

5K MALE		Name	(Age)	Time	Pace	Place in	
						OA	GD
OVERALL	-	<b>RYAN LOEHNDING</b>	(37) ⌘	<b>18:53.37</b>	6:04.8	1	1
MASTERS	-	<b>JACK HASE</b>	Trophy Club (48) ⌘	<b>20:23.53</b>	6:33.8	3	3
SENIORS	-	<b>DAVID MASK</b>	Lewisville (57)	<b>23:24.71</b>	7:32.1	6	5
M15-19	1	<b>RYAN FLORES</b>	Carrollton (17)	<b>19:17.56</b>	6:12.6	2	2
M20-24	1	<b>TYLER DAWSON</b>	Lewisville (23)	<b>24:23.33</b>	7:51.0	8	7
	2	<b>TASHAW DAVIS</b>	Irving (21)	<b>40:41.93</b>	13:06.0	29	20
M30-34	1	<b>KYLE SCOTT</b>	(33)	<b>24:38.98</b>	7:56.0	11	10
M40-44	1	<b>KEITH KUPIEC</b>	Carrollton (41)	<b>30:20.21</b>	9:45.9	20	17
M45-49	1	<b>GABRIEL SAPIEN</b>	N/a (47) ⌘	<b>22:14.26</b>	7:09.5	4	4
	2	<b>JIM LYONS</b>	The Colony (45)	<b>30:01.46</b>	9:39.8	19	16
M50-54	1	<b>TONY FLORES</b>	Carrollton (51)	<b>24:28.80</b>	7:52.8	10	9
	2	<b>RICHARD WEBER</b>	Arlington (53)	<b>29:00.41</b>	9:20.2	16	14
	3	<b>ERIC LUND</b>	Mckinney (50)	<b>29:48.61</b>	9:35.7	17	15
M60-64	1	<b>GLENN DUMAS</b>	Farmers Branch (60) ⌘	<b>23:51.55</b>	7:40.8	7	6
	2	<b>SCOTT MCKISSICK</b>	Irving (61)	<b>24:23.58</b>	7:51.1	9	8
	3	<b>STEVE KENT</b>	(61) ⌘	<b>26:02.75</b>	8:23.0	15	13
M65-69	1	<b>GARY WELCH</b>	Dallas (65) ⌘	<b>24:58.62</b>	8:02.4	12	11
	2	<b>TOM SHEEHAN</b>	(65)	<b>25:33.90</b>	8:13.7	14	12
M70-74	1	<b>NELSON SPENSER</b>	(70)	<b>30:59.49</b>	9:58.5	21	18
M75-79	1	<b>ROBERT CUNNINGHAM</b>	Grand Prairie (78)	<b>38:55.05</b>	12:31.6	28	19



# 5K FEMALE

		Name	(Age)	Time	Pace	OA	GD
OVERALL	-	<b>KEILY MASTERS</b>	Sanger (13)	<b>23:23.28</b>	7:31.7	5	1
MASTERS	-	<b>FRANCES MCKISSICK</b>	Irving (47) ⌘	<b>25:14.28</b>	8:07.4	13	2
F10-14	1	<b>KYLIE MOHLER</b>	Coppell (13)	<b>31:19.87</b>	10:05.1	22	4
F20-24	1	<b>ESTHER ESCUDERO</b>	Irving (20)	<b>40:42.77</b>	13:06.3	30	10
F30-34	1	<b>LISA GARCIA</b>	Little Elm (34)	<b>40:48.45</b>	13:08.1	31	11
F35-39	1	<b>SHAWNA MOHLER</b>	Coppell (37)	<b>29:59.24</b>	9:39.1	18	3
	2	<b>SHELBY SALMON</b>	Dallas (37)	<b>31:59.65</b>	10:17.9	23	5
F40-44	1	<b>ROKKI MANERO</b>	(40)	<b>36:20.67</b>	11:41.9	26	8
F45-49	1	<b>BEE ONG</b>	Carrollton (48)	<b>38:24.91</b>	12:21.9	27	9
F50-54	1	<b>PATRICIA WEBER</b>	Arlington (51)	<b>34:32.91</b>	11:07.2	24	6
	2	<b>BRENDA LAWSON</b>	(50)	<b>35:35.86</b>	11:27.5	25	7

