

**RUN 4 Troops Marathon**  
**July 2, 2011**  
**Dyserville to Dubuque 26.2 miles**

Place	Bib #	Team	Finish Time 26.2 Miles	Avg Mile	Split #1 6 Miles	Split #2 4 Miles	Split #3 4 Miles	Split #4 5 Miles	Split #5 3 Miles	Split #6 4.2 Miles
<b>MENS INDIVIDUAL RESULTS</b>										
1	5	Russell Nieman	3:19:23	7:35	0:50:12	0:33:54	0:26:54	0:34:35	0:25:01	0:28:47
2	11	Kevin Ehrlich	3:23:07	7:44	0:50:12	0:33:08	0:26:40	0:34:55	0:26:44	0:31:28
3	13	Mike Rohner	3:33:24	8:07	0:53:29	0:34:36	0:27:55	0:37:01	0:28:35	0:31:48
4	6	Cullen Steck	3:36:37	8:14	0:51:40	0:34:25	0:28:55	0:39:54	0:29:35	0:32:08
5	12	Dan Owings	3:46:32	8:37	0:56:40	0:38:24	0:30:16	0:39:16	0:28:52	0:33:04
6	51	Billy Ostala	4:09:45	9:30	0:50:35	0:35:48	0:33:17	0:45:17	0:40:29	0:44:19
7	49	Mark Janosky	4:43:17	10:48	1:09:22	0:47:27	0:38:31	0:46:31	0:37:10	0:44:16
8	7	Joshua Sun	4:45:28	10:52	1:03:16	0:44:20	0:38:34	0:54:38	0:40:29	0:44:11
9	9	Jeff Friedman	4:45:30	10:52	1:03:16	0:44:54	0:38:00	0:54:38	0:40:29	0:44:13
10	50	Mel Martin	4:56:34	11:17	1:05:43	0:26:58	1:03:29	0:51:22	0:41:26	0:47:36
11	1	David Limmex	5:21:14	12:15	0:53:29	0:46:23	0:56:18	1:09:20	0:44:01	0:51:43
12	2	Ric Benzing	5:29:09	12:33	1:09:52	0:46:53	0:42:05	0:59:19	0:51:26	0:59:34
13	4	Paul Fournier	5:59:34	13:42	1:11:58	0:53:02	0:50:30	1:08:41	0:54:27	1:00:56
14	10	Lawrence Macon	6:47:33	15:32	1:27:25	1:05:50	0:56:45	1:15:15	0:56:41	1:05:37
	14	Melissa Otto	DNF		1:04:54	0:47:47	0:43:19	DNF	DNF	DNF
	15	Jeannie Uldridge	DNF		1:05:43	0:46:58	0:43:19	DNF	DNF	DNF
	52	Leslie Bockenstedt	DNF		1:24:30	1:02:43	0:56:47	DNF	DNF	DNF
	53	Pam Connolly	DNF		0:50:35	DNF	DNF	DNF	DNF	DNF
<b>WOMENS INDIVIDUAL RESULTS</b>										
1	8	Jill Hill	5:52:17	13:26	1:10:15	0:49:40	0:55:35	1:08:41	0:54:27	0:53:39
<b>RELAY RESULTS</b>										
1	36	Dbq Fire Dept	3:20:47	7:38	0:45:30	0:28:43	0:28:47	0:33:17	0:33:49	0:30:41
2	23	Tight, Wet, & Ready to Sweat	3:24:23	7:47	0:52:49	0:32:27	0:28:44	0:37:09	0:25:14	0:28:00
3	18	Tri-State Dream Team	3:26:19	7:51	0:51:53	0:36:33	0:23:34	0:37:02	0:26:38	0:30:39
4	19	Wolfpack	3:29:08	7:58	0:48:25	0:39:03	0:31:22	0:31:18	0:28:49	0:30:11
5	41	Paramount Ambulance	3:30:23	8:00	0:50:26	0:32:59	0:31:35	0:37:03	0:30:19	0:28:01
