

**TRACKSMITH TWILIGHT 5000 - DC #2**

Washington, DC  
 Cardozo High School  
 Host: Trials of Miles  
 Friday, August 26, 2022

**MEET OFFICIALS**

**Meet Director:**  
 Dave Alfonso  
**Timing:**  
 Windsor Running, LLC

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

printed: 8/27/2022 9:30 AM

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

Pl	Name	Team		Time		Note
<b>Section 1 of 9</b>						
1	HARTKE, Ruth	Unattached		24:21.71		
	1:06.37 (1:06.37)	2:09.79 (3:16.16)	2:00.21 (5:16.37)	1:56.70 (7:13.06)	2:01.30 (9:14.36)	2:02.04 (11:16.39)
	2:02.41 (13:18.80)	2:02.30 (15:21.10)	1:58.30 (17:19.40)	1:53.95 (19:13.34)	1:44.95 (20:58.28)	1:45.24 (22:43.52)
	1:38.20 (24:21.71)					
2	BABLAKE, Robert	Unattached		25:09.09		
	59.92 (59.92)	2:00.74 (3:00.66)	2:00.06 (5:00.71)	1:59.02 (6:59.73)	2:03.88 (9:03.61)	2:02.46 (11:06.06)
	2:02.65 (13:08.71)	2:03.51 (15:12.21)	2:05.99 (17:18.20)	2:03.18 (19:21.37)	2:05.67 (21:27.04)	2:00.23 (23:27.26)
	1:41.83 (25:09.09)					
3	CITRON, Jamison	Unattached		25:28.51		
	1:05.37 (1:05.37)	2:09.72 (3:15.08)	2:08.99 (5:24.07)	2:05.65 (7:29.71)	2:06.87 (9:36.57)	2:04.44 (11:41.01)
	2:04.93 (13:45.93)	2:04.82 (15:50.75)	2:04.10 (17:54.84)	2:02.21 (19:57.05)	2:02.97 (22:00.01)	1:55.01 (23:55.02)
	1:33.50 (25:28.51)					
4	CHANG, Grace	Unattached		25:45.16		
	1:04.24 (1:04.24)	1:59.30 (3:03.53)	2:01.72 (5:05.24)	1:59.49 (7:04.73)	2:03.72 (9:08.45)	2:02.73 (11:11.17)
	2:06.63 (13:17.80)	2:05.99 (15:23.79)	2:05.02 (17:28.80)	2:07.83 (19:36.63)	2:09.11 (21:45.74)	2:07.32 (23:53.05)
	1:52.11 (25:45.16)					
5	FARLEY, Tom	Unattached		26:04.71		
	3:12.25 (3:12.25)	2:12.14 (5:24.38)	2:02.32 (7:26.69)	2:06.04 (9:32.73)	2:05.30 (11:38.03)	2:04.99 (13:43.01)
	2:05.08 (15:48.09)	2:03.93 (17:52.02)	2:04.12 (19:56.13)	2:07.73 (22:03.85)	2:05.49 (24:09.34)	1:55.37 (26:04.71)
	2:83 (26:07.53)					
6	ROGERS, Jesse	Unattached		26:46.74		
	1:00.62 (1:00.62)	2:11.20 (3:11.81)	2:09.23 (5:21.04)	2:02.29 (7:23.32)	2:08.76 (9:32.07)	2:07.49 (11:39.56)
	2:10.32 (13:49.87)	2:06.77 (15:56.64)	2:10.18 (18:06.81)	2:09.49 (20:16.29)	2:12.20 (22:28.49)	2:12.77 (24:41.25)
	2:05.49 (26:46.74)					
7	OZLER, Berk	Unattached		26:51.49		
	1:04.94 (1:04.94)	2:10.24 (3:15.18)	2:11.19 (5:26.36)	2:06.63 (7:32.99)	2:06.51 (9:39.49)	2:07.37 (11:46.85)
	2:06.71 (13:53.56)	2:09.71 (16:03.26)	2:14.61 (18:17.87)	2:11.46 (20:29.32)	2:12.51 (22:41.83)	2:09.53 (24:51.36)
	2:00.14 (26:51.49)					
8	LINGO, Ryan	Unattached		27:11.96		
	1:10.01 (1:10.01)	2:09.60 (3:19.61)	2:08.02 (5:27.63)	2:07.15 (7:34.77)	2:17.43 (9:52.19)	2:16.71 (12:08.89)
	2:02.60 (14:11.49)	2:14.52 (16:26.01)	2:22.19 (18:48.19)	2:08.76 (20:56.94)	2:17.67 (23:14.61)	2:11.45 (25:26.06)
	1:45.91 (27:11.96)					
9	HUTTON, Caroline	Unattached		27:19.31		
	1:04.88 (1:04.88)	2:09.97 (3:14.85)	2:11.96 (5:26.80)	2:07.07 (7:33.86)	2:07.29 (9:41.15)	2:06.65 (11:47.79)
	2:10.15 (13:57.93)	2:17.64 (16:15.57)	2:14.66 (18:30.23)	2:19.89 (20:50.11)	2:13.81 (23:03.92)	2:12.70 (25:16.62)
	2:02.69 (27:19.31)					
10	SCIBELLI, Jeri	Unattached		27:39.45		
	1:06.80 (1:06.80)	2:00.95 (3:07.75)	2:05.69 (5:13.43)	2:03.22 (7:16.65)	2:06.63 (9:23.28)	2:08.51 (11:31.78)
	2:11.77 (13:43.54)	2:17.10 (16:00.64)	2:24.30 (18:24.93)	2:19.33 (20:44.26)	2:19.39 (23:03.64)	2:18.94 (25:22.57)
	2:16.88 (27:39.45)					
11	SCHERER, Brendan	Unattached		28:50.47		
	1:05.81 (1:05.81)	2:05.79 (3:11.59)	1:56.66 (5:08.24)	2:00.91 (7:09.15)	2:08.90 (9:18.04)	2:16.39 (11:34.43)
	2:23.94 (13:58.37)	2:25.41 (16:23.77)	2:33.44 (18:57.20)	2:29.54 (21:26.74)	2:30.75 (23:57.49)	2:33.73 (26:31.21)
	2:19.26 (28:50.47)					

