

2013 Toni St. Pierre Award Recipients to the Most Improved Triathletes

In memory of Toni St. Pierre the YWCA of Minneapolis is honored to acknowledge the pivotal role Toni played nationally and historically in women's sports by establishing the annual Toni St. Pierre Memorial Award for the Most Improved Triathletes of the YWCA of Minneapolis Women's Triathlon

The YWCA is privileged to honor the legacy of Toni St. Pierre in this way. Toni inspired generations of female athletes along with YWCA of Minneapolis community. She was a long-time fitness member and annual competitor in the YWCA Women's Triathlon. Please read more information about the award and Toni [here](#).

Most Improved score are determined by percentage of time improvement. To calculate this we take any time improvements from 2012 to 2013 and divide by 2012 final time. Overall winners have been taken out of the age group rankings for Most Improved. Alphabetical listing follows Age Group Winners. Listing by percentage improvement follows alphabetical listing. Listing by percentage improvement in age groups follows.

If you competed both years and your time improved from 2012 to 2013 but your name is missing, please contact us! With name changes and other small differences from year to year, we sometimes miss athletes. We apologize and please email ncueno@ywcamppls.org with any questions or updates.

Overall:

	Name, Percentage Improvement
1	Molly Vasich, 23.47%
2	Dana Fisher, 19.34%
3	Sarah Ziegler, 18.04%

Top in each Age Group:

Age Group	Name, Percentage Improvement
19 & Under	Ellie Snuggerud, 6.74%
20-24	Amelia Gieschen, 8.84%
25-29	Rachel Sterling, 15.4%
30-34	Amy Peffer, 13.65%
35-39	Rebecca Major, 12.33%
40-44	Skye Priesz, 16.90%

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45-49	Andrea Bidelman, 7.64%
50-54	Kelly Kautz, 9.60%
55-59	Mary Madden, 13.36%
60-64	Twyla Anderson, 12.4%
65-69	Pat Lillehei, 9.56%

Alphabetical Listing of MOST IMPROVED

Last Name	First Name	2012 Time	2013 Time	Percentage Improvement
Albright	Susan	2:19:39	2:13:52	4.14%
Aliza	Beverage	1:32:02	1:27:22	5.07%
Altstadt	Amber	1:38:55	1:32:49	6.17%
Alvarez	Margarita	1:57:11	1:52:44	3.80%
Anderson	Amy	2:14:01	2:11:17	2.04%
Anderson	Twyla	1:45:57	1:32:49	12.40%
Anderson Schmid	Liza	1:44:08	1:43:44	0.38%
Aragon	Bernadette	1:33:45	1:32:47	1.03%
Bach	Wendy	1:47:23	1:47:10	0.20%
Bahls	Monica	1:53:44	1:46:38	6.24%
Baumann	Ann	1:39:33	1:39:32	0.02%
Berdahl	Barbara	1:32:16	1:28:37	3.96%
Beyer	Brenda	1:50:46	1:48:42	1.87%
Bidelman	Andrea	1:35:59	1:28:39	7.64%
Boone	Anne	1:50:01	1:39:03	9.97%
Brennan	Catherine	1:32:06	1:28:47	3.60%
Brugh	Amy	1:48:31	1:44:43	3.50%
Burns	Emily	1:59:22	1:42:45	13.92%
Cacich	Lindsey	1:45:29	1:42:20	2.99%
Caillier	Paula	1:57:28	1:54:47	2.28%
Carnahan	Jennifer	1:39:22	1:34:21	5.05%
Carney	Christine	1:48:02	1:46:46	1.17%
Casey	Anne	1:35:10	1:31:48	3.54%
Colmenares	Debbie	2:35:00	2:21:09	8.94%
Condos	Elena	1:49:30	1:49:30	0.00%
Cullison	Lisa	1:59:10	1:53:18	4.92%

