

# PreK 5k Readiness Run

## Overall Male Runner

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	229	Michael Woods	00:21:56.22		Runner		7:04/M	8.5mph	1	57	

## Overall Female Runner

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	185	Holly Petrak	00:22:11.40		Runner		7:08/M	8.4mph	4	41	

## Female 14 & Under

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	119	Avery Carson	00:40:18.56		Runner		12:58/M	4.6mph	35	9	
2.	224	Zora Williams	00:42:12.96		Runner		13:35/M	4.4mph	52	5	
3.	202	Mahlia Sims	00:48:01.89		Runner		15:27/M	3.9mph	64	5	
4.	226	Mary Westrich	00:49:12.83		Runner		15:50/M	3.8mph	67	8	
5.	164	Sydney King	00:50:29.82		Runner		16:15/M	3.7mph	75	9	
6.	115	Susie Bauman	00:55:54.41		Runner		18:00/M	3.3mph	93	7	
7.	236	Kennedy Dade	01:17:50.87		Runner		25:03/M	2.4mph	115	13	
8.	235	Beth Christensun	01:18:28.22		Runner		25:15/M	2.4mph	119	13	

## Male 14 & Under

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	298	Nicholas Deg	00:29:28.18		Runner		9:29/M	6.3mph	6	13	
2.	104	August Ambush	00:31:36.12		Runner		10:10/M	5.9mph	7	5	
3.	218	Wayne Walters	00:34:09.48		Runner		11:00/M	5.5mph	10	9	
4.	167	London Kluytman	00:38:17.45		Runner		12:19/M	4.9mph	24	13	
5.	154	Jacob Hansen	00:38:22.91		Runner		12:21/M	4.9mph	25	11	
6.	113	Matthew Bauer	00:38:23.16		Runner		12:21/M	4.9mph	26	10	
7.	120	Michael Carson	00:39:33.00		Runner		12:44/M	4.7mph	33	12	
8.	168	Zachary Kongsine	00:40:42.43		Runner		13:06/M	4.6mph	41	9	
9.	230	Waylor Walters	00:40:49.97		Runner		13:08/M	4.6mph	42	5	
10.	101	Kinshuk Agnihotri	00:47:47.24		Runner		15:23/M	3.9mph	63	9	
11.	174	Louis Melendez	00:49:39.33		Runner		15:59/M	3.8mph	71	11	
12.	134	Cory Diersing	00:50:11.91		Runner		16:09/M	3.7mph	72	6	
13.	140	Cetan Falcon	00:51:43.03		Runner		16:39/M	3.6mph	79	13	
14.	142	Hinhan Falcon	00:52:25.56		Runner		16:52/M	3.6mph	81	11	
15.	194	Cameron Rath	00:55:27.04		Runner		17:51/M	3.4mph	90	10	
16.	107	Kieran Arch	01:01:03.55		Runner		19:39/M	3.1mph	103	9	
17.	149	Eljay Grayston	01:02:23.47		Runner		20:05/M	3.0mph	104	6	

## Male 15 - 29

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	227	Will Duray	00:34:26.61		Runner		11:05/M	5.4mph	13	28	
2.	199	Brian Saladino	00:35:07.99		Runner		11:18/M	5.3mph	14	20	
3.	145	Tim Fowler	00:40:27.14		Runner		13:01/M	4.6mph	38	29	
4.	148	Brittany Godine	00:52:35.52		Runner		16:55/M	3.5mph	83	29	

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## Female 15 - 29

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	228	Dianeka Jones	00:34:18.19		Runner		11:02/M	5.4mph	12	27	
2.	116	Laura Bemis	00:39:06.51		Runner		12:35/M	4.8mph	31	24	
3.	216	Serena Utz	00:40:50.24		Runner		13:09/M	4.6mph	43	26	
4.	169	Danielle Kormann	00:41:54.47		Runner		13:29/M	4.4mph	49	27	
5.	209	Katie Swango	00:49:21.58		Runner		15:53/M	3.8mph	68	27	
6.	182	hemalatha pappala	00:53:14.00		Runner		17:08/M	3.5mph	84	29	
7.	204	Danielle Spruill	00:59:22.42		Runner		19:06/M	3.1mph	98	28	
8.	294	Madison Frank	01:17:38.89		Runner		24:59/M	2.4mph	113	27	

