

Run the Rock 5K Run/Walk
 Beaver Ranch, Confer, CO.
 Saturday, August 15th 2009
 RUN the ROCK 5K RUN AGE GROUP RESULTS

***** MALE OVERALL RESULTS *****

1	SAM FRANZEN	20	LITTLETON CO	19:46	6:22
2	SHANE NIKSIC	17	CONIFER CO	21:04	6:47
3	JERETH PHELPS	21	CONIFER CO	21:12	6:50

***** FEMALE OVERALL RESULTS *****

1	ANGELA POTRYKUS	22	EVERGREEN CO	23:37	7:37
2	KRISTI JORDAN	46	LONGMONT CO	24:08	7:47
3	ERICA OGLE	23	PARKER CO	24:28	7:53

***** MALE MASTERS OVERALL RESULTS *****

1	PAUL COGEOS	53	LITTLETON CO	23:18	7:30
2	BOB BAUMAN	43	DENVER CO	23:43	7:39
3	WAYNE COTTRELL	47	PITTSBURG CA	24:04	7:45

***** FEMALE MASTERS OVERALL RESULTS *****

1	KRISTI JORDAN	46	LONGMONT CO	24:08	7:47
2	PATTI BAUMAN	44	DENVER CO	26:46	8:37
3	LISA BIRKHOFFER	47	DENVER CO	29:14	9:25

MALE AGE GROUP: 1 - 12

NO.	OVER/TOT	NAME	AGE	CITY/STATE	SEX/TOT
1	18/139	ZACHARY ALHAMARA	12	COLORADO SPRINGS CO	16/75
143	24:27	7:53			
2	32/139	KYLE MACKEY	10	BOULDER CO	29/75
153	26:34	8:34			
3	63/139	KEVIN SCHMIDT	11	LITTLETON CO	48/75
127	30:14	9:44			
4	122/139	KAEL PERSCHBACHER	8	DENVER CO	74/75
148	40:26	13:01			

FEMALE AGE GROUP: 1 - 12

NO.	OVER/TOT	NAME	AGE	CITY/STATE	SEX/TOT
1	64/139	BRIANA HACKOS	11	YORK PA	16/64
146	30:18	9:46			

MALE AGE GROUP: 13 - 15

NO.	OVER/TOT	NAME	AGE	CITY/STATE	SEX/TOT
1	5/139	LUKE COOK	15	BAILEY CO	5/75
158	22:42	7:19			
2	15/139	DYLAN REED	15	EVERGREEN CO	13/75

50	24:14	7:48			
	3	16/139	CANYON COOK	14	BAILEY CO
157	24:19	7:50			14/75
	4	17/139	SHANE OLTMANNS	14	GOLDEN CO
103	24:24	7:52			15/75
	5	20/139	SHANE WITTERS HICKS	15	GOLDEN CO
101	24:35	7:55			17/75
	6	28/139	BRENDAN MACKEY	13	BOULDER CO
154	26:19	8:29			25/75
	7	71/139	JACK DARRAGH	14	GOLDEN CO
138	30:56	9:58			51/75
	8	72/139	KEIHAN SWANTEK	14	CONIFER CO
141	30:57	9:58			52/75
	9	85/139	PAUL GRUBB	13	CONIFER CO
61	33:35	10:49			60/75

FEMALE AGE GROUP: 13 - 15

NO.	TIME	PACE	OVER/TOT NAME	AGE	CITY/STATE	SEX/TOT
	1	49/139	KD HACKOS	13	YORK PA	7/64
144	28:26	9:10				
	2	79/139	FAITH LIERHEIMER	15		23/64
83	32:11	10:22				
	3	88/139	MOLLY MCCALISTER	15	BAILEY CO	27/64
65	33:51	10:54				

MALE AGE GROUP: 16 - 19

NO.	TIME	PACE	OVER/TOT NAME	AGE	CITY/STATE	SEX/TOT
	1	2/139	SHANE NIKSIC	17	CONIFER CO	2/75
124	21:04	6:47				
	2	7/139	AUSTIN REED	17	EVERGREEN CO	7/75
48	23:34	7:36				
	3	9/139	COLTEN KINSER	17	CONIFER CO	8/75
88	23:39	7:37				
	4	41/139	ADAM FRASER	16	CONIFER CO	35/75
68	27:25	8:50				
	5	52/139	NATHAN GRUBB	18	CONIFER CO	44/75
71	29:05	9:22				
	6	117/139	JEFF GEHLING	17	CONIFER CO	71/75
121	38:54	12:32				

