

**Race Results**  
**All Finishers**

**Pretzel City 5K Run / Walk**  
**Freeport, IL**

June 25, 2016

Place			Name	Division	Time	Pace	City, State
All	Sex	Div					
1	1		Quinones, Armando	Top Male 1	19:00.63	6:07	Rockford, IL
2	2		Metz, Christopher	Top Male 2	19:28.07	6:16	Freeport, IL
3	3		Hernandez, Jose	Top Male 3	19:31.18	6:17	Rockford, IL
4	4	1	Winterheimer, Jeff	50-54 Male	19:40.27	6:20	Rockford, IL
5	5	2	Lichty, Tom	50-54 Male	19:59.49	6:26	Monroe Center, IL
6	6	1	Bangasser, Dillon	13-14 Male	20:15.02	6:31	Painesville, OH
7	7	1	Blazer, Chris	30-34 Male	20:30.85	6:36	Rockford, IL
8	8	1	Pavlak, Dylan	15-19 Male	20:31.10	6:36	Winnebago, IL
9	9	1	Davis, Adam	35-39 Male	20:33.67	6:37	Dixon, IL
10	10	2	Del Real, Juan	30-34 Male	20:52.03	6:43	Rockford, IL
11	11	1	Rampenthal, Paul	55-59 Male	21:02.15	6:46	Freeport, IL
12	12	1	Kile, Fred	60-64 Male	21:02.99	6:47	Davis, IL
13	13	1	Martino, Nicolai	9-10 Male	21:04.53	6:47	Rockford, IL
14	14	3	Orlow, Shane	30-34 Male	21:07.92	6:48	Freeport, IL
15	15	1	Mc Clelland, Kenneth	65-69 Male	21:11.69	6:49	Rockford, IL
16	16	3	Willging, Pete	50-54 Male	21:14.92	6:50	Freeport, IL
17	17	1	Moderow, Adam	25-29 Male	21:19.82	6:52	Freeport, IL
18	18	2	Brobst, Aiden	9-10 Male	21:22.33	6:53	Freeport, IL
19	19	1	Brobst, Dave	45-49 Male	21:22.97	6:53	Freeport, IL
20	20	2	Ebert, Justin	35-39 Male	21:26.21	6:54	Oregon, IL
21	21	3	Backeberg, David	35-39 Male	21:36.20	6:57	New Haven, CT
22	1		Martino, Natalia	Top Female 1	22:00.12	7:05	Rockford, IL
23	2		Wilks, Sophia	Top Female 2	22:09.97	7:08	Freeport, IL
24	22	2	Woolbright, Alan	55-59 Male	22:22.67	7:12	Roscoe, IL
25	23	4	Jeschke, Mark	35-39 Male	22:31.72	7:15	Waukee, IA
26	3		Lupont, Kathleen	Top Female 3	23:22.95	7:32	Rockford, IL
27	24	4	Ehlers, Joshua	30-34 Male	23:33.31	7:35	Freeport, IL
28	25	2	Whitmer, T J	15-19 Male	23:47.39	7:39	Freeport, IL
29	26	5	Jackowski, Brett	30-34 Male	23:50.22	7:40	De Kalb, IL
30	4	1	Del Real, Yoana	35-39 Female	23:52.05	7:41	Rockford, IL
31	27	2	Hall, John	60-64 Male	24:44.05	7:58	Grayslake, IL
32	28	3	Mc Ilvanie, Daniel	60-64 Male	24:44.24	7:58	Rock City, IL
33	29	1	Johnson, Tyger	75 & up Male	24:46.02	7:58	Dakota, IL
34	30	1	Grett, Logan	1-8 Male	24:50.29	8:00	Dixon, IL
35	31	1	Del Real, Ismael	11-12 Male	24:57.37	8:02	Rockford, IL
36	32	4	Howarter, Darren	50-54 Male	25:02.31	8:04	Rockford, IL
37	33	5	Rampenthal, Mathew	35-39 Male	25:28.36	8:12	M H Air Force Base, ID
38	5	1	Milne, Xan	45-49 Female	25:41.51	8:16	Loves Park, IL
39	34	1	Swanson, Brady	20-24 Male	25:54.89	8:20	Freeport, IL
40	6	1	Goeke, Miranda	15-19 Female	25:59.74	8:22	Rock City, IL
41	7	1	Rackow, Heidi	40-44 Female	26:05.88	8:24	Dakota, IL

