

# Heart & Sole 5k

April 4th, 2015

Seaford, DE

## 5K Run Results in Finish Order

#	Name	Bib #	Age	ChipT	Gun T	Chip Diff	Back	Pace	M/F	Race
1	Reuben Goetzl	9700	27	19:32.4	19:32.8	0:00.3		6:18/M	M	5K Run
2	Tyler Kaplan	560	23	20:34.8	20:36.0	0:01.1	1:02.4	6:38/M	M	5K Run
3	Greg Massey	9736	45	20:46.8	20:47.2	0:00.3	1:14.3	6:42/M	M	5K Run
4	Austen Cave	9676	13	21:01.5	21:01.9	0:00.3	1:29.0	6:47/M	M	5K Run
5	Lauren Goetzl	9699	28	21:06.0	21:07.0	0:01.0	1:33.5	6:48/M	F	5K Run
6	Jake Phillips	9754	26	22:20.8	22:21.1	0:00.3	2:48.3	7:12/M	M	5K Run
7	Ken Kessler	528	42	22:31.4	22:35.9	0:04.4	2:59.0	7:16/M	M	5K Run
8	Steve Sneller	9778	44	22:36.7	22:39.3	0:02.5	3:04.3	7:17/M	M	5K Run
9	Jeanglais Madeua	9734	25	22:37.9	22:38.3	0:00.3	3:05.5	7:18/M	M	5K Run
10	Milan Patel	524	12	22:39.6	22:40.0	0:00.3	3:07.2	7:18/M	M	5K Run
11	Nathan Sneller	9777	13	23:02.7	23:03.0	0:00.3	3:30.2	7:26/M	M	5K Run
12	Daniel Whetlor	9794	14	23:20.5	23:20.9	0:00.3	3:48.0	7:32/M	M	5K Run
13	Brendan Kaplan	562	16	23:30.3	23:30.7	0:00.3	3:57.9	7:35/M	M	5K Run
14	Andrew Williamson	9797	24	23:40.4	23:40.8	0:00.3	4:07.9	7:38/M	M	5K Run
15	Rachel Ostroski	9749	26	23:46.8	23:51.6	0:04.8	2:40.8	7:40/M	F	5K Run
16	Chase Kouts	9726	21	23:51.5	23:57.5	0:05.9	4:19.1	7:42/M	M	5K Run
17	Frank Cosmano	606	60	23:57.1	23:59.4	0:02.3	4:24.6	7:44/M	M	5K Run
18	Luke Messick	9742	33	24:04.3	24:06.4	0:02.0	4:31.9	7:46/M	M	5K Run
19	Nicholas Roop	364	15	24:07.4	24:08.8	0:01.3	4:35.0	7:47/M	M	5K Run
20	Kellie Hudson	9716	41	24:11.5	24:14.4	0:02.9	3:05.4	7:48/M	F	5K Run
21	Hope Runnels	394	31	24:20.3	24:25.7	0:05.3	3:14.3	7:51/M	F	5K Run
22	Brian Zockoll	9804	51	24:32.8	24:33.2	0:00.3	5:00.4	7:55/M	M	5K Run
23	August Cave	9675	43	24:38.7	24:41.7	0:03.0	3:32.6	7:57/M	F	5K Run
24	Drew Libby	9732	28	24:56.7	24:57.1	0:00.3	5:24.3	8:03/M	M	5K Run
25	Ray Perdue	827	28	25:29.5	25:33.2	0:03.7	5:57.0	8:13/M	M	5K Run
26	Aaron Cave	9673	12	25:32.8	25:34.0	0:01.1	6:00.4	8:14/M	M	5K Run
27	Todd Carmean	9671	52	26:11.4	26:11.8	0:00.3	6:39.0	8:27/M	M	5K Run
28	Nichole Roop	361	15	26:15.4	26:16.8	0:01.3	5:09.4	8:28/M	F	5K Run
29	Cally McCullough	9738	46	26:31.2	26:37.4	0:06.2	5:25.1	8:33/M	F	5K Run
30	Rachelle Jefferson	9720	31	26:39.8	26:42.2	0:02.4	5:33.7	8:36/M	F	5K Run
31	Paul Eck	9688	29	26:59.1	27:11.0	0:11.8	7:26.7	8:42/M	M	5K Run
32	Ashlyn Cave	9674	12	27:15.3	27:18.8	0:03.5	6:09.3	8:47/M	F	5K Run
33	Mitchell Harmon	9702	27	27:26.1	27:34.7	0:08.6	7:53.6	8:51/M	M	5K Run
34	Alexis Jamison	9719	61	27:27.1	27:31.3	0:04.1	6:21.0	8:51/M	F	5K Run
35	Tricia Massey	9737	42	27:33.1	27:33.4	0:00.3	6:27.0	8:53/M	F	5K Run
36	Michael Fuller	9697	51	27:35.0	27:38.2	0:03.2	8:02.6	8:54/M	M	5K Run
37	Robbin Wells	492	47	27:37.0	27:40.1	0:03.1	6:30.9	8:55/M	F	5K Run
38	John Yanacek	9798	49	27:39.2	27:43.9	0:04.6	8:06.8	8:55/M	M	5K Run
39	Melissa Hawkins	9704	38	27:40.9	27:44.2	0:03.2	6:34.9	8:55/M	F	5K Run
40	Tom Birowski	9658	52	27:43.5	27:50.5	0:06.9	8:11.1	8:56/M	M	5K Run
41	Frank Caldoro	9668	61	27:52.0	27:59.0	0:06.9	8:19.5	8:59/M	M	5K Run
42	Barbara Kaplan	574	56	27:55.8	27:57.1	0:01.3	6:49.7	9:00/M	F	5K Run
43	Dean Swingle	9785	46	28:25.0	28:25.3	0:00.3	8:52.5	9:10/M	M	5K Run

