

Race Date
April 21, 2018

8th 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	Hannah Schaap		27	4643	17	21:14.9	6:51/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	Luke Fennema		29	4556	1	17:56.6	5:47/M

5K

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	Grace Eenigenburg		13	4552	33	22:40.6	7:19/M
2	Amanda Ophoff		18	4618	36	22:55.9	7:24/M
3	Avery Olthof		12	4616	56	25:33.5	8:15/M
4	Alexandra Vis		13	4683	60	25:42.6	8:17/M
5	Avery Slings		12	4645	64	26:08.7	8:26/M
6	reece tambrini		9	4657	73	26:46.9	8:38/M
7	Delaney Eenigenburg		11	4551	81	27:45.4	8:57/M
8	Amelia Yonkman		10	4696	83	27:56.7	9:01/M
9	Katie Mejan		13	4608	84	28:31.9	9:12/M
10	Liz Aje		13	4501	88	29:10.9	9:25/M
11	Morgan Trivette		13	4662	97	30:08.3	9:43/M
12	Isabella Born		12	4516	98	30:09.4	9:44/M
13	Jaylyn Podlin		10	4626	128	35:27.3	11:26/M
14	Kelsee Smit		12	4649	139	36:31.5	11:47/M
15	Emma Goins		8	4564	140	37:17.3	12:02/M
16	Abby Tillema		17	4659	154	41:35.1	13:25/M
17	Samantha Cavender		12	4522	174	54:12.6	17:29/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>
1	Kyle Mulderink		18	4612	4	19:24.1	6:15/M
2	Caleb Slings		14	4646	6	19:54.1	6:25/M
3	Ashton Podlin		14	4625	7	19:54.7	6:25/M
4	Logan Boersma		14	4510	10	20:06.4	6:29/M
5	Luke Haan		17	4569	19	21:47.3	7:02/M
6	Adam Gibson		14	4562	20	21:47.7	7:02/M
7	Luke Bakker		12	4505	24	22:05.9	7:07/M
8	Mason Post		13	4629	26	22:20.2	7:12/M
9	Ben Ritzema		15	4633	27	22:20.5	7:12/M
10	Jaxson Smit		15	4648	28	22:23.2	7:13/M
11	Zach Hart		13	4573	29	22:23.6	7:13/M
12	Marc Rozendal		14	4638	30	22:26.6	7:14/M
13	Noah Bakker		14	4506	31	22:37.2	7:18/M
14	Andrew Bakker		14	4503	34	22:51.4	7:22/M
15	Hayden DeYoung		14	4543	39	23:21.6	7:32/M
16	Max Wegner		16	4689	43	23:46.6	7:40/M
17	Noah Boersma		14	4512	44	23:59.9	7:44/M
18	Nick Boersma		14	4511	45	24:00.4	7:45/M
19	Hunter DeYoung		12	4544	46	24:01.9	7:45/M
20	Alex Bosman		14	4698	55	25:31.5	8:14/M

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21	Colin DeVries		14	4540	63	26:03.9	8:24/M
22	Zander Weemhoff		13	4685	67	26:21.9	8:30/M
23	Brandon CLARK		12	4526	68	26:24.2	8:31/M
24	Caleb Rozendal		13	4634	71	26:27.7	8:32/M
25	Zach Rozendal		16	4639	78	27:34.3	8:54/M
26	Jacob Rozendal		9	4636	107	32:19.7	10:25/M
27	Travis Hoogstra		13	4583	108	32:45.1	10:34/M
28	Triston Cavender		14	4524	142	37:33.4	12:07/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	Michelle Haan		27	4570	54	24:50.8	8:01/M
2	Jaci Koopmans		29	4600	91	29:48.6	9:37/M
3	Lorin Smits		22	4653	95	30:01.2	9:41/M
4	Brittini Door		23	4546	102	31:54.4	10:17/M
5	Abbie Vegter		23	4681	103	31:55.2	10:18/M
6	McKenna Lucito		20	4604	118	34:11.2	11:02/M
7	Hannah Byma		21	4519	119	34:11.3	11:02/M
8	Jill Sanchez		25	4642	155	42:02.9	13:34/M
9	Lisa Hoekstra		27	4579	165	48:57.2	15:47/M
10	Terese DeBoer		29	4536	171	50:47.1	16:23/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	Eric Jensema		28	4703	2	18:30.1	5:58/M
2	Kevin Haan		29	4568	5	19:44.7	6:22/M
3	Isaac Van Baren		20	4663	9	20:00.5	6:27/M
4	Dustin Pluard		22	4624	11	20:36.9	6:39/M
5	Todd Bevan		26	4508	13	21:05.7	6:48/M
6	Colin Middel		24	4610	18	21:16.3	6:52/M
7	Dwayne Allgyer		28	4502	65	26:13.2	8:27/M
8	Ryan Barnes		21	4701	86	29:06.5	9:23/M
9	Brad Kamstra		20	4590	87	29:07.4	9:24/M
10	David Knot		22	4595	116	33:45.6	10:53/M
11	Andrew Hoekstra		26	4578	164	48:09.5	15:32/M

