

# Saturday Seven (12k) Final Results

Start Time: Saturday, May 7, 2011 8:00:00 AM

Saturday, May 7, 2011 10:30:15 AM

## Overall by Distance: 12k

OvrAll / Gndr / Div	No	Name	Representing	Division	6k	min/mi	12k	min/mi	Total Time	Back	Pace
1 / 1 / 1	219	VAUGHAN, Taylor	Cape Girardeau, Mo	Male Overall ...	22:07.978	5:58.9	22:43.749	6:08.6	44:51.7	+0:00.0	6:03.7
2 / 2 / 1	42	HAMMES, Kevin	SCOTT CITY, MO	Male Masters...	22:25.973	6:03.8	22:39.299	6:07.4	45:05.2	+0:13.5	6:05.6
3 / 3 / 1	15	BRAMLETT, Kevin	JACKSON, MO	M 40-49	24:06.296	6:30.9	23:26.139	6:20.0	47:32.4	+2:40.7	6:25.5
4 / 4 / 2	181	SCHMITTZEHE, Steve	CAPE GIRARDEAU...	M 40-49	24:18.272	6:34.1	24:45.741	6:41.6	49:04.0	+4:12.3	6:37.8
5 / 5 / 1	4	JOHNSON, Andy	CAPE GIRARDEAU...	M 30-39	25:00.176	6:45.5	25:10.002	6:48.1	50:10.1	+5:18.4	6:46.8
6 / 6 / 3	208	LADD, Barry	Dexter, MO	M 40-49	25:05.764	6:47.0	25:48.298	6:58.5	50:54.0	+6:02.3	6:52.7
7 / 7 / 1	187	ZOUGHAI, William	STE. GENEVIEVE, ...	M 19 & Under	24:51.579	6:43.1	26:06.418	7:03.4	50:57.9	+6:06.2	6:53.2
8 / 8 / 4	223	GRISSON, Shawn	Sikeston, Mo	M 40-49	25:05.085	6:46.8	25:59.591	7:01.5	51:04.6	+6:12.9	6:54.1
9 / 9 / 5	193	WINDEKNECHT, Joe	JACKSON, MO	M 40-49	25:03.706	6:46.4	26:01.489	7:02.0	51:05.1	+6:13.4	6:54.2
10 / 10 / 1	202	SMITH, Jeremy	Cape Girardeau, ...	M 20-29	26:51.702	7:15.6	27:07.989	7:20.0	53:59.6	+9:07.9	7:17.8
11 / 11 / 1	35	ROSATI, Ron	CAPE GIRARDEAU...	M 50+	26:48.149	7:14.6	28:17.403	7:38.8	55:05.5	+10:13.8	7:26.7
12 / 12 / 2	93	MAUTE, Darren	SPRINGFIELD, MO	M 30-39	29:04.427	7:51.5	26:19.239	7:06.8	55:23.6	+10:31.9	7:29.1
13 / 13 / 6	204	MAGNUS, Gene	Cape Girardeau, Mo	M 40-49	27:47.850	7:30.8	28:08.672	7:36.4	55:56.5	+11:04.8	7:33.6
14 / 1 / 1	49	JANNING, Chellie	JACKSON, MO	Female Over...	28:07.068	7:36.0	29:35.962	8:00.0	57:43.0	+12:51.3	7:48.0
15 / 14 / 3	85	SHELTON, William	SPRINGFIELD, MO	M 30-39	29:03.696	7:51.3	28:40.176	7:44.9	57:43.8	+12:52.1	7:48.1
16 / 15 / 7	209	LAMBERT, Jeff	Dexter, MO	M 40-49	28:34.644	7:43.4	29:21.446	7:56.1	57:56.0	+13:04.3	7:49.7
17 / 2 / 1	211	WAYMAN, Kate	Cape Girardeau, ...	F 20-29	29:35.175	7:59.8	29:19.313	7:55.5	58:54.4	+14:02.7	7:57.6
18 / 16 / 2	210	GERBER, Mitch	Cape Girardeau, ...	M 50+	28:44.449	7:46.1	30:24.660	8:13.2	59:09.1	+14:17.4	7:59.6
19 / 17 / 8	213	DENNIS, John	Cape Girardeau, Mo	M 40-49	29:54.389	8:05.0	29:42.279	8:01.7	59:36.6	+14:44.9	8:03.3
