

# 2016 Grape Lake 5K

## Age Group Results

### Run

Race Date  
September 10, 2016

#### 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	Chelsea Dukes	Stanwood MI	25	4562	13	20:48.4	6:43/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	Lewis Tate	Paw Paw MI	17	7977	1	16:19.9	5:16/M

## 2016 Grape Lake 5K

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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	Amy Craddock		0	8879	389	45:57.3	14:49/M

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 *	Unknown Partic.			8824	123	26:55.4	8:41/M

## Female 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 *	Lana Pride	Lawton MI	9	7909	273	33:38.5	10:51/M
2 *	Taylor Mitchell		9	8868	287	34:46.5	11:13/M
3 *	Lilly Wolf		8	8818	292	34:55.7	11:16/M
4	Kara Boyer	Paw Paw MI	10	4514	390	46:00.0	14:50/M
5	Kayla Schiming	Mattawan MI	7	7928	413	52:31.5	16:56/M

## 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 *	Malin Sage	Richland MI	10	7927	30	22:10.4	7:09/M
2 *	Kyle Boff	Paw Paw MI	9	4504	117	26:40.1	8:36/M
3 *	Michael Lounsbury		9	7829	119	26:43.4	8:37/M
4	Zach Schiming	Mattawan MI	9	7930	145	27:42.7	8:56/M
5	Noah Plangger		10	8877	171	29:08.2	9:24/M
6	Brenden Muessig	Paw Paw MI	10	7868	175	29:14.4	9:26/M
7	Alexander Argo	Portage MI	9	4485	221	31:09.7	10:03/M
8	Chase Boff	Paw Paw MI	7	4503	268	33:19.6	10:45/M
9	Lex Lounsbury		5	7828	269	33:24.2	10:46/M
10	Jackson Mitchell		7	8857	272	33:29.3	10:48/M
11	Jaxin French	Kalamazoo MI	7	4582	278	34:07.7	11:00/M
12	Owen Phillips	Paw Paw MI	8	7903	373	42:01.6	13:33/M
13	Corbin Hayes		7	7758	411	52:01.0	16:47/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 *	Karlie Woodall	South Haven MI	13	8819	105	26:14.8	8:28/M
2 *	Ruby Gentz	Paw Paw MI	12	4588	116	26:40.0	8:36/M

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## 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>
3 *	Emily Michael	Paw Paw MI	11	7858	234	31:36.4	10:12/M
4	Karly Manning	Hartford MI	13	7837	236	31:36.6	10:12/M
5	Devan Hayes		11	7760	308	35:34.4	11:28/M
6	Mazelee Bittner	Hartford MI	11	4501	320	36:00.2	11:37/M
7	Lauren Roberts	Ankeny IA	14	7921	327	36:44.3	11:51/M
8	Ashley Shaw	Paw Paw MI	12	7951	355	40:07.7	12:56/M
9	Savanna Lamb	Paw Paw MI	12	7817	407	50:08.7	16:10/M
10	Megan Hiestand		11	7768	410	51:12.9	16:31/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 *	Justin Chilla		14	8850	5	19:05.7	6:09/M
2 *	Caleb Billings		14	8869	9	19:37.3	6:20/M
3 *	Augustus Hinch	Watervliet MI	14	7771	10	19:48.9	6:23/M
4	Aaron Hayes		13	7757	17	21:11.3	6:50/M
5	Alex Isbrecht	Watervliet MI	14	7780	20	21:20.3	6:53/M
6	Kody Edmonds	Hartford MI	14	4566	29	22:07.5	7:08/M
7	Nathan Isbrecht	Watervliet MI	12	7781	50	24:14.7	7:49/M
8	Thenuka Jayatilaka	Kalamazoo MI	13	7784	57	24:37.6	7:56/M
9	Isaac Wilmoth	Watervliet MI	14	8811	79	25:40.0	8:17/M
10	Austin Wilmoth	Hartford MI	12	8812	91	25:49.1	8:20/M
11	Trever Pelton	Watervliet MI	14	7898	92	25:50.2	8:20/M
12	Michael Hiestand		14	7769	111	26:27.7	8:32/M
13	Andrew Pride		12	7907	112	26:31.7	8:33/M
14	Damon Nadrasik		14	8852	114	26:39.2	8:36/M
15	Brendan Pellerito	Kalamazoo MI	14	7895	118	26:40.7	8:36/M
16	Gavin Hancox		11	8902	194	29:38.6	9:34/M
17	Grant Fulcher	Paw Paw MI	11	4584	243	31:54.0	10:17/M
18	Eric Randall	Tinley Park IL	12	7912	280	34:10.6	11:01/M
19	Nick Johnson	Mattawan MI	13	7789	321	36:01.9	11:37/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 *	Logan Litchfield		17	8906	40	23:29.4	7:35/M
2 *	Aletheia Grossmann	Gobles MI	16	7743	44	23:45.0	7:40/M
3 *	Katerina Cooper	Gobles MI	18	4539	67	25:05.7	8:05/M
4	Leah Kline		19	8910	101	26:10.7	8:26/M
5	Elizabeth Serbenski	Paw Paw MI	17	7945	150	27:53.4	9:00/M

