

Race Date  
July 01, 2023

# 2023 Valparaiso 4th of July Blast 5K Run

## Age Group Results

### 5K 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	Vaidehi Patel	Valparaiso IN	19	3791	3	20:40.2	6:41/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	Nathan Nova	Valparaiso IN	18	7768	1	17:51.9	5:48/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	Kathy Chandler	Portage IN	45	3786	33	24:52.6	8:02/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	David Wilcoxson	Washington IL	43	7765	9	21:07.6	6:49/M

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### 5K Run

#### Male 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	Unknown Partic. 1044			1044	29	24:25.9	8:03/M
2	Unknown Partic. 1777			1777	147	42:48.8	13:50/M

#### Female 14 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	Anna Muhleman	Valparaiso IN	11	7786	60	27:22.2	8:51/M
2	Analís Medellín	Kouts IN	13	6084	99	32:02.3	10:23/M
3	Elise Kohler	Union Mills IN	7	6057	114	34:55.1	12:26/M
4	Mila Wenzel	La Porte IN	8	6058	115	34:55.2	12:26/M
5	Lauren Lanter	Valparaiso IN	13	8139	125	37:11.4	12:04/M
6	Aubrey Witt	Kouts IN	13	3788	153	44:12.1	14:19/M
7	Esabella Rodriguez	Chesterton IN	12	8527	155	44:49.4	14:28/M
8	Valerie Donahue	Valparaiso IN	9	7775	166	51:56.3	17:16/M
9	Audrey Donahue	Valparaiso IN	12	7774	182	1:07:04.6	22:11/M

#### Male 14 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	Lucas O'Rourke	Osceola IN	14	8542	8	21:06.2	6:49/M
2	Louis Martin	Zionsville IN	11	8549	40	25:26.0	8:18/M
3	Nicholas Martin	Zionsville IN	9	8550	62	27:47.1	9:04/M
4	Andrew Flodder	Valparaiso IN	10	7792	70	28:21.1	9:11/M
5	Benjamin Teeter	Portage IN	14	8531	157	47:03.1	15:14/M
6	Conner Donahue	Valparaiso IN	14	7773	184	1:07:11.3	22:11/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	Grace Adams	Elkhart IN	19	8508	58	27:08.9	8:50/M
2	Ella Oliver	Valparaiso IN	16	7799	145	41:28.8	15:00/M
3	Ava Smrzlick	Valparaiso IN	17	3789	148	42:49.0	13:52/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	Isaac Parrish	Valparaiso IN	17	8522	5	20:50.2	6:44/M
2	Owen Heeren	Valparaiso IN	16	6000	7	20:56.4	6:46/M

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#### 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>
3	Aidan Clifford	Valparaiso IN	19	6049	10	21:20.9	6:55/M
4	Gabriel Bach	Valparaisovalparaiso IN	17	8502	15	22:22.0	7:16/M
5	Titus Parrish	Valparaiso IN	15	8523	18	22:29.5	7:16/M
6	Danny Keating	Elmhurst IL	19	8538	21	23:12.1	7:33/M
7	Charlie O'grady	Glen Ellyn IL	18	8534	22	23:13.4	7:33/M
8	Dakota Stacy	Valparaiso IN	18	8519	26	23:49.8	7:46/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	Charlotte Marzielli	Crown Point IN	22	8114	45	25:38.6	8:18/M
2	Teagan Sandvick	Morris IL	21	8551	56	26:49.1	8:46/M
3	Karlie Lemmons	Valparaiso IN	21	3784	83	29:57.4	9:46/M
4	Alexis Grund	Valparaiso IN	21	6078	86	30:28.3	9:53/M
5	Lindsay Kline	Mishawaka IN	24	8509	97	31:45.4	10:19/M
6	Hannah Cunningham	Valparaiso IN	21	3785	121	35:48.1	11:39/M
7	Olivia Rivera	Westville IN	24	7795	126	37:22.2	12:07/M
8	Hannah Majka	Valparaiso IN	22	6098	175	1:01:48.6	20:05/M
9	Sydney Majka	Valparaiso IN	24	6099	176	1:01:55.2	20:08/M
10	Brittany Teeter	Churubusco IN	22	8535	180	1:02:40.5	20:24/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	Alex Thomas	Valparaiso IN	24	8127	19	22:33.0	7:18/M
2	Salvador Ayala	Hammond IN	20	8501	25	23:47.7	7:41/M
3	Jack O'Grady	Charlotte NC	23	8533	43	25:31.4	8:18/M
4	Taha Kamran	Valparaiso IN	23	8130	93	31:05.8	10:58/M
5	Nicholas Gayda	Valparaiso IN	23	8131	94	31:12.4	10:59/M
6	Govan Walker	Valparaiso IN	21	6079	133	39:12.0	12:42/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	Madeline Scheri	Valparaiso IN	28	3795	16	22:22.0	7:20/M
2	Courtney Bell	Valparaiso IN	26	8544	38	25:18.3	8:14/M
3	Adoree Bowgren	Valparaiso IN	25	6073	52	26:08.2	8:30/M
4	Rachel Kline	Mishawaka IN	26	8510	59	27:10.2	8:50/M
5	Ashley Hines	Valparaiso IN	28	8116	78	29:21.0	9:38/M

