

Race Date
April 30, 2016

Declan's Dash 5k
Overall Finish List

5k

Place							-----Total-----		
Overall	Name	City	Bib No	Age	Gen	Chip Time	Gun Time	Pace	
1	Stevven Anderson	Jamestown NC	1919	31	M	16:48.0	16:50.2	5:25/M	
2	Shannon Scott	Jamestown NC	347	40	M	17:52.5	17:54.5	5:46/M	
3	Josh Hedrick	Thomasville NC	225	32	M	18:06.4	18:08.3	5:50/M	
4	Andrew Mitcheltree	Greensboro NC	330	37	M	19:46.4	19:54.5	6:23/M	
5	Nathan Dechambeau	Kernersville NC	109	15	M	20:20.9	20:23.9	6:34/M	
6	Jared Edwards	Kernersville NC	322	17	M	20:21.2	20:24.0	6:34/M	
7	Justin Shumaker	Winston Salem NC	1906	30	M	20:44.8	20:47.2	6:41/M	
8	Shannon Bradford	Greensboro NC	341	34	F	21:05.4	21:09.0	6:48/M	
9	Jonathan Hoyle	Greensboro NC	1914	41	M	21:08.9	21:14.8	6:49/M	
10	Drew Houseknecht	Kernersville NC	1911	29	M	21:32.6	21:39.0	6:57/M	
11	Ed Fager	Kkernersville NC	334	57	M	21:41.3	21:44.0	7:00/M	
12	Adam Luibrand	Travelers Rest SC	326	27	M	21:45.3	21:47.7	7:01/M	
13	Paris Stankewich	Oak Ridge NC	167	13	F	21:59.8	22:04.1	7:05/M	
14	Dustin Barton	Stokesdale NC	335	26	M	21:59.7	22:04.4	7:05/M	
15	Dixon Cook	Greensboro NC	1909	68	M	22:19.0	22:19.0	7:12/M	
16	Rose Hoyle	Greensboro NC	1915	36	F	22:14.0	22:19.0	7:10/M	
17	Tyler Edwards	Kernersville NC	321	18	M	22:23.9	22:26.8	7:13/M	
18	Amy Davis	Greensboro NC	212	42	F	22:23.7	22:27.9	7:13/M	
19	Jill Cotrone	Kernersville NC	292	40	F	22:30.1	22:33.4	7:15/M	
20	Robert Hodges	High Point NC	1949	50	M	22:36.3	22:40.0	7:17/M	
21	Scott Davis	Greensboro NC	1916	45	M	23:02.3	23:06.6	7:26/M	
22	Patty Sorgius	High Point NC	274	38	F	23:22.9	23:26.1	7:32/M	
23	Mason Seely	Kernersville NC	350	12	M	23:19.8	23:28.8	7:31/M	
24	Suzanne Ingram	Greensboro NC	1902	54	F	23:39.9	23:43.1	7:38/M	
25	George Grennan	Jamestown NC	147	42	M	23:43.8	23:48.0	7:39/M	
26	Jason Dechambeau	Kernersville NC	108	48	M	23:47.5	23:52.0	7:40/M	
27	Blake Albright	Kernersville NC	263	15	M	23:46.0	23:56.0	7:40/M	
28	Erin Gray	Greensboro NC	230	37	F	23:51.3	23:56.3	7:42/M	
29	Heather Colleran	Greensboro NC	110	39	F	23:50.5	23:56.5	7:41/M	
30	Corey Wellborn	Winston Salem NC	1921	43	M	24:01.5	24:04.9	7:45/M	
31	Gina Dechambeau	Kernersville NC	107	48	F	24:05.8	24:09.6	7:46/M	
32	Michael Cottingham	Oak Ridge NC	151	39	M	24:14.2	24:16.9	7:49/M	
33	Chance Bonham	Greensboro NC	141	24	M	24:22.7	24:28.8	7:52/M	
34	Lindsay Sabatino	Greensboro NC	315	31	F	24:28.0	24:32.4	7:54/M	
35	Sabra Kress	Greensboro NC	128	34	F	24:30.5	24:34.9	7:54/M	
36	Marko Parenta	Greensboro NC	256	30	M	24:27.9	24:45.0	7:53/M	
37	Ben Johnson	Kernersville NC	1904	37	M	24:42.1	24:49.7	7:58/M	
