

## 2023 Running with Friends 5K

Race Date  
April 22, 2023

Overall Finish List

## 5K

<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Gend</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>
1	Patrick Gannon		1582	23	M	1: Overall	19:51.1	6:24/M
2	Jay Hernandez	Joliet IL	3933	23	M	1: 20-29	20:55.7	6:45/M
3	Nick Diaz	Tinley Park IL	3918	27	M	2: 20-29	21:16.7	6:52/M
4	Amy Bowden	New Lenox IL	3903	44	F	1: Overall	23:07.8	7:28/M
5	Matt Bowden	New Lenox IL	3904	45	M	1: 40-49	23:08.3	7:28/M
6	Brandon Feeley	Naperville IL	3921	37	M	1: 30-39	23:37.2	7:37/M
7	Randy Goodwin	New Lenox IL	3928	43	M	2: 40-49	24:07.3	7:47/M
8	Dale Hauser IV	New Lenox IL	3931	18	M	1: 1-19	24:21.6	7:51/M
9	Cody Smith	Orland Park IL	3994	25	M	3: 20-29	24:45.1	7:59/M
10	Joe Gaul	New Lenox IL	3924	62	M	1: 60-99	25:12.8	8:08/M
11	Jozyah Lennan	New Lenox IL	3949	12	M	2: 1-19	25:43.5	8:18/M
12	Aidan Weathers	Mokena IL	4013	11	M	3: 1-19	25:54.2	8:21/M
13	Heather Schutz	New Lenox IL	3985	44	F	1: 40-49	25:55.6	8:22/M
14	Alisha Neil	Mokena IL	3965	40	F	2: 40-49	26:08.2	8:26/M
15	Vincent Manzella	Lockport IL	3952	25	M	4: 20-29	26:32.7	8:34/M
16	Carter Partin		1568	9	M	4: 1-19	26:48.9	8:39/M
17	Benjamin Powers	New Lenox IL	3975	14	M	5: 1-19	26:59.5	8:42/M
18	Chris Morgan	Lockport IL	3959	54	M	1: 50-59	27:03.4	8:44/M
19	Jim O'Neill	Orland Park IL	3969	55	M	2: 50-59	27:09.4	8:46/M
20	Nataly Ryan	Manhattan IL	3980	32	F	1: 30-39	27:50.5	8:59/M
21	Larry Klaaren	New Lenox IL	3945	69	M	2: 60-99	27:53.4	9:00/M
22	Jessica Selucky	Homer Glen IL	3986	35	F	2: 30-39	27:58.8	9:02/M
23	Kristen Noto	Mokena IL	3967	41	F	3: 40-49	28:12.4	9:06/M
24	Melanie Simard	New Lenox IL	3990	38	F	3: 30-39	28:21.2	9:09/M
25	Maxwell P Ryan	New Lenox IL	3979	41	M	3: 40-49	28:26.5	9:10/M
26	Heidi Morgan	Lockport IL	3960	50	F	1: 50-59	29:11.3	9:25/M
27	Adrienne Salvador	Mokena IL	3983	39	F	4: 30-39	29:26.2	9:30/M
28	Bob Powers	New Lenox IL	3976	47	M	4: 40-49	29:30.8	9:31/M
29	Mary Feeley	New Lenox IL	3922	36	F	5: 30-39	29:44.8	9:36/M
30	Jennifer Cate	Tinley Park IL	3909	38	F	6: 30-39	29:53.8	9:39/M
31	Angela Wargowsky	New Lenox IL	4010	39	F	7: 30-39	30:13.3	9:45/M
32	Tyler Spisak	Crest Hill IL	3996	24	M	5: 20-29	30:40.9	9:54/M
33	Catie Wolf	New Lenox IL	4015	42	F	4: 40-49	30:41.7	9:54/M
34	Susan Vonborstel	New Lenox IL	4009	57	F	2: 50-59	31:52.4	10:17/M
35	Margaret Lahey	Manhattan IL	3947	32	F	8: 30-39	32:00.3	10:19/M
36	Stephanie Carbajal	Manhattan IL	3906	24	F	1: 20-29	33:03.7	10:40/M
37	Mateusz Kaluza	Crestwood IL	3942	30	M	2: 30-39	33:04.3	10:40/M
38	Kristen Salkas	Homewood IL	3982	35	F	9: 30-39	33:07.6	10:41/M
39	William Sinclair	Mokena IL	3992	79	M	3: 60-99	33:17.7	10:44/M
40	Lynne O'Flynn	Manhattan IL	3968	56	F	3: 50-59	33:50.6	10:55/M
41	Kristin Jachymiak	Manhattan IL	3940	41	F	5: 40-49	33:51.2	10:55/M
42	Devyn Valenta	New Lenox IL	4004	7	M	6: 1-19	33:58.5	10:58/M
43	Rozlyn Valenta	New Lenox IL	4006	7	F	1: 1-19	33:58.8	10:58/M
44	Gretchen Valenta	New Lenox IL	4005	44	F	6: 40-49	34:07.8	11:01/M
45	Theresa Hiller	Manhattan IL	3934	60	F	1: 60-99	34:11.8	11:02/M
46	Ryan McCarthy	Mokena IL	3953	25	M	6: 20-29	34:21.4	11:05/M
47	Elizabeth Okon	New Lenox IL	3970	38	F	10: 30-39	34:41.5	11:11/M

