

## 15K MALE

		63 Runners --- Average Time of 1:39:33		Avg. Age Grade: 46.7%		Place in			
	Name	City	(Age)	@Checkpoint	Chip Time	Pace	Age Grade	OA	GD
OVERALL	1st	<u>Jacob Wood</u>	McKinney	(36)	29:48	1:05:21.83	7:00.8	64.2%	1 1
OVERALL	2nd	<u>Juan Garcia</u>	Dallas	(19)	30:27	1:07:47.49	7:16.4	62.0%	3 2
OVERALL	3rd	<u>Manuel Lopez</u>	Dallas	(32)	30:58	1:11:21.62	7:39.4	57.8%	4 3
MASTERS	1st	<u>Matt Kaflan</u>	Aubrey	(44)	31:29	1:13:32.00	7:53.4	60.6%	5 4
M20-29	1	<u>Jorge Escobedo</u>	Dallas	(28)	37:43	1:26:29.51	9:16.8	47.6%	25 20
	2	<u>Xavier Encerrado</u>	Dallas	(29)	38:29	1:27:32.63	9:23.6	47.0%	26 21
	3	<u>Zach Shirley</u>	Plano	(28)	39:28	1:27:48.39	9:25.2	46.9%	27 22
M30-39	1	<u>Bhuvanendra Yadavarahalli Nanjappa</u>	Plano	(37)	34:41	1:15:49.53	8:08.1	55.7%	7 6
	2	<u>Nguyen Dang</u>	Dallas	(33)	34:13	1:18:15.84	8:23.8	52.9%	11 10
	3	<u>Jeff Adams</u>	McKinney	(39)	36:43	1:22:00.55	8:47.9	52.3%	17 14
	4	Ryan Condon	Frisco	(36)	39:37	1:23:39.33	8:58.5	50.1%	21 17
	5	Jimmy Ouyang	Frisco	(36)	40:01	1:28:48.89	9:31.7	47.2%	28 23
	6	Nick Garcia	Fort Worth	(37)	38:19	1:29:14.24	9:34.5	47.3%	29 24
	7	Gary Kemp	Carrollton	(31)	41:31	1:30:45.69	9:44.3	45.4%	32 25
	8	Kevin Walker	McKinney	(39)	41:48	1:32:53.07	9:57.9	46.1%	37 29
	9	Simon Miller	Dallas	(33)	39:28	1:34:29.43	10:08.3	43.8%	41 31
	10	Timothy Nguyen	Baton Rouge, LA	(36)	44:46	1:40:43.25	10:48.4	41.6%	50 36
	11	Jay Tjernlund	Plano	(37)	44:27	1:44:19.60	11:11.6	40.5%	60 41
	12	Jessie Anderson	Allen	(38)	47:48	1:48:08.58	11:36.2	39.3%	66 44
	13	Alex Vasquez	McKinney	(39)	51:43	1:55:43.45	12:25.0	37.0%	79 50
	14	Alex Press	Carrollton	(32)	58:27	1:56:38.17	12:30.8	35.4%	83 52
	15	Chris Pittman	Little Elm	(34)	49:01	2:02:48.39	13:10.6	33.8%	91 56
	16	Darnell Durrah	Killeen	(38)	52:19	2:03:29.28	13:14.9	34.4%	97 57



# Frisco Trail Race

NW Community DORBA Trail, Frisco, TX

Saturday, June 15, 2019  
76F PCloudy 55%H16mphS  
5K Off :8:00 / 10K Off :7:15 / 15K Off :6:45 am

