

5K MALE

		38 Runners --- Average Time of 37:09			Avg. Age Grade: 39.9%			Place in	
Name		City	(Age)	@Checkpoint	Chip Time	Pace	Age Grade	OA	GD
OVERALL	1st	<u>Trevin Bolding</u>	Argyle	(25)	08:49	23:29.28	7:33.6	54.9%	1 1
OVERALL	2nd	<u>Jace Jenkins</u>	Midlothian	(44)	09:34	24:45.93	7:58.3	56.8%	2 2
OVERALL	3rd	<u>Jake Downs</u>	Sachse	(38)	10:43	26:51.88	8:38.8	50.1%	4 3
MASTERS	1st	<u>John Reading</u>	Frisco	(51)	10:09	26:55.82	8:40.1	55.2%	5 4
M<20	1	<u>Ashton Batman</u>	Frisco	(15)	10:01	27:35.85	8:53.0	50.4%	6 5
	2	<u>Graham Jenkins</u>	Midlothian	(10)	11:20	30:07.94	9:41.9	52.4%	13 9
	3	<u>Nathan McBroom</u>	Frisco	(14)	12:34	30:40.26	9:52.3	46.3%	15 10
	4	<u>Bram Schalken</u>	Frisco	(17)	12:47	32:48.35	10:33.6	41.2%	26 12
	5	<u>Zach Akin</u>	Frisco	(8)	15:53	41:17.37	13:17.4	41.2%	59 29
M20-29	1	<u>Thomas Hoffman</u>	Addison	(28)	11:13	27:41.89	8:54.9	46.6%	7 6
	2	<u>Byron Weiss</u>	Dallas	(27)	12:56	32:59.03	10:37.0	39.1%	27 13
	3	<u>John Sandoval</u>	Denton	(28)	13:16	34:07.32	10:59.0	37.8%	31 16
	4	<u>Travis Atkinson</u>	Bullard	(26)	12:41	36:01.75	11:35.8	35.8%	39 19
	5	<u>Tyler Walker</u>	Frisco	(28)	13:51	37:51.00	12:11.0	34.1%	44 21
	6	<u>Ajay Govindaraju</u>	Frisco	(28)	16:44	40:54.96	13:10.2	31.5%	57 28
M30-39	1	<u>Ryan Calococci</u>	Denton	(33)	12:33	31:18.99	10:04.8	41.7%	18 11
	2	<u>Ankush Bhatia</u>	McKinney	(35)	14:28	34:40.69	11:09.7	38.0%	34 17
	3	<u>Kellen McJunkins</u>	McKinney	(36)	15:29	38:33.43	12:24.6	34.4%	45 22
	4	<u>Glenn Smith</u>	Crossroads	(33)	16:15	39:50.51	12:49.4	32.8%	50 25
	5	<u>Ryan Manchee</u>	Frisco	(38)	16:21	41:47.44	13:27.1	32.2%	66 30
	6	<u>Scott Foster</u>	Savannah	(36)	16:57	48:02.29	15:27.7	27.6%	81 35
M40-49	1	<u>Hector Olvera</u>	Little Elm	(48)	11:11	28:26.76	9:09.4	51.0%	9 7
	2	<u>Mike Jerome</u>	McKinney	(41)	13:56	35:46.62	11:30.9	38.4%	38 18
	3	<u>Will Kingsbury</u>	Little Elm	(47)	14:59	37:26.83	12:03.2	38.5%	43 20
	4	<u>Daniel Simons</u>	Celina	(46)	14:48	39:00.06	12:33.2	36.6%	47 24
	5	<u>Gary Moore</u>	Gunter	(43)	13:02	40:13.67	12:56.9	34.7%	55 27
	6	<u>Tim Bader</u>	Carrollton	(45)	16:53	44:35.60	14:21.2	31.8%	73 33
	7	<u>Trammel Bonner</u>	Okc, OK	(48)	17:12	53:58.27	17:22.3	26.9%	86 36
M50-59	1	<u>Geoffrey Davis</u>	Frisco	(51)	10:41	29:06.91	9:22.3	51.1%	11 8
	2	<u>Wim Schalken</u>	Frisco	(50)	12:50	32:59.18	10:37.0	44.7%	28 14
	3	<u>David Robinson</u>	Princeton	(57)	12:13	33:19.08	10:43.4	46.9%	29 15
	4	<u>Allan Jacobs</u>	Little Elm	(55)	14:06	38:55.75	12:31.8	39.5%	46 23
	5	<u>Helio Perez</u>	Plano	(53)	16:12	39:50.67	12:49.5	37.9%	51 26
	6	<u>William Short</u>	Frisco	(51)	16:25	42:03.25	13:32.2	35.4%	68 31
	7	<u>Gary Thomas</u>	yukon, OK	(51)	16:27	44:27.15	14:18.5	33.4%	72 32
	8	<u>Ken Gilstrap</u>	The Colony	(55)	22:40	55:58.50	18:01.0	27.5%	87 37
	9	<u>Ernie Shippey</u>	Dallas	(58)	26:39	1:00:10.90	19:22.2	26.2%	91 38
M60-69	1	<u>Tom Brunt</u>	Plano	(62)	19:22	47:00.17	15:07.7	34.7%	79 34



