

**Homecoming 5K - 10/21/06**  
**Grand Valley State University**  
**Allendale, Michigan**  
**Rankings**

**Event 1 Mixed 5k Run RR**

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Name	Age	Team	Finals	Points
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7 & Under Results - Women

184 Unknown 55:24.70

185 Unknown 55:27.76

186 Unknown 55:28.40

187 Unknown 55:30.67

188 Unknown 1:01:02.88

1 Stersic, Cassie 6 Avid Runner 26:08.62 1

8-11 Results - Women

1 Stersic, Haley 8 Avid Runner 23:57.15 1

12-14 Results - Women

1 McLain, Jill 13 Gvsu Student 22:27.67 1

2 Emig, Anne 12 Avid Runner 26:46.48 2

3 Flickinger, Reed 12 Avid Runner 29:17.60

15-19 Results - Women

1 Meyers, Kristen 17 Gvsu Student 19:41.24 1

2 McCarthy, Katherine 18 Gvsu Student 19:44.52

3 Bowers, Shannon 18 Unattached 20:45.66

4 Burger, Carley 18 Gvsu Student 20:58.63

5 Bailey, Shannon 19 Gvsu Student 21:40.95

6 Sluiter, Kylie 19 Gvsu Student 21:54.06

7 Kiser, Charalene 18 Gvsu Student 23:52.77

8 Schmid, Allison 19 Gvsu Student 23:55.88

9 Gomez, Johanna 19 Gvsu Student 23:56.19

10 Evans, Erica 19 Gvsu Student 23:57.47

11 Allers, Tracey 19 Gvsu Student 24:32.79

12 Deliefde, Becky 18 Gvsu Student 25:02.31

13 Hartnett, Christine 19 Gvsu Student 25:51.97

14 Mannino, Andrea 18 Gvsu Student 25:54.23

15 Gray, Chelsea 15 Avid Runner 25:58.34 2

16 Williams, Christie 18 Gvsu Student 26:00.71

17 Blinder, Dana 19 Gvsu Student 26:03.48

18 Hungerford, Liz 19 Gvsu Student 27:19.15

19 Anderle, Stephanie 19 Gvsu Student 27:50.42

20 Radunzel, Kristen 19 Gvsu Student 29:09.00

21 Jessie, Shoop 18 Gvsu Student 32:06.64

22 Harsevoort, Kristen 19 Gvsu Student 39:29.32

23 Pyle, Lisa 19 Gvsu Student 39:33.02

24 Ellerbroek, Alicia 19 Gvsu Student 50:59.80

20-24 Results - Women

1 Gunther, Rachel 22 Avid Runner 25:43.77 1

2 Dishinger, Maryssa 20 Gvsu Student 25:55.95 2

3 Vincent, Amanda 20 Gvsu Student 27:04.63  
4 Snow, Katie 22 Gvsu Student 27:45.35  
5 Bowman, Molly 20 Gvsu Student 29:08.45  
6 Wilson, Samantha 24 Gvsu Alumni 29:18.11 3  
7 Starks, Reh 22 Gvsu Student 29:37.42  
8 Falconer, Mia 22 Gvsu Student 30:39.90  
9 Erickson, Lauren 21 Gvsu Student 33:40.68  
10 Spika, Erin 22 Gvsu Student 33:43.01  
11 Sommerfeld, Meagan 20 Gvsu Student 33:43.63  
12 Sierawski, mary 23 Gvsu Alumni 51:07.95  
25-29 Results - Women

**....Event 1 Mixed 5k Run RR**

1 Fiahel, Lisa 25 Gvsu Alumni 22:23.18 1  
2 Walsh, Denise 25 Gvsu Alumni 24:50.82  
3 Rusch, Sarah 29 Avid Runner 26:23.15 2  
4 Blystra, Sarah 25 Gvsu Alumni 27:59.33  
5 McCormick, Erin 25 Gvsu Alumni 28:34.78  
6 Rogers, Angie 26 Gvsu Alumni 28:39.89  
7 Hyma, Becky 26 Gvsu Alumni 28:56.09  
8 Stutherland, Suzanne 25 Gvsu Alumni 30:07.82  
9 Chapa, Becky 26 Avid Runner 32:27.93

