

2016 Tim Heinz 5k/10k Final Results

Start Time: Saturday, April 16, 2016 9:00:00 AM

Saturday, April 16, 2016 11:30:45 AM

Division: Male Overall Champion 5k

PL	No	Name	Representing	Int	Total Time	Back	Pace
1	328	DUCKWORTH, Ec	COLUMBIA MO	1	19:28.9	+0:00.0	6:15.9

Reg: 1 DNS: 0 DNF: 0 DQ: 0

Division: Female Overall Champion 5k

PL	No	Name	Representing	Int	Total Time	Back	Pace
1	190	THOMPSON, Becky		1	22:55.1	+0:00.0	7:22.2

Reg: 1 DNS: 0 DNF: 0 DQ: 0

Division: M 19 & Under 5k

PL	No	Name	Representing	Int	Total Time	Back	Pace
1	354	GORE, Zachary	ST. LOUIS MO	1	19:32.3	+0:00.0	6:16.9
2	266	KLEMP, Cody		1	19:44.1	+0:11.8	6:20.7

Reg: 3 DNS: 1 DNF: 0 DQ: 0

Division: F 20-29 5k

PL	No	Name	Representing	Int	Total Time	Back	Pace
1	374	JOHNSON, Caroline	WILDWOOD MO	1	25:24.7	+0:00.0	8:10.3
2	430	LAUGHLIN, Carissa	COLUMBIA MO	1	26:11.7	+0:47.0	8:25.4
3	622	SETTLEMOIR, Crystal	ST. LOUIS MO	1	27:23.2	+1:58.5	8:48.4
4	646	SMITH, Brittney	KANSAS CITY MO	1	27:54.9	+2:30.2	8:58.6
5	186	WHEELER, Paige	COLUMBIA MO	1	28:05.5	+2:40.8	9:02.0
6	631	SHEMWELL, Grace	COLUMBIA MO	1	30:00.5	+4:35.8	9:38.9
7	371	HINSDALE, Jenna	COLUMBIA MO	1	30:15.7	+4:51.0	9:43.8
8	691	WHEELWRIGHT, Brooke	COLUMBIA MO	1	30:50.1	+5:25.4	9:54.9
9	281	CAREY, Anna		1	31:51.6	+6:26.9	10:14.7
10	476	MOORKAMP, Amy	COLUMBIA MO	1	32:30.1	+7:05.4	10:27.0
11	287	BAKER, Brittney		1	55:23.2	+29:58.5	17:48.6

Reg: 13 DNS: 2 DNF: 0 DQ: 0

Division: M 20-29 5k

PL	No	Name	Representing	Int	Total Time	Back	Pace
1	692	WILLIAMS, Aaron	COLUMBIA MO	1	19:54.7	+0:00.0	6:24.1
2	394	KHOUKAZ, George	COLUMBIA MO	1	21:39.5	+1:44.8	6:57.8
3	193	HUTCHISON, Charles		1	22:19.6	+2:24.9	7:10.7
4	681	THRASHER, Alex	COLUMBIA MO	1	22:30.1	+2:35.4	7:14.1
5	197	MCDONNELL, Eric		1	22:35.8	+2:41.1	7:15.9
6	489	PRINGLE, Travis	COLUMBIA MO	1	24:27.7	+4:33.0	7:51.9
7	433	LOGAN, Patrick	COLUMBIA MO	1	24:44.8	+4:50.1	7:57.4
8	475	MOORE, John	COLUMBIA MO	1	25:26.7	+5:32.0	8:10.9
9	233	LEVIN, Benjamin		1	26:08.1	+6:13.4	8:24.2
10	329	DUMAS, Joseph	COLUMBIA MO	1	26:16.5	+6:21.8	8:26.9
11	337	ESS, Brian	KANSAS CITY MO	1	26:43.9	+6:49.2	8:35.7
12	675	STAIR, Brian	BALLWIN MO	1	26:48.2	+6:53.5	8:37.1
13	359	HADDAD, Elias	ST. LOUIS MO	1	27:37.1	+7:42.4	8:52.8
14	269	OWENS, Michael		1	27:57.9	+8:03.2	8:59.5
15	435	ONEILL, Daniel	COLUMBIA MO	1	28:52.8	+8:58.1	9:17.2
16	280	CAREY, Josh		1	31:51.8	+11:57.1	10:14.7
17	438	MARTIN, Mike	COLUMBIA MO	1	32:29.1	+12:34.4	10:26.7
18	366	HENRY, Nicholas	COLUMBIA MO	1	34:38.2	+14:43.5	11:08.2