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 Windsor Running, LLC

**WINDSORRUNNING**

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

Pl	Name	Team	Time Note			
12	SHEETS, Camille	Unattached	29:07.94			
	1:05.81 (1:05.81)	2:15.20 (3:21.00)	2:17.69 (5:38.69)	2:10.79 (7:49.47)	2:13.71 (10:03.17)	2:19.05 (12:22.22)
	2:22.58 (14:44.79)	2:24.28 (17:09.07)	2:25.14 (19:34.21)	2:27.69 (22:01.90)	2:29.89 (24:31.79)	2:31.00 (27:02.78)
	2:05.16 (29:07.94)					
13	FASELIS, Charles	Unattached	29:23.19			
	1:05.81 (1:05.81)	2:18.14 (3:23.94)	2:15.33 (5:39.27)	2:12.54 (7:51.80)	2:14.04 (10:05.83)	2:18.47 (12:24.30)
	2:22.56 (14:46.86)	2:24.50 (17:11.35)	2:24.55 (19:35.90)	2:28.16 (22:04.06)	2:29.14 (24:33.19)	2:31.14 (27:04.33)
	2:18.86 (29:23.19)					
14	SAWYER, Michael	Unattached	29:31.25			
	1:10.30 (1:10.30)	2:17.72 (3:28.02)	2:18.24 (5:46.25)	2:18.36 (8:04.61)	2:17.99 (10:22.59)	2:23.21 (12:45.79)
	2:25.78 (15:11.57)	2:23.92 (17:35.49)	2:19.74 (19:55.22)	2:17.54 (22:12.76)	2:36.00 (24:48.75)	2:35.62 (27:24.37)
	2:06.89 (29:31.25)					
15	CRUMP, Juliana	Unattached	31:07.02			
	1:06.37 (1:06.37)	2:22.15 (3:28.52)	2:21.11 (5:49.62)	2:20.02 (8:09.64)	2:28.20 (10:37.84)	2:25.16 (13:02.99)
	2:32.97 (15:35.95)	2:32.92 (18:08.87)	2:33.66 (20:42.52)	2:38.09 (23:20.60)	2:45.35 (26:05.95)	2:40.77 (28:46.71)
	2:20.31 (31:07.02)					
16	KINSMAN, Gianna	Unattached	31:33.44			
	1:11.15 (1:11.15)	7:02.95 (8:14.09)	2:26.92 (10:41.01)	2:27.17 (13:08.18)	2:37.58 (15:45.75)	2:31.70 (18:17.45)
	2:47.46 (21:04.91)	2:42.99 (23:47.89)	2:44.98 (26:32.87)	2:41.75 (29:14.61)	2:18.83 (31:33.44)	2:05 (31:35.48)
17	STOUT, Megan	Unattached	32:12.96			
	1:06.42 (1:06.42)	2:18.41 (3:24.83)	2:18.58 (5:43.41)	2:27.39 (8:10.79)	2:31.05 (10:41.84)	2:36.48 (13:18.31)
	2:42.20 (16:00.51)	2:43.97 (18:44.47)	2:44.18 (21:28.65)	2:46.03 (24:14.67)	2:49.82 (27:04.49)	2:40.32 (29:44.80)
	2:28.16 (32:12.96)					
18	ALFARAJ, Najja	Unattached	33:04.66			
	1:06.98 (1:06.98)	2:04.90 (3:11.87)	2:12.36 (5:24.22)	2:06.66 (7:30.88)	2:20.43 (9:51.30)	3:29.97 (13:21.27)
	2:27.52 (15:48.78)	3:26.42 (19:15.20)	2:26.87 (21:42.07)	3:27.05 (25:09.11)	3:57.35 (29:06.46)	2:26.98 (31:33.44)
	1:31.23 (33:04.66)					
<b>Section 2 of 9</b>						
1	HARTL, Danny	Unattached	22:17.64			
	54.75 (54.75)	1:50.66 (2:45.41)	1:52.17 (4:37.58)	1:50.32 (6:27.89)	3:41.52 (10:09.41)	1:49.60 (11:59.01)
	1:51.32 (13:50.32)	1:47.59 (15:37.91)	1:46.86 (17:24.77)	1:44.05 (19:08.82)	1:42.42 (20:51.23)	1:26.41 (22:17.64)
2	SOONG, Kelyn	Unattached	22:31.69			
	54.84 (54.84)	1:50.57 (2:45.41)	1:53.12 (4:38.53)	1:50.60 (6:29.12)	1:54.10 (8:23.22)	1:50.86 (10:14.08)
	1:54.73 (12:08.80)	1:53.68 (14:02.48)	1:50.68 (15:53.15)	1:45.72 (17:38.87)	1:43.77 (19:22.64)	1:39.21 (21:01.85)
	1:29.84 (22:31.69)					
3	ZHOU, Billy	Unattached	22:35.82			
	55.68 (55.68)	1:48.30 (2:43.97)	1:54.70 (4:38.67)	1:53.17 (6:31.83)	1:51.75 (8:23.58)	1:46.07 (10:09.64)
	1:48.01 (11:57.65)	1:52.28 (13:49.92)	1:47.29 (15:37.20)	1:50.52 (17:27.72)	1:43.02 (19:10.74)	1:47.84 (20:58.57)
	1:37.26 (22:35.82)					
4	GONZALEZ, Rodrigo	Unattached	22:40.97			
	4:35.72 (4:35.72)	1:54.29 (6:30.00)	1:50.48 (8:20.47)	1:46.66 (10:07.13)	1:50.34 (11:57.46)	1:52.12 (13:49.57)
	1:49.49 (15:39.06)	1:51.38 (17:30.44)	1:51.88 (19:22.31)	3:18.67 (22:40.97)	3.70 (22:44.67)	
5	RIEGER, Stephanie	Unattached	22:45.89			
	56.75 (56.75)	1:49.75 (2:46.49)	1:52.97 (4:39.45)	1:51.58 (6:31.03)	1:50.04 (8:21.06)	1:48.11 (10:09.17)
	1:49.59 (11:58.76)	1:50.76 (13:49.51)	1:50.04 (15:39.55)	1:49.21 (17:28.75)	1:51.27 (19:20.02)	1:49.53 (21:09.54)
	1:36.35 (22:45.89)					

