

Missouri River Runner's Annual Pump 'n Run**July 4, 2009****PUMP N RUN**

Place	Last	First	Gender	Age	Weight	Lifts	# of Reps	5K Time	PNP Time
1	KERSTEN	SUE	F	50-54	60		84	22:46	-61:14
2	RADAKOVICH	STEVE	M	60-69	135		36	27:03:00	-8:57
3	BAKER	DOUG	M	40-44	145		27	18:13	-8:47
4	SUNSERI	KEN	M	40-44	195		30	23:05	-6:55
5	GARCIA	BOB	M	50-54	130		24	17:49	-6:11
6	LUKASKO	JOHN	M	45-49	150		32	25:56:00	-6:04
7	MOHNING	BEN	M	25-29	185		32	26:27:00	-5:33
8	MCCLUNG	MATT	M	30-34	175		24	18:42	-5:18
9	GARBISO	LORENZO	M	30-34	180		25	19:58	-5:02
10	FRENCH	CLINTON	M	25-29	180		24	19:09	-4:51
11	STEINHOFF	JOSH	M	20-24	160		24	19:16	-4:44
12	WYANT	MIKE	M	45-49	140		29	24:18:00	-4:32
13	FLETCHER	JAN	M	25-29	150		27	22:39	-4:21
14	KELLY	AMY	F	45-49	65		27	22:41	-4:19
15	ENGLE	JAKE	M	30-34	185		24	19:54	-4:06
16	NEWTON	BRAD	M	35-39	190		25	21:27	-3:33
17	JONES	ERIC	M	40-44	175		26	22:38	-3:22
18	DELEON	NOEL	M	35-39	205		26	23:07	-2:53
19	STOCKING	CARL	F	45-49	65		27	24:56:00	-2:04
20	EDWARDS	BRYAN	M	45-49	170		23	21:26	-1:34
21	ENGBRETSON	AL	M	50-54	145		22	20:32	-1:28
22	HUGHES	BOB	M	50-54	145		25	24:00:00	-1:00
23	BECKER	JILL	F	20-24	85		21	20:53	-0:07
24	SWANSON	DANIEL	M	40-44	140		20	19:57	-0:03
25	BRITTON	ANDREW	M	20-24	150		20	20:06	0:06
26	MARCHAND	PHIL	M	25-29	190		22	22:26	0:26
27	HAUGAN	DOUGLAS	M	50-54	145		19	19:53	0:53
28	FOLCHERT	MATT	M	20-24	170		20	21:23	1:23
29	JOHNSON	PAUL	M	35-39	180		24	22:24	1:36
30	JOYCE	STEVEN	M	35-39	175		17	19:03	2:03
31	HOEFS	JEREMY	M	25-29	175		15	17:19	2:19
32	SCHRUNK	STACY	F	40-44	65		24	28:17:00	4:17
33	QUANDT	SHERRI	F	50-54	65		23	27:55:00	4:55
34	WALSH	MARTY	M	40-44	170		18	22:56	4:56
35	GORVER	TIM	M	25-29	180		19	22:09	5:09
36	WARD	KARIN	F	40-44	70		28	33:32:00	5:32
37	KERSTEN	JIM	M	55-59	125		19	24:43:00	5:43
38	CHESTERMAN	JAKE	M	15-19	160		18	23:59	5:59
39	HUNHOFF	BRIAN	M	45-49	195		26	32:07:00	6:07
40	GEBERS	BARB	F	45-49	60		18	24:21:00	6:21
41	JAMINET	CODY	M	20-24	165		17	23:31	6:31
42	RICHOU	DIRK	M	35-39	230		19	25:48:00	6:48
43	PICK	ALEX	M	15-19	175		17	24:00:00	7:00
44	DOWNS	RYAN	M	25-29	140		14	23:38	9:38
45	KOBLISKA	PHIL	M	30-34	185		16	25:44:00	9:44
46	SCHULTE	TROY	M	30-34	160		8	17:47	9:47
47	JOCHUM	TOM	M	35-39	185		14	23:57	9:57
48	SCHERMERHORN	MILES	M	20-24	205		10	20:14	10:14
49	LINDBLOM	CARL	M	20-24	195		14	24:19:00	10:19
50	KELLY	SONJA	F	30-34	80		12	22:38	10:38
51	WYANT	TOM	M	50-54	155		21	31:42:00	10:42
52	LUTT	AMBER	F	20-24	80		19	29:46:00	10:46
53	WALKER	MELISA	F	25-29	90		20	33:32:00	13:32
54	KELLY	JESS	F	15-19	80		10	23:47	13:47
55	RICHOU	SHELLY	F	25-29	80		7	20:47	13:47
56	POLLOW	TAYLOR	M	15-19	205		8	22:06	14:06
57	BARKER	RORY	M	50-54	200		17	31:35:00	14:35
58	HEATON	JULIA	F	45-49	55		12	27:08:00	15:08

