

Focus on Fitness 5K

Saturday, July 14, 2018

Timing provided by Miller Race Management www.race-mrm.com

5K Age Group Results for Male 9 and Under based on Chip Elapsed time

| Position | Bib | Name | Finish | Pace | Chip Finish | Age | Gender |
|----------|-----|------------------|-------------|-------|-------------|-----|--------|
| 1 | 841 | JOSEPH GEIGER | 24:10.835 | 7:48 | 24:05.727 | 8 | M |
| 2 | 8 | COLIN KARG | 37:58.796 | 12:15 | 37:50.871 | 8 | M |
| 3 | 102 | THADDEUS SCHMITZ | 40:55.929 | 13:12 | 40:29.294 | 7 | M |
| 4 | 66 | KIPTYN SHERMAN | 40:47.795 | 13:09 | 40:31.948 | 7 | M |
| 5 | 49 | FINDLAY RAMSEY | 43:57.221 | 14:11 | 43:43.983 | 8 | M |
| 6 | 121 | BRYCE LOGAN | 46:46.725 | 15:05 | 46:37.428 | 9 | M |
| 7 | 119 | BLAKE LOGAN | 48:53.989 | 15:46 | 48:44.432 | 6 | M |
| 8 | 37 | COLIN NICKRAND | 1:02:03.148 | 20:01 | 1:02:03.148 | 8 | M |

5K Age Group Results for Female 9 and Under based on Chip Elapsed time

| Position | Bib | Name | Finish | Pace | Chip Finish | Age | Gender |
|----------|-----|------------------|-------------|-------|-------------|-----|--------|
| 1 | 18 | KADEY LONDON | 30:43.304 | 9:55 | 29:52.532 | 8 | F |
| 2 | 22 | ASHLEY MAZURE | 44:20.666 | 14:18 | 43:48.901 | 9 | F |
| 3 | 65 | ISABELLA SHERMAN | 45:49.680 | 14:47 | 45:25.069 | 8 | F |
| 4 | 118 | LYDIA MATHES | 1:04:13.124 | 20:43 | 1:03:27.569 | 6 | F |

5K Age Group Results for Male 10-14 based on Chip Elapsed time

| Position | Bib | Name | Finish | Pace | Chip Finish | Age | Gender |
|----------|-----|------------------|-----------|-------|-------------|-----|--------|
| 1 | 842 | MATTHEW GEIGER | 23:08.841 | 7:28 | 23:03.370 | 10 | M |
| 2 | 4 | DILLAN JOHNS | 24:51.560 | 8:01 | 24:44.361 | 12 | M |
| 3 | 7 | BRODY KARG | 25:27.722 | 8:13 | 25:20.275 | 10 | M |
| 4 | 30 | WADE MESSING | 26:31.059 | 8:33 | 26:25.553 | 12 | M |
| 5 | 91 | THOMAS SHULTZ | 27:02.943 | 8:43 | 26:57.883 | 11 | M |
| 6 | 50 | MASON RAMSEY | 27:20.712 | 8:49 | 27:07.984 | 11 | M |
| 7 | 62 | WYATT SCHUMACHER | 31:31.064 | 10:10 | 31:23.614 | 10 | M |
| 8 | 38 | DREW NICKRAND | 32:43.964 | 10:33 | 32:31.817 | 10 | M |