## 2016 Grape Lake 5K

Age Group Results

## Run

## 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>
6	Brianne Korteway	Paw Paw MI	17	7809	172	29:10.5	9:25/M
7	Kailynn Bennett	Bloomington MI	15	4498	285	34:31.2	11:08/M
8	Megan Reynolds	Lawton MI	17	7916	347	38:30.6	12:25/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 *	Julian Borst	Kalamazoo MI	19	4508	2	18:01.8	5:49/M
2 *	Sean McLaughlin		15	8911	3	18:58.0	6:07/M
3 *	Jacob Hancox	Gobles MI	16	7752	4	19:03.7	6:09/M
4	Eli Gentz		16	8860	6	19:06.5	6:10/M
5	Lucas Schupbach	Paw Paw MI	17	7934	11	20:09.9	6:30/M
6	Trenton Litchfield		15	8907	31	22:12.1	7:10/M
7	Joshua Paladi		15	8849	33	22:18.5	7:12/M
8	Anthony Short		16	7956	72	25:26.2	8:12/M
9	Aydin Schupbach	Paw Paw MI	16	7932	86	25:46.2	8:19/M
10	Colin Assenmacher	Schoolcraft MI	16	4488	103	26:13.0	8:27/M
11	Riley Getman	Gobles MI	16	4590	156	27:58.5	9:01/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 *	Celestine Schwartz	Vicksburg MI	21	7938	88	25:47.4	8:19/M
2 *	Abbie Goldberg	Paw Paw MI	21	4594	99	26:05.5	8:25/M
3 *	Lindsay Gove	Kalamazoo MI	24	4598	110	26:27.2	8:32/M
4	Erica Haselberger	Paw Paw MI	23	7754	131	27:06.4	8:45/M
5	Ashley Griesshammer	Kalamazoo MI	23	7739	161	28:10.5	9:05/M
6	Amanda Korteway	Paw Paw MI	21	7810	162	28:22.8	9:09/M
7	Brittany Bajo	Allendale MI	22	4493	178	29:17.8	9:27/M
8	Jessica Serbenski	Paw Paw MI	22	7946	197	29:49.3	9:37/M
9	Kara Blett	Portage MI	21	4502	223	31:10.0	10:03/M
10	Shayla Wolf	Portage MI	22	8816	330	36:49.8	11:53/M
11	Angelica Alexander	Portage MI	22	4479	331	36:50.5	11:53/M
12	Jacquelyn Grigereit	Coloma MI	24	7741	371	41:54.6	13:31/M
13	Whitley Moguel	Kalamazoo MI	23	7864	417	54:16.2	17:30/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>
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## 2016 Grape Lake 5K

Age Group Results

## Run

## 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 *	Kasey Schwartz	Vicksburg MI	22	7939	12	20:32.5	6:37/M
2 *	Howard Adams		21	4478	16	21:09.3	6:49/M
3 *	Chris McPharlin	Kalamazoo MI	24	7851	55	24:31.2	7:55/M
4	Zach Beatty	Mohrsville PA	24	4496	63	24:58.9	8:03/M
5	Adam Goodwin	Kalamazoo MI	22	4597	94	25:56.6	8:22/M
6	Steve Shannon	Allendale MI	22	7950	177	29:17.6	9:27/M
7	Wyatt Counterman	Kalamazoo MI	20	4542	388	45:57.0	14:49/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 *	Sammi Kaufman	Detroit MI	25	7792	22	21:32.2	6:57/M
2 *	Ashley Leduc	Paw Paw MI	27	7823	65	25:02.7	8:05/M
3 *	Elizabeth Lauer	Grand Rapids MI	28	7820	77	25:30.9	8:14/M
4	Tiffany Bol	Marcellus MI	27	4505	97	26:04.1	8:25/M
5	Caitlin Cipri	Lawrence MI	27	4534	100	26:07.4	8:25/M
6	Amanda Clements	Mattawan MI	26	4536	104	26:14.0	8:28/M
7	Lauren Carpp	Paw Paw MI	27	4531	109	26:25.7	8:31/M
8	Kristy Scott	Kalamazoo MI	29	7942	142	27:35.0	8:54/M
9	Jenn Houghton	Kalamazoo MI	28	7777	158	28:03.6	9:03/M
10	Anja Williams	Paw Paw MI	28	8809	164	28:33.3	9:13/M
11	Colleen Mencl	Marcellus MI	26	7854	173	29:10.8	9:25/M
12	Lisa Willard	Fennville MI	27	8808	182	29:19.5	9:27/M
13	Jessica Bissenden	Vicksburg MI	27	4500	183	29:23.2	9:29/M
14	Kaity Stull	Paw Paw MI	28	7971	206	30:25.4	9:49/M
15	Natesha Boven	Lawton MI	28	4511	209	30:30.2	9:50/M
16	Emily Grabemeyer	Dowagiac MI	28	4599	212	30:33.2	9:51/M
17	Kirsten Houghton	Hastings MI	28	7775	215	30:36.1	9:52/M
18	Amber French	Three Rivers MI	29	4580	216	30:41.1	9:54/M
19	Amy Tapper	Lawton MI	26	7975	247	32:07.6	10:22/M
20	Abigail Slazek		28	8916	255	32:33.2	10:30/M
21	Brooke Marsh	Paw Paw MI	26	7838	259	32:50.6	10:35/M
22	Rachel Kelly	Paw Paw MI	26	7795	266	33:12.4	10:43/M
23	Abbie Bowen		25	8871	271	33:25.4	10:47/M
24	Brittany Abbs	Sturgis MI	25	4477	274	33:40.3	10:52/M
25	Trang Phan	Portage MI	28	7901	294	34:59.7	11:17/M
26	Rebecca Ward		29	8913	295	35:04.7	11:19/M
27	Amelia DiStefano		26	8866	299	35:08.2	11:20/M
28	Marla Alvarez	Portage MI	28	4481	313	35:44.2	11:32/M
29	Brittany Russell	Portage MI	26	7926	319	35:54.6	11:35/M
30	Annelies Stephens	Kalamazoo MI	25	7967	329	36:47.7	11:52/M

