

2014 Heart & Sole 5k/10k Results

WOMEN'S 5K

Under 14:

<u>Time</u>	<u>Name</u>
24:10:00	Lainey Gregerson
24:11:00	Lorna Gregerson

15-19:

<u>Time</u>	<u>Name</u>
29:31:00	Megan Roth

20-29:

<u>Time</u>	<u>Name</u>
27:23:00	Lexi Christenson
27:25:00	Elizabeth Lamb
27:25:00	Whitney Morgan
28:51:00	Kella Rodiek
32:43:00	Jenna Hale
33:51:00	Leah Rado
33:38:00	Meghan Wegehaupt
34:26:00	Adrienne Bak
35:14:00	Becky Scott
35:42:00	Amber White
46:39:00	Laine Weerheim

30-39:

<u>Time</u>	<u>Name</u>
24:30:00	Tara Weber
27:16:00	Nicole Jarding
27:38:00	Kaylee Nicolasien
27:29:00	Cathy Reltevath
27:54:00	Jackie Plamp
28:45:00	Fredel Thomas
28:57:00	Tressa Wede
29:26:00	Missy Bahmuller
29:42:00	Coleen Kirchevel
30:24:00	Lacey Musick
30:28:00	Melinda Bamsey
33:03:00	Glenda Gerlack
33:26:00	Kaire Geyer
33:55:00	Kristen Gillen
34:48:00	Heidi Gehrke
26:26:00	Tonya Anderberg
37:26:00	Rochelle Sailer

40-49:

<u>Time</u>	<u>Name</u>
22:51:00	Lisa Larson
27:34:00	Jodi Loecker
34:22:00	Tammy Fuerst
35:42:00	Michelle Musick

50-59:

<u>Time</u>	<u>Name</u>
29:14:00	Judy Freeman
31:40:00	Carol Rodiek
33:14:00	Cindy Symes
33:53:00	Sue Serie

60+:

<u>Time</u>	<u>Name</u>
38:05:00	Nancy Kogel

WOMEN'S 10K

15-19:

<u>Time</u>	<u>Name</u>
48:44:00	Berkley Rietveld

30-39:

<u>Time</u>	<u>Name</u>
50:46:00	Tehra Scott
55:16:00	Candace Hauck
57:07:00	Paula Bures
68:35:00	Kristen Vilhauer

MEN'S 5K

Under 14:

<u>Time</u>	<u>Name</u>
20:15:00	Carson Max
25:28:00	Jacob Jarding
25:31:00	Caleb Jarding
25:56:00	Riley Gregerson
27:29:00	Tucker Vilhauer

15-19:

<u>Time</u>	<u>Name</u>
19:02:00	Jacob Scwitzer
19:11:00	Caleb Larson
19:50:00	Will Seidel

20-29:

<u>Time</u>	<u>Name</u>
20:29:00	Ryan Roach
20:41:00	Chase Walden
25:43:00	Travis Solmonson
26:02:00	Tim Olinger
26:06:00	Kyle Tank
30:24:00	Adam Ragels
33:38:00	Brandon Wegehaupt

30-39:

<u>Time</u>	<u>Name</u>
21:52:00	Richard Royce
22:34:00	Matt Podrski
26:59:00	Hadley Moody
27:14:00	Scott Weber
27:28:00	Michael Bamsey
27:39:00	Brandon Vilhauer
29:16:00	William Carpenter

40-49:

<u>Time</u>	<u>Name</u>
23:16:00	Jay Schreurs
27:22:00	Tom Burdick
27:37:00	Kevin Loecker
30:26:00	Kevin Schwitzer

50-59:

<u>Time</u>	<u>Name</u>
22:34:00	Michael Moeller
26:03:00	Joel Salmonson
27:24:00	Dave Ellston
33:14:00	Doug Symes

60+:

<u>Time</u>	<u>Name</u>
36:52:00	Tom O'Neil

MEN'S 10K

20-29:

<u>Time</u>	<u>Name</u>
35:01:00	Mat Heesch
49:06:00	Landon Brondsema
52:14:00	Jarrett Brusen

30-39:

<u>Time</u>	<u>Name</u>
43:20:00	Matt Bennett
46:13:00	Shane Warren

40-49:

<u>Time</u>	<u>Name</u>
48:35:00	Marty Takagi
53:04:00	Tim Herll
53:13:00	Loren Gregerson

50-59:

<u>Time</u>	<u>Name</u>
52:41:00	Steve Rice