

**2023 TRACKSMITH TWILIGHT 5000 - DC #1**

Washington, DC

Cardozo HS

Friday, July 28, 2023

**WINDSORRUNNING****OFFICIAL MEET REPORT**

printed: 7/29/2023 10:32 AM

**RESULTS****#1 Men's & Women's 5000 Meters**

| Pl | Name                    | Team               | Time               | H(Pl)              |
|----|-------------------------|--------------------|--------------------|--------------------|
| 1  | HERNANDEZ, Dylan        | Unattached         | 15:07.35           | 6(1)               |
|    | 37.64 (37.64)           | 1:12.46 (1:50.09)  | 1:12.28 (3:02.37)  | 1:12.50 (4:14.87)  |
|    | 1:13.67 (7:53.72)       | 1:12.65 (9:06.36)  | 1:12.46 (10:18.82) | 1:13.88 (11:32.69) |
|    | 1:13.41 (12:46.10)      | 1:13.63 (5:28.50)  | 1:11.56 (6:40.05)  | 1:12.81 (13:58.90) |
|    | 1:08.45 (15:07.35)      |                    |                    |                    |
| 2  | HERNANDEZ, Andrew       | Unattached         | 15:17.57           | 6(2)               |
|    | 37.39 (37.39)           | 1:11.38 (1:48.76)  | 1:12.73 (3:01.49)  | 1:10.44 (4:11.92)  |
|    | 1:15.94 (5:27.86)       | 1:15.81 (9:10.40)  | 1:16.13 (10:26.53) | 1:16.59 (11:43.12) |
|    | 1:16.09 (12:59.20)      | 1:13.88 (14:13.07) |                    |                    |
|    | 1:04.50 (15:17.57)      |                    |                    |                    |
| 3  | KAPUSTKA, Pierce        | Unattached         | 15:27.65           | 6(3)               |
|    | 37.52 (37.52)           | 1:12.24 (1:49.75)  | 1:12.44 (3:02.19)  | 1:14.16 (4:16.35)  |
|    | 1:14.69 (5:31.04)       | 1:15.60 (9:16.03)  | 1:16.48 (10:32.50) | 1:16.30 (11:48.79) |
|    | 1:17.34 (13:06.13)      | 1:13.76 (14:19.89) |                    |                    |
|    | 1:07.77 (15:27.65)      |                    |                    |                    |
| 4  | SALVADOR, Xavier        | Unattached         | 15:41.89           | 6(4)               |
|    | 39.17 (39.17)           | 1:13.74 (1:52.91)  | 1:16.91 (3:09.81)  | 1:16.03 (4:25.83)  |
|    | 1:15.14 (5:40.97)       | 1:15.72 (9:28.21)  | 1:15.70 (10:43.90) | 1:16.32 (12:00.21) |
|    | 1:16.81 (13:17.02)      | 1:15.34 (14:32.36) |                    |                    |
|    | 1:09.53 (15:41.89)      |                    |                    |                    |
| 5  | WILLIAMS, Terry         | Unattached         | 15:45.06           | 6(5)               |
|    | 40.68 (40.68)           | 1:15.25 (1:55.92)  | 1:14.81 (3:10.73)  | 1:13.06 (4:23.78)  |
|    | 1:13.34 (5:37.12)       | 1:17.29 (10:41.67) | 1:17.38 (11:59.05) | 1:17.48 (13:16.53) |
|    | 1:17.71 (14:34.24)      |                    |                    |                    |
|    | 1:10.83 (15:45.06)      |                    |                    |                    |
| 6  | JAUREGUI-VOLPE, Marcelo | Unattached         | 15:46.42           | 6(6)               |
|    | 38.71 (38.71)           | 1:17.47 (1:56.17)  | 1:16.65 (3:12.82)  | 1:15.90 (4:28.72)  |
|    | 1:16.62 (5:45.33)       | 1:16.04 (9:34.06)  | 1:17.50 (10:51.56) | 1:17.16 (12:08.72) |
|    | 3:37.71 (15:46.42)      |                    |                    |                    |
| 7  | CRAIG, Michael          | Unattached         | 15:50.60           | 6(7)               |
|    | 42.82 (42.82)           | 1:15.60 (1:58.41)  | 1:15.99 (3:14.39)  | 1:16.02 (4:30.41)  |
|    | 1:15.84 (5:46.24)       | 1:17.10 (9:34.52)  | 1:17.28 (10:51.80) | 1:16.97 (12:08.76) |
|    | 1:16.33 (13:25.09)      | 2:25.52 (15:50.60) |                    |                    |
|    | 1.73 (15:52.32)         |                    |                    |                    |
| 8  | TRIBBLE, Graham         | Unattached         | 15:56.16           | 6(8)               |
|    | 41.75 (41.75)           | 1:15.95 (1:57.69)  | 1:15.64 (3:13.33)  | 1:15.52 (4:28.84)  |
|    | 1:16.38 (5:45.21)       | 1:17.15 (9:35.06)  | 1:17.03 (10:52.08) | 1:17.23 (12:09.31) |
|    | 1:17.77 (13:27.07)      | 1:17.29 (14:44.36) |                    |                    |
|    | 1:11.80 (15:56.16)      |                    |                    |                    |
| 9  | JARRAH, Alexander       | Unattached         | 15:57.76           | 6(9)               |
|    | 41.31 (41.31)           | 1:15.94 (1:57.25)  | 1:17.15 (3:14.39)  | 1:16.91 (4:31.30)  |
|    | 1:15.52 (5:46.81)       | 1:18.78 (9:38.54)  | 1:17.96 (10:56.50) | 1:18.48 (12:14.97) |
|    | 1:19.34 (13:34.31)      | 1:16.71 (14:51.01) |                    |                    |
|    | 1:06.75 (15:57.76)      |                    |                    |                    |
| 10 | PETERS, Cameron         | Unattached         | 15:58.17           | 6(10)              |
|    | 40.91 (40.91)           | 1:15.21 (1:56.12)  | 1:15.36 (3:11.48)  | 1:14.95 (4:26.42)  |
|    | 1:15.75 (5:42.17)       | 1:17.30 (9:31.50)  | 1:19.37 (10:50.86) | 1:20.03 (12:10.88) |
|    | 1:20.92 (13:31.80)      | 1:17.44 (14:49.24) |                    |                    |
|    | 1:08.93 (15:58.17)      |                    |                    |                    |
| 11 | MEYER, Robert           | Unattached         | 15:58.38           | 6(11)              |
|    | 41.31 (41.31)           | 1:16.14 (1:57.45)  | 1:16.35 (3:13.80)  | 1:16.82 (4:30.62)  |
|    | 1:15.63 (5:46.24)       | 1:18.25 (9:37.24)  | 1:17.58 (10:54.81) | 1:19.44 (12:14.24) |
|    | 1:17.05 (13:31.29)      | 1:18.69 (14:49.97) |                    |                    |
|    | 1:08.41 (15:58.38)      |                    |                    |                    |
| 12 | SCHWARTZ, Jacob         | Unattached         | 16:02.86           | 6(12)              |

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**RESULTS****#1 Men's & Women's 5000 Meters (cont'd)**

| PI | Name                | Team              | Time               | H(PI)              |                    |                    |
|----|---------------------|-------------------|--------------------|--------------------|--------------------|--------------------|
|    | 42.32 (42.32)       | 1:16.14 (1:58.46) | 1:16.63 (3:15.08)  | 1:16.11 (4:31.19)  | 1:15.92 (5:47.10)  | 1:15.87 (7:02.96)  |
|    | 1:15.94 (8:18.90)   | 1:16.17 (9:35.06) | 1:17.70 (10:52.76) | 1:16.44 (12:09.19) | 1:20.28 (13:29.47) | 1:19.10 (14:48.57) |
|    | 1:14.30 (16:02.86)  |                   |                    |                    |                    |                    |
| 13 | ROHDE, Lucas        | Unattached        |                    |                    |                    | 16:03.65 6(13)     |
|    | 39.02 (39.02)       | 1:17.35 (1:56.36) | 1:13.96 (3:10.32)  | 1:13.12 (4:23.43)  | 1:13.99 (5:37.42)  | 1:15.04 (6:52.45)  |
|    | 1:15.44 (8:07.89)   | 1:17.19 (9:25.07) | 1:19.26 (10:44.33) | 1:19.75 (12:04.07) | 1:22.80 (13:26.87) | 1:22.92 (14:49.78) |
|    | 1:13.87 (16:03.65)  |                   |                    |                    |                    |                    |
| 14 | MIRABELLO, Rob      | Unattached        |                    |                    |                    | 16:06.82 6(14)     |
|    | 40.68 (40.68)       | 1:16.83 (1:57.50) | 1:17.02 (3:14.52)  | 1:16.43 (4:30.95)  | 1:16.55 (5:47.50)  | 1:17.47 (7:04.96)  |
|    | 1:18.62 (8:23.58)   | 1:21.41 (9:44.99) | 1:19.72 (11:04.70) | 1:20.05 (12:24.75) | 1:20.39 (13:45.13) | 1:19.43 (15:04.56) |
|    | 1:02.26 (16:06.82)  |                   |                    |                    |                    |                    |
| 15 | MEYER, Jacob        | Unattached        |                    |                    |                    | 16:07.15 6(15)     |
|    | 42.07 (42.07)       | 1:16.53 (1:58.60) | 1:16.37 (3:14.97)  | 1:16.13 (4:31.09)  | 1:17.76 (5:48.85)  | 1:17.95 (7:06.79)  |
|    | 1:19.59 (8:26.38)   | 1:17.99 (9:44.37) | 1:20.64 (11:05.00) | 1:20.44 (12:25.44) | 1:19.19 (13:44.62) | 1:17.80 (15:02.41) |
|    | 1:04.74 (16:07.15)  |                   |                    |                    |                    |                    |
| 16 | O'LEARY, Sean       | Unattached        |                    |                    |                    | 16:15.64 6(16)     |
|    | 41.36 (41.36)       | 1:15.76 (1:57.12) | 1:16.59 (3:13.71)  | 1:15.88 (4:29.58)  | 1:15.76 (5:45.33)  | 1:16.50 (7:01.83)  |
|    | 1:17.61 (8:19.44)   | 1:18.68 (9:38.11) | 1:19.71 (10:57.82) | 1:21.63 (12:19.45) | 1:22.12 (13:41.56) | 1:20.06 (15:01.62) |
|    | 1:14.03 (16:15.64)  |                   |                    |                    |                    |                    |
| 17 | HAKIM-FLORIAN, Asim | Unattached        |                    |                    |                    | 16:18.40 6(17)     |
|    | 38.56 (38.56)       | 1:16.33 (1:54.88) | 1:15.71 (3:10.59)  | 1:13.41 (4:23.99)  | 1:17.41 (5:41.40)  | 1:16.74 (6:58.14)  |
|    | 1:19.30 (8:17.43)   | 1:17.48 (9:34.91) | 1:19.38 (10:54.28) | 1:20.28 (12:14.56) | 1:20.52 (13:35.07) | 1:25.01 (15:00.08) |
|    | 1:18.33 (16:18.40)  |                   |                    |                    |                    |                    |
| 18 | HARRIS, Drew        | Unattached        |                    |                    |                    | 16:24.13 6(18)     |
|    | 42.49 (42.49)       | 1:15.92 (1:58.41) | 1:16.52 (3:14.92)  | 1:15.70 (4:30.62)  | 1:15.18 (5:45.80)  | 1:16.25 (7:02.04)  |
|    | 1:15.87 (8:17.91)   | 1:16.78 (9:34.68) | 1:18.27 (10:52.95) | 1:17.38 (12:10.33) | 1:21.22 (13:31.54) | 1:22.46 (14:54.00) |
|    | 1:30.13 (16:24.13)  |                   |                    |                    |                    |                    |
| 19 | STERN, Charles      | Unattached        |                    |                    |                    | 16:24.81 6(19)     |
|    | 41.95 (41.95)       | 1:17.82 (1:59.76) | 1:18.28 (3:18.04)  | 1:19.40 (4:37.43)  | 1:19.37 (5:56.80)  | 1:19.99 (7:16.78)  |
|    | 1:19.57 (8:36.34)   | 1:20.42 (9:56.76) | 1:20.35 (11:17.11) | 1:19.32 (12:36.43) | 1:19.20 (13:55.63) | 1:18.76 (15:14.38) |
|    | 1:10.44 (16:24.81)  |                   |                    |                    |                    |                    |
| 20 | NGUYEN, Tim         | Unattached        |                    |                    |                    | 16:25.33 6(20)     |
|    | 38.94 (38.94)       | 1:18.02 (1:56.96) | 1:17.25 (3:14.20)  | 1:17.72 (4:31.92)  | 1:16.93 (5:48.85)  | 1:17.60 (7:06.44)  |
|    | 1:16.84 (8:23.28)   | 1:19.37 (9:42.64) | 1:18.84 (11:01.48) | 1:20.05 (12:21.53) | 1:22.58 (13:44.10) | 1:22.55 (15:06.65) |
|    | 1:18.69 (16:25.33)  |                   |                    |                    |                    |                    |
| 21 | KAMEH, Tyler        | Unattached        |                    |                    |                    | 16:30.73 6(21)     |
|    | 41.36 (41.36)       | 1:16.84 (1:58.20) | 1:16.60 (3:14.79)  | 1:17.13 (4:31.92)  | 1:16.44 (5:48.36)  | 1:18.28 (7:06.63)  |
|    | 1:20.53 (8:27.16)   | 1:19.65 (9:46.81) | 1:20.23 (11:07.03) | 1:21.32 (12:28.35) | 1:21.60 (13:49.95) | 1:22.72 (15:12.66) |
|    | 1:18.07 (16:30.73)  |                   |                    |                    |                    |                    |
| 22 | HEALY, Ben          | Unattached        |                    |                    |                    | 16:31.21 6(22)     |
|    | 41.51 (41.51)       | 1:16.70 (1:58.20) | 1:16.98 (3:15.17)  | 1:18.25 (4:33.42)  | 1:18.55 (5:51.96)  | 1:18.59 (7:10.55)  |
|    | 1:20.01 (8:30.55)   | 1:22.15 (9:52.70) | 1:21.67 (11:14.36) | 1:23.09 (12:37.44) | 1:21.75 (13:59.19) | 1:15.40 (15:14.59) |
|    | 1:16.62 (16:31.21)  |                   |                    |                    |                    |                    |
| 23 | LEE, Connor         | Unattached        |                    |                    |                    | 16:35.34 6(23)     |

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**RESULTS****#1 Men's & Women's 5000 Meters (cont'd)**

