

# Frisco Trail Race

NW Community DORBA Trail, Frisco, TX

Saturday, February 19, 2022

40F Clear 43%H 4mphSW  
5K Off :08:30 / 10K Off :7:30

## 10K MALE

		35 Runners --- Average Time of 0:56:40		Avg. Age Grade: 54.6%		Place in			
	Name	City	(Age)	@Checkpoint	Chip Time	Pace	Age Grade	OA	GD
OVERALL	1st	<u>Luke Halterman</u>	Euless	(32)	42:55.17	6:54.4	63.1%	1	1
OVERALL	2nd	<u>Kash Tavakoli</u>	Plano	(29)	42:55.17	6:54.4	62.6%	2	2
OVERALL	3rd	<u>Jason Savill</u>	Frisco	(40)	43:47.80	7:02.9	64.9%	3	3
MASTERS	1st	<u>Roger Astran</u>	Rowlett	(45)	45:45.90	7:21.9	64.5%	6	6
M20-29	1	<u>Byron Weiss</u>	Dallas	(29)	1:03:18.57	10:11.3	42.4%	35	27
M30-39	1	<u>Timothy Nabonne</u>	Dallas	(34)	44:30.83	7:09.8	61.3%	4	4
	2	<u>Ruben Trevino</u>	North Richland Hills	(32)	45:02.80	7:15.0	60.1%	5	5
	3	<u>Maks Mikhalov</u>	Celina	(39)	46:15.33	7:26.6	61.0%	7	7
	4	Jose Alvarez	Fulton, AR	(31)	46:37.39	7:30.2	57.9%	8	8
	5	Sergio Arias	Bedford	(38)	48:37.53	7:49.5	57.6%	12	11
	6	Jonathan Moore	Frisco	(33)	48:46.78	7:51.0	55.7%	13	12
	7	Jason Dupree	Fort Worth	(39)	56:09.29	9:02.2	50.2%	24	21
	8	Manas Phadnis	Frisco	(38)	1:26:39.81	13:56.8	32.3%	54	34
M40-49	1	<u>Tyler Flaherty</u>	Coppell	(43)	47:23.79	7:37.7	61.3%	10	9
	2	<u>Hector Lopez</u>	Garland	(49)	48:13.06	7:45.6	63.2%	11	10
	3	<u>Mark Floyd</u>	Allen	(40)	48:57.80	7:52.8	58.0%	14	13
	4	Daniel Meier	Frisco	(49)	48:59.26	7:53.0	62.2%	15	14
	5	Richard Cullen	McKinney	(46)	49:23.91	7:57.0	60.2%	16	15
	6	Jeff Adams	McKinney	(42)	49:26.18	7:57.4	58.3%	17	16
	7	Marcelo Frizzo	The Colony	(46)	50:09.91	8:04.4	59.3%	18	17
	8	Josh Jalowiec	McKinney	(48)	51:17.83	8:15.3	58.9%	21	19
	9	Steven Pritt	Little Elm	(49)	52:41.86	8:28.9	57.8%	22	20
	10	Matthew Thomas	McKinney	(40)	56:57.86	9:10.1	49.9%	25	22
	11	Ashley Voss	Fort Worth	(48)	57:31.17	9:15.4	52.5%	27	23
	12	Ryan Curran	Frisco	(42)	58:14.92	9:22.5	49.5%	28	24
	13	Jose Carrasco	The Colony	(46)	1:03:26.27	10:12.6	46.9%	37	28
	14	Damien Smith	Sachse	(45)	1:08:24.80	11:00.6	43.1%	45	31
	15	Anthony Guthrie	Dallas	(48)	1:09:06.88	11:07.4	43.7%	47	32
M50-59	1	<u>Michael O'Connor</u>	Thunder Bay, ON	(56)	50:36.53	8:08.7	63.7%	19	18
	2	<u>Ed Steinkamp</u>	McKinney	(57)	59:50.72	9:37.9	54.4%	31	25
	3	<u>Jimmy Halloran</u>	Oak Point	(56)	1:14:09.74	11:56.1	43.5%	48	33
M60-69	1	<u>Bill Brown</u>	Little Elm	(60)	1:01:34.07	9:54.5	54.2%	34	26
	2	<u>Wally Manaugh</u>	Dallas	(68)	1:06:46.20	10:44.7	53.8%	42	29
	3	<u>Mel Henkes</u>	Bedford	(67)	1:07:16.86	10:49.7	52.9%	43	30
	4	Jay Steinmetz	Garland	(68)	2:01:13.03	19:30.5	29.6%	57	35

