

Stride For Fitness 2004  
9/18/2004

10Km Mens Overall Results

PL	NAME (Bib)	TIME	AGE	PER MI	PER KM	CITY	ST
1	Winston Stellner (766)	34:09.32	36	5:29.7	3:24.8	Byron	MN
2	Tom Woo (776)	38:00.68	45	6:07.0	3:48.1	Rochester	MN
3	Hurricane Schrader (758)	40:20.53	28	6:29.6	4:02.1	Rochester	MN
4	Tony Koch (735)	42:28.60	31	6:50.2	4:14.8	Rochester	MN
5	Mark Winter (775)	43:05.88	35	6:56.1	4:18.6	Rochester	MN
6	Mark Orlowski (745)	43:09.77	47	6:56.8	4:19.0	Rochester	MN
7	Don Gabrielson (721)	43:41.96	45	7:01.9	4:22.2	Rochester	MN
8	John Brown (717)	44:56.31	61	7:13.8	4:29.6	Kenyon	MN
9	Lee Johnson (733)	45:46.87	37	7:22.0	4:34.7	Rochester	MN
10	Mark Mueller (743)	46:15.04	41	7:26.5	4:37.5	Rochester	MN
11	Gerald Volcheck (779)	46:17.27	41	7:26.9	4:37.7	Rochester	MN
12	Steven Hartog (725)	46:51.89	45	7:32.5	4:41.2	Rochester	MN
13	Peter Tebben (768)	49:23.99	32	7:57.0	4:56.3	Rochester	MN
14	Jeff Anderson (713)	49:45.04	46	8:00.3	4:58.5	Rochester	MN
15	Emmanuel Sitruk (783)	49:54.75	33	8:01.9	5:0-0.	Rochester	MN
16	Mark Ostrem (746)	50:27.31	46	8:07.1	5:02.7	Rochester	MN
17	Dennis Riese (754)	51:16.66	57	8:15.1	5:07.7	Pine Island	MN
18	Luke Jeffers (731)	51:26.62	42	8:16.8	5:08.7	Rochester	MN
19	Patrick Brown (716)	51:44.79	68	8:19.7	5:10.5	Lewiston	MN
20	Mike Willard (774)	51:56.50	54	8:21.4	5:11.6	Rochester	MN
21	Douglas Husmann (730)	52:01.12	51	8:22.2	5:12.1	Rochester	MN
22	Bruce Walk (771)	52:03.18	47	8:22.5	5:12.2	Rochester	MN
23	Jan Smid (763)	52:11.83	53	8:24.0	5:13.2	Rochester	MN
24	Joe Gilbert (722)	53:40.27	48	8:38.2	5:22.0	Blooming Prair	MN
25	Doug Rau (752)	54:05.43	54	8:42.2	5:24.5	Rochester	MN
26	Ken Parker (747)	54:57.25	51	8:50.6	5:29.7	Kasson	MN
27	Dwight Jones (734)	55:29.33	57	8:55.7	5:32.8	Rochester	MN
28	Peter Heldt (728)	55:36.52	58	8:57.0	5:33.7	Rochester	MN
29	Rogers Anderson (714)	55:48.54	75	8:58.9	5:34.8	Bloomington	MN
30	Josh Rucker (757)	1:01:33.95	25	9:54.4	6:09.3	Bloomington	MN