

2018 Grape Lake 5K

Age Group Results

Run

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	Molly Thompson	Paw Paw MI	17	6904	3	19:20.0	6:14/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	Jonah Maichele	Mattawan MI	17	6756	1	16:58.2	5:28/M

2018 Grape Lake 5K

Age Group Results

Run

Female 1 to 10

<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	* Claire Traugher	Ada MI	9	6907	67	26:17.7	8:29/M
2	* Madison Cooley		10	7016	83	27:18.4	8:48/M
3	* Evelyn Argo	Portage MI	9	6515	103	28:02.5	9:03/M
4	Lillian Wolf		10	6950	190	33:25.8	10:47/M
5	Julia Welc	Portage MI	8	6931	209	34:33.5	11:09/M
6	Aya Enciso		6	6961	214	34:42.3	11:12/M
7	Emma Enciso		8	6962	215	34:42.7	11:12/M
8	Gwendolyn Kooyers	Lawton MI	9	6718	228	35:32.0	11:28/M
9	Anika Weurding	Lawton MI	9	6939	240	35:57.3	11:36/M
10	Hannah Enciso		6	6959	285	40:27.1	13:03/M
11	Carmella Watson	Crete IL	7	6927	314	47:40.0	15:23/M
12	Layla Goerres		5	6982	319	48:26.9	15:37/M

Male 1 to 10

<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	* Christopher Vogt	Lawton MI	9	6921	71	26:48.1	8:39/M
2	* Lex Lounsbury		7	6748	160	31:02.7	10:01/M
3	* Jack Smith	Lawton MI	8	6876	196	34:06.6	11:00/M
4	Carter Buhl		9	6543	204	34:21.0	11:05/M
5	Tyler Smith	Lawton MI	10	6880	247	36:12.5	11:41/M

Female 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	* Amanda Williams	Portage MI	13	6942	7	20:00.9	6:27/M
2	* Kylie Combs		14	6560	82	27:16.1	8:48/M
3	* Rachel Pursley	Lawton MI	13	6806	150	30:36.5	9:52/M
4	Vanessa Rodriguez	Paw Paw MI	11	6838	221	34:54.3	11:15/M
5	Brooke Holt	Mattawan MI	14	6681	244	36:07.9	11:39/M
6	Allison Ramlow	Kalamazook MI	13	6811	246	36:10.0	11:40/M
7	Lauren Fitzgerald		11	6607	309	45:01.1	14:31/M
8	Keelin McCafferty	Paw Paw MI	14	6764	330	57:53.7	18:40/M
9	Autum Seceast	Kalamazoo MI	14	6858	333	1:02:21.5	20:07/M

Male 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	* Brody Houseman	Mattawan MI	11	6682	17	21:57.3	7:05/M

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Run

Male 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>
2 *	Jacob Williams	Portage MI	13	6945	27	22:53.9	7:23/M
3 *	Alexander Argo	Portage MI	11	6513	30	23:06.1	7:27/M
4	Carson Lenzinger		13	7032	33	23:57.9	7:44/M
5	Tyler Caruso	Bangor MI	11	6553	35	24:01.8	7:45/M
6	Michael Welc	Portage MI	11	6932	72	26:48.6	8:39/M
7	Chase Marler	Paw Paw MI	12	6758	101	27:58.9	9:01/M
8	Zachary Kooyers	Lawton MI	11	6720	114	28:40.7	9:15/M
9	Eric Randall	Tinley Park IL	14	6812	141	30:14.3	9:45/M
10	Landon Buhl		11	6545	176	31:52.2	10:17/M
11	Nathan Smith	Lawton MI	12	6877	195	34:05.8	11:00/M

Female 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 *	Clair Warine		18	7013	264	38:20.5	12:22/M
2 *	Ana Luisa Decaro Pinto	Kalamazoo MI	16	6582	334	1:02:40.5	20:13/M

