

# Run For Recovery 5K

T.W. Richardson Park, Irving, TX

## 5K MALE

		61 Runners --- Average Time of 37:31				Avg. Age Grade: 41.3%			Place in	
Name		City	(Age)	Half	Split	Chip Time	Pace	Age Grade	OA	GD
OVERALL	1st	<u>Nezben Deason</u>	BOMF	(30)	09:16	+34	19:05.55	6:08.7	67.7%	1 1
OVERALL	2nd	<u>Edward Virgil</u>		(24)	09:58	+16	20:12.87	6:30.4	63.8%	2 2
M01-14	1	<u>Isaiah Clark-Van Noy</u>	Farmers Branch	(12)	14:40	+212	32:51.29	10:34.5	45.3%	38 26
	2	<u>Christian Turner</u>	DeSoto	(11)	17:15	+85	35:54.70	11:33.5	42.6%	68 41
M15-19	1	<u>Jason Mera</u>	Dallas	(19)	19:16	+173	41:25.38	13:20.0	31.8%	66 39
M20-24	1	<u>Roderick Frazier</u>	Dallas	(21)	12:06	-5	24:07.83	7:46.0	53.7%	6 6
	2	<u>Kelton Blackshear</u>	Dallas	(23)	12:43	+64	26:30.34	8:31.9	48.7%	15 10
	3	<u>Aaron Adams</u>	Seagoville	(20)	12:12	+183	27:26.93	8:50.1	47.5%	22 14
	4	<u>Benjamin Torres</u>	Dallas	(24)	14:54	+42	30:28.93	9:48.7	42.3%	32 22
	5	<u>Joshua Coleman</u>	Dallas	(23)	17:48	-85	34:09.83	10:59.8	37.8%	42 28
	6	<u>Cristian Hinkley</u>	Dallas	(20)	24:22	-132	46:31.75	14:58.6	28.0%	80 45
	7	<u>Jordan Dingle</u>	BOMF	(21)	21:03	+290	46:56.68	15:06.6	27.6%	82 47
	8	<u>Jose Martinez</u>	Dallas	(21)			47:59.72	15:26.9	27.0%	84 49
	9	<u>Miguel Godinez</u>	Grand Prairie	(24)	26:11	+84	53:46.00	17:18.4	24.0%	101 57
M25-29	1	<u>Greg Stone</u>	BOMF	(29)	12:50	+5	25:44.54	8:17.1	50.2%	11 8
	2	<u>Mr Paxton</u>	BOMF	(27)	12:43	+65	26:31.23	8:32.2	48.6%	16 11
	3	<u>Alejandro Ramirez</u>	Dallas	(26)	14:29	+265	33:22.40	10:44.5	38.7%	40 27
	4	<u>Matthew Comer</u>	Dallas	(28)	17:47	+337	41:10.92	13:15.3	31.3%	65 38
	5	<u>Ryan Cox</u>	Ferris	(29)			50:03.72	16:06.8	25.8%	90 52
	6	<u>Eddie Braun</u>	Dallas	(27)	24:36	+239	53:12.21	17:07.5	24.2%	98 54
	7	<u>Jesus Guerrero</u>	Dallas	(29)	26:33	+36	53:41.36	17:16.9	24.0%	102 58
M30-34	1	<u>Michael Brooks</u>	Eules	(32)	14:13	+43	29:08.19	9:22.7	44.6%	27 17
	2	<u>Brand Matt</u>	The Colony	(31)	12:44	+276	30:04.51	9:40.8	43.1%	29 19
	3	<u>Robert Alt</u>	Haltom City	(33)	15:42	+4	31:28.40	10:07.8	41.5%	36 24
	4	<u>Robert McGee</u>	DeSoto	(34)	16:55	+301	38:50.90	12:30.2	33.7%	58 35
	5	<u>Markus Harris</u>	Dallas	(30)	19:16	+39	39:11.30	12:36.8	33.0%	62 37
	6	<u>Johnny Khamphanhoth</u>	Dallas	(30)	19:15	+185	41:35.45	13:23.2	31.1%	67 40
	7	<u>Jordan Silva</u>		(31)	20:36	+135	43:26.89	13:59.1	29.8%	73 44
	8	<u>Jarrod Rose</u>	Bedford	(32)	24:48	+238	53:35.26	17:14.9	24.3%	99 55
	9	<u>Travis Duval</u>	Dallas	(32)	24:47	+242	53:35.33	17:14.9	24.3%	100 56
	10	<u>Singer Matt</u>		(34)	27:09	-15	54:02.68	17:23.7	24.3%	103 59
M35-39	1	<u>Eddie Moderow</u>	Austin	(38)	11:16	+4	22:35.66	7:16.3	59.5%	4 4
	2	<u>Kevin Stevenson</u>	BOMF	(35)	13:15	+43	27:13.57	8:45.8	48.4%	19 12
	3	<u>Jay Harris</u>	Dallas	(36)	17:44	+136	37:43.97	12:08.7	35.1%	54 32
	4	<u>Christopher Belrose</u>	Dallas	(35)	29:51	+360	1:05:41.21	21:08.6	20.1%	108 60