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Debruin	Amy	1:32:38	1:29:57	2.90%
Demulling	Selena	1:53:54	1:44:17	8.44%
Dheilly	Sarah	1:41:13	1:40:30	0.71%
Dragsten	Susan	1:41:05	1:40:08	0.94%
Dragswiek	Sarah	1:27:50	1:25:34	2.58%
Dupris	Penelope	1:51:43	1:51:31	0.18%
Earl-Torniainen	Kitty	1:22:31	1:21:57	0.69%
Edwards	Renee	1:26:13	1:24:54	1.53%
Elfering	Kristina	1:37:39	1:26:36	11.32%
Ellie	Snuggerud	1:35:15	1:28:50	6.74%
Fahl	Denise	1:50:08	1:47:29	2.41%
Fahrner	Elin	1:40:08	1:33:25	6.71%
Farmer-Kubler	Mary	2:07:09	2:04:31	2.07%
Farris	Jill	1:29:35	1:26:56	2.96%
Fisher	Dana	2:48:00	2:15:31	19.34%
Fullenkamp-Villa	Beth	1:41:34	1:40:26	1.12%
Gatto	Carla	1:58:04	1:57:32	0.45%
Gieschen	Amelia	1:41:17	1:32:20	8.84%
Gilliland	Lisa	1:36:17	1:35:15	1.07%
Glueckstein	Carolyn	1:39:02	1:37:26	1.62%
Gold	Renae	1:41:13	1:35:51	5.30%
Gomez	Saissy	1:35:27	1:33:46	1.76%
Gorton	Kelly	2:04:06	1:59:21	3.83%
Gram	Anna	1:45:18	1:42:44	2.44%
Greenberg	Jane	1:40:13	1:36:11	4.02%
Haas	Stacey	1:51:25	1:42:02	8.42%
Harris	Patti	1:37:23	1:34:55	2.53%
Harstedt	Kyleen	1:34:13	1:25:53	8.84%
Hartmann	Kathleen	2:07:49	1:47:41	15.75%
Hartnett	Molly	1:42:58	1:42:03	0.89%
Hawkins	Rachel	1:44:52	1:41:35	3.13%
Hedge	Leann	1:49:38	1:48:01	1.47%
Herdina	Judith	2:40:36	2:36:46	2.39%
Herman	Deborah	2:35:52	2:21:43	9.08%
Hillesheim	Colleen	1:48:13	1:43:21	4.50%
Hoенack	Laura	1:37:19	1:37:13	0.10%
Hoffman	Sarah	1:17:32	1:17:19	0.28%
Hokanson	Maria	2:16:24	2:12:39	2.75%
Hood	Shannon	1:51:32	1:51:24	0.12%
Ingersoll	Shannon	1:30:11	1:27:04	3.46%
Johnson	Carolyn	1:24:17	1:22:37	1.98%

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Jones	Tosha	1:46:13	1:38:19	7.44%
Jurek	Meredith	1:30:07	1:27:37	2.77%
Katherine	Nelson	1:46:50	1:45:14	1.50%
Kaufman	Ingrid	1:30:44	1:30:36	0.15%
Kautz	Kelly	1:42:38	1:32:47	9.60%
Kelly	Margaret	1:33:49	1:31:05	2.91%
Kinsky	Natalie	2:04:10	1:57:15	5.57%
Kleinberg	Mary	2:30:06	2:27:45	1.57%
Kocken	Paula	1:46:54	1:44:04	2.65%
Kohs Gilbertson	Therese	1:49:01	1:46:39	2.17%
Larson	Heather	2:08:31	2:02:05	5.01%
Lawrence	Jill	1:37:35	1:31:45	5.98%
Lee	Jessica	1:48:41	1:46:40	1.86%
Lehman	Alexis	2:40:50	2:27:48	8.10%
Lehman	Jessica	2:40:50	2:21:02	12.31%
Levitt	Mary Jeanne	1:55:07	1:50:41	3.85%
Li	Ann	1:31:19	1:27:51	3.80%
Lillehei	Pat	2:28:55	2:14:41	9.56%
Lindeman	Robyn	1:46:48	1:42:35	3.95%
Lindsey	Albright	1:38:44	1:37:25	1.33%
Lindstrom	Ann	1:38:11	1:37:37	0.58%
Mack	Emily	1:26:34	1:21:57	5.33%
Macmenamin	Jennifer	1:28:29	1:27:43	0.87%
Madden	Kate	2:28:43	2:08:51	13.36%
Madden	Mary	2:28:43	2:08:51	13.36%
Magee	Deborah	2:05:11	1:57:31	6.12%
Mahoney	Mary	1:42:03	1:40:19	1.70%
Major	Rebecca	1:58:57	1:44:17	12.33%
Manthey	Erin	1:46:08	1:40:45	5.07%
McLain	Kelly	1:34:08	1:33:57	0.19%
Melby	Kristen	1:53:41	1:51:23	2.02%
Meyer	Brie	2:03:40	1:59:04	3.72%
Miller	Jean	1:35:10	1:34:50	0.35%
Miller	Kristin	1:56:22	1:56:08	0.20%
Misukanis	Brenda	1:45:12	1:35:41	9.05%
Mohr	Caryn	1:30:22	1:29:24	1.07%
Molloy	Gorel	2:05:40	1:54:43	8.71%
Moore	Tina	2:26:18	2:16:29	6.71%
Morgenthaler	Kiaja	1:40:01	1:38:19	1.70%
Muehlhausen	Jenny	2:03:28	1:56:37	5.55%
Mulder	Karen	2:02:22	1:48:12	11.58%

