



10K SPRING RUNOFF

Results by Class - 06/11/2023

Rank	Bib	Name	Age	Hometown	Time	OA	Pace
Men Open Podium							
1.	7031	Tyler MCCANDLESS	36	Fort Collins CO	42:43.0	1	6:53
2.	7156	Joseph DEMOOR	32	Carbondale CO	43:13.7	2	6:58
3.	7081	Ace BROWN	28	Colorado Spgs CO	44:06.4	3	7:06
4.	7164	James KIRSCHNER	32	Avon CO	47:27.3	4	7:39
5.	7076	Daniel BLOOM	28	Steamboat Spr CO	47:59.3	5	7:44
Women Open Podium							
1.	7139	Janelle LINCKS	29	Thornton CO	49:24.6	9	7:58
2.	7142	Dani MORENO	30	Mammoth Lakes CA	50:58.3	17	8:13
3.	7316	Nicole MERICLE	35	Boulder CO	51:09.9	19	8:15
4.	7141	Claudia BURGESS	23	Boulder CO	53:59.5	25	8:42
5.	7230	Annie DUBE	31	Golden CO	55:37.1	29	8:58
Girls 13-14							
1.	7038	Ella DRAI	14	Vail CO	1:11:25.4	112	11:31
2.	7138	Leila HANSON	13	Colorado Spgs CO	1:17:41.7	149	12:31
Boys 13-14							
1.	7225	Trevin BENDER	14	Breckenridge CO	1:37:52.5	223	15:47
Girls 15-16							
1.	7202	Ellayna POTTER	15	Fort Collins CO	1:06:27.8	85	10:43
2.	7226	Gracen KENNEDY	15	Edwards CO	1:08:36.9	95	11:04
3.	7236	Cynthia WILLIAMS	16	Fort Mill SC	1:50:00.4	239	17:44
Boys 15-16							
1.	7163	Cade SHORTRIDGE	16	Fort Collins CO	55:16.6	28	8:54
Girls 17-18							
1.	7174	Cassidy WRIGHT	17	Vail CO	1:17:04.4	147	12:25
Boys 17-18							
1.	7269	Campbell FORKNER	17	Fort Collins CO	53:00.4	20	8:32
2.	7086	Seth Whitney FOLTZ	18	Fort Collins CO	53:47.5	24	8:40
3.	7140	Brodie MORRISON	17	Fort Collins CO	55:47.4	32	8:59
4.	7034	Parker MINTER	18	Rockwall TX	1:00:07.9	53	9:41
5.	7105	Kyle THOMPSON	17	Denver CO	1:03:44.6	69	10:16
Men 19-29							
1.	7066	Deagen FAHRNEY	21	Wolcott CO	48:16.3	6	7:47
2.	7182	Cole RUTKOWSKI	20	Boulder CO	49:04.3	8	7:54
3.	7246	Drew VIDANO	23	Monument CO	49:33.2	10	7:59
4.	7223	Benjamin M HOGAN	25	Golden CO	49:39.4	11	8:00
5.	7224	Luke MASON	24	Golden CO	49:39.6	12	8:00
6.	7241	Jeremy KILLOY	20	Colorado Spgs CO	49:47.4	13	8:01
7.	7123	Jake BOREL	25	Edwards CO	53:19.2	21	8:36



