

**2023 Dynafit Meadowgold 10K 5K Results**  
**Minturn, CO**  
**September 9, 2023**

**10K Results**

**Female 19 & Under**

Pos	Bib#	Athlete	City	State	Race	Gender	Age	Time	Overall
1	1732	Savina May	Edwards	CO	10K	F	19	1:21:09	57

**Male 19 & Under**

Pos	Bib#	Athlete	City	State	Race	Gender	Age	Time	Overall
1	1826	Henry Reynolds	Edwards	CO	10K	M	16	1:01:05	16
2	1731	elier castillo	Gypsum	CO	10K	M	18	1:31:13	72

**Female 20-29**

Pos	Bib#	Athlete	City	State	Race	Gender	Age	Time	Overall
1	1738	Maddie Rhodes	Vail	CO	10K	F	27	1:05:10	28
2	1859	Sierra Scanlan	Avon	CO	10K	F	27	1:07:30	31
3	1878	cara romannose	Silt	CO	10K	F	26	1:30:19	69
4	1744	Michelle Guida	Edwards	CO	10K	F	28	1:31:06	70

**Male 20-29**

Pos	Bib#	Athlete	City	State	Race	Gender	Age	Time	Overall
1	1758	Franklin Reilly	Edwards	CO	10K	M	24	0:47:19	2
2	1811	Jason Macaluso	Vail	CO	10K	M	22	0:51:56	5
3	1726	Luke Herron	Edwards	CO	10K	M	26	0:51:58	6
4	1926	Zachary Smith	Deluth	MN	10K	M	27	0:53:00	7
5	1959	Jeff Richards	Dynafit	Rocks	10K	M	28	0:59:08	13
6	1882	Lucas Minas	Avon	CO	10K	M	23	1:03:12	21
7	1965	Tristan Sisineros			10K	M	26	1:03:34	23
8	1736	Brennan Molleur	Leadville	CO	10K	M	28	1:03:40	24
9	1784	Mike Digan	Parker	CO	10K	M	27	1:17:28	50

**Female 30-39**

Pos	Bib#	Athlete	City	State	Race	Gender	Age	Time	Overall
1	1862	Liana Sideli	Minturn	CO	10K	F	36	1:02:33	18
2	1713	Adrienne Arnason	Edwards	CO	10K	F	37	1:03:05	20
3	1741	Chase Rogowski	Vail	CO	10K	F	32	1:03:31	22
4	1958	Kim Fuller			10K	F	36	1:10:23	35
5	1964	Lauren Noll			10K	F	32	1:12:06	38
6	1918	Kenzie Grant	Vail	CO	10K	F	33	1:12:39	40
7	1719	Tania Loera	Avon	CO	10K	F	30	1:16:28	48
8	1735	Jessica Childers	Dillon	CO	10K	F	30	1:21:03	56
9	1886	Elise Landreaux	Vail	CO	10K	F	30	1:22:27	61
10	1956	Mindy Stockman			10K	F	37	1:26:58	66
11	1727	Darcy Beck	Eagle	CO	10K	F	38	1:28:41	67
12	1963	Emma Ruiz			10K	F	33	1:28:42	68
13	1765	Chloe Barton	Vail	CO	10K	F	30	1:36:07	78
14	1863	Laura Quilter	Atlanta	GA	10K	F	39	1:40:41	80
15	1858	Cass Barham	Eagle	CO	10K	F	32	1:43:26	82

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## Male 30-39

Pos	Bib#	Athlete	City	State	Race	Gender	Age	Time	Overall
1	1904	Joshua Smith	Vail	CO	10K	M	37	0:47:15	1
2	1912	Sylvan Ellefson	Edwards	CO	10K	M	36	0:49:55	4
3	1750	Alister Ratcliff	Avon	CO	10K	M	35	0:53:03	8
4	1867	Michael Hand	Vail	CO	10K	M	33	0:54:32	10
5	1861	Nick Sterling	Edwards	CO	10K	M	39	0:55:03	11
6	1742	Paul Datsko	Avon	CO	10K	M	38	1:00:21	15
7	1819	Justin Moses	Avon	CO	10K	M	38	1:07:08	30
8	1848	Jay Zeschin	Denver	CO	10K	M	38	1:08:10	32
9	1712	Blake Anneberg	Vail	CO	10K	M	38	1:12:46	41
10	1874	Curtis Mighaccio	Vail	CO	10K	M	37	1:13:38	42
11	1764	Koehler Baker	Edwards	CO	10K	M	31	1:17:52	53
12	1924	Bryan Simonsen	Vail	CO	10K	M	37	1:31:06	71

## Female 40-49

Pos	Bib#	Athlete	City	State	Race	Gender	Age	Time	Overall
1	1799	Erin Hood	Eagle	CO	10K	F	43	1:04:25	27
2	1955	Kelci Olson			10K	F	40	1:20:46	55
3	1794	Marcette Gordon	Gypsum	CO	10K	F	48	1:21:32	58
4	1779	Lauren DeAre	Carbondale	CO	10K	F	45	1:31:25	73
5	1925	Sarah Chimileski	Minturn	CO	10K	F	49	1:45:38	83
6	1801	Andi Johnson	Erie	CO	10K	F	46	1:51:01	85
7	1792	Kristen Ganaway	Arvada	CO	10K	F	45	1:51:11	86