5K Age Group Results for Female 10-14 based on Chip Elapsed time

| Position | Bib | Name | Finish | Pace | Chip Finish | Age | Gender |
|----------|-----|-----------------|-------------|-------|-------------|-----|--------|
| 1 | 86 | MORGAN FARMER | 23:18.093 | 7:31 | 23:13.429 | 10 | F |
| 2 | 89 | KARA CUMMINGS | 26:14.038 | 8:28 | 26:05.891 | 14 | F |
| 3 | 116 | LORYN NOWISKI | 30:10.918 | 9:44 | 30:02.262 | 10 | F |
| 4 | 17 | ALLIE LONDON | 32:15.749 | 10:24 | 32:03.839 | 12 | F |
| 5 | 60 | LEAH SCHUMACHER | 32:25.796 | 10:27 | 32:17.751 | 11 | F |
| 6 | 19 | KILEY LONDON | 33:03.065 | 10:40 | 32:51.164 | 10 | F |
| 7 | 20 | LAYNE LONDON | 33:03.838 | 10:40 | 32:52.104 | 14 | F |
| 8 | 838 | AUBREY GEIGER | 34:18.925 | 11:04 | 34:07.370 | 12 | F |
| 9 | 23 | HEATHER MAZURE | 44:14.051 | 14:16 | 43:41.676 | 12 | F |
| 10 | 36 | AVERY NICKRAND | 1:02:03.315 | 20:01 | 1:01:14.134 | 11 | F |
| 11 | 25 | AVERY MCQUEEN | 1:04:13.401 | 20:43 | 1:03:27.664 | 10 | F |

5K Age Group Results for Male 15-17 based on Chip Elapsed time

| Position | Bib | Name | Finish | Pace | Chip Finish | Age | Gender |
|----------|-----|----------------|-----------|-------|-------------|-----|--------|
| 1 | 93 | JENSEN EMERICK | 19:20.430 | 6:14 | 19:13.747 | 15 | M |
| 2 | 85 | HUGH WALKER | 20:40.723 | 6:40 | 20:34.067 | 15 | M |
| 3 | 848 | KURTIS HANSON | 41:20.214 | 13:20 | 40:48.302 | 17 | M |

5K Age Group Results for Female 15-17 based on Chip Elapsed time

| Position | Bib | Name | Finish | Pace | Chip Finish | Age | Gender |
|----------|-----|-----------------|-----------|-------|-------------|-----|--------|
| 1 | 94 | JELENA PRESCOTT | 20:30.594 | 6:37 | 20:23.604 | 16 | F |
| 2 | 105 | EMMA WODWASKI | 23:25.247 | 7:33 | 23:20.444 | 15 | F |
| 3 | 90 | CASSIDY STAPLE | 24:57.711 | 8:03 | 24:52.877 | 17 | F |
| 4 | 53 | MAKAYLA ROBERTS | 30:13.962 | 9:45 | 30:02.993 | 16 | F |
| 5 | 68 | KRISTEN STEIN | 31:02.352 | 10:01 | 30:51.629 | 16 | F |
| 6 | 14 | JORDYN LEMANSKI | 33:03.827 | 10:40 | 32:58.817 | 15 | F |
| 7 | 819 | ARIKA BOOMS | 34:21.352 | 11:05 | 33:45.306 | 15 | F |
| 8 | 818 | ANDREA BOOMS | 34:20.947 | 11:05 | 33:46.207 | 15 | F |

5K Age Group Results for Male 18-30 based on Chip Elapsed time

| Position | Bib | Name | Finish | Pace | Chip Finish | Age | Gender |
|----------|-----|-----------------|-----------|-------|-------------|-----|--------|
| 1 | 114 | CODY BROWN | 21:46.318 | 7:01 | 21:41.714 | 18 | M |
| 2 | 82 | JULIAN TENERIFE | 22:55.846 | 7:24 | 22:51.750 | 18 | M |
| 3 | 76 | ERIC BISCHER | 27:23.531 | 8:50 | 27:12.510 | 27 | M |
| 4 | 844 | KALEB GRAPP | 38:36.282 | 12:27 | 38:13.348 | 29 | M |

