

Race Date
April 23, 2016

6th Annual Pancake Pacer 5K
Age Group Results

Female Open 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	Elyce Boonstra		30	2023	25	22:53.3	7:23/M

Male Open 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	Jake Christiansen		26	1217	1	16:48.7	5:25/M

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Age Group Results

Female 19 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	Grace Van Dam		16	2207	34	24:37.3	7:56/M
2	Abby Mejan		13	2135	35	25:18.4	8:10/M
3	Libby Hillegonds		15	2090	40	26:01.3	8:24/M
4	Alyssa Dejong		15	2059	41	26:01.5	8:24/M
5	Kate Ohm		13	2143	63	28:19.8	9:08/M
6	Frances Boerman-Cornell		12	2015	67	28:44.3	9:16/M
7	Autumn Davids		10	2047	76	29:29.5	9:31/M
8	Vanessa Sobolewski		15	2194	83	29:47.6	9:36/M
9	Katie Mejan		11	2132	94	30:20.3	9:47/M
10	Sydney Dejong		12	2058	104	30:33.1	9:51/M
11	Melody Hacker		12	2086	108	30:48.9	9:56/M
12	Morgan Trivette		11	2205	109	30:51.8	9:57/M
13	Rachel Smits		18	2190	111	30:53.4	9:58/M
14	Kylie Bonnema		19	2019	126	31:47.8	10:15/M
15	Liz Aje		12	2001	144	35:07.1	11:20/M
16	Emily Ipema		18	2104	157	37:00.3	11:56/M
17	Carmen Huizenga		19	2103	162	38:11.5	12:19/M
18	Leah VanderWall		19	2229	163	38:11.6	12:19/M
19	Leah Tempelman		16	2197	178	43:37.6	14:04/M
20	Alaina Kats		17	2111	184	46:56.6	15:08/M
21	Amanda Ipema		17	2105	185	46:56.8	15:08/M
22	Alexa VanProyen		17	2234	190	48:41.6	15:42/M
23	Kylie Boss		14	2028	192	49:37.8	16:00/M
24	Kelsey Bonnema		19	2020	198	51:19.5	16:33/M

Male 19 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	Kyle Mulderink		16	2141	3	19:08.2	6:10/M
2	Hayden Podlin		13	2161	7	20:14.2	6:32/M
3	Justin VanDrunen		13	2230	9	20:36.1	6:39/M
4	Justin Van Prooyen		13	2214	11	20:46.9	6:42/M
5	Cole Cameron		14	2037	14	21:43.4	7:00/M
6	Jacob Vander Zee		13	2224	16	21:52.7	7:03/M
7	Jesse Ellis		17	2075	19	21:58.6	7:05/M
8	Ashton Podlin		12	2162	20	22:15.5	7:11/M
9	Lance Mulderink		14	2140	36	25:27.8	8:13/M
10	Sam Boonstra		14	2021	37	25:39.5	8:16/M
11	Ryan Barnes		18	2008	43	26:18.8	8:29/M
12	Ben Ritzema		13	2172	46	26:50.7	8:39/M
13	Ben DeYoung		18	2072	50	27:25.2	8:51/M
14	Nathan Davids		16	2048	52	27:41.7	8:56/M

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15	Zach Rozendal		14	2174	73	29:07.7	9:24/M
16	Marc Rozendal		12	2175	74	29:09.9	9:24/M
17	Caleb Rozendal		11	2176	84	29:50.2	9:37/M
18	Brad Kamstra		18	2110	89	30:11.3	9:44/M
19	Matthew Smits		13	2191	112	30:53.5	9:58/M
20	Colin DeVries		12	2066	114	31:01.3	10:00/M
21	Joshua De Young		16	2054	127	31:52.4	10:17/M
22	Tyler Bosman		19	1637	133	33:18.1	10:45/M
23	Hunter DeYoung		10	2071	146	35:12.3	11:21/M
24	Hayden DeYoung		12	2070	148	35:13.7	11:22/M

