

# Run For Recovery 10K

T.W. Richardson Park, Irving, TX

## 10K FEMALE

		24 Runners --- Average Time of		0:26		Avg. Age Grade: 55.3%		Place in	
Name		City	(Age)	Half	Split	Chip Time	Pace	Age Grade	OA GD
OVERALL	1st	<u>Emily Denny</u>	Trophy Club	(25)	20:47 +35	42:09.24	6:47.0	72.0%	1 1
OVERALL	2nd	<u>Khriste Isom</u>	Lewisville	(34)	24:15 -19	48:11.86	7:45.4	63.4%	8 2
F25-29	1	<u>Cristal Retana</u>	Farmers Branch	(28)	25:48 -11	51:25.58	8:16.6	59.0%	14 6
	2	<u>Lauren Rozanski</u>	Dallas	(29)	30:15 -18	1:00:12.35	9:41.4	50.4%	35 16
	3	<u>Jessica Miller</u>	Dallas	(29)	35:04 +230	1:13:57.24	11:54.1	41.0%	48 21
F30-34	1	<u>Amanda Tamez</u>	Coppell	(32)	23:57 +52	48:46.32	7:50.9	62.4%	9 3
	2	<u>April Molina</u>	Irving	(34)	25:32 +175	53:58.49	8:41.2	56.6%	19 8
	3	<u>Natalia Harrison</u>	Keller	(34)	27:04 +4	54:11.37	8:43.3	56.4%	21 10
F35-39	1	<u>Ginger Becker</u>	Dallas	(35)	25:00 +178	52:59.03	8:31.6	57.8%	17 7
	2	<u>Aeron Janik</u>	Dallas	(38)	26:56 +15	54:07.10	8:42.6	57.4%	20 9
	3	<u>Melissa Waters</u>	Dallas	(35)	26:59 +50	54:48.63	8:49.3	55.9%	23 11
	4	<u>Molly Jakkamsetti</u>	Dallas	(39)	29:05 -10	58:00.94	9:20.2	53.8%	30 14
	5	<u>Jenny Crandall</u>	Dallas	(36)	29:23 +10	58:56.52	9:29.1	52.2%	31 15
	6	<u>Diana Emah</u>	Grand Prairie	(37)	30:29 +94	1:02:32.87	10:04.0	49.4%	38 17
F40-44	1	<u>Lisa Hyne</u>	Dallas	(40)	25:25 -18	50:30.63	8:07.7	62.2%	10 4
	2	<u>Jen Evangelista</u>	Irving	(43)	28:08 +62	57:17.64	9:13.2	56.1%	26 12
	3	<u>Concepcion Reyes</u>	Fort Worth	(41)	36:55 +124	1:15:55.34	12:13.1	41.7%	49 22
F45-49	1	<u>Kelly Peters</u>	Plano	(48)	33:58 +167	1:10:42.60	11:22.8	47.9%	44 19
	2	<u>Melinda King</u>	Arlington	(45)	38:42 +279	1:22:02.99	13:12.3	39.9%	52 23
F50-54	1	<u>Pam Trimble</u>	Eules	(53)	34:02 +293	1:12:56.42	11:44.3	49.4%	46 20
F55-59	1	<u>Brenda Jacobs</u>	Flower Mound	(56)	28:30 +53	57:52.45	9:18.8	64.8%	29 13
	2	<u>Tina King</u>	Kilgore	(55)	31:56 +114	1:05:46.70	10:35.2	56.2%	40 18
	3	<u>Eyvonne Carter</u>	Corinth	(59)		1:31:35.04	14:44.3	42.6%	53 24
F60-64	1	<u>Kim Andres</u>	Irving	(61)	24:45 +110	51:19.59	8:15.6	78.3%	13 5

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T.W. Richardson Park, Irving, TX