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Naughton	Sandy	2:21:49	2:15:30	4.45%
Nelson	Anne	2:02:53	1:55:00	6.42%
Nelson	Barb	2:23:10	2:12:53	7.18%
Nelson	Sarah	1:54:17	1:53:54	0.34%
Nienaber	Jennifer	1:41:52	1:40:29	1.36%
Olsen	Kristin	1:47:59	1:47:38	0.32%
Olson	Amanda	1:32:31	1:29:25	3.35%
Overvoorde	Lynn	1:42:55	1:41:31	1.36%
Page	Ann	1:53:08	1:52:35	0.49%
Page	Leslie	1:35:49	1:35:08	0.71%
Payne	Tiffany	1:53:30	1:48:51	4.10%
Peffer	Amy	2:03:21	1:46:31	13.65%
Peters	Lisa	1:40:58	1:40:10	0.79%
Phemister	Sarah	1:42:24	1:33:56	8.27%
Prew	Bridgette	1:30:47	1:27:18	3.84%
Priesz	Skye	2:06:54	1:45:27	16.90%
Reilly	Ingersoll	1:30:30	1:24:50	6.26%
Retterath	Meagan	1:38:20	1:35:13	3.17%
Reuning	Claire	1:48:07	1:47:53	0.22%
Rima	Candi	2:14:36	2:11:47	2.09%
Rime	Kate	1:50:31	1:46:26	3.69%
Robinson	Emily	1:36:32	1:35:59	0.57%
Rosenman	Karla	1:43:13	1:41:38	1.53%
Ross Sturz	Susan	1:44:02	1:37:54	5.90%
Rudolph	Connie	1:31:43	1:26:32	5.65%
Ryken	Allie	1:28:26	1:25:56	2.83%
Selbyg	Anne	2:14:54	2:04:14	7.91%
Sharrow	Libby	1:31:09	1:30:54	0.27%
Sigford	Claire	1:34:19	1:29:49	4.77%
Sigford	Sadie	1:18:27	1:17:10	1.64%
Skarie	Maribeth	1:46:01	1:39:47	5.88%
Slattery	Elisabeth	1:48:26	1:38:14	9.41%
Snuggerud	Ann	1:13:30	1:13:23	0.16%
Solfelt	Stephanie	1:11:08	1:11:06	0.05%
Sotirin	Jill	1:45:43	1:44:46	0.90%
Spolyar	Elizabeth	1:57:03	1:48:22	7.42%
Stebbins	Megan	1:35:31	1:30:49	4.92%
Steege	Amy	1:49:53	1:38:28	10.39%
Sterling	Rachel	1:54:18	1:36:42	15.40%
Stier	Anna	1:23:23	1:23:10	0.26%
Suek	Franny	2:00:25	1:56:54	2.92%

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Swanson	Farren	1:51:16	1:45:55	4.81%
Swarthout	Jill	1:52:56	1:49:34	2.98%
Tenbenschel	Sarah	2:05:14	2:02:32	2.16%
Tenpas	Kathy	2:02:01	1:57:08	4.00%
Terry	Karla	1:53:37	1:49:54	3.27%
Timm	Kimberly	1:37:51	1:37:12	0.66%
Vanderziel	Jill	2:24:50	2:10:25	9.95%
Vasich	Molly	1:49:09	1:23:32	23.47%
Vaughn	Catherine	1:38:21	1:35:49	2.58%
Vaughn	Nicole	1:35:59	1:29:01	7.26%
Villella	Dawn	1:36:04	1:33:53	2.27%
Vormestrand	Taryn	1:38:11	1:35:25	2.82%
Walling	Shannon	1:26:49	1:22:28	5.01%
Weingarten	Linda	1:45:36	1:43:19	2.16%
Welch	Teresa	1:31:50	1:31:28	0.40%
Wendel	Jackie	1:38:10	1:37:47	0.39%
Weyenberg	Jennifer	1:47:42	1:38:13	8.81%
Whalen	Nora	1:38:00	1:35:57	2.09%
Wiedeman	Kaitlin	1:25:29	1:23:03	2.85%
Wigg	Colleen	1:54:07	1:52:06	1.77%
Wolovitch	Laura	1:39:03	1:37:40	1.40%
Wood	Tammy	2:28:01	2:04:26	15.93%
Young	Sherilyn	1:39:46	1:37:09	2.62%
Ziegler	Sarah	2:03:55	1:41:34	18.04%

