

2016 Grape Lake 5K

Age Group Results

Walk

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	Nada Kramp	Stevensville MI	59	76	1	32:44.3	10:34/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	Roger Albert		72	648	3	38:40.0	12:28/M

2016 Grape Lake 5K

Age Group Results**Walk**

Race Date
September 10, 2016

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 *	Emma Adams	Paw Paw MI	10	3	15	43:25.1	14:00/M
2 *	Daisy Herbert	Paw Paw MI	9	62	23	44:01.9	14:12/M
3 *	Morgan Founé	Gobles MI	9	49	31	46:10.3	14:54/M
4	Ellie Herbert	Paw Paw MI	6	63	47	48:10.6	15:32/M
5	Cadence Cruzan		2	30	140	59:20.0	19:08/M
6	Kerrigan Matheny		7	97	144	59:23.6	19:09/M
7	Lauren Fitzgerald		9	45	145	1:00:11.4	19:25/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 *	Gage Carlsen		9	23	119	55:16.0	17:50/M
2 *	Jack Randall	Tinley Park IL	10	222	151	1:01:35.9	19:52/M
3 *	Aiden Fitzgerald		6	44	154	1:02:15.9	20:05/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 *	Arianna Pike	Paw Paw MI	13	216	160	1:02:48.0	20:15/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>
*	No Finishers					0:00.0	

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 *	Alexandra Paladi		17	649	25	44:15.5	14:16/M
2 *	Jaylene Tarkkanen	Gobles MI	16	242	26	44:15.8	14:16/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>
*	No Finishers					0:00.0	

2016 Grape Lake 5K

Age Group Results**Walk**

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 *	Tifani Hosier	South Haven MI	21	69	10	41:55.2	13:31/M
2 *	Amber Hatfield	Gobles MI	23	56	18	43:30.2	14:02/M
3 *	Kellsie Osborne	Paw Paw MI	20	211	52	49:12.0	15:52/M
4	Danielle Lentz	Portage MI	24	84	76	50:30.5	16:17/M
5	Maggie Blair	Mattawan MI	20	10	128	56:43.3	18:18/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 *	Connor Bailey	Paw Paw MI	22	5	53	49:12.3	15:52/M
2 *	Nick Serbenski		24	646	103	53:07.2	17:08/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 *	Kelsey Hatfield	Mattawan MI	26	58	19	43:30.2	14:02/M
2 *	Kaila Hicks	Byron Center MI	26	66	37	46:41.7	15:04/M
3 *	Jessika Dylhoff	Paw Paw MI	26	37	112	53:40.0	17:19/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 *	Charles Hicks	Byron Center MI	28	65	36	46:41.3	15:04/M
2 *	Cameron Simmons	Portage MI	26	230	75	50:28.3	16:17/M
3 *	Russ Cruzan Jr		25	32	142	59:22.5	19:09/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 *	Megan Bly	Kalamazoo MI	30	12	73	50:19.0	16:14/M
2 *	Jennifer Price	Paw Paw MI	34	220	111	53:39.5	17:18/M
3 *	Laura Tuinstra	Kalamazoo MI	34	244	116	53:56.0	17:24/M
4	Carrie Schaefer	Jenison MI	30	225	117	55:10.8	17:48/M
5	Mindy Carlsen		33	24	123	55:33.0	17:55/M
6	Jennifer Wyman	Bloomington MI	31	260	149	1:01:02.3	19:41/M
7	Jennifer Esman	Paw Paw MI	32	42	152	1:02:12.4	20:04/M
8	Breanna Kroeg		31	77	156	1:02:27.6	20:09/M

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Age Group Results**Walk**Race Date

September 10, 2016

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 *	Ryan Bly	Kalamazoo MI	31	13	72	50:18.1	16:14/M
2 *	Allen Carlsen		32	22	124	55:33.5	17:55/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 *	Heather Bogosian	Lawrence MI	37	14	20	43:30.5	14:02/M
2 *	Amanda Herbert	Paw Paw MI	36	61	46	48:10.2	15:32/M
3 *	Brandi West		35	255	67	49:57.0	16:07/M
4	Jennifer Nichols	Kalamazoo MI	36	208	71	50:07.5	16:10/M
5	Leah Cobb		35	25	94	52:29.0	16:56/M
6	Lauren Brady	Paw Paw MI	38	15	110	53:39.3	17:18/M
7	Jacque Adams	Paw Paw MI	36	4	121	55:30.8	17:54/M
8	Shawna Crain	Paw Paw MI	39	28	122	55:31.1	17:55/M
9	Rebecca Warren		35	251	135	57:36.2	18:35/M
10	Sarah Jane Hadley	Saint Joseph MI	39	53	136	58:35.3	18:54/M
11	Kristen Randall	Tinley Park IL	39	223	150	1:01:33.2	19:51/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 *	Chris Crain	Paw Paw MI	35	27	11	41:56.0	13:32/M
2 *	Andy Adams	Paw Paw MI	39	2	16	43:28.1	14:01/M
3 *	Jeff Lounsbury		39	87	62	49:46.2	16:03/M
4	Dan West		38	256	84	52:05.9	16:48/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 *	Catherine Founé	Gobles MI	41	48	32	46:12.0	14:54/M
2 *	Candace Birmele	Hartford MI	43	8	44	47:35.1	15:21/M
3 *	Tonya Lewis	Kalamazoo MI	44	85	56	49:19.5	15:55/M
4	Amy Brock	Scotts MI	40	17	64	49:48.2	16:04/M
5	Mrudula Vaddineni	Kalamazoo MI	44	246	87	52:20.0	16:53/M
6	Kristen Knotek	Mattawan MI	41	75	115	53:55.3	17:24/M
7	Carrie Pike	Paw Paw MI	40	217	129	57:10.8	18:26/M
8	Melannie Hay	Bangor MI	43	59	133	57:34.8	18:34/M

