

TRACKSMITH TWILIGHT 5000 - DC #1

Washington, DC
 Cardozo Education Campus
 Host: Trials of Miles
 Friday, July 29, 2022

MEET OFFICIALS

Meet Director:
 Trials of Miles
Timing:
 Windsor Running, LLC

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

printed: 8/1/2022 4:14 PM

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

Pl	Name	Team				Time		Note
Section 1 of 9								
1	MEHRBAKSH, Amir	Unattached				24:19.82		
	53.75 (53.75)	1:52.02 (2:45.77)	1:55.58 (4:41.34)	1:58.59 (6:39.92)	1:57.84 (8:37.76)	1:59.63 (10:37.39)		
	1:59.05 (12:36.43)	1:57.66 (14:34.08)	2:01.57 (16:35.65)	2:00.31 (18:35.95)	1:58.54 (20:34.49)	2:00.98 (22:35.46)		
	1:44.36 (24:19.82)							
2	SHOLAR, Louisa	Unattached				24:33.51		
	52.73 (52.73)	1:50.42 (2:43.14)	1:57.39 (4:40.53)	1:57.51 (6:38.03)	1:59.17 (8:37.20)	2:01.07 (10:38.26)		
	1:59.50 (12:37.76)	1:58.17 (14:35.93)	2:01.13 (16:37.05)	2:00.53 (18:37.58)	1:56.68 (20:34.25)	2:03.18 (22:37.43)		
	1:56.09 (24:33.51)							
3	PATERSON, Brooke	Unattached				25:05.00		
	55.86 (55.86)	1:55.66 (2:51.52)	2:01.28 (4:52.79)	2:07.44 (7:00.23)	2:12.36 (9:12.58)	2:08.26 (11:20.84)		
	2:02.44 (13:23.27)	2:08.11 (15:31.38)	2:04.21 (17:35.59)	1:55.21 (19:30.79)	3:43.15 (23:13.94)	1:51.07 (25:05.00)		
	.21 (25:05.21)							
4	JOLIVERT, Reginald	Unattached				25:57.31		
	1:00.97 (1:00.97)	2:06.80 (3:07.76)	2:05.75 (5:13.50)	2:08.15 (7:21.65)	2:07.03 (9:28.67)	2:06.69 (11:35.35)		
	2:07.61 (13:42.95)	2:06.85 (15:49.80)	2:05.15 (17:54.95)	2:03.83 (19:58.77)	2:01.44 (22:00.20)	2:05.68 (24:05.88)		
	1:51.43 (25:57.31)							
5	DICKINSON, Laura	Unattached				26:12.48		
	1:03.27 (1:03.27)	2:09.35 (3:12.62)	2:05.79 (5:18.41)	2:07.85 (7:26.25)	2:07.70 (9:33.95)	2:10.22 (11:44.16)		
	2:06.84 (13:51.00)	2:03.30 (15:54.30)	2:08.84 (18:03.13)	2:03.41 (20:06.53)	2:08.58 (22:15.11)	2:01.65 (24:16.75)		
	1:55.73 (26:12.48)							
6	ULLOA SOLORZANO, Nardha	Unattached				26:29.82		
	1:02.86 (1:02.86)	2:09.65 (3:12.51)	2:06.29 (5:18.80)	2:08.30 (7:27.10)	2:07.78 (9:34.87)	2:09.48 (11:44.35)		
	2:05.97 (13:50.31)	2:07.33 (15:57.64)	2:08.45 (18:06.08)	2:10.28 (20:16.36)	2:08.37 (22:24.73)	2:07.28 (24:32.00)		
	1:57.82 (26:29.82)							
7	LAIRD, Monika	Unattached				26:34.84		
	1:04.48 (1:04.48)	2:09.75 (3:14.23)	2:07.29 (5:21.52)	2:06.60 (7:28.11)	2:08.28 (9:36.39)	2:09.14 (11:45.52)		
	2:07.11 (13:52.62)	2:07.40 (16:00.02)	2:07.37 (18:07.38)	2:10.03 (20:17.41)	2:05.28 (22:22.68)	2:12.95 (24:35.62)		
	1:59.22 (26:34.84)							
8	SNEGIREVA, Anastasia	Unattached				26:39.02		
	1:05.25 (1:05.25)	2:08.42 (3:13.67)	2:06.64 (5:20.30)	2:07.66 (7:27.96)	2:08.43 (9:36.39)	2:11.31 (11:47.69)		
	2:08.34 (13:56.03)	2:05.66 (16:01.69)	2:05.09 (18:06.77)	2:11.22 (20:17.98)	2:09.06 (22:27.04)	2:07.03 (24:34.06)		
	2:04.96 (26:39.02)							
9	FARR, Kristen	Unattached				26:59.45		
	56.56 (56.56)	1:59.16 (2:55.72)	2:01.56 (4:57.27)	2:05.66 (7:02.93)	2:05.89 (9:08.82)	2:11.99 (11:20.81)		
	2:09.72 (13:30.52)	2:11.94 (15:42.46)	2:13.07 (17:55.52)	2:12.64 (20:08.16)	2:20.73 (22:28.88)	2:15.48 (24:44.36)		
	2:15.10 (26:59.45)							
10	CRAWFORD, Claudia	Unattached				27:11.70		
	1:04.87 (1:04.87)	2:22.56 (3:27.43)	2:25.51 (5:52.93)	2:21.88 (8:14.81)	2:24.66 (10:39.47)	2:20.39 (12:59.85)		
	2:20.57 (15:20.42)	2:18.35 (17:38.76)	2:22.34 (20:01.10)	2:23.79 (22:24.88)	2:22.73 (24:47.61)	2:21.46 (27:09.06)		
	2:65 (27:11.70)							
11	MORRIS, Caroline	Unattached				28:32.14		
	1:04.13 (1:04.13)	2:10.33 (3:14.45)	2:06.21 (5:20.66)	2:08.26 (7:28.91)	2:07.48 (9:36.39)	2:09.31 (11:45.69)		
	2:07.51 (13:53.20)	2:24.75 (16:17.95)	2:28.59 (18:46.54)	2:32.59 (21:19.12)	2:26.02 (23:45.13)	2:38.05 (26:23.18)		
	2:08.97 (28:32.14)							

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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	Note
12	FASELIS, Charles	Unattached	28:49.83	
	1:05.25 (1:05.25)	2:05.53 (3:10.78)	2:06.17 (5:16.94)	2:09.58 (7:26.52)
	2:09.68 (9:36.20)	2:19.71 (11:55.91)	2:34.70 (23:57.49)	2:28.21 (26:25.69)
	2:13.39 (14:09.29)	2:27.33 (16:36.62)	2:19.42 (18:56.03)	2:26.76 (21:22.79)
	2:24.15 (28:49.83)			
13	FERNANDEZ, Alex	Unattached	29:26.30	
	1:04.31 (1:04.31)	2:16.17 (3:20.48)	2:18.18 (5:38.65)	2:17.78 (7:56.43)
	2:22.80 (10:19.22)	2:26.49 (12:45.70)	2:23.83 (27:17.35)	2:08.95 (29:26.30)
	2:27.64 (15:13.34)	2:28.04 (17:41.37)	4:59.38 (22:40.74)	2:12.79 (24:53.53)
	.06 (29:26.35)			
14	SANT, Clare	Unattached	29:32.24	
	1:06.27 (1:06.27)	2:29.99 (3:36.26)	2:32.36 (6:08.62)	2:30.16 (8:38.78)
	2:28.74 (11:07.51)	2:26.64 (13:34.14)	2:42.39 (26:56.92)	2:33.89 (29:30.81)
	2:38.92 (16:13.06)	2:37.20 (18:50.25)	2:42.51 (21:32.76)	2:41.78 (24:14.54)
	1.44 (29:32.24)			
15	MCCALEB, Kelly	Unattached	30:55.88	
	1:06.82 (1:06.82)	2:13.81 (3:20.62)	2:17.45 (5:38.06)	2:17.15 (7:55.21)
	2:23.24 (10:18.44)	2:26.00 (12:44.44)	2:40.32 (25:54.14)	2:39.28 (28:33.41)
	2:27.25 (15:11.68)	2:32.74 (17:44.42)	2:40.50 (20:24.91)	2:48.92 (23:13.83)
	2:22.47 (30:55.88)			
16	SIEGEL, Taylor	Unattached	31:48.99	
	1:09.83 (1:09.83)	2:30.23 (3:40.06)	2:27.81 (6:07.87)	2:35.32 (8:43.18)
	2:25.74 (11:08.92)	2:26.78 (13:35.69)	2:48.61 (24:14.63)	2:36.45 (26:51.08)
	2:32.34 (16:08.03)	2:38.43 (18:46.46)	2:39.57 (21:26.02)	2:48.61 (24:14.63)
	2:30.69 (31:48.99)			
17	KINSMAN, Gianna	Unattached	32:18.65	
	1:08.57 (1:08.57)	2:30.27 (3:38.84)	2:31.84 (6:10.68)	2:29.76 (8:40.43)
	2:24.49 (11:04.92)	2:20.89 (13:25.80)	2:46.67 (26:59.89)	2:46.22 (29:46.10)
	2:31.14 (15:56.94)	2:41.03 (18:37.97)	2:43.20 (21:21.17)	2:52.06 (24:13.22)
	2:32.55 (32:18.65)			
	STAPLES, Alison	Unattached	DNF	
Section 2 of 9				
	CABRALES, Carlo	Unattached	21:06.65	
	55.12 (55.12)	1:52.81 (2:47.92)	3:24.84 (6:12.76)	1:44.86 (7:57.62)
	1:44.92 (9:42.53)	1:44.22 (11:26.75)	1:37.10 (19:52.03)	1:14.62 (21:06.65)
	1:43.88 (13:10.62)	1:42.63 (14:53.24)	1:40.74 (16:33.97)	1:40.97 (18:14.94)
	1.93 (21:08.58)			
1	SPIGELMAN, Alex	Unattached	20:44.35	
	55.31 (55.31)	1:44.11 (2:39.42)	1:34.50 (4:13.92)	1:36.23 (5:50.14)
	1:36.64 (7:26.77)	1:39.02 (9:05.79)	1:40.09 (17:27.40)	1:43.13 (19:10.53)
	1:39.36 (10:45.15)	1:41.67 (12:26.81)	1:39.10 (14:05.91)	1:41.41 (15:47.31)
	1:33.83 (20:44.35)			
2	MONTESINOS, Juan	Unattached	21:06.69	
	54.10 (54.10)	1:52.08 (2:46.18)	1:43.90 (4:30.07)	1:44.25 (6:14.32)
	1:43.95 (7:58.26)	1:45.42 (9:43.67)	1:37.39 (18:13.61)	1:38.18 (19:51.78)
	1:43.69 (11:27.36)	1:44.95 (13:12.31)	1:39.96 (14:52.26)	1:43.97 (16:36.22)
	1:14.91 (21:06.69)			
3	FRANCIS, Brian	Unattached	21:25.33	
	54.10 (54.10)	1:51.76 (2:45.86)	1:44.63 (4:30.48)	1:43.63 (6:14.10)
	1:44.68 (7:58.78)	1:45.36 (9:44.13)	1:38.68 (18:13.03)	1:40.05 (19:53.08)
	1:44.01 (11:28.14)	1:41.28 (13:09.41)	1:41.54 (14:50.95)	1:43.41 (16:34.35)
	1:32.25 (21:25.33)			
4	WEINERMAN, Joelle	Unattached	21:42.84	
	53.50 (53.50)	1:50.29 (2:43.78)	1:44.42 (4:28.20)	1:42.97 (6:11.17)
	1:46.30 (7:57.46)	1:43.15 (9:40.61)	1:42.32 (18:17.90)	1:44.72 (20:02.62)
	1:46.51 (11:27.12)	1:42.14 (13:09.26)	1:43.58 (14:52.84)	1:42.75 (16:35.58)
	1:40.23 (21:42.84)			

