

10-MILE AGE-GROUP RESULTS

CAPITAL CITY RIVER RUN

SUNDAY, SEPTEMBER 26, 2004

***** MALE OVERALL WINNER *****

Place	Oal	Name	Town	Ag	Time	Pace
1	1	Matt Bozung	Haslett	26	52:35	5:16

***** FEMALE OVERALL WINNER *****

Place	Oal	Name	Town	Ag	Time	Pace
1	36	Lisa Bignall	Haslett	37	1:06:14	6:38

***** MALE MASTERS WINNER *****

Place	Oal	Name	Town	Ag	Time	Pace
1	2	Eric Stuber	Lansing	41	55:39	5:34

***** FEMALE MASTERS WINNER *****

Place	Oal	Name	Town	Ag	Time	Pace
1	56	Connie Benedict	Okemos	43	1:08:58	6:54

MALE AGE GROUP: 1 - 13

Place	Oal	Name	Town	Ag	Time	Pace
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FEMALE AGE GROUP: 1 - 13

Place	Oal	Name	Town	Ag	Time	Pace
=====	====	=====	=====	==	=====	=====

MALE AGE GROUP: 14 - 19

Place	Oal	Name	Town	Ag	Time	Pace
=====	====	=====	=====	==	=====	=====
1	49	Theodore Vantoll	Westland	19	1:08:12	6:50
2	62	Ben Pulver	Mason	19	1:09:38	6:58
3	65	Scott Przystas	East Lansing	18	1:09:43	6:59
4	128	Jon Beach	East Lansing	19	1:14:36	7:28

FEMALE AGE GROUP: 14 - 19

Place	Oal	Name	Town	Ag	Time	Pace
=====	====	=====	=====	==	=====	=====
1	321	Julie Beall	East Lansing	17	1:28:55	8:54
2	467	Mia Bauer	Lansing	19	1:47:18	10:44
3	485	Becky Kowctch	Pevano	18	1:50:28	11:03

MALE AGE GROUP: 20 - 24

Place	Oal	Name	Town	Ag	Time	Pace
=====	====	=====	=====	==	=====	=====
1	5	Donavon Hornbeck	St. Johns	22	57:26	5:45
2	18	Nicholas Johnson	East Lansing	22	1:03:29	6:21
3	24	Andrew Hoppe	East Lansing	21	1:04:00	6:24
4	27	Newdok Finkleberry	Okemos	23	1:04:42	6:29
5	28	Michael Campian	Dimondale	22	1:04:53	6:30
6	35	Brian Cary	Mason	24	1:06:12	6:38
7	44	Dan Smith	Holt	20	1:08:05	6:49
8	57	Philip Moore	Lansing	24	1:09:10	6:55

9	61	Joseph Pengelly	Allen	23	1:09:26	6:57
10	73	Devin Foote	Midland	20	1:10:15	7:02
11	77	Derek Chandler	Okemos	23	1:10:42	7:05
12	126	Adam Beach	Quincy	21	1:14:31	7:28
13	139	Anthony Rollins	Lansing	22	1:15:24	7:33
14	156	Richard Mrozek	East Lansing	22	1:16:43	7:41
15	161	Brian Charlton	Sterling Hts	22	1:16:54	7:42
16	274	Andrew Tomaka	East Lansing	20	1:25:33	8:34
17	295	Andrew Bender	Okemos	23	1:27:24	8:45

FEMALE AGE GROUP: 20 - 24

Place	Oal	Name	Town	Ag	Time	Pace
=====	===	=====	=====	==	=====	=====
1	91	Angela Hiner	East Lansing	20	1:12:22	7:15
2	187	Jenn Finn	Ann Arbor	21	1:19:12	7:56
3	195	Sarah Nally	Jackson	24	1:19:26	7:57
4	207	Cathy Dwyer	Owosso	24	1:20:26	8:03
5	210	Heather Lopez	Grand Rapids	22	1:20:38	8:04
6	232	Eric Mever	East Lansing	24	1:22:29	8:15
7	241	Katie Lindsey	Williamston	22	1:23:20	8:20
8	254	Leiah Devito	Okemos	24	1:24:15	8:26
9	271	Angela Filellia	Ann Arbor	21	1:25:21	8:33
10	273	Katie Farkas	East Lansing	21	1:25:31	8:34
11	285	Rachel Mcninch	Williamston	22	1:26:17	8:38
12	300	Krystal Jo Thelen	Pewamo	21	1:27:31	8:46
13	320	Lisa Oates-Ulrich	East Lansing	21	1:28:53	8:54
14	349	Sara Parr	Delton	22	1:31:38	9:10
15	363	Erin Lunsted	Haslett	22	1:32:56	9:18
16	374	Ellie Parker	Lansing	24	1:34:18	9:26
17	387	Carolyn Ososkie	Holt	22	1:35:31	9:34
18	408	Kelly Hurley	Troy	24	1:37:32	9:46

19	416	Liz Holowasko	Lansing	23	1:38:29	9:51
20	439	Jennifer Mitchell	Lansing	23	1:42:01	10:13
21	454	Lisa Renick	East Lansing	22	1:44:43	10:29
22	483	Kristy Huber	Lansing	24	1:50:25	11:03
23	508	Kristie Mckay	Byron	22	2:05:36	12:34
24	509	Katie Pung	Westphalia	23	2:06:40	12:40

MALE AGE GROUP: 25 - 29

Place	Oal	Name	Town	Ag	Time	Pace
=====	===	=====	=====	==	=====	=====
1	4	Ryan Bissell	Vassar	25	57:19	5:44
2	8	Eric Graf	Mason	25	58:16	5:50
3	52	Patrick Logghe	Lainsburg	29	1:08:27	6:51
4	54	Phil Bondi	Warren	29	1:08:40	6:52
5	84	Jacob Fazekas	Lansing	25	1:11:29	7:09
6	88	Shawn Mcnamara	Flat Rock	29	1:11:44	7:11
7	89	Rob Pairolero	Haslett	27	1:11:50	7:11
8	99	Aaron Whiteford	Okemos	27	1:12:53	7:18
9	122	Ryan Anderson	Allendale	29	1:14:18	7:26
10	125	Trevor Terry	Ypsilanti	29	1:14:28	7:27
11	131	Brodey Hill	East Grand Rapids	28	1:14:48	7:29
12	194	Patrick Nally	Jackson	25	1:19:25	7:57
13	268	Jubin Cheruvelil	Lansing	29	1:24:56	8:30
14	286	Arthur Scott	St Clair Shores	26	1:26:24	8:39
15	317	Ashish Gupta	Dearborn	29	1:28:48	8:53
16	323	Brock Shaw	Canton	27	1:29:03	8:55
17	342	Brian Pappas	Detroit	26	1:30:45	9:05
18	373	Andrew Doerr	Lansing	28	1:34:18	9:26
19	400	John Doonan	Mt Pleasant	27	1:36:58	9:42
20	422	Andrew Bellingar	Williamston	29	1:39:36	9:58
21	446	David Harns	Holt	27	1:43:00	10:18

22 477 Jeremy Auld Flint 28 1:49:09 10:55

FEMALE AGE GROUP: 25 - 29

Place	Oal	Name	Town	Ag	Time	Pace
=====	===	=====	=====	==	=====	=====
1	130	Stacy Hunt	Charlotte	29	1:14:45	7:29
2	132	Kiarri Kershaw	Ann Arbor	25	1:14:49	7:29
3	206	Elizabeth Shafer	Lansing	27	1:20:25	8:03
4	253	Shannon Mcnamara	Flat Rock	27	1:24:11	8:26
5	257	Kendra Cheruvelil	Lansing	29	1:24:24	8:27
6	277	Holly Baumgartner	Lansing	27	1:25:54	8:36
7	287	Lisa Mccurdy	St Clair Shores	26	1:26:26	8:39
8	293	Julie Rutherford	Holt	26	1:27:12	8:44
9	309	Tiffany Summers	Haslett	29	1:27:58	8:48
10	314	Ellen Dittmer	Walled Lake	29	1:28:38	8:52
11	318	Stacy Javor	Hastings	26	1:28:51	8:54
12	330	Patti Franckowiak	Ann Arbor	27	1:29:24	8:57
13	331	Wendy Harms	Lansing	25	1:29:29	8:57
14	341	Angela Upton	New York	25	1:30:34	9:04
15	355	Michelle Urban	East Lansing	29	1:32:22	9:15
16	361	Emily Parker	Lansing	26	1:32:50	9:17
17	367	Michelle Prinz	Lansing	29	1:33:41	9:23
18	379	Amy Pung	Lansing	29	1:34:50	9:29
19	395	Hildegard Voll	Lansing	29	1:36:31	9:40
20	398	Michelle Jacobs	Grand Blanc	27	1:36:37	9:40
21	407	Jorrie Bedogne	Harrison Twp	25	1:37:30	9:45
22	410	Rachel Charette	Lansing	27	1:38:08	9:49
23	412	Jade Sims	East Lansing	29	1:38:11	9:50
24	424	Noelle Burak	Okemos	27	1:40:04	10:01
25	428	Brooke Johnson	Lansing	25	1:40:07	10:01
26	433	Sara Blumer	Holt	25	1:40:33	10:04