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M40-44	1	<u>Michael Arnett</u>	Dallas	(43)	13:01	+69	<b>27:10.44</b>	8:44.8	51.4%	23	15
	2	<u>Vikram Jakkamsetti</u>	Dallas	(40)	16:21	-35	<b>32:06.56</b>	10:20.1	42.5%	37	25
	3	<u>Clayton Rider</u>	Dallas	(44)	16:23	+154	<b>35:19.97</b>	11:22.4	39.8%	47	31
	4	Richard Barber	Dallas	(42)	20:34	-134	<b>38:55.44</b>	12:31.7	35.6%	60	36
	5	DeMarquis Murray	BOMF	(43)	21:05	+287	<b>46:56.74</b>	15:06.6	29.7%	81	46
	6	Christopher Mooney	Bedford	(41)	26:35	-79	<b>51:50.38</b>	16:41.1	26.5%	96	53
M45-49	1	<u>Devin Beazley</u>	Carrollton	(49)	11:03	+41	<b>22:47.35</b>	7:20.1	<b>64.2%</b>	5	5
	2	<u>Steven Keller</u>	Irving	(47)	20:17	+88	<b>42:02.23</b>	13:31.8	34.3%	70	42
	3	<u>Steven Hunsucker</u>	Dallas	(45)	22:51	+171	<b>48:33.97</b>	15:37.9	29.2%	86	51
	4	Brian Frazier		(45)	33:58	+40	<b>1:08:37.45</b>	22:05.3	20.7%	110	61
M50-54	1	<u>John Winstead</u>		(53)	10:09	+35	<b>20:52.47</b>	6:43.1	<b>72.4%</b>	3	3
	2	<u>Matt Peters</u>		(51)	14:52	+29	<b>30:12.73</b>	9:43.5	49.2%	31	21
	3	<u>Keith Perkins</u>		(53)	17:32	-28	<b>34:36.29</b>	11:08.3	43.7%	43	29
	4	Don Martin	BOMF	(54)	23:17	+79	<b>47:52.99</b>	15:24.7	31.8%	83	48
M55-59	1	<u>Clay Pickering</u>		(55)	12:06	+17	<b>24:28.71</b>	7:52.7	<b>62.8%</b>	8	7
	2	<u>Jeffrey Fuller</u>	Farmers Branch	(56)	14:03	-47	<b>27:18.60</b>	8:47.4	56.7%	20	13
	3	<u>Bejamin Bradford</u>	BOMF	(57)	14:02	+129	<b>30:13.10</b>	9:43.6	51.7%	72	43
	4	Bejamin Bradford	BOMF	(57)	14:02	+915	<b>43:18.77</b>	13:56.5	36.1%	72	43
M60-64	1	<u>Michael Sullivan</u>	Dallas	(62)	14:51	+71	<b>30:53.68</b>	9:56.6	52.8%	34	23
	2	<u>Mike Colvin</u>		(62)	17:11	+27	<b>34:48.82</b>	11:12.3	46.9%	44	30
	3	<u>Charley Smith</u>	Garland	(62)	18:17	+92	<b>38:06.04</b>	12:15.8	42.8%	56	33
	4	Glenn Dotson	Haltom City	(61)	18:22	+115	<b>38:38.71</b>	12:26.3	41.9%	57	34
	5	Doyal Darter	Richland Hills	(60)	24:03	+36	<b>48:41.56</b>	15:40.4	32.9%	85	50
M70+	1	<u>Robert Moderow</u>	Irving	(71)	12:40	+36	<b>25:55.74</b>	8:20.7	<b>68.8%</b>	13	9
	2	<u>Larry McCarty</u>	Richardson	(73)	14:41	-35	<b>28:47.15</b>	9:15.9	<b>63.7%</b>	26	16
	3	<u>Dickie Longo</u>	Metairie	(77)	15:01	-1	<b>30:01.30</b>	9:39.8	<b>65.5%</b>	28	18

