



# Ghisallo Running Grand Opening 5k Final Results

Sunday, February 28, 2010 11:29:34 AM

## Overall by Distance: 5k

OvrAll / Gndr / Div	No	Name	Representing	Division	1 Mile	min/mi	2 Mile	min/mi	3 Mile	min/mi	5k	none
1 / 1 / 1	35	LANE, Ryan	St. Peters, Mo	Male Overall	5:02.933	5:02.9	5:07.245	5:07.2	5:05.427	5:05.4		
2 / 2 / 1	48	MCCLELLAN, Wynn	Jackson, Mo	M 19 & Under	5:03.394	5:03.4	5:24.249	5:24.2	5:30.404	5:30.4	0:21.482	
3 / 3 / 1	22	NIE, Bruce	GHISALLO RUNNI...	M 40-49	5:18.970	5:19.0	5:33.021	5:33.0	5:39.799	5:39.8	0:20.277	
4 / 4 / 2	53	SCHOTT, Eric	Cape Girardeau, ...	M 19 & Under	5:41.273	5:41.3	5:49.012	5:49.0	5:43.990	5:44.0	0:21.541	
5 / 5 / 3	18	LEIGHTON, Roy	CAPE GIRARDEAU...	M 19 & Under	5:41.027	5:41.0	5:49.218	5:49.2	5:45.708	5:45.7	0:23.111	
6 / 6 / 1	58	MEYER, Mark	Ghisallo RunningM	30-39	5:31.909	5:31.9	5:58.520	5:58.5	5:51.452	5:51.5	0:22.309	
7 / 7 / 4	60	MONIA, Lars	Cape Girardeau, ...	M 19 & Under	5:29.567	5:29.6	5:59.510	5:59.5	5:57.998	5:58.0	0:22.843	
8 / 8 / 5	17	LEIGHTON, Billy	CAPE GIRARDEAU...	M 19 & Under	5:52.963	5:53.0	5:59.867	5:59.9	6:10.344	6:10.3	0:25.104	
8 / 8 / 1	50	LESTER, Joshua	Cape Girardeau, ...	M 20-29	5:45.807	5:45.8	6:08.226	6:08.2	6:09.730	6:09.7	0:24.462	
10 / 10 / 2	52	BRAMLETTE, Kevin	SplitMaster-Ghis...	M 40-49	5:55.672	5:55.7	6:14.644	6:14.6	6:16.286	6:16.3	0:23.172	
11 / 11 / 2	62	BROWN, Don	Herculaneum, Mo	M 30-39	6:09.834	6:09.8	6:29.819	6:29.8	6:09.512	6:09.5	0:22.526	
12 / 1 / 1	3	SPARKS, Elizabeth	CAPE GIRARDEAU...	Female Overall	6:07.076	6:07.1	6:26.874	6:26.9	6:25.407	6:25.4		
13 / 12 / 3	5	SCHMITTZEHE, J. Steve	CAPE GIRARDEAU...	M 40-49	6:06.955	6:07.0	6:30.400	6:30.4	6:22.685	6:22.7	0:24.664	
14 / 2 / 1	65	HOLROYD, Erika	Ghisallo RunningF	30-39	5:59.565	5:59.6	6:29.830	6:29.8	6:32.497	6:32.5	0:26.964	
15 / 13 / 4	43	WINDEKNECHT, Joe	Jackson, Mo	M 40-49	6:07.933	6:07.9	6:33.227	6:33.2	6:33.105	6:33.1	0:25.274	
