

## 10K MALE

		47 Runners --- Average Time of 0:58:45		Avg. Age Grade: 51.0%		Place in			
	Name	City	(Age)	@Checkpoint	Chip Time	Pace	Age Grade	OA	GD
OVERALL	1st	<u>Judah Alexander-Macias</u>	Frisco	(13)	29:05	41:29.41	6:40.6	72.8%	1 1
OVERALL	2nd	<u>Steven Cassidy</u>	The Woodlands	(34)	29:02	41:29.66	6:40.7	65.8%	2 2
OVERALL	3rd	<u>Harrison Phillips</u>	Frisco	(19)	29:37	43:09.02	6:56.7	63.6%	3 3
MASTERS	1st	<u>Jonathan Kent-Uritam</u>	Frisco	(40)	32:39	47:40.43	7:40.3	59.6%	6 6
M20-29	1	<u>Daniel Miller</u>	Fort Worth	(26)	30:36	44:12.64	7:06.9	60.7%	4 4
	2	<u>Gregory Couvreur</u>	Dallas	(28)	35:10	50:56.58	8:11.9	52.7%	16 15
	3	<u>Pat Silver</u>	Plano	(28)	35:26	51:14.33	8:14.8	52.4%	17 16
	4	Levi Muniz	Commerce	(25)	43:00	1:01:31.00	9:54.0	43.6%	37 32
	5	Hector Escobedo	McKinney,	(27)	45:46	1:03:32.75	10:13.6	42.3%	41 34
	6	Robert Burton	fort worth	(23)	46:41	1:07:20.01	10:50.2	39.9%	44 35
	7	Jacob Muggeridge	Nacogdoches	(23)	48:02	1:08:36.08	11:02.4	39.1%	46 37
	8	Jorge Camacho	Plano	(29)	51:55	1:18:23.22	12:36.9	34.3%	63 45
M30-39	1	<u>Brandon McDaniel</u>	Coppell	(33)	31:07	45:04.88	7:15.3	60.3%	5 5
	2	<u>Justin Langhorst</u>	Farmers Branch	(37)	33:37	48:24.82	7:47.5	57.4%	7 7
	3	<u>Jeremy Honea</u>	Richardson	(34)	34:12	49:44.74	8:00.3	54.9%	11 10
	4	Ever Escobar	Whitehouse	(38)	34:41	50:54.70	8:11.6	55.0%	15 14
	5	Chihiro Kurokawa	McKinney	(38)	37:05	53:28.16	8:36.3	52.4%	21 20
	6	Ryan Curran	Frisco	(39)	37:54	55:09.31	8:52.6	51.1%	26 24
	7	Michael Fant	Plano	(35)	40:02	57:02.72	9:10.8	48.1%	28 25
	8	Charles Allison	Irving	(32)	40:02	57:33.73	9:15.8	47.0%	29 26
	9	Arturo De La Cruz	Fort Worth	(37)	46:42	1:07:23.51	10:50.7	41.2%	45 36
	10	Jarred Priester	Irving	(30)	51:00	1:17:28.49	12:28.1	34.7%	61 44
M40-49	1	<u>George Mitchell</u>	Dallas	(43)	33:51	48:36.29	7:49.3	59.8%	9 8
	2	<u>Joseph Applewhite</u>	Dallas	(40)	33:48	48:46.54	7:51.0	58.2%	10 9
	3	<u>Luke McLeroy</u>	Dallas	(40)	34:27	49:54.92	8:02.0	56.9%	12 11
	4	Stephen Raggio	Dallas	(43)	34:29	49:54.92	8:02.0	58.2%	13 12
	5	Ryan Quinn	Frisco	(41)	36:12	52:41.11	8:28.7	54.3%	19 18
	6	Shawn Frack	Aubrey	(43)	36:17	52:46.13	8:29.5	55.1%	20 19
	7	Hector Olvera	Denton	(48)	37:29	53:48.00	8:39.5	56.2%	22 21
	8	Fabiano Da Silva Garcia	Irving	(45)	37:31	55:01.92	8:51.4	53.6%	24 22
	9	Mike Jerome	McKinney	(41)	37:41	55:02.14	8:51.4	52.0%	25 23
	10	Jeffrey Phillips	Frisco	(48)	42:38	1:00:45.87	9:46.7	49.7%	33 30
	11	Peter Balyta	Allen	(48)	41:23	1:00:48.49	9:47.2	49.7%	34 31
	12	Sean Murphy	Keller	(41)	48:29	1:10:15.07	11:18.4	40.7%	52 40
	13	Matthew Ladis	Frisco	(49)	50:23	1:13:44.71	11:52.1	41.3%	58 41
	14	Will Kingsbury	Little Elm	(47)	51:56	1:14:13.27	11:56.7	40.4%	59 42
	15	Paul Carter	McKinney	(45)	52:02	1:15:33.84	12:09.7	39.1%	60 43
	16	Marino Silverio	Frisco	(42)	60:33	1:28:22.23	14:13.3	32.6%	69 47



