

21st Annual Hills & Dales General Hospital

5K Run, 5K Walk and 8K Run

Saturday, July 1, 2017

Timing/results processing by Miller Race Management www.race-mrm.com

5K Run Results

5K RUN Top Females Overall based on Gun Elapsed time

Place	Bib #	Name	Gun Finish	Pace	Age	Gender
	1	511 ALLYSON DIEBEL	21:34.468	6:57	16	F

5K RUN Top Males Overall based on Gun Elapsed time

Place	Bib #	Name	Gun Finish	Pace	Age	Gender
	1	527 GARRETT JURGES	18:59.276	6:07	34	M

5K RUN Top Female Masters based on Gun Elapsed time

Place	Bib #	Name	Gun Finish	Pace	Age	Gender
	1	588 STACY PHILLIPS	28:47.546	9:17	44	F

5K RUN Top Male Masters based on Gun Elapsed time

Place	Bib #	Name	Gun Finish	Pace	Age	Gender
	1	516 TREVER ENGLER	21:01.751	6:47	43	M

5K RUN Age Group Results for Male 1-14 based on Gun Elapsed time

Place	Bib #	Name	Gun Finish	Pace	Age	Gender
	1	595 NICK MCARDLE	19:25.705	6:16	14	M
	2	559 BRANDON WITHERSPOON	20:52.734	6:44	14	M
	3	765 JORDAN MESTER	21:09.339	6:49	13	M
	4	542 JACOB RAYL	25:21.961	8:11	12	M
	5	523 IAN HANBY	26:44.507	8:37	14	M
	6	553 KYLE VANDERELZEN	27:37.000	8:55	14	M
	7	546 CARON RUSSELL	29:44.822	9:35	10	M

5K RUN Age Group Results for Female 1-14 based on Gun Elapsed time

Place	Bib #	Name	Gun Finish	Pace	Age	Gender
	1	512 JORDYN DIEBEL	25:29.494	8:13	12	F
	2	545 ANNIKA RUSSELL	30:10.984	9:44	12	F
	3	591 EVELYN DASKAM	34:57.428	11:16	11	F
	4	567 RYLIE LIGROW	36:52.705	11:54	8	F
	5	592 DAKOTA HALASZ	47:25.320	15:18	12	F

5K RUN Age Group Results for Male 15-19 based on Gun Elapsed time

Place	Bib #	Name	Gun Finish	Pace	Age	Gender
	1	556 MATTHEW WESOLEK	21:54.158	7:04	15	M
	2	505 JAMESON BISKNER-KRUSE	24:36.285	7:56	16	M

5K RUN Age Group Results for Female 15-19 based on Gun Elapsed time

Place	Bib #	Name	Gun Finish	Pace	Age	Gender
1	514	LAUREN DROPESKI	27:31.338	8:53	15	F
2	600	ALEXIS HULL	31:18.989	10:06	15	F
3	601	BRUNA CACHEL	47:25.098	15:18	15	F

5K RUN Age Group Results for Female 20-24 based on Gun Elapsed time

Place	Bib #	Name	Gun Finish	Pace	Age	Gender
1	540	HAYLEY PETERS	28:47.208	9:17	24	F
2	552	ANGELA SUMMERS	30:37.113	9:53	23	F
3	507	KENNEDY BROWN	31:51.920	10:16	20	F
4	518	MORGAN ERLA	33:22.009	10:46	23	F
5	526	COURTNEY JOHNSON	37:34.977	12:07	21	F

5K RUN Age Group Results for Male 25-29 based on Gun Elapsed time

Place	Bib #	Name	Gun Finish	Pace	Age	Gender
1	535	ERIC NYE	20:31.490	6:37	28	M
2	598	JEFF STOUTENBURG	23:41.967	7:38	29	M

5K RUN Age Group Results for Female 25-29 based on Gun Elapsed time

Place	Bib #	Name	Gun Finish	Pace	Age	Gender
1	581	CHELSEA MATA	24:32.869	7:55	28	F
2	513	SARAH DIEGEL	24:52.743	8:01	29	F
3	586	LAURIE RICHARDS	26:30.931	8:33	28	F
4	594	MARTA JINSEN	28:46.036	9:17	29	F
5	515	EMMA DUNBAR	33:21.552	10:45	26	F

