

# Run For Recovery 5K

T.W. Richardson Park, Irving, TX

Saturday, September 16, 2017

77F Clear 75%H 7mphS  
5K Off :8:00 am

## 5K MALE

		44 Runners --- Average Time of 43:06				Avg. Age Grade: 36.4%		Place in		
	Name	City	(Age)	Half	Split	Chip Time	Pace	Age Grade	OA	GD
OVERALL	1st	<u>Joseph Wales</u>	Carrollton	(15)		20:47.79	6:41.6	66.9%	1	1
M01-14	1	<u>Christian Turner</u>	Dallas	(14)		26:52.81	8:39.1	52.8%	3	3
	2	<u>Tristan Huth</u>	Garland	(5)		54:38.72	17:35.3	36.2%	70	35
M15-19	1	<u>Lance Tumey</u>	Irving	(15)		27:54.19	8:58.9	49.9%	4	4
	2	<u>Kevin Valencia</u>	Irving	(16)		42:14.42	13:35.8	32.4%	34	23
M20-24	1	<u>Luke Bennett</u>	Rockwall	(20)		27:50.66	8:57.7	46.8%	5	5
M25-29	1	<u>Carmelo Lazo</u>	Dallas	(25)		28:41.81	9:14.2	45.0%	6	6
	2	<u>Walter Weaver</u>	Dallas	(29)		30:50.46	9:55.6	41.9%	13	11
	3	<u>John Kuhlke</u>	Dallas	(26)		31:07.52	10:01.1	41.4%	14	12
	4	<u>Dickie Carr</u>	Duncanville	(29)		33:53.50	10:54.5	38.1%	21	15
	5	<u>Ryan Cox</u>	Dallas	(26)		34:22.39	11:03.8	37.5%	23	16
	6	<u>Charles Moore</u>	BOMF	(29)		45:59.62	14:48.2	28.1%	41	26
	7	<u>Corey Parchuke</u>	Dallas	(28)		51:41.62	16:38.3	25.0%	57	32
	8	<u>Salvatore Depaola</u>	Queens, NY	(28)		1:04:06.46	20:38.1	20.1%	80	39
	9	<u>Michael Crawford</u>	Carrollton, MS	(27)		1:04:16.37	20:41.2	20.1%	83	42
M30-34	1	<u>Reymond Gallardo</u>	Dallas	(30)		22:44.50	7:19.2	56.9%	2	2
	2	<u>Clinton Williams</u>	McQueeney	(34)		54:29.35	17:32.3	24.1%	64	33
	3	<u>Bennie Adkins</u>	Addison	(34)		56:03.95	18:02.8	23.4%	74	37
M35-39	1	<u>Nicholas Berry</u>	Little Elm	(38)		29:59.47	9:39.2	44.8%	9	8
	2	<u>Keantre Kennedy</u>	BOMF	(35)		32:40.88	10:31.1	40.3%	17	14
	3	<u>Will Mullane</u>	Duncanville	(38)		37:51.24	12:11.0	35.5%	30	22
	4	<u>Christopher Stachel</u>	Carrollton	(37)		45:58.99	14:48.0	29.0%	43	27
	5	<u>Ben Lord</u>	Keller	(36)		55:44.22	17:56.4	23.8%	72	36
	6	<u>David Cagle</u>	Dallas	(36)		1:05:26.14	21:03.7	20.3%	85	43
M40-44	1	<u>Eddie Moderow</u>	Austin	(41)		28:56.78	9:19.0	47.5%	7	7
	2	<u>David Sahyouni</u>	McKinney	(42)		30:13.43	9:43.7	45.8%	11	10
	3	<u>Ben Johnson</u>	Dallas	(40)		30:15.84	9:44.5	45.1%	10	9
	4	<u>Christopher Martinez</u>	Homeward Bound	(40)		35:23.60	11:23.5	38.6%	26	19
	5	<u>Michael Garden</u>	Baltimore, MD	(40)		1:04:07.49	20:38.4	21.3%	81	40
	6	<u>Mike Walker</u>	Garland	(42)		1:04:07.50	20:38.4	21.6%	82	41
M45-49	1	<u>Jack Roper</u>	Homeward Bound	(48)		35:24.19	11:23.7	41.0%	25	18
	2	<u>Thomas Leggett</u>	Homeward Bound	(48)		36:23.32	11:42.7	39.9%	29	21
	3	<u>Juan Perez</u>	Homeward Bound	(45)		41:59.15	13:30.8	33.8%	35	24
M50-54	1	<u>Louis Palomo</u>	BOMF	(53)		45:26.17	14:37.5	33.3%	38	25
	2	<u>James Turknett</u>	BOMF	(50)		47:58.02	15:26.3	30.7%	45	28
	3	<u>Jimmy Williams</u>	BOMF	(53)		58:48.82	18:55.8	25.7%	75	38
M55-59	1	<u>Darrell Greathouse</u>	BOMF	(55)		35:21.88	11:23.0	43.5%	24	17
	2	<u>Matt Peters</u>	Plano	(55)		48:54.59	15:44.6	31.4%	52	30
	3	<u>Richard Cantrell</u>	Coppell	(57)		54:57.83	17:41.5	28.4%	67	34
	4	<u>Robert Taylor</u>	BOMF	(57)		1:26:40.75	27:54.0	18.0%	91	44
M60-64	1	<u>Kevin McNeely</u>	Irving	(60)		49:49.00	16:02.1	32.2%	53	31
M65-69	1	<u>Michael Sullivan</u>	Dallas	(65)		35:55.92	11:33.9	46.7%	27	20
	2	<u>Jimmy Cox</u>	BOMF	(65)		48:28.13	15:36.0	34.6%	47	29
M70+	1	<u>Victor Hegemann</u>	Bedford	(77)		31:09.46	10:01.7	63.1%	16	13

