Waterfall Run 10K Age Group Results June 23, 2013 A VeepRaces.com Event

Female Open Winners

Place 1 2 3	Overall Plc 7 9 14	Name Abby Brelage Paula Henry Tanya Caylor	Age 14 44 48	1st 5K Rnk 1 2 3	1st 5K Time 28:11.5 29:11.0 32:17.0	1st 5K Pace 9:05 9:22 10:19	2nd 5K Rnk 1 2 3	2nd 5K Time 29:28.0 31:28.3 32:16.0	2nd 5K Pace 9:30 10:09 10:25	Total Time 57:39.6 1:00:39.3 1:04:33.0
Female Masters Winners										
Place 1	Overall Plc 15	Name Traci Heller	Age 40	1st 5K Rnk 1	1st 5K Time 32:17.0	1st 5K Pace 10:19	2nd 5K Rnk 1	2nd 5K Time 32:17.0	2nd 5K Pace 10:25	Total Time 1:04:17.7
Female C	Grand Mas	sters Winners								
Place 1	Overall Plc 54	Name Trisha Michael	Age 54	1st 5K Rnk 1	1st 5K Time 54:14.4	1st 5K Pace 17:22	2nd 5K Rnk 1	2nd 5K Time 1:05:45.0	2nd 5K Pace 21:13	Total Time 1:59:59.5
Female 14 to 16										
Place 1	Overall Plc 43	Name Megan Wietstock	Age 16	1st 5K Rnk 1	1st 5K Time 38:21.5	1st 5K Pace 12:22	2nd 5K Rnk 1	2nd 5K Time 46:35.7	2nd 5K Pace 15:02	Total Time 1:24:57.2
Female 20 to 29										
Place 1 2 3	Overall Plc 38 42 49	Name Kerry Bodie Amber Tierney Sharon Christian	Age 27 24 29	1st 5K Rnk 2 3	1st 5K Time 37:25.1 37:57.2 33:11.6	1st 5K Pace 12:04 12:15 10:42	2nd 5K Rnk 1 2 3		2nd 5K Pace 12:55 14:38 19:13	Total Time 1:17:29.7 1:23:18.2 1:32:46.8
Female 3	30 to 39									
Place 1 2 3 4 5 6 7	Overall Plc 22 27 29 31 37 47 48 50	Name Minda Doering Kelly Hawkins Jen Huber Holly Heath Perfect Rachel Rayburn Kristy Lemon Christina Dauscher Patricia Fedak	Age 32 38 34 38 31 39 33 30	1st 5K Rnk 1 3 2 4 5 7 8 6	1st 5K Time 32:06.0 34:48.7 33:48.6 35:20.3 36:24.0 44:30.5 44:30.8 38:58.1	1st 5K Pace 10:21 11:14 10:54 11:24 11:45 14:21 14:21 12:34	2nd 5K Rnk 1 2 5 3 4 6 7 8	2nd 5K Time 35:49.6 39:54.3 41:16.1 39:57.8 40:59.0 46:41.7 46:42.1 55:10.6	2nd 5K Pace 11:33 12:52 13:19 12:53 13:13 15:04 15:04 17:48	Total Time 1:07:55.6 1:14:43.1 1:15:04.7 1:15:18.1 1:17:23.0 1:31:12.2 1:31:12.9 1:34:08.7
Female 40 to 49										
Place 1 2	Overall Plc 17 28 51	Name Gloria Preece Robin Newhouse Kris Bohnstedt	Age 46 45 48	1st 5K Rnk 2 1	1st 5K Time 35:41.2 34:50.8 52:23.2	1st 5K Pace 11:31 11:14 16:54	2nd 5K Rnk 1 2 3	2nd 5K Time 29:07.2 40:07.0 1:05:13.9	2nd 5K Pace 9:24 12:56 21:02	Total Time 1:04:48.4 1:14:57.8 1:57:37.2

