

## Male Age Groups

### Male Overall

<u>Name</u>	<u>City, State</u>	<u>Gender</u>	<u>Age</u>	<u>5K-Time</u>	<u>10-K Time</u>	<u>10-Mile Time</u>	<u>Half-Time</u>	<u>30K Time</u>	<u>Combined Total</u>
Chris Yerka	Layton UT	M	37	18:04.0	0:37:25	1:04:52	1:18:14	1:57:41	<b>5:16:16</b>
Thom Kuehls	Ogden UT	M	54	18:47.0	0:39:23	1:05:53	1:19:51	1:58:11	<b>5:22:05</b>
Bastiaan Bruell	Washington Terrace UT	M	40	19:19.0	0:39:42	1:08:34	1:24:42	2:06:27	<b>5:38:44</b>

### Male Masters

<u>Name</u>	<u>City, State</u>	<u>Gender</u>	<u>Age</u>	<u>5K-Time</u>	<u>10-K Time</u>	<u>10-Mile Time</u>	<u>Half-Time</u>	<u>30K Time</u>	<u>Combined Total</u>
Dan Hughes	Layton UT	M	53	20:34.0	0:42:48	1:12:07	1:27:06	2:10:27	<b>5:53:02</b>
Michael Cragun	Bothwell UT	M	45	20:23.0	0:42:36	1:14:07	1:34:22	2:19:02	<b>6:10:30</b>
Steven Jeffs	Kaysville UT	M	42	22:02.0	0:46:44	1:18:36	1:32:55	2:18:07	<b>6:18:24</b>

### Male 19 -24

<u>Name</u>	<u>City, State</u>	<u>Gender</u>	<u>Age</u>	<u>5K-Time</u>	<u>10-K Time</u>	<u>10-Mile Time</u>	<u>Half-Time</u>	<u>30K Time</u>	<u>Combined Total</u>
Sam Dixon	North Ogden UT	M	24	21:35.0	0:46:29	1:21:05	1:45:11	2:41:03	<b>6:55:24</b>

### Male 30 - 34

<u>Name</u>	<u>City, State</u>	<u>Gender</u>	<u>Age</u>	<u>5K-Time</u>	<u>10-K Time</u>	<u>10-Mile Time</u>	<u>Half-Time</u>	<u>30K Time</u>	<u>Combined Total</u>
James Clark	Brigham City UT	M	30	22:33.0	0:49:42	1:23:12	1:46:18	2:40:22	<b>7:02:07</b>
Andrew Hawes	North Ogden UT	M	34	26:10.0	0:57:13	1:34:31	1:51:36	2:47:59	<b>7:37:29</b>
Ryan Goodrich	Syracuse UT	M	34	29:27.0	1:01:26	1:44:41	2:13:13	3:27:50	<b>8:56:37</b>

### Male 35 - 39

<u>Name</u>	<u>City, State</u>	<u>Gender</u>	<u>Age</u>	<u>5K-Time</u>	<u>10-K Time</u>	<u>10-Mile Time</u>	<u>Half-Time</u>	<u>30K Time</u>	<u>Combined Total</u>
gabe galvan	Layton UT	M	35	18:52.0	0:44:25	1:12:24	1:27:31	2:07:31	<b>5:50:42</b>
Matt Bugnet	Ogden UT	M	36	20:36.0	0:43:27	1:15:01	1:32:47	2:28:12	<b>6:20:03</b>
Josh Robles	West Point UT	M	39	21:12.0	0:45:01	1:16:52	1:33:15	2:26:47	<b>6:23:07</b>
Tim Cottrell	Ogden UT	M	36	21:10.0	0:46:39	1:18:23	1:37:59	2:33:16	<b>6:37:27</b>
Daryl Fluckiger	Kaysville UT	M	35	24:12.0	0:51:46	1:27:37	1:45:31	2:43:50	<b>7:12:56</b>
Mark Drake	Ogden UT	M	37	23:31.0	0:50:15	1:25:24	1:46:24	2:57:16	<b>7:22:51</b>
Hatim Rockssi	Kaysville UT	M	37	26:29.0	0:56:00	1:33:02	1:47:49	2:50:52	<b>7:34:11</b>
Ryan Snarr	Syracuse UT	M	39	23:00.0	0:50:42	2:02:05	1:54:44	2:52:42	<b>8:03:13</b>

