

Race Date
August 19, 2016

Helping Haiti 5K
Age Group Results

Run

Female 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	Cortney Middleton		31	2396	5	22:05.2	7:07/M

Male 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	Kaleb Berry	Stevensville MI	18	3734	1	19:44.4	6:22/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	Jossalyn Schmaltz		10	3997	46	31:06.1	10:02/M
2	Layla King	Stevensville MI	4	3791	80	50:43.9	16:22/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	Alden Willemin	St Joseph MI	8	3976	55	31:43.2	10:14/M
2	Ruben Holleman	Saint Joseph MI	9	3783	59	33:35.5	10:50/M
3	Noah Willemin	St Joseph MI	10	3977	63	34:44.6	11:12/M
4	Camden King	Stevensville MI	8	3790	79	50:18.6	16:14/M
5	Corben Holleman	Saint Joseph MI	5	3782	81	53:42.4	17:19/M
6	Caleb Regan	Benton Harbor MI	6	3952	84	1:19:23.1	25:36/M

Female 11 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	Jayden Schmaltz		12	3999	30	27:28.6	8:52/M
2	Georgia Dunn		13	2389	75	43:48.8	14:08/M

Male 11 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	Grant Rose		14	2391	3	21:51.2	7:03/M
2	Jack Sherman	Saint Joseph MI	12	3963	6	22:53.5	7:23/M
3	Zane Damaske		14	3998	22	26:34.8	8:34/M
4	Reuben Lind		12	2386	24	26:38.3	8:35/M
5	Benson Holleman	Saint Joseph MI	12	3784	41	30:26.5	9:49/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	Kendall Berry	Stevensville MI	15	3733	21	26:34.3	8:34/M
2	Erin Lafrenz	Stevensville MI	16	3924	23	26:37.8	8:35/M
3	Alexandra Hengy	stevensville MI	19	3775	44	30:49.8	9:56/M
4	Emily Hodge	Saint Joseph MI	17	3781	49	31:09.8	10:03/M
5	Rebecca DePumpo	Baroda MI	17	3751	67	38:53.8	12:33/M
6	Jenna Khan		17	2380	76	47:23.1	15:17/M
7	Cassie Pallett	Bridgman MI	16	3938	78	48:53.2	15:46/M

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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	Jj Lopez-Testini	Benton harbor MI	18	3928	2	19:57.6	6:26/M
2	Cooper Strebeck		16	4905	4	22:00.5	7:06/M
3	Jacob Colp	Saint Joseph MI	18	3741	14	24:34.6	7:55/M
4	Jonathan Calabrese		19	4907	19	26:18.4	8:29/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	Dillan Smith	Saint Joseph MI	22	3966	7	23:11.4	7:29/M
2	Acassi Spitters	Saint Joseph MI	23	3970	74	43:41.3	14:05/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	Brian Spitters	Saint Joseph MI	24	3969	35	28:39.4	9:15/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	Michelle Foxworthy	Stevensville MI	27	3764	13	24:25.4	7:53/M
2	Mallory Cribley	St Joseph MI	29	3747	40	30:24.3	9:48/M
3	Danae Downs	Benton Harbor MI	26	3758	56	31:57.8	10:18/M
4	Sarah Shooks	Saint Joseph MI	28	3965	72	43:09.6	13:55/M
5	Alison Isbrecht		29	2387	82	57:44.8	18:37/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	Kristopher Hickman	Saint Joseph MI	25	3779	34	28:25.9	9:10/M
2	Larry Shooks	Saint Joseph MI	29	3964	71	43:06.3	13:54/M
3	Benjamen Isbrecht		28	2388	83	57:47.5	18:38/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	Emily Dickinson	Saint Joseph MI	30	3753	16	25:08.8	8:06/M
2	Nicki Britten	St Joseph MI	32	3739	29	27:19.3	8:49/M
3	Jerika Perthois		30	3986	45	30:51.8	9:57/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>
4	Katrina Campbell	Benton Harbor MI	30	3740	48	31:07.9	10:02/M
5	Sara McDonough	Benton Harbor MI	30	3932	73	43:14.2	13:57/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	Kevin Perthois		33	3985	43	30:44.8	9:55/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	Sarah Ihne	Stevensville MI	39	3787	17	25:25.3	8:12/M
2	Megan Wahl		35	3988	26	26:58.8	8:42/M
3	Brianne Van Hekken		36	3995	39	30:12.2	9:45/M
4	Jen Piller	Saint Joseph MI	37	3947	51	31:27.6	10:09/M
5	Mindy Holleman	Saint Joseph MI	37	3785	61	34:02.6	10:59/M
6	Brie Deadman	Paw Paw MI	36	3748	68	39:22.1	12:42/M
7	Melanie Mannis		39	3996	69	40:18.4	13:00/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	Nick Foxworthy	Stevensville MI	37	3763	57	32:22.6	10:26/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	Lisa Altman	Saint Joseph MI	41	3729	8	23:14.6	7:30/M
2	Florita Little		40	2393	20	26:26.1	8:32/M
3	Shelley Schmaltz		40	2381	47	31:06.3	10:02/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	Wendy Haase	Saint Joseph MI	45	3769	36	28:55.2	9:20/M
2	Amy Nelson	Stevensville MI	49	3937	60	33:38.8	10:51/M
3	Renee Borah	St Joseph MI	45	3736	64	34:46.2	11:13/M

