

Scheels5 K  
8 a.m. Saturday April 14, 2007  
Fargo, ND

female place	time	name	city	class place	age	km pace	mile pace	age graded	unofficial time	select time	bib	
								performance level/place				
1	19:08	Nick Wollan		1	M18-29	20	3:50	6:10 67.80%	4	19:08.7	19:08.7	65
2	19:19	Douglas Schoop		2	M18-29	29	3:52	6:13 67.16%	5	19:19.1	19:19.0	221
3	19:48	Ray Wohl		1	M30-39	37	3:58	6:22 66.68%	6	19:48.3	19:48.3	110
4	20:24	Aaron Hill		3	M18-29	26	4:05	6:34 63.59%	12	20:24.1	20:24.1	191
5	20:32	Michael Langseth		4	M18-29	26	4:06	6:37 63.18%	16	20:32.0	20:32.0	35
6	20:36	James Botnen		5	M18-29	20	4:07	6:38 62.98%	18	20:36.1	20:35.9	13
7	20:36	Chad Mears		2	M30-39	33	4:07	6:38 62.98%	17	20:36.8		216
8	1	20:37	Shawn Nelson	1	F18-29	28	4:07	6:38 69.82%	1	20:37.7		93
9	20:41	Wade Bloom		3	M30-39	35	4:08	6:39 62.96%	19	20:41.2	20:41.2	198
10	20:57	Mark Johnson		4	M30-39	38	4:11	6:45 63.45%	14	20:57.7	20:56.7	163
11	20:58	Duane Nelson		1	M40-49	45	4:12	6:45 66.67%	7	20:58.5		91
12	21:12	Trevor Magel		6	M18-29	20	4:14	6:49 61.19%	24	21:12.7	21:12.5	39
13	21:16	Chuck Fountaine		5	M30-39	32	4:15	6:51 61.00%	27	21:16.1	21:15.8	167
14	21:19	Josh Young		1	M < 18	11	4:16	6:52 69.38%	2	21:19.4		68
15	21:39	Jason Miller		6	M30-39	31	4:20	6:58 59.92%	33	21:39.2		234
16	21:40	Shawn Breker		7	M18-29	20	4:20	6:58 59.88%	34	21:40.8	21:40.8	14
17	21:44	Cory Severson		8	M18-29	29	4:21	7:00 59.69%	36	21:44.8	21:45.0	151
18	22:00	Christian Zamdir		9	M18-29	18	4:24	7:05 59.76%	35	22:00.8	22:00.8	231
19	22:11	Jarrod Danuser		10	M18-29	28	4:26	7:08 58.48%	38	22:11.0	22:10.7	75
20	2	22:12	Sarah Feigum	2	F18-29	23	4:26	7:09 64.84%	9	22:12.7		159
21	22:13	Josh Nodarft		11	M18-29	26	4:27	7:09 58.39%	39	22:13.3		190
22	22:14	Terry Styf		2	M40-49	41	4:27	7:09 61.07%	25	22:14.2	22:14.2	103
23	3	22:20	Lindsey Joyce	3	F18-29	25	4:28	7:11 64.46%	10	22:20.7		194
24	22:21	Shaun Schatz		12	M18-29	29	4:28	7:12 58.05%	45	22:21.1	22:20.9	56
25	22:21	Curt Stensgard		3	M40-49	47	4:28	7:12 63.50%	13	22:21.5		228
26	22:25	Jacob Kroke		2	M < 18	13	4:29	7:13 62.80%	20	22:25.3	22:25.3	86
27	22:28	Scott Seiler		4	M40-49	40	4:30	7:14 60.00%	32	22:28.0		185
28	22:32	Dave Leker		5	M40-49	41	4:30	7:15 60.25%	30	22:32.0	22:32.1	195
29	22:34	Nathan Houghton		13	M18-29	18	4:31	7:16 58.26%	42	22:34.1		235
