

2019 Olmsted Spirit 5K

Age Group Results

5K

Race Date
May 05, 2019

Female Overall 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	Michelle emigh		43	1743	1	20:31.2	6:37/M

Male Overall 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	Collin Cook		18	1599	1	17:36.3	5:41/M

*Overall place within gender

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Female 10 and Under

Place	Name	City	Age	Bib No	Overall*	Time	Pace
1	Aubrey Prada		10	2192	14	25:11.0	8:07/M
2	Kenzie Michaud		10	2114	16	25:23.8	8:11/M
3	Chloe Hughes		10	1879	26	27:06.8	8:45/M
4	Dalila Caraballo		9	1467	32	27:45.0	8:57/M
5	Bella Bail		10	1158	35	28:00.4	9:02/M
6	Claire Scina		9	202	38	28:12.9	9:06/M
7	Reese Sedlacek		10	209	39	28:40.7	9:15/M
8	Kaleigh Conte		10	1596	41	28:41.8	9:15/M
9	Anna Minadeo		9	2120	48	29:01.9	9:22/M
10	Alaina Pasiak		9	2147	49	29:02.9	9:22/M
11	Evie Pemberton		10	2155	55	29:21.1	9:28/M
12	Clare Gareau		10	1812	60	29:31.0	9:31/M
13	Isla Lehmann		10	2066	64	29:50.1	9:37/M
14	Aubrey Dusenbury		8	1732	71	30:16.6	9:46/M
15	Madelyn Bonness		10	1392	75	30:31.8	9:51/M
16	Zoe Draves		9	1726	77	30:48.3	9:56/M
17	Abby Campbell		9	1442	79	30:56.3	9:59/M
18	Nia Gammalo		9	1807	81	30:57.3	9:59/M
19	Anna Sullivan		9	269	84	31:02.9	10:01/M
20	Samantha Zemla		9	657	85	31:03.4	10:01/M
21	Miah Yuhasz		9	649	87	31:42.2	10:14/M
22	Taylor James		9	1886	88	31:42.6	10:14/M
23	Sofia Farmerie		10	1755	91	31:52.9	10:17/M
24	Lena Kosunick		7	2020	92	32:00.5	10:19/M
25	Ashley Scott		10	205	95	32:05.4	10:21/M
26	Emily Mansell		10	2103	96	32:09.8	10:22/M
27	Kelsey Prada		9	2198	100	32:24.6	10:27/M
28	Addison Mullen		10	2121	105	32:48.8	10:35/M
29	McKenna Smego		9	244	106	32:51.0	10:36/M
30	Riley Bragg		9	1399	107	32:51.6	10:36/M
31	Brielle Gaughan		8	2233	108	32:54.9	10:37/M
32	Talia Katsaras		10	1890	115	33:28.8	10:48/M
33	Grace Andler		10	1090	116	33:29.8	10:48/M
34	Olivia Pletcher		10	2191	118	33:44.2	10:53/M
35	Kendall Carroll		8	1500	123	34:17.9	11:04/M
36	Morgan Huber		8	1877	125	34:21.9	11:05/M
37	Reagan Bartal		9	1185	127	34:27.0	11:07/M
38	Nora Platner		10	2188	128	34:30.6	11:08/M
39	Evelyn Bischel		8	1387	136	34:51.3	11:15/M
40	Madison Garver		10	1815	138	34:56.9	11:16/M
41	Allyson Schmucki		8	169	141	35:07.4	11:20/M
42	Zoe Dix		9	1690	147	35:40.1	11:30/M