Note: Splits were not captured on this race.

GD Place among Females

▲ Positive Split

▲ Negative Split

Timing provided by:



DeltaViewTiming.com

# Run For Recovery 5K

T.W. Richardson Park, Irving, TX

Saturday, September 16, 2017

77F Clear 75%H 7mphS  
5K Off :8:00 am

## 5K FEMALE

		47 Runners --- Average Time of 49:52				Avg. Age Grade: 34.2%			Place in		
		Name	City	(Age)	Half	Split	Chip Time	Pace	Age Grade	OA	GD
OVERALL	1st	<u>Mikaela Andrews</u>	Temple	(13)			29:56.00	9:38.1	53.4%	8	1
F01-14	1	<u>Elizabeth Seastrom</u>	Dallas	(13)			39:05.36	12:34.9	40.9%	31	9
	2	<u>Claire Hinkle</u>	Fort Worth	(5)			45:25.34	14:37.2	44.9%	37	13
F15-19	1	<u>Keira Turner</u>	Desoto	(17)			30:40.08	9:52.3	49.3%	12	2
F20-24	1	<u>Patricia Campos</u>	Dallas	(24)			34:03.25	10:57.7	43.5%	22	7
	2	<u>Pamilia Helget</u>	Homeward Bound	(20)			51:41.98	16:38.4	28.6%	56	25
	3	<u>Bianca Sanchez</u>	Carrollton	(24)			52:01.97	16:44.9	28.4%	58	26
	4	<u>Alyssa Carothers</u>	Homeward Bound	(22)			52:22.45	16:51.5	28.3%	60	28
F25-29	1	<u>Lauren Smolen</u>	Dallas	(26)			31:07.84	10:01.2	47.5%	15	3
	2	<u>Reagan Ulrich</u>	Richardson	(29)			33:08.31	10:40.0	44.7%	19	5
	3	<u>Charla Ford</u>	Homeward Bound	(29)			33:53.37	10:54.5	43.7%	20	6
	4	<u>Ashley Smiley</u>	Dallas	(25)			48:55.50	15:44.8	30.3%	49	20
F30-34	1	<u>Jenni Marshall</u>	Dallas	(33)			41:59.00	13:30.8	35.4%	33	11
	2	<u>Maricel Dutcher</u>	Garland	(33)			54:45.27	17:37.4	27.2%	71	36
	3	<u>Rachel Westen</u>	McNeely	(31)			55:09.19	17:45.1	26.9%	68	34
F35-39	1	<u>Christy King</u>	Homeward Bound	(36)			36:23.75	11:42.9	41.2%	28	8
	2	<u>Romney Gray</u>	Schoolers	(38)			40:45.37	13:07.1	37.2%	32	10
	3	<u>Shannon Hinkle</u>	Fort Worth	(35)			45:35.58	14:40.5	32.8%	40	15
	4	<u>Iyeala Haggan</u>	BOMF	(35)			48:56.06	15:45.0	30.6%	50	21
	5	<u>Angie Sahyouni</u>	Frisco	(38)			49:39.75	15:59.1	30.5%	54	23
	6	<u>Katie Wilson</u>	Wolf Hall	(35)			49:42.37	15:59.9	30.1%	55	24
	7	<u>Irene Varela</u>	Dallas	(36)			52:04.09	16:45.6	28.8%	59	27
	8	<u>Julia Harper</u>	McNeely	(36)			55:10.43	17:45.5	27.2%	69	35
	9	<u>Lindsey Fincher</u>	Fort Worth	(35)			55:43.64	17:56.2	26.8%	73	37
	10	<u>Shawna Talley</u>	Desoto	(39)			1:01:19.37	19:44.3	24.8%	77	39
F40-44	1	<u>Kasaundra Scott</u>	Cedar Hill	(42)			1:01:22.81	19:45.4	25.3%	78	40
	2	<u>Natalie Berry</u>	Little Elm	(43)			1:04:37.41	20:48.0	24.3%	84	42
	3	<u>Keri Johnson</u>	Dallas	(40)			1:06:04.31	21:16.0	23.2%	86	43
	4	<u>Sarah Young</u>	Schoolers	(42)			1:06:23.83	21:22.3	23.4%	88	45
	5	<u>Shannon Miller</u>	Schoolers	(42)			1:06:24.25	21:22.4	23.4%	89	46
F45-49	1	<u>Karen Wales</u>	Carrollton	(47)			46:06.98	14:50.6	35.4%	42	16
	2	<u>Damiane de Wit-Guzman</u>	Dallas	(49)			53:19.76	17:09.9	31.3%	61	29
	3	<u>Tracy Tyler</u>	Homeward Bound	(45)			1:06:08.56	21:17.4	24.1%	87	44
F50-54	1	<u>Linda Bennett</u>	Rockwall	(51)			33:02.49	10:38.1	51.9%	18	4
	2	<u>Malinda Clark</u>	BOMF	(50)			47:52.75	15:24.7	35.3%	44	17
	3	<u>Kelly Peters</u>	Plano	(52)			48:53.55	15:44.2	35.5%	51	22
	4	<u>Andrea Lewis</u>	Richardson	(52)			54:46.67	17:37.9	31.7%	66	33
	5	<u>Lisa Williams</u>	BOMF	(54)			58:50.84	18:56.5	30.3%	76	38
F55-59	1	<u>Mary Ann Paquin</u>	Red Oak	(57)			43:52.25	14:07.2	42.3%	36	12
	2	<u>Tammy Cantrell</u>	Coppell	(56)			45:35.45	14:40.5	40.1%	39	14
	3	<u>Elizabeth Cholerton</u>	Dallas	(56)			48:52.43	15:43.9	37.4%	48	19
	4	<u>Audrey Schell</u>	Canyon Lake	(57)			1:02:28.96	20:06.7	29.7%	79	41
	5	<u>Amy Mallett</u>	Dallas	(58)			1:08:25.79	22:01.5	27.5%	90	47
F60-64	1	<u>Vickie Routon</u>	Van Alstyne	(64)			48:00.45	15:27.1	42.7%	46	18
	2	<u>Laureen Williams</u>	BOMF	(62)			53:47.25	17:18.8	37.0%	62	30
	3	<u>Georgeann Tyler</u>	Hurst	(63)			54:09.12	17:25.8	37.3%	63	31
	4	<u>Sharon Strater</u>	McKinney	(62)			54:46.24	17:37.7	36.3%	65	32

Note: Splits were not captured on this race.

GD Place among Females

▲ Positive Split

▲ Negative Split

Timing provided by:



DeltaViewTiming.com

## Order of Finish

5K	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	△	Net Chip Time	Pace	5KEq	Clock Time	AgeGD
1	478	Joseph Wales (M15)	1	M15-19	OA	0.2			20:47.79	6:41.6	20.78	20:48.00	66.9%
2	400	Reymond Gallardo (M30)	2	M30-34	1st	1.5			22:44.50	7:19.2	22.73	22:46.00	56.9%
3	459	Christian Turner (M14)	3	M01-14	1st	7.2			26:52.81	8:39.1	26.87	27:00.00	52.8%
4	987	Lance Turney (M15)	4	M15-19	1st	1.8			27:54.19	8:58.9	27.90	27:56.00	49.9%
5	404	Luke Bennett (M20)	5	M20-24	1st	7.3			27:50.66	8:57.7	27.83	27:58.00	46.8%
6	995	Carmelo Lazo (M25)	6	M25-29	1st	3.5			28:41.81	9:14.2	28.68	28:45.30	45.0%
7	491	Eddie Moderow (M41)	7	M40-44	1st	3.2			28:56.78	9:19.0	28.93	29:00.00	47.5%
8	402	Mikaela Andrews (F13)	1	F01-14	OA	4.0			29:56.00	9:38.1	29.93	30:00.00	53.4%
9	406	Nicholas Berry (M38)	8	M35-39	1st	8.0			29:59.47	9:39.2	29.98	30:07.44	44.8%
10	426	Ben Johnson (M40)	9	M40-44	3rd	6.2			30:15.84	9:44.5	30.25	30:22.00	45.1%
11	445	David Sahyouni (M42)	10	M40-44	2nd	10.6			30:13.43	9:43.7	30.22	30:24.00	45.8%
12	460	Keira Turner (F17)	2	F15-19	1st	6.8			30:40.08	9:52.3	30.67	30:46.90	49.3%
13	493	Walter Weaver (M29)	11	M25-29	2nd	6.5			30:50.46	9:55.6	30.83	30:57.00	41.9%
14	430	John Kuhlke (M26)	12	M25-29	3rd	3.5			31:07.52	10:01.1	31.12	31:11.00	41.4%
15	452	Lauren Smolen (F26)	3	F25-29	1st	3.5			31:07.84	10:01.2	31.12	31:11.30	47.5%
16	421	Victor Hegemann (M77)	13	M70+	1st	4.1			31:09.46	10:01.7	31.15	31:13.59	63.1%
17	428	Keanre Kennedy (M35)	14	M35-39	2nd	7.1			32:40.88	10:31.1	32.67	32:48.00	40.3%
18	403	Linda Bennett (F51)	4	F50-54	1st	8.6			33:02.49	10:38.1	33.03	33:11.09	51.9%
19	464	Reagan Ulrich (F29)	5	F25-29	2nd	3.7			33:08.31	10:40.0	33.13	33:12.00	44.7%
20	482	Charla Ford (F29)	6	F25-29	3rd	4.6			33:53.37	10:54.5	33.88	33:58.00	43.7%
21	991	Dickie Carr (M29)	15	M25-29	4th	4.8			33:53.50	10:54.5	33.88	33:58.30	38.1%
22	408	Patricia Campos (F24)	7	F20-24	1st	15.8			34:03.25	10:57.7	34.05	34:19.00	43.5%
23	496	Ryan Cox (M26)	16	M25-29	5th	0.8			34:22.39	11:03.8	34.37	34:23.19	37.5%
