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Below are results of runners who ran at Carrollton Runners Monthly races in 2011. [Prediction Runs](#) not included here.  
Prev Best - in Carrollton races (2003 - 2010) . To see older results, use the Carrollton Runners Club [results archives](#).

GD	Runner	PrevBest - Count	2010	2011	#	Jan	Feb	Mar	Chase	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
F1M	Laura Nelson	05:41(Sep10)-4	05:41	06:08	1							06:08						
F1M	Annabelle Everitt	-		06:22	1			06:22										
F1M	Frances Mckissick	07:06(Dec10)-9	07:06	06:49	1				06:49									
F1M	Kim Andres	07:00(Jun09)-14	07:04	07:02	9	07:38				07:22	07:21	07:18	07:09	07:02		07:25	07:31	07:46
F1M	Madeline Pearson	09:27(Mar10)-3	09:27	07:46	2			08:39							07:46			
F1M	Yanira Lopez	07:53(May10)-10	07:53	07:50	10	08:47	07:59	07:58		08:10		07:55		08:22	07:50	08:01	08:00	08:29
F1M	Megan Rumery	-		08:03	2					08:26	08:03							
F1M	Blake Bruser	13:14(Apr10)-1	13:14	08:16	7		08:16	09:46	09:56		11:58	08:40	12:51	13:49				
F1M	Callie Harrigan	-		08:41	1				08:41									
F1M	Juana Gutierrez	-		08:43	1					08:43								
F1M	Kay Scott	-		09:37	1								09:37					
F1M	Robin Phelps	-		09:38	1								09:38					
F1M	Robin Pearson	-		09:42	1			09:42										
F1M	Emma Velarde	-		10:11	1										10:11			
F1M	Carol Pope	-		10:12	1						10:12							
F1M	Eeva Toiviainen	-		10:13	1										10:13			
F1M	Tytti Lauhava-kaariainen	-		10:24	1										10:24			
F1M	Maryanne Maldonado	-		11:00	1		11:00											
F1M	Piper Baranowski	-		11:25	1								11:25					
F1M	Donna Carlson	-		12:35	2										12:51	12:35		
F1M	Anna Velarde	-		13:02	1										13:02			
F1M	Ebonie Williams	-		13:29	1											13:29		
F1M	Tina Hager	-		13:37	3								13:37	13:43		13:48		
F1M	Muh-ing Lee	-		13:37	1											13:37		
F1M	Kelly Eppelman	-		15:43	1										15:43			
F1M	Joyce Lindamond	-		18:54	1		18:54											
F1M	Lydia Willms	-		20:30	1										20:30			
F5K	Laura Nelson	19:26(Oct10)-7	19:26	19:41	9	20:22	20:38	20:15	19:56	20:10			20:50	20:05	19:41		20:14	
F5K	Yolanda Hopping	20:00(Dec03)-10		21:45	1					21:45								

F5K	Kim Rogers-Tracy	-		22:11	1												22:11	
F5K	Annabelle Everitt	-		22:12	1			22:12										
F5K	Blake Bruser	22:29(Aug10)-4	22:29	22:21	9		23:35	22:24	22:46	25:08	22:47	23:30	22:44	22:21		23:30		
F5K	Robin Pearson	23:53(May07)-4		22:54	2			22:54							23:55			
F5K	Zerlina Fung	-		23:11	1												23:11	
F5K	Frances Mckissick	20:30(Mar03)-15	24:03	23:32	1				23:32									
F5K	Cynthia Mullis	-		23:40	1								23:40					
F5K	Karen Oliver	-		24:14	1		24:14											
F5K	Amy Nold	-		24:26	1									24:26				
F5K	Eliza Tellez	-		24:30	1								24:30					
F5K	Rachel Finch	-		24:33	1							24:33						
F5K	Lisa Fritz	-		24:35	1									24:35				
F5K	Erin Spillman	-		24:38	1								24:38					
