

2023 Donut Dash 5K

Age Group Results

5K

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	Ashley Edmonds	Crown Point IN	39	1446	2	18:28.8	5:58/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	Austin Wojcik	Saint John IN	16	1641	1	18:11.3	5:53/M

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Female 9 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	Harper Ruffner	Saint John IN	9	1576	130	46:46.9	15:07/M

Male 9 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	Anthony Bresheck		8	1660	121	44:49.4	14:28/M

Female 10 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 Guthrie	Hobart IN	14	1476	26	27:36.5	8:56/M
2	Alissa Trail	Hobart IN	14	1614	27	27:38.9	9:00/M
3	Abigail Rinas	Hobart IN	13	1569	40	28:41.1	9:17/M
4	Madison Brown	Lowell IN	11	1420	65	31:40.8	10:15/M
5	Caroline Rinas	Hobart IN	11	1570	102	39:20.3	12:43/M

Male 10 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	Eli Spasevski	Crown Point, In IN	13	1602	7	23:20.1	7:32/M
2	River Hutsler	Cedar Lake IN	13	1491	29	27:45.6	9:02/M
3	Landon Koschnitzky	Griffith IN	14	1508	127	46:20.8	15:13/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	Addison Waddell	Crown Point IN	15	1624	12	24:53.4	8:06/M
2	Colleen Grafton	Wheatfield IN	16	1467	25	27:30.1	9:01/M
3	Danielle Gawrysiak	Hobart IN	15	1463	39	28:37.3	9:19/M
4	Breionna Protega	Saint John IN	17	1562	60	31:10.1	10:06/M
5	Sierra Houts	Lowellowell IN	17	1490	89	36:01.6	11:39/M
6	Jocelyn Grafton	Wheatfield IN	19	1468	116	42:45.7	13:57/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	Aidan Ilic	Dyer IN	17	1492	3	18:32.5	6:00/M
2	Robert Gundlach	Hammond IN	19	1651	49	29:32.7	9:39/M

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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	Renee Martin	Valparaiso IN	24	1529	52	29:54.7	9:42/M
2	Dahlia Negroni	Hobart IN	20	1545	56	30:56.9	10:06/M
3	Natalie Jovel		20	1680	80	34:47.1	11:17/M
4	Morgan Risner	Rensselaer IN	21	1572	97	38:15.7	12:31/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	Steven Landers	Crown Point IN	23	1514	18	26:10.9	8:30/M
2	Mateo Casas	East Chicago IN	21	1424	24	27:25.3	8:55/M
3	Fleet Feet Pete		20	1659	42	28:51.8	9:21/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	Katherine Vanalstine	Crete IL	28	1620	33	28:17.7	9:13/M
2	Emily Kenyon	Saint John IN	29	1499	34	28:18.2	9:14/M
3	Miranda MacFarlane	Crown Point IN	27	1525	43	28:58.2	9:24/M
4	Ashley Earle	Valparaiso IN	29	1648	72	33:05.0	10:46/M
5	Morgan Phares	Cedar Lake IN	26	1560	73	33:08.5	10:45/M
6	Jessica Jahnke	Crown Point IN	26	1493	74	33:15.8	10:47/M
7	Sadie Perez	Highland IN	27	1557	87	35:51.5	11:39/M
8	Rachel Sieruga	Highland IN	29	1590	92	37:38.2	12:12/M
9	Jenna Fox	Demotte IN	25	1456	108	40:43.7	13:20/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	Little Nicky	Munster IN	28	1636	5	20:35.0	6:39/M
2	Robert Kennedy	Hammond IN	29	1498	11	24:34.1	7:58/M
3	Clinton Welton	Portage IN	27	1629	31	28:01.6	9:11/M
4	Max Zylstra	Valparaiso IN	29	1658	75	33:23.1	10:52/M
5	Patrick Delis	Crown Point IN	27	1438	88	36:00.6	11:43/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	Stephanie Burkholder	Goshen IN	32	1421	6	23:05.7	7:28/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>
2	Anysa Hernandez	Demotte IN	30	1485	21	26:34.8	8:46/M
3	Ashley Kline	Dyer IN	34	1502	35	28:24.1	9:17/M
4	Collene Groneman	Smithtown NY	31	1470	51	29:50.7	9:48/M
5	Laurie Foster	Hobart IN	32	1455	58	30:57.5	10:08/M
6	Joanna Groth	Schererville IN	34	1472	61	31:34.0	10:14/M
7	Tyler Perry	Valparaiso IN	31	1558	70	32:33.6	10:41/M
8	Megan Fentress	Cedar Lake IN	34	1453	71	32:56.6	10:42/M
9	Amber Gunningham	Crown Point IN	31	1473	76	34:18.0	11:19/M
10	Kandis Earle	Lake Station IN	33	1649	77	34:25.9	11:10/M
11	Sara Nichols	Cedar Lake IN	33	1547	84	35:26.5	11:36/M
12	Taylor Homans	Hebron IN	30	1487	107	40:37.9	13:17/M
13	Holly Reyes	Crown Point IN	32	1566	118	44:09.3	14:20/M
14	Brenna Wermers	Downers Grove IL	31	1630	119	44:39.9	14:27/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	Zach Overby	Crown Point IN	31	1551	20	26:30.1	8:39/M
2	Jimmy Laud	Cedar Lake IN	32	1518	53	29:56.5	9:44/M
3	Josh Bonneville	Crown Point IN	33	1419	54	30:22.1	9:54/M
4	Chris Leer	Valparaiso IN	32	1520	55	30:48.2	10:06/M
5	Pat Clark	Crown Point IN	33	1426	62	31:34.7	10:21/M
6	Mateusz Kaluza	Crestwood IL	30	1654	69	32:18.0	10:29/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	Kristen Salkas	Homewood IL	35	1579	14	25:05.4	8:08/M
2	Melissa Molina	Saint John IN	38	1537	23	27:16.8	8:52/M
3	Aida Haigh	St John IN	36	1478	36	28:24.7	9:14/M
4	Veronica Garcia	Crown Point IN	38	1462	57	30:57.3	10:08/M
5	Stephanie Tomich	Schererville IN	35	1613	63	31:35.2	10:21/M
6	Christina Skopelja	Crown Point IN	36	1595	64	31:36.6	10:16/M
7	Julie Hinchy	Crown Point IN	37	1486	67	31:45.8	10:18/M
8	Theresa Willis	Valparaiso IN	35	1639	79	34:28.8	11:16/M
9	Alana Lendi	Hammond IN	37	1521	91	36:39.1	11:55/M
10	Jamie Lovings	Crown Point IN	37	1524	95	38:08.6	12:31/M
11	Stephanie Heim	Cedar Lake IN	37	1484	100	38:57.8	13:57/M
12	Abigail Horner	Griffith IN	37	1488	101	39:01.0	12:51/M
13	Lisa White	West Lafayette IN	38	1635	126	46:18.8	14:58/M