M40-49	<u>1</u>	<u>Bill Knox</u>	Plano (48)	34:04	<b>1:15:43.33</b>	8:07.5	<b>60.8%</b>	6	5
	<u>2</u>	<u>James Vallerie</u>	Southlake (47)	33:53	<b>1:16:30.56</b>	8:12.5	59.7%	8	7
	<u>3</u>	<u>Rob Messett</u>	Flower Mound (42)		<b>1:16:44.16</b>	8:14.0	57.2%	9	8
	4	Todd McCavit	Dallas (44)	34:01	<b>1:17:51.62</b>	8:21.2	57.2%	10	9
	5	Daniel Hadera	Dallas (45)	35:26	<b>1:18:20.31</b>	8:24.3	57.3%	12	11
	6	Philip Smith	Frisco (40)	36:46	<b>1:21:31.16</b>	8:44.8	53.0%	16	13
	7	Brandon Mejia	Grapevine (46)	37:03	<b>1:22:31.18</b>	8:51.2	54.9%	19	15
	8	Alejandro Franco	Lewisville (43)	36:47	<b>1:23:14.40</b>	8:55.8	53.1%	20	16
	9	Steven Pritt	Little Elm (46)	36:41	<b>1:24:49.40</b>	9:06.0	53.4%	23	19
	10	James Frazer	Little Elm (48)	41:49	<b>1:32:03.66</b>	9:52.6	50.0%	35	27
	11	Sean Cook	Richardson (41)	44:05	<b>1:32:28.60</b>	9:55.3	47.1%	36	28
	12	Raul Cardenas	The Colony (40)	41:47	<b>1:34:26.51</b>	10:08.0	45.7%	40	30
	13	Henry Cojulun	Little Elm (45)	44:02	<b>1:34:32.84</b>	10:08.6	47.5%	42	32
	14	Mike Hodson	Lewisville (44)	42:20	<b>1:34:42.22</b>	10:09.6	47.1%	43	33
	15	Tim Leeth	Mc kinney (43)	44:46	<b>1:36:52.91</b>	10:23.7	45.6%	45	34
	16	Christopher Haigh	Frisco (48)	41:45	<b>1:38:43.44</b>	10:35.5	46.6%	48	35
	17	John Kitchens	Celina (42)	44:51	<b>1:41:54.87</b>	10:56.1	43.0%	55	38
	18	Jon Cotton	McKinney (45)	47:46	<b>1:43:30.31</b>	11:06.3	43.4%	59	40
	19	Pete Rickard	Allen (45)	46:42	<b>1:48:01.00</b>	11:35.3	41.6%	64	43
	20	Josie Noyola	Grapevine (40)	47:32	<b>1:51:26.19</b>	11:57.4	38.8%	70	45
	21	Richard Horton II	CEDAR HILL (48)	49:01	<b>1:53:16.57</b>	12:09.2	40.6%	71	46
	22	Dan Shields	Yukon, OK (43)	49:40	<b>1:54:03.13</b>	12:14.2	38.8%	75	48
	23	Dominic Saleh	Plano (49)	54:48	<b>2:02:47.75</b>	13:10.5	37.8%	90	55
	24	Dustin Jackson	Frisco (43)	59:53	<b>2:24:58.94</b>	15:33.3	30.5%	104	61
	25	Mike Strawn	Houston (48)	68:07	<b>2:41:32.06</b>	17:19.9	28.5%	107	63
M50-59	<u>1</u>	<u>Gerry Sampelo</u>	Frisco (56)	35:39	<b>1:18:51.53</b>	8:27.6	<b>62.4%</b>	13	12
	<u>2</u>	<u>Kan Meng</u>	Plano (53)	37:03	<b>1:23:44.02</b>	8:59.0	57.3%	22	18
	<u>3</u>	<u>Jim Higgins</u>	Lubbock (58)	41:56	<b>1:31:41.61</b>	9:50.3	54.7%	34	26
	4	Dan Reinheimer	Frisco (53)	46:44	<b>1:41:17.87</b>	10:52.1	47.4%	52	37
	5	Bobby Plate	Plano (53)	44:26	<b>1:42:03.59</b>	10:57.0	47.0%	56	39
	6	Tim Montano	McKinney (53)	47:48	<b>1:47:29.74</b>	11:32.0	44.6%	62	42
	7	John Breen	Dallas (53)	49:21	<b>1:54:04.40</b>	12:14.3	42.1%	76	49
	8	Richard Edwards	Palestine (52)	49:04	<b>1:55:55.38</b>	12:26.2	41.0%	81	51
	9	Troy Lott	Dallas (55)	53:33	<b>1:56:53.70</b>	12:32.5	41.8%	84	53
	10	David Coburn	Irving (59)	52:07	<b>1:59:06.56</b>	12:46.8	42.5%	85	54
	11	Gary Holderby	Allen (57)	55:40	<b>2:04:28.06</b>	13:21.2	39.9%	99	58
	12	Benjamin Mcintosh	Denton (56)	60:25	<b>2:16:56.42</b>	14:41.5	36.0%	100	59
M60-69	<u>1</u>	<u>Mark Wygant</u>	Wylie (64)	49:43	<b>1:53:48.16</b>	12:12.6	46.5%	74	47
	<u>2</u>	<u>Robert Hearn</u>	Rowlett (64)	59:53	<b>2:24:58.34</b>	15:33.2	36.5%	103	60
	<u>3</u>	<u>Gary Scheib</u>	Arlington (60)	68:47	<b>2:30:22.02</b>	16:08.0	33.9%	106	62