44	Phil Perry	9752	69	28:31.0	28:37.6	0:06.6	8:58.5	9:12/M	M	5K Run
45	Aliyah Patel	521	14	28:41.8	28:45.4	0:03.6	7:35.7	9:15/M	F	5K Run
46	Chris McAvoy	347	35	29:06.5	29:09.0	0:02.4	9:34.1	9:23/M	M	5K Run
47	Eric Pearson	9751	23	29:21.4	29:21.8	0:00.3	9:49.0	9:28/M	M	5K Run
48	Breanna Bly	9662	32	29:32.4	29:34.3	0:01.9	8:26.3	9:32/M	F	5K Run
49	Curt Kouts	9727	24	29:49.2	29:57.2	0:07.9	10:16.7	9:37/M	M	5K Run
50	Jason Williams	559	26	29:53.1	30:08.2	0:15.1	10:20.6	9:38/M	M	5K Run
51	Dan Hudson	9715	29	29:58.3	30:00.0	0:01.6	10:25.8	9:40/M	M	5K Run
52	Tommy Jefferson	9721	32	30:04.0	30:06.7	0:02.7	10:31.6	9:42/M	M	5K Run
53	Chase Flood	9691	13	30:13.8	30:14.1	0:00.3	10:41.3	9:45/M	M	5K Run
54	Heather Cerulli	530	27	30:23.3	30:38.4	0:15.1	9:17.2	9:48/M	F	5K Run
55	Hanna Gorski	377	13	30:29.6	30:33.8	0:04.2	9:23.5	9:50/M	F	5K Run
56	Neil Stiegler	9783	43	30:30.3	30:46.7	0:16.3	10:57.9	9:50/M	M	5K Run
57	Rebekah Stiegler	9784	23	30:31.0	30:46.6	0:15.6	9:24.9	9:51/M	F	5K Run
58	Jeffery Heavner	9707	54	30:41.3	30:43.8	0:02.4	11:08.9	9:54/M	M	5K Run
59	Kyle Ricker	9761	30	31:05.9	31:11.2	0:05.3	11:33.4	10:02/M	M	5K Run
60	Regan Banning	9657	16	31:08.4	31:13.2	0:04.8	10:02.4	10:03/M	F	5K Run
61	Eric Kurtz	9728	39	32:05.7	32:11.8	0:06.1	12:33.2	10:21/M	M	5K Run
62	Ashley Eck	9687	25	32:23.3	32:34.9	0:11.5	11:17.3	10:27/M	F	5K Run
63	Emily Conick	9677	27	32:39.0	32:40.0	0:01.0	11:32.9	10:32/M	F	5K Run
64	Robin Hudson	9717	36	32:39.9	32:40.2	0:00.3	11:33.8	10:32/M	F	5K Run
65	Jeremy Roop	9767	36	32:52.1	32:54.2	0:02.0	13:19.7	10:36/M	M	5K Run
66	Sonal Patel	525	43	33:30.5	33:35.0	0:04.5	12:24.5	10:48/M	F	5K Run
67	Joel Podlasek	9757	27	33:36.6	33:44.8	0:08.1	14:04.2	10:50/M	M	5K Run
68	Jennifer Mancuso	9735	40	33:44.5	33:56.5	0:12.0	12:38.4	10:53/M	F	5K Run
69	Joseph Kim	9724	39	33:56.2	34:09.9	0:13.7	14:23.7	10:57/M	M	5K Run
70	Louise Holt	365	57	34:13.4	34:20.5	0:07.1	13:07.3	11:02/M	F	5K Run
71	Amy Brown	9665	41	34:26.4	34:38.8	0:12.4	13:20.4	11:06/M	F	5K Run
72	Melissa Lee	9730	40	34:27.2	34:40.1	0:12.8	13:21.2	11:07/M	F	5K Run
73	Leslie Reese	9759	43	34:40.0	34:52.3	0:12.3	13:33.9	11:11/M	F	5K Run
74	Laurie Starrett	9780	49	35:02.5	35:12.7	0:10.2	13:56.4	11:18/M	F	5K Run
75	Jason Friedel	9696	31	35:06.1	35:10.8	0:04.6	15:33.6	11:19/M	M	5K Run
76	Murray Sarubin	378	73	35:38.0	35:45.7	0:07.7	16:05.5	11:30/M	M	5K Run
77	Jordan Walls	9791	26	35:54.7	36:07.5	0:12.8	16:22.2	11:35/M	M	5K Run
78	Christina Caasi	9667	24	35:55.2	36:07.5	0:12.3	14:49.2	11:35/M	F	5K Run
79	Mason Free	9695	15	36:05.6	36:09.3	0:03.6	16:33.2	11:38/M	M	5K Run
80	Courtney Sneller	9775	14	36:15.8	36:19.7	0:03.9	15:09.8	11:42/M	F	5K Run
81	Cynthia Canevari	9670	57	36:16.2	36:29.6	0:13.4	15:10.2	11:42/M	F	5K Run
82	Elaine Stiegler	9782	43	36:55.4	37:09.8	0:14.4	15:49.4	11:55/M	F	5K Run
83	Rita Zehr	9803	33	36:59.5	37:10.7	0:11.1	15:53.5	11:56/M	F	5K Run
84	Rachel Dukes	9686	26	37:38.7	37:41.5	0:02.8	16:32.6	12:08/M	F	5K Run
85	Katie Sims	9774	23	37:47.7	37:59.1	0:11.4	16:41.6	12:11/M	F	5K Run
86	Katie Leister	9731	36	38:27.0	38:38.6	0:11.6	17:20.9	12:24/M	F	5K Run
87	Lee Masser	488	79	38:58.5	39:08.8	0:10.2	19:26.0	12:34/M	M	5K Run
88	Kent Peterson	567	63	39:33.3	39:41.0	0:07.7	20:00.8	12:45/M	M	5K Run
89	Steven Kaplan	561	58	39:40.9	39:42.7	0:01.8	20:08.4	12:48/M	M	5K Run
90	Lara Hudson	627	33	39:44.3	40:08.9	0:24.5	18:38.3	12:49/M	F	5K Run
91	Matt Hudson	607	36	39:45.0	40:07.7	0:22.6	20:12.5	12:49/M	M	5K Run
92	Douglas Phillips	9753	34	40:02.9	40:03.3	0:00.3	20:30.4	12:55/M	M	5K Run
93	Orlando Holland	9708	49	40:40.0	40:46.8	0:06.7	21:07.5	13:07/M	M	5K Run
94	Doug Potvin	800	48	40:40.9	40:47.1	0:06.2	21:08.4	13:07/M	M	5K Run
95	Judy Hale	9701	52	41:05.0	41:17.7	0:12.7	19:59.0	13:15/M	F	5K Run