Percentage Improvement Listing of MOST IMPROVED

Last Name	First Name	2012 Time	2013 Time	Percentage Improvement
Vasich	Molly	1:49:09	1:23:32	23.47%
Fisher	Dana	2:48:00	2:15:31	19.34%
Ziegler	Sarah	2:03:55	1:41:34	18.04%
Priesz	Skye	2:06:54	1:45:27	16.90%
Wood	Tammy	2:28:01	2:04:26	15.93%
Hartmann	Kathleen	2:07:49	1:47:41	15.75%
Sterling	Rachel	1:54:18	1:36:42	15.40%
Burns	Emily	1:59:22	1:42:45	13.92%
Peffer	Amy	2:03:21	1:46:31	13.65%

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Madden	Kate	2:28:43	2:08:51	13.36%
Madden	Mary	2:28:43	2:08:51	13.36%
Anderson	Twyla	1:45:57	1:32:49	12.40%
Major	Rebecca	1:58:57	1:44:17	12.33%
Lehman	Jessica	2:40:50	2:21:02	12.31%
Mulder	Karen	2:02:22	1:48:12	11.58%
Elfering	Kristina	1:37:39	1:26:36	11.32%
Steege	Amy	1:49:53	1:38:28	10.39%
Boone	Anne	1:50:01	1:39:03	9.97%
Vanderziel	Jill	2:24:50	2:10:25	9.95%
Kautz	Kelly	1:42:38	1:32:47	9.60%
Lillehei	Pat	2:28:55	2:14:41	9.56%
Slattery	Elisabeth	1:48:26	1:38:14	9.41%
Herman	Deborah	2:35:52	2:21:43	9.08%
Misukanis	Brenda	1:45:12	1:35:41	9.05%
Colmenares	Debbie	2:35:00	2:21:09	8.94%
Harstedt	Kyleen	1:34:13	1:25:53	8.84%
Gieschen	Amelia	1:41:17	1:32:20	8.84%
Weyenberg	Jennifer	1:47:42	1:38:13	8.81%
Molloy	Gorel	2:05:40	1:54:43	8.71%
Demulling	Selena	1:53:54	1:44:17	8.44%
Haas	Stacey	1:51:25	1:42:02	8.42%
Phemister	Sarah	1:42:24	1:33:56	8.27%
Lehman	Alexis	2:40:50	2:27:48	8.10%
Selbyg	Anne	2:14:54	2:04:14	7.91%
Bidelman	Andrea	1:35:59	1:28:39	7.64%
Jones	Tosha	1:46:13	1:38:19	7.44%
Spolyar	Elizabeth	1:57:03	1:48:22	7.42%
Vaughn	Nicole	1:35:59	1:29:01	7.26%
Nelson	Barb	2:23:10	2:12:53	7.18%
Ellie	Snuggerud	1:35:15	1:28:50	6.74%
Moore	Tina	2:26:18	2:16:29	6.71%
Fahrner	Elin	1:40:08	1:33:25	6.71%
Nelson	Anne	2:02:53	1:55:00	6.42%
Reilly	Ingersoll	1:30:30	1:24:50	6.26%
Bahls	Monica	1:53:44	1:46:38	6.24%
Altstadt	Amber	1:38:55	1:32:49	6.17%
Magee	Deborah	2:05:11	1:57:31	6.12%
Lawrence	Jill	1:37:35	1:31:45	5.98%
Ross Sturz	Susan	1:44:02	1:37:54	5.90%
Skarie	Maribeth	1:46:01	1:39:47	5.88%
Rudolph	Connie	1:31:43	1:26:32	5.65%

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Kinsky	Natalie	2:04:10	1:57:15	5.57%
Muehlhausen	Jenny	2:03:28	1:56:37	5.55%
Mack	Emily	1:26:34	1:21:57	5.33%
Gold	Renae	1:41:13	1:35:51	5.30%
Manthey	Erin	1:46:08	1:40:45	5.07%
Aliza	Beverage	1:32:02	1:27:22	5.07%
Carnahan	Jennifer	1:39:22	1:34:21	5.05%
Walling	Shannon	1:26:49	1:22:28	5.01%
Larson	Heather	2:08:31	2:02:05	5.01%
Cullison	Lisa	1:59:10	1:53:18	4.92%
Stebbins	Megan	1:35:31	1:30:49	4.92%
Swanson	Farren	1:51:16	1:45:55	4.81%
Sigford	Claire	1:34:19	1:29:49	4.77%
Hillesheim	Colleen	1:48:13	1:43:21	4.50%
Naughton	Sandy	2:21:49	2:15:30	4.45%
Albright	Susan	2:19:39	2:13:52	4.14%
Payne	Tiffany	1:53:30	1:48:51	4.10%
Greenberg	Jane	1:40:13	1:36:11	4.02%
Tenpas	Kathy	2:02:01	1:57:08	4.00%
Berdahl	Barbara	1:32:16	1:28:37	3.96%
Lindeman	Robyn	1:46:48	1:42:35	3.95%
Levitt	Mary Jeanne	1:55:07	1:50:41	3.85%
Prew	Bridgette	1:30:47	1:27:18	3.84%
Gorton	Kelly	2:04:06	1:59:21	3.83%
Alvarez	Margarita	1:57:11	1:52:44	3.80%
Li	Ann	1:31:19	1:27:51	3.80%
Meyer	Brie	2:03:40	1:59:04	3.72%
Rime	Kate	1:50:31	1:46:26	3.69%
Brennan	Catherine	1:32:06	1:28:47	3.60%
Casey	Anne	1:35:10	1:31:48	3.54%
Brugh	Amy	1:48:31	1:44:43	3.50%
Ingersoll	Shannon	1:30:11	1:27:04	3.46%
Olson	Amanda	1:32:31	1:29:25	3.35%
Terry	Karla	1:53:37	1:49:54	3.27%
Retterath	Meagan	1:38:20	1:35:13	3.17%
Hawkins	Rachel	1:44:52	1:41:35	3.13%
Cacich	Lindsey	1:45:29	1:42:20	2.99%
Swarthout	Jill	1:52:56	1:49:34	2.98%
Farris	Jill	1:29:35	1:26:56	2.96%
Suek	Franny	2:00:25	1:56:54	2.92%
Kelly	Margaret	1:33:49	1:31:05	2.91%
Debruin	Amy	1:32:38	1:29:57	2.90%