## 15K FEMALE

		44 Runners --- Average Time of <b>1:47:48</b>		Avg. Age Grade: <b>46.8%</b>		Place in				
	Name	City	(Age)	@Checkpoint	Chip Time	Pace	Age Grade	OA	GD	
OVERALL	1st	<u>Rachel Ragona</u>	Frisco	(36)	30:34	1:07:06.78	7:12.0	69.8%	2	1
OVERALL	2nd	<u>Michelle Leong</u>	McKinney	(40)	36:10	1:18:58.63	8:28.4	60.6%	14	2
OVERALL	3rd	<u>Jourdan Esquenazi</u>	Prosper	(27)	36:11	1:19:57.93	8:34.8	57.8%	15	3
MASTERS	1st	<u>Sue Luck</u>	McKinney	(44)	36:44	1:22:28.20	8:50.9	59.9%	18	4
F<20	1	<u>Mackenzie Payne</u>	McKinney	(18)	39:23	1:34:21.57	10:07.4	49.6%	39	10
F20-29	1	<u>Micaiah Mitchell-Ponce</u>	San Marcos	(23)	45:40	1:44:35.92	11:13.3	44.2%	61	20
	2	<u>Alyson Malan</u>	Mckinney	(29)	49:10	1:50:43.99	11:52.8	41.7%	69	25
F30-39	1	<u>Adrienne Rustin</u>	Ada, OK	(39)	42:05	1:29:42.90	9:37.5	53.0%	30	6
	2	<u>Kristin Giddens</u>	Cross Roads	(35)	41:48	1:30:55.67	9:45.3	51.3%	33	8
	3	<u>Katie Durst</u>	McKinney	(34)	42:13	1:34:48.19	10:10.3	49.1%	44	11
	4	<u>Arieall McCrory</u>	Denison	(30)	45:30	1:39:09.20	10:38.3	46.6%	49	14
	5	<u>Rebekah Roberts</u>	Sherman	(31)	45:30	1:41:13.88	10:51.7	45.7%	51	15
	6	<u>Beck Pryor</u>	Dallas	(31)	45:37	1:41:39.50	10:54.4	45.5%	54	17
	7	<u>Charlotte Bates</u>	LAWTON, OK	(38)	45:58	1:47:56.11	11:34.8	43.8%	63	21
	8	<u>Magan Lersch</u>	Corinth	(35)	45:25	1:48:03.73	11:35.6	43.2%	65	22
	9	<u>Amber Quaranta-Leech</u>	Salado	(36)	48:59	1:49:15.76	11:43.4	42.9%	67	23
	10	<u>Sarah Loch-Test</u>	Denton	(34)	49:25	1:49:34.00	11:45.3	42.5%	68	24
	11	<u>Kristin Kania</u>	Carrollton	(33)	58:27	1:56:38.06	12:30.8	39.8%	82	31
	12	<u>Rachel Williams</u>	MCKINNEY	(38)	54:27	2:00:08.42	12:53.4	39.4%	86	32
	13	<u>Kari McMeekan</u>	Celina	(30)	59:49	2:00:09.69	12:53.5	38.5%	87	33
	14	<u>Carolann Rosso</u>	Aubrey	(32)	52:37	2:02:49.53	13:10.7	37.7%	92	36
	15	<u>Katherine Oslin</u>	Plano	(30)	54:47	2:02:50.47	13:10.8	37.6%	93	37
	16	<u>Florence Brunzawabaya</u>	Savannah	(36)	57:40	2:04:10.37	13:19.3	37.7%	98	41
	17	<u>Kylar Anderson</u>	Allen	(38)	58:01	2:17:28.46	14:45.0	34.4%	101	42
F40-49	1	<u>Sarah Rehwald</u>	Frisco	(40)	39:22	1:26:27.76	9:16.6	55.4%	24	5
	2	<u>Brittney Dellinger</u>	Frisco	(45)	42:29	1:33:22.10	10:01.0	53.4%	38	9
	3	<u>Eileen Wright</u>	sherman	(44)	45:30	1:42:48.29	11:01.8	48.0%	58	19
	4	<u>Jennifer Duffey</u>	Celina	(42)	52:24	1:53:29.62	12:10.6	42.8%	72	26
	5	<u>Robin Black</u>	Celina	(48)	51:55	1:54:51.03	12:19.3	44.9%	77	28
	6	<u>Rochelle Aguilera</u>	Mckinney	(42)	51:34	1:55:38.24	12:24.4	42.0%	78	29
	7	<u>Kiley Muller</u>	Richardson	(40)	51:35	1:55:48.31	12:25.5	41.3%	80	30
	8	<u>Paige Hodson</u>	Lewisville	(42)	52:37	2:00:58.02	12:58.7	40.1%	88	34
	9	<u>Nadia Guevara</u>	Frisco	(42)	55:41	2:01:56.38	13:05.0	39.8%	89	35
	10	<u>Lori Thornton</u>	Frisco	(46)	52:26	2:02:57.85	13:11.6	41.0%	94	38
	11	<u>Jennifer Haigh</u>	Frisco	(49)	52:48	2:03:18.90	13:13.8	42.3%	95	39
	12	<u>Melissa White</u>	McKinney	(42)	54:27	2:03:28.69	13:14.9	39.3%	96	40