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

Pl	Name	Team	Time Note			
5	RICE, Haley	Unattached	21:54.79			
	53.16 (53.16)	1:51.28 (2:44.43)	1:45.00 (4:29.43)	1:43.65 (6:13.07)	1:43.51 (7:56.57)	1:45.61 (9:42.18)
	1:43.69 (11:25.86)	1:36.78 (13:02.63)	1:44.59 (14:47.21)	1:44.85 (16:32.05)	1:50.68 (18:22.73)	1:46.65 (20:09.38)
	1:45.42 (21:54.79)					
6	SMITH, Daryl	Unattached	22:04.91			
	55.45 (55.45)	1:49.60 (2:45.04)	1:44.69 (4:29.73)	1:44.32 (6:14.04)	1:43.58 (7:57.62)	1:43.73 (9:41.35)
	1:44.89 (11:26.23)	1:43.58 (13:09.81)	1:42.89 (14:52.70)	1:46.92 (16:39.61)	1:48.50 (18:28.10)	1:50.34 (20:18.44)
	1:46.48 (22:04.91)					
7	DOAN, Quoc-Sy	Unattached	22:07.89			
	2:45.86 (2:45.86)	1:44.58 (4:30.43)	1:43.39 (6:13.81)	1:44.76 (7:58.57)	1:44.33 (9:42.89)	1:44.42 (11:27.31)
	1:45.28 (13:12.59)	1:46.74 (14:59.32)	1:49.04 (16:48.35)	1:48.34 (18:36.68)	1:46.23 (20:22.90)	1:44.99 (22:07.89)
	.27 (22:08.15)					
8	NAUGLE, Matthew	Unattached	22:14.92			
	56.36 (56.36)	1:50.27 (2:46.63)	1:44.82 (4:31.45)	1:43.25 (6:14.69)	1:44.70 (7:59.39)	1:45.79 (9:45.17)
	1:44.84 (11:30.01)	1:46.16 (13:16.16)	1:46.03 (15:02.19)	1:51.39 (16:53.58)	1:50.07 (18:43.65)	1:54.46 (20:38.10)
	1:36.82 (22:14.92)					
9	FOWLER, Naomi	Unattached	22:16.20			
	52.08 (52.08)	1:52.42 (2:44.50)	1:43.75 (4:28.24)	1:43.99 (6:12.23)	1:41.29 (7:53.51)	1:48.43 (9:41.94)
	1:43.97 (11:25.90)	1:44.05 (13:09.95)	1:44.89 (14:54.83)	1:49.16 (16:43.99)	1:51.70 (18:35.68)	1:55.07 (20:30.75)
	1:45.45 (22:16.20)					
10	SIX, Anne	Unattached	22:27.47			
	55.50 (55.50)	1:51.82 (2:47.31)	1:46.20 (4:33.51)	1:43.66 (6:17.17)	1:47.91 (8:05.07)	1:50.25 (9:55.31)
	1:50.50 (11:45.80)	1:45.31 (13:31.11)	1:47.41 (15:18.52)	1:48.50 (17:07.01)	1:49.39 (18:56.40)	1:48.55 (20:44.95)
	1:42.53 (22:27.47)					
11	SHAFFER, David	Unattached	22:29.27			
	54.99 (54.99)	1:50.62 (2:45.61)	1:45.09 (4:30.70)	1:43.02 (6:13.71)	1:40.69 (7:54.40)	1:49.51 (9:43.91)
	1:44.45 (11:28.36)	1:45.95 (13:14.31)	1:49.33 (15:03.63)	1:53.89 (16:57.52)	1:51.32 (18:48.83)	1:53.35 (20:42.18)
	1:47.09 (22:29.27)					
12	FITZGERALD, Aislinn	Unattached	22:30.40			
	54.81 (54.81)	1:51.78 (2:46.58)	1:43.43 (4:30.01)	1:44.43 (6:14.43)	1:43.97 (7:58.40)	1:45.95 (9:44.35)
	1:53.64 (11:37.98)	1:48.59 (13:26.57)	1:51.11 (15:17.68)	1:53.67 (17:11.34)	1:56.22 (19:07.56)	1:51.48 (20:59.04)
	1:31.37 (22:30.40)					
13	SEGGEMAN, Ingrid	Unattached	22:32.61			
	54.92 (54.92)	1:51.84 (2:46.75)	1:43.68 (4:30.43)	1:46.15 (6:16.57)	1:44.88 (8:01.45)	1:54.57 (9:56.02)
	1:50.37 (11:46.38)	1:45.91 (13:32.29)	1:49.88 (15:22.16)	1:51.14 (17:13.29)	1:51.94 (19:05.23)	1:51.58 (20:56.80)
	1:35.81 (22:32.61)					
14	AHRENS, Katharine	Unattached	22:39.89			
	59.56 (59.56)	1:56.92 (2:56.48)	1:53.73 (4:50.20)	1:57.87 (6:48.06)	1:59.52 (8:47.58)	2:03.68 (10:51.25)
	2:01.91 (12:53.16)	2:05.53 (14:58.69)	2:08.39 (17:07.08)	2:07.44 (19:14.51)	2:07.23 (21:21.73)	1:18.16 (22:39.89)
	48.97 (23:28.85)					
15	WILSON, Edie (Elizabeth)	Unattached	22:44.64			
	53.24 (53.24)	1:52.23 (2:45.46)	1:43.78 (4:29.24)	1:43.69 (6:12.93)	1:45.29 (7:58.21)	1:45.64 (9:43.85)
	1:49.39 (11:33.23)	1:53.86 (13:27.08)	1:53.05 (15:20.13)	1:55.31 (17:15.43)	1:53.42 (19:08.85)	1:50.55 (20:59.40)
	1:45.25 (22:44.64)					
16	CUTLER, Brianna	Unattached	23:00.06			
	55.75 (55.75)	1:52.63 (2:48.37)	1:50.83 (4:39.19)	1:48.34 (6:27.53)	1:49.39 (8:16.91)	1:49.45 (10:06.36)

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Pl	Name	Team	Time	Note		
	1:50.62 (11:56.97)	1:53.07 (13:50.03)	1:50.77 (15:40.80)	1:51.97 (17:32.76)	1:51.83 (19:24.59)	1:50.98 (21:15.56)
	1:44.50 (23:00.06)					
	2:49.32 (2:49.32)	1:50.89 (4:40.21)	1:48.45 (6:28.66)	1:48.99 (8:17.65)	1:49.75 (10:07.39)	1:51.00 (11:58.38)
	1:50.50 (13:48.88)	1:52.94 (15:41.81)	1:53.00 (17:34.80)	1:51.74 (19:26.54)	1:54.37 (21:20.91)	1:39.33 (23:00.24)
18	SCHIED, Aaryn	Unattached				23:02.41
	51.82 (51.82)	1:56.71 (2:48.52)	1:51.04 (4:39.55)	1:48.36 (6:27.91)	1:49.37 (8:17.27)	1:42.17 (9:59.44)
	1:58.40 (11:57.83)	1:51.63 (13:49.46)	1:51.73 (15:41.19)	1:52.01 (17:33.20)	1:50.00 (19:23.20)	1:48.79 (21:11.99)
	1:50.42 (23:02.41)					
19	STEPHENSON, Ross	Unattached				23:09.01
	54.43 (54.43)	1:53.32 (2:47.74)	1:46.46 (4:34.20)	1:43.19 (6:17.38)	1:47.35 (8:04.73)	1:53.59 (9:58.31)
	1:49.97 (11:48.27)	1:50.60 (13:38.87)	1:55.23 (15:34.09)	1:56.15 (17:30.24)	2:01.78 (19:32.02)	1:55.11 (21:27.13)
	1:41.88 (23:09.01)					
20	MAHMOUD, Aliya	Unattached				23:10.59
	2:46.44 (2:46.44)	1:45.79 (4:32.23)	1:50.98 (6:23.20)	1:47.54 (8:10.74)	1:52.06 (10:02.80)	1:53.67 (11:56.46)
	1:51.46 (13:47.91)	1:58.01 (15:45.92)	1:59.57 (17:45.49)	1:54.94 (19:40.43)	1:53.30 (21:33.72)	1:36.87 (23:10.59)
	.02 (23:10.61)					
21	ALIBABAIE, Amir	Unattached				23:28.57
	57.46 (57.46)	1:49.51 (2:46.96)	1:51.25 (4:38.21)	1:52.08 (6:30.28)	1:49.73 (8:20.01)	1:49.71 (10:09.72)
	1:51.68 (12:01.39)	1:52.11 (13:53.50)	1:55.48 (15:48.98)	1:55.93 (17:44.91)	1:54.82 (19:39.72)	1:53.25 (21:32.97)
	1:55.60 (23:28.57)					
22	SHAFFER, Jessica	Unattached				23:30.05
	55.34 (55.34)	1:51.49 (2:46.82)	1:44.18 (4:30.99)	1:46.05 (6:17.04)	1:46.80 (8:03.84)	1:52.48 (9:56.31)
	1:54.46 (11:50.77)	1:53.77 (13:44.54)	1:58.12 (15:42.65)	1:53.39 (17:36.04)	2:05.17 (19:41.21)	1:58.47 (21:39.67)
	1:50.38 (23:30.05)					
23	TSANG, Harry	Unattached				23:36.65
	1:00.04 (1:00.04)	1:57.60 (2:57.63)	1:54.35 (4:51.98)	1:55.48 (6:47.45)	1:57.36 (8:44.81)	1:56.11 (10:40.91)
	1:54.07 (12:34.98)	1:55.78 (14:30.76)	1:54.16 (16:24.91)	1:51.65 (18:16.56)	1:52.11 (20:08.67)	1:51.15 (21:59.81)
	1:36.84 (23:36.65)					
24	CUNNINGHAM, Erin	Unattached				23:49.17
	2:48.07 (2:48.07)	1:47.77 (4:35.84)	1:56.92 (6:32.75)	2:02.76 (8:35.50)	2:06.87 (10:42.37)	2:09.77 (12:52.13)
	2:15.95 (15:08.07)	2:16.50 (17:24.57)	2:10.67 (19:35.24)	2:15.73 (21:50.97)	1:58.20 (23:49.17)	.23 (23:49.39)
25	VALDIVIA, Vanessa	Unattached				23:52.14
	54.60 (54.60)	2:00.59 (2:55.18)	1:54.69 (4:49.87)	1:54.50 (6:44.37)	1:57.75 (8:42.11)	1:55.56 (10:37.66)
	1:54.71 (12:32.37)	1:55.56 (14:27.93)	1:55.09 (16:23.02)	1:55.51 (18:18.53)	1:55.57 (20:14.09)	1:56.72 (22:10.81)
	1:41.33 (23:52.14)					
26	ZAUNER, Anna	Unattached				23:52.72
	54.33 (54.33)	1:52.49 (2:46.82)	3:27.88 (6:14.69)	1:44.70 (7:59.39)	1:48.15 (9:47.53)	1:56.20 (11:43.73)
	1:50.41 (13:34.13)	2:08.12 (15:42.25)	2:00.73 (17:42.97)	2:02.67 (19:45.64)	2:07.05 (21:52.69)	2:00.04 (23:52.72)
	1.33 (23:54.05)					
27	MEAGHER, Chris	Unattached				24:20.78
	57.05 (57.05)	1:59.01 (2:56.06)	1:53.85 (4:49.90)	1:55.39 (6:45.29)	1:58.45 (8:43.73)	1:55.67 (10:39.40)
	1:53.90 (12:33.29)	1:58.17 (14:31.46)	1:58.44 (16:29.90)	1:59.52 (18:29.42)	2:01.88 (20:31.29)	1:58.72 (22:30.01)
	1:50.77 (24:20.78)					
28	EDWARDS, Maria	Unattached				24:36.79
	57.05 (57.05)	1:56.18 (2:53.23)	1:54.24 (4:47.47)	1:57.97 (6:45.43)	1:57.54 (8:42.97)	1:55.68 (10:38.65)
	1:53.21 (12:31.86)	1:58.36 (14:30.21)	1:59.16 (16:29.37)	2:02.26 (18:31.62)	2:06.18 (20:37.79)	1:55.03 (22:32.82)

