2011 Resolution Run 5k
Final Results

Start Time: Saturday, January 1, 2011 12:00:00 AM

Saturday, January 1, 2011 6:40:38 PM

Overall by Distance: 5k

OvrAll	Gndr	Div	No	Name	Representing	Division	1-Mile	min/mi	2-Mile	min/mi	3-Mile	min/mi	5k	min/mi	Total Time	Back	Pace
1	1	1	68	LOPEZ, Larry	Arnold, MO	Male Overall ...	5:18.697	5:18.7	5:38.906	5:38.9	5:36.632	5:36.6	0:28.871	4:22.5	17:03.1	+0:00.0	5:29.0
2	2	1	54	MARRIOTT, Delbert	SIKESTON, MO	Male Masters...	5:18.980	5:19.0	5:39.413	5:39.4	5:41.001	5:41.0	0:34.356	5:12.3	17:13.7	+0:10.6	5:32.4
3	3	1	72	BRYANT, Brandon		M 16-19	5:50.587	5:50.6	6:39.881	6:39.9	6:02.869	6:02.9	0:38.236	5:47.6	19:11.5	+2:08.4	6:10.3
4	4	1	55	WINDEKNECHT, Joe	JACKSON, MO	M 40-49	6:20.523	6:20.5	6:30.950	6:31.0	6:03.310	6:03.3	0:36.989	5:36.3	19:31.7	+2:28.6	6:16.8
5	5	2	40	RAINES, Adam	CAPE GIRARDEAU...	M 16-19	6:08.359	6:08.4	6:35.917	6:35.9	6:14.247	6:14.2	0:39.232	5:56.7	19:37.7	+2:34.6	6:18.7
6	6	2	59	SCHMITTZEHE, J. Steven	CAPE GIRARDEAU...	M 40-49	6:14.547	6:14.5	6:32.526	6:32.5	6:18.307	6:18.3	0:41.366	6:16.1	19:46.7	+2:43.6	6:21.6
7	7	1	74	SMITH, Jeremy		M 20-29	6:08.639	6:08.6	7:01.629	7:01.6	7:08.004	7:08.0	0:38.737	5:52.2	20:57.0	+3:53.9	6:44.2
8	8	3	36	MYERS, Clayton	CAPE GIRARDEAU...	M 16-19	6:16.480	6:16.5	7:03.969	7:04.0	7:01.397	7:01.4	0:40.206	6:05.5	21:02.0	+3:58.9	6:45.8
9	9	3	52	GHISSOM, Shawn	BENTON, MO	M 40-49	6:30.413	6:30.4	7:11.135	7:11.1	6:52.763	6:52.8	0:37.060	5:36.9	21:11.3	+4:08.2	6:48.8
10	10	1	80	DUNCAN, Riley	Cape Girardeau, ...	M 13-15	6:38.281	6:38.3	7:10.479	7:10.5	6:47.244	6:47.2	0:37.699	5:42.7	21:13.7	+4:10.6	6:49.5
11	11	1	46	JACOBS, Joe	SCOTT CITY, MO	M 30-39	6:26.805	6:26.8	7:06.945	7:06.9	7:04.242	7:04.2	0:39.406	5:58.2	21:17.3	+4:14.2	6:50.7
12	12	1	60	ROSATI, Ron	CAPE GIRARDEAU...	M 50+	6:41.414	6:41.4	7:15.310	7:15.3	7:02.120	7:02.1	0:40.808	6:11.0	21:39.6	+4:36.5	6:57.9
