

# Dick Lytie Spring Classic - 3/28/09

Race & Gender | 3-Mile M

Age Class	Class Rank	Name	Finish Time	Mins/Mile	Data	
					Overall Race Place	Race Place by Gender
M10-18	1	Caleb Bernhardt	17:53.0	5:57.7	1	1
	2	Daniel Vopal	20:32.0	6:50.7	4	3
	3	Iozi Belongea	21:48.0	7:16.0	6	4
	4	Travis Wagner	23:02.0	7:40.7	14	10
	5	Gabe Belongea	24:15.0	8:05.0	17	12
	6	Alexander Lemke	24:50.0	8:16.7	22	16
	7	Alex Phillips	27:49.0	9:16.3	43	29
M19-29	1	Tim LaFramboise	22:10.0	7:23.3	7	5
	2	Scott Haen	24:32.0	8:10.7	20	14
	3	Matthew Van Lanen	25:06.0	8:22.0	25	18
	4	Nick Rasmussen	27:19.0	9:06.3	38	26
	5	Paul Heim	28:06.0	9:22.0	50	32
	6	Ryan Baseman	28:30.0	9:30.0	52	34
	7	Torrin Thatcher	32:42.0	10:54.0	84	48
	8	Christopher Heimerman	36:45.1	12:15.0	98	52
	9	Joseph Kempke	44:04.0	14:41.3	100	53
M30-39	1	Andrew Higgins	22:23.0	7:27.7	10	7
	2	Brian Hanson	23:51.0	7:57.0	15	11
	3	Mike Nimmer	24:42.0	8:14.0	21	15
	4	Matt Emmel	25:10.0	8:23.3	26	19
	5	Paul Jacobson	26:09.0	8:43.0	34	23
	6	Craig VanPay	26:33.0	8:51.0	36	24
	7	Greg Ashauer	27:28.0	9:09.3	40	27
	8	Tim Madden	27:53.0	9:17.7	44	30
	9	Lucas Trombley	28:26.0	9:28.7	51	33
	10	Jeff Knedle	28:38.0	9:32.7	54	35
	11	Thomas Buchmann	29:57.0	9:59.0	64	37
	12	Mark Peruzzi	31:23.0	10:27.7	72	42
	13	Jason Damsheuser	31:39.0	10:33.0	76	43
	14	Chris Miller	32:03.0	10:41.0	80	45
	15	Jason Helgeson	47:54.0	15:58.0	102	55
	16	Jason Helgeson	47:54.0	15:58.0	103	56
M40-49	1	Mike Dauplaise	22:21.0	7:27.0	9	6
	2	Bruce Massey	22:28.0	7:29.3	11	8
	3	Tom Christjohn	26:06.0	8:42.0	33	22
	4	Rick Horkman	29:05.0	9:41.7	58	36
	5	Barry Wahlen	29:59.0	9:59.7	65	38
	6	Tom Draz	31:12.0	10:24.0	69	41
	7	Dave Rasmid	32:03.0	10:41.0	79	44
	8	Robert Fruzen	32:34.0	10:51.3	82	46
	9	Geralyn Draz	32:56.0	10:58.7	86	49
	10	John Swanson	33:50.0	11:16.7	91	51
	11	Jeff Johnson	47:41.0	15:53.7	101	54
M50-59	1	Ray Clark	20:26.0	6:48.7	3	2
	2	John Rasmussen	22:51.0	7:37.0	13	9
	3	Terry Vlies	24:24.0	8:08.0	19	13
	4	Matt Clark	25:31.0	8:30.3	28	20
	5	Dennis Adamski	30:00.0	10:00.0	66	39
	6	Dick Backus	30:29.0	10:09.7	67	40
	7	Steve Crear	32:35.0	10:51.7	83	47
	8	Bob Snyder	33:06.0	11:02.0	87	50
M60+	1	Ted Wiercinski	25:03.0	8:21.0	24	17
	2	Moryl Puant	26:02.0	8:40.7	32	21
	3	Phil Kolemmainen	26:57.0	8:59.0	37	25
	4	Tom Hintz	27:47.0	9:15.7	42	28
	5	Paul McCollum	27:54.0	9:18.0	45	31

