

# Heart Heroes 5k

November 9, 2019

Preliminary (unofficial) results, posted November 9, 2019, 10:08 AM

| Place | Time    | Pace    | Bib# | Name, City            | Age | Division/Place | Sex/Place |
|-------|---------|---------|------|-----------------------|-----|----------------|-----------|
| 1     | 26:34   | 8:33.1  | 459  | Will Palmer           | 28  | - / M20-29     | 1 / M     |
| 2     | 27:49   | 8:57.1  | 464  | Gary Wake             | 50  | 1 / M50-59     | 2 / M     |
| 3     | 28:32   | 9:11.1  | 466  | Nancy Hopper          | 65  | - / F60 & Over | 1 / F     |
| 4     | 28:55   | 9:18.6  | 452  | Gray Hunderup         | 29  | 1 / M20-29     | 3 / M     |
| 5     | 29:10   | 9:23.2  | 460  | David Posey           | 66  | 1 / M60 & Over | 4 / M     |
| 6     | 30:45   | 9:53.7  | 455  | Zach Jones            | 27  | 2 / M20-29     | 5 / M     |
| 7     | 31:08   | 10:01.4 | 461  | Chinnambbeti Raviteja | 28  | 3 / M20-29     | 6 / M     |
| 8     | 34:13   | 11:00.7 | 463  | Jeffrey Reagan Snow   | 25  | 4 / M20-29     | 7 / M     |
| 9     | 34:57   | 11:14.8 | 473  | Ashley Pugh           | 30  | 1 / F30-39     | 2 / F     |
| 10    | 37:16   | 11:59.6 | 454  | Kathryn Jones         | 25  | 1 / F20-29     | 3 / F     |
| 11    | 37:36   | 12:06.2 | 468  | Lisa Heidelberg       | 50  | 1 / F50-59     | 4 / F     |
| 12    | 38:17   | 12:19.3 | 467  | Carolyn Cunningham    | 54  | 2 / F50-59     | 5 / F     |
| 13    | 40:14   | 12:57.1 | 458  | Leah Moore            | 27  | 2 / F20-29     | 6 / F     |
| 14    | 40:17   | 12:57.8 | 465  | Ariel Wells           | 28  | 3 / F20-29     | 7 / F     |
| 15    | 48:39   | 15:39.6 | 456  | Phyllis LeCornu       | 59  | 3 / F50-59     | 8 / F     |
| 16    | 48:40   | 15:39.8 | 470  | Carly Greer           | 21  | 4 / F20-29     | 9 / F     |
| 17    | 48:40   | 15:39.8 | 469  | Mackenzie Spivey      | 24  | 5 / F20-29     | 10 / F    |
| 18    | 51:42   | 16:38.5 | 450  | Ashton Brooks         | 22  | 6 / F20-29     | 11 / F    |
| 19    | 53:08   | 17:06.3 | 471  | Erica King            | 39  | 2 / F30-39     | 12 / F    |
| 20    | 53:09   | 17:06.4 | 472  | Sean King             | 43  | 1 / M40-49     | 8 / M     |
| 21    | 1:00:52 | 19:35.5 | 462  | David Rizzuto         | 65  | 2 / M60 & Over | 9 / M     |

## Male

| Place | Time    | Pace    | Bib# | Name, City            | Age | Overall Place |
|-------|---------|---------|------|-----------------------|-----|---------------|
| 1     | 26:34   | 8:33.1  | 459  | Will Palmer           | 28  | 1             |
| 2     | 27:49   | 8:57.1  | 464  | Gary Wake             | 50  | 2             |
| 3     | 28:55   | 9:18.6  | 452  | Gray Hunderup         | 29  | 4             |
| 4     | 29:10   | 9:23.2  | 460  | David Posey           | 66  | 5             |
| 5     | 30:45   | 9:53.7  | 455  | Zach Jones            | 27  | 6             |
| 6     | 31:08   | 10:01.4 | 461  | Chinnambbeti Raviteja | 28  | 7             |
| 7     | 34:13   | 11:00.7 | 463  | Jeffrey Reagan Snow   | 25  | 8             |
| 8     | 53:09   | 17:06.4 | 472  | Sean King             | 43  | 20            |
| 9     | 1:00:52 | 19:35.5 | 462  | David Rizzuto         | 65  | 21            |