# Run For Recovery 5K

T.W. Richardson Park, Irving, TX

Saturday, September 13, 2014  
58F Cloudy 76%H 13mphNNE  
5K Off :8:20 am

## 5K FEMALE

		53 Runners --- Average Time of 41:39				Avg. Age Grade: 41.5%			Place in		
Name		City	(Age)	Half	Split	Chip Time	Pace	Age Grade	OA	GD	
OVERALL	1st	<u>Kathryn Page</u>	Dallas	(37)	12:16	-6	24:27.14	7:52.2	61.7%	7	1
OVERALL	2nd	<u>Kristy Krupp</u>	Irving	(31)	12:09	+16	24:34.03	7:54.4	60.3%	9	2
F01-14	1	<u>Keira Turner</u>	DeSoto	(14)	14:32	+121	31:04.37	10:00.1	50.6%	53	22
	2	<u>Campbell Tippet</u>	Coppell	(11)	17:22	-40	34:04.16	10:58.0	48.8%	41	14
	3	<u>Natalia Turner</u>	DeSoto	(13)	16:14	+185	35:32.62	11:26.4	44.9%	69	28
	4	<u>Katie Mooney</u>	Coppell	(5)	22:36	+6	45:18.00	14:34.8	45.1%	78	34
F15-19	1	<u>Eunice Chang</u>	Dallas	(19)	24:27	-51	48:02.42	15:27.8	30.9%	104	45
F20-24	1	<u>Kaitlyn Stewart</u>	Dallas	(21)	37:07	-58	1:13:16.27	23:35.0	20.2%	114	53
F25-29	1	<u>Sonja Merryman</u>	Dallas	(25)	12:56	-46	25:06.17	8:04.8	59.0%	10	3
	2	<u>Tani Lopez</u>	Dallas	(25)			27:10.48	8:44.8	54.5%	21	8
	3	<u>Melissa Cade</u>	Midlothian	(28)	14:46	+91	31:03.61	9:59.8	47.6%	35	12
	4	<u>Diana Gomez</u>	Little Elm	(27)	21:52	-19	43:24.07	13:58.2	34.1%	77	33
	5	<u>Kerri Joiliffe</u>	Dallas	(29)	19:42	+338	45:01.91	14:29.7	32.9%	95	43
F30-34	1	<u>Dawnya Ton</u>	The colony	(31)	12:54	+35	26:23.59	8:29.7	56.1%	14	5
	2	<u>Aimee Dillingham</u>	Eules	(33)	14:11	+6	28:28.32	9:09.9	52.2%	25	10
	3	<u>Sarah Schapansky</u>	Dallas	(31)	14:40	+77	30:37.38	9:51.4	48.4%	33	11
	4	<u>Michelle Allen</u>	Fort Worth	(34)	18:21	+155	39:16.95	12:38.6	37.9%	61	25
	5	<u>Lydia Walton</u>	BOMF	(30)	19:33	+29	39:35.02	12:44.4	37.4%	63	26
	6	<u>Janetta Cox</u>	BOMF	(34)	26:23	-19	52:27.16	16:53.0	28.4%	97	44
	7	<u>Serina McCallen</u>	Dallas	(34)	33:32	-3	1:07:00.60	21:34.1	22.2%	113	52
F35-39	1	<u>Erika Downs</u>	Burleson	(38)	12:48	+10	25:46.75	8:17.9	58.8%	12	4
	2	<u>Holly Caperton</u>	Dallas	(36)	15:37	+36	31:49.54	10:14.6	47.2%	52	21
	3	<u>Ricki Constable</u>	The Colony	(39)	17:35	+42	35:52.21	11:32.7	42.5%	48	17
	4	<u>Chau Nguyen</u>	Carrollton	(39)	20:25	-198	37:31.26	12:04.6	40.6%	55	23
	5	<u>Vanessa Smith</u>	Farmers Branch	(35)	21:52	-20	43:23.75	13:58.1	34.5%	76	32
	6	<u>Elizabeth Mooney</u>	Coppell	(37)	22:37	+5	45:18.46	14:35.0	33.3%	79	35
	7	<u>Jamie Whitesell</u>		(38)	25:23	-29	50:17.34	16:11.2	30.1%	92	40
F40-44	1	<u>Raina Mills</u>	Carrollton	(42)	13:07	+36	26:49.16	8:37.9	58.0%	18	7
	2	<u>Brandi Ernst</u>		(44)	16:06	+52	33:03.99	10:38.6	47.8%	39	13
	3	<u>Rosalyn Tippet</u>	Coppell	(41)	17:49	-27	35:12.00	11:19.8	43.9%	46	16
	4	<u>Lisa Puccio</u>	Frico	(43)	17:36	+41	35:52.64	11:32.9	43.7%	49	18
	5	<u>Patsy Allen</u>	BOMF	(41)	18:35	+113	39:03.33	12:34.2	39.5%	59	24
	6	<u>Tina Rodriguez</u>	Corinth	(40)	19:13	+73	39:38.72	12:45.6	38.7%	64	27
	7	<u>Wendy Cohen</u>	Dallas	(42)	22:52	+171	48:35.45	15:38.4	32.0%	87	36
	8	<u>Keshvar Buhariwalla</u>	Flower Mound	(42)	25:37	-55	50:18.26	16:11.5	30.9%	94	42
	9	<u>Carrie Turner</u>	Dallas	(42)	26:34	-162	50:26.25	16:14.1	30.8%	105	46
	10	<u>Belia Quintara</u>	Haltom City	(41)	29:35	-11	58:59.23	18:59.2	26.2%	107	48

