

Race Date
June 17, 2017

2017 Spring Lake Heritage Festival 5K
Age Group Results

Female Open Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Div</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Ainslay Workman		1	13	3534	12	22:10.2	7:09/M
2	jessica clark		1	29	2922	15	22:57.1	7:24/M
3	Andie Young		1	21	3546	16	23:18.6	7:31/M

Male Open Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Div</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Andrew Hylen		1	17	2953	1	17:10.5	5:32/M
2	Ben Hylen		1	17	2952	2	18:18.8	5:54/M
3	Matthew schmidt		1	18	2989	3	19:11.6	6:11/M

Female Masters Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Div</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Paula Chalupa		1	41	2914	20	24:13.1	7:49/M

Male Masters Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Div</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	David Browne		1	55	3541	7	20:19.6	6:33/M

Female Grand Masters Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Div</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Sheila Goodman		1	55	2947	45	27:41.3	8:56/M

Male Grand Masters Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Div</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Michael Cramarosso		1	56	2933	9	21:20.5	6:53/M

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Female 9 and Under

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Div</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Sierra Poel		1	9	3519	50	28:46.1	9:17/M
2	Kiersten Chalupa		1	7	2916	91	34:58.9	11:17/M
3	Annika Chalupa		1	4	2915	116	50:07.6	16:10/M
4	Ashlynn Goodwin		1	7	3539	119	52:14.6	16:51/M

Male 9 and Under

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Div</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Adam Ridington		1	9	3531	30	25:36.1	8:15/M
2	Owen Adams		1	9	2901	43	27:37.3	8:55/M
3	Isaac Chalupa		1	9	2917	90	34:58.5	11:17/M

Female 10 to 14

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Div</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Savanna Bayes		1	13	2905	22	24:22.6	7:52/M
2	Jessica Judge		1	14	2961	53	29:10.7	9:25/M
3	Jennifer Judge		1	13	2960	54	29:10.8	9:25/M
4	Reese Workman		1	11	3533	55	29:27.6	9:30/M
5	Ella Gapczynski		1	10	2944	70	31:34.5	10:11/M
6	Tristan Personett		1	14	3540	118	52:13.1	16:51/M
7	Karyme Mack		1	13	3543	123	54:34.1	17:36/M
8	Aleighe Mack		1	13	3544	127	54:51.1	17:42/M

Male 10 to 14

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Div</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Ian Hill		1	13	2951	11	22:09.2	7:09/M
2	Carter Phillips		1	13	3548	24	24:39.3	7:57/M
3	Caleb Slager		1	11	2995	29	25:33.2	8:15/M
4	Gerrit Lyyski		1	12	2968	32	25:39.8	8:16/M
5	Jackson Buys		1	10	3524	61	30:17.1	9:46/M
6	Keegan Colburn		1	10	2924	76	32:01.5	10:20/M
7	Kayden Goodwin		1	10	3538	117	52:10.4	16:50/M

Female 20 to 24

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Div</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Emily BLAHNIK		1	22	2908	59	30:12.8	9:45/M

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Male 20 to 24

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Div</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	joshua clark		1	22	2923	14	22:38.7	7:18/M
2	Jason Johnson		1	20	2957	41	27:18.1	8:48/M
3	Ron Atkin		1	20	3547	49	28:32.5	9:12/M

Female 25 to 29

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Div</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Kimberly Johnson		1	27	2956	84	33:58.5	10:57/M
2	tabita kuiper		1	25	2962	89	34:57.7	11:16/M
3	ASHLEY VANDYKEN		1	28	3508	101	39:06.3	12:37/M
4	Samantha Restis		1	27	3536	120	53:58.1	17:25/M

Male 25 to 29

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Div</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Andrew Moritz		1	29	2975	66	30:30.1	9:50/M
2	Timothy Rettinhouse		1	28	2985	108	41:07.4	13:16/M

Female 30 to 34

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Div</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	jana shavaliar		1	31	2994	34	26:09.7	8:26/M
2	LAUREN FUJIOKA		1	31	2942	36	26:24.3	8:31/M
3	Julie Wyant		1	32	3516	62	30:17.5	9:46/M
4	Courtney Rawlings		1	32	2982	67	30:36.6	9:52/M
5	Melissa Cowley		1	32	2932	68	31:23.2	10:07/M
6	Erin Lothschutz		1	31	2965	72	31:51.1	10:16/M
7	Krystie Grimes		1	31	3520	74	31:54.1	10:17/M
8	Lauren Visser		1	33	3509	95	35:20.6	11:24/M
9	Sigourney Wood		1	31	3514	103	40:05.6	12:56/M
10	Melissa Cooper		1	31	2929	114	47:12.6	15:14/M
11	Katie Hardy		1	31	2949	124	54:37.3	17:37/M
12	Stephanie Mathews		1	34	2969	129	55:04.2	17:46/M
13	Rachel Mack		1	34	3542	130	55:04.4	17:46/M

Male 30 to 34

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Div</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	jake shavaliar		1	32	2993	4	19:19.3	6:14/M
2	Ephraim Rosalez		1	34	2986	5	19:24.7	6:15/M

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Male 30 to 34

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Div</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
3	Aaron Cooper		1	32	2928	17	23:44.6	7:39/M
4	Mark Mayo-Meekhof		1	32	2970	33	25:57.5	8:22/M

Female 35 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Div</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Martha Scholtens		1	37	2990	48	28:30.4	9:12/M
2	Kristy Sleeper		1	37	2997	51	28:47.5	9:17/M
3	Jennifer Van Dyke		1	35	3506	78	32:15.5	10:24/M
4	Leslie Daniels		1	38	2936	106	40:37.9	13:06/M