96	Sara Potvin	799	47	41:37.6	41:45.5	0:07.8	20:31.6	13:25/M	F	5K Run
97	Trabein Banks	632	38	42:47.0	43:06.8	0:19.8	23:14.5	13:48/M	M	5K Run
98	Alan Cranston	9679	34	42:47.7	43:06.6	0:18.9	23:15.2	13:48/M	M	5K Run
99	Gracen Banning	9656	13	43:09.4	43:14.5	0:05.1	22:03.3	13:55/M	F	5K Run
100	Lauren Sneller	9776	16	43:09.8	43:14.4	0:04.5	22:03.8	13:55/M	F	5K Run
101	Danielle Moore	9744	32	43:17.0	43:24.5	0:07.4	22:11.0	13:58/M	F	5K Run
102	April Popelas	9758	39	43:30.2	43:42.5	0:12.2	22:24.2	14:02/M	F	5K Run
103	Gerry Bradley	9664	68	44:43.1	44:59.8	0:16.6	23:37.1	14:25/M	F	5K Run
104	Elaine Sims	9773	73	44:43.3	44:59.8	0:16.5	23:37.2	14:25/M	F	5K Run
105	Erin Ricker	9760	31	44:56.4	45:22.6	0:26.1	23:50.4	14:30/M	F	5K Run
106	Rebekah Whetlor	9795	17	45:04.2	45:10.1	0:05.8	23:58.2	14:32/M	F	5K Run
107	Perry Runnels	405	11	45:05.3	45:05.6	0:00.3	25:32.8	14:33/M	M	5K Run
108	Elizabeth Podlaseck	9756	27	45:06.0	45:29.7	0:23.6	24:00.0	14:33/M	F	5K Run
109	Brian Daisey	9680	36	45:26.9	45:35.3	0:08.3	25:54.5	14:39/M	M	5K Run
110	Benjamin Chaffinch	372	76	45:57.9	46:07.2	0:09.2	26:25.5	14:49/M	M	5K Run
111	Nick Mitchell	633	34	46:55.8	47:14.4	0:18.6	27:23.3	15:08/M	M	5K Run
112	Bethany Flood	9690	37	47:10.3	47:19.7	0:09.4	26:04.2	15:13/M	F	5K Run
113	Dawn Tolson	9788	37	47:51.1	47:58.4	0:07.3	26:45.0	15:26/M	F	5K Run
114	Thomas Brown	656	60	48:29.1	48:44.5	0:15.3	28:56.7	15:38/M	M	5K Run
115	Chris Whetlor	9793	45	49:28.7	49:34.2	0:05.5	29:56.2	15:57/M	M	5K Run
116	Tina Hyde	9718	43	50:33.0	51:04.0	0:31.0	29:26.9	16:18/M	F	5K Run