Male 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 *	Abraham Jones		19	7005	2	17:06.4	5:31/M
2 *	Anthony Short		18	6868	11	20:53.3	6:44/M
3 *	Steven Mosher	Shelbyville MI	17	6780	18	21:57.8	7:05/M
4	Garret Hoard	Kalamazoo MI	15	6677	40	24:31.0	7:55/M
5	Vinnie Short		16	6869	63	26:10.4	8:26/M
6	Michael Hiestand		16	6671	152	30:38.0	9:53/M
7	Zach Callahan		16	6550	175	31:47.9	10:15/M

Female 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 *	Abbie Goldberg	Kalamazoo MI	23	6628	105	28:05.2	9:04/M
2 *	Morgan French	Paw Paw MI	21	6621	108	28:14.7	9:06/M
3 *	Katlyn Lindstrom	Lansing MI	24	6742	119	28:52.1	9:19/M
4	Ashley Bulkema	Lawton MI	23	6546	155	30:47.0	9:56/M
5	Katelyn Brusach	Paw Paw MI	20	6541	187	33:13.3	10:43/M
6	Makayla Fleetwood	Gobles MI	24	6612	229	35:32.3	11:28/M
7	Macy Handley		24	7023	249	36:17.1	11:42/M
8	Megan Hamann	Richland MI	21	6643	261	37:16.7	12:01/M

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Run

Female 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>
9	Aeriana Bowman	Portage MI	20	6534	282	40:12.5	12:58/M
10	Emily Gordon		21	7034	294	41:10.1	13:17/M
11	Nikki Allen		20	6510	328	57:14.6	18:28/M

Male 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 *	Howard Adams		24	6505	22	22:28.2	7:15/M
2 *	Logan Kreps	Portage MI	20	6725	56	25:47.0	8:19/M
3 *	Sean Blake	Gobles MI	24	6531	156	30:48.5	9:56/M
4	Caleb Winenger		20	6948	329	57:16.1	18:28/M

Female 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 *	Maggie Meersman		28	7031	47	25:13.1	8:08/M
2 *	Ashley Atwood	Kalamazoo MI	28	6518	62	26:09.1	8:26/M
3 *	Emileigh Dewitt	Kalamazoo MI	25	6586	86	27:25.1	8:51/M
4	Kristen Spigiel	Mattawan MI	28	6884	115	28:44.1	9:16/M
5	Brittany Russell	Otsego MI	28	6848	123	29:12.8	9:25/M
6	Samantha Colter		29	7018	131	29:33.9	9:32/M
7	Alyssa Allen	Chicago IL	29	6509	134	29:58.1	9:40/M
8	Danielle Owens	Chicago IL	29	6794	136	29:59.4	9:40/M
9	Samantha McPharlin	Caledonia MI	27	6768	138	30:02.9	9:41/M
10	Jessica Guillean		27	6964	139	30:03.0	9:42/M
11	Caitlin Cipri	Lawrence MI	29	6555	144	30:21.2	9:47/M
12	Lauren Carpp		29	6974	146	30:23.2	9:48/M
13	Elizabeth Field	Paw Paw MI	28	6603	162	31:15.8	10:05/M
14	Katie Labadie		26	7003	163	31:16.0	10:05/M
15	Lauren Joyce	Saint Joseph MI	26	6706	167	31:28.0	10:09/M
16	Lauren Healy	Lawrence MI	28	6654	182	32:36.7	10:31/M
17	Allie Coleman	Decatur MI	25	6558	211	34:35.8	11:09/M
18	Ellen Napier	Sodus MI	27	6785	238	35:53.4	11:35/M
19	Megan Preston	Kalamazoo MI	28	6804	292	40:40.8	13:07/M
20	Allison Graban	Saint Joseph MI	28	6633	296	42:57.2	13:51/M
21	Kimberly Carter		26	7015	315	47:43.8	15:24/M

