

# 2010 Resolution Run 5k Final Results

Start Time: Saturday, January 1, 2011 11:00:00 AM

Sunday, January 2, 2011 6:25:56 AM

## Overall by Distance: 5k

| OvrAll / Gndr / Div | No | Name                   | Age | Representing       | Division | Age Grade | Total Time | Back     | Pace    |
|---------------------|----|------------------------|-----|--------------------|----------|-----------|------------|----------|---------|
| 1                   | 54 | MARRIOTT, Delbert      | 42  | SIKESTON, MO       |          | 80.39%    | 17:13.7    | +0:00.0  | 5:32.4  |
| 2                   | 68 | LOPEZ, Larry           | 16  | Arnold, MO         |          | 80.34%    | 17:03.1    | +0:10.6  | 5:29.0  |
| 3                   | 59 | SCHMITTZEHE, J. Steven | 47  | CAPE GIRARDEAU, MO |          | 72.81%    | 19:46.7    | +2:33.0  | 6:21.6  |
| 4                   | 55 | WINDEKNECHT, Joe       | 43  | JACKSON, MO        |          | 71.52%    | 19:31.7    | +2:18.0  | 6:16.8  |
| 5                   | 72 | BRYANT, Brandon        | 17  |                    |          | 70.34%    | 19:11.5    | +1:57.8  | 6:10.3  |
| 6                   | 60 | ROSATI, Ron            | 52  | CAPE GIRARDEAU, MO |          | 69.18%    | 21:39.6    | +4:25.9  | 6:57.9  |
| 7                   | 40 | RAINES, Adam           | 17  | CAPE GIRARDEAU, MO |          | 68.78%    | 19:37.7    | +2:24.0  | 6:18.7  |
| 8                   | 31 | DIPPOLD, Carol         | 56  | THEBES, IL         |          | 68.04%    | 26:36.2    | +9:22.5  | 8:33.2  |
| 9                   | 5  | DIPPOLD, Kristen       | 18  | THEBES, IL         |          | 67.94%    | 22:01.7    | +4:48.0  | 7:05.0  |
| 10                  | 4  | SCHMITTZEHE, Ashley    | 17  | CAPE GIRARDEAU, MO |          | 67.14%    | 22:30.9    | +5:17.2  | 7:14.4  |
| 11                  | 80 | DUNCAN, Riley          | 14  | Cape Girardeau, MO |          | 66.81%    | 21:13.7    | +4:00.0  | 6:49.5  |
| 12                  | 17 | JANNIN, Chellie        | 37  | JACKSON, MO        |          | 65.44%    | 22:59.9    | +5:46.2  | 7:23.7  |
| 13                  | 36 | MYERS, Clayton         | 16  | CAPE GIRARDEAU, MO |          | 65.13%    | 21:02.0    | +3:48.3  | 6:45.8  |
| 14                  | 52 | GHISSOM, Shawn         | 41  | BENTON, MO         |          | 64.89%    | 21:11.3    | +3:57.6  | 6:48.8  |
| 15                  | 79 | MORETON, John          | 53  | Cape Girardeau, MO |          | 62.47%    | 24:11.8    | +6:58.1  | 7:46.8  |
| 16                  | 74 | SMITH, Jeremy          | 28  |                    |          | 61.58%    | 20:57.0    | +3:43.3  | 6:44.2  |
| 17                  | 53 | JANNIN, Brian          | 41  | JACKSON, MO        |          | 61.53%    | 22:20.9    | +5:07.2  | 7:11.2  |
| 18                  | 14 | HUDDLESTON, Erika      | 34  | SIKESTON, MO       |          | 61.05%    | 24:24.4    | +7:10.7  | 7:50.9  |
| 19                  | 71 | ELFRINK, Josh          | 38  | Jackson, MO        |          | 60.94%    | 22:04.2    | +4:50.5  | 7:05.8  |
