

# 2019 Grape Lake 5K

## Age Group Results

### Run

Race Date  
September 07, 19

#### 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	Kelsey Adriance		27	3604	12	20:47.3	6:42/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	Julian Borst		22	644	1	16:42.0	5:23/M

## 2019 Grape Lake 5K

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## Run

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	Estela Corrizales		0	605	158	31:33.8	10:11/M
2	Patricia Mancillas		0	1221	231	37:37.3	12:08/M
3	Tami Madison		0	667	288	53:16.8	17:11/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. 698			698	40	24:24.1	7:52/M
2	* Unknown Partic. 1285			1285	78	26:51.9	8:40/M
3	* Unknown Partic. 1283			1283	152	31:08.8	10:03/M
4	Door Maxu		0	788	256	40:50.6	13:10/M
5	Unknown Partic. 1284			1284	277	48:21.1	15:36/M
6	Unknown Partic. 1282			1282	278	48:46.6	15:44/M
7	Unknown Partic. 1289			1289	293	55:07.4	17:47/M
8	Unknown Partic. 1287			1287	294	55:11.2	17:48/M
9	Unknown Partic. 1288			1288	295	55:11.4	17:48/M
10	Unknown Partic. 1286			1286	296	55:11.4	17:48/M
11	Unknown Partic. 785			785	300	1:00:38.6	19:34/M
12	Unknown Partic. 691			691	301	1:01:31.3	19:51/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	* Isabelle Sliter		10	3899	52	25:02.4	8:05/M
2	* Evelyn Argo		10	3612	129	29:46.4	9:36/M
3	* Lauren Hunsberger		10	3765	178	33:03.5	10:40/M
4	Avery Huff		9	3762	188	33:55.7	10:56/M
5	Gabriela Liggett		9	3797	215	35:34.9	11:28/M
6	Maggie Lounsbury		5	3805	217	35:38.3	11:30/M
7	Megan Bowser		9	1225	257	40:59.2	13:13/M
8	Pounton Forbes		7	7322	273	45:56.4	14:49/M
9	Layla Goerres		6	1290	297	58:12.1	18:46/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	* Derek Sager		10	3887	74	26:31.2	8:33/M
2	* Lex Lounsbury		8	3804	75	26:33.2	8:34/M
3	* Aiden Fitzgerald		9	3696	213	35:34.9	11:28/M

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## 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>
4	Jacob Liggett		6	3798	244	39:01.4	12:35/M
5	Joshua Estkowski		10	838	286	51:56.7	16:45/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	* Sophia Browe		11	3638	64	25:51.2	8:20/M
2	* Teagen Tenbrink		14	3913	80	26:55.7	8:41/M
3	* Gillian Wolf		12	3946	83	27:12.6	8:46/M
4	Vanessa Rodriguez		12	501	87	27:20.1	8:49/M
5	Zoey Bridges		11	741	113	28:50.6	9:18/M
6	Lauran Fitzgerald		12	3697	236	37:48.4	12:12/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	* Brody Amthor		14	3607	11	20:18.3	6:33/M
2	* Brody Houseman		12	3758	16	21:10.9	6:50/M
3	* Michael Lounsbury		12	3807	21	21:44.3	7:01/M
4	Eddy Charron		13	743	27	23:19.3	7:31/M
5	Gabriel Zapata		12	3951	29	23:39.6	7:38/M
6	Joseph Miller		14	3835	37	24:11.7	7:48/M
7	Avery Williford		11	649	71	26:29.2	8:33/M
8	Grahm Zygadlo		12	3955	104	28:26.7	9:10/M
9	Chase Marler		13	3813	105	28:29.9	9:11/M
10	Owen Saylor		12	754	150	31:05.4	10:02/M
11	Abram Coffey		11	3659	175	32:59.6	10:38/M
12	Tim Dola-Rondhe		13	777	204	34:54.8	11:15/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	* Amy Steinkraus		18	507	46	24:34.5	7:55/M
2	* Lexi Bainbridge Lexi		18	3794	54	25:16.4	8:09/M
3	* Meagan Barker		19	642	59	25:28.4	8:13/M
4	Kennedy Ballou		19	713	233	37:40.4	12:09/M