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48	Ashley Partin		1581	38	F	11: 30-39	34:42.2	11:12/M
49	Amber Naples	Manhattan IL	3964	32	F	12: 30-39	34:52.4	11:15/M
50	Andrea Ryan	New Lenox IL	3978	39	F	13: 30-39	34:58.5	11:17/M
51	Eric Decker	New Lenox IL	3916	42	M	5: 40-49	35:24.4	11:25/M
52	Tim Pearson	New Lenox IL	3973	47	M	6: 40-49	35:25.4	11:26/M
53	Lauren Uy	Montgomery IL	4003	24	F	2: 20-29	36:19.5	11:43/M
54	Sara Weathers	Mokena IL	4014	39	F	14: 30-39	37:22.3	12:03/M
55	Amy King	Joliet IL	3944	24	F	3: 20-29	37:24.5	12:04/M
56	Jessica McCorkle	Manhattan IL	3954	31	F	15: 30-39	37:52.9	12:13/M
57	Carlyn Gedvilas	New Lenox IL	3925	29	F	4: 20-29	38:00.8	12:16/M
58	Kristin Hofer	New Lenox IL	3935	36	F	16: 30-39	38:03.1	12:16/M
59	Samantha Larocco	New Lenox IL	3948	32	F	17: 30-39	38:03.5	12:17/M
60	Brianna Krauchun	New Lenox IL	3946	23	F	5: 20-29	38:08.5	12:18/M
61	Blake Nemec	New Lenox IL	3966	23	M	7: 20-29	38:08.9	12:18/M
62	Valerie Swanson	Orland Park IL	3999	52	F	4: 50-59	38:09.9	12:19/M
63	John Villasenor	Frankfort IL	4008	60	M	4: 60-99	38:40.4	12:29/M
64	Jason Diepen	Orland Park IL	3919	45	M	7: 40-49	38:41.2	12:29/M
65	Hala Abdelrahman	Tinley Park IL	3901	23	F	6: 20-29	38:44.4	12:30/M
66	Melissa Gonzalez	Joliet IL	3927	47	F	7: 40-49	38:51.0	12:32/M
67	Krystle Pretto	New Lenox IL	3977	38	F	18: 30-39	39:11.9	12:39/M
68	William Valenta	New Lenox IL	4007	50	M	3: 50-59	39:47.4	12:50/M
69	Cynthia Coglianesse	Mokena IL	3913	44	F	8: 40-49	41:24.4	13:21/M
70	Byron Hyink	New Lenox IL	3937	80	M	5: 60-99	43:08.1	13:55/M
71	Melissa Cullinane	Manhattan IL	3914	43	F	9: 40-49	44:43.7	14:26/M
72	Penelope Cullinane	Manhattan IL	3915	7	F	2: 1-19	44:43.8	14:26/M
73	Adelaide Leonard	Joliet IL	3950	8	F	3: 1-19	46:34.4	15:01/M
74	John Leonard	Joliet IL	3951	44	M	8: 40-49	46:34.6	15:01/M
75	Andrea Burton	New Lenox IL	3905	35	F	19: 30-39	46:54.5	15:08/M
76	Erica Haddon	Mukwonago WI	3929	37	F	20: 30-39	47:02.2	15:10/M