30	22:52	Justin Howlads		14	M18-29	20	4:34	7:22 56.73%	51	22:52.3	22:52.3	135
31	22:56	Chris Johnston		6	M40-49	44	4:35	7:23 60.51%	28	22:56.6	22:56.6	32
32	22:58	Patrick Gross		1	M50-up	50	4:36	7:24 63.25%	15	22:58.8		24
33	4	23:01	Tarah Bjorem	4	F18-29	29	4:36	7:25 62.54%	21	23:01.1	23:01.0	70
34	5	23:08	Monica Fedora	1	F40-49	42	4:38	7:27 66.42%	8	23:08.6		229
35	23:12	Gordy Strickland		2	M50-up	60	4:38	7:28 68.25%	3	23:12.5		156
36	23:12	Greg Warcken		15	M18-29	28	4:38	7:28 55.92%	57	23:12.8		109
37	23:37	Matt Stith		7	M30-39	35	4:43	7:36 55.14%	59	23:37.6	23:37.5	57
38	23:44	Jeremy Dinaman		16	M18-29	25	4:45	7:38 54.66%	61	23:44.8		210
39	23:46	Steve Chargeton		3	M50-up	56	4:45	7:39 64.26%	11	23:46.2	23:46.2	186
40	23:49	Edward Vab Hal		4	M50-up	52	4:46	7:40 61.99%	22	23:49.2	23:49.2	108
41	6	24:05	Lynae Hanson-Lardy	1	F30-39	37	4:49	7:45 61.25%	23	24:05.7	24:05.7	140
42	24:10	Mike Kroke		7	M40-49	46	4:50	7:47 58.28%	41	24:10.6		87
43	24:11	Greg Cook		8	M40-49	41	4:50	7:47 56.14%	53	24:11.0	24:10.9	164
44	24:14	Eric Olson		3	M < 18	15	4:51	7:48 56.10%	54	24:14.0		150
45	24:16	Caleb Saum		17	M18-29	21	4:51	7:49 53.46%	66	24:16.3	24:16.3	155
46	24:23	Mark Rodning		9	M40-49	44	4:53	7:51 56.91%	50	24:23.1	24:23.1	54
47	24:24	Mike Gusass		10	M40-49	46	4:53	7:51 57.72%	47	24:24.3		137
48	24:40	Ryan Henke		8	M30-39	36	4:56	7:56 53.15%	68	24:40.3		80
49	7	24:40	Amy Bjorem	5	F18-29	20	4:56	7:56 58.36%	40	24:40.9	24:40.8	69
50	24:43	Nick Johnson		18	M18-29	29	4:57	7:57 52.49%	75	24:43.7	24:43.6	30
51	8	25:10	Denise Kroke	2	F40-49	42	5:02	8:06 61.06%	26	25:10.1	25:10.0	85
52	25:24	Cole Bachneier		4	M < 18	11	5:05	8:11 58.23%	44	25:24.7	25:24.6	160
53	25:28	Bryce Peltier		19	M18-29	26	5:06	8:12 50.94%	91	25:28.4	25:28.4	52
54	25:33	Custer Huseby		11	M40-49	49	5:07	8:13 56.41%	52	25:33.9	25:34.0	29
55	9	25:41	Alicia Chrz	2	F30-39	31	5:08	8:16 56.05%	55	25:41.7	25:41.8	17
56	10	25:51	Hope Olson	6	F18-29	19	5:10	8:19 55.93%	56	25:51.8	25:51.7	94
57	25:58	Andrew Nelson		5	M < 18	13	5:12	8:21 54.21%	62	25:58.7	25:58.6	138
58	26:05	Dane Johnston		6	M < 18	13	5:13	8:24 53.97%	63	26:05.7		31
59	26:06	Lonie Sikich		9	M30-39	36	5:13	8:24 50.23%	96	26:06.2	26:05.9	125
60	26:19	Allan Baer		20	M18-29	20	5:16	8:28 49.30%	102	26:19.2		199
61	11	26:21	Deb Kazmiecjak	3	F40-49	40	5:16	8:29 57.35%	49	26:21.5	26:21.5	122