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#### 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>
6	Hannah Trueblood	Valparaiso IN	28	8532	103	32:32.8	10:33/M
7	April Robbins	Valparaiso IN	28	6090	107	34:09.0	11:07/M
8	Andrea Kilgore	Valparaiso IN	28	3793	119	35:14.2	11:27/M
9	Andrea Frank	Valparaiso IN	28	3777	165	51:02.1	16:31/M
10	Rachael Veenstra	Fort Wayne IN	28	6081	178	1:01:58.5	20:09/M

#### 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	Rob Veenstra	Fort Wayne IN	28	6082	4	20:44.5	6:43/M
2	Sean Curtis	Valparaiso IN	27	7770	14	22:17.9	7:16/M
3	Adam Cooper	Chesterton IN	29	8119	44	25:38.1	8:50/M
4	Trevor Leonhardt	Valparaiso IN	28	8118	46	25:38.7	8:21/M
5	Matt Phelps	Valparaiso IN	25	3792	49	25:53.0	8:25/M
6	Kyle Hodge	La Porte IN	29	3781	51	26:02.4	8:31/M
7	Chris Zart	Valparaiso IN	25	7796	54	26:28.8	8:41/M
8	Evian Chambers	Michigan City IN	25	8545	87	30:31.0	9:54/M
9	Julian Collazo	Kouts IN	28	6083	100	32:04.5	10:23/M
10	Marvin Fourte	Chicago IL	29	8529	132	38:13.4	12:21/M
11	Kyle Burke	Fort Wayne IN	25	6096	179	1:01:59.5	20:09/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	Arianna Kovachevich	Fairfax VA	33	7779	6	20:55.4	6:45/M
2	Caitlin Soukup	Valparaiso IN	32	6074	13	22:17.5	7:14/M
3	Tawny Passarelli	Valparaiso IN	33	8123	57	26:53.5	8:47/M
4	Emily Bolda	Lake Village IN	30	7778	64	27:51.1	9:11/M
5	Lois Leonhardt	Merrillville IN	31	8536	72	28:39.0	9:25/M
6	Erika Johns	Valparaiso IN	31	6067	76	29:17.7	9:35/M
7	Becky Fitzgerald	Valparaiso IN	32	8129	81	29:37.5	9:46/M
8	Amanda Calvert	Valparaiso IN	32	8128	84	30:09.2	9:46/M
9	Cynthia Rodriguez	Lake Station IN	30	8524	106	33:20.5	10:46/M
10	Amanda Szura	Elkhart IN	30	8517	111	34:39.9	11:14/M
11	Jen Kohler	Union Mills IN	34	6056	112	34:54.4	12:26/M
12	Anyssa Hernandez	Demotte IN	30	6086	116	35:05.9	11:25/M
13	Stephanie Hernandez	Hebron IN	32	6085	117	35:06.9	11:25/M
14	Charlotte Higgins	Demotte IN	34	6088	118	35:09.6	11:26/M
15	Taylor Homans	Hebron IN	30	6093	120	35:39.4	11:35/M
16	Melanie Venturelli	Cedar Lake IN	31	8543	129	37:33.0	12:14/M

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#### 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>
17	Annette Frank	Valparaiso IN	30	3778	144	41:27.0	13:25/M
18	Bianca Huerta	Chicago IL	31	8528	149	42:49.3	13:50/M
19	Brittany Rodriguez	Chesterton IN	30	8526	154	44:37.2	14:25/M

#### Male 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	Chad Passarelli	Valparaiso IN	34	8122	2	19:53.2	6:25/M
2	Jason Mohlke	La Crosse IN	34	8504	27	23:52.1	7:48/M
3	David Rodriguez	Chesterton IN	32	8539	35	25:05.5	8:06/M
4	Nick Bolda	Lake Village IN	34	7777	53	26:08.9	8:38/M

