

Prove It 5k

5k Age Graded Results

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Record Female: 14:44.0

Record Male: 12:51.0

Place	Name	City	Bib No	Age	Gend	Actual Time	Factor	Net Time	Percent
1	Erin Ralston	Highland MI	161	35	F	20:29.1	0.9935	20:21.2	0.7239
2	David Evans	Oak Park MI	72766	27	M	17:57.6	1.0000	17:57.6	0.7155
3	John Johnson	Farmington Hills	72779	62	M	23:00.0	0.7956	18:17.9	0.7022
4	Christopher Kirwin	Milford MI	160	37	M	19:01.1	0.9706	18:27.5	0.6961
5	Doug Williams	Warren MI	157	52	M	21:22.6	0.8656	18:30.2	0.6944
6	Ryan Collings	New Baltimore MI	190	39	M	19:36.7	0.9566	18:45.6	0.6849
7	Eric Moore	Redford MI	281	61	M	23:37.9	0.8026	18:58.0	0.6775
8	Jason Banks	Rochester MI	215	42	M	20:38.2	0.9356	19:18.4	0.6655
9	Cynthia Miiller	New Baltimore MI	152	53	F	26:09.3	0.8645	22:36.6	0.6516
10	Yu Liu	Troy MI	178	43	M	21:29.6	0.9286	19:57.5	0.6438
11	Gary Jasionowicz	Rochester MI	158	44	M	21:55.0	0.9216	20:11.9	0.6362
12	Teresa Dubois	Croswell MI	245	67	F	31:48.7	0.7286	23:10.7	0.6356
13	Charlee Liu	Lake Orion MI	183	57	M	24:23.6	0.8306	20:15.7	0.6342
14	Kyle Schmitz	Oxford MI	72781	23	M	20:27.8	1.0000	20:27.8	0.6279
15	Mike Petrucci	Howell MI	180	46	M	22:38.1	0.9076	20:32.6	0.6255
16	Aaron Barnett	Auburn Hills MI	216	31	M	20:34.5	0.9989	20:33.1	0.6252
17	Tammy Hess	Southgate MI	231	39	F	24:45.9	0.9785	24:14.0	0.6080
18	Thomas Mingledorff	Canton MI	264	58	M	25:41.7	0.8236	21:09.7	0.6072
19	Matt Maclag	Pinckney MI	256	42	M	22:49.8	0.9356	21:21.6	0.6016
20	Brad Zimmerman	Holly MI	259	57	M	25:43.8	0.8306	21:22.2	0.6013
21	Christopher Grabowski	Livonia MI	155	38	M	22:18.4	0.9636	21:29.7	0.5978
22	Bella Vanburen	Howell MI	286	21	F	24:42.9	1.0000	24:42.9	0.5961
23	Kathryn Grose	Plymouth MI	72764	61	F	31:26.9	0.7869	24:44.8	0.5953
24	Steve Spalding	Roseville MI	162	66	M	28:14.7	0.7676	21:40.9	0.5927
25	Teri Johnson	Bloomfld Hls MI	181	61	F	31:35.7	0.7869	24:51.7	0.5926
