

WOMEN'S RACE TIMES 2010

	FRESH AIR Mi	SEPT Mi	WOMEN'S 5 K	JUNE 5 K	NO FRILLS 5 K	HEART 5 K	FRESH AIR 10 K	JUNE 10 K	HEART 10 K	10 MILE	½ MAR.	HEART 15 K
Baerg, Sherry	9:24		33:01	32:28	30:33	31:33	69:44			1:56:20	2:34:08	
Bannon, Carol		6:30	21:06			21:30	43:54			1:15:33	1:57:55	
Beaudry, Linda			28:20				59:57			1:47:00		
Bernosky, Mary Pat	7:24			25:22			54:30			1:27:19	1:58:34	
Billard, Helena	6:26		24:08	23:51		23:04	49:56			1:23:58	1:51:17	
Carlucci, Karen	10:34		36:21		37:40				74:31	2:02:09	3:04:34	
Chase, Marilee	7:22		26:01				55:52				2:09:26	1:35:39
Daniher, Carol	10:35			35:29			75:40			2:04:58		
Frederickson, Deb	7:04			22:54			47:18			1:17:55		
Gibson, Colleen			30:26				61:24	60:44		1:41:23		
Guthrie, Sandra	7:22		24:14				51:00			1:38:30	2:19:20	
House, Kim	7:01		21:52	21:40	22:31		44:22			1:13:54	1:39:36	1:09:25
Inkster, Jan	9:57				31:48				67:07		2:33:34	
Kainulainen, Sue	5:52		19:58				40:55		40:54	1:07:34		
Kresack, Wendy	10:34				38:28		74:02			2:02:11	3:07:01	
Long, Jacqueline	8:13			29:27			58:55			1:38:47		
Martinsen, Jodi	7:46	8:44	28:12				58:26	60:16	63:22	1:38:25		
McGee, Heidi	6:16				21:34		44:49	42:56		1:15:28		
McKinnon, Trudy	7:33		25:55				53:25			1:28:40		
Ostrom Donna		7:20	22:59					47:14	47:07	1:27:21	1:43:42	
Ponka, Beth	6:49		22:38				48:44			1:20:47		
Robinson, Joan		8:12		27:09			58:19			1:40:37		
Scott, JoAnn	8:00			26:43			56:28			1:35:43		
Spivak, Kim	8:26		30:32		29:57	30:04	64:10			1:48:24		
Tiboni, Colleen	11:12		42:03		37:40		85:28					1:57:27
Tropea, Claudia		6:35	21:50					45:02		1:14:18	1:39:51	
Turner, Vi	10:05		34:02				73:09			1:57:05		
Zanni, Cindy	6:31		22:15			21:36	46:19			1:15:31	1:41:59	

MEN'S RACE TIMES 2010

	FRESH AIR Mi	SEPT Mi	JUNE 5 K	NO FRILLS 5 K	HEART 5 K	FRESH AIR 10 K	JUNE 10 K	HEART 10 K	10 MILE	½ MAR	HEART 15 K
Anderson, Robb	6:25		21:50			45:58		46:39	1:16:14	1:44:40	
Carlucci, Carmen	7:01			24:26				49:22	1:20:39	1:52:27	
Daniher, Herb	8:08		28:49			60:15			1:48:24		
Ehrler, Josef	6:41		21:51			45:53			1:15:54	1:45:04	1:11:27
Guthrie, John	6:40		21:47	24:18		46:05			1:15:33		
Hamilton, Henry	6:58		23:18			48:39			1:19:49		
Hendrickson, Brian	5:48			20:16			41:56		1:11:33		1:5:34
Keyes, Jim	5:27			18:17			37:37		1:03:20		
Krezonoski, Bill	5:23			18:12				37:10		1:22:20	
Kushnier, Jack	6:50			24:11		51:42			1:31:42		
Maronese, Mark	4:47			16:14		33:58			56:15	1:14:44	
Naroski, Shaun		5:38	18:29		18:55	40:10			1:05:34		
Pietrobelli, Claudio	4:58	5:18		18:12	17:50		36:54		1:02:30	1:24:25	
Ponka, Philip			18:51			40:46			1:06:38		
Pyne, Chris				26:36		54:05			1:28:09		
Scott, Doug		5:41		19:16			37:55		1:03:53		
Scott, John	6:24		24:16			52:36			1:32:12		
Slomke, Dan	7:12		24:36		25:29	55:06			1:30:26	2:02:44	
Smith, Gary	7:50		28:53			62:37		61:40	1:46:30		
Smith, Leigh	5:40		19:49			42:06			1:08:34	1:38:50	
Thompson, Trent				24:49				49:20	1:22:33		
Tipple, Dan	5:51	6:21	20:27	20:59				45:21	1:11:04	1:39:43	
Ugray, Dan	6:20	6:28		22:05				46:11	1:20:22		
Vis, Matt	5:06		18:39	18:02		37:41			1:03:28		1:01:14
Wedgerfield, Jason		7:58		28:41	26:13	59:57	58:39		1:35:07	2:03:15	
Wilson, Frank	6:08			20:36	20:47	42:34	41:29		1:09:19		
Wyspianski, Claude	6:27		22:42					47:13	1:20:09	1:51:23	
Young, Gary	5:35			20:47			39:21		1:03:46		
Young, John		8:25		26:25		56:29	56:09		1:34:19		