

Race Date
July 27, 2013

STERLINGFAST
Age Group Results

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	Laura Hrabovsky	Romeo	32	263	9	20:50.0	6:43/M
2	Michelle Urben	Sterling Heights	30	79	15	21:21.1	6:53/M
3	Delaney Shroat	Sterling Heights	13	182	17	21:35.7	6:58/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	Lori Sanborn	Richmond	52	288	43	25:02.5	8:05/M

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STERLINGFAST
Age Group Results

Female 12 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	Claire Whalen	Sterling Heights	12	73	50	25:44.7	8:18/M
2	Lily Janisch	Utica	12	164	66	27:18.4	8:48/M
3	Nichole Whalen	Sterling Heights	9	74	71	27:45.7	8:57/M
4	Grace Zdankiewicz	Sterling Heights	9	121	72	27:46.0	8:57/M
5	Chase Arnott	Harrison Township	10	82	132	32:02.4	10:20/M
6	Chance Arnott	Harrison Township	9	83	174	35:03.7	11:18/M
7	Emily Chrostowski	New Baltimore	8	8	194	36:29.5	11:46/M
8	Hannah Olszewski	Sterling Heights	6	68	260	49:40.1	16:01/M

Female 13 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	Amanda Pokryfyky	Dearborn	15	137	23	22:46.3	7:21/M
2	Madison Lindaman	Sterling Heights	15	244	63	27:01.4	8:43/M
3	Julia Rice	Sterling Heights	13	189	116	30:58.9	9:59/M
4	Kaitlyn Powers	Macomb	14	150	130	31:48.9	10:15/M
5	Julie Pisarski	Sterling Heights	14	190	172	34:51.8	11:15/M
6	Megan Mincel	Sterling Heights	13	59	196	36:41.4	11:50/M
7	Elisabeth Pettibone	Sterling Heights	13	243	199	36:54.2	11:54/M
8	Catherine Peltier	Clinton Township	13	187	210	38:47.7	12:31/M
9	Kayla Wiseman	Sterling Heights	15	95	211	38:49.1	12:31/M
10	Alexis Martin	Rochester	19	226	227	41:21.6	13:20/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	22	45	19	21:56.3	7:05/M
2	Sarah Brooks	Sterling Heights	24	26	97	29:41.1	9:35/M
3	Daniela Pittiglio	Washington	20	193	161	33:58.8	10:57/M
4	Brandi Bates	Goodrich	22	51	178	35:23.6	11:25/M
5	Sarah Colling	Macomb	24	2	185	35:53.4	11:35/M
6	Gina Cipriani	Clawson	24	6	188	36:06.0	11:39/M
7	Lindsey Oddo	Sterling Heights	20	18	200	37:07.8	11:58/M
8	Laura Steiner	Rochester	22	218	226	41:20.9	13:20/M
9	Ashley Fenn	Sterling Heights	21	199	229	41:35.8	13:25/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	Jaclyn Carnago	Saint Clair	25	62	93	29:37.9	9:33/M

Race Date
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STERLINGFAST
Age Group Results

Female 25 to 29

Place	Name	City	Age	Bib No	Overall	Time	Pace
2	Angela Duggan	Sterling Heights	28	207	113	30:45.2	9:55/M
3	Melissa Plotkowski	Utica	29	195	133	32:03.6	10:20/M
4	Lori Ferrington	Macomb	28	196	134	32:03.9	10:20/M
5	Devon Stone	Warren	28	183	144	32:47.1	10:35/M
6	Katie Jarema	Macomb	29	229	146	33:03.5	10:40/M
7	Kristine Rathke	Troy	27	223	148	33:09.3	10:42/M
8	Reana Kyprianides	Utica	28	153	157	33:49.4	10:55/M
9	Renee Jurkiw	Macomb	29	152	162	33:59.1	10:58/M
10	Jodie Piper	Macomb	28	31	163	34:02.6	10:59/M
11	Brittini Bates	Clinton Township	26	22	176	35:22.6	11:25/M
12	Carolyn Seppey	Tampa	27	75	186	35:58.2	11:36/M
13	Erin Brooks	Sterling Heights	28	24	192	36:23.8	11:44/M
14	Katie Kramer	Sterling Heights	25	72	209	38:46.9	12:30/M
15	Jennifer Robinette	New Baltimore	27	275	233	42:31.0	13:43/M
16	Courtney Vanderhorst	Sterling Heights	27	97	259	49:17.8	15:54/M
17	Jamie Moore	Sterling Heights	28	5	262	50:01.8	16:08/M
18	Deborah Wilson	Troy	29	9	263	50:02.0	16:08/M

