

July 4, 2022

Tofte Trek 10 Km Wilderness Run/Walk

Overall Results for - MALES - 10 Kilometer Race

Place	Bib#	Name	City / State	Age/Group	Net Time	Time Back	Pace
1	= 260	- Kjorstad, Tyler	- Laramie, WY	Ages 30-39	0:39:15.5	00:00	06:19/Mi
2	= 347	- Beepayne, Darryl	- Duluth, MN	Ages 40-49	0:41:32.8	02:17	06:41/Mi
3	= 273	- Stenoien, Carl	- Saint Paul, MN	Ages 30-39	0:42:56.4	03:40	06:54/Mi
4	= 295	- Patterson, Eric	- Duluth, MN	Ages 19-29	0:43:53.5	04:38	07:03/Mi
5	= 313	- Kulberg, Sam	- St Louis Park, MN	Ages 30-39	0:44:17.8	05:02	07:07/Mi
6	= 336	- Pearberg, Zach	- Minneapolis, MN	Ages 30-39	0:44:40.5	05:25	07:11/Mi
7	= 292	- Nelson, Aulis	- Grand Marais, MN	Ages < 19	0:45:10.6	05:55	07:16/Mi
8	= 316	- Secord, Tom	- Shoreview, MN	Ages 30-39	0:45:25.9	06:10	07:18/Mi
9	= 356	- Wiitala, Erik	- St. Michael, MN	Ages 30-39	0:45:43.6	06:28	07:21/Mi
10	= 352	- Thompson, Nels	- Minneapolis, MN	Ages 30-39	0:46:12.0	06:56	07:26/Mi
11	= 335	- Helin, Sam	- Peninsula, OH	Ages < 19	0:47:10.2	07:54	07:35/Mi
12	= 362	- Lichty, Jonas	- Wichita, KS	Ages 40-49	0:48:06.6	08:51	07:44/Mi
13	= 367	- Carda, Dustin	- dina, MN	Ages 40-49	0:48:16.5	09:01	07:46/Mi
14	= 340	- Seaton, Benjamin	- Grand Marais, MN	Ages 19-29	0:49:36.0	10:20	07:58/Mi
15	= 349	- Kulberg, David	- St. Louis Park, MN	Ages 19-29	0:50:15.4	10:59	08:05/Mi
16	= 297	- Carlen, James	- Saint Paul, MN	Ages 50-59	0:52:12.2	12:56	08:24/Mi
17	= 279	- Goss, Ryan	- Prior Lake, MN	Ages 40-49	0:52:51.9	13:36	08:30/Mi
18	= 278	- Metko, Nathan	- Lakeville, MN	Ages < 19	0:53:32.0	14:16	08:36/Mi
19	= 269	- Lindello, Ben	- Duluth, MN	Ages 40-49	0:53:38.2	14:22	08:37/Mi
20	= 257	- McGraw, Preston	- Sartell, MN	Ages < 19	0:55:59.9	16:44	09:00/Mi
21	= 363	- Lichty, Lyle	- t. Vernon, IAMinneapolis	Ages 60-69	0:56:01.1	16:45	09:00/Mi
22	= 345	- Lembke, Ryan	- Chaska, MN	Ages 19-29	0:56:08.7	16:53	09:02/Mi
23	= 346	- Lembke, Lucas	- Chaska, MN	Ages 19-29	0:56:09.7	16:54	09:02/Mi
24	= 318	- Houle, Nick	- Princeton, MN	Ages 30-39	0:56:12.0	16:56	09:02/Mi
25	= 276	- Patterson, Darrell	- Duluth, MN	Ages 60-69	0:56:23.9	17:08	09:04/Mi
26	= 364	- Hendricks, Matthew	- Minneapolis, MN	Ages 40-49	0:57:41.6	18:26	09:17/Mi
27	= 220	- Schwinghammer, Patrick	- Plymouth, MN	Ages 50-59	0:59:14.2	19:58	09:31/Mi
28	= 333	- Helin, Will	- Peninsula, OH	Ages < 19	0:59:25.5	20:10	09:33/Mi
29	= 341	- Moody, Anton	- Grand Marais, MN	Ages 40-49	0:59:30.3	20:14	09:34/Mi
30	= 361	- Lichty, Dan	- McPherson, KS	Ages 60-69	0:59:57.9	20:42	09:38/Mi
31	= 301	- Holmes, Jeff	- Bloomington, MN	Ages 40-49	1:00:41.9	21:26	09:46/Mi
32	= 293	- Nelson, Mike	- Grand Marais, MN	Ages 40-49	1:01:08.5	21:53	09:50/Mi
33	= 320	- Flynn, Mike	- Elk River, MN	Ages 70 +	1:04:04.9	24:49	10:18/Mi
34	= 217	- Stoltenow, Nathan	- Lake Elmo, MN	Ages 40-49	1:04:13.6	24:58	10:20/Mi
35	= 284	- Iverson, Michael	- Saint Paul, MN	Ages 19-29	1:04:22.4	25:06	10:21/Mi
36	= 319	- Odden, Mark	- Little Marais, MN	Ages 60-69	1:05:06.3	25:50	10:28/Mi
37	= 370	- Thurkal, Avesh	- St. Paul, MN	Ages 40-49	1:06:11.2	26:55	10:39/Mi
38	= 334	- Helin, Philip	- Peninsula, OH	Ages 40-49	1:09:25.8	30:10	11:10/Mi
39	= 261	- LeCocq, Jade	- Duluth, MN	Ages 19-29	1:10:29.1	31:13	11:20/Mi