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Run

Male 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	* Chris McPharlin	Caledonia MI	26	6767	23	22:37.5	7:18/M
2	* Brian Ritzer	Kalamazoo MI	28	6833	28	22:56.5	7:24/M
3	* Jeremy Cronk	Kalamazoo MI	27	6568	29	22:56.7	7:24/M
4	Jordan Rozema	Paw Paw MI	28	6843	60	25:59.2	8:23/M
5	Eric Klepper		27	7004	161	31:14.1	10:05/M
6	Brendan Joyce	Saint Joseph MI	28	6705	165	31:24.5	10:08/M

Female 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	* Pam McWilliams		33	7035	6	19:50.9	6:24/M
2	* Chelsey Jones		31	7010	8	20:12.0	6:31/M
3	* Jessica Rickli	Stockbridge MI	33	6830	12	20:57.1	6:45/M
4	Margaret Soppelsa	Lawrence MI	31	6881	37	24:06.2	7:46/M
5	Stephanie Little	Kalamazoo MI	34	6743	50	25:28.2	8:13/M
6	Janelle Haselhuhn	Paw Paw MI	33	6648	65	26:14.4	8:28/M
7	Amelia Barker-King	Decatur MI	32	6523	74	27:08.9	8:45/M
8	Katie Wittenberg	Portage MI	34	6949	79	27:14.5	8:47/M
9	Melina Leonard	Lawton MI	32	6736	107	28:11.4	9:05/M
10	Julia Lynch	Paw Paw MI	33	6753	118	28:48.1	9:17/M
11	Elizabeth Lauer	Grand Rapids MI	30	6729	122	29:08.3	9:24/M
12	Amber Sirk	Saint Joseph MI	30	6872	143	30:20.6	9:47/M
13	Stephanie Smith		31	6879	157	30:52.3	9:57/M
14	Autumn Creagh	Granger IN	32	6566	174	31:45.4	10:15/M
15	Bethany Hanson	Mattawan MI	31	6644	199	34:09.1	11:01/M
16	Megan Venz	Paw Paw MI	34	6919	200	34:09.5	11:01/M
17	Erin Buhl		33	6544	205	34:23.9	11:05/M
18	Brielynn Sturm	Kalamazoo MI	33	6896	207	34:29.7	11:07/M
19	Melissa Stull	Paw Paw MI	33	6895	227	35:22.8	11:25/M
20	Hannah Steffic	Kalamazoo MI	30	6889	230	35:34.8	11:28/M
21	Ashley Volz	Charlotte MI	30	6922	231	35:34.8	11:28/M
22	Marla Welch	Portage MI	30	6934	243	36:06.5	11:39/M
23	Trang Phan	Portage MI	30	6799	268	38:32.8	12:26/M
24	Mary Schermerham		32	6995	273	39:12.8	12:39/M
25	Stacey Wensink	Kalamazoo MI	30	6935	274	39:32.0	12:45/M
26	Lindsey Fisk	Mattawan MI	34	6605	276	39:50.1	12:51/M
27	Stacy Tallman		32	6993	293	41:06.9	13:15/M
28	Renea Taylor	Decatur MI	34	6897	311	46:16.0	14:55/M
29	Carrie Burza	Allegan MI	32	6548	313	47:12.7	15:14/M
30	Margaret Rivera	Chicago IL	33	6834	316	47:48.0	15:25/M

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Age Group Results

Run

Male 30 to 34

Place	Name	City	Age	Bib No	Overall	Time	Pace
1	* Rigo Cardoso	Lansing MI	30	6552	16	21:53.8	7:04/M
2	* Matt Wittenberg		34	6975	19	22:04.2	7:07/M
3	* Jason Rickli	Stockbridge MI	32	6829	20	22:22.0	7:13/M
4	Rocky Rynearson	Gobles MI	32	6852	21	22:22.5	7:13/M
5	Adam Goldberg	Paw Paw MI	32	6629	78	27:14.2	8:47/M
6	Jordan Welch	Portage MI	32	6933	85	27:23.2	8:50/M
7	Stephen Lewis	Allegan MI	30	6739	93	27:44.7	8:57/M
8	Joseph Rendzikowski	Saint Joseph MI	32	6825	113	28:35.6	9:13/M
9	Phil Sirk	Saint Joseph MI	31	6873	149	30:36.1	9:52/M
10	Francisco Flores-Runsat	Paw Paw MI	30	6615	197	34:07.9	11:00/M
11	Daniel Napier	Sodus MI	30	6784	198	34:08.1	11:01/M
12	Ted Creagh	Granger IN	33	6567	257	36:48.1	11:52/M
13	Clay Stull	Paw Paw MI	34	6894	306	44:34.2	14:23/M