5K RUN Age Group Results for Male 30-34 based on Gun Elapsed time

Place	Bib #	Name	Gun Finish	Pace	Age	Gender
1	574	NICK ROCHEFORT	19:43.268	6:22	33	M
2	537	BRIAN OSBORN	27:43.360	8:56	33	M
3	562	ANDREW SCHINNER	31:43.152	10:14	31	M

5K RUN Age Group Results for Female 30-34 based on Gun Elapsed time

Place	Bib #	Name	Gun Finish	Pace	Age	Gender
1	521	ASHLEY GREENWOOD	23:34.721	7:36	33	F
2	536	MELISSA OSBORN	27:43.812	8:56	30	F
3	579	JENNIFER KILBOWN	29:28.822	9:30	33	F
4	578	ALLISON ZIMBA	30:09.896	9:44	30	F
5	566	LAURA LIGROW	37:03.075	11:57	33	F
6	525	DARCIE HOHNE	42:40.542	13:46	34	F
7	575	ABIGAIL ROCHEFORT	44:50.032	14:28	31	F

5K RUN Age Group Results for Male 35-39 based on Gun Elapsed time

Place	Bib #	Name	Gun Finish	Pace	Age	Gender
1	596	KEVIN HOCKENBERRY	21:11.176	6:50	36	M
2	519	MARCO ESTRELLA	26:19.089	8:29	39	M

3	524	CHRIS HOHNE	27:51.673	8:59	39	M
4	538	STEPHEN PADDEN	28:50.238	9:18	35	M
5	509	JEREMY BURNELL	39:20.449	12:41	39	M

5K RUN Age Group Results for Female 35-39 based on Gun Elapsed time

Place	Bib #	Name	Gun Finish	Pace	Age	Gender
1	517	BRENDA ENGLER	23:02.538	7:26	39	F
2	563	STACY DORLAND	23:41.522	7:38	37	F
3	541	CHERYL RAYL	23:41.783	7:38	37	F
4	573	JANELLE PALLAS	28:17.336	9:07	36	F
5	555	ANGELA WASIERSKI	35:43.037	11:31	38	F
6	597	ANDREA KACZMARCK	36:11.402	11:40	36	F
7	602	LAURA GAETH	38:33.040	12:26	38	F
8	593	CHARITY HALASZ	45:38.638	14:43	39	F

5K RUN Age Group Results for Male 40-44 based on Gun Elapsed time

Place	Bib #	Name	Gun Finish	Pace	Age	Gender
1	557	CHAD WESTENDORF	24:05.104	7:46	40	M
2	583	CHRIS SCHUSTER	24:27.368	7:53	40	M
3	565	DANIEL COLEMAN	29:43.255	9:35	42	M
4	590	MICHAEL DASKAM	34:57.470	11:16	43	M

5K RUN Age Group Results for Female 40-44 based on Gun Elapsed time

Place	Bib #	Name	Gun Finish	Pace	Age	Gender
1	533	JESSICA LIGROW	30:46.240	9:55	41	F
2	570	MELISSA BRADLEY	32:11.300	10:23	43	F

5K RUN Age Group Results for Male 45-49 based on Gun Elapsed time

Place	Bib #	Name	Gun Finish	Pace	Age	Gender
1	522	GREG HANBY	27:37.588	8:55	47	M
2	532	DEMETRIUS LEMANSKI	28:21.654	9:09	49	M
3	571	JOHN BRADLEY	30:29.918	9:50	45	M
4	587	NATHAN PHILLIPS	32:59.678	10:38	46	M
5	568	THOMAS HARMAN	33:51.523	10:55	45	M

5K RUN Age Group Results for Female 45-49 based on Gun Elapsed time

Place	Bib #	Name	Gun Finish	Pace	Age	Gender
1	584	SHELLY WURST	29:28.020	9:30	47	F
2	572	REBECCA CAISTER	33:53.424	10:56	49	F
3	531	KATHLEEN LEMANSKI	36:29.921	11:46	47	F
4	569	PATTY SOLDAN	37:40.313	12:09	48	F
5	502	LIZABETH BAUER	39:37.407	12:47	49	F

5K RUN Age Group Results for Male 50-54 based on Gun Elapsed time

Place	Bib #	Name	Gun Finish	Pace	Age	Gender
1	510	TL BUSHEY	22:19.743	7:12	54	M
2	577	JEFF LEMMER	25:58.985	8:23	51	M