38	Andrew Page	Kernersville NC	180	48	M	24:46.6	24:51.5	7:59/M	
39	Michael Deaton	Greensboro NC	282	34	M	25:01.0	25:05.5	8:04/M	
40	Kara French	Kernersville NC	224	42	F	25:07.7	25:14.3	8:06/M	
41	Brian Seely	Kernersville NC	349	46	M	25:05.8	25:15.1	8:05/M	
42	Larry Blackford	Pinehurst NC	1924	34	M	25:08.5	25:15.6	8:06/M	
43	Chris Waggoner	Greensboro NC	116	34	M	25:16.4	25:21.3	8:09/M	
44	Felicia Seely	Kernersville NC	1901	15	F	25:11.8	25:22.1	8:07/M	
45	Jim Smith	Burlington NC	336	49	M	25:24.7	25:28.0	8:12/M	
46	Harrison Johnson	Greensboro NC	250	23	M	25:21.6	25:31.9	8:11/M	
47	Luc Stankewich	Oak Ridge NC	168	12	M	25:32.0	25:35.9	8:14/M	
48	Sarah McDonald	Greensboro NC	112	35	F	25:31.0	25:36.2	8:14/M	
49	Jackson Tansey	Greensboro NC	345	9	M	25:24.3	25:37.5	8:12/M	
50	Heather Jahnes	Greensboro NC	178	37	F	25:41.9	25:47.0	8:17/M	
51	Stephanie Fister	Greensboro NC	344	31	F	25:40.3	25:53.7	8:17/M	
52	Cole Sadler	Greensboro NC	139	36	M	25:55.0	26:00.2	8:22/M	
53	Debbie Allison	High Point NC	140	52	F	25:59.9	26:03.4	8:23/M	
54	Emily Rives	Greensboro NC	155	27	F	25:58.4	26:04.6	8:23/M	
55	Nebojsa Golubovic	Greensboro NC	348	40	M	25:52.0	26:09.1	8:21/M	
56	Tiffany Stankewich	Oak Ridge NC	166	45	F	26:06.0	26:10.9	8:25/M	
57	Douglas Gaydon	Liberty NC	1920	44	M	26:28.3	26:31.7	8:32/M	
58	Kasey McWhorter	Oak Ridge NC	283	44	F	26:33.9	26:40.5	8:34/M	
59	Justin Patrick	Kernersville NC	302	34	M	26:36.9	26:41.6	8:35/M	
60	Nikki Stafford	Greensboro NC	247	33	F	26:37.2	26:46.0	8:35/M	
61	Luke Leatherman	High Point NC	241	11	M	26:44.9	26:53.5	8:37/M	
62	Tyler Holdaway	Colfax NC	242	11	M	26:47.8	26:56.2	8:38/M	
63	Eoin Colleran	Greensboro NC	111	41	M	27:22.8	27:35.9	8:50/M	
64	Linda Ballantyne	Summerfield NC	342	57	F	27:30.3	27:36.2	8:52/M	
65	Kathy Mosher	Reidsville NC	285	30	F	27:29.4	27:36.8	8:52/M	
66	Rachel Ulmer	Greensboro NC	1910	46	F	27:28.9	27:37.9	8:52/M	
67	Chase Michaels	Kernersville NC	201	40	M	27:37.6	27:47.4	8:55/M	

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Overall	Name	City	Bib No	Age	Gen	Chip Time	Gun Time	Pace
68	Ashley Michaels	Kernersville NC	200	34	F	27:37.8	27:47.6	8:55/M
69	Trey Hermann	High Point NC	221	9	M	27:15.1	27:51.9	8:47/M
70	Mike Hillegass	Winston-Salem NC	1923	59	M	27:56.9	28:02.6	9:01/M
71	Lisa Guy	Greensboro NC	126	54	F	27:55.9	28:04.0	9:00/M
72	Kelly Lewis	Greensboro NC	157	43	F	28:09.9	28:16.8	9:05/M
73	Ken Shipley	Greensboro NC	244	56	M	28:12.3	28:18.4	9:06/M
74	Bobbi Steed	Greensboro NC	314	48	F	28:17.2	28:24.4	9:07/M
75	Heather Prior	Kernersville NC	129	32	F	28:16.4	28:26.5	9:07/M
76	Darrell Gravley	Kernersville NC	1922	50	M	28:18.7	28:27.3	9:08/M