# Frisco Trail Race

NW Community DORBA Trail, Frisco, TX

Saturday, February 09, 2019  
 36F Cloudy 51% H 8mph E  
 5K Off :9:00 / 10K Off :8:20 / 15K Off :7:40 am

M50-59	1	<u>Lance Bettencourt</u>	Aledo (51)	35:12	50:51.07	8:11.0	60.9%	14	13	
	2	<u>Sam Nicholson</u>	Stratford-Upon-Avon,	(51)	36:23	52:17.53	8:24.9	59.2%	18	17
	3	<u>Dale Phipps</u>	Murphy (50)	40:44	58:54.12	9:28.8	52.1%	30	27	
	4	Mark Houston	Aledo (57)	40:57	59:07.18	9:30.9	55.0%	31	28	
	5	William McKnight	Plano (53)	41:30	1:00:21.60	9:42.8	52.1%	32	29	
	6	Robert Sanchez	Little Elm (58)	48:16	1:09:22.71	11:09.9	47.3%	49	38	
M60-69	1	<u>Mel Henkes</u>	Bedford (64)	42:59	1:02:46.40	10:06.1	55.1%	39	33	
	2	<u>Daniel Barbaro</u>	Benbrook (65)	48:14	1:10:01.83	11:16.2	49.9%	51	39	
	3	<u>Jeff Raithe</u>	Plano (61)	57:21	1:25:20.72	13:44.1	39.5%	67	46	

