

# MHI 5K

## Minneapolis Heart Institute, Edina

Aug. 15, 2010

Sunny, windy, 60s  
Results by Apple Raceberry JaM

Click on the "pace" links to move about through the results. Use the Find option of your Web Browser to find the performance of a specific individual.

[Click here](#) for data on MDRA 15K

PLACE	CLASS PLACE	FINISHER	TIME	PACE
1	1 JrM	Drew Campbell, 15, Lake Elmo, MN	18:21	5:54
2	1 M30	Andy Tate, 32, Minneapolis, MN	18:26	5:56
3	1 M40	Timothy Pollis, 40, Richfield, MN	18:29	5:57
<hr/>				
Pace: <a href="#">6:00</a>   <a href="#">7:00</a>   <a href="#">8:00</a>   <a href="#">9:00</a>   <a href="#">10:00</a>   <a href="#">11:00</a>   <a href="#">12:00</a>   <a href="#">13:00</a>   <a href="#">14:00</a>   <a href="#">15:00</a>   <a href="#">Top</a>				
4	2 JrM	Cal Lawton, 14, Eden Prairie, MN	18:44	6:02
5	2 M30	Jeff Krull, 37, Carver, MN	19:31	6:17
6	3 JrM	Dan Holovnia, 15, Chanhassen, MN	19:41	6:20
7	4 JrM	Carter Peterson, 17, Wyoming, MN	19:46	6:22
1	1 JrW	Laura Lawton, 17*, Eden Prairie, MN	19:52	6:24
2	1 W30	Elisa Johnson, 32*, Janesville, MN	19:58	6:25
3	1 W50	Linda Benjamin Soucie, 50*, Coon Rapids, MN	20:14	6:31
4	2 JrW	Alli Lynch, 15*, Shakopee, MN	21:10	6:49
<hr/>				
Pace: <a href="#">6:00</a>   <a href="#">7:00</a>   <a href="#">8:00</a>   <a href="#">9:00</a>   <a href="#">10:00</a>   <a href="#">11:00</a>   <a href="#">12:00</a>   <a href="#">13:00</a>   <a href="#">14:00</a>   <a href="#">15:00</a>   <a href="#">Top</a>				
8	1 M20	Aaron Gritz, 24, Rochester, MN	22:08	7:07
5	3 JrW	Kelsey Mullen, 18*, Shorewood, MN	22:08	7:07
6	4 JrW	Jessica Reeves, 17*, Midland, MI	22:45	7:19
9	2 M40	Bill Anderson, 43, Minneapolis, MN	22:46	7:19
10	3 M30	James Goldenstein, 31, Shakopee, MN	23:37	7:36
7	1 W40	Lorena Byerly, 46*, St. Paul, MN	23:39	7:36
11	1 M50	Tim Evavold, 50, Minneapolis, MN	23:54	7:41
12	5 JrM	Robert McCandless, 17, Chanhassen, MN	24:09	7:46
13	3 M40	Sujit Varma, 42, Edina, MN	24:23	7:51
8	2 W40	Joellen Evavold, 41*, Minneapolis, MN	24:26	7:52
14	2 M50	Dave Gutzke, 52, Minneapolis, MN	24:27	7:52
15	4 M40	Robert Forcier, 45, Delano, MN	24:27	7:52
9	1 W20	Andrea Sweeney, 29*, Inver Grove Heigh, MN	24:33	7:54
16	3 M50	Kevin Graham, 57, Edina, MN	24:46	7:58
<hr/>				
Pace: <a href="#">6:00</a>   <a href="#">7:00</a>   <a href="#">8:00</a>   <a href="#">9:00</a>   <a href="#">10:00</a>   <a href="#">11:00</a>   <a href="#">12:00</a>   <a href="#">13:00</a>   <a href="#">14:00</a>   <a href="#">15:00</a>   <a href="#">Top</a>				
17	1 M60	Patrick Ryan, 62	24:55	8:01

