

Race Date  
April 24, 21

10th 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 |             | 30         | 1051          | 5              | 21:26.9     | 6:55/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            | Joshua Wondaal |             | 14         | 1141          | 1              | 19:50.8     | 6:24/M      |

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## Age Group Results

### 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            | Avery Olthof     |             | 15         | 1087          | 8              | 21:58.4     | 7:05/M      |
| 2            | Hannah Gorter    |             | 12         | 1046          | 47             | 28:40.3     | 9:15/M      |
| 3            | Madelyn Schurman |             | 12         | 1110          | 49             | 28:49.8     | 9:18/M      |
| 4            | Hilary Gorter    |             | 11         | 1047          | 53             | 29:32.6     | 9:32/M      |
| 5            | Sydney DeVries   |             | 19         | 1037          | 71             | 32:34.8     | 10:31/M     |
| 6            | Betsy Perez      |             | 14         | 1091          | 76             | 34:00.5     | 10:58/M     |
| 7            | Grace Hart       |             | 12         | 1053          | 85             | 34:58.3     | 11:17/M     |
| 8            | Emily Rozendal   |             | 18         | 1102          | 97             | 37:28.4     | 12:05/M     |
| 9            | Lily Hart        |             | 7          | 1054          | 110            | 49:36.1     | 16:00/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            | Isaac Gorter     |             | 14         | 1048          | 7              | 21:53.5     | 7:04/M      |
| 2            | Giovanni Lagunas |             | 14         | 1069          | 23             | 25:34.4     | 8:15/M      |
| 3            | Aidan Drost      |             | 12         | 1174          | 38             | 27:26.6     | 8:51/M      |
| 4            | Josh Bultema     |             | 14         | 1014          | 39             | 27:31.6     | 8:53/M      |
| 5            | Jacob Rozendal   |             | 12         | 1103          | 40             | 27:35.1     | 8:54/M      |
| 6            | Elijah Davis     |             | 12         | 1025          | 48             | 28:43.4     | 9:16/M      |
| 7            | Mason Drost      |             | 9          | 1175          | 64             | 31:04.1     | 10:01/M     |
| 8            | Brandon De Young |             | 14         | 1030          | 72             | 32:55.3     | 10:37/M     |
| 9            | Keegan Monsma    |             | 9          | 1145          | 79             | 34:13.5     | 11:02/M     |
| 10           | Eli Klootwyk     |             | 8          | 1063          | 91             | 36:11.9     | 11:41/M     |
| 11           | Gregory Ramos    |             | 19         | 1097          | 115            | 50:08.8     | 16:11/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            | Kelsey Bevan    |             | 29         | 1005          | 37             | 27:20.4     | 8:49/M      |
| 2            | Elizabeth Nover |             | 29         | 1086          | 69             | 31:46.8     | 10:15/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            | Nick Wondoal   |             | 23         | 1146          | 3              | 20:24.4     | 6:35/M      |
| 2            | Dustin Pluard  |             | 25         | 1094          | 15             | 24:20.4     | 7:51/M      |
| 3            | Todd Bevan     |             | 29         | 1006          | 36             | 27:20.4     | 8:49/M      |
| 4            | Luke Venhuizen |             | 26         | 1129          | 52             | 29:30.4     | 9:31/M      |