27	434	Erika Mitchell	Haslett	27	1:40:35	10:04
28	451	Elizabeth Jain	Swartz Creek	28	1:44:32	10:28
29	458	Elizabeth Hicks	Troy	25	1:45:16	10:32
30	459	Claudia Rose	Huntington Woods	26	1:45:16	10:32
31	461	Amaya Gonzalez	Lansing	28	1:45:36	10:34
32	481	Tina Kopinski	Brooklyn	27	1:49:30	10:57
33	516	Robin Kluck	Lansing	26	2:09:03	12:55
34	524	Flora Gonzalez	Lansing	28	2:19:09	13:55
35	529	Michele Mitchell	South Lon	25	2:41:35	16:10

MALE AGE GROUP: 30 - 34

Place	Oal	Name	Town	Ag	Time	Pace
=====	===	=====	=====	==	=====	=====
1	3	Grant Woodman	Albion	30	56:19	5:38
2	11	Andrew Dalton	Holt	33	1:01:29	6:09
3	12	Jesse Sweeney	Howell	30	1:01:33	6:10
4	19	Charles Bauknecht	Clare	30	1:03:43	6:23
5	29	Chad Douglas	Holt	34	1:04:56	6:30
6	33	Kevin Sayers	East Lansing	30	1:05:44	6:35
7	40	Phil Kauppi	Mt. Pleasant	31	1:07:13	6:44
8	70	Glenn Stinson	Perrysburg	31	1:10:00	7:00
9	81	Joseph Stowell	Lansing	32	1:10:56	7:06
10	87	James Glenn	Dimondale	30	1:11:42	7:11
11	103	Patrick Halladay	Lansing	32	1:13:07	7:19
12	142	Michael Owens	Dewitt	33	1:15:44	7:35
13	145	Robert Hill	Mason	34	1:15:57	7:36
14	173	Marc Sibella	Kentwood	32	1:17:55	7:48
15	180	Adrian Forbes	Ann Arbor	30	1:18:47	7:53
16	181	Dale Thompson	Eaton Rapids	33	1:18:49	7:53
17	199	Rick Lantz	Grand Ledge	34	1:19:51	8:00
18	225	Brian Hunt	Saginaw	31	1:22:10	8:13

19	237	Michael Bunuan	Ferndale	30	1:22:46	8:17
20	261	Ben Parker	Lansing	34	1:24:40	8:28
21	275	Matt Steigenga	East Lansing	34	1:25:45	8:35
22	311	Steve Hunt	New Lenox	33	1:28:35	8:52
23	312	Kevin Baumgardner	Lansing	34	1:28:37	8:52
24	353	Steven Scutt	East Lansing	31	1:32:04	9:13
25	366	Todd Lajoy	Canton	31	1:33:31	9:22
26	383	Brian Reusser	Sagianw	31	1:35:07	9:31
27	397	Lars Voll	Lansing	30	1:36:31	9:40
28	409	Thomas Titus	Okemos	34	1:38:03	9:49
29	411	Sidney Smith	Saint Clair Shore	31	1:38:08	9:49
30	431	Jason Beckrow	Dimondale	31	1:40:33	10:04
31	438	Kevin Schweda	Lansing	30	1:41:28	10:09
32	499	Ed Roth	Kalamazoo	34	1:59:35	11:58
33	506	Jeff Marc	Saginaw	33	2:05:17	12:32
34		Greg Robinson	Lansing	31		

FEMALE AGE GROUP: 30 - 34

Place	Oal	Name	Town	Ag	Time	Pace
====	===	=====	=====	==	=====	=====
1	79	Amy Clark	East Lansing	30	1:10:45	7:05
2	137	Alys Long	Potterville	30	1:15:01	7:31
3	164	Jack Hamilton	Lansing	34	1:17:02	7:43
4	223	Nicole Graf	East Lansing	34	1:22:07	8:13
5	234	Shelly Stinson	Perrysburg	31	1:22:37	8:16
6	236	Vicki Tomes	East Lansing	30	1:22:44	8:17
7	244	Kathleen Jager	Lansing	33	1:23:35	8:22
8	245	Krista Voss	Webberville	32	1:23:39	8:22
9	248	Carla Dudash-Mion	Holt	34	1:23:49	8:23
10	260	Line Cournoyer	Lansing	34	1:24:39	8:28
11	276	Jennifer Steigenga	East Lansing	32	1:25:45	8:35

12	294	Kerry Gray	Leslie	30	1:27:16	8:44
13	297	Leza Kebera	Highland	33	1:27:26	8:45
14	307	Angela Hunt	New Lexonx	32	1:27:49	8:47
15	343	Marnie Curtiss	Grand Blanc	33	1:30:48	9:05
16	365	Terry Blount	Perrinton	33	1:33:08	9:19
17	368	Melany Bennett	Lansing	33	1:33:42	9:23
18	413	Patricia Payne	Holt	32	1:38:15	9:50
19	417	Raina Korbakis	East Lansing	33	1:38:34	9:52
20	420	Brooke Stuber	Lansing	31	1:39:21	9:57
21	423	Kelly Larson	East Lansing	31	1:39:47	9:59
22	435	Khawlah Munshi	East Lansing	30	1:40:49	10:05
23	437	Cami Sendre	Mt Pleasant	34	1:41:10	10:07
24	440	Jenn Wood	Bath	32	1:42:08	10:13
25	448	Theresa Angers	St. Johns	30	1:43:58	10:24
26	455	Cung Dao	Lansing	30	1:44:50	10:29
27	464	Veronica Piechotte	Lansing	31	1:46:50	10:41
28	465	Rachel Wawro	Lansing	30	1:46:51	10:42
29	480	Amy Lawson	Ann Arbor	30	1:49:28	10:57
30	504	Lisa Adams	Lansing	33	2:03:58	12:24
31	505	Tina Gates-Gill	Holt	32	2:03:59	12:24
32	515	Michelle Barker	Portland	31	2:08:55	12:54
33	519	Courtney Hart	East Lansing	34	2:14:09	13:25

MALE AGE GROUP: 35 - 39

Place	Oal	Name	Town	Ag	Time	Pace
=====	====	=====	=====	==	=====	=====
1	10	Greg Thomas	Clio	35	59:14	5:56
2	14	David Lee	Mason	37	1:02:15	6:14
3	22	Brian Mazur	Jackson	36	1:03:58	6:24
4	38	Keith Warriner	Lansing	39	1:06:54	6:42
5	47	Jeffrey Bell	Lansing	39	1:08:09	6:49

6	48	Cornelis Cornelisse	East Lansing	38	1:08:12	6:50
7	58	Mark Piper	Fenton	35	1:09:16	6:56
8	74	Gus Calabrese	Holt	36	1:10:17	7:02
9	94	Dave Kragl	Lansing	36	1:12:31	7:16
10	96	Joel Parker	Laingsburg	36	1:12:38	7:16
11	101	David Graf	East Lansing	38	1:12:57	7:18
12	115	Andrew Busch	East Lansing	37	1:13:50	7:23
13	116	Marty Alward	Lansing	39	1:13:51	7:24
14	119	Erik Anderson	East Lansing	39	1:14:05	7:25
15	141	John Martin	Jonesville	38	1:15:29	7:33
16	149	Lawrence Brown	Grand Blanc	38	1:16:06	7:37
17	154	Paul Hoke	Plymouth	37	1:16:43	7:41
18	185	Richard Czarnecki	Okemos	36	1:19:05	7:55
19	189	Edward Mcdonald	Mason	35	1:19:15	7:56
20	190	Larry Conover	East Lansing	39	1:19:17	7:56
21	211	Balaji Srinivasan	Okemos	38	1:20:51	8:06
22	216	Steven Holden	Lansing	38	1:21:40	8:10
23	246	Kevin Glaza	Haslett	35	1:23:41	8:23
24	258	Michael Elias	Okemos	37	1:24:24	8:27
25	265	Eric Walters	East Lansing	35	1:24:49	8:29
26	282	Tom Bayerl	Williamston	38	1:26:10	8:37
27	302	Takeshi Nakahara	West Bloomfield	37	1:27:37	8:46
28	319	Jeff Keen	Flint	38	1:28:51	8:54
29	346	Brian Moon	Kalamazoo	35	1:31:09	9:07
30	348	Andrew Eriksen	East Lansing	39	1:31:15	9:08
31	350	Scott Beltz	South Lyon	35	1:31:39	9:10
32	358	Joseph Cooper	Eaton Rapids	35	1:32:26	9:15
33	370	Steve Schuster	Farmington	37	1:33:54	9:24
34	384	Punya Mishra	Okemos	37	1:35:09	9:31
35	385	Matthew Koehler	East Lansing	37	1:35:09	9:31
36	429	Alan Brown	Ann Arbor	38	1:40:19	10:02

