



www.HolidayGlowRun.com

Holiday Glow Run 5K-Independence Day

Little Elm, TX

Saturday, July 05, 2014

78F Sunny 71% H 8mph SSE

5K Off :9:00 am

MALES

OVERALL	Gonzo Dominguez	19:09.4	68.8%
MASTERS	Scott Wasserman	23:38.7	61.4%
GMASTER	John Cartwright	29:25.2	55.5%

FEMALES

Laurie Underwood	24:09.5	73.7%
Amy Marlett	28:02.8	56.9%
Randi Castanuela	32:18.3	53.7%

5K MALE

		15 MALE Runners --- Average Time of					35:27	Avg. Age Grade: 46.9%		Place in	
		Name	City	(Age)	Half	Split	Chip Time	Pace	Age Grade	OA	GD
OVERALL	1	<u>Gonzo Dominguez</u>	Valley View	(19)	09:29	+12	19:09.42	6:10.0	68.8%	1	1
MASTERS	1	<u>Scott Wasserman</u>	Plano	(48)	11:54	-8	23:38.77	7:36.7	61.4%	3	3
GMASTER	1	<u>John Cartwright</u>	Denton	(62)			29:25.29	9:28.2	55.5%	9	6
M01-12	1	<u>Wes Piter</u>	Denton	(7)	21:31	-51	42:11.24	13:34.7	42.2%	19	9
	2	<u>Charlie Frey</u>	Justin	(4)	20:43	+232	45:18.71	14:35.1		27	12
	3	<u>Ethan Wilcox</u>	Denton	(5)	26:00	+254	56:13.39	18:05.8	35.2%	36	15
M13-15	1	<u>Nate Hoppe</u>	Keller	(14)	09:31	+69	20:10.38	6:29.6	70.3%	2	2
	2	<u>Connor Crowley</u>	Flower Mound	(15)	22:41	+73	46:34.09	14:59.3	29.9%	30	14
M20-24	1	<u>Jason Raley</u>	Hickory Creek	(24)	17:02	+353	39:56.73	12:51.4	32.3%	20	10
M40-44	1	<u>Roberto Martinez</u>	Wylie	(40)			27:07.90	8:44.0	50.3%	5	4
	2	<u>Jason Frey</u>	Justin	(41)	13:06	+95	27:47.46	8:56.7	49.5%	6	5
	3	<u>Joe Randick</u>	Argyle	(41)	20:16	+148	43:00.67	13:50.6	32.0%	23	11
M50-54	1	<u>John Patrick</u>	Coppell	(50)	13:55	+111	29:40.25	9:33.0	49.7%	10	7
	2	<u>Randall Crowley</u>	Flower Mound	(52)	22:41	+72	46:34.00	14:59.3	32.2%	29	13
M60-64	1	<u>William Atkins</u>	Little Elm	(63)			35:01.92	11:16.5	47.0%	13	8

