

Spring Lake Heritage Festival 5K

Age Group ResultsRace Date

June 19, 2015

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	Maria Kuiper		18	9193	11	20:19.4	6:33/M
2	Polly Jansen		40	9187	14	21:00.6	6:46/M
3	Maggie Cooper		12	9146	20	22:31.3	7:16/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	Cameron Thalhammer		15	9254	1	17:58.6	5:48/M
2	Ephraim Rosalez		32	9236	2	18:10.1	5:52/M
3	Rich Przybylek		38	8695	3	18:26.4	5:57/M

Female Masters 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	Kimberly West		52	9270	21	22:34.3	7:17/M

Male Masters 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	Matt Jones		41	8670	4	18:45.1	6:03/M

Female Grand Masters 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	Shelly Mattson		52	9208	26	23:06.2	7:27/M

Male Grand Masters 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	Bruce Benson		55	9119	17	21:57.1	7:05/M

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Female 9 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	Reese Workman		9	9279	121	30:01.1	9:41/M
2	Nora Anderson		9	8699	122	30:01.6	9:41/M
3	Molly Fett		6	8687	178	35:06.1	11:19/M

Male 9 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	Caleb Slager		9	9244	79	27:33.6	8:53/M
2	Reuben Anderson		7	9285	127	30:06.3	9:43/M
3	Gabe Trask		8	9257	136	30:37.6	9:53/M
4	Levi Minnerick		7	9213	160	33:23.8	10:46/M

Female 10 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	Annie Cooper		14	9143	33	23:53.8	7:42/M
2	Ainsley Workman		11	9276	49	25:15.8	8:09/M
3	Brianna Zuidema		10	9284	92	28:03.4	9:03/M
4	Taylor Seelye		11	9243	102	28:47.6	9:17/M
5	Grace Cooper		10	9145	107	29:00.1	9:21/M
6	Emily Fett		10	9159	184	36:09.8	11:40/M
7	Alaina Wahl		10	9266	191	37:42.9	12:10/M

Male 10 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	Matthew Jones		14	8673	13	20:36.7	6:39/M
2	Luke Anhalt		14	9106	31	23:46.9	7:40/M
3	Lucas Lyyski		12	9203	69	27:03.2	8:44/M
4	Gerrit Lyyski		10	9202	72	27:10.6	8:46/M
5	Jakoby Champoux		12	9132	196	39:07.6	12:37/M
6	Matthew Tucker		14	9259	204	41:58.9	13:32/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	Makayla Boyink		18	9126	67	26:53.8	8:40/M
2	Hannah Jones		17	8672	73	27:13.4	8:47/M
3	Kendra March		15	8680	152	32:16.9	10:25/M
4	Anja Hochhuth		15	8682	168	34:10.3	11:01/M

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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>
5	Sabrina Hochhuth		19	8679	170	34:12.9	11:02/M

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	Charlie Bartosiewicz		18	9110	16	21:56.8	7:05/M
2	Will Brown		15	9287	19	22:24.1	7:14/M
3	Nathan Peterson		16	9226	27	23:07.8	7:27/M
4	Carsen Boyink		15	9124	68	27:03.2	8:44/M
5	Trey Ellis		17	8684	124	30:03.2	9:42/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	Becca Paquin		22	9225	29	23:17.1	7:31/M
2	Emily Blahnik		20	9123	144	31:20.1	10:06/M
3	Megan Jackson		21	9186	157	33:04.4	10:40/M
4	Alison Chapman		22	9133	167	34:09.2	11:01/M
5	Rebecca Hochhuth		21	8683	169	34:10.5	11:01/M
6	Katelyn McElhaney		22	9210	181	35:43.7	11:31/M
7	Amanda Schmidt		20	9239	188	37:30.9	12:06/M
8	Courtney Klouw		21	9190	206	42:11.4	13:36/M
9	Alexandria Clark		21	9138	207	42:11.6	13:36/M
10	Lauren Andrini		21	9105	208	42:13.7	13:37/M
11	Katie Grenan		20	9174	213	52:41.4	17:00/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	Luke Giroux		23	8692	7	19:32.1	6:18/M
2	Bobby Chapman		24	9134	8	19:38.8	6:20/M
3	Greg Lepley		22	9197	32	23:48.3	7:41/M
4	Lucas Converse		21	9142	42	24:47.7	8:00/M
5	Cassidy Wilmore		23	9292	45	24:56.4	8:03/M
6	Josh Kroening		21	9191	66	26:53.8	8:40/M
7	Matthew Gonzalez		23	9171	134	30:30.6	9:50/M

