

Race Date
April 23, 22

11th 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	Richelle Vander Zee	Cedar Lake IN	50	9571	16	25:57.8	8:23/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	Keith Koopmans	Saint John IN	34	9521	1	18:30.3	5:58/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	Grace Goodfellow	Beecher IL	18	9495	41	28:41.3	9:15/M
2	Madelyn Schurman	Crown Point IN	13	9547	61	31:52.8	10:17/M
3	Hilary Gorter	Cedar Lake IN	12	9499	62	32:05.8	10:21/M
4	Madelyn Albert	Dyer IN	12	9454	66	33:44.3	10:53/M
5	Rachel Albert	Dyer IN	15	9455	67	33:44.5	10:53/M
6	Hannah Gorter	Cedar Lake IN	13	9497	76	35:38.5	11:30/M
7	Heidi Gorter	Cedar Lake IN	16	9498	77	35:40.2	11:30/M
8	Rebecca Bultema	Cedar Lake IN	13	9470	109	50:58.2	16:27/M
9	Evangeline Zylstra	Saint John IN	11	9584	110	50:58.8	16:27/M
10	Lauren Bultema	Cedar Lake IN	13	9469	112	52:45.1	17:01/M
11	Noelle Zylstra	Saint John IN	13	9585	115	52:51.3	17:03/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	Giovanni Lagunas	Lockport IL	15	9523	3	20:51.6	6:44/M
2	Jacob Vander Zee	Cedar Lake IN	19	9570	5	24:05.7	7:46/M
3	Logan Bouwman	Dyer IN	12	9463	6	24:08.3	7:47/M
4	Elijah Davis	Dyer IN	13	9475	9	24:11.9	7:48/M
5	Daniel Dykstra	Cedar Lake IN	14	9483	13	25:12.8	8:08/M
6	Paxton Vanderpol	Highland IN	9	9573	30	26:49.5	8:39/M
7	Brandon Andree	Crown Point IN	14	9457	38	28:21.3	9:09/M
8	Jonah Van Ek	Munster IN	12	9559	39	28:25.4	9:10/M
9	Jaxton Davis	Dyer IN	11	9476	91	39:39.4	12:48/M
10	Eli Klootwyk	Cedar Lake IN	10	9519	97	43:32.8	14:03/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	Nascha Hladek	Hammond IN	21	9510	18	26:01.8	8:24/M
2	Lauren Vermeer	Demotte IN	26	9579	33	28:01.2	9:02/M
3	Kirsten Deboer	Demotte IN	25	9482	45	28:53.7	9:19/M
4	Breanna Faber	Crown Point IN	29	9487	56	30:59.4	10:00/M
5	Mary Nieves	Lansing IL	27	9527	89	38:38.9	12:28/M
6	Abby Tillema	Munster IN	21	9552	104	48:05.1	15:31/M
7	Victoria Santiago	Saint John IN	27	9544	120	1:03:10.1	20:23/M