Female 35 to 39

Place	Name	City	Age	Bib No	Overall	Time	Pace
1	* Jennifer Dobbins	Paw Paw MI	39	6588	31	23:41.5	7:38/M
2	* Amy Cordes	Lawton MI	38	6563	48	25:14.5	8:08/M
3	* Kayla Vetter		35	7022	49	25:20.7	8:10/M
4	Alisha Mendham	Vicksburg MI	37	6769	89	27:31.2	8:53/M
5	Jill Walsh	Vicksburg MI	37	6924	90	27:32.5	8:53/M
6	Arin Riggins	Portage MI	38	6832	91	27:32.9	8:53/M
7	Tiffany Lee	Kalamazoo MI	38	6734	121	29:06.5	9:23/M
8	Sarah Vick	Kalamazoo MI	38	6903	126	29:18.1	9:27/M
9	Amy Sours	Kalamazoo MI	37	6882	133	29:54.8	9:39/M
10	Amber Herschel		36	6991	145	30:23.1	9:48/M
11	Lisa Weurding	Lawton MI	36	6940	158	30:54.6	9:58/M
12	Lindsey Degraaf	Vicksburg MI	36	6583	159	30:56.6	9:59/M
13	Sarah Beth Timmer	Homewood IL	38	6905	164	31:16.1	10:05/M
14	Kristy Lounsbury		35	6747	166	31:25.2	10:08/M
15	Hope Kooyers	Lawton MI	37	6719	169	31:31.5	10:10/M
16	Stephanie Brown		37	6979	170	31:31.7	10:10/M
17	Suzanne Augustine	Allegan MI	39	6519	178	32:00.1	10:19/M
18	Amy Reed	Mattawan MI	36	6818	188	33:18.7	10:45/M
19	Dana Hudeck	Mattawan MI	35	6684	189	33:20.0	10:45/M
20	Angie Selle	Paw Paw MI	36	6862	217	34:50.6	11:14/M
21	Laura Kronk	Paw Paw MI	39	6726	224	34:57.2	11:16/M
22	Natalya Hysell	Portage MI	39	6689	235	35:44.5	11:32/M
23	Consuelo Shank	Lawton MI	38	6865	248	36:14.0	11:41/M
24	Sarah Hagen	Kalamazoo MI	36	6637	259	36:55.6	11:55/M

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Age Group Results

Run

Female 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>
25	Naamini Mwangwone	Kalamazoo MI	39	6774	270	39:10.6	12:38/M
26	Brandy Casteel	Mattawan MI	38	6554	280	40:01.1	12:55/M
27	Becky Enciso		35	6963	284	40:27.1	13:03/M
28	Katie Dickens		39	6988	286	40:29.1	13:04/M
29	Heidi Baker	Portage MI	37	6521	299	43:46.1	14:07/M
30	Jenny Greyerbiehl	Zionsville IN	37	6635	304	44:02.5	14:12/M
31	Sarah Fitzgerald		35	6609	308	44:58.6	14:30/M
32	Season Marinich	Paw Paw MI	39	6757	321	49:52.9	16:05/M
33	Katherine Godfrey	Paw Paw MI	36	6627	332	59:19.4	19:08/M

