

10 Families For Fathers 5K

Age Group Results

Race Date

June 19, 2010

Overall Female Open Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>-----Total-----</u>		<u>Chip</u>	
						<u>Chip Time</u>	<u>Gun Time</u>	<u>Diff</u>	<u>Pace</u>
1	Roberta Meyer	Shepherdsville KY	190	46	5	20:03.9	20:06.4	0:02.5	6:29/M

Overall Male Open Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>-----Total-----</u>		<u>Chip</u>	
						<u>Chip Time</u>	<u>Gun Time</u>	<u>Diff</u>	<u>Pace</u>
1	Luis Aguilera		171		1	17:58.4	18:08.7	0:10.3	5:51/M

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Female 0 and under

Place	Name	City	Bib No	Age	Overall	-----Total-----		Chip	
						Chip Time	Gun Time	Diff	Pace
1	Mary Enanty		255		37	29:05.6	29:13.1	0:07.5	9:25/M
2	Marlene Helenkamp		245		41	30:51.0	30:58.9	0:07.9	9:59/M
3	Marsha Wagner		174		44	31:45.9	31:54.7	0:08.8	10:17/M
4	Jessica Brown		176		54	34:52.5	35:01.1	0:08.6	11:18/M
5	Marilyn Fleming		238	0	83	51:24.9	51:40.1	0:15.2	16:40/M
6	Dee Lindsay		248		86	52:18.0	52:42.1	0:24.1	17:00/M

Male 0 and under

Place	Name	City	Bib No	Age	Overall	-----Total-----		Chip	
						Chip Time	Gun Time	Diff	Pace
1	Jake Bowman		167		6	20:37.4	20:39.7	0:02.3	6:40/M
2	Matt Peterson		182		8	21:04.6	21:07.4	0:02.8	6:49/M
3	Jason Helenkamp		244		20	24:36.4	24:44.7	0:08.3	7:59/M
4	Jose Santiago		178		23	24:55.2	25:02.3	0:07.1	8:05/M
5	Stephen Werle	Mt. Washington KY	148	0	82	50:33.6	50:56.7	0:23.1	16:26/M
6	Kevin Lindsay		249		85	52:17.1	52:41.6	0:24.5	17:00/M

Female 1 to 14

Place	Name	City	Bib No	Age	Overall	-----Total-----		Chip	
						Chip Time	Gun Time	Diff	Pace
1	Emma Lott	Louisville KY	93	7	67	42:03.6	42:14.9	0:11.3	13:37/M
2	Emily Laninga	Louisville KY	90	10	77	50:13.0	50:44.0	0:31.0	16:22/M
3	Kristin Trott	Locust Grove GA	164	14	93	59:13.2	59:39.6	0:26.4	19:15/M

Male 1 to 14

Place	Name	City	Bib No	Age	Overall	-----Total-----		Chip	
						Chip Time	Gun Time	Diff	Pace
1	Alex Springer	Crestwood KY	130	14	31	27:44.9	27:56.3	0:11.4	9:01/M
2	Nolan Smith	Louisville KY	303	13	42	31:08.9	31:21.0	0:12.1	10:07/M
3	Nicholas Pafunda	Louisville KY	102	8	45	31:48.6	32:25.7	0:37.1	10:27/M
4	Aaron Saylor	Louisville KY	118	9	56	35:38.8	35:50.9	0:12.1	11:34/M
5	Lucas Laninga	Louisville KY	91	7	76	47:22.1	47:53.9	0:31.8	15:27/M
6	Jacob Aoun		194	13	90	58:47.4	59:29.9	0:42.5	19:11/M

Female 15 to 19

Place	Name	City	Bib No	Age	Overall	-----Total-----		Chip	
						Chip Time	Gun Time	Diff	Pace
1	Katie Perkins	Georgetown IN	235	16	13	21:55.7	21:59.0	0:03.3	7:05/M

Male 15 to 19

Place	Name	City	Bib No	Age	Overall	-----Total-----		Chip	
						Chip Time	Gun Time	Diff	Pace
1	Nathan Smith	Louisville KY	302	16	21	24:44.2	24:56.3	0:12.1	8:03/M
2	Kyle Aoun		192	15	92	58:48.5	59:30.2	0:41.7	19:12/M

Female 20 to 24

Place	Name	City	Bib No	Age	Overall	-----Total-----		Chip	
						Chip Time	Gun Time	Diff	Pace
1	Tiffany Carson	Louisville KY	41	24	61	39:38.7	39:45.1	0:06.4	12:49/M
2	Katie Lane	Louisville KY	87	20	63	40:58.0	41:11.9	0:13.9	13:17/M

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Male 20 to 24

Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Diff	Pace
1	Dave Robarge		168	24	15	22:38.7	22:46.9	0:08.2	7:21/M

Female 25 to 29

Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Diff	Pace
1	Susan Brittain	Louisville KY	266	29	29	26:41.1	26:48.1	0:07.0	8:39/M
2	Jayne Ruxer	Kettering OH	117	25	60	39:37.4	39:44.1	0:06.7	12:49/M

