

# 2019 Olmsted Spirit 5K

## Age Group Results

### 5K

Race Date  
May 05, 2019

#### Female Overall Winners

<u>Place</u>	<u>Name</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Michelle emigh	43	1743	1	20:31.2	6:37/M

#### Male Overall Winners

<u>Place</u>	<u>Name</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Collin Cook	18	1599	1	17:36.3	5:41/M

\*Overall place within gender

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Age Group ResultsRace Date  
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## 5K

## Female 10 and Under

Place	Name	Age	Bib No	Overall*	Time	Pace
1	Aubrey Prada	10	2192	14	25:11.0	8:07/M
2	Kenzie Michaud	10	2114	16	25:23.8	8:11/M
3	Chloe Hughes	10	1879	26	27:06.8	8:45/M
4	Dalila Caraballo	9	1467	32	27:45.0	8:57/M
5	Bella Bail	10	1158	35	28:00.4	9:02/M
6	Claire Scina	9	202	38	28:12.9	9:06/M
7	Reese Sedlacek	10	209	40	28:40.7	9:15/M
8	Kaleigh Conte	10	1596	42	28:41.8	9:15/M
9	Anna Minadeo	9	2120	49	29:01.9	9:22/M
10	Alaina Pasiak	9	2147	50	29:02.9	9:22/M
11	Evie Pemberton	10	2155	56	29:21.1	9:28/M
12	Clare Gareau	10	1812	61	29:31.0	9:31/M
13	Isla Lehmann	10	2066	65	29:50.1	9:37/M
14	Aubrey Dusenbury	8	1732	72	30:16.6	9:46/M
15	Madelyn Bonness	10	1392	76	30:31.8	9:51/M
16	Zoe Draves	9	1726	78	30:48.3	9:56/M
17	Abby Campbell	9	1442	80	30:56.3	9:59/M
18	Nia Gammalo	9	1807	82	30:57.3	9:59/M
19	Anna Sullivan	9	269	85	31:02.9	10:01/M
20	Samantha Zemla	9	657	86	31:03.4	10:01/M
21	Miah Yuhasz	9	649	88	31:42.2	10:14/M
22	Taylor James	9	1886	89	31:42.6	10:14/M
23	Sofia Farmerie	10	1755	92	31:52.9	10:17/M
24	Lena Kosunick	7	2020	93	32:00.5	10:19/M
25	Ashley Scott	10	205	96	32:05.4	10:21/M
26	Emily Mansell	10	2103	97	32:09.8	10:22/M
27	Kelsey Prada	9	2198	101	32:24.6	10:27/M
28	Addison Mullen	10	2121	106	32:48.8	10:35/M
29	McKenna Smego	9	244	107	32:51.0	10:36/M
30	Riley Bragg	9	1399	108	32:51.6	10:36/M
31	Brielle Gaughan	8	2233	109	32:54.9	10:37/M
32	Talia Katsaras	10	1890	116	33:28.8	10:48/M
33	Grace Andler	10	1090	117	33:29.8	10:48/M
34	Olivia Pletcher	10	2191	119	33:44.2	10:53/M
35	Kendall Carroll	8	1500	124	34:17.9	11:04/M
36	Morgan Huber	8	1877	126	34:21.9	11:05/M
37	Reagan Bartal	9	1185	128	34:27.0	11:07/M
38	Nora Platner	10	2188	129	34:30.6	11:08/M
39	Evelyn Bischel	8	1387	137	34:51.3	11:15/M
40	Madison Garver	10	1815	139	34:56.9	11:16/M
41	Allyson Schmucki	8	169	142	35:07.4	11:20/M
42	Zoe Dix	9	1690	148	35:40.1	11:30/M

