

Superior Trail 2011-Results100

Superior 100 Trail Run
North Shore Minnesota Sept 9-10, 2011
100M RESULTS

| Place | Div/Tot | No. | Name | Age | Sex | City | St | 50 | Split | Pace | Time | Pace |
|-------|---------|-----|--------------------|-----|-----|-------------------|----|----------|-------|----------|-------|------|
| 1 | 1/25 | 3 | John Horns | 49 | M | Edina | MN | 10:05:36 | 12:07 | 24:13:53 | 14:33 | |
| 2 | 1/24 | 1 | Adam Schwartz-Lowe | 38 | M | Minneapolis | MN | 11:31:08 | 13:50 | 24:20:57 | 14:37 | |
| 3 | 2/24 | 2 | Matt Aro | 32 | M | Duluth | MN | 11:36:31 | 13:56 | 25:45:43 | 15:28 | |
| 4 | 1/6 | 101 | Sheryl Wheeler | 48 | F | Rhinebeck | NY | 12:20:39 | 14:49 | 27:19:17 | 16:24 | |
| 5 | 3/24 | 5 | Garrett Peltonen | 29 | M | Fort Collins | CO | 11:13:22 | 13:29 | 27:43:34 | 16:39 | |
| 6 | 4/24 | 57 | Scott Myers | 38 | M | Thornhill | ON | 12:48:43 | 15:23 | 28:17:57 | 16:59 | |
| 7 | 2/25 | 6 | Christopher Hanson | 40 | M | Nisswa | MN | 12:41:30 | 15:14 | 29:04:43 | 17:27 | |
| 8 | 3/25 | 12 | Patrick Susnik | 46 | M | Duluth | MN | 12:45:09 | 15:19 | 29:10:28 | 17:31 | |
| 9 | 4/25 | 24 | Christopher Martin | 44 | M | Needham | MA | 14:35:23 | 17:31 | 29:38:08 | 17:47 | |
| 10 | 5/24 | 11 | Josh Miller | 39 | M | Dubuque | IA | 13:03:22 | 15:41 | 29:43:45 | 17:51 | |
| 11 | 2/6 | 102 | Clare Abram | 40 | F | San Carlos | CA | 13:24:42 | 16:06 | 29:57:14 | 17:59 | |
| 12 | 6/24 | 13 | Jordan Hanlon | 27 | M | Minneapolis | MN | 14:35:25 | 17:31 | 30:20:38 | 18:13 | |
| 13 | 1/6 | 105 | Julie Treder | 35 | F | St. Francis | WI | 14:00:35 | 16:49 | 30:45:26 | 18:28 | |
| 14 | 7/24 | 10 | Jake Milligan | 28 | M | Crystal Lake | IL | 14:48:35 | 17:47 | 30:59:21 | 18:36 | |
| 15 | 5/25 | 58 | Scott Laberge | 54 | M | San Mateo | CA | 14:35:20 | 17:31 | 31:22:14 | 18:50 | |
| 16 | 6/25 | 18 | Eric Zachmann | 46 | M | Brighton | MI | 13:02:46 | 15:40 | 31:25:38 | 18:52 | |
| 17 | 3/6 | 107 | Susan Donnelly | 48 | F | Oak Ridge | TN | 13:38:06 | 16:22 | 31:29:19 | 18:54 | |
| 18 | 7/25 | 7 | Jarrow Wahman | 50 | M | Duluth | MN | 13:21:45 | 16:03 | 31:43:41 | 19:03 | |
| 19 | 8/25 | 60 | Aaron Smith | 48 | M | Duluth | MN | 14:35:21 | 17:31 | 31:43:42 | 19:03 | |
| 20 | 8/24 | 77 | Scott Hoberg | 33 | M | Duluth | MN | 14:15:12 | 17:07 | 32:00:24 | 19:13 | |
| 21 | 2/6 | 103 | Roxanne Zobava | 35 | F | Chattanooga | TN | 13:08:50 | 15:47 | 32:18:45 | 19:24 | |
| 22 | 9/25 | 84 | Joseph Fejes | 45 | M | Hoschton | GA | 14:48:36 | 17:47 | 32:24:03 | 19:27 | |
| 23 | 3/6 | 104 | Sarah Jurgaitis | 31 | F | Marengo | IL | 14:00:17 | 16:49 | 32:27:51 | 19:29 | |
| 24 | 10/25 | 61 | Darrian Johnson | 45 | M | South Range | WI | 15:05:07 | 18:07 | 32:43:57 | 19:39 | |
| 25 | 11/25 | 43 | Richard Plezia | 53 | M | Morton Grove | IL | 14:43:26 | 17:41 | 33:07:18 | 19:53 | |
| 26 | 9/24 | 54 | Bill Jordan | 37 | M | Chapin | SC | 15:12:24 | 18:15 | 33:09:29 | 19:54 | |
| 27 | 10/24 | 39 | Paul Wilkerson | 35 | M | Metamora | IL | 16:17:29 | 19:33 | 33:53:44 | 20:21 | |
| 28 | 11/24 | 35 | Aaron Buffington | 38 | M | Blaine | MN | 15:40:58 | 18:50 | 33:54:59 | 20:21 | |
| 29 | 12/24 | 41 | Daniel Shirey | 26 | M | Evanston | IN | 13:59:44 | 16:48 | 34:07:07 | 20:29 | |
| 30 | 13/24 | 63 | Ben Bruce | 28 | M | Fosston | MN | 14:58:39 | 17:59 | 34:35:58 | 20:46 | |
| 31 | 14/24 | 21 | Edward Sandor | 29 | M | Minneapolis | MN | 14:58:34 | 17:59 | 34:35:58 | 20:46 | |
| 32 | 12/25 | 22 | Tony Stensland | 40 | M | Duluth | MN | 13:55:17 | 16:43 | 34:36:07 | 20:46 | |
| 33 | 13/25 | 53 | John Koester | 61 | M | San Jose | CA | 16:30:28 | 19:49 | 35:16:33 | 21:10 | |
| 34 | 14/25 | 30 | Brian Woods | 46 | M | St Cloud | MN | 14:43:25 | 17:41 | 35:17:37 | 21:11 | |
| 35 | 15/24 | 65 | Joseph Hegman | 32 | M | Plymouth | MN | 16:44:41 | 20:06 | 35:34:46 | 21:21 | |
| 36 | 16/24 | 59 | Spencer Swearingen | 33 | M | Morton | IL | 16:54:22 | 20:18 | 35:38:26 | 21:24 | |
| 37 | 17/24 | 33 | Jason Laplant | 32 | M | Minneapolis | MN | 15:39:54 | 18:48 | 35:42:14 | 21:26 | |
| 38 | 15/25 | 51 | Ray Gruenewald | 51 | M | Seattle | WA | 16:08:18 | 19:22 | 35:53:38 | 21:33 | |
| 39 | 18/24 | 26 | Roberto Marron | 36 | M | St. Paul | MN | 16:18:35 | 19:35 | 36:00:57 | 21:37 | |
| 40 | 19/24 | 62 | Nathan Jackson | 33 | M | Eau Claire | WI | 15:25:03 | 18:31 | 36:01:07 | 21:37 | |
| 41 | 16/25 | 74 | Stuart Johnson | 52 | M | Shawnee | KS | 15:12:26 | 18:15 | 36:07:09 | 21:41 | |
| 42 | 20/24 | 89 | Zach Pierce | 38 | M | Eagan | MN | 16:16:51 | 19:33 | 36:10:35 | 21:43 | |
| 43 | 17/25 | 87 | Nicholas New | 50 | M | Minneapolis | MN | 16:18:04 | 19:34 | 36:38:22 | 22:00 | |
| 44 | 18/25 | 71 | Michael Smith | 53 | M | Fishers | IN | 16:15:52 | 19:32 | 36:48:18 | 22:05 | |
| 45 | 19/25 | 45 | Scott Rassbach | 40 | M | St. Peter | MN | 16:16:48 | 19:33 | 36:49:05 | 22:06 | |
| 46 | 4/6 | 111 | Tina Heil | 32 | F | Milwaukee | WI | 17:11:29 | 20:38 | 36:50:24 | 22:07 | |
| 47 | 4/6 | 109 | Linda Wilson | 46 | F | Kenora | ON | 15:12:23 | 18:15 | 36:53:08 | 22:08 | |
| 48 | 21/24 | 31 | Jason Husveth | 39 | M | Mari on St. Croix | MN | 16:15:53 | 19:32 | 37:07:21 | 22:17 | |
| 49 | 22/24 | 76 | Derek Fritze | 30 | M | Hudson | WI | 16:09:55 | 19:24 | 37:16:23 | 22:22 | |