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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>
14	Stefanie Koschnitzky	Griffithgriffith IN	39	1507	128	46:27.7	15:15/M
15	Lauren Simmons	Merrillville IN	36	1591	144	54:34.7	17:49/M
16	Carol Sharp	Schererville IN	37	1588	145	54:42.5	17:51/M
17	Lacey Swick	Gary IN	39	1610	151	1:03:33.9	20:45/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	Dustin Scaggs	Saint John IN	38	1584	37	28:24.9	9:14/M
2	Nathan Gunningham	Crown Point IN	37	1475	46	29:17.5	9:29/M
3	Hardy Willis	Valparaiso IN	35	1638	78	34:28.4	11:15/M
4	Myles Handley	Crown Point IN	35	1481	81	34:47.2	11:23/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	Amy Ruffner	Saint John IN	41	1573	22	27:10.7	8:48/M
2	Ruth Wertz	Valparaiso IN	43	1633	68	32:11.2	10:37/M
3	Beth Dziadon	Lowell IN	43	1444	96	38:12.2	12:33/M
4	Lisa Modrowski	Lowell IN	40	1535	105	40:16.0	13:07/M
5	Joy Koi	Gary IN	42	1503	146	54:54.3	17:57/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	Bryan Cliver	Crown Point IN	44	1427	4	20:21.2	6:35/M
2	Derek Janik	Highland IN	40	1652	8	23:44.3	7:40/M
3	Jared Goodall	Merrillville IN	40	1650	30	28:01.3	9:06/M
4	David Wertz	Valparaiso IN	42	1632	41	28:51.0	9:33/M
5	Mike Herlitz		42	1683	85	35:44.1	11:38/M
6	Eric Anderson	Gary IN	41	1402	153	1:03:40.8	20:47/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 Sulek	Crown Point IN	49	1606	28	27:41.5	9:03/M
2	Holly Freeman	Crown Point IN	46	1457	47	29:22.0	9:40/M
3	Nancy Packovski	Crown Point IN	46	1553	48	29:29.3	9:33/M

