

Ninth Annual Rock 'N Run 5k
 Little Falls, MN 05/20/2017

***** AWARDS LIST *****

***** FEMALE OVERALL RESULTS FOR 5K RACE *****

1	Sarah Teruo	31		23:27
2	Annika Bjorge	17 0	MN	24:01
3	Nicole Maslowski	28 Sartell	MN	24:47

***** MALE OVERALL RESULTS FOR 5K RACE *****

1	Hustin Pechan	14		21:12
2	Austin Neu	13 St. Joseph	MN	22:49
3	John Stockard	15		23:06

FEMALE AGE GROUP: 1 - 19

1	11 Courtney Loeffler K	14 0	MN	24:54
2	14 Lillian March	11 0	MN	25:46
3	16 Hannah Jennings Cot	12 Little Falls	MN	26:40

MALE AGE GROUP: 1 - 19

1	6 Haakon Bjorge	14 0	MN	24:01
2	8 Matthew Hanson	16 Little Falls	MN	24:35
3	13 Ayden Bednarek	10 0	MN	25:45

FEMALE AGE GROUP: 20 - 29

1	35 Nicole Wacker	29 0	MN	30:09
2	51 Crystal Chambers CM	26 0	MN	33:43
3	53 Megan Lund CHI	26 0	MN	33:58

MALE AGE GROUP: 20 - 29

1	19 Tyler Otto	20 0	MN	27:41
2	21 Chris Secor	24 0	MN	27:51

FEMALE AGE GROUP: 30 - 39

1	12 Carrie Schmigdall	37		25:14
2	20 Stephanie Hakes	38 Browerville	MN	27:46
3	27 Lisa Kapsner LFCS	35 Little Falls	MN	28:34

MALE AGE GROUP: 30 - 39

1	4 Jacob Cameron LFCS	36 Little Falls	MN	23:24
2	23 Lee Boyles CHI	32 Little Falls	MN	28:06
3	32 Daniel Bednarek	39		29:39

FEMALE AGE GROUP: 40 - 49

1	26 Kristin Haugo-Jones	47		28:33
2	31 Jennifer Neu CHI	41 Royalton	MN	29:35
3	42 Ann March CHI	40 0	MN	31:09

MALE AGE GROUP: 40 - 49

1	9 Michael Gorman	46 Saint Cloud	MN	24:38
2	15 Jeff March	41 0	MN	25:46
3	38 Jon Vetter	48 Little Falls	MN	30:59

FEMALE AGE GROUP: 50 - 59

1	37 Wanda Sigurdson	50 0	MN	30:59
2	52 Janice Athman LFCS	55 Pierz	MN	33:50
3	54 Bridget Britz	54 Pierz	MN	34:08

MALE AGE GROUP: 50 - 59

1	36 Keith Schumann	51 Little Falls	MN	30:20
2	62 Jeff Opelia LFCS	51 Swanville, MN	MN	35:00
3	63 Carlos Ramirez	54 Browerville	MN	35:17

FEMALE AGE GROUP: 60 - 69

1	81 Jan Roach	69 Little Falls	MN	41:39
2	98 Marvanna Pederson	68 0	MN	45:18
3	102 Rebecca McGuire	62 Little Falls	MN	45:41

MALE AGE GROUP: 60 - 69

1	17 John Plakut	65 Little Falls MN	MN	27:09
2	18 Stanley Musielewicz	61		27:26
3	122 Keith Majaski	64 0	MN	1:03:51

FEMALE AGE GROUP: 70 - 79

MALE AGE GROUP: 70 - 79

Ninth Annual Rock 'N Run 10k
 Little Falls, MN 05/20/2017

***** AWARDS LIST *****

***** FEMALE OVERALL RESULTS FOR 5K RACE *****

1	Tracy Wimmer	23 0	MN	46:34
2	Teresa Schutz	43 Little Falls	MN	50:56
3	Tanya Bergman LFCS	33 Little Falls	MN LFCS	51:01

***** MALE OVERALL RESULTS FOR 5K RACE *****

1	Terry Scepurek	40 Little Falls	MN	40:56
2	Derrick Justin	35		41:48
3	MHH Tero	30		43:16

FEMALE AGE GROUP: 01 - 19

1	39 Saira Brausen	17 Pierz	MN	1:05:55
---	------------------	----------	----	---------

MALE AGE GROUP: 01 - 19

FEMALE AGE GROUP: 20 - 29

1	26 Renee Hebig	20 Little Falls	MN	59:23
2	43 Brook Brausen	22		1:19:50

MALE AGE GROUP: 20 - 29

1	5 Peter Grams	27 Little Falls	MN	46:26
---	---------------	-----------------	----	-------

FEMALE AGE GROUP: 30 - 39

1	12 Carolyn Walcheski C	31 0	MN	51:23
2	15 Rachel Young	33 Pierz	MN	52:36
3	25 Kim Andres	35 Rice	MN	59:06

MALE AGE GROUP: 30 - 39

1	8 Tim Wasland	30	MN	50:32
2	11 Russell Gerads	38 Royalton	MN	51:16
3	14 Steve Hall	39 Brainerd	MN	51:58

FEMALE AGE GROUP: 40 - 49

1	18 Rachael Cota LFCS	41 Little Falls	MN	54:54
2	20 Vicki Maleski CHI	48 Little Falls	MN	55:02
3	23 Peggy Jensen MMFC	41 0	MN	58:38

MALE AGE GROUP: 40 - 49

1	4 Holiday Horning	45 0	MN	46:04
2	13 Brian Middendorf	43 Little Falls	MN	51:28
3	17 Ken Poster	49		53:29

FEMALE AGE GROUP: 50 - 59

1	21 Sheila Stockard LFC	53 Little Falls	MN	57:25
2	32 Amy Deml	53 Little Falls	MN	1:00:41

MALE AGE GROUP: 50 - 59

1	19 David Stumpf	54 Little Falls	MN	54:58
2	22 Randy Tabatt LFCS	56 0	MN	57:29

FEMALE AGE GROUP: 60 - 69

MALE AGE GROUP: 60 - 69

1	7 Dennis Wacker	63 Pierz	MN	49:22
---	-----------------	----------	----	-------

FEMALE AGE GROUP: 70 - 79

MALE AGE GROUP: 70 - 79

FEMALE AGE GROUP: 80 - 89

MALE AGE GROUP: 80 - 89

FEMALE AGE GROUP: 90 - 99

MALE AGE GROUP: 90 - 99