30-34 Results - Women

1 Rodgers, Shannon 31 Avid Runner 27:03.01 1  
2 Frank, Heather 31 Gvsu Faculty 27:35.31 2  
3 Hallenbeck, Nicole 33 Gvsu Alumni 27:36.13 3  
4 Paramo, Melissa 31 Gvsu Alumni 29:39.24  
5 Rizkalla, Birgitte 32 Gvsu Alumni 29:58.34  
6 Knoop, Serena 31 Gvsu Student 31:07.46 4  
7 Kamstra, Anne 32 Avid Runner 31:53.34  
8 Dykema, Amy 32 Avid Runner 32:15.14  
9 Ashoo, Jill 30 Gvsu Alumni 52:44.31

35-39 Results - Women

1 Dunn, Lori 36 Gvsu Alumni 27:43.84 1  
2 Petit, Jeanne 36 Avid Runner 28:04.34 2  
3 Wells, Pam 38 Gvsu Faculty 31:56.57 3

40-44 Results - Women

1 McDougall, Teresa 41 Gvsu Alumni 24:20.39 1  
2 Coutts-Virden, Kimberly 44 Gvsu Alumni 24:27.53  
3 Denike, Diane 42 Avid Runner 26:39.57 2  
4 Draft, Cari 41 Avid Runner 27:19.50  
5 Anderle, Barb 42 Avid Runner 27:23.72  
6 Borst, Brenda 41 Avid Runner 28:57.11  
7 McCauley, Kathi 41 Gvsu Alumni 29:18.64  
8 Duff, Mary 41 Avid Runner 29:29.47  
9 Schmidt, Kim 40 Gvsu Faculty 30:14.82 3  
10 Minnella, Lisa 40 Gvsu Alumni 34:01.26

45-49 Results - Women

1 Maslar, Laura 49 Avid Runner 20:54.03 1  
2 Liversedge, Nancy 49 Avid Runner 22:21.54  
3 Long, Vicki 47 Avid Runner 22:32.55

4 Momber, Tammy 45 Gvsu Faculty 23:49.73 2  
5 Cahillane, Ellen 45 Avid Runner 25:51.07  
6 Leech, Cindy 45 Avid Runner 26:21.17  
7 Cramer, Jane 45 Avid Runner 26:28.67  
8 Gray, Becky 48 Avid Runner 27:04.91  
9 LaChappelle, Sharon 45 Gvsu Alumni 28:22.07 3  
10 Principe, Beth 47 Avid Runner 29:12.09  
11 Coffey, Kathy 49 Gvsu Alumni 31:58.11  
12 Maureen, Couson 45 Gvsu Alumni 34:17.25  
13 Tuinstra, Kathy 48 Avid Runner 36:39.01  
14 Sierawski, Nancy 46 Avid Runner 51:43.94

50-54 Results - Women

1 Cummings, Jill 52 Avid Runner 21:56.34 1  
2 Schipper, Karen 51 Avid Runner 32:26.15  
3 Duthler, Cherie 51 Avid Runner 33:57.39  
4 Banks, Pat 53 Avid Runner 38:11.04

**....Event 1 Mixed 5k Run RR**

55-59 Results - Women

1 Fleeger-Borck, Linda 57 Gvsu Alumni 21:51.59 1  
2 Haskin, Nancy 58 Avid Runner 27:01.67 2  
3 Gibbs, Jan 59 Avid Runner 38:12.84

8-11 Results - Men

1 Coulson, Nicholas 10 Avid Runner 28:19.27 1

12-14 Results - Men

1 O'Keefe, Ryan 13 Gvsu Student 20:25.49 1  
2 Peterson, Lydia 13 Gvsu Student 20:40.96

15-19 Results - Men

1 Segal, Mike 18 Gvsu Student 15:32.94 1  
2 DeWolf, Paul 18 Gvsu Student 16:38.55  
3 LaChappelle, Levi 18 Gvsu Student 16:56.08  
4 Baier, Chris 18 Gvsu Student 17:20.03  
5 Giroux, David 19 Avid Runner 17:46.38 2  
6 Gardner, Stephen 19 Gvsu Student 18:27.08  
7 Gates, Darrick 18 Gvsu Student 19:34.43  
8 Wambaugh, Justin 18 Gvsu Student 19:39.98  
9 Schaub, Joshua 19 Gvsu Student 23:24.84  
10 Johns, Danny 17 Gvsu Student 23:56.48  
11 Sulzer, Johathon 18 Gvsu Student 23:56.82  
12 George, Alexander 18 Gvsu Student 24:15.27  
13 Moore, rodney 19 Gvsu Student 24:34.95  
14 Daniels, Evan 19 Gvsu Student 24:46.89  
15 Vonehr, Justin 19 Gvsu Student 24:51.61

