

Let's Run Over It 5K Results

LET'S RUN OVER IT 5K
 March 13th, 2010
 Holmes Park, Melbourne, Florida
 Race Management: Running Zone
 www.runningzone.com
 Questions: info@runningzone.com

OVERALL MALE CHAMPION

Place	O'All No.	Name	Age	City	St	Time	Pace
1	1	336 Art Anderson	50	Melbourne	FL	19:19.1	6:14
2	2	597 Joe Hultgrew	50		FL	19:42.6	6:21
3	3	1503 Matt Mahoney	54		FL	20:59.0	6:46

MALE MASTERS CHAMPION

Place	O'All No.	Name	Age	City	St	Time	Pace
1	4	19 Don Kearns	58	Melbourne Beach	FL	21:39.9	6:59

AGE-GROUP RESULTS

MALE AGE GROUP: 01 - 08

Place	O'All No.	Name	Age	City	St	Time	Pace
1	36	379 Kyle Ruiz	11	Satellite Bch	FL	27:19.4	8:48
2	80	296 Rahul Koshy	11	Merritt Island	FL	36:02.6	11:37
3	119	44 Peter Laser	11	Melbourne Beach	FL	51:18.2	16:31

MALE AGE GROUP: 09 - 11

Place	O'All No.	Name	Age	City	St	Time	Pace
1	32	1507 Josh Paul	14		FL	26:34.1	8:34
2	35	562 Zach Krebs	12			27:09.9	8:45
3	40	107 Ross Wagner	14	Merritt Island	FL	27:52.3	8:59
4	71	474 Jared Gannon	12			34:21.7	11:04

MALE AGE GROUP: 12 - 14

Place	O'All No.	Name	Age	City	St	Time	Pace
1	8	361 Sebastian Crain	17	Melbourne Beach	FL	23:16.3	7:30
2	22	404 Anthony Lowers	18	Palm Bay	FL	24:31.6	7:54
3	25	588 Jon Walenski	15		FL	24:47.8	7:59
4	39	429 Glenn Ii Sundin	19	Satellite Bch	FL	27:36.4	8:54

MALE AGE GROUP: 15 - 19

Place	O'All No.	Name	Age	City	St	Time	Pace
1	9	394 Chris St Jean	24	Satellite Bch	FL	23:20.8	7:31
2	24	587 Adam Walenski	24		FL	24:32.5	7:54
3	131	594 Tony Molina	21		FL	57:50.6	18:38

MALE AGE GROUP: 20 - 24

Place	O'All No.	Name	Age	City	St	Time	Pace
1	27	1512 Hedison Mui	29		FL	25:16.9	8:09
2	34	1515 Bryan Sessions	27		FL	26:50.5	8:39
3	38	1508 David Fahmie	26		FL	27:28.4	8:51

MALE AGE GROUP: 25 - 29

Place	O'All No.	Name	Age	City	St	Time	Pace
1	28	566 Joshua Maitlen	30	Rockledge	FL	25:16.9	8:09
2	42	571 James Samartino	32		FL	27:55.8	9:00
3	63	589 Ron McGrier	33		FL	33:29.7	10:47
4	102	568 Matt Rogers	33	Melbourne	FL	44:00.6	14:10

MALE AGE GROUP: 30 - 34

Place	O'All No.	Name	Age	City	St	Time	Pace
1	28	566 Joshua Maitlen	30	Rockledge	FL	25:16.9	8:09
2	42	571 James Samartino	32		FL	27:55.8	9:00
3	63	589 Ron McGrier	33		FL	33:29.7	10:47
4	102	568 Matt Rogers	33	Melbourne	FL	44:00.6	14:10

MALE AGE GROUP: 35 - 39

Place	O'All No.	Name	Age	City	St	Time	Pace
1	28	566 Joshua Maitlen	30	Rockledge	FL	25:16.9	8:09
2	42	571 James Samartino	32		FL	27:55.8	9:00
3	63	589 Ron McGrier	33		FL	33:29.7	10:47
4	102	568 Matt Rogers	33	Melbourne	FL	44:00.6	14:10

