Rachel Decker	201	41	F	2/4 36-45	58:05.7	9:22/M
6	Susan Metzger	209	38	F	3/4 36-45	59:13.1	9:33/M
7	Hayley Heim	206	34	F	4/7 20-35	1:03:07.0	10:11/M
8	Katherine Reed	211	39	F	4/4 36-45	1:05:38.3	10:35/M
9	Kenda Denison	202	59	F	1/2 56-65	1:09:09.6	11:09/M
10	Jackie Flemming	203	35	F	5/7 20-35	1:11:36.4	11:33/M
11	Renee Gerstner	205	27	F	6/7 20-35	1:18:31.3	12:40/M
12	Kristy Ostmeyer	220	33	F	7/7 20-35	1:18:34.2	12:40/M
13	Vicky Sauer	214	53	F	1/1 46-55	1:22:11.6	13:15/M
14	Nancy Stramel	215	56	F	2/2 56-65	1:29:59.3	14:31/M

## 2013 Stride 5K/10K/Half-Marathon

Overall Finish List**10K****Male**

<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Gen</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>
1	Chris Ouellette	219	22	M	1/4 20-35	46:59.4	7:35/M
2	Sean Rodger	212	35	M	2/4 20-35	53:31.8	8:38/M
3	Elton Armbrister	200	42	M	1/2 36-45	56:30.8	9:07/M
4	Nick Taylor	216	32	M	3/4 20-35	58:21.8	9:25/M
5	Jeff Ridder	221	56	M	1/1 56-65	59:16.8	9:34/M
6	David Wilson	218	43	M	2/2 36-45	1:02:25.4	10:04/M
7	Bobby Matter	208	35	M	4/4 20-35	1:05:38.3	10:35/M

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		5K				Female	
<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Gend</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>
1	Kayla Zodrow	319	23	F	1/11 20-35	20:47.8	6:42/M
2	Amanda Sowers	316	33	F	2/11 20-35	21:55.3	7:04/M
3	Natalie Knipp	303	28	F	3/11 20-35	21:59.6	7:05/M
4	Samantha Pounds	310	24	F	4/11 20-35	25:13.1	8:08/M
5	Sally Dreiling	301	51	F	1/2 46-55	28:57.7	9:20/M
6	Beth Pinkston	307	34	F	5/11 20-35	30:35.9	9:52/M
7	Arielle Simpson	315	32	F	6/11 20-35	30:57.3	9:59/M
8	Amber Pope	308	29	F	7/11 20-35	32:03.9	10:20/M
9	Lisa Knipp	302	25	F	8/11 20-35	37:00.4	11:56/M
10	Chelsy Proehl	312	26	F	9/11 20-35	39:15.9	12:40/M
11	Karissa Prentice	311	23	F	10/11 20-35	39:16.3	12:40/M
12	Colleen Nieman	306	29	F	11/11 20-35	41:03.2	13:15/M
13	Terri Ridder	320	55	F	2/2 46-55	42:01.1	13:33/M

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**5K****Male**

<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Gen</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>
1	Garrett Bland	300	20	M	1/6 20-35	20:16.4	6:32/M
2	Brian Zinke	318	24	M	2/6 20-35	20:29.2	6:36/M
3	Jay Langton	304	34	M	3/6 20-35	20:29.9	6:36/M
4	Caleb Sarver	313	26	M	4/6 20-35	24:36.2	7:56/M
5	Peyton Nelson	305	23	M	5/6 20-35	29:02.5	9:22/M
6	Don Pope	309	31	M	6/6 20-35	31:23.1	10:07/M