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40F Clear 43%H 4mphSW  
5K Off :08:30 / 10K Off :7:30

## 10K FEMALE

		22 Runners --- Average Time of 1:08:32		Avg. Age Grade: 49.1%		Place in			
Name		City	(Age)	@Checkpoint	Chip Time	Pace	Age Grade	OA	GD
OVERALL	1st	<u>Vivien Tran</u>	Dallas	(34)		47:16.61	7:36.5	64.6%	9 1
OVERALL	2nd	<u>Echo Cooper</u>	Austin	(41)		51:00.08	8:12.5	62.0%	20 2
OVERALL	3rd	<u>Sue Luck</u>	McKinney	(47)		54:01.41	8:41.7	61.9%	23 3
MASTERS	1st	<u>Melody Ongayo</u>	McKinney	(45)		57:11.11	9:12.2	57.2%	26 4
F30-39	1	<u>Nicole Alwert</u>	Little Elm	(37)		59:56.31	9:38.8	51.6%	33 8
	2	<u>Charlie Jones</u>	Fort Worth	(32)		1:04:11.65	10:19.9	47.4%	39 11
	3	<u>Kaitlin Keys</u>	Greenville	(35)		1:05:13.65	10:29.8	47.0%	41 13
	4	Kristin Kania	Los Alamos, NM	(35)		1:08:30.95	11:01.6	44.7%	46 15
	5	Claire McBeath	Garland	(32)		1:15:35.63	12:09.9	40.2%	50 17
	6	Megan Reeves	Garland	(35)		1:19:06.20	12:43.8	38.7%	52 19
	7	Mayuri Phadnis	Frisco	(33)		1:26:39.03	13:56.7	35.2%	53 20
F40-49	1	<u>Julianna Holden</u>	Allen	(41)		58:55.84	9:29.0	53.7%	29 5
	2	<u>Angela Lindsey</u>	The Colony	(47)		59:36.03	9:35.5	56.1%	30 6
	3	<u>Mercedes Avery</u>	Forney	(40)		59:55.20	9:38.6	52.4%	32 7
	4	Maleah Moran	Richardson	(42)		1:03:20.48	10:11.6	50.3%	36 9
	5	Norma Carrasco	The Colony	(46)		1:03:40.46	10:14.8	51.9%	38 10
	6	Jennifer Duffey	Celina	(44)		1:07:18.19	10:49.9	48.2%	44 14
	7	Elisha Upton	Frisco	(40)		1:14:29.65	11:59.3	42.2%	49 16
	8	Grace Parker	Arlington	(46)		1:19:05.78	12:43.8	41.8%	51 18
F50-59	1	<u>Laura Boyajian</u>	Frisco	(54)		1:04:47.83	10:25.7	56.3%	40 12
	2	<u>Valerie Banks</u>	Mansfield	(55)		1:26:47.68	13:58.1	42.6%	55 21
F60-69	1	<u>Ginger Steinmetz</u>	Garland	(61)		2:01:12.84	19:30.5	33.2%	56 22