5K FEMALE

		58 Runners --- Average Time of 42:08			Avg. Age Grade: 40.0%			Place in	
Name		City	(Age)	@Checkpoint	Chip Time	Pace	Age Grade	OA	GD
OVERALL	1st	<u>McKenzie Kemp</u>	Dallas	(28)	10:07	25:47.93	8:18.2	57.4%	3 1
OVERALL	2nd	<u>Sarah Hoffman</u>	Addison	(28)	11:14	27:42.30	8:55.0	53.4%	8 2
OVERALL	3rd	<u>Holly Estes</u>	Prosper	(42)	11:18	28:48.63	9:16.4	54.0%	10 3
MASTERS	1st	<u>Kathey Carreiro</u>	Carrollton	(52)	12:42	30:45.31	9:53.9	56.4%	16 6
F<20	1	<u>Savannah Batman</u>	Frisco	(19)	12:35	33:56.31	10:55.4	43.8%	30 15
	2	<u>Addisyn Shippey</u>	Dallas	(9)	26:56	1:00:03.83	19:20.0	29.2%	90 53
	3	<u>Alyssa Kizer</u>	Flower Mound	(15)	29:37	1:16:05.23	24:29.4	20.4%	95 57
F20-29	1	<u>Gabby Avila</u>	Spring	(28)	12:25	31:47.15	10:13.9	46.6%	23 12
	2	<u>Katie Edwards</u>	Dallas	(28)	12:33	32:27.33	10:26.8	45.6%	25 14
	3	<u>Elizabeth Sandoval</u>	Denton	(29)	13:14	34:10.51	10:60.0	43.3%	32 16
	4	Caitlin Studley	Plano	(29)	13:54	34:52.11	11:13.4	42.4%	35 18
	5	Heather Gamble	McKinney	(28)	13:35	40:12.86	12:56.6	36.8%	54 28
	6	Miriam Supponen	Plano	(29)	15:39	41:22.06	13:18.9	35.8%	62 33
	7	Lindsay Forrister	Dallas	(24)	16:21	42:25.48	13:39.3	34.9%	69 38
	8	Frances La Rue	Anna	(29)	17:04	45:18.70	14:35.1	32.7%	74 41
	9	Emily Barrett	Allen	(27)	17:04	45:18.96	14:35.2	32.7%	75 42
	10	Kavana udayakumar	Frisco	(28)	18:57	48:19.82	15:33.4	30.6%	82 47
	11	Anna Wygant	Wylie	(21)	26:46	1:04:39.84	20:48.8	22.9%	94 56
F30-39	1	<u>Jessica Messett</u>	Flower Mound	(38)	12:09	29:30.96	9:30.0	51.3%	12 4
	2	<u>Casey Vollmer</u>	Anna	(31)	12:35	30:37.48	9:51.4	48.4%	14 5
	3	<u>Jackie Davies</u>	Dallas	(34)	12:37	31:18.91	10:04.8	47.6%	17 7
	4	Angie Barrientos	Lewisville	(38)	12:39	31:21.43	10:05.6	48.3%	20 9
	5	Kara Davis	Dallas	(37)	12:34	31:22.64	10:06.0	48.1%	21 10
	6	Lisa Manchee	Frisco	(38)	12:29	31:37.55	10:10.8	47.9%	22 11
	7	Jennifer Collier	Rowlett	(36)	14:06	35:36.63	11:27.7	42.2%	37 20
	8	Jessica Atkinson	Bullard	(30)	12:52	36:02.64	11:36.1	41.1%	40 21
	9	Ashley Kay	Plano	(33)	14:07	39:32.98	12:43.8	37.6%	49 25
	10	Kristy McLocklin	Garland	(33)	14:12	40:04.40	12:53.9	37.1%	52 26
	11	Rachel Akin	Frisco	(38)	15:53	41:17.91	13:17.6	36.7%	60 31
	12	Catie Patterson	Frisco	(31)	15:08	41:20.44	13:18.4	35.8%	61 32
	13	Kristen Warner	Plano	(39)	16:55	41:32.66	13:22.3	36.7%	65 36
	14	Josefina Louis	Dallas	(30)	17:48	43:42.25	14:04.0	33.9%	70 39
	15	Kryssi Dehn Contreras	The Colony	(39)	18:06	46:38.04	15:00.6	32.7%	77 44
	16	Puja Kaushal	Plano	(33)	18:17	49:05.16	15:48.0	30.3%	83 48
	17	Shannon Caffee	Dallas	(34)	18:14	49:34.88	15:57.5	30.1%	84 49
	18	Veronica Garza	Fort Worth	(37)	19:08	56:23.66	18:09.1	26.7%	88 51



