

# FIT ME UP FREEDOM 5K - 1 MILE

## 5K RUN

### Age Group Results

August 06, 2022

DMC TIMING, LLC.

Men: [Top Finishers](#) [1-14](#) [15-19](#) [20-29](#) [30-39](#) [40-49](#) [50-59](#) [60-99](#)

Women: [Top Finishers](#) [1-14](#) [15-19](#) [20-29](#) [30-39](#) [40-49](#) [50-59](#)

[Top](#)

#### Female TOP 5K FINISHERS Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Chip Time</u>	<u>Gun Time</u>	<u>Pace</u>
1	Ro Morgan		108	34	2	19:20.3	19:20.3	6:14/M
2	Tracy Tungac	Sheffield Village	21	40	4	20:46.2	20:46.2	6:42/M
3	Grace DeWitt	Rocky River	59	15	10	22:34.1	22:34.1	7:17/M

[Top](#)

#### FEMALE 14 & UNDER

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Chip Time</u>	<u>Gun Time</u>	<u>Pace</u>
1	Kiera Dando		109	10	21	25:11.5	25:11.5	8:07/M
2	Ella Rogers	Berlin Heights	49	12	29	26:15.8	26:15.8	8:28/M
3	June Perkins	Bay Billage	25	9	43	29:09.9	29:09.9	9:24/M
4	Michele Smith	Avon	39	14	49	29:44.8	29:44.8	9:35/M
5	Sophia Lewis		117	12	51	30:35.8	30:35.8	9:52/M
6	Olinn Soloff		118	12	52	30:37.4	30:37.4	9:53/M
7	MADELYN ALIFF		120	11	75	37:43.7	37:43.7	12:10/M

[Top](#)

#### FEMALE 15 to 19

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Chip Time</u>	<u>Gun Time</u>	<u>Pace</u>
1	Eden Maynard	Amherst	46	19	38	28:44.1	28:44.1	9:16/M
2	Andrea Nix	olmsted township	84	18	42	29:06.5	29:06.5	9:23/M
3	Charlee Hudak	North Olmsted	2	17	44	29:11.7	29:11.7	9:25/M
4	Sarah Quayle	Avon Lake	78	16	64	34:39.3	34:39.3	11:11/M
5	Katie Matovic		115	16	69	37:09.8	37:09.8	11:59/M
6	Madeline Smith	north olmsted	32	19	71	37:33.1	37:33.1	12:07/M

[Top](#)

#### FEMALE 20 to 29

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Chip Time</u>	<u>Gun Time</u>	<u>Pace</u>
1	Emily Baker	sheffield	86	26	34	28:03.9	28:03.9	9:03/M
2	Addie Wisniewski		116	20	83	43:59.9	43:59.9	14:11/M

[Top](#)

#### FEMALE 30 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Chip Time</u>	<u>Gun Time</u>	<u>Pace</u>
1	Megan Webster	Olmsted Township	36	39	16	24:38.2	24:38.2	7:57/M
2	Kathleen Klotzbach	Olmsted Twp	10	39	17	24:41.5	24:41.5	7:58/M
3	Bernadett Mamone	Avon Lake	89	37	24	25:34.8	25:34.8	8:15/M
4	Deborah Bommer	Avon	44	37	28	26:10.2	26:10.2	8:26/M
5	Joy Loosli	Wakeman	83	31	46	29:25.6	29:25.6	9:29/M
6	Rosie Stinson	Westlake	81	36	50	30:06.4	30:06.4	9:43/M
7	Lisa Syverson		122	36	59	32:54.1	32:54.1	10:37/M
8	Nicole McCartney	Lorain	17	38	61	33:44.1	33:44.1	10:53/M
9	Kristin Kermes	North Olmsted	60	33	63	33:56.3	33:56.3	10:57/M

10	Valerie Isaacs		102	37	67	36:11.3	36:11.3	11:40/M
11	Lauren Boehmer	Rocky River	23	34	76	39:15.7	39:15.7	12:40/M
12	Jamie Hall	Olmsted Falls	74	33	81	41:22.0	41:22.0	13:21/M

[Top](#)**FEMALE 40 to 49**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Chip Time</u>	<u>Gun Time</u>	<u>Pace</u>
1	Celeste Hodous	Avon OH	16	40	12	23:00.4	23:00.4	7:25/M
2	Nikole Starkey	Avon Lake	34	46	26	25:53.2	25:53.2	8:21/M
3	Kaitlin Lane	Westlake	66	41	32	27:53.4	27:53.4	9:00/M
4	Kelly Volle	Avon Lake	42	45	40	29:00.4	29:00.4	9:21/M
5	Juliette Perko Perko	Avon Lake	29	41	47	29:39.2	29:39.2	9:34/M
6	Michelle Maynard	Amherst	48	48	53	31:05.9	31:05.9	10:02/M
7	Dawn Peters	Bay Village	58	41	54	31:10.3	31:10.3	10:03/M
8	Tamara Baker	St. Louis	12	40	55	31:13.7	31:13.7	10:04/M
9	Jessica Haynes	Wakeman	56	43	57	31:41.1	31:41.1	10:13/M
10	Karen Pattee	Avon	5	45	62	33:52.3	33:52.3	10:55/M
11	Jennifer Long	Brunswick OH	93	47	66	35:58.9	35:58.9	11:36/M
12	Heather Smith	Avon	38	45	70	37:18.3	37:18.3	12:02/M
13	Erin Meck	Avon lake OH	68	43	72	37:35.7	37:35.7	12:07/M
14	Emily Quayle	Avon Lake OH	77	46	73	37:36.9	37:36.9	12:08/M
15	Sarah Pavicic	Avon	71	43	79	40:15.8	40:15.8	12:59/M
16	Amelia Lawson	Elyria	92	45	84	45:10.8	45:10.8	14:34/M
17	Stephanie Myer		111	45	89	53:11.7	53:11.7	17:09/M

