

**Congdon Cougar Chase Trail Run**  
**Lester Park**  
**Duluth, MN**  
**Sat, Jun 1, 2013**

**Division Results List**

White River Sports Timing  
<http://itiming.com>

Place	Div / Age	Bib	Name	City, State, NAT	Age Group	Time	Pace min/mi
<b>10 km Run</b>				Event Field: 34			
<b>10 km Men</b>				Division Field: 16			
1	1	985	Hyoopponen, David	Duluth, MN	M 30-39	00:40:02.5	06:31
2	1	994	Worley, Dave	Duluth, MN	M 40-49	00:41:25.3	06:45
3	2	992	Troy, Rob	Duluth, MN	M 30-39	00:43:18.3	07:03
4	3	940	Schaeffer, Dave	Duluth, MN	M 30-39	00:45:03.2	07:20
5	4	986	Bettendorf, Matthew	Duluth, MN	M 30-39	00:45:36.7	07:26
6	5	946	Lane, Dave	Hermantown, MN	M 30-39	00:45:58.6	07:30
7	6	989	Shannon, Tom	Duluth, MN	M 30-39	00:46:05.6	07:31
8	7	947	Sternal, Kevin	Duluth, MN	M 30-39	00:48:59.8	07:59
9	8	936	Marks, Matt	Duluth, MN	M 30-39	00:53:24.3	08:42
10	1	942	Wischnewski, Joe	Esko, MN	M 50-59	00:53:48.2	08:46
11	9	945	Wheeler, Andy	Duluth, MN	M 30-39	00:55:34.0	09:03
12	10	938	Toftey, Peter	Duluth, MN	M 30-39	00:57:37.6	09:24
13	1	948	Landstrom, Brian	Duluth, MN	M 60-100	00:57:57.1	09:27
14	2	937	Carlson, Troy	Duluth, MN	M 40-49	01:01:05.7	09:58
15	11	988	Heydt, Nate	Duluth, MN	M 30-39	01:01:09.8	09:58
16	2	845	Kirby, David	Duluth, MN	M 60-100	01:06:58.2	10:55
<b>10 km Women</b>				Division Field: 18			
1	1	939	Austin-Minor, Elizabeth	Duluth, MN	F 40-49	00:51:47.4	08:26
2	1	991	Breiland, Michelle	Duluth, MN	F 30-39	00:52:29.0	08:33
3	1	949	Roy, Chelsea	Duluth, MN	F 18-29	00:54:19.3	08:51
4	2	881	Whitworth, Anne	Duluth, MN	F 40-49	00:55:49.4	09:06
5	2	944	Nauman, Jamie	Duluth, MN	F 18-29	00:56:38.8	09:14
6	3	993	Stark, Stacey	Duluth, MN	F 40-49	00:58:53.1	09:36
7	4	814	Aldach, Teresa	Duluth, MN	F 40-49	01:00:48.5	09:55
8	2	990	Heydt, Alina	Duluth, MN	F 30-39	01:01:09.5	09:58
9	5	815	Hietala, Heather	Duluth, MN	F 40-49	01:01:09.9	09:58
10	6	941	Francis, Stephanie	Duluth, MN	F 40-49	01:02:33.6	10:12
11	3	882	Axtell, AJ	Duluth, MN	F 30-39	01:03:37.4	10:22
12	7	935	Boyle, Jennifer	Duluth, MN	F 40-49	01:06:58.5	10:55
13	4	943	Williams-clements,	Superior, WI	F 30-39	01:08:47.8	11:13
14	5	950	Lacher, Shelly	Minneapolis, MN	F 30-39	01:09:23.3	11:19
15	6	984	Anderson, Stephanie	Duluth, MN	F 30-39	01:10:32.6	11:30
16	7	889	Hodgson, Sarah	Duluth, MN	F 30-39	01:12:37.1	11:50
17	1	987	Wallin, Jowain	Duluth, MN	F 50-59	01:12:38.6	11:51
18	8	551	Roth, Tonya	Duluth, MN	F 30-39	01:14:21.3	12:07

