

# Spring Ahead 5K & 15K

## Age Group Results

Race Date  
March 08, 2020

### 15K

#### Female Overall 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	Samantha Wassel	North Liberty IN	30	2590	10	1:05:07.2	7:00/M

#### Male Overall 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	Steven Bugarin	Hammond IN	34	2652	1	58:06.4	6:15/M

#### Female Masters 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	Melissa West	Valparaiso IN	44	2562	18	1:08:44.5	7:24/M

#### Male Masters 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	Chad Lawless	Kouts IN	43	2556	2	58:25.9	6:17/M

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Race Date  
March 08, 2020

### 15K

#### Male 11 to 12

<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	Zane Biernat	Crown Point IN	12	2578	44	1:17:21.7	8:19/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	Lauren Spengler	Frankfort IL	19	2522	29	1:13:31.7	7:56/M
2	Abigail Parkerson	Westville IN	18	2593	55	1:21:28.1	8:46/M
3	Brooklyn Figueroa	Portage IN	19	2903	64	1:22:45.0	8:54/M
4	Alexis Vancuren	Portage IN	18	2501	168	2:01:59.7	13:08/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>
1	Zachary Jarvis	Valparaiso IN	16	2626	8	1:04:32.1	6:57/M
2	Dylan Filla	Portage IN	19	2532	62	1:22:15.8	8:51/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	Madisyn Coudriet	Valparaiso IN	23	761	84	1:27:24.4	9:25/M
2	Madelyn Tarpley	New Carlisle IN	24	2693	156	1:49:00.7	12:14/M
3	Kayla Killingbeck	La Porte IN	24	2901	159	1:52:23.2	12:07/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	Michael Phillips	Valparaiso IN	23	858	13	1:06:15.4	7:08/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	Stephanie Burkholder	Goshen IN	29	2571	21	1:09:47.0	7:30/M
2	Amy Maclejewski	Hammond IN	29	2561	30	1:13:32.1	7:55/M
3	Emily Kenyon	Crown Point IN	26	2536	96	1:30:03.9	9:43/M
4	Lindsay Fisher	La Porte IN	25	2694	97	1:31:40.4	10:22/M
5	Abigail Gensel	Valparaiso IN	26	2663	109	1:35:32.5	10:16/M
6	Lily Segally	Hobart IN	26	2526	140	1:43:38.8	11:09/M

## Spring Ahead 5K &amp; 15K

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## 15K

## 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	Michael Wagner	Crown Point IN	29	2790	28	1:13:10.2	7:53/M
2	Erik Jensen	Valparaiso IN	29	2658	31	1:14:00.3	7:58/M
3	Pat Dever	Hobart IN	29	2527	63	1:22:43.9	8:55/M
4	Wojciech Kubas	La Porte IN	27	2691	70	1:24:26.6	9:07/M
5	Andrew Mueller	Valparaiso IN	25	2789	88	1:28:17.8	9:32/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	Samantha Bartucci	Merrillville IN	30	2602	39	1:16:17.0	8:13/M
2	Jackie Hood	Valparaiso IN	32	2951	43	1:17:19.1	8:20/M
3	Amanda Hoffer	Hamlet IN	31	2563	51	1:19:13.0	8:32/M
4	Millie Bartlett	Osceola IN	32	2677	79	1:26:37.9	9:20/M
5	Amy Tinnel	Portage IN	34	2922	93	1:28:51.2	9:35/M
6	Emily Sheahen Feller	Chesterton IN	34	2966	107	1:34:56.5	10:14/M
7	Danielle Goley	Portage IN	34	2660	116	1:39:01.6	10:41/M
8	Cynthia Cabrera	Crown Point IN	33	2659	118	1:39:20.0	10:43/M
9	Magdalena Trubecki	Rolling Meadows IL	33	2568	142	1:44:31.7	11:17/M
10	Nikkole McConnell	Griffith IN	30	883	180	2:17:46.7	14:51/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	James Bartlett	Osceola IN	31	2678	4	1:01:02.3	6:34/M
2	Adam Stout	Valparaiso IN	32	2929	27	1:13:08.4	7:53/M
3	Derek Decker	Mattoon IL	31	2586	47	1:18:23.3	8:28/M
4	Gregory Warrell	Highland IN	32	2797	80	1:26:58.1	9:24/M
5	Kyle Warfel	Chesterton IN	33	2964	145	1:45:02.6	11:20/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	Sally Cespedes	Valparaiso IN	39	2662	22	1:10:18.6	7:43/M
2	Rachel Valentas	Portage IN	35	2631	61	1:22:11.9	8:51/M
3	Tessa Troutman	Valparaiso IN	35	889	71	1:24:33.1	9:07/M
4	Dana Huwig	Chesterton IN	39	2609	72	1:24:50.1	9:08/M
5	Sarah Darrell	Portage IN	38	2924	76	1:26:00.9	9:16/M
6	Suzanne Gesse	Rolling Prairie IN	39	2646	81	1:27:17.3	9:25/M
7	Mindy Capaldi	Valparaiso IN	35	760	90	1:28:34.4	9:32/M

