

Grand Woods 5k Run

Age Group Results

August 29, 2009

Results By Michigan Running Foundation

Overall Female Open Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Ellory Green	Lcc	37	19	32	19:00.0	6:08/M

Overall Male Open Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Addis Habtewold	Lcc	1	19	1	15:33.7	5:01/M

Overall Female Master Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Sharon Dolan		170	67	106	25:03.0	8:05/M

Overall Male Master Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Patrick Gadola		217	45	34	19:16.4	6:13/M

Female 12 and under

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Ersula Farrow		201	11	38	19:57.3	6:26/M
2	Kelsey Schroeder		195	10	102	24:52.8	8:01/M
3	MacKenzie Chaffee		115	12	117	26:00.4	8:23/M
4	Megan Trancygier		145	11	154	30:38.9	9:53/M
5	Shelby Knoll		161	11	156	31:09.1	10:03/M
6	Abrianna Bowman		165	10	167	33:05.6	10:40/M
7	Gabriella Rathke		179	10	178	38:04.4	12:17/M

Male 12 and under

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Chance Klipstine		116	10	89	24:00.3	7:45/M
2	William Burke		176	11	100	24:50.2	8:01/M
3	Nathan Morgan		153	11	103	24:54.0	8:02/M
4	Salvo Curcuru		155	11	120	26:04.5	8:25/M
5	Matthew Donley		27	12	131	27:20.1	8:49/M
6	Seth Nixon		107	9	148	29:55.7	9:39/M
7	Robbie Nixon		106	7	170	33:23.1	10:46/M
8	Mason Kowalski		64	8	186	41:26.3	13:22/M
9	Erik Partridge		129	12	188	41:53.4	13:31/M
10	Jacob Knoll		162	9	194	43:21.5	13:59/M
11	Trent Barker		193	9	195	43:28.3	14:01/M
12	Ethan Monte		156	10	200	51:57.2	16:45/M

Female 13 to 14

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Allie Knoll		160	13	81	23:05.9	7:27/M
2	Kayla Kraft		211	13	105	25:01.0	8:04/M
3	Kati Kariniemi		152	13	128	26:55.6	8:41/M
4	Lauren Benstead		154	13	139	28:33.6	9:13/M
5	Kealan Millies-Lucke		149	14	166	33:02.1	10:39/M

Male 13 to 14

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Drew Hyatt		96	13	33	19:07.0	6:10/M
2	Gregory Ingle		136	13	43	20:53.5	6:44/M
3	Christian Thornton		69	13	52	21:17.0	6:52/M
4	Kyle Schroeder		196	13	77	22:53.2	7:23/M
5	Mack Perkins		100	14	165	32:43.7	10:33/M
6	Levi Gray		150	13	192	42:31.3	13:43/M

Female 15 to 19

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Brooke Simon	Lcc	43	19	39	20:02.4	6:28/M
2	Kaylin Belair	Lcc	42	19	40	20:05.4	6:29/M
3	Cynthia Ingle	Lcc	30	19	48	21:08.4	6:49/M
4	Kristina Donley	Lcc	32	19	49	21:13.3	6:51/M
5	Shelby Thren	Lcc	40	19	53	21:19.6	6:53/M
6	Haley Knoll	Lcc	33	19	54	21:20.7	6:53/M
7	Maria Ervin	Lcc	41	19	56	21:30.2	6:56/M
8	Kial Schafer		126	18	60	21:54.2	7:04/M
9	Caitlin Reeves	Lcc	36	19	62	21:59.7	7:05/M
10	Kim Killips	Lcc	39	19	65	22:08.5	7:08/M
11	Nikki May	Lcc	35	19	67	22:24.4	7:14/M
12	Randi Smith	Lcc	45	19	70	22:36.5	7:17/M
13	Taylor Knoll		159	17	78	22:54.1	7:23/M
14	Lindsey Prether	Lcc	38	19	80	22:57.7	7:24/M
15	Jessica Erzal	Lcc	34	19	86	23:27.2	7:34/M
16	Beth Klein	Lcc	44	19	88	23:36.2	7:37/M
17	Jade Jackson	Lcc	46	19	107	25:12.3	8:08/M