## Male 30 - 39

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	112	Ted Barnett	00:23:19.62		Runner		7:30/M	8.0mph	5	30	
2.	208	Joe Sutter	00:38:46.33		Runner		12:29/M	4.8mph	29	35	
3.	297	James Montante	00:40:38.77		Runner		13:05/M	4.6mph	40	35	
4.	193	Christopher Quintana	00:41:15.80		Runner		13:17/M	4.5mph	45	34	
5.	155	Eric Hartman	00:41:22.95		Runner		13:19/M	4.5mph	47	38	
6.	147	Jason Fulmer	00:47:31.32		Runner		15:18/M	3.9mph	60	37	
7.	211	John Taft	00:48:08.66		Runner		15:30/M	3.9mph	66	37	
8.	126	Frank Chesire	00:53:33.24		Runner		17:14/M	3.5mph	86	38	
9.	105	David Ambush	00:53:46.74		Runner		17:18/M	3.5mph	87	39	
10.	206	Jeramie Spruill	01:03:48.76		Runner		20:32/M	2.9mph	107	31	
11.	293	Kevin Johnson	01:17:42.07		Runner		25:01/M	2.4mph	114	31	
12.	197	TJ Ross	01:21:44.52		Runner		26:18/M	2.3mph	122	35	

## Female 30 - 39

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	125	Karen Chase	00:36:25.89		Runner		11:43/M	5.1mph	19	36	
2.	196	Syeeta Robinson	00:36:30.29		Runner		11:45/M	5.1mph	20	37	
3.	170	Matthew Kormann	00:37:46.68		Runner		12:09/M	4.9mph	23	31	
4.	191	Michele Pliner	00:38:41.72		Runner		12:27/M	4.8mph	28	37	
5.	184	Laura Peterson	00:39:23.96		Runner		12:41/M	4.7mph	32	39	
6.	139	Jen Dulaney	00:40:16.51		Runner		12:58/M	4.6mph	34	31	
7.	172	Veronica List	00:40:31.14		Runner		13:02/M	4.6mph	39	38	
8.	215	Suchitra Uniyal	00:41:06.10		Runner		13:14/M	4.5mph	44	33	
9.	159	Elizabeth Hinnant	00:41:16.52		Runner		13:17/M	4.5mph	46	30	
10.	127	Joanna Chesire	00:41:56.10		Runner		13:30/M	4.4mph	50	34	
11.	210	Brittany Taft	00:42:07.73		Runner		13:33/M	4.4mph	51	35	
12.	132	Mollie Cripe	00:42:16.34		Runner		13:36/M	4.4mph	53	38	
13.	161	Vidhya Jithesh	00:42:17.30		Runner		13:37/M	4.4mph	54	34	
14.	103	Sarah Alonso	00:44:57.03		Runner		14:28/M	4.1mph	59	32	
15.	162	Casey Jost	00:47:39.93		Runner		15:20/M	3.9mph	61	35	
16.	102	Priya Agnihotri	00:47:46.96		Runner		15:22/M	3.9mph	62	37	
17.	160	Autumn Izor-Sims	00:48:02.76		Runner		15:28/M	3.9mph	65	34	
18.	173	Vanessa Martin	00:49:22.36		Runner		15:53/M	3.8mph	69	30	

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19.	300	Kenisha Deg	00:50:22.88	Runner	16:13/M	3.7mph	74	36
20.	163	Lauren King	00:50:31.89	Runner	16:16/M	3.7mph	76	39
21.	178	Kannika Nimithkoune	00:51:10.48	Runner	16:28/M	3.6mph	78	36
22.	220	Krystal Waters	00:52:28.79	Runner	16:53/M	3.6mph	82	33
23.	128	Lindsay Chesire	00:53:32.79	Runner	17:14/M	3.5mph	85	37
24.	151	Erin Griffin	00:53:48.99	Runner	17:19/M	3.5mph	89	39
25.	114	Christine Bauman	00:55:59.98	Runner	18:01/M	3.3mph	94	37
26.	222	Cynthia Watson	00:57:57.10	Runner	18:39/M	3.2mph	96	39
27.	131	Ashley Coker	01:05:28.01	Runner	21:04/M	2.8mph	109	30
28.	137	Heather Dost	01:21:42.42	Runner	26:18/M	2.3mph	120	32
29.	176	Virginia Morgan	01:21:43.40	Runner	26:18/M	2.3mph	121	37

