

Empowerment 5K Run
Race Results BY AGE GROUP/FINISH

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Empowerment 5K Run
Race Results BY OVERALL FINISH

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AgeGroup	GrpPlace	Ovrall	Time	Bib#	Name	City/ST	Pace/Ml	AgeGroup	Ovrall	GrpPlace	Time	Bib#	Name	City/ST	Pace/Ml
F 1 - 19	1 AG	16	0:25:09.9	17	Terre W	Manteno IL	8:07.1	M 30 - 39	1	1 AG	0:17:11.3	73	Patrick D Koerner	Bourbonnais IL	5:32.7
F 1 - 19	2 AG	21	0:26:02.4	16	Margaree B	Manteno IL	8:24.0	M 1 - 19	2	1 AG	0:18:41.1	55	Jim Sulzberger	Peotone IL	6:01.6
F 1 - 19	3 AG	27	0:32:57.8	15	Deniesha L	Manteno IL	10:38.0	M 30 - 39	3	2 AG	0:18:47.2	49	Rod Kahl	Bradley IL	6:03.6
F 1 - 19	4	34	0:39:56.4	14	Rachel O	Manteno IL	12:53.0	M 40 - 49	4	1 AG	0:19:43.3	78	Peter E Kershaw	St. Anne IL	6:21.7
F 30 - 39	1 AG	25	0:29:19.4	69	Valerie Pop-Brandt	Kankakee IL	9:27.5	M 40 - 49	5	2 AG	0:21:09.8	75	Rich W Olmstead	Kankakee IL	6:49.6
F 30 - 39	2 AG	30	0:36:52.8	1	Carol Shrove	Gilman IL	11:53.8	M 50 - 99	6	1 AG	0:21:26.2	76	Daniel W Gould	Kankakee IL	6:54.9
F 40 - 49	1 AG	18	0:25:36.3	83	Nancy J Ruda	Kankakee IL	8:15.6	M 50 - 99	7	2 AG	0:21:35.6	41	Charlie Grotevant	Buckingham IL	6:57.9
F 40 - 49	2 AG	28	0:33:01.9	77	Patty Kershaw	St. Anne IL	10:39.3	M 20 - 29	8	1 AG	0:22:12.3	48	David Ziemer	Kankakee IL	7:09.8
F 40 - 49	3 AG	33	0:39:06.9	20	Cheryl Wolf	Bourbonnais IL	12:37.1	M 40 - 49	9	3 AG	0:22:27.1	74	Doug McWilliams	Momence IL	7:14.5
F 40 - 49	4	35	0:41:10.4	39	Michelle A Baldwin	Bourbonnais IL	13:16.9	M 50 - 99	10	3 AG	0:23:04.0	71	Alan Cheney	Watseka IL	7:26.5
M 1 - 19	1 AG	2	0:18:41.1	55	Jim Sulzberger	Peotone IL	6:01.6	M 40 - 49	11	4	0:23:19.4	79	Wendell D Provost	Bourbonnais IL	7:31.4
M 1 - 19	2 AG	19	0:25:42.7	67	Randy W		8:17.6	M 50 - 99	12	4	0:23:46.3	84	Ron Ruda	Kankakee IL	7:40.1
M 1 - 19	3 AG	23	0:28:49.6	59	Victor S		9:17.9	M 50 - 99	13	5	0:24:40.2	72	Mike Biernat	Wilmington IL	7:57.5
M 1 - 19	4	31	0:37:17.4	60	Billy J		12:01.7	M 40 - 49	14	5	0:24:42.3	81	Dan H Morse	Bourbonnais IL	7:58.2
M 20 - 29	1 AG	8	0:22:12.3	48	David Ziemer	Kankakee IL	7:09.8	M 40 - 49	15	6	0:24:57.4	87	Stan Gremer	Bourbonnais IL	8:03.0
M 20 - 29	2 AG	22	0:26:36.8	13	John Hall	Manteno IL	8:35.1	F 1 - 19	16	1 AG	0:25:09.9	17	Terre W	Manteno IL	8:07.1
