

# 2011 ERIE SHORE WELLNESS 5K - AVON 5K RUN / WALK

## Age Group Results

October 02, 2011

*Results by DMC Timing Inc.*

### Overall Female OVERALL 5K FINISHERS Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Total Time</u>
1	Ann Mandel	Avon Lake OH	187	41	2	19:56.6

### Female 0 and under

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Total Time</u>
1	Dory Hedstrom	Avon Lake OH	129	0	33	28:03.9

### FEMALE 14 & UNDER

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Total Time</u>
1	Emily Goss	Avon Lake OH	123	13	77	50:12.0

### FEMALE 15 to 19

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Total Time</u>
1	Darby Solmos	Avon Lake OH	156	17	58	32:44.3

### FEMALE 20 to 24

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Total Time</u>
1	Nicole Frie	Avon Lake OH	119	22	29	27:26.8
2	Erin Novotny	Avon Lake OH	140	24	54	31:22.2
3	Kelly Fleet	Avon Lake OH	117	24	65	35:27.7

**FEMALE 25 to 29**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Total Time</u>
1	Kelly Frederick	Lorain OH	118	27	42	28:41.5
2	Sara Slaughter	Hamilton OH	155	28	47	29:55.3

**FEMALE 30 to 34**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Total Time</u>
1	Laura James	Avon Lake OH	166	31	17	25:01.0
2	Shayna Reffert	Bay Village OH	146	33	40	28:27.3
3	Andree Drzal	Cleveland OH	197	30	46	29:46.8
4	Melanie Leonard	Avon Lake OH	135	30	57	32:12.4

**FEMALE 35 to 39**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Total Time</u>
1	Meg Sherban	Avon Lake OH	177	37	16	24:59.9
2	Becky Rowe	North Ridgeville OH	147	35	21	25:46.5
3	Bettyann Huffman	AVON LAKE OH	131	39	28	27:14.7
4	Molly Berna	Avon Lake OH	104	35	31	27:59.9
5	Amy Gray	AVON LAKE OH	127	36	44	29:06.3

**FEMALE 40 to 44**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Total Time</u>
1	Robin Kane	Avon OH	132	44	12	24:32.1
2	Patti LaPorte	Avon Lake OH	179	41	19	25:35.9
3	Melissa Malley	Westlake OH	170	42	64	33:56.4

**FEMALE 45 to 49**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Total Time</u>
1	Lisa Scheer	Avon Lake OH	148	46	13	24:47.7
2	Jody Barilla	Avon Lake OH	102	45	14	24:52.0

3	Vanessa Furrer	Avon Lake OH	183	47	51	30:55.2
4	Ann Stonecipher	Avon Lake OH	159	45	52	30:55.5
5	Sheryl Keane	AVON LAKE OH	134	45	69	37:14.3
6	Susan Moses	AVON LAKE OH	138	45	70	37:14.7
7	Laura Goss	Avon Lake OH	124	46	76	50:12.0
8	Colleen Blalock	Avon Lake OH	107	48	79	52:54.0

### FEMALE 50 to 54

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Total Time</u>
1	Celeste Frie	Avon Lake OH	120	50	37	28:14.6
2	Shelly Nahrstedt	Avon Lake OH	139	50	63	33:56.0
3	Mary Fleet	Avon Lake OH	116	52	67	36:22.2
4	Mary Berner	Avon Lake OH	106	53	75	47:43.0
5	Cheryl Lucas	Avon Lake OH	136	51	78	52:53.0

### FEMALE 55 to 59

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Total Time</u>
1	Jane Sheard	Avon Lake OH	151	55	48	30:12.3
2	Karen Stross	Cleveland OH	160	57	49	30:21.6
3	Nancy Blankenship	Avon Lake OH	108	56	80	52:56.0
4	Chris Schumann	AVON LAKE OH	150	58	81	53:26.0

### FEMALE 65 to 69

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Total Time</u>
1	Jeanne Sikorski	North Ridgeville OH	152	66	50	30:31.4

