

Race Date
October 12, 2019

2019 Salvation Army Red Shield Run 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	Suzanne Fredel		31	6547	6	25:08.9	8:07/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	Nathan Nova		14	6528	1	18:34.7	6:00/M

Race Date
October 12, 2019

2019 Salvation Army Red Shield Run 5K

Age Group Results

5K

Male 10 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	Evan Lange		9	6973	13	27:10.4	8:46/M

Male 11 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	Ryan Lange		12	6975	3	20:48.4	6:43/M
2	Scott Gembala		11	6964	9	25:47.3	8:19/M

Male 16 to 25

<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	Caleb Marconi		16	6976	2	20:38.8	6:40/M

Female 26 to 35

<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	Brittany Belue		33	6959	38	57:34.6	18:34/M

Male 26 to 35

<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	Eric Wozniak		33	6620	5	22:46.5	7:21/M
2	Jason Weiss		31	6727	17	32:01.3	10:20/M
3	Josh Allen		32	6598	19	34:23.4	11:06/M
4	Nicholas Palmer		32	6593	23	38:35.8	12:27/M
5	Greg Fletcher		32	6751	25	39:54.6	12:52/M
6	Joseph Ginchean		27	6743	27	40:33.8	13:05/M
7	Andre Glover		31	6531	28	40:34.6	13:05/M
8	Drew Belue		33	6559	37	57:33.8	18:34/M

Female 36 to 45

<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	Kristin Lange		42	6974	24	39:21.1	12:42/M
2	Amy Haskell		44	6967	26	40:09.3	12:57/M
3	Michele Mazzoni		43	6978	30	53:12.2	17:10/M

Race Date
October 12, 2019

2019 Salvation Army Red Shield Run 5K

Age Group Results

5K

Male 36 to 45

<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 Lange		43	6972	14	27:11.2	8:46/M
2	Richard Shukitis		40	6985	15	29:32.2	9:32/M

Female 46 to 55

<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	Kara Potter		49	6981	11	26:02.7	8:24/M
2	Amy Lange		46	6971	18	32:49.9	10:35/M
3	Debby Blackie		51	6960	29	41:23.8	13:21/M

Male 46 to 55

<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	Dean Mazzoni		51	6977	12	26:05.2	8:25/M
2	David Petsche		55	6617	21	36:13.3	11:41/M
3	Howard Heyn		54	6968	22	36:58.8	11:56/M

Female 56 to 65

<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	Shelley Abbott		59	6535	7	25:32.4	8:14/M
2	Luanne Fettig		59	6963	16	30:15.8	9:46/M
3	Jinny Przybylinski		61	6983	31	54:16.9	17:31/M
4	Cathy Glidden		62	6965	32	54:17.1	17:31/M
5	Darla Ream		63	6984	33	54:25.3	17:33/M

Male 56 to 65

<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	Rob Earl		59	6541	4	21:03.8	6:48/M
2	Ron Bede		62	6958	8	25:46.5	8:19/M
3	K P		57	6754	10	25:58.0	8:23/M
4	Mark Jaske		64	6969	34	54:25.3	17:33/M
5	Don Przybylinski		64	6982	35	55:30.8	17:54/M

Race Date
October 12, 2019

2019 Salvation Army Red Shield Run 5K

Age Group Results

5K

Female 66 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	Mary Kominiarek		74	6970	20	35:52.7	11:34/M

Male 66 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	Tim Glidden		67	6966	36	55:30.8	17:54/M