

22nd Annual MVRA Heritage Trail *** 10K Run *** Overall & Divisions [5K](#) [results here](#)

Event: 10K Run

Date: Saturday, May 11, 2013

Location: Dubuque, IA

Weather: Mostly Sunny 50°

[Overall and Age Divisions](#)

Results By: Kauder Racing

<u>Place</u>	<u>Gender</u>	<u>Division</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Chip Time</u>	<u>Pace mpm</u>
1	1	1 OVM	Jason Flogel, M30	, , US	32:06	31:45	5:10/M
2	2	1 M30	Marcus Murphy, M31	Dubuque, IA, US	34:06	33:45	5:29/M
3	3	1 M40	Eric Walsh, M41	, , US	37:23	37:01	6:01/M
4	4	1 JRM	Kody Fitzjerrells, M19	Dubuque, IA, US	38:11	37:49	6:08/M
5	5	2 M30	Rj Montes, M34	Dubuque, IA, US	39:14	38:50	6:18/M
6	6	3 M30	Louie Fischer, M32	, IA, US	39:51	39:26	6:24/M
7	7	1 M25	Bradley Schneider, M27	, IA, US	41:30	41:02	6:40/M
8	8	1 M35	Chad Lochner, M38	Davenport, IA, US	41:45	41:18	6:43/M
9	9	4 M30	Tom Rauen, M30	, , US	41:49	41:25	6:43/M
10	10	5 M30	Cory Hall, M30	Dubuque, IA, US	41:53	41:30	6:44/M
11	11	6 M30	Nick Book, M33	, , US	42:26	41:56	6:49/M
12	1	1 OVF	Pam Connolly, F43	, , US	42:26	41:58	6:49/M
13	12	2 M25	Barry Francois, M27	Manchester, IA, US	42:33	42:03	6:50/M
14	2	1 F30	Tracy Demerath, F30	, , US	42:38	42:10	6:51/M
15	3	1 F25	Molly O'Neill, F25	Dubuque, IA, US	43:15	42:41	6:57/M
16	4	2 F25	Abbie Sudmeier, F26	Dubuque, IA, US	43:48	43:15	7:03/M
17	13	3 M25	Sean Prunchak, M26	, IA, US	44:00	43:33	7:04/M

18	14	1 M60	Sally Van De Wiel, M62	Platteville, WI, US	44:08	43:39	7:06/M
19	5	1 F35	Jolene Darter, F38	Dubuque, IA, US	44:37	44:07	7:10/M
20	15	2 M40	Shannon Woulfe, M40	Dubuque, IA, US	44:44	44:18	7:12/M
21	6	2 F30	Erin Habel, F32	Dubuque, IA, US	45:08	44:36	7:15/M
22	16	4 M25	Zach Hodge, M25	, , US	45:15	44:39	7:16/M