

## 2006 Walker Pump and Run

October 14, 2006

### Male

Overall	Name	Town	Bench Reps*	5K Time	Pump and Run Time
1	Mabry, Travis	Belmont, MI	23	21:07	9:37 <sup>1</sup>
2	Novitsky, Tom	Grand Rapids, MI	28	23:57	9:57
3	Zahm, Robby	Rockford, MI	13	19:28	12:58
4	West, Scott	Grandville, MI	15	20:39	13:09
5	Stevens, Mike	Grand Rapids, MI	14	23:06	16:06
6	Schermer, David	Grand Rapids, MI	10	23:34	18:24
7	Watson, Gary	Ada, MI	9	23:21	18:51
8	Kent, Dan	Richmond Hill, GA	14	26:17	19:17
9	Handeland, Steve	Grand Rapids, MI	3	22:34	21:04

\*Note: 100% of Bodyweight

<sup>1</sup> Overall Male Event Record

## 2006 Walker Pump and Run

October 14, 2006

### Female

Overall	Name	Town	Bench Reps*	5K Time	Pump and Run Time
1	Mabry, Ann-Marie	Belmont, MI	17	22:17	13:47 <sup>1</sup>
2	Kent, Basia	Richmond Hill, GA	8	30:04	26:04

\*Note: 80% of Bodyweight

<sup>1</sup> Overall Female Event Record