

Lake Wobegon Trail Marathon

May 8, 2010

2010 Results

Men

Overall Winner Brian Aurelio

Masters Winner John Maas

Women

Overall Winner Wanda Gau

Master Winner Kalli Christen

Men's 18-24 1. Brian Stangler 2. Wade Cruser 3. Jeremy Tuholsky

Women's 18-24 1. Jill Becker 2. Christine Stewart 3. Melissa St.Aubin

Men's 25-29 1. Michael Heinen 2. Nathan Leckband 3. Joseph Richey

Women's 25-29 1. Leah Popp 2. Sarah Johnson 3. Chrissy Piram

Men's 30-34 1. Brad Smythe 2. Adam Nyseth 3. Mathew Binsfeld

Women's 30-34 1. Valerie Kelso 2. Kristin Gustafson 3. Heather Walseth

Men's 35-39 1. Brett Evans 2. Jason Bruggeman 3. Seigo Mashubuchi

Women's 35-39 Traci Amundson 2. Jennifer Cockerill 3. Jennifer Bhalla

Men's 40-44 1. Scott Turi 2. Seth Peterson 3. Trevor Distad

Women's 40-44 1. Kathryn Holum 2. Beth vanGulijk 3. Deborah Bauer

Men's 45-49 1. Joe Buckentine 2. Jesse Romain 3. Tom Hunsberger

Women's 45-49 1. Renee Saxman 2. Patricia Langum 3. Cathy Olson

Men's 50-54 1. David Hartz 2. Alan Krenzelok 3. Dale Heinen

Women's 50-54 Donna Melody 2. Dana Daly 3. Boonsom Hartman

Men's 55-59 1. Rick Hlebain 2. Denny Jordan 3. Paul Sackett

Women's 55-59 1. Nancy Moe 2. Margie Palmrose-Mace 3. Jan Smiglewski

Men's 60-64 Curtis Long 2. Dave Trefethen 3. Wendell Lafave

Women's 60+ 1. Judy Ross 2. Kathy Schmidt

Men's 65-69 1. Gene Garver 2. Larry McNichols 3. Raymond Cyr

Men's 70+ 1. Curtis Ghylin 2. Dick Plaep

| 1 st Name | Last Name | Gender | Age | Hometown | Finish Time | BQ* |
|----------------------|------------|--------|-----|---------------------|-------------|-----|
| Brian | Aurelio | M | 26 | Washington, DC | 2:53:25 | BQ |
| John | Maas | M | 48 | Sleepy Eye, MN | 2:54:14 | BQ |
| Michael | Heinen | M | 26 | Willmar, MN | 2:55:36 | BQ |
| Brett | Evans | M | 39 | St. Paul, MN | 2:55:51 | BQ |
| Brad | Smythe | M | 31 | Raleigh, NC | 2:55:57 | BQ |
| Joe | Buckentine | M | 47 | St. Cloud, MN | 2:59:53 | BQ |
| Nathan | Leckband | M | 27 | West St. Paul, MN | 3:02:23 | BQ |
| Joseph | Richey | M | 28 | Marion, IA | 3:03:26 | BQ |
