



Power of Run

RaceTab 3 by MileSplit

Registered to: MichianaTiming.com, GR

Strider's Power of Run 5K - 10/4/2011 9:41:09 AM
<http://www.stridersrun.com/race.html>, Grand Rapids, MI

12 AND UNDER

Strider's Power of Run 5K

Name	Group	Age	Hometown	Time
1 REBECCA VANDERKOOI	F 12 an	11	BYRON CENTER	26:57.4

13 TO 19

Strider's Power of Run 5K

Name	Group	Age	Hometown	Time
1 SAMANTHA MCCLARY	F 13 to	13	KENTWOOD	25:11.7
2 ASHLEY CANIFF	F 13 to	19	ALLENDALE	25:19.4

20 TO 29

Strider's Power of Run 5K

Name	Group	Age	Hometown	Time
Overall JEN ADAMS	F 20 to	28	HUDSONVILLE	18:31.4
1 NICOLE GAUCHE	F 20 to	25	SPARTA	22:43.8
2 CHRISTINA STAVRO	F 20 to	22	GRAND RAPIDS	23:48.5
3 Holly Johnson	F 20 to	25	Caledonia	25:52.4

30 TO 39

Strider's Power of Run 5K

Name	Group	Age	Hometown	Time
1 Sarah Schwehofer	F 30 to	30	GRAND RAPIDS	23:03.2
2 Kristy Crater	F 30 to	31	GRAND RAPIDS	24:22.0
3 JENNIFER URSUM	F 30 to	39	GRANDVILLE	26:00.8
4 TRISH TAYLOR	F 30 to	33	MICHIGAN CITY	27:30.6



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5 KORIN CARR	F 30 to 36	HUDSONVILLE	27:54.7
6 DAWN BREDEWEG	F 30 to 38	ZEELAND	28:21.3
7 ERICA PIERCE	F 30 to 31	GRANDVILLE	28:52.2
8 KELLI PEARSON	F 30 to 30	GRAND RAPIDS	28:58.9
9 KRISTIN VANWIJEREN	F 30 to 38	BYRON CENTER	29:02.9
10 BRITTANY NOFFSINGER	F 30 to 37	GRAND HAVEN	29:39.4
11 CHERIE FOSTER	F 30 to 36	KENTWOOD	31:55.6
12 MISTY FOWLER	F 30 to 38	WYOMING	32:38.4

40 TO 49

Strider's Power of Run 5K

Name	Group	Age	Hometown	Time
Master CINDY KIKKERT-PENNING	F 40 to 45	45	SPRING LAKE	21:49.3
1 JULIE BOUMA	F 40 to 45	45	WYOMING	24:55.8
2 KORI VANDERKOOI	F 40 to 40	40	BYRON CENTER	25:02.4
3 JULIE LANGERAK	F 40 to 40	40	BYRON CENTER	25:58.7
4 MICHELLE KNITHOF	F 40 to 48	48	HAMILTON	26:35.7
5 SHELLEY PORTER	F 40 to 43	43	BYRON CENTER	26:50.8
6 DONNA BORGMAN	F 40 to 45	45	HOLLAND	31:14.6

60 TO 69

Strider's Power of Run 5K

Name	Group	Age	Hometown	Time
1 Diana Arbanas	F 60 to 68	68	GRAND RAPIDS	28:33.8



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12 AND UNDER

Strider's Power of Run 5K

Name	Group	Age	Hometown	Time
1 MICAH VANDERKOOI	M 12 an	10	BYRON CENTER	21:44.0
2 TYLER SCHMIDT	M 12 an	10	COOPERSVILLE	26:14.9

20 TO 29

Strider's Power of Run 5K

Name	Group	Age	Hometown	Time
Overall Dan Vanden Akker	M 20 to	25	GRAND RAPIDS	17:05.8
1 RYAN DENHARTIGH	M 20 to	26	JENISON	19:24.7
2 JARROD BLOSSOM	M 20 to	29	COMSTOCK PARK	23:16.4
3 David Taylor	M 20 to	25	ALLENDALE	23:38.5
4 JEFF BALLARD	M 20 to	29	WAYLAND	24:11.2
5 Bob Bennett	M 20 to	28	GRAND RAPIDS	24:38.4
6 SPENCER DOMINE	M 20 to	21	GRAND RAPIDS	27:10.6
7 GREG ZELSKI	M 20 to	26	ROCKFORD	31:43.9

