

3/7/09 Explore Your Limits

5k Group Results

Overall Women

- | | | |
|----|------------------|-------------|
| 1. | Krycinski, Sarah | 00:20:49.83 |
| 2. | Lewis, Allie | 00:21:37.32 |
| 3. | Swenty, Anna | 00:24:55.46 |
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Overall Men

- | | | |
|----|--------------------|-------------|
| 1. | Waters, Aaron | 00:18:35.07 |
| 2. | Krycinski, Matthew | 00:19:34.39 |
| 3. | Lovell, Alan | 00:19:59.92 |
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Master Women

- | | | |
|----|----------------|-------------|
| 1. | Hosey, Jeannie | 00:28:11.91 |
|----|----------------|-------------|
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Master Men

- | | | |
|----|---------------|-------------|
| 1. | Bowers, Roger | 00:24:08.57 |
|----|---------------|-------------|
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Women's Age Group: 14 & Under

- | | | |
|----|---------------|-------------|
| 1. | Boone, Lizzie | 00:35:36.04 |
| 2. | Clark, Anna | 00:36:34.15 |
-

Men's Age Group: 14 & Under

- | | | |
|----|--------------------|-------------|
| 1. | Earles, Cody | 00:20:29.03 |
| 2. | Phillips, Jonathan | 00:36:21.47 |
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Women's Age Group: 15 - 19

- | | | |
|----|------------------|-------------|
| 1. | Spicuzza, Morgan | 00:27:00.76 |
| 2. | Giorno, Taylor | 00:34:57.66 |
| 3. | Bennett, Emily | 00:39:27.03 |
| 4. | Howser, Molly | 00:40:57.23 |
-

Men's Age Group: 15 - 19

- | | | |
|----|------------------|-------------|
| 1. | Myers, Jerod | 00:24:38.87 |
| 2. | Bennett, Stephen | 00:25:45.64 |
| 3. | Nester, Kyle | 00:30:53.74 |
| 4. | Bryant, Kyle | 00:36:18.39 |
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Women's Age Group: 20 - 24

- | | | |
|----|-------------------|-------------|
| 1. | Evans, Sarah | 00:28:19.80 |
| 2. | Vengrin, Courtney | 00:31:38.66 |
| 3. | Forte, April | 00:33:10.84 |
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Men's Age Group: 20 - 24

1.	Jeffers, Matt	00:21:27.87
2.	Key, Justin	00:23:41.50
3.	Driver, David	00:26:05.27
4.	Russell, Logan	00:29:12.28
5.	Nester, Mark	00:32:08.45
6.	Kelly, Greg	00:32:17.32
7.	Gamallo, Chris	00:35:14.71

Women's Age Group: 25 - 29

1.	Mitchell, Samantha	00:25:00.90
2.	Stevens, Kelly	00:33:04.99
3.	Gwathmey, Laura	00:33:09.72
4.	Gerdeman, Virginia	00:33:10.30
5.	Lynch, Susan	00:38:36.77
6.	Walker, Lorin	00:39:08.25
7.	Sokol, Katina	00:44:05.41

Men's Age Group: 25 - 29

1.	Swenty, Matt	00:20:15.01
2.	Mitchell, Matthew	00:26:01.80
3.	Graham, Scott	00:34:21.48
4.	Walker, Matt	00:39:07.76

Women's Age Group: 30 - 34

1.	Craft, Amy	00:30:02.61
2.	Weaver, Rose	00:34:15.70
3.	Sekhon, Manbeena	00:39:08.87

Men's Age Group: 30 - 34

1.	Saunders, Carl	00:22:05.04
2.	Kerr, Brendan	00:22:31.05
3.	Gardner, Joel	00:25:17.71
4.	Adams, Bruce	00:29:38.28

Women's Age Group: 35 - 39

1.	Eversole, Susan	00:28:03.52
2.	Pfister, Jennifer	00:28:53.65
3.	Graham, Kristen	00:31:49.94
4.	Skaggs, Elizabeth	00:32:40.75

Men's Age Group: 35 - 39

1.	Looney, Brad	00:25:15.34
2.	Ingram, Scott	00:25:45.79
3.	Eversole, Craig	00:25:54.83
4.	Skaggs, Mitchell	00:31:48.07
5.	Hudson, Wesley	00:32:00.43

6. Phillips, Brian 00:36:03.50

Women's Age Group: 40 - 44

1. Dillon, Karen 00:33:14.42
2. Bennett, Kim 00:36:45.62
3. Brody, Jennifer 00:44:35.03

Men's Age Group: 40 - 44

1. Stevens, Andy 00:24:43.08
2. Wright, Toby 00:32:44.70
3. Simpson, Keith 00:33:23.67

Women's Age Group: 45 - 49

1. Boone, Mary Jo 00:36:43.10
2. Stultz, Diane 00:41:14.88

Men's Age Group: 45 - 49

1. MacNaughton, Al 00:26:29.08
2. Shuke, James 00:29:56.05
3. Riddle, Tillman 00:36:53.30

Women's Age Group: 50 - 54

1. Amenkhienan, Charlotte 00:39:09.54

Men's Age Group: 50 - 54

1. Hrinya, Thomas 00:26:00.51

Women's Age Group: 55 - 59

1. Vengrin, Jean 00:36:10.98

Men's Age Group: 55 - 59

1. Rogers, Ron 00:25:18.20
2. Morgan, George 00:29:23.97
3. Swenson, Dave 00:30:16.55
4. Oalman, David 00:40:00.48

Men's Age Group: 60 - 69

1. Spencer, Bobby 00:25:22.16
2. Atthowe, John 00:27:15.89
3. Coffey, Roger 00:31:35.12
4. Lafave, James 00:31:37.75
5. Clark, Warren 00:33:24.71

Men's Age Group: 70 & Over