F5K	Sari Turkulainen	-		24:49	1												24:49	
F5K	Kim Andres	23:04(Aug08)-19	24:06	24:53	7	25:00				25:19	24:58	25:54		24:53		24:57	25:29	
F5K	Heather Mullis	-		25:08	1								25:08					
F5K	Keiko Yokoyama	28:36(Apr10)-3	28:36	25:16	3					25:54	25:56						25:16	
F5K	Tytti Lauhava-kaariainen	-		25:25	2									25:25			26:10	
F5K	Adriana Stanley	-		25:28	1									25:28				
F5K	Katariina Keranen	-		26:08	2										26:08		26:47	
F5K	Sarah Bohlman	-		26:10	6		28:13	26:47		26:34	26:10	26:43	26:49					
F5K	Yanira Lopez	26:43(Feb10)-10	26:43	26:20	10	27:12	28:01	27:24		28:26		28:49		28:46	27:38	26:20	26:40	27:22
F5K	Brandy Dahir	-		26:44	2							26:44	27:22					
F5K	Claudia Gallego	-		26:46	1												26:46	
F5K	Eeva Toiviainen	-		26:54	3										27:26	26:54	27:26	
F5K	Kelly Johnson	28:37(Aug08)-2		27:17	1	27:17												
F5K	Annie Koethe	-		27:20	1	27:20												
F5K	Brenda Bailey	-		27:21	1					27:21								
F5K	Suzanne Visanko	-		27:37	2											27:37	28:18	
F5K	Tess Patterson	-		27:51	1						27:51							
F5K	Sharon Wu	-		28:06	1		28:06											
F5K	Ashly McAllister	-		28:06	1							28:06						
F5K	Sandra Secrest	-		28:10	1										28:10			
F5K	Kay Scott	-		28:14	5						28:14		29:31	34:43	29:46		29:54	
F5K	Susana Gaona	-		28:44	1													28:44
F5K	Melisia Beukema	29:49(Nov10)-1	29:49	28:49	3		30:26				28:49						30:10	

F5K	Molly Barth	-		29:00	1				29:00								
F5K	Kavita Maung	-		29:18	1										29:18		
F5K	Pamela Day	-		29:33	1				29:33								
F5K	Robin Phelps	-		29:34	1							29:34					
F5K	Hannah Stutts	-		29:41	1							29:41					
F5K	Scymentress Williams	-		30:12	5		42:05		38:52		36:00			31:11	30:12		
F5K	Michelle Beckley	34:28(Dec09)-4		30:23	1		30:23										
F5K	Ashley Walkup	30:57(Nov10)-1	30:57	30:24	1												30:24
F5K	Kelsey Inman	-		30:27	1										30:27		
F5K	Carli Motsenbocker	-		30:28	1										30:28		
F5K	Anna-riikka Courtois	-		30:29	1									30:29			
F5K	Rikki Creech	26:56(Dec06)-4	30:59	30:31	1												30:31
F5K	English Minter	-		30:31	1										30:31		
F5K	Morgan Blaik	-		30:32	1										30:32		
F5K	Laurie Anne Hohman	31:14(Jun10)-1	31:14	30:44	2								30:58		30:44		
F5K	Cheryl Oliver	-		31:10	1								31:10				
F5K	Rachel Cummings	-		31:16	1							31:16					
F5K	Taylor Freeman	34:17(Oct10)-1	34:17	31:21	1	31:21											
F5K	Chiffon Okuda	-		31:29	6		33:35		31:29	33:55				35:11		35:22	35:57
F5K	Shelley Sisk	-		31:29	1							31:29					
F5K	Betsy Guidone	-		31:37	1											31:37	
F5K	Christine Mayhan	-		32:06	6		33:31		32:06	33:52				35:12		35:06	35:48
F5K	Kylie Haroldson	-		32:18	1							32:18					
F5K	Sirena Plitt	-		32:18	1							32:18					
F5K	Rachel Meador	-		32:40	3								35:04	32:40	33:04		
F5K	Christine Douglass	-		32:49	1												32:49
F5K	Amanda Witty	-		33:43	1								33:43				
F5K	Dee Mays	-		34:19	1										34:19		
