



www.HolidayGlowRun.com

Holiday Glow Run 5K-Christmas

North Lakes Park Denton, TX

Saturday, December 27, 2014

43F Cloudy 17mphN

5K Off :10:00 am

MALES

FEMALES

OVERALL	Andrew McRae	19:59.8	65.9%
MASTERS	John Watson	21:53.9	72.0%
GMASTER	Ken Poynter	23:27.2	65.0%

Kerry Young	24:38.4	62.1%
Kathy Keller	26:57.8	62.0%
Brenda Jacobs	29:08.6	62.7%

GD Place among Females
 Age Grading is based on 100% for World Record for given Age/Gender.

▲ Positive Split
 ▲ Negative Split

Timing provided by:
 DeltaViewTiming.com

5K MALE

		33 MALE Runners --- Average Time of 28:32					Avg. Age Grade: 52.1%			Place in	
Overall	Rank	Name	City	(Age)	Half	Split	Chip Time	Pace	Age Grade	OA	GD
OVERALL	1	<u>Andrew McRae</u>	Flower Mound	(19)			19:59.84	6:26.2	65.9%	1	1
MASTERS	1	<u>John Watson</u>		(58)	11:13	-31	21:53.92	7:02.9	72.0%	4	4
GMASTER	1	<u>Ken Poynter</u>	Double Oak	(54)			23:27.28	7:33.0	65.0%	9	9
M01-12	1	<u>Gage Majesko</u>	Krum	(10)	13:21	+54	27:35.61	8:52.9	57.2%	26	19
	2	<u>Nick Nolette</u>	Arlington	(11)	16:33	-3	33:01.90	10:37.9	46.3%	42	27
	3	<u>Evan Rolison</u>	Flower Mound	(10)			42:57.33	13:49.6	36.8%	52	31
M13-15	1	<u>Colson Rand</u>	Mabank	(15)	13:55	-12	27:38.11	8:53.7	50.4%	28	21
	2	<u>Garrett Rand</u>	Mabank	(13)	17:17	+10	34:44.26	11:10.9	41.8%	45	29
M16-19	1	<u>Quinton Ayers</u>	Corinth	(18)			20:35.32	6:37.6	64.8%	3	3
	2	<u>Hayden Leenhouts</u>	Sanger	(16)	13:46	+143	29:55.19	9:37.8	45.8%	34	24
M20-24	1	<u>Phillip Platto</u>		(21)			20:10.85	6:29.7	64.2%	2	2
	2	<u>Hayden Roach</u>	Valley View	(23)	10:59	+33	22:32.03	7:15.2	57.2%	5	5
	3	<u>Terrence Clark</u>	Coppell	(24)			22:53.40	7:22.1	56.4%	7	7
	4	<u>Michael Wolf</u>	Little Elm	(21)			23:16.00	7:29.3	55.7%	8	8
	5	<u>Tony Peck</u>	Little Elm	(23)			24:02.03	7:44.1	53.7%	10	10
	6	<u>Brandon Reed</u>	Abilene	(23)	14:54	+57	30:45.12	9:53.9	41.9%	37	25
M25-29	1	<u>Dave McRae</u>	Flower Mound	(25)	11:05	+22	22:32.58	7:15.4	57.2%	6	6
	2	<u>Alonso Dominguez</u>	Mabank	(28)	12:20	-16	24:23.45	7:51.0	52.9%	12	12
	3	<u>Michael Peck</u>		(25)			24:37.32	7:55.5	52.4%	14	13
M35-39	1	<u>Jonas Haskins</u>	Plano	(37)			27:31.58	8:51.6	48.5%	27	20
M40-44	1	<u>Bryan Leenhouts</u>	Sanger	(42)	13:04	+63	27:10.50	8:44.8	51.0%	24	18
	2	<u>Erick Honores</u>	San Francisco	(40)	15:42	+148	33:51.66	10:53.9	40.3%	44	28
	3	<u>Mike Nolette</u>	Arlington	(42)	19:27	+84	40:18.25	12:58.4	34.4%	48	30
	4	<u>Terry Rumbo</u>	Pilot Point	(44)	25:21	-110	48:52.98	15:44.0	28.8%	59	33
M45-49	1	<u>Chris Roach</u>	Valley View	(46)	11:36	+67	24:19.42	7:49.7	58.7%	11	11
	2	<u>Max Majesko</u>	Krum	(49)			26:50.88	8:38.5	54.5%	19	15
	3	<u>Christian Reed</u>	Mabank	(48)	12:50	+79	26:59.07	8:41.1	53.8%	22	17
M50-54	1	<u>Eric Armstrong</u>		(52)	12:34	+46	25:53.82	8:20.1	57.9%	17	14
	2	<u>Stephen Vidler</u>	Lathrup Village	(53)	15:54	-10	31:37.44	10:10.7	47.8%	40	26
M55-59	1	<u>Mark Fratto</u>		(56)			26:53.15	8:39.2	57.6%	21	16
	2	<u>Timothy Wolf</u>	Little Elm	(57)	22:20	+83	46:02.53	14:49.2	33.9%	58	32
M60-64	1	<u>John Cartwright</u>	Denton	(62)	14:49	+3	29:40.69	9:33.1	55.0%	33	23