*Overall place within gender

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Female 10 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>
43	Addisyn Ritchie		9	106	150	35:53.5	11:35/M
44	Colbie Krakowiak		10	2021	152	35:58.9	11:36/M
45	Olivia Sterkel		10	258	155	36:02.6	11:37/M
46	Brenna Lehmann		9	2069	160	36:14.8	11:41/M
47	Devina Capiccioni		8	1459	163	36:24.1	11:45/M
48	Alana Theodore		5	1874	169	37:07.9	11:58/M
49	Kaicee Brown		8	1407	175	37:42.7	12:10/M
50	Keeley Radiga		9	35	184	38:44.4	12:30/M
51	Lucille LaFraniere		8	2051	185	38:49.0	12:31/M
52	Savannah Siwek		8	239	187	39:11.1	12:38/M
53	Kallie Sperling		9	249	190	39:12.1	12:39/M
54	Lily Krall		9	2023	195	39:37.0	12:47/M
55	Michaela Turner		9	602	196	39:39.2	12:47/M
56	Bella Wacker		8	612	199	40:17.1	13:00/M
57	Katie Mahoney		9	2100	201	40:32.8	13:05/M
58	Julia Yuhasz		10	645	204	40:56.7	13:12/M
59	Madilyn Drespling		10	1727	207	41:41.8	13:27/M
60	Brooklyn Mills		10	2119	208	41:41.9	13:27/M
61	Chelsie Pirnat		9	2184	209	41:42.0	13:27/M
62	Ally Walsh		9	621	210	41:42.6	13:27/M
63	Olivia Pesci		10	2160	213	42:10.6	13:36/M
64	Haley Damroze		10	1640	215	42:25.6	13:41/M
65	Maleah Whittekind		10	627	216	42:49.4	13:49/M
66	Kelsie Kruichuk		8	2031	217	42:57.3	13:51/M
67	Nada Saadeh		9	128	221	43:23.5	14:00/M
68	Lilliana Ford		9	1786	223	44:00.8	14:12/M
69	Colleen Demchak		9	1671	226	45:38.6	14:43/M
70	Ella Neff		10	2125	229	46:25.7	14:58/M
71	Elisiana Tillman		10	511	231	46:31.8	15:00/M
72	Ava Piktel		10	2176	232	46:57.2	15:09/M
73	Olivia Lofton		10	2079	233	46:57.3	15:09/M
74	Ryann Grendzynski		9	1836	238	50:12.7	16:12/M
75	Lilly Wright		9	638	239	50:22.8	16:15/M
76	Bridget Zell		10	652	243	53:23.8	17:13/M

Male 10 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	Unknown Partic.	98			18	22:48.9	7:21/M
2	John Paul Clute		9	1568	23	23:28.5	7:34/M
3	Declan Hannon		9	1852	27	23:53.2	7:42/M

*Overall place within gender

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Male 10 and Under

Place	Name	City	Age	Bib No	Overall*	Time	Pace
4	Brady Mackert		10	2096	28	23:59.5	7:44/M
5	Keegan Smith		9	245	56	26:20.5	8:30/M
6	Matthew Sheehan		8	1821	62	27:09.3	8:45/M
7	Owen Radigan		9	82	64	27:16.8	8:48/M
8	Owen Costlow		9	1619	67	27:26.3	8:51/M
9	Cooper Pettit		9	2164	76	28:29.4	9:11/M
10	Cameron Bond		9	1389	77	28:45.9	9:16/M
11	Lucas Klodnick		9	2006	78	28:52.0	9:19/M
12	Dominic Furry		8	1802	80	29:20.5	9:28/M
13	Austin Bail		9	1167	82	29:35.7	9:33/M
14	Jack Prugar		9	30	88	30:12.9	9:45/M
15	Unknown Partic. 1380			1380	89	30:13.4	9:45/M
16	Andrew Bonness		1	2219	90	30:31.7	9:51/M
17	Odeh Saleh		9	130	91	30:34.2	9:52/M
18	Gio Theodore		9	1818	92	30:40.7	9:54/M
19	Benjamin Crane		9	1622	93	30:46.5	9:55/M
20	Owen Link		9	2076	102	31:14.7	10:05/M
21	Ethan Prather		9	14	113	32:29.2	10:29/M
22	William Schnurr		9	177	118	32:40.8	10:32/M
23	Unknown Partic. 2081			2081	122	32:59.9	10:38/M
24	Unknown Partic. 2080			2080	123	33:00.4	10:39/M
25	Andrew Kilbane		9	1966	124	33:26.3	10:47/M
26	Carter Ross		8	123	127	34:11.6	11:02/M
27	Grayson Kuzmickas		9	2043	128	34:12.0	11:02/M
28	Jack Farrell		9	1777	129	34:12.1	11:02/M
29	Ciaran Hannon		10	1851	139	35:00.1	11:17/M
30	Donovan Lenthak		9	2071	140	35:06.8	11:19/M
31	Logan Korek		9	2011	142	35:23.6	11:25/M
32	Masson Haines		9	1841	147	36:28.7	11:46/M
33	Josh Voisinet		9	1212	152	37:12.5	12:00/M
34	Luke Krucek		9	2024	154	37:38.4	12:08/M
35	AJ Mendoza		9	2113	155	38:01.1	12:16/M
36	Andrew Inks		9	1881	156	38:04.6	12:17/M
37	Hudson Loos		9	2224	157	38:31.3	12:25/M
38	Michael Gerrish		9	1819	158	38:33.3	12:26/M
39	Joey Eckenrode		8	1739	162	38:57.7	12:34/M
40	Noah Robles		8	116	165	39:45.1	12:49/M
41	Paxton Schell		9	166	169	41:45.6	13:28/M
42	Cassius Braley		8	2241	170	42:05.0	13:35/M
43	Olin Pandya		9	2141	171	42:06.0	13:35/M
44	Yousef Abulaban		8	1000	178	45:38.3	14:43/M