13	1	1	5	DIPPOLD, Kristen	THEBES, IL	Female Over...	7:00.015	7:00.0	7:21.984	7:22.0	6:58.282	6:58.3	0:41.449	6:16.8	22:01.7	+4:58.6	7:05.0
14	13	2	71	ELFRINK, Josh	Jackson, MO	M 30-39	7:10.268	7:10.3	7:24.633	7:24.6	6:49.205	6:49.2	0:40.113	6:04.7	22:04.2	+5:01.1	7:05.8
15	14	4	53	JANNIN, Brian	JACKSON, MO	M 40-49	6:34.109	6:34.1	7:20.316	7:20.3	7:37.632	7:37.6	0:48.895	7:24.5	22:20.9	+5:17.8	7:11.2
16	2	1	4	SCHMITTZEHE, Ashley	CAPE GIRARDEAU...	F 16-19	6:59.045	6:59.0	7:34.473	7:34.5	7:18.208	7:18.2	0:39.243	5:56.8	22:30.9	+5:27.8	7:14.4
17	3	1	17	JANNIN, Chellie	JACKSON, MO	F 30-39	7:20.599	7:20.6	7:35.923	7:35.9	7:19.090	7:19.1	0:44.338	6:43.1	22:59.9	+5:56.8	7:23.7
18	15	2	79	MORETON, John	Cape Girardeau, ...	M 50+	7:29.203	7:29.2	8:14.217	8:14.2	7:42.106	7:42.1	0:46.342	7:01.3	24:11.8	+7:08.7	7:46.8
19	4	2	14	HUDDLESTON, Erika	SIKESTON, MO	F 30-39	7:50.736	7:50.7	7:58.681	7:58.7	7:46.618	7:46.6	0:48.384	7:19.9	24:24.4	+7:21.3	7:50.9
20	16	5	77	HEARNS, Robert	Charleston, MO	M 40-49	7:46.733	7:46.7	8:04.684	8:04.7	7:54.538	7:54.5	0:45.217	6:51.1	24:31.1	+7:28.0	7:53.0
21	17	6	21	ALDRIDGE, Shannon	CAPE GIRARDEAU...	M 40-49	7:36.026	7:36.0	8:30.472	8:30.5	7:53.939	7:53.9	0:44.283	6:42.6	24:44.7	+7:41.6	7:57.4
22	18	2	43	DAVIS, Jason	SIKESTON, MO	M 20-29	7:29.508	7:29.5	8:24.994	8:25.0	8:11.011	8:11.0	0:51.013	7:43.8	24:56.5	+7:53.4	8:01.2
23	5	3	18	ROSATI, Jessica	CAPE GIRARDEAU...	F 30-39	7:59.830	7:59.8	8:20.391	8:20.4	7:56.534	7:56.5	0:44.304	6:42.8	25:01.0	+7:57.9	8:02.6
24	19	3	49	MANN, James	CAPE GIRARDEAU...	M 30-39	7:37.299	7:37.3	8:37.691	8:37.7	8:32.528	8:32.5	0:47.246	7:09.5	25:34.7	+8:31.6	8:13.5
25	6	1	31	DIPPOLD, Carol	THEBES, IL	Female Mast...	8:29.481	8:29.5	8:47.800	8:47.8	8:30.685	8:30.7	0:48.306	7:19.1	26:36.2	+9:33.1	8:33.2
