

STERLINGFAST
Age Group Results

Race Date
July 26, 2014

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	Samantha Allmacher	Macomb	16	362	5	18:50.6	6:05/M
2	Aileen Mayack	Warren	24	318	15	20:09.2	6:30/M
3	Karenna Duffey	New Baltimore	13	308	18	20:30.6	6:37/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	Jason Bruscha	Utica	33	423	1	16:46.7	5:25/M
2	D.j. Naylor	Sterling Heights	37	420	2	16:55.5	5:27/M
3	Joel Kozlowski	Macomb	42	138	3	18:13.2	5:53/M

Female Master 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	Sharon Mulligan-Cooke	Sterling Heights	48	417	31	21:59.1	7:05/M

Male Master 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	Derek Digiovanni	Troy	43	415	7	19:15.5	6:13/M

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STERLINGFAST
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Female 15 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 Zdankiewicz	Sterling Heights	10	313	64	24:15.1	7:49/M
2	Kendall Carlin	Macomb	13	358	67	24:35.0	7:56/M
3	Jillian Burrows	Shelby Township	12	300	72	24:44.4	7:59/M
4	Gracie Youngblood	Troy	7	395	82	25:18.7	8:10/M
5	Alexis Burrows	Shelby Township	15	225	105	26:37.0	8:35/M
6	Addison Pavlica	Macomb	15	293	128	27:33.1	8:53/M
7	Danielle Worden	Sterling Heights	13	206	165	30:33.8	9:51/M
8	Alyssa Hall	Washington	11	955	169	30:50.5	9:57/M
9	Emily Chrostowski	New Baltimore	9	269	194	32:10.8	10:23/M
10	Cecilia Carlin	Macomb	10	356	195	32:15.7	10:24/M
11	Hannah Digiovanni	Troy	10	412	198	32:16.2	10:25/M
12	Kelsey Duffey	Marysville	11	309	216	32:59.0	10:38/M
13	Ava Hall	Washington	11	957	218	33:30.0	10:48/M
14	Michaela Cristobal	Sterling Hts	12	302	222	33:58.9	10:57/M
15	Megan Stief	Macomb	15	259	243	35:14.5	11:22/M
16	Claudia Ash	Sterling Heights		386	250	35:21.3	11:24/M
17	Jill Francis	Sterling Heights	11	289	302	39:39.4	12:47/M
18	Hannah Olszewski	Sterling Heights	7	271	390	52:08.8	16:49/M
19	Riya Batra	Bloomfield Hills	10	316	392	53:18.6	17:12/M

Male 15 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	Jason Van De Velde	Warren	14	408	16	20:09.4	6:30/M
2	Angelo Zeolla	Utica	13	214	21	20:54.3	6:45/M
3	Daniel Chesney	Sterling Heights	14	370	25	21:23.2	6:54/M
4	Davis Digiovanni	Troy	12	413	26	21:25.4	6:55/M
5	Aidan Bullock	Sterling Heights	14	371	28	21:31.5	6:56/M
6	Cooper Carlin	Macomb	11	359	47	23:10.2	7:28/M
7	Luke Digiovanni	Troy	8	411	63	24:14.3	7:49/M
8	Daniel Barta	Harrison Township	12	285	78	25:03.3	8:05/M
9	Isaiah Darnall	Sterling Heights	12	185	81	25:09.6	8:07/M
10	Jacob Steller	Warren	9	400	88	25:37.9	8:16/M
11	Ryan Beltz	Utica	13	141	97	26:23.5	8:31/M
12	Unknown Partic. 1			1	112	26:52.2	8:40/M
13	Matthew Freigruber	Sterlign Heights	13	217	116	27:01.7	8:43/M
14	Dean Olszewski	Sterling Heights	10	270	126	27:18.5	8:48/M
15	Collin Toon	Sterling Heights	13	407	167	30:42.4	9:54/M
16	Joe Francis	Sterling Heights	15	205	212	32:45.9	10:34/M
17	Sam Kowalski	Shelby Twp	12	258	217	33:00.2	10:39/M
18	Chase Tabor	Highland	14	390	228	34:20.3	11:05/M
19	Hector Martinez	Sterling Heights		385	248	35:21.1	11:24/M

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Male 15 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>
20	Dean Brown	Safety Harbor	11	298	304	40:20.6	13:01/M
21	Jake Sulewski	Macomb	12	236	321	41:16.4	13:19/M
22	Marcus Coleman	Redford	13	213	406	55:53.0	18:02/M

