

U of A Couch to 5K 2023

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
1	ZACC GLEASON		M: 1	Runner	159	00:18:46.62	06:02	9.9mph	Overall Male Runner: 1
2	NOAH LOHR		M: 2	Runner	322	00:19:26.63	06:15	9.6mph	Overall Male Runner: 2
3	BENNET KOTZ		M: 3	Runner	321	00:21:12.12	06:49	8.8mph	Overall Male Runner: 3
4	CHRIS MCVAY		M: 4	Runner	214	00:22:40.52	07:17	8.2mph	Overall Male Runner: 4
5	HALEY AGEE		F: 1	Runner	289	00:22:55.98	07:22	8.1mph	Overall Female Runner: 1
6	JAY SKIPWORTH		M: 5	Runner	245	00:22:57.39	07:23	8.1mph	Overall Male Runner: 5
7	PAIGE NICHOLSON		F: 2	Runner	286	00:23:09.47	07:27	8.0mph	Overall Female Runner: 2
8	HALEIGH SANDERS		F: 3	Runner	239	00:23:16.62	07:29	8.0mph	Overall Female Runner: 3
9	MAYA YOUNG		F: 4	Runner	278	00:23:18.32	07:30	8.0mph	Overall Female Runner: 4
10	JACK STEPHENSON		M: 6	Runner	252	00:24:00.38	07:43	7.8mph	Overall Male Runner: 6
11	KEVIN STEPHENSON		M: 7	Runner	251	00:24:00.73	07:43	7.8mph	Overall Male Runner: 7
12	ALEXANDER BALLIN		M: 8	Runner	314	00:24:08.68	07:46	7.7mph	Overall Male Runner: 8
13	WILLIAM MARTIN		M: 9	Runner	209	00:24:09.53	07:46	7.7mph	Overall Male Runner: 9
14	TOM NORTON		M: 10	Runner	225	00:24:19.16	07:49	7.7mph	Overall Male Runner: 10
15	MARY KATE WARD		F: 5	Runner	266	00:24:34.07	07:54	7.6mph	Overall Female Runner: 5
16	HUNTER HUGHES		M: 11	Runner	328	00:24:34.29	07:54	7.6mph	Overall Male Runner: 11
17	CALVIN HUGHES		M: 12	Runner	330	00:24:35.38	07:54	7.6mph	Overall Male Runner: 12
18	DALE HENRY		M: 13	Runner	177	00:24:46.90	07:58	7.5mph	Overall Male Runner: 13
19	JORDAN STRATTON		F: 6	Runner	255	00:25:26.95	08:11	7.3mph	Overall Female Runner: 6
20	HAYDEN SANDERS		M: 14	Runner	332	00:25:28.03	08:11	7.3mph	Overall Male Runner: 14
21	JAY HALEY		M: 15	Runner	167	00:26:01.42	08:22	7.2mph	Overall Male Runner: 15
22	BRYANT WELBOURNE		M: 16	Runner	268	00:26:08.13	08:24	7.1mph	Overall Male Runner: 16
23	JOSEPH SARGENT		M: 17	Runner	279	00:26:27.04	08:30	7.0mph	Overall Male Runner: 17
24	AVERY STIBER		F: 7	Runner	253	00:26:30.80	08:32	7.0mph	Overall Female Runner: 7
25	JESSICA WATSON		F: 8	Runner	295	00:26:31.82	08:32	7.0mph	Overall Female Runner: 8
26	IDA ZAGO		F: 9	Runner	311	00:26:55.05	08:39	6.9mph	Overall Female Runner: 9
27	SUSAN NORTON		F: 10	Runner	291	00:27:41.52	08:54	6.7mph	Overall Female Runner: 10
28	HEATHER HENRY		F: 11	Runner	176	00:28:04.25	09:02	6.6mph	Overall Female Runner: 11
29	JENNA MADISON		F: 12	Runner	204	00:28:42.90	09:14	6.5mph	Overall Female Runner: 12
30	ATHENA OKRIE		F: 13	Runner	282	00:28:48.87	09:16	6.5mph	Overall Female Runner: 13
31	COREY MCLEISH		M: 18	Runner	315	00:28:49.86	09:16	6.5mph	Overall Male Runner: 18
32	ANDREW SHERIDAN		F: 14	Runner	323	00:29:23.51	09:27	6.3mph	Overall Female Runner: 14
33	CAYLA FANSHER		F: 15	Runner	148	00:29:39.09	09:32	6.3mph	Overall Female Runner: 15
34	NOAH MCMEEKIN		F: 16	Runner	317	00:29:46.04	09:34	6.3mph	Overall Female Runner: 16
35	ANNEMARIE LISKO		F: 17	Runner	312	00:31:22.86	10:06	5.9mph	Overall Female Runner: 17