5K Age Group Results for Female 18-30 based on Chip Elapsed time

| Position | Bib | Name | Finish | Pace | Chip Finish | Age | Gender |
|----------|-----|---------------------|-------------|-------|-------------|-----|--------|
| 1 | 845 | ALLISON GUITAR | 25:03.552 | 8:05 | 24:55.602 | 23 | F |
| 2 | 1 | EMILY ANNE HENTSCHL | 25:34.903 | 8:15 | 25:30.726 | 18 | F |
| 3 | 79 | MELISSA ERDMAN | 29:42.767 | 9:35 | 29:25.511 | 29 | F |
| 4 | 78 | ALICIA BURKHARD | 29:43.067 | 9:35 | 29:25.676 | 26 | F |
| 5 | 84 | BRIANNA COOK | 30:57.091 | 9:59 | 30:40.455 | 30 | F |
| 6 | 828 | WHITNEY COOK | 30:58.916 | 9:59 | 30:41.831 | 27 | F |
| 7 | 843 | ASHLEY GRAPP | 32:37.560 | 10:31 | 32:16.081 | 30 | F |
| 8 | 834 | SHANNON EFIRD | 34:11.007 | 11:02 | 33:35.784 | 20 | F |
| 9 | 52 | LINDSEY ROBERTS | 34:33.592 | 11:09 | 33:59.168 | 29 | F |
| 10 | 849 | TAYLOR HANSON | 43:01.306 | 13:53 | 42:32.268 | 20 | F |
| 11 | 70 | JANELLE VOLMERING | 43:03.718 | 13:53 | 42:34.692 | 22 | F |
| 12 | 108 | KRISTIE JURGESS | 47:00.501 | 15:10 | 46:37.161 | 30 | F |
| 13 | 833 | TAYLER DIEHL | 52:07.645 | 16:49 | 51:27.599 | 20 | F |
| 14 | 826 | AMANDA COOK | 58:12.126 | 18:46 | 57:25.522 | 30 | F |
| 15 | 816 | MEAGAN BISCHER | 58:24.918 | 18:50 | 57:38.302 | 24 | F |
| 16 | 67 | ALEXANDREA SIEMEN | 1:07:17.640 | 21:42 | 1:06:33.173 | 26 | F |
| 17 | 73 | MEGAN WEHNER | 1:10:09.405 | 22:38 | 1:09:11.676 | 19 | F |
| 18 | 77 | KIMBERLY BISCHER | 1:10:09.371 | 22:38 | 1:09:16.095 | 27 | F |

5K Age Group Results for Male 31-40 based on Chip Elapsed time

| Position | Bib | Name | Finish | Pace | Chip Finish | Age | Gender |
|----------|-----|-----------------|-----------|------|-------------|-----|--------|
| 1 | 113 | DEREK VOLMERING | 20:13.046 | 6:31 | 20:07.266 | 32 | M |
| 2 | 122 | CHRIS MAUSOLF | 23:29.413 | 7:35 | 23:15.057 | 32 | M |

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|---|-----|-----------------|-----------|-------|-----------|----|---|
| 3 | 126 | WILL WOODWARD | 28:53.017 | 9:19 | 28:43.645 | 39 | M |
| 4 | 11 | RYAN KIRSCH | 31:14.958 | 10:05 | 30:58.935 | 38 | M |
| 5 | 43 | BRIAN NOWISKI | 33:43.152 | 10:53 | 32:50.557 | 40 | M |
| 6 | 40 | JUSTIN NICKRAND | 35:14.685 | 11:22 | 35:01.369 | 40 | M |
| 7 | 63 | ANDREW SHERMAN | 40:47.952 | 13:09 | 40:32.753 | 39 | M |

