

# Run From The Cops 10K Run

## Age Group Results

July 17, 2010

Runner's Depot of Vero Beach

Men: [0-14](#) [15-19](#) [20-29](#) [30-39](#) [40-49](#) [50-59](#) [60-69](#) [70-99](#)

Women: [0-14](#) [15-19](#) [20-29](#) [30-39](#) [40-49](#) [50-59](#) [60-69](#) [70-99](#)

### Overall Female Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Megan Pendergast	West Melbourne	474	25	16	46:09.23	7:27/M

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### Overall Female Masters Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Sandra Melton	Port Saint Lucie	517	54	17	47:42.22	7:42/M

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### Female 14 and under

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Christa Fromang	Sebastian	455	14	75	1:16:47.52	12:23/M

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### Female 15 to 19

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Victoria Hall	Sebastian FL	460	19	56	1:00:33.40	9:46/M

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### Female 20 to 29

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Keri Scharnagl	Palm Bay	480	25	19	48:11.27	7:46/M
2	Alison Heinz	Sebastian	527	27	47	58:16.87	9:24/M
3	Tarah Williams	Midland NC	489	26	67	1:07:12.59	10:50/M
4	Kristin Zimmermann	Vero Beach FL	532	29	74	1:13:33.87	11:52/M
5	Kristen Wentz	Vero Beach FL	508	20	77	1:20:18.40	12:57/M
6	Kelsey Frye	Indialantic FL	521	25	82	1:25:51.50	13:51/M
7	Kristin Cirricione	Vero Beach FL	515	22	84	1:39:52.75	16:06/M

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### Female 30 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Helen Charlton	Vero Beach FL	451	30	28	51:26.77	8:18/M
2	Christine Davis	Vero Beach FL	452	38	30	52:21.71	8:27/M
3	Monica Gibbon	Sebastian FL	457	35	38	54:48.36	8:50/M
4	Robyn Fagarass	Ft. Pierce FL	531	37	40	55:11.68	8:54/M
5	Michelle Adams	Gainesville FL	528	36	49	58:25.17	9:25/M
6	Kathryn Woodall	Vero Beach FL	491	33	55	59:05.89	9:32/M
7	Nadine Armstrong	Sebastian FL	533	39	59	1:01:53.78	9:59/M
8	Donna Canipe	Vero Beach FL	503	33	60	1:02:00.46	10:00/M
9	Janet Riedinger	Sebastian	478	32	64	1:05:48.32	10:37/M
10	Danielle Jones	Vero Beach FL	502	36	72	1:13:33.07	11:52/M
11	Tatum Bacchi	Sebastian	444	32	73	1:13:33.56	11:52/M
12	Eddina Raulerson	Vero Beach FL	512	35	83	1:38:58.30	15:58/M

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### Female 40 to 49

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Jennifer Phelan	Palm Bay FL	475	47	37	54:43.32	8:50/M
2	Paula Vance	Vero Beach FL	488	43	41	55:15.69	8:55/M
3	Debby McManus	Fellsmere	471	48	51	58:42.71	9:28/M
4	Mindy Estes	Sebastian FL	539	47	52	58:53.59	9:30/M

5	Darlene Heglund	Vero Beach FL	462	44	57	1:01:30.23	9:55/M
6	Gina Kempf	Vero Beach FL	466	43	62	1:04:30.53	10:24/M
7	Renee Jiannine	Palm Bay FL	523	45	66	1:06:04.48	10:39/M
8	Kim Hooker	Sebastian FL	463	44	69	1:09:46.23	11:15/M

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## Female 50 to 59

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Debby Feasel	Vero Beach FL	535	54	61	1:03:31.63	10:15/M
2	Laura Oneal	Sebastian FL	526	51	68	1:09:35.84	11:13/M
3	Shirley Picagli	Sebastian FL	476	57	79	1:23:46.17	13:31/M

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## Overall Male Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Jonathan Bing	Vero Beach FL	525	20	1	35:11.80	5:40/M

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## Overall Male Masters Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Jon Williams	Miami	490	41	2	36:28.93	5:53/M

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## Male 15 to 19

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Jeffrey Tait	Miami FL	485	15	11	41:26.50	6:41/M