F5K	Anna Franklin	-		34:39	1										34:39		
F5K	Cameron Rogers-Tracy	-		34:46	1												34:46
F5K	Piper Baranowski	-		34:50	1								34:50				
F5K	Tiffany Garrett	41:28(Aug10)-1	41:28	34:59	1				34:59								
F5K	Maryanne Maldonado	-		35:23	1		35:23										
F5K	Paige Loehding	38:29(May10)-1	38:29	35:29	1												35:29
F5K	Jennifer Loehding	30:35(Oct06)-5	35:57	35:29	1												35:29
F5K	Karol Curran	32:21(Feb09)-6		35:39	1		35:39										

F5K	Susan Schafer	-		35:41	3					37:40						37:31		35:41
F5K	Demicia Massey	-		36:05	1				36:05									
F5K	Sandra Castro	-		36:18	1							36:18						
F5K	Barbara Moran	-		36:28	1								36:28					
F5K	Alejandra Tellez	-		36:44	2						36:44	43:40						
F5K	Nicki Guidone	-		37:04	1												37:04	
F5K	Carol Pope	-		37:13	1								37:13					
F5K	Tracy Brewer	-		37:17	1								37:17					
F5K	Janice Snyder	33:51(Apr10)-1	33:51	37:20	1								37:20					
F5K	Rachel Hartman	-		37:23	2					37:23	39:02							
F5K	Carol Creech	33:08(Jan08)-20	35:08	37:25	8	39:20	38:34		38:40	37:27	38:48			40:48		37:45		37:25
F5K	Ruth Olinger	31:10(Jul04)-35	38:24	37:30	11			38:41	37:30	37:50	37:55	38:53	40:28	38:54	38:37	39:57	40:27	40:36
F5K	Elisabeth Gines	-		38:17	1		38:17											
F5K	Chelsea Hamilton	36:46(Jul10)-1	36:46	38:18	1		38:18											
F5K	Kimberly Porter	-		38:41	1				38:41									
F5K	Jennie Evans	-		38:47	1											38:47		
F5K	Jamila James	-		38:54	1													38:54
F5K	Stephanie James	-		38:55	1													38:55
F5K	Sara Viquez	-		39:01	1							39:01						
F5K	Evelyn Bruser	39:21(Oct10)-4	39:21	39:07	10		47:35	39:07	40:10	39:35	40:29	41:28	42:58	47:25	39:13	42:27		
F5K	Kristina Mcgovern	-		39:14	1							39:14						
F5K	Emelina Brown	-		40:19	1													40:19
F5K	Rebekah Currier	-		40:36	2		40:36				41:10							
F5K	Mary Salazar	-		41:00	1	41:00												
F5K	Lindsey Oliver	-		41:20	1								41:20					
F5K	Gina Guidone	-		41:30	1													41:30
F5K	Lauran Harrell	-		41:40	1													41:40
F5K	Fran Stout	-		41:52	1		41:52											
F5K	Candace Amanchuku	-		42:24	1							42:24						
F5K	Crystal Hemmenway	-		42:40	1								42:40					
F5K	Maleka Jiwani	-		42:44	1											42:44		
F5K	Jennifer Miller	-		43:12	1	43:12												
F5K	Rachel Tedesco	-		43:41	1						43:41							
F5K	Lindsay Eichten	-		44:05	1						44:05							
F5K	Morena Valle	-		46:02	1						46:02							
F5K	Izzie Brown	-		46:08	1													46:08

F5K	Sarah Brown	-		46:13	1												46:13
F5K	Rekha Sharma	-		46:24	2											46:59	46:24
F5K	Kelly Roberts	-		46:25	1					46:25							
F5K	Lindsay Calverts	-		47:21	1											47:21	
F5K	Julie Sutton	-		47:30	1											47:30	
F5K	Rachel Bouw	-		47:47	1											47:47	
F5K	Cathy Kupiec	-		49:52	1							49:52					
F5K	Erin Mahaffey	-		50:28	1	50:28											
F5K	Anna Schwendeman	-		50:29	1	50:29											