TRACKSMITH TWILIGHT 5000 - DC #1

Washington, DC
 Cardozo Education Campus
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 Friday, July 29, 2022

MEET OFFICIALS

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 Windsor Running, LLC

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

printed: 8/1/2022 4:14 PM

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

PI	Name	Team	Time	Note
	2:03.98 (24:36.79)			
	59.98 (59.98)	1:56.92 (2:56.90)	1:53.90 (4:50.79)	1:57.63 (6:48.42)
	2:00.09 (12:40.40)	2:00.97 (14:41.37)	1:59.30 (16:40.66)	2:02.91 (18:43.57)
	1:51.65 (24:37.47)			
30	SALAMANCA, Melissa	Unattached	24:42.27	
	1:04.82 (1:04.82)	1:52.54 (2:57.35)	1:53.82 (4:51.17)	1:52.24 (6:43.40)
	1:56.95 (12:35.37)	2:00.03 (14:35.40)	2:02.66 (16:38.05)	1:59.60 (18:37.65)
	1:55.60 (24:42.27)			
31	KLIMEK, Bradley	Unattached	25:22.61	
	52.93 (52.93)	1:51.96 (2:44.89)	1:42.81 (4:27.70)	1:44.43 (6:12.12)
	1:47.07 (11:29.45)	1:49.28 (13:18.73)	1:48.70 (15:07.43)	1:52.16 (16:59.58)
	4:34.78 (25:22.61)			
Section 3 of 9				
1	MURGUIA, Ryan	Unattached	18:18.94	
	40.71 (40.71)	1:19.97 (2:00.67)	1:26.86 (3:27.52)	1:28.96 (4:56.48)
	1:30.08 (9:25.45)	1:30.74 (10:56.19)	1:29.07 (12:25.25)	1:30.86 (13:56.10)
	1:22.25 (18:18.94)			
2	GALLERY, Keegan	Unattached	20:19.75	
	48.24 (48.24)	1:39.17 (2:27.40)	1:38.16 (4:05.56)	1:39.36 (5:44.91)
	1:41.37 (10:46.42)	1:38.97 (12:25.39)	1:38.96 (14:04.34)	1:36.39 (15:40.73)
	1:18.43 (20:19.75)			
3	CRAIG, Ashley	Unattached	20:23.71	
	47.37 (47.37)	1:36.42 (2:23.78)	1:33.57 (3:57.34)	1:39.57 (5:36.90)
	1:40.66 (10:37.60)	1:39.05 (12:16.65)	1:40.78 (13:57.42)	1:40.56 (15:37.97)
	1:26.11 (20:23.71)			
4	RESSEL, Claire	Unattached	20:29.82	
	47.71 (47.71)	1:38.92 (2:26.62)	1:39.33 (4:05.95)	1:40.29 (5:46.24)
	1:39.76 (10:46.15)	1:42.30 (12:28.45)	1:43.73 (14:12.18)	1:41.21 (15:53.38)
	1:22.69 (20:29.82)			
5	RITCHEY, Caroline	Unattached	20:32.14	
	47.07 (47.07)	1:37.68 (2:24.75)	1:38.65 (4:03.39)	1:41.12 (5:44.50)
	1:42.55 (10:44.92)	1:40.89 (12:25.81)	1:38.76 (14:04.57)	1:39.57 (15:44.13)
	1:29.92 (20:32.14)			
6	BRUBAKER, Karen	Unattached	20:42.80	
	49.29 (49.29)	1:40.49 (2:29.78)	1:37.11 (4:06.89)	1:38.78 (5:45.66)
	1:38.27 (10:44.25)	1:41.01 (12:25.25)	1:42.42 (14:07.67)	1:40.28 (15:47.94)
	1:29.52 (20:42.80)			
7	BALLESTEROS, Steven	Unattached	20:43.50	
	47.75 (47.75)	1:37.60 (2:25.34)	1:39.99 (4:05.33)	1:39.13 (5:44.45)
	1:40.39 (10:42.91)	1:40.75 (12:23.66)	1:40.30 (14:03.95)	1:39.38 (15:43.33)
	1:30.89 (20:43.50)			
8	EYMAN, Sarah	Unattached	20:50.95	
	48.44 (48.44)	1:39.65 (2:28.09)	1:39.93 (4:08.01)	1:38.48 (5:46.49)
	1:42.88 (10:50.27)	1:41.62 (12:31.89)	1:42.92 (14:14.80)	1:44.16 (15:58.96)
	1:23.81 (20:50.95)			
9	BROWN, Lauren	Unattached	20:56.14	
	45.09 (45.09)	1:39.92 (2:25.01)	1:36.29 (4:01.30)	1:39.67 (5:40.97)
				1:41.62 (7:22.59)
				1:39.80 (9:02.38)

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

PI	Name	Team	Time	Note
	1:36.03 (20:56.14)			
	46.55 (46.55)	1:38.37 (2:24.92)	1:40.65 (4:05.56)	1:38.95 (5:44.50)
	1:41.25 (10:45.73)	1:40.93 (12:26.66)	1:44.04 (14:10.69)	1:46.84 (15:57.53)
	1:32.38 (20:57.88)			
11	HARBURG, Michelle	Unattached	21:05.96	
	47.52 (47.52)	1:38.98 (2:26.50)	1:37.46 (4:03.95)	1:40.17 (5:44.11)
	1:42.49 (10:45.78)	1:39.08 (12:24.85)	1:41.26 (14:06.11)	1:46.41 (15:52.52)
	1:38.61 (21:05.96)			
12	EYO, Alexis	Unattached	21:05.97	
	48.31 (48.31)	1:39.40 (2:27.70)	1:39.24 (4:06.94)	1:38.15 (5:45.09)
	1:40.81 (10:46.54)	1:41.20 (12:27.74)	1:42.51 (14:10.24)	1:43.44 (15:53.68)
	1:39.60 (21:05.97)			
13	SLAVIN, Dmitry	Unattached	21:11.85	
	49.09 (49.09)	1:39.23 (2:28.31)	1:38.82 (4:07.12)	1:38.75 (5:45.87)
	1:41.75 (10:47.18)	1:39.63 (12:26.80)	1:41.14 (14:07.93)	1:42.97 (15:50.90)
	1:43.97 (21:11.85)			
14	FRYE, Joel	Unattached	21:17.61	
	50.22 (50.22)	1:41.07 (2:31.29)	1:39.88 (4:11.17)	1:42.53 (5:53.69)
	1:47.62 (11:09.86)	1:47.24 (12:57.09)	1:44.80 (14:41.89)	1:40.89 (16:22.78)
	1:30.55 (21:17.61)			
15	MOORE, Macie	Unattached	21:41.77	
	51.41 (51.41)	1:40.51 (2:31.92)	1:42.30 (4:14.21)	1:41.18 (5:55.39)
	1:43.81 (11:08.42)	1:47.53 (12:55.95)	1:46.41 (14:42.35)	1:47.12 (16:29.47)
	1:37.78 (21:41.77)			
16	REILLY, Patrick	Unattached	21:48.84	
	47.47 (47.47)	1:43.25 (2:30.71)	1:41.55 (4:12.26)	1:41.82 (5:54.08)
	1:47.06 (11:08.28)	1:47.95 (12:56.23)	1:48.59 (14:44.81)	1:47.67 (16:32.48)
	1:39.42 (21:48.84)			
17	BRUNS, Rose	Unattached	21:53.97	
	47.37 (47.37)	1:38.10 (2:25.47)	1:40.71 (4:06.17)	1:37.79 (5:43.96)
	1:47.91 (11:01.21)	1:50.11 (12:51.31)	1:49.98 (14:41.29)	1:50.63 (16:31.91)
	1:40.03 (21:53.97)			
18	ELLIOTT, Rebecca	Unattached	22:06.41	
	43.82 (43.82)	1:41.69 (2:25.51)	1:40.96 (4:06.47)	1:39.06 (5:45.52)
	1:45.37 (10:51.23)	1:52.05 (12:43.27)	1:56.18 (14:39.44)	1:57.43 (16:36.87)
	1:35.89 (22:06.41)			
19	GANG, David	Unattached	22:10.28	
	49.29 (49.29)	1:47.31 (2:36.60)	1:45.44 (4:22.04)	1:50.87 (6:12.91)
	1:46.60 (11:33.02)	1:47.74 (13:20.76)	1:48.58 (15:09.34)	1:46.97 (16:56.31)
	1:36.13 (22:10.28)			
20	KRUMENACKER, Joseph	Unattached	22:13.58	
	52.21 (52.21)	1:39.71 (2:31.92)	1:40.86 (4:12.78)	1:43.55 (5:56.33)
	1:47.61 (11:13.69)	1:46.47 (13:00.15)	1:49.11 (14:49.25)	1:50.53 (16:39.77)
	1:47.83 (22:13.58)			
21	CECIL, Tricia	Unattached	22:20.06	
	51.64 (51.64)	1:39.13 (2:30.76)	1:43.11 (4:13.87)	1:45.82 (5:59.68)
				1:43.58 (7:43.26)
				1:51.22 (9:34.47)