\*Overall place within gender

## 2019 Olmsted Spirit 5K

Age Group Results

## 5K

## Female 10 and Under

<u>Place</u>	<u>Name</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
43	Addisyn Ritchie	9	106	151	35:53.5	11:35/M
44	Colbie Krakowiak	10	2021	153	35:58.9	11:36/M
45	Olivia Sterkel	10	258	156	36:02.6	11:37/M
46	Brenna Lehmann	9	2069	161	36:14.8	11:41/M
47	Devina Capiccioni	8	1459	164	36:24.1	11:45/M
48	Alana Theodore	5	1874	170	37:07.9	11:58/M
49	Kaicee Brown	8	1407	176	37:42.7	12:10/M
50	Keeley Radiga	9	35	185	38:44.4	12:30/M
51	Lucille LaFraniere	8	2051	186	38:49.0	12:31/M
52	Savannah Siwek	8	239	188	39:11.1	12:38/M
53	Kallie Sperling	9	249	191	39:12.1	12:39/M
54	Lily Krall	9	2023	196	39:37.0	12:47/M
55	Michaela Turner	9	602	197	39:39.2	12:47/M
56	Bella Wacker	8	612	200	40:17.1	13:00/M
57	Katie Mahoney	9	2100	202	40:32.8	13:05/M
58	Julia Yuhasz	10	645	205	40:56.7	13:12/M
59	Madilyn Drespling	10	1727	208	41:41.8	13:27/M
60	Brooklyn Mills	10	2119	209	41:41.9	13:27/M
61	Chelsie Pirnat	9	2184	210	41:42.0	13:27/M
62	Ally Walsh	9	621	211	41:42.6	13:27/M
63	Olivia Pesci	10	2160	214	42:10.6	13:36/M
64	Haley Damroze	10	1640	216	42:25.6	13:41/M
65	Maleah Whittekind	10	627	217	42:49.4	13:49/M
66	Kelsie Kruichuk	8	2031	218	42:57.3	13:51/M
67	Nada Saadeh	9	128	222	43:23.5	14:00/M
68	Lilliana Ford	9	1786	224	44:00.8	14:12/M
69	Colleen Demchak	9	1671	227	45:38.6	14:43/M
70	Ella Neff	10	2125	230	46:25.7	14:58/M
71	Elisiana Tillman	10	511	232	46:31.8	15:00/M
72	Ava Piktel	10	2176	233	46:57.2	15:09/M
73	Olivia Lofton	10	2079	234	46:57.3	15:09/M
74	Ryann Grendzynski	9	1836	239	50:12.7	16:12/M
75	Lilly Wright	9	638	240	50:22.8	16:15/M
76	Bridget Zell	10	652	244	53:23.8	17:13/M

## Male 10 and Under

<u>Place</u>	<u>Name</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Unknown Partic. 98		98	18	22:48.9	7:21/M
2	John Paul Clute	9	1568	23	23:28.5	7:34/M
3	Declan Hannon	9	1852	27	23:53.2	7:42/M

\*Overall place within gender

## 2019 Olmsted Spirit 5K

Age Group Results

## 5K

## Male 10 and Under

Place	Name	Age	Bib No	Overall*	Time	Pace
4	Brady Mackert	10	2096	28	23:59.5	7:44/M
5	Keegan Smith	9	245	56	26:20.5	8:30/M
6	Matthew Sheehan	8	1821	62	27:09.3	8:45/M
7	Owen Radigan	9	82	64	27:16.8	8:48/M
8	Owen Costlow	9	1619	67	27:26.3	8:51/M
9	Cooper Pettit	9	2164	76	28:29.4	9:11/M
10	Cameron Bond	9	1389	77	28:45.9	9:16/M
11	Lucas Klodnick	9	2006	78	28:52.0	9:19/M
12	Dominic Furry	8	1802	80	29:20.5	9:28/M
13	Austin Bail	9	1167	82	29:35.7	9:33/M
14	Jack Prugar	9	30	88	30:12.9	9:45/M
15	Unknown Partic. 1380		1380	89	30:13.4	9:45/M
16	Andrew Bonness	1	2219	90	30:31.7	9:51/M
17	Odeh Saleh	9	130	91	30:34.2	9:52/M
18	Gio Theodore	9	1818	92	30:40.7	9:54/M
19	Benjamin Crane	9	1622	93	30:46.5	9:55/M
20	Owen Link	9	2076	102	31:14.7	10:05/M
21	Ethan Prather	9	14	113	32:29.2	10:29/M
22	William Schnurr	9	177	118	32:40.8	10:32/M
23	Unknown Partic. 2081		2081	122	32:59.9	10:38/M
24	Unknown Partic. 2080		2080	123	33:00.4	10:39/M
25	Andrew Kilbane	9	1966	124	33:26.3	10:47/M
26	Carter Ross	8	123	127	34:11.6	11:02/M
27	Grayson Kuzmickas	9	2043	128	34:12.0	11:02/M
28	Jack Farrell	9	1777	129	34:12.1	11:02/M
29	Ciaran Hannon	10	1851	139	35:00.1	11:17/M
30	Donovan Lenthak	9	2071	140	35:06.8	11:19/M
31	Logan Korek	9	2011	142	35:23.6	11:25/M
32	Masson Haines	9	1841	147	36:28.7	11:46/M
33	Josh Voisinet	9	1212	152	37:12.5	12:00/M
34	Luke Krucek	9	2024	154	37:38.4	12:08/M
35	AJ Mendoza	9	2113	155	38:01.1	12:16/M
36	Andrew Inks	9	1881	156	38:04.6	12:17/M
37	Hudson Loos	9	2224	157	38:31.3	12:25/M
38	Michael Gerrish	9	1819	158	38:33.3	12:26/M
39	Joey Eckenrode	8	1739	162	38:57.7	12:34/M
40	Noah Robles	8	116	165	39:45.1	12:49/M
41	Paxton Schell	9	166	169	41:45.6	13:28/M
42	Cassius Braley	8	2241	170	42:05.0	13:35/M
43	Olin Pandya	9	2141	171	42:06.0	13:35/M
44	Yousef Abulaban	8	1000	178	45:38.3	14:43/M