24	417	Darrell Greathouse (M55)	17	M55-59	1st	2.1			35:21.88	11:23.0	35.35	35:24.00	43.5%
25	486	Jack Roper (M48)	18	M45-49	1st	0.2			35:24.19	11:23.7	35.40	35:24.40	41.0%
26	488	Christopher Martinez (M40)	19	M40-44	4th	17.4			35:23.60	11:23.5	35.38	35:41.00	38.6%
27	986	Michael Sullivan (M65)	20	M65-69	1st	4.1			35:55.92	11:33.9	35.92	36:00.00	46.7%
28	484	Christy King (F36)	8	F35-39	1st	11.2			36:23.75	11:42.9	36.38	36:35.00	41.2%
29	489	Thomas Leggett (M48)	21	M45-49	2nd	12.7			36:23.32	11:42.7	36.38	36:36.00	39.9%
30	993	Will Mullane (M38)	22	M35-39	3rd	0.8			37:51.24	12:11.0	37.85	37:52.00	35.5%
31	450	Elizabeth Seastrom (F13)	9	F01-14	1st	5.6			39:05.36	12:34.9	39.08	39:11.00	40.9%
32	416	Romney Gray (F38)	10	F35-39	2nd	2.6			40:45.37	13:07.1	40.75	40:47.97	37.2%
33	329	Jenni Marshall (F33)	11	F30-34	1st	---			41:59.00	13:30.8	41.98	41:59.00	35.4%
34	988	Kevin Valencia (M16)	23	M15-19	2nd	2.5			42:14.42	13:35.8	42.23	42:16.91	32.4%
35	487	Juan Perez (M45)	24	M45-49	3rd	18.0			41:59.15	13:30.8	41.98	42:17.18	33.8%
36	441	Mary Ann Paquin (F57)	12	F55-59	1st	1.9			43:52.25	14:07.2	43.87	43:54.11	42.3%
37	422	Claire Hinkle (F5)	13	F01-14	2nd	4.7			45:25.34	14:37.2	45.42	45:30.08	44.9%
38	440	Louis Palomo (M53)	25	M50-54	1st	4.1			45:26.17	14:37.5	45.43	45:30.24	33.3%
39	410	Tammy Cantrell (F56)	14	F55-59	2nd	4.7			45:35.45	14:40.5	45.58	45:40.17	40.1%
40	424	Shannon Hinkle (F35)	15	F35-39	3rd	4.8			45:35.58	14:40.5	45.58	45:40.33	32.8%
41	436	Charles Moore (M29)	26	M25-29	6th	0.7			45:59.62	14:48.2	45.98	46:00.30	28.1%
42	477	Karen Wales (F47)	16	F45-49	1st	5.3			46:06.98	14:50.6	46.10	46:12.32	35.4%
43	989	Christopher Stachel (M37)	27	M35-39	4th	17.2			45:58.99	14:48.0	45.97	46:16.17	29.0%
44	411	Malinda Clark (F50)	17	F50-54	2nd	2.0			47:52.75	15:24.7	47.87	47:54.73	35.3%
45	458	James Turknnett (M50)	28	M50-54	2nd	0.5			47:58.02	15:26.3	47.97	47:58.48	30.7%
46	443	Vickie Routon (F64)	18	F60-64	1st	12.9			48:00.45	15:27.1	48.00	48:13.33	42.7%
47	412	Jimmy Cox (M65)	29	M65-69	2nd	15.1			48:28.13	15:36.0	48.47	48:43.23	34.6%