36	ELAINE WALKER		F: 18	Runner	265	00:31:48.47	10:14	5.9mph	Overall Female Runner: 18
37	JACKSON CORNELISON		M: 19	Runner	140	00:31:53.20	10:15	5.8mph	Overall Male Runner: 19
38	MICHELLE BOTELER		F: 19	Runner	116	00:31:54.89	10:16	5.8mph	Overall Female Runner: 19
39	MAGNOLIA MALONE		F: 20	Runner	206	00:31:56.84	10:16	5.8mph	Overall Female Runner: 20
40	TERESA WISE		F: 21	Runner	274	00:31:57.50	10:17	5.8mph	Overall Female Runner: 21
41	EMILY COUPLAND-LOWERY		F: 22	Runner	141	00:32:03.10	10:18	5.8mph	Overall Female Runner: 22
42	MEREDITH BOTELER		F: 23	Runner	117	00:32:18.85	10:24	5.8mph	Overall Female Runner: 23
43	DALTON GOODSON		M: 20	Runner	161	00:33:21.39	10:44	5.6mph	Overall Male Runner: 20
44	ANNA DALY		F: 24	Runner	142	00:33:38.72	10:49	5.5mph	Overall Female Runner: 24
45	DANA PATTON		F: 25	Runner	227	00:33:43.53	10:51	5.5mph	Overall Female Runner: 25
46	TODD WHINERY		M: 21	Runner	269	00:33:46.37	10:52	5.5mph	Overall Male Runner: 21
47	ABBY SONNIER		F: 26	Runner	248	00:34:21.03	11:03	5.4mph	Overall Female Runner: 26
48	NAHREE DOH		F: 27	Runner	144	00:34:31.55	11:06	5.4mph	Overall Female Runner: 27
49	MATT PRICE		M: 22	Runner	231	00:36:08.31	11:37	5.2mph	Overall Male Runner: 22
50	CATHY ELLIOTT		F: 28	Runner	285	00:36:15.55	11:40	5.1mph	Overall Female Runner: 28
51	ALYSSA FREEMAN		F: 29	Runner	304	00:36:44.38	11:49	5.1mph	Overall Female Runner: 29
52	THEJESH BANDI		M: 23	Runner	108	00:36:49.21	11:51	5.1mph	Overall Male Runner: 23
53	SEAN AHERN		M: 24	Runner	307	00:37:01.16	11:54	5.0mph	Overall Male Runner: 24
54	MADDY AHERN		F: 30	Runner	306	00:37:03.07	11:55	5.0mph	Overall Female Runner: 30
55	CIERA CORNELISON		F: 31	Runner	139	00:37:39.90	12:07	4.9mph	Overall Female Runner: 31
56	BAILEY FOSTER		F: 32	Runner	154	00:37:57.56	12:13	4.9mph	Overall Female Runner: 32
57	LYNNE FOSTER		F: 33	Runner	155	00:37:59.13	12:13	4.9mph	Overall Female Runner: 33
58	LAUREN HIBBS		F: 34	Runner	310	00:38:07.43	12:16	4.9mph	Overall Female Runner: 34
59	SKYE GUY		F: 35	Runner	313	00:38:15.27	12:18	4.9mph	Overall Female Runner: 35
60	RICKY NICKOLES		M: 25	Runner	292	00:38:20.76	12:20	4.9mph	Overall Male Runner: 25
61	WENDY BAGWELL		F: 36	Runner	107	00:38:22.73	12:21	4.9mph	Overall Female Runner: 36
62	HARRISON POWELL		M: 26	Runner	296	00:39:17.86	12:38	4.7mph	Overall Male Runner: 26

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63	KENDRA POWELL		F: 37	Runner	280	00:39:24.28	12:40	4.7mph	Overall Female Runner: 37
64	PAIGE ACKER		F: 38	Runner	101	00:39:46.36	12:48	4.7mph	Overall Female Runner: 38
65	LAURA ROJAS-ARCE		F: 39	Runner	237	00:40:16.51	12:57	4.6mph	Overall Female Runner: 39
66	LEAH BREEDING		F: 40	Runner	297	00:40:39.04	13:05	4.6mph	Overall Female Runner: 40
67	FLAVIO GARBANZO		M: 27	Runner	309	00:40:56.01	13:10	4.6mph	Overall Male Runner: 27
68	RACHEL RIDGWAY		F: 41	Runner	234	00:41:41.39	13:25	4.5mph	Overall Female Runner: 41
69	LEE WINCHESTER		M: 28	Runner	273	00:42:01.08	13:31	4.4mph	Overall Male Runner: 28