37	442	Jim Beck	Okemos	38	1:42:11	10:14
38	443	Tim Smith	Ypsilanti	38	1:42:17	10:14
39	486	Arnold Courtier	Lansing	37	1:50:31	11:04

FEMALE AGE GROUP: 35 - 39

Place	Oal	Name	Town	Ag	Time	Pace
=====	====	=====	=====	==	=====	=====
1	63	Jill Evers-Bowers	Kent City	37	1:09:39	6:58
2	78	Nikki Norris	.	35	1:10:45	7:05
3	134	Kate Ponsetto	Flint	36	1:14:51	7:30
4	148	Colleen Cady-Brown	Grand Blanc	37	1:16:06	7:37
5	157	Lisa Grost	Dewitt	36	1:16:46	7:41
6	169	Jennifer Murdoch	Lansing	35	1:17:43	7:47
7	191	Amy Stagg	Okemos	37	1:19:17	7:56
8	219	Lois Kaminski	Okemos	38	1:21:55	8:12
9	227	Tammy Chick	Williamston	38	1:22:25	8:15
10	233	Susan Treadway	Dewitt	39	1:22:32	8:16
11	249	Tracy Beadlescomb	Alma	39	1:23:50	8:23
12	256	Denise Johnson	Portland	38	1:24:22	8:27
13	259	Jennifer Brown	East Lansing	35	1:24:37	8:28
14	284	Dannille Smith	Ann Arbor	36	1:26:15	8:38
15	313	Brenda Bonomo	Brighton	39	1:28:37	8:52
16	333	Louann Hamlin	Belleville	38	1:29:38	8:58
17	334	Kimberlee Raglin	Ypsilanti	36	1:29:39	8:58
18	337	Mary Caffrey	Sterling Heights	36	1:30:01	9:01
19	354	Vicki Dahlke	Holt	35	1:32:19	9:14
20	360	Diana Rosenstein	Williamston	38	1:32:50	9:17
21	364	Julianne Pattiello	Perrinton	35	1:33:05	9:19
22	388	Therese Poland	Okemos	37	1:35:32	9:34
23	394	Tiffani Ferguson	Lansing	37	1:36:24	9:39
24	432	Katrin Weber	East Lansing	37	1:40:33	10:04

25	445	Shelly Page	Okemos	38	1:42:54	10:18
26	456	Theresa Sacker	Fowlerville	39	1:45:03	10:31
27	462	Amy Moore	East Lansing	35	1:46:01	10:37
28	468	Le Ann Littlefield	Franklin	39	1:47:19	10:44
29	473	Kelly Reynolds	East Lansing	35	1:48:31	10:52
30	478	Tonya Tiedje	Holt	35	1:49:11	10:56
31	479	Candace Fernandez	Holt	38	1:49:11	10:56
32	488	Wendy Williams	Kalamazoo	37	1:52:24	11:15
33	491	Marci Colyes	Flint	35	1:52:37	11:16
34	503	Tawny Delacruz	Lansing	38	2:03:42	12:23
35	510	Kristin Kachnowski	Redford	36	2:06:53	12:42
36	525	Lori Abbott-Smith	Lansing	36	2:19:49	13:59
37	526	Cheryl Orosz	Ypsilanti	35	2:26:07	14:37

MALE AGE GROUP: 40 - 44

Place	Oal	Name	Town	Ag	Time	Pace
=====	===	=====	=====	==	=====	=====
1	7	Stephen Arch	Okemos	44	58:01	5:49
2	9	Roland Hensley	Dewitt	44	58:39	5:52
3	17	Ken Algozin	Owosso	44	1:03:17	6:20
4	25	Brad Armstrong	Northville	41	1:04:02	6:25
5	31	Matt Wilson	Mason	42	1:05:10	6:31
6	43	Doyle Rice	Jackson	44	1:07:46	6:47
7	66	Saul Scott	Brighton	41	1:09:44	6:59
8	67	Steve Flanders	Bancroft	44	1:09:50	6:59
9	69	Kennen White	Mt Pleasant	42	1:09:53	7:00
10	75	Jeffery Heath	Hanover	43	1:10:22	7:03
11	80	Dillon McCormick	Lansing	43	1:10:55	7:06
12	97	Brent Kuhn	Novi	43	1:12:49	7:17
13	98	Andreas Weber	East Lansing	41	1:12:52	7:18
14	105	Albert Ross	East Lansing	42	1:13:12	7:20

15	108	Randy Lloyd	Lansing	41	1:13:31	7:22
16	114	Gary Andrews	Eagle	44	1:13:49	7:23
17	136	Daryl Bernard	Midland	41	1:14:58	7:30
18	138	Philip Nimmo	Fenton	41	1:15:17	7:32
19	143	Hagiun Kim	Holt	40	1:15:52	7:36
20	152	Danit Dinit	Lansing	44	1:16:24	7:39
21	163	Gerald Bock	Flint	41	1:16:58	7:42
22	168	Raymond Bonomo	Brighton	40	1:17:24	7:45
23	172	William Dejongh	Holt	44	1:17:55	7:48
24	177	Peter Mccullough	Northville	41	1:18:37	7:52
25	200	Derek Rummel	Rockford	44	1:19:52	8:00
26	255	Walt Kennedy	Clare	41	1:24:21	8:27
27	267	Sean Munn	Mason	41	1:24:51	8:30
28	270	Bob Metzger	East Lansing	44	1:25:14	8:32
29	308	Jim Duby	East Lansing	41	1:27:51	8:48
30	316	Ron Arambula	Lansing	40	1:28:46	8:53
31	326	Ken Mazur	St Clair Shores	44	1:29:10	8:55
32	332	Thomas Pastuch	Saint Johns	43	1:29:29	8:57
33	381	Brian Nordyke	Fowlerville	43	1:34:53	9:30
34	386	Douglas Wood	Lansing	40	1:35:20	9:32
35	391	Curtis Carl	East Lansing	42	1:36:16	9:38
36	427	Dan Hieber	Haslett	44	1:40:07	10:01
37	447	John Lux	Okemos	42	1:43:31	10:22
38	453	Scott Stolz	Okemos	44	1:44:40	10:28
39	528	Joseph Orosz	Ypsilanti	43	2:32:40	15:16

FEMALE AGE GROUP: 40 - 44

Place	Oal	Name	Town	Ag	Time	Pace
=====	====	=====	=====	==	=====	=====
	1	85 Tammy Royston	Holt	41	1:11:31	7:10
	2	106 Maryellen Stornant	Portland	44	1:13:21	7:21

3	110	Connie Cannon	East Lansing	43	1:13:34	7:22
4	118	Heidi Klein-Line	Marshall	43	1:13:59	7:24
5	135	Kittie Lynch	Lansing	41	1:14:57	7:30
6	158	Laurie Rossell	Cadillac	44	1:16:47	7:41
7	167	Jessica Kovan	Okemos	42	1:17:22	7:45
8	174	Evie Powers	Grand Rapids	40	1:18:00	7:48
9	192	Sheila Dean	Chelsea	41	1:19:19	7:56
10	193	Sandy Smith	Davisburg	44	1:19:20	7:56
11	204	Terry Carella	Lansing	44	1:19:59	8:00
12	217	Suzanne Thomashow	East Lansing	43	1:21:41	8:11
13	230	Tammy Silvey	Lansing	40	1:22:27	8:15
14	238	Wendy Kern	Ann Arbor	44	1:22:54	8:18
15	239	Martha Andrews	Lansing	42	1:23:04	8:19
16	269	Linda Pulver	Mason	43	1:25:00	8:30
17	327	Tracey Flannery	Perry	44	1:29:18	8:56
18	345	Tony Brunk	Harrison Twp	42	1:30:56	9:06
19	351	Christine Nichols	East Lansing	42	1:31:45	9:11
20	362	Julia Gordon	Eaton Rapids	40	1:32:54	9:18
21	371	Christine Levecq	East Lansing	43	1:33:56	9:24
22	372	Susan Mora-Fassett	Fenton	41	1:34:16	9:26
23	380	Connie Winans	Grayling	42	1:34:51	9:30
24	390	Karen Lux	Okemos	41	1:35:43	9:35
25	392	Mary Kay Thelen	Pewamo	44	1:36:17	9:38
26	396	Patricia Sawdon	Haslett	44	1:36:31	9:40
27	403	Mary Longcore	Okemos	43	1:37:09	9:43
28	470	Joyce Zanley	Wyandotte	44	1:47:25	10:45
29	471	Amy Fairbanks	Lansing	42	1:48:13	10:50
30	512	Jacklin Miller	Lansing	44	2:08:28	12:51
31	518	Marcia Witt	East Lansing	43	2:12:52	13:18

