

Overall Finish List**5 K Run**

<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Gend</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1	Kolin Stickney	Bailey MI	329	20	M	1 OPEN	16:11.9	5:13/M	
2	Erik Westbrook	Fremont MI	388	19	M	1 15-19	16:35.5	5:21/M	0:23.6
3	Tommy Jewett	Fremont MI	252	16	M	2 15-19	17:19.5	5:35/M	1:07.6
4	Nicholas Butcher	Fremont MI	406	16	M	3 15-19	17:20.0	5:35/M	1:08.1
5	Greg Madendorp	Whitehall MI	31	16	M	4 15-19	17:28.1	5:38/M	1:16.2
6	Nick Vanderkooi	Fremont MI	44	14	M	1 11-14	18:13.2	5:53/M	2:01.3
7	Blake Whittington	Whitehall MI	269	16	M	5 15-19	18:47.2	6:04/M	2:35.3
8	Will Wilson	Kent City MI	17	13	M	2 11-14	18:50.3	6:05/M	2:38.4
9	Sam Schuiteman	Fremont MI	51	16	M	6 15-19	19:17.2	6:13/M	3:05.3
10	Andrew Zahrt	Fremont MI	321	18	M	7 15-19	19:17.6	6:13/M	3:05.7
11	Jeff Cherry	Fremont MI	349	15	M	8 15-19	19:30.2	6:17/M	3:18.3
12	Kevin Hintz	Hart MI	19	15	M	9 15-19	19:35.2	6:19/M	3:23.3
13	Eric Ringnalda	Zeeland MI	440	29	M	1 20-29	19:37.3	6:20/M	3:25.4
14	Jeff Wilson	Kent City MI	14	40	M	1 MAST	19:39.6	6:20/M	3:27.7
15	Jack Meeuwenberg	Hudsonville MI	107	44	M	1 40-44	19:51.7	6:24/M	3:39.8
16	Jacob Van Hall	White Cloud MI	256	16	M	10 15-19	19:55.6	6:25/M	3:43.7
17	Devin Van Doornik	Holland MI	20	17	F	1 OPEN	19:59.7	6:27/M	
18	Rod Richards	Fremont MI	245	39	M	1 35-39	20:02.1	6:28/M	3:50.2
19	Mike Cherry	Fremont MI	334	17	M	11 15-19	20:12.2	6:31/M	4:00.3
20	Gus Salto	Grant MI	431	34	M	1 30-34	20:12.9	6:31/M	4:01.0
21	Shane Crowley	Fremont MI	24	42	M	2 40-44	20:13.7	6:31/M	4:01.8
22	Jon VandenBerg	Fremont MI	11	36	M	2 35-39	20:49.0	6:43/M	4:37.1
23	Kaleigh Carlson	Hudsonville MI	399	18	F	1 15-19	20:49.5	6:43/M	0:49.8
24	Alec Beattie	Fremont MI	127	17	M	12 15-19	21:11.1	6:50/M	4:59.2
25	J P Mulcahy	Northville MI	305	13	M	3 11-14	21:11.9	6:50/M	5:00.0
26	Brian Carson	Hudsonville MI	391	47	M	1 45-49	21:13.7	6:51/M	5:01.8
27	Nick Boltz	Fremont MI	165	15	M	13 15-19	21:21.2	6:53/M	5:09.3
28	Debbie Lanciaux	Fremont MI	360	47	F	1 MAST	21:26.7	6:55/M	1:27.0
29	Ty Miller	Fremont MI	189	37	M	3 35-39	21:26.7	6:55/M	5:14.8
30	Rob Parker	Holton MI	415	24	M	2 20-29	21:27.8	6:55/M	5:15.9
31	Tyler Green	Fremont MI	383	14	M	4 11-14	21:34.7	6:57/M	5:22.8
32	Helen Mulcahy	Northville MI	306	16	F	2 15-19	21:39.6	6:59/M	1:39.9
33	Douglas Wheeler	Fremont MI	259	44	M	3 40-44	21:40.0	6:59/M	5:28.1
34	Bruce Roberson	Hesperia MI	354	39	M	4 35-39	21:46.5	7:01/M	5:34.6
35	Josh Schaendorf	Grand Haven MI	63	34	M	2 30-34	21:53.0	7:04/M	5:41.1
36	Eugene Barnes	Fremont MI	281	31	M	3 30-34	21:59.1	7:05/M	5:47.2
37	Sean Seabott	Fremont MI	370	27	M	3 20-29	21:59.8	7:05/M	5:47.9
38	Leigh Simon	Royal Oak MI	128	33	F	1 30-34	22:00.7	7:06/M	2:01.0
39	Nate Harris	Whitehall MI	146	14	M	5 11-14	22:06.4	7:08/M	5:54.5
40	Alexzander Myers	Scottville MI	53	13	M	6 11-14	22:06.6	7:08/M	5:54.7
41	William Ebert	Fremont MI	362	50	M	1 50-54	22:11.9	7:09/M	6:00.0
42	Andrew Zimmerman	Fremont MI	418	14	M	7 11-14	22:14.1	7:10/M	6:02.2
43	Maggie Lowe	Fruitport MI	436	32	F	2 30-34	22:24.4	7:14/M	2:24.7
44	Anne Cammenga	Grant MI	397	34	F	3 30-34	22:26.8	7:14/M	2:27.1
45	Corey Christoffersen	Fremont MI	133	22	M	4 20-29	22:29.4	7:15/M	6:17.5
46	Donald Snippe	Fremont MI	255	38	M	5 35-39	22:34.9	7:17/M	6:23.0
47	Megan Dickinson	White Cloud MI	361	17	F	3 15-19	22:39.4	7:18/M	2:39.7
48	Caleb Arends	White Cloud MI	309	16	M	14 15-19	22:40.3	7:19/M	6:28.4
49	Jeanne Wilson	Kent City MI	15	15	F	4 15-19	22:41.6	7:19/M	2:41.9