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

Pl	Name	Team	Time	Note
6	BEESCH, Courtney	Unattached	23:13.79	
	57.68 (57.68)	1:49.99 (2:47.66)	1:52.61 (4:40.26)	3:41.99 (8:22.25)
	1:47.77 (10:10.02)	1:49.79 (11:59.80)		
	1:51.13 (13:50.93)	1:53.59 (15:44.52)	1:54.27 (17:38.78)	1:56.66 (19:35.43)
	1:56.73 (21:32.16)	1:41.64 (23:13.79)		
	3.95 (23:17.74)			
7	PATERSON, Brooke	Unattached	23:35.85	
	57.72 (57.72)	1:55.35 (2:53.06)	1:55.08 (4:48.14)	1:55.17 (6:43.31)
	1:51.37 (8:34.67)	1:53.74 (10:28.40)		
	1:55.40 (12:23.80)	1:52.92 (14:16.71)	1:57.58 (16:14.28)	1:55.70 (18:09.97)
	1:51.16 (20:01.13)	1:58.29 (21:59.42)		
	1:36.44 (23:35.85)			
8	TSANG, Harry	Unattached	23:38.16	
	54.96 (54.96)	1:53.75 (2:48.71)	1:53.78 (4:42.48)	1:53.18 (6:35.65)
	1:52.93 (8:28.58)	1:53.36 (10:21.93)		
	1:53.31 (12:15.24)	1:55.37 (14:10.60)	1:57.13 (16:07.73)	1:53.30 (18:01.02)
	3:55.71 (21:56.73)	1:41.43 (23:38.16)		
	3.78 (23:41.93)			
9	SARMIENTO, Roberto	Unattached	23:41.15	
	52.91 (52.91)	1:49.24 (2:42.15)	1:53.29 (4:35.44)	1:54.25 (6:29.68)
	1:49.92 (8:19.60)	1:46.33 (10:05.92)		
	1:50.71 (11:56.63)	1:51.98 (13:48.61)	1:48.70 (15:37.30)	1:50.80 (17:28.09)
	2:34.34 (20:02.43)	1:55.09 (21:57.51)		
	1:43.64 (23:41.15)			
10	LOEWENBERG, David	Unattached	23:42.72	
	55.63 (55.63)	1:50.30 (2:45.92)	1:53.01 (4:38.93)	1:52.65 (6:31.58)
	1:50.50 (8:22.08)	1:48.31 (10:10.39)		
	1:50.85 (12:01.24)	1:54.77 (13:56.01)	1:56.23 (15:52.23)	2:02.62 (17:54.85)
	2:04.02 (19:58.87)	1:58.96 (21:57.82)		
	1:44.90 (23:42.72)			
11	GLAVEN, Annie	Unattached	23:43.71	
	2:36.63 (2:36.63)	1:47.94 (4:24.56)	1:53.37 (6:17.93)	1:54.83 (8:12.75)
	1:53.55 (10:06.30)	1:51.46 (11:57.76)		
	1:52.62 (13:50.37)	1:58.90 (15:49.26)	2:02.23 (17:51.49)	2:06.32 (19:57.80)
	1:59.10 (21:56.90)	1:46.81 (23:43.71)		
	4.23 (23:47.93)			
12	DESROCHERS, Camille	Unattached	23:43.83	
	57.55 (57.55)	1:49.78 (2:47.33)	1:52.12 (4:39.45)	1:52.67 (6:32.12)
	1:51.35 (8:23.47)	1:46.88 (10:10.34)		
	1:51.71 (12:02.05)	1:59.65 (14:01.70)	2:01.90 (16:03.59)	1:58.08 (18:01.66)
	1:59.64 (20:01.30)	1:55.98 (21:57.28)		
	1:46.56 (23:43.83)			
13	GLAVEN, Sally	Unattached	23:44.80	
	53.94 (53.94)	1:41.82 (2:35.76)	1:49.81 (4:25.56)	1:59.92 (6:25.48)
	2:10.97 (8:36.45)	1:50.53 (10:26.98)		
	1:55.27 (12:22.25)	1:55.16 (14:17.41)	1:54.46 (16:11.87)	1:56.69 (18:08.55)
	1:53.74 (20:02.29)	1:57.01 (21:59.29)		
	1:45.51 (23:44.80)			
14	SHOLAR, Louisa	Unattached	23:52.07	
	59.44 (59.44)	1:53.42 (2:52.86)	1:56.33 (4:49.18)	1:53.63 (6:42.81)
	1:52.65 (8:35.45)	1:54.33 (10:29.78)		
	1:54.21 (12:23.98)	1:53.62 (14:17.60)	1:52.59 (16:10.18)	2:00.83 (18:11.00)
	1:53.83 (20:04.83)	1:56.59 (22:01.42)		
	1:50.66 (23:52.07)			
15	POTHAST, Morgan	Unattached	23:58.92	
	55.68 (55.68)	1:49.50 (2:45.18)	1:54.33 (4:39.50)	1:51.00 (6:30.50)
	1:49.71 (8:20.21)	1:48.61 (10:08.81)		
	1:50.87 (11:59.68)	1:58.91 (13:58.59)	2:02.63 (16:01.21)	2:02.50 (18:03.71)
	2:02.00 (20:05.71)	2:05.52 (22:11.23)		
	1:47.70 (23:58.92)			
16	MENDELOWITZ, Rich	Unattached	24:03.00	
	53.81 (53.81)	1:49.78 (2:43.58)	1:54.00 (4:37.58)	1:53.82 (6:31.39)
	1:49.68 (8:21.06)	1:52.39 (10:13.45)		
	1:57.18 (12:10.63)	2:00.35 (14:10.97)	2:02.73 (16:13.70)	1:58.45 (18:12.15)
	1:58.57 (20:10.71)	2:00.41 (22:11.12)		
	1:51.88 (24:03.00)			
17	BECKLEY, Justin	Unattached	24:05.12	
	54.23 (54.23)	1:50.99 (2:45.22)	1:53.01 (4:38.23)	1:50.52 (6:28.75)
	1:53.34 (8:22.08)	1:52.89 (10:14.97)		

