

# Runstock Ultra

Place	Name	Hometown	Gender	Type	Bib #	Time	Laps	Speed	Division Rank	
1	TUCKER SEISE	OSAGE BEACH, MO	M: 1	RUNNER	1	Laps: 17 45:14:10.94	17	N/A	Overall Male Runner: 1	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	00:46:56.26	07:49	7.7mph	00:46:56.26
						Split 2	00:59:52.59	09:58	6.0mph	01:46:48.84
						Split 3	01:00:10.14	10:01	6.0mph	02:46:58.98
						Split 4	01:08:31.57	11:25	5.3mph	03:55:30.55
						Split 5	01:06:27.58	11:04	5.4mph	05:01:58.12
						Split 6	01:29:30.18	14:55	4.0mph	06:31:28.29
						Split 7	02:03:05.24	20:30	2.9mph	08:34:33.52
						Split 8	06:20:32.67	03:25	0.9mph	14:55:06.19
						Split 9	01:10:55.24	11:49	5.1mph	16:06:01.42
						Split 10	02:11:32.51	21:55	2.7mph	18:17:33.93
						Split 11	01:53:57.91	18:59	3.2mph	20:11:31.83
						Split 12	01:49:16.17	18:12	3.3mph	22:00:47.99
						Split 13	01:30:47.37	15:07	4.0mph	23:31:35.35
						Split 14	17:09:52.05	51:38	0.3mph	40:41:27.40
						Split 15	01:10:35.27	11:45	5.1mph	41:52:02.66
						Split 16	01:51:26.14	18:34	3.2mph	43:43:28.80
						Split 17	01:30:42.15	15:07	4.0mph	45:14:10.94
2	AMANDA BANKS	DOOLITTLE, MO	F: 1	RUNNER	3	Laps: 11 25:24:34.68	11	N/A	Overall Female Runner: 1	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	01:17:04.66	12:50	4.7mph	01:17:04.66
						Split 2	01:23:19.66	13:53	4.3mph	02:40:24.31
						Split 3	01:36:49.02	16:08	3.7mph	04:17:13.33
						Split 4	01:40:56.96	16:49	3.6mph	05:58:10.29
						Split 5	01:44:54.73	17:29	3.4mph	07:43:05.02
						Split 6	02:38:28.28	26:24	2.3mph	10:21:33.30
						Split 7	05:36:32.63	56:05	1.1mph	15:58:05.92
						Split 8	01:34:30.19	15:45	3.8mph	17:32:36.11
						Split 9	01:53:54.47	18:59	3.2mph	19:26:30.58
						Split 10	02:56:34.49	29:25	2.0mph	22:23:05.07
						Split 11	03:01:29.61	30:14	2.0mph	25:24:34.68
3	TODD RANEY	KANSAS CITY, KS	M: 2	RUNNER	4	Laps: 10 24:40:14.24	10	N/A	Overall Male Runner: 2	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	01:17:05.26	12:50	4.7mph	01:17:05.26
						Split 2	01:23:19.50	13:53	4.3mph	02:40:24.75
						Split 3	01:36:47.55	16:07	3.7mph	04:17:12.30
						Split 4	01:41:11.59	16:51	3.6mph	05:58:23.88
						Split 5	02:37:56.89	26:19	2.3mph	08:36:20.77
						Split 6	07:10:27.08	11:44	0.8mph	15:46:47.84
						Split 7	01:52:12.17	18:42	3.2mph	17:39:00.01
						Split 8	02:09:56.30	21:39	2.8mph	19:48:56.31
						Split 9	02:44:45.93	27:27	2.2mph	22:33:42.23
						Split 10	02:06:32.01	21:05	2.8mph	24:40:14.24
4	AMY POINDEXTER	NEWALLA, OK	F: 2	RUNNER	2	Laps: 5 06:08:13.75	5	N/A	Overall Female Runner: 2	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	01:05:07.45	10:51	5.5mph	01:05:07.45
						Split 2	01:08:59.58	11:29	5.2mph	02:14:07.02
						Split 3	01:13:03.78	12:10	4.9mph	03:27:10.80
						Split 4	01:19:09.44	13:11	4.5mph	04:46:20.24
						Split 5	01:21:53.52	13:38	4.4mph	06:08:13.75



