

**Event Name: 2023 Break The Ice 5k**  
**Overall Finish Gun Elapsed**

**Division: BREAK THE ICE 5K RUN**

| Rank  | Bib | Name             | Gun<br>Elapsed | Pace  | Gen | Age | City- St     |
|---|-----|------------------|----------------|-------|-----|-----|--------------|
| <b>Top Overall in BREAK THE ICE 5K RUN Male</b>   |     |                  |                |       |     |     |              |
| 1   | 122 | Ethan Saylor     | 00:16:31.15    | 05:19 | M   | 18  | Dowagiac     |
| <b>Top Overall in BREAK THE ICE 5K RUN Female</b> |     |                  |                |       |     |     |              |
| 1   | 44  | Rachel Weber     | 00:20:27.52    | 06:35 | F   | 30  | Morton Grove |
| <b>Masters 40+ Top 1 Male in Age: 40-99</b>       |     |                  |                |       |     |     |              |
| 1   | 34  | Jim Springer     | 00:19:38.05    | 06:19 | M   | 57  | Saugatuck    |
| <b>Masters 40+ Top 1 Female in Age: 40-99</b>     |     |                  |                |       |     |     |              |
| 1   | 74  | Colleen Engler   | 00:24:45.25    | 07:58 | F   | 53  | Carol Stream |
| <b>Age Groups: 1 - 11 Male</b>                    |     |                  |                |       |     |     |              |
| 1   | 173 | Jackson Spiteri  | 00:27:29.30    | 08:50 | M   | 11  |              |
| 2   | 175 | Carter Spiteri   | 00:33:41.81    | 10:50 | M   | 9   |              |
| 3   | 161 | Camryn Ofroll    | 00:38:47.71    | 12:29 | M   | 10  |              |
| 4   | 147 | Blake Crane      | 00:39:22.46    | 12:40 | M   | 11  |              |
| <b>Age Groups: 12 - 15 Male</b>                   |     |                  |                |       |     |     |              |
| 1   | 26  | Kenny Sheffer    | 00:17:32.90    | 05:38 | M   | 15  | Allegan      |
| 2   | 55  | Noah Hernandez   | 00:18:44.45    | 06:01 | M   | 15  | Hamilton     |
| 3   | 54  | Luke Hernandez   | 00:22:30.77    | 07:14 | M   | 14  | Hamilton     |
| 4   | 43  | Brayden VanWyk   | 00:29:10.45    | 09:23 | M   | 14  | Dorr         |
| 5   | 163 | Adam Osvoll      | 00:29:59.12    | 09:39 | M   | 12  |              |
| <b>Age Groups: 12 - 15 Female</b>                 |     |                  |                |       |     |     |              |
| 1   | 86  | Jersi Bilek      | 00:20:39.71    | 06:39 | F   | 14  | Muskegon     |
| 2   | 150 | Adalyn Britton   | 00:21:46.84    | 07:00 | F   | 15  | Whitehall    |
| 3   | 151 | Lily Britton     | 00:23:09.21    | 07:27 | F   | 13  | Whitehall    |
| 4   | 145 | London Pirsein   | 00:26:23.52    | 08:29 | F   | 14  |              |
| 5   | 61  | Abigail Whitelaw | 00:26:55.92    | 08:40 | F   | 12  | Saint Joseph |
| <b>Age Groups: 16 - 19 Male</b>                   |     |                  |                |       |     |     |              |
| 1   | 197 | Liam Zenke       | 00:23:51.67    | 07:40 | M   | 19  |              |
| 2   | 126 | Jordan Weers     | 00:24:42.25    | 07:57 | M   | 17  | Wayland      |
| 3   | 146 | Taylon Pirsein   | 00:24:47.39    | 07:58 | M   | 17  |              |
| 4   | 42  | Carter VanWyk    | 00:24:52.45    | 08:00 | M   | 16  | Dorr         |
| 5   | 125 | Caleb Payseno    | 00:37:50.07    | 12:10 | M   | 16  | Otsego       |
| <b>Age Groups: 16 - 19 Female</b>                 |     |                  |                |       |     |     |              |
| 1   | 121 | Morgan Foune     | 00:37:50.07    | 12:10 | F   | 16  | Gobles       |
| 2   | 192 | Lauren Schaefer  | 00:54:14.43    | 17:27 | F   | 19  |              |
| <b>Age Groups: 20 - 24 Male</b>                   |     |                  |                |       |     |     |              |
| 1   | 76  | Alec Saylor      | 00:16:36.21    | 05:20 | M   | 23  | Dowagiac     |
| 2   | 57  | Nick Bouquenoy   | 00:25:58.48    | 08:21 | M   | 20  | South Haven  |
| 3   | 51  | Luke Manning     | 00:28:17.07    | 09:06 | M   | 23  | Hartford     |
| <b>Age Groups: 20 - 24 Female</b>                 |     |                  |                |       |     |     |              |