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## Order of Finish

10K	Bib Name	GD	AgeGrp	AG	Start	Net Chip Time	Pace	5KEq	Clock Time	AgeGD	
1	023	Luke Halterman (M32)	1	M30-39	OA	0.1	42:55.17	6:54.4	20.44	42:55.24	63.1%
2	057	Kash Tavakoli (M29)	2	M20-29	O2	0.3	42:55.17	6:54.4	20.44	42:55.52	62.6%
3	075	Jason Savill (M40)	3	M40-49	O3	1.2	43:47.80	7:02.9	20.85	43:49.00	64.9%
4	042	Timothy Nabonne (M34)	4	M30-39	1st	1.2	44:30.83	7:09.8	21.20	44:32.00	61.3%
5	060	Ruben Trevino (M32)	5	M30-39	2nd	2.0	45:02.80	7:15.0	21.45	45:04.75	60.1%
6	004	Roger Astran (M45)	6	M40-49	MS	1.5	45:45.90	7:21.9	21.79	45:47.36	64.5%
7	039	Maks Mikhalov (M39)	7	M30-39	3rd	3.4	46:15.33	7:26.6	22.03	46:18.71	61.0%
8	001	Jose Alvarez (M31)	8	M30-39	4th	1.6	46:37.39	7:30.2	22.20	46:38.96	57.9%
9	059	Vivien Tran (F34)	1	F30-39	OA	0.2	47:16.61	7:36.5	22.51	47:16.78	64.6%
10	017	Tyler Flaherty (M43)	9	M40-49	1st	3.0	47:23.79	7:37.7	22.57	47:26.79	61.3%
11	033	Hector Lopez (M49)	10	M40-49	2nd	9.6	48:13.06	7:45.6	22.97	48:22.70	63.2%
12	066	Sergio Arias (M38)	11	M30-39	5th	3.7	48:37.53	7:49.5	23.16	48:41.25	57.6%
13	040	Jonathan Moore (M33)	12	M30-39	6th	2.3	48:46.78	7:51.0	23.23	48:49.07	55.7%
14	018	Mark Floyd (M40)	13	M40-49	3rd	4.5	48:57.80	7:52.8	23.32	49:02.33	58.0%
15	038	Daniel Meier (M49)	14	M40-49	4th	2.5	48:59.26	7:53.0	23.33	49:01.78	62.2%
16	067	Richard Cullen (M46)	15	M40-49	5th	22.0	49:23.91	7:57.0	23.52	49:45.93	60.2%
17	095	Jeff Adams (M42)	16	M40-49	6th	6.4	49:26.18	7:57.4	23.55	49:32.55	58.3%
18	019	Marcelo Frizzo (M46)	17	M40-49	7th	4.1	50:09.91	8:04.4	23.89	50:13.97	59.3%
19	044	Michael O'Connor (M56)	18	M50-59	1st	1.6	50:36.53	8:08.7	24.10	50:38.11	63.7%
20	012	Echo Cooper (F41)	2	F40-49	O2	4.5	51:00.08	8:12.5	24.29	51:04.62	62.0%
21	027	Josh Jalowiec (M48)	19	M40-49	8th	3.9	51:17.83	8:15.3	24.43	51:21.76	58.9%
22	049	Steven Pritt (M49)	20	M40-49	9th	21.8	52:41.86	8:28.9	25.09	53:03.66	57.8%
23	034	Sue Luck (F47)	3	F40-49	O3	2.1	54:01.41	8:41.7	25.73	54:03.49	61.9%
24	016	Jason Dupree (M39)	21	M30-39	7th	14.0	56:09.29	9:02.2	26.75	56:23.26	50.2%
25	058	Matthew Thomas (M40)	22	M40-49	10th	6.9	56:57.86	9:10.1	27.13	57:04.75	49.9%
26	076	Melody Ongayo (F45)	4	F40-49	MS	13.6	57:11.11	9:12.2	27.24	57:24.73	57.2%
27	063	Ashley Voss (M48)	23	M40-49	11th	17.3	57:31.17	9:15.4	27.40	57:48.50	52.5%
28	013	Ryan Curran (M42)	24	M40-49	12th	16.1	58:14.92	9:22.5	27.74	58:31.06	49.5%
29	025	Julianna Holden (F41)	5	F40-49	1st	11.3	58:55.84	9:29.0	28.06	59:07.15	53.7%
30	032	Angela Lindsey (F47)	6	F40-49	2nd	11.2	59:36.03	9:35.5	28.39	59:47.22	56.1%
31	053	Ed Steinkamp (M57)	25	M50-59	2nd	19.6	59:50.72	9:37.9	28.50	1:00:10.28	54.4%
32	005	Mercedes Avery (F40)	7	F40-49	3rd	5.5	59:55.20	9:38.6	28.54	1:00:00.75	52.4%
33	002	Nicole Alwert (F37)	8	F30-39	1st	5.4	59:56.31	9:38.8	28.55	1:00:01.73	51.6%
34	009	Bill Brown (M60)	26	M60-69	1st	15.1	1:01:34.07	9:54.5	29.33	1:01:49.17	54.2%
35	064	Byron Weiss (M29)	27	M20-29	1st	18.0	1:03:18.57	10:11.3	30.15	1:03:36.56	42.4%
36	041	Maleah Moran (F42)	9	F40-49	4th	10.4	1:03:20.48	10:11.6	30.17	1:03:30.88	50.3%
37	010	Jose Carrasco (M46)	28	M40-49	13th	12.6	1:03:26.27	10:12.6	30.21	1:03:38.84	46.9%
38	011	Norma Carrasco (F46)	10	F40-49	5th	12.9	1:03:40.46	10:14.8	30.33	1:03:53.33	51.9%
39	028	Charlie Jones (F32)	11	F30-39	2nd	6.0	1:04:11.65	10:19.9	30.57	1:04:17.66	47.4%
40	008	Laura Boyajian (F54)	12	F50-59	1st	7.1	1:04:47.83	10:25.7	30.86	1:04:54.96	56.3%
41	031	Kaitlin Keys (F35)	13	F30-39	3rd	6.6	1:05:13.65	10:29.8	31.06	1:05:20.26	47.0%
42	035	Wally Manaugh (M68)	29	M60-69	2nd	9.5	1:06:46.20	10:44.7	31.80	1:06:55.72	53.8%
43	024	Mel Henkes (M67)	30	M60-69	3rd	8.4	1:07:16.86	10:49.7	32.04	1:07:25.31	52.9%
44	015	Jennifer Duffey (F44)	14	F40-49	6th	8:34	1:07:18.19	10:49.9	32.06	1:15:52.88	48.2%
45	052	Damien Smith (M45)	31	M40-49	14th	21.1	1:08:24.80	11:00.6	32.58	1:08:45.94	43.1%