Male 15 to 19

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Garreth Gose	Lcc	10	19	3	16:21.1	5:16/M
2	Ryan Rebain	Lcc	2	19	4	16:24.1	5:17/M
3	Tyler Slentz	Lcc	11	19	5	16:28.7	5:19/M
4	Devon Duflo	Lcc	7	19	6	16:49.3	5:25/M
5	Jesus Perez-Flores	Lcc	18	19	7	16:52.6	5:26/M
6	Eric Spitz	Lcc	13	19	8	16:55.0	5:27/M
7	Kevin Barry	Lcc	9	19	9	16:57.9	5:28/M
8	Marcus Feldpaush	Lcc	12	19	11	17:08.1	5:32/M
9	Joey Rizzolo	Lcc	14	19	12	17:12.0	5:33/M
10	John Childers	Lcc	17	19	13	17:18.5	5:35/M
11	Shawn Simon	Lcc	28	19	14	17:27.4	5:38/M
12	Josh Perkins	Lcc	20	19	17	17:35.2	5:40/M
13	Kyle Slaughter	Lcc	8	19	18	17:39.0	5:42/M
14	Ian McKay	Lcc	5	19	19	17:48.7	5:45/M
15	Andrew Franklin	Lcc	15	19	21	18:06.6	5:50/M
16	Will Kogut	Lcc	16	19	22	18:09.1	5:51/M
17	Aaron King	Lcc	6	19	23	18:09.4	5:51/M
18	Casey King	Lcc	19	19	24	18:09.6	5:51/M
19	Robin McGrath	Lcc	3	19	26	18:14.7	5:53/M
20	Tucker Heiler	Lcc	23	19	28	18:35.9	6:00/M
21	Ryan Thumser	Lcc	21	19	29	18:44.9	6:03/M
22	Jamie Wonnacott	Lcc	22	19	30	18:47.2	6:04/M

23	Adam Klipstine		117	15	41	20:16.1	6:32/M
24	Christian Krieger		177	15	51	21:16.8	6:52/M
25	Alexander Fox		114	17	93	24:26.5	7:53/M
26	Drew Bolam		151	15	110	25:24.9	8:12/M
27	Ryan Monte		147	16	115	25:43.3	8:18/M
28	Matt Miller		144	15	119	26:02.8	8:24/M
29	Matt Phinney		148	15	153	30:36.5	9:52/M
30	Luke Herdman		146	15	164	32:03.7	10:20/M

Female 20 to 24

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Meg Stall	Lcc	31	20	46	21:02.2	6:47/M
2	Holy Jones	Alumni	139	21	73	22:39.8	7:18/M
3	Valerie Ingle	Alumni	135	22	84	23:24.3	7:33/M
4	Caitlin Gubry		55	23	126	26:48.6	8:39/M
5	Chelsea Haun		94	22	137	28:18.5	9:08/M
6	Daryl Bean		189	23	159	31:49.2	10:16/M
7	Amanda Langell	Alumni	138	22	189	41:53.4	13:31/M

Male 20 to 24

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Nick Katsefaras		194	22	2	16:18.2	5:15/M
2	Brad Ziemer		85	21	16	17:33.7	5:40/M
3	Ben Edwards		60	21	20	18:02.4	5:49/M
4	Gemechis Wakjira	Lcc	26	20	25	18:14.3	5:53/M
5	Tyler Mohlman	Alumni	134	21	35	19:32.0	6:18/M
6	David Weeks	Alumni	141	20	36	19:44.7	6:22/M
7	Larry Ford		56	24	161	32:01.4	10:20/M