26	7	4	13	GILMORE, Amy	ADVANCE, MO	F 30-39	8:30.604	8:30.6	8:47.445	8:47.4	8:31.443	8:31.4	0:53.163	8:03.3	26:42.6	+9:39.5	8:35.3
27	8	1	73	BURCH, Tammy	Sikeston, MO	F 40-49	8:39.108	8:39.1	8:47.956	8:48.0	8:47.040	8:47.0	0:53.004	8:01.9	27:07.1	+10:04.0	8:43.2
28	20	7	78	HEARNES, Warren	Lilburn, GA	M 40-49	8:18.650	8:18.7	9:07.068	9:07.1	9:11.934	9:11.9	0:55.034	8:20.3	27:32.6	+10:29.5	8:51.4
29	9	5	69	HILL, Kimberly	Murry, KY	F 30-39	9:19.768	9:19.8	9:14.686	9:14.7	8:51.684	8:51.7	0:58.006	8:47.3	28:24.1	+11:21.0	9:07.9
30	10	1	81	REITZEL, Lydia	Whitewater, MO	F 13-15	8:29.410	8:29.4	9:19.665	9:19.7	9:48.582	9:48.6	0:56.532	8:33.9	28:34.1	+11:31.0	9:11.2
31	11	1	7	VICKERY, Sarah	CAPE GIRARDEAU...	F 20-29	9:06.780	9:06.8	9:24.007	9:24.0	9:16.387	9:16.4	0:53.916	8:10.1	28:41.0	+11:37.9	9:13.4
32	12	2	20	BOYCE, Michelle	CARBONDALE, IL	F 40-49	9:07.428	9:07.4	9:46.191	9:46.2	9:07.787	9:07.8	0:49.518	7:30.2	28:50.9	+11:47.8	9:16.6
33	13	3	25	PARTRIDGE, Elaine	SIKESTON, MO	F 40-49	9:04.403	9:04.4	9:31.236	9:31.2	9:20.008	9:20.0	0:57.389	8:41.7	28:53.0	+11:49.9	9:17.2
34	14	4	64	WINDEKNECHT, Rhonda	JACKSON, MO	F 40-49	9:25.517	9:25.5	9:35.848	9:35.8	9:10.780	9:10.8	0:53.005	8:01.9	29:05.1	+12:02.0	9:21.1
35	15	6	16	DANIELS, Shannon	CAPE GIRARDEAU...	F 30-39	9:25.476	9:25.5	9:35.678	9:35.7	9:14.834	9:14.8	1:00.844	9:13.1	29:16.8	+12:13.7	9:24.9
36	21	4	48	EVANS, Clay	CAPE GIRARDEAU...	M 30-39	8:19.475	8:19.5	10:11.891	10:11.9	10:26.376	10:26.4	0:53.366	8:05.1	29:51.1	+12:48.0	9:35.9
37	16	5	75	BORTON, Beth	New Madrid, MO	F 40-49	9:38.336	9:38.3	9:37.373	9:37.4	9:41.439	9:41.4	0:56.701	8:35.5	29:53.8	+12:50.7	9:36.8
38	17	1	33	ROBERT, Linda	CAPE GIRARDEAU...	F 50+	9:23.543	9:23.5	9:53.580	9:53.6	9:54.695	9:54.7	1:08.499	10:22.7	30:20.3	+13:17.2	9:45.3
39	22	3	61	HICKS, Steve	SIKESTON, MO	M 50+	9:58.718	9:58.7	10:00.689	10:00.7	9:28.251	9:28.3	0:58.077	8:48.0	30:25.7	+13:22.6	9:47.0

