

BK 5K Greensboro

5k Overall Male Results

<u>Place</u>	<u>Bib</u>	<u>Name</u>	<u>Gender</u>	<u>Gender Place</u>	<u>Age</u>	<u>City</u>	<u>State</u>	<u>Clock Time</u>	<u>Pace</u>
1	938	Wil Zahorodny	M	1: M	32	High Point	NC	16:20.42	5:16
2	994	Steven Anderson	M	2: M	37	Stokesdale	NC	16:24.58	5:17
3	888	Eli Stewart	M	3: M	14	Greensboro	NC	18:10.40	5:51

5k Overall Female Results

<u>Place</u>	<u>Bib</u>	<u>Name</u>	<u>Gender</u>	<u>Gender Place</u>	<u>Age</u>	<u>City</u>	<u>State</u>	<u>Clock Time</u>	<u>Pace</u>
1	992	Molly Nunn	F	1: F	42	Clemmons	NC	18:58.94	6:07
2	993	Cadey Younkman	F	2: F	14	Stokesdale	NC	21:20.60	6:52
3	874	Rachel McIntyre	F	3: F	29	Burlington	NC	21:30.25	6:55

5k Female 1 - 12 Results

<u>Place</u>	<u>Bib</u>	<u>Name</u>	<u>Gender</u>	<u>Gender Place</u>	<u>Age</u>	<u>City</u>	<u>State</u>	<u>Clock Time</u>	<u>Pace</u>
1	886	Sydney Stewart	F	9: F	9	Greensboro	NC	25:47.03	8:18
2	955	Julia Parker	F	12: F	8	Greensboro	NC	28:01.65	9:01
3	945	Reagan Henley	F	17: F	11	Sophia	NC	31:28.49	10:08
4	901	Bridget Brainard	F	19: F	9	Oak Ridge	NC	31:57.86	10:17
5	907	Kiahna Shaffer	F	37: F	9	Landis	NC	52:55.94	17:02
6	903	Alex Brainard	F	44: F	7	Oak Ridge	NC	53:48.34	17:19
7	971	Raelyn Smith	F	45: F	8	Thomasville	NC	53:57.21	17:22

5k Female 19 - 29 Results

<u>Place</u>	<u>Bib</u>	<u>Name</u>	<u>Gender</u>	<u>Gender Place</u>	<u>Age</u>	<u>City</u>	<u>State</u>	<u>Clock Time</u>	<u>Pace</u>
1	937	Lindsay Jarvis	F	8: F	23	Clemmons	NC	25:42.66	8:17
2	861	Stephanie Dowdy	F	10: F	28	Winston Salem	NC	27:30.75	8:51

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3	949	Katie Pakenham	F	14: F	21	High Point	NC	28:37.01	9:13
4	881	Emily Ennis	F	16: F	26	Greensboro	NC	30:32.33	9:50
5	899	Emily Self	F	43: F	29	Trinity	NC	53:42.84	17:17
6	928	Bethany Som	F	48: F	23	Greensboro	NC	56:25.59	18:10
7	891	William Brown	F	49: F	27	Greensboro	NC	57:36.78	18:33

5k Female 30 - 34 Results

<u>Place</u>	<u>Bib</u>	<u>Name</u>	<u>Gender</u>	<u>Gender Place</u>	<u>Age</u>	<u>City</u>	<u>State</u>	<u>Clock Time</u>	<u>Pace</u>
1	953	Jamie Shields	F	7: F	31	High Point	NC	24:18.99	7:50
2	973	Sarah Smith	F	50: F	30	THOMASVILLE	NC	1:08:14.19	21:58

