

Race Results
Age Divisions

Flapjacks 5K Run/Walk -
Northwest Community Center, Rockford IL

October 29, 2017

Division	Place	Name	Time	Pace	City, State
Top Female 1		Ring, Shannon	18:12.34	5:52	Rockford, IL
Top Female 2		Thayer Meyer, Tonya	22:23.83	7:13	Rockford, IL
Top Female 3		Hersey, Amber	22:43.91	7:19	
Top Male 1		Ferguson, Shawn	16:36.36	5:21	Rockford, IL
Top Male 2		Rynne, Gardiner	16:47.36	5:24	Rockford, IL
Top Male 3		Martino, Phillip	18:07.82	5:50	Rockford, IL
1-14 Female	1	Molina, Gabriella	32:26.61	10:27	
1-14 Male	1	Molina, Lucas	27:25.25	8:50	
1-14 Male	2	Tuneberg, Mats	34:42.84	11:10	Rockford, IL
1-14 Male	3	Dennis, Aiden	35:23.03	11:23	
1-14 Male	4	Dennis, Noah	47:17.31	15:13	
15-19 Female	1	Craig, Aleksa	39:04.52	12:35	Belvidere, IL
15-19 Male	1	Connors, Dylan	21:57.80	7:04	Rockford, IL
20-24 Female	1	Montalvo, Kiana	23:45.25	7:39	Roscoe, IL
20-24 Female	2	Misiak, Cassandra	27:38.20	8:54	
20-24 Female	3	Lemons, Dannie	41:48.04	13:27	Rockford, IL
20-24 Female	4	Montalvo, Bianca	42:49.90	13:47	Roscoe, IL
20-24 Female	5	Burke, Taylor	53:01.56	17:04	
20-24 Male	1	Trotter, Jacob	25:47.84	8:18	Rockford, IL
25-29 Female	1	Benson, Rachel	46:35.08	15:00	Rockford, IL
25-29 Female	2	Linares, Gabriela	53:02.29	17:04	
25-29 Male	1	Patterson, Joshua	21:57.34	7:04	
25-29 Male	2	Casper, Sven	30:11.96	9:43	Rockford, IL
25-29 Male	3	Owensby, Mike	31:18.61	10:05	
30-34 Female	1	Bengtsson, Linnea	27:41.35	8:55	Rockford, IL
30-34 Female	2	Benthien, Alison	28:52.94	9:18	Rockford, IL
30-34 Female	3	Benthien, Emily	32:16.66	10:23	Rockford, IL
30-34 Female	4	Bethard, Jenifer	32:35.03	10:29	Loves Park, IL
30-34 Female	5	Welsh, Sara	32:58.44	10:37	Rockford, IL
30-34 Female	6	Ward, Ida	33:00.20	10:37	Rockford, IL
30-34 Female	7	Svatos, Lindsey	41:45.98	13:27	

