

2016 SPIRIT OF WELLNESS 5K

AUGUST 12, 2016 - SHEBOYGAN LUTHERAN HIGH SCHOOL

www.spiritofwellness5k.com

Overall Results

<i>Place</i>	<i>Time</i>	<i>Pace</i>	<i>Name</i>	<i>Age Group</i>	<i>Gender</i>	<i>Bib</i>
1	18:32.2	5:58.7	Lucas Parmley	15-19	male	40
2	18:34.0	5:59.3	Max Gasser	25-29	male	6
3	20:04.0	6:28.3	Benjamin Reed	20-24	male	73
4	20:24.5	6:35.0	Jared Jurss	15-19	male	17
5	20:48.0	6:42.6	Josh Leland	15-19	male	23
6	21:10.0	6:49.6	Brian Begalke	25-29	male	3
7	21:17.2	6:52.0	Jake Jurss	15-19	male	19
8	21:38.4	6:58.8	Aidan Shank	15-19	male	50
9	21:41.5	6:59.8	Amanda Triebensee	14 and Under	female	56
10	21:48.0	7:01.9	Madison Hughes	15-19	female	12
11	22:42.5	7:19.5	Jonah Jurss	14 and Under	male	18
12	23:00.7	7:25.4	Jeff Jurss	50-59	male	20
13	23:05.9	7:27.0	Connor Bus	14 and Under	male	71
14	23:22.2	7:32.3	Megen Rapp	20-24	female	72
15	24:22.2	7:51.6	Max Leonhard	14 and Under	male	26
16	24:30.0	7:54.2	Paula Siech	35-39	female	51
17	24:46.2	7:59.4	Harvey Peters	15-19	male	42
18	24:46.7	7:59.6	Kurt Huberty	50-59	male	10
19	24:51.9	8:01.2	David Lang	50-59	male	22
20	25:18.5	8:09.8	Caden Solle	14 and Under	male	52
21	25:19.7	8:10.2	Ethen Tretheway	14 and Under	male	61
22	25:29.0	8:13.2	Adam Norlander	40-49	male	36
23	25:30.7	8:13.7	Liz Matz	15-19	female	27
24	25:57.0	8:22.2	Stacy Sloaem	30-39	female	74
25	26:06.7	8:25.3	Spencer Streich	14 and Under	male	54
26	26:19.4	8:29.4	Jenna Roeske	25-29	female	46

27	26:23.0	8:30.6	Tom Roeske	25-29	male	45
28	26:27.9	8:32.2	Josie Pingel	15-19	female	43
29	26:36.0	8:34.8	Olivia Gasser	25-29	female	7
30	26:45.2	8:37.8	Rev. Doug Peters	40-49	male	41
31	26:54.5	8:40.8	Lindsey Horen	14 and Under	female	9
32	26:55.2	8:41.0	Neil Leland	50-59	male	24
33	27:25.0	8:50.6	Tanya Wiltzius	30-39	female	60
34	27:33.5	8:53.4	Peter Bade	30-39	male	32
35	27:46.2	8:57.5	Jessica Hughes	30-39	female	11
36	27:53.4	8:59.8	John Karrels	40-49	male	21
37	28:24.7	9:09.9	Claire Seifferlein	14 and Under	female	49
38	28:26.5	9:10.4	Tanya Strauss	40-49	female	53
39	28:33.5	9:12.7	Steve Olsen	60-69	male	39
40	28:44.5	9:16.2	Noah Verhasselt	14 and Under	male	58
41	29:22.9	9:28.6	Kim Conklin	50-59	female	4
42	29:23.0	9:28.7	Steven Jaeger	40-49	male	14
43	30:21.0	9:47.4	Erin Seifferlein	30-39	female	48
44	30:24.4	9:48.5	Dan Verhasselt	40-49	male	57
45	31:43.4	10:14.0	Raelene Leland	50-59	female	25
46	35:56.4	11:35.6	Jane Tretheway	14 and Under	female	34
47	37:57.8	12:14.7	Steve Tretheway	40-49	male	33
48	38:24.3	12:23.3	Matthew Jaeger	40-49	male	13
49	38:31.9	12:25.7	Marie Wilhelm	30-39	female	59
50	38:32.4	12:25.9	Cheri Streich	40-49	female	55
51	38:44.9	12:29.9	Josh Schroeder	30-39	male	47
52	40:02.6	12:55.0	Zachary Jaeger	40-49	male	15