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

PI	Name	Team	Time	Note		
	1:54.70 (12:09.66)	1:59.40 (14:09.05)	2:03.26 (16:12.31)	1:59.23 (18:11.54)	2:05.14 (20:16.67)	2:01.59 (22:18.26)
	1:46.87 (24:05.12)					
	58.88 (58.88)	1:52.72 (2:51.60)	1:56.95 (4:48.54)	1:55.44 (6:43.98)	1:52.48 (8:36.45)	1:53.33 (10:29.78)
	1:55.98 (12:25.75)	1:53.17 (14:18.91)	1:58.39 (16:17.29)	1:58.10 (18:15.39)	2:01.99 (20:17.38)	2:04.18 (22:21.55)
	1:49.68 (24:11.23)					
19	LIPERT JR., Flavio	Unattached				24:41.27
	55.63 (55.63)	1:51.32 (2:46.94)	1:52.45 (4:39.39)	3:44.70 (8:24.08)	1:51.58 (10:15.66)	1:56.60 (12:12.25)
	2:04.76 (14:17.00)	2:02.36 (16:19.36)	2:05.13 (18:24.49)	2:11.70 (20:36.19)	2:06.39 (22:42.57)	1:58.70 (24:41.27)
	3.80 (24:45.06)					
20	LYNCH, Michael	Unattached				24:53.56
	1:02.60 (1:02.60)	1:57.76 (3:00.36)	2:01.23 (5:01.59)	2:00.71 (7:02.29)	2:02.73 (9:05.01)	2:01.72 (11:06.72)
	2:01.85 (13:08.57)	1:58.32 (15:06.88)	1:59.77 (17:06.64)	2:01.30 (19:07.94)	1:59.76 (21:07.69)	1:57.52 (23:05.21)
	1:48.36 (24:53.56)					
21	CHOY-LEON, Guillermo	Unattached				25:06.05
	1:01.51 (1:01.51)	1:57.34 (2:58.84)	2:03.31 (5:02.15)	2:00.14 (7:02.29)	2:02.26 (9:04.54)	4:04.41 (13:08.94)
	1:58.01 (15:06.95)	1:59.11 (17:06.05)	2:01.39 (19:07.44)	2:02.10 (21:09.54)	2:02.89 (23:12.42)	1:53.63 (25:06.05)
22	JOLIVERT, Reginald	Unattached				25:12.24
	59.66 (59.66)	2:01.51 (3:01.17)	2:01.12 (5:02.29)	1:59.86 (7:02.15)	2:02.54 (9:04.68)	2:01.70 (11:06.38)
	2:02.91 (13:09.29)	1:58.54 (15:07.82)	2:00.36 (17:08.18)	2:02.57 (19:10.74)	2:04.13 (21:14.86)	2:07.59 (23:22.45)
	1:49.79 (25:12.24)					
23	VEDDER, Nora	Unattached				26:06.39
	58.31 (58.31)	1:54.42 (2:52.72)	1:58.72 (4:51.43)	2:02.74 (6:54.16)	2:04.66 (8:58.82)	2:04.97 (11:03.78)
	2:05.32 (13:09.10)	2:14.02 (15:23.11)	2:13.25 (17:36.36)	2:15.64 (19:51.99)	2:13.44 (22:05.43)	2:07.17 (24:12.60)
	1:53.80 (26:06.39)					
24	WILSON, Marie	Unattached				26:40.74
	1:00.57 (1:00.57)	1:54.81 (2:55.38)	1:59.37 (4:54.74)	2:01.53 (6:56.27)	2:03.93 (9:00.20)	2:05.70 (11:05.89)
	2:05.15 (13:11.04)	2:16.58 (15:27.61)	2:15.75 (17:43.35)	2:15.66 (19:59.01)	2:14.30 (22:13.30)	2:17.11 (24:30.41)
	2:10.33 (26:40.74)					
	SLOK, Julie	Unattached				DNF
	ELWELL, Aileen	Unattached				DNF
<b>Section 3 of 9</b>						
1	SMITH, Austin	Unattached				19:59.09
	48.23 (48.23)	1:32.19 (2:20.41)	1:34.84 (3:55.24)	1:34.04 (5:29.28)	1:36.33 (7:05.60)	1:38.49 (8:44.08)
	1:42.10 (10:26.18)	1:41.21 (12:07.39)	1:39.50 (13:46.88)	1:37.81 (15:24.69)	1:34.81 (16:59.49)	1:36.15 (18:35.63)
	1:23.46 (19:59.09)					
2	EVERHART, Claire	Unattached				20:39.35
	56.65 (56.65)	1:39.07 (2:35.71)	1:43.18 (4:18.89)	1:41.95 (6:00.83)	1:42.27 (7:43.09)	1:41.14 (9:24.23)
	1:40.35 (11:04.57)	1:40.72 (12:45.28)	1:40.03 (14:25.31)	1:39.89 (16:05.19)	1:40.42 (17:45.61)	1:39.17 (19:24.78)
	1:14.58 (20:39.35)					
3	PORIS, Liza	Unattached				20:43.57
	46.39 (46.39)	1:29.64 (2:16.03)	1:37.79 (3:53.82)	1:38.50 (5:32.31)	1:39.87 (7:12.18)	1:40.69 (8:52.86)
	1:44.31 (10:37.16)	1:42.72 (12:19.88)	1:44.23 (14:04.11)	1:44.75 (15:48.85)	1:44.97 (17:33.81)	1:41.94 (19:15.75)
	1:27.83 (20:43.57)					
4	KROUSKOFF, Lauren	Unattached				20:49.47
	51.46 (51.46)	1:40.86 (2:32.31)	1:44.46 (4:16.76)	1:42.61 (5:59.37)	1:37.75 (7:37.11)	1:39.22 (9:16.32)
	1:37.90 (10:54.22)	1:45.07 (12:39.28)	1:40.72 (14:20.00)	1:41.11 (16:01.10)	1:41.23 (17:42.33)	1:36.84 (19:19.17)

**TRACKSMITH TWILIGHT 5000 - DC #2**

Washington, DC  
 Cardozo High School  
 Host: Trials of Miles  
 Friday, August 26, 2022