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## 15K

## 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>
8	Joan Sullivan		39	2923	94	1:29:01.7	9:34/M
9	Christina Alexander	North Judson IN	39	753	102	1:33:15.3	10:03/M
10	Marie Borman	Valparaiso IN	37	2521	114	1:38:15.6	10:35/M
11	Kelissa Scott	Portage IN	37	2669	120	1:39:25.4	11:21/M
12	Heather Porter	Valparaiso IN	36	2595	121	1:39:39.9	10:45/M
13	Julie Bannwart	North Liberty IN	39	2569	123	1:40:19.2	10:50/M
14	Britney Mendoza	Portage IN	39	2525	124	1:40:45.1	10:51/M
15	Lindsey Schugars	Chesterton IN	37	765	127	1:41:04.1	10:53/M
16	Meghan O'Brien	Valparaiso IN	36	868	136	1:42:22.7	11:03/M
17	Robyn Kramer	Valparaiso IN	35	2997	151	1:45:41.3	11:24/M
18	Jamie Walker	Hammond IN	35	2605	164	1:57:49.4	12:41/M
19	Molly Mooney	Valparaiso IN	39	853	170	2:05:20.1	13:31/M
20	Jennifer Plys	Merrillville IN	37	2642	174	2:13:47.9	14:26/M
21	Liz Metts	Wanatah IN	38	783	176	2:13:54.4	14:26/M
22	Tess Connors	Saugerties NY	39	2511	182	2:25:57.2	15:44/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	Luke Starkey	Valparaiso IN	38	2629	7	1:02:33.4	6:44/M
2	Phil Guerre	Valparaiso IN	36	776	9	1:04:44.9	6:58/M
3	Andrew Higy	Merrillville IN	38	2588	12	1:06:10.3	7:07/M
4	Greg Welch	Valparaiso IN	36	888	73	1:24:57.3	9:09/M
5	Rafael Magallan	Portage IN	39	2670	82	1:27:20.9	10:02/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	Amy Hartz	Valparaiso IN	40	875	32	1:14:34.4	8:03/M
2	Jennette Rudzinski	Chesterton IN	42	2608	42	1:17:07.5	8:18/M
3	Michelle Draschil	Crown Point IN	41	2553	49	1:18:41.8	8:28/M
4	Jill Knight	Union Mills IN	42	873	60	1:22:04.1	8:50/M
5	Kim Davis	Dyer IN	42	2657	67	1:23:45.5	9:05/M
6	Erin Goffette	Portage IN	44	2926	78	1:26:22.2	9:19/M
7	Nancy Packovski	Crown Point IN	43	2684	83	1:27:23.3	9:25/M
8	Brenda Chavez	Valparaiso IN	43	2974	85	1:27:28.6	9:26/M
9	Sara Bruner	Valparaiso IN	43	2558	87	1:28:03.3	9:29/M
10	Rachel Wilson	Hebron IN	43	787	91	1:28:37.8	9:34/M
11	Keely Bell-Yekel	Munster IN	41	2621	98	1:32:18.3	10:01/M
12	Melissa Fry	Hebron IN	42	2623	111	1:36:52.7	10:27/M

