

2020 Shaker Lakes Run

Race Date

September 13, 2020

Overall Finish List**5K**

<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Gend</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>
1	Chris Hine	323	37	M	1: Overall	17:42.6	5:50/M
2	Sean Malone	168	43	M	1: 40-49	20:16.5	25:04/M
3	Michael Ruttinger	190	37	M	1: 30-39	20:48.5	35:30/M
4	Steven Strang	196	39	M	2: 30-39	21:05.3	36:23/M
5	Philip Brett	317	64	M	1: 60-69	22:10.9	26:06/M
6	Jeffrey Karp	151	36	M	3: 30-39	22:21.8	14:47/M
7	Ben Falck-Ytter	118	15	M	1: 15-19	22:25.3	16:20/M
8	Nikhil Subhas	197	15	M	2: 15-19	22:25.9	16:20/M
9	Luke Lindberg	160	42	M	2: 40-49	22:27.2	26:06/M
10	Thomas Obrock	178	43	M	3: 40-49	22:31.6	7:17/M
11	Jared Kokinos	337	23	M	1: 20-29	22:42.2	7:57/M
12	Ronan Malone	170	10	M	1: 0-14	22:42.3	26:05/M
13	Quinn Malone	169	12	M	2: 0-14	22:50.1	26:00/M
14	Jack Lembach	158	13	M	3: 0-14	23:33.0	23:59/M
15	McKenzie Thomas	345	35	F	1: Overall	23:48.2	16:00/M
16	Daniel Winings	311	35	M	4: 30-39	24:01.4	16:48/M
17	Kelsey Kempert	153	31	F	1: 30-39	24:10.9	16:07/M
18	David Williams	327	69	M	2: 60-69	24:19.2	35:07/M
19	Laura Ferenczy Eck	122	35	F	2: 30-39	24:39.9	17:21/M
20	Jerry Busser	107	48	M	4: 40-49	24:53.7	15:29/M
21	JULIA SWANSON	199	32	F	3: 30-39	25:31.1	15:45/M
22	Anita Lembach	159	43	F	1: 40-49	25:32.7	24:38/M
23	Willie Jackson	147	16	M	3: 15-19	25:33.0	24:06/M
24	Scott Bissett	104	36	M	5: 30-39	26:15.9	24:20/M
25	Christian Grostic	132	40	M	5: 40-49	26:27.5	8:39/M
26	Annette Hartzell	133	32	F	4: 30-39	26:36.0	8:41/M
27	Marlon Rucker	186	29	M	2: 20-29	26:45.5	25:20/M
28	Rob Zimmerman	316	54	M	1: 50-59	27:04.6	18:12/M
29	Alex Goetsch	129	51	M	2: 50-59	27:23.2	18:44/M
30	Elizabeth Berezovsky	103	37	F	5: 30-39	27:31.7	35:28/M
31	Chris Nguyen	177	26	M	3: 20-29	27:35.8	9:46/M
32	Michelle Scott	325	47	F	2: 40-49	27:37.6	21:49/M
33	Toni Farkas	119	48	F	3: 40-49	27:54.1	9:39/M
34	ian krouse	155	11	M	4: 0-14	28:14.0	36:31/M
35	Jason Lukz	164	45	M	6: 40-49	28:24.9	9:19/M
36	Robert Girardot	128	51	M	3: 50-59	28:25.4	9:20/M
37	Donna Goetsch	130	52	F	1: 50-59	28:31.0	19:06/M
38	David McCollum	324	64	M	3: 60-69	28:32.0	9:50/M
39	McKenzie Shelley	346	31	F	6: 30-39	28:40.4	17:35/M
40	Aiden Gindin	127	20	M	4: 20-29	28:52.1	37:14/M
41	Andrew Mayer	172	10	M	5: 0-14	28:57.0	36:31/M
42	Eric Riter	185	31	M	6: 30-39	28:58.8	28:20/M
43	Sarah Ward	308	31	F	7: 30-39	29:00.6	28:21/M
44	James Wright	328	64	M	4: 60-69	29:08.9	9:28/M
45	Myra Feldman	121	44	F	4: 40-49	29:17.4	28:29/M
46	shannon lukz	163	47	F	5: 40-49	29:18.4	9:37/M
47	Zora Kansal	150	10	F	1: 0-14	29:18.6	28:28/M

