

Race Date  
August 27, 2016

Ruck and Run 5K  
Age Group Results

**5K Run**

**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	Hunter Vogel		14	6066	1	22:06.8	7:08/M
2	Gavin Vogel		16	6065	6	24:39.1	7:57/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	Samantha Bartucci		27	6082	14	26:57.9	8:42/M
2	Sara Fleming		22	6017	15	27:12.1	8:46/M
3	Alexis Ochoa		24	6075	26	31:26.8	10:08/M
4	Allison Walley		24	6067	28	31:38.1	10:12/M
5	Michaela Miller		21	6085	31	31:59.9	10:19/M
6	Jennifer Fultz		24	6024	36	33:40.1	10:52/M
7	Erin Trowbridge		21	6063	37	33:40.4	10:52/M
8	Taylor Wilson		25	6078	44	39:21.8	12:42/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	William Kamizeles		29	6081	8	24:45.5	7:59/M
2	Shannon McNeish		28	6044	42	37:32.8	12:06/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	Belinda Stepnowski		34	6060	4	24:07.6	7:47/M
2	Laura Sternberg		36	6061	16	27:14.8	8:47/M
3	Tiffany Green		34	6028	18	28:14.9	9:06/M
4	Linda Brinley		39	6004	21	29:30.4	9:31/M
5	Kimberly Mihail		34	6046	25	31:25.3	10:08/M
6	Summer Smith		31	6058	29	31:50.8	10:16/M
7	Erica Moore		36	6047	30	31:52.7	10:17/M
8	Mary Beth Byard		35	6005	33	32:20.2	10:26/M
9	Lori Gillins		36	6027	34	32:50.7	10:35/M
10	Sara Stallings		33	6059	35	33:00.1	10:39/M
11	Angie Scheuer		31	6055	38	33:57.1	10:57/M
12	Susan Malinowski		32	6042	45	39:32.9	12:45/M
13	Christina Meadows		39	6045	46	39:49.6	12:51/M
14	Sheri Stremplewski		34	6062	47	41:14.9	13:18/M
15	Niki Zymbak		33	6069	51	42:37.4	13:45/M

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16	Sarah Hollan-Otero		34	6032	56	49:20.2	15:55/M
17	Justina Payne		36	6049	57	1:02:23.0	20:07/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	Jason Simpson		35	6057	5	24:22.3	7:52/M
2	Robert May		35	6070	7	24:44.6	7:59/M
3	Aaron Johnson		37	6037	10	25:07.9	8:06/M
4	Matt Scheuer		33	6054	27	31:36.9	10:12/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	Kara Potter		46	6052	9	24:57.1	8:03/M
2	Amy Cooley		48	6009	13	26:54.4	8:41/M
3	Claudia Gillies		41	6026	17	27:25.1	8:51/M
4	Amanda Lyons		44	6041	40	35:18.4	11:23/M
5	Toni Russell		48	6053	52	42:55.7	13:51/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	Steve McIntyre		48	6043	11	25:15.3	8:09/M
2	Dean Bricker		45	6003	22	30:05.6	9:42/M
3	David Danford		41	6011	23	31:01.5	10:00/M
4	Scott Jackson		46	6036	24	31:05.6	10:02/M
5	Mark Connors		44	6008	32	32:03.6	10:20/M
6	Matt Workman		49	6068	39	35:18.1	11:23/M
7	Ryan Vanderwoude		49	6064	48	41:17.1	13:19/M
8	Tom Castle		48	6006	54	45:43.3	14:45/M

Female 50 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	Helen Chupp		52	6007	41	36:26.5	11:45/M
2	Janet Hoffman		60	6031	49	41:33.9	13:24/M
3	Carmen Piunti		62	6051	50	42:11.1	13:36/M

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Female 50 and Over

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4	Joyce Einikis		60	6016	53	43:31.9	14:02/M
5	Linda Levenson		62	6040	55	46:54.7	15:08/M

Male 50 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	David Pepoff		51	6050	2	22:40.7	7:19/M
2	Brian Sheridan		53	6056	3	23:38.5	7:37/M
3	John Lark		53	6039	12	26:40.9	8:36/M
4	James Hoffman		60	6030	19	28:57.9	9:20/M
5	Marvel Scott		53	6080	20	28:59.1	9:21/M
6	Scott Cummings		60	6010	43	38:26.5	12:24/M