### 5K Walk Results in Finish Order

#	Name	Bib No	Age	Chip Time	Gun Time	Chip Diff	Time Back	Pace	M/F	Race
1	John Frederick	380	67	31:26.6	31:31.0	0:04.3		10:08/M	M	5K Walk
2	Ron Salvio	383	66	31:39.0	31:42.5	0:03.5	0:12.4	10:13/M	M	5K Walk
3	Dorit Attias	464	53	33:28.5	33:32.3	0:03.8	2:01.9	10:48/M	F	5K Walk
4	Don Zalenski	9801	69	35:55.8	35:58.9	0:03.1	4:29.1	11:35/M	M	5K Walk
5	Kimberly Hasting	9703	41	45:19.8	45:24.6	0:04.8	11:51.3	14:37/M	F	5K Walk
6	Amanda Evans	529	25	45:20.1	45:24.6	0:04.4	11:51.6	14:37/M	F	5K Walk
7	Denise Murphy	9746	57	46:24.4	46:37.0	0:12.6	12:55.9	14:58/M	F	5K Walk
8	Anne Bradley	9663	53	46:25.0	46:38.0	0:13.0	12:56.5	14:58/M	F	5K Walk
9	Shawne Davis	9683	37	46:35.8	46:39.7	0:03.9	13:07.3	15:02/M	F	5K Walk
10	Annamarie Fosmire	9692	57	47:47.4	47:58.0	0:10.5	14:18.9	15:25/M	F	5K Walk
11	Andrew Hawkins	368	14	48:07.3	48:24.5	0:17.1	16:40.6	15:31/M	M	5K Walk
12	Joanna Brown	647	54	48:28.9	48:44.0	0:15.0	15:00.4	15:38/M	F	5K Walk
13	Tammy Sneller	9779	41	48:46.5	49:12.4	0:25.9	15:18.0	15:44/M	F	5K Walk
14	Christy Gorski	376	39	48:46.7	49:12.4	0:25.7	15:18.2	15:44/M	F	5K Walk
15	Belinda Marvel	662	57	49:27.6	49:44.4	0:16.8	15:59.1	15:57/M	F	5K Walk
16	Beth Whetlor	9792	50	49:27.6	49:33.7	0:06.1	15:59.1	15:57/M	F	5K Walk
17	Kimberly Kessler	527	40	49:29.6	49:35.9	0:06.2	16:01.1	15:58/M	F	5K Walk
18	Thelma Meddings	9740	54	49:30.0	49:36.5	0:06.5	16:01.5	15:58/M	F	5K Walk
19	Susan Phillips	9755	53	49:38.9	49:45.4	0:06.5	16:10.4	16:01/M	F	5K Walk
20	Hunter Marshall	434	14	50:22.3	50:54.0	0:31.7	18:55.6	16:15/M	M	5K Walk
21	Nichole Davis	9682	9	50:32.0	50:32.4	0:00.3	17:03.5	16:18/M	F	5K Walk
22	Carl Frase	9693	63	50:33.1	51:04.1	0:31.0	19:06.4	16:18/M	M	5K Walk
23	John Davis	9681	52	50:34.6	51:03.8	0:29.2	19:07.9	16:19/M	M	5K Walk
24	Donna Sattelberg	9770	42	51:06.0	51:20.0	0:13.9	17:37.5	16:29/M	F	5K Walk
25	Vickie Mitchell	9743	50	51:06.3	51:20.3	0:13.9	17:37.8	16:29/M	F	5K Walk

