

Snowflake Shuffle 2009
12/12/2009

5K F AGE GROUP RESULTS

19 and Under

PL	NAME	AGE	TIME	PER MI	PER KM	CITY, ST
1	Ali Anderson	18	22:46.18	7:19.67	4:33.20	sartell, mn
2	Izzy Plantenberg	16	23:01.03	7:24.50	4:36.20	Avon, MN
3	Gina Luke	19	23:52.70	7:41.23	4:46.60	Excelsior, MN
4	Nicola Franta	19	23:52.86	7:41.23	4:46.60	La Crescent, MN
5	Morgan Durbin	14	24:33.97	7:54.43	4:54.79	Saint Cloud, MN
6	Emily Martin	18	24:38.39	7:55.72	4:55.60	Grant, MH
7	Shannon Lane	18	25:11.01	8:06.34	5:02.20	Beaverton, OR
8	Sarah Schmitt	19	26:00.00	8:22.11	5:12.00	St. Cloud, MN
9	Elizabeth McMillan	19	26:26.13	8:30.48	5:17.20	Jamestown, ND
10	Valerie Suhr	17	26:53.51	8:39.49	5:22.79	Hutchinson, MN
11	Samantha Peterson	16	27:03.16	8:42.39	5:24.60	Cold Spring, mn
12	Ariel Reischal	18	27:09.59	8:44.64	5:26.00	Sartell, MN
13	Kristie Mueller	19	27:22.82	8:48.83	5:28.60	Rochester, MN
14	Clare Murn	19	27:23.78	8:49.15	5:28.79	Canton, GA
15	Hanna Zerfas	19	27:32.08	8:51.72	5:30.39	Shoreview, MN
16	Lisa Fenske	19	27:32.26	8:51.72	5:30.39	St. Paul, MN
17	Prine Abby	18	27:35.34	8:52.69	5:31.00	Monticello, MN
18	Amanda Theisen	13	28:02.43	9:01.38	5:36.39	St. Joseph, MN
19	Sarah Berkowitz	19	28:03.77	9:02.02	5:36.79	Plymouth, MN
20	Karen Hendrickson	19	29:47.33	9:35.17	5:57.39	Dassel, MN
21	Jill Kraemer	18	30:24.63	9:47.41	6:04.99	St. Louis Park, MN
22	alivia Tison	18	30:26.28	9:47.73	6:05.20	Des Moines, IA
23	Hannah Dolan	18	30:26.82	9:48.05	6:05.39	Edina, MN
24	Breann Kluck	18	30:28.60	9:48.69	6:05.79	Rochester, MN
25	Megan Boll	19	30:38.80	9:51.91	6:07.79	Maple Plain, MN
26	Caitlin Conlon	19	31:24.61	10:06.72	6:17.00	Lake Geneva, WI
27	Brenna Gould	19	31:25.22	10:06.72	6:17.00	Rosemount, MN
28	Molly Deml	19	31:25.45	10:06.72	6:17.00	St. Joseph, MN
29	MacKenzie Rayman	19	33:06.42	10:39.23	6:37.20	Burnsville, MN
30	Kayla Stock	18	33:15.98	10:42.45	6:39.20	St. Cloud, MN
31	Haley Anderson	12	33:44.23	10:51.46	6:44.79	Sartell, MN
32	Sarah Wahl	19	34:42.31	11:10.13	6:56.39	Plymouth, MN
33	Laura Trent	19	34:52.11	11:13.34	6:58.39	Stillwater, MN
34	Michelle Hromatka	18	36:14.30	11:39.74	7:14.79	Chanhassen, MN
35	Kelsey Swenson	18	36:59.13	11:54.22	7:23.79	Mahtomedi, MN
36	Julie Vierering	19	40:30.79	13:02.46	8:06.20	Lakeville, MN
37	Becca Simon	18	40:32.16	13:02.78	8:06.39	Wichita, KS
38	Elizabeth Roberts	19	42:00.30	13:31.10	8:24.00	Eden Praire, MN
39	Anna Martin	19	42:00.49	13:31.10	8:24.00	Mpls, MN
40	Alyssa Theis	19	45:21.68	14:36.12	9:04.40	Little Falls, MN
41	Lauren Theis Theis	18	45:23.00	14:36.44	9:04.59	Little Falls, MN
42	Melissa Flaig	19	45:25.21	14:37.09	9:05.00	Eden Praire, MN
43	Jenni Folstad	19	45:25.41	14:37.09	9:05.00	Eau Claire, WI
44	Morian Novacinrki	18	45:34.66	14:40.31	9:07.00	St. Joseph , MN