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42	35	3	Mc Falls, John	55-59 Male	26:08.42	8:25	Oregon, IL
43	8	1	Wagner, Deanne	50-54 Female	26:33.33	8:33	Yorktown, VA
44	36	3	Martindale, Benjamin	15-19 Male	26:43.30	8:36	Rock City, IL
45	9	1	Nelson, Amy	25-29 Female	26:58.35	8:41	Yorktown, VA
46	10	1	Churney, Karen	55-59 Female	27:01.72	8:42	Oregon, IL
47	11	2	Brooks, Sarah	35-39 Female	27:04.84	8:43	Oregon, IL
48	12	1	Lane, Bailey	20-24 Female	27:28.75	8:51	Cedar Rapids, IA
49	13	1	Lueders, Andrea	30-34 Female	27:30.12	8:51	Freeport, IL
50	14	1	Pavlak, Averi	13-14 Female	27:55.62	8:59	Winnebago, IL
51	37	2	Ellefson, Steve	25-29 Male	27:56.28	9:00	Freeport, IL
52	15	2	Scripps, Mary Ellen	20-24 Female	27:58.85	9:00	Evergreen, CO
53	16	2	Gamroth, Katie	30-34 Female	27:59.22	9:00	Mundelein, IL
54	17	2	Engbert, Mackenzie	13-14 Female	28:07.46	9:03	Leaf River, IL
55	38	1	Baker, Thomas	70-74 Male	28:07.95	9:03	Machesney Park, IL
56	18	2	Baker, Jenny	50-54 Female	28:09.75	9:04	Polo, IL
57	39	5	Tomita, Ted	50-54 Male	28:13.37	9:05	Freeport, IL
58	19	3	Jeschke, Kristin	35-39 Female	28:13.47	9:05	Waukee, IA
59	20	1	Wiley, Lara	1-8 Female	28:14.76	9:06	New Haven, CT
60	21	2	Gloria, Cristina	45-49 Female	28:22.01	9:08	Belvidere, IL
61	40	2	Tillett, George	70-74 Male	28:28.19	9:10	Roscoe, IL
62	41	4	Lawver, Dean	55-59 Male	28:42.73	9:15	Lena, IL
63	22	3	Lehman, Lannie	30-34 Female	28:42.96	9:15	Freeport, IL
64	23	3	Metz, Caroline	13-14 Female	28:55.57	9:19	Freeport, IL
65	24	2	Bybee, Becky	15-19 Female	28:58.34	9:20	Rockton, IL
66	42	6	Gray, Frank	30-34 Male	29:10.03	9:23	Rockford, IL
67	43	2	Engbert, Michael	45-49 Male	29:19.56	9:26	Leaf River, IL
68	44	5	Noto, Richard	55-59 Male	29:23.93	9:28	Freeport, IL
69	45	2	Haas, Ben	20-24 Male	29:30.22	9:30	Cedar Rapids, IA
70	25	3	Eaton, Heidi	50-54 Female	29:33.56	9:31	Hampshire, IL
71	26	3	Tomita, Johannah	20-24 Female	29:37.81	9:32	Freeport, IL
72	27	3	Tolu - Honary, Amy	45-49 Female	29:46.40	9:35	Freeport, IL
73	28	4	Baumgartner, Sharon	50-54 Female	29:52.13	9:37	Rockford, IL
74	29	4	Gentry, Julie	35-39 Female	30:12.95	9:44	Oregon, IL
75	30	3	Crase, Andrea	15-19 Female	30:14.72	9:44	Freeport, IL
76	46	3	George, Edgar	20-24 Male	30:35.30	9:51	Freeport, IL
77	31	4	Grett, Jessie	30-34 Female	30:49.49	9:55	Dixon, IL
78	47	4	Jordan, Mark	60-64 Male	31:12.48	10:03	Dixon, IL
79	48	6	Doyle, Duncan	35-39 Male	31:19.19	10:05	Denver, CO
80	32	5	Jackowski, Danell	30-34 Female	31:22.83	10:06	De Kalb, IL
81	49	3	Dolhill, Dan	25-29 Male	31:25.09	10:07	Chicago, IL
82	50	3	Austin, Ted	45-49 Male	31:27.47	10:08	Freeport, IL