MALE AGE GROUP: 45 - 49

Place	Oal	Name	Town	Ag	Time	Pace
=====	===	=====	=====	==	=====	=====
1	6	Jim Thompson	Owosso	45	57:27	5:45
2	21	Paul Bapst	Hanover	48	1:03:54	6:24
3	26	Karl Stuber	Williamston	45	1:04:35	6:28
4	30	David Osborn	Ashley	49	1:04:58	6:30
5	32	Jeffrey Massey	Portland	46	1:05:16	6:32
6	34	John Mccabe	Lansing	49	1:05:45	6:35
7	46	Brad Rufenacht	Archbold	47	1:08:07	6:49
8	59	Peter Blauwiekel	Fowler	49	1:09:22	6:57
9	60	Roger Samuel	Fenton	46	1:09:23	6:57
10	64	Jose' Brown	Laingsburg	48	1:09:43	6:59
11	83	Joe Pulver	Mason	45	1:11:08	7:07
12	90	Bruce Heeder	East Lansing	46	1:12:15	7:14
13	92	Al Atkinson	East Lansing	49	1:12:27	7:15
14	95	Neil Rupp	Archbold	48	1:12:34	7:16
15	107	Robert Cook	Chelsea	46	1:13:27	7:21
16	112	Peter Walter	Holt	48	1:13:41	7:23
17	120	Bruce Devereaux	Bath	48	1:14:17	7:26
18	123	Roger Frost	Fowlerville	45	1:14:19	7:26
19	124	Brian Bess	Laingsburg	48	1:14:27	7:27
20	144	Paul Brandenburg	Mason	49	1:15:54	7:36
21	171	Joseph Lerczak	Jackson	47	1:17:54	7:48
22	178	Timothy Reeves	East Lansing	48	1:18:43	7:53
23	179	Alberto Kennedy	Lansing	49	1:18:43	7:53
24	186	Steve Line	Marshall	47	1:19:06	7:55
25	209	David Medley	Okemos	48	1:20:37	8:04
26	213	Rolla Frisinger	Coldwater	49	1:20:55	8:06
27	214	Dan Mulhern	Lansing	46	1:21:02	8:07
28	215	Kevin Anderson	Dewitt	49	1:21:32	8:10
29	220	John Paff	East Lansing	49	1:21:57	8:12

30	228	Michael Kaufman	Charlotte	49	1:22:26	8:15
31	289	Jim Sutika	Houghton Lake	47	1:26:45	8:41
32	290	Andrew Griffin	Flint	46	1:26:47	8:41
33	304	Richard Mccarter	Whitmore Lake	46	1:27:45	8:47
34	306	Rick Bergstein	Midland	49	1:27:48	8:47
35	340	Larry Guy	Swartz Creek	48	1:30:33	9:04
36	344	Jeff Nyquist	Okemos	49	1:30:50	9:05
37	376	Mark Sullivan	East Lansing	46	1:34:33	9:28
38	389	James Feldpausch	Marshall	47	1:35:42	9:35
39	401	Randolph Roberts	Haslett	49	1:37:02	9:43
40	444	Jim Matthews	Jackson	49	1:42:49	10:17
41	450	Kevin Swift	Flint	47	1:44:09	10:25
42	476	Neil O'brien	Lansing	46	1:49:00	10:54
43	496	Michael Henderson	Holt	46	1:56:41	11:41
44	501	Patrick Reed	Grand Ledge	45	2:01:53	12:12
45	507	Dan Sanders	White Lake	49	2:05:23	12:33

FEMALE AGE GROUP: 45 - 49

Place	Oal	Name	Town	Ag	Time	Pace
====	===	=====	=====	==	=====	=====
1	76	Deb Deren	White Lake	45	1:10:39	7:04
2	146	Jane Sanders	White Lake	48	1:16:05	7:37
3	151	Kim Bane	Dewitt	48	1:16:23	7:39
4	175	Barb Evans	St Johns	47	1:18:02	7:49
5	196	Peggy Searight	Flint	47	1:19:37	7:58
6	205	Peggy Rademacher	Lansing	46	1:20:04	8:01
7	242	Jenny Pruitt	Ann Arbor	46	1:23:22	8:21
8	291	Diane Himebaugh	Dearborn Heights	48	1:27:11	8:44
9	303	Jeanne Wiltse	Dexter	45	1:27:45	8:47
10	338	Mona Kennedy	Lansing	48	1:30:15	9:02
11	352	Nancy Owens	Evanston	45	1:31:48	9:11

12	356	Jane Hattan	Portland	45	1:32:23	9:15
13	357	Ellen Foote	Haslett	46	1:32:26	9:15
14	377	Marie Muehlenbein	Northville	46	1:34:34	9:28
15	404	Cindy Zemanskik	Canton	47	1:37:16	9:44
16	405	Tracey Wright	Plymouth	46	1:37:16	9:44
17	406	Diane Ososkie	Holt	47	1:37:20	9:44
18	449	Rosann Berger	Jackson	46	1:44:01	10:25
19	469	Jane Digneit-Smith	Beverly Hills	47	1:47:19	10:44
20	482	Bethann Perkins	Lansing	45	1:49:59	11:00
21	497	Pat Topping	Flint	48	1:58:36	11:52
22	513	Frances Campione	Holt	49	2:08:28	12:51
23	514	Kathy Kirila	Farmington Hills	46	2:08:31	12:52
24	521	Julie Day	Lansing	45	2:15:48	13:35

MALE AGE GROUP: 50 - 54

Place	Oal	Name	Town	Ag	Time	Pace
=====	===	=====	=====	==	=====	=====
1	13	Donald Mcmillan	Lansing	50	1:01:37	6:10
2	15	Gary Rizzo	Ann Arbor	52	1:02:40	6:16
3	20	Jonathan Kermiet	Lansing	54	1:03:44	6:23
4	23	Doug Soliz	Allen Park	54	1:03:59	6:24
5	37	James Scholl	Williamston	51	1:06:37	6:40
6	51	James Deren	White Lake	50	1:08:26	6:51
7	53	Patrick Duff	Portland	50	1:08:36	6:52
8	71	Jesse Lothamer	Okemos	54	1:10:01	7:01
9	86	Richard Hayhoe	East Lansing	52	1:11:35	7:10
10	102	Bill Hooker	Haslett	50	1:13:06	7:19
11	109	James Ulrey	Holt	53	1:13:34	7:22
12	113	Daniel Ware	Mason	52	1:13:46	7:23
13	153	John Sawyer	Eaton Rapids	51	1:16:33	7:40
14	155	Patrick Ehlmann	East Lansing	53	1:16:43	7:41

