

## MALE 10K RESULTS

2011 Winter Sun 10k Run

Moab, UT December 3, 2011 10:00 am Partly Sunny, 35-40 degrees.

Directed by: Moab Half Marathon

Place	No.	C	NAME	City	St	Ag	S	TENK	Pace
1.	56	3	Jake Pollert	GRAND JUNCTION	CO	27	M	33:19	5:22
2.	1	3	Marty Wacker	GRAND JUNCTION	CO	40	M	33:59	5:29
3.	5	3	Omar Martinez	DENVER	CO	26	M	35:26	5:43
4.	668	3	Kevin Koch	GRAND JUNCTION	CO	36	M	35:40	5:45
5.	469	3	Casey Vaughn	GRAND JUNCTION	CO	30	M	36:24	5:52
6.	3	3	Stephen Hiatt	BLANDING	UT	46	M	37:18	6:01
7.	447	3	Beau Seegmiller	MENA	ID	41	M	37:25	6:02
8.	6	3	Carl Lienert	DURANGO	CO	45	M	37:34	6:03
9.	679	3	Scott Olson	GRAND JUNCTION	CO	26	M	37:37	6:04
10.	217	3	Nate Marcotte	SALT LAKE CITY	UT	32	M	37:41	6:04
11.	442	3	Ben Hauschulz	GRAND JUNCTION	CO	26	M	37:59	6:07
12.	360	3	Adam Armstrong	PROVO	UT	23	M	38:52	6:16
13.	479	3	Hank Starr	BLOOMFIELD	NM	47	M	38:56	6:16
14.	562	3	Cole Chamberlain	BLANDING	UT	14	M	39:02	6:17
15.	568	3	Chase Chamberlain	BLANDING	UT	15	M	39:11	6:19
16.	567	3	William Arthur	BLANDING	UT	41	M	39:14	6:19
17.	604	3	Eric Smith	WEST JORDAN	UT	48	M	39:17	6:20
18.	71	3	Nick Ammons	GRAND JUNCTION	CO	34	M	39:25	6:21
19.	612	3	Dillon Wells	CORTEZ	CO	16	M	39:33	6:22
20.	412	3	Walter McCabe	OGDEN	UT	50	M	39:40	6:23
21.	308	3	Toph White	PARK CITY	UT	31	M	39:44	6:24
22.	618	3	Ronald Lund	BASALT	CO	54	M	39:51	6:25
23.	499	3	Eric Walecki	DURANGO	CO	46	M	40:10	6:28
24.	543	3	Stuart Gregori	FARMINGTON	NM	52	M	40:42	6:33
25.	564	3	Jim Lewis	MOAB	UT	47	M	41:11	6:38
26.	576	3	Bryan Baroffio	GRAND JUNCTION	CO	53	M	41:12	6:38
27.	358	3	Matthew Armstrong	PITTSBURGH	PA	31	M	41:48	6:44
28.	384	3	Travis Black	BLANDING	UT	36	M	41:56	6:45
29.	233	3	Joseph Sears	RANGELY	CO	29	M	42:20	6:49
30.	374	3	Mark Miller	MOAB	UT	50	M	43:00	6:56
31.	481	3	Lewis Gillis	GRAND JUNCTION	CO	18	M	43:04	6:56