F5K	Janice Grimmett	-		50:29	1											50:29	
F5K	Katherine Coles	-		50:30	1											50:30	
F5K	Tiffyni Allen	-		51:01	1								51:01				
F5K	Alyssa Burke	-		52:22	1						52:22						
F5K	Elizabeth Adams	-		53:29	1											53:29	
F5K	Amanda Gylling	-		53:33	1		53:33										
F5K	Kimber Harlan	-		53:33	1											53:33	
F5K	Joan Harlan	-		53:34	1											53:34	
F5K	Shai Mendoza	42:15(Nov10)-3	42:15	53:40	1	53:40											
F5K	Katlyn Mendoza	39:59(Oct10)-1	39:59	53:40	1	53:40											
F5K	Andrenae Buchanan	-		70:03	1									70:03			
M1M	Kim Mang	-		05:11	3							05:22	05:26	05:11			
M1M	Albert Marban	05:30(Jul10)-1	05:30	05:23	1											05:23	
M1M	Hector Delgado	05:31(Jun10)-3	05:31	05:32	1								05:32				
M1M	Kris Nance	05:34(Sep10)-3	05:34	05:32	1								05:32				
M1M	Ray Liberatore	-		05:32	2									05:44	05:32		
M1M	Ryan Loehding	05:26(May10)-6	05:26	05:38	1												05:38
M1M	Ray Boydston	-		05:39	1					05:39							
M1M	Christian Mora	-		05:41	2						05:55	05:41					
M1M	James Royal	05:35(May10)-2	05:35	05:48	2							05:48		05:51			
M1M	Doug Elmore	08:09(Dec10)-1	08:09	05:52	3	06:46					05:52	06:06					
M1M	Blake Buelstel	-		05:52	2										05:52	06:07	
M1M	Gabriel Sapien	05:52(Sep10)-12	05:52	05:55	2		06:57		05:55								
M1M	Nathan Bruser	07:06(Dec10)-2	07:06	05:58	10		08:16	09:46	09:56	05:58	11:58	08:40	12:50	13:49		08:39	06:07
M1M	Ruben Saguil	06:36(May10)-3	06:36	06:07	12	06:59	07:06	06:52	06:39	06:43	06:32	06:33	06:32	06:16	06:07	06:22	06:37
M1M	Charlie Kaye	-		06:12	1											06:12	
M1M	Dennis Maietta	06:04(Apr10)-5	06:04	06:12	1							06:12					

M1M	Michael Rumery	-		06:15	6					08:26	08:03		06:35	06:26	06:26	06:15			
M1M	Enrique Hernandez	-		06:15	3	07:39							06:15	06:16					
M1M	Jeff Breese	05:49(Jun09)-5	06:48	06:17	6	06:29	08:57			08:01	08:06	06:21	06:17						
M1M	Rolando Hernandez	-		06:21	4								06:52	06:29	06:21	06:33			
M1M	Ian Maung	-		06:25	1												06:25		
M1M	Julio Lopez	06:26(Sep09)-13	06:26	06:26	9	06:52	07:02			06:47		06:58		06:36	06:38	06:27	06:28	06:26	
M1M	David Short	-		06:32	9		08:56	07:43	08:42	08:02	08:06	06:32		07:29	07:52		07:27		
M1M	Victor Rojas	-		06:38	3										06:45	06:38		06:59	
M1M	Kenny Hallman	06:50(Nov10)-2	06:50	06:40	5	06:58	06:57	06:40			06:57		06:45						
M1M	Sean Mcgowan	-		06:40	1		06:40												
M1M	John Ball	06:23(Feb10)-1	06:23	06:41	1	06:41													
M1M	Bill Shirley	06:59(Aug10)-2	06:59	06:42	3								06:52	06:42	06:53				
M1M	Gabe Guevara	-		06:48	1				06:48										
M1M	Thomas Conway	-		06:57	2										06:57			06:59	
M1M	Daniel Prado	-		06:57	1												06:57		
M1M	Andres Gonzales	-		07:04	1					07:04									
M1M	Wally Capps	07:32(Dec10)-1	07:32	07:06	3								07:06	07:16				07:42	
M1M	Danny Fuller	-		07:08	1												07:08		
M1M	Glenn Dumas	06:38(Jun09)-11	06:54	07:09	8	07:46	07:58	07:43	08:42	07:09	08:25	07:19						08:17	
