

Race Date
May 01, 2016

OLMSTED FALLS SPIRIT RUN - 5K AND 2 MILE

Age Group Results

5K RUN

Female TOP 5K FINISHERS 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	Sarah Makari	Olmsted Falls OH	17	55	10	20:31.4	6:37/M

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Age Group Results

5K RUN

FEMALE 10 & 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 *	Hayden Hess	OLMSTED FALLS OH	9	41	88	30:39.9	9:53/M
2 *	Aleksandra Stecklow	Olmsted Township OH	8	96	95	31:17.7	10:05/M
3 *	Alaina Pasiak	olmsted township OH	6	70	121	37:15.5	12:01/M
4	Molly Kramer	OLMSTED FALLS OH	9	49	124	37:38.4	12:08/M
5	Bell Nakoneczny	Olmsted Falls OH	8	63	136	41:20.6	13:20/M

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 *	Madison Sobieski	Olmsted Township OH	14	92	38	24:19.9	7:51/M
2 *	Rachel Henderson	olmsted falls OH	12	38	58	27:20.3	8:49/M
3 *	Olivia Heinrich	Columbia Station OH	12	36	97	31:29.0	10:09/M
4	Mackenzie Juntunen	NORTH RIDGEVILLE	12	47	99	31:37.1	10:12/M
5	Laney Ventimiglia	OLMSTED FALLS OH	14	109	102	32:19.9	10:25/M
6	Mallorie Norton	Olmsted Township OH	13	67	112	33:49.0	10:55/M
7	Grace O'Malley	Olmsted Falls OH	14	68	113	33:52.9	10:55/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 *	Liz Neudeck	Olmsted Township OH	19	122	21	22:52.2	7:23/M
2 *	Alexis Phillips	Olmsted Twp. OH	19	73	43	25:31.8	8:14/M
3 *	Kellie Garrity	Olmsted Falls OH	17	134	44	25:32.0	8:14/M
4	Sydney Van Scoy	OLMSTED FALLS OH	16	108	56	27:12.0	8:46/M
5	Abby Simon	Olmsted Falls OH	16	88	87	30:33.6	9:51/M
6	Hallie Vavrus		19	205	133	39:37.9	12:47/M

FEMALE 20 to 24

<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 *	Brianna Eucker	Olmsted Falls OH	24	20	115	34:22.3	11:05/M

FEMALE 25 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 *	Rachele Strycharz	ELYRIA OH	28	100	57	27:17.1	8:48/M
2 *	Marie Schmidt	Olmsted Falls OH	29	82	93	31:02.9	10:01/M
3 *	Shelley Wyzynski	NORTH OLMSTED OH	27	115	118	34:42.0	11:12/M

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FEMALE 25 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>
4	Haley Benn	Columbia Station OH	27	8	120	36:36.4	11:48/M

FEMALE 30 to 34

<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 *	Alicia Graham	OLMSTED FALLS OH	31	30	51	26:51.1	8:40/M
2 *	Erin Watson	North Ridgeville OH	31	112	65	28:10.7	9:05/M
3 *	Kristen Gaba	Olmsted Township OH	33	131	69	28:43.5	9:16/M
4	Megan Mitchell	OLMSTED FALLS OH	30	61	108	33:05.8	10:40/M
5	Kimberly Arth	Olmsted Township OH	33	3	123	37:23.6	12:04/M

FEMALE 35 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 *	Jaime Dix	Olmsted Falls OH	36	139	26	23:53.1	7:42/M
2 *	Dawn Frazier	Olmsted Township OH	37	23	48	26:13.2	8:27/M
3 *	Katie Mendeluk	North royalton OH	36	59	83	29:59.0	9:40/M
4	Rebecca Atkins	Olmsted Township OH	36	4	117	34:27.2	11:07/M
5	Katie Connell	olmsted township OH	38	14	122	37:16.6	12:01/M
6	Therese Lynch	Olmsted Falls OH	38	53	129	39:00.9	12:35/M

