

# Coach Hep 5k Run Age Group Results

## Saturday, May 14, 2011

3.1 miles

Event	Age Group	Overall Place	First Name	Last Name	Gender	Age	Finish Time	Pace (min/mi)	
5k Run	M-Overall	1	Micah	Mobley	M	30	0:17:13	05:33	
		2	Luke	Flory	M	32	0:17:22	05:36	
		3	Andrew	Brinks	M	30	0:17:57	05:47	
	F-Overall	15	Lindsay	Bruick	F	29	0:21:52	07:03	
		18	Andrea	Eagleman	F	31	0:22:07	07:08	
		22	Sarah	Sanders	F	33	0:22:22	07:13	
	F1-13	91	Leah Grace	White	F	12	0:30:43	09:54	
	F14-19	31	Megan	Bittinger	F	17	0:24:04	07:46	
		124	Da'Chera	Baker	F	17	0:35:32	11:28	
		134	Maggie	White	F	15	0:36:44	11:51	
		149	Becca	Arnold	F	19	0:39:25	12:43	
	F20-24	61	Monica	Glade	F	24	0:28:14	09:06	
		75	Kara	Ressler	F	24	0:28:54	09:19	
		85	Amber	Neal	F	23	0:30:09	09:43	
		94	Hollie	Wilkins	F	22	0:31:00	10:00	
		133	Jessica	Sender	F	24	0:36:44	11:51	
		147	Sarah	Arnold	F	21	0:39:12	12:39	
		164	Kelsey	O'Malley	F	20	0:45:28	14:40	
		169	Alyssa	Bybee	F	22	0:50:03	16:09	
		F25-29	29	Angie	Kelly Pheifer	F	29	0:24:03	07:45
			42	Laura	Thompson	F	29	0:25:22	08:11
	47		Christiane	Hassel	F	29	0:26:41	08:36	
	55		Elizabeth	Wells	F	29	0:27:31	08:52	
	68		Dorothy	Chalk	F	27	0:28:40	09:15	
	74		Kristin	Salazar	F	26	0:28:54	09:19	
	97		Anne	Fagan	F	29	0:31:27	10:09	
	98		Leigh-Ann	Cochran	F	28	0:31:27	10:09	
	100		Julie	Mann	F	28	0:31:39	10:12	
	102		Kim	Storvik	F	29	0:32:15	10:24	
	103		Loralyn	Cozy	F	28	0:32:16	10:24	
	111		Megan	Rexing	F	27	0:33:15	10:43	
	120		katie	elliott	F	25	0:35:06	11:19	
	122		Brooke	Helms	F	27	0:35:30	11:27	
	123		Samantha	Sims	F	25	0:35:30	11:27	
	132		Sarah	Rowley	F	26	0:36:36	11:48	
	141		Lindsay	Richey	F	28	0:37:56	12:14	
	148		Kacee	Murphy	F	25	0:39:16	12:40	
	150		katie	Putnam	F	26	0:39:37	12:47	
	152		Shannon	Swindell	F	25	0:39:47	12:50	
	154	Leah	Peoples	F	27	0:40:28	13:03		
	161	Chelsa	Srygley	F	28	0:45:15	14:36		
	162	Debbie	Sanders	F	28	0:45:15	14:36		
165	Stephanie	Reynolds	F	25	0:45:29	14:40			
166	Quinn	Eccles	F	27	0:47:07	15:12			
F30-34	45	Kara	Ankenbruck	F	30	0:26:21	08:30		
	50	Liz	Sanders	F	32	0:26:50	08:39		
	56	Beth	Crawford	F	32	0:27:35	08:54		
	57	Brandy	Pellett	F	33	0:27:49	08:58		