| PI | Name                 | Team               | Time               | H(PI)              |                    |                    |
|----|----------------------|--------------------|--------------------|--------------------|--------------------|--------------------|
|    | 44.19 (44.19)        | 1:17.98 (2:02.16)  | 1:16.93 (3:19.09)  | 1:17.87 (4:36.95)  | 1:17.38 (5:54.33)  | 1:18.72 (7:13.05)  |
|    | 1:19.80 (8:32.85)    | 1:21.05 (9:53.89)  | 1:21.67 (11:15.55) | 1:22.34 (12:37.89) | 1:22.52 (14:00.41) | 1:22.61 (15:23.01) |
|    | 1:12.33 (16:35.34)   |                    |                    |                    |                    |                    |
| 24 | ARTZ, Peyton         | Unattached         |                    |                    |                    | 16:35.70 6(24)     |
|    | 42.66 (42.66)        | 1:16.13 (1:58.79)  | 1:16.39 (3:15.17)  | 1:18.25 (4:33.42)  | 1:21.28 (5:54.70)  | 1:20.06 (7:14.75)  |
|    | 1:21.82 (8:36.56)    | 1:22.06 (9:58.62)  | 1:22.28 (11:20.89) | 1:23.06 (12:43.94) | 1:23.58 (14:07.52) | 1:20.26 (15:27.77) |
|    | 1:07.93 (16:35.70)   |                    |                    |                    |                    |                    |
| 25 | BAUMGARTNER, Brandon | Unattached         |                    |                    |                    | 16:39.67 6(25)     |
|    | 43.41 (43.41)        | 1:16.41 (1:59.81)  | 1:16.33 (3:16.13)  | 1:16.98 (4:33.11)  | 1:18.28 (5:51.39)  | 1:19.71 (7:11.10)  |
|    | 1:20.30 (8:31.39)    | 1:22.74 (9:54.12)  | 1:24.70 (11:18.82) | 1:24.82 (12:43.64) | 1:23.16 (14:06.80) | 1:20.62 (15:27.42) |
|    | 1:12.26 (16:39.67)   |                    |                    |                    |                    |                    |
| 26 | MARTIN, George       | Unattached         |                    |                    |                    | 16:40.50 6(26)     |
|    | 43.80 (43.80)        | 1:16.75 (2:00.54)  | 1:18.14 (3:18.68)  | 1:19.27 (4:37.94)  | 1:20.26 (5:58.20)  | 1:20.64 (7:18.83)  |
|    | 1:23.52 (8:42.34)    | 1:21.93 (10:04.27) | 1:22.39 (11:26.65) | 1:23.04 (12:49.69) | 1:22.58 (14:12.26) | 1:18.91 (15:31.16) |
|    | 1:09.34 (16:40.50)   |                    |                    |                    |                    |                    |
| 27 | TOUMEY, Julian       | Unattached         |                    |                    |                    | 16:41.16 6(27)     |
|    | 40.68 (40.68)        | 1:16.97 (1:57.64)  | 2:33.66 (4:31.30)  | 1:17.06 (5:48.36)  | 1:17.79 (7:06.14)  | 1:20.80 (8:26.94)  |
|    | 1:21.08 (9:48.02)    | 1:21.88 (11:09.89) | 1:24.29 (12:34.17) | 1:25.75 (13:59.92) | 1:23.92 (15:23.84) | 1:17.33 (16:41.16) |
|    | 1.73 (16:42.89)      |                    |                    |                    |                    |                    |
| 28 | BECKER, Adam         | Unattached         |                    |                    |                    | 16:42.54 6(28)     |
|    | 44.41 (44.41)        | 1:18.57 (2:02.97)  | 1:20.47 (3:23.44)  | 1:22.40 (4:45.84)  | 1:23.30 (6:09.13)  | 1:21.02 (7:30.15)  |
|    | 1:20.51 (8:50.65)    | 1:20.60 (10:11.25) | 1:21.75 (11:32.99) | 1:18.89 (12:51.88) | 1:20.88 (14:12.75) | 1:20.36 (15:33.11) |
|    | 1:09.43 (16:42.54)   |                    |                    |                    |                    |                    |
| 29 | QUINTANA, Chris      | Unattached         |                    |                    |                    | 16:44.63 6(29)     |
|    | 42.66 (42.66)        | 1:16.60 (1:59.25)  | 1:18.16 (3:17.41)  | 1:19.08 (4:36.49)  | 1:22.91 (5:59.39)  | 1:22.59 (7:21.98)  |
|    | 1:22.55 (8:44.52)    | 1:22.41 (10:06.92) | 1:23.38 (11:30.30) | 1:22.09 (12:52.39) | 1:20.77 (14:13.15) | 1:18.86 (15:32.01) |
|    | 1:12.63 (16:44.63)   |                    |                    |                    |                    |                    |
| 30 | KLUG, Steven         | Unattached         |                    |                    |                    | 16:50.25 6(30)     |
|    | 42.52 (42.52)        | 1:18.24 (2:00.76)  | 1:17.59 (3:18.34)  | 1:19.05 (4:37.38)  | 1:20.22 (5:57.60)  | 1:20.27 (7:17.86)  |
|    | 1:20.04 (8:37.90)    | 1:22.22 (10:00.11) | 1:23.39 (11:23.50) | 1:22.88 (12:46.37) | 1:23.33 (14:09.70) | 1:21.52 (15:31.21) |
|    | 1:19.05 (16:50.25)   |                    |                    |                    |                    |                    |
| 31 | MONTREY, Casey       | Unattached         |                    |                    |                    | 16:55.99 6(31)     |
|    | 41.31 (41.31)        | 1:15.38 (1:56.69)  | 1:15.32 (3:12.00)  | 1:17.74 (4:29.74)  | 1:16.76 (5:46.50)  | 1:18.98 (7:05.47)  |
|    | 1:22.29 (8:27.76)    | 1:23.89 (9:51.65)  | 1:24.67 (11:16.31) | 1:26.62 (12:42.93) | 1:26.52 (14:09.44) | 1:23.71 (15:33.15) |
|    | 1:22.85 (16:55.99)   |                    |                    |                    |                    |                    |
| 32 | JOHANSEN, Syver      | Unattached         |                    |                    |                    | 16:56.52 6(32)     |
|    | 43.31 (43.31)        | 1:16.69 (2:00.00)  | 1:17.67 (3:17.67)  | 1:18.52 (4:36.19)  | 1:17.73 (5:53.92)  | 1:18.03 (7:11.94)  |
|    | 1:20.25 (8:32.19)    | 1:19.32 (9:51.50)  | 1:22.46 (11:13.96) | 1:23.07 (12:37.03) | 1:26.47 (14:03.50) | 1:28.76 (15:32.25) |
|    | 1:24.28 (16:56.52)   |                    |                    |                    |                    |                    |
| 33 | ZULAUF, Chamberlain  | Unattached         |                    |                    |                    | 16:59.06 6(33)     |
|    | 41.87 (41.87)        | 1:15.95 (1:57.82)  | 1:16.98 (3:14.79)  | 1:17.09 (4:31.87)  | 1:16.14 (5:48.00)  | 1:17.62 (7:05.62)  |
|    | 1:20.43 (8:26.05)    | 1:24.41 (9:50.45)  | 1:27.22 (11:17.67) | 1:26.60 (12:44.27) | 1:26.64 (14:10.90) | 1:25.27 (15:36.16) |
|    | 1:22.90 (16:59.06)   |                    |                    |                    |                    |                    |
| 34 | MCCAFFREY, Aidan     | Unattached         |                    |                    |                    | 17:02.53 5(1)      |

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| PI | Name                | Team       | Time                | H(PI)          |
|----|---------------------|------------|---------------------|----------------|
|    | 46.99 (46.99)       |            | 1:23.50 (2:10.48)   |                |
|    | 1:24.17 (9:05.31)   |            | 1:23.45 (10:28.75)  |                |
|    | 1:10.51 (17:02.53)  |            | 1:25.24 (3:35.72)   |                |
|    |                     |            | 1:21.56 (4:57.27)   |                |
|    |                     |            | 1:22.17 (6:19.44)   |                |
|    |                     |            | 1:21.71 (7:41.14)   |                |
|    |                     |            | 1:20.28 (14:32.84)  |                |
|    |                     |            | 1:19.19 (15:52.03)  |                |
| 35 | DAVIS, Scott        | Unattached |                     | 17:05.24 5(2)  |
|    | 50.27 (50.27)       |            | 1:24.66 (2:14.93)   |                |
|    | 1:19.47 (9:05.35)   |            | 1:24.03 (3:38.96)   |                |
|    | 1:12.95 (17:05.24)  |            | 1:23.51 (5:02.46)   |                |
|    |                     |            | 1:24.05 (6:26.51)   |                |
|    |                     |            | 1:20.90 (14:32.02)  |                |
|    |                     |            | 1:20.28 (15:52.30)  |                |
| 36 | GARRETT, Connor     | Unattached |                     | 17:06.73 6(34) |
|    | 2:01.58 (2:01.58)   |            | 1:17.29 (3:18.87)   |                |
|    | 1:25.96 (10:10.25)  |            | 1:19.45 (4:38.32)   |                |
|    | 1:15.62 (17:06.73)  |            | 1:19.89 (5:58.20)   |                |
|    |                     |            | 1:21.06 (7:19.26)   |                |
|    |                     |            | 1:23.77 (15:49.42)  |                |
|    |                     |            | 1.70 (15:51.12)     |                |
| 37 | ANDERSON, James     | Unattached |                     | 17:10.09 5(3)  |
|    | 43.94 (43.94)       |            | 1:23.52 (2:07.45)   |                |
|    | 1:24.21 (9:05.16)   |            | 1:23.16 (3:30.61)   |                |
|    | 1:09.66 (17:10.09)  |            | 1:22.78 (4:53.38)   |                |
|    |                     |            | 1:23.81 (6:17.18)   |                |
|    |                     |            | 1:23.78 (7:40.95)   |                |
|    |                     |            | 1:23.77 (16:00.43)  |                |
| 38 | VELLON, Rodrigo     | Unattached |                     | 17:12.25 6(35) |
|    | 44.01 (44.01)       |            | 1:20.90 (2:04.90)   |                |
|    |                     |            | 1:23.94 (3:28.83)   |                |
|    |                     |            | 12:29.26 (15:58.09) |                |
|    |                     |            | 1:14.17 (17:12.25)  |                |
| 39 | JUNG, Tristan       | Unattached |                     | 17:13.34 6(36) |
|    | 42.14 (42.14)       |            | 1:19.33 (2:01.46)   |                |
|    | 1:24.49 (8:49.50)   |            | 1:18.20 (3:19.66)   |                |
|    | 1:21.33 (17:13.34)  |            | 1:22.51 (4:42.17)   |                |
|    |                     |            | 1:22.51 (6:04.67)   |                |
|    |                     |            | 1:20.35 (7:25.02)   |                |
|    |                     |            | 1:25.80 (14:26.19)  |                |
|    |                     |            | 1:25.83 (15:52.02)  |                |
| 40 | SHIELDS, Joseph     | Unattached |                     | 17:18.54 5(4)  |
|    | 44.42 (44.42)       |            | 1:23.25 (2:07.67)   |                |
|    | 1:25.09 (9:04.45)   |            | 1:22.61 (3:30.27)   |                |
|    | 1:12.76 (17:18.54)  |            | 1:22.40 (4:52.67)   |                |
|    |                     |            | 1:23.04 (6:15.71)   |                |
|    |                     |            | 1:23.66 (7:39.36)   |                |
|    |                     |            | 1:24.64 (16:05.78)  |                |
| 41 | LE, Justin          | Unattached |                     | 17:19.95 5(5)  |
|    | 47.55 (47.55)       |            | 1:25.64 (2:13.19)   |                |
|    | 1:22.74 (9:16.60)   |            | 1:25.00 (3:38.18)   |                |
|    | 1:11.83 (17:19.95)  |            | 1:27.05 (5:05.23)   |                |
|    |                     |            | 1:23.86 (6:29.09)   |                |
|    |                     |            | 1:24.78 (7:53.86)   |                |
|    |                     |            | 1:21.00 (16:08.13)  |                |
| 42 | ALLEN, Kerry        | Unattached |                     | 17:25.79 6(37) |
|    | 44.64 (44.64)       |            | 1:22.23 (2:06.86)   |                |
|    | 1:26.28 (9:08.45)   |            | 1:24.77 (3:31.62)   |                |
|    | 1:20.43 (17:25.79)  |            | 1:23.86 (4:55.48)   |                |
|    |                     |            | 1:22.03 (6:17.51)   |                |
|    |                     |            | 1:24.66 (7:42.17)   |                |
|    |                     |            | 1:20.00 (16:05.36)  |                |
| 43 | MORHARD, Robert     | Unattached |                     | 17:26.64 5(6)  |
|    | 44.28 (44.28)       |            | 1:22.62 (2:06.90)   |                |
|    | 1:23.87 (8:57.96)   |            | 1:20.78 (3:27.68)   |                |
|    | 1:20.18 (17:26.64)  |            | 1:21.49 (4:49.17)   |                |
|    |                     |            | 1:22.15 (6:11.32)   |                |
|    |                     |            | 1:22.78 (7:34.09)   |                |
|    |                     |            | 1:25.65 (16:06.47)  |                |
| 44 | ALLEYNE, Mike       | Unattached |                     | 17:28.95 5(7)  |
|    | 43.82 (43.82)       |            | 1:23.47 (2:07.29)   |                |
|    | 1:24.25 (9:04.14)   |            | 1:22.58 (3:29.86)   |                |
|    | 1:12.64 (17:28.95)  |            | 1:22.38 (4:52.24)   |                |
|    |                     |            | 1:23.76 (6:15.99)   |                |
|    |                     |            | 1:23.91 (7:39.90)   |                |
|    |                     |            | 1:24.51 (16:16.32)  |                |
| 45 | TOLARCHYK, Nicholas | Unattached |                     | 17:29.56 6(38) |
|    | 42.82 (42.82)       |            | 1:16.60 (1:59.41)   |                |
|    | 1:26.90 (8:48.46)   |            | 1:16.14 (3:15.54)   |                |
|    | 1:22.11 (17:29.56)  |            | 1:16.70 (4:32.24)   |                |
|    |                     |            | 1:22.46 (5:54.70)   |                |
|    |                     |            | 1:26.87 (7:21.56)   |                |
|    |                     |            | 1:28.64 (14:40.21)  |                |
|    |                     |            | 1:27.25 (16:07.45)  |                |
| 46 | EMANUEL, Zach       | Unattached |                     | 17:30.32 5(8)  |

**2023 TRACKSMITH TWILIGHT 5000 - DC #1**

Washington, DC

Cardozo HS

Friday, July 28, 2023

**OFFICIAL MEET REPORT**

printed: 7/29/2023 10:32 AM

**RESULTS****#1 Men's & Women's 5000 Meters (cont'd)**

| PI | Name               | Team               | Time               | H(PI)              |                    |                    |
|----|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|
|    | 50.79 (50.79)      | 1:23.95 (2:14.74)  | 1:28.84 (3:43.57)  | 1:29.44 (5:13.01)  | 1:27.20 (6:40.20)  | 1:26.88 (8:07.08)  |
|    | 1:26.23 (9:33.30)  | 1:22.46 (10:55.76) | 1:20.08 (12:15.83) | 1:24.89 (13:40.72) | 1:21.05 (15:01.77) | 1:17.77 (16:19.53) |
|    | 1:10.79 (17:30.32) |                    |                    |                    |                    |                    |
| 47 | CORSI, Jake        | Unattached         | 17:32.77           | 5(9)               |                    |                    |
|    | 47.37 (47.37)      | 1:23.97 (2:11.34)  | 1:25.66 (3:37.00)  | 1:25.17 (5:02.16)  | 1:25.37 (6:27.53)  | 1:23.29 (7:50.81)  |
|    | 1:25.84 (9:16.65)  | 1:25.74 (10:42.38) | 1:26.21 (12:08.59) | 1:24.72 (13:33.30) | 1:22.33 (14:55.62) | 1:22.49 (16:18.10) |
|    | 1:14.67 (17:32.77) |                    |                    |                    |                    |                    |
| 48 | JACKSON, Kevin     | Unattached         | 17:39.77           | 5(10)              |                    |                    |
|    | 47.53 (47.53)      | 1:24.56 (2:12.09)  | 1:26.26 (3:38.34)  | 2:50.26 (6:28.59)  | 1:24.65 (7:53.24)  | 1:25.24 (9:18.47)  |
|    | 1:28.26 (10:46.73) | 1:27.74 (12:14.47) | 1:25.38 (13:39.84) | 1:24.51 (15:04.35) | 1:23.35 (16:27.70) | 1:12.07 (17:39.77) |
| 49 | GREENWALT, Casey   | Unattached         | 17:40.22           | 5(11)              |                    |                    |
|    | 44.04 (44.04)      | 1:22.57 (2:06.61)  | 1:23.80 (3:30.40)  | 1:23.25 (4:53.65)  | 1:22.14 (6:15.79)  | 1:25.36 (7:41.14)  |
|    | 1:24.99 (9:06.13)  | 1:25.41 (10:31.54) | 1:27.25 (11:58.78) | 1:28.12 (13:26.90) | 1:27.81 (14:54.70) | 1:28.18 (16:22.87) |
|    | 1:17.35 (17:40.22) |                    |                    |                    |                    |                    |
| 50 | WILLIAMSON, Taylor | Unattached         | 17:43.56           | 5(12)              |                    |                    |
|    | 43.82 (43.82)      | 1:23.47 (2:07.29)  | 1:22.58 (3:29.86)  | 1:20.66 (4:50.51)  | 1:22.00 (6:12.51)  | 1:23.18 (7:35.69)  |
|    | 1:23.21 (8:58.89)  | 1:24.71 (10:23.59) | 1:27.01 (11:50.60) | 1:28.53 (13:19.12) | 1:30.48 (14:49.60) | 1:29.26 (16:18.85) |
|    | 1:24.71 (17:43.56) |                    |                    |                    |                    |                    |
| 51 | HADLEY, Greg       | Unattached         | 17:46.50           | 5(13)              |                    |                    |
|    | 45.35 (45.35)      | 1:25.54 (2:10.89)  | 1:26.93 (3:37.81)  | 1:25.05 (5:02.86)  | 1:26.28 (6:29.13)  | 1:25.17 (7:54.31)  |
|    | 1:24.22 (9:18.52)  | 1:28.21 (10:46.73) | 1:26.77 (12:13.50) | 1:26.86 (13:40.35) | 1:25.81 (15:06.16) | 1:25.23 (16:31.39) |
|    | 1:15.12 (17:46.50) |                    |                    |                    |                    |                    |
| 52 | LEE, David         | Unattached         | 17:51.64           | 6(39)              |                    |                    |
|    | 43.86 (43.86)      | 1:18.31 (2:02.16)  | 1:20.73 (3:22.88)  | 1:22.34 (4:45.22)  | 1:25.00 (6:10.22)  | 1:25.84 (7:36.06)  |
|    | 1:26.42 (9:02.47)  | 1:27.77 (10:30.24) | 1:27.45 (11:57.69) | 1:30.72 (13:28.41) | 1:31.82 (15:00.22) | 1:28.72 (16:28.93) |
|    | 1:22.72 (17:51.64) |                    |                    |                    |                    |                    |
| 53 | ZHANG, Robe        | Unattached         | 17:53.63           | 6(40)              |                    |                    |
|    | 43.47 (43.47)      | 1:19.23 (2:02.70)  | 1:16.57 (3:19.26)  | 1:19.84 (4:39.10)  | 1:21.05 (6:00.15)  | 1:20.96 (7:21.11)  |
|    | 1:24.00 (8:45.11)  | 1:27.03 (10:12.13) | 1:34.26 (11:46.39) | 1:29.73 (13:16.11) | 1:40.68 (14:56.79) | 1:32.94 (16:29.73) |
|    | 1:23.91 (17:53.63) |                    |                    |                    |                    |                    |
| 54 | YOUNG, CJ          | Unattached         | 18:00.53           | 6(41)              |                    |                    |
|    | 44.19 (44.19)      | 1:21.48 (2:05.66)  | 1:25.20 (3:30.86)  | 1:24.20 (4:55.05)  | 1:21.31 (6:16.35)  | 1:22.66 (7:39.01)  |
|    | 1:27.12 (9:06.13)  | 1:26.47 (10:32.59) | 1:29.32 (12:01.91) | 1:31.04 (13:32.95) | 1:32.72 (15:05.66) | 1:31.86 (16:37.52) |
|    | 1:23.01 (18:00.53) |                    |                    |                    |                    |                    |
| 55 | WEBB, Owen         | Unattached         | 18:00.87           | 6(42)              |                    |                    |
|    | 44.27 (44.27)      | 1:18.31 (2:02.57)  | 1:20.49 (3:23.06)  | 1:22.42 (4:45.47)  | 1:23.78 (6:09.24)  | 1:26.71 (7:35.95)  |
|    | 1:29.23 (9:05.17)  | 1:29.72 (10:34.88) | 1:30.79 (12:05.66) | 1:31.32 (13:36.98) | 1:32.35 (15:09.33) | 1:28.32 (16:37.64) |
|    | 1:23.23 (18:00.87) |                    |                    |                    |                    |                    |
| 56 | COCROFT, Ian       | Unattached         | 18:04.40           | 5(14)              |                    |                    |
|    | 49.23 (49.23)      | 1:25.03 (2:14.25)  | 1:29.14 (3:43.39)  | 1:29.57 (5:12.96)  | 1:26.68 (6:39.63)  | 1:26.80 (8:06.43)  |
|    | 1:27.39 (9:33.81)  | 1:28.62 (11:02.43) | 1:27.14 (12:29.56) | 1:24.93 (13:54.48) | 1:28.20 (15:22.68) | 1:26.89 (16:49.57) |
|    | 1:14.83 (18:04.40) |                    |                    |                    |                    |                    |
| 57 | TRAINOR, Clayton   | Unattached         | 18:05.06           | 5(15)              |                    |                    |
|    | 45.71 (45.71)      | 1:25.03 (2:10.74)  | 1:24.15 (3:34.88)  | 1:23.40 (4:58.28)  | 1:24.13 (6:22.41)  | 1:25.10 (7:47.50)  |
|    | 1:27.32 (9:14.82)  | 1:26.90 (10:41.72) | 1:27.85 (12:09.56) | 1:30.13 (13:39.68) | 1:30.37 (15:10.05) | 1:30.60 (16:40.64) |
|    | 1:24.42 (18:05.06) |                    |                    |                    |                    |                    |