MALE AGE GROUP: 40 - 44

Place	O'All No.	Name	Age	City	St	Time	Pace
1	28	566 Joshua Maitlen	30	Rockledge	FL	25:16.9	8:09
2	42	571 James Samartino	32		FL	27:55.8	9:00
3	63	589 Ron McGrier	33		FL	33:29.7	10:47
4	102	568 Matt Rogers	33	Melbourne	FL	44:00.6	14:10

MALE AGE GROUP: 45 - 49

Place	O'All No.	Name	Age	City	St	Time	Pace
1	28	566 Joshua Maitlen	30	Rockledge	FL	25:16.9	8:09
2	42	571 James Samartino	32		FL	27:55.8	9:00
3	63	589 Ron McGrier	33		FL	33:29.7	10:47
4	102	568 Matt Rogers	33	Melbourne	FL	44:00.6	14:10

MALE AGE GROUP: 50 - 54

Place	O'All No.	Name	Age	City	St	Time	Pace
1	28	566 Joshua Maitlen	30	Rockledge	FL	25:16.9	8:09
2	42	571 James Samartino	32		FL	27:55.8	9:00
3	63	589 Ron McGrier	33		FL	33:29.7	10:47
4	102	568 Matt Rogers	33	Melbourne	FL	44:00.6	14:10

MALE AGE GROUP: 55 - 59

Place	O'All No.	Name	Age	City	St	Time	Pace
1	28	566 Joshua Maitlen	30	Rockledge	FL	25:16.9	8:09
2	42	571 James Samartino	32		FL	27:55.8	9:00
3	63	589 Ron McGrier	33		FL	33:29.7	10:47
4	102	568 Matt Rogers	33	Melbourne	FL	44:00.6	14:10

MALE AGE GROUP: 60 - 64

Place	O'All No.	Name	Age	City	St	Time	Pace
1	28	566 Joshua Maitlen	30	Rockledge	FL	25:16.9	8:09
2	42	571 James Samartino	32		FL	27:55.8	9:00
3	63	589 Ron McGrier	33		FL	33:29.7	10:47
4	102	568 Matt Rogers	33	Melbourne	FL	44:00.6	14:10

MALE AGE GROUP: 65 - 69

Place	O'All No.	Name	Age	City	St	Time	Pace
1	28	566 Joshua Maitlen	30	Rockledge	FL	25:16.9	8:09
2	42	571 James Samartino	32		FL	27:55.8	9:00
3	63	589 Ron McGrier	33		FL	33:29.7	10:47
4	102	568 Matt Rogers	33	Melbourne	FL	44:00.6	14:10

MALE AGE GROUP: 70 - 74

Place	O'All No.	Name	Age	City	St	Time	Pace
1	28	566 Joshua Maitlen	30	Rockledge	FL	25:16.9	8:09
2	42	571 James Samartino	32		FL	27:55.8	9:00
3	63	589 Ron McGrier	33		FL	33:29.7	10:47
4	102	568 Matt Rogers	33	Melbourne	FL	44:00.6	14:10

MALE AGE GROUP: 75 - 79

Place	O'All No.	Name	Age	City	St	Time	Pace
1	28	566 Joshua Maitlen	30	Rockledge	FL	25:16.9	8:09
2	42	571 James Samartino	32		FL	27:55.8	9:00
3	63	589 Ron McGrier	33		FL	33:29.7	10:47
4	102	568 Matt Rogers	33	Melbourne	FL	44:00.6	14:10

