

# Celebrate Your Heroes 5k

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
1	MICHAEL FRONSOE		M: 1	Runner	1365	00:21:15.78	06:50	8.8mph	Overall Male: 1
2	PAUL KITCHENS	BASTROP, LA	M: 2	Runner	482	00:23:04.92	07:25	8.1mph	Overall Male: 2
3	CHARLES GERRAN		M: 3	Runner	1344	00:23:06.37	07:26	8.1mph	Overall Male: 3
4	RICK PARNELL	STERLINGTON, LA	M: 4	Runner	493	00:25:17.46	08:08	7.4mph	Male 40 - 49: 1
5	ERIC HOTARD		M: 5	Runner	1348	00:25:59.00	08:21	7.2mph	Male 40 - 49: 2
6	JACOB CAGLE		M: 6	Runner	1360	00:26:39.48	08:34	7.0mph	Male 18 - 29: 1
7	CHARLES WALTERS		M: 7	Runner	1345	00:26:42.82	08:35	7.0mph	Male 18 - 29: 2
8	MILES THORNTON	WEST MONROE, LA	M: 8	Runner	491	00:26:51.90	08:38	6.9mph	Male 17 and under: 1
9	OWEN HOTARD	WEST MONROE, LA	M: 9	Runner	480	00:26:54.08	08:39	6.9mph	Male 17 and under: 2
10	KAYLA LOYD	DUBACH, LA	F: 1	Runner	345	00:27:46.70	08:56	6.7mph	Overall Female: 1
11	BLANCA AVERY		F: 2	Runner	1346	00:29:16.68	09:25	6.4mph	Overall Female: 2
12	LOLA KAVANAUGH	RUSTON, LA	F: 3	Runner	500	00:29:40.64	09:33	6.3mph	Overall Female: 3
13	TAMMY COLEMAN	CHOUDRANT, LA	F: 4	Runner	348	00:29:42.48	09:33	6.3mph	Female 50 - 59: 1
14	CLINT COLEMAN	CHOUDRANT, LA	M: 10	Runner	426	00:29:43.13	09:33	6.3mph	Male 50 - 59: 1
15	NICOLE HANZALIK	CHAMPLIN, MN	F: 5	Runner	1244	00:30:58.18	09:58	6.0mph	Female 40 - 49: 1
16	LAYTON THORNTON	WEST MONROE, LA	M: 11	Runner	478	00:31:17.20	10:04	6.0mph	Male 17 and under: 3
17	KADEN DEMOSS	WEST MONROE, LA	M: 12	Runner	411	00:31:17.22	10:04	6.0mph	Male 17 and under: 4
18	WILL CLARK	MONROE, LA	M: 13	Runner	1057	00:31:35.77	10:10	5.9mph	Male 50 - 59: 2
19	FAITH WILLIAMS	CHOUDRANT, LA	F: 6	Runner	343	00:33:12.90	10:41	5.6mph	Female 18 - 29: 1
20	SZU WEI DOMINGUE	MONROE, LA	F: 7	Runner	488	00:34:22.06	11:03	5.4mph	Female 50 - 59: 2
21	LAUREN CATER	FARMERVILLE, LA	F: 8	Runner	410	00:36:47.20	11:50	5.1mph	Female 18 - 29: 2
22	KRISTIN BOWMAN		F: 9	Runner	1361	00:36:52.69	11:52	5.1mph	Female 30 - 39: 1
23	TANNER KITCHENS	WEST MONROE, LA	M: 14	Runner	341	00:37:13.74	11:58	5.0mph	Male 17 and under: 5
24	ASHLEY CAGLE	WEST MONROE, LA	F: 10	Runner	483	00:37:22.44	12:01	5.0mph	Female 30 - 39: 2
25	BETH SHOEMAKER	WINNSBORO, LA	F: 11	Runner	1065	00:37:44.47	12:08	4.9mph	Female 60 and over: 1
26	ISIAH KITCHENS	WEST MONROE, LA	M: 15	Runner	408	00:38:18.00	12:19	4.9mph	Male 17 and under: 6