M 20 - 29	3 AG	24	0:29:17.7	63	Tom Duff		9:27.0	M 30 - 39	17	3 AG	0:25:15.5	38	Bill Gullquist	Clifton IL	8:08.9
M 30 - 39	1 AG	1	0:17:11.3	73	Patrick D Koerner	Bourbonnais IL	5:32.7	F 40 - 49	18	1 AG	0:25:36.3	83	Nancy J Ruda	Kankakee IL	8:15.6
M 30 - 39	2 AG	3	0:18:47.2	49	Rod Kahl	Bradley IL	6:03.6	M 1 - 19	19	2 AG	0:25:42.7	67	Randy W		8:17.6
M 30 - 39	3 AG	17	0:25:15.5	38	Bill Gullquist	Clifton IL	8:08.9	M 30 - 39	20	4	0:25:46.0	89	Michael J Tilstra	Onarga IL	8:18.7
M 30 - 39	4	20	0:25:46.0	89	Michael J Tilstra	Onarga IL	8:18.7	F 1 - 19	21	2 AG	0:26:02.4	16	Margaree B	Manteno IL	8:24.0
M 30 - 39	5	26	0:31:27.2	85	Thomas E Kelly	Chicago IL	10:08.8	M 20 - 29	22	2 AG	0:26:36.8	13	John Hall	Manteno IL	8:35.1
M 30 - 39	6	29	0:33:11.5	36	Jeffrey Testerman	Manteno IL	10:42.4	M 1 - 19	23	3 AG	0:28:49.6	59	Victor S		9:17.9
M 40 - 49	1 AG	4	0:19:43.3	78	Peter E Kershaw	St. Anne IL	6:21.7	M 20 - 29	24	3 AG	0:29:17.7	63	Tom Duff		9:27.0
M 40 - 49	2 AG	5	0:21:09.8	75	Rich W Olmstead	Kankakee IL	6:49.6	F 30 - 39	25	1 AG	0:29:19.4	69	Valerie Pop-Brandt	Kankakee IL	9:27.5
M 40 - 49	3 AG	9	0:22:27.1	74	Doug McWilliams	Momence IL	7:14.5	M 30 - 39	26	5	0:31:27.2	85	Thomas E Kelly	Chicago IL	10:08.8
M 40 - 49	4	11	0:23:19.4	79	Wendell D Provost	Bourbonnais IL	7:31.4	F 1 - 19	27	3 AG	0:32:57.8	15	Deniesha L	Manteno IL	10:38.0
M 40 - 49	5	14	0:24:42.3	81	Dan H Morse	Bourbonnais IL	7:58.2	F 40 - 49	28	2 AG	0:33:01.9	77	Patty Kershaw	St. Anne IL	10:39.3
M 40 - 49	6	15	0:24:57.4	87	Stan Gremer	Bourbonnais IL	8:03.0	M 30 - 39	29	6	0:33:11.5	36	Jeffrey Testerman	Manteno IL	10:42.4
M 40 - 49	7	32	0:39:06.3	19	Michael Wolf	Bourbonnais IL	12:36.9	F 30 - 39	30	2 AG	0:36:52.8	1	Carol Shrove	Gilman IL	11:53.8
M 50 - 99	1 AG	6	0:21:26.2	76	Daniel W Gould	Kankakee IL	6:54.9	M 1 - 19	31	4	0:37:17.4	60	Billy J		12:01.7
M 50 - 99	2 AG	7	0:21:35.6	41	Charlie Grotevant	Buckingham IL	6:57.9	M 40 - 49	32	7	0:39:06.3	19	Michael Wolf	Bourbonnais IL	12:36.9
M 50 - 99	3 AG	10	0:23:04.0	71	Alan Cheney	Watseka IL	7:26.5	F 40 - 49	33	3 AG	0:39:06.9	20	Cheryl Wolf	Bourbonnais IL	12:37.1
M 50 - 99	4	12	0:23:46.3	84	Ron Ruda	Kankakee IL	7:40.1	F 1 - 19	34	4	0:39:56.4	14	Rachel O	Manteno IL	12:53.0
M 50 - 99	5	13	0:24:40.2	72	Mike Biernat	Wilmington IL	7:57.5	F 40 - 49	35	4	0:41:10.4	39	Michelle A Baldwin	Bourbonnais IL	13:16.9