

Tour de Essex Top Times - 2013 - 2023

List of 5 runners in each group with top times
 Mile pace times used since distance is not standard (about 7.4K) and has varied slightly in some years.

Male Overall				Female Overall			
Name	Age	Mile Pace	Year	Name	Age	Mile Pace	Year
Joshua Mirth	30	5:47	2022	Barbara Swenson	30	7:17	2018
Nick Rethemeier	27	6:07	2022	Rose Griffin	30	7:19	2022
Joey Keillor	43	6:11	2017	Lori Russell	37	7:21	2021
Danny Whipple	32	6:15	2016	Jennifer Clark	16	7:33	2016
Joey Keillor	44	6:16	2018	Jennifer Clark	17	7:36	2017
Danny Whipple	33	6:17	2017	Shannon Rupp	28	7:39	2023
Danny Whipple	34	6:26	2018				
Spencer Moul	25	6:34	2018				
				Female 19 and Under			
Male 19 and Under				Name	Age	Mile Pace	Year
Name	Age	Mile Pace	Year	Jennifer Clark	16	7:33	2016
Noah Billings	17	6:44	2023	Jennifer Clark	17	7:36	2017
Noah Billings	15	6:45	2021	Sarah Persons	14	7:52	2014
Noah Johnson	14	6:57	2021	Kristen Resman	19	8:16	2014
Tommy Runkle	13	7:21	2021	Heather Husgen	16	8:47	2014
Ben Persons	13	7:49	2015	Lydia Campbell	12	11:48	2023
Noah Billings	13	8:01	2019				
Oscar Scheid	12	8:19	2022	Female 20 - 29			
Male 20 - 29				Name	Age	Mile Pace	Year
Name	Age	Mile Pace	Year	Shannon Rupp	28	7:39	2023
Nick Rethemeier	27	6:07	2022	Shannon Strickland	27	7:43	2022
Spencer Moul	25	6:34	2018	Laura Cattaneo	20	7:50	2015
Ali Khalili	28	6:42	2017	Leah Karsten	25	8:31	2018
Steven Brady	28	6:50	2022	Kendall Pfrimmer	21	8:48	2021
Joseph Barr	24	7:27	2022	Meagan Soukup	28	9:46	2013
				Female 30 - 39			
Male 30 - 39				Name	Age	Mile Pace	Year
Name	Age	Mile Pace	Year	Barbara Swenson	30	7:17	2018
Joshua Mirth	30	5:47	2022	Rose Griffin	30	7:19	2022
Danny Whipple	32	6:15	2016	Lori Russell	37	7:21	2021
Danny Whipple	33	6:17	2017	Lindsey Carlson	31	7:42	2018
Danny Whipple	34	6:26	2018	Jessie Wilburn	36	8:31	2022
Marjon Joachim	33	6:44	2016				
Vauclair Frederic	37	6:52	2016	Female 40 - 49			
Drew Wilson	38	6:56	2021	Name	Age	Mile Pace	Year
Male 40 - 49				Branda Anderson	42	8:17	2023
Name	Age	Mile Pace	Year	Branda Anderson	40	8:21	2021
Joey Keillor	43	6:11	2017	Jennifer Cieslak Pumper	41	8:36	2022
Joey Keillor	44	6:16	2018	Traci Klein	48	8:41	2014
Mario Minelli	43	6:35	2014	Christine Hughes	44	8:52	2014
Mario Minelli	45	6:47	2016	Anna Sanchez	48	8:57	2022
Brian Wells	46	6:52	2023	Female 50 - 59			
Mario Minelli	44	7:00	2015	Name	Age	Mile Pace	Year
Oliver Tobin	42	7:22	2022	Sabrena Resman	56	8:25	2014
Mitch Felton	41	7:23	2018	Sabrena Resman	55	8:37	2013
Male 50 - 59				Angie Murad	50	8:41	2021
Name	Age	Mile Pace	Year	Kris Nelson	50	8:54	2019
Eric Woodford	50	7:26	2023	Audra Quandt	53	8:58	2022
				Sabrena Resman	57	9:05	2015
				Megan Pfrimmer	52	9:10	2023

Bob Cajun	50	7:51	2014
Franz Rinkleff	52	7:58	2022
Larry Kleppe	58	8:00	2013
Dale Pfrimmer	53	8:11	2021
Lonny Olson-Williams	57	8:11	2019

Male 60 - 69

Name	Age	Mile Pace	Year
Keith Nelson	67	8:39	2022
Tom Woo	62	8:39	2021
Larry Kleppe	63	8:51	2018
Joseph Kocan	63	8:58	2023
Rick Fishbune	62	9:19	2021

Male 70 - 79

Name	Age	Mile Pace	Year
John Trolander	70	8:55	2015
John Trolander	74	9:39	2019
Ed Creagan	79	11:07	2023
Ed Creagan	77	11:57	2021
John Mann	73	12:38	2023
John Mann	72	12:45	2022
Steven Altchuler	70	14:04	2021
Fred Hafferty	73	14:27	2021

Male 80 and Over

Name	Age	Mile Pace	Year
None			

Female 60 - 69

Name	Age	Mile Pace	Year
Gwen Jacobson	63	9:22	2021
Deb Thomford	64	9:39	2021
Deb Thomford	65	9:41	2022
Deb Thomford	66	10:17	2023
Sabrena Resman	60	10:19	2018
Yvonne Hubmayr	63	10:20	2014
Sabrena Resman	61	10:28	2019
Lorelei Hanson	61	10:46	2021

Female 70 - 79

Name	Age	Mile Pace	Year
Diane Mann	71	11:03	2023
Peggy Menzel	70	11:13	2023
Diane Mann	70	11:54	2022
Lin Gentling	70	13:32	2021

Female 80 and Over

Name	Age	Mile Pace	Year
Sandra Dalquist	81	13:43	2021
Sandra Dalquist	83	14:37	2023