77	Lindsay Kremer	High Point NC	161	24	F	28:20.4	28:27.4	9:08/M
78	Debbie Page	Kernersville NC	179	49	F	28:20.8	28:27.5	9:08/M
79	Rick Edwards	Kernersville NC	319	41	M	28:29.0	28:36.1	9:11/M
80	Ronda Sheets	Kernersville NC	174	43	F	28:38.5	28:45.8	9:14/M
81	Leslie Murray	Greensboro NC	316	38	F	28:49.2	28:56.1	9:18/M
82	Christine Kopic	Greensboro NC	332	38	F	29:03.5	29:11.8	9:22/M
83	Ashley Ross	McLeansville NC	306	30	F	29:18.3	29:26.0	9:27/M
84	Anne Steele	Oak Ridge NC	171	45	F	29:27.7	29:32.6	9:30/M
85	Michelle Jones	Greensboro NC	144	40	F	29:24.6	29:38.1	9:29/M
86	Rosemary Corbett	Greensboro NC	1913	52	F	29:43.0	29:52.6	9:35/M
87	Paula Davis	Greensboro NC	203	62	F	30:00.8	30:09.0	9:41/M
88	Craig Murphy	High Point NC	268	40	M	29:31.8	30:19.0	9:31/M
89	Teresa Sagraves	Greensboro NC	279	55	F	30:15.9	30:22.5	9:45/M
90	Stephanie Evans	Greensboro NC	323	42	F	30:01.2	30:27.4	9:41/M
91	Pamela Hollern	Jamestown NC	343	43	F	30:02.3	30:28.9	9:41/M
92	Bart Trescott	Kernersville NC	337	58	M	30:30.4	30:33.6	9:50/M
93	Tina Barton	Stokesdale NC	237	50	F	30:34.4	30:41.1	9:52/M
94	Kristen Holcombe	Winston Salem NC	192	24	F	30:28.7	30:47.3	9:50/M
95	Brooke Christensen	McLeansville NC	307	21	F	30:43.7	31:01.4	9:55/M
96	Lynn Crowe	Summerfield NC	209	44	F	31:07.8	31:16.9	10:02/M
97	Brooks Harden	Winston Salem NC	195	26	M	30:59.4	31:18.2	10:00/M
98	Amy Gregory	High Point NC	281	45	F	31:27.1	31:37.9	10:09/M
99	Ljubica Makitan	High Point NC	194	52	F	31:27.5	31:38.0	10:09/M
100	Cass Murphy	High Point NC	267	38	F	31:25.1	31:41.6	10:08/M
101	Owen Bovender	Kernersville NC	182	13	M	31:30.6	31:44.3	10:10/M
102	Shane Deal	Kernersville NC	163	25	M	31:33.6	31:45.5	10:11/M
103	Sarah MacHamer	Kernersville NC	162	22	F	31:33.9	31:45.7	10:11/M
104	Robin Ankenbruck	Whitsett NC	295	50	F	31:39.9	31:46.2	10:13/M
105	Jimmy Woodrow	Summerfield NC	143	60	M	31:38.1	31:52.9	10:12/M
106	Gray Bovender	Kernersville NC	181	42	M	31:44.3	31:57.7	10:14/M
107	Tom Luibrand	Winston Salem NC	325	56	M	31:37.0	31:59.5	10:12/M
108	Justin Wahl	Greensboro NC	333	35	M	32:02.1	32:09.9	10:20/M
109	Samantha Barton	High Point NC	152	26	F	32:04.4	32:17.4	10:21/M
110	Keith Bryant	Jamestown NC	297	44	M	32:09.3	32:34.2	10:22/M
111	Trish Edwards	Kernersville NC	320	42	F	32:44.8	32:52.2	10:34/M
112	Matthew Bethel	Greensboro NC	188	35	M	32:38.0	32:53.8	10:32/M
113	Rachel Jones	Plainville MA	101	39	F	32:45.3	32:54.7	10:34/M
114	Jeff Dixon	Summerfield NC	177	54	M	32:50.7	33:01.4	10:35/M
115	Bob Christensen	McLeansville NC	214	54	M	32:48.9	33:06.6	10:35/M
116	Lisa Kershner-Urbine	Jamestown NC	146	50	F	33:07.4	33:19.4	10:41/M
