

# Couch Tater 5K Run & Walk

## Columbus, IN

### April 23, 2011

## Overall Results

| Overall Place | Time    | Name                   | Age Group          | Age Group Finish | Event Finish | Pace Per Mile |
|---------------|---------|------------------------|--------------------|------------------|--------------|---------------|
| 1             | 18:00.7 | Harris, James          | 5K Run M40-49      | 1                | 5K Run M-1   | 5:47          |
| 2             | 18:27.7 | Tichenor, Griffin      | 5K Run M18 & Under | 1                | 5K Run M-2   | 5:56          |
| 3             | 18:33.9 | Teipen, Josh           | 5K Run M19-29      | 1                | 5K Run M-3   | 5:58          |
| 4             | 18:47.3 | Wells, Brady           | 5K Run M40-49      | 2                | 5K Run M-4   | 6:02          |
| 5             | 18:56.8 | Cole, Jim              | 5K Run M40-49      | 3                | 5K Run M-5   | 6:05          |
| 6             | 19:11.9 | Humes, Eric            | 5K Run M19-29      | 2                | 5K Run M-6   | 6:10          |
| 7             | 19:18.0 | Ballard, Chase         | 5K Run M18 & Under | 2                | 5K Run M-7   | 6:12          |
| 8             | 19:33.6 | Mcallister, Ronnie     | 5K Run M40-49      | 4                | 5K Run M-8   | 6:17          |
| 9             | 20:18.3 | Stilwell, Tyler        | 5K Run M19-29      | 3                | 5K Run M-9   | 6:32          |
| 10            | 20:53.7 | Crowder, Slade         | 5K Run M30-39      | 1                | 5K Run M-10  | 6:43          |
| 11            | 21:03.7 | Miller, Gabe           | 5K Run M19-29      | 4                | 5K Run M-11  | 6:46          |
| 12            | 21:09.5 | Bomba, Trey            | 5K Run M18 & Under | 3                | 5K Run M-12  | 6:48          |
| 13            | 21:16.2 | Harris, Cindy          | 5K Run F40-49      | 1                | 5K Run F-1   | 6:50          |
| 14            | 21:24.5 | Clemens, Michael       | 5K Run M40-49      | 5                | 5K Run M-13  | 6:53          |
| 15            | 21:30.6 | Hiquet, Barry          | 5K Run M40-49      | 6                | 5K Run M-14  | 6:55          |
| 16            | 22:11.5 | Abendroth, Eric        | 5K Run M40-49      | 7                | 5K Run M-15  | 7:08          |
| 17            | 22:25.9 | Crumrine, Thomas       | 5K Run M19-29      | 5                | 5K Run M-16  | 7:13          |
| 18            | 22:40.1 | Baxter, Todd           | 5K Run M40-49      | 8                | 5K Run M-17  | 7:17          |
| 19            | 22:45.3 | Brooks, Elijah         | 5K Run M18 & Under | 4                | 5K Run M-18  | 7:19          |
| 20            | 23:04.0 | Grana, Tom             | 5K Run M40-49      | 9                | 5K Run M-19  | 7:25          |
| 21            | 23:19.7 | Golding, Joseph        | 5K Run M40-49      | 10               | 5K Run M-20  | 7:30          |
| 22            | 23:29.1 | Armstrong, Ivana       | 5K Run F18 & Under | 1                | 5K Run F-2   | 7:33          |