20-24 Results - Men

1 Hummel, Jed 20 Gvsu Student 16:40.72 1  
2 Wambaugh, Josh 20 Gvsu Student 17:51.79  
3 Snyder, Eric 20 Gvsu Student 20:34.00  
4 Walsh, Brandon 24 Gvsu Alumni 20:40.23 2  
5 Herrema, David 21 Gvsu Student 22:05.13  
6 Vangeest, Nick 20 Gvsu Student 22:31.59  
7 Riley, Sean 20 Gvsu Student 23:18.74

8 Stavros, Travis 24 Avid Runner 24:49.92 3  
9 Visnaw, Michael 22 Gvsu Student 24:55.52  
10 Skazalski, Christopher 23 Gvsu Student 25:37.86  
11 Lazar, Alex 22 Gvsu Student 25:46.07  
12 DeYoung, Brian 24 Gvsu Student 26:04.22  
13 Colantonio, Rudy 21 Avid Runner 27:58.51  
14 Newman, Kirk 22 Gvsu Student 28:58.12  
15 Becker, Cory 20 Gvsu Student 35:30.18

25-29 Results - Men

1 VanderMeer, David 28 Gvsu Alumni 15:40.48 1  
2 Barrons, Paul 27 Avid Runner 16:09.29 2  
3 Lofdahl, Grant 28 Gvsu Alumni 16:10.14  
4 Machiorlath, Michael 29 Gvsu Student 19:44.87 3  
5 Brown, Lance 26 Gvsu Alumni 21:07.73  
6 Heusser, Matthew 29 Gvsu Alumni 33:16.06

30-34 Results - Men

1 Lewis, Adam 31 Avid Runner 18:37.21 1  
2 Bonovich, James 33 Gvsu Student 19:59.52 2  
3 Havch, Jeff 33 Avid Runner 20:07.08  
4 Paris, Andrew 32 Gvsu Student 21:02.12  
5 Paramo, Jorge 32 Gvsu Alumni 21:56.02 3

**....Event 1 Mixed 5k Run RR**

6 Betts, Kevin 32 Gvsu Alumni 22:59.14  
7 Collier, Brain 34 Gvsu Faculty 24:34.22 4  
8 Parker, Kevin 33 Avid Runner 26:39.18  
9 Ashoo, Sam 30 Avid Runner 52:44.68

35-39 Results - Men

1 Laninga, Steve 35 Avid Runner 20:34.64 1  
2 Morrow, Matt 35 Avid Runner 20:59.19  
3 Castillo, Modesto 36 Avid Runner 21:08.44  
4 Arnold, Damon 36 Gvsu Faculty 30:47.53 2

40-44 Results - Men

1 West, Scott 44 Avid Runner 19:17.67 1  
2 Coffey, David 43 Gvsu Faculty 19:47.61 2  
3 Raab, Karl 44 Avid Runner 20:01.53  
4 Bennett, Mark 42 Gvsu Alumni 22:02.69 3  
5 Glass, Steve 42 Gvsu Faculty 22:28.51  
6 Kovacs, Joseph 43 Gvsu Alumni 22:52.89

45-49 Results - Men

1 Liversedge, Scott 49 Avid Runner 17:29.26 1  
2 VanStrate, Scott 49 Avid Runner 17:43.44  
3 Laurie, Bob 49 Avid Runner 18:43.32  
4 TenKate, Laurens 45 Avid Runner 18:51.29  
5 Adams, John 45 Avid Runner 20:11.99  
6 Principe, Mark 48 Gvsu Alumni 20:52.81 2  
7 Snyder, Kelly 49 Avid Runner 21:22.07  
8 Smith, James 49 Avid Runner 21:49.01  
9 Hinderleider, Eric 48 Avid Runner 22:14.83  
10 O'Keefe, James 46 Gvsu Faculty 22:24.71 3  
11 Gray, Jerry 45 Avid Runner 23:25.70