62	26:23	Jay Olson		12	M40-49	47	5:17	8:30 53.79%	64	26:23.1		149
63	26:28	Dillon Boe		7	M < 18	10	5:18	8:31 57.69%	48	26:28.8	26:28.7	120
64	26:33	Dennis Frahm		5	M50-up	60	5:19	8:33 59.64%	37	26:33.9	26:33.9	183
65	26:35	Steve Krohn		6	M50-up	61	5:19	8:33 60.15%	31	26:35.4		34

66	12	26:50	Jodi Saurer	7	F18-29	28	5:22	8:38	53.65%	65	26:50.8	26:50.8	100
67		26:51	Ed Larson	13	M40-49	46	5:22	8:39	52.46%	76	26:51.2		38
68		26:54	Doug Johnson	10	M30-39	36	5:23	8:39	48.74%	106	26:54.9	26:54.8	83
69		26:58	Gerry Grenskiner	11	M30-39	39	5:24	8:41	49.64%	100	26:58.8		211
70		26:59	Doug Stotz	8	M < 18	11	5:24	8:41	54.81%	60	26:59.5	26:59.4	123
71		26:59	Steve Brush	12	M30-39	36	5:24	8:41	48.59%	107	26:59.8		15
72		27:10	Jeff Manuel	13	M30-39	36	5:26	8:45	48.26%	111	27:10.8	27:10.7	42
73	13	27:15	Sue Speich	3	F30-39	30	5:27	8:46	52.83%	71	27:15.9	27:15.9	202
74		27:16	Kurt Ruzicka	21	M18-29	22	5:27	8:47	47.58%	117	27:16.8		98
75	14	27:19	Renae Carlson	4	F30-39	30	5:28	8:48	52.70%	72	27:19.8	27:19.8	16
76		27:20	Steve Roesler	14	M30-39	39	5:28	8:48	48.97%	104	27:20.3		55
77		27:20	Bob Torres	15	M30-39	36	5:28	8:48	47.97%	113	27:20.8		161
78		27:21	Ramiro Torres	16	M30-39	34	5:28	8:48	47.43%	120	27:21.2		106
79	15	27:27	Jody Lund	5	F30-39	35	5:29	8:50	52.90%	69	27:27.4		88
80	16	27:28	Kate Staaum	8	F18-29	18	5:30	8:50	52.90%	70	27:28.4		168
81		27:30	Mike Kohleiz	14	M40-49	42	5:30	8:51	49.73%	99	27:30.5	27:28.3	33
82	17	27:31	Rhonda Magel	1	F50-up	51	5:30	8:51	60.46%	29	27:31.1		40
83		27:36	Lamont Miller	7	M50-up	57	5:31	8:53	55.83%	58	27:36.2	27:36.0	90
84	18	27:36	Allison Witt	6	F30-39	30	5:31	8:53	52.16%	78	27:36.9		201
85	19	27:37	Heather Morris	7	F30-39	34	5:31	8:53	52.18%	77	27:37.3		200
86	20	27:37	Carrie Mulske	9	F18-29	21	5:31	8:53	52.12%	80	27:37.6		49
87		27:38	Dana Peterson	22	M18-29	22	5:32	8:54	46.95%	125	27:38.2		53
88		27:38	Adam Holscher	23	M18-29	27	5:32	8:54	46.95%	124	27:38.5		28
89	21	27:43	Jenny Davis	10	F18-29	27	5:33	8:55	51.94%	81	27:43.7	27:43.7	18
90	22	27:47	Deanne Walker	8	F30-39	36	5:33	8:57	52.68%	73	27:47.7	27:47.6	220
91		27:50	Jeff York	17	M30-39	39	5:34	8:58	48.09%	112	27:50.0		67
92	23	27:51	Susan Worthington	11	F18-29	22	5:34	8:58	51.69%	83	27:51.9	27:51.9	209
93	24	27:52	Jennifer Portmann	12	F18-29	19	5:34	8:58	51.88%	82	27:52.7		95