15	159	Kevin Decker	Cadillac	50	1:16:48	7:41
16	160	Al Swartz	Okemos	53	1:16:52	7:42
17	165	David Haddix	Lansing	54	1:17:17	7:44
18	166	Mike Keck	Howell	50	1:17:18	7:44
19	170	Mel Micke	Okemos	54	1:17:51	7:48
20	176	Gerard Wilbrink	Williamston	51	1:18:25	7:51
21	183	Thomas Swientek	Okemos	52	1:19:00	7:54
22	197	Tim Goth-Owens	East Lansing	53	1:19:40	7:58
23	198	Dan Chepeska	Howell	52	1:19:50	7:59
24	202	John Klarr	Northville	51	1:19:59	8:00
25	208	Lance Dicaire	Flint	50	1:20:30	8:03
26	212	Tim Donovan	Haslett	54	1:20:54	8:06
27	218	Dennis Gilbert	Burton	50	1:21:54	8:12
28	221	Don Call	Fowler	50	1:22:06	8:13
29	229	Michael Malone	Holt	53	1:22:27	8:15
30	231	Dwight Lafleur	Grand Rapids	51	1:22:29	8:15
31	235	Laroy Martinez Jr	Archbold	53	1:22:40	8:16
32	247	Robin Pearce	New Hudson	51	1:23:46	8:23
33	263	Les Brown	Auburn	52	1:24:46	8:29
34	283	John Reed	Parma	53	1:26:13	8:38
35	288	Tom Obranovic	Novi	50	1:26:45	8:41
36	292	Jerry Smith	Holt	51	1:27:12	8:44
37	296	Jack Lively	Royal Oak	54	1:27:25	8:45
38	299	Stephen Kreft	Grand Ledge	54	1:27:31	8:46
39	305	Timothy Gordon	Dewitt	53	1:27:47	8:47
40	322	Bruce Adelman	Okemos	50	1:29:00	8:54
41	335	Dennis Pace	Dimondale	54	1:29:49	8:59
42	339	William Hansen	Brighton	53	1:30:22	9:03
43	347	Doug Segar	East Lansing	50	1:31:10	9:07
44	382	Norman Lipscomb	East Lansing	50	1:35:04	9:31
45	414	Jim Pocan	Lansing	53	1:38:22	9:51

46	415	Henry Ebel	Rochester Hills	51	1:38:25	9:51
47	418	David Stierley	Grand Ledge	52	1:38:51	9:54
48	425	Joe Wixon	Lansing	50	1:40:06	10:01
49	436	Chuck Vogel	Coleman	50	1:41:09	10:07
50	460	Gary Mcilroy	Canton	53	1:45:31	10:34
51	466	Scott Franklin	Ann Arbor	50	1:47:17	10:44
52	475	Ray Hooton	Clarkston	53	1:48:40	10:52
53	487	Richard Lassin	Lansing	53	1:51:50	11:11
54	492	David Rehm	Lansing	53	1:52:49	11:17

FEMALE AGE GROUP: 50 - 54

Place	Oal	Name	Town	Ag	Time	Pace
=====	===	=====	=====	==	=====	=====
1	82	Janice Spodarek	Okemos	51	1:11:06	7:07
2	150	Maggy Zidar	Pontiac	54	1:16:18	7:38
3	162	Malinda Chee	Ann Arbor	51	1:16:58	7:42
4	251	Sharleen Sakai	Okemos	52	1:24:01	8:25
5	252	Susan Rook	Holt	52	1:24:05	8:25
6	266	Lynne Feiertag	East Lansing	53	1:24:50	8:29
7	278	Kris Cadwell	Okemos	53	1:25:54	8:36
8	369	Cindy Troshak	Lansing	52	1:33:53	9:24
9	419	Suzanne Kozloski	Grand Rapids	54	1:39:19	9:56
10	426	Connie Nichols	Haslett	54	1:40:07	10:01
11	430	Nancy Hohn	Lansing	53	1:40:20	10:02
12	484	Susan Stuwe	Williamston	53	1:50:27	11:03
13	489	Sharon Loichinger	Richland	53	1:52:24	11:15
14	490	Susan Conrad	Okemos	52	1:52:26	11:15
15	494	Maryann Baxter	Oxford	54	1:55:38	11:34
16	495	Laura Jannetta	Berkley	53	1:56:22	11:39
17	498	Sandra Kramer	Lansing	50	1:58:42	11:53
18	500	Nancy Peterson-Harris	Holt	54	2:00:13	12:02

19	523	Pat Smith	Lansing	51	2:18:09	13:49
20	530	Linda Hemphill	Waterford	52	2:41:41	16:11

MALE AGE GROUP: 55 - 59

Place	Oal	Name	Town	Ag	Time	Pace
=====	===	=====	=====	==	=====	=====
1	41	Hayden Smith	Albion	56	1:07:33	6:46
2	45	Jim Carter	Okemos	56	1:08:07	6:49
3	50	Norm Woerle	Mt. Pleasant	57	1:08:17	6:50
4	55	Ed Clayton	East Lansing	57	1:08:51	6:54
5	68	Harry Plouff	Mount Pleasant	56	1:09:52	7:00
6	72	Charles Ross	Ionia	55	1:10:05	7:01
7	100	Jeff Morey	Lansing	57	1:12:54	7:18
8	104	Philip Everett	Williamston	55	1:13:11	7:20
9	111	James Miller	Spencerville	57	1:13:35	7:22
10	117	Jam Underwood	East Lansing	56	1:13:55	7:24
11	127	Danny Guthrie	Williamston	58	1:14:35	7:28
12	133	Richard Kendall	Freeland	57	1:14:49	7:29
13	182	James Stevens	Olivet	55	1:18:54	7:54
14	184	Ron Butterfield	Frankenmuth	56	1:19:02	7:55
15	188	Larry Mccaskey	Holt	55	1:19:14	7:56
16	203	Jerry Gillissen	Lansing	55	1:19:59	8:00
17	222	Vance Decamp	Williamston	58	1:22:06	8:13
18	226	Jerry Steffy	Lansing	58	1:22:13	8:14
19	240	John Walton	Williamston	57	1:23:14	8:20
20	250	Michael Curtis	Swartz Creek	55	1:23:57	8:24
21	264	James Anton	Comstock Park	55	1:24:47	8:29
22	280	Bill Hunault	Okemos	56	1:26:07	8:37
23	281	Gale Crandell	Harrison	57	1:26:07	8:37
24	298	Kim Halladay	Ludington	57	1:27:29	8:45
25	310	Clair Risner	Stockbridge	59	1:28:16	8:50

26	325	David Herring	Okemos	56	1:29:06	8:55
27	328	Ronald Degroot	Laingsburg	56	1:29:23	8:57
28	329	Fredrick Szedlak	Perry	57	1:29:23	8:57
29	441	John Feiertag	East Lansing	56	1:42:09	10:13
30	511	Robert Seaser	Farmington Hills	55	2:06:53	12:42

FEMALE AGE GROUP: 55 - 59

Place	Oal	Name	Town	Ag	Time	Pace
1	262	Laura Schultz	East Lansing	56	1:24:41	8:29
2	301	Cecilia Brzys	South Lyon	55	1:27:34	8:46
3	324	Betty Johnson	Okemos	59	1:29:05	8:55
4	375	Joan Ludtke	White Cloud	56	1:34:23	9:27
5	378	Shirley Torrance	Saline	58	1:34:40	9:28
6	393	Carol Stuht	Laingsburg	58	1:36:18	9:38
7	399	Mary Steinhauser	La Salle	59	1:36:40	9:40
8	457	Ann Crumby	Flint	55	1:45:09	10:31
9	517	Barbara Heinlein	Lansing	59	2:12:25	13:15

MALE AGE GROUP: 60 - 64

Place	Oal	Name	Town	Ag	Time	Pace
1	16	James Carlton	White Lake	61	1:02:47	6:17
2	39	Don Owens	Williamston	60	1:07:11	6:44
3	42	Allan Richens	Haslett	60	1:07:40	6:46
4	93	James Hicks	Mason	62	1:12:27	7:15
5	129	Daniel Talhelm	East Lansing	63	1:14:43	7:29
6	140	Bill Keller	Lansing	63	1:15:29	7:33
7	201	Richard James	Toledo	62	1:19:59	8:00
8	279	Dave Wolff	Auburn	61	1:25:55	8:36
9	315	Ron Heames	Ann Arbor	60	1:28:44	8:53

10	336	Daniel Mclellan	East Lansing	60	1:29:52	9:00
11	402	James Morgan	Okemos	62	1:37:08	9:43
12	421	Cyril Steinhauser	La Salle	63	1:39:33	9:58
13	452	Daivd Horner	Okemos	64	1:44:37	10:28
14	463	Robert Sproule	Davison	63	1:46:19	10:38

FEMALE AGE GROUP: 60 - 64

Place	Oal	Name	Town	Ag	Time	Pace
1	474	Addie Dicaire	Flint	61	1:48:34	10:52
2	502	Nancy Teel	Flint	61	2:01:56	12:12
3	522	Ginger Petty	East Lansing	61	2:15:49	13:35
4	527	Gail Kleine	Lansing	62	2:26:33	14:40

MALE AGE GROUP: 65 - 69

Place	Oal	Name	Town	Ag	Time	Pace
1	121	Harry Tellman	Holland	66	1:14:17	7:26
2	147	Stan Curtiss	Mount Pleasant	68	1:16:06	7:37
3	359	Ed Torrance	Saline	67	1:32:46	9:17