PL	NAME	AGE	TIME	PER MI	PER KM	CITY, ST
1	Elizabeth Kent	22	23:21.61	7:31.26	4:40.39	Duluth, MN
2	Jessica Najarian	22	23:21.78	7:31.26	4:40.39	St. Joseph, MN
3	Mollie McMahon	21	24:49.07	7:59.26	4:57.79	Farmington, MN
4	Tara Dewitt	22	25:09.92	8:06.02	5:01.99	St. Joseph, MN
5	Alissa Theis	27	25:21.21	8:09.56	5:04.20	Sauk Rapids, MN
6	Lisa Marthaler	21	25:22.36	8:09.88	5:04.39	St. Joseph, MN
7	Krista Mueller	21	25:43.15	8:16.64	5:08.60	Freeport, MN
8	Cassandra Johnson	23	26:01.60	8:22.75	5:12.39	St. Joseph, MN
9	Kristi Reisdorf	20	26:06.82	8:24.36	5:13.39	St. Joseph, MN
10	Michaelen Lake	20	26:13.15	8:26.29	5:14.60	Minneapolis, MN
11	Leah Popp	28	26:29.41	8:31.44	5:17.79	Sartell, MN
12	Amanda Anderson	26	26:32.02	8:32.41	5:18.39	St Cloud, MN
13	Erica Sullivan	28	26:32.38	8:32.41	5:18.39	Sartel, MN
14	Brianna Helminick	24	26:34.40	8:33.05	5:18.79	Saint Cloud, MN
15	Jesse West	25	26:47.45	8:37.24	5:21.39	Minneapolis, MN
16	Kristin Blomquist	25	26:47.68	8:37.56	5:21.60	Minneapolis, MN
17	Kim Eskuri	20	26:50.38	8:38.20	5:22.00	Lakeville, MN
18	Katy Torchia	20	26:50.52	8:38.53	5:22.20	Rochester, MN
19	Heather Mayer	29	27:04.84	8:43.03	5:25.00	St. Cloud, MN
20	Julie Steele	22	27:07.58	8:44.00	5:25.60	St Paul, MN
21	Cassie Peterson	23	27:12.45	8:45.28	5:26.39	Dassel, MN
22	Sarah Hupperts	21	27:23.11	8:48.83	5:28.60	North Oaks, MN
23	Jillian Daleiden	21	27:23.53	8:49.15	5:28.79	Blaine, MN
24	Annie Richie	20	27:27.98	8:50.43	5:29.60	St. Joseph, MN
25	Danielle Fraser	26	27:36.47	8:53.01	5:31.20	Osakis, MN
26	Ariene Willkom	26	28:21.01	9:07.49	5:40.20	Minneapolis, MN
27	Courtney Bystrom	21	28:23.88	9:08.46	5:40.79	White Bear Lake, MN
28	Erin Scapanski	27	28:35.16	9:12.00	5:43.00	Sartell, MN
29	Amy Steiner	21	28:39.70	9:13.61	5:44.00	Roseville, MN
30	Kari Kragness	21	28:46.67	9:15.86	5:45.39	Lino Lakes, MN
31	Alora Walterman	20	29:34.03	9:30.99	5:54.79	New Ulm, MN
32	Anne Redmon	24	29:41.25	9:33.24	5:56.20	Minneapolis, MN
33	Ronni Hamilton	25	29:41.51	9:33.57	5:56.39	Hopkins, MN
34	Breann Peterson	22	29:43.11	9:33.89	5:56.60	Oakdale, MN
35	Katie Schwarz	20	29:45.88	9:34.85	5:57.20	Mahtomedi, MN
36	Amanda Impola	21	29:46.69	9:35.17	5:57.39	Minnetonka, MN
37	Jill Honkala	21	29:47.00	9:35.17	5:57.39	Eden Prairie, MN
38	Bridget Leukuma	23	29:48.02	9:35.50	5:57.60	Minneapolis, MN
39	Erika Weisenberger	26	30:00.33	9:39.36	6:00.00	Sartell, MN
40	Lucy Kerber	24	30:03.57	9:40.65	6:00.79	Sartell, MN
41	melissa vickerman	24	30:08.80	9:42.26	6:01.79	Minneapolis, MN
42	Laura Suhr	21	30:10.17	9:42.58	6:01.99	Hutchinson, MN
43	Maria Willkom	21	30:34.02	9:50.30	6:06.79	St. Joseph, MN
44	Melissa Koch	22	30:34.28	9:50.30	6:06.79	St. Michael, MN
45	Erica nelson	21	30:39.44	9:51.91	6:07.79	White Bear Lake, MN
46	Brittany Boll	22	30:51.85	9:56.10	6:10.39	Waite Park, MN
47	Emily Buggy	22	31:10.65	10:02.21	6:14.20	St. Joseph, MN
48	Katelyn Erickson	22	31:14.07	10:03.18	6:14.79	St. Joseph, MN
49	Theresa Johnson	25	31:23.74	10:06.40	6:16.79	St. Cloud, MN
50	Katie Hovel	20	31:32.80	10:09.29	6:18.60	St. Joseph, MN
51	Abby Neigebauer	20	31:32.97	10:09.29	6:18.60	Waseca, MN
52	Amber Kral	27	31:38.83	10:11.22	6:19.79	Osakis, MN
53	Alicia Bauman	29	31:46.64	10:13.80	6:21.39	Avon, MN
54	Brooke Donner	28	32:00.75	10:18.30	6:24.20	Princeton, MN
55	Sarah Maselter	21	32:01.99	10:18.63	6:24.39	Waite Park, MN
56	Michelle Eberhard	21	32:16.21	10:23.13	6:27.20	Roseville, MN