**MEET OFFICIALS**

**Meet Director:**  
 Dave Alfonso  
**Timing:**  
 Windsor Running, LLC

**WINDSORRUNNING**

**OFFICIAL MEET REPORT**  
 printed: 8/27/2022 9:30 AM

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

Pl	Name	Team	Time	Note
	1:30.31 (20:49.47)			
	50.50 (50.50)	1:36.16 (2:26.65)	1:39.98 (4:06.63)	1:42.37 (5:48.99)
	1:42.58 (10:58.04)	1:43.36 (12:41.39)	1:43.34 (14:24.73)	1:41.75 (16:06.47)
	1:40.37 (17:46.84)	1:39.94 (19:26.78)		
	1:24.73 (20:51.50)			
6	MALONE, Kate	Unattached	20:52.55	
	52.45 (52.45)	1:41.67 (2:34.12)	1:43.54 (4:17.65)	1:43.82 (6:01.47)
	1:40.73 (7:42.20)	1:40.67 (9:22.87)		
	1:41.21 (11:04.07)	1:40.34 (12:44.41)	1:40.07 (14:24.48)	1:41.06 (16:05.54)
	1:41.06 (17:46.59)	1:37.09 (19:23.68)		
	1:28.88 (20:52.55)			
7	MONTESINOS, Juan	Unattached	20:53.72	
	51.09 (51.09)	1:42.29 (2:33.37)	1:44.26 (4:17.62)	1:42.65 (6:00.27)
	1:41.73 (7:42.00)	1:41.87 (9:23.87)		
	1:41.36 (11:05.23)	1:40.26 (12:45.49)	1:40.23 (14:25.71)	1:40.45 (16:06.16)
	1:40.58 (17:46.74)	1:38.95 (19:25.68)		
	1:28.05 (20:53.72)			
8	DOAN, Sy	Unattached	20:54.36	
	52.06 (52.06)	1:41.88 (2:33.93)	1:43.69 (4:17.62)	1:43.01 (6:00.63)
	1:41.12 (7:41.75)	1:41.31 (9:23.06)		
	1:41.18 (11:04.23)	1:40.65 (12:44.88)	1:40.43 (14:25.31)	1:40.86 (16:06.16)
	1:39.94 (17:46.10)	1:39.12 (19:25.21)		
	1:29.16 (20:54.36)			
9	WIDSTROM, Jason	Unattached	21:12.92	
	50.47 (50.47)	1:43.65 (2:34.12)	1:43.98 (4:18.09)	1:41.31 (5:59.40)
	1:39.16 (7:38.55)	1:39.31 (9:17.85)		
	1:39.61 (10:57.46)	1:41.36 (12:38.82)	1:44.48 (14:23.29)	1:43.86 (16:07.15)
	1:46.42 (17:53.56)	1:46.17 (19:39.73)		
	1:33.20 (21:12.92)			
10	SHAFFER, David	Unattached	21:16.67	
	53.16 (53.16)	1:42.70 (2:35.86)	1:42.60 (4:18.45)	1:42.59 (6:01.04)
	1:41.11 (7:42.14)	1:41.51 (9:23.65)		