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Age Group Results

## Run

## 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>
31	Amber Metz	Brighton MI	27	7855	339	37:41.4	12:09/M
32	Anna Kiekoover		25	8883	381	43:46.2	14:07/M
33	Ellen Bacca		28	8870	419	56:12.0	18:08/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 *	Stephen Lewis	Allegan MI	28	7827	45	23:46.6	7:40/M
2 *	Kyle Heather	Allegan MI	29	7764	48	24:01.8	7:45/M
3 *	Adam Carpp	Paw Paw MI	27	4530	64	25:01.5	8:04/M
4	Fabian Golota	South Bend IN	26	4596	87	25:47.2	8:19/M
5	Dean Rigoni	Paw Paw MI	25	7919	126	26:57.0	8:42/M
6	Gregory Brombill		27	8872	132	27:07.6	8:45/M
7	Graham Basker-King		29	8853	152	27:54.8	9:00/M
8	Ben Williams	Paw Paw MI	28	8810	157	28:01.8	9:02/M
9	Dustin Nickel	South Haven MI	28	7876	181	29:19.4	9:27/M
10	Dakota Le Francois	Lawton MI	28	7822	195	29:45.9	9:36/M
11	Walter Pabis		25	8884	310	35:38.4	11:30/M
12	Dan Tapper	Lawton MI	27	7976	340	37:51.7	12:13/M
13	Kyle Rousch	Portage MI	26	7925	375	42:09.9	13:36/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 *	Kristel Green	White Cloud MI	31	4600	35	22:39.9	7:18/M
2 *	Marybeth Taylor	Farmington Hills MI	32	7978	41	23:34.7	7:36/M
3 *	Erin Shannon		33	8873	80	25:40.4	8:17/M
4	Audrey Reynolds		32	8909	93	25:55.2	8:22/M
5	Joan Mezewich	Tinley Park IL	30	7857	143	27:35.5	8:54/M
6	Sylinda Bruce	Galesburg MI	34	4521	147	27:46.6	8:57/M
7	Amelia Barker-King	Decatur MI	31	4495	153	27:54.8	9:00/M
8	Amanda Thorpe	Gobles MI	30	7981	190	29:32.8	9:32/M
9	Angela Keyes	Kalamazoo MI	33	7796	203	30:02.2	9:41/M
10	Jessi Overholt	Colon MI	30	7886	204	30:17.1	9:46/M
11	Amanda Breeding	Kalamazoo MI	31	4516	231	31:30.9	10:10/M
12	Jesey Davis	Paw Paw MI	33	4552	232	31:31.9	10:10/M
13	A Cardoso	Bangor MI	32	4529	238	31:45.6	10:15/M
14	Lisa Weurding	Lawton MI	34	8807	239	31:51.4	10:16/M
15	Sarah Hagen	Kalamazoo MI	34	7746	244	31:54.3	10:17/M
16	Erin Boot	Portage MI	33	4507	249	32:17.7	10:25/M

