

## 5K MALE

		28 Runners --- Average Time of 32:52			Avg. Age Grade: 45.3%			Place in	
Name		City	(Age)	@Checkpoint	Chip Time	Pace	Age Grade	OA	GD
OVERALL	1st	<u>Allen May</u>	Frisco	(32)	08:33	21:59.37	7:04.7	59.1%	1 1
OVERALL	2nd	<u>Kirk Niekamp</u>	St. Paul	(18)	08:43	22:26.73	7:13.5	59.4%	2 2
OVERALL	3rd	<u>Logan Boyer</u>	prosper	(16)	08:39	23:19.57	7:30.5	58.7%	3 3
MASTERS	1st	<u>Derek Roy</u>	Lewisville	(41)	09:12	23:34.13	7:35.2	58.4%	4 4
M<20	1	<u>Jonathan Friess</u>	Lantana	(11)	10:35	27:08.24	8:44.1	56.4%	7 6
	2	<u>Cameron Flashnick</u>	Little Elm	(12)	11:00	29:42.80	9:33.8	50.0%	12 10
	3	<u>William Folkmann</u>	Little Elm	(10)	14:22	37:19.97	12:01.0	42.3%	28 21
M20-29	1	<u>Thomas Hoffman</u>	Addison	(28)	11:54	29:04.47	9:21.5	44.4%	10 9
M30-39	1	<u>Chad Kent</u>	Celina	(39)	10:13	25:34.65	8:14.0	53.0%	6 5
	2	<u>Baxter Smith</u>	Frisco	(38)	12:40	31:09.11	10:01.6	43.2%	14 11
	3	<u>Darren Ashe</u>	Frisco	(39)	13:09	33:38.91	10:49.8	40.3%	19 16
	4	J C	St. Paul	(36)	13:58	36:39.77	11:48.0	36.2%	26 19
	5	Jeremy Brazeale	Wylie	(37)	13:59	36:40.96	11:48.4	36.4%	27 20
M40-49	1	<u>Matt Friess</u>	Lantana	(46)	11:01	28:03.75	9:01.9	50.9%	8 7
	2	<u>Randall Brower</u>	Frisco	(44)	11:36	28:56.16	9:18.8	48.6%	9 8
	3	<u>Bo Dorton</u>	Frisco	(45)	12:26	31:20.88	10:05.4	45.2%	15 12
	4	Tristram Dodds	Plano	(42)	11:53	32:29.43	10:27.5	42.6%	17 14
	5	Pete Rickard	Allen	(45)	12:50	33:18.59	10:43.3	42.6%	18 15
	6	John Dow	Flower Mound	(45)	14:07	33:49.91	10:53.4	41.9%	20 17
	7	Tony Folkmann	Little Elm	(42)	14:24	37:20.05	12:01.0	37.1%	29 22
	8	Todd Flashnick	Little Elm	(49)	14:25	37:40.25	12:07.5	38.8%	30 23
	9	Dustin Jackson	Frisco	(42)	14:54	38:07.28	12:16.2	36.3%	31 24
	10	Russell Hawkins	Prosper	(44)	14:58	38:57.17	12:32.3	36.1%	33 25
M50-59	1	<u>Johnnie Bills</u>	Arlington	(52)	17:33	44:17.29	14:15.3	33.8%	39 27
M60-69	1	<u>Rob Sanders</u>	Waco	(66)	11:52	32:12.52	10:22.0	52.6%	16 13
	2	<u>Robert Hearn</u>	Rowlett	(63)	14:31	34:52.24	11:13.4	47.2%	22 18
	3	<u>Tom Brunt</u>	Plano	(61)	18:33	47:18.22	15:13.5	34.2%	43 28
M70+	1	<u>Russell Gamber</u>	Arlington	(75)	16:24	43:11.31	13:54.1	43.9%	38 26