Female 30 to 34

Place	Name	City	Age	Bib No	Overall	Time	Pace
1	Erin McLeod	Rochester	31	265	48	25:42.2	8:17/M
2	Anouck White	Sterling Heights	32	247	75	28:06.5	9:04/M
3	Sarah McCormick	Clinton Township	32	210	77	28:16.3	9:07/M
4	Cortney Casey	Macomb	33	29	92	29:26.0	9:30/M
5	Cheryl Lepo	Sterling Heights	34	54	95	29:39.9	9:34/M
6	Marie Ottinger	Macomb	34	155	96	29:40.9	9:34/M
7	Valerie Brumm	Clinton Township	33	36	99	29:46.3	9:36/M
8	Sandy McKinnon	Brighton	33	77	103	29:57.9	9:40/M
9	Cara Milburn	Rochester	31	219	106	30:10.8	9:44/M
10	Megan Curtis	Utica	34	147	108	30:24.3	9:48/M
11	Anndrea Soullier	Sterling Heights	34	37	125	31:28.0	10:09/M
12	Alicia Sanchez	Nashville	30	142	128	31:47.1	10:15/M
13	Tiffany Semanisin	Sterling Heights	30	114	136	32:21.9	10:26/M
14	Staci Herrell	Madison Heights	33	170	139	32:28.7	10:28/M
15	Kelly May	Saint Clair Shores	34	232	143	32:43.4	10:33/M
16	Leann Otto	Sterling Heights	31	113	149	33:09.4	10:42/M
17	Ashlyn Eckart	Lake Orion	33	14	156	33:36.1	10:50/M
18	Karen Sivwright	Rochester	32	192	197	36:41.9	11:50/M
19	Lindsay Hulett	Sterling Heights	30	125	201	37:22.2	12:03/M
20	Jenna Davis	Lake Orion	32	144	206	37:51.2	12:13/M
21	Lisa Borkowski	Sterling Heights	31	56	222	40:25.9	13:02/M

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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>
22	Kelly Rivers	Clawson	34	123	223	40:51.1	13:11/M
23	Trish Urben	Troy	34	102	240	44:37.4	14:24/M
24	Leah Schultz	Sterling Heights	32	165	246	45:37.1	14:43/M
25	Julie Janicki	Warren	31	28	255	48:08.6	15:32/M
26	Heather Lisiecki	Warren	32	104	258	49:17.4	15:54/M

