

# THE EXCITING METRIC EXPERIENCE III 5K Run/Walk

## (Held at Mike Lewis Park, Grand Prairie, TX on 2/15/2014)

**START: Scattered Clouds, 46.9 Deg F / 8.3 Deg C; 54% Humidity; Wind Dirn/Speed SE / 4.6 mph**

*(Benefits SafeHaven of Tarrant County.)*

**(Timed finishers: 38 Female; 22 Male)**

(Results provided by Jeph Abara jephaa@yahoo.com www.runningintheusa.com/jeph )

First Name	Last Name	Gender	Age	Age Grp	Bib #	Hometown	Finish Time (Mins. .Secs)	Avg Pace		Place In Age Group	Place In Gender	Overall Place (All Finishers)	"Souls & Soles" Award
								per Mile (5K = 3.107 mls)	(Mins. .Secs)				
<b>Female Overall Winner</b>													
Sparkle	Plenty	F	48	45-49	312	Dallas TX	19.51	6.23		1		3	
<b>Male Overall Winner</b>													
Alex	Alvarado	M	16	15-19	372	Arlington TX	19.25	6.15		1		1	
<b>Female Masters Winner</b>													
Fiona	Green	F	49	45-49	311	Keller TX	21.11	6.49		2		6	
<b>Male Masters Winner</b>													
Bradley	Gardner	M	56	55-59	306	Fort Worth TX	21.10	6.49		4		5	
Abigail	Eilers	F	13	12-14	379	Cedar Hill TX	31.05	10.00	1	11		23	
Emily Lauren	Olguin	F	17	15-19	10	Arlington TX	21.24	6.53	1	3		7	
Korlu	Garteh	F	23	20-24	383	Denton TX	30.33	9.50	1	10		21	
Emily	Bills	F	24	20-24	332	Grand Prairie TX	37.57	12.13	2	19		36	
Cristina	Corona	F	26	25-29	349	Grand Prairie TX	31.47	10.14	1	12		28	
Ana	Corona	F	25	25-29	346	Venus TX	33.14	10.42	2	14		30	
Arthi	Gandhi Raj	F	28	25-29	367	Frisco TX	33.57	10.56	3	16		32	
Crystal	Fortenberry	F	29	25-29	337	fort worth TX	41.09	13.15	4	22		41	Random
Nancy	Puloka	F	26	25-29	368	Euless TX	48.21	15.34	5	26		46	
Wesanda	Simms	F	33	30-34	339	Arlington TX	41.27	13.20	1	23		42	
Malia	Kai Pahulu	F	34	30-34	369	Euless TX	48.22	15.34	2	27		47	
Patti	Ouart	F	35	35-39	336	Mansfield TX	27.38	8.54	1	6		16	
Beatrice	Green	F	38	35-39	323	Fort Worth TX	41.04	13.13	2	21		40	
Lavelua	Benton	F	39	35-39	370	Fort Worth TX	48.09	15.30	3	25		45	
Natasha	Veal	F	35	35-39	347	Grand Prairie TX	53.27	17.12	4	30		50	Random
Shaleigh	Daniel	F	43	40-44	308	Fort Worth TX	32.30	10.28	1	13		29	
Elizabeth	Ette	F	45	45-49	314	Mansfield TX	26.45	8.37	1	5		14	
Stacey	Bain	F	49	45-49	354	Leander TX	28.51	9.17	2	8		18	
Gayl	Hardie	F	47	45-49	376	Bedford TX	34.52	11.13	3	17		34	

