

Pump N' Run Results

Name	Overall Time	Weight lifted	# reps	5 K	Final Time	10 K	Final Time
High School Age							
Jack Braun	22.31	75	8	26.31	22.31		
Seth Kersten	19.53	90	6	22.53	19.53		
Matt Lust	12.2	85	24	24.2	12.2		
39 & Under							
DJ Doxsee	6.53	200	40	26.53	6.53		
Ross Taylor	22.1	215	21	32.4	21.9		
Robin Dorsett	42.27	70	12			48.27	42.27
40 - 49							
Jackie Braun	12.34	70	20	22.26	12.26		
Steven Lust	33.76	170	27			47.06	33.76
Rhonda Punt	31.42	55	32			47.42	31.42
50-59							
Lee Hasz	6.26	170	32	22.34	6.34		
Gregg Gass	47	160	14			54	47
Jim Kersten	14.08	125	23	25.38	13.88		
Lee Leuning	8.96	165	37	27.46	8.96		
60 & Over							
Ted Troseth	14.08	125	25	26.38	13.88		
Overall Winners							
Male 10k	Steven Lust 33.76						
Female 10k	Rhonda Punt 31.42						
Make 5 K	Lee Hasz 6.34						
Female 5k	Jackie Braun 12.26						