

Race Date
June 17, 2017

2017 Spring Lake Heritage Festival 5K

Overall Finish List

5K Run

<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Gend</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>
1	Andrew Hysten		2953	17	M	1 Top Fin	17:10.5	5:32/M
2	Ben Hysten		2952	17	M	2 Top Fin	18:18.8	5:54/M
3	Matthew schmidt		2989	18	M	3 Top Fin	19:11.6	6:11/M
4	jake shavalier		2993	32	M	1 30-34	19:19.3	6:14/M
5	Ephraim Rosalez		2986	34	M	2 30-34	19:24.7	6:15/M
6	Mike Segaar		2992	37	M	1 35-39	20:13.1	6:31/M
7	David Browne		3541	55	M	1 Top Fin	20:19.6	6:33/M
8	Andres Sampredo		2987	47	M	1 45-49	20:59.5	6:46/M
9	Michael Cramarosso		2933	56	M	1 Top Fin	21:20.5	6:53/M
10	Brandon Meigs		2973	38	M	2 35-39	22:08.1	7:08/M
11	Ian Hill		2951	13	M	1 10-14	22:09.2	7:09/M
12	Ainslay Workman		3534	13	F	1 Top Fin	22:10.2	7:09/M
13	Steven G		2943	51	M	1 50-54	22:24.8	7:14/M
14	joshua clark		2923	22	M	1 20-24	22:38.7	7:18/M
15	jessica clark		2922	29	F	2 Top Fin	22:57.1	7:24/M
16	Andie Young		3546	21	F	3 Top Fin	23:18.6	7:31/M
17	Aaron Cooper		2928	32	M	3 30-34	23:44.6	7:39/M
18	Dennis Clark		2921	53	M	2 50-54	23:45.1	7:40/M
19	Ronald Redick		3525	50	M	3 50-54	24:07.0	7:47/M
20	Paula Chalupa		2914	41	F	1 Top Fin	24:13.1	7:49/M
21	Eric Ridlington		3532	42	M	1 40-44	24:21.3	7:51/M
22	Savanna Bayes		2905	13	F	1 10-14	24:22.6	7:52/M
23	Brad Bayes		2906	41	M	2 40-44	24:22.8	7:52/M
24	Carter Phillips		3548	13	M	2 10-14	24:39.3	7:57/M
25	Blake Phillips		3549	46	M	2 45-49	24:39.6	7:57/M
26	Bruce Ter Beek		3503	65	M	1 65-69	24:42.8	7:58/M
27	Michele Schimpa		3518	41	F	1 40-44	25:09.8	8:07/M
28	Nathan Wyant		3515	37	M	3 35-39	25:19.6	8:10/M
29	Caleb Slager		2995	11	M	3 10-14	25:33.2	8:15/M
30	Adam Ridington		3531	9	M	1 1- 9	25:36.1	8:15/M
31	Benjamin Gapczynski		2945	39	M	4 35-39	25:37.3	8:16/M
32	Gerrit Lyyski		2968	12	M	4 10-14	25:39.8	8:16/M
33	Mark Mayo-Meekhof		2970	32	M	4 30-34	25:57.5	8:22/M
34	jana shavalier		2994	31	F	1 30-34	26:09.7	8:26/M
35	Chris Slager		2996	40	F	2 40-44	26:11.5	8:27/M
36	LAUREN FUJIOKA		2942	31	F	2 30-34	26:24.3	8:31/M
37	Ryan Cotton		2930	60	M	1 60-64	26:38.3	8:35/M
38	Jon Albert		2903	46	M	3 45-49	26:48.2	8:39/M
39	Scott Fleming		2940	37	M	5 35-39	26:51.2	8:40/M
40	John Donnelly		3537	41	M	3 40-44	26:55.5	8:41/M
41	Jason Johnson		2957	20	M	2 20-24	27:18.1	8:48/M
42	Geoff Broton		3535	36	M	6 35-39	27:25.8	8:51/M
43	Owen Adams		2901	9	M	2 1- 9	27:37.3	8:55/M
44	Thomas McCarthy		2971	58	M	1 55-59	27:37.8	8:55/M
45	Sheila Goodman		2947	55	F	1 Top Fin	27:41.3	8:56/M
46	John Adams		2902	56	M	2 55-59	27:41.9	8:56/M
47	Barb Gibbons		2946	56	F	1 55-59	28:02.7	9:03/M