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

F40-49	<u>1</u>	<u>Heidi Knowles</u>	Frisco (49)	12:39	31:21.13	10:05.5	53.3%	19	8
	<u>2</u>	<u>Nadege Dorbath</u>	Plano (47)	13:55	32:22.60	10:25.3	50.4%	24	13
	<u>3</u>	<u>Elizabeth McBroom</u>	Frisco (46)	13:38	34:14.63	11:01.3	47.1%	33	17
	4	Rhea Steele	Arlington, VA (40)	13:53	35:03.78	11:17.1	43.7%	36	19
	5	Bethani Brummett	Yukon, OK (46)	14:29	36:58.97	11:54.2	43.6%	41	22
	6	Laura Wynn	Frisco (48)	15:30	39:16.89	12:38.6	42.0%	48	24
	7	Sandra Trevino	Aubrey (42)	14:37	40:06.12	12:54.5	38.8%	53	27
	8	Karen Payne	McKinney (49)	15:31	40:31.19	13:02.5	41.2%	56	29
	9	Holly Bass	Plano (41)	16:17	41:13.50	13:16.1	37.4%	58	30
	10	Melissa Kunz	Allen (49)	19:42	52:57.00	17:02.6	31.6%	85	50
	11	Susan Gilstrap	The Colony (44)	22:37	56:29.66	18:11.0	28.0%	89	52
	12	Missy Sanchez	Frisco (40)	26:28	1:04:32.52	20:46.4	23.8%	92	54
	13	Autumn Kizer	Flower Mound (49)	29:38	1:16:07.93	24:30.3	22.0%	96	58
F50-59	<u>1</u>	<u>Cindy Blagburn</u>	Celina (54)	14:09	37:01.42	11:55.0	48.1%	42	23
	<u>2</u>	<u>Shannon Lowe</u>	Murphy (50)	16:53	41:30.51	13:21.6	40.8%	63	34
	<u>3</u>	<u>Julia Kappel</u>	Oak Point (54)	16:54	41:30.97	13:21.8	42.9%	64	35
	4	Allene Cashmore	Dallas (55)	17:47	46:24.08	14:56.1	38.9%	76	43
	5	Karen Holderby	Allen (53)	17:56	46:54.62	15:05.9	37.5%	78	45
F60-69	<u>1</u>	<u>Brenee Davies</u>	Garland (60)	15:36	41:54.52	13:29.3	46.1%	67	37
	<u>2</u>	<u>Lynda Tilley</u>	Frisco (69)	16:48	43:46.69	14:05.5	50.6%	71	40
	<u>3</u>	<u>Ann Cervantez</u>	Frisco (67)	17:47	47:45.39	15:22.3	45.0%	80	46
	4	Kathy Mixson	Melissa (69)	26:23	1:04:32.76	20:46.5	34.3%	93	55