## 10K FEMALE

		26 Runners --- Average Time of 1:12:32		Avg. Age Grade: 46.8%		Place in				
	Name	City	(Age)	@Checkpoint	Chip Time	Pace	Age Grade	OA	GD	
OVERALL	1st	<u>Kelly Devlin</u>	Springfield, MO	(23)	33:52	48:34.46	7:49.0	62.4%	8	1
OVERALL	2nd	<u>Amanda Henkes</u>	The Woodlands	(37)	37:43	54:23.66	8:45.2	56.8%	23	2
OVERALL	3rd	<u>Jody Kirchner</u>	Chicago, IL	(40)	39:04	56:16.40	9:03.4	55.8%	27	3
MASTERS	1st	<u>Melissa Roden</u>	prosper	(46)	42:46	1:01:30.72	9:54.0	53.8%	36	5
F<20	1	<u>Nicole Petersen</u>	McKinney	(19)	48:05	1:08:40.58	11:03.1	44.3%	48	11
	2	<u>Madison Level</u>	Frisco	(17)	54:35	1:21:38.86	13:08.4	38.0%	66	21
F30-39	1	<u>Robyn Allen</u>	Frisco	(34)	42:57	1:01:28.37	9:53.6	49.7%	35	4
	2	<u>Jessica Crutchfield</u>	Princeton	(37)	48:25	1:12:31.25	11:40.3	42.6%	57	17
	3	<u>Yesenia Gonzales</u>	Dallas	(32)	60:34	1:29:08.88	14:20.8	34.1%	70	23
	4	Lauren Yarbrough	Southlake	(35)	67:11	1:38:29.89	15:51.1	31.1%	73	26
F40-49	1	<u>Mavis Donkor</u>	Frisco	(44)	42:46	1:02:15.37	10:01.2	52.1%	38	6
	2	<u>Jennifer Duffey</u>	Celina	(41)	43:15	1:03:02.36	10:08.7	50.2%	40	7
	3	<u>Jaime Rogers</u>	McKinney	(41)	48:01	1:08:37.87	11:02.7	46.1%	47	10
	4	Celina Flores	Lewisville	(47)	49:22	1:10:01.77	11:16.2	47.8%	50	12
	5	Elissa Stover	Rockwall	(46)	49:46	1:10:55.72	11:24.9	46.6%	54	14
	6	Natasha Chevalier	Colleyville	(46)	49:42	1:11:50.62	11:33.7	46.0%	55	15
	7	Marina Lovil	Plano	(44)	52:07	1:18:01.83	12:33.5	41.6%	62	18
	8	Amy Coontz	McKinney	(44)	54:34	1:19:57.41	12:52.1	40.6%	65	20
	9	Erin Street	Plano	(42)	60:26	1:27:38.64	14:06.3	36.4%	68	22
F50-59	1	<u>Anu Rao</u>	The Colony	(50)	45:24	1:03:57.77	10:17.6	54.2%	42	8
	2	<u>Tiffany Jordan</u>	Murphy	(50)	45:11	1:05:25.89	10:31.8	53.0%	43	9
	3	<u>Susan Raithe</u>	Plano	(57)	48:28	1:10:15.91	11:18.5	54.1%	53	13
	4	Rebecca Carter	Rowlett	(55)	49:32	1:11:57.64	11:34.9	51.4%	56	16
	5	Allison Robinson	Allen	(54)	54:32	1:18:41.99	12:39.9	46.4%	64	19
	6	Michelle Rodenbach	McKinney	(53)	60:41	1:31:52.71	14:47.2	39.2%	71	24
F60-69	1	<u>Susie Yarbrough</u>	Aurora	(64)	67:07	1:38:29.70	15:51.1	42.6%	72	25