117	Douglas Barton	Stokesdale NC	238	55	M	33:14.1	33:26.6	10:43/M
118	Emily Haverl	Milford CT	272	11	F	33:39.5	33:48.6	10:51/M
119	Gerri Tickle	Trinity NC	187	48	F	33:53.4	34:08.1	10:56/M
120	Nancy Cameron	Greensboro NC	173	74	F	34:04.6	34:14.3	10:59/M
121	Amanda Gane	High Point NC	340	62	F	34:10.1	34:27.0	11:01/M
122	Jenny Rowland	Winston Salem NC	208	36	F	34:00.2	34:27.9	10:58/M
123	Eileen Hermann	High Point NC	220	45	F	33:54.9	34:33.3	10:56/M
124	Jenny Bowers	High Point NC	170	37	F	33:55.5	34:34.5	10:56/M
125	Patti Bonham	Greensboro NC	142	58	F	34:21.8	34:34.6	11:05/M
126	Jane Kelman	Summerfield NC	169	64	F	34:29.1	34:37.2	11:07/M
127	Galen Steele	Oak Ridge NC	172	42	M	34:42.3	34:47.7	11:12/M
128	Adrienne Jandler	Greensboro NC	123	47	F	34:44.7	34:52.4	11:12/M
129	Connie Tolppi	Kernersville NC	210	52	F	34:42.6	34:53.1	11:12/M
130	Laurie Reid	Greensboro NC	275	38	F	34:45.0	35:13.9	11:13/M
131	Jeff Reid	Greensboro NC	276	38	M	34:44.5	35:14.5	11:12/M
132	Shelby Phillips	Greensboro NC	122	41	F	35:03.5	35:19.2	11:18/M
133	Sara Musick	Greensboro NC	1908	32	F	35:28.9	35:44.9	11:26/M
134	Wanda King	Kernersville NC	175	43	F	35:42.7	35:50.8	11:31/M

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5k

Place	Overall	Name	City	Bib No	Age	Gend	-----Total-----		Pace
							Chip Time	Gun Time	
135		Nicola Aguilera	Jamestown NC	204	40	F	35:42.2	35:57.2	11:31/M
136		Kristin Dailey	High Point NC	1926	30	F	35:44.7	35:57.8	11:32/M
137		Riley Whitaker	Charleston SC	312	36	F	35:32.1	35:58.2	11:28/M
138		Tracy Johnson	High Point NC	196	30	F	35:45.9	35:58.3	11:32/M
139		Donna Kirkman	Jamestown NC	289	50	F	35:45.3	36:03.3	11:32/M
140		Paula Skandis	Greensboro NC	199	25	F	35:51.1	36:10.2	11:34/M
141		Teresa Slack	Greensboro NC	248	42	F	35:55.4	36:11.3	11:35/M
142		Matt Hooker	High Point NC	257	24	M	36:06.7	36:16.7	11:39/M
143		Ashley Carroll	Colfax NC	120	41	F	36:07.8	36:24.9	11:39/M
144		Laura Jenkins	Greensboro NC	240	50	F	36:14.7	36:28.1	11:41/M
145		Ben Schrock	Greensboro NC	249	24	M	36:18.1	36:28.8	11:43/M
146		Stephanie Heckel	Greensboro NC	130	35	F	36:19.2	36:35.5	11:43/M
147		Sabine Emden	High Point NC	145	38	F	36:24.6	36:39.3	11:45/M
148		Jim Albright	Kernersville NC	264	53	M	36:01.7	36:40.9	11:37/M
149		Mckayla Kennedy	Greensboro NC	301	9	F	36:41.8	37:02.8	11:50/M
150		Carla Flores-Ballesteros	High Point NC	245	46	F	36:55.2	37:08.5	11:55/M
151		Amanda Box	Greensboro NC	300	39	F	36:52.2	37:14.6	11:54/M
152		Monica Winter	Winston Salem NC	228	51	F	37:05.7	37:23.7	11:58/M
153		Karol Gilbert	Asheboro NC	280	44	F	37:13.4	37:31.5	12:00/M
154		Sharon Faust	Greensboro NC	277	59	F	37:13.9	37:34.5	12:00/M
