

## 2011 YMCA Family Fun Run Category Results

### 5K - 3.11 Miles

#### 5K0-9F - 2 Competitors

Cat	Name	Bib #	Time	Pace	O/A	City:
1/2	CROWN, ISABEL	1160	00:29:25.59	09:27	17/25	
2/2	CROWN, ABIGAIL	1153	00:48:27.27	15:34	25/25	

#### 5K0-9M - 2 Competitors

Cat	Name	Bib #	Time	Pace	O/A	City:
1/2	KRUK, ADAM	1148	00:21:56.30	07:03	3/25	
2/2	VANDERZEE, CALE	1197	00:26:17.38	08:27	11/25	

#### 5K10-13M - 4 Competitors

Cat	Name	Bib #	Time	Pace	O/A	City:
1/4	REUM, SHAWN	1155	00:24:03.73	07:44	8/25	
2/4	HERASEM-MITCHELL, LEVI	1147	00:26:32.63	08:31	13/25	
3/4	TIEFENBACH, BRUCE	1144	00:27:25.47	08:48	14/25	
4/4	KAY, MICHAEL	1156	00:28:05.42	09:01	16/25	

#### 5K14-17F - 1 Competitors

Cat	Name	Bib #	Time	Pace	O/A	City:
1/1	LAROCQUE, ASHLEY	1139	00:30:44.58	09:52	20/25	

#### 5K18-29F - 1 Competitors

Cat	Name	Bib #	Time	Pace	O/A	City:
1/1	VEDRES, FAYLA	1138	00:29:45.06	09:33	18/25	

#### 5K18-29M - 1 Competitors

Cat	Name	Bib #	Time	Pace	O/A	City:
1/1	TROCKSTAD, CHAD	1152	00:22:56.47	07:22	5/25	

#### 5K30-39F - 3 Competitors

Cat	Name	Bib #	Time	Pace	O/A	City:
1/3	KRUK, MICHELLE	1149	00:22:55.30	07:22	4/25	
2/3	WEIR, ERIN	1145	00:32:57.89	10:35	21/25	
3/3	HEGGS, LINDA	1141	00:33:40.39	10:49	23/25	

#### 5K40-49F - 3 Competitors

Cat	Name	Bib #	Time	Pace	O/A	City:
1/3	CHANG, EVA	1158	00:25:16.91	08:07	9/25	
2/3	TIEFENBACH, DONNA	1143	00:27:26.16	08:49	15/25	
3/3	SIMARD, LUCIE	1140	00:33:42.03	10:50	24/25	

#### 5K40-49M - 2 Competitors

Cat	Name	Bib #	Time	Pace	O/A	City:
1/2	BYKOWSKI, JOHN	1161	00:23:00.28	07:23	6/25	
2/2	KOCH, GEOFF	1199	00:23:13.17	07:27	7/25	

#### 5K50-59F - 2 Competitors

Cat	Name	Bib #	Time	Pace	O/A	City:
1/2	KEITH, PAT	1192	00:26:17.86	08:27	12/25	
2/2	VEDRES, HELENA	1146	00:33:15.11	10:41	22/25	

#### 5K50-59M - 3 Competitors

Cat	Name	Bib #	Time	Pace	O/A	City:
1/3	KAY, WALTER	1159	00:21:09.00	06:48	1/25	
2/3	TROCKSTAD, WAYNE	1150	00:21:49.72	07:00	2/25	
3/3	FINNIE, GRANT	1142	00:26:01.78	08:21	10/25	

#### 5K60-69M - 1 Competitors

Cat	Name	Bib #	Time	Pace	O/A	City:
1/1	SCHOW, DOUG	1151	00:30:00.17	09:38	19/25	