26	Jeff Banning	697	48	51:59.1	52:25.7	0:26.6	20:32.4	16:46/M	M	5K Walk
27	Jessica Banning	814	20	51:59.1	52:25.7	0:26.6	18:30.6	16:46/M	F	5K Walk
28	Don Tricarico	9790	56	52:11.6	52:37.8	0:26.1	20:44.9	16:50/M	M	5K Walk
29	Phyllis Zalenski	9802	65	52:21.2	52:29.1	0:07.9	18:52.7	16:53/M	F	5K Walk
30	Ray Hill	661	33	53:21.8	53:39.0	0:17.2	21:55.1	17:13/M	M	5K Walk
31	Brittany Deats	9684	22	53:22.6	53:40.3	0:17.7	19:54.1	17:13/M	F	5K Walk
32	Stephanie Hill	657	34	53:25.4	53:43.0	0:17.5	19:56.9	17:14/M	F	5K Walk
33	Eric Ruffcorn	9768	33	54:02.4	54:31.5	0:29.1	22:35.8	17:26/M	M	5K Walk
34	Sheila Kintz	9725	44	54:06.4	54:28.2	0:21.7	20:37.9	17:27/M	F	5K Walk
35	Sarah Ruffcorn	9769	34	54:10.1	54:35.0	0:24.8	20:41.6	17:28/M	F	5K Walk
36	Denise Jester	9722	57	54:14.6	54:36.3	0:21.7	20:46.1	17:30/M	F	5K Walk
37	Larry Jester	9723	54	54:15.3	54:36.1	0:20.8	22:48.6	17:30/M	M	5K Walk
38	Hayley Dobson	9685	34	54:22.0	54:46.8	0:24.7	20:53.5	17:32/M	F	5K Walk
39	Jack Riddle	9764	56	54:22.8	54:37.5	0:14.7	22:56.1	17:32/M	M	5K Walk
40	Susan Riddle	9765	57	54:28.4	54:43.1	0:14.7	20:59.9	17:34/M	F	5K Walk
41	Carole Brown	9666	41	57:28.9	57:35.0	0:06.1	24:00.4	18:32/M	F	5K Walk
42	Janice McGee	9739	52	57:29.2	57:36.0	0:06.8	24:00.7	18:33/M	F	5K Walk
43	Jerry Yates	9800	57	58:02.2	58:20.5	0:18.2	26:35.6	18:43/M	M	5K Walk
44	Aurore Yates	9799	35	58:03.3	58:21.9	0:18.6	24:34.8	18:44/M	F	5K Walk
45	Pam Merritt	9741	46	58:07.9	58:38.5	0:30.6	24:39.4	18:45/M	F	5K Walk
46	Kelly Cook	9678	52	58:10.1	58:40.0	0:29.8	24:41.6	18:46/M	F	5K Walk
47	Heather Hearn	9705	29	58:40.1	59:00.8	0:20.7	25:11.6	18:55/M	F	5K Walk
48	Kay Bleile	9660	58	58:40.3	59:01.5	0:21.1	25:11.8	18:55/M	F	5K Walk
49	Barbara Hendricks	581	54	58:59.9	59:11.5	0:11.5	25:31.4	19:02/M	F	5K Walk
50	Lisa Wile	582	44	59:01.5	59:11.1	0:09.5	25:33.0	19:02/M	F	5K Walk
51	Abigail Wile	589	14	59:01.7	59:11.0	0:09.3	25:33.2	19:02/M	F	5K Walk
52	Kyle Hearn	9706	27	1:00:28.8	1:00:50.4	0:21.6	29:02.1	19:30/M	M	5K Walk
53	Scott Bleile	9661	59	1:00:29.9	1:00:51.3	0:21.4	29:03.2	19:31/M	M	5K Walk

### Female Open Winner

#	Name	Bib #	Age	Chip Time	Gun Time	Chip Diff	Pace	Race
1	Lauren Goetzl	9699	28	21:06.0	21:07.0	0:01.0	6:48/M	5K Run

### Female Masters Winner

#	Name	Bib #	Age	Chip Time	Gun Time	Chip Diff	Pace	Race
1	Kellie Hudson	9716	41	24:11.5	24:14.4	0:02.9	7:48/M	5K Run

### Female Age Group

#### Female 14 and Under

#	Name	Age	Overall	Chip Time	Gun Time	Chip Diff	Pace	Race
1	Ashlyn Cave	12	9	27:15.3	27:18.8	0:03.5	8:47/M	5K Run
2	Aliyah Patel	14	15	28:41.8	28:45.4	0:03.6	9:15/M	5K Run
3	Hanna Gorski	13	18	30:29.6	30:33.8	0:04.2	9:50/M	5K Run
4	Courtney Sneller	14	32	36:15.8	36:19.7	0:03.9	11:42/M	5K Run
5	Gracen Banning	13	42	43:09.4	43:14.5	0:05.1	13:55/M	5K Run

