

Race Date
December 03, 16

Eggnog Jog
Age Group Results

5k Run/Walk

Female 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	Leah Corby	Rochester Hills MI	8	1728	53	27:29.69	8:52/M
2	Norah Lesner	Shelby Township MI	9	999	71	31:42.06	10:14/M
3	Jada Pantaleo	Shelby Twp. MI	10	1573	90	43:31.05	14:02/M
4	Josephine Parlow	Clinton Township MI	8	1576	93	45:01.39	14:31/M

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	Brock Washburn	Rochester MI	8	1699	22	22:32.78	7:16/M
2	Jt Youngblood	Rochester MI	10	1597	33	24:09.40	7:47/M
3	Blake Myers	Oxford MI	7	1242	67	31:01.26	10:00/M

Female 11 to 14

<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	Claire Thomson	Clawson MI	12	1592	12	20:49.14	6:43/M
2	Megan Ko	Rochester MI	13	998	13	20:50.85	6:43/M
3	Lucy Youngblood	Rochester MI	12	1599	61	28:33.95	9:13/M
4	Greenlee Anglin	Warren MI	12	886	85	38:12.24	12:19/M

Male 11 to 14

<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	Kevin Blackburn	Rochester MI	13	890	7	19:10.91	6:11/M
2	Colin Hanson	Rochester MI	13	1646	8	19:27.96	6:16/M
3	Blake Schram	Rochester Hills MI	14	1586	14	20:51.06	6:44/M
4	Brian Tigue	Rochester MI	13	1698	17	21:26.47	6:55/M
5	Brendan Washburn	Rochester MI	12	1707	24	22:44.66	7:20/M

Female 15 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	Sarah Shea	Sterling Heights MI	16	1690	50	27:17.44	8:48/M

Male 15 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	Robert Creech	Sterling Heights MI	18	1692	49	27:17.40	8:48/M

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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	Melissa Kennedy	Macomb MI	27	1650	37	25:21.06	8:11/M
2	Jessica Case	Macomb MI	25	894	69	31:31.47	10:10/M
3	Yasmine Abdulhamid	Detroit MI	27	1733	91	44:47.32	14:27/M
4	Rafiah Anjum	Rochester Hills MI	21	1749	92	44:47.36	14:27/M
5	Amma Anjum	Rochester Hills MI	20	1737	96	48:48.80	15:45/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	Scott Smith	Warren MI	23	1723	2	17:28.77	5:38/M
2	Faraz Anjum	Rochester Hills MI	27	1750	54	27:36.72	8:54/M
3	Zak Kennedy	Macomb MI	27	1647	55	27:51.72	8:59/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	Melissa Broyles	Milford MI	39	891	9	19:53.58	6:25/M
2	Amanda Castro	Chesterfield MI	30	897	42	26:05.76	8:25/M
3	Sarah Ross	Sterling Heights MI	38	1583	60	28:25.35	9:10/M
4	Kristin Courtade	Rochester Hills MI	32	900	68	31:22.97	10:07/M
5	Jennifer Ottinger	Macomb MI	38	1396	72	31:43.15	10:14/M
6	Amanda Smith	Center Line MI	30	1588	83	36:16.37	11:42/M
7	Rebecca Murphy	Richmond MI	32	1213	87	39:22.05	12:42/M
8	Diana Jurkiewicz	Saint Clair Shores MI	34	994	97	51:26.15	16:35/M
9	Christina Ibra	Warren MI	33	993	98	51:26.74	16:35/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	Rod Corby	Rochester MI	39	1653	1	17:25.66	5:37/M
2	Juan Roca	Clarkston MI	39	1581	5	19:06.73	6:10/M
3	David Thomson	Clawson MI	39	1593	20	21:57.53	7:05/M
4	Ryan Walther	Macomb MI	36	1834	21	21:57.66	7:05/M
5	Brandon Fotiu	Shelby Township MI	34	986	62	29:18.79	9:27/M
6	Bradley Brumm	Macomb MI	36	892	79	34:26.36	11:06/M