20 / 3 / 1	61	EFTINK, Sarah	CAPE GIRARDEAU...	F 30-39	31:02.963	8:23.5	28:49.476	7:47.4	59:52.4	+15:00.7	8:05.5
21 / 18 / 2	191	THOMAS, Marc	CAPE GIRARDEAU...	M 20-29	29:38.315	8:00.6	30:19.988	8:11.9	59:58.3	+15:06.6	8:06.3
22 / 4 / 1	10	WINTER, Carol	UNIONTOWN, MO	Female Mast...	29:37.385	8:00.4	30:22.950	8:12.7	1:00:00.3	+15:08.6	8:06.5
23 / 19 / 9	21	ALDRIDGE, Shannon	CAPE GIRARDEAU...	M 40-49	30:01.596	8:06.9	30:55.018	8:21.4	1:00:56.6	+16:04.9	8:14.1
24 / 20 / 4	205	KOETTING, Matt	Cape Girardeau, ...	M 30-39	30:08.323	8:08.7	31:18.875	8:27.8	1:01:27.1	+16:35.4	8:18.3
25 / 21 / 3	62	CRAFT, Jim	PINCKNEYVILLE, ...	M 50+	32:06.006	8:40.5	30:41.984	8:17.8	1:02:47.9	+17:56.2	8:29.2
26 / 5 / 1	188	ASHER, Jeanie	CAPE GIRARDEAU...	F 50+	31:36.537	8:32.6	31:15.060	8:26.8	1:02:51.5	+17:59.8	8:29.7
27 / 6 / 2	173	ESSNER, Malerie	CAPE GIRARDEAU...	F 20-29	31:05.018	8:24.1	32:12.482	8:42.3	1:03:17.5	+18:25.8	8:33.2
28 / 22 / 10	192	HEARNS, Robert	CHARLESTON, MO	M 40-49	31:00.934	8:23.0	32:17.692	8:43.7	1:03:18.6	+18:26.9	8:33.3
29 / 23 / 4	101	MORETON, John	CAPE GIRARDEAU...	M 50+	30:51.382	8:20.4	32:37.650	8:49.1	1:03:29.0	+18:37.3	8:34.7
30 / 7 / 3	75	BROOKSHIRE, Charleigh	SAINT JAMES, MO	F 20-29	31:02.341	8:23.3	32:43.340	8:50.6	1:03:45.6	+18:53.9	8:37.0
31 / 8 / 4	112	WEST, Julia	SILVA, MO	F 20-29	31:12.214	8:26.0	32:37.231	8:49.0	1:03:49.4	+18:57.7	8:37.5
32 / 24 / 11	130	CONNELL, Jeff	CAPE GIRARDEAU...	M 40-49	30:53.501	8:20.9	33:50.795	9:08.9	1:04:44.2	+19:52.5	8:44.9
33 / 25 / 5	43	PICKARD, Brian	CAPE GIRARDEAU...	M 30-39	32:50.828	8:52.7	32:24.811	8:45.6	1:05:15.6	+20:23.9	8:49.1
34 / 9 / 1	186	JOHNSON, Christy	PIEDMONT, MO	F 40-49	32:49.861	8:52.4	32:26.519	8:46.1	1:05:16.3	+20:24.6	8:49.2
35 / 26 / 12	207	SPEAR, Steve	Dexter, MO	M 40-49	32:13.626	8:42.6	33:07.481	8:57.2	1:05:21.1	+20:29.4	8:49.9
36 / 27 / 3	177	RANEY, Craig	JACKSON, MO	M 20-29	30:58.489	8:22.3	35:13.703	9:31.3	1:06:12.1	+21:20.4	8:56.8
37 / 10 / 5	206	WINSTON, Heather	Cape Girardeau, ...	F 20-29	32:08.353	8:41.2	35:08.849	9:30.0	1:07:17.2	+22:25.5	9:05.6
38 / 11 / 2	203	AMANDA, Hovis-clark	Piedmonte, MO	F 30-39	33:09.236	8:57.6	34:19.324	9:16.6	1:07:28.5	+22:36.8	9:07.1
39 / 12 / 2	171	POTTER, Kelly	PIEDMONT, MO	F 40-49	33:08.515	8:57.4	34:47.470	9:24.2	1:07:55.9	+23:04.2	9:10.8
40 / 28 / 5	183	HARDESTY, Dave	CAPE GIRARDEAU...	M 50+	34:26.938	9:18.6	33:40.251	9:06.0	1:08:07.1	+23:15.4	9:12.3