Superior Trail 2011-Results100

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|----|-------|-----------------------|------|----------------|----|----------|-------|----------|-------|
| 50 | 20/25 | 48 Steven Brown | 43 M | Glenview | IL | 15:41:54 | 18:51 | 37:21:48 | 22:26 |
| 51 | 5/6 | 114 Carolyn Anderson | 39 F | Redmond | WA | 16:34:50 | 19:54 | 37:23:25 | 22:27 |
| 52 | 21/25 | 46 Scott Mark | 40 M | Roseville | MN | 16:18:17 | 19:34 | 37:23:40 | 22:27 |
| 53 | 22/25 | 80 Jim Lemke | 50 M | Fort Atkinson | WI | 17:27:21 | 20:57 | 37:24:30 | 22:27 |
| 54 | 23/24 | 34 Matt Lutz | 26 M | Mankato | MN | 15:01:32 | 18:02 | 37:28:21 | 22:29 |
| 55 | 6/6 | 118 Jennifer Majewski | 27 F | Milwaukee | WI | 17:27:25 | 20:57 | 37:39:48 | 22:36 |
| 56 | 24/24 | 47 Matthew Bartz | 36 M | Milwaukee | WI | 16:49:15 | 20:12 | 37:39:55 | 22:36 |
| 57 | 5/6 | 116 Carol Izadi | 52 F | Fenton | MO | 16:36:26 | 19:56 | 37:41:40 | 22:37 |
| 58 | 23/25 | 27 Jerry Frost | 56 M | Webster Groves | MO | 16:36:15 | 19:56 | 37:41:41 | 22:37 |
| 59 | 24/25 | 44 Louis Telles | 51 M | La Luz | NM | 14:43:24 | 17:41 | 37:45:28 | 22:40 |
| 60 | 6/6 | 110 Angela Barbera | 51 F | Mauston | WI | 18:02:32 | 21:40 | 37:46:18 | 22:40 |
| 61 | 25/25 | 52 Leonard Martin | 58 M | Oak Ridge | TN | 17:49:41 | 21:24 | 37:50:04 | 22:43 |

results by FrontRunner

<http://www.frontrunnerusa.com>

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Superior Trail 2011-Awards100
 Superior 100 Trail Run
 North Shore Minnesota Sept 9-10, 2011
 100M

