

# Triumph Over Pain 5k

## Final Results

Saturday, May 16, 2009 10:45:35 AM

### Overall by Distance: 5k

Ovr	All	Gndr	/	Div	No	Name	Representing	Division	Net Time	Total Time	Back	Pace
1	/	1	/	1	51	HAGUE-ROGERS, James		Overall Male	19:17.264	19:17.742	0:00.000	6:13.5
2	/	1	/	1	101	MERRILL, Natalie		Overall Female	20:08.545	20:08.949	0:51.207	6:30.0
3	/	2	/	1	48	MELLAND, Ben		Male 30-39	21:17.335	21:20.330	+2:02.588	6:53.0
4	/	3	/	1	130	WODEK, Mark		Male 40-49	21:44.173	21:45.670	+2:27.928	7:01.2
5	/	4	/	2	123	PEASE, Merlin		Male 40-49	21:46.931	21:47.356	+2:29.614	7:01.7
6	/	2	/	1	22	WILLEMEN, Emily		Female 30-39	22:00.534	22:01.250	+2:43.508	7:06.2
7	/	5	/	2	53	ELKINS, Tim		Male 30-39	22:12.370	22:13.000	+2:55.258	7:10.0
8	/	6	/	3	50	WILLIAMS, Kerry		Male 30-39	22:35.057	22:35.948	+3:18.206	7:17.4
9	/	7	/	3	63	LASEMAN, Lyndon		Male 40-49	22:37.345	22:38.634	+3:20.892	7:18.3
10	/	8	/	4	60	SAENZ, Rick		Male 40-49	23:16.101	23:16.675	+3:58.933	7:30.5
11	/	9	/	5	58	BRYANT, David		Male 40-49	23:44.452	23:46.094	+4:28.352	7:40.0
12	/	3	/	1	27	BRINKMANN, Karen		Female 40-49	23:55.390	23:55.904	+4:38.162	7:43.2
13	/	10	/	1	117	CHRISTIAN, Michael		Male 50-59	24:26.937	24:28.895	+5:11.153	7:53.8
14	/	11	/	4	52	BLANCO, Randy		Male 30-39	24:27.795	24:31.393	+5:13.651	7:54.6
15	/	4	/	1	124	LEADFORD, Jamie		Female 20-29	24:51.423	24:51.423	+5:33.681	8:01.1
16	/	12	/	2	66	LEDFORD, Randy		Male 50-59	24:53.800	24:53.800	+5:36.058	8:01.9
17	/	5	/	2	131	SCHAAP, Beth		Female 30-39	25:17.428	25:20.987	+6:03.245	8:10.6
18	/	6	/	3	9	ELLISON, Traci		Female 30-39	25:35.003	25:38.360	+6:20.618	8:16.2
19	/	13	/	6	14	DETRICK, Brian		Male 40-49	25:38.808	25:43.880	+6:26.138	8:18.0
20	/	7	/	4	19	MITCHELL, Pam		Female 30-39	26:08.475	26:11.512	+6:53.770	8:26.9
21	/	8	/	5	104	MONTILLA, Luisa		Female 30-39	26:29.821	26:32.123	+7:14.381	8:33.6
22	/	14	/	5	49	MCGREGOR, Kirk		Male 30-39	26:29.017	26:33.628	+7:15.886	8:34.1
23	/	9	/	2	111	SEARS, Larin		Female 20-29	26:48.570	26:51.696	+7:33.954	8:39.9
24	/	15	/	6	46	ELLISON, Mike		Male 30-39	26:58.207	27:01.653	+7:43.911	8:43.1
25	/	10	/	6	13	KEITH, Bonita		Female 30-39	27:16.385	27:19.451	+8:01.709	8:48.9
26	/	11	/	3	7	PATTON, Mallory		Female 20-29	28:09.043	28:13.017	+8:55.275	9:06.1
27	/	12	/	2	32	GERBER, Bernie		Female 40-49	28:09.275	28:13.165	+8:55.423	9:06.2
28	/	16	/	3	37	LITOVOSKI, Robert		Male 50-59	28:11.599	28:13.508	+8:55.766	9:06.3
29	/	13	/	4	6	WARD, Kelli		Female 20-29	28:32.948	28:37.457	+9:19.715	9:14.0
30	/	17	/	4	64	GERBER, Bobby		Male 50-59	29:09.929	29:12.259	+9:54.517	9:25.2
31	/	14	/	5	128	LAMPKIN, Kathy		Female 20-29	29:21.366	29:23.696	+10:05.954	9:28.9
32	/	18	/	1	129	LAMPKIN, David		Male 20-29	29:21.525	29:23.774	+10:06.032	9:29.0
33	/	19	/	7	55	MARKEY, Jim		Male 40-49	29:41.192	29:45.403	+10:27.661	9:35.9
34	/	15	/	7	20	KLEMM, Karin		Female 30-39	29:50.722	29:53.293	+10:35.551	9:38.5
35	/	16	/	1	120	WESTER, Caitlin		Female 15-19	30:55.028	30:59.339	+11:41.597	9:59.8
36	/	17	/	8	16	SANCHEZ, Maria		Female 30-39	31:06.383	31:07.677	+11:49.935	10:02.5
37	/	20	/	2	125	GATES, Keith		Male 20-29	31:17.524	31:22.215	+12:04.473	10:07.2
38	/	18	/	9	11	SIU, Cindy		Female 30-39	31:29.735	31:29.735	+12:11.993	10:09.6
39	/	19	/	10	39	SIMS, Viki		Female 30-39	32:12.772	32:17.110	+12:59.368	10:24.9
40	/	20	/	6	8	BLISS, Amy		Female 20-29	32:21.154	32:25.021	+13:07.279	10:27.4
41	/	21	/	11	23	RUSTER, Erica		Female 30-39	34:09.149	34:15.632	+14:57.890	11:03.1
42	/	22	/	3	34	LASEMAN, Kim		Female 40-49	34:38.994	34:41.021	+15:23.279	11:11.3
43	/	23	/	1	3	GERBER, Rebecca		Female 14 and U...	34:58.224	35:01.495	+15:43.753	11:17.9
44	/	24	/	2	121	LEWIS, Mollie		Female 15-19	36:54.350	36:58.622	+17:40.880	11:55.7
45	/	25	/	3	4	GERBER, Sarah		Female 15-19	38:27.313	38:32.634	+19:14.892	12:26.0
46	/	26	/	4	35	ST. ROMAIN, Donna		Female 40-49	40:02.170	40:04.470	+20:46.728	12:55.6
47	/	27	/	2	1	SWIDER, Ashley		Female 14 and U...	50:39.810	50:39.810	+31:22.068	16:20.6
48	/	21	/	8	119	WESTER, Steve		Male 40-49	51:59.237	51:59.237	+32:41.495	16:46.2
49	/	22	/	9	99	WARD, Roger		Male 40-49	51:53.067	51:59.606	+32:41.864	16:46.3
50	/	28	/	12	10	SWIDER, Natalie		Female 30-39	57:30.352	57:40.803	+38:23.061	18:36.4
51	/	29	/	13	62	EDWARDS, Kasey		Female 30-39	57:40.992	57:40.992	+38:23.250	18:36.4
52	/	30	/	14	40	MCGREGOR, Caroline		Female 30-39	1:02:22.142	1:02:37.881	+43:20.139	20:12.2
53	/	31	/	5	25	MEYERS, Susan		Female 40-49	1:02:23.311	1:02:38.889	+43:21.147	20:12.5

\* indicates adjustments applied, see last page for details