32.	632	3	Michael Johnson	MOAB	UT	35	M	43:09	6:57
33.	540	3	Ryan Young	PINON HILLS	CA	40	M	43:15	6:58
34.	666	3	James Lewis	MONTEZUMA CREEK	UT	38	M	43:21	6:59
35.	103	3	Jesse Long	MONTROSE	CO	64	M	43:25	7:00
36.	283	3	Doug Mackay	SALT LAKE CITY	UT	46	M	43:26	7:00
37.	19	3	Nick Moseley	GRAND JUNCTION	CO	31	M	43:41	7:02
38.	500	3	John Harris	FORT COLLINS	CO	51	M	43:44	7:03
39.	426	3	Jack Ballenger	GRAND JUNCTION	CO	39	M	43:54	7:04
40.	58	3	Ryan Harris	SALT LAKE CITY	UT	39	M	43:59	7:05
41.	664	3	Kirk Apt	FRUITA	CO	49	M	44:06	7:06
42.	590	3	John Dudek	EAGLE	ID	51	M	44:09	7:07
43.	409	3	Brandon Phelps	HERRIMAN	UT	35	M	44:12	7:07
44.	601	3	James Morton	CRAIG	CO	55	M	44:23	7:09
45.	636	3	Jay Godson	DURANGO	CO	35	M	44:24	7:09
46.	555	3	Robert MacGregor	SALT LAKE CITY	UT	42	M	44:26	7:09
47.	204	3	Art Rohr	CORTEZ	CO	63	M	44:26	7:10
48.	457	3	Ernie Langelier	GRAND JUNCTION	CO	59	M	44:31	7:10
49.	209	3	Red Wolfe	MOAB	UT	57	M	44:49	7:13
50.	49	3	Tap Harris	FARMINGTON	NM	56	M	44:58	7:15
51.	304	3	Todd Child	SALT LAKE CITY	UT	49	M	45:28	7:20
52.	527	3	John Turner	GRAND JUNCTION	CO	42	M	45:39	7:21
53.	297	3	Michael McBride	GRAND JUNCTION	CO	46	M	45:41	7:22
54.	675	3	Brian Austin	LOGAN	UT	33	M	45:44	7:22
55.	417	3	Fred Horndli	SALT LAKE CITY	UT	34	M	45:46	7:22
56.	271	3	Ken Skelly	GRAND JUNCTION	CO	57	M	45:48	7:23
57.	241	3	Andy Winnefeld	GRAND JUNCTION	CO	40	M	45:59	7:24
58.	504	3	Brian Kirby	BLANDING	UT	32	M	46:01	7:25
59.	681	3	Shane Singer	BLANDING	UT	34	M	46:04	7:25
60.	82	3	Kevin Kiehl	WESTMINSTER	CO	57	M	46:07	7:26
61.	259	3	John Cressler	DELTA	CO	43	M	46:11	7:26
62.	260	3	Gery Wakefield	MOAB	UT	46	M	46:13	7:27
63.	393	3	Tom Ela	GRAND JUNCTION	CO	58	M	46:22	7:28
64.	655	3	Alex Meininger	MOAB	UT	33	M	46:28	7:29
65.	566	3	Adolfo Avalos	PLEASANT GROVE	UT	39	M	46:33	7:30