57	Margaret Gregg	20	32:30.31	10:27.64	6:30.00	St. Joseph, MN
58	Lauren Rohlin	21	32:30.45	10:27.64	6:30.00	Buffalo, MN
59	Allison Muccio	20	32:30.60	10:27.96	6:30.20	St. Paul, MN
60	Wendy Lanctot	27	32:42.61	10:31.82	6:32.60	St Cloud, MN
61	Rose Sauve	20	32:52.00	10:34.72	6:34.39	Burnsville, MN
62	Neva Widner	21	33:10.82	10:40.84	6:38.20	Anoka, MN
63	kelsey polcher	20	33:19.05	10:43.41	6:39.79	rice, mn
64	Krista Willmann	25	33:38.00	10:49.53	6:43.60	Woodbury, MN
65	Katie Decken	28	33:42.82	10:51.14	6:44.60	St. Cloud, MN
66	Elizabeth Kampa	28	34:12.52	11:00.79	6:50.60	elk river, mn
67	Rachel Vanderheyden	22	34:28.16	11:05.62	6:53.60	St. Joseph, MN
68	Molly Refsland	24	36:26.35	11:43.60	7:17.20	St. Cloud, MN
69	Giselle De Silva	23	37:00.52	11:54.87	7:24.20	St. Joseph, MN
70	Laura Martie	21	37:08.23	11:57.12	7:25.60	Monticello, MN
71	Jessica Sutton	22	37:08.42	11:57.12	7:25.60	Clear Lake, MN
72	Anne Peckskamp	23	37:46.14	12:09.35	7:33.20	Sartell, MN
73	Dot Hanna	28	40:43.48	13:06.32	8:08.60	Champlin, MN
74	Amanda Anderson	28	42:48.07	13:46.55	8:33.59	Sauk Rapids, MN
75	Teresa Leiste	28	45:28.70	14:38.37	9:05.79	Sauk Rapids, MN
76	Angie Haag	29	51:31.98	16:35.21	10:18.40	St. Joseph, MN