## 2016 Grape Lake 5K

Age Group Results

## Run

## 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>
17	Melissa Stull	Paw Paw MI	31	7973	251	32:19.4	10:25/M
18	Kristyn Culver	Mattawan MI	34	4548	284	34:27.6	11:07/M
19	Jess Ciaravino		31	8914	296	35:04.8	11:19/M
20	Erin Ingole	Lakeville IN	32	7779	312	35:42.7	11:31/M
21	Aimee Johnson	Hartford MI	34	7785	352	39:50.6	12:51/M
22	Sarah Fitzgerald		33	4577	366	41:16.7	13:19/M
23	Marsha Phillips	Paw Paw MI	34	7902	372	41:59.3	13:33/M
24	Leslie Brown	Portage MI	30	4519	374	42:02.2	13:34/M
25	Kate Shaw	Portage MI	31	7953	378	42:21.8	13:40/M
26	Katie Wittenberg	Portage MI	32	8814	382	44:04.3	14:13/M
27	Stephanie Engel	Kalamazoo MI	33	4570	393	46:05.9	14:52/M
28	Carrie Burza	Bloomington MI	30	4526	397	47:13.7	15:14/M
29	Angie Selle	Paw Paw MI	34	7943	409	50:30.8	16:17/M
30	Emily Higdon	Portage MI	33	7770	418	56:11.7	18:07/M
31	Cassie Jastrzembski	Saint Joseph MI	34	7782	420	1:02:26.9	20:08/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 *	Matt Wittenberg	Portage MI	32	8815	27	22:01.7	7:06/M
2 *	Adam Atwood	Paw Paw MI	31	4491	53	24:17.6	7:50/M
3 *	Matt Bruce	Galesburg MI	33	4520	58	24:50.5	8:01/M
4	Paul Stein	Kalamazoo MI	30	7964	60	24:56.1	8:03/M
5	Jordan Welch	Schoolcraft MI	30	8803	62	24:58.8	8:03/M
6	Brandon Mattson	Mattawan MI	34	7843	70	25:22.0	8:11/M
7	Adam Goldberg	Paw Paw MI	30	4595	78	25:39.2	8:16/M
8	Erik Kisielewicz	Merrillville IN	30	7799	133	27:17.0	8:48/M
9	Mike Lounsbury		33	7830	146	27:43.4	8:56/M
10	Brian Vanhusan	Dowagiac MI	33	7985	167	28:53.3	9:19/M
11	Clay Stull	Paw Paw MI	32	7972	168	29:00.6	9:21/M
12	Antony Low	Portage MI	32	7832	185	29:25.0	9:29/M
13	Mike Shew		34	8855	196	29:48.1	9:37/M
14	Ted Crook	Portage MI	32	4545	205	30:17.4	9:46/M
15	Derek Clarke	Mattawan MI	34	4535	283	34:26.9	11:06/M
16	Scott Testin	Paw Paw MI	33	7980	300	35:10.4	11:21/M
17	Ben Reynolds		34	8908	316	35:49.1	11:33/M
18	Joseph Slazek		31	8915	317	35:50.0	11:34/M
19	Jim Havlik	Saint Joseph MI	31	7756	338	37:34.8	12:07/M
20	Gabe Kooyers	Lawton MI	34	7806	405	49:51.6	16:05/M

## 2016 Grape Lake 5K

Age Group Results

## Run

## 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 *	Tracy Argo	Portage MI	38	4487	21	21:25.3	6:55/M
2 *	Maria Klein	Paw Paw MI	35	7801	61	24:57.0	8:03/M
3 *	Susan Cornish	Paw Paw MI	39	4540	107	26:17.5	8:29/M
4	Stephanie Doody	Grand Rapids MI	38	4561	108	26:24.3	8:31/M
5	Brookes Welc	Portage MI	36	7998	120	26:48.6	8:39/M
6	Valorie Owens	Lansing MI	35	7888	127	26:57.7	8:42/M
7	Wendy Nagy	Frankfort IL	38	7872	130	27:04.9	8:44/M
8	Kenzi Pridgeon	Coldwater MI	35	7910	144	27:40.2	8:55/M
9	Cassandra Hitchcock		37	8912	176	29:16.8	9:26/M
10	Enedelia Cruz	Hartford MI	39	4547	188	29:26.3	9:30/M
11	Michelle Hall	Chicago IL	36	7749	202	29:58.8	9:40/M
12	Kimberly Slendak	Portage MI	39	7959	208	30:29.5	9:50/M
13	Marie Huthwaite	Sawyer MI	38	7778	210	30:30.9	9:50/M
14	Kendra Lovorn	Paw Paw MI	37	7831	219	30:57.0	9:59/M
15	Mirinda Amthor	Bangor MI	37	4483	229	31:28.2	10:09/M
16	Betsy Johnson	Kalamazoo MI	37	7787	233	31:32.2	10:10/M
17	Melanie Krieg	Kalamazoo MI	38	7812	237	31:42.7	10:14/M
18	Katie Emery	Dorr MI	37	4568	245	31:59.0	10:19/M
19	Tabetha Street	Benton Harbor MI	38	7969	257	32:41.8	10:33/M
20	Susanne Remelius	Kalamazoo MI	39	7915	265	33:09.5	10:42/M
21	Mary Webb	Colon MI	35	7997	275	33:41.2	10:52/M
22	Melissa French	Kalamazoo MI	38	4583	302	35:16.8	11:23/M
23	Tiffany Fulcher	Paw Paw MI	38	4585	303	35:17.0	11:23/M
24	Jessica Michael	Paw Paw MI	38	7860	305	35:17.7	11:23/M
25	Kristin Brooks		35	4517	307	35:31.3	11:27/M
26	Amy Kniss	Mattawan MI	38	7803	314	35:47.3	11:33/M
27	Katrina Newnum	Hartford MI	37	7875	324	36:34.3	11:48/M
28	Jen Havlik	Saint Joseph MI	35	7755	337	37:33.9	12:07/M
29	Brie Deadman	Paw Paw MI	36	4554	342	37:58.1	12:15/M
30	Jennifer Burson	Portage MI	38	4524	365	41:16.5	13:19/M
31	Jana Boyer	Paw Paw MI	38	4513	392	46:00.0	14:50/M
32	Carol Shaw	Paw Paw MI	35	7952	400	48:38.2	15:41/M
33	Hope Kooyers	Lawton MI	35	7807	404	49:51.2	16:05/M
34	Gina Schiming	Mattawan MI	36	7929	414	52:32.0	16:57/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 *	Jason Beckwith		39	8867	15	21:01.4	6:47/M
2 *	Scott Shipman	Coloma MI	38	7955	26	21:56.7	7:05/M
3 *	Josh Colvin	Paw Paw MI	37	4537	43	23:41.5	7:38/M