Place	Bib#	Name	City / State	Age/Group	Net Time	Time Back	Pace
40	= 358	- Schwab, Carl	- Wayzata, MN	Ages 40-49	1:10:36.4	31:20	11:21/Mi
41	= 303	- Hicken, Andy	- Madison, WI	Ages 40-49	1:10:37.2	31:21	11:21/Mi
42	= 311	- Kulberg, Scott	- Maple Grove, MN	Ages 60-69	1:11:26.7	32:11	11:29/Mi
43	= 324	- Mitchell, Austin	- Readlyn, IA	Ages 19-29	1:11:27.8	32:12	11:30/Mi
44	= 306	- Stapleton, Chris	- Saint Paul, MN	Ages 40-49	1:13:32.0	34:16	11:50/Mi
45	= 353	- Walters, Jesse	- Little Marais, MN	Ages 40-49	1:13:35.7	34:20	11:50/Mi
46	= 305	- Huggins, Brian	- Eden Prairie, MN	Ages 30-39	1:13:39.5	34:24	11:51/Mi
47	= 259	- Herman, Michael	- Tofte, MN	Ages 60-69	1:13:55.5	34:40	11:53/Mi
48	= 343	- Simonowicz, Bill	- Grand Marais, MN	Ages 60-69	1:14:28.0	35:12	11:59/Mi
49	= 328	- Fritz, Chris	- Iowa City, IA	Ages 19-29	1:16:40.7	37:25	12:20/Mi
50	= 275	- Benavides, Ricky	- Plymouth, MN	Ages 40-49	1:19:21.8	40:06	12:46/Mi
51	= 337	- Holmes, Randy	- Prior Lake, MN	Ages 70 +	1:21:55.2	42:39	13:10/Mi
52	= 323	- Mitchell, Brandon	- Readlyn, IA	Ages 19-29	1:23:59.6	44:44	13:31/Mi
53	= 326	- Fritz, Robert	- Readlyn, IA	Ages 50-59	1:31:08.9	51:53	14:40/Mi
54	= 321	- Granlund, Gregory	- Eau Claire, WI	Ages 60-69	1:33:18.7	54:03	15:00/Mi
55	= 332	- Brunsvold, Erick	- Tofte, MN	Ages 50-59	1:36:46.7	57:31	15:34/Mi
	264	- Lindgren, Matt	- Minneapolis, MN	DNS			
	283	- Meyers, Michael	- Duluth, MN	DNS			
	285	- Iverson, Christopher	- Saint Paul, MN	DNF			
	288	- Nelson, James	- Saint Paul, MN	DNS			
	299	- Carlen, Peter	- Saint Paul, MN	DNS			
	330	- Leonard, Matt	- Denver, CO	DNF			

