

Race Date  
April 06, 2013

Knight's Run 5K  
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	Tana Ryken		15	63	22	26:02.5	8:24/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	Ron Kinamt		34	97	1	19:27.8	6:16/M

Knight's Run 5K  
Age Group Results

Female 1 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	Brenna Tolkamp		12	78	26	26:13.6	8:27/M
2	Kirsten Hentschel		13	96	27	26:17.5	8:29/M
3	Sarah Mahnesmith		11	41	33	26:39.0	8:36/M
4	Naomi Hamstra		12	29	38	27:40.8	8:55/M
5	Erica de Jong		11	110	39	27:43.6	8:56/M
6	Miriam Hamstra		12	28	41	27:44.5	8:57/M
7	Genevieve Anderson		12	5	43	27:47.8	8:58/M
8	Erin Ryken		14	65	49	28:56.5	9:20/M
9	Megan de Jong		12	109	60	30:45.9	9:55/M
10	Desirae Nanninga		8	46	65	32:26.4	10:28/M
11	Andrea Eades		12	23	75	34:19.4	11:04/M
12	Amy Eades		9	19	76	34:28.6	11:07/M
13	Chloe Dobson		13	103	78	35:02.6	11:18/M
14	Caitlyn Epley		10	24	97	43:33.2	14:03/M

Male 1 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	Kaiden Tolkamp		14	77	9	23:16.8	7:30/M
2	Gavin Herrema		10	32	11	24:10.9	7:48/M
3	Ben Lins		11	39	12	24:11.2	7:48/M
4	Chris Beezhold		13	8	14	24:21.2	7:51/M
5	Joshua de Jong		8	111	23	26:07.1	8:25/M
6	Colton Pribyl		8	93	34	27:28.8	8:52/M
7	Caleb Birkett		10	10	36	27:32.6	8:53/M
8	Doug Schurman		12	71	44	28:03.0	9:03/M
9	Mason Vander Molen		11	80	52	29:34.7	9:32/M
10	Zachary Thomas		12	76	53	29:35.1	9:33/M
11	Jacob Roodzant		10	61	62	30:56.8	9:59/M
12	Reagan Ryken		11	64	72	33:26.2	10:47/M
13	Will Sampson		9	101	80	35:21.4	11:24/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	Allison Eades		15	20	45	28:19.1	9:08/M
2	Courtney Kalma		17	35	48	28:41.0	9:15/M
3	Renae Buijter		15	14	73	33:33.3	10:49/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	Justin Wicker		19	90	2	20:48.1	6:43/M
2	Jake Bowers		15	13	3	21:18.7	6:52/M
3	Mitchell Zeilenga		18	92	4	21:23.3	6:54/M
4	Malachi Kristoff		16	38	5	21:27.9	6:55/M
5	Isaiah DeVries		16	17	8	22:43.2	7:20/M
6	Luke Dexter		16	18	17	25:15.5	8:09/M
7	John VanKley		17	84	28	26:23.4	8:31/M
8	Colin Quigg		15	59	40	27:44.1	8:57/M
9	Cody Stegenga		15	74	70	33:12.4	10:43/M

Female 20 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	Alecia Penninga		23	52	54	29:45.2	9:36/M
2	Allison Walker		27	87	67	32:51.8	10:36/M
3	Tera Pfortmiller		25	55	81	35:29.7	11:27/M
4	Laurissa Boman		25	12	83	35:48.5	11:33/M

Male 20 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	Kevin VanKley		29	86	6	21:40.4	6:59/M
2	David Schurman		23	72	13	24:13.1	7:49/M
3	Greg Parchem		29	50	15	24:33.9	7:55/M
4	Jim Lolkeme		28	105	19	25:34.0	8:15/M
5	Todd Hentschel		28	95	20	25:42.4	8:17/M
6	Carl Hall		28	27	88	36:56.3	11:55/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	Julie Perkins		32	53	29	26:24.8	8:31/M
2	Elizabeth Bayci		38	7	30	26:24.8	8:31/M
3	Brooke Campbell		33	15	31	26:32.6	8:34/M
4	Kate Przybylski		30	56	55	30:00.9	9:41/M
5	Jennifer Rusk		33	62	56	30:01.0	9:41/M
6	Patti DeBoer		35	4	66	32:31.9	10:29/M
7	Valarie Post		34	106	82	35:44.9	11:32/M
8	Abby Hale		35	26	84	36:11.7	11:40/M
9	Dana VanderMolen		39	82	85	36:18.1	11:43/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>
10	Mary Vander Molen		35	79	95	40:50.7	13:10/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	Kevin Rector		32	60	7	21:50.0	7:03/M
2	Andrew Herz		32	33	25	26:10.4	8:26/M
3	Ray VanderMolen		36	81	47	28:37.9	9:14/M
4	Jeff Sampson		36	68	57	30:18.6	9:46/M
5	Jason Putman		37	57	89	36:57.6	11:55/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	Sherry Foley		49	98	32	26:34.9	8:34/M
2	Michele Sampson		46	66	58	30:18.7	9:46/M
3	Mary DeBoer		47	16	59	30:42.3	9:54/M
4	Julie de Jong		40	107	61	30:46.3	9:55/M
5	Lara Herrema		42	30	64	31:16.1	10:05/M
6	Sherri Tazelaar		49	75	71	33:14.8	10:43/M
7	Kim Dobson		42	104	74	33:52.4	10:55/M
8	Charlene Maule		49	42	86	36:19.3	11:43/M
9	Christine Mahnesmith		46	40	92	39:46.2	12:50/M
10	Nancy Eades		43	22	93	40:24.6	13:02/M
11	Ronni Mitchem		40	45	98	43:38.5	14:05/M
12	Shelly Anderson		49	6	99	48:26.8	15:37/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	Jamie Bogaard		41	11	10	23:32.6	7:35/M
2	Fred Schakel		45	69	18	25:17.4	8:09/M
3	Arie de Jong		42	108	24	26:07.6	8:25/M
4	Steve Pribyl		42	94	35	27:29.2	8:52/M
5	Tim Birkett		41	9	37	27:34.6	8:54/M
6	Todd DeVrios		41	100	42	27:46.4	8:57/M
7	Rick Vanderwal		49	83	46	28:37.6	9:14/M
8	Derek Herrema		41	31	63	31:14.9	10:05/M
9	Todd Nanninga		41	47	68	33:00.4	10:39/M
10	Pho Eades		47	21	77	34:30.6	11:08/M

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### 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>
11	Mark Dobson		45	102	79	35:04.5	11:19/M
12	Doug Parcel		44	49	87	36:54.5	11:54/M

### Female 50 to 59

<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	Diane Spurgeon		51	73	50	29:02.3	9:22/M
2	Cindy Meyers		51	44	90	37:32.9	12:06/M
3	Terri Whitaker		51	89	91	37:33.3	12:07/M
4	diane hudak		54	34	96	41:05.2	13:15/M
5	Wanda Knip		50	37	100	48:27.0	15:38/M

### Male 50 to 59

<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	Terry Pfortmiller		53	54	69	33:09.8	10:42/M

### Female 60 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	Margie VanKley		70	85	51	29:33.7	9:32/M

### Male 60 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	Jim Stoez		65	91	16	25:01.2	8:04/M
2	Daniel Hayes		62	99	21	25:54.3	8:21/M
3	R.J. Mengel		62	43	94	40:38.9	13:06/M