## 2016 Grape Lake 5K

Age Group Results

## Run

## 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>
4	Jeff Welc	Portage MI	37	7999	47	23:53.7	7:42/M
5	Alfred Baas	Marcellus MI	37	4492	71	25:22.5	8:11/M
6	Brad Hollister	Portage MI	38	7774	96	26:03.4	8:24/M
7	Corey Kraus	Portage MI	38	7811	125	26:56.7	8:41/M
8	Joshua Dail	Stevensville MI	38	4550	129	27:02.4	8:43/M
9	Matt Randall	Tinley Park IL	39	7913	174	29:11.5	9:25/M
10	Alex Mickley	Chicago IL	37	7862	184	29:23.7	9:29/M
11	Micah Shermer		37	8854	200	29:57.2	9:40/M
12	Brian Argo	Portage MI	37	4486	222	31:10.0	10:03/M
13	Joshua Ernstes	Paw Paw MI	35	4572	240	31:53.4	10:17/M
14	Christopher Siegel	Round Lake Beach IL	37	7958	384	44:37.1	14:24/M
15	Matt Selle	Paw Paw MI	39	7944	408	50:29.8	16:17/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	* Kendra Bondie	Portage MI	40	4506	66	25:05.4	8:05/M
2	* Karen Hancox		42	8903	85	25:44.3	8:18/M
3	* Julie Shoup	Lakeland FL	44	7957	102	26:12.1	8:27/M
4	Becky Goolsby		42	8858	122	26:53.3	8:40/M
5	Holly Nadrasik		40	7871	139	27:30.8	8:52/M
6	Nikki Meachum	Hartford MI	44	7853	140	27:31.5	8:53/M
7	Angela Scotese-Frizzle	Metamora MI	44	7941	155	27:57.9	9:01/M
8	Cheri Laverty	Vermontville MI	44	7821	160	28:09.6	9:05/M
9	Kristin McKinney	Paw Paw MI	41	7849	180	29:19.4	9:27/M
10	Elizabeth Maxwell	Lawton MI	42	7844	193	29:36.8	9:33/M
11	Hilarie Eddy	Schoolcraft MI	40	4565	217	30:45.4	9:55/M
12	Gina Manning	Hartfordhartford MI	44	7836	246	32:00.7	10:19/M
13	Laura Veldman	Stevensville MI	41	7988	254	32:29.8	10:29/M
14	Rebecca Newman	Lawton MI	42	7874	262	33:01.9	10:39/M
15	Tina Cowser	Valparaiso IN	44	4543	276	33:46.1	10:54/M
16	Sheryl Price	Lawton MI	44	7905	281	34:20.5	11:05/M
17	Lori Oxley	Lawton MI	44	7889	282	34:20.6	11:05/M
18	Colene Rose	Benton Harbor MI	41	7923	288	34:47.1	11:13/M
19	Amanda David	Kalamazoo MI	41	4551	318	35:51.7	11:34/M
20	Jeana Hamilton	Mattawan MI	42	7750	333	37:08.4	11:59/M
21	Danyelle Cross	Bloomington MI	43	4546	334	37:14.9	12:01/M
22	Mary Ward	Buchanan MI	42	7993	343	38:19.0	12:22/M
23	Sara Nowell	Mattawan MI	40	7881	345	38:24.3	12:23/M
24	Rebecka Figgins		41	8861	346	38:28.3	12:25/M
25	Sheryl Adinolfi		40	8875	348	38:59.2	12:35/M