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8.	7115	Frank DECEW	21	Gunnison CO	53:46.8	23	8:40
9.	7121	James BARAN	24	Austin TX	54:31.4	26	8:47
10.	7124	Branden SCHAFF	24	Colorado Spgs CO	55:46.0	30	8:59
11.	7117	Arthur TOVES	28	Gypsum CO	58:45.9	48	9:28
12.	7131	Samuel BENECKE	29	Silverthorne CO	58:47.5	49	9:28
13.	7024	Luke LINSTEDT	22	Fort Collins CO	59:06.2	50	9:31
14.	7032	Brandon ROCKERS	25	Fort Collins CO	1:02:17.3	58	10:02
15.	7220	Gil AMAYA	24	Edwards CO	1:04:45.4	74	10:26
16.	7227	Isaiah BALL	25	Colorado Spgs CO	1:06:11.8	81	10:40
17.	7194	Michael JEROME	25	Colorado Spgs CO	1:06:25.0	84	10:42
18.	7245	Dominic LIBERATO	26	Seattle WA	1:09:54.7	101	11:16
19.	7026	Michael MESSENGER	24	Boulder CO	1:11:22.3	111	11:30
20.	7037	Jake MCKINLEY	29	Vail CO	1:12:21.5	116	11:40
21.	7176	Marco SAUCEDO	27	Gypsum CO	1:12:43.8	119	11:43
22.	7231	Austin OLEA	28	Littleton CO	1:16:34.8	143	12:21
23.	7172	Harrison MULLER	24	Denver CO	1:17:30.9	148	12:30
24.	7109	Trevor THOMAS	22	Santa Fe NM	1:19:23.9	159	12:48
25.	7135	John ALDERMAN	28	Arvada CO	1:23:04.0	174	13:23
26.	7199	William NOLAN	28	Vail CO	1:26:13.5	194	13:54
27.	7152	Kyle JENNINGS	29	Avon CO	1:27:50.0	200	14:10
28.	7203	Cameron ROVENDRO	24	Boulder CO	1:30:44.1	218	14:38
29.	7315	Alex TZINOV	28		1:38:31.4	226	15:53
	7252	Alex TZINOV	28	Arvada CO	DNS		20:18

Women 19-29

1.	7168	Peyton THOMAS	27	Boulder CO	55:49.2	33	9:00
2.	7319	Kyla CHRISTOPHER-MOODY	22	Boulder CO	55:54.8	34	9:01
3.	7132	Emily LANE	24	Liverpool NY	56:55.2	37	9:10
4.	7185	Haley BREWSTER	20	Avon CO	57:26.9	40	9:15
5.	7013	Devon SUTTON	27	Longmont CO	57:29.4	41	9:16
6.	7078	Anna SHULTS	21	Lafayette CO	58:04.8	42	9:22
7.	7183	Emma REEDER	20	Minturn CO	1:02:42.2	62	10:06
8.	7320	Rachel HEBAUS	19	Lakestevens WA	1:02:47.0	63	10:07
9.	7187	Jacqui BLACK	29	Breckenridge CO	1:11:50.8	115	11:35
10.	7110	Taylor ALTON	22	Boulder CO	1:12:59.4	123	11:46
11.	7145	Breana BRIONES	28	Avon CO	1:14:21.4	127	11:59
12.	7261	Anna VAN KEUREN	29	Denver CO	1:15:11.9	131	12:07
13.	7051	Casey THOMSON	29	Eagle CO	1:15:59.5	139	12:15
14.	7170	Emily HART	28	Dillon CO	1:16:12.8	140	12:17
15.	7095	Marisa DOBROT	27	Edwards CO	1:19:01.7	156	12:44
16.	7101	Amanda ULRICH	27	Marina Del Ray CA	1:19:48.2	160	12:52
17.	7134	Michelle GUIDA	27	Edwards CO	1:23:04.8	175	13:24



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Rank	Bib	Name	Age	Hometown	Time	OA	Pace
18.	7022	Sammi WESTFALL	27	Broomfield CO	1:24:24.2	179	13:36
19.	7263	Claire ALLEN	27	Avon CO	1:25:31.3	188	13:47
20.	7053	Olivia COOK	27	Avon CO	1:25:40.4	191	13:49
21.	7020	Paola SEGURA	29	Denver CO	1:27:20.5	197	14:05
22.	7151	Elizabeth KINCH	29	Avon CO	1:27:49.9	199	14:09
23.	7074	Ginger SLENTZ	23	Santa Clarita CA	1:29:20.1	210	14:24
24.	7107	Anna JONES	26	Edwards CO	1:29:36.1	212	14:27
25.	7256	Laura E MILLS	25	Farmingdale ME	1:29:40.3	213	14:27
26.	7240	Zoe GOLDSTEIN	23	Avon CO	1:42:38.9	232	16:33
27.	7247	Jaclyn SLICK	27	Idaho Springs CO	1:45:38.9	234	17:02
28.	7206	Shelby CRUMMER	29	Gypsum CO	1:46:06.1	236	17:06
29.	7068	Madison BARTOCK	27	Avon CO	1:47:01.9	237	17:15