All Females

<i>Place</i>	<i>Time</i>	<i>Pace</i>	<i>Name</i>	<i>Age Group</i>	<i>Gender</i>	<i>Bib</i>
1	21:41.5	6:59.8	Amanda Triebensee	14 and Under	female	56
2	21:48.0	7:01.9	Madison Hughes	15-19	female	12
3	23:22.2	7:32.3	Megen Rapp	20-24	female	72
4	24:30.0	7:54.2	Paula Siech	35-39	female	51
5	25:30.7	8:13.7	Liz Matz	15-19	female	27
6	25:57.0	8:22.2	Stacy Sloaem	35-39	female	74
7	26:19.4	8:29.4	Jenna Roeske	25-29	female	46
8	26:27.9	8:32.2	Josie Pingel	15-19	female	43
9	26:36.0	8:34.8	Olivia Gasser	25-29	female	7
10	26:54.5	8:40.8	Lindsey Horen	14 and Under	female	9
11	27:25.0	8:50.6	Tanya Wiltzius	30-34	female	60
12	27:46.2	8:57.5	Jessica Hughes	35-39	female	11
13	28:24.7	9:09.9	Claire Seifferlein	14 and Under	female	49
14	28:26.5	9:10.4	Tanya Strauss	40-49	female	53
15	29:22.9	9:28.6	Kim Conklin	50-59	female	4
16	30:21.0	9:47.4	Erin Seifferlein	35-39	female	48
17	31:43.4	10:14.0	Raelene Leland	50-59	female	25
18	35:56.4	11:35.6	Jane Tretheway	14 and Under	female	34
19	38:31.9	12:25.7	Marie Wilhelm	35-39	female	59
20	38:32.4	12:25.9	Cheri Streich	40-49	female	55

All Males

<i>Place</i>	<i>Time</i>	<i>Pace</i>	<i>Name</i>	<i>Age Group</i>	<i>Gender</i>	<i>Bib</i>
1	18:32.2	5:58.7	Lucas Parmley	15-19	male	40
2	18:34.0	5:59.3	Max Gasser	25-29	male	6
3	20:04.0	6:28.3	Benjamin Reed	20-24	male	73
4	20:24.5	6:35.0	Jared Jurss	15-19	male	17
5	20:48.0	6:42.6	Josh Leland	15-19	male	23
6	21:10.0	6:49.6	Brian Begalke	25-29	male	3
7	21:17.2	6:52.0	Jake Jurss	15-19	male	19

8	21:38.4	6:58.8	Aidan Shank	15-19	male	50
9	22:42.5	7:19.5	Jonah Jurss	14 and Under	male	18
10	23:00.7	7:25.4	Jeff Jurss	50-59	male	20
11	23:05.9	7:27.0	Connor Bus	14 and Under	male	71
12	24:22.2	7:51.6	Max Leonhard	14 and Under	male	26
13	24:46.2	7:59.4	Harvey Peters	15-19	male	42
14	24:46.7	7:59.6	Kurt Huberty	50-59	male	10
15	24:51.9	8:01.2	David Lang	50-59	male	22
16	25:18.5	8:09.8	Caden Solle	14 and Under	male	52
17	25:19.7	8:10.2	Ethen Tretheway	14 and Under	male	61
18	25:29.0	8:13.2	Adam Norlander	40-49	male	36
19	26:06.7	8:25.3	Spencer Streich	14 and Under	male	54
20	26:23.0	8:30.6	Tom Roeske	25-29	male	45
21	26:45.2	8:37.8	Rev. Doug Peters	40-49	male	41
22	26:55.2	8:41.0	Neil Leland	50-59	male	24
23	27:33.5	8:53.4	Peter Bade	30-34	male	32
24	27:53.4	8:59.8	John Karrels	40-49	male	21
25	28:33.5	9:12.7	Steve Olsen	60-69	male	39
26	28:44.5	9:16.2	Noah Verhasselt	14 and Under	male	58
27	29:23.0	9:28.7	Steven Jaeger	40-49	male	14
28	30:24.4	9:48.5	Dan Verhasselt	40-49	male	57
29	37:57.8	12:14.7	Steve Tretheway	40-49	male	33
30	38:24.3	12:23.3	Matthew Jaeger	40-49	male	13
31	38:44.9	12:29.9	Josh Schroeder	30-39	male	47
32	40:02.6	12:55.0	Zachary Jaeger	40-49	male	15