Female 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	Ann Zdankiewicz	Sterling Heights	36	122	36	24:31.0	7:55/M
2	Erin Sirek	Rochester	39	238	37	24:39.0	7:57/M
3	Larisa Dzikowski	Sterling Heights	39	200	38	24:46.0	7:59/M
4	Gina Klyn	Washington	36	241	60	26:52.2	8:40/M
5	Kristin Werner	New Haven	39	211	89	29:08.7	9:24/M
6	Courtney Struck	Macomb	35	166	91	29:22.8	9:28/M
7	Lisa Holtz	Clinton Township	35	156	107	30:17.5	9:46/M
8	Kim Stanzola	Clinton Township	39	213	127	31:43.2	10:14/M
9	Katie Phelan	Farmington	39	208	131	32:01.2	10:20/M
10	Maureen Hagood	Livonia	39	91	135	32:09.0	10:22/M
11	Valerie Culler	Dearborn	37	136	142	32:43.0	10:33/M
12	Heather Rubarth	Macomb	38	203	151	33:20.8	10:45/M
13	Danielle Arnott	Harrison Township	39	84	175	35:03.8	11:18/M
14	Debra Langkam	Utica	39	88	177	35:23.1	11:25/M
15	Laurie Chrostowski	New Baltimore	36	7	179	35:30.6	11:27/M
16	April Banach	Sterling Heights	35	49	190	36:19.8	11:43/M
17	Valerie Schave	Clinton Township	36	3	204	37:30.1	12:06/M
18	Jennifer Simonetta	Macomb	37	201	230	42:18.2	13:39/M
19	Jennifer La Torre	Macomb	35	169	234	42:31.4	13:43/M
20	Sandy Kaminski	Sterling Heights	38	15	248	47:26.0	15:18/M
21	Jenny Mullen	Sterling Heights	37	116	264	50:50.3	16:24/M
22	Cheryl Duyck	Fraser	37	44	267	52:16.5	16:52/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	Debbie Nawrocki	Washington	44	255	44	25:03.5	8:05/M
2	Cindy Wiseman	Sterling Heights	42	94	78	28:20.7	9:08/M
3	Corry Olszewski	Sterling Heights	43	65	118	31:01.5	10:00/M
4	Michelle Gardner	Lansing	40	239	124	31:23.5	10:07/M
5	Holly Kirsten	New Baltimore	41	270	170	34:49.1	11:14/M
6	Michele Trondle	Saint Clair Shores	43	197	212	38:53.4	12:33/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>
7	Vivian Lozon	Sterling Heights	43	10	213	39:05.2	12:36/M
8	Jennifer Diamond	Sterling Heights	43	276	214	39:08.7	12:37/M
9	Sue Guthrie	Sterling Heights	41	92	215	39:09.0	12:38/M
10	Sherry Lee	Utica	41	188	217	39:48.1	12:50/M
11	Diane Lalonde	Sterling Heights	44	245	228	41:25.1	13:22/M
12	Lorraine Paoletti	Sterling Heights	43	134	236	43:42.7	14:06/M
13	Danielle Stoetzer	Saint Clair Shores	43	215	245	45:25.6	14:39/M
14	Kris Hodge	Sterling Heights	42	39	247	46:36.9	15:02/M
15	Jennifer Peltier	Clinton Township	42	185	253	47:56.8	15:28/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	Carmen Bartley	Clawson	48	179	49	25:43.9	8:18/M
2	Karen Chimenti	Warren	45	76	111	30:41.0	9:54/M
3	Amy Vanconant	Sterling Heights	45	48	154	33:30.3	10:48/M
4	Louise Moody	Troy	48	268	167	34:24.2	11:06/M
5	Yvette Ciolek	Sterling Heights	46	266	173	35:01.9	11:18/M
6	Virginia Nowak	Saint Clair Shores	48	127	181	35:33.6	11:28/M
7	Leeann Case	Macomb	47	222	195	36:35.9	11:48/M
8	Julie Mincel	Sterling Heights	48	58	218	39:52.1	12:52/M
9	Lanette Westfall	Macomb	46	274	235	42:31.9	13:43/M
10	Debbi Coluzzi	Utica	47	118	241	44:45.5	14:26/M
11	Diane Hile	Eastpointe	45	70	257	49:01.9	15:49/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	Bonnie Kaye	Utica	50	235	61	26:53.4	8:40/M
2	Jill Bowker	Troy	52	277	115	30:51.1	9:57/M
3	Delynne O'Toole	Los Gatos	50	273	137	32:25.0	10:27/M
4	Bonnie Barden	Utica	50	53	138	32:27.6	10:28/M
5	Melissa Trammel	Macomb	50	154	158	33:50.3	10:55/M
6	Nancy Piper	Macomb	54	30	164	34:02.7	10:59/M
7	Renee Martyniak	Sterling Heights	50	168	180	35:32.7	11:28/M
8	Kate Brooks	Sterling Heights	54	23	193	36:24.3	11:45/M
9	Sandra Fringer	Warren	53	194	242	44:46.3	14:26/M
10	Donna Surzyn	Sterling Heights	50	177	244	45:05.7	14:33/M
11	Doreen Sudlow	Sterling Heights	52	46	250	47:30.6	15:19/M
12	Carrie Davis	Lake Orion	52	143	256	48:11.6	15:33/M