'DNS' = DID NOT START **** 'DNF' = DID NOT FINISH **** 'DISQ' = DISQUALIFIED

July 4, 2022

Tofte Trek 10 Km Wilderness Run/Walk

Overall Results for - FEMALES - 10 Kilometer Race

Place	Bib#	Name	City / State	Age/Group	Net Time	Time Back	Pace
1	= 351	- Karels, Sydney	- Duluth, MN	Ages 19-29	0:45:16.1	00:00	07:17/Mi
2	= 317	- Houle , Jessica	- Princeton, MN	Ages 30-39	0:50:01.5	04:45	08:03/Mi
3	= 338	- Gudeman, Keren	- Minneapolis, MN	Ages 40-49	0:51:34.0	06:17	08:17/Mi
4	= 219	- Biller, Sandra	- Laramie, WY	Ages 30-39	0:53:19.8	08:03	08:34/Mi
5	= 280	- Stenoien, Karen	- Saint Paul, MN	Ages 30-39	0:54:21.1	09:05	08:44/Mi
6	= 296	- Ramberg, Louise	- Grand Marais, MN	Ages 19-29	0:54:50.4	09:34	08:49/Mi
7	= 314	- Lantz, Abbey	- Minnetonka, MN	Ages 30-39	0:55:08.1	09:52	08:52/Mi
8	= 365	- Sherman, Katie	- Duluth, MN	Ages 40-49	0:55:42.3	10:26	08:57/Mi
9	= 216	- Stoltenow, Alice	- Lake Elmo, MN	Ages < 19	0:57:18.7	12:02	09:13/Mi
10	= 215	- Stoltenow, Jennifer	- Lake Elmo, MN	Ages 40-49	0:57:20.6	12:04	09:13/Mi
11	= 309	- Andrus, Rachel	- Grand Marais, MN	Ages 40-49	0:57:55.9	12:39	09:19/Mi
12	= 277	- Metko, Sara	- Lakeville, MN	Ages 40-49	0:58:45.8	13:29	09:27/Mi
13	= 368	- Pollock, Lyndsi	- Puposky, MN	Ages 40-49	1:00:44.5	15:28	09:46/Mi
14	= 304	- Mackey, Elizabeth	- Madison, WI	Ages 40-49	1:01:03.3	15:47	09:49/Mi
15	= 357	- Wiitala, Lynn	- Tofte, MN	Ages 60-69	1:01:18.7	16:02	09:52/Mi
16	= 342	- Puch, Carly	- Grand Marais, MN	Ages 30-39	1:02:49.5	17:33	10:06/Mi
17	= 339	- Dix, Kaylan	- Grand Marais, MN	Ages 40-49	1:02:59.9	17:43	10:08/Mi
18	= 262	- LeCocq, Danielle	- Duluth, MN	Ages 19-29	1:03:59.8	18:43	10:17/Mi
19	= 355	- Bockovich, Carrie	- Silver Bay, MN	Ages 40-49	1:04:15.2	18:59	10:20/Mi
20	= 274	- Benavides, Amber	- Plymouth, MN	Ages 40-49	1:04:40.4	19:24	10:24/Mi
21	= 366	- Vick, Solveig	- Tofte, MN	Ages 30-39	1:04:43.0	19:26	10:24/Mi
22	= 298	- Carlen, Patty	- Saint Paul, MN	Ages 50-59	1:04:53.1	19:37	10:26/Mi
23	= 369	- Thurkal, Barb	- St. Paul, MN	Ages 40-49	1:06:09.7	20:53	10:38/Mi
24	= 300	- Speas, Johanna	- Norton, OH	Ages 30-39	1:06:25.8	21:09	10:41/Mi
25	= 291	- Harstad, Rachel	- Roseville, MN	Ages 30-39	1:06:34.9	21:18	10:42/Mi
26	= 344	- Thomas, Katy	- Washington, DC	Ages 40-49	1:06:43.5	21:27	10:44/Mi
27	= 312	- Kulberg, Ruth	- Maple Grove, MN	Ages 50-59	1:07:51.9	22:35	10:55/Mi
28	= 308	- Berns, Alisa	- Grand Marais, MN	Ages 40-49	1:08:27.5	23:11	11:01/Mi
29	= 359	- Porter, Rebecca	- enver, CODuluth, MN	Ages 30-39	1:10:17.0	25:00	11:18/Mi
30	= 281	- Koschinska, Kate	- Waconia, MN	Ages < 19	1:13:00.2	27:44	11:44/Mi
31	= 307	- Stapleton, Kristin	- Saint Paul, MN	Ages 40-49	1:13:30.6	28:14	11:49/Mi
32	= 322	- Kueper, Maddy	- Spirit Lake, IA	Ages 19-29	1:13:53.2	28:37	11:53/Mi
33	= 258	- Herman, Maggie	- Tofte, MN	Ages 60-69	1:13:54.5	28:38	11:53/Mi
34	= 272	- Tokheim, Nelle	- Apple Valley, MN	Ages 40-49	1:14:24.9	29:08	11:58/Mi
35	= 331	- Hegg, Tina	- Grand Marais, MN	Ages 30-39	1:16:02.6	30:46	12:14/Mi
36	= 327	- Gasser, Grace	- Iowa City, IA	Ages 19-29	1:16:35.1	31:19	12:19/Mi
37	= 282	- Koschinska, Shannon	- Waconia, MN	Ages 40-49	1:18:46.4	33:30	12:40/Mi
38	= 289	- Nelson, Kristen	- Saint Paul, MN	Ages 30-39	1:19:24.4	34:08	12:46/Mi
39	= 221	- Schwinghammer, Heidi	- Plymouth, MN	Ages 50-59	1:21:19.5	36:03	13:05/Mi