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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	Tammy Nowik	Clarkston MI	42	1388	4	18:48.05	6:04/M
2	Amy Corby	Rochester MI	40	1658	10	19:57.28	6:26/M
3	Adriana Pantaleo	Shelby Twp. MI	41	1425	25	22:45.35	7:20/M
4	Shannon Shea	Sterling Heights MI	44	1691	29	23:28.04	7:34/M
5	Kellie Bates	West Bloomfield MI	46	889	32	24:00.69	7:45/M
6	Amy Watson	Sterling Heights MI	41	1689	35	24:26.42	7:53/M
7	Angela Youngblood	Rochester MI	42	1598	46	26:55.89	8:41/M
8	Wendy Skelly	Macomb Township MI	47	1587	52	27:26.01	8:51/M
9	Ann Felts	Shelby Township MI	49	985	58	28:09.20	9:05/M
10	Martha Myers	Oxford MI	42	1251	66	31:00.92	10:00/M
11	Susan Lesner	Shelby Township MI	40	1000	70	31:41.75	10:13/M
12	Ilyse Tyranski	Birmingham MI	44	1594	73	32:05.25	10:21/M
13	Kellie Papadelis	Sterling Heights MI	48	1848	80	34:33.00	11:09/M
14	Pam Parlow	Clinton Township MI	45	1577	94	45:04.43	14:32/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	Al Yuzon	Ferndale MI	41	1600	11	20:34.69	6:38/M
2	Jack Pertile	Macomb MI	44	1578	18	21:29.86	6:56/M
3	Todd Aldous	Saginaw MI	45	885	19	21:51.66	7:03/M
4	David Baier	Macomb MI	44	888	31	23:50.86	7:41/M
5	Douglas Gatto	Rochester Hills MI	40	988	34	24:12.71	7:48/M
6	Charles Anthony	Macomb Township MI	46	887	47	27:07.66	8:45/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	Susan Parker	Shelby Township MI	53	1574	39	25:27.75	8:13/M
2	Kathleen Clark	Fraser MI	59	898	40	26:00.90	8:23/M
3	Sara Figueroa	Fraser MI	56	1835	57	28:02.79	9:03/M
4	Tammy Murray	Royal Oak MI	53	1221	74	32:31.19	10:29/M
5	Leeann Case	Macomb MI	50	895	76	32:43.28	10:33/M
6	Mary Frischkorn	Rochestr Hills MI	54	987	81	34:44.85	11:12/M
7	Michelle Schimelfening	Sterling Heights MI	50	1585	86	39:21.34	12:42/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>
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5k Run/Walk

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	Scott Fiske	Saint Clair Shores MI	52	1722	3	18:13.36	5:53/M
2	Rich Power	Rochester MI	52	1849	6	19:07.19	6:10/M
3	Bob Smith	Warren MI	53	1589	15	21:09.10	6:49/M
4	John Tarantino	Utica MI	59	1675	16	21:21.74	6:53/M
5	Jerry Schimelfening	Sterling Heights MI	54	1584	23	22:36.11	7:17/M
6	Ronald Hiestand	Mount Clemens MI	53	992	26	23:09.88	7:28/M
7	Chuck Strybis	Shelby Township MI	58	1720	27	23:17.53	7:31/M
8	Jeff Kendall	Southfield MI	59	996	28	23:19.96	7:31/M
9	Michael Larson	Macomb MI	52	1813	30	23:31.85	7:35/M
10	Michael Case	Macomb MI	53	896	38	25:23.18	8:11/M
11	Bruce Geist	Sterling Heights MI	54	989	41	26:05.28	8:25/M
12	Scott Newton	Shelby Township MI	52	1314	43	26:15.54	8:28/M
13	William Parker	Shelby Township MI	53	1575	44	26:23.76	8:31/M
14	Jim Zittel	Waterford MI	53	1631	56	28:00.95	9:02/M
15	Joe Burns	Sterling Heights MI	58	893	59	28:15.94	9:07/M

Female 60 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	Nancy Knoll	Warren MI	60	997	51	27:21.12	8:49/M
2	Martha Childs	Troy MI	62	1659	65	30:58.08	9:59/M
3	Janet Rasmussen	Rochester Hills MI	63	1580	75	32:41.62	10:33/M
4	Carolyn Kator	Sterling Heights MI	64	995	78	34:22.79	11:05/M
5	Gail Starzynski	Eastpointe MI	68	1591	84	37:56.61	12:14/M
6	Mary Nassar	Sterling Heights MI	69	1303	95	45:44.92	14:45/M

Male 60 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	Steve Spalding	Roseville MI	61	1590	36	24:40.94	7:57/M
2	Jeffrey Lyijnen	Sterling Heights MI	60	1212	45	26:36.96	8:35/M
3	Rodney Ross	Pottsville MI	63	1582	63	30:14.04	9:45/M
4	John Kinch	Armada MI	60	1713	64	30:28.60	9:50/M
5	John Clarke	Lake Orion MI	69	899	77	33:01.93	10:39/M
6	David Heck	Macomb MI	65	991	82	36:02.95	11:37/M
7	Jon Hayes	Richmond MI	62	1693	89	42:24.70	13:41/M

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Eggnog Jog
Age Group Results

5k Run/Walk

Female 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	Marilyn Tarantino	Shelby Township MI	70	1687	88	42:15.72	13:38/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	Michael Yates	Leonard MI	71	1596	48	27:09.06	8:45/M