

# 2023 Extra Mile One Mile Challenge

## Age Group Results

Race Date  
July 13, 2023

### Open

#### Women 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	Elizabeth Ehrhardt	Valparaiso IN	17	980	31	5:12.1	5:12/M

#### Men 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	Mason Nobles	Valparaiso IN	16	591	1	4:27.6	4:28/M

#### Women 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	Anna Young	Valparaiso IN	41	15	114	5:57.4	5:57/M

#### Men 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	Aaron Crague	Valparaiso IN	43	889	18	4:57.6	4:58/M

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#### Women 10 and Under

Place	Name	City	Age	Bib No	Overall	Time	Pace
1	Sloane Mumaw	Valparaiso IN	10	775	290	7:17.7	7:18/M
2	Nora Ladra	Valparaiso IN	10	421	318	7:32.0	7:32/M
3	Kennedy Hill	Michigan City IN	9	912	323	7:32.6	7:33/M
4	Adalyn Buchko	Valparaiso IN	9	357	329	7:36.8	7:37/M
5	Alexandrea Colella	Porter IN	10	635	336	7:39.9	7:40/M
6	Addison Spanopoulos	Chesterton IN	9	895	360	7:54.8	7:55/M
7	Lena Marcisz	Dyer IN	8	371	375	8:01.6	8:02/M
8	Elizabeth Borman	Valparaiso IN	7	946	377	8:03.7	8:04/M
9	Charlotte Gettler	Crown Pointcrown Point	9	881	380	8:04.9	8:05/M
10	Brea Bonkoski	Valparaiso IN	10	28	387	8:07.6	8:08/M
11	Zoey Kerezman	Portage IN	7	861	398	8:12.4	8:12/M
12	Madison Curiel	Chesterton IN	6	393	415	8:24.2	8:24/M
13	Annabella Kadish	Westville IN	8	853	417	8:24.6	8:25/M
14	Raegan Niehaus	Chesterton IN	6	666	418	8:26.0	8:26/M
15	Addy Howton	Chesterton IN	9	891	425	8:33.8	8:34/M
16	Cecily Massey	Hobart IN	9	447	438	8:45.1	8:45/M
17	Addilyn Edens	Chesterton IN	6	669	441	8:45.7	8:46/M
18	Brooklyn Bradford	Chesterton IN	7	93	443	8:46.4	8:46/M
19	Kendall Trumbo	Valparaiso IN	10	938	451	8:59.0	8:59/M
20	Addison Stangel	Valparaiso IN	10	953	469	9:13.5	9:14/M
21	Carissa Penner	Valparaiso IN	9	715	470	9:16.0	9:16/M
22	Madelyn Karas	Valparaiso IN	8	947	471	9:16.3	9:16/M
23	Chaylee Canzoneri	Valparaiso IN	8	825	472	9:16.6	9:17/M
24	Kennedy Sibley	Portage IN	8	755	489	9:28.4	9:28/M
25	Ceara Sweeney	Portage IN	8	957	490	9:28.7	9:29/M
26	Ivy Ellerthorpe	Chesterton IN	8	364	499	9:35.5	9:36/M
27	Sophie Holmen	Valparaiso IN	8	696	500	9:35.5	9:36/M
28	Harper Holt	Valparaiso IN	8	659	502	9:36.9	9:37/M
29	Tessa Stephens	Valparaiso IN	8	352	504	9:39.3	9:39/M
30	Amy Graham	Hobart IN	7	751	505	9:41.1	9:41/M
31	Amelia Novotney	Valparaiso IN	7	382	510	9:44.0	9:44/M
32	Emerson Osan	Chesterton IN	7	90	512	9:45.9	9:46/M
33	Cora Tobias	Valparaiso IN	10	772	513	9:46.0	9:46/M
34	Gg Donis	Portage IN	9	622	516	9:47.7	9:48/M
35	Cami Shiplov	Valparaiso IN	9	966	517	9:48.4	9:48/M
36	Evie Swanson	Valparaiso IN	8	61	518	9:48.7	9:49/M
37	Nadia Reyes	Chesterton IN	7	917	519	9:50.0	9:50/M
38	Lucy Crague	Valparaiso IN	7	888	524	9:52.7	9:53/M
39	Maeve Mirochna	Valparaiso IN	9	57	529	9:57.7	9:58/M
40	Brooke Nietert	Valparaiso IN	10	71	530	10:00.1	10:00/M
41	Cameron Kretzmann	Chesterton IN	6	64	544	10:15.5	10:16/M
42	Lennon Kaufman	Valparaiso IN	6	9	547	10:17.5	10:18/M

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#### Women 10 and Under

Place	Name	City	Age	Bib No	Overall	Time	Pace
43	Carlyle Freeman	Valparaiso IN	10	935	549	10:18.0	10:18/M
44	Ruby Reimink	Valparaiso IN	7	54	550	10:18.0	10:18/M
45	Joanie Furuness	Valparaiso IN	10	86	551	10:20.3	10:20/M
46	Lacey Colella	Porter IN	8	638	552	10:22.0	10:22/M
47	Paige Evans	Valparaiso IN	10	487	553	10:22.1	10:22/M
48	Kendall King	Portage IN	5	863	563	10:33.3	10:33/M
49	Layne Osan	Chesterton IN	10	89	564	10:33.9	10:34/M
50	Emily Frey	Valparaiso IN	9	738	567	10:36.6	10:37/M
51	Layla Burdick	Chesterton IN	8	366	569	10:37.7	10:38/M
52	Adelyn Kaper	Valparaiso IN	7	829	571	10:41.2	10:41/M
53	Gabby Vales	Chesterton IN	7	6	572	10:42.0	10:42/M
54	Lilly Howton	Chesterton IN	8	892	573	10:42.4	10:42/M
55	Sabina Zavala	Hebron IN	7	429	575	10:44.1	10:44/M
56	Brynlee Swanson	Valparaiso IN	6	60	577	10:46.2	10:46/M
57	Amelia Gomez		8	439	579	10:48.7	10:49/M
58	Harper Kaper	Valparaiso IN	9	830	586	10:58.5	10:59/M
59	Charlotte Zarach	Saint John IN	9	363	591	11:02.5	11:03/M
60	Josie Vidimos	Chesterton IN	6	688	594	11:05.6	11:06/M
61	Audrey Joyce	Chesterton IN	7	82	595	11:05.9	11:06/M
62	Margo Higgins	Chesterton IN	5	763	596	11:06.0	11:06/M
63	Sydney Kretzmann	Chesterton IN	5	65	601	11:07.8	11:08/M
64	Lucy Fox	Valparaiso IN	7	601	610	11:16.4	11:16/M
65	Lilly Bradford	Chesterton IN	6	727	611	11:18.4	11:18/M
66	Arrow Collazo	Chesterton IN	6	663	613	11:23.5	11:24/M
67	Ellery Ferguson	Chesterton IN	10	401	614	11:26.8	11:27/M
68	Addison Martin	Valparaiso IN	8	749	619	11:31.5	11:32/M
69	Kristin Brubaker	Valparaiso IN	9	923	620	11:33.4	11:33/M
70	Aviana Gomez		6	440	625	11:38.3	11:38/M
71	Brooklin Brubaker	Valparaiso IN	9	924	626	11:38.5	11:39/M
72	Wesley Thode	Chesterton IN	6	644	628	11:41.8	11:42/M
73	Audrey Laskia	Westville IN	10	392	629	11:41.9	11:42/M
74	Brier Bonkoski	Valparaiso IN	5	31	630	11:42.3	11:42/M
75	Brenna Bonkoski	Valparaiso IN	6	29	631	11:42.6	11:43/M
76	Katja Kuruzovic	Chicago IL	5	574	633	11:45.1	11:45/M
77	Grace Amodei	Valparaiso IN	10	355	635	11:51.1	11:51/M
78	Kari Thurner	Valparaiso IN	9	87	636	11:51.7	11:52/M
79	Valerie Donahue	Valparaiso IN	9	974	637	11:51.9	11:52/M
80	Lyvia Mearns	Valparaiso IN	10	22	640	11:55.3	11:55/M
81	Evie Easterday	Chesterton IN	5	689	644	12:01.3	12:01/M
82	Alice Crague	Valparaiso IN	5	886	647	12:04.7	12:05/M
83	Madeline Frey	Valparaiso IN	5	739	652	12:11.2	12:11/M
84	Meara Mirochna	Valparaiso IN	5	58	655	12:13.2	12:13/M

