

# Heels and Hills Distance Challenge 5K

Irving, February 22, 2009

Results By Heels and Hills, Inc.

## 5K

### Overall Female Open Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Over all</u>	<u>Chip Time</u>	<u>Gun Time</u>	<u>Diff</u>	<u>Pace</u>
1	Tracy Joseph	Carrollton	4	45	1	24:33.1	24:37.1	0:03.9	7:55/M

### Overall Female Masters Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Over all</u>	<u>Chip Time</u>	<u>Gun Time</u>	<u>Diff</u>	<u>Pace</u>
1	Jamie Smith	The Colony	20	47	6	26:09.0	26:16.2	0:07.1	8:26/M

### Female 25 to 29

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Over all</u>	<u>Chip Time</u>	<u>Gun Time</u>	<u>Diff</u>	<u>Pace</u>
1	Cherie Mazurowski	Fort Worth TN	81	28	4	25:45.1	36:00.5	10:15.3	8:18/M
2	Diane Cardinal	Irving	63	26	9	27:05.4	27:13.0	0:07.6	8:44/M
3	Julie Pietrasik	Fort Worth	78	28	13	27:47.0	38:02.4	10:15.3	8:58/M
4	Mindy Viestenz	Arlington	58	29	24	29:40.2	29:53.9	0:13.7	9:34/M
5	Lindsey Erikson	Ada OK	28	29	25	30:11.2	33:07.8	2:56.6	9:44/M
6	Jessica Crockett	Dallas SD	23	27	27	30:20.7	30:29.8	0:09.1	9:47/M
7	Cassidy Fears	Duncanville	37	28	29	31:06.1	31:06.1		10:02/M
8	Robin Travis	The Colony	80	25	43	33:50.5	36:24.4	2:33.8	10:55/M
9	Amanda Witty	Flower Mound	54	29	47	35:48.2	35:54.4	0:06.1	11:33/M
10	Steffanie Schreiber	Keller	43	28	48	35:48.6	35:57.9	0:09.3	11:33/M
11	Quinn Ray	Allen	44	29	49	36:03.1	36:11.7	0:08.5	11:38/M
12	Fatima Salih	Dallas	89	28	57	38:14.3	38:14.3		12:20/M
13	Callie Christian	Mesquite	85	29	58	40:02.4	40:11.1	0:08.7	12:55/M
14	Suzann McLemore	Irving	7	28	61	41:14.3	41:21.4	0:07.0	13:18/M

### Female 30 to 34

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Over all</u>	<u>Chip Time</u>	<u>Gun Time</u>	<u>Diff</u>	<u>Pace</u>
1	Ingrid Schlendinger	Flower Mound	104	31	2	25:10.1	25:14.0	0:03.9	8:07/M
2	Christie Shaw	Hurst	52	33	3	25:35.6	25:49.6	0:14.0	8:15/M
3	Cara West	Bedford	19	31	10	27:20.5	27:27.3	0:06.8	8:49/M
4	April Buckner	Roanoke	42	32	11	27:39.7	27:48.7	0:09.0	8:55/M
5	Mistie Starkey	The Colony	84	31	12	27:44.8	29:41.5	1:56.7	8:57/M
6	Elizabeth Janbaz	Grapevine	82	31	18	28:40.0	28:45.5	0:05.5	9:15/M
7	Merci Anderson	Rowlett	103	32	28	30:43.2	30:53.5	0:10.3	9:55/M
8	Sarah Hendrickson	Allen	1	34	38	32:22.6	32:58.9	0:36.3	10:26/M

### Female 35 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Over all</u>	<u>Chip Time</u>	<u>Gun Time</u>	<u>Diff</u>	<u>Pace</u>
1	Amy Johnson	Grapevine	18	36	5	25:52.2	25:52.2		8:21/M
2	Stacie Breckley	Roanoke	73	37	14	27:50.5	28:24.7	0:34.2	8:59/M
3	April Mims	The Colony	21	36	22	29:13.4	29:20.0	0:06.5	9:25/M
4	Amy Haney	Bedford	13	36	31	31:18.3	31:18.3		10:06/M
5	Michele Howells	Ada OK	27	35	32	31:19.3	31:44.1	0:24.7	10:06/M
6	Mindy McClure	Colleyville	11	39	37	32:20.9	32:37.4	0:16.5	10:26/M
7	Katherin Billingsley	Rowlett	47	37	52	37:11.5	37:11.5		12:00/M
8	Lisa Avila	Southlake	62	37	53	37:20.6	38:22.6	1:02.0	12:03/M
9	Jacki Dudding	Colleyville	49	39	55	37:43.9	37:58.3	0:14.4	12:10/M
10	Karri Bertrand	Richardson	105	35	59	40:16.7	40:24.5	0:07.7	12:59/M
11	Tanya Mahoney	Irving	70	38	62	43:03.3	43:17.3	0:14.0	13:53/M
12	Tamarah Walker	Frisco	31	37	67	54:37.5	54:43.9	0:06.3	17:37/M
13	Peggy Auguste	Dallas	17	37	68	54:38.0	54:44.6	0:06.5	17:37/M

