

# Hope Glow 5K

Friday, August 17, 2018

Timing provided by Miller RaceManagement [www.race-mrm.com](http://www.race-mrm.com)

## 5K Age Group Results for Overall Male based on Chip Elapsed time

| Position | Bib | Name                   | Finish      | Pace  | Chip Finish | Age | Gender |
|----------|-----|------------------------|-------------|-------|-------------|-----|--------|
| 1        | 410 | CHRISTOPHER SZESZULSKI | 21:31.048   | 6:56  | 21:30.023   | 42  | M      |
| 2        | 390 | TIM SHARP              | 28:42.151   | 9:15  | 28:39.477   | 36  | M      |
| 3        | 339 | RICHARD HODGE          | 29:02.620   | 9:22  | 28:56.143   | 46  | M      |
| 4        | 414 | KENNETH SPRUNGER       | 29:47.931   | 9:36  | 29:40.353   | 42  | M      |
| 5        | 357 | JEFF LANG              | 30:12.686   | 9:45  | 30:05.002   | 37  | M      |
| 6        | 323 | JAMIE EWALD            | 31:28.956   | 10:09 | 31:00.699   | 52  | M      |
| 7        | 408 | JASON STEFANIAK        | 31:28.626   | 10:09 | 31:22.264   | 37  | M      |
| 8        | 413 | CHRISTIAN WHITEHEAD    | 32:27.131   | 10:28 | 32:25.032   | 15  | M      |
| 9        | 344 | LOGAN HUGO             | 32:41.514   | 10:33 | 32:26.797   | 14  | M      |
| 10       | 409 | ROSS JONES             | 33:01.444   | 10:39 | 32:54.662   | 65  | M      |
| 11       | 374 | GAVIN POTTS            | 33:25.207   | 10:47 | 33:13.393   | 11  | M      |
| 12       | 317 | ROBERT CIESLA          | 33:27.612   | 10:47 | 33:27.612   | 48  | M      |
| 13       | 370 | ROBERT MOSHER          | 34:02.006   | 10:59 | 33:42.307   | 57  | M      |
| 14       | 331 | CONNER HARRIS          | 35:36.924   | 11:29 | 35:36.037   | 11  | M      |
| 15       | 402 | NOAH WITTBRODT         | 36:29.615   | 11:46 | 36:02.738   | 13  | M      |
| 16       | 391 | BRIAN SWEDORSKI        | 36:47.824   | 11:52 | 36:44.246   | 44  | M      |
| 17       | 309 | STEVEN BANASZAK        | 36:59.494   | 11:56 | 36:48.730   | 40  | M      |
| 18       | 416 | JOSH HALL              | 37:47.825   | 12:11 | 37:46.177   | 38  | M      |
| 19       | 311 | JUSTIN BOWKER          | 38:17.452   | 12:21 | 38:08.957   | 36  | M      |
| 20       | 306 | TJ ASHLEY              | 54:13.334   | 17:29 | 54:09.247   | 29  | M      |
| 21       | 384 | RYAN RIGDA             | 1:16:36.401 | 24:43 | 1:16:12.642 | 28  | M      |
| 22       | 383 | PAUL RIGDA             | 1:16:50.984 | 24:47 | 1:16:33.038 | 65  | M      |

## 5K Age Group Results for Overall Female based on Chip Elapsed time

| Position | Bib | Name             | Finish    | Pace  | Chip Finish | Age | Gender |
|----------|-----|------------------|-----------|-------|-------------|-----|--------|
| 1        | 307 | JENNIFER AYERS   | 27:37.348 | 8:55  | 27:32.055   | 46  | F      |
| 2        | 418 | ELLA LOVASCO     | 28:04.696 | 9:03  | 27:59.580   | 12  | F      |
| 3        | 321 | KRISTY CURPENSKI | 28:40.826 | 9:15  | 28:35.544   | 27  | F      |
| 4        | 417 | KRISTINA HILL    | 29:47.620 | 9:36  | 29:40.000   | 33  | F      |
| 5        | 345 | BRENNA JANISSE   | 30:29.275 | 9:50  | 30:24.499   | 15  | F      |
| 6        | 365 | SARAH MESSING    | 32:14.501 | 10:24 | 32:02.968   | 38  | F      |
| 7        | 401 | LAURA WITTBRODT  | 33:09.051 | 10:42 | 32:42.499   | 51  | F      |
| 8        | 316 | LILY CIESLA      | 33:28.297 | 10:48 | 33:09.078   | 9   | F      |
| 9        | 372 | LUX PARKER       | 33:28.514 | 10:48 | 33:10.153   | 9   | F      |
| 10       | 320 | KRISTI CURBEY    | 34:24.124 | 11:06 | 34:08.540   | 35  | F      |
| 11       | 318 | LIBERTY COLLINS  | 35:02.546 | 11:18 | 34:59.198   | 21  | F      |
| 12       | 373 | KELLY PLETZKE    | 35:33.616 | 11:28 | 35:19.136   | 41  | F      |
| 13       | 358 | SHANNON LANG     | 36:30.998 | 11:46 | 36:22.509   | 37  | F      |
| 14       | 360 | ALEXANDRA LEWIS  | 36:48.241 | 11:52 | 36:44.028   | 38  | F      |
| 15       | 308 | GWEN BANASZAK    | 37:12.721 | 12:00 | 37:00.722   | 35  | F      |

