

# 2019 Light the Darkness 5K Run

## Age Group Results

Race Date  
September 28, 2019

### 5K 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	Nora Filler		13	9740	7	28:52.4	9:19/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	Aaron Cook		27	3949	1	19:52.8	6:25/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	Catherine Rusin		54	3931	8	29:06.8	9:23/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	Timothy Plonczynski		57	3928	3	23:46.6	7:40/M

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## 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	Ian Vogel		13	3941	4	25:49.8	8:20/M
2	Benjamin Evans		11	3906	30	56:47.9	18:19/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	Hunter Vogel		17	3940	2	23:10.4	7:29/M

## Female 20 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	Heather Orlick		23	9516	18	38:01.5	12:16/M
2	Ashley Krygsheld		29	3919	36	57:43.9	18:37/M

## Male 20 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	Paul Shane		27	9563	17	38:01.3	12:16/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	Kelly McDermott		33	3923	9	29:15.2	9:26/M
2	Christina McDermott		35	3922	10	29:15.4	9:26/M
3	Allison Lindstrom		30	8120	14	37:01.1	11:57/M
4	Carrie Evans		39	3907	43	1:01:08.1	19:43/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	Dan Senesac		30	9736	6	28:10.2	9:05/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	Kia Vogel		42	3947	13	36:00.8	11:37/M
2	Katy Sherman		43	3932	16	37:38.1	12:08/M

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## 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>
3	Carri Ables		42	3901	19	39:09.3	12:38/M
4	Tammy Vogel		43	3944	24	50:56.3	16:26/M
5	Kim Jones		46	3914	25	50:57.3	16:26/M
6	Stacy Spejewski		48	3935	29	55:45.9	17:59/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	Paul Vogel		47	3942	5	27:15.4	8:48/M
2	Matt Courtney		40	3950	11	32:46.1	10:34/M
3	Brant Vogel		42	3948	12	36:00.8	11:37/M
4	Rob Vogel		45	3943	20	41:13.5	13:18/M
5	Darrel McNeil		43	9617	23	48:45.5	15:44/M
6	Mark Spejewski		48	3934	28	55:45.6	17:59/M

## Female 50 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	Lisa Gold		52	3912	15	37:37.6	12:08/M
2	Mileva Savich		54	9743	21	43:32.5	14:03/M
3	Helen Stefanovic		54	3938	22	43:32.5	14:03/M
4	Lynn Ruhbeck		57	9565	26	53:14.4	17:10/M
5	Claire Fabrizio		54	3910	31	57:01.4	18:24/M
6	Katie Holderby		50	3913	32	57:01.4	18:24/M
7	Mary Stryck		55	3939	37	57:44.2	18:37/M
8	Judy Cruse		58	3904	38	59:29.6	19:12/M
9	Sonja Bader		55	3902	39	1:00:35.2	19:33/M
10	Dawn Maksimovich		53	3921	40	1:00:35.2	19:33/M
11	Branka Radoja		52	3929	41	1:00:40.4	19:34/M
12	Billie Vrbica		52	3945	42	1:00:40.5	19:34/M
13	Marcia Ochoa		59	3927	44	1:01:08.3	19:43/M

## Male 50 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	Bob Benson		59	9632	45	1:05:40.4	21:11/M

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## Female 60 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	Rhonda Kostelnik		62	3916	34	57:38.7	18:36/M
2	Diana Moreno		61	3925	35	57:39.2	18:36/M

## Male 60 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	John Cece		64	3903	27	54:36.8	17:37/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	Daniel Moran		70	3924	33	57:27.6	18:32/M