

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

Irving, July 26, 2009 , Results By Heels and Hills, Inc.

Overall Female Open Winners

Over Chip Gun

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>all</u>	<u>Time</u>	<u>Time</u>	<u>Diff</u>	<u>Pace</u>
1	Rachel Pierce	Princeton TX	83	19	3	24:01.1	24:08.3	0:07.1	7:45/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	Shelly Valforte	Colleyville TX	118	42	7	25:49.9	25:54.4	0:04.4	8:20/M

Female 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	Ashley Mims	The Colony TX	70	15	5	24:27.9	24:35.6	0:07.6	7:53/M
2	Melanie Urrutia		115	10	9	27:54.9	28:08.6	0:13.6	9:00/M
3	Olivia Olguin	Dallas TX	81	14	11	28:23.1	28:29.5	0:06.4	9:09/M
4	Emily Marco		63	12	17	30:37.5	30:45.9	0:08.4	9:53/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	Elizabeth Buell	Double Oak TX	7	24	19	30:52.7	31:00.6	0:07.8	9:57/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	Stacey Redding	Plano TX	88	25	24	31:51.1	32:04.3	0:13.1	10:16/M

2	Sarah Teague	Eules TX	114	26	31	35:24.1	35:45.6	0:21.4	11:25/M
3	Lauren Ratner	Irving TX	87	25	37	38:34.0	38:46.5	0:12.4	12:26/M
4	Carmen Alvarez	Plano TX	1	28	39	39:16.7	51:39.6	12:22.8	12:40/M
5	Sara Alvarez	Dallas TX	2	26	43	40:39.6	40:45.6	0:06.0	13:07/M
6	Candace Amanchuku	Irving TX	3	28	50	56:00.8	56:16.8	0:16.0	18:04/M
7	Tanvi Jariwala	Lewisville TX	49	29	51	56:01.0	56:17.5	0:16.5	18:04/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	Heather Riley	Fort Worth TX	95	32	27	33:33.8	33:44.5	0:10.6	10:49/M
2	Michelle Martin	Bedford TX	66	33	29	33:51.0	34:06.2	0:15.1	10:55/M
3	Lavon Richard	Arlington TX	91	34	33	35:59.7	36:15.0	0:15.3	11:36/M
4	Jennifer Dutko	Plano TX	25	32	44	42:09.6	42:21.7	0:12.1	13:36/M
5	Amanda Contino	Burleson TX	18	34	45	44:20.4	44:37.8	0:17.4	14:18/M
6	Brandie Vannort	Plano TX	119	30	49	53:41.5	54:02.1	0:20.5	17:19/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	23	35	6	25:49.3	25:52.8	0:03.4	8:20/M
2	Stephanie Marcho	Saginaw TX	62	37	13	28:45.5	28:53.5	0:08.0	9:16/M
3	Mai Sharaf	Colleyville TX	101	38	14	28:48.5	28:53.1	0:04.5	9:17/M
4	Tonya Wilson	Duncanville TX	130	37	15	28:52.5	38:00.9	9:08.3	9:19/M
5	Karen Wales	Carrollton TX	123	39	36	38:13.3	38:19.1	0:05.7	12:20/M
6	Christine Norman	Dallas TX	75	35	42	40:34.1	41:01.0	0:26.8	13:05/M
7	Angelika Marquis	Rockwall TX	64	38	52	1:10:05.0	1:10:29.3	0:24.3	22:36/M
8	Paige White	Rockwall TX	128	36	53	1:10:05.3	1:10:30.0	0:24.7	22:36/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	Michelle Urrutia	Colleyville TX	116	41	10	28:01.2	28:08.7	0:07.5	9:02/M
2	Carla Slater	Ft. Worth TX	102	41	18	30:46.9	30:53.6	0:06.7	9:55/M
3	Pamela Nourvle	Irving TX	77	40	22	31:38.4	31:45.0	0:06.6	10:12/M
4	Kathy Griffin	Irving TX	36	41	28	33:39.3	33:50.1	0:10.7	10:51/M

5	Jasmine Tan	Irving TX	113	42	38	39:05.3	39:33.0	0:27.7	12:36/M
6	Michelle Duskey	Arlington TX	24	43	41	40:33.8	41:00.8	0:27.0	13:05/M
7	Dina Caballero	Carrollton TX	11	42	48	53:41.1	54:01.8	0:20.6	17:19/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	Tammy Reyes	Carrollton TX	90	46	16	30:20.0	30:41.4	0:21.4	9:47/M
2	Brenda Lawson	Flower Mound TX	55	49	25	32:18.9	32:25.1	0:06.1	10:25/M
3	Debra Linnear	Duncanville TX	58	47	46	47:47.9	55:35.8	7:47.9	15:25/M
4	Cathy Bolin	Rockwall TX	6	49	47	51:07.0	51:32.6	0:25.6	16:29/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 TX	107	62	21	31:35.1	33:41.6	2:06.5	10:11/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	Susan Leblanc	Irving TX	56	67	40	39:35.3	39:45.7	0:10.3	12:46/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	Brian Carroll	Irving TX	14	22	1	17:12.3	17:13.8	0:01.4	5:33/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	29	59	23	31:39.7	31:44.8	0:05.0	10:13/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	Robert Hummingbird	San Angelo TX	46	19	2	18:16.7	18:18.4	0:01.6	5:54/M
2	Cory Riley		92	14	34	36:04.6	36:15.8	0:11.2	11:38/M
3	Dylan Riley		94	10	35	36:06.0	36:16.3	0:10.2	11:39/M
4	Matt Buell		8	17	54	1:49:15.2	1:49:23.6	0:08.3	35:15/M

Male 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	Caleb Cavazos	Irving TX	16	21	4	24:24.2	24:26.3	0:02.0	7:52/M
2	John Carney	Irving TX	13	22	12	28:33.2	28:51.4	0:18.1	9:13/M
3	Jesse Casares		15	24	20	31:18.8	31:25.8	0:07.0	10:06/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	Jordan Yaker		131	28	8	27:30.0	27:42.7	0:12.7	8:52/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	132	35	32	35:24.9	35:45.6	0:20.7	11:25/M

Male 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	Mike Buskmiller		10	46	26	32:59.2	33:18.3	0:19.1	10:38/M

Male 70 and over

<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	Richard Widener		129	82	30	34:12.4	34:21.1	0:08.6	11:02/M