

Challenge Arthritis 5K – 5th Annual

Como Park, St. Paul

Aug. 29, 2009

Sunny, light breeze, high 50s!

Results by Apple Raceberry JaM - Online at www.raceberryjam.com

CHALLENGE ARTHRITIS RECORD FOR MEN 35 - 39

1	1 M35	Jeff Scovill, 35, Minneapolis, MN	16:05	5:11
2	1 M19	Chris Lauth, 20, Minneapolis, MN	19:16	6:12
3	2 M19	Virren Malhotra, 29, Minneapolis, MN	19:23	6:14
4	3 M19	Bill Rosenthal, 28, Roseville, MN	19:46	6:22
5	4 M19	Chris Ferguson, 32, Minneapolis, MN	20:09	6:29
6	5 M19	John Ellis, 34, Blaine, MN	20:29	6:35
7	1 M50	Rocky O'Neill, 52, St. Paul, MN	20:56	6:44
CHALLENGE ARTHRITIS RECORD FOR MEN 17 - 18				
8	1 M17	Conner Mars, 17, Mahtomedi, MN	21:30	6:55
Old record 22:21 by Mark Dominik, 2007				
9	6 M19	Mike Zimanski, 29, Marshalltown, IA	21:38	6:58
10	1 M40	Michael Hebert, 41, Roseville, MN	21:41	6:58

CHALLENGE ARTHRITIS RECORD FOR WOMEN 40 - 44

1	1 W40	Tracy Thompson, 42*, Lakeville, MN	22:03	7:06
Old record 24:11 by Jill Baumer, 2006				
11	2 M50	Bob Kuschke, 53, Bloomington, MN	22:05	7:06
2	1 W19	Karen Nelson, 30*, Minneapolis, MN	22:06	7:07
12	1 M45	Paul Strebe, 45, Minneapolis, MN	22:41	7:18
13	7 M19	Brendan O'Rourke, 30, Minneapolis, MN	22:45	7:19
14	3 M50	Jeff Mars, 50, Mahtomedi, MN	22:50	7:21
3	2 W19	Brandi Sargent, 30*, North St. Paul, MN	22:53	7:22
15	4 M50	Thomas Daleiden, 50, Saint Michael, MN	23:03	7:25
16	8 M19	Michael Dow, 27	23:08	7:27
17	2 M45	Eric Anderson, 45, Minneapolis, MN	23:09	7:27
18	9 M19	Jedd Pollach, 32	23:10	7:27
19	5 M50	Jim Tillemans, 51, St Louis Pk, MN	23:17	7:30
20	2 M35	Matthew Reller, 38, Saint Paul, MN	23:20	7:30
21	10 M19	Matt Russell, 27, Minneapolis, MN	23:49	7:40
4	2 W40	Brenda Robrock, 44*, Prior Lake, MN	23:51	7:41
22	11 M19	Martin Kappenman, 32, Saint Paul, MN	24:06	7:45
23	12 M19	Mac Garceau, 21, Arden Hills, MN	24:37	7:55
24	13 M19	L J Fioravanti, 24, Arden Hills, MN	24:37	7:55
CHALLENGE ARTHRITIS RECORD FOR WOMEN 55 - 59				
5	1 W55	Kerry Krepps, 56*, Orono, MN	24:50	7:59
Old record 25:32 by Barb Sugden, 2008				
25	6 M50	John Tuthill, 53, St Paul, MN	25:14	8:07
6	3 W19	Rose Niederkorn, 27*, West St Paul, MN	25:14	8:07
26	14 M19	Lei Bi, 34, St. Paul, MN	25:18	8:08