| 20                  | 46 | JACOBS, Joe            | 31  | SCOTT CITY, MO     |          | 60.91%    | 21:17.3    | +4:03.6  | 6:50.7  |
| 21                  | 18 | ROSATI, Jessica        | 38  | CAPE GIRARDEAU, MO |          | 60.49%    | 25:01.0    | +7:47.3  | 8:02.6  |
| 22                  | 73 | BURCH, Tammy           | 47  | Sikeston, MO       |          | 59.74%    | 27:07.1    | +9:53.4  | 8:43.2  |
| 23                  | 33 | ROBERT, Linda          | 56  | CAPE GIRARDEAU, MO |          | 59.66%    | 30:20.3    | +13:06.6 | 9:45.3  |
| 24                  | 21 | ALDRIDGE, Shannon      | 47  | CAPE GIRARDEAU, MO |          | 58.19%    | 24:44.7    | +7:31.0  | 7:57.4  |
| 25                  | 77 | HEARNS, Robert         | 44  | Charleston, MO     |          | 57.37%    | 24:31.1    | +7:17.4  | 7:53.0  |
| 26                  | 81 | REITZEL, Lydia         | 13  | Whitewater, MO     |          | 55.89%    | 28:34.1    | +11:20.4 | 9:11.2  |
| 27                  | 13 | GILMORE, Amy           | 32  | ADVANCE, MO        |          | 55.53%    | 26:42.6    | +9:28.9  | 8:35.3  |
| 28                  | 25 | PARTRIDGE, Elaine      | 44  | SIKESTON, MO       |          | 54.47%    | 28:53.0    | +11:39.3 | 9:17.2  |
| 29                  | 75 | BORTON, Beth           | 46  | New Madrid, MO     |          | 53.63%    | 29:53.8    | +12:40.1 | 9:36.8  |
| 30                  | 69 | HILL, Kimberly         | 39  | Murry, KY          |          | 53.52%    | 28:24.1    | +11:10.4 | 9:07.9  |
| 31                  | 20 | BOYCE, Michelle        | 41  | CARBONDALE, IL     |          | 53.32%    | 28:50.9    | +11:37.2 | 9:16.6  |
| 32                  | 64 | WINDEKNECHT, Rhonda    | 41  | JACKSON, MO        |          | 52.89%    | 29:05.1    | +11:51.4 | 9:21.1  |
| 33                  | 32 | VICKERY, Susan         | 56  | CAPE GIRARDEAU, MO |          | 52.79%    | 34:17.2    | +17:03.5 | 11:01.5 |
| 34                  | 49 | MANN, James            | 36  | CAPE GIRARDEAU, MO |          | 51.87%    | 25:34.7    | +8:21.0  | 8:13.5  |
| 35                  | 43 | DAVIS, Jason           | 29  | SIKESTON, MO       |          | 51.79%    | 24:56.5    | +7:42.8  | 8:01.2  |
| 36                  | 7  | VICKERY, Sarah         | 28  | CAPE GIRARDEAU, MO |          | 51.60%    | 28:41.0    | +11:27.3 | 9:13.4  |
| 37                  | 16 | DANIELS, Shannon       | 37  | CAPE GIRARDEAU, MO |          | 51.40%    | 29:16.8    | +12:03.1 | 9:24.9  |
| 38                  | 78 | HEARNES, Warren        | 43  | Lilburn, GA        |          | 50.71%    | 27:32.6    | +10:18.9 | 8:51.4  |
| 39                  | 1  | SCHMITTZEHE, Megan     | 15  | CAPE GIRARDEAU, MO |          | 50.43%    | 30:44.2    | +13:30.5 | 9:53.0  |
| 40                  | 19 | GOODE, Emily           | 40  | CAPE GIRARDEAU, MO |          | 50.16%    | 30:30.2    | +13:16.5 | 9:48.5  |
| 41                  | 61 | HICKS, Steve           | 53  | SIKESTON, MO       |          | 49.68%    | 30:25.7    | +13:12.0 | 9:47.0  |