Female 25 to 29

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Heidi Frei		215	29	74	22:42.9	7:19/M
2	Lisa Truax		84	29	83	23:17.6	7:31/M
3	Kendra Waldie		111	28	104	24:59.9	8:04/M
4	Abby Rievson		128	26	111	25:25.8	8:12/M
5	Kristen Saari		68	28	123	26:27.0	8:32/M
6	Amanda Rosen		207	27	127	26:52.9	8:40/M
7	Kimberly Watson		108	27	144	29:37.5	9:33/M
8	Katie Pung		192	27	172	34:28.2	11:07/M
9	Alicha Cribbs		50	27	174	34:52.5	11:15/M
10	Michelle Popowich		167	26	185	40:27.7	13:03/M
11	Suzanne Connors		186	26	193	42:45.9	13:47/M

Male 25 to 29

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Anthony Ingle		137	27	37	19:54.8	6:25/M
2	Chris McCarty		190	29	45	21:00.5	6:46/M
3	Justin Bowman		103	29	47	21:06.5	6:48/M
4	Charlie Pantera IV		213	29	55	21:27.8	6:55/M
5	Ryan Peterson		120	27	57	21:34.0	6:57/M
6	Eric Grommon		202	29	112	25:27.2	8:13/M
7	Jason Rydberg		204	25	142	29:03.0	9:22/M
8	Jason Vance		78	29	162	32:01.4	10:20/M

Female 30 to 34

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Amy Van Zee		62	30	132	27:22.0	8:50/M
2	Theresa Oegema		200	34	145	29:39.1	9:34/M
3	Alison Gallegos		52	30	146	29:51.3	9:38/M

4	Rhonda Vance		77	31	151	30:05.1	9:42/M
5	Heather Rumley		72	34	157	31:21.6	10:07/M
6	Keri Hughes		122	32	160	31:52.9	10:17/M
7	Marian Blake		53	30	197	44:27.3	14:20/M

Male 30 to 34

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Ben Foreman	Alumni	132	31	10	17:06.3	5:31/M
2	Donald Achey		163	30	44	20:56.7	6:45/M
3	Kunkle Justin		216	31	68	22:29.2	7:15/M
4	T.j. Wrinkle		166	33	75	22:46.2	7:21/M
5	Luke Deaton		61	34	108	25:15.5	8:09/M
6	Michael Suttmoeller		49	34	129	27:03.2	8:44/M

Female 35 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Sharon Becker		168	38	42	20:24.3	6:35/M
2	Teri Sweeney	Alumni	143	37	61	21:54.6	7:04/M
3	Rachel Kuntzsch		206	35	99	24:47.1	8:00/M
4	Michelle Sherrillkowals		65	38	134	27:40.1	8:55/M
5	Kate Keating		173	39	155	30:49.3	9:56/M
6	Tamilyn Nixon		105	37	171	33:23.4	10:46/M
7	Michelle Barker		191	36	180	38:23.6	12:23/M
8	Angela Clymer		198	35	184	40:02.4	12:55/M

Male 35 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Kevin Sweeney	Alumni	142	36	15	17:29.4	5:38/M
2	Becker Tim		169	38	27	18:30.3	5:58/M
3	Brian Donohue		180	37	31	18:59.1	6:07/M
4	Tim Nolan		109	36	64	22:07.9	7:08/M
5	Rick Lantz		209	39	69	22:31.8	7:16/M
6	Marc Matson		74	36	71	22:38.2	7:18/M
7	Martin Schroeder		197	39	95	24:37.4	7:56/M
8	Greg Gallegos		51	35	135	27:56.5	9:01/M
9	Joseph Hughes, Jr		123	39	141	28:57.2	9:20/M
10	David Kuntzcol		208	38	147	29:52.6	9:38/M

Female 40 to 44

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Julie Pozega		113	41	130	27:13.4	8:47/M
2	Kristin St. Marie		131	44	138	28:23.6	9:09/M
3	Ann Hasen		81	40	150	30:02.1	9:41/M
4	Ivy Tagger		97	42	168	33:18.9	10:45/M
5	Sara Holguin		98	41	169	33:19.3	10:45/M
6	Tammy Klipstine		118	40	179	38:21.7	12:22/M
7	Beth Monte		157	44	182	39:39.6	12:47/M