Female 14 and Under

<i>Place</i>	<i>Time</i>	<i>Pace</i>	<i>Name</i>	<i>Age Group</i>	<i>Gender</i>	<i>Bib</i>
1	21:41.5	6:59.8	Amanda Triebensee	14 and Under	female	56
2	26:54.5	8:40.8	Lindsey Horen	14 and Under	female	9
3	28:24.7	9:09.9	Claire Seifferlein	14 and Under	female	49
4	35:56.4	11:35.6	Jane Tretheway	14 and Under	female	34

Male 14 and Under

<i>Place</i>	<i>Time</i>	<i>Pace</i>	<i>Name</i>	<i>Age Group</i>	<i>Gender</i>	<i>Bib</i>
1	22:42.5	7:19.5	Jonah Jurss	14 and Under	male	18
2	23:05.9	7:27.0	Connor Bus	14 and Under	male	71
3	24:22.2	7:51.6	Max Leonhard	14 and Under	male	26
4	25:18.5	8:09.8	Caden Solle	14 and Under	male	52
5	25:19.7	8:10.2	Ethen Tretheway	14 and Under	male	61
6	26:06.7	8:25.3	Spencer Streich	14 and Under	male	54
7	28:44.5	9:16.2	Noah Verhasselt	14 and Under	male	58

Female 15-19

<i>Place</i>	<i>Time</i>	<i>Pace</i>	<i>Name</i>	<i>Age Group</i>	<i>Gender</i>	<i>Bib</i>
1	21:48.0	7:01.9	Madison Hughes	15-19	female	12
2	25:30.7	8:13.7	Liz Matz	15-19	female	27
3	26:27.9	8:32.2	Josie Pingel	15-19	female	43

Male 15-19

<i>Place</i>	<i>Time</i>	<i>Pace</i>	<i>Name</i>	<i>Age Group</i>	<i>Gender</i>	<i>Bib</i>
1	18:32.2	5:58.7	Lucas Parmley	15-19	male	40
2	20:24.5	6:35.0	Jared Jurss	15-19	male	17
3	20:48.0	6:42.6	Josh Leland	15-19	male	23
4	21:17.2	6:52.0	Jake Jurss	15-19	male	19
5	21:38.4	6:58.8	Aidan Shank	15-19	male	50
6	24:46.2	7:59.4	Harvey Peters	15-19	male	42

Female 20-24

<i>Place</i>	<i>Time</i>	<i>Pace</i>	<i>Name</i>	<i>Age Group</i>	<i>Gender</i>	<i>Bib</i>
1	23:22.2	7:32.3	Megen Rapp	20-24	female	72

Male 20-24

<i>Place</i>	<i>Time</i>	<i>Pace</i>	<i>Name</i>	<i>Age Group</i>	<i>Gender</i>	<i>Bib</i>
1	20:04.0	6:28.3	Benjamin Reed	20-24	male	73

Female 25-29

<i>Place</i>	<i>Time</i>	<i>Pace</i>	<i>Name</i>	<i>Age Group</i>	<i>Gender</i>	<i>Bib</i>
1	26:19.4	8:29.4	Jenna Roeske	25-29	female	46
2	26:36.0	8:34.8	Olivia Gasser	25-29	female	7