# Frisco Trail Race

NW Community DORBA Trail, Frisco, TX

Saturday, February 09, 2019

36F Cloudy 51%H 8mphE

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

## 5K FEMALE

		22 Runners --- Average Time of 46:01			Avg. Age Grade: 37.7%			Place in	
Name		City	(Age)	@Checkpoint	Chip Time	Pace	Age Grade	OA	GD
OVERALL	1st	<u>Sarah Kent</u>	Celina	(39)	10:08	25:28.82	8:12.1	59.8%	5 1
OVERALL	2nd	<u>Sarah Hoffman</u>	Addison	(28)	11:54	29:06.68	9:22.2	50.8%	11 2
OVERALL	3rd	<u>Emma Folkmann</u>	Little Elm	(13)	13:32	30:47.53	9:54.7	51.9%	13 3
MASTERS	1st	<u>Casey Gordon</u>	Frisco	(45)	14:24	35:34.83	11:27.1	44.9%	24 6
F<20	1	<u>Alison Gaudet</u>	Frisco	(18)	14:24	35:14.54	11:20.6	42.4%	23 5
F20-29	1	<u>Mirjam Supponen</u>	Plano	(29)	15:36	39:08.94	12:36.1	37.8%	34 9
	2	<u>Anna Wygant</u>	Wylie	(21)	23:34	1:01:32.78	19:48.6	24.0%	45 17
F30-39	1	<u>Kristy McLocklin</u>	Garland	(33)	13:49	34:52.06	11:13.4	42.6%	21 4
	2	<u>Tanya Khadasok</u>	Frisco	(31)	15:31	38:49.68	12:29.9	38.2%	32 8
	3	<u>Sondra Escobar</u>	Whitehouse	(38)	16:23	41:33.89	13:22.7	36.5%	36 11
F40-49	1	<u>Tricia Lawler</u>	Rowlett	(45)	13:40	36:05.08	11:36.9	44.3%	25 7
	2	<u>Dustin Jones</u>	Frisco	(42)	16:56	45:18.84	14:35.1	34.3%	40 13
	3	<u>Ashley Prda</u>	Dallas	(47)	18:49	46:16.16	14:53.6	35.3%	41 14
	4	<u>Leigh Anne Dunker</u>	Frisco	(47)	21:36	53:24.53	17:11.4	30.5%	44 16
	5	<u>Alicia Avila</u>	Dallas	(48)	25:43	1:07:01.99	21:34.6	24.6%	49 21
F50-59	1	<u>Candace Pennock</u>	Rockwall	(51)	15:55	40:39.84	13:05.3	42.1%	35 10
	2	<u>Katherine Rainville</u>	Arlington	(51)	16:27	42:41.47	13:44.5	40.1%	37 12
	3	<u>Tracy Payne</u>	Rowlett	(56)	18:50	46:17.12	14:53.9	39.5%	42 15
	4	<u>Mitzi Logan</u>	Kingsland	(57)	25:30	1:05:04.82	20:56.8	28.5%	46 18
	5	<u>Elizabeth Ross</u>	Allen	(53)	25:26	1:05:11.42	20:59.0	27.0%	47 19
	6	<u>Shari Winnan</u>	Carrollton	(57)	25:30	1:05:12.25	20:59.2	28.4%	48 20
	7	<u>Gloria Gonzalez</u>	Dallas	(52)	25:40	1:07:02.00	21:34.6	25.9%	50 22