# 1M MALE

		Name	(Age)	Time	Pace	OA	GD
OVERALL	-	<b>RYAN LOEHING</b>	(37) ☺	<b>5:32.62</b>	5:32.6	1	1
M01-09	1	<b>NATHAN EPPLEMAN</b>	(3)	<b>15:29.25</b>	15:29.3	9	7
	2	<b>NICHOLAS EPPLEMAN</b>	(3)	<b>15:29.25</b>	15:29.3	10	8
M45-49	1	<b>JACK HASE</b>	Trophy Club (48)	<b>6:23.07</b>	6:23.1	2	2
	2	<b>GABRIEL SAPIEN</b>	N/a (47)	<b>6:36.36</b>	6:36.4	3	3
M50-54	1	<b>RANDAL DEESE</b>	Dallas (51)	<b>15:04.28</b>	15:04.3	7	6
M60-64	1	<b>GLENN DUMAS</b>	Farmers Branch (60) ☺	<b>6:47.95</b>	6:48.0	4	4
	2	<b>STEVE KENT</b>	(61)	<b>8:23.11</b>	8:23.1	6	5

# 1M FEMALE

		Name	(Age)	Time	Pace	OA	GD
OVERALL	-	<b>FRANCES MCKISSICK</b>	Irving (47)	<b>8:14.40</b>	8:14.4	5	1
F45-49	1	<b>MELISSA WIGGS</b>	Dallas (45)	<b>15:11.15</b>	15:11.2	8	2

⌘ Ran Mile before 5K  
☺ Broke Age-Group Record

GD Place among Females

△ Positive Split  
△ Negative Split



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Dist	OA	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	△	FinishTime+	Pace	5KEq	Clock Time
1M	1	357 Ryan Loehding (M37)	1	M35-39	OA		2:32	3:01	+29	5:32.62 ☺	5:32.6	18.93	5:32.62
1M	2	355 Jack Hase (M48)	2	M45-49	1st		3:01	3:22	+21	6:23.07	6:23.1	21.84	6:23.07
1M	3	15 Gabriel Sapien (M47)	3	M45-49	2nd		3:10	3:26	+16	6:36.36	6:36.4	22.58	6:36.36
1M	4	9 Glenn Dumas (M60)	4	M60-64	1st					6:47.95 ☺	6:48.0	23.21	6:47.95
1M	5	62 Frances Mckissick (F47)	1	F45-49	OA					8:14.40	8:14.4	28.17	8:14.40
1M	6	363 Steve Kent (M61)	5	M60-64	2nd					8:23.11	8:23.1	28.68	8:23.11
1M	7	410 Randal Deese (M51)	6	M50-54	1st		6:38	8:26	+108	15:04.28	15:04.3	51.54	15:04.28
1M	8	411 Melissa Wiggs (F45)	2	F45-49	1st					15:11.15	15:11.2	51.94	15:11.15
1M	9	370 Nathan Eppleman (M3)	7	M01-09	1st					15:29.25	15:29.3	52.97	15:29.25
1M	10	371 Nicholas Eppleman (M3)	8	M01-09	2nd					15:29.25	15:29.3	52.97	15:29.25