Note: Splits were not captured on this race.

GD Place among Females ▲ Positive Split  
▲ Negative Split

Timing provided by:  
 **DeltaViewTiming.com**

# Run For Recovery 5K

Saturday, September 16, 2017

T.W. Richardson Park, Irving, TX

77F Clear 75%H 7mphS  
5K Off :8:00 am

48	479	Elizabeth Cholerton (F56)	19	F55-59	3rd	2.6	48:52.43	15:43.9	48.87	48:54.99	37.4%
49	451	Ashley Smiley (F25)	20	F25-29	4th	---	48:55.50	15:44.8	48.92	48:55.50	30.3%
50	418	Iyeala Haggan (F35)	21	F35-39	4th	---	48:56.06	15:45.0	48.93	48:56.06	30.6%
51	985	Kelly Peters (F52)	22	F50-54	3rd	11.1	48:53.55	15:44.2	48.88	49:04.66	35.5%
52	984	Matt Peters (M55)	30	M55-59	2nd	10.3	48:54.59	15:44.6	48.90	49:04.93	31.4%
53	433	Kevin McNeely (M60)	31	M60-64	1st	---	49:49.00	16:02.1	49.82	49:49.00	32.2%
54	444	Angie Sahyouni (F38)	23	F35-39	5th	9.9	49:39.75	15:59.1	49.65	49:49.70	30.5%
55	472	Katie Wilson (F35)	24	F35-39	6th	7.4	49:42.37	15:59.9	49.70	49:49.79	30.1%
56	483	Pamilia Helget (F20)	25	F20-24	2nd	---	51:41.98	16:38.4	51.68	51:41.98	28.6%
57	994	Corey Parchuke (M28)	32	M25-29	7th	0.8	51:41.62	16:38.3	51.68	51:42.38	25.0%
58	446	Bianca Sanchez (F24)	26	F20-24	3rd	---	52:01.97	16:44.9	52.02	52:01.97	28.4%
59	465	Irene Varela (F36)	27	F35-39	7th	15.8	52:04.09	16:45.6	52.07	52:19.85	28.8%
60	481	Alyssa Carothers (F22)	28	F20-24	4th	1.6	52:22.45	16:51.5	52.37	52:24.02	28.3%
61	414	Damiane de Wit-Guzman (F	29	F45-49	2nd	14.7	53:19.76	17:09.9	53.32	53:34.48	31.3%
62	470	Laureen Williams (F62)	30	F60-64	2nd	3.1	53:47.25	17:18.8	53.78	53:50.39	37.0%
63	462	Georgeann Tyler (F63)	31	F60-64	3rd	8.2	54:09.12	17:25.8	54.15	54:17.34	37.3%
64	494	Clinton Williams (M34)	33	M30-34	2nd	5.5	54:29.35	17:32.3	54.48	54:34.87	24.1%
65	454	Sharon Strater (F62)	32	F60-64	4th	13.1	54:46.24	17:37.7	54.77	54:59.29	36.3%
66	431	Andrea Lewis (F52)	33	F50-54	4th	14.3	54:46.67	17:37.9	54.77	55:00.93	31.7%
67	409	Richard Cantrell (M57)	34	M55-59	3rd	9.1	54:57.83	17:41.5	54.95	55:06.95	28.4%
68	468	Rachel Westen (F31)	34	F30-34	3rd	21.8	55:09.19	17:45.1	55.15	55:31.00	26.9%
69	420	Julia Harper (F36)	35	F35-39	8th	21.4	55:10.43	17:45.5	55.17	55:31.78	27.2%
