

10K									
Times	10	Name	Times	10	Name	Times	10	Name	
1st Place	0:23:04	James Fladhammer	1st Place	0:43:27	Natalie Heidlage	1st Place	0:23:04	James Fladhammer	
2nd Place	0:39:30	Gillie Suarez	2nd Place	0:47:47	Sarah Ruiter	2nd Place	0:39:30	Gillie Suarez	
3rd Place	0:41:02	Brian Dahl	3rd Place	0:48:04	Jesse Heiden	3rd Place	0:41:02	Brian Dahl	
All			Female			Male			
1st Place									
Age Brackets	10	Name	Age Brackets	10	Name	Age Brackets	10	Name	
13 and Under	1:08:47	Addison Herbert	13 and Under	1:08:47	Addison Herbert	13 and Under	0:56:56	Ezra Jarosek	
14-19	0:39:30	Gillie Suarez	14-19	0:51:35	Audra Newman	14-19	0:39:30	Gillie Suarez	
20-29	1:03:48	Hannah Kaiser	20-29	1:03:48	Hannah Kaiser	20-29	1:19:39	Sam Heiden	
30-39	0:23:04	James Fladhammer	30-39	0:43:27	Natalie Heidlage	30-39	0:23:04	James Fladhammer	
40-49	0:45:00	Ruben Anderson	40-49	0:47:47	Sarah Ruiter	40-49	0:45:00	Ruben Anderson	
50-59	0:44:49	Michael Hanson	50-59	0:57:31	Brenda Stuhr	50-59	0:44:49	Michael Hanson	
60-69	0:54:47	Richard Wunsch	60-69			60-69	0:54:47	Richard Wunsch	
70 and Over	1:16:58	Robert Rusch	70 and Over			70 and Over	1:16:58	Robert Rusch	
2nd Place									
Age Brackets	10	Name	Age Brackets	10	Name	Age Brackets	10	Name	
13 and Under			13 and Under			13 and Under			
14-19	0:41:15	Kenton Newman	14-19			14-19	0:41:15	Kenton Newman	
20-29	1:19:38	Josie Eichers	20-29	1:19:38	Josie Eichers	20-29			
30-39	0:41:02	Brian Dahl	30-39	0:48:04	Jesse Heiden	30-39	0:41:02	Brian Dahl	
40-49	0:47:47	Sarah Ruiter	40-49	0:55:51	Cathy Novy	40-49	0:49:08	Shannon Miller	
50-59	0:47:15	Jamie Dahl	50-59	0:59:20	Amy Hedrick	50-59	0:47:15	Jamie Dahl	
60-69	0:58:28	William Chase	60-69			60-69	0:58:28	William Chase	
70 and Over			70 and Over			70 and Over			
3rd Place									
Age Brackets	10	Name	Age Brackets	10	Name	Age Brackets	10	Name	
13 and Under			13 and Under			13 and Under			
14-19	0:51:35	Audra Newman	14-19			14-19			
20-29	1:19:39	Sam Heiden	20-29	1:22:04	Julia Heiderscheit	20-29			
30-39	0:42:26	Alex Polnaszek	30-39	0:50:44	Abby Poppie	30-39	0:42:26	Alex Polnaszek	
40-49	0:49:08	Shannon Miller	40-49	0:57:30	Kelli Walter	40-49	0:51:36	Matthew Chedister	
50-59	0:49:16	Dale Grabhorn	50-59	1:01:17	Shary Birdsong	50-59	0:49:16	Dale Grabhorn	
60-69			60-69			60-69			
70 and Over			70 and Over			70 and Over			