59	CONSIDINE	PATTY	F	40-44	90	17	32:47:00	15:47
60	EARLY	STEPH	F	35-39	80	10	25:49:00	15:49
61	LILLY	JANE	F	40-44	60	10	26:17:00	16:17
62	MUELLER	CHRIS	M	30-34	175	5	21:44	16:44
63	PAULSON	JEFF	M	45-49	170	5	21:46	16:46
64	LIVERMORE	K.C.	M	20-24	175	10	26:48:00	16:48
65	EMMELKAMP	KELLI	F	25-29	70	9	26:51:00	17:51
66	DAVIS	COREY	M	30-34	230	12	29:57:00	17:57
67	WARD	JORY	M	40-44	190	10	28:54:00	18:54
68	MEYER	KEVIN	M	30-34	160	4	23:02	19:02
69	WHITE	THOMAS	M	25-29	195	3	22:14	19:14
70	JONES	ROGER	M	50-54	130	8	27:46:00	19:46
71	COFFMAN	BEN	M	30-34	190	5	25:01:00	20:01
72	OINES	PAM	F	35-39	80	3	23:06	20:06
73	HENRY	JEFF	M	40-44	200	4	24:58:00	20:58
74	ATCHISON	ANDREW	M	15-19	125	0	21:24	21:24
75	WRIGHT	TINA	F	40-44	85	10	32:58:00	22:58
76	WRIGHT	MARK	M	50-54	150	10	32:58:00	22:58
77	KELLY	ANDREA	F	15-19	70	3	26:16:00	23:16
78	MOHNING	PATTY	F	25-29	90	3	28:20:00	25:20:00
79	GUTHMILLER	KRISTIN	F	20-24	80	3	28:36:00	25:36:00
80	KLUD	SHARON	F	50-54	75	3	28:53:00	25:53:00
81	KELLY	JEFF	M	45-49	175	7	32:56:00	25:56:00
82	VOGT	ASHLY	F	20-24	80	2	29:02:00	27:04:00
83	SCHRUNK	TYLER	M	14 &<	85	0	27:05:00	27:05:00
84	DAVIS	MISTY	F	25-29	85	5	32:47:00	27:47:00
85	KELLY	JACLYN	F	30-34	105	1	28:50:00	27:50:00
86	MORGAN	PAUL	M	45-49	185	10	37:58:00	27:58:00
87	HEATON	CHRISTY	F	25-29	80	0	28:41:00	28:41:00
88	KLUG	DOUG	M	45-49	200	0	29:15:00	29:15:00
89	HIX	PATRICK	M	20-24	215	4	33:27:00	29:27:00
90	KELLY	JAYME	F	14 & <	70	3	32:53:00	29:53:00
91	GRIMSLEY	CATHY	F	25-29	0		31:18:00	31:18:00
92	SCHULTE	CHRISTINE	F	25-29	105	0	32:09:00	32:09:00