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

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

Pl	Name	Team	Time	Note
	1:45.46 (22:20.06)			
	52.57 (52.57)	1:44.16 (2:36.73)	1:42.99 (4:19.71)	1:50.43 (6:10.14)
	1:51.00 (11:36.89)	1:50.33 (13:27.21)	1:50.98 (15:18.19)	1:50.70 (17:08.88)
	1:52.63 (19:01.51)			1:47.70 (7:57.84)
	1:53.05 (22:46.12)			1:48.06 (9:45.89)
23	RYAN, Paul	Unattached		22:57.48
	50.82 (50.82)	1:42.52 (2:33.34)	1:41.76 (4:15.09)	1:44.97 (6:00.05)
	2:07.80 (11:41.83)	1:56.73 (13:38.56)	1:55.14 (15:33.69)	1:54.73 (17:28.42)
	1:43.84 (22:57.48)			1:44.63 (7:44.67)
				1:49.37 (9:34.04)
				1:53.62 (19:22.03)
				1:51.62 (21:13.65)
Section 4 of 9				
1	BRUZDZINSKI, Kayla	Unattached		19:17.16
	45.56 (45.56)	4:40.77 (5:26.32)	4:42.25 (10:08.56)	1:36.23 (11:44.79)
	1:29.92 (16:23.25)	1:28.16 (17:51.41)	1:25.75 (19:17.16)	
				1:32.61 (13:17.39)
				1:35.94 (14:53.33)
2	MILLS, Hywel	Unattached		19:18.45
	44.54 (44.54)	1:33.36 (2:17.89)	1:32.64 (3:50.53)	1:34.63 (5:25.15)
	1:34.84 (10:08.01)	1:33.05 (11:41.06)	1:36.24 (13:17.29)	1:35.33 (14:52.61)
	1:20.68 (19:18.45)			1:31.76 (16:24.37)
				1:33.41 (17:57.77)
3	TATEISHI, Caitlyn	Unattached		19:30.53
	47.88 (47.88)	3:05.16 (3:53.03)	3:08.41 (7:01.44)	3:06.67 (10:08.10)
	1:36.30 (14:54.23)	1:36.79 (16:31.01)	1:34.05 (18:05.06)	1:25.47 (19:30.53)
				1:37.56 (11:45.66)
				1:32.29 (13:17.94)
4	SULLIVAN, Kate	Unattached		19:31.64
	44.82 (44.82)	1:33.16 (2:17.98)	1:33.32 (3:51.30)	1:34.27 (5:25.56)
	1:35.39 (10:08.56)	1:35.98 (11:44.54)	1:32.29 (13:16.82)	1:36.65 (14:53.47)
	1:26.86 (19:31.64)			1:34.57 (7:00.12)
				1:33.05 (8:33.17)
				1:36.37 (16:29.83)
				1:34.96 (18:04.78)
5	NICKERSON, Kennedy	Unattached		19:33.83
	43.59 (43.59)	1:33.17 (2:16.75)	1:33.50 (3:50.25)	1:33.95 (5:24.19)
	1:34.85 (10:07.55)	1:36.69 (11:44.24)	1:32.95 (13:17.18)	1:37.10 (14:54.28)
	1:26.91 (19:33.83)			1:34.49 (6:58.68)
				1:34.02 (8:32.70)
				1:36.38 (16:30.66)
				1:36.28 (18:06.93)
6	WOLFE, Clara	Unattached		19:34.50
	44.15 (44.15)	1:32.97 (2:17.12)	1:33.76 (3:50.88)	1:33.56 (5:24.43)
	1:34.21 (10:03.83)	1:39.12 (11:42.95)	1:34.65 (13:17.59)	1:38.58 (14:56.17)
	1:25.27 (19:34.50)			1:35.11 (6:59.54)
				1:30.09 (8:29.62)
				1:37.36 (16:33.52)
				1:35.72 (18:09.24)
7	JOHNSON, Kaitlyn	Unattached		19:44.14
	19:44.14 (19:44.14)			
8	BUNCH, Daniel	Unattached		19:47.64
	45.33 (45.33)	1:33.33 (2:18.66)	1:33.96 (3:52.61)	1:33.31 (5:25.92)
	1:32.10 (10:05.76)	1:39.03 (11:44.79)	1:31.17 (13:15.96)	1:35.33 (14:51.28)
	1:36.31 (19:47.64)			1:32.67 (6:58.58)
				1:35.09 (8:33.67)
				1:39.08 (16:30.35)
				1:40.99 (18:11.34)
9	LIU, Yingqi	Unattached		19:53.10
	44.20 (44.20)	1:33.70 (2:17.89)	1:33.53 (3:51.42)	1:34.42 (5:25.83)
	1:35.07 (10:07.29)	1:38.37 (11:45.66)	1:38.61 (13:24.27)	1:39.22 (15:03.48)
	1:27.22 (19:53.10)			1:33.36 (6:59.19)
				1:33.04 (8:32.22)
				1:42.39 (16:45.87)
				1:40.02 (18:25.89)
10	WANG, Chunxin	Unattached		19:58.81
	43.63 (43.63)	1:36.48 (2:20.11)	1:37.25 (3:57.35)	1:38.14 (5:35.49)
	1:39.73 (10:28.41)	1:37.78 (12:06.18)	1:36.34 (13:42.52)	1:35.09 (15:17.60)
	1:25.57 (19:58.81)			1:38.59 (7:14.08)
				1:34.61 (8:48.68)
				1:39.95 (16:57.55)
				1:35.70 (18:33.25)

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

Pl	Name	Team	Time	Note
11	VOYER, Brandon	Unattached	19:59.82	
	45.80 (45.80)	1:31.98 (2:17.78)	1:34.00 (3:51.78)	1:34.36 (5:26.13)
	1:36.13 (10:09.30)	1:37.11 (11:46.40)	1:34.92 (13:21.32)	1:38.79 (15:00.11)
	1:34.43 (19:59.82)		1:34.00 (7:00.12)	1:33.05 (8:33.17)
			1:43.06 (16:43.16)	1:42.24 (18:25.39)
12	LEWINE, Florence	Unattached	20:02.56	
	46.93 (46.93)	1:32.33 (2:19.26)	1:33.88 (3:53.14)	1:33.19 (5:26.32)
	1:36.88 (10:12.54)	1:37.40 (11:49.93)	1:38.00 (13:27.93)	1:39.89 (15:07.81)
	1:33.12 (20:02.56)		1:34.80 (7:01.11)	1:34.55 (8:35.66)
			1:41.65 (16:49.46)	1:39.99 (18:29.44)
13	SWANSON, Frances	Unattached	20:03.13	
	48.33 (48.33)	1:34.66 (2:22.98)	1:35.89 (3:58.87)	1:36.82 (5:35.69)
	1:37.93 (12:08.50)	1:38.05 (13:46.55)	1:39.03 (15:25.58)	1:37.13 (17:02.71)
	.75 (20:03.87)		3:16.76 (8:52.44)	1:38.14 (10:30.58)
			1:34.22 (18:36.92)	1:26.21 (20:03.13)
14	RUSS, Katie	Unattached	20:24.11	
	43.88 (43.88)	1:33.39 (2:17.27)	1:33.73 (3:50.99)	1:34.42 (5:25.41)
	1:39.23 (10:15.83)	1:40.38 (11:56.20)	1:42.27 (13:38.46)	1:42.65 (15:21.11)
	1:36.66 (20:24.11)		1:35.51 (7:00.92)	1:35.69 (8:36.61)
			1:42.51 (17:03.61)	1:43.85 (18:47.46)
15	ROTH, Adam	Unattached	20:29.67	
	45.56 (45.56)	1:32.67 (2:18.22)	1:33.38 (3:51.60)	1:34.33 (5:25.92)
	1:35.62 (10:09.18)	1:36.18 (11:45.36)	1:44.87 (13:30.22)	1:43.82 (15:14.04)
	1:36.76 (20:29.67)		1:35.00 (7:00.92)	1:32.65 (8:33.56)
			1:50.30 (17:04.33)	1:48.58 (18:52.91)
16	ZOTTNICK, Nathan	Unattached	20:38.65	
	45.12 (45.12)	1:32.38 (2:17.50)	1:34.54 (3:52.03)	1:33.68 (5:25.71)
	1:39.36 (10:14.19)	1:40.70 (11:54.88)	1:42.75 (13:37.62)	1:46.70 (15:24.32)
	1:41.47 (20:38.65)		1:34.97 (7:00.68)	1:34.16 (8:34.84)
			1:46.00 (17:10.31)	1:46.88 (18:57.19)
17	MAI, Nick	Unattached	20:42.39	
	44.98 (44.98)	1:34.88 (2:19.86)	1:32.76 (3:52.61)	1:37.29 (5:29.90)
	1:40.46 (10:27.37)	1:39.96 (12:07.33)	1:43.18 (13:50.51)	1:44.95 (15:35.46)
	1:33.47 (20:42.39)		1:38.65 (7:08.55)	1:38.37 (8:46.92)
			1:48.90 (17:24.35)	1:44.59 (19:08.93)
18	SNYDER, Sharon	Unattached	20:44.49	
	46.93 (46.93)	1:35.85 (2:22.77)	1:36.34 (3:59.11)	1:37.56 (5:36.66)
	1:40.61 (10:36.98)	1:42.19 (12:19.16)	1:43.02 (14:02.18)	1:43.19 (15:45.37)
	1:33.50 (20:44.49)		1:39.43 (7:16.09)	1:40.29 (8:56.38)
			1:44.07 (17:29.43)	1:41.56 (19:10.99)
19	IRBY, Freddie	Unattached	20:52.60	
	44.67 (44.67)	1:34.38 (2:19.05)	1:33.69 (3:52.73)	1:36.71 (5:29.44)
	1:45.17 (10:29.70)	1:43.71 (12:13.41)	1:44.03 (13:57.44)	1:44.95 (15:42.39)
	1:38.86 (20:52.60)		1:36.98 (7:06.42)	1:38.13 (8:44.54)
			1:48.29 (17:30.67)	1:43.08 (19:13.74)
20	LEHR, Alexander	Unattached	21:11.65	
	46.33 (46.33)	1:35.75 (2:22.07)	1:30.86 (3:52.93)	1:34.79 (5:27.71)
	1:44.04 (10:29.79)	1:51.30 (12:21.09)	1:50.28 (14:11.37)	1:48.17 (15:59.53)
	1:26.41 (21:11.65)		1:37.29 (7:04.99)	1:40.77 (8:45.76)
			1:53.02 (17:52.55)	1:52.71 (19:45.25)
21	DUCHESNE, Casey	Unattached	21:12.74	
	2:19.46 (2:19.46)	1:35.04 (3:54.49)	1:38.61 (5:33.10)	1:40.78 (7:13.87)
	1:47.11 (12:26.04)	1:47.45 (14:13.48)	1:47.17 (16:00.65)	1:46.44 (17:47.09)
	.37 (21:13.11)		1:42.73 (8:56.60)	1:42.34 (10:38.94)
			1:40.51 (19:27.60)	1:45.14 (21:12.74)
22	LEVIN, Lisa	Unattached	21:24.68	
	47.06 (47.06)	1:34.96 (2:22.02)	1:34.65 (3:56.66)	1:39.03 (5:35.69)
			1:40.99 (7:16.67)	1:41.48 (8:58.14)

TRACKSMITH TWILIGHT 5000 - DC #1

Washington, DC
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 Friday, July 29, 2022