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OVERALL MALE

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| | | | | | |
|---|--------------------|-------------|----|------|----------|
| 1 | John Horns | Edina | MN | 49 M | 24:13:53 |
| 2 | Adam Schwartz-Lowe | Minneapolis | MN | 38 M | 24:20:57 |
| 3 | Matt Aro | Duluth | MN | 32 M | 25:45:43 |

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OVERALL FEMALE

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| | | | | | |
|---|----------------|-------------|----|------|----------|
| 1 | Sheryl Wheeler | Rhinebeck | NY | 48 F | 27:19:17 |
| 2 | Clare Abram | San Carlos | CA | 40 F | 29:57:14 |
| 3 | Julie Treder | St. Francis | WI | 35 F | 30:45:26 |

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MALE AGE GROUP OPEN - UNDER 40

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| | | | | | |
|---|--------------------|--------------|----|------|----------|
| 1 | Adam Schwartz-Lowe | Minneapolis | MN | 38 M | 24:20:57 |
| 2 | Matt Aro | Duluth | MN | 32 M | 25:45:43 |
| 3 | Garrett Peltonen | Fort Collins | CO | 29 M | 27:43:34 |

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FEMALE AGE GROUP OPEN - UNDER 40

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| | | | | | |
|---|-----------------|-------------|----|------|----------|
| 1 | Julie Treder | St. Francis | WI | 35 F | 30:45:26 |
| 2 | Roxanne Zobava | Chattanooga | TN | 35 F | 32:18:45 |
| 3 | Sarah Jurgaitis | Marengo | IL | 31 F | 32:27:51 |

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MALE AGE GROUP MASTER - 40 & OVER

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| | | | | | |
|---|--------------------|---------|----|------|----------|
| 1 | Christopher Hanson | Nisswa | MN | 40 M | 29:04:43 |
| 2 | Patrick Susnik | Duluth | MN | 46 M | 29:10:28 |
| 3 | Christopher Martin | Needham | MA | 44 M | 29:38:08 |

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FEMALE AGE GROUP MASTER - 40 & OVER

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| | | | | | |
|---|----------------|------------|----|------|----------|
| 1 | Clare Abram | San Carlos | CA | 40 F | 29:57:14 |
| 2 | Susan Donnelly | Oak Ridge | TN | 48 F | 31:29:19 |
| 3 | Linda Wilson | Kenora | ON | 46 F | 36:53:08 |

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Superior Trail 2011-Results50

