

Manistee Firecracker 5K July 3rd, 2010 Manistee, Michigan

5K Run – Overall Male

Ryan	Wells	19	16:27.0
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5K Run – Overall Female

Jenny	Every	26	18:46.0
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5K Run – Masters Male

Ron	Zywicki	49	16:29.0
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5K Run – Masters Female

Kathy	Andersen	48	22:28.0
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5K Run Age Groups:

Male 10-under

Keiffer	Krusniak	25:07.0
Kirk	Myers	26:37.0
Jackson	Krusniak	28:23.3
Joseph	Picardat	36:54.0
Max	Kline	39:55.0
Luke	Koenigsknecht	39:56.0
Dominic	Krusniak	49:00.0

Male 11-13

Christopher	Snow	21:17.0
Ryan	Brown	24:00.1
Joey	DeFay	24:35.0
Matt	Lutton	25:37.0
Ean	Maloney	26:52.0
Randy	Johnson	27:23.1
Bennett	Wynkoop	28:47.0

Male 14-16

Luke	Johnson	17:32.0
Jarret	Deisch	18:09.0
Evan	Gomez	18:29.0
Michael	Luetkemeyer	20:56.0
Drew	Sheffield	22:10.0
Sean	Virten	22:54.0
Patrick	Otis	23:35.0
Robert	Erhard	23:58.0
Nick	Veine	24:02.0
Austin	Fancher	24:04.0
Nick	Larsen	25:59.0
Alex	Duchon	28:48.0
Nate	Jordan	40:00.0

Male 17-19

Gabe	VanderWall	18:43.0
Shawn	Vanderwall	19:23.0
Danny	Brown	20:54.0

Justin	Brown	26:29.0
Christopher	Engstrom	28:00.1

#### Male 20-24

Alan	Finder	18:30.0
Michael	Dean	19:14.0
Jeffrey	Erhard	20:13.0
Kyle	Thompson	21:14.0
Ryan	Brown	21:42.0
Robert	Heidel	28:44.0
Pete	John Lashbrook	29:08.0
John	Queally	30:50.0

#### Male 25-29

Joe	Every	16:52.0
Noah	Lopez	18:21.0
Hassan	Mougrabi	21:04.0
Curtis	Franklin	21:23.0
Nick	Pelliccia	21:26.0
Mark	W DeWys	23:13.0
Antony	Anderson Low	27:44.0
Joe	Duchon	28:53.0
Jason	Kegley	29:40.0
Brandon	Armstrong	31:20.0
Ryan	Wynkoop	32:22.0

#### Male 30-34

Donald	R. Pierce, Jr.	21:08.0
Paul	Marfia	22:24.0
Ryan	Snyder	23:01.0
Tom	Cattel	24:00.0
Ganesh	Nayakwadi	27:18.0
Rob	John Morris	32:01.1
james	carter	34:49.0

#### Male 35-39

Dave	Otto	18:40.0
Lance	Wilson	21:20.0
Kevin	Postma	23:33.0
Shaun	Anchak	25:18.1
Dan	Marc Mesyar	26:53.0
Todd	Porter	28:07.0
Daniel	Palsrok	29:06.0
Kelly	Shawn Shaltry	34:31.0
Dave	Kallen-Youngberg	45:59.0

#### Male 40-44

Scot	Ursum	17:53.0
Thomas	Johnson	18:12.0
Joseph	Maloney	19:41.0

Jay		Shillinger	22:42.0
Paul		Youngs	22:51.0
Dan		Zwick	23:14.0
George	John	Punches	23:18.0
David		Dumas	23:32.0
Craig		Carey	24:46.0
Kevin		Cunningham	25:15.0
Nick		Calleson	25:18.0
Tim		Olson	25:32.0
Brad		Jacobs	27:56.0
Phil		Armbruster	28:21.0
Paul		Silvis	29:05.0
Christopher	J	Rall	29:34.0
John		McMullen	29:52.0
Michael	James	Coppola	32:30.0
Chris		Bush	34:19.1