\*Overall place within gender

## 2019 Olmsted Spirit 5K

Age Group Results

## 5K

## Female 11 to 14

<u>Place</u>	<u>Name</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Hayden Hess	12	1865	12	24:50.5	8:01/M
2	Anna Katsaras	13	1899	18	25:45.1	8:18/M
3	Mia Russell	11	126	22	26:42.0	8:37/M
4	Kayley Schmucki	11	479	29	27:20.5	8:49/M
5	Avery Caudill	12	1510	31	27:39.2	8:55/M
6	Caitlin Farber	11	1747	34	27:57.8	9:01/M
7	Emily Scina	13	203	45	28:55.6	9:20/M
8	Natalie Sprague	11	253	58	29:25.1	9:29/M
9	Lizzy Scheeff	11	161	59	29:26.9	9:30/M
10	Emma Sedlacek	14	214	64	29:43.2	9:35/M
11	Audrey Manco	11	2102	66	29:52.9	9:38/M
12	Avery DeLisio	11	1670	79	30:50.2	9:57/M
13	Lindsey Horvath	11	1869	138	34:55.8	11:16/M
14	Lizzy LaFraniere	11	2045	140	34:58.0	11:17/M
15	Willow Aubry	11	1146	143	35:20.7	11:24/M
16	Bree Callaghan	11	1413	152	35:53.7	11:35/M
17	Veronika Witkowski	11	629	165	36:36.9	11:48/M
18	Ella Formica	11	2225	167	36:47.8	11:52/M
19	Raegan Desmone	11	1672	171	37:36.5	12:08/M
20	Molly Sheehan	11	222	172	37:40.2	12:09/M
21	Maura Mack	11	2090	174	37:40.8	12:09/M
22	Olivia Billi	11	1362	187	39:00.4	12:35/M
23	Isabella Ambramovich	11	2243	192	39:18.4	12:41/M
24	Kira Callaghan	13	1417	213	41:45.5	13:28/M
25	Emily Gardinsky	11	1808	223	43:24.3	14:00/M
26	Hannah Godbey	12	2249	236	47:47.8	15:25/M
27	Marissa Horvath	11	1868	238	49:20.5	15:55/M
28	Amy Zell	12	2296	243	53:17.6	17:11/M

## Male 11 to 14

<u>Place</u>	<u>Name</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Sam Csizik	13	1628	9	20:58.8	6:46/M
2	Ben Walker	13	617	10	21:23.2	6:54/M
3	Andy Voisinet	13	603	12	21:50.5	7:03/M
4	Jack Phillips	12	2168	17	22:39.4	7:18/M
5	Vince Kosunick	14	2018	20	22:51.8	7:22/M
6	Evan Thome	13	507	41	25:11.4	8:07/M
7	Ben Frazier	12	1800	42	25:11.8	8:07/M
8	Andrew Surtman	14	274	48	25:41.9	8:17/M
9	Jacob Pasiak	11	2145	57	26:24.7	8:31/M