| 1   | 23  | Madeline Ingold  | 00:30:16.41    | 09:44 | F   | 20  | Mishawaka    |
| 2   | 176 | Emma Krusinowski | 00:33:59.06    | 10:56 | F   | 23  |              |
| 3   | 124 | Ashley Jewell    | 00:39:50.89    | 12:49 | F   | 24  | Paw Paw      |
| 4   | 63  | Kathryn Puzevic  | 00:41:10.88    | 13:15 | F   | 21  | Mattawan     |
| 5   | 189 | Ashlyn Schaefer  | 00:54:14.43    | 17:27 | F   | 22  |              |
| 6   | 52  | Hannah Manning   | 00:54:26.65    | 17:31 | F   | 23  | Hartford     |
| <b>Age Groups: 25 - 29 Male</b>                   |     |                  |                |       |     |     |              |
| 1   | 186 | Branden Holtzman | 00:19:50.10    | 06:23 | M   | 29  |              |
| 2   | 109 | Andrew Elzinga   | 00:22:19.69    | 07:11 | M   | 27  | Chicago      |
| 3   | 194 | Robert Schur     | 00:22:37.90    | 07:17 | M   | 29  |              |
| 4   | 13  | AJ Henderson     | 00:24:59.54    | 08:02 | M   | 28  | Paw Paw      |
| 5   | 144 | Alex Gornick     | 00:28:03.78    | 09:01 | M   | 29  |              |

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|-----------------------------------|-----|-------------------------|-------------|-------|-----|-----|--------------|
| 6                                 | 112 | Nicholas Seifer         | 00:30:23.54 | 09:46 | M   | 29  | South Bend   |
| 7                                 | 140 | Adham El-Batal          | 00:33:31.71 | 10:47 | M   | 28  |              |
| 8                                 | 47  | Connor Murney           | 00:34:18.25 | 11:02 | M   | 27  | Paw Paw      |
| <b>Age Groups: 25 - 29 Female</b> |     |                         |             |       |     |     |              |
| 1                                 | 133 | Melissa Savas           | 00:28:03.80 | 09:01 | F   | 28  | South Haven  |
| 2                                 | 113 | Samantha Decker         | 00:30:24.55 | 09:47 | F   | 29  | South Bend   |
| 3                                 | 149 | Lily Paterno            | 00:30:50.80 | 09:55 | F   | 27  |              |
| 4                                 | 123 | Alicia Lindsey          | 00:32:11.14 | 10:21 | F   | 27  | Paw Paw      |
| 5                                 | 116 | Danielle Riffer-Reinert | 00:33:24.59 | 10:45 | F   | 28  | South Haven  |
| 6                                 | 171 | Kelly Sabo              | 00:36:21.23 | 11:42 | F   | 27  |              |
| 7                                 | 200 | Allison Zenke           | 00:46:47.51 | 15:03 | F   | 27  |              |
| 8                                 | 190 | Madison Schaefer        | 00:54:20.90 | 17:29 | F   | 25  |              |
| <b>Age Groups: 30 - 34 Female</b> |     |                         |             |       |     |     |              |
| 1                                 | 127 | Rubi Solano             | 00:26:23.48 | 08:29 | F   | 33  | South Haven  |
| 2                                 | 153 | Katie Kompare           | 00:26:53.83 | 08:39 | F   | 34  |              |
| 3                                 | 79  | Alisa Somers            | 00:28:03.76 | 09:01 | F   | 33  | Watervliet   |
| 4                                 | 32  | Shannon Mastick         | 00:37:13.68 | 11:58 | F   | 32  | Granger      |
| 5                                 | 12  | Rachel Floyd            | 00:54:27.74 | 17:31 | F   | 32  | Paw Paw      |
| <b>Age Groups: 35 - 39 Male</b>   |     |                         |             |       |     |     |              |
| 1                                 | 170 | Jason Talbott           | 00:20:51.75 | 06:42 | M   | 39  |              |
| 2                                 | 58  | Kevin Meyer             | 00:24:23.03 | 07:50 | M   | 36  | Holland      |
| 3                                 | 115 | Eric Burgoyne           | 00:25:48.12 | 08:18 | M   | 35  | South Haven  |
| 4                                 | 10  | Michael Frosolone       | 00:26:48.80 | 08:37 | M   | 38  | Saint Joseph |
| 5                                 | 25  | Andrew Moritz           | 00:27:31.42 | 08:51 | M   | 35  | Holland      |
