

5th Annual Tails and Trails 5K

Overall Detail

November 19, 2011

Results By Lee Timing LLC

Place	Name	Bib No	Gender/Age	Laps	Time	Total Time	Pace	Distance
1	Leah Nicholson	17	F/24	6		20:16.9	6:31/M	3.107
				Pre-loop section	0:36.2	0:36.2	4:55/M	0.122
				Lap 1	3:43.6	4:19.8	6:14/M	0.719
				Lap 2	3:55.2	8:15.0	6:34/M	1.316
				Lap 3	3:59.4	12:14.4	6:40/M	1.913
				Lap 4	4:03.2	16:17.6	6:47/M	2.510
				Lap 5	3:59.2	20:16.9	6:40/M	3.107
2	Eric Duncan	7	M/32	6		21:48.6	7:01/M	3.107
				Pre-loop section	0:41.0	0:41.0	5:36/M	0.122
				Lap 1	4:11.5	4:52.6	7:00/M	0.719
				Lap 2	4:12.4	9:05.0	7:02/M	1.316
				Lap 3	4:22.2	13:27.3	7:19/M	1.913
				Lap 4	4:12.0	17:39.3	7:02/M	2.510
				Lap 5	4:09.3	21:48.6	6:57/M	3.107
3	Kevin Ager	29	M/	6		22:06.2	7:07/M	3.107
				Pre-loop section	0:41.4	0:41.4	5:36/M	0.122
				Lap 1	4:01.5	4:43.0	6:44/M	0.719
				Lap 2	4:14.9	8:57.9	7:05/M	1.316
				Lap 3	4:25.0	13:22.9	7:24/M	1.913
				Lap 4	4:21.4	17:44.3	7:17/M	2.510
				Lap 5	4:21.9	22:06.2	7:17/M	3.107
4	Diane Wilson	27	F/	6		22:14.5	7:09/M	3.107
				Pre-loop section	0:39.2	0:39.2	5:20/M	0.122
				Lap 1	4:13.8	4:53.1	7:04/M	0.719
				Lap 2	4:18.6	9:11.7	7:12/M	1.316
				Lap 3	4:22.8	13:34.5	7:19/M	1.913
				Lap 4	4:21.6	17:56.2	7:17/M	2.510
				Lap 5	4:18.3	22:14.5	7:12/M	3.107
5	Sarah Jones	15	F/20	6		23:06.6	7:26/M	3.107
				Pre-loop section	0:40.7	0:40.7	5:28/M	0.122
				Lap 1	4:11.4	4:52.2	7:00/M	0.719
				Lap 2	4:20.5	9:12.7	7:16/M	1.316
				Lap 3	4:33.1	13:45.8	7:37/M	1.913
				Lap 4	4:39.6	18:25.4	7:47/M	2.510
				Lap 5	4:41.1	23:06.6	7:51/M	3.107
6	Billy Willingham	24	M/53	6		24:17.0	7:49/M	3.107
				Pre-loop section	0:44.1	0:44.1	6:01/M	0.122

				Lap 1	4:31.1	5:15.2	7:34/M	0.719
				Lap 2	4:44.9	10:00.1	7:56/M	1.316
				Lap 3	4:46.8	14:46.9	7:59/M	1.913
				Lap 4	4:47.3	19:34.2	8:01/M	2.510
				Lap 5	4:42.8	24:17.0	7:52/M	3.107
7	Michael Lynch	14	M/31	6	24:34.9	7:54/M	3.107	
				Pre-loop section	0:45.0	0:45.0	6:09/M	0.122
				Lap 1	4:22.3	5:07.3	7:19/M	0.719
				Lap 2	4:46.8	9:54.1	7:59/M	1.316
				Lap 3	4:51.6	14:45.8	8:07/M	1.913
				Lap 4	4:56.4	19:42.2	8:16/M	2.510
				Lap 5	4:52.7	24:34.9	8:09/M	3.107
8	Tanya Capps	2	F/37	6	24:54.9	8:01/M	3.107	
				Pre-loop section	0:54.7	0:54.7	7:23/M	0.122
				Lap 1	4:35.5	5:30.2	7:41/M	0.719
				Lap 2	4:47.0	10:17.2	8:01/M	1.316
				Lap 3	4:58.7	15:15.9	8:19/M	1.913
				Lap 4	4:53.3	20:09.3	8:11/M	2.510
				Lap 5	4:45.6	24:54.9	7:57/M	3.107
9	Dennis Duffy	6	M/53	6	25:23.5	8:10/M	3.107	
				Pre-loop section	0:48.2	0:48.2	6:33/M	0.122
				Lap 1	4:47.5	5:35.7	8:01/M	0.719
				Lap 2	5:01.4	10:37.2	8:24/M	1.316
				Lap 3	5:03.7	15:40.9	8:28/M	1.913
				Lap 4	5:00.1	20:41.1	8:23/M	2.510
				Lap 5	4:42.4	25:23.5	7:52/M	3.107
10	Victor Dostrow	5	M/52	6	25:26.9	8:11/M	3.107	
				Pre-loop section	0:50.6	0:50.6	6:50/M	0.122
				Lap 1	4:57.5	5:48.2	8:17/M	0.719
				Lap 2	4:55.0	10:43.2	8:14/M	1.316
				Lap 3	4:58.9	15:42.1	8:19/M	1.913
				Lap 4	4:59.9	20:42.1	8:21/M	2.510
				Lap 5	4:44.8	25:26.9	7:56/M	3.107
11	Roger Gosnell	25	M/60	6	26:35.5	8:33/M	3.107	
				Pre-loop section	0:48.6	0:48.6	6:33/M	0.122
				Lap 1	4:40.8	5:29.4	7:49/M	0.719
				Lap 2	5:16.4	10:45.9	8:49/M	1.316
				Lap 3	5:18.3	16:04.2	8:53/M	1.913
				Lap 4	5:22.5	21:26.8	8:59/M	2.510
				Lap 5	5:08.7	26:35.5	8:36/M	3.107
12	Nancy Griffin	10	F/54	6	26:54.9	8:39/M	3.107	
				Pre-loop section	0:49.8	0:49.8	6:42/M	0.122
				Lap 1	5:06.8	5:56.7	8:33/M	0.719

