

Race Date
April 22, 2017

7th Annual Pancake Pacer 5K

Age Group Results

5K

Female Open 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	Michelle Haan		26	6584	4	19:35.6	6:19/M

Male Open 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	Todd Bevan		25	6508	1	19:27.8	6:16/M

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Female No Age Provided

<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	Jacqueline Clay		0	6532	254	1:01:52.6	19:57/M

No Age Provided

<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	Unregistered Participant			4277	149	36:05.2	11:38/M

Female 19 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	Miya Kennedy		17	6783	30	24:58.2	8:03/M
2	Grace Eenigenburg		12	6564	39	25:28.3	8:13/M
3	Abby Mejan		14	6642	43	25:36.6	8:15/M
4	Avery Slings		11	6785	63	27:57.2	9:01/M
5	Katie Mejan		12	6643	64	27:57.3	9:01/M
6	Christine De Young		13	6544	79	28:50.8	9:18/M
7	Frances Boerman-Cornell		13	6512	80	28:52.9	9:19/M
8	Elizabeth Aje		12	6501	90	29:49.9	9:37/M
9	Morgan Trivette		12	6718	92	29:58.2	9:40/M
10	Kaylynn Koontz		13	6622	103	31:08.8	10:03/M
11	Olivia Wegner		12	6767	106	31:19.9	10:06/M
12	Kacie Van Kalker		14	6728	110	31:39.2	10:13/M
13	Emily Ipema		19	6604	111	31:39.9	10:13/M
14	Kate Ohm		11	6660	112	31:41.4	10:13/M
15	Stephanie Huitsing		14	6601	133	34:35.3	11:09/M
16	Kylie Wegner		14	6765	148	36:04.6	11:38/M
17	Kelsee Smit		11	6705	153	37:47.1	12:11/M
18	Megan Jonkman		13	6608	156	38:24.4	12:23/M
19	Madelyn Wegner		15	6766	157	38:24.4	12:23/M
20	Emily Rozendal		14	6688	176	40:50.3	13:10/M
21	Lauren Courtney		16	6535	196	45:51.7	14:47/M
22	Aubrey Van Beek		9	6789	205	49:14.5	15:53/M
23	Marissa Klain		13	6616	218	50:25.5	16:16/M
24	Alisa Derico-Williams		14	6551	244	54:27.6	17:34/M
25	Abigail Alfaro		19	6503	248	56:01.7	18:04/M

Male 19 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>
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Male 19 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	Hayden Podlin		14	6673	2	19:28.8	6:17/M
2	Justin Van Prooyen		14	6730	3	19:29.5	6:17/M
3	Kyle Mulderink		17	6651	5	19:39.9	6:20/M
4	Justin Van Druen		14	6723	8	20:59.7	6:46/M
5	Jacob Vander Zee		14	6744	10	21:56.3	7:05/M
6	Caleb Slings		13	6695	13	22:13.3	7:10/M
7	Ben Ritzema		14	6682	14	22:15.2	7:11/M
8	Adam Gibson		13	6576	16	22:53.8	7:23/M
9	Matthew Davids		8	6540	25	24:17.4	7:50/M
10	Marc Rozendal		13	6684	28	24:51.8	8:01/M
11	Everett Buiters		19	6523	29	24:55.1	8:02/M
12	Luke Ipema		8	6603	31	25:00.1	8:04/M
13	Nolan Flipse		11	6791	32	25:00.3	8:04/M
14	Zander Weemhoff		12	6761	34	25:01.2	8:04/M
15	Andrew Bakker		13	6505	35	25:01.6	8:04/M
16	Zachary Davids		11	6542	37	25:23.3	8:11/M
17	Zach Rozendal		15	6683	51	26:16.5	8:28/M
18	Matthew Smits		13	6707	55	26:41.8	8:36/M
19	Zach Hart		12	6587	60	27:21.8	8:49/M
20	Colin DeVries		16	6554	62	27:32.3	8:53/M
21	Noah Davids		8	6541	65	28:01.1	9:02/M
22	Ian Van Beek		13	6788	70	28:36.5	9:14/M
23	Caleb Rozendal		12	6685	72	28:41.1	9:15/M
24	Matthew Vander Woude		10	6740	75	28:44.2	9:16/M
25	Kyle Jonkman		12	6606	89	29:49.2	9:37/M
26	Gerrit Pals		14	6662	113	31:52.1	10:17/M
27	Jacob Miedema		18	6644	114	32:03.8	10:20/M
28	Kyle Clark		14	6531	116	32:04.1	10:21/M
29	Dale DeJong		18	6545	117	32:06.7	10:21/M
30	Joey Smit		18	6698	152	37:46.4	12:11/M
31	Raúl García		16	6575	195	45:51.5	14:47/M

