

Free No Frills 5K Run  
Race Results BY AGE GROUP/FINISH

10/17/2021  
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AgeGroup	GrpPlace	Ovrall Time	Bib#	Name	City/ST	Pace/Ml
F 25 - 29	1	7 0:30:19.9	8	Taylor Harper		9:47.1
F 45 - 49	1	15 0:41:29.5	18	Stephanie Piacenti		13:23.1
F 50 - 54	1	5 0:28:17.0	5	Gail Passwater		9:07.4
M 35 - 39	1	1 0:21:58.2	1	Kyle Dockemeyer		7:05.2
M 40 - 44	1	4 0:27:11.7	4	Alan Toronjo		8:46.4
M 45 - 49	1	6 0:28:38.4	6	Warren Monk		9:14.3
M 50 - 54	1	2 0:22:00.2	2	Rick Loving		7:05.9
M 50 - 54	2	3 0:22:34.5	3	Russ McDowell		7:16.9
M 55 - 59	1	9 0:31:59.3	12	Daniel Hall		10:19.1
M 55 - 59	2	10 0:32:25.4	13	Rob Ravens		10:27.5
M 55 - 59	3	16 0:44:41.5	19	Marc Spenard		14:25.0
M 60 - 64	1	11 0:34:53.1	14	Dan Gerber		11:15.2
M 60 - 64	2	14 0:39:04.6	17	Edward Barber		12:36.3
M 65 - 69	1	8 0:31:11.3	9	Craig Alberts		10:03.6
M 65 - 69	2	12 0:35:20.9	15	Dan Bullock		11:24.2
M 70 - 99	1	13 0:37:58.9	16	Rich Olmstead		12:15.1

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Race Results BY OVERALL FINISH

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AgeGroup	Ovrall	GrpPlace	Time	Bib#	Name	City/ST	Pace/Ml
M 35 - 39	1	1	0:21:58.2	1	Kyle Dockemeyer		7:05.2
M 50 - 54	2	1	0:22:00.2	2	Rick Loving		7:05.9
M 50 - 54	3	2	0:22:34.5	3	Russ McDowell		7:16.9
M 40 - 44	4	1	0:27:11.7	4	Alan Toronjo		8:46.4
F 50 - 54	5	1	0:28:17.0	5	Gail Passwater		9:07.4
M 45 - 49	6	1	0:28:38.4	6	Warren Monk		9:14.3
F 25 - 29	7	1	0:30:19.9	8	Taylor Harper		9:47.1
M 65 - 69	8	1	0:31:11.3	9	Craig Alberts		10:03.6
M 55 - 59	9	1	0:31:59.3	12	Daniel Hall		10:19.1
M 55 - 59	10	2	0:32:25.4	13	Rob Ravens		10:27.5
M 60 - 64	11	1	0:34:53.1	14	Dan Gerber		11:15.2
M 65 - 69	12	2	0:35:20.9	15	Dan Bullock		11:24.2
M 70 - 99	13	1	0:37:58.9	16	Rich Olmstead		12:15.1
M 60 - 64	14	2	0:39:04.6	17	Edward Barber		12:36.3
F 45 - 49	15	1	0:41:29.5	18	Stephanie Piacenti		13:23.1
M 55 - 59	16	3	0:44:41.5	19	Marc Spenard		14:25.0