**Female 15 to 19**

#	Name	Age	Overall	Chip Time	Gun Time	Chip Diff	Pace	Race
1	Nichole Roop	15	6	26:15.4	26:16.8	0:01.3	8:28/M	5K Run
2	Regan Banning	16	20	31:08.4	31:13.2	0:04.8	10:03/M	5K Run
3	Lauren Sneller	16	43	43:09.8	43:14.4	0:04.5	13:55/M	5K Run
4	Rebekah Whetlor	17	49	45:04.2	45:10.1	0:05.8	14:32/M	5K Run

**Female 20 to 29**

#	Name	Age	Overall	Chip Time	Gun Time	Chip Diff	Pace	Race
1	Rachel Ostroski	26	2	23:46.8	23:51.6	0:04.8	7:40/M	5K Run
2	Heather Cerulli	27	17	30:23.3	30:38.4	0:15.1	9:48/M	5K Run
3	Rebekah Stiegler	23	19	30:31.0	30:46.6	0:15.6	9:51/M	5K Run
4	Ashley Eck	25	21	32:23.3	32:34.9	0:11.5	10:27/M	5K Run
5	Emily Conick	27	22	32:39.0	32:40.0	0:01.0	10:32/M	5K Run
6	Christina Caasi	24	31	35:55.2	36:07.5	0:12.3	11:35/M	5K Run
7	Rachel Dukes	26	36	37:38.7	37:41.5	0:02.8	12:08/M	5K Run
8	Katie Sims	23	37	37:47.7	37:59.1	0:11.4	12:11/M	5K Run
9	Elizabeth Podlaseck	27	50	45:06.0	45:29.7	0:23.6	14:33/M	5K Run

**Female 30 to 39**

#	Name	Age	Overall	Chip Time	Gun Time	Chip Diff	Pace	Race
1	Hope Runnels	31	4	24:20.3	24:25.7	0:05.3	7:51/M	5K Run
2	Rachelle Jefferson	31	8	26:39.8	26:42.2	0:02.4	8:36/M	5K Run
3	Melissa Hawkins	38	13	27:40.9	27:44.2	0:03.2	8:55/M	5K Run
4	Breanna Bly	32	16	29:32.4	29:34.3	0:01.9	9:32/M	5K Run
5	Robin Hudson	36	23	32:39.9	32:40.2	0:00.3	10:32/M	5K Run
6	Rita Zehr	33	35	36:59.5	37:10.7	0:11.1	11:56/M	5K Run
7	Katie Leister	36	38	38:27.0	38:38.6	0:11.6	12:24/M	5K Run
8	Lara Hudson	33	39	39:44.3	40:08.9	0:24.5	12:49/M	5K Run
9	Danielle Moore	32	44	43:17.0	43:24.5	0:07.4	13:58/M	5K Run
10	April Popelas	39	45	43:30.2	43:42.5	0:12.2	14:02/M	5K Run
11	Erin Ricker	31	48	44:56.4	45:22.6	0:26.1	14:30/M	5K Run
12	Bethany Flood	37	51	47:10.3	47:19.7	0:09.4	15:13/M	5K Run
13	Dawn Tolson	37	52	47:51.1	47:58.4	0:07.3	15:26/M	5K Run

**Female 40 to 49**

#	Name	Age	Overall	Chip Time	Gun Time	Chip Diff	Pace	Race
1	August Cave	43	5	24:38.7	24:41.7	0:03.0	7:57/M	5K Run
2	Cally McCullough	46	7	26:31.2	26:37.4	0:06.2	8:33/M	5K Run
3	Tricia Massey	42	11	27:33.1	27:33.4	0:00.3	8:53/M	5K Run
4	Robbin Wells	47	12	27:37.0	27:40.1	0:03.1	8:55/M	5K Run
5	Sonal Patel	43	24	33:30.5	33:35.0	0:04.5	10:48/M	5K Run
6	Jennifer Mancuso	40	25	33:44.5	33:56.5	0:12.0	10:53/M	5K Run
7	Amy Brown	41	27	34:26.4	34:38.8	0:12.4	11:06/M	5K Run
8	Melissa Lee	40	28	34:27.2	34:40.1	0:12.8	11:07/M	5K Run
9	Leslie Reese	43	29	34:40.0	34:52.3	0:12.3	11:11/M	5K Run
10	Laurie Starrett	49	30	35:02.5	35:12.7	0:10.2	11:18/M	5K Run
11	Elaine Stiegler	43	34	36:55.4	37:09.8	0:14.4	11:55/M	5K Run