26	Zaynib Ahmad	Dearborn MI	250	13	F	27:12.6	0.9172	24:57.4	0.5903
27	Stephen Logan	Northville MI	72783	61	M	27:26.5	0.8026	22:01.5	0.5834
28	Nisreen Mustafa	Clinton Township	222	28	F	25:23.7	1.0000	25:23.7	0.5801
29	Linda Keenan	Milford MI	164	54	F	30:15.5	0.8548	25:51.9	0.5696
30	Jeffrey Fedewa	Haslett MI	292	50	M	25:39.1	0.8796	22:33.8	0.5695
31	Emma Kahrs	Marne MI	239	25	F	25:56.5	1.0000	25:56.5	0.5679
32	Richard Miiller	New Baltimore MI	153	52	M	26:08.9	0.8656	22:38.0	0.5677
33	Mark Stanislav	Milford MI	283	36	M	23:09.5	0.9776	22:38.4	0.5676
34	Jennifer Bridges	Romulus MI	163	49	F	28:46.4	0.9034	25:59.6	0.5668
35	Jacob Manning	Detroit MI	221	24	M	22:44.9	1.0000	22:44.9	0.5649
36	Karen Ross	Mayville MI	179	51	F	29:48.9	0.8840	26:21.4	0.5590
37	Elizabeth Carey	Lansing MI	72840	32	F	26:51.2	0.9990	26:49.5	0.5492
38	Gabe Maclag	Pinckney MI	257	14	M	24:42.8	0.9482	23:26.0	0.5483
39	Catherine Jasionowicz	Rochester MI	159	43	F	28:10.8	0.9549	26:54.5	0.5475
40	Stanley Turner	Dearborn MI	156	34	M	24:03.7	0.9894	23:48.4	0.5397
41	Katelyn Waligora	Canton MI	284	20	F	27:21.3	1.0000	27:21.3	0.5386
42	Ramon Del Busto	Bloomfield Hills MI	232	75	M	34:48.4	0.6856	23:51.8	0.5385
43	Kady Waits	Milford MI	285	21	F	27:21.8	1.0000	27:21.8	0.5384
44	Derek George	Brighton MI	236	27	M	23:54.8	1.0000	23:54.8	0.5373
45	Traci Cothran	Grosse Pointe MI	217	53	F	31:44.6	0.8645	27:26.5	0.5369
46	Holly Kirsten	Chesterfield MI	213	49	F	30:28.8	0.9034	27:32.1	0.5351
47	Craig Davis	Wayne MI	218	33	M	24:15.9	0.9937	24:06.7	0.5329
48	Andrew Post	Dearborn MI	255	41	M	25:47.9	0.9426	24:19.1	0.5284
49	Jeff Wrenbeck	Royal Oak MI	263	30	M	24:25.1	0.9999	24:24.9	0.5263
50	Dennis Pietrasinski	Livonia MI	272	63	M	31:03.4	0.7886	24:29.5	0.5247
51	Sylvia Distefano	Macomb MI	72757	28	F	28:13.8	1.0000	28:13.8	0.5219
52	Hal Briand	New Baltimore MI	151	74	M	35:32.4	0.6970	24:46.3	0.5187
53	Jason Dyer	Berkley MI	182	26	M	24:47.0	1.0000	24:47.0	0.5185