Men 30-39

1.	7069	Neil KLINGER	32	South Lake Tahoe CA	49:47.7	14	8:01
2.	7195	Zach HAUER	33	Denver CO	50:44.9	15	8:11
3.	7137	Sean HERRING	33	Wheat Ridge CO	53:38.2	22	8:39
4.	7015	Daniel SMOAK	34	Parker CO	54:41.4	27	8:49
5.	7048	Watkins FULK-GRAY	33	Glenwood Spgs CO	55:46.0	31	8:59
6.	7250	Casey CHILDERS	30	Dillon CO	58:37.9	47	9:27
7.	7092	Zak BEARD	36	Boulder CO	59:11.3	51	9:32
8.	7127	Tyler MESEKE	30	Denver CO	1:00:17.4	54	9:43
9.	7144	Dan FLETCHER	35	Edwards CO	1:03:03.0	65	10:10
10.	7318	Kyle WILCOX	37	Vail CO	1:04:23.6	71	10:23
11.	7088	Matthew CICCONE	33	Dallas TX	1:05:23.5	75	10:32
12.	7042	Chase FULFORD	34	Arvada CO	1:07:18.9	87	10:51
13.	7184	Eric YECKLEY	30	Los Angeles CA	1:09:19.3	97	11:10
14.	7155	Thad WALKER	32	Denver CO	1:09:45.3	99	11:15
15.	7143	James COUNTRYMAN	39	Denver CO	1:09:47.2	100	11:15
16.	7126	Billy CLARE	32	Vail CO	1:09:54.9	102	11:16
17.	7080	Zach PETRONE	32	Hghlnds Ranch CO	1:10:30.6	103	11:22
18.	7002	Samuel JONES	39	Elbert CO	1:12:54.9	120	11:45
19.	7179	Alexander JAKUBIEC	34	Vail CO	1:12:56.4	121	11:45
20.	7160	Tyler BURKE	32	Lakewood CO	1:12:57.7	122	11:46
21.	7217	Garrett QUINN	33	Denver CO	1:13:50.5	125	11:54
22.	7239	Erik NIEMEIER	30	Vail CO	1:14:22.3	128	11:59
23.	7098	August FLOERKE	35	Fort Collins CO	1:14:45.8	129	12:03
24.	7012	Dustin EMMONS	35	Hghlnds Ranch CO	1:15:14.3	132	12:08
25.	7130	James WILDE	34	Denver CO	1:16:13.9	141	12:17
26.	7192	Greg HORNBERGER	38	Colorado Spgs CO	1:18:52.5	155	12:43
27.	7193	Johntyler SLAYTON	37	Fort Carson CO	1:19:06.8	157	12:45
28.	7196	Jonathan EMMONS	38	Littleton CO	1:20:48.3	163	13:01



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29.	7043	Michael LONGFELLOW	32	Denver CO	1:21:52.3	167	13:12
30.	7181	Eric WALKER	37	Edgewater CO	1:23:32.8	176	13:28
31.	7253	Jason CONTINO	31	Manitou Spgs CO	1:23:39.3	177	13:29
32.	7204	Jose SIERRA	38	Aurora CO	1:24:47.5	182	13:40
33.	7019	Luis AGUILAR	36	Denver CO	1:28:23.8	203	14:15
34.	7219	Carlos MOLINA	38	Vail CO	1:28:29.9	204	14:16
35.	7089	Rafael MACIAS	30	Gypsum CO	1:50:09.1	240	17:45
36.	7207	Eliasib SANTIAGO	35	Kissimmee FL	2:05:53.4	242	20:18