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PL	NAME	AGE	TIME	PER MI	PER KM	CITY, ST
1	Kari Brown	32	20:52.43	6:42.97	4:10.39	Garfield, MN
2	Kalli Christen	39	21:11.34	6:49.09	4:14.19	St Cloud, MN
3	Lori Lieser	38	24:12.60	7:47.67	4:50.60	Cold Spring, MN
4	Sabrina Hoppe	31	24:38.80	7:56.04	4:55.79	West Union, MN
5	Pam Karls	39	24:56.34	8:01.51	4:59.20	Cold Spring, MN
6	Melissa Anderson	37	25:07.18	8:05.05	5:01.39	Sartell, MN
7	Dawn Lagergren	38	25:18.04	8:08.59	5:03.60	Litchfield, MN
8	Julie Kaiser	39	25:42.43	8:16.32	5:08.39	Maple Grove, MN
9	Jennifer Lucken	35	26:09.80	8:25.33	5:14.00	St Cloud, MN
10	Lacie Mockros	31	26:10.00	8:25.33	5:14.00	St. Cloud, MN
11	Melissa Weber	38	26:33.28	8:32.73	5:18.60	cold spring, mn
12	ERIN MILLER-KRONENBE	31	26:38.23	8:34.34	5:19.60	SARTELL, MN
13	Anne Marie Kimble	31	27:14.67	8:46.25	5:27.00	Baxter, MN
14	Steff Haataja	37	27:23.31	8:48.83	5:28.60	Baxter, MN
15	Jill Gowens	35	28:05.38	9:02.34	5:37.00	Baxter, MN
16	Carrie Llano	31	28:17.32	9:06.21	5:39.39	Cold Spring, MN
17	Mandi Karls	32	28:30.31	9:10.39	5:42.00	St. Cloud, MN
18	Kari Hoheisel	33	29:07.90	9:22.62	5:49.60	Monticello, MN
19	Carrie Vogel	36	29:25.40	9:28.09	5:53.00	Alexandria, MN
20	Jennifer Femrite	31	29:25.86	9:28.42	5:53.20	Elk River, MN
21	Laura Beirne	30	29:35.57	9:31.63	5:55.20	St. Joseph, MN
22	Nicole Nyberg	31	29:43.65	9:34.21	5:56.79	Alexandria, MN
23	Angela Holthaus	32	29:46.52	9:35.17	5:57.39	Richmond, MN
24	Kristi Hoffman	30	29:48.40	9:35.50	5:57.60	Sauk Centre, MN
25	Amy Zimmel	31	29:48.76	9:35.82	5:57.79	Morris, MN
26	Nicole Martinek	30	29:49.46	9:35.82	5:57.79	Alexandria, MN
27	Teresa Zuehl	39	29:51.52	9:36.78	5:58.39	Clearwater, MN
28	Renee Conte	39	29:55.51	9:38.07	5:59.20	Clearwater, MN
29	Melanie Piner	36	31:07.60	10:01.25	6:13.60	St Cloud, MN
30	Jennifer Klaphake	33	32:31.28	10:27.96	6:30.20	Sauk Centre, MN
31	Becky Thompson	33	32:41.80	10:31.50	6:32.39	Avon, MN
32	Aubrey Gilbertson	33	33:02.07	10:37.94	6:36.39	Buffalo, MN
33	Jessie Zack	34	33:02.56	10:38.26	6:36.60	Sauk Rapids, MN

