

# Rockwell Collins Rec Center ZAGRATA 5K Run/Walk 2010 results

*Complete results are listed below.*

## Rockwell Collins Rec Center 2010 ZAGRATA 5K Results

### OVERALL WINNERS

**5K Run 1<sup>st</sup> overall male: Nathan Hopp 15:45 (new course record)**

**5K Run 2<sup>nd</sup> overall male: Mario Czarnomski 16:55**

**5K Run 3<sup>rd</sup> overall male: Mike Newhouse 16:59**

**5K Run 1<sup>st</sup> overall female: Tiffany Czarnomski 20:35**

**5K Run 2<sup>nd</sup> overall female: Kara Arnold-Arons 21:09**

**5K Run 3<sup>rd</sup> overall female: Jessica Robison 21:21**

**5K Walk overall male: Davis Eidahl 28:31**

**5K Walk overall female: Peg Sabin 39:22**

**ZANIEST Dressed Participant: Judy Flach (Dorothy/Wizard of OZ)**

### Female 5K Run

15 & U: Cassie Busch 24:58; Madi Shaffer 30:44

20-29: Katie Allen 26:51; Jessica Pfeiffer 27:35; Jessica Anderson 28:13

30-39: RaeLynn Lamparek 21:37; Patty Stephens 24:21; Allisa Gunsally 24:49

40-49: Leslie French 25:26; Nancy Zimmer 29:18; Susan Twachtmann 30:01

50-59: Carol Hanson 28:01; Patricia Theisen 30:57; Connie Craft 32:13

### Male 5K Run

15 & U: Khory Nobles 23:36; Caleb Zimmer 31:56; Nathan Freesmeier 32:49

20-29: Leo Buzalksy 19:55; Clayton Shotwell 19:59; Peter Richards 20:08

30-39: Greg Voight 23:45; Bradley Runyan 24:23; Dan Wolfe 24:48

40-49: Eric Busch 18:07; Greg Reynolds 20:51; Jeff Shannon 21:03

50-59: Mark Zimmer 22:03; Lyle Theisen 22:28; Doug Lord 23:07

70-79: John Leland 26:29

### Female 5K Walk

20-29: Beth Kuhn 47:03

30-39: Amy Gerard 43:55

40-49: Sue Short 41:09

50-59: D. Michelle Murry 40:33

60-69: Jean Erickson 39:57

70-79: Jean Sweet 40:53

### Male 5K Walk

30-39: Mike Banks 44:08

50-59: T. Dale Murry 40:35

60-69: Wayne Seagren 36:07

70-79: Harold Schulze 40:06

## COMPLETE RESULTS

<b>ZAGRATA 5K Results 2010</b>					
<i>NAME</i>	<i>AGE</i>	<i>SEX</i>	<i>TIME</i>	<i>AGE PLACE</i>	<i>RACE</i>
Nathan Hopp (new course record)	20-29	M	15:45	1 <sup>st</sup> Overall	R
Mario Czarnomski	20-29	M	16:55	2 <sup>nd</sup> Overall	R
Mike Newhouse	40-49	M	16:59	3 <sup>rd</sup> Overall	R
Eric Busch	40-49	M	18:07	1 <sup>st</sup>	R
Leo Buzalsky	20-29	M	19:55	1 <sup>st</sup>	R
Clayton Shotwell	20-29	M	19:59	2 <sup>nd</sup>	R
Peter Richards	20-29	M	20:08	3 <sup>rd</sup>	R
Tiffany Czarnomski	20-29	F	20:35	1 <sup>st</sup> Overall	R
Greg Reynolds	40-49	M	20:51	2 <sup>nd</sup>	R
Jeff Shannon	40-49	M	21:03	3 <sup>rd</sup>	R
Pat Felton	40-49	M	21:04		R
Kara Arnold-Arons	20-29	F	21:09	2 <sup>nd</sup> Overall	R
Jessie Robison	20-29	F	21:21	3 <sup>rd</sup> Overall	R
Bryan Clark	20-29	M	21:21		R
RaeLynn Lamparek	30-39	F	21:37	1 <sup>st</sup>	R
Mark Zimmer	50-59	M	22:03	1 <sup>st</sup>	R
Mark Rocarek	40-49	M	22:21		R
Ryan McKean	20-29	M	22:22		R
Lyle Theisen	50-59	M	22:28	2 <sup>nd</sup>	R
Doug Lord	50-59	M	23:07	3 <sup>rd</sup>	R
Khory Nobles	15 & U	M	23:36	1 <sup>st</sup>	R
Greg Voight	30-39	M	23:45	1 <sup>st</sup>	R
Patty Stephens	30-39	F	24:21	2 <sup>nd</sup>	R
Bradley Runyan	30-39	M	24:23		R
David Hughes	40-49	M	24:33		R
Dan Wolfe	30-39	M	24:48		R
Alissa Gunsally	30-39	F	24:49	3 <sup>rd</sup>	R
Timothy Dahlstrom	20-29	M	24:53		R
Brian Reynolds	40-49	M	24:57		R