| 23            | 23:38.4 | Carr, Beth             | 5K Run F40-49      | 2                | 5K Run F-3   | 7:36          |
| 24            | 23:42.4 | Ables, Riley           | 5K Run M18 & Under | 5                | 5K Run M-21  | 7:37          |
| 25            | 23:56.9 | Clarke, Jesse          | 5K Run M30-39      | 2                | 5K Run M-22  | 7:42          |
| 26            | 24:14.5 | Sehy, Brian            | 5K Run M40-49      | 11               | 5K Run M-23  | 7:48          |
| 27            | 24:18.4 | Nowling, Scott         | 5K Run M40-49      | 12               | 5K Run M-24  | 7:49          |
| 28            | 24:21.9 | Golding, Nicole        | 5K Run F30-39      | 1                | 5K Run F-4   | 7:50          |
| 29            | 24:23.4 | Knudson, Norman        | 5K Run M60 & Over  | 1                | 5K Run M-25  | 7:51          |
| 30            | 24:26.9 | Lovins, Alex           | 5K Run M18 & Under | 6                | 5K Run M-26  | 7:52          |
| 31            | 24:35.8 | Williams, Kurt         | 5K Run M30-39      | 3                | 5K Run M-27  | 7:55          |
| 32            | 24:40.0 | Fix, Les               | 5K Run M50-59      | 1                | 5K Run M-28  | 7:56          |
| 33            | 25:01.5 | Hernandez-Palmer, Gael | 5K Run M18 & Under | 7                | 5K Run M-29  | 8:03          |
| 34            | 25:03.3 | Hernandez, Raul        | 5K Run M30-39      | 4                | 5K Run M-30  | 8:03          |
| 35            | 25:04.9 | Overman, Floyd         | 5K Run M50-59      | 2                | 5K Run M-31  | 8:04          |
| 36            | 25:15.5 | Palmer, Laurie         | 5K Run F30-39      | 2                | 5K Run F-5   | 8:07          |
| 37            | 25:23.1 | Wade, Michael          | 5K Run M40-49      | 13               | 5K Run M-32  | 8:10          |
| 38            | 25:23.9 | Elwood, John           | No Age Given       | 1                | 5K Run M-33  | 8:10          |
| 39            | 25:25.8 | Clemens, Melvin        | 5K Run M40-49      | 14               | 5K Run M-34  | 8:11          |
| 40            | 25:42.2 | Isaacs, Olivia         | 5K Run F18 & Under | 2                | 5K Run F-6   | 8:16          |
| 41            | 25:51.4 | Lauster, Angela        | 5K Run F40-49      | 3                | 5K Run F-7   | 8:19          |
| 42            | 25:58.2 | Klepser, Cheryl        | 5K Run F40-49      | 4                | 5K Run F-8   | 8:21          |
| 43            | 25:59.6 | Moisica, Jane          | 5K Run F30-39      | 3                | 5K Run F-9   | 8:21          |
| 44            | 26:04.0 | Elwood, Taylor         | 5K Run M18 & Under | 8                | 5K Run M-35  | 8:23          |
| 45            | 26:11.6 | Niewedde, Nicole       | 5K Run F19-29      | 1                | 5K Run F-10  | 8:25          |
| 46            | 26:39.6 | Reed, Mary             | 5K Run F50-59      | 1                | 5K Run F-11  | 8:34          |
| 47            | 26:50.1 | Bannister, Anita       | 5K Run F40-49      | 5                | 5K Run F-12  | 8:38          |

