

Race Date  
April 27, 2013

3rd Annual Pancake Pacer 5K  
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	Michelle I Nelson		37	1310	29	26:03.3	8:24/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	Andy W Jellema	Griffith	26	681	1	19:01.8	6:08/M

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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	Betsy Cutrara		0	637	41	28:10.8	9:05/M
2	Lara Elfner		0	656	47	29:00.3	9:21/M
3	Ann Mitchell		0	1308	71	32:09.2	10:22/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	Jim J Piaskowy	St John	0	1324	3	19:58.6	6:26/M
2	Eric Davids	Cedar Lake	0	638	51	29:30.1	9:31/M
3	Frank A Bombino	St John	0	617	87	33:33.4	10:49/M
4	Nathan J Davids	Cedar Lake	0	639	105	36:36.6	11:48/M
5	David J Timmer	St John	0	1340	108	37:45.3	12:11/M
6	Ronnie Holmes	Dolton	0	672	109	38:05.8	12:17/M

Female 5 to 15

<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	Miya Kennedy		13	1391	54	30:20.8	9:47/M
2	Katie M Ericks	St John	15	658	95	34:39.8	11:11/M
3	Tessa M Buiters	Lansing	13	630	99	35:34.7	11:28/M
4	Megan J. Kooyenga	Lansing	13	692	103	35:54.4	11:35/M
5	Taylor Huizenga	Munster	13	675	123	41:18.4	13:19/M
6	Emma K West	St John	13	1372	127	41:50.9	13:30/M
7	Emily Peterson	Lansing	15	1323	149	48:53.4	15:46/M

Male 5 to 15

<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	Jacob N Thompson	Griffith	13	1338	8	21:17.8	6:52/M
2	Aaron Balka	Crown Point	14	606	11	23:12.2	7:29/M
3	Kyle T Musch	Cedar Lake	14	1309	15	23:33.9	7:36/M
4	Luke Haan	Munster	12	667	16	24:25.1	7:53/M
5	Alex Wondaal	St John	9	1377	25	25:42.8	8:17/M
6	Nathan R Slager	Frankfort	13	1331	44	28:23.4	9:09/M
7	Ryan Ledesma	Crete	15	1302	61	30:56.7	9:59/M

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### Run

#### Female 16 to 30

<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 C Fiala	Alsip	22	661	40	28:08.8	9:05/M
2	Emily VanStee	Lansing	23	1361	59	30:53.8	9:58/M
3	Abby L Blaize	Munster	18	609	63	31:08.7	10:03/M
4	Raegan Wynsma	Lansing	16	1379	65	31:16.2	10:05/M
5	Rachel A Niehof	St John	19	1311	69	31:54.8	10:17/M
6	Jennifer R Krygsheld	Lansing	18	695	70	31:58.2	10:19/M
7	Lorin R Smits	South Holland	18	1332	75	32:23.3	10:27/M
8	Stephanie M Kamstra	Beecher	19	686	82	32:53.7	10:36/M
9	Brenna N Krygsheld	Lansing	22	693	84	33:21.4	10:45/M
10	Jessica A Bombino	St John	17	616	86	33:32.8	10:49/M
11	Emily K Speelman	Lansing	18	1335	91	33:55.3	10:56/M
12	Jessica Gaiser	Griffith	30	664	92	34:15.8	11:03/M
13	Hannah G Limback	Lansing	18	1305	97	35:23.7	11:25/M
14	Kelley J Walsh	Chicago Heights	17	1370	98	35:25.8	11:25/M
15	Dorelle H Krygsheld	Lansing	19	694	106	36:59.9	11:56/M
16	Lauren J Vermeer	Lansing	17	1366	107	37:04.8	11:57/M
17	Debora A Timmer	St John	17	1342	111	38:15.6	12:20/M
18	Miranda F Bouwer	Dyer	16	622	112	38:15.6	12:20/M
19	Megan Huizenga	Munster	21	674	114	38:36.7	12:27/M
20	Melissa Huppert	Tinley Park	28	679	115	38:37.3	12:27/M
21	Megan Zwierr		20	1384	116	38:37.8	12:27/M
22	Mackenzie Chapman	Dyer	17	634	120	40:22.7	13:01/M
23	Jessica Dees	Crown Point	30	640	121	41:03.9	13:15/M
24	Jori Krygsheld	Beecher	18	696	125	41:37.2	13:25/M
25	Cassidy Robertson	Highland	17	1325	145	48:36.6	15:41/M
26	Jameika Hall	Lansing	18	668	146	48:39.1	15:42/M
27	Nicole K Huizenga	St John	16	678	147	48:39.9	15:42/M
28	Daneen Krygsheld	Lansing	16	698	151	49:29.9	15:58/M
29	Brittney VanDerAa	Lansing	25	1346	154	51:45.4	16:42/M
30	Lynnae DeJong	Lansing	18	641	155	55:42.1	17:58/M
31	Biana Trotter	Dolton	17	1345	156	55:45.7	17:59/M
32	Kenye Askew	Dolton	16	603	157	55:50.2	18:01/M