34	Rebecca Scott	31	33:36.31	10:48.88	6:43.20	Sauk Rapids, MN
35	Britany Swigart	30	33:37.38	10:49.20	6:43.39	Maple Grove, MN
36	Cheryl Peterson	31	33:49.91	10:53.39	6:46.00	Sauk Rapids, MN
37	Jennifer Hennen	39	33:53.75	10:54.68	6:46.79	Avon, MN
38	Crystal Davidson	36	34:22.88	11:04.01	6:52.60	St. Cloud, MN
39	BETH LARSEN	36	35:09.09	11:18.82	7:01.79	COLD SPRING, MN
40	JENNIFER VAN LITH	33	35:09.53	11:19.14	7:01.99	ST CLOUD, MN
41	Shawna Howard	31	35:17.34	11:21.39	7:03.39	Zimmerman, MN
42	Nancy Saunders	39	35:38.03	11:28.15	7:07.60	Eagan, MN
43	Anastasia` Nathe	35	36:39.08	11:47.78	7:19.79	Sauk Rapids, MN
44	Sandy Kostreba	33	36:41.60	11:48.75	7:20.39	Holdingsford, MN
45	Andre Hoheisel	31	37:05.54	11:56.47	7:25.20	Monticello, MN
46	Sharon Meschke	33	37:14.17	11:59.05	7:26.79	Little Falls, MN
47	Melissa Peterson	32	37:50.88	12:10.96	7:34.20	Saint Cloud, MN
48	Jessica Baker	34	37:52.06	12:11.28	7:34.39	St.Cloud, MN
49	Courtney Frieler	33	45:35.03	14:40.31	9:07.00	Melrose, MN
50	Theresa Moore	32	48:04.89	15:28.59	9:37.00	Osakis, MN
51	Molly Oeltjen	39	48:18.96	15:33.09	9:39.79	Villard, MN
52	Alison Triebenbach	30	48:19.30	15:33.09	9:39.79	Osakis, MN
53	Amanda Kuperus	32	50:48.17	16:21.05	10:09.59	St. Joseph, MN
54	Kolann Wilhelm	30	50:48.47	16:21.05	10:09.59	Sartell, MN
55	April Micheli	33	51:33.84	16:35.86	10:18.79	Big Lake, MN

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PL	NAME	AGE	TIME	PER MI	PER KM	CITY, ST
1	Wanda Gau	47	21:42.95	6:59.39	4:20.60	Little Falls, MN
2	Lisa Hines	47	22:09.38	7:07.76	4:25.79	Waite Park, MN
3	Jacki DeVine	48	23:13.36	7:28.36	4:38.60	Little Falls, MN
4	Wendy Foley	42	26:20.92	8:28.87	5:16.20	Litchfield, MN
5	Kerry Peterson	43	27:04.23	8:42.71	5:24.79	Cold Spring, mn
6	sharon wessel	45	27:42.28	8:54.94	5:32.39	melrose, mn
7	Mary Kay Morris	43	28:00.55	9:01.06	5:36.20	Cold Spring, MN
8	Mary Januschka	48	28:16.89	9:06.21	5:39.39	Cambridge, MN
9	Mary Koshiol	46	28:32.51	9:11.36	5:42.60	Clearwater, MN
10	Tammy Wendt	44	29:17.04	9:25.52	5:51.39	St Cloud, MN
11	Monica Cofell	48	29:37.55	9:32.28	5:55.60	St. Joseph, MN
12	Connie Massmann	40	30:48.46	9:54.81	6:09.60	Little Falls, MN
13	Laura Fiedler	49	30:56.73	9:57.71	6:11.39	Eden Prairie, MN
14	Amy Deml	46	31:48.75	10:14.44	6:21.79	Little Falls, MN
15	Kris Erickson	46	31:48.93	10:14.44	6:21.79	Little Falls, MN
16	Michelle Shefveland	48	32:27.77	10:27.00	6:29.60	Elk River, MN
17	Jennifer Fingarson	41	32:42.09	10:31.50	6:32.39	Becker, MN
18	Diane Ohmann	47	32:58.84	10:36.97	6:35.79	Cold Spring, MN
19	Jayne Lochen	46	33:00.47	10:37.30	6:36.00	Kimball, MN
20	Barbara Doering	40	33:08.67	10:40.19	6:37.79	Hutchinson, Mn
21	Pam Larson	45	33:19.55	10:43.73	6:40.00	Hector, MN
22	Kara Neubarth	45	33:19.86	10:43.73	6:40.00	Hutchinson, MN
23	Colleen Johnson	49	34:02.21	10:57.25	6:48.39	St. Cloud, MN
24	Meredith Boucher	40	34:23.19	11:04.01	6:52.60	St Cloud, MN
25	Leslie Hoffman	44	34:41.87	11:10.13	6:56.39	South Haven, MN
26	Bonnie Stock	49	34:42.50	11:10.13	6:56.39	St. Cloud, MN
27	Cindy Haider	49	34:42.84	11:10.45	6:56.60	St. Cloud, MN
28	Carolyn Zimny	43	35:13.81	11:20.43	7:02.79	Royalton, MN
29	Jenn Schwichtenberg	42	36:38.80	11:47.78	7:19.79	Sartell, MN
30	Paulette Schwegman	49	45:33.81	14:39.98	9:06.79	St. Cloud, MN
31	Kim Fritzlar	44	50:47.48	16:20.73	10:09.40	Avon, MN