Male 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 *	John Dobbins	Paw Paw MI	39	6589	5	19:48.2	6:23/M
2 *	Marvin Smith		36	7011	9	20:41.1	6:40/M
3 *	Matt Bruce	Galesburg MI	35	6539	39	24:24.6	7:52/M
4	Michael Scott	Lawton MI	37	6856	51	25:30.6	8:14/M
5	Joshua Traugher	Ada MI	39	6908	61	26:07.8	8:25/M
6	Brian I	Kalamazoo MI	35	6690	73	26:48.6	8:39/M
7	Ryan Hawkins	Kalamazoo MI	38	6653	87	27:26.5	8:51/M
8	Adam Dobbs	Lawton MI	35	6590	92	27:36.4	8:54/M
9	Brian Argo	Portage MI	39	6514	104	28:04.8	9:03/M
10	Scott Testin	Paw Paw MI	35	6899	137	29:59.9	9:40/M
11	Lukes Enciso		36	6960	201	34:13.3	11:02/M
12	Jeff Welc	Portage MI	39	6930	210	34:34.0	11:09/M
13	Gabe Kooyers	Lawton MI	36	6717	253	36:31.1	11:47/M
14	Jason Wilhelmi		36	6965	300	43:46.1	14:07/M

Female 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 *	Tracy Argo	Portage MI	40	6516	13	21:05.7	6:48/M
2 *	Amanda Remington	Bloomington MI	40	6824	95	27:47.8	8:58/M
3 *	Carla Kneller	Gobles MI	42	6714	100	27:57.0	9:01/M
4	Tabatha Neal		41	7009	109	28:15.4	9:07/M
5	Danielle Sharp	Kalamazoo MI	44	6866	110	28:22.6	9:09/M
6	Stephanie Doody		40	6981	117	28:47.8	9:17/M
7	Kara Hunsberger	Paw Paw MI	42	6687	140	30:10.7	9:44/M
8	Monica Marler	Paw Paw MI	40	6759	142	30:18.2	9:46/M
9	Susan Cornish	Paw Paw MI	41	6564	151	30:36.8	9:52/M

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Age Group Results

Run

Female 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>
10	Elizabeth Maxwell	Lawton MI	44	6761	153	30:38.0	9:53/M
11	Cindy Rumery	Gobles MI	44	6846	171	31:32.5	10:10/M
12	Tiffany Brady	Gobles MI	44	6536	172	31:33.1	10:11/M
13	Danielle Sweet		43	6999	183	32:38.2	10:32/M
14	Heather Ryder-Hill	Vicksburg MI	41	6851	194	33:43.0	10:53/M
15	Susanne Remelius	Kalamazoo MI	41	6822	203	34:18.8	11:04/M
16	Linda Garcia	Kalamazoo MI	43	6622	208	34:32.1	11:08/M
17	Tanya Thompson		40	6966	218	34:52.4	11:15/M
18	Wendy Pursley	Lawton MI	40	6807	234	35:40.2	11:30/M
19	Holly Vanluke	Kalamazoo MI	43	6917	241	36:01.0	11:37/M
20	Kelly Stanard	Paw Paw MI	42	6886	263	38:19.1	12:22/M
21	Crystal Williams	Kalamazoo MI	42	6944	267	38:31.7	12:25/M
22	Jessica Michael		40	7025	281	40:02.1	12:55/M
23	Colleen Layanna		40	6985	287	40:29.6	13:04/M
24	Michelle Kaminski	Marcellus MI	41	6707	288	40:36.2	13:06/M
25	Kim Wetherill		42	6937	297	43:01.7	13:53/M
26	Ellena Oneal		40	6997	305	44:31.5	14:22/M
27	Amy Bowman	Portage MI	44	6535	312	46:28.2	14:59/M
28	Janis Havice	Gobles MI	40	6652	323	50:57.5	16:26/M
29	Angela Johnson	Mattawan MI	40	6699	326	55:21.4	17:51/M

Male 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	* Teddy Foote		43	6998	14	21:42.3	7:00/M
2	* John Donnelly		42	7006	53	25:41.5	8:17/M
3	* Jon Vick		43	7036	58	25:49.3	8:20/M
4	Shawn Ward	Buchanan MI	44	6926	70	26:40.7	8:36/M
5	Jerry Mandigo		40	6967	77	27:13.9	8:47/M
6	Matt Randall	Tinley Park IL	41	6815	318	48:24.9	15:37/M