Superior 100 Trail Run
North Shore Minnesota Sept 9-10, 2011
50M RESULTS

| Place | Div/Tot | No. | Name | Age | Sex | City | St | Time | Pace |
|-------|---------|-----|---------------------|-----|-----|-----------------|----|----------|-------|
| 1 | 1/20 | 220 | Steve English | 44 | M | St. Paul | MN | 09:52:50 | 11:52 |
| 2 | 1/4 | 251 | Christi Nowak | 23 | F | Duluth | MN | 10:03:54 | 12:05 |
| 3 | 1/22 | 271 | David Schmidt | 31 | M | Sparta | WI | 10:09:41 | 12:12 |
| 4 | 2/22 | 264 | Ethan Richards | 31 | M | St. Paul | MN | 10:12:59 | 12:16 |
| 5 | 3/22 | 262 | Stanislav Ponkin | 27 | M | New Hope | MN | 10:39:47 | 12:48 |
| 6 | 2/20 | 227 | Bob Gerenz | 43 | M | Coon Rapids | MN | 10:40:05 | 12:49 |
| 7 | 4/22 | 219 | Robert Edman | 30 | M | St. Paul | MN | 11:12:10 | 13:27 |
| 8 | 1/5 | 222 | Janet Findlay | 46 | F | Kenora | ON | 11:15:12 | 13:31 |
| 9 | 3/20 | 273 | William Sikorski | 41 | M | White Bear Lake | MN | 11:23:33 | 13:41 |
| 10 | 5/22 | 230 | Jonathon Graff | 27 | M | Mankato | MN | 11:47:29 | 14:09 |
| 11 | 4/20 | 208 | Richard Bjork | 48 | M | Chisago City | MN | 12:10:32 | 14:37 |
| 12 | 6/22 | 259 | Tony Pierce | 33 | M | Grand Rapids | MN | 12:19:08 | 14:47 |
| 13 | 5/20 | 210 | John Blanchard | 60 | M | Lacrosse | WI | 12:27:15 | 14:57 |
| 14 | 2/5 | 212 | Christine Crawford | 41 | F | Whitewater | WI | 12:30:45 | 15:01 |
| 15 | 7/22 | 268 | Steven Sampson | 32 | M | Plymouth | MN | 12:33:45 | 15:05 |
| 16 | 6/20 | 245 | Rob Mann | 40 | M | Prunedale | CA | 12:55:21 | 15:31 |
| 17 | 8/22 | 232 | David Harman | 30 | M | White Bear Lake | MN | 12:55:57 | 15:32 |
| 18 | 7/20 | 286 | James Stenulson | 54 | M | Onaska | WI | 12:57:11 | 15:33 |
| 19 | 9/22 | 250 | Jared Nielsen | 28 | M | Decorah | IA | 13:01:55 | 15:39 |
| 20 | 10/22 | 200 | Joseph Altendahl | 29 | M | Minneapolis | MN | 13:01:55 | 15:39 |
| 21 | 8/20 | 224 | Scott Funk | 44 | M | Iowa City | IA | 13:03:00 | 15:40 |
| 22 | 11/22 | 280 | Marcel Uttech | 34 | M | Middletown | WI | 13:19:22 | 16:00 |
| 23 | 9/20 | 299 | Deb Johnson | 51 | F | Shawnee | KS | 13:19:53 | 16:00 |
| 24 | 12/22 | 266 | Wesley Rolnick | 23 | M | New Brighton | MN | 13:22:47 | 16:04 |
| 25 | 10/20 | 218 | Allan Duffy | 41 | M | Columbus | MN | 13:28:30 | 16:11 |
| 26 | 13/22 | 241 | Jordan Langen | 22 | M | Crystal | MN | 13:29:10 | 16:11 |
| 27 | 14/22 | 244 | Salvatore Librizzi | 37 | M | Milwaukee | WI | 13:31:35 | 16:14 |
| 28 | 15/22 | 281 | Jose J. Villegas | 33 | M | Waterloo | WI | 13:31:35 | 16:14 |
| 29 | 11/20 | 272 | Gary Sheets | 59 | M | Eagan | MN | 13:41:42 | 16:27 |
| 30 | 12/20 | 285 | Nicolai Mollgaard | 41 | M | Oregon | WI | 13:52:08 | 16:39 |
| 31 | 16/22 | 238 | Jerritt Johnston | 38 | M | Ely | MN | 13:59:20 | 16:48 |
| 32 | 13/20 | 284 | Tim Podas | 45 | M | Bloomington | MN | 14:07:35 | 16:58 |
| 33 | 17/22 | 225 | Jason Furtney | 32 | M | St Paul | MN | 14:11:01 | 17:02 |
| 34 | 18/22 | 270 | Benjamin Schierer | 37 | M | Fergus Falls | MN | 14:21:39 | 17:14 |