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<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>
85	Olivia Hernandez	Chesterton IN	10	427	657	12:17.8	12:18/M
86	Payton Hernandez	Chesterton IN	7	426	658	12:20.3	12:20/M
87	Londyn Wolfe	Valparaiso IN	7	956	660	12:25.1	12:25/M
88	Kennedy Fuller	Valparaiso IN	5	995	661	12:25.8	12:26/M
89	Mackenzie Young		10	572	664	12:27.7	12:28/M
90	Emily Gustafson	Valparaiso IN	6	683	666	12:32.5	12:33/M
91	Jasmine Witherspoon	Valparaiso IN	7	336	668	12:37.5	12:38/M
92	Sofia Zavala	Hebron IN	9	424	669	12:37.6	12:38/M
93	Brisa Bonkoski	Valparaiso IN	8	33	670	12:39.3	12:39/M
94	Moriah Barger	Valparaiso IN	6	729	671	12:41.2	12:41/M
95	Charlotte Murphy	Chesterton IN	7	434	675	12:53.0	12:53/M
96	Scarlett Murphy	Chesterton IN	5	435	677	12:56.8	12:57/M
97	Lenya Ensign	Valparaiso IN	5	321	678	12:57.2	12:57/M
98	Skylar Freeman	Valparaiso IN	5	936	680	13:09.7	13:10/M
99	Nora Breitzke	Valparaiso IN	7	770	681	13:15.2	13:15/M
100	Emma Ellertorpe	Chesterton IN	10	362	684	13:23.3	13:23/M
101	Evelyn Nolan	Valparaiso IN	5	1	686	13:46.6	13:47/M
102	Caylee Kapphan	Valparaiso IN	5	5	689	14:01.8	14:02/M
103	Amayia Slack	Chesterton IN	10	870	691	14:07.6	14:08/M
104	Lucy Givens	Porter IN	9	685	694	14:25.9	14:26/M
105	Rose Forgey	Chesterton IN	8	976	700	14:52.0	14:52/M
106	Reese Thoma	Chesterton IN	6	661	703	15:09.6	15:10/M
107	Maggie Stathis	Chesterton IN	9	684	710	17:04.3	17:04/M

#### Male 10 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	Porter Wilks	Valparaiso IN	10	396	129	6:07.0	6:07/M
2	Nicholas Reyes	Chesterton IN	10	918	211	6:38.6	6:39/M
3	Caleb Curiel	Chesterton IN	9	400	226	6:44.2	6:44/M
4	Abram Rausch	Chesterton IN	9	627	243	6:52.1	6:52/M
5	Lucas Torres	Valparaiso IN	9	444	254	6:56.8	6:57/M
6	Caden Martinez	Valparaiso IN	9	866	260	7:00.3	7:00/M
7	Elias Young	Valparaiso IN	8	16	280	7:12.1	7:12/M
8	Clay Krueger	Valparaiso IN	8	913	281	7:12.7	7:13/M
9	Camden Niehaus	Chesterton IN	10	664	295	7:19.9	7:20/M
10	Isaiah Gomez		10	441	305	7:22.8	7:23/M
11	James Vidimos		4	687	307	7:23.3	7:23/M
12	Robert Jr Oaks	Portage IN	9	842	311	7:27.5	7:28/M
13	Everett Rausch	Chesterton IN	7	628	315	7:30.5	7:31/M
14	Luke Nietert	Valparaiso IN	7	72	320	7:32.3	7:32/M

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## Male 10 and Under

Place	Name	City	Age	Bib No	Overall	Time	Pace
15	Lucas Cooper	Valparaiso IN	10	816	335	7:39.3	7:39/M
16	Rhys Griffin	Valparaiso IN	9	27	343	7:44.4	7:44/M
17	Jackson Thoma	Chesterton IN	8	660	355	7:50.4	7:50/M
18	Sawyer Evans-White	Valparaiso IN	10	608	361	7:54.9	7:55/M
19	Benedict Young	Valparaiso IN	6	17	374	8:00.1	8:00/M
20	Micah Rhinehart	Porter IN	6	344	382	8:06.3	8:06/M
21	Hank Tobias	Valparaiso IN	10	773	384	8:06.8	8:07/M
22	Caleb Holt	Valparaiso IN	6	658	385	8:07.4	8:07/M
23	Maxwell Freyenberger	Kouts IN	10	859	389	8:09.3	8:09/M
24	Tytan Nelson	Valparaiso IN	9	24	393	8:10.5	8:11/M
25	Luke Trout	Chesterton IN	9	662	397	8:12.3	8:12/M
26	Ethan King	Portage IN	7	862	399	8:13.1	8:13/M
27	Oliver Zarach	Saint John IN	8	372	402	8:15.5	8:16/M
28	Jonathan Morgan	Chesterton IN	9	925	412	8:23.0	8:23/M
29	Jesse Ricks	Chesterton IN	9	450	414	8:23.8	8:24/M
30	Benjamin Kolenic	Valparaiso IN	9	758	424	8:33.1	8:33/M
31	Brad Lakia	Westville IN	9	390	429	8:36.0	8:36/M
32	Banks Zimmer	Valparaiso IN	8	802	430	8:36.1	8:36/M
33	Adam Ibrahim	Valparaiso IN	9	431	434	8:41.5	8:42/M
34	Finn Yokovich	Valparaiso IN	6	998	437	8:45.0	8:45/M
35	Devland Sweeney	Portage IN	10	958	445	8:47.6	8:48/M
36	Lee Capodice	Chesterton IN	8	397	447	8:50.8	8:51/M
37	Levi Crague	Valparaiso IN	9	887	453	8:59.2	8:59/M
38	Wyatt Kominakis	Valparaiso IN	6	438	460	9:07.3	9:07/M
39	Markus Pryor	Valparaiso IN	6	25	461	9:07.4	9:07/M
40	Jacob Betz	Valparaiso IN	7	734	462	9:07.5	9:08/M
41	Dino Christodoulakis	Valparaiso IN	7	334	468	9:13.5	9:14/M
42	Bram Daly-Bubness	Valparaiso IN	8	640	474	9:20.0	9:20/M
43	Edward Erickson	Portage IN	8	962	475	9:20.5	9:21/M
44	Wilbur Plew	Valparaiso IN	8	693	477	9:21.1	9:21/M
45	Gus Mikuzis	Chesterton IN	6	854	478	9:21.3	9:21/M
46	Luca Jasicki	Valparaiso IN	8	647	482	9:24.9	9:25/M
47	Brooks Bonkoski	Valparaiso IN	7	34	483	9:25.6	9:26/M
48	Jakob Krapf	Portage IN	10	408	485	9:26.7	9:27/M
49	Jack Tobias	Valparaiso IN	6	774	486	9:27.2	9:27/M
50	Emmett Kubiak	Valparaiso IN	6	914	487	9:27.4	9:27/M
51	Alexander Kowalisyn	Valparaiso IN	8	650	495	9:32.7	9:33/M
52	Evan Taylor	Valparaiso IN	9	451	498	9:34.8	9:35/M
53	Travis Abram	Valparaiso IN	6	796	503	9:37.0	9:37/M
54	Spencer Barney	Valparaiso IN	7	784	506	9:42.0	9:42/M
55	Liam Ferguson	Chesterton IN	10	404	508	9:43.1	9:43/M
56	Dayton Fabian	Portage IN	9	894	511	9:45.6	9:46/M