Male 25 to 29

Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Diff	Pace
1	Bryan Lietzke	Radcliff KY	92	25	7	20:54.3	20:56.4	0:02.1	6:45/M

Female 30 to 34

Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Diff	Pace
1	Susan Reeder	Louisville KY	111	32	25	26:02.0	26:07.4	0:05.4	8:25/M
2	Charity Johnston		247	31	43	31:12.9	31:35.1	0:22.2	10:11/M
3	Amber Fleming		236	31	72	47:05.1	47:20.0	0:14.9	15:16/M
4	Heather Helmkamp	Louisville KY	70	33	94	1:00:09.7	1:01:10.9	1:01.2	19:44/M

Male 30 to 34

Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Diff	Pace
1	Jeremy Hollenberger		169	32	9	21:22.0	21:24.9	0:02.9	6:54/M
2	Mani Vangalur	Louisville KY	175	34	10	21:31.9	21:44.6	0:12.7	7:01/M
3	Chris Reeder	Louisville KY	110	31	26	26:02.8	26:08.2	0:05.4	8:26/M
4	Jamie Farmer	LaGrange KY	181	31	28	26:21.1	26:24.5	0:03.4	8:31/M

Female 35 to 39

Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Diff	Pace
1	Carrie Ray	Vine Grove KY	108	37	22	24:50.5	24:55.3	0:04.8	8:02/M
2	Katherine Smit	Louisville KY	128	35	30	27:19.6	27:26.2	0:06.6	8:51/M
3	Myra Minton		258	36	38	29:07.5	29:16.4	0:08.9	9:26/M
4	Julie Adams	New Albany IN	23	38	46	31:50.1	32:08.2	0:18.1	10:22/M
5	SUZANNE LEWIS		256	39	75	47:16.0	47:25.3	0:09.3	15:18/M
6	Autumn Laninga	Louisville KY	88	38	81	50:23.3	50:54.1	0:30.8	16:25/M

Male 35 to 39

Place	Name	City	Bib No	Age	Overall	Chip Time	Gun Time	Diff	Pace
1	Thad Adams	New Albany IN	24	39	48	32:07.4	32:25.0	0:17.6	10:27/M
2	Kevin Lott	Louisville KY	94	37	66	42:03.2	42:14.7	0:11.5	13:37/M
3	Randy Fleming		237	36	73	47:07.0	47:21.1	0:14.1	15:16/M
4	Dan Gilmore	Charlestown IN	63	39	84	52:04.8	53:01.9	0:57.1	17:06/M

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Female 40 to 44

Place	Name	City	Bib No	Age	Overall	-----Total-----		Chip	
						Chip Time	Gun Time	Diff	Pace
1	DAWN PENDLETON		187	41	18	24:21.3	24:25.6	0:04.3	7:53/M
2	Gail Shillingbord		180	44	27	26:11.0	26:14.3	0:03.3	8:28/M
3	Gina Saylor	Louisville KY	119	41	55	35:21.6	35:34.4	0:12.8	11:28/M
4	Pauline McCullum	New Albany IN	96	40	69	45:44.3	46:07.1	0:22.8	14:53/M
5	Cyndee Gilmore	Charlestown IN	62	40	87	54:22.8	55:23.1	1:00.3	17:52/M

Male 40 to 44

Place	Name	City	Bib No	Age	Overall	-----Total-----		Chip	
						Chip Time	Gun Time	Diff	Pace
1	Robert Popplewell		166	44	19	24:35.9	24:44.1	0:08.2	7:59/M
2	Tom Springer	Crestwood KY	132	41	32	27:45.4	27:56.7	0:11.3	9:01/M
3	Andrew Deck	Louisville KY	45	44	33	27:46.7	27:55.5	0:08.8	9:00/M
4	Todd Smith	Louisville KY	301	42	40	30:26.2	30:38.4	0:12.2	9:53/M
5	Marc Boisseau		189	41	51	33:04.0	33:08.3	0:04.3	10:41/M
6	Brent Florence		253	40	52	33:56.6	34:05.9	0:09.3	11:00/M

Female 45 to 49

Place	Name	City	Bib No	Age	Overall	-----Total-----		Chip	
						Chip Time	Gun Time	Diff	Pace
1	JEAN MURPHY-JACOB	Louisville KY	179	48	24	25:34.3	25:39.0	0:04.7	8:16/M
2	LISA STAMPOR	Shepherdsville KY	188	46	39	30:20.6	30:25.1	0:04.5	9:49/M
3	Karen Lane	Louisville KY	86	47	64	40:58.2	41:12.5	0:14.3	13:17/M