	60	Molly	Barwick	F	32	0:28:08	09:04
	93	Dianne	Nelson	F	32	0:30:57	09:59
	115	Erica	Binkley	F	31	0:33:33	10:49
	117	Trina	Biehl	F	31	0:34:42	11:11
	125	Kristen	Smith	F	30	0:35:35	11:29
	131	Christine	Dunn	F	32	0:36:33	11:47
	142	Meaghan	Pyle	F	32	0:38:03	12:16
	145	Megan	King	F	30	0:38:46	12:30
	151	Megan	Luedeman	F	32	0:39:44	12:49
	163	Amanda	Howe	F	31	0:45:17	14:36
F35-39	105	Rebecca	Roth	F	37	0:32:41	10:32
	135	Kimberly	Meyer	F	36	0:36:45	11:51
	137	Kristina	Simmonds	F	37	0:37:07	11:58
	153	Hope	White	F	35	0:40:24	13:02
	159	Deb	Walock	F	39	0:43:12	13:56
F40-44	82	Jennifer	Lentz	F	40	0:30:01	09:41
	83	Valerie	O'Loughlin	F	43	0:30:03	09:41
	140	Stephanie	Ems-McClung	F	42	0:37:38	12:08
	158	Brenda	Bailey-Hughes	F	44	0:41:48	13:29
F45-49	39	Becky	Maines	F	47	0:24:35	07:56
	52	Cynthia	Fish	F	46	0:27:14	08:47
F50-54	37	Kathy	Hammel	F	54	0:24:24	07:52
	67	Patricia	Parker	F	51	0:28:33	09:12
	71	Cathi	Croson	F	52	0:28:45	09:16
	101	Lesa	Henson	F	54	0:31:48	10:15
	104	Judy	Hasselkus	F	50	0:32:36	10:31
	126	Trish	Park	F	53	0:35:46	11:32
	144	Gina	Ressler	F	53	0:38:07	12:18
	146	Vinnie	Carpenter	F	51	0:39:08	12:37
F55-59	128	Sue	Rice	F	57	0:35:52	11:34
	168	Wendy	Bledsoe	F	55	0:50:03	16:09
F60-69	109	Jeanne	Fredericks	F	60	0:33:04	10:40
M1-13	28	Lance	Mcintosh	M	8	0:23:12	07:29
	79	Quinn	Balcam	M	7	0:29:42	09:35
	127	Josiah	White	M	9	0:35:48	11:33
	129	Connor	Smith	M	11	0:35:57	11:36
	160	Evan	Simmonds	M	12	0:44:39	14:24
M14-19	34	Mitchell	Wilhelm	M	19	0:24:16	07:50
	72	Tucker	Fox	M	16	0:28:47	09:17
	113	Cole	Evans	M	15	0:33:28	10:48
	116	Tristan	Caulfield	M	15	0:34:41	11:11
M20-24	7	Matt	McNeil	M	23	0:19:20	06:14
	30	Mohammed	Aissaoui	M	24	0:24:04	07:46
	38	Thomas	Fryska	M	21	0:24:26	07:53
	48	Joseph	Blanchard	M	22	0:26:42	08:37
	59	Sam	Siner	M	24	0:27:58	09:01
	95	Doug	Knutson	M	21	0:31:01	10:00
M25-29	9	nick	Mcintosh	M	28	0:20:16	06:32
	14	Nicholas	Ankenbruck	M	29	0:21:04	06:48
	41	Jason	Kizzia	M	28	0:25:02	08:04
	44	James	Seaver	M	29	0:26:09	08:26
	70	Ryan	Laughner	M	26	0:28:43	09:16
	84	Chris	Martin	M	28	0:30:05	09:42
	86	Tim	Arth	M	28	0:30:11	09:44
	87	Dan	Murphy	M	29	0:30:11	09:44
	106	Jordan	Rexing	M	27	0:32:46	10:34

