

Race Date
September 13, 2025

2025 HRC Free Spirit 5K-10K
Overall Finish List

5k

<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Gend</u>	<u>Time</u>	<u>Pace</u>
1	Andrew Howard	Hays KS	145	34	M	18:04.4	3:37/K
2	Jacob Eck	Stockton KS	125	26	M	22:02.9	4:25/K
3	Abby Kennemer	Hays KS	162	25	F	25:29.8	5:06/K
4	Shawn Baalman	Gorham KS	57	40	M	25:34.2	5:07/K
5	Sarah Patterson	Hays KS	223	40	F	30:07.6	6:02/K
6	Lucas Obholz	Hays KS	202	40	M	33:28.6	6:42/K
7	Kelly Miller	Hays KS	176	41	F	34:10.0	6:50/K
8	Dina Benitez	Hays KS	71	31	F	35:29.7	7:06/K
9	Kristina Sisson	Stockton KS	309	26	F	39:53.8	7:59/K
10	Cassandra Davied	Hays KS	104	47	F	59:48.4	11:58/K
11	Angela Phillips	Hays KS	249	35	F	59:52.8	11:59/K

10k

<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Gend</u>	<u>Time</u>	<u>Pace</u>
1	Scott Davied	Hays KS	106	48	M	46:13.3	4:37/K
2	Mario Moron	Hays KS	186	32	M	50:14.7	5:01/K
3	Moises De Lima	Hays KS	113	37	M	50:46.6	5:05/K
4	Keilah Bachman	Wilson KS	61	20	F	55:32.3	5:33/K
5	Ginger Williams	Hays KS	375	42	F	1:11:33.9	7:09/K
6	Laurie Donovan	La Crosse KS	124	46	F	1:20:19.0	8:02/K