Female 16 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	Gabrielle Duncan	Shelby Twp	16	366	34	22:03.8	7:07/M
2	Kristina Slifco	Macomb	16	368	61	24:07.2	7:47/M
3	Jessica Tiseo	Sterling Heights	19	263	77	24:53.9	8:02/M
4	Madison Lindaman	Sterling Heights	16	367	115	27:01.3	8:43/M
5	Anna Onderik	Sterling Heights	18	284	148	29:21.0	9:28/M
6	Sarah Stief	Macbom	17	167	244	35:15.2	11:22/M
7	Hannah Tadros	Sterling Heights	17	314	351	44:33.1	14:22/M

Male 16 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	Alex Put	Sterling Heights	16	391	4	18:27.0	5:57/M
2	Spencer Scott	Sterling Heights	17	963	11	19:35.1	6:19/M
3	Shane Lisksch	Shelby Twp	16	372	12	19:43.4	6:22/M
4	Charley Bemiss	Saint Clair Shores	16	396	17	20:14.7	6:32/M
5	Andrew Herppich	Macomb	16	374	23	21:10.0	6:50/M
6	Nino Zeolla	Utica	16	120	29	21:33.8	6:57/M
7	Nick Candela	Macomb Township	16	378	37	22:25.5	7:14/M
8	Victor Wszedybyl	Utica	17	365	46	23:05.8	7:27/M
9	Chris Zysnarski	Rochester Hills	19	57	65	24:18.2	7:50/M
10	Jacob Zysnarski	Rochester Hills	16	137	135	28:16.1	9:07/M
11	Konrad Starostka	Shelby Twp	18	315	350	44:30.0	14:21/M

Female 20 to 24

<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	Kayla Sudlow	Sterling Heights	23	292	58	23:54.7	7:43/M
2	Elizabeth Crawford	Macomb	21	306	106	26:38.9	8:35/M
3	Frankie Pappalardo	Royal Oak	24	296	137	28:26.6	9:10/M
4	Michelle Barkho	Macomb	24	202	155	29:49.7	9:37/M
5	Rebecca Dyson	Bagdad	22	101	235	34:48.6	11:14/M
6	Erin Smugielski	Sterling Heights	23	381	247	35:21.0	11:24/M
7	Melanie Hardin	Sterling Heights	23	383	255	35:23.8	11:25/M

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Female 20 to 24

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8	Ashley Fenn	Sterling Heights	22	242	286	38:03.0	12:16/M
9	Brandi Bates	Goodrich	23	327	308	40:31.7	13:04/M
10	Shelby Weyhing	Sterling Heights	22	176	312	40:42.3	13:08/M
11	Brittany Todd	Sterling Heights	24	96	320	41:06.2	13:15/M
12	Hannah Smith	Clinton Twp.	20	211	329	41:37.8	13:25/M
13	Katie Saigh	Warren	22	87	360	45:56.2	14:49/M
14	Laureen Brown	Sterling Heights	24	342	402	54:36.2	17:37/M

Male 20 to 24

<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	Michael Capozzoli	Sterling Heights	24	192	45	23:05.8	7:27/M
2	Bubba Smugielski	Sterling Heights	21	387	94	26:04.8	8:25/M
3	Vikram Mandelia	Southfield	22	238	231	34:35.6	11:09/M
4	Tyler Ash	Sterling Heights	22	382	252	35:21.9	11:24/M
5	Adam Foster	Sterling Heights	23	384	254	35:23.7	11:25/M
6	Christopher Cavanaugh	Sterling Heights	23	328	299	39:22.1	12:42/M
7	Aaron Bush	Sterling Heights	23	190	361	45:56.6	14:49/M

Female 25 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	Rachel Kingstrom	Troy	29	158	92	25:53.7	8:21/M
2	Shannon Vistisen	New Baltimore	29	266	93	25:55.4	8:22/M
3	Alaina Korpala	New Baltimore	27	301	107	26:39.1	8:36/M
4	Cara Nawrocki	Madison Heights	28	295	153	29:35.9	9:33/M
5	Lisa Ohly	Sterling Heights	25	275	157	30:19.6	9:47/M
6	Angela Duggan	Sterling Heights	29	281	170	30:53.8	9:58/M
7	Nina Degelman	Rochester	29	241	174	31:13.9	10:04/M
8	Reana Kyprianides	Utica	29	272	177	31:25.6	10:08/M
9	Kimberly Maes	Macomb	28	222	183	31:34.7	10:11/M
10	Sarah Brooks	Sterling Heights	25	248	196	32:16.0	10:25/M
11	Erin Brooks	Sterling Heights	29	175	200	32:17.8	10:25/M
12	Deanna McClellan	Shelby Township	25	177	201	32:18.3	10:25/M
13	Angela Tarasenko	Utica	29	187	262	35:44.0	11:32/M
14	Rachel Allen	Berkley	26	215	268	36:25.4	11:45/M
15	Lauren Younga	Sterling Heights	27	299	269	36:25.8	11:45/M
16	Marie Nowak	Saint Clair Shores	27	186	270	36:30.2	11:46/M
17	Gina Cipriani	Clawson	25	254	281	37:54.9	12:14/M
18	Sneha Kosobudzki	Sterling Heights	28	960	295	38:52.4	12:32/M
19	Brittni Bates	Clinton Township	27	169	311	40:37.7	13:06/M