M1M	Jacob Dinsmore	08:05(Feb09)-1		07:12	1							07:12							
M1M	Bruce Johnston	-		07:12	1				07:12										
M1M	Ari Dinsmore	07:30(Feb09)-1		07:13	1							07:13							
M1M	Anthony Ruiz	-		07:14	2						07:49	07:14							
M1M	Keith Kupiec	-		07:15	1								07:15						
M1M	Teddy Viator	-		07:18	5			08:23		07:27			07:19					08:23	07:18
M1M	Gary Cox	-		07:20	1				07:20										
M1M	Evan Samuels	-		07:24	1												07:24		
M1M	Scott Mckissick	06:32(Mar08)-18	07:20	07:25	8				07:49	09:32	07:46	07:42	07:32	07:43		07:25	07:38		
M1M	Duane Thomason	-		07:27	4		07:56							09:11	07:52		07:27		
M1M	Tal Fisher	-		07:29	1											07:29			
M1M	Paul Beukema	07:48(Nov10)-1	07:48	07:31	3						08:07			07:31			07:40		
M1M	David Mask	-		07:32	1												07:32		
M1M	Patrick Wheeler	-		07:33	2			08:58				07:33							
M1M	Ruben Reyes	07:56(Nov10)-2	07:56	07:38	8		08:02	08:06	08:13	09:34		08:20	07:52	07:38			07:46		
M1M	Mike Catt	-		07:49	6					07:49		07:57		08:41	08:47	08:29	08:23		
M1M	Ken Ashby	07:23(Aug09)-10	07:35	07:52	7					07:57	07:54	08:00	07:56	07:55	07:55	07:52			

M1M	Jim Sawyer	-		08:04	1										08:04		
M1M	Tinashe Chapuredima	-		08:19	1										08:19		
M1M	Rob Guarnieri	-		08:40	1										08:40		
M1M	Rishi Sirpal	-		08:41	1											08:41	
M1M	Sean Meehan	-		09:09	1			09:09									
M1M	Zac Hoppe	-		09:22	1		09:22										
M1M	Jordan Pearson	-		09:39	1			09:39									
M1M	Al Angell	-		09:51	1				09:51								
M1M	Nathan Eppelman	15:29(Nov09)-3	18:25	10:13	3		11:58							10:13			11:25
M1M	Scott Eppelman	15:54(Dec09)-2	18:26	10:13	3		12:15							10:13			11:27
M1M	Greg Makin	-		10:39	1		10:39										
M1M	David Maldonado	06:15(Aug03)-2		11:00	1		11:00										
M1M	Dean Baranowski	-		11:25	1							11:25					
M1M	Christopher Williams	-		11:49	1		11:49										
M1M	Nicholas Eppelman	15:29(Nov09)-3	18:28	12:12	2		12:12							15:41			
M1M	Craig Trotter	-		12:25	1							12:25					
M1M	Roger Carlson	-		12:47	1										12:47		
M1M	Aaron Willms	-		20:30	1									20:30			
M5K	Tommy Brown	-		17:21	1												17:21
M5K	Kim Mang	-		18:45	3							19:06	18:56	18:45			
M5K	Albert Marban	19:53(Jun10)-2	19:53	18:46	2						18:52				18:46		
M5K	Kris Nance	19:10(Dec10)-3	19:10	18:47	5	18:50		18:47				19:06	20:18	18:58			
M5K	Mark Zucker	-		19:03	1							19:03					
M5K	Brad Pearson	19:28(Mar10)-3	19:28	19:09	2			19:09			20:34						
M5K	Doug Elmore	19:22(Dec10)-2	19:22	19:17	3	19:17					20:36	19:56					
M5K	Froylan Franco	19:39(Sep10)-4	19:39	19:18	2	19:18		19:53									
M5K	Ryan Loehding	18:25(Apr07)-13	18:51	19:31	2							20:44					19:31
M5K	Terry Marcott	18:19(Mar04)-6	20:43	19:49	1	19:49											
M5K	Aaron Plitt	-		19:53	1							19:53					
M5K	Bryan Girouard	21:16(Aug09)-1		19:56	1									19:56			
M5K	Dennis Maietta	21:13(Dec10)-7	21:13	19:58	8	20:54	25:25	19:58	20:36	20:35			21:22		21:20		22:19