MEET OFFICIALS

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

printed: 8/1/2022 4:14 PM

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

Pl	Name	Team	Time	Note		
	1:43.90 (10:42.04)	1:46.00 (12:28.03)	1:47.38 (14:15.40)	1:48.68 (16:04.08)	1:48.07 (17:52.14)	1:49.22 (19:41.35)
	1:43.33 (21:24.68)					
	44.93 (44.93)	1:32.96 (2:17.89)	1:33.98 (3:51.87)	1:33.32 (5:25.18)	1:35.35 (7:00.53)	1:34.94 (8:35.47)
	1:44.17 (10:19.63)	1:45.21 (12:04.83)	1:59.62 (14:04.45)	1:58.13 (16:02.58)	2:10.47 (18:13.05)	1:52.63 (20:05.67)
	1:44.02 (21:49.69)					
24	SIGMON, Andy	Unattached				23:50.00
	47.88 (47.88)	1:33.14 (2:21.02)	1:34.52 (3:55.53)	1:36.61 (5:32.14)	1:41.99 (7:14.12)	1:47.81 (9:01.93)
	2:12.88 (11:14.81)	2:11.74 (13:26.54)	4:26.89 (17:53.43)	2:01.56 (19:54.99)	1.07 (19:56.06)	1:54.93 (21:50.98)
	1.12 (21:52.10)					
	RUTHERFORD, Tusa	Unattached				DNF
	CAPIZZI, Louis	Unattached				DNF
	BENNY KLIMEK, Margaret	Unattached				DNF
	SHEETS, Sarah	Unattached				DNF
Section 5 of 9						
1	GRUBER, Elliott	Unattached				18:56.17
	46.82 (46.82)	1:30.88 (2:17.70)	1:29.72 (3:47.42)	1:31.16 (5:18.57)	12:19.68 (17:38.24)	1:17.94 (18:56.17)
2	BEARDSLEY, Adam	Unattached				18:58.16
	44.60 (44.60)	1:30.71 (2:15.31)	1:31.73 (3:47.03)	1:28.86 (5:15.89)	12:22.26 (17:38.14)	1:20.03 (18:58.16)
	2.00 (19:00.15)					
3	PERCY, Erin	Unattached				18:59.15
	45.28 (45.28)	1:28.95 (2:14.23)	1:29.45 (3:43.67)	1:30.62 (5:14.29)	13:44.87 (18:59.15)	2.10 (19:01.24)
4	ZIEMKE, michael	Unattached				19:03.36
	47.96 (47.96)	1:29.86 (2:17.82)	1:31.92 (3:49.73)	1:29.67 (5:19.39)	12:23.79 (17:43.18)	1:20.19 (19:03.36)
	4.05 (19:07.40)	19.40 (19:26.79)				
5	JOHANEK, Sarah	Unattached				19:05.32
	47.17 (47.17)	1:29.54 (2:16.70)	1:30.72 (3:47.42)	1:30.47 (5:17.89)	12:21.89 (17:39.77)	1:25.55 (19:05.32)
	3.58 (19:08.89)					
6	GENUA, Devon	Unattached				19:05.73
	47.42 (47.42)	1:29.98 (2:17.40)	1:31.09 (3:48.49)	1:31.84 (5:20.32)	12:31.13 (17:51.45)	1:14.28 (19:05.73)
	4.02 (19:09.74)	12.66 (19:22.40)	11.89 (19:34.28)	57.13 (20:31.41)	21.13 (20:52.53)	
7	CHARLES, Ericka	Unattached				19:06.29
	46.50 (46.50)	1:29.93 (2:16.43)	1:29.09 (3:45.51)	1:30.62 (5:16.13)	12:42.75 (17:58.87)	1:07.42 (19:06.29)
	3.22 (19:09.50)					
8	KUMER, Emma	Unattached				19:06.50
	43.89 (43.89)	1:33.15 (2:17.04)	1:28.72 (3:45.75)	1:29.36 (5:15.11)	12:30.57 (17:45.67)	1:20.83 (19:06.50)
	2.14 (19:08.63)	20.75 (19:29.38)				
9	DELISSER, Jordan	Unattached				19:18.72
	48.55 (48.55)	1:29.90 (2:18.45)	1:29.91 (3:48.35)	1:31.48 (5:19.83)	12:33.81 (17:53.64)	1:25.09 (19:18.72)
	3.90 (19:22.62)	13.41 (19:36.02)	23.89 (19:59.91)			
10	CRAWFORD, Caleb	Unattached				19:19.46
	48.19 (48.19)	1:28.52 (2:16.70)	1:31.22 (3:47.91)	1:32.79 (5:20.70)	12:32.44 (17:53.13)	1:26.33 (19:19.46)
	3.29 (19:22.75)					
11	AHERN, Daniel	Unattached				19:19.90
	47.92 (47.92)	1:34.73 (2:22.64)	1:32.00 (3:54.64)	1:31.93 (5:26.56)	12:28.03 (17:54.59)	1:25.32 (19:19.90)
	3.47 (19:23.37)					
12	SAMONAS, Nicholas	Unattached				19:22.54
	47.13 (47.13)	1:30.76 (2:17.88)	1:29.55 (3:47.42)	1:31.82 (5:19.23)	12:34.14 (17:53.36)	1:29.18 (19:22.54)

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

PI	Name	Team	Time	Note		
	48.55 (48.55) 3.23 (19:27.95)	1:33.93 (2:22.48)	1:32.60 (3:55.07)	1:33.91 (5:28.98)	12:34.38 (18:03.36)	1:21.37 (19:24.72)
14	BROWN, Greg	Unattached				19:25.52
	47.17 (47.17) 3.19 (19:28.70)	1:29.88 (2:17.04)	1:31.32 (3:48.35)	1:30.88 (5:19.23)	12:35.98 (17:55.20)	1:30.32 (19:25.52)
15	DAWSON, Nicole	Unattached				19:44.19
	48.23 (48.23) 2.95 (19:47.13)	1:29.78 (2:18.01)	1:30.81 (3:48.82)	1:32.58 (5:21.39)	12:55.82 (18:17.21)	1:26.98 (19:44.19)
16	FRIERSON, Laurance	Unattached				19:52.55
	47.77 (47.77) 3.97 (19:56.52)	1:35.57 (2:23.33)	1:31.10 (3:54.43)	1:33.62 (5:28.05)	13:02.09 (18:30.13)	1:22.42 (19:52.55)
17	MCDUGALL, Shannon	Unattached				19:54.55
	51.60 (51.60) 3.23 (19:57.78)	1:32.54 (2:24.13)	1:30.16 (3:54.28)	1:34.24 (5:28.52)	12:57.10 (18:25.61)	1:28.94 (19:54.55)
18	GRUFFERMAN, Elizabeth	Unattached				20:06.16
	50.24 (50.24) 3.24 (20:09.39)	1:34.07 (2:24.31)	1:32.00 (3:56.30)	1:32.64 (5:28.94)	13:05.77 (18:34.71)	1:31.46 (20:06.16)
19	BONFATTO, Michael	Unattached				20:06.24
	49.88 (49.88)	1:32.73 (2:22.60)	1:31.79 (3:54.38)	1:33.16 (5:27.54)	13:07.63 (18:35.16)	1:31.08 (20:06.24)
Section 6 of 9						
1	TRAINOR, Clayton	Unattached				17:31.56
	40.03 (40.03) 1:25.31 (9:05.63) 1:16.77 (17:31.56)	1:26.79 (2:06.82)	1:23.35 (3:30.17)	1:21.33 (4:51.49)	1:23.66 (6:15.14)	1:25.19 (7:40.33)
		1:23.34 (10:28.97)	1:26.91 (11:55.87)	1:26.33 (13:22.19)	1:26.20 (14:48.39)	1:26.42 (16:14.80)
2	LAWVER, Daniel	Unattached				17:31.65
	40.54 (40.54) 1:27.27 (9:09.74) 1:15.36 (17:31.65)	1:24.40 (2:04.94)	1:25.59 (3:30.52)	1:25.46 (4:55.98)	1:24.02 (6:19.99)	1:22.48 (7:42.47)
		1:24.13 (10:33.86)	1:25.81 (11:59.67)	1:25.19 (13:24.85)	1:25.84 (14:50.69)	1:25.62 (16:16.30)
3	DAHLEM, Jim	Unattached				17:38.33
	43.87 (43.87) 1:24.35 (9:11.49) 1:21.68 (17:38.33)	1:24.22 (2:08.09)	1:23.86 (3:31.95)	1:23.50 (4:55.44)	1:25.28 (6:20.72)	1:26.42 (7:47.14)
		1:24.47 (10:35.95)	1:23.42 (11:59.37)	1:26.00 (13:25.36)	1:26.11 (14:51.47)	1:25.20 (16:16.66)
4	MCFALL, Shawn	Unattached				17:48.80
	40.16 (40.16) 1:26.35 (9:10.53) 1:20.93 (17:48.80)	1:25.61 (2:05.76)	1:23.52 (3:29.28)	1:25.07 (4:54.34)	1:24.41 (6:18.75)	1:25.44 (7:44.19)
		1:26.42 (10:36.95)	1:27.66 (12:04.60)	1:27.81 (13:32.41)	1:28.70 (15:01.11)	1:26.77 (16:27.88)
5	LEMON, Luther	Unattached				17:49.73
	44.18 (44.18) 1:25.62 (9:16.56) 1:18.53 (17:49.73)	1:26.32 (2:10.49)	1:25.08 (3:35.57)	1:23.72 (4:59.29)	1:25.76 (6:25.05)	1:25.91 (7:50.95)
		1:26.42 (10:42.98)	1:26.92 (12:09.90)	1:26.79 (13:36.69)	1:27.09 (15:03.78)	1:27.43 (16:31.20)
6	RIESENBERG, John	Unattached				17:56.40
	43.08 (43.08) 1:28.62 (9:23.39) 1:23.59 (17:56.40)	1:25.80 (2:08.87)	1:28.56 (3:37.42)	1:25.76 (5:03.18)	1:25.37 (6:28.55)	1:26.23 (7:54.78)
		1:23.83 (10:47.22)	1:25.61 (12:12.82)	1:26.42 (13:39.23)	1:26.81 (15:06.04)	1:26.77 (16:32.81)
7	PUTTERMAN, Sara	Unattached				17:57.84
	42.10 (42.10)	1:27.42 (2:09.51)	1:27.37 (3:36.87)	1:26.55 (5:03.41)	1:23.54 (6:26.95)	1:26.45 (7:53.40)