Daniel Holley	Plain City UT	M	39	33:04.0	1:09:24	1:56:39	2:14:08	3:21:01	<b>9:14:16</b>
Travis Shaw	ogden UT	M	39	30:38.0	1:12:56	1:51:21	2:38:05	3:54:36	<b>10:07:36</b>

#### Male 40 - 44

<u>Name</u>	<u>City, State</u>	<u>Gender</u>	<u>Age</u>	<u>5K-Time</u>	<u>10-K Time</u>	<u>10-Mile Time</u>	<u>Half-Time</u>	<u>30K Time</u>	<u>Combined Total</u>
Eric Jensen	Farmington UT	M	42	20:38.0	0:43:14	1:13:24	1:32:56	2:29:38	<b>6:19:50</b>
Curtis Nye	Clinton UT	M	43	21:34.0	0:45:30	1:19:50	1:34:16	2:18:45	<b>6:19:55</b>
Kory Heslop	Plain City UT	M	41	22:19.0	0:45:21	1:18:27	1:36:50	2:19:10	<b>6:22:07</b>
Shaun Shellabarger	West Haven UT	M	40	22:28.0	0:47:19	1:23:28	1:36:18	2:20:14	<b>6:29:47</b>
Tim Drake	Ogden UT	M	42	21:22.0	0:49:22	1:17:59	1:44:59	2:23:15	<b>6:36:57</b>
Matt Taggart	Kaysville UT	M	42	25:18.0	0:50:11	1:25:05	1:43:35	2:36:59	<b>7:01:08</b>
Christian Murray	Pleasant view UT	M	43	24:27.0	0:52:12	1:30:33	1:52:42	2:50:44	<b>7:30:39</b>
Samuel Beasley	Bountiful UT	M	41	27:08.0	0:54:39	1:35:24	1:57:09	3:07:32	<b>8:01:52</b>
Mike McBride	Ogden UT	M	43	27:42.0	0:59:20	1:37:27	1:59:56	3:08:33	<b>8:12:58</b>
David Yung	Layton UT	M	40	31:53.0	1:02:38	1:39:36	2:09:34	3:17:59	<b>8:41:39</b>
William Wiser	Hooper UT	M	42	31:07.0	1:02:40	1:45:33	2:24:49	3:39:04	<b>9:23:14</b>
Justin Ipsen	ROY UT	M	42	36:42.0	1:14:26	1:46:00	2:10:36	3:45:50	<b>9:33:35</b>
Carlos P Espinoza	Ogden UT	M	43	36:12.0	1:14:47	2:02:47	2:30:44	3:37:58	<b>10:02:28</b>
Steven Palfreyman	Ogden UT	M	40	36:10.0	1:14:52	2:14:05	2:46:13	3:46:10	<b>10:37:29</b>
Francisco Martinez	West Haven UT	M	41	37:48.0	1:16:36	2:08:47	2:45:43	4:35:58	<b>11:24:52</b>

#### Male 45 - 49

<u>Name</u>	<u>City, State</u>	<u>Gender</u>	<u>Age</u>	<u>5K-Time</u>	<u>10-K Time</u>	<u>10-Mile Time</u>	<u>Half-Time</u>	<u>30K Time</u>	<u>Combined Total</u>
Dave Merrill	Ogden UT	M	45	23:06.0	0:50:03	1:26:18	1:53:11	3:07:11	<b>7:39:49</b>
David Antes	Layton UT	M	46	26:50.0	0:56:54	1:37:07	2:01:03	3:02:36	<b>8:04:30</b>
Douglas Christenson	Tremonton UT	M	49	26:41.0	1:01:45	1:36:37	2:03:18	3:08:51	<b>8:17:12</b>
Lloyd Davidson	West Point UT	M	45	28:33.0	0:59:14	1:41:00	2:05:55	3:06:46	<b>8:21:28</b>
Jon Hallows	Syracuse UT	M	45	28:53.0	1:03:11	1:48:49	2:09:16	3:09:45	<b>8:39:53</b>
Jason Castle	Salt Lake City UT	M	45	32:13.0	1:15:27	2:07:01	2:46:07	4:02:54	<b>10:43:41</b>

