

Elmhurst Report on 4 on the 4th

Overall for Gender:
Kareen Ripperda 9th

Age Group:

- Kareen Ripperda 1st F35-39
- Chrisine Lipa 1st F45-49
- Julie Bruns 2nd F40-44
- Kristy Howland 2nd F40-44
- Anneliese Meyer 2nd F65-69
- Marc Woodcock 3rd M45-49
- Mark Krause 3rd M40-44
- Barry Brandt 3rd M45-49
- Lori Dunn 3rd F40-44

CARA Age Graded Results

Name	Age	Sex	Min	Sec	Age Graded
Christine Lipa	48	F	25	35.9	837.9
Mark Krause	41	M	22	9.2	811
Kareen Ripperda	38	F	24	30.8	803
Doug Pearson	40	M	22	15.1	801.4
Kristy Howland	45	F	25	53.7	801.3
Team Average					810.9
Others					
Barry Brandt	50	M	24	9.3	797.6
Marc Woodcock	45	M	23	23.5	791.6
Mark Montgomery	41	M	22	51	786.3
Anneliese Meyer	67	F	36	6.5	772.7
Bill Sanders	38	M	23	14.3	755.9
Lori Dunn	45	F	27	29.7	754.7
Julie Bruns	38	F	26	10.9	751.8
Karen Leavitt	48	F	29	2.8	738.5
Susan King	31	F	26	4.1	738.4
Lynne Bloomfield	44	F	28	38.1	718.2
John O'Blanis	57	M	28	53.7	706.6
Beth Wong	40	F	28	13.5	705.6
Beth Szopko	30	F	27	16.9	705
Rich Daubert	27	M	23	54.7	704.7
Michael Wargo	44	M	26	9.2	702.9
Jon Nelson	48	M	26	59.3	702.2
George Ledonne	58	M	29	40.4	693.7
Harry Kamer	53	M	28	37.9	689.2
Anita Ledonne	58	F	35	58.5	678.7
Mark Robinson	61	M	31	11.5	677.5
Tina Helm	40	F	29	28.7	675.6

Matt Beisel	39M	26	19.9	672.2
Mari Jo Hecker	44F	30	37	671.7
Ricky Leavitt	15M	27	23.9	663.7
Jen Mayfield	36F	29	31.9	660.9
Molly Nechvatal	44F	31	45.8	647.5
Colin Gray	51M	30	22.8	639.1
Dottie Kilian	45F	32	51.5	631.5
Melissa Dannenberg	32F	30	35.2	630.4
Matt Helm	15M	28	52.2	629.8
Josh Leavitt	17M	28	32.2	618.5
Michael Ebner	31M	28	43.8	589.4
Christi Helm	16F	34	9.4	582.1
Pamela Clink	43F	35	47.4	569.5
Nancy O'Brien	41F	35	47.5	560.7
Wilson Ray	36M	30	59.5	558.8
Kevin Wik	50M	34	43.6	554.8
Chris Miller	37M	31	38.3	551
Mary Wajda	48F	39	40.8	540.6
Maureen McCoy	44F	38	16.9	537.2
Eric Helm	13M	35	34.3	532.7
Lisa Krause	40F	37	32.5	530.5
Elliot Kaufman	61M	40	2.4	527.8
Raymond Hecker	44M	35	18	520.8
Amy Sanders	32F	37	48.9	509.9
Jonathon Hecker	18M	34	25.8	506.3
Calvin Wong	38M	35	3.4	501.1
Rachel Miller	36F	39	3.7	499.6
Andrew York	30M	35	13.8	479.7
Anne Montgomery	40F	41	31.4	479.6
Russ Wajda	51M	42	45.7	454.1

CARA Age Division Results

Name	Sex	Age	Results	Place	Total	Score	Team
Kareen Ripperda	F	38	24:30.8	1	61	0	
Christine Lipa	F	48	25:35.9	1	38	0	
Julie Bruns	F	38	26:10.9	2	61	0.016	
Kristy Howland	F	45	25:53.7	2	38	0.026	
Marc Woodcock	M	45	23:23.5	3	66	0.03	
Team Sum							0.072
Tiebreakers							
Mark Krause	M	41	22:09.2	3	60	0.033	
Barry Brandt	M	50	24:09.3	3	41	0.049	
Others							
Doug Pearson	M	40	22:15.1	4	60	0.05	
Lori Dunn	F	45	27:29.7	3	38	0.053	
Bill Sanders	M	38	23:14.3	5	59	0.068	