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T.W. Richardson Park, Irving, TX

Saturday, September 13, 2014  
58F Cloudy 76%H 13mphNNE  
5K Off :8:20 am

F45-49	<u>1</u>	<u>Michelle O'Rear</u>	Flower Mound	(45)	14:20	-51	<b>27:49.35</b>	8:57.3	57.4%	24	9
	<u>2</u>	<u>Michelle Perkins</u>		(49)	17:58	+35	<b>36:30.53</b>	11:45.1	45.8%	50	19
	<u>3</u>	<u>Damiane de Wit-Guzman</u>	Dallas	(46)	24:46	-12	<b>49:20.73</b>	15:53.0	32.7%	88	37
	4	Summer Wilkinson	Plano	(46)	25:35	-53	<b>50:17.46</b>	16:11.2	32.1%	93	41
	5	Sandra Keller	Irving	(49)	29:35	-10	<b>58:59.15</b>	18:59.1	28.3%	106	47
	6	Traci Jones	Dallas	(47)	29:12	+105	<b>1:00:09.54</b>	19:21.8	27.1%	109	49
	7	Mary Clark	Dallas	(47)	33:36	-16	<b>1:06:56.84</b>	21:32.9	24.4%	112	51
F50-54	<u>1</u>	<u>Elizabeth Cholerton</u>	Dallas	(52)	13:42	-52	<b>26:32.38</b>	8:32.5	<b>65.4%</b>	17	6
	<u>2</u>	<u>Jacey Yow</u>	Plano	(52)	20:46	+50	<b>42:22.91</b>	13:38.5	40.9%	71	29
	<u>3</u>	<u>Susan Camacho</u>	BOMF	(54)	20:40	+129	<b>43:28.98</b>	13:59.7	41.0%	74	30
	4	Laura Lefkovits	Coppell	(51)	25:33	-49	<b>50:17.18</b>	16:11.1	34.1%	91	39
	5	Bertha Nemons	BOMF	(50)	35:32	-69	<b>1:09:55.01</b>	22:30.2	24.2%	111	50
F55-59	<u>1</u>	<u>Brenda Buckalew</u>	Addison	(56)	20:36	+137	<b>43:28.44</b>	13:59.6	42.1%	75	31
	<u>2</u>	<u>Karen Hill</u>	Coppell	(58)	25:24	-114	<b>48:53.97</b>	15:44.4	38.4%	89	38
F60-64	<u>1</u>	<u>Georgeann Tyler</u>	Hurst	(60)	17:33	-11	<b>34:55.08</b>	11:14.3	55.4%	45	15
F70+	<u>1</u>	<u>Barbara Bowen</u>	Lewisville	(70)	18:28	+19	<b>37:15.94</b>	11:59.7	<b>60.5%</b>	51	20

