

2016 Frostbite Run

Age Group Results

Race Date
February 06, 2016

5K Run/Walk

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	Matthew Zerfas	Fremont MI	17	43	1	16:36.04	5:21/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	Brooke Wahl	Fremont MI	19	40	1	21:19.96	6:53/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	53	25	6	18:12.94	5:52/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	Cheri Visscher	Fremont MI	41	125	5	26:24.63	8:31/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	Kurt Jansen	Belding MI	53	69	14	20:13.00	6:31/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	Kathy MacHuta	Fremont MI	59	27	8	28:39.22	9:15/M

*Overall place within gender

2016 Frostbite Run

Age Group Results

5K Run/Walk

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	Jake Grimm	Muskegon MI	7	124	34	29:09.57	9:24/M
2	Nathanael Darling	Muskegon MI	10	73	42	38:25.52	12:24/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	Katie Ackerman	Fremont MI	9	2	9	28:41.39	9:15/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	13	66	9	18:45.62	6:03/M
2	Benjamin Paige	Fremont MI	12	31	16	20:30.09	6:37/M
3	Nathan Anderson	Fremont MI	14	47	25	23:52.50	7:42/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	Audrey Darling	Muskegon MI	11	68	4	25:52.73	8:21/M
2	Claire Whittle	Newaygo MI	14	67	12	28:59.34	9:21/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	17	44	3	17:36.29	5:41/M
2	Samuel Stitt	Fremont MI	16	39	5	17:56.86	5:47/M
3	Ben Devries	Fremont MI	16	103	7	18:15.79	5:53/M
4	Ryan Brummel	Newaygo MI	15	52	10	19:20.56	6:14/M
5	Aramis La Clair	White Cloud MI	15	55	11	19:21.66	6:15/M
6	Matthew Jones	Muskegon MI	15	17	15	20:21.79	6:34/M
7	Colton Christoffersen	Fremont MI	15	76	22	22:47.66	7:21/M
8	David Grodus	Newaygo MI	15	62	26	23:59.08	7:44/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	Heidi Crain	Fremont MI	17	48	2	24:14.44	7:49/M
2	Maya Hudson	Fremont MI	15	70	11	28:58.40	9:21/M

*Overall place within gender

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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>
3	Amalie Pedersen	Coopersville MI	16	106	19	31:21.35	10:07/M
4	Kunkanaya (joy)	Bailey MI	16	105	33	55:47.82	18:00/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	Luke Boulter	Plainwell MI	21	113	8	18:22.08	5:55/M
2	Alec Beattie	Fremont MI	23	75	13	20:04.97	6:28/M
3	Brandon Kuck	Whitehall MI	20	64	41	34:51.53	11:15/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	Kayla Wyels	Lowell MI	20	50	10	28:46.10	9:17/M

Men 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	Michael Boulter	Plainwell MI	25	112	4	17:51.13	5:45/M
2	Jason Beaton	Lowell MI	27	51	33	28:45.59	9:16/M
3	Terry Price	Fremont MI	29	34	37	29:38.51	9:34/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	Magee Shreeve	Grand Rapids MI	26	37	3	24:17.86	7:50/M
2	Lynnae Deguise	Grand Rapids MI	25	10	23	32:42.84	10:33/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	Scott Evans	Kalamazoo MI	32	114	2	16:54.60	5:27/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	Emily Seaman	White Cloud MI	32	58	6	26:46.47	8:38/M

*Overall place within gender

2016 Frostbite Run

Age Group Results

5K Run/Walk

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>
2	Amy Olds	Newaygo MI	34	30	7	28:33.48	9:13/M
3	Amanda Klemundf	White Cloud MI	30	22	14	29:03.73	9:22/M
4	Julie Burrell	Hesperia MI	30	63	25	33:29.48	10:48/M
5	Colleen Carter	Grant MI	31	126	31	42:37.32	13:45/M
6	Jennifer Folkema	Fremont MI	33	77	34	56:56.37	18:22/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	Justin Patten	Fremont MI	36	32	12	19:50.02	6:24/M
2	Ty Manchip	Fremont MI	35	28	29	26:01.48	8:24/M
3	Jason Best	Fremont MI	39	65	30	26:24.54	8:31/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	Shawn Church	Muskegon MI	39	61	20	32:07.23	10:22/M
2	Sarah Robar	Fremont MI	36	35	24	32:45.91	10:34/M
3	Claudia Hallberg	Newaygo MI	39	14	28	35:46.40	11:32/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	Jason Sweet	Muskegon MI	44	115	19	21:44.50	7:01/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	Amy Ward	Fremont MI	40	41	17	30:45.13	9:55/M
2	Taci Knash	Twin Lake MI	40	131	27	35:43.23	11:31/M
3	Traci Jones	Muskegon MI	41	18	29	36:12.11	11:41/M
4	Jennifer Schullo	Bailey MI	43	104	32	42:37.69	13:45/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	Greg Gould	Muskegon MI	46	78	21	22:02.65	7:06/M
2	Dewey Ackerman	Fremont MI	46	1	32	28:29.92	9:11/M

