

Race Date
April 25, 2015

5th Annual Pancake Pacer 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	Michelle Haan		24	4015	1	19:52.7	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	John VanderPol		32	4159	2	19:53.2	6:25/M

5th Annual Pancake Pacer 5K

Race Date
April 25, 2015

Age Group Results

Female 19 and Under

<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	Tiffany Groen		19	4005	40	25:04.8	8:05/M
2	Miranda Bouwer		18	3938	67	29:03.3	9:22/M
3	Lorin Smits		19	4126	77	29:16.9	9:26/M
4	Elisabeth Knot		13	4044	78	29:17.5	9:27/M
5	Abby Mejan		12	4065	85	29:46.6	9:36/M
6	Ashley Morecraft		17	4073	95	30:26.3	9:49/M
7	Katie Mejan		10	4066	108	31:23.3	10:07/M
8	Lorisa Sterk`		19	4130	110	31:47.1	10:15/M
9	Kelli Grimm		18	4003	111	31:47.1	10:15/M
10	Janna Vree		19	4169	112	31:47.5	10:15/M
11	Frances Boerman-Cornell		11	3921	124	34:27.2	11:07/M
12	McKenna Lucito		17	4059	133	34:43.5	11:12/M
13	Sydney DeVries		13	3976	148	36:19.1	11:43/M
14	Kelsey Bonnema		18	3929	159	39:35.5	12:46/M
15	Emily Ipema		17	4029	160	39:38.4	12:47/M
16	Bri LaRock		16	4053	182	45:37.5	14:43/M
17	Megan Davids		12	3959	185	46:44.2	15:05/M
18	Christy De Boer		19	3962	193	49:11.1	15:52/M
19	Jannae Allen		18	3904	197	50:41.9	16:21/M
20	Marissa Pratscher		18	4097	198	50:42.3	16:21/M
21	Deanna Wiltjer		17	4178	199	50:43.1	16:22/M
22	Kylie Bonnema		18	3924	200	50:46.3	16:23/M
23	Emily Vander Bent		18	4149	201	50:46.6	16:23/M
24	Carlee Faber		14	3993	212	51:26.8	16:35/M
25	Brittany Bonnema		15	3927	225	55:53.4	18:02/M
26	Danielle Bonnema		11	3928	226	55:54.7	18:02/M

Male 19 and Under

<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 Mulderink k		15	4077	8	20:56.9	6:45/M
2	Dustin Pluard		19	4093	10	21:05.2	6:48/M
3	Justin Van Prooyen		12	4146	11	21:36.4	6:58/M
4	Luke Haan		14	4013	15	22:05.8	7:07/M
5	Justin Van Drunen		12	4142	25	23:15.8	7:30/M
6	Grant Gibson		13	4000	27	23:49.5	7:41/M
7	Jacob Vander Zee		12	4157	29	24:02.8	7:45/M
8	Ben DeYoung		17	3979	37	24:46.7	7:59/M
9	Sam Boonstra		13	3932	44	25:28.4	8:13/M
10	Joel Bergsma		18	3916	49	26:12.8	8:27/M
11	Joe Smit		15	4120	51	26:51.8	8:40/M
12	Hunter Smit		18	4122	65	28:54.9	9:19/M