*Overall place within gender

2019 Olmsted Spirit 5K

Age Group Results

5K

Female 11 to 14

<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	Hayden Hess		12	1865	12	24:50.5	8:01/M
2	Anna Katsaras		13	1899	18	25:45.1	8:18/M
3	Mia Russell		11	126	22	26:42.0	8:37/M
4	Kayley Schmucki		11	479	29	27:20.5	8:49/M
5	Avery Caudill		12	1510	31	27:39.2	8:55/M
6	Caitlin Farber		11	1747	34	27:57.8	9:01/M
7	Emily Scina		13	203	44	28:55.6	9:20/M
8	Natalie Sprague		11	253	57	29:25.1	9:29/M
9	Lizzy Scheeff		11	161	58	29:26.9	9:30/M
10	Emma Sedlacek		14	214	63	29:43.2	9:35/M
11	Audrey Manco		11	2102	65	29:52.9	9:38/M
12	Avery DeLisio		11	1670	78	30:50.2	9:57/M
13	Lindsey Horvath		11	1869	137	34:55.8	11:16/M
14	Lizzy LaFraniere		11	2045	139	34:58.0	11:17/M
15	Willow Aubry		11	1146	142	35:20.7	11:24/M
16	Bree Callaghan		11	1413	151	35:53.7	11:35/M
17	Veronika Witkowski		11	629	164	36:36.9	11:48/M
18	Ella Formica		11	2225	166	36:47.8	11:52/M
19	Raegan Desmone		11	1672	170	37:36.5	12:08/M
20	Molly Sheehan		11	222	171	37:40.2	12:09/M
21	Maura Mack		11	2090	173	37:40.8	12:09/M
22	Olivia Billi		11	1362	186	39:00.4	12:35/M
23	Isabella Ambramovich		11	2243	191	39:18.4	12:41/M
24	Kira Callaghan		13	1417	212	41:45.5	13:28/M
25	Emily Gardinsky		11	1808	222	43:24.3	14:00/M
26	Hannah Godbey		12	2249	235	47:47.8	15:25/M
27	Marissa Horvath		11	1868	237	49:20.5	15:55/M
28	Amy Zell		12	2296	242	53:17.6	17:11/M

Male 11 to 14

<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	Sam Csizik		13	1628	9	20:58.8	6:46/M
2	Ben Walker		13	617	10	21:23.2	6:54/M
3	Andy Voisinet		13	603	12	21:50.5	7:03/M
4	Jack Phillips		12	2168	17	22:39.4	7:18/M
5	Vince Kosunick		14	2018	20	22:51.8	7:22/M
6	Evan Thome		13	507	41	25:11.4	8:07/M
7	Ben Frazier		12	1800	42	25:11.8	8:07/M
8	Andrew Surtman		14	274	48	25:41.9	8:17/M
9	Jacob Pasiak		11	2145	57	26:24.7	8:31/M