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

PI	Name	Team	Time	Note
	1:25.70 (17:57.84)			
	40.54 (40.54)	1:26.67 (2:07.21)	1:27.75 (3:34.96)	1:27.30 (5:02.26)
	1:24.10 (9:12.80)	1:26.20 (10:39.00)	1:24.77 (12:03.76)	1:28.87 (13:32.63)
	1:29.80 (15:02.42)	1:32.09 (6:25.35)	1:23.36 (7:48.70)	1:32.18 (16:34.59)
	1:31.11 (18:05.70)			
9	NAPIER, Sean	Unattached	18:08.95	
	40.45 (40.45)	1:23.16 (2:03.61)	1:26.17 (3:29.78)	1:23.31 (4:53.09)
	1:27.30 (6:20.38)	1:28.84 (7:49.22)	1:31.63 (9:20.84)	1:28.87 (10:49.71)
	1:30.95 (12:20.66)	1:32.73 (13:53.39)	1:28.41 (15:21.79)	1:29.19 (16:50.98)
	1:17.98 (18:08.95)			
10	BROWN, Adam	Unattached	18:26.59	
	45.34 (45.34)	2:51.38 (3:36.72)	1:27.03 (5:03.74)	1:23.44 (6:27.17)
	1:28.61 (7:55.78)	1:25.46 (9:21.24)	1:24.89 (10:46.12)	1:33.15 (12:19.27)
	1:32.26 (13:51.53)	1:33.17 (15:24.69)	1:33.91 (16:58.60)	1:28.00 (18:26.59)
	.11 (18:26.69)			
11	RAMASAMY, Samson	Unattached	18:28.55	
	41.19 (41.19)	1:27.25 (2:08.43)	1:27.39 (3:35.82)	1:27.92 (5:03.74)
	1:24.49 (6:28.22)	1:26.61 (7:54.82)	1:32.29 (9:27.11)	1:31.00 (10:58.10)
	1:33.50 (12:31.60)	1:33.57 (14:05.17)	1:33.84 (15:39.00)	1:28.15 (17:07.15)
	1:21.41 (18:28.55)			
12	HANSEN, Dira	Unattached	18:29.23	
	42.51 (42.51)	1:27.31 (2:09.82)	1:26.94 (3:36.76)	1:27.64 (5:04.39)
	1:24.16 (6:28.55)	1:28.41 (7:56.95)	1:30.60 (9:27.55)	1:29.19 (10:56.73)
	1:31.40 (12:28.13)	1:32.84 (14:00.96)	1:33.79 (15:34.75)	1:32.98 (17:07.73)
	1:21.50 (18:29.23)			
13	BEENE, Cameron	Unattached	18:41.20	
	46.85 (46.85)	1:30.25 (2:17.10)	1:27.97 (3:45.06)	1:26.53 (5:11.59)
	1:26.53 (6:38.11)	1:26.73 (8:04.83)	1:31.42 (9:36.25)	1:28.45 (11:04.70)
	1:29.65 (12:34.34)	1:33.41 (14:07.74)	1:32.12 (15:39.86)	1:32.26 (17:12.12)
	1:29.09 (18:41.20)			
14	ALAO, Babadamilola	Unattached	18:43.73	
	45.53 (45.53)	1:28.78 (2:14.31)	1:32.01 (3:46.31)	1:30.88 (5:17.19)
	13:26.55 (18:43.73)			
15	KRZYSTOFIK, Joseph	Unattached	18:47.41	
	42.72 (42.72)	1:26.46 (2:09.18)	1:28.09 (3:37.26)	1:24.61 (5:01.87)
	1:26.85 (6:28.72)	1:28.64 (7:57.35)	1:31.04 (9:28.39)	1:32.78 (11:01.17)
	1:32.37 (12:33.53)	1:34.66 (14:08.18)	1:35.69 (15:43.87)	1:32.98 (17:16.84)
	1:30.57 (18:47.41)			
16	YANG, Carolyn	Unattached	18:49.68	
	47.68 (47.68)	1:30.19 (2:17.87)	1:27.73 (3:45.59)	1:26.14 (5:11.72)
	1:29.48 (6:41.20)	1:32.64 (8:13.84)	1:29.22 (9:43.06)	1:32.19 (11:15.24)
	1:30.95 (12:46.18)	1:31.61 (14:17.79)	1:31.88 (15:49.66)	1:32.82 (17:22.48)
	1:27.21 (18:49.68)			
17	O'KANE, Alexandra	Unattached	18:49.72	
	46.56 (46.56)	1:30.04 (2:16.59)	1:30.18 (3:46.77)	1:27.37 (5:14.13)
	1:29.10 (6:43.23)	1:30.05 (8:13.28)	1:30.93 (9:44.20)	1:31.23 (11:15.43)
	1:31.18 (12:46.60)	1:31.85 (14:18.44)	1:32.07 (15:50.51)	1:31.30 (17:21.81)
	1:27.92 (18:49.72)			
18	KLINE, Ronald	Unattached	18:55.67	
	43.83 (43.83)	1:27.40 (2:11.23)	1:27.40 (3:38.63)	1:28.39 (5:07.01)
	1:30.07 (6:37.08)	1:29.52 (8:06.59)	1:31.60 (9:38.18)	1:33.01 (11:11.19)
	1:30.74 (12:41.93)	1:32.36 (14:14.29)	1:37.21 (15:51.49)	1:34.09 (17:25.57)
	1:30.10 (18:55.67)			
19	WASKO, Anna Claire	Unattached	18:56.04	
	42.93 (42.93)	1:27.18 (2:10.10)	1:28.15 (3:38.25)	1:25.97 (5:04.22)
	1:26.97 (6:31.19)	1:33.23 (8:04.41)	1:32.11 (9:36.51)	1:31.45 (11:07.96)
	1:36.77 (12:44.73)	1:33.78 (14:18.51)	1:37.24 (15:55.74)	1:34.98 (17:30.71)

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

Pl	Name	Team				Time	Note
	1:25.34 (18:56.04)						
	44.42 (44.42)	1:25.10 (2:09.51)	1:29.82 (3:39.33)	1:29.09 (5:08.42)	1:29.51 (6:37.92)	1:30.02 (8:07.93)	
	1:33.60 (9:41.53)	1:32.64 (11:14.16)	1:32.17 (12:46.32)	1:32.97 (14:19.29)	1:34.66 (15:53.94)	1:33.07 (17:27.01)	
	1:29.08 (18:56.09)						
21	ROBELER, Caroline	Unattached				18:59.14	
	48.45 (48.45)	1:29.54 (2:17.98)	1:29.14 (3:47.11)	1:30.31 (5:17.42)	1:29.56 (6:46.98)	1:29.22 (8:16.20)	
	1:31.32 (9:47.51)	1:34.67 (11:22.18)	1:31.81 (12:53.98)	1:33.42 (14:27.40)	1:35.30 (16:02.69)	1:31.38 (17:34.07)	
	1:25.07 (18:59.14)						
22	LESSARD, Donovan	Unattached				19:01.59	
	45.76 (45.76)	1:29.09 (2:14.85)	1:32.31 (3:47.16)	1:32.20 (5:19.36)	1:31.17 (6:50.53)	1:31.11 (8:21.63)	
	1:31.52 (9:53.15)	1:32.20 (11:25.35)	1:33.12 (12:58.46)	1:30.78 (14:29.24)	1:34.30 (16:03.54)	1:32.76 (17:36.29)	
	1:25.31 (19:01.59)						
23	NAFF, Michael	Unattached				19:03.82	
	47.68 (47.68)	1:30.35 (2:18.03)	1:29.38 (3:47.41)	1:28.33 (5:15.73)	1:30.22 (6:45.95)	1:32.50 (8:18.45)	
	1:30.69 (9:49.13)	1:32.41 (11:21.54)	1:32.84 (12:54.37)	1:35.13 (14:29.49)	1:34.43 (16:03.91)	1:30.90 (17:34.80)	
	1:29.02 (19:03.82)						
24	NIGHBOR, Tyler	Unattached				19:04.85	
	45.15 (45.15)	1:27.14 (2:12.29)	1:30.71 (3:42.99)	1:31.14 (5:14.13)	1:29.76 (6:43.89)	1:33.52 (8:17.40)	
	1:33.47 (9:50.87)	1:33.72 (11:24.58)	1:34.89 (12:59.46)	1:36.65 (14:36.11)	1:33.07 (16:09.18)	1:31.38 (17:40.55)	
	1:24.31 (19:04.85)						
25	LITTLEFIELD, Eliot	Unattached				19:10.29	
	43.45 (43.45)	1:28.49 (2:11.93)	1:29.93 (3:41.86)	1:30.27 (5:12.13)	1:29.62 (6:41.75)	1:32.52 (8:14.26)	
	1:34.74 (9:48.99)	1:35.04 (11:24.03)	1:34.76 (12:58.79)	1:35.65 (14:34.44)	1:37.22 (16:11.66)	1:34.68 (17:46.33)	
	1:23.96 (19:10.29)						
26	CANFIELD, Jeremy	Unattached				19:15.43	
	47.37 (47.37)	1:29.90 (2:17.27)	1:27.91 (3:45.17)	1:27.31 (5:12.47)	1:28.13 (6:40.59)	1:30.55 (8:11.14)	
	1:31.74 (9:42.87)	1:32.51 (11:15.38)	1:35.29 (12:50.67)	1:37.17 (14:27.83)	1:40.14 (16:07.97)	1:40.68 (17:48.65)	
	1:26.78 (19:15.43)						
27	CHEN, Willis	Unattached				19:17.81	
	47.37 (47.37)	1:30.36 (2:17.73)	1:30.44 (3:48.16)	1:30.34 (5:18.49)	1:31.62 (6:50.11)	1:30.96 (8:21.06)	
	1:31.33 (9:52.38)	1:33.22 (11:25.60)	1:35.82 (13:01.42)	1:35.50 (14:36.91)	1:35.88 (16:12.79)	1:34.36 (17:47.15)	
	1:30.67 (19:17.81)						
28	BUTLER, Jarrhett	Unattached				19:23.67	
	45.53 (45.53)	1:29.00 (2:14.53)	1:30.59 (3:45.11)	1:31.72 (5:16.82)	1:29.87 (6:46.68)	1:32.80 (8:19.48)	
	1:35.44 (9:54.91)	1:36.87 (11:31.78)	1:39.29 (13:11.07)	1:32.72 (14:43.78)	1:37.08 (16:20.86)	1:38.40 (17:59.26)	
	1:24.42 (19:23.67)						
29	KIND, Jonah	Unattached				19:26.11	
	42.93 (42.93)	1:27.68 (2:10.60)	1:27.23 (3:37.83)	1:26.77 (5:04.59)	1:30.68 (6:35.27)	1:32.83 (8:08.09)	
	1:33.82 (9:41.90)	1:36.08 (11:17.97)	1:38.93 (12:56.90)	1:36.70 (14:33.60)	3:20.77 (17:54.36)	.99 (17:55.35)	
	1:30.77 (19:26.11)						
30	GROVEUNDER, Seth	Unattached				20:37.36	
	46.43 (46.43)	1:28.48 (2:14.90)	1:29.44 (3:44.34)	1:31.60 (5:15.94)	1:36.30 (6:52.23)	1:38.06 (8:30.28)	
	1:40.61 (10:10.90)	1:43.12 (11:54.01)	1:45.74 (13:39.75)	1:44.95 (15:24.69)	1:44.87 (17:09.56)	1:44.94 (18:54.50)	
	1:42.87 (20:37.36)						
Section 7 of 9							
1	LEE, Connor	Unattached				16:47.57	
	45.35 (45.35)	1:22.72 (2:08.07)	1:22.25 (3:30.32)	1:23.06 (4:53.38)	1:21.77 (6:15.14)	2:47.12 (9:02.25)	

TRACKSMITH TWILIGHT 5000 - DC #1

Washington, DC
 Cardozo Education Campus
 Host: Trials of Miles
 Friday, July 29, 2022