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57	Owen Johns	Chesterton IN	8	95	515	9:47.3	9:47/M
58	Josiah Hazen	Valparaiso IN	7	338	520	9:51.1	9:51/M
59	Thomas Albano	Chesterton IN	6	991	522	9:51.4	9:51/M
60	Jeremias Pablo	Valparaiso IN	5	793	526	9:54.0	9:54/M
61	Jase Hitz	Valparaiso IN	10	675	532	10:01.8	10:02/M
62	Kingston Taylor	Hobart IN	6	849	535	10:03.6	10:04/M
63	Jack Squok	Chesterton IN	9	999	536	10:05.6	10:06/M
64	Mason Taylor	Hobart IN	9	850	538	10:09.1	10:09/M
65	Anthony Yankauskas	Chesterton IN	9	748	540	10:12.6	10:13/M
66	Evan Olson	Chesterton IN	6	760	541	10:13.6	10:14/M
67	Elliot Martin	Valparaiso IN	7	750	562	10:32.5	10:33/M
68	Elliott Lloyd	Valparaiso IN	7	920	565	10:34.0	10:34/M
69	Declan Osan	Chesterton IN	6	91	568	10:36.8	10:37/M
70	Lucien Gilger	Westville IN	8	413	570	10:38.8	10:39/M
71	Caleb Lakia	Westville IN	7	391	574	10:43.5	10:44/M
72	Andrew Cooper	Valparaiso IN	7	815	576	10:45.0	10:45/M
73	Merritt Ricks	Chesterton IN	7	448	578	10:48.4	10:48/M
74	Levi Whited	Wheatfield IN	10	452	585	10:57.8	10:58/M
75	Andres Verduzco Junior	Portage IN	7	968	592	11:03.3	11:03/M
76	Eli Johns	Chesterton IN	6	97	599	11:06.5	11:07/M
77	Remington Johns	Chesterton IN	10	94	604	11:09.5	11:10/M
78	Vincent Djurovic	Valparaiso IN	9	74	607	11:12.2	11:12/M
79	Arlington Lloyd	Valparaiso IN	9	919	615	11:28.3	11:28/M
80	Ian Thode	Chesterton IN	6	643	616	11:28.3	11:28/M
81	Andrija Kuruzovic	Chicago IL	6	575	621	11:33.5	11:34/M
82	Cameron Olson	Chesterton IN	8	759	622	11:34.3	11:34/M
83	Ian Bradford	Chesterton IN	5	92	627	11:41.3	11:41/M
84	Damian O'Rourke	Portage IN	5	679	632	11:43.4	11:43/M
85	Carter Luttinen	Valparaiso IN	7	405	634	11:49.7	11:50/M
86	Monty Mikuzis	Chesterton IN	7	855	639	11:53.6	11:54/M
87	Cameron Kowalisyn	Valparaiso IN	6	701	643	12:00.7	12:01/M
88	Madden Shipley	Rensselaer IN	6	389	645	12:01.5	12:02/M
89	Dominic Colella	Porter IN	5	637	648	12:06.3	12:06/M
90	Henry Mirochna	Valparaiso IN	6	328	649	12:06.5	12:07/M
91	Theo Hood	Valparaiso IN	7	67	663	12:27.3	12:27/M
92	Benas Baciauskas	Chesterton IN	7	565	667	12:33.8	12:34/M
93	Logan Swanson	Valparaiso IN	5	62	672	12:42.8	12:43/M
94	Eli Youmans	Hobart IN	7	896	682	13:15.5	13:16/M
95	Brantley Kapphan	Valparaiso IN	8	4	685	13:42.3	13:42/M
96	Atticus Atherton	Hobart IN	7	7	687	13:57.1	13:57/M
97	Bryson Sibley	Portage IN	5	754	688	13:57.9	13:58/M
98	Oliver Ferguson	Chesterton IN	7	351	690	14:04.0	14:04/M

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99	Davos Baciauskas	Chesterton IN	5	563	697	14:43.1	14:43/M
100	Hendrix Barney	Valparaiso IN	5	785	701	15:05.4	15:05/M
101	Maddex Barkow	Valparaiso IN	6	347	705	15:44.7	15:45/M
102	Torin Gilger	Westville IN	5	410	708	16:32.1	16:32/M
103	Lucas O'Rourke	Portage IN	7	680	711	18:44.3	18:44/M

#### Women 11 to 12

Place	Name	City	Age	Bib No	Overall	Time	Pace
1	Mckenna Bucher	Valparaiso IN	12	655	110	5:55.8	5:56/M
2	Clara Meints	Valparaiso IN	12	385	196	6:29.9	6:30/M
3	Layla Massey	Hobart IN	12	381	227	6:44.9	6:45/M
4	Brooke Parsons	Valparaiso IN	12	993	234	6:47.7	6:48/M
5	Madelynn Kerezman	Portage IN	11	860	237	6:49.0	6:49/M
6	Reese Taylor	Valparaiso IN	11	436	245	6:52.6	6:53/M
7	Harper Lazar	Valparaisovalparaiso IN	11	819	253	6:56.5	6:57/M
8	Sydney Herb	Valparaiso IN	12	611	259	6:59.1	6:59/M
9	Victoria Oaks	Portage IN	11	843	269	7:04.4	7:04/M
10	Audrey Dozois	Valparaiso IN	11	657	277	7:09.6	7:10/M
11	Jessie Metzger	Crown Point IN	11	373	291	7:17.8	7:18/M
12	Kasey Pieters	Chesterton IN	11	631	296	7:20.4	7:20/M
13	Ella Micka	Valparaiso IN	12	13	297	7:20.5	7:21/M
14	Brielle Bonkoski	Valparaiso IN	11	30	300	7:21.0	7:21/M
15	Quinn Oconnor	Valparaiso IN	12	354	306	7:22.9	7:23/M
16	Alahna Hacker	Crown Point IN	12	96	316	7:31.3	7:31/M
17	Jordyn Metzger	Crown Point IN	11	370	319	7:32.2	7:32/M
18	Megan Marcisz	Dyer IN	12	409	350	7:46.0	7:46/M
19	Lexi Zairis	Crown Point IN	11	670	353	7:49.3	7:49/M
20	Maddison Bennett	Valparaiso IN	11	939	357	7:52.3	7:52/M
21	Brighton Bonkoski	Valparaiso IN	12	32	370	7:57.8	7:58/M
22	Ellie Novotney	Valparaiso IN	11	383	390	8:09.7	8:10/M
23	Charlotte Morgan	Chesterton IN	12	926	391	8:10.1	8:10/M
24	Avery Stifal	Portage IN	11	422	428	8:35.4	8:35/M
25	Hannah Grgic	Valparaiso IN	11	571	455	9:03.6	9:04/M
26	Violet Furuness	Valparaiso IN	11	85	457	9:05.7	9:06/M
27	Michaela Novotney	Valparaiso IN	12	384	458	9:06.3	9:06/M
28	Lucy Djurovic	Valparaiso IN	11	73	459	9:06.3	9:06/M
29	Ruby Fox	Valparaiso IN	11	602	466	9:11.9	9:12/M
30	Mallory Mendoza	Valparaiso IN	12	686	467	9:12.5	9:13/M
31	Emily DeLong	Chesterton IN	11	852	473	9:17.9	9:18/M
32	Allison Nietert	Valparaiso IN	12	70	479	9:22.3	9:22/M

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## Open

## Women 11 to 12

<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>
33	Eva Capodice	Chesterton IN	12	395	496	9:33.0	9:33/M
34	Rebekah Barger	Valparaiso IN	12	730	497	9:33.9	9:34/M
35	Deanna White	Westville IN	11	780	509	9:43.8	9:44/M
36	Alena Statzer	Valparaiso IN	11	407	527	9:54.2	9:54/M
37	Elianna Barger	Valparaiso IN	12	728	533	10:02.4	10:02/M
38	Addie Androff-Kestermann	Portage IN	11	475	542	10:14.5	10:15/M
39	Selah Barger	Valparaiso IN	11	731	583	10:55.9	10:56/M
40	Sophie Swanson	Valparaiso IN	11	63	584	10:57.7	10:58/M
41	Audrey Donahue	Valparaiso IN	12	973	597	11:06.1	11:06/M
42	Jayla Witherspoon	Valparaiso IN	12	337	600	11:07.1	11:07/M
43	Nadeen Ibrahim	Valparaiso IN	11	430	602	11:08.4	11:08/M
44	Taylor Thompson	Valparaiso IN	12	356	606	11:11.9	11:12/M
45	Zoey Freeman	Valparaiso IN	12	937	641	11:56.7	11:57/M
46	Della Capodice	Chesterton IN	11	394	642	11:57.0	11:57/M
47	Esme Androff-Kestermann	Portage IN	12	474	683	13:16.7	13:17/M

