



2015 Hero Up 5k/10k & 1 Mile Fun Run Final Results

Start Time: Saturday, May 2, 2015 9:00:00 AM

Saturday, May 2, 2015 10:31:27 AM

Overall by Distance: 5k

OvrAll / Gndr / Div	No	Name	Representing	Division	Total Time	Back	Pace
1 / 1 / 1	201	WILHOIT, Galen	JEFFERSON CITY MO	Male Overall Ch..	26:53.2	+0:00.0	8:38.7
2 / 2 / 1	148	LOWERY, Chris	BATES CITY MO	M 40-49 5k	27:50.6	+0:57.4	8:57.2
3 / 3 / 1	144	KARNES, Tanner	WARRENSBURG MO	M 18 & Under 5k	28:55.5	+2:02.3	9:18.0
4 / 4 / 1	210	BRAUCHER, John	WARSAW MO	M 50+ 5k	28:56.3	+2:03.1	9:18.3
5 / 5 / 2	194	RAGER, Daniel	CLINTON MO	M 18 & Under 5k	29:11.0	+2:17.8	9:23.0
6 / 1 / 1	110	CORRELL, Elizabeth	KANSAS CITY MO	Female Overall ..	29:14.6	+2:21.4	9:24.2
7 / 2 / 1	178	SCHMIDLI, Shawn	LEETON MO	F 40-49 5k	29:40.2	+2:47.0	9:32.4
8 / 3 / 1	168	NICHOLS, Jasmine	KANSAS CITY MO	F 20-29 5k	30:49.8	+3:56.6	9:54.8
9 / 6 / 1	170	PIERCE, Ryan	ODESSA MO	M 30-39 5k	31:57.9	+5:04.7	10:16.7
10 / 4 / 1	157	MORGAN, Bella	LEXINGTON MO	F 18 & Under 5k	32:11.8	+5:18.6	10:21.2
11 / 5 / 1	116	DONNELLY, Elizabeth	FAIRWAY KS	F 30-39 5k	32:35.0	+5:41.8	10:28.6
12 / 7 / 2	158	MORGAN, Derek	LEXINGTON MO	M 30-39 5k	32:37.3	+5:44.1	10:29.4
13 / 6 / 2	101	BEGEMANN, Stacy	ODESSA MO	F 40-49 5k	33:23.4	+6:30.2	10:44.2
14 / 8 / 2	200	STEVENS, Alan	ASHLAND MO	M 40-49 5k	33:48.5	+6:55.3	10:52.3
15 / 9 / 3	156	MILLER, Garen	SHREWSBURY MO	M 40-49 5k	33:55.1	+7:01.9	10:54.4
16 / 7 / 2	208	OBRIEN, Emily		F 20-29 5k	34:04.5	+7:11.3	10:57.4
17 / 10 / 4	150	MACHICAO, David	ST. LOUIS MO	M 40-49 5k	34:34.4	+7:41.2	11:07.0
18 / 8 / 2	162	MORTON, Emeli	LEXINGTON MO	F 18 & Under 5k	35:48.2	+8:55.0	11:30.7
19 / 9 / 3	182	TENNISON, Cheyanne	WELLINGTON MO	F 18 & Under 5k	35:56.2	+9:03.0	11:33.3
20 / 10 / 4	166	NEWBERRY, Sheridan	LEXINGTON MO	F 18 & Under 5k	35:56.8	+9:03.6	11:33.5
21 / 11 / 5	141	JENKINS, Zoe Lee	LEXINGTON MO	F 18 & Under 5k	36:31.4	+9:38.2	11:44.6
22 / 12 / 3	206	MACHICAO, Christine	ST. LOUIS MO	F 40-49 5k	36:43.6	+9:50.4	11:48.6
23 / 13 / 3	197	WILLIAMS, Bailey	INDEPENDENCE MO	F 20-29 5k	36:56.0	+10:02.8	11:52.5
24 / 14 / 4	102	BENKERT, Jennifer	KANSAS CITY MO	F 20-29 5k	39:16.7	+12:23.5	12:37.8
25 / 15 / 6	164	MORTON, Tessa	LEXINGTON MO	F 18 & Under 5k	40:49.0	+13:55.8	13:07.5
26 / 16 / 7	124	EADS, Sage	LEXINGTON MO	F 18 & Under 5k	40:49.4	+13:56.2	13:07.6
27 / 17 / 4	204	BEGEMANN, Amy	ODESSA MO	F 40-49 5k	41:18.1	+14:24.9	13:16.8
28 / 18 / 5	123	EADS, Sabra	LEXINGTON MO	F 40-49 5k	41:24.7	+14:31.5	13:18.9
29 / 19 / 8	174	RODEKOHR, Amanda	LEXINGTON MO	F 18 & Under 5k	41:36.0	+14:42.8	13:22.6
29 / 19 / 8	175	RODEKOHR, Sonya	LEXINGTON MO	F 18 & Under 5k	41:36.0	+14:42.8	13:22.6
31 / 11 / 3	113	DOBSON, Parker	LEXINGTON MO	M 18 & Under 5k	43:04.9	+16:11.7	13:51.2
32 / 21 / 2	114	DOBSON, Sarrah	LEXINGTON MO	F 30-39 5k	43:07.1	+16:13.9	13:51.9
33 / 22 / 6	183	TENNISON, Tammy	WELLINGTON MO	F 40-49 5k	43:36.3	+16:43.1	14:01.3
34 / 23 / 10	112	DOBSON, Gabrielle	LEXINGTON MO	F 18 & Under 5k	45:27.8	+18:34.6	14:37.1
35 / 24 / 5	189	TOWNSEND, Jennifer	KANSAS CITY MO	F 20-29 5k	46:02.9	+19:09.7	14:48.4
36 / 25 / 6	193	WEIDMAN, Amanda	KANSAS CITY MO	F 20-29 5k	46:03.6	+19:10.4	14:48.6
37 / 12 / 4	111	FINKELDEI, Emmitt	LEXINGTON MO	M 18 & Under 5k	47:14.3	+20:21.1	15:11.4
38 / 13 / 5	176	FINKELDEI, Ethan	LEXINGTON MO	M 18 & Under 5k	47:14.6	+20:21.4	15:11.4
39 / 26 / 3	181	STREICHER, Amy	LEXINGTON MO	F 30-39 5k	47:16.5	+20:23.3	15:12.1
40 / 27 / 4	126	FINKELDEI, Amanda	LEXINGTON MO	F 30-39 5k	47:19.9	+20:26.7	15:13.2
41 / 14 / 3	211	ZAHL, Travis	CANER MO	M 30-39 5k	48:15.8	+21:22.6	15:31.1
42 / 28 / 5	161	MORRIS, Sarah	KNOB NOSTER MO	F 30-39 5k	48:41.4	+21:48.2	15:39.4
43 / 29 / 1	103	BROCK, Susan	SEDALIA MO	F 50+ 5k	48:43.3	+21:50.1	15:40.0
44 / 30 / 11	177	SCHUMACHER, Sarah	LEXINGTON MO	F 18 & Under 5k	51:55.3	+25:02.1	16:41.7
45 / 31 / 6	140	JENNINGS, Aarica	LEXINGTON MO	F 30-39 5k	52:37.6	+25:44.4	16:55.3