FEMALE AGE GROUP: 65 - 69

Place	Oal	Name	Town	Ag	Time	Pace
1	493	Eleanor Shaw	Ann Arbor	67	1:54:41	11:29

MALE AGE GROUP: 70 - 98

Place	Oal	Name	Town	Ag	Time	Pace
1	224	Howard Weyers	Okemos	70	1:22:08	8:13
2	272	Bobby Crim	Grand Ledge	72	1:25:27	8:33

5K Age Group Results

CAPITAL CITY RIVER RUN

SUNDAY, SEPTEMBER 26, 2004

***** MALE OVERALL WINNER *****

Place	Oal	Name	Town	Ag	Time	Pace
1	1	Patrick Wehrman	Lansing	23	15:58	5:09

***** FEMALE OVERALL WINNER *****

Place	Oal	Name	Town	Ag	Time	Pace
1	25	Kari Chandler	Okemos	51	20:46	6:41

***** MALE MASTERS WINNER *****

Place	Oal	Name	Town	Ag	Time	Pace
1	4	Tim Lambrecht	Alma	42	17:17	5:34

***** FEMALE MASTERS WINNER *****

Place	Oal	Name	Town	Ag	Time	Pace
1	32	Deanna Blessing	Allen Park	44	21:31	6:56

MALE AGE GROUP: 1 - 13

Place	Oal	Name	Town	Ag	Time	Pace
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1	40	Trevor Oseland	Holland	13	22:15	7:10
2	44	Jarrold Lynch	Lansing	13	22:38	7:18
3	52	Grant Flanders	Bancroft	9	23:04	7:26
4	78	Joe Tyler	East Lansing	13	24:17	7:50
5	89	Dan Tyler	East Lansing	11	25:09	8:06
6	105	Ryan Adelman	East Lansing	10	26:03	8:24
7	151	John Michael Adelman	East Lansing	8	28:32	9:11
8	152	Eric Lynch	Lansing	11	28:32	9:12
9	174	Jason Robeson	Grand Ledge	13	29:15	9:25
10	183	Christopher Tartalone	Mason	9	29:31	9:30
11	194	Eric Arch	Okemos	11	30:08	9:42
12	196	Tommy Klarr	Northville	11	30:56	9:58
13	237	Jay Thornburg	Owosso	13	34:31	11:07
14	246	Garrett Wohlfert	Grand Ledge	8	36:50	11:52
15	273	William Alexander	East Lansing	10	43:50	14:07

FEMALE AGE GROUP: 1 - 13

Place	Oal	Name	Town	Ag	Time	Pace
====	===	=====	=====	==	=====	=====
1	90	Hillary Womboldt	Dewitt	12	25:10	8:07
2	142	Amelia Hughes	Okemos	12	27:52	8:59
3	155	Amy Whitaker	Haslett	9	28:38	9:14
4	170	Lauren Tartalone	Mason	10	29:07	9:23
5	238	Colleen Adelman	East Lansing	6	34:42	11:11
6	272	Meredith Fitschen-Brown	Lansing	10	43:50	14:07
7	289	Allison Slocum	Okemos	10	49:47	16:02

MALE AGE GROUP: 14 - 19

Place	Oal	Name	Town	Ag	Time	Pace
====	===	=====	=====	==	=====	=====
1	7	Artyom Shives	Dewitt	14	18:49	6:04

2	13	Thomas Lynch	Lansing	15	19:35	6:19
3	16	Joshua Risner	Pittsford	17	19:44	6:21
4	23	Max Mcilroy	Canton	14	20:37	6:39
5	50	Tom Thornburg	Owosso	14	22:58	7:24
6	136	Robert Shaheen	East Lansing	19	27:20	8:48
7	145	Patrick Reynolds	Haslett	15	28:08	9:04

FEMALE AGE GROUP: 14 - 19

Place	Oal	Name	Town	Ag	Time	Pace
=====	===	=====	=====	==	=====	=====
1	33	Cassandra Jenkins	Lansing	17	21:36	6:57
2	135	Katlin Kennedy	East Lansing	18	27:20	8:48
3	164	Alishia Noel	Battle Creek	15	28:53	9:18
4	213	Lydia Ormsby	Perry	16	32:06	10:20
5	234	Jessica Colyes	Flint	17	34:01	10:57
6	284	Marion Adelman	East Lansing	17	49:22	15:54
7	294	Dana Harrison	Lansing	15	53:13	17:08

MALE AGE GROUP: 20 - 24

Place	Oal	Name	Town	Ag	Time	Pace
=====	===	=====	=====	==	=====	=====
1	2	Sean Pack	Kalamazoo	21	16:06	5:11
2	3	B J Pankow	Williamston	20	17:03	5:30
3	11	Shawn Walkington	Lansing	22	19:26	6:16
4	19	Jason Lilly	Charlottw	24	20:17	6:32
5	74	Kevin Wernet	Lansing	23	24:12	7:48
6	106	Kule Blowers	Lansing	24	26:06	8:24
7	110	Ryan Mooney	East Lansing	24	26:13	8:27
8	144	Bob Vigne	Big Rapids	23	27:57	9:00

FEMALE AGE GROUP: 20 - 24

Place	Oal	Name	Town	Ag	Time	Pace
=====	===	=====	=====	==	=====	=====
1	26	Jaimelyn Kost	East Lansing	21	20:48	6:42
2	37	Katharine Harenski	Warren	23	21:59	7:05
3	84	Andrea Caroselli	Stevensville	24	24:43	7:58
4	109	Kimmy Marsh	Lansing	20	26:12	8:27
5	111	Laura Van Eyck	East Lansing	21	26:15	8:27
6	117	Alexis Drolet	Lansing	22	26:28	8:32
7	122	Ericka Olson	East Lansing	24	26:39	8:35
8	172	Melanie Barbier	East Lansing	24	29:10	9:24
9	182	Jamie Hicks	Mason	20	29:31	9:30
10	190	Jamie Wernet	Lansing	23	29:45	9:35
11	206	Sara Miller	Williamston	24	31:31	10:09
12	211	Gera Clark	East Lansing	24	32:03	10:20
13	221	Angela Sacco	East Lansing	22	32:37	10:30
14	233	Lindsa Smith	Beverly Hills	22	33:46	10:53
15	236	Meghan Caswell	Mt Pleasant	22	34:27	11:06
16	240	Laura Miller	Auburn	20	35:18	11:22
17	252	Laurie Rich	East Lansing	24	37:48	12:11
18	260	Anna Watkins	Northville	20	39:31	12:44

MALE AGE GROUP: 25 - 29

Place	Oal	Name	Town	Ag	Time	Pace
=====	===	=====	=====	==	=====	=====
1	5	Marty Barnes	Lansing	28	18:05	5:50
2	14	Mark Aupperlee	Lansing	25	19:37	6:19
3	70	Shaun Johnson	East Lansing	25	23:59	7:44
4	116	Mike Rutherford	Holt	27	26:26	8:31
5	137	Shawn Crawford	Lansing	29	27:22	8:49
6	154	Kevin Finn	Bath	27	28:36	9:13
7	156	John Amos	Howell	29	28:39	9:14

8	158	Tj Lekander	Howell	27	28:40	9:14
9	163	Joshua Shasserre	Ann Arbor	25	28:51	9:18
10	168	Ron Hansen	Fowlerville	28	28:58	9:20
11	192	Paul Robinson	Lansing	28	29:50	9:37
12	197	Kris Burak	Okemos	29	30:56	9:58
13	216	Jason Mertens	Lansing	25	32:19	10:25

FEMALE AGE GROUP: 25 - 29

Place	Oal	Name	Town	Ag	Time	Pace
=====	===	=====	=====	==	=====	=====
1	51	Aisha Khapoya	East Lansing	25	22:59	7:24
2	75	Linda Coleman	Leslie	25	24:13	7:48
3	77	Rachel Fetterley	Sand Lake	29	24:15	7:49
4	87	Stephanie Edwards	Lansing	29	24:55	8:02
5	92	Elizabeth Molina	Howell	27	25:12	8:07
6	125	Beccy Peek	Mason	27	26:44	8:37
7	138	Elizabeth Stuart	Walker	25	27:24	8:50
8	159	Kimberly Ostrowski	Okemos	25	28:50	9:17
9	162	Nikki Shasserre	Ann Arbor	27	28:50	9:17
10	177	Karen Stefi	Lansing	29	29:22	9:28
11	204	Amy Fox	Corunna	29	31:20	10:06
12	215	Keri Mertens	Lansing	26	32:17	10:24
13	217	Andrea Hudson	Marshall	26	32:23	10:26
14	226	Rachel Hurley	East Lansing	29	33:03	10:39
15	230	Erica Johnson	Lansing	28	33:23	10:45
16	248	Jennifer Warstler	Auburn Hills	26	37:02	11:56
17	251	Wendy Terry	Ypsilanti	27	37:46	12:10
18	255	Jami Cromley	Laingsburg	29	38:15	12:19
19	269	Amy Fox	Clawson	27	42:44	13:46
20	285	Rosalie Bellingar	Williamston	29	49:26	15:55