## 2016 Grape Lake 5K

Age Group Results

## Run

## 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>
26	Tonya Colvin	Paw Paw MI	43	4538	349	39:08.1	12:37/M
27	Jamie Martin		40	8865	354	40:06.3	12:56/M
28	Kim Grove	Coloma MI	42	7744	368	41:31.2	13:24/M
29	Terri Lamb	Paw Paw MI	40	7818	379	42:50.8	13:49/M
30	Sarah Steiner	Mattawan MI	40	7966	385	44:38.3	14:24/M
31	Jennifer Hines	Kalamazoo MI	40	7772	401	48:50.3	15:45/M
32	Shannon Gruno	Reed City MI	40	7745	402	48:50.3	15:45/M
33	Stacy Hayes		42	7761	412	52:27.5	16:55/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 *	Chad Kuhlmann	Paw Paw MI	41	7813	36	22:56.2	7:24/M
2 *	Jim Laser	Kalamazoo MI	42	7819	73	25:26.8	8:12/M
3 *	John Donnelly	Holland MI	40	4559	76	25:30.6	8:14/M
4	Brian Schupbach	Paw Paw MI	44	7933	90	25:49.1	8:20/M
5	Jason French	Kalamazoo MI	42	4581	106	26:16.2	8:28/M
6	John Lamb	Paw Paw MI	42	7816	124	26:56.4	8:41/M
7	Jene Hamilton	Mattawan MI	43	7751	134	27:20.3	8:49/M
8	Derrick Hayes		42	7759	137	27:24.2	8:50/M
9	Jason Meachum	Hartford MI	44	7852	141	27:32.4	8:53/M
10	Douglas Michau	Round Lake Beach IL	41	7861	211	30:32.4	9:51/M
11	Jon Waldron	Lawton MI	41	7991	213	30:33.2	9:51/M
12	Jeffery Michael	Paw Paw MI	42	7859	227	31:19.0	10:06/M
13	Owen Ridley	South Haven MI	43	7917	290	34:48.6	11:14/M
14	Robert Steiner	Mattawan MI	40	7965	291	34:49.0	11:14/M
15	Travis Wetherill		41	8806	298	35:05.8	11:19/M
16	Cory Johnson	Mattawan MI	42	7788	323	36:34.3	11:48/M
17	Brian Pride		43	7908	332	37:01.8	11:56/M
18	Shawn Ward	Buchanan MI	42	7992	344	38:19.0	12:22/M
19	Eric Engel	Kalamazoo MI	41	4569	350	39:33.3	12:45/M
20	Jason Hendrick	Mattawan MI	43	7765	357	40:33.2	13:05/M
21	Brian Boyer	Paw Paw MI	41	4512	391	46:00.0	14:50/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 *	Karen Schwab	Lawton MI	45	7935	68	25:06.3	8:06/M
2 *	Deb Pellerito	Kalamazoo MI	45	7896	81	25:40.5	8:17/M
3 *	Rebeccah Goole		47	8880	82	25:41.2	8:17/M

## 2016 Grape Lake 5K

Age Group Results

## Run

## 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>
4	Carrie Muessig	Paw Paw MI	45	7869	138	27:28.2	8:52/M
5	Julie Lenzinger		46	8882	159	28:06.8	9:04/M
6	Donna Strouse	Saint Joseph MI	49	7970	165	28:35.1	9:13/M
7	Kelly Hinga	Portage MI	46	7773	224	31:10.0	10:03/M
8	Amy J Gronda	Paw Paw MI	47	7742	230	31:30.5	10:10/M
9	Shirley Faux	South Haven MI	46	4574	264	33:07.9	10:41/M
10	Jennifer Moyle	Mattawan MI	47	7866	267	33:14.9	10:43/M
11	Lori Yech	Stevensville MI	49	8822	301	35:16.1	11:23/M
12	Erin Nadrasik	Scotts MI	45	7870	311	35:39.0	11:30/M
13	Traci Houghton	Ankeny IA	45	7776	326	36:44.1	11:51/M
14	Stephanie McGowan	Paw Paw MI	49	7848	351	39:41.1	12:48/M
15	Corrie Assenmacher	Schoolcraft MI	49	4489	362	41:03.5	13:15/M
16	Dana Nosich	Benton Harbor MI	45	7878	370	41:51.7	13:30/M
17	Kim Pesegna	Allegan MI	49	7900	376	42:14.0	13:37/M
18	Kim Jourden	Paw Paw MI	47	7791	415	52:45.8	17:01/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 *	John Nondorf	Lawton MI	46	7877	8	19:24.8	6:15/M
2 *	Mike Mannino		48	8859	19	21:19.3	6:53/M
3 *	James Johnson	Allegan MI	45	7786	25	21:48.9	7:02/M
4	Paul Plangger		45	8876	28	22:04.5	7:07/M
5	Brian Brusach	Paw Paw MI	47	4522	54	24:23.5	7:52/M
6	Marc Kline	Mattawan MI	46	7802	69	25:12.0	8:08/M
7	Joseph Doody	Grand Rapids MI	48	4560	89	25:49.0	8:20/M
8	Ric Baker		49	8904	115	26:39.7	8:36/M
9	John Goolsby		49	8856	179	29:19.0	9:27/M
10	Jim Palluconi		49	7890	198	29:53.7	9:38/M
11	Jon Moyle	Mattawan MI	47	7867	252	32:21.7	10:26/M
12	James Yech	Stevensville MI	49	8821	304	35:17.3	11:23/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 *	Tracy Ralicki	Lawrence MI	50	7911	128	26:58.8	8:42/M
2 *	Jodie Freeman-Kurburski	Grand Haven MI	51	4579	154	27:54.8	9:00/M
3 *	Lisa Nash	Muskegon MI	52	7873	199	29:54.8	9:39/M
4	Lisa Griesshammer	Kalamazoo MI	54	7740	235	31:36.6	10:12/M
5	Renee Mielke	Portage MI	54	7863	250	32:18.5	10:25/M

