



# Fit2Run2Win Speed & Endurance Series

To qualify you must complete 1/4 Mile, 1/2 Mile, 1 Mile, 2 Mile, 5K, 5 Mile, and 10K Run and/or Walk  
Updated Thru 7/12/20 - Final Results

AGE GROUP	Total Time	#	1/4 Mile	1/2 Mile	1 Mile	2 Mile	5K	5 Mile	10K
Male 10-under	0:00:00		1/4 Mile	1/2 Mile	1 Mile	2 Mile	5K	5 Mile	10K
Female 10-under	0:00:00		1/4 Mile	1/2 Mile	1 Mile	2 Mile	5K	5 Mile	10K
Male 11-14	0:00:00		1/4 Mile	1/2 Mile	1 Mile	2 Mile	5K	5 Mile	10K
Female 11-14	0:00:00		1/4 Mile	1/2 Mile	1 Mile	2 Mile	5K	5 Mile	10K
Male 15-19	0:00:00		1/4 Mile	1/2 Mile	1 Mile	2 Mile	5K	5 Mile	10K
Female 15-19			1/4 Mile	1/2 Mile	1 Mile	2 Mile	5K	5 Mile	10K
Brianna Riggi 16	1st	2:53:13	0:01:39	0:03:45	0:08:27	0:18:10	0:28:54	0:47:24	1:04:54
Male 20-24	0:00:00		1/4 Mile	1/2 Mile	1 Mile	2 Mile	5K	5 Mile	10K
Female 20-24	0:00:00		1/4 Mile	1/2 Mile	1 Mile	2 Mile	5K	5 Mile	10K
Male 25-29	0:00:00		1/4 Mile	1/2 Mile	1 Mile	2 Mile	5K	5 Mile	10K
Female 25-29	0:00:00		1/4 Mile	1/2 Mile	1 Mile	2 Mile	5K	5 Mile	10K
Male 30-34			1/4 Mile	1/2 Mile	1 Mile	2 Mile	5K	5 Mile	10K
Paul Wagner 34	1st	3:09:54	0:02:21	0:04:24	0:09:31	0:19:11	0:31:21	0:54:27	1:08:39
Female 30-34	0:00:00		1/4 Mile	1/2 Mile	1 Mile	2 Mile	5K	5 Mile	10K
Male 35-39			1/4 Mile	1/2 Mile	1 Mile	2 Mile	5K	5 Mile	10K
Douglas Phillips 39	1st	6:52:10	0:03:10	0:08:47	0:17:26	0:36:21	2:18:54	1:29:46	1:57:46
Female 35-39			1/4 Mile	1/2 Mile	1 Mile	2 Mile	5K	5 Mile	10K
Kimberly Root 35	Female Champ	2:23:18	0:01:34	0:03:16	0:07:04	0:15:11	0:40:20	0:24:12	0:51:41
Male 40-44			1/4 Mile	1/2 Mile	1 Mile	2 Mile	5K	5 Mile	10K
Rob Ridgeway 43	Male Champ	2:17:11	0:01:20	0:03:02	0:06:41	0:15:38	0:22:51	0:39:04	0:48:35
Female 40-44			1/4 Mile	1/2 Mile	1 Mile	2 Mile	5K	5 Mile	10K
Alexis Ray 40	2nd	4:01:08	0:02:14	0:05:28	0:12:18	0:24:03	0:38:48	1:13:48	1:24:29
Danna Carter 44	1st	3:06:39	0:02:13	0:04:21	0:08:57	0:19:05	0:30:55	0:51:22	1:09:46
Male 45-49	0:00:00		1/4 Mile	1/2 Mile	1 Mile	2 Mile	5K	5 Mile	10K



Male Walkers			1/4 Mile	1/2 Mile	1 Mile	2 Mile	5K	5 Mile	10K
Don Stein 70	5th	5:10:01	0:04:11	0:08:19	0:16:21	0:32:54	0:53:02	1:26:37	1:48:37
Don Zalenski 74	2nd	4:07:26	0:03:07	0:06:32	0:13:04	0:26:46	0:38:21	1:07:26	1:32:10
Tom Molin 68	3rd	4:16:35	0:03:04	0:06:16	0:12:52	0:29:24	0:45:11	1:10:05	1:29:43
Hoong Chow 61	4th	4:23:39	0:03:11	0:06:06	0:12:59	0:26:51	0:42:48	1:19:28	1:32:16
Alan Firlein 81	1st	4:03:42	0:03:01	0:06:16	0:13:20	0:26:45	0:41:32	1:07:12	1:25:36

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