70	CRIS PORTER		M: 29	Runner	326	00:42:06.07	13:33	4.4mph	Overall Male Runner: 29
71	MELINDA FIELDS		F: 42	Runner	150	00:43:12.73	13:54	4.3mph	Overall Female Runner: 42
72	JENNI MIESSE		F: 43	Runner	218	00:43:48.93	14:06	4.3mph	Overall Female Runner: 43
73	CLAIRE MANERING		F: 44	Runner	208	00:44:05.55	14:11	4.2mph	Overall Female Runner: 44
74	MORGAN JOLLEY		F: 45	Runner	190	00:44:06.41	14:11	4.2mph	Overall Female Runner: 45
75	LILY ALTSHULER		F: 46	Runner	301	00:44:31.44	14:19	4.2mph	Overall Female Runner: 46
76	NIRMALA EREVELLES		F: 47	Runner	281	00:44:36.40	14:21	4.2mph	Overall Female Runner: 47
77	RAY BREEDING		M: 30	Runner	298	00:44:42.74	14:23	4.2mph	Overall Male Runner: 30
78	ZOE YOHE		F: 48	Runner	277	00:44:53.14	14:26	4.2mph	Overall Female Runner: 48
79	TANNER YOHE		M: 31	Runner	276	00:44:57.42	14:28	4.1mph	Overall Male Runner: 31
80	PATRICK FULLER		M: 32	Runner	156	00:45:28.72	14:38	4.1mph	Overall Male Runner: 32
81	CAROL AGOMO		F: 49	Runner	103	00:46:27.29	14:57	4.0mph	Overall Female Runner: 49
82	CATHERINE SMITH		F: 50	Runner	246	00:46:29.14	14:57	4.0mph	Overall Female Runner: 50
83	TOCHI AGOMO		M: 33	Runner	102	00:46:30.25	14:58	4.0mph	Overall Male Runner: 33
84	USHA MIDKIFF		F: 51	Runner	217	00:46:40.15	15:01	4.0mph	Overall Female Runner: 51
85	MARK LOWREY		M: 34	Runner	303	00:46:40.18	15:01	4.0mph	Overall Male Runner: 34
86	CHARLI SMITH		F: 52	Runner	302	00:46:45.46	15:02	4.0mph	Overall Female Runner: 52
87	ROMAN MURPHY		M: 35	Runner	220	00:47:32.97	15:18	3.9mph	Overall Male Runner: 35
88	ANA-LEE MURPHY		F: 53	Runner	219	00:47:33.72	15:18	3.9mph	Overall Female Runner: 53
89	RENEE ANGERER		F: 54	Runner	333	00:47:37.68	15:19	3.9mph	Overall Female Runner: 54
90	KIMBERLY HUGHES		F: 55	Runner	327	00:49:36.28	15:57	3.8mph	Overall Female Runner: 55
91	JAMES HUGHES		M: 36	Runner	329	00:49:40.71	15:59	3.8mph	Overall Male Runner: 36
92	GRAYSON GLAZE		M: 37	Runner	318	00:49:53.95	16:03	3.7mph	Overall Male Runner: 37
93	ALANA NORRIS		F: 56	Runner	224	00:51:05.14	16:26	3.6mph	Overall Female Runner: 56
94	DELANA HARBISON		F: 57	Runner	168	00:51:12.27	16:28	3.6mph	Overall Female Runner: 57
95	AMANDA COLLINS		F: 58	Runner	138	00:51:15.23	16:29	3.6mph	Overall Female Runner: 58
96	SCOTT BROWN		M: 38	Runner	123	00:51:19.03	16:31	3.6mph	Overall Male Runner: 38
97	BROOKLYN BROWN		F: 59	Runner	124	00:51:20.50	16:31	3.6mph	Overall Female Runner: 59
98	GRETA WAGES		F: 60	Runner	264	00:51:58.22	16:43	3.6mph	Overall Female Runner: 60
99	JENNIFER HAYES		F: 61	Runner	173	00:52:09.50	16:47	3.6mph	Overall Female Runner: 61
100	JAMIE DYKES		F: 62	Runner	146	00:52:10.35	16:47	3.6mph	Overall Female Runner: 62
101	SHIRLEY HARRISON		F: 63	Runner	171	00:52:21.59	16:51	3.6mph	Overall Female Runner: 63
102	RILEY EDMONDSON		F: 64	Runner	293	00:52:22.88	16:51	3.6mph	Overall Female Runner: 64
103	SHERELL MCVAY		F: 65	Runner	213	00:52:25.10	16:52	3.6mph	Overall Female Runner: 65
104	MACKENZIE COLE		F: 66	Runner	294	00:52:25.99	16:52	3.6mph	Overall Female Runner: 66