\*Overall place within gender

## 2019 Olmsted Spirit 5K

Age Group Results

## 5K

## Male 11 to 14

<u>Place</u>	<u>Name</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
10	Andrew Connelly	13	1587	86	30:02.9	9:41/M
11	Ryan Wojtowicz	14	635	121	32:53.9	10:36/M
12	Sam Sedlacek	11	219	181	49:18.4	15:54/M

## Female 15 to 19

<u>Place</u>	<u>Name</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Lillie Katsaras	15	1898	5	22:29.1	7:15/M
2	Izzy Zolikoff	15	1785	10	24:04.1	7:46/M
3	Kelsey Rogers	16	454	13	25:10.2	8:07/M
4	Hannah Gilley	16	1820	27	27:12.4	8:46/M
5	Lindsey Lapinta	16	2222	46	28:57.3	9:20/M
6	Leah Lapinta	18	2084	54	29:11.3	9:25/M
7	Rachel Drobnak	18	1731	68	30:01.6	9:41/M
8	Taylor Connelly	15	1579	71	30:10.7	9:44/M
9	Anna Kokitka	19	2010	90	31:43.6	10:14/M
10	Audrey O'Brien	18	2131	111	33:00.1	10:39/M
11	Abby Simon	19	236	113	33:08.5	10:41/M
12	Claudia Gulan	18	1840	123	34:13.1	11:02/M
13	Alexandra Latham	18	2063	155	36:02.6	11:37/M
14	Julia Candow	17	1446	228	45:39.4	14:44/M
15	Erin Callaghan	15	1424	229	46:21.3	14:57/M

## Male 15 to 19

<u>Place</u>	<u>Name</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Kyle Neckan	16	2200	4	19:52.3	6:25/M
2	Andrew Gluvna	18	1833	14	21:59.6	7:05/M
3	Ethan Schlesinger	17	168	15	22:08.0	7:08/M
4	Caden Prada	15	2195	21	22:56.0	7:24/M
5	Jack Surtman	17	277	22	23:19.5	7:31/M
6	Andrew Dirk	15	1688	26	23:40.8	7:38/M
7	Noah Broski	19	448	29	24:08.5	7:47/M
8	Jack Spellacy	18	2245	33	24:30.0	7:54/M
9	Justin Joeckin	17	2242	45	25:26.7	8:12/M
10	Ryan Walsdon	18	217	51	25:53.3	8:21/M
11	Grant Young	19	643	143	35:28.3	11:26/M
12	Raedon Pandya	15	1805	172	42:06.0	13:35/M

\*Overall place within gender

## 2019 Olmsted Spirit 5K

Age Group Results

## 5K

## Female 20 to 29

<u>Place</u>	<u>Name</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Lauren Payne	25	2151	21	26:20.3	8:30/M
2	Morissa Kullberg	29	2034	39	28:18.4	9:08/M
3	Marisa Pawlowski	23	2149	135	34:46.3	11:13/M
4	Mackenzie Mihalik	22	2116	136	34:46.6	11:13/M
5	Kelsey Harrington	26	2232	190	39:12.0	12:39/M
6	Christina Sustersic	27	2234	194	39:30.6	12:45/M
7	Emily Dame	24	1633	195	39:36.9	12:46/M
8	Kailey Warren	22	1872	204	40:39.0	13:07/M
9	Brianna Wojtowicz	20	633	242	52:24.9	16:54/M

## Male 20 to 29

<u>Place</u>	<u>Name</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Michael Sisko	29	310	5	20:03.6	6:28/M
2	Alex Winter	20	628	32	24:24.8	7:52/M
3	Jesse Bearden	24	1231	35	24:34.9	7:55/M
4	Connor Gluvna	25	1832	44	25:20.8	8:10/M
5	Ben Rivera	29	108	58	26:45.2	8:38/M
6	Brandon Henderson	20	1863	65	27:18.3	8:48/M
7	James Shugar	23	228	173	42:25.7	13:41/M