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Wiedeman	Kaitlin	1:25:29	1:23:03	2.85%
Rykken	Allie	1:28:26	1:25:56	2.83%
Vormestrand	Taryn	1:38:11	1:35:25	2.82%
Jurek	Meredith	1:30:07	1:27:37	2.77%
Hokanson	Maria	2:16:24	2:12:39	2.75%
Kocken	Paula	1:46:54	1:44:04	2.65%
Young	Sherilyn	1:39:46	1:37:09	2.62%
Dragswiek	Sarah	1:27:50	1:25:34	2.58%
Vaughn	Catherine	1:38:21	1:35:49	2.58%
Harris	Patti	1:37:23	1:34:55	2.53%
Gram	Anna	1:45:18	1:42:44	2.44%
Fahl	Denise	1:50:08	1:47:29	2.41%
Herdina	Judith	2:40:36	2:36:46	2.39%
Caillier	Paula	1:57:28	1:54:47	2.28%
Villella	Dawn	1:36:04	1:33:53	2.27%
Kohs Gilbertson	Therese	1:49:01	1:46:39	2.17%
Weingarten	Linda	1:45:36	1:43:19	2.16%
Tenbenschel	Sarah	2:05:14	2:02:32	2.16%
Rima	Candi	2:14:36	2:11:47	2.09%
Whalen	Nora	1:38:00	1:35:57	2.09%
Farmer-Kubler	Mary	2:07:09	2:04:31	2.07%
Anderson	Amy	2:14:01	2:11:17	2.04%
Melby	Kristen	1:53:41	1:51:23	2.02%
Johnson	Carolyn	1:24:17	1:22:37	1.98%
Beyer	Brenda	1:50:46	1:48:42	1.87%
Lee	Jessica	1:48:41	1:46:40	1.86%
Wigg	Colleen	1:54:07	1:52:06	1.77%
Gomez	Saissy	1:35:27	1:33:46	1.76%
Morgenthaler	Kiaja	1:40:01	1:38:19	1.70%
Mahoney	Mary	1:42:03	1:40:19	1.70%
Sigford	Sadie	1:18:27	1:17:10	1.64%
Glueckstein	Carolyn	1:39:02	1:37:26	1.62%
Kleinberg	Mary	2:30:06	2:27:45	1.57%
Rosenman	Karla	1:43:13	1:41:38	1.53%
Edwards	Renee	1:26:13	1:24:54	1.53%
Katherine	Nelson	1:46:50	1:45:14	1.50%
Hedge	Leann	1:49:38	1:48:01	1.47%
Wolovitch	Laura	1:39:03	1:37:40	1.40%
Overvoorde	Lynn	1:42:55	1:41:31	1.36%
Nienaber	Jennifer	1:41:52	1:40:29	1.36%
Lindsey	Albright	1:38:44	1:37:25	1.33%
Carney	Christine	1:48:02	1:46:46	1.17%

