

RunSTRONG 5K Course Records and Best Times per Age Group

*Updated 2018

RunSTRONG 5K Records OVERALL TOP 10 Male

| Name | Time | Year |
|--------------------------|--------------------------|-------------|
| 1.) Brayden Law | 15:08** | 2017 |
| 2.) Kiprop Makai | 15:23 | 2018 |
| 3.) Zac Wright-Fischer | 15:45 | 2017 |
| 4.) Kiptoo Julius | 15:57^M | 2018 |
| 5.) Luke Beauchamp | 16:03 | 2018 |
| 6.) Brandon Cushman | 16:08 | 2017 |
| 7.) Andrew Hysten | 16:15 | 2017 |
| 8.) Seamus Noonan | 16:37 | 2018 |
| 9.) Justin Splitt | 16:39 | 2018 |
| 10.) Ben Hysten | 16:50 | 2018 |

RunSTRONG 5K Records OVERALL TOP 10 Female

| Name | Time | Year |
|-----------------------------|---------------|-------------|
| 1.) Vicoty Chepngeno | 16:22* | 2018 |
| 2.) Ali Wiersma | 17:16 | 2017 |
| 3.) Sydney Meyers | 17:38 | 2018 |
| 4.) Betsy Graney | 17:56 | 2017 |
| 5.) Brianna Hickey | 17:58 | 2018 |
| 6.) Bailey Johnson | 18:20 | 2018 |
| 7.) Raychel Figurski | 18:56 | 2018 |
| 8.) Alexis Guttilla | 19:15 | 2018 |
| 9.) Courtney Hansen | 19:38 | 2017 |
| 10.) Alana Garcia | 19:42 | 2018 |

RunSTRONG 5K Records Age Group (1-10) TOP 3 Male

| Name | Time | Year |
|-----------------|-------|------|
| Jacob McDaniel | 27:19 | 2018 |
| Ezekiel Haight | 27:21 | 2018 |
| Kieren Reynolds | 27:23 | 2018 |

RunSTRONG 5K Records Age Group (1-10) TOP 3 Female

| Name | Time | Year |
|-----------------|-------|------|
| Kennedy Mey | 24:40 | 2017 |
| Ella Gapczynski | 28:36 | 2017 |
| Delaney Streng | 32:15 | 2018 |

RunSTRONG 5K Records Age Group (11-14) TOP 3 Male

| Name | Time | Year |
|---------------|-------|------|
| River Kistler | 21:52 | 2017 |
| Nolan Clark | 22:03 | 2018 |
| Luke Balstad | 22:36 | 2017 |

RunSTRONG 5K Records Age Group (11-14) TOP 3 Female

| Name | Time | Year |
|--------------------------|-------|------|
| Ashley Streng | 23:06 | 2018 |
| Lauren Quinn | 23:16 | 2018 |
| Jennifer & Jessica Judge | 26:19 | 2017 |

RunSTRONG 5K Records Age Group (15-19) TOP 3 Male

| Name | Time | Year |
|--------------------|----------------|-------------|
| Brayden Law | 15:08** | 2017 |
| Zac Wright-Fisher | 15:45 | 2017 |
| Andrew Hysten | 16:15 | 2017 |

RunSTRONG 5K Records Age Group (15-19) TOP 3 Female

| Name | Time | Year |
|---------------|-------|------|
| Amber Mango | 19:49 | 2017 |
| Kori Baumann | 20:00 | 2017 |
| Jackie Seward | 21:30 | 2017 |

RunSTRONG 5K Records Age Group (20-24) TOP 3 Male

| Name | Time | Year |
|----------------|-------|------|
| Luke Beauchamp | 16:03 | 2018 |
| Ethan Israels | 17:42 | 2018 |
| Jacob Baker | 19:10 | 2017 |

RunSTRONG 5K Records Age Group (20-24) TOP 3 Female

| Name | Time | Year |
|-------------------------|---------------|-------------|
| Vicoty Chepngeno | 16:22* | 2018 |
| Ali Wiersma | 17:16 | 2017 |
| Sydney Myers | 17:38 | 2018 |

RunSTRONG 5K Records Age Group (25-29) TOP 3 Male

| Name | Time | Year |
|-----------------|-------|------|
| Brandon Cushman | 16:08 | 2017 |
| William Gray | 25:10 | 2017 |
| Peter VanWynen | 25:23 | 2018 |

RunSTRONG 5K Records Age Group (25-29) TOP 3 Female

| Name | Time | Year |
|--------------|-------|------|
| Betsy Graney | 17:56 | 2017 |
| Ashley Meyer | 19:52 | 2018 |
| Mary Kitchen | 20:08 | 2018 |

RunSTRONG 5K Records Age Group (30-34) TOP 3 Male

| Name | Time | Year |
|------------------|-------|------|
| Kiprop Makai | 15:23 | 2018 |
| Nicholas Brouwer | 18:04 | 2018 |
| Matthew Harrell | 19:30 | 2018 |

