

2015 Frostbite Run

Age Group Results

5K Run/Walk

Race Date
January 31, 2015

Male Overall Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Damien Halverson	Hesperia MI	17	545	1	16:25.34	5:18/M

Female Overall Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Riley Sweet	Fremont MI	15	417	1	21:42.96	7:00/M

Male Masters Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Rod Richards	Fremont MI	45	458	11	20:00.60	6:27/M

Female Masters Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Jean Seward	Muskegon MI	50	523	2	21:48.55	7:02/M

Male Grand Masters Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Jeffrey Hiller	Kalkaska MI	61	537	17	23:40.20	7:38/M

Female Grand Masters Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Jodi Bunce	Fremont MI	51	448	8	26:44.46	8:37/M

*Overall place within gender

2015 Frostbite Run

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5K Run/Walk

Race Date

January 31, 2015

Men 10 and Under

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Marcus Klimek	Fremont MI	10	507	36	34:24.92	11:06/M
2	Brett Wismar	Newaygo MI	9	424	38	35:06.69	11:19/M

Women 10 and Under

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Audrey Darling	Muskegon MI	10	419	7	26:27.94	8:32/M
2	Taylor Gerth	Fremont MI	10	495	15	29:49.30	9:37/M

Men 11 to 14

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Colton Best	Fremont MI	12	503	13	21:25.64	6:55/M
2	Colton Christoffersen	Fremont MI	14	505	24	26:01.74	8:24/M
3	Caden Christoffersen	Fremont MI	11	433	31	30:52.78	9:57/M

Women 11 to 14

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Kennedy Christoffersen	Fremont MI	11	435	14	29:48.93	9:37/M

Men 15 to 19

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Cole Hamilton	Hesperia MI	16	446	3	16:59.41	5:29/M
2	Matthew Zerfas	Fremont MI	16	427	5	17:37.51	5:41/M
3	Tyler Leroy	Kalamazoo MI	17	499	6	17:56.06	5:47/M
4	Benjamin Dueling	Fremont MI	16	426	7	18:59.49	6:07/M
5	Donavin Corley	Fremont MI	16	529	9	19:32.05	6:18/M
6	James Pikel	Fremont MI	15	423	10	19:38.08	6:20/M

Women 15 to 19

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Noelle Seward	Muskegon MI	15	522	3	22:56.92	7:24/M
2	Corrine Stevens	Newaygo MI	16	506	6	25:18.50	8:10/M
3	Randi Clark	Whitehall MI	15	431	10	27:26.47	8:51/M
4	Kelsey Vaughn	Fremont MI	19	439	42	47:30.83	15:19/M

*Overall place within gender

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January 31, 2015

Men 20 to 24

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Luke Boulter	Plainwell MI	20	533	4	17:21.52	5:36/M

Women 20 to 24

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Devin Purple	Whitehall MI	22	510	9	27:16.41	8:48/M
2	Kelsi Jones	Grand Rapids MI	22	519	22	31:58.57	10:19/M

Women 25 to 29

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Brianna Clark	Grand Rapids MI	25	432	4	23:38.80	7:37/M
2	Mandy Brydges	Grand Rapids MI	27	481	32	34:40.28	11:11/M
3	Ashley Sholty	Fremont MI	27	460	40	46:48.09	15:06/M

Men 30 to 34

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Ty Manchip	Fremont MI	34	455	12	21:02.47	6:47/M
2	Joshua Parks	Fremont MI	33	456	19	24:26.70	7:53/M

Women 30 to 34

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Christi Tank	Fremont MI	30	484	5	24:23.38	7:52/M
2	Rebecca Robeck	Grant MI	34	422	12	28:01.95	9:02/M
3	Angie Bouwsma	Holton MI	30	447	31	34:39.77	11:11/M
4	Danielle Proctor	Hastings MI	32	490	37	37:30.36	12:06/M
5	Terra Koch	Morley MI	34	416	43	49:56.35	16:06/M

Men 35 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Samuel Darling	Muskegon MI	37	418	2	16:52.67	5:26/M
2	Justin Patten	Fremont MI	35	457	8	19:16.44	6:13/M
3	Jimmy Ehnen	Muskegon MI	39	527	14	21:33.91	6:57/M
4	Jason Best	Fremont MI	38	502	25	26:10.98	8:26/M

*Overall place within gender

2015 Frostbite Run

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5K Run/Walk

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Women 35 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Christi Cavalier	Spring Lake MI	39	492	20	31:37.87	10:12/M
2	Jessica Johnson	Cedar Springs MI	35	488	23	31:58.77	10:19/M
3	Jenne Bush	Grant MI	36	501	25	32:46.24	10:34/M
4	Sarah Robar	Fremont MI	35	459	26	32:47.06	10:35/M
5	Claudia Hallberg	Newaygo MI	38	452	33	35:13.62	11:22/M
6	Sarah Klimek	Fremont MI	36	453	38	41:30.87	13:23/M