**Frisco Trail Race**

Saturday, June 15, 2019

NW Community DORBA Trail, Frisco, TX

76F PCloudy 55%H16mphS

5K Off :8:00 / 10K Off :7:15 / 15K Off :6:45 am

F50-59	<u>1</u>	<u>Andrea Hudson Baldwin</u>	Dallas (59)	41:02	<b>1:30:04.35</b>	9:39.8	<b>66.0%</b>	31	<b>7</b>
	<u>2</u>	<u>Laurie Weldon</u>	Fort Worth (59)	44:47	<b>1:37:37.84</b>	10:28.5	<b>60.9%</b>	46	<b>12</b>
	<u>3</u>	<u>Cathy Young</u>	Allen (52)	45:39	<b>1:37:56.94</b>	10:30.5	55.3%	47	<b>13</b>
	4	Misty Spivey	McKinney (52)	43:56	<b>1:41:24.24</b>	10:52.8	53.4%	53	<b>16</b>
	5	Anu Rao	The Colony (51)	47:48	<b>1:42:15.17</b>	10:58.2	52.3%	57	<b>18</b>
	6	Lisalynne Quinn	Plano (52)	51:18	<b>1:53:36.55</b>	12:11.3	47.7%	73	<b>27</b>
	7	Tina Lott	Dallas (55)	57:04	<b>2:28:15.31</b>	15:54.4	38.0%	105	<b>44</b>
F60-69	<u>1</u>	<u>Sally Scheib</u>	Arlington (61)	61:13	<b>2:22:08.62</b>	15:15.0	43.1%	102	<b>43</b>



