



# Run for Health presented by the Lorain Medical Society

June 02, 2018

5k Run/Walk (Men)

3.10 miles, winner: 24:51 - 7.48 mph

Pos	Bib	Name	City	State	Category	Age	Gender	Time	Gap	Lap 1
1	156	NORROD, Paul	Wakeman	Ohio	Overall	61	Men	24:51		24:51
2	153	JINDRA, Joe	Olmsted Falls	Ohio	Overall	39	Men	29:15	4'24"	29:15
3	160	SERTICH, Mario	Avon Lake	Ohio	Overall	65	Men	29:27	4'35"	29:27
4	150	ADAMS, Ryan	Olmsted Township	Ohio	Overall	46	Men	29:43	4'51"	29:43
5	149	ADAMS, Jennifer	Olmsted Township	Ohio	Overall	45	Women	32:40	7'48"	32:40
6	157	O'DONNELL, Tim	Westlake	Ohio	Overall	47	Men	33:42	8'50"	33:42
7	192	SHAGOVAC, Shelly	Avon Lake	Ohio	Overall	47	Women	38:11	13'19"	38:11
8	194	ODONNELL, Brooke	Avon Lake	Ohio	Overall	52	Women	47:51	23'00"	47:51