### Female 40 to 44

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Over all</u>	<u>Chip Time</u>	<u>Gun Time</u>	<u>Diff</u>	<u>Pace</u>
1	Kelley Johnson	Flower Mound	74	42	17	28:13.9	28:25.8	0:11.9	9:06/M
2	Dawn Cochran	Colleyville	29	43	26	30:14.4	30:23.8	0:09.3	9:45/M

3	Rhonda Maxfield	Plano	79	40	33	31:39.8	31:49.6	0:09.7	10:13/M
4	Kim Cabeza	Dallas	2	44	34	31:44.9	32:01.6	0:16.6	10:14/M
5	Jane Gary	Plano	99	40	35	31:50.9	31:50.9		10:16/M
6	Becky Dawson	Plano	41	43	36	32:09.1	32:19.9	0:10.7	10:22/M
7	Melissa Labella	Frisco	30	41	40	32:52.3	33:07.5	0:15.1	10:36/M
8	Cindy Stovall	Colleyville	16	40	44	34:20.2	34:37.0	0:16.7	11:05/M
9	Elizabeth Meseke	Fort Worth	88	41	46	35:41.7	36:03.0	0:21.3	11:31/M
10	Michelle Cantrell	Fort Worth	64	43	50	36:07.0	36:16.8	0:09.8	11:39/M
11	Jean-Maria Higginbotham	Carrollton	8	44	60	40:20.7	40:33.0	0:12.2	13:01/M
12	Margot Reviel	Irving	101	42	63	46:38.6	46:50.0	0:11.3	15:03/M

#### Female 45 to 49

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Over all</u>	<u>Chip Time</u>	<u>Gun Time</u>	<u>Diff</u>	<u>Pace</u>
1	Pauline Hetherington	Southlake	24	48	8	27:04.8	27:12.1	0:07.2	8:44/M
2	Patricia Ortiz	North Richland Hill	83	45	16	28:06.2	28:18.3	0:12.0	9:04/M
3	Tammy Reyes	Carrollton	3	45	19	28:51.2	29:02.3	0:11.1	9:18/M
4	Brenda Cummings	The Colony	57	45	20	28:51.2	29:48.4	0:57.1	9:18/M
5	Jane Ross	Richardson	72	48	30	31:17.7	31:30.2	0:12.5	10:05/M
6	Melinda Kincaid	Dallas	92	49	41	32:55.3	33:06.4	0:11.1	10:37/M
7	Lee Cappelletti	Double Oak	60	49	42	33:43.9	33:52.1	0:08.2	10:53/M
8	Brenda Lawson	Flower Mound	90	49	45	34:52.6	34:52.6		11:15/M
9	Jett Hampton	North Richland Hill	50	45	54	37:39.8	37:54.1	0:14.3	12:09/M

#### Female 50 to 54

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Over all</u>	<u>Chip Time</u>	<u>Gun Time</u>	<u>Diff</u>	<u>Pace</u>
1	Kathy Phelps	Arlington	10	51	7	26:58.1	27:03.4	0:05.2	8:42/M
2	Carrie Skeen	Irving	86	52	66	48:31.8	48:44.7	0:12.9	15:39/M

#### Female 55 to 59

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Over all</u>	<u>Chip Time</u>	<u>Gun Time</u>	<u>Diff</u>	<u>Pace</u>
1	Teresa Lynd	Plano	38	56	21	28:55.8	29:06.1	0:10.3	9:20/M
2	Donna Wright	Carrollton	26	58	51	36:33.6	36:44.3	0:10.7	11:47/M
3	Courtney Ridings	Grand Prairie	102	55	65	48:03.2	48:16.5	0:13.3	15:30/M

#### Female 60 to 64

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Over all</u>	<u>Chip Time</u>	<u>Gun Time</u>	<u>Diff</u>	<u>Pace</u>
1	Janice Snyder	Dallas	93	62	39	32:29.8	35:22.2	2:52.4	10:29/M
2	Peggy Chesnutt	Irving	15	60	56	38:08.2	38:21.7	0:13.4	12:18/M

#### Female 65 to 69

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Over all</u>	<u>Chip Time</u>	<u>Gun Time</u>	<u>Diff</u>	<u>Pace</u>
1	Caroline Perkins	Fort Worth	6	65	64	46:40.6	46:57.0	0:16.3	15:03/M

#### Overall Male Open Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Over all</u>	<u>Chip Time</u>	<u>Gun Time</u>	<u>Diff</u>	<u>Pace</u>
1	Conrad Harrison	Richardson	61	32	15	27:55.5	27:55.5		9:00/M

#### Male 30 to 34

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Over all</u>	<u>Chip Time</u>	<u>Gun Time</u>	<u>Diff</u>	<u>Pace</u>
1	Zach Roberts	Dallas	39	31	23	29:34.4	29:48.6	0:14.2	9:32/M

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