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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	Brittany Dupont		27	8694	28	23:16.6	7:30/M
2	Sara Paffhausen		29	9222	41	24:41.8	7:58/M
3	Celeste Hibler		25	9177	80	27:33.6	8:53/M
4	Kirsten West		25	9271	128	30:06.9	9:43/M
5	Angela Bauer		29	9112	130	30:08.1	9:43/M
6	Kristina Wozniak		26	9280	138	30:40.9	9:54/M
7	Courtney Smith		28	9246	140	31:07.2	10:02/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	Blake Wilmore		26	9291	64	26:36.3	8:35/M
2	Nathan Derks		27	9147	70	27:03.5	8:44/M
3	Dan Hibler		27	9178	81	27:34.2	8:54/M
4	Michael Wozniak		29	9281	111	29:11.3	9:25/M
5	Tim Rettinhouse		26	9235	195	38:56.3	12:34/M

Female 30 to 34

<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	Vicki Pugsley		34	9229	22	22:41.2	7:19/M
2	Lindsay Robbins		31	8674	23	22:57.5	7:24/M
3	Natalie Treat		30	8660	61	26:32.7	8:34/M
4	Jen Johnson		33	9290	62	26:32.7	8:34/M
5	Megan Rosalez		30	9237	94	28:15.1	9:07/M
6	Bri Reardon		33	9232	109	29:01.1	9:22/M
7	Samantha Wolff		33	9274	115	29:29.5	9:31/M
8	Teresa Verry		34	9265	125	30:04.3	9:42/M
9	Nichole Hudson		31	9185	133	30:18.8	9:46/M
10	Kathryn Maki		34	9206	173	34:35.3	11:09/M
11	Lindsey dykstra		31	9153	174	34:58.3	11:17/M
12	Beth DeVries		32	9148	182	35:47.7	11:33/M
13	Kimberley Lewis		33	9199	198	39:41.1	12:48/M
14	Suzie Lee		32	9195	209	42:24.4	13:41/M

Male 30 to 34

<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	Mario Kyriakides		31	9194	10	20:17.8	6:33/M
2	Matthew Brummette		33	9128	43	24:48.8	8:00/M

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June 19, 2015

Male 30 to 34

<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>
3	Joseph Morrill		31	9215	129	30:07.9	9:43/M

Female 35 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	Victoria Fogel		35	9162	34	23:56.2	7:43/M
2	Kelly Scholten		37	9240	36	24:19.1	7:51/M
3	Paula Chalupa		39	9131	44	24:56.3	8:03/M
4	Heather Chalupa		39	8698	57	26:08.5	8:26/M
5	Chris Slager		38	9245	82	27:34.6	8:54/M
6	Anne Zuidema		38	9283	91	28:02.6	9:03/M
7	Sarah Hirdes		35	9180	96	28:15.6	9:07/M
8	Chrystie armock		37	9108	101	28:47.3	9:17/M
9	Keena Steinke		39	9249	105	28:56.6	9:20/M
10	Jennifer Mason		39	8659	106	28:57.8	9:20/M
11	Erin Charnley		35	9294	110	29:01.1	9:22/M
12	Heather Fett		36	9160	117	29:37.2	9:33/M
13	Rashel Workman		36	9278	123	30:02.8	9:41/M
14	Carrie Anderson		38	9286	131	30:16.9	9:46/M
15	Audra Allen		39	8693	141	31:07.4	10:02/M
16	Amy Fett		36	9157	149	31:46.3	10:15/M
17	Erin clink		37	9139	151	32:16.3	10:25/M
18	Tanya Fehler		39	9156	159	33:15.1	10:44/M
19	Brianne Palmiter		36	9223	165	33:51.4	10:55/M
20	Angela Brummette		35	9127	171	34:25.9	11:06/M
21	ANGELA MCPHERSON		36	9211	186	37:02.4	11:57/M
22	Kenya Velasquez		38	9262	197	39:09.6	12:38/M