## Male 40-49

Pos	Bib#	Athlete	City	State	Race	Gender	Age	Time	Overall
1	1905	Dan Weiland	Eagle	CO	10K	M	48	0:47:56	3
2	1857	Brad Zoller	Avon	CO	10K	M	46	0:54:15	9
3	1911	Geoff Grimmer	Eagle	CO	10K	M	47	1:00:10	14
4	1957	Nate Lowe			10K	M	41	1:01:48	17
5	1760	Kevin Ahman	Broomfield	CO	10K	M	42	1:02:34	19
6	1927	David Mendoza	Aurora	CO	10K	M	46	1:03:43	25
7	1915	Nicholas Seglie	Vail	CO	10K	M	43	1:04:19	26
8	1856	Michael Cushman	vail	CO	10K	M	48	1:08:37	33
9	1849	Thierry Caruso	Houston	TX	10K	M	47	1:16:05	46

## Female 50-59

Pos	Bib#	Athlete	City	State	Race	Gender	Age	Time	Overall
1	1720	Judy Grotke	Evergreen	CO	10K	F	56	1:16:15	47
2	1837	Sheila Sullivan	Daytona Beach	FL	10K	F	57	1:17:33	51
3	1743	Kathy Aalto	Eagle	CO	10K	F	55	1:19:20	54
4	1715	doreen clevenger	Denver	CO	10K	F	56	1:21:57	59
5	1914	Allison Visosky	Denver	CO	10K	F	57	1:23:05	62
6	1962	Monica LaCroix			10K	F	54	1:43:01	81

**2023 Dynafit Meadowgold 10K 5K Results**  
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**Male 50-59**

Pos	Bib#	Athlete	City	State	Race	Gender	Age	Time	Overall
1	1919	Frank Holmes	Glenwood Springs	CO	10K	M	54	0:56:08	12
2	1747	Rushton Zepernick	Superior	CO	10K	M	56	1:09:48	34
3	1722	Sean Malone	Denver	CO	10K	M	51	1:11:12	37
4	1802	Matt Johnson	Eagle	CO	10K	M	55	1:15:04	44
5	1885	Jeff Fleming	Lone Tree	CO	10K	M	53	1:15:16	45
6	1783	Timothy Diana	Fort Collins	CO	10K	M	55	1:22:09	60
7	1721	Corbett Whitton	Edwards	CO	10K	M	55	1:25:32	65

**Female 60-69**

Pos	Bib#	Athlete	City	State	Race	Gender	Age	Time	Overall
1	1709	Heidi Vosbeck	Glenwood Springs	CO	10K	F	62	1:12:08	39
2	1717	Terri Sommer	Frisco	CO	10K	F	64	1:17:45	52
3	1913	Molly Ansfield	Eagle	CO	10K	F	66	1:24:22	63
4	1923	Sara Olazabal	Vail	CO	10K	F	60	1:32:20	75
5	1869	Sue Bardsley	Eagle	CO	10K	F	62	1:34:08	77
6	1906	Christina Bruaski	Glenwood Springs	CO	10K	F	60	1:48:56	84

**Male 60-69**

Pos	Bib#	Athlete	City	State	Race	Gender	Age	Time	Overall
1	1812	Paul Macaluso	Vail	CO	10K	M	62	1:06:54	29
2	1842	marshall varano	San Diego	CA	10K	M	61	1:10:27	36
3	1891	Dean Hardy	Avon	CO	10K	M	61	1:14:52	43
4	1922	Sergio Armella	Vail	CO	10K	M	63	1:17:14	49
5	1876	Steven May	Edwards	CO	10K	M	61	1:25:13	64
6	1871	Michael Peck	Minturn	CO	10K	M	61	1:31:31	74
7	1729	Bill Buonanni	Breckenridge	CO	10K	M	62	1:33:20	76
8	1907	Mark Bruaski	Glenwood Springs	CO	10K	M	62	2:02:13	88

**Female 70+**

Pos	Bib#	Athlete	City	State	Race	Gender	Age	Time	Overall
1	1714	Helen McQueeney	Glenwood Springs	CO	10K	F	71	1:38:37	79
2	1884	Jo May	Houston	TX	10K	F	75	2:19:40	89

**Male 70+**

Pos	Bib#	Athlete	City	State	Race	Gender	Age	Time	Overall
1	1883	Doug Beagle	Houston	TX	10K	M	73	1:58:23	87

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**5K Results**

**Female 19 & Under**

Pos	Bib#	Athlete	City	State	Race	Gender	Age	Time	Overall
1	1890	Isla Elton	Edwards	CO	5K	F	14	0:25:15	5
2	1920	Gracen Kennedy	Edwards	CO	5K	F	15	0:25:44	7
3	1880	Georgia Robison	Edwards	CO	5K	F	10	0:27:58	15
4	1716	Lindy Brummer	Eagle	CO	5K	F	11	0:30:55	18
5	1865	Isabella Kanova	Edwards	CO	5K	F	10	0:32:31	25
6	1909	Kyler Brummer	Eagle	CO	5K	F	9	0:32:57	26