Overall Finish List**5 K Run**

Overall	Name	City	Bib No	Age	Gend	AG Place	Time	Pace	Time Back
50	Jeff Winkas	Muskegon MI	384	36	M	6 35-39	22:46.0	7:21/M	6:34.1
51	Garry Ringnalda	Alto MI	416	58	M	1 55-59	22:47.1	7:21/M	6:35.2
52	Dan Bolles	North Muskegon MI	142	39	M	7 35-39	22:47.2	7:21/M	6:35.3
53	William Merrill	Shelby MI	9	45	M	2 45-49	22:50.3	7:22/M	6:38.4
54	Joel Arends	Ravenna MI	435	21	M	5 20-29	23:05.7	7:27/M	6:53.8
55	Jeff Peoples	Muskegon MI	426	43	M	4 40-44	23:09.3	7:28/M	6:57.4
56	Mercedes Westbrook	Fremont MI	387	15	F	5 15-19	23:09.6	7:28/M	3:09.9
57	Craig Suchner	Newaygo MI	144	45	M	3 45-49	23:10.8	7:28/M	6:58.9
58	Hunter Blake	Fremont MI	237	16	M	15 15-19	23:12.3	7:29/M	7:00.4
59	McKenna Van Doornik	Holland MI	22	13	F	1 11-14	23:14.4	7:30/M	3:14.7
60	Christopher Delia	Fremont MI	307	20	M	6 20-29	23:16.7	7:30/M	7:04.8
61	Phil Cutrara	Hudsonville MI	374	63	M	1 60-64	23:18.7	7:31/M	7:06.8
62	Curtis Jewett	Fremont MI	432	12	M	8 11-14	23:20.4	7:32/M	7:08.5
63	James Bacon	Fremont MI	414	20	M	7 20-29	23:22.5	7:32/M	7:10.6
64	Chris Haid	Belmont MI	299	40	M	5 40-44	23:30.5	7:35/M	7:18.6
65	Jason Walker	White Cloud MI	244	30	M	4 30-34	23:32.8	7:35/M	7:20.9
66	Dave Rottier	Fremont MI	91	62	M	2 60-64	23:36.0	7:37/M	7:24.1
67	Kristen Christoffersen	Fremont MI	132	31	F	4 30-34	23:40.1	7:38/M	3:40.4
68	Jillian Dabrowski	Okemos MI	81	13	F	2 11-14	23:46.5	7:40/M	3:46.8
69	Michael Hortsman	Fremont MI	410	47	M	4 45-49	23:47.6	7:40/M	7:35.7
70	Scott Colvin	San Diego CA	428	31	M	5 30-34	23:55.6	7:43/M	7:43.7
71	Lisa Orcutt	Fremont MI	78	37	F	1 35-39	23:56.0	7:43/M	3:56.3
72	David Steenstra	Grant MI	407	19	M	16 15-19	23:56.5	7:43/M	7:44.6
73	Shane Dine	Grawn MI	326	34	M	6 30-34	23:57.9	7:44/M	7:46.0
74	Dan Barnett	Newaygo MI	30	26	M	8 20-29	23:58.4	7:44/M	7:46.5
75	Matthew Koekkoek	North Muskegon MI	251	32	M	7 30-34	24:06.4	7:46/M	7:54.5
76	Paige Matthews	Conklin MI	3	16	F	6 15-19	24:08.0	7:47/M	4:08.3
77	Ron Matthews	Conklin MI	2	46	M	5 45-49	24:10.0	7:48/M	7:58.1
78	Julie Chilson	Grant MI	58	31	F	5 30-34	24:12.0	7:48/M	4:12.3
79	Joe Kotecki	Fremont MI	45	15	M	17 15-19	24:13.2	7:49/M	8:01.3
80	Kim Makin	Fremont MI	134	33	F	6 30-34	24:14.2	7:49/M	4:14.5
81	Amy Zerlaut	Bailey MI	88	36	F	2 35-39	24:20.0	7:51/M	4:20.3
82	Chris Suchner	White Cloud MI	324	47	M	6 45-49	24:27.2	7:53/M	8:15.3
83	Charles Dickinson	Fremont MI	71	49	M	7 45-49	24:28.9	7:54/M	8:17.0
84	Steve Waite	Fremont MI	191	30	M	8 30-34	24:30.4	7:54/M	8:18.5
85	Mitchell Breuker	Grand Rapids MI	95	15	M	18 15-19	24:31.6	7:55/M	8:19.7
86	Kiley Goorhouse	Fremont MI	294	19	F	7 15-19	24:38.0	7:57/M	4:38.3
87	Matt Arends	Grant MI	120	39	M	8 35-39	24:39.8	7:57/M	8:27.9
88	Bud Elve	Caledonia MI	395	59	M	2 55-59	24:41.1	7:58/M	8:29.2
89	Fraser Wilson	Kent City MI	16	10	M	1 1-10	24:54.7	8:02/M	8:42.8
90	Elizabeth Crandell	Fremont MI	55	42	F	1 40-44	24:56.1	8:03/M	4:56.4
91	Claire Schaar	Fremont MI	242	14	F	3 11-14	24:56.6	8:03/M	4:56.9
92	Michael Thompson	Twin Lake MI	332	38	M	9 35-39	25:00.6	8:04/M	8:48.7
93	Steve Wagenmaker	Fremont MI	417	36	M	10 35-39	25:04.1	8:05/M	8:52.2
94	Todd Shinaberg	Twin Lake MI	320	35	M	11 35-39	25:05.6	8:05/M	8:53.7
95	Eric Roossinck	Fremont MI	111	30	M	9 30-34	25:06.1	8:06/M	8:54.2
96	Nicholas Bowne	Twin Lake MI	84	20	M	9 20-29	25:07.3	8:06/M	8:55.4
97	Malea Teerman	Muskegon MI	149	10	F	1 1-10	25:07.8	8:06/M	5:08.1
98	Anissa Koekkoek	North Muskegon MI	250	35	F	3 35-39	25:12.0	8:08/M	5:12.3