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## Age Group Results

### 5K

#### 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            | Rachel Davids     |             | 39         | 1024          | 58             | 30:21.5     | 9:48/M      |
| 2            | Ashley Zandstra   |             | 33         | 1142          | 59             | 30:36.4     | 9:52/M      |
| 3            | Caitlin DeBoer    |             | 36         | 1147          | 88             | 35:22.6     | 11:25/M     |
| 4            | Jayne Hoogerwerf  |             | 39         | 1059          | 89             | 35:53.4     | 11:35/M     |
| 5            | Michelle Nichols  |             | 37         | 1085          | 98             | 38:42.8     | 12:29/M     |
| 6            | Christina Buckman |             | 32         | 1012          | 101            | 40:48.2     | 13:10/M     |
| 7            | Michele Sserwadda |             | 33         | 1113          | 103            | 40:48.6     | 13:10/M     |
| 8            | Lauren Powers     |             | 30         | 1095          | 106            | 41:49.7     | 13:30/M     |
| 9            | Tricia DB         |             | 39         | 1027          | 112            | 49:52.9     | 16:05/M     |
| 10           | Maria Kelley      |             | 39         | 1061          | 114            | 49:58.7     | 16:07/M     |
| 11           | Ewelina Ramos     |             | 38         | 1096          | 118            | 50:54.3     | 16:25/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            | Joel Zandstra    |             | 35         | 1143          | 2              | 19:54.8     | 6:25/M      |
| 2            | Dan Martin       |             | 32         | 1076          | 4              | 21:16.1     | 6:52/M      |
| 3            | Kevin Haan       |             | 32         | 1050          | 6              | 21:39.3     | 6:59/M      |
| 4            | Tyler De Jong    |             | 31         | 1029          | 12             | 23:47.8     | 7:41/M      |
| 5            | Tim Dykstra      |             | 39         | 1040          | 16             | 24:35.6     | 7:56/M      |
| 6            | Steven Cooper    |             | 35         | 1019          | 26             | 25:50.9     | 8:20/M      |
| 7            | Tonny Sserwadda  |             | 38         | 1114          | 43             | 27:50.6     | 8:59/M      |
| 8            | Nate Hart        |             | 39         | 1055          | 57             | 30:12.4     | 9:45/M      |
| 9            | Joe Wegner       |             | 37         | 1136          | 60             | 30:42.2     | 9:54/M      |
| 10           | daniel altman    |             | 39         | 1003          | 87             | 35:17.7     | 11:23/M     |
| 11           | Richard Klootwyk |             | 32         | 1064          | 92             | 36:12.1     | 11:41/M     |
| 12           | Alex Monsma      |             | 32         | 1082          | 96             | 37:13.4     | 12:00/M     |
| 13           | Daniel Timmer    |             | 31         | 1116          | 109            | 49:32.9     | 15:59/M     |
| 14           | William Ramos    |             | 39         | 1098          | 119            | 50:55.1     | 16:26/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 |             | 49         | 1127          | 18             | 24:58.1     | 8:03/M      |
| 2            | Sandra Mock         |             | 46         | 1081          | 19             | 24:59.9     | 8:04/M      |
| 3            | ALison Vander Woude |             | 41         | 1125          | 22             | 25:11.2     | 8:08/M      |
| 4            | Sue Boersma         |             | 42         | 1009          | 30             | 26:12.1     | 8:27/M      |
| 5            | Kim Davis           |             | 43         | 1026          | 32             | 26:50.1     | 8:39/M      |
| 6            | Laura Bruinsma      |             | 42         | 1011          | 33             | 27:02.3     | 8:43/M      |
| 7            | Carri Ables         |             | 44         | 1001          | 46             | 28:34.9     | 9:13/M      |

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## Age Group Results

### 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> |
|--------------|---------------------|-------------|------------|---------------|----------------|-------------|-------------|
| 8            | Wendi Holleman      |             | 42         | 1058          | 50             | 29:13.1     | 9:26/M      |
| 9            | Tammy Gorter        |             | 42         | 1049          | 54             | 29:36.4     | 9:33/M      |
| 10           | Nicole Zandstra     |             | 40         | 1144          | 55             | 29:57.4     | 9:40/M      |
| 11           | Lori Mejan          |             | 46         | 1078          | 56             | 30:10.6     | 9:44/M      |
| 12           | Darlene Van Prooyen |             | 49         | 1122          | 63             | 31:03.1     | 10:01/M     |
| 13           | Karla Weemhoff      |             | 46         | 1134          | 65             | 31:23.6     | 10:08/M     |
| 14           | Gail Dykstra        |             | 48         | 1038          | 74             | 33:46.6     | 10:54/M     |
| 15           | Maria Perez         |             | 46         | 1092          | 77             | 34:00.5     | 10:58/M     |
| 16           | Hannah Trivette     |             | 40         | 1117          | 81             | 34:20.2     | 11:05/M     |
| 17           | Cari Van Wieren     |             | 48         | 1123          | 86             | 35:16.6     | 11:23/M     |
| 18           | Sarah Rudenga       |             | 41         | 1106          | 94             | 37:06.5     | 11:58/M     |
| 19           | Jill Davids         |             | 43         | 1021          | 102            | 40:48.4     | 13:10/M     |
| 20           | Kristy Bultema      |             | 41         | 1016          | 107            | 48:13.1     | 15:33/M     |
| 21           | Jennifer Bultema    |             | 42         | 1013          | 108            | 48:13.4     | 15:33/M     |
| 22           | Kim DeBlock         |             | 42         | 1032          | 111            | 49:49.7     | 16:04/M     |
| 23           | Becky Hart          |             | 40         | 1052          | 113            | 49:54.2     | 16:06/M     |
| 24           | Gloria Voyles       |             | 44         | 1132          | 116            | 50:16.3     | 16:13/M     |
| 25           | Lisa Reichel        |             | 48         | 1099          | 117            | 50:17.6     | 16:13/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     |             | 47         | 1077          | 9              | 22:31.1     | 7:16/M      |
| 2            | Zach Ailes      |             | 41         | 1002          | 10             | 22:56.4     | 7:24/M      |
| 3            | Mark Bouwman    |             | 40         | 1010          | 13             | 24:00.1     | 7:45/M      |
| 4            | Fred Lagunas    |             | 46         | 1068          | 14             | 24:10.3     | 7:48/M      |
| 5            | Ryan Boersma    |             | 45         | 1008          | 24             | 25:37.8     | 8:16/M      |
| 6            | Anthony Drost   |             | 41         | 1150          | 27             | 25:54.7     | 8:22/M      |
| 7            | Doug Gorter     |             | 42         | 1045          | 28             | 25:58.1     | 8:23/M      |
| 8            | Bryan VanRyn    |             | 49         | 1149          | 35             | 27:10.8     | 8:46/M      |
| 9            | Matt Van Wieren |             | 48         | 1124          | 41             | 27:43.4     | 8:57/M      |
| 10           | Doug Rozendal   |             | 47         | 1101          | 42             | 27:43.8     | 8:57/M      |
| 11           | Dave Weemhoff   |             | 47         | 1133          | 66             | 31:23.6     | 10:08/M     |
| 12           | Paul Dykstra    |             | 49         | 1039          | 75             | 33:49.6     | 10:55/M     |
| 13           | Keith Bultema   |             | 43         | 1015          | 84             | 34:57.1     | 11:17/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            | Betsy Cutrara |             | 54         | 1020          | 29             | 26:07.3     | 8:26/M      |