## Female 30 to 39

<u>Place</u>	<u>Name</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Jennifer McNamara	35	2205	2	21:42.6	7:00/M
2	Tara Kieser	38	2244	3	21:59.9	7:05/M
3	Rachel Daw	37	1663	6	22:32.7	7:16/M
4	Lindsay Loos	37	2221	8	23:32.1	7:35/M
5	Melissa Bristow	33	1403	9	23:51.7	7:42/M
6	Sara Dodrill	35	1708	11	24:44.2	7:59/M
7	Kristen Gaba	36	1806	19	25:45.1	8:18/M
8	Katie Godbey	36	2235	24	26:53.2	8:40/M
9	Anna Iskandar	38	1883	30	27:36.7	8:54/M
10	Hannah Beckett	30	1313	33	27:54.8	9:00/M
11	Kara Corrigan	31	1616	37	28:11.2	9:05/M
12	Lindsey Lewis	31	2073	41	28:41.5	9:15/M
13	Kristie Zwiener	39	659	43	28:49.4	9:18/M
14	Martha Barraza	33	1168	57	29:24.9	9:29/M
15	Jestine Swidrak	31	279	60	29:30.3	9:31/M
16	Dana Bail	36	1161	62	29:35.7	9:33/M

\*Overall place within gender

## 2019 Olmsted Spirit 5K

Age Group Results

## 5K

## Female 30 to 39

Place	Name	Age	Bib No	Overall*	Time	Pace
17	Kate Douglass	33	1714	67	29:55.6	9:39/M
18	Alyssa Boyle	33	1398	69	30:04.1	9:42/M
19	Shannon McNamara	31	2111	70	30:09.9	9:44/M
20	Rema Mustafa	34	2123	77	30:34.4	9:52/M
21	Jaime Dix	39	1696	81	30:56.6	9:59/M
22	Michelle Wolford	36	2236	84	31:01.7	10:00/M
23	Alison Patrick	38	2148	91	31:52.6	10:17/M
24	Rebekah Gole	39	1835	94	32:03.3	10:20/M
25	Luisa Chinchilla	31	1547	98	32:15.2	10:24/M
26	Haley Browning	30	1408	102	32:24.8	10:27/M
27	Katy Mullin	38	2122	112	33:03.7	10:40/M
28	Michelle James	38	1885	114	33:23.3	10:46/M
29	Rebecca Loew	37	2078	118	33:33.3	10:49/M
30	Julie Dombrowski	39	1709	121	33:55.8	10:56/M
31	Lauren Carroll	37	1473	125	34:18.0	11:04/M
32	Julie Farrell	37	1772	127	34:24.8	11:06/M
33	Jenna Elliott	33	1740	130	34:32.2	11:08/M
34	Kelly Baron	37	2229	132	34:36.6	11:10/M
35	Nicole Jansen	33	1888	134	34:45.8	11:13/M
36	Christine Hannon	39	1842	141	35:00.5	11:17/M
37	Jill Ritchie	39	99	150	35:52.9	11:34/M
38	Mariel Krakowiak	39	2022	154	36:00.1	11:37/M
39	Michelle Sterkel	37	259	158	36:06.4	11:39/M
40	Annemaria Nicholson	35	2129	160	36:12.5	11:41/M
41	Kim Cunningham	37	1630	162	36:18.0	11:43/M
42	Melissa Capiccioni	39	1449	163	36:23.9	11:44/M
43	Meghan LaFraniere	36	2050	166	36:38.1	11:49/M
44	Amber Theodore	34	2247	169	37:07.9	11:58/M
45	Therese Sheehan	37	223	173	37:40.2	12:09/M
46	Emily Mack	36	1744	175	37:42.0	12:10/M
47	Jeannie Pagdil	33	2216	177	37:50.7	12:12/M
48	Kaitlin Sesock	30	221	179	38:07.7	12:18/M
49	Elizabeth Mendoza	37	2231	180	38:16.5	12:21/M
50	Toni Pennington	32	2157	182	38:29.8	12:25/M
51	Cassy Guile	35	1770	193	39:18.9	12:41/M
52	Colleen Wacker	39	606	201	40:19.1	13:00/M
53	Jeriana Yuhasz	39	647	206	40:57.6	13:13/M
54	Jodi Cessna-McHugh	37	1543	207	41:03.3	13:15/M
55	Stephanie LaGruth	30	2052	221	43:22.5	13:59/M
56	Hana Khyxx?	37	2202	226	45:38.5	14:43/M
57	Jessalyn Tillman	30	513	231	46:31.7	15:00/M
58	Julia Mendoza	33	2112	237	48:02.1	15:30/M

