

## 2023 Run for Empowerment 5K

Race Date  
March 05, 2023

Overall Finish List**Female**

<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Gend</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>
1	Paige Wineinger	Lawrence KS	657	27	F	1: 1-99	20:30.5	6:37/M
2	Jadyn Yoder	Smithville MO	647	21	F	2: 1-99	22:12.9	7:10/M
3	Kara Wiebe	Lawrence KS	605	34	F	3: 1-99	23:11.2	7:29/M
4	Eden Schwarz	Stilwell KS	732	19	F	4: 1-99	23:11.5	7:29/M
5	Skylar Allen	Lawrence KS	603	25	F	5: 1-99	23:23.6	7:33/M
6	Emilia Mast	Lawrence KS	651	11	F	6: 1-99	24:35.8	7:56/M
7	Karen Evans	Lawrence KS	631	49	F	7: 1-99	24:37.6	7:57/M
8	Kristen Hines	Lawrence KS	616	34	F	8: 1-99	24:41.2	7:58/M
9	Tara Martin	Berryton KS	639	44	F	9: 1-99	27:59.6	9:02/M
10	Adeline Edelman	Lawrence KS	610	22	F	10: 1-99	29:44.6	9:36/M
11	Audrey Reynolds	Olathe KS	642	30	F	11: 1-99	29:47.5	9:37/M
12	Haley Anne Mahusay	Kansas City MO	604	22	F	12: 1-99	29:52.7	9:38/M
13	Brooke Thomas	Overland Park KS	617	21	F	13: 1-99	29:52.9	9:38/M
14	Lexy Moszyk	Stilwell KS	624	24	F	14: 1-99	29:53.4	9:39/M
15	Marley Sutter	Lawrence KS	612	30	F	15: 1-99	31:22.7	10:07/M
16	Maggie Tietz	Lawrence KS	611	32	F	16: 1-99	31:23.1	10:07/M
17	Avery Brooks	Lawrence KS	626	20	F	17: 1-99	31:25.1	10:08/M
18	Grace Patchen	Lawrence KS	623	22	F	18: 1-99	31:25.8	10:08/M
19	Jaiden Rensch	Lawrence KS	640	18	F	19: 1-99	31:26.3	10:08/M
20	Amy Jantz	Mc Louth KS	643	36	F	20: 1-99	31:32.1	10:10/M
21	Reagan Kobach	Lecompton KS	608	17	F	21: 1-99	32:13.8	10:24/M
22	Charlie Kobach	Lecompton KS	609	11	F	22: 1-99	32:14.3	10:24/M
23	Abigail Jackson	Lawrence KS	594	24	F	23: 1-99	33:39.8	10:52/M
24	Valerie Landis	Lawrence KS	621	21	F	24: 1-99	33:56.8	10:57/M
25	Emily Metzger	Lawrence KS	600	40	F	25: 1-99	33:58.0	10:57/M
26	Emma Tuel	Lawrence KS	633	20	F	26: 1-99	34:11.2	11:02/M
27	Marissa Martinez	Independence MO	599	30	F	27: 1-99	34:27.7	11:07/M
28	Nancy Jackson	Lawrence KS	595	56	F	28: 1-99	34:54.5	11:16/M
29	Allie Dew	Lawrence KS	641	23	F	29: 1-99	34:58.5	11:17/M
30	Jena Parker	Lawrence KS	629	37	F	30: 1-99	37:14.1	12:01/M
31	Sarah Jane Dahms	Lawrence KS	656	21	F	31: 1-99	42:40.3	13:46/M
32	Julia Fraley	Lawrence KS	655	22	F	32: 1-99	42:40.4	13:46/M
33	Julia Hintz	Emporia KS	589	19	F	33: 1-99	42:40.7	13:46/M
34	Marcia Hurt	Olathe KS	571	58	F	34: 1-99	49:26.2	15:57/M
35	Jill Kirkpatrick	Olathe KS	572	47	F	35: 1-99	49:26.5	15:57/M
36	Lisa Winscott	Shawnee KS	579	60	F	36: 1-99	50:00.6	16:08/M
37	Anita Mason	Blue Springs MO	602	64	F	37: 1-99	52:06.0	16:48/M
38	Tiffany Martinez	Lenexa KS	646	33	F	38: 1-99	52:07.1	16:49/M
39	Pamela Sherman	Ottawa KS	628	64	F	39: 1-99	52:34.7	16:58/M
40	Maria Sandoval	Independence MO	620	56	F	40: 1-99	54:01.6	17:26/M
41	Katie Whitaker	Lawrence KS	654	45	F	41: 1-99	57:10.3	18:27/M