5th Annual Pancake Pacer 5K

Race Date
April 25, 2015

Age Group Results

Male 19 and Under

<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>
13	Tyler Bosman		18	3933	71	29:10.1	9:25/M
14	Nathan Davids		15	3957	81	29:30.7	9:31/M
15	Zach Rozendal		13	4108	97	30:31.8	9:51/M
16	Kyle Musch		16	4079	98	30:33.3	9:51/M
17	Marc Rozendal		11	4109	101	30:51.2	9:57/M
18	David Knot		19	4042	114	32:12.1	10:23/M
19	Andrew Smits		14	4128	120	34:00.8	10:58/M
20	Ryan Barnes		18	3911	121	34:01.3	10:58/M
21	Brad Kamstra		18	4034	122	34:20.5	11:05/M
22	Matthew Smits		11	4129	140	34:58.5	11:17/M
23	Dylan LaRock		14	4052	181	45:37.3	14:43/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	Nikki VanDyke		29	4162	43	25:10.9	8:07/M
2	Anneke Knot		20	4043	45	25:42.3	8:17/M
3	Allison Stoub		24	4132	52	26:54.4	8:41/M
4	Danielle Venhuizen		23	4165	62	28:28.1	9:11/M
5	Crystal Vander Zee		24	4155	73	29:13.8	9:25/M
6	Elizabeth Van Drunen		25	4141	74	29:14.5	9:26/M
7	Mariel Knot		22	4039	75	29:16.1	9:26/M
8	Kayla Vander Zee		22	4156	76	29:16.3	9:26/M
9	Elizabeth Fiala		24	3996	88	30:02.2	9:41/M
10	Jessica Groen		22	4007	93	30:14.8	9:45/M
11	Emily Stoub		27	4131	103	31:09.8	10:03/M
12	Alexa Groen		22	4004	130	34:40.3	11:11/M
13	Jessica Porte		24	4094	131	34:41.5	11:11/M
14	Michelle Katzberg		27	4035	175	44:10.8	14:15/M
15	Amanda Evers		25	3992	178	44:50.6	14:28/M
16	Bethany Zirbel		26	4187	195	50:35.6	16:19/M
17	Grace Deboer		29	3969	206	50:55.1	16:25/M
18	Danielle Groen		23	4009	214	51:52.4	16:44/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	Josiah Luttjeboer		25	4060	3	20:06.2	6:29/M
2	Joshua De Jong		28	3963	4	20:16.2	6:32/M
3	Ignacio Ramos		29	4100	6	20:37.1	6:39/M
4	Kevin Haan		26	4014	12	21:39.1	6:59/M

5th Annual Pancake Pacer 5K

Age Group ResultsRace Date

April 25, 2015

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>
5	Brian Haverdink		25	4019	14	22:05.4	7:07/M
6	Steve Dykstra		20	3987	18	22:39.3	7:18/M
7	Brian Aleck		26	3901	21	22:57.6	7:24/M
8	Max Boonstra		21	3931	23	23:11.2	7:29/M
9	Kevin Vermeer		22	4167	24	23:11.9	7:29/M
10	Scott DeBoer		27	3967	28	23:52.6	7:42/M
11	Derek VanDyke		29	4190	30	24:15.5	7:49/M
12	Brad Leegwater		22	4055	31	24:38.7	7:57/M
13	Austin Parks		21	4192	34	24:43.3	7:58/M
14	Jeff Van Beek		24	4139	38	24:48.5	8:00/M
15	Josh DeBoer		27	3968	39	25:01.6	8:04/M
16	Dwayne Allgyer		25	3905	50	26:46.2	8:38/M
17	Craig Vander Molen		27	4150	53	26:55.2	8:41/M
18	Alex DeYoung		20	3978	58	27:57.8	9:01/M
19	Noah VanDrunen		22	4161	94	30:14.8	9:45/M
20	Kevin O'Neal		26	4085	96	30:29.8	9:50/M
21	Andrew Knot		24	4041	115	32:14.5	10:24/M
22	Tredan Hemphil		20	4020	192	49:06.1	15:50/M
23	Chad Groen		24	4008	196	50:35.7	16:19/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	Lori Evenhouse		32	3991	35	24:44.6	7:59/M
2	Melissa Vander Woude		34	4152	56	27:36.1	8:54/M
3	Laura Mulder		33	4075	60	28:25.4	9:10/M
4	Rachel Davids		33	3955	61	28:25.6	9:10/M
5	Jackie Roggeveen		32	4104	68	29:04.3	9:23/M
6	Wendy Moes		37	4068	72	29:13.5	9:25/M
7	Austrial Dunbar		37	3983	82	29:38.5	9:34/M
8	Lisa Blocker		32	3917	87	29:56.1	9:39/M
9	Clare Bonnema		33	3925	104	31:11.5	10:04/M
10	Sarah Rudenga		35	4110	126	34:31.7	11:08/M
11	Tanya Wolff		31	4180	128	34:33.9	11:09/M
12	Sarah Boer		32	3919	132	34:42.1	11:12/M
13	Jayne Hoogerwerf		33	4025	145	35:44.5	11:32/M
14	Karen Clark		37	3949	149	36:47.6	11:52/M
15	Cathy Mosley		38	4074	151	36:53.5	11:54/M
16	April Armendariz		36	3909	153	37:11.7	12:00/M
17	Katie Castillo		31	3947	156	38:48.8	12:31/M
18	Rachel DeVries		39	3975	171	42:13.9	13:37/M
19	Holly Haitsma		33	4017	173	43:58.8	14:11/M

