

Heels and Hills "A Dollar A K" Race 10K

Irving, August 09, 2009

Results By Heels and Hills, Inc.

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 | Jennifer Reisdorf | Columbia MO | 19 | 37 | 2 | 49:15.8 | 49:18.8 | 0:02.9 | 7:57/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 | Jill Jung | Ft. Worth TX | 46 | 40 | 7 | 57:20.6 | 57:26.5 | 0:05.8 | 9:15/M |

Female 20 to 24

| <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 | Jaime Lopez | Denton TX | 44 | 24 | 15 | 1:10:06.8 | 1:10:09.9 | 0:03.0 | 11:18/M |
| 2 | Brittany Hosner | Trabuco Canyon CA | 45 | 23 | 16 | 1:10:07.1 | 1:10:10.1 | 0:03.0 | 11:19/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 | Julie Wall | Dallas TX | 52 | 26 | 4 | 49:27.1 | 49:31.0 | 0:03.8 | 7:59/M |
| 2 | Megan Baumli | Dallas TX | 30 | 26 | 10 | 59:02.7 | 59:17.2 | 0:14.5 | 9:31/M |
| 3 | Suzann McLemore | Irving TX | 40 | 29 | 21 | 1:23:19.7 | 1:25:27.1 | 2:07.4 | 13:26/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 | Andleeb Dombrowski | Plano TX | 17 | 35 | 5 | 53:31.5 | 53:32.5 | 0:00.9 | 8:38/M |
| 2 | Maggie Johnston | Columbia MO | 23 | 39 | 6 | 54:21.2 | 54:26.0 | 0:04.7 | 8:46/M |
| 3 | April Mims | The Colony TX | 48 | 36 | 11 | 1:02:17.5 | 1:02:25.2 | 0:07.7 | 10:03/M |
| 4 | Shawna Mohler | Coppell TX | 32 | 37 | 14 | 1:09:37.4 | 1:09:42.5 | 0:05.1 | 11:14/M |
| 5 | Shannon Barron | Lewisville TX | 56 | 39 | 20 | 1:17:18.1 | 1:17:29.6 | 0:11.4 | 12:28/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 | Kim Cabeza | Dallas TX | 41 | 44 | 13 | 1:07:53.1 | 1:08:02.4 | 0:09.3 | 10:57/M |
| 2 | Pamela Nourvle | Irving TX | 64 | 40 | 17 | 1:11:03.0 | 1:11:13.0 | 0:10.0 | 11:28/M |
| 3 | Dina Caballero | Carrollton TX | 60 | 42 | 22 | 1:48:21.3 | 1:48:38.1 | 0:16.8 | 17:29/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 | Mary Lessor | Carrollton TX | 24 | 47 | 8 | 58:35.6 | 58:38.3 | 0:02.7 | 9:27/M |
| 2 | Ginger Blazek | Coppell TX | 20 | 47 | 9 | 58:46.3 | 58:49.9 | 0:03.5 | 9:29/M |
| 3 | Melinda Kincaid | Dallas TX | 61 | 49 | 19 | 1:17:18.0 | 1:17:30.0 | 0:11.9 | 12:28/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 | Tamara Adamson | Garland TX | 9 | 51 | 18 | 1:13:32.0 | 1:19:38.1 | 6:06.0 | 11:52/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 | Byron Benoit | Eules TX | 28 | 42 | 1 | 41:34.4 | 41:34.9 | 0:00.4 | 6:42/M |

Male 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 | James Cisneros | Dallas TX | 53 | 27 | 3 | 49:26.0 | 49:30.8 | 0:04.7 | 7:58/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 | Leroy Capasso | Plano TX | 72 | 30 | 12 | 1:02:51.8 | 1:03:01.4 | 0:09.6 | 10:08/M |