Beth Wong	F	40	28:13.5	5	59	0.068
Karen Leavitt	F	48	29:02.8	4	38	0.079
Jen Mayfield	F	36	29:31.9	6	61	0.082
Mark Montgomery	M	41	22:51.0	6	60	0.083
Lynne Bloomfield	F	44	28:38.1	6	59	0.085
Susan King	F	31	26:04.1	5	39	0.103
Harry Kamer	M	53	28:37.9	7	41	0.146
Tina Helm	F	40	29:28.7	10	59	0.153
Rich Daubert	M	27	23:54.7	6	32	0.156
Beth Szopko	F	30	27:16.9	8	39	0.179
Dottie Kilian	F	45	32:51.5	8	38	0.184
Matt Beisel	M	39	26:19.9	13	59	0.203
Jon Nelson	M	48	26:59.3	15	66	0.212
Melissa Dannenberg	F	32	30:35.2	10	39	0.231
Mari Jo Hecker	F	44	30:37.0	15	59	0.237
Colin Gray	M	51	30:22.8	11	41	0.244
Anneliese Meyer	F	67	36:06.5	2	4	0.25
Michael Wargo	M	44	26:09.2	17	60	0.267
Molly Nechvatal	F	44	31:45.8	19	59	0.305
Mark Robinson	M	61	31:11.5	8	20	0.35
John O'Blanis	M	57	28:53.7	12	30	0.367
Ricky Leavitt	M	15	27:23.9	12	27	0.407
Michael Ebner	M	31	28:43.8	17	38	0.421
George Ledonne	M	58	29:40.4	14	30	0.433
Christi Helm	F	16	34:09.4	11	23	0.435
Wilson Ray	M	36	30:59.5	30	59	0.492
Pamela Clink	F	43	35:47.4	30	58	0.5
Nancy O'Brien	F	41	35:47.5	31	58	0.517
Josh Leavitt	M	17	28:32.2	16	27	0.556
Eric Helm	M	13	35:34.3	13	21	0.571
Chris Miller	M	37	31:38.3	35	59	0.576
Amy Sanders	F	32	37:48.9	24	39	0.59
Matt Helm	M	15	28:52.2	17	27	0.593
Kevin Wik	M	50	34:43.6	26	41	0.61
Lisa Krause	F	40	37:32.5	39	59	0.644
Mary Wajda	F	48	39:40.8	26	38	0.658
Anita Ledonne	F	58	35:58.5	8	10	0.7
Rachel Miller	F	36	39:03.7	45	61	0.721
Maureen McCoy	F	44	38:16.9	45	59	0.746
Calvin Wong	M	38	35:03.4	45	59	0.746
Raymond Hecker	M	44	35:18.0	46	60	0.75
Elliot Kaufman	M	61	40:02.4	17	20	0.8
Anne Montgomery	F	40	41:31.4	49	59	0.814
Jonathon Hecker	M	18	34:25.8	24	27	0.852
Russ Wajda	M	51	42:45.7	36	41	0.854
Andrew York	M	30	35:13.8	36	38	0.921

Upcoming CARA Circuit Races:

Waterfall Glenn 10 miler on Saturday July 26th. Meet at the gazebo at 6:30 a.m. to carpool. Sign up early as this hilly trail race will sell out soon.

Dekalb Cornfest 10K on Saturday August 23rd. Meet at the gazebo at 6:30 a.m. to carpool.

Park Forest Scenic 5 Miler on Labor Day. Meet at the gazebo at 6:00 a.m. to carpool.

Lake Zurich Alpine Races Half Marathon and 5k on Sunday September 7, 2008. Meet at the gazebo at 5:40a.m. to carpool.

Wheaton Fall Festival 5k on Saturday September 20, 2008. Meet at the gazebo at 6:55a.m. to carpool. Don't forget to put down you are a member of the Elmhurst Running Club when you register.