[Top](#)**FEMALE 50 to 59**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Chip Time</u>	<u>Gun Time</u>	<u>Pace</u>
1	Aimee Millward	Avon OH	99	54	45	29:15.9	29:15.9	9:26/M
2	Kelly Zacharius		113	54	60	33:09.6	33:09.6	10:42/M
3	Jennifer Hardman	Avon Lake	43	53	74	37:37.2	37:37.2	12:08/M
4	Mandy Stark	Amherst, OH	73	58	77	39:23.2	39:23.2	12:42/M
5	Michelle Abraham	Avon	20	52	85	51:59.0	51:59.0	16:46/M

[Top](#)**Male TOP 5K FINISHERS Winners**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Chip Time</u>	<u>Gun Time</u>	<u>Pace</u>
1	Steve Benesh	North Ridgeville	112	42	1	17:39.3	17:39.3	5:42/M
2	Coach Theo	Columbia Station	1	40	3	19:42.3	19:42.3	6:21/M
3	Kyle MacMillan	Bay Village OHIO	53	24	5	20:57.7	20:57.7	6:45/M

[Top](#)**MALE 14 & UNDER**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Chip Time</u>	<u>Gun Time</u>	<u>Pace</u>
1	Giovanni Theodore		95	12	11	22:52.1	22:52.1	7:23/M
2	Jordan Haynes	Wakeman	54	14	27	25:58.6	25:58.6	8:23/M
3	Davis Perko	Avon Lake	28	10	48	29:39.7	29:39.7	9:34/M
4	Jack Vance	Avon OH	61	11	58	32:47.0	32:47.0	10:35/M
5	TJ Piazza		98	6	87	52:30.4	52:30.4	16:56/M

[Top](#)**MALE 15 to 19**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Chip Time</u>	<u>Gun Time</u>	<u>Pace</u>
1	Tyler Vance	Cleveland OH	101	18	9	22:20.0	22:20.0	7:12/M
2	Jason Pattee	Avon	4	18	15	23:55.0	23:55.0	7:43/M

[Top](#)**MALE 20 to 29**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Chip Time</u>	<u>Gun Time</u>	<u>Pace</u>
1	Jacob Baker	sheffield	85	25	14	23:28.1	23:28.1	7:34/M
2	Shobi Maynard	Amherst	45	21	20	24:59.0	24:59.0	8:04/M
3	Blake Bellone	Westlake OH	67	21	37	28:36.3	28:36.3	9:14/M

[Top](#)**MALE 30 to 39**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Chip Time</u>	<u>Gun Time</u>	<u>Pace</u>
1	Pete Smith		121	37	18	24:51.8	24:51.8	8:01/M
2	Tyler Cook	Toledo	7	33	23	25:28.5	25:28.5	8:13/M
3	Justin Beard	Hinckley	8	38	36	28:34.1	28:34.1	9:13/M
4	Kyle Coffaro	Lorain	18	30	82	42:32.1	42:32.1	13:43/M
5	Tim Piazza		97	36	88	52:31.0	52:31.0	16:56/M

[Top](#)**MALE 40 to 49**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Chip Time</u>	<u>Gun Time</u>	<u>Pace</u>
1	Anthony Coleman	North Ridgeville	22	41	6	21:00.2	21:00.2	6:46/M
2	Chris Myer		110	43	7	21:43.4	21:43.4	7:00/M
3	Brian Joyce	NORTH OLMSTED	3	49	8	22:13.5	22:13.5	7:10/M
4	Spencer Ryan	Avon Lake	94	46	13	23:06.4	23:06.4	7:27/M
5	Brad Crellin	Avon OH US	114	47	19	24:58.0	24:58.0	8:03/M
6	Mark Maynard	Amherst	47	46	22	25:17.2	25:17.2	8:09/M
7	john Gibbons	avon lake	9	47	30	26:44.6	26:44.6	8:37/M
8	Adam Hudak	North Olmsted	15	44	31	27:48.1	27:48.1	8:58/M
9	David Vance	Avon	62	41	33	28:01.8	28:01.8	9:02/M
10	Marc Quayle	Avon Lake OH	79	48	35	28:23.7	28:23.7	9:09/M
11	Steven Lane	Westlake	65	48	39	28:58.9	28:58.9	9:21/M
12	David Dombrowski	Sheffield Lake OH	26	42	41	29:02.4	29:02.4	9:22/M
13	Derrick Long	Brunswick OH	91	44	56	31:22.4	31:22.4	10:07/M
14	Chris Pesti		100	47	65	35:16.2	35:16.2	11:23/M
15	Brian Martin Martin	Avon	63	47	68	36:15.1	36:15.1	11:42/M

[Top](#)**MALE 50 to 59**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Chip Time</u>	<u>Gun Time</u>	<u>Pace</u>
1	John McGuire	Cleveland	80	56	25	25:44.7	25:44.7	8:18/M
2	Jerry Abraham	Avon	19	50	86	52:00.2	52:00.2	16:46/M

[Top](#)**MALE 60 & OVER**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Chip Time</u>	<u>Gun Time</u>	<u>Pace</u>
1	Ken Stark	Amherst, OH	72	60	78	39:23.5	39:23.5	12:42/M
2	Jim Burke	Willowick OH	119	72	80	40:42.7	40:42.7	13:08/M