27	15	M19	Christopher Beseres, 29	25:27	8:11
			CHALLENGE ARTHRITIS RECORD FOR WOMEN 35 - 39		
7	1	W35	Megan Maury, 38*, St Paul, MN	26:04	8:23
8	4	W19	Melissa Burt-Ellis, 32*, Minneapolis, MN	26:14	8:26
28	16	M19	Brett Carlson, 27, Roseville, MN	26:20	8:28
29	2	M40	Tim Maple, 41, St Paul, MN	26:34	8:33
30	17	M19	Tobias Thietje, 26, New Prague, MN	26:35	8:33
9	5	W19	Nicole Thietje, 27*, New Prague, MN	26:37	8:34
31	1	M55	Michael Brown, 57, Minneapolis, MN	26:44	8:36
32	7	M50	Dave Hubbard, 53, Cottage Grv, MN	26:46	8:37
33	1	M60	Stephen Beseres, 60, Golden Valley, MN	26:56	8:40
34	3	M35	John Schmid, 36, St. Paul, MN	26:57	8:40
35	4	M35	Matthew Flesner, 39, Plymouth, MN	27:18	8:47
10	6	W19	Amy Morris, 24*, Afton, MN	27:40	8:54
11	7	W19	Natasha Mortenson, 30*, Morris, MN	28:03	9:02
36	8	M50	John Morris, 52, Afton, MN	28:05	9:02
12	2	W35	Jennifer Hohmann, 35*, Morristown, NJ	28:06	9:02
37	3	M40	Richard Layman, 42, Saint Paul Park, MN	28:15	9:05
13	8	W19	Cheryl Hoiosen, 33*, Waconia, MN	28:26	9:09
38	18	M19	Michael W Jamison, 19, St Paul, MN	28:27	9:09
			CHALLENGE ARTHRITIS RECORD FOR MEN 75 - 79		
39	1	M75	Dale Urbain, 75, Burnsville, MN	28:31	9:11
			Old record 29:17 by Rogers Anderson, 2007		
14	2	W55	Vicki Plant, 59*, Maplewood, MN	28:44	9:15
40	2	M55	Norman Madsen, 56, Hastings, MN	28:44	9:15
15	9	W19	Katie Arnold, 25*, Saint Paul, MN	28:45	9:15
16	10	W19	Cindy Rademacher, 24*, Burnsville, MN	29:13	9:24
17	1	W45	Jackie Rhoades, 48*, Mahtomedi, MN	29:24	9:27
18	11	W19	Katherine Ellingsen, 24*, Minneapolis, MN	29:25	9:28
19	3	W40	Susan Frericks, 42*, Silver Bay, MN	29:31	9:30
20	12	W19	Sarah Montain, 20*, Hugo, MN	29:50	9:36
21	13	W19	Annie Leko, 28*, Phoenix, AZ	29:51	9:36
22	1	W50	Karen Leko, 50*, Mahtomedi, MN	29:52	9:37
23	14	W19	Brooke Adams, 30*, White Bear Lake, MN	29:58	9:38
41	3	M45	Chris Carriero, 47, Robbinsdale, MN	30:02	9:40
24	15	W19	Amy Esselman, 28*, St Francis, MN	30:11	9:43
42	3	M55	Paul Montain, 55, Hugo, MN	30:27	9:48
25	16	W19	Nicole Hall, 30*, St. Louis Park, MN	30:58	9:58
26	17	W19	Nicole Prichard, 29*, Chicago, MN	30:59	9:58
27	18	W19	Melissa Scanlon, 26*, Blaine, MN	31:06	10:01
28	19	W19	Melissa Beseres, 26*	31:19	10:05
29	20	W19	Jennifer Pollach, 32*	31:20	10:05
30	3	W35	Tracey Lane, 37*, Kendall, WI	31:27	10:07
31	4	W35	Sara Anderson, 39*, Prior Lake, MN	31:41	10:12
32	21	W19	Meghan Wilker, 34*, Golden Valley, MN	31:55	10:16
33	22	W19	Nichole Spooner, 28*, Burnsville, MN	31:55	10:16
34	23	W19	Jodi Garcia, 32*, Inver Grove Heigh, MN	32:19	10:24
35	24	W19	Melinda Suchecki, 32*, Elk River, MN	32:20	10:24
43	5	M35	Mike Kulhanek, 36, Farmington, MN	32:46	10:33
36	25	W19	Amanda Zimanski, 30*, Marshalltown, IA	32:54	10:35
37	5	W35	Sarah Waxland, 36*, White Bear Lake, MN	32:58	10:36
38	26	W19	Stephanie Kirchner, 22*, St. Paul, MN	33:10	10:40
			CHALLENGE ARTHRITIS RECORD FOR MEN 80 & UP		
44	1	M80	Rogers Anderson, 80, Bloomington, MN	33:18	10:43
39	27	W19	Cindi Madson, 32*, White Bear Lake, MN	33:20	10:44