| Jason | Bruggeman | M | 35 | Farmington, MN | 3:03:46 | BQ |
| David | Hartz | M | 52 | Cold Spring, MN | 3:04:29 | BQ |
| Scott | Turi | M | 44 | St. Paul, MN | 3:07:08 | BQ |
| Alan | Krenzelok | M | 53 | Jonesboro, AR | 3:08:38 | BQ |
| Rick | Hlebain | M | 59 | Sartell, MN | 3:09:01 | BQ |
| Craig | Isakson | M | 27 | Barnesville, MN | 3:09:22 | BQ |
| Seth | Peterson | M | 40 | Burnsville, MN | 3:09:37 | BQ |
| Adam | Nyseth | M | 30 | Minneapolis, MN | 3:09:53 | BQ |
| Denny | Jordan | M | 58 | Roseville, MN | 3:09:57 | BQ |
| Dale | Heinen | M | 54 | Shoreview, MN | 3:10:13 | BQ |
| Jesse | Romain | M | 46 | Woodbury, MN | 3:10:19 | BQ |
| Tom | Hunsberger | M | 49 | Junction City, WI | 3:11 | BQ |
| Trevor | Distad | M | 42 | Pine Island, MN | 3:11:28 | BQ |
| Seigo | Masubuchi | M | 37 | St. Paul, MN | 3:12:55 | BQ |
| Jay | Johnson | M | 50 | Sauk Rapids, MN | 3:13:03 | BQ |
| Andy | Hemenway | M | 36 | Rochester, MN | 3:14:49 | BQ |
| Edward | Rozak | M | 28 | Rapid City, SD | 3:16:47 | |
| Noah | Sandler | M | 44 | Hopkins, MN | 3:17:18 | BQ |
| Wanda | Gau | F | 47 | Little Falls, MN | 3:17:22 | BQ |
| Monty | Steffens | M | 51 | Sartell, MN | 3:17:25 | BQ |
| Matthew P. | Binsfeld | M | 34 | Holdingford, MN | 3:18:10 | |
| Kalli | Christen | F | 40 | St. Cloud, MN | 3:18:58 | BQ |
| Traci | Amundson | F | 35 | Duluth, MN | 3:19:09 | BQ |
| Quinn | Montgomery | M | 36 | Maple Grove, MN | 3:19:14 | |
| Eric | Hoglund | M | 41 | Minneapolis, MN | 3:19:34 | BQ |
| Shawn | Webb | M | 31 | White Bear Lake, MN | 3:21:00 | |
| Valerie | Kelso | F | 30 | St. Michael, MN | 3:21:36 | BQ |
| Jeffrey | Raymond | M | 46 | Decatur, GA | 3:22:17 | BQ |
| Mike | Kilen | M | 43 | Apple Valley, MN | 3:24:33 | BQ |
| Travis | Miller | M | 30 | Nisswa, MN | 3:24:53 | |
| Roy | Fugitt | M | 54 | Winchester, KY | 3:25:36 | BQ |
| Mark | Swanson | M | 48 | Mansfield, TX | 3:26:18 | BQ |
| Tom | Books | M | 50 | Oakdale, MN | 3:26:23 | BQ |
| Matthew | Kaler | M | 29 | Minneapolis, MN | 3:26:32 | |
| Dan | Graham | M | 28 | St. Paul, MN | 3:26:57 | |