Overall Finish List**5 K Run**

Overall	Name	City	Bib No	Age	Gend	AG Place	Time	Pace	Time Back
99	Travis Breuker	Grand Rapids MI	94	13	M	9 11-14	25:13.7	8:08/M	9:01.8
100	Colleen Hall	Holton MI	33	13	F	4 11-14	25:14.9	8:08/M	5:15.2
101	Bill Bauer		437	34	M	10 30-34	25:17.1	8:09/M	9:05.2
102	Richard Harris	Fremont MI	174	70	M	1 70-99	25:21.8	8:11/M	9:09.9
103	Joe Bauer	Fremont MI	434	49	M	8 45-49	25:24.8	8:12/M	9:12.9
104	Glenn Long	Fremont MI	172	46	M	9 45-49	25:28.8	8:13/M	9:16.9
105	Tiffany Smith	Kingsley MI	325	26	F	1 20-29	25:32.3	8:14/M	5:32.6
106	Max Smith	Newaygo MI	272	12	M	10 11-14	25:36.9	8:15/M	9:25.0
107	Dale Lensky	Fremont MI	126	34	M	11 30-34	25:40.4	8:17/M	9:28.5
108	Brian Baker	Sparta MI	64	39	M	12 35-39	25:44.1	8:18/M	9:32.2
109	Rich Kallenbach	Fremont MI	68	53	M	2 50-54	25:44.7	8:18/M	9:32.8
110	Stan Vandembosch	Muskegon MI	138	75	M	2 70-99	25:46.2	8:19/M	9:34.3
111	Scott Johnson	Holton MI	50	30	M	12 30-34	25:48.5	8:19/M	9:36.6
112	William Nemcek	Fremont MI	69	34	M	13 30-34	25:48.8	8:19/M	9:36.9
113	Sammie Eely	Muskegon MI	228	14	F	5 11-14	25:49.2	8:20/M	5:49.5
114	Matt Feldpausch	White Cloud MI	330	38	M	13 35-39	25:50.3	8:20/M	9:38.4
115	Matt Hendrie	Fremont MI	401	34	M	14 30-34	25:50.4	8:20/M	9:38.5
116	Ron Emmorey	Fremont MI	376	58	M	3 55-59	26:02.0	8:24/M	9:50.1
117	Michelle Bordeaux	Fremont MI	427	32	F	7 30-34	26:10.2	8:26/M	6:10.5
118	Carmen Delong	White Cloud MI	32	50	F	1 50-54	26:15.6	8:28/M	6:15.9
119	Karen Kotecki	Fremont MI	47	50	F	2 50-54	26:23.8	8:31/M	6:24.1
120	Rachel Dekuiper	Rockford MI	424	35	F	4 35-39	26:24.7	8:31/M	6:25.0
121	Sara Bouwkamp	Grant MI	396	46	F	1 45-49	26:25.2	8:31/M	6:25.5
122	Mike Borkowski	Newaygo MI	181	31	M	15 30-34	26:26.5	8:32/M	10:14.6
123	Karla Barnes	Fremont MI	282	31	F	8 30-34	26:28.8	8:32/M	6:29.1
124	Robert Atwood	Grant MI	114	24	M	10 20-29	26:31.4	8:33/M	10:19.5
125	Brad Johnson	Twin Lake MI	83	39	M	14 35-39	26:31.7	8:33/M	10:19.8
126	Tim Atwood	Fremont MI	113	29	M	11 20-29	26:32.1	8:34/M	10:20.2
127	Curt Emenhiser	Fremont MI	319	43	M	6 40-44	26:37.5	8:35/M	10:25.6
128	Jeremy Luchies	Fremont MI	187	30	M	16 30-34	26:43.9	8:37/M	10:32.0
129	Nicole Dummer	Fremont MI	442	18	F	8 15-19	26:45.7	8:38/M	6:46.0
130	Michaela Breuker	Fremont MI	441	18	F	9 15-19	26:46.1	8:38/M	6:46.4
131	Courtney Lensky	Fremont MI	125	35	F	5 35-39	26:46.9	8:38/M	6:47.2
132	Missy Bauer	Coldwater MI	97	32	F	9 30-34	26:54.0	8:41/M	6:54.3
133	Barb Cutrara	Hudsonville MI	373	56	F	1 55-59	27:00.5	8:43/M	7:00.8
134	Travis Schoonmakes	White Cloud MI	381	19	M	19 15-19	27:12.9	8:46/M	11:01.0
135	Karen Frankhouser	Grand Rapids MI	12	33	F	10 30-34	27:16.8	8:48/M	7:17.1
136	Chris Hall	Hesperia MI	105	15	M	20 15-19	27:19.6	8:49/M	11:07.7
137	Elliona Sokolow	Grand Haven MI	119	11	F	6 11-14	27:20.0	8:49/M	7:20.3
138	Kennard Hoverkamp	Fremont MI	403	17	M	21 15-19	27:21.6	8:49/M	11:09.7
139	Jack Hendon	Fremont MI	425	54	M	3 50-54	27:24.9	8:50/M	11:13.0
140	Elizabeth Dahlstrom	Fremont MI	140	30	F	11 30-34	27:30.9	8:52/M	7:31.2
141	Joe Baldes	Fremont MI	4	32	M	17 30-34	27:34.7	8:54/M	11:22.8
142	Terri Wahl	Fremont MI	155	47	F	2 45-49	27:35.6	8:54/M	7:35.9
143	Dominick Byrne	Fremont MI	48	9	M	2 1-10	27:35.9	8:54/M	11:24.0
144	David Byrne	Fremont MI	49	41	M	7 40-44	27:36.1	8:54/M	11:24.2
145	Michelle Martin	Hesperia MI	385	39	F	6 35-39	27:36.5	8:54/M	7:36.8
146	Tami Roth	Howard City MI	153	29	F	2 20-29	27:39.1	8:55/M	7:39.4
147	Hillary Sanders	Madison WI	380	27	F	3 20-29	27:39.3	8:55/M	7:39.6