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|----|------------------------------|-----------|-------|-----------|----|---|
| 16 | 312 TERRA BOWKER             | 37:13.630 | 12:00 | 37:06.023 | 34 | F |
| 17 | 387 LISA SANBORN             | 37:41.242 | 12:09 | 37:22.327 | 41 | F |
| 18 | 406 ALEXANDREA ZIEGLER       | 37:48.637 | 12:12 | 37:45.621 | 15 | F |
| 19 | 392 JENEVA TOMASZEWSKI       | 38:22.035 | 12:23 | 38:11.712 | 14 | F |
| 20 | 415 SHANNON DUNKLE           | 38:13.643 | 12:20 | 38:11.955 | 38 | F |
| 21 | 338 BIANCA HENIKA            | 38:50.473 | 12:32 | 38:44.605 | 26 | F |
| 22 | 347 TOMI JO JANISSE          | 39:55.337 | 12:53 | 39:46.297 | 40 | F |
| 23 | 310 LIZABETH BAUER           | 40:28.208 | 13:03 | 39:59.625 | 51 | F |
| 24 | 332 KRISTY HARRIS            | 40:23.026 | 13:02 | 40:22.080 | 41 | F |
| 25 | 378 SARA RETTELLE            | 40:29.235 | 13:04 | 40:25.966 | 22 | F |
| 26 | 395 BETTY TUCKER             | 41:18.821 | 13:19 | 40:53.675 | 49 | F |
| 27 | 356 CLAUDIA LAFRAMBOISE      | 42:42.133 | 13:46 | 42:29.497 | 59 | F |
| 28 | 368 JENNIFER MILLER          | 43:02.257 | 13:53 | 42:29.712 | 38 | F |
| 29 | 326 DOROTHY FROST            | 43:58.343 | 14:11 | 43:27.143 | 62 | F |
| 30 | 348 BRITTANY JEWETT          | 44:14.922 | 14:16 | 43:58.287 | 24 | F |
| 31 | 366 JAMIE MEYER              | 44:18.035 | 14:17 | 44:02.446 | 42 | F |
| 32 | 389 STEPHANIE SHAFFER        | 44:20.918 | 14:18 | 44:04.836 | 27 | F |
| 33 | 393 JENNIFER TOMASZEWSKI     | 44:59.378 | 14:31 | 44:49.620 | 48 | F |
| 34 | 407 KATIE STEFANIAK          | 45:00.423 | 14:31 | 44:54.546 | 35 | F |
| 35 | 328 STACIE GATZA             | 45:17.804 | 14:36 | 45:08.520 | 36 | F |
| 36 | 350 TERESA KARNEY            | 45:25.474 | 14:39 | 45:12.041 | 46 | F |
| 37 | 337 SYDNEY HELMREICH         | 45:50.466 | 14:47 | 45:40.035 | 11 | F |
| 38 | 334 THERESA HAUSBECK         | 46:01.711 | 14:51 | 45:42.752 | 51 | F |
| 39 | 336 BRANDI HELMREICH         | 45:53.200 | 14:48 | 45:42.785 | 44 | F |
| 40 | 333 ALEXA HAUSBECK           | 46:01.449 | 14:51 | 45:43.889 | 14 | F |
| 41 | 305 GRACE ANDERSON           | 46:01.896 | 14:51 | 45:44.284 | 10 | F |
| 42 | 397 SHELLEY WATSON           | 46:00.276 | 14:50 | 45:45.522 | 41 | F |
| 43 | 354 MARYANN KILMER           | 46:01.202 | 14:51 | 45:46.188 | 52 | F |
| 44 | 404 AMANDA YOUNG             | 47:16.309 | 15:15 | 47:09.633 | 36 | F |
| 45 | 315 JENNIFER BROWNE          | 48:26.482 | 15:37 | 48:02.355 | 44 | F |
| 46 | 301 ADDISON ALEXANDER        | 48:39.750 | 15:42 | 48:23.261 | 12 | F |
| 47 | 335 RACHEL HAYES             | 48:50.271 | 15:45 | 48:31.674 | 31 | F |
| 48 | 367 COLLEEN MIDDLETON-HOWDEN | 48:51.839 | 15:45 | 48:34.284 | 30 | F |
| 49 | 304 BRANDY ANDERSON          | 50:23.204 | 16:15 | 50:04.775 | 35 | F |
| 50 | 420 NANCY VANOCHTEN          | 50:17.235 | 16:13 | 50:06.812 | 49 | F |
| 51 | 371 MARA MYERS               | 50:24.110 | 16:15 | 50:07.203 | 11 | F |
| 52 | 322 VALERIE DUTTON           | 51:01.137 | 16:27 | 50:37.645 | 43 | F |
| 53 | 399 GINGER WEISHEIM          | 51:01.592 | 16:27 | 50:37.702 | 45 | F |
| 54 | 419 DEBBY CURPENSKI          | 50:50.738 | 16:24 | 50:45.463 | 50 | F |
| 55 | 396 MELISSA VANHERWEG        | 52:09.515 | 16:49 | 52:04.986 | 44 | F |
| 56 | 314 LAURIE BREault           | 52:10.067 | 16:50 | 52:05.324 | 53 | F |
| 57 | 369 GERALYN MOREL            | 52:23.668 | 16:54 | 52:09.522 | 64 | F |
| 58 | 411 KENNEDY SHAY CLAREY      | 52:17.744 | 16:52 | 52:14.326 | 15 | F |
| 59 | 375 TARA POTTS               | 53:49.610 | 17:22 | 53:37.710 | 37 | F |
| 60 | 329 LAKYN GOHSMAN            | 54:33.169 | 17:36 | 54:19.717 | 17 | F |
| 61 | 330 SHARON GOHSMAN           | 54:33.282 | 17:36 | 54:20.319 | 50 | F |
| 62 | 362 MIKKI MANION             | 54:47.698 | 17:40 | 54:33.833 | 44 | F |