First Name	Last Name	Gender	Age	Age Grp	Bib #	Hometown	Finish Time (Mins. .Secs)	Avg Pace		Place In Age Group	Place In Gender	Overall Place (All Finishers)	"Souls & Soles" Award
								per Mile (5K = 3.107 mls)	(Mins. .Secs)				
Alease	Bodenstab	F	47	45-49	364	Fort Worth TX	35.28	11.25	4	18	35	Random	
Gina	Maloy	F	49	45-49	338	Arlington TX	46.08	14.51	5	24	44	Random	
Felicia	Richardson	F	45	45-49	363	Watauga TX	49.16	15.51	6	29	49	Random	
Bonnie	Morrison	F	47	45-49	350	Grand Prairie TX	53.35	17.15	7	31	51		
Frances	McKissick	F	51	50-54	305	irving TX	22.15	7.10	1	4	8		
Michelle	Wampler	F	53	50-54	16	Arlington TX	38.06	12.16	2	20	37		
Tonja	Cooper	f	53	50-54	381	Garland TX	62.04	19.59	3	35	57		
Karla	Cochran	F	53	50-54	329	Burleson TX	64.35	20.47	4	37	59		
Julia	Sizemore	F	54	50-54	328	Grapevine TX	64.36	20.48	5	38	60		
Cynthia	Lyle	F	56	55-59	342	Arlington TX	29.14	9.25	1	9	19		
Cynthia	Shepard	F	59	55-59	301	Southlake TX	33.30	10.47	2	15	31		
Alice	London	F	59	55-59	307	Fort Worth TX	49.15	15.51	3	28	48		
Debbie	Odom	F	59	55-59	352	Grand Prairie TX	56.24	18.09	4	32	54	Random	
Joan	Ford	F	59	55-59	321	Grand Prairie TX	56.26	18.10	5	33	55		
Gay	Hunter	F	64	60-64	341	Fort Worth TX	61.17	19.43	1	34	56		
Jan	Avent Ransom	F	60	60-64	348	Fort Worth TX	62.11	20.01	2	36	58		
Marsha	O'Loughlin	F	69	65-69	302	Denton TX	27.57	8.60	1	7	17		
Adrian	Corona	M	9	9-11	345	Grand Pairie TX	31.33	10.09	1	16	27		
Eric	Olguin	M	15	15-19	11	Arlington TX	19.44	6.21	1	2	2		
Nune	Ramirez	M	16	15-19	360	Kaufman TX	20.08	6.29	2	3	4		
Kirk	Bosillo	M	24	20-24	384	Arlington TX	23.41	7.37	1	5	9		
Richard	Cederstrom	M	28	25-29	343	Grand Prairie TX	31.30	10.08	1	15	26		
Daniel	Cuevas	M	32	30-34	330	Venus TX	34.05	10.58	1	17	33		
Paul	Langston	M	31	30-34	324	IRVING TX	38.32	12.24	2	19	39		
Kelly	Castillo	M	47	45-49	340	Richardson TX	25.55	8.20	1	8	12		
John	Eilers	M	48	45-49	380	Cedar Hill TX	31.06	10.01	2	13	24		
Christopher	Moore	M	47	45-49	18		31.15	10.03	3	14	25		
William	Wampler	M	48	45-49	17	Arlington TX	38.31	12.24	4	18	38	Random	
Richard	Sporn	M	50	50-54	322	Dallas TX	25.21	8.10	1	6	10		
Bill	Bain	M	50	50-54	353	Leander TX	53.35	17.15	2	21	52		
Jack	Englant	M	65	65-69	313	Eules TX	25.40	8.16	1	7	11		
Scott	McKissick	M	65	65-69	304	irving TX	26.17	8.28	2	9	13		
Richard	Calenberg	M	67	65-69	331	Eules TX	30.58	9.58	3	12	22		

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								per Mile (5K = 3.107 mls) (Mins. .Secs)					
James	Fogg	M	72	70-74	382	Grand Prairie TX	44.43	14.24	1	20	43		
Ken	Brewer	M	77	75-79	385	Arlington TX	27.38	8.54	1	10	15		
Marvin	Herring	M	76	75-79	309	Fort Worth TX	29.30	9.30	2	11	20		
Jack	Gray	M	84	80-84	310	Fort Worth TX	54.46	17.38	1	22	53		

## SOULS & SOLES RESULTS as reported in the print press.

Alease	Bodenstab	F	47	Souls	364	Fort Worth TX	35.28	11.25	1	18	35	Random
Gina	Maloy	F	49	&	338	Arlington TX	46.08	14.51	2	24	44	Random
Natasha	Veal	F	35	Soles I	347	Grand Prairie TX	53.27	17.12	3	30	50	Random
Crystal	Fortenberry	F	29	Souls	337	fort worth TX	41.09	13.15	1	22	41	Random
Felicia	Richardson	F	45	&	363	Watauga TX	49.16	15.51	2	29	49	Random
Debbie	Odom	F	59	Soles II	352	Grand Prairie TX	56.24	18.09	3	32	54	Random
William	Wampler	M	48	Souls & Soles I	17	Arlington TX	38.31	12.24	1	18	38	Random

## SORTED BY OVERALL FINISH.

Alex	Alvarado	M	16	15-19	372	Arlington TX	19.25	6.15	M OA	1	1	
Eric	Olguin	M	15	15-19	11	Arlington TX	19.44	6.21	1	2	2	
Sparkle	Plenty	F	48	45-49	312	Dallas TX	19.51	6.23	F OA	1	3	
Nune	Ramirez	M	16	15-19	360	Kaufman TX	20.08	6.29	2	3	4	
Bradley	Gardner	M	56	55-59	306	Fort Worth TX	21.10	6.49	M MST	4	5	
Fiona	Green	F	49	45-49	311	Keller TX	21.11	6.49	F MST	2	6	
Emily Lauren	Olguin	F	17	15-19	10	Arlington TX	21.24	6.53	1	3	7	
Frances	McKissick	F	51	50-54	305	irving TX	22.15	7.10	1	4	8	
Kirk	Bosillo	M	24	20-24	384	Arlington TX	23.41	7.37	1	5	9	
Richard	Sporn	M	50	50-54	322	Dallas TX	25.21	8.10	1	6	10	
Jack	Englant	M	65	65-69	313	Euless TX	25.40	8.16	1	7	11	
Kelly	Castillo	M	47	45-49	340	Richardson TX	25.55	8.20	1	8	12	
Scott	McKissick	M	65	65-69	304	irving TX	26.17	8.28	2	9	13	
Elizabeth	Ette	F	45	45-49	314	Mansfield TX	26.45	8.37	1	5	14	
Ken	Brewer	M	77	75-79	385	Arlington TX	27.38	8.54	1	10	15	
Patti	Quart	F	35	35-39	336	Mansfield TX	27.38	8.54	1	6	16	
Marsha	O'Loughlin	F	69	65-69	302	Denton TX	27.57	8.60	1	7	17	
Stacey	Bain	F	49	45-49	354	Leander TX	28.51	9.17	2	8	18	
Cynthia	Lyle	F	56	55-59	342	Arlington TX	29.14	9.25	1	9	19	
Marvin	Herring	M	76	75-79	309	Fort Worth TX	29.30	9.30	2	11	20	
Korlu	Garteh	F	23	20-24	383	Denton TX	30.33	9.50	1	10	21	
Richard	Calenberg	M	67	65-69	331	Euless TX	30.58	9.58	3	12	22	