Race Date
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STERLINGFAST
Age Group Results

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	Mary Carnago	Saint Clair	55	64	101	29:48.4	9:37/M
2	Nancy Sivilli	West Orange	55	280	122	31:16.6	10:05/M
3	Karen Salvatore	Sterling Heights	56	120	202	37:24.4	12:04/M
4	Cheryl Otto	Sterling Heights	56	106	203	37:24.4	12:04/M
5	Camille Goscicki	Sterling Heights	56	52	207	38:30.7	12:25/M
6	Michele Wiencek	Sterling Heights	59	38	208	38:40.0	12:28/M
7	Deb Piet	Grand Rapids	57	100	232	42:26.9	13:41/M
8	Katherine Colombo	Sterling Heights	58	60	249	47:29.4	15:19/M
9	Susan Kinkela	Sterling Heights	58	191	252	47:36.0	15:21/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	Carolyn Chambers	Sterling Heights	61	20	165	34:13.6	11:02/M
2	Elaine Bryson	Troy	61	285	166	34:17.9	11:04/M
3	Janet Rasmussen	Rochester	60	286	171	34:50.2	11:14/M
4	Marilyn Tarantino	Utica	67	254	224	40:55.0	13:12/M
5	Marilyn Myrna	Harrison Township	61	21	225	41:02.0	13:14/M
6	Barbara Ziarko	Sterling Heights	63	252	237	43:54.7	14:10/M
7	Linda Duyck	Fraser	63	43	268	52:19.3	16:53/M

Race Date
July 27, 2013

STERLINGFAST
Age Group Results

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	Jim Heebsh	Rochester	48	272	1	18:28.9	5:57/M
2	Alexander Dianat	Grand Forks Afb	16	230	2	18:53.3	6:05/M
3	Loren Miller	Macomb	44	231	3	19:21.9	6:15/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	Rick Thomas	Sterling Heights	45	278	4	19:42.2	6:21/M

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STERLINGFAST
Age Group Results

Male 12 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	Angelo Zeolla	Utica	12	129	24	22:51.5	7:22/M
2	Luke Janisch	Utica	12	163	39	24:48.7	8:00/M
3	Cooper Carlin	Macomb	10	248	40	24:59.0	8:04/M
4	Isaiah Darnall	Sterling Heights	11	87	53	26:12.1	8:27/M
5	Foster Krause	Sterling Heights	12	110	55	26:24.0	8:31/M
6	Blake Klyn	Washington	7	240	59	26:50.2	8:39/M
7	Reed Duerbusch	Macomb	12	158	64	27:01.6	8:43/M
8	Charles Powers	Macomb	12	149	69	27:37.5	8:55/M
9	Luke Steiner	Macomb	12	140	73	27:55.0	9:00/M
10	Ryan Rubarth	Macomb	11	202	74	27:55.2	9:00/M
11	Gavin Bullock	Sterling Heights	9	86	140	32:38.6	10:32/M
12	Alan Cetkovic	Utica	12	132	150	33:18.5	10:45/M
13	Jackson Griskie	Macomb	11	157	152	33:22.8	10:46/M
14	Ben Griskie	Macomb	9	259	153	33:25.3	10:47/M
15	Dean Olszewski	Sterling Heights	9	67	219	39:54.6	12:52/M
16	Robert Rubarth	Macomb	8	204	265	50:54.0	16:25/M

Male 13 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	Daniel Chesney	Sterling Heights	13	216	16	21:31.3	6:56/M
2	Nino Zeolla	Utica	15	130	21	22:18.2	7:12/M
3	Z Rose	Richmond	13	176	98	29:43.1	9:35/M
4	Dylan Miscovich	Sterling Heights	13	160	114	30:45.4	9:55/M
5	Samuel Beutler	Utica	14	217	147	33:04.6	10:40/M
6	T.j. Kaminski	Sterling Heights	13	17	184	35:38.7	11:30/M
7	Steven Warda	Sterling Heights	19	172	187	36:02.0	11:37/M
8	Matthew Peltier	Clinton Township	17	186	189	36:09.6	11:40/M
9	Matthew Vanconant	Sterling Heights	14	139	216	39:41.2	12:48/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	Robert Trenk	West Orange	20	281	10	20:52.8	6:44/M
2	Jim Boyd	Sterling Heights	23	236	30	23:27.6	7:34/M
3	Timothy Polom	Sterling Heights	23	220	52	25:59.8	8:23/M
4	Duncan Harper	Macomb	24	267	83	28:46.8	9:17/M
5	Michael Ryan	Utica	22	133	270	9:38:20.9	** :34/M