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### April 23, 2011

## Overall Results

| Overall Place | Time    | Name                | Age Group          | Age Group Finish | Event Finish | Pace Per Mile |
|---------------|---------|---------------------|--------------------|------------------|--------------|---------------|
| 48            | 27:16.3 | Fitzwater, Rhonda   | 5K Run F30-39      | 4                | 5K Run F-13  | 8:46          |
| 49            | 27:30.4 | Baker, Michael      | 5K Run M30-39      | 5                | 5K Run M-36  | 8:51          |
| 50            | 27:37.7 | Sweeney, Heather    | 5K Run F19-29      | 2                | 5K Run F-14  | 8:53          |
| 51            | 27:54.6 | Lovins, Adam        | 5K Run M30-39      | 6                | 5K Run M-37  | 8:59          |
| 52            | 27:58.1 | Palmer, Nikki       | 5K Run F30-39      | 5                | 5K Run F-15  | 9:00          |
| 53            | 28:09.2 | Fritz, Clay         | 5K Run M30-39      | 7                | 5K Run M-38  | 9:03          |
| 54            | 28:25.6 | Bomba, Tyce         | 5K Run M18 & Under | 9                | 5K Run M-39  | 9:08          |
| 55            | 28:44.7 | Smith, Judi         | 5K Run F40-49      | 6                | 5K Run F-16  | 9:15          |
| 56            | 28:47.4 | Bomba, Tori         | 5K Run F18 & Under | 3                | 5K Run F-17  | 9:15          |
| 57            | 28:49.9 | Ables, Bryce        | 5K Run M18 & Under | 10               | 5K Run M-40  | 9:16          |
| 58            | 28:50.8 | Owings, Carter      | 5K Run M18 & Under | 11               | 5K Run M-41  | 9:17          |
| 59            | 28:58.0 | Frasier, Sarah      | 5K Run F19-29      | 3                | 5K Run F-18  | 9:19          |
| 60            | 28:59.3 | Frasier, Nate       | 5K Run M19-29      | 6                | 5K Run M-42  | 9:19          |
| 61            | 29:00.2 | Clock, Allison      | 5K Run F30-39      | 6                | 5K Run F-19  | 9:20          |
| 62            | 30:34.8 | Williams, Stacey    | 5K Run F30-39      | 7                | 5K Run F-20  | 9:50          |
| 63            | 31:04.4 | Elwood, Linda       | 5K Run F50-59      | 2                | 5K Run F-21  | 10:00         |
| 64            | 31:07.7 | Nord, Lucinda       | 5K Run F40-49      | 7                | 5K Run F-22  | 10:01         |
| 65            | 31:17.9 | Wenzel, Robert      | 5K Run M40-49      | 15               | 5K Run M-43  | 10:04         |
| 66            | 31:41.2 | Zollman, Tiffany    | 5K Run F19-29      | 4                | 5K Run F-23  | 10:11         |
| 67            | 31:44.4 | Lecher, Paula       | 5K Run F19-29      | 5                | 5K Run F-24  | 10:12         |
| 68            | 31:50.2 | Campbell, Crystal   | 5K Run F30-39      | 8                | 5K Run F-25  | 10:14         |
| 69            | 31:57.3 | Wade, Karen         | 5K Run F50-59      | 3                | 5K Run F-26  | 10:17         |