**2023 TRACKSMITH TWILIGHT 5000 - DC #1**

Washington, DC

Cardozo HS

Friday, July 28, 2023

**WINDSORRUNNING****OFFICIAL MEET REPORT**

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**RESULTS****#1 Men's & Women's 5000 Meters (cont'd)**

| PI | Name                | Team               |                    |                    |                    |                    | Time     | H(PI) |
|----|---------------------|--------------------|--------------------|--------------------|--------------------|--------------------|----------|-------|
| 58 | CAGLEY, Noah        | Unattached         |                    |                    |                    |                    | 18:06.29 | 5(16) |
|    | 46.51 (46.51)       | 1:24.78 (2:11.29)  | 1:25.92 (3:37.21)  | 1:25.29 (5:02.50)  | 1:25.31 (6:27.80)  | 1:24.88 (7:52.67)  |          |       |
|    | 1:26.56 (9:19.23)   | 1:27.27 (10:46.50) | 1:27.49 (12:13.99) | 1:28.36 (13:42.34) | 1:28.61 (15:10.95) | 1:30.07 (16:41.01) |          |       |
|    | 1:25.29 (18:06.29)  |                    |                    |                    |                    |                    |          |       |
| 59 | LEMON, Luther       | Unattached         |                    |                    |                    |                    | 18:07.23 | 5(17) |
|    | 47.17 (47.17)       | 1:25.66 (2:12.82)  | 1:26.09 (3:38.91)  | 1:25.93 (5:04.83)  | 1:24.74 (6:29.56)  | 1:26.80 (7:56.36)  |          |       |
|    | 1:27.69 (9:24.04)   | 1:27.82 (10:51.86) | 1:28.20 (12:20.06) | 1:31.22 (13:51.27) | 1:29.37 (15:20.64) | 1:28.78 (16:49.41) |          |       |
|    | 1:17.83 (18:07.23)  |                    |                    |                    |                    |                    |          |       |
| 60 | QUINO, Jeanpaul     | Unattached         |                    |                    |                    |                    | 18:07.79 | 5(18) |
|    | 48.85 (48.85)       | 1:25.30 (2:14.15)  | 1:29.42 (3:43.57)  | 1:29.67 (5:13.23)  | 1:27.41 (6:40.63)  | 1:27.80 (8:08.42)  |          |       |
|    | 9:59.37 (18:07.79)  |                    |                    |                    |                    |                    |          |       |
| 61 | LAWVER, Daniel      | Unattached         |                    |                    |                    |                    | 18:11.97 | 5(19) |
|    | 46.11 (46.11)       | 1:25.60 (2:11.70)  | 1:25.71 (3:37.41)  | 1:24.51 (5:01.92)  | 1:27.03 (6:28.94)  | 1:25.16 (7:54.10)  |          |       |
|    | 1:25.54 (9:19.63)   | 1:28.63 (10:48.26) | 1:31.52 (12:19.78) | 1:33.47 (13:53.24) | 1:31.32 (15:24.56) | 1:29.16 (16:53.71) |          |       |
|    | 1:18.26 (18:11.97)  |                    |                    |                    |                    |                    |          |       |
| 62 | KARASOV, Nadav      | Unattached         |                    |                    |                    |                    | 18:13.25 | 5(20) |
|    | 50.79 (50.79)       | 1:24.77 (2:15.55)  | 1:28.46 (3:44.01)  | 1:29.57 (5:13.58)  | 1:24.99 (6:38.56)  | 1:25.03 (8:03.59)  |          |       |
|    | 1:27.94 (9:31.53)   | 1:28.06 (10:59.58) | 1:28.66 (12:28.23) | 1:25.58 (13:53.81) | 1:30.39 (15:24.21) | 1:29.41 (16:53.61) |          |       |
|    | 1:19.64 (18:13.25)  |                    |                    |                    |                    |                    |          |       |
| 63 | WATSON, Gilbert     | Unattached         |                    |                    |                    |                    | 18:17.29 | 5(21) |
|    | 47.11 (47.11)       | 1:21.88 (2:08.99)  | 1:28.39 (3:37.37)  | 1:24.94 (5:02.31)  | 1:24.54 (6:26.84)  | 1:22.77 (7:49.61)  |          |       |
|    | 1:26.19 (9:15.79)   | 1:28.08 (10:43.86) | 1:29.83 (12:13.69) | 1:28.13 (13:41.82) | 1:37.68 (15:19.49) | 1:33.59 (16:53.07) |          |       |
|    | 1:24.22 (18:17.29)  |                    |                    |                    |                    |                    |          |       |
| 64 | EDGE, Aaryn         | Unattached         |                    |                    |                    |                    | 18:21.12 | 5(22) |
|    | 51.97 (51.97)       | 1:26.32 (2:18.28)  | 1:28.77 (3:47.05)  | 1:29.46 (5:16.50)  | 1:29.70 (6:46.20)  | 1:29.05 (8:15.24)  |          |       |
|    | 1:28.87 (9:44.11)   | 1:28.01 (11:12.12) | 1:27.45 (12:39.56) | 1:25.50 (14:05.05) | 1:29.21 (15:34.26) | 1:29.13 (17:03.39) |          |       |
|    | 1:17.74 (18:21.12)  |                    |                    |                    |                    |                    |          |       |
| 65 | MURGUIA, Ryan       | Unattached         |                    |                    |                    |                    | 18:24.02 | 5(23) |
|    | 46.51 (46.51)       | 1:24.54 (2:11.04)  | 1:25.77 (3:36.81)  | 1:25.46 (5:02.26)  | 1:24.99 (6:27.24)  | 1:24.15 (7:51.38)  |          |       |
|    | 1:25.76 (9:17.14)   | 1:30.29 (10:47.43) | 1:32.76 (12:20.19) | 1:32.50 (13:52.69) | 1:31.68 (15:24.37) | 1:32.98 (16:57.34) |          |       |
|    | 1:26.69 (18:24.02)  |                    |                    |                    |                    |                    |          |       |
| 66 | FLORES RUIZ, Miguel | Unattached         |                    |                    |                    |                    | 18:26.63 | 5(24) |
|    | 45.92 (45.92)       | 1:23.70 (2:09.61)  | 1:26.70 (3:36.31)  | 1:25.36 (5:01.67)  | 1:25.58 (6:27.24)  | 1:23.53 (7:50.77)  |          |       |
|    | 1:25.79 (9:16.55)   | 1:29.92 (10:46.47) | 1:33.04 (12:19.50) | 1:32.60 (13:52.10) | 1:45.55 (15:37.64) | 1:29.29 (17:06.93) |          |       |
|    | 1:19.70 (18:26.63)  |                    |                    |                    |                    |                    |          |       |
| 67 | MURPHY, Brian       | Unattached         |                    |                    |                    |                    | 18:27.29 | 5(25) |
|    | 50.02 (50.02)       | 1:24.92 (2:14.93)  | 1:29.61 (3:44.54)  | 1:28.87 (5:13.41)  | 1:27.63 (6:41.03)  | 1:28.24 (8:09.26)  |          |       |
|    | 1:29.35 (9:38.60)   | 1:29.14 (11:07.74) | 1:28.02 (12:35.75) | 1:30.14 (14:05.89) | 1:30.14 (15:36.03) | 1:30.95 (17:06.97) |          |       |
|    | 1:20.32 (18:27.29)  |                    |                    |                    |                    |                    |          |       |
| 68 | MCFADDEN, Xavier    | Unattached         |                    |                    |                    |                    | 18:27.31 | 5(26) |
|    | 49.56 (49.56)       | 1:24.45 (2:14.01)  | 1:28.44 (3:42.45)  | 1:29.59 (5:12.04)  | 1:28.04 (6:40.08)  | 1:27.20 (8:07.27)  |          |       |
|    | 1:28.29 (9:35.55)   | 1:29.12 (11:04.67) | 1:30.69 (12:35.36) | 1:30.49 (14:05.85) | 1:32.88 (15:38.73) | 1:31.99 (17:10.71) |          |       |
|    | 1:16.60 (18:27.31)  |                    |                    |                    |                    |                    |          |       |
| 69 | RAMASAMY, Samson    | Unattached         |                    |                    |                    |                    | 18:27.35 | 6(43) |

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**RESULTS****#1 Men's & Women's 5000 Meters (cont'd)**

| PI | Name                 | Team               | Time               | H(PI)              |                    |                    |
|----|----------------------|--------------------|--------------------|--------------------|--------------------|--------------------|
|    | 44.79 (44.79)        | 1:22.13 (2:06.92)  | 1:24.31 (3:31.22)  | 1:24.36 (4:55.58)  | 1:23.70 (6:19.27)  | 1:29.36 (7:48.62)  |
|    | 1:31.59 (9:20.20)    | 1:33.48 (10:53.68) | 1:32.14 (12:25.81) | 1:34.82 (14:00.62) | 1:29.86 (15:30.47) | 1.50 (15:31.97)    |
|    | 2:55.39 (18:27.35)   |                    |                    |                    |                    |                    |
| 70 | POLITE, Adam         | Unattached         | 18:28.44           | 5(27)              |                    |                    |
|    | 50.08 (50.08)        | 1:26.88 (2:16.95)  | 1:28.21 (3:45.15)  | 1:29.82 (5:14.97)  | 1:29.31 (6:44.28)  | 1:30.16 (8:14.44)  |
|    | 1:30.02 (9:44.45)    | 1:30.19 (11:14.63) | 1:29.61 (12:44.24) | 1:30.13 (14:14.36) | 1:29.06 (15:43.42) | 1:29.05 (17:12.46) |
|    | 1:15.99 (18:28.44)   |                    |                    |                    |                    |                    |
| 71 | MORAKINYO, Akintunde | Unattached         | 18:29.63           | 5(28)              |                    |                    |
|    | 50.02 (50.02)        | 1:25.88 (2:15.89)  | 1:27.89 (3:43.78)  | 1:30.39 (5:14.17)  | 1:27.58 (6:41.74)  | 1:27.09 (8:08.82)  |
|    | 1:27.92 (9:36.74)    | 1:28.80 (11:05.53) | 1:29.13 (12:34.66) | 1:30.05 (14:04.70) | 1:30.95 (15:35.65) | 1:31.51 (17:07.15) |
|    | 1:22.48 (18:29.63)   |                    |                    |                    |                    |                    |
| 72 | LIBERFARB, Eric      | Unattached         | 18:31.87           | 5(29)              |                    |                    |
|    | 51.34 (51.34)        | 1:24.95 (2:16.29)  | 4:25.50 (6:41.79)  | 1:27.47 (8:09.26)  | 1:29.83 (9:39.08)  | 3:02.34 (12:41.42) |
|    | 1:32.06 (14:13.47)   | 1:29.65 (15:43.11) | 1:28.70 (17:11.80) | 1:20.08 (18:31.87) | 4.85 (18:36.72)    |                    |
| 73 | WILDER, Will         | Unattached         | 18:39.96           | 5(30)              |                    |                    |
|    | 52.35 (52.35)        | 1:26.69 (2:19.04)  | 1:28.77 (3:47.81)  | 1:28.89 (5:16.70)  | 1:29.56 (6:46.25)  | 1:29.22 (8:15.47)  |
|    | 1:29.24 (9:44.70)    | 1:29.52 (11:14.22) | 1:30.22 (12:44.43) | 1:30.90 (14:15.33) | 1:32.82 (15:48.15) | 1:26.37 (17:14.51) |
|    | 1:25.46 (18:39.96)   |                    |                    |                    |                    |                    |
| 74 | WILBUR, David        | Unattached         | 18:43.18           | 5(31)              |                    |                    |
|    | 47.95 (47.95)        | 1:24.72 (2:12.66)  | 1:29.36 (3:42.02)  | 1:30.95 (5:12.96)  | 1:27.49 (6:40.44)  | 1:28.66 (8:09.10)  |
|    | 1:28.03 (9:37.12)    | 1:32.61 (11:09.73) | 1:31.44 (12:41.17) | 1:32.44 (14:13.60) | 1:34.76 (15:48.36) | 1:27.86 (17:16.21) |
|    | 1:26.97 (18:43.18)   |                    |                    |                    |                    |                    |
| 75 | PEREZ, Robert        | Unattached         | 18:46.06           | 5(32)              |                    |                    |
|    | 47.17 (47.17)        | 1:29.12 (2:16.29)  | 1:30.21 (3:46.49)  | 1:30.72 (5:17.20)  | 1:29.59 (6:46.79)  | 1:29.79 (8:16.58)  |
|    | 1:31.15 (9:47.72)    | 1:28.58 (11:16.30) | 1:29.73 (12:46.03) | 1:32.21 (14:18.24) | 1:31.87 (15:50.10) | 1:29.06 (17:19.16) |
|    | 1:26.90 (18:46.06)   |                    |                    |                    |                    |                    |
| 76 | LAUZON, Liz          | Unattached         | 18:47.16           | 5(33)              |                    |                    |
|    | 51.61 (51.61)        | 1:27.06 (2:18.66)  | 1:29.04 (3:47.70)  | 1:28.06 (5:15.76)  | 1:30.25 (6:46.00)  | 1:29.03 (8:15.02)  |
|    | 1:27.78 (9:42.80)    | 1:30.95 (11:13.74) | 1:29.67 (12:43.41) | 1:31.51 (14:14.92) | 1:34.06 (15:48.98) | 1:29.40 (17:18.37) |
|    | 1:28.79 (18:47.16)   |                    |                    |                    |                    |                    |
| 77 | LEFKOF, Drew         | Unattached         | 18:51.86           | 5(34)              |                    |                    |
|    | 46.35 (46.35)        | 1:26.07 (2:12.41)  | 1:25.60 (3:38.01)  | 1:25.10 (5:03.10)  | 1:27.02 (6:30.12)  | 1:27.24 (7:57.36)  |
|    | 1:29.65 (9:27.00)    | 1:31.17 (10:58.16) | 1:31.24 (12:29.40) | 1:35.21 (14:04.61) | 1:34.84 (15:39.44) | 1:37.47 (17:16.90) |
|    | 1:34.96 (18:51.86)   |                    |                    |                    |                    |                    |
| 78 | SZELUGA, Mark        | Unattached         | 18:53.49           | 5(35)              |                    |                    |
|    | 49.52 (49.52)        | 1:25.09 (2:14.61)  | 1:29.35 (3:43.95)  | 1:29.63 (5:13.58)  | 1:27.25 (6:40.83)  | 1:26.25 (8:07.08)  |
|    | 1:28.88 (9:35.95)    | 1:29.85 (11:05.80) | 1:30.80 (12:36.60) | 1:36.44 (14:13.03) | 1:37.07 (15:50.10) | 1:34.63 (17:24.72) |
|    | 1:28.78 (18:53.49)   |                    |                    |                    |                    |                    |
| 79 | BERGAN, Bryan        | Unattached         | 18:54.01           | 5(36)              |                    |                    |
|    | 49.32 (49.32)        | 1:26.02 (2:15.33)  | 1:28.45 (3:43.78)  | 1:29.80 (5:13.58)  | 1:27.42 (6:40.99)  | 1:27.28 (8:08.27)  |
|    | 1:30.10 (9:38.36)    | 1:33.15 (11:11.51) | 1:34.86 (12:46.37) | 1:34.78 (14:21.14) | 1:37.99 (15:59.13) | 1:29.74 (17:28.86) |
|    | 1:25.16 (18:54.01)   |                    |                    |                    |                    |                    |
| 80 | NAPIER, Sean         | Unattached         | 18:56.97           | 5(37)              |                    |                    |
|    | 48.70 (48.70)        | 1:24.94 (2:13.63)  | 1:28.96 (3:42.59)  | 1:29.45 (5:12.04)  | 1:28.55 (6:40.58)  | 1:27.72 (8:08.30)  |
|    | 1:31.17 (9:39.46)    | 1:31.81 (11:11.27) | 1:34.51 (12:45.77) | 1:34.46 (14:20.23) | 1:36.11 (15:56.33) | 1:33.83 (17:30.16) |
|    | 1:26.81 (18:56.97)   |                    |                    |                    |                    |                    |

