

# Soles for Cardio 5K

Saturday, May 20, 2017

Timing/results processing by Miller Race Management [www.race-mrm.com](http://www.race-mrm.com)

## RUN Top Females Overall based on Gun Elapsed time

Position	Bib	Name	Finish	Pace	Age	Gender
1	88	EMILY MANNE	21:12.382	6:50	34	F

## RUN Top Males Overall based on Gun Elapsed time

Position	Bib	Name	Finish	Pace	Age	Gender
1	61	DEREK FRANCIOSI	17:29.130	5:38	16	M

## RUN Age Group Results for Male 1-15 based on Gun Elapsed time

Position	Bib	Name	Finish	Pace	Age	Gender
1	62	DYLAN FRANCIOSI	21:15.532	6:51	14	M
2	64	IAN GILLETTE	28:12.915	9:06	13	M
3	187	MICHAEL PYSZORA	30:39.776	9:53	13	M
4	186	MATTHEW PYSZORA	39:51.201	12:51	9	M

## RUN Age Group Results for Female 1-15 based on Gun Elapsed time

Position	Bib	Name	Finish	Pace	Age	Gender
1	89	JOVIE HOFFMAN	31:00.467	10:00	11	F

## RUN Age Group Results for Male 16-19 based on Gun Elapsed time

Position	Bib	Name	Finish	Pace	Age	Gender
1	68	ALEX HOYDER	19:15.241	6:13	16	M
2	76	HOLDEN OLSICK	22:02.232	7:06	16	M
3	191	AUSTIN SZYMANSKI	24:15.744	7:49	16	M

## RUN Age Group Results for Female 16-19 based on Gun Elapsed time

Position	Bib	Name	Finish	Pace	Age	Gender
1	67	LORNA HOFFMAN	24:14.793	7:49	16	F
2	200	ANNA WYATT	25:24.764	8:12	17	F
3	190	JALANIE STOVAL	29:51.786	9:38	16	F

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

Position	Bib	Name	Finish	Pace	Age	Gender
1	84	BEN SPENCER	27:58.255	9:01	22	M

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

Position	Bib	Name	Finish	Pace	Age	Gender
1	56	JOSHUA BLAKELY	22:52.454	7:23	28	M

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

Position	Bib	Name	Finish	Pace	Age	Gender
1	54	RANDI MAE AMES	27:19.535	8:49	30	F

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

Position	Bib	Name	Finish	Pace	Age	Gender
1	185	JOSEPH PYSZORA	25:41.244	8:17	36	M

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

Position	Bib	Name	Finish	Pace	Age	Gender
1	236	JAMES HERRIN	33:22.608	10:46	48	F

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

Position	Bib	Name	Finish	Pace	Age	Gender
1	85	JULIE KAY KAAKE	30:41.356	9:54	46	F

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

Position	Bib	Name	Finish	Pace	Age	Gender
1	196	PEGGY VAUGHN	29:58.496	9:40	53	F
2	82	MARY SPENCER	34:40.229	11:11	52	F

RUN Age Group Results for Male 60-64 based on Gun Elapsed time

Position	Bib	Name	Finish	Pace	Age	Gender
1	188	JOHN SCHAFFER	27:00.405	8:43	64	M

RUN Age Group Results for Female 70-74 based on Gun Elapsed time

Position	Bib	Name	Finish	Pace	Age	Gender
1	75	SUSAN NALLEY	38:21.010	12:22	71	F

RUN Age Group Results for Male 75 and Over based on Gun Elapsed time

Position	Bib	Name	Finish	Pace	Age	Gender
1	74	ROBERT MILLIKIN	34:03.378	10:59	75	M
2	60	JIM FINLAYSON	39:24.792	12:43	78	M