Place	Bib#	Name	City / State	Age/Group	Net Time	Time Back	Pace
40	= 271	- Kirk, Delaney	- Chicago, IL	Ages < 19	1:21:31.5	36:15	13:07/Mi
41	= 270	- Kirk, Elizabeth	- Chicago, IL	Ages 50-59	1:21:33.9	36:17	13:07/Mi
42	= 354	- Walters, Sara	- Rochester, MN	Ages 30-39	1:21:35.4	36:19	13:07/Mi
43	= 302	- Holmes, Janelle	- Bloomington, MN	Ages 40-49	1:21:52.8	36:36	13:10/Mi
44	= 350	- Kjorstad, Gil	- Duluth, MN	Ages 70 +	1:26:39.3	41:23	13:56/Mi
45	= 325	- Fritz, Angie	- Readlyn, IA	Ages 50-59	1:31:07.1	45:51	14:39/Mi
	263	- Buck, Maddy	- Minneapolis, MN	DNS			
	265	- Fletcher, Amber	- Winona, MN	DNS			
	286	- Plummer, Allison	- Grand Marais, MN	DNS			
	287	- Sorensen , Maureen	- Madison, WI	DNS			
	294	- Hicken, Molly	- Lutsen, MN	DNF			
	329	- Fritz, Tori	- Denver, CO	DNF			

'DNS' = DID NOT START **** 'DNF' = DID NOT FINISH **** 'DISQ' = DISQUALIFIED

July 4, 2022

Tofte Trek 10 Km Wilderness Run/Walk

Overall Results for - MALES - 10 Kilometer Race Walk

Place	Bib#	Name	City / State	Age/Group	Net Time	Time Back	Pace
1	= 290	- Powers, Braidy	- Grand Marais, MN	Ages 60-69	1:14:01.0	00:00	11:54/Mi
2	= 266	- Prokop, Andrew	- Saint Paul, MN	Ages 60-69	1:24:17.8	10:16	13:33/Mi
3	= 267	- Haider, William	- Mendota Heights, MN	Ages 60-69	1:29:56.4	15:55	14:28/Mi
4	= 218	- Stoltenow, Henry	- Lake Elmo, MN	Ages < 19	1:34:18.4	20:17	15:10/Mi