## Order of Finish

5K	Bib Name	GD	AgeGrp	AG	Start			Net Chip Time	Pace	5KEq	Clock Time	AgeGD	
1	361	Allen May (M32)	1	M30-39	OA	---	8:33	13:26	<b>21:59.37</b>	7:04.7	21.98	21:59.37	59.1%
2	342	Kirk Niekamp (M18)	2	M<20	O2	---	8:43	13:43	<b>22:26.73</b>	7:13.5	22.43	22:26.73	59.4%
3	306	Logan Boyer (M16)	3	M<20	O3	---	8:39	14:40	<b>23:19.57</b>	7:30.5	23.32	23:19.57	58.7%
4	350	Derek Roy (M41)	4	M40-49	MS	---	9:12	14:22	<b>23:34.13</b>	7:35.2	23.57	23:34.14	58.4%
5	337	Sarah Kent (F39)	1	F30-39	OA	---	10:08	15:21	<b>25:28.82</b>	8:12.1	25.47	25:28.83	59.8%
6	336	Chad Kent (M39)	5	M30-39	1st	0.3	10:13	15:22	<b>25:34.65</b>	8:14.0	25.57	25:34.99	53.0%
7	324	Jonathan Friess (M11)	6	M<20	1st	0.6	10:35	16:33	<b>27:08.24</b>	8:44.1	27.13	27:08.83	56.4%
8	325	Matt Friess (M46)	7	M40-49	1st	2.0	11:01	17:03	<b>28:03.75</b>	9:01.9	28.05	28:05.70	50.9%
9	358	Randall Brower (M44)	8	M40-49	2nd	2.8	11:36	17:21	<b>28:56.16</b>	9:18.8	28.93	28:58.95	48.6%
10	369	Thomas Hoffman (M28)	9	M20-29	1st	---	11:54	17:10	<b>29:04.47</b>	9:21.5	29.07	29:04.48	44.4%
11	368	Sarah Hoffman (F28)	2	F20-29	O2	0.1	11:54	17:13	<b>29:06.68</b>	9:22.2	29.10	29:06.78	50.8%
12	319	Cameron Flashnick (M12)	10	M<20	2nd	---	11:00	18:42	<b>29:42.80</b>	9:33.8	29.70	29:42.80	50.0%
13	321	Emma Folkmann (F13)	3	F<20	O3	4.2	13:32	17:16	<b>30:47.53</b>	9:54.7	30.78	30:51.76	51.9%
14	367	Baxter Smith (M38)	11	M30-39	2nd	1.7	12:40	18:29	<b>31:09.11</b>	10:01.6	31.15	31:10.85	43.2%
15	315	Bo Dorton (M45)	12	M40-49	3rd	1.5	12:26	18:55	<b>31:20.88</b>	10:05.4	31.33	31:22.42	45.2%
16	365	Rob Sanders (M66)	13	M60-69	1st	0.8	11:52	20:21	<b>32:12.52</b>	10:22.0	32.20	32:13.32	52.6%
17	359	Tristram Dodds (M42)	14	M40-49	4th	0.7	11:53	20:36	<b>32:29.43</b>	10:27.5	32.48	32:30.11	42.6%
18	347	Pete Rickard (M45)	15	M40-49	5th	5.0	12:50	20:29	<b>33:18.59</b>	10:43.3	33.30	33:23.55	42.6%
19	301	Darren Ashe (M39)	16	M30-39	3rd	7.0	13:09	20:30	<b>33:38.91</b>	10:49.8	33.63	33:45.87	40.3%
20	316	John Dow (M45)	17	M40-49	6th	7.8	14:07	19:43	<b>33:49.91</b>	10:53.4	33.82	33:57.66	41.9%
21	362	Kristy McLocklin (F33)	4	F30-39	1st	6.4	13:49	21:03	<b>34:52.06</b>	11:13.4	34.87	34:58.46	42.6%
22	331	Robert Hearn (M63)	18	M60-69	2nd	7.6	14:31	20:22	<b>34:52.24</b>	11:13.4	34.87	34:59.86	47.2%
23	327	Alison Gaudet (F18)	5	F<20	1st	5.4	14:24	20:50	<b>35:14.54</b>	11:20.6	35.23	35:19.98	42.4%
24	329	Casey Gordon (F45)	6	F40-49	MS	5.4	14:24	21:11	<b>35:34.83</b>	11:27.1	35.57	35:40.22	44.9%
25	339	Tricia Lawler (F45)	7	F40-49	1st	2.0	13:40	22:25	<b>36:05.08</b>	11:36.9	36.08	36:07.07	44.3%
26	309	J C (M36)	19	M30-39	4th	63.8	13:58	22:42	<b>36:39.77</b>	11:48.0	36.65	37:43.55	36.2%
27	307	Jeremy Brazeale (M37)	20	M30-39	5th	63.6	13:59	22:42	<b>36:40.96</b>	11:48.4	36.67	37:44.57	36.4%
28	323	William Folkmann (M10)	21	M<20	3rd	4.1	14:22	22:58	<b>37:19.97</b>	12:01.0	37.32	37:24.05	42.3%
29	322	Tony Folkmann (M42)	22	M40-49	7th	5.0	14:24	22:56	<b>37:20.05</b>	12:01.0	37.33	37:25.01	37.1%
30	320	Todd Flashnick (M49)	23	M40-49	8th	1.7	14:25	23:15	<b>37:40.25</b>	12:07.5	37.67	37:41.93	38.8%
31	334	Dustin Jackson (M42)	24	M40-49	9th	9.6	14:54	23:13	<b>38:07.28</b>	12:16.2	38.12	38:16.91	36.3%
32	338	Tanya Khadasok (F31)	8	F30-39	2nd	6.5	15:31	23:19	<b>38:49.68</b>	12:29.9	38.82	38:56.21	38.2%
33	330	Russell Hawkins (M44)	25	M40-49	10th	7.6	14:58	23:59	<b>38:57.17</b>	12:32.3	38.95	39:04.80	36.1%
34	353	Mirjam Supponen (F29)	9	F20-29	1st	3.8	15:36	23:33	<b>39:08.94</b>	12:36.1	39.13	39:12.78	37.8%
35	343	Candace Pennock (F51)	10	F50-59	1st	3.7	15:55	24:45	<b>40:39.84</b>	13:05.3	40.65	40:43.57	42.1%
36	318	Sondra Escobar (F38)	11	F30-39	3rd	5.4	16:23	25:11	<b>41:33.89</b>	13:22.7	41.55	41:39.33	36.5%
37	346	Katherine Rainville (F51)	12	F50-59	2nd	3.8	16:27	26:14	<b>42:41.47</b>	13:44.5	42.68	42:45.27	40.1%
38	326	Russell Gamber (M75)	26	M70+	1st	692.7	16:24	26:47	<b>43:11.31</b>	13:54.1	43.18	54:44.04	43.9%
39	305	Johnnie Bills (M52)	27	M50-59	1st	5.0	17:33	26:44	<b>44:17.29</b>	14:15.3	44.28	44:22.34	33.8%
40	335	Dustin Jones (F42)	13	F40-49	2nd	10.4	16:56	28:23	<b>45:18.84</b>	14:35.1	45.30	45:29.23	34.3%
41	345	Ashley Prda (F47)	14	F40-49	3rd	10.3	18:49	27:28	<b>46:16.16</b>	14:53.6	46.27	46:26.42	35.3%
42	363	Tracy Payne (F56)	15	F50-59	3rd	10.9	18:50	27:27	<b>46:17.12</b>	14:53.9	46.28	46:28.00	39.5%
43	308	Tom Brunt (M61)	28	M60-69	3rd	10.3	18:33	28:45	<b>47:18.22</b>	15:13.5	47.30	47:28.48	34.2%