## Male 11 to 12

<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	Willy Wilks	Valparaiso IN	12	398	57	5:31.9	5:32/M
2	Kaleb Freyenberger	Kouts IN	12	858	70	5:43.0	5:43/M
3	Mattix Hatala	Valparaiso IN	12	915	91	5:51.4	5:51/M
4	Manny Jasicki	Valparaiso IN	12	691	92	5:52.1	5:52/M
5	Colston Seydel	Valparaiso IN	11	776	103	5:53.8	5:54/M
6	Rocko Bucher	Valparaiso IN	12	723	121	6:01.8	6:02/M
7	Masyn Cooper	Crown Point IN	12	747	133	6:09.3	6:09/M
8	Port Zimmer	Valparaiso IN	11	803	156	6:16.2	6:16/M
9	Nathan Sandberg	Cedar Lake IN	12	614	171	6:22.8	6:23/M
10	Danton Young	Valparaiso IN	12	18	172	6:23.5	6:24/M
11	Ryan Seaman	Chesterton IN	12	55	188	6:28.1	6:28/M
12	Noah Rhinehart	Porter IN	11	343	209	6:38.0	6:38/M
13	Blake Higgins	Valparaiso IN	11	681	210	6:38.1	6:38/M
14	Isaac Higgins	Chesterton IN	11	762	212	6:39.0	6:39/M
15	Ayden Acheson	Valparaiso IN	12	442	232	6:46.2	6:46/M
16	Carson Bryan	Valparaiso IN	11	645	284	7:14.4	7:14/M
17	Alexander Curiel	Chesterton IN	11	399	293	7:19.5	7:20/M
18	Evan Miskus	Valparaiso IN	11	950	294	7:19.6	7:20/M
19	Neil Jones	Valparaiso IN	11	676	299	7:20.9	7:21/M
20	Vaunn Bailey	Valparaiso IN	11	388	303	7:22.5	7:23/M
21	Jonathan Lus	Chesterton IN	12	478	334	7:38.2	7:38/M
22	Ryan Bradford	Chesterton IN	12	726	337	7:40.5	7:41/M

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## Open

## Male 11 to 12

<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>
23	Siah Slack	Chesterton IN	12	869	342	7:44.0	7:44/M
24	Brogan Blouir	Westville IN	12	908	345	7:45.0	7:45/M
25	Thomas Ely	Valparaiso IN	11	460	366	7:56.7	7:57/M
26	Chris Zelechowski	Valparaiso IN	11	80	369	7:57.4	7:57/M
27	Jackson Slater	Valparaiso IN	11	69	376	8:03.3	8:03/M
28	Ryder Mearns	Valparaiso IN	12	23	378	8:04.3	8:04/M
29	Zachary Bosstel	Portage IN	11	718	400	8:14.0	8:14/M
30	Reed Smith	Valparaiso IN	12	697	404	8:15.9	8:16/M
31	Mateo Gonzalez	Lake Station IN	12	694	436	8:45.0	8:45/M
32	Cooper Beyster	Valparaiso IN	11	795	464	9:09.8	9:10/M
33	Carver Ricks	Chesterton IN	11	376	476	9:20.6	9:21/M
34	Parker Swart	Valparaiso IN	11	969	492	9:30.8	9:31/M

## Women 13 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	Whitney Anderson	Valparaiso IN	14	477	33	5:13.6	5:14/M
2	Peyton Bucher	Valparaiso IN	14	654	72	5:43.8	5:44/M
3	Brigid Crowley	Saint John IN	14	461	80	5:46.2	5:46/M
4	Allison Van Kley	Chesterton IN	14	26	83	5:49.3	5:49/M
5	Madilynn Fehlman	Portage IN	13	454	90	5:51.3	5:51/M
6	Shae Bucher	Valparaiso IN	13	724	106	5:54.7	5:55/M
7	Amber Johnson	Valparaiso IN	13	952	107	5:54.9	5:55/M
8	Macey Thompson	Schererville IN	14	350	116	5:59.6	6:00/M
9	Marin Anderson	Valparaiso IN	14	822	131	6:08.9	6:09/M
10	Eavan Daly	Valparaiso IN	14	585	144	6:12.6	6:13/M
11	Alexis Bonchik	Dyer IN	14	649	152	6:15.3	6:15/M
12	Maggie Lukowski	Highland IN	13	423	155	6:16.1	6:16/M
13	Natalie Williams	Westville IN	13	801	164	6:20.2	6:20/M
14	Arabella Sweeney	Portage IN	14	960	165	6:21.2	6:21/M
15	Sophie Quiroga	Dyer IN	13	473	183	6:27.2	6:27/M
16	Olivia Haberman	Indianapolis IN	14	491	194	6:29.6	6:30/M
17	Ava Lillpop	Avon IN	14	488	195	6:29.8	6:30/M
18	Emerson Svilar	Valparaiso IN	14	618	206	6:36.0	6:36/M
19	Kara Krapf	Portage IN	14	406	216	6:39.5	6:40/M
20	Makenna Stasko	Chesterton IN	13	874	218	6:40.9	6:41/M
21	Hallie Hitz	Valparaiso IN	13	674	224	6:43.2	6:43/M
22	Ella Buchko	Valparaiso IN	13	792	255	6:56.9	6:57/M
23	Natalie White	Westville IN	13	779	268	7:03.4	7:03/M
24	Emmylou Meints	Valparaiso IN	14	386	274	7:09.0	7:09/M
25	Lilah Rieger	Dyer IN	14	425	276	7:09.2	7:09/M

# 2023 Extra Mile One Mile Challenge

## Age Group Results

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### Open

#### Women 13 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>
26	Allie Eggebrecht	Dyer IN	13	12	282	7:13.1	7:13/M
27	Caroline Dyer	Valparaiso IN	14	833	285	7:15.6	7:16/M
28	Morgan Belcher	Valparaiso IN	14	619	308	7:23.6	7:24/M
29	Julia Fox	Valparaiso IN	14	989	312	7:29.4	7:29/M
30	Abby Broz	Dyer IN	13	875	313	7:29.7	7:30/M
31	Emily Maslanka	Valparaiso IN	13	781	351	7:47.7	7:48/M
32	Aliya Boothe	Chesterton IN	14	616	363	7:55.7	7:56/M
33	Taylor Thrasher	Saint John IN	13	476	394	8:11.3	8:11/M
34	Caitlyn Teets	Chesterton IN	14	342	396	8:11.7	8:12/M
35	Lynevaeh Garcia	Valparaiso IN	14	1000	456	9:03.8	9:04/M
36	Isabella Saxsma	Dyer IN	13	876	484	9:25.9	9:26/M
37	Makenzie Johnston	Hobart IN	14	592	559	10:28.0	10:28/M

#### Male 13 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	Jackson Zona	Crown Point IN	14	360	42	5:20.6	5:21/M
2	Dylan Cooper	Crown Point IN	14	804	45	5:22.9	5:23/M
3	Liam Anderson	Valparaiso IN	14	735	59	5:34.6	5:35/M
4	Christian Freyenberger	Kouts IN	14	857	64	5:41.1	5:41/M
5	Rowan Hatala	Valparaiso IN	13	910	65	5:41.1	5:41/M
6	Andrew Camp	Valparaiso IN	13	445	71	5:43.2	5:43/M
7	Camden Pritt	Cedar Lake IN	14	588	85	5:50.0	5:50/M
8	Gabriel Perez	Crown Point IN	14	8181	93	5:52.4	5:52/M
9	Zachary Stralnic	Valparaiso IN	14	418	96	5:52.7	5:53/M
10	Madden Hartz	Valparaiso IN	14	690	102	5:53.7	5:54/M
11	Dominic Muryasz	Valparaiso IN	14	839	108	5:55.0	5:55/M
12	Issak Houghtaling	Valparaiso IN	14	589	125	6:04.5	6:05/M
13	Colten Cunningham	Dyer IN	13	361	127	6:06.2	6:06/M
14	Noah Lukas	Crown Point IN	14	88	137	6:10.0	6:10/M
15	Wesley Moye	Valparaiso IN	13	942	139	6:11.3	6:11/M
16	Aaron Pieters	Chesterton IN	13	632	143	6:12.4	6:12/M
17	Austin Hunt	Crown Point IN	14	327	147	6:14.6	6:15/M
18	Nathan Petersen	Cedar Lake IN	14	455	153	6:15.7	6:16/M
19	Jackson Petry	Crown Point IN	14	8167	154	6:16.0	6:16/M
20	Ben Dillabaugh	Valparaiso IN	14	708	157	6:16.3	6:16/M
21	Emmitt Crutcher	Valparaiso IN	14	951	185	6:27.5	6:28/M
22	Andrew Breshock	Crown Point IN	13	587	191	6:29.3	6:29/M
23	Hudson During	Valparaiso IN	13	671	239	6:50.1	6:50/M
24	Andrew Lopatkiewicz	Crown Point IN	14	904	256	6:57.6	6:58/M
25	Izzy De Jesus	Valparaiso IN	14	8157	266	7:03.1	7:03/M