GD Place among Females

 Timing provided by:  


**Frisco Trail Race**

Saturday, February 19, 2022

NW Community DORBA Trail, Frisco, TX

40F Clear 43%H 4mphSW

5K Off :08:30 / 10K Off :7:30

46	030	Kristin Kania (F35)	15	F30-39	4th	14.7	<b>1:08:30.95</b>	11:01.6	32.63	1:08:45.60	44.7%
47	021	Anthony Guthrie (M48)	32	M40-49	15th	25.5	<b>1:09:06.88</b>	11:07.4	32.91	1:09:32.40	43.7%
48	022	Jimmy Halloran (M56)	33	M50-59	3rd	22.9	<b>1:14:09.74</b>	11:56.1	35.32	1:14:32.66	43.5%
49	061	Elisha Upton (F40)	16	F40-49	7th	16.9	<b>1:14:29.65</b>	11:59.3	35.48	1:14:46.56	42.2%
50	037	Claire McBeath (F32)	17	F30-39	5th	7.0	<b>1:15:35.63</b>	12:09.9	36.00	1:15:42.63	40.2%
51	046	Grace Parker (F46)	18	F40-49	8th	3:04	<b>1:19:05.78</b>	12:43.8	37.67	1:22:10.21	41.8%
52	050	Megan Reeves (F35)	19	F30-39	6th	3:03	<b>1:19:06.20</b>	12:43.8	37.68	1:22:10.08	38.7%
53	048	Mayuri Phadnis (F33)	20	F30-39	7th	23.7	<b>1:26:39.03</b>	13:56.7	41.27	1:27:02.69	35.2%
54	047	Manas Phadnis (M38)	34	M30-39	8th	23.7	<b>1:26:39.81</b>	13:56.8	41.27	1:27:03.47	32.3%
55	006	Valerie Banks (F55)	21	F50-59	2nd	1:29	<b>1:26:47.68</b>	13:58.1	41.34	1:28:17.26	42.6%
56	054	Ginger Steinmetz (F61)	22	F60-69	1st	20.4	<b>2:01:12.84</b>	19:30.5	57.73	2:01:33.20	33.2%
57	055	Jay Steinmetz (M68)	35	M60-69	4th	20.7	<b>2:01:13.03</b>	19:30.5	57.74	2:01:33.76	29.6%

Average Finish Time: 1:01:14

Average Age Grade: 52.45%