Women 30-39

1.	7016	Amelia SHEA	32	Wheat Ridge CO	56:57.4	39	9:11
2.	7102	Mercedes SIEGLE-GAITHER	31	Salida CO	58:04.9	43	9:22
3.	7157	Marina EGOROV	34	Vail CO	58:05.1	44	9:22
4.	7082	Megan COOKE	31	Boulder CO	1:01:53.3	57	9:58
5.	7238	Blair DONEY	31	Lakewood CO	1:02:21.7	59	10:03
6.	7062	Melinda BRANDT	39	Gypsum CO	1:04:25.6	72	10:23
7.	7264	Samantha SLOAN	30	San Francisco CA	1:04:37.8	73	10:25
8.	7057	Kristin THOMAS	36	Minturn CO	1:05:24.2	76	10:32
9.	7049	Adrienne ARNASON	37	Vail CO	1:05:43.4	78	10:36
10.	7087	Chase ROGOWSKI	32	Vail CO	1:08:00.9	89	10:58
11.	7030	Devin WALKER	36	Longmont CO	1:08:04.4	90	10:58
12.	7070	Aubrey LEWIS	33	Eagle CO	1:09:44.8	98	11:14
13.	7201	Maddie BAST	32	Edwards CO	1:10:33.3	104	11:22
14.	7075	Kim FULLER	36	Vail CO	1:10:37.5	106	11:23
15.	7018	Molly FRIEDERICH	39	Denver CO	1:11:02.0	107	11:27
16.	7097	Brooke FLOERKE	35	Fort Collins CO	1:11:05.9	108	11:28
17.	7039	Kari BANGTSON	38	Minturn CO	1:11:49.6	114	11:35
18.	7228	Meagan COMBS	30	Boulder CO	1:12:31.6	117	11:41
19.	7052	Jeff THOMSON	33	Eagle CO	1:13:21.5	124	11:49
20.	7025	Kimberly GOOCH	35	Colorado Spgs CO	1:14:59.7	130	12:05
21.	7267	Jessica BELA	37	Grand Jct CO	1:15:57.5	136	12:15
22.	7200	Ekaterina HARDIN	39	Windsor CO	1:15:59.5	138	12:15
23.	7189	Molly SUMMERHILL	39	Denver CO	1:16:20.7	142	12:18
24.	7149	Lauren KELLER	38	Westminster CO	1:16:38.1	144	12:21
25.	7045	Jill LAU	32	Vail CO	1:18:26.6	152	12:39
26.	7177	Rebecca HUTCHINSON	33	Charlotte NC	1:18:29.3	153	12:39
27.	7222	Lindsey FARRAR	31	Gunnison CO	1:20:24.5	161	12:58
28.	7129	Katie GLASSER	39	Eagle CO	1:20:58.8	164	13:03
29.	7197	Rebekah BROWN	31	Denver CO	1:22:13.7	169	13:15
30.	7114	Jess REYNOLDS	37	Markleeville CA	1:22:29.9	172	13:18
31.	7190	Keri STURDEVANT	36	Corp Christi TX	1:24:53.5	185	13:41
32.	7210	Emily FOSLER	33	Madison WI	1:24:54.4	186	13:41



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Rank	Bib	Name	Age	Hometown	Time	OA	Pace
33.	7017	Landy PRADAS	37	Littleton CO	1:25:36.8	190	13:48
34.	7083	Karin THOMAS	31	Denver CO	1:26:04.6	192	13:53
35.	7154	Kori OSINA	34	Minturn CO	1:26:35.3	196	13:57
36.	7077	Christine SEDNEK	36	Denver CO	1:28:20.2	202	14:14
37.	7146	Darcy BECK	38	Eagle CO	1:28:41.3	205	14:18
38.	7003	Sarah WAIDLER	37	Cimarron NM	1:29:13.3	207	14:23
39.	7100	Jenny WHELAN	38	Glenwood Spgs CO	1:29:15.5	208	14:23
40.	7166	Monica EBERT	32	Denver CO	1:30:21.6	215	14:34
41.	7118	Uriah TOVES	30	Gypsum CO	1:33:18.6	219	15:03
42.	7014	Kelly DAVIES	36	Golden CO	1:37:06.8	222	15:39
43.	7270	Frances RUSSELL	31	Arvada CO	1:38:31.3	225	15:53
44.	7180	Emily CLARK	38	Edgewater CO	1:41:55.4	230	16:26
45.	7065	Jennifer STEWART	38	Edgewater CO	1:44:10.3	233	16:48