12	Sara Potvin	47	41	41:37.6	41:45.5	0:07.8	13:25/M	5K Run
13	Tina Hyde	43	53	50:33.0	51:04.0	0:31.0	16:18/M	5K Run

### Female 50 to 59

#	Name	Age	Overall	Chip Time	Gun Time	Chip Diff	Pace	Race
1	Barbara Kaplan	56	14	27:55.8	27:57.1	0:01.3	9:00/M	5K Run
2	Louise Holt	57	26	34:13.4	34:20.5	0:07.1	11:02/M	5K Run
3	Cynthia Canevari	57	33	36:16.2	36:29.6	0:13.4	11:42/M	5K Run
4	Judy Hale	52	40	41:05.0	41:17.7	0:12.7	13:15/M	5K Run

### Female 60 and Over

#	Name	Age	Overall	Chip Time	Gun Time	Chip Diff	Pace	Race
1	Alexis Jamison	61	10	27:27.1	27:31.3	0:04.1	8:51/M	5K Run
2	Gerry Bradley	68	46	44:43.1	44:59.8	0:16.6	14:25/M	5K Run
3	Elaine Sims	73	47	44:43.3	44:59.8	0:16.5	14:25/M	5K Run

### Male Open Winner

#	Name	Age	Overall	Chip Time	Gun Time	Chip Diff	Pace	Race
1	Reuben Goetzl	27	1	19:32.4	19:32.8	0:00.3	6:18/M	5K Run

### Male Masters Winner

#	Name	Age	Overall	Chip Time	Gun Time	Chip Diff	Pace	Race
1	Greg Massey	45	3	20:46.8	20:47.2	0:00.3	6:42/M	5K Run

### Male Age Group

#### Male 14 and Under

#	Name	Age	Overall	Chip Time	Gun Time	Chip Diff	Pace	Race
1	Austen Cave	13	4	21:01.5	21:01.9	0:00.3	6:47/M	5K Run
2	Milan Patel	12	9	22:39.6	22:40.0	0:00.3	7:18/M	5K Run
3	Nathan Sneller	13	10	23:02.7	23:03.0	0:00.3	7:26/M	5K Run
4	Daniel Whetlor	14	11	23:20.5	23:20.9	0:00.3	7:32/M	5K Run
5	Aaron Cave	12	21	25:32.8	25:34.0	0:01.1	8:14/M	5K Run
6	Chase Flood	13	37	30:13.8	30:14.1	0:00.3	9:45/M	5K Run
7	Perry Runnels	11	58	45:05.3	45:05.6	0:00.3	14:33/M	5K Run

#### Male 15 to 19

#	Name	Age	Overall	Chip Time	Gun Time	Chip Diff	Pace	Race
1	Brendan Kaplan	16	12	23:30.3	23:30.7	0:00.3	7:35/M	5K Run
2	Nicholas Roop	15	17	24:07.4	24:08.8	0:01.3	7:47/M	5K Run
3	Mason Free	15	48	36:05.6	36:09.3	0:03.6	11:38/M	5K Run

**Male 20 to 29**

#	Name	Age	Overall	Chip Time	Gun Time	Chip Diff	Pace	Race
1	Tyler Kaplan	23	2	20:34.8	20:36.0	0:01.1	6:38/M	5K Run
2	Jake Phillips	26	5	22:20.8	22:21.1	0:00.3	7:12/M	5K Run
3	Jeanglais Madeua	25	8	22:37.9	22:38.3	0:00.3	7:18/M	5K Run
4	Andrew Williamson	24	13	23:40.4	23:40.8	0:00.3	7:38/M	5K Run
5	Chase Kouts	21	14	23:51.5	23:57.5	0:05.9	7:42/M	5K Run
6	Drew Libby	28	19	24:56.7	24:57.1	0:00.3	8:03/M	5K Run
7	Ray Perdue	28	20	25:29.5	25:33.2	0:03.7	8:13/M	5K Run
8	Paul Eck	29	23	26:59.1	27:11.0	0:11.8	8:42/M	5K Run
9	Mitchell Harmon	27	24	27:26.1	27:34.7	0:08.6	8:51/M	5K Run
10	Eric Pearson	23	32	29:21.4	29:21.8	0:00.3	9:28/M	5K Run
11	Curt Kouts	24	33	29:49.2	29:57.2	0:07.9	9:37/M	5K Run
12	Jason Williams	26	34	29:53.1	30:08.2	0:15.1	9:38/M	5K Run
13	Dan Hudson	29	35	29:58.3	30:00.0	0:01.6	9:40/M	5K Run
14	Joel Podlasek	27	43	33:36.6	33:44.8	0:08.1	10:50/M	5K Run
15	Jordan Walls	26	47	35:54.7	36:07.5	0:12.8	11:35/M	5K Run