* indicates adjustments applied, see last page for details

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2015 Hero Up 5k/10k & 1 Mile Fun Run

Overall by Distance: 5k Continued

OvrAll /Gndr / Div	No	Name	Representing	Division	Total Time	Back	Pace
46 / 32 / 7	179	SIMNITT, Rhonda	LEXINGTON MO	F 40-49 5k	52:38.2	+25:45.0	16:55.5
47 / 33 / 8	152	MARTIN, Leah	LEXINGTON MO	F 40-49 5k	53:51.7	+26:58.5	17:19.1
48 / 34 / 2	118	DURIGAN, Annie	LEXINGTON MO	F 50+ 5k	53:53.8	+27:00.6	17:19.8
49 / 35 / 12	119	DURIGAN, Emily	LEXINGTON MO	F 18 & Under 5k	53:54.2	+27:01.0	17:19.9
50 / 36 / 9	117	RODEKOHR, Suzanne	LEXINGTON MO	F 40-49 5k	54:26.2	+27:33.0	17:30.2
51 / 37 / 3	109	COMER, Dian	LEXINGTON MO	F 50+ 5k	54:29.1	+27:35.9	17:31.2
52 / 15 / 6	115	DOBSON, Sawyer	LEXINGTON MO	M 18 & Under 5k	56:39.4	+29:46.2	18:13.1
53 / 38 / 13	105	CHALLAHAN, Abby	LEXINGTON MO	F 18 & Under 5k	56:44.6	+29:51.4	18:14.7
54 / 39 / 14	198	CHAPPELLE, Brooklyn	LEXINGTON MO	F 18 & Under 5k	56:59.5	+30:06.3	18:19.5
55 / 16 / 5	134	CHAPPELLE, Brian	LEXINGTON MO	M 40-49 5k	56:59.6	+30:06.4	18:19.5
56 / 40 / 15	187	THEE, Kyra	LEXINGTON MO	F 18 & Under 5k	58:05.3	+31:12.1	18:40.7
57 / 41 / 7	186	THEE, Jessica	LEXINGTON MO	F 30-39 5k	58:12.9	+31:19.7	18:43.1
58 / 42 / 10	133	GROSS, Karen	BUCKNER MO	F 40-49 5k	58:16.2	+31:23.0	18:44.2
59 / 43 / 16	192	WARD, Macie	WELLINGTON MO	F 18 & Under 5k	58:17.1	+31:23.9	18:44.5
60 / 44 / 11	184	TENNISON, Kelly	BUCKNER MO	F 40-49 5k	58:17.4	+31:24.2	18:44.6
61 / 45 / 17	151	MARTIN, Abby	LEXINGTON MO	F 18 & Under 5k	59:52.9	+32:59.7	19:15.3
62 / 46 / 18	107	CHAPPELL, Haleigh	LEXINGTON MO	F 18 & Under 5k	1:03:29.9	+36:36.7	20:25.0
63 / 47 / 8	108	CHAPPELL, Sherry	LEXINGTON MO	F 30-39 5k	1:03:33.5	+36:40.3	20:26.2
64 / 17 / 4	205	BRIDGES, Ritchie	WELLINGTON MO	M 30-39 5k	1:14:45.7	+47:52.5	24:02.3
65 / 18 / 6	128	GARRISON, Rodney	WELLINGTON MO	M 40-49 5k	1:14:46.2	+47:53.0	24:02.5
66 / 48 / 4	199	HIPPENSTEEL, Shirlene	NAPOLEON MO	F 50+ 5k	1:14:56.0	+48:02.8	24:05.7
67 / 49 / 12	104	BRIDGES, Abra	WELLINGTON MO	F 40-49 5k	1:14:57.1	+48:03.9	24:06.0