	1:41.16 (11:04.81)	1:40.48 (12:45.28)	1:40.21 (14:25.49)	1:42.36 (16:07.85)
	1:45.00 (17:52.84)	1:47.26 (19:40.10)		
	1:36.57 (21:16.67)			
11	HALAIKO, Brian	Unattached	21:23.16	
	53.77 (53.77)	1:46.54 (2:40.31)	1:44.66 (4:24.97)	1:44.23 (6:09.19)
	1:42.27 (7:51.45)	1:39.00 (9:30.44)		
	1:45.52 (11:15.96)	1:44.70 (13:00.66)	1:42.79 (14:43.45)	1:43.51 (16:26.95)
	1:40.60 (18:07.54)	1:41.34 (19:48.88)		
	1:34.28 (21:23.16)			
12	HARBURG, Michelle	Unattached	21:24.64	
	56.80 (56.80)	1:37.05 (2:33.84)	1:43.04 (4:16.87)	1:43.76 (6:00.63)
	1:38.45 (7:39.08)	1:41.18 (9:20.26)		
	1:42.52 (11:02.78)	1:36.98 (12:39.75)	1:47.73 (14:27.48)	1:46.63 (16:14.11)
	1:49.85 (18:03.95)	1:45.75 (19:49.69)		
	1:34.96 (21:24.64)			
13	LEROW, Tim	Unattached	21:38.75	
	53.01 (53.01)	1:39.79 (2:32.79)	1:45.19 (4:17.98)	1:41.64 (5:59.62)
	1:41.37 (7:40.99)	1:41.50 (9:22.48)		
	1:42.71 (11:05.18)	1:40.54 (12:45.72)	1:45.59 (14:31.30)	1:47.03 (16:18.33)
	1:48.08 (18:06.40)	1:50.53 (19:56.92)		
	1:41.83 (21:38.75)			
14	BENNY KLIMEK, Margaret	Unattached	21:47.89	
	2:40.57 (2:40.57)	1:44.01 (4:24.57)	1:44.87 (6:09.44)	1:42.05 (7:51.48)
	1:40.75 (9:32.22)	1:44.30 (11:16.52)		
	1:43.76 (13:00.28)	1:42.34 (14:42.62)	1:45.18 (16:27.79)	1:45.47 (18:13.26)
	1:46.86 (20:00.12)	1:47.78 (21:47.89)		
	3.94 (21:51.83)			
15	ZARNICK, Danielle	Unattached	21:55.61	
	52.94 (52.94)	1:47.37 (2:40.31)	1:43.66 (4:23.97)	1:44.92 (6:08.88)
	1:42.40 (7:51.28)	1:41.78 (9:33.05)		
	1:44.44 (11:17.49)	1:43.60 (13:01.09)	1:48.22 (14:49.31)	1:50.65 (16:39.95)
	1:52.38 (18:32.32)	1:51.20 (20:23.52)		
	1:32.10 (21:55.61)			
16	CHOI, Timothy	Unattached	21:55.85	
	53.55 (53.55)	1:41.93 (2:35.48)	1:44.15 (4:19.62)	1:42.42 (6:02.04)
	1:43.19 (7:45.22)	1:43.67 (9:28.88)		