Order of Finish

5K	Bib Name	GD	AgeGrp	AG	Start				Net Chip Time	Pace	5KEq	Clock Time	AgeGD
1	276	Trevin Bolding (M25)	1	M20-29	OA	1.9	8:49	14:41	23:29.28	7:33.6	23.48	23:31.13	54.9%
2	236	Jace Jenkins (M44)	2	M40-49	O2	3.7	9:34	15:12	24:45.93	7:58.3	24.75	24:49.63	56.8%
3	239	McKenzie Kemp (F28)	1	F20-29	OA	3.5	10:07	15:41	25:47.93	8:18.2	25.78	25:51.41	57.4%
4	223	Jake Downs (M38)	3	M30-39	O3	4.7	10:43	16:09	26:51.88	8:38.8	26.85	26:56.57	50.1%
5	304	John Reading (M51)	4	M50-59	MS	5.6	10:09	16:47	26:55.82	8:40.1	26.92	27:01.39	55.2%
6	209	Ashton Batman (M15)	5	M<20	1st	1.8	10:01	17:35	27:35.85	8:53.0	27.58	27:37.63	50.4%
7	232	Thomas Hoffman (M28)	6	M20-29	1st	2.3	11:13	16:29	27:41.89	8:54.9	27.68	27:44.14	46.6%
8	231	Sarah Hoffman (F28)	2	F20-29	O2	1.7	11:14	16:28	27:42.30	8:55.0	27.70	27:44.01	53.4%
9	256	Hector Olvera (M48)	7	M40-49	1st	2.9	11:11	17:16	28:26.76	9:09.4	28.43	28:29.66	51.0%
10	282	Holly Estes (F42)	3	F40-49	O3	5.6	11:18	17:31	28:48.63	9:16.4	28.80	28:54.19	54.0%
11	305	Geoffrey Davis (M51)	8	M50-59	1st	2.8	10:41	18:26	29:06.91	9:22.3	29.10	29:09.71	51.1%
12	287	Jessica Messett (F38)	4	F30-39	1st	9.4	12:09	17:22	29:30.96	9:30.0	29.50	29:40.35	51.3%
13	235	Graham Jenkins (M10)	9	M<20	2nd	4.2	11:20	18:48	30:07.94	9:41.9	30.12	30:12.18	52.4%
14	298	Casey Vollmer (F31)	5	F30-39	2nd	11.0	12:35	18:03	30:37.48	9:51.4	30.62	30:48.45	48.4%
15	251	Nathan McBroom (M14)	10	M<20	3rd	7.3	12:34	18:06	30:40.26	9:52.3	30.67	30:47.53	46.3%
16	279	Kathey Carreiro (F52)	6	F50-59	MS	12.4	12:42	18:03	30:45.31	9:53.9	30.75	30:57.75	56.4%
17	219	Jackie Davies (F34)	7	F30-39	3rd	10.7	12:37	18:42	31:18.91	10:04.8	31.30	31:29.60	47.6%
18	214	Ryan Calococci (M33)	11	M30-39	1st	8.9	12:33	18:46	31:18.99	10:04.8	31.30	31:27.86	41.7%
19	302	Heidi Knowles (F49)	8	F40-49	1st	5.9	12:39	18:42	31:21.13	10:05.5	31.35	31:27.04	53.3%
20	275	Angie Barrientos (F38)	9	F30-39	4th	7.9	12:39	18:43	31:21.43	10:05.6	31.35	31:29.38	48.3%
21	220	Kara Davis (F37)	10	F30-39	5th	8.6	12:34	18:48	31:22.64	10:06.0	31.37	31:31.20	48.1%
22	248	Lisa Manchee (F38)	11	F30-39	6th	8.2	12:29	19:09	31:37.55	10:10.8	31.62	31:45.77	47.9%
23	205	Gabby Avila (F28)	12	F20-29	1st	6.6	12:25	19:22	31:47.15	10:13.9	31.78	31:53.71	46.6%
24	222	Nadege Dorbath (F47)	13	F40-49	2nd	13.6	13:55	18:27	32:22.60	10:25.3	32.37	32:36.19	50.4%
25	224	Katie Edwards (F28)	14	F20-29	2nd	8.7	12:33	19:54	32:27.33	10:26.8	32.45	32:36.05	45.6%
26	291	Bram Schalken (M17)	12	M<20	4th	3.7	12:47	20:01	32:48.35	10:33.6	32.80	32:52.01	41.2%
27	300	Byron Weiss (M27)	13	M20-29	2nd	14.7	12:56	20:03	32:59.03	10:37.0	32.98	33:13.76	39.1%
28	292	Wim Schalken (M50)	14	M50-59	2nd	4.3	12:50	20:09	32:59.18	10:37.0	32.98	33:03.47	44.7%
29	262	David Robinson (M57)	15	M50-59	3rd	12.1	12:13	21:06	33:19.08	10:43.4	33.32	33:31.17	46.9%
30	210	Savannah Batman (F19)	15	F<20	1st	5.3	12:35	21:21	33:56.31	10:55.4	33.93	34:01.61	43.8%
31	290	John Sandoval (M28)	16	M20-29	3rd	18.3	13:16	20:51	34:07.32	10:59.0	34.12	34:25.67	37.8%
32	289	Elizabeth Sandoval (F29)	16	F20-29	3rd	18.4	13:14	20:56	34:10.51	10:60.0	34.17	34:28.93	43.3%
33	250	Elizabeth McBroom (F46)	17	F40-49	3rd	7.9	13:38	20:36	34:14.63	11:01.3	34.23	34:22.53	47.1%
34	273	Ankush Bhatia (M35)	17	M30-39	2nd	14.7	14:28	20:13	34:40.69	11:09.7	34.67	34:55.40	38.0%
35	266	Caitlin Studley (F29)	18	F20-29	4th	19.7	13:54	20:58	34:52.11	11:13.4	34.87	35:11.81	42.4%
36	265	Rhea Steele (F40)	19	F40-49	4th	13.9	13:53	21:11	35:03.78	11:17.1	35.05	35:17.72	43.7%
37	215	Jennifer Collier (F36)	20	F30-39	7th	14.7	14:06	21:31	35:36.63	11:27.7	35.60	35:51.38	42.2%
38	237	Mike Jerome (M41)	18	M40-49	2nd	12.3	13:56	21:50	35:46.62	11:30.9	35.77	35:58.95	38.4%
39	204	Travis Atkinson (M26)	19	M20-29	4th	11.8	12:41	23:21	36:01.75	11:35.8	36.02	36:13.51	35.8%
40	203	Jessica Atkinson (F30)	21	F30-39	8th	11.4	12:52	23:11	36:02.64	11:36.1	36.03	36:14.03	41.1%
41	278	Bethani Brummett (F46)	22	F40-49	5th	28.8	14:29	22:30	36:58.97	11:54.2	36.97	37:27.81	43.6%
42	211	Cindy Blagburn (F54)	23	F50-59	1st	10.3	14:09	22:53	37:01.42	11:55.0	37.02	37:11.75	48.1%
43	240	Will Kingsbury (M47)	20	M40-49	3rd	18.7	14:59	22:28	37:26.83	12:03.2	37.43	37:45.49	38.5%