\* indicates adjustments applied, see last page for details

# Saturday Seven (12k)

## Overall by Distance: 12k Continued

OvrAll	/Gndr	/ Div	No	Name	Representing	Division	6k	min/mi	12k	min/mi	Total Time	Back	Pace		
41	/	13	/	3	200	KELLER, Missy	Piedmonte, MO	F 30-39	33:10.211	8:57.9	35:27.303	9:34.9	1:08:37.5	+23:45.8	9:16.4
42	/	14	/	4	182	BIESER, Surita	JACKSON, MO	F 30-39	35:45.832	9:40.0	33:25.365	9:02.0	1:09:11.1	+24:19.4	9:21.0
43	/	15	/	3	175	BURCH, Tammy	SIKESTON, MO	F 40-49	34:16.286	9:15.8	36:22.799	9:49.9	1:10:39.0	+25:47.3	9:32.8
44	/	16	/	6	50	CRANE, Amy	SALEM, IN	F 20-29	34:13.384	9:15.0	36:44.463	9:55.8	1:10:57.8	+26:06.1	9:35.4
45	/	17	/	4	174	PARTRIDGE, Elaine	SIKESTON, MO	F 40-49	34:49.056	9:24.6	36:14.726	9:47.8	1:11:03.7	+26:12.0	9:36.2
46	/	29	/	6	106	BRYAN, Stephanie	CAPE GIRARDEAU...	M 30-39	35:43.171	9:39.2	35:26.602	9:34.8	1:11:09.7	+26:18.0	9:37.0
47	/	18	/	5	109	BOEHME, Elaina	ALTENBURG, MO	F 40-49	35:44.518	9:39.6	35:25.308	9:34.4	1:11:09.8	+26:18.1	9:37.0
48	/	19	/	5	172	THEALL, Rachel	CAPE GIRARDEAU...	F 30-39	34:41.907	9:22.7	36:43.340	9:55.5	1:11:25.2	+26:33.5	9:39.1
49	/	20	/	7	184	SPRATT, Amy	DEXTER, MO	F 20-29	35:35.298	9:37.1	36:37.309	9:53.9	1:12:12.6	+27:20.9	9:45.5
50	/	21	/	1	201	MORRIS, Lexi	Piedmonte, mO	F 19 & Under	35:34.021	9:36.8	38:39.813	10:27.0	1:14:13.8	+29:22.1	10:01.9
51	/	30	/	4	84	JOHNSON, Stacie	SCOTT CITY, MOM	20-29	35:48.022	9:40.5	38:26.432	10:23.4	1:14:14.4	+29:22.7	10:01.9
52	/	22	/	6	185	RESSELL, Amy	SCOTT CITY, MO	F 40-49	35:46.737	9:40.2	39:02.444	10:33.1	1:14:49.1	+29:57.4	10:06.6
53	/	31	/	13	216	ESSNER, Marc		M 40-49	37:37.219	10:10.1	38:06.485	10:18.0	1:15:43.7	+30:52.0	10:14.0
54	/	23	/	6	196	DANIELS, Shannon	CAPE GIRARDEAU...	F 30-39	38:12.664	10:19.6	38:02.811	10:17.0	1:16:15.4	+31:23.7	10:18.3
55	/	24	/	2	215	ESSNER, Linda		F 50+	35:47.410	9:40.4	40:38.251	10:59.0	1:16:25.6	+31:33.9	10:19.7