| 35 | 3/5 | 229 | Mary Gorski | 48 | F | Milwaukee | WI | 14:23:17 | 17:16 |
| 36 | 14/20 | 283 | Tom Weigt | 59 | M | Mankato | MN | 14:29:21 | 17:24 |
| 37 | 2/4 | 279 | Maranda Unzeitig | 26 | F | Baxter | MN | 14:30:31 | 17:25 |
| 38 | 19/22 | 235 | Jonathon Howard | 31 | M | Maple Grove | MN | 14:43:05 | 17:40 |
| 39 | 3/4 | 278 | Jodie Taylor | 36 | F | Middletown | WI | 14:52:54 | 17:52 |
| 40 | 15/20 | 239 | Marty Kanter-Cronin | 52 | M | Janesville | WI | 14:52:54 | 17:52 |
| 41 | 20/22 | 247 | Nick Mariotti | 32 | M | Fergus Falls | MN | 14:57:52 | 17:58 |
| 42 | 16/20 | 202 | Trent Armstrong | 49 | M | Fox Lake | IL | 15:03:35 | 18:05 |
| 43 | 21/22 | 274 | Corey Stender | 36 | M | Minnetrista | MN | 15:03:35 | 18:05 |
| 44 | 17/20 | 213 | Erik Dalgaard | 48 | M | Champion | MN | 15:09:24 | 18:12 |
| 45 | 18/20 | 297 | Jay Finkle | 48 | M | Roanoke | VA | 15:14:36 | 18:18 |
| 46 | 4/5 | 223 | Anita Finkle | 45 | F | Roanoke | VA | 15:14:36 | 18:18 |
| 47 | 22/22 | 256 | Paul Peterson | 31 | M | Maplewood | MN | 15:16:30 | 18:20 |
| 48 | 5/5 | 282 | Deb Vomhof | 49 | F | Watertown | WI | 15:30:25 | 18:37 |
| 49 | 19/20 | 258 | Kobi Phillips | 51 | M | Grantsburg | WI | 15:30:25 | 18:37 |

Superior Trail 2011-Results50

50 4/4 203 Anjanette Arnold
51 20/20 267 Tom Rowe

35 F Coon Rapids MN 15:49:00 18:59
63 M Centerville MN 15:49:52 19:00

results by FrontRunner

<http://www.frontrunnerusa.com>

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Superior Trail 2011-Awards50

Superior 100 Trail Run
North Shore Minnesota Sept 9-10, 2011
50M

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OVERALL MALE

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| | | | | | |
|---|----------------|----------|----|------|----------|
| 1 | Steve English | St. Paul | MN | 44 M | 09:52:50 |
| 2 | David Schmidt | Sparta | WI | 31 M | 10:09:41 |
| 3 | Ethan Richards | St. Paul | MN | 31 M | 10:12:59 |

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OVERALL FEMALE

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| | | | | | |
|---|--------------------|------------|----|------|----------|
| 1 | Christi Nowak | Duluth | MN | 23 F | 10:03:54 |
| 2 | Janet Findlay | Kenora | ON | 46 F | 11:15:12 |
| 3 | Christine Crawford | Whitewater | WI | 41 F | 12:30:45 |

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MALE AGE GROUP OPEN - UNDER 40

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| | | | | | |
|---|------------------|----------|----|------|----------|
| 1 | David Schmidt | Sparta | WI | 31 M | 10:09:41 |
| 2 | Ethan Richards | St. Paul | MN | 31 M | 10:12:59 |
| 3 | Stanislav Ponkin | New Hope | MN | 27 M | 10:39:47 |

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FEMALE AGE GROUP OPEN - UNDER 40

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| | | | | | |
|---|------------------|-------------|----|------|----------|
| 1 | Maranda Unzeitig | Baxter | MN | 26 F | 14:30:31 |
| 2 | Jodie Taylor | Middleton | WI | 36 F | 14:52:54 |
| 3 | Anjanette Arnold | Coon Rapids | MN | 35 F | 15:49:00 |

