

**2023 Dynafit Arrowhead 5K**  
**Presented by Howard Head Sports Medicine**  
**August 19, 2023**

**Female 19 & Under**

| <b>Pos</b> | <b>Bib#</b> | <b>Athlete</b>   | <b>City</b> | <b>Country</b> | <b>Race</b> | <b>Gender</b> | <b>Age</b> | <b>Time</b> | <b>Overall</b> |
|------------|-------------|------------------|-------------|----------------|-------------|---------------|------------|-------------|----------------|
| 1          | 1459        | Isla Elton       | Edwards     | CO             | 5K          | F             | 14         | 0:21:54     | 5              |
| 2          | 1703        | Georgia Robinson | Edwards     | CO             | 5K          | F             | 10         | 0:23:34     | 15             |
| 3          | 1678        | Paisley Kraft    | Eagle       | CO             | 5K          | F             | 12         | 0:23:36     | 17             |
| 4          | 1450        | Lindy Brummer    | Eagle       | CO             | 5K          | F             | 11         | 0:24:44     | 22             |
| 5          | 1449        | Kyler Brummer    | Eagle       | CO             | 5K          | F             | 9          | 0:25:45     | 28             |
| 6          | 1684        | Emily Green      | Edwards     | CO             | 5K          | F             | 17         | 0:31:50     | 62             |

**Male 19 & Under**

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|------------|-------------|-----------------|-------------|----------------|-------------|---------------|------------|-------------|----------------|
| 1          | 1662        | Peter Kan Jr.   | Edwards     | CO             | 5K          | M             | 13         | 0:19:02     | 1              |
| 2          | 1704        | Graham Robinson | Edwards     | CO             | 5K          | M             | 13         | 0:23:05     | 10             |
| 3          | 1535        | Caden Baker     | Edwards     | CO             | 5K          | M             | 10         | 0:25:07     | 26             |

**Female 20-39**

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|------------|-------------|---------------------|------------------|----------------|-------------|---------------|------------|-------------|----------------|
| 1          | 1476        | Sarah Hochtl        | VAIL             | CO             | 5K          | F             | 36         | 0:19:02     | 2              |
| 2          | 1630        | Kristen Seballos    | Vail             | CO             | 5K          | F             | 23         | 0:22:32     | 8              |
| 3          | 1517        | Melissa Shushpanov  | Edwards          | CO             | 5K          | F             | 25         | 0:23:30     | 13             |
| 4          | 1456        | Molly Czachor       | Avon             | CO             | 5K          | F             | 23         | 0:24:19     | 21             |
| 5          | 1616        | Michelle Williamson | Avon             | CO             | 5K          | F             | 34         | 0:25:10     | 27             |
| 6          | 1693        | Michelle Guida      | Edwards          | CO             | 5K          | F             | 28         | 0:25:49     | 30             |
| 7          | 1509        | Emma Ruiz           | Vail             | CO             | 5K          | F             | 33         | 0:25:53     | 31             |
| 8          | 1667        | Lindsay Jones       | Eagle            | CO             | 5K          | F             | 31         | 0:26:47     | 37             |
| 9          | 1636        | Nuria Cros          | Eagle            | CO             | 5K          | F             | 30         | 0:26:49     | 38             |
| 10         | 1520        | Mindy Stockman      | Gypsum           | CO             | 5K          | F             | 37         | 0:27:33     | 39             |
| 11         | 1454        | Alyssa Campos       | Avon             | CO             | 5K          | F             | 37         | 0:28:06     | 41             |
| 12         | 1674        | Carolina Bocardo    | Vail             | CO             | 5K          | F             | 38         | 0:28:10     | 42             |
| 13         | 1633        | Katie Bristow       | Vail             | CO             | 5K          | F             | 33         | 0:29:03     | 45             |
| 14         | 1628        | Chloe Barton        | Vail             | CO             | 5K          | F             | 30         | 0:29:05     | 47             |
| 15         | 1680        | Alex Winkleblack    | Avon             | CO             | 5K          | F             | 28         | 0:29:14     | 48             |
| 16         | 1613        | Amy Vogel           | Edwards          | CO             | 5K          | F             | 38         | 0:29:46     | 51             |
| 17         | 1655        | Cass Barham         | Avon             | CO             | 5K          | F             | 32         | 0:29:47     | 52             |
| 18         | 1629        | Kacie Sorfleet      | Edwards          | CO             | 5K          | F             | 22         | 0:29:59     | 53             |
| 19         | 1485        | Danielle Lewis      | Denver           | CO             | 5K          | F             | 35         | 0:30:20     | 57             |
| 20         | 1754        | Alyson Speshock     | Avon             | CO             | 5K          | F             | 24         | 0:32:50     | 64             |
| 21         | 1506        | Emma Porter         | Englewood        | CO             | 5K          | F             | 29         | 0:33:42     | 68             |
| 22         | 1672        | Maria Rios          | Vail             | CO             | 5K          | F             | 28         | 0:36:53     | 79             |
| 23         | 1632        | Alyssah Popovich    | Colorado Springs | CO             | 5K          | F             | 21         | 0:37:14     | 80             |
| 24         | 1656        | Lianna Menchaca     | Houston          | TX             | 5K          | F             | 37         | 0:41:56     | 85             |
| 25         | 1673        | Teresa Sanchez      | Avon             | CO             | 5K          | F             | 37         | 0:54:57     | 91             |
| 26         | 1614        | Raya Pociute        | avon             | CO             | 5K          | F             | 38         | 0:55:37     | 92             |