5k Female 35 - 39 Results

<u>Place</u>	<u>Bib</u>	<u>Name</u>	<u>Gender</u>	<u>Gender Place</u>	<u>Age</u>	<u>City</u>	<u>State</u>	<u>Clock Time</u>	<u>Pace</u>
1	904	Victoria Meeks	F	4: F	35	Greensboro	NC	21:40.75	6:59
2	909	Reba Slivka	F	5: F	37	Jamestown	NC	23:44.19	7:38
3	944	Rachel Henley	F	18: F	37	Sophia	NC	31:36.27	10:10
4	872	Amber Farthing	F	24: F	38	Bear Creek	NC	34:15.06	11:01
5	905	Joanna Joanna Castillo	F	32: F	36	Colfax	NC	40:56.36	13:11
6	991	Kim Mullins	F	38: F	39	Trinity	NC	52:56.98	17:03
7	984	Lacey Tompkins	F	39: F	36	High Point	NC	53:00.15	17:04
8	985	Britney Martin	F	41: F	38	High Point	NC	53:09.30	17:07

5k Female 40 - 44 Results

<u>Place</u>	<u>Bib</u>	<u>Name</u>	<u>Gender</u>	<u>Gender Place</u>	<u>Age</u>	<u>City</u>	<u>State</u>	<u>Clock Time</u>	<u>Pace</u>
1	958	Christina Roels	F	11: F	43	Winston-Salem	NC	27:44.99	8:56
2	900	Sara Brainard	F	15: F	44	Oak Ridge	NC	30:25.20	9:47
3	876	meri amweg	F	20: F	42	Jamestown	NC	32:55.58	10:36
4	862	Josie Cothran	F	21: F	40	Jamestown	NC	33:44.12	10:52
5	934	Samantha Zawistowski	F	22: F	42	Greensboro	NC	33:56.94	10:56
6	908	Angela Polzella	F	23: F	43	Kernersville	NC	34:14.49	11:01

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7	883	Tricia Gray	F	27: F	42	High Point	NC	36:25.91	11:44
8	920	Veronica Coppola	F	28: F	40	High Point	NC	36:49.46	11:51
9	897	Leslie Harrison	F	29: F	40	High Point	NC	37:01.68	11:55
10	962	Amanda Troxler	F	33: F	43	Gibsonville	NC	41:41.03	13:25
11	997	Sarah Mason	F	36: F	44	Greensboro	NC	44:28.50	14:19
12	919	Kelly Hughes	F	42: F	42	Trinity	NC	53:42.50	17:17
13	917	Amber Edwards	F	46: F	40	Trinity	NC	55:17.96	17:48

5k Female 45 - 49 Results

<u>Place</u>	<u>Bib</u>	<u>Name</u>	<u>Gender</u>	<u>Gender Place</u>	<u>Age</u>	<u>City</u>	<u>State</u>	<u>Clock Time</u>	<u>Pace</u>
1	913	Amy Koontz	F	6: F	46	Bermuda Run	NC	23:56.58	7:42
2	946	Melanie Maloney	F	13: F	45	Greensboro	NC	28:05.98	9:03
3	979	Chris Wangelin	F	31: F	46	Greensboro	NC	38:11.31	12:18
4	963	Donna Urquhart	F	34: F	48	Gibsonville	NC	41:41.98	13:25

5k Female 50 - 54 Results

<u>Place</u>	<u>Bib</u>	<u>Name</u>	<u>Gender</u>	<u>Gender Place</u>	<u>Age</u>	<u>City</u>	<u>State</u>	<u>Clock Time</u>	<u>Pace</u>
1	960	Tracy Lowe	F	47: F	54	High Point	NC	56:05.05	18:03

5k Female 55 - 59 Results

<u>Place</u>	<u>Bib</u>	<u>Name</u>	<u>Gender</u>	<u>Gender Place</u>	<u>Age</u>	<u>City</u>	<u>State</u>	<u>Clock Time</u>	<u>Pace</u>
1	950	Karin Pakenham	F	25: F	55	High Point	NC	34:57.20	11:15
2	878	MICHELLE CHATMAN	F	26: F	59	Gibsonville	NC	35:12.89	11:20
3	871	Lisa Kershner Urbine	F	30: F	57	Jamestown	NC	37:10.96	11:58
4	906	Dawn Tompkins	F	40: F	58	Landis	NC	53:05.54	17:05

