

2010 RoadRunners 5K Results

John	Albanese	20:09.9	1st A/G 3rd O/A		5K	Pumpkin Stampede	Crystal Lake, IL	17-Oct-10
John	Albanese	20:22.9	2nd A/G		5K	Charity Classic	Park Ridge, IL	25-Sep-10
John	Albanese	20:30.3	1st A/G 4th O/A		5K	Fit for Life	Crystal Lake, IL	3-Oct-10
John	Albanese	20:37.9	3rd A/G		5K	Race That's Good for Life	Oak Park ,IL	11-Apr-10
John	Albanese	20:58.7	2nd A/G		5K	Run for the Roses	Roselle, IL	6-Jun-10
John	Albanese	21:07.3	1st A/G		5K	Run for the Arts	Crystal Lake, IL	2-May-10
Stephen*	Arnold	29:07.0		RR record	5K	Summer Sunset	LITH, IL	3-Sep-10
Jacqui*	Aubert	18:52.7	3rd A/G	RR record	5K	Race That's Good for Life	Oak Park ,IL	11-Apr-10
Karen	Becker	32:06.5			5K	Run Thur the Hills	LITH, IL	11-Apr-10
Jon	Betts	18:44.3	1st A/G	RR record	5K	RoadRunner 5K	Huntley, IL	27-Jun-10
Jon	Betts	19:02.7	2nd A/G	RR record	5K	Run for Hungry Children	Woodstock, IL	15-May-10
Fusun	Borelli	49:33.0			5K	Woodstock Challenge	Woodstock, IL	19-Jun-10
Lauri	Brotan	23:59.9			5K	Run for the Roses	Roselle, IL	6-Jun-10
Phil	Bush	20:51.2		RR record	5K	Run for the Roses	Roselle, IL	6-Jun-10
Rachel	Bush	21:06.9	1st A/G		5K	RoadRunner 5K	Huntley, IL	27-Jun-10
Walt	Calder	21:32.6	3rd A/G		5K	Pumpkin Stampede	Crystal Lake, IL	17-Oct-10
Dan	Clemen	19:27.9	1st A/G		5K	Race for Premies	Crystal Lake, IL	25-Apr-10
Troy	Conroy	25:58.7			5K	RoadRunner 5K	Huntley, IL	27-Jun-10
Ande	Croll	23:59.4		RR record	5K	Run for the Roses	Roselle, IL	6-Jun-10
Ande	Croll	34:52.8			5K	Race That's Good for Life	Oak Park ,IL	11-Apr-10
Susan	Croll	34:53.4			5K	Race That's Good for Life	Oak Park ,IL	11-Apr-10
Christina*	Dam	19:05.3	1st Female	RR record	5K	Run for the Arts	Crystal Lake, IL	2-May-10
Christine*	Dam	19:41.5	1st O/A	RR record	5K	Race for Premies	Crystal Lake, IL	25-Apr-10
Angela	Dampier	25:04.2			5K	Summer Sunset	LITH, IL	3-Sep-10
Sue	Devine	28:30.2	3rd A/G		5K	Woods creek	Crystal Lake, IL	25-Apr-10
Carol	Dlesk	29:07.2			5K	Pumpkin Stampede	Crystal Lake, IL	17-Oct-10
Steve	Emricson	18:18.0	2nd A/G	RR record	5K	Summer Sunset	LITH, IL	3-Sep-10
Steve	Emricson	18:56.4	1st A/G		5K	RoadRunner 5K	Huntley, IL	27-Jun-10
Steve	Emricson	19:03.3	1st A/G		5K	Run for the Arts	Crystal Lake, IL	2-May-10
Melody	Emricson	26:23.0			5K	Indianapolis 5K	Indianapolis, IN.	16-Oct-10
Denise	Faler	28:51.3	3rd A/G		5K	Nitro 5K	Sycamore, IL	22-May-10
Robert	Fernandez	23:28.0			5K	Race to Wrigley	Chicago, IL	24-Apr-10
Lelani	Fetrow	28:46.7			5K	Run Thur the Hills	LITH, IL	11-Apr-10
Lalani	Fetrow	31:56.9			5K	Run for Hungry Children	Woodstock, IL	15-May-10

