

**Arnold 5K Pump and Run - Women****March 8, 2009**

Last updated on March 8, 2009

[Write a review](#)[Email a Friend](#)[Print](#)Arnold 5K Pump and Run
Columbus, OH
03-08-09

Women Results

GRP/ALL				5K	P&R
PLACE	NAME	HOMETOWN	AGE	TIME	REPS TIME
1	9 LISA VENEZIANO	FENTON,MI	44	18:17	30 03:17
2	20 THERESA WINTERHALTE	MCDONOUGH,GA	44	19:28	30 04:28
3	21 TERRI LEMKE	LOUDONVILLE,OH	48	19:32	30 04:32
4	43 TARA BEERY	HILLSBORO,OH	36	21:01	30 06:01
5	44 COOKIE ONEAL	COLUMBUS,OH	56	21:07	30 06:07
6	48 ERIN WILSON	ZIONSVILLE,IN	41	21:32	30 06:32
7	55 SUSAN ARMIK	GROSSE ILE,MI	37	21:51	30 06:51
8	72 TIFFANEY FLORENTINE	MADISON,OH	26	22:09	29 07:39
9	81 KERRY SMITH	POWELL,OH	34	21:52	27 08:22
10	88 JENNY KIPKER	HILLIARD,OH	40	23:40	30 08:40
11	117 RHONDA REESE	COLUMBUS,OH	50	24:45	30 09:45
12	131 SUSAN OLDS	CANAL WINCHESTER,OH	44	25:08	30 10:08
13	155 DEB PIRKEL	RIO,WI	41	26:02	30 11:02
14	156 KIMBERLY LASHLEY	WAVERLY,OH	40	26:04	30 11:04
15	160 CYNDI SCHMITT	NEWARK,OH	42	25:07	28 11:07
16	163 JENNIFER L EMCH	ORRVILLE,OH	60	26:16	30 11:16
17	177 DIANE PIERSON	ASHLAND,OH	53	26:41	30 11:41
18	178 WENDY BILLINGS	GALENA,OH	37	26:41	30 11:41
19	194 ANN ALLEN	CARROLL,OH	52	27:10	30 12:10
20	197 JULIANNE PIERSON	POWELL,OH	42	27:19	30 12:19
21	209 BONNIE CALCEI	AKRON,OH	42	23:41	22 12:41
22	210 MEGAN LABUHN	BARBOURSVILLE,WV	28	23:12	21 12:42
23	213 KATHLEEN CAUDILL	MORRAL,OH	56	27:51	30 12:51
24	216 CHRIS KULIS	GAHANNA,OH	44	27:54	30 12:54
25	218 MARY BETH WALSH	UNIONVILLE,CT	34	22:55	20 12:55
26	220 JAN BERENDSEN	WESTERVILLE,OH	38	23:58	22 12:58
27	224 LESLIE O'BRYAN	NEWARK,OH	40	27:34	29 13:04
28	230 LAURA SANTAGATA	DUBLIN,OH	37	22:40	19 13:10
29	235 STACY SILVERSTEIN	DAYTON,OH	49	24:42	23 13:12
30	238 DANNA PARRISH	NEWARK,OH	40	25:49	25 13:19
31	240 LAURA SKAATES	WESTERVILLE,OH	40	26:23	26 13:23
32	241 LAUREN MARSHALL	COLUMBUS,OH	26	24:32	22 13:32
33	250 KRISTINE MUIR	JOHNSTOWN,OH	45	28:44	30 13:44
34	257 SARAH BERGMANN	RICHMOND,IN	25	21:25	15 13:55
35	259 LYNN SHAFFER	COLUMBUS,OH	46	28:56	30 13:56
36	267 JENNIFER BALOGH	LINCOLN PARK,MI	27	25:39	23 14:09
37	283 CAITLIN THORN	DAYTON,OH	26	19:37	10 14:37
38	284 TERRIE STEWART	LANCASTER,OH	48	23:37	18 14:37
39	308 KELLIE MILAM	ROCKWOOD,MI	24	26:20	22 15:20
40	310 KATY WITT	WESTERVILLE,OH	26	25:22	20 15:22
41	311 SUSAN MASSEY	JOHNSTOWN,OH	42	24:25	18 15:25
42	316 KIM BONER	MOUNTVERNON,OH	42	21:34	12 15:34
43	317 KIM FLEMING	NEWARK,OH	52	30:38	30 15:38
44	330 LAURA FREITAG	POWELL,OH	40	29:22	27 15:52
45	335 VALERIE TANNER	DANVILLE,PA	50	30:57	30 15:57
46	336 JEANNE SCHILDER	INDIANAPOLIS,IN	45	28:04	24 16:04
47	337 KATHY PATTON	GRANVILLE,OH	42	27:05	22 16:05
48	338 AMY THOMPSON	RAVENNA,OH	33	24:35	17 16:05
49	340 BETH MINADEO	CHAGRIN FALLS,OH	56	30:39	29 16:09
50	345 STEFANIE BROWN	LEONARDTOWN,MD	24	23:43	15 16:13
51	347 LISA PFEIFFER	GRANVILLE,OH	46	27:14	22 16:14
52	360 EVE ANN BUXTON	WORTHINGTON,OH	40	31:34	30 16:34
53	364 ELIZABETH COOK	LOUISVILLE,KY	36	31:44	30 16:44
54	367 AMBER LADD	HILLIARD,OH	34	29:19	25 16:49
55	371 KATHERINE YEAGER	COLUMBUS,OH	25	26:53	20 16:53
56	373 LUANN MILAM	ROCKWOOD,MI	46	24:58	16 16:58
57	382 BETH WOODWARD	ORRVILLE,OH	33	19:29	4 17:29
58	393 AMY JEFFRIES	GRANVILLE,OH	38	25:23	15 17:53
59	394 GWEN CALLENDER	POWELL,OH	42	24:53	14 17:53
60	398 VICTORIA LOSINSKI	NEW-ALBANY,OH	45	23:07	10 18:07
61	399 ANGELA LEMUS	BATTLE CREEK,MI	25	23:15	10 18:15
62	400 MARY RUFFENER	BUCYRUS,OH	41	32:48	29 18:18
63	402 JENNY YATES	PATASKALA,OH	50	31:26	26 18:26
64	403 LYNN HOUK	WEST JEFFERSON,OH	43	26:26	16 18:26