| 70            | 32:46.4 | Austin Jr., Willie  | 5K Run M30-39      | 8                | 5K Run M-44  | 10:32         |
| 71            | 32:57.4 | Wilson, Nikki       | 5K Run F30-39      | 9                | 5K Run F-27  | 10:36         |
| 72            | 33:15.7 | Armstrong, Harriet  | 5K Run F50-59      | 4                | 5K Run F-28  | 10:42         |
| 73            | 33:21.5 | Gabor, John         | 5K Run M50-59      | 3                | 5K Run M-45  | 10:44         |
| 74            | 33:38.8 | Clemens, Dina       | 5K Run F40-49      | 8                | 5K Run F-29  | 10:49         |
| 75            | 34:21.1 | Bannister, Lauren   | 5K Run F19-29      | 6                | 5K Run F-30  | 11:03         |
| 76            | 34:22.4 | Widdifield, Molly   | No Age Given       | 2                | 5K Run F-31  | 11:03         |
| 77            | 34:55.3 | Kroot, Stephanie    | 5K Run F30-39      | 10               | 5K Run F-32  | 11:14         |
| 78            | 34:55.7 | Wolfe, Beverly      | 5K Run F60 & Over  | 1                | 5K Run F-33  | 11:14         |
| 79            | 35:22.3 | Burton, Kira        | 5K Run F19-29      | 7                | 5K Run F-34  | 11:23         |
| 80            | 36:17.0 | Kroot, Josh         | 5K Run M30-39      | 9                | 5K Run M-46  | 11:40         |
| 81            | 36:28.5 | Hoegeman, Nicole    | 5K Run F30-39      | 11               | 5K Run F-35  | 11:44         |
| 82            | 36:29.2 | Ostendorf, Samantha | 5K Run F30-39      | 12               | 5K Run F-36  | 11:44         |
| 83            | 36:43.2 | Tinsley, Heather    | 5K Run F40-49      | 9                | 5K Run F-37  | 11:49         |
| 84            | 38:02.1 | Ables, Brent        | 5K Run M40-49      | 16               | 5K Run M-47  | 12:14         |
| 85            | 38:05.5 | Knoch, Bill         | 5K Run M40-49      | 17               | 5K Run M-48  | 12:15         |
| 86            | 38:09.6 | Sehy, Michael       | 5K Run M60 & Over  | 2                | 5K Run M-49  | 12:16         |
| 87            | 38:21.7 | Carmon, Anna        | 5K Run F19-29      | 8                | 5K Run F-38  | 12:20         |
| 88            | 38:38.0 | Douglas, Ken        | 5K Run M30-39      | 10               | 5K Run M-50  | 12:26         |
| 89            | 38:38.6 | Douglas, Kaley      | 5K Run F30-39      | 13               | 5K Run F-39  | 12:26         |
| 90            | 39:16.7 | Knoch, Sarah        | 5K Run F18 & Under | 4                | 5K Run F-40  | 12:38         |
| 91            | 39:18.3 | Flaspholer, Teresa  | 5K Run F30-39      | 14               | 5K Run F-41  | 12:39         |
| 92            | 39:20.4 | Knoch, Mollie       | 5K Run F40-49      | 10               | 5K Run F-42  | 12:39         |
| 93            | 39:48.8 | Holmes, Josh        | 5K Run M18 & Under | 12               | 5K Run M-51  | 12:48         |
| 94            | 40:13.6 | Clulow, Chris       | 5K Run M30-39      | 11               | 5K Run M-52  | 12:56         |