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Age Group Results**Walk****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 *	Patrick Fitzgerald		40	46	35	46:35.0	15:02/M
2 *	Jermey West		41	257	83	52:02.6	16:47/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 *	Lisa Bridgeman	Kalamazoo MI	45	16	2	32:55.4	10:37/M
2 *	Kristina Vanderveen		45	248	34	46:30.0	15:00/M
3 *	Amy Fuller	Paw Paw MI	45	50	48	48:14.0	15:34/M
4	Karri Porco		45	651	55	49:19.4	15:55/M
5	Stephanie Bayma	Portage MI	46	7	106	53:17.8	17:11/M
6	Claudine Damaske	Paw Paw MI	47	34	118	55:13.7	17:49/M
7	Liz Barret	Lawton MI	49	6	125	55:39.5	17:57/M
8	Terri Ludlow	Schoolcraft MI	45	91	126	55:39.8	17:57/M
9	Heather Peterson	Bangor MI	48	215	137	58:35.6	18:54/M
10	Jackie Cruzan		46	31	141	59:20.4	19:08/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 *	Michael Hiestand		48	68	77	50:32.0	16:18/M
2 *	Russ Cruzan Sr		45	33	143	59:22.9	19:09/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 *	Carol Hatfield	Paw Paw MI	51	57	5	39:58.2	12:54/M
2 *	Sharon Weems	Allegan MI	52	253	13	42:33.1	13:44/M
3 *	Dina Molter	Paw Paw MI	52	203	24	44:05.5	14:13/M
4	Mary Hiestand		50	67	33	46:29.5	15:00/M
5	Julie Pond	Three Rivers MI	54	219	41	47:15.6	15:15/M
6	Jerilyn Whitworth	Jacksonville FL	52	258	50	48:37.3	15:41/M
7	Sybil Smith	Coloma MI	51	232	60	49:34.5	15:59/M
8	Maria Hutchins	Saint Joseph MI	53	70	61	49:34.8	15:59/M
9	Teri Cairns	Marcellus MI	51	21	81	50:48.4	16:23/M
10	Maureen McConnell-Martin	Plainwell MI	52	100	86	52:19.9	16:53/M
11	Jo Shull	Scotts MI	52	228	88	52:20.0	16:53/M
12	Teresa Hazzard	Kalamazoo MI	52	60	97	52:46.3	17:01/M
13	Renee Stevens		50	652	101	53:04.6	17:07/M

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Age Group Results

Walk

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>
14	Anita De Young	Paw Paw MI	51	35	104	53:15.8	17:11/M
15	Donna Blair	Mattawan MI	53	9	127	56:43.2	18:18/M
16	Lisa Earley		51	39	134	57:35.5	18:35/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 *	Ronnie McGee		54	202	21	43:31.7	14:02/M
2 *	Paul De Young	Paw Paw MI	54	36	105	53:16.8	17:11/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 *	Connie Vargo	Paw Paw MI	56	250	6	39:58.4	12:54/M
2 *	Kathleen Crook	Paw Paw MI	56	29	12	42:16.9	13:38/M
3 *	Martha Burkett	Fredericksburg VA	56	19	17	43:28.2	14:01/M
4	Denise Hicks	Paw Paw MI	59	64	38	46:43.1	15:04/M
5	Donna Munchow	Benton Harbor MI	58	207	45	47:36.3	15:21/M
6	Lenna Twadowski	Paw Paw MI	58	245	59	49:32.5	15:59/M
7	Deb Moormann	Lawton MI	59	205	70	50:03.7	16:09/M
8	Jeanine Bly	Greendale WI	55	11	74	50:19.4	16:14/M
9	Nita Lowe		57	90	80	50:48.2	16:23/M
10	Rosie Grzebyk		56	647	85	52:19.3	16:53/M
11	Kerry Eldred	Lawton MI	58	40	95	52:33.5	16:57/M
12	Anne Eldred	Mattawan MI	59	41	96	52:34.5	16:57/M
13	Marie Zerweck		56	653	99	52:50.7	17:03/M
14	Rhonda Stull	Paw Paw MI	55	240	102	53:07.1	17:08/M
15	Lynna Dylhoff	Paw Paw MI	58	38	109	53:38.8	17:18/M
16	Loretta Lapointe	Paw Paw MI	59	81	130	57:12.4	18:27/M
17	Debra Wedge	Vicksburg MI	57	252	138	58:41.1	18:56/M
18	Cathy Esman	Dowling MI	59	43	153	1:02:13.5	20:04/M
19	Teresa Fluty	Paw Paw MI	59	47	159	1:02:45.6	20:15/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 *	Tony Coston	Grand Rapids MI	58	26	9	41:50.3	13:30/M
2 *	Paul Jacobs		58	71	14	43:14.9	13:57/M
3 *	Mark Lattner	Mount Prospect IL	59	82	78	50:42.4	16:21/M