## Order of Finish

10K	Bib Name	GD	AgeGrp	AG	Start			Net Chip Time	Pace	5KEq	Clock Time	AgeGD	
1	002	Judah Alexander-Macias (M	1	M<20	0A	0.2	29:05	12:25	<b>41:29.41</b>	6:40.6	19.76	41:29.57	<b>72.8%</b>
2	064	Steven Cassidy (M34)	2	M30-39	02	0.5	29:02	12:28	<b>41:29.66</b>	6:40.7	19.76	41:30.15	<b>65.8%</b>
3	045	Harrison Phillips (M19)	3	M<20	03	0.3	29:37	13:32	<b>43:09.02</b>	6:56.7	20.55	43:09.30	<b>63.6%</b>
4	036	Daniel Miller (M26)	4	M20-29	1st	0.7	30:36	13:37	<b>44:12.64</b>	7:06.9	21.05	44:13.31	<b>60.7%</b>
5	072	Brandon McDaniel (M33)	5	M30-39	1st	1.3	31:07	13:58	<b>45:04.88</b>	7:15.3	21.47	45:06.17	<b>60.3%</b>
6	070	Jonathan Kent-Uritam (M40)	6	M40-49	MS	2.0	32:39	15:01	<b>47:40.43</b>	7:40.3	22.70	47:42.41	59.6%
7	033	Justin Langhorst (M37)	7	M30-39	2nd	1.9	33:37	14:48	<b>48:24.82</b>	7:47.5	23.05	48:26.74	57.4%
8	066	Kelly Devlin (F23)	1	F20-29	0A	2.8	33:52	14:43	<b>48:34.46</b>	7:49.0	23.13	48:37.26	<b>62.4%</b>
9	037	George Mitchell (M43)	8	M40-49	1st	6.6	33:51	14:45	<b>48:36.29</b>	7:49.3	23.15	48:42.92	59.8%
10	005	Joseph Applewhite (M40)	9	M40-49	2nd	5.4	33:48	14:59	<b>48:46.54</b>	7:51.0	23.23	48:51.94	58.2%
11	069	Jeremy Honea (M34)	10	M30-39	3rd	6.5	34:12	15:32	<b>49:44.74</b>	8:00.3	23.69	49:51.27	54.9%
12	035	Luke McLeroy (M40)	11	M40-49	3rd	6.1	34:27	15:28	<b>49:54.92</b>	8:02.0	23.77	50:01.04	56.9%
13	050	Stephen Raggio (M43)	12	M40-49	4th	7.0	34:29	15:26	<b>49:54.92</b>	8:02.0	23.77	50:01.91	58.2%
14	007	Lance Bettencourt (M51)	13	M50-59	1st	2.1	35:12	15:39	<b>50:51.07</b>	8:11.0	24.22	50:53.21	<b>60.9%</b>
15	021	Ever Escobar (M38)	14	M30-39	4th	6.6	34:41	16:13	<b>50:54.70</b>	8:11.6	24.24	51:01.30	55.0%
16	015	Gregory Couvreur (M28)	15	M20-29	2nd	9.5	35:10	15:47	<b>50:56.58</b>	8:11.9	24.26	51:06.11	52.7%
17	058	Pat Silver (M28)	16	M20-29	3rd	5.1	35:26	15:48	<b>51:14.33</b>	8:14.8	24.40	51:19.45	52.4%
18	074	Sam Nicholson (M51)	17	M50-59	2nd	2.8	36:23	15:54	<b>52:17.53</b>	8:24.9	24.90	52:20.29	59.2%
19	049	Ryan Quinn (M41)	18	M40-49	5th	1.2	36:12	16:29	<b>52:41.11</b>	8:28.7	25.09	52:42.28	54.3%
20	024	Shawn Frack (M43)	19	M40-49	6th	2.4	36:17	16:29	<b>52:46.13</b>	8:29.5	25.13	52:48.50	55.1%
21	031	Chihiro Kurokawa (M38)	20	M30-39	5th	3.6	37:05	16:23	<b>53:28.16</b>	8:36.3	25.47	53:31.75	52.4%