## Female

| Place | Time  | Pace    | Bib# | Name, City         | Age | Overall Place |
|-------|-------|---------|------|--------------------|-----|---------------|
| 1     | 28:32 | 9:11.1  | 466  | Nancy Hopper       | 65  | 3             |
| 2     | 34:57 | 11:14.8 | 473  | Ashley Pugh        | 30  | 9             |
| 3     | 37:16 | 11:59.6 | 454  | Kathryn Jones      | 25  | 10            |
| 4     | 37:36 | 12:06.2 | 468  | Lisa Heidelberg    | 50  | 11            |
| 5     | 38:17 | 12:19.3 | 467  | Carolyn Cunningham | 54  | 12            |

|    |       |         |     |                  |    |    |
|----|-------|---------|-----|------------------|----|----|
| 6  | 40:14 | 12:57.1 | 458 | Leah Moore       | 27 | 13 |
| 7  | 40:17 | 12:57.8 | 465 | Ariel Wells      | 28 | 14 |
| 8  | 48:39 | 15:39.6 | 456 | Phyllis LeCornu  | 59 | 15 |
| 9  | 48:40 | 15:39.8 | 470 | Carly Greer      | 21 | 16 |
| 10 | 48:40 | 15:39.8 | 469 | Mackenzie Spivey | 24 | 17 |
| 11 | 51:42 | 16:38.5 | 450 | Ashton Brooks    | 22 | 18 |
| 12 | 53:08 | 17:06.3 | 471 | Erica King       | 39 | 19 |

## M20-29

| Place | Time  | Pace    | Bib# | Name, City            | Age | Overall Place |
|-------|-------|---------|------|-----------------------|-----|---------------|
| -     | 26:34 | 8:33.1  | 459  | Will Palmer           | 28  | 1             |
| 1     | 28:55 | 9:18.6  | 452  | Gray Hunderup         | 29  | 4             |
| 2     | 30:45 | 9:53.7  | 455  | Zach Jones            | 27  | 6             |
| 3     | 31:08 | 10:01.4 | 461  | Chinnambbeti Raviteja | 28  | 7             |
| 4     | 34:13 | 11:00.7 | 463  | Jeffrey Reagan Snow   | 25  | 8             |

## F20-29

| Place | Time  | Pace    | Bib# | Name, City       | Age | Overall Place |
|-------|-------|---------|------|------------------|-----|---------------|
| 1     | 37:16 | 11:59.6 | 454  | Kathryn Jones    | 25  | 10            |
| 2     | 40:14 | 12:57.1 | 458  | Leah Moore       | 27  | 13            |
| 3     | 40:17 | 12:57.8 | 465  | Ariel Wells      | 28  | 14            |
| 4     | 48:40 | 15:39.8 | 470  | Carly Greer      | 21  | 16            |
| 5     | 48:40 | 15:39.8 | 469  | Mackenzie Spivey | 24  | 17            |
| 6     | 51:42 | 16:38.5 | 450  | Ashton Brooks    | 22  | 18            |

## F30-39

| Place | Time  | Pace    | Bib# | Name, City  | Age | Overall Place |
|-------|-------|---------|------|-------------|-----|---------------|
| 1     | 34:57 | 11:14.8 | 473  | Ashley Pugh | 30  | 9             |
| 2     | 53:08 | 17:06.3 | 471  | Erica King  | 39  | 19            |

## M40-49

| Place | Time  | Pace    | Bib# | Name, City | Age | Overall Place |
|-------|-------|---------|------|------------|-----|---------------|
| 1     | 53:09 | 17:06.4 | 472  | Sean King  | 43  | 20            |

## M50-59

| Place | Time  | Pace   | Bib# | Name, City | Age | Overall Place |
|-------|-------|--------|------|------------|-----|---------------|
| 1     | 27:49 | 8:57.1 | 464  | Gary Wake  | 50  | 2             |

## F50-59

| Place | Time  | Pace    | Bib# | Name, City         | Age | Overall Place |
|-------|-------|---------|------|--------------------|-----|---------------|
| 1     | 37:36 | 12:06.2 | 468  | Lisa Heidelberg    | 50  | 11            |
| 2     | 38:17 | 12:19.3 | 467  | Carolyn Cunningham | 54  | 12            |
| 3     | 48:39 | 15:39.6 | 456  | Phyllis LeCornu    | 59  | 15            |

## M60 & Over

| Place | Time    | Pace    | Bib# | Name, City    | Age | Overall | Place |
|-------|---------|---------|------|---------------|-----|---------|-------|
| 1     | 29:10   | 9:23.2  | 460  | David Posey   | 66  | 5       |       |
| 2     | 1:00:52 | 19:35.5 | 462  | David Rizzuto | 65  | 21      |       |

**Timing and scoring with PocketTimer Pro for Android  
from [Stevens Creek Software](#)**