# Runstock Half Marathon

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
1	JARDYN ANGELL	CENTRALIA, MO	M: 1	RUNNER	79	01:43:48.79	07:55	7.6mph	Overall Male Runner: 1
2	CANDICE KNUTESON	SAINT JOSEPH, MO	F: 1	RUNNER	73	01:52:38.45	08:35	7.0mph	Overall Female Runner: 1
3	JADEN ROBERTS-THOMAS	COLUMBIA, MO	M: 2	RUNNER	75	01:55:14.25	08:47	6.8mph	Overall Male Runner: 2
4	GREGORY BOCK	HANNIBAL, MO	M: 3	RUNNER	77	01:59:23.08	09:06	6.6mph	Overall Male Runner: 3
5	ELLIOT WALTERS	CHAMPAIGN, IL	M: 4	RUNNER	82	01:59:38.31	09:07	6.6mph	Overall Male Runner: 4
6	CAROLINE COUGHLIN	BALLWIN, MO	F: 2	RUNNER	81	02:00:42.65	09:12	6.5mph	Overall Female Runner: 2
7	JOHN BUDD	CHESTERFIELD, MO	M: 5	RUNNER	74	02:05:38.12	09:35	6.3mph	Overall Male Runner: 5
8	ROSE MCMANAMAN	NORMAL, IL	F: 3	RUNNER	83	02:09:10.52	09:51	6.1mph	Overall Female Runner: 3
9	ROYCE RIDGWAY	CENTRALIA, MO	M: 6	RUNNER	78	02:10:24.01	09:56	6.0mph	Overall Male Runner: 6
10	ROB KUCSIK	LAKE OZARK, MO	M: 7	RUNNER	76	02:15:14.22	10:18	5.8mph	Overall Male Runner: 7
11	KALISE LISCHWE	OSAGE BEACH, MO	F: 4	RUNNER	72	02:22:36.58	10:52	5.5mph	Overall Female Runner: 4
12	MARLISA NOLAN	OSAGE BEACH, MO	F: 5	RUNNER	80	02:29:25.47	11:23	5.3mph	Overall Female Runner: 5
13	SHADA ROBINSON	GERING, NE	F: 6	RUNNER	71	02:32:46.12	11:39	5.1mph	Overall Female Runner: 6
14	JESSICA ZIMBELMAN	MINGO, IA	F: 7	RUNNER	70	02:32:46.40	11:39	5.1mph	Overall Female Runner: 7
15	VICKEY CLARK	CAMDENTON, MO	F: 8	RUNNER	84	02:39:49.36	12:11	4.9mph	Overall Female Runner: 8

# Runstock 10k

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
1	ROSE FALTER	JEFFERSON CITY, MO	F: 1	RUNNER	60	00:47:00.34	07:33	7.9mph	Overall Female Runner: 1
2	GREGORY BOCK	HANNIBAL, MO	M: 1	RUNNER	55	00:48:06.40	07:44	7.7mph	Overall Male Runner: 1
3	ROB KUCSIK	LAKE OZARK, MO	M: 2	RUNNER	53	00:49:28.36	07:57	7.5mph	Overall Male Runner: 2
4	CANDICE KNUTESON	SAINT JOSEPH, MO	F: 2	RUNNER	52	00:51:53.50	08:21	7.2mph	Overall Female Runner: 2
5	RYAN LAWHON	SAINT JOSEPH, MO	M: 3	RUNNER	54	00:54:33.54	08:46	6.8mph	Overall Male Runner: 3
6	NATASHA BOETTCHER	CAMDENTON, MO	F: 3	RUNNER	56	00:57:14.88	09:12	6.5mph	Overall Female Runner: 3
7	DALTON CARRINGTON	WAYNESVILLE, MO	M: 4	RUNNER	58	00:57:57.17	09:19	6.4mph	Overall Male Runner: 4
8	MARK KEMPF	LAKE OZARK, MO	M: 5	RUNNER	64	01:07:29.05	10:51	5.5mph	Overall Male Runner: 5
9	STEVE BRENNAMAN	CAMDENTON, MO	M: 6	RUNNER	61	01:09:55.36	11:15	5.3mph	Overall Male Runner: 6
10	DAN BECK	LAKE OZARK, MO	M: 7	RUNNER	51	01:11:27.34	11:29	5.2mph	Overall Male Runner: 7
11	KATIE LAWSON	NASHVILLE, TN	F: 4	RUNNER	59	01:14:01.43	11:54	5.0mph	Overall Female Runner: 4
12	RACHEL WRIGHT	JEFFERSON CITY, MO	F: 5	RUNNER	62	01:14:55.07	12:03	5.0mph	Overall Female Runner: 5
13	MICHAEL RYAN		M: 8	RUNNER	65	01:20:48.88	13:00	4.6mph	Overall Male Runner: 8
14	STACY ROBERTS	CAMDENTON, MO	M: 9	RUNNER	63	01:33:37.53	15:04	4.0mph	Overall Male Runner: 9
15	KATIE ROBERTS	CAMDENTON, MO	F: 6	RUNNER	57	01:33:38.85	15:04	4.0mph	Overall Female Runner: 6