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54	John Ryskamp	Milford MI	306	53	M	28:53.4	0.8586	24:48.3	0.5180
55	May Russell	Milford MI	208	44	F	30:01.1	0.9476	28:26.8	0.5179
56	Jolynn Williams	Oak Park MI	72787	33	F	28:31.4	0.9977	28:27.4	0.5177
57	Lauren Post	Dearborn MI	254	37	F	28:52.7	0.9871	28:30.3	0.5169
58	Jason Scarbrough	Commerce	249	39	M	26:08.1	0.9566	25:00.1	0.5140
59	Nancy Nordlie	Birmingham MI	240	68	F	39:56.2	0.7189	28:42.6	0.5132
60	Danielle Burstall	Livonia MI	308	52	F	32:52.8	0.8743	28:44.8	0.5125
61	Erin Myers	New Baltimore MI	154	44	F	30:21.6	0.9476	28:46.1	0.5121
62	Caleb Maclag	Pinckney MI	258	12	M	28:11.8	0.9002	25:23.0	0.5062
63	Louis Kozlowski	Jackson MI	189	65	M	32:53.2	0.7746	25:28.5	0.5044
64	Colin Brannigan	Brighton MI	282	16	M	26:01.1	0.9802	25:30.2	0.5039
65	Shashikant Sundaram	Troy MI	246	44	M	27:40.6	0.9216	25:30.4	0.5038
66	Bob Jean	South Lyon MI	299	46	M	28:23.4	0.9076	25:46.0	0.4987
67	Freya Brown	Milford MI	280	6	F	39:32.1	0.7513	29:42.2	0.4960
68	Delorean Cotton	Southfield MI	294	36	M	26:30.8	0.9776	25:55.1	0.4958
69	Melissa Jackson	Comstock Park MI	291	47	F	32:22.5	0.9225	29:51.9	0.4933
70	Frank Haas	Brighton MI	72805	71	M	35:48.1	0.7278	26:03.3	0.4932
71	Kayla Derderian	Canton MI	289	34	F	30:05.4	0.9959	29:58.0	0.4917
72	Jimson Vedula	Macomb MI	211	54	M	30:41.4	0.8516	26:08.2	0.4916
73	Steve Burstall	Livonia MI	307	55	M	31:00.5	0.8446	26:11.3	0.4907
74	Jennifer Headley	Chesterfield MI	72762	50	F	33:38.7	0.8937	30:04.1	0.4900
75	Brian Jelinski	Brownstown MI	192	44	M	28:40.6	0.9216	26:25.7	0.4862
76	Mike Liberty	Canton MI	305	43	M	28:28.2	0.9286	26:26.2	0.4860
77	Breanna Zaborowski	Brighton MI	295	16	F	31:28.3	0.9680	30:27.9	0.4836
78	Amy Bauer	Oakland MI	186	47	F	33:01.3	0.9225	30:27.7	0.4836
79	Shane Scarbrough	Southfield MI	226	29	M	26:41.4	1.0000	26:41.4	0.4814
80	Megan Wilbur	Brighton MI	237	26	F	30:41.5	1.0000	30:41.5	0.4800
81	Khadije Bazzi	Dearborn MI	244	37	F	31:11.4	0.9871	30:47.3	0.4785
82	Michael Dineen	Lexington MI	188	60	M	33:15.2	0.8096	26:55.3	0.4773
83	Elizabeth Kretunski	Livonia MI	271	62	F	40:11.5	0.7772	31:14.2	0.4717
84	Matthew Walker	Hazel Park MI	191	50	M	31:06.1	0.8796	27:21.4	0.4697
85	Shayna Boussi	Canton MI	303	36	F	31:46.2	0.9906	31:28.3	0.4681
86	Natalie Hayes	Farmington MI	220	51	F	35:39.0	0.8840	31:30.9	0.4675
87	Evan Schmitz	Flint MI	72802	26	M	27:35.7	1.0000	27:35.7	0.4657
88	Kristi Cepnick	Milford MI	193	52	F	36:25.0	0.8743	31:50.3	0.4627
89	Anna Tsentsiper	West Bloomfield	269	39	F	32:35.2	0.9785	31:53.1	0.4621
90	John Shoemaker	New Baltimore MI	214	48	M	31:30.8	0.8936	28:09.6	0.4563
91	Khalil Boussi	Canton MI	302	32	M	28:52.1	0.9969	28:46.7	0.4465
92	Miranda Rippin	Oakland MI	184	29	F	33:01.3	1.0000	33:01.3	0.4462
93	Kaileen Freeberg	Oakland MI	185	24	F	33:01.4	1.0000	33:01.4	0.4461
94	Barbara Tate-Renaud	Warren MI	270	56	F	39:34.5	0.8354	33:03.7	0.4456
95	Deborah Stetzel	Auburn Hills MI	228	49	F	36:38.5	0.9034	33:06.2	0.4451
96	Andrew Whidby Jr	Oak Park MI	229	37	M	29:48.9	0.9706	28:56.3	0.4440
97	Lawrence Goulette	Allen Park MI	241	68	M	38:40.4	0.7533	29:07.9	0.4411
98	Gabriel Didomenico	Farmington MI	288	28	M	29:15.3	1.0000	29:15.3	0.4392
99	James Solomon	Mount Clemens MI	238	24	M	29:17.7	1.0000	29:17.7	0.4386
100	Destinee Harvey	Lansing MI	235	19	F	33:35.8	1.0000	33:35.8	0.4385
101	Rodney Suttles II	Detroit MI	72788	32	M	29:29.3	0.9969	29:23.9	0.4371
102	Chris Vinson	Canton MI	298	33	M	29:39.2	0.9937	29:28.0	0.4361
103	Rob Nitz	Taylor MI	223	40	M	31:03.5	0.9496	29:29.6	0.4357
104	Robert J Kersten	White Lake MI	262	57	M	35:38.3	0.8306	29:36.0	0.4341
105	Andrew Sutton	Highland MI	296	49	M	33:26.3	0.8866	29:38.8	0.4334
106	Daniel Hatcher	Utica MI	72798	26	M	29:53.5	1.0000	29:53.5	0.4299