Female 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	* Karen Schwab	Lawton MI	47	6854	68	26:20.2	8:30/M
2	* Piper Spaedt	Mattawan MI	47	6883	88	27:28.3	8:52/M
3	* Julie Lenzinger		48	7033	120	28:54.2	9:19/M
4	Dawn Gillispie	Niles MI	48	6624	125	29:17.4	9:27/M
5	Kim Campise	Mattawan MI	48	6551	177	31:55.3	10:18/M
6	Cheri Laverty	Vermontville MI	46	6730	181	32:20.4	10:26/M

2018 Grape Lake 5K

Age Group Results

Run

Female 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>
7	Lori Bender	Kalamazoo MI	45	6525	212	34:40.6	11:11/M
8	Tiffany McCafferty	Paw Paw MI	47	6765	213	34:41.0	11:11/M
9	Melissa Scott	Kalamazoo MI	48	6855	219	34:52.7	11:15/M
10	Jennifer Anno	Valparaiso IN	49	6512	232	35:35.3	11:29/M
11	Dawn Bartley	Kalamazoo MI	46	6524	260	37:03.4	11:57/M
12	Carrie Gentz	Paw Paw MI	46	6623	271	39:12.7	12:39/M
13	Renee Bryant		46	6996	279	39:59.7	12:54/M
14	Carrie Brown		49	7007	283	40:23.3	13:02/M
15	Michelle May		47	6994	291	40:39.9	13:07/M

Male 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 *	John Nondorf	Mattawan MI	48	6791	4	19:34.7	6:19/M
2 *	Ben Brown		45	7000	44	25:00.0	8:04/M
3 *	Jason Hendrick	Kalamazoo MI	45	6655	55	25:45.7	8:18/M
4	Brian Brusach	Paw Paw MI	49	6540	64	26:11.5	8:27/M
5	Paskell Miller	Paw Paw MI	46	6773	66	26:16.7	8:28/M
6	Jeffrey Dickens		47	6989	112	28:32.9	9:12/M
7	Kenton McAndrew	Lawrence MI	46	6763	168	31:30.6	10:10/M
8	Mark Williams	Kalamazoo MI	46	6947	236	35:47.0	11:33/M
9	Jeffrey Remelius	Kalamazoo MI	45	6821	242	36:05.3	11:38/M
10	Brian Smith	Lawton MI	45	6875	250	36:20.0	11:43/M

Female 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 *	Colleen Cummins	Kalamazoo MI	54	6574	54	25:43.4	8:18/M
2 *	Rebecca Goole	Lawton MI	51	6631	57	25:47.7	8:19/M
3 *	Tracy Ralicki		52	7017	94	27:46.4	8:57/M
4	Donna Strouse	Saint Joseph MI	51	6893	99	27:56.6	9:01/M
5	Debbi Kreps	Portage MI	52	6724	106	28:08.4	9:05/M
6	Laura Hamann	Kalamazoo MI	54	6642	148	30:34.1	9:52/M
7	Celeste Moerman		51	6980	185	32:39.2	10:32/M
8	Cammy Lenning	Kalamazoo MI	53	6735	191	33:29.3	10:48/M
9	Carie Faul	Mattawan MI	52	6600	193	33:38.3	10:51/M
10	Christina Hoard	Kalamazoo MI	50	6676	206	34:27.6	11:07/M
11	Ellen Hamann	Richland MI	54	6641	222	34:55.3	11:16/M
12	Vicki Boitnott	Decatur MI	50	6533	254	36:31.5	11:47/M
13	Kammy Faux	Portage MI	51	6601	255	36:33.9	11:47/M