#### Male 45-49

Phil		Guzikowski	23:19.0
Phillip		Picardat	23:54.0
Frank		Moore	24:04.1
Andy		Lutton	24:13.0
Matt		Smith	25:21.0
Allan		Duchon	30:40.0
Greg		Sheffield	35:51.0
Bob		Wynkoop	37:00.0
Tim		Koenigsknecht	39:58.0

#### Male 50-54

Kenneth		Flannery	18:22.0
Jerry		Brown	19:55.0
John		Chmielewski	22:33.0
Dan		Sernick	22:55.0
Brian		Allen	22:59.0
Gregg		Landick	23:54.1
J.T.		McDonald	25:33.0
Tom		Smith	26:27.0
Dan		Newman	27:23.0
James	W	Cowan	27:30.0

#### Male 55-59

Dale		Moody	20:16.0
Wayne		Meeusen	22:47.0
Paul		Erhard	23:06.0
Mike		Stevens	24:49.1
David		Nelson	25:03.0
Bob		Hutcheson	27:04.0
Tim		Sapak	27:41.0
Gary		Sielski	30:18.0

Male 60-64

Rick	Nielsen	21:55.0
Robert	Dlouhy	28:51.0

Male 65-69

Bill	Wooden	24:34.0
George	Barker	31:53.0
Peter	Ostrander	34:20.0

Male 75+

Bill	Maguire	39:40.0
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Female 11-13

Carlie	Martella	24:49.0
Megan	Marie Gunia	26:38.0
Alex	Lutton	28:16.1
Sarah	Armbruster	28:23.0
Mallory	Stefanski	31:30.0
Sarah	McMullen	33:26.0

Female 14-16

Devon	Sutton	21:35.0
Kayleigh	Shillinger	22:41.0
Katie	Lutton	23:00.0
Emma	Josephine Karas	24:31.0
Kelsey	Smith	25:19.0
No'el	Solis	26:52.1
Rachel	Spalvieri	28:19.0
Courtney	Stefanski	28:20.0
Allison	Harthun	30:15.0
Gabrielle	Nelson	33:28.0
Amy	Forsythe	37:11.0

Female 17-19

Kate	Moore	23:24.0
Kelsie	Russell	24:55.0
Meghan	McDonald	28:56.0

Female 20-24

Laura	Cassel	22:49.0
Kathleen	McDonald	24:27.0
Katie	Hutcheson	25:17.0
Michelle	Kruse	26:55.0
Dennielle	Russ	27:29.0
Maria	Solberg	28:55.0
Julia	Kedrowski	29:35.0
Shayna	Johnson	30:22.0
Rosanna	Purvis	31:09.0
Arielle	Sheffield	31:50.0

Jori	Teshima	36:18.0
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#### Female 25-29

Jessica		Brakora	20:02.0
ALISHA		CHRISTENSEN	22:40.0
Crystal	Ann	Hoyt	26:11.0
Jennifer		Nayakwadi	27:19.0
Michelle		Anderson Streit	27:31.0
Kimberly		Franklin	27:46.0
Kelly		Erickson	30:09.0
Jennifer		Cooke	30:21.0
Ellen	M	DeWys	31:18.0
Kristen		Armstrong	31:19.0
Amanda		Lewis	32:01.2
Stefanie		Chick	32:20.0
Laura	Elizabeth	Goodfellow	35:14.0
Michelle		Bray	38:40.1

#### Female 30-34

Joy		Reisterer	20:08.0
Elizabeth		Klein	24:51.0
Bernita	Lee	Punches	26:03.0
Lindsey		Helminski	26:55.1
Lisa		Eggert	29:10.0
Christine	Kay	James	30:17.0
Emily		Noteware	30:25.0
Blythe		O'Donnell	31:29.0
Melissa	Ann	Lesnoff	31:35.0
Jody	Lyn	Morris	32:01.0
Kim		Leorey	33:17.0
Emily		Anderson	33:21.0
Kari		Verdugo	33:22.0
Amanda	Sue	Bratcher	34:19.0
Katy		Rall	35:22.2
Beth		Gunsell	36:50.0