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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>
4	Shannon Vera	Cedar Lake IN	48	1623	93	37:50.5	12:17/M
5	Valerie Wilczewski	Lowell IN	45	1637	103	39:52.3	12:56/M
6	Allison Bierma	Wheatfield IN	48	1417	115	42:14.5	13:47/M
7	Jessica Figurski	Crown Point IN	48	1454	124	45:39.5	14:55/M
8	Ruth Halstead		49	1681	125	46:11.9	14:56/M
9	Kristan Casas	Munster IN	46	1645	129	46:28.0	15:36/M
10	Alexis Jones-Abraham	Chicago IL	49	1653	133	50:12.4	16:21/M
11	Janine Surufka	Griffith IN	49	1609	136	51:33.7	16:50/M
12	Andrea Mortimer	Valparaiso IN	48	1540	141	53:44.2	17:32/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	Mike Culbreth	Wheatfield IN	45	1435	16	25:36.7	8:19/M
2	Bob Maclejewski	Rensselaer IN	45	1527	19	26:25.7	8:33/M
3	Frank Falardeau	Dyer IN	46	1450	147	54:55.1	17:57/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	Jen Sobek	Crown Point IN	53	1677	83	35:26.2	11:36/M
2	Mary Velasco	Highland IN	53	1622	106	40:36.7	13:19/M
3	Christine Biasi	Crown Point IN	52	1415	131	47:41.2	15:32/M
4	Mary Weber	Schererville IN	53	1628	137	51:41.9	16:49/M
5	Kristen Neria	Munster IN	51	1546	148	1:00:40.5	19:51/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	Cj Moncado	Demotte IN	52	1538	10	24:25.4	7:54/M
2	Brian Peters	Lowell IN	50	1559	32	28:02.2	9:07/M
3	Juan Casas	Gary IN	52	1644	38	28:27.4	9:12/M
4	Ranjit Ramdas	Stilwell KS	51	1564	44	29:06.7	9:28/M
5	David Biasi	Crown Point IN	53	1416	109	40:47.4	13:19/M
6	Michael Moffitt	Saint John IN	52	1536	111	41:25.9	13:30/M
7	Hector Martinez	Whiting IN	52	1530	138	51:43.4	16:51/M

2023 Donut Dash 5K

Age Group Results

5K

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	Glenda Omeara	Portage IN	57	1550	50	29:49.7	9:40/M
2	Sandy MacFarlane	Crown Point IN	56	1526	94	37:51.6	12:17/M
3	Christine Gaines	Hobart IN	56	1460	98	38:36.8	12:38/M
4	Monica Shoemake	Dyer IN	58	1589	110	41:24.4	13:29/M
5	Alma Cappadora	Cedar Lake IN	56	1423	114	41:31.8	13:38/M
6	Linda Gray	Kentland IN	59	1469	134	50:42.5	16:25/M
7	Sydney Dawson	Valparaiso IN	55	1437	135	51:31.3	16:43/M
8	Jennifer Whitcomb	Danville IN	59	1634	142	53:53.9	17:42/M
9	Denea Skufakiss	Schererville IN	55	1596	143	54:33.5	17:43/M
10	Connie Karras	Munster IN	56	1497	149	1:01:12.6	19:52/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	1433	17	25:47.0	8:22/M
2	Pete Land	Crown Point IN	56	1513	86	35:48.4	11:42/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	Laura Darrow	Lowell IN	61	1439	82	34:48.2	11:18/M
2	Tracy Chandler	Crown Point IN	60	1425	99	38:50.7	12:39/M
3	Melody Wolff	Crown Point IN	62	1642	112	41:26.6	13:30/M
4	Kathleen Lang	Portage IN	63	1515	122	45:28.6	14:48/M
5	Pamela Slater	Hobart IN	62	1597	152	1:03:34.3	20:45/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	Ruben Falcon	Goshen IN	63	1452	9	24:01.1	7:46/M
2	Ruben Sanchez	Lake Station IN	64	1580	13	24:59.5	8:05/M
3	Mark Lang	Portage IN	64	1516	66	31:41.0	10:15/M
4	Wes Tiller	Crown Point IN	62	1611	90	36:27.5	11:57/M
5	Robert Wermers	Crown Point IN	63	1631	120	44:40.7	14:28/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>
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2023 Donut Dash 5K

Age Group Results

5K

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	Deb Schiesser	Crown Point IN	67	1655	45	29:14.1	9:29/M
2	Cookie Maclejewski	Demotte IN	68	1528	104	40:14.4	13:02/M
3	Cindy Hall	Hammond IN	65	1479	117	43:45.7	14:09/M
4	Hollye Blossom	Hobart IN	67	1418	132	47:41.3	15:28/M
5	Candace Mitchell	Lake Village IN	69	1534	139	51:46.7	16:50/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	Thomas Kornelik	Crown Point IN	66	1506	15	25:18.2	8:11/M
2	Randy Wisowaty	Crete IL	68	1640	59	31:00.2	10:05/M
3	Jim Cocking	Crown Point IN	65	1428	123	45:31.5	14:53/M
4	Peter Klaeser	Chesterton IN	66	1501	140	52:56.5	17:16/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	Margaret Rietman	Schererville IN	74	1567	113	41:27.3	13:30/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	David Ralston	Hammond IN	78	1563	150	1:01:35.3	19:58/M