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STERLINGFAST
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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	Jeremy Jarnigin	Flint	28	269	6	20:00.9	6:27/M
2	Leigh Merrill	Sterling Heights	28	55	33	24:19.9	7:51/M
3	Aerick Connelly	Sterling Heights	25	112	79	28:31.3	9:12/M
4	Mike Piet	Grand Rapids	25	101	81	28:34.5	9:13/M
5	Joshua Sanborn	Berkley	27	290	82	28:42.4	9:15/M
6	Jared Chambers	Saint Clair	26	63	94	29:38.1	9:34/M
7	Christopher Urben	Sterling Heights	29	96	105	30:10.3	9:44/M
8	Michael Woodberg	Sterling Heights	26	61	168	34:41.0	11:11/M
9	Michael Calkins	Clawson	27	27	191	36:22.5	11:44/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	Justin Hulett	Sterling Heights	34	124	11	21:00.1	6:46/M
2	Sam Dworkin	Sterling Heights	33	12	119	31:01.7	10:00/M
3	Matt Pelc	Nashville	30	141	129	31:47.2	10:15/M
4	Adam Hayes	Sterling Heights	31	181	145	32:47.3	10:35/M
5	Bradley Brumm	Macomb	33	32	160	33:56.1	10:57/M
6	Bryan Urben	Troy	34	264	239	44:25.4	14:20/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	Sam Oginsky	Sterling Heights	36	282	12	21:01.3	6:47/M
2	Doug Skrzyniarz		36	291	25	22:57.2	7:24/M
3	Jason Jones	Saint Clair Shores	36	233	31	23:37.6	7:37/M
4	Jeff Herrell	Madison Heights	36	171	32	23:50.4	7:41/M
5	Travis Sirek	Rochester	36	237	35	24:27.1	7:53/M
6	Shane Campos	Utica	36	260	47	25:20.9	8:10/M
7	Kevin Krause	Sterling Heights	38	178	65	27:10.5	8:46/M
8	Ted Kaminski	Sterling Heights	38	16	70	27:39.8	8:55/M
9	Dave Struck	Macomb	36	167	80	28:32.4	9:12/M
10	Brian Bamberg	Sterling Heights	36	174	88	29:06.5	9:23/M
11	Jason Kotas	Macomb	35	161	100	29:47.6	9:36/M
12	Brian Brumm	Clinton Township	35	35	104	29:58.3	9:40/M
13	Todd Curtis	Utica	35	148	109	30:24.4	9:48/M
14	Christopher Duggan	Sterling Heights	35	227	123	31:17.2	10:05/M
15	Jeffrey Bullock	Sterling Heights	36	85	141	32:39.4	10:32/M
16	Ryan Schave	Clinton Township	35	4	205	37:30.3	12:06/M

