

**Couch Potato 2008**  
**5K Male Run/Walk Age Group Results**

	<i>Name</i>	<i>City/State</i>	<i>M/F</i>	<i>Age</i>	<i>Popsicle #</i>	<i>Time</i>
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**Champion Male**

Lucas	Frisch	Bowling Green, Ohio	M	32		0:17:55.92
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**Champion Master Male**

Joe	Baker	Millbury, Ohio	M	45		0:18:16.24
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**Ages 9 and under**

1	Tyndale	Hannan	Bowling Green, Ohio	M	9	28	0:21:57.19
2	Daniel	Snyder	Bowling Green, Ohio	M	9	129	0:27:26.50
3	Chad	Ingram, II	Toledo, Ohio	M	9	316	0:54:47.79

**Ages 10 - 14**

1	Alex	Distel	Findlay, Ohio	M	13	92	0:25:18.79
2	Alex	Stoiber	Temperance, Michigan	M	13	121	0:26:40.26
3	Mitchell	Hass	Findlay, Ohio	M	12	128	0:27:22.96
4	Lawrence	Gardner, Jr.	Toledo, Ohio	M	12	201	0:31:47.75
5	Dylan	McDonald	Bowling Green, Ohio	M	14	255	0:40:54.28
6	Donnie	Snyder	Bowling Green, Ohio	M	12	275	0:44:27.58

**Ages 15 - 19**

1	Branden	Distel	Findlay, Ohio	M	15	17	0:20:28.17
2	Joey	Timmons	Port Clinton, Ohio	M	19	78	0:24:33.88
3	Philip J.	Lawrence	Elida, Ohio	M	15	113	0:26:12.81
4	Spencer	Rizk	Toledo, Ohio	M	15	265	0:42:45.06
5	Michael	Stott	Bowling Green, Ohio	M	16	291	0:47:53.49

**Ages 20 - 24**

1	Dan	Lumbrezer	Swanton, Ohio	M	24	6	0:19:06.94
2	Mark	Miller	Haskins, Ohio	M	21	18	0:20:28.67
3	Ruskin	Tansel	Dundee, Michigan	M	22	23	0:21:22.57
4	Eric	Heyob	Hamilton, Ohio	M	23	55	0:23:17.35
5	Brandon	Hernandez	Findlay, Ohio	M	22	56	0:23:29.21
6	Andrew	Sprung	Bowling Green, Ohio	M	23	62	0:23:45.39
7	John	Findling	Perrysburg, Ohio	M	24	66	0:23:58.24
8	Ryan	Dillinger	Sandusky, Ohio	M	20	144	0:27:54.22
9	Corey	Baum	Bowling Green, Ohio	M	22	203	0:31:54.94
10	Christopher	Doerner	Millbury, Ohio	M	24	248	0:38:07.34
11	Gregory	Burgund	Bowling Green, Ohio	M	22	324	0:56:12.67

**Ages 25 - 29**

1	TJ	Tuttamore	Pemberville, Ohio	M	28	2	0:18:10.38
2	Joe	Tillison	Rudolph, Ohio	M	29	8	0:19:20.59
3	Jeremy	Dixon	Bowling Green, Ohio	M	28	25	0:21:28.44

4	Michael	Good	Bowling Green, Ohio	M	28	31	0:22:01.01
5	Michael	Pollack	Bowling Green, Ohio	M	25	36	0:22:14.75
6	Joshua	Neal	Bowling Green, Ohio	M	25	42	0:22:25.17
7	Ted	Bennett	Bowling Green, Ohio	M	29	44	0:22:31.11
8	Kurt	Chiarelott	Perrysburg, Ohio	M	27	47	0:22:44.11
9	Owen	Beck	Bowling Green, Ohio	M	26	57	0:23:31.01
10	Chris	Riddle	Bowling Green, Ohio	M	27	59	0:23:39.47
11	Mark	Farrano	Delaware, Ohio	M	28	64	0:23:51.51
12	AJ	Smith	Bowling Green, Ohio	M	29	85	0:24:49.36
13	Mike	McDaniel	Findlay, Ohio	M	29	89	0:25:02.74
14	Sarananan	Kaliyaperumal	Toledo, Ohio	M	29	108	0:25:55.20
15	Justin	Yanowicz	Bowling Green, Ohio	M	25	109	0:25:57.66
16	Dan	Timmons	Port Clinton, Ohio	M	26	126	0:27:05.66
17	Dan	Feyes	Perrysburg, Ohio	M	29	154	0:28:51.60
18	Kevin	Jones	Cuyahoga Falls, Ohio	M	27	159	0:29:17.61
19	Tony	DiPalma	Hilliard	M	29	163	0:29:23.98
20	Kevin	Gilbertson	Bowling Green, Ohio	M	28	210	0:32:37.12
21	Bradley	Carpenter	Perrysburg, Ohio	M	27	217	0:33:04.98
22	Jeff	Rees	Perrysburg, Ohio	M	25	218	0:33:05.32
23	Charles	Knostman	New Knoxville, Ohio	M	28	223	0:33:37.51
24	Matthew	Dillinger	Sandusky, Ohio	M	27	234	0:35:49.14