77	Liza Sacdalan	Orland Park IL	3981	54	F	5: 50-59	47:03.5	15:11/M
78	Margaret Slavik	Mokena IL	3993	60	F	2: 60-99	47:46.1	15:25/M
79	Laurie Cerle	Mokena IL	3911	57	F	6: 50-59	47:46.1	15:25/M
80	Jennifer McManus	New Lenox IL	3956	59	F	7: 50-59	47:47.2	15:25/M
81	Noelle Ostapkowicz	New Lenox IL	3971	34	F	21: 30-39	47:49.2	15:26/M
82	Amanda Sappenfield	New Lenox IL	3984	34	F	22: 30-39	47:59.3	15:29/M
83	Jennifer Tingley	New Lenox IL	4000	45	F	10: 40-49	47:59.6	15:29/M
84	Phil Reiter		1583	45	M	9: 40-49	50:23.9	16:15/M
85	Susan Henschel	Tinley Park IL	3932	44	F	11: 40-49	51:03.4	16:28/M
86	Dan Murtaugh	New Lenox IL	3962	54	M	4: 50-59	52:30.6	16:56/M
87	Debbie Murtaugh	New Lenox IL	3963	59	F	8: 50-59	52:33.8	16:57/M
88	Karen Shinnors	Lockport IL	3989	54	F	9: 50-59	55:34.3	17:56/M
89	Kathleen Gentile	Lockport IL	3926	57	F	10: 50-59	55:35.6	17:56/M
90	Renee Ellis-Colosi	Manhattan IL	3920	65	F	3: 60-99	55:36.8	17:56/M
91	Marcy Juarez	Manhattan IL	3941	40	F	12: 40-49	55:37.1	17:56/M
92	Mary Peceniak	Jolietjoliet IL	3974	69	F	4: 60-99	55:48.1	18:00/M
93	Tricia McLaren	New Lenox IL	3955	54	F	11: 50-59	55:49.2	18:00/M
94	Patty Berg	Manhattan IL	3902	65	F	5: 60-99	55:49.8	18:01/M

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95	Abby Moisan	New Lenox IL	3958	26	F	7: 20-29	55:50.6	18:01/M
96	Pullara Diane	Elwood IL	3917	61	F	6: 60-99	56:58.7	18:23/M
97	Joellen Hurst	Frankfort IL	3936	70	F	7: 60-99	56:59.3	18:23/M
98	Val Shalati	New Lenox IL	3988	44	F	13: 40-49	58:02.6	18:43/M
99	Kim Iles	Tinley Park IL	3939	55	F	12: 50-59	58:03.4	18:44/M
100	Jayne Sinchak	Manhattan IL	3991	64	F	8: 60-99	1:00:09.3	19:24/M
101	Cheryl Stephenson	New Lenox IL	3997	57	F	13: 50-59	1:00:09.8	19:24/M
102	Lisa Miller	Mokena IL	3957	51	F	14: 50-59	1:00:45.5	19:36/M
103	Cheryl Hamill	Mokena IL	3930	57	F	15: 50-59	1:00:46.1	19:36/M
104	John Quinlan		1592	80	M	6: 60-99	1:01:01.1	19:41/M