155		Pamela Cooke	Greensboro NC	158	59	F	37:15.6	37:35.4	12:01/M
156		Charlotte Johnson	Greensboro NC	1912	23	F	37:31.4	37:41.8	12:06/M
157		Tebony Vincent	Greensboro NC	118	39	F	37:44.7	37:55.0	12:10/M
158		Chase Moore	Greensboro NC	135	14	M	37:45.6	37:56.8	12:11/M
159		Will Judy	Greensboro NC	133	16	M	37:45.5	37:57.0	12:11/M
160		Gwen Schillie	Oak Ridge NC	262	11	F	38:29.7	38:40.7	12:25/M
161		Vivian Najarro	Greensboro NC	148	45	F	38:31.1	38:45.4	12:25/M
162		Rose Bate	Oak Ridge NC	121	56	F	38:30.4	38:45.8	12:25/M
163		Claudia Dagnesses	Greensboro NC	134	39	F	38:40.6	39:17.4	12:28/M
164		Carolyn Mills	Pinnacle NC	159	39	F	38:41.0	39:17.8	12:29/M
165		Emily Stephens	Greensboro NC	184	31	F	39:19.0	39:38.3	12:41/M
166		Debra Williams	Oak Ridge NC	127	55	F	39:23.0	39:41.8	12:42/M
167		Gerry Hardee	Kernersville NC	1918	59	M	41:06.0	41:21.6	13:15/M
168		Lisa Johnson	Browns Summit NC	117	45	F	41:20.4	41:29.0	13:20/M
169		Sadie Schramm	High Point NC	266	9	F	40:54.2	41:31.5	13:12/M
170		Julia Geniac	Greensborogreensbor	229	49	F	41:18.4	41:36.8	13:19/M
171		Angela Allegrezza	High Point NC	190	38	F	41:35.9	41:55.6	13:25/M
172		Suzanne Bahr	Greensboro NC	218	54	F	41:40.6	42:02.4	13:26/M
173		Allyson Shields	Greensboro NC	149	49	F	41:45.7	42:06.5	13:28/M
174		Janice McMasters	Browns Summit NC	131	48	F	41:47.1	42:07.5	13:29/M
175		Carmen Trescott	Kernersville NC	339	8	F	41:50.6	42:14.0	13:30/M
176		Liza Baron	Kernersville NC	338	50	F	41:50.7	42:14.6	13:30/M
177		Ava McLawhorn	Greensboro NC	125	9	F	42:01.5	42:23.2	13:33/M
178		Erin Christensen	Mc Leansville NC	308	23	F	42:03.3	42:23.5	13:34/M
179		April McLawhorn	Greensboro NC	124	39	F	42:06.5	42:28.9	13:35/M
180		Patty Christensen	Mc Leansville NC	213	54	F	42:19.2	42:38.4	13:39/M
181		Matthew Lexow-Gray	Charlotte NC	291	39	M	42:37.9	43:04.0	13:45/M
182		Kimberly Gray	Charlotte NC	290	37	F	42:39.7	43:06.4	13:45/M
183		Jennifer M. Whitaker	Greensboro NC	138	39	F	43:07.7	43:28.4	13:55/M
184		Danielle Allen	Greensboro NC	1950	31	F	43:09.3	43:30.5	13:55/M
185		Richard Donoghue	Westport CT	346	63	M	43:06.5	43:35.8	13:54/M
186		Gina Deprofo	Milford CT	236	34	F	43:19.0	43:36.2	13:58/M
187		Scott Haverl	Milford CT	271	46	M	43:21.1	43:38.1	13:59/M
188		William Dillon	High Point NC	186	55	M	43:38.2	43:58.0	14:05/M
189		Lesia Evans	Greensboro NC	191	50	F	44:03.9	44:24.3	14:13/M
190		Lisa Nance	Jamestown NC	183	53	F	44:04.1	44:24.3	14:13/M
191		Joshua Combs	Greensboro NC	198	30	M	44:07.7	44:31.6	14:14/M
192		Bethany Combs	Greensboro NC	197	26	F	44:08.2	44:31.7	14:14/M