# Run For Recovery 5K

T.W. Richardson Park, Irving, TX

Saturday, September 13, 2014

58F Cloudy 76%H 13mphNNE  
5K Off :8:20 am

## Order of Finish

5K	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	△	Net Chip Time	Pace	5KEq	Clock Time	AgeGD
1	107	Nezben Deason (M30)	1	M30-34	OA	1.2	9:16	9:50 +34	19:05.55	6:08.7	19.08	19:06.73	67.7%
2	136	Edward Virgil (M24)	2	M20-24	O2	0.3	9:58	10:15 +16	20:12.87	6:30.4	20.20	20:13.13	63.8%
3	133	John Winstead (M53)	3	M50-54	1st	0.4	10:09	10:44 +35	20:52.47	6:43.1	20.87	20:52.86	72.4%
4	066	Eddie Moderow (M38)	4	M35-39	1st	1.7	11:16	11:20 +4	22:35.66	7:16.3	22.58	22:37.33	59.5%
5	008	Devin Beazley (M49)	5	M45-49	1st	1.0	11:03	11:44 +41	22:47.35	7:20.1	22.78	22:48.31	64.2%
6	035	Roderick Frazier (M21)	6	M20-24	1st	11.5	12:06	12:01 -5	24:07.83	7:46.0	24.12	24:19.32	53.7%
7	076	Kathryn Page (F37)	1	F35-39	OA	---	12:16	12:11 -6	24:27.14	7:52.2	24.45	24:27.14	61.7%
8	130	Clay Pickering (M55)	7	M55-59	1st	4.0	12:06	12:23 +17	24:28.71	7:52.7	24.47	24:32.74	62.8%
9	055	Kristy Krupp (F31)	2	F30-34	O2	5.5	12:09	12:25 +16	24:34.03	7:54.4	24.57	24:39.52	60.3%
10	064	Sonja Merryman (F25)	3	F25-29	1st	18.6	12:56	12:10 -46	25:06.17	8:04.8	25.10	25:24.82	59.0%
11	116	Greg Stone (M29)	8	M25-29	1st	7.0	12:50	12:55 +5	25:44.54	8:17.1	25.73	25:51.57	50.2%
12	031	Erika Downs (F38)	4	F35-39	1st	6.5	12:48	12:58 +10	25:46.75	8:17.9	25.77	25:53.22	58.8%
13	067	Robert Moderow (M71)	9	M70+	1st	2.1	12:40	13:16 +36	25:55.74	8:20.7	25.92	25:57.89	68.8%
14	091	Dawnya Ton (F31)	5	F30-34	1st	4.5	12:54	13:29 +35	26:23.59	8:29.7	26.38	26:28.13	56.1%
15	010	Kelton Blackshear (M23)	10	M20-24	2nd	---	12:43	13:47 +64	26:30.34	8:31.9	26.50	26:30.34	48.7%
16	114	Mr Paxton (M27)	11	M25-29	2nd	0.9	12:43	13:48 +65	26:31.23	8:32.2	26.52	26:32.10	48.6%
17	018	Elizabeth Cholerton (F52)	6	F50-54	1st	1.4	13:42	12:50 -52	26:32.38	8:32.5	26.53	26:33.77	65.4%
18	065	Raina Mills (F42)	7	F40-44	1st	---	13:07	13:43 +36	26:49.16	8:37.9	26.82	26:49.16	58.0%
19	115	Kevin Stevenson (M35)	12	M35-39	2nd	7.0	13:15	13:58 +43	27:13.57	8:45.8	27.22	27:20.58	48.4%
20	036	Jeffrey Fuller (M56)	13	M55-59	2nd	5.7	14:03	13:16 -47	27:18.60	8:47.4	27.30	27:24.30	56.7%
21	058	Tani Lopez (F25)	8	F25-29	2nd	16.3	---	---	27:10.48	8:44.8	27.17	27:26.83	54.5%
22	001	Aaron Adams (M20)	14	M20-24	3rd	---	12:12	15:15 +183	27:26.93	8:50.1	27.43	27:26.93	47.5%
23	006	Michael Arnett (M43)	15	M40-44	1st	17.9	13:01	14:10 +69	27:10.44	8:44.8	27.17	27:28.38	51.4%
24	075	Michelle O'Rear (F45)	9	F45-49	1st	13.4	14:20	13:29 -51	27:49.35	8:57.3	27.82	28:02.70	57.4%
25	029	Aimee Dillingham (F33)	10	F30-34	2nd	11.3	14:11	14:17 +6	28:28.32	9:09.9	28.47	28:39.60	52.2%
26	061	Larry McCarty (M73)	16	M70+	2nd	5.6	14:41	14:06 -35	28:47.15	9:15.9	28.78	28:52.73	63.7%
27	013	Michael Brooks (M32)	17	M30-34	1st	14.4	14:13	14:56 +43	29:08.19	9:22.7	29.13	29:22.55	44.6%
28	057	Dickie Longo (M77)	18	M70+	3rd	5.4	15:01	15:00 -1	30:01.30	9:39.8	30.02	30:06.73	65.5%
29	124	Brand Matt (M31)	19	M30-34	2nd	3.8	12:44	17:20 +276	30:04.51	9:40.8	30.07	30:08.29	43.1%
31	134	Matt Peters (M51)	21	M50-54	2nd	16.5	14:52	15:21 +29	30:12.73	9:43.5	30.20	30:29.25	49.2%
32	092	Benjamin Torres (M24)	22	M20-24	4th	3.8	14:54	15:35 +42	30:28.93	9:48.7	30.47	30:32.70	42.3%
33	084	Sarah Schapansky (F31)	11	F30-34	3rd	6.9	14:40	15:57 +77	30:37.38	9:51.4	30.62	30:44.25	48.4%
34	088	Michael Sullivan (M62)	23	M60-64	1st	1.5	14:51	16:02 +71	30:53.68	9:56.6	30.88	30:55.21	52.8%
35	015	Melissa Cade (F28)	12	F25-29	3rd	5.1	14:46	16:17 +91	31:03.61	9:59.8	31.05	31:08.67	47.6%
36	122	Robert Alt (M33)	24	M30-34	3rd	11.3	15:42	15:46 +4	31:28.40	10:07.8	31.47	31:39.67	41.5%
37	049	Vikram Jakkamsetti (M40)	25	M40-44	2nd	3.2	16:21	15:46 -35	32:06.56	10:20.1	32.10	32:09.75	42.5%
38	020	Isaiah Clark-Van Noy (M12)	26	M01-14	1st	3.1	14:40	18:11 +212	32:51.29	10:34.5	32.85	32:54.34	45.3%
39	132	Brandi Ernst (F44)	13	F40-44	2nd	14.0	16:06	16:58 +52	33:03.99	10:38.6	33.05	33:17.97	47.8%
40	079	Alejandro Ramirez (M26)	27	M25-29	3rd	4.0	14:29	18:54 +265	33:22.40	10:44.5	33.37	33:26.38	38.7%
41	089	Campbell Tippett (F11)	14	F01-14	2nd	6.4	17:22	16:42 -40	34:04.16	10:58.0	34.07	34:10.59	48.8%
42	022	Joshua Coleman (M23)	28	M20-24	5th	17.8	17:48	16:22 -85	34:09.83	10:59.8	34.15	34:27.61	37.8%
43	137	Keith Perkins (M53)	29	M50-54	3rd	6.0	17:32	17:04 -28	34:36.29	11:08.3	34.60	34:42.31	43.7%
44	131	Mike Colvin (M62)	30	M60-64	2nd	3.8	17:11	17:38 +27	34:48.82	11:12.3	34.80	34:52.58	46.9%