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| Jeff | Janssen | M | 45 | St. Cloud, MN | 3:29:11 | BQ |
| David | Trettel | M | 50 | Rice, MN | 3:29:49 | BQ |
| Ali | Hariri | M | 45 | Maple Grove, MN | 3:30:08 | BQ |
| Curtis | Long | M | 61 | Tulsa, OK | 3:31:10 | BQ |
| Joshua | Brown | M | 34 | Minneapolis, MN | 3:31:28 | |
| John | Friday | M | 51 | Thunder Bay, CANADA | 3:33:15 | BQ |
| Renee | Saxman | F | 49 | Rochester, MN | 3:33:43 | BQ |
| Jennifer | Cockerill | F | 39 | Lakeville, MN | 3:34:07 | BQ |
| Paul | Sackett | M | 57 | Minneapolis, MN | 3:34:38 | BQ |
| George | Bienusa | M | 44 | Sartell, MN | 3:35:13 | |
| Patricia | Langum | F | 49 | Maple Grove, MN | 3:35:58 | BQ |
| Jennifer | Bhalla | F | 35 | St. Paul, MN | 3:36:14 | BQ |
| Jeremy | Miller | M | 35 | Hastings, MN | 3:36:39 | |
| Kathryn | Holum | F | 44 | St. Paul, MN | 3:36:57 | BQ |
| Brian | Stangler | M | 24 | St. Joseph, MN | 3:37:50 | |
| Kristin | Gustafson | F | 32 | St. Michael, MN | 3:39:04 | BQ |
| Jill | Becker | F | 23 | Bancroft, IA | 3:39:41 | BQ |
| Greg | Ohlsen | M | 56 | Maplewood, MN | 3:41:05 | BQ |
| Rick | Marzullo | M | 47 | Humble, TX | 3:42:25 | |
| Dani | Janski | F | 36 | South Haven, MN | 3:42:30 | BQ |
| Wade | Cruser | M | 23 | Sauk Rapids, MN | 3:43:42 | |
| Todd | Honstrom | M | 45 | Rice, MN | 3:43:50 | |
| Mitchell | Haag | M | 34 | Montrose, MN | 3:44:50 | |
| Dave | Trefethen | M | 62 | Monticello, MN | 3:45:18 | BQ |
| Brian | Woods | M | 45 | St. Cloud, MN | 3:45:25 | |
| Chris | Pahl | M | 54 | Foley, MN | 3:46:26 | |
| Joe | Wirth | M | 44 | Minneapolis, MN | 3:47:40 | |
| Leah | Popp | F | 29 | Sartell, MN | 3:48:17 | |
| Joe | Mathison | M | 47 | Minneapolis, MN | 3:49:55 | |
| Shannon | Lindgren | F | 38 | Clear Lake, MN | 3:51:54 | |
| Jason | Rosinger | M | 35 | Foley, MN | 3:51:58 | |
| Donna | Melody | F | 52 | Plymouth, MN | 3:52:03 | BQ |
| John | Beshara | M | 56 | Burnsville, MN | 3:52:56 | |
| Beth | van Gulijk | F | 44 | New London, MN | 3:52:59 | |
| Karl | Anderson | M | 41 | Sauk Rapids, MN | 3:53:11 | |
| Sarah | Johnson | F | 29 | Monticello, MN | 3:53:51 | |
| Heather | Walseth | F | 33 | Inver Grove Heights, MN | 3:54:37 | |
| Bret | Busse | M | 41 | Apple Valley, MN | 3:55:15 | |
| Bill | Olson | M | 40 | Rosemount, MN | 3:55:15 | |
| Gene | Garver | M | 65 | Sartell, MN | 3:55:33 | BQ |
| Mike | Cloutier | M | 51 | Princeton, MN | 3:55:48 | |
| Arvid | Fristad | M | 52 | Sartell, MN | 3:55:52 | |
| Dennis | Gregory | M | 53 | Richmond, MN | 3:56:45 | |
| Cathy | Olson | F | 49 | Wells, MN | 3:57:02 | BQ |
| Jean | Brislance | M | 39 | Maple Grove, MN | 3:57:50 | |
| Deborah | Bauer | F | 43 | Maplewood, MN | 3:58:10 | |