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## Run

## 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 *	Jonah Maichele		18	3812	2	17:16.8	5:34/M
2 *	Alec Saylor		19	3889	6	19:36.6	6:19/M
3 *	Ethan Saylor		15	3890	8	19:50.9	6:24/M
4	Steven Mosher		18	3846	17	21:16.9	6:52/M
5	Vinny Short		17	3898	24	22:59.4	7:25/M
6	Michael Hiestand		17	3748	79	26:53.4	8:40/M
7	Charles Miller		17	3833	115	29:08.5	9:24/M
8	Eric Randall		15	660	160	31:36.3	10:12/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 *	Deven Kovell		23	3783	77	26:46.8	8:38/M
2 *	Megan Wild		23	3941	164	31:54.3	10:17/M
3 *	Allison Havera		23	3740	200	34:32.6	11:08/M
4	Katey Hoffman		24	3752	238	38:26.1	12:24/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 *	Joseph Prahlow Jr		20	3873	57	25:25.4	8:12/M
2 *	Craig Luca		22	3810	165	31:54.5	10:17/M
3 *	Austin Callahan		21	701	230	37:20.1	12:03/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 *	Samantha McPharlin		28	3825	19	21:38.3	6:59/M
2 *	Ashley Atwood		29	3614	65	25:56.7	8:22/M
3 *	Amanda Clements		29	3656	66	25:57.1	8:22/M
4	Sara Drane		26	3686	109	28:42.7	9:15/M
5	Leeann Mercer		25	3829	120	29:28.7	9:30/M
6	Chaley Fleetwood		28	3701	122	29:29.2	9:31/M
7	Blair Ignelzi		26	3771	128	29:45.7	9:36/M
8	Kristen Spigiel		29	3905	138	30:17.8	9:46/M
9	Mckenna Vanhosear		26	3922	146	30:49.1	9:56/M
10	Elizabeth Field		29	3694	155	31:17.1	10:05/M
11	Julie McDonard		25	787	202	34:54.6	11:15/M
12	Keanu Rogers		27	3881	205	34:58.2	11:17/M

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## 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>
13	Ellen Napier		28	3852	220	35:57.4	11:36/M
14	Jessica Baker		29	3620	225	36:45.8	11:51/M
15	Maggie Hostetler		29	3757	253	40:28.4	13:03/M
16	Kaylynn Watkins		27	3933	255	40:44.7	13:08/M
17	Hollywood Watkins		27	3932	272	45:03.1	14:32/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	* Ngong Kok		28	447	3	19:24.6	6:15/M
2	* Mitch Schroder		25	3892	10	20:17.4	6:33/M
3	* Christopher McPharlin		27	3824	26	23:06.3	7:27/M
4	Mitchell Matuz		28	3818	38	24:17.3	7:50/M
5	Howard Adams		25	3602	39	24:22.7	7:52/M
6	Jordan Rozema		29	3883	48	24:52.8	8:01/M
7	Reuben Cheruiyot		28	3655	58	25:25.8	8:12/M
8	Cesar Corrizales		28	629	60	25:29.8	8:13/M
9	Charles Sullivan		28	1298	62	25:36.5	8:15/M
10	Zach Vanhoosear		29	3923	101	28:24.6	9:10/M
11	Keegan Adriance		29	3603	119	29:24.8	9:29/M
12	Kyle Messman		27	3830	121	29:28.8	9:30/M
13	Troy Reedy		28	3876	199	34:32.6	11:08/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	* Margaret Soppelsa		32	3904	45	24:32.9	7:55/M
2	* Janelle Haselhuhn		34	3736	67	26:12.3	8:27/M
3	* Kari Vaughn		33	3927	102	28:26.2	9:10/M
4	Joan Mezewich		33	3831	106	28:29.9	9:11/M
5	Andrea Brady		32	3633	140	30:24.2	9:48/M
6	Kirsten Wesler		31	3936	166	32:02.5	10:20/M
7	Melissa Stull		34	3909	173	32:55.9	10:37/M
8	Maria Nickell		32	3855	174	32:58.1	10:38/M
9	Ashtynn Deyoung		32	3675	177	33:02.2	10:39/M
10	Cassandra Coffey		33	3660	179	33:04.2	10:40/M
11	Kim Mitchell		30	3838	187	33:52.7	10:55/M
12	Alaena Lauderdale		30	3788	195	34:12.7	11:02/M
13	Leanne Wolfson		34	3947	196	34:13.5	11:02/M
14	Amelia Distefano		30	3678	201	34:53.2	11:15/M

