

# Ardmore RAH 10K AgeGroup Results

| Position                                     | Bib # | Name               | Start        | Finish       | Total        | Pace  | Age | Gender | City          |
|----------------------------------------------|-------|--------------------|--------------|--------------|--------------|-------|-----|--------|---------------|
| <b>TOP MALES OVERALL IN 10K DIVISION.</b>    |       |                    |              |              |              |       |     |        |               |
| 1                                            | 1001  | Pfruender, Justin  | 09:30:02.093 | 10:05:49.736 | 00:35:47.643 | 5:46  | 33  | M      | Winston Salem |
| <b>TOP FEMALE S OVERALL IN 10K DIVISION.</b> |       |                    |              |              |              |       |     |        |               |
| 1                                            | 1126  | Wofford, Dorothy   | 09:30:02.093 | 10:12:02.261 | 00:42:00.168 | 6:46  | 30  | F      | Winston       |
| <b>MALE 13-19 IN DIVISION 10K</b>            |       |                    |              |              |              |       |     |        |               |
| 1                                            | 1123  | Williford, Patrick | 09:30:02.093 | 10:11:54.993 | 00:41:52.900 | 6:45  | 18  | M      | Winston       |
| 2                                            | 1040  | Gryder, Ben        | 09:30:02.093 | 10:17:09.595 | 00:47:07.502 | 7:36  | 17  | M      | Pfafftown     |
| 3                                            | 1087  | Tobin, David       | 09:30:02.093 | 10:23:52.645 | 00:53:50.552 | 8:41  | 18  | M      | Lewisville    |
| <b>MALE 20-24 IN DIVISION 10K</b>            |       |                    |              |              |              |       |     |        |               |
| 1                                            | 1101  | Jackson, Trevor    | 09:30:02.093 | 10:38:28.770 | 01:08:26.677 | 11:02 | 23  | M      | Clemmons      |
| <b>MALE 25-29 IN DIVISION 10K</b>            |       |                    |              |              |              |       |     |        |               |
| 1                                            | 1005  | Aubuchon, Ryan     | 09:30:02.093 | 10:06:41.523 | 00:36:39.430 | 5:55  | 29  | M      | Winston Salem |
| 2                                            | 1124  | Arthur, Michael    | 09:30:02.093 | 10:09:11.925 | 00:39:09.832 | 6:19  | 26  | M      | Winston       |
| 3                                            | 1084  | Tennent, Matthew   | 09:30:02.093 | 10:17:12.851 | 00:47:10.758 | 7:36  | 29  | M      | Winston Salem |
| 4                                            | 1042  | Haines, Nathan     | 09:30:02.093 | 10:18:34.117 | 00:48:32.024 | 7:50  | 29  | M      | Winston Salem |

|                                   |      |                    |              |              |              |       |    |   |               |
|-----------------------------------|------|--------------------|--------------|--------------|--------------|-------|----|---|---------------|
| 5                                 | 1122 | Williford, Michael | 09:30:02.093 | 10:29:29.626 | 00:59:27.533 | 9:35  | 25 | M | Winston       |
| 6                                 | 1117 | Lyday, Robert      | 09:30:02.093 | 10:30:51.267 | 01:00:49.174 | 9:49  | 25 | M | Winston       |
| <b>MALE 30-34 IN DIVISION 10K</b> |      |                    |              |              |              |       |    |   |               |
| 1                                 | 1105 | Lords, Joe         | 09:30:02.093 | 10:17:09.346 | 00:47:07.253 | 7:36  | 32 | M | Asheville     |
| 2                                 | 1115 | Covas, Daniel      | 09:30:02.093 | 10:19:15.609 | 00:49:13.516 | 7:56  | 32 | M | Winston       |