94	25	27:58	Hali Duschane	13	F18-29	20	5:36	9:00	51.47%	84	27:58.1		76
95		27:58	Jon Greer	18	M30-39	38	5:36	9:00	47.53%	118	27:58.5	27:58.8	77
96	26	27:59	Vicki Kirkpatrick	9	F30-39	31	5:36	9:00	51.44%	86	27:59.2		206
97	27	27:59	Tami Bachmeier	10	F30-39	32	5:36	9:00	51.44%	85	27:59.5		205
98		28:00	Chad Yanish	24	M18-29	29	5:36	9:01	46.33%	126	28:00.0		66
99		28:01	Jade Nelson	19	M30-39	37	5:36	9:01	47.12%	121	28:01.0		92
100	28	28:02	Kaley Stotz	1	F < 18	11	5:36	9:01	57.92%	46	28:02.7		124
101	29	28:03	Krysta Severson	14	F18-29	28	5:37	9:02	51.32%	88	28:03.4	28:03.4	152
102	30	28:06	Wendy Barta	11	F30-39	37	5:37	9:03	52.50%	74	28:06.9	28:06.8	11
103		28:12	Martin Lehman	15	M40-49	46	5:38	9:05	49.95%	98	28:12.6	28:12.2	184
104	31	28:17	Kelsey Gustafson	15	F18-29	18	5:39	9:06	51.37%	87	28:17.6	28:17.6	197
105		28:19	Mark Kelly	8	M50-up	52	5:40	9:07	52.14%	79	28:19.1		84
106		28:33	Chad Mertz	20	M30-39	33	5:43	9:11	45.44%	133	28:33.1	28:33.0	89
107	32	28:33	Peggy Hornung	12	F30-39	32	5:43	9:11	50.42%	93	28:33.4		81
108	33	28:34	Kristi Nelson	2	F50-up	51	5:43	9:12	58.24%	43	28:34.0		136
109	34	28:37	Jenelissa Martin	16	F18-29	27	5:43	9:13	50.30%	94	28:37.1	28:37.6	44
110		28:43	Michael Wichmann	9	M50-up	56	5:45	9:15	53.18%	67	28:43.9	28:43.5	64
111	35	29:05	Danie Link	13	F30-39	32	5:49	9:22	49.50%	101	29:05.5	29:05.2	193
112		29:07	Tom Wichmann	10	M50-up	51	5:49	9:22	50.30%	95	29:07.1		111
113	36	29:19	Michelle Flynn	14	F30-39	39	5:52	9:26	51.13%	90	29:19.7		148
114		29:20	Todd Ness	16	M40-49	41	5:52	9:26	46.29%	127	29:20.1	29:20.1	50
115	37	29:38	Sara Nodurft	17	F18-29	27	5:56	9:32	48.58%	108	29:38.7		189
116		29:44	Brad Heinz	11	M50-up	53	5:57	9:34	50.07%	97	29:44.6	29:44.3	79
117	38	29:44	April Bickier	18	F18-29	26	5:57	9:34	48.41%	110	29:44.4		116
118	39	29:44	Stephanie Steen	19	F18-29	26	5:57	9:34	48.41%	109	29:44.6		118
119		29:54	Jerry Trotter	17	M40-49	41	5:59	9:37	45.41%	134	29:54.9		107
120		30:00	Benjamin Hamilton	25	M18-29	29	6:00	9:39	43.24%	147	30:00.3	30:00.2	25
121	40	30:03	Sara Lauritsen	20	F18-29	23	6:01	9:40	47.90%	114	30:03.2		128
122	41	30:06	Alayna Follingstad	21	F18-29	26	6:01	9:41	47.82%	115	30:06.9	30:06.9	233
123	42	30:14	Leah Schell	22	F18-29	28	6:03	9:44	47.61%	116	30:14.9	30:14.5	192
124	43	30:17	Teresa Brantner	4	F40-49	43	6:03	9:45	51.17%	89	30:17.7	30:17.2	127