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Female 25 to 29

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20	Amanda Smith	Saint Clair Shores	28	90	328	41:37.4	13:25/M
21	Holly Kuhnle	Clinton Twp	25	197	352	44:41.6	14:25/M
22	Stephanie Brooks	Clinton Township	28	194	356	45:36.4	14:43/M
23	Courtney Pilibosian	Sterling Heights	28	168	380	50:52.9	16:25/M
24	Karly Herrick	Clinton Twp	29	143	388	52:06.9	16:48/M
25	Stephanie Fradeneck	Oak Park	29	207	399	54:17.8	17:31/M

Male 25 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	Benjapol Piyawanichpong	Troy	27	182	40	22:31.5	7:16/M
2	Michael Ohly	Sterling Heights	29	184	159	30:20.2	9:47/M
3	Alex The Greek	Arlington	29	133	164	30:32.6	9:51/M
4	Jake Schultz	Clinton Twp	29	353	313	40:50.7	13:10/M

Female 30 to 34

<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 Urben	Sterling Heights	31	150	49	23:10.8	7:28/M
2	Lauren Rademacher	Grand Rapids	30	377	56	23:43.8	7:39/M
3	Katherine Betzler	Macomb	32	249	57	23:48.0	7:41/M
4	Rebecca Uhlenhake	Rochester	34	265	108	26:42.4	8:37/M
5	Terisa Longshore	Sterling Heights	34	179	109	26:44.0	8:37/M
6	Karen Walker	Sterling Heights	32	279	125	27:16.6	8:48/M
7	Danielle Joyce	Sterling Heights	34	398	129	27:39.9	8:55/M
8	Alysia Ritter	Clinton Twp	32	277	134	28:16.1	9:07/M
9	Valerie Brumm	Clinton Township	34	338	152	29:31.8	9:31/M
10	Sherene Buffa	Sterling Heights	34	201	160	30:22.8	9:48/M
11	Lindsay Burr	Warren	33	294	166	30:36.0	9:52/M
12	Jennifer Hornok	Saint Clair Shores	31	297	168	30:42.6	9:54/M
13	Katie Leib	Sterling Hts	34	132	179	31:28.4	10:09/M
14	Meghan Kraft	Utica	32	405	180	31:29.4	10:09/M
15	Jane Gravely	Sterling Heights	32	228	181	31:31.6	10:10/M
16	Lindsay Staskowski	Macomb	33	200	184	31:34.9	10:11/M
17	Jessica Taylor	Roseville	34	170	185	31:35.1	10:11/M
18	Krystal Brisse	Shelby	31	95	193	32:08.8	10:22/M
19	Melissa Zapinski	Macomb	31	251	211	32:45.0	10:34/M
20	Kelly Bowles	Clinton Township	32	280	223	33:59.0	10:58/M
21	Joy Black	Macomb	32	234	226	34:15.7	11:03/M
22	Camila Taylor	Sterling Heights	31	305	232	34:35.9	11:09/M
23	Andrea Dickson-Rekasi	Saint Clair Shores	34	163	237	34:50.5	11:14/M

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Female 30 to 34

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24	Katie Boyd	Warren	32	330	245	35:16.0	11:23/M
25	Karen Sivwright	Rochester	33	181	258	35:31.7	11:27/M
26	Michelle Borders	Sterling Heights	32	349	261	35:42.0	11:31/M
27	Meg Berger	Huntington Woods	34	55	275	37:27.7	12:05/M
28	Beth Demeere	Chicago	34	239	276	37:27.9	12:05/M
29	Katie Tobey	Macomb	33	282	283	37:55.7	12:14/M
30	Ashlyn Eckart	Lake Orion	34	161	296	38:53.4	12:33/M
31	Cassandra Rogers	Sterling Heights	31	253	297	38:54.1	12:33/M
32	Angela Baker	Fraser	34	98	298	39:20.1	12:41/M
33	Christina Finnigan	Mount Clemens	33	268	309	40:34.6	13:05/M
34	Amber Brumm	Macomb	34	961	314	40:55.2	13:12/M
35	Leann Konrad	New Baltimore	32	180	344	43:20.8	13:59/M
36	Kelly Roberts	Clinton Township	33	311	349	44:28.8	14:21/M
37	Renee Bell	Marietta	34	79	353	45:08.6	14:34/M
38	Leah Schultz	Sterling Heights	33	354	367	49:12.0	15:52/M
39	Jennifer Stys	Grosse Pointe	34	965	373	50:11.3	16:11/M
40	Heather Lisiecki	Warren	33	262	379	50:51.9	16:24/M
41	Stacy Ziarko	Sterling Heights	32	189	382	51:13.2	16:31/M
42	Carly Vanhecke	Sterling Heights	32	76	386	52:04.3	16:48/M
43	Anjli Joshi	Bloomfield Hills	32	340	393	53:37.0	17:18/M
44	Dana Sutherland	Warren	34	403	404	54:40.6	17:38/M