MEET OFFICIALS

Meet Director:
 Trials of Miles
Timing:
 Windsor Running, LLC

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

printed: 8/1/2022 4:14 PM

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

Pl	Name	Team	Time Note				
	44.81 (44.81)		1:21.38 (2:06.18)	1:22.63 (3:28.80)	1:22.61 (4:51.41)	1:22.45 (6:13.86)	1:23.38 (7:37.23)
	4:08.97 (11:46.20)		1:20.94 (13:07.13)	1:21.56 (14:28.69)	1:21.24 (15:49.92)	1:15.86 (17:05.78)	5.00 (17:10.78)
3	JOHANSEN, Syver	Unattached	17:15.09				
	42.09 (42.09)		1:21.95 (2:04.04)	1:22.39 (3:26.43)	1:24.06 (4:50.49)	1:23.11 (6:13.59)	1:23.36 (7:36.95)
	1:23.47 (9:00.41)		1:24.38 (10:24.78)	1:22.12 (11:46.90)	1:23.23 (13:10.13)	1:24.44 (14:34.56)	1:25.94 (16:00.49)
	1:14.60 (17:15.09)						
4	LEIHER, Sydney	Unattached	17:20.00				
	46.45 (46.45)		1:21.84 (2:08.29)	1:24.64 (3:32.93)	1:25.22 (4:58.14)	1:21.50 (6:19.64)	1:24.09 (7:43.73)
	1:28.16 (9:11.88)		1:23.62 (10:35.50)	1:23.04 (11:58.54)	1:21.86 (13:20.39)	1:24.08 (14:44.47)	1:23.30 (16:07.76)
	1:12.24 (17:20.00)						
5	LAPIANA, Joseph	Unattached	17:21.83 17:21.82				
	42.77 (42.77)		1:24.30 (2:07.07)	1:23.08 (3:30.14)	1:25.63 (4:55.77)	1:24.30 (6:20.06)	1:23.53 (7:43.59)
	1:22.06 (9:05.64)		1:24.28 (10:29.92)	1:23.93 (11:53.85)	1:23.73 (13:17.58)	1:22.26 (14:39.83)	1:24.66 (16:04.48)
	1:17.35 (17:21.83)						
6	CHESTERTON, Eric	Unattached	17:21.83 17:21.82				
	46.25 (46.25)		1:18.59 (2:04.84)	1:22.72 (3:27.55)	1:23.16 (4:50.70)	1:23.00 (6:13.70)	1:23.44 (7:37.13)
	1:24.59 (9:01.72)		1:23.75 (10:25.47)	1:22.40 (11:47.87)	1:25.00 (13:12.86)	1:26.35 (14:39.20)	1:29.62 (16:08.82)
	1:13.01 (17:21.83)						
7	BAXTER, Mason	Unattached	17:21.84				
	45.58 (45.58)		1:20.61 (2:06.18)	1:23.22 (3:29.40)	1:22.17 (4:51.56)	1:21.11 (6:12.67)	1:24.28 (7:36.95)
	1:23.09 (9:00.04)		1:23.56 (10:23.59)	1:24.95 (11:48.54)	1:26.83 (13:15.36)	1:25.06 (14:40.42)	1:26.09 (16:06.51)
	1:15.33 (17:21.84)						
8	JUNG, Tristan	Unattached	17:30.78				
	43.35 (43.35)		1:20.85 (2:04.20)	1:23.02 (3:27.21)	1:24.45 (4:51.66)	1:18.88 (6:10.53)	1:25.64 (7:36.17)
	1:26.05 (9:02.21)		1:25.94 (10:28.14)	1:24.56 (11:52.69)	1:26.67 (13:19.36)	1:28.73 (14:48.09)	1:27.31 (16:15.40)
	1:15.39 (17:30.78)						
9	YOUNG, CJ	Unattached	17:41.76				
	45.81 (45.81)		2:47.03 (3:32.83)	1:23.69 (4:56.52)	1:23.39 (6:19.90)	1:24.38 (7:44.27)	1:25.03 (9:09.30)
	1:27.20 (10:36.50)		1:25.78 (12:02.27)	1:27.67 (13:29.94)	1:28.11 (14:58.04)	1:27.81 (16:25.85)	1:15.92 (17:41.76)
	5.00 (17:46.76)						
10	VIGER, Rachel	Unattached	17:43.98				
	46.01 (46.01)		1:22.71 (2:08.71)	1:24.86 (3:33.57)	1:23.27 (4:56.83)	1:24.55 (6:21.37)	1:24.64 (7:46.01)
	1:26.03 (9:12.03)		1:25.45 (10:37.48)	1:26.00 (12:03.47)	1:26.47 (13:29.94)	1:29.03 (14:58.96)	1:25.47 (16:24.43)
	1:19.55 (17:43.98)						
11	BARRISS, Griffin	Unattached	17:45.48				
	44.69 (44.69)		1:23.20 (2:07.88)	1:23.20 (3:31.08)	1:23.44 (4:54.52)	1:26.13 (6:20.64)	1:27.76 (7:48.40)
	1:23.06 (9:11.46)		1:27.11 (10:38.56)	1:29.79 (12:08.35)	1:28.44 (13:36.78)	1:28.92 (15:05.70)	1:27.39 (16:33.08)
	1:12.40 (17:45.48)						
12	GUPTA, Samarth	Unattached	17:47.66				
	44.81 (44.81)		1:19.86 (2:04.66)	1:23.86 (3:28.52)	1:27.16 (4:55.67)	1:25.17 (6:20.84)	1:22.75 (7:43.59)
	1:26.77 (9:10.35)		1:24.95 (10:35.29)	1:30.92 (12:06.21)	1:30.70 (13:36.90)	1:28.98 (15:05.88)	1:27.67 (16:33.55)
	1:14.11 (17:47.66)						
13	HOYT, Conner	Unattached	17:48.94				
	46.01 (46.01)		1:23.89 (2:09.90)	1:24.49 (3:34.38)	1:23.11 (4:57.48)	1:25.08 (6:22.56)	1:25.75 (7:48.30)
	1:27.58 (9:15.88)		1:29.30 (10:45.17)	1:27.09 (12:12.25)	1:28.76 (13:41.01)	1:27.81 (15:08.82)	1:29.48 (16:38.30)

TRACKSMITH TWILIGHT 5000 - DC #1

Washington, DC
 Cardozo Education Campus
 Host: Trials of Miles
 Friday, July 29, 2022

MEET OFFICIALS

Meet Director:
 Trials of Miles
Timing:
 Windsor Running, LLC

**WINDSORRUNNING**

OFFICIAL MEET REPORT
 printed: 8/1/2022 4:14 PM

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

Pl	Name	Team	Time	Note
	1:10.65 (17:48.94)			
	46.01 (46.01)	1:23.89 (2:09.90)	1:23.99 (3:33.88)	1:23.84 (4:57.72)
	1:26.22 (9:13.83)	1:26.50 (10:40.33)	1:28.95 (12:09.27)	1:28.17 (13:37.44)
	1:24.47 (6:22.18)	1:25.44 (7:47.62)	1:28.03 (15:05.46)	1:27.56 (16:33.02)
	1:16.73 (17:49.75)			
15	FINN, Matthew	Unattached	18:10.15	
	42.77 (42.77)	1:20.69 (2:03.46)	1:24.25 (3:27.71)	1:25.47 (4:53.17)
	1:28.94 (9:13.83)	1:31.34 (10:45.17)	1:30.23 (12:15.39)	1:31.19 (13:46.57)
	1:27.28 (6:20.45)	1:24.45 (7:44.90)	1:31.42 (15:17.99)	1:30.84 (16:48.83)
	1:21.33 (18:10.15)			
Section 8 of 9				
1	RYBA, Thomas	Unattached	16:06.10	
	41.25 (41.25)	1:16.82 (1:58.07)	1:18.28 (3:16.35)	1:19.80 (4:36.14)
	1:18.49 (8:29.65)	1:18.74 (9:48.38)	1:17.28 (11:05.66)	1:16.07 (12:21.72)
	1:18.71 (13:40.43)	1:18.05 (14:58.48)	1:18.71 (13:40.43)	1:18.05 (14:58.48)
	1:07.62 (16:06.10)			
2	PETERS, Cameron	Unattached	16:12.82	
	41.77 (41.77)	1:15.62 (1:57.38)	1:19.38 (3:16.75)	1:18.96 (4:35.70)
	1:18.69 (8:28.93)	1:19.19 (9:48.12)	1:18.11 (11:06.22)	1:18.96 (12:25.18)
	1:21.33 (13:46.51)	1:20.02 (15:06.52)	1:21.33 (13:46.51)	1:20.02 (15:06.52)
	1:06.30 (16:12.82)			
3	BARRA, David	Unattached	16:22.73	
	41.04 (41.04)	1:15.76 (1:56.80)	1:19.45 (3:16.25)	1:19.89 (4:36.14)
	1:18.95 (8:30.24)	1:19.41 (9:49.65)	1:19.85 (11:09.49)	1:20.31 (12:29.80)
	1:22.41 (13:52.21)	1:21.48 (15:13.68)	1:22.41 (13:52.21)	1:21.48 (15:13.68)
	1:09.06 (16:22.73)			
4	HAYES, Owen	Unattached	17:00.82	
	44.55 (44.55)	1:18.59 (2:03.13)	1:19.78 (3:22.91)	1:18.58 (4:41.48)
	1:25.09 (8:53.61)	1:24.77 (10:18.38)	1:25.36 (11:43.73)	1:26.31 (13:10.04)
	1:23.06 (6:04.54)	1:23.99 (7:28.52)	1:24.92 (14:34.95)	1:22.63 (15:57.58)
	1:03.24 (17:00.82)			
5	SULLIVAN, Michael	Unattached	17:04.17	
	45.35 (45.35)	1:18.73 (2:04.08)	1:19.10 (3:23.17)	1:19.24 (4:42.40)
	1:21.77 (8:43.36)	1:23.10 (10:06.46)	1:24.64 (11:31.09)	1:25.24 (12:56.33)
	1:19.89 (6:02.29)	1:19.32 (7:21.60)	1:26.84 (14:23.16)	1:23.76 (15:46.91)
	1:17.27 (17:04.17)			
6	UMHAU, Bennett	Unattached	17:05.21	
	44.08 (44.08)	1:22.02 (2:06.10)	1:18.89 (3:24.98)	1:20.17 (4:45.15)
	1:21.60 (8:51.10)	1:23.41 (10:14.50)	1:25.76 (11:40.26)	1:25.16 (13:05.42)
	1:21.11 (6:06.26)	1:23.25 (7:29.51)	1:25.39 (14:30.80)	1:24.63 (15:55.43)
	1:09.79 (17:05.21)			
7	THOMAS, Benn	Unattached	17:08.49	
	44.55 (44.55)	1:21.85 (2:06.39)	1:17.81 (3:24.20)	1:19.38 (4:43.57)
	1:21.73 (8:48.63)	1:25.00 (10:13.63)	1:25.08 (11:38.70)	1:26.36 (13:05.06)
	1:20.50 (6:04.07)	1:22.83 (7:26.90)	1:24.45 (14:29.50)	1:26.43 (15:55.93)
	1:12.57 (17:08.49)			
8	CONNOLLY, Chip	Unattached	17:10.59	
	43.29 (43.29)	1:19.56 (2:02.85)	1:20.00 (3:22.84)	1:21.38 (4:44.22)
	1:22.88 (8:51.14)	1:23.91 (10:15.05)	1:24.27 (11:39.31)	1:24.99 (13:04.29)
	1:20.89 (6:05.10)	1:23.17 (7:28.27)	1:26.06 (14:30.34)	1:25.63 (15:55.97)
	1:14.62 (17:10.59)			
9	ALVARADO, Robert	Unattached	17:57.28	
	46.99 (46.99)	1:24.89 (2:11.88)	1:23.30 (3:35.17)	1:21.81 (4:56.98)
	1:25.71 (9:11.25)	1:26.67 (10:37.92)	1:29.37 (12:07.29)	1:30.38 (13:37.66)
	1:23.39 (6:20.37)	1:25.19 (7:45.55)	1:29.21 (15:06.87)	1:29.69 (16:36.55)
	1:20.73 (17:57.28)			

Section 9 of 9

TRACKSMITH TWILIGHT 5000 - DC #1

Washington, DC
 Cardozo Education Campus
 Host: Trials of Miles
 Friday, July 29, 2022