2016 Grape Lake 5K

Age Group Results

Walk

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>
4	Donald Stull	Paw Paw MI	56	239	100	53:03.6	17:07/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 *	Barbara Wolfrum		61	657	4	39:05.3	12:36/M
2 *	Barbara Strong	Bloomington MI	60	236	28	44:38.0	14:24/M
3 *	Connie Wentzel	Kalamazoo MI	60	254	30	46:08.6	14:53/M
4	Sylvia Tenant	Paw Paw MI	61	243	42	47:16.1	15:15/M
5	Sharron McDougall-Dey	Lincoln Park MI	61	201	43	47:21.5	15:16/M
6	Denise Struve	Paw Paw MI	64	237	51	48:56.4	15:47/M
7	Mary Kussmann	Decatur MI	60	80	58	49:21.1	15:55/M
8	Sherri Gillette	Lawton MI	61	51	63	49:48.0	16:04/M
9	Bonnie Kelly	Saint Joseph MI	63	72	66	49:54.9	16:06/M
10	Tina Leary		61	83	68	49:59.9	16:07/M
11	Debora Martin-Meyer	Mount Prospect IL	61	96	79	50:42.9	16:21/M
12	Peggy Mulrenin	Winston Salem NC	60	206	91	52:25.5	16:55/M
13	Clare Olney	Mattawan MI	61	210	92	52:27.4	16:55/M
14	Marcell Lung	Mattawan MI	61	93	107	53:18.3	17:12/M
15	Joyce Maltby	Cheboygan MI	64	95	155	1:02:27.1	20:09/M
16	Mary Lounsbury		61	88	157	1:02:28.2	20:09/M
17	Janice Kroeg		60	78	158	1:02:28.9	20:09/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 *	Mark Steele	Kalamazoo MI	64	233	54	49:12.8	15:52/M
2 *	Don Kussmann	Decatur MI	60	79	57	49:20.5	15:55/M
3 *	Mark Kelly	Saint Joseph MI	60	73	65	49:53.9	16:05/M
4	Randy Lung	Mattawan MI	64	92	108	53:20.7	17:12/M
5	Paul Schaefer	Lawton MI	63	226	120	55:20.9	17:51/M
6	Bill Lounsbury		62	86	146	1:00:13.7	19:25/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 *	Roberta Woodruff	Dowagiac MI	68	259	8	40:59.7	13:13/M
2 *	Cheryl Anbert		69	650	27	44:21.0	14:18/M
3 *	Vada Sherburn	Lawton MI	67	227	29	45:01.9	14:31/M

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Age Group Results

Walk

Race Date

September 10, 2016

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>
4	Mary Ann Siegel	Minooka IL	66	229	40	47:14.0	15:14/M
5	Gaye Sims	Benton Harbor MI	68	231	90	52:24.1	16:54/M
6	Kathy Stubbs	Paw Paw MI	67	238	93	52:28.0	16:55/M
7	Marta McCabe	Lawrence MI	68	99	131	57:19.0	18:29/M
8	Linda Vangoeye	Paw Paw MI	67	249	139	58:41.3	18:56/M
9	Kathy Stratton		65	234	148	1:00:47.4	19:36/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 *	Larry Wolfrum		65	656	7	40:39.7	13:07/M
2 *	Don Micham		66	655	39	47:02.5	15:10/M
3 *	David Moormann	Lawton MI	65	204	69	50:02.9	16:08/M
4	Gregory Zaucha	Paw Paw MI	69	261	82	51:35.5	16:38/M
5	Ron Stratton		67	235	147	1:00:46.8	19:36/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 *	Dianne Madejczyk	Grandvilleg MI	72	94	89	52:23.9	16:54/M
2 *	Patsy Harring	Paw Paw MI	70	55	114	53:53.9	17:23/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 *	Richard Van Eck	Grand Junction MI	73	247	22	43:42.5	14:06/M
2 *	Keith Harring	Paw Paw MI	73	54	113	53:53.9	17:23/M
3 *	Jim McCabe	Lawrence MI	74	98	132	57:19.5	18:29/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>
	* No Finishers					0:00.0	

2016 Grape Lake 5K

Age Group Results

Walk

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 *	Barb Goodwin	Kalamazoo MI	81	52	49	48:22.4	15:36/M
2 *	Carolyn Selby		86	654	98	52:50.3	17:03/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>
*	No Finishers					0:00.0	