12 Espinoza, Bill 48 Avid Runner 24:33.44  
 13 Winchester, Randy 49 Gvsu Faculty 26:51.65  
 50-54 Results - Men  
 1 Dykhouse, Larry 51 Gvsu Alumni 23:38.12 1  
 2 Miller, Mark 50 Avid Runner 25:14.32 2  
 3 Kiella, Michael 52 Avid Runner 25:33.86  
 4 Yansak, Paul 53 Gvsu Faculty 30:49.54 3  
 5 Ribbens, John 53 Avid Runner 51:00.99  
 6 Sierawski, Joseph 50 Gvsu Alumni 52:43.94  
 55-59 Results - Men  
 1 LaPorte, Tim 59 Avid Runner 19:23.24 1  
 2 Betts, Dennis 59 Avid Runner 23:09.58  
 3 Watson, Rob 57 Gvsu Faculty 24:22.28 2  
 4 Borck, David 56 Avid Runner 29:58.02  
 60-64 Results - Men  
 1 Britton, Matt 61 Avid Runner 21:15.09 1  
 2 Morrow, Tim 63 Avid Runner 23:18.51  
 3 Hendrick, Jerry 60 Avid Runner 25:57.59  
 4 Schaak, Jim 64 Gvsu Faculty 27:58.14 2  
 5 DeVries, Marvin 63 Gvsu Alumni 30:25.25 3  
 6 Gibbs, Max 60 Gvsu Alumni 38:12.01  
 65-69 Results - Men  
 1 Jones, John 67 Gvsu Faculty 28:15.68 1  
 70-74 Results - Men  
 1 Plaisiera, Harold 72 Avid Runner 24:53.22 1  
 2 Krieger, Harold 71 Avid Runner 25:06.67