Cassie Busch	15 & U	F	24:58	1 <sup>st</sup>	R
Leslie French	40-49	F	25:26	1 <sup>st</sup>	R
Cathy Miller	30-39	F	25:52		R
Chuck Kelsey	40-49	M	25:54		R
Daniel Pfeiffer	20-29	M	26:00		R
Ray Richards	40-49	M	26:13		R
Justin Dewald	20-29	M	26:26		R
Katie Allen	20-29	F	26:51	1 <sup>st</sup>	R
Jessica Pfeiffer	20-29	F	27:35	2 <sup>nd</sup>	R
Joseph Knight	50-59	M	27:37		R
Carol Hanson	50-59	F	28:01	1 <sup>st</sup>	R
Todd Twachtmann	40-49	M	28:04		R
Jessica Anderson	20-29	F	28:13	3 <sup>rd</sup>	R
Stacey Hamilton	20-29	F	28:14		R
Kandice Hamilton	20-29	F	28:14		R
Liz Ball	20-29	F	28:21		R
Davis Eidahl	60-69	M	28:31	1 <sup>st</sup> Overall	W
Diana Bowers	20-29	F	29:13		R
Nancy Zimmer	40-49	F	29:18	2 <sup>nd</sup>	R
Susan Twachtmann	40-49	F	30:01	3 <sup>rd</sup>	R
Nicole Krajvorick	30-39	F	30:28		R
Hua Zhou	40-49	F	30:29		R
Scott Brumm	50-59	M	30:32		R
Andrew Twachtmann	20-29	M	30:35		R
Shane Shaffer	40-49	M	30:43		R
Madi Shaffer	15 & U	F	30:44	2 <sup>nd</sup>	R
Patricia Theisen	50-59	F	30:57	2 <sup>nd</sup>	R
Caleb Zimmer	15 & U	M	31:56	2 <sup>nd</sup>	R
Connie Craft	50-59	F	32:13	3 <sup>rd</sup>	R
Megan Twachtmann	20-29	F	32:14		R
MaryKay Nath	40-49	F	32:15		R
Nathan Freesmeier	15 & U	M	32:49	3 <sup>rd</sup>	R
Jon Freesmeier	30-39	M	32:50		R
Kwan Lo	40-49	F	34:23		R

Taishing Cheung	15 & U	M	34:29		R
Tony Kuker	20-29	M	35:50		R
Wayne Seagren	60-69	M	36:07	1 <sup>st</sup>	W
Peg Sabin	50-59	F	39:32	1 <sup>st</sup> Overall	W
Jean Erickson	60-69	F	39:57	1 <sup>st</sup>	W
Harold Schulze	70-79	M	40:06	1 <sup>st</sup>	W
Dean Barnum	70-79	M	40:20		W
D. Michelle Murry	50-59	F	40:33	1 <sup>st</sup>	W
T. Dale Murry	50-59	M	40:35	1 <sup>st</sup>	W
Mark Griffioen	40-49	M	40:39		R
Lyn Griffioen	30-39	F	40:39		R
Jean Sweet	70-79	F	40:53	1 <sup>st</sup>	W
Keith Erickson	60-69	M	41:03		W
Sue Short	40-49	F	41:09	1 <sup>st</sup>	W
Dixie Heineman	50-59	F	41:09		W
Hugo Kahn	70-79	M	41:16		W
Terri Fritcher	40-49	F	43:52		W
Amy Gerard	30-39	F	43:55	1 <sup>st</sup>	W
Pat Banks	30-39	F	44:07		W
Mike Banks	30-39	M	44:08		W
Rosalie Bowers	40-49	F	44:11		W
Jan Barnum	70-79	F	44:23		W
Selina Howard	40-49	F	45:16		W
Judy Flach	60-69	F	45:20	ZANY Winner	W
Laurie Kuhn	40-49	F	47:03		W
Beth Kuhn	20-29	F	47:03	1 <sup>st</sup>	W
Belinda Banks	40-49	F	49:38		W
Jing Chen	50-59	F	50:23		W
Jian Weng	30-39	F	50:23		W
Kim Cronbaugh	50-59	F	51:45		W
Roxie Kitson	30-39	F	51:47		W
Denise Lawrence	50-59	F	58:34		W