## Order of Finish

15K	Bib Name	GD	AgeGrp	AG	Start			Net Chip Time	Pace	5KEq	Clock Time	AgeGD	
1	482	Jacob Wood (M36)	1	M30-39	OA	1.8	29:48	35:34	<b>1:05:21.83</b>	7:00.8	20.17	1:05:23.62	<b>64.2%</b>
2	501	Rachel Ragona (F36)	1	F30-39	OA	3.2	30:34	36:33	<b>1:07:06.78</b>	7:12.0	20.71	1:07:09.96	<b>69.8%</b>
3	490	Juan Garcia (M19)	2	M<20	O2	2.2	30:27	37:20	<b>1:07:47.49</b>	7:16.4	20.92	1:07:49.72	<b>62.0%</b>
4	494	Manuel Lopez (M32)	3	M30-39	O3	2.4	30:58	40:23	<b>1:11:21.62</b>	7:39.4	22.02	1:11:24.00	57.8%
5	509	Matt Kaflan (M44)	4	M40-49	MS	4.6	31:29	42:03	<b>1:13:32.00</b>	7:53.4	22.70	1:13:36.61	<b>60.6%</b>
6	437	Bill Knox (M48)	5	M40-49	1st	3.9	34:04	41:40	<b>1:15:43.33</b>	8:07.5	23.37	1:15:47.22	<b>60.8%</b>
7	508	Bhuvanendra Yadavarahalli	6	M30-39	1st	4.0	34:41	41:08	<b>1:15:49.53</b>	8:08.1	23.40	1:15:53.58	55.7%
8	505	James Vallerie (M47)	7	M40-49	2nd	3.5	33:53	42:38	<b>1:16:30.56</b>	8:12.5	23.61	1:16:34.07	59.7%
9	447	Rob Messett (M42)	8	M40-49	3rd	2.8			<b>1:16:44.16</b>	8:14.0	23.68	1:16:47.00	57.2%
10	495	Todd McCavit (M44)	9	M40-49	4th	5.3	34:01	43:51	<b>1:17:51.62</b>	8:21.2	24.03	1:17:56.94	57.2%
11	486	Nguyen Dang (M33)	10	M30-39	2nd	3.4	34:13	44:03	<b>1:18:15.84</b>	8:23.8	24.15	1:18:19.20	52.9%
12	425	Daniel Hadera (M45)	11	M40-49	5th	1.9	35:26	42:54	<b>1:18:20.31</b>	8:24.3	24.18	1:18:22.23	57.3%
13	503	Gerry Sampelo (M56)	12	M50-59	1st	6.6	35:39	43:12	<b>1:18:51.53</b>	8:27.6	24.34	1:18:58.09	<b>62.4%</b>
14	493	Michelle Leong (F40)	2	F40-49	O2	4.1	36:10	42:49	<b>1:18:58.63</b>	8:28.4	24.37	1:19:02.70	<b>60.6%</b>
15	420	Jourdan Esquenazi (F27)	3	F20-29	O3	5.1	36:11	43:47	<b>1:19:57.93</b>	8:34.8	24.68	1:20:03.06	57.8%
16	504	Philip Smith (M40)	13	M40-49	6th	6.7	36:46	44:45	<b>1:21:31.16</b>	8:44.8	25.16	1:21:37.83	53.0%
17	511	Jeff Adams (M39)	14	M30-39	3rd	8.7	36:43	45:18	<b>1:22:00.55</b>	8:47.9	25.31	1:22:09.22	52.3%
18	443	Sue Luck (F44)	4	F40-49	MS	4.4	36:44	45:44	<b>1:22:28.20</b>	8:50.9	25.45	1:22:32.64	59.9%
19	497	Brandon Mejia (M46)	15	M40-49	7th	5.1	37:03	45:29	<b>1:22:31.18</b>	8:51.2	25.47	1:22:36.31	54.9%
20	489	Alejandro Franco (M43)	16	M40-49	8th	3.6	36:47	46:28	<b>1:23:14.40</b>	8:55.8	25.69	1:23:17.98	53.1%
21	412	Ryan Condon (M36)	17	M30-39	4th	12.8	39:37	44:02	<b>1:23:39.33</b>	8:58.5	25.82	1:23:52.13	50.1%
22	498	Kan Meng (M53)	18	M50-59	2nd	7.3	37:03	46:41	<b>1:23:44.02</b>	8:59.0	25.85	1:23:51.35	57.3%
23	458	Steven Pritt (M46)	19	M40-49	9th	7.8	36:41	48:08	<b>1:24:49.40</b>	9:06.0	26.18	1:24:57.17	53.4%
24	463	Sarah Rehwald (F40)	5	F40-49	1st	10.2	39:22	47:06	<b>1:26:27.76</b>	9:16.6	26.68	1:26:37.99	55.4%
25	488	Jorge Escobedo (M28)	20	M20-29	1st	6.3	37:43	48:47	<b>1:26:29.51</b>	9:16.8	26.69	1:26:35.80	47.6%
26	514	Xavier Encerrado (M29)	21	M20-29	2nd	6.3	38:29	49:04	<b>1:27:32.63</b>	9:23.6	27.02	1:27:38.91	47.0%
27	512	Zach Shirley (M28)	22	M20-29	3rd	5.6	39:28	48:20	<b>1:27:48.39</b>	9:25.2	27.10	1:27:54.03	46.9%
28	500	Jimmy Ouyang (M36)	23	M30-39	5th	10.1	40:01	48:48	<b>1:28:48.89</b>	9:31.7	27.41	1:28:59.03	47.2%
29	422	Nick Garcia (M37)	24	M30-39	6th	1.9	38:19	50:56	<b>1:29:14.24</b>	9:34.5	27.54	1:29:16.16	47.3%
30	469	Adrienne Rustin (F39)	6	F30-39	1st	14.0	42:05	47:38	<b>1:29:42.90</b>	9:37.5	27.69	1:29:56.85	53.0%
31	432	Andrea Hudson Baldwin (F5	7	F50-59	1st	10.0	41:02	49:02	<b>1:30:04.35</b>	9:39.8	27.80	1:30:14.32	<b>66.0%</b>
32	435	Gary Kemp (M31)	25	M30-39	7th	9.1	41:31	49:14	<b>1:30:45.69</b>	9:44.3	28.01	1:30:54.77	45.4%
33	423	Kristin Giddens (F35)	8	F30-39	2nd	11.2	41:48	49:07	<b>1:30:55.67</b>	9:45.3	28.06	1:31:06.88	51.3%
34	429	Jim Higgins (M58)	26	M50-59	3rd	13.7	41:56	49:46	<b>1:31:41.61</b>	9:50.3	28.30	1:31:55.30	54.7%
35	421	James Frazer (M48)	27	M40-49	10th	12.6	41:49	50:15	<b>1:32:03.66</b>	9:52.6	28.41	1:32:16.28	50.0%
36	413	Sean Cook (M41)	28	M40-49	11th	13.1	44:05	48:24	<b>1:32:28.60</b>	9:55.3	28.54	1:32:41.71	47.1%
37	506	Kevin Walker (M39)	29	M30-39	8th	12.2	41:48	51:05	<b>1:32:53.07</b>	9:57.9	28.67	1:33:05.22	46.1%
38	415	Brittney Dellinger (F45)	9	F40-49	2nd	15.0	42:29	50:53	<b>1:33:22.10</b>	10:01.0	28.82	1:33:37.13	53.4%
39	454	Mackenzie Payne (F18)	10	F<20	1st	5.7	39:23	54:59	<b>1:34:21.57</b>	10:07.4	29.12	1:34:27.25	49.6%
40	485	Raul Cardenas (M40)	30	M40-49	12th	8.8	41:47	52:40	<b>1:34:26.51</b>	10:08.0	29.15	1:34:35.29	45.7%
41	448	Simon Miller (M33)	31	M30-39	9th	6.5	39:28	55:01	<b>1:34:29.43</b>	10:08.3	29.16	1:34:35.91	43.8%
42	411	Henry Cojulun (M45)	32	M40-49	13th	18.3	44:02	50:31	<b>1:34:32.84</b>	10:08.6	29.18	1:34:51.18	47.5%
43	491	Mike Hodson (M44)	33	M40-49	14th	4.8	42:20	52:22	<b>1:34:42.22</b>	10:09.6	29.23	1:34:47.00	47.1%

