

2017 Show up and Run Indoor 5K

Race Date

February 26, 17

**Lap Results - Age Group
Summary****5K Run****Female 14 and Under**

<u>Pos.</u>	<u>Name</u>	<u>Bib No</u>	<u>Gend / Age</u>	<u>Total Time</u>	<u>Laps</u>	<u>Pace</u>
1	Madison Rahschulte	2124	F 12	24:14.9	30	7:51/M

Female 30 to 34

<u>Pos.</u>	<u>Name</u>	<u>Bib No</u>	<u>Gend / Age</u>	<u>Total Time</u>	<u>Laps</u>	<u>Pace</u>
1	Amy Janik	2116	F 32	40:57.1	30	13:15/M

Female 35 to 39

<u>Pos.</u>	<u>Name</u>	<u>Bib No</u>	<u>Gend / Age</u>	<u>Total Time</u>	<u>Laps</u>	<u>Pace</u>
1	Lori Kosmatka	1988	F 39	36:22.3	30	11:46/M

Female 40 to 44

<u>Pos.</u>	<u>Name</u>	<u>Bib No</u>	<u>Gend / Age</u>	<u>Total Time</u>	<u>Laps</u>	<u>Pace</u>
1	Carri Ables	2101	F 40	31:50.9	30	10:18/M
2	Lindy Garzella	2112	F 42	42:53.3	30	13:53/M
3	Margie Hofmann	2115	F 43	47:45.8	30	15:27/M
4	Darla Kinkade	1972	F 41	47:48.8	30	15:28/M

Female 45 to 49

<u>Pos.</u>	<u>Name</u>	<u>Bib No</u>	<u>Gend / Age</u>	<u>Total Time</u>	<u>Laps</u>	<u>Pace</u>
1	Jo Munro	2122	F 47	37:47.9	30	12:14/M
2	Andreana Gonzalez	2113	F 46	47:04.4	30	15:14/M
3	Julie Brandy	2105	F 47	1:03:54.4	30	20:41/M

Female 50 to 54

<u>Pos.</u>	<u>Name</u>	<u>Bib No</u>	<u>Gend / Age</u>	<u>Total Time</u>	<u>Laps</u>	<u>Pace</u>
1	Karen Marlatt	2120	F 50	37:23.9	30	12:06/M
2	Helen Chupp	2107	F 52	44:02.5	30	14:15/M

Female 55 to 59

<u>Pos.</u>	<u>Name</u>	<u>Bib No</u>	<u>Gend / Age</u>	<u>Total Time</u>	<u>Laps</u>	<u>Pace</u>
1	Gayla Domke	2110	F 58	1:03:53.6	30	20:40/M
2	Brenda Barnhart	2103	F 55	1:04:40.3	30	20:56/M

Male 30 to 34

<u>Pos.</u>	<u>Name</u>	<u>Bib No</u>	<u>Gend / Age</u>	<u>Total Time</u>	<u>Laps</u>	<u>Pace</u>
1	Derek Janik	2117	M 34	25:44.0	30	8:20/M

Male 40 to 44

<u>Pos.</u>	<u>Name</u>	<u>Bib No</u>	<u>Gend / Age</u>	<u>Total Time</u>	<u>Laps</u>	<u>Pace</u>
1	Dan Koch	2119	M 42	26:37.7	30	8:37/M
2	Joseph Trathen	1990	M 40	31:19.4	30	10:08/M
3	Mark Connors	2108	M 44	37:24.7	30	12:06/M
4	Trever Huard	1989	M 42	1:05:49.7	30	21:18/M

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**Lap Results - Age Group
Summary****5K Run****Male 45 to 49**

<u>Pos.</u>	<u>Name</u>	<u>Bib No</u>	<u>Gend / Age</u>	<u>Total Time</u>	<u>Laps</u>	<u>Pace</u>
1	Matt Hanlon	1991	M 47	27:00.5	30	8:44/M
2	Johnny Stimley	1973	M 46	27:36.2	30	8:56/M
3	Allan Brandy	2104	M 47	30:44.1	30	9:57/M

Male 50 to 54

<u>Pos.</u>	<u>Name</u>	<u>Bib No</u>	<u>Gend / Age</u>	<u>Total Time</u>	<u>Laps</u>	<u>Pace</u>
1	Christopher Zvers	2126	M 50	20:36.5	30	6:40/M

Male 55 to 59

<u>Pos.</u>	<u>Name</u>	<u>Bib No</u>	<u>Gend / Age</u>	<u>Total Time</u>	<u>Laps</u>	<u>Pace</u>
1	Mike Elkins	2111	M 57	28:43.2	30	9:18/M

Male 60 to 64

<u>Pos.</u>	<u>Name</u>	<u>Bib No</u>	<u>Gend / Age</u>	<u>Total Time</u>	<u>Laps</u>	<u>Pace</u>
1	Doug Wiese	2125	M 63	46:47.8	30	15:08/M
2	Michael Paulson	2123	M 62	48:00.5	30	15:32/M

Male 65 to 69

<u>Pos.</u>	<u>Name</u>	<u>Bib No</u>	<u>Gend / Age</u>	<u>Total Time</u>	<u>Laps</u>	<u>Pace</u>
1	John Kosmatka	1987	M 67	42:10.8	30	13:39/M