| 42                  | 9  | PARKER, Erin           | 29  | SIKESTON, MO       |          | 48.51%    | 30:30.7    | +13:17.0 | 9:48.6  |
| 43                  | 10 | SEABAUGH, Amanda       | 29  | CAPE GIRARDEAU, MO |          | 48.02%    | 30:49.2    | +13:35.5 | 9:54.6  |
| 44                  | 63 | JOBE, Mike             | 54  | SIKESTON, MO       |          | 47.86%    | 31:49.7    | +14:36.0 | 10:14.1 |
| 45                  | 6  | WHITE, Laura Beth      | 25  | SIKESTON, MO       |          | 47.80%    | 30:57.8    | +13:44.1 | 9:57.4  |
| 46                  | 62 | MYERS, John            | 53  | CAPE GIRARDEAU, MO |          | 46.53%    | 32:29.2    | +15:15.5 | 10:26.8 |
| 47                  | 23 | BRAMLETT, Tracy        | 43  | JACKSON, MO        |          | 46.36%    | 33:41.1    | +16:27.4 | 10:49.9 |
| 48                  | 15 | CARTER, Kathy          | 37  | EAST PRAIRIE, MO   |          | 45.88%    | 32:48.3    | +15:34.6 | 10:32.9 |
| 49                  | 29 | HAMPTON, Susan         | 54  | SIKESTON, MO       |          | 44.43%    | 39:41.3    | +22:27.6 | 12:45.7 |
| 50                  | 70 | MASON, Jana            | 31  | KY                 |          | 44.10%    | 33:36.0    | +16:22.3 | 10:48.2 |
| 51                  | 48 | EVANS, Clay            | 34  | CAPE GIRARDEAU, MO |          | 43.94%    | 29:51.1    | +12:37.4 | 9:35.9  |
| 52                  | 45 | SEABAUGH, Jimmy        | 31  | CAPE GIRARDEAU, MO |          | 42.07%    | 30:49.1    | +13:35.4 | 9:54.6  |
| 53                  | 28 | FEATHERSTON, Robin     | 49  | SIKESTON, MO       |          | 41.28%    | 40:07.9    | +22:54.2 | 12:54.2 |
| 54                  | 76 | YATES, Jane            | 51  | Sikeston, MO       |          | 41.14%    | 41:14.3    | +24:00.6 | 13:15.6 |
| 55                  | 57 | MARTIN, Lenny          | 47  | CAPE GIRARDEAU, MO |          | 40.33%    | 35:42.2    | +18:28.5 | 11:28.8 |
| 56                  | 8  | BREY, Tiffany          | 28  | SCOTT CITY, MO     |          | 38.57%    | 38:22.2    | +21:08.5 | 12:20.3 |

\* indicates adjustments applied, see last page for details

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# 2010 Resolution Run 5k

## Overall by Distance: 5k Continued

| OvrAll /Gndr / Div | No | Name               | Age | Representing     | Division | Age Grade | Total Time | Back     | Pace    |
|--------------------|----|--------------------|-----|------------------|----------|-----------|------------|----------|---------|
| 57                 | 47 | HENDRIX, Jeff      | 32  | JACKSON, MO      |          | 36.73%    | 35:23.5    | +18:09.8 | 11:22.8 |
| 58                 | 24 | CHAMBERLAIN, Mindy | 43  | EAST PRAIRIE, MO |          | 34.33%    | 45:29.0    | +28:15.3 | 14:37.5 |
| 59                 | 26 | STADT, Carla       | 48  | JACKSON, MO      |          | 34.31%    | 47:42.0    | +30:28.3 | 15:20.3 |
| 60                 | 51 | JACKSON, Steve     | 39  | JACKSON, MO      |          | 30.84%    | 43:56.4    | +26:42.7 | 14:07.7 |