GD Place among Females



Timing provided by:

[DeltaViewTiming.com](http://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	317	Leigh Anne Dunker (F47)	<b>16</b>	F40-49	4 <sup>th</sup>	11.7	21:36	31:49	<b>53:24.53</b>	17:11.4	53.40	53:36.26	30.5%
45	355	Anna Wygant (F21)	<b>17</b>	F20-29	2 <sup>nd</sup>	5.4	23:34	37:59	<b>1:01:32.78</b>	19:48.6	61.53	1:01:38.21	24.0%
46	340	Mitzi Logan (F57)	<b>18</b>	F50-59	4 <sup>th</sup>	13.7	25:30	39:35	<b>1:05:04.82</b>	20:56.8	65.07	1:05:18.55	28.5%
47	349	Elizabeth Ross (F53)	<b>19</b>	F50-59	5 <sup>th</sup>	12.6	25:26	39:45	<b>1:05:11.42</b>	20:59.0	65.18	1:05:24.01	27.0%
48	354	Shari Winnan (F57)	<b>20</b>	F50-59	6 <sup>th</sup>	10.7	25:30	39:42	<b>1:05:12.25</b>	20:59.2	65.20	1:05:22.93	28.4%
49	302	Alicia Avila (F48)	<b>21</b>	F40-49	5 <sup>th</sup>	7.9	25:43	41:19	<b>1:07:01.99</b>	21:34.6	67.02	1:07:09.89	24.6%
50	328	Gloria Gonzalez (F52)	<b>22</b>	F50-59	7 <sup>th</sup>	9.0	25:40	41:22	<b>1:07:02.00</b>	21:34.6	67.03	1:07:11.04	25.9%

Average Finish Time: **0:38:39**Average Age Grade: **41.98%**