

Iron Bowl 5K

Overall Finish List

<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Gend</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>
1	George Sezik		536	41	M	1 Top Fin	19:24	6:14/M
2	Lance Phung	Montgomery AL	504	15	M	2 Top Fin	20:24	6:33/M
3	Allan Stevens		515	42	M	3 Top Fin	24:17	7:48/M
4	Sully Stevens		516	14	M	1 11-20	24:23	7:50/M
5	Bailey Barfoot		509	15	M	2 11-20	27:09	8:43/M
6	Mohamed Alsaffar	Prattville AL	532	29	M	1 21-30	27:40	8:53/M
7	Dustin Flores-Disalle	Prattville AL	520	26	M	2 21-30	28:06	9:02/M
8	Joey Reid	Pike Road AL	505	25	M	3 21-30	28:39	9:12/M
9	Rick Stetson	Montgomery AL	535	72	M	1 51-99	30:31	9:48/M
10	Jacob Easter	Prattville AL	501	12	M	3 11-20	31:13	10:02/M
11	Zachary Stevens	Millbrook	524	11	M	4 11-20	31:31	10:08/M
12	Mike Swinson	Montgomery AL	525	57	M	2 51-99	33:03	10:37/M
13	Ausitn Barfoot		510	38	M	1 31-40	33:34	10:47/M
14	Mary Jones	Elmore AL	499	26	F	1 Top Fin	33:39	10:49/M
15	Dee Cook	Hope Hull AL	534	53	F	2 Top Fin	33:55	10:54/M
16	Raven Mitchell	Montgomery AL	502	22	F	3 Top Fin	34:47	11:11/M
17	Clare Phung	Montgomery AL	503	41	F	1 41-50	34:50	11:12/M
18	Justin Jones	Elmore AL	498	27	M	4 21-30	35:24	11:23/M
19	Halie Studdard	Prattville AL	533	29	F	1 21-30	36:39	11:47/M
20	Dominique Swinson	Montgomery AL	522	51	F	1 51-99	36:47	11:49/M
21	Stephanie Cook	Deatsville AL	530	15	F	1 11-20	39:58	12:51/M
22	Patti Preston	Montgomery AL	506	63	F	2 51-99	40:37	13:03/M
23	Mandy Cook	Deatsville AL	529	42	F	2 41-50	42:33	13:41/M
24	Michelle Layton	Montgomery AL	500	52	F	3 51-99	43:28	13:58/M
25	brad lee		537	39	M	2 31-40	43:38	14:01/M
26	Carllene Johns	Wetumpka AL	523	60	F	4 51-99	47:33	15:17/M
27	Owen Woodard		518	15	M	5 11-20	51:53	16:41/M
28	Chase Woodward		519	5	M	1 1-10	51:54	16:41/M
29	Tracie Harrison		513	44	F	3 41-50	54:36	17:33/M
30	Pam Galloway		512	58	F	5 51-99	55:20	17:47/M
31	Cindy Hatthcock		511	52	F	6 51-99	55:21	17:48/M
32	Damon Patton	Wetumpka AL	496	55	M	3 51-99	55:51	17:57/M
33	Jackie Patton	Wetumpka AL	495	56	F	7 51-99	55:51	17:57/M

Race Date
November 19, 2016

Iron Bowl 5K
Age Group Results

Male Overall Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	George Sefzik		41	536	1	19:24	6:14/M
2	Lance Phung	Montgomery AL	15	504	2	20:24	6:33/M
3	Allan Stevens		42	515	3	24:17	7:48/M

Female Overall Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Mary Jones	Elmore AL	26	499	14	33:39	10:49/M
2	Dee Cook	Hope Hull AL	53	534	15	33:55	10:54/M
3	Raven Mitchell	Montgomery AL	22	502	16	34:47	11:11/M

Iron Bowl 5K

Age Group Results

Male 10 and Under

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	Chase Woodward		5	519	28	51:54	16:41/M

Male 11 to 20

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	Sully Stevens		14	516	4	24:23	7:50/M
2 *	Bailey Barfoot		15	509	5	27:09	8:43/M
3 *	Jacob Easter	Prattville AL	12	501	10	31:13	10:02/M

Female 11 to 20

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	Stephanie Cook	Deatsville AL	15	530	21	39:58	12:51/M

Male 21 to 30

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	Mohamed Alsaffar	Prattville AL	29	532	6	27:40	8:53/M
2 *	Dustin Flores-Disalle	Prattville AL	26	520	7	28:06	9:02/M
3 *	Joey Reid	Pike Road AL	25	505	8	28:39	9:12/M

Female 21 to 30

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	Halie Studdard	Prattville AL	29	533	19	36:39	11:47/M

Male 31 to 40

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	Ausitn Barfoot		38	510	13	33:34	10:47/M
2 *	brad lee		39	537	25	43:38	14:01/M

Female 41 to 50

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	Clare Phung	Montgomery AL	41	503	17	34:50	11:12/M
2 *	Mandy Cook	Deatsville AL	42	529	23	42:33	13:41/M
3 *	Tracie Harrison		44	513	29	54:36	17:33/M

Iron Bowl 5K
Age Group Results

Male 51 and Over

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	Rick Stetson	Montgomery AL	72	535	9	30:31	9:48/M
2 *	Mike Swinson	Montgomery AL	57	525	12	33:03	10:37/M
3 *	Damon Patton	Wetumpka AL	55	496	32	55:51	17:57/M

Female 51 and Over

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1 *	Dominique Swinson	Montgomery AL	51	522	20	36:47	11:49/M
2 *	Patti Preston	Montgomery AL	63	506	22	40:37	13:03/M
3 *	Michelle Layton	Montgomery AL	52	500	24	43:28	13:58/M