### *Ages 30 - 34*

1	Lucas	Frisch	Bowling Green, Ohio	M	32	1	0:17:55.92
2	Jason	Bowles	Tiffin, Ohio	M	32	4	0:18:17.58
3	Clinton	McCormick	Perrysburg, Ohio	M	30	13	0:20:17.33
4	Jason	Kolodziejzyk	Fremont, Ohio	M	30	26	0:21:37.57
5	John	Barrow	Bowling Green, Ohio	M	32	33	0:22:05.80
6	Tim	Parish	Bowling Green, Ohio	M	33	38	0:22:15.74
7	Kyle L.	Wentz	Bowling Green, Ohio	M	34	81	0:24:41.16
8	Eric	Young	Maumee, Ohio	M	34	82	0:24:42.95
9	Scott	Palasik	Perrysburg, Ohio	M	33	98	0:25:29.10
10	Jim	Dillinger	Miamisburg, Ohio	M	32	151	0:28:39.57
11	Todd	Adamski	Perrysburg, Ohio	M	32	165	0:29:27.94
12	Jason	Jones	Perrysburg, Ohio	M	32	166	0:29:28.44
13	Michael	Gillespie	Perrysburg, Ohio	M	31	176	0:30:12.07
14	Michael	Lake	Swanton, Ohio	M	33	238	0:36:15.78
15	Owen M.	Atchison	Findlay, Ohio	M	33	258	0:42:30.83
16	Brian	Smith	Walbridge, Ohio	M	33	289	0:47:12.90
17	Josh	Meyer	Walbridge, Ohio	M	32	293	0:48:20.23
18	Brian	Campbell	Bowling Green, Ohio	M	32	307	0:52:21.61
19	John W.	Beck	Risingsun, Ohio	M	34	314	0:54:41.91

### *Ages 35 - 39*

1	Steve	Hart	Toledo, Ohio	M	36	5	0:18:21.39
2	Scott	Wentz	Centerville, Ohio	M	38	9	0:19:33.78
3	Tim	Eckel	Perrysburg, Ohio	M	39	22	0:21:21.29
4	Chris	Schonter	Bowling Green, Ohio	M	39	43	0:22:27.04
5	Jeff	Foos	Kansas, Ohio	M	36	53	0:23:05.20
6	Adam	Smith	Columbus, Ohio	M	38	101	0:25:39.14

7	Roger	Domokos	Port Clinton, Ohio	M	39	122	0:26:46.58
8	Randy	Deck	Bowling Green, Ohio	M	37	147	0:28:16.01
9	Don	Eberle	Unknown	M	38	148	0:28:23.79
10	Adam	Hellman	Fremont, Ohio	M	36	157	0:28:54.00
11	Mike	Zickar	Perrysburg, Ohio	M	39	162	0:29:21.64
12	Yon	Hissa	Toledo, Ohio	M	37	173	0:30:04.51
13	Lawrence	Gardner	Toledo, Ohio	M	39	198	0:31:39.69
14	Matthias	Paustian	Bowling Green, Ohio	M	35	244	0:36:58.88
15	Daniel	Bennett	Sandusky, Ohio	M	35	305	0:52:15.23

### *Ages 40 - 44*

1	Greg	Hass	Findlay, Ohio	M	41	21	0:20:57.50
2	Scott	Forsythe	Toledo, Ohio	M	41	35	0:22:08.41
3	Jim	Bado	Findlay, Ohio	M	43	37	0:22:15.18
4	Robert	Orwig	Toledo, Ohio	M	40	46	0:22:39.51
5	Allen	Schroering	Perrysburg, Ohio	M	43	107	0:25:54.72
6	David A.	Hannan	Bowling Green, Ohio	M	41	111	0:25:59.25
7	Dennis	Harris	Toledo, Ohio	M	43	119	0:26:36.97
8	Brian	Newberg	Perrysburg, Ohio	M	41	124	0:27:02.21
9	Scott	Highhouse	Bowling Green, Ohio	M	43	146	0:28:14.77
10	Brad	Behrendt	Perrysburg, Ohio	M	41	180	0:30:30.04
11	Rob	Myers	Napoleon, Ohio	M	44	182	0:30:34.29