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

44	270	Tyler Walker (M28)	21	M20-29	5th	19.8	13:51	24:00	37:51.00	12:11.0	37.85	38:10.77	34.1%
45	252	Kellen McJunkins (M36)	22	M30-39	3rd	17.9	15:29	23:05	38:33.43	12:24.6	38.55	38:51.31	34.4%
46	284	Allan Jacobs (M55)	23	M50-59	4th	15.8	14:06	24:50	38:55.75	12:31.8	38.92	39:11.59	39.5%
47	263	Daniel Simons (M46)	24	M40-49	4th	12.3	14:48	24:12	39:00.06	12:33.2	39.00	39:12.33	36.6%
48	271	Laura Wynn (F48)	24	F40-49	6th	20.3	15:30	23:47	39:16.89	12:38.6	39.27	39:37.23	42.0%
49	238	Ashley Kay (F33)	25	F30-39	9th	17.8	14:07	25:26	39:32.98	12:43.8	39.53	39:50.77	37.6%
50	264	Glenn Smith (M33)	25	M30-39	4th	40.4	16:15	23:35	39:50.51	12:49.4	39.83	40:30.87	32.8%
51	260	Helio Perez (M53)	26	M50-59	5th	42.1	16:12	23:38	39:50.67	12:49.5	39.83	40:32.80	37.9%
52	286	Kristy McLocklin (F33)	26	F30-39	10th	11.7	14:12	25:52	40:04.40	12:53.9	40.07	40:16.08	37.1%
53	269	Sandra Trevino (F42)	27	F40-49	7th	10.1	14:37	25:29	40:06.12	12:54.5	40.10	40:16.22	38.8%
54	227	Heather Gamble (F28)	27	F20-29	5th	6.6	13:35	26:38	40:12.86	12:56.6	40.20	40:19.43	36.8%
55	255	Gary Moore (M43)	27	M40-49	5th	6.9	13:02	27:11	40:13.67	12:56.9	40.22	40:20.60	34.7%
56	259	Karen Payne (F49)	28	F40-49	8th	13.9	15:31	25:01	40:31.19	13:02.5	40.52	40:45.12	41.2%
57	283	Ajay Govindaraju (M28)	28	M20-29	6th	13.4	16:44	24:11	40:54.96	13:10.2	40.90	41:08.37	31.5%
58	207	Holly Bass (F41)	29	F40-49	9th	16.3	16:17	24:56	41:13.50	13:16.1	41.22	41:29.76	37.4%
59	202	Zach Akin (M8)	29	M<20	5th	16.7	15:53	25:24	41:17.37	13:17.4	41.28	41:34.03	41.2%
60	201	Rachel Akin (F38)	30	F30-39	11th	16.7	15:53	25:25	41:17.91	13:17.6	41.28	41:34.62	36.7%
61	257	Catie Patterson (F31)	30	F30-39	12th	17.3	15:08	26:12	41:20.44	13:18.4	41.33	41:37.76	35.8%
62	296	Miriam Supponen (F29)	31	F20-29	6th	13.3	15:39	25:43	41:22.06	13:18.9	41.37	41:35.32	35.8%
63	247	Shannon Lowe (F50)	31	F50-59	2nd	24.9	16:53	24:38	41:30.51	13:21.6	41.50	41:55.46	40.8%
64	285	Julia Kappel (F54)	31	F50-59	3rd	26.7	16:54	24:37	41:30.97	13:21.8	41.50	41:57.68	42.9%
65	299	Kristen Warner (F39)	31	F30-39	13th	26.2	16:55	24:38	41:32.66	13:22.3	41.53	41:58.86	36.7%
