

2016 HCHS/PRCS Spring Sprint

Age Group Results

Race Date

April 30, 2016

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	Tori Haak		10	2713	10	23:27.2	7:34/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	Isaac Van Baren		18	2737	1	19:36.1	6:19/M

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Female 12 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	Kayla Van Baren		11	2740	11	24:40.7	7:57/M
2	Jori Van Baren		10	2739	27	28:37.1	9:14/M
3	Isabella Vander Woude		12	2744	32	29:15.6	9:26/M
4	Chloe De Jong		10	2706	41	38:34.7	12:26/M

Male 12 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	Brady Vroom		12	2746	13	25:16.9	8:09/M
2	Weston De Jong		9	2707	22	28:01.7	9:02/M
3	Andrew Van Baren		8	2741	23	28:11.8	9:05/M
4	Tyler Lenting		12	2721	25	28:22.5	9:09/M
5	Troy Ophoff		12	2726	37	33:21.3	10:45/M
6	Eric Ophoff		11	2727	42	38:35.1	12:27/M

Female 13 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	Bethany Mancusi		17	2723	26	28:25.1	9:10/M
2	Julia Holleman		15	2716	33	29:52.5	9:38/M

Male 13 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	Luke Van Baren		14	2736	5	20:43.2	6:41/M
2	David Holleman		13	2717	15	25:36.4	8:15/M
3	Jared Van Baren		13	2735	16	26:14.2	8:28/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	Lanae Regnerus		22	2731	12	25:00.5	8:04/M
2	Erin Kooiker		21	2718	35	30:47.9	9:56/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	Blake DeBoer		24	2708	2	19:49.4	6:24/M
2	Micah Bruinsma		23	2703	8	23:09.1	7:28/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>
1	Carrie Porte		28	2728	19	27:38.8	8:55/M
2	Ashley Van Baren		27	2738	20	27:50.2	8:59/M
3	Angela Helmus		25	2714	28	28:38.7	9:14/M
4	Erin VanDerNoord		26	2745	36	31:08.9	10:03/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	Tyler De Jong		26	2704	7	22:24.8	7:14/M
2	Harry Helmus		27	2715	29	28:41.5	9:15/M

Female 30 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	Alison Vander Woude		36	2743	14	25:29.7	8:13/M
2	Nicole Zandstra		35	2747	30	28:54.9	9:19/M
3	Bethanne Lenting		39	2720	38	33:27.8	10:47/M
4	Jennifer Medema		37	2724	43	38:42.6	12:29/M
5	Dawn Feenstra		31	2710	44	42:00.9	13:33/M
6	Kristine Briese		33	2702	45	49:22.7	15:55/M

Male 30 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	Stephan De Jong		39	2705	4	20:18.6	6:33/M
2	Jonathan Mahtani		31	2722	6	21:26.8	6:55/M
3	Jason W. Bird		39	2701	17	26:23.6	8:31/M

Female 40 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	Beth Van Baren		42	2734	34	30:00.1	9:41/M

Male 40 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	John Zellers		45	2750	9	23:10.5	7:28/M
2	Mike Feenstra		43	2711	31	28:58.3	9:21/M

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Female 50 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	Norma Rau		54	2730	21	27:59.2	9:02/M
2	Jan Lanting		65	2719	39	33:42.2	10:52/M
3	Mary Terpstra		56	2733	40	33:42.6	10:52/M
4	Alice Ooms		63	2725	46	49:27.2	15:57/M

Male 50 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	David Rau		56	2729	3	20:11.8	6:31/M
2	Keith Van Drunen		57	2742	18	27:10.6	8:46/M
3	Edward Stouwie		63	2732	24	28:20.4	9:08/M