| 3                                 | 1014 | Butler, Michael    | 09:30:02.093 | 10:23:35.054 | 00:53:32.961 | 8:38  | 33 | M | Winston-Salem |
| 4                                 | 1061 | McEvoy, William    | 09:30:02.093 | 10:24:55.573 | 00:54:53.480 | 8:51  | 33 | M | Winston-Salem |
| 5                                 | 1020 | Dawson, Nicholas   | 09:30:02.093 | 10:24:57.721 | 00:54:55.628 | 8:51  | 32 | M | Winston Salem |
| 6                                 | 1111 | Scott, Bryan       | 09:30:02.093 | 10:26:49.396 | 00:56:47.303 | 9:10  | 34 | M | Winston       |
| 7                                 | 1095 | Yarbrough, Brian   | 09:30:02.093 | 10:34:29.874 | 01:04:27.781 | 10:24 | 33 | M | glade valley  |
| 8                                 | 1052 | Jones, Charles     | 09:30:02.093 | 10:40:38.289 | 01:10:36.196 | 11:23 | 33 | M | Winston-Salem |
| <b>MALE 35-39 IN DIVISION 10K</b> |      |                    |              |              |              |       |    |   |               |
| 1                                 | 1033 | Friesen, Brad      | 09:30:02.093 | 10:16:03.743 | 00:46:01.650 | 7:25  | 36 | M | Winston-Salem |
| 2                                 | 1103 | Bryant, Michael    | 09:30:02.093 | 10:20:37.838 | 00:50:35.745 | 8:10  | 38 | M | Clemmons      |
| 3                                 | 1049 | Holmes, Michael    | 09:30:02.093 | 10:21:42.016 | 00:51:39.923 | 8:20  | 38 | M | Winston Salem |
| 4                                 | 1062 | McKenzie, Mike     | 09:30:02.093 | 10:24:40.966 | 00:54:38.873 | 8:49  | 36 | M | Winston Salem |
| 5                                 | 1046 | Harvey, Quincy     | 09:30:02.093 | 10:25:05.982 | 00:55:03.889 | 8:53  | 39 | M | Clemmons      |
| 6                                 | 1018 | Curley, John       | 09:30:02.093 | 10:26:14.653 | 00:56:12.560 | 9:04  | 38 | M | Winston Salem |
| 7                                 | 1015 | Butt, Mohammad     | 09:30:02.093 | 10:40:30.692 | 01:10:28.599 | 11:22 | 37 | M | Winston Salem |
| <b>MALE 40-44 IN DIVISION 10K</b> |      |                    |              |              |              |       |    |   |               |
| 1                                 | 1073 | Rudnick, Paul      | 09:30:02.093 | 10:09:54.707 | 00:39:52.614 | 6:26  | 41 | M | Winston Salem |

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| 2                                         | 1009 | Beamgard, Nathan  | 09:30:02.093 | 10:13:50.422 | 00:43:48.329 | 7:04  | 41 | M | Hamptonville  |
| 3                                         | 1067 | Pardee, Timothy   | 09:30:02.093 | 10:17:55.176 | 00:47:53.083 | 7:43  | 43 | M | Winston-Salem |
| 4                                         | 1114 | Hill, Jason       | 09:30:02.093 | 10:19:39.544 | 00:49:37.451 | 8:00  | 43 | M | Winston       |
| 5                                         | 1118 | Anderson, Matt    | 09:30:02.093 | 10:29:19.471 | 00:59:17.378 | 9:34  | 40 | M | Atlanta       |
| <b>MALE<br/>45-49 IN<br/>DIVISION 10K</b> |      |                   |              |              |              |       |    |   |               |
| 1                                         | 1091 | Wilbur, Peter     | 09:30:02.093 | 10:17:54.442 | 00:47:52.349 | 7:43  | 46 | M | Winston-Salem |
| 2                                         | 1109 | Johnson, Arthur   | 09:30:02.093 | 10:19:46.613 | 00:49:44.520 | 8:01  | 47 | M | Winston       |
| 3                                         | 1051 | Johnson, Kerry    | 09:30:02.093 | 10:19:56.752 | 00:49:54.659 | 8:03  | 45 | M | Winston-Salem |
| 4                                         | 1108 | Howerton, Terry   | 09:30:02.093 | 10:20:11.290 | 00:50:09.197 | 8:05  | 48 | M | Winston       |