30 TO 39

Strider's Power of Run 5K

Name	Group	Age	Hometown	Time
1 TIM ADAMS	M 30 to	34	HUDSONVILLE	18:32.4
2 TODD DEWAARD	M 30 to	36	WYOMING	21:11.3
3 Matt Crater	M 30 to	38	GRAND RAPIDS	22:58.0
4 Joe Perry	M 30 to	31	COMSTOCK PARK	23:06.7
5 Jason O'Callaghan	M 30 to	31	GRAND RAPIDS	24:59.2
6 ED SCRUGGS	M 30 to	34	WYOMING	25:07.9
7 RICK FOWLER	M 30 to	38	WYOMING	25:31.5
8 RICK VANBEEK	M 30 to	39	BYRON CENTER	26:00.4
9 MATT TANIS	M 30 to	30	HOLLAND	26:24.6
10 ANDREW CARR	M 30 to	36	HUDSONVILLE	29:53.7



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40 TO 49

Strider's Power of Run 5K

Name	Group	Age	Hometown	Time
Master Henry Hoffman	M 40 to	46	GRANDVILLE	17:42.1
1 BRUCE LANGERAK	M 40 to	40	BYRON CENTER	18:39.0
2 SCOTT ROSE	M 40 to	47	ALLENDALE	22:35.2
3 DON GROENEVELD	M 40 to	48	GRAND RAPIDS	23:37.6
4 SCOTT BAKER	M 40 to	44	WALKER	26:22.7

50 TO 59

Strider's Power of Run 5K

Name	Group	Age	Hometown	Time
1 DON SNIDER	M 50 to	58	HUDSONVILLE	23:20.7
2 GERD HANSMA	M 50 to	51	GRANDVILLE	23:27.6
3 Doug Harmon	M 50 to	55	BYRON CENTER	26:01.7

60 TO 69

Strider's Power of Run 5K

Name	Group	Age	Hometown	Time
1 MATT BRITTON	M 60 to	66	ROTHBURY	25:18.7
2 JIM ASPOSITO	M 60 to	64	SPARTA	34:17.9