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Run

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	Karl Kroening	Saint Joseph MI	48	3799	9	23:15.7	7:30/M
2	Todd Adent		49	3989	11	24:08.6	7:47/M
3	Joe Zahn	Stevensville MI	49	3982	12	24:18.6	7:50/M
4	Jerrod Lind		46	2385	25	26:38.3	8:35/M
5	Phil Molloy	St Joseph MI	48	3934	28	27:11.0	8:46/M
6	Jeff Borah	St Joseph MI	49	3735	54	31:41.1	10:13/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	Lisa Nash	Muskegon MI	52	3936	50	31:23.1	10:07/M
2	Andrea Kleinschmidt	Benton harbor MI	50	3773	52	31:32.4	10:10/M
3	Tracy Ikola	Stevensville MI	50	3788	77	48:06.1	15:31/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	Mike Lafrenz	Stevensville MI	54	3923	32	28:09.1	9:05/M
2	Robert Phillips	Saint Joseph MI	54	3945	33	28:10.8	9:05/M
3	Daved Rantz		54	3987	37	29:06.8	9:23/M
4	John Mefford	St joseph MI	54	3933	58	32:29.9	10:29/M
5	JD Rapp	Benton Harbor MI	50	3949	65	35:27.8	11:26/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	Heidi Heald	Benton Harbor MI	55	3774	53	31:35.1	10:11/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	Mike Hahn	Saint Joseph MI	55	3772	15	24:51.0	8:01/M
2	Jeff Bartoszek	Saint Joseph MI	55	3732	18	26:05.3	8:25/M
3	Doug Patrick	Saint Joseph MI	56	3943	27	27:04.2	8:44/M
4	Paul Koopmans	St Joseph MI	59	3797	31	28:08.5	9:05/M
5	Gary Schaffer	Saint Joseph MI	56	3961	38	29:19.8	9:27/M

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Run

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	Mitzi Tompkins		62	3994	10	23:19.6	7:31/M
2	Cathleen Knauf	St Joseph MI	62	3795	42	30:42.3	9:54/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	Al Mussman		60	4906	62	34:36.6	11:10/M

Male 65 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	Henry Mora	Stevensville MI	66	3935	66	38:09.9	12:18/M
2	R.J. Ferguson		85	2390	70	42:50.9	13:49/M

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Walk

Female 14 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	Josephine Regan		4	3984	50	1:19:28.6	25:38/M

Male 14 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	Ethan Warsaw		7	2397	16	50:09.3	16:11/M

Female 15 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	Miranda Kroening	Saint Joseph MA	23	3800	7	46:00.4	14:50/M
2	Samantha Peters	Stevensville MI	16	3944	12	48:49.9	15:45/M
3	Megan Whitwam	Stevensville MI	18	3975	13	48:49.9	15:45/M
4	Natalie Stampfly		16	2392	14	48:51.8	15:45/M
5	Anna Berg		17	2395	44	59:30.3	19:12/M
6	Alexa Hoard	Saint Joseph MI	17	3780	45	59:33.6	19:13/M