66	249	Ryan Manchee (M38)	32	M30-39	5th	31.5	16:21	25:26	41:47.44	13:27.1	41.78	42:18.89	32.2%
67	218	Brenee Davies (F60)	32	F60-69	1st	23.8	15:36	26:19	41:54.52	13:29.3	41.90	42:18.33	46.1%
68	295	William Short (M51)	32	M50-59	6th	27.7	16:25	25:39	42:03.25	13:32.2	42.05	42:30.94	35.4%
69	225	Lindsay Forrister (F24)	32	F20-29	7th	20.5	16:21	26:05	42:25.48	13:39.3	42.42	42:45.97	34.9%
70	246	Josefina Louis (F30)	33	F30-39	14th	31.0	17:48	25:54	43:42.25	14:04.0	43.70	44:13.27	33.9%
71	268	Lynda Tilley (F69)	33	F60-69	2nd	25.1	16:48	26:59	43:46.69	14:05.5	43.77	44:11.83	50.6%
72	267	Gary Thomas (M51)	33	M50-59	7th	28.6	16:27	28:00	44:27.15	14:18.5	44.45	44:55.77	33.4%
73	274	Tim Bader (M45)	33	M40-49	6th	16.1	16:53	27:43	44:35.60	14:21.2	44.58	44:51.65	31.8%
74	244	Frances La Rue (F29)	34	F20-29	8th	34.3	17:04	28:15	45:18.70	14:35.1	45.30	45:53.01	32.7%
75	206	Emily Barrett (F27)	34	F20-29	9th	34.7	17:04	28:15	45:18.96	14:35.2	45.30	45:53.67	32.7%
76	280	Allene Cashmore (F55)	34	F50-59	4th	26.7	17:47	28:38	46:24.08	14:56.1	46.40	46:50.81	38.9%
77	221	Kryssi Dehn Contreras (F39)	35	F30-39	15th	21.9	18:06	28:32	46:38.04	15:00.6	46.63	46:59.98	32.7%
78	233	Karen Holderby (F53)	35	F50-59	5th	38.1	17:56	28:59	46:54.62	15:05.9	46.90	47:32.73	37.5%
79	212	Tom Brunt (M62)	35	M60-69	1st	34.3	19:22	27:38	47:00.17	15:07.7	47.00	47:34.52	34.7%
80	281	Ann Cervantez (F67)	35	F60-69	3rd	21.0	17:47	29:58	47:45.39	15:22.3	47.75	48:06.40	45.0%
81	226	Scott Foster (M36)	35	M30-39	6th	19.4	16:57	31:05	48:02.29	15:27.7	48.03	48:21.65	27.6%
82	297	Kavana udayakumar (F28)	36	F20-29	10th	13.0	18:57	29:23	48:19.82	15:33.4	48.32	48:32.85	30.6%
83	303	Puja Kaushal (F33)	36	F30-39	16th	14.5	18:17	30:48	49:05.16	15:48.0	49.08	49:19.67	30.3%
84	213	Shannon Caffee (F34)	36	F30-39	17th	22.2	18:14	31:21	49:34.88	15:57.5	49.57	49:57.11	30.1%
85	243	Melissa Kunz (F49)	36	F40-49	10th	25.4	19:42	33:15	52:57.00	17:02.6	52.95	53:22.43	31.6%
86	277	Trammel Bonner (M48)	36	M40-49	7th	19.8	17:12	36:46	53:58.27	17:22.3	53.97	54:18.03	26.9%
87	229	Ken Gilstrap (M55)	37	M50-59	8th	28.4	22:40	33:18	55:58.50	18:01.0	55.97	56:26.90	27.5%
88	228	Veronica Garza (F37)	37	F30-39	18th	31.6	19:08	37:15	56:23.66	18:09.1	56.38	56:55.27	26.7%