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30-34 Female	8	Book, Nicole	43:32.60	14:01	Rockford, IL
30-34 Female	9	French, Francisca	47:59.34	15:27	
30-34 Female	10	Juergens, Tanya	53:01.72	17:04	
30-34 Female	11	Willis, Tabitha	1:06:07.10	21:17	Rockford, IL
30-34 Male	1	Erickson, Scott	25:47.90	8:18	
30-34 Male	2	Martineau, Matthew	26:47.27	8:37	
30-34 Male	3	Book, Steven	43:32.19	14:01	Rockford, IL
35-39 Female	1	Gates, Jil	23:44.03	7:38	Rockford, IL
35-39 Female	2	Dal Santo, Jennifer	29:37.93	9:32	Belvidere, IL
35-39 Female	3	Wilson, April	29:50.62	9:36	Rockford, IL
35-39 Female	4	Orenday, Esmeralda	34:47.92	11:12	Roscoe, IL
35-39 Female	5	Ramirez, Raquel	36:22.22	11:42	
35-39 Female	6	Sweeney, Beth	36:35.76	11:47	Rockford, IL
35-39 Female	7	Palmquist, Erika	48:33.33	15:38	Rockford, IL
35-39 Female	8	List, Stephanie	49:00.68	15:47	Rockford, IL
35-39 Male	1	Fasano, Paul	24:43.04	7:57	Rockford, IL
35-39 Male	2	Applegate, Jason	31:49.08	10:14	Rockford, IL
35-39 Male	3	Dennis, Andy	55:04.40	17:44	
40-44 Female	1	Gamlin, Kara	25:01.87	8:03	Loves Park, IL
40-44 Female	2	Barr, Jessica	29:34.81	9:31	Rockford, IL
40-44 Female	3	Emmert, Christina	30:51.05	9:56	Rockford, IL
40-44 Female	4	Price, Melva	33:59.96	10:57	Rockford, IL
40-44 Female	5	Sweeney, Shannon	35:48.55	11:32	Rockford, IL
40-44 Male	1	Gugliuzza, Louie	22:52.16	7:22	
40-44 Male	2	Barr, Ben	27:29.49	8:51	Rockford, IL
40-44 Male	3	Hudson, Quentin	31:25.29	10:07	Rockford, IL
40-44 Male	4	Molina, Manuel	32:24.78	10:26	
40-44 Male	5	Jackson, Jeremy	34:24.51	11:05	Rockford, IL
40-44 Male	6	List, Buddy	49:01.10	15:47	
45-49 Female	1	Thompson, Cheryl	29:38.46	9:32	Roscoe, IL
45-49 Female	2	Trotter, Kathy	32:17.05	10:23	Rockford, IL
45-49 Female	3	Connors, Shannon	34:59.46	11:16	Rockford, IL
45-49 Female	4	Bennett, Cinthia	55:13.52	17:47	
45-49 Male	1	Tuneberg, Chad	34:43.36	11:11	Rockford, IL

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Division	Place	Name	Time	Pace	City, State
45-49 Male	2	Williams, Jason	43:11.61	13:54	
45-49 Male	3	Dotson, Earl	53:28.84	17:13	
50-54 Female	1	Milne, Xan	23:34.27	7:35	Loves Park, IL
50-54 Female	2	Johnson, Debbie	30:40.72	9:52	Belvidere, IL
50-54 Female	3	Craig, Jill	34:08.59	10:59	Belvidere, IL
50-54 Female	4	Franco Montalvo, Marie	41:45.59	13:26	Roscoe, IL
50-54 Male	1	Day, James	28:04.69	9:02	Rockford, IL
50-54 Male	2	Casper, Steve	30:14.48	9:44	Rockford, IL
50-54 Male	3	Emmert, Keith	34:53.55	11:14	Rockford, IL
55-59 Female	1	Pratt, Lynne	38:33.25	12:25	Rockford, IL
55-59 Female	2	Sanchez, Annie	40:55.12	13:10	Rockford, IL
55-59 Female	3	Dotson, Diane	53:28.45	17:13	
55-59 Male	1	Lichty, Tom	20:58.94	6:45	Monroe Center, IL
55-59 Male	2	Wolf, Tom	26:21.58	8:29	Orangeville, IL
55-59 Male	3	Pratt, Ross	38:33.06	12:25	Rockford, IL
55-59 Male	4	Craig, Mike	39:04.85	12:35	Belvidere, IL
60-64 Female	1	Salberg, Audrey	31:22.53	10:06	Rockford, IL
60-64 Female	2	Griesman, Sue	55:13.46	17:47	
60-64 Male	1	Eighmy, Michael	26:01.22	8:23	Rockford, IL
60-64 Male	2	Barnett, Terry	26:01.32	8:23	Rockford, IL
65-69 Female	1	Smith, Pam	1:10:26.00	22:40	Rockford, IL
65-69 Female	2	Wiggs, Linda	1:10:27.00	22:41	Rockford, IL
65-69 Male	1	Mc Clelland, Kenneth	22:23.45	7:12	Rockford, IL
70-74 Male	1	Baker, Tom	28:58.23	9:19	Machesney Park, IL