GD Place among Females    △ Positive Split  
△ Negative Split

Timing provided by:  
 DeltaViewTiming.com

# Run For Recovery 5K

T.W. Richardson Park, Irving, TX

45	098	Georgeann Tyler (F60)	15	F60-64	1st	---	17:33	17:22	-11	34:55.08	11:14.3	34.92	34:55.08	55.4%
46	090	Rosalyn Tippet (F41)	16	F40-44	3rd	7.5	17:49	17:23	-27	35:12.00	11:19.8	35.20	35:19.47	43.9%
47	081	Clayton Rider (M44)	31	M40-44	3rd	2.4	16:23	18:57	+154	35:19.97	11:22.4	35.32	35:22.39	39.8%
48	024	Ricki Constable (F39)	17	F35-39	3rd	15.0	17:35	18:17	+42	35:52.21	11:32.7	35.87	36:07.19	42.5%
49	078	Lisa Puccio (F43)	18	F40-44	4th	14.8	17:36	18:17	+41	35:52.64	11:32.9	35.87	36:07.46	43.7%
50	138	Michelle Perkins (F49)	19	F45-49	2nd	6.7	17:58	18:33	+35	36:30.53	11:45.1	36.50	36:37.27	45.8%
51	011	Barbara Bowen (F70)	20	F70+	1st	4.7	18:28	18:47	+19	37:15.94	11:59.7	37.25	37:20.60	60.5%
52	016	Holly Caperton (F36)	21	F35-39	2nd	336.0	15:37	16:13	+35	31:49.54	10:14.6	31.82	37:25.55	47.2%
53	096	Keira Turner (F14)	22	F01-14	1st	413.7	14:32	16:33	+121	31:04.37	10:00.1	31.07	37:58.06	50.6%
54	042	Jay Harris (M36)	32	M35-39	3rd	16.7	17:44	20:00	+136	37:43.97	12:08.7	37.72	38:00.63	35.1%
55	072	Chau Nguyen (F39)	23	F35-39	4th	34.4	20:25	17:07	-198	37:31.26	12:04.6	37.52	38:05.65	40.6%
56	085	Charley Smith (M62)	33	M60-64	3rd	7.6	18:17	19:49	+92	38:06.04	12:15.8	38.10	38:13.66	42.8%
57	030	Glenn Dotson (M61)	34	M60-64	4th	20.2	18:22	20:17	+115	38:38.71	12:26.3	38.63	38:58.91	41.9%
58	062	Robert McGee (M34)	35	M30-34	4th	16.3	16:55	21:56	+301	38:50.90	12:30.2	38.83	39:07.24	33.7%
59	118	Patsy Allen (F41)	24	F40-44	5th	6.5	18:35	20:28	+113	39:03.33	12:34.2	39.05	39:09.84	39.5%
60	007	Richard Barber (M42)	36	M40-44	4th	17.8	20:34	18:21	-134	38:55.44	12:31.7	38.92	39:13.22	35.6%
61	004	Michelle Allen (F34)	25	F30-34	4th	11.3	18:21	20:56	+155	39:16.95	12:38.6	39.27	39:28.22	37.9%
62	043	Markus Harris (M30)	37	M30-34	5th	19.0	19:16	19:55	+39	39:11.30	12:36.8	39.18	39:30.29	33.0%
63	117	Lydia Walton (F30)	26	F30-34	5th	0.7	19:33	20:02	+29	39:35.02	12:44.4	39.58	39:35.72	37.4%
64	082	Tina Rodriguez (F40)	27	F40-44	6th	3.5	19:13	20:26	+73	39:38.72	12:45.6	39.63	39:42.18	38.7%
65	023	Matthew Comer (M28)	38	M25-29	4th	16.9	17:47	23:24	+337	41:10.92	13:15.3	41.17	41:27.78	31.3%
66	063	Jason Mera (M19)	39	M15-19	1st	4.0	19:16	22:09	+173	41:25.38	13:20.0	41.42	41:29.35	31.8%