#### Female 35-39

Marian		Fuller	21:24.0
Marcy		Huber	22:18.0
Kim		Poma	24:39.0
Amy		Moreau	26:14.0
Stephanie		Carey	28:46.0
Emily		Palsrok	29:09.0
Angela	M	Filippis	29:44.0
Jennifer		Ursum	30:38.0
Amy		Menges	31:28.0
Julie		Stefanski	31:33.0
Corinn		Fink	31:59.0
Valerie	F.	Pearcy	33:25.0
Aimee		Swidorski	34:19.2

rebecca	carter	34:51.0
Alona	Palsrok	37:10.0
Kristina	Rall	37:41.0
Renee	Krusniak	49:00.1

Female 40-44

Kerry	Krusniak	23:53.0
Kerry	Maloney	26:49.0
Ann	Lang	26:53.1
Lorraine	Lutton	28:11.0
Ann	Smith	30:10.0
Kim	Anderson	42:07.0

Female 45-49

Elizabeth	Allard	23:29.0
Barb	Heidel	28:32.0
Mary	Russ	32:40.0
Vicki	Sheffield	35:50.0
Karen	Wells	36:09.0
Emily	Kieft	38:00.0
Jennifer	Moore	38:41.0
Sarah	Loredo Caldwell	40:53.0
Lisa	Fragomeli	43:30.0

Female 50-54

Sue	Hasenbank	24:25.0
Julie	Raymond	27:05.0
Mary	Ellen Detwiler	27:53.0
Joan	Milarch	28:52.0
Patti	Forsythe	39:40.1

Female 55-59

Barb	Uible	28:16.0
Lezlynn	Moore	28:50.0
Susan	Straley	31:21.0
Jennifer	Boals	35:41.0
Paula	Sagala	36:00.0
Lynda	Brown	42:05.0

Female 60-64

Valerie	Lafferty	36:53.0
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Female Age ???

Jena	Menges	40:50.0
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5K Walk

Male			
Craig	M	Herrmann	38:15.0
Steve		Kruse	38:50.0

Chris	Choss	41:01.0
Mark	Gerson	45:29.0
Mickey	Brown	52:17.0
Eric	Tritten	55:29.0

Female

Melissa	Host	43:39.0	
Anna	Sapak	43:48.0	
Jan	Sapak	43:48.1	
Sarah	Choss	44:33.0	
Marybeth	Choss	44:39.0	
Barbara	Gerson	45:28.0	
Patti	Palsrok	45:53.0	
Lisa	Kallen-Youngberg	45:58.0	
Kathy	Menges	46:06.0	
Fee	Kruse	46:08.0	
Linda	K	Matthews	46:47.0
Sherie	A	Armstrong	47:40.0
Lisa	Marie	Coppola	50:03.0
Maureen	Barry	51:43.0	
Mary Pat	Coburn	51:43.1	
Kathryn	Brown	51:47.0	
Linda	Brown	52:03.0	
Mary	Barry	52:10.0	
Susanne	Tritten	55:28.0	

1K Fun Run

Male

Aaron	Maloney	04:26.0
Spencer	Lamotte	04:49.0
Marcus	Otto	05:09.0
David	Shillinger	05:33.0
Caleb	Shillinger	05:34.0
Ben	Zwick	05:51.0
Tug	Thuemmel	06:22.0
Jack	Carey	06:37.0
Jeff	Martinic	08:25.0
Jackson	Otto	08:34.0
Liam	Brown	08:49.0
Matt	Krusniak	11:29.0
Jacob	Creeth	17:28.0
Merton	Youngberg	17:28.1

Female

Katie	Huber	05:28.0
Lindsay	Creeth	05:35.0
Ava	Thuemmel	05:49.0

Megan	Huber	05:53.0
Amanda	Deisch	06:03.0
Noelle	Barry	06:07.0
Lindsey	Barry	06:15.0
Annie	Kline	06:17.0
Solana	Postma	06:23.0
Lisa	Fragomeli	07:30.0
Katie	Palsrok	07:38.0
Evelyn	Krusniak	07:57.0
Carley	Creeth	07:58.0
Rebecca	DeFay	08:35.0
Ceci	Postma	08:41.0
Rachel	Brown	08:51.0
Susan	Martinic	09:22.0