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107	Ronnie Porter	Farmington MI	225	35	M	30:23.8	0.9841	29:54.8	0.4296
108	Tracy Paynter	Royal Oak MI	273	55	F	40:42.2	0.8451	34:23.9	0.4283
109	April Thomas	Southgate MI	242	51	F	38:56.3	0.8840	34:25.3	0.4280
110	Sarah Nitz	Taylor MI	224	41	F	35:55.5	0.9678	34:46.1	0.4238
111	Sergii Sidorov	Canton MI	310	33	M	30:35.9	0.9937	30:24.3	0.4226
112	Holly Kaiser	Bloomfield Hills MI	293	52	F	40:04.6	0.8743	35:02.4	0.4205
113	Anthony Delisle	Brighton MI	301	21	M	30:34.3	1.0000	30:34.3	0.4203
114	Kristen Maiké	Highland MI	260	52	F	40:46.9	0.8743	35:39.3	0.4132
115	Edie Valentine	Southfield MI	309	59	F	45:00.2	0.8063	36:17.2	0.4060
116	Vikas Chandel	Troy MI	202	35	M	32:10.7	0.9841	31:40.0	0.4058
117	Dan Swetz	Rockwood MI	266	43	M	34:51.9	0.9286	32:22.5	0.3969
118	Hilory Earley	Livonia MI	72804	70	M	43:57.1	0.7369	32:23.2	0.3967
119	Lindsey Thompson	Milford MI	278	44	F	39:32.7	0.9476	37:28.4	0.3932
120	Bethany Sutton	Highland MI	72786	9	F	45:11.6	0.8308	37:32.8	0.3924
121	Jonathan Beef Williams	Detroit MI	227	36	M	33:31.3	0.9776	32:46.3	0.3921
122	Michael Dimango	Milford MI	287	59	M	40:25.7	0.8166	33:00.8	0.3892
123	Brenda Sutton	Highland MI	297	56	F	45:39.1	0.8354	38:08.2	0.3863
124	Charlene Odom	New Hudson MI	265	64	F	51:36.2	0.7577	39:06.0	0.3768
125	Vinh-Phu Truong	Novi MI	274	12	M	38:09.8	0.9002	34:21.3	0.3740
126	Doug Hughes	Highland MI	261	55	M	40:46.9	0.8446	34:26.7	0.3731
127	Tim Little	Ann Arbor MI	268	77	M	52:42.9	0.6609	34:50.3	0.3688
128	Christina Goutis	Clawson MI	290	38	F	41:03.9	0.9831	40:22.3	0.3649
129	Crisanna Sheeler	Wyandotte MI	304	31	F	40:24.6	0.9998	40:24.1	0.3647
130	Manny Sullano	Van Buren Twp MI	209	50	M	40:08.1	0.8796	35:18.1	0.3640
131	Vinh-Khang Truong	Novi MI	275	14	M	37:34.4	0.9482	35:37.6	0.3607
132	Archana Vonipenti	Northville MI	212	40	F	42:21.9	0.9734	41:14.3	0.3573
133	David Delisle	Brighton MI	300	21	M	36:14.4	1.0000	36:14.4	0.3546
134	Cody Seibly	Holt MI	234	20	M	36:46.9	1.0000	36:46.9	0.3494
135	Kelly Little	Ann Arbor MI	267	40	F	43:25.7	0.9734	42:16.4	0.3485
136	Nathan Brown	Milford MI	279	41	M	39:31.6	0.9426	37:15.5	0.3449
137	Hemani Jamwal	Troy MI	203	31	F	43:03.0	0.9998	43:02.5	0.3423
138	Magdalena Scarbrough	Commerce	248	49	F	48:01.3	0.9034	43:23.0	0.3396
139	Salaj Kumar	Northville MI	205	47	M	42:29.0	0.9006	38:15.6	0.3359
140	Cuc Tran	Novi MI	253	64	F	57:55.0	0.7577	43:53.0	0.3357
141	Jim Zittel	Waterford MI	72778	58	M	47:07.4	0.8236	38:48.7	0.3311
142	David Lanier	Canton MI	247	50	M	47:05.0	0.8796	41:24.9	0.3103
143	Willie Elliott	Oak Park MI	219	32	M	42:12.4	0.9969	42:04.5	0.3054
144	Hayden Thomas	Southgate MI	243	15	M	43:46.4	0.9662	42:17.6	0.3038
145	Hannah Murphy	Brighton MI	277	18	F	49:09.6	0.9960	48:57.8	0.3009
146	Tammy Chuong	Novi MI	251	75	F	1:16:58.8	0.6509	50:06.4	0.2940
147	Bill Chuong	Novi MI	252	80	M	1:16:55.1	0.6194	47:38.6	0.2697
148	Vincent McClintock	Livonia MI	187	23	M	48:01.3	1.0000	48:01.3	0.2676
149	Karen Seibly	Holt MI	233	44	F	58:15.4	0.9476	55:12.2	0.2669