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## Male 13 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>
26	Noah Smith	Valparaiso IN	13	332	292	7:18.2	7:18/M
27	Pierce Kelley	Chesterton IN	13	711	328	7:35.7	7:36/M
28	Jonathan Letcher	Crown Point IN	14	709	333	7:38.1	7:38/M
29	Conner Donahue	Valparaiso IN	14	972	598	11:06.4	11:06/M

## Women 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	Jessica Hegedus	Avon IN	17	433	47	5:26.2	5:26/M
2	Ena Gilliana	Valparaiso IN	15	581	54	5:29.9	5:30/M
3	Ani Gilliana	Valparaiso IN	16	579	56	5:31.3	5:31/M
4	Becca Cavanaugh	Valparaiso IN	17	745	60	5:39.1	5:39/M
5	Avery Olthof	Cedar Lake IN	17	8177	63	5:41.1	5:41/M
6	Anika Anderson		17	823	67	5:42.4	5:42/M
7	Angela Coulopoulos	Chesterton IN	17	98	69	5:42.6	5:43/M
8	Nikki Vollrath	Dyer IN	17	578	73	5:44.0	5:44/M
9	Danielle Moore	Dyer IN	17	411	81	5:46.4	5:46/M
10	Izzi Amendola	Valparaiso IN	18	898	86	5:50.7	5:51/M
11	Briana Krapf	Portage IN	16	403	89	5:51.2	5:51/M
12	Alejandra Sierazy	Chesterton IN	17	820	94	5:52.5	5:53/M
13	Audrey Rakowski	Valparaiso IN	15	52	99	5:53.2	5:53/M
14	Eve Schurr	Avon IN	16	484	101	5:53.4	5:53/M
15	Allie Wheeler	Valparaiso IN	17	326	111	5:56.2	5:56/M
16	Madisyn Mikels	Portage IN	15	346	112	5:56.5	5:57/M
17	Lydia Becker	Valparaiso IN	15	8	113	5:56.9	5:57/M
18	Ashley Wieser	Valparaiso IN	15	651	119	6:00.7	6:01/M
19	Vanessa Parsons	Valparaiso IN	15	992	120	6:01.1	6:01/M
20	Lauren Kroft	Chesterton IN	15	570	122	6:02.2	6:02/M
21	Mackenzie Smith	Saint John IN	16	871	123	6:03.8	6:04/M
22	Madison Trumbo	Valparaiso IN	16	934	126	6:06.0	6:06/M
23	Megan Beaver	Valparaiso IN	17	903	128	6:06.2	6:06/M
24	Anna Wheele	Valparaiso IN	18	600	132	6:09.0	6:09/M
25	Alannah Sweeney	Portage IN	16	959	134	6:09.5	6:10/M
26	Payton Leady	Chesterton IN	17	324	135	6:09.6	6:10/M
27	Isabella Bryan	Valparaiso IN	15	646	136	6:09.9	6:10/M
28	Avé Gurley	Portage IN	15	323	138	6:10.4	6:10/M
29	Veronica Wilgocki	Chesterton IN	16	717	141	6:11.7	6:12/M
30	Noelle Gapinski	Valparaiso IN	17	856	149	6:14.8	6:15/M
31	Liv Hatch	Valparaiso IN	17	68	150	6:15.0	6:15/M
32	Shelby Prybell	Valparaiso IN	18	834	158	6:16.4	6:16/M
33	Caroline Mills	Valparaiso IN	16	791	161	6:17.3	6:17/M

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## Open

## Women 15 to 19

Place	Name	City	Age	Bib No	Overall	Time	Pace
34	Rue Harter	Valparaiso IN	17	56	169	6:22.4	6:22/M
35	Kyndal Haynes	Chesterton IN	16	930	174	6:23.7	6:24/M
36	Ava Webb	Avon IN	15	493	178	6:24.8	6:25/M
37	Avi Greiner	Valparaiso IN	15	653	179	6:25.9	6:26/M
38	Annmarie Easter	Porter IN	17	725	180	6:26.1	6:26/M
39	Allison Martin	Valparaiso IN	15	826	181	6:26.8	6:27/M
40	Isabella Ventura	Avonavon IN	15	559	182	6:27.1	6:27/M
41	Lilia Hacker	Crown Point IN	17	367	184	6:27.3	6:27/M
42	Claire Vetter	Avon IN	15	497	186	6:28.0	6:28/M
43	Essey Gonzalez	Schererville IN	16	555	189	6:28.4	6:28/M
44	Taryn Wellensiek	Chesterton IN	15	432	190	6:29.2	6:29/M
45	Madison Poortenga	Dyer IN	15	586	201	6:33.1	6:33/M
46	Audrey Dillabaugh	Valparaiso IN	16	707	202	6:34.1	6:34/M
47	Alex Reed	Valparaiso IN	17	705	203	6:34.6	6:35/M
48	Natalie Pieters	Chesterton IN	15	634	205	6:35.8	6:36/M
49	Jany Zhang	Chesterton IN	15	552	208	6:36.7	6:37/M
50	Hailey Wisz	Crown Point IN	17	560	213	6:39.1	6:39/M
51	Alaina McGrogan	Chesterton IN	15	990	219	6:41.0	6:41/M
52	Luciana Raffin	Chesterton IN	16	573	220	6:41.7	6:42/M
53	Kylia Peterson	Valparaiso IN	16	420	221	6:41.9	6:42/M
54	Sophia Fallowfield	Avon IN	17	494	222	6:42.2	6:42/M
55	Allison Beaver	Valparaiso IN	15	902	223	6:42.8	6:43/M
56	Alexa Jaworski	Chesterton IN	15	569	225	6:43.4	6:43/M
57	Ava Cowger	Valparaiso IN	15	465	228	6:45.0	6:45/M
58	Sierra Grant	Chesterton IN	15	845	229	6:45.6	6:46/M
59	Madeleine Ehrhardt	Valparaiso IN	15	981	238	6:50.0	6:50/M
60	Lily Madrigal	Crown Point IN	17	449	241	6:51.5	6:52/M
61	Jessica Cummins	Valparaiso IN	18	325	242	6:51.8	6:52/M
62	Kyla French	Avonavon IN	17	490	247	6:53.3	6:53/M
63	Eliza Louthain	Avon IN	15	481	249	6:54.7	6:55/M
64	Janis McFall-Parman	Avon IN	17	482	272	7:07.7	7:08/M
65	Lucy Moyer	Valparaiso IN	16	941	278	7:09.8	7:10/M
66	Ellie McClelland	Chesterton IN	16	873	287	7:16.9	7:17/M
67	Ashlyn Blouir	Westville IN	15	907	304	7:22.8	7:23/M
68	Aliya Mayer	Valparaiso IN	16	831	309	7:23.7	7:24/M
69	Alexis Rubens	Portage IN	16	556	314	7:29.9	7:30/M
70	Bethany Delong	Chesterton IN	16	851	326	7:33.8	7:34/M
71	Isabelle Byrt	Beverly Shores IN	18	599	330	7:37.0	7:37/M
72	Grace Collard	Schererville IN	17	551	339	7:41.2	7:41/M
73	Sophie O'keefe	Crown Point IN	15	988	341	7:42.4	7:42/M
74	Julia Sut	Valparaiso IN	15	932	347	7:45.4	7:45/M
75	Landry Forrest	Valparaiso IN	15	610	349	7:46.0	7:46/M

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## Open

## Women 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>
76	Sydney Szabo	Westville IN	17	485	352	7:48.4	7:48/M
77	Makena Kretz	Portage IN	17	996	359	7:53.1	7:53/M
78	Julie Wozniak	Ogden Dunes IN	16	706	364	7:56.0	7:56/M
79	Sophia Chavez	Valparaiso IN	15	790	372	7:59.4	7:59/M
80	Chloe Miller	Valparaiso IN	16	479	383	8:06.3	8:06/M
81	Jessica Lopez	Dyer IN	16	500	395	8:11.7	8:12/M
82	Stella Gruchalski	Valparaiso IN	17	897	421	8:31.0	8:31/M
83	Sofia Wermeling	Saint John IN	16	387	422	8:31.5	8:32/M
84	Yahdira Santos	Portage IN	16	53	432	8:40.2	8:40/M
85	Kira Otten	Valparaiso IN	16	554	448	8:51.8	8:52/M