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PL	NAME	AGE	TIME	PER MI	PER KM	CITY, ST
1	Mary Lou Quistorff	51	27:35.04	8:52.69	5:31.00	Osakis, MN
2	Judy Murray	50	28:10.89	9:04.28	5:38.20	Sartell, MN
3	Jean Januschka Ebnet	51	28:17.15	9:06.21	5:39.39	Saint Cloud, MN
4	Linda Nordang	53	28:17.48	9:06.21	5:39.39	Clear Lake, MN
5	Gale Tingiov	52	28:24.69	9:08.78	5:41.00	St. Cloud, MN
6	Pam Schwarz	53	29:45.71	9:34.85	5:57.20	Mahtomedi, MN
7	Denise Baxter	50	30:09.35	9:42.26	6:01.79	St. Cloud, MN
8	Patty Thielen	51	31:49.67	10:14.76	6:22.00	Little Falls, MN
9	Jeanne Moe	50	35:13.32	11:20.10	7:02.60	Royalton, MN
10	Carol Howe-Veenstra	56	39:03.11	12:34.13	7:48.60	St. Cloud, MN
11	Kathy Walker	53	39:16.88	12:38.64	7:51.39	St. Joseph, MN
12	Nancy Keene	54	40:26.23	13:00.85	8:05.20	Alexandria, MN
13	MARJORIE NELSON	58	41:44.60	13:26.28	8:21.00	Little Falls, MN
14	Julie Kruger	50	45:32.71	14:39.66	9:06.59	St. Cloud, MN
15	Janna LaFountaine	50	45:32.93	14:39.66	9:06.59	St. Cloud, MN
16	Eunice Weslander	51	45:34.09	14:39.98	9:06.79	St Cloud, MN
17	Doris Frieler	54	45:35.65	14:40.63	9:07.20	Melrose, MN
18	Sarah Cardetti	52	45:40.14	14:41.92	9:07.99	Sartell, MN
19	Debra Fraser	57	51:28.26	16:33.93	10:17.59	Osakis, MN
20	Laurie Kundrat	59	51:33.06	16:35.54	10:18.59	St Cloud, MN

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PL	NAME	AGE	TIME	PER MI	PER KM	CITY, ST
1	Rosemary Harnley	63	27:17.19	8:46.89	5:27.39	Red Wing, MN
2	Zack Mary	66	40:45.98	13:07.29	8:09.20	Little Falls, MN
3	Danna Bechtold	61	44:47.62	14:25.18	8:57.59	St. Cloud, MN

70 and Over

PL	NAME	AGE	TIME	PER MI	PER KM	CITY, ST
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