Men 40-49

1.	7214	Galen BURRELL	43	Boulder CO	48:17.0	7	7:47
2.	7021	Brett WINEGAR	43	Albuquerque NM	50:47.0	16	8:11
3.	7212	Daniel WEILAND	48	Eagle CO	51:09.8	18	8:15
4.	7119	Danny WHELAN	40	Glenwood Spgs CO	55:55.9	35	9:01
5.	7254	Jason PLATT	43	Edwards CO	56:31.6	36	9:07
6.	7044	Michael MOORE	43	Denver CO	58:08.6	45	9:22
7.	7188	Brett DONELSON	43	Edwards CO	58:28.7	46	9:25
8.	7096	John REINSMA	44	Golden CO	1:02:24.4	60	10:03
9.	7262	Nathaniel LOWE	41	Avon CO	1:02:30.6	61	10:04
10.	7120	Victor BRENA	41	Colorado Springs CO	1:03:00.1	64	10:09
11.	7006	Courtney HERRE	44	Parker CO	1:03:10.2	66	10:11
12.	7153	Rick GREGORY	47	Vail CO	1:03:22.4	68	10:13
13.	7323	Justin COMPTON	44	Erie CO	1:05:41.1	77	10:35
14.	7033	Lee MEBEL	47	Durango CO	1:05:59.4	79	10:38
15.	7116	Nikken CULLMAN	41	Vail CO	1:06:08.9	80	10:40
16.	7103	Jason NUNNERY	46	Colorado Spgs CO	1:06:17.6	83	10:41
17.	7265	D MENDOZZA	46	Denver CO	1:08:15.4	91	11:00
18.	7023	Wade POLLARD	42	Westminster CO	1:08:18.9	92	11:01
19.	7237	Jeff COLYER	47	Charlotte NC	1:08:30.6	94	11:03
20.	7208	Ryan JESTER	41	Oregon WI	1:11:19.0	109	11:30
21.	7059	Charles MCCASH	45	Louisville CO	1:11:38.5	113	11:33
22.	7159	Ted DOWNEY	47	Denver CO	1:15:22.3	133	12:09
23.	7191	Daniel BOUCHARD	46	Corp Christi TX	1:15:59.1	137	12:15
24.	7255	Michael LOWRY	41	Corpus Christi TX	1:21:51.1	166	13:12
25.	7104	Chad ROLSTAD	46	Calgary AB	1:24:06.5	178	13:33
26.	7111	Joe SHANKLAND	49	Edwards CO	1:28:41.5	206	14:18
27.	7091	Steven YOUNG	41	Denver CO	1:30:11.7	214	14:32



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28.	7229	Brian DEGRYSE	43	Denver CO	1:30:39.2	216	14:37
29.	7125	Jeremy WICKERSHAM	48	Vail CO	1:36:16.3	221	15:31
30.	7133	Jeffrey PETRELLO	45	Arvada CO	1:41:59.5	231	16:27