| 5                                         | 1129 | Alexander, Cantey | 09:30:02.093 | 10:22:54.396 | 00:52:52.303 | 8:32  | 49 | M | Winston       |
| 6                                         | 1058 | Lowder, Jon       | 09:30:02.093 | 10:24:53.335 | 00:54:51.242 | 8:51  | 47 | M | Lewisville    |
| 7                                         | 1106 | Maloney, Jim      | 09:30:02.093 | 10:34:00.410 | 01:03:58.317 | 10:19 | 46 | M | Winston       |
| <b>MALE<br/>50-54 IN<br/>DIVISION 10K</b> |      |                   |              |              |              |       |    |   |               |
| 1                                         | 1120 | McLean, Tom       | 09:30:02.093 | 10:12:04.426 | 00:42:02.333 | 6:47  | 50 | M | Winston       |
| 2                                         | 1100 | Angle, Steven     | 09:30:02.093 | 10:19:56.383 | 00:49:54.290 | 8:03  | 53 | M | Winston       |
| 3                                         | 1099 | Troyer, Bob       | 09:30:02.093 | 10:21:59.946 | 00:51:57.853 | 8:23  | 53 | M | Alliance      |
| 4                                         | 1076 | Seibert, David    | 09:30:02.093 | 10:23:05.755 | 00:53:03.662 | 8:33  | 50 | M | Winston-Salem |
| 5                                         | 1127 | Pritchard, Scott  | 09:30:02.093 | 10:27:50.272 | 00:57:48.179 | 9:19  | 51 | M | Winston       |
| 6                                         | 1050 | Huie, Michael     | 09:30:02.093 | 10:31:11.750 | 01:01:09.657 | 9:52  | 51 | M | Winston-Salem |
| 7                                         | 1072 | Raffaldini, Jay   | 09:30:02.093 | 10:32:11.611 | 01:02:09.518 | 10:01 | 52 | M | Winston-Salem |
| <b>MALE<br/>55-59 IN<br/>DIVISION 10K</b> |      |                   |              |              |              |       |    |   |               |

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| 1                                   | 1053 | Kriesky, Rick           | 09:30:02.093 | 10:17:55.636 | 00:47:53.543 | 7:43  | 58 | M | Lexington     |
| 2                                   | 1083 | Telford, W.             | 09:30:02.093 | 10:20:35.658 | 00:50:33.565 | 8:09  | 56 | M | Clemmons      |
| <b>FEMALE 13-19 IN DIVISION 10K</b> |      |                         |              |              |              |       |    |   |               |
| 1                                   | 1094 | Wray, MacKenzie         | 09:30:02.093 | 10:23:53.977 | 00:53:51.884 | 8:41  | 14 | F | Winston-Salem |
| 2                                   | 1092 | Wittenberg, Annie       | 09:30:02.093 | 10:29:05.034 | 00:59:02.941 | 9:31  | 19 | F | WINSTON-SALEM |
| <b>FEMALE 20-24 IN DIVISION 10K</b> |      |                         |              |              |              |       |    |   |               |
| 1                                   | 1054 | Landis, Kaela           | 09:30:02.093 | 10:21:48.118 | 00:51:46.025 | 8:21  | 22 | F | Winston-Salem |
| 2                                   | 1027 | Eckenrode, Madeline     | 09:30:02.093 | 10:22:36.869 | 00:52:34.776 | 8:29  | 24 | F | Winston-Salem |
| 3                                   | 1097 | Jeffers, Charis         | 09:30:02.093 | 10:26:07.499 | 00:56:05.406 | 9:03  | 21 | F | Winston       |
| 4                                   | 1028 | Fathullahzadeh, Parissa | 09:30:02.093 | 10:29:05.493 | 00:59:03.400 | 9:31  | 20 | F | Raleigh       |
| 5                                   | 1121 | Anderson, Jayme         | 09:30:02.093 | 10:38:28.780 | 01:08:26.687 | 11:02 | 24 | F | Winston       |
| 6                                   | 1104 | O'Agostino, Serena      | 09:30:02.093 | 10:46:50.675 | 01:16:48.582 | 12:23 | 21 | F | Winston       |
| 7                                   | 1055 | Law, Elizabeth          | 09:30:02.093 | 10:46:50.906 | 01:16:48.813 | 12:23 | 22 | F | Winston-Salem |