M5K	Frankie Agius	-		20:01	1												20:01
M5K	Enrique Hernandez	20:34(Nov10)-1	20:34	20:06	4	20:06						23:23	22:10		22:36		
M5K	Ray Boydston	-		20:16	1					20:16							
M5K	Ray Liberatore	-		20:18	3								21:50	20:18	20:32		
M5K	Joseph Caguioa	-		20:32	1		20:32										

M5K	Ross Kahn	-		20:36	1						20:36							
M5K	Doug Waters	19:55(Jan03)-12	21:42	20:55	5						23:15	22:28	23:15				22:30	20:55
M5K	Hector Delgado	18:54(Feb08)-7		20:56	1									20:56				
M5K	Gabriel Sapien	20:02(Apr07)-31	20:50	21:02	1		21:02											
M5K	John Ball	20:37(Dec06)-6	20:38	21:05	2	21:05							22:05					
M5K	Ian Maung	-		21:09	5						22:16		22:41			21:14	23:16	21:09
M5K	Ryan Montcalm	20:03(Apr10)-8	20:03	21:11	1						21:11							
M5K	Charlie Kaye	-		21:20	1											21:20		
M5K	Oscar Leal	-		21:27	1												21:27	
M5K	Steve Calonkey	-		21:28	1							21:28						
M5K	Kyle Mckinnon	-		21:36	1											21:36		
M5K	David Short	24:16(Sep10)-2	24:16	21:46	10	26:48	24:07	23:39	22:52	23:22	22:47	24:41		22:21	23:37		21:46	
M5K	James Royal	19:26(Apr10)-5	19:26	21:48	2							21:55		21:48				
M5K	Julio Lopez	21:14(Sep09)-16	21:29	21:57	10	23:37	22:49			22:36	25:37	22:28		22:42	22:25	22:11	21:57	22:01
M5K	Jeff Breese	21:04(Feb09)-10	21:22	22:11	6	23:31	24:08			23:47	22:11	24:55	23:56					
M5K	James Murtaugh	22:12(Feb09)-1		22:19	1							22:19						
M5K	Nathan Bruser	20:00(Mar09)-10	22:29	22:21	10		23:35	22:24	22:45	25:08	22:47	23:30	22:44	22:21		23:30	22:53	
M5K	Adam Oliver(79)	-		22:26	1		22:26											
M5K	Gabe Guevara	-		22:27	1			22:27										
M5K	Victor Rojas	-		22:29	5								22:53	22:29	23:19	23:29		27:59
M5K	Tal Fisher	-		22:31	2					23:22						22:31		
M5K	Adam Bonilla	-		22:32	1								22:32					
M5K	Blake Bueltel	-		22:38	3									22:38	25:29	25:28		
M5K	Isaias Rubio	-		22:44	2									24:59		22:44		
M5K	David Mask	22:48(Jan08)-9	23:00	22:52	10	24:31		23:28		22:55	23:26	24:17	24:24	24:11	23:35	22:52	25:08	
M5K	Matthew Mordhorst	-		22:55	1													22:55
M5K	Daniel Prado	-		22:57	2									24:34		22:57		
M5K	Sean Meehan	21:33(Aug10)-3	21:33	22:58	1			22:58										
M5K	John Nance	20:19(Jun03)-50	22:38	23:01	7	23:42	23:27	23:01				23:03	24:19		26:43			28:57
M5K	Kevin Kittredge	-		23:02	1		23:02											
M5K	Bob Krener	-		23:06	1						23:06							
M5K	M Maimonides	23:21(Sep10)-1	23:21	23:07	4		25:21					23:07	23:38	23:18				
M5K	Pedro Pacheco	-		23:13	1	23:13												
M5K	Scott Bertrand	-		23:13	1													23:13
M5K	Wally Capps	23:31(Dec10)-1	23:31	23:18	3								23:24	23:18				24:46
M5K	Patrick Wheeler	21:21(Feb05)-2		23:21	3			23:21		23:56		24:37						




M5K	Austin Foster	-		23:22	1							23:22						
M5K	Gary Cox	-		23:24	1				23:24									
M5K	Joshua Miller	-		23:28	1						23:28							
M5K	Jonah Barth	-		23:32	2					24:02					23:32			