**2023 TRACKSMITH TWILIGHT 5000 - DC #1**

Washington, DC

Cardozo HS

Friday, July 28, 2023

**WINDSORRUNNING****OFFICIAL MEET REPORT**

printed: 7/29/2023 10:32 AM

**RESULTS****#1 Men's & Women's 5000 Meters (cont'd)**

| PI | Name               | Team               | Time               | H(PI)              |
|----|--------------------|--------------------|--------------------|--------------------|
| 81 | HAWKINS, Erick     | Unattached         | 18:58.62           | 5(38)              |
|    | 50.02 (50.02)      | 1:24.97 (2:14.98)  | 1:28.98 (3:43.95)  | 1:28.67 (5:12.62)  |
|    | 1:27.58 (6:40.20)  | 1:27.12 (8:07.32)  |                    |                    |
|    | 1:28.84 (9:36.15)  | 1:33.95 (11:10.10) | 1:34.29 (12:44.38) | 1:37.49 (14:21.87) |
|    | 1:37.66 (15:59.53) | 1:31.31 (17:30.83) |                    |                    |
|    | 1:27.79 (18:58.62) |                    |                    |                    |
| 82 | MANN, Adam         | Unattached         | 19:03.28           | 5(39)              |
|    | 51.20 (51.20)      | 1:25.67 (2:16.87)  | 1:27.72 (3:44.58)  | 1:29.59 (5:14.17)  |
|    | 1:29.23 (6:43.39)  | 1:29.69 (8:13.08)  |                    |                    |
|    | 1:31.03 (9:44.11)  | 1:33.96 (11:18.06) | 1:35.11 (12:53.16) | 1:38.10 (14:31.26) |
|    | 1:32.22 (16:03.47) | 1:30.81 (17:34.28) |                    |                    |
|    | 1:29.01 (19:03.28) |                    |                    |                    |
| 83 | BEENE, Cameron     | Unattached         | 19:03.64           | 4(1)               |
|    | 48.23 (48.23)      | 1:30.52 (2:18.74)  | 1:30.99 (3:49.74)  | 1:31.60 (5:21.33)  |
|    | 1:27.66 (6:48.99)  | 1:31.68 (8:20.66)  |                    |                    |
|    | 1:31.89 (9:52.55)  | 1:33.39 (11:25.93) | 1:32.79 (12:58.72) | 1:34.41 (14:33.13) |
|    | 1:32.87 (16:06.00) | 1:32.58 (17:38.58) |                    |                    |
|    | 1:25.07 (19:03.64) |                    |                    |                    |
| 84 | GEREN, Sarah       | Unattached         | 19:05.38           | 4(2)               |
|    | 48.34 (48.34)      | 1:30.45 (2:18.79)  | 1:30.48 (3:49.27)  | 1:31.47 (5:20.73)  |
|    | 1:32.40 (6:53.13)  | 1:32.98 (8:26.10)  |                    |                    |
|    | 1:34.38 (10:00.47) | 1:32.71 (11:33.18) | 1:32.69 (13:05.87) | 1:32.70 (14:38.57) |
|    | 1:33.67 (16:12.23) | 1:30.45 (17:42.68) |                    |                    |
|    | 1:22.71 (19:05.38) |                    |                    |                    |
| 85 | MINNEHAN, Gillian  | Unattached         | 19:05.47           | 5(40)              |
|    | 51.40 (51.40)      | 1:26.51 (2:17.90)  | 1:28.59 (3:46.49)  | 1:29.90 (5:16.39)  |
|    | 1:29.81 (6:46.20)  | 1:28.24 (8:14.44)  |                    |                    |
|    | 1:31.70 (9:46.13)  | 1:35.27 (11:21.39) | 1:37.99 (12:59.38) | 1:34.63 (14:34.01) |
|    | 1:35.76 (16:09.76) | 1:29.96 (17:39.72) |                    |                    |
|    | 1:25.76 (19:05.47) |                    |                    |                    |
| 86 | KNIGHT, Chris      | Unattached         | 19:07.23           | 4(3)               |
|    | 47.77 (47.77)      | 1:30.48 (2:18.24)  | 1:30.96 (3:49.20)  | 1:32.32 (5:21.52)  |
|    | 1:29.68 (6:51.20)  | 1:34.22 (8:25.42)  |                    |                    |
|    | 1:33.98 (9:59.40)  | 1:34.03 (11:33.42) | 1:32.71 (13:06.12) | 1:32.97 (14:39.09) |
|    | 1:34.33 (16:13.42) | 1:36.58 (17:49.99) |                    |                    |
|    | 1:17.25 (19:07.23) |                    |                    |                    |
| 87 | BANKS, Joshua      | Unattached         | 19:08.25           | 5(41)              |
|    | 48.70 (48.70)      | 1:25.70 (2:14.39)  | 1:28.60 (3:42.99)  | 1:29.19 (5:12.18)  |
|    | 1:27.90 (6:40.08)  | 1:33.27 (8:13.34)  |                    |                    |
|    | 1:34.10 (9:47.43)  | 1:34.50 (11:21.93) | 1:34.52 (12:56.44) | 1:39.37 (14:35.80) |
|    | 1:36.05 (16:11.85) | 1:33.86 (17:45.70) |                    |                    |
|    | 1:22.55 (19:08.25) |                    |                    |                    |
| 88 | YANG, Carolyn      | Unattached         | 19:08.63           | 5(42)              |
|    | 52.42 (52.42)      | 1:26.35 (2:18.76)  | 1:28.75 (3:47.51)  | 1:29.46 (5:16.96)  |
|    | 1:29.50 (6:46.46)  | 1:30.32 (8:16.77)  |                    |                    |
|    | 1:34.09 (9:50.85)  | 1:36.76 (11:27.61) | 1:33.81 (13:01.42) | 1:33.85 (14:35.26) |
|    | 1:33.96 (16:09.22) | 1:29.67 (17:38.88) |                    |                    |
|    | 1:29.75 (19:08.63) |                    |                    |                    |
| 89 | HUDAK, John        | Unattached         | 19:12.25           | 5(43)              |
|    | 52.35 (52.35)      | 1:26.31 (2:18.66)  | 1:29.04 (3:47.70)  | 1:29.00 (5:16.70)  |
|    | 1:29.92 (6:46.61)  | 1:29.19 (8:15.80)  |                    |                    |
|    | 1:28.65 (9:44.45)  | 1:32.28 (11:16.73) | 1:35.44 (12:52.16) | 1:39.52 (14:31.67) |
|    | 1:35.74 (16:07.40) | 1:34.53 (17:41.93) |                    |                    |
|    | 1:30.33 (19:12.25) |                    |                    |                    |
| 90 | O'KANE, Alexandra  | Unattached         | 19:12.82           | 4(4)               |
|    | 48.75 (48.75)      | 1:30.98 (2:19.72)  | 1:30.02 (3:49.74)  | 1:32.54 (5:22.27)  |
|    | 1:27.25 (6:49.51)  | 3:03.55 (9:53.05)  |                    |                    |
|    | 1:33.14 (11:26.19) | 1:33.58 (12:59.76) | 1:34.97 (14:34.73) | 1:34.55 (16:09.27) |
|    | 1:35.33 (17:44.60) | 1:28.23 (19:12.82) |                    |                    |
|    |                    |                    |                    |                    |
| 91 | COFFIN, William    | Unattached         | 19:13.00           | 4(5)               |
|    | 51.47 (51.47)      | 1:32.00 (2:23.47)  | 1:32.02 (3:55.48)  | 1:34.57 (5:30.05)  |
|    | 1:34.90 (7:04.94)  | 1:37.43 (8:42.36)  |                    |                    |
|    | 1:34.87 (10:17.23) | 1:34.53 (11:51.75) | 1:32.59 (13:24.33) | 1:34.43 (14:58.76) |
|    | 1:32.83 (16:31.58) | 1:28.05 (17:59.63) |                    |                    |
|    | 1:13.37 (19:13.00) |                    |                    |                    |
| 92 | SMITH, Maya        | Unattached         | 19:13.20           | 5(44)              |



**2023 TRACKSMITH TWILIGHT 5000 - DC #1**

Washington, DC

Cardozo HS

Friday, July 28, 2023

**WINDSORRUNNING****OFFICIAL MEET REPORT**

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**RESULTS****#1 Men's & Women's 5000 Meters (cont'd)**

| PI  | Name                   | Team               | Time               | H(PI)              |                    |                    |
|-----|------------------------|--------------------|--------------------|--------------------|--------------------|--------------------|
|     | 48.92 (48.92)          | 1:25.43 (2:14.35)  | 1:28.89 (3:43.23)  | 1:27.60 (5:10.83)  | 1:34.12 (6:44.94)  | 1:31.48 (8:16.42)  |
|     | 1:35.15 (9:51.56)      | 1:36.70 (11:28.26) | 1:33.62 (13:01.88) | 1:34.33 (14:36.20) | 1:35.21 (16:11.41) | 1:30.87 (17:42.27) |
|     | 1:30.94 (19:13.20)     |                    |                    |                    |                    |                    |
| 93  | TURNER, Hannah         | Unattached         |                    |                    |                    | 19:14.34 5(45)     |
|     | 53.84 (53.84)          | 1:30.02 (2:23.85)  | 1:29.48 (3:53.32)  | 1:30.95 (5:24.27)  | 1:30.53 (6:54.80)  | 1:31.34 (8:26.14)  |
|     | 1:32.89 (9:59.02)      | 1:34.31 (11:33.32) | 1:34.13 (13:07.45) | 1:34.04 (14:41.48) | 1:35.45 (16:16.93) | 1:30.47 (17:47.39) |
|     | 1:26.95 (19:14.34)     |                    |                    |                    |                    |                    |
| 94  | PARIN, Matthew         | Unattached         |                    |                    |                    | 19:17.32 4(6)      |
|     | 55.70 (55.70)          | 1:34.07 (2:29.76)  | 1:33.27 (4:03.03)  | 1:34.01 (5:37.04)  | 1:35.43 (7:12.46)  | 1:36.28 (8:48.74)  |
|     | 1:42.08 (10:30.82)     | 1:52.96 (12:23.77) | 1:45.08 (14:08.84) | 1:53.93 (16:02.77) | 1:44.78 (17:47.54) | 1:29.78 (19:17.32) |
|     | 4.18 (19:21.49)        |                    |                    |                    |                    |                    |
| 95  | GARSON-SHUMWAY, Carmen | Unattached         |                    |                    |                    | 19:18.50 4(7)      |
|     | 49.56 (49.56)          | 1:35.83 (2:25.38)  | 1:34.57 (3:59.95)  | 1:35.33 (5:35.27)  | 1:35.00 (7:10.27)  | 1:34.56 (8:44.83)  |
|     | 1:32.81 (10:17.63)     | 1:35.35 (11:52.98) | 1:30.40 (13:23.38) | 1:34.81 (14:58.19) | 1:32.79 (16:30.97) | 1:31.49 (18:02.45) |
|     | 1:16.05 (19:18.50)     |                    |                    |                    |                    |                    |
| 96  | WYATT, Andrew          | Unattached         |                    |                    |                    | 19:20.49 5(46)     |
|     | 50.02 (50.02)          | 1:24.73 (2:14.74)  | 1:28.66 (3:43.39)  | 1:29.57 (5:12.96)  | 1:29.36 (6:42.31)  | 1:32.72 (8:15.02)  |
|     | 1:33.16 (9:48.18)      | 1:34.99 (11:23.17) | 1:35.60 (12:58.77) | 1:35.91 (14:34.68) | 1:35.97 (16:10.64) | 1:31.85 (17:42.49) |
|     | 1:38.00 (19:20.49)     |                    |                    |                    |                    |                    |
| 97  | CANFIELD, Jeremy       | Unattached         |                    |                    |                    | 19:21.40 5(47)     |
|     | 44.23 (44.23)          | 1:24.97 (2:09.19)  | 1:27.23 (3:36.41)  | 1:25.07 (5:01.48)  | 1:26.26 (6:27.73)  | 1:32.40 (8:00.13)  |
|     | 1:35.63 (9:35.76)      | 1:37.11 (11:12.86) | 1:39.11 (12:51.97) | 1:39.47 (14:31.43) | 1:42.94 (16:14.37) | 1:37.50 (17:51.87) |
|     | 1:29.53 (19:21.40)     |                    |                    |                    |                    |                    |
| 98  | CUNNINGHAM, Eileen     | Unattached         |                    |                    |                    | 19:22.01 4(8)      |
|     | 54.38 (54.38)          | 1:25.56 (2:19.93)  | 1:33.41 (3:53.34)  | 1:34.39 (5:27.72)  | 1:35.89 (7:03.60)  | 1:38.76 (8:42.36)  |
|     | 1:40.32 (10:22.68)     | 1:46.00 (12:08.67) | 1:42.79 (13:51.46) | 2:10.76 (16:02.21) | 1:53.46 (17:55.67) | 1:26.35 (19:22.01) |
|     | 3.43 (19:25.43)        |                    |                    |                    |                    |                    |
| 99  | JOHNSON, Kaitlyn       | Unattached         |                    |                    |                    | 19:23.33 4(9)      |
|     | 55.99 (55.99)          | 1:33.83 (2:29.81)  | 1:34.06 (4:03.87)  | 1:31.56 (5:35.43)  | 1:34.40 (7:09.82)  | 1:33.76 (8:43.58)  |
|     | 1:34.21 (10:17.79)     | 1:34.92 (11:52.71) | 1:32.09 (13:24.79) | 1:33.53 (14:58.31) | 1:33.82 (16:32.13) | 1:32.30 (18:04.43) |
|     | 1:18.91 (19:23.33)     |                    |                    |                    |                    |                    |
| 100 | BORNSTEIN, Quinn       | Unattached         |                    |                    |                    | 19:23.48 4(10)     |
|     | 48.11 (48.11)          | 1:30.64 (2:18.74)  | 1:30.89 (3:49.63)  | 1:31.05 (5:20.68)  | 1:29.67 (6:50.34)  | 1:32.28 (8:22.61)  |
|     | 1:34.64 (9:57.25)      | 1:37.03 (11:34.28) | 1:37.45 (13:11.72) | 1:35.05 (14:46.77) | 1:36.60 (16:23.36) | 1:35.79 (17:59.15) |
|     | 1:24.33 (19:23.48)     |                    |                    |                    |                    |                    |
| 101 | MILLER, Madison        | Unattached         |                    |                    |                    | 19:27.13 4(11)     |
|     | 54.89 (54.89)          | 1:32.92 (2:27.80)  | 1:34.83 (4:02.63)  | 1:33.57 (5:36.19)  | 1:33.33 (7:09.52)  | 1:34.18 (8:43.70)  |
|     | 1:33.83 (10:17.52)     | 1:34.44 (11:51.96) | 1:31.71 (13:23.66) | 1:34.91 (14:58.57) | 1:33.32 (16:31.89) | 1:31.36 (18:03.24) |
|     | 1:23.89 (19:27.13)     |                    |                    |                    |                    |                    |
| 102 | POLLACK, Jillian       | Unattached         |                    |                    |                    | 19:27.57 5(48)     |
|     | 49.09 (49.09)          | 1:24.74 (2:13.82)  | 1:29.37 (3:43.18)  | 1:29.24 (5:12.42)  | 1:29.90 (6:42.31)  | 1:28.45 (8:10.76)  |
|     | 1:31.20 (9:41.95)      | 1:36.29 (11:18.24) | 1:37.69 (12:55.92) | 1:38.41 (14:34.33) | 1:36.91 (16:11.23) | 1:36.10 (17:47.33) |
|     | 1:40.25 (19:27.57)     |                    |                    |                    |                    |                    |
| 103 | AARON, Ekaterina       | Unattached         |                    |                    |                    | 19:27.94 4(12)     |