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83	33	2	Mc Intyre, Bridget	25-29 Female	31:28.88	10:08	Chicago, IL
84	34	4	Myers, Susan	45-49 Female	31:32.69	10:09	German Valley, IL
85	35	1	Schneider, Sarah	9-10 Female	31:46.34	10:14	Freeport, IL
86	36	6	Givens, Nicole	30-34 Female	31:48.78	10:14	Zionsville, IN
87	51	7	Givens, Tom	30-34 Male	31:49.66	10:15	Zionsville, IN
88	37	5	Moderow, Karen	50-54 Female	31:59.13	10:18	Freeport, IL
89	38	2	Reinhold, Diane	40-44 Female	32:11.13	10:22	Freeport, IL
90	39	4	Pepper, Michelle	20-24 Female	32:55.90	10:36	Shannon, IL
91	40	1	Gustafson, Emma	11-12 Female	33:03.04	10:38	Dakota, IL
92	41	2	Rampenthal, Kim	55-59 Female	33:03.56	10:38	Freeport, IL
93	42	3	Nanetti, Odilia	55-59 Female	33:05.12	10:39	Freeport, IL
94	43	5	Alber, Amy	35-39 Female	33:08.28	10:40	Cedarville, IL
95	52	6	Haas, William	55-59 Male	33:10.69	10:41	Cedar Rapids, IA
96	44	6	Schleich, Kelly	50-54 Female	33:21.17	10:44	Freeport, IL
97	45	7	Dittmar, Andrea	30-34 Female	33:22.62	10:45	Freeport, IL
98	53	7	Schadewalt, Jason	35-39 Male	33:30.68	10:47	Freeport, IL
99	46	2	Schadewalt, Addison	1-8 Female	33:31.07	10:47	Freeport, IL
100	54	2	Flynn, Peter	75 & up Male	33:39.17	10:50	Freeport, IL
101	47	4	Mc Ilwain, Kelsey	15-19 Female	33:41.39	10:51	Freeport, IL
102	48	5	Hinds, Jasmine	15-19 Female	33:41.75	10:51	Freeport, IL
103	49	2	Stralow, Kaia	11-12 Female	33:42.74	10:51	Baileyville, IL
104	55	4	Stralow, Dan	45-49 Male	35:11.63	11:20	Baileyville, IL
105	50	6	Stralow, Angela	35-39 Female	35:12.07	11:20	Baileyville, IL
106	51	5	Tomita, Pam	45-49 Female	35:28.49	11:25	Freeport, IL
107	52	1	Doolittle, Molly	75 & up Female	35:52.98	11:33	Freeport, IL
108	53	7	Olsen Wagner, Anne	35-39 Female	35:55.69	11:34	Winona, MN
109	54	3	Tolu - Honary, Mina	11-12 Female	36:02.63	11:36	Freeport, IL
110	55	4	Freund, Breanna	11-12 Female	36:29.24	11:45	Rockford, IL
111	56	5	Van Raden, Kiran	11-12 Female	36:33.87	11:46	Freeport, IL
112	57	2	Blazer, Angie	9-10 Female	36:41.69	11:49	Rockford, IL
113	58	3	Blazer, Kayla	1-8 Female	36:44.24	11:49	Rockford, IL
114	59	8	Blazer, Rebecca	30-34 Female	37:01.03	11:55	Rockford, IL
115	56	2	Whitmer, Alan	13-14 Male	37:15.80	12:00	Freeport, IL
116	60	6	Howard, Teri	45-49 Female	37:18.18	12:00	Pecatonica, IL
117	61	7	Berry, Sharon	45-49 Female	37:18.34	12:00	Pecatonica, IL
118	62	3	Palmer, Hannah	25-29 Female	37:31.53	12:05	Stockton, IL
119	63	5	Martindale, Gwendelynn	20-24 Female	37:33.02	12:05	Rock City, IL
120	64	8	Rembisz, Kendra	35-39 Female	37:34.33	12:06	Freeport, IL
121	65	4	Perry, Holly	25-29 Female	37:34.36	12:06	Freeport, IL
122	57	3	Behrens, James	70-74 Male	40:18.81	12:59	Oregon, IL
123	66	8	Akins, Tanya	45-49 Female	40:39.05	13:05	Denver, CO