M65-69 1 Maxx Pomm (65) 14:14 -2 28:25.98 9:09.1 59.0% 29 22

5K FEMALE

27 FEMALE Runners --- Average Time of 34:31 Avg. Age Grade: 47.6% Place in

	Name	City	(Age)	Half	Split	Chip Time	Pace	Age Grade	OA	GD
OVERALL	1 <u>Kerry Young</u>		(16)			24:38.47	7:55.9	62.1%	13	1
MASTERS	1 <u>Kathy Keller</u>	Flower Mound	(49)			26:57.85	8:40.7	62.0%	23	6
GMASTER	1 <u>Brenda Jacobs</u>	Flower Mound	(56)	14:37	-5	29:08.67	9:22.8	62.7%	30	8
F01-12	1 <u>Caitlin Bishop</u>	Trophy Club	(12)	13:52	-27	27:16.35	8:46.7	59.7%	25	7
	2 <u>Natalie Nolette</u>	Arlington	(9)			40:19.15	12:58.6	43.5%	49	19
F16-19	1 <u>Emily Ayers</u>	Corinth	(16)	12:42	+71	26:34.69	8:33.3	57.6%	18	4
	2 <u>Hannah Navarro</u>	El Paso	(19)	14:37	-4	29:09.11	9:23.0	51.0%	31	9
	3 <u>Courtney Rasmussen</u>	Plano	(16)			30:12.85	9:43.5	50.7%	35	11
F20-24	1 <u>Mollie Johnson</u>	Lubbock	(23)	14:44	+12	29:39.37	9:32.7	49.9%	32	10
	2 <u>Katherine Vidler</u>	Livonia	(21)	14:53	+47	30:32.99	9:50.0	48.4%	36	12
	3 <u>Paige Watson</u>		(21)	14:55	+60	30:50.78	9:55.7	48.0%	38	13
F25-29	1 <u>Aimee Clark</u>	Coppell	(25)			24:55.67	8:01.4	59.4%	15	2
F30-34	1 <u>Kate Beltran</u>	Frisco	(34)	20:38	+9	41:24.69	13:19.7	36.0%	50	20
F35-39	1 <u>Dana Peck</u>	Little Elm	(36)			25:07.75	8:05.3	59.7%	16	3
	2 <u>Rebecca Nolette</u>	Arlington	(37)			27:38.26	8:53.7	54.6%	20	5
	3 <u>Jennifer Rasmussen</u>	Plano	(37)			37:39.33	12:07.2	40.0%	47	18
	4 <u>Kim Sanchez</u>	Flower Mound	(36)			42:41.25	13:44.4	35.2%	51	21
	5 <u>Luisa Medina</u>		(38)			44:45.38	14:24.3	33.9%	56	25
	6 <u>Rosalyn Gonzales</u>		(36)			44:45.42	14:24.4	33.5%	55	24
	7 <u>Elisa Rumbo</u>	Pilot Point	(38)			48:54.35	15:44.5	31.0%	60	27
F40-44	1 <u>Melissa Brassfield Honores</u>	San Francisco	(40)			33:51.09	10:53.7	45.3%	43	16
	2 <u>Mindi Kissling</u>	Dallas	(42)	21:32	+95	44:38.17	14:22.0	34.8%	54	23
F45-49	1 <u>Deanna Smith</u>	Corinth	(46)	16:43	+18	33:44.61	10:51.7	47.8%	41	15
	2 <u>Ann Reed</u>	Mabank	(46)	17:33	+34	35:41.16	11:29.2	45.2%	46	17
	3 <u>Laurel Navarro</u>	El Paso	(49)	21:38	+38	43:53.07	14:07.5	38.1%	53	22
F50-54	1 <u>Randi Castanuela</u>	Lake Dallas	(53)	15:07	+42	30:56.57	9:57.6	56.8%	39	14
	2 <u>Diane Wolf</u>	Little Elm	(53)			46:02.13	14:49.0	38.2%	57	26

