

Beat the Heat 5K Results - USATF

Position	Bib #	Name	Start	Finish	Total	Pace	Age	Gender	Division	City
TOP MALES OVERA LL IN OPEN DIVISIO N.										
1	21	Hardy, Duriel	19:00:0 1.140	19:14:3 5.648	00:14:3 4.508	4:42	26	M	Open	Durham
2	1	Mack, Bobby	19:00:0 1.140	19:14:3 8.659	00:14:3 7.519	4:43	29	M	Open	Raleigh
3	14	Cowart, Donnie	19:00:0 1.140	19:14:3 8.859	00:14:3 7.719	4:43	28	M	Open	Winston Salem
4	16	Crawfor d, Patrick	19:00:0 1.140	19:15:0 3.548	00:15:0 2.408	4:51	22	M	Open	Kerners ville
5	49	Vegh, Tibor	19:00:0 1.140	19:15:2 6.700	00:15:2 5.560	4:58	30	M	Open	Raleigh
6	42	Pfruend er, Justin	19:00:0 1.140	19:15:2 7.490	00:15:2 6.350	4:59	34	M	Open	Winston Salem
TOP FEMAL ES OVERA LL IN OPEN DIVISIO N.										
1	12	Bullock, Caitlin	19:00:0 1.140	19:16:4 3.628	00:16:4 2.488	5:23	28	F	Open	Charlott e
2	36	Lopiccol o, Amanda	19:00:0 1.140	19:17:1 1.928	00:17:1 0.788	5:32	31	F	Open	Durham
3	5	Ballinge r, Mary	19:00:0 1.140	19:17:1 2.712	00:17:1 1.572	5:33	26	F	Open	Blowing Rock
4	15	Cozzare lli, Andie	19:00:0 1.140	19:17:1 8.712	00:17:1 7.572	5:35	23	F	Open	Raleigh
5	51	Wechter , Ashley	19:00:0 1.140	19:17:5 5.300	00:17:5 4.160	5:46	30	F	Open	Winston Salem
6	34	Lawrenc e, Natalie	19:00:0 1.140	19:18:1 2.070	00:18:1 0.930	5:52	32	F	Open	Kerners ville

TOP MALE MASTERS IN OPEN DIVISION.										
1	11	Bryant, Jason	19:00:0 1.140	19:17:0 7.919	00:17:0 6.779	5:31	41	M	Open	Elkin
2	28	Jones, Colin	19:00:0 1.140	19:17:1 2.548	00:17:1 1.408	5:33	44	M	Open	Raleigh
3	10	Bramer, Brian	19:00:0 1.140	19:18:2 2.648	00:18:2 1.508	5:55	40	M	Open	Winston Salem
TOP FEMALE MASTERS IN OPEN DIVISION.										
1	24	Holland, Robyn	19:00:0 1.140	19:18:5 5.636	00:18:5 4.496	6:06	43	F	Open	Winston Salem
2	40	Oberlies , Hollis	19:00:0 1.140	19:21:0 6.696	00:21:0 5.556	6:48	43	F	Open	Greensb oro
3	26	Ingram, Suzanne	19:00:0 1.140	19:23:1 3.877	00:23:1 2.737	7:29	52	F	Open	Greensb oro
TOP MALE GRAND MASTERS IN OPEN DIVISION.										
1	627	Blackmo n, Don	19:00:0 1.140	19:19:2 5.543	00:19:2 4.403	6:15	56	M	Open	Winston Salem
2	13	Cook, Dixon	19:00:0 1.140	19:20:4 4.743	00:20:4 3.603	6:41	67	M	Open	Greensb oro

TOP FEMALE GRAND MASTERS IN OPEN DIVISION.										
1	48	Szymkowski, Mary	19:00:01.140	19:23:30.969	00:23:29.829	7:35	51	F	Open	Cary
2	39	Medford, Kathy	19:00:01.140	19:24:46.151	00:24:45.011	7:59	61	F	Open	Winston Salem