

Knees 2 War 5k & Fun Run
5k Awards Listing
May 4th, 2013
Claremore, OK - Lake Claremore Park

***** OVERALL FEMALE RESULTS FOR 5k Race *****				
1	507 Kendall Clement	24 Claremore	OK	23:23
2	522 Nicole McCormick	30 Claremore	OK	25:10
3	519 Linda Kodesh	30 Enid	OK	26:43
***** OVERALL MALE RESULTS FOR 5k Race *****				
1	501 Bruce Benson	49 Tulsa	OK	20:56
2	515 Bobby Henry	49 Pryor	OK	23:05
3	531 Jackson Hall	17 Sterling	OK	23:19

***** AGE GROUP RESULTS FOR 5k RACE *****					
FEMALE AGE GROUP: 1 - 12					
1	530 Jillian Whiteis	11 Welch	OK	5k	34:53
2	542 Erin Hood	7 Springfield	MO	5k	53:16
MALE AGE GROUP: 1 - 12					
1	538 Peyton Faulconer	8 Claremore	OK	5k	33:43
2	517 Dylan Johnson	7 Welch	OK	5k	44:01
3	537 Brady Johnson	11 Welch	OK	5k	46:59
FEMALE AGE GROUP: 13 - 19					
1	541 Amy Holden	17 Chouteau	OK	5k	32:58
2	521 Sarah Laughlin	15 Inola	OK	5k	44:10
MALE AGE GROUP: 13 - 19					
1	531 Jackson Hall	17 Sterling	OK	5k	23:19
2	520 Layne Krager	13 Claremore	OK	5k	44:15
FEMALE AGE GROUP: 20 - 29					
1	507 Kendall Clement	24 Claremore	OK	5k	23:23
2	534 Raquel Carlson	22 Enid	OK	5k	28:11
3	518 Bethlehem Koch	22 Claremore	OK	5k	28:41
4	514 Amanda Henderson	29 Foyil	OK	5k	36:46
MALE AGE GROUP: 20 - 29					
1	544 Mitch Rolph	22 Chouteau	OK	5k	46:54
FEMALE AGE GROUP: 30 - 39					
1	522 Nicole McCormick	30 Claremore	OK	5k	25:10
2	519 Linda Kodesh	30 Enid	OK	5k	26:43
3	526 Brandi Stewart	35 Salina	OK	5k	32:29
MALE AGE GROUP: 30 - 39					
1	525 Rodney Stewart	36 Salina	OK	5k	26:07
2	529 Casey Whiteis	34 Welch	OK	5k	45:33
3	503 Matt Boston	36 Welch	OK	5k	52:12
FEMALE AGE GROUP: 40 - 49					
1	540 Jeanie Holden	40 Chouteau	OK	5k	28:54
2	513 Jennifer Denslow	46 Talala	OK	5k	55:44
MALE AGE GROUP: 40 - 49					
1	501 Bruce Benson	49 Tulsa	OK	5k	20:56
2	515 Bobby Henry	49 Pryor	OK	5k	23:05
3	539 John Holden	40 Chouteau	OK	5k	33:00
FEMALE AGE GROUP: 50 - 59					
1	535 Nancy Mayes	55 Claremore	OK	5k	27:21
2	524 Karla Meislahn	54 Big Cabin	OK	5k	53:22
MALE AGE GROUP: 50 - 59					
FEMALE AGE GROUP: 60 - 69					
MALE AGE GROUP: 60 - 69					
FEMALE AGE GROUP: 70 - 99					
MALE AGE GROUP: 70 - 99					

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 5k Male Results
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Place	No.	Name	Age	S	City	St	Time	Pace
=====	=====	=====	=====	=====	=====	=====	=====	=====
1	501	Bruce Benson	49	M	Tulsa	OK	20:56	4:12
2	515	Bobby Henry	49	M	Pryor	OK	23:05	4:37
3	531	Jackson Hall	17	M	Sterling	OK	23:19	4:40
4	525	Rodney Stewart	36	M	Salina	OK	26:07	5:14
5	539	John Holden	40	M	Chouteau	OK	33:00	6:36
6	538	Peyton Faulconer	8	M	Claremore	OK	33:43	6:45
7	517	Dylan Johnson	7	M	Welch	OK	44:01	8:49
8	520	Layne Krager	13	M	Claremore	OK	44:15	8:51
9	529	Casey Whiteis	34	M	Welch	OK	45:33	9:07
10	544	Mitch Rolph	22	M	Chouteau	OK	46:54	9:23
11	537	Brady Johnson	11	M	Welch	OK	46:59	9:24
12	504	Braden Boston	9	M	Welch	OK	47:01	9:25
13	503	Matt Boston	36	M	Welch	OK	52:12	10:27
14	536	Chad Johnson	36	M	Welch	OK	52:13	10:27

Timed by I:40 Race Service - 918.577.1956 - martin@i40raceservice.com

Knees 2 War 5k & Fun Run
5k Female Results
May 4th, 2013
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Place	No.	Name	Age	S	City	St	Time	Pace
1	507	Kendall Clement	24	F	Claremore	OK	23:23	4:41
2	522	Nicole McCormick	30	F	Claremore	OK	25:10	5:02
3	519	Linda Kodesh	30	F	Enid	OK	26:43	5:21
4	535	Nancy Mayes	55	F	Claremore	OK	27:21	5:28
5	534	Raquel Carlson	22	F	Enid	OK	28:11	5:39
6	518	Bethlehem Koch	22	F	Claremore	OK	28:41	5:45
7	540	Jeanie Holden	40	F	Chouteau	OK	28:54	5:47
8	526	Brandi Stewart	35	F	Salina	OK	32:29	6:30
9	533	Jennifer Bryant	35	F	Adair	OK	32:43	6:33
10	541	Amy Holden	17	F	Chouteau	OK	32:58	6:36
11	530	Jillian Whiteis	11	F	Welch	OK	34:53	6:59
12	514	Amanda Henderson	29	F	Foyil	OK	36:46	7:22
13	521	Sarah Laughlin	15	F	Inola	OK	44:10	8:50
14	527	Shelby Walker	22	F	Claremore	OK	52:58	10:36
15	542	Erin Hood	7	F	Springfield	MO	53:16	10:40
16	543	Emily Hood	34	F	Springfield	MO	53:17	10:40
17	524	Karla Meislahn	54	F	Big Cabin	OK	53:22	10:41
18	516	Amber Johnson	33	F	Welch	OK	54:02	10:49
19	528	Debbie Whiteis	32	F	Welch	OK	54:07	10:50
20	502	Angie Boston	36	F	Welch	OK	54:16	10:52
21	513	Jennifer Denslow	46	F	Talala	OK	55:44	11:09

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One Mile Fun Run Awards
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***** Top 3 Overall 1 mile Fun Run Finishers *****

Place	No.	Name	Age	City	St	Time
1		Noah Story		Claremore	OK	9:02
2		Joshua Story		Claremore	OK	9:14
3		Kelly Henry		Pryor	OK	9:22