**2023 TRACKSMITH TWILIGHT 5000 - DC #1**

Washington, DC

Cardozo HS

Friday, July 28, 2023

**OFFICIAL MEET REPORT**

printed: 7/29/2023 10:32 AM

**RESULTS****#1 Men's & Women's 5000 Meters (cont'd)**

| PI  | Name               | Team               | Time               | H(PI)              |                    |                    |
|-----|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|
|     | 47.37 (47.37)      | 1:30.17 (2:17.54)  | 1:28.83 (3:46.37)  | 1:33.71 (5:20.08)  | 1:30.57 (6:50.64)  | 1:33.72 (8:24.35)  |
|     | 1:34.70 (9:59.05)  | 1:34.01 (11:33.05) | 1:35.51 (13:08.56) | 1:36.95 (14:45.50) | 1:38.59 (16:24.08) | 1:36.02 (18:00.09) |
|     | 1:27.85 (19:27.94) |                    |                    |                    |                    |                    |
| 104 | KUMER, Emma        | Unattached         | 19:29.74           | 4(13)              |                    |                    |
|     | 46.87 (46.87)      | 1:31.08 (2:17.94)  | 1:30.79 (3:48.73)  | 1:31.60 (5:20.33)  | 1:30.54 (6:50.86)  | 1:34.19 (8:25.05)  |
|     | 1:35.11 (10:00.16) | 1:37.98 (11:38.13) | 1:39.64 (13:17.77) | 1:39.63 (14:57.39) | 1:34.04 (16:31.43) | 1:33.13 (18:04.55) |
|     | 1:25.19 (19:29.74) |                    |                    |                    |                    |                    |
| 105 | LEWINE, Florence   | Unattached         | 19:34.76           | 4(14)              |                    |                    |
|     | 51.10 (51.10)      | 1:35.03 (2:26.13)  | 1:35.93 (4:02.05)  | 1:33.87 (5:35.92)  | 1:35.45 (7:11.36)  | 1:34.60 (8:45.96)  |
|     | 1:32.60 (10:18.55) | 3:04.97 (13:23.52) | 1:34.80 (14:58.31) | 1:33.45 (16:31.76) | 1:34.00 (18:05.76) | 1:29.00 (19:34.76) |
|     | 4.19 (19:38.94)    |                    |                    |                    |                    |                    |
| 106 | PAGE, Matt         | Unattached         | 19:35.83           | 5(49)              |                    |                    |
|     | 51.03 (51.03)      | 1:24.73 (2:15.76)  | 1:28.82 (3:44.58)  | 1:30.41 (5:14.99)  | 1:30.22 (6:45.21)  | 1:32.17 (8:17.37)  |
|     | 1:35.10 (9:52.47)  | 1:37.30 (11:29.77) | 1:39.29 (13:09.06) | 1:38.29 (14:47.35) | 1:38.08 (16:25.43) | 1:34.58 (18:00.00) |
|     | 1:35.83 (19:35.83) |                    |                    |                    |                    |                    |
| 107 | MCKENZIE, David    | Unattached         | 19:42.09           | 4(15)              |                    |                    |
|     | 2:26.13 (2:26.13)  | 1:33.02 (3:59.14)  | 1:33.25 (5:32.39)  | 1:33.73 (7:06.12)  | 1:36.15 (8:42.27)  | 1:35.25 (10:17.52) |
|     | 1:35.19 (11:52.71) | 1:35.19 (13:27.90) | 1:35.70 (15:03.59) | 1:37.54 (16:41.13) | 1:35.39 (18:16.52) | 1:25.58 (19:42.09) |
| 108 | LOWERY, Jermaine   | Unattached         | 19:48.76           | 4(16)              |                    |                    |
|     | 53.59 (53.59)      | 1:34.08 (2:27.66)  | 1:36.42 (4:04.08)  | 1:35.05 (5:39.12)  | 1:34.85 (7:13.96)  | 1:36.89 (8:50.85)  |
|     | 1:36.31 (10:27.16) | 1:37.39 (12:04.54) | 1:34.65 (13:39.18) | 1:37.19 (15:16.37) | 1:36.63 (16:53.00) | 1:34.84 (18:27.83) |
|     | 1:20.93 (19:48.76) |                    |                    |                    |                    |                    |
| 109 | MILLS, Hywel       | Unattached         | 19:51.69           | 4(17)              |                    |                    |
|     | 51.47 (51.47)      | 1:35.05 (2:26.52)  | 1:36.32 (4:02.84)  | 1:34.90 (5:37.74)  | 1:34.97 (7:12.70)  | 1:34.99 (8:47.69)  |
|     | 1:35.43 (10:23.12) | 1:36.35 (11:59.46) | 1:36.34 (13:35.80) | 1:37.64 (15:13.44) | 1:40.53 (16:53.97) | 1:37.14 (18:31.10) |
|     | 1:20.59 (19:51.69) |                    |                    |                    |                    |                    |
| 110 | NAFF, Michael      | Unattached         | 19:51.80           | 4(18)              |                    |                    |
|     | 52.62 (52.62)      | 1:34.86 (2:27.47)  | 1:29.77 (3:57.23)  | 1:33.99 (5:31.22)  | 1:33.31 (7:04.53)  | 1:36.38 (8:40.90)  |
|     | 1:36.11 (10:17.01) | 1:35.75 (11:52.75) | 1:34.94 (13:27.69) | 1:35.81 (15:03.50) | 1:37.31 (16:40.80) | 1:37.76 (18:18.55) |
|     | 1:33.25 (19:51.80) |                    |                    |                    |                    |                    |
| 111 | HAYNES, Gregory    | Unattached         | 19:59.63           | 4(19)              |                    |                    |
|     | 54.74 (54.74)      | 1:33.67 (2:28.41)  | 1:35.46 (4:03.87)  | 1:32.55 (5:36.42)  | 1:36.70 (7:13.11)  | 1:36.38 (8:49.48)  |
|     | 1:36.03 (10:25.51) | 1:39.24 (12:04.75) | 1:38.78 (13:43.53) | 1:35.22 (15:18.74) | 1:39.59 (16:58.32) | 1:37.33 (18:35.65) |
|     | 1:23.98 (19:59.63) |                    |                    |                    |                    |                    |
| 112 | TOUMEY, Eliot      | Unattached         | 20:01.19           | 3(1)               |                    |                    |
|     | 47.50 (47.50)      | 1:34.70 (2:22.19)  | 1:43.84 (4:06.03)  | 1:45.63 (5:51.65)  | 1:31.39 (7:23.04)  | 1:27.74 (8:50.78)  |
|     | 1:34.63 (10:25.41) | 1:31.16 (11:56.57) | 1:34.37 (13:30.93) | 1:39.22 (15:10.15) | 1:43.25 (16:53.39) | 1:44.86 (18:38.25) |
|     | 1:22.95 (20:01.19) |                    |                    |                    |                    |                    |
| 113 | CRAIG, Ashley      | Unattached         | 20:03.35           | 4(20)              |                    |                    |
|     | 46.61 (46.61)      | 1:31.93 (2:18.54)  | 1:29.58 (3:48.11)  | 1:31.80 (5:19.90)  | 1:36.61 (6:56.51)  | 1:37.38 (8:33.88)  |
|     | 1:38.55 (10:12.42) | 1:41.42 (11:53.84) | 1:38.24 (13:32.08) | 1:39.59 (15:11.66) | 1:41.99 (16:53.65) | 1:41.66 (18:35.30) |
|     | 1:28.05 (20:03.35) |                    |                    |                    |                    |                    |
| 114 | GYURICSKO, Kailyn  | Unattached         | 20:07.69           | 3(2)               |                    |                    |
|     | 46.20 (46.20)      | 1:27.54 (2:13.73)  | 1:35.18 (3:48.91)  | 1:38.06 (5:26.96)  | 1:38.25 (7:05.21)  | 1:40.22 (8:45.42)  |
|     | 1:41.44 (10:26.85) | 1:41.91 (12:08.76) | 1:41.58 (13:50.34) | 1:40.24 (15:30.58) | 1:40.60 (17:11.17) | 1:37.90 (18:49.07) |
|     | 1:18.63 (20:07.69) |                    |                    |                    |                    |                    |

**2023 TRACKSMITH TWILIGHT 5000 - DC #1**

Washington, DC

Cardozo HS

Friday, July 28, 2023

**WINDSORRUNNING****OFFICIAL MEET REPORT**

printed: 7/29/2023 10:32 AM

**RESULTS****#1 Men's & Women's 5000 Meters (cont'd)**

| PI  | Name                | Team               | Time               | H(PI)              |
|-----|---------------------|--------------------|--------------------|--------------------|
| 115 | WALSH, Christopher  | Unattached         | 20:11.63           | 4(21)              |
|     | 54.17 (54.17)       | 1:36.55 (2:30.72)  | 1:35.43 (4:06.14)  | 1:35.88 (5:42.02)  |
|     | 1:37.35 (7:19.36)   | 1:38.12 (8:57.48)  | 1:38.54 (10:36.01) | 1:38.30 (12:14.31) |
|     | 1:38.88 (13:53.19)  | 1:38.94 (15:32.12) | 1:36.89 (17:09.00) | 1:35.68 (18:44.67) |
|     | 1:26.96 (20:11.63)  |                    |                    |                    |
| 116 | AHERN, Daniel       | Unattached         | 20:18.82           | 4(22)              |
|     | 50.53 (50.53)       | 1:35.18 (2:25.70)  | 1:37.54 (4:03.23)  | 1:33.60 (5:36.83)  |
|     | 1:35.38 (7:12.21)   | 1:34.73 (8:46.93)  | 1:35.34 (10:22.26) | 1:37.21 (11:59.46) |
|     | 1:38.10 (13:37.56)  | 1:40.83 (15:18.38) | 1:42.48 (17:00.86) | 1:41.41 (18:42.26) |
|     | 1:36.56 (20:18.82)  |                    |                    |                    |
| 117 | HIRTH, Ian          | Unattached         | 20:18.94           | 4(23)              |
|     | 54.95 (54.95)       | 1:33.26 (2:28.20)  | 1:36.61 (4:04.81)  | 1:34.93 (5:39.74)  |
|     | 1:37.72 (7:17.46)   | 1:38.98 (8:56.43)  | 1:37.94 (10:34.37) | 1:40.44 (12:14.81) |
|     | 1:40.26 (13:55.06)  | 1:39.46 (15:34.52) | 1:39.41 (17:13.92) | 1:37.46 (18:51.38) |
|     | 1:27.56 (20:18.94)  |                    |                    |                    |
| 118 | DIVINCENZO, Matthew | Unattached         | 20:22.88           | 4(24)              |
|     | 54.20 (54.20)       | 1:34.99 (2:29.19)  | 1:34.46 (4:03.65)  | 1:34.87 (5:38.52)  |
|     | 1:34.77 (7:13.29)   | 1:35.46 (8:48.74)  | 1:37.80 (10:26.54) | 1:38.76 (12:05.30) |
|     | 1:38.87 (13:44.16)  | 1:39.76 (15:23.92) | 1:47.47 (17:11.38) | 1:48.28 (18:59.65) |
|     | 1:23.23 (20:22.88)  |                    |                    |                    |
| 119 | YANG, William       | Unattached         | 20:23.99           | 4(25)              |
|     | 52.97 (52.97)       | 1:34.30 (2:27.26)  | 1:35.07 (4:02.32)  | 1:33.25 (5:35.57)  |
|     | 1:33.95 (7:09.52)   | 1:37.62 (8:47.14)  | 1:37.94 (10:25.08) | 1:39.94 (12:05.02) |
|     | 1:39.45 (13:44.46)  | 1:46.93 (15:31.39) | 1:42.44 (17:13.83) | 1:44.01 (18:57.84) |
|     | 1:26.16 (20:23.99)  |                    |                    |                    |
| 120 | BURACK, Elissa      | Unattached         | 20:27.34           | 4(26)              |
|     | 50.91 (50.91)       | 1:35.56 (2:26.47)  | 1:30.32 (3:56.78)  | 1:34.82 (5:31.60)  |
|     | 1:36.83 (7:08.42)   | 1:38.91 (8:47.33)  | 1:40.05 (10:27.38) | 1:42.19 (12:09.56) |
|     | 1:41.15 (13:50.71)  | 1:41.78 (15:32.49) | 1:43.18 (17:15.66) | 1:43.17 (18:58.82) |
|     | 1:28.52 (20:27.34)  |                    |                    |                    |
| 121 | YAROWS, Kristen     | Unattached         | 20:28.98           | 4(27)              |
|     | 53.63 (53.63)       | 1:33.63 (2:27.26)  | 1:35.02 (4:02.28)  | 1:35.09 (5:37.36)  |
|     | 1:36.91 (7:14.27)   | 1:41.10 (8:55.37)  | 1:40.76 (10:36.13) | 1:43.67 (12:19.79) |
|     | 1:43.46 (14:03.24)  | 1:39.56 (15:42.80) | 1:41.71 (17:24.51) | 1:39.21 (19:03.71) |
|     | 1:25.28 (20:28.98)  |                    |                    |                    |
| 122 | CARTER, Kevin       | Unattached         | 20:32.76           | 4(28)              |
|     | 52.47 (52.47)       | 1:34.05 (2:26.52)  | 1:34.39 (4:00.90)  | 1:31.76 (5:32.66)  |
|     | 1:36.33 (7:08.99)   | 1:34.87 (8:43.86)  | 1:35.18 (10:19.03) | 1:38.90 (11:57.92) |
|     | 1:47.88 (13:45.80)  | 1:51.98 (15:37.78) | 1:47.63 (17:25.40) | 1:40.61 (19:06.01) |
|     | 1:26.76 (20:32.76)  |                    |                    |                    |
| 123 | NAPIER, Nathan      | Unattached         | 20:33.51           | 4(29)              |
|     | 47.82 (47.82)       | 1:31.17 (2:18.98)  | 1:30.85 (3:49.83)  | 1:31.35 (5:21.17)  |
|     | 1:31.07 (6:52.24)   | 1:33.44 (8:25.67)  | 1:35.64 (10:01.31) | 1:37.28 (11:38.58) |
|     | 1:43.69 (13:22.27)  | 1:43.65 (15:05.92) | 1:55.54 (17:01.45) | 1:58.26 (18:59.70) |
|     | 1:33.82 (20:33.51)  |                    |                    |                    |
| 124 | LIU, Benjamin       | Unattached         | 20:34.54           | 3(3)               |
|     | 47.00 (47.00)       | 1:28.24 (2:15.24)  | 1:33.72 (3:48.95)  | 1:38.38 (5:27.33)  |
|     | 1:35.21 (7:02.54)   | 1:34.79 (8:37.32)  | 1:37.57 (10:14.89) | 1:39.48 (11:54.37) |
|     | 1:42.69 (13:37.05)  | 1:44.71 (15:21.75) | 1:50.07 (17:11.82) | 1:47.82 (18:59.63) |
|     | 1:34.91 (20:34.54)  |                    |                    |                    |
| 125 | SAUNTRY, Allison    | Unattached         | 20:36.08           | 4(30)              |
|     | 55.14 (55.14)       | 1:35.38 (2:30.52)  | 1:34.72 (4:05.24)  | 1:36.48 (5:41.72)  |
|     | 1:40.04 (7:21.75)   | 1:41.13 (9:02.88)  | 1:41.06 (10:43.93) | 1:40.54 (12:24.47) |
|     | 1:39.33 (14:03.80)  | 1:40.42 (15:44.22) | 1:41.95 (17:26.16) | 1:39.44 (19:05.60) |
|     | 1:30.49 (20:36.08)  |                    |                    |                    |
| 126 | CURTIS, Will        | Unattached         | 20:36.73           | 3(4)               |

**2023 TRACKSMITH TWILIGHT 5000 - DC #1**

Washington, DC

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**RESULTS****#1 Men's & Women's 5000 Meters (cont'd)**

| PI  | Name                | Team               | Time               | H(PI)              |                    |                    |
|-----|---------------------|--------------------|--------------------|--------------------|--------------------|--------------------|
|     | 52.59 (52.59)       | 1:38.61 (2:31.19)  | 1:38.73 (4:09.92)  | 1:43.94 (5:53.85)  | 1:40.81 (7:34.65)  | 1:39.10 (9:13.75)  |
|     | 1:42.21 (10:55.96)  | 1:42.24 (12:38.19) | 1:40.73 (14:18.92) | 1:41.02 (15:59.93) | 1:39.08 (17:39.00) | 1:35.17 (19:14.17) |
|     | 1:22.57 (20:36.73)  |                    |                    |                    |                    |                    |
| 127 | PAUL, Alexander     | Unattached         | 20:37.05           | 3(5)               |                    |                    |
|     | 46.15 (46.15)       | 1:25.07 (2:11.21)  | 1:35.40 (3:46.61)  | 1:37.39 (5:23.99)  | 1:39.25 (7:03.23)  | 1:39.98 (8:43.21)  |
|     | 1:40.57 (10:23.77)  | 1:43.43 (12:07.20) | 1:42.78 (13:49.97) | 1:44.87 (15:34.84) | 1:44.68 (17:19.51) | 1:43.99 (19:03.50) |
|     | 1:33.55 (20:37.05)  |                    |                    |                    |                    |                    |
| 128 | HAWKINS, Hannah     | Unattached         | 20:38.27           | 4(31)              |                    |                    |
|     | 55.70 (55.70)       | 1:34.64 (2:30.34)  | 1:36.32 (4:06.65)  | 1:36.39 (5:43.04)  | 1:37.63 (7:20.67)  | 1:40.99 (9:01.66)  |
|     | 1:43.05 (10:44.71)  | 1:40.53 (12:25.23) | 1:39.71 (14:04.94) | 1:40.54 (15:45.47) | 1:40.69 (17:26.16) | 1:41.45 (19:07.61) |
|     | 1:30.66 (20:38.27)  |                    |                    |                    |                    |                    |
| 129 | CURTISS, Katherine  | Unattached         | 20:40.85           | 3(6)               |                    |                    |
|     | 51.69 (51.69)       | 1:38.45 (2:30.14)  | 1:38.56 (4:08.69)  | 1:42.54 (5:51.22)  | 1:40.76 (7:31.98)  | 1:38.15 (9:10.12)  |
|     | 1:40.26 (10:50.38)  | 1:41.78 (12:32.15) | 1:42.09 (14:14.24) | 1:40.74 (15:54.97) | 1:41.24 (17:36.21) | 1:37.47 (19:13.67) |
|     | 1:27.18 (20:40.85)  |                    |                    |                    |                    |                    |
| 130 | ENSING, Derek       | Unattached         | 20:42.21           | 4(32)              |                    |                    |
|     | 52.66 (52.66)       | 1:36.18 (2:28.84)  | 1:35.40 (4:04.24)  | 1:33.98 (5:38.21)  | 1:36.82 (7:15.03)  | 1:38.61 (8:53.63)  |
|     | 1:37.64 (10:31.27)  | 1:42.70 (12:13.96) | 1:41.44 (13:55.40) | 1:46.37 (15:41.76) | 1:44.14 (17:25.90) | 1:43.03 (19:08.92) |
|     | 1:33.30 (20:42.21)  |                    |                    |                    |                    |                    |
| 131 | CARNEY, Christopher | Unattached         | 20:43.93           | 4(33)              |                    |                    |
|     | 53.43 (53.43)       | 1:36.17 (2:29.59)  | 1:35.04 (4:04.62)  | 1:34.68 (5:39.30)  | 1:36.05 (7:15.34)  | 1:40.83 (8:56.16)  |
|     | 1:39.22 (10:35.38)  | 1:43.44 (12:18.81) | 1:43.32 (14:02.12) | 1:45.17 (15:47.29) | 1:43.84 (17:31.12) | 1:41.89 (19:13.00) |
|     | 1:30.93 (20:43.93)  |                    |                    |                    |                    |                    |
| 132 | DOAN, Sy            | Unattached         | 20:45.59           | 3(7)               |                    |                    |
|     | 52.93 (52.93)       | 1:34.80 (2:27.72)  | 1:41.83 (4:09.55)  | 1:43.34 (5:52.89)  | 1:41.05 (7:33.93)  | 1:40.11 (9:14.04)  |
|     | 1:41.92 (10:55.96)  | 1:42.19 (12:38.15) | 1:42.52 (14:20.66) | 1:41.23 (16:01.88) | 1:39.25 (17:41.13) | 1:36.13 (19:17.26) |
|     | 1:28.33 (20:45.59)  |                    |                    |                    |                    |                    |
| 133 | CRAIG, Matt         | Unattached         | 20:46.05           | 4                  |                    |                    |
|     | 53.43 (53.43)       | 1:35.70 (2:29.13)  | 1:36.48 (4:05.60)  | 1:37.07 (5:42.67)  | 1:40.36 (7:23.03)  | 1:41.26 (9:04.29)  |
|     | 1:41.16 (10:45.44)  | 1:39.79 (12:25.23) | 1:37.61 (14:02.84) | 1:38.64 (15:41.48) | 1:45.59 (17:27.06) | 1:43.67 (19:10.73) |
|     | 1:35.33 (20:46.05)  |                    |                    |                    |                    |                    |
| 134 | SINGLETON, Erica    | Unattached         | 20:46.34           | 4(34)              |                    |                    |
|     | 54.60 (54.60)       | 1:35.60 (2:30.19)  | 1:37.40 (4:07.59)  | 1:35.97 (5:43.55)  | 1:41.68 (7:25.22)  | 1:42.05 (9:07.27)  |
|     | 1:40.82 (10:48.09)  | 1:41.74 (12:29.83) | 1:38.54 (14:08.37) | 1:42.34 (15:50.70) | 1:40.92 (17:31.61) | 1:40.97 (19:12.58) |
|     | 1:33.76 (20:46.34)  |                    |                    |                    |                    |                    |
| 135 | FRYE, Joel          | Unattached         | 20:50.03           | 4(35)              |                    |                    |
|     | 54.20 (54.20)       | 1:34.99 (2:29.19)  | 1:35.23 (4:04.41)  | 1:38.22 (5:42.62)  | 1:37.52 (7:20.14)  | 1:41.25 (9:01.39)  |
|     | 1:42.04 (10:43.43)  | 1:41.24 (12:24.66) | 1:41.99 (14:06.64) | 1:42.93 (15:49.57) | 1:43.73 (17:33.30) | 1:41.68 (19:14.97) |
|     | 1:35.06 (20:50.03)  |                    |                    |                    |                    |                    |
| 136 | SLAVIN, Dmitry      | Unattached         | 20:51.54           | 3(8)               |                    |                    |
|     | 47.75 (47.75)       | 1:34.97 (2:22.71)  | 1:43.37 (4:06.08)  | 1:45.89 (5:51.96)  | 1:40.96 (7:32.91)  | 1:40.51 (9:13.42)  |
|     | 1:41.82 (10:55.23)  | 1:42.39 (12:37.62) | 1:42.25 (14:19.87) | 1:42.02 (16:01.88) | 1:40.01 (17:41.89) | 1:42.20 (19:24.09) |
|     | 1:27.45 (20:51.54)  |                    |                    |                    |                    |                    |
| 137 | FILES, C.M.         | Unattached         | 20:51.87           | 4(36)              |                    |                    |