105	KATELYN REPKE		F: 67	Runner	232	00:52:26.24	16:52	3.6mph	Overall Female Runner: 67
106	ANITA SANDERS		F: 68	Runner	305	00:53:07.82	17:06	3.5mph	Overall Female Runner: 68
107	ODESSA ALI		F: 69	Runner	104	00:53:11.75	17:07	3.5mph	Overall Female Runner: 69
108	FELICIA BRITTON		F: 70	Runner	119	00:53:13.52	17:07	3.5mph	Overall Female Runner: 70
109	MORGAN KENDRICK		F: 71	Runner	195	00:53:14.82	17:08	3.5mph	Overall Female Runner: 71
110	BRITTANY GORDON		F: 72	Runner	162	00:53:20.89	17:10	3.5mph	Overall Female Runner: 72
111	SHERRI SELLERS		F: 73	Runner	283	00:53:26.86	17:12	3.5mph	Overall Female Runner: 73
112	ASHLEY PETTY-BURNLEY		F: 74	Runner	230	00:53:33.94	17:14	3.5mph	Overall Female Runner: 74
113	ANDRIA WHITE		F: 75	Runner	271	00:53:39.75	17:16	3.5mph	Overall Female Runner: 75
114	MADILYN BURNS		F: 76	Runner	131	00:53:40.44	17:16	3.5mph	Overall Female Runner: 76
115	JD BROADRICK		M: 39	Runner	121	00:53:40.91	17:16	3.5mph	Overall Male Runner: 39
116	CHRIS SNELL		M: 40	Runner	247	00:53:43.57	17:17	3.5mph	Overall Male Runner: 40
117	JEFFREY CAPILI		M: 41	Runner	133	00:53:46.32	17:18	3.5mph	Overall Male Runner: 41
118	HENRY HANSON		M: 42	Runner	325	00:53:47.14	17:18	3.5mph	Overall Male Runner: 42
119	IAN MCDOWELL		M: 43	Runner	334	00:53:49.39	17:19	3.5mph	Overall Male Runner: 43
120	SARAH SIDES		F: 77	Runner	244	00:54:40.21	17:35	3.4mph	Overall Female Runner: 77
121	BENSON BOLLING		M: 44	Runner	114	00:54:41.33	17:36	3.4mph	Overall Male Runner: 44
122	CATHY BOLLING		F: 78	Runner	115	00:54:41.33	17:36	3.4mph	Overall Female Runner: 78
123	STEPHANIE PETTIS		F: 79	Runner	229	00:54:42.05	17:36	3.4mph	Overall Female Runner: 79
124	JEFF SIDES		M: 45	Runner	243	00:54:42.81	17:36	3.4mph	Overall Male Runner: 45

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Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
125	MONICA WATTS		F: 80	Runner	290	00:54:44.73	17:37	3.4mph	Overall Female Runner: 80
126	LORI BRUNER		F: 81	Runner	125	00:54:46.70	17:37	3.4mph	Overall Female Runner: 81
127	DIANA WINCHESTER		F: 82	Runner	272	00:54:47.73	17:38	3.4mph	Overall Female Runner: 82
128	JESSICA RICHARDSON		F: 83	Runner	233	00:54:52.23	17:39	3.4mph	Overall Female Runner: 83
129	MACISUE BROADRICK		F: 84	Runner	120	00:54:52.33	17:39	3.4mph	Overall Female Runner: 84
130	ASHLEY BURNS		F: 85	Runner	130	00:54:54.27	17:40	3.4mph	Overall Female Runner: 85
131	BRADLEY TONEY		M: 46	Runner	263	00:54:55.82	17:40	3.4mph	Overall Male Runner: 46
132	MELANI HARRELL		F: 86	Runner	169	00:55:19.40	17:48	3.4mph	Overall Female Runner: 86
133	JEFF HARRELL		M: 47	Runner	170	00:55:22.36	17:49	3.4mph	Overall Male Runner: 47
134	HOLLY GROUT		F: 87	Runner	164	00:56:09.19	18:04	3.3mph	Overall Female Runner: 87
135	JENNY SHAW		F: 88	Runner	242	00:56:12.25	18:05	3.3mph	Overall Female Runner: 88
136	GRETA DAVIS		F: 89	Runner	143	00:56:20.02	18:07	3.3mph	Overall Female Runner: 89
137	LAURIE MITCHELL		F: 90	Runner	308	00:56:21.97	18:08	3.3mph	Overall Female Runner: 90