5	110	1504	Ian Steele	33	FL	47:47.4	15:23
MALE AGE GROUP: 35 - 39							
Place	O'All No.	Name	Age	City	St	Time	Pace
1	111	305	Arun Koshy	39	Merritt Island	FL	47:57.2 15:27
MALE AGE GROUP: 40 - 44							
Place	O'All No.	Name	Age	City	St	Time	Pace
1	5	1514	Dan Dugan	44	FL	21:41.6	6:59
2	6	596	Chris Hanger	42	FL	21:47.1	7:01
3	13	396	William Conyers	40	Palm Bay	FL	23:40.5 7:38
4	18	563	Neil Schanstra	41	Palm Bay	FL	24:03.4 7:45
5	20	569	Robert Blackwood	43	FL	24:16.3	7:49
6	37	366	Francisco Ruiz	43	Satellite Bch	FL	27:19.5 8:48
7	58	436	Carl Belles	42	Chicago	IL	31:22.9 10:07
8	72	473	Tim Gannon	42	FL	34:23.8	11:05
9	112	315	Andrew Schmidt	43	Indian Harbour Bch	FL	47:59.5 15:27
MALE AGE GROUP: 45 - 49							
Place	O'All No.	Name	Age	City	St	Time	Pace
1	11	360	Bruce Crain	47	Melbourne Beach	FL	23:25.6 7:33
2	14	290	William Preston	48	Merritt Island	FL	23:44.3 7:39
3	43	385	Steve Gustafson	46	Palm Bay	FL	28:09.7 9:04
4	55	477	Mike Krebs	45	FL	30:41.3	9:53
MALE AGE GROUP: 50 - 54							
Place	O'All No.	Name	Age	City	St	Time	Pace
1	19	229	Tim Murphy	51	Melbourne Beach	FL	24:03.7 7:45
2	23	1518	Garry Branch	50	FL	24:31.6	7:54
3	44	590	John Seymour	51	FL	28:14.1	9:06
4	85	1509	Rex Gomez	51	FL	36:50.7	11:52
5	97	381	Mike Evans	54	West Melbourne	FL	39:59.1 12:53
MALE AGE GROUP: 55 - 59							
Place	O'All No.	Name	Age	City	St	Time	Pace
1	16	593	Ted Amgott	57	FL	23:49.2	7:40
2	26	420	Glenn Sundin	56	Satellite Bch	FL	25:07.2 8:06
3	50	350	Peter Koretsky	56	Melbourne Beach	FL	29:26.7 9:29
4	59	419	Richard Werber	55	Palm Bay	FL	31:28.6 10:08
5	94	439	Robert Bruckart	58	Melbourne	FL	38:57.7 12:33
MALE AGE GROUP: 60 - 64							
Place	O'All No.	Name	Age	City	St	Time	Pace
1	15	454	Jim Schroeder	62	Indialantic	FL	23:47.2 7:40
2	46	570	Gregory McKay	62	FL	28:22.3	9:08
3	66	399	Charles Fain	63	Melbourne	FL	33:45.5 10:52
4	87	1517	Allen Piontkowski	63	FL	37:15.7	12:00
5	123	584	Gary Dam	62	FL	51:32.5	16:36
6	125	567	David Parker	60	Melbourne	FL	54:02.2 17:24
MALE AGE GROUP: 65 - 69							
Place	O'All No.	Name	Age	City	St	Time	Pace
1	17	1506	Charlie Yescott	69	FL	23:55.6	7:43
2	77	390	Jerry Green	65	Melbourne	FL	34:58.7 11:16
3	82	275	J.M. Dolan	65	Indialantic	FL	36:22.2 11:43
4	116	30	Rich Czarnowski	66	Palm Bay	FL	49:42.9 16:01
MALE AGE GROUP: 70 - 74							
Place	O'All No.	Name	Age	City	St	Time	Pace
1	86	403	Arbie McInnis	72	Palm Bay	FL	36:54.8 11:53
MALE AGE GROUP: 75 - 99							
Place	O'All No.	Name	Age	City	St	Time	Pace
1	93	384	Ed Hardy	77	Indian Harbour Bch	FL	38:05.2 12:16
OVERALL FEMALE CHAMPION							
Place	O'All No.	Name	Age	City	St	Time	Pace

1	7	475	Sandra Gannon	44		22:46.6	7:20
2	10	186	Casey Whitman	27	Melbourne	FL 23:24.0	7:32
3	12	292	Angie Preston	43	Merritt Island	FL 23:35.8	7:36

FEMALE MASTERS CHAMPION

Place	O'All No.	Name	Age	City	St	Time	Pace
1	29	111 Paige Stanley	40	Sebastian	FL	25:17.9	8:09