**2023 TRACKSMITH TWILIGHT 5000 - DC #1**

Washington, DC

Cardozo HS

Friday, July 28, 2023

**WINDSORRUNNING****OFFICIAL MEET REPORT**

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**RESULTS****#1 Men's & Women's 5000 Meters (cont'd)**

| PI  | Name               | Team               | Time               | H(PI)              |                    |                    |
|-----|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|
|     | 50.86 (50.86)      | 1:31.01 (2:21.87)  | 1:32.46 (3:54.32)  | 1:32.26 (5:26.58)  | 1:36.35 (7:02.92)  | 1:38.97 (8:41.89)  |
|     | 1:40.38 (10:22.26) | 1:54.14 (12:16.39) | 1:52.84 (14:09.23) | 1:41.75 (15:50.97) | 1:41.30 (17:32.26) | 1:37.78 (19:10.04) |
|     | 1:41.83 (20:51.87) |                    |                    |                    |                    |                    |
| 138 | HAWKINS, Monte     | Unattached         | 20:53.43           | 4(37)              |                    |                    |
|     | 56.33 (56.33)      | 1:34.61 (2:30.94)  | 1:36.36 (4:07.30)  | 1:36.06 (5:43.36)  | 1:37.70 (7:21.05)  | 1:42.07 (9:03.12)  |
|     | 1:42.12 (10:45.24) | 1:42.67 (12:27.90) | 1:42.17 (14:10.07) | 1:43.03 (15:53.10) | 1:46.61 (17:39.70) | 1:38.86 (19:18.56) |
|     | 1:34.87 (20:53.43) |                    |                    |                    |                    |                    |
| 139 | KELLEY, Edward     | Unattached         | 20:54.78           | 4(38)              |                    |                    |
|     | 52.66 (52.66)      | 1:34.24 (2:26.90)  | 1:35.59 (4:02.49)  | 1:33.60 (5:36.08)  | 1:35.10 (7:11.17)  | 1:35.41 (8:46.58)  |
|     | 1:36.55 (10:23.12) | 1:39.29 (12:02.40) | 1:39.17 (13:41.57) | 1:46.70 (15:28.27) | 1:58.67 (17:26.93) | 1:54.44 (19:21.37) |
|     | 1:33.41 (20:54.78) |                    |                    |                    |                    |                    |
| 140 | RIEHL, Emily       | Unattached         | 20:55.68           | 4(39)              |                    |                    |
|     | 53.25 (53.25)      | 1:31.10 (2:24.35)  | 1:39.07 (4:03.41)  | 1:34.20 (5:37.61)  | 1:38.16 (7:15.77)  | 1:40.35 (8:56.11)  |
|     | 1:41.84 (10:37.95) | 1:43.39 (12:21.33) | 1:43.85 (14:05.18) | 1:45.17 (15:50.35) | 1:46.53 (17:36.87) | 1:43.52 (19:20.39) |
|     | 1:35.30 (20:55.68) |                    |                    |                    |                    |                    |
| 141 | OTAGURO, John      | Unattached         | 20:55.84           | 3(9)               |                    |                    |
|     | 47.75 (47.75)      | 1:32.91 (2:20.66)  | 1:38.31 (3:58.97)  | 1:40.96 (5:39.92)  | 1:42.25 (7:22.17)  | 1:42.56 (9:04.73)  |
|     | 1:44.50 (10:49.22) | 1:45.50 (12:34.71) | 1:46.16 (14:20.87) | 1:44.50 (16:05.37) | 3:31.90 (19:37.27) | 1:18.57 (20:55.84) |
| 142 | CONANT, Cindy      | Unattached         | 21:00.88           | 4(40)              |                    |                    |
|     | 54.84 (54.84)      | 1:38.89 (2:33.73)  | 1:40.49 (4:14.21)  | 1:39.59 (5:53.80)  | 1:37.35 (7:31.15)  | 1:41.94 (9:13.09)  |
|     | 1:41.05 (10:54.13) | 1:40.17 (12:34.29) | 1:40.18 (14:14.47) | 1:42.87 (15:57.33) | 1:41.44 (17:38.77) | 1:40.49 (19:19.25) |
|     | 1:41.64 (21:00.88) |                    |                    |                    |                    |                    |
| 143 | HUANG, Richard     | Unattached         | 21:09.31           | 2(1)               |                    |                    |
|     | 54.95 (54.95)      | 1:37.70 (2:32.64)  | 1:49.85 (4:22.49)  | 1:44.13 (6:06.61)  | 1:39.58 (7:46.19)  | 1:41.20 (9:27.38)  |
|     | 1:43.31 (11:10.68) | 1:43.06 (12:53.74) | 1:42.82 (14:36.55) | 1:42.96 (16:19.51) | 1:45.86 (18:05.36) | 1:39.91 (19:45.26) |
|     | 1:24.06 (21:09.31) |                    |                    |                    |                    |                    |
| 144 | RESSEL, Claire     | Unattached         | 21:19.70           | 4(41)              |                    |                    |
|     | 55.30 (55.30)      | 1:35.09 (2:30.39)  | 3:09.31 (5:39.70)  | 1:36.71 (7:16.40)  | 1:38.38 (8:54.78)  | 1:38.79 (10:33.56) |
|     | 1:41.98 (12:15.54) | 1:42.22 (13:57.75) | 1:46.06 (15:43.80) | 1:48.39 (17:32.19) | 1:53.40 (19:25.58) | 3:33 (19:28.90)    |
|     | 1:50.80 (21:19.70) |                    |                    |                    |                    |                    |
| 145 | MARTINEZ, Allison  | Unattached         | 21:20.65           | 3(10)              |                    |                    |
|     | 46.01 (46.01)      | 1:34.91 (2:20.91)  | 1:45.54 (4:06.44)  | 1:44.74 (5:51.18)  | 1:40.07 (7:31.24)  | 1:41.74 (9:12.97)  |
|     | 1:42.89 (10:55.86) | 1:41.36 (12:37.21) | 1:42.14 (14:19.35) | 1:45.28 (16:04.62) | 1:50.02 (17:54.64) | 1:50.60 (19:45.23) |
|     | 1:35.42 (21:20.65) |                    |                    |                    |                    |                    |
| 146 | SHAFFER, David     | Unattached         | 21:20.90           | 3(11)              |                    |                    |
|     | 48.30 (48.30)      | 1:34.41 (2:22.71)  | 1:43.74 (4:06.44)  | 1:45.87 (5:52.31)  | 1:40.66 (7:32.96)  | 1:41.42 (9:14.38)  |
|     | 1:41.42 (10:55.79) | 1:42.04 (12:37.83) | 1:43.00 (14:20.82) | 1:45.48 (16:06.29) | 1:48.98 (17:55.27) | 1:51.61 (19:46.87) |
|     | 1:34.03 (21:20.90) |                    |                    |                    |                    |                    |
| 147 | VOHRA, Zayd        | Unattached         | 21:21.23           | 5(50)              |                    |                    |
|     | 46.41 (46.41)      | 1:26.60 (2:13.00)  | 1:29.70 (3:42.70)  | 1:30.17 (5:12.86)  | 1:32.86 (6:45.72)  | 1:37.22 (8:22.93)  |
|     | 1:40.50 (10:03.43) | 1:48.21 (11:51.63) | 1:53.00 (13:44.63) | 1:56.74 (15:41.37) | 1:57.55 (17:38.91) | 3:64 (17:42.55)    |
|     | 3:38.68 (21:21.23) |                    |                    |                    |                    |                    |
| 148 | ESTES, Alexa       | Unattached         | 21:25.49           | 4(42)              |                    |                    |
|     | 52.85 (52.85)      | 1:35.77 (2:28.62)  | 1:36.53 (4:05.14)  | 1:35.47 (5:40.60)  | 1:38.53 (7:19.13)  | 1:42.01 (9:01.13)  |
|     | 1:43.53 (10:44.66) | 1:41.82 (12:26.47) | 2:05.92 (14:32.39) | 1:44.75 (16:17.13) | 1:47.62 (18:04.74) | 1:41.00 (19:45.74) |
|     | 1:39.76 (21:25.49) |                    |                    |                    |                    |                    |

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**WINDSORRUNNING****OFFICIAL MEET REPORT**

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**RESULTS****#1 Men's & Women's 5000 Meters (cont'd)**

| PI  | Name                     | Team               | Time               | H(PI)              |
|-----|--------------------------|--------------------|--------------------|--------------------|
| 149 | PETERSSON, Josie         | Unattached         | 21:27.17           | 3(12)              |
|     | 49.42 (49.42)            | 1:33.41 (2:22.82)  | 1:44.02 (4:06.84)  | 1:46.00 (5:52.84)  |
|     | 1:39.94 (7:32.77)        | 1:40.79 (9:13.56)  | 1:41.87 (10:55.43) | 1:42.15 (12:37.57) |
|     | 1:42.49 (14:20.06)       | 1:42.18 (16:02.23) | 1:42.57 (17:44.80) | 1:52.52 (19:37.31) |
|     | 1:49.86 (21:27.17)       |                    |                    |                    |
| 150 | PARK, Britton            | Unattached         | 21:27.83           | 3(13)              |
|     | 47.38 (47.38)            | 1:34.77 (2:22.14)  | 1:43.80 (4:05.94)  | 1:45.72 (5:51.65)  |
|     | 1:40.88 (7:32.53)        | 1:40.11 (9:12.64)  | 1:42.44 (10:55.07) | 1:41.66 (12:36.73) |
|     | 1:42.73 (14:19.46)       | 1:42.78 (16:02.23) | 1:49.92 (17:52.15) | 1:52.90 (19:45.04) |
|     | 1:42.80 (21:27.83)       |                    |                    |                    |
| 151 | QUIGLEY, Sam             | Unattached         | 21:31.08           | 2(2)               |
|     | 53.26 (53.26)            | 1:40.95 (2:34.20)  | 1:49.63 (4:23.83)  | 1:50.20 (6:14.02)  |
|     | 1:44.42 (7:58.44)        | 1:44.43 (9:42.86)  | 1:43.61 (11:26.47) | 1:44.40 (13:10.87) |
|     | 1:43.70 (14:54.56)       | 1:43.49 (16:38.05) | 1:43.55 (18:21.60) | 1:41.29 (20:02.88) |
|     | 1:28.20 (21:31.08)       |                    |                    |                    |
| 152 | WOLF, Brigit             | Unattached         | 21:33.91           | 2(3)               |
|     | 1:04.84 (1:04.84)        | 1:43.61 (2:48.44)  | 1:47.15 (4:35.59)  | 1:48.72 (6:24.31)  |
|     | 1:51.38 (8:15.69)        | 1:53.24 (10:08.92) | 1:53.54 (12:02.45) | 1:55.34 (13:57.79) |
|     | 1:54.80 (15:52.58)       | 1:55.58 (17:48.16) | 1:59.44 (19:47.59) | 1:46.32 (21:33.91) |
| 153 | SAMBANDAM, Arun          | Unattached         | 21:33.94           | 4(43)              |
|     | 55.51 (55.51)            | 1:34.83 (2:30.34)  | 1:36.19 (4:06.52)  | 1:35.72 (5:42.24)  |
|     | 1:36.59 (7:18.82)        | 1:36.34 (8:55.16)  | 1:36.50 (10:31.65) | 1:48.64 (12:20.28) |
|     | 1:47.94 (14:08.22)       | 1:50.09 (15:58.30) | 2:03.20 (18:01.50) | 1:53.68 (19:55.18) |
|     | 1:38.76 (21:33.94)       |                    |                    |                    |
| 154 | WILSON, Edie (Elizabeth) | Unattached         | 21:34.78           | 2(4)               |
|     | 56.81 (56.81)            | 1:38.92 (2:35.72)  | 1:52.91 (4:28.63)  | 1:55.33 (6:23.96)  |
|     | 1:47.02 (8:10.97)        | 1:43.89 (9:54.86)  | 1:42.98 (11:37.83) | 1:41.22 (13:19.04) |
|     | 1:41.08 (15:00.12)       | 1:41.19 (16:41.31) | 1:40.98 (18:22.28) | 1:40.06 (20:02.34) |
|     | 1:32.44 (21:34.78)       |                    |                    |                    |
| 155 | POWERS, Chris            | Unattached         | 21:37.54           | 2(5)               |
|     | 57.95 (57.95)            | 1:38.78 (2:36.73)  | 1:47.70 (4:24.43)  | 1:51.64 (6:16.06)  |
|     | 1:43.91 (7:59.97)        | 1:45.45 (9:45.42)  | 1:45.33 (11:30.74) | 1:46.29 (13:17.03) |
|     | 1:45.23 (15:02.26)       | 1:47.25 (16:49.50) | 1:49.42 (18:38.91) | 1:32.71 (20:11.62) |
|     | 1:25.93 (21:37.54)       |                    |                    |                    |
| 156 | UMANZOR, Jennifer        | Unattached         | 21:43.01           | 3(14)              |
|     | 46.72 (46.72)            | 1:28.24 (2:14.96)  | 1:38.09 (3:53.05)  | 1:43.15 (5:36.20)  |
|     | 1:46.70 (7:22.89)        | 1:47.23 (9:10.12)  | 1:44.14 (10:54.26) | 1:46.84 (12:41.10) |
|     | 1:47.51 (14:28.61)       | 1:50.70 (16:19.30) | 1:50.68 (18:09.98) | 1:49.69 (19:59.66) |
|     | 1:43.35 (21:43.01)       |                    |                    |                    |
| 157 | LUPINETTI, Lilly         | Unattached         | 21:45.45           | 2(6)               |
|     | 54.80 (54.80)            | 1:41.36 (2:36.16)  | 1:52.48 (4:28.63)  | 1:56.19 (6:24.82)  |
|     | 1:54.80 (8:19.61)        | 1:56.51 (10:16.11) | 2:01.09 (12:17.20) | 1:59.81 (14:17.01) |
|     | 1:59.59 (16:16.60)       | 1:57.60 (18:14.19) | 1:56.87 (20:11.05) | 1:34.40 (21:45.45) |
|     | 4.38 (21:49.82)          |                    |                    |                    |
| 158 | LI, Sunan                | Unattached         | 21:46.37           | 3(15)              |
|     | 50.84 (50.84)            | 1:35.43 (2:26.27)  | 1:40.69 (4:06.95)  | 1:46.07 (5:53.02)  |
|     | 1:39.94 (7:32.96)        | 1:41.63 (9:14.59)  | 1:48.95 (11:03.54) | 1:48.39 (12:51.92) |
|     | 1:50.64 (14:42.55)       | 1:50.20 (16:32.75) | 1:48.71 (18:21.46) | 1:45.21 (20:06.66) |
|     | 1:39.71 (21:46.37)       |                    |                    |                    |
| 159 | NIEZ, Danny              | Unattached         | 21:48.49           | 4(44)              |
|     | 48.11 (48.11)            | 1:35.75 (2:23.85)  | 1:37.82 (4:01.66)  | 1:38.80 (5:40.46)  |
|     | 1:45.54 (7:26.00)        | 1:49.07 (9:15.06)  | 1:49.22 (11:04.28) | 1:51.80 (12:56.08) |
|     | 1:48.08 (14:44.16)       | 1:52.45 (16:36.60) | 1:53.89 (18:30.49) | 1:46.17 (20:16.66) |
|     | 1:31.84 (21:48.49)       |                    |                    |                    |
| 160 | RUST, Sam                | Unattached         | 21:50.44           | 3(16)              |