#### Male 50 - 54

<u>Name</u>	<u>City, State</u>	<u>Gender</u>	<u>Age</u>	<u>5K-Time</u>	<u>10-K Time</u>	<u>10-Mile Time</u>	<u>Half-Time</u>	<u>30K Time</u>	<u>Combined Total</u>
Paul Clark	South Weber UT	M	51	23:41.0	0:49:42	1:21:29	1:41:48	2:33:27	<b>6:50:07</b>
James Borden	Farmington UT	M	50	24:04.0	0:50:56	1:26:52	1:44:46	2:43:16	<b>7:09:55</b>

Michael Crudele	West Haven UT	M	51	27:37.0	0:59:02	1:37:39	2:03:29	3:08:19	<b>8:16:05</b>
Larry Hodson	Plain city UT	M	54	26:44.0	0:57:41	1:39:07	2:01:20	3:22:16	<b>8:27:08</b>

#### Male 55 - 59

<u>Name</u>	<u>City, State</u>	<u>Gender</u>	<u>Age</u>	<u>5K-Time</u>	<u>10-K Time</u>	<u>10-Mile Time</u>	<u>Half-Time</u>	<u>30K Time</u>	<u>Combined Total</u>
Jon Wayment	Roy UT	M	55	22:38.0	0:47:23	1:22:16	1:44:06	2:29:53	<b>6:46:16</b>
John Stauder	Mtn Green UT	M	55	24:17.0	0:51:05	1:26:30	1:45:13	2:35:22	<b>7:02:28</b>
Terry Foust	Kaysville UT	M	55	28:00.0	0:58:56	1:37:34	2:01:09	3:04:47	<b>8:10:26</b>

#### Male 60 - 64

<u>Name</u>	<u>City, State</u>	<u>Gender</u>	<u>Age</u>	<u>5K-Time</u>	<u>10-K Time</u>	<u>10-Mile Time</u>	<u>Half-Time</u>	<u>30K Time</u>	<u>Combined Total</u>
Brian Munson	Millville UT	M	60	24:38.0	0:51:11	1:28:35	1:48:46	3:01:43	<b>7:34:53</b>
Brad Kelley	Eden UT	M	63	25:44.0	0:52:48	1:32:05	1:54:00	3:11:00	<b>7:55:37</b>
Tom Rich	Clinton UT	M	64	28:15.0	0:59:49	1:47:06	2:07:02	3:25:31	<b>8:47:43</b>

#### Male 65 - 69

<u>Name</u>	<u>City, State</u>	<u>Gender</u>	<u>Age</u>	<u>5K-Time</u>	<u>10-K Time</u>	<u>10-Mile Time</u>	<u>Half-Time</u>	<u>30K Time</u>	<u>Combined Total</u>
Kaly Fadel	Ogden UT	M	67	26:53.0	0:57:43	1:37:39	2:00:51	3:02:32	<b>8:05:37</b>
Marlin Shelley	Bountiful UT	M	69	30:07.0	1:01:21	1:45:13	2:09:33	3:14:52	<b>8:41:06</b>

#### Male 70 - 99

<u>Name</u>	<u>City, State</u>	<u>Gender</u>	<u>Age</u>	<u>5K-Time</u>	<u>10-K Time</u>	<u>10-Mile Time</u>	<u>Half-Time</u>	<u>30K Time</u>	<u>Combined Total</u>
Sherman Smith	Ogden UT	M	73	25:51.0	0:52:39	1:31:17	1:47:32	2:43:36	<b>7:20:55</b>
Brent Johnson	South Weber UT	M	73	25:45.0	0:57:10	1:33:18	2:00:52	3:28:25	<b>8:25:30</b>