

Living Waters Lutheran Church 5K - 9/21/2019
Sauk Rapids MN
Results

Event 1 Women 5000 Meter Run

Name	Age	Team	Finals	Points
Results - Women				
7 Fast, Mindy	35	Unattached	23:55.48	
8 Atterberg, Jodi	31	Unattached	24:16.57	
10 Lehn, Megan	25	Unattached	25:11.89	
17 Roesch, Grace	14	Unattached	27:48.72	
18 Carpenter, Elizabeth	41	Unattached	28:27.60	
19 Berg, Crystal	40	Unattached	29:01.10	
20 Seil, Jenny	43	Unattached	30:03.28	
24 Skroch, Leah	32	Unattached	31:40.63	
25 Zylla, Linda	45	Unattached	31:54.21	
26 Sylvester, Angela	37	Unattached	32:10.83	
27 Skroch, Janna	60	Unattached	32:11.60	
29 Lambert, Cathy	59	Unattached	33:01.60	
30 DeGrote, Joyce	58	Unattached	33:24.64	
31 Cone, Stephanie	39	Unattached	34:34.21	
33 Haddy, Belle	14	Unattached	34:53.33	
35 Rogholt, Mia	14	Unattached	36:00.48	
36 Sandstrom, Patty	44	Unattached	36:08.83	
38 Tapio, Ashley	19	Unattached	40:31.89	
39 Kothman, Jill	40	Unattached	40:40.20	
40 Wright, Brenda	50	Unattached	41:20.85	
41 Sjogren, Shaelyn	10	Unattached	41:32.80	
42 Sjogren, Wendy	36	Unattached	41:34.14	
43 Raduns, Bonnie	67	Unattached	42:46.01	
44 Larson, Mari	9	Unattached	52:05.99	
45 Beseman, Jennifer	41	Unattached	52:07.69	
46 Mattson, Kris	62	Unattached	52:30.44	
48 Beseman, Janet	64	Unattached	1:02:21.02	
49 Raden, Maren	35	Unattached	1:04:36.88	
50 Gore, Vikki	64	Unattached	1:04:38.57	
51 Agre, Linda	46	Unattached	1:24:49.52	
53 Agre, Kim	54	Unattached	1:24:50.44	

Event 1 Men 5000 Meter Run

Name	Age	Team	Finals	Points
Results - Men				
1 Trettel, Tyler	31	Unattached	20:00.34	
2 Hartz, David	62	Unattached	21:25.18	
3 Czech, Devin	32	Unattached	21:52.87	
4 Berg, Owen	14	Unattached	22:48.51	
5 Tapio, Joshua	15	Unattached	22:53.09	
6 Guzek, Bob	46	Unattached	23:55.33	
9 Vanderhagen, Brendon	51	Unattached	25:03.97	
11 Mellendorf, Steve	35	Unattached	25:15.21	
12 Wilke, Finley	9	Unattached	25:51.38	
13 Helgerson, Ted	67	Unattached	26:55.84	
14 Helgerson, Noah	30	Unattached	26:55.93	
15 Underwood Jr, Christophe	7	Unattached	27:26.32	
16 Cullen, Tom	49	Unattached	27:35.40	
21 Kothman, Brian	45	Unattached	30:18.87	
22 Bauer, Simon	39	Unattached	31:34.04	

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23 Bauer, Tory	8 Unattached	31:34.27
28 Beseman, Steve	66 Unattached	33:01.60
32 Johnson, Eric	38 Unattached	34:34.61
34 Berg, Shane	40 Unattached	35:16.98
37 Raden, Shane	33 Unattached	37:36.31
47 Larson, Caden	12 Unattached	1:02:20.78
52 Agre, Keith	46 Unattached	1:24:49.96