5K Age Group Results for Female 31-40 based on Chip Elapsed time

| Position | Bib | Name | Finish | Pace | Chip Finish | Age | Gender |
|----------|-----|------------------|-------------|-------|-------------|-----|--------|
| 1 | 115 | ANGIE NOWISKI | 21:18.897 | 6:52 | 21:10.238 | 40 | F |
| 2 | 87 | JULIE GARCIA | 26:20.696 | 8:30 | 25:55.276 | 32 | F |
| 3 | 28 | KELLI MESSING | 26:24.931 | 8:31 | 26:14.673 | 31 | F |
| 4 | 64 | CARI SHERMAN | 27:07.147 | 8:45 | 26:51.694 | 34 | F |
| 5 | 13 | JESSICA LEMANSKI | 27:02.792 | 8:43 | 26:56.729 | 39 | F |
| 6 | 97 | CAROLYN KIRSCH | 27:47.442 | 8:58 | 27:33.234 | 31 | F |
| 7 | 47 | JAMIE PFEFFER | 29:35.755 | 9:33 | 29:25.855 | 36 | F |
| 8 | 125 | RACHEL WOODWARD | 29:43.858 | 9:35 | 29:34.590 | 36 | F |
| 9 | 820 | ERICA BRAUN | 32:45.456 | 10:34 | 32:25.339 | 37 | F |
| 10 | 9 | ERICA KARG | 38:08.319 | 12:18 | 37:50.648 | 38 | F |
| 11 | 101 | KRISTYN SCHMITZ | 40:56.428 | 13:12 | 40:30.734 | 32 | F |
| 12 | 111 | THERESA HESSLING | 41:24.201 | 13:21 | 40:56.947 | 37 | F |
| 13 | 840 | DENISE GEIGER | 41:53.472 | 13:31 | 41:15.514 | 40 | F |
| 14 | 51 | STACY RAMSEY | 43:57.393 | 14:11 | 43:45.073 | 34 | F |
| 15 | 3 | JESSICA JEWELL | 45:29.173 | 14:40 | 44:47.256 | 39 | F |
| 16 | 24 | JENNIFER MAZURE | 47:11.868 | 15:13 | 46:39.793 | 34 | F |
| 17 | 120 | CARRIE LOGAN | 48:55.948 | 15:47 | 48:45.818 | 38 | F |
| 18 | 32 | KIM MUSOLFF | 52:00.144 | 16:46 | 51:20.893 | 39 | F |
| 19 | 42 | TAMI NICKRAND | 1:02:13.994 | 20:04 | 1:01:22.289 | 38 | F |
| 20 | 41 | KIM NICKRAND | 1:02:13.852 | 20:04 | 1:01:24.148 | 39 | F |

5K Age Group Results for Male 41-50 based on Chip Elapsed time

| Position | Bib | Name | Finish | Pace | Chip Finish | Age | Gender |
|----------|-----|-----------------|-------------|-------|-------------|-----|--------|
| 1 | 850 | JIM HAVILAND | 21:24.328 | 6:54 | 21:17.908 | 45 | M |
| 2 | 80 | ERIC CLARK | 22:07.425 | 7:08 | 22:01.695 | 42 | M |
| 3 | 15 | RONALD LEMANSKI | 23:09.295 | 7:28 | 23:03.876 | 49 | M |
| 4 | 822 | JEFF CHASTAIN | 23:35.560 | 7:36 | 23:24.769 | 48 | M |
| 5 | 96 | MARK PRESCOTT | 23:54.007 | 7:43 | 23:46.090 | 49 | M |
| 6 | 107 | CHAD SELEY | 24:06.311 | 7:46 | 23:59.991 | 50 | M |
| 7 | 104 | JOHN WODWASKI | 24:19.697 | 7:51 | 24:06.859 | 49 | M |
| 8 | 831 | KURT DEKOSKI | 34:17.366 | 11:04 | 33:50.130 | 45 | M |
| 9 | 109 | SCOTT MESSING | 46:59.856 | 15:09 | 46:21.000 | 47 | M |
| 10 | 39 | JESSE NICKRAND | 1:02:04.114 | 20:01 | 1:01:14.868 | 41 | M |