FEMALE AGE GROUP: 16 - 19

NO.	TIME	PACE	OVER/TOT NAME	AGE	CITY/STATE	SEX/TOT
	1	53/139	STEPHANIE BICKMORE	16	EVERGREEN CO	9/64

113	36:04	11:37			
12	104/139	AMANDA SUNESON	23	CONIFER CO	38/64
41	36:35	11:47			
13	105/139	THERESA YOUNG	23		39/64
80	36:35	11:47			
14	107/139	JULIE FENN	23	DENVER CO	40/64
15	37:32	12:05			
15	113/139	RACHEL BACKES	24	LITTLETON CO	44/64
8	38:37	12:26			
16	123/139	JENNIFER MACINTYRE	23	AURORA CO	49/64
12	40:45	13:07			
17	126/139	EMILY CALBERT	25	LITTLETON CO	52/64
130	42:17	13:37			
18	128/139	BETHANY PAGET	28	DENVER CO	54/64
56	43:44	14:05			
19	129/139	MORGAN PALMER	21	LITTLETON CO	55/64
55	43:45	14:05			
20	136/139	PATRICIA CIENFUEGOS	22	DENVER CO	62/64
161	46:35	15:00			
21	139/139	MANDY ZIEMANN	29		64/64
72	49:34	15:58			

MALE AGE GROUP: 30 - 39

NO.	TIME	PACE	OVER/TOT	NAME	AGE	CITY/STATE	SEX/TOT
1	11/139	THOMAS SEBASTIANI	30	MORRISON CO	10/75		
26	24:01	7:44					
2	22/139	ALEX CHARVAT	36	CONIFER CO	19/75		
151	25:14	8:08					
3	25/139	MATTHEW WATKINS	30	MORRISON CO	22/75		
11	26:05	8:24					
4	29/139	PATRICK SMITH	34	EVERGREEN CO	26/75		
98	26:21	8:29					
5	38/139	JEROMY SORLEY	33	MORRISON CO	32/75		
105	26:50	8:39					
6	40/139	BRANDON SALINSKY	32	DENVER CO	34/75		
159	27:08	8:44					
7	46/139	BRIAN SCOTT	39	LITTLETON CO	40/75		
104	28:00	9:01					
8	47/139	JON LANTZ	34	ARVADA CO	41/75		
5	28:02	9:02					
9	50/139	NATHAN HACKOS	38	YORK PA	43/75		
145	28:28	9:10					
10	70/139	JOSEPH FAST	36	HIGHLANDS RANCH CO	50/75		
115	30:52	9:57					
11	73/139	JOHN CLOUTIER	33	BUFFALO CREEK CO	53/75		

90	31:01	9:59			
	12	80/139	MATTHEW MUELLER	30 LAKEWOOD CO	57/75
95	32:17	10:24			
	13	81/139	JOHNNIE FEATHERSTON	32 DENVER CO	58/75
35	32:57	10:37			
	14	89/139	SCOTT FINNILA	36 HIGHLANDS RANCH CO	62/75
44	33:57	10:56			
	15	114/139	JAMES JOHNS	30 CO	70/75
133	38:43	12:28			
	16	118/139	RYAN ZOETEWY	33 LITTLETON CO	72/75
139	39:14	12:38			

FEMALE AGE GROUP: 30 - 39

NO.	TIME	OVER/TOT PACE	NAME	AGE CITY/STATE	SEX/TOT
	1	34/139	NATALIE BREAZEALE	34 DENVER CO	4/64
97	26:41	8:36			
	2	51/139	JESSICA GERARD	39 HIGHLANDS RANCH CO	8/64
62	28:46	9:16			
	3	59/139	ELIZABETH SCHWEMLEIN	30 EVERGREEN CO	13/64
108	29:57	9:39			
	4	68/139	COLETTE FEATHERSTON	32 DENVER CO	19/64
34	30:45	9:54			
	5	78/139	SARAH FREZA	36 CONIFER CO	22/64
47	32:03	10:19			
	6	84/139	PILAR POLIGO	34 SPRING HILL FL	25/64
39	33:27	10:46			
	7	86/139	CORI CHARVAT	38 CONIFER CO	26/64
150	33:49	10:54			
	8	92/139	HEIDI WHITE	34 DENVER CO	30/64
17	34:14	11:02			
	9	93/139	CANDACE BOOKS	37 AURORA CO	31/64
16	34:15	11:02			
	10	94/139	ANGELA WILLOUGHBY	36 DENVER CO	32/64
85	34:32	11:07			
	11	103/139	KATIE HOWARD	30 MORRISON CO	37/64
37	36:15	11:41			
	12	108/139	KRISHNA DOUCET-SCOTT	38 DENVER CO	41/64
106	37:39	12:08			
	13	120/139	JULIE WILSON	36 NASHVILLE TN	47/64
18	40:11	12:57			
	14	124/139	REBECCA WAGNER	39 BAILEY CO	50/64
36	40:50	13:09			
	15	125/139	MOLLY MCDANIEL	32 DENVER CO	51/64
160	41:44	13:26			
	16	130/139	KIM FREEMAN	38 CONIFER CO	56/64