## Male 40 - 49

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	141	Darryl Falcon	00:22:04.52		Runner		7:06/M	8.4mph	3	45	
2.	223	Ian Weddell	00:31:50.84		Runner		10:15/M	5.9mph	8	42	
3.	192	Michael Premo	00:32:10.17		Runner		10:21/M	5.8mph	9	47	
4.	146	Jason Frank	00:35:42.29		Runner		11:29/M	5.2mph	17	43	
5.	136	Arbind Dobhal	00:38:58.41		Runner		12:33/M	4.8mph	30	40	
6.	177	Mike Nazworth	00:55:28.25		Runner		17:51/M	3.4mph	91	43	

## Female 40 - 49

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	213	Heather Tinnaro	00:35:32.57		Runner		11:26/M	5.2mph	16	47	
2.	299	Trina Cosnowski	00:40:26.77		Runner		13:01/M	4.6mph	37	41	
3.	179	Kim olander	00:42:17.57		Runner		13:37/M	4.4mph	55	49	
4.	129	Wendy Clark	00:42:38.30		Runner		13:43/M	4.4mph	57	46	
5.	135	Julie Diersing	00:50:13.33		Runner		16:10/M	3.7mph	73	43	
6.	231	Patricia Spellma	00:51:00.98		Runner		16:25/M	3.7mph	77	47	
7.	143	Michelle Falcon	00:51:52.27		Runner		16:42/M	3.6mph	80	48	
8.	108	Cari Barnes	00:53:48.64		Runner		17:19/M	3.5mph	88	44	
9.	195	Chrissy Rath	00:55:29.14		Runner		17:51/M	3.4mph	92	47	
10.	130	Theodora Coffman	00:57:54.64		Runner		18:38/M	3.2mph	95	40	
11.	156	Katherine Heath	00:57:57.49		Runner		18:39/M	3.2mph	97	44	
12.	166	Samir Klapuh	00:59:24.24		Runner		19:07/M	3.1mph	99	48	
13.	165	Marijana Klapuh	00:59:29.46		Runner		19:09/M	3.1mph	101	46	
14.	106	Brenna Arch	01:01:02.79		Runner		19:39/M	3.1mph	102	45	
15.	150	Leanne Grayston	01:02:23.86		Runner		20:05/M	3.0mph	105	43	
16.	214	Dawn Trayer	01:05:29.51		Runner		21:05/M	2.8mph	110	43	
17.	234	Christie Christensun	01:17:51.75		Runner		25:03/M	2.4mph	117	47	
18.	232	Leighann Austin-Cannon	01:17:54.39		Runner		25:04/M	2.4mph	118	41	

## Male 50 & Over

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	225	Jim Westrich	00:22:02.93		Runner		7:06/M	8.5mph	2	52	
2.	198	Willie Roth	00:34:10.47		Runner		11:00/M	5.5mph	11	61	

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3.	158	Jim Hines	00:35:53.87	Runner	11:33/M	5.2mph	18	55
4.	186	Craig Phillips	00:36:41.59	Runner	11:48/M	5.1mph	21	68
5.	121	Dan Cavaliere	00:37:18.33	Runner	12:00/M	5.0mph	22	57
6.	111	Lawrence Barnett	00:38:36.16	Runner	12:25/M	4.8mph	27	64
7.	207	Roy Spruill	01:03:50.88	Runner	20:33/M	2.9mph	108	61

## Female 50 & Over

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	110	Barbara Barnett	00:35:30.37		Runner		11:26/M	5.3mph	15	62	
2.	219	Kay Waters	00:40:24.84		Runner		13:00/M	4.6mph	36	59	
3.	217	K Walsh	00:41:27.39		Runner		13:20/M	4.5mph	48	58	
4.	124	Cindy Chappell	00:42:30.74		Runner		13:41/M	4.4mph	56	50	
5.	157	Jackie Hendershot	00:42:40.84		Runner		13:44/M	4.4mph	58	61	
6.	109	Karen Barnes	00:49:36.90		Runner		15:58/M	3.8mph	70	60	
7.	122	Jean Cavaliere	00:59:27.24		Runner		19:08/M	3.1mph	100	55	
8.	205	Donna Spruill	01:03:47.75		Runner		20:32/M	2.9mph	106	55	
9.	203	Eleanor Speed	01:06:58.22		Runner		21:33/M	2.8mph	111	70	
10.	295	Nikki Nastari	01:06:58.74		Runner		21:33/M	2.8mph	112	70	
11.	233	Lola Austin	01:17:51.52		Runner		25:03/M	2.4mph	116	67	
12.	175	Mary Morgan	01:21:47.79		Runner		26:19/M	2.3mph	123	60	