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| Doug | Carrell | M | 50 | Salt Lake City, UT | 3:59:28 | |
| Renee | Bjork | F | 44 | Brooten, MN | 3:59:28 | |
| Christine | Stewart | F | 24 | Minneapolis, MN | 3:59:51 | |
| Melissa | St. Aubin | F | 23 | St. Paul, MN | 3:59:52 | |
| Dana | Daly | F | 50 | St. Louis Park, MN | 4:00:07 | BQ |
| Roger | Heil | M | 59 | Rochester, MN | 4:00:40 | |
| Michelle | Lewis | F | 23 | Burnsville, MN | 4:01:48 | |
| Guy | Pettis | M | 46 | Medina, MN | 4:02:35 | |
| Rachelle | Mathwig | F | 30 | Hutchinson, MN | 4:02:42 | |
| Boansom | Hartman | F | 52 | Oak Forest, IL | 4:02:57 | BQ |
| Eve | Bjork | F | 37 | Osceola, WI | 4:03:26 | |
| Shannon | Sletten | F | 34 | Kerrville, TX | 4:05:04 | |
| Chrissy | Piram | F | 26 | Maple Grove, MN | 4:05:25 | |
| Doran | Schoeppach | M | 46 | Minneapolis, MN | 4:07:53 | |
| Brice | Andree | M | 48 | New Ulm, MN | 4:08:51 | |
| Debbie | Bemboom | F | 39 | Sauk Rapids, MN | 4:09:36 | |
| Lisa | Dahl | F | 43 | Minneapolis, MN | 4:10:45 | |
| Michael | Gross | M | 48 | Montgomery, AL | 4:10:58 | |
| Fabio | Rozo | M | 45 | Minneapolis, MN | 4:11:10 | |
| Gaye | Undem | F | 44 | Gwinner, ND | 4:11:31 | |
| Michelle | Squire | F | 47 | Isanti, MN | 4:12:18 | |
| Todd | Pavek | M | 48 | Minneapolis, MN | 4:12:48 | |
| Nancy | Moe | F | 59 | Northfield, MN | 4:13:22 | |
| Mary | Luoma | F | 49 | Maple Grove , MN | 4:16:21 | |
| Denise | Rinne | F | 44 | Sartell, MN | 4:16:26 | |
| Michelle | Schall | F | 43 | Orlando, FL | 4:18:42 | |
| Joni | Jackson | F | 43 | Minneapolis, MN | 4:18:48 | |
| Carlo | Biondolillo | M | 54 | Rochester, MN | 4:20:07 | |
| Chris | Erbes | M | 38 | Burnsville, MN | 4:20:14 | |
| Wendell | Lafave | M | 60 | Williamstown, Ontario, CANADA | 4:21:06 | |
| Bic | Aki | F | 45 | Union City, CA | 4:21:41 | |
| Richard | Downing | M | 64 | Suwanee, GA | 4:22:12 | |
| Margie | Palmrose-Mace | F | 56 | Hillsboro, OR | 4:23:18 | |
| Steven | Smith | M | 55 | Rochester, MN | 4:23:43 | |
| Jeff | McCallum | M | 48 | St. Cloud, MN | 4:24:10 | |
| Larry | McNichols | M | 65 | Elk River, MN | 4:24:33 | |
| David | Garron | M | 61 | St. Paul, MN | 4:26:50 | |
| Jeremy | Tucker | M | 28 | Minneapolis, MN | 4:27:52 | |
| Matthew | Barnes | M | 42 | Minneapolis, MN | 4:28:23 | |
| Raymond | Cyr | M | 66 | Willmar, MN | 4:28:33 | |
| David | Franke | M | 54 | Little Canada, MN | 4:29:41 | |
| Emily | Smith | F | 38 | Northport, AL | 4:31:28 | |
| Craig | Sauer | M | 47 | Clear Lake, MN | 4:32:21 | |
| Angela | Mathers | F | 26 | W.Fargo, ND | 4:32:51 | |
| John | Schreifels | M | 57 | St. Cloud, MN | 4:33:06 | |
| Don | Smythe | M | 61 | Raleigh, NC | 4:33:17 | |
| David | Gantz | M | 50 | Brooklyn Park, MN | 4:33:25 | |
| Joan | Johnson | F | 34 | Oak Grove, MN | 4:33:50 | |
| Craig | Swanson | M | 56 | Plymouth, MN | 4:33:58 | |
| Paul | DeLange | M | 32 | Ramsey, MN | 4:36:32 | |
| Don | Soule | M | 60 | Rosemount, MN | 4:37:26 | |
| Brian | Wensmann | M | 44 | Bowlus, MN | 4:39:04 | |