GD Place among Females

## Frisco Trail Race

Saturday, June 15, 2019

NW Community DORBA Trail, Frisco, TX

76F PCloudy 55% H16mphS

5K Off :8:00 / 10K Off :7:15 / 15K Off :6:45 am

44	418	Katie Durst (F34)	11	F30-39	3rd	9.5	42:13	52:35	<b>1:34:48.19</b>	10:10.3	29.26	1:34:57.65	49.1%
45	438	Tim Leeth (M43)	34	M40-49	15th	11.5	44:46	52:07	<b>1:36:52.91</b>	10:23.7	29.90	1:37:04.45	45.6%
46	479	Laurie Weldon (F59)	12	F50-59	2nd	16.5	44:47	52:51	<b>1:37:37.84</b>	10:28.5	30.13	1:37:54.39	<b>60.9%</b>
47	484	Cathy Young (F52)	13	F50-59	3rd	20.6	45:39	52:18	<b>1:37:56.94</b>	10:30.5	30.23	1:38:17.54	55.3%
48	426	Christopher Haigh (M48)	35	M40-49	16th	13.5	41:45	56:58	<b>1:38:43.44</b>	10:35.5	30.47	1:38:56.94	46.6%
49	445	Arieall McCrory (F30)	14	F30-39	4th	13.6	45:30	53:39	<b>1:39:09.20</b>	10:38.3	30.60	1:39:22.75	46.6%
50	451	Timothy Nguyen (M36)	36	M30-39	10th	7.9	44:46	55:58	<b>1:40:43.25</b>	10:48.4	31.09	1:40:51.14	41.6%
51	467	Rebekah Roberts (F31)	15	F30-39	5th	13.9	45:30	55:44	<b>1:41:13.88</b>	10:51.7	31.24	1:41:27.78	45.7%
52	464	Dan Reinheimer (M53)	37	M50-59	4th	19.4	46:44	54:34	<b>1:41:17.87</b>	10:52.1	31.26	1:41:37.23	47.4%
53	475	Misty Spivey (F52)	16	F50-59	4th	15.5	43:56	57:28	<b>1:41:24.24</b>	10:52.8	31.30	1:41:39.74	53.4%
54	459	Beck Pryor (F31)	17	F30-39	6th	19.6	45:37	56:02	<b>1:41:39.50</b>	10:54.4	31.38	1:41:59.06	45.5%
55	436	John Kitchens (M42)	38	M40-49	17th	21.4	44:51	57:04	<b>1:41:54.87</b>	10:56.1	31.45	1:42:16.22	43.0%
56	456	Bobby Plate (M53)	39	M50-59	5th	14.5	44:26	57:37	<b>1:42:03.59</b>	10:57.0	31.50	1:42:18.07	47.0%
57	462	Anu Rao (F51)	18	F50-59	5th	20.6	47:48	54:27	<b>1:42:15.17</b>	10:58.2	31.56	1:42:35.73	52.3%
58	483	Eileen Wright (F44)	19	F40-49	3rd	14.7	45:30	57:18	<b>1:42:48.29</b>	11:01.8	31.73	1:43:03.00	48.0%
59	414	Jon Cotton (M45)	40	M40-49	18th	10.4	47:46	55:45	<b>1:43:30.31</b>	11:06.3	31.95	1:43:40.72	43.4%
60	478	Jay Tjernlund (M37)	41	M30-39	11th	2.6	44:27	59:53	<b>1:44:19.60</b>	11:11.6	32.20	1:44:22.18	40.5%
61	449	Micaiah Mitchell-Ponce (F23)	20	F20-29	1st	18.9	45:40	58:56	<b>1:44:35.92</b>	11:13.3	32.28	1:44:54.77	44.2%
62	499	Tim Montano (M53)	42	M50-59	6th	17.3	47:48	59:42	<b>1:47:29.74</b>	11:32.0	33.18	1:47:46.99	44.6%
63	405	Charlotte Bates (F38)	21	F30-39	7th	15.6	45:58	61:58	<b>1:47:56.11</b>	11:34.8	33.31	1:48:11.74	43.8%
64	466	Pete Rickard (M45)	43	M40-49	19th	12.0	46:42	61:19	<b>1:48:01.00</b>	11:35.3	33.34	1:48:13.04	41.6%
65	439	Magan Lersch (F35)	22	F30-39	8th	21.1	45:25	62:39	<b>1:48:03.73</b>	11:35.6	33.35	1:48:24.83	43.2%