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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	Reva Johnson		30	4587	25	22:10.2	7:09/M
2	Melissa Ophoff		37	4619	32	22:37.8	7:18/M
3	Natalie Jensema		31	4702	38	23:17.9	7:31/M
4	ALison Vander Woude		38	4675	58	25:40.1	8:17/M
5	Jayne Hoogerwerf		36	4581	109	32:55.9	10:37/M
6	Karen van Belle		39	4664	114	33:34.6	10:50/M
7	Maria Kelley		36	4592	122	34:29.5	11:07/M
8	Sarah Rudenga		38	4641	123	34:29.7	11:07/M
9	Lauren Evers		39	4555	138	36:30.4	11:46/M
10	Becky Hart		37	4572	153	41:12.1	13:17/M
11	Holly Haitsma		36	4571	159	44:09.2	14:15/M
12	Stephanie Cavender		38	4523	175	54:47.5	17:40/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	Keith Koopmans		30	4601	3	18:54.8	6:06/M
2	Joshua De Jong		31	4533	8	19:56.2	6:26/M
3	Andrew Labahn		33	4602	15	21:10.7	6:50/M
4	Tonny Sserwadda		35	4656	22	21:51.1	7:03/M
5	Tim Dykstra		36	4550	40	23:22.8	7:32/M
6	Anthony Drost		38	4547	51	24:39.9	7:57/M
7	Joe Wegner		34	4688	85	28:42.9	9:15/M
8	Craig Vander Molen		30	4674	90	29:43.7	9:35/M
9	Derek Goins		36	4563	141	37:18.7	12:02/M
10	Scott DeBoer		30	4535	170	50:45.3	16:22/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		42	4613	37	23:08.4	7:28/M
2	Richelle Vander Zee		46	4679	47	24:05.9	7:46/M
3	Nicole Post		41	4630	61	25:50.9	8:20/M
4	Denise Van Drunen		44	4666	62	25:51.5	8:20/M
5	Michelle Fiene		48	4558	70	26:27.3	8:32/M
6	Lori Mejan		43	4609	77	27:07.6	8:45/M
7	Darlene Van Prooyen		46	4671	89	29:21.5	9:28/M
8	Stacia Smits		48	4654	94	30:01.2	9:41/M
9	Julie Whitney		48	4693	100	30:44.7	9:55/M
10	Giuseppina Reifel		43	4632	101	31:31.7	10:10/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>
11	Sharla Slings		43	4647	104	32:01.8	10:20/M
12	Angela DeJong		41	4537	105	32:02.5	10:20/M
13	Jan Tillema		46	4660	120	34:19.8	11:04/M
14	Dawn Wegner		46	4687	121	34:20.6	11:05/M
15	Darla Kinkade		42	4593	124	34:32.2	11:08/M
16	Margie Hofmann		44	4580	125	34:32.6	11:08/M
17	Elana Reid		43	4631	126	34:55.1	11:16/M
18	Debra Van Kalker		47	4669	127	35:07.4	11:20/M
19	Jessica Podlin		45	4627	129	35:45.7	11:32/M
20	Lori Kamp		49	4588	135	36:18.5	11:43/M
21	Amy Castillo		42	4520	137	36:30.1	11:46/M
22	Penny Smit		46	4651	147	40:29.4	13:04/M
23	Nicole Smit		48	4650	148	40:30.4	13:04/M
24	Barb Bakker		43	4504	149	40:31.6	13:04/M
25	Jill Rozendal		45	4637	151	40:51.9	13:11/M
26	Rachel DeVries		42	4542	157	43:23.5	14:00/M
27	Brenda Overzet		48	4620	158	43:25.5	14:00/M
28	Laura White		48	4692	160	44:36.1	14:23/M
29	Shannon Sobolewski		47	4655	161	44:37.6	14:24/M
30	Kristen Pietrzak		41	4623	162	47:14.1	15:14/M
31	Christina Woo		45	4695	163	47:14.1	15:14/M
32	Lori Koditek		46	4599	167	49:31.9	15:58/M
33	Eileen Bonnema		48	4514	168	49:48.1	16:04/M
34	Antonella Wellman		43	4690	173	52:15.2	16:51/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	Brett Mejan		44	4607	12	20:43.8	6:41/M
2	Jeff Pals		47	4621	21	21:49.9	7:02/M
3	Chris Yonkman		43	4697	23	21:52.4	7:03/M
4	Michael DeVries		41	4541	35	22:55.4	7:24/M
5	Gregg Wellman		47	4691	42	23:36.8	7:37/M
6	Ryan Boersma		42	4513	48	24:09.9	7:47/M
7	Len DeYoung		43	4545	49	24:11.9	7:48/M
8	Bob Vander Zee		47	4677	53	24:48.7	8:00/M
9	Bryan Van Ryn		46	4672	57	25:39.9	8:16/M
10	John Van Kalker		48	4670	59	25:42.2	8:17/M
11	Dave Weemhoff		44	4684	69	26:26.7	8:32/M
12	Seth Tambrini		41	4658	74	26:46.9	8:38/M
13	Doug Rozendal		44	4635	75	26:55.9	8:41/M

