

2010 6th Explore Your Limits 10k Trail Races - 3/6/10

Overall Women

1.	Lambert, Stephanie	00:49:50.47
2.	Ahearn, Meghan	00:50:17.44
3.	Himmel, Jill	00:51:27.23

Overall Men

1.	Childers, Adam	00:40:28.85
2.	Allen, Sam	00:40:44.85
3.	Gamble, John	00:41:34.54

Master Women

1.	Blankenship, Libby	00:55:15.72
----	--------------------	-------------

Master Men

1.	Robinson, John	00:42:42.88
----	----------------	-------------

Women's Age Group: 14 & Under

1.	Andersen, Melissa	00:57:07.00
----	-------------------	-------------

Men's Age Group: 14 & Under

1.	Spencer, Edward	00:56:40.42
----	-----------------	-------------

Women's Age Group: 15 - 19

1.	Siska, Lindsey	00:51:48.18
2.	Alvarez, Allie	01:01:40.88
3.	Boe, Katherine	01:02:17.82

Men's Age Group: 15 - 19

1.	Kingery, Caleb	00:43:15.19
2.	Fritz, David	00:45:35.36
3.	Andersen, Dillon	00:53:42.19
4.	Settle, Chris	00:55:19.86

Women's Age Group: 20 - 24

1.	Eakins, Amanda	00:59:40.69
2.	Trenor, Abby	01:03:49.92
3.	Patterson, Rosemary	01:07:05.76
4.	Williams, Laura	01:14:28.04
5.	Uzel, Sarah	01:17:32.03
6.	Dean, Abigail	01:27:01.00
7.	Gould, Shelly	01:27:02.00

Men's Age Group: 20 - 24

1.	McFarland, Nicholas	00:45:43.61
2.	Wilson, Lansing	00:46:40.05
3.	Brown, Alex	00:47:07.32
4.	Tunnell, Andrew	00:47:24.46
5.	Stumpf, Jon	00:47:48.19
6.	Siripollawat, Kittisad	00:49:08.91
7.	Leccadito, Matthew	00:49:34.69
8.	Straskulic, Robert	00:49:40.06
9.	Carroll, Nathan	00:51:47.17
10.	Byrum, Josh	00:51:49.43
11.	Cameron, Billy	00:52:38.24
12.	Brannen, Jacob	00:53:04.20
13.	Stern, Jordy	01:27:03.00

Women's Age Group: 25 - 29

1.	Mitchell, Samantha	00:54:02.66
2.	Vander Kooy, Mallory	00:55:36.49
3.	Schaefer, Elizabeth	00:57:20.98
4.	Taylor, Sarah	00:58:08.97
5.	McCamphill, Amy	00:58:44.67
6.	Matthiessen, Alison	01:01:13.79
7.	Conway, Shanshan	01:06:13.49
8.	Cobb, Jessica	01:06:41.67

Men's Age Group: 25 - 29

1.	Dungan, Jesse	00:43:10.13
2.	Adcock, Jonathan	00:48:31.53
3.	Massie, Heath	00:49:23.02
4.	Taylor, Walker	00:50:52.45
5.	Bousman, Austin	00:52:21.46
6.	Williams, Brett	00:52:26.48
7.	Kegel, Ryan	00:52:44.56
8.	Dobroth, Chris	00:54:49.23
9.	Ragland, William	00:55:00.96
10.	Haner, Neil	01:05:22.58
11.	Guthrie, Noah	01:06:46.78
12.	Jackson, Donald	01:11:06.51

Women's Age Group: 30 - 34

1.	Puckett, Lori	00:52:01.29
2.	Adcock, Rebecca	00:57:46.62
3.	Vannoy, Gretchen	00:59:49.17
4.	Balk, Sandra	01:09:29.88
5.	Kramer, Lindsay	01:22:07.33
6.	Morris, Erin	01:22:08.18

Men's Age Group: 30 - 34

1.	Saunders, Carl	00:44:06.71
2.	Decker, James	00:48:24.72
3.	Whitaker, Brian	00:48:38.89
4.	Scalise, John	00:50:58.59
5.	Oliver, Richie	00:52:29.16
6.	Hacker, Todd	00:53:28.73
7.	Adkins, Emmitt	00:53:45.79
8.	Mitchell, Matthew	00:57:57.24
9.	Mann, Eddie	01:11:04.58

Women's Age Group: 35 - 39

1.	DeLong, Christie	01:00:42.33
2.	Frazer, Janis	01:10:07.44

Men's Age Group: 35 - 39

1.	Albright, Chad	00:43:47.49
2.	Vickery, Bill	00:44:30.62
3.	Taube, Josh	00:45:24.65
4.	Glenn, Jeff	00:47:24.76
5.	Santoroski, Michael	00:53:18.76
6.	Scott, David	00:54:32.59
7.	Booth, James	00:58:34.84

Women's Age Group: 40 - 44

1.	Lisenby, Dawn	00:59:04.74
2.	Andersen, Beth	01:08:31.18

Men's Age Group: 40 - 44

1.	Miller, Tim	00:45:46.45
2.	Glowczynski, Ron	00:45:57.28
3.	Togo, Matthew	00:47:35.07
4.	Lynch, Tommy	00:49:07.08
5.	Best, Wesley	00:49:53.67
6.	Jamison, Neal	00:50:58.18

Women's Age Group: 45 - 49

1.	Lichtenstein, Annie	01:01:16.24
----	---------------------	-------------

Men's Age Group: 45 - 49

1.	Stevens, Andy	00:50:39.14
2.	Falls, Doug	00:52:54.96
3.	Andersen, Mark	00:53:05.88
4.	Spencer, Kevin	00:56:44.28
5.	Coker, Kevin	00:57:49.58
6.	Sheehan, Gary	00:58:20.07
7.	Fant, Kemper	00:59:45.13
8.	Miller, Eric	01:02:59.23
9.	Mays, Gregory	01:06:24.35

Men's Age Group: 50 - 54

1.	Stick, Greg	00:46:16.00
2.	Hackett, David	00:53:48.43
3.	Turk, Joseph	00:57:09.01
4.	Slivka, John	00:57:23.25
5.	Schweitzer, Paul	01:04:57.35
6.	Taylor, Greg	01:06:10.96
7.	Leftwich, Lefty	01:07:29.96
8.	Escobar, Peter	01:12:15.18

Women's Age Group: 55 - 59

1.	Sexton, Dru	00:57:45.96
2.	Nicholson, Trina	01:05:28.10

Men's Age Group: 55 - 59

1.	Carlton, Brian	00:53:35.37
----	----------------	-------------

Men's Age Group: 60 - 69

1.	Roth, Tom	00:59:33.26
2.	Zollman, Graham	01:06:41.15