10	2	W30	Sarah Tate, 30*, Minneapolis, MN	25:24	8:10
18	2	M60	Rick Recker, 66, Mpls, MN	26:02	8:22
11	3	W40	Christine Bent, 40*, Minneapolis, MN	26:17	8:27
19	4	M50	Tim Henry, 53, Minneapolis, MN	26:19	8:28
12	5	JrW	Ashley Williams, 14*, Chaska, MN	26:37	8:34
20	6	JrM	David Schwartz, 19, Edina, MN	26:41	8:35
21	4	M30	Jason Ross, 39, St. Louis Park, MN	26:43	8:36
22	5	M40	Sean Reardon, 49, Bloomington, MN	26:44	8:36
23	5	M50	Tom Lais, 56, Maplewood, MN	26:52	8:39
24	6	M40	Leon Spencer, 49, Caledonia, MN	26:54	8:39
13	3	W30	Krista Bernander, 30*, Brooklyn Park, MN	26:55	8:40
25	6	M50	Jeffrey Schwartz, 51, Edina, MN	27:08	8:44
26	7	M40	Kevin Harris, 49, Eden Prairie, MN	27:16	8:47
14	2	W20	Heather Lauersdorf, 29*, Minneapolis, MN	27:24	8:49
27	7	M50	William Hession, 59, Prior Lake, MN	27:30	8:51
28	2	M20	Ryan Lester, 29, Saint Paul, MN	27:35	8:53
15	4	W30	Marie Siemonsma, 30*, Chanhassen, MN	27:42	8:55
29	3	M60	Harry Farb, 66, Minnetonka, MN	27:46	8:56
16	5	W30	Melissa Wesolaski, 38*, Hugo, MN	27:50	8:57

Pace: [6:00](#) | [7:00](#) | [8:00](#) | [9:00](#) | [10:00](#) | [11:00](#) | [12:00](#) | [13:00](#) | [14:00](#) | [15:00](#) | [Top](#)

17	1	W60	Julie Rohr, 63*, Minnetonka, MN	28:03	9:02
18	6	W30	Amanda Greene, 31*, Elko, MN	28:12	9:05
19	6	JrW	Linnea Moat, 17*, Chanhassen, MN	28:14	9:05
20	7	W30	Andrea Stephens, 34*, Saint Paul, MN	28:15	9:05
21	7	JrW	Kelsie Nelson, 16*, Delano, MN	28:23	9:08
30	3	M20	Tom Neel, 29, Brooklyn Park, MN	28:24	9:08
22	4	W40	Gretchen Peichel, 41*, Edina, MN	28:27	9:09
31	8	M40	Jerry Pietz, 46, Maple Grove, MN	28:29	9:10
23	3	W20	Kelly Wickstrom, 23*, Isanti, MN	28:30	9:10
32	5	M30	Mark Korpela, 31, Minneapolis, MN	28:30	9:10
24	8	W30	Nicole Lynch, 37*, Blaine, MN	28:32	9:11
25	9	W30	Karen Kaspari, 31*, Lakeville, MN	28:33	9:11
26	5	W40	Kelly Benning, 42*, Lakeville, MN	28:34	9:12
27	6	W40	Renee Johnson, 41*, Farmington, MN	28:41	9:14
28	4	W20	Lindsey Niswanger, 27*, Minneapolis, MN	28:50	9:17
29	7	W40	Linda McGerr, 49*, Victoria, MN	28:53	9:18
30	2	W50	Diane Chandler, 50*, Shelburne, VT	29:04	9:21
31	8	W40	Julie Harrison, 46*, Eden Prairie, MN	29:35	9:31
33	7	JrM	Rafael Osuna, 9, Plymouth, MN	30:04	9:40
34	8	JrM	Kiran Goswitz, 14, St. Paul, MN	30:05	9:41
35	9	M40	Joseph Goswitz, 48, St. Paul, MN	30:17	9:45
32	10	W30	Margaret Krull, 35*, Carver, MN	30:18	9:45
33	9	W40	Magdaline Aagard, 48*, Prior Lake, MN	30:25	9:47
34	5	W20	Sydney Chandler, 21*, Shelburne, VT	30:43	9:53
35	3	W50	Dorothy Whelan, 50*, Edina, MN	30:45	9:54
36	10	M40	Stephen Schaefer, 47, Minneapolis, MN	30:45	9:54
36	11	W30	Stephanie Moran, 35*, St. Louis Park, MN	31:03	9:59

Pace: [6:00](#) | [7:00](#) | [8:00](#) | [9:00](#) | [10:00](#) | [11:00](#) | [12:00](#) | [13:00](#) | [14:00](#) | [15:00](#) | [Top](#)