Race Date
July 27, 2013

STERLINGFAST
Age Group Results

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	Tim Kovacs	Sterling Heights	40	69	5	19:56.9	6:26/M
2	Ryan Miller	Warren	42	250	14	21:13.9	6:51/M
3	Derek Hrabousky	Romeo	41	284	18	21:45.6	7:01/M
4	David Baier	Macomb	41	78	27	23:16.6	7:30/M
5	Corey Leblanc	Sterling Heights	40	242	34	24:24.9	7:52/M
6	Mike Mullen	Sterling Heights	44	115	41	25:01.7	8:04/M
7	Timothy Francis	Sterling Heights	42	50	46	25:13.7	8:08/M
8	Jeff Janisch	Utica	43	162	58	26:49.2	8:39/M
9	Parcival Lie	Saint Clair Shores	43	103	67	27:18.5	8:48/M
10	Dennis Degrandchamp	Sterling Heights	43	80	87	29:06.1	9:23/M
11	Rob Rose	Richmond	40	175	102	29:49.3	9:37/M
12	Ken Washington	Naperville	42	11	117	31:00.4	10:00/M
13	Steven Kruk	Macomb	41	98	169	34:43.2	11:12/M
14	David Glaser	Clinton Township	40	184	254	47:57.1	15:28/M
15	Matt Olszewski	Sterling Heights	41	66	261	49:41.6	16:02/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	Michael Case	Macomb	49	221	29	23:19.5	7:31/M
2	Shane Isenhoff	Clinton Township	45	212	54	26:13.9	8:27/M
3	Scott Harris	Roseville	48	198	62	27:00.4	8:43/M
4	Mark Vanderpool	Sterling Heights	48	292	86	29:02.1	9:22/M
5	Kevin Nawrocki	Washington	45	256	90	29:21.9	9:28/M
6	Tim Bolle	Clinton Township	45	287	120	31:04.0	10:01/M
7	Glenn Hayden	Clinton Township	47	214	126	31:42.7	10:14/M
8	Jason Powers	Macomb	45	151	155	33:34.7	10:50/M
9	Kevin Culler	Dearborn	48	135	159	33:52.2	10:55/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	Mike Photenhauer	Sterling Heights	51	271	8	20:27.4	6:36/M
2	Kevin 'Captain' 'America'	Royal Oak	51	258	13	21:06.8	6:48/M
3	Mike Leslie	Rochester	51	225	20	22:10.3	7:09/M
4	Randy Hennells	Macomb	51	206	22	22:23.5	7:13/M
5	Scott Forster	Grosse Pointe	53	224	26	23:10.3	7:28/M
6	Walt Garon	Sterling Heights	52	119	28	23:17.0	7:31/M
7	Brian Hibbard	Sterling Heights	51	209	42	25:01.8	8:04/M
8	Randy Thompson	Sterling Heights	54	71	45	25:06.5	8:06/M
9	John Holzberger	Sterling Heights	52	180	51	25:57.1	8:22/M

Race Date
July 27, 2013

STERLINGFAST
Age Group Results

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>
10	Jim Zittel	Waterford	50	251	56	26:36.7	8:35/M
11	James Nowak	Saint Clair Shores	51	126	182	35:34.2	11:28/M
12	Steve Peck	Grosse Pointe	53	262	198	36:42.7	11:50/M
13	Anthony Zeolla	Utica	51	131	220	39:56.2	12:53/M
14	Jeff Vollmar	Utica	53	257	238	43:57.6	14:11/M
15	Edward Sudlow	Sterling Heights	54	47	251	47:31.8	15:20/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	John Tarantino	Utica	55	253	7	20:04.7	6:28/M
2	Gerald Otto	Sterling Heights	59	107	57	26:46.4	8:38/M
3	Ken Lampar	Sterling Heights	55	34	68	27:34.4	8:54/M
4	William House	Sterling Heights	58	283	84	28:47.1	9:17/M
5	Alan Sanborn	Richmond	56	289	85	28:59.3	9:21/M
6	R Trenk	West Orange	55	279	121	31:13.4	10:04/M
7	Marty Piet	Grand Rapids	58	99	231	42:26.0	13:41/M
8	Gregory Thomas	Sterling Heights	55	40	266	51:45.2	16:42/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	Gary Steiner	Sterling Heights	60	246	76	28:08.2	9:05/M
2	Daniel Beattie	Sterling Heights	68	128	110	30:40.0	9:54/M
3	Gary Dueweke	Sterling Heights	61	33	112	30:44.3	9:55/M
4	Ed Piet	Sterling Heights	63	89	221	40:10.6	12:57/M
5	Clark Andrews	Utica	63	261	269	54:07.3	17:27/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	Wayne Oehmke	Macomb	72	1	183	35:37.8	11:29/M
2	William Wood	Rochester	70	159	243	45:01.3	14:31/M