2020 Shaker Lakes Run

Race Date

September 13, 2020

Overall Finish List**5K**

<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Gend</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>
48	Talia Kansal	149	12	F	2: 0-14	29:20.1	28:30/M
49	Katie Gayner	331	26	F	1: 20-29	30:01.4	10:21/M
50	Alex Friedman	124	11	M	6: 0-14	30:08.1	36:54/M
51	Tameka Lowery	162	36	F	8: 30-39	30:20.9	38:41/M
52	Cheryl Scacheri	191	50	F	2: 50-59	30:23.6	22:43/M
53	Valentina Jenson	321	13	F	3: 0-14	30:26.2	26:21/M
54	Steve Jenson	320	49	M	7: 40-49	30:26.9	26:21/M
55	Maureen Gallagher	126	45	F	6: 40-49	30:48.1	39:15/M
56	Amanda Lathia	322	41	F	7: 40-49	30:52.8	28:04/M
57	Jan Tiedemann	301	60	F	1: 60-69	31:00.6	10:07/M
58	Michael Rusek	189	67	M	5: 60-69	31:23.1	29:26/M
59	Unknown Partic. 335	335		M	7: 0-14	31:33.0	10:48/M
60	Holly Hoffmann-Hall	141	36	F	9: 30-39	31:46.3	40:53/M
61	Jim Kowalski	154	60	M	6: 60-69	31:48.0	10:23/M
62	Aimee Hoffmann	140	31	F	10: 30-39	31:58.2	40:52/M
63	Melissa Federman	120	43	F	8: 40-49	31:59.4	23:12/M
64	Michael Schoop	192	1	M	8: 0-14	32:06.3	29:35/M
65	Sarah Mowry	173	42	F	9: 40-49	32:10.9	10:59/M
66	Ann Boughner	106	60	F	2: 60-69	32:21.6	17:09/M
67	Jeff Ehrbar	116	59	M	4: 50-59	32:24.7	29:50/M
68	Autumn Beechler Stebing	102	37	F	11: 30-39	32:38.5	41:06/M
69	Rich Cicerchi	109	73	M	1: 70-99	32:41.4	39:10/M
70	Ruchi Asher	101	32	F	12: 30-39	33:03.4	30:33/M
71	Emily Sparks	194	30	F	13: 30-39	33:10.2	30:36/M
72	Marla Sturl	329	22	F	2: 20-29	33:24.1	11:25/M
73	Kathryn Heidemann	138	42	F	10: 40-49	33:49.8	24:24/M
74	Allison Negus	176	32	F	14: 30-39	33:59.5	11:33/M
75	Elizabeth Lake	156	36	F	15: 30-39	33:59.7	11:33/M
76	Lara Richards	183	38	F	16: 30-39	34:10.7	20:38/M
77	Neelan Subhas	198	11	M	9: 0-14	34:11.1	38:28/M
78	Christina Gavetny	333	31	F	17: 30-39	35:02.0	31:12/M
79	Lisa Manzari	171	1	F	4: 0-14	36:11.6	30:53/M
80	Ezra Phillips	181	12	M	10: 0-14	36:28.0	19:37/M
81	Jamie Wood	312	46	F	11: 40-49	36:42.4	27:16/M
82	Molly Duchon	114	38	F	18: 30-39	36:42.7	27:16/M
83	Elisha Dumser	115	48	F	12: 40-49	36:53.3	14:19/M
84	Matt Grabenstein	131	49	M	8: 40-49	37:23.7	39:37/M
85	David Crampton	111	56	M	5: 50-59	37:41.3	23:11/M
86	Peter Friedman	123	60	M	7: 60-69	38:22.1	39:33/M
87	Sharon Holbrook	142	45	F	13: 40-49	38:24.8	40:40/M
88	Laura Holbrook	143	10	F	5: 0-14	38:25.4	40:39/M
89	Courtney Phillips	180	41	F	14: 40-49	38:29.5	20:16/M
90	Talya Phillips	182	7	F	6: 0-14	38:29.9	20:16/M
91	Cherle Howell	330	53	F	3: 50-59	39:29.5	28:28/M
92	Audrey Hudak	146	31	F	19: 30-39	40:00.2	32:03/M
93	Roberta Rusek	188	61	F	3: 60-69	41:16.7	32:38/M
94	MARK MUROSKI	174	66	M	8: 60-69	41:22.4	16:45/M