70 AND OVER

Strider's Power of Run 5K

Name	Group	Age	Hometown	Time
1 Rod Smith	M 70 an	73	GRAND RAPIDS	32:00.9



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Name	Group	Age	Hometown	Time
1 Dan Vanden Akker	M 20 to 29	25	GRAND RAPIDS	17:05.8
2 Henry Hoffman	M 40 to 49	46	GRANDVILLE	17:42.1
3 JEN ADAMS	F 20 to 29	28	HUDSONVILLE	18:31.4
4 TIM ADAMS	M 30 to 39	34	HUDSONVILLE	18:32.4
5 BRUCE LANGERAK	M 40 to 49	40	BYRON CENTER	18:39.0
6 RYAN DENHARTIGH	M 20 to 29	26	JENISON	19:24.7
7 TODD DEWAARD	M 30 to 39	36	WYOMING	21:11.3
8 MICAH VANDERKOOI	M 12 and U	10	BYRON CENTER	21:44.0
9 CINDY KIKKERT-PENNING	F 40 to 49	45	SPRING LAKE	21:49.3
10 SCOTT ROSE	M 40 to 49	47	ALLENDALE	22:35.2
11 NICOLE GAUCHE	F 20 to 29	25	SPARTA	22:43.8
12 Matt Crater	M 30 to 39	38	GRAND RAPIDS	22:58.0
13 Sarah Schweihofer	F 30 to 39	30	GRAND RAPIDS	23:03.2
14 Joe Perry	M 30 to 39	31	COMSTOCK PARK	23:06.7
15 JARROD BLOSSOM	M 20 to 29	29	COMSTOCK PARK	23:16.4
16 DON SNIDER	M 50 to 59	58	HUDSONVILLE	23:20.7
17 GERD HANSMA	M 50 to 59	51	GRANDVILLE	23:27.6
18 DON GROENEVELD	M 40 to 49	48	GRAND RAPIDS	23:37.6
19 David Taylor	M 20 to 29	25	ALLENDALE	23:38.5
20 CHRISTINA STAVRO	F 20 to 29	22	GRAND RAPIDS	23:48.5
21 JEFF BALLARD	M 20 to 29	29	WAYLAND	24:11.2
22 Kristy Crater	F 30 to 39	31	GRAND RAPIDS	24:22.0
23 Bob Bennett	M 20 to 29	28	GRAND RAPIDS	24:38.4
24 JULIE BOUMA	F 40 to 49	45	WYOMING	24:55.8
25 Jason O'Callaghan	M 30 to 39	31	GRAND RAPIDS	24:59.2
26 KORI VANDERKOOI	F 40 to 49	40	BYRON CENTER	25:02.4
27 ED SCRUGGS	M 30 to 39	34	WYOMING	25:07.9
28 SAMANTHA MCCLARY	F 13 to 19	13	KENTWOOD	25:11.7
29 MATT BRITTON	M 60 to 69	66	ROTHBURY	25:18.7
30 ASHLEY CANIFF	F 13 to 19	19	ALLENDALE	25:19.4
31 RICK FOWLER	M 30 to 39	38	WYOMING	25:31.5
32 Holly Johnson	F 20 to 29	25	Caledonia	25:52.4
33 JULIE LANGERAK	F 40 to 49	40	BYRON CENTER	25:58.7
34 RICK VANBEEK	M 30 to 39	39	BYRON CENTER	26:00.4
35 JENNIFER URSUM	F 30 to 39	39	GRANDVILLE	26:00.8
36 Doug Harmon	M 50 to 59	55	BYRON CENTER	26:01.7
37 TYLER SCHMIDT	M 12 and U	10	COOPERSVILLE	26:14.9
38 SCOTT BAKER	M 40 to 49	44	WALKER	26:22.7
39 MATT TANIS	M 30 to 39	30	HOLLAND	26:24.6
40 MICHELLE KNITHOF	F 40 to 49	48	HAMILTON	26:35.7
41 SHELLEY PORTER	F 40 to 49	43	BYRON CENTER	26:50.8
42 REBECCA VANDERKOOI	F 12 and U	11	BYRON CENTER	26:57.4
43 SPENCER DOMINE	M 20 to 29	21	GRAND RAPIDS	27:10.6
44 TRISH TAYLOR	F 30 to 39	33	MICHIGAN CITY	27:30.6



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Strider's Power of Run 5K

Name	Group	Age	Hometown	Time
45 KORIN CARR	F 30 to 39	36	HUDSONVILLE	27:54.7
46 DAWN BREDEWEG	F 30 to 39	38	ZEELAND	28:21.3
47 Diana Arbanas	F 60 to 69	68	GRAND RAPIDS	28:33.8
48 ERICA PIERCE	F 30 to 39	31	GRANDVILLE	28:52.2
49 KELLI PEARSON	F 30 to 39	30	GRAND RAPIDS	28:58.9
50 KRISTIN VANWIEREN	F 30 to 39	38	BYRON CENTER	29:02.9
51 BRITTANY NOFFSINGER	F 30 to 39	37	GRAND HAVEN	29:39.4
52 ANDREW CARR	M 30 to 39	36	HUDSONVILLE	29:53.7
53 DONNA BORGMAN	F 40 to 49	45	HOLLAND	31:14.6
54 GREG ZELSKI	M 20 to 29	26	ROCKFORD	31:43.9
55 CHERIE FOSTER	F 30 to 39	36	KENTWOOD	31:55.6
56 Rod Smith	M 70 and o	73	GRAND RAPIDS	32:00.9
57 MISTY FOWLER	F 30 to 39	38	WYOMING	32:38.4
58 JIM ASPOSITO	M 60 to 69	64	SPARTA	34:17.9