### *Ages 45 - 49*

1	Joe	Baker	Millbury, Ohio	M	45	3	0:18:16.24
2	Andrew	Wickiser	Risingsun, Ohio	M	48	7	0:19:09.46
3	Ron	Binifas	Delphos, Ohio	M	48	10	0:19:46.26
4	Tim Messer	Kruse	Ottawa Hills, Ohio	M	45	14	0:20:19.62
5	Fred	Smith	Haskins, Ohio	M	48	16	0:20:23.05
6	Jon	Baker	Millbury, Ohio	M	48	20	0:20:46.68
7	Rob	Simon	Maumee, Ohio	M	47	52	0:23:03.00
8	Chuck	Griffhorn	Bowling Green, Ohio	M	47	67	0:24:06.37
9	John	VanHorn	Whitehouse, Ohio	M	45	69	0:24:10.32
10	Scott L.	Smith	Fremont, Ohio	M	49	84	0:24:47.31
11	Phil	Wenig	Bowling Green, Ohio	M	46	91	0:25:17.87
12	Jim	Lagger	Northwood, Ohio	M	48	100	0:25:37.95
13	Domingo	Valadez	Temperance, Michigan	M	48	112	0:26:03.56
14	Dave	Woessner	Bowling Green, Ohio	M	48	140	0:27:47.50
15	Mark	Vascik	Perrysburg, Ohio	M	49	168	0:29:39.42
16	Jeff	Noftz	Bowling Green, Ohio	M	45	208	0:32:31.17
17	Tim	Dennis	Rochester	M	46	232	0:35:09.08
18	Chester	Clockson	Maumee, Ohio	M	45	237	0:36:08.63
19	Gary	Manning	Bowling Green, Ohio	M	48	299	0:50:38.09

### *Ages 50 - 54*

1	Daniel	Ordaz	Holgate, Ohio	M	53	11	0:20:00.05
2	Terry	Kotalik	Perrysburg, Ohio	M	54	27	0:21:53.33
3	Jack	Rex	Toledo, Ohio	M	50	39	0:22:17.06
4	Edward	O'Reilly	Maumee, Ohio	M	54	45	0:22:31.93
5	Larry	Dilabbio	Toledo, Ohio	M	50	50	0:22:57.31

6	Steve	Powell	Bowling Green, Ohio	M	51	54	0:23:11.79
7	Steve	Kaczot	Bowling Green, Ohio	M	52	74	0:24:25.54
8	Armando	Hernandez	Findlay, Ohio	M	53	75	0:24:30.17
9	Fred	Matthews	Bowling Green, Ohio	M	52	97	0:25:27.46
10	Rick	Schmidt	Bowling Green, Ohio	M	52	102	0:25:40.43
11	John	Metevia	Midland, Michigan	M	51	104	0:25:45.96
12	Alan	Sundermeier	Bowling Green, Ohio	M	53	106	0:25:47.42
13	Craig	Dixon	Bowling Green, Ohio	M	53	115	0:26:22.76
14	Craig	Blair	Weston, Ohio	M	52	120	0:26:38.06
15	Harry	Reynolds	Wayne, Ohio	M	54	142	0:27:51.39
16	Jerry	Anderson	Perrysburg, Ohio	M	54	143	0:27:53.66
17	Thomas	Zellers	Maumee, Ohio	M	50	187	0:30:51.08
18	Dan	Laity	Elmore, Ohio	M	52	199	0:31:40.09
19	Gary	Pierce	Bowling Green, Ohio	M	53	220	0:33:28.63
20	Mark	Croyle	Bowling Green, Ohio	M	51	327	0:58:05.03

### *Ages 55 - 59*

1	Lou	McLove	Toledo, Ohio	M	57	49	0:22:55.06
2	Randy	Fielder	Adrian, Michigan	M	56	61	0:23:43.34
3	Bob	Midden	Bowling Green, Ohio	M	55	94	0:25:22.19
4	Bob	Eckardt	Bay Village, Ohio	M	56	136	0:27:39.98
5	Steve	Adcock	Bowling Green, Ohio	M	57	181	0:30:30.62
6	Doug	Spencer	Perrysburg, Ohio	M	56	279	0:45:21.43

### *Ages 60 - 64*

1	Arnie	Elton	Whitehouse, Ohio	M	60	29	0:21:59.92
2	David	Koelsch	Toledo, Ohio	M	61	48	0:22:44.63
3	Tom	Brygider	Ottawa, Ohio	M	64	65	0:23:56.84
4	William	Gosline	Toledo, Ohio	M	63	93	0:25:20.02
5	J.C.	Troknya	Perrysburg, Ohio	M	64	125	0:27:03.09
6	Marlin	Short	Wauseon, Ohio	M	60	246	0:37:43.78

### *Ages 65 - 69*

1	Chuck	Moon	Bowling Green, Ohio	M	66	72	0:24:20.58
2	Jerome W.	Tomc	Toledo, Ohio	M	65	103	0:25:41.76
3	Mel	Wicks	Maumee, Ohio	M	68	135	0:27:38.14
4	Cyril	Steinhauser	La Salle, Michigan	M	66	228	0:34:30.93

### *Ages 70 - 74*

1	George	Royer	Bowling Green, Ohio	M	71	197	0:31:38.18
2	Jerry	Milnor	Bowling Green, Ohio	M	74	256	0:41:28.21
3	Bob	Snyder	Bowling Green, Ohio	M	70	308	0:52:46.08