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MALE AGE GROUP MASTER - 40 & OVER

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| | | | | | |
|---|------------------|-----------------|----|------|----------|
| 1 | Bob Gerenz | Coon Rapids | MN | 43 M | 10:40:05 |
| 2 | William Sikorski | White Bear Lake | MN | 41 M | 11:23:33 |
| 3 | Richard Bjork | Chisago City | MN | 48 M | 12:10:32 |

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FEMALE AGE GROUP MASTER - 40 & OVER

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| | | | | | |
|---|--------------------|------------|----|------|----------|
| 1 | Janet Findlay | Kenora | ON | 46 F | 11:15:12 |
| 2 | Christine Crawford | Whitewater | WI | 41 F | 12:30:45 |
| 3 | Deb Johnson | Shawnee | KS | 51 F | 13:19:53 |

Superior Trail 2011-Results26

Superior 100 Trail Run
North Shore Minnesota Sept 9-10, 2011
26.2M RESULTS

| Place | Div/Tot | No. | Name | Age | Sex | City | St | Time | Pace |
|-------|---------|-----|--------------------|-----|-----|--------------------|----|----------|-------|
| 1 | 1/36 | 569 | Dusty Olson | 38 | M | Duluth | MN | 03:42:05 | 8:29 |
| 2 | 2/36 | 554 | Kirk Walztoni | 39 | M | Eagan | MN | 03:56:46 | 9:03 |
| 3 | 3/36 | 425 | Ryan Braun | 28 | M | Superior | WI | 04:19:03 | 9:54 |
| 4 | 1/54 | 428 | Jason Buffington | 42 | M | Duluth | MN | 04:37:44 | 10:37 |
| 5 | 1/25 | 568 | Marcia Mi gay | 35 | F | Thunder Bay Canada | ON | 04:39:15 | 10:40 |
| 6 | 2/54 | 483 | Mark Johnson | 40 | M | Minneapolis | MN | 04:41:45 | 10:46 |
| 7 | 4/36 | 512 | Phillip Paiement | 23 | M | Stillwater | MN | 04:47:07 | 10:58 |
| 8 | 3/54 | 509 | Michael O'Connor | 46 | M | Thunder Bay | ON | 04:48:45 | 11:02 |
| 9 | 4/54 | 480 | Paul Jaeger | 46 | M | Hudson | WI | 04:54:17 | 11:14 |
| 10 | 5/54 | 487 | Jim Keyes | 50 | M | Thunder Bay | ON | 04:59:02 | 11:25 |
| 11 | 5/36 | 526 | Jonathon Rova | 38 | M | Grand Marais | MN | 04:59:20 | 11:26 |
| 12 | 1/21 | 520 | Debra Proctor | 45 | F | Hayward | WI | 05:02:11 | 11:33 |
| 13 | 2/25 | 518 | Kristi Pooler | 27 | F | Edina | MN | 05:04:31 | 11:38 |
| 14 | 6/36 | 467 | Willie Haltom | 15 | M | St. Cloud | MN | 05:04:33 | 11:38 |
| 15 | 7/36 | 500 | Nathan McIntyre | 29 | M | Minneapolis | MN | 05:08:28 | 11:47 |
| 16 | 3/25 | 524 | Kristin Rognerud | 30 | F | Duluth | MN | 05:09:40 | 11:50 |
| 17 | 8/36 | 556 | J. J. Weizel | 39 | M | Minneapolis | MN | 05:13:50 | 11:59 |
| 18 | 9/36 | 491 | Matthew Lindemann | 31 | M | Brooklyn Park | MN | 05:19:15 | 12:12 |
| 19 | 6/54 | 565 | Paul Zeigle | 45 | M | St. Louis Park | MN | 05:20:21 | 12:14 |
| 20 | 7/54 | 493 | Peter Lovis | 47 | M | Thunder Bay | ON | 05:21:41 | 12:17 |
| 21 | 4/25 | 552 | Cherilyn Vossberg | 32 | F | Western Cape | SO | 05:25:51 | 12:27 |
| 22 | 10/36 | 453 | Matt Frantzen | 37 | M | Minneapolis | MN | 05:27:36 | 12:31 |
| 23 | 5/25 | 460 | Kara Ganter | 32 | F | Madi son | WI | 05:29:12 | 12:34 |
| 24 | 11/36 | 423 | Jason Bociurko | 37 | M | Thunder Bay | ON | 05:30:42 | 12:38 |
| 25 | 8/54 | 474 | Christopher Holden | 45 | M | St Louis Park | MN | 05:31:39 | 12:40 |
| 26 | 12/36 | 539 | Derek Smith | 24 | M | Grand Marais | MN | 05:34:25 | 12:46 |
| 27 | 13/36 | 528 | Samuel Rush | 32 | M | La Crosse | WI | 05:34:25 | 12:46 |
| 28 | 2/21 | 522 | Julie Reichhoff | 44 | F | Duluth | MN | 05:34:36 | 12:47 |
| 29 | 14/36 | 456 | Phillip Fritz | 33 | M | Madi son | WI | 05:35:21 | 12:48 |
| 30 | 9/54 | 523 | Davi d Rit z | 45 | M | Pl ymouth | MN | 05:36:27 | 12:51 |
| 31 | 3/21 | 418 | Debra Bennett | 52 | F | Grand Marais | MN | 05:36:58 | 12:52 |
| 32 | 15/36 | 489 | Brandon Klocke | 25 | M | Hayfi el d | MN | 05:38:22 | 12:55 |
| 33 | 16/36 | 535 | Brad Seibert | 31 | M | St Louis Park | MN | 05:39:56 | 12:59 |
| 34 | 6/25 | 502 | Samantha Miller | 23 | F | Weyauwega | WI | 05:42:00 | 13:04 |
| 35 | 17/36 | 559 | Jeffrey White | 25 | M | South Milwaukie | WI | 05:42:01 | 13:04 |
| 36 | 18/36 | 465 | Jacob Hackl | 34 | M | Minneapolis | MN | 05:43:49 | 13:08 |
| 37 | 7/25 | 471 | Angela Hill | 35 | F | Superior | WI | 05:44:03 | 13:08 |
| 38 | 10/54 | 445 | Mark Falk | 45 | M | Grand Marais | MN | 05:45:23 | 13:11 |
| 39 | 11/54 | 448 | Steven Flint | 59 | M | Wiona | MN | 05:47:43 | 13:17 |
| 40 | 12/54 | 451 | Scott Folland | 41 | M | Minneapolis | MN | 05:51:30 | 13:25 |
| 41 | 4/21 | 436 | Connie Cummins | 51 | F | Hayward | WI | 05:54:21 | 13:32 |
| 42 | 8/25 | 494 | Amanda Lube | 26 | F | Minneapolis | MN | 05:54:30 | 13:32 |
| 43 | 13/54 | 503 | Andy Norden | 53 | M | Lacrosse | WI | 05:59:33 | 13:44 |
| 44 | 14/54 | 529 | Gordon Ryan | 56 | M | Thunder Bay | ON | 06:00:36 | 13:46 |
| 45 | 9/25 | 514 | Melinda Pedersen | 29 | F | Eagle | WI | 06:00:40 | 13:46 |
| 46 | 15/54 | 495 | Mickey MacMillan | 41 | M | Becker | MN | 06:03:58 | 13:54 |
| 47 | 5/21 | 530 | Christine Sandal | 41 | F | Duluth | MN | 06:04:00 | 13:54 |
| 48 | 16/54 | 429 | Mark Bukowski | 44 | M | South St Paul | MN | 06:06:28 | 14:00 |
| 49 | 17/54 | 440 | Dan Denardo | 46 | M | El bow Lake | MN | 06:06:46 | 14:00 |