RunSTRONG 5K Records Age Group (30-34) TOP 3 Female

| Name | Time | Year |
|----------------|-------|------|
| Alana Garcia | 19:42 | 2018 |
| Heidi Brouwer | 21:16 | 2018 |
| Erica Zaworski | 22:46 | 2017 |

RunSTRONG 5K Records Age Group (35-39) TOP 3 Male

| Name | Time | Year |
|------------------|-------|------|
| Andrew Schillaci | 18:33 | 2017 |
| Aaron Usher | 18:39 | 2017 |
| Joseph Allen | 20:33 | 2017 |

RunSTRONG 5K Records Age Group (35-39) TOP 3 Female

| Name | Time | Year |
|------------------|-------|------|
| Courtney Hansen | 19:38 | 2017 |
| Jessica Chandler | 19:53 | 2017 |
| Erin Shibley | 22:12 | 2017 |

RunSTRONG 5K Records Age Group (40-44) TOP 3 Male

| Name | Time | Year |
|----------------------|--------------------------|-------------|
| Kiptoo Julius | 15:57^M | 2018 |
| Rob Hyde | 16:54 | 2018 |
| Eric Quinn | 17:05 | 2018 |

RunSTRONG 5K Records Age Group (40-44) TOP 3 Female

| Name | Time | Year |
|-------------------------|--------------------------|-------------|
| Julie Grevengoed | 20:08^M | 2017 |
| Nicole Callahan | 22:15 | 2017 |
| Sarah Butterfield | 24:34 | 2018 |

RunSTRONG 5K Records Age Group (45-49) TOP 3 Male

| Name | Time | Year |
|--------------|-------|------|
| Kevin Conkel | 18:05 | 2017 |
| Mark Paulson | 19:12 | 2017 |
| Matt Jacobs | 21:02 | 2017 |

RunSTRONG 5K Records Age Group (45-49) TOP 3 Female

| Name | Time | Year |
|----------------|-------|------|
| Sheri Koetsier | 24:19 | 2017 |
| Heidi Kelley | 24:39 | 2017 |
| Sue Wallish | 25:58 | 2017 |

RunSTRONG 5K Records Age Group (50-54) TOP 3 Male

| Name | Time | Year |
|---------------|-------|------|
| Todd Sellon | 17:31 | 2017 |
| Steven Harden | 19:31 | 2017 |
| Scott Rose | 21:15 | 2017 |

RunSTRONG 5K Records Age Group (50-54) TOP 3 Female

| Name | Time | Year |
|------------------|-------|------|
| Jean Seward | 22:49 | 2017 |
| Brenda Penland | 24:55 | 2017 |
| Leigh Ann Hawver | 25:57 | 2017 |

RunSTRONG 5K Records Age Group (55-59) TOP 3 Male

| Name | Time | Year |
|----------------|-------|------|
| Don Lavercombe | 24:46 | 2017 |
| Bryan Fredrick | 26:38 | 2018 |
| Luke Seward | 27:56 | 2017 |

RunSTRONG 5K Records Age Group (55-59) TOP 3 Female

| Name | Time | Year |
|--------------------------|-------|------|
| Barbara Hartliep | 25:17 | 2017 |
| Margaret "Pete" Fredrick | 25.43 | 2018 |
| Sheila Goodman | 26:44 | 2017 |

RunSTRONG 5K Records Age Group (60-64) TOP 3 Male

| Name | Time | Year |
|---------------|-------|------|
| Dan Starkey | 23:19 | 2018 |
| Mike Zambetis | 25:20 | 2018 |
| Ed Kruizenga | 26:35 | 2018 |

RunSTRONG 5K Records Age Group (60-64) TOP 3 Female

| Name | Time | Year |
|-------------------|-------|------|
| Michelle Teliczan | 28:03 | 2017 |
| Doreen Ratigan | 30:23 | 2017 |
| Karan Kettenhofen | 32:51 | 2018 |

RunSTRONG 5K Records Age Group (65-69) TOP 3 Male

| Name | Time | Year |
|----------------|-------|------|
| Bruce Terbeek | 23:05 | 2017 |
| Thomas Shrader | 26:29 | 2017 |
| Bob Shaffer | 26:34 | 2017 |

RunSTRONG 5K Records Age Group (65-69) TOP 3 Female

| Name | Time | Year |
|--------------|-------|------|
| Terri Roeder | 41:01 | 2018 |
| | | |
| | | |

RunSTRONG 5K Records Age Group (70-99) TOP 3 Male

| Name | Time | Year |
|------------------|-------|------|
| Tim Rose | 25:57 | 2018 |
| Francis Nawrocki | 27:21 | 2017 |
| Stan Fortuna | 28:25 | 2018 |

RunSTRONG 5K Records Age Group (70-99) TOP 3 Female

| Name | Time | Year |
|------|------|------|
| | | |
| | | |
| | | |

***= Female overall course record**

****=Male overall course record**

^M= Master's course record