PUMP N RUN 5K

Place	Last	First	Gender	Age	5K
1	NASH	DAVID	M	40-44	16:41
2	LUNDGREN	JOSHUA	M	15-19	17:14
3	HUFF	PETER	M	35-39	17:33
4	MAHANEY	MIKE	M	45-49	18:33
5	NELSON	SARAH	F	20-24	18:52
6	HENRY	ROLAND	M	15-19	19:09
7	GREENE	LEAF	M	25-29	19:10
8	KREJCI	JEFF	M	45-49	19:28
9	HEATON	TIMOTHY	M	50-54	19:32
10	HUFF	KATHLEEN	F	35-39	19:35
11	GLASS	GEORGE	M	30-34	19:50
12	JAWBSERS	JEREMY	M	30-34	19:51
13	LEMPKA	RYAN	M	20-24	19:52
14	PETERS	GARY	M	55-59	19:54
15	JUNCK	JEFF	M	35-39	19:55
16	SCHIFF	DEVON	F	25-29	20:15
17	MULLER	JON	M	14 & Under	20:16
18	LILLY	CARTER	M	14 & Under	20:18
19	JAERGER	EMILY	F	30-34	20:44
20	DOUGHERTY	ELLEN	F	15-19	20:46
21	LILLY	JAKE	M	14 & Under	20:58
22	LILLY	KEVIN	M	40-44	21:11
23	NELSON	SCOTT	M	45-49	21:31
24	BAUER	CHRIS	M	45-49	21:34
25	JOHNSON	DANIEL	M	50-54	21:35
26	SCHMECKPEPER	ALAN	M	20-24	21:47
27	SCHULTZ	JENNIFER	F	35-39	21:52

28	SCHAEFER	JAMES	M	40-44	22:29
29	VLAHOULIS	SPERO	M	40-44	22:33
30	MULLER	DAVID	M	45-49	22:37
31	BROWN	OLIVIA	F	14 & Under	22:40
32	FREEMAN	LON	M	30-34	22:51
33	MULLER	CARLA	F	40-44	22:53
34	AMBROSE	STEVE	M	50-54	22:55
35	PYBURN	RICK	M	55-59	23:06
36	NEWTON	WILLIAM	M	45-49	23:07
37	NASH	DANNIKA	F	15-19	23:08
38	MEYER	KARI	F	30-34	23:10
39	PRINCE	BOB	M	50-54	23:12
40	ENGSTROM	DAVID	M	40-44	23:16
41	LEVINE	SHEEHAN	M	14 & Under	23:19
42	BROWN	KIM	F	30-34	23:24
43	HANSON	DANIEL	M	14 & Under	23:29
44	NASH	ALYSSA	F	14 & Under	23:37
45	KERSTEN	SETH	M	14 & Under	23:42
46	BAHNEY	TODD	M	35-39	23:43
47	NARUM	APRYL	F	14 & Under	23:52
48	MORGAN	KYLE	M	?	23:56
49	HIVELEY	LIZ	F	30-34	23:57
50	BOBENSTEINER	KEVIN	M	45-49	24:09:00
51	PICK	ALICIA	F	15-19	24:11:00
52	BIGGERS	EARL	M	50-54	24:16:00
53	LARSEN	NICK	M	20-24	24:21:00
54	MCCASLAND	SARAH	F	25-29	24:26:00
55	CARDAMON	JOEY	M	14 & Under	24:27:00
56	WEBER	BILL	M	50-54	24:35:00
57	SCHULTZ	MARISA	F	14 & Under	24:36:00
58	OLESEN	JANNELLE	F	30-34	24:38:00
59	PAULING	KARL	M	25-29	24:40:00
60	CHEEVER	BOB	M	30-34	24:45:00
61	CLEMENTS	SADIE	F	15-19	24:46:00
62	GIESELMAN	GRANT	M	50-54	24:49:00
63	BEAM	TROY	M	35-39	24:50:00
64	KENNEDY	JOLYN	F	30-34	24:51:00
65	HURLBURT	MIKE	M	35-39	24:52:00
66	LAMOREUX	JOSEPH	M	35-39	24:53:00
67	SWANSON	ROXANNE	F	35-39	25:00:00
68	HANSEN	DOUG	M	60-69	25:14:00
69	LOECKER	SHEILA	F	45-49	25:19:00
70	LOECKER	DAVID	M	45-49	25:20:00
71	OLIVER	JESSICA	F	15-19	25:21:00
72	GIESELMAN	JENNIFER	F	15-19	25:21:00
73	DEARBORN	CHARLIE	M	45-49	25:23:00
74	LONG	STEVE	M	40-44	25:25:00
75	BOUTWELL	ABBI	F	20-24	25:30:00
76	HUELKER	JOHN	M	35-39	25:50:00
77	RUNDQUIST	REX	M	55-59	25:51:00
78	RASMUSSEN	KIM	F	30-34	25:57:00
79	SWANSON	DAN	M	60-64	26:01:00
80	BERGLIN	CARMEL	F	40-44	26:07:00
81	REUTER	SUE	F	40-44	26:15:00
82	REEDER	JULIE	F	45-49	26:39:00
83	POLLOW	JACKIE	F	40-44	26:43:00
84	SANDMAN	KRISTY	F	30-34	26:45:00
85	NARUM	LORI	F	45-49	26:46:00
86	GLASS	KARA	F	30-34	26:50:00
87	NASH	SHELLY	F	40-44	26:53:00
88	NELSON	LISA	F	35-39	27:03:00
89	HEINZ	TOM	M	55-59	27:06:00
90	LAMOREUX	JIM	M	40-44	27:09:00
91	BOUCHAL	JENNIFER	F	35-39	27:17:00