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Place	No.	C	NAME	City	St	Ag	S	TENK	Pace
66.	524	3	Jeff Grant	SALT LAKE CITY	UT	35	M	46:34	7:30
67.	72	3	Kevin Webb	BLANDING	UT	48	M	46:39	7:31
68.	127	3	Bill Sivert	BLANDING	UT	36	M	46:41	7:31
69.	335	3	Gabriel Woytek	MOAB	UT	26	M	46:59	7:34
70.	646	3	Jason Mullaney	FRUITA	CO	37	M	47:08	7:36
71.	667	3	Matt Lewis	MONTEZUMA CREEK	UT	13	M	47:09	7:36
72.	91	3	Bruce Rittenhouse	LAKEWOOD	CO	52	M	47:21	7:38
73.	343	3	Bill Watkins	DENALI PARK	AK	50	M	47:26	7:38
74.	613	3	Shawn Wells	CORTEZ	CO	45	M	47:27	7:39
75.	453	3	Ernie Garcia	IGNACIO	CO	31	M	47:28	7:39
76.	344	3	Pike Sowle	COTTONWOOD HEIGHTS	UT	36	M	47:42	7:41
77.	614	3	David Palmer	GILBERT	AZ	61	M	47:47	7:42
78.	530	3	Larren Lefevre	DELTA	UT	44	M	47:56	7:43
79.	296	3	Kevin Hansen	WRIGHT	WY	33	M	47:57	7:43
80.	310	3	Michael Morgan	GRAND JUNCTION	CO	60	M	47:58	7:44
81.	588	3	James Sanders	PALISADE	CO	33	M	48:10	7:46
82.	329	3	Justin Calton	WEST VALLEY CITY	UT	15	M	48:14	7:46
83.	663	3	Lance Martin	DURANGO	CO	29	M	48:17	7:47
84.	502	3	Dan Berube	SANDY	UT	45	M	48:25	7:48
85.	607	3	Derek Phillippi	CEDAR HILLS	UT	10	M	48:27	7:48
86.	652	3	Jim Davis	MOAB	UT	53	M	48:45	7:51
87.	593	3	Ernest Bailey	PROVO	UT	44	M	48:47	7:51
88.	638	3	Grange Simpson	BLUFF	UT	12	M	48:51	7:52
89.	306	3	Ira Hinckley	SPANISH FORK	UT	32	M	48:52	7:52
90.	194	3	Kurtis Pugh	BLANDING	UT	37	M	48:56	7:53
91.	662	3	Mike Shannon	MOAB	UT	47	M	48:58	7:53
92.	321	3	Joel Tuhy	MOAB	UT	56	M	49:03	7:54
93.	631	3	Robert Sanders	BLANDING	UT	56	M	49:26	7:58
94.	190	3	Mark Endres	BLANDING	UT	54	M	49:28	7:58
95.	302	3	Keith Pankow	SALT LAKE CITY	UT	40	M	49:33	7:59
96.	565	3	Ned Plasson	PARK CITY	UT	47	M	49:38	8:00
97.	410	3	Dennis Oakley	SANDY	UT	51	M	49:40	8:00
98.	51	3	Chad Wilson	DENVER	CO	35	M	49:47	8:01
99.	42	3	Raymond Jensen	GRAND JUNCTION	CO	46	M	49:52	8:02
100.	547	3	Jeffrey Rickard	GRAND JUNCTION	CO	28	M	49:53	8:02
101.	88	3	Gage Wright	GRAND JUNCTION	CO	35	M	49:57	8:03
102.	676	3	Keith Mottram	GRAND JUNCTION	CO	40	M	49:59	8:03
103.	598	3	Kyler Carpenter	MOAB	UT	39	M	49:59	8:03
104.	550	3	Warren Ohlrich	MOAB	UT	72	M	50:01	8:03
105.	362	3	Chris Stromberg	CENTENNIAL	CO	30	M	50:21	8:07
106.	484	3	Russ Gillis	GRAND JUNCTION	CO	52	M	50:33	8:08
107.	326	3	Gary Sandbach	WOODY CREEK	CO	51	M	50:40	8:10
108.	243	3	Michael Scott	NEW CASTLE	CO	56	M	50:44	8:10
109.	50	3	Daniel Lemoine	RIFLE	CO	40	M	50:47	8:11
110.	201	3	Norm Beagley	PROVO	UT	43	M	50:49	8:11
111.	61	3	Jeffrey Hunt	MONTICELLO	UT	40	M	50:51	8:11
112.	582	3	Keith Vanarsdol	MOAB	UT	61	M	50:54	8:12
113.	24	3	Kyle Vanarsdol	MOLINA	CO	33	M	50:55	8:12
114.	544	3	Mark Murphy	BASALT	CO	53	M	50:58	8:13
115.	292	3	Bob Williams	MOAB	UT	30	M	51:14	8:15
116.	332	3	Parrish Watson	DIVIDE	CO	45	M	51:15	8:15
117.	291	3	Joshua Linard	GRAND JUNCTION	CO	34	M	51:20	8:16
118.	452	3	Perry Rupp	FRUITA	CO	54	M	51:35	8:18
119.	580	3	Joe Hansen	NORTH SALT LAKE	UT	49	M	51:38	8:19
120.	145	3	Peter Washburn	LAYTON	UT	30	M	51:38	8:19
121.	635	3	Steven Simpson	BLUFF	UT	52	M	51:45	8:20
122.	99	3	Jeffrey Howard	SALT LAKE CITY	UT	51	M	51:45	8:20
123.	115	3	Michael Benvegnu	MURRAY	UT	49	M	51:47	8:20
124.	96	3	Aron Powell	CODY	WY	25	M	51:59	8:22
125.	391	3	Joe Johnson	SANDY	UT	26	M	52:11	8:24
126.	554	3	Cory Raisor	BLANDING	UT	34	M	52:14	8:25
127.	483	3	Todd Hackney	MOAB	UT	42	M	52:17	8:25
128.	104	3	Earl Fulcher	LEHI	UT	45	M	52:27	8:27
129.	188	3	Christopher Jones	COMMERCE CITY	CO	38	M	52:35	8:28
130.	179	3	Andy Thomas	FRUITA	CO	20	M	52:49	8:30

