

Race Date  
May 17, 2019

# 2019 Guardians of the Knight 5K-9 Run

## Age Group Results

### Run

#### 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	Elizabeth Romstadt		29	5678	12	21:31.8	6:56/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	Taigen Gonzalez		25	5634	1	18:07.4	5:51/M

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# 2019 Guardians of the Knight 5K-9 Run

## Age Group Results

### 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	Jason Stepanovich		0	1274	17	22:10.9	7:09/M

#### Female 14 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	Elise Byers		13	5549	16	22:05.3	7:07/M
2	Reghan Romstadt		12	5680	51	26:28.9	8:32/M
3	Lilly Culbreth		11	5615	57	27:13.4	8:47/M
4	Anna Jasnieski		12	5648	74	28:38.8	9:14/M
5	Keely Culbreth		12	5614	82	30:10.5	9:44/M

#### Male 14 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	Nolan Shaginaw		9	1309	94	31:38.9	10:12/M
2	Bryson Culbreth		7	5612	102	32:30.9	10:29/M
3	Ezra Gonzales		14	5633	112	33:29.1	10:48/M
4	Gabrien Griffin		6	5635	128	35:43.9	11:31/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	Alexis Culbreth		15	5610	14	21:49.7	7:02/M
2	Quinn Miersma		18	5663	56	27:09.7	8:45/M
3	Chloe Freeman		17	1321	135	36:08.1	11:39/M
4	Melena Trujillo		18	5698	154	40:52.2	13:11/M
5	Gracie Hansen		17	5636	155	40:52.9	13:11/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	Isaiah Martinez		16	5659	3	18:48.4	6:04/M
2	Julian Chavez		15	1279	5	19:27.3	6:16/M
3	Jeremy Kackos		17	1266	18	22:20.3	7:12/M

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# 2019 Guardians of the Knight 5K-9 Run

## Age Group Results

### Run

#### 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	Sammi Lincoln		24	5654	22	22:55.7	7:24/M
2	April Robbins		24	1317	23	23:29.8	7:35/M
3	Maura Romstadt		22	5679	24	23:36.7	7:37/M
4	Micah Hatley		22	5638	41	25:09.7	8:07/M
5	Eliza Henley		24	5639	61	27:38.4	8:55/M
6	Andrea Galloway		24	1301	69	28:16.7	9:07/M
7	Natalie Girman		24	1343	72	28:25.3	9:10/M
8	Jessica Nieman		24	4940	124	34:51.1	11:15/M
9	Emma Farkas		24	5624	179	51:15.8	16:32/M
10	Samantha Cowser		24	5609	180	51:15.8	16:32/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		22	5671	2	18:47.8	6:04/M
2	Jorge Rivera		22	1273	30	24:19.1	7:51/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	Amanda Klopfer		28	1304	21	22:46.4	7:21/M
2	Aerielle Kackos		29	1267	34	24:36.8	7:56/M
3	Brandy Bogart		26	4938	37	25:01.1	8:04/M
4	Gianna Gomez-Mayo		26	1293	38	25:04.7	8:05/M
5	Rebecca Evans		26	5623	39	25:05.4	8:05/M
6	Shelby Rushnok		25	1762	64	27:52.6	8:59/M
7	Clarisse Fletcher		25	1337	75	28:44.9	9:16/M
8	Emily Kiselka		28	1282	78	29:42.5	9:35/M
9	Steph Bouche		26	4942	87	30:39.9	9:53/M
10	Kayla Nelson		26	4941	88	30:40.4	9:54/M
11	Samantha Rushnok		26	1761	97	32:13.9	10:24/M
12	Jackie Ansborg		27	1330	98	32:18.8	10:25/M
13	Annette Frank		26	1296	101	32:27.6	10:28/M
14	Shiloh Banning		29	1310	115	33:33.9	10:49/M
15	Cassidee Jacobsen		29	1289	118	34:16.2	11:03/M
16	Meghan Finn		28	5627	127	35:43.7	11:31/M
17	Kelley Vauter		27	1351	136	36:12.6	11:41/M
18	Katelynn Vauter		27	1350	137	36:12.7	11:41/M
19	Kara Moon		27	1768	144	37:58.5	12:15/M
20	Judith Kiselka		29	1283	149	39:44.2	12:49/M

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# 2019 Guardians of the Knight 5K-9 Run