				Lap 2	5:22.5	11:19.2	8:59/M	1.316
				Lap 3	5:25.1	16:44.3	9:04/M	1.913
				Lap 4	5:13.8	21:58.2	8:44/M	2.510
				Lap 5	4:56.7	26:54.9	8:16/M	3.107
13	Mitzi Pearson	18	F/49	6	26:55.8	8:40/M	3.107	
				Pre-loop section	0:57.7	0:57.7	7:47/M	0.122
				Lap 1	5:08.8	6:06.5	8:36/M	0.719
				Lap 2	5:17.6	11:24.1	8:51/M	1.316
				Lap 3	5:18.3	16:42.4	8:53/M	1.913
				Lap 4	5:19.0	22:01.4	8:54/M	2.510
				Lap 5	4:54.4	26:55.8	8:12/M	3.107
14	Elizabeth Bruning	1	F/28	6	28:25.5	9:09/M	3.107	
				Pre-loop section	0:59.4	0:59.4	8:04/M	0.122
				Lap 1	5:18.1	6:17.6	8:53/M	0.719
				Lap 2	5:34.7	11:52.3	9:19/M	1.316
				Lap 3	5:30.6	17:22.9	9:13/M	1.913
				Lap 4	5:27.1	22:50.0	9:08/M	2.510
				Lap 5	5:35.5	28:25.5	9:21/M	3.107
15	Leah Mathews	28	F/42	6	28:47.2	9:16/M	3.107	
				Pre-loop section	0:57.3	0:57.3	7:47/M	0.122
				Lap 1	5:19.0	6:16.4	8:54/M	0.719
				Lap 2	5:34.8	11:51.2	9:19/M	1.316
				Lap 3	5:36.5	17:27.7	9:23/M	1.913
				Lap 4	5:40.2	23:07.9	9:30/M	2.510
				Lap 5	5:39.3	28:47.2	9:28/M	3.107
16	Damian Dirscherl	30	M/70	6	28:53.3	9:18/M	3.107	
				Pre-loop section	0:58.9	0:58.9	7:55/M	0.122
				Lap 1	5:20.8	6:19.8	8:56/M	0.719
				Lap 2	5:34.5	11:54.3	9:19/M	1.316
				Lap 3	5:38.3	17:32.6	9:26/M	1.913
				Lap 4	5:44.9	23:17.5	9:36/M	2.510
				Lap 5	5:35.7	28:53.3	9:21/M	3.107
17	Michelette Icenhower	12	F/29	6	31:36.5	10:10/M	3.107	
				Pre-loop section	1:02.2	1:02.2	8:28/M	0.122
				Lap 1	6:06.5	7:08.8	10:13/M	0.719
				Lap 2	6:05.1	13:13.9	10:11/M	1.316
				Lap 3	6:06.7	19:20.6	10:13/M	1.913
				Lap 4	6:10.2	25:30.8	10:20/M	2.510
				Lap 5	6:05.7	31:36.5	10:11/M	3.107
18	Elnora Thompson	21	F/63	6	32:40.0	10:31/M	3.107	
				Pre-loop section	1:05.7	1:05.7	8:53/M	0.122
				Lap 1	6:08.0	7:13.8	10:16/M	0.719
				Lap 2	6:23.8	13:37.6	10:42/M	1.316