## Men 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	Shane Conroy	Portage IN	16	81	2	4:31.4	4:31/M
2	Ben Perschon	Saint John IN	15	901	3	4:38.1	4:38/M
3	Jacob Metzger	Crown Point IN	15	374	4	4:42.7	4:43/M
4	Owen Lashenik	Valparaiso IN	17	20	5	4:42.9	4:43/M
5	Sam Sienkowski	Valparaiso IN	16	672	6	4:43.0	4:43/M
6	Otto Leake	Valparaiso IN	16	8164	7	4:44.1	4:44/M
7	Nathan Nova	Valparaiso IN	18	339	8	4:46.0	4:46/M
8	Nick Powell	Portage IN	19	368	9	4:49.7	4:50/M
9	Ryan Sandberg	Cedar Lake IN	15	613	10	4:50.8	4:51/M
10	Riley Petrovich	Schererville IN	17	8179	11	4:52.3	4:52/M
11	Mark Teeple	Valparaiso IN	17	943	12	4:52.4	4:52/M
12	Landon Miller	Portage IN	16	704	13	4:55.9	4:56/M
13	Noah Bosstel	Portage IN	17	470	14	4:56.3	4:56/M
14	Chase Payne	Crown Point IN	16	577	15	4:57.0	4:57/M
15	Joshua Bosstel	Portage IN	16	719	16	4:57.1	4:57/M
16	Zachary Cooper	Crown Point IN	16	805	17	4:57.5	4:58/M
17	Caleb Kotynski	Crown Point IN	15	76	19	4:58.3	4:58/M
18	Ethan Miller	Portage IN	18	415	20	4:59.0	4:59/M
19	Blythe Dieck	Crown Point IN	15	78	21	4:59.9	5:00/M
20	Desmond Calhoun	Valparaiso IN	15	458	22	5:02.6	5:03/M
21	Brady Cavanaugh	Valparaiso IN	17	744	23	5:03.1	5:03/M
22	Colin Lukowski	Crown Point IN	15	79	24	5:03.9	5:04/M
23	Oliver Wilgocki	Chesterton IN	17	716	25	5:04.9	5:05/M
24	Owen Thomas	Valparaiso IN	15	623	26	5:07.1	5:07/M
25	Grayson Forrest	Valparaiso IN	16	609	27	5:07.3	5:07/M
26	Aiden Farley	Portage IN	16	714	28	5:08.0	5:08/M
27	Jake Baumann	Crown Point IN	15	463	29	5:08.1	5:08/M

## 2023 Extra Mile One Mile Challenge

Age Group Results

## Open

## Men 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>
28	Drew Stralnic	Valparaiso IN	16	419	30	5:08.3	5:08/M
29	Dane Hayden	Crown Point IN	16	767	34	5:14.1	5:14/M
30	Lucas Barnes	Crown Point IN	15	499	35	5:14.3	5:14/M
31	Lu Cohen	Hobart IN	15	8158	36	5:14.7	5:15/M
32	Weston Stilwell	Portage IN	15	446	37	5:14.9	5:15/M
33	Jacob Kusbel	Valparaiso IN	16	982	38	5:15.3	5:15/M
34	Cooper Wilkins	Portage IN	15	808	39	5:17.1	5:17/M
35	Samuel Carpenter	Valparaiso IN	16	906	40	5:18.4	5:18/M
36	Drew Carpenter	Chesterton IN	18	798	41	5:18.9	5:19/M
37	Gibson Kelley	Chesterton IN	15	712	44	5:22.6	5:23/M
38	Jacob Germek	Crown Point IN	15	564	46	5:23.4	5:23/M
39	Nolan Ferrell	Crown Point IN	17	595	48	5:26.9	5:27/M
40	Nicholas Saberniak	Crown Point IN	15	459	49	5:27.3	5:27/M
41	Max Swanson	Valparaiso IN	16	8168	50	5:27.3	5:27/M
42	Abraham Fielder	La Porte IN	18	794	52	5:28.8	5:29/M
43	Kade Honickel	Crown Point IN	18	365	55	5:30.2	5:30/M
44	Jaden Murphy	Chesterton IN	16	83	61	5:39.2	5:39/M
45	Aiden McAlpine	Valparaiso IN	16	867	66	5:41.9	5:42/M
46	Ian Glancy	Portage IN	15	769	74	5:44.0	5:44/M
47	Benjamin Aitchison	Porter IN	16	916	75	5:45.3	5:45/M
48	Owen Heeren	Valparaiso IN	16	335	78	5:45.7	5:46/M
49	Kamden Honickel	Crown Point IN	15	359	79	5:46.1	5:46/M
50	John Duggan	Crown Point IN	17	983	82	5:48.4	5:48/M
51	Timothy Fields	Valparaiso IN	15	596	87	5:50.7	5:51/M
52	Vincent Lobianco	Crown Point IN	15	597	88	5:51.2	5:51/M
53	Alex Blair	Dyerdyer IN	15	827	95	5:52.6	5:53/M
54	Lucas Petrovich	Schererville IN	15	8180	100	5:53.2	5:53/M
55	David Woodburn	Portage IN	15	590	104	5:53.9	5:54/M
56	William Mouser	Crown Point IN	17	682	109	5:55.0	5:55/M
57	Samuel Farha	Valparaiso IN	15	8161	124	6:04.4	6:04/M
58	Trevor Fierro	Valparaiso IN	16	322	130	6:08.4	6:08/M
59	Kyle Kovacik	Crown Point IN	16	369	145	6:12.8	6:13/M
60	Tyler Mejan	Cedar Lake IN	15	471	215	6:39.3	6:39/M
61	Matthew Borowski	Saint John IN	16	443	246	6:52.7	6:53/M
62	Sean O'keefe	Crown Point IN	16	987	250	6:54.9	6:55/M
63	Devin Jones	Valparaiso IN	15	677	263	7:02.1	7:02/M
64	Logan Knapp	Crown Point IN	16	986	288	7:17.4	7:17/M
65	William Murphey	Michigan City IN	16	848	338	7:41.1	7:41/M
66	Matthew Isley	Valparaiso IN	15	51	581	10:51.7	10:52/M
67	Michael Fierro	Chesterton IN	17	331	582	10:54.2	10:54/M

## 2023 Extra Mile One Mile Challenge

Age Group ResultsRace Date  
July 13, 2023

## Open

## Women 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	Kathleen Neal	Valparaiso IN	24	615	264	7:02.2	7:02/M
2	Allison Peterson	Saint John IN	20	480	302	7:21.3	7:21/M
3	Amanda Gemeinhart	Valparaiso IN	24	817	416	8:24.4	8:24/M

## Women 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	Rushelle Miller	Valparaiso IN	26	604	163	6:20.1	6:20/M
2	Shelby Kucharyski		25	757	207	6:36.4	6:36/M
3	Natalie Roe	Valparaiso IN	28	605	252	6:56.1	6:56/M
4	Renee Martin	Valparaiso IN	25	417	340	7:42.0	7:42/M
5	Ashley Earle	Valparaiso IN	29	466	406	8:18.9	8:19/M
6	Hannah Violanti	Valparaiso IN	28	921	493	9:31.6	9:32/M
7	Anna Swan	Crown Point IN	28	8175	546	10:17.3	10:17/M
8	Crystal Edwards	Portage IN	29	8174	561	10:32.1	10:32/M
9	Jamie Major	Portage IN	27	580	590	11:01.3	11:01/M

## Men 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	29	8153	84	5:49.3	5:49/M
2	Jake Andersen	Valparaiso IN	26	673	146	6:14.4	6:14/M
3	Timothy Ramsey	Chesterton IN	27	8165	148	6:14.8	6:15/M
4	Brandon Davis	Saint John IN	26	492	193	6:29.5	6:30/M
5	Kaleb Peffers	Chesterton IN	26	797	265	7:02.2	7:02/M
6	Austin Edwards	Portage IN	29	8172	275	7:09.2	7:09/M

## Women 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	Heidi Endersen	Valparaiso IN	32	402	140	6:11.4	6:11/M
2	Marissa McNamara	Portage IN	31	11	160	6:17.0	6:17/M
3	Corinne Balbo	Valparaiso IN	33	864	192	6:29.4	6:29/M
4	Amy Maclejewski	Hammond IN	33	77	217	6:39.8	6:40/M
5	Laura Nietert	Valparaiso IN	34	997	230	6:45.9	6:46/M
6	Catherine Herring	Portage IN	33	753	365	7:56.6	7:57/M
7	Michelle Bulington	Valparaiso IN	32	777	379	8:04.4	8:04/M
8	Molly Oros	Valparaiso IN	33	846	420	8:29.3	8:29/M
9	Chelsea Zarych	Portage IN	30	865	454	9:01.2	9:01/M