* indicates adjustments applied, see last page for details

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2011 Resolution Run 5k

Overall by Distance: 5k Continued

OvrAll	Gndr	Div	No	Name	Representing	Division	1-Mile	min/mi	2-Mile	min/mi	3-Mile	min/mi	5k	min/mi	Total Time	Back	Pace
40	18	6	19	GOODE, Emily	CAPE GIRARDEAU...	F 40-49	9:47.073	9:47.1	10:04.239	10:04.2	9:46.139	9:46.1	0:52.749	7:59.5	30:30.2	+13:27.1	9:48.5
41	19	2	9	PARKER, Erin	SIKESTON, MO	F 20-29	9:28.224	9:28.2	10:03.538	10:03.5	10:02.805	10:02.8	0:56.188	8:30.8	30:30.7	+13:27.6	9:48.6
42	20	2	1	SCHMITTZEHE, Megan	CAPE GIRARDEAU...	F 13-15	9:32.132	9:32.1	10:15.797	10:15.8	10:12.225	10:12.2	0:44.056	6:40.5	30:44.2	+13:41.1	9:53.0
43	23	5	45	SEABAUGH, Jimmy	CAPE GIRARDEAU...	M 30-39	9:33.124	9:33.1	10:18.207	10:18.2	9:58.082	9:58.1	0:59.716	9:02.9	30:49.1	+13:46.0	9:54.6
44	21	3	10	SEABAUGH, Amanda	CAPE GIRARDEAU...	F 20-29	9:25.584	9:25.6	10:23.643	10:23.6	10:00.650	10:00.7	0:59.380	8:59.8	30:49.2	+13:46.1	9:54.6
45	22	4	6	WHITE, Laura Beth	SIKESTON, MO	F 20-29	9:37.867	9:37.9	10:12.345	10:12.3	10:12.001	10:12.0	0:55.634	8:25.8	30:57.8	+13:54.7	9:57.4
46	24	4	63	JOBE, Mike	SIKESTON, MO	M 50+	9:58.767	9:58.8	10:22.666	10:22.7			11:28.361	1:44:17.8	31:49.7	+14:46.6	10:14.1
47	25	5	62	MYERS, John	CAPE GIRARDEAU...	M 50+	10:08.445	10:08.4	10:58.227	10:58.2	10:26.601	10:26.6	0:55.949	8:28.6	32:29.2	+15:26.1	10:26.8
48	23	7	15	CARTER, Kathy	EAST PRAIRIE, MO	F 30-39	10:16.159	10:16.2	10:42.010	10:42.0	10:37.361	10:37.4	1:12.845	11:02.2	32:48.3	+15:45.2	10:32.9
49	24	8	70	MASON, Jana	KY	F 30-39	10:23.278	10:23.3	11:12.275	11:12.3	11:07.652	11:07.7	0:52.807	8:00.1	33:36.0	+16:32.9	10:48.2
50	25	7	23	BRAMLETT, Tracy	JACKSON, MO	F 40-49	10:55.072	10:55.1	11:03.467	11:03.5	10:44.645	10:44.6	0:57.933	8:46.7	33:41.1	+16:38.0	10:49.9
51	26	2	32	VICKERY, Susan	CAPE GIRARDEAU...	F 50+	10:44.734	10:44.7	11:27.236	11:27.2	11:01.141	11:01.1	1:04.179	9:43.4	34:17.2	+17:14.1	11:01.5
52	26	6	47	HENDRIX, Jeff	JACKSON, MO	M 30-39	11:04.257	11:04.3	11:34.671	11:34.7	11:34.612	11:34.6	1:10.008	10:36.4	35:23.5	+18:20.4	11:22.8
53	27	8	57	MARTIN, Lenny	CAPE GIRARDEAU...	M 40-49	11:01.882	11:01.9	11:55.003	11:55.0	11:38.291	11:38.3	1:07.026	10:09.3	35:42.2	+18:39.1	11:28.8
54	27	5	8	BREY, Tiffany	SCOTT CITY, MO	F 20-29	11:01.851	11:01.9	14:51.933	14:51.9	11:29.764	11:29.8	0:58.736	8:54.0	38:22.2	+21:19.1	12:20.3
55	28	3	29	HAMPTON, Susan	SIKESTON, MO	F 50+	12:20.829	12:20.8	13:09.345	13:09.3	12:49.293	12:49.3	1:21.851	12:24.1	39:41.3	+22:38.2	12:45.7
56	29	8	28	FEATHERSTON, Robin	SIKESTON, MO	F 40-49	12:38.230	12:38.2	13:12.733	13:12.7	12:56.430	12:56.4	1:20.512	12:11.9	40:07.9	+23:04.8	12:54.2
57	30	4	76	YATES, Jane	Sikeston, MO	F 50+	13:08.003	13:08.0	13:32.565	13:32.6	13:05.373	13:05.4	1:28.458	13:24.2	41:14.3	+24:11.2	13:15.6
58	28	7	51	JACKSON, Steve	JACKSON, MO	M 30-39	15:24.023	15:24.0	14:32.395	14:32.4	12:59.230	12:59.2	1:00.769	9:12.4	43:56.4	+26:53.3	14:07.7
59	31	9	24	CHAMBERLAIN, Mindy	EAST PRAIRIE, MO	F 40-49	14:24.268	14:24.3	14:53.136	14:53.1	14:58.506	14:58.5	1:13.122	11:04.7	45:29.0	+28:25.9	14:37.5
60	32	10	26	STADT, Carla	JACKSON, MO	F 40-49	15:07.012	15:07.0	16:21.858	16:21.9	14:40.419	14:40.4	1:32.807	14:03.7	47:42.0	+30:38.9	15:20.3

* indicates adjustments applied, see last page for details

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