#### 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>
1	Alexandra Bell	Valparaiso IN	36	8515	34	25:04.3	8:08/M
2	Christy Pavich	Valparaiso IN	36	6069	50	25:59.0	8:38/M
3	Lori Horst	Crown Point IN	36	8111	69	28:20.4	9:11/M
4	Suzanne Winski	Crown Point IN	37	3798	82	29:54.4	9:45/M
5	Elizabeth Connors	Wanatah IN	39	8133	90	30:57.0	10:07/M
6	Brittney Schmidt	Valparaiso IN	38	8126	98	31:48.4	10:17/M
7	Leah Osorio	Chesterton IN	36	6089	109	34:25.9	11:13/M
8	Kelly Wenzel	La Porte IN	35	6059	113	34:54.9	12:26/M
9	Marie Laudeman	Lakeville IN	37	8537	127	37:28.6	12:11/M
10	Jennifer Kimmel	Valparaiso IN	38	6094	130	37:41.8	14:05/M
11	Michelle Carns-Baciauskas	Chesterton IN	38	3783	134	39:38.3	12:55/M
12	Greta Goins	La Porte IN	38	3790	137	40:27.7	13:14/M
13	Alicia Cooper	Valparaiso IN	35	3780	143	41:25.6	13:25/M
14	Stephanie Andjelich	Crown Point IN	37	8113	151	44:04.2	14:15/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	Michael Bowser	Crown Point IN	39	3799	11	21:26.3	6:55/M
2	Paul Taylor	Yukon OK	36	8506	17	22:25.0	7:15/M
3	Andrew Timm	Apo AE	39	7788	24	23:46.9	7:41/M
4	Joshua Pavich	Valparaiso IN	35	6070	28	24:08.2	8:02/M
5	Jordan Stanfill	Valparaiso IN	36	6064	30	24:27.0	8:03/M
6	Kevin Horst	Crown Point IN	37	8112	41	25:30.7	8:16/M

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### 5K Run

#### 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>
7	Mike Kane	Valparaiso IN	38	7797	105	33:12.1	10:50/M
8	Kevin Horst	Crown Point IN	37	8546	152	44:05.4	14:15/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	Veronica Edens	Chesterton IN	40	8132	48	25:48.9	8:21/M
2	Kelly Martin	Zionsville IN	41	8548	65	27:51.3	9:05/M
3	Leigh McCormack	Valparaiso IN	41	7780	66	28:03.5	9:08/M
4	Emilie Hunt	Valparaiso IN	40	6062	85	30:25.8	9:54/M
5	Kelly Oliver	Valparaiso IN	44	7798	108	34:21.2	12:42/M
6	Amie Carns	Valparaiso IN	41	3782	135	39:40.6	12:55/M
7	Tracie Naillieux	Valparaiso IN	44	3800	138	40:29.1	13:14/M
8	Lise Oliver	Valparaiso IN	44	7800	142	40:54.4	14:49/M
9	Stacey Sak	Valparaiso IN	44	6092	146	42:33.6	13:52/M
10	Chrystal Donahue	Valparaiso IN	40	7772	167	52:10.2	17:21/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	Ryan Williams	Valparaiso IN	44	8137	31	24:32.3	8:07/M
2	Tony Martin	Zionsville IN	41	8547	42	25:30.8	8:20/M
3	Dave Jensen	Kouts IN	41	3794	71	28:35.8	9:29/M
4	Nicholas Wardell	Valparaiso IN	44	6075	88	30:39.5	9:56/M
5	Mike Herlitz	Valparaiso IN	43	8503	92	31:05.8	10:09/M
6	Chris Wilson	Lowell IN	44	8516	128	37:31.6	12:14/M
7	Ron Donahue	Valparaiso IN	41	7771	181	1:07:03.6	22:11/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 Turner	Valparaiso IN	45	6095	68	28:16.9	9:09/M
2	Andrea Duenas	Valparaiso IN	48	6080	75	29:01.9	9:25/M
3	Nancy Packovski	Crown Point IN	46	7784	80	29:37.2	9:35/M
4	Abigail Proteau	Portage IN	46	8530	95	31:29.4	10:12/M
5	Denise Feece	Plymouth IN	49	8540	122	36:07.6	11:44/M
6	Jennifer Wardell	Valparaiso IN	49	6076	131	38:07.8	12:21/M
7	Devon Stokes	Valparaiso IN	45	7789	173	59:34.0	19:20/M