**....Event 1 Mixed 5k Run RR**

Team Scores

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Rank Team Runner 1

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12-14 Results - Men

1 Gvsu Student 20:25.49

Total Time: 20:25.49

Average: 20:25.49

12-14 Results - Women

2 Gvsu Student 22:27.67

Total Time: 22:27.67

Average: 22:27.67

3 Avid Runner 26:46.48

Total Time: 26:46.48

Average: 26:46.48

15-19 Results - Men

4 Gvsu Student 15:32.94

Total Time: 15:32.94

Average: 15:32.94

5 Avid Runner 17:46.38

Total Time: 17:46.38

Average: 17:46.38

15-19 Results - Women

6 Gvsu Student 19:41.24

Total Time: 19:41.24

Average: 19:41.24

7 Avid Runner 25:58.34

Total Time: 25:58.34

Average: 25:58.34

20-24 Results - Men

8 Gvsu Student 16:40.72

Total Time: 16:40.72

Average: 16:40.72

9 Gvsu Alumni 20:40.23

Total Time: 20:40.23

Average: 20:40.23

10 Avid Runner 24:49.92

Total Time: 24:49.92

Average: 24:49.92

20-24 Results - Women

11 Avid Runner 25:43.77

Total Time: 25:43.77

Average: 25:43.77

12 Gvsu Student 25:55.95

Total Time: 25:55.95

Average: 25:55.95

13 Gvsu Alumni 29:18.11

Total Time: 29:18.11

Average: 29:18.11

25-29 Results - Men

14 Gvsu Alumni 15:40.48

Total Time: 15:40.48

Average: 15:40.48

**....Event 1 Mixed 5k Run RR**

15 Avid Runner 16:09.29

Total Time: 16:09.29

Average: 16:09.29

16 Gvsu Student 19:44.87

Total Time: 19:44.87

Average: 19:44.87

25-29 Results - Women

17 Gvsu Alumni 22:23.18

Total Time: 22:23.18

Average: 22:23.18

18 Avid Runner 26:23.15

Total Time: 26:23.15

Average: 26:23.15

30-34 Results - Men

19 Avid Runner 18:37.21

Total Time: 18:37.21

Average: 18:37.21

20 Gvsu Student 19:59.52

Total Time: 19:59.52

Average: 19:59.52  
21 Gvsu Alumni 21:56.02  
Total Time: 21:56.02  
Average: 21:56.02  
22 Gvsu Faculty 24:34.22  
Total Time: 24:34.22  
Average: 24:34.22  
30-34 Results - Women  
23 Avid Runner 27:03.01  
Total Time: 27:03.01  
Average: 27:03.01  
24 Gvsu Faculty 27:35.31  
Total Time: 27:35.31  
Average: 27:35.31  
25 Gvsu Alumni 27:36.13  
Total Time: 27:36.13  
Average: 27:36.13  
26 Gvsu Student 31:07.46  
Total Time: 31:07.46  
Average: 31:07.46  
35-39 Results - Men  
27 Avid Runner 20:34.64  
Total Time: 20:34.64  
Average: 20:34.64  
28 Gvsu Faculty 30:47.53  
Total Time: 30:47.53  
Average: 30:47.53  
35-39 Results - Women  
29 Gvsu Alumni 27:43.84  
Total Time: 27:43.84  
Average: 27:43.84  
30 Avid Runner 28:04.34  
Total Time: 28:04.34  
Average: 28:04.34  
31 Gvsu Faculty 31:56.57  
Total Time: 31:56.57  
Average: 31:56.57  
40-44 Results - Men  
32 Avid Runner 19:17.67  
Total Time: 19:17.67  
Average: 19:17.67

**....Event 1 Mixed 5k Run RR**

33 Gvsu Faculty 19:47.61  
Total Time: 19:47.61  
Average: 19:47.61  
34 Gvsu Alumni 22:02.69  
Total Time: 22:02.69  
Average: 22:02.69  
40-44 Results - Women  
35 Gvsu Alumni 24:20.39

Total Time: 24:20.39  
Average: 24:20.39  
36 Avid Runner 26:39.57  
Total Time: 26:39.57  
Average: 26:39.57  
37 Gvsu Faculty 30:14.82  
Total Time: 30:14.82  
Average: 30:14.82  
45-49 Results - Men  
38 Avid Runner 17:29.26  
Total Time: 17:29.26  
Average: 17:29.26  
39 Gvsu Alumni 20:52.81  
Total Time: 20:52.81  
Average: 20:52.81  
40 Gvsu Faculty 22:24.71  
Total Time: 22:24.71  
Average: 22:24.71  
45-49 Results - Women  
41 Avid Runner 20:54.03  
Total Time: 20:54.03  
Average: 20:54.03  
42 Gvsu Faculty 23:49.73  
Total Time: 23:49.73  
Average: 23:49.73  
43 Gvsu Alumni 28:22.07  
Total Time: 28:22.07  
Average: 28:22.07  
50-54 Results - Men  
44 Gvsu Alumni 23:38.12  
Total Time: 23:38.12  
Average: 23:38.12  
45 Avid Runner 25:14.32  
Total Time: 25:14.32  
Average: 25:14.32  
46 Gvsu Faculty 30:49.54  
Total Time: 30:49.54  
Average: 30:49.54  
50-54 Results - Women  
47 Avid Runner 21:56.34  
Total Time: 21:56.34  
Average: 21:56.34  
55-59 Results - Men  
48 Avid Runner 19:23.24  
Total Time: 19:23.24  
Average: 19:23.24  
49 Gvsu Faculty 24:22.28  
Total Time: 24:22.28  
Average: 24:22.28  
55-59 Results - Women  
50 Gvsu Alumni 21:51.59

Total Time: 21:51.59

Average: 21:51.59

**....Event 1 Mixed 5k Run RR**

51 Avid Runner 27:01.67

Total Time: 27:01.67

Average: 27:01.67

60-64 Results - Men

52 Avid Runner 21:15.09

Total Time: 21:15.09

Average: 21:15.09

53 Gvsu Faculty 27:58.14

Total Time: 27:58.14

Average: 27:58.14

54 Gvsu Alumni 30:25.25

Total Time: 30:25.25

Average: 30:25.25

65-69 Results - Men

55 Gvsu Faculty 28:15.68

Total Time: 28:15.68

Average: 28:15.68

7 & Under Results - Women

56 Avid Runner 26:08.62

Total Time: 26:08.62

Average: 26:08.62

70-74 Results - Men

57 Avid Runner 24:53.22

Total Time: 24:53.22

Average: 24:53.22

8-11 Results - Men

58 Avid Runner 28:19.27

Total Time: 28:19.27

Average: 28:19.27

8-11 Results - Women

59 Avid Runner 23:57.15

Total Time: 23:57.15

Average: 23:57.15

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