| 8                                   | 1047 | Hogan, Elizabeth        | 09:30:02.093 | 10:46:51.011 | 01:16:48.918 | 12:23 | 22 | F | Winston-Salem |
| <b>FEMALE 25-29 IN DIVISION 10K</b> |      |                         |              |              |              |       |    |   |               |
| 1                                   | 1089 | Urban, Jillian          | 09:30:02.093 | 10:17:22.882 | 00:47:20.789 | 7:38  | 26 | F | Winston-Salem |
| 2                                   | 1057 | LINTNER, LAURA          | 09:30:02.093 | 10:17:33.228 | 00:47:31.135 | 7:40  | 29 | F | WINSTON-SALEM |
| 3                                   | 1029 | Felkel, Nicole          | 09:30:02.093 | 10:26:55.986 | 00:56:53.893 | 9:10  | 29 | F | Winston-Salem |

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| 4                                   | 1019 | Davis, Tara         | 09:30:02.093 | 10:27:30.182 | 00:57:28.089 | 9:16  | 26 | F | Winston Salem |
| 5                                   | 1071 | Pruett, Kimberly    | 09:30:02.093 | 10:28:43.571 | 00:58:41.478 | 9:28  | 26 | F | Winston-Salem |
| 6                                   | 1006 | Aubuchon, Kate      | 09:30:02.093 | 10:29:03.890 | 00:59:01.797 | 9:31  | 28 | F | Winston Salem |
| 7                                   | 1022 | Dean, Lauren        | 09:30:02.093 | 10:29:11.280 | 00:59:09.187 | 9:32  | 29 | F | Winston Salem |
| 8                                   | 1125 | Arthur, Lisa        | 09:30:02.093 | 10:29:30.107 | 00:59:28.014 | 9:35  | 26 | F | Winston       |
| <b>FEMALE 30-34 IN DIVISION 10K</b> |      |                     |              |              |              |       |    |   |               |
| 1                                   | 1060 | McEvoy, Morgan      | 09:30:02.093 | 10:20:17.607 | 00:50:15.514 | 8:06  | 30 | F | Winston Salem |
| 2                                   | 1069 | Perschy, Katherine  | 09:30:02.093 | 10:21:42.242 | 00:51:40.149 | 8:20  | 34 | F | Winston Salem |
| 3                                   | 1096 | Yoon, Emily         | 09:30:02.093 | 10:21:50.859 | 00:51:48.766 | 8:21  | 30 | F | Winston Salem |
| 4                                   | 1068 | Paynter, Becky      | 09:30:02.093 | 10:23:35.262 | 00:53:33.169 | 8:38  | 34 | F | Winston-Salem |
| 5                                   | 1017 | Culler, Sheri       | 09:30:02.093 | 10:23:59.389 | 00:53:57.296 | 8:42  | 33 | F | Winston-Salem |
| 6                                   | 1063 | McKenzie, Laura     | 09:30:02.093 | 10:24:41.026 | 00:54:38.933 | 8:49  | 34 | F | winston Salem |
| 7                                   | 1021 | Dawson, Rebecca     | 09:30:02.093 | 10:24:57.752 | 00:54:55.659 | 8:51  | 33 | F | Winston Salem |
| 8                                   | 1026 | Easterling, Sarah   | 09:30:02.093 | 10:27:59.819 | 00:57:57.726 | 9:21  | 34 | F | Winston-Salem |
| 9                                   | 1116 | Lyday, Jennifer     | 09:30:02.093 | 10:30:53.808 | 01:00:51.715 | 9:49  | 30 | F | Mocksville    |
| 10                                  | 1059 | Maker, Dawn         | 09:30:02.093 | 10:31:48.151 | 01:01:46.058 | 9:58  | 30 | F | Winston-Salem |
| 11                                  | 1119 | O'Neal, Josey       | 09:30:02.093 | 10:34:32.424 | 01:04:30.331 | 10:24 | 33 | F | Pfafftown     |
| 12                                  | 1056 | Lee, Star           | 09:30:02.093 | 10:43:59.927 | 01:13:57.834 | 11:56 | 33 | F | Winston-Salem |
| 13                                  | 1032 | FRALEY, AUDEY       | 09:30:02.093 | 10:56:28.410 | 01:26:26.317 | 13:56 | 34 | F | Salisbury     |
| <b>FEMALE 35-39 IN DIVISION 10K</b> |      |                     |              |              |              |       |    |   |               |