## 10K MALE

		29 Runners --- Average Time of 58:13				Avg. Age Grade: 53.4%			Place in	
Name		City	(Age)	Half	Split	Chip Time	Pace	Age Grade	OA	GD
OVERALL	1st	<u>Jeff Dorrill</u>	Dallas	(53)	21:11	+17	42:39.08	6:51.8	73.7%	2 1
OVERALL	2nd	<u>Chung Pham</u>	Dallas	(45)	21:48	+78	44:53.82	7:13.5	65.7%	3 2
M20-24	1	<u>Johnny Dauphine</u>	Arlington	(24)	30:17	+64	1:01:37.40	9:55.0	43.6%	36 20
M25-29	1	<u>Johnathan Norton</u>	BOMF	(27)	25:00	+178	52:57.37	8:31.3	50.7%	16 10
	2	<u>Rahul Jain</u>	Irving	(26)	30:46	+60	1:02:32.49	10:03.9	42.9%	37 21
	3	<u>Casey Bailey</u>	Melissa	(29)	32:40	-67	1:04:14.16	10:20.3	41.8%	39 22
	4	<u>Clayton Bell</u>	Dallas	(27)	32:01	+159	1:06:41.32	10:44.0	40.3%	41 23
	5	<u>Rawles Bell</u>	Dallas	(25)	32:00	+162	1:06:41.96	10:44.1	40.3%	42 24
	6	<u>Alejandro Wagmister</u>	Dallas	(27)	36:21	+328	1:18:09.84	12:34.8	34.4%	51 29
	7	<u>Montreail McCoy</u>	Lewisville	(26)	36:21	+329	1:18:10.28	12:34.8	34.3%	50 28
M30-34	1	<u>Justin Nezda</u>	Irving	(34)	22:38	+14	45:29.20	7:19.2	60.0%	4 3
	2	<u>Daniel Schapansky</u>	Dallas	(33)	21:39	+135	45:33.69	7:19.9	59.6%	5 4
	3	<u>Dave Cagle</u>	Colleyville	(33)	25:22	+6	50:51.40	8:11.1	53.4%	11 7
	4	<u>Brad Cooper</u>	Coppell	(32)	28:17	-70	55:23.71	8:54.9	48.9%	24 13
	5	<u>Brett Patterson</u>	Irving	(34)	30:15	-19	1:00:11.85	9:41.3	45.3%	34 19
M40-44	1	<u>Carey Cox</u>	Eules	(41)	25:30	-11	50:49.57	8:10.8	56.3%	12 8
	2	<u>Craig Falwell</u>	Dalals	(40)	29:22	+13	58:56.51	9:29.1	48.2%	32 17
	3	<u>Jose Torres</u>	Dallas	(41)	34:12	+333	1:13:56.30	11:54.0	38.7%	47 27
M45-49	1	<u>Greg Knickerbocker</u>	BOMF	(47)	22:52	+100	47:24.03	7:37.7	63.2%	7 6
	2	<u>Keith Fisher</u>	Irving	(46)	27:37	-32	54:41.89	8:48.2	54.4%	22 12
M50-54	1	<u>Doug Waters</u>	Carrollton	(50)	23:16	+24	46:55.14	7:33.1	65.4%	6 5
	2	<u>Keith Hayes</u>	Frisco	(51)	27:35	-84	53:46.02	8:39.2	57.6%	18 11
	3	<u>Christopher King</u>	Irving	(51)	26:58	+99	55:35.55	8:56.8	55.7%	25 14
M60-64	1	<u>Bob Luchsinger</u>	Dallas	(64)	28:03	+80	57:26.91	9:14.7	60.2%	27 15
M65-69	1	<u>Maxx Pomm</u>	Dallas	(65)	27:51	+109	57:30.80	9:15.4	60.7%	28 16
M70+	1	<u>Wally Capps</u>	Farmers Branch	(73)	25:49	+49	52:26.48	8:26.4	72.8%	15 9
	2	<u>Victor Hegemann</u>	Richardson	(74)	30:05	+2	1:00:12.52	9:41.4	64.4%	33 18
	3	<u>Charles Key</u>	Dallas	(82)	33:45	+116	1:09:26.84	11:10.6	66.4%	43 25
	4	<u>Ed Countryman</u>	Dallas	(70)	35:52	+69	1:12:52.55	11:43.7	50.3%	45 26