MEET OFFICIALS

Meet Director:
 Trials of Miles
Timing:
 Windsor Running, LLC

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

printed: 8/1/2022 4:14 PM

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

Pl	Name	Team	Time Note			
	BROOK, Robert	Unattached	15:32.03			
	41.10 (41.10)	1:14.07 (1:55.16)	1:14.30 (3:09.46)	1:14.96 (4:24.41)	1:15.53 (5:39.94)	1:14.67 (6:54.60)
	1:14.32 (8:08.92)	1:16.10 (9:25.01)	1:15.10 (10:40.10)	1:15.24 (11:55.33)	1:15.44 (13:10.77)	1:14.66 (14:25.42)
	1:06.61 (15:32.03)					
1	WITTERS, Ryan	Unattached	14:48.53			
	39.53 (39.53)	1:09.56 (1:49.08)	1:11.46 (3:00.54)	1:09.77 (4:10.30)	1:09.96 (5:20.25)	1:10.96 (6:31.20)
	1:12.69 (7:43.89)	1:13.53 (8:57.42)	1:15.21 (10:12.62)	1:13.07 (11:25.68)	3:22.85 (14:48.53)	4.52 (14:53.04)
	26.58 (15:19.61)					
2	PISTILLI, Zach	Unattached	15:00.77			
	38.42 (38.42)	1:10.84 (1:49.26)	1:11.17 (3:00.43)	1:10.22 (4:10.64)	1:11.30 (5:21.94)	1:10.78 (6:32.72)
	1:11.91 (7:44.62)	1:12.99 (8:57.61)	1:14.69 (10:12.29)	1:13.25 (11:25.54)	2:27.69 (13:53.23)	1:07.55 (15:00.77)
	4.38 (15:05.15)					
3	PATEL, Panth	Unattached	15:34.61			
	38.70 (38.70)	1:10.09 (1:48.79)	1:12.28 (3:01.07)	1:09.39 (4:10.46)	1:12.30 (5:22.75)	1:13.74 (6:36.48)
	1:15.39 (7:51.87)	1:17.06 (9:08.93)	6:25.68 (15:34.61)			
4	SARGE, Matthew	Unattached	15:34.90			
	41.75 (41.75)	1:13.77 (1:55.52)	1:14.30 (3:09.82)	1:14.85 (4:24.66)	1:14.52 (5:39.17)	1:14.75 (6:53.92)
	1:15.74 (8:09.65)	1:15.25 (9:24.90)	1:15.52 (10:40.41)	1:15.46 (11:55.86)	1:15.58 (13:11.44)	1:15.74 (14:27.17)
	1:07.74 (15:34.90)					
5	RIAL, Will	Unattached	15:38.59			
	39.87 (39.87)	1:10.79 (1:50.66)	1:13.14 (3:03.80)	1:11.11 (4:14.91)	1:12.30 (5:27.20)	1:12.88 (6:40.08)
	1:14.46 (7:54.53)	1:16.92 (9:11.45)	1:16.86 (10:28.30)	1:18.99 (11:47.29)	1:20.33 (13:07.61)	1:19.91 (14:27.51)
	1:11.08 (15:38.59)					
6	SALVADOR, Xavier	Unattached	15:45.22			
	42.17 (42.17)	1:13.87 (1:56.04)	1:15.02 (3:11.05)	1:14.50 (4:25.55)	1:14.63 (5:40.17)	1:17.06 (6:57.23)
	1:16.02 (8:13.24)	1:16.31 (9:29.55)	1:16.28 (10:45.83)	1:16.24 (12:02.06)	1:17.39 (13:19.45)	1:15.66 (14:35.11)
	1:10.11 (15:45.22)					
7	RIOS, Ivan	Unattached	15:50.60			
	41.98 (41.98)	1:14.92 (1:56.89)	1:15.36 (3:12.25)	1:14.49 (4:26.73)	1:16.07 (5:42.80)	1:16.98 (6:59.78)
	1:15.99 (8:15.76)	1:17.58 (9:33.33)	1:17.77 (10:51.10)	1:18.81 (12:09.91)	1:18.78 (13:28.68)	1:17.91 (14:46.59)
	1:04.02 (15:50.60)					
8	HODGINS, Cody	Unattached	15:51.57			
	44.65 (44.65)	1:16.66 (2:01.30)	1:17.22 (3:18.52)	1:15.67 (4:34.19)	1:17.08 (5:51.26)	1:17.91 (7:09.16)
	1:15.49 (8:24.65)	1:15.38 (9:40.02)	1:15.27 (10:55.28)	1:16.80 (12:12.08)	1:17.19 (13:29.26)	1:16.94 (14:46.20)
	1:05.38 (15:51.57)					
9	FOREMAN, Nick	Unattached	15:53.20			
	46.44 (46.44)	1:15.63 (2:02.07)	1:16.55 (3:18.61)	1:15.63 (4:34.23)	1:17.63 (5:51.86)	1:17.16 (7:09.01)
	1:16.19 (8:25.19)	1:14.99 (9:40.18)	1:15.52 (10:55.69)	1:16.92 (12:12.61)	1:16.92 (13:29.53)	1:15.89 (14:45.42)
	1:07.79 (15:53.20)					
10	REDFERN, Jeffrey	Unattached	15:57.48			
	42.72 (42.72)	1:13.51 (1:56.22)	1:15.91 (3:12.13)	1:14.41 (4:26.53)	1:17.14 (5:43.67)	1:16.33 (6:59.99)
	1:17.64 (8:17.63)	1:21.20 (9:38.83)	1:17.21 (10:56.03)	1:16.67 (12:12.70)	1:18.96 (13:31.65)	1:18.16 (14:49.81)
	1:07.68 (15:57.48)					
11	DICHIARA, Tom	Unattached	15:58.00			
	43.87 (43.87)	1:17.84 (2:01.71)	1:17.41 (3:19.11)	1:15.64 (4:34.75)	1:17.00 (5:51.75)	1:17.66 (7:09.40)
	1:17.06 (8:26.46)	1:16.03 (9:42.49)	1:15.78 (10:58.27)	1:17.67 (12:15.94)	1:16.91 (13:32.84)	1:15.69 (14:48.52)

TRACKSMITH TWILIGHT 5000 - DC #1

Washington, DC
 Cardozo Education Campus
 Host: Trials of Miles
 Friday, July 29, 2022

MEET OFFICIALS

Meet Director:
 Trials of Miles
Timing:
 Windsor Running, LLC

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

printed: 8/1/2022 4:14 PM

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

PI	Name	Team	Time	Note
	1:09.48 (15:58.00)			
	45.13 (45.13)	1:17.31 (2:02.44)	1:17.25 (3:19.69)	1:16.46 (4:36.14)
	1:17.91 (8:27.80)	1:18.14 (9:45.94)	1:18.06 (11:04.00)	1:18.99 (12:22.98)
	1:16.80 (5:52.93)	1:18.08 (13:41.06)	1:17.55 (14:58.60)	
	1:04.58 (16:03.18)			
13	ROW, Liam	Unattached	16:03.63	
	39.23 (39.23)	1:10.65 (1:49.88)	1:13.47 (3:03.35)	1:13.39 (4:16.74)
	1:20.11 (8:10.35)	1:20.42 (9:30.77)	1:21.00 (10:51.77)	1:21.89 (12:13.65)
	1:15.55 (5:32.28)	1:22.05 (13:35.70)	1:20.53 (14:56.23)	
	1:07.41 (16:03.63)			
14	MERCER, Dickson	Unattached	16:04.06	
	43.77 (43.77)	1:18.12 (2:01.89)	1:17.10 (3:18.99)	1:15.20 (4:34.19)
	1:16.80 (8:25.58)	1:14.89 (9:40.47)	1:16.24 (10:56.70)	1:16.41 (12:13.11)
	1:19.02 (13:32.12)	1:18.53 (14:50.65)		
	1:13.41 (16:04.06)			
15	BUSCAGLIA, Ryan	Unattached	16:09.40	
	40.18 (40.18)	1:11.20 (1:51.38)	1:16.66 (3:08.03)	1:16.58 (4:24.61)
	1:20.22 (8:17.73)	1:20.78 (9:38.50)	1:17.14 (10:55.64)	1:18.53 (12:14.17)
	1:21.97 (13:36.14)	1:21.58 (14:57.71)		
	1:11.69 (16:09.40)			
16	HALL, Kyle	Unattached	16:16.24	
	45.82 (45.82)	1:16.83 (2:02.64)	1:17.42 (3:20.06)	1:14.86 (4:34.92)
	1:17.78 (8:27.13)	1:16.27 (9:43.39)	1:18.21 (11:01.59)	1:20.53 (12:22.12)
	1:20.50 (13:42.62)	1:20.59 (15:03.21)		
	1:13.03 (16:16.24)			
17	CRAIG, Michael	Unattached	16:18.16	
	44.30 (44.30)	1:17.22 (2:01.52)	1:17.42 (3:18.94)	1:14.41 (4:33.34)
	1:17.55 (8:26.46)	1:15.53 (9:41.99)	1:19.47 (11:01.45)	1:21.36 (12:22.81)
	1:22.24 (13:45.04)	1:21.14 (15:06.18)		
	1:11.99 (16:18.16)			
18	HAKIM-FLORIAN, Asim	Unattached	16:20.04	
	41.34 (41.34)	1:17.76 (1:59.10)	1:17.78 (3:16.87)	1:16.82 (4:33.69)
	1:18.51 (8:29.73)	1:17.16 (9:46.88)	1:18.48 (11:05.35)	1:21.23 (12:26.58)
	1:18.79 (13:45.37)	1:18.89 (15:04.25)		
	1:15.79 (16:20.04)			
19	LORUSSO, Joe	Unattached	16:25.38	
	45.47 (45.47)	1:17.03 (2:02.49)	1:17.99 (3:20.47)	1:18.13 (4:38.59)
	1:20.56 (8:37.69)	1:20.17 (9:57.86)	1:20.78 (11:18.64)	1:21.33 (12:39.96)
	1:20.41 (14:00.36)	1:18.31 (15:18.67)		
	1:06.71 (16:25.38)			
20	POSTON, Mark	Unattached	16:29.77	
	43.59 (43.59)	1:17.34 (2:00.93)	1:17.06 (3:17.99)	1:15.52 (4:33.50)
	1:18.64 (8:27.07)	1:20.25 (9:47.31)	1:21.59 (11:08.90)	1:22.72 (12:31.62)
	1:22.53 (13:54.15)	1:22.36 (15:16.50)		
	1:13.27 (16:29.77)			
21	GABEL, Ben	Unattached	16:36.68	
	46.30 (46.30)	1:17.76 (2:04.05)	1:15.47 (3:19.52)	1:14.81 (4:34.33)
	1:20.25 (8:30.71)	1:21.45 (9:52.16)	1:23.72 (11:15.87)	1:23.39 (12:39.26)
	1:21.00 (14:00.25)	1:22.55 (15:22.80)		
	1:13.89 (16:36.68)			
22	BOYLE, Joseph	Unattached	16:48.84	
	2:01.52 (2:01.52)	1:17.05 (3:18.56)	1:15.63 (4:34.19)	1:17.30 (5:51.48)
	1:21.47 (9:52.75)	1:22.52 (11:15.26)	5:33.58 (16:48.84)	3:29.68 (20:18.52)
	12.80 (20:31.31)			
23	WRIGHT, Kevin	Unattached	16:54.13	
	42.82 (42.82)	1:13.67 (1:56.49)	1:14.47 (3:10.96)	1:14.74 (4:25.69)
	1:19.60 (8:17.73)	1:22.86 (9:40.58)	1:24.08 (11:04.66)	1:26.66 (12:31.31)
	1:26.95 (13:58.26)	1:26.91 (15:25.16)		

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Washington, DC
 Cardozo Education Campus
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printed: 8/1/2022 4:14 PM

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

PI Name	Team	Time	Note
1:28.98 (16:54.13)			
43.77 (43.77)	1:17.16 (2:00.93)	1:16.74 (3:17.66)	1:16.13 (4:33.78)
1:17.11 (8:25.35)	1:15.28 (9:40.63)	1:15.67 (10:56.30)	1:20.88 (12:17.17)
1:26.08 (13:43.24)	1:27.05 (15:10.29)		
1:52.58 (17:02.86)			
25 BELF, Audrey	Unattached		17:23.63
45.71 (45.71)	1:17.12 (2:02.83)	1:17.85 (3:20.67)	1:18.19 (4:38.86)
1:23.28 (8:41.17)	1:25.44 (10:06.61)	1:27.77 (11:34.37)	1:31.36 (13:05.72)
1:30.44 (14:36.15)	1:27.76 (16:03.91)		
1:19.72 (17:23.63)			
FISHWICK, Colin	Unattached		DNF
MILLER, Jack	Unattached		DNF