2018 Grape Lake 5K

Age Group Results

Run

Female 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>
14	Lorraine Valk	Paw Paw MI	53	6912	258	36:51.8	11:53/M
15	Carolyn Morley	Byron Center MI	53	6779	266	38:24.8	12:23/M
16	Kelly Durham	Lawton MI	54	6592	289	40:37.8	13:06/M

Male 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 *	Phil Hoard	Kalamazoo MI	50	6678	10	20:45.0	6:42/M
2 *	Vic Moon	Portage MI	53	6776	26	22:51.6	7:22/M
3 *	Bob Zdzinicki	Holland MI	52	6955	41	24:34.6	7:55/M
4	Scott Hojara	Dowagiac MI	52	6680	46	25:04.9	8:05/M
5	Gary Goscenski	Paw Paw MI	53	6632	59	25:53.1	8:21/M
6	Tom Mulrenin	Westminster MD	54	6783	84	27:20.9	8:49/M
7	Joseph Prahlow		54	6986	96	27:49.3	8:58/M
8	Jim Palluconi		51	6795	97	27:49.9	8:58/M
9	David Presley	Mattawan MI	52	6803	124	29:13.9	9:25/M
10	Paul Schincariol	Lawton MI	50	6853	154	30:44.8	9:55/M
11	Jim Valk	Paw Paw MI	53	6911	179	32:01.4	10:20/M

Female 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 *	Nicole Remily	Richland MI	57	6823	127	29:18.4	9:27/M
2 *	Sally Rieger	Richland MI	57	6831	135	29:58.3	9:40/M
3 *	Jill Ruterbusch	Portage MI	55	6849	184	32:39.0	10:32/M
4	Roxann Brouwer	Lawrence MI	56	6538	220	34:52.8	11:15/M
5	Kathy Nyberg	Paw Paw MI	56	6793	265	38:22.4	12:23/M
6	Cathy Mischler		58	6878	275	39:45.0	12:49/M
7	Carol Patridge	Mattawan MI	56	6796	290	40:39.5	13:07/M
8	Deborah Watson	Crete IL	55	6928	295	42:28.9	13:42/M
9	Cindy Beach		57	7012	307	44:37.9	14:24/M
10	Cathy Mischler		58	6978	310	45:38.0	14:43/M
11	Dede Lewis		57	7014	320	49:45.7	16:03/M
12	Denise Consford	Bloomington MI	55	6561	327	56:16.1	18:09/M

Male 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 *	John Brady		59	6969	15	21:49.9	7:02/M

2018 Grape Lake 5K

Age Group Results

Run

Male 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>
2 *	Dave Levett	Allegan MI	56	6737	24	22:40.8	7:19/M
3 *	Brian Langlinais	Kalamazoo MI	58	6728	38	24:13.3	7:49/M
4	Stephen McCloskey	Paw Paw MI	59	6766	43	24:51.9	8:01/M
5	Dave Johnson	Kalamazoo MI	56	6700	76	27:11.3	8:46/M
6	Rudy Ruterbusch	Portage MI	56	6850	128	29:20.5	9:28/M
7	John Kocis		56	6716	233	35:37.5	11:29/M
8	Kelly Robinson	Paw Paw MI	58	6835	237	35:49.9	11:33/M
9	Ray Lewis	Allegan MI	58	6738	302	43:46.9	14:07/M

Female 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 *	Kathy Prevatte	Kalamazoo MI	60	6805	69	26:24.4	8:31/M
2 *	Lynn Plew	Kalamazoo MI	62	6801	186	32:41.4	10:33/M
3 *	Barb Smith	Mattawan MI	63	6874	202	34:14.7	11:03/M
4	Whitney Hagen	Paw Paw MI	63	6639	216	34:50.6	11:14/M
5	Kim Cronk	Paw Paw MI	60	6569	226	35:17.2	11:23/M
6	Teresa Distefano	Gobles MI	60	6587	272	39:12.7	12:39/M
7	Kayle Rice	Kalamazoo MI	64	6828	278	39:53.9	12:52/M
8	Christy Filkins		63	7001	324	51:28.2	16:36/M