65	418	TERI GROTHAUS	COLUMBUS GROVE,OH	37	27:35	17	19:05
66	420	ANDREA BRUSH	DANIELS,WV	27	27:13	16	19:13
67	433	KELLY MEADOWS	HUNTINGTON,WV	40	25:35	12	19:35
68	443	MEGHAN HAMILTON	GALENA,OH	33	25:00	10	20:00
69	445	KRISTIE HOWARD	ZANESVILLE,OH	50	28:37	17	20:07
70	450	KRISTYN STUMP	GRANVILLE,OH	29	27:46	15	20:16
71	458	ANGELA HALL	GAMBRILLS,MD	32	26:31	12	20:31
72	464	JULIE NOYES	LANCASTER,OH	49	29:15	17	20:45
73	466	S.L. GALLUP	MOUNT VERNON,OH	44	27:24	13	20:54
74	467	AMY KINGERA	PICKERINGTON,OH	33	24:55	8	20:55
75	468	DEBBIE GRIFFIN	POWELL,OH	53	31:58	22	20:58
76	483	SUSAN KANDELL	KENT,OH	62	36:22	29	21:52
77	485	SANDY WAITKUS	CANAL WINCHESTER,OH	48	29:26	15	21:56
78	486	BRENDA KAVALI	RAVENNA,OH	54	31:05	18	22:05
79	487	SARA SINCLAIR	COLUMBUS,OH	29	27:36	11	22:06
80	488	BRANDALYN BYLER	ALBION,MI	25	31:42	19	22:12
81	490	MAILISSA CAVANAUGH	CHAGRIN FALLS,OH	43	29:03	13	22:33
82	493	WENDY ADASKA	WESTERVILLE,OH	48	31:16	17	22:46
83	495	JENNIFER BRUDER	KENT,OH	40	27:54	10	22:54
84	497	BECKY BIBLER	MARION,OH	53	33:02	20	23:02
85	498	JO ANN BECK	LUSBY,MD	39	28:07	10	23:07
86	501	PAMELA POTTS	WESTERVILLE,OH	43	30:47	15	23:17
87	504	KELLI MAUGHAN	UNIONTOWN,OH	43	33:19	20	23:19
88	509	CAMILLE CRAIG	GAHANNA,OH	41	31:01	15	23:31
89	511	MARIA CUMMINGS	NY,NY	43	33:09	19	23:39
90	512	JANE EDWARDS	CHAGRIN FALLS,OH	37	24:48	2	23:48
91	517	ANDREA GREEN	HOLLAND,PA	35	24:44	1	24:14
92	523	AMY VAFOR	MARION,OH	44	28:54	9	24:24
93	524	MARIE SWAISGOOD	FINDLAY,OH	28	25:24	2	24:24
94	527	DAWN HAYS	CANAL WINCHESTER,OH	36	29:37	10	24:37
95	529	ROSE CHATMAN	CINCINNATI,OH	42	28:13	7	24:43
96	530	ALICE PIACENTINI	PROSPECT,OH	51	31:31	13	25:01
97	531	SARA HARCHAR	DUBLIN,OH	27	28:47	7	25:17
98	532	ALISHIA DERNBACH	BELLVILLE,OH	56	35:19	20	25:19
99	533	CRYSTAL WREN	COLUMBUS,OH	23	26:23	2	25:23
100	534	PAMELA BROSS	WOOLDRIDGE,MO	31	25:28	0	25:28
101	535	CAROL MCHALE	MONCLOVA,OH	44	32:30	14	25:30
102	536	DODI ZIMMERMAN	GRANVILLE,OH	51	39:55	28	25:55