AGE-GROUP RESULTS

FEMALE AGE GROUP: 01 - 08

Place	O'All No.	Name	Age	City	St	Time	Pace
1	108	299 Rachel Koshy	06	Merritt Island	FL	47:44.7	15:23

FEMALE AGE GROUP: 09 - 11

Place	O'All No.	Name	Age	City	St	Time	Pace
1	108	299 Rachel Koshy	06	Merritt Island	FL	47:44.7	15:23

FEMALE AGE GROUP: 12 - 14

Place	O'All No.	Name	Age	City	St	Time	Pace
1	75	578 Brenna Koretsky	18		FL	34:50.9	11:13

FEMALE AGE GROUP: 15 - 19

Place	O'All No.	Name	Age	City	St	Time	Pace
2	76	438 Amber Anderson	15	West Melbourne	FL	34:55.0	11:15
3	101	156 Kimber Keeling	15	Winter Springs	FL	42:25.2	13:40
4	105	153 Emily Richardson	16	Winter Springs	FL	46:41.2	15:02

FEMALE AGE GROUP: 20 - 24

Place	O'All No.	Name	Age	City	St	Time	Pace
1	61	572 Meghan Finnegan	23		FL	32:56.8	10:37
2	95	575 Sarah Hamman	22		FL	39:19.0	12:40
3	130	339 Erin Menges	20	Melbourne	FL	57:50.5	18:38

FEMALE AGE GROUP: 25 - 29

Place	O'All No.	Name	Age	City	St	Time	Pace
1	21	393 Kristina Latraverse	27	Palm Bay	FL	24:25.7	7:52
2	65	358 Patricia Lucas	27	Melbourne	FL	33:43.0	10:52
3	81	580 Chrissy McCormack	28		FL	36:08.9	11:39
4	127	364 Rena Vincent	29	Miami Beach	FL	54:04.2	17:25
5	128	598 Danielle Mascolo	27		FL	54:15.9	17:28

FEMALE AGE GROUP: 30 - 34

Place	O'All No.	Name	Age	City	St	Time	Pace
1	41	284 Jessica Nichols	31	Melbourne Village	FL	27:53.5	8:59
2	45	464 Memory Nix	32			28:19.6	9:08
3	51	359 Kelly Semenko	32	Melbourne	FL	29:39.4	9:33
4	70	395 Kelly Farmer	33	Melbourne	FL	34:21.3	11:04
5	74	586 Marilyn Sharp	34		FL	34:50.2	11:13
6	83	573 Allysen Rainier	31		FL	36:38.5	11:48
7	84	574 Jennifer Jackson	30		FL	36:39.2	11:48
8	117	581 Christie Dam	33		FL	50:47.1	16:21
9	118	582 Stacey Dam Crooks	30		FL	50:47.5	16:21

FEMALE AGE GROUP: 35 - 39

Place	O'All No.	Name	Age	City	St	Time	Pace
1	30	341 Mary Koretsky	37	Melbourne Beach	FL	25:56.0	8:21
2	33	136 Davina Friese	36	West Melbourne	FL	26:36.1	8:34
3	47	595 Alexandra Jordan	35		FL	28:37.4	9:13
4	60	1511 Shannon Ward	36		FL	32:53.4	10:36
5	62	576 Jessie Bellstedt	38		FL	33:08.3	10:40
6	68	565 Becky Maitlen	36	Rockledge	FL	33:58.6	10:57
7	69	406 Kim Rodriguez	39	Palm Bay	FL	34:06.8	10:59
8	106	251 Stacey Tutsie	39	Melbourne	FL	46:41.9	15:02
9	109	294 Gita Koshy	39	Merritt Island	FL	47:45.1	15:23
10	132	1510 Elizabeth Velez	39		FL	58:42.8	18:54

FEMALE AGE GROUP: 40 - 44

Place	O'All No.	Name	Age	City	St	Time	Pace
1	48	134 Sandy Swickert	42	Merritt Island	FL	28:54.2	9:19
2	73	600 Sharon Loines	42		FL	34:28.3	11:06
3	79	577 Jeanne Stallings	40		FL	35:33.4	11:27
4	91	1505 Kelli Paul	41		FL	37:45.1	12:10
5	100	437 Cheryl Mazalewski	44	Melbourne	FL	40:51.7	13:10
6	107	150 Heather Richardson	42	Winter Springs	FL	46:41.9	15:02
7	124	585 Loretta Demetrius	43		FL	51:50.9	16:42