5th Annual Pancake Pacer 5K

Age Group ResultsRace Date

April 25, 2015

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>
20	Rebecca Peters		34	4092	176	44:11.5	14:15/M
21	Sarrah Schipper		38	4113	202	50:48.7	16:23/M
22	Danielle Maciszak		31	4061	210	51:15.9	16:32/M
23	Maggie Clark		30	3951	215	51:56.8	16:45/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	Nicholas Groen		31	4011	9	20:57.5	6:45/M
2	Michael DeVries		38	3974	13	21:59.7	7:05/M
3	Tim Dykstra		33	3986	42	25:08.9	8:06/M
4	Jacob Veldhuizen		32	4164	59	28:08.3	9:05/M
5	Kevin Morandi		38	4070	70	29:09.5	9:24/M
6	Dan Oldenkamp		33	4084	102	31:03.1	10:01/M
7	Tevita Falahola		30	4191	119	33:10.3	10:42/M
8	Adam Clark		38	3950	150	36:49.2	11:53/M
9	Paul Armendariz		36	3910	152	37:09.7	11:59/M
10	James Haitsma		33	4016	172	43:10.8	13:55/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	Michelle Fiene		45	3998	17	22:26.9	7:14/M
2	Richelle Vander Zee		43	4153	33	24:42.5	7:58/M
3	Betsy Cutrara		48	3954	41	25:06.4	8:06/M
4	Rachel Hillegonds		43	4021	47	25:53.9	8:21/M
5	Tara Devereaux		43	3973	69	29:08.6	9:24/M
6	Lorraine Peerbolte		47	4091	83	29:43.7	9:35/M
7	Rachelle Knapper		47	4036	86	29:53.1	9:38/M
8	Stacia Smits		45	4125	105	31:13.6	10:04/M
9	Lori Mejan		40	4064	109	31:23.9	10:07/M
10	Diana Morecraft		42	4071	113	32:06.3	10:21/M
11	Darlene Van Prooyen		43	4145	117	32:23.5	10:27/M
12	Kristne Opie		48	4086	123	34:25.4	11:06/M
13	Elana Reid		40	4102	127	34:31.8	11:08/M
14	Deborah Knot		49	4038	129	34:33.9	11:09/M
15	Betsy Archer		47	3908	134	34:46.9	11:13/M
16	KRISTINE QUICK		42	4099	138	34:47.7	11:13/M
17	Debra Smits		46	4127	141	35:11.7	11:21/M
18	Angie Davids		42	3958	142	35:16.8	11:23/M
19	Kay Ranola		45	4101	154	37:33.6	12:07/M

Race Date
April 25, 2015

5th Annual Pancake Pacer 5K
Age Group Results

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>
20	Brenda De Vries		45	3966	155	37:36.3	12:08/M
21	Monica Decker		47	3971	162	40:29.3	13:04/M
22	Laura White		45	4176	163	40:29.5	13:04/M
23	Christina Buiters		43	3942	164	41:22.8	13:21/M
24	Debra Van Kalker		44	4144	165	41:22.8	13:21/M
25	Michelle Bouwer		48	3937	166	41:23.8	13:21/M
26	Sandy Vree		48	4170	167	41:24.3	13:21/M
27	Nanci Natale		45	4080	170	41:51.5	13:30/M
28	Jan Tillema		43	4135	174	44:09.4	14:15/M
29	Dawn Wegner		43	4174	177	44:14.9	14:16/M
30	Kim Boss		47	3936	186	46:47.3	15:05/M
31	Amy Boerman-Cornell		48	3920	187	46:52.6	15:07/M
32	Lisa Gold		48	4001	189	47:26.5	15:18/M
33	Katie Holderby		45	4024	190	47:33.3	15:20/M
34	Claire Fabrizius		49	3995	191	47:35.1	15:21/M
35	Heather Breclaw		44	3939	203	50:48.9	16:23/M
36	Patty De Boer		48	3960	205	50:53.8	16:25/M
37	Eileen Bonnema		45	3923	207	51:14.9	16:32/M
38	Jill Wiltjer		49	4177	208	51:14.9	16:32/M
39	Deanne Barnes		45	3912	209	51:15.1	16:32/M
40	Cindy Smit		48	4119	219	54:35.6	17:36/M
41	April VanderBent		45	4158	221	54:56.9	17:43/M
42	Linda Corral		49	3953	222	54:57.1	17:44/M
43	Regina Ross-Ude		41	4105	224	55:16.9	17:50/M
44	Camie Hilllegonds		45	4022	228	56:40.4	18:17/M
45	Susanna Beezhold		46	3914	229	56:47.3	18:19/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	Brett Mejan		41	4063	5	20:20.1	6:34/M
2	John Fiene		48	3997	7	20:37.5	6:39/M
3	Len DeYoung		40	3982	16	22:12.6	7:10/M
4	Jeff Pals		44	4089	19	22:44.8	7:20/M
5	Tom DeCavitch		48	3970	22	23:07.1	7:27/M
6	Jamie Bogaard		43	3922	32	24:41.6	7:58/M
7	Bob Vander Zee		44	4154	36	24:45.3	7:59/M
8	Raleigh West		42	4175	48	25:57.6	8:22/M
9	Brian Buiters		44	3943	54	27:23.5	8:50/M
10	Mark Eenigenburg		46	3989	55	27:25.1	8:51/M
11	Kurt Knoll		44	4037	57	27:53.2	9:00/M
12	Kevin McGee		45	4062	63	28:50.6	9:18/M