Male 35 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Div</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Mike Segaar		1	37	2992	6	20:13.1	6:31/M
2	Brandon Meigs		1	38	2973	10	22:08.1	7:08/M
3	Nathan Wyant		1	37	3515	28	25:19.6	8:10/M
4	Benjamin Gapczynski		1	39	2945	31	25:37.3	8:16/M
5	Scott Fleming		1	37	2940	39	26:51.2	8:40/M
6	Geoff Broton		1	36	3535	42	27:25.8	8:51/M
7	Nicholas Buys		1	38	3523	58	30:12.6	9:45/M
8	Bob Cowles		1	35	2931	82	33:05.6	10:40/M
9	Phillip Wood		1	35	3513	102	39:55.4	12:53/M

Female 40 to 44

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Div</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Michele Schimpa		1	41	3518	27	25:09.8	8:07/M
2	Chris Slager		1	40	2996	35	26:11.5	8:27/M
3	Nikki Theune		1	40	3505	52	28:55.1	9:20/M
4	Jennifer Pike		1	41	2981	63	30:23.6	9:48/M
5	Sabine Johnson-Sachers		1	42	2959	81	32:55.2	10:37/M
6	Kelly Ireland		1	42	2955	96	35:24.3	11:25/M
7	Mary Lanka		1	43	3529	109	42:28.8	13:42/M
8	Angela Bruursema		1	41	2910	111	45:09.1	14:34/M
9	Heather Chalupa		1	41	2918	115	50:06.8	16:10/M
10	Tamera Russel		1	43	3526	121	53:58.2	17:25/M
11	Connie McKellips		1	43	2972	122	53:58.8	17:25/M

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Male 40 to 44

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Div</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Eric Ridlington		1	42	3532	21	24:21.3	7:51/M
2	Brad Bayes		1	41	2906	23	24:22.8	7:52/M
3	John Donnelly		1	41	3537	40	26:55.5	8:41/M
4	Todd Ireland		1	42	2954	57	29:59.3	9:40/M
5	Dean Bettendorf		1	43	3522	65	30:29.3	9:50/M
6	Joe Colburn		1	41	2925	77	32:06.8	10:21/M
7	David Chalupa		1	41	2919	92	34:58.9	11:17/M

Female 45 to 49

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Div</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Janice Grammatico		1	49	2948	64	30:29.3	9:50/M
2	Carla Bazen		1	47	3545	71	31:44.8	10:14/M
3	Shauna Walwood		1	46	3511	83	33:17.3	10:44/M
4	Dawn Clark		1	49	2920	85	34:08.5	11:01/M
5	Jill DeWitt		1	46	3528	88	34:41.5	11:11/M
6	Rose Dunalp		1	47	2937	105	40:24.6	13:02/M
7	Erin Gross		1	45	3521	110	43:33.3	14:03/M

Male 45 to 49

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Div</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Andres Sampedro		1	47	2987	8	20:59.5	6:46/M
2	Blake Phillips		1	46	3549	25	24:39.6	7:57/M
3	Jon Albert		1	46	2903	38	26:48.2	8:39/M
4	Andrew BLAHNIK		1	46	2909	60	30:14.3	9:45/M
5	Mark Bruursema		1	47	2911	112	45:09.7	14:34/M

Female 50 to 54

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Div</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Laurel Nease		1	50	2976	73	31:52.2	10:17/M
2	Dawn Nietering		1	50	2977	87	34:37.3	11:10/M
3	Amy Smith		1	51	2998	99	38:01.5	12:16/M
4	Heidi Tackmann		1	52	3502	100	38:01.6	12:16/M
5	Mariann Rettinhouse		1	52	2984	125	54:45.2	17:40/M

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Male 50 to 54

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Div</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Steven G		1	51	2943	13	22:24.8	7:14/M
2	Dennis Clark		1	53	2921	18	23:45.1	7:40/M
3	Ronald Redick		1	50	3525	19	24:07.0	7:47/M
4	Marc Benigni		1	50	3527	80	32:45.8	10:34/M

Female 55 to 59

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Div</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Barb Gibbons		1	56	2946	47	28:02.7	9:03/M
2	victoria m. barton		1	58	2904	56	29:27.8	9:30/M
3	Joanne Carns-Merrick		1	55	2913	79	32:37.8	10:31/M
4	Linda Benjamin		1	58	2907	93	35:13.8	11:22/M
5	Karen Johnson		1	58	2958	107	40:58.9	13:13/M
6	Kathy Fohlbrook		1	56	2941	128	54:56.6	17:43/M

Male 55 to 59

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Div</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Thomas McCarthy		1	58	2971	44	27:37.8	8:55/M
2	John Adams		1	56	2902	46	27:41.9	8:56/M
3	Mel Cooper		1	58	2927	86	34:21.8	11:05/M
4	Paul Merrick		1	59	2974	104	40:06.6	12:56/M
5	Daniel Rettinhouse		1	56	2983	126	54:45.4	17:40/M

Female 60 to 64

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Div</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	SABRINA ZOPPA		1	60	3517	98	36:57.8	11:55/M

Male 60 to 64

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Div</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Ryan Cotton		1	60	2930	37	26:38.3	8:35/M
2	Mark Herman		1	61	2950	69	31:23.5	10:07/M

Female 65 to 69

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Div</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Carla Schut		1	68	2991	75	31:58.8	10:19/M

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Female 65 to 69

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Div</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
2	Betsy VanAntwerpen		1	65	3507	94	35:20.5	11:24/M
3	Judy Wagenmaker		1	65	3510	113	46:40.8	15:03/M

Male 65 to 69

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Div</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Bruce Ter Beek		1	65	3503	26	24:42.8	7:58/M

Female 70 to 74

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Div</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Mary Erickson		1	74	2939	97	36:47.8	11:52/M