27	TORI DONNELL	WINNSBORO, LA	F: 12	Runner	497	00:38:19.68	12:20	4.9mph	Female 30 - 39: 3
28	HOLLI HAYSLIP	WEST MONROE, LA	F: 13	Runner	486	00:38:35.21	12:25	4.8mph	Female 30 - 39: 4
29	EMILEE CHRISTESEN	WEST MONROE, LA	F: 14	Runner	1099	00:38:37.11	12:25	4.8mph	Female 17 and under: 1
30	HEATHER CLARK	WEST MONROE, LA	F: 15	Runner	498	00:41:17.41	13:17	4.5mph	Female 40 - 49: 2
31	CHRISTY TICHELI	WEST MONROE, LA	F: 16	Runner	350	00:41:17.71	13:17	4.5mph	Female 40 - 49: 3
32	JANNA PATRICK	WEST MONROE, LA	F: 17	Runner	419	00:41:33.50	13:22	4.5mph	Female 50 - 59: 3
33	TINA OXFORD	CHOUDRANT, LA	F: 18	Runner	1218	00:42:39.52	13:43	4.4mph	Female 40 - 49: 4
34	DONNA BRYANT	FARMERVILLE, LA	F: 19	Runner	339	00:42:45.50	13:45	4.4mph	Female 50 - 59: 4
35	AUDREY PALMER	WEST MONROE, LA	F: 20	Runner	1182	00:45:00.47	14:29	4.1mph	Female 17 and under: 2
36	SABRINA PALMER	WEST MONROE, LA	F: 21	Runner	499	00:45:02.23	14:29	4.1mph	Female 30 - 39: 5
37	JOAN SMITH	MONROE, LA	F: 22	Runner	347	00:48:18.68	15:32	3.9mph	Female 50 - 59: 5
38	THERESA PARKER	RUSTON, LA	F: 23	Runner	401	00:48:22.51	15:34	3.9mph	Female 60 and over: 2
39	CHRISTIANA DARRINGTON-CLARK	MONROE, LA	F: 24	Runner	492	00:51:18.78	16:30	3.6mph	Female 50 - 59: 6
40	CONSONYA ROGERS	MONROE, LA	F: 25	Runner	353	00:51:18.90	16:30	3.6mph	Female 40 - 49: 5
41	JACOB TAKEWELL	WEST MONROE, LA	M: 16	Runner	485	00:51:39.52	16:37	3.6mph	Male 17 and under: 7
42	BRODY SMITH		M: 17	Runner	1343	00:51:43.56	16:38	3.6mph	Male 17 and under: 8
43	SONYA CALDWELL	GREENVILLE, SC	F: 26	Runner	1032	00:52:53.70	17:01	3.5mph	Female 50 - 59: 7
44	CARMICHAEL CALDWELL	GREENVILLE, SC	M: 18	Runner	1287	00:52:56.67	17:02	3.5mph	Male 50 - 59: 3
45	OLA CLARK	MONROE, LA	F: 27	Runner	1313	00:53:10.70	17:06	3.5mph	Female 50 - 59: 8
46	JAYA BYRD		F: 28	Runner	1349	00:53:11.43	17:07	3.5mph	Female 50 - 59: 9
47	GINGER WILLIS	RUSTON, LA	F: 29	Runner	346	00:55:53.68	17:59	3.3mph	Female 40 - 49: 6
48	JOHN KAVANAUGH	RUSTON, LA	M: 19	Runner	494	00:55:54.70	17:59	3.3mph	Male 60 and over: 1
49	ELIZABETH KAVANAUGH	RUSTON, LA	F: 30	Runner	481	01:00:42.08	19:32	3.1mph	Female 60 and over: 3
50	JONATHAN FRANKS		M: 20	Runner	1359	01:02:42.63	20:11	3.0mph	Male 17 and under: 9
51	GEORGIA SMITH	WEST MONROE, LA	F: 31	Runner	496	01:03:20.03	20:23	2.9mph	Female 17 and under: 3