Race Date
April 25, 2015

5th Annual Pancake Pacer 5K
Age Group Results

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>
13	Doug Rozendal		41	4107	66	28:55.3	9:20/M
14	Steven DeYoung		45	3980	79	29:19.5	9:27/M
15	john leegwater		48	4054	84	29:44.7	9:35/M
16	Eric Davids		41	3956	89	30:02.8	9:41/M
17	Ken Mulderink		40	4076	92	30:08.7	9:43/M
18	Greg Smith		42	4124	147	35:46.1	11:32/M
19	Robert Natale		45	4081	169	41:46.3	13:28/M
20	Jim Smit		48	4121	194	50:21.1	16:15/M
21	Scott De Boer		48	3961	204	50:51.3	16:24/M
22	Carl Faber		43	3994	211	51:17.1	16:33/M
23	Uchendu Ude		41	4138	223	55:16.9	17:50/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	Marj Colvin		55	3952	80	29:22.6	9:28/M
2	Amy Allen		51	3902	91	30:08.6	9:43/M
3	Mary Ann Gozdecki		53	4002	99	30:33.9	9:51/M
4	Vicki Huizenga		55	4027	100	30:40.9	9:54/M
5	Christie Smit		54	4118	106	31:16.3	10:05/M
6	Karen Vrdolyak		52	4168	118	32:26.2	10:28/M
7	Ann Mitchell		50	4067	136	34:47.6	11:13/M
8	Katie Larocca		52	4051	137	34:47.6	11:13/M
9	Michele witkus		53	4179	157	39:16.8	12:40/M
10	AJ KUNDE		55	4048	158	39:20.6	12:41/M
11	Donna Teune		54	4133	168	41:32.8	13:24/M
12	Flo Anderson		55	3907	180	45:22.5	14:38/M
13	Jeana Otte		52	4088	183	46:25.6	14:58/M
14	Miriam Dewindt		52	3977	184	46:43.8	15:04/M
15	Mary Lagerwey		53	4049	188	46:52.9	15:07/M
16	Nancy Casey		55	3946	213	51:46.3	16:42/M
17	Trudy Kooy		58	4046	216	53:44.4	17:20/M
18	Mary Wallace		57	4173	218	53:55.7	17:24/M
19	Carlene Jabaay		50	4030	220	54:38.2	17:37/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	Dale Huizenga		51	4026	20	22:56.4	7:24/M
2	Philip VanderWall		51	4160	26	23:19.9	7:31/M
3	William Smit		54	4123	46	25:42.5	8:17/M

Race Date
April 25, 2015

5th Annual Pancake Pacer 5K
Age Group Results

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>
4	Keith Van Drunen		56	4140	64	28:52.4	9:19/M
5	Doug Allen		51	3903	90	30:05.1	9:42/M
6	Peter Boonstra		56	3930	107	31:17.6	10:05/M
7	John Vermeer		54	4193	116	32:16.6	10:25/M
8	Alex Eiland		54	3990	125	34:28.1	11:07/M
9	Tony Lucito		50	4058	139	34:48.1	11:14/M
10	Michael Anderson		54	3906	179	45:21.6	14:38/M
11	Don Kooy		57	4045	217	53:48.7	17:21/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	Pegge ODonnell		60	4082	135	34:47.1	11:13/M
2	Jan Lanting		64	4050	143	35:23.4	11:25/M
3	Liz Rudenga		61	4189	146	35:44.6	11:32/M
4	Debbie Pott		60	4095	161	39:44.1	12:49/M
5	Anita Beezhold		73	3913	227	56:39.6	18:16/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	FREDERICK ORTIZ		62	4087	144	35:28.9	11:26/M