M5K	Jesus Puentes	-		23:34	1						23:34							
M5K	Nate Hoppe	-		23:34	1			23:34										
M5K	Luis Carmona	-		23:37	1			23:37										
M5K	Layton Freeman	25:57(Oct10)-1	25:57	23:56	2	25:07	23:56											
M5K	Roland Cormier	-		23:58	1												23:58	
M5K	Thomas Conway	-		24:04	2										24:34			24:04
M5K	Trey Ruiz	-		24:11	1							24:11						
M5K	Bruce Johnston	-		24:24	1					24:24								
M5K	Benjamin Gillick	-		24:25	1	24:25												
M5K	Keith Kupiec	28:26(Sep10)-7	28:26	24:29	8	27:22	27:36			34:59	30:30	28:02	49:52		27:00	24:29		
M5K	Jose Albanil	-		24:34	1												24:34	
M5K	Philip Bailey	-		24:34	1					24:34								
M5K	Brad Golub	-		24:41	1					24:41								
M5K	Rishi Sirpal	-		24:50	1												24:50	
M5K	Kenny Hallman	24:01(Oct10)-16	24:01	24:50	4	27:34	26:22	25:12			24:50							
M5K	Matteo Agius	-		24:50	1													24:50
M5K	Frank Finch	-		24:51	1							24:51						
M5K	Dierk Hohman	34:15(Jun08)-1		24:59	3									26:50		24:59	25:40	
M5K	Terry Mullis	-		25:08	1								25:08					
M5K	Michael Rumery	-		25:10	7		25:55			26:12	26:42		31:28	27:13	25:10	25:58		
M5K	John Smith	26:19(Dec10)-2	26:19	25:11	1	25:11												
M5K	Evan Samuels	-		25:14	2									26:45		25:14		
M5K	Barrett Clark	-		25:17	1						25:17							
M5K	Spareribs Lamothe	21:48(Jun07)-5		25:20	1												25:20	
M5K	Paul Beukema	26:34(Nov10)-2	26:34	25:20	5		26:09			25:27	26:19			25:20			26:39	
M5K	Shawn Syed	-		25:24	1													25:24
M5K	Duane Thomason	-		25:30	5	25:30	25:48							29:12	25:59		28:09	
M5K	Harris Syed	-		25:31	1													25:31
M5K	Glenn Dumas	22:07(Oct05)-60	24:06	25:32	8	25:41	25:32	27:44	27:12	26:18	26:57	27:17						27:18
M5K	Teddy Viator	-		25:34	6	26:09		25:34		26:34			26:36				27:35	25:40
M5K	Sam Aronowitz	-		25:46	1								25:46					
M5K	James Johnson	26:03(Dec09)-3	26:21	25:47	7	26:10	25:48	27:02		27:12						25:47	27:12	26:11

M5K	Ken Ashby	20:48(Jun03)-70	25:29	25:52	7					26:41	25:52	27:51	27:37	27:11	27:15	26:35			
M5K	Ryan Meade	-		25:56	1	25:56													
M5K	Doran Brown	28:48(Sep08)-3		25:58	4	26:49				26:17	25:58	26:24							
M5K	Joshua Thompson	-		26:04	1								26:04						
M5K	Joe Minden	-		26:04	1	26:04													
M5K	Bill Shirley	23:51(Jul10)-3	23:51	26:08	3								30:50	28:02	26:08				
M5K	Scott Mckissick	20:20(Mar03)-44	25:08	26:11	7				26:56	32:54		27:21	26:19	26:45		26:11	28:01		
M5K	John Veloria	28:57(Aug10)-1	28:57	26:30	2		28:15						26:30						
M5K	Rolando Hernandez	-		26:49	1											26:49			
M5K	Peter Chan	24:29(Feb08)-5		26:57	1														26:57
M5K	Leon Reynoso	-		27:00	1					27:00									
M5K	Nate Hruby	-		27:01	1	27:01													
M5K	Curt Burgess	21:37(Jun08)-3		27:10	2		28:52							27:10					
M5K	Gerardo Gomez	-		27:26	1											27:26			
M5K	Ruben Reyes	25:37(Jul09)-12	25:47	27:40	9		27:40	28:54	29:39	29:54	29:17	28:11	28:29	30:29			28:34		