2020 Shaker Lakes Run

Race Date
September 13, 2020

Overall Finish List

5K

<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Gend</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>
95	Hunter Worrell	314	7	M	11: 0-14	44:16.3	25:42/M
96	Stephanie Worrell	313	39	F	20: 30-39	44:17.9	25:42/M
97	Agetha Wojno	332	48	F	15: 40-49		9:26/M
98	Henry Crampton-Hays	112	19	M	4: 15-19		10:09/M
99	Gina Kelly	152	40	F	16: 40-49		25:43/M

2020 Shaker Lakes Run

Age Group Results

5K

Race Date
September 13, 2020

Female Overall Winners

<u>Place</u>	<u>Name</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	McKenzie Thomas	35	345	15	23:48.2	16:00/M

Male Overall Winners

<u>Place</u>	<u>Name</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Chris Hine	37	323	1	17:42.6	5:50/M

2020 Shaker Lakes Run

Age Group Results

5K

Female 14 and Under

<u>Place</u>	<u>Name</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Zora Kansal	10	150	47	29:18.6	28:28/M
2	Talia Kansal	12	149	48	29:20.1	28:30/M
3	Valentina Jenson	13	321	53	30:26.2	26:21/M
4	Lisa Manzari	1	171	79	36:11.6	30:53/M
5	Laura Holbrook	10	143	88	38:25.4	40:39/M
6	Talya Phillips	7	182	90	38:29.9	20:16/M

Male 14 and Under

<u>Place</u>	<u>Name</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Ronan Malone	10	170	12	22:42.3	26:05/M
2	Quinn Malone	12	169	13	22:50.1	26:00/M
3	Jack Lembach	13	158	14	23:33.0	23:59/M
4	ian krouse	11	155	34	28:14.0	36:31/M
5	Andrew Mayer	10	172	41	28:57.0	36:31/M
6	Alex Friedman	11	124	50	30:08.1	36:54/M
7	Unknown Partic. 335		335	59	31:33.0	10:48/M
8	Michael Schoop	1	192	64	32:06.3	29:35/M
9	Neelan Subhas	11	198	77	34:11.1	38:28/M
10	Ezra Phillips	12	181	80	36:28.0	19:37/M
11	Hunter Worrell	7	314	95	44:16.3	25:42/M

Male 15 to 19

<u>Place</u>	<u>Name</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Ben Falck-Ytter	15	118	7	22:25.3	16:20/M
2	Nikhil Subhas	15	197	8	22:25.9	16:20/M
3	Willie Jackson	16	147	23	25:33.0	24:06/M
4	Henry Crampton-Hays	19	112	98		10:09/M

Female 20 to 29

<u>Place</u>	<u>Name</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Katie Gayner	26	331	49	30:01.4	10:21/M
2	Marla Sturl	22	329	72	33:24.1	11:25/M

2020 Shaker Lakes Run

Age Group Results

5K

Male 20 to 29

<u>Place</u>	<u>Name</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Jared Kokinos	23	337	11	22:42.2	7:57/M
2	Marlon Rucker	29	186	27	26:45.5	25:20/M
3	Chris Nguyen	26	177	31	27:35.8	9:46/M
4	Aiden Gindin	20	127	40	28:52.1	37:14/M

Female 30 to 39

<u>Place</u>	<u>Name</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Kelsey Kempert	31	153	17	24:10.9	16:07/M
2	Laura Ferenczy Eck	35	122	19	24:39.9	17:21/M
3	JULIA SWANSON	32	199	21	25:31.1	15:45/M
4	Annette Hartzell	32	133	26	26:36.0	8:41/M
5	Elizabeth Berezovsky	37	103	30	27:31.7	35:28/M
6	McKenzie Shelley	31	346	39	28:40.4	17:35/M
7	Sarah Ward	31	308	43	29:00.6	28:21/M
8	Tameka Lowery	36	162	51	30:20.9	38:41/M
9	Holly Hoffmann-Hall	36	141	60	31:46.3	40:53/M
10	Aimee Hoffmann	31	140	62	31:58.2	40:52/M
11	Autumn Beechler Stebing	37	102	68	32:38.5	41:06/M
12	Ruchi Asher	32	101	70	33:03.4	30:33/M
13	Emily Sparks	30	194	71	33:10.2	30:36/M
14	Allison Negus	32	176	74	33:59.5	11:33/M
15	Elizabeth Lake	36	156	75	33:59.7	11:33/M
16	Lara Richards	38	183	76	34:10.7	20:38/M
17	Christina Gavetny	31	333	78	35:02.0	31:12/M
18	Molly Duchon	38	114	82	36:42.7	27:16/M
19	Audrey Hudak	31	146	92	40:00.2	32:03/M
20	Stephanie Worrell	39	313	96	44:17.9	25:42/M