| 6                                 | 2   | Brian Van Baren         | 00:27:54.62 | 08:59 | M   | 37  | Munster      |
| 7                                 | 85  | Justin Crouse           | 00:28:27.99 | 09:09 | M   | 37  | Winona Lake  |
| 8                                 | 53  | Tony Hernandez          | 00:28:44.19 | 09:14 | M   | 37  | Hamilton     |
| <b>Age Groups: 35 - 39 Female</b> |     |                         |             |       |     |     |              |
| 1                                 | 114 | Beth Maldonado          | 00:22:38.96 | 07:17 | F   | 37  | Skokie       |
| 2                                 | 30  | Margaret Rivera         | 00:23:27.49 | 07:33 | F   | 38  | Chicago      |
| 3                                 | 106 | Vimmi Thakar            | 00:29:15.56 | 09:25 | F   | 39  | Chicago      |
| 4                                 | 77  | Lara Lukasik            | 00:34:31.42 | 11:06 | F   | 39  | Wilmette     |
| 5                                 | 107 | Angela Esposito         | 00:35:46.51 | 11:30 | F   | 39  | Chicago      |
| 6                                 | 21  | Megan Anton             | 00:46:10.19 | 14:51 | F   | 36  | Evanston     |
| <b>Age Groups: 40 - 44 Male</b>   |     |                         |             |       |     |     |              |
| 1                                 | 108 | Taylor Esposito         | 00:21:02.91 | 06:46 | M   | 41  | Chicago      |
| 2                                 | 166 | Curtis Peterson         | 00:22:20.71 | 07:11 | M   | 43  |              |
| 3                                 | 135 | Brook Stensland         | 00:25:18.77 | 08:08 | M   | 44  | Portage      |
| 4                                 | 105 | Pulin Thakkar           | 00:26:18.42 | 08:28 | M   | 40  | Chicago      |
| 5                                 | 104 | Brian Huddleston        | 00:26:23.49 | 08:29 | M   | 44  | Chicago      |
| 6                                 | 5   | Ryan Nykamp             | 00:26:40.71 | 08:35 | M   | 40  | Hamilton     |
| 7                                 | 60  | Phillip Whitelaw        | 00:26:59.97 | 08:41 | M   | 40  | Saint Joseph |
| 8                                 | 179 | Sean Steuart            | 00:27:00.96 | 08:41 | M   | 43  |              |
| 9                                 | 143 | Tyler Norman            | 00:27:45.56 | 08:56 | M   | 44  |              |
| 10                                | 164 | Alen Osroll             | 00:30:58.96 | 09:58 | M   | 42  |              |
| 11                                | 174 | Jason Spiteri           | 00:33:43.87 | 10:51 | M   | 40  |              |
| 12                                | 99  | GR Bentley              | 00:35:08.07 | 11:18 | M   | 41  | Kalamazoo    |
| 13                                | 134 | Andrew James            | 00:40:48.72 | 13:08 | M   | 43  | Grand Rapids |
| <b>Age Groups: 40 - 44 Female</b> |     |                         |             |       |     |     |              |
| 1                                 | 8   | Lindsay Blackmer        | 00:30:54.03 | 09:56 | F   | 40  | Hartford     |
| 2                                 | 94  | Maria Thibeault         | 00:31:13.14 | 10:02 | F   | 42  | Saint Joseph |

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| 3                                 | 178 | Sarah Brown          | 00:33:59.06 | 10:56 | F   | 42  |                |
| <b>Age Groups: 45 - 49 Male</b>   |     |                      |             |       |     |     |                |
| 1                                 | 15  | Doug Muenzer         | 00:22:10.65 | 07:08 | M   | 47  | Allegan        |
| 2                                 | 185 | Brad Phillips        | 00:30:14.40 | 09:44 | M   | 46  |                |
| 3                                 | 155 | Brian Rucinski       | 00:45:30.82 | 14:38 | M   | 48  |                |
| <b>Age Groups: 45 - 49 Female</b> |     |                      |             |       |     |     |                |
| 1                                 | 14  | Penelope Muenzer     | 00:31:49.52 | 10:14 | F   | 47  | Allegan        |