The Power to Soar™

Fullenkamp-Villa	Beth	1:41:34	1:40:26	1.12%
Gilliland	Lisa	1:36:17	1:35:15	1.07%
Mohr	Caryn	1:30:22	1:29:24	1.07%
Aragon	Bernadette	1:33:45	1:32:47	1.03%
Dragsten	Susan	1:41:05	1:40:08	0.94%
Sotirin	Jill	1:45:43	1:44:46	0.90%
Hartnett	Molly	1:42:58	1:42:03	0.89%
Macmenamin	Jennifer	1:28:29	1:27:43	0.87%
Peters	Lisa	1:40:58	1:40:10	0.79%
Page	Leslie	1:35:49	1:35:08	0.71%
Dheilily	Sarah	1:41:13	1:40:30	0.71%
Earl-Torniainen	Kitty	1:22:31	1:21:57	0.69%
Timm	Kimberly	1:37:51	1:37:12	0.66%
Lindstrom	Ann	1:38:11	1:37:37	0.58%
Robinson	Emily	1:36:32	1:35:59	0.57%
Page	Ann	1:53:08	1:52:35	0.49%
Gatto	Carla	1:58:04	1:57:32	0.45%
Welch	Teresa	1:31:50	1:31:28	0.40%
Wendel	Jackie	1:38:10	1:37:47	0.39%
Anderson Schmid	Liza	1:44:08	1:43:44	0.38%
Miller	Jean	1:35:10	1:34:50	0.35%
Nelson	Sarah	1:54:17	1:53:54	0.34%
Olsen	Kristin	1:47:59	1:47:38	0.32%
Hoffman	Sarah	1:17:32	1:17:19	0.28%
Sharrow	Libby	1:31:09	1:30:54	0.27%
Stier	Anna	1:23:23	1:23:10	0.26%
Reuning	Claire	1:48:07	1:47:53	0.22%
Bach	Wendy	1:47:23	1:47:10	0.20%
Miller	Kristin	1:56:22	1:56:08	0.20%
McLain	Kelly	1:34:08	1:33:57	0.19%
Dupris	Penelope	1:51:43	1:51:31	0.18%
Snuggerud	Ann	1:13:30	1:13:23	0.16%
Kaufman	Ingrid	1:30:44	1:30:36	0.15%
Hood	Shannon	1:51:32	1:51:24	0.12%
Hoенack	Laura	1:37:19	1:37:13	0.10%
Solfelt	Stephanie	1:11:08	1:11:06	0.05%
Baumann	Ann	1:39:33	1:39:32	0.02%

Percentage Improvement Listing by AGE GROUP

Last Name	First Name	2012 Time	2013 Time	Percentage Improvement
OVERALL				
Vasich	Molly	1:49:09	1:23:32	23.47%
Fisher	Dana	2:48:00	2:15:31	19.34%
Ziegler	Sarah	2:03:55	1:41:34	18.04%
19 & under				
Ellie	Snuggerud	1:35:15	1:28:50	6.74%
Reilly	Ingersoll	1:30:30	1:24:50	6.26%
Aliza	Beverage	1:32:02	1:27:22	5.07%
20-24				
Gieschen	Amelia	1:41:17	1:32:20	8.84%
Fahrner	Elin	1:40:08	1:33:25	6.71%
Sigford	Claire	1:34:19	1:29:49	4.77%
Sigford	Sadie	1:18:27	1:17:10	1.64%
Katherine	Nelson	1:46:50	1:45:14	1.50%
Solfelt	Stephanie	1:11:08	1:11:06	0.05%
25-29				
Sterling	Rachel	1:54:18	1:36:42	15.40%
Madden	Kate	2:28:43	2:08:51	13.36%
Lehman	Jessica	2:40:50	2:21:02	12.31%
Haas	Stacey	1:51:25	1:42:02	8.42%
Lehman	Alexis	2:40:50	2:27:48	8.10%
Jones	Tosha	1:46:13	1:38:19	7.44%
Altstadt	Amber	1:38:55	1:32:49	6.17%
Skarie	Maribeth	1:46:01	1:39:47	5.88%
Kinsky	Natalie	2:04:10	1:57:15	5.57%
Manthey	Erin	1:46:08	1:40:45	5.07%
Swanson	Farren	1:51:16	1:45:55	4.81%
Cacich	Lindsey	1:45:29	1:42:20	2.99%
Rycken	Allie	1:28:26	1:25:56	2.83%
Vormestrand	Taryn	1:38:11	1:35:25	2.82%
Lindsey	Albright	1:38:44	1:37:25	1.33%
Aragon	Bernadette	1:33:45	1:32:47	1.03%
Timm	Kimberly	1:37:51	1:37:12	0.66%
Wendel	Jackie	1:38:10	1:37:47	0.39%
Nelson	Sarah	1:54:17	1:53:54	0.34%
Hoffman	Sarah	1:17:32	1:17:19	0.28%
Reuning	Claire	1:48:07	1:47:53	0.22%
30-34				

