



10K SPRING RUNOFF

Results by Class - 06/12/2022

Rank	Bib	Name	Age	Hometown	Time	OA	Pace
Men Open Podium							
1.	7067	Joseph GRAY	38	Colorado Spgs CO	40:57.0	1	6:36
2.	7055	Joseph DEMOOR	31	Carbondale CO	42:22.3	2	6:50
3.	7023	Ace BROWN	27	Colorado Spgs CO	42:51.3	3	6:54
4.	7239	Ryan PHEBUS	32	Boulder CO	43:05.0	4	6:56
5.	7220	Anthony RAFTIS	24	Longmont CO	44:30.3	5	7:10
Women Open Podium							
1.	7119	Dani MORENO	29	Mammoth Lakes CA	48:29.8	14	7:49
2.	7150	Janelle LINCKS	28	Thornton CO	49:34.1	18	7:59
3.	7152	Ashley BRASOVAN	31	Golden CO	49:40.9	19	8:00
4.	7244	Lauren GOSS	34	Boulder CO	53:18.0	26	8:35
5.	7251	Stevie LAWRENCE	25	Longmont CO	56:42.6	28	9:08
Men 19 and Under							
1.	7093	Sam BURKEY	19	Gunnison CO	51:29.1	21	8:18
2.	7207	Mason CRUZ-ABRAMS	17	Vail CO	1:04:49.4	54	10:27
3.	7049	Myer SPILLERS	16	Ball Ground GA	1:17:55.9	122	12:34
Women 19 and Under							
1.	7125	Kylah RICKS	19	Colorado Spgs CO	1:00:21.8	38	9:44
2.	7233	Gracen KENNEDY	14	Edwards CO	1:10:39.9	78	11:23
3.	7097	Katie MCDONALD	14	Minturn CO	1:17:02.8	114	12:25
4.	7201	Cali TRYGSTAD	17	Clive IA	1:26:38.8	165	13:58
5.	7005	Blakeley BENNETT	19	Colorado Spgs CO	2:11:23.2	216	21:11
Men 20-29							
1.	7100	Jeshurun SMALL	24	Golden CO	44:30.4	6	7:10
2.	7107	Jacob DEWEY	23	Gunnison CO	44:49.3	8	7:13
3.	7224	Richard SANCHEZ	26	Louisville CO	46:55.7	9	7:34
4.	7138	Brian HILL	22	Middletown NJ	48:07.9	12	7:45
5.	7161	Daniel BLOOM	27	Golden CO	48:20.3	13	7:47
6.	7126	Calbert GUEST	20	Fort Collins CO	48:44.4	15	7:51
7.	7199	Drew VIDANO	22	Monument CO	49:00.2	16	7:54
8.	7221	Trevor TURNER	28	Rollinsville CO	53:07.1	25	8:34
9.	7091	Frank DECEW	20	Gunnison CO	57:46.0	30	9:19
10.	7062	Luke HERRON	25	Edwards CO	58:06.8	32	9:22
11.	7157	Sam BENECKE	28	Silverthorne CO	58:11.2	33	9:23
12.	7033	Luke LINSTEDT	21	Fort Collins CO	58:16.5	34	9:23
13.	7186	Christopher BAUM	27	Vail CO	1:02:02.9	41	10:00
14.	7255	Daniel MORAN	25	Frisco CO	1:03:06.7	44	10:10





10K SPRING RUNOFF

Results by Class - 06/12/2022

Rank	Bib	Name	Age	Hometown	Time	OA	Pace
15.	7235	Max SWEENEY	25	Wheat Ridge CO	1:05:39.5	57	10:35
16.	7171	Scott ROJAHN	23	Salt Lake Cty UT	1:06:22.1	59	10:42
17.	7149	Michael MESSENGER	23	Boulder CO	1:08:41.6	69	11:04
18.	7200	Connor OWENS	27	Avon CO	1:10:30.3	75	11:22
19.	7036	Kyle RHODES	28	Portland OR	1:13:24.9	95	11:50
20.	7050	Dillon WAGNER	29	Vail CO	1:14:53.0	101	12:04
21.	7172	Freeman JUDD	28	Colorado Spgs CO	1:15:41.0	108	12:12
22.	7247	Jesse SMITH	27	Venice CA	1:17:51.6	121	12:33
23.	7111	Brian BURGER	29	Clawson MI	1:18:05.1	124	12:35
24.	7147	Alex TZINOV	27	Arvada CO	1:27:00.1	168	14:01
25.	7193	Austin DERMODY	26	Edwards CO	1:41:15.3	201	16:19