| 1                                   | 1077 | Silkstone, Margaret | 09:30:02.093 | 10:18:56.491 | 00:48:54.398 | 7:53  | 38 | F | Winston Salem |

|                                     |      |                     |              |              |              |       |    |   |               |
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| 2                                   | 1066 | Page, Brandi        | 09:30:02.093 | 10:20:44.043 | 00:50:41.950 | 8:10  | 35 | F | Winston Salem |
| 3                                   | 1074 | Rudnicke, Stefanie  | 09:30:02.093 | 10:21:47.908 | 00:51:45.815 | 8:21  | 37 | F | Winston Salem |
| 4                                   | 1065 | O'Neill, Morna      | 09:30:02.093 | 10:26:14.720 | 00:56:12.627 | 9:04  | 37 | F | Winston Salem |
| 5                                   | 1008 | Bartlett, Wendy     | 09:30:02.093 | 10:27:41.284 | 00:57:39.191 | 9:18  | 38 | F | Winston-Salem |
| 6                                   | 1048 | Holmes, Heather     | 09:30:02.093 | 10:35:43.891 | 01:05:41.798 | 10:36 | 39 | F | Winston-Salem |
| 7                                   | 1080 | Stokes, Jenny       | 09:30:02.093 | 10:38:43.919 | 01:08:41.826 | 11:05 | 39 | F | Raleigh       |
| 8                                   | 1037 | GREENE, TARA        | 09:30:02.093 | 10:46:47.822 | 01:16:45.729 | 12:23 | 38 | F | SALISBURY     |
| <b>FEMALE 40-44 IN DIVISION 10K</b> |      |                     |              |              |              |       |    |   |               |
| 1                                   | 1131 | Banner, Claudia     | 09:30:02.093 | 10:16:21.433 | 00:46:19.340 | 7:28  | 42 | F | Winston       |
| 2                                   | 1112 | Keeley, Christine   | 09:30:02.093 | 10:18:56.773 | 00:48:54.680 | 7:53  | 40 | F | Winston       |
| 3                                   | 1031 | Foster, Laura       | 09:30:02.093 | 10:19:00.086 | 00:48:57.993 | 7:54  | 43 | F | Lewisville    |
| 4                                   | 1107 | Sayers, Julie       | 09:30:02.093 | 10:20:24.847 | 00:50:22.754 | 8:07  | 41 | F | Winston       |
| 5                                   | 1045 | Harris, Kelly       | 09:30:02.093 | 10:20:49.197 | 00:50:47.104 | 8:11  | 44 | F | Winston Salem |
| 6                                   | 1082 | Tanner, Nikki       | 09:30:02.093 | 10:23:12.692 | 00:53:10.599 | 8:35  | 41 | F | Winston Salem |
| 7                                   | 1090 | Verner, Stacy       | 09:30:02.093 | 10:24:15.890 | 00:54:13.797 | 8:45  | 41 | F | Winston Salem |
| 8                                   | 1113 | Ryan, Jenny         | 09:30:02.093 | 10:25:51.628 | 00:55:49.535 | 9:00  | 41 | F | Winston       |
| 9                                   | 1010 | Blackman, Julie     | 09:30:02.093 | 10:29:22.692 | 00:59:20.599 | 9:34  | 40 | F | Winston-Salem |
| 10                                  | 1038 | Grenough, Kathi     | 09:30:02.093 | 10:30:31.061 | 01:00:28.968 | 9:45  | 44 | F | Winston Salem |
| 11                                  | 1039 | Griffin, Jacqueline | 09:30:02.093 | 10:31:35.152 | 01:01:33.059 | 9:56  | 43 | F | Pfafftown     |
| 12                                  | 1025 | Doss, Amanda        | 09:30:02.093 | 10:32:33.055 | 01:02:30.962 | 10:05 | 42 | F | Winston-Salem |
| 13                                  | 1128 | Alexander, Leslie   | 09:30:02.093 | 10:33:13.355 | 01:03:11.262 | 10:11 | 44 | F | Winston       |
| 14                                  | 1088 | Trollinger, Deanne  | 09:30:02.093 | 10:37:15.144 | 01:07:13.051 | 10:50 | 44 | F | Winston Salem |
| 15                                  | 1003 | Apgar, Irene        | 09:30:02.093 | 10:37:58.311 | 01:07:56.218 | 10:57 | 40 | F | Winston Salem |

|                                     |      |                      |              |              |              |       |    |   |               |