Overall Finish List

July 25, 2009

5 K Run

Overall	Name	City	Bib No	Age	Gend	AG Place	Time	Pace	Time Back
148	Mark Kukal	Fremont MI	363	36	M	15 35-39	27:40.6	8:55/M	11:28.7
149	Kara Payne	Palatine IL	293	29	F	4 20-29	27:48.8	8:58/M	7:49.1
150	Jane Wolffis	Fremont MI	372	44	F	2 40-44	27:51.0	8:59/M	7:51.3
151	Evelte Ingwersen	Evans GA	375	49	F	3 45-49	28:01.5	9:02/M	8:01.8
152	Bonnie Hoffman	Fremont MI	73	54	F	3 50-54	28:06.4	9:04/M	8:06.7
153	Kathy MacHuta	Fremont MI	193	52	F	4 50-54	28:09.1	9:05/M	8:09.4
154	Jaiden Van Doornik	Holland MI	23	9	F	2 1-10	28:10.0	9:05/M	8:10.3
155	Mike Rosemer	Hesperia MI	352	39	M	16 35-39	28:15.5	9:07/M	12:03.6
156	Steven Leibrandt	Muskegon MI	438	29	M	12 20-29	28:28.4	9:11/M	12:16.5
157	Sara Liebrandt	Muskegon MI	439	28	F	5 20-29	28:28.5	9:11/M	8:28.8
158	Michelle Kinzbach	Belmont MI	318	42	F	3 40-44	28:39.4	9:15/M	8:39.7
159	Jeff Kinzbach	Belmont MI	317	51	M	4 50-54	28:39.5	9:15/M	12:27.6
160	Andrew Black	Fremont MI	405	34	M	18 30-34	28:40.2	9:15/M	12:28.3
161	Sally Papes	Newaygo MI	116	23	F	6 20-29	28:41.0	9:15/M	8:41.3
162	Melanie Baden	Fremont MI	89	34	F	12 30-34	28:47.0	9:17/M	8:47.3
163	Adam Dudek	Spring Lake MI	247	11	M	11 11-14	28:47.4	9:17/M	12:35.5
164	Steve Breuker	Fremont MI	420	62	M	3 60-64	28:48.6	9:17/M	12:36.7
165	Paul Dudek	Spring Lake MI	246	40	M	8 40-44	28:51.0	9:18/M	12:39.1
166	Trinity Holmes	Muskegon MI	92	14	F	7 11-14	28:54.7	9:19/M	8:55.0
167	Holly Harmon	Fremont MI	57	54	F	5 50-54	28:56.8	9:20/M	8:57.1
168	Emily Seamon	White Cloud MI	77	26	F	7 20-29	28:58.2	9:21/M	8:58.5
169	Candee Parkhurst	Fremont MI	124	47	F	4 45-49	29:00.5	9:21/M	9:00.8
170	Bunnita Ouwinga	Grant MI	311	34	F	13 30-34	29:02.6	9:22/M	9:02.9
171	Whitney Grant	Fremont MI	351	14	F	8 11-14	29:15.2	9:26/M	9:15.5