Reg: 21 DNS: 3 DNF: 0 DQ: 0

Division: F 30-39 5k

PL	No	Name	Representing	Int	Total Time	Back	Pace
1	364	HEINSZ, Megan	SAINT LOUIS MO	1	25:08.9	+0:00.0	8:05.2
2	299	BUSCH, Kate	COLUMBIA MO	1	25:39.3	+0:30.4	8:15.0
3	356	GRAY, Krista	COLUMBIA MO	1	26:27.6	+1:18.7	8:30.5
4	479	MUETH, Marcie	COLUMBIA MO	1	27:54.1	+2:45.2	8:58.3
5	358	GRIFFIN, Mary Beth	COLUMBIA MO	1	32:03.3	+6:54.4	10:18.4

Reg: 6 DNS: 0 DNF: 0 DQ: 0

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Division: F 30-39 5k Continued

PL	No	Name	Representing	Int	Total Time	Back	Pace
6	195	NOWLIN, Mindy		1	33:00.0	+7:51.1	10:36.7

Reg: 6 DNS: 0 DNF: 0 DQ: 0

Division: M 30-39 5k

PL	No	Name	Representing	Int	Total Time	Back	Pace
1	621	SCHLOTZHAUER, Joseph	ST. LOUIS MO	1	21:42.3	+0:00.0	6:58.7
2	40	AYRES, John		1	23:39.5	+1:57.2	7:36.4
3	363	HARTMAN, Daniel	COLUMBIA MO	1	23:54.6	+2:12.3	7:41.3
4	172	WRIGHT, Eric		1	24:02.1	+2:19.8	7:43.7
5	25	TENNISON, Joshua		1	25:50.6	+4:08.3	8:18.6
6	481	OWEN, James	COLUMBIA MO	1	26:52.7	+5:10.4	8:38.6
7	173	PUTNAM, Jim		1	40:01.8	+18:19.5	12:52.3

Reg: 9 DNS: 2 DNF: 0 DQ: 0

Division: F 40-49 5k

PL	No	Name	Representing	Int	Total Time	Back	Pace
1	336	ESPINOSA, Grace	DOWNERS GROVE IL	1	30:17.5	+0:00.0	9:44.4

Reg: 1 DNS: 0 DNF: 0 DQ: 0

Division: M 40-49 5k

PL	No	Name	Representing	Int	Total Time	Back	Pace
1	351	GORE, Gabriel	ST. LOUIS MI	1	20:12.5	+0:00.0	6:29.9
2	234	LAMBERT, Thom		1	22:44.3	+2:31.8	7:18.7
3	682	TOWNSEND, David	COLUMBIA MO	1	25:28.4	+5:15.9	8:11.4
4	486	PHELPS, Travis	SAINT LOUIS MO	1	26:28.7	+6:16.2	8:30.8
5	300	BYRNE, Michael	COLUMBIA MO	1	27:14.5	+7:02.0	8:45.6

Reg: 6 DNS: 1 DNF: 0 DQ: 0

Division: F 50-59 5k

PL	No	Name	Representing	Int	Total Time	Back	Pace
1	369	HICKERSON, Lori	COLUMBIA MO	1	26:07.0	+0:00.0	8:23.9
2	439	MATHENY, Teresa	COLUMBIA MO	1	36:39.4	+10:32.4	11:47.2
3	284	BLOM, Cindy		1	39:38.7	+13:31.7	12:44.9
4	275	ENGLAND, Lisa		1	41:57.0	+15:50.0	13:29.3
5	192	ROB, Gerri		1	55:22.9	+29:15.9	17:48.5