# Couch Tater 5K Run & Walk

## Columbus, IN

### April 23, 2011

## Overall Results

| Overall Place | Time    | Name                     | Age Group           | Age Group Finish | Event Finish | Pace Per Mile |
|---------------|---------|--------------------------|---------------------|------------------|--------------|---------------|
| 95            | 40:14.6 | Clulow, Ryan             | 5K Run M18 & Under  | 13               | 5K Run M-53  | 12:57         |
| 96            | 40:29.4 | Owings, Tom              | 5K Run M40-49       | 18               | 5K Run M-54  | 13:01         |
| 97            | 40:30.2 | Owings, Julie            | 5K Run F30-39       | 15               | 5K Run F-43  | 13:02         |
| 98            | 40:54.1 | Ellison, Michelle        | 5K Run F30-39       | 16               | 5K Run F-44  | 13:09         |
| 99            | 41:43.2 | Williams, Ted            | 5K Run M40-49       | 19               | 5K Run M-55  | 13:25         |
| 100           | 42:17.8 | Baker, Kelly             | 5K Walk F19-29      | 1                | 5K Walk F-1  | 13:36         |
| 101           | 42:18.2 | Satterfield, Erika       | 5K Walk F19-29      | 2                | 5K Walk F-2  | 13:36         |
| 102           | 42:41.7 | Walock, Deb              | 5K Run F30-39       | 17               | 5K Run F-45  | 13:44         |
| 103           | 43:31.4 | Mccormick, Judy          | 5K Walk F60 & Over  | 1                | 5K Walk F-3  | 14:00         |
| 104           | 43:32.1 | Wendel, Kaitlin          | 5K Walk F18 & Under | 1                | 5K Walk F-4  | 14:00         |
| 105           | 43:36.6 | Wart, Stacy              | 5K Run F19-29       | 9                | 5K Run F-46  | 14:02         |
| 106           | 44:39.9 | Taylor, Sarah            | 5K Walk F19-29      | 3                | 5K Walk F-5  | 14:22         |
| 107           | 44:40.4 | Bradshaw, Nicole         | 5K Walk F19-29      | 4                | 5K Walk F-6  | 14:22         |
| 108           | 44:45.8 | Clulow, Zoe              | 5K Run F18 & Under  | 5                | 5K Run F-47  | 14:24         |
| 109           | 44:46.3 | Clulow, Shannon          | 5K Run F30-39       | 18               | 5K Run F-48  | 14:24         |
| 110           | 45:53.2 | Wenzel, Mary             | 5K Run F40-49       | 11               | 5K Run F-49  | 14:46         |
| 111           | 47:18.5 | Moore, Lisa              | 5K Walk F40-49      | 1                | 5K Walk F-7  | 15:13         |
| 112           | 47:19.6 | Thompson-Griffin, Jennie | 5K Walk F30-39      | 1                | 5K Walk F-8  | 15:13         |
| 113           | 48:07.2 | Thomas, Brooklynn        | 5K Run F18 & Under  | 6                | 5K Run F-50  | 15:29         |
| 114           | 48:07.8 | Turner, Shelby           | 5K Run F18 & Under  | 7                | 5K Run F-51  | 15:29         |
| 115           | 48:08.6 | Turner, Jeff             | 5K Walk M40-49      | 1                | 5K Walk M-1  | 15:29         |
| 116           | 49:03.3 | Huff, Danielle           | 5K Walk F19-29      | 5                | 5K Walk F-9  | 15:47         |
| 117           | 49:47.1 | Waggoner, Kelly          | 5K Walk F30-39      | 2                | 5K Walk F-10 | 16:01         |
| 118           | 49:57.7 | Matlock, Jennifer        | 5K Walk F30-39      | 3                | 5K Walk F-11 | 16:04         |
| 119           | 50:35.6 | Wart, John               | 5K Walk M30-39      | 1                | 5K Walk M-2  | 16:17         |
| 120           | 50:36.5 | Wendy, Corey             | 5K Walk M18 & Under | 1                | 5K Walk M-3  | 16:17         |
| 121           | 50:42.3 | Swain, Sandy             | 5K Walk F50-59      | 1                | 5K Walk F-12 | 16:19         |
| 122           | 50:43.3 | Beall, James             | 5K Walk M60 & Over  | 1                | 5K Walk M-4  | 16:19         |
| 123           | 51:05.3 | Wendel, Lisa             | 5K Walk F40-49      | 2                | 5K Walk F-13 | 16:26         |
| 124           | 51:06.1 | Wendel, Paul             | 5K Walk M40-49      | 2                | 5K Walk M-5  | 16:26         |
| 125           | 51:44.9 | Hall, Nikki              | 5K Walk F30-39      | 4                | 5K Walk F-14 | 16:39         |
| 126           | 51:45.5 | Whitlock, Ashley         | 5K Walk F19-29      | 6                | 5K Walk F-15 | 16:39         |
| 127           | 52:16.6 | Bishop, Addee            | 5K Run F19-29       | 10               | 5K Run F-52  | 16:49         |
| 128           | 52:17.2 | Neuman, Rachel           | 5K Run F30-39       | 19               | 5K Run F-53  | 16:49         |
| 129           | 52:48.4 | Reynolds, Sue            | 5K Walk F50-59      | 2                | 5K Walk F-16 | 16:59         |
| 130           | 52:53.7 | Reynolds, Brian          | 5K Walk M60 & Over  | 2                | 5K Walk M-6  | 17:01         |
| 131           | 53:36.0 | Chapple, Mindy           | 5K Walk F30-39      | 5                | 5K Walk F-17 | 17:15         |
| 132           | 53:38.2 | Havron, Deanna           | 5K Walk F30-39      | 6                | 5K Walk F-18 | 17:15         |
| 133           | 55:07.9 | Walker, Nikki            | 5K Walk F30-39      | 7                | 5K Walk F-19 | 17:44         |
| 134           | 55:08.3 | Morphew, Cheryl          | 5K Walk F40-49      | 3                | 5K Walk F-20 | 17:44         |
| 135           | 57:21.2 | Wendel, Kyle             | 5K Walk M19-29      | 1                | 5K Walk M-7  | 18:27         |
| 136           | 57:21.9 | Davis, Kyra              | 5K Walk F18 & Under | 2                | 5K Walk F-21 | 18:27         |
| 137           | 58:30.2 | Mcclendon, Patricia      | 5K Walk F50-59      | 3                | 5K Walk F-22 | 18:49         |
| 138           | 58:36.7 | Pittman, Steven          | 5K Walk M30-39      | 2                | 5K Walk M-8  | 18:51         |
| 139           | 58:37.5 | Pittman, Joseph          | 5K Walk M19-29      | 2                | 5K Walk M-9  | 18:52         |