Dist	OA	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	△	FinishTime+	Pace	5KEq	Clock Time
5K	1	357 Ryan Loehding (M37)	1	M35-39	OA		9:09	9:45	+36	18:53.37 ⌘	6:04.8	18.88	18:53.37
5K	2	36 Ryan Flores (M17)	2	M15-19	1st		9:00	10:17	+77	19:17.56	6:12.6	19.28	19:17.56
5K	3	355 Jack Hase (M48)	3	M45-49	MS		9:51	10:33	+42	20:23.53 ⌘	6:33.8	20.38	20:23.53
5K	4	15 Gabriel Sapien (M47)	4	M45-49	1st		10:34	11:40	+66	22:14.26 ⌘	7:09.5	22.23	22:14.26
5K	5	314 Keily Masters (F13)	1	F10-14	OA					23:23.28	7:31.7	23.38	23:23.28
5K	6	336 David Mask (M57)	5	M55-59	SR		11:06	12:19	+72	23:24.71	7:32.1	23.40	23:24.71
5K	7	9 Glenn Dumas (M60)	6	M60-64	1st		11:34	12:18	+44	23:51.55 ⌘	7:40.8	23.85	23:51.55
5K	8	73 Tyler Dawson (M23)	7	M20-24	1st		12:10	12:14	+4	24:23.33	7:51.0	24.38	24:23.33
5K	9	248 Scott Mckissick (M61)	8	M60-64	2nd		11:49	12:35	+47	24:23.58	7:51.1	24.38	24:23.58
5K	10	33 Tony Flores (M51)	9	M50-54	1st					24:28.80	7:52.8	24.47	24:28.80
5K	11	308 Kyle Scott (M33)	10	M30-34	1st		11:40	12:59	+79	24:38.98	7:56.0	24.63	24:38.98
5K	12	43 Gary Welch (M65)	11	M65-69	1st					24:58.62 ⌘	8:02.4	24.97	24:58.62
5K	13	62 Frances Mckissick (F47)	2	F45-49	MS		12:16	12:58	+42	25:14.28 ⌘	8:07.4	25.23	25:14.28
5K	14	362 Tom Sheehan (M65)	12	M65-69	2nd		12:08	13:25	+77	25:33.90	8:13.7	25.55	25:33.90
5K	15	363 Steve Kent (M61)	13	M60-64	3rd		12:34	13:29	+55	26:02.75 ⌘	8:23.0	26.03	26:02.75
5K	16	17 Richard Weber (M53)	14	M50-54	2nd		13:54	15:06	+71	29:00.41	9:20.2	29.00	29:00.41
5K	17	360 Eric Lund (M50)	15	M50-54	3rd					29:48.61	9:35.7	29.80	29:48.61
5K	18	312 Shawna Mohler (F37)	3	F35-39	1st					29:59.24	9:39.1	29.98	29:59.24
5K	19	354 Jim Lyons (M45)	16	M45-49	2nd		14:50	15:11	+21	30:01.46	9:39.8	30.02	30:01.46
5K	20	301 Keith Kupiec (M41)	17	M40-44	1st		14:22	15:58	+96	30:20.21	9:45.9	30.33	30:20.21
5K	21	361 Nelson Spenser (M70)	18	M70-74	1st					30:59.49	9:58.5	30.98	30:59.49
5K	22	313 Kylie Mohler (F13)	4	F10-14	1st					31:19.87	10:05.1	31.32	31:19.87
5K	23	349 Shelby Salmon (F37)	5	F35-39	2nd					31:59.65	10:17.9	31.98	31:59.65
5K	24	20 Patricia Weber (F51)	6	F50-54	1st					34:32.91	11:07.2	34.53	34:32.91
5K	25	368 Brenda Lawson (F50)	7	F50-54	2nd					35:35.86	11:27.5	35.58	35:35.86
5K	26	366 Rokki Manero (F40)	8	F40-44	1st					36:20.67	11:41.9	36.33	36:20.67
5K	27	114 Bee Ong (F48)	9	F45-49	1st					38:24.91	12:21.9	38.40	38:24.91
5K	28	31 Robert Cunningham (M78)	19	M75-79	1st					38:55.05	12:31.6	38.92	38:55.05
5K	29	338 Tashaw Davis (M21)	20	M20-24	2nd					40:41.93	13:06.0	40.68	40:41.93
5K	30	337 Esther Escudero (F20)	10	F20-24	1st		18:55	21:48	+174	40:42.77	13:06.3	40.70	40:42.77
5K	31	115 Lisa Garcia (F34)	11	F30-34	1st					40:48.45	13:08.1	40.80	40:48.45

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