16 / 14 / 6	44	RAINES, Adam	Cape Girardeau, ...	M 19 & Under	6:14.044	6:14.0	6:47.178	6:47.2	6:41.561	6:41.6	0:17.301	
17 / 15 / 2	34	BORTH, Anthony	Ghisallo Running	M 20-29	6:14.528	6:14.5	6:51.297	6:51.3	6:55.620	6:55.6	0:25.518	
18 / 3 / 2	39	BREEDING, Bryan	Cape Girardeau, ...	F 30-39	6:23.533	6:23.5	7:05.629	7:05.6	7:12.309	7:12.3	0:29.923	
19 / 4 / 1	19	DOHOGNE, Mary	CAPE GIRARDEAU...	F 19 & Under	7:03.744	7:03.7	7:08.229	7:08.2	6:59.320	6:59.3	0:28.274	
20 / 5 / 1	68	WILLIAMS-MROTEK, Chris	Ghisallo RunningF	40-49	7:04.834	7:04.8	7:09.439	7:09.4	7:03.294	7:03.3	0:26.008	
21 / 16 / 1	63	GERBER, Mitch	Cape Girardeau, ...	M 50+	7:06.500	7:06.5	7:21.113	7:21.1	7:13.393	7:13.4	0:28.580	
22 / 17 / 7	66	MONIA, Clayton	Cape Girardeau, ...	M 19 & Under	7:06.529	7:06.5	7:32.744	7:32.7	7:26.989	7:27.0	0:19.389	
23 / 18 / 8	14	MARTIN, Nate	JACKSON, MO	M 19 & Under	7:01.548	7:01.5	7:33.038	7:33.0	7:49.488	7:49.5	0:21.721	
24 / 19 / 9	69	MROTEK, Kyle	Ghisallo RunningM	19 & Under	6:59.621	6:59.6	7:33.599	7:33.6	7:58.783	7:58.8	0:23.546	
25 / 20 / 5	10	SPORN, Richard	ST. LOUIS, MO	M 40-49	7:03.616	7:03.6	7:30.182	7:30.2	8:06.866	8:06.9	0:30.657	
26 / 21 / 10	36	BRYANT, Brandon	Cape Girardeau, ...	M 19 & Under	7:08.553	7:08.6	7:57.882	7:57.9	8:10.770	8:10.8	0:25.798	
27 / 22 / 6	21	ALDRIDGE, Shannon	CAPE GIRARDEAU...	M 40-49	7:28.464	7:28.5	7:58.918	7:58.9	7:53.452	7:53.5	0:24.206	
28 / 23 / 3	70	MATTHEWS, Travis	Malden, MO	M 20-29	7:46.643	7:46.6	7:57.078	7:57.1	7:38.719	7:38.7	0:28.344	
29 / 24 / 4	72	JOHNSON, Daniel	Burfordville, MO	M 20-29	7:46.733	7:46.7	7:56.863	7:56.9	7:38.958	7:39.0	0:28.340	
30 / 25 / 11	41	BISHOP, Caleb	Jackson, Mo	M 19 & Under	7:13.307	7:13.3	8:11.135	8:11.1	8:23.717	8:23.7	0:22.756	
31 / 26 / 3	15	GODDARD, Ryan	GORDONVILLE, MOM	30-39	7:19.675	7:19.7	8:15.242	8:15.2	8:09.875	8:09.9	0:31.271	

