

# 2013 Breathe Deep 5K

## Age Group Results

Race Date  
November 09, 2013

### 5K Run

#### 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	Elizabeth Waterstraat		38	510	2	19:53.0	6:25/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	Eric Hritsuk		34	478	1	19:39.7	6:20/M

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## No age provided

<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	Steve Pogni		0	543	39	34:00.8	10:58/M

## Female 1 to 18

<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	Brooke Heldermon		12	539	50	37:59.2	12:15/M

## Male 1 to 18

<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	Kyle Bell		12	534	3	20:39.8	6:40/M

## Female 19 to 30

<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	Ashley Dziedzic		28	532	7	21:46.0	7:01/M
2	Lauren Maloney		24	486	31	32:10.3	10:23/M
3	Jillian DiFronzo		29	466	35	33:08.4	10:41/M
4	Rachel Scheck		28	504	42	34:33.2	11:09/M
5	Brittany Manka		28	542	45	35:45.7	11:32/M
6	Lori Nolan		29	496	46	36:07.8	11:39/M

## Male 19 to 30

<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	Noel Hermsillo		27	476	8	22:37.4	7:18/M
2	Mike Nolan		26	531	10	23:41.6	7:38/M
3	Guillermo Cabrales		30	458	13	25:50.8	8:20/M
4	Adam Burkert		29	524	18	27:35.6	8:54/M
5	Elliot Engelsen		24	470	19	29:03.3	9:22/M
6	Ignatius Varghese		26	523	53	45:37.1	14:43/M

## Female 31 to 40

<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	CATHERINE FAVILLA		40	471	22	30:08.1	9:43/M
2	Michelle Amosson		33	451	24	31:24.8	10:08/M
3	Nikki Dolvig		37	468	25	31:25.5	10:08/M

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## Female 31 to 40

<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>
4	Kristina Phipps		36	499	26	31:33.7	10:11/M
5	Stawimira Spasou		33	528	27	31:45.6	10:15/M
6	Cynthia Mares		31	488	30	32:08.6	10:22/M
7	Sharri Ptak		40	530	32	32:24.9	10:27/M
8	Michele Nechtow		32	495	34	32:50.3	10:35/M
9	Susan Larrick		37	541	36	33:52.4	10:55/M
10	Frances Scher		35	505	37	33:52.6	10:55/M
11	Jennifer Solms		34	507	40	34:00.9	10:58/M
12	Abby Fauro		32	527	41	34:14.5	11:03/M
13	Kelly Monaghan		36	494	43	34:41.5	11:11/M
14	Julie Papenbrok		34	498	44	35:11.8	11:21/M
15	Kathryn Bartels		36	452	48	37:09.3	11:59/M
16	Karina Medina		36	492	49	37:52.6	12:13/M
17	Marilyn Varghese		34	522	54	45:40.7	14:44/M
18	Kelly DeCanio		31	465	56	57:11.4	18:27/M
19	Ryan Maloney		33	487	57	1:00:39.0	19:34/M
20	Stephanie Dambrosio		36	464	58	1:00:39.4	19:34/M

## Male 31 to 40

<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	Nick Bucciarelli		33	457	5	21:02.5	6:47/M
2	Jay Thierauf		32	509	11	24:48.9	8:00/M
3	Michael Hatt		36	475	14	26:33.9	8:34/M
4	Brian Reger		36	502	15	26:34.8	8:34/M
5	Todd Matthews		34	491	20	29:49.8	9:37/M
6	Frank Dambrosio		37	463	51	38:22.2	12:23/M

## Female 41 to 50

<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	Marion Rudnick		47	503	16	26:49.9	8:39/M
2	michelle matthews		41	490	21	30:06.4	9:43/M
3	Stephanie Reifenrath		43	529	23	31:11.3	10:04/M
4	Joanne Kalchbrenner		50	481	29	31:59.4	10:19/M
5	Amy Belich		42	453	33	32:33.7	10:30/M
6	Kelly Megyese		46	493	38	33:52.8	10:55/M
7	Jac kie Lobono		48	513	47	36:39.4	11:49/M
8	Judy King		46	514	52	42:18.7	13:39/M
9	Lucy Pabst		42	544	55	56:51.4	18:20/M

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#### Female 41 to 50

<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>
10	Katherine Ast		42	545	59	1:05:24.1	21:06/M

#### Male 41 to 50

<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	richard sciortino		48	506	4	20:50.9	6:43/M
2	Jeff Wagner		46	533	9	22:48.8	7:21/M
3	Grant Bell		47	535	12	24:49.4	8:00/M
4	Tony Keas		43	482	28	31:49.4	10:16/M

#### Male 51 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	David Grim		55	518	6	21:13.8	6:51/M
2	Mark Wilnewic		55	512	17	27:14.8	8:47/M

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Race Date  
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### 10K Run

#### 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	Jennifer Leskis		38	485	5	47:37.6	7:41/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	Adam Haftl		24	473	1	41:21.7	6:40/M

## 2013 Breathe Deep 5K

Age Group Results

## 10K Run

## Female 19 to 30

<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	Candice Bingen		26	454	9	51:53.6	8:22/M
2	Stefanie DeBrock		26	521	15	1:01:26.0	9:55/M
3	Ralene Hall		29	474	16	1:01:26.4	9:55/M
4	Michelle Mason		27	489	20	1:25:10.9	13:44/M
5	Katie Hanahan		27	515	21	1:40:26.4	16:12/M

## Female 31 to 40

<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	Elise Jennings		33	520	10	52:49.5	8:31/M
2	Vanessa Peca		31	525	17	1:02:26.2	10:04/M

## Male 31 to 40

<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	David Johnston		40	480	2	43:30.4	7:01/M
2	Matthew Papenbrok		31	497	6	47:51.7	7:43/M
3	Brian Feezy		31	526	8	48:46.4	7:52/M
4	Joel Carrera		34	460	12	53:32.0	8:38/M

## Female 41 to 50

<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	Amy Cunningham		41	462	14	1:00:25.3	9:45/M

## Male 41 to 50

<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	David Kingman		45	483	3	44:18.5	7:09/M
2	Nick Ham		50	516	4	46:38.8	7:31/M
3	Bret Popper		47	500	11	53:30.9	8:38/M
4	Mark Cloud		48	461	13	59:37.4	9:37/M

## Female 51 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	Linda Erickson		54	517	18	1:05:48.4	10:37/M

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<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	Ken Ratajczyk		53	501	7	48:22.2	7:48/M
2	Lou Governale		70	472	19	1:12:12.0	11:39/M
3	John Boyd		69	456	60	1:34:46.3	30:34/M