\*Overall place within gender

## 2019 Olmsted Spirit 5K

Age Group Results

## 5K

## Male 30 to 39

Place	Name	Age	Bib No	Overall*	Time	Pace
1	Andy Rusnak	31	2220	2	18:32.1	5:59/M
2	Steve Niemira	36	2130	3	19:23.2	6:15/M
3	Paul Theo	36	2248	6	20:08.6	6:30/M
4	William Hershberger	39	1864	7	20:24.5	6:35/M
5	Tony Klingbeil	36	2003	47	25:38.4	8:16/M
6	Matt Drol	31	2218	50	25:49.6	8:20/M
7	Jason Sunkle	32	237	52	25:59.3	8:23/M
8	Mitchell Sheehan	38	224	55	26:12.1	8:27/M
9	Joe Swislocki	39	292	60	26:51.0	8:40/M
10	Luke Kieffer	37	437	63	27:10.2	8:46/M
11	Aaron Jonhenry	32	1889	68	27:28.7	8:52/M
12	Dave Dombrowski	38	1710	72	27:56.6	9:01/M
13	Justin Bail	37	1163	73	28:03.9	9:03/M
14	Ian Rice	35	94	74	28:11.5	9:05/M
15	Steve Swidrak	31	280	81	29:29.1	9:31/M
16	Zachary Acerra	35	1006	94	30:49.2	9:56/M
17	Shane Sullivan	39	267	100	31:13.3	10:04/M
18	Jaime Caraballo	38	1463	104	31:42.0	10:14/M
19	Austin Zrenner	33	658	105	31:50.2	10:16/M
20	Jonathan Farmerie	39	1749	107	31:58.0	10:19/M
21	nathan reinhard	35	86	112	32:28.8	10:28/M
22	Carlos Leos	35	2072	115	32:34.4	10:30/M
23	Kyle Rich	35	97	116	32:37.1	10:31/M
24	Vinny Smego	31	241	120	32:51.3	10:36/M
25	Michael Prather	36	2199	125	33:26.7	10:47/M
26	Chris McHugh	37	2109	134	34:33.9	11:09/M
27	Leo Jansen	34	1887	136	34:45.8	11:13/M
28	Chris Pettit	39	2163	144	35:56.5	11:35/M
29	Brian Bechtel	34	1312	146	36:28.7	11:46/M
30	Steve Salim	31	132	149	36:43.0	11:51/M
31	Michael Smith	31	248	150	36:43.4	11:51/M
32	Sea Radigan	38	59	159	38:45.2	12:30/M
33	Frank LaFraniere	38	2048	160	38:50.0	12:32/M
34	Phil Eckenrode	35	1737	161	38:57.2	12:34/M
35	Matt Douglass	34	1715	163	39:17.1	12:40/M
36	Alvin Turner	37	601	164	39:38.5	12:47/M
37	Martin Mahoney	39	2099	166	40:33.6	13:05/M
38	Michael Simna	30	229	174	42:54.3	13:50/M
39	Kris Ford	36	1784	177	44:00.1	14:12/M
40	Eric Cardenas	35	1469	182	51:41.3	16:40/M