**Male 19 & Under**

Pos	Bib#	Athlete	City	State	Race	Gender	Age	Time	Overall
1	1866	Peter Kan Jr.	Edwards	CO	5K	M	13	0:22:55	1
2	1881	Graham Robison	Edwards	CO	5K	M	13	0:25:35	6
3	1916	Spencer Bahney	Edwards	CO	5K	M	11	0:26:13	8
4	1889	Hayden Hyslop	Vail	CO	5K	M	11	0:26:14	9
5	1733	Max Malone	Denver	CO	5K	M	12	0:37:13	35

**Female 20-39**

Pos	Bib#	Athlete	City	State	Race	Gender	Age	Time	Overall
1	1877	Kristen Seballos	Vail	CO	5K	F	23	0:24:28	4
2	1809	Emily LyBarger	Fort Collins	CO	5K	F	33	0:27:21	13
3	1872	Kacie Sorfleet	Edwards	CO	5K	F	22	0:33:42	27
4	1708	Kellie Shaltes	Avon	CO	5K	F	33	0:33:51	28
5	1745	Katherine Muschalik	Vail	CO	5K	F	24	0:34:10	30
6	1810	Madelyn LyBarger	Gypsum	CO	5K	F	31	0:40:29	41
7	1873	Alyson Speshock	Avon	CO	5K	F	24	0:41:17	42
8	1870	Hannah Peck	Minturn	CO	5K	F	27	0:42:22	43
9	1777	Kelly Daly	edwards	CO	5K	F	36	0:53:17	50

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## Male 20-39

Pos	Bib#	Athlete	City	State	Race	Gender	Age	Time	Overall
1	1875	Austin Carcia	Avon	CO	5K	M	24	0:32:16	21
2	1749	Emre Eren	Edwards	CO	5K	M	32	0:32:17	22
3	1746	Jerrod White	Summerville	SC	5K	M	29	0:32:17	23
4	1879	Cole Zywiec	Silt	CO	5K	M	28	0:42:51	45

## Female 40-59

Pos	Bib#	Athlete	City	State	Race	Gender	Age	Time	Overall
1	1740	Abby Brown	Gypsum	CO	5K	F	46	0:27:43	14
2	1816	Nancy Mires	Eagle	CO	5K	F	54	0:30:04	17
3	1728	Deb Harrison	Vail	CO	5K	F	59	0:30:58	19
4	1734	Jeannie Malone	Denver	CO	5K	F	51	0:37:18	36
5	1928	Lindsay Schlesinger	Avon	CO	5K	F	40	0:39:29	39
6	1860	Mary Ann LyBarger	Edwards	CO	5K	F	59	0:40:29	40
7	1852	Elizabeth Lema	Edwards	CO	5K	F	48	0:42:45	44
8	1805	Carrie Larson	Gypsum	CO	5K	F	54	0:51:50	49
9	1888	Kristen Adams	Englewood	CO	5K	F	54	1:18:59	52

## Male 40-59

Pos	Bib#	Athlete	City	State	Race	Gender	Age	Time	Overall
1	1910	Nick Brummer	Eagle	CO	5K	M	42	0:23:36	2
2	1908	Tim Miller	Cottonwood	AZ	5K	M	53	0:24:19	3
3	1864	Peter Kan	Edwards	CO	5K	M	50	0:26:37	10
4	1917	Tim Bahney	Edwards	CO	5K	M	48	0:26:41	11
5	1737	Andrew Lister	Eagle	CO	5K	M	42	0:27:03	12
6	1921	Jeff Kennedy	Edwards	CO	5K	M	50	0:28:57	16
7	1748	Dieter Eppel	Bonney Lake	WA	5K	M	55	0:34:14	31
8	1854	Vaughn Bryant	Edwards	CO	5K	M	56	0:35:28	33
9	1851	Enrique Salgado	Edwards	CO	5K	M	54	0:38:24	37
10	1796	Erik Hahn	Edwards	CO	5K	M	50	0:39:10	38

## Female 60+

Pos	Bib#	Athlete	City	State	Race	Gender	Age	Time	Overall
1	1730	Nancy Buonanni	Breckenridge	CO	5K	F	62	0:31:12	20
2	1724	Lisa Pelchat	Edwards	CO	5K	F	67	0:47:05	46
3	1960	Jane Tucker			5K	F	62	0:48:28	47
4	1797	Michelle Hayes	Edwards	CO	5K	F	69	0:49:11	48

## Male 60+

Pos	Bib#	Athlete	City	State	Race	Gender	Age	Time	Overall
1	1718	Jesse Sommer	Frisco	CO	5K	M	65	0:32:27	24
2	1798	Bill Hintze	Fort Collins	CO	5K	M	63	0:34:08	29
3	1803	Steven Kaminski	Glenwood Springs	CO	5K	M	65	0:34:30	32
4	1723	Michael Williamson	Edwards	CO	5K	M	74	0:35:41	34
5	1834	Marlin Smickley	Edwards	CO	5K	M	85	0:57:08	51