

2009 Kalamazoo Klassic Pump N Run - MALE										
39 and under										
<u>Pre-Reg</u>	<u>Bib Number</u>	<u>Last Name</u>	<u>First Name</u>	<u>Age</u>	<u>Weight</u>	<u>Weight Lifted</u>	<u>Number of Reps</u>	<u>Minutes off 5K Time</u>	<u>5K Time</u>	<u>Adjusted Time</u>
	906	Kay	Jonathan	24	155	155	24	12:00	17:03	05:03
	959	Grieve	Alex	19	140	140	23	11:30	20:33	09:03
P	122	Cavanaugh	Jeff	38	185	185	21	10:30	19:45	09:15
P	767	Tracy	Jake	24	180	180	21	10:30	19:58	09:28
P	527	Muday	Michael	36	160	160	19	09:30	20:11	10:41
P	526	Muday	Charles	34	150	150	21	10:30	21:31	11:01
P	161	Crowley	Matthew	30	190	190	19	09:30	21:46	12:16
	570	Parker	Matt	36	150	150	16	08:00	20:52	12:52
P	377	Kerrins	Chris	31	155	155	13	06:30	19:26	12:56
P	16	Armitage	Evan	23	150	150	16	08:00	21:11	13:11
P	842	Wireman	Justin	27	165	165	30	15:00	28:55	13:55
P	285	Halaczkiwicz	Mateusz	31	165	165	18	09:00	24:22	15:22
P	640	Rivera	Aaron	31	200	200	16	08:00	23:33	15:33
P	374	Kenny	Chris	27	175	175	19	09:30	25:24	15:54
P	819	Weaver	Matt	22	175	175	14	07:00	23:04	16:04
P	557	O'Brien	Mike	19	150	150	3	01:30	18:04	16:34
P	506	Mohney	Kyle	26	185	185	5	02:30	19:23	16:53
P	96	Bunt	Dave	26	200	200	12	06:00	23:12	17:12
P	247	Ghiringhelli	Cory	34	205	205	11	05:30	22:59	17:29
P	603	Post	Ryan	27	220	220	11	05:30	24:19	18:49
P	85	Brown	Mark	35	170	170	7	03:30	22:48	19:18
	1067	Milliken	Greg	32	170	170	3	01:30	20:57	19:27
	1031	Miller	Adam	26	195	195	16	08:00	28:52	20:52
P	648	Roe	Steve	39	190	190	16	08:00	29:02	21:02
	1018	Nieto	Rob	29	215	215	9	04:30	26:42	22:12
40-49										
	1070	Ketchmark	Tony	47	145	130	25	12:30	12:19:18	06:48
P	39	Beach	Michael	41	180	160	23	11:30	21:56	10:26
P	490	Meyer	Brian	44	180	160	20	10:00	12:21:07	11:07
P	864	Zabik	Scott	44	165	150	21	10:30	12:21:47	11:17
	956	Pelak	Ronald	40	135	120	16	08:00	12:19:54	11:54

P	146	Connelly	Dan	43	160	145	8	04:00	12:18:42	14:42
P	79	Brinkman	Matthew	41	185	165	20	10:00	12:24:52	14:52
P	671	Scheffers	Tim	47	180	160	14	07:00	12:21:58	14:58
P	792	Varney	Mark	40	180	160	13	06:30	12:23:25	16:55
P	821	Weeks	Andrew	46	170	155	8	04:00	12:22:26	18:26
P	675	Schubkegel	Fred	48	180	160	19	09:30	12:28:23	18:53
P	617	Raseman	Donn	48	205	185	7	03:30	12:22:57	19:27
	1072	Oostema	Kevin	41	210	190	6	03:00	12:24:54	21:54
	934	Thompson	Peter	46	260	235	9	04:30	12:28:55	24:25
	1050	Markou	Anatase	43	180	160	7	03:30	12:27:57	24:27
P	309	Hemenway	James	45	250	225	18	09:00	12:33:28	24:28
	904	VanSlambrouck	Rich	41	235	210	7	03:30	12:29:53	26:23
	1061	Horn	Bruce	48	265	240	1	00:30	12:37:35	37:05
	50 and above									
	878	Schuiteboer	Bob	55	190	135	28	14:00	12:21:54	07:54
P	524	Moulds	Matt	55	170	120	19	09:30	12:20:29	10:59
P	99	Bush	Roger	51	180	125	16	08:00	12:20:18	12:18
	948	Hafner	Tim	51	180	125	12	06:00	12:21:18	15:18
P	445	Mahar	Dave	59	160	110	17	08:30	12:23:51	15:21
	826	Wierzba	Bob	60	195	135	22	11:00	12:27:09	16:09
P	80	Broberg	Charlie	69	120	85	27	13:30	12:30:00	16:30
P	820	Weaver	Meredith	56	190	135	20	10:00	12:27:26	17:26
	877	Larsen	Gordon	60	160	110	11	05:30	12:28:02	22:32
	546	Noall	Tom	70	175	125	11	05:30	12:29:23	23:53
	925	Beese	Tim	51	150	105	8	04:00	12:32:11	28:11
	926	Norman	Pat	64	190	135	5	02:30	12:31:07	28:37

2009 Kalamazoo Klassic Pump N Run - FEMALE										
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	982	Vandercook	Linda	38	130	80	30	15:00	12:25:33	10:33
P	87	Brundige	Katelyn	20	130	80	17	08:30	21:24	12:54
P	678	Schwartz	Celestine	14	110	65	17	08:30	12:22:35	14:05
P	123	Cavanaugh	Lisa	38	125	75	10	05:00	24:56	19:56
	1057	Davidson	Catherine	27	145	85	12	06:00	26:29	20:29
P	88	Brunner	Kristi	27	140	85	2	01:00	22:09	21:09
P	832	Williams	Tasha	25	130	80	25	12:30	12:34:33	22:03
P	844	Wolfe	Beth	38	130	80	7	03:30	12:25:58	22:28
P	132	Christensen	Renee	24	150	90	14	07:00	30:23	23:23
P	491	Meyer	Lauren	13	90	55	4	02:00	12:25:32	23:32
P	388	Korf	Kelly	27	155	95	6	03:00	12:32:18	29:18
40-49										
	1049	Tanja	Heather	41	130	65	10	05:00	12:21:00	16:00
P	43	Behnke	Missy	40	150	75	10	05:00	12:26:01	21:01
P	148	Connelly	Michele	40	145	75	6	03:00	12:28:52	25:52
P	664	Sage	Sheryle	48	130	65	14	07:00	12:36:44	29:44
50 and above										
P	496	Millar	Bernadette	50	135	55	29	14:30	12:24:45	10:15
P	373	Kemerling	Anne	50	130	50	29	14:30	12:26:48	12:18
P	867	Ziech	Laurie	59	135	55	20	10:00	12:29:10	19:10
P	294	Hand	Patsy	64	145	60	30	15:00	12:35:46	20:46