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## 15K

## 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>
13	Margie Raudonis	Knoxkox IN	42	754	112	1:37:16.6	10:29/M
14	Katie Siminski	Valparaiso IN	40	2925	144	1:44:51.6	11:18/M
15	Tara Fox	Gary IN	43	2550	146	1:45:08.8	11:20/M
16	Kristin Schumacher	Valparaiso IN	44	2998	153	1:48:15.5	12:10/M
17	Karen Turner	Valparaiso IN	42	2913	155	1:48:35.1	11:43/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	Andrew Elderkin	Valparaiso IN	40	752	17	1:07:43.8	7:18/M
2	Adam Stepanek	Valparaiso IN	40	798	23	1:10:21.8	7:35/M
3	Nick Konwerski	Munster IN	41	2681	26	1:12:53.2	7:51/M
4	Craig Robbins	Valparaiso IN	42	2692	45	1:17:29.4	8:21/M
5	Joseph Trathen	Valparaiso IN	43	2583	66	1:23:39.7	9:01/M
6	Andy Chavez	Valparaiso IN	44	2973	69	1:24:21.2	9:06/M
7	Scott Hartz	Valparaiso IN	43	2630	105	1:34:23.8	10:11/M
8	David Hutchins	Chesterton IN	40	2965	126	1:41:02.0	10:54/M
9	Igor Stefanoski	Crown Point IN	41	2676	129	1:41:33.4	10:58/M
10	Kyle Fouch	Valparaiso IN	43	2999	154	1:48:17.7	12:10/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	Amie Dworecki	South Bend IN	47	2537	41	1:16:57.2	8:17/M
2	Poppy Carden	Porter IN	47	2628	53	1:20:35.1	8:41/M
3	Mary Ellen Basham	Hobart IN	45	2541	58	1:21:51.8	8:50/M
4	Cindy Steinbeck	Chesterton IN	45	851	65	1:22:56.5	8:57/M
5	Becky Kreiger	Kouts IN	46	869	89	1:28:27.0	9:33/M
6	Michele Zurisk	Cedar Lake IN	48	2957	100	1:32:51.8	10:01/M
7	Dawn Vamos	Valparaiso IN	48	2633	103	1:33:25.5	10:03/M
8	Hope Gonzalez	Portage IN	49	2961	119	1:39:21.3	10:43/M
9	Tracy Campbell	Valparaiso IN	46	886	125	1:41:00.7	10:53/M
10	Francie Bean	Valparaiso IN	48	764	128	1:41:04.5	10:53/M
11	Lisa Rebey	Griffith IN	49	2651	131	1:42:04.8	11:01/M
12	Amy Burke	Portage IN	49	2542	137	1:42:23.0	11:03/M
13	Sandy Thomas	Kouts IN	49	2975	139	1:43:20.5	11:07/M
14	Karen Sulek	Crown Point IN	46	2555	148	1:45:27.4	11:22/M
15	Lindy Garzella	Portage IN	45	2696	169	2:05:19.7	13:31/M
16	Julie McKean	Valparaiso IN	48	782	175	2:13:53.8	14:26/M
17	Adrienne Mautner	Lowell IN	45	2566	178	2:17:25.8	14:49/M

## Spring Ahead 5K &amp; 15K

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## 15K

## 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	Ryan0 Kwiecinski	Chesterton IN	45	2543	3	1:00:56.6	6:33/M
2	John Bryant	Valparaiso IN	46	2577	14	1:07:05.1	7:13/M
3	Thomas Walden	Crown Point IN	45	2639	15	1:07:05.6	7:14/M
4	Doug McCarty	Knox IN	47	755	19	1:09:25.5	7:28/M
5	Chuck Vamos	Valparaiso IN	48	2725	35	1:15:49.0	8:10/M
6	Michael Hord	Portageportage IN	49	2905	54	1:20:50.4	8:44/M
7	Doyll Andrews	Valparaiso IN	47	887	95	1:29:33.1	9:39/M
8	William Laramie	Hammond IN	48	2512	106	1:34:33.8	10:11/M
9	Michael Hammonds	Valparaiso IN	45	2979	115	1:38:43.0	10:38/M
10	Buddy Long	La Porte IN	46	2610	130	1:42:04.7	11:01/M
11	Joseph Orosz	Crown Point IN	45	2523	149	1:45:27.4	11:22/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	Janice Markulin	Dyer IN	50	2606	75	1:26:00.3	9:16/M
2	Kerri McKay	Valparaiso IN	53	785	92	1:28:38.5	9:34/M
3	Sue Hill	Crown Point IN	51	786	99	1:32:21.8	9:58/M
4	Lillian Vega	Chesterton IN	54	2503	108	1:35:03.5	10:16/M
5	Sylvia Orozco	Oak Forest IL	51	2596	117	1:39:04.6	10:41/M
6	Valerie Sanders	Valparaiso IN	51	2908	132	1:42:07.8	11:01/M
7	Amy Dowd	Granger IN	50	2648	133	1:42:12.0	11:02/M
8	Maria Middleton Nied	Schererville IN	51	2538	135	1:42:22.5	11:03/M
9	Jane Shimala	Valparaiso IN	54	870	152	1:46:20.9	11:28/M
10	Kathy Cook	Elkhart IN	54	2600	157	1:49:42.9	11:50/M
11	Melissa Christiano	South Bend IN	52	2507	161	1:55:31.5	12:28/M
12	Vikki Myers	Elk Grove Village IL	54	2574	162	1:56:26.7	12:33/M
13	Sydney Dawson	Crown Point IN	53	2632	166	1:59:49.6	12:55/M
14	Karen Fritts	Valparaiso IN	51	784	172	2:12:23.8	14:16/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	Jason Williams	South Bend IN	54	2683	5	1:01:21.2	6:36/M
2	Billy Sanders	Valparaiso IN	50	2907	16	1:07:16.3	7:15/M
3	Joel Andrade	Valparaiso IN	50	2534	25	1:12:44.7	7:50/M
4	Skip Woldt	Valparaiso IN	51	877	34	1:15:10.6	8:06/M
5	Ken Borowski	Saint John IN	52	2944	37	1:16:04.4	8:11/M
6	Rich Chiapetta	Willow Springs IL	51	2513	40	1:16:42.7	8:17/M
7	Scott Sears	Valparaiso IN	51	2970	46	1:17:36.0	8:21/M