Male 30 to 34

<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	Matt Tarasenko	Utica	34	93	38	22:27.9	7:15/M
2	Scott Jiles	Armada	31	336	54	23:38.5	7:37/M
3	Paul Joyce	Sterling Heights	33	399	120	27:06.2	8:45/M
4	Mark Walker	Sterling Heights	34	140	124	27:10.2	8:46/M
5	David Foote	Sterling Heights	33	77	143	29:00.3	9:21/M
6	Barry Gravely	Sterling Heights	34	323	182	31:34.5	10:11/M
7	Bradley Brumm	Macomb	34	19	204	32:20.8	10:26/M
8	Ray Boyd	Warren	31	116	238	35:07.0	11:20/M
9	Christopher Urben	Sterling Heights	30	324	256	35:25.5	11:25/M
10	Nick Makie	Sterling Heights	31	142	288	38:17.5	12:21/M
11	Lee Dorchak	Warren	33	46	292	38:39.6	12:28/M
12	Michael Taulbee	South Lyon	34	53	294	38:50.9	12:32/M
13	Tim Kolasa	Walled Lake	33	39	333	42:09.4	13:36/M

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Female 35 to 39

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1	Ann Zdankiewicz	Sterling Heights	37	312	43	22:51.8	7:22/M
2	Stacie Callison	Sterling Heights	36	159	52	23:28.8	7:34/M
3	Amy Watson	Sterling Heights	39	952	62	24:09.3	7:47/M
4	Kristi Baurhenn	New Baltimore	35	276	91	25:46.3	8:19/M
5	Meghan Burau	Royal Oak	35	310	101	26:31.9	8:33/M
6	Kelly Eighmey	Brownstown	36	335	102	26:32.7	8:34/M
7	Kelley Purcell	Sterling Heights	36	243	121	27:07.0	8:45/M
8	Jill Murphy	St Clair Shores	36	255	136	28:16.7	9:07/M
9	Megan Curtis	Shelby Twp	35	290	147	29:11.5	9:25/M
10	Abigail Prout	Auburn Hills	39	419	150	29:26.3	9:30/M
11	Valerie Culler	Dearborn	38	97	162	30:31.5	9:51/M
12	Carly Cass	Macomb	35	252	163	30:31.5	9:51/M
13	Marie Ottinger	Macomb	35	70	176	31:24.1	10:08/M
14	Carrie Karasiewicz	Ferndale	39	216	208	32:36.8	10:31/M
15	Laurie Chrostowski	New Baltimore	37	173	209	32:38.6	10:32/M
16	Carin Slowik	Farmington	37	223	220	33:54.5	10:56/M
17	Valerie Schave	Clinton Township	37	146	225	34:06.0	11:00/M
18	Jennifer Simonetta	Macomb	38	229	230	34:35.3	11:09/M
19	Trish Urben	Troy	35	149	240	35:12.9	11:21/M
20	Lauren Whitelaw	Caledonia	37	130	241	35:12.9	11:21/M
21	Julie Watanabe	Clinton Township	36	164	259	35:34.9	11:28/M
22	Suzann Braun	Clinton Township	36	160	263	35:46.0	11:32/M
23	Amanda Szukala	Royal Oak	35	224	264	35:49.7	11:33/M
24	Laura Pagel	Roseville	36	233	265	35:50.3	11:34/M
25	Nicole Barber	Gpw	36	341	277	37:38.4	12:08/M
26	Julie Biliti	Sterling Heights	39	218	282	37:55.6	12:14/M
27	Tiffanie Van Ness	Rochester	38	124	345	43:45.8	14:07/M
28	Permelia Gross	Macomb	37	22	364	48:24.6	15:37/M
29	Allison Grawburg	Sterling Heights	38	9	372	50:11.0	16:11/M
30	Mitzy Sharp Futro	Sterling Heights	38	5	376	50:23.7	16:15/M
31	Andrea Fontana	Macomb	39	102	378	50:38.8	16:20/M