Female 20 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	Erika Huizenga		27	2099	33	24:29.6	7:54/M
2	Emily Van Stee		26	2216	54	27:49.3	8:58/M
3	Crystal Allgyer		25	2004	68	28:49.8	9:18/M
4	Elizabeth Van Drunen		26	2209	69	28:50.2	9:18/M
5	Elizabeth Fiala		25	2076	71	29:03.3	9:22/M
6	Justine Postma		22	2163	75	29:20.3	9:28/M
7	Candace O'Neal		24	2147	88	30:07.5	9:43/M
8	Sarah Zacek		22	2250	91	30:16.9	9:46/M
9	Danielle Groen		24	2083	121	31:16.2	10:05/M
10	Danielle Venhuizen		24	2237	125	31:44.9	10:14/M
11	Rachel Smith		26	2189	131	33:09.7	10:42/M
12	Stephani Pouder		24	2164	132	33:12.3	10:43/M
13	Lauren Jansen		26	2107	135	33:58.8	10:57/M
14	Jaclene Bonnema		22	2018	136	34:20.9	11:05/M
15	Dani Bassous		22	2009	137	34:20.9	11:05/M
16	Jessi VanKley		22	2232	138	34:20.9	11:05/M
17	Bethany Zirbel		27	2253	139	34:25.4	11:06/M
18	Alexa Groen		23	2082	159	37:36.7	12:08/M
19	Taylor Buchmeier		20	2033	177	43:37.6	14:04/M
20	Christy DeBoer		20	2055	203	51:26.1	16:35/M
21	Jennifer Vander Molen		27	2220	212	53:54.8	17:23/M

Male 20 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	Josiah Luttjeboer		26	2129	2	18:32.2	5:59/M
2	Dustin Pluard		20	2158	8	20:32.5	6:37/M

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3	Kevin Haan		27	2085	17	21:54.7	7:04/M
4	Joshua De Jong		29	2051	18	21:58.5	7:05/M
5	Max Boonstra		22	2022	22	22:20.4	7:12/M
6	Trevor DeVries		20	2067	27	23:35.8	7:36/M
7	Josh DeBoer		28	2056	30	24:11.5	7:48/M
8	Dwayne Allgyer		26	2005	42	26:12.5	8:27/M
9	Ty Hillegonds		23	2089	55	27:49.4	8:58/M
10	Brad Leegwater		23	2128	86	29:55.8	9:39/M
11	Craig Vander Molen		28	2219	100	30:28.5	9:50/M
12	Joshua Jonkman		28	2108	101	30:29.8	9:50/M
13	Chad Groen		25	2084	120	31:16.2	10:05/M
14	Daniel Timmer		26	2201	122	31:30.8	10:10/M
15	Vance Venhuizen		24	2236	124	31:44.7	10:14/M
16	KEVIN O'NEAL		28	2146	194	49:45.8	16:03/M
17	Lucas Miedema		20	2136	199	51:19.7	16:33/M

Female 30 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	Alison VanderWoude		36	1225	32	24:24.8	7:52/M
2	Kristyn Trivette		35	2204	44	26:29.1	8:33/M
3	Allison Alons		35	2006	57	27:51.7	8:59/M
4	Melissa Vander Woude		35	2221	62	28:18.9	9:08/M
5	Erin Ritzema		39	2171	66	28:41.4	9:15/M
6	Wendy Moes		38	2138	90	30:14.5	9:45/M
7	Hannah Trivette		35	2203	106	30:43.9	9:55/M
8	Angela DeJong		39	2057	115	31:05.2	10:02/M
9	Angie Watkins		38	2243	140	34:27.2	11:07/M
10	Sarah Rudenga		36	2179	143	35:07.1	11:20/M
11	Jayne Hoogerwerf		34	2093	149	35:21.1	11:24/M
12	Sarah Boer		33	2013	150	35:31.4	11:27/M
13	Maria Kelley		34	2112	153	35:44.6	11:32/M
14	Cathy Kennelly		39	2114	166	39:07.9	12:37/M
15	Katie Castillo		32	2038	167	39:10.8	12:38/M
16	Becky Hart		35	2087	172	41:26.6	13:22/M
17	Jodi Jonkman		39	2109	173	41:27.1	13:22/M
18	Karen Clark		38	2039	175	41:31.5	13:24/M
19	Jennifer Pugh		36	2166	191	48:46.8	15:44/M
20	Danielle Maciszak		32	2130	206	51:41.2	16:40/M
21	Sarra Schipper		39	2182	208	52:01.2	16:47/M