## 2016 Grape Lake 5K

Age Group Results

## Run

## 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>
6	Cindy Smith	Paw Paw MI	54	7960	253	32:25.2	10:27/M
7	Carie Faul	Mattawan MI	50	4573	261	32:57.0	10:38/M
8	Lorraine Valk	Paw Paw MI	51	7984	263	33:02.9	10:39/M
9	Lynn Serbenski	Paw Paw MI	50	7947	277	33:59.5	10:58/M
10	Karen Steffens	Hopkins MI	54	7963	293	34:58.3	11:17/M
11	Roxann Brouwer	Lawrence MI	54	4518	309	35:37.5	11:29/M
12	Margie Perrin	Vicksburg MI	50	7899	322	36:17.7	11:42/M
13	Carol Patridge	Mattawan MI	54	7894	364	41:10.5	13:17/M
14	Virginia Calvetti	Saint Joseph MI	50	4528	369	41:50.4	13:30/M
15	Paula Jones	Grand Rapids MI	50	7790	395	46:51.6	15:07/M
16	Lisa Hazard	Kalamazoo MI	52	7762	398	48:22.5	15:36/M
17	Angeline Schwartz	Vicksburg MI	54	7937	416	54:16.0	17:30/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	* Steve Bourne	Paw Paw MI	50	4510	23	21:36.7	6:58/M
2	* Dave Levett	Allegan MI	54	7824	32	22:14.9	7:10/M
3	* Thomas Allen	Coloma MI	53	4480	34	22:37.9	7:18/M
4	Jeff Barchett	Benton Harbor MI	54	4494	38	23:11.9	7:29/M
5	John Kelly	Bloomington MI	54	7794	46	23:49.8	7:41/M
6	Paul Redmond	Portage MI	51	7914	52	24:17.2	7:50/M
7	Tom Schwab	Lawton MI	50	7936	113	26:36.7	8:35/M
8	James Valk	Paw Paw MI	51	7983	136	27:23.9	8:50/M
9	Jim Curry		51	8862	148	27:50.8	8:59/M
10	Edward Dabrowski	Highland IN	52	4549	189	29:26.3	9:30/M
11	Phil Pellerito	Kalamazoo MI	51	7897	191	29:35.8	9:33/M
12	Terry Manning	Hartford MI	52	7835	192	29:36.3	9:33/M
13	John Assenmacher	Schoolcraft MI	50	4490	286	34:34.0	11:09/M
14	John Kocsis		54	7805	315	35:48.8	11:33/M
15	Rick Counterman	Paw Paw MI	52	4541	387	45:56.9	14:49/M
16	Michael Hazard	Kalamazoo MI	54	7763	399	48:24.2	15:37/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	* Ruth Borst	Kalamazoo MI	55	4509	95	26:00.1	8:23/M
2	* Kathy Wait	Paw Paw MI	55	7990	166	28:38.4	9:14/M
3	* Janice Martin	Mount Prospect IL	59	7841	187	29:25.6	9:29/M
4	Teresa Distefano	Gobles MI	58	4558	207	30:27.6	9:49/M

## 2016 Grape Lake 5K

Age Group Results

## Run

## Female 55 to 59

Place	Name	City	Age	Bib No	Overall	Time	Pace
5	Michele Gilpin	Three Rivers MI	58	4592	218	30:56.1	9:59/M
6	Lynn Chio	Kalamazoo MI	55	4533	225	31:10.5	10:03/M
7	Cathy Anderson	Brighton MI	59	4484	228	31:19.2	10:06/M
8	Cecilia Vives	South Haven MI	56	7989	256	32:39.6	10:32/M
9	Julie Pullen		55	8878	289	34:48.1	11:14/M
10	Ruth Cerny	Colon MI	59	4532	335	37:20.7	12:03/M
11	Peg Weaver	Three Rivers MI	57	7996	353	39:54.6	12:52/M
12	Dede Lewis	Bloomington MI	55	7825	360	40:39.3	13:07/M
13	Jan Owens	Farwell MI	57	7887	361	40:53.4	13:11/M
14	Janice Fulford	Hartford MI	57	4586	377	42:17.1	13:38/M
15	Sharon Eaton	Buchanan MI	57	4563	380	42:56.2	13:51/M
16	Debbie Foune	Bloomington MI	59	4578	394	46:31.0	15:00/M
17	Sandra D West	Fort Wayne IN	56	8804	406	50:06.2	16:10/M