138	NICOLE HUGHES		F: 91	Runner	184	00:56:34.60	18:12	3.3mph	Overall Female Runner: 91
139	NORA HUGHES		F: 92	Runner	185	00:56:35.32	18:12	3.3mph	Overall Female Runner: 92
140	JUSTIN JONES		M: 48	Runner	191	00:57:18.84	18:26	3.3mph	Overall Male Runner: 48
141	GINGER JONES		F: 93	Runner	331	00:57:20.83	18:27	3.3mph	Overall Female Runner: 93
142	LUCY METCALFE		F: 94	Runner	216	00:57:31.28	18:30	3.2mph	Overall Female Runner: 94
143	KATY METCALFE		F: 95	Runner	215	00:57:40.60	18:33	3.2mph	Overall Female Runner: 95
144	NIKKI CADLE		F: 96	Runner	132	00:57:42.56	18:34	3.2mph	Overall Female Runner: 96
145	RAY MCVAY		M: 49	Runner	212	00:57:57.34	18:39	3.2mph	Overall Male Runner: 49
146	JENNIFER HENRY		F: 97	Runner	175	00:58:05.70	18:41	3.2mph	Overall Female Runner: 97
147	REBEKAH BLACK		F: 98	Runner	112	00:58:06.26	18:42	3.2mph	Overall Female Runner: 98
148	MARCIA BLACK		F: 99	Runner	113	00:58:07.73	18:42	3.2mph	Overall Female Runner: 99
149	BRUCE HENRY		M: 50	Runner	174	00:58:07.86	18:42	3.2mph	Overall Male Runner: 50
150	MARY PATTERSON		F: 100	Runner	288	00:58:11.23	18:43	3.2mph	Overall Female Runner: 100
151	ED PATTERSON		M: 51	Runner	287	00:58:12.79	18:44	3.2mph	Overall Male Runner: 51
152	TARA JIMERSON		F: 101	Runner	188	00:58:45.29	18:54	3.2mph	Overall Female Runner: 101
153	TAYLOR KELLY		F: 102	Runner	193	00:58:50.18	18:56	3.2mph	Overall Female Runner: 102
154	BRENDA GUY		F: 103	Runner	165	00:58:50.97	18:56	3.2mph	Overall Female Runner: 103
155	EMILY GUY		F: 104	Runner	166	00:58:52.66	18:57	3.2mph	Overall Female Runner: 104
156	LESLIE KORNEGAY		F: 105	Runner	196	00:59:06.14	19:01	3.2mph	Overall Female Runner: 105
157	BETH CARPENTER		F: 106	Runner	134	01:00:08.65	19:21	3.1mph	Overall Female Runner: 106
158	DEBORAH HALL		F: 107	Runner	324	01:00:21.36	19:25	3.1mph	Overall Female Runner: 107
159	MARGARET GREEN		F: 108	Runner	163	01:00:27.40	19:27	3.1mph	Overall Female Runner: 108
160	HENRY NANCE		M: 52	Runner	222	01:03:49.03	20:32	2.9mph	Overall Male Runner: 52
161	MONIQUE HORTON		F: 109	Runner	182	01:03:51.27	20:33	2.9mph	Overall Female Runner: 109
162	AMANDA NANCE		F: 110	Runner	221	01:03:51.82	20:33	2.9mph	Overall Female Runner: 110
163	RICA HORTON		F: 111	Runner	181	01:03:55.95	20:34	2.9mph	Overall Female Runner: 111
164	AMY MALONE		F: 112	Runner	205	01:03:56.78	20:34	2.9mph	Overall Female Runner: 112
165	MAUREEN WOHLFROM		F: 113	Runner	275	01:03:59.37	20:35	2.9mph	Overall Female Runner: 113
166	KATHY TIBBETTS		F: 114	Runner	260	01:04:34.89	20:47	2.9mph	Overall Female Runner: 114
167	KATHY CHASTINE		F: 115	Runner	136	01:04:38.87	20:48	2.9mph	Overall Female Runner: 115
168	ALVIN NIUH		M: 53	Runner	223	01:05:39.39	21:07	2.8mph	Overall Male Runner: 53
169	CINDY FRANKS		F: 116	Runner	284	01:05:52.24	21:12	2.8mph	Overall Female Runner: 116
170	LAURA BRADDICK		F: 117	Runner	118	01:08:27.88	22:02	2.7mph	Overall Female Runner: 117
171	HENRY COCHRAN		M: 54	Runner	137	01:08:31.02	22:03	2.7mph	Overall Male Runner: 54