

# HERITAGE TRAIL RUN COURSE RECORDS

## WOMENS 5K

**Overall Winner: 2017 Kayci Martensen 18:50**

AGE	NAME	TIME	YEAR
14 & Under	Kayci Martensen	18:50	2017
15-19	Kylie Kelchen	20:03	2013
20-24	Rhonda Becker	20:32	2001
25-29	Jessica Wuellner	19:46	2012
30-34	Jessica Hruska	19:04	2013
35-39	Jessica Hruska	19:17	2015
40-44	Heidi Sutter	21:02	2013
45-49	Kathy Kauder	21:31	2007
50-54	Debra Pause	23:24	2002
55-59	Diana Mickelson	24:56	2016
60-69	Jeanette Raynett	25:56	2007
70+	Debbie Pausz	30:55	2018

## MENS 5K

**Overall Winner: 2011 Nick Bowerman 15:30**

AGE	NAME	TIME	YEAR
14 & Under	Ryan Connolly	19:56	2016
15-19	Nate Petesch	16:58	2005
20-24	Nick Bowerman	15:47	2007
25-29	Nick Bowerman	15:30	2011
30-34	Marcus Murphy	16:21	2012
35-39	Chad Leitzen	16:44	2012
40-44	Jason Meyer	17:12	2013
45-49	Jamie Brown	16:48	2002
50-54	John McWilliams	18:32	1996
55-59	Jamie Brown	19:26	2017
60-69	Tom Kirkwood	20:56	2006
70-79	Tyger Johnson	23:30	2012
80+	Joe Ihm	39:41	2012

# HERITAGE TRAIL RUN COURSE RECORDS

## WOMENS 10K

**Overall Winner: 2014 Jessica Hruska 39:14**

AGE	NAME	TIME	YEAR
19 & Under	Hannah Meyer	43:54	2017
20-24	Stacy Kennedy (age group previously 20-29)	42:24	2007
25-29	Patty Laufenberg	42:52	2018
30-34	Jessica Hruska	39:14	2014
35-39	Brooke Ferguson	41:07	2018
40-44	Elizabeth Riffel	43:02	2009
45-49	Pam Connolly	43:54	2018
50-54	Janelle Swanberg	46:48	2007
55-59	Sue Branson	55:09	2016
60-69	Deb Pausz	56:25	2012
70+	Peggy Meyers	53:13	2017

## MENS 10K

**Overall Winner: 2013 Jason Fogel 32:06**

AGE	NAME	TIME	YEAR
19 & Under	Kody Fitzjerrells	34:43	2012
20-24	Nick Bowerman	32:11	2008
25-29	Jose Escoriza	37:05	2016
30-34	Matt Jasper	35:37	2011
35-39	Lee Hammerand	36:41	2001
40-44	Mike Knapp	36:04	1995
45-49	Mike Knapp	36:04	1995
50-54	Darrell Stumme	39:30	1994
55-59	Scott Wallace	45:22	2016
60-64	Stephen Van De Wiel	43:39	2013
65-69	Dean Schultz	48:27	2017
70+	Tyger Johnson	49:13	2013

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