3	589	DONALD JACOT	26:39.534	8:36	53	M
4	580	DAVID CARACCILO	29:21.535	9:28	50	M
5	520	JAMIE EWALD II	30:37.504	9:53	51	M

5K RUN Age Group Results for Female 50-54 based on Gun Elapsed time

Place	Bib #	Name	Gun Finish	Pace	Age	Gender
1	561	PAIGE DAWSON	39:50.048	12:51	54	F

5K RUN Age Group Results for Male 55-59 based on Gun Elapsed time

Place	Bib #	Name	Gun Finish	Pace	Age	Gender
1	530	JEFF LEIPPRANDT	29:28.023	9:30	58	M
2	551	THOMAS STOECKLE	40:59.564	13:13	55	M

5K RUN Age Group Results for Female 55-59 based on Gun Elapsed time

Place	Bib #	Name	Gun Finish	Pace	Age	Gender
1	506	CHERYL BRESKY	39:26.947	12:43	58	F
2	582	PAULETTE MAURER	40:23.424	13:02	57	F

5K RUN Age Group Results for Male 60 and Over based on Gun Elapsed time

Place	Bib #	Name	Gun Finish	Pace	Age	Gender
1	503	BERNIE BISHOP	27:56.273	9:01	68	M
2	529	JERRY LANGMAID	31:44.728	10:14	60	M
3	560	LARRY WOOD	32:12.939	10:23	66	M
4	564	TOM DAWSON	37:19.264	12:02	60	M

5K RUN Age Group Results for Female 60 and Over based on Gun Elapsed time

Place	Bib #	Name	Gun Finish	Pace	Age	Gender
1	599	PAM PROVOST	32:03.074	10:20	67	F
2	508	MIKELYN BURNELL	36:49.341	11:53	66	F
3	550	JACKIE STEVENS	39:37.233	12:47	63	F
4	504	BETH BISHOP	41:38.805	13:26	65	F
5	547	LAURA SAWDON	48:03.409	15:30	69	F

5K RUN Age Group Results for Female No Age based on Gun Elapsed time

Place	Bib #	Name	Gun Finish	Pace	Age	Gender
1	576	STACEY BUEHRY	42:40.137	13:46	99	F

5K Walk Results

5K WALK Top Females Overall based on Gun Elapsed time

Place	Bib #	Name	Gun Finish	Pace	Age	Gender
1	633	LYNETTE HEINLEIN	32:09.350	10:22	60	F

5K WALK Top Males Overall based on Gun Elapsed time

Place	Bib #	Name	Gun Finish	Pace	Age	Gender
1	750	TODD ALDOUS	27:59.292	9:02	46	M

5K WALK Top Female Masters based on Gun Elapsed time

Place	Bib #	Name	Gun Finish	Pace	Age	Gender
1	777	KIM THOMPSON	37:42.230	12:10	47	F

5K WALK Top Male Masters based on Gun Elapsed time

Place	Bib #	Name	Gun Finish	Pace	Age	Gender
1	787	RICK MC GRAW	38:01.417	12:16	72	M

5K WALK Age Group Results for Female 1-14 based on Gun Elapsed time

Place	Bib #	Name	Gun Finish	Pace	Age	Gender
1	786	ISABELLA GONZALES	45:47.202	14:46	9	F
2	773	CLAIRE SMITH	58:14.383	18:47	10	F
3	757	LAUREN GROVE	58:15.145	18:47	10	F
4	758	LIA GROVE	58:16.338	18:48	8	F

5K WALK Age Group Results for Female 20-24 based on Gun Elapsed time

Place	Bib #	Name	Gun Finish	Pace	Age	Gender
1	769	BRENA RUTKOSKI	45:06.012	14:33	24	F

5K WALK Age Group Results for Male 25-29 based on Gun Elapsed time

Place	Bib #	Name	Gun Finish	Pace	Age	Gender
1	782	TRAVIS BAUR	44:37.298	14:24	27	M

5K WALK Age Group Results for Female 25-29 based on Gun Elapsed time

Place	Bib #	Name	Gun Finish	Pace	Age	Gender
1	781	EMILY SCHINNERER	48:53.634	15:46	29	F

5K WALK Age Group Results for Male 30-34 based on Gun Elapsed time

Place	Bib #	Name	Gun Finish	Pace	Age	Gender
1	543	GARRETT ROBERTS	43:36.669	14:04	33	M