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|------------|-------------|------------------|----------------|----------------|-------------|---------------|------------|-------------|----------------|
| 1          | 1642        | Lucas Minas      | Avon           | CO             | 5K          | M             | 23         | 0:22:29     | 7              |
| 2          | 1583        | Curtis Mighaccio | Vail           | CO             | 5K          | M             | 37         | 0:23:22     | 11             |
| 3          | 1752        | Chris Miller     | Littleton      | CO             | 5K          | M             | 20         | 0:23:28     | 12             |
| 4          | 1545        | Austin Carcia    | Avon           | CO             | 5K          | M             | 24         | 0:23:34     | 14             |
| 5          | 1700        | Michael Rizzo    | Vail           | CO             | 5K          | M             | 31         | 0:24:14     | 19             |
| 6          | 1682        | Jerrod White     | Summerville    | SC             | 5K          | M             | 29         | 0:28:49     | 44             |
| 7          | 1635        | Travis Bristow   | Vail           | CO             | 5K          | M             | 38         | 0:29:04     | 46             |
| 8          | 1701        | Devin Brown      | Austin         | TX             | 5K          | M             | 31         | 0:29:29     | 49             |
| 9          | 1683        | Nathan Wales     | Salt Lake City | UT             | 5K          | M             | 23         | 0:30:20     | 56             |
| 10         | 1589        | Hendrik Orłowski | Englewood      | CO             | 5K          | M             | 30         | 0:33:41     | 67             |
| 11         | 1588        | Kendall Noble    | EDWARDS        | CO             | 5K          | M             | 20         | 0:33:52     | 69             |
| 12         | 1753        | Leo Rosales      | Eagle          | CO             | 5K          | M             | 23         | 0:39:29     | 81             |
| 13         | 1624        | David Garcia     | Gypsum         | CO             | 5K          | M             | 26         | 0:39:29     | 82             |
| 14         | 1705        | Jared Kleinsien  | Edwards        | CO             | 5K          | M             | 35         | 0:49:49     | 89             |

**Female 40-59**

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|------------|-------------|---------------------|------------------|----------------|-------------|---------------|------------|-------------|----------------|
| 1          | 1522        | Sheila Sullivan     | Daytona Beach    | FL             | 5K          | F             | 57         | 0:24:47     | 23             |
| 2          | 1494        | Nancy Mires         | Eagle            | CO             | 5K          | F             | 54         | 0:24:48     | 24             |
| 3          | 1677        | Lindsey Kraft       | Eagle            | CO             | 5K          | F             | 42         | 0:25:47     | 29             |
| 4          | 1665        | Monica Hernandez    | Vail             | CO             | 5K          | F             | 54         | 0:26:10     | 33             |
| 5          | 1702        | Kelli Rohrig        | Avon             | CO             | 5K          | F             | 54         | 0:26:23     | 34             |
| 6          | 1664        | Ileana Ballesteros  | Vail             | CO             | 5K          | F             | 45         | 0:26:41     | 35             |
| 7          | 1473        | Deb Harrison        | Vail             | CO             | 5K          | F             | 59         | 0:26:41     | 36             |
| 8          | 1470        | Judy Grotke         | Evergreen        | CO             | 5K          | F             | 56         | 0:28:39     | 43             |
| 9          | 1681        | Lindsay Schlesinger | Eagle            | CO             | 5K          | F             | 40         | 0:30:17     | 55             |
| 10         | 1447        | Melanie Boock       | Minturn          | CO             | 5K          | F             | 52         | 0:30:47     | 58             |
| 11         | 1691        | Nell Davis          | Edwards          | CO             | 5K          | F             | 40         | 0:31:04     | 60             |
| 12         | 1620        | Alison Forche       | Pickerington     | OH             | 5K          | F             | 54         | 0:31:36     | 61             |
| 13         | 1686        | Sarah Green         | Edwards          | CO             | 5K          | F             | 53         | 0:32:17     | 63             |
| 14         | 1634        | Paula Salazar       | Colorado Springs | CO             | 5K          | F             | 51         | 0:34:30     | 71             |
| 15         | 1498        | Karen Oberthaler    | Boulder          | CO             | 5K          | F             | 50         | 0:35:28     | 72             |
| 16         | 1625        | Indika McCampbell   | Breckenridge     | CO             | 5K          | F             | 47         | 0:36:11     | 74             |
| 17         | 1479        | Carole Jordan       | Avon             | CO             | 5K          | F             | 54         | 0:36:24     | 76             |
| 18         | 1637        | Amy Faulk           | Paradise Valley  | AZ             | 5K          | F             | 58         | 0:36:51     | 78             |
| 19         | 1508        | Shari Rubin         | Edwards          | CO             | 5K          | F             | 45         | 0:41:53     | 84             |
| 20         | 1690        | Catherine Crane     | Evergreen        | CO             | 5K          | F             | 53         | 0:42:34     | 86             |

