

Heels and Hills - National Running Day 5K

Heels and Hills Free 5K, June 03, 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	Ali Wheat	Bedford TX	8	24	5	25:48.7	25:54.2	0:05.4	8:19/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		52	48	10	27:37.0	27:41.1	0:04.1	8:55/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	Krista Meyer		54	22	27	40:35.6	40:39.1	0:03.5	13:05/M
2	Lindsay Hisler		53	24	28	40:36.1	40:39.6	0:03.4	13:06/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	Diane Cardinal	Irving TX	46	27	12	28:32.1	28:36.3	0:04.2	9:12/M
2	Kristin Jones		11	28	14	29:45.6	29:45.6		9:36/M
3	Brenna Newman		41	25	20	33:47.3	33:54.1	0:06.7	10:54/M
4	Sarah Teague		35	26	25	37:33.0	37:45.7	0:12.6	12:07/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	Doreen Williams		16	30	9	27:02.5	27:02.5		8:43/M

2	Anna Thompson			9	32	11	27:57.5	28:05.1	0:07.6	9:01/M
3	Jessica Steger	Denton	TX	7	30	15	31:03.2	31:09.9	0:06.6	10:01/M
4	Kristen Pannell			30	31	17	33:25.8	33:33.4	0:07.5	10:47/M
5	Kelly Willey			47	31	26	39:47.7	40:02.1	0:14.4	12:50/M
6	Mandy Contino			50	33	34	43:22.2	43:36.1	0:13.8	13:59/M
7	Jennifer Dutko			58	32	35	44:57.1	45:09.3	0:12.2	14:30/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	Lisa Papetti		23	38	7	26:19.3	26:24.8	0:05.4	8:29/M
2	Muswanda Mutombo		48	38	18	33:42.0	33:51.0	0:09.0	10:52/M
3	Christine Norman	Dallas	29	35	19	33:43.8	33:51.8	0:07.9	10:53/M
4	Beth Helgesen		36	36	23	36:43.3	36:50.0	0:06.7	11:51/M
5	Zenia Andrews		14	36	30	40:47.1	40:57.0	0:09.9	13:09/M
6	Cathy Mahoney		44	38	33	42:57.2	43:11.2	0:13.9	13:51/M
7	Amy Lee-Moses		12	39	37	47:08.5	47:18.7	0:10.2	15:12/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	Stephanie O'Brien		49	41	13	29:03.9	29:17.5	0:13.5	9:22/M
2	Pamela Nourvle		24	40	22	36:28.5	36:35.9	0:07.4	11:46/M
3	Lavonda Wall-Shurm		27	41	31	40:58.2	41:06.2	0:07.9	13:13/M
4	Michelle Duskey		42	43	32	42:54.9	43:11.3	0:16.4	13:50/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	Melinda Kincaid	Dallas	2	49	21	35:20.1	35:30.6	0:10.5	11:24/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 Lacross		40	24	1	17:19.9	17:22.1	0:02.1	5:35/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	Scott Contino		51	43	3	24:08.0	24:13.7	0:05.6	7:47/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	Jared Sykes		57	23	4	25:39.5	25:42.8	0:03.3	8:16/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	Cody Schoenig		39	25	8	26:31.0	26:40.3	0:09.3	8:33/M
2	Jose Perez		20	28	36	47:07.9	47:17.8	0:09.8	15:12/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		22	30	16	32:02.0	32:07.4	0:05.4	10:20/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	Kim Mang		5	39	2	17:47.8	17:50.3	0:02.5	5:44/M
2	Scott Speer		45	37	6	26:05.8	26:05.8		8:25/M
3	Todd Yells		34	35	24	37:03.7	37:15.0	0:11.2	11:57/M

Male 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	Michael Duskey		43	50	29	40:46.7	40:55.5	0:08.8	13:09/M