MALE AGE GROUP: 30 - 34

Place	Oal	Name	Town	Ag	Time	Pace
1	15	Kyle Melinn	Okemos	31	19:40	6:20
2	17	Phillip Hornberger	Haslett	34	19:57	6:26
3	29	Scott Berry	St Johns	34	21:27	6:55
4	35	Tim Hansen	Fowlerville	33	21:57	7:04
5	38	Joseph Waite	Lansing	32	22:01	7:06
6	41	Chris Tapscott	Battle Creek	34	22:16	7:10
7	42	Rick Brooks	Holt	30	22:26	7:14
8	60	Paul Rupright	Lansing	34	23:26	7:33
9	64	Matthew Bell	Okemos	30	23:41	7:38
10	97	Anthony Grai	Clinton Township	32	25:46	8:18
11	123	Jeremy Boak	St Johns	32	26:42	8:36
12	128	William Henderson	Northville	32	26:54	8:40
13	140	John Frederick	Lansing	34	27:40	8:55
14	161	Christopher Wilcox	E. Lansing	30	28:50	9:17
15	173	Richard Finn	Burton	33	29:15	9:25
16	179	Scott Hershey	East Lansing	32	29:23	9:28

FEMALE AGE GROUP: 30 - 34

Place	Oal	Name	Town	Ag	Time	Pace
1	54	Amy Cameron	Lansing	34	23:05	7:26
2	71	Valerie Kurzynowski	Lansing	34	24:06	7:46
3	85	Kate Gruber	Holt	34	24:46	7:59
4	99	Pam Hansen	Fowlerville	30	25:47	8:18
5	124	Kathy Jo Boak	St. Johns	33	26:43	8:36
6	126	Juliet Halladay	Lansing	31	26:52	8:39
7	132	Carol King	Plymouth	34	27:07	8:44
8	171	Nicole Linka	Lansing	33	29:07	9:23

9	178	Shannon Mclaughlin	Lansing	31	29:23	9:28
10	184	Rosa Medina	Lansing	31	29:31	9:31
11	205	Pamela Telibig	Lansing	30	31:22	10:06
12	222	Nicole Lloyd	Lansing	34	32:41	10:32
13	232	Krista Budreau	Lansing	33	33:25	10:46
14	239	Sara Troutman	Lansing	32	34:55	11:15
15	242	Bridget Melinn	Okemos	30	36:02	11:36
16	270	Nicole Dailor	Mt Pleasant	30	42:53	13:49
17	286	Stacy Hovde	East Lansing	30	49:28	15:56

MALE AGE GROUP: 35 - 39

Place	Oal	Name	Town	Ag	Time	Pace
=====	===	=====	=====	==	=====	=====
1	8	Douglas Adelman	East Lansing	39	18:56	6:06
2	12	Ken Hoffman	Okemos	39	19:28	6:17
3	30	Daniel Castilla	Lansing	39	21:29	6:55
4	31	Christian Bechtel	Haslett	39	21:31	6:56
5	47	Anthony Fitzpatrick	Grand Ledge	37	22:48	7:21
6	65	Mike Hannah	Eaton Rapids	36	23:43	7:38
7	67	Jason Merrill	Okemos	36	23:49	7:40
8	68	Tim Vanini	Okemos	35	23:58	7:43
9	81	Steve Usiak	Charlotte	35	24:19	7:50
10	121	Juan Balboa	Grand Ledge	38	26:39	8:35
11	147	Mark Noel	Battle Creek	36	28:18	9:07
12	199	Paul Harkins	Brighton	39	31:01	9:59
13	254	Richard Harper	Fowlerville	36	38:14	12:19
14	287	Daniel Hovde	East Lansing	37	49:30	15:57

FEMALE AGE GROUP: 35 - 39

Place	Oal	Name	Town	Ag	Time	Pace
=====	===	=====	=====	==	=====	=====

1	53	Mindi Tiraboschi	Bath	37	23:05	7:26
2	62	Beverly Schmitz	Pewamo	36	23:33	7:35
3	69	Sharon Schafer	Pewamo	39	23:59	7:44
4	112	Lisa Soros	St. Johns	36	26:16	8:28
5	149	Mary Adelman	East Lansing	39	28:22	9:08
6	186	Christine Bourdeaux	Marshall	37	29:39	9:33
7	198	Deborah Harkins	Brighton	38	31:00	9:59
8	202	Amy Stephenson	Okemos	35	31:12	10:03
9	223	Teressa Linacre	Haslett	36	32:53	10:36
10	229	Lisa Dicaire	East Lansing	38	33:21	10:45
11	231	Molly Ziske	Eastpointe	39	33:24	10:45
12	235	Jenna Tomalka	Battle Creek	37	34:12	11:01
13	244	Lindy Pratt	Lansing	35	36:15	11:41
14	256	Sue Harper	Fowlerville	36	38:15	12:19
15	259	Beth Ann Whitaker	Haslett	38	38:48	12:30
16	266	Leslie Taylor-Oring	Jackson	38	41:59	13:31
17	290	Maria Slocum	Okemos	38	49:49	16:03
18	293	Angelia Salas	East Lansing	35	52:38	16:57

MALE AGE GROUP: 40 - 44

Place	Oal	Name	Town	Ag	Time	Pace
=====	====	=====	=====	==	=====	=====
1	22	Keith Harrison	Mason	43	20:35	6:38
2	28	Robert Hassler	Sandusky	43	21:16	6:51
3	46	Andrew Stumpff-Kane	East Lansing	43	22:47	7:20
4	49	Russ White	Okemos	44	22:57	7:24
5	66	David Marsh	Laingsburg	44	23:46	7:40
6	76	Michael Risner	Pittsford	44	24:14	7:49
7	80	James Nichols	Charlotte	42	24:18	7:50
8	102	Fred Thornburg	Owosso	42	25:55	8:21
9	113	Craig Bishop	St. Johns	43	26:21	8:29

10	118	Steven Sellers	Lansing	41	26:34	8:34
11	134	Bruce Robeson	Grand Ledge	41	27:18	8:48
12	157	Charles Whitaker	Haslett	40	28:40	9:14
13	203	Len Poma	Lansing	44	31:18	10:05
14	241	Luther Latchaw	Laingsburg	43	35:20	11:23
15	247	Jeff Wohlfert	Grand Ledge	41	36:50	11:52
16	291	Jim Lynch	Lansing	42	50:35	16:17

FEMALE AGE GROUP: 40 - 44

Place	Oal	Name	Town	Ag	Time	Pace
=====	===	=====	=====	==	=====	=====
1	43	Carole Bolthouse	Bellevue	41	22:28	7:14
2	48	Janet Thornburg	Owosso	42	22:57	7:24
3	72	Jingling Wang	Holt	42	24:09	7:47
4	86	Sally Beebe	Mason	40	24:50	8:00
5	88	Tama Snider	Grand Ledge	43	24:58	8:03
6	130	Laura Bernard	Midland	41	27:01	8:42
7	160	Kathleen Fairfax	East Lansing	42	28:50	9:17
8	165	Kristine Stuart	Morrice	42	28:55	9:19
9	166	Sarah Spangler	Perry	42	28:55	9:19
10	167	Rosean Marsh	East Lansing	42	28:56	9:19
11	175	R. Elaine Savala	Charlotte	44	29:16	9:26
12	185	Jeanne Beresford	Laingsburg	42	29:37	9:32
13	201	Charlene Polio	East Lansing	43	31:07	10:01
14	208	Holly Dimmer	Williamston	40	31:42	10:13
15	219	Maureen Tyler	East Lansing	44	32:31	10:29
16	227	Mary Zatina	Detroit	44	33:07	10:40
17	258	Inger Ormsby	Perry	40	38:42	12:28
18	262	Marilyn Hoppes	Portland	42	40:10	12:56
19	263	Shannan Kane	East Lansing	43	40:16	12:58
20	278	Lori Jordan	Ann Arbor	43	45:59	14:49