172	Denise Hudson	Fremont MI	90	39	F	7 35-39	29:18.0	9:27/M	9:18.3
173	Kenzie Zuchowski	Fremont MI	160	13	F	9 11-14	29:24.5	9:29/M	9:24.8
174	Cynthia Dekuiper	Twin Lake MI	52	33	F	14 30-34	29:29.6	9:31/M	9:29.9
175	Cari Taylor	Fremont MI	37	31	F	15 30-34	29:31.0	9:31/M	9:31.3
176	Briscoe	Trenton MI	201	38	M	17 35-39	29:34.2	9:32/M	13:22.3
177	Margie Clubbs	Trenton MI	200	27	F	8 20-29	29:34.3	9:32/M	9:34.6
178	Gretchen Bush	Big Rapids MI	344	32	F	16 30-34	29:34.8	9:32/M	9:35.1
179	Monica Swanland	Caledonia MI	394	33	F	17 30-34	29:35.0	9:33/M	9:35.3
180	Candice Hansen	Fremont MI	223	32	F	18 30-34	29:35.4	9:33/M	9:35.7
181	Sabrina Carlson	Kent City MI	411	27	F	9 20-29	29:36.1	9:33/M	9:36.4
182	Heather Boivin	Fremont MI	276	38	F	8 35-39	29:43.0	9:35/M	9:43.3
183	Hilary Sepe	Fremont MI	196	28	F	10 20-29	29:44.0	9:35/M	9:44.3
184	Judy Alderink	Fremont MI	190	47	F	5 45-49	29:46.6	9:36/M	9:46.9
185	Randy Alderink	Fremont MI	291	49	M	10 45-49	29:46.8	9:36/M	13:34.9
186	Patrick Stern	Fremont MI	197	51	M	5 50-54	29:47.4	9:36/M	13:35.5
187	Anna English	Holton MI	338	15	F	10 15-19	29:51.2	9:38/M	9:51.5
188	Erika Jorstad	Wyoming MI	400	15	F	11 15-19	29:53.9	9:38/M	9:54.2
189	Cammie Swiatlowski	Hudsonville MI	409	35	F	9 35-39	29:55.0	9:39/M	9:55.3
190	Barbara Ebel-Langdon	Newaygo MI	170	27	F	11 20-29	29:56.6	9:39/M	9:56.9
191	Jonathon Pate	Muskegon MI	266	28	M	13 20-29	30:00.6	9:41/M	13:48.7
192	David Shinavier	Hastings MI	163	40	M	9 40-44	30:01.9	9:41/M	13:50.0
193	Melissa Reed	Fremont MI	286	37	F	10 35-39	30:03.1	9:42/M	10:03.4
194	Leigh Van Doornik	Holland MI	21	46	F	6 45-49	30:13.4	9:45/M	10:13.7
195	Megan Rosemer	Hesperia MI	353	34	F	19 30-34	30:16.6	9:46/M	10:16.9
196	Robert Springstead	Fremont MI	355	41	M	10 40-44	30:18.6	9:46/M	14:06.7