125		30:18	Aaron Muir	21	M30-39	35	6:04	9:45	42.98%	148	30:18.7		48
126		30:23	Coner Martmg	18	M40-49	49	6:05	9:47	47.44%	119	30:23.3	30:23.8	247
127		30:25	Brian Hollanen	26	M18-29	22	6:05	9:47	42.65%	149	30:25.7		187
128		30:29	Ted Finton	9	M < 18	16	6:06	9:49	44.01%	143	30:29.9		20
129	44	30:34	Jessica Ryant	23	F18-29	20	6:07	9:50	47.09%	122	30:34.0	30:33.8	99
130		30:45	Scott Link	22	M30-39	32	6:09	9:54	42.19%	150	30:45.0	30:44.8	223
131	45	31:00	Vicki Matthews	5	F40-49	40	6:12	9:59	48.75%	105	31:00.2		208
132		31:00	Bob Matthews	12	M50-up	56	6:12	9:59	49.27%	103	31:00.8	31:00.8	207
133	46	31:07	Michelle Huseby	24	F18-29	28	6:13	10:01	46.26%	128	31:07.0	31:07.0	82
134	47	31:15	Rebecca Scott	15	F30-39	34	6:15	10:04	46.11%	129	31:15.7		112
135	48	31:33	Steph Leach	25	F18-29	25	6:19	10:09	45.63%	132	31:33.3		154
136		31:33	Alex Leach	27	M18-29	24	6:19	10:09	41.12%	157	31:33.6	31:33.5	153
137		31:57	Mike Hamm	28	M18-29	28	6:23	10:17	40.61%	160	31:57.0	31:57.0	26

138	31:57	Brian Mayfield	29 M18-29	27	6:23	10:17	40.61%	159	31:57.3	246		
139	31:57	Casey Davis	30 M18-29	28	6:23	10:17	40.61%	158	31:57.5	19		
140	49	32:01	Alicia Cart	16 F30-39	31	6:24	10:18	44.96%	135	32:01.3	204	
141	50	32:30	Melissa Daren	26 F18-29	29	6:30	10:28	44.29%	139	32:30.2	213	
142	51	32:30	Ramey Grensteiner	17 F30-39	33	6:30	10:28	44.29%	138	32:30.7	212	
143	52	32:31	Katie Weinberg	27 F18-29	20	6:30	10:28	44.27%	140	32:31.7	219	
144	53	32:32	Shannon Fleisher	28 F18-29	20	6:30	10:28	44.25%	141	32:32.0	218	
145	54	32:43	Stephanie Noehl	18 F30-39	30	6:33	10:32	44.00%	144	32:43.9	51	
146	55	32:46	Suzy Schmidt	29 F18-29	19	6:33	10:33	44.13%	142	32:46.3	101	
147	32:49	Brian Beyer	31 M18-29	29	6:34	10:34	39.53%	165	32:49.0	32:48.7	12	
148	56	33:06	Rebecca Moos	30 F18-29	24	6:37	10:39	43.49%	146	33:06.1	33:06.2	134
149	57	33:18	Kari Greer	19 F30-39	38	6:40	10:43	44.66%	136	33:18.1	33:18.2	78
150	58	33:51	AvaLee Upton	3 F50-up	54	6:46	10:54	50.59%	92	33:51.6	33:51.5	62
151	59	34:08	Becky Baker	31 F18-29	21	6:50	10:59	42.17%	151	34:08.0	114	
152	34:10	Peter Monson	32 M18-29	21	6:50	11:00	37.97%	168	34:10.0	115		
153	60	34:11	Gerice Anderson	20 F30-39	39	6:50	11:00	43.85%	145	34:11.1	130	
154	61	34:25	Jill Forde	32 F18-29	24	6:53	11:05	41.83%	152	34:25.4	243	
155	62	34:26	Theresa Gross	6 F40-49	48	6:53	11:05	47.01%	123	34:26.7	23	