Female 20 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	Hannah Schaap		26	6782	15	22:23.3	7:13/M
2	KAYLA VANDERWALL		22	6748	22	24:01.6	7:45/M
3	Carrie Kamp		27	6786	36	25:10.1	8:07/M
4	Kelsey Bevan		25	6509	44	25:38.3	8:16/M
5	Tricia Van Regenmorter		24	6732	45	25:38.8	8:16/M
6	Ashley Van Baren		28	6721	47	25:47.6	8:19/M

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Female 20 to 29

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7	Laren Nashleanas		25	6653	53	26:25.5	8:31/M
8	Breanna Faber		24	6568	54	26:39.4	8:36/M
9	Rebecca DeVries		20	6553	68	28:34.7	9:13/M
10	Emily Hillegonds		27	6593	74	28:44.2	9:16/M
11	Kara Smit		23	6704	77	28:46.6	9:17/M
12	Bethany Zirbel		28	6781	102	30:43.1	9:55/M
13	Danielle Venhuizen		25	6753	115	32:03.8	10:20/M
14	Michelle Fiene		28	6571	161	38:34.6	12:26/M
15	Thalia Chavolla		24	6529	168	40:00.7	12:54/M
16	Cynthia Dominguez		24	6558	169	40:00.9	12:54/M
17	Kathryn Griffin		23	6582	172	40:10.7	12:57/M
18	Jaci Koopmans		28	6624	197	46:21.8	14:57/M
19	Becca Trepton		29	6716	214	50:08.4	16:10/M
20	Emily Vander Bent		20	6737	215	50:17.2	16:13/M
21	Rachel Landis		24	6629	220	50:42.1	16:21/M
22	Jennifer Vander Molen		29	6739	224	51:02.4	16:28/M
23	Kylie Bonnema		20	6515	234	51:58.4	16:46/M

Male 20 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	KEITH KOOPMANS		29	6623	7	20:41.3	6:40/M
2	Dustin Pluard		21	6671	9	21:16.3	6:52/M
3	Kevin Vermeer		24	6754	52	26:25.4	8:31/M
4	Cody Kholer		21	6610	69	28:34.8	9:13/M
5	Ty Hillegonds		24	6592	73	28:43.8	9:16/M
6	Vance Venhuizen		25	6752	83	29:34.2	9:32/M
7	Andrew Vermees		26	6787	86	29:43.8	9:35/M
8	Craig Vander Molen		29	6738	97	30:25.3	9:49/M
9	David Knot		21	6618	142	35:22.4	11:25/M
10	Daniel Timmer		26	6715	173	40:17.8	13:00/M
11	Nathan Zirbel		28	6780	225	51:02.4	16:28/M

Female 30 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	Alison Vander Woude		37	6741	33	25:00.4	8:04/M
2	Allison Alons		36	6504	59	27:17.1	8:48/M
3	Hannah Trivette		36	6717	78	28:50.7	9:18/M
4	Melissa Vander Woude		36	6742	81	28:53.8	9:19/M