Male 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 *	Bruce Vincent	Schoolcraft MI	62	6920	25	22:43.2	7:20/M
2 *	Mark Eichelberger		61	6992	42	24:39.9	7:57/M
3 *	Paul Valenti	Belleville MI	64	6910	75	27:11.2	8:46/M
4	Tim Kieffer	Richland MI	62	6713	80	27:14.8	8:47/M
5	Terry Hagen	Paw Paw MI	63	6638	98	27:53.4	9:00/M
6	Timothy Rockhill	Benton Harbor MI	61	6837	102	27:59.9	9:02/M
7	Curtis Ray		61	7008	111	28:25.8	9:10/M
8	Jim Kutill	Oak Park IL	62	6727	116	28:44.4	9:16/M
9	David Thomas	Brooklyn NY	64	6902	173	31:42.5	10:14/M
10	Edward Herr	Chicago IL	61	6662	225	35:00.9	11:17/M
11	Louis Kozlowski	Jackson MI	62	6722	245	36:09.5	11:40/M
12	Bill Krumrei		64	6958	331	59:14.2	19:06/M

2018 Grape Lake 5K

Age Group Results

Run

Female 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 *	Nancy Ausema	Kalamazoo MI	66	6520	192	33:30.8	10:48/M
2 *	Debbie May	Paw Paw MI	66	6762	251	36:26.0	11:45/M
3 *	Shirley De Boer	Paw Paw MI	68	6578	256	36:37.4	11:49/M
4	Evelyn Wyman	Bloomingtondale MI	66	6952	298	43:06.3	13:54/M
5	Nancy Hathaway	Hartford MI	67	6651	325	53:37.9	17:18/M

Male 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 *	Arvil Howe	South Bend IN	67	6683	32	23:46.9	7:40/M
2 *	Maurice Hicks	Allegan MI	65	6667	34	24:00.6	7:45/M
3 *	Bruce Blanchard	Coldwater MI	67	6532	36	24:05.2	7:46/M
4	Robert Jackson	Portage MI	66	6693	81	27:15.3	8:47/M
5	Mike Betzuer		68	6987	129	29:23.2	9:29/M
6	Gary Tenbrink	Mattawan MI	67	6898	132	29:35.6	9:33/M
7	Roger Bentley	Coloma MI	68	6527	180	32:10.7	10:23/M
8	Kim Hull	Decatur MI	68	6686	223	34:55.5	11:16/M
9	Randy Fielder	Kalamazoo MI	67	6604	239	35:56.0	11:35/M

Female 70 to 74

<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 *	Roberta Woodruff	Dowagiac MI	70	6951	252	36:26.1	11:45/M
2 *	Pat Hoffman	Portage MI	70	6679	322	50:16.3	16:13/M

Male 70 to 74

<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 *	Dean MacVicar	Kalamazoo MI	71	6754	45	25:04.6	8:05/M
2 *	Tom Tollefson	South Haven MI	70	6906	52	25:33.1	8:15/M
3 *	Ray Hendriksma	Schoolcraft MI	71	6656	130	29:23.8	9:29/M
4	Lance Covey	South Haven MI	70	6565	147	30:27.3	9:49/M
5	Robert Husek	Saint Joseph MI	74	6688	277	39:53.2	12:52/M
6	Wayne Wilhelmi	Paw Paw MI	70	6941	301	43:46.7	14:07/M

Female 75 to 79

<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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2018 Grape Lake 5K

Age Group Results

Race Date
September 08, 2018

Run

Female 75 to 79

<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 *	Barbara Thierwechter	Allegan MI	77	6900	269	38:35.7	12:27/M

Male 75 to 79

<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 *	Thomas Bennett	Paw Paw MI	75	6526	262	37:22.6	12:03/M

Female 80 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 *	Rose Stanek	Lawrence MI	82	6888	317	48:09.6	15:32/M

Male 80 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 *	Ed Stanek	Lawrence MI	83	6887	303	43:47.2	14:07/M