## Order of Finish

10K	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	△	Net Chip Time	Pace	5KEq	Clock Time	AgeGD	
1	212	Emily Denny (F25)	1	F25-29	OA	1.2	20:47	21:22	+35	42:09.24	6:47.0	20:08	42:10.47	72.0%
2	253	Jeff Dorrill (M53)	1	M50-54	OA	1.4	21:11	21:28	+17	42:39.08	6:51.8	20:32	42:40.47	73.7%
3	233	Chung Pham (M45)	2	M45-49	O2	2.9	21:48	23:06	+78	44:53.82	7:13.5	21:38	44:56.68	65.7%
4	243	Justin Nezda (M34)	3	M30-34	1st	3.3	22:38	22:51	+14	45:29.20	7:19.2	21:66	45:32.49	60.0%
5	237	Daniel Schapansky (M33)	4	M30-34	2nd	2.1	21:39	23:54	+135	45:33.69	7:19.9	21:70	45:35.80	59.6%
6	257	Doug Waters (M50)	5	M50-54	1st	3.8	23:16	23:40	+24	46:55.14	7:33.1	22:35	46:58.91	65.4%
7	245	Greg Knickerbocker (M47)	6	M45-49	1st	0.4	22:52	24:32	+100	47:24.03	7:37.7	22:58	47:24.48	63.2%
8	220	Khriste Isom (F34)	2	F30-34	O2	3.0	24:15	23:57	-19	48:11.86	7:45.4	22:95	48:14.83	63.4%
9	239	Amanda Tamez (F32)	3	F30-34	1st	2.5	23:57	24:49	+52	48:46.32	7:50.9	23:23	48:48.78	62.4%
10	219	Lisa Hyne (F40)	4	F40-44	1st	5.9	25:25	25:06	-18	50:30.63	8:07.7	24:05	50:36.50	62.2%
11	250	Dave Cagle (M33)	7	M30-34	3rd	1.9	25:22	25:29	+6	50:51.40	8:11.1	24:22	50:53.33	53.4%
12	209	Carey Cox (M41)	8	M40-44	1st	4.1	25:30	25:19	-11	50:49.57	8:10.8	24:20	50:53.63	56.3%
13	201	Kim Andres (F61)	5	F60-64	1st	1.0	24:45	26:35	+110	51:19.59	8:15.6	24:44	51:20.60	78.3%
14	246	Cristal Retana (F28)	6	F25-29	1st	3.4	25:48	25:37	-11	51:25.58	8:16.6	24:49	51:29.02	59.0%
15	205	Wally Capps (M73)	9	M70+	1st	1.4	25:49	26:38	+49	52:26.48	8:26.4	24:97	52:27.92	72.8%
16	244	Johnathan Norton (M27)	10	M25-29	1st	1.1	25:00	27:57	+178	52:57.37	8:31.3	25:22	52:58.43	50.7%
17	258	Ginger Becker (F35)	7	F35-39	1st	0.6	25:00	27:59	+178	52:59.03	8:31.6	25:24	52:59.63	57.8%
18	217	Keith Hayes (M51)	11	M50-54	2nd	7.8	27:35	26:11	-84	53:46.02	8:39.2	25:61	53:53.77	57.6%
19	256	April Molina (F34)	8	F30-34	2nd	4.7	25:32	28:27	+175	53:58.49	8:41.2	25:71	54:03.19	56.6%
20	224	Aeron Janik (F38)	9	F35-39	2nd	2.6	26:56	27:11	+15	54:07.10	8:42.6	25:78	54:09.72	57.4%
21	216	Natalia Harrison (F34)	10	F30-34	3rd	6.1	27:04	27:08	+4	54:11.37	8:43.3	25:81	54:17.45	56.4%
22	215	Keith Fisher (M46)	12	M45-49	2nd	3.8	27:37	27:05	-32	54:41.89	8:48.2	26:05	54:45.74	54.4%
23	248	Melissa Waters (F35)	11	F35-39	3rd	1.4	26:59	27:50	+50	54:48.63	8:49.3	26:10	54:50.01	55.9%
24	207	Brad Cooper (M32)	13	M30-34	4th	2.3	28:17	27:07	-70	55:23.71	8:54.9	26:38	55:26.05	48.9%
25	226	Christopher King (M51)	14	M50-54	3rd	---	26:58	28:37	+99	55:35.55	8:56.8	26:48	55:35.55	55.7%
26	247	Jen Evangelista (F43)	12	F40-44	2nd	7.3	28:08	29:10	+62	57:17.64	9:13.2	27:29	57:24.95	56.1%
27	254	Bob Luchsinger (M64)	15	M60-64	1st	1.5	28:03	29:24	+80	57:26.91	9:14.7	27:36	57:28.44	60.2%
28	252	Maxx Pomm (M65)	16	M65-69	1st	0.8	27:51	29:40	+109	57:30.80	9:15.4	27:39	57:31.56	60.7%
29	221	Brenda Jacobs (F56)	13	F55-59	1st	3.8	28:30	29:23	+53	57:52.45	9:18.8	27:56	57:56.23	64.8%
30	223	Molly Jakkamsetti (F39)	14	F35-39	4th	3.3	29:05	28:56	-10	58:00.94	9:20.2	27:63	58:04.21	53.8%
31	210	Jenny Crandall (F36)	15	F35-39	5th	5.0	29:23	29:33	+10	58:56.52	9:29.1	28:07	59:01.55	52.2%
32	214	Craig Falwell (M40)	17	M40-44	2nd	5.3	29:22	29:35	+13	58:56.51	9:29.1	28:07	59:01.80	48.2%
33	218	Victor Hegemann (M74)	18	M70+	2nd	1.9	30:05	30:07	+2	1:00:12.52	9:41.4	28:67	1:00:14.38	64.4%
34	230	Brett Patterson (M34)	19	M30-34	5th	7.3	30:15	29:56	-19	1:00:11.85	9:41.3	28:67	1:00:19.11	45.3%
35	236	Lauren Rozanski (F29)	16	F25-29	2nd	7.1	30:15	29:57	-18	1:00:12.35	9:41.4	28:67	1:00:19.50	50.4%
36	211	Johnny Dauphine (M24)	20	M20-24	1st	7.6	30:17	31:21	+64	1:01:37.40	9:55.0	29:35	1:01:44.95	43.6%
37	222	Rahul Jain (M26)	21	M25-29	2nd	6.0	30:46	31:46	+60	1:02:32.49	10:03.9	29:79	1:02:38.47	42.9%
38	213	Diana Emah (F37)	17	F35-39	6th	6.6	30:29	32:04	+94	1:02:32.87	10:04.0	29:79	1:02:39.44	49.4%
39	202	Casey Bailey (M29)	22	M25-29	3rd	5.0	32:40	31:34	-67	1:04:14.16	10:20.3	30:60	1:04:19.20	41.8%
40	249	Tina King (F55)	18	F55-59	2nd	2.4	31:56	33:51	+114	1:05:46.70	10:35.2	31:33	1:05:49.15	56.2%
41	203	Clayton Bell (M27)	23	M25-29	4th	4.7	32:01	34:40	+159	1:06:41.32	10:44.0	31:76	1:06:46.06	40.3%
42	204	Rawles Bell (M25)	24	M25-29	5th	4.2	32:00	34:42	+162	1:06:41.96	10:44.1	31:76	1:06:46.19	40.3%
43	225	Charles Key (M82)	25	M70+	3rd	1.1	33:45	35:41	+116	1:09:26.84	11:10.6	33:07	1:09:27.95	66.4%