Male 35 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	Richard Stevens		35	9250	5	19:26.3	6:16/M
2	Mike Segaar		35	8686	9	20:13.8	6:31/M
3	Christopher Verry		38	9263	12	20:29.2	6:36/M
4	Brandon Hartman		38	9176	15	21:43.9	7:00/M
5	Donald West		38	9269	30	23:37.8	7:37/M
6	Jeff DeVries		38	9149	47	25:11.7	8:07/M
7	Jon Fogel		37	9161	55	26:02.6	8:24/M
8	Brad Hirdes		35	9179	76	27:28.5	8:52/M
9	Chad Lundberg		39	9200	108	29:00.6	9:21/M
10	Greg Workman		36	9277	120	30:00.8	9:41/M

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Male 35 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>
11	Joel Anderson		38	9103	126	30:06.3	9:43/M
12	Thomas Nitzsche		39	9217	155	32:24.4	10:27/M
13	Mark Palmiter		36	9224	166	33:53.9	10:56/M
14	Eric Johnson		38	9188	172	34:28.6	11:07/M
15	Brian Fett		37	9158	194	38:19.5	12:22/M

Female 40 to 44

<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	Carrie Winters		43	9273	40	24:32.8	7:55/M
2	Leslie Thalhammer		43	9255	85	27:41.8	8:56/M
3	Jill DeWitt		43	9150	87	27:43.6	8:56/M
4	Shelly Peel		44	8663	88	27:44.5	8:57/M
5	JJ Fox		40	9163	142	31:08.9	10:03/M
6	Candi Gajdos		40	9166	147	31:39.9	10:13/M
7	Janet Wahl		40	9267	148	31:43.9	10:14/M
8	Michelle Minnerick		41	9214	163	33:49.8	10:55/M
9	Samantha Anhalt		41	9107	175	34:58.5	11:17/M
10	Traci Jones		41	8671	177	34:59.1	11:17/M
11	Judy Frifeldt		44	9165	179	35:22.7	11:25/M
12	Heidi Tucker		40	9258	205	41:59.4	13:33/M
13	Veronica Turien		41	9260	216	54:17.4	17:31/M

Male 40 to 44

<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	Brad Springer		44	9297	6	19:27.1	6:16/M
2	Jeff Verry		40	9264	25	23:03.2	7:26/M
3	Robert Johnson		41	8675	37	24:27.3	7:53/M
4	Rusty Whitaker		43	9272	51	25:32.2	8:14/M
5	William Dickinson		42	9151	59	26:23.4	8:31/M
6	Joe Ortquist		40	9221	84	27:40.4	8:55/M
7	Andrew Blahnik		44	9122	90	28:01.6	9:02/M
8	Andrew Thalhammer		43	9253	93	28:09.5	9:05/M
9	Chad Nader		40	9296	162	33:34.7	10:50/M

Female 45 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	Kathleen Hudson		46	9184	74	27:18.1	8:48/M

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June 19, 2015

Female 45 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>
2	Debbie Dobbs		48	8697	75	27:23.3	8:50/M
3	Erin masko		45	9207	98	28:19.3	9:08/M
4	Rhonda Collins		48	8666	103	28:48.6	9:17/M
5	Beth Lepley		46	9196	118	29:39.7	9:34/M
6	Kristin March		45	8678	137	30:40.9	9:54/M
7	Marcia Wallinga		46	9268	145	31:38.6	10:12/M
8	Melissa Seelye		46	9242	146	31:39.3	10:13/M
9	Elizabeth Lyyski		49	9201	150	32:01.6	10:20/M
10	Dana Zorn		47	9282	189	37:41.3	12:09/M
11	Jamie Hall		46	9175	193	38:03.2	12:16/M
12	Dawn Anderson		48	9102	202	40:28.9	13:03/M
13	Rose Dunlap		45	9152	203	40:33.6	13:05/M

Male 45 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	Aaron Baxter		45	9113	38	24:27.3	7:53/M
2	Neal Milewski		45	9212	56	26:04.3	8:25/M
3	Dirk Hochhuth		47	8677	58	26:21.6	8:30/M
4	Dan Kuiper		49	9192	60	26:28.8	8:32/M
5	Marc Benigni		47	9116	65	26:42.1	8:37/M
6	Jeff Roffey		49	9288	135	30:36.6	9:52/M
7	Steve Lepley		49	9198	199	40:06.6	12:56/M