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1	Stephen Stolzenbach		35	1248	4	19:27.2	6:16/M
2	Nicholas Groen		32	2081	12	20:54.8	6:45/M
3	Brad Clark		31	2041	15	21:51.3	7:03/M
4	Joe Boonstra		31	2024	21	22:16.9	7:11/M
5	Tim Dykstra		34	2073	23	22:45.2	7:20/M
6	Adam Hovermale		33	2095	24	22:47.5	7:21/M
7	Grant Sikkema		32	2183	77	29:29.5	9:31/M
8	Michael DeVries		39	2063	118	31:07.2	10:02/M
9	Bryan Hoogerwerf		35	2094	142	35:04.4	11:19/M
10	Adam Clark		39	2040	174	41:30.9	13:23/M

Female 40 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	Richelle Vander Zee		44	2222	28	23:50.1	7:41/M
2	Denise Van Drunen		42	2210	38	25:40.3	8:17/M
3	Lori Mejan		41	2134	48	27:19.8	8:49/M
4	Denise Van Ryn		43	2215	49	27:23.2	8:50/M
5	Rachel Hillegonds		44	2091	51	27:36.7	8:54/M
6	Wendy Vroom		45	2241	58	27:55.3	9:00/M
7	Karla Weemhoff		41	2244	59	28:01.4	9:02/M
8	Jessica Podlin		43	2159	61	28:18.7	9:08/M
9	Tara Devereaux		44	2062	70	28:56.7	9:20/M
10	Maria Perez		41	2154	78	29:34.8	9:32/M
11	Darlene Van Prooyen		44	2213	85	29:50.4	9:37/M
12	Betsy Cutrara		49	2043	87	30:04.3	9:42/M
13	Brenda Overzet		46	2148	92	30:16.9	9:46/M
14	Stacia Smits		46	2192	98	30:23.3	9:48/M
15	Monica Silva		40	2184	105	30:34.6	9:52/M
16	Maribel Biedzycki		43	2012	110	30:52.8	9:57/M
17	Sharla Slings		41	2185	116	31:05.2	10:02/M
18	Giuseppina Reifel		41	2169	117	31:06.2	10:02/M
19	Kaylynn Koontz		40	2119	123	31:35.7	10:11/M
20	Kristine Quick		43	2167	134	33:27.5	10:47/M
21	Elana Reid		41	2168	145	35:08.3	11:20/M
22	Angie Davids		43	2045	151	35:42.2	11:31/M
23	Shannon DeYoung		41	2069	152	35:44.6	11:32/M
24	Shari LaRock		40	2125	160	38:05.2	12:17/M
25	Antonella Wellman		41	2247	164	38:26.7	12:24/M
26	Sandy Vree		49	2239	165	38:59.6	12:35/M
27	Michelle Bouwer		49	2029	169	40:25.9	13:02/M
28	Marla Olthof		45	2145	170	40:26.1	13:03/M

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Female 40 to 49

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29	Jill Rozendal		43	2177	171	41:24.6	13:21/M
30	Rachel DeVries		40	2064	176	42:26.1	13:41/M
31	Penny Smit		44	2186	179	43:54.5	14:10/M
32	Sherry Tempelman		47	2196	181	44:17.9	14:17/M
33	Kim Boss		48	2026	183	45:16.7	14:36/M
34	Amy Boerman-Cornell		49	2014	186	47:06.6	15:12/M
35	Sheri Reiplinger		43	2170	196	51:16.4	16:32/M
36	Melanie Benes		44	2011	197	51:16.4	16:32/M
37	Eileen Bonnema		46	2017	201	51:20.8	16:34/M
38	Deanne Barnes		46	2007	202	51:21.1	16:34/M
39	Patty De Boer		49	2049	205	51:27.6	16:36/M
40	Heather Breclaw		45	2030	207	51:51.2	16:44/M
41	Amy Yonkman		40	2249	209	52:01.3	16:47/M
42	Lorraine Peerbolte		48	2152	210	52:01.9	16:47/M
43	Sheri Rozendal		43	2178	213	53:59.3	17:25/M
44	Jan Tillema		44	2199	214	53:59.4	17:25/M
45	Shannon Sobolewski		45	2193	215	56:34.6	18:15/M