FEMALE 40 to 44

<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 *	Kristen Sobieski	Olmsted Township OH	42	91	72	28:52.3	9:19/M
2 *	Cathy Hess	OLMSTED FALLS OH	41	42	89	30:40.6	9:54/M
3 *	Kelly Atkins	Olmsted Township OH	44	5	96	31:26.2	10:08/M
4	Ayden Loos	Olmsted Falls OH	42	137	126	37:56.0	12:14/M
5	Jenny Loos	Olmsted Falls OH	42	138	127	37:56.8	12:14/M
6	Pam Ventimiglia	OLMSTED FALLS OH	44	110	128	38:18.6	12:21/M
7	Becky Sowers	OLMSTED FALLS OH	41	95	130	39:04.8	12:36/M
8	Sara Lutz	Olmsted Falls OH	41	52	132	39:29.2	12:44/M

FEMALE 45 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 *	Lynne White	Olmsted Falls OH	46	113	22	23:01.1	7:25/M
2 *	Tricia Strohmenger	Olmsted Falls OH	45	126	66	28:20.3	9:08/M

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Age Group Results

5K RUN

FEMALE 45 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>
3 *	Brenda Rabbitt	OLMSTED FALLS OH	49	79	84	30:00.1	9:41/M
4	Michelle Neudeck	Olmsted Township OH	47	65	98	31:34.0	10:11/M
5	jeanette ladina	olmsted falls OH	47	51	100	31:38.6	10:12/M
6	Carmen Glassco	Olmsted Township OH	46	143	101	31:44.9	10:14/M
7	JULIE PARTIN	Olmsted Township OH	47	136	111	33:35.9	10:50/M
8	Michelle Christian	NORTH RIDGEVILLE	49	12	135	40:22.9	13:01/M

FEMALE 50 to 54

<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 *	Joyce Stout	Strongsville OH	53	98	40	24:34.4	7:55/M
2 *	DEBBIE WALKER	North Ridgeville OH	52	124	45	25:57.0	8:22/M
3 *	Ellie Dregella	Olmsted Falls OH	50	127	70	28:43.9	9:16/M
4	Jeannie Hawkins	OLMSTED FALLS OH	54	35	74	28:57.0	9:20/M
5	Mary Shafer	Olmsted Falls OH	54	86	76	29:24.5	9:29/M
6	Mickey Mencin	Olmsted Falls OH	54	140	110	33:27.6	10:47/M

FEMALE 55 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 *	Maureen Sandrey-Ortiz	Olmsted Twp. OH	58	119	104	32:28.5	10:28/M
2 *	Pat Binggeli	OLMSTED FALLS OH	57	9	138	44:01.6	14:12/M

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5K RUN

Male TOP 5K FINISHERS 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	Justin Bail	Olmsted Falls OH	34	132	1	18:02.2	5:49/M

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5K RUN

MALE 10 & UNDER

Place	Name	City	Age	Bib No	Overall	Time	Pace
1 *	Jack Phillips	Elyria OH	9	74	33	24:04.9	7:46/M
2 *	Ryan Henderson	OLMSTED FALLS OH	8	39	55	27:09.0	8:45/M
3 *	Jackson Stump	OLMSTED FALLS OH	9	102	60	27:45.1	8:57/M
4	Ben Frazier	Olmsted Township OH	9	24	63	28:03.1	9:03/M
5	Chad Theriot	Olmsted Falls OH	10	106	105	32:45.0	10:34/M
6	Andrew Norton	Olmsted Township OH	8	142	106	32:51.9	10:36/M
7	Luke Ventimiglia	OLMSTED FALLS OH	10	111	134	40:20.1	13:01/M