103	537	NANCY WOOLVERTON	KENT,OH	45	29:28	7	25:58
104	540	JESSICA FOSTER	COLUMBUS,OH	31	26:54	1	26:24
105	543	KATY TOMBAUGH	WESTERVILLE,OH	28	32:49	12	26:49
106	544	BETHANY WENSTADT	DUBLIN,OH	34	31:22	9	26:52
107	548	JAIME LEECH	DELAWARE,OH	20	27:20	0	27:20
108	550	ALISON MCCANDLISH	LANCASTER,OH	27	32:13	9	27:43
109	553	SHERI EVELAND	WESTERVILLE,OH	36	35:46	16	27:46
110	556	MARY YEAGER	WESTERVILLE,OH	60	40:19	24	28:19
111	557	AMY CHANG	DELAWARE,OH	35	31:18	5	28:48
112	559	LESLIE WILSON	BEDFORD HTS.,OH	24	38:13	18	29:13
113	561	MARY MCDADE	EDINBORO,PA	41	32:31	6	29:31
114	565	BRITT LAING	EUCLID,OH	23	30:46	1	30:16
115	567	ANGEL AUSTIN	CANAL WINCHESTER,OH	32	32:48	4	30:48
116	568	AMANDA NELSON	COLUMBUS,OH	23	34:13	5	31:43
117	569	JEN HUGHES	BEAVERCREEK,OH	36	32:35	1	32:05
118	570	NATALIE LATORRE	WESTERVILLE,OH	25	34:41	5	32:11
119	572	LINDA PECK	JOHNSTOWN,OH	56	32:17	0	32:17
120	574	TAMARA WALTZ	WESTERVILLE,OH	40	40:51	17	32:21
121	576	DEBORAH ARDREY	COLUMBUS,OH	30	32:48	0	32:48
122	577	TANYA DUNCAN	COLUMBUS,OH	52	46:12	26	33:12
123	578	ASHLEY MEYERROSE	PICKERINGTON,OH	20	35:44	5	33:14
124	579	MARY HAGE	WESTERVILLE,OH	60	40:19	14	33:19
125	580	BARBARA WOLFSON	DAYTON,OH	63	42:06	17	33:36
126	581	MARTHA KING	MARION,OH	55	39:42	11	34:12
127	582	CARA CALLANDER	UPPER ARLINGTON,OH	34	35:58	3	34:28
128	583	PEGGY LANDINI	DUBLIN,OH	56	37:17	5	34:47
129	585	TRACY ENSLEN	NEW CASTLE,PA	40	37:36	1	37:06
130	586	STEPHANIE VERMEER	LEWIS CENTER,OH	31	37:41	0	37:41
131	587	ANNE VANBUSKIRK	WESTERVILLE,OH	49	38:44	2	37:44
132	588	MADALYN TEYNOR	BUCYRUS,OH	36	39:33	2	38:33
133	590	JEANINE BUSEY	ZANESVILLE,OH	55	46:54	12	40:54
134	591	CLAUDIA FETTER	MARION,OH	61	43:10	3	41:40
135	592	LORI POMRANKA	ROCKWOOD,MI	39	44:06	1	43:36
136	593	MEREDITH STARR	DAWSONVILLE,GA	39	45:00	0	45:00
137	594	SHARON FULLEN	COLUMBUS,OH	43	46:20	2	45:20

Results by RunTime Systems

email: runtimesystems@ee.net

close

Galleries
of
by