66	402	Jessie Anderson (M38)	44	M30-39	12th	17.5	47:48	60:21	<b>1:48:08.58</b>	11:36.2	33.38	1:48:26.07	39.3%
67	460	Amber Quaranta-Leech (F36)	23	F30-39	9th	25.4	48:59	60:17	<b>1:49:15.76</b>	11:43.4	33.72	1:49:41.14	42.9%
68	440	Sarah Loch-Test (F34)	24	F30-39	10th	15.6	49:25	60:09	<b>1:49:34.00</b>	11:45.3	33.82	1:49:49.58	42.5%
69	444	Alyson Malan (F29)	25	F20-29	2nd	22.5	49:10	61:34	<b>1:50:43.99</b>	11:52.8	34.17	1:51:06.48	41.7%
70	452	Josie Noyola (M40)	45	M40-49	20th	21.6	47:32	63:54	<b>1:51:26.19</b>	11:57.4	34.40	1:51:47.83	38.8%
71	431	Richard Horton II (M48)	46	M40-49	21th	26.0	49:01	64:15	<b>1:53:16.57</b>	12:09.2	34.96	1:53:42.58	40.6%
72	417	Jennifer Duffey (F42)	26	F40-49	4th	18.6	52:24	61:05	<b>1:53:29.62</b>	12:10.6	35.03	1:53:48.17	42.8%
73	461	Lisalynne Quinn (F52)	27	F50-59	6th	13.4	51:18	62:19	<b>1:53:36.55</b>	12:11.3	35.06	1:53:49.92	47.7%
74	507	Mark Wygant (M64)	47	M60-69	1st	22.6	49:43	64:05	<b>1:53:48.16</b>	12:12.6	35.13	1:54:10.72	46.5%
75	474	Dan Shields (M43)	48	M40-49	22th	31.3	49:40	64:23	<b>1:54:03.13</b>	12:14.2	35.20	1:54:34.38	38.8%
76	408	John Breen (M53)	49	M50-59	7th	22.6	49:21	64:44	<b>1:54:04.40</b>	12:14.3	35.21	1:54:26.99	42.1%
77	407	Robin Black (F48)	28	F40-49	5th	20.2	51:55	62:56	<b>1:54:51.03</b>	12:19.3	35.45	1:55:11.25	44.9%
78	401	Rochelle Aguilera (F42)	29	F40-49	6th	12.6	51:34	64:05	<b>1:55:38.24</b>	12:24.4	35.69	1:55:50.85	42.0%
79	510	Alex Vasquez (M39)	50	M30-39	13th	18.0	51:43	64:01	<b>1:55:43.45</b>	12:25.0	35.72	1:56:01.42	37.0%
80	450	Kiley Muller (F40)	30	F40-49	7th	12.3	51:35	64:14	<b>1:55:48.31</b>	12:25.5	35.74	1:56:00.63	41.3%
81	419	Richard Edwards (M52)	51	M50-59	8th	25.7	49:04	66:51	<b>1:55:55.38</b>	12:26.2	35.78	1:56:21.09	41.0%
82	434	Kristin Kania (F33)	31	F30-39	11th	29.7	58:27	58:11	<b>1:56:38.06</b>	12:30.8	36.00	1:57:07.71	39.8%
83	457	Alex Press (M32)	52	M30-39	14th	30.1	58:27	58:12	<b>1:56:38.17</b>	12:30.8	36.00	1:57:08.29	35.4%
84	442	Troy Lott (M55)	53	M50-59	9th	21.9	53:33	63:21	<b>1:56:53.70</b>	12:32.5	36.08	1:57:15.57	41.8%
85	410	David Coburn (M59)	54	M50-59	10th	13.5	52:07	66:59	<b>1:59:06.56</b>	12:46.8	36.76	1:59:20.09	42.5%
86	481	Rachel Williams (F38)	32	F30-39	12th	9.2	54:27	65:42	<b>2:00:08.42</b>	12:53.4	37.08	2:00:17.59	39.4%
87	446	Kari McMeekan (F30)	33	F30-39	13th	17.0	59:49	60:21	<b>2:00:09.69</b>	12:53.5	37.09	2:00:26.65	38.5%
88	492	Paige Hodson (F42)	34	F40-49	8th	19.2	52:37	68:21	<b>2:00:58.02</b>	12:58.7	37.34	2:01:17.25	40.1%
89	424	Nadia Guevara (F42)	35	F40-49	9th	21.5	55:41	66:15	<b>2:01:56.38</b>	13:05.0	37.64	2:02:17.87	39.8%