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## 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>
15	Marissa Decker		31	356	207	35:04.7	11:19/M
16	Jennica Burkett		33	3649	221	36:08.6	11:39/M
17	Stacey Wensink		31	3935	247	39:18.9	12:41/M
18	Cassie Marschall		32	789	270	44:23.4	14:19/M
19	Carrie Burza		33	3651	282	50:34.4	16:19/M
20	Tracy Smith		31	3903	303	1:05:20.9	21:05/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 *	Jack Bauman		30	3622	36	24:07.9	7:47/M
2 *	Jeff Haselhuhn		34	3737	68	26:12.5	8:27/M
3 *	Dan Sager		32	3886	73	26:30.4	8:33/M
4	Adam Goldberg		33	3723	86	27:17.9	8:48/M
5	Anthony Brewer		30	352	93	27:50.4	8:59/M
6	Jeremiah Ashbrook		31	351	153	31:09.6	10:03/M
7	Nick Tomsie		32	3916	176	33:00.4	10:39/M
8	Francisco Flores-Runsat		31	3707	218	35:47.2	11:33/M
9	Daniel Napier		31	3851	219	35:47.4	11:33/M
10	Jamie Branch		33	3635	250	40:24.4	13:02/M
11	Daren Distefano		34	3679	279	48:56.2	15:47/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 *	Alysssa Kennedy		37	3779	94	27:51.4	8:59/M
2 *	Michelle Hall		39	3735	111	28:46.4	9:17/M
3 *	Melissa Dipert		36	3677	125	29:31.6	9:31/M
4	Claire Lepley		35	1299	131	30:02.1	9:41/M
5	Sarah Timmer		39	3915	139	30:22.3	9:48/M
6	Sarah Thomas		38	665	147	30:50.8	9:57/M
7	Kristy Lounsbury		36	3803	156	31:21.1	10:07/M
8	Courtney Young		39	3950	157	31:32.4	10:10/M
9	Stephanie Brown		38	3642	161	31:39.9	10:13/M
10	Sara Miller		37	1215	183	33:16.4	10:44/M
11	Courtney Huff		39	3763	189	33:58.5	10:57/M
12	Erin Vochaska		35	350	193	34:07.6	11:00/M
13	Christina Fossitt		35	3708	197	34:30.6	11:08/M
14	Jamie Dougherty		35	3685	198	34:31.4	11:08/M
15	Tiffany Lee		39	3790	222	36:21.8	11:44/M