56	/	25	/	8	176	HOLLOWAY, Ashley	JACKSON, MO	F 20-29	36:23.165	9:50.0	40:08.083	10:50.8	1:16:31.2	+31:39.5	10:20.4
57	/	26	/	7	194	WINDEKNECHT, Rhonda	JACKSON, MO	F 40-49	38:13.233	10:19.8	38:18.316	10:21.2	1:16:31.5	+31:39.8	10:20.5
58	/	27	/	3	195	ROBERT, Linda	CAPE GIRARDEAU...	F 50+	38:02.145	10:16.8	41:04.624	11:06.1	1:19:06.7	+34:15.0	10:41.4
59	/	32	/	6	113	SMITH, Eric	EAST PRAIRIE, MO	M 50+	39:50.093	10:46.0	40:26.025	10:55.7	1:20:16.1	+35:24.4	10:50.8
60	/	28	/	8	217	DOUGHTEN, Michelle		F 40-49	38:03.699	10:17.2	42:41.302	11:32.2	1:20:45.0	+35:53.3	10:54.7
60	/	28	/	8	214	PLEIMANN, Tammy		F 40-49	38:33.782	10:25.3	42:11.240	11:24.1	1:20:45.0	+35:53.3	10:54.7
62	/	30	/	10	300	WILSON, Tanya	Cape Girardeau, Mo	F 40-49	38:43.047	10:27.9	44:20.989	11:59.2	1:23:04.0	+38:12.3	11:13.5
63	/	31	/	7	8	CARTER, Kathy	EAST PRAIRIE, MO	F 30-39	43:30.184	11:45.5	44:51.651	12:07.5	1:28:21.8	+43:30.1	11:56.5
64	/	32	/	8	180	WHITEHEAD, Trisha	POPLAR BLUFF, MO	F 30-39	41:59.939	11:21.1	50:12.429	13:34.2	1:32:12.3	+47:20.6	12:27.6
65	/	33	/	2	179	MOORE, Breanna	POPLAR BLUFF, MO	F 19 & Under	42:00.646	11:21.3	50:11.789	13:34.0	1:32:12.4	+47:20.7	12:27.6
66	/	33	/	7	79	SMELSER, Shaun	CAPE GIRARDEAU...	M 30-39	46:58.988	12:41.9	48:06.143	13:00.0	1:35:05.1	+50:13.4	12:51.0
67	/	34	/	14	212	MARTIN, Lenny	Cape Girardeau, Mo	M 40-49	45:54.995	12:24.6	49:18.570	13:19.6	1:35:13.5	+50:21.8	12:52.1
68	/	34	/	9	221	JONES, Holly		F 20-29	51:27.672	13:54.5	49:04.224	13:15.7	1:40:31.8	+55:40.1	13:35.1
69	/	35	/	9	220	HARBISON, Robin		F 30-39	51:28.733	13:54.8	49:03.408	13:15.5	1:40:32.1	+55:40.4	13:35.1
70	/	36	/	4	169	HAMPTON, Susan	SIKESTON, MO	F 50+	47:52.784	12:56.4	53:54.938	14:34.3	1:41:47.7	+56:56.0	13:45.4
71	/	37	/	10	168	LANGSTON, Beth	CAPE GIRARDEAU...	F 30-39	55:04.898	14:53.2	59:41.375	16:07.9	1:54:46.2	+1:09:54.5	15:30.6

\* indicates adjustments applied, see last page for details