**Male 40-59**

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|------------|-------------|-----------------|-------------|----------------|-------------|---------------|------------|-------------|----------------|
| 1          | 1585        | Tim Miller      | Cottonwood  | AZ             | 5K          | M             | 53         | 0:20:38     | 3              |
| 2          | 1541        | Nick Brummer    | Eagle       | CO             | 5K          | M             | 42         | 0:20:47     | 4              |
| 3          | 1663        | Peter Kan       | Edwards     | CO             | 5K          | M             | 50         | 0:22:29     | 6              |
| 4          | 1601        | Michael Slusarz | Vail        | CO             | 5K          | M             | 45         | 0:23:35     | 16             |

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|---|------|---------------|--------------|----|----|---|----|---------|----|
| 5 | 1577 | Andrew Lister | Eagle        | CO | 5K | M | 42 | 0:24:11 | 18 |
| 6 | 1619 | Peter Blake   | Denver       | CO | 5K | M | 52 | 0:24:17 | 20 |
| 7 | 1597 | Rob Sebesta   | Edwards      | CO | 5K | M | 53 | 0:33:18 | 66 |
| 8 | 1564 | Greg Grotke   | Evergreen    | CO | 5K | M | 55 | 0:34:07 | 70 |
| 9 | 1557 | Daniel Fee    | Philadelphia | PA | 5K | M | 53 | 0:36:11 | 75 |

**Female 60+**

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|------------|-------------|----------------|-------------------|----------------|-------------|---------------|------------|-------------|----------------|
| 1          | 1442        | MOLLY ANSFIELD | Eagle             | CO             | 5K          | F             | 66         | 0:24:49     | 25             |
| 2          | 1451        | Nancy Buonanni | Breckenridge      | CO             | 5K          | F             | 62         | 0:25:59     | 32             |
| 3          | 1523        | Jane Tucker    | Vail              | CO             | 5K          | F             | 62         | 0:30:12     | 54             |
| 4          | 1618        | Wendy Miller   | Greenwood Village | CO             | 5K          | F             | 61         | 0:33:02     | 65             |
| 5          | 1474        | michelle hayes | Edwards           | CO             | 5K          | F             | 69         | 0:35:29     | 73             |
| 6          | 1639        | Sue Bardsley   | Eagle             | CO             | 5K          | F             | 62         | 0:40:24     | 83             |

**Male 60+**

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|------------|-------------|-------------------|------------------|----------------|-------------|---------------|------------|-------------|----------------|
| 1          | 1751        | Matt Miller       | Littleton        | CO             | 5K          | M             | 62         | 0:23:04     | 9              |
| 2          | 1572        | Steven Kaminski   | Glenwood Springs | CO             | 5K          | M             | 65         | 0:28:06     | 40             |
| 3          | 1605        | Jesse Sommer      | Frisco           | CO             | 5K          | M             | 65         | 0:29:31     | 50             |
| 4          | 1685        | Charles Green     | Edwards          | CO             | 5K          | M             | 77         | 0:30:54     | 59             |
| 5          | 1542        | Bill Buonanni     | Breckenridge     | CO             | 5K          | M             | 62         | 0:36:44     | 77             |
| 6          | 1687        | John Herbert      | Edwards          | CO             | 5K          | M             | 72         | 0:45:33     | 88             |
| 7          | 1559        | Nicholas Fickling | Edwards          | CO             | 5K          | M             | 73         | 0:51:38     | 90             |