Male 35 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 Newcomb	Shelby Twp	39	418	6	19:00.1	6:08/M
2	Bryan Madonna	Warren	37	257	14	19:55.1	6:25/M
3	John Heine	Harrison Township	36	139	22	21:01.8	6:47/M
4	Matthew Sawyer	Shelby Township	37	30	36	22:20.5	7:12/M
5	Tom Taylor	Warren	35	25	44	22:52.3	7:23/M
6	Billy Jack	Royal Oak	35	967	50	23:17.5	7:31/M
7	Jeff Tobey	Macomb	38	329	59	23:55.6	7:43/M

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Male 35 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>
8	Ryan Schave	Clinton Township	36	63	60	23:56.8	7:43/M
9	Vince Beltz	Warren	39	320	70	24:41.2	7:58/M
10	Don Gogola	Saint Clair Shores	37	109	73	24:46.3	7:59/M
11	Brian Brumm	Clinton Township	36	155	119	27:04.7	8:44/M
12	Mike Coletti	Harrison Twp	36	107	132	28:04.0	9:03/M
13	David Taylor	Sterling Heights	35	227	139	28:29.5	9:11/M
14	James Liegghio	Washington Twp	35	23	141	28:47.2	9:17/M
15	Todd Curtis	Shelby Twp	36	326	146	29:10.7	9:25/M
16	Christopher Duggan	Sterling Heights	36	100	156	29:56.9	9:39/M
17	Joseph Zadorski	Sterling Heights	37	121	158	30:19.7	9:47/M
18	Westly Longshore	Sterling Heights	36	88	186	31:36.2	10:12/M
19	Ron McAuley	St Clair Shores	39	36	188	31:58.1	10:19/M
20	Stephen Thiel	Sterling Heights	39	27	229	34:33.5	11:09/M
21	Kyle Whitelaw	Caledonia	37	51	239	35:12.7	11:21/M
22	Brian Watanabe	Clinton Township	37	80	257	35:28.4	11:26/M
23	Bryan Urben	Troy	35	15	279	37:41.5	12:09/M
24	Jim Spinek	Sterling Heights	38	47	293	38:40.0	12:28/M
25	Neil Vanhecke	Sterling Heights	36	21	387	52:04.5	16:48/M

Female 40 to 44

<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	Julie Nemens	Sterling Heights	40	951	33	22:01.5	7:06/M
2	Heather Hall	Washington	44	956	48	23:10.7	7:28/M
3	Mary Hoenscheid	Sterling Heights	43	156	66	24:34.0	7:55/M
4	Larisa Dzikowski	Sterling Heights	40	288	68	24:35.2	7:56/M
5	Hope Calati	Royal Oak	41	424	75	24:51.2	8:01/M
6	Danielle Arnett	Harrison Township	40	210	84	25:21.2	8:11/M
7	Becky Brown	Shelby Twp	40	347	89	25:39.2	8:16/M
8	Valerie Wilson	Utica	44	204	110	26:48.1	8:39/M
9	Malin Devins	Romeo	42	303	130	27:47.2	8:58/M
10	Shelley Bjorkstrand	Fraser	43	221	142	28:55.3	9:20/M
11	Sharry Bronson	Ferndale	41	264	149	29:22.7	9:28/M
12	Jennifer Diamond	Sterling Heights	44	209	171	30:58.4	9:59/M
13	Corry Olszewski	Sterling Heights	44	174	173	31:05.3	10:02/M
14	Kerrie Digiovanni	Troy	41	414	199	32:16.8	10:25/M
15	Sue Guthrie	Sterling Heights	42	208	203	32:19.9	10:25/M
16	Tracy Vitale	Sterling Heights	43	953	207	32:27.0	10:28/M
17	Gretchen Carlin	Macomb	41	357	213	32:46.9	10:34/M
18	Kristina Devolder	Sterling Heights	44	203	233	34:44.9	11:12/M
19	Jennifer Wellman	Shelby Twp	42	348	266	35:57.1	11:36/M
20	Holly Krstich	Utica	44	115	287	38:07.5	12:18/M

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STERLINGFAST
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Female 40 to 44