### FEMALE 70 & OVER

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Total Time</u>
1	Marilyn Olsen	North Olmsted OH	142	76	53	31:03.5

## Overall Male OVERALL 5K FINISHERS Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Total Time</u>
1	Kyle Komer	North Royalton OH	172	24	1	15:57.5

### Male 0 and under

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Total Time</u>
1	Bandit Number 9001		9001		11	24:29.2
2	Bandit Number 9991		9991		32	28:03.3
3	Bandit Number 9992		9992		41	28:41.1

### MALE 14 & UNDER

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Total Time</u>
1	Michael Mandel	Avon Lake OH	186	11	8	22:29.6
2	Griffin Urban	Avon Lake OH	188	10	20	25:45.8
3	Andrew Bakkaglia	Avon Lake OH	185	11	61	33:39.9
4	Timothy Bray	Avon Lake OH	168	11	66	36:18.0
5	Carter Goss	Avon Lake OH	122	11	68	36:30.0
6	John Nathstedt	Cleveland OH	182	9	71	40:10.8

### MALE 25 to 29

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Total Time</u>
1	Joe Lone	Kalamazoo MI	190	29	43	28:42.1

### MALE 30 to 34

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Total Time</u>
1	Jeff Arra	Avon Lake OH	101	31	23	26:18.4
2	Mathew Breinlinger	Arnold MD	109	31	62	33:41.9

**MALE 35 to 39**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Total Time</u>
1	Matthew Zakel	AVON LAKE OH	164	37	18	25:23.1
2	Jeff Rotz	Avon Lake OH	176	35	22	25:47.6
3	Mark Heidorf	Fairview Park OH	189	35	26	26:52.6
4	Joe Matt	Avon Lake OH	200	35	34	28:06.0
5	Matt Kantor	Bay Village OH	133	37	60	32:58.5
6	Ken Nahrstedt	Cleveland OH	181	39	72	40:11.1

**MALE 40 to 44**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Total Time</u>
1	Marc Hensley	Avon Lake OH	130	41	9	22:33.3
2	Andrew Perry	Avon Lake OH	144	43	25	26:45.6
3	Craig Collins	Avon Lake OH	112	43	27	27:03.9
4	John Beer	Avon Lake OH	175	43	36	28:08.3
5	Mark Haberbusch	Amherst OH	178	43	56	31:52.4
6	Leigh Stumm	Avon Lake OH	167	43	82	53:26.0

**MALE 45 to 49**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Total Time</u>
1	Dave Sfiligoj	Avon Lake OH	171	47	3	20:21.4
2	Timothy Stephens	Sheffield Lake OH	157	47	5	20:45.6
3	Mark Dabney	Avon Lake OH	180	46	10	22:53.2
4	David Duffy	Cleveland OH	114	47	15	24:53.6
5	Bob Beer	Rocky River OH	184	46	35	28:08.0
6	Tom Thomas	Strongsville OH	199	47	38	28:16.7
7	Tim Goss	Avon Lake OH	125	47	39	28:17.1
8	Craig Cecil	Amherst OH	111	48	45	29:11.6
9	Robert Berner	Avon Lake OH	105	47	74	47:42.0

**MALE 50 to 54**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Total Time</u>
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1	Jeff Morgan	Avon Lake OH	169	50	6	20:47.9
2	Dan Kovijanich	Avon Lake OH	174	52	7	21:02.8
3	Gregory Glenn	Avon Lake OH	121	50	24	26:41.6
4	George Skuggen	Avon Lake OH	154	51	30	27:27.7
5	Kurt Weisbarth	Eastlake OH	163	51	59	32:50.0

### MALE 55 to 59

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Total Time</u>
1	Tom Hayes		173	59	4	20:33.5

### MALE 65 to 69

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Total Time</u>
1	John Paul	Amherst OH	191	67	55	31:38.7

### MALE 70 & OVER

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Total Time</u>
1	Ken Farley		198	73	73	42:24.0

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