5K WALK Age Group Results for Female 30-34 based on Gun Elapsed time

Place	Bib #	Name	Gun Finish	Pace	Age	Gender
1	544	HEATHER ROBERTS	43:37.408	14:04	32	F
2	759	KIMBERLY GUNSELL	48:55.745	15:47	33	F
3	783	BRITTNEY VOISINE	59:10.496	19:05	30	F

5K WALK Age Group Results for Male 35-39 based on Gun Elapsed time

Place	Bib #	Name	Gun Finish	Pace	Age	Gender
1	756	BRENT DARLING	44:55.654	14:29	35	M

5K WALK Age Group Results for Female 35-39 based on Gun Elapsed time

Place	Bib #	Name	Gun Finish	Pace	Age	Gender
1	760	SANDY KRAMER	48:55.506	15:47	36	F

5K WALK Age Group Results for Female 40-44 based on Gun Elapsed time

Place	Bib #	Name	Gun Finish	Pace	Age	Gender
1	753	MARCY CHERNOW	39:01.272	12:35	41	F
2	751	DANYIEL BECKER	41:23.869	13:21	42	F
3	788	BRANDI SCHOOK	1:07:18.877	21:43	41	F

5K WALK Age Group Results for Female 45-49 based on Gun Elapsed time

Place	Bib #	Name	Gun Finish	Pace	Age	Gender
1	752	TAMMY BUKOSKI	42:40.436	13:46	49	F
2	772	TONYA SIES	43:32.879	14:03	45	F
3	770	MELANIE RUTKOSKI	45:03.644	14:32	47	F
4	776	JOANN STEELY	45:13.589	14:35	49	F

5K WALK Age Group Results for Male 50-54 based on Gun Elapsed time

Place	Bib #	Name	Gun Finish	Pace	Age	Gender
1	771	TOM RUTKOSKI	45:03.668	14:32	53	M

5K WALK Age Group Results for Female 50-54 based on Gun Elapsed time

Place	Bib #	Name	Gun Finish	Pace	Age	Gender
1	767	LORI PATERA	41:31.273	13:24	51	F

5K WALK Age Group Results for Male 55-59 based on Gun Elapsed time

Place	Bib #	Name	Gun Finish	Pace	Age	Gender
1	754	DAVID CZAPOR	41:27.406	13:22	58	M

5K WALK Age Group Results for Female 55-59 based on Gun Elapsed time

Place	Bib #	Name	Gun Finish	Pace	Age	Gender
1	775	KELLY W. SMITH	45:01.531	14:31	59	F
2	774	KELLY ANN SMITH	45:21.907	14:38	56	F

5K WALK Age Group Results for Male 60 and Over based on Gun Elapsed time

Place	Bib #	Name	Gun Finish	Pace	Age	Gender
1	780	LLOYD SCHINNERER	48:54.163	15:46	63	M
2	763	FRED LIGROW	51:14.122	16:32	66	M
3	784	MICHAEL COC	53:13.384	17:10	60	M

5K WALK Age Group Results for Female 60 and Over based on Gun Elapsed time

Place	Bib #	Name	Gun Finish	Pace	Age	Gender
1	764	CAROLYN MAYNARD	39:08.700	12:37	62	F
2	778	SALLY WOOD	48:37.426	15:41	68	F
3	779	LAURA SCHINNERER	48:54.394	15:46	63	F
4	762	MARY JO LIGROW	51:13.955	16:31	67	F
5	785	DONNA COX	53:13.573	17:10	62	F
6	766	CONNIE OSENTOSKI	58:15.162	18:47	62	F
7	789	JOAN HULL	1:07:19.334	21:43	65	F

8K Run Results

8K RUN Top Females Overall based on Gun Elapsed time

Place	Bib #	Name	Gun Finish	Pace	Age	Gender
	1	661 CASSIE WILLIAMS	40:30.819	8:16	31	F

8K RUN Top Males Overall based on Gun Elapsed time

Place	Bib #	Name	Gun Finish	Pace	Age	Gender
	1	653 KEVIN WILSON	32:26.173	6:37	14	M

8K RUN Top Female Masters based on Gun Elapsed time

Place	Bib #	Name	Gun Finish	Pace	Age	Gender
	1	675 HEATHER NOTTER	44:00.743	8:59	41	F

8K RUN Top Male Masters based on Gun Elapsed time

Place	Bib #	Name	Gun Finish	Pace	Age	Gender
	1	627 JEFF BISMACK	35:26.525	7:14	41	M