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48	Martha Scholtens		2990	37	F	1 35-39	28:30.4	9:12/M
49	Ron Atkin		3547	20	M	3 20-24	28:32.5	9:12/M
50	Sierra Poel		3519	9	F	1 1- 9	28:46.1	9:17/M
51	Kristy Sleeper		2997	37	F	2 35-39	28:47.5	9:17/M
52	Nikki Theune		3505	40	F	3 40-44	28:55.1	9:20/M
53	Jessica Judge		2961	14	F	2 10-14	29:10.7	9:25/M
54	Jennifer Judge		2960	13	F	3 10-14	29:10.8	9:25/M
55	Reese Workman		3533	11	F	4 10-14	29:27.6	9:30/M
56	victoria m. barton		2904	58	F	2 55-59	29:27.8	9:30/M
57	Todd Ireland		2954	42	M	4 40-44	29:59.3	9:40/M
58	Nicholas Buys		3523	38	M	7 35-39	30:12.6	9:45/M
59	Emily BLAHNIK		2908	22	F	1 20-24	30:12.8	9:45/M
60	Andrew BLAHNIK		2909	46	M	4 45-49	30:14.3	9:45/M
61	Jackson Buys		3524	10	M	5 10-14	30:17.1	9:46/M
62	Julie Wyant		3516	32	F	3 30-34	30:17.5	9:46/M
63	Jennifer Pike		2981	41	F	4 40-44	30:23.6	9:48/M
64	Janice Grammatico		2948	49	F	1 45-49	30:29.3	9:50/M
65	Dean Bettendorf		3522	43	M	5 40-44	30:29.3	9:50/M
66	Andrew Moritz		2975	29	M	1 25-29	30:30.1	9:50/M
67	Courtney Rawlings		2982	32	F	4 30-34	30:36.6	9:52/M
68	Melissa Cowley		2932	32	F	5 30-34	31:23.2	10:07/M
69	Mark Herman		2950	61	M	2 60-64	31:23.5	10:07/M
70	Ella Gapczynski		2944	10	F	5 10-14	31:34.5	10:11/M
71	Carla Bazen		3545	47	F	2 45-49	31:44.8	10:14/M
72	Erin Lothschutz		2965	31	F	6 30-34	31:51.1	10:16/M
73	Laurel Nease		2976	50	F	1 50-54	31:52.2	10:17/M
74	Krystie Grimes		3520	31	F	7 30-34	31:54.1	10:17/M
75	Carla Schut		2991	68	F	1 65-69	31:58.8	10:19/M
76	Keegan Colburn		2924	10	M	6 10-14	32:01.5	10:20/M
77	Joe Colburn		2925	41	M	6 40-44	32:06.8	10:21/M
78	Jennifer Van Dyke		3506	35	F	3 35-39	32:15.5	10:24/M
79	Joanne Carns-Merrick		2913	55	F	3 55-59	32:37.8	10:31/M
80	Marc Benigni		3527	50	M	4 50-54	32:45.8	10:34/M
81	Sabine Johnson-Sachers		2959	42	F	5 40-44	32:55.2	10:37/M
82	Bob Cowles		2931	35	M	8 35-39	33:05.6	10:40/M
83	Shauna Walwood		3511	46	F	3 45-49	33:17.3	10:44/M
84	Kimberly Johnson		2956	27	F	1 25-29	33:58.5	10:57/M
85	Dawn Clark		2920	49	F	4 45-49	34:08.5	11:01/M
86	Mel Cooper		2927	58	M	3 55-59	34:21.8	11:05/M
87	Dawn Nietering		2977	50	F	2 50-54	34:37.3	11:10/M
88	Jill DeWitt		3528	46	F	5 45-49	34:41.5	11:11/M
89	tabita kuiper		2962	25	F	2 25-29	34:57.7	11:16/M
90	Isaac Chalupa		2917	9	M	3 1- 9	34:58.5	11:17/M
91	Kiersten Chalupa		2916	7	F	2 1- 9	34:58.9	11:17/M
92	David Chalupa		2919	41	M	7 40-44	34:58.9	11:17/M
93	Linda Benjamin		2907	58	F	4 55-59	35:13.8	11:22/M
94	Betsy VanAntwerpen		3507	65	F	2 65-69	35:20.5	11:24/M