Male 15 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	Justin Khan		20	2384	11	48:48.1	15:45/M

Female 25 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	Jessica Greyerbiehl	Saint Joseph MI	34	3768	5	44:12.8	14:15/M
2	Cassie King	Stevensville MI	33	3793	19	50:55.8	16:25/M
3	Megan Regan	Benton Harbor MI	31	3954	49	1:19:26.8	25:37/M

Male 25 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	Daniel Smith	Saint Joseph MI	27	3967	46	1:10:06.6	22:37/M
2	Chris Regan	Benton Harbor MI	31	3953	48	1:19:22.5	25:36/M

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Walk

Female 35 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	Stacey Hengy	Stevensville MI	40	3776	6	45:11.5	14:35/M
2	Rachel Warsaw		37	2398	17	50:14.7	16:12/M

Male 35 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	Andrew Thompson	Saint Joseph MI	43	3974	4	42:59.2	13:52/M
2	Casey King	Stevensville MI	37	3792	20	50:58.4	16:26/M
3	Ben Holleman	Saint Joseph MI	39	3786	32	54:03.3	17:26/M

Female 45 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	Kelly DePumpo	Baroda MI	50	3752	3	42:20.9	13:39/M
2	Susan Starkweather	St Joseph MI	54	3972	9	48:36.3	15:41/M
3	Robin Vi		51	2382	10	48:36.8	15:41/M
4	maureen lindsay	st joseph MI	48	3927	22	51:32.1	16:37/M
5	Tammy Pallett	Bridgman MI	48	3939	30	53:15.3	17:11/M
6	Susan Paulopoulos		45	3990	33	54:06.4	17:27/M
7	Lori Khan		53	2383	34	54:06.8	17:27/M
8	Kristi Lafrenz	Stevensville MI	49	3926	36	54:48.7	17:41/M

Male 45 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	Terry Fye		50	2394	1	38:18.4	12:21/M
2	David Colp	Saint Joseph MI	46	3742	18	50:54.6	16:25/M
3	mark graham	st joseph MI	50	3766	21	51:31.2	16:37/M
4	Tim Pallett	Bridgman MI	50	3940	31	53:17.8	17:11/M
5	Charles Smith	Saint Joseph MI	54	3968	47	1:10:13.9	22:39/M

Female 55 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	Rebecca Schaffer	Saint Joseph MI	57	3962	2	40:59.9	13:13/M
2	Leah Coultres	Benton Harbor MI	63	3744	15	50:01.5	16:08/M
3	Debbie Hess	Saint josrph MI	59	3777	23	52:19.1	16:53/M
4	Linda Cramer	Stevensville MI	62	3745	24	52:19.4	16:53/M

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Walk

Female 55 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>
5	Jill Lubbers	St Joseph MI	61	3929	27	52:27.5	16:55/M
6	Ruth Koenes	Saint Joseph MI	58	3796	28	52:27.8	16:55/M
7	Deb Quist	Saint Joseph MI	64	3948	29	52:30.3	16:56/M
8	Judi Koopmans	St Joseph MI	59	3798	35	54:48.7	17:41/M
9	Millie Williams	Morrall OH	61	3978	37	54:58.9	17:44/M
10	Deda Winkler	Saint Joseph MI	61	3980	38	55:00.4	17:45/M
11	Becky Phillips	Saint Joseph MI	59	3946	41	55:24.1	17:52/M
12	Debbie Gearhiser	Saint Joseph MI	64	3765	43	55:26.5	17:53/M

Male 55 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	Scott Starkweather	St Joseph MI	57	3973	8	48:33.8	15:40/M
2	Chip Cramer	Stevensville MI	63	3746	25	52:21.8	16:53/M
3	Mike Hess	Saint Joseph MI	61	3778	26	52:22.6	16:54/M
4	Steve Winkler	Saint Joseph MI	62	3981	39	55:01.6	17:45/M
5	Paul Williams	Morrall OH	63	3979	40	55:01.6	17:45/M

Female 65 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	Jacki Kachner	Stevensville MI	66	3789	42	55:24.1	17:52/M