

Heels and Hills "A Dollar A K" Race 5K

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	Ashley Mims	The Colony TX	47	16	2	24:33.4	24:34.9	0:01.5	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	Tammy Dougherty Reyes	Carrollton TX	4	46	6	29:58.7	30:05.4	0:06.7	9:40/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	Lisa Fritz	Irving TX	43	25	3	27:47.8	27:51.0	0:03.2	8:58/M
2	Sarah Parker	The Colony TX	10	26	5	29:26.2	29:40.2	0:14.0	9:30/M
3	Stacey Redding	Plano TX	67	25	7	31:48.7	31:57.7	0:08.9	10:15/M
4	Sarah Teague	Euless TX	55	26	11	34:35.7	34:48.8	0:13.0	11:09/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	Amanda Witty	Flower Mound TX	57	30	13	37:08.9	37:20.4	0:11.5	11:59/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	Sony Mallory	Grand Prairie TX	26	38	9	32:44.4	32:47.2	0:02.8	10:34/M
2	Karen Wales	Carrollton TX	34	39	15	37:56.6	38:05.2	0:08.5	12:14/M
3	Rokki Manero		33	39	18	41:23.6	41:36.6	0:12.9	13:21/M
4	Amy Lee-Moses	Grand Prairie TX	51	39	20	44:51.2	45:01.6	0:10.3	14:28/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	Jasmine Tan	Irving TX	2	42	14	37:34.4	37:49.3	0:14.9	12:07/M
2	Deborah Alston	Plano TX	15	43	17	41:23.3	41:30.0	0:06.7	13:21/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	Linda Stevenson	Plano TX	14	49	21	55:11.2	55:18.7	0:07.5	17:48/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	Vicky MacIas	Lewisville TX	16	50	16	40:54.3	41:01.5	0:07.2	13:12/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	Courtney Ridings	Grand Prairie TX	21	55	19	44:47.6	45:01.7	0:14.0	14:27/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	Eric Trotter	Plano TX	70	43	1	22:12.9	22:14.2	0:01.3	7:10/M

Overall Male 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	Tony Flesch	Irving TX	68	59	8	32:12.2	32:17.4	0:05.1	10:23/M

Male 19 and under

<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	Jonathan Goh		3	10	12	35:26.7	35:42.3	0:15.5	11:26/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	Adam Baumli		31	27	4	29:12.9	29:27.0	0:14.0	9:25/M

Male 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	Todd Yells	Irving TX	54	35	10	34:35.2	34:48.3	0:13.1	11:09/M