\*Overall place within gender

## 2019 Olmsted Spirit 5K

Age Group Results

## 5K

## Female 40 to 49

Place	Name	Age	Bib No	Overall*	Time	Pace
1	Lynne White	49	625	4	22:14.2	7:10/M
2	Joan Papp	46	2142	7	22:42.7	7:19/M
3	Dawn Frazier	40	1793	15	25:17.0	8:09/M
4	Pam Neckan	43	2201	23	26:42.2	8:37/M
5	Liz Simon	45	230	25	26:56.8	8:41/M
6	Priscella Thayer	49	2207	28	27:13.7	8:47/M
7	Robin Sherwood	49	226	36	28:01.4	9:02/M
8	jessica sedlacek	40	210	47	28:58.7	9:21/M
9	Katie Connell	41	1574	48	29:01.9	9:22/M
10	Becky Minadeo	41	2238	51	29:03.1	9:22/M
11	Jennifer Mackert	42	2095	52	29:05.0	9:23/M
12	Anna Henderson	49	1860	53	29:09.8	9:24/M
13	Amy Steadman	43	142	74	30:18.2	9:46/M
14	Patricia Donegan	41	1711	75	30:29.0	9:50/M
15	Kelly Atkins	47	1145	83	31:00.8	10:00/M
16	Errin Taylor	44	299	87	31:22.2	10:07/M
17	Carla Delisio	40	464	99	32:18.5	10:25/M
18	Katie Scina	44	194	100	32:19.7	10:25/M
19	Janelle Prada	44	2193	103	32:25.4	10:27/M
20	Jessica Connelly	46	1578	105	32:45.7	10:34/M
21	Stephanie Rivera	48	107	110	32:55.7	10:37/M
22	Megan Kilbane	42	1954	115	33:26.5	10:47/M
23	Nikki Kay	45	459	120	33:45.5	10:53/M
24	Alejandra Corral	40	1615	131	34:35.9	11:09/M
25	Brooke Platner	43	2189	133	34:39.1	11:11/M
26	Michelle Romanowski	43	118	145	35:26.4	11:26/M
27	Lisa Young	49	642	146	35:27.6	11:26/M
28	barb gareau	48	1813	157	36:03.6	11:38/M
29	Janet Seminatore	43	2206	159	36:10.5	11:40/M
30	Brigit Inks	44	1880	178	38:03.8	12:16/M
31	Stephanie Katsaras	46	1893	181	38:24.2	12:23/M
32	Andrea Luppe	45	2083	183	38:31.7	12:25/M
33	Valerie Gerrish	42	1817	184	38:35.1	12:27/M
34	Ginny Beaty	47	1241	189	39:11.2	12:38/M
35	Kay Young	49	432	199	40:12.4	12:58/M
36	Melissa Pirnat	42	2226	212	41:42.9	13:27/M
37	Stephanie Braley	40	1137	215	42:15.9	13:38/M
38	Debbie Neff	49	2126	235	47:05.6	15:11/M
39	Christina Billi	46	1364	241	51:15.0	16:32/M

\*Overall place within gender

## 2019 Olmsted Spirit 5K

Age Group Results

## 5K

## Male 40 to 49

Place	Name	Age	Bib No	Overall*	Time	Pace
1	Michael Schaefer	46	1088	13	21:54.4	7:04/M
2	Michael Astrab	47	1116	16	22:32.3	7:16/M
3	John Clute	41	1563	24	23:28.8	7:34/M
4	Shawn Bristow	41	1406	25	23:36.1	7:37/M
5	Kevin Phipps	40	2174	30	24:14.6	7:49/M
6	Shawn Schlesinger	45	167	31	24:23.6	7:52/M
7	Matt Sprague	42	252	36	24:39.3	7:57/M
8	James Young	49	608	39	25:02.0	8:05/M
9	Jason Frazier	43	1797	43	25:16.6	8:09/M
10	Rick Neckan	44	2295	46	25:31.3	8:14/M
11	Kyle Williams	43	2209	49	25:48.5	8:19/M
12	Jeff Thompson	40	508	53	26:04.7	8:25/M
13	Jim Swislocki	41	283	54	26:10.3	8:26/M
14	Tim Radigan	41	58	66	27:19.6	8:49/M
15	Eric Tonissen	43	519	71	27:41.2	8:56/M
16	Joe Scina	47	199	75	28:15.6	9:07/M
17	John Hayes	43	1856	79	29:17.5	9:27/M
18	Scott Sedlacek	47	211	83	29:43.0	9:35/M
19	Bob Lehmann	43	2065	84	29:54.8	9:39/M
20	Tony Manco	44	2240	85	29:56.4	9:39/M
21	Tim Schaefer	40	156	87	30:12.1	9:45/M
22	David Campbell	48	1441	96	30:56.3	9:59/M
23	Michael Draves	46	1724	97	31:05.0	10:02/M
24	Matthew Zemla	41	653	99	31:09.8	10:03/M
25	Jim Link	42	2075	101	31:14.4	10:05/M
26	Rich Katsaras	45	1897	108	31:59.2	10:19/M
27	Greg Kosunick	43	2015	109	32:00.2	10:19/M
28	Andrew Scott	41	207	110	32:05.4	10:21/M
29	Anthony Pasiak	45	2144	114	32:32.3	10:30/M
30	Jonathan Phillips	44	2167	117	32:39.5	10:32/M
31	Phil Fletcher	41	2246	126	33:45.9	10:53/M
32	Joe Huber	41	1871	131	34:22.4	11:05/M
33	Clint Pemberton	41	2156	132	34:27.7	11:07/M
34	Joseph Bartal	40	1169	133	34:29.9	11:07/M
35	Paul Kuzmickas	41	2042	135	34:35.7	11:09/M
36	Jeff Bischel	43	1382	137	34:51.5	11:15/M
37	Bill Elliott	42	1741	138	34:52.9	11:15/M
38	Jeffrey Schmucki	40	170	141	35:07.3	11:20/M
39	Tom Lehmann	40	2068	145	36:15.2	11:42/M
40	Jacob Witkowski	42	630	151	36:48.7	11:52/M
41	Scott Voisinet	43	1096	153	37:12.6	12:00/M
42	Jimm Lynch	41	2089	167	40:55.4	13:12/M