\* indicates adjustments applied, see last page for details

# Ghisallo Running Grand Opening 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	none
32 / 6 / 2	6	SCHMITTZEHE, Ashley	CAPE GIRARDEAU...	F 19 & Under	7:29.693	7:29.7	8:05.512	8:05.5	8:18.225	8:18.2	0:27.068	
33 / 27 / 7	61	ROGGOW, Rodney	Cape Girardeau, ...	M 40-49	7:56.733	7:56.7	8:05.123	8:05.1	7:52.931	7:52.9	0:30.459	
34 / 7 / 1	59	HANEY, Teresa	Cape Girardeau, ...	F 20-29	7:57.382	7:57.4	8:10.228	8:10.2	8:10.787	8:10.8	0:30.059	
35 / 28 / 2	9	ROSATI, Ron	CAPE GIRARDEAU...	M 50+	8:02.809	8:02.8	8:26.439	8:26.4	8:05.458	8:05.5	0:23.096	
36 / 8 / 3	13	DOWDY, Leigh	KEVIL, KY	F 30-39	7:56.709	7:56.7	8:19.132	8:19.1	8:20.169	8:20.2	0:32.751	
37 / 29 / 12	45	SLINKARD, Kyle	Jackson, Mo	M 19& Under	7:13.322	7:13.3	8:45.208	8:45.2	8:38.910	8:38.9	0:32.928	
38 / 9 / 2	8	LIPE, Jennifer	CAPE GIRARDEAU...	F 20-29	7:54.041	7:54.0	8:26.235	8:26.2	8:22.628	8:22.6	0:31.967	
39 / 30 / 4	12	DOWDY, Craig	KEVIL, KY	M 30-39	7:57.243	7:57.2	8:26.588	8:26.6	8:22.995	8:23.0	0:34.268	
40 / 10 / 3	28	MCCORMICK, Michelle	ST. LOUIS, MO	F 20-29	8:25.943	8:25.9	8:44.973	8:45.0	8:34.574	8:34.6	0:31.419	
41 / 31 / 5	11	FLIEG, Nicholas	CAPE GIRARDEAU...	M 20-29	9:05.256	9:05.3	8:40.531	8:40.5	8:13.713	8:13.7	0:31.718	
42 / 11 / 4	51	PRUIETT, Kathryn	Perryville, MO	F 30-39	8:05.963	8:06.0	9:19.916	9:19.9	9:14.003	9:14.0	0:29.380	
43 / 32 / 5	67	RILEY, Scott	Jackson, MO	M 30-39	8:18.535	8:18.5	9:11.279	9:11.3	9:11.052	9:11.1	0:37.873	
44 / 12 / 5	55	PHELPS, Anna	Cape Girardeau, ...	F 30-39	9:01.401	9:01.4	9:17.409	9:17.4	9:11.390	9:11.4	0:33.557	
45 / 33 / 3	54	BURNS, Larry	Cape Girardeau, ...	M 50+	9:07.484	9:07.5	9:22.345	9:22.3	9:04.092	9:04.1	0:37.407	
46 / 34 / 4	32	HIXON, Jim	GHISALLO RUNNI...	M 50+	9:36.827	9:36.8	9:11.353	9:11.4	8:57.574	8:57.6	0:36.373	
47 / 13 / 1	33	HIXON, Lori	GHISALLO RUNNI...	F 50+	9:36.906	9:36.9	9:11.272	9:11.3	8:57.489	8:57.5	0:36.698	
48 / 14 / 2	71	HAMMOND-MORROW, ...	Bertrand, MO	F 50+	8:45.429	8:45.4	9:32.679	9:32.7	9:33.072	9:33.1	0:34.162	
49 / 15 / 4	31	MEEKS, Lauren	ST. PETERS, MO	F 20-29	9:26.086	9:26.1	9:29.438	9:29.4	9:32.850	9:32.9	0:32.800	
50 / 35 / 6	75	MASSEY, Jared	Morley, MO	M 20-29	8:40.802	8:40.8	10:19.084	10:19.1	9:42.053	9:42.1	0:28.691	
51 / 16 / 6	16	GODDARD, Stephanie	GORDONVILLE, MO	F 30-39	9:08.714	9:08.7	9:46.238	9:46.2	10:02.404	10:02.4	0:37.178	
52 / 36 / 7	29	GOETZ, Ryan	ST. LOUIS, MO	M 20-29	9:04.723	9:04.7	10:32.522	10:32.5	10:19.142	10:19.1	0:34.493	
53 / 17 / 2	42	WINDEKNECHT, Rhonda	Jackson, Mo	F 40-49	9:32.169	9:32.2	10:11.789	10:11.8	10:21.736	10:21.7	0:32.451	
54 / 18 / 5	38	PROBST, Tara	Chaffee, Mo	F 20-29	9:31.624	9:31.6	10:11.857	10:11.9	10:21.531	10:21.5	0:33.930	
55 / 19 / 6	30	HESLIN, Jessica	OFALLON, MO	F 20-29	9:57.149	9:57.1	10:18.340	10:18.3	10:11.357	10:11.4	0:28.394	
56 / 20 / 7	37	DANIELS, Shannon	Cape Girardeau, ...	F 30-39	10:01.872	10:01.9	10:35.473	10:35.5	10:30.267	10:30.3	0:40.312	
57 / 21 / 8	40	BREEDING, Karen	Cape Girardeau, ...	F 30-39	10:31.410	10:31.4	10:30.997	10:31.0	10:34.117	10:34.1	0:44.808	
58 / 22 / 3	4	PREUSSER, Karen	JACKSON, MO	F 50+	14:36.305	14:36.3	15:25.451	15:25.5	15:49.086	15:49.1	0:42.879	
59 / 23 / 9	2	HAHS, Christina	CAPE GIRARDEAU...	F 30-39	0:00.014		14:36.780	14:36.8	15:24.989	15:25.0	15:49.371	

\* indicates adjustments applied, see last page for details