|    |                        |             |       |             |    |   |
|----|------------------------|-------------|-------|-------------|----|---|
| 63 | 353 KELLIE KEMPLE      | 54:47.421   | 17:40 | 54:34.409   | 32 | F |
| 64 | 385 ANGIE ROUPE        | 55:03.645   | 17:45 | 54:38.422   | 37 | F |
| 65 | 355 ASHLY KOLODISA     | 55:03.449   | 17:45 | 54:41.025   | 31 | F |
| 66 | 361 BRIANNA LIST       | 54:51.954   | 17:42 | 54:45.543   | 38 | F |
| 67 | 386 STACY ROUPE        | 55:29.229   | 17:54 | 55:04.932   | 42 | F |
| 68 | 343 KAYLA HUGO         | 56:50.818   | 18:20 | 56:24.032   | 11 | F |
| 69 | 319 DANIELLE CRAWFORD  | 56:50.695   | 18:20 | 56:26.727   | 38 | F |
| 70 | 342 JENNY HUGO         | 57:01.111   | 18:24 | 56:34.496   | 45 | F |
| 71 | 388 HEATHER SCHWERIN   | 58:04.760   | 18:44 | 57:43.591   | 25 | F |
| 72 | 398 LINDA WEILER       | 59:28.644   | 19:11 | 59:04.328   | 59 | F |
| 73 | 364 RAINEY MCCARTHY    | 1:00:11.441 | 19:25 | 59:48.641   | 26 | F |
| 74 | 325 TAYLOR FOOR        | 1:00:37.535 | 19:33 | 1:00:15.374 | 29 | F |
| 75 | 394 DANAEA TROMBLEY    | 1:00:38.844 | 19:34 | 1:00:17.652 | 27 | F |
| 76 | 324 JODI EZOP-MCKAY    | 1:01:21.975 | 19:47 | 1:01:07.335 | 51 | F |
| 77 | 403 NICOLE WOOD        | 1:01:21.578 | 19:47 | 1:01:09.724 | 30 | F |
| 78 | 351 BRENDA KAYDEN      | 1:04:28.461 | 20:48 | 1:04:04.468 | 51 | F |
| 79 | 380 MELISSA RIGDA      | 1:04:41.940 | 20:52 | 1:04:20.687 | 44 | F |
| 80 | 302 JENNIFER ALEXANDER | 1:04:41.951 | 20:52 | 1:04:22.596 | 34 | F |
| 81 | 377 SHIRLEY REID       | 1:04:49.045 | 20:55 | 1:04:23.131 | 42 | F |
| 82 | 376 SHEILA REID        | 1:04:49.396 | 20:55 | 1:04:24.177 | 35 | F |
| 83 | 303 JENNIFER ALLEN     | 1:06:07.274 | 21:20 | 1:05:44.478 | 42 | F |
| 84 | 381 MIKAYLA RIGDA      | 1:06:15.932 | 21:22 | 1:05:56.169 | 19 | F |
| 85 | 379 ANGIE RIGDA        | 1:06:19.960 | 21:24 | 1:06:05.931 | 48 | F |
| 86 | 313 DANI BREault       | 1:06:51.772 | 21:34 | 1:06:48.989 | 28 | F |
| 87 | 412 LINDSEY ADAMS      | 1:06:51.828 | 21:34 | 1:06:49.743 | 34 | F |
| 88 | 359 MARSHA LEWANDOWSKI | 1:10:34.746 | 22:46 | 1:10:12.419 | 62 | F |
| 89 | 352 JAMIE KAYDEN       | 1:10:34.327 | 22:46 | 1:10:12.564 | 40 | F |
| 90 | 327 SANDI GALONSKA     | 1:12:18.025 | 23:19 | 1:11:48.615 | 60 | F |
| 91 | 382 PAM RIGDA          | 1:16:50.808 | 24:47 | 1:16:27.971 | 66 | F |
| 92 | 363 ALYCIA MATZKE      | 1:16:52.548 | 24:48 | 1:16:33.745 | 27 | F |