

**Living Waters Lutheran Church 5K - 9/22/2018**  
**Sauk Rapids MN**  
**Results**

**Event 1 Women 5000 Meter Run**

Name	Age	Team	Finals	Points
Results - Women				
7 Froiland, Aby	45	Unattached	25:58.27	
12 Reinert, Mya	18	Unattached	26:57.34	
14 Zempel, Emily	36	Unattached	27:31.24	
16 Berg, Crystal	39	Unattached	27:49.81	
18 Van der Hagen, Renae	16	Unattached	28:17.94	
20 McCann, Molly	36	Unattached	28:38.47	
22 Froiland, Adyson	15	Unattached	30:05.92	
24 Haack, Julie	45	Unattached	30:42.08	
28 Lambert, Cathy	58	Unattached	32:00.64	
29 Sylvester, Angela	36	Unattached	32:01.30	
31 Tapio, Ashley	18	Unattached	37:35.67	
33 Larson, Sarah	37	Unattached	43:07.96	
34 Beseman, Jennifer	40	Unattached	43:08.01	
35 Kothman, Elizabeth	13	Unattached	43:08.22	
37 Nelson, Barbara	68	Unattached	43:15.16	
38 Kothman, Jill	39	Unattached	46:04.66	
39 Moriak, Arica	12	Unattached	46:14.95	
41 Moriak, Julie	43	Unattached	46:40.47	
43 Mattson, Kris	61	Unattached	46:47.85	
44 Froiland, Piper	12	Unattached	47:45.25	
45 Stidmon, Alycia	25	Unattached	51:46.81	
47 Stidmon, Kim	48	Unattached	51:56.06	
48 Dahlke, Michaela	28	Unattached	53:14.36	
49 Fyten, Hannah	21	Unattached	53:40.48	
50 Wright, Brenda	49	Unattached	53:40.57	
51 Bollmeyer, Abby	14	Unattached	53:55.73	
53 Bollmeyer, Laurie	57	Unattached	54:02.03	
56 Wocken, Rachel	30	Unattached	57:30.47	
57 Rasmussen, Chris	70	Unattached	57:59.08	
58 Hanson, Denise	48	Unattached	1:14:30.00	

**Event 1 Men 5000 Meter Run**

Name	Age	Team	Finals	Points
Results - Men				
1 Gohman, Dale	36	Unattached	20:26.96	
2 Lemay, Joseph	32	Unattached	20:31.22	
3 Wocken, Rick	29	Unattached	21:59.06	
4 Moriak, Ethan	14	Unattached	24:32.89	
5 Tapio, Joshua	14	Unattached	24:53.13	
6 Merritt, Jack	9	Unattached	25:46.87	
8 Wright, Drew	21	Unattached	26:02.02	
9 Wright, Tim	53	Unattached	26:02.28	
10 Froiland, Erik	48	Unattached	26:03.61	
11 Helgerson, Ted	66	Unattached	26:42.36	
13 Kiewel, Ben	17	Unattached	27:29.55	
15 Underwood Jr, Christophe	6	Unattached	27:43.16	
17 Berg, Owen	13	Unattached	28:17.49	
19 Mellendorf, Steve	34	Unattached	28:31.45	
21 Kothman, Brian	44	Unattached	29:30.98	
23 Kothman, Bradley	15	Unattached	30:32.38	

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25 Hassett, Nate	39 Unattached	30:42.13
26 Giese, Brad	42 Unattached	31:03.49
27 Berg, Shane	39 Unattached	31:32.94
30 Stidmon, Michael	51 Unattached	35:40.84
32 Ayers, Frank	38 Unattached	41:24.60
36 Nelson, Kent	76 Unattached	43:14.87
40 Moriak, Mike	44 Unattached	46:40.44
42 Mattson, Todd	59 Unattached	46:47.77
46 Stidmon, Sean	19 Unattached	51:56.00
52 Bollmeyer, Lance	58 Unattached	53:57.96
54 Jacobs, Jeff	56 Unattached	54:03.04
55 Rupp, Gary	70 Unattached	54:08.64
59 Torrin, Darryl	73 Unattached	1:41:30.00