GD Place among Females

Timing provided by:



DeltaViewTiming.com

**Frisco Trail Race**

Saturday, June 15, 2019

NW Community DORBA Trail, Frisco, TX

76F PCloudy 55%H16mphS

5K Off :8:00 / 10K Off :7:15 / 15K Off :6:45 am

90	470	Dominic Saleh (M49)	55	M40-49	23 <sup>th</sup>	16.4	54:48	68:00	<b>2:02:47.75</b>	13:10.5	37.90	2:03:04.13	37.8%
91	455	Chris Pittman (M34)	56	M30-39	15 <sup>th</sup>	19.9	49:01	73:47	<b>2:02:48.39</b>	13:10.6	37.90	2:03:08.29	33.8%
92	468	Carolann Rosso (F32)	<b>36</b>	F30-39	14 <sup>th</sup>	24.5	52:37	70:13	<b>2:02:49.53</b>	13:10.7	37.91	2:03:13.99	37.7%
93	453	Katherine Oslin (F30)	<b>37</b>	F30-39	15 <sup>th</sup>	16.2	54:47	68:03	<b>2:02:50.47</b>	13:10.8	37.91	2:03:06.72	37.6%
94	477	Lori Thornton (F46)	<b>38</b>	F40-49	10 <sup>th</sup>	15.6	52:26	70:32	<b>2:02:57.85</b>	13:11.6	37.95	2:03:13.49	41.0%
95	427	Jennifer Haigh (F49)	<b>39</b>	F40-49	11 <sup>th</sup>	14.9	52:48	70:31	<b>2:03:18.90</b>	13:13.8	38.06	2:03:33.81	42.3%
96	480	Melissa White (F42)	<b>40</b>	F40-49	12 <sup>th</sup>	9.6	54:27	69:02	<b>2:03:28.69</b>	13:14.9	38.11	2:03:38.29	39.3%
97	487	Darnell Durrah (M38)	57	M30-39	16 <sup>th</sup>	22.1	52:19	71:10	<b>2:03:29.28</b>	13:14.9	38.11	2:03:51.33	34.4%
98	513	Florence Brunzawabaya (F3)	<b>41</b>	F30-39	16 <sup>th</sup>	23.1	57:40	66:31	<b>2:04:10.37</b>	13:19.3	38.33	2:04:33.45	37.7%
99	430	Gary Holderby (M57)	58	M50-59	11 <sup>th</sup>	20.3	55:40	68:48	<b>2:04:28.06</b>	13:21.2	38.42	2:04:48.39	39.9%
100	496	Benjamin Mcintosh (M56)	59	M50-59	12 <sup>th</sup>	24.6	60:25	76:32	<b>2:16:56.42</b>	14:41.5	42.27	2:17:21.06	36.0%
101	403	Kylar Anderson (F38)	<b>42</b>	F30-39	17 <sup>th</sup>	17.9	58:01	79:27	<b>2:17:28.46</b>	14:45.0	42.43	2:17:46.33	34.4%
102	472	Sally Scheib (F61)	<b>43</b>	F60-69	1 <sup>st</sup>	30.2	61:13	80:56	<b>2:22:08.62</b>	15:15.0	43.87	2:22:38.77	43.1%
103	428	Robert Hearn (M64)	60	M60-69	2 <sup>nd</sup>	24.0	59:53	85:06	<b>2:24:58.34</b>	15:33.2	44.75	2:25:22.39	36.5%
104	433	Dustin Jackson (M43)	61	M40-49	24 <sup>th</sup>	23.8	59:53	85:06	<b>2:24:58.94</b>	15:33.3	44.75	2:25:22.74	30.5%
105	441	Tina Lott (F55)	<b>44</b>	F50-59	7 <sup>th</sup>	24.9	57:04	91:12	<b>2:28:15.31</b>	15:54.4	45.76	2:28:40.26	38.0%
106	471	Gary Scheib (M60)	62	M60-69	3 <sup>rd</sup>	32.3	68:47	81:35	<b>2:30:22.02</b>	16:08.0	46.41	2:30:54.31	33.9%
107	476	Mike Strawn (M48)	63	M40-49	25 <sup>th</sup>	27.9	68:07	93:25	<b>2:41:32.06</b>	17:19.9	49.86	2:42:00.00	28.5%

Average Finish Time: 1:42:56

Average Age Grade: 46.74%