Women 20-29

1.	7148	Kyla CHRISTOPHER-MOODY	21	Boulder CO	58:56.1	35	9:30
2.	7156	Tyler SWENSON	28	Colorado Spgs CO	1:06:41.6	62	10:45
3.	7090	Caroline BENNEY	22	Gunnison CO	1:08:48.4	70	11:05
4.	7197	Sophie LATTES	26	Milner CO	1:09:27.9	72	11:12
5.	7174	Cynthia MENDOZA	28	Minturn CO	1:11:55.2	87	11:36
6.	7102	Erica HERRMANN	28	Edwards CO	1:15:26.7	103	12:10
7.	7217	Claire PITTS	20	Mountain Brk AL	1:16:35.6	111	12:21
8.	7153	Marisa DOBROT	26	Edwards CO	1:17:26.0	116	12:29
9.	7164	Alexis RAEDER	29	North Ogden UT	1:17:39.9	118	12:31
10.	7144	Breana BRIONES	27	Avon CO	1:18:01.3	123	12:35
11.	7110	Mende GLEISS	28	Clawson MI	1:18:05.2	125	12:35
12.	7123	Taylor ALTON	21	Gunnison CO	1:18:06.0	126	12:35
13.	7252	Jayleen TROUTWIN	28	Burlington VT	1:23:04.4	149	13:23
14.	7131	Sophie BERGLAND	26	Louisville CO	1:27:24.8	171	14:05
15.	7195	Robyn NATHERSON	24	Boulder CO	1:29:40.4	174	14:27
16.	7192	Valeria ROBERTS	28	Vail CO	1:33:02.0	183	15:00
17.	7106	Abby YOUNGEN	26	Edwards CO	1:40:56.7	200	16:16
18.	7020	Kayla GOODCHILD	27	Englewood CO	1:45:14.5	203	16:58
19.	7187	Alexandra LAURENZO	24	Gaithersburg MD	1:50:48.3	204	17:52
20.	7210	Anastasia LAURENZO	27	Gaithersburg MD	1:50:48.9	205	17:52
21.	7248	Natalie CRISTO	27	Vail CO	1:53:46.5	211	18:21

Men 30-39

1.	7085	Robby HAAS	32	Boulder CO	47:35.7	10	7:40
2.	7133	James KIRSCHNER	31	Eagle CO	49:00.4	17	7:54
3.	7077	Brandon HOSCH	30	Denver CO	51:29.1	20	8:18





10K SPRING RUNOFF

Results by Class - 06/12/2022

Rank	Bib	Name	Age	Hometown	Time	OA	Pace
4.	7166	Watkins FULK-GRAY	32	Glenwood Spgs CO	52:41.3	23	8:29
5.	7204	Kristopher MENDOZA	32	Golden CO	52:47.0	24	8:30
6.	7209	Sean HERRING	32	Wheat Ridge CO	53:20.1	27	8:36
7.	7025	Sean RIMMER	30	Colorado Spgs CO	59:38.0	37	9:37
8.	7253	Anders CHRISTOFFERSON	36	Boulder CO	1:01:53.3	40	9:58
9.	7151	Sam COLLENTINE	31	Basalt CO	1:04:01.9	46	10:19
10.	7019	Sean MCNEIL	32	Golden CO	1:04:11.8	49	10:21
11.	7076	Will WATKINS	34	Denver CO	1:04:46.0	53	10:26
12.	7032	Adam ALEXANDER	31	Westminster CO	1:06:26.7	60	10:43
13.	7165	Austin COX	31	Irvine CA	1:08:11.2	66	10:59
14.	7080	Erin GOOCH	37	Colorado Spgs CO	1:09:50.6	73	11:15
15.	7189	Josh ANDERSON	30	Westminster CO	1:10:39.9	77	11:23
16.	7105	Chase FULFORD	33	Arvada CO	1:10:44.6	79	11:24
17.	7084	Bostjan SOMEN	37	Pittsburgh PA	1:11:23.1	82	11:30
18.	7213	Tim MT PLEASANT	38	Mountain Vlg CO	1:11:39.4	83	11:33
19.	7001	Samuel JONES	38	Columbia MO	1:12:17.5	90	11:39
20.	7058	Mark JERANKO	34	Westminster CO	1:13:24.1	94	11:50
21.	7018	James COUNTRYMAN	38	Denver CO	1:14:27.4	99	12:00
22.	7135	Michael NEUSTEDTER	36	Boulder CO	1:15:30.2	104	12:10
23.	7246	Mark SCHNEIDER	33	Denver CO	1:15:35.8	106	12:11
24.	7041	Joseph PLUM	36	Vail CO	1:16:52.5	113	12:23
25.	7101	Cody SWARTZENDRUBER	31	Edwards CO	1:18:28.5	127	12:39
26.	7127	Billy CLARE	31	Vail CO	1:19:00.7	134	12:44
27.	7040	Matt FREYHOF	34	Golden CO	1:20:08.2	138	12:55
28.	7249	Damon DOSSETT	31	Littleton CO	1:22:19.5	143	13:16
29.	7226	Elio SIERRA	37	Aurora CO	1:22:41.7	144	13:20
30.	7181	Alex JAKUBIEC	33	Vail CO	1:22:45.3	148	13:20
31.	7104	Michael LONGFELLOW	31	Denver CO	1:24:24.4	152	13:36
32.	7198	Jason CONTINO	30	Manitou Spgs CO	1:24:51.3	154	13:41
33.	7054	Terry STANFORD	38	Eagle CO	1:26:00.7	160	13:52
34.	7196	Scott MUFF	33	Vail CO	1:26:02.7	161	13:52
35.	7182	Carlos MOLINA	37	Vail CO	1:30:05.3	178	14:31
36.	7236	Brian ARMSTRONG	38	Edwards CO	1:34:40.4	190	15:16
37.	7129	Jake SORENSEN	37	Loveland CO	1:37:35.8	195	15:44
38.	7168	Rafael JAIME	33	Durango DUR MEX	1:51:32.4	208	17:59
39.	7245	Michael FRANKLIN	30	Vail CO	1:53:45.9	210	18:20
40.	7223	Benjamin SCHLEIDER	31	Avon CO	2:02:10.1	214	19:42