67	054	Johnny Khamphanhoth (M30)	40	M30-34	6th	3.4	19:15	22:20	+185	41:35.45	13:23.2	41.58	41:38.88	31.1%
68	095	Christian Turner (M11)	41	M01-14	2nd	381.4	17:15	18:40	+85	35:54.70	11:33.5	35.90	42:16.10	42.6%
69	097	Natalia Turner (F13)	28	F01-14	3rd	403.8	16:14	19:19	+185	35:32.62	11:26.4	35.53	42:16.44	44.9%
70	053	Steven Keller (M47)	42	M45-49	2nd	14.4	20:17	21:45	+88	42:02.23	13:31.8	42.03	42:16.65	34.3%
71	102	Jacey Yow (F52)	29	F50-54	2nd	13.2	20:46	21:37	+50	42:22.91	13:38.5	42.37	42:36.08	40.9%
72	104	Bejamin Bradford (M57)	43	M55-59	4th	3.8	14:02	29:17	+915	43:18.77	13:56.5	43.30	43:22.55	36.1%
72	104	Bejamin Bradford (M57)	43	M55-59	4th	3.8	14:02	16:11	+129	30:13.10	9:43.6	30.22	30:16.89	51.7%
73	126	Jordan Silva (M31)	44	M30-34	7th	2.6	20:36	22:51	+135	43:26.89	13:59.1	43.43	43:29.47	29.8%
74	105	Susan Camacho (F54)	30	F50-54	3rd	1.2	20:40	22:49	+129	43:28.98	13:59.7	43.47	43:30.21	41.0%
75	014	Brenda Buckalew (F56)	31	F55-59	1st	2.1	20:36	22:53	+137	43:28.44	13:59.6	43.47	43:30.53	42.1%
76	086	Vanessa Smith (F35)	32	F35-39	5th	15.7	21:52	21:32	-20	43:23.75	13:58.1	43.38	43:39.46	34.5%
77	040	Diana Gomez (F27)	33	F25-29	4th	15.8	21:52	21:32	-19	43:24.07	13:58.2	43.40	43:39.83	34.1%
78	070	Katie Mooney (F5)	34	F01-14	4th	8.1	22:36	22:42	+6	45:18.00	14:34.8	45.30	45:26.13	45.1%
79	069	Elizabeth Mooney (F37)	35	F35-39	6th	8.6	22:37	22:42	+5	45:18.46	14:35.0	45.30	45:27.04	33.3%
80	047	Cristian Hinkley (M20)	45	M20-24	6th	13.8	24:22	22:10	-132	46:31.75	14:58.6	46.52	46:45.56	28.0%
81	112	DeMarquis Murray (M43)	46	M40-44	5th	2.4	21:05	25:52	+287	46:56.74	15:06.6	46.93	46:59.15	29.7%
82	108	Jordan Dingle (M21)	47	M20-24	7th	2.9	21:03	25:53	+290	46:56.68	15:06.6	46.93	46:59.63	27.6%
83	110	Don Martin (M54)	48	M50-54	4th	2.5	23:17	24:36	+79	47:52.99	15:24.7	47.87	47:55.50	31.8%
84	059	Jose Martinez (M21)	49	M20-24	8th	4.1				47:59.72	15:26.9	47.98	48:03.78	27.0%
85	026	Doyal Darter (M60)	50	M60-64	5th	2.4	24:03	24:39	+36	48:41.56	15:40.4	48.68	48:43.91	32.9%
86	048	Steven Hunsucker (M45)	51	M45-49	3rd	18.1	22:51	25:43	+171	48:33.97	15:37.9	48.55	48:52.07	29.2%
87	021	Wendy Cohen (F42)	36	F40-44	7th	17.0	22:52	25:43	+171	48:35.45	15:38.4	48.58	48:52.43	32.0%
88	028	Damiane de Wit-Guzman (F4)	37	F45-49	3rd	16.9	24:46	24:34	-12	49:20.73	15:53.0	49.33	49:37.60	32.7%