Superior Trail 2011-Results26

| | | | | | | | |
|-----|-------|------------------------|------|--------------|----|----------|-------|
| 50 | 19/36 | 490 Taylor Leege | 32 M | Duluth | MN | 06:10:40 | 14:09 |
| 51 | 18/54 | 546 Steve Tollerud | 44 M | Burnsville | MN | 06:11:25 | 14:11 |
| 52 | 19/54 | 542 Jim Sutcliffe | 43 M | Minneapolis | MN | 06:11:53 | 14:12 |
| 53 | 20/54 | 408 David Anthes | 47 M | Thunder Bay | ON | 06:13:50 | 14:17 |
| 54 | 20/36 | 461 J. P. Gauster | 34 M | St. Paul | MN | 06:14:57 | 14:19 |
| 55 | 21/36 | 476 Michael Howland | 36 M | Des Moines | IA | 06:15:05 | 14:19 |
| 56 | 21/54 | 405 Bruce Anderson | 53 M | St. Paul | MN | 06:16:08 | 14:22 |
| 57 | 22/54 | 442 Cathy Drexler | 50 F | Milwaukee | WI | 06:17:46 | 14:26 |
| 58 | 23/54 | 455 John Friday | 52 M | Thunder Bay | ON | 06:18:15 | 14:27 |
| 59 | 22/36 | 469 Chad Harvey | 39 M | Farmington | MN | 06:22:32 | 14:37 |
| 60 | 24/54 | 412 Lonny Beck | 40 M | Sierra Madre | CA | 06:22:33 | 14:37 |
| 61 | 10/25 | 434 Keli Cristofaro | 37 F | Thunder Bay | ON | 06:23:00 | 14:38 |
| 62 | 6/21 | 548 Claudia Tropea | 46 F | Thunder Bay | ON | 06:23:01 | 14:38 |
| 63 | 11/25 | 551 Christine Vita | 36 F | Thunder Bay | ON | 06:23:02 | 14:38 |
| 64 | 7/21 | 511 Donna Ostrom | 51 F | Thunder Bay | ON | 06:23:02 | 14:38 |
| 65 | 12/25 | 557 Monique Welbourne | 38 F | Thunder Bay | ON | 06:23:02 | 14:38 |
| 66 | 23/36 | 555 Joe Weise | 31 M | Ely | MN | 06:23:10 | 14:38 |
| 67 | 25/54 | 457 Harvin Furman | 44 M | Minneapolis | MN | 06:23:32 | 14:39 |
| 68 | 13/25 | 505 Raylene Natwick | 24 F | Duluth | MN | 06:23:38 | 14:39 |
| 69 | 26/54 | 475 Jean Hougom | 47 M | La Crosse | WI | 06:24:43 | 14:42 |
| 70 | 27/54 | 433 Philip Clark | 41 M | Eden Prairie | MN | 06:24:44 | 14:42 |
| 71 | 28/54 | 540 David Stauffer | 41 M | Edina | MN | 06:28:39 | 14:51 |
| 72 | 14/25 | 400 Tiffany Adrians | 25 F | La Crosse | WI | 06:29:22 | 14:52 |
| 73 | 29/54 | 426 Travis Brouillard | 40 M | Fairbault | MN | 06:29:47 | 14:53 |
| 74 | 30/54 | 527 Fabio Rozo | 46 M | Minneapolis | MN | 06:33:04 | 15:01 |
| 75 | 31/54 | 560 Judith Wick | 54 F | Duluth | MN | 06:36:08 | 15:08 |
| 76 | 15/25 | 431 Allison Carolan | 27 F | Minnetonka | MN | 06:37:50 | 15:12 |
| 77 | 32/54 | 580 Mark Stodghill | 63 M | | MN | 06:38:21 | 15:13 |
| 78 | 33/54 | 466 Steve Hagedorn | 53 M | Two Harbors | MN | 06:38:32 | 15:13 |
| 79 | 16/25 | 422 Holly Bochantin | 38 F | Crystal Lake | IL | 06:39:05 | 15:14 |
| 80 | 34/54 | 506 Jonathan Nauman | 46 M | Ramsey | MN | 06:39:37 | 15:16 |
| 81 | 35/54 | 419 Tim Betlach | 52 M | La Crosse | WI | 06:39:57 | 15:16 |
| 82 | 36/54 | 504 Victor Nallick | 49 M | Ramsey | MN | 06:41:06 | 15:19 |
| 83 | 8/21 | 473 Jayme Hogan | 46 F | Minneapolis | MN | 06:41:30 | 15:20 |
| 84 | 9/21 | 561 Marise Widmer | 51 F | St Paul | MN | 06:43:55 | 15:25 |
| 85 | 24/36 | 443 Robert Edstrom | 27 M | St Paul | MN | 06:46:53 | 15:32 |
| 86 | 25/36 | 553 Chad Walstrom | 37 M | St Paul | MN | 06:46:54 | 15:32 |
| 87 | 26/36 | 478 Adam Iverson | 32 M | Minneapolis | MN | 06:47:55 | 15:35 |
| 88 | 10/21 | 543 Melanie Tauring | 42 F | Minneapolis | MN | 06:48:33 | 15:36 |
| 89 | 11/21 | 401 Kimberly Alspa | 44 F | Esko | MN | 06:50:31 | 15:41 |
| 90 | 17/25 | 468 Tiffany Hammer | 37 F | Duluth | MN | 06:50:32 | 15:41 |
| 91 | 37/54 | 462 Michael Gorman | 49 M | Lake Elmo | MN | 06:52:59 | 15:46 |
| 92 | 38/54 | 541 Tim Surcess | 56 M | Thunder Bay | ON | 06:54:03 | 15:49 |
| 93 | 27/36 | 447 Lombardo Fernandez | 38 M | Oakdale | MN | 06:57:01 | 15:55 |
| 94 | 28/36 | 547 Derek Toms | 19 M | Duluth | MN | 07:00:00 | 16:02 |
| 95 | 29/36 | 416 Bryce Benda | 23 M | Cokato | MN | 07:08:37 | 16:22 |
| 96 | 18/25 | 437 Arianna Daavettila | 21 F | Marquette | MI | 07:08:37 | 16:22 |
| 97 | 19/25 | 421 Tomme Bjerke | 39 F | Mounds View | MN | 07:09:55 | 16:25 |
| 98 | 39/54 | 420 Nate Bjerke | 40 M | Mounds View | MN | 07:09:55 | 16:25 |
| 99 | 40/54 | 513 Bill Parker | 43 M | Hastings | MN | 07:11:17 | 16:28 |
| 100 | 41/54 | 577 Alicia Gordon | 45 F | Woodbury | MN | 07:11:36 | 16:29 |
| 101 | 12/21 | 501 Laurie McTaggart | 52 F | Kenora | ON | 07:14:12 | 16:35 |
| 102 | 20/25 | 441 Sarah Denney | 27 F | Blomington | MN | 07:17:02 | 16:41 |
| 103 | 30/36 | 521 Briann Rebhorn | 27 M | Blomington | MN | 07:17:51 | 16:43 |
| 104 | 31/36 | 482 Benjamin Johnson | 28 M | Blomington | MN | 07:17:52 | 16:43 |