Overall Finish List**5 K Run**

Overall	Name	City	Bib No	Age	Gend	AG Place	Time	Pace	Time Back
197	Todd Gilliland	Fremont MI	13	47	M	11 45-49	30:21.5	9:47/M	14:09.6
198	Terry Norris	Muskegon MI	161	47	M	12 45-49	30:26.9	9:49/M	14:15.0
199	Larry Smalligan	Fremont MI	167	52	M	6 50-54	30:40.0	9:54/M	14:28.1
200	Julie Breuker	Grand Rapids MI	93	38	F	11 35-39	30:44.0	9:55/M	10:44.3
201	Katrinann Bullis	Fremont MI	336	11	F	10 11-14	30:46.0	9:55/M	10:46.3
202	Gary Breuker	Fremont MI	402	62	M	4 60-64	30:58.5	9:59/M	14:46.6
203	Liz Koenig	Rockford MI	199	30	F	20 30-34	31:08.0	10:03/M	11:08.3
204	Joni Vansumeren	Whitehall MI	66	42	F	4 40-44	31:16.7	10:05/M	11:17.0
205	Jackie Oosse	Fremont MI	164	42	F	5 40-44	31:23.6	10:07/M	11:23.9
206	Rachel Thompson	Twin Lake MI	333	13	F	11 11-14	31:31.7	10:10/M	11:32.0
207	David Barry	Kalamazoo MI	430	27	M	14 20-29	31:32.8	10:10/M	15:20.9
208	Michelle Barnett	Newaygo MI	29	25	F	12 20-29	31:33.1	10:11/M	11:33.4
209	Deanne Barry		429	26	F	13 20-29	31:33.2	10:11/M	11:33.5
210	Pam Zuchowski	Fremont MI	159	44	F	6 40-44	31:34.9	10:11/M	11:35.2
211	Stephanie Dekuiper	Fremont MI	158	29	F	14 20-29	31:35.4	10:11/M	11:35.7
212	Jan Deur	North Muskegon MI	130	65	M	1 65-69	31:46.2	10:15/M	15:34.3
213	Don Vansingel	Grant MI	358	65	M	2 65-69	31:54.2	10:17/M	15:42.3
214	Tanya Napier	Whitehall MI	102	28	F	15 20-29	32:03.6	10:20/M	12:03.9
215	Jenna Adams	Muskegon MI	258	24	F	16 20-29	32:17.6	10:25/M	12:17.9
216	Connor Modd	Whitehall MI	148	9	M	3 1-10	32:20.5	10:26/M	16:08.6
217	Michelle Howard	Grand Rapids MI	99	37	F	12 35-39	32:24.2	10:27/M	12:24.5
218	Megan Devries	Comstock Park MI	103	28	F	17 20-29	32:32.6	10:30/M	12:32.9
219	Julia Sutter	Three Rivers MI	419	10	F	3 1-10	32:36.2	10:31/M	12:36.5
220	Michael Langdon	Newaygo MI	171	28	M	15 20-29	32:40.8	10:32/M	16:28.9