4	37:44	12:09			
19	112/139		RUSS GEHLING	49 CONIFER CO	69/75
110	38:32	12:25			
20	119/139		MIKE NOLAND	43 NASHVILLE TN	73/75
19	40:02	12:54			

FEMALE AGE GROUP: 40 - 49

NO.	TIME	PACE	OVER/TOT NAME	AGE CITY/STATE	SEX/TOT
1	13/139		KRISTI JORDAN	46 LONGMONT CO	2/64
152	24:08	7:47			
2	36/139		PATTI BAUMAN	44 DENVER CO	6/64
134	26:46	8:37			
3	55/139		LISA BIRKHOFFER	47 DENVER CO	10/64
21	29:14	9:25			
4	57/139		BETH ANN DEDRICKSON	44 BAILEY CO	12/64
52	29:46	9:35			
5	66/139		JAIMI GRAY	43 BAILEY CO	18/64
69	30:34	9:51			
6	69/139		AMY WEBER	46 CONIFER CO	20/64
142	30:45	9:54			
7	83/139		BETH THOMPSON	41 WIGGINS CO	24/64
30	33:25	10:46			
8	95/139		CATHERINE OAKMAN	44 MORRISON CO	33/64
112	35:10	11:20			
9	99/139		CATHIE NICHOLSON	44 CONIFER CO	34/64
87	35:39	11:29			
10	100/139		NANCY REAGAN	44 ISLIP NY	35/64
96	35:58	11:35			
11	110/139		JEANNE GUERNSEY	40 CONIFER CO	42/64
33	37:50	12:11			
12	111/139		NOLA PALMER	48 LITTLETON CO	43/64
54	37:55	12:13			
13	115/139		CYNTHIA CRAFT	49 LAKEWOOD CO	45/64
23	38:51	12:31			
14	134/139		K.J. BUCKHEIT	47 PLEASANTON CA	60/64
111	46:19	14:55			
15	135/139		KIM JORNA	45 BAILEY CO	61/64
3	46:28	14:58			

MALE AGE GROUP: 50 - 59

NO.	TIME	PACE	OVER/TOT NAME	AGE CITY/STATE	SEX/TOT
1	6/139		PAUL COGEOS	53 LITTLETON CO	6/75
137	23:18	7:30			
2	21/139		JEFFREY JUNE	51 LAKEWOOD CO	18/75

22	24:42	7:57			
	3	24/139	TIM FORBERT	52	BAILEY CO 21/75
67	25:59	8:22			
	4	27/139	BILL STAHL	50	WHEAT RIDGE CO 24/75
42	26:12	8:26			
	5	43/139	JOHN DEWEY	50	37/75
76	27:37	8:54			
	6	60/139	TIM TRELFA	59	CONIFER CO 47/75
58	30:01	9:40			
	7	82/139	DAVID DEWEY	56	59/75
75	33:18	10:44			
	8	97/139	DENIS FLIERL	54	EVERGREEN CO 64/75
28	35:26	11:25			
	9	98/139	JIM BRANTLEY	52	MORRISON CO 65/75
114	35:36	11:28			
	10	102/139	DANNY KUHLMANN	52	AURORA CO 66/75
20	36:07	11:38			
	11	106/139	GEORGE SCHMIDT	50	LITTLETON CO 67/75
128	37:24	12:03			

FEMALE AGE GROUP: 50 - 59

NO.	TIME	PACE	OVER/TOT NAME	AGE	CITY/STATE	SEX/TOT
	1	116/139	BECKY GERZE	53	LAKWOOD CO	46/64
86	38:53	12:31				

MALE AGE GROUP: 60 - 69

NO.	TIME	PACE	OVER/TOT NAME	AGE	CITY/STATE	SEX/TOT
	1	31/139	GEORGE GRECO	61	COLORADO SPRINGS CO	28/75
70	26:25	8:31				
	2	77/139	DENNIS HYDE	60	CONIFER CO	56/75
27	31:39	10:12				

FEMALE AGE GROUP: 60 - 69

NO.	TIME	PACE	OVER/TOT NAME	AGE	CITY/STATE	SEX/TOT
	1	127/139	ELIZABETH NORDEEN	65	EVERGREEN CO	53/64
109	43:27	14:00				

MALE AGE GROUP: 70 - 98

NO.	TIME	PACE	OVER/TOT NAME	AGE	CITY/STATE	SEX/TOT
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FEMALE AGE GROUP: 70 - 98

NO.	TIME	PACE	OVER/TOT NAME	AGE	CITY/STATE	SEX/TOT
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NO. TIME PACE

FEMALE NO AGE AGE GROUP: 99 - 99

NO.	TIME	PACE	OVER/TOT NAME	AGE	CITY/STATE	SEX/TOT
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MALE NO AGE AGE GROUP: 99 - 99

NO.	TIME	PACE	OVER/TOT NAME	AGE	CITY/STATE	SEX/TOT
1	67/139		JOHN ZIEMANN	99		49/75
74	30:44	9:54				