3000-6000 YARD POSTAL SWIM

OZARK LMSC –updated 5/11/15

Age Group	Name (Women)	Age	Distance	Time	Year	Name (Men)	Age	Distance	Time	Year
19-24										
25-29	Melissa Holtmeyer	25	3000	:49:28.53	2009					
30-34	Stephanie Hiebert	32	3000	:42:07.65	2009					
35-39										
40-44						Bruce Hopson	43	3000	:36:56.06	2009
40-44	Kelly Main	44	6000	1:14:06.22	2009					
45-49	Theresa Strack	49	3000	:53.24.99	2009					
45-49	Teri Griege	48	6000	1:37.45.01	2009	Karl Larson	45	6000	1:30:24.10	2009
50-54						Brian Balfour	52	3000	:46:00.56	2009
						James Halliburton	51	6000	1:06:51.15	2010
55-59	Laurie Smith	57	3000	:42.19.99	2009	Chris Sheets	55	3000	:46:50.50	2014
60-64	Mary Pohlmann	64	3000	:51:44.12	2009					
65-69	Bonnie Bence	65	3000	:59:27.54	2009					
70-74						Robert Blake	73	3000	49:20.44	1998
75-79						Robert Blake	76	3000	48:24.23	2001
80-84										

85-89										
90-94										