221	Stephanie Mason	Grand Rapids MI	310	24	F	18 20-29	32:41.7	10:33/M	12:42.0
222	Heidi Meeuwenberg	Hudsonville MI	110	14	F	12 11-14	33:00.4	10:39/M	13:00.7
223	Lisa Sundberg	Hesperia MI	308	43	F	7 40-44	33:02.3	10:39/M	13:02.6
224	Dwight Elders	Whitehall MI	367	37	M	18 35-39	33:13.1	10:43/M	17:01.2
225	Faith Fishman	Fremont MI	175	54	F	6 50-54	33:13.9	10:43/M	13:14.2
226	Kacey Nelson	Fremont MI	183	28	F	19 20-29	33:19.5	10:45/M	13:19.8
227	Ryan Arends	Grant MI	122	11	M	12 11-14	33:31.1	10:49/M	17:19.2
228	Allyson Shinavier	Hastings MI	162	38	F	13 35-39	33:37.0	10:51/M	13:37.3
229	Quenton Vanwye	Whitehall MI	393	13	M	13 11-14	33:53.8	10:56/M	17:41.9
230	Ann Marie Jones	Greenville MI	339	30	F	21 30-34	33:57.8	10:57/M	13:58.1
231	Karlie Zuchowski	Fremont MI	166	14	F	13 11-14	33:59.6	10:58/M	13:59.9
232	Brett Koch	Morley MI	217	31	M	19 30-34	34:02.4	10:59/M	17:50.5
233	Jordan Perry	Whitehall MI	135	19	F	12 15-19	34:11.7	11:02/M	14:12.0
234	Joe Vandermolen	Fremont MI	369	36	M	19 35-39	34:12.9	11:02/M	18:01.0
235	Autumn Ringleka	Fremont MI	335	12	F	14 11-14	34:28.7	11:07/M	14:29.0
236	Patricia Rader	Grand Rapids MI	389	28	F	20 20-29	34:29.1	11:07/M	14:29.4
237	India Hager	Fremont MI	35	14	F	15 11-14	34:35.0	11:09/M	14:35.3
238	Nancy Modd	Whitehall MI	147	42	F	8 40-44	34:49.0	11:14/M	14:49.3
239	Leah Vanboxel	Fremont MI	422	18	F	13 15-19	34:50.2	11:14/M	14:50.5
240	Lori Vanboxel	Fremont MI	423	48	F	7 45-49	34:50.3	11:14/M	14:50.6
241	Douglas Swanson	Grant MI	40	64	M	5 60-64	34:51.8	11:15/M	18:39.9
242	Jennifer Slager	Fremont MI	205	13	F	16 11-14	34:52.7	11:15/M	14:53.0
243	Crystal Sherd	Greenville MI	340	28	F	21 20-29	34:56.4	11:16/M	14:56.7
244	Bill Hunault	Okemos MI	82	61	M	6 60-64	35:00.2	11:17/M	18:48.3
245	Susan Swanson	Grant MI	41	62	F	1 60-64	35:04.1	11:19/M	15:04.4

