

2019 Anyone Can Do a 5K

Race Date
September 28, 2019

Overall Finish List**5K Run**

<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	Hank Cook		3439	49	M	1: Open	22:04.2	7:07/M
2	Jason Clinton		3436	35	M	1: 35-39	22:35.1	7:17/M
3	Tyler Campos		3433	22	M	1: 19-24	23:15.4	7:30/M
4	Tom Kujawski		9259	65	M	1: Masters	23:21.1	7:32/M
5	Paul Olen		9274	61	M	1: 60-64	23:30.7	7:35/M
6	Chrissy Addison		3423	24	F	1: Open	24:04.5	7:46/M
7	Lenell Cambell		3467	25	M	1: 25-29	24:37.5	7:57/M
8	Mary Grace Fagen		3476	29	F	1: 25-29	24:56.8	8:03/M
9	Claudia Vasic		9994	13	F	1: 13-14	25:04.9	8:05/M
10	Jesus Carvajal		3434	63	M	2: 60-64	25:16.7	8:09/M
11	James Graham		3464	35	M	2: 35-39	25:56.1	8:22/M
12	Laura Graham		3463	35	F	1: 35-39	26:10.1	8:27/M
13	Maximus Moore		9268	11	M	1: 11-12	26:50.3	8:39/M
14	Peter Rokosz		3469	38	M	3: 35-39	26:50.4	8:39/M
15	John Zurisk		9998	51	M	1: 50-54	27:40.8	8:56/M
16	John Todd		9990	54	M	2: 50-54	28:04.2	9:03/M
17	Krista Zaragoza		9997	50	F	1: Masters	28:05.1	9:04/M
18	Amber Lindley		9261	40	F	1: 40-44	28:09.1	9:05/M
19	Michele Zurisk		9999	48	F	1: 45-49	28:20.3	9:09/M
20	regan mc shane		9264	48	M	1: 45-49	28:21.2	9:09/M
21	Jeff Gadzala		3459	28	M	2: 25-29	28:37.2	9:14/M
22	Joel Erke		3450	46	M	2: 45-49	28:38.9	9:15/M
23	Peyton Grizzard		3589	55	M	1: 55-59	28:58.1	9:21/M
24	Roberto Gonzalez		3462	59	M	2: 55-59	30:30.7	9:51/M
25	Janet Knox		9257	52	F	1: 50-54	30:32.5	9:51/M
26	Jerry Dombrowski		3444	63	M	3: 60-64	30:49.5	9:57/M
27	Tina Hoffmann		3597	37	F	2: 35-39	31:09.1	10:03/M
28	Bruce Hoffmann		3598	53	M	3: 50-54	31:09.8	10:03/M
29	Rosario Rangel		9288	58	F	1: 55-59	31:17.6	10:06/M
30	Alexandra Myszak		9272	11	F	1: 11-12	31:23.2	10:07/M
31	Timothy Panek		9276	53	M	4: 50-54	31:32.6	10:11/M
32	Emma Myszak		9271	10	F	1: 9-10	31:48.6	10:16/M
33	Elaine Myszak		9273	41	F	2: 40-44	31:51.6	10:17/M
34	Luis Serrano		9297	46	M	3: 45-49	32:02.2	10:20/M
35	Dominic Buonadonna		3431	8	M	1: 1- 8	32:05.2	10:21/M
36	Diana Buonadonna		3430	37	F	3: 35-39	32:06.1	10:21/M
37	Kathleen Korman		9258	54	F	2: 50-54	32:46.7	10:34/M
38	Danny Addison		3422	11	M	2: 11-12	32:59.3	10:38/M
39	Maria Caballero		3432	16	F	1: 15-18	33:06.1	10:41/M
40	Emily Kiselka		9255	28	F	2: 25-29	33:16.4	10:44/M
41	Melissa Moore		9267	44	F	3: 40-44	33:20.4	10:45/M
42	Amayah Myszak		9270	15	F	2: 15-18	33:34.6	10:50/M
43	Monika Vasic		9993	43	F	4: 40-44	33:46.5	10:54/M
44	Jan Regnier		9289	75	F	1: 75-79	34:45.7	11:13/M
45	Anthony Antonietti		3424	30	M	1: 30-34	34:46.5	11:13/M
46	Guadalupe Serrano		9296	44	F	5: 40-44	35:06.6	11:20/M
47	Charles Michielsen		3472	65	M	1: 65-69	36:05.2	11:38/M