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**RESULTS****#1 Men's & Women's 5000 Meters (cont'd)**

| PI  | Name               | Team               | Time               | H(PI)              |                    |                    |
|-----|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|
|     | 53.57 (53.57)      | 1:42.53 (2:36.10)  | 1:45.64 (4:21.73)  | 1:48.89 (6:10.62)  | 1:49.27 (7:59.89)  | 1:49.88 (9:49.76)  |
|     | 1:55.37 (11:45.12) | 2:00.50 (13:45.61) | 2:03.82 (15:49.43) | 2:05.69 (17:55.11) | 2:07.34 (20:02.45) | 1:48.00 (21:50.44) |
|     | 4.02 (21:54.45)    |                    |                    |                    |                    |                    |
| 161 | ESPINOSA, Jesus    | Unattached         | 21:51.75           | 3(17)              |                    |                    |
|     | 53.57 (53.57)      | 1:43.13 (2:36.70)  | 1:45.66 (4:22.36)  | 1:48.62 (6:10.98)  | 1:49.36 (8:00.34)  | 1:49.42 (9:49.76)  |
|     | 1:48.97 (11:38.73) | 1:48.83 (13:27.55) | 1:46.26 (15:13.80) | 1:46.14 (16:59.94) | 1:44.46 (18:44.39) | 1:39.87 (20:24.26) |
|     | 1:27.50 (21:51.75) |                    |                    |                    |                    |                    |
| 162 | HARWOOD, Miles     | Unattached         | 21:53.89           | 2(7)               |                    |                    |
|     | 1:05.11 (1:05.11)  | 1:43.96 (2:49.06)  | 1:48.06 (4:37.12)  | 1:47.46 (6:24.58)  | 1:50.11 (8:14.68)  | 1:53.17 (10:07.84) |
|     | 1:55.06 (12:02.90) | 1:57.75 (14:00.64) | 1:57.14 (15:57.78) | 2:02.53 (18:00.31) | 2:00.46 (20:00.76) | 1:53.14 (21:53.89) |
|     | 3.51 (21:57.40)    |                    |                    |                    |                    |                    |
| 163 | CALELLO, James     | Unattached         | 21:59.05           | 2(8)               |                    |                    |
|     | 55.42 (55.42)      | 1:38.45 (2:33.87)  | 1:44.36 (4:18.22)  | 1:38.74 (5:56.95)  | 1:42.99 (7:39.93)  | 1:44.94 (9:24.87)  |
|     | 1:47.54 (11:12.41) | 1:49.76 (13:02.16) | 1:50.42 (14:52.57) | 1:52.24 (16:44.81) | 1:53.26 (18:38.06) | 1:41.65 (20:19.71) |
|     | 1:39.34 (21:59.05) |                    |                    |                    |                    |                    |
| 164 | STARR, Nico        | Unattached         | 21:59.72           | 3(18)              |                    |                    |
|     | 53.45 (53.45)      | 1:43.45 (2:36.89)  | 1:45.67 (4:22.55)  | 1:48.72 (6:11.27)  | 1:49.51 (8:00.77)  | 1:49.62 (9:50.39)  |
|     | 1:49.31 (11:39.69) | 1:47.69 (13:27.38) | 1:46.43 (15:13.80) | 1:45.36 (16:59.16) | 1:45.43 (18:44.58) | 1:41.57 (20:26.15) |
|     | 1:33.57 (21:59.72) |                    |                    |                    |                    |                    |
| 165 | MORRIS, Maggie     | Unattached         | 22:02.24           | 2(9)               |                    |                    |
|     | 54.66 (54.66)      | 1:41.32 (2:35.98)  | 1:52.31 (4:28.29)  | 1:56.50 (6:24.78)  | 1:54.59 (8:19.37)  | 1:56.69 (10:16.05) |
|     | 2:00.97 (12:17.01) | 2:00.01 (14:17.02) | 1:59.58 (16:16.60) | 2:01.51 (18:18.10) | 2:03.21 (20:21.30) | 1:40.94 (22:02.24) |
|     | 4.27 (22:06.51)    |                    |                    |                    |                    |                    |
| 166 | VELASCO, Carlos    | Unattached         | 22:03.64           | 4(45)              |                    |                    |
|     | 51.64 (51.64)      | 1:35.04 (2:26.68)  | 1:35.96 (4:02.63)  | 1:38.90 (5:41.53)  | 1:43.26 (7:24.78)  | 1:44.53 (9:09.31)  |
|     | 1:46.06 (10:55.37) | 1:47.00 (12:42.36) | 1:47.51 (14:29.87) | 1:58.01 (16:27.87) | 1:52.91 (18:20.77) | 1:45.17 (20:05.93) |
|     | 1:57.71 (22:03.64) |                    |                    |                    |                    |                    |
| 167 | ELWELL, Aileen     | Unattached         | 22:05.35           | 3(19)              |                    |                    |
|     | 53.90 (53.90)      | 1:42.00 (2:35.89)  | 1:45.47 (4:21.35)  | 1:49.14 (6:10.49)  | 1:49.18 (7:59.67)  | 1:49.44 (9:49.11)  |
|     | 1:49.77 (11:38.87) | 1:48.69 (13:27.55) | 1:45.84 (15:13.39) | 1:45.82 (16:59.20) | 1:47.93 (18:47.13) | 1:46.60 (20:33.73) |
|     | 1:31.63 (22:05.35) |                    |                    |                    |                    |                    |
| 168 | LEDOUX, Gabby      | Unattached         | 22:15.04           | 3(20)              |                    |                    |
|     | 52.28 (52.28)      | 1:39.74 (2:32.01)  | 1:42.60 (4:14.61)  | 1:45.47 (6:00.08)  | 1:47.01 (7:47.08)  | 1:47.92 (9:34.99)  |
|     | 1:51.53 (11:26.51) | 1:51.67 (13:18.18) | 1:53.11 (15:11.29) | 1:47.87 (16:59.16) | 1:49.96 (18:49.12) | 1:48.83 (20:37.94) |
|     | 1:37.10 (22:15.04) |                    |                    |                    |                    |                    |
| 169 | HARLEY, Ajene      | Unattached         | 22:21.68           | 4(46)              |                    |                    |
|     | 54.84 (54.84)      | 1:34.16 (2:29.00)  | 1:38.20 (4:07.19)  | 1:36.57 (5:43.76)  | 1:43.20 (7:26.95)  | 1:44.18 (9:11.12)  |
|     | 1:59.41 (11:10.53) | 1:53.23 (13:03.75) | 1:49.44 (14:53.19) | 1:54.95 (16:48.13) | 1:57.38 (18:45.50) | 1:51.24 (20:36.74) |
|     | 1:44.95 (22:21.68) |                    |                    |                    |                    |                    |
| 170 | KUANG, Chris       | Unattached         | 22:24.62           | 3(21)              |                    |                    |
|     | 48.30 (48.30)      | 1:38.74 (2:27.04)  | 1:42.13 (4:09.17)  | 1:45.44 (5:54.61)  | 1:47.86 (7:42.47)  | 1:49.87 (9:32.33)  |
|     | 1:50.62 (11:22.95) | 1:52.28 (13:15.23) | 1:52.73 (15:07.95) | 1:50.51 (16:58.46) | 1:50.48 (18:48.94) | 1:53.41 (20:42.35) |
|     | 1:42.28 (22:24.62) |                    |                    |                    |                    |                    |
| 171 | HARDING, Jess      | Unattached         | 22:24.99           | 3(22)              |                    |                    |

**2023 TRACKSMITH TWILIGHT 5000 - DC #1**

Washington, DC

Cardozo HS

Friday, July 28, 2023

**WINDSORRUNNING****OFFICIAL MEET REPORT**

printed: 7/29/2023 10:32 AM

**RESULTS****#1 Men's & Women's 5000 Meters (cont'd)**

| PI  | Name                   | Team               | Time               | H(PI)              |                    |                    |
|-----|------------------------|--------------------|--------------------|--------------------|--------------------|--------------------|
|     | 54.46 (54.46)          | 1:42.43 (2:36.89)  | 1:44.92 (4:21.81)  | 1:49.08 (6:10.88)  | 1:49.46 (8:00.34)  | 1:49.64 (9:49.98)  |
|     | 1:48.52 (11:38.49)     | 1:47.79 (13:26.28) | 1:46.70 (15:12.98) | 1:46.59 (16:59.56) | 1:57.47 (18:57.03) | 1:48.64 (20:45.66) |
|     | 1:39.33 (22:24.99)     |                    |                    |                    |                    |                    |
| 172 | TRACHTENBERG, Danielle | Unattached         | 22:26.99           | 3(23)              |                    |                    |
|     | 47.00 (47.00)          | 1:34.92 (2:21.91)  | 1:43.66 (4:05.57)  | 1:46.69 (5:52.26)  | 1:43.23 (7:35.48)  | 1:48.71 (9:24.19)  |
|     | 1:52.99 (11:17.17)     | 1:53.25 (13:10.41) | 1:56.27 (15:06.68) | 1:55.05 (17:01.73) | 1:57.25 (18:58.98) | 1:46.31 (20:45.29) |
|     | 1:41.71 (22:26.99)     |                    |                    |                    |                    |                    |
| 173 | KOWALEWSKI, Mat        | Unattached         | 22:37.43           | 3(24)              |                    |                    |
|     | 54.12 (54.12)          | 1:39.50 (2:33.61)  | 1:40.03 (4:13.64)  | 1:43.71 (5:57.35)  | 1:46.63 (7:43.98)  | 1:49.72 (9:33.69)  |
|     | 1:50.91 (11:24.59)     | 1:52.20 (13:16.78) | 1:53.69 (15:10.47) | 1:49.94 (17:00.40) | 1:56.11 (18:56.50) | 1:49.27 (20:45.77) |
|     | 1:51.67 (22:37.43)     |                    |                    |                    |                    |                    |
| 174 | QUACH, Andy            | Unattached         | 22:42.63           | 3(25)              |                    |                    |
|     | 53.08 (53.08)          | 1:37.71 (2:30.79)  | 1:44.35 (4:15.14)  | 1:44.31 (5:59.44)  | 1:47.44 (7:46.88)  | 1:48.07 (9:34.94)  |
|     | 1:52.09 (11:27.03)     | 1:50.89 (13:17.91) | 1:54.10 (15:12.01) | 1:52.86 (17:04.86) | 1:57.82 (19:02.67) | 1:52.32 (20:54.99) |
|     | 1:47.65 (22:42.63)     |                    |                    |                    |                    |                    |
| 175 | SMITH, Daryl           | Unattached         | 22:46.21           | 2(10)              |                    |                    |
|     | 1:06.57 (1:06.57)      | 1:55.33 (3:01.90)  | 3:27.22 (6:29.11)  | 1:50.85 (8:19.96)  | 1:51.00 (10:10.95) | 1:50.16 (12:01.11) |
|     | 1:50.06 (13:51.17)     | 1:48.51 (15:39.68) | 1:49.41 (17:29.09) | 1:50.37 (19:19.45) | 1:46.80 (21:06.25) | 1:39.97 (22:46.21) |
|     | 3.56 (22:49.76)        |                    |                    |                    |                    |                    |
| 176 | HUDDLESTON, Jennifer   | Unattached         | 22:46.56           | 4(47)              |                    |                    |
|     | 53.59 (53.59)          | 1:36.01 (2:29.59)  | 1:41.42 (4:11.00)  | 1:46.25 (5:57.25)  | 1:49.51 (7:46.75)  | 1:51.38 (9:38.13)  |
|     | 1:52.35 (11:30.48)     | 1:53.19 (13:23.66) | 1:53.72 (15:17.38) | 1:53.61 (17:10.99) | 1:56.09 (19:07.07) | 1:50.73 (20:57.80) |
|     | 1:48.76 (22:46.56)     |                    |                    |                    |                    |                    |
| 177 | GIFT, Kristine         | Unattached         | 22:57.55           | 3(26)              |                    |                    |
|     | 53.40 (53.40)          | 1:43.08 (2:36.48)  | 1:46.13 (4:22.60)  | 1:48.47 (6:11.07)  | 1:49.51 (8:00.58)  | 1:49.45 (9:50.03)  |
|     | 1:49.42 (11:39.45)     | 1:51.38 (13:30.82) | 1:55.88 (15:26.70) | 1:55.67 (17:22.37) | 1:57.36 (19:19.72) | 1:51.80 (21:11.52) |
|     | 1:46.04 (22:57.55)     |                    |                    |                    |                    |                    |
| 178 | GILLESPIE, Ossawa      | Unattached         | 23:14.21           | 3(27)              |                    |                    |
|     | 54.29 (54.29)          | 1:38.65 (2:32.93)  | 1:37.79 (4:10.72)  | 1:40.65 (5:51.37)  | 1:35.49 (7:26.85)  | 1:39.42 (9:06.26)  |
|     | 1:44.47 (10:50.73)     | 1:44.32 (12:35.05) | 1:41.60 (14:16.65) | 1:43.49 (16:00.14) | 1:44.41 (17:44.54) | 1:51.56 (19:36.10) |
|     | 3:38.11 (23:14.21)     |                    |                    |                    |                    |                    |
| 179 | SHAFFER, Jessica       | Unattached         | 23:14.79           | 3(28)              |                    |                    |
|     | 53.76 (53.76)          | 1:42.90 (2:36.66)  | 1:45.76 (4:22.41)  | 1:49.06 (6:11.46)  | 1:48.88 (8:00.34)  | 1:54.69 (9:55.03)  |
|     | 1:55.40 (11:50.42)     | 1:58.22 (13:48.64) | 1:57.29 (15:45.92) | 1:54.80 (17:40.72) | 1:56.06 (19:36.77) | 1:51.37 (21:28.14) |
|     | 1:46.66 (23:14.79)     |                    |                    |                    |                    |                    |
| 180 | CONNER, Adam           | Unattached         | 23:19.18           | 2(11)              |                    |                    |
|     | 1:04.11 (1:04.11)      | 1:44.96 (2:49.06)  | 1:48.66 (4:37.72)  | 1:49.95 (6:27.66)  | 1:51.71 (8:19.37)  | 1:50.00 (10:09.37) |
|     | 1:50.58 (11:59.94)     | 1:55.15 (13:55.08) | 1:52.67 (15:47.75) | 1:54.83 (17:42.58) | 2:00.00 (19:42.57) | 1:51.23 (21:33.80) |
|     | 1:45.39 (23:19.18)     |                    |                    |                    |                    |                    |
| 181 | BISHOP, ISHMAEL        | Unattached         | 23:19.53           | 4(48)              |                    |                    |
|     | 54.17 (54.17)          | 1:33.86 (2:28.03)  | 1:36.22 (4:04.24)  | 1:33.38 (5:37.61)  | 1:35.89 (7:13.49)  | 1:46.35 (8:59.83)  |
|     | 2:00.16 (10:59.99)     | 1:59.71 (12:59.70) | 2:04.44 (15:04.14) | 2:11.11 (17:15.24) | 2:07.75 (19:22.98) | 3.08 (19:26.06)    |
|     | 3:53.48 (23:19.53)     |                    |                    |                    |                    |                    |
| 182 | BECKLEY, Justin        | Unattached         | 23:32.49           | 2(12)              |                    |                    |



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**RESULTS****#1 Men's & Women's 5000 Meters (cont'd)**

| PI  | Name               | Team               | Time               | H(PI)              |                    |                    |
|-----|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|
|     | 1:02.31 (1:02.31)  | 1:44.77 (2:47.07)  | 1:49.01 (4:36.08)  | 1:47.55 (6:23.62)  | 1:51.70 (8:15.32)  | 1:52.20 (10:07.51) |
|     | 1:49.81 (11:57.31) | 1:51.96 (13:49.27) | 1:58.49 (15:47.75) | 1:59.85 (17:47.59) | 1:59.20 (19:46.79) | 1:46.70 (21:33.49) |
|     | 1:59.01 (23:32.49) |                    |                    |                    |                    |                    |
| 183 | GREENWALD, Zane    | Unattached         | 23:38.59           | 2(13)              |                    |                    |
|     | 59.30 (59.30)      | 1:48.73 (2:48.03)  | 1:45.34 (4:33.37)  | 1:52.78 (6:26.14)  | 1:49.80 (8:15.93)  | 1:48.59 (10:04.52) |
|     | 1:51.37 (11:55.88) | 1:47.91 (13:43.79) | 1:50.44 (15:34.22) | 1:58.98 (17:33.20) | 2:00.59 (19:33.79) | 1:55.56 (21:29.35) |
|     | 2:09.25 (23:38.59) |                    |                    |                    |                    |                    |
| 184 | JOHNSON, Lizzie    | Unattached         | 23:51.54           | 2(14)              |                    |                    |
|     | 1:02.81 (1:02.81)  | 1:45.85 (2:48.65)  | 1:47.90 (4:36.54)  | 1:50.06 (6:26.60)  | 1:51.86 (8:18.45)  | 1:50.87 (10:09.32) |
|     | 1:50.21 (11:59.53) | 1:58.81 (13:58.33) | 1:58.88 (15:57.21) | 2:01.77 (17:58.97) | 2:01.59 (20:00.56) | 1:57.47 (21:58.03) |
|     | 1:53.52 (23:51.54) |                    |                    |                    |                    |                    |
| 185 | MCAULIFFE, Jack    | Unattached         | 23:57.66           | 2(15)              |                    |                    |
|     | 1:05.68 (1:05.68)  | 1:45.37 (2:51.05)  | 1:52.70 (4:43.74)  | 1:55.57 (6:39.31)  | 1:58.31 (8:37.62)  | 2:01.93 (10:39.54) |
|     | 2:02.83 (12:42.37) | 1:58.98 (14:41.34) | 2:01.03 (16:42.37) | 1:58.90 (18:41.27) | 1:50.86 (20:32.13) | 1:45.07 (22:17.19) |
|     | 1:40.47 (23:57.66) |                    |                    |                    |                    |                    |
| 186 | SILLS, Sara        | Unattached         | 24:15.51           | 2(16)              |                    |                    |
|     | 1:05.62 (1:05.62)  | 1:45.16 (2:50.78)  | 1:52.74 (4:43.51)  | 1:54.69 (6:38.20)  | 1:56.38 (8:34.58)  | 2:01.37 (10:35.94) |
|     | 1:58.50 (12:34.44) | 1:58.19 (14:32.63) | 2:04.93 (16:37.55) | 1:57.47 (18:35.02) | 1:58.08 (20:33.10) | 1:52.71 (22:25.80) |
|     | 1:49.72 (24:15.51) |                    |                    |                    |                    |                    |
| 187 | SCHIED, Aaryn      | Unattached         | 24:16.03           | 2(17)              |                    |                    |
|     | 1:02.99 (1:02.99)  | 1:43.88 (2:46.87)  | 1:47.24 (4:34.10)  | 1:51.12 (6:25.22)  | 1:54.91 (8:20.12)  | 1:56.36 (10:16.48) |
|     | 2:00.96 (12:17.43) | 2:00.03 (14:17.45) | 1:59.93 (16:17.38) | 2:00.37 (18:17.75) | 2:03.90 (20:21.65) | 1:54.81 (22:16.45) |
|     | 1:59.58 (24:16.03) |                    |                    |                    |                    |                    |
| 188 | BIBEAU, Sarah      | Unattached         | 24:18.22           | 2(18)              |                    |                    |
|     | 1:07.01 (1:07.01)  | 1:44.73 (2:51.73)  | 1:53.35 (4:45.07)  | 1:55.22 (6:40.29)  | 1:58.62 (8:38.91)  | 2:01.26 (10:40.16) |
|     | 2:04.03 (12:44.18) | 1:58.33 (14:42.51) | 2:01.00 (16:43.50) | 3:57.71 (20:41.20) | 1:56.70 (22:37.90) | 4.28 (22:42.17)    |
|     | 1:36.05 (24:18.22) |                    |                    |                    |                    |                    |
| 189 | VOGELHUT, Maggie   | Unattached         | 24:20.23           | 2(19)              |                    |                    |
|     | 1:05.88 (1:05.88)  | 1:49.58 (2:55.45)  | 1:56.77 (4:52.21)  | 1:56.78 (6:48.99)  | 1:56.36 (8:45.34)  | 1:57.30 (10:42.63) |
|     | 1:58.09 (12:40.72) | 1:59.28 (14:39.99) | 1:57.36 (16:37.35) | 1:58.77 (18:36.12) | 1:59.16 (20:35.27) | 1:53.41 (22:28.67) |
|     | 1:51.57 (24:20.23) |                    |                    |                    |                    |                    |
| 190 | MACDOUGALL, Brynn  | Unattached         | 24:34.44           | 1(1)               |                    |                    |
|     | 3:00.83 (3:00.83)  | 1:58.19 (4:59.01)  | 1:56.08 (6:55.09)  | 1:59.36 (8:54.45)  | 1:57.22 (10:51.67) | 2:00.19 (12:51.85) |
|     | 2:01.37 (14:53.22) | 2:04.16 (16:57.38) | 2:01.55 (18:58.93) | 2:02.32 (21:01.24) | 1:58.73 (22:59.97) | 1:34.48 (24:34.44) |
| 191 | HOHMANN, Robert    | Unattached         | 24:36.09           | 1(2)               |                    |                    |
|     | 2:56.64 (2:56.64)  | 1:54.27 (4:50.91)  | 1:55.70 (6:46.60)  | 1:59.55 (8:46.14)  | 1:56.28 (10:42.42) | 1:57.64 (12:40.05) |
|     | 1:56.56 (14:36.61) | 2:01.15 (16:37.75) | 2:04.32 (18:42.06) | 2:04.57 (20:46.62) | 1:59.29 (22:45.91) | 1:50.18 (24:36.09) |
| 192 | SCHWAB, Corey      | Unattached         | 24:37.34           | 1(3)               |                    |                    |
|     | 2:59.99 (2:59.99)  | 1:51.01 (4:51.00)  | 1:56.39 (6:47.39)  | 1:59.87 (8:47.25)  | 1:54.92 (10:42.17) | 1:58.10 (12:40.26) |
|     | 1:55.51 (14:35.76) | 2:01.95 (16:37.70) | 2:03.93 (18:41.63) | 2:04.38 (20:46.01) | 1:59.70 (22:45.71) | 1:51.64 (24:37.34) |
| 193 | JADKOWSKI, Will    | Unattached         | 24:44.47           | 2(20)              |                    |                    |
|     | 1:03.91 (1:03.91)  | 1:46.33 (2:50.24)  | 1:53.32 (4:43.55)  | 1:55.13 (6:38.67)  | 1:59.28 (8:37.95)  | 2:02.17 (10:40.11) |
|     | 2:02.98 (12:43.09) | 1:58.93 (14:42.01) | 2:00.95 (16:42.96) | 1:58.92 (18:41.87) | 2:03.07 (20:44.94) | 2:02.17 (22:47.10) |
|     | 1:57.38 (24:44.47) |                    |                    |                    |                    |                    |
| 194 | ISAAC, Luther      | Unattached         | 25:19.19           | 2(21)              |                    |                    |