# Dick Lytie Spring Classic - 3/28/09

Race & Gender    3-Mile F

Age Class	Class Rank	Name	Finish Time	Mins/Mile	Data	
					Overall Race Place	Race Place by Gender
F10-18	1	Jennifer Lemke	27:28.0	9:09.3	39	13
	2	Megan Roeder	31:19.0	10:26.3	71	30
	3	Jenna Thelen	32:14.0	10:44.7	81	36
	4	Karly Weber	32:46.0	10:55.3	85	37
	5	Rachel Senkerik	33:35.0	11:11.7	89	39
	6	Jenna Guernsey	33:39.0	11:13.0	90	40
F19-29	1	Sarah Dreier	20:50.0	6:56.7	5	2
	2	Jennifer Cootway	22:11.0	7:23.7	8	3
	3	Ashley Giese	22:50.0	7:36.7	12	4
	4	Beth Schroth	24:22.0	8:07.3	18	6
	5	Kari Gondeck	25:24.0	8:28.0	27	8
	6	Jessica Schroeder	25:50.0	8:36.7	30	10
	7	Amy Yamry	27:46.0	9:15.3	41	14
	8	Sara Vera	28:32.0	9:30.7	53	19
	9	Kellie Hillers	28:49.0	9:36.3	55	20
	10	Amy McMahon	28:58.0	9:39.3	56	21
	11	Trisha Ebel	29:07.0	9:42.3	60	24
	12	Elizabeth Sievert	29:26.0	9:48.7	61	25
	13	Shannon Giese	31:03.0	10:21.0	68	28
	14	Shanna Desotell	31:50.0	10:36.7	77	34
	15	Amber Niemin	35:15.0	11:45.0	94	43
	16	Kayla Bunge	36:45.0	12:15.0	97	46
	17	Jessica Lewis	44:02.0	14:40.7	99	47
F30-39	1	Jenny Chaudoir	19:30.0	6:30.0	2	1
	2	Lori Lutz	26:10.0	8:43.3	35	12
	3	Bobbi Jo Stiles	28:01.0	9:20.3	46	15
	4	Beth Dahl	28:04.0	9:21.3	48	17
	5	Jill Rich	28:05.0	9:21.7	49	18
	6	Heather Hrubesky	29:05.0	9:41.7	57	22
	7	Wendy Larson	29:42.0	9:54.0	62	26
	8	Katie Higgins	31:18.0	10:26.0	70	29
	9	Mandy Peruzzi	31:23.0	10:27.7	73	31
	10	Kelly Ludwig	31:35.0	10:31.7	74	32
	11	Jamie Sokol	48:19.0	16:06.3	105	49
	F40-49	1	Ellen Grabo	24:59.0	8:19.7	23
2		Jean Lemke	25:35.0	8:31.7	29	9
3		Wendy Vlies	25:52.0	8:37.3	31	11
4		Denise O'Kimosh	28:02.0	9:20.7	47	16
5		Linda Horkman	29:07.0	9:42.3	59	23
6		Theresa Morrow	31:38.0	10:32.7	75	33
7		Janette Adamski	34:13.0	11:24.3	92	41
F50-59	1	Kitty Thomas	23:54.0	7:58.0	16	5
	2	Mary Pfitzenreuter	31:58.0	10:39.3	78	35
	3	Mary Boeselager	34:46.0	11:35.3	93	42
	4	Rochelle Kugel	48:03.0	16:01.0	104	48
	5	Linda Nockideneh	49:44.0	16:34.7	106	50
F60+	1	Barbara Tuttle	29:51.0	9:57.0	63	27
	2	Elaine Siegrist	33:18.0	11:06.0	88	38
	3	Marcia McCollum	35:28.0	11:49.3	95	44
	4	Elaine Wehausen	36:03.0	12:01.0	96	45