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## 15K

## 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>
8	Patrick Cosgrove	Valparaiso IN	52	2950	50	1:19:06.7	8:31/M
9	Todd Bailey	Argos IN	51	2520	52	1:19:46.0	8:35/M
10	David Pepoff	Portage IN	54	872	59	1:22:03.3	8:50/M
11	Robert Dahlgren	Valparaiso IN	53	2902	74	1:25:27.3	9:13/M
12	John Zurisk	Cedar Lake IN	52	2958	101	1:32:51.8	10:01/M
13	Todd Tucker	Valparaiso IN	51	762	104	1:34:15.3	10:10/M
14	Matt Dowd	Granger IN	50	2647	141	1:43:53.1	11:13/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	Sue Brown Nickerson	Valparaiso IN	59	2617	110	1:36:27.2	10:23/M
2	Tina Strimbu	Valparaiso IN	58	852	160	1:54:20.4	12:19/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	Harry Baginski	Crown Point IN	58	2697	6	1:01:35.3	6:38/M
2	Peyton Grizzard	Valparaiso IN	55	751	11	1:06:00.1	7:06/M
3	David Young	Valparaiso IN	59	900	38	1:16:12.0	8:12/M
4	Jim Gilmore	Lakeside MI	58	2682	48	1:18:35.7	8:28/M
5	David Baxter	Griffith IN	57	882	179	2:17:43.4	14:51/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	Linnea Flesher	Merrillville IN	60	2539	147	1:45:21.2	11:21/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	Brian Chorba	Valparaiso IN	63	2949	24	1:11:13.0	7:40/M
2	Bill Meece	Munster IN	63	2963	33	1:15:07.2	8:05/M
3	Lynn Crim	Hoffman Estates IL	60	2552	36	1:15:53.9	8:10/M
4	Joe Hudak	Lowell IN	64	2505	56	1:21:42.2	8:48/M
5	Mike Stiles	Porter IN	60	2700	57	1:21:42.7	8:48/M
6	Kenneth Stelter	La Porte IN	62	790	77	1:26:04.6	9:17/M
7	Ranga Kota	Valparaiso IN	64	2649	86	1:27:31.8	9:26/M

## Spring Ahead 5K &amp; 15K

Age Group Results**15K****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>
8	Michael Shimala	Valparaiso IN	61	871	163	1:56:56.1	12:36/M
9	Mark Flesher	Merrillville IN	62	2540	165	1:57:54.7	12:42/M
10	Ronald White	Chesterton IN	63	799	167	2:01:44.7	13:08/M
11	Bruce Nelson	Valparaiso IN	62	788	173	2:13:32.7	14:23/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	Janet Rotz	Dyer IN	66	2598	122	1:40:09.4	10:47/M
2	Sheryl Marshall	Lafayette IN	65	2564	138	1:43:17.7	11:08/M
3	Morningsun Kelly	Burr Oak IN	66	2517	181	2:21:37.4	15:15/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	Joe Betz	Valparaiso IN	69	2910	20	1:09:43.0	7:30/M
2	John Vega	Michigan City IN	67	781	134	1:42:14.2	11:01/M
3	Whitewolf Kelly	Burr Oak IN	68	2518	143	1:44:35.9	11:15/M
4	Ed Burns	Valparaiso IN	69	2909	177	2:16:40.1	14:44/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	Steve Kearney	Chesterton IN	71	2516	68	1:24:13.7	9:04/M
2	Tom Hutmacher	Portage IN	72	2554	113	1:37:48.7	10:33/M
3	Patrick Davis	Valparaiso IN	73	2952	150	1:45:37.5	11:22/M
4	Dennis Rotz	Dyer IN	72	2597	158	1:49:56.1	11:50/M

**Male 75 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	Clarence Melion	Portage IN	75	2686	171	2:07:36.0	13:46/M
2	David J Ralston	Hammond IN	75	2549	183	2:27:08.2	15:51/M