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

PI	Name	Team	Time	Note		
	1:47.22 (11:16.10)	1:45.53 (13:01.62)	1:49.95 (14:51.57)	1:49.65 (16:41.21)	1:49.88 (18:31.09)	1:50.15 (20:21.24)
	1:34.62 (21:55.85)					
	52.28 (52.28)	1:44.06 (2:36.34)	1:44.18 (4:20.51)	1:44.12 (6:04.63)	1:44.34 (7:48.97)	1:43.92 (9:32.88)
	1:44.83 (11:17.71)	1:44.86 (13:02.56)	1:49.66 (14:52.21)	1:49.72 (16:41.93)	1:50.49 (18:32.41)	1:50.28 (20:22.69)
	1:34.22 (21:56.90)					
18	EDDY, Dan	Unattached				22:01.65
	1:00.83 (1:00.83)	1:49.16 (2:49.99)	1:48.32 (4:38.31)	1:52.74 (6:31.05)	1:49.76 (8:20.80)	3:49.16 (12:09.96)
	1:51.79 (14:01.75)	1:50.03 (15:51.78)	4:20.67 (20:12.44)	1:49.21 (22:01.65)	.82 (22:02.46)	
19	MOORE, Macie	Unattached				22:06.77
	53.55 (53.55)	1:46.76 (2:40.31)	1:43.83 (4:24.14)	1:44.06 (6:08.19)	1:42.67 (7:50.86)	1:41.96 (9:32.82)
	1:47.32 (11:20.13)	1:48.42 (13:08.54)	1:50.78 (14:59.32)	1:54.10 (16:53.41)	1:49.83 (18:43.24)	1:48.44 (20:31.67)
	1:35.11 (22:06.77)					
20	CAMP, Tripp	Unattached				22:06.94
	52.20 (52.20)	1:43.14 (2:35.34)	1:44.48 (4:19.81)	1:44.15 (6:03.96)	1:46.47 (7:50.42)	1:44.92 (9:35.33)
	1:46.66 (11:21.99)	1:47.34 (13:09.32)	1:51.08 (15:00.40)	1:51.79 (16:52.18)	1:49.38 (18:41.55)	1:49.94 (20:31.48)
	1:35.46 (22:06.94)					
21	KRUMENACKER, Joseph	Unattached				22:08.74
	57.73 (57.73)	1:44.13 (2:41.85)	1:44.91 (4:26.76)	1:48.60 (6:15.36)	1:45.58 (8:00.93)	1:46.51 (9:47.44)
	1:48.49 (11:35.92)	1:47.45 (13:23.37)	1:49.44 (15:12.80)	1:45.55 (16:58.35)	1:47.61 (18:45.96)	1:46.97 (20:32.92)
	1:35.82 (22:08.74)					
22	KLIMEK, Bradley	Unattached				22:14.45
	55.94 (55.94)	1:43.85 (2:39.79)	1:45.38 (4:25.17)	1:46.89 (6:12.05)	1:45.25 (7:57.29)	1:45.12 (9:42.41)
	1:42.88 (11:25.29)	1:48.48 (13:13.76)	1:45.28 (14:59.04)	1:49.65 (16:48.68)	1:49.77 (18:38.44)	1:50.40 (20:28.84)
	1:45.61 (22:14.45)					
23	BABBAGE, Sarah	Unattached				22:16.01
	55.32 (55.32)	1:44.92 (2:40.23)	1:43.27 (4:23.50)	1:44.96 (6:08.46)	1:43.36 (7:51.81)	1:43.71 (9:35.52)
	1:49.25 (11:24.77)	1:48.29 (13:13.06)	1:49.86 (15:02.91)	1:50.88 (16:53.79)	1:49.99 (18:43.77)	1:49.01 (20:32.78)
	1:43.23 (22:16.01)					
24	SMITH, Daryl	Unattached				22:23.87
	56.10 (56.10)	1:47.20 (2:43.29)	3:25.64 (6:08.93)	1:43.89 (7:52.81)	1:48.78 (9:41.58)	1:48.39 (11:29.97)
	1:49.31 (13:19.27)	1:50.97 (15:10.24)	1:47.98 (16:58.21)	1:51.10 (18:49.30)	1:51.92 (20:41.21)	1:42.66 (22:23.87)
	3.20 (22:27.06)					
25	NAUGLE, Matthew	Unattached				22:24.08
	57.81 (57.81)	1:47.56 (2:45.36)	1:41.95 (4:27.31)	1:47.29 (6:14.60)	1:46.17 (8:00.76)	1:46.98 (9:47.74)
	1:47.93 (11:35.66)	1:47.71 (13:23.37)	1:48.31 (15:11.68)	1:47.08 (16:58.76)	1:51.49 (18:50.24)	1:52.87 (20:43.10)
	1:40.98 (22:24.08)					
26	ZOTTNICK, Kelsey	Unattached				22:26.70
	52.06 (52.06)	1:42.32 (2:34.37)	1:40.54 (4:14.91)	1:42.98 (5:57.88)	1:45.26 (7:43.14)	1:41.87 (9:25.01)
	1:46.64 (11:11.65)	1:49.82 (13:01.47)	1:55.94 (14:57.40)	1:55.43 (16:52.82)	1:53.34 (18:46.16)	1:54.12 (20:40.28)
	1:46.43 (22:26.70)					
27	BURBACK, Sara	Unattached				22:28.51
	55.27 (55.27)	1:46.70 (2:41.97)	1:44.80 (4:26.76)	1:46.87 (6:13.63)	1:47.09 (8:00.72)	1:47.03 (9:47.74)
	1:47.77 (11:35.50)	1:47.82 (13:23.32)	1:48.94 (15:12.25)	1:48.74 (17:00.99)	1:49.44 (18:50.42)	1:52.26 (20:42.68)
	1:45.83 (22:28.51)					
28	STEPHENSON, Ross	Unattached				22:47.46
	57.23 (57.23)	1:44.91 (2:42.14)	1:44.47 (4:26.61)	1:48.07 (6:14.67)	1:44.16 (7:58.83)	1:46.23 (9:45.05)