# Run For Recovery 5K

T.W. Richardson Park, Irving, TX

89	046	Karen Hill (F58)	38	F55-59	2nd	49.7	25:24	23:30	-114	48:53.97	15:44.4	48.88	49:43.67	38.4%
90	025	Ryan Cox (M29)	52	M25-29	5th	8.6				50:03.72	16:06.8	50.05	50:12.31	25.8%
91	056	Laura Lefkovits (F51)	39	F50-54	4th	12.3	25:33	24:44	-49	50:17.18	16:11.1	50.28	50:29.46	34.1%
92	135	Jamie Whitesell (F38)	40	F35-39	7th	12.5	25:23	24:54	-29	50:17.34	16:11.2	50.28	50:29.86	30.1%
93	100	Summer Wilkinson (F46)	41	F45-49	4th	12.7	25:35	24:42	-53	50:17.46	16:11.2	50.28	50:30.16	32.1%
94	121	Keshvar Buhariwalla (F42)	42	F40-44	8th	11.9	25:37	24:42	-55	50:18.26	16:11.5	50.30	50:30.17	30.9%
95	050	Kerri Joiliffe (F29)	43	F25-29	5th	376.9	19:42	25:20	+338	45:01.91	14:29.7	45.02	51:18.77	32.9%
96	068	Christopher Mooney (M41)	53	M40-44	6th	8.6	26:35	25:16	-79	51:50.38	16:41.1	51.83	51:58.95	26.5%
97	106	Janetta Cox (F34)	44	F30-34	6th	7.2	26:23	26:04	-19	52:27.16	16:53.0	52.45	52:34.33	28.4%
98	012	Eddie Braun (M27)	54	M25-29	6th	0.6	24:36	28:36	+239	53:12.21	17:07.5	53.20	53:12.79	24.2%
99	083	Jarrood Rose (M32)	55	M30-34	8th	14.3	24:48	28:47	+238	53:35.26	17:14.9	53.58	53:49.58	24.3%
100	032	Travis Duval (M32)	56	M30-34	9th	14.5	24:47	28:49	+242	53:35.33	17:14.9	53.58	53:49.83	24.3%
101	039	Miguel Godinez (M24)	57	M20-24	9th	3.9	26:11	27:35	+84	53:46.00	17:18.4	53.77	53:49.93	24.0%
102	041	Jesus Guerrero (M29)	58	M25-29	7th	9.6	26:33	27:09	+36	53:41.36	17:16.9	53.68	53:50.93	24.0%
103	127	Singer Matt (M34)	59	M30-34	10th	2.9	27:09	26:54	-15	54:02.68	17:23.7	54.03	54:05.58	24.3%
104	017	Eunice Chang (F19)	45	F15-19	1st	366.6	24:27	23:36	-51	48:02.42	15:27.8	48.03	54:09.05	30.9%
105	094	Carrie Turner (F42)	46	F40-44	9th	339.5	26:34	23:52	-162	50:26.25	16:14.1	50.43	56:05.79	30.8%
106	052	Sandra Keller (F49)	47	F45-49	5th	13.8	29:35	29:24	-10	58:59.15	18:59.1	58.98	59:12.91	28.3%
107	103	Belia Quintara (F41)	48	F40-44	10th	13.9	29:35	29:24	-11	58:59.23	18:59.2	58.98	59:13.11	26.2%
108	009	Christopher Belrose (M35)	60	M35-39	4th	14.9	29:51	35:51	+360	1:05:41.21	21:08.6	65.68	1:05:56.13	20.1%
109	051	Traci Jones (F47)	49	F45-49	6th	401.3	29:12	30:57	+105	1:00:09.54	19:21.8	60.15	1:06:50.83	27.1%
110	128	Brian Frazier (M45)	61	M45-49	4th	20.6	33:58	34:39	+40	1:08:37.45	22:05.3	68.62	1:08:58.07	20.7%
111	113	Bertha Nemons (F50)	50	F50-54	5th	8.8	35:32	34:23	-69	1:09:55.01	22:30.2	69.92	1:10:03.83	24.2%
112	019	Mary Clark (F47)	51	F45-49	7th	403.9	33:36	33:21	-16	1:06:56.84	21:32.9	66.93	1:13:40.70	24.4%
113	060	Serina McCallen (F34)	52	F30-34	7th	407.2	33:32	33:29	-3	1:07:00.60	21:34.1	67.00	1:13:47.80	22.2%
114	087	Kaitlyn Stewart (F21)	53	F20-24	1st	620.3	37:07	36:09	-58	1:13:16.27	23:35.0	73.27	1:23:36.53	20.2%

Average Finish Time: 39:26

Average Age Grade: 41.39%