5k Female 60 - 64 Results

<u>Place</u>	<u>Bib</u>	<u>Name</u>	<u>Gender</u>	<u>Gender Place</u>	<u>Age</u>	<u>City</u>	<u>State</u>	<u>Clock Time</u>	<u>Pace</u>
1	921	Laura Slivka	F	35: F	64	Lexington	NC	42:17.99	13:37

5k Male 1 - 12 Results

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1	959	Luke Roels	M	14: M	12	Winston Salem	NC	21:38.57	6:58
2	902	Jax Brainard	M	26: M	11	Oak Ridge	NC	27:22.44	8:49
3	868	Kaden Harnphanich	M	30: M	9	Oak Ridge	NC	28:00.94	9:01
4	972	Tate Smith	M	66: M	7	Thomasville	NC	1:08:17.53	21:59

5k Male 13 - 14 Results

<u>Place</u>	<u>Bib</u>	<u>Name</u>	<u>Gender</u>	<u>Gender Place</u>	<u>Age</u>	<u>City</u>	<u>State</u>	<u>Clock Time</u>	<u>Pace</u>
1	989	Kaydnn Ray	M	12: M	14	Browns Summit	NC	21:26.04	6:54
2	915	Gavin Emms	M	18: M	13	High Point	NC	25:19.89	8:09
3	990	Kayleb Ray	M	41: M	13	Browns Summit	NC	32:11.00	10:22
4	935	Skylar Zawistowski	M	46: M	14	Greensboro	NC	33:57.05	10:56

5k Male 15 - 16 Results

<u>Place</u>	<u>Bib</u>	<u>Name</u>	<u>Gender</u>	<u>Gender Place</u>	<u>Age</u>	<u>City</u>	<u>State</u>	<u>Clock Time</u>	<u>Pace</u>
1	889	Isaac Stewart	M	9: M	16	Greensboro	NC	21:12.70	6:50

5k Male 17 - 18 Results

<u>Place</u>	<u>Bib</u>	<u>Name</u>	<u>Gender</u>	<u>Gender Place</u>	<u>Age</u>	<u>City</u>	<u>State</u>	<u>Clock Time</u>	<u>Pace</u>
1	930	Ransom Cope	M	27: M	18	Greensboro	NC	27:25.26	8:50

5k Male 19 - 29 Results

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1	947	Benjamin Baxter	M	4: M	22	Greensboro	NC	18:21.02	5:54
2	855	Luke Sumerford	M	5: M	26	Greensboro	NC	18:40.72	6:01
3	976	Daniel Tilley	M	6: M	27	Winston Salem	NC	18:54.49	6:05

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4	893	Noah Clouser	M	10: M	19	Jamestown	NC	21:16.09	6:51
5	931	Jose Almanza	M	24: M	20	High Point	NC	26:54.03	8:40
6	966	Nicholas Lorenzo	M	25: M	25	Greensboro	NC	27:14.73	8:46
7	975	Matthew Anderson	M	32: M	22	Greensboro	NC	28:45.22	9:15
8	940	Eric Floyd	M	34: M	25	High Point	NC	29:19.36	9:26
9	981	Joshua Weiss	M	43: M	24	Greensboro	NC	33:00.81	10:38
10	926	Kaz Chhan- Kong	M	47: M	19	High Point	NC	37:45.04	12:09
11	924	Ivan Rivas- Saenz	M	51: M	23	Greensboro	NC	44:46.59	14:25
12	929	Jeronimo Cruz- Reyes	M	52: M	19	Greensboro	NC	44:47.18	14:25
13	932	Ethan Fields	M	58: M	27	Greensboro	NC	50:59.48	16:25
14	927	Garrett Taylor	M	62: M	28	Eden	NC	56:25.26	18:10
15	936	Michael Turbyfill	M	63: M	21	Greensboro	NC	56:25.83	18:10

5k Male 30 - 34 Results

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1	952	Chris Charles	M	7: M	32	High Point	NC	19:18.73	6:13
2	954	Seth Barber	M	15: M	32	High Point	NC	21:39.24	6:58
3	860	Joshua Dowdy	M	28: M	30	Winston Salem	NC	27:34.85	8:53
4	980	Erik Anderson	M	48: M	32	Asheboro	NC	39:01.81	12:34
5	898	Jeremy Self	M	53: M	33	Trinity	NC	44:48.63	14:25
6	970	William Smith	M	65: M	33	Thomasville	NC	1:08:15.98	21:58