92	VICK	BEN	M	14 & Under	27:20:00
93	VICK	JAMES	M	40-44	27:21:00
94	CLARKE	JACY	F	30-34	27:48:00
95	SHUMANSKY	Tara	F	30-34	27:50:00
96	ALBENESIUS	PATTY	F	35-39	27:55:00
97	ADDISON	JEFF	M	40-44	27:59:00
98	ADDISON	KELLY	F	40-44	28:02:00
99	VANDE	NOORD	TODD	14 & Under	28:19:00
100	JOHNSON	LAURA	F	20-24	28:22:00
101	JOHNSON	LESIE	F	20-24	28:24:00
102	MRLA	CARI	F	15-19	28:28:00
103	DOUGHERTY	MARY	F	40-44	28:29:00
104	SEVERE	JASON	M	30-34	28:39:00
105	BREWSTER	THERESA	F	14 & Under	28:47:00
106	MEIS	HOLLY	F	45-49	28:56:00
107	MEIS	ROBERT	M	50-59	28:57:00
108	SEVERE	JOHN	M	55-59	29:05:00
109	CONLEY	SUNSHINE	F	30-34	29:22:00
110	ALBENESIUS	ANNA	F	14 & Under	29:46:00
111	KNEPPER	MONTE	M	60-69	29:53:00
112	FLYNN	JILL	F	45-49	29:56:00
113	GRIEVE	SOREN	F	35-39	30:06:00
114	SCOTT	JESSE	M	30-34	30:13:00
115	GRIMBERG	JULIE	F	20-24	30:17:00
116	GRIMBERG	NATALIE	F	20-24	30:18:00
117	JOHNSON	LYNN	F	60-69	30:34:00
118	SCHULTZ	COLE	M	14 & Under	30:35:00
119	PARKS	HOLLY	F	30-34	30:50:00
120	SCHULTZ	NOEL	M	35-39	31:17:00
121	WERMERS	JAMI	F	45-49	31:19:00
122	WALKER	MARK	M	45-49	31:27:00
123	DESCHEPPES	AMANDA	F	25-29	31:39:00
124	ANDREASEN	MISTY	F	40-44	31:48:00
125	ARNOLD	TAMMY	F	45-49	32:00:00
126	JOHNSON	WENDY	F	30-34	32:11:00
127	DEURLOO	LINDSEY	F	30-34	32:29:00
128	WEILAND	CHRISTA	F	30-34	33:22:00
129	OEDEKOVEN	MOLLY	F	25-29	33:22:00
130	SCOTT	TERRI	F	40-44	33:27:00
131	UHL	JENNIFER	F	35-39	33:42:00
132	CHESTERMAN	BENNETT	M	14 & Under	33:43:00
133	CHESTERMAN	DANA	F	40-44	33:51:00
134	STERK	MARY	F	35-39	34:08:00
135	LOUTSCH	ANGELA	F	25-29	34:09:00
136	DESCHEPPES	MATT	M	25-29	35:27:00
137	MEMANIGAL	RYLIE	F	14 & Under	36:01:00
138	SCHMECKPEPER	ELISHA	F	20-24	36:29:00
139	PEREZ	MICHAEL	M	20-24	37:58:00
140	GRIJALVA	JULIE	F	45-49	37:59:00
141	JENSEN	CARLA	F	50-54	38:29:00
142	HENRY	MARCIA	F	40-44	39:12:00
143	FURLONG	DAVE	M	40-44	39:27:00
144	BREAMAN	DEBBIE	F	35-39	40:33:00
145	CONLEY	KELLY	M	50-54	40:39:00
146	MCCARTHY	MARY	F	55-59	45:10:00
147	WYANT	KELLEY	F	25-29	45:11:00

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