| 2                                 | 177 | Jennifer Krusinowski | 00:34:39.58 | 11:09 | F   | 49  |                |
| 3                                 | 98  | Sarah Bentley        | 00:35:08.07 | 11:18 | F   | 48  | Kalamazoo      |
| 4                                 | 138 | Michelle Breneman    | 00:35:40.50 | 11:28 | F   | 49  | Mendon         |
| 5                                 | 187 | Jaime Marten         | 00:40:38.56 | 13:04 | F   | 46  |                |
| 6                                 | 111 | Denise Chaitkin      | 00:40:56.80 | 13:10 | F   | 48  | Skokie         |
| 7                                 | 184 | Kara Kasper          | 00:44:58.37 | 14:28 | F   | 47  |                |
| 8                                 | 154 | Andrea Rucinski      | 00:45:30.82 | 14:38 | F   | 46  |                |
| 9                                 | 198 | Shanna Zenke         | 00:46:53.67 | 15:05 | F   | 47  |                |
| <b>Age Groups: 50 - 54 Male</b>   |     |                      |             |       |     |     |                |
| 1                                 | 181 | Ken Kettenbeil       | 00:27:16.19 | 08:46 | M   | 54  |                |
| 2                                 | 49  | Gene Barker          | 00:27:26.75 | 08:50 | M   | 52  | Coloma         |
| 3                                 | 132 | Timm Sturgeon        | 00:27:47.59 | 08:56 | M   | 52  | Portage        |
| 4                                 | 156 | Joseph Tenbusch      | 00:34:46.65 | 11:11 | M   | 50  |                |
| 5                                 | 90  | Paul Ballam          | 00:38:41.87 | 12:27 | M   | 52  | Chicago        |
| 6                                 | 199 | Mark Zenke           | 00:46:48.56 | 15:03 | M   | 53  |                |
| 7                                 | 191 | Steve Schaefer       | 00:54:05.46 | 17:24 | M   | 53  |                |
| <b>Age Groups: 50 - 54 Female</b> |     |                      |             |       |     |     |                |
| 1                                 | 74  | Colleen Engler       | 00:24:45.25 | 07:58 | F   | 53  | Carol Stream   |
| 2                                 | 169 | Enriqueta Hibbard    | 00:26:44.71 | 08:36 | F   | 54  |                |
| 3                                 | 48  | Stacy Barker         | 00:27:18.17 | 08:47 | F   | 50  | Coloma         |
| 4                                 | 56  | Sarah Deal           | 00:28:00.79 | 09:00 | F   | 53  | Saint Joseph   |
| 5                                 | 38  | Teresa Fransen       | 00:30:23.68 | 09:46 | F   | 52  | Wyoming        |
| 6                                 | 62  | Lori Puzevic         | 00:31:15.14 | 10:03 | F   | 53  | Mattawan       |
| 7                                 | 92  | Dawn Marciniak       | 00:31:49.52 | 10:14 | F   | 52  | OtsegoOtsego   |
| 8                                 | 89  | Kimberly Copp        | 00:33:11.44 | 10:40 | F   | 52  | Chicago        |
| 9                                 | 6   | Gina Manning         | 00:33:43.87 | 10:51 | F   | 51  | Hartford       |
| 10                                | 16  | Danette Johnson      | 00:37:24.84 | 12:02 | F   | 54  | Galesburg      |
| 11                                | 69  | Lisa Bis             | 00:38:43.83 | 12:27 | F   | 54  | Saugatuck      |
| 12                                | 172 | Rhonda Sturgeon      | 00:48:09.47 | 15:30 | F   | 53  |                |
| 13                                | 188 | Amy Andrjeski        | 00:50:56.21 | 16:23 | F   | 50  |                |
| 14                                | 193 | Heather Schaefer     | 00:54:20.64 | 17:29 | F   | 52  |                |
| <b>Age Groups: 55 - 59 Male</b>   |     |                      |             |       |     |     |                |
| 1                                 | 34  | Jim Springer         | 00:19:38.05 | 06:19 | M   | 57  | Saugatuck      |
| 2                                 | 95  | Brent Nichols        | 00:25:38.97 | 08:15 | M   | 56  | South Haven    |
| 3                                 | 180 | Steve Gleason        | 00:26:29.52 | 08:31 | M   | 55  |                |