## 2019 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>
16	Angie Selle		37	3897	224	36:26.2	11:45/M
17	Sandy Hazelton		38	3742	235	37:47.1	12:11/M
18	Sitara Ludwig		37	3811	245	39:02.6	12:35/M
19	Heidi Baker		38	3619	252	40:26.2	13:03/M
20	Domini Melson		38	3828	263	42:10.4	13:36/M
21	Katie Boyer		39	3632	266	42:15.7	13:38/M
22	Jennifer Bowser		38	3630	274	46:19.4	14:56/M
23	Janeen Horton		37	3755	299	58:47.5	18:58/M
24	Dana Hudeck		36	3760	304	1:05:22.5	21:05/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 *	Jeff Smith		35	790	7	19:45.6	6:22/M
2 *	Brian Clements		37	3657	9	19:59.6	6:27/M
3 *	Marvin Smith		37	1212	15	21:10.3	6:50/M
4	Brandon Mattson		37	3817	22	22:25.2	7:14/M
5	Kris Mewilliams		39	348	23	22:35.6	7:17/M
6	Andrew Keefer		38	630	25	23:01.7	7:25/M
7	Tim Grech		36	3727	31	23:54.1	7:43/M
8	Shawn Miner		35	3837	42	24:28.4	7:54/M
9	Adam Dobbs		36	3682	69	26:17.9	8:29/M
10	Scott Testin		36	3914	88	27:21.7	8:49/M
11	Christopher Davis		36	3671	98	28:11.4	9:05/M
12	Ryan Hawkins		39	3741	100	28:20.4	9:08/M
13	Josh Bridges		35	748	112	28:50.4	9:18/M
14	Mark Argo		37	617	124	29:29.9	9:31/M
15	Matthew Ruether		36	3885	149	31:01.5	10:00/M
16	Brian Vanhusan		36	3924	184	33:16.9	10:44/M
17	Mike Lounsbury		36	3809	216	35:37.9	11:29/M
18	Patrick Sherinski		37	757	227	36:53.4	11:54/M
19	Andy Bitely		39	3629	241	38:34.4	12:26/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 *	Molly Zygadlo		41	3956	20	21:39.6	6:59/M
2 *	Jennifer Dobbins		40	3681	33	23:57.5	7:44/M
3 *	Katie Huff		44	710	61	25:30.2	8:14/M
4	Sarah Penneck		42	3869	76	26:37.1	8:35/M

## 2019 Grape Lake 5K

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## 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>
5	Breck Flory		41	1219	85	27:17.2	8:48/M
6	Michelle Kaminski		42	3777	116	29:11.3	9:25/M
7	Carla Kneller		43	3780	118	29:16.8	9:26/M
8	Stephanie Doody		41	3684	135	30:11.1	9:44/M
9	Susan Kusmack		41	3787	136	30:12.5	9:45/M
10	Monica Marler		41	3814	145	30:46.7	9:55/M
11	Kim Wetherill		43	3938	159	31:35.8	10:11/M
12	Wendy Nagy		41	645	163	31:53.3	10:17/M
13	Natalya Hysell		40	3769	168	32:09.6	10:22/M
14	Laura Kronk		40	3786	172	32:51.1	10:36/M
15	Kara Hunsberger		43	3764	181	33:07.9	10:41/M
16	Crystal Williams		43	3943	211	35:31.6	11:27/M
17	Jessica Liggett		40	3799	214	35:34.9	11:28/M
18	Linda Garcia		44	3717	223	36:22.4	11:44/M
19	Naamini Mwangwone		40	3840	254	40:30.2	13:04/M
20	Kelly Stanard		43	3907	265	42:13.9	13:37/M
21	Brenda Westveld		44	703	283	50:37.6	16:20/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 *	Alex Mickley		40	3832	49	25:00.1	8:04/M
2 *	John Donnelly		43	616	50	25:00.1	8:04/M
3 *	Josh Colvin		40	3661	51	25:02.2	8:05/M
4	Josh Sliter		40	3900	56	25:21.7	8:11/M
5	Brian Argo		40	3611	130	29:47.7	9:36/M
6	Nate Woodruff		41	3948	151	31:07.4	10:02/M
7	Joe Pasterik		42	3864	154	31:10.5	10:03/M
8	Justin Parker		40	775	171	32:30.3	10:29/M
9	Scott Overton		40	3861	240	38:34.4	12:26/M
10	Benjamin Liggett		41	3796	246	39:02.8	12:35/M
11	Kerry Moore		43	3843	248	39:23.7	12:42/M
12	Matt Randall		42	659	249	39:52.4	12:52/M
13	Jason Braskell		43	449	302	1:03:54.4	20:37/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 *	Jennifer Williford		45	646	90	27:36.7	8:54/M
2 *	Melinda Gruber		49	3731	108	28:35.3	9:13/M