FEMALE AGE GROUP: 45 - 49

Place	O'All No.	Name	Age	City	St	Time	Pace
1	31	1502 Denise Canina	49		FL	26:01.2	8:23
2	52	131 Ilse Berube	45	Merritt Island	FL	29:46.7	9:36
3	53	105 Joy Wagner	48	Merritt Island	FL	30:23.4	9:47
4	96	591 Louisa Harley	48		FL	39:43.0	12:47
5	99	202 Kathy Smith	47	Palm Bay	FL	40:15.5	12:58
6	121	41 Margaret Laser	49	Melbourne Beach	FL	51:23.4	16:33

FEMALE AGE GROUP: 50 - 54

Place	O'All No.	Name	Age	City	St	Time	Pace
1	49	400 Melanie Delman	53	Melbourne	FL	29:08.3	9:23
2	54	462 Lesley Collingsworth	52	Merritt Island	FL	30:27.0	9:49
3	64	1513 Lorraine Kourofsky	54		FL	33:41.0	10:51
4	67	280 Patricia Dela Cruz	51	Melbourne	FL	33:56.7	10:56
5	89	387 Sherri Shamet	50	Palm Bay	FL	37:19.7	12:01
6	90	118 Barbara Bortner	54	Satellite Bch	FL	37:36.3	12:07
7	92	282 Rachel Bonham	54	Rockledge	FL	38:03.7	12:16
8	103	407 Sally Werber	51	Palm Bay	FL	44:30.5	14:20
9	104	380 Pam Evans	50	West Melbourne	FL	45:51.1	14:46
10	113	237 Joyce Durrett	51	Cocoa	FL	49:08.9	15:50
11	115	1501 Donna Farrow	53		FL	49:10.7	15:50
12	126	564 Alexandra Larson	53	Indialantic	FL	54:02.3	17:24
13	134	165 Alison Cermak	50	Viera	FL	1:00:05.6	19:21

FEMALE AGE GROUP: 55 - 59

Place	O'All No.	Name	Age	City	St	Time	Pace
1	56	110 Maureen Morley	59	Cocoa	FL	30:42.3	9:53
2	57	92 Donna McKinley	58	Merritt Island	FL	31:07.6	10:02
3	114	435 Nancy Dean	56	Cocoa	FL	49:09.2	15:50
4	120	583 Marilyn Dam	59		FL	51:20.9	16:32
5	122	431 Cynthia Sundin	55	Satellite Bch	FL	51:27.6	16:34
6	133	579 Joyce Harlow	56		FL	58:43.7	18:55

FEMALE AGE GROUP: 60 - 64

Place	O'All No.	Name	Age	City	St	Time	Pace
1	88	316 Susan Dohring	61	Indialantic	FL	37:15.8	12:00
2	129	599 Maureen McBean	60		FL	54:17.0	17:29

FEMALE AGE GROUP: 65 - 69

Place	O'All No.	Name	Age	City	St	Time	Pace

FEMALE AGE GROUP: 70 - 74

Place	O'All No.	Name	Age	City	St	Time	Pace
1	78	382 Pat Dixon	74	Rockledge	FL	35:15.8	11:21

FEMALE AGE GROUP: 75 - 99

Place	O'All No.	Name	Age	City	St	Time	Pace
1	98	383 Annette Hardy	77	Indian Harbour Bch	FL	40:09.0	12:56
2	135	463 Roberta Osterling	75	Satellite Bch	FL	1:02:43.4	20:12

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GI DOCTORS COMPETITION:

No.	FIRST	LAST	SEX	AGE	PLACE	TIME
366	Francisco	Ruiz	M	43	37	27:19.5

350	Peter	Koretsky	M	56	50	29:26.7
294	Gita	Koshy	F	39	109	47:45.1
1504	Ian	Steele	M	33	110	47:47.4
315	Andrew	Schmidt	M	43	112	47:59.5