Men 40 to 44

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Chris Christoffersen	Holton MI	44	449	15	21:55.54	7:04/M
2	Jason Sweet	Muskegon MI	43	534	18	23:58.93	7:44/M
3	Pete Buhl	Grand Rapids MI	43	546	22	25:34.14	8:15/M
4	Kevin Kaastra	Fremont MI	44	445	23	25:34.96	8:15/M
5	Justin Fazio	Grand Rapids MI	43	483	40	36:16.76	11:42/M

Women 40 to 44

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Christina Christoffersen	Fremont MI	44	434	18	30:49.38	9:56/M
2	Jaci Wismar	Newaygo MI	41	425	35	35:54.23	11:35/M
3	Traci Jones	Muskegon MI	40	444	36	36:06.91	11:39/M
4	Sheri Lara	Caledonia MI	42	482	39	43:12.96	13:56/M

Men 45 to 49

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Lindsay Hager	Fremont MI	49	411	16	23:24.44	7:33/M
2	Scott Johnson	Cedar Springs MI	46	489	34	32:19.26	10:25/M

Women 45 to 49

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Miguelle Newman	Muskegon MI	46	538	11	27:33.56	8:53/M
2	Analie Musial	Grand Rapids MI	47	541	16	30:08.07	9:43/M
3	Stephenie Rahn	Wyoming MI	47	491	21	31:40.93	10:13/M
4	Linda Ackerman	Fremont MI	48	401	27	32:49.52	10:35/M
5	Rose Mary Weigel	Fruitport MI	49	414	28	32:50.97	10:35/M

*Overall place within gender

2015 Frostbite Run

Age Group Results

5K Run/Walk

Race Date

January 31, 2015

Women 45 to 49

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
6	Shannon Wallis	Muskegon MI	45	412	30	34:35.12	11:09/M
7	Emily Merriman	Fremont MI	48	438	41	46:59.63	15:09/M

Men 50 to 54

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Mike Hennessey	Delton MI	51	536	27	28:08.15	9:05/M
2	Randhy McDonald	Fremont MI	54	476	28	28:18.94	9:08/M
3	Joe Flickema	Holton MI	50	451	37	34:25.11	11:06/M
4	Dave Hooker	Fremont MI	53	440	42	46:36.71	15:02/M

Women 50 to 54

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Kathie Kortering	Gonzales LA	54	500	19	30:58.17	9:59/M
2	Amy Purple	Whitehall MI	52	509	34	35:29.09	11:27/M
3	Terrie Christian	Newaygo MI	51	415	44	51:56.55	16:45/M

Men 55 to 59

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Patrick Broton	Hesperia MI	58	437	20	24:58.78	8:03/M
2	Chuck Dickinson	Fremont MI	55	532	21	25:31.39	8:14/M
3	Vern Holford	Fremont MI	57	543	26	26:48.68	8:39/M
4	John MacHuta	Fremont MI	59	521	35	33:57.57	10:57/M

Women 55 to 59

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Kathy MacHuta	Fremont MI	58	454	13	29:41.62	9:35/M
2	Faith Fishman	Fremont MI	59	450	24	32:36.90	10:31/M
3	Cindy Watson	Kent City MI	58	430	29	33:41.18	10:52/M

Men 60 to 64

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Doug Duflo	Newaygo MI	62	428	29	29:30.78	9:31/M
2	James Musial	Grand Rapids MI	62	540	30	29:58.64	9:40/M

*Overall place within gender

2015 Frostbite Run

Age Group Results

5K Run/Walk

Race Date
January 31, 2015

Women 60 to 64

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Patti Duflo	Newaygo MI	60	429	17	30:21.81	9:47/M

Men 65 to 69

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Matt Britton	Rothbury MI	69	406	33	31:50.45	10:16/M
2	Edward Zimmerman	Grand Haven MI	65	539	41	39:49.36	12:51/M

Men 70 and over

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Rob Norris	Bailey MI	72	531	32	31:31.33	10:10/M
2	Roger Mulder	Holland MI	74	477	39	36:08.74	11:39/M

*Overall place within gender

Race Date
January 31, 2015

2015 Frostbite Run
Age Group Results

10K Run

Male Overall Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Scott Evans	Kalamazoo MI	31	511	1	35:43.97	5:46/M

Female Overall Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Kathryn Jazwinski	Muskegon MI	35	524	1	38:07.76	6:09/M

Male Masters Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Jim Lanciaux	Fremont MI	52	471	2	37:46.12	6:05/M