				Lap 3	6:24.6	20:02.3	10:43/M	1.913
				Lap 4	6:28.8	26:31.1	10:50/M	2.510
				Lap 5	6:08.9	32:40.0	10:16/M	3.107
19	Kevin Eisenhart	8	M/33	6		33:07.8	10:40/M	3.107
				Pre-loop section	1:03.0	1:03.0	8:36/M	0.122
				Lap 1	5:20.5	6:23.5	8:56/M	0.719
				Lap 2	6:04.2	12:27.8	10:10/M	1.316
				Lap 3	6:38.7	19:06.5	11:07/M	1.913
				Lap 4	7:12.7	26:19.2	12:04/M	2.510
				Lap 5	6:48.5	33:07.8	11:23/M	3.107
20	Angelos Christoforou	3	M/30	6		34:51.2	11:13/M	3.107
				Pre-loop section	1:02.5	1:02.5	8:28/M	0.122
				Lap 1	6:10.0	7:12.6	10:20/M	0.719
				Lap 2	6:47.6	14:00.2	11:22/M	1.316
				Lap 3	7:03.4	21:03.6	11:49/M	1.913
				Lap 4	7:04.1	28:07.7	11:50/M	2.510
				Lap 5	6:43.4	34:51.2	11:15/M	3.107
21	Valerie Christoforou	4	F/29	6		34:57.4	11:15/M	3.107
				Pre-loop section	1:02.4	1:02.4	8:28/M	0.122
				Lap 1	6:10.4	7:12.8	10:20/M	0.719
				Lap 2	6:47.5	14:00.3	11:22/M	1.316
				Lap 3	7:03.5	21:03.8	11:49/M	1.913
				Lap 4	7:04.0	28:07.9	11:50/M	2.510
				Lap 5	6:49.5	34:57.4	11:25/M	3.107
22	Mary Harris	11	F/24	6		38:10.0	12:17/M	3.107
				Pre-loop section	1:08.5	1:08.5	9:17/M	0.122
				Lap 1	6:06.4	7:14.9	10:13/M	0.719
				Lap 2	8:04.2	15:19.2	13:31/M	1.316
				Lap 3	7:08.6	22:27.8	11:57/M	1.913
				Lap 4	8:07.6	30:35.5	13:36/M	2.510
				Lap 5	7:34.5	38:10.0	12:40/M	3.107
23	Kelci King	13	F/21	6		38:10.1	12:17/M	3.107
				Pre-loop section	1:08.2	1:08.2	9:17/M	0.122
				Lap 1	6:06.3	7:14.6	10:13/M	0.719
				Lap 2	8:04.4	15:19.0	13:31/M	1.316
				Lap 3	6:58.8	22:17.8	11:40/M	1.913
				Lap 4	8:17.7	30:35.5	13:52/M	2.510
				Lap 5	7:34.6	38:10.1	12:40/M	3.107
24	Tammie Warner	26	F/48	6		40:58.4	13:11/M	3.107
				Pre-loop section	1:08.5	1:08.5	9:17/M	0.122
				Lap 1	7:38.3	8:46.9	12:47/M	0.719
				Lap 2	8:09.7	16:56.6	13:39/M	1.316
				Lap 3	8:09.9	25:06.5	13:39/M	1.913

				Lap 4	8:04.1	33:10.7	13:31/M	2.510
				Lap 5	7:47.7	40:58.4	13:02/M	3.107
25	Buffy Fowler	9	F/40	6		42:41.4	13:44/M	3.107
				Pre-loop section	1:16.6	1:16.6	10:23/M	0.122
				Lap 1	8:09.1	9:25.7	13:39/M	0.719
				Lap 2	8:13.7	17:39.4	13:46/M	1.316
				Lap 3	8:33.4	26:12.8	14:19/M	1.913
				Lap 4	8:30.2	34:43.1	14:14/M	2.510
				Lap 5	7:58.3	42:41.4	13:21/M	3.107
26	Virginia Ritter	20	F/54	6		42:56.6	13:49/M	3.107
				Pre-loop section	1:13.3	1:13.3	9:58/M	0.122
				Lap 1	7:58.1	9:11.4	13:21/M	0.719
				Lap 2	8:15.2	17:26.6	13:49/M	1.316
				Lap 3	8:29.8	25:56.4	14:13/M	1.913
				Lap 4	8:43.0	34:39.4	14:36/M	2.510
				Lap 5	8:17.2	42:56.6	13:52/M	3.107
27	Melanie Miller	16	F/55	4		27:36.2	14:26/M	1.913
				Pre-loop section	1:12.9	1:12.9	9:50/M	0.122
				Lap 1	7:59.8	9:12.7	13:22/M	0.719
				Lap 2	8:58.6	18:11.3	15:01/M	1.316
				Lap 3	9:24.8	27:36.2	15:45/M	1.913
28	Heather Welch	22	F/34	3		13:54.2	10:34/M	1.316
				Pre-loop section	1:00.6	1:00.6	8:12/M	0.122
				Lap 1	6:33.8	7:34.5	10:58/M	0.719
				Lap 2	6:19.7	13:54.2	10:35/M	1.316
29	Christine Welch	23	F/10	1		1:00.1	8:12/M	0.122
				Pre-loop section	1:00.1	1:00.1	8:12/M	0.122