156	63	34:29	Amber Forde	33 F18-29	26	6:54	11:06	41.74%	153	34:29.7	34:29.4	222
157	64	34:41	Kathryn Knutzen	34 F18-29	21	6:56	11:10	41.50%	154	34:41.6	34:41.4	126
158	34:44	Jarrett Lardy	10 M < 18	9	6:57	11:11	45.68%	131	34:44.4	141		
159	65	34:48	Brenda Johnson	7 F40-49	43	6:58	11:12	44.53%	137	34:48.7	34:48.2	232
160	66	35:00	Tera Vanyo	35 F18-29	27	7:00	11:16	41.13%	156	35:00.6	35:00.6	63
161	67	35:38	Terri Nogdsen	21 F30-39	30	7:08	11:28	40.40%	161	35:38.3	157	
162	35:38	Marc Banser	23 M30-39	33	7:08	11:28	36.41%	170	35:38.7	35:38.7	158	
163	68	36:11	Lori Tillman	22 F30-39	33	7:14	11:39	39.78%	163	36:11.8	36:11.7	230
164	69	36:15	Judy Foss	23 F30-39	35	7:15	11:40	40.06%	162	36:15.3	36:15.3	21
165	70	36:22	Polly Roe	4 F50-up	51	7:16	11:42	45.75%	130	36:22.6	36:22.5	96
166	36:42	Jacob Lardy	33 M18-29	18	7:20	11:49	35.82%	171	36:42.4	36:42.4	139	
167	71	36:59	Jennifer Thrasher	24 F30-39	35	7:24	11:54	39.26%	167	36:59.3	36:59.4	59
168	72	37:59	Charolette Olson	25 F30-39	34	7:36	12:14	37.94%	169	37:59.6	37:59.7	162
169	73	39:29	Dagney Tollefson	8 F40-49	49	7:54	12:43	41.36%	155	39:29.4	104	
170	74	40:26	Kaili Jacobson	36 F18-29	28	8:05	13:01	35.60%	172	40:26.5	182	
171	75	41:22	Beth Delabarre	37 F18-29	21	8:16	13:19	34.80%	173	41:22.4	131	
172	41:22	Gary Delabarre	19 M40-49	43	8:16	13:19	33.30%	175	41:22.8	129		
173	76	42:20	Bethany Carroll	26 F30-39	35	8:28	13:38	34.30%	174	42:20.4	224	
174	44:47	Wyatt Tollefson	11 M < 18	13	8:57	14:25	31.43%	178	44:47.5	105		
175	77	45:02	Penny Carlson	27 F30-39	38	9:00	14:30	33.02%	176	45:02.4	72	
176	78	45:24	Marlene Daniels	5 F50-up	59	9:05	14:37	39.72%	164	45:24.4	74	
177	79	45:25	Cynthia Carroll	6 F50-up	58	9:05	14:37	39.28%	166	45:25.2	225	
178	80	46:15	Amy Lyste	38 F18-29	26	9:15	14:53	31.12%	179	46:15.4	196	
179	81	46:16	Katie Swanson	39 F18-29	26	9:15	14:54	31.11%	180	46:16.2	58	
180	82	46:29	Loni Larson	9 F40-49	40	9:18	14:58	32.51%	177	46:29.7	37	
181	46:30	Don Larson	12 M < 18	15	9:18	14:58	29.24%	184	46:30.0	36		
182	83	46:59	Cheryl Muir	28 F30-39	35	9:24	15:07	30.91%	181	46:59.3	47	
183	47:41	Gregg Monson	20 M40-49	46	9:32	15:21	29.54%	183	47:41.5	113		
184	47:58	Frode Tilden	24 M30-39	30	9:36	15:26	27.05%	185	47:58.1	61		
185	84	48:00	Alexis Tilden	29 F30-39	30	9:36	15:27	29.99%	182	48:00.5	60	