40	2	W50	Lisa Coppola, 50*, Stillwater, MN	33:46	10:52
41	4	W40	Constance McMullen, 42*, Saint Louis Park, MN	33:59	10:56
42	28	W19	Lori Crocker, 27*, Redwood Falls, MN	34:14	11:01
45	19	M19	Nathan Crocker, 32, Phoenix, AZ	34:14	11:01
43	5	W40	Susan Layman, 40*, Saint Paul Park, MN	34:25	11:04
44	6	W35	Sarah Theisen, 35*, Richfield, MN	34:26	11:05
45	2	W45	Karen Seiwert, 48*, Otsego, MN	35:12	11:20
46	29	W19	Darlene Wallner, 30*, Saint Paul, MN	35:33	11:26
47	1	W15	Lauren Mars, 15*, Mahtomedi, MN	35:56	11:34
48	3	W45	Lynda Bohlsen, 47*, River Falls, WI	36:19	11:41
49	6	W40	Carol Grannis, 40*, Woodbury, MN	36:24	11:43
46	9	M50	Tom Dematteo, 54, Afton, MN	36:37	11:47
47	1	M70	Wayne Applegate, 72, Coon Rapids, MN	36:43	11:49
50	3	W50	Karen Schlangen, 53*, Watkins, MN	37:29	12:04
51	30	W19	Karina Fuentes, 26*, Lino Lakes, MN	37:42	12:08
52	4	W50	Patti Prichard, 52*, Brooklyn Park, MN	38:22	12:21
53	1	W70	Doris Urbain, 71*, Burnsville, MN	38:24	12:21
48	4	M55	Michael J Jamison, 56, St Paul, MN	38:26	12:22
54	7	W40	Cindy Karnes, 44*, Eagan, MN	40:05	12:54
55	31	W19	Nichole Beck, 22*, Moundsview, MN	40:19	12:58
56	4	W45	Cindy Smith, 47*, Moundsview, MN	40:19	12:58
49	1	M65	Tom Smith, 66, Eden Prairie, MN	40:32	13:03
50	2	M70	Sy Gross, 74, Minneapolis, MN	40:53	13:09
51	2	M60	David Weissbrodt, 64, Minneapolis, MN	40:55	13:10
57	32	W19	Lisa Pikula, 31*, Rockville, MN	40:56	13:10
58	33	W19	Kristina Michael, 25*, Minneapolis, MN	41:36	13:23
59	3	W55	Julie Rosenthal, 59*, Roseville, MN	43:12	13:54
60	5	W50	Debra Dvorak, 54*, Mpls, MN	43:31	14:00
52	4	M40	Jay Redington, 43, Roseville, MN	44:05	14:11
CHALLENGE ARTHRITIS RECORD FOR WOMEN 65 - 69					
61	1	W65	Melissa Hart, 67*, St. Paul, MN	44:19	14:16
Old record 50:05 by Mary Anderson, 2006					
62	34	W19	Jennifer Wulf, 34*, Waconia, MN	44:27	14:18
63	35	W19	Katrina Clifford, 23*, Minnetonka, MN	44:53	14:27
64	5	W45	Sandy Clifford, 49*, Minnetonka, MN	44:54	14:27
65	6	W50	Kathryn Needle, 54*, Moundsview, MN	46:44	15:02
66	1	W80	Mary Pat Flynn, 84*, St Paul, MN	1:11:30	23:01

* indicates females

1 finishers among Men 17 - 18
 19 finishers among Men 19 - 34
 5 finishers among Men 35 - 39
 4 finishers among Men 40 - 44
 3 finishers among Men 45 - 49
 9 finishers among Men 50 - 54
 4 finishers among Men 55 - 59
 2 finishers among Men 60 - 64
 1 finishers among Men 65 - 69
 2 finishers among Men 70 - 74
 1 finishers among Men 75 - 79

1 finishers among Men 80 & Up
1 finishers among Women 15 - 16
35 finishers among Women 19 - 34
6 finishers among Women 35 - 39
7 finishers among Women 40 - 44
5 finishers among Women 45 - 49
6 finishers among Women 50 - 54
3 finishers among Women 55 - 59
1 finishers among Women 65 - 69
1 finishers among Women 70 - 74
1 finishers among Women 80 & Up
52 male finishers
66 female finishers
118 total finishers