Female 50 to 54

<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	Barbara Benson		54	9118	54	25:56.3	8:22/M
2	Sheila Goodman		53	9172	78	27:29.6	8:52/M
3	Barb Gibbons		54	9168	89	27:50.3	8:59/M
4	Nancy Darga		54	8665	158	33:05.1	10:40/M
5	Sandy Bartosiewicz		52	9111	187	37:04.5	11:57/M
6	Teresa Smith		50	9248	211	46:52.6	15:07/M
7	Mariann Rettinhouse		50	9234	214	53:02.4	17:06/M

Male 50 to 54

<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	Robert Berghoef		54	9121	86	27:42.8	8:56/M
2	Bill Cooper		53	9144	112	29:13.6	9:25/M

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June 19, 2015

Male 50 to 54

<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>
3	David Hudson		52	9183	132	30:17.3	9:46/M
4	Larry Alexander		53	8688	143	31:12.3	10:04/M
5	Keith Frifeldt		54	9164	180	35:23.1	11:25/M
6	Jim Smith		53	9247	210	46:50.4	15:06/M
7	Dan Rettinhouse		54	9233	215	53:06.1	17:08/M

Female 55 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	Laura Okkonen		55	9218	100	28:27.2	9:11/M
2	Robin Payne		58	8681	119	29:56.4	9:39/M
3	Teresa Chapman		55	9136	139	31:02.9	10:01/M
4	Barb Carriere		58	9130	153	32:19.1	10:25/M
5	NANCY WOOD		58	9275	154	32:21.1	10:26/M
6	Linda Benjamin		56	9117	192	37:45.6	12:11/M

Male 55 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	Kevin Olney		55	9219	46	24:58.6	8:03/M
2	Glen Walling		56	9289	52	25:44.1	8:18/M
3	Bob Aman		55	9101	53	25:49.1	8:20/M
4	Steve Goodman		56	9173	77	27:29.4	8:52/M
5	Thomas McCarthy		56	9209	95	28:15.5	9:07/M
6	Michael Johnston		56	8690	104	28:50.6	9:18/M
7	Mark Herman		59	8685	113	29:18.7	9:27/M
8	Scott Chapman		58	9135	114	29:26.6	9:30/M
9	Tom Gibbons		57	9169	116	29:35.4	9:33/M
10	John Karafa		59	9295	161	33:34.5	10:50/M
11	Steve Anderson		58	9104	201	40:28.1	13:03/M

Female 60 to 64

<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	Carol Mosher		61	9216	99	28:21.7	9:09/M
2	Lynne Pitcher		60	9227	156	32:25.9	10:27/M
3	Kathy Lundberg		64	8661	164	33:50.4	10:55/M
4	Sue Ulmer		61	9261	176	34:58.6	11:17/M

Spring Lake Heritage Festival 5K

Age Group ResultsRace Date

June 19, 2015

Male 60 to 64

<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 Zimmerman		61	8689	18	22:04.2	7:07/M
2	Stephen Behmlander		61	9115	35	24:10.2	7:48/M
3	Kirby Chittenden		62	9137	71	27:08.5	8:45/M
4	Michael Lyyski		62	9204	212	49:58.7	16:07/M

Female 65 to 69

<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	Kathy Calabretta		67	9129	39	24:27.7	7:53/M
2	Carla Schut		66	9241	97	28:17.7	9:07/M
3	Sandy Nuyens		67	8676	185	36:29.8	11:46/M

Male 65 to 69

<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 Cihak		65	8696	24	23:00.8	7:25/M
2	Tim Rose		69	8691	50	25:27.7	8:13/M
3	dave rottier		68	9238	83	27:37.3	8:55/M
4	Richard Tournier		69	9256	190	37:42.4	12:10/M

Female 70 to 74

<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	Glenda Borowski		71	8664	200	40:08.4	12:57/M

Male 70 to 74

<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	Timothy Morrow		71	8662	48	25:13.1	8:08/M
2	Francis Nawrocki		70	9293	63	26:35.2	8:35/M
3	Robert Glavich		74	9170	183	36:07.5	11:39/M