5k Male 35 - 39 Results

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1	894	Adrien Harrison	M	21: M	38	High Point	NC	25:57.75	8:21
2	875	mike valle	M	22: M	39	Jamestown	NC	26:24.10	8:30
3	982	Jeremy Seay	M	35: M	35	Asheboro	NC	30:42.64	9:53
4	863	Matt Cothran	M	45: M	39	Jamestown	NC	33:44.24	10:52

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5	854	Daniel Cline	M	49: M	37	Jamestown	NC	39:18.04	12:39
6	995	JOHN DOE	M	55: M	38	High Point	NC	45:48.21	14:45
7	866	Matthew LeClaire	M	56: M	35	Walnut Cove	NC	48:56.39	15:45
8	996	Ellie Dunia	M	57: M	35	High Point	NC	49:08.13	15:49
9	941	Greg Mullins	M	59: M	39	Trinity	NC	53:12.89	17:08

5k Male 40 - 44 Results

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1	948	Art Herns	M	11: M	43	Winston Salem	NC	21:17.79	6:51
2	887	Clint Stewart	M	20: M	44	Greensboro	NC	25:44.57	8:17
3	882	Richard Gray	M	23: M	44	High Point	NC	26:34.76	8:33
4	943	Gavin Moye	M	29: M	40	Winston Salem	NC	27:54.14	8:59
5	957	Philip Roels	M	33: M	44	Winston Salem	NC	28:48.66	9:16
6	914	Robert Emms	M	44: M	43	High Point	NC	33:27.47	10:46
7	923	Trampus Dowdle	M	54: M	40	GREENSBORO	NC	45:17.91	14:35
8	869	SHAUN CURTIS	M	60: M	44	HIGH POINT	NC	54:25.87	17:31

5k Male 45 - 49 Results

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1	912	John Koontz	M	17: M	49	Bermuda Run	NC	22:28.50	7:14
2	974	Pete Farneti	M	38: M	47	Greensboro	NC	31:23.69	10:06
3	988	Casey Ray	M	40: M	45	Browns Summit	NC	31:47.13	10:14
4	867	Thongchai Harnphanich	M	42: M	49	Oak Ridge	NC	32:31.54	10:28

5k Male 50 - 54 Results

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1	987	Mark Jellous	M	8: M	52	High Point	NC	19:24.09	6:15
2	853	Kerry Urbine	M	19: M	51	Jamestown	NC	25:30.82	8:13

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3	916	Greg Bunting	M	31: M	50	Greensboro	NC	28:03.22	9:02
4	983	James Pauley	M	50: M	50	Walkertown	NC	40:02.30	12:53

5k Male 55 - 59 Results

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1	870	RICK SCHROEDER	M	37: M	55	Archdale	NC	31:07.85	10:01
2	910	John Lowe	M	61: M	56	High Point	NC	56:05.15	18:03

5k Male 60 - 64 Results

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1	969	Timothy Coady	M	13: M	62	Danville	VA	21:28.15	6:55
2	877	Jon Kesler	M	39: M	64	GREENSBORO	NC	31:34.58	10:10

5k Male 65 - 69 Results

<u>Place</u>	<u>Bib</u>	<u>Name</u>	<u>Gender</u>	<u>Gender Place</u>	<u>Age</u>	<u>City</u>	<u>State</u>	<u>Clock Time</u>	<u>Pace</u>
1	986	Joe Hall	M	16: M	65	Greensboro	NC	22:00.71	7:05

5k Male 70 - 74 Results

<u>Place</u>	<u>Bib</u>	<u>Name</u>	<u>Gender</u>	<u>Gender Place</u>	<u>Age</u>	<u>City</u>	<u>State</u>	<u>Clock Time</u>	<u>Pace</u>
1	880	Shawn Momtahn	M	36: M	73	Greensboro	NC	30:44.17	9:54