<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	Vivian Lozon	Sterling Heights	44	74	290	38:19.1	12:22/M
22	Barb Francis	Sterling Heights	44	114	301	39:38.9	12:47/M
23	Jennifer Degrandchamp	Sterling Heights	43	261	317	41:04.9	13:15/M
24	Jennifer Pelletier	Sterling Heights	44	409	326	41:28.5	13:23/M
25	Jeannene Sulewski	Macomb	43	235	327	41:34.5	13:25/M
26	Terika Gillam	Harperwoods	40	48	337	42:18.2	13:39/M
27	Lorraine Paoletti	Sterling Heights	44	153	365	48:28.8	15:38/M
28	Kim Russo	Fraser	44	331	369	50:06.6	16:10/M
29	Shawn Stella	Warren	43	103	377	50:38.7	16:20/M
30	Amy Freigruber	Sterling Heights	40	50	391	52:41.9	17:00/M
31	Rina Batra	Bloomfield Hills	40	337	394	53:37.0	17:18/M
32	Liz Beltz	Utica	41	59	396	53:53.8	17:23/M
33	Stacy Gay	West Bloomfield	41	54	405	55:02.5	17:45/M

Male 40 to 44

<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	Morry Allmacher	Macomb	43	363	10	19:33.6	6:18/M
2	Michael Freigruber	Sterling Heights	42	126	27	21:30.7	6:56/M
3	Kenneth Hecht	Holly	44	86	41	22:31.6	7:16/M
4	Jerome Ohnui	Sterling Heights	41	245	42	22:34.1	7:17/M
5	Tim Francis	Sterling Heights	43	65	76	24:52.6	8:01/M
6	Chad Steller	Warren	40	401	85	25:28.7	8:13/M
7	David Bobco	Eastpointe	41	113	87	25:36.4	8:15/M
8	Derek D'Angelo	Sterling Heights	40	406	90	25:42.4	8:17/M
9	Trey Purcell	Sterling Height	41	64	100	26:29.4	8:33/M
10	Art Kadlitz	Clinton Township	42	10	175	31:15.4	10:05/M
11	John Radjewski	Chesterfield	43	351	202	32:18.6	10:25/M
12	Mark Azar	Clinton Township	43	13	206	32:25.1	10:27/M
13	Chris Carlin	Macomb	40	360	210	32:44.3	10:34/M
14	Paul Biliti	Sterling Heights	42	128	284	37:56.1	12:14/M
15	Dennis Degrandchamp	Sterling Heights	44	73	316	41:04.9	13:15/M
16	David Baier	Macomb	42	3	325	41:26.7	13:22/M
17	Corey Leblanc	Sterling Heights	41	317	374	50:14.9	16:12/M
18	Matt Olszewski	Sterling Heights	42	26	389	52:08.7	16:49/M

Female 45 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	Alice McGuire	Clinton Township	46	393	80	25:07.5	8:06/M
2	Kristin Galui	Macomb	45	212	103	26:35.4	8:35/M

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Female 45 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	Tammy Hudolin	Macomb	48	171	114	26:58.2	8:42/M
4	Holly Schuler	Clinton Township	45	154	131	27:47.8	8:58/M
5	Louise Moody	Troy	49	178	205	32:22.6	10:26/M
6	Lisa Thomas	Troy	48	278	215	32:55.3	10:37/M
7	Karen Chimenti	Warren	46	344	224	34:00.3	10:58/M
8	Kimberly Lewis	Macomb	48	376	227	34:17.4	11:04/M
9	Kathleen Reubon		49	389	253	35:21.9	11:24/M
10	Darlene Dove	Clinton Township	47	232	300	39:33.7	12:45/M
11	Diane Lalonde	Sterling Heights	45	29	305	40:22.7	13:01/M
12	Lisa McPhearson	Sterling Heights	46	260	306	40:25.4	13:02/M
13	Ann Radjewski	Sterling Heights	45	352	307	40:27.4	13:03/M
14	Cathleen Stief	Macomb	45	166	310	40:37.3	13:06/M
15	Michelle Schimelfening	Sterling Heights	47	17	322	41:16.9	13:19/M
16	Monica Brown	Safety Harbor	46	40	324	41:25.1	13:22/M
17	Gina Kowalski	Shelby Twp	47	81	331	41:56.8	13:32/M
18	Lisa Buchter	Saint Clair	48	32	362	47:03.5	15:11/M
19	Diane Hile	Eastpointe	46	66	363	47:47.6	15:25/M
20	Michelle Shekoski	New Baltimore	46	111	371	50:10.6	16:11/M
21	Patty Onderik	Sterling Heights	49	964	381	51:12.0	16:31/M
22	Diana Biondo	Clinton Twp	47	12	383	51:13.6	16:31/M
23	Rochelle Rucker	Redford	48	45	395	53:41.2	17:19/M
24	Dawn Lindemeyer	Sterling Heights	45	966	401	54:34.2	17:36/M
25	Christine Brown	Sterling Heights	47	343	403	54:36.5	17:37/M