## Male 55 to 59

Place	Name	City	Age	Bib No	Overall	Time	Pace
1 *	Mark Drallete		56	8851	14	20:53.2	6:44/M
2 *	John Brady	Mattawan MI	57	4515	18	21:18.8	6:52/M
3 *	Mark Eichelberger	Plainfield IL	59	4567	42	23:37.1	7:37/M
4	Robert Poznanski	Kalamazoo MI	56	7904	51	24:16.4	7:50/M
5	Arya Jayatilaka	Kalamazoo MI	56	7783	56	24:37.5	7:56/M
6	Stephen McCloskey	Paw Paw MI	57	7846	74	25:28.2	8:13/M
7	Ron Kurburski	Grand Haven MI	57	7814	151	27:54.1	9:00/M
8	Timothy Rockhill	Benton Harbor MI	59	7922	169	29:01.9	9:22/M
9	David Martin	Mount Prospect IL	58	7840	170	29:03.8	9:22/M
10	Jeff Crafts	Paw Paw MI	59	4544	186	29:25.2	9:29/M
11	Alan Price	Niles MI	58	7906	248	32:13.0	10:24/M
12	Ray Lewis	Bloomington MI	56	7826	358	40:35.2	13:05/M

## Female 60 to 64

Place	Name	City	Age	Bib No	Overall	Time	Pace
1 *	Elizabeth Kort	Evergreen Park IL	62	7808	220	31:06.9	10:02/M
2 *	Whitney Hagen	Paw Paw MI	61	7748	241	31:53.7	10:17/M
3 *	Debbie May	Paw Paw MI	64	7845	260	32:56.3	10:37/M
4	Anita Ollila	Kalamazoo MI	62	7884	270	33:24.4	10:46/M
5	Linda Tabbert	Three Rivers MI	62	7974	325	36:40.9	11:50/M
6	Joyce Harris	Grass Lake MI	61	7753	328	36:45.2	11:51/M
7	Christine Vanhusan	Dowagiac MI	60	7986	356	40:22.6	13:01/M

## 2016 Grape Lake 5K

Age Group Results

## Run

## 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>
8	Dodi Watkins	Mattawan MI	60	7995	363	41:08.5	13:16/M
9	Evelyn Wyman	Bloomington MI	64	8820	386	45:07.4	14:33/M

## 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 *	Gary Sexton	Youngstown OH	60	7949	7	19:11.8	6:11/M
2 *	Marshall Meyer	Three Rivers MI	64	7856	24	21:43.4	7:00/M
3 *	Mark Sigfrids		63	8905	37	23:07.8	7:27/M
4	Maurice Hicks		63	8863	39	23:14.5	7:30/M
5	Jeff Eckert	Kalamazoo MI	61	4564	59	24:55.0	8:02/M
6	Terry Hagen	Paw Paw MI	61	7747	75	25:29.1	8:13/M
7	Tim Kieffer	Richland MI	60	7797	121	26:51.6	8:40/M
8	Jim Kutill	Oak Park IL	60	7815	149	27:52.4	8:59/M
9	Robert Kisielewicz	South Haven MI	61	7800	226	31:10.6	10:03/M
10	Steven A West	Fort Wayne IN	61	8805	403	49:45.2	16:03/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 *	Shirley De Boer	Paw Paw MI	66	4553	279	34:09.0	11:01/M
2 *	Elizabeth Godwin	Decatur MI	65	4593	306	35:23.2	11:25/M
3 *	Linda Vaughan	Kalamazoo MI	67	7987	367	41:23.9	13:21/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 *	Bill Garrity	Glenn MI	68	4587	49	24:03.2	7:45/M
2 *	Tom Tollefson	South Haven MI	68	7982	83	25:41.5	8:17/M
3 *	Dean MacVicar	Kalamazoo MI	69	7834	84	25:44.3	8:18/M
4	Fred Keister	Portage MI	65	7793	98	26:04.4	8:25/M
5	Gary Tenbrink	Mattawan MI	65	7979	135	27:21.3	8:49/M
6	Vere Shindeldecker	Hartford MI	68	7954	201	29:58.2	9:40/M
7	Roger Bentley	Coloma MI	66	4499	214	30:34.4	9:52/M
8	John Ferrari	Paw Paw MI	69	4575	242	31:53.9	10:17/M
9	Bob Watkins	Mattawan MI	65	7994	359	40:38.9	13:06/M
10	Frank Maston	Portage MI	65	7842	383	44:31.2	14:22/M

## 2016 Grape Lake 5K

Age Group Results

## Run

## 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>
	* No Finishers					0:00.0	

## 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	* Lyndon Wolf	Mattawan MI	71	8817	163	28:24.2	9:10/M
2	* Thomas Bennett	Paw Paw MI	73	4497	258	32:44.0	10:34/M
3	* Mike Foster		74	8874	336	37:26.6	12:05/M

## Female 75 to 79

<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>
	* No Finishers					0:00.0	

## Male 75 to 79

<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	* Willis Worick		76	8864	297	35:05.7	11:19/M

## Female 80 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	* Rose Stanek	Lawrence MI	80	7962	396	47:07.0	15:12/M

## Male 80 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	* Ed Stanek	Lawrence MI	81	7961	341	37:52.8	12:13/M