*Overall place within gender

2019 Olmsted Spirit 5K

Age Group Results

5K

Male 11 to 14

<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>
10	Andrew Connelly		13	1587	86	30:02.9	9:41/M
11	Ryan Wojtowicz		14	635	121	32:53.9	10:36/M
12	Sam Sedlacek		11	219	181	49:18.4	15:54/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	Lillie Katsaras		15	1898	5	22:29.1	7:15/M
2	Izzy Zolikoff		15	1785	10	24:04.1	7:46/M
3	Kelsey Rogers		16	454	13	25:10.2	8:07/M
4	Hannah Gilley		16	1820	27	27:12.4	8:46/M
5	Lindsey Lapinta		16	2222	45	28:57.3	9:20/M
6	Leah Lapinta		18	2084	53	29:11.3	9:25/M
7	Rachel Drobnak		18	1731	67	30:01.6	9:41/M
8	Taylor Connelly		15	1579	70	30:10.7	9:44/M
9	Anna Kokitka		19	2010	89	31:43.6	10:14/M
10	Audrey O'Brien		18	2131	110	33:00.1	10:39/M
11	Abby Simon		19	236	112	33:08.5	10:41/M
12	Claudia Gulan		18	1840	122	34:13.1	11:02/M
13	Alexandra Latham		18	2063	154	36:02.6	11:37/M
14	Julia Candow		17	1446	227	45:39.4	14:44/M
15	Erin Callaghan		15	1424	228	46:21.3	14:57/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	Kyle Neckan		16	2200	4	19:52.3	6:25/M
2	Andrew Gluvna		18	1833	14	21:59.6	7:05/M
3	Ethan Schlesinger		17	168	15	22:08.0	7:08/M
4	Caden Prada		15	2195	21	22:56.0	7:24/M
5	Jack Surtman		17	277	22	23:19.5	7:31/M
6	Andrew Dirk		15	1688	26	23:40.8	7:38/M
7	Noah Broski		19	448	29	24:08.5	7:47/M
8	Jack Spellacy		18	2245	33	24:30.0	7:54/M
9	Justin Joeckin		17	2242	45	25:26.7	8:12/M
10	Ryan Walsdon		18	217	51	25:53.3	8:21/M
11	Grant Young		19	643	143	35:28.3	11:26/M
12	Raedon Pandya		15	1805	172	42:06.0	13:35/M

*Overall place within gender

2019 Olmsted Spirit 5K

Age Group Results

5K

Female 20 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	Lauren Payne		25	2151	21	26:20.3	8:30/M
2	Marisa Pawlowski		23	2149	134	34:46.3	11:13/M
3	Mackenzie Mihalik		22	2116	135	34:46.6	11:13/M
4	Kelsey Harrington		26	2232	189	39:12.0	12:39/M
5	Christina Sustersic		27	2234	193	39:30.6	12:45/M
6	Emily Dame		24	1633	194	39:36.9	12:46/M
7	Kailey Warren		22	1872	203	40:39.0	13:07/M
8	Brianna Wojtowicz		20	633	241	52:24.9	16:54/M

Male 20 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	Michael Sisko	Olmsted Falls OH	29	310	5	20:03.6	6:28/M
2	Alex Winter		20	628	32	24:24.8	7:52/M
3	Jesse Bearden		24	1231	35	24:34.9	7:55/M
4	Connor Gluvna		25	1832	44	25:20.8	8:10/M
5	Ben Rivera		29	108	58	26:45.2	8:38/M
6	Brandon Henderson		20	1863	65	27:18.3	8:48/M
7	James Shugar		23	228	173	42:25.7	13:41/M

Female 30 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	Jennifer McNamara		35	2205	2	21:42.6	7:00/M
2	Tara Kieser		38	2244	3	21:59.9	7:05/M
3	Rachel Daw		37	1663	6	22:32.7	7:16/M
4	Lindsay Loos		37	2221	8	23:32.1	7:35/M
5	Melissa Bristow		33	1403	9	23:51.7	7:42/M
6	Sara Dodrill		35	1708	11	24:44.2	7:59/M
7	Kristen Gaba		36	1806	19	25:45.1	8:18/M
8	Katie Godbey		36	2235	24	26:53.2	8:40/M
9	Anna Iskandar		38	1883	30	27:36.7	8:54/M
10	Hannah Beckett		30	1313	33	27:54.8	9:00/M
11	Kara Corrigan		31	1616	37	28:11.2	9:05/M
12	Lindsey Lewis		31	2073	40	28:41.5	9:15/M
13	Kristie Zwiener		39	659	42	28:49.4	9:18/M
14	Martha Barraza		33	1168	56	29:24.9	9:29/M
15	Jestine Swidrak		31	279	59	29:30.3	9:31/M
16	Dana Bail		36	1161	61	29:35.7	9:33/M
17	Kate Douglass		33	1714	66	29:55.6	9:39/M