M5K	Jeff Keup	-		27:46	1														27:46
M5K	Glenn Meador	-		27:50	3									30:47	28:56	27:50			
M5K	David Maldonado	22:23(Sep04)-13		28:11	1		28:11												
M5K	Ed Dawood	-		28:13	1											28:13			
M5K	Danny Fuller	-		28:14	1												28:14		
M5K	Jim Sawyer	-		28:18	1											28:18			
M5K	Speed Collingsworth	23:11(Apr04)-4	28:50	28:23	1	28:23													
M5K	Mark Burnett	-		28:27	1												28:27		
M5K	Christopher Williams	-		28:30	3	28:37	29:03			28:30									
M5K	Mark Maddux	-		28:46	1					28:46									
M5K	Adam Barth	-		28:59	1					28:59									
M5K	Ken Robinson	27:04(Mar10)-13	27:04	29:13	1	29:13													
M5K	Ronald Bennett	-		29:17	1		29:17												
M5K	Mike Catt	-		29:31	6					29:31		32:26		33:30	32:51	29:58	31:05		
M5K	Blake Emert	-		29:41	1									29:41					
M5K	Gray Kinney	30:17(May10)-1	30:17	29:58	2						30:34								29:58
M5K	Tinashe Chapuredima	-		29:59	1											29:59			
M5K	Miguel Matos	27:41(Sep10)-2	30:45	30:49	3								33:28	32:09	30:49				
M5K	Fred Cummings	-		31:17	1							31:17							
M5K	Kevin Casey	-		31:23	1						31:23								
M5K	Ali Mozayan	-		31:41	1		31:41												

M5K	Jake Davis	-		32:09	1							32:09					
M5K	Patrick Greene	26:31(Apr06)-24	32:34	33:47	3					33:47					35:03	35:17	
M5K	Gavin Hunt	-		34:39	1		34:39										
M5K	Braeden Rogers-Tracy	-		34:46	1											34:46	
M5K	Aidan Beukema	35:51(Nov10)-1	35:51	34:48	3		34:59			35:12					34:48		
M5K	Dean Baranowski	19:57(Dec04)-11	26:34	34:51	1						34:51						
M5K	Al Angell	-		34:55	1			34:55									
M5K	Timothy Eaton	-		35:56	1							35:56					
M5K	Gavin Berghuis	-		36:05	1		36:05										
M5K	Jake Patterson	-		36:30	1					36:30							
M5K	Yuichi Cowles	27:58(Apr10)-3	27:58	36:31	1				36:31								
M5K	Jonathan Gilbert	-		36:37	1						36:37						
M5K	Dusty Powell	-		36:39	1						36:39						
M5K	Dennis Chupp	23:08(Mar03)-12	29:17	36:56	1									36:56			
M5K	Steve Long	-		36:58	1										36:58		
M5K	Charles Key	-		37:16	1								37:16				
M5K	Sean Loehding	-		38:50	1											38:50	
M5K	Adam Hartman	-		38:53	1						38:53						
M5K	Neeraj Bhatia	-		39:00	1							39:00					
M5K	Edgar Hernandez	22:21(Jun09)-1		39:41	2							42:46	39:41				
M5K	Robert Cunningham	30:10(Mar03)-51	38:54	41:52	10	41:52		48:33	46:43		45:11	43:17	44:45	45:23	48:42	46:46	48:29
M5K	Brandon Eichten	-		44:27	1						44:27						
M5K	Oscar Brown	-		46:10	1											46:10	
M5K	David Allen	24:24(Jan08)-1		47:18	1								47:18				
M5K	William An	-		47:41	1	47:41											
M5K	Brandon Burke	-		52:20	1							52:20					
M5K	Alexander Adams	-		53:30	1										53:30		
M5K	Greg Makin	-		53:35	1		53:35										
M5K	Nathaniel An	-		53:40	1	53:40											
M5K	Sonny Mendoza	-		53:48	1	53:48											
M5K	Andre Buchanan	-		70:02	1								70:02				



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