22	043	Hector Olvera (M48)	21	M40-49	7th	6.0	37:29	16:19	<b>53:48.00</b>	8:39.5	25.63	53:54.03	56.2%
23	067	Amanda Henkes (F37)	2	F30-39	02	6.7	37:43	16:41	<b>54:23.66</b>	8:45.2	25.90	54:30.36	56.8%
24	018	Fabiano Da Silva Garcia (M4	22	M40-49	8th	2.1	37:31	17:31	<b>55:01.92</b>	8:51.4	26.21	55:04.02	53.6%
25	028	Mike Jerome (M41)	23	M40-49	9th	4.5	37:41	17:22	<b>55:02.14</b>	8:51.4	26.21	55:06.62	52.0%
26	017	Ryan Curran (M39)	24	M30-39	6th	4.6	37:54	17:15	<b>55:09.31</b>	8:52.6	26.27	55:13.89	51.1%
27	071	Jody Kirchner (F40)	3	F40-49	03	5.2	39:04	17:12	<b>56:16.40</b>	9:03.4	26.80	56:21.64	55.8%
28	022	Michael Fant (M35)	25	M30-39	7th	7.9	40:02	17:01	<b>57:02.72</b>	9:10.8	27.17	57:10.63	48.1%
29	004	Charles Allison (M32)	26	M30-39	8th	4.3	40:02	17:32	<b>57:33.73</b>	9:15.8	27.41	57:38.06	47.0%
30	047	Dale Phipps (M50)	27	M50-59	3rd	3.5	40:44	18:10	<b>58:54.12</b>	9:28.8	28.06	58:57.63	52.1%
31	027	Mark Houston (M57)	28	M50-59	4th	5.4	40:57	18:10	<b>59:07.18</b>	9:30.9	28.16	59:12.59	55.0%
32	073	William McKnight (M53)	29	M50-59	5th	3.3	41:30	18:52	<b>1:00:21.60</b>	9:42.8	28.75	1:00:24.86	52.1%
33	046	Jeffry Phillips (M48)	30	M40-49	10th	8.0	42:38	18:08	<b>1:00:45.87</b>	9:46.7	28.94	1:00:53.85	49.7%
34	006	Peter Balyta (M48)	31	M40-49	11th	5.2	41:23	19:25	<b>1:00:48.49</b>	9:47.2	28.96	1:00:53.72	49.7%
35	003	Robyn Allen (F34)	4	F30-39	1st	11.2	42:57	18:31	<b>1:01:28.37</b>	9:53.6	29.28	1:01:39.56	49.7%
36	055	Melissa Roden (F46)	5	F40-49	MS	3.6	42:46	18:45	<b>1:01:30.72</b>	9:54.0	29.29	1:01:34.31	53.8%
37	040	Levi Muniz (M25)	32	M20-29	4th	9.4	43:00	18:31	<b>1:01:31.00</b>	9:54.0	29.30	1:01:40.41	43.6%
38	019	Mavis Donkor (F44)	6	F40-49	1st	3.5	42:46	19:29	<b>1:02:15.37</b>	10:01.2	29.65	1:02:18.92	52.1%
39	068	Mel Henkes (M64)	33	M60-69	1st	8.3	42:59	19:47	<b>1:02:46.40</b>	10:06.1	29.90	1:02:54.74	55.1%
40	020	Jennifer Duffey (F41)	7	F40-49	2nd	7.0	43:15	19:47	<b>1:03:02.36</b>	10:08.7	30.02	1:03:09.33	50.2%
41	080	Hector Escobedo (M27)	34	M20-29	5th	4.6	45:46	17:47	<b>1:03:32.75</b>	10:13.6	30.26	1:03:37.32	42.3%
42	075	Anu Rao (F50)	8	F50-59	1st	10.4	45:24	18:33	<b>1:03:57.77</b>	10:17.6	30.46	1:04:08.21	54.2%
43	029	Tiffany Jordan (F50)	9	F50-59	2nd	15.0	45:11	20:15	<b>1:05:25.89</b>	10:31.8	31.16	1:05:40.89	53.0%