The Power to Soar™

Peffer	Amy	2:03:21	1:46:31	13.65%
Boone	Anne	1:50:01	1:39:03	9.97%
Vanderziel	Jill	2:24:50	2:10:25	9.95%
Demulling	Selena	1:53:54	1:44:17	8.44%
Mack	Emily	1:26:34	1:21:57	5.33%
Walling	Shannon	1:26:49	1:22:28	5.01%
Cullison	Lisa	1:59:10	1:53:18	4.92%
Hillesheim	Colleen	1:48:13	1:43:21	4.50%
Payne	Tiffany	1:53:30	1:48:51	4.10%
Lindeman	Robyn	1:46:48	1:42:35	3.95%
Hawkins	Rachel	1:44:52	1:41:35	3.13%
Farris	Jill	1:29:35	1:26:56	2.96%
Wiedeman	Kaitlin	1:25:29	1:23:03	2.85%
Anderson	Amy	2:14:01	2:11:17	2.04%
Morgenthaler	Kiaja	1:40:01	1:38:19	1.70%
Lindstrom	Ann	1:38:11	1:37:37	0.58%
Robinson	Emily	1:36:32	1:35:59	0.57%
Sharrow	Libby	1:31:09	1:30:54	0.27%
Miller	Kristin	1:56:22	1:56:08	0.20%
Hoenack	Laura	1:37:19	1:37:13	0.10%
Condos	Elena	1:49:30	1:49:30	0.00%
35-39				
Major	Rebecca	1:58:57	1:44:17	12.33%
Elfering	Kristina	1:37:39	1:26:36	11.32%
Herman	Deborah	2:35:52	2:21:43	9.08%
Misukanis	Brenda	1:45:12	1:35:41	9.05%
Harstedt	Kyleen	1:34:13	1:25:53	8.84%
Selbyg	Anne	2:14:54	2:04:14	7.91%
Vaughn	Nicole	1:35:59	1:29:01	7.26%
Gold	Renae	1:41:13	1:35:51	5.30%
Carnahan	Jennifer	1:39:22	1:34:21	5.05%
Larson	Heather	2:08:31	2:02:05	5.01%
Stebbins	Megan	1:35:31	1:30:49	4.92%
Li	Ann	1:31:19	1:27:51	3.80%
Meyer	Brie	2:03:40	1:59:04	3.72%
Rime	Kate	1:50:31	1:46:26	3.69%
Casey	Anne	1:35:10	1:31:48	3.54%
Olson	Amanda	1:32:31	1:29:25	3.35%
Retterath	Meagan	1:38:20	1:35:13	3.17%
Swarthout	Jill	1:52:56	1:49:34	2.98%
Hokanson	Maria	2:16:24	2:12:39	2.75%

The Power to Soar™

Dragswiek	Sarah	1:27:50	1:25:34	2.58%
Vaughn	Catherine	1:38:21	1:35:49	2.58%
Whalen	Nora	1:38:00	1:35:57	2.09%
Melby	Kristen	1:53:41	1:51:23	2.02%
Johnson	Carolyn	1:24:17	1:22:37	1.98%
Lee	Jessica	1:48:41	1:46:40	1.86%
Gomez	Saissy	1:35:27	1:33:46	1.76%
Rosenman	Karla	1:43:13	1:41:38	1.53%
Edwards	Renee	1:26:13	1:24:54	1.53%
Macmenamin	Jennifer	1:28:29	1:27:43	0.87%
Peters	Lisa	1:40:58	1:40:10	0.79%
Anderson Schmid	Liza	1:44:08	1:43:44	0.38%
Stier	Anna	1:23:23	1:23:10	0.26%
McLain	Kelly	1:34:08	1:33:57	0.19%
Dupris	Penelope	1:51:43	1:51:31	0.18%
Kaufman	Ingrid	1:30:44	1:30:36	0.15%
Baumann	Ann	1:39:33	1:39:32	0.02%
40-44				
Priesz	Skye	2:06:54	1:45:27	16.90%
Wood	Tammy	2:28:01	2:04:26	15.93%
Hartmann	Kathleen	2:07:49	1:47:41	15.75%
Burns	Emily	1:59:22	1:42:45	13.92%
Steege	Amy	1:49:53	1:38:28	10.39%
Colmenares	Debbie	2:35:00	2:21:09	8.94%
Weyenberg	Jennifer	1:47:42	1:38:13	8.81%
Phemister	Sarah	1:42:24	1:33:56	8.27%
Lawrence	Jill	1:37:35	1:31:45	5.98%
Muehlhausen	Jenny	2:03:28	1:56:37	5.55%
Berdahl	Barbara	1:32:16	1:28:37	3.96%
Prew	Bridgette	1:30:47	1:27:18	3.84%
Gorton	Kelly	2:04:06	1:59:21	3.83%
Brugh	Amy	1:48:31	1:44:43	3.50%
Ingersoll	Shannon	1:30:11	1:27:04	3.46%
Kelly	Margaret	1:33:49	1:31:05	2.91%
Debruin	Amy	1:32:38	1:29:57	2.90%
Jurek	Meredith	1:30:07	1:27:37	2.77%
Gram	Anna	1:45:18	1:42:44	2.44%
Villella	Dawn	1:36:04	1:33:53	2.27%
Nienaber	Jennifer	1:41:52	1:40:29	1.36%
Carney	Christine	1:48:02	1:46:46	1.17%
Mohr	Caryn	1:30:22	1:29:24	1.07%