#### Male 16 to 30

<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	Jordan Piaskowy		23	1389	2	19:57.7	6:26/M
2	Mylo Dixon	Lynwood	19	652	5	21:07.7	6:49/M
3	John VanderPol		30	1385	7	21:17.1	6:52/M
4	Jared J Haan	Munster	17	666	9	22:13.9	7:10/M
5	Graeme Breems	South Holland	18	624	13	23:23.8	7:33/M

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<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	Bradley Leegwater	DeMotte	20	1303	18	24:53.1	8:02/M
7	John M. Kooyenga	Thornton	18	691	19	25:09.3	8:07/M
8	Jon W DeVries	New Lenox	18	643	20	25:11.9	8:07/M
9	Kevin J Meyer	South Holland	18	1307	23	25:32.6	8:14/M
10	Kyle VanderMolen	Munster	20	1349	26	25:48.3	8:19/M
11	Joshua W Blocker	Dyer	30	610	27	25:52.4	8:21/M
12	Ethan P Witting	Lansing	18	1374	34	26:30.7	8:33/M
13	Luke R Venhuizen	Munster	18	1363	35	27:21.6	8:49/M
14	Daniel J Timmer	St John	23	1339	36	27:57.5	9:01/M
15	Joshua M Jonkman	Highland	25	684	48	29:05.7	9:23/M
16	Jonathan W Boer	Lansing	16	612	53	29:46.3	9:36/M
17	Tyler Bosman	Lansing	16	618	55	30:33.3	9:51/M
18	Nathan Corral		17	1386	73	32:18.3	10:25/M
19	Alex S DeYoung	Lansing	18	648	77	32:30.3	10:29/M
20	Nathan S Zirbel	Highland	24	1380	78	32:40.1	10:32/M
21	Craig A VanderMolen	Highland	26	1350	79	32:42.3	10:33/M
22	Darren J Ruitter	St John	19	1327	81	32:51.8	10:36/M
23	Kevin R O'Neal	DeMotte	24	1316	93	34:18.2	11:04/M
24	Bradley R Werblo	Lansing	18	1371	100	35:38.5	11:30/M
25	Stephan J Buitter	Crete	18	633	126	41:47.4	13:29/M
26	David J Bouwman	Lansing	26	623	153	51:43.7	16:41/M