5K Age Group Results for Female 41-50 based on Chip Elapsed time

| Position | Bib | Name | Finish | Pace | Chip Finish | Age | Gender |
|----------|-----|------------------|-----------|-------|-------------|-----|--------|
| 1 | 100 | LEAH FITZPATRICK | 22:03.837 | 7:07 | 21:57.175 | 41 | F |
| 2 | 106 | JULIE SELEY | 26:15.699 | 8:28 | 26:09.675 | 45 | F |
| 3 | 27 | BRENDA MESSING | 33:19.050 | 10:45 | 33:08.097 | 42 | F |
| 4 | 830 | CARRIE DEKOSKI | 34:17.193 | 11:04 | 33:50.567 | 43 | F |
| 5 | 103 | NADINE WODWASKI | 41:39.924 | 13:26 | 41:06.760 | 47 | F |

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|----|-----|-------------------|-------------|-------|-------------|----|---|
| 6 | 821 | MELODY BURTON | 41:52.356 | 13:30 | 41:40.415 | 42 | F |
| 7 | 29 | TAMMY MESSING | 46:02.428 | 14:51 | 45:24.340 | 44 | F |
| 8 | 839 | CHERYL GEIGER | 47:25.265 | 15:18 | 46:53.552 | 43 | F |
| 9 | 847 | CARRIE HANSON | 47:25.255 | 15:18 | 46:54.440 | 46 | F |
| 10 | 83 | JOYLYN FALES | 48:00.946 | 15:29 | 47:20.304 | 49 | F |
| 11 | 824 | DEANN CLARK | 48:33.931 | 15:40 | 48:04.586 | 45 | F |
| 12 | 12 | HEATHER KOWALESKI | 51:59.954 | 16:46 | 51:19.925 | 45 | F |
| 13 | 44 | SHANNON NOWISKI | 56:05.739 | 18:05 | 55:12.440 | 41 | F |
| 14 | 71 | TINA WEBBER | 58:27.229 | 18:51 | 57:57.691 | 45 | F |
| 15 | 10 | ANDREA KELAVA | 1:01:49.674 | 19:56 | 1:01:06.071 | 48 | F |
| 16 | 26 | ROSEANNE MCQUEEN | 1:04:16.594 | 20:44 | 1:03:30.178 | 43 | F |

5K Age Group Results for Male 51-60 based on Chip Elapsed time

| Position | Bib | Name | Finish | Pace | Chip Finish | Age | Gender |
|----------|-----|------------------|-----------|-------|-------------|-----|--------|
| 1 | 2 | NEAL J. HENTSCHL | 44:29.722 | 14:21 | 44:03.286 | 59 | M |

5K Age Group Results for Female 51-60 based on Chip Elapsed time

| Position | Bib | Name | Finish | Pace | Chip Finish | Age | Gender |
|----------|-----|-------------------|-------------|-------|-------------|-----|--------|
| 1 | 112 | ELLYNNE VOLMERING | 24:09.403 | 7:47 | 24:02.080 | 55 | F |
| 2 | 45 | CINDY OPARKA | 25:48.696 | 8:19 | 25:40.187 | 56 | F |
| 3 | 95 | MARIA PRESCOTT | 27:49.868 | 8:58 | 27:42.685 | 51 | F |
| 4 | 117 | CATHY COOK | 34:15.739 | 11:03 | 33:56.726 | 58 | F |
| 5 | 98 | DEB WRUBLE | 39:46.767 | 12:50 | 39:28.891 | 60 | F |
| 6 | 88 | DEBBIE BROWN | 42:02.476 | 13:34 | 41:38.374 | 60 | F |
| 7 | 110 | DEB HESSLING | 42:08.568 | 13:35 | 41:40.551 | 57 | F |
| 8 | 813 | DONNA AFFER | 44:29.800 | 14:21 | 44:03.080 | 57 | F |
| 9 | 54 | SUSAN ROCHEFORT | 45:28.920 | 14:40 | 44:46.104 | 52 | F |
| 10 | 123 | PAULA ZICHI | 46:02.027 | 14:51 | 45:28.095 | 58 | F |
| 11 | 6 | RENEE KANN | 47:00.339 | 15:10 | 46:34.322 | 60 | F |
| 12 | 21 | RACHELLE MAUSOLF | 47:00.312 | 15:10 | 46:35.781 | 56 | F |
| 13 | 832 | KAREN DIEHL | 52:07.623 | 16:49 | 51:26.861 | 56 | F |
| 14 | 124 | TRACY BISCHER | 58:09.713 | 18:45 | 57:22.602 | 53 | F |
| 15 | 16 | CONNIE LERMONT | 1:00:25.674 | 19:29 | 59:44.773 | 60 | F |
| 16 | 815 | AIDA BISCHER | 1:00:26.040 | 19:30 | 59:45.145 | 55 | F |
| 17 | 74 | LORENE WESSELS | 1:07:17.171 | 21:42 | 1:06:33.134 | 57 | F |
| 18 | 817 | KRISTIN BOLMAN | 1:08:52.071 | 22:13 | 1:08:20.761 | 59 | F |
| 19 | 56 | JOAN ROGGENBUCK | 1:12:35.746 | 23:25 | 1:11:42.116 | 55 | F |
| 20 | 72 | JILL WEHNER | 1:12:59.101 | 23:33 | 1:12:02.062 | 51 | F |