10K SPRING RUNOFF

Results by Class - 06/12/2022

Rank	Bib	Name	Age	Hometown	Time	OA	Pace
Women 30-39							
1.	7154	Amelia SHEA	31	Wheat Ridge CO	57:09.5	29	9:13
2.	7082	Dominique STASULLI	30	Boulder CO	1:01:42.4	39	9:57
3.	7206	Chase ROGOWSKI	31	Vail CO	1:04:05.2	47	10:20
4.	7026	Marina HAND	33	Vail CO	1:04:15.7	50	10:21
5.	7234	Heather MORGAN	38	Avon CO	1:05:33.6	56	10:34
6.	7238	Nicole MERICLE	34	Boulder CO	1:06:07.5	58	10:39
7.	7068	Adrienne ARNASON	36	Vail CO	1:06:42.8	63	10:45
8.	7185	Christine BALISTRERI	33	Mequon WI	1:08:41.3	68	11:04
9.	7046	Sarah DALESSANDRO	38	Grand Jct CO	1:09:25.0	71	11:11
10.	7078	Erin FLANDERS	34	Golden CO	1:11:03.3	80	11:27
11.	7136	Jennifer ARAGON	32	Denver CO	1:11:42.9	84	11:34
12.	7015	Molly FRIEDERICH	38	Denver CO	1:12:14.8	88	11:39
13.	7081	Kimberly GOOCH	34	Colorado Spgs CO	1:12:39.2	93	11:43
14.	7070	Kim FULLER	35	Vail CO	1:15:37.7	107	12:11
15.	7179	Olivia KALMANSON	32	Denver CO	1:16:40.8	112	12:22
16.	7047	Kari BANGTSON	37	Minturn CO	1:17:23.4	115	12:28
17.	7075	Tracy MORTON	37	Lebanon TN	1:17:49.7	120	12:33
18.	7099	Tracy RYMPH	30	Avon CO	1:18:30.2	128	12:39
19.	7059	Chelsea JERANKO	36	Westminster CO	1:18:34.2	129	12:40
20.	7073	Joy OLSON	35	Denver CO	1:18:55.8	133	12:43
21.	7113	Shannon FITZGERALD	39	Denver CO	1:19:46.7	136	12:52
22.	7007	Katherine SMITH	39	Edwards CO	1:20:05.4	137	12:55
23.	7124	Jill LAU	31	Vail CO	1:22:42.1	145	13:20
24.	7092	Lindsey FARRAR	30	Gunnison CO	1:22:42.4	146	13:20
25.	7063	Kori ECKERT	32	Lakewood CO	1:22:45.0	147	13:20
26.	7065	Kate MARRA	31	Basalt CO	1:25:46.5	159	13:50
27.	7044	Sierra ADAMS	30	Avon CO	1:26:13.3	164	13:54
28.	7142	Jessica GILL	38	Vail CO	1:27:02.5	170	14:02
29.	7134	Amanda RAKOW	34	Vail CO	1:33:04.3	184	15:00
30.	7009	Katherine DAVIES	35	Golden CO	1:33:40.2	186	15:06
31.	7016	Landy PRADAS	36	Littleton CO	1:33:40.4	187	15:06
32.	7072	Nicole BROCK	32	Hghlnds Ranch CO	1:34:33.3	188	15:15
33.	7039	Nicole GARNER	34	Alameda CA	1:34:33.4	189	15:15
34.	7074	Erin CROUCHER	37	Windsor CO	1:35:17.6	191	15:22
35.	7053	Darcy BECK	37	Eagle CO	1:36:08.6	192	15:30
36.	7170	Alexandra WEISSNER	36	Wheat Ridge CO	1:36:36.5	193	15:34