#### Female 31 to 50

<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	Richelle K VanderZee	Cedar Lake	41	1354	30	26:04.9	8:25/M
2	Sarah B Schaaf	Lansing	31	1329	31	26:07.8	8:25/M
3	Amy Fessenden	Highland	38	660	46	28:45.3	9:16/M
4	Susanna J Beezhold	St John	44	608	56	30:38.9	9:53/M
5	Cyndi Evilsizor	Highland	33	659	60	30:53.8	9:58/M
6	Marjorie A DeVries	Dyer	37	645	67	31:32.6	10:10/M
7	Marcia Kuchta		50	699	72	32:15.4	10:24/M
8	Debbie Knot	Flossmoor	47	689	74	32:19.8	10:25/M
9	Teresa A Bruszer	St John	47	628	80	32:47.1	10:35/M
10	Amy J Allen	Crete	49	601	83	33:05.2	10:40/M
11	Stacia J Smits	South Holland	43	1333	85	33:22.8	10:46/M
12	Doug A Rozendal	Lansing	39	1326	90	33:49.2	10:55/M
13	Jackie K VanderZee	South Holland	49	1353	94	34:23.6	11:05/M
14	Jennifer J Kooyenga	Lansing	40	690	96	34:51.7	11:15/M
15	Carisa Krygsheld	Lansing	49	697	102	35:50.5	11:34/M
16	Susan L Eberly	Lansing	41	655	104	36:18.1	11:43/M

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Run

Female 31 to 50

<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>
17	Jessica L Johnson	Orland Park	31	683	117	38:39.3	12:28/M
18	Mary Lou Brummel	Dyer	43	626	119	39:50.7	12:51/M
19	April L Armendariz	St John	34	602	122	41:04.4	13:15/M
20	Kimberly J Mesman	Highland	31	1306	124	41:28.7	13:23/M
21	Michelle K Bouwer	Dyer	46	621	128	42:19.7	13:39/M
22	Deb VanKalker	Dyer	42	1360	129	42:20.5	13:39/M
23	Rachel L DeVries	Munster	37	647	130	42:37.9	13:45/M
24	Debbie Ohm	Dyer	39	1315	131	42:56.9	13:51/M
25	Pamela Pals	Crete	44	1320	132	42:56.9	13:51/M
26	JoAnne M Delahunty	Schererville	46	642	133	43:06.6	13:54/M
27	Janet Balka	Crown Point	45	605	134	43:07.9	13:55/M
28	April M VanderBent	Crete	43	1348	135	43:32.6	14:03/M
29	Buffy Ensing	Chicago	40	657	136	43:34.7	14:03/M
30	Erika L Banick	Lansing	38	607	138	43:45.9	14:07/M
31	Sandy K. Vree	Lansing	46	1367	140	44:07.5	14:14/M
32	Kathryn West	St John	39	1373	141	45:14.5	14:35/M
33	Jeannette Frederick	Thornton	41	663	143	47:43.5	15:24/M
34	Carol Peterson	Lansing	47	1322	150	49:16.8	15:54/M

Male 31 to 50

<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	Stephen Stolzenbach		32	1388	4	19:58.9	6:26/M
2	Derek W Bolkema	Lansing	31	614	10	22:40.3	7:19/M
3	Michael DeVries	Munster	36	646	12	23:19.1	7:31/M
4	Len L DeYoung	St John	37	650	14	23:27.6	7:34/M
5	Jamie Bogaard		41	1382	21	25:15.8	8:09/M
6	Bob N VanderZee	Cedar Lake	42	1352	24	25:39.7	8:16/M
7	Randall Peterson	Lansing	45	1321	28	26:00.7	8:23/M
8	Tom Kennedy	Whiting	42	687	32	26:20.5	8:30/M
9	Philip L VanderWall	Munster	49	1351	33	26:23.8	8:31/M
10	Marty Wondaal	St John	43	1378	37	28:00.8	9:02/M
11	Ken DeVries		44	1383	38	28:01.3	9:02/M
12	John H Boender	Highland	43	611	39	28:07.7	9:04/M
13	Kevin DeVries	Dyer	47	644	43	28:18.1	9:08/M
14	Tim S. Huizenga	Highland	36	676	45	28:38.1	9:14/M
15	John P Leegwater	DeMotte	46	1304	49	29:26.8	9:30/M
16	Brian J Buitter	Lansing	42	629	50	29:29.3	9:31/M
17	Steve J Bruszer	St John	49	627	52	29:33.7	9:32/M
18	Jack R Vroegh	Dyer	48	1368	57	30:40.4	9:54/M
19	Steve J DeYoung	Thornton	43	651	64	31:08.8	10:03/M