Order of Finish

5K	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	△	Net Chip Time	Pace	5KEq	Clock Time	AgeGD	
1	199	Andrew McRae (M19)	1	M16-19	OA	3.1			19:59.84	6:26.2	19.98	20:02.89	65.9%	
2	444	Phillip Platto (M21)	2	M20-24	1st	---			20:10.85	6:29.7	20.17	20:10.85	64.2%	
3	143	Quinton Ayers (M18)	3	M16-19	1st	1.7			20:35.32	6:37.6	20.58	20:37.00	64.8%	
4	645	John Watson (M58)	4	M55-59	MS	1.7	11:13	10:41	-31	21:53.92	7:02.9	21:55.60	72.0%	
5	416	Hayden Roach (M23)	5	M20-24	2nd	---	10:59	11:33	+33	22:32.03	7:15.2	22:32.03	57.2%	
6	259	Dave McRae (M25)	6	M25-29	1st	2.6	11:05	11:27	+22	22:32.58	7:15.4	22:35.20	57.2%	
7	165	Terrence Clark (M24)	7	M20-24	3rd	1.3			22:53.40	7:22.1	22.88	22:54.68	56.4%	
8	430	Michael Wolf (M21)	8	M20-24	4th	5.2			23:16.00	7:29.3	23.27	23:21.21	55.7%	
9	436	Ken Poynter (M54)	9	M50-54	GM	1.0			23:27.28	7:33.0	23.45	23:28.28	65.0%	
10	294	Tony Peck (M23)	10	M20-24	5th	4.6			24:02.03	7:44.1	24.03	24:06.64	53.7%	
11	417	Chris Roach (M46)	11	M45-49	1st	6.0	11:36	12:43	+67	24:19.42	7:49.7	24:32	24:25.44	58.7%
12	169	Alonso Dominguez (M28)	12	M25-29	2nd	8.2	12:20	12:04	-16	24:23.45	7:51.0	24:38	24:31.65	52.9%
13	647	Kerry Young (F16)	1	F16-19	OA	0.5			24:38.47	7:55.9	24.63	24:38.96	62.1%	
14	646	Michael Peck (M25)	13	M25-29	3rd	4.7			24:37.32	7:55.5	24.62	24:42.00	52.4%	
15	162	Aimee Clark (F25)	2	F25-29	1st	1.4			24:55.67	8:01.4	24.92	24:57.10	59.4%	
16	290	Dana Peck (F36)	3	F35-39	1st	4.1			25:07.75	8:05.3	25.12	25:11.88	59.7%	
17	437	Eric Armstrong (M52)	14	M50-54	1st	---	12:34	13:20	+46	25:53.82	8:20.1	25.88	25:53.82	57.9%
18	139	Emily Ayers (F16)	4	F16-19	1st	3.0	12:42	13:53	+71	26:34.69	8:33.3	26.57	26:37.70	57.6%
19	431	Max Majesko (M49)	15	M45-49	2nd	---			26:50.88	8:38.5	26.83	26:50.88	54.5%	
20	284	Rebecca Nolette (F37)	5	F35-39	2nd	49.7			27:38.26	8:53.7	27.63	28:28.00	54.6%	
21	648	Mark Fratto (M56)	16	M55-59	1st	4.8			26:53.15	8:39.2	26.88	26:57.96	57.6%	
22	347	Christian Reed (M48)	17	M45-49	3rd	7.0	12:50	14:09	+79	26:59.07	8:41.1	26.98	27:06.07	53.8%
23	187	Kathy Keller (F49)	6	F45-49	MS	14.3			26:57.85	8:40.7	26.95	27:12.17	62.0%	
24	197	Bryan Leenhouts (M42)	18	M40-44	1st	7.6	13:04	14:07	+63	27:10.50	8:44.8	27.17	27:18.13	51.0%
25	150	Caitlin Bishop (F12)	7	F01-12	1st	2.2	13:52	13:25	-27	27:16.35	8:46.7	27.27	27:18.55	59.7%
26	432	Gage Majesko (M10)	19	M01-12	1st	---	13:21	14:15	+54	27:35.61	8:52.9	27.58	27:35.61	57.2%
27	433	Jonas Haskins (M37)	20	M35-39	1st	8.1			27:31.58	8:51.6	27.52	27:39.64	48.5%	
28	295	Colson Rand (M15)	21	M13-15	1st	8.7	13:55	13:43	-12	27:38.11	8:53.7	27.63	27:46.82	50.4%
29	438	Maxx Pomm (M65)	22	M65-69	1st	---	14:14	14:12	-2	28:25.98	9:09.1	28.42	28:25.98	59.0%
30	179	Brenda Jacobs (F56)	8	F55-59	GM	2.2	14:37	14:32	-5	29:08.67	9:22.8	29.13	29:10.86	62.7%
31	266	Hannah Navarro (F19)	9	F16-19	2nd	5.1	14:37	14:32	-4	29:09.11	9:23.0	29.15	29:14.17	51.0%
32	184	Mollie Johnson (F23)	10	F20-24	1st	4.1	14:44	14:56	+12	29:39.37	9:32.7	29.65	29:43.46	49.9%
33	151	John Cartwright (M62)	23	M60-64	1st	6.2	14:49	14:52	+3	29:40.69	9:33.1	29.67	29:46.84	55.0%
34	198	Hayden Leenhouts (M16)	24	M16-19	2nd	6.5	13:46	16:09	+143	29:55.19	9:37.8	29.92	30:01.65	45.8%
35	326	Courtney Rasmussen (F16)	11	F16-19	3rd	1.9			30:12.85	9:43.5	30.20	30:14.76	50.7%	
36	427	Katherine Vidler (F21)	12	F20-24	2nd	3.7	14:53	15:40	+47	30:32.99	9:50.0	30.53	30:36.73	48.4%
37	414	Brandon Reed (M23)	25	M20-24	6th	6.8	14:54	15:51	+57	30:45.12	9:53.9	30.75	30:51.91	41.9%
38	644	Paige Watson (F21)	13	F20-24	3rd	2.6	14:55	15:55	+60	30:50.78	9:55.7	30.83	30:53.41	48.0%
39	154	Randi Castanuela (F53)	14	F50-54	1st	0.7	15:07	15:49	+42	30:56.57	9:57.6	30.93	30:57.27	56.8%
40	426	Stephen Vidler (M53)	26	M50-54	2nd	3.6	15:54	15:44	-10	31:37.44	10:10.7	31.62	31:41.04	47.8%
41	423	Deanna Smith (F46)	15	F45-49	1st	0.2	16:43	17:02	+18	33:44.61	10:51.7	33.73	33:44.85	47.8%
42	272	Nick Nolette (M11)	27	M01-12	2nd	48.7	16:33	16:29	-3	33:01.90	10:37.9	33.02	33:50.63	46.3%
43	434	Melissa Brassfield Honores	16	F40-44	1st	5.5			33:51.09	10:53.7	33.85	33:56.57	45.3%	
44	435	Erick Honores (M40)	28	M40-44	2nd	5.6	15:42	18:10	+148	33:51.66	10:53.9	33.85	33:57.25	40.3%
45	297	Garrett Rand (M13)	29	M13-15	2nd	8.4	17:17	17:27	+10	34:44.26	11:10.9	34.73	34:52.63	41.8%
46	413	Ann Reed (F46)	17	F45-49	2nd	9.0	17:33	18:08	+34	35:41.16	11:29.2	35.68	35:50.14	45.2%

