

### 3000/6000 Yd Postal Results – 2010 – National Rankings of Ozark swimmers

(Swum Nov 15, 2009, at Ladue High School, unless otherwise specified.)

Full results available at <http://www.usms.org/longdist/1dnats09/3000ydpostalresults.pdf>

#### Place/Name/Age/Club/Time

##### WOMEN 3000 Yard 25-29

8 Melissa Holtmeyer 25 CSPM 0:49:28.53

11 Jen Mommens L 28 CSPM 1:00:08.99

##### WOMEN 3000 Yard 30-34

10 Stephanie Hiebert I 32 SLAM 0:42:07.65

17 Katrina Pon S 32 CSPM 0:54:08.93

##### WOMEN 3000 Yard 45-49

NA Theresa Strack 49 SLAM 0:53:24.99 (Swum in Carbondale, IL, Nov 14, 2009)

##### WOMEN 3000 Yard 55-59

3 Laurie Smith G 57 SLAM 0:42:19.99

4 Catherine Kohn K 56 SLAM 0:42:50.12

17 Sue Kramer M 56 SLAM 0:53:22.04 (Swum in Carbondale, IL, Nov 14, 2009)

##### WOMEN 3000 Yard 60-64

6 Mary Pohlmann M 64 SLAM 0:51:44.12

##### WOMEN 3000 Yard 65-69

8 Bonnie Bence C 65 SLAM 0:59:27.54

##### MEN 3000 Yard 40-44

10 Bruce Hopson E 43 SLAM 0:36:56.06

##### MEN 3000 Yard 50-54

21 Brian Balfour P 52 CSPM 0:46:00.56

##### WOMEN 6000 Yard 40-44

1 Kelly Main K 44 SLAM 1:14:06.22

##### WOMEN 6000 Yard 45-49

9 Teri Griege 48 SLAM 1:37:45.01

##### MEN 6000 Yard 45-49

9 Karl Larson A 45 CSPM 1:30:24.10