

Challenge Aging 5K **5 New Challenge Aging 5k Event Division Records**

after 3 Challenge Aging 5k events

& 2 New All-Challenge 5k Events All-time Records after 25 Challenge 5ks

as of Oct 10, 2009 @ Como Lake, St. Paul, MN

USATF Certified Course MN-05030-RR

For more info @ course go to <http://www.usatfmn.org/racewalk/courses/comolake/index.html>

Men:

Overall	Finish Time	Year
Steve Stenzel, 27, St Paul, MN	18:29	2008

Young Men

Men under age 11

Men 11-12

Men 13-14

Brent Kennicott, 13, Solon, IA	22:56	2008
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Men15-16

Patrick Howell, 16	27:19	2007
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Men 17-18

Men Open

Steve Stenzel, 27, St Paul, MN	18:29	2008
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Masters Men

M35

Tom Ruen, 39, Columbia Heights, MN	20:30	2007
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M40

Tom Ruen, 40, Columbia Heights, MN	19:11	2008
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M45

Ted Hewes, 45	20:34	2007
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M50

Larry McDonough, 52, St Paul, MN	20:36	2007
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M55

William Murray, 55	21:31	2007
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M60				
Ron Dockery, 60, Mahtomedi, MN	23:49	2009		
(Old Record: Tom Literski, 60, Champlin, MN			24:26	2007)
M65				
Don Wright, 66, Lake Elmo, MN	23:38	2007		
M70				
Dale Urbain, 73, MN	23:01	2007		
M75				
Greg Prom, 78, St Anthony, MN	27:17	2009	(All-Time All-Challenge 5k Events Record after 25 Events)	
(Old Record: Rogers Anderson, 78, Bloomington, MN			28:56	2007)
M80 and above				
Jim Waterman, 81	38:19	2007		
Women Overall:				
Danielle Gordanier, 37, Columbia Heights, MN	21:08	2008		
Young Women				
Women under age 11				
Women 11-12				
Women 13-14				
Women 15-16				
Chelsie Peterson, 15,	27:18	2007		
Women 17-18				
Women Open				
Sarah Berger, Hugo, MN	23:14	2008		
Masters Women				
W35				
Danielle Gordanier, 37, Columbia Heights, MN	21:08	2008		
W40				
Mary Tomai, 43	27:49	2007		
W45				
Susan Woods, 47, Shoreview, MN	24:29	2009		
(Old Record: Tracey Casey, Rosemount, MN			32:31	2008)
W50				
Barb Sugden, 54	26:28	2007		

W55			
Julie Rosenthal, 59, Roseville, MN	46:23	2009	
W60			
Gloria Jansen, 62, White Bear Lake, MN	24:07	2009	(All-Time All-Challenge 5k Events Record after 25 Events)
(Old Record: Sally Richards, 63, Chino Valley, AZ		48:10	2008)
W65			
Doris Urbain, 69, MN	35:35	2007	
W70			
Judy Rykken, 70, Bloomington, MN	34:40	2008	
W75			
W80 and above			
Mary Pat Flynn, 83	1:10:28	2008	
Clydesdale Division			
Jason Denen, 32, New Brighton	47:35	2007	
Athena Division			
Overall			
Amy Kohout, 43, St Paul, MN	31:58	2007	
Women 40 – 44			
Amy Kohout, 43, St Paul, MN	31:58	2007	
Women 50 – 54			
Wylene Van Guilder, 50, Delano, MN	37:01	2008	
Race Walk Division			
Overall			
Phil Rogosheske, 64, St Cloud, MN	31:00	2008	
Men 60-64			
Phil Rogosheske, 64, St Cloud, MN	31:00	2008	
Overall			
Anita Macias-Howard, 54, Edina, MN	32:22	2008	
Women 50 – 54			
Anita Macias-Howard, 54, Edina, MN	32:22	2008	