# Runstock 5k

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
1	NIGHER ALFARO	ELDON, MO	M: 1	RUNNER	37	00:21:14.95	06:50	8.8mph	Overall Male Runner: 1
2	ROSE FALTER	JEFFERSON CITY, MO	F: 1	RUNNER	30	00:21:28.95	06:54	8.7mph	Overall Female Runner: 1
3	GREGORY BOCK	HANNIBAL, MO	M: 2	RUNNER	28	00:22:25.50	07:13	8.3mph	Overall Male Runner: 2
4	ROB KUCSIK	LAKE OZARK, MO	M: 3	RUNNER	27	00:24:57.81	08:02	7.5mph	Overall Male Runner: 3
5	MIKE SULLIVAN	CAMDENTON, MO	M: 4	RUNNER	16	00:25:36.59	08:14	7.3mph	Overall Male Runner: 4
6	KATIE ROBERTS	CAMDENTON, MO	F: 2	RUNNER	29	00:29:08.91	09:22	6.4mph	Overall Female Runner: 2
7	ERIC FAES		M: 5	RUNNER	5	00:29:10.45	09:23	6.4mph	Overall Male Runner: 5
8	SHADA ROBINSON	GERING, NE	F: 3	RUNNER	13	00:30:36.58	09:51	6.1mph	Overall Female Runner: 3
9	TARA VINCENT	CAMDENTON, MO	F: 4	RUNNER	36	00:30:46.37	09:54	6.1mph	Overall Female Runner: 4
10	MARLISA NOLAN	OSAGE BEACH, MO	F: 5	RUNNER	31	00:30:52.22	09:56	6.0mph	Overall Female Runner: 5
11	ALYSSA VOGT	SUNRISE BEACH, MO	F: 6	RUNNER	40	00:31:10.79	10:02	6.0mph	Overall Female Runner: 6
12	JESSICA ZIMBELMAN	MINGO, IA	F: 7	RUNNER	12	00:32:28.54	10:27	5.7mph	Overall Female Runner: 7
13	STACY ROBERTS	CAMDENTON, MO	M: 6	RUNNER	38	00:32:42.12	10:31	5.7mph	Overall Male Runner: 6
14	MARK KEMPF	LAKE OZARK, MO	M: 7	RUNNER	39	00:32:42.53	10:31	5.7mph	Overall Male Runner: 7
15	STEVE BRENNAMAN	CAMDENTON, MO	M: 8	RUNNER	33	00:33:26.31	10:45	5.6mph	Overall Male Runner: 8
16	MONICA VINCENT	LAKE OZARK, MO	F: 8	RUNNER	32	00:36:17.58	11:40	5.1mph	Overall Female Runner: 8
17	PATTY VOGT	SUNRISE BEACH, MO	F: 9	RUNNER	41	00:36:21.41	11:42	5.1mph	Overall Female Runner: 9
18	KIMBERLY SOVCIK	LINN CREEK, MO	F: 10	RUNNER	10	00:43:40.83	14:03	4.3mph	Overall Female Runner: 10
19	DAN BECK	LAKE OZARK, MO	M: 9	RUNNER	15	00:44:57.40	14:28	4.1mph	Overall Male Runner: 9
20	CHRISTINA WILSON	OSAGE BEACH, MO	F: 11	RUNNER	11	00:44:57.87	14:28	4.1mph	Overall Female Runner: 11
21	HANNAH BUECHTER	KAISER, MO	F: 12	RUNNER	21	00:45:00.19	14:29	4.1mph	Overall Female Runner: 12
22	JOHN MYERS	RICHLAND, MO	M: 10	RUNNER	26	00:46:49.03	15:04	4.0mph	Overall Male Runner: 10
23	TIFFANY SMITH	LINN CREEK, MO	F: 13	RUNNER	23	00:48:24.01	15:34	3.9mph	Overall Female Runner: 13
24	JENNIFER VOLL	LEES SUMMIT, MO	F: 14	RUNNER	14	00:52:55.60	17:02	3.5mph	Overall Female Runner: 14
25	TONY BUECHTER	KAISER, MO	M: 11	RUNNER	20	00:56:16.65	18:06	3.3mph	Overall Male Runner: 11
26	HADLEE BUECHTER	KAISER, MO	F: 15	RUNNER	22	00:56:23.32	18:08	3.3mph	Overall Female Runner: 15
27	FINLEIGH SMITH	LINN CREEK, MO	F: 16	RUNNER	24	00:56:24.82	18:09	3.3mph	Overall Female Runner: 16
28	SARA MYERS	RICHLAND, MO	M: 12	RUNNER	25	00:58:56.38	18:58	3.2mph	Overall Male Runner: 12
29	STEPHANIE JONES	ASHLAND, MO	F: 17	RUNNER	17	00:59:41.05	19:12	3.1mph	Overall Female Runner: 17
30	NITA BUECHTER	KAISER, MO	F: 18	RUNNER	19	00:59:43.04	19:13	3.1mph	Overall Female Runner: 18
31	MARGIE GUNTER	OSAGE BEACH, MO	F: 19	RUNNER	18	01:06:54.80	21:32	2.8mph	Overall Female Runner: 19