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95	Lauren Visser		3509	33	F	8 30-34	35:20.6	11:24/M
96	Kelly Ireland		2955	42	F	6 40-44	35:24.3	11:25/M
97	Mary Erickson		2939	74	F	1 70-74	36:47.8	11:52/M
98	SABRINA ZOPPA		3517	60	F	1 60-64	36:57.8	11:55/M
99	Amy Smith		2998	51	F	3 50-54	38:01.5	12:16/M
100	Heidi Tackmann		3502	52	F	4 50-54	38:01.6	12:16/M
101	ASHLEY VANDYKEN		3508	28	F	3 25-29	39:06.3	12:37/M
102	Phillip Wood		3513	35	M	9 35-39	39:55.4	12:53/M
103	Sigourney Wood		3514	31	F	9 30-34	40:05.6	12:56/M
104	Paul Merrick		2974	59	M	4 55-59	40:06.6	12:56/M
105	Rose Dunalp		2937	47	F	6 45-49	40:24.6	13:02/M
106	Leslie Daniels		2936	38	F	4 35-39	40:37.9	13:06/M
107	Karen Johnson		2958	58	F	5 55-59	40:58.9	13:13/M
108	Timothy Rettinhouse		2985	28	M	2 25-29	41:07.4	13:16/M
109	Mary Lanka		3529	43	F	7 40-44	42:28.8	13:42/M
110	Erin Gross		3521	45	F	7 45-49	43:33.3	14:03/M
111	Angela Bruursema		2910	41	F	8 40-44	45:09.1	14:34/M
112	Mark Bruursema		2911	47	M	5 45-49	45:09.7	14:34/M
113	Judy Wagenmaker		3510	65	F	3 65-69	46:40.8	15:03/M
114	Melissa Cooper		2929	31	F	10 30-34	47:12.6	15:14/M
115	Heather Chalupa		2918	41	F	9 40-44	50:06.8	16:10/M
116	Annika Chalupa		2915	4	F	3 1-9	50:07.6	16:10/M
117	Kayden Goodwin		3538	10	M	7 10-14	52:10.4	16:50/M
118	Tristan Personett		3540	14	F	6 10-14	52:13.1	16:51/M
119	Ashlynn Goodwin		3539	7	F	4 1-9	52:14.6	16:51/M
120	Samantha Restis		3536	27	F	4 25-29	53:58.1	17:25/M
121	Tamera Russel		3526	43	F	10 40-44	53:58.2	17:25/M
122	Connie McKellips		2972	43	F	11 40-44	53:58.8	17:25/M
123	Karyme Mack		3543	13	F	7 10-14	54:34.1	17:36/M
124	Katie Hardy		2949	31	F	11 30-34	54:37.3	17:37/M
125	Mariann Rettinhouse		2984	52	F	5 50-54	54:45.2	17:40/M
126	Daniel Rettinhouse		2983	56	M	5 55-59	54:45.4	17:40/M
127	Aleighe Mack		3544	13	F	8 10-14	54:51.1	17:42/M
128	Kathy Fohlbrook		2941	56	F	6 55-59	54:56.6	17:43/M
129	Stephanie Mathews		2969	34	F	12 30-34	55:04.2	17:46/M
130	Rachel Mack		3542	34	F	13 30-34	55:04.4	17:46/M