5K FEMALE

		22 FEMALE Runners --- Average Time of					40:30	Avg. Age Grade: 41.8%		Place in	
		Name	City	(Age)	Half	Split	Chip Time	Pace	Age Grade	OA	GD
OVERALL	1	<u>Laurie Underwood</u>	Gainesville	(54)	11:41	+48	24:09.55	7:46.6	73.7%	4	1
MASTERS	1	<u>Amy Marlett</u>	Lewisville	(45)			28:02.86	9:01.7	56.9%	7	2
GMASTER	1	<u>Randi Castanuela</u>	Lake Dallas	(52)	15:19	+100	32:18.33	10:23.9	53.7%	12	5
F01-12	1	<u>Brooke Marlett</u>	Lewisville	(9)			31:25.99	10:07.0	55.8%	11	4
	2	<u>Jane Wilcox</u>	Hickory Creek	(11)	17:02	+357	40:00.49	12:52.6	41.6%	21	11
	3	<u>Karlie Randick</u>	Argyle	(9)	20:14	+153	43:00.86	13:50.7	40.8%	24	13
	4	<u>Emily Piter</u>	Denton	(11)	21:27	+241	46:56.36	15:06.5	35.5%	31	17
	5	<u>Kaitline Harris</u>	Saint Jo	(11)	23:36	+90	48:41.62	15:40.4	34.2%	34	20
F16-19	1	<u>Savannah Matheus</u>	Sanger	(18)			49:07.30	15:48.6	30.5%	35	21
F20-24	1	<u>Haley Kirk</u>	Frisco	(24)			29:11.60	9:23.8	50.7%	8	3
F25-29	1	<u>Konner Ward</u>	Gainesville	(27)	20:31	+100	42:41.95	13:44.6	34.7%	22	12
F30-34	1	<u>Katie Trammell</u>	Denton	(34)			40:20.78	12:59.2	36.9%	18	10
	2	<u>Melissa Brown</u>	Sanger	(33)	21:53	+182	46:47.68	15:03.7	31.8%	32	18
	3	<u>Sarah Wilcox</u>	Hickory Creek	(31)	25:59	+256	56:13.42	18:05.8	26.4%	37	22
F35-39	1	<u>Pam Hetner</u>	Argyle	(35)			43:21.96	13:57.5	34.5%	25	14
	2	<u>Rebecka Frey</u>	Justin	(39)	20:42	+234	45:18.75	14:35.1	33.6%	28	16
F40-44	1	<u>Heather Speed</u>	Denton	(43)			39:35.88	12:44.7	39.6%	17	9
F45-49	1	<u>Deanna Smith</u>	Corinth	(45)	17:24	+108	36:34.91	11:46.5	43.7%	15	7
	2	<u>Terry Kirk</u>	Frisco	(49)			38:21.92	12:20.9	43.6%	16	8
	3	<u>Sara Alford</u>	Corinth	(47)			43:57.54	14:08.9	37.1%	26	15
F50-54	1	<u>Jerris Barnes</u>	Fort Worth	(50)			36:12.05	11:39.1	46.7%	14	6
F55-59	1	<u>Carol Harris</u>	Saint Jo	(55)	23:36	+89	48:41.14	15:40.2	37.1%	33	19