*Overall place within gender

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Age Group ResultsRace Date
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5K

Female 30 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>
18	Alyssa Boyle		33	1398	68	30:04.1	9:42/M
19	Shannon McNamara		31	2111	69	30:09.9	9:44/M
20	Rema Mustafa		34	2123	76	30:34.4	9:52/M
21	Jaime Dix	Olmsted Falls OHIO	39	1696	80	30:56.6	9:59/M
22	Michelle Wolford		36	2236	83	31:01.7	10:00/M
23	Alison Patrick		38	2148	90	31:52.6	10:17/M
24	Rebekah Gole		39	1835	93	32:03.3	10:20/M
25	Luisa Chinchilla		31	1547	97	32:15.2	10:24/M
26	Haley Browning		30	1408	101	32:24.8	10:27/M
27	Katy Mullin		38	2122	111	33:03.7	10:40/M
28	Michelle James		38	1885	113	33:23.3	10:46/M
29	Rebecca Loew		37	2078	117	33:33.3	10:49/M
30	Julie Dombrowski		39	1709	120	33:55.8	10:56/M
31	Lauren Carroll		37	1473	124	34:18.0	11:04/M
32	Julie Farrell		37	1772	126	34:24.8	11:06/M
33	Jenna Elliott		33	1740	129	34:32.2	11:08/M
34	Kelly Baron		37	2229	131	34:36.6	11:10/M
35	Nicole Jansen		33	1888	133	34:45.8	11:13/M
36	Christine Hannon		39	1842	140	35:00.5	11:17/M
37	Jill Ritchie		39	99	149	35:52.9	11:34/M
38	Mariel Krakowiak		39	2022	153	36:00.1	11:37/M
39	Michelle Sterkel		37	259	157	36:06.4	11:39/M
40	Annemaria Nicholson		35	2129	159	36:12.5	11:41/M
41	Kim Cunningham		37	1630	161	36:18.0	11:43/M
42	Melissa Capiccioni		39	1449	162	36:23.9	11:44/M
43	Meghan LaFraniere		36	2050	165	36:38.1	11:49/M
44	Amber Theodore		34	2247	168	37:07.9	11:58/M
45	Therese Sheehan		37	223	172	37:40.2	12:09/M
46	Emily Mack		36	1744	174	37:42.0	12:10/M
47	Jeannie Pagdil		33	2216	176	37:50.7	12:12/M
48	Kaitlin Sesock		30	221	178	38:07.7	12:18/M
49	Elizabeth Mendoza		37	2231	179	38:16.5	12:21/M
50	Toni Pennington		32	2157	181	38:29.8	12:25/M
51	Cassy Guile		35	1770	192	39:18.9	12:41/M
52	Colleen Wacker		39	606	200	40:19.1	13:00/M
53	Jeriana Yuhasz		39	647	205	40:57.6	13:13/M
54	Jodi Cessna-McHugh		37	1543	206	41:03.3	13:15/M
55	Stephanie LaGruth		30	2052	220	43:22.5	13:59/M
56	Hana Khyxx?		37	2202	225	45:38.5	14:43/M
57	Jessalyn Tillman		30	513	230	46:31.7	15:00/M
58	Julia Mendoza		33	2112	236	48:02.1	15:30/M