WALK Top Females Overall based on Gun Elapsed time

Position	Bib	Name	Finish	Pace	Age	Gender
1	220	TESSA FRANK	38:37.752	12:27	18	F

WALK Top Males Overall based on Gun Elapsed time

Position	Bib	Name	Finish	Pace	Age	Gender
1	309	SHANE LARKIN	31:25.659	10:08	46	M

WALK Age Group Results for Male 1-15 based on Gun Elapsed time

Position	Bib	Name	Finish	Pace	Age	Gender
1	253	KOLTON PETERS	38:37.682	12:27	14	M
2	203	CASE BENNETT	45:24.625	14:39	2	M
3	212	BRODY DEMATIO	47:40.336	15:23	5	M
4	223	LOGAN FRANTZ	49:02.527	15:49	10	M
5	260	TRENTON SUTHERLAND	58:28.741	18:52	8	M
6	261	TYLER SUTHERLAND	58:28.981	18:52	8	M

WALK Age Group Results for Female 1-15 based on Gun Elapsed time

Position	Bib	Name	Finish	Pace	Age	Gender
1	307	HALEY VILLARREAL	47:19.606	15:16	12	F
2	224	SCARLETT FRANTZ	49:02.537	15:49	1	F
3	222	GEORGIA FRANTZ	49:02.827	15:49	3	F
4	243	ADDISON MCPHERSON	58:47.441	18:58	4	F
5	233	CAITLYN HAWLEY	59:10.462	19:05	3	F

WALK Age Group Results for Female 16-19 based on Gun Elapsed time

Position	Bib	Name	Finish	Pace	Age	Gender
1	302	MACKENZIE FRITZ	38:41.022	12:29	17	F
2	202	NICOLE BALSER	38:46.832	12:30	18	F
3	264	SOPHIA VANLAERE	47:21.006	15:16	18	F
4	227	ELIZABETH GOOD	47:22.206	15:17	18	F

WALK Age Group Results for Male 20-24 based on Gun Elapsed time

Position	Bib	Name	Finish	Pace	Age	Gender
1	206	MIKE CALDWELL	44:54.885	14:29	24	M
2	86	BENJAMIN OSTERLAND	47:58.446	15:28	21	M

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

Position	Bib	Name	Finish	Pace	Age	Gender
1	248	KARIN O'BRIEN	47:19.616	15:16	22	F
2	215	DANIELLE EDMONDS	59:03.322	19:03	21	F

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

Position	Bib	Name	Finish	Pace	Age	Gender
1	256	KYLE SCOTT	42:58.073	13:52	25	M

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

Position	Bib	Name	Finish	Pace	Age	Gender
1	241	TONYA KNICLEY	40:43.013	13:08	25	F
2	242	LAUREN GILLETTE	44:54.355	14:29	25	F
3	306	HEATHER VILLARREAL	47:19.286	15:16	26	F
4	207	LAUREN CETNOR	55:03.620	17:45	25	F
5	259	ERICA STOLL	55:03.730	17:45	29	F
6	257	CHARLIE SENSKI	59:03.312	19:03	25	F
7	244	NOELLE MCPHERSON	59:07.042	19:04	28	F
8	310	CARLY MCPHERSON	59:08.142	19:05	26	F
9	234	MELINDA HAWLEY	59:08.592	19:05	29	F

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

Position	Bib	Name	Finish	Pace	Age	Gender
1	205	MATT BENNETT	45:37.365	14:43	33	M

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

Position	Bib	Name	Finish	Pace	Age	Gender
1	278	STACEY STEPHENSON	43:36.864	14:04	32	F
2	204	JESSICA BENNETT	45:35.815	14:42	30	F

3	240	STACIE KILLINGER	59:03.312	19:03	34	F
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WALK Age Group Results for Male 35-39 based on Gun Elapsed time

Position	Bib	Name	Finish	Pace	Age	Gender
1	211	PETER CORYELL	44:20.164	14:18	36	M

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

Position	Bib	Name	Finish	Pace	Age	Gender
1	303	TRACY WILLIAMS	39:55.892	12:53	39	F
2	272	BRANDI WILLOBEE	40:52.463	13:11	36	F
3	254	SARA PYSZORA	52:55.125	17:04	35	F
4	301	LISA WARAK	59:09.612	19:05	37	F

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

Position	Bib	Name	Finish	Pace	Age	Gender
1	239	CHRISTINE KILLINGER	39:19.352	12:41	43	F
2	249	KIM OLSICK	45:50.215	14:47	42	F
3	221	CHRISTIE FRANTZ	49:02.927	15:49	40	F

