

Power Run 5k - 5/21/2016

Hickory, N.C.

Rankings

Event 1 Mixed 5k Run RR

Name	Age Team	Finals	Points
Overall Results Women 5000 Run			
1 Bridges, Susan	W30 Hickory	25:14.63	
2 Huffman, Kelle	W50 Connelly Springs	28:12.00	
Overall Results Men 5000 Run			
1 Castellaw, Cooper	M11 Hickory	18:22.56	
2 Hata, Jon	M40 Hickory	19:36.07	
10 & Under Results - Women 5000 Run			
1 Smith, Ava	W10 Hickory	36:50.39	
2 Bridges, Kate	W10 Hickory	43:05.05	
3 Bridges, Emily	W10 Hickory	43:27.70	
11-15 Results - Women 5000 Run			
1 McNeil, Sarah	W11 Hickory	31:25.36	
2 Brooks, Allison	W11 Hickory	31:35.41	
3 Winesett, Grace	W11 Hickory	33:43.77	
4 May, Ella	W11 Hickory	35:21.27	
16-21 Results - Women 5000 Run			
1 Wiley, Kara	W16 Unattached	29:31.13	
2 Cross, Payton	W16 Hickory	38:23.82	
22-29 Results - Women 5000 Run			
1 Foster, Deanna	W22 Hickory	53:51.70	
2 Oakes, Lauren	W22 Hickory	53:52.39	
30-39 Results - Women 5000 Run			
1 Carmichael, Erica	W30 Hickory	32:41.01	
2 Hawley, Jamie	W30 Lenoir	33:37.61	
3 Jenkins, Melody	W30 Hickory	36:05.67	
4 Hampton, Beth	W30 Hickory	42:55.87	
40-49 Results - Women 5000 Run			
1 Dagenhardt, Holley	W40 Hickory	31:33.40	
2 Marley, Holly	W40 Hickory	32:58.32	
3 Smith, April	W40 Hickory	36:51.08	
4 Connor, Melanie	W40 Hickory	45:52.12	
5 Purut, Rita	W40 Hickory	50:56.17	
50-59 Results - Women 5000 Run			
1 Greer, Janet	W50 Hickory	30:51.11	
2 Hanigofsky, Wendy	W50 Hickory	33:30.70	
3 Ward, Margaret	W50 Maiden	36:20.63	
4 Winesett, Anna	W50 Hickory	39:29.45	
5 Howard, Mary	W50 Hickory	42:56.76	
6 Matthews, Cindy	W50 Claremont	44:21.51	
7 Wiley, Mary Jo	W50 Unattached	50:55.41	
8 Brown, Christine	W50 Hickory	53:45.30	
9 Chrismon, Dana	W50 Conover	53:50.63	
60-69 Results - Women 5000 Run			
1 Roach, Becky	W60 Hickory	37:29.52	
2 Winstead, Betty	W60 Newton	44:08.83	
10 & Under Results - Men 5000 Run			
1 Schoellner, Brian	M10 Hickory	23:09.65	
2 Kihneman, Henry	M10 Hickory	27:03.40	
3 Shanks, Carter	M10 Hickory	29:15.04	
4 Shanks, Mark	M10 Hickory	29:15.62	
5 Marley, Gage	M10 Hickory	30:33.54	
6 Carmichael, Duncan	M10 Hickory	30:53.65	
7 Bridges, Sam	M10 Hickory	36:45.93	

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8	Garmon, Benjamin	M10 Hickory	42:27.79
9	Garmon, Patrick	M10 Hickory	42:36.75
10	Kihneman, Max	M10 Hickory	45:21.78
11	Kihneman, Sam	M10 Hickory	46:47.83
12	Kihneman, Charlie	M10 Hickory	48:41.40
11-15 Results - Men 5000 Run			
1	May, Ryan	M11 Hickory	22:16.42
2	Brooks, Evan	M11 Hickory	23:16.99
3	Hampton, Riley	M11 Hickory	24:50.59
4	Schoellner, Eric	M11 Hickory	26:38.37
5	Page, Connor	M11 Unattached	30:53.89
6	Chrismon, James	M11 Hickory	38:11.03
7	Cross, Lawson	M11 Hickory	41:29.72
22-29 Results - Men 5000 Run			
1	Posey, Wil	M22 Hickory	28:12.54
2	Winesett, Aaron	M22 Hickory	28:35.06
3	Winesett, Thomas	M22 Hickory	30:45.87
4	Oakes, Casey	M22 Hickory	31:22.38
5	Foster, Ryan	M22 Hickory	51:10.33
30-39 Results - Men 5000 Run			
1	Hamilton, Dale	M30 Hickory	26:10.80
2	Geoghegan, Noah	M30 Hickory	27:53.54
3	Page, Joshua	M30 Hickory	31:31.66
4	Bridges, Wes	M30 Hickory	43:27.35
40-49 Results - Men 5000 Run			
1	Dagenhardt, James	M40 Hickory	25:51.76
2	Scott, Emmanuel	M40 Hickory	31:03.58
3	Carmichael, Jack	M40 Hickory	31:06.11
4	McNeil, Richard	M40 Hickory	31:25.78
5	May, Roger	M40 Hickory	39:07.61
6	Kihneman, Jason	M40 Hickory	48:42.52
50-59 Results - Men 5000 Run			
1	Smith, Dwayne	M50 Hickory	36:51.64
2	Garmon, Jeffrey	M50 Hickory	42:39.72
60-69 Results - Men 5000 Run			
1	Waters, John	M60 Lincolnnton	37:04.88
2	Roach, Bob	M60 Hickory	53:46.88
70+ Results - Men 5000 Run			
1	Montgomery, Marshall	M70 Hickory	38:34.48