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<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Gend</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>
1	Troy Wineinger	Lawrence KS	658	27	M	1: 1-99	16:50.5	5:26/M
2	James McDermott	Basehor KS	649	34	M	2: 1-99	19:32.2	6:18/M
3	Magnus Richter	Lawrence KS	585	25	M	3: 1-99	20:46.8	6:42/M
4	Dj Beachy	Lawrence KS	618	20	M	4: 1-99	21:12.9	6:51/M
5	Andreas Lechner	Lawrence KS	636	28	M	5: 1-99	21:19.5	6:53/M
6	Chase Horner	Lawrence KS	622	20	M	6: 1-99	21:38.9	6:59/M
7	Kaleb Barnes	Lenexa KS	630	19	M	7: 1-99	22:21.3	7:13/M
8	Tristan Funk	Lawrence KS	731	24	M	8: 1-99	23:38.9	7:38/M
9	Casey Hersma	Lawrence KS	619	22	M	9: 1-99	24:41.0	7:58/M
10	Zachary Walker	Tecumseh KS	638	30	M	10: 1-99	24:45.4	7:59/M
11	Joshua Terrell	Lawrence KS	607	26	M	11: 1-99	25:21.9	8:11/M
12	Jeremy Miller	Augusta KS	576	41	M	12: 1-99	25:38.9	8:16/M
13	Zachary Razak	Lawrence KS	652	19	M	13: 1-99	25:56.5	8:22/M
14	Ziyu Zhu	Lawrencelawrence	570	26	M	14: 1-99	26:45.9	8:38/M
15	Trenton Knehans	Lawrence KS	650	20	M	15: 1-99	26:58.3	8:42/M
16	Luke Lehman	Gresham OR	588	19	M	16: 1-99	26:58.4	8:42/M
17	Drake Khatib	Lawrence KS	634	18	M	17: 1-99	27:30.9	8:53/M
18	Tom Craig	Lawrence KS	615	43	M	18: 1-99	28:17.5	9:08/M
19	Adam Krestan	Lawrence KS	590	26	M	19: 1-99	28:34.3	9:13/M
20	Reed Hersma	Lawrence KS	593	24	M	20: 1-99	28:38.1	9:14/M
21	Avery Simecka	Lawrence KS	644	28	M	21: 1-99	29:22.4	9:29/M
22	Tyler Edelman	Lawrence KS	648	27	M	22: 1-99	29:55.2	9:39/M
23	Sean Kenealy	Lawrence KS	582	37	M	23: 1-99	30:34.9	9:52/M
24	David Theilen	Lawrence KS	637	56	M	24: 1-99	30:37.2	9:53/M
25	Thomas Boatwright	Lawrence KS	653	25	M	25: 1-99	30:38.0	9:53/M
26	Cade Briggs	Lawrence KS	625	20	M	26: 1-99	33:56.6	10:57/M
27	David Owens	Lawrence KS	601	40	M	27: 1-99	33:57.7	10:57/M
28	Drew Derose	Lawrence KS	592	22	M	28: 1-99	34:57.1	11:17/M
29	Daniel Cook	Kansas City KS	613	23	M	29: 1-99	36:27.2	11:46/M
30	Javier Aqui	Lenexa KS	645	31	M	30: 1-99	38:22.3	12:23/M
31	Mike Winscott	Shawnee KS	580	67	M	31: 1-99	46:40.7	15:03/M