Place	Div / Age	Bib	Name	City, State, NAT	Age Group	Time	Pace min/mi
<b>5 km Run/Walk</b>							
				Event Field: 108			
<b>5 km Men</b>							
				Division Field: 54			
1	1	571	Monte, Mark	Duluth, MN	M 11-12	00:21:51.0	07:15
2	2	453	Worley, Jack	Duluth, MN	M 11-12	00:22:23.3	07:26
3	1	589	Bevis, Martin	Duluth, MN	M 30-39	00:22:57.2	07:37
4	1	451	Feiring, Robert	Duluth, MN	M 10-10	00:25:05.1	08:20
5	2	435	Hampton, Sean	Duluth, MN	M 10-10	00:25:07.0	08:20
6	1	503	Hietala, Luke	Duluth, MN	M 13-17	00:25:30.6	08:28
7	3	539	Jorgenson, Nathan	Duluth, MN	M 10-10	00:25:54.7	08:36
8	1	537	Langr, Peter	Duluth, MN	M 40-49	00:25:58.0	08:37
9	2	464	Blomquist, Dan	Duluth, MN	M 30-39	00:26:03.2	08:39
10	1	601	Edberg, Justin	Duluth, MN	M 18-29	00:26:04.0	08:39
11	3	399	Hietala, EJ	Duluth, MN	M 11-12	00:26:43.8	08:52
12	1	508	Wiseman, Elias	Duluth, MN	M 9-9	00:26:44.3	08:52
13	4	396	Magni, Max	Duluth, MN	M 10-10	00:26:56.9	08:57
14	5	542	Turpen, Joel	Duluth, MN	M 10-10	00:26:57.2	08:57
15	6	443	Fowler, Ryan	Duluth, MN	M 10-10	00:27:03.8	08:59
16	2	572	Boerboom, Kevin	Duluth, MN	M 40-49	00:27:31.8	09:08
17	1	569	Broadmoore, Jack	Duluth, MN	M 1-8	00:27:34.9	09:09
18	3	471	Schmerber, John	Duluth, MN	M 40-49	00:27:39.0	09:11
19	4	406	Torch, Jake	Duluth, MN	M 11-12	00:27:44.7	09:13
20	5	525	Leonidas, Evan	Duluth, MN	M 11-12	00:27:48.9	09:14
21	6	593	Stanius, Mason	Duluth, MN	M 11-12	00:28:07.9	09:20
22	7	562	Bacon, Andrew	Duluth, MN	M 11-12	00:28:23.9	09:26
23	2	561	Bacon, Zachary	Duluth, MN	M 1-8	00:28:36.2	09:30
24	4	559	Bacon, Greg	Duluth, MN	M 40-49	00:28:49.2	09:34
25	3	585	Robertson, Lucas	Duluth, MN	M 1-8	00:28:59.0	09:37
26	5	587	Robertson, Gregg	Duluth, MN	M 40-49	00:29:00.0	09:38
27	3	424	Pierson, Chad	Duluth, MN	M 30-39	00:29:24.9	09:46
28	7	556	Jeannette, Jacob	Duluth, MN	M 10-10	00:29:37.1	09:50
29	8	458	Hughes, Derek	Duluth, MN	M 10-10	00:29:46.6	09:53
30	1	580	Curtis, Jack	Duluth, MN	M 60-100	00:29:46.7	09:53
31	2	524	Austin, Benjamin	Duluth, MN	M 9-9	00:30:04.4	09:59
32	8	510	Baumgarten, Lucas	Duluth, MN	M 11-12	00:30:04.5	09:59
33	9	397	Magni, Alex	Duluth, MN	M 10-10	00:30:09.1	10:01
34	10	432	Blakeley, Marcel	Duluth, MN	M 10-10	00:30:09.3	10:01
35	6	588	Winkels, Jeffrey	Duluth, MN	M 40-49	00:30:30.1	10:08
36	9	478	Yung, Julien	Duluth, MN	M 11-12	00:30:47.6	10:13
37	3	429	Kirby, Christopher	Duluth, MN	M 9-9	00:31:08.4	10:20
38	4	479	Yung, Aiden	Duluth, MN	M 9-9	00:31:23.9	10:25
39	4	598	Kresha, Jonathan	Duluth, MN	M 30-39	00:31:51.4	10:35
40	10	409	Neveau, Ethan	Duluth, MN	M 11-12	00:32:36.1	10:49
41	11	611	Mertz, Sam	Duluth, MN	M 10-10	00:32:36.6	10:50