37	10	W40	Christine Fuhrmann, 42*, Minneapolis, MN	31:03	10:00
38	6	W20	Crystal Tschida Lester, 27*, Saint Paul, MN		
				31:06	10:00
39	11	W40	Tamara Castanias, 45*, Carver, MN	31:08	10:01
40	12	W30	Brenda Petcoff, 32*, Coon Rapids, MN	31:10	10:02
41	7	W20	Tamie Jo Zyskowski, 29*, Oakdale, MN	31:58	10:17
37	9	JrM	Alec Scotting, 16, Baltic, SD	32:29	10:27
42	12	W40	Heather Jax, 49*, St. Paul, MN	32:43	10:32
43	8	JrW	Ashley Scotting, 18*, Baltic, SD	32:54	10:35

38	6	M30	Glenn Scotting, 37, Baltic, SD	32:55	10:35
44	1	W70	Dorothy Marden, 73*, Minneapolis, MN	33:00	10:37
39	4	M60	Greg Madera, 63, Sharon, MA	33:07	10:39
40	11	M40	Paul Royer, 42, Bloomington, MN	33:22	10:44
45	13	W40	Gretchen Dargatz, 48*, Minneapolis, MN	33:24	10:45
41	12	M40	John Gomez, 43, Richfield, MN	33:47	10:52
46	8	W20	Annie Kline, 29*, Montgomery, MN	33:47	10:52
47	9	JrW	Melissa Reeves, 14*, Midland, MI	33:51	10:54
48	9	W20	Cheryl Neel, 28*, Brooklyn Park, MN	33:56	10:55
49	14	W40	Kelly Anderson, 46*, Blue Earth, MN	34:00	10:56
42	8	M50	Joel Hulke, 52, St. Peter, MN	34:00	10:56
50	13	W30	Kimberly Kelly, 37*, Edina, MN	34:04	10:58

Pace: [6:00](#) | [7:00](#) | [8:00](#) | [9:00](#) | [10:00](#) | [11:00](#) | [12:00](#) | [13:00](#) | [14:00](#) | [15:00](#) | [Top](#)

51	15	W40	Sheila Knight, 49*, Minneapolis, MN	34:21	11:03
52	16	W40	Lisa Raddatz, 49*, Lakeville, MN	34:38	11:09
53	17	W40	Kathy Forcier, 44*, Delano, MN	34:38	11:09
43	13	M40	Robert Tidd, 44, Minneapolis, MN	35:07	11:18
44	14	M40	Richard Anderson, 48, Minneapolis, MN	35:11	11:19
45	15	M40	Michael Lee, 47, Houston, TX	35:12	11:20
54	18	W40	Michele Thomson Tidd, 40*, Minneapolis, MN	35:17	11:21
55	10	W20	Angela Leicht, 29*, St. Paul, MN	36:17	11:41
56	4	W50	Kate Blau, 57*, Minneapolis, MN	36:25	11:43
57	19	W40	Anne-Marie Holst, 45*, Minneapolis, MN	36:30	11:45
58	20	W40	Elizabeth Smith, 47*, Maple Plain, MN	36:31	11:45
59	14	W30	Angela Syverson, 31*, Cottage Grove, MN	36:35	11:46
60	15	W30	Dawn Price, 31*, Cottage Grove, MN	36:35	11:46
61	11	W20	Ashley Ochsner, 26*, Minneapolis, MN	37:14	11:59
62	12	W20	Katie McLaughlin, 28*, Mpls, MN	37:15	11:59

Pace: [6:00](#) | [7:00](#) | [8:00](#) | [9:00](#) | [10:00](#) | [11:00](#) | [12:00](#) | [13:00](#) | [14:00](#) | [15:00](#) | [Top](#)

63	16	W30	Rhonda Centers, 39*, Hugo, MN	37:45	12:09
64	2	W60	Lynaa Leahy, 60*, Shoreview, MN	38:40	12:27
46	9	M50	Michael Desanctis, 57, Eden Prairie, MN	38:50	12:30

Pace: [6:00](#) | [7:00](#) | [8:00](#) | [9:00](#) | [10:00](#) | [11:00](#) | [12:00](#) | [13:00](#) | [14:00](#) | [15:00](#) | [Top](#)

47	7	M30	Andrew Swenson, 32, Northfield, MN	40:24	13:00
65	17	W30	Laura Swenson, 30*, Northfield, MN	40:25	13:00
66	5	W50	Gail Pharis, 57*, Minneapolis, MN	42:01	13:31
67	18	W30	Rachel Goetzmann, 39*, Edina, MN	43:16	13:55
68	13	W20	Alysha Hop, 24*, Minneapolis, MN	43:17	13:56