	107	Bobby	Macedo	M	25	0:32:49	10:35
	155	William	Peoples	M	29	0:40:31	13:04
	156	Adam	Bledsoe	M	27	0:41:01	13:14
	170	Nathan	Canary	M	26	0:00:00	13:33
M30-34	5	Mark	Baranko	M	30	0:18:55	06:06
	12	Karl	Eagleman	M	32	0:20:48	06:42
	19	Justin	Burton	M	31	0:22:11	07:09
	32	Corey	Rekers	M	33	0:24:04	07:46
	69	Clark	Barwick	M	33	0:28:41	09:15
	90	ben	marshall	M	30	0:30:24	09:48
	96	Sam	Miller	M	33	0:31:07	10:02
	99	Kevin	Powell	M	33	0:31:27	10:09
	108	Charles	Johnson	M	34	0:33:01	10:39
	112	Brad	Foland	M	30	0:33:18	10:44
	118	Jason	Thompson	M	32	0:34:55	11:16
	138	Chuck	Kirlin	M	31	0:37:29	12:05
M35-39	6	Jonathan	White	M	35	0:19:15	06:12
	8	Shiva	Sinha	M	39	0:20:10	06:30
	11	Jake	Summers	M	39	0:20:34	06:38
	17	Walt	Henrichsen	M	37	0:22:04	07:07
	24	Roger	Roth	M	37	0:22:36	07:17
	26	Darrell	Hewins	M	36	0:22:57	07:24
	27	Harold	Mcintosh	M	38	0:23:12	07:29
	46	Anthony	Schrock	M	37	0:26:35	08:34
	51	Anthony	Rastall	M	39	0:26:54	08:41
	54	John	Jackson	M	36	0:27:30	08:52
	77	Kyle	Pellett	M	35	0:29:27	09:30
	78	Jason	Simmonds	M	37	0:29:30	09:31
	92	Christopher	Nelson	M	38	0:30:46	09:55
	110	Kevin	Hock	M	39	0:33:05	10:40
	130	Chris	Smith	M	39	0:35:59	11:36
M40-44	4	Tim	Ryder	M	40	0:18:22	05:55
	20	Michael	Clemens	M	43	0:22:12	07:10
	23	Eric	Wisley	M	40	0:22:28	07:15
	58	David	Crawford	M	40	0:27:53	09:00
	63	Gerald	Manke	M	41	0:28:24	09:10
	80	Drew	Balcam	M	40	0:29:42	09:35
	89	Eric	Chambers	M	41	0:30:17	09:46
	139	George	Mankowski	M	40	0:37:38	12:08
M45-49	13	Christopher	Jackson	M	46	0:20:53	06:44
	35	Ron	Maines	M	46	0:24:19	07:51
	49	Cedric	Harris	M	48	0:26:45	08:38
	81	David	Caulfield	M	47	0:30:01	09:41
	114	Rick	Evans	M	45	0:33:29	10:48
	157	Dan	Hughes	M	47	0:41:48	13:29
M50-54	16	Patrick	Dunigan	M	54	0:21:55	07:04
	36	Ed	Hirt	M	51	0:24:22	07:51
	53	Kenneth	Hasselkus II	M	53	0:27:21	08:49
	73	Dennis	Park	M	52	0:28:51	09:18
	119	Mark	Deal	M	54	0:34:57	11:16
	143	Dennis	Ressler	M	54	0:38:07	12:18
M55-59	40	Steven	Floyd	M	56	0:24:55	08:02
	167	Mark	Eccles	M	57	0:47:07	15:12
M60-69	21	Jed	Pearson	M	60	0:22:16	07:11
	33	Paul	Truelove	M	61	0:24:14	07:49
	43	Samuel E	Strange	M	61	0:25:37	08:16

	62	Jeff	Moore	M	62	0:28:23	09:09
	66	Mike	Zawilinski	M	62	0:28:33	09:12
	121	John	Arnold	M	62	0:35:16	11:22
M70+	64	Larry	Hammersley	M	73	0:28:24	09:10
	136	Don	Keele	M	70	0:36:46	11:51
M-age unknown	10	Runner	Unknown	M	99	0:20:32	06:37
	25	Shane	Slaven	M	99	0:22:38	07:18
	65	Runner	Unknown	M	99	0:28:30	09:11
	76	Runner	Unknown	M	99	0:28:55	09:20
	88	Runner	Unknown	M	99	0:30:11	09:44
	171	Runner	Unknown	M	99	0:55:30	17:54
	172	Runner	Unknown	M	99	0:55:30	17:54