70	476	Tristan Huth (M5)	35	M01-14	2nd	59.3	54:38.72	17:35.3	54.63	55:38.05	36.2%
71	475	Maricel Dutcher (F33)	36	F30-34	2nd	60.4	54:45.27	17:37.4	54.75	55:45.66	27.2%
72	432	Ben Lord (M36)	36	M35-39	5th	19.1	55:44.22	17:56.4	55.73	56:03.30	23.8%
73	415	Lindsey Fincher (F35)	37	F35-39	9th	20.6	55:43.64	17:56.2	55.72	56:04.28	26.8%
74	401	Bennie Adkins (M34)	37	M30-34	3rd	17.2	56:03.95	18:02.8	56.05	56:21.17	23.4%
75	469	Jimmy Williams (M53)	38	M50-54	3rd	17.1	58:48.82	18:55.8	58.80	59:05.96	25.7%
76	471	Lisa Williams (F54)	38	F50-54	5th	16.6	58:50.84	18:56.5	58.83	59:07.47	30.3%
77	455	Shawwna Talley (F39)	39	F35-39	10th	12.0	1:01:19.37	19:44.3	61.32	1:01:31.38	24.8%
78	449	Kasaundra Scott (F42)	40	F40-44	1st	12.0	1:01:22.81	19:45.4	61.37	1:01:34.83	25.3%
79	447	Audrey Schell (F57)	41	F55-59	4th	7.4	1:02:28.96	20:06.7	62.47	1:02:36.34	29.7%
80	495	Salvatore Depaola (M28)	39	M25-29	8th	9.0	1:04:06.46	20:38.1	64.10	1:04:15.46	20.1%
81	498	Michael Garden (M40)	40	M40-44	5th	9.1	1:04:07.49	20:38.4	64.12	1:04:16.60	21.3%
82	497	Mike Walker (M42)	41	M40-44	6th	9.2	1:04:07.50	20:38.4	64.12	1:04:16.74	21.6%
83	499	Michael Crawford (M27)	42	M25-29	9th	0.8	1:04:16.37	20:41.2	64.27	1:04:17.13	20.1%
84	405	Natalie Berry (F43)	42	F40-44	2nd	17.7	1:04:37.41	20:48.0	64.62	1:04:55.10	24.3%
85	480	David Cagle (M36)	43	M35-39	6th	2.5	1:05:26.14	21:03.7	65.43	1:05:28.69	20.3%
86	427	Keri Johnson (F40)	43	F40-44	3rd	6.6	1:06:04.31	21:16.0	66.07	1:06:10.90	23.2%
87	485	Tracy Tyler (F45)	44	F45-49	3rd	5.8	1:06:08.56	21:17.4	66.13	1:06:14.33	24.1%
88	474	Sarah Young (F42)	45	F40-44	4th	13.2	1:06:23.83	21:22.3	66.38	1:06:37.04	23.4%
89	435	Shannon Miller (F42)	46	F40-44	5th	13.1	1:06:24.25	21:22.4	66.40	1:06:37.38	23.4%
90	992	Amy Mallett (F58)	47	F55-59	5th	13.7	1:08:25.79	22:01.5	68.42	1:08:39.46	27.5%
91	456	Robert Taylor (M57)	44	M55-59	4th	32.1	1:26:40.75	27:54.0	86.67	1:27:12.84	18.0%

Average Finish Time: **46:35**

Average Age Grade: **35.28%**

Note: Splits were not captured on this race.

GD Place among Females ▲ Positive Split  
▲ Negative Split

Timing provided by:  
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