

Race Date
March 05, 2023

2023 Spring Ahead 5K & 15K
Age Group Results

5K

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	Kaylee Sprague	Stevensville MI	16	2532	10	21:15.8	6:52/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	Nathan Shaffer	Portage IN	21	2465	1	18:17.1	5:54/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	Elaine Hendricks	Valparaiso IN	66	2198	25	23:34.5	7:36/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	Luke Starkey	Valparaiso IN	41	2521	7	20:46.3	6:42/M

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Female 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	Cecily Massey	Hobart IN	9	2452	103	31:43.1	10:14/M
2	Addy Howton	Chesterton IN	8	2162	106	31:48.4	10:16/M
3	Tessa Stephens	Valparaiso IN	8	2153	192	47:26.7	15:18/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	Lucas Torres	Valparaiso IN	8	9984	53	26:42.4	8:37/M
2	Sawyer Evans-White	Valparaiso IN	9	2424	68	28:34.5	9:13/M
3	Charlie Kominakis	Valparaiso IN	7	2505	140	36:44.5	11:51/M
4	Cody Trudeau	Valparaiso IN	8	2179	154	38:02.1	12:16/M

Female 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	Layla Massey	Hobart IN	12	2454	60	27:32.5	8:53/M
2	Rory Sanders	Chesterton IN	12	2467	86	29:42.5	9:35/M
3	Madison Mencilwicz	Portage IN	12	2340	158	38:52.7	12:32/M
4	Abbey Gniadek	Hobart IN	12	2546	215	1:04:05.7	20:41/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	Mattix Hatala	Valparaiso IN	11	2542	35	24:34.4	7:56/M
2	Mateo Gonzalez	Lake Station IN	12	2172	111	32:25.6	10:28/M