MALE 11 to 14

Place	Name	City	Age	Bib No	Overall	Time	Pace
1 *	Aiden Fox	North Olmsted OH	12	146	12	20:49.9	6:43/M
2 *	Logan Kaschek	Olmsted Falls OH	13	120	18	21:46.3	7:01/M
3 *	Ethan Purdy	Olmsted Falls OH	13	76	24	23:23.4	7:33/M
4	Andrew Schroth	OLMSTED FALLS OH	13	85	35	24:14.6	7:49/M
5	ethan csuri	olmsted falls OH	14	17	37	24:18.8	7:50/M
6	Noah Sobieski	Olmsted Township OH	11	94	39	24:30.5	7:54/M
7	Noah Voelker	Olmsted Falls OH	12	144	42	25:25.9	8:12/M
8	Alex Ade	Olmsted Township OH	14	1	52	26:59.8	8:42/M
9	Justin Andrews	Olmsted Falls OH	14	2	59	27:38.7	8:55/M
10	Blake Theriot	Olmsted Falls OH	11	107	71	28:45.6	9:16/M
11	Matthew Hall	Olmsted Falls OH	13	34	92	31:02.2	10:01/M

MALE 15 to 19

Place	Name	City	Age	Bib No	Overall	Time	Pace
1 *	Andrew Gluvna	Olmsted Twp OH	15	27	5	19:47.7	6:23/M
2 *	Collin Cook	OLMSTED FALLS OH	15	15	6	20:06.7	6:29/M
3 *	Griffin Purdy	Olmsted Falls OH	15	77	9	20:28.5	6:36/M
4	Tyler Bowman	OLMSTED FALLS OH	19	11	15	21:12.7	6:50/M
5	Joseph Holmes	OLMSTED FALLS OH	18	44	27	23:56.3	7:43/M

MALE 20 to 24

Place	Name	City	Age	Bib No	Overall	Time	Pace
1 *	Don Henderson III	North Ridgeville OH	22	125	2	18:32.6	5:59/M
2 *	Hayden Jones	OLMSTED FALLS OH	24	46	8	20:25.1	6:35/M
3 *	Connor Gluvna	Olmsted twp OH	22	28	75	28:59.1	9:21/M
4	Daniel Zillich	Lakewood OH	22	116	85	30:05.7	9:42/M

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MALE 20 to 24

<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>
5	Chris Sustersic	Olmsted Falls OH	24	130	139	47:55.0	15:27/M

MALE 25 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 Township OH	26	90	4	19:22.6	6:15/M
2 *	Michael Mitchell	OLMSTED FALLS OH	28	62	11	20:42.1	6:41/M
3 *	Thomas McKenzie	NORTH OLMSTED OH	27	58	16	21:18.1	6:52/M
4	Adam Rockhold	Avon Lake OH	29	129	34	24:07.6	7:47/M

MALE 30 to 34

<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 *	Jordan Eaton	Berea OH	32	18	3	18:37.6	6:00/M
2 *	Nick Stefanko	Berea OH	32	97	14	21:03.4	6:47/M
3 *	Jake Schober	North Ridgeville OH	32	84	46	26:08.9	8:26/M
4	Michael Graham	OLMSTED FALLS OH	32	31	54	27:06.9	8:45/M
5	Michael Prather		33	117	73	28:52.5	9:19/M

MALE 35 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 *	Mathew Uber	Olmsted Falls OH	39	121	23	23:12.5	7:29/M
2 *	Jim Swislocki	Rocky River OH	38	105	25	23:33.0	7:36/M
3 *	Robert Sharp	Olmsted Falls OH	39	87	30	23:59.9	7:44/M
4	Joe Swislocki	Bay Village OH	36	103	41	25:17.3	8:09/M
5	Jeff Mendeluk	North royalton OH	39	60	47	26:11.5	8:27/M
6	David Stump	OLMSTED FALLS OH	36	101	61	27:45.8	8:57/M
7	Kevin Atkins	Olmsted Township OH	38	6	67	28:29.4	9:11/M
8	Bryan Smith	Brookpark OH	36	123	114	34:15.7	11:03/M
9	Jimm Lynch	Olmsted Falls OH	38	54	131	39:05.8	12:36/M
10	Ronald Nakoneczny	Olmsted Falls OH	39	64	137	41:28.2	13:23/M