5K Age Group Results for Male 61 and Over based on Chip Elapsed time

| Position | Bib | Name | Finish | Pace | Chip Finish | Age | Gender |
|----------|-----|-------------------|-------------|-------|-------------|-----|--------|
| 1 | 823 | NORM CHASTAIN | 30:40.631 | 9:54 | 30:30.146 | 72 | M |
| 2 | 99 | RON WRUBLE | 39:46.436 | 12:50 | 39:28.482 | 61 | M |
| 3 | 837 | JON FRAYTIER | 51:31.143 | 16:37 | 50:55.960 | 77 | M |
| 4 | 835 | DAVID ESSENMACHER | 52:20.218 | 16:53 | 51:43.616 | 69 | M |
| 5 | 92 | KEN LIBBY | 54:47.550 | 17:40 | 54:47.550 | 67 | M |
| 6 | 58 | ROBERT ROGGENBUCK | 1:12:59.512 | 23:33 | 1:12:04.048 | 84 | M |
| 7 | 46 | JOE PAULEY | 1:20:00.000 | 25:48 | 1:20:00.000 | 86 | M |

5K Age Group Results for Female 61 and Over based on Chip Elapsed time

| Position | Bib | Name | Finish | Pace | Chip Finish | Age | Gender |
|----------|-----|-------------------|-------------|-------|-------------|-----|--------|
| 1 | 61 | LINDA SCHUMACHER | 44:47.826 | 14:27 | 44:19.540 | 65 | F |
| 2 | 836 | LOIS ESSENMACHER | 45:26.946 | 14:39 | 44:51.574 | 66 | F |
| 3 | 48 | ARLENE RAMSEY | 46:01.847 | 14:51 | 45:31.925 | 65 | F |
| 4 | 829 | KAREN DALLAS | 47:55.100 | 15:27 | 47:26.639 | 61 | F |
| 5 | 55 | DIANA ROGGENBUCK | 52:07.387 | 16:49 | 51:26.293 | 61 | F |
| 6 | 81 | JEANETTE GINTHER | 57:20.015 | 18:30 | 56:43.418 | 71 | F |
| 7 | 825 | ROXANNE CLARK | 58:35.459 | 18:54 | 57:47.408 | 62 | F |
| 8 | 59 | DEBORAH RUTKOWSKE | 58:35.622 | 18:54 | 57:47.975 | 66 | F |
| 9 | 75 | JOYCE WINKEL | 59:03.468 | 19:03 | 58:25.664 | 72 | F |
| 10 | 127 | JANET LEBEAU | 1:03:05.700 | 20:21 | 1:02:23.614 | 74 | F |
| 11 | 57 | MAGGIE ROGGENBUCK | 1:07:17.733 | 21:42 | 1:06:31.560 | 66 | F |
| 12 | 814 | PAT BANKER | 1:08:52.399 | 22:13 | 1:08:21.140 | 74 | F |