*Overall place within gender

2019 Olmsted Spirit 5K

Age Group Results

5K

Male 30 to 39

Place	Name	City	Age	Bib No	Overall*	Time	Pace
1	Andy Rusnak		31	2220	2	18:32.1	5:59/M
2	Steve Niemira		36	2130	3	19:23.2	6:15/M
3	Paul Theo		36	2248	6	20:08.6	6:30/M
4	William Hershberger		39	1864	7	20:24.5	6:35/M
5	Tony Klingbeil		36	2003	47	25:38.4	8:16/M
6	Matt Drol		31	2218	50	25:49.6	8:20/M
7	Jason Sunkle		32	237	52	25:59.3	8:23/M
8	Mitchell Sheehan		38	224	55	26:12.1	8:27/M
9	Joe Swislocki		39	292	60	26:51.0	8:40/M
10	Luke Kieffer		37	437	63	27:10.2	8:46/M
11	Aaron Jonhenry		32	1889	68	27:28.7	8:52/M
12	Dave Dombrowski		38	1710	72	27:56.6	9:01/M
13	Justin Bail		37	1163	73	28:03.9	9:03/M
14	Ian Rice		35	94	74	28:11.5	9:05/M
15	Steve Swidrak		31	280	81	29:29.1	9:31/M
16	Zachary Acerra		35	1006	94	30:49.2	9:56/M
17	Shane Sullivan		39	267	100	31:13.3	10:04/M
18	Jaime Caraballo		38	1463	104	31:42.0	10:14/M
19	Austin Zrenner		33	658	105	31:50.2	10:16/M
20	Jonathan Farmerie		39	1749	107	31:58.0	10:19/M
21	nathan reinhard		35	86	112	32:28.8	10:28/M
22	Carlos Leos		35	2072	115	32:34.4	10:30/M
23	Kyle Rich		35	97	116	32:37.1	10:31/M
24	Vinny Smego		31	241	120	32:51.3	10:36/M
25	Michael Prather		36	2199	125	33:26.7	10:47/M
26	Chris McHugh		37	2109	134	34:33.9	11:09/M
27	Leo Jansen		34	1887	136	34:45.8	11:13/M
28	Chris Pettit		39	2163	144	35:56.5	11:35/M
29	Brian Bechtel		34	1312	146	36:28.7	11:46/M
30	Steve Salim		31	132	149	36:43.0	11:51/M
31	Michael Smith		31	248	150	36:43.4	11:51/M
32	Sea Radigan		38	59	159	38:45.2	12:30/M
33	Frank LaFraniere		38	2048	160	38:50.0	12:32/M
34	Phil Eckenrode		35	1737	161	38:57.2	12:34/M
35	Matt Douglass		34	1715	163	39:17.1	12:40/M
36	Alvin Turner		37	601	164	39:38.5	12:47/M
37	Martin Mahoney		39	2099	166	40:33.6	13:05/M
38	Michael Simna		30	229	174	42:54.3	13:50/M
39	Kris Ford		36	1784	177	44:00.1	14:12/M
40	Eric Cardenas		35	1469	182	51:41.3	16:40/M

*Overall place within gender

2019 Olmsted Spirit 5K

Age Group Results

5K

Female 40 to 49

Place	Name	City	Age	Bib No	Overall*	Time	Pace
1	Lynne White		49	625	4	22:14.2	7:10/M
2	Joan Papp		46	2142	7	22:42.7	7:19/M
3	Dawn Frazier		40	1793	15	25:17.0	8:09/M
4	Pam Neckan		43	2201	23	26:42.2	8:37/M
5	Liz Simon		45	230	25	26:56.8	8:41/M
6	Priscella Thayer		49	2207	28	27:13.7	8:47/M
7	Robin Sherwood		49	226	36	28:01.4	9:02/M
8	jessica sedlacek		40	210	46	28:58.7	9:21/M
9	Katie Connell		41	1574	47	29:01.9	9:22/M
10	Becky Minadeo		41	2238	50	29:03.1	9:22/M
11	Jennifer Mackert		42	2095	51	29:05.0	9:23/M
12	Anna Henderson		49	1860	52	29:09.8	9:24/M
13	Amy Steadman		43	142	73	30:18.2	9:46/M
14	Patricia Donegan		41	1711	74	30:29.0	9:50/M
15	Kelly Atkins		47	1145	82	31:00.8	10:00/M
16	Errin Taylor		44	299	86	31:22.2	10:07/M
17	Carla Delisio		40	464	98	32:18.5	10:25/M
18	Katie Scina		44	194	99	32:19.7	10:25/M
19	Janelle Prada		44	2193	102	32:25.4	10:27/M
20	Jessica Connelly		46	1578	104	32:45.7	10:34/M
21	Stephanie Rivera		48	107	109	32:55.7	10:37/M
22	Megan Kilbane		42	1954	114	33:26.5	10:47/M
23	Nikki Kay		45	459	119	33:45.5	10:53/M
24	Alejandra Corral		40	1615	130	34:35.9	11:09/M
25	Brooke Platner		43	2189	132	34:39.1	11:11/M
26	Michelle Romanowski		43	118	144	35:26.4	11:26/M
27	Lisa Young		49	642	145	35:27.6	11:26/M
28	barb gareau		48	1813	156	36:03.6	11:38/M
29	Janet Seminatore		43	2206	158	36:10.5	11:40/M
30	Brigit Inks		44	1880	177	38:03.8	12:16/M
31	Stephanie Katsaras		46	1893	180	38:24.2	12:23/M
32	Andrea Luppe		45	2083	182	38:31.7	12:25/M
33	Valerie Gerrish		42	1817	183	38:35.1	12:27/M
34	Ginny Beaty		47	1241	188	39:11.2	12:38/M
35	Kay Young		49	432	198	40:12.4	12:58/M
36	Melissa Pirnat		42	2226	211	41:42.9	13:27/M
37	Stephanie Braley		40	1137	214	42:15.9	13:38/M
38	Debbie Neff		49	2126	234	47:05.6	15:11/M
39	Christina Billi		46	1364	240	51:15.0	16:32/M