Overall by Distance: 10k

OvrAll /Gndr / Div	No	Name	Representing	Division	Total Time	Back	Pace
1 / 1 / 1	214	NELSON, Eric	CENTERVIEW MO	Male Overall Ch...	44:46.9	+0:00.0	7:12.0
2 / 2 / 1	135	HAMILTON, Zach	FAIRWAY KS	M 30-39 10k	48:15.6	+3:28.7	7:45.5
3 / 3 / 1	203	BEGEMANN, Nathan	ODESSA MO	M 18 & Under 1...	51:49.6	+7:02.7	8:19.9
4 / 1 / 1	155	MERTENSMEYER, Emily	SPRINGFIELD MO	Female Overall ...	51:57.2	+7:10.3	8:21.2
5 / 2 / 1	106	CALVERT, Kathy	ODESSA MO	F 50+ 10k	55:40.8	+10:53.9	8:57.1
6 / 3 / 1	137	HILLS, Angela	SHAWNEE KS	F 40-49 10k	1:02:11.3	+17:24.4	9:59.9
7 / 4 / 1	202	LARSON, Hannah	KANSAS CITY MO	F 30-39 10k	1:02:11.7	+17:24.8	10:00.0
8 / 5 / 1	216	BEGEMANN, Hannah	ODESSA MO	F 18 & Under 1...	1:06:02.7	+21:15.8	10:37.1
9 / 6 / 1	154	MAWSON, Lee	RAYMORE MO	F 20-29 10k	1:06:24.4	+21:37.5	10:40.6
10 / 7 / 2	143	JOHNSON, Ana	MARSHALL MO	F 20-29 10k	1:06:24.5	+21:37.6	10:40.6
11 / 4 / 1	138	HILLS, Chris	SHAWNEE KS	M 40-49 10k	1:06:31.9	+21:45.0	10:41.8
12 / 5 / 1	195	WHITE, Jesse	CLINTON MO	M 50+ 10k	1:06:55.2	+22:08.3	10:45.5

Overall by Distance: 1 Mile

OvrAll /Gndr / Div	No	Name	Representing	Division	Total Time	Back	Pace
1 / 1 / 1	136	HAYES, Arline	ODESSA MO	1 Mile Fun Run	21:20.4	+0:00.0	21:20.4
2 / 2 / 2	145	LARSON, Jacob	WAVERLY MO	1 Mile Fun Run	24:42.5	+3:22.1	24:42.5
3 / 3 / 3	146	LARSON, Megan	WAVERLY MO	1 Mile Fun Run	24:43.4	+3:23.0	24:43.4
4 / 4 / 4	215	PEUSTER, Rachel	CLINTON MO	1 Mile Fun Run	25:26.3	+4:05.9	25:26.3
4 / 4 / 4	196	WHITE, Terri Rager	CLINTON MO	1 Mile Fun Run	25:26.3	+4:05.9	25:26.3
6 / 6 / 6	212	HEATER, Laura	ODESSA MO	1 Mile Fun Run	27:16.1	+5:55.7	27:16.1
7 / 7 / 7	180	SMITH, Glenda	ODESSA MO	1 Mile Fun Run	28:04.2	+6:43.8	28:04.2
8 / 8 / 8	139	JEFFERIES, Carol	ODESSA MO	1 Mile Fun Run	28:04.3	+6:43.9	28:04.3
9 / 9 / 9	167	NEWBERRY, Tonya	LEXINGTON MO	1 Mile Fun Run	43:36.1	+22:15.7	43:36.1
10 / 10 / 10	153	MASSEY, Sandra	ODESSA MO	1 Mile Fun Run	1:08:16.9	+46:56.5	1:08:16.9
11 / 11 / 11	185	TERRILL, Marcie	ODESSA MO	1 Mile Fun Run	1:08:20.1	+46:59.7	1:08:20.1
12 / 12 / 12	165	NAPPER, Bev	GRAIN VALLEY MO	1 Mile Fun Run	1:08:20.7	+47:00.3	1:08:20.7