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Place	No.	C	NAME	City	St	Ag	S	TENK	Pace
131.	648	3	Derk Harris	TAYLORSVILLE	UT	37	M	53:03	8:33
132.	645	3	Brock David	SALT LAKE CITY	UT	28	M	53:10	8:34
133.	620	3	Jared Ashby	CEDAR HILLS	UT	35	M	53:11	8:34
134.	488	3	Glen Walker	IGNACIO	CO	69	M	53:19	8:35
135.	461	3	Nick Oldroyd	MOAB	UT	31	M	53:29	8:37
136.	611	3	Bert Manheimer	BLANDING	UT	39	M	53:56	8:41
137.	441	3	Luke Donius	SALT LAKE CITY	UT	27	M	53:59	8:42
138.	423	3	David Tobler	MONTROSE	CO	59	M	54:04	8:42
139.	237	3	Alan Murray	CENTERVILLE	UT	51	M	54:28	8:46
140.	505	3	Steven Collins	DURANGO	CO	41	M	55:00	8:52
141.	585	3	Todd Hildebrandt	GRAND JUNCTION	CO	30	M	55:02	8:52
142.	171	3	Jeff Amans	GRAND JUNCTION	CO	43	M	55:12	8:53
143.	616	3	Keele Johnson	BLANDING	UT	60	M	55:25	8:55
144.	642	3	Kirk Sample	SOUTH JORDAN	UT	36	M	55:28	8:56
145.	510	3	Kirt Motta	SANDY	UT	44	M	55:30	8:56
146.	182	3	Jason Taylor	GRAND JUNCTION	CO	39	M	55:40	8:58
147.	163	3	Bryan Blomquist	HEBER	UT	50	M	55:47	8:59
148.	162	3	Bill Hays	GRAND JUNCTION	CO	59	M	55:57	9:01
149.	295	3	Howard Loomis	OREM	UT	61	M	56:15	9:04
150.	95	3	Jim Gamber	PRICE	UT	43	M	56:15	9:04
151.	337	3	Adam McPherson	SALT LAKE CITY	UT	29	M	56:23	9:05
152.	13	3	Jeff Medlin	GLENDALE	UT	52	M	56:27	9:05
153.	155	3	Yin Hu	PHOENIX	AZ	35	M	57:09	9:12
154.	169	3	Flynn Chivers	SPRINGVILLE	UT	54	M	57:25	9:15
155.	172	3	Kelly Liljenquist	PLEASANT GROVE	UT	54	M	57:25	9:15
156.	216	3	Mark Hegland	SAN FRANCISCO	CA	40	M	57:32	9:16
157.	26	3	John O'Rourke	CLIFTON	CO	52	M	57:49	9:19
158.	196	3	Dennis Young	GRAND JUNCTION	CO	68	M	58:27	9:25
159.	478	3	Charles McFalls	FAIRVIEW	NC	65	M	58:28	9:25
160.	298	3	Mitch Child	SALT LAKE CITY	UT	12	M	58:36	9:26
161.	152	3	Ed Adams	MONTROSE	CO	55	M	58:46	9:28
162.	290	3	Robert Cox	PRICE	UT	53	M	58:51	9:29
163.	208	3	Tim Beagley	WEST VALLEY CITY	UT	47	M	58:54	9:29
164.	120	3	Jeff Greve	CORTEZ	CO	51	M	59:09	9:32
165.	408	3	Steven Defeyter	WHITEWATER	CO	60	M	59:20	9:33
166.	489	3	Nathan Hull	FARR WEST	UT	32	M	59:26	9:34
167.	87	3	Cliff Hutton	CODY	WY	55	M	59:31	9:35
168.	265	3	Tom Crowley	VANCOUVER	WA	61	M	59:46	9:37
169.	448	3	Adam Fuchs	WEST VALLEY CITY	UT	27	M	59:54	9:39
170.	458	3	Mark Hand	GRAND JUNCTION	CO	44	M	59:56	9:39
171.	514	3	Jeff Jorgensen	HELPER	UT	62	M	59:56	9:39
172.	415	3	Marvin Day	MOAB	UT	56	M	59:57	9:39
173.	34	3	Thomas McNamara	FRUITA	CO	61	M	1:00:13	9:42
174.	680	3	Ben Riggs	SALT LAKE CITY	UT	39	M	1:00:14	9:42
175.	253	3	Chuck Mattson	GRAND JUNCTION	CO	56	M	1:00:30	9:45
176.	406	3	Thomas Orr	FRUITA	CO	53	M	1:00:49	9:48
177.	74	3	Darryn Detmers	ALAMOGORDO	NM	45	M	1:01:17	9:52
178.	118	3	Paul Doucette	NORTH LOGAN	UT	24	M	1:01:20	9:53
179.	309	3	Shannon Davis	SALT LAKE CITY	UT	36	M	1:01:31	9:54
180.	456	3	Dwane Reed	IGNACIO	CO	46	M	1:01:55	9:58
181.	167	3	Ken Reaves	SARATOGA SPRINGS	UT	44	M	1:02:20	10:02
182.	658	3	Nathan Madsen	DELTA	CO	25	M	1:02:31	10:04
183.	176	3	Dan Thomas	FRUITA	CO	49	M	1:02:34	10:05
184.	131	3	Michael Vande Sluis	WEST JORDAN	UT	29	M	1:03:22	10:12
185.	584	3	William Popadich	DRAPER	UT	61	M	1:03:58	10:18
186.	284	3	Vic Bruno	MOAB	UT	36	M	1:03:58	10:18
187.	10	3	David Hartle	GRAND JUNCTION	CO	49	M	1:04:01	10:19
188.	366	3	Jordan Pugmire	SALT LAKE CITY	UT	28	M	1:04:32	10:24
189.	634	3	Dennis Wittenbrook	SLC	UT	45	M	1:04:48	10:26
190.	210	3	Roger Gardiner	KAYSVILLE	UT	38	M	1:04:49	10:26
191.	371	3	Brenden Emery	SALT LAKE CITY	UT	27	M	1:04:52	10:27
192.	269	3	David Cox	PRICE	UT	57	M	1:05:05	10:29
193.	386	3	Jeremiah Johnson	MURRAY	UT	35	M	1:05:07	10:29
194.	435	3	Jimmy Walling	MOAB	UT	43	M	1:05:23	10:32
195.	644	3	Larry Lyman	GRAND JUNCTION	CO	41	M	1:05:37	10:34