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| 16                                  | 1035 | Gentry, Diane        | 09:30:02.093 | 10:45:47.852 | 01:15:45.759 | 12:13 | 44 | F | elkin         |
| 17                                  | 1007 | Ayer, Lisa           | 09:30:02.093 | 10:56:09.911 | 01:26:07.818 | 13:53 | 43 | F | Winston-Salem |
| <b>FEMALE 45-49 IN DIVISION 10K</b> |      |                      |              |              |              |       |    |   |               |
| 1                                   | 1013 | Browers, Michaelle   | 09:30:02.093 | 10:23:18.083 | 00:53:15.990 | 8:35  | 45 | F | Winston-Salem |
| 2                                   | 1093 | Wray, Margaret       | 09:30:02.093 | 10:23:54.006 | 00:53:51.913 | 8:41  | 45 | F | Winston-Salem |
| 3                                   | 1002 | Alexander, Rebecca   | 09:30:02.093 | 10:25:51.918 | 00:55:49.825 | 9:00  | 46 | F | Winston-Salem |
| 4                                   | 1064 | Moser, Lisa          | 09:30:02.093 | 10:29:59.266 | 00:59:57.173 | 9:40  | 48 | F | Clemmons      |
| 5                                   | 1081 | Strauss-Cohn, Marsha | 09:30:02.093 | 10:30:11.990 | 01:00:09.897 | 9:42  | 46 | F | Winston-Salem |
| 6                                   | 1075 | Russillo, Sheila     | 09:30:02.093 | 10:34:09.283 | 01:04:07.190 | 10:20 | 47 | F | High Point    |
| 7                                   | 1041 | Gryder, Kristine     | 09:30:02.093 | 10:37:13.075 | 01:07:10.982 | 10:50 | 47 | F | Pfafftown     |
| 8                                   | 1016 | Craft, Shannon       | 09:30:02.093 | 10:38:21.475 | 01:08:19.382 | 11:01 | 47 | F | Pfafftown     |
| 9                                   | 1079 | Stitt, Maureen       | 09:30:02.093 | 10:41:03.732 | 01:11:01.639 | 11:27 | 49 | F | Winston-Salem |
| <b>FEMALE 50-54 IN DIVISION 10K</b> |      |                      |              |              |              |       |    |   |               |
| 1                                   | 1070 | Poole, Dawn          | 09:30:02.093 | 10:29:22.700 | 00:59:20.607 | 9:34  | 50 | F | Lexington     |
| 2                                   | 1004 | Arrington, Carol     | 09:30:02.093 | 10:31:40.178 | 01:01:38.085 | 9:56  | 52 | F | Pfafftown     |
| 3                                   | 1024 | Dewar, Kristine      | 09:30:02.093 | 10:37:26.747 | 01:07:24.654 | 10:52 | 50 | F | Winston-Salem |
| <b>FEMALE 55-59 IN DIVISION 10K</b> |      |                      |              |              |              |       |    |   |               |
| 1                                   | 1011 | Bohon, Darlene       | 09:30:02.093 | 10:31:31.782 | 01:01:29.689 | 9:55  | 55 | F | Lewisville    |
| 2                                   | 1078 | Smith, Vivian        | 09:30:02.093 | 10:32:08.023 | 01:02:05.930 | 10:01 | 56 | F | Winston-Salem |
| 3                                   | 1030 | Finau, Gail          | 09:30:02.093 | 10:36:21.563 | 01:06:19.470 | 10:42 | 55 | F | Winston-Salem |

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|---------------------------------------------|------|------------------|------------------|------------------|------------------|-------|----|---|------------------|
| 4                                           | 1085 | Thomas,<br>Wanda | 09:30:02.<br>093 | 10:43:40.<br>393 | 01:13:38.<br>300 | 11:53 | 59 | F | Winston<br>Salem |
| <b>FEMALE<br/>60-64 IN<br/>DIVISION 10K</b> |      |                  |                  |                  |                  |       |    |   |                  |
| 1                                           | 1110 | Medford,<br>KB   | 09:30:02.<br>093 | 10:20:31.<br>781 | 00:50:29.<br>688 | 8:09  | 60 | F | Winston          |