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### 5K Run

#### 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	Dean Lanter	Valparaiso IN	49	8138	20	23:08.9	7:31/M
2	Justin Williams	Valparaiso IN	46	7766	23	23:45.5	7:42/M
3	Michael Rogers	Valparaiso IN	45	8513	55	26:30.3	8:36/M
4	John Runion	Valparaiso IN	47	8511	67	28:14.5	9:11/M
5	Bert Davidson	Valparaiso IN	49	6087	73	28:40.6	9:18/M
6	William Calder	Valparaiso IN	48	6048	74	28:44.3	9:17/M
7	Michael Burns	Knox IN	47	6051	124	36:42.6	11:58/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	Nancy Grant	Elkhart IN	51	8507	89	30:44.4	9:59/M
2	Lizbel Cajigas	North Chesterfield VA	50	8520	159	47:12.8	15:14/M
3	Carla Brink	Valparaiso IN	53	6097	174	1:01:47.7	20:05/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	Mark Connors	Valparaiso IN	51	8136	12	22:17.0	7:48/M
2	Jesse Harper	Valparaiso IN	53	7794	39	25:25.6	8:16/M
3	Todd Meloy	Valparaisovalparaiso IN	50	7764	47	25:45.7	8:24/M
4	Matthew Hill	Valparaiso IN	53	6060	96	31:35.9	10:20/M
5	John Claussen	Wanatah IN	53	6061	162	49:33.5	16:07/M
6	Don Evans	Valparaiso IN	52	3796	169	54:31.3	17:45/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	Loretta Frank	Valparaiso IN	58	3776	160	47:14.3	15:19/M
2	Kim Szelinski	Valparaiso IN	56	3779	161	47:31.3	15:24/M
3	Jenny Gump	Valparaiso IN	56	3797	168	52:24.3	17:07/M
4	Sue Bolda	Lowell IN	55	7782	171	57:19.3	18:45/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	Tom Courtney	Portage IN	56	8525	36	25:06.6	8:08/M
2	Steve McIntyre	Hobart IN	55	8110	61	27:28.2	8:53/M

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### 5K 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>
3	Jay Bolda	Lowell IN	56	7781	63	27:50.8	9:11/M
4	Kyle Johns	Chesterton IN	58	6068	77	29:18.8	9:35/M
5	Paul Hines	Valparaiso IN	56	8117	79	29:21.4	9:38/M
6	Tim Braunbeck	Valparaiso IN	56	8521	158	47:11.3	15:13/M
7	Charles Faenza	Valparaiso IN	58	7787	172	58:06.0	18:52/M
8	Steve Burke	Valparaiso IN	58	6100	177	1:01:58.2	20:09/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	Tina Strimbu	Valparaiso IN	61	7783	91	31:00.2	10:02/M
2	Jill Hunt	Valparaiso IN	64	6053	110	34:36.9	11:16/M
3	Dominique Marzielli	Crown Point IN	63	8115	136	40:03.9	12:58/M
4	Angeline Paul	Valparaiso IN	60	8121	140	40:39.7	13:16/M
5	Kathy Jankowski	Kouts IN	62	3787	156	45:24.6	14:43/M
6	Lori Staack	Valparaiso IN	60	7776	183	1:07:06.7	22:12/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	David Moore	Ogden Dunes IN	62	8518	32	24:39.1	7:58/M
2	David Martinez	Valparaiso IN	63	6091	104	32:45.1	10:38/M
3	Stephen Paul	Valparaiso IN	63	8120	141	40:39.8	13:16/M

#### 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	April Hardesty	Valparaiso IN	65	7769	102	32:28.7	10:34/M
2	Alicia McClean	Valparaiso IN	66	6054	123	36:34.0	12:47/M
3	Daisy Aburto Martinez	Valparaiso IN	67	7767	150	43:37.5	14:10/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	Rick Price	Valparaiso IN	67	3774	101	32:06.6	10:31/M
2	David James	Valparaiso IN	68	6050	139	40:32.1	13:10/M
3	Doug Wiese	Westville IN	69	6077	164	50:26.1	16:22/M

Race Date  
July 01, 2023

# 2023 Valparaiso 4th of July Blast 5K Run

## Age Group Results

### 5K Run

#### Female 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	Dede Stewart	Valparaiso IN	71	6052	170	55:40.4	18:06/M

#### Male 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	Arvil Howe	South Bend IN	71	8541	37	25:12.2	8:09/M
2	Robert Neal	Valparaiso IN	74	6055	163	50:02.6	17:57/M