

Election Day – Exercising Liberty 5K

St. Paul, MN - Como Lake - November 4, 2014

5K Run Results

Place	Div/Tot	No.	Name	Age	Sex	City	St	Time	Pace
1		410	Chris Hegg	62	M	Grand Marais	MN	20:48	6:43
2		431	Manuel Villagrana	42	M	St Louis Park	MN	21:04	6:48
3		418	Mark Leduc	60	M	Coon Rapids	MN	21:06	6:49
4		432	John Byboth	40	M	River Falls	WI	22:52	7:23
5		407	Jim Graupner	70	M	Lk Elmo	MN	23:04	7:27
6		439	Judy Meyer	54	F	New Brighton	MN	23:18	7:31
7		433	Mike Setter	59	M	Mpls	MN	23:42	7:39
8		405	Thomas Couillard	65	M	White Bear Lk	MN	24:17	7:50
9		438	Joan Wilson	54	F	Eden Prairie	MN	24:42	7:59
10		413	Daniel Houck	44	M	Savage	MN	25:24	8:12
11		421	Joe Malhoit	47	M	Hudson	WI	25:25	8:12
12		414	Gloria Jansen	67	F	White Bear Lk	MN	27:13	8:47
13		425	John Pitera	56	M	St Paul	MN	27:50	8:59
14		428	Robert Sergiacomi	45	M	Minneapolis	MN	27:54	9:00
15		435	Paul Montain	60	M	Lino Lakes	MN	28:00	9:02
16		411	Mary Jo Herrett	44	F	Champlin	MN	28:42	9:16
17		427	Michel Sanders	60	F	Saint Paul	MN	28:59	9:21
18		417	Jenni Khan	43	F	Farmington	MN	29:41	9:35
19		402	Frances Beech	50	F	Ramsey	MN	31:41	10:14
20		426	Donald Pockrandt	53	M	Eagan	MN	31:44	10:15
21		434	Ted Hadley	56	M	Mendota Hgts	MN	31:50	10:17
22		422	Suzi McNeil	38	F	Farmington	MN	33:28	10:48
23		408	Jess Gunderson	36	F	Farmington	MN	33:28	10:48
24		415	Sonjie Johnson	76	F	St. Paul	MN	36:32	11:48
25		423	Theodore Miller	45	M	Coon Rapids	MN	37:58	12:15
26		429	Julie Silverman	48	F	Edina	MN	38:14	12:20
27		430	Ivan Silverman	50	M	Edina	MN	41:24	13:22
28		403	Caroline Burgmeier	60	F	Plymouth	MN	41:40	13:27
29		401	Janine Aich	48	F	Bloomington	MN	43:00	13:53
30		419	Dawn Limmer	47	F	Bloomington	MN	45:33	14:42
31		424	Lindsay Nauen	64	F	St Paul	MN	48:30	15:39
32		406	Jan Dodge	61	F	Bloomington	MN	49:24	15:57

Results by VACATION SPORTS

www.vacationsports.com

***** MALE INDIVIDUAL RESULTS *****

Place	Name	Age	City	St	Time	Pace
1	Chris Hegg	62	Grand Marais	MN	20:48	6:43
2	Manuel Villagrana	42	St Louis Park	MN	21:04	6:48
3	Mark Leduc	60	Coon Rapids	MN	21:06	6:49
4	John Byboth	40	River Falls	WI	22:52	7:23
5	Jim Graupner	70	Lk Elmo	MN	23:04	7:27
6	Mike Setter	59	Mpls	MN	23:42	7:39
7	Thomas Couillard	65	White Bear Lk	MN	24:17	7:50
8	Daniel Houck	44	Savage	MN	25:24	8:12
9	Joe Malhoit	47	Hudson	WI	25:25	8:12

10 John Pitera	56 St Paul	MN	27:50	8:59
11 Robert Sergiacomi	45 Minneapolis	MN	27:54	9:00
12 Paul Montain	60 Lino Lakes	MN	28:00	9:02
13 Donald Pockrandt	53 Eagan	MN	31:44	10:15
14 Ted Hadley	56 Mendota Hgts	MN	31:50	10:17
15 Theodore Miller	45 Coon Rapids	MN	37:58	12:15
16 Ivan Silverman	50 Edina	MN	41:24	13:22

***** FEMALE INDIVIDUAL RESULTS *****

Place Name	Age City	St	Time	Pace
=====	=====	=====	=====	=====
1 Judy Meyer	54 New Brighton	MN	23:18	7:31
2 Joan Wilson	54 Eden Prairie	MN	24:42	7:59
3 Gloria Jansen	67 White Bear Lk	MN	27:13	8:47
4 Mary Jo Herrett	44 Champlin	MN	28:42	9:16
5 Michel Sanders	60 Saint Paul	MN	28:59	9:21
6 Jenni Khan	43 Farmington	MN	29:41	9:35
7 Frances Beech	50 Ramsey	MN	31:41	10:14
8 Suzi McNeil	38 Farmington	MN	33:28	10:48
9 Jess Gunderson	36 Farmington	MN	33:28	10:48
10 Sonjie Johnson	76 St. Paul	MN	36:32	11:48
11 Julie Silverman	48 Edina	MN	38:14	12:20
12 Caroline Burgmeier	60 Plymouth	MN	41:40	13:27
13 Janine Aich	48 Bloomington	MN	43:00	13:53
14 Dawn Limmer	47 Bloomington	MN	45:33	14:42
15 Lindsay Nauen	64 St Paul	MN	48:30	15:39
16 Jan Dodge	61 Bloomington	MN	49:24	15:57