Reg: 5 DNS: 0 DNF: 0 DQ: 0

Division: M 50-59 5k

PL	No	Name	Representing	Int	Total Time	Back	Pace
1	330	DURK, Randall	COLUMBIA MO	1	26:48.6	+0:00.0	8:37.2
2	338	FARNEN, Ted	COLUMBIA MO	1	29:20.0	+2:31.4	9:25.9
3	436	MARKWAY, Greg	JEFFERSON CITY MO	1	29:27.3	+2:38.7	9:28.3
4	344	GERTH III, V W	GERALD MO	1	32:17.3	+5:28.7	10:22.9
5	296	BRADSHAW, Jean	KANSAS CITY MO	1	33:36.6	+6:48.0	10:48.4
6	368	HICKERSON, Jeff	COLUMBIA MO	1	35:24.9	+8:36.3	11:23.2

Reg: 6 DNS: 0 DNF: 0 DQ: 0

Division: M 60-65 5k

PL	No	Name	Representing	Int	Total Time	Back	Pace
1	294	BOWMAN, Frank	COLUMBIA MO	1	27:15.0	+0:00.0	8:45.7

Reg: 1 DNS: 0 DNF: 0 DQ: 0

Division: F 66-70 5k

PL	No	Name	Representing	Int	Total Time	Back	Pace
1	270	HEINSZ, Christine		1	32:16.2	+0:00.0	10:22.6
2	289	ALLEN, Andrea	COLUMBIA MO	1	35:29.9	+3:13.7	11:24.9

Reg: 2 DNS: 0 DNF: 0 DQ: 0

Division: Just For The Health Of It 5k

PL	No	Name	Representing	Int	Total Time	Back	Pace
1	76	ARU, Matthew		1	25:42.3	+0:00.0	8:15.9
2	298	BRUNTRAGER, Mary Grace	COLUMBIA MO	1	26:24.4	+0:42.1	8:29.5
3	431	LEONARD-SCOTT, Cassidy	COLUMBIA MO	1	26:26.0	+0:43.7	8:30.0
4	426	KOENIG, Steve	COLUMBIA MO	1	26:28.3	+0:46.0	8:30.7
5	309	CRAIN, Chelsie	COLUMBIA MO	1	28:14.5	+2:32.2	9:04.9
6	71	SHANK, Curtis		1	28:40.5	+2:58.2	9:13.2
7	605	SANDERS, Zach	COLUMBIA MO	1	30:17.7	+4:35.4	9:44.5

Reg: 81 DNS: 54 DNF: 0 DQ: 0

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Division: Just For The Health Of It 5k Continued

Reg: 81 DNS: 54 DNF: 0 DQ: 0

PL	No	Name	Representing	Int	Total Time	Back	Pace
8	342	GALLEN, Kate	KANSAS CITY MO	1	31:01.7	+5:19.4	9:58.6
9	23	DOLL, Katie		1	35:28.1	+9:45.8	11:24.3
10	429	KRISPIN, Mary	COLUMBIA MO	1	39:57.0	+14:14.7	12:50.7
11	428	KRISPIN, Joe	COLUMBIA MO	1	39:57.1	+14:14.8	12:50.8
12	268	HELLMANN, Emily		1	45:52.0	+20:09.7	14:44.9
12	488	PISHOTTA, Jordan	COLUMBIA MO	1	45:52.0	+20:09.7	14:44.9
14	283	BOPP, Blair		1	45:52.4	+20:10.1	14:45.0
15	49	HAWLEY, Erin		4	46:39.4	+20:57.1	15:00.1
16	477	MORONI, Gina	COLUMBIA MO	1	49:45.7	+24:03.4	16:00.0
17	478	MORONI, Michael	BLOOMFIELD MO	1	49:47.0	+24:04.7	16:00.5
18	331	ECKELKAMP, Laura	BALLWIN MO	1	50:36.8	+24:54.5	16:16.5
18	332	ECKELKAMP, Nick	BALLWIN MO	1	50:36.8	+24:54.5	16:16.5
20	272	GUERDA, Luke		1	50:37.4	+24:55.1	16:16.7
21	295	BRADSHAW, Diane	KANSAS CITY MO	1	53:31.2	+27:48.9	17:12.5
22	48	ELLISON, Amanda		1	54:31.7	+28:49.4	17:32.0
23	41	EVANS, Julean		1	54:32.0	+28:49.7	17:32.1
24	688	WHEELER, Justin	LIBERTY MO	1	55:24.7	+29:42.4	17:49.0
24	689	WHEELER, Katie Jo	LIBERTY MO	1	55:24.7	+29:42.4	17:49.0
26	273	GRAHAM, Jill		1	1:00:29.4	+34:47.1	19:27.0
27	279	DEAN, Charlotte		1	1:00:29.5	+34:47.2	19:27.0