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5K

Female 30 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>
5	Wendy Moes		39	6647	91	29:57.3	9:40/M
6	Rachel Davids		35	6543	96	30:16.3	9:46/M
7	Sarah Vanderaa		34	6746	109	31:33.3	10:11/M
8	Lauren Evers		38	6567	127	33:33.1	10:49/M
9	Cheryl Reece		36	6676	129	34:04.5	10:59/M
10	Sarah Rudenga		37	6691	130	34:31.8	11:08/M
11	Amber Boese		32	6513	140	35:18.8	11:23/M
12	Maria Kelley		35	6609	143	35:30.8	11:27/M
13	Amy Wegner		39	6764	144	35:31.4	11:27/M
14	Amy Castillo		39	6527	146	36:03.6	11:38/M
15	Sarah Boer		34	6511	164	38:59.4	12:35/M
16	Lynn Pickard		39	6670	182	41:20.6	13:20/M
17	Becky Hart		36	6588	189	43:22.5	13:59/M
18	Holly Haitsma		35	6586	190	43:24.8	14:00/M
19	Jamie Bristol		38	6521	198	47:16.1	15:15/M
20	Danielle Maciszak		33	6636	203	49:10.9	15:52/M
21	Mary Beth Van Beek		39	6722	207	49:16.2	15:54/M
22	Jen Kirk		39	6612	211	49:48.5	16:04/M
23	Alexandria Neyhart		35	6658	223	50:49.6	16:24/M
24	Patty Gomez		36	6578	240	54:26.1	17:34/M
25	Anna Barbosa-Gomez		36	6506	247	56:01.5	18:04/M
26	Cecylia Turkstra		33	6720	249	56:33.6	18:15/M

Male 30 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	Anthony Drost		37	6559	20	23:57.8	7:44/M
2	Joe Wegner		33	6763	27	24:43.5	7:58/M
3	Tim Dykstra		35	6560	38	25:24.6	8:12/M
4	Ryan Davids		35	6539	108	31:31.8	10:10/M
5	Ryan Staley		35	6711	139	35:18.6	11:23/M
6	James Haitsma		35	6585	191	43:24.9	14:00/M
7	David Gomez		38	6577	222	50:42.6	16:21/M

Female 40 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	Michelle Nelson		41	6656	17	23:04.8	7:26/M
2	Richelle Vander Zee		45	6745	21	24:01.3	7:45/M
3	Brenda Overzet		47	6661	48	25:57.1	8:22/M

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5K

Female 40 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>
4	Denise Van Druen		43	6726	49	25:57.3	8:22/M
5	Lori Mejan		42	6790	66	28:17.6	9:07/M
6	Giuseppina Reifel		42	6679	82	28:57.3	9:20/M
7	Darlene Van Prooyen		45	6731	87	29:44.6	9:35/M
8	Maria Perez		42	6667	88	29:47.6	9:36/M
9	Stacia Smits		47	6708	95	30:05.6	9:42/M
10	Denise Van Ryn		44	6734	100	30:41.3	9:54/M
11	Jessica Podlin		44	6674	101	30:41.6	9:54/M
12	Pam VanDerWall		46	6793	107	31:24.3	10:08/M
13	Debra Smits		48	6709	118	32:07.1	10:22/M
14	Lisa Flipse		44	6572	125	33:31.5	10:49/M
15	Karla Weemhoff		42	6762	126	33:32.8	10:49/M
16	Angela DeJong		40	6546	131	34:32.3	11:08/M
17	Sharla Slings		42	6696	132	34:32.4	11:08/M
18	Diana Morecrafts		44	6649	134	34:41.8	11:11/M
19	Rachel Huitsing		42	6600	136	34:51.1	11:15/M
20	Elana Reid		42	6678	137	34:51.3	11:15/M
21	Darla Kinkade		41	6611	147	36:04.6	11:38/M
22	Margie Hofmann		43	6594	150	36:05.4	11:38/M
23	Ruby Dennis-Weber		47	6548	155	38:17.9	12:21/M
24	Luz Gonzalez		46	6580	158	38:33.6	12:26/M
25	Gabrielle Galecki		43	6574	159	38:33.8	12:26/M
26	Lorraine Peerbolte		49	6666	160	38:34.6	12:26/M
27	Dawn Wegner		45	6768	162	38:54.1	12:33/M
28	Jan Tillema		45	6714	163	38:54.3	12:33/M
29	Stephanie Kite		44	6613	167	39:50.9	12:51/M
30	Penny Bizoukas		49	6510	170	40:04.8	12:55/M
31	Jill Rozendal		44	6687	178	41:14.4	13:18/M
32	Debra Van Kalker		46	6729	180	41:19.4	13:20/M
33	Susan Molnar		49	6648	181	41:19.8	13:20/M
34	Nanci Natale		47	6655	183	41:25.6	13:22/M
35	Rachel DeVries		41	6556	185	41:35.9	13:25/M
36	Jodi Jonkman		40	6607	188	43:22.5	13:59/M
37	Terri Schaaf		48	6692	192	43:31.7	14:02/M
38	Shannon Sobolewski		46	6710	193	43:57.1	14:11/M
39	Stefanie Yonkman		43	6784	201	49:09.4	15:51/M
40	Heather Breclaw		46	6518	202	49:10.4	15:52/M
41	Sarra Schipper		40	6693	204	49:12.5	15:52/M
42	Kristen Holleman		41	6596	206	49:15.6	15:53/M
43	Shawna Schoon		49	6694	208	49:27.4	15:57/M
44	Sheri Rozendal		44	6689	212	49:49.3	16:04/M
45	Kimberly Pickard		40	6669	213	49:53.1	16:05/M