*Overall place within gender

2016 Frostbite Run

Age Group Results

5K Run/Walk

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	Rhonda Collins	Muskegon MI	49	6	15	29:32.15	9:32/M
2	Sharra Cook	Hesperia MI	46	8	18	31:03.77	10:01/M
3	Kim Wilmers	Twin Lake MI	45	45	21	32:32.06	10:30/M
4	Denise Hudson	Fremont MI	46	74	26	33:48.49	10:54/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	Tony De Mull	Grand Rapids MI	50	53	17	20:38.61	6:39/M
2	Lindsay Hagar	Fremont MI	50	13	27	24:24.52	7:52/M
3	Mike Hennessey	Delton MI	52	100	28	24:27.05	7:53/M
4	Roger Vanderhelm	Wyoming MI	53	72	35	29:21.21	9:28/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	Eric Hinderleider	Muskegon MI	57	117	31	27:52.84	8:59/M
2	Dave Kuck	Fremont MI	57	23	36	29:24.47	9:29/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	Carol Jones	Fremont MI	57	15	13	29:03.33	9:22/M
2	Cindy Watson	Grand Rapids MI	59	54	30	36:24.07	11:45/M
3	Mary Folkema	Fremont MI	56	122	35	56:57.25	18:22/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	Bob Jordan	Fremont MI	62	19	23	22:55.13	7:24/M
2	Doug Harmon	Canfield OH	60	102	24	23:03.45	7:26/M
3	John MacHuta	Fremont MI	60	59	39	34:14.79	11:03/M
4	Rick Falkenberg	Fremont MI	63	11	43	43:25.82	14:00/M

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	Susanne Jordan	Fremont MI	60	20	16	29:54.75	9:39/M

*Overall place within gender

Race Date
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2016 Frostbite Run
Age Group Results

5K Run/Walk

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>
2	Faith Fishman	Fremont MI	60	12	22	32:40.59	10:32/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	Jim Cihak	Muskegon MI	65	110	18	21:41.74	7:00/M
2	Don Correll	Muskegon MI	66	9	20	21:54.45	7:04/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	Matt Britton	Rothbury MI	70	4	38	30:56.14	9:59/M
2	Rob Norris	Bailey MI	73	46	40	34:21.87	11:05/M

*Overall place within gender

2016 Frostbite Run

Age Group Results

Race Date
February 06, 2016

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	Samuel Darling	Muskegon MI	38	86	1	34:54.91	5:38/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	Megan Martin	Spring Lake MI	35	84	1	46:31.31	7:30/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	Matt Jones	Muskegon MI	42	16	2	37:24.15	6:02/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	Jodi Bunce	Fremont MI	52	5	3	51:27.84	8:18/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	52	81	6	44:47.64	7:13/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	51	33	11	58:11.47	9:23/M

*Overall place within gender

2016 Frostbite Run

Age Group Results

10K Run

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	Joe Kotecki	Fremont MI	22	128	7	45:51.69	7:24/M
2	Lance Willson	White Cloud MI	23	99	16	55:52.03	9:01/M

Men 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	Josh Alderink	Holton MI	28	118	3	38:25.65	6:12/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	Katherine Irwin	Fremont MI	27	127	7	54:25.38	8:47/M
2	Nichole Krucinski	White Cloud MI	27	93	8	56:46.11	9:09/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	Jeff Church	Muskegon MI	33	60	12	52:25.97	8:27/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	Diane Smith	Cedar Springs MI	34	101	2	47:31.59	7:40/M
2	Melissa Blackmer	Muskegon MI	33	107	5	52:58.06	8:33/M
3	Hilary Sepe	Twin Lake MI	34	36	10	58:10.89	9:23/M
4	Gena Dietz	Newaygo MI	34	89	15	1:00:33.05	9:46/M
5	Doreen Dusendang	Grand Rapids MI	30	92	22	1:15:56.34	12:15/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	Ryan Wasson	Grand Haven MI	36	91	11	52:24.09	8:27/M
2	Donald West	Spring Lake MI	38	96	18	1:02:34.16	10:05/M

*Overall place within gender

2016 Frostbite Run

Age Group Results

10K Run

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	Susan Pell	Howard City MI	35	95	9	57:46.15	9:19/M
2	Amanda Winczewski	Muskegon MI	35	83	13	59:08.16	9:32/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	Jimmy Ehnen II	Muskegon MI	40	85	5	43:36.79	7:02/M
2	Tony Reichle	Fremont MI	41	116	8	45:58.32	7:25/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	Joey Retsema	Grand Haven MI	41	120	6	53:54.05	8:42/M
2	Jennifer Badgero	Newaygo MI	41	87	14	1:00:30.52	9:45/M
3	Lisa Reichle	Fremont MI	40	94	21	1:11:03.54	11:28/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	Mark Paulson	White Lake MI	47	109	4	38:45.35	6:15/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	Donna Fleener	Whitehall MI	47	108	4	51:47.58	8:21/M
2	Gayle Witham	Grand Rapids MI	49	90	16	1:01:40.40	9:57/M
3	Erin Japenga	Spring Lake MI	46	97	17	1:02:34.08	10:05/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	Brian Ericksen	Grand Haven MI	52	121	17	59:33.90	9:36/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	Rebecca Mueller	Muskegon MI	52	82	19	1:04:41.29	10:26/M

*Overall place within gender

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10K Run

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	58	38	9	47:39.90	7:41/M
2	Charles Dickinson	Fremont MI	56	111	10	48:59.85	7:54/M
3	Carlo Pozzobon	Muskegon MI	55	98	13	52:59.02	8:33/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	Kim Plummer	Muskegon MI	58	88	18	1:03:25.12	10:14/M
2	Nancy Wood	Twin Lake MI	59	129	20	1:07:54.00	10:57/M
3	Mickey Conklin	Fremont MI	59	130	23	1:19:43.33	12:51/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	Patrick Conklin	Fremont MI	60	7	15	55:04.78	8:53/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	Robert Palmer	Whitehall MI	68	119	14	54:19.80	8:46/M

Women 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	Geri Morris	Traverse City MI	65	123	12	58:58.74	9:31/M

*Overall place within gender