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**RESULTS****#1 Men's & Women's 5000 Meters (cont'd)**

| PI  | Name               | Team               | Time               | H(PI)              |                    |                    |
|-----|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|
|     | 1:07.35 (1:07.35)  | 1:54.28 (3:01.62)  | 1:54.89 (4:56.51)  | 1:58.54 (6:55.04)  | 1:58.57 (8:53.60)  | 1:55.08 (10:48.68) |
|     | 1:53.36 (12:42.04) | 1:55.08 (14:37.11) | 1:49.92 (16:27.03) | 1:50.04 (18:17.07) | 1:44.07 (20:01.13) | 1:39.56 (21:40.69) |
|     | 3:38.51 (25:19.19) |                    |                    |                    |                    |                    |
| 195 | ROUNDS, Emily      | Unattached         | 25:21.16           | 1(4)               |                    |                    |
|     | 2:57.09 (2:57.09)  | 1:54.10 (4:51.19)  | 1:56.21 (6:47.39)  | 1:59.19 (8:46.57)  | 1:54.84 (10:41.40) | 2:03.99 (12:45.39) |
|     | 2:04.50 (14:49.89) | 2:07.39 (16:57.28) | 2:05.74 (19:03.01) | 2:12.78 (21:15.79) | 2:11.19 (23:26.98) | 1:54.19 (25:21.16) |
| 196 | MURIEL, Maribel    | Unattached         | 25:39.25           | 1(5)               |                    |                    |
|     | 3:00.13 (3:00.13)  | 2:01.22 (5:01.35)  | 2:02.24 (7:03.58)  | 2:02.37 (9:05.94)  | 2:03.81 (11:09.75) | 2:04.60 (13:14.34) |
|     | 2:05.45 (15:19.79) | 2:01.92 (17:21.71) | 2:02.41 (19:24.11) | 2:04.90 (21:29.00) | 2:04.33 (23:33.33) | 2:05.92 (25:39.25) |
| 197 | MCLUSKIE, Fenella  | Unattached         | 25:54.49           | 2(22)              |                    |                    |
|     | 1:05.11 (1:05.11)  | 1:47.44 (2:52.55)  | 1:58.27 (4:50.82)  | 1:57.61 (6:48.43)  | 2:04.22 (8:52.64)  | 2:08.93 (11:01.57) |
|     | 2:09.78 (13:11.35) | 2:12.73 (15:24.07) | 2:10.30 (17:34.36) | 2:13.75 (19:48.11) | 2:12.79 (22:00.89) | 3.45 (22:04.34)    |
|     | 3:50.16 (25:54.49) |                    |                    |                    |                    |                    |
| 198 | EDWARDS, Maria     | Unattached         | 26:12.73           | 1(6)               |                    |                    |
|     | 3:11.06 (3:11.06)  | 2:02.69 (5:13.75)  | 1:54.41 (7:08.15)  | 1:56.71 (9:04.86)  | 2:02.31 (11:07.16) | 2:07.40 (13:14.56) |
|     | 2:08.35 (15:22.91) | 2:12.64 (17:35.54) | 2:07.13 (19:42.67) | 2:11.52 (21:54.19) | 2:08.55 (24:02.74) | 2:10.00 (26:12.73) |
| 199 | JOHNSON, Dahlia    | Unattached         | 26:14.60           | 1(7)               |                    |                    |
|     | 3:44.96 (3:44.96)  | 2:23.58 (6:08.54)  | 2:20.15 (8:28.69)  | 2:17.05 (10:45.74) | 2:15.27 (13:01.00) | 2:14.47 (15:15.47) |
|     | 2:14.51 (17:29.97) | 2:12.77 (19:42.73) | 2:12.59 (21:55.32) | 2:10.93 (24:06.25) | 2:03.34 (26:09.58) | 5.02 (26:14.60)    |
| 200 | GRIEFF, Robin      | Unattached         | 26:21.01           | 1(8)               |                    |                    |
|     | 3:20.42 (3:20.42)  | 2:05.85 (5:26.26)  | 2:06.69 (7:32.94)  | 2:09.19 (9:42.13)  | 2:07.99 (11:50.12) | 2:06.34 (13:56.46) |
|     | 2:07.33 (16:03.78) | 2:06.48 (18:10.25) | 2:03.18 (20:13.43) | 2:05.64 (22:19.06) | 2:03.22 (24:22.27) | 1:58.74 (26:21.01) |
| 201 | HASSEN, Yonas      | Unattached         | 26:22.64           | 1(9)               |                    |                    |
|     | 3:19.20 (3:19.20)  | 2:07.30 (5:26.50)  | 2:03.61 (7:30.10)  | 2:08.12 (9:38.21)  | 2:10.11 (11:48.32) | 2:06.99 (13:55.30) |
|     | 2:06.29 (16:01.59) | 2:06.58 (18:08.17) | 2:04.86 (20:13.02) | 2:03.18 (22:16.20) | 2:09.84 (24:26.03) | 1:56.61 (26:22.64) |
| 202 | YABROFF, Thomas    | Unattached         | 26:38.61           | 1(10)              |                    |                    |
|     | 3:01.51 (3:01.51)  | 2:00.84 (5:02.35)  | 1:58.52 (7:00.86)  | 2:02.59 (9:03.45)  | 2:07.65 (11:11.10) | 2:09.46 (13:20.56) |
|     | 2:12.02 (15:32.57) | 2:14.52 (17:47.09) | 2:14.92 (20:02.00) | 2:16.33 (22:18.33) | 2:15.67 (24:33.99) | 2:04.62 (26:38.61) |
| 203 | STRAUSS, Hannah    | Unattached         | 26:45.68           | 2(23)              |                    |                    |
|     | 1:05.44 (1:05.44)  | 1:44.39 (2:49.83)  | 1:52.76 (4:42.58)  | 1:55.06 (6:37.64)  | 1:58.63 (8:36.26)  | 2:03.48 (10:39.73) |
|     | 4:11.30 (14:51.03) | 2:17.25 (17:08.28) | 2:20.44 (19:28.71) | 2:16.08 (21:44.79) | 3.84 (21:48.62)    | 2:27.08 (24:15.69) |
|     | 2:29.99 (26:45.68) |                    |                    |                    |                    |                    |
| 204 | CAVALLO, Matthew   | Unattached         | 26:59.54           | 1(11)              |                    |                    |
|     | 3:20.81 (3:20.81)  | 2:13.38 (5:34.19)  | 2:13.35 (7:47.53)  | 2:09.48 (9:57.00)  | 2:20.71 (12:17.70) | 2:08.68 (14:26.38) |
|     | 2:05.14 (16:31.52) | 2:11.62 (18:43.13) | 2:07.82 (20:50.95) | 2:07.56 (22:58.50) | 2:07.15 (25:05.65) | 1:53.89 (26:59.54) |
| 205 | NAVARRO, Andres    | Unattached         | 27:52.13           | 1(12)              |                    |                    |
|     | 3:06.01 (3:06.01)  | 2:01.55 (5:07.55)  | 2:07.03 (7:14.58)  | 2:15.65 (9:30.22)  | 2:14.57 (11:44.78) | 2:20.92 (14:05.70) |
|     | 2:18.64 (16:24.33) | 2:12.78 (18:37.11) | 2:17.64 (20:54.75) | 2:18.02 (23:12.77) | 2:14.90 (25:27.66) | 2:24.47 (27:52.13) |
| 206 | CHADWICK, Jennifer | Unattached         | 27:58.08           | 1(13)              |                    |                    |
|     | 3:34.57 (3:34.57)  | 2:20.07 (5:54.64)  | 2:25.39 (8:20.02)  | 2:19.17 (10:39.19) | 2:13.36 (12:52.54) | 2:14.12 (15:06.65) |
|     | 2:11.76 (17:18.41) | 2:09.24 (19:27.65) | 2:09.12 (21:36.76) | 2:09.24 (23:45.99) | 2:07.74 (25:53.73) | 2:04.36 (27:58.08) |
| 207 | CASARES, Amanda    | Unattached         | 29:40.90           | 1(14)              |                    |                    |
|     | 3:28.86 (3:28.86)  | 2:22.84 (5:51.69)  | 2:26.80 (8:18.48)  | 2:25.30 (10:43.78) | 2:22.95 (13:06.72) | 2:22.57 (15:29.29) |
|     | 2:25.90 (17:55.19) | 2:25.23 (20:20.41) | 2:32.99 (22:53.40) | 2:22.90 (25:16.29) | 2:22.37 (27:38.65) | 2:02.26 (29:40.90) |
| 208 | DECANIO, Melanie   | Unattached         | 29:42.04           | 1(15)              |                    |                    |

**2023 TRACKSMITH TWILIGHT 5000 - DC #1**

Washington, DC

Cardozo HS

Friday, July 28, 2023

**WINDSORRUNNING****OFFICIAL MEET REPORT**

printed: 7/29/2023 10:32 AM

**RESULTS****#1 Men's & Women's 5000 Meters (cont'd)**

| Pl  | Name                       | Team               | Time               | H(Pl)              |                    |                    |
|-----|----------------------------|--------------------|--------------------|--------------------|--------------------|--------------------|
|     | 3:29.31 (3:29.31)          | 2:22.26 (5:51.56)  | 2:25.81 (8:17.37)  | 2:23.13 (10:40.49) | 2:25.83 (13:06.32) | 2:23.96 (15:30.28) |
|     | 2:23.03 (17:53.31)         | 2:31.31 (20:24.61) | 2:29.01 (22:53.62) | 2:23.74 (25:17.36) | 2:21.99 (27:39.34) | 2:02.70 (29:42.04) |
| 209 | HAVERN, Megan              | Unattached         |                    |                    |                    | 31:38.91 1(16)     |
|     | 3:29.61 (3:29.61)          | 2:22.93 (5:52.54)  | 2:24.71 (8:17.24)  | 2:38.23 (10:55.47) | 2:37.86 (13:33.32) | 2:21.14 (15:54.45) |
|     | 2:39.78 (18:34.23)         | 2:41.92 (21:16.14) | 2:41.23 (23:57.37) | 2:37.66 (26:35.02) | 2:44.77 (29:19.79) | 2:19.12 (31:38.91) |
| 210 | HARWOOD, Natasha           | Unattached         |                    |                    |                    | 34:14.13 1(17)     |
|     | 3:45.61 (3:45.61)          | 2:26.84 (6:12.44)  | 2:38.66 (8:51.10)  | 2:35.71 (11:26.81) | 2:39.45 (14:06.25) | 2:49.28 (16:55.53) |
|     | 2:48.92 (19:44.45)         | 2:47.93 (22:32.38) | 2:53.15 (25:25.53) | 3:15.41 (28:40.93) | 2:48.65 (31:29.58) | 2:44.56 (34:14.13) |
| 211 | SILVIA-CHANDLEY, Elizabeth | Unattached         |                    |                    |                    | 34:51.65 1(18)     |
|     | 3:43.83 (3:43.83)          | 2:28.95 (6:12.78)  | 2:36.21 (8:48.98)  | 2:35.02 (11:23.99) | 2:37.93 (14:01.92) | 3:05.47 (17:07.38) |
|     | 2:51.81 (19:59.18)         | 2:57.76 (22:56.94) | 3:06.65 (26:03.59) | 3:06.82 (29:10.40) | 3:01.25 (32:11.65) | 2:40.01 (34:51.65) |
| 212 | LENTZ, Annie               | Unattached         |                    |                    |                    | 34:51.84 1(19)     |
|     | 3:43.24 (3:43.24)          | 2:29.39 (6:12.63)  | 2:36.09 (8:48.72)  | 2:36.80 (11:25.52) | 2:41.01 (14:06.53) | 3:00.86 (17:07.38) |
|     | 2:50.10 (19:57.48)         | 3:00.23 (22:57.71) | 3:10.68 (26:08.38) | 3:02.25 (29:10.62) | 3:00.73 (32:11.35) | 2:40.49 (34:51.84) |
| 213 | LEMON, Michelle            | Unattached         |                    |                    |                    | 37:13.75 1(20)     |
|     | 3:51.15 (3:51.15)          | 2:41.17 (6:32.31)  | 2:46.63 (9:18.94)  | 2:53.28 (12:12.22) | 3:08.90 (15:21.12) | 3:05.89 (18:27.00) |
|     | 3:12.98 (21:39.98)         | 3:09.59 (24:49.56) | 3:00.80 (27:50.36) | 3:13.33 (31:03.69) | 6.05 (31:09.73)    | 6:04.02 (37:13.75) |
| 214 | BUTLER, Maurice            | Unattached         |                    |                    |                    | 37:40.82 1(21)     |
|     | 4:05.44 (4:05.44)          | 2:41.90 (6:47.34)  | 2:39.27 (9:26.61)  | 2:48.34 (12:14.94) | 2:54.19 (15:09.13) | 2:59.39 (18:08.52) |
|     | 3:05.99 (21:14.50)         | 3:20.68 (24:35.18) | 3:09.91 (27:45.09) | 3:20.28 (31:05.36) | 3:27.61 (34:32.96) | 3:07.86 (37:40.82) |
| 215 | SANT, Clare                | Unattached         |                    |                    |                    | 38:54.76 1(22)     |
|     | 3:58.67 (3:58.67)          | 2:41.69 (6:40.36)  | 2:41.58 (9:21.93)  | 2:47.99 (12:09.91) | 2:57.41 (15:07.32) | 3:01.42 (18:08.74) |
|     | 3:09.64 (21:18.37)         | 3:20.54 (24:38.91) | 4:01.05 (28:39.96) | 3:51.73 (32:31.68) | 3:17.97 (35:49.65) | 3:05.11 (38:54.76) |
|     | MCGOVERN, Meghan           | Unattached         |                    |                    |                    | DNF 2              |
|     | SMITH, Jenna               | Unattached         |                    |                    |                    | DNF 2              |
|     | CRAWLEY, Sheena            | Unattached         |                    |                    |                    | DNF 4              |
|     | MEHRBAKSH, Amir            | Unattached         |                    |                    |                    | DNF 2              |
|     | MENDOZA, Angel             | Unattached         |                    |                    |                    | DNF 4              |
|     | LESSARD, Donovan           | Unattached         |                    |                    |                    | DNF 4              |
|     | SAMONAS, Nicholas          | Unattached         |                    |                    |                    | DNF 4              |
|     | CAPLIN, Gregory            | Unattached         |                    |                    |                    | DNF 5              |
|     | HO, Jason                  | Unattached         |                    |                    |                    | DNF 5              |
|     | LECLAIR, Brandy            | Unattached         |                    |                    |                    | DNF 5              |
|     | BAN, Charlie               | Unattached         |                    |                    |                    | DNF 6              |
|     | HOWARD, Brian              | Unattached         |                    |                    |                    | DNF 2              |
|     | CHADWICK, Sanders          | Unattached         |                    |                    |                    | DNF 1              |
|     | NAUGLE, Matthew            | Unattached         |                    |                    |                    | DNF 1              |
|     | PINKARD, Sophie            | Unattached         |                    |                    |                    | DNF 3              |
|     | TRUETT, Cullen             | Unattached         |                    |                    |                    | DNF 3              |
|     | PRYOR, Frank               | Unattached         |                    |                    |                    | NT 1               |
|     | RAY, Ben                   | Unattached         |                    |                    |                    | NT 1               |
|     | INKELES, David             | Unattached         |                    |                    |                    | NT 1               |