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## Age Group Results

### 5K

#### 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> |
|--------------|---------------|-------------|------------|---------------|----------------|-------------|-------------|
| 2            | Lara Elfner   |             | 54         | 1041          | 44             | 28:06.1     | 9:04/M      |
| 3            | Ann Mitchell  |             | 56         | 1080          | 45             | 28:08.3     | 9:05/M      |
| 4            | Deborah Knot  |             | 55         | 1065          | 67             | 31:42.3     | 10:14/M     |
| 5            | Marcia Kuchta |             | 58         | 1066          | 68             | 31:42.5     | 10:14/M     |
| 6            | Julie Whitney |             | 51         | 1140          | 80             | 34:20.1     | 11:05/M     |
| 7            | Deanne Barnes |             | 51         | 1004          | 83             | 34:37.6     | 11:10/M     |
| 8            | Sue Schaap    |             | 55         | 1109          | 93             | 36:13.9     | 11:41/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            | Jeff Pals         |             | 50         | 1089          | 11             | 23:35.5     | 7:37/M      |
| 2            | Kevin Van Drunen  |             | 55         | 1120          | 20             | 25:01.1     | 8:04/M      |
| 3            | Bob Vander Zee    |             | 50         | 1126          | 21             | 25:09.6     | 8:07/M      |
| 4            | Fred De Jong      |             | 57         | 1028          | 31             | 26:21.1     | 8:30/M      |
| 5            | Tim Kulesa        |             | 54         | 1067          | 34             | 27:07.4     | 8:45/M      |
| 6            | Philip VanderWall |             | 57         | 1128          | 51             | 29:21.1     | 9:28/M      |
| 7            | Tim Kennedy       |             | 59         | 1062          | 61             | 30:47.5     | 9:56/M      |
| 8            | Todd Olthof       |             | 52         | 1088          | 62             | 30:58.7     | 10:00/M     |
| 9            | Dan De Young      |             | 57         | 1031          | 73             | 32:55.5     | 10:37/M     |
| 10           | Robert Venhuizen  |             | 59         | 1130          | 78             | 34:08.7     | 11:01/M     |
| 11           | Dan Rozendal      |             | 50         | 1100          | 90             | 36:03.4     | 11:38/M     |
| 12           | John Mance        |             | 57         | 1074          | 99             | 39:26.1     | 12:43/M     |
| 13           | Paul Van Horn     |             | 51         | 1121          | 104            | 41:06.9     | 13:16/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            | Elizabeth Rudenga |             | 67         | 1105          | 95             | 37:07.1     | 11:58/M     |
| 2            | Debra Heersema    |             | 60         | 1056          | 100            | 40:17.8     | 13:00/M     |
| 3            | Jan Lanting       |             | 70         | 1070          | 105            | 41:17.4     | 13:19/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            | Mark Sandrick  |             | 60         | 1107          | 17             | 24:48.5     | 8:00/M      |
| 2            | Bruce Metz     |             | 66         | 1079          | 25             | 25:45.6     | 8:19/M      |
| 3            | John Schaap    |             | 61         | 1108          | 70             | 32:18.5     | 10:25/M     |
| 4            | Scott Heersema |             | 62         | 1057          | 82             | 34:24.3     | 11:06/M     |