Male 30 to 39

<u>Place</u>	<u>Name</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Michael Ruttinger	37	190	3	20:48.5	35:30/M
2	Steven Strang	39	196	4	21:05.3	36:23/M
3	Jeffrey Karp	36	151	6	22:21.8	14:47/M
4	Daniel Winings	35	311	16	24:01.4	16:48/M
5	Scott Bissett	36	104	24	26:15.9	24:20/M
6	Eric Riter	31	185	42	28:58.8	28:20/M

2020 Shaker Lakes Run

Age Group Results

5K

Female 40 to 49

<u>Place</u>	<u>Name</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Anita Lembach	43	159	22	25:32.7	24:38/M
2	Michelle Scott	47	325	32	27:37.6	21:49/M
3	Toni Farkas	48	119	33	27:54.1	9:39/M
4	Myra Feldman	44	121	45	29:17.4	28:29/M
5	shannon lukz	47	163	46	29:18.4	9:37/M
6	Maureen Gallagher	45	126	55	30:48.1	39:15/M
7	Amanda Lathia	41	322	56	30:52.8	28:04/M
8	Melissa Federman	43	120	63	31:59.4	23:12/M
9	Sarah Mowry	42	173	65	32:10.9	10:59/M
10	Kathryn Heidemann	42	138	73	33:49.8	24:24/M
11	Jamie Wood	46	312	81	36:42.4	27:16/M
12	Elisha Dumser	48	115	83	36:53.3	14:19/M
13	Sharon Holbrook	45	142	87	38:24.8	40:40/M
14	Courtney Phillips	41	180	89	38:29.5	20:16/M
15	Agetha Wojno	48	332	97		9:26/M
16	Gina Kelly	40	152	99		25:43/M

Male 40 to 49

<u>Place</u>	<u>Name</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Sean Malone	43	168	2	20:16.5	25:04/M
2	Luke Lindberg	42	160	9	22:27.2	26:06/M
3	Thomas Obrock	43	178	10	22:31.6	7:17/M
4	Jerry Busser	48	107	20	24:53.7	15:29/M
5	Christian Grostic	40	132	25	26:27.5	8:39/M
6	Jason Lukz	45	164	35	28:24.9	9:19/M
7	Steve Jenson	49	320	54	30:26.9	26:21/M
8	Matt Grabenstein	49	131	84	37:23.7	39:37/M

Female 50 to 59

<u>Place</u>	<u>Name</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Donna Goetsch	52	130	37	28:31.0	19:06/M
2	Cheryl Scacheri	50	191	52	30:23.6	22:43/M
3	Cherle Howell	53	330	91	39:29.5	28:28/M

Male 50 to 59

<u>Place</u>	<u>Name</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
--------------	-------------	------------	---------------	----------------	-------------	-------------

2020 Shaker Lakes Run

Age Group Results

5K

Male 50 to 59

<u>Place</u>	<u>Name</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Rob Zimmerman	54	316	28	27:04.6	18:12/M
2	Alex Goetsch	51	129	29	27:23.2	18:44/M
3	Robert Girardot	51	128	36	28:25.4	9:20/M
4	Jeff Ehrbar	59	116	67	32:24.7	29:50/M
5	David Crampton	56	111	85	37:41.3	23:11/M

Female 60 to 69

<u>Place</u>	<u>Name</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Jan Tiedemann	60	301	57	31:00.6	10:07/M
2	Ann Boughner	60	106	66	32:21.6	17:09/M
3	Roberta Rusek	61	188	93	41:16.7	32:38/M

Male 60 to 69

<u>Place</u>	<u>Name</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Philip Brett	64	317	5	22:10.9	26:06/M
2	David Williams	69	327	18	24:19.2	35:07/M
3	David McCollum	64	324	38	28:32.0	9:50/M
4	James Wright	64	328	44	29:08.9	9:28/M
5	Michael Rusek	67	189	58	31:23.1	29:26/M
6	Jim Kowalski	60	154	61	31:48.0	10:23/M
7	Peter Friedman	60	123	86	38:22.1	39:33/M
8	MARK MUROSKI	66	174	94	41:22.4	16:45/M

Male 70 and Over

<u>Place</u>	<u>Name</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Rich Cicerchi	73	109	69	32:41.4	39:10/M