## 2023 Extra Mile One Mile Challenge

Age Group Results

## Open

## Women 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>
10	Jennifer Sandberg	Cedar Lake IN	34	612	494	9:32.1	9:32/M
11	Annette Frank	Valparaiso IN	30	811	558	10:26.8	10:27/M
12	Kathleen Vangilder	Hammond IN	31	8163	673	12:47.7	12:48/M

## Men 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	Kyle Kerr	Valparaiso IN	31	462	32	5:12.2	5:12/M
2	Nicholas Violanti	Valparaiso IN	30	922	43	5:22.4	5:22/M
3	Nathan Eagan	Crown Point IN	30	8170	62	5:39.8	5:40/M
4	Chad Passarelli	Valparaiso IN	34	882	77	5:45.6	5:46/M
5	Evan Fox	Valparaiso IN	32	778	105	5:54.5	5:55/M
6	Wojciech Kubas	La Porte IN	31	583	170	6:22.7	6:23/M
7	Connor Nolan	Valparaiso IN	33	2	197	6:30.4	6:30/M
8	Dan Qualkenbush	Valparaiso IN	34	965	199	6:31.2	6:31/M
9	Max Zylstra	Valparaiso IN	30	468	331	7:38.0	7:38/M

## Women 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	Laura Fennell	Valparaiso IN	35	498	324	7:32.6	7:33/M
2	Erica Betz	Valparaiso IN	38	733	332	7:38.0	7:38/M
3	Katrina Kawczynski	Demotte IN	39	489	386	8:07.4	8:07/M
4	Sara Colella	Porter IN	39	639	408	8:19.9	8:20/M
5	Samantha Oaf	Hobart IN	36	8151	446	8:50.4	8:50/M
6	Kaitlyn Deehr	Chesterton IN	35	14	488	9:27.8	9:28/M
7	Jessica Storey	Valparaiso IN	35	562	491	9:29.0	9:29/M
8	Melissa Barkow	Chesterton IN	35	437	534	10:02.5	10:03/M
9	Alicia Cooper	Valparaiso IN	35	813	560	10:30.0	10:30/M
10	Ashley Whited	Wheatfield IN	35	453	587	10:59.5	11:00/M
11	Jennifer Rausch	Chesterton IN	38	629	609	11:15.8	11:16/M
12	Kayla Pool	Chesterton IN	35	8171	624	11:37.0	11:37/M
13	Lindy Adams Brockman	Valparaiso IN	39	699	646	12:04.6	12:05/M
14	Michelle Carns-Baciauskas	Chesterton IN	38	567	665	12:32.1	12:32/M

## Men 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	David Tomes	Chicago IL	39	765	53	5:29.0	5:29/M

## 2023 Extra Mile One Mile Challenge

Age Group Results

## Open

## Men 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>
2	Robert Fozkos	Valparaiso IN	36	8173	68	5:42.5	5:43/M
3	Adam White	Valparaiso IN	38	979	98	5:53.0	5:53/M
4	Brian Devaney	Valparaiso IN	35	606	115	5:59.0	5:59/M
5	Giannis Christodoulakis	Valparaiso IN	39	333	117	6:00.1	6:00/M
6	Tony Canzoneri	Valparaiso IN	36	824	214	6:39.2	6:39/M
7	Nathan Kaufman	Valparaiso IN	38	10	251	6:55.8	6:56/M
8	William Kamizeles	Portage IN	36	576	310	7:25.1	7:25/M
9	Chris Colella	Chesterton IN	39	636	317	7:31.3	7:31/M
10	Eric Wozniak	La Porte IN	37	486	348	7:45.6	7:46/M
11	Christopher Fabian	Portage IN	39	893	557	10:23.6	10:24/M
12	Kipras Baciauskas	Chesterton IN	36	566	698	14:44.2	14:44/M

## Women 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	Amanda Fack	Valparaiso IN	40	19	151	6:15.2	6:15/M
2	Darci Chidichimo	Crown Point IN	43	584	200	6:33.0	6:33/M
3	Jaclyn Barkow	Valparaiso IN	40	349	373	8:00.0	8:00/M
4	Marie Borman	Valparaiso IN	40	945	392	8:10.3	8:10/M
5	Shelly Hill	Michigan City IN	42	911	405	8:16.9	8:17/M
6	Kelly Lakia	Westville IN	43	978	409	8:20.1	8:20/M
7	Suzanne Gesse	Rolling Prairie IN	43	8156	427	8:35.3	8:35/M
8	Jamie Wolfe	Hobart IN	44	905	433	8:40.8	8:41/M
9	Deidra O'Rourke	Portage IN	40	678	521	9:51.3	9:51/M
10	Bethann Fabugais	Valparaiso IN	42	928	523	9:52.5	9:53/M
11	Nicole Page Ormos	Valparaiso IN	44	883	539	10:12.2	10:12/M
12	Angela Gish	Valparaiso IN	42	783	545	10:17.0	10:17/M
13	Chrystal Donahue	Valparaiso IN	40	971	651	12:10.4	12:10/M
14	Jessica Willfond	Valparaiso IN	43	955	653	12:12.7	12:13/M
15	Kelli Holland	Valparaiso IN	41	8155	654	12:12.9	12:13/M
16	Meredith Brockman	Valparaiso IN	42	698	659	12:21.0	12:21/M
17	Dessa Kelley	Chesterton IN	43	710	676	12:53.9	12:54/M

## Men 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	Luke Starkey	Valparaiso IN	41	35	76	5:45.3	5:45/M
2	Patrick Wilkins	Portage IN	42	807	97	5:53.0	5:53/M
3	Aaron Rausch	Chesterton IN	44	626	118	6:00.5	6:01/M
4	Andrew Elderkin	Valparaiso IN	44	732	162	6:17.8	6:18/M

## 2023 Extra Mile One Mile Challenge

Age Group Results

## Open

## Men 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>
5	Tom Erickson	Portage IN	40	964	168	6:22.3	6:22/M
6	Christopher Barkow	Valparaiso IN	41	348	356	7:51.9	7:52/M
7	Robert Bosstel	Portage IN	44	720	388	8:09.1	8:09/M
8	Benjamin Crill	Valparaiso IN	42	607	480	9:23.5	9:24/M
9	Patrick Dailey	Portage IN	44	624	580	10:49.9	10:50/M
10	Ron Donahue	Valparaiso IN	42	970	704	15:18.2	15:18/M

## Women 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	Jennifer Moore	Dyer IN	48	416	244	6:52.6	6:53/M
2	Kathy Chandler	Portage IN	45	967	273	7:08.9	7:09/M
3	Kristin Schumacher	Valparaiso IN	47	877	301	7:21.2	7:21/M
4	Brenda Chavez	Valparaiso IN	46	789	327	7:35.1	7:35/M
5	Nancy Packovski	Crown Point IN	46	742	344	7:45.0	7:45/M
6	Megan Saberniak	Crown Point IN	48	8152	401	8:14.3	8:14/M
7	Holly Blair	Dyerdyer IN	46	828	410	8:20.3	8:20/M
8	Jennifer Osborn	New Carlisle IN	47	469	426	8:34.0	8:34/M
9	Angie Rushing	Hobart IN	45	99	440	8:45.4	8:45/M
10	Sherri Hanish	Highland IN	49	8178	442	8:46.1	8:46/M
11	Mystie Pieters	Chesterton IN	48	633	463	9:09.8	9:10/M
12	Amanda Johnston	Hobart IN	46	594	507	9:42.1	9:42/M
13	Flora Ellis	Valparaiso IN	46	929	525	9:53.6	9:54/M
14	Jessica Manthey	La Porte IN	45	8176	605	11:11.8	11:12/M
15	Andrea Maslanka	Valparaiso IN	49	782	618	11:30.5	11:31/M
16	Linda Fierro	Chesterton IN	48	330	693	14:11.7	14:12/M