*Overall place within gender

2019 Olmsted Spirit 5K

Age Group ResultsRace Date
May 05, 2019

5K

Male 40 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	Michael Schaefer		46	1088	13	21:54.4	7:04/M
2	Michael Astrab		47	1116	16	22:32.3	7:16/M
3	John Clute		41	1563	24	23:28.8	7:34/M
4	Shawn Bristow		41	1406	25	23:36.1	7:37/M
5	Kevin Phipps		40	2174	30	24:14.6	7:49/M
6	Shawn Schlesinger		45	167	31	24:23.6	7:52/M
7	Matt Sprague		42	252	36	24:39.3	7:57/M
8	James Young		49	608	39	25:02.0	8:05/M
9	Jason Frazier		43	1797	43	25:16.6	8:09/M
10	Rick Neckan		44	2295	46	25:31.3	8:14/M
11	Kyle Williams		43	2209	49	25:48.5	8:19/M
12	Jeff Thompson		40	508	53	26:04.7	8:25/M
13	Jim Swislocki		41	283	54	26:10.3	8:26/M
14	Tim Radigan		41	58	66	27:19.6	8:49/M
15	Eric Tonissen		43	519	71	27:41.2	8:56/M
16	Joe Scina		47	199	75	28:15.6	9:07/M
17	John Hayes		43	1856	79	29:17.5	9:27/M
18	Scott Sedlacek		47	211	83	29:43.0	9:35/M
19	Bob Lehmann		43	2065	84	29:54.8	9:39/M
20	Tony Manco		44	2240	85	29:56.4	9:39/M
21	Tim Schaefer		40	156	87	30:12.1	9:45/M
22	David Campbell		48	1441	96	30:56.3	9:59/M
23	Michael Draves		46	1724	97	31:05.0	10:02/M
24	Matthew Zemla		41	653	99	31:09.8	10:03/M
25	Jim Link		42	2075	101	31:14.4	10:05/M
26	Rich Katsaras		45	1897	108	31:59.2	10:19/M
27	Greg Kosunick		43	2015	109	32:00.2	10:19/M
28	Andrew Scott		41	207	110	32:05.4	10:21/M
29	Anthony Pasiak		45	2144	114	32:32.3	10:30/M
30	Jonathan Phillips		44	2167	117	32:39.5	10:32/M
31	Phil Fletcher		41	2246	126	33:45.9	10:53/M
32	Joe Huber		41	1871	131	34:22.4	11:05/M
33	Clint Pemberton		41	2156	132	34:27.7	11:07/M
34	Joseph Bartal		40	1169	133	34:29.9	11:07/M
35	Paul Kuzmickas		41	2042	135	34:35.7	11:09/M
36	Jeff Bischel		43	1382	137	34:51.5	11:15/M
37	Bill Elliott		42	1741	138	34:52.9	11:15/M
38	Jeffrey Schmucki		40	170	141	35:07.3	11:20/M
39	Tom Lehmann		40	2068	145	36:15.2	11:42/M
40	Jacob Witkowski		42	630	151	36:48.7	11:52/M
41	Scott Voisinet		43	1096	153	37:12.6	12:00/M
42	Jimm Lynch		41	2089	167	40:55.4	13:12/M