21	279	Ann Mikek	Okemos	44	46:47	15:04
22	283	Susan Nordyke	Fowlerville	43	48:22	15:35
23	298	Tonja Collar	Mason	44	57:18	18:27
24	299	Angela Knauf	Dewitt	43	1:01:57	19:57
25	300	Maha Mccullough	Northville	41	1:03:19	20:24

MALE AGE GROUP: 45 - 49

Place	Oal	Name	Town	Ag	Time	Pace
=====	===	=====	=====	==	=====	=====
1	6	Matthew Burke	Milford	47	18:16	5:53
2	9	Keith Kaiser	Brutus	47	19:12	6:11
3	10	Jon Killips	Dimondale	45	19:20	6:14
4	20	Ed Thelen	St. Johns	45	20:22	6:34
5	21	Ron Alleman	Dewitt	45	20:30	6:36
6	24	Woody Tyler	East Lansing	46	20:44	6:41
7	27	Tom Snider	Grand Ledge	45	20:58	6:46
8	36	Richard Savala	Charlotte	45	21:59	7:05
9	39	Brian Barrie	Flushing	48	22:12	7:09
10	58	Robert Sheehan	Lansing	48	23:24	7:32
11	59	Robert Shockey	East Lansing	48	23:26	7:33
12	79	Paul Marsh	Lansing	48	24:18	7:50
13	95	Kenneth Barrett	Lansing	47	25:21	8:10
14	103	Thomas Van Huysen	Howell	47	25:56	8:21
15	120	Hank Burgess	Farmington Hills	49	26:38	8:35
16	133	Mark Lock	Okemos	45	27:09	8:45
17	139	Dave Piner	Haslett	45	27:34	8:53
18	187	Doran Duckworth	Lansing	45	29:39	9:33
19	218	James Reynolds	Haslett	49	32:25	10:27

FEMALE AGE GROUP: 45 - 49

Place	Oal	Name	Town	Ag	Time	Pace
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1	57	Barbara Oseland	Holland	45	23:19	7:31
2	63	Lyan Rich	East Lansing	46	23:34	7:36
3	73	Jill Hough	Okemos	47	24:12	7:48
4	100	Maria Copeland	Dewitt	48	25:50	8:19
5	131	Sharon Rodriguez	Adrian	46	27:04	8:43
6	141	Noreen Harty	Okemos	48	27:45	8:56
7	143	Kathy Darr	Laingsburg	47	27:57	9:00
8	169	Pam Harb	Okemos	47	29:06	9:23
9	181	Pamela Hicks	Mason	48	29:30	9:30
10	188	Maryann Baxter	St. Johns	47	29:40	9:34
11	195	Glorianne Ebel	Rochester Hills	48	30:36	9:51
12	210	Tamara Redburn	East Lansing	45	32:03	10:20
13	224	Ellen Sprouls	Lansing	46	32:55	10:36
14	257	Chris Shasserre	Waterloo	48	38:22	12:22
15	261	Jean Luttig	Lansing	48	40:04	12:54
16	264	Sandra Atherton	Dewitt	49	41:11	13:16
17	265	Gina Lago	Dewitt	49	41:11	13:16
18	275	Jane Hallitt	Haslett	45	45:16	14:35
19	281	Patty Klarr	Northville	49	47:46	15:23
20	295	Deb Lynn	Lansing	49	56:25	18:10

MALE AGE GROUP: 50 - 54

Place	Oal	Name	Town	Ag	Time	Pace
1	18	John Coleman	Lansing	53	20:15	6:31
2	45	Ward Kelner	Lansing	51	22:40	7:18
3	56	William Hass	Owosso	51	23:18	7:30
4	61	Randy Fielder	Brooklyn	53	23:31	7:35
5	96	Robert Dyhouse	Flushing	53	25:32	8:14
6	104	John Guzik	Livonia	54	25:58	8:22

7	108	Michael Carella	Lansing	51	26:10	8:26
8	114	Vaughn Smith	Burton	50	26:22	8:30
9	115	David Bentel	Owosso	54	26:24	8:30
10	127	Kevin Harty	Haslett	53	26:52	8:39
11	148	Roberto Araoz	Lansing	52	28:21	9:08
12	153	Luis Salas	Cass City	50	28:34	9:12
13	176	David Such	East Lansing	51	29:22	9:28
14	207	Don Dickey	Haslett	52	31:35	10:10
15	220	Hal Boyd	East Lansing	51	32:35	10:30
16	249	Tom Stanton	Lansing	52	37:21	12:02
17	253	Robert Silvey	Lansing	51	37:56	12:13

FEMALE AGE GROUP: 50 - 54

Place	Oal	Name	Town	Ag	Time	Pace
=====	===	=====	=====	==	=====	=====
1	93	Kathy Stuart	Mt Pleasant	51	25:12	8:07
2	200	Joan Rich	Saginaw	51	31:06	10:01
3	267	Marla Selson	Ann Arbor	50	41:59	13:31
4	268	Linda Cook	Okemos	53	42:29	13:41
5	271	Nancy Ulrey	Holt	50	43:05	13:53
6	280	Sandy Orlando	Mason	53	47:18	15:14
7	282	Helen Salas	Cass City	50	47:54	15:26
8	292	Rose Majors	Washington	50	52:37	16:57
9	296	Jennifer Hart	Lansing	50	56:25	18:10
10	297	Jeanie Owens	Williamston	52	57:18	18:27

MALE AGE GROUP: 55 - 59

Place	Oal	Name	Town	Ag	Time	Pace
=====	===	=====	=====	==	=====	=====
1	98	David Blough	Dexter	58	25:46	8:18
2	180	Michael Addonizio	East Lansing	56	29:29	9:30

3	193	Dale Waun	Olivet	55	29:52	9:37
4	250	Gary Terry	Corunna	57	37:45	12:10
5		Nirmala Shah	Okemos	55		

FEMALE AGE GROUP: 55 - 59

Place	Oal	Name	Town	Ag	Time	Pace
1	83	Sue Stefanski	Brighton	55	24:36	7:55
2	150	Jeanie Halladay	Ludington	55	28:29	9:11
3	189	Nancy Porter	Mt Pleasant	57	29:42	9:34
4	274	Sharon Zuzga	Williamston	56	44:25	14:18

MALE AGE GROUP: 60 - 64

Place	Oal	Name	Town	Ag	Time	Pace
1	34	Jack Carlton	Grand Ledge	62	21:36	6:58
2	55	Jake Stockton	Lake	62	23:12	7:28
3	101	David Wiener	Lansing	64	25:54	8:21
4	107	Mike Kowalski	West End	60	26:07	8:25
5	119	Byron Rogers	Howell	64	26:37	8:34
6	129	Anthony Klain	Mason	63	26:56	8:41
7	225	Andre Hansen	Fowlerville	60	32:56	10:37

FEMALE AGE GROUP: 60 - 64

Place	Oal	Name	Town	Ag	Time	Pace
1	91	Joann Lehman	Westphalia	64	25:11	8:07
2	209	Marilynn Briggs	Lansing	61	31:54	10:16
3	243	Pat Stump	Lansing	61	36:08	11:38
4	276	Margaret Schafer	Westphalia	62	45:26	14:38
5	277	Helen Schneider	Westphalia	61	45:26	14:38

6 288 Elena Keller Lansing 60 49:40 16:00

MALE AGE GROUP: 65 - 69

Place	Oal	Name	Town	Ag	Time	Pace
1	82	Jim Wilson	Mason	67	24:19	7:50
2	94	Eddie Wirgaul	Mecosta	69	25:19	8:09
3	191	Martin Wong	Charleston	68	29:46	9:35
4	228	William Townsend	Lansing	68	33:12	10:42

FEMALE AGE GROUP: 65 - 69

Place	Oal	Name	Town	Ag	Time	Pace
1	245	Sue Townsend	Lansing	66	36:48	11:51

MALE AGE GROUP: 70 - 98

Place	Oal	Name	Town	Ag	Time	Pace
1	146	Harrison Hensley	Pinckney	72	28:17	9:07
2	214	William Rude	Lansing	70	32:14	10:23

FEMALE AGE GROUP: 70 - 98

Place	Oal	Name	Town	Ag	Time	Pace
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MALE-NO-AGE-LISTED AGE GROUP: 99 - 99

Place	Oal	Name	Town	Ag	Time	Pace
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FEMALE-NO-AGE-LISTED AGE GROUP: 99 - 99

Place	Oal	Name	Town	Ag	Time	Pace
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1 212 Sarah Lesnoff Lansing 99 32:04 10:20
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