Order of Finish

5K	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	Δ	Net Chip Time	Pace	5KEq	Clock Time	AgeGD
1	368 Gonzo Dominguez (M19)	1	M16-19	0A	---	9:29	9:40	+12	19:09.42	6:10.0	19.15	19:09.42	68.8%
2	395 Nate Hoppe (M14)	2	M13-15	1st	0.1	9:31	10:40	+69	20:10.38	6:29.6	20.17	20:10.47	70.3%
3	387 Scott Wasserman (M48)	3	M45-49	MS	3.8	11:54	11:45	-8	23:38.77	7:36.7	23.63	23:42.59	61.4%
4	391 Laurie Underwood (F54)	1	F50-54	0A	0.2	11:41	12:29	+48	24:09.55	7:46.6	24.15	24:09.79	73.7%
5	378 Roberto Martinez (M40)	4	M40-44	1st	1.3				27:07.90	8:44.0	27.12	27:09.16	50.3%
6	370 Jason Frey (M41)	5	M40-44	2nd	2.0	13:06	14:41	+95	27:47.46	8:56.7	27.78	27:49.48	49.5%
7	388 Amy Marlett (F45)	2	F45-49	MS	2.4				28:02.86	9:01.7	28.03	28:05.25	56.9%
8	377 Haley Kirk (F24)	3	F20-24	1st	5.5				29:11.60	9:23.8	29.18	29:17.15	50.7%
9	392 John Cartwright (M62)	6	M60-64	GM	6.8				29:25.29	9:28.2	29.42	29:32.14	55.5%
10	390 John Patrick (M50)	7	M50-54	1st	4.7	13:55	15:46	+111	29:40.25	9:33.0	29.67	29:44.97	49.7%
11	389 Brooke Marlett (F9)	4	F01-12	1st	3.4				31:25.99	10:07.0	31.42	31:29.38	55.8%
12	352 Randi Castanuela (F52)	5	F50-54	GM	2.2	15:19	16:59	+100	32:18.33	10:23.9	32.30	32:20.57	53.7%
13	314 William Atkins (M63)	8	M60-64	1st	7.1				35:01.92	11:16.5	35.02	35:08.99	47.0%
14	316 Jerris Barnes (F50)	6	F50-54	1st	9.6				36:12.05	11:39.1	36.20	36:21.66	46.7%
15	384 Deanna Smith (F45)	7	F45-49	1st	2.5	17:24	19:11	+108	36:34.91	11:46.5	36.57	36:37.45	43.7%
16	376 Terry Kirk (F49)	8	F45-49	2nd	6.2				38:21.92	12:20.9	38.35	38:28.16	43.6%
17	396 Heather Speed (F43)	9	F40-44	1st	5.0				39:35.88	12:44.7	39.58	39:40.87	39.6%
18	385 Katie Trammell (F34)	10	F30-34	1st	8.8				40:20.78	12:59.2	40.33	40:29.57	36.9%
19	394 Wes Piter (M7)	9	M01-12	1st	0.7	21:31	20:40	-51	42:11.24	13:34.7	42.18	42:11.93	42.2%
20	485 Jason Raley (M24)	10	M20-24	1st	158.5	17:02	22:55	+353	39:56.73	12:51.4	39.93	42:35.24	32.3%
21	484 Jane Wilcox (F11)	11	F01-12	2nd	158.6	17:02	22:59	+357	40:00.49	12:52.6	40.00	42:39.08	41.6%
22	386 Konner Ward (F27)	12	F25-29	1st	10.5	20:31	22:11	+100	42:41.95	13:44.6	42.68	42:52.46	34.7%
23	380 Joe Randick (M41)	11	M40-44	3rd	14.8	20:16	22:44	+148	43:00.67	13:50.6	43.00	43:15.49	32.0%
24	381 Karlie Randick (F9)	13	F01-12	3rd	14.9	20:14	22:47	+153	43:00.86	13:50.7	43.00	43:15.79	40.8%
25	374 Pam Hetner (F35)	14	F35-39	1st	9.9				43:21.96	13:57.5	43.35	43:31.90	34.5%
26	313 Sara Alford (F47)	15	F45-49	3rd	13.8				43:57.54	14:08.9	43.95	44:11.32	37.1%
27	371 Charlie Frey (M4)	12	M01-12	2nd	12.7	20:43	24:36	+232	45:18.71	14:35.1	45.30	45:31.40	
28	369 Rebecka Frey (F39)	16	F35-39	2nd	13.5	20:42	24:36	+234	45:18.75	14:35.1	45.30	45:32.29	33.6%
29	359 Randall Crowley (M52)	13	M50-54	2nd	5.8	22:41	23:53	+72	46:34.00	14:59.3	46.57	46:39.79	32.2%
30	360 Connor Crowley (M15)	14	M13-15	2nd	6.1	22:41	23:54	+73	46:34.09	14:59.3	46.57	46:40.15	29.9%
31	398 Emily Piter (F11)	17	F01-12	4th	2.3	21:27	25:29	+241	46:56.36	15:06.5	46.93	46:58.66	35.5%
32	348 Melissa Brown (F33)	18	F30-34	2nd	11.6	21:53	24:55	+182	46:47.68	15:03.7	46.78	46:59.25	31.8%
33	372 Carol Harris (F55)	19	F55-59	1st	7.0	23:36	25:05	+89	48:41.14	15:40.2	48.68	48:48.17	37.1%
34	373 Kaitline Harris (F11)	20	F01-12	5th	7.1	23:36	25:06	+90	48:41.62	15:40.4	48.68	48:48.73	34.2%
35	379 Savannah Matheus (F18)	21	F16-19	1st	10.4				49:07.30	15:48.6	49.12	49:17.74	30.5%
36	397 Ethan Wilcox (M5)	15	M01-12	3rd	158.7	26:00	30:14	+254	56:13.39	18:05.8	56.22	58:52.05	35.2%
37	486 Sarah Wilcox (F31)	22	F30-34	3rd	159.7	25:59	30:15	+256	56:13.42	18:05.8	56.22	58:53.10	26.4%
22 Positive Split		2 Negative Split		Average Finish Time:		38:27		Average Age Grade:		43.75%			