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Christopher	Moore	M	47	45-49	18		31.15	10.03	3	14	25		
Richard	Cederstrom	M	28	25-29	343	Grand Prairie TX	31.30	10.08	1	15	26		
Adrian	Corona	M	9	9-11	345	Grand Prairie TX	31.33	10.09	1	16	27		
Cristina	Corona	F	26	25-29	349	Grand Prairie TX	31.47	10.14	1	12	28		
Shaleigh	Daniel	F	43	40-44	308	Fort Worth TX	32.30	10.28	1	13	29		
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Cynthia	Shepard	F	59	55-59	301	Southlake TX	33.30	10.47	2	15	31		
Arthi	Gandhi Raj	F	28	25-29	367	Frisco TX	33.57	10.56	3	16	32		
Daniel	Cuevas	M	32	30-34	330	Venus TX	34.05	10.58	1	17	33		
Gayl	Hardie	F	47	45-49	376	Bedford TX	34.52	11.13	3	17	34		
Alease	Bodenstab	F	47	45-49	364	Fort Worth TX	35.28	11.25	4	18	35	Random	
Emily	Bills	F	24	20-24	332	Grand Prairie TX	37.57	12.13	2	19	36		
Michelle	Wampler	F	53	50-54	16	Arlington TX	38.06	12.16	2	20	37		
William	Wampler	M	48	45-49	17	Arlington TX	38.31	12.24	4	18	38	Random	
Paul	Langston	M	31	30-34	324	IRVING TX	38.32	12.24	2	19	39		
Beatrice	Green	F	38	35-39	323	Fort Worth TX	41.04	13.13	2	21	40		
Crystal	Fortenberry	F	29	25-29	337	fort worth TX	41.09	13.15	4	22	41	Random	
Wesanda	Simms	F	33	30-34	339	Arlington TX	41.27	13.20	1	23	42		
James	Fogg	M	72	70-74	382	Grand Prairie TX	44.43	14.24	1	20	43		
Gina	Maloy	F	49	45-49	338	Arlington TX	46.08	14.51	5	24	44	Random	
Lavelua	Benton	F	39	35-39	370	Fort Worth TX	48.09	15.30	3	25	45		
Nancy	Puloka	F	26	25-29	368	Eules TX	48.21	15.34	5	26	46		
Malia	Kai Pahulu	F	34	30-34	369	Eules TX	48.22	15.34	2	27	47		
Alice	London	F	59	55-59	307	Fort Worth TX	49.15	15.51	3	28	48		
Felicia	Richardson	F	45	45-49	363	Watauga TX	49.16	15.51	6	29	49	Random	
Natasha	Veal	F	35	35-39	347	Grand Prairie TX	53.27	17.12	4	30	50	Random	
Bonnie	Morrison	F	47	45-49	350	Grand Prairie TX	53.35	17.15	7	31	51		
Bill	Bain	M	50	50-54	353	Leander TX	53.35	17.15	2	21	52		
Jack	Gray	M	84	80-84	310	Fort Worth TX	54.46	17.38	1	22	53		
Debbie	Odom	F	59	55-59	352	Grand Prairie TX	56.24	18.09	4	32	54	Random	
Joan	Ford	F	59	55-59	321	Grand Prairie TX	56.26	18.10	5	33	55		
Gay	Hunter	F	64	60-64	341	Fort Worth TX	61.17	19.43	1	34	56		
Tonja	Cooper	f	53	50-54	381	Garland TX	62.04	19.59	3	35	57		
Jan	Avent Ransom	F	60	60-64	348	Fort Worth TX	62.11	20.01	2	36	58		
Karla	Cochran	F	53	50-54	329	Burleson TX	64.35	20.47	4	37	59		
Julia	Sizemore	F	54	50-54	328	Grapevine TX	64.36	20.48	5	38	60		