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Place	No.	C	NAME	City	St	Ag	S	TENK	Pace
196.	608	3	Trent Schafer	/MONTICELLO	UT	53	M	1:05:41	10:35
197.	21	3	John Wolcott	GRAND JUNCTION	CO	60	M	1:05:45	10:35
198.	392	3	Ryan Pietramali	SALT LAKE CITY	UT	35	M	1:05:56	10:37
199.	419	3	Steve Blosch	WEST JORDAN	UT	36	M	1:05:57	10:37
200.	81	3	Tyler Jacobs	STEAMBOAT SPRINGS	CO	36	M	1:06:16	10:40
201.	420	3	Jim Hall	SPRINGVILLE	UT	57	M	1:06:46	10:45
202.	225	3	Michael Martin	SALT LAKE CITY	UT	41	M	1:07:02	10:48
203.	191	3	Robert Bailey	WEST JORDAN	UT	40	M	1:08:08	10:58
204.	93	3	Charles Acevedo	HYRUM	UT	49	M	1:08:32	11:02
205.	159	3	Chris Cowan	PRICE	UT	31	M	1:09:11	11:08
206.	660	3	Cameron Phillips	SHIPROCK	NM	13	M	1:09:25	11:11
207.	68	3	Jonathan Huggins	LITTLETON	CO	30	M	1:10:04	11:17
208.	178	3	Joseph Heywood	MOAB	UT	38	M	1:10:09	11:18
209.	398	3	Zachary Sutherland	GLENWOOD SPRINGS	CO	29	M	1:10:37	11:22
210.	640	3	Kincade Bauer	SANDY	UT	36	M	1:11:00	11:26
211.	603	3	Lloyd Swenson	MOAB	UT	35	M	1:11:09	11:28
212.	143	3	James Horne	SUNSET	UT	37	M	1:11:41	11:33
213.	31	3	Rich Knickerbocker	SALT LAKE CITY	UT	63	M	1:11:47	11:34
214.	108	3	Mark Brassette	GRAND JUNCTION	CO	38	M	1:11:54	11:35
215.	673	3	Thomas Brickey	SALT LAKE CITY	UT	47	M	1:12:16	11:38
216.	486	3	Trent Gibbs	RIVERTON	UT	36	M	1:12:27	11:40
217.	654	3	Guy Begay	DURANGO	CO	34	M	1:13:35	11:51
218.	322	3	Mark Schaerrer Jr	WEST VALLEY CITY	UT	31	M	1:17:00	12:24
219.	319	3	Garet Schaerrer	OREM	UT	21	M	1:25:32	13:46
220.	552	3	Mark Schaerrer Sr	OREM	UT	56	M	1:27:14	14:03
221.	301	3	Kirk Hansen	LASAL	UT	37	M	1:27:50	14:09
222.	264	3	John Douglas	GRAND JUNCTION	CO	56	M	1:29:39	14:26
223.	563	3	Ken Ballantyne	MOAB	UT	57	M	1:32:47	14:56

Jan-04-2012 10:14:17pm

223 records processed.