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124	67	4	Smith, Sandy	55-59 Female	40:43.31	13:06	North Aurora, IL
125	68	1	Buss, Linda	60-64 Female	41:10.72	13:15	Freeport, IL
126	69	2	White, Ronda	60-64 Female	41:12.30	13:16	Rockford, IL
127	58	2	Scripps, Tom	65-69 Male	42:21.48	13:38	Evergreen, CO
128	70	9	Countryman, Jamie	30-34 Female	42:27.54	13:40	Freeport, IL
129	71	3	Engbert, Cindy	40-44 Female	43:04.95	13:52	Leaf River, IL
130	72	5	Haas, Shannon	55-59 Female	44:55.84	14:28	Cedar Rapids, IA
131	73	4	Fritz, Tonya	40-44 Female	46:28.33	14:57	Freeport, IL
132	59	8	Fogel, Jason	35-39 Male	46:32.16	14:59	Brownsburg, IN
133	74	5	Hu, Xiaoying	25-29 Female	46:32.38	14:59	Brownsburg, IN
134	75	6	Wenzel, Olivia	11-12 Female	47:08.47	15:10	Lena, IL
135	76	3	Wenzel, Amelia	9-10 Female	47:25.01	15:16	Lena, IL
136	77	10	Wenzel, Shannon	30-34 Female	47:25.67	15:16	Lena, IL
137	60	5	Bastian, Joe	45-49 Male	48:31.66	15:37	Pearl City, IL
138	78	6	Haas, Sarah	25-29 Female	49:48.00	16:02	Cedar Rapids, IA
139	61	4	Foley, Eric	25-29 Male	49:48.25	16:02	Cedar Rapids, IA
140	79	9	Plowman, Sherrie	35-39 Female	49:56.76	16:05	Freeport, IL
141	80	7	Williams, Mary	50-54 Female	49:57.37	16:05	Freeport, IL
142	81	9	Bastian, Mary	45-49 Female	50:07.03	16:08	Pearl City, IL
143	82	10	Schadewalt, Carrie	35-39 Female	51:14.30	16:30	Freeport, IL
144	83	11	Busch, Amy	35-39 Female	51:53.64	16:42	Freeport, IL
145	84	3	Smith, Mary Ann	60-64 Female	52:35.28	16:56	Downers Grove, IL
146	85	4	Scripps, Barb	60-64 Female	52:35.69	16:56	Evergreen, CO
147	86	6	Flemming, Courtney	20-24 Female	57:22.38	18:28	Freeport, IL
148	87	7	Larsen, Lauren	20-24 Female	57:22.92	18:28	Oswego, IL
149	88	5	Schiesher, Heidi	40-44 Female	58:13.02	18:44	Pecatonica, IL
150	89	8	Fowler, Suzi	50-54 Female	58:13.87	18:45	Winnebago, IL
151	90	11	Branham, Brenda	30-34 Female	58:13.93	18:45	Rockford, IL
152	62	9	Perez, Tony	35-39 Male	1:01:21.02	19:45	Freeport, IL
153	91	12	Perez, Holly	30-34 Female	1:01:21.14	19:45	Freeport, IL