

Race Date
April 27, 2019

9th Annual Pancake Pacer 5K

Age Group Results

5K

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 Haan		28	3898	2	19:42.6	6:21/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	Luke Fennema		30	3892	1	18:26.8	5:57/M

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5K

Female 19 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	Alexandra Vis		14	3988	23	24:27.8	7:53/M
2	Avery Olthof		13	3927	25	24:51.3	8:01/M
3	Jori Van Baren		13	3972	27	25:24.7	8:12/M
4	Nascha Hladek		18	3901	34	27:03.8	8:44/M
5	Amelia Yonkman		11	4002	36	27:24.2	8:50/M
6	Avery Slings		13	3961	37	27:25.9	8:51/M
7	Reece Tambrini		10	3965	58	28:56.7	9:20/M
8	Abbie Ritzema		12	3946	72	29:58.7	9:40/M
9	Jaylyn Podlin		11	3936	74	30:12.5	9:45/M
10	Abigail Duesing		18	3885	75	30:19.2	9:47/M
11	Audra Davids		12	3868	79	30:52.4	9:57/M
12	Bayleigh Vander Zee		13	3982	81	30:53.6	9:58/M
13	Ashley Clark		17	3865	110	40:56.4	13:12/M
14	Annie Weemhoff		18	3992	111	40:57.2	13:13/M
15	Madelyn Wegner		17	3997	112	40:58.8	13:13/M

Male 19 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	Luke Bakker		13	3852	10	22:08.9	7:08/M
2	Maddux Wiersma		15	4000	13	22:47.3	7:21/M
3	Isaac Vis		13	3989	14	22:50.7	7:22/M
4	Caden Wiersma		12	3999	15	22:55.6	7:24/M
5	Zander Weemhoff		14	3994	19	23:51.3	7:42/M
6	Carter Slings		12	3962	20	23:56.1	7:43/M
7	Andrew Van Baren		11	3970	30	26:05.6	8:25/M
8	Noah Bakker		15	3853	38	27:26.7	8:51/M
9	Max Van Laten		9	3978	39	27:33.8	8:53/M
10	Jacob Rozendal		10	3949	42	27:38.6	8:55/M
11	Caleb Rozendal		14	3947	44	27:54.3	9:00/M
12	Zach Rozendal		17	3952	45	28:06.2	9:04/M
13	Grant Rappold		12	3941	69	29:30.3	9:31/M
14	Jacob Van Baren		13	3971	77	30:29.7	9:50/M
15	Brandon De Young		12	3872	82	31:06.1	10:02/M
16	Alexander Reidelbach		14	3944	135	54:14.3	17:30/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	Hannah Schaap		28	3956	8	21:57.3	7:05/M

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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>
2	Jada Allen		23	3851	28	25:30.6	8:14/M
3	Kelsey Bevan		27	3857	49	28:37.8	9:14/M
4	Danielle Groen		27	3896	54	28:51.6	9:18/M
5	Nicki DeBoer		20	3875	64	29:22.5	9:28/M
6	Felicia Schaap		25	3955	73	30:04.4	9:42/M
7	Lisa Hoekstra		28	3903	103	37:32.3	12:06/M
8	Samantha Kopas		29	3917	107	38:35.9	12:27/M
9	Christy DeBoer		23	3874	138	1:00:34.7	19:32/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	Brad Kamstra		21	3908	6	21:12.6	6:50/M
2	Colin Middel		25	3922	7	21:57.1	7:05/M
3	Leigh Dewar		27	3882	11	22:30.4	7:15/M
4	Dustin Pluard		23	3935	17	23:01.4	7:25/M
5	Ryan Barnes		22	3855	35	27:07.6	8:45/M
6	Todd Bevan		27	3858	50	28:38.5	9:14/M
7	Andrew Hoekstra		27	3902	100	36:51.4	11:53/M
8	Ben Gifford		29	3894	109	39:40.6	12:48/M
9	Daniel Timmer		29	3968	113	41:11.2	13:17/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		39	3981	21	24:00.2	7:45/M
2	Jaci Koopmans		30	3914	33	26:55.8	8:41/M
3	Kendra De Vries		30	3871	53	28:51.4	9:18/M
4	Julia Kloosterman		38	3911	56	28:55.8	9:20/M
5	Ashley VanBaren		30	4027	59	28:57.7	9:20/M
6	Cortney Housman		38	3905	66	29:27.3	9:30/M
7	Laura Mulder		37	3924	71	29:54.7	9:39/M
8	Hannah Trivette		38	3969	89	32:48.3	10:35/M
9	Michelle Nichols		35	3926	95	35:24.4	11:25/M
10	Jayne Hoogerwerf		37	3904	97	35:27.4	11:26/M
11	Sarah Rudenga		39	3954	99	36:10.7	11:40/M
12	Jillian Bednar		36	3856	118	42:41.2	13:46/M
13	Trinity Dekker		39	3878	119	42:41.3	13:46/M
14	Maria Kelley		37	3909	121	45:36.7	14:43/M
15	Holly Haitsma		37	3899	122	46:33.9	15:01/M