Female 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	Emilia Massey	Hobart IN	14	2453	33	24:16.0	7:50/M
2	Anais Gonzalez	Lake Station IN	14	2171	178	43:59.9	14:12/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	Rowan Hatala	Valparaiso IN	13	2543	4	20:26.6	6:36/M
2	Andrew Camp	Valparaiso IN	13	2475	6	20:32.7	6:38/M
3	Noah Sanders	Chesterton IN	14	2466	21	23:08.5	7:28/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>
4	Aiden Venit	Valparaiso IN	14	9996	49	26:18.8	8:29/M
5	Jacob Kramer	Valparaiso IN	14	2485	138	36:33.7	11:48/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	Alex Broton	Valparaiso IN	15	2471	42	25:10.9	8:07/M
2	Ryan Sandberg	Cedar Lake IN	15	2440	116	33:12.1	10:43/M
3	Eduard Torres	Valparaiso IN	17	9982	182	45:20.4	14:38/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	Elizabeth Garza	Algonquin IL	22	9953	75	29:08.5	9:24/M
2	Macie Miller	Valparaiso IN	22	9952	77	29:14.5	9:26/M
3	Emily Donaldson	Valparaiso IN	23	2541	131	35:13.6	11:22/M
4	Skylar Zurek	Munste IN	21	2320	162	39:32.1	12:45/M
5	Melanie Priestly	Hobart IN	23	2508	197	48:09.4	15:32/M
6	Caitlyn Epley	Wheatfield IN	20	2554	207	54:37.3	17:37/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	Jovica Perisic	Valparaiso IN	21	9954	16	22:22.9	7:13/M
2	Hunter Stemmler	La Porte IN	22	2513	34	24:27.1	7:53/M
3	Ryan Greep	Munste IN	22	2414	163	39:33.1	12:46/M
4	Kyle Meyers	Beecher IL	23	2437	190	46:48.0	15:06/M
5	Joseph Tosch	Hobart IN	24	2510	198	48:09.6	15:32/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	Natalie Roe	Valparaiso IN	28	2420	41	25:09.0	8:07/M
2	Renee Martin	Valparaiso IN	25	2196	63	27:51.2	8:59/M
3	Taylor Mitchell	Dyer IN	28	2258	76	29:13.1	9:26/M
4	Haley Thoreson	Crown Point IN	27	2469	118	33:53.9	10:56/M
5	Anna Swan	Crown Point IN	28	2493	133	35:25.6	11:26/M
6	Crystal Edwards	Portage IN	29	2494	144	36:57.2	11:55/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>
7	Jamie Major	Portage IN	27	2197	151	37:46.5	12:11/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	Tyler Dunn	Chicago IL	27	2530	3	19:18.1	6:14/M
2	Timothy Ramsey	Chesterton IN	26	2201	24	23:27.2	7:34/M
3	Jay Williams	Chicago IL	26	2528	78	29:16.8	9:27/M
4	Jacob Tosch	Hobart IN	27	2560	196	48:08.8	15:32/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	Corinne Balbo	Valparaiso IN	32	2518	20	22:57.0	7:24/M
2	Brittany Fozkos	Valparaiso IN	32	2525	31	24:02.6	7:45/M
3	Kristen Wozniak	Michigan City IN	31	2506	62	27:47.9	8:58/M
4	Michelle Bulington	Valparaiso IN	32	9987	70	28:42.3	9:16/M
5	Madelin Zahn	La Porte IN	31	2519	84	29:35.6	9:33/M
6	Audrieana Taddei	Valparaisovalparaiso IN	30	2515	92	30:42.3	9:54/M
7	Molly Oros	Valparaiso IN	33	9980	98	31:21.3	10:07/M
8	Tati Yurconic	Chesterton IN	33	2166	104	31:46.3	10:15/M
9	Jennifer Sandberg	Cedar Lake IN	34	2439	115	33:11.7	10:42/M
10	Natalie Drach	Griffith IN	30	2482	120	34:07.4	11:00/M
11	Bianca Passo	Ogden Dunes IN	34	2264	134	35:41.6	11:31/M
12	Laura Corbett	Crown Point IN	33	2180	153	38:01.9	12:16/M
13	Karen Bjonback	La Porte IN	34	2540	168	40:50.0	13:10/M
14	Kajal Patel	Portage IN	31	2535	186	46:17.2	14:56/M
15	Kaitlin Wojcehowski	Hobart IN	32	2476	187	46:17.8	14:56/M
16	Nicholle Staack	Valparaiso IN	33	2159	213	59:28.0	19:11/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	Kyle Kerr	Valparaiso IN	31	2527	2	18:49.1	6:04/M
2	Nathan Eagan	Crown Point IN	30	2531	5	20:27.0	6:36/M
3	Chad Passarelli	Valparaiso IN	33	2202	8	20:46.7	6:42/M
4	Wojciech Kubas	La Porte IN	30	2443	15	22:18.2	7:12/M
5	David Sheets	Valparaiso IN	32	2299	45	25:32.9	8:15/M
6	Robert Molebash	Walkerton IN	31	2447	52	26:40.0	8:36/M