193		Zachary Harris	Lewisville NC	215	28	M	44:08.5	44:33.1	14:14/M
194		Jennifer Kramer	Oak Ridge NC	202	42	F	44:39.2	44:53.2	14:24/M
195		Becky Schramm	High Point NC	265	40	F	44:21.1	45:01.8	14:18/M
196		Arati Cady	High Point NC	1925	38	F	44:21.6	45:01.9	14:18/M
197		Laura Judy	Greensboro NC	132	47	F	44:39.2	45:15.4	14:24/M
198		Lisa Russell	Raleigh NC	251	37	F	44:50.2	45:29.9	14:28/M
199		Erin Schillie	Oak Ridge NC	261	39	F	45:06.4	45:48.9	14:33/M
200		Kim Strable	Greensboro NC	205	62	M	46:33.9	46:55.5	15:01/M
201		Cindy Strable	Greensboro NC	206	63	F	46:33.4	46:55.9	15:01/M

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202	Dennice Morelli	High Point NC	156	52	F	48:44.6	49:20.1	15:43/M	
203	Louis Deproffio	Milford CT	235	35	M	49:07.3	49:43.4	15:51/M	
204	Davis Bryant	Jamestown NC	298	13	M	49:34.5	50:00.0	15:59/M	
205	Thomas Bryant	Jamestown NC	299	11	M	49:52.4	50:20.2	16:05/M	
206	Lynn Cooper	High Point NC	331	48	F	49:56.5	50:24.2	16:06/M	
207	Melissa Bryant	Jamestown NC	296	43	F	50:01.4	50:29.0	16:08/M	
208	Beibei Mitcheltree	Greensboro NC	255	38	F	50:52.8	51:14.3	16:25/M	
209	Lisa Schooler	Kernersville NC	309	39	F	51:58.0	52:33.1	16:46/M	
210	Matt Schooler	Kernersville NC	310	37	M	51:57.0	52:33.5	16:45/M	
211	Sara White	Greensboro NC	137	68	F	52:38.8	53:00.0	16:59/M	
212	Rachel Jordan	Greensboro NC	207	34	F	54:31.6	54:56.6	17:35/M	
213	Gabe McAlister	Seneca SC	154	38	M	54:37.2	55:26.1	17:37/M	
214	Paul Greenhalgh	Cheshire CT	253	61	M	55:05.0	55:40.7	17:46/M	
215	Patricia Greenhalgh	Cheshire CT	252	57	F	55:05.4	55:40.7	17:46/M	
216	Christopher Yates	Cranbury NJ	217	35	M	55:08.8	55:42.5	17:47/M	
217	Patricia Donoghue	Cranbury NJ	216	36	F	55:11.8	55:42.7	17:48/M	
218	Hannah Dickey	Greensboro NC	254	23	F	55:18.8	55:43.0	17:50/M	
219	Kristina Boswell	Walkertown NC	234	28	F	55:19.7	55:43.2	17:51/M	
220	Kimona Smith-Duncan	Greensboro NC	239	28	F	55:22.0	55:43.4	17:52/M	
221	Beth Duke	Walkertown NC	1905	61	F	55:20.5	55:43.4	17:51/M	
222	Sandy Twilley	Seneca SC	153	37	F	55:48.2	56:37.0	18:00/M	
223	Ashley McCraw	Summerfield NC	104	25	F	56:48.0	57:21.0	18:19/M	
224	Pamela Conwell	Greensboro NC	105	31	F	56:55.1	57:25.3	18:22/M	
225	Ginny Reed	Summerfield NC	329	64	F	56:52.8	57:29.9	18:21/M	
226	Rick Class	Summerfield NC	328	44	M	57:16.6	57:30.2	18:28/M	
227	Dottie Randolph	Oak Ridge NC	150	73	F	56:54.0	57:30.3	18:21/M	
228	Angela Conwell	Greensboro NC	106	31	F	57:02.5	57:32.6	18:24/M	
229	Sherri Smith	Sophias NC	185	52	F	58:52.7	59:26.8	18:59/M	
230	Patricia Shipley	Greensboro NC	193	69	F	58:55.6	59:29.6	19:00/M	
231	Laurel Gandy	Kernersville NC	1903	72	F	1:08:15.2	1:08:20.1	22:01/M	