

Heart and Sole 5K Age Group Results

Position	Bib #	Name	Start	Finish	Total	Pace	Age	City	State
TOP MALES OVERALL IN 5K DIVISION.									
1	157	SALAS, HUGO	08:30:11.409	08:51:27.838	00:21:16.429	6:52	29	EAST BEND	NC
2	155	SALOR QUEZADA, RUBEN	08:30:11.409	08:52:03.127	00:21:51.718	7:03	54	WINSTON SALEM	NC
3	141	WRIGHT, KEVIN	08:30:11.409	08:52:44.900	00:22:33.491	7:16	29	DOBSON	NC
TOP FEMALES OVERALL IN 5K DIVISION.									
1	138	UPCHURCH, CRYSTAL	08:30:11.409	08:56:16.683	00:26:05.274	8:25	41	PILOT MTN	NC
2	130	POINDEXTER, AUDREY	08:30:11.409	08:56:43.049	00:26:31.640	8:33	10	SILOAM	NC
3	139	VAUGHN, EMILY	08:30:11.409	08:58:13.674	00:28:02.265	9:03	22	CANA	VA
MALE 11 AND UNDER IN DIVISION 5K									
1	132	ROWLEY, KARSON	08:30:11.409	08:56:10.201	00:25:58.792	8:23	11	PILOT MTN	NC
2	134	SMITH, LONDON	08:30:11.409	08:56:58.595	00:26:47.186	8:38	11	PILOT MOUNTAIN	NC
MALE 12-19 IN DIVISION 5K									
1	109	EASTER, NATHANIEL	08:30:11.409	08:53:38.620	00:23:27.211	7:34	16	MOUNT AIRY	NC
2	135	STARK, NICHOLAS	08:30:11.409	08:53:58.993	00:23:47.584	7:40	19	KING	NC
3	147	DAVIS, AUSTIN	08:30:11.409	08:55:56.187	00:25:44.778	8:18	15	PILOT MOUNTAIN	NC
MALE 20-29 IN DIVISION 5K									
1	122	JOHNSON, RYAN	08:30:11.409	08:55:08.210	00:24:56.801	8:03	21	PILOT MTN	NC
MALE 30-39 IN DIVISION 5K									
1	142	COX, DANIEL	08:30:11.409	08:55:17.505	00:25:06.096	8:06	31	PINNACLE	NC
2	114	GOULAS, FRANK	08:30:11.409	08:56:56.837	00:26:45.428	8:38	34	PILOT MOUNTAIN	NC
3	143	COX, JACK	08:30:11.409	09:00:56.980	00:30:45.571	9:55	31	PINNACLE	NC
MALE 40-49 IN DIVISION 5K									
1	118	INGLE, LEE	08:30:11.409	09:13:42.816	00:43:31.407	14:02	45	KING	NC
MALE 50-59 IN DIVISION 5K									
1	115	GWYNN, GREG	08:30:11.409	08:55:50.165	00:25:38.756	8:16	53	MOUNT AIRY	NC
2	110	FELTS, MIKE	08:30:11.409	09:03:22.198	00:33:10.789	10:42	57	PILOT MOUNTAIN	NC
3	107	CRUTCHFIELD, EVERETT	08:30:11.409	09:14:07.642	00:43:56.233	14:10	59	BELEWS CREEK	NC
MALE 60+ IN DIVISION 5K									
1	128	MOOREFIELD, RON	08:30:11.409	09:03:49.619	00:33:38.210	10:51	70	PILOT MTN	NC
2	100	SHARPE, STANLEY	08:30:11.409	09:22:27.095	00:52:15.686	16:51	83	PILOT MOUNTAIN	NC
FEMALE 11 AND UNDER IN DIVISION 5K									
1	154	BETH KISER, ROY	08:30:11.409	09:04:08.497	00:33:57.088	10:57	11	PILOT MOUNTAIN	NC
FEMALE 12-19 IN DIVISION 5K									
1	126	MANUEL, MIKAYLA	08:30:11.409	09:05:35.083	00:35:23.674	11:25	15	PILOT MTN	NC
2	119	INMAN, BRITNEY	08:30:11.409	09:05:35.093	00:35:23.684	11:25	14	WESTFIELD	NC
3	149	NICHOLS, HAILEY	08:30:11.409	09:16:11.653	00:46:00.244	14:50	15	PILOT MOUNTAIN	NC
FEMALE 20-29 IN DIVISION 5K									
1	103	BRADY, KHADIJA	08:30:11.409	08:58:16.832	00:28:05.423	9:04	29	CANA	VA
2	123	LOWE, ASHLEY	08:30:11.409	09:06:05.937	00:35:54.528	11:35	24	MOUNT AIRY	NC
3	144	COX, KRISTAL	08:30:11.409	09:07:58.673	00:37:47.264	12:11	29	PINNACLE	NC
FEMALE 30-39 IN DIVISION 5K									
1	137	TRUMP, MELANIE	08:30:11.409	08:59:05.305	00:28:53.896	9:19	37	PINNACLE	NC
2	101	ADAMS, GARI LEIGH	08:30:11.409	08:59:49.353	00:29:37.944	9:33	35	KING	NC
3	111	FURCHES, MELISSA	08:30:11.409	09:06:36.045	00:36:24.636	11:45	34	RURAL HALL	NC

Heart and Sole 5K Age Group Results

Position	Bib #	Name	Start	Finish	Total	Pace	Age	City	State
FEMALE 40-49 IN DIVISION 5K									
1	124	MAGARACI, KRISTINA	08:30:11.409	08:58:56.547	00:28:45.138	9:16	40	KING	NC
2	117	INGLE, JENNIFER	08:30:11.409	09:02:18.366	00:32:06.957	10:21	41	KING	NC
3	153	KISER, RENEE	08:30:11.409	09:04:10.794	00:33:59.385	10:58	40	PILOT MOUNTAIN	NC
FEMALE 50-59 IN DIVISION 5K									
1	105	BROWN, ELIZABETH ANN	08:30:11.409	09:03:58.880	00:33:47.471	10:54	55	KING	NC
2	113	GILLEY, TAMMY	08:30:11.409	09:05:40.786	00:35:29.377	11:27	54	PILOT MOUNTAIN	NC
3	140	WILSON, ROXANNE	08:30:11.409	09:18:42.782	00:48:31.373	15:39	52	WESTFIELD	NC
FEMALE 60+ IN DIVISION 5K									
1	104	BREWER, VERNA	08:30:11.409	09:05:59.394	00:35:47.985	11:33	74	KING	NC