

2023 Donut Dash 5K

Age Group Results

10K

Race Date  
February 04, 2023

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	Alexandria Haage	Crown Point IN	29	1477	3	42:06.9	6:48/M

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	Thomas Walden	Crown Point IN	48	1626	1	41:18.9	6:40/M

## 2023 Donut Dash 5K

Age Group Results

## 10K

## Female 10 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	Samantha Dorsch	Crown Point IN	16	1440	13	50:56.3	8:14/M

## Male 10 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	Bennett Miller	Crown Point IN	13	1533	10	49:04.0	7:55/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	Lauren Spengler	Frankfort IL	22	1603	8	47:48.1	7:43/M
2	Alex Rayonec	Crown Point IN	24	1565	11	49:46.6	8:03/M
3	Sarah Sullivan	Highland IN	29	1607	30	59:35.5	9:41/M
4	Emily Walden	Crown Point IN	21	1625	48	1:13:25.2	11:52/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	Conor Goldring	Merrillville IN	24	1466	4	44:19.2	7:18/M
2	Michael Conkright	Downers Grove IL	21	1430	17	52:35.9	8:30/M
3	Nathan Ellison	Merrillville IN	25	1447	24	56:12.6	9:05/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	Marissa Vasquez	Crete IL	31	1621	7	46:53.1	7:37/M
2	Celia Shaughnessy	Lowell IN	32	1656	20	52:53.5	8:37/M
3	Rachel Bailey	Crown Point IN	37	1408	21	53:47.2	8:44/M
4	Becky Schiller	Wheatfield IN	39	1585	32	59:52.7	9:41/M
5	Nichole Lebeter	Cedar Lake IN	36	1519	33	1:00:19.7	9:45/M
6	Elizabeth Nover	Valparaiso IN	30	1548	34	1:01:12.7	9:54/M
7	Shelby Johnson	Munster IN	30	1496	39	1:04:09.6	10:25/M
8	Alyse Kominakis	Valparaiso IN	35	1504	40	1:04:38.3	10:26/M
9	Lynnsey Furman	Crown Point IN	38	1459	50	1:16:46.8	12:28/M

## 2023 Donut Dash 5K

Age Group Results**10K****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	Jon Labok	Homewood IL	35	1511	2	41:54.2	6:46/M
2	Vincent Rinas	Hobart IN	37	1571	5	45:05.0	7:17/M
3	Ryan Shaak	Lafayette IN	30	1587	6	45:05.5	7:17/M
4	Brent Houlding	Crown Point IN	35	1489	9	49:01.5	7:55/M
5	Alexander Gianopolus	Highland IN	30	1464	12	50:13.9	8:07/M
6	Daniel Curtin	Flossmoor IL	30	1646	16	51:55.7	8:24/M
7	Griffin Shaughnessy	Lowell IN	33	1657	19	52:53.1	8:37/M
8	Christopher Stone	Cedar Lake IN	32	1605	28	59:13.0	9:34/M
9	Michael Penk	Highland IN	39	1556	35	1:01:41.4	9:58/M
10	Greg Bowers	Crown Point IN	39	1678	38	1:03:14.7	10:12/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	Kristy Schultz	Crown Point IN	44	1586	29	59:33.3	9:38/M
2	Angie Rushing	Hobart IN	45	1578	37	1:03:02.7	10:14/M
3	Erica Banks	Merrillville IN	41	1409	41	1:04:47.1	10:35/M
4	Jackie Bergstrom	Lowell IN	42	1413	42	1:06:10.8	10:41/M
5	Valerie Easley	Crown Point IN	42	1445	43	1:06:43.2	10:47/M
6	Evelyn Jimenez-Bratton	Crown Point IN	40	1495	45	1:09:15.7	11:13/M
7	Lindsay Moseley	Crown Point IN	41	1542	46	1:09:16.6	11:12/M
8	Candice Hanusin	Valparaiso IN	47	1482	53	1:20:09.0	12:56/M
9	Charmagne Nagy	Dyer IN	45	1543	59	1:27:36.0	14:10/M
10	Adrienne Mautner	Lowell IN	48	1531	62	1:32:55.8	15:01/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	Tom Glikis	Tinley Park IL	49	1465	14	51:33.4	8:21/M
2	Steve Packovski	Valparaiso IN	42	1679	15	51:42.2	8:22/M
3	Jereme Rainwater	Schererville IN	46	1676	18	52:48.2	8:32/M
4	Robert Lendi	Hammond IN	45	1522	22	54:49.3	8:52/M
5	Andrew Pavlock	Valparaiso IN	40	1555	23	55:58.0	9:03/M
6	Travis Bergstrom	Lowell IN	48	1414	27	58:15.1	9:25/M
7	Nick Tomich	Crown Point In IN	45	1612	44	1:07:16.2	11:13/M
8	Justin Moseley	Crown Point IN	43	1541	47	1:09:16.8	11:12/M
9	Garnett Kirk	Cedar Lake IN	44	1500	58	1:26:36.8	14:01/M

## 2023 Donut Dash 5K

Age Group Results

## 10K

## 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	Karen Arehart	St. John IN	58	1405	26	57:50.4	9:21/M
2	Deveona Alexander	Demotte IN	55	1401	31	59:43.1	9:38/M
3	Laura Halt	Saint John IN	52	1480	52	1:17:16.6	12:29/M
4	Jill Contro	Saint John IN	55	1431	54	1:24:43.1	13:50/M
5	Gina Laas	Crown Point IN	59	1509	56	1:26:30.8	14:01/M
6	Katina Davis	Merrillville IN	50	1436	57	1:26:33.4	14:01/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	Todd Devries	Demotte IN	50	1647	25	56:58.2	9:12/M

## Female 60 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	Ann Downey	Valparaiso IN	62	1443	49	1:16:15.8	12:19/M
2	Deborah Parks	Dyer IN	66	1554	51	1:17:09.6	12:29/M

## Male 60 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	Paul Olen	Saint John IN	64	1549	36	1:02:50.1	10:10/M
2	Jim Laas	Crown Point IN	61	1510	55	1:25:13.2	13:49/M
3	Thomas Nedza	Schererville IN	62	1544	60	1:30:50.1	14:48/M

## 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	Patricia Cooke	Crown Point IN	71	1432	61	1:32:30.7	14:57/M