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## Run

## Female 45 to 49

Place	Name	City	Age	Bib No	Overall	Time	Pace
3 *	Dawn Gillispie		49	3721	133	30:07.6	9:43/M
4	Elizabeth Maxwell		45	3819	137	30:12.7	9:45/M
5	Susan Pellandini		48	3868	180	33:06.7	10:41/M
6	Kim Campise		49	3654	182	33:12.4	10:43/M
7	Melissa Scott		49	3896	194	34:08.6	11:01/M
8	Tracy Abbott		49	3601	212	35:34.6	11:28/M
9	Tonya Colvin		46	3662	228	36:58.2	11:55/M
10	Kathy Estkowski		49	837	285	51:55.5	16:45/M
11	Becky Engstrom		47	3690	305	1:08:40.2	22:09/M

## Male 45 to 49

Place	Name	City	Age	Bib No	Overall	Time	Pace
1 *	Jody Williford		48	650	5	19:27.9	6:16/M
2 *	Ben Brown		46	3639	34	24:01.4	7:45/M
3 *	Cory Kneller		46	3781	47	24:46.3	7:59/M
4	Kevin Vanbrussel		45	3920	91	27:38.7	8:55/M
5	Paskell Miller		47	3836	117	29:15.8	9:26/M
6	Mark Williams		47	3944	190	34:04.9	10:59/M
7	Kevin Dukes		48	3687	237	37:50.3	12:12/M
8	Scott Bowser		49	3631	258	41:00.2	13:14/M

## Female 50 to 54

Place	Name	City	Age	Bib No	Overall	Time	Pace
1 *	Carie Faul		53	3691	167	32:03.7	10:20/M
2 *	Jalayne Bennett-Conway		51	3626	191	34:06.8	11:00/M
3 *	Amy Gronda		50	3729	226	36:46.2	11:52/M
4	Glenda Vandusen		53	3921	243	38:38.9	12:28/M
5	Linda Rogers		54	706	276	46:24.5	14:58/M
6	Patricia Pantoja		51	3863	287	52:37.7	16:58/M
7	Mary Hiestand		53	3746	289	53:40.2	17:19/M
8	Roxi Stanek		53	1292	292	53:54.2	17:23/M

## Male 50 to 54

Place	Name	City	Age	Bib No	Overall	Time	Pace
1 *	Steve Bourne		53	715	14	21:00.1	6:46/M
2 *	Brent Nichols		53	3854	28	23:37.4	7:37/M

## 2019 Grape Lake 5K

Age Group Results

## Run

## 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>
3 *	Bob Zdzinicki		53	3953	43	24:29.2	7:54/M
4	Scott Hojara		53	3753	44	24:31.4	7:55/M
5	Brian Brusach		50	3643	55	25:17.4	8:09/M
6	Gary Goscenski		54	3725	70	26:24.2	8:31/M
7	Brian Scherff		51	774	84	27:14.6	8:47/M
8	Paul Redmond		54	3874	92	27:48.7	8:58/M
9	Paul Schincariol		51	3891	99	28:13.8	9:06/M
10	Marc Vaughn		50	3928	103	28:26.6	9:10/M
11	Jim Palluconi		52	3862	127	29:40.4	9:34/M
12	Sid Sidall		54	776	203	34:54.6	11:15/M
13	Michael Gazda		50	3719	242	38:36.6	12:27/M
14	Ken Akins		53	662	269	43:27.1	14:01/M
15	Mike Horton		50	3756	298	58:47.5	18:58/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 *	Inda Corder		57	643	72	26:29.9	8:33/M
2 *	Ruth Borst		58	641	89	27:29.8	8:52/M
3 *	Nicole Remily		58	3877	123	29:29.8	9:31/M
4	Jill Bullock		55	3644	132	30:04.2	9:42/M
5	Kelly Durham		55	3688	143	30:39.9	9:53/M
6	Doreen Akins		55	664	144	30:44.1	9:55/M
7	Jill Ruterbusch		56	1213	170	32:14.5	10:24/M
8	Lucinda Smith		57	3901	185	33:22.7	10:46/M
9	Roxann Brouwer		57	3637	229	37:03.6	11:57/M
10	Gayle Jackson		57	3773	239	38:31.6	12:25/M
11	Carol Patridge		57	3865	260	41:18.2	13:19/M
12	Cathy Davis Mischler		59	3672	264	42:11.9	13:36/M
13	Dede Lewis		58	3791	268	42:53.7	13:50/M
14	Nancy Brown		58	3641	275	46:23.2	14:58/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 *	Mark Drallette		59	1218	13	20:50.4	6:43/M
2 *	Craig Miller		56	3834	18	21:23.3	6:54/M
3 *	Paul Bushnell		58	7321	30	23:50.6	7:41/M
4	Jeff Pearson		56	3867	53	25:10.5	8:07/M
5	Tim Mitchell		56	3839	81	27:02.8	8:43/M