'DNS' = DID NOT START **** 'DNF' = DID NOT FINISH **** 'DISQ' = DISQUALIFIED

July 4, 2022

Tofte Trek 10 Km Wilderness Run/Walk

Overall Results for - FEMALES - 10 Kilometer Race Walk

Place	Bib#	Name	City / State	Age/Group	Net Time	Time Back	Pace
1	= 315	- Andersen, Ellen	- Tofte, MN	Ages 30-39	1:13:57.9	00:00	11:54/Mi
2	= 268	- Haider, Janel	- Mendota Heights, MN	Ages 60-69	1:29:57.2	15:59	14:28/Mi
3	= 360	- Sims, Karen	- Lauderdale, MN	Ages 60-69	2:08:38.5	54:40	20:42/Mi
	310	- Brooksbank, Robin	- Marine St Crx, MN	DNS			

'DNS' = DID NOT START **** 'DNF' = DID NOT FINISH **** 'DISQ' = DISQUALIFIED

Male Classes by Age Groups

Results for - MALE (AGES 18 & UNDER) - 10 Kilometer Race

Place	Bib#	Name	City	Age	Net Time	Back	Pace
1	= 292	Nelson, Aulis	Grand Marais, MN		0:45:10.6	00:00	07:16/Mi
2	= 335	Helin, Sam	Peninsula, OH		0:47:10.2	01:59	07:35/Mi
3	= 278	Metko, Nathan	Lakeville, MN		0:53:32.0	08:21	08:36/Mi
4	= 257	McGraw, Preston	Sartell, MN		0:55:59.9	10:49	09:00/Mi
5	= 333	Helin, Will	Peninsula, OH		0:59:25.5	14:14	09:33/Mi

Results for - MALE (AGES 19 TO 29) - 10 Kilometer Race

Place	Bib#	Name	City	Age	Net Time	Back	Pace
1	= 295	Patterson, Eric	Duluth, MN		0:43:53.5	00:00	07:03/Mi
2	= 340	Seaton, Benjamin	Grand Marais, MN		0:49:36.0	05:42	07:58/Mi
3	= 349	Kulberg, David	St. Louis Park, MN		0:50:15.4	06:21	08:05/Mi
4	= 345	Lembke, Ryan	Chaska, MN		0:56:08.7	12:15	09:02/Mi
5	= 346	Lembke, Lucas	Chaska, MN		0:56:09.7	12:16	09:02/Mi
6	= 284	Iverson, Michael	Saint Paul, MN		1:04:22.4	20:28	10:21/Mi
7	= 261	LeCocq, Jade	Duluth, MN		1:10:29.1	26:35	11:20/Mi
8	= 324	Mitchell, Austin	Readlyn, IA		1:11:27.8	27:34	11:30/Mi
9	= 328	Fritz, Chris	Iowa City, IA		1:16:40.7	32:47	12:20/Mi
10	= 323	Mitchell, Brandon	Readlyn, IA		1:23:59.6	40:06	13:31/Mi
		285 Iverson, Christopher	Saint Paul, MN		DNF		
		299 Carlen, Peter	Saint Paul, MN		DNS		
		330 Leonard, Matt	Denver, CO		DNF		