Male 45 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	Rick Thomas	Sterling Heights	46	421	8	19:17.1	6:13/M
2	Loren Miller	Macomb	45	91	9	19:21.2	6:15/M
3	Christopher Tabor	Macomb	49	220	71	24:42.3	7:58/M
4	Gregory Ziarko	Sterling Heights	48	380	74	24:51.2	8:01/M
5	Curtis Paul	Ferndale	45	145	86	25:31.8	8:14/M
6	Mark Vanderpool	Sterling Heights	49	237	95	26:09.3	8:26/M
7	Ed Pavlica	Macomb	49	122	96	26:14.0	8:28/M
8	Mike Nitoski	Troy	47	58	98	26:23.9	8:31/M
9	Karl Poth	Shelby Twp	47	41	117	27:03.3	8:44/M
10	Terry Zdanio	Macomb	45	394	127	27:20.4	8:49/M
11	Greg Koshurba	Macomb	48	83	190	32:04.7	10:21/M
12	Tim Lenont	Lenox	48	82	219	33:34.1	10:50/M
13	Kevin Culler	Dearborn	49	33	221	33:58.7	10:57/M
14	Joe Chevalier	Sterling Heights	45	322	234	34:48.3	11:14/M
15	Tim Burrows	Shelby Township	47	129	242	35:13.3	11:22/M

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July 26, 2014

Male 45 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>
16	Frank Palazzolo	Shelby Township	46	89	267	36:01.2	11:37/M
17	Bill Stief	Macomb	46	319	330	41:38.4	13:26/M
18	Chuck Diamond	Sterling Heights	48	11	335	42:14.8	13:37/M
19	Derek Coleman	Redford	49	135	407	55:53.5	18:02/M

Female 50 to 54

<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	Jill Bowker	Troy	53	274	144	29:06.0	9:23/M
2	Melissa Trammel	Macomb	51	219	178	31:26.2	10:08/M
3	Suzanne Truxillo	Warren	54	226	189	32:03.1	10:20/M
4	Sara Tugweron	Fraser	54	388	251	35:21.8	11:24/M
5	Renee Martyniak	Sterling Heights	51	183	274	37:23.8	12:04/M
6	Roberto Huerta	Warren	52	60	303	39:48.6	12:50/M
7	Julie Smith	Shelby Township	52	196	347	44:11.8	14:15/M
8	Sandra Fringer	Warren	54	244	354	45:11.8	14:35/M
9	Doreen Sudlow	Sterling Heights	53	68	358	45:45.6	14:45/M

Male 50 to 54

<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	Gurnek Singh	Sterling Heights	50	110	19	20:45.1	6:42/M
2	Capt. America	Royal Oak	52	345	20	20:52.3	6:44/M
3	Dean Pelletier	Sterling Heights	52	410	24	21:11.9	6:50/M
4	David Pettibone	Sterling Heights	52	369	30	21:41.8	7:00/M
5	Shawn Whippler	Roseville	51	416	32	21:59.6	7:05/M
6	Nathan Collins	Birmingham	52	350	35	22:18.0	7:12/M
7	Eric Swanson	Macomb	50	959	55	23:42.5	7:39/M
8	Brian Hibbard	Sterling Heights	52	127	69	24:35.7	7:56/M
9	John Holzberger	Sterling Heights	53	397	83	25:19.8	8:10/M
10	Jerry Schimelfening	Sterling Heights	52	18	104	26:35.7	8:35/M
11	Jim Couture	Chesterfield	52	230	111	26:49.8	8:39/M
12	James Nowak	Saint Clair Shores	52	92	122	27:07.8	8:45/M
13	Wally Lindaman	Sterling Heights	50	52	123	27:09.6	8:45/M
14	Nick Neamonitis	Fraser	50	962	140	28:39.9	9:15/M
15	Scott Dempsey	Oakland	53	31	145	29:06.7	9:23/M
16	Manny Gonzales	Sterling Heights	53	144	187	31:39.8	10:13/M
17	Ed Stacey	Sterling Heights	52	118	214	32:50.1	10:35/M
18	Randall Smith	Clinton Twp.	53	44	291	38:22.1	12:23/M
19	Mark Chronowski	Rochester Hills	54	333	319	41:05.5	13:15/M
20	Don Chamberlain	Clinton Township	52	61	340	42:32.1	13:43/M

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Male 50 to 54

<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	Gregory Weyhing	Sterling Heights	50	4	375	50:18.2	16:14/M
22	Jeff Volmar	Shelby Twp	54	361	400	54:19.4	17:31/M