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5K

Female 40 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>
46	Diana Chavolla		44	6528	221	50:42.1	16:21/M
47	Heidi Vaseloff		44	6751	226	51:25.3	16:35/M
48	Graziella Eenigenburg		46	6563	228	51:25.9	16:35/M
49	Gerlandina Eenigenburg		42	6565	229	51:26.1	16:35/M
50	Laura White		47	6772	230	51:29.1	16:36/M
51	Eileen Bonnema		47	6516	233	51:57.9	16:45/M
52	Deb Hulford		49	6602	235	52:51.9	17:03/M
53	Melanie Benes		45	6507	245	54:38.1	17:37/M
54	Sheri Reiplinger		44	6680	246	54:38.1	17:37/M
55	Jill Koontz		41	6621	250	56:33.6	18:15/M
56	Laura Alfaro		46	6502	251	56:35.8	18:15/M
57	Antonella Wellman		42	6770	253	58:07.8	18:45/M

Male 40 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	Paul Mitoraj		45	6646	6	20:06.8	6:29/M
2	Anthony Reid		44	6677	12	22:00.9	7:06/M
3	Jeff Pals		46	6663	18	23:13.6	7:29/M
4	Michael DeVries		40	6552	19	23:29.8	7:35/M
5	Mark Eenigenburg		48	6561	26	24:27.3	7:53/M
6	David Weemhoff		43	6760	41	25:30.3	8:14/M
7	Brett Mejan		43	6641	42	25:36.6	8:15/M
8	John Van Kalker		47	6727	56	26:50.4	8:39/M
9	Doug Rozendal		43	6686	57	26:55.3	8:41/M
10	Allen Neyhart		44	6657	58	27:10.2	8:46/M
11	Tim Eenigenburg		41	6562	61	27:26.7	8:51/M
12	Bryan Van Ryn		45	6733	67	28:33.4	9:13/M
13	Gregg Wellman		46	6769	71	28:38.8	9:14/M
14	Brian Buiet		46	6522	76	28:46.1	9:17/M
15	Matthew Wenzel		48	6771	123	32:43.8	10:33/M
16	Kenneth Klain		49	6615	124	33:22.3	10:46/M
17	Jared Morgan		43	6650	135	34:42.1	11:12/M
18	Greg Smith		44	6706	151	36:47.1	11:52/M
19	Adam Clark		40	6530	166	39:12.4	12:39/M
20	robert natale		47	6654	184	41:25.9	13:22/M
21	Rick Pickard		43	6668	186	41:59.3	13:33/M
22	chad yonkman		45	6776	200	49:09.2	15:51/M
23	Steve Smit		47	6700	210	49:38.8	16:01/M
24	Sebastian Cabrielas		40	6526	241	54:26.4	17:34/M
25	David Troutman		49	6794	255	1:01:52.6	19:57/M