Overall Finish List

July 25, 2009

5 K Run

<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Gend</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
246	Jennifer Blanchard	Fremont MI	178	28	F	22 20-29	35:38.3	11:30/M	15:38.6
247	Amanda Veldheer	Holland MI	112	10	F	4 1-10	35:59.5	11:36/M	15:59.8
248	Debbie Veldheer	Holland MI	8	39	F	14 35-39	36:03.0	11:38/M	16:03.3
249	Tara Meeuwenberg	Hudsonville MI	108	44	F	9 40-44	36:25.0	11:45/M	16:25.3
250	Jamie Kukal	Fremont MI	364	32	F	22 30-34	36:31.2	11:47/M	16:31.5
251	Morgan Mansfield	Grant MI	347	13	F	17 11-14	36:34.4	11:48/M	16:34.7
252	Cody Rottier	Fremont MI	219	15	M	22 15-19	36:34.5	11:48/M	20:22.6
253	Kristina Johnson	Grant MI	131	11	F	18 11-14	36:38.1	11:49/M	16:38.4
254	Shaun Jeffery	Muskegon MI	283	28	M	16 20-29	36:48.9	11:52/M	20:37.0
255	Richard Vanlente	Allendale MI	85	69	M	3 65-69	37:10.4	11:59/M	20:58.5
256	Jacquelyn Klopp	Spring Lake MI	270	39	F	15 35-39	37:17.3	12:02/M	17:17.6
257	Hannah Rottier	Fremont MI	218	39	F	16 35-39	37:25.6	12:04/M	17:25.9
258	Shelley Schroeder	Whitehall MI	136	42	F	10 40-44	37:28.2	12:05/M	17:28.5
259	Lisa Santos	Muskegon MI	61	35	F	17 35-39	37:32.4	12:06/M	17:32.7
260	Jill Arends	Grant MI	123	8	F	5 1-10	37:56.6	12:14/M	17:56.9
261	Manda Smith	Spring Lake MI	145	30	F	23 30-34	37:56.8	12:14/M	17:57.1
262	Crystal Gleason	Hesperia MI	287	32	F	24 30-34	38:52.2	12:32/M	18:52.5
263	Tasha Bourne	Muskegon MI	278	31	F	25 30-34	39:07.4	12:37/M	19:07.7
264	Maureen Baker	Sparta MI	65	39	F	18 35-39	39:09.7	12:38/M	19:10.0
265	Scott Crandell	Fremont MI	56	46	M	13 45-49	39:44.5	12:49/M	23:32.6
266	Suzanne Connors	Lakeview MI	323	26	F	23 20-29	41:16.7	13:19/M	21:17.0
267	Summer Joy Biesida	Muskegon MI	27	6	F	6 1-10	41:40.8	13:26/M	21:41.1
268	Becky Biesiada	Muskegon MI	26	33	F	26 30-34	41:41.2	13:27/M	21:41.5
269	Terra Koch	Morley MI	216	29	F	24 20-29	41:56.8	13:32/M	21:57.1
270	Crystal Zandvliet	Fremont MI	204	29	F	25 20-29	42:10.9	13:36/M	22:11.2
271	Dana Gonzalez	Spring Lake MI	39	49	F	8 45-49	42:12.6	13:37/M	22:12.9
272	Janet Wilks	Comstock Park MI	328	36	F	19 35-39	42:33.9	13:44/M	22:34.2
273	Candice Tenbrink	Houston TX	262	39	F	20 35-39	43:36.6	14:04/M	23:36.9
274	Mary Dickinson	Fremont MI	72	50	F	7 50-54	43:45.2	14:07/M	23:45.5
275	Abhi Gami	Houston TX	263	37	F	21 35-39	49:40.9	16:01/M	29:41.2
276	Susan Tenbrink	Newaygo MI	261	61	F	2 60-64	49:57.7	16:07/M	29:58.0
277	Sara Arends	Grant MI	390	5	F	7 1-10	53:29.4	17:15/M	33:29.7
278	Bobbie Jo Arends	Grant MI	121	37	F	22 35-39	53:55.5	17:24/M	33:55.8
279	Andrew Lepeau	Downers Grove IL	1	57	M	4 55-59	56:24.8	18:12/M	40:12.9
280	Unknown Participant	Zeeland MI	62		M	1 0-0	1:30:00.7	29:02/M	1:13:48.8