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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	Mitchell Olthoff	Crown Point IN	25	9530	2	19:05.8	6:10/M
2	Brad Kamstra	Beecher IL	24	9515	4	21:00.8	6:47/M
3	Shane Stluka	Beecher IL	26	9551	21	26:11.2	8:27/M
4	Caleb Perez	Chicago Heights IL	21	9535	52	30:02.4	9:41/M
5	Luke Venhuizen	Munster IN	27	9575	60	31:49.3	10:16/M
6	David Boer	Lansing IL	28	9459	65	33:31.5	10:49/M
7	Andrew Hladek	Hammond IN	25	9509	111	52:14.5	16:51/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	Tabitha Yannuzzi	Saint John IN	36	9583	23	26:15.6	8:28/M
2	Laren Vermeer	Lansing IL	30	9578	34	28:01.3	9:02/M
3	Stacey Cooper	Saint John IN	36	9473	72	35:01.8	11:18/M
4	Amy Gehrt	Saint John IN	37	9493	78	36:11.2	11:40/M
5	Caitlin DeBoer		37	8415	79	36:12.9	11:41/M
6	Kelly Aardsma	Dyer IN	38	9451	80	36:13.1	11:41/M
7	Danielle Groen	Cedar Lake IN	30	9501	86	37:54.2	12:14/M
8	Kendra De Vries	Saint John IN	31	9479	87	37:54.6	12:14/M
9	Olivia Heuveline	Crown Point IN	31	9508	99	44:34.3	14:23/M
10	Jennifer Smith	Crete IL	37	9550	102	45:02.4	14:32/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	Eric Sims		33	8439	14	25:33.9	8:15/M
2	Steven Cooper	Saint John IN	36	9474	15	25:51.5	8:21/M
3	John Vanderpol	Highland IN	39	9572	31	26:49.7	8:39/M
4	Andrew Vermeer	Dyer IN	31	9577	55	30:44.5	9:55/M
5	Joe Wegner	Dyer IN	38	9580	68	33:56.1	10:57/M
6	Richard Klootwyk	Cedar Lake IN	33	9520	98	43:32.9	14:03/M
7	Daniel Timmer	Schererville IN	32	9554	106	48:32.8	15:40/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	Cortney Housman	Saint John IN	41	9514	22	26:15.4	8:28/M
2	Sue Boersma	Saint John IN	43	9461	24	26:21.5	8:30/M
3	Kim Davis	Dyer IN	44	9477	26	26:25.2	8:31/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>
4	Alison Vander Woude	Schererville IN	42	9566	28	26:36.2	8:35/M
5	Lisa Buxton	Steger IL	46	9471	32	27:13.7	8:47/M
6	Gail Dykstra	Cedar Lake IN	49	9484	35	28:11.7	9:06/M
7	Denise Van Drunen	Cedar Lake IN	48	9556	37	28:19.4	9:08/M
8	Wendi Holleman	Cedar Lake IN	43	9512	47	29:16.9	9:27/M
9	Suzanne Van Ek	Munster IN	46	9560	48	29:19.5	9:28/M
10	Julia Kloosterman	Crown Point IN	41	9518	49	29:21.7	9:28/M
11	Kristen Rappold	Crown Point IN	47	9537	50	29:38.3	9:34/M
12	Allison Alons	Lansing IL	41	9456	51	29:56.4	9:40/M
13	Maria Perez	Chicago Heights IL	47	9536	53	30:04.2	9:42/M
14	Tricia Boss	Saint John IN	40	9462	54	30:07.1	9:43/M
15	Melissa Vander Woude	Lansing IL	41	9567	59	31:39.9	10:13/M
16	Jayne Hoogerwerf	Munster IN	40	9513	64	33:14.2	10:43/M
17	Mary Andree	Crown Point IN	43	9458	69	34:28.8	11:07/M
18	Crystal Albert	Dyer IN	43	9452	71	34:40.9	11:11/M
19	Sarah Rudenga	Schererville IN	42	9542	75	35:17.5	11:23/M
20	Becky Hart	Cedar Lake IN	41	9502	81	36:41.4	11:50/M
21	Hannah Trivette	Saint John IN	41	9555	84	37:03.5	11:57/M
22	Sherry Passo	Scherervilleschererville	47	9534	94	42:06.8	13:35/M
23	MaryBeth VanBeek		44	8458	96	43:17.8	13:58/M
24	Deyanira Seddon	Crown Point IN	40	9549	100	44:34.3	14:23/M
25	Cari Van Wieren	Lowell IN	49	9564	107	50:56.3	16:26/M
26	Melissa Reidelbach	Crown Point IN	45	9539	113	52:49.8	17:03/M
27	Jennifer Bultema	Cedar Lake IN	43	9466	114	52:50.8	17:03/M
28	Kristy Bultema	Cedar Lake IN	42	9468	116	57:23.5	18:31/M
29	Wendy Zylstra	Saint John IN	47	9586	117	57:23.7	18:31/M
30	Amy Lenting	Saint John IN	48	9525	118	1:02:36.8	20:12/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	Steve Vander Woude	Schererville IN	42	9568	7	24:09.4	7:48/M
2	Mark Bouwman	Dyer IN	41	9464	8	24:11.7	7:48/M
3	Ryan Boersma	Saint John IN	46	9460	10	24:17.5	7:50/M
4	Fred Lagunas	Lockport IL	47	9522	11	25:12.5	8:08/M
5	Keith Bultema	Cedar Lake IN	44	9467	25	26:21.7	8:30/M
6	Nate Hart	Cedar Lake IN	40	9505	27	26:28.8	8:33/M
7	Tim Dykstra	Dyer IN	40	9486	43	28:43.7	9:16/M
8	Matt Van Wieren	Lowell IN	49	9565	44	28:44.3	9:16/M
9	John Reidelbach	Crown Point IN	47	9538	46	29:03.5	9:22/M
10	George Albert	Dyer IN	46	9453	70	34:40.7	11:11/M

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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>
1	Ann Mitchell	Flossmoor IL	57	9526	40	28:30.1	9:12/M
2	Sue Schaap	St. John IN	56	9546	82	37:01.4	11:57/M
3	Amy Bugg	Schererville IN	52	9465	83	37:02.6	11:57/M
4	Julie Whitney	Dyer IN	52	9582	85	37:03.5	11:57/M
5	Brenda Overzet	Monee IL	52	9531	88	37:54.8	12:14/M
6	Donna King	Dyer IN	59	9517	101	44:38.6	14:24/M
7	Jan Tillema	Munster IN	50	9553	105	48:05.5	15:31/M
8	Cheryl Fugate	Wheatfield IN	58	9489	108	50:57.5	16:26/M
9	Vickie Frazee	Saint John IN	55	9488	119	1:02:53.6	20:17/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	Fred De Jong	Crown Point IN	58	9478	17	25:59.3	8:23/M
2	Bryan Van Ryn	Dyer IN	50	9563	19	26:01.8	8:24/M
3	Philip Vanderwall	Crown Point IN	58	9574	36	28:13.3	9:06/M
4	Paul Dykstra	Cedar Lake IN	50	9485	42	28:43.3	9:16/M
5	Dan De Young	Crown Point IN	58	9480	58	31:12.6	10:04/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	Dyer IN	68	9541	73	35:07.5	11:20/M
2	Debra Heersema	Lansing IL	61	9506	92	40:05.3	12:56/M
3	Jan Lanting	Dyer IN	71	9524	93	41:49.5	13:30/M
4	Diane Galey	Beavercreek OH	74	9491	103	46:02.6	14:51/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	Dyer IN	61	9543	12	25:12.5	8:08/M
2	Bruce Metz		67	8427	20	26:03.2	8:24/M
3	Christopher King	Dyer IN	62	9516	29	26:48.9	8:39/M
4	Robert Fuka	Dyer IN	69	9490	57	31:06.7	10:02/M
5	John Schaap	Saint John IN	62	9545	63	32:12.2	10:23/M
6	Scott Heersema	Lansing IL	63	9507	74	35:15.8	11:23/M
7	Robert Venhuizen	Munster IN	60	9576	90	39:28.5	12:44/M
8	Gary Galey	Beavercreek OH	75	9492	95	42:06.8	13:35/M