7th Annual Pancake Pacer 5K
Age Group Results

5K

Female 50 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	jan horner		50	6597	84	29:35.3	9:33/M
2	Lara Elfner		50	6566	85	29:39.1	9:34/M
3	Christie Smit		56	6703	94	30:05.5	9:42/M
4	Betsy Cutrara		50	6537	99	30:31.9	9:51/M
5	Mary Ann Gozdecki		55	6581	104	31:14.6	10:05/M
6	Marj Colvin		57	6533	105	31:19.5	10:06/M
7	Janet Brink		51	6520	119	32:13.6	10:24/M
8	Sandy Vree		50	6758	120	32:23.6	10:27/M
9	Anne Mitchell		51	6645	121	32:23.8	10:27/M
10	Deborah Knot		51	6619	122	32:23.8	10:27/M
11	Melody Wolff		56	6774	128	34:04.1	10:59/M
12	Michele Heldt		50	6589	165	39:07.1	12:37/M
13	Karen Laurencezl		52	6631	171	40:05.2	12:56/M
14	Susan Mahoney		50	6792	175	40:37.9	13:06/M
15	Donna Teune		56	6713	177	41:10.1	13:17/M
16	Michelle Bower		50	6517	179	41:19.4	13:20/M
17	AJ KUNDE		57	6627	187	42:16.8	13:38/M
18	Janet Mangiaracina		55	6637	199	47:17.4	15:15/M
19	Marjorie Meager		53	6640	209	49:29.6	15:58/M
20	Mary Lagerwey		55	6628	219	50:33.2	16:18/M
21	Linda Cortopassi		50	6534	227	51:25.7	16:35/M
22	Cheryl Reynolds		51	6681	232	51:33.4	16:38/M
23	Carlene JaBaay		52	6605	236	53:00.5	17:06/M
24	Cindy Smit		50	6701	239	53:28.4	17:15/M
25	Mona Derico Howell		58	6550	242	54:27.4	17:34/M
26	Debbie Horwath		55	6598	256	1:02:52.7	20:17/M
27	Michelle Kolodzej		59	6620	257	1:02:54.5	20:17/M

Male 50 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	John Fiene		50	6570	11	21:57.1	7:05/M
2	Philip VanderWall		53	6747	23	24:01.8	7:45/M
3	Bill Smit		56	6697	24	24:02.6	7:45/M
4	Dave Van Wylen		59	6735	40	25:28.8	8:13/M
5	William Maurello		51	6639	50	25:58.2	8:23/M
6	Craig Knot		52	6617	141	35:22.4	11:25/M
7	David Van Druen		52	6725	145	35:39.8	11:30/M
8	Peter Dennis		51	6547	154	38:17.1	12:21/M
9	Craig Teune		53	6712	174	40:20.6	13:01/M
10	John Bonnema		51	6514	216	50:18.4	16:14/M

Race Date
April 22, 2017

7th Annual Pancake Pacer 5K
Age Group Results

5K

Male 50 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>
11	John Dalla		55	6538	231	51:32.4	16:37/M
12	Carl Howell		58	6599	243	54:27.4	17:34/M

Female 60 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	Liz Rudenga		63	6690	93	30:03.9	9:42/M
2	Pegge ODonnell		60	6659	98	30:30.3	9:50/M
3	Jan Lanting		66	6630	138	35:15.1	11:22/M
4	Debbie Pott		62	6675	194	44:20.3	14:18/M
5	Kathie Lopes		61	6634	237	53:19.9	17:12/M
6	Debbie Voss		63	6756	238	53:20.6	17:12/M
7	Librada Gomez		65	6579	252	56:36.2	18:15/M
8	Cynthia Wollenzien		60	6775	258	1:03:05.7	20:21/M

Male 60 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	Robert Fuka		64	6573	46	25:41.3	8:17/M
2	Ed Klain		71	6614	217	50:25.1	16:16/M