10K SPRING RUNOFF

Results by Class - 06/12/2022

Rank	Bib	Name	Age	Hometown	Time	OA	Pace
37.	7095	Jenny WHELAN	37	Glenwood Spgs CO	1:36:59.8	194	15:38
38.	7194	Christine WARDLAW	32	Edwards CO	1:51:24.7	207	17:58
39.	7143	May JACKSON	36	Avon CO	1:54:58.4	212	18:32
Men 40-49							
1.	7089	Joshua EBERLY	41	Gunnison CO	44:46.9	7	7:13
2.	7256	Chris GRAUCH	49	Nederland CO	47:57.3	11	7:44
3.	7021	Brett WINEGAR	42	Albuquerque NM	51:36.5	22	8:19
4.	7218	Michael MOORE	42	Denver CO	57:57.5	31	9:20
5.	7117	Jon KEDROWSKI	43	Avon CO	59:19.7	36	9:34
6.	7228	Jack SWIFT	48	Louisville CO	1:02:58.6	42	10:09
7.	7011	Courtney HERRE	43	Parker CO	1:03:24.7	45	10:13
8.	7222	Joe GRUBER	47	Arvada CO	1:04:09.3	48	10:20
9.	7219	Victor BRENA	40	Colorado Springs CO	1:04:25.5	51	10:23
10.	7079	Jason NUNNERY	45	Colorado Spgs CO	1:04:42.4	52	10:26
11.	7214	Bobby COOPER	46	Louisville KY	1:04:58.1	55	10:28
12.	7027	Lee MEBEL	46	Durango CO	1:10:13.5	74	11:19
13.	7242	Jeff KENNEDY	49	Eagle CO	1:11:22.0	81	11:30
14.	7137	Mark KOELKER	40	Edwards CO	1:11:42.9	85	11:34
15.	7103	Carey BONHAM	43	Largo FL	1:11:50.6	86	11:35
16.	7241	D MENDOZZA	45	Denver CO	1:12:30.9	92	11:41
17.	7004	Henry QUIGLEY	49	Houston TX	1:14:09.9	98	11:57
18.	7064	Brian KLATT	45	Vail CO	1:14:44.0	100	12:03
19.	7116	Ryan MURDOCK	46	Austin TX	1:15:58.9	109	12:15
20.	7122	Scott SUNDAHL	43	Boulder CO	1:16:13.0	110	12:17
21.	7215	John BOGDANOFF	49	Lone Tree CO	1:17:33.7	117	12:30
22.	7048	Ben SPILLERS	44	Ball Ground GA	1:17:47.1	119	12:32
23.	7114	Michael KRIEVES	42	Grand Jct CO	1:18:55.2	132	12:43
24.	7231	Lou GALASSO	49	Denver CO	1:20:51.1	141	13:02
25.	7017	Joe SHANKLAND	48	Edwards CO	1:24:32.3	153	13:38
26.	7083	Mark WHEATLEY	48	Saint Joseph MO	1:25:32.9	155	13:47
27.	7173	Jason LIPPS	46	Conifer CO	1:27:26.7	172	14:06
28.	7180	Chris GERSBACH	42	Edwards CO	1:29:54.6	176	14:30
29.	7254	Michael KADOUS	43	Lake Oswego OR	1:29:59.5	177	14:30
30.	7167	Omar ALVAREZ	42	Mexico DIF MEX	1:51:32.5	209	17:59
Women 40-49							
1.	7038	Katie REDDEN	41	Avon CO	1:03:04.3	43	10:10
2.	7229	Erica GUNN	49	Vail CO	1:06:36.8	61	10:44