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Cale	Fick	18:29.0			5K	Summer Sunset	LITH, IL	3-Sep-10
Ed	Gaul	20:50.5			5K	Summer Sunset	LITH, IL	3-Sep-10
Eddie	Gaul	21:23.5			5K	Red Shoe Run	Rockford, IL	10-Apr-10
Eddie	Gaul	21:36.9	1st A/G 3rd O/A		5K	Cary Shuffle	Cary, IL	2-Oct-10
Don	Gervais	23:35.5	1st A/G	RR record	5K	RoadRunner 5K	Huntley, IL	27-Jun-10
Don	Gervais	24:35.1			5K	Pumpkin Stampede	Crystal Lake, IL	17-Oct-10
Magaly	Gomez	24:57.2	2nd A/G		5K	RoadRunner 5K	Huntley, IL	27-Jun-10
Magaly	Gomez	25:17.5	1st A/G		5K	Run for the Arts	Crystal Lake, IL	2-May-10
Magaly	Gomez	26:34.0	1st A/G		5K	Race for Premies	Crystal Lake, IL	25-Apr-10
Lisa	Haag	26:48.2		RR record	5K	Run for the Arts	Crystal Lake, IL	2-May-10
Kim	Hartmen	33:49.1			5K	Summer Sunset	LITH, IL	3-Sep-10
Michaela	Havemann	24:57.4	1st A/G		5K	Run for the Arts	Crystal Lake, IL	2-May-10
Michaela	Havemann	25:07.4	1st A/G		5K	Race for Premies	Crystal Lake, IL	25-Apr-10
Bob	Hayes	33:19.3	3rd A/G		5K	Memorial Day Run	McHenry, IL	31-May-10
Tim*	Heisler	19:48.6	3rd A/G	RR record	5K	Summer Sunset	LITH, IL	3-Sep-10
Tim	Heisler	21:16.4	3rd A/G	RR record	5K	Run for the Arts	Crystal Lake, IL	2-May-10
Dave	Huebner	29:16.6		RR record	5K	RoadRunner 5K	Huntley, IL	27-Jun-10
Jamie	Hursey	21:37.8			5K	Summer Sunset	LITH, IL	3-Sep-10
Bill	Jensen	17:48.0	3rd O/A		5K	Fox Trot	Elgin, IL	31-May-10
Martin	Joson	29:14.1			5K	Run Thur the Hills	LITH, IL	11-Apr-10
Kevin	Kaufman	17:32.8		RR record	5K	Race That's Good for Life	Oak Park ,IL	11-Apr-10
Kevin	Kaufman	17:40.0			5K	Run for the Roses	Roselle, IL	6-Jun-10
Kevin	Kaufman	17:58.7	1st A/G		5K	Run for the Arts	Crystal Lake, IL	2-May-10
Kevin	Kaufman	17:58.8	1st A/G		5K	Run for Hungry Children	Woodstock, IL	15-May-10
Kevin	Kaufman	24:57.4	2nd A/G		5K	Summer Sunset	LITH, IL	3-Sep-10
Irene*	Kok	22:00.0	1st A/G	RR record	5K	Summer Sunset	LITH, IL	3-Sep-10
Barb	Kreutzman	30:29.1			5K	Summer Sunset	LITH, IL	3-Sep-10
Lois	Kuhn	24:56.1	1st A/G	RR record	5K	RoadRunner 5K	Huntley, IL	27-Jun-10
Lisa	Link	24:33.4	2nd A/G	RR record	5K	RoadRunner 5K	Huntley, IL	27-Jun-10
Ron	Miller	19:38.7			5K	Summer Sunset	LITH, IL	3-Sep-10
Ron	Miller	22:29.5			5K	Run Thur the Hills	LITH, IL	11-Apr-10
Carlos	Morales	21:17.0			5K	Run for the Arts	Crystal Lake, IL	2-May-10
Jeff	Musielak	29:14.0			5K	Summer Sunset	LITH, IL	3-Sep-10
Jeff	Musielak	31:28.4			5K	Memorial Day Run	McHenry, IL	31-May-10