GD Place among Females



Timing provided by:

DeltaViewTiming.com

## Frisco Trail Race

Saturday, February 09, 2019

NW Community DORBA Trail, Frisco, TX

36F Cloudy 51%H 8mphE

5K Off :9:00 / 10K Off :8:20 / 15K Off :7:40 am

44	009	Robert Burton (M23)	35	M20-29	6th	9.5	46:41	20:39	<b>1:07:20.01</b>	10:50.2	32.07	1:07:29.49	39.9%
45	065	Arturo De La Cruz (M37)	36	M30-39	9th	8.0	46:42	20:41	<b>1:07:23.51</b>	10:50.7	32.10	1:07:31.48	41.2%
46	039	Jacob Muggeridge (M23)	37	M20-29	7th	14.6	48:02	20:34	<b>1:08:36.08</b>	11:02.4	32.68	1:08:50.67	39.1%
47	057	Jaime Rogers (F41)	10	F40-49	3rd	11.7	48:01	20:37	<b>1:08:37.87</b>	11:02.7	32.68	1:08:49.55	46.1%
48	044	Nicole Petersen (F19)	11	F<20	1st	7.4	48:05	20:35	<b>1:08:40.58</b>	11:03.1	32.71	1:08:47.97	44.3%
49	079	Robert Sanchez (M58)	38	M50-59	6th	23.0	48:16	21:07	<b>1:09:22.71</b>	11:09.9	33.04	1:09:45.66	47.3%
50	023	Celina Flores (F47)	12	F40-49	4th	18.3	49:22	20:40	<b>1:10:01.77</b>	11:16.2	33.35	1:10:20.07	47.8%
51	062	Daniel Barbaro (M65)	39	M60-69	2nd	9.4	48:14	21:47	<b>1:10:01.83</b>	11:16.2	33.35	1:10:11.19	49.9%
52	041	Sean Murphy (M41)	40	M40-49	12th	11.2	48:29	21:46	<b>1:10:15.07</b>	11:18.4	33.46	1:10:26.26	40.7%
53	052	Susan Raithel (F57)	13	F50-59	3rd	10.1	48:28	21:48	<b>1:10:15.91</b>	11:18.5	33.46	1:10:26.04	54.1%
54	077	Elissa Stover (F46)	14	F40-49	5th	13.9	49:46	21:10	<b>1:10:55.72</b>	11:24.9	33.78	1:11:09.58	46.6%
55	012	Natasha Chevalier (F46)	15	F40-49	6th	14.9	49:42	22:09	<b>1:11:50.62</b>	11:33.7	34.22	1:12:05.48	46.0%
56	063	Rebecca Carter (F55)	16	F50-59	4th	14.9	49:32	22:26	<b>1:11:57.64</b>	11:34.9	34.27	1:12:12.57	51.4%
57	016	Jessica Crutchfield (F37)	17	F30-39	2nd	10.3	48:25	24:06	<b>1:12:31.25</b>	11:40.3	34.54	1:12:41.54	42.6%
58	032	Matthew Ladis (M49)	41	M40-49	13th	19.7	50:23	23:22	<b>1:13:44.71</b>	11:52.1	35.12	1:14:04.43	41.3%
59	030	Will Kingsbury (M47)	42	M40-49	14th	13.8	51:56	22:17	<b>1:14:13.27</b>	11:56.7	35.35	1:14:27.07	40.4%
60	011	Paul Carter (M45)	43	M40-49	15th	15.1	52:02	23:32	<b>1:15:33.84</b>	12:09.7	35.99	1:15:48.91	39.1%
61	048	Jarred Priester (M30)	44	M30-39	10th	10.0	51:00	26:29	<b>1:17:28.49</b>	12:28.1	36.90	1:17:38.51	34.7%
62	099	Marina Lovil (F44)	18	F40-49	7th	20.3	52:07	25:54	<b>1:18:01.83</b>	12:33.5	37.16	1:18:22.17	41.6%
63	010	Jorge Camacho (M29)	45	M20-29	8th	8.6	51:55	26:29	<b>1:18:23.22</b>	12:36.9	37.34	1:18:31.81	34.3%
64	054	Allison Robinson (F54)	19	F50-59	5th	11.2	54:32	24:10	<b>1:18:41.99</b>	12:39.9	37.48	1:18:53.20	46.4%
65	014	Amy Coontz (F44)	20	F40-49	8th	12.3	54:34	25:24	<b>1:19:57.41</b>	12:52.1	38.08	1:20:09.73	40.6%
66	034	Madison Level (F17)	21	F<20	2nd	7.8	54:35	27:04	<b>1:21:38.86</b>	13:08.4	38.88	1:21:46.69	38.0%
67	051	Jeff Raithel (M61)	46	M60-69	3rd	11.0	57:21	28:00	<b>1:25:20.72</b>	13:44.1	40.65	1:25:31.69	39.5%
68	078	Erin Street (F42)	22	F40-49	9th	17.9	60:26	27:13	<b>1:27:38.64</b>	14:06.3	41.74	1:27:56.51	36.4%
69	076	Marino Silverio (M42)	47	M40-49	16th	15.0	60:33	27:50	<b>1:28:22.23</b>	14:13.3	42.09	1:28:37.23	32.6%
70	025	Yesenia Gonzales (F32)	23	F30-39	3rd	16.9	60:34	28:35	<b>1:29:08.88</b>	14:20.8	42.46	1:29:25.76	34.1%
71	056	Michelle Rodenbach (F53)	24	F50-59	6th	12.0	60:41	31:12	<b>1:31:52.71</b>	14:47.2	43.76	1:32:04.71	39.2%
72	061	Susie Yarbrough (F64)	25	F60-69	1st	21.1	67:07	31:22	<b>1:38:29.70</b>	15:51.1	46.91	1:38:50.75	42.6%
73	060	Lauren Yarbrough (F35)	26	F30-39	4th	20.4	67:11	31:19	<b>1:38:29.89</b>	15:51.1	46.91	1:38:50.27	31.1%

Average Finish Time: 1:03:39

Average Age Grade: 49.51%