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| Kristine | Jahn | F | 34 | Macomb Township, MI | 4:39:16 |
| Paul | Germerscheid | M | 46 | Columbia Heights, MN | 4:41:43 |
| Mark | Young | M | 47 | St. Cloud, MN | 4:41:44 |
| Barbara | Gregory | F | 53 | Richmond, MN | 4:43:27 |
| Michael | Cavalli | M | 40 | Rosemount, MN | 4:44:16 |
| Nancy C. | Wagner | F | 53 | St. Paul, MN | 4:44:58 |
| Tom | Tudor | M | 66 | Bismarck, ND | 4:46:16 |
| Jerry | Brown | M | 59 | W. St.Paul, MN | 4:47:45 |
| Annie | Liestman | F | 34 | Grove City, MN | 4:48:27 |
| Elizabeth | Flynn | F | 31 | Sartell, MN | 4:48:27 |
| Tim | Nelson | M | 44 | White Bear Lake, MN | 4:49:27 |
| Diane | Palkert | F | 45 | Aitkin, MN | 4:51:30 |
| Jan | Smiglewski | F | 55 | St. Cloud, MN | 4:52:15 |
| Lori | Halbur | F | 39 | Maplewood, MN | 4:52:43 |
| Nicole | Poetz | F | 35 | St. Cloud, MN | 4:54:02 |
| Judy | Ross | F | 68 | White Bear Lake, MN | 4:54:53 |
| Chris | Lahn | M | 28 | St. Paul, MN | 4:55:04 |
| Brandi | St. Aubin | F | 26 | St. Paul, MN | 4:55:08 |
| Bob | Hines | M | 57 | Willmar, MN | 4:55:11 |
| Randy | Zellmer | M | 55 | North Mankato, MN | 4:57:00 |
| David J. | Huberty | M | 66 | Minneapolis, MN | 4:57:15 |
| Cheryl | Wells-Moeller | F | 52 | Plantation, FL | 4:57:58 |
| James | Poole | M | 61 | Grove City, PA | 4:58:49 |
| Shannon | Poole | F | 26 | St. Paul, MN | 4:58:49 |
| Curtis | Ghylin | M | 71 | Sauk Rapids, MN | 4:59:09 |
| Jeffrey | Brower | M | 48 | Bemidji, MN | 5:00:41 |
| Bruce | Tessen | M | 47 | St. Cloud, MN | 5:01:01 |
| Jeremy | Tuholski | M | 23 | St. Cloud, MN | 5:01:01 |
| Dan | Breyak | M | 42 | Saint Louis Park, MN | 5:02:43 |
| Dan | Rassier | M | 54 | St. Joseph, MN | 5:04:24 |
| Ronn | Johnson | M | 47 | Andover, MN | 5:04:41 |
| Dick | Plaep | M | 71 | Minnetonka, MN | 5:07:44 |
| Thomas C. | Huberty | M | 58 | Minneapolis, MN | 5:08:19 |
| DeNae | Moralez | F | 33 | Sartell, MN | 5:08:54 |
| Katrina | Dallmann | F | 38 | Osceola, WI | 5:11:11 |
| Cindy | Wells | F | 46 | Coon Rapids, MN | 5:13:06 |
| Daron | Gersch | M | 45 | Albany, MN | 5:13:20 |
| Laurence | Macon | M | 65 | San Antonio, TX | 5:14:32 |
| Andrew | Bartczak | M | 52 | Apple Valley, MN | 5:16:40 |
| Kim | Beggin | F | 27 | Kerrville, TX | 5:22:36 |
| Silas Joseph | Bell | M | 62 | Minneapolis, MN | 5:23:09 |
| Rebecca Ann | Sadriyev | F | 32 | Arapahoe, NC | 5:24:38 |
| Frank | Bartocci | M | 62 | Spring Hill, FL | 5:27:17 |
| Kevin E. | Zimmer | M | 57 | Sauk Centre, MN | 5:27:34 |
| Mary | McDonald | F | 57 | Conway, AR | 5:32:01 |
| Pat | Sackett | F | 56 | Minneapolis, MN | 5:37:44 |
| Kenneth | Dehn | M | 43 | Sauk Rapids, MN | 5:38:19 |
| Henry | Rueden | M | 60 | De Pere, WI | 5:38:20 |
| Jackie | Walgren | F | 22 | Andover, MN | 5:40:19 |
| Elizabeth | Walgren | F | 23 | Andover, MN | 5:40:46 |
| Michael G. | Swanson | M | 58 | Plymouth, MN | 5:40:46 |
| Kathy | Schmidt | F | 65 | St. Cloud, MN | 5:42:04 |
| Sean | Beggin | M | 36 | Andover, MN | 5:43:19 |

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| Krista | Zavala | F | 30 | College Station, TX | 5:43:36 |
| Joel | Dobrovolny | M | 48 | Big Lake, MN | 5:55:59 |

*Indicates a Boston Qualifier based on age as of the day of the race. More people may have qualified than are indicated here as qualification is based on your age on the day of the Boston Marathon.