Male 40 to 44

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Todd Klipstine		119	40	63	22:06.3	7:08/M
2	James McHale		203	40	66	22:22.7	7:13/M
3	Rene Gonzalez		63	44	85	23:26.6	7:34/M
4	Daniel Peirce		89	41	87	23:33.6	7:36/M
5	Kevin Gamper		199	42	90	24:09.6	7:47/M
6	John Coakes		75	44	92	24:19.6	7:51/M
7	Bill Schneider		178	41	114	25:31.2	8:14/M
8	Bob Perialas		104	41	122	26:24.9	8:31/M
9	Michael Poyma		121	43	152	30:27.0	9:49/M

10	Dennis Kowalski		66	41	175	35:13.6	11:22/M
11	Robert Dean		187	44	191	42:21.3	13:40/M
12	Brent Beracy		101	42	198	44:27.4	14:20/M
13	Scott Monte		73	43	201	51:58.1	16:46/M

Female 45 to 49

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Patricia Burnett		174	46	143	29:30.1	9:31/M
2	Michelle Peckham		79	45	176	35:33.3	11:28/M
3	Beth Smith		127	45	177	35:45.2	11:32/M
4	Janet Langell		87	47	187	41:52.9	13:30/M

Male 45 to 49

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Thomas Hyatt		95	45	72	22:39.0	7:18/M
2	Eric Stockall		188	48	76	22:51.0	7:22/M
3	Patrick O'Connor		59	48	79	22:55.9	7:24/M
4	Joe Mark		125	49	116	25:49.7	8:20/M
5	Stephen Knight		70	49	118	26:02.7	8:24/M
6	David Rumley		71	46	158	31:22.3	10:07/M
7	Craig Partridge		130	48	190	42:15.3	13:38/M

Female 50 to 54

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Nancy Knoll		158	53	125	26:47.6	8:38/M

Male 50 to 54

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Scott Tice		205	54	50	21:15.1	6:51/M
2	Marvin Guitar		92	52	59	21:50.5	7:03/M
3	Mark Dewitt		83	52	91	24:15.6	7:49/M
4	Douglas Hansel	Alumni	133	52	94	24:30.6	7:54/M
5	Paul Pozega		112	50	97	24:44.0	7:59/M
6	Matt Burke		175	52	101	24:50.7	8:01/M
7	John Perkins		99	52	109	25:22.0	8:11/M
8	Doug Walsh		183	52	121	26:13.9	8:27/M
9	Jeff Montgomery		184	52	199	49:54.8	16:06/M

Female 55 to 59

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Maggy Zidar		210	59	133	27:38.7	8:55/M
2	Sue Mott		181	56	149	30:01.3	9:41/M
3	Sherley Gennara		218	55	163	32:03.1	10:20/M

Male 55 to 59

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	John Coleman		214	58	58	21:36.0	6:58/M
2	David Stierly		124	57	96	24:38.2	7:57/M
3	Chuck Pantera III		212	55	113	25:30.1	8:14/M
4	Allen Smith		182	57	140	28:39.0	9:15/M

Female 60 to 64

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Marge Novak		88	63	173	34:51.3	11:15/M

Male 60 to 64

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Larry McCaskey		102	60	98	24:44.4	7:59/M
2	Callie Risner		185	64	136	28:09.0	9:05/M

Female 65 to 69

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Joann Lehman		171	69	124	26:33.1	8:34/M

Male 65 to 69

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Don Owens		80	65	82	23:09.6	7:28/M

Male 70 to 74

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Ron Babbitt		172	73	183	39:46.9	12:50/M

Male 75 to 79

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	William Rude		93	75	181	38:25.9	12:24/M
2	Bobby Crim		164	77	196	43:34.9	14:03/M