Results for - MALE (AGES 30 TO 39) - 10 Kilometer Race

Place	Bib#	Name	City	Age	Net Time	Back	Pace
1	= 260	Kjorstad, Tyler	Laramie, WY		0:39:15.5	00:00	06:19/Mi
2	= 273	Stenoien, Carl	Saint Paul, MN		0:42:56.4	03:40	06:54/Mi
3	= 313	Kulberg, Sam	St Louis Park, MN		0:44:17.8	05:02	07:07/Mi
4	= 336	Pearberg, Zach	Minneapolis, MN		0:44:40.5	05:25	07:11/Mi
5	= 316	Secord, Tom	Shoreview, MN		0:45:25.9	06:10	07:18/Mi
6	= 356	Wiitala, Erik	St. Michael, MN		0:45:43.6	06:28	07:21/Mi
7	= 352	Thompson, Nels	Minneapolis, MN		0:46:12.0	06:56	07:26/Mi
8	= 318	Houle, Nick	Princeton, MN		0:56:12.0	16:56	09:02/Mi
9	= 305	Huggins, Brian	Eden Prairie, MN		1:13:39.5	34:24	11:51/Mi
		264 Lindgren, Matt	Minneapolis, MN		DNS		
		288 Nelson, James	Saint Paul, MN		DNS		

Results for - MALE (AGES 40 TO 49) - 10 Kilometer Race

Place	Bib#	Name	City	Age	Net Time	Back	Pace
1	= 347	Beepayne, Darryl	Duluth, MN		0:41:32.8	00:00	06:41/Mi
2	= 362	Lichty, Jonas	Wichita, KS		0:48:06.6	06:33	07:44/Mi
3	= 367	Carda, Dustin	dina, MNEly, MN		0:48:16.5	06:43	07:46/Mi
4	= 279	Goss, Ryan	Prior Lake, MN		0:52:51.9	11:19	08:30/Mi
5	= 269	Lindello, Ben	Duluth, MN		0:53:38.2	12:05	08:37/Mi

6	=	364	Hendricks, Matthew	Minneapolis, MN	0:57:41.6	16:08	09:17/Mi	
7	=	341	Moody, Anton	Grand Marais, MN	0:59:30.3	17:57	09:34/Mi	
8	=	301	Holmes, Jeff	Bloomington, MN	1:00:41.9	19:09	09:46/Mi	
9	=	293	Nelson, Mike	Grand Marais, MN	1:01:08.5	19:35	09:50/Mi	
10	=	217	Stoltenow, Nathan	Lake Elmo, MN	1:04:13.6	22:40	10:20/Mi	
11	=	370	Thurkal, Avesh	St. Paul, MN	1:06:11.2	24:38	10:39/Mi	
12	=	334	Helin, Philip	Peninsula, OH	1:09:25.8	27:53	11:10/Mi	
13	=	358	Schwab, Carl	Wayzata, MN	1:10:36.4	29:03	11:21/Mi	-
14	=	303	Hicken, Andy	Madison, WI	1:10:37.2	29:04	11:21/Mi	
15	=	306	Stapleton, Chris	Saint Paul, MN	1:13:32.0	31:59	11:50/Mi	
16	=	353	Walters, Jesse	Little Marais, MN	1:13:35.7	32:02	11:50/Mi	
17	=	275	Benavides, Ricky	Plymouth, MN	1:19:21.8	37:49	12:46/Mi	

Results for - MALE (AGES 50 TO 59) - 10 Kilometer Race

Place	Bib#	Name	City	Age	Net Time	Back	Pace	
1	=	297	Carlen, James	Saint Paul, MN	0:52:12.2	00:00	08:24/Mi	
2	=	220	Schwinghammer, Patrick	Plymouth, MN	0:59:14.2	07:02	09:31/Mi	
3	=	326	Fritz, Robert	Readlyn, IA	1:31:08.9	38:56	14:40/Mi	
4	=	332	Brunsvold, Erick	Tofte, MN	1:36:46.7	44:34	15:34/Mi	-
		283	Meyers, Michael	Duluth, MN	DNS			