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

89	230	Susan Gilstrap (F44)	52	F40-49	11 th	29.2	22:37	33:52	56:29.66	18:11.0	56.48	56:58.82	28.0%
90	293	Addisyn Shippey (F9)	53	F<20	2 nd	17.1	26:56	33:08	1:00:03.83	19:20.0	60.05	1:00:20.91	29.2%
91	294	Ernie Shippey (M58)	38	M50-59	9 th	18.2	26:39	33:32	1:00:10.90	19:22.2	60.17	1:00:29.07	26.2%
92	288	Missy Sanchez (F40)	54	F40-49	12 th	36.7	26:28	38:05	1:04:32.52	20:46.4	64.53	1:05:09.25	23.8%
93	253	Kathy Mixson (F69)	55	F60-69	4 th	39.3	26:23	38:09	1:04:32.76	20:46.5	64.53	1:05:12.10	34.3%
94	301	Anna Wygant (F21)	56	F20-29	11 th	21.6	26:46	37:54	1:04:39.84	20:48.8	64.65	1:05:01.49	22.9%
95	241	Alyssa Kizer (F15)	57	F<20	3 rd	37.8	29:37	46:29	1:16:05.23	24:29.4	76.08	1:16:43.05	20.4%
96	242	Autumn Kizer (F49)	58	F40-49	13 th	37.1	29:38	46:30	1:16:07.93	24:30.3	76.12	1:16:45.06	22.0%

Average Finish Time: **0:40:09**Average Age Grade: **39.93%**