10K SPRING RUNOFF

Results by Class - 06/12/2022

Rank	Bib	Name	Age	Hometown	Time	OA	Pace
3.	7056	Janet PULSIFER	43	Vail CO	1:18:38.6	130	12:41
4.	7069	Bonnie MCCOY	40	HghInds Ranch CO	1:19:42.3	135	12:51
5.	7043	Brie JONES	42	Arvada CO	1:21:26.8	142	13:08
6.	7216	Karen GOOD	49	Denver CO	1:25:45.2	157	13:49
7.	7155	Jennifer GERSBACH	42	Durango CO	1:29:54.6	175	14:30
8.	7132	Elizabeth PARK	41	Centennial CO	1:31:05.2	180	14:41
9.	7212	Amanda MIRE	46	Minturn CO	1:32:25.5	182	14:54
10.	7203	Diana SANKOVIC	45	Phoenix AZ	1:33:17.1	185	15:02
11.	7098	Marcette GORDON	47	Eagle CO	1:39:22.5	198	16:01
12.	7115	Andreya KRIEVES	41	Grand Jct CO	1:39:25.1	199	16:02
13.	7002	Kris BARBER-PEZZULLO	46	Denver CO	1:51:21.5	206	17:57
14.	7003	Heather SMITHROCK	40	Denver CO	2:06:53.3	215	20:27

Men 50-59

1.	7141	Matt JOHNSON	54	Eagle CO	1:07:14.7	64	10:50
2.	7030	Ellias NAJJAR	54	Denver CO	1:12:15.4	89	11:39
3.	7120	John D'ANGELO	54	Eagle CO	1:13:51.1	96	11:54
4.	7109	Alex GONZALEZ	57	Colorado Spgs CO	1:14:07.2	97	11:57
5.	7250	Steve LACLAIR	53	Denver CO	1:20:32.1	140	12:59
6.	7128	Philip SNYDER	53	Denver CO	1:23:33.5	151	13:28
7.	7188	Amar PATEL	51	Dallas TX	1:25:45.3	158	13:49
8.	7202	Tom TRYGSTAD	50	Clive IA	1:26:38.8	166	13:58
9.	7243	Thad BARTLEY	53	Partridge KS	1:42:21.6	202	16:30

Women 50-59

1.	7130	Nicole MURRAY	52	Whitehall MT	1:08:26.4	67	11:02
2.	7006	Jacqueline DOWDS BENNETT	52	Colorado Spgs CO	1:15:24.0	102	12:09
3.	7042	Allison VISOSKY	56	Denver CO	1:23:18.1	150	13:26
4.	7184	Tracy GUEST	51	Fort Collins CO	1:25:42.9	156	13:49
5.	7146	Diana TZINOV	55	Arvada CO	1:27:00.1	169	14:01
6.	7096	Monica MCDONALD	59	Minturn CO	1:27:31.7	173	14:07
7.	7177	Cathy CONDIE	52	Shoreview MN	1:38:57.5	197	15:57
8.	7176	Laura BASTI	54	Superior CO	1:55:26.5	213	18:37

Men 60-69

1.	7034	Jim TELLING	64	Avon CO	1:07:40.7	65	10:54
2.	7035	Paul STEDMAN	60	Avon CO	1:10:33.6	76	11:22
3.	7158	Eddie METRO	62	Boulder CO	1:12:27.6	91	11:41
4.	7178	Tom MCGONAGLE	62	Edwards CO	1:15:33.1	105	12:11
5.	7169	Tim HOFMANN	63	Westminster CO	1:20:22.7	139	12:57





10K SPRING RUNOFF

Results by Class - 06/12/2022

Rank	Bib	Name	Age	Hometown	Time	OA	Pace
6.	7227	Kent KRIEHN	67	Edwards CO	1:26:12.2	163	13:54
7.	7225	Mark STIEBELING	66	Arvada CO	1:31:44.0	181	14:47
Women 60-69							
1.	7031	Ellen NAJJAR	60	Denver CO	1:18:50.4	131	12:42
2.	7140	Sue BARDSLEY	61	Gypsum CO	1:26:03.4	162	13:52
3.	7159	Amy COHEN	61	Edwards CO	1:26:55.8	167	14:01
4.	7175	Molly ANDFIELD	65	Eagle CO	1:30:26.4	179	14:35
5.	7163	Karen SATO	61	Eagle CO	1:37:36.7	196	15:44
Men 70 and Over							
1.	7013	Marlin SMICKLEY	83	Edwards CO	2:28:11.6	217	23:54
2.	7022	Clint YOUNG	73	Wilmington NC	3:25:54.9	218	33:12

Number of records: 218