\*Overall place within gender

## 2019 Olmsted Spirit 5K

Age Group Results

## 5K

## Male 40 to 49

<u>Place</u>	<u>Name</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
43	Amit Pandya	44	2230	175	43:16.8	13:57/M
44	Michael Drespling	44	1730	179	46:14.0	14:55/M
45	Sean Callaghan	43	1439	180	46:22.0	14:57/M

## Female 50 to 59

<u>Place</u>	<u>Name</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Kelly Martin	52	1827	17	25:36.6	8:15/M
2	Dawn Bilski	54	1376	44	28:52.4	9:19/M
3	Ellen Dregalla	53	1723	55	29:11.9	9:25/M
4	Brenda Rabbitt	52	31	73	30:16.8	9:46/M
5	JACQUELINE Chappo	54	1546	104	32:41.0	10:33/M
6	Kathy Dixon	59	2217	122	34:04.0	10:59/M
7	Darcy Pfisterer	56	2165	147	35:38.9	11:30/M
8	Jeannine Gilliland	50	1823	149	35:44.3	11:32/M
9	Michelle Dame	50	1631	198	39:43.1	12:49/M
10	Tava Slone-Young	54	240	219	42:57.4	13:51/M
11	Donna West	55	623	220	43:20.1	13:59/M
12	Nina Kimpton	57	1989	225	45:25.6	14:39/M

## Male 50 to 59

<u>Place</u>	<u>Name</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Matt Englehart	54	1854	8	20:42.3	6:41/M
2	Scott Hale	51	2204	11	21:39.0	6:59/M
3	Bill Robb	56	1351	19	22:50.9	7:22/M
4	David Cook	50	1607	34	24:33.1	7:55/M
5	Pat Kelly	57	2239	37	24:52.1	8:01/M
6	Charles Walker	50	615	38	24:56.3	8:03/M
7	Don Simon	54	233	40	25:08.8	8:06/M
8	Jim Graven	57	429	69	27:30.4	8:52/M
9	Bryan Loos	56	2212	70	27:37.3	8:55/M
10	James Gluvna	51	1824	95	30:53.4	9:58/M
11	Bryant Bay	57	1220	98	31:08.1	10:03/M
12	Eugene Lodato	50	2077	103	31:39.0	10:13/M
13	Jeff Vanarnhem	50	2215	106	31:57.0	10:18/M
14	Robert Chappo	54	1544	130	34:20.9	11:05/M
15	Paul Schell	50	1343	168	41:44.5	13:28/M

\*Overall place within gender

## 2019 Olmsted Spirit 5K

Age Group Results

## 5K

## Female 60 and Over

<u>Place</u>	<u>Name</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Rae Alexander	64	1014	20	26:15.3	8:28/M
2	Elaine Clark	63	1558	63	29:38.0	9:34/M
3	Chel Antonczak	61	1114	95	32:03.4	10:20/M
4	Maureen Sandrey-Ortiz	61	2228	144	35:24.3	11:25/M
5	Dianne Zrenner	65	2214	168	36:57.7	11:55/M
6	Pat Binggeli	60	1378	203	40:36.1	13:06/M

## Male 60 and Over

<u>Place</u>	<u>Name</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Daniel Dean	64	1668	59	26:47.0	8:38/M
2	Jim Antonczak	61	1100	61	27:03.9	8:44/M
3	Matt Sheehan	60	1219	111	32:22.2	10:26/M
4	Dennis Boose	63	1395	119	32:41.9	10:33/M
5	Robert Partezana	66	2143	148	36:40.0	11:50/M
6	Klaus Pfisterer	70	415	176	43:51.5	14:09/M
7	Rhett Cromwell	71	1624	183	57:40.4	18:36/M

\*Overall place within gender