| 4                                 | 27  | Eric Martin          | 00:27:50.58 | 08:57 | M   | 59  | Warsaw         |
| 5                                 | 167 | Mark Lewis           | 00:28:16.85 | 09:06 | M   | 58  |                |
| 6                                 | 73  | Barry Engler         | 00:29:59.13 | 09:39 | M   | 56  | Carol Stream   |
| 7                                 | 128 | Todd Valley          | 00:36:10.90 | 11:38 | M   | 56  | Baroda         |
| <b>Age Groups: 55 - 59 Female</b> |     |                      |             |       |     |     |                |
| 1                                 | 33  | Carol Springer       | 00:26:33.65 | 08:32 | F   | 57  | Saugatuck      |
| 2                                 | 65  | Lisa Suter           | 00:30:23.70 | 09:46 | F   | 58  | Virginia Beach |
| 3                                 | 129 | Audra Valley         | 00:30:43.68 | 09:53 | F   | 56  | Baroda         |
| 4                                 | 45  | Wendy Murney         | 00:31:10.13 | 10:01 | F   | 57  | Paw Paw        |

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| 5                                 | 103 | Marianne Groth  | 00:34:35.50 | 11:08 | F   | 59  | St. Joseph      |
| 6                                 | 159 | Wendy Sherbondy | 00:35:15.14 | 11:20 | F   | 55  |                 |
| 7                                 | 195 | Kathy Volek     | 00:38:37.84 | 12:26 | F   | 59  |                 |
| <b>Age Groups: 60 - 69 Male</b>   |     |                 |             |       |     |     |                 |
| 1                                 | 22  | Oscar Perez     | 00:24:48.37 | 07:59 | M   | 61  | South Haven     |
| 2                                 | 131 | Rick Leland     | 00:25:05.56 | 08:04 | M   | 67  | South Haven     |
| 3                                 | 46  | Dale Murney     | 00:29:11.44 | 09:23 | M   | 62  | Paw Paw         |
| 4                                 | 9   | Jim Kutil       | 00:31:08.00 | 10:01 | M   | 66  | Oak Park        |
| 5                                 | 18  | Ray Lewis       | 00:52:41.49 | 16:57 | M   | 62  | Allegan         |
| <b>Age Groups: 60 - 69 Female</b> |     |                 |             |       |     |     |                 |
| 1                                 | 168 | Nancy Leland    | 00:31:59.74 | 10:17 | F   | 69  |                 |
| 2                                 | 152 | Janeth Pfaff    | 00:49:10.11 | 15:49 | F   | 63  |                 |
| 3                                 | 20  | Debbie Foune    | 00:52:41.50 | 16:57 | F   | 65  | Bloomingtondale |
| 4                                 | 19  | Dede Lewis      | 00:52:41.50 | 16:57 | F   | 61  | Allegan         |
| 5                                 | 157 | Joan Root       | 00:54:56.12 | 17:40 | F   | 60  |                 |
| 6                                 | 142 | Barbara Dunlap  | 00:55:39.54 | 17:54 | F   | 61  |                 |
| 7                                 | 141 | Kim DeJoef      | 00:55:44.57 | 17:56 | F   | 63  |                 |
| 8                                 | 72  | Roxann Brouwer  | 01:05:47.93 | 21:10 | F   | 61  | Lawrence        |
| <b>Age Groups: 70 - 99 Male</b>   |     |                 |             |       |     |     |                 |
| 1                                 | 31  | Tom Tollefson   | 00:27:34.97 | 08:52 | M   | 74  | South Haven     |
| 2                                 | 59  | Bill Garrity    | 00:30:48.79 | 09:55 | M   | 74  | Saugatuck       |
| 3                                 | 158 | Stan Bochrwski  | 00:32:28.99 | 10:27 | M   | 70  |                 |
| <b>Age Groups: 70 - 99 Female</b> |     |                 |             |       |     |     |                 |
| 1                                 | 70  | Linda Klute     | 00:34:41.65 | 11:10 | F   | 74  | Fennville       |
| 2                                 | 139 | Karla Trout     | 00:41:53.40 | 13:28 | F   | 73  |                 |
| 3                                 | 75  | Nancy Hathaway  | 01:05:49.00 | 21:11 | F   | 71  | Hartford        |