47	300	Jennifer Rasmussen (F37)	18	F35-39	3rd	2.3				37:39.33	12:07.2	37.65	37:41.66	40.0%
48	275	Mike Nolette (M42)	30	M40-44	3rd	45.6	19:27	20:51	+84	40:18.25	12:58.4	40.30	41:03.82	34.4%
49	273	Natalie Nolette (F9)	19	F01-12	2nd	44.7				40:19.15	12:58.6	40.32	41:03.86	43.5%
50	146	Kate Beltran (F34)	20	F30-34	1st	12.6	20:38	20:47	+9	41:24.69	13:19.7	41.40	41:37.31	36.0%
51	422	Kim Sanchez (F36)	21	F35-39	4th	10.4				42:41.25	13:44.4	42.68	42:51.65	35.2%
52	419	Evan Rolison (M10)	31	M01-12	3rd	10.0				42:57.33	13:49.6	42.95	43:07.35	36.8%
53	264	Laurel Navarro (F49)	22	F45-49	3rd	5.3	21:38	22:15	+38	43:53.07	14:07.5	43.88	43:58.41	38.1%
54	189	Mindi Kissling (F42)	23	F40-44	2nd	9.1	21:32	23:06	+95	44:38.17	14:22.0	44.63	44:47.31	34.8%
55	439	Rosalyn Gonzales (F36)	24	F35-39	5th	10.4				44:45.42	14:24.4	44.75	44:55.86	33.5%
56	440	Luisa Medina (F38)	25	F35-39	6th	11.1				44:45.38	14:24.3	44.75	44:56.50	33.9%
57	428	Diane Wolf (F53)	26	F50-54	2nd	6.8				46:02.13	14:49.0	46.03	46:08.91	38.2%
58	429	Timothy Wolf (M57)	32	M55-59	2nd	6.8	22:20	23:43	+83	46:02.53	14:49.2	46.03	46:09.32	33.9%
59	420	Terry Rumbo (M44)	33	M40-44	4th	10.7	25:21	23:32	-110	48:52.98	15:44.0	48.87	49:03.72	28.8%
60	421	Elisa Rumbo (F38)	27	F35-39	7th	10.8				48:54.35	15:44.5	48.90	49:05.14	31.0%
		24 Positive Split	10 Negative Split			Average Finish Time:		31:13	Average Age Grade:		50.06%			