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5K

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>
7	Patrick Ball	Valparaiso IN	34	2300	97	31:09.7	10:03/M
8	Charles Detraz	Valparaiso IN	32	2520	109	32:08.9	10:22/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	Laura Seegers	Demotte IN	37	2468	27	23:58.0	7:44/M
2	Katrina Kawczynski	Demotte IN	38	2441	72	28:48.5	9:18/M
3	Meghan Marshall	Valparaiso IN	36	2252	89	30:17.5	9:46/M
4	Lindsey Stammis	Dyer IN	36	2478	101	31:27.0	10:09/M
5	Meghan Slivka	Valparaiso IN	35	2294	105	31:47.7	10:15/M
6	Kaitlyn Deehr	Chesterton IN	35	2430	117	33:39.2	10:51/M
7	Meghan O'Brien	Valparaiso IN	39	9992	130	34:52.9	11:15/M
8	Valerie Pendergast	Michigan City IN	39	2561	132	35:18.2	11:23/M
9	Katie Trudeau	Valparaiso IN	35	2178	139	36:42.9	11:51/M
10	Alyse Kominakis	Valparaiso IN	35	2504	141	36:44.9	11:51/M
11	Michelle Heims	North Judson IN	35	2460	147	37:26.5	12:05/M
12	Jillian Allen	Valparaiso IN	38	2253	152	38:01.1	12:16/M
13	Katie Watson	Valparaiso IN	36	2279	156	38:43.5	12:30/M
14	Tabitha MacKey	Gary IN	39	2290	171	42:07.4	13:35/M
15	Lindy Adams Brockman	Valparaiso IN	39	2261	177	43:50.7	14:09/M
16	Kayla Pool	Chesterton IN	35	2509	184	45:56.5	14:49/M
17	Jess Stephens	Valparaiso IN	36	2152	193	47:27.1	15:18/M
18	Amy Janik	Highland IN	38	2477	195	47:54.0	15:27/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	David Tomes	Chicago IL	39	9975	9	20:52.1	6:44/M
2	Robert Fozkos	Valparaiso IN	36	2265	11	21:26.2	6:55/M
3	Eric Raef	Valparaiso IN	35	2434	12	21:36.1	6:58/M
4	Shane Harmon	Michigan City IN	35	2487	37	24:42.3	7:58/M
5	Eric Wozniak	La Porte IN	36	2550	40	25:03.0	8:05/M
6	Adam White	Valparaiso IN	38	2426	69	28:35.0	9:13/M
7	Kodi Akins	La Porte IN	37	2558	129	34:52.1	11:15/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>
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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	Bree Snyder	Schaumburg IL	42	2449	30	24:02.2	7:45/M
2	Kathy Chandler	Portage IN	44	2275	51	26:37.8	8:35/M
3	Keely Bell	Munster IN	44	2537	59	27:24.9	8:51/M
4	Marie Borman	Valparaiso IN	40	2533	73	28:55.8	9:20/M
5	Ruth Wertz	Valparaiso IN	44	2499	99	31:23.6	10:08/M
6	Courtney Anderson	Lowell IN	40	2470	126	34:45.4	11:13/M
7	Bethann Fabugais	Valparaiso IN	42	2459	128	34:51.6	11:15/M
8	Amanda Sauer	Plymouth IN	41	2431	142	36:52.9	11:54/M
9	Rachel Bornstein	Portage IN	41	2544	149	37:31.6	12:06/M
10	Molly Mooney	Valparaiso IN	42	2359	165	39:54.9	12:53/M
11	Marellen Hattabaugh	Valparaiso IN	40	2488	169	40:56.8	13:13/M
12	Meredith Brockman	Valparaiso IN	42	2260	175	43:47.9	14:08/M
13	Kelli Holland	Valparaiso IN	41	2450	188	46:18.1	14:56/M
14	Lorraine Gniadek	Hobart IN	43	2549	216	1:04:06.9	20:41/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	Micah Bornstein	Portage IN	41	2545	32	24:11.1	7:48/M
2	Shannon Campbell	Highland IN	40	2556	38	24:58.0	8:03/M
3	David Wertz	Valparaiso IN	42	2497	55	27:03.6	8:44/M
4	Christopher Barkow	Valparaiso IN	40	2536	57	27:09.7	8:46/M
5	Benjamin Crill	Valparaiso IN	42	2193	113	32:35.8	10:31/M
6	Ben Watson	Valparaiso IN	40	2280	155	38:42.2	12:29/M
7	Patrick Dailey	Portage IN	43	2551	170	41:16.1	13:19/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	Brenda Chavez	Valparaiso IN	46	9979	50	26:32.9	8:34/M
2	Nancy Packovski	Crown Point IN	46	2462	66	28:23.2	9:09/M
3	Jennifer Osborn	New Carlisle IN	47	2496	81	29:31.4	9:31/M
4	Kimberly Anderson	Valparaiso IN	48	2167	82	29:33.6	9:32/M
5	Mary Joe Jaime	Valparaiso IN	46	9963	100	31:23.9	10:08/M
6	Becky Kreiger	Kouts IN	49	2161	108	31:53.1	10:17/M
7	Denise Feece	Plymouth IN	49	2432	114	33:02.9	10:40/M
8	Miranda Jackovich	C IN	45	2428	125	34:45.3	11:13/M
9	Flora Ellis	Valparaiso IN	46	2458	148	37:29.7	12:06/M
10	Andrea Maslanka	Valparaiso IN	49	2189	159	38:52.7	12:33/M
11	Deena Pidrak	Valparaiso IN	48	9958	160	38:55.0	12:33/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>
12	Lindy Garzella	Portage IN	48	2351	166	39:57.1	12:53/M
13	Cathy Jacobsen	Valparaiso IN	46	9959	180	44:18.7	14:18/M
14	Rachel Lakin	Rensselaer IN	46	2501	183	45:48.0	14:46/M
15	Jaime Reed	Valparaiso IN	45	2529	191	46:51.6	15:07/M
16	Linda Fierro	Chesterton IN	48	2199	205	54:32.9	17:36/M
17	Melissa Boomsma	Wheatfield IN	48	2552	206	54:36.7	17:37/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	Dean Lanter	Valparaiso IN	49	2263	13	22:01.9	7:06/M
2	Josh Pool	Chesterton IN	46	2507	22	23:18.8	7:31/M
3	Tim Murphey	Michigan City IN	45	2491	29	23:59.6	7:44/M
4	Michael Hyde	Valparaiso IN	46	9994	39	25:01.1	8:04/M
5	Andy Chavez	Valparaiso IN	47	9978	67	28:27.8	9:11/M
6	David Danford	Hebron IN	48	1150	85	29:41.3	9:35/M
7	Charles Kirkland	Gary IN	49	2254	88	30:03.6	9:42/M
8	Chris Broton	Valparaiso IN	46	2472	107	31:52.0	10:17/M
9	Buddy Long	La Porte IN	49	2455	112	32:27.9	10:28/M
10	Jose Fierro	Chesterton IN	45	2200	122	34:20.9	11:05/M
11	Sean Lee	Valparaiso IN	49	2461	127	34:50.8	11:14/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	Anna Venit	Valparaiso IN	50	9995	44	25:31.1	8:14/M
2	Dawn Vamos	Valparaiso IN	51	2436	71	28:42.6	9:16/M
3	Amy Dolbeare	La Porte IN	50	2555	87	29:43.0	9:35/M
4	Jen Villarreal	Valparaiso IN	52	9993	94	31:02.4	10:01/M
5	Jen Cullerton Johnson	Chicago IL	51	2479	119	34:05.4	11:00/M
6	Shareen Rador	Valparaiso IN	50	2182	146	37:19.7	12:03/M
7	Margaret Hall	Portage IN	51	9966	150	37:38.8	12:09/M
8	Irena Kubas	Laporte IN	51	2445	164	39:52.2	12:52/M
9	Andreana Gonzalez	Lake Station IN	52	2170	174	43:22.2	13:59/M
10	Natalie Connors	Valparaiso IN	51	2547	179	44:02.6	14:12/M
11	Cheryl Burdett	Valparaiso IN	50	9960	181	44:18.8	14:18/M
12	Beverly Vild	Valparaiso IN	53	2173	209	56:11.0	18:07/M
13	Brenda Charron	Valparaiso IN	54	2174	210	56:43.6	18:18/M