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**Run**

**Male 31 to 50**

<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>
20	Tim Niehof	St John	45	1312	68	31:54.5	10:17/M
21	Dale A Huizenga	Munster	49	673	76	32:26.8	10:28/M
22	Calvin Timmer	St John	48	1341	113	38:17.2	12:21/M
23	Thomas Witting	Lansing	47	1376	137	43:45.6	14:07/M
24	Douglas T Frederick	Thornton	45	662	142	47:19.6	15:16/M

**Female 51 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	Kris S Opie	Tinley Park	64	1317	58	30:48.8	9:56/M
2	Marj B Colvin	Lansing	53	635	66	31:17.8	10:05/M
3	Lisa Triemstra	South Holland	54	1344	118	39:46.2	12:50/M
4	Sandra J Venhuizen	Munster	51	1365	144	48:34.9	15:40/M
5	Debra J Heersema	Lansing	52	670	152	49:32.3	15:59/M

**Male 51 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	Ralph DeJons		55	1390	6	21:14.8	6:51/M
2	Lyle Breems	South Holland	51	625	17	24:46.2	7:59/M
3	Jim Eriks		56	1387	22	25:28.1	8:13/M
4	Keith A VanDrunen	Lansing	54	1357	42	28:16.6	9:07/M
5	Ray A Tambrini	Dyer	62	1336	62	31:05.7	10:02/M
6	Bill L Venhuizen	Lansing	53	1362	88	33:40.6	10:52/M
7	Robert J Venhuizen	Munster	51	1364	89	33:42.7	10:52/M
8	Scott Heersema	Lansing	54	669	101	35:50.4	11:34/M
9	Roy Witting	Lynwood	51	1375	110	38:14.2	12:20/M
10	Donna M Teune	St John	52	1337	139	44:07.3	14:14/M
11	Rickey P Dorsey	Park Forest	60	653	148	48:46.6	15:44/M

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# 3rd Annual Pancake Pacer 5K

## Age Group Results

### Walk

#### Female 0-99

<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	Karen J Huizenga	Highland	48	677	1	45:27.6	14:40/M
2	Kim E Boss	Highland	45	619	2	45:29.4	14:40/M
3	Jodi Jonkman	Beecher	36	685	3	47:01.9	15:10/M
4	Terri L Schaaf	Lansing	44	1330	4	47:05.4	15:11/M
5	Amy Boerman-Cornell	South Holland	46	613	5	48:16.1	15:34/M
6	Mary B Lagerwey	South Holland	51	700	6	48:19.8	15:35/M
7	Rachelle Knapper	Highland	0	688	7	48:19.8	15:35/M
8	Kirsten Bolkema	Lansing	30	615	8	48:19.9	15:35/M
9	Annette M Vroegh	Dyer	45	1369	9	49:42.2	16:02/M
10	Christina Buiters	Lansing	41	632	10	49:45.1	16:03/M
11	Tricia B Ipema	Beecher	38	680	11	50:27.4	16:16/M
12	Karen J Osterman	Hammond	46	1319	13	53:08.6	17:08/M
13	Joy M VanDerAa	Lansing	47	1347	14	53:21.3	17:13/M
14	Bethany J Zirbel	Highland	24	1381	16	53:38.2	17:18/M
15	Kaeley J Osterman	Hammond	18	1318	17	55:43.6	17:58/M
16	Deorea M Sanders		0	1328	18	1:01:51.1	19:57/M

#### Male 0-99

<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	Barb K. Bakker	Lansing	38	604	12	50:27.5	16:16/M
2	Fred A Colvin	Lansing	55	636	15	53:34.5	17:17/M