## Men 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	Chad Lawless	Kouts IN	46	787	51	5:28.6	5:29/M
2	John Arredondo	Valparaiso IN	47	703	58	5:33.1	5:33/M
3	John Borman	Valparaiso IN	45	944	142	6:11.7	6:12/M
4	Josh Pool	Chesterton IN	46	8169	233	6:46.9	6:47/M
5	Tim Murphey	Michigan City IN	45	847	235	6:48.1	6:48/M
6	Michael Hyde	Valparaiso IN	46	598	240	6:50.7	6:51/M
7	Ezra Burke	Valparaiso IN	45	879	267	7:03.4	7:03/M
8	Andy Chavez	Valparaiso IN	47	788	271	7:06.2	7:06/M
9	Ilija Matoski	Valparaiso IN	47	561	358	7:52.7	7:53/M
10	Sean Lee	Valparaiso IN	49	8162	371	7:58.5	7:59/M

## 2023 Extra Mile One Mile Challenge

Age Group Results

## Open

## Men 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>
11	Jose Fierro	Chesterton IN	45	329	403	8:15.8	8:16/M
12	Michael Hammonds	Valparaiso IN	48	378	444	8:47.3	8:47/M
13	Michael Burns	Knox IN	47	768	543	10:15.2	10:15/M
14	Guy Barney	Valparaiso IN	45	786	702	15:08.5	15:09/M

## Women 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	Robin Rock	Valparaiso IN	54	557	411	8:20.5	8:21/M
2	Michele Zurisk	Cedar Lake IN	52	927	413	8:23.7	8:24/M
3	Becky Kreiger	Kouts IN	50	890	449	8:51.8	8:52/M
4	Amy Dolbeare	La Porte IN	50	8159	452	8:59.1	8:59/M
5	Sandy Thomas	Kouts IN	53	8166	481	9:24.6	9:25/M
6	Emily Sekerak	Valparaiso IN	50	84	531	10:00.7	10:01/M
7	Shareen Rador	Valparaiso IN	50	899	588	10:59.5	11:00/M
8	Irena Kubas	Laporte IN	51	582	589	11:00.6	11:01/M
9	Natalie Connors	Valparaiso IN	51	949	608	11:14.3	11:14/M
10	Teresa Weiler	Valparaiso IN	53	841	638	11:53.1	11:53/M
11	Andreana Gonzalez	Lake Station IN	53	695	656	12:15.3	12:15/M

## Men 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	Brian Prybell	Valparaiso IN	52	835	166	6:21.4	6:21/M
2	Robert Cavanaugh	Valparaiso IN	51	746	167	6:21.7	6:22/M
3	Gregory McNair	Michiana MI	54	380	173	6:23.5	6:24/M
4	Robert Pieters	Chesterton IN	51	630	175	6:24.3	6:24/M
5	Mark Connors	Valparaiso IN	51	948	198	6:31.0	6:31/M
6	Joseph De Leon	Kouts IN	51	75	231	6:46.1	6:46/M
7	Dave Moye	Valparaiso IN	54	940	236	6:49.0	6:49/M
8	Jeremy Bolen	Wheatfield IN	53	593	257	6:58.0	6:58/M
9	John Humphrey	La Porte IN	52	8160	322	7:32.5	7:33/M
10	Juan Casas	Munster IN	53	553	346	7:45.1	7:45/M
11	David Gemeinhart	Valparaiso IN	54	818	368	7:57.2	7:57/M
12	Dave Osborn	New Carlisle IN	51	467	537	10:08.4	10:08/M
13	Jerome Weiler	Valparaiso IN	53	840	623	11:36.0	11:36/M

# 2023 Extra Mile One Mile Challenge

## Age Group Results

Race Date  
July 13, 2023

### Open

#### Women 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	Christine Byers	Valparaiso IN	55	603	248	6:53.5	6:54/M
2	Glenda Omeara	Portage IN	58	741	325	7:33.6	7:34/M
3	Monica Conrad	Westville IN	58	428	354	7:50.2	7:50/M
4	Colleen Minch	Valparaiso IN	56	900	419	8:29.2	8:29/M
5	Julie Young	Valparaiso IN	59	885	435	8:44.0	8:44/M
6	Christine Gaines	Hobart IN	57	880	554	10:22.9	10:23/M
7	Bridget Barnhill	Highland IN	56	377	556	10:23.4	10:23/M
8	Barbara Ramirez	Valparaiso IN	58	713	566	10:35.4	10:35/M
9	Kim Szelinski	Valparaiso IN	56	812	674	12:48.1	12:48/M
10	Sydney Dawson	Valparaiso IN	56	872	695	14:26.0	14:26/M

#### Men 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	Dan Grubb	Crestwood IL	57	375	159	6:16.6	6:17/M
2	Bob Zalud	Valparaiso IN	55	752	176	6:24.5	6:25/M
3	Ken Borowski	Saint John IN	56	379	187	6:28.0	6:28/M
4	Scott Sears	Valparaiso IN	55	806	258	6:58.1	6:58/M
5	Tom Courtney	Portage IN	56	740	261	7:01.9	7:02/M
6	Nicholas Perkins	Crown Point IN	58	8154	286	7:16.5	7:17/M
7	Robert Oaks	Portage IN	56	844	289	7:17.5	7:18/M
8	Patrick Cosgrove	Valparaiso IN	55	954	321	7:32.4	7:32/M
9	Martin Max	Hanna IN	57	961	548	10:17.9	10:18/M

#### Women 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	Diane Nietert	Valparaiso IN	62	621	431	8:38.2	8:38/M
2	Sue Brown Nickerson	Valparaiso IN	63	625	465	9:10.1	9:10/M
3	Laura Darrow	Lowell IN	62	457	514	9:46.7	9:47/M
4	Lissa Yogan	Valparaiso IN	63	721	617	11:28.7	11:29/M
5	Karen Gay	Valparaiso IN	63	700	650	12:07.4	12:07/M
6	Mari Ann Sopcich	Demotte IN	62	456	696	14:37.0	14:37/M
7	Tina Strimbu	Valparaiso IN	61	743	707	16:20.7	16:21/M
8	Lori Staack	Valparaiso IN	60	975	709	16:46.0	16:46/M

#### Men 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>
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# 2023 Extra Mile One Mile Challenge

## Age Group Results

Race Date  
July 13, 2023

### Open

#### Men 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	Tom Fela	Chesterton IN	60	341	262	7:02.0	7:02/M
2	Mark Riley	Crown Point IN	62	414	270	7:05.0	7:05/M
3	Dave Young	Valparaiso IN	63	884	279	7:10.9	7:11/M
4	Mark Sudicky	Griffith IN	61	472	612	11:20.8	11:21/M

#### Women 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	Elaine Hendricks	Valparaiso IN	66	878	283	7:13.7	7:14/M
2	April Hardesty	Valparaiso IN	65	641	423	8:32.3	8:32/M
3	Carol Parry	Wheeler IN	65	836	603	11:09.2	11:09/M
4	Joyce Einikis	Valparaiso IN	67	994	662	12:26.3	12:26/M
5	Linda Levenson	Valparaiso IN	69	495	679	12:57.2	12:57/M

#### Men 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	Brian Chorba	Valparaiso IN	67	766	177	6:24.6	6:25/M
2	Thomas Kornelik	Crown Point IN	66	358	204	6:35.2	6:35/M
3	James Kintzele	Chesterton IN	69	652	528	9:54.8	9:55/M
4	David Parry	Wheeler IN	67	837	692	14:08.4	14:08/M
5	Doug Wiese	Westville IN	69	648	699	14:49.9	14:50/M
6	Peter Klaeser	Chesterton IN	66	558	706	15:53.6	15:54/M

#### Women 70 to 74

<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	Patty Rose	Valparaiso IN	72	761	381	8:06.1	8:06/M
2	Polly Theising	Valparaiso IN	73	722	555	10:23.4	10:23/M

#### Men 70 to 74

<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	George Nietert	Valparaiso IN	70	620	298	7:20.7	7:21/M
2	Roger Steffen	Rensselaer IN	72	412	362	7:55.0	7:55/M
3	Ken Hyde	Valparaiso IN	73	799	367	7:57.2	7:57/M
4	Paul Sills	Crown Point IN	73	345	593	11:03.9	11:04/M

# 2023 Extra Mile One Mile Challenge

## Age Group Results

### Open

Race Date  
July 13, 2023

#### Women 75 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	Jean Jannasch	Valparaiso IN	76	838	439	8:45.3	8:45/M

#### Men 75 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	Dan Moon	Long Beach IN	76	483	407	8:19.5	8:20/M
2	Patrick Davis	Valparaiso IN	76	800	450	8:58.6	8:59/M
3	Richard Hug	Valparaiso IN	77	340	501	9:36.3	9:36/M