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## Male 20 to 29

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Erik Blosser	Vero Beach FL	449	25	5	38:29.69	6:12/M
2	Ron Abel	Satellite FL	520	27	6	39:08.23	6:19/M
3	Joseph Fader	Vero Beach FL	454	25	7	39:42.96	6:24/M
4	Andy Dutra	Melbourne	453	25	9	41:16.26	6:39/M
5	Peter Shaw	Vero Beach FL	492	29	20	48:42.87	7:51/M
6	Tak Yip	Indialantic FL	524	26	25	50:31.46	8:09/M
7	Brian Van Der Molen	Vero Beach FL	530	29	27	51:16.44	8:16/M
8	Richard Pallas	Vero Beach FL	511	23	45	57:32.68	9:17/M
9	Andrew Palmacci	Vero Beach FL	506	25	63	1:05:33.68	10:34/M
10	Christopher Beaumont		496	29	65	1:05:55.26	10:38/M
11	Jonathan Metz	Vero Beach FL	514	25	78	1:23:31.97	13:28/M
12	Herman Jex	Palm Bay FL	522	27	80	1:25:39.68	13:49/M
13	Chris Tremblay	Vero Beach FL	509	23	81	1:25:43.10	13:50/M

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## Male 30 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Thaddeus Austin	Merritt Island FL	540	33	3	37:03.77	5:59/M
2	Jim Schaeffer	Melbourne FL	516	39	13	41:58.25	6:46/M
3	Josh Dugan	Sebastian FL	529	32	14	44:22.28	7:09/M
4	David Gardner	Vero Beach	456	36	15	45:15.67	7:18/M
5	Joel Sanchez	Port St. Lucie FL	538	32	22	49:28.67	7:59/M
6	Rick Baker	Vero Beach	446	38	23	50:20.34	8:07/M
7	Jonathan Howse	West Melbourne	464	35	24	50:20.92	8:07/M
8	Chris Racicot	Orange Park FL	537	36	31	52:38.50	8:29/M
9	Henry Audette	Vero Beach FL	443	31	35	54:27.08	8:47/M
10	Kevin Bashaw	Port St. Lucie FL	493	31	36	54:28.39	8:47/M
11	Marcus Grant	Vero Beach FL	505	32	48	58:17.13	9:24/M
12	Jeff Redish	Vero Beach FL	519	37	53	58:57.56	9:30/M

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## Male 40 to 49

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Mike Fretz	Reno NV	518	42	4	37:32.42	6:03/M
2	Kip Benham		497	42	42	56:25.04	9:06/M
3	Charlie Davis		500	44	43	56:37.86	9:08/M
4	John Stewart	Vero Beach FL	484	40	54	59:02.74	9:31/M

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## Male 50 to 59

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Matt Mahoney	Melbourne FL	534	54	8	41:10.80	6:38/M
2	Tim Bishop	Vero Beach	448	50	10	41:21.10	6:40/M
3	Roger Travis	Fort Pierce	486	51	12	41:57.75	6:46/M
4	Tim Grabenbaure	Vero Beach FL	459	54	21	49:00.54	7:54/M
5	Lawrence Pacelli		498	58	26	51:13.14	8:16/M
6	Rex Walter	Hanover PA	543	50	29	51:44.21	8:21/M
7	David Kempf	Vero Beach FL	467	53	32	53:18.94	8:36/M
8	John Feasel	Vero Beach FL	536	54	33	53:55.30	8:42/M
9	Tim Nolan	Sebastian FL	494	53	39	54:56.32	8:52/M
10	Joe McManus	Fellsmere	472	57	50	58:42.35	9:28/M
11	Tim Collins	Vero Beach FL	495	50	70	1:12:52.21	11:45/M
12	Steve Jones		504	51	71	1:13:26.20	11:51/M

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## Male 60 to 69

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Hal Goforth	Sebastian FL	458	65	18	48:04.36	7:45/M
2	Gary Castner	Melbourne	450	64	34	54:18.77	8:45/M
3	Steve Schrell	Vero Beach	482	62	44	57:13.60	9:14/M
4	Ed Ruby	Fort Pierce	479	67	46	57:50.27	9:20/M
5	Joseph Bacchi	Vero Beach	445	61	58	1:01:32.55	9:55/M
6	Tom Kean	Vero Beach	465	66	76	1:20:16.87	12:57/M

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