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Carrie*	Naber	23:23.2	3rd A/G	RR record	5K	Unlimited Performance	Scycamore, Il	5-Jun-10
Brenda	Napholz	19:38.9	1st A/G		5K	Run for the Roses	Roselle, IL	6-Jun-10
Al	Neil	20:33.0	1st A/G	RR record	5K	Run for Freedom	Antioch, IL	4-Jul-10
Al	Neil	20:33.8	1st A/G	RR record	5K	Run Thur the Hills	Huntley, IL	6-Jun-10
Lateef	Ogunjobi	17:52.1	2nd O/A 1st A/G	RR record	5K	RoadRunner 5K	Huntley, IL	27-Jun-10
Lateef	Ogunjobi	17:53.3		RR record	5K	Run for the Roses	Roselle, IL	6-Jun-10
Lateef	Ogunjobi	18:35.1	1st A/G	RR record	5K	Run for Hungry Children	Woodstock, IL	15-May-10
Rich	Passavant	23:42.4			5K	RoadRunner 5K	Huntley, IL	27-Jun-10
Thom	Petrowski	25:02.0			5K	Run Thur the Hills	LITH, IL	11-Apr-10
Toni	Pokora	21:21.0	1st A/G	RR record	5K	RoadRunner 5K	Huntley, IL	27-Jun-10
Karen	Pump	27:29.9			5K	Summer Sunset	LITH, IL	3-Sep-10
Karen	Pump	29:03.4			5K	Pumpkin Stampede	Crystal Lake, IL	17-Oct-10
Bob	Rohlwig	27:46.8	2nd A/G	RR Record	5K	Fit for Life	Crystal Lake, IL	3-Oct-10
Rob	Rokusek	22:22.0	3rd A/G		5K	Father's Day Run	Dundee, IL	20-Jun-10
Rob	Rokusek	22:49.5			5K	Paws for Pantry	Crystal Lake, IL	16-May-10
Stuart	Rutledge	21:40.7		RR record	5K	RoadRunner 5K	Huntley, IL	27-Jun-10
Stuart	Rutledge	21:55.9	2nd A/G		5K	Run for the Arts	Crystal Lake, IL	2-May-10
Stuart	Rutledge	22:04.7	2nd A/G	RR record	5K	Race for Premies	Crystal Lake, IL	25-Apr-10
Amanda*	Salgado	23:33.2		RR record	5K	Run for the Roses	Roselle, IL	6-Jun-10
Amanda*	Salgado	24:36.5		RR record	5K	Race That's Good for Life	Oak Park ,IL	11-Apr-10
Susan	Santor	24:46.8			5K	Summer Sunset	LITH, IL	3-Sep-10
Susan	Santor	25:32.8	3rd A/G		5K	Run Thur the Hills	LITH, IL	11-Apr-10
Chris	Setzler	16:51.0	1st A/G 4th O/A		5K	Run for Freedom	Antioch, IL	4-Jul-10
Cari	Setzler	19:35.0	2nd O/A		5K	Run for Freedom	Antioch, IL	4-Jul-10
Erin	Smith	21:39.1	2nd A/G	RR record	5K	RoadRunner 5K	Huntley, IL	27-Jun-10
Tom	Spasojevich	25:12.2	1st A/G		5K	Run for the Arts	Crystal Lake, IL	2-May-10
Mike*	Splitt	22:15.9	1st A/G	RR record	5K	Run for the Arts	Crystal Lake, IL	2-May-10
Mike	Splitt	22:44.4	3rd A/G		5K	Summer Sunset	LITH, IL	3-Sep-10
Jerry	Sullivan	21:38.7			5K	Run for the Roses	Roselle, IL	6-Jun-10
Shawn	Tegtmeier	36:07.4			5K	Run for the Arts	Crystal Lake, IL	2-May-10
Laurie	Teper	21:09.7	1st A/G		5K	Run for the Roses	Roselle, IL	6-Jun-10
Laurie	Teper	21:45.9	1st A/G		5K	Run for the Arts	Crystal Lake, IL	2-May-10
Laurie	Teper	22:22.0	1st A/G		5K	Memorial Day Run	McHenry, IL	31-May-10
Laurie	Teper	22:22.2	1st A/G		5K	Memorial Day Run	McHenry, IL	31-May-10

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Rich	Teper	24:52.5			5K	Summer Sunset	LITH, IL	3-Sep-10
Rich	Teper	23:52.2	3rd A/G	RR record	5K	Run for Hungry Children	Woodstock, IL	15-May-10
Steve	VanHorn	22:54.3			5K	Run for the Arts	Crystal Lake, IL	2-May-10
Mike*	VanHouten	18:36.9		RR record	5K	Run for the Roses	Roselle, IL	6-Jun-10
Mike	VanHouten	19:01.0	2nd O/A 1st A/G		5K	Run for Your Life	Island Lake, IL	23-Oct-10
Mike	VanHouten	19:25.0	1st A/G		5K	Run for the Arts	Crystal Lake, IL	2-May-10
Deb	VanHouten	38:47.6			5K	Summer Sunset	LITH, IL	3-Sep-10
Mike	VanHouton	18:49.5			5K	Race That's Good for Life	Oak Park ,IL	11-Apr-10
Heather	Walker	24:41.8	2nd A/G		5K	Run for the Arts	Crystal Lake, IL	2-May-10
Laura	Waringo	33:23.3			5K	Summer Sunset	LITH, IL	3-Sep-10
Laura	Waringo	34:44.0			5K	RoadRunner 5K	Huntley, IL	27-Jun-10
Bill	Whitefield	17:42.9		RR Record	5K	Charity Classic	Park Ridge, IL	25-Sep-10
Bill	Witfield	18:14.3	1st A/G	RR record	5K	Summer Sunset	LITH, IL	3-Sep-10
Amy	Wlodek	26:53.5	1st A/G		5K	Alpine Races	Lake Zurich, IL	26-Sep-10
Mia	Yankow	28:38.9			5K	Run for the Arts	Crystal Lake, IL	2-May-10
Mark	Zulas	23:08.2	2nd A/G		5K	Run Thur the Hills	LITH, IL	11-Apr-10