Pace: [6:00](#) | [7:00](#) | [8:00](#) | [9:00](#) | [10:00](#) | [11:00](#) | [12:00](#) | [13:00](#) | [14:00](#) | [15:00](#) | [Top](#)

69	6	W50	Margaret Sweeney, 51*, Inver Grove Heigh, MN	46:00	14:48
70			Amy Sweeney*, South St. Paul, MN	46:00	14:48

Pace: [6:00](#) | [7:00](#) | [8:00](#) | [9:00](#) | [10:00](#) | [11:00](#) | [12:00](#) | [13:00](#) | [14:00](#) | [15:00](#) | [Top](#)

71	19	W30	Heather Uriell, 31*, Shakopee, MN	47:06	15:09
72	20	W30	Nancy Bezanson, 31*, Shakopee, MN	47:07	15:10
73	7	W50	Darlene Helmer, 59*, Eden Prairie, MN	47:22	15:14
74	14	W20	Amy Robare, 26*, Eden Prairie, MN	47:27	15:16
75	8	W50	Linda Lemke, 58*, Wayzata, MN	47:30	15:17
76	21	W40	Rhea Kontas, 46*, Prior Lake, MN	47:48	15:23
77	9	W50	Karen Edwards, 56*, Prior Lake, MN	48:30	15:36

Pace: [6:00](#) | [7:00](#) | [8:00](#) | [9:00](#) | [10:00](#) | [11:00](#) | [12:00](#) | [13:00](#) | [14:00](#) | [15:00](#) | [Top](#)

---

48			Therese Neszoros, Edina, MN	50:43	16:19
78	22	W40	Fasching, 45*, Edina, MN	50:49	16:21
79	23	W40	Monique Ross, 45*, Eden Prairie, MN	50:49	16:21
49	16	M40	Al Ross, 44, Eden Prairie, MN	50:50	16:21

---

Pace: [6:00](#) | [7:00](#) | [8:00](#) | [9:00](#) | [10:00](#) | [11:00](#) | [12:00](#) | [13:00](#) | [14:00](#) | [15:00](#) | [Top](#)

---

80	15	W20	Jenna Kneepkens, 25*, St. Paul, MN	58:24	18:48
81	21	W30	Keilee-Rae Miller, 30*, Richfield, MN	58:24	18:48
50	4	M20	Craig Zimmer, 29, Brooklyn Park, MN	58:31	18:50
82	16	W20	Meghan Zimmer, 29*, Brooklyn Park, MN	58:32	18:50
83	10	W50	Sheila White, 54*, Coon Rapids, MN	58:40	18:53
84	2	W70	Jacqueline Teisberg, 73*, Minneapolis, MN	58:41	18:53
85	11	W50	Ruth Lindquist, 56*, Lakeville, MN	58:44	18:54
86	12	W50	Sally Carlson, 57*, Bloomington, MN	58:45	18:54
87	3	W60	Kay Schwarzrock, 63*, St. Paul, MN	58:46	18:55

---

Pace: [6:00](#) | [7:00](#) | [8:00](#) | [9:00](#) | [10:00](#) | [11:00](#) | [12:00](#) | [13:00](#) | [14:00](#) | [15:00](#) | [Top](#)

---

88	4	W60	Janet Kopp, 69*, Edina, MN	1:15:15	24:13
89	3	W70	Margaret Stewart, 81*, Minneapolis, MN	1:15:23	24:16
90	24	W40	Heather Christie, 47*, Minneapolis, MN	1:15:24	24:16

---

\* indicates females

1 finishers among Males (no age given)  
9 finishers among Men Under 20  
4 finishers among Men 20 - 29  
7 finishers among Men 30 - 39  
16 finishers among Men 40 - 49  
9 finishers among Men 50 - 59  
4 finishers among Men 60 - 69  
9 finishers among Women Under 20  
16 finishers among Women 20 - 29  
21 finishers among Women 30 - 39  
24 finishers among Women 40 - 49  
12 finishers among Women 50 - 59  
4 finishers among Women 60 - 69  
3 finishers among Women 70 & Up  
1 finishers among Females (no age given)  
50 male finishers  
90 female finishers  
140 total finishers

[Click here](#) for data on MDRA 15K

Return to [home page](#).