## Age Group Results

### Run

#### 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>
21	Jenny Mark		27	5658	166	43:01.4	13:53/M
22	Ashley Kadar		29	5650	167	43:01.4	13:53/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	Mark LaMotte		29	5652	9	21:01.5	6:47/M
2	Tim Ammons		29	1773	81	30:08.5	9:43/M
3	Steven Augustine		25	4939	123	34:50.1	11:14/M
4	Harry Peterson		26	5669	131	36:01.6	11:37/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	Sarah Pistorio		34	5672	29	24:19.1	7:51/M
2	Kristine Clark		32	1269	49	26:06.8	8:25/M
3	Lynn Thoma		31	5697	54	27:00.9	8:43/M
4	Alissa Marcum		30	5657	73	28:34.1	9:13/M
5	Julie Giesick		33	1314	79	29:48.3	9:37/M
6	Emily Sheahen Feller		34	5685	80	29:49.7	9:37/M
7	Josette Quiroga		32	1285	143	37:12.5	12:00/M
8	Melissa Panozzo		30	5666	145	38:05.1	12:17/M
9	Christina Stanim		34	1286	153	40:37.2	13:06/M
10	Sarah Talkington		31	5692	171	44:38.6	16:51/M
11	Kaity Schultz		30	1769	174	46:14.9	14:55/M
12	Leslie Lareau		34	1340	177	49:29.3	15:58/M
13	Elizabeth Boehm		34	1341	178	49:32.2	15:59/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	Tristan Leonhard		32	1262	6	20:00.2	6:27/M
2	Gage Thoma		32	5696	55	27:02.7	8:43/M
3	William Smith		30	1346	70	28:19.4	9:08/M
4	Joshua Kackos		34	1265	108	33:13.1	10:43/M
5	Jeremy Banning		31	1311	114	33:33.8	10:49/M
6	Phillip Jacobsen		31	1288	139	36:33.5	11:47/M
7	Brian Termini		32	5694	162	42:25.9	13:41/M
8	Thomas Nowak		31	1318	163	42:42.6	13:46/M

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# 2019 Guardians of the Knight 5K-9 Run

## 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>
1	Erika Gehrke		35	5631	15	21:52.3	7:03/M
2	Jacky Szymczak		36	5691	35	24:38.7	7:57/M
3	Amy Lussetto Daneff		36	1339	42	25:30.9	8:14/M
4	DANA HUWIG		38	5646	45	25:49.1	8:20/M
5	Lisa Nelson		39	5665	48	26:01.4	8:24/M
6	Suzanne Gesse		39	5632	52	26:29.8	8:33/M
7	Tara Bernel		36	5550	59	27:26.3	8:51/M
8	Amanda Schilling		38	5683	83	30:12.3	9:45/M
9	Colleen Harstad		37	5637	86	30:35.4	9:52/M
10	Jamie Wolfe		39	1306	91	31:18.2	10:06/M
11	Denae Culbreth		36	5613	103	32:50.6	10:35/M
12	Brittany Runyan		35	1345	122	34:42.4	11:12/M
13	Megan Brown		39	1775	151	39:46.8	12:50/M
14	Allison Stanzione		35	5689	164	42:45.6	13:47/M
15	Sarah Volckmann		37	5704	173	44:40.4	16:51/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	Brian Culbreth		37	5611	4	18:50.4	6:05/M
2	Peter Rokosz		37	1333	47	25:58.6	8:23/M
3	Adam Brown		39	1260	65	27:55.4	9:00/M
4	Matt Leep		37	1771	84	30:12.9	9:45/M
5	Peter Dennis		38	1292	100	32:25.2	10:27/M
6	Jason Quanstrom		35	1319	152	39:51.7	12:51/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	Katie Jasnieski		43	5649	28	24:13.6	7:49/M
2	Kay Pliske		40	5673	40	25:08.5	8:06/M
3	Brenda Chavez		42	1280	53	26:55.1	8:41/M
4	Angeline Miersma		41	5662	62	27:39.8	8:55/M
5	Jill Knight		41	1763	71	28:20.8	9:08/M
6	Kelly McGuigan		40	5661	92	31:26.4	10:08/M
7	Jessica Holaway		44	5643	95	31:40.8	10:13/M
8	Annie Shaginaw		42	1308	96	31:46.2	10:15/M
9	Alyssa Peters		41	1335	106	32:54.8	10:37/M
10	Bridgitte Ward		42	1291	107	33:00.2	10:39/M
11	Karen Turner		41	5699	109	33:18.6	10:45/M

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# 2019 Guardians of the Knight 5K-9 Run