## 5 km Run/Walk

6/1/2013

## 5 km Men

## Division Results

Place	Div / Age	Bib	Name	City, State, NAT	Age Group	Time	Pace min/mi
42	11	575	Fellman, Jack	Duluth, MN	M 11-12	00:33:04.8	10:59
43	4	422	Johnson, Cormac	Duluth, MN	M 1-8	00:34:09.0	11:20
44	5	415	Wood, Ben	Duluth, MN	M 1-8	00:35:21.4	11:44
45	7	420	Johnson, Nick	Duluth, MN	M 40-49	00:35:24.1	11:45
46	1	414	Lofstuen, John	Duluth, MN	M 50-59	00:36:32.5	12:08
47	5	574	Vacek, Kieran	Duluth, MN	M 9-9	00:36:54.5	12:15
48	8	573	Vacek, George	Duluth, MN	M 40-49	00:36:54.6	12:15
49	12	468	Jentoft, Nicholas	Duluth, MN	M 10-10	00:36:58.2	12:16
50	5	475	Schutz, Nicholas	Duluth, MN	M 30-39	00:37:15.0	12:22
51	12	488	Tucker, Sean	Duluth, MN	M 11-12	00:39:18.7	13:03
52	13	552	Flynn, Hunter	Duluth, MN	M 10-10	00:42:52.0	14:14
53	6	456	Witzman, Peyton	Duluth, MN	M 1-8	00:42:59.0	14:16
54	13	507	Wiseman, Blake	Duluth, MN	M 11-12	00:46:24.5	15:25

## 5 km Women

Division Field: 54

1	1	570	Long, Sonja	Duluth, MN	F 13-17	00:21:56.4	07:17
2	1	602	Farrow, Sophie	Duluth, MN	F 11-12	00:23:04.0	07:39
3	2	577	Bettendorf, Hannah	Duluth, MN	F 13-17	00:23:38.7	07:51
4	1	463	Blomquist, Kristin	Duluth, MN	F 18-29	00:25:02.0	08:19
5	2	452	Worley, Greta	Duluth, MN	F 11-12	00:25:23.6	08:26
6	3	604	Johnson, Moriah	Duluth, MN	F 13-17	00:25:54.8	08:36
7	1	583	Bernhardt, Beth	Duluth, MN	F 30-39	00:26:27.9	08:47
8	1	387	Chuang, Patti	Duluth, MN	F 40-49	00:26:36.8	08:50
9	4	538	Langr, Sophia	Duluth, MN	F 13-17	00:26:54.3	08:56
10	2	584	Broadmoore, Amy	Duluth, MN	F 30-39	00:27:35.3	09:09
11	2	442	Fowler, Patty	Duluth, MN	F 40-49	00:27:36.4	09:10
12	1	470	Schmerber, Riley	Duluth, MN	F 10-10	00:27:38.9	09:11
13	3	594	Seidemann, Mackenzie	Duluth, MN	F 30-39	00:27:52.1	09:15
14	3	395	Magni, Linda	Duluth, MN	F 40-49	00:28:39.9	09:31
15	4	586	Robertson, Kari	Duluth, MN	F 40-49	00:28:59.9	09:38
16	5	624	Fitch, Kristine	Duluth, MN	F 40-49	00:29:26.1	09:46
17	6	476	Curran, Gwyn	Duluth, MN	F 40-49	00:29:36.2	09:50
18	4	477	Yung, Sharon	Duluth, MN	F 30-39	00:29:40.2	09:51
19	5	565	Graham, Ryley	Duluth, MN	F 13-17	00:30:27.9	10:07
20	6	567	Plude, Avery	Duluth, MN	F 13-17	00:30:28.0	10:07
21	7	566	Kettelhut, Paige	Duluth, MN	F 13-17	00:30:28.2	10:07
22	3	595	Mason, Sarah	Duluth, MN	F 11-12	00:30:29.9	10:07
23	8	540	Jorgenson, Natalie	Duluth, MN	F 13-17	00:30:46.4	10:13
24	7	447	Hughes, Bonnie	Duluth, MN	F 40-49	00:31:12.5	10:22
25	5	489	Makitalo, Tracey	Duluth, MN	F 30-39	00:31:18.6	10:24
26	8	605	Carbert, Casey	Duluth, MN	F 40-49	00:31:25.2	10:26
27	6	493	Wheeler, Becky	Duluth, MN	F 30-39	00:31:30.3	10:28
28	2	599	Kresha, Rachael	Duluth, MN	F 18-29	00:31:51.6	10:35
29	4	438	Addington, Becca	Duluth, MN	F 11-12	00:32:03.7	10:39
30	5	437	Davis, Katie	Duluth, MN	F 11-12	00:32:04.1	10:39