The Power to Soar™

Page	Leslie	1:35:49	1:35:08	0.71%
Dheilly	Sarah	1:41:13	1:40:30	0.71%
Miller	Jean	1:35:10	1:34:50	0.35%
Hood	Shannon	1:51:32	1:51:24	0.12%
45-49				
Bidelman	Andrea	1:35:59	1:28:39	7.64%
Nelson	Anne	2:02:53	1:55:00	6.42%
Ross Sturz	Susan	1:44:02	1:37:54	5.90%
Tenpas	Kathy	2:02:01	1:57:08	4.00%
Alvarez	Margarita	1:57:11	1:52:44	3.80%
Terry	Karla	1:53:37	1:49:54	3.27%
Young	Sherilyn	1:39:46	1:37:09	2.62%
Fahl	Denise	1:50:08	1:47:29	2.41%
Caillier	Paula	1:57:28	1:54:47	2.28%
Weingarten	Linda	1:45:36	1:43:19	2.16%
Tenbenschel	Sarah	2:05:14	2:02:32	2.16%
Rima	Candi	2:14:36	2:11:47	2.09%
Mahoney	Mary	1:42:03	1:40:19	1.70%
Overvoorde	Lynn	1:42:55	1:41:31	1.36%
Fullenkamp-Villa	Beth	1:41:34	1:40:26	1.12%
Earl-Torniainen	Kitty	1:22:31	1:21:57	0.69%
Page	Ann	1:53:08	1:52:35	0.49%
Welch	Teresa	1:31:50	1:31:28	0.40%
Olsen	Kristin	1:47:59	1:47:38	0.32%
Snuggerud	Ann	1:13:30	1:13:23	0.16%
50-54				
Kautz	Kelly	1:42:38	1:32:47	9.60%
Spolyar	Elizabeth	1:57:03	1:48:22	7.42%
Moore	Tina	2:26:18	2:16:29	6.71%
Rudolph	Connie	1:31:43	1:26:32	5.65%
Brennan	Catherine	1:32:06	1:28:47	3.60%
Suek	Franny	2:00:25	1:56:54	2.92%
Harris	Patti	1:37:23	1:34:55	2.53%
Kohs Gilbertson	Therese	1:49:01	1:46:39	2.17%
Beyer	Brenda	1:50:46	1:48:42	1.87%
Wigg	Colleen	1:54:07	1:52:06	1.77%
Glueckstein	Carolyn	1:39:02	1:37:26	1.62%
Hedge	Leann	1:49:38	1:48:01	1.47%
Wolovitch	Laura	1:39:03	1:37:40	1.40%
Gilliland	Lisa	1:36:17	1:35:15	1.07%
Sotirin	Jill	1:45:43	1:44:46	0.90%

The Power to Soar™

Gatto	Carla	1:58:04	1:57:32	0.45%
55-59				
Madden	Mary	2:28:43	2:08:51	13.36%
Mulder	Karen	2:02:22	1:48:12	11.58%
Slattery	Elisabeth	1:48:26	1:38:14	9.41%
Molloy	Gorel	2:05:40	1:54:43	8.71%
Nelson	Barb	2:23:10	2:12:53	7.18%
Bahls	Monica	1:53:44	1:46:38	6.24%
Greenberg	Jane	1:40:13	1:36:11	4.02%
Levitt	Mary Jeanne	1:55:07	1:50:41	3.85%
Kocken	Paula	1:46:54	1:44:04	2.65%
Farmer-Kubler	Mary	2:07:09	2:04:31	2.07%
Hartnett	Molly	1:42:58	1:42:03	0.89%
60-64				
Anderson	Twyla	1:45:57	1:32:49	12.40%
Magee	Deborah	2:05:11	1:57:31	6.12%
Herdina	Judith	2:40:36	2:36:46	2.39%
Kleinberg	Mary	2:30:06	2:27:45	1.57%
Bach	Wendy	1:47:23	1:47:10	0.20%
65-69				
Lillehei	Pat	2:28:55	2:14:41	9.56%
Naughton	Sandy	2:21:49	2:15:30	4.45%
Albright	Susan	2:19:39	2:13:52	4.14%
Dragsten	Susan	1:41:05	1:40:08	0.94%