Male 45 to 49

Place	Name	City	Bib No	Age	Overall	-----Total-----		Chip	
						Chip Time	Gun Time	Diff	Pace
1	Brian Poynter	Louisville KY	107	46	3	18:43.7	18:46.3	0:02.6	6:03/M
2	CLIFF WINKLER	RICHMOND KY	173	46	12	21:46.7	21:54.6	0:07.9	7:04/M
3	Keith Chasteen	Louisville KY	43	45	14	22:37.6	22:41.2	0:03.6	7:19/M
4	Steven Trott	Louisville KY	165	47	50	32:50.7	33:15.8	0:25.1	10:44/M
5	Greg Lane	Louisville KY	85	48	65	40:59.6	41:13.1	0:13.5	13:18/M
6	John Lewis		257	46	74	47:14.8	47:25.6	0:10.8	15:18/M
7	Toby Aoun		193	48	91	58:48.0	59:29.2	0:41.2	19:11/M

Female 50 to 54

Place	Name	City	Bib No	Age	Overall	-----Total-----		Chip	
						Chip Time	Gun Time	Diff	Pace
1	Barbara Knoop	Louisville KY	83	54	34	27:58.6	28:08.6	0:10.0	9:05/M
2	Renee Roberts	Louisville KY	112	50	53	34:11.3	34:21.6	0:10.3	11:05/M
3	Tammy Warren	Crestwood KY	147	51	71	46:04.4	46:43.5	0:39.1	15:04/M
4	Mary Gering-Lloyd	Louisville KY	61	54	78	50:16.6	50:23.9	0:07.3	16:15/M

Male 50 to 54

Place	Name	City	Bib No	Age	Overall	-----Total-----		Chip	
						Chip Time	Gun Time	Diff	Pace
1	Kevin Finnegan	Fort Knox KY	54	53	2	18:07.8	18:10.1	0:02.3	5:52/M
2	Mark Grose		259	51	4	19:32.5	19:35.6	0:03.1	6:19/M
3	Michael Peak	Louisville KY	103	51	11	21:45.6	21:48.6	0:03.0	7:02/M
4	Paul Dittmeier	Louisville KY	49	51	17	23:40.8	23:44.0	0:03.2	7:39/M
5	Chris Knoop	Louisville KY	84	51	35	27:59.0	28:08.7	0:09.7	9:05/M
6	Charles Green	Louisville KY	196	50	57	36:07.6	36:07.6		11:39/M
7	John Brewer	Louisville KY	39	53	80	50:18.6	50:28.3	0:09.7	16:17/M

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Age Group Results

Female 60 to 64

Place	Name	City	Bib No	Age	Overall	-----Total-----		Chip	
						Chip Time	Gun Time	Diff	Pace
1	Pamela Benich	New Albany IN	30	64	68	42:45.3	43:02.1	0:16.8	13:53/M
2	Patricia Glass	Louisville KY	64	62	79	50:18.0	50:24.7	0:06.7	16:15/M
3	Elizabeth Upton	Charlestown IN	140	61	89	54:37.8	54:37.8		17:37/M
4	Gloria Sherill	La Grange KY	126	63	95	1:00:14.3	1:00:41.3	0:27.0	19:35/M

Male 60 to 64

Place	Name	City	Bib No	Age	Overall	-----Total-----		Chip	
						Chip Time	Gun Time	Diff	Pace
1	James King	Louisville KY	82	61	16	22:47.1	22:52.8	0:05.7	7:23/M
2	Morgan Atkinson	Louisville KY	26	60	47	31:51.1	32:28.5	0:37.4	10:28/M
3	Phil Warren	Crestwood KY	146	62	70	46:03.8	46:43.3	0:39.5	15:04/M

Female 65 to 69

Place	Name	City	Bib No	Age	Overall	-----Total-----		Chip	
						Chip Time	Gun Time	Diff	Pace
1	Sally Moyer	Louisville KY	177	65	36	28:50.7	28:58.4	0:07.7	9:21/M
2	Joyce Marie Redd	Louisville KY	109	66	49	32:10.1	32:20.1	0:10.0	10:26/M

Male 65 to 69

Place	Name	City	Bib No	Age	Overall	-----Total-----		Chip	
						Chip Time	Gun Time	Diff	Pace
1	Billy Upton	Charlestown IN	138	65	88	54:26.3	54:39.0	0:12.7	17:38/M
2	Mark Helmkamp	Louisville KY	71	66	96	1:00:32.8	1:01:21.4	0:48.6	19:47/M

Female 70 and over

Place	Name	City	Bib No	Age	Overall	-----Total-----		Chip	
						Chip Time	Gun Time	Diff	Pace
1	Carol Westerman	Louisville KY	170	72	58	36:09.7	36:24.6	0:14.9	11:45/M

Male 70 and over

Place	Name	City	Bib No	Age	Overall	-----Total-----		Chip	
						Chip Time	Gun Time	Diff	Pace
1	William Hancock	Louisville KY	69	77	59	39:05.5	39:16.8	0:11.3	12:40/M
2	John Ansman	LaGrange KY	25	72	62	39:48.0	40:04.1	0:16.1	12:55/M