Division: Male Overall Champion 10k

Reg: 1 DNS: 0 DNF: 0 DQ: 0

PL	No	Name	Representing	Int	Total Time	Back	Pace
1	290	ALLEY, Jordan	COLUMBIA MO	1	44:27.6	+0:00.0	7:08.9

Division: Female Overall Champion 10k

Reg: 1 DNS: 0 DNF: 0 DQ: 0

PL	No	Name	Representing	Int	Total Time	Back	Pace
1	367	HENSON, Renee	COLUMBIA MO	1	47:05.6	+0:00.0	7:34.3

Division: F 20-29 10k

Reg: 11 DNS: 0 DNF: 0 DQ: 0

PL	No	Name	Representing	Int	Total Time	Back	Pace
1	485	PFLEGER, Britteny	COLUMBIA MO	1	49:13.1	+0:00.0	7:54.8
2	292	ARTMAN, Jennifer	KANSAS CITY MO	1	49:46.3	+0:33.2	8:00.1
3	288	ANDA, Kristen		1	50:16.0	+1:02.9	8:04.9
4	24	BAILES, Tara		1	53:00.0	+3:46.9	8:31.3
5	306	COLLIER, Niki	COLUMBIA MO	1	56:45.4	+7:32.3	9:07.5
6	699	YOUMARAN, Kristina	COLUMBIA MO	1	58:03.7	+8:50.6	9:20.1
7	634	SHEPPARD, Alexandra	SPRINGFIELD MO	1	58:33.0	+9:19.9	9:24.8
8	375	JOHNSON, Melesa	KANSAS CITY MO	1	1:00:27.3	+11:14.2	9:43.2
9	487	PIERCE, Stephanie	COLUMBIA MO	1	1:01:13.7	+12:00.6	9:50.6
10	340	FORBIS, Tiffany	COLUMBIA MO	1	1:07:38.9	+18:25.8	10:52.6
11	483	PEMBERTON, Stephanie	COLUMBIA MO	1	1:09:04.8	+19:51.7	11:06.4

Division: M 20-29 10k

Reg: 6 DNS: 1 DNF: 0 DQ: 0

PL	No	Name	Representing	Int	Total Time	Back	Pace
1	297	BRAUN, Travis	COLUMBIA MO	1	48:44.3	+0:00.0	7:50.1
2	474	MIMS, Arsenio	PEORIA HEIGHTS IL	1	51:02.7	+2:18.4	8:12.4
3	362	HARRIS, Chris	COLUMBIA MO	1	54:01.6	+5:17.3	8:41.2
4	460	MAULDIN, Max	COLUMBIA MO	1	56:14.5	+7:30.2	9:02.5
5	341	GALE, Scott	COLUMBIA MO	1	1:09:05.0	+20:20.7	11:06.4

Division: F 30-39 10k

Reg: 4 DNS: 1 DNF: 0 DQ: 0

PL	No	Name	Representing	Int	Total Time	Back	Pace
1	370	HILL, Rachel	HOLTS SUMMIT MO	1	1:03:07.0	+0:00.0	10:08.8
2	434	MALWITZ, Kari	COLUMBIA MO	1	1:05:59.5	+2:52.5	10:36.6
3	680	THIES, Deanna	COLUMBIA MO	1	1:06:03.5	+2:56.5	10:37.2

2016 Tim Heinz 5k/10k

Division: M 30-39 10k

				Reg: 4 DNS: 1 DNF: 0 DQ: 0			
PL	No	Name	Representing	Int	Total Time	Back	Pace
1	685	WADE, Paul	COLUMBIA MO	1	47:16.8	+0:00.0	7:36.1
2	473	MEYER, Joe	OMAHA NE	1	56:26.9	+9:10.1	9:04.5
3	171	DJUAN, Neal		1	57:18.9	+10:02.1	9:12.9

Division: M 50-59 10k

				Reg: 2 DNS: 0 DNF: 0 DQ: 0			
PL	No	Name	Representing	Int	Total Time	Back	Pace
1	282	BOYD, Chris		1	56:52.2	+0:00.0	9:08.6
2	174	HENSON, Chuck		1	59:13.1	+2:20.9	9:31.2