## Age Group Results

### Run

#### 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>
12	Kristin Schumacher		43	5684	111	33:28.9	10:48/M
13	Anne Geary		41	5630	119	34:16.9	11:03/M
14	Lee Ann Layman		42	1263	120	34:19.7	11:04/M
15	Rebecca Volckaraan		41	4943	172	44:39.2	16:51/M
16	Janet Marsh		44	1323	182	53:12.1	17:10/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	Brigsley VanNoort		44	5700	26	24:00.9	7:45/M
2	Bryan Hunt		42	5644	32	24:23.4	7:52/M
3	Jason Lash		43	1772	44	25:48.3	8:19/M
4	Tim Manteuffel		43	5656	46	25:52.2	8:21/M
5	Jason Holaway		42	5642	77	29:36.4	9:33/M
6	Ryan Taylor		40	5693	85	30:16.9	9:46/M
7	Kyle Fouch		42	5628	113	33:30.1	10:48/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	Annette Voegtlin		49	5702	31	24:21.4	7:51/M
2	Andrea Maslanka		45	1764	36	24:45.9	7:59/M
3	Lani Fisher		49	1326	66	28:00.9	9:02/M
4	Jen Cole		46	1290	67	28:06.5	9:04/M
5	Tiffany Sperry		46	1760	90	30:52.8	9:57/M
6	Elizabeth Smejkal		46	5687	104	32:50.8	10:35/M
7	Jennifer Freeman		48	1322	134	36:07.9	11:39/M
8	Teresa Weiler		49	1348	147	38:46.4	12:30/M
9	Kristin Scheub		49	4937	158	42:02.9	13:34/M
10	Marnee Flinn-Smith		48	1303	159	42:04.1	13:34/M

#### 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	Donnie Smith		45	5688	7	20:09.4	6:30/M
2	Mark Connors		47	5606	27	24:06.9	7:46/M
3	Kevin Koveck		48	1759	60	27:31.9	8:53/M
4	Christopher Perez		46	5667	68	28:11.7	9:05/M
5	Jeff Voegtlin		48	5703	89	30:49.4	9:56/M

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# 2019 Guardians of the Knight 5K-9 Run

## Age Group Results

### Run

#### 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>
6	Jerome Weiler		49	1347	117	34:01.4	10:58/M
7	Martin Freeman		48	1320	132	36:06.5	11:39/M
8	Anthony Parham		46	5546	148	38:51.1	12:32/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	Christine Byers		51	5548	19	22:24.4	7:14/M
2	Lisa Olson		51	1327	105	32:54.8	10:37/M
3	Christine Gaines		53	5629	129	35:45.4	11:32/M
4	Sharon Polite		54	1271	130	35:56.9	11:35/M
5	Karen Fritts		50	1332	138	36:18.4	11:43/M
6	SYDNEY DAWSON		52	5617	146	38:25.4	12:24/M
7	Dawn Pugsley		52	5674	150	39:44.7	12:49/M
8	Loretta Frank		54	1295	170	44:11.2	14:15/M
9	Desiree' DeLisle		52	5618	181	51:16.8	16:32/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	Ron Krause		54	5547	10	21:20.6	6:53/M
2	Sean Podell		51	1329	13	21:49.7	7:02/M
3	Patrick Cosgrove		51	4921	25	23:46.9	7:40/M
4	Christopher Gilleo		52	1325	43	25:33.1	8:15/M
5	Bob Scheub		52	1299	116	33:37.4	10:51/M
6	Todd Marsh		50	1324	183	53:12.3	17:10/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	Pamela Fletcher		57	1338	93	31:33.1	10:11/M
2	Debbie Pastor		57	1272	110	33:22.1	10:46/M
3	Carole Conrad		56	5607	121	34:38.7	11:10/M
4	Michelle Dvorscak		57	5619	125	35:02.8	11:18/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>
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# 2019 Guardians of the Knight 5K-9 Run

## Age Group Results

### 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>
1	James Kyle		55	5651	8	20:15.8	6:32/M
2	Philip Peterson		56	5670	20	22:41.4	7:19/M
3	John Stalbaum		55	1328	33	24:35.4	7:56/M
4	Curtis Smith		58	1302	99	32:23.6	10:27/M
5	Adam Hill		55	1294	126	35:04.5	11:19/M
6	Jeff Hoffman		59	4904	157	41:37.8	13:25/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	Alicia McClean		62	5660	76	29:19.3	9:27/M
2	Angie Kiselka		60	1284	142	37:08.6	11:59/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		63	1349	11	21:27.9	6:55/M
2	Nick Dvorscak		62	5620	63	27:51.7	8:59/M
3	Bruce Nelson		62	1342	141	36:58.8	11:55/M
4	Larry Burnell		64	5605	160	42:25.1	13:41/M
5	Mark Termini		62	5695	161	42:25.7	13:41/M
6	scott cummings		62	5616	169	43:49.1	14:08/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	Linda Shoppa		69	5686	165	42:46.2	13:48/M
2	Angelika Clark		65	1268	168	43:28.7	14:01/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	Steve Sharp		65	4935	50	26:22.6	8:30/M
2	Raymond Clark		67	1270	133	36:07.9	11:39/M



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**Run**

Female 70 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	Linda Perry		72	5668	140	36:40.7	11:50/M

Male 70 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	Tom Hutmacher		71	5645	58	27:13.6	8:47/M
2	David J Ralston		74	5675	156	41:35.8	13:25/M
3	Lawrence Hicks		73	1300	175	48:44.7	15:43/M
4	David Hinshaw		74	5641	176	49:15.2	15:53/M