

Race Date
April 13, 2013

2013 Spring Sprint
Age Group Results

Female Open Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Melissa Ophoff	Saint John	32	542	9	22:38.1	7:18/M

Male Open Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Blake DeBoer	Hudsonville	21	505	1	18:58.5	6:07/M

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Male 1 to 10

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Jared Van Baren	Cedar Lake	10	551	29	26:49.7	8:39/M
2	Jed Ophoff	Saint John	9	544	30	26:50.2	8:39/M
3	Jonah Regnerus	Cedar Lake	8	546	51	29:08.5	9:24/M
4	Tyler Lenting	St. John	9	532	55	29:44.3	9:35/M
5	Silas Van Baren	Cedar Lake	8	550	56	29:44.3	9:35/M
6	Brady Vroom	Cedar Lake	9	571	69	34:11.4	11:02/M
7	Mark Holleman		10	584	71	40:34.4	13:05/M
8	David Holleman	Dyer	10	519	72	40:34.6	13:05/M

Female 11 to 14

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Kate Lubbers	Crown Point, IN	13	536	40	27:51.3	8:59/M
2	Nicole Zandstra	Lansing	13	575	44	28:05.1	9:04/M
3	Amanda Ophoff	Saint John	13	543	54	29:27.9	9:30/M
4	Jaedyn Zylstra	Thornton	14	580	61	31:26.3	10:08/M
5	Michala Lubbers	Crown Point, IN	14	537	62	31:41.2	10:13/M
6	Julia Holleman	Beecher	12	521	63	31:42.7	10:14/M

Male 11 to 14

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Seth Bleyenbergh		13	585	3	19:40.5	6:21/M
2	Luke Huizenga		13	586	8	22:13.9	7:10/M
3	Sam Ophoff	St. John	14	540	16	24:22.5	7:52/M
4	Luke Van Baren	Cedar Lake	11	552	24	25:23.5	8:11/M
5	Sam Lenting	St. John	11	533	31	26:51.3	8:40/M
6	Alec Zandstra	Crete	14	576	36	27:25.9	8:51/M
7	Dale Van Der Noord	Crete	13	559	37	27:26.8	8:51/M

Female 15 to 19

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Erin Kooiker	Tinley Park	18	525	17	24:35.1	7:56/M
2	Kelly Warner	Dyer	19	573	25	25:50.2	8:20/M
3	Abby Ophoff	St. John	17	541	45	28:07.1	9:04/M

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Male 15 to 19

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Isaac Van Baren	Cedar Lake	15	553	6	20:35.9	6:38/M
2	Zach Zylstra	Thornton	18	581	7	21:42.2	7:00/M

Female 20 to 24

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Jori Dotson	Crestwood	23	508	42	28:00.8	9:02/M
2	Amy Terpstra	Lansing	23	549	43	28:03.4	9:03/M
3	Alicia Verburg	munster	24	568	47	28:31.4	9:12/M
4	Lydia Lanting	Crown Point	21	530	48	28:32.7	9:12/M
5	Erin Van Der Noord	Dyer	23	560	52	29:19.7	9:27/M
6	Brenna Krygsheld	Lansing	21	526	53	29:20.9	9:28/M
7	Jennifer De Jong	Dyer	24	504	64	31:43.1	10:14/M
8	Lauren Wiltjer	Cedar Lake	22	574	66	32:00.4	10:19/M
9	Christina Zandstra	Lansing	21	578	70	34:20.2	11:05/M

Male 20 to 24

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Zach Lanting	Schererville	24	531	2	19:36.6	6:19/M

Female 25 to 29

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Allyson Vis	Cedar Lake	26	570	15	24:20.1	7:51/M
2	Beth Vermeer	Cedar Lake	29	569	49	28:51.8	9:18/M
3	Jennifer Van Baren	Crown Point	25	556	50	28:54.8	9:19/M

Male 25 to 29

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Jonathan Mahtani	St. John	28	538	4	20:15.8	6:32/M
2	Justin Verburg	Dyer	28	567	19	24:37.9	7:56/M
3	brian van baren	munster	28	558	46	28:29.3	9:11/M

Female 30 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Alison Vander Woude	Hammond	33	563	10	22:56.4	7:24/M

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Female 30 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
2	Pamela Dykstra	Lansing	31	511	12	23:44.8	7:39/M
3	Mary Langerak	Coopersville	37	527	21	24:54.3	8:02/M
4	Tiffany Van Baren	Cedar Lake	33	555	32	26:51.9	8:40/M
5	Beth Van Baren	Beecher	39	557	34	27:12.2	8:46/M
6	Carrie Langerak	Crete	30	529	35	27:14.2	8:47/M
7	Jennifer DeJong	Crete	35	506	57	29:44.5	9:35/M
8	Jennifer Medema	Cedar Lake	34	539	58	30:35.6	9:52/M
9	Bobbi Regnerus	Cedar Lake	31	547	60	31:19.4	10:06/M
10	Michelle Dykstra	Chicago	31	512	67	33:18.8	10:45/M

Male 30 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Stephan DeJong	Crete	36	507	5	20:35.4	6:38/M
2	Jamie Langerak	Coopersville	38	528	11	23:44.5	7:39/M
3	Pete Bultem		33	587	18	24:36.9	7:56/M
4	Nathan Haak	Crete	36	517	20	24:52.9	8:01/M
5	Barry Boer	Lansing	38	502	27	26:30.2	8:33/M
6	Greg Lenting	St. John	39	534	33	26:53.7	8:40/M
7	Joel Zandstra	Dyer	34	579	59	30:54.9	9:58/M

Female 40 to 49

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Richelle Vander Zee	Cedar Lake	41	564	14	24:15.8	7:49/M
2	Rachel Hillegonds	Dyer	41	518	22	24:58.8	8:03/M
3	Shelley Van Der Noord	Crete	44	561	38	27:30.4	8:52/M
4	Jann Huizenga	Cedar Lake	41	524	39	27:49.5	8:58/M
5	Leah Lenting	Crete	48	535	65	32:00.3	10:19/M
6	Judie Holleman	Beecher	44	522	74	43:39.3	14:05/M

Male 40 to 49

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Bob Vander Zee	Cedar Lake	42	565	13	24:02.1	7:45/M
2	Steve Huizenga	Cedar Lake	41	523	23	25:10.8	8:07/M
3	Michael Feenstra	Cedar Lake	40	515	28	26:33.6	8:34/M

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Female 50 and over

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Ruth Elzinga	Grandville	58	514	73	41:44.1	13:28/M
2	Eleanor Boer	Lansing	63	501	76	47:58.7	15:28/M

Male 50 and over

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Keith Van Drunen	Lansing	54	562	26	26:19.4	8:29/M
2	Michael Elzinga	Grandville	56	513	41	27:55.6	9:00/M
3	Don Vroom	Cedar Lake	52	572	68	33:45.4	10:53/M
4	Pete Poortinga		67	583	75	47:34.2	15:21/M