Results for - MALE (AGES 60 TO 69) - 10 Kilometer Race

Place	Bib#	Name	City	Age	Net Time	Back	Pace	
1	=	363	Lichty, Lyle	t. Vernon, IA	0:56:01.1	00:00	09:00/Mi	
2	=	276	Patterson, Darrell	Duluth, MN	0:56:23.9	00:22	09:04/Mi	
3	=	361	Lichty, Dan	McPherson, KS	0:59:57.9	03:56	09:38/Mi	
4	=	319	Odden, Mark	Little Marais, MN	1:05:06.3	09:05	10:28/Mi	
5	=	311	Kulberg, Scott	Maple Grove, MN	1:11:26.7	15:25	11:29/Mi	
6	=	259	Herman, Michael	Tofte, MN	1:13:55.5	17:54	11:53/Mi	
7	=	343	Simonowicz, Bill	Grand Marais, MN	1:14:28.0	18:26	11:59/Mi	-
8	=	321	Granlund, Gregory	Eau Claire, WI	1:33:18.7	37:17	15:00/Mi	

Results for - MALE (AGES 70 & OVER) - 10 Kilometer Race

Place	Bib#	Name	City	Age	Net Time	Back	Pace	
1	=	320	Flynn, Mike	Elk River, MN	1:04:04.9	00:00	10:18/Mi	
2	=	337	Holmes, Randy	Prior Lake, MN	1:21:55.2	17:50	13:10/Mi	-

'DNS' = DID NOT START *** 'DNF' = DID NOT FINISH *** 'DISQ' = DISQUALIFIED

Female Classes by Age Groups

Results for - FEMALE (AGES 18 & UNDER) - 10 Kilometer Race

Place	Bib#	Name	City	Age	Net Time	Back	Pace
1	= 216	Stoltenow, Alice	Lake Elmo, MN		0:57:18.7	00:00	09:13/Mi
2	= 281	Koschinska, Kate	Waconia, MN		1:13:00.2	15:41	11:44/Mi
3	= 271	Kirk, Delaney	Chicago, IL		1:21:31.5	24:12	13:07/Mi

Results for - FEMALE (AGES 19 TO 29) - 10 Kilometer Race

Place	Bib#	Name	City	Age	Net Time	Back	Pace
1	= 351	Karels, Sydney	Duluth, MN		0:45:16.1	00:00	07:17/Mi
2	= 296	Ramberg, Louise	Grand Marais, MN		0:54:50.4	09:34	08:49/Mi
3	= 262	LeCocq, Danielle	Duluth, MN		1:03:59.8	18:43	10:17/Mi
4	= 322	Kueper, Maddy	Spirit Lake, IA		1:13:53.2	28:37	11:53/Mi
5	= 327	Gasser, Grace	Iowa City, IA		1:16:35.1	31:19	12:19/Mi
	265	Fletcher, Amber	Winona, MN		DNS		
	329	Fritz, Tori	Denver, CO		DNF		

Results for - FEMALE (AGES 30 TO 39) - 10 Kilometer Race

Place	Bib#	Name	City	Age	Net Time	Back	Pace
1	= 317	Houle, Jessica	Princeton, MN		0:50:01.5	00:00	08:03/Mi
2	= 219	Biller, Sandra	Laramie, WY		0:53:19.8	03:18	08:34/Mi
3	= 280	Stenoien, Karen	Saint Paul, MN		0:54:21.1	04:19	08:44/Mi
4	= 314	Lantz, Abbey	Minnetonka, MN		0:55:08.1	05:06	08:52/Mi
5	= 342	Puch, Carly	Grand Marais, MN		1:02:49.5	12:48	10:06/Mi
6	= 366	Vick, Solveig	Tofte, MN		1:04:43.0	14:41	10:24/Mi
7	= 300	Speas, Johanna	Norton, OH		1:06:25.8	16:24	10:41/Mi
8	= 291	Harstad, Rachel	Roseville, MN		1:06:34.9	16:33	10:42/Mi
9	= 359	Porter, Rebecca	enver, CO		1:10:17.0	20:15	11:18/Mi
10	= 331	Hegg, Tina	Grand Marais, MN		1:16:02.6	26:01	12:14/Mi
11	= 289	Nelson, Kristen	Saint Paul, MN		1:19:24.4	29:22	12:46/Mi
12	= 354	Walters, Sara	Rochester, MN		1:21:35.4	31:33	13:07/Mi
	263	Buck, Maddy	Minneapolis, MN		DNS		
	286	Plummer, Allison	Grand Marais, MN		DNS		