Women 40-49

1.	7325	Myriah BLAIR	46	Eagle CO	59:11.3	52	9:32
2.	7218	Margaret SPRING	46	Denver CO	1:00:54.4	55	9:49
3.	7072	Katie REDDEN	42	Avon CO	1:01:29.0	56	9:55
4.	7209	Erin HOOD	43	Eagle CO	1:03:12.5	67	10:11
5.	7322	Tracie RUPERT	42	Erie CO	1:06:12.0	82	10:40
6.	7242	Laura ZAUNBRECHER	40	Boulder CO	1:06:54.1	86	10:47
7.	7001	Liz LIERMAN	45	Denver CO	1:07:32.6	88	10:53
8.	7271	Lindsay PHILLIPS	43	Arvada CO	1:12:34.8	118	11:42
9.	7128	Ashley ROACH	46	Edwards CO	1:15:56.9	135	12:14
10.	7067	Sara FAHRNEY	43	Wolcott CO	1:16:55.2	146	12:24
11.	7050	Jen BAKER	42	Lakewood CO	1:18:18.5	151	12:37
12.	7248	Andrea JANZEN	43	Castle Pines CO	1:18:31.9	154	12:39
13.	7029	Arica BORES	44	Lochbuie CO	1:19:14.6	158	12:46
14.	7161	Janet PULSIFER	44	Vail CO	1:22:20.2	170	13:16
15.	7266	Ashley BEAM	40	Vail CO	1:22:20.3	171	13:16
16.	7321	Amanda WHITAKER	42	Evergreen CO	1:24:31.9	180	13:38
17.	7150	Becky HESSELTINE	41	Eagle CO	1:24:50.9	183	13:41
18.	7036	Marcette GORDON	48	Eagle CO	1:24:51.2	184	13:41
19.	7136	Lindsey KRAFT	42	Eagle CO	1:25:23.0	187	13:46
20.	7158	Andreyra KRIEVES	42	Grand Jct CO	1:26:11.8	193	13:54
21.	7085	Lena MATHEWS	43	Baltimore MD	1:27:43.2	198	14:08
22.	7221	Cindy VILLESAS	41	Denver CO	1:27:52.5	201	14:10
23.	7063	Elizabeth PARK	42	Centennial CO	1:29:18.7	209	14:24
24.	7175	Karina LOPEZ	41	Mexico City DIF	1:30:39.3	217	14:37
25.	7113	Laura PITTS	48	Savannah GA	1:38:35.4	227	15:54
26.	7040	Mary-Beth VALLEY	42	Deland FL	1:40:38.2	229	16:13
27.	7244	Suzy MOBARAK	41	Edwards CO	1:45:39.1	235	17:02

Men 50-59

1.	7027	Victor RUGGIERO	50	Durango CO	56:56.0	38	9:10
2.	7232	Mark SPEETS	54	Houston TX	1:03:56.9	70	10:18
3.	7056	Benjamin KERN	53	Frisco CO	1:08:58.7	96	11:07
4.	7243	Sean MALONE	51	Denver CO	1:10:34.8	105	11:23
5.	7079	Henry QUIGLEY	50	Houston TX	1:11:21.5	110	11:30
6.	7084	Alex GONZALEZ	58	Colorado Spgs CO	1:14:01.2	126	11:56
7.	7173	John D'ANGELO	55	Eagle CO	1:18:04.0	150	12:35
8.	7162	Matt JOHNSON	55	Gypsum CO	1:20:28.1	162	12:58



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9.	7178	Tony CASSON	53	Boulder CO	1:29:22.1	211	14:24
10.	7007	Glenn DAVIS	57	Westminster MA	2:12:59.1	244	21:26

Women 50-59

1.	7054	Shawna LINSTEDT	51	Fort Collins CO	1:21:44.9	165	13:11
2.	7233	Wendy KIRBY	54	Houston TX	1:22:10.6	168	13:15
3.	7147	Allison VISOSKY	57	Denver CO	1:22:40.3	173	13:20
4.	7106	Aline THOMPSON	51	Denver CO	1:26:22.5	195	13:55
5.	7235	Sherri BARTELS	59	Birmingham AL	1:39:22.3	228	16:01
6.	7008	Tara KELLEY	51	Reading MA	2:12:58.9	243	21:26

Men 60-69

1.	7324	Eddie METRO	63	Boulder CO	1:15:56.8	134	12:14
2.	7099	Dean HARDY	61	Avon CO	1:16:42.3	145	12:22
3.	7148	Kent KRIEHN	68	Edwards CO	1:25:35.5	189	13:48
4.	7205	Charles KAISER	65	Saint Louis MO	1:35:32.0	220	15:24
5.	7234	Mark STIEBELING	67	Arvada CO	1:38:06.6	224	15:49

Women 60-69

1.	7257	Molly ANSFIELD	66	Eagle CO	1:24:34.8	181	13:38
2.	7122	Michelle HAYES	69	Edwards CO	1:47:30.1	238	17:20

Men 70 and Over

1.	7260	Nicholas FICKLING	73	Edwards CO	1:08:20.9	93	11:01
2.	7028	Kent DAVIS	71	Castle Pines CO	1:50:57.2	241	17:53
3.	7061	Marlin SMICKLEY	84	Edwards CO	2:40:42.9	245	25:55
4.	7047	Bill MOYLE	84	Lone Tree CO	2:50:22.4	246	27:28

Number of records: 247