Female 55 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 Turvey	Utica	57	307	39	22:28.8	7:15/M
2	Judith McKenna	Algonac	56	304	118	27:03.9	8:44/M
3	Diane O'Reilly	Chesterfield	59	267	133	28:06.8	9:04/M
4	Michelle Guitar	Troy	59	291	192	32:07.2	10:22/M
5	Kate Brooks	Sterling Heights	55	148	197	32:16.1	10:25/M
6	Catherine Carpenter	Sterling Heights	56	231	236	34:48.8	11:14/M
7	Laura Nawrocki	Saint Clair Shores	58	339	271	36:42.5	11:50/M
8	Susan Kinkela	Sterling Heights	59	71	273	37:02.9	11:57/M
9	Karen Salvatore	Sterling Heights	57	172	285	37:57.9	12:15/M
10	Patricia Stevens	Ray	56	287	315	41:01.9	13:14/M
11	Cheryl Otto	Sterling Heights	57	84	343	43:18.7	13:58/M
12	Patricia Tarini	Birmingham	55	425	355	45:19.8	14:37/M
13	Sharron Allen	Sterling Hgts	56	108	359	45:55.0	14:49/M
14	Leslie Stronati	Macomb	55	125	384	51:17.0	16:33/M
15	Rosemary Alef	Macomb	56	49	385	51:18.7	16:33/M

Male 55 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	Timothy Emmett	Royal Oak	58	422	13	19:52.6	6:25/M
2	Randy Thompson	Sterling Heights	55	151	79	25:05.4	8:05/M
3	Mark Makie	Chesterfield	56	42	289	38:17.8	12:21/M
4	John Zysnarski	Sterling Heights	55	106	318	41:05.0	13:15/M
5	Edward Sudlow	Sterling Heights	55	69	357	45:43.4	14:45/M

Female 60 to 64

<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	Alex Sprowitz	Shelby Twp	62	136	113	26:55.9	8:41/M
2	Elaine Bryson	Troy	62	131	246	35:17.8	11:23/M
3	Michele Wienczek	Sterling Heights	60	99	280	37:43.0	12:10/M
4	Linda Mayotte	Sterling Heights	60	162	338	42:25.8	13:41/M
5	Jann Gallagher	Caro	61	191	339	42:30.7	13:43/M
6	Marilyn Myrna	Harrison Township	62	152	341	43:01.6	13:53/M

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STERLINGFAST
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Female 60 to 64

<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>
7	Judi Rosso	Sterling Heights	63	38	348	44:23.8	14:19/M
8	Cynthia Fontana	Sterling Heights	64	198	366	48:55.3	15:47/M
9	Barbara Ziarko	Sterling Heights	64	188	368	49:43.5	16:02/M
10	Donna Monfette	Fraser	62	123	370	50:07.1	16:10/M

Male 60 to 64

<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	Ron Boone	Sterling Heights	61	392	53	23:33.5	7:36/M
2	Gary Steiner	Sterling Heights	61	404	99	26:29.3	8:33/M
3	Gerald Otto	Sterling Heights	60	24	138	28:28.7	9:11/M
4	Leonard Constantine	New Baltimore	61	14	172	31:04.0	10:01/M
5	Terry Guitar	Troy	60	117	191	32:07.2	10:22/M
6	Neil Murphy	Sterling Heights	64	119	278	37:41.4	12:09/M
7	Kirk Rosso	Sterling Heights	62	7	323	41:24.7	13:21/M
8	Ed Piet	Sterling Heights	64	20	336	42:17.4	13:38/M
9	Clark Andrews	Utica	64	28	397	54:17.5	17:31/M

Female 65 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	Debbie Howard	Leamington	66	286	151	29:29.8	9:31/M
2	Marilyn Tarantino	Utica	68	402	332	41:58.2	13:32/M
3	Nancy Jean Wiggins	Redford	67	94	342	43:15.2	13:57/M
4	Ruth Cushnier	Rochester Hills	66	334	346	43:56.1	14:10/M
5	Karen Zysnarski	Sterling Heights	65	112	398	54:17.8	17:31/M

Male 65 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	Lee Hartson	Sterling Heights	66	104	154	29:47.3	9:36/M
2	Daniel Beattie	Sterling Heights	69	375	161	30:28.5	9:50/M
3	Mike Cushnier	Rochester Hills	66	134	260	35:35.9	11:29/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	Maury Dean	Commerce Township	71	958	51	23:17.9	7:31/M
2	Wayne Oehmke	Macomb	73	355	249	35:21.1	11:24/M
3	Dan Butts	Pleasant Ridge	73	240	272	36:45.4	11:51/M

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STERLINGFAST
Age Group Results

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>
4	Norm Killop	Utica	75	954	334	42:11.4	13:36/M