**Male 30 to 39**

#	Name	Age	Overall	Chip Time	Gun Time	Chip Diff	Pace	Race
1	Luke Messick	33	16	24:04.3	24:06.4	0:02.0	7:46/M	5K Run
2	Chris McAvoy	35	31	29:06.5	29:09.0	0:02.4	9:23/M	5K Run
3	Tommy Jefferson	32	36	30:04.0	30:06.7	0:02.7	9:42/M	5K Run
4	Kyle Ricker	30	40	31:05.9	31:11.2	0:05.3	10:02/M	5K Run
5	Eric Kurtz	39	41	32:05.7	32:11.8	0:06.1	10:21/M	5K Run
6	Jeremy Roop	36	42	32:52.1	32:54.2	0:02.0	10:36/M	5K Run
7	Joseph Kim	39	44	33:56.2	34:09.9	0:13.7	10:57/M	5K Run
8	Jason Friedel	31	45	35:06.1	35:10.8	0:04.6	11:19/M	5K Run
9	Matt Hudson	36	52	39:45.0	40:07.7	0:22.6	12:49/M	5K Run
10	Douglas Phillips	34	53	40:02.9	40:03.3	0:00.3	12:55/M	5K Run
11	Trabein Banks	38	56	42:47.0	43:06.8	0:19.8	13:48/M	5K Run
12	Alan Cranston	34	57	42:47.7	43:06.6	0:18.9	13:48/M	5K Run
13	Brian Daisey	36	59	45:26.9	45:35.3	0:08.3	14:39/M	5K Run
14	Nick Mitchell	34	61	46:55.8	47:14.4	0:18.6	15:08/M	5K Run

**Male 40 to 49**

#	Name	Age	Overall	Chip Time	Gun Time	Chip Diff	Pace	Race
1	Ken Kessler	42	6	22:31.4	22:35.9	0:04.4	7:16/M	5K Run
2	Steve Sneller	44	7	22:36.7	22:39.3	0:02.5	7:17/M	5K Run
3	John Yanacek	49	26	27:39.2	27:43.9	0:04.6	8:55/M	5K Run
4	Dean Swingle	46	29	28:25.0	28:25.3	0:00.3	9:10/M	5K Run
5	Neil Stiegler	43	38	30:30.3	30:46.7	0:16.3	9:50/M	5K Run
6	Orlando Holland	49	54	40:40.0	40:46.8	0:06.7	13:07/M	5K Run
7	Doug Potvin	48	55	40:40.9	40:47.1	0:06.2	13:07/M	5K Run
8	Chris Whetlor	45	63	49:28.7	49:34.2	0:05.5	15:57/M	5K Run

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**Male 50 to 59**

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#	Name	Age	Overall	Chip Time	Gun Time	Chip Diff	Pace	Race
1	Brian Zockoll	51	18	24:32.8	24:33.2	0:00.3	7:55/M	5K Run
2	Todd Carmean	52	22	26:11.4	26:11.8	0:00.3	8:27/M	5K Run
3	Michael Fuller	51	25	27:35.0	27:38.2	0:03.2	8:54/M	5K Run
4	Tom Birowski	52	27	27:43.5	27:50.5	0:06.9	8:56/M	5K Run
5	Jeffery Heavner	54	39	30:41.3	30:43.8	0:02.4	9:54/M	5K Run
6	Steven Kaplan	58	51	39:40.9	39:42.7	0:01.8	12:48/M	5K Run

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**Male 60 to 69**

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#	Name	Age	Overall	Chip Time	Gun Time	Chip Diff	Pace	Race
1	Frank Cosmano	60	15	23:57.1	23:59.4	0:02.3	7:44/M	5K Run
2	Frank Caldoro	61	28	27:52.0	27:59.0	0:06.9	8:59/M	5K Run
3	Phil Perry	69	30	28:31.0	28:37.6	0:06.6	9:12/M	5K Run
4	Kent Peterson	63	50	39:33.3	39:41.0	0:07.7	12:45/M	5K Run
5	Thomas Brown	60	62	48:29.1	48:44.5	0:15.3	15:38/M	5K Run

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**Male 70 and Over**

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#	Name	Age	Overall	Chip Time	Gun Time	Chip Diff	Pace	Race
1	Murray Sarubin	73	46	35:38.0	35:45.7	0:07.7	11:30/M	5K Run
2	Lee Masser	79	49	38:58.5	39:08.8	0:10.2	12:34/M	5K Run
3	Benjamin Chaffinch	76	60	45:57.9	46:07.2	0:09.2	14:49/M	5K Run