Female Masters Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Jill Evers-Bowers	Kent City MI	48	405	4	46:17.12	7:28/M

Male Grand Masters Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Jack Mueller	Muskegon MI	51	494	9	43:56.38	7:05/M

Female Grand Masters Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Deede Petz	Fremont MI	50	472	13	58:41.44	9:28/M

*Overall place within gender

2015 Frostbite Run

Age Group Results

10K Run

Women 15 to 19

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Jackie Seward	Muskegon MI	16	518	2	42:24.27	6:50/M
2	Hannah Edwards	Hart MI	19	508	11	57:28.00	9:16/M

Men 20 to 24

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Tyler Green	Fremont MI	20	407	3	38:04.60	6:08/M

Women 20 to 24

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Kaytlynne Kerwin	Kent City MI	21	441	6	47:13.62	7:37/M

Women 25 to 29

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Jessica Clark	Hesperia MI	26	535	5	46:25.84	7:29/M
2	Nikki Koivunen	Grand Rapids MI	26	526	10	51:14.38	8:16/M
3	Carina Shope	Alden MI	26	486	12	57:35.29	9:17/M
4	Julie Vangyseghem	Portage MI	29	498	17	1:02:12.64	10:02/M
5	Hannah Slattery	Fremont MI	25	436	18	1:02:13.65	10:02/M
6	Doreen Dusendana	Grand Rapids MI	29	544	25	1:11:27.28	11:31/M

Men 30 to 34

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Greg Pell	Grand Rapids MI	34	404	8	43:35.40	7:02/M
2	Justin Reed	Belding MI	32	515	14	48:12.25	7:46/M
3	Steven Dietz	Newaygo MI	33	514	15	48:30.45	7:49/M

Women 30 to 34

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Courtney Hansen	Muskegon MI	33	487	3	42:27.70	6:51/M
2	Gena Dietz	Newaygo MI	33	513	15	1:01:16.41	9:53/M
3	Amanda Winczewski	Muskegon MI	34	520	16	1:02:11.80	10:02/M
4	Crystal Jones	Grand Rapids MI	30	517	19	1:02:31.50	10:05/M

*Overall place within gender

2015 Frostbite Run

Age Group Results

10K Run

Men 35 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Daniel Conklin	Alden MI	35	485	6	41:06.05	6:38/M

Women 35 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Esther Jiran	Fremont MI	38	504	8	47:22.63	7:38/M
2	Elizabeth Pardue	Muskegon MI	35	516	23	1:04:36.10	10:25/M

Men 40 to 44

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Benji Walker	Fremont MI	40	408	4	38:52.16	6:16/M
2	Matt Jones	Muskegon MI	41	443	5	39:11.12	6:19/M
3	Chris Cook	Fremont MI	43	469	7	43:31.94	7:01/M
4	Tony Reichle	Fremont MI	40	480	10	45:54.50	7:24/M
5	Scott Sherman	Fremont MI	41	475	13	48:02.36	7:45/M

Women 40 to 44

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Jennifer Badgero	Newaygo MI	40	512	14	1:01:07.43	9:51/M

Men 45 to 49

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Dewey Ackerman	Fremont MI	45	402	16	52:26.50	8:27/M

Women 45 to 49

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Tracey Crowley	Fremont MI	45	542	7	47:19.58	7:38/M
2	Julie Kralej	Fremont MI	49	470	9	49:13.86	7:56/M
3	Teresa Forbes	Hesperia MI	47	468	21	1:02:51.87	10:08/M
4	Rhonda Collins	Muskegon MI	48	409	22	1:03:53.33	10:18/M
5	Donna Fleener	Whitehall MI	46	493	24	1:04:36.32	10:25/M

*Overall place within gender

2015 Frostbite Run

Age Group Results

10K Run

Race Date
January 31, 2015

Men 50 to 54

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Carlo Pozzobon	Muskegon MI	54	497	19	54:22.27	8:46/M

Women 50 to 54

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Sofia Occhialini	Muskegon MI	52	496	20	1:02:43.11	10:07/M

Men 55 to 59

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Larry Smalligan	Fremont MI	57	474	12	46:47.77	7:33/M
2	Doug Rainey	Newaygo MI	55	547	17	53:29.74	8:38/M
3	Patrick Conklin	Fremont MI	59	467	18	53:42.93	8:40/M

Women 55 to 59

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Mickey Conklin	Fremont MI	58	410	26	1:21:57.49	13:13/M

Men 60 to 64

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Ken Abbott	Fremont MI	62	464	11	46:30.65	7:30/M

Men 65 to 69

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Mike Thaler	Muskegon MI	66	530	20	1:11:25.15	11:31/M

*Overall place within gender