6	43	The GYM I	3:35:41	8:12	1:00:02	0:44:43	0:25:15	0:33:20	0:26:04	0:26:17
7	37	Great River OMS	3:36:58	8:14	0:54:17	0:36:46	0:26:37	0:33:50	0:33:09	0:32:19
8	20	Roscoe	3:37:14	8:16	1:04:54	0:34:03	0:31:53	0:30:07	0:26:29	0:29:48
9	45	WaHawks for Jimmy	3:40:33	8:23	0:57:52	0:32:33	0:28:05	0:37:16	0:29:05	0:35:42
10	21	Run4Troops Trail Runners	3:42:42	8:28	0:54:37	0:33:19	0:32:04	0:36:20	0:31:09	0:35:13
11	30	Cogerman's	3:45:50	8:35	0:47:37	0:32:38	0:30:45	0:44:50	0:30:12	0:39:48
12	22	Balltown	3:49:20	8:44	0:59:21	0:35:33	0:38:56	0:30:11	0:35:37	0:29:42
13	31	Girls Back Home	3:50:02	8:46	0:58:07	0:36:23	0:27:50	0:43:39	0:30:57	0:33:06
14	39	TC Networks	3:51:13	8:49	0:41:05	0:38:22	0:35:33	0:53:40	0:26:26	0:36:07
15	38	F (Family) Troop	3:51:23	8:49	0:55:50	0:40:00	0:32:10	0:40:04	0:26:04	0:37:15
16	47	Team Grandpa	3:51:36	8:49	0:49:22	0:34:58	0:30:40	0:48:22	0:25:36	0:42:38
17	27	Team Cain	3:55:05	8:58	0:57:30	0:40:11	0:29:49	0:42:52	0:30:34	0:34:09
18	26	Cummer Masonry	3:56:49	9:00	0:54:11	0:38:55	0:35:14	0:38:30	0:31:26	0:38:33
19	16	Honkamp Krueger	3:57:22	9:02	0:58:17	0:41:40	0:30:03	0:51:48	0:27:24	0:28:10
20	42	Run Like a Mother	4:05:47	9:21	0:56:30	0:39:14	0:39:16	0:36:50	0:34:19	0:39:38
21	44	The GYM II	4:16:44	9:46	1:10:02	0:40:28	0:34:40	0:45:23	0:35:58	0:30:13
22	25	Schmitt Shack	4:23:50	10:02	1:01:10	0:43:14	0:39:46	0:51:02	0:29:46	0:38:52
23	24	Family Roots 3	4:25:40	10:06	0:58:37	0:49:25	0:34:48	0:37:33	0:41:37	0:43:40
24	28	The Deckers	4:30:18	10:18	0:57:52	0:40:52	0:50:06	0:45:30	0:40:37	0:35:21
25	35	Keegan Gold	4:30:26	10:18	0:59:48	0:40:23	0:34:39	0:47:12	0:34:42	0:53:42
26	48	Keegan Green	4:30:26	10:18	0:59:48	0:40:23	0:34:39	0:47:12	0:23:24	1:05:00
27	17	Team Finley	4:34:13	10:27	0:53:10	0:35:50	0:38:00	0:48:08	0:43:27	0:55:38
28	33	Radio Dubuque	4:35:02	10:29	0:58:26	0:35:52	0:31:32	0:47:45	1:05:08	0:36:19
29	46	GI Janes	4:41:11	10:43	1:07:25	0:39:25	0:42:10	0:56:02	0:33:59	0:42:10
30	29	Hodge MH	6:12:47	14:11	1:09:12	0:58:33	0:57:29	1:25:21	0:43:28	0:58:44
31	32	Sedona	7:08:15	16:20	1:30:16	1:13:14	0:51:50	1:18:23	0:59:32	1:15:00
	40	Thankful	DNF		0:54:20	1:14:40	DNF	DNF	DNF	DNF