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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	50	2548	14	22:15.1	7:11/M
2	Gregory McNair	Michiana MI	53	2500	17	22:26.2	7:14/M
3	Dave Moye	Valparaiso IN	53	2289	18	22:27.7	7:15/M
4	Skip (william) Woldt	Valparaiso IN	54	2435	36	24:35.5	7:56/M
5	Dean Bricker	Hobart IN	51	9985	102	31:31.8	10:10/M
6	John Claussen	Wanatah IN	52	2155	200	49:12.6	15:52/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	Monica Conrad	Westville IN	58	2559	56	27:05.9	8:45/M
2	Glenda Omeara	Portage IN	57	2186	61	27:45.0	8:57/M
3	Julie Young	Valparaiso IN	59	2163	80	29:20.2	9:28/M
4	Cariann Turner	Valparaiso IN	58	2516	91	30:41.6	9:54/M
5	Amy Cooley	Chicago IL	55	2524	93	30:56.0	9:59/M
6	Marianne Groth	St. Joseph MI	59	2321	124	34:38.2	11:10/M
7	Bridget Barnhill	Highland IN	56	2539	137	36:32.1	11:47/M
8	Barbara Ramirez	Valparaiso IN	57	9976	145	37:08.7	11:59/M
9	Christine Gaines	Hobart IN	56	2457	157	38:46.8	12:31/M
10	Angelina Mendoza	Hobart IN	55	2276	185	46:02.8	14:51/M
11	Christi Doolittle	Valparaiso IN	56	2502	201	50:45.3	16:22/M
12	Sydney Dawson	Valparaiso IN	56	2278	203	50:53.9	16:25/M
13	Tracey Cocking	Crown Point IN	58	2284	211	56:56.6	18:22/M
14	Darcie Graham	Hobart IN	55	2553	217	1:04:09.4	20:42/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	2187	26	23:53.7	7:43/M
2	Nicholas Perkins	Crown Point IN	57	2422	47	25:57.4	8:22/M
3	David Long	Osceola IN	58	2343	58	27:13.2	8:47/M
4	Jeff Peterson	Grant Park IL	58	2429	65	28:15.3	9:07/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	2251	74	29:00.7	9:22/M
2	April Hardesty	Valparaiso IN	64	2151	79	29:18.1	9:27/M
3	Sue Brown Nickerson	Valparaiso IN	62	2277	83	29:34.5	9:32/M