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

Position	Bib	Name	Finish	Pace	Age	Gender
1	308	ELIZABETH VILLARREAL	43:45.084	14:07	49	F
2	214	TAMMY DRISCOLL	1:03:19.464	20:25	45	F
3	213	REBECCA DOROW	1:03:21.034	20:26	47	F

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

Position	Bib	Name	Finish	Pace	Age	Gender
1	269	KEN SPENCER	41:07.593	13:16	51	M
2	232	STEVE HARRISON	42:26.254	13:41	54	M
3	305	RICK FRANK	43:35.607	14:04	52	M
4	279	KENT ALLEN	43:36.334	14:04	53	M

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

Position	Bib	Name	Finish	Pace	Age	Gender
1	304	VIVIAN ANDREWS	44:59.845	14:31	51	F
2	226	DIANE GILLETTE	45:19.205	14:37	51	F
3	277	KAY FRANK	45:24.975	14:39	54	F
4	237	DENISE JOHNSON	47:41.856	15:23	53	F
5	271	KAREN MERCER	48:34.606	15:40	54	F
6	262	JANELLE TAMBLING	54:22.649	17:32	53	F
7	266	DENISE SIMMONS	56:56.829	18:22	53	F
8	265	LORI ZREBSKI	59:09.222	19:05	51	F

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

Position	Bib	Name	Finish	Pace	Age	Gender
1	57	DAVID CZAPOR	39:34.102	12:46	58	M
2	250	LEE OSTERLAND	47:56.346	15:28	56	M

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

Position	Bib	Name	Finish	Pace	Age	Gender
1	270	CARRIE JACKSON	40:06.522	12:56	56	M
2	255	KAREN SCOTT	42:57.974	13:51	58	F
3	311	LORNA NOBLE	44:59.515	14:31	59	F
4	252	GEORGIA PETERS	45:34.095	14:42	55	F
5	251	SANDI OSTERLAND	47:52.866	15:26	56	F
6	268	CHERYL MCGRAIL	48:33.447	15:40	58	F
7	209	CATHY CLELAND	56:53.841	18:21	55	F

## WALK Age Group Results for Male 60-64 based on Gun Elapsed time

Position	Bib	Name	Finish	Pace	Age	Gender
1	267	ROBERT MCGRAIL	48:22.226	15:36	62	M

## WALK Age Group Results for Female 60-64 based on Gun Elapsed time

Position	Bib	Name	Finish	Pace	Age	Gender
1	231	LAUREN HARRISON	42:26.583	13:41	62	F
2	218	KAY FERNANDEZ	56:53.501	18:21	64	F
3	219	LAURI FINERTY	1:03:16.334	20:25	61	F

## WALK Age Group Results for Female 65-69 based on Gun Elapsed time

Position	Bib	Name	Finish	Pace	Age	Gender
1	238	SALLY KILBURN	1:03:21.534	20:26	66	F
2	210	MARJORIE CONWAY	1:06:16.305	21:23	66	F

## WALK Age Group Results for Male 70-74 based on Gun Elapsed time

Position	Bib	Name	Finish	Pace	Age	Gender
1	275	EUGENE ZAPCZYNSKI	44:59.845	14:31	73	M
2	201	BERNARD E BAK	51:54.598	16:45	74	M

## WALK Age Group Results for Female 70-74 based on Gun Elapsed time

Position	Bib	Name	Finish	Pace	Age	Gender
1	246	MONICA MILLIKIN	55:17.010	17:50	71	F
2	258	CAROL METRICK	1:06:17.115	21:23	72	F

## WALK Age Group Results for Male 75 and Over based on Gun Elapsed time

Position	Bib	Name	Finish	Pace	Age	Gender
1	276	KEN MCCLUNG	44:24.245	14:19	79	M

## WALK Age Group Results for Female 75 and Over based on Gun Elapsed time

Position	Bib	Name	Finish	Pace	Age	Gender
1	274	DORA ZAPCZYNSKI	1:03:17.034	20:25	76	F