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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>
16	Tricia Derks		39	3879	127	49:29.6	15:58/M
17	Terese DeBoer		30	3877	132	52:39.4	16:59/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	John VanderPol		36	3986	3	19:47.1	6:23/M
2	Kevin Haan		30	3897	4	21:10.1	6:50/M
3	Philip Mulder		39	3925	16	22:59.3	7:25/M
4	Anthony Drost		39	3884	18	23:08.8	7:28/M
5	Tim Dykstra		37	3887	32	26:27.5	8:32/M
6	Craig Vander Molen		31	3980	65	29:26.8	9:30/M
7	Moody Wasif		37	3991	84	31:39.8	10:13/M
8	David Bueche		30	3864	93	33:56.7	10:57/M
9	Richard Klootwyk		30	3912	108	39:40.4	12:48/M
10	Scott DeBoer		31	3876	131	52:23.6	16:54/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	Richelle Vander Zee		47	3985	24	24:50.8	8:01/M
2	Lori Mejan		44	3921	43	27:50.8	8:59/M
3	Lisa Postma		42	3940	46	28:10.8	9:05/M
4	Nicole Post		42	3939	51	28:42.7	9:15/M
5	Denise Van Drunen		45	3974	52	28:42.8	9:15/M
6	Brenda Overzet		49	3930	55	28:51.8	9:18/M
7	Teresa Huizenga		42	3906	60	29:02.8	9:22/M
8	Darlene Van Prooyen		47	3979	62	29:19.4	9:27/M
9	Sue Boersma		40	3861	63	29:20.2	9:28/M
10	Lauren Evers		40	3890	67	29:27.5	9:30/M
11	Kristen Rappold		44	3942	68	29:29.9	9:31/M
12	Heidi Boender		44	3859	70	29:31.8	9:31/M
13	Lynn Pickard		41	3933	80	30:52.4	9:57/M
14	Tracy Eenigenburg		41	3889	88	32:23.4	10:27/M
15	Julie Whitney		49	3998	90	32:48.4	10:35/M
16	Elana Reid		44	3943	98	36:10.6	11:40/M
17	Debra Van Kalker		48	3976	104	37:34.3	12:07/M
18	Penny Smit		47	3963	115	42:22.6	13:40/M
19	Jill Rozendal		46	3950	116	42:24.8	13:41/M
20	Rachel DeVries		43	3881	117	42:27.5	13:42/M

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5K

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>
21	Eileen Bonnema		49	3862	124	48:53.7	15:46/M
22	Amy Wegner		41	3995	126	49:27.9	15:57/M
23	Jessica Podlin		46	3937	128	50:53.7	16:25/M
24	Sheri Rozendal		46	3951	129	50:56.6	16:26/M
25	Jan Tillema		47	3967	130	50:59.9	16:27/M
26	Sheila Oppenhuis		48	3929	136	58:36.8	18:54/M
27	Christy Disselkoen		44	3883	137	58:41.3	18:56/M
28	Amy Lenting		45	3919	139	1:06:56.1	21:35/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	Brett Mejan		45	3920	5	21:10.6	6:50/M
2	Chris Yonkman		44	4003	9	22:01.2	7:06/M
3	Jeff Pals		48	3931	12	22:46.6	7:21/M
4	Michael DeVries		42	3880	22	24:02.8	7:45/M
5	Dave Weemhoff		45	3993	26	25:06.8	8:06/M
6	Bob Vander Zee		48	3983	29	25:43.6	8:18/M
7	Ryan Boersma		43	3860	31	26:23.7	8:31/M
8	George Van Laten		40	3977	40	27:34.7	8:54/M
9	Doug Rozendal		45	3948	47	28:21.4	9:09/M
10	Seth Tambrini		42	3966	57	28:56.5	9:20/M
11	Joel Podlin		44	3938	76	30:20.2	9:47/M
12	Paul Van Horn		49	3975	106	38:08.4	12:18/M
13	Rick Pickard		45	3934	114	42:15.7	13:38/M
14	John Reidelbach		44	3945	134	54:14.1	17:30/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	Deborah Knot		53	3913	86	32:20.5	10:26/M
2	Marcia Kuchta		56	3918	87	32:21.8	10:26/M
3	jeanne mittler		59	3923	92	33:46.5	10:54/M
4	Marj Colvin		59	3866	94	34:57.3	11:16/M
5	Anna Duesing		56	3886	101	37:00.2	11:56/M
6	Valarie Pals		50	3932	105	37:38.2	12:08/M
7	Sue Schaap		53	3958	120	43:11.8	13:56/M
8	Patty De Boer		52	3869	133	52:40.9	16:59/M
9	Vickie Frazee		52	3893	140	1:07:14.4	21:41/M

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5K

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	Tom Kamp		50	3907	41	27:37.8	8:55/M
2	Todd Van Baren		51	3973	48	28:33.5	9:13/M
3	Todd Olthof		50	3928	61	29:18.8	9:27/M
4	John Schaap		59	3957	78	30:32.5	9:51/M
5	Dan De Young		55	3873	83	31:28.7	10:09/M
6	Ken Klain		51	3910	85	32:15.1	10:24/M
7	John Bonnema		53	3863	125	48:53.9	15:46/M

Female 60 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	Carol Care		72	4026	91	33:05.6	10:40/M
2	Elizabeth Rudenga		65	3953	96	35:26.7	11:26/M
3	JUDITH KOPAS		63	3916	123	47:25.1	15:18/M

Male 60 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	Scott Heersema		60	3900	102	37:23.6	12:04/M