8K RUN Age Group Results for Male 1-14 based on Gun Elapsed time

Place	Bib #	Name	Gun Finish	Pace	Age	Gender
	1	649 CONNOR STEFANOVSKY	33:55.070	6:55	12	M
	2	658 HUGH WALKER	35:19.282	7:12	14	M
	3	629 CHRISTOPHER GONZALES	41:11.514	8:24	11	M
	4	641 DAVIS PETERS	41:33.003	8:29	8	M

8K RUN Age Group Results for Male 20-24 based on Gun Elapsed time

Place	Bib #	Name	Gun Finish	Pace	Age	Gender
	1	660 JOHN CREGUER	40:54.284	8:21	24	M

8K RUN Age Group Results for Male 30-34 based on Gun Elapsed time

Place	Bib #	Name	Gun Finish	Pace	Age	Gender
	1	659 ALEX WILLIAM	34:10.323	6:58	33	M
	2	639 GARRET MAUSOLF	40:47.581	8:19	31	M
	3	644 ANDREW ROBBINS	44:53.348	9:10	31	M
	4	632 MIKE HAVENS	50:23.518	10:17	30	M

8K RUN Age Group Results for Female 30-34 based on Gun Elapsed time

Place	Bib #	Name	Gun Finish	Pace	Age	Gender
	1	634 PAULA HOLLAND	45:34.295	9:18	31	F
	2	631 ALESHA HAVENS	49:04.528	10:01	30	F
	3	636 JESSICA KAMRAD WALLACE	51:06.261	10:26	32	F

8K RUN Age Group Results for Male 35-39 based on Gun Elapsed time

Place	Bib #	Name	Gun Finish	Pace	Age	Gender
	1	676 SCOTT KACZMARCK	38:13.573	7:48	37	M
	2	628 ERIK EGERER	40:13.241	8:12	39	M
	3	585 MIKE KLOSOWSKI	41:51.378	8:32	36	M

8K RUN Age Group Results for Female 35-39 based on Gun Elapsed time

Place	Bib #	Name	Gun Finish	Pace	Age	Gender
1	638	MELISSA MATHIE	41:22.773	8:27	38	F
2	643	JILL REITHEL	57:34.115	11:45	39	F
3	625	LAUREN ARMBRUSTER	57:38.575	11:46	38	F

8K RUN Age Group Results for Male 40-44 based on Gun Elapsed time

Place	Bib #	Name	Gun Finish	Pace	Age	Gender
1	642	JOHN PHILLIPS	40:22.453	8:14	41	M

8K RUN Age Group Results for Female 40-44 based on Gun Elapsed time

Place	Bib #	Name	Gun Finish	Pace	Age	Gender
1	655	BOBBI COLEMAN	44:16.911	9:02	42	F
2	657	JENNIFER FRUENDT	47:00.516	9:36	42	F
3	640	LESLIE MILLER	49:35.862	10:07	42	F

8K RUN Age Group Results for Male 45-49 based on Gun Elapsed time

Place	Bib #	Name	Gun Finish	Pace	Age	Gender
1	656	PHILIP PUNA MATA	48:09.727	9:50	46	M

8K RUN Age Group Results for Female 45-49 based on Gun Elapsed time

Place	Bib #	Name	Gun Finish	Pace	Age	Gender
1	651	DORICE TORMA	51:44.468	10:33	45	F

8K RUN Age Group Results for Male 50-54 based on Gun Elapsed time

Place	Bib #	Name	Gun Finish	Pace	Age	Gender
1	652	JOE VAN AUKEN	39:04.147	7:58	54	M

8K RUN Age Group Results for Male 55-59 based on Gun Elapsed time

Place	Bib #	Name	Gun Finish	Pace	Age	Gender
1	648	DAVE SIES	40:26.643	8:15	56	M

8K RUN Age Group Results for Female 55-59 based on Gun Elapsed time

Place	Bib #	Name	Gun Finish	Pace	Age	Gender
1	637	TERESA MARTIN	44:46.019	9:08	57	F

8K RUN Age Group Results for Male 60 and Over based on Gun Elapsed time

Place	Bib #	Name	Gun Finish	Pace	Age	Gender
1	635	FRANK JOHNSON	47:09.680	9:37	65	M
2	645	GENE SAWDON	48:03.674	9:48	64	M
3	650	DOUG STEVENS	1:03:35.002	12:59	66	M