Place Div / Age	Bib	Name	City, State, NAT	Age Group	Time	Pace min/mi	
31	1	576	Fellman, Lucy	Duluth, MN	F 1-8	00:32:11.7	10:41
32	2	527	Fairchild, Evy	Duluth, MN	F 10-10	00:32:37.0	10:50
33	3	440	Anderson, Ella	Duluth, MN	F 10-10	00:33:16.5	11:03
34	7	439	Davis, Tammy	Duluth, MN	F 30-39	00:33:17.1	11:03
35	9	607	Pasley, Lori	Duluth, MN	F 40-49	00:33:20.1	11:04
36	4	608	Pasley, Miraeya	Duluth, MN	F 10-10	00:33:20.5	11:04
37	5	428	Kirby, Kathryn	Duluth, MN	F 10-10	00:34:15.9	11:23
38	1	505	Marshall, Kathi		F 50-59	00:34:16.2	11:23
39	1	392	Hill, Lexi	Duluth, MN	F 9-9	00:34:31.7	11:28
40	8	485	Kimber, Meghan	Duluth, MN	F 30-39	00:34:39.8	11:30
41	2	547	Thompson, Anne	Minneapolis, MN	F 50-59	00:34:41.8	11:31
42	3	413	Lofstuen, Kathy	Duluth, MN	F 50-59	00:36:31.3	12:08
43	2	474	Schutz, Stella	Duluth, MN	F 9-9	00:37:15.0	12:22
44	3	578	Fellman, Emma	Duluth, MN	F 9-9	00:37:16.4	12:22
45	1	579	Curtis, Kris	Duluth, MN	F 60-100	00:37:42.8	12:31
46	3	564	Santana, Marissa	Duluth, MN	F 18-29	00:38:35.6	12:49
47	9	592	Grew, Tiffany	Duluth, MN	F 30-39	00:38:37.9	12:50
48	6	427	Handson, Eleanore	Duluth, MN	F 10-10	00:41:33.2	13:48
49	4	563	Larson, Ashley	Duluth, MN	F 18-29	00:42:52.5	14:14
50	2	603	Cochran, Kaelin	Duluth, MN	F 1-8	00:44:02.8	14:38
51	4	383	Simmons, Anna	Duluth, MN	F 9-9	00:44:03.1	14:38
52	10	457	Witzman, Rhonda	Duluth, MN	F 40-49	00:44:26.1	14:45
53	11	419	White, Amy	Duluth, MN	F 40-49	00:47:05.4	15:38
54	3	418	Johnson, Aubrey	Duluth, MN	F 1-8	00:47:05.6	15:38