Race Date
March 05, 2023

2023 Spring Ahead 5K & 15K

Age Group Results

5K

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>
4	Elizabeth Frances	Valparaiso IN	62	2272	90	30:37.6	9:53/M
5	Diane Nietert	Valparaiso IN	62	2194	95	31:08.2	10:03/M
6	Laura Darrow	Lowell IN	61	2523	110	32:09.4	10:22/M
7	Lissa Yogan	Valparaiso IN	63	2267	143	36:56.7	11:55/M
8	Karen Gay	Valparaiso IN	62	2262	176	43:49.9	14:08/M
9	Mari Ann Sopcich	Demotte IN	62	2526	199	48:16.1	15:34/M
10	Lynne Sundwall	Valparaiso IN	62	2503	204	51:04.9	16:29/M
11	Lori Staack	Valparaiso IN	60	2158	212	59:28.0	19:11/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	Dave Young	Valparaiso IN	62	2164	28	23:59.6	7:44/M
2	Mark Riley	Crown Point IN	62	2451	48	26:11.3	8:27/M
3	David Moore	Ogden Dunes IN	61	9991	54	27:00.7	8:43/M
4	Rob Lines	Valparaiso IN	61	9970	121	34:10.1	11:01/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	Carol Parry	Wheeler IN	65	2191	136	36:09.9	11:40/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	2456	19	22:56.0	7:24/M
2	Mike Daly	Valparaiso IN	67	2256	23	23:23.7	7:33/M
3	Rick Turner	Valparaiso IN	65	2517	46	25:48.4	8:19/M
4	James Kintzele	Chesterton IN	69	2177	135	35:50.2	11:34/M
5	Jim Cocking	Crown Point IN	65	2285	172	42:48.1	13:48/M
6	Scott Cummings	Hobart IN	66	9973	173	43:18.9	13:58/M
7	David Parry	Wheeler IN	67	2192	189	46:37.1	15:02/M
8	Doug Wiese	Westville IN	69	2160	194	47:41.7	15:23/M
9	Peter Klaeser	Chesterton IN	66	2498	202	50:45.8	16:23/M

Female 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>
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Race Date
March 05, 2023

2023 Spring Ahead 5K & 15K
Age Group Results

5K

Female 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	71	2190	96	31:08.4	10:03/M
2	Carol Magill	Chesterton IN	72	2492	167	40:26.0	13:03/M

Male 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	2195	43	25:22.3	8:11/M

Female 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	2486	64	28:14.4	9:07/M
2	Linda Perry	Demotte IN	76	2418	161	39:21.3	12:42/M

Male 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	John Stimley	Michigan City IN	77	2423	123	34:33.0	11:09/M
2	David Ralston	Hammond IN	78	2481	208	55:19.6	17:51/M
3	Clarence Melion		78	2473	214	1:02:35.8	20:12/M