Results for - FEMALE (AGES 40 TO 49) - 10 Kilometer Race

Place	Bib#	Name	City	Age	Net Time	Back	Pace
1	= 338	Gudeman, Keren	Minneapolis, MN		0:51:34.0	00:00	08:17/Mi
2	= 365	Sherman, Katie	Duluth, MN		0:55:42.3	04:08	08:57/Mi
3	= 215	Stoltenow, Jennifer	Lake Elmo, MN		0:57:20.6	05:46	09:13/Mi
4	= 309	Andrus, Rachel	Grand Marais, MN		0:57:55.9	06:21	09:19/Mi
5	= 277	Metko, Sara	Lakeville, MN		0:58:45.8	07:11	09:27/Mi
6	= 368	Pollock, Lyndsi	Puposky, MN		1:00:44.5	09:10	09:46/Mi
7	= 304	Mackey, Elizabeth	Madison, WI		1:01:03.3	09:29	09:49/Mi
8	= 339	Dix, Kaylan	Grand Marais, MN		1:02:59.9	11:25	10:08/Mi
9	= 355	Bockovich, Carrie	Silver Bay, MN		1:04:15.2	12:41	10:20/Mi
10	= 274	Benavides, Amber	Plymouth, MN		1:04:40.4	13:06	10:24/Mi

11	=	369	Thurkal, Barb	St. Paul, MN	1:06:09.7	14:35	10:38/Mi
12	=	344	Thomas, Katy	Washington, DC	1:06:43.5	15:09	10:44/Mi
13	=	308	Berns, Alisa	Grand Marais, MN	1:08:27.5	16:53	11:01/Mi
14	=	307	Stapleton, Kristin	Saint Paul, MN	1:13:30.6	21:56	11:49/Mi
15	=	272	Tokheim, Nelle	Apple Valley, MN	1:14:24.9	22:50	11:58/Mi
16	=	282	Koschinska, Shannon	Waconia, MN	1:18:46.4	27:12	12:40/Mi
17	=	302	Holmes, Janelle	Bloomington, MN	1:21:52.8	30:18	13:10/Mi
		287	Sorensen , Maureen	Madison, WI			DNS
		294	Hicken, Molly	Lutsen, MN			DNF

Results for - FEMALE (AGES 50 TO 59) - 10 Kilometer Race

Place	Bib#	Name	City	Age	Net Time	Back	Pace
1	=	298	Carlen, Patty	Saint Paul, MN	1:04:53.1	00:00	10:26/Mi
2	=	312	Kulberg, Ruth	Maple Grove, MN	1:07:51.9	02:58	10:55/Mi
3	=	221	Schwinghammer, Heidi	Plymouth, MN	1:21:19.5	16:26	13:05/Mi
4	=	270	Kirk, Elizabeth	Chicago, IL	1:21:33.9	16:40	13:07/Mi
5	=	325	Fritz, Angie	Readlyn, IA	1:31:07.1	26:14	14:39/Mi

Results for - FEMALE (AGES 60 TO 69) - 10 Kilometer Race

Place	Bib#	Name	City	Age	Net Time	Back	Pace
1	=	357	Wiitala, Lynn	Tofte, MN	1:01:18.7	00:00	09:52/Mi
2	=	258	Herman, Maggie	Tofte, MN	1:13:54.5	12:35	11:53/Mi

Results for - FEMALE (AGES 70 & OVER) - 10 Kilometer Race

Place	Bib#	Name	City	Age	Net Time	Back	Pace
1	=	350	Kjorstad, Gil	Duluth, MN	1:26:39.3	00:00	13:56/Mi -

'DNS' = DID NOT START *** 'DNF' = DID NOT FINISH *** 'DISQ' = DISQUALIFIED