Superior Trail 2011-Results26

| | | | | | | | | | |
|-----|-------|-----|--------------------|----|---|--------------|----|----------|-------|
| 105 | 42/54 | 444 | Brian Eidsvold | 43 | M | Alexandria | MN | 07:20:08 | 16:48 |
| 106 | 21/25 | 470 | Dana Hilde | 25 | F | Mt. Iron | MN | 07:20:16 | 16:49 |
| 107 | 13/21 | 411 | Maria Barton | 45 | F | Apple Valley | MN | 07:23:11 | 16:55 |
| 108 | 43/54 | 410 | Doug Barton | 45 | M | Apple Valley | MN | 07:23:11 | 16:55 |
| 109 | 32/36 | 517 | Gregory Petitto | 34 | M | Rice | MN | 07:23:28 | 16:56 |
| 110 | 44/54 | 417 | Brian Bennett | 56 | M | Grand Marais | MN | 07:24:36 | 16:59 |
| 111 | 14/21 | 432 | Ilene Carpenter | 50 | F | Arvada | CO | 07:28:05 | 17:07 |
| 112 | 22/25 | 562 | Katja Wucherer | 32 | F | St Paul | MN | 07:28:22 | 17:07 |
| 113 | 33/36 | 563 | Matt Wucherer | 37 | M | St Paul | MN | 07:28:24 | 17:07 |
| 114 | 34/36 | 544 | Peter Taylor | 34 | M | Duluth | MN | 07:30:16 | 17:12 |
| 115 | 35/36 | 450 | Josh Folland | 34 | M | Farmington | MN | 07:36:53 | 17:27 |
| 116 | 23/25 | 534 | Sarah Seelen | 31 | F | Maplewood | MN | 07:41:19 | 17:37 |
| 117 | 45/54 | 532 | Tom Scanlan | 53 | M | Woodbury | MN | 07:41:36 | 17:38 |
| 118 | 46/54 | 566 | Curtis Zepeda | 43 | M | Andover | MN | 07:43:57 | 17:43 |
| 119 | 15/21 | 564 | Barb Zeches | 58 | F | Eagan | MN | 07:45:45 | 17:47 |
| 120 | 47/54 | 452 | Eric Forseth | 47 | M | Blomington | MN | 07:50:54 | 17:59 |
| 121 | 48/54 | 479 | Bruce Iverson | 60 | M | La Crosse | WI | 08:06:03 | 18:34 |
| 122 | 16/21 | 402 | Carol Allen | 44 | F | Stillwater | MN | 08:12:21 | 18:48 |
| 123 | 17/21 | 435 | Evelyn Crowe | 64 | F | Kenora | ON | 08:15:29 | 18:55 |
| 124 | 18/21 | 414 | Anita Bedard | 63 | F | Keewatin | ON | 08:15:29 | 18:55 |
| 125 | 36/36 | 486 | Robert Kersting | 39 | M | Farmington | MN | 08:18:24 | 19:02 |
| 126 | 19/21 | 406 | Vicki Andrews | 55 | F | Duluth | MN | 08:26:26 | 19:20 |
| 127 | 49/54 | 531 | Jerome Scanlan | 55 | M | Maplewood | MN | 08:28:16 | 19:24 |
| 128 | 50/54 | 424 | Timothy Bowers | 47 | M | Minnetonka | MN | 08:33:59 | 19:38 |
| 129 | 24/25 | 407 | Victoria Aney | 34 | F | Mound | MN | 08:33:59 | 19:38 |
| 130 | 20/21 | 545 | Donna Thackwray | 52 | F | Morganton | NC | 08:35:13 | 19:40 |
| 131 | 51/54 | 403 | Douglas Allen | 47 | M | Stillwater | MN | 08:42:50 | 19:58 |
| 132 | 52/54 | 472 | Dick Hogan | 65 | M | Urbandale | IA | 09:02:11 | 20:42 |
| 133 | 25/25 | 496 | Amanda Majerus | 28 | F | Verona | WI | 09:06:17 | 20:52 |
| 134 | 21/21 | 485 | Magdalena Kersting | 41 | F | Farmington | MN | 09:25:38 | 21:36 |
| 135 | 53/54 | 488 | Curtis King | 58 | M | Becker | MN | 09:35:41 | 21:59 |
| 136 | 54/54 | 438 | Eugene Defronzo | 75 | M | Cheshire | CT | 12:47:00 | 29:17 |

results by FrontRunner

<http://www.frontrunnerusa.com>

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Superior Trail 2011-Awards26

Superior 100 Trail Run
North Shore Minnesota Sept 9-10, 2011
26.2M

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OVERALL MALE

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| | | | | | |
|---|---------------|----------|----|------|----------|
| 1 | Dusty Olson | Duluth | MN | 38 M | 03:42:05 |
| 2 | Kirk Walztoni | Eagan | MN | 39 M | 03:56:46 |
| 3 | Ryan Braun | Superior | WI | 28 M | 04:19:03 |

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OVERALL FEMALE

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| | | | | | |
|---|---------------|----------------|----|------|----------|
| 1 | Marcia Mi gay | Thunder Bay Ca | ON | 35 F | 04:39:15 |
| 2 | Debra Proctor | Hayward | WI | 45 F | 05:02:11 |
| 3 | Kristi Pooler | Edina | MN | 27 F | 05:04:31 |

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MALE AGE GROUP OPEN - UNDER 40

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| | | | | | |
|---|------------------|------------|----|------|----------|
| 1 | Kirk Walztoni | Eagan | MN | 39 M | 03:56:46 |
| 2 | Ryan Braun | Superior | WI | 28 M | 04:19:03 |
| 3 | Phillip Paiement | Stillwater | MN | 23 M | 04:47:07 |

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FEMALE AGE GROUP OPEN - UNDER 40

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| | | | | | |
|---|-------------------|--------------|----|------|----------|
| 1 | Kristi Pooler | Edina | MN | 27 F | 05:04:31 |
| 2 | Kristin Rognerud | Duluth | MN | 30 F | 05:09:40 |
| 3 | Cherilyn Vossberg | Western Cape | SO | 32 F | 05:25:51 |

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MALE AGE GROUP MASTER - 40 & OVER

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| | | | | | |
|---|------------------|-------------|----|------|----------|
| 1 | Jason Buffington | Duluth | MN | 42 M | 04:37:44 |
| 2 | Mark Johnson | Minneapolis | MN | 40 M | 04:41:45 |
| 3 | Michael O'Connor | Thunder Bay | ON | 46 M | 04:48:45 |

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FEMALE AGE GROUP MASTER - 40 & OVER

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| | | | | | |
|---|-----------------|--------------|----|------|----------|
| 1 | Debra Proctor | Hayward | WI | 45 F | 05:02:11 |
| 2 | Julie Reichhoff | Duluth | MN | 44 F | 05:34:36 |
| 3 | Debra Bennett | Grand Marais | MN | 52 F | 05:36:58 |

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