*Overall place within gender

2019 Olmsted Spirit 5K

Age Group Results

5K

Male 40 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>
43	Amit Pandya		44	2230	175	43:16.8	13:57/M
44	Michael Drespling		44	1730	179	46:14.0	14:55/M
45	Sean Callaghan		43	1439	180	46:22.0	14:57/M

Female 50 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	Kelly Martin		52	1827	17	25:36.6	8:15/M
2	Dawn Bilski	Lakewood OH	54	1376	43	28:52.4	9:19/M
3	Ellen Dregalla		53	1723	54	29:11.9	9:25/M
4	Brenda Rabbitt		52	31	72	30:16.8	9:46/M
5	JACQUELINE Chappo		54	1546	103	32:41.0	10:33/M
6	Kathy Dixon		59	2217	121	34:04.0	10:59/M
7	Darcy Pfisterer		56	2165	146	35:38.9	11:30/M
8	Jeannine Gilliland		50	1823	148	35:44.3	11:32/M
9	Michelle Dame		50	1631	197	39:43.1	12:49/M
10	Tava Slone-Young		54	240	218	42:57.4	13:51/M
11	Donna West		55	623	219	43:20.1	13:59/M
12	Nina Kimpton		57	1989	224	45:25.6	14:39/M

Male 50 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	Matt Englehart		54	1854	8	20:42.3	6:41/M
2	Scott Hale		51	2204	11	21:39.0	6:59/M
3	Bill Robb		56	1351	19	22:50.9	7:22/M
4	David Cook		50	1607	34	24:33.1	7:55/M
5	Pat Kelly		57	2239	37	24:52.1	8:01/M
6	Charles Walker		50	615	38	24:56.3	8:03/M
7	Don Simon		54	233	40	25:08.8	8:06/M
8	Jim Graven		57	429	69	27:30.4	8:52/M
9	Bryan Loos		56	2212	70	27:37.3	8:55/M
10	James Gluvna		51	1824	95	30:53.4	9:58/M
11	Bryant Bay		57	1220	98	31:08.1	10:03/M
12	Eugene Lodato		50	2077	103	31:39.0	10:13/M
13	Jeff Vanarnhem		50	2215	106	31:57.0	10:18/M
14	Robert Chappo		54	1544	130	34:20.9	11:05/M
15	Paul Schell		50	1343	168	41:44.5	13:28/M

*Overall place within gender

2019 Olmsted Spirit 5K

Age Group Results

5K

Female 60 and Over

<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	Rae Alexander		64	1014	20	26:15.3	8:28/M
2	Elaine Clark	Cadiz OH	63	1558	62	29:38.0	9:34/M
3	Chel Antonczak		61	1114	94	32:03.4	10:20/M
4	Maureen Sandrey-Ortiz		61	2228	143	35:24.3	11:25/M
5	Dianne Zrenner		65	2214	167	36:57.7	11:55/M
6	Pat Binggeli		60	1378	202	40:36.1	13:06/M

Male 60 and Over

<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	Daniel Dean		64	1668	59	26:47.0	8:38/M
2	Jim Antonczak		61	1100	61	27:03.9	8:44/M
3	Matt Sheehan		60	1219	111	32:22.2	10:26/M
4	Dennis Boose		63	1395	119	32:41.9	10:33/M
5	Robert Partezana		66	2143	148	36:40.0	11:50/M
6	Klaus Pfisterer		70	415	176	43:51.5	14:09/M
7	Rhett Cromwell		71	1624	183	57:40.4	18:36/M

*Overall place within gender

2019 Olmsted Spirit 5K

Age Group Results**Tactical Vest**Race Date
May 05, 2019

Female 99 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	Shannon Terlecky		34	503	1	28:23.9	9:09/M
2	Beth Furry		36	1803	2	33:46.3	10:54/M
3	Cathy Dodd	BAy Village	53	1707	3	34:15.5	11:03/M
4	Julia Conner		43	1591	4	34:18.1	11:04/M
5	Cassandra Krucek		44	2026	5	37:38.4	12:08/M

Male 99 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	Bryon Farber		44	1748	1	27:14.5	8:47/M
2	William Krupa		30	2032	2	28:08.6	9:05/M
3	Andy Lucas		31	2082	3	28:34.2	9:13/M
4	Jason Krucek		47	2027	4	37:38.7	12:08/M

*Overall place within gender