GD Place among Females    △ Positive Split  
△ Negative Split

Timing provided by:  
 **DeltaViewTiming.com**

# Run For Recovery 10K

T.W. Richardson Park, Irving, TX

44	255	Kelly Peters (F48)	19	F45-49	1st	7.2	33:58	36:45	+167	1:10:42.60	11:22.8	33.681:10:49.77	47.9%
45	208	Ed Countryman (M70)	26	M70+	4th	2.5	35:52	37:01	+69	1:12:52.55	11:43.7	34.711:12:55.02	50.3%
46	241	Pam Trimble (F53)	20	F50-54	1st	4.6	34:02	38:55	+293	1:12:56.42	11:44.3	34.741:13:00.99	49.4%
47	240	Jose Torres (M41)	27	M40-44	3rd	6.9	34:12	39:44	+333	1:13:56.30	11:54.0	35.221:14:03.22	38.7%
48	229	Jessica Miller (F29)	21	F25-29	3rd	6.5	35:04	38:53	+230	1:13:57.24	11:54.1	35.221:14:03.72	41.0%
49	235	Concepcion Reyes (F41)	22	F40-44	3rd	8.1	36:55	39:00	+124	1:15:55.34	12:13.1	36.161:16:03.46	41.7%
50	228	Montreail McCoy (M26)	28	M25-29	7th	7.4	36:21	41:50	+329	1:18:10.28	12:34.8	37.231:18:17.68	34.3%
51	242	Alejandro Wagmister (M27)	29	M25-29	6th	7.9	36:21	41:49	+328	1:18:09.84	12:34.8	37.221:18:17.78	34.4%
52	227	Melinda King (F45)	23	F45-49	2nd	5.6	38:42	43:21	+279	1:22:02.99	13:12.3	39.071:22:08.62	39.9%
53	206	Eyonne Carter (F59)	24	F55-59	3rd	5.2				1:31:35.04	14:44.3	43.621:31:40.22	42.6%

Average Finish Time: **59:12**      Average Age Grade: **54.26%**