## 2019 Grape Lake 5K

Age Group Results

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## Run

## 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>
6	Joseph Prahlow		55	3871	97	28:03.1	9:03/M
7	Clark Gruber		56	3730	107	28:34.9	9:13/M
8	Rudy Ruterbusch		57	1214	126	29:40.2	9:34/M
9	Mike Hoff		58	3751	142	30:33.4	9:51/M
10	Joe Stanek		55	1293	186	33:33.9	10:49/M
11	Paul Conway		56	3666	209	35:16.7	11:23/M
12	Ray Lewis		59	3792	267	42:47.2	13:48/M
13	Slae Goodwin		56	347	306	1:09:54.4	22:33/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 *	Donna Brakel		63	3634	234	37:47.1	12:11/M
2 *	Kim Cronk		61	3668	259	41:06.7	13:15/M
3 *	Sandy Finkenbinder		63	1296	262	41:58.4	13:32/M
4	Christine Vanhusan		63	3925	271	44:54.9	14:29/M
5	Teresa Distefano		61	3680	280	49:17.6	15:54/M
6	Debbie Foune		62	3710	284	51:07.3	16:29/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 *	Morris Applebey		60	3609	4	19:25.6	6:16/M
2 *	Mark Eichelberger		62	1223	35	24:03.4	7:45/M
3 *	Bryan McLeod		61	3823	63	25:42.2	8:17/M
4	Stephen McCloskey		60	3821	82	27:07.1	8:45/M
5	Al Congoon		60	1222	110	28:43.9	9:16/M
6	Richard Vanenk		64	7319	162	31:44.6	10:14/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 *	Victoria Zerbe		65	3954	96	27:58.4	9:01/M
2 *	Nancy Ausema		67	3615	206	35:01.7	11:18/M
3 *	Nancy Hathaway		68	3739	281	49:40.3	16:01/M

## 2019 Grape Lake 5K

Age Group Results

## Run

## 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 *	Arvil Howe		68	3759	32	23:55.1	7:43/M
2 *	Maurice Hicks		66	3745	41	24:27.6	7:53/M
3 *	Robert Jackson		67	3774	95	27:54.3	9:00/M
4	Tom Seilheimer		67	1297	114	28:51.8	9:18/M
5	Jim Kutill		65	1300	134	30:10.7	9:44/M
6	Frank Finkenbinder		65	3695	141	30:26.3	9:49/M
7	Gary Tenbrink		68	3912	148	31:01.5	10:00/M
8	Roger Bentley		69	3627	169	32:11.6	10:23/M
9	William Hinsdale		68	3750	208	35:05.6	11:19/M
10	Dan Bell		69	3624	210	35:22.2	11:25/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 *	Roberta Woodruff		71	3949	232	37:37.7	12:08/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 *	Wayne Wilhelmi		71	3942	251	40:25.7	13:02/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						

## 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 *	Thomas Bennett		76	3625	192	34:07.2	11:00/M
2 *	Robert Husek		75	3766	261	41:46.7	13:28/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		83	1294	291	53:53.2	17:23/M

# 2019 Grape Lake 5K

## Age Group Results

### Run

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#### 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		84	1295	290	53:52.5	17:23/M