AGE-GROUP RESULTS

***** MALE AGE GROUP: 1 - 19 *****

Place Name	Age City	Time
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***** FEMALE AGE GROUP: 1 - 19 *****

Place Name	Age City	Time
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***** MALE AGE GROUP: 16 - 29 *****

Place Name	Age City	Time
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***** FEMALE AGE GROUP: 16 - 29 *****

Place Name	Age City	Time
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***** MALE AGE GROUP: 20 - 24 *****

Place Name	Age City	Time
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***** FEMALE AGE GROUP: 20 - 24 *****

Place Name	Age City	Time
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***** MALE AGE GROUP: 25 - 29 *****

Place Name	Age City	Time
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***** FEMALE AGE GROUP: 25 - 29 *****

Place Name	Age City	Time
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***** MALE AGE GROUP: 30 - 34 *****

Place Name	Age City	Time
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***** FEMALE AGE GROUP: 30 - 34 *****

Place Name	Age City	Time
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***** MALE AGE GROUP: 35 - 39 *****

Place Name	Age City	Time
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***** FEMALE AGE GROUP: 35 - 39 *****

Place Name	Age City	Time
1 Suzi McNeil	38 Farmington	33:28
2 Jess Gunderson	36 Farmington	33:28

***** MALE AGE GROUP: 40 - 44 *****

Place Name	Age City	Time
1 Manuel Villagrana	42 St Louis Park	21:04
2 John Byboth	40 River Falls	22:52
3 Daniel Houck	44 Savage	25:24

***** FEMALE AGE GROUP: 40 - 44 *****

Place Name	Age City	Time
1 Mary Jo Herrett	44 Champlin	28:42
2 Jenni Khan	43 Farmington	29:41

***** MALE AGE GROUP: 45 - 49 *****

Place Name	Age City	Time
1 Joe Malhoit	47 Hudson	25:25
2 Robert Sergiacomi	45 Minneapolis	27:54
3 Theodore Miller	45 Coon Rapids	37:58

***** FEMALE AGE GROUP: 45 - 49 *****

Place Name	Age City	Time
1 Julie Silverman	48 Edina	38:14
2 Janine Aich	48 Bloomington	43:00
3 Dawn Limmer	47 Bloomington	45:33

***** MALE AGE GROUP: 50 - 54 *****

Place Name	Age City	Time
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1	Donald Pockrandt	53 Eagan	31:44
2	Ivan Silverman	50 Edina	41:24

***** FEMALE AGE GROUP: 50 - 54 *****

Place Name	Age City	Time	
1	Judy Meyer	54 New Brighton	23:18
2	Joan Wilson	54 Eden Prairie	24:42
3	Frances Beech	50 Ramsey	31:41

***** MALE AGE GROUP: 55 - 59 *****

Place Name	Age City	Time	
1	Mike Setter	59 Mpls	23:42
2	John Pitera	56 St Paul	27:50
3	Ted Hadley	56 Mendota Hgts	31:50

***** FEMALE AGE GROUP: 55 - 59 *****

Place Name	Age City	Time
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***** MALE AGE GROUP: 60 - 64 *****

Place Name	Age City	Time	
1	Chris Hegg	62 Grand Marais	20:48
2	Mark Leduc	60 Coon Rapids	21:06
3	Paul Montain	60 Lino Lakes	28:00

***** FEMALE AGE GROUP: 60 - 64 *****

Place Name	Age City	Time	
1	Michel Sanders	60 Saint Paul	28:59
2	Caroline Burgmeier	60 Plymouth	41:40
3	Lindsay Nauen	64 St Paul	48:30
4	Jan Dodge	61 Bloomington	49:24

***** MALE AGE GROUP: 65 - 69 *****

Place Name	Age City	Time	
1	Thomas Couillard	65 White Bear Lk	24:17

***** FEMALE AGE GROUP: 65 - 69 *****

Place Name	Age City	Time	
1	Gloria Jansen	67 White Bear Lk	27:13

***** MALE AGE GROUP: 70 - 74 *****

Place Name	Age City	Time	
1	Jim Graupner	70 Lk Elmo	23:04

***** FEMALE AGE GROUP: 70 - 74 *****

Place Name	Age City	Time
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***** MALE AGE GROUP: 75 - 79 *****

Place Name	Age City	Time
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***** FEMALE AGE GROUP: 75 - 79 *****

Place Name	Age City	Time
1 Sonjie Johnson	76 St. Paul	36:32

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***** MALE AGE GROUP: 80 - 98 *****

Place Name	Age City	Time
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***** FEMALE AGE GROUP: 80 - 98 *****

Place Name	Age City	Time
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Total Number of Finishers: 32
Number of Male Finishers: 16
Number of Female Finishers: 16