Male Open Winners

Place 1 2 3	Overall Plc 1 2 4 sters Win	Name Chandler Sonafrank Tom Brennan Adam Thada	Age 21 42 28	1st 5K Rnk 1 2 3	1st 5K Time 21:28.4 22:37.1 26:44.2	1st 5K Pace 6:55 7:17 8:36	2nd 5K Rnk 2 1 3	2nd 5K Time 23:44.6 23:00.4 28:04.1	2nd 5K Pace 7:39 7:25 9:03	Total Time 45:13.0 45:37.6 54:48.3
Wale Wa	otoro vviri	1010								
Place 1	Overall Plc 6	Name Jed Pearson	Age 62	1st 5K Rnk 1	1st 5K Time 27:44.8	1st 5K Pace 8:56	2nd 5K Rnk 1		2nd 5K Pace 9:34	Total Time 57:24.2
Male Gra	and Maste	rs Winners								
Place 1	Overall Plc 12	Name Barry A Mixell	Age 51	1st 5K Rnk 1	1st 5K Time 29:47.6	1st 5K Pace 9:33	2nd 5K Rnk 1	2nd 5K Time 31:48.3	2nd 5K Pace 10:15	Total Time 1:01:35.9
Male 14	to 16									
Place 1	Overall Plc 44	Name Benjamin Davis	Age 15	1st 5K Rnk 1	1st 5K Time 38:20.4	1st 5K Pace 12:22	2nd 5K Rnk 1	2nd 5K Time 46:36.8	2nd 5K Pace 15:02	Total Time 1:24:57.3
Male 20	to 29									
Place 1	Overall Plc 11	Name Casey Morgan	Age 27	1st 5K Rnk 1	1st 5K Time 29:55.1	1st 5K Pace 9:39	2nd 5K Rnk 1	2nd 5K Time 31:08.3	2nd 5K Pace 10:03	Total Time 1:01:03.4
Male 30	to 39									
Place 1 2 3 4 5 6 7	Overall Plc 3 8 10 18 24 26 32 46	Name Steve Shulze Rick Doering Jeremy Nix Justin Wall Zach Thorn Erick Rathgaber Victor Baver Jeff Hetler	Age 34 38 35 36 33 36 39	1st 5K Rnk 1 4 2 8 9 6 5	1st 5K Time 26:33.6 35:07.4 29:54.8 41:34.2 43:35.3 37:10.1 36:17.4 37:40.0	1st 5K Pace 8:34 11:20 9:39 13:25 14:04 11:59 11:42 12:09	2nd 5K Rnk 4 1 5 2 3 6 7	2nd 5K Time 28:03.7 23:17.7 30:48.2 24:23.1 24:54.5 37:25.4 39:04.4 49:51.7	2nd 5K Pace 9:03 7:31 9:56 7:52 8:02 12:04 12:36 16:05	Total Time 54:37.3 58:25.1 1:00:43.0 1:05:57.4 1:08:29.9 1:14:35.5 1:15:21.8 1:27:31.8
Male 40 to 49										
Place 1 2 3 4 5 6 7 8	Overall Plc 5 13 16 21 25 35 36 39 41	Name Shane Hillman Douglas Dye Dan Call Tim Tappan Jason Hodde Ted Christensen Steve Hetler Douglas Preece Rob Buti	Age 44 46 45 43 43 44 49	1st 5K Rnk 1 2 9 3 4 5 7 6	1st 5K Time 28:31.7 31:25.0 40:10.7 31:35.0 33:19.8 36:16.5 37:41.5 36:49.5 37:56.5	1st 5K Pace 9:12 10:08 12:57 10:11 10:45 11:42 12:09 11:53 12:14	2nd 5K Rnk 2 3 1 4 6 7 5 8	2nd 5K Time 28:51.5 31:34.2 24:32.6 36:13.3 38:59.4 39:48.2 38:35.5 41:04.4 45:10.8	2nd 5K Pace 9:18 10:11 7:55 11:41 12:35 12:50 12:27 13:15 14:34	Total Time 57:23.2 1:02:59.2 1:04:43.3 1:07:48.3 1:12:19.3 1:16:04.7 1:16:17.0 1:17:53.9 1:23:07.3

Male 50 to 59

	Overall			1st 5K			2nd 5K	•	2nd 5K	
Place	Plc	Name	Age	Rnk	1st 5K Time	1st 5K Pace	Rnk	2nd 5K Time	Pace	Total Time
1	19	Thomas Corda	54	2	30:57.5	9:59	1	35:31.2	11:27	1:06:28.7
2	23	Lew Herring	54	1	30:38.0	9:53	4	37:28.9	12:05	1:08:06.9
3	30	Howard Klinger	58	4	37:52.2	12:13	2	37:13.8	12:00	1:15:06.0
4	33	Dennis Tierney	50	5	37:55.4	12:14	3	37:27.0	12:05	1:15:22.5
5	34	Perry Richard Sinn	52	3	34:19.3	11:04	5	41:22.4	13:21	1:15:41.7
6	40	Greg Kline	55	6	38:27.7	12:24	6	42:21.4	13:40	1:20:49.2
7	53	Jack Michael	58	7	52:54.7	17:04	7	1:06:41.5	21:31	1:59:36.2
Male 60	and over									
	Overall			1st 5K			2nd 5K		2nd 5K	
Place	Plc	Name	Age	Rnk	1st 5K Time	1st 5K Pace	Rnk	2nd 5K Time	Pace	Total Time
1	20	John Sites	62	1	32:45.0	10:34	1	34:55.0	11:16	1:07:40.1
2	45	Fred Ross	72	3	50:06.1	16:10	2	35:49.9	11:33	1:25:56.0
3	52	Reg Johnson	64	2	49:13.6	15:53	3	1:09:59.8	22:35	1:59:13.4