MALE 40 to 44

<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 *	Mike Oliver	Olmsted Township OH	44	69	19	21:54.8	7:04/M
2 *	Bryon Farber	Olmsted Township OH	41	22	29	23:58.7	7:44/M

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5K RUN

MALE 40 to 44

Place	Name	City	Age	Bib No	Overall	Time	Pace
3	* Jennifer Gaba Gaba	Olmsted Falls OH	43	26	62	27:55.0	9:00/M
4	Jason Frazier	Olmsted Township OH	40	25	64	28:07.2	9:04/M
5	Jonathan Phillips	Elyria OH	41	75	79	29:34.9	9:32/M
6	Aaron Schmidt	Olmsted Falls OH	44	83	119	36:02.3	11:37/M

MALE 45 to 49

Place	Name	City	Age	Bib No	Overall	Time	Pace
1	* jeffrey Sobieski	Olmsted Township OH	47	93	13	20:55.0	6:45/M
2	* Peter Makari	Olmsted Falls OH	47	56	17	21:41.6	7:00/M
3	* Joe Gumery	Olmsted Township OH	45	128	28	23:56.7	7:43/M
4	Ron White	Olmsted Falls OH	49	114	49	26:29.3	8:33/M
5	Joe Ventimiglia		46	118	53	27:04.9	8:44/M
6	Geoff Purdy	Olmsted Falls OH	47	78	78	29:30.9	9:31/M
7	Jim Gluvna	OH	48	29	81	29:47.5	9:36/M
8	Bryan Hall	Olmsted Falls OH	47	33	86	30:11.5	9:44/M
9	Mark Christian	NORTH RIDGEVILLE	46	13	90	30:53.7	9:58/M
10	Mark Heinrich	Columbia Station OH	47	37	103	32:26.8	10:28/M
11	robert csuri	olmsted falls OH	47	16	109	33:08.7	10:41/M
12	Dave Kramer	OLMSTED FALLS OH	48	50	125	37:39.0	12:09/M

MALE 50 to 54

Place	Name	City	Age	Bib No	Overall	Time	Pace
1	* Matthew Englehart	Olmsted Township OH	51	19	7	20:11.3	6:31/M
2	* Philip Neudeck	Olmsted Township OH	52	66	20	22:40.3	7:19/M
3	* Don Simon	Olmsted Falls OH	51	89	31	24:00.1	7:45/M
4	Rich Buchter	Olmsted Township OH	51	141	82	29:48.3	9:37/M

MALE 55 to 59

Place	Name	City	Age	Bib No	Overall	Time	Pace
1	* Bob Kretschmer	North Ridgeville OH	55	133	32	24:01.5	7:45/M
2	* Eric Johnson	Grafton OH	55	45	36	24:15.7	7:49/M
3	* Scott Grove	Olmsted Twp. OH	55	32	50	26:47.7	8:38/M
4	Don Mansfeld	Olmsted Falls OH	58	57	80	29:38.6	9:34/M
5	Jim McConville	Cleveland OH	56	145	94	31:09.5	10:03/M
6	John Hawkins	Olmsted Falls OH	55	135	107	33:02.3	10:39/M
7	Ed Eucker	Olmsted Falls OH	58	21	116	34:22.9	11:05/M

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OLMSTED FALLS SPIRIT RUN - 5K AND 2 MILE

Age Group Results

5K RUN

MALE 60 to 64

<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 *	Calvin Stout	Strongsville OH	63	99	91	30:59.6	10:00/M

MALE 65 & 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 *	John Herman	brook park OH	66	40	68	28:34.4	9:13/M
2 *	Larry Rauscheder	Olmsted Falls OH	72	80	77	29:29.7	9:31/M