Male 40 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	Les Hockenberry		43	2092	5	19:27.8	6:16/M
2	Brett Mejan		42	2133	10	20:43.7	6:41/M
3	Chris Yonkman		41	2248	13	21:30.8	6:56/M
4	Jeff Pals		45	2151	26	23:04.7	7:26/M
5	Brian Buiter		45	2035	47	27:02.1	8:43/M
6	Kenneth De Vries		47	2053	53	27:48.4	8:58/M
7	Dave Weemhoff		42	2245	60	28:01.8	9:02/M
8	Eric Davids		42	2046	64	28:32.7	9:12/M
9	Mark Eenigenburg		47	2074	65	28:34.9	9:13/M
10	Ken Mulderink		41	2139	72	29:05.3	9:23/M
11	Doug Rozendal		42	2173	79	29:36.4	9:33/M
12	Gregg Wellman		45	2246	81	29:45.3	9:36/M
13	Joel Podlin		41	2160	93	30:18.8	9:46/M
14	john leegwater		49	2127	119	31:13.1	10:04/M
15	Kenneth Klain		48	2115	128	31:58.5	10:19/M
16	Kevin McGee		46	2131	129	32:28.3	10:28/M
17	Len DeYoung		41	2068	147	35:13.7	11:22/M
18	Chip LaRock		47	2126	161	38:05.2	12:17/M
19	Paul Smit		44	2187	180	43:54.5	14:10/M
20	Scott De Boer		49	2050	204	51:26.5	16:35/M

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6th Annual Pancake Pacer 5K
Age Group Results

Female 50 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	Vicki Huizenga		56	2100	80	29:40.7	9:34/M
2	Marj Colvin		56	2042	82	29:46.4	9:36/M
3	Janet Brink		50	2032	95	30:20.7	9:47/M
4	Deborah Knot		50	2118	102	30:29.9	9:50/M
5	Ann Mitchell		51	2137	103	30:31.7	9:51/M
6	Jackie Vander Zee		52	2226	154	36:09.4	11:40/M
7	Pat Van Wylen		58	2218	158	37:28.1	12:05/M
8	Donna Teune		55	2198	168	39:31.3	12:45/M
9	Karen Huizenga		51	2098	182	45:16.1	14:36/M
10	Mary Lagerwey		54	2122	187	47:07.7	15:12/M
11	Mary Vanproyen		50	2233	189	48:41.2	15:42/M
12	Donna Boss		51	2027	193	49:37.8	16:00/M
13	Trudy Kooy		59	2121	195	51:12.1	16:31/M
14	Dana Smiddy		50	1591	216	56:35.2	18:15/M

Male 50 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	Philip VanderWall		52	2228	29	24:03.4	7:45/M
2	Bill Smit		55	1247	31	24:19.2	7:51/M
3	Dave Van Wylen		58	2217	39	25:41.8	8:17/M
4	Keith Van Drunen		57	2208	56	27:50.4	8:59/M
5	Peter Boonstra		57	2025	99	30:28.2	9:50/M
6	Dale Brink		50	2031	107	30:46.5	9:55/M
7	Doug Allen		52	2003	113	30:58.8	9:59/M
8	Don Vander Zee		52	2225	130	32:36.5	10:31/M
9	SCOTT VANDERLEE		56	2227	155	36:48.8	11:52/M
10	Dave VonDrunen		51	1203	156	36:59.3	11:56/M
11	John Bonnema		50	2016	200	51:20.8	16:34/M
12	John Peerbolte		54	2153	211	52:05.8	16:48/M
13	Mark Tillema		51	2200	217	56:35.8	18:15/M

Female 60 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	Liz Rudenga		62	2180	96	30:21.9	9:47/M
2	Marguerite ODonnell		61	2142	97	30:23.1	9:48/M
3	Jan Lanting		65	2123	141	34:55.1	11:16/M

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1	Jim Piaskowy		62	2155	6	19:31.3	6:18/M
2	Robert Fuka		63	2077	45	26:39.9	8:36/M
3	Ed Klain		70	2116	188	48:18.8	15:35/M