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48	Caleb Michielsen		3473	15	M	1: 15-18	36:27.1	11:46/M
49	Evan Hayward		3593	8	M	2: 1- 8	37:24.4	12:04/M
50	Robert Hayward		3592	44	M	1: 40-44	37:24.6	12:04/M
51	Angie Kiselka		9256	61	F	1: 60-64	37:49.8	12:12/M
52	Luis Gonzalez		3475	49	M	4: 45-49	38:13.4	12:20/M
53	Joann Duhon		3446	62	F	2: 60-64	38:13.8	12:20/M
54	Yessenia Salinas		9292	30	M	2: 30-34	38:19.6	12:22/M
55	Janet Basta Adams		3426	40	F	6: 40-44	38:50.8	12:32/M
56	Jackie Mayocho		9263	54	F	3: 50-54	39:17.4	12:40/M
57	Sharon Graham		3465	64	F	3: 60-64	39:20.5	12:41/M
58	Vanessa Panek		9275	49	F	2: 45-49	39:46.7	12:50/M
59	Lydia Espinosa		3451	51	F	4: 50-54	40:07.8	12:57/M
60	Elsie Ponce		9285	66	F	1: 65-69	40:38.6	13:07/M
61	Dennis Urbanik		9992	67	M	2: 65-69	40:56.9	13:13/M
62	Phillip Lozanoski		3470	30	M	3: 30-34	41:03.4	13:15/M
63	Lisa Bess		3427	54	F	5: 50-54	41:15.3	13:19/M
64	vicki urbanik		9991	54	F	6: 50-54	41:23.3	13:21/M
65	Nathan Lozanoski		3474	28	M	3: 25-29	41:31.4	13:24/M
66	Tom Lozanoski		9262	58	M	3: 55-59	41:31.5	13:24/M
67	Mayra Ponce		9286	34	F	1: 30-34	41:32.5	13:24/M
68	Katina Davis		3443	47	F	3: 45-49	42:52.2	13:50/M
69	Hailey Blankenship		3429	17	F	3: 15-18	43:14.2	13:57/M
70	Raven Seitzinger		3466	23	F	1: 19-24	45:38.5	14:43/M
71	Norma Schriels		9294	55	F	2: 55-59	46:51.1	15:07/M
72	Juanita Ceasar		3435	62	F	4: 60-64	46:51.2	15:07/M
73	Gustaaf Schriels		9295	56	M	4: 55-59	46:58.5	15:09/M
74	Concepcion Arroyo		3425	63	F	5: 60-64	47:00.1	15:10/M
75	William Ellis		3449	43	M	2: 40-44	47:00.2	15:10/M
76	Debby Dyson		3447	38	F	4: 35-39	47:10.8	15:13/M
77	Nicole Hayward		3591	41	F	7: 40-44	50:42.6	16:22/M
78	Dylan Hayward		3594	6	M	3: 1- 8	50:42.8	16:22/M
79	James Hayward		3595	72	M	1: 70-74	50:53.4	16:25/M
80	Kristin Spoelhof		9985	27	F	3: 25-29	52:03.2	16:47/M
81	Debbie Vendl		9995	52	F	7: 50-54	52:09.7	16:50/M
82	Meena Kaur Brar		9252	38	F	5: 35-39	52:27.1	16:55/M
83	KRISTY LAPOLLO		9260	37	F	6: 35-39	52:48.5	17:02/M
84	Lisa Crowder		3441	41	F	8: 40-44	52:50.2	17:03/M
85	Shonette Watson		9996	51	F	8: 50-54	52:55.1	17:04/M
86	Kevin Connelly		3438	55	M	5: 55-59	53:40.1	17:19/M
87	sonya mitchell		9266	51	F	9: 50-54	55:20.6	17:51/M
88	Denise Jeter		3600	59	F	3: 55-59	55:36.3	17:56/M
89	Taylor Thomas		9989	18	F	4: 15-18	55:37.2	17:57/M
90	Lora Thomas		9988	48	F	4: 45-49	55:38.5	17:57/M
91	Katie Collely		3437	58	F	4: 55-59	58:18.7	18:49/M
92	Nancy Simko		9298	64	F	6: 60-64	59:33.6	19:13/M
93	Robert Sommer		9299	66	M	3: 65-69	1:00:46.0	19:36/M
94	Mark Adams		3421	48	M	5: 45-49	1:00:47.4	19:37/M

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95	Carolyn Pavlovic		9282	64	F	7: 60-64	1:03:42.3	20:33/M
96	Anamarie Pavlovic		9281	28	F	4: 25-29	1:03:46.4	20:34/M
97	Tonia Schick		9293	52	F	10: 50-54	1:04:10.9	20:42/M
98	Aisha Ford		3456	37	F	7: 35-39	1:13:47.0	23:48/M
99	Kayla Ford		3457	2	F	1: 1- 8	1:13:47.0	23:48/M
100	Lamar Ford		3455	35	M	4: 35-39	1:13:47.0	23:48/M