Male 25-29

<i>Place</i>	<i>Time</i>	<i>Pace</i>	<i>Name</i>	<i>Age Group</i>	<i>Gender</i>	<i>Bib</i>
1	18:34.0	5:59.3	Max Gasser	25-29	male	6
2	21:10.0	6:49.6	Brian Begalke	25-29	male	3
3	26:23.0	8:30.6	Tom Roeske	25-29	male	45

Female 30-34

<i>Place</i>	<i>Time</i>	<i>Pace</i>	<i>Name</i>	<i>Age Group</i>	<i>Gender</i>	<i>Bib</i>
1	27:25.0	8:50.6	Tanya Wiltzius	30-34	female	60

Male 30-34

<i>Place</i>	<i>Time</i>	<i>Pace</i>	<i>Name</i>	<i>Age Group</i>	<i>Gender</i>	<i>Bib</i>
1	27:33.5	8:53.4	Peter Bade	30-34	male	32
2	38:44.9	12:29.9	Josh Schroeder	30-34	male	47

Female 35-39

<i>Place</i>	<i>Time</i>	<i>Pace</i>	<i>Name</i>	<i>Age Group</i>	<i>Gender</i>	<i>Bib</i>
1	24:30.0	7:54.2	Paula Siech	35-39	female	51
2	25:57.0	8:22.2	Stacy Sloaem	35-39	female	74
3	27:46.2	8:57.5	Jessica Hughes	35-39	female	11
4	30:21.0	9:47.4	Erin Seifferlein	35-39	female	48
5	38:31.9	12:25.7	Marie Wilhelm	35-39	female	59

Female 40-49

<i>Place</i>	<i>Time</i>	<i>Pace</i>	<i>Name</i>	<i>Age Group</i>	<i>Gender</i>	<i>Bib</i>
1	28:26.5	9:10.4	Tanya Strauss	40-49	female	53
2	38:32.4	12:25.9	Cheri Streich	40-49	female	55

Male 40-49

<i>Place</i>	<i>Time</i>	<i>Pace</i>	<i>Name</i>	<i>Age Group</i>	<i>Gender</i>	<i>Bib</i>
1	25:29.0	8:13.2	Adam Norlander	40-49	male	36
2	26:45.2	8:37.8	Rev. Doug Peters	40-49	male	41
3	27:53.4	8:59.8	John Karrels	40-49	male	21
4	29:23.0	9:28.7	Steven Jaeger	40-49	male	14
5	30:24.4	9:48.5	Dan Verhasselt	40-49	male	57
6	37:57.8	12:14.7	Steve Tretheway	40-49	male	33
7	38:24.3	12:23.3	Matthew Jaeger	40-49	male	13
8	40:02.6	12:55.0	Zachary Jaeger	40-49	male	15

Female 50-59

<i>Place</i>	<i>Time</i>	<i>Pace</i>	<i>Name</i>	<i>Age Group</i>	<i>Gender</i>	<i>Bib</i>
1	29:22.9	9:28.6	Kim Conklin	50-59	female	4
2	31:43.4	10:14.0	Raelene Leland	50-59	female	25

Male 50-59

<i>Place</i>	<i>Time</i>	<i>Pace</i>	<i>Name</i>	<i>Age Group</i>	<i>Gender</i>	<i>Bib</i>
1	23:00.7	7:25.4	Jeff Jurss	50-59	male	20
2	24:46.7	7:59.6	Kurt Huberty	50-59	male	10
3	24:51.9	8:01.2	David Lang	50-59	male	22
4	26:55.2	8:41.0	Neil Leland	50-59	male	24

Male 60-69

<i>Place</i>	<i>Time</i>	<i>Pace</i>	<i>Name</i>	<i>Age Group</i>	<i>Gender</i>	<i>Bib</i>
1	28:33.5	9:12.7	Steve Olsen	60-69	male	39