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5K

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>
14	Joel Podlin		43	4628	79	27:35.4	8:54/M
15	Todd Olthof		49	4617	80	27:38.9	8:55/M
16	Mark Eenigenburg		49	4553	82	27:46.3	8:57/M
17	Brian Buiter		47	4517	99	30:34.7	9:52/M
18	Ken Mulderink		43	4611	113	33:19.7	10:45/M
19	Louis van Belle		40	4665	115	33:35.4	10:50/M
20	Tom Kamp		49	4589	133	36:18.1	11:43/M
21	Pete Hoogstra		43	4582	134	36:18.3	11:43/M
22	Steve Smit		48	4652	150	40:31.7	13:04/M
23	Tim Eenigenburg		42	4554	156	42:59.6	13:52/M
24	Jim Koditek		49	4598	166	49:31.5	15:58/M
25	David Wegner		46	4686	172	51:05.7	16:29/M

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	Betsy Cutrara		51	4528	52	24:43.3	7:58/M
2	Mary Ann Gozdecki		56	4566	96	30:02.6	9:41/M
3	Deborah Knot		52	4596	130	36:00.5	11:37/M
4	Kelly Goldberg		55	4565	132	36:01.5	11:37/M
5	Michele Witkus		56	4694	143	37:36.5	12:08/M
6	SYDNEY DAWSON		51	4529	145	38:09.2	12:18/M
7	Debra Heersema		57	4574	146	39:38.2	12:47/M
8	Mona Derico Howell		59	4539	177	55:00.2	17:45/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		51	4557	16	21:13.9	6:51/M
2	Philip VanderWall		54	4680	41	23:28.3	7:34/M
3	Don Vander Zee		54	4678	66	26:13.4	8:27/M
4	Earnest Bickerstaff		55	4509	72	26:41.6	8:36/M
5	Bill Maurello		52	4606	76	27:04.3	8:44/M
6	Bob Venhuizen		56	4682	92	29:54.7	9:39/M
7	JOHN Schaap		58	4644	93	29:58.2	9:40/M
8	Scott Heersema		59	4575	111	33:10.9	10:42/M
9	Keith Van Drunen		59	4667	112	33:15.5	10:44/M
10	Craig Knot		53	4594	117	33:46.2	10:54/M
11	John Mance		54	4605	136	36:21.7	11:44/M
12	John Bonnema		52	4515	169	49:48.2	16:04/M

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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>
13	Carl Howell		59	4586	176	54:58.5	17:44/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	Carol Core		71	4700	106	32:08.1	10:22/M
2	Liz Rudenga		64	4640	110	32:57.1	10:38/M
3	Marguerite ODonnell		63	4614	131	36:01.2	11:37/M
4	Jan Lanting		67	4603	144	37:47.3	12:11/M
5	Rita Van Drunen		65	4668	152	41:03.4	13:15/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	James Piaskowy		64	4699	14	21:09.7	6:49/M
2	Robert Fuka		65	4561	50	24:16.2	7:50/M