

2019 Run Forest, Run 5K and 10K

Age Group Results

10K

Race Date

March 30, 2019

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	Brooke Kowalski		22	1537	4	43:21.8	7:00/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	James Schuler		22	1653	1	37:23.8	6:02/M

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Age Group Results**10K****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	Liam Melody		14	1591	20	50:52.9	8:12/M
2	Conor Melody		11	1589	46	58:50.3	9:29/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	Mary Moloney		19	1597	5	44:42.1	7:13/M
2	Brianna Carlson		19	1444	10	46:22.2	7:29/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	David Love		15	1556	19	50:37.9	8:10/M
2	Thomas Campbell		19	1441	21	51:38.8	8:20/M
3	Cameron Kreger		18	1540	28	54:13.9	8:45/M
4	Jonathan Mead		18	1584	44	58:40.1	9:28/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	Katie Powell		21	1631	7	45:13.4	7:18/M
2	Lauren Hanna		24	1498	26	53:17.6	8:36/M
3	Isabella Daquila		20	1456	38	56:33.3	9:07/M
4	Alyssa McClure		24	1574	52	1:00:20.5	9:44/M
5	Madison Loftin		21	1553	59	1:06:48.2	10:46/M
6	Soonyoung Lim		22	1552	64	1:10:28.2	11:22/M
7	Sarah Hansen		22	1500	69	1:15:34.2	12:11/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	Logan Arnold		21	2545	2	39:50.2	6:25/M
2	Patrick Caslin		20	1447	3	42:15.9	6:49/M
3	Tristian Kohlheim		23	1534	23	52:15.9	8:26/M
4	Basia Czajkowski		24	1455	58	1:06:37.2	10:45/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>
1	Brooke Stemple		25	1678	24	52:40.8	8:30/M
2	Morgan Clarke		25	1449	25	53:17.6	8:36/M
3	Chelsea Bollman		26	1428	39	56:49.3	9:10/M
4	Olivia Feldpausch		25	1472	49	59:56.4	9:40/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	Di Zhou		27	2541	9	46:04.2	7:26/M
2	Christopher Johnson		26	1526	14	47:09.3	7:36/M
3	John Morris		28	1602	42	58:10.5	9:23/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	Ashley Mader		31	1560	31	54:39.1	8:49/M
2	Amber Hochstetler		33	1512	51	1:00:15.3	9:43/M
3	Melissa Nebus		32	1606	53	1:01:11.1	9:52/M
4	Melies Kish		34	1531	54	1:01:34.6	9:56/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	Mike Desmond		30	1462	13	47:09.3	7:36/M
2	John Marmora		31	1566	15	47:36.4	7:41/M
3	Nicholas Mader		32	1561	16	48:55.5	7:53/M
4	Jordan Rhude		34	1639	27	53:18.6	8:36/M
5	Andrew VanDeWielle		30	1695	50	1:00:02.1	9:41/M
6	Kenny Conklin		34	1452	63	1:09:46.2	11:15/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	Melissa Macke		39	1559	30	54:33.8	8:48/M
2	Nina Tuddenham		35	1692	32	55:34.7	8:58/M
3	Rhyanna Krueger		39	1543	48	59:48.5	9:39/M

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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	Michael Tuddenham		35	1691	8	45:15.8	7:18/M
2	Chris Martin		38	1569	41	58:00.1	9:21/M
3	Jeff Morauski		39	1600	47	59:41.5	9:38/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	Olga Starikova		41	1677	11	46:27.7	7:30/M
2	Jodi Matlock		40	1572	37	56:12.5	9:04/M
3	Heather Meadimber		41	1586	45	58:45.3	9:29/M
4	Sarah Beck		41	1421	55	1:01:45.6	9:58/M
5	Karla Heyn		40	1509	62	1:09:45.7	11:15/M
6	Christi Larkins		42	1545	67	1:13:53.4	11:55/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	Gregory Macke		40	1558	34	55:45.3	9:00/M
2	Dan Franz		44	1480	40	57:58.7	9:21/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	Lisa Brown		47	1440	43	58:30.5	9:26/M
2	Lara Perry		49	1623	61	1:07:44.6	10:55/M
3	Machelle Seese		46	1657	65	1:11:15.2	11:30/M
4	Terra Morauski		45	1601	68	1:13:54.2	11:55/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	Scott Perry		48	1624	29	54:16.1	8:45/M
2	Mike Carry		47	2546	56	1:04:19.7	10:22/M
3	Vincent Melody		45	1592	57	1:06:17.4	10:41/M

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Age Group Results**10K**

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	Lynea Sieting		50	1662	66	1:12:23.7	11:40/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	Steve McIntyre		51	1577	6	44:58.6	7:15/M
2	Roger Sprouse		50	1670	18	50:37.4	8:10/M
3	Abel Orue		51	1622	22	51:48.9	8:21/M
4	Todd Bailey		50	1410	35	55:49.1	9:00/M
5	Paul Mead		51	1585	36	55:49.4	9:00/M
6	Brian Peterson		53	1625	60	1:07:26.4	10:53/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	Dave Gaughan		56	1485	12	46:32.2	7:30/M
2	Ric Herrera		58	1508	17	50:24.2	8:08/M
3	Michael Lewis		59	1551	33	55:35.1	8:58/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	David Ralston		74	1636	70	1:31:35.8	14:46/M