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

PI	Name	Team	Time	Note		
	1:48.63 (11:33.67)	1:48.90 (13:22.57)	1:51.64 (15:14.21)	1:56.90 (17:11.10)	2:01.25 (19:12.34)	2:00.83 (21:13.16)
	1:34.30 (22:47.46)					
	57.45 (57.45)	1:46.32 (2:43.76)	1:44.14 (4:27.90)	1:49.45 (6:17.35)	1:50.39 (8:07.73)	1:50.15 (9:57.88)
	1:51.32 (11:49.19)	1:52.34 (13:41.52)	1:51.84 (15:33.36)	1:54.95 (17:28.30)	1:54.15 (19:22.45)	1:54.47 (21:16.91)
	1:38.77 (22:55.68)					
30	WILSON, Edie (Elizabeth)	Unattached				22:58.09
	57.65 (57.65)	1:47.58 (2:45.22)	1:43.29 (4:28.51)	1:47.42 (6:15.92)	1:45.45 (8:01.37)	1:49.63 (9:51.00)
	1:51.58 (11:42.58)	1:52.17 (13:34.74)	1:55.03 (15:29.76)	1:55.24 (17:25.00)	1:54.45 (19:19.45)	3:38.65 (22:58.09)
	3.58 (23:01.66)					
31	ALIBABAIE, Amir	Unattached				23:04.13
	57.42 (57.42)	1:47.61 (2:45.02)	1:45.46 (4:30.48)	1:47.71 (6:18.19)	1:52.22 (8:10.40)	1:49.62 (10:00.02)
	1:54.24 (11:54.25)	1:53.06 (13:47.30)	1:53.76 (15:41.06)	1:53.95 (17:35.00)	1:51.14 (19:26.13)	1:49.71 (21:15.84)
	1:48.30 (23:04.13)					
32	GREGORY, Anne	Unattached				23:14.09
	57.65 (57.65)	1:44.21 (2:41.85)	1:45.55 (4:27.40)	1:47.71 (6:15.11)	1:50.84 (8:05.95)	1:52.73 (9:58.67)
	1:54.39 (11:53.06)	1:54.95 (13:48.00)	1:56.22 (15:44.21)	1:57.09 (17:41.30)	1:57.68 (19:38.98)	1:52.14 (21:31.11)
	1:42.98 (23:14.09)					
33	BORJA, Victoria	Unattached				23:15.61
	2:42.09 (2:42.09)	1:44.63 (4:26.72)	1:48.95 (6:15.66)	1:51.28 (8:06.93)	1:52.92 (9:59.84)	1:53.92 (11:53.76)
	1:55.37 (13:49.13)	1:54.40 (15:43.53)	1:58.90 (17:42.42)	1:58.06 (19:40.48)	1:54.81 (21:35.28)	3.52 (21:38.80)
	1:36.82 (23:15.61)					
34	PEREZ, Allan	Unattached				23:31.47
	56.48 (56.48)	1:46.62 (2:43.09)	1:45.73 (4:28.82)	1:49.65 (6:18.47)	1:52.67 (8:11.13)	1:52.53 (10:03.66)
	1:55.99 (11:59.64)	1:55.60 (13:55.24)	1:56.78 (15:52.01)	1:57.03 (17:49.03)	1:57.77 (19:46.80)	1:53.62 (21:40.42)
	1:51.06 (23:31.47)					
35	DEVERMANN, Grant	Unattached				23:38.58
	58.36 (58.36)	1:45.10 (2:43.46)	1:46.04 (4:29.50)	1:46.93 (6:16.42)	1:49.89 (8:06.31)	1:52.96 (9:59.27)
	1:55.46 (11:54.72)	1:55.02 (13:49.74)	1:57.51 (15:47.24)	2:00.17 (17:47.41)	2:00.65 (19:48.05)	1:56.73 (21:44.78)
	1:53.80 (23:38.58)					
36	DEVERMANN, Sarah	Unattached				23:38.73
	54.03 (54.03)	1:47.07 (2:41.09)	1:44.88 (4:25.97)	1:48.10 (6:14.07)	1:47.92 (8:01.98)	1:50.68 (9:52.66)
	1:51.89 (11:44.55)	1:52.74 (13:37.29)	1:53.79 (15:31.08)	1:54.48 (17:25.55)	1:52.53 (19:18.07)	1:52.03 (21:10.10)
	2:28.63 (23:38.73)					
37	RICHELIEU, Rachel	Unattached				23:48.31
	56.48 (56.48)	1:48.01 (2:44.49)	1:48.31 (4:32.79)	1:52.18 (6:24.97)	1:52.28 (8:17.24)	1:55.18 (10:12.42)
	1:57.55 (12:09.96)	1:58.85 (14:08.81)	1:57.15 (16:05.96)	1:55.89 (18:01.84)	1:56.52 (19:58.36)	1:55.20 (21:53.55)
	1:54.76 (23:48.31)					
38	ANDERSON, Scott	Unattached				24:47.57
	58.14 (58.14)	1:48.68 (2:46.82)	1:47.73 (4:34.54)	1:50.24 (6:24.78)	1:52.79 (8:17.57)	1:55.87 (10:13.43)
	1:58.30 (12:11.73)	1:58.73 (14:10.45)	2:13.77 (16:24.22)	2:03.97 (18:28.18)	2:13.74 (20:41.92)	2:06.73 (22:48.64)
	1:58.94 (24:47.57)					
39	RAMOS, Dave	Unattached				25:22.53
	55.72 (55.72)	1:45.65 (2:41.37)	1:43.65 (4:25.01)	1:44.82 (6:09.83)	1:44.59 (7:54.42)	1:52.57 (9:46.99)
	2:08.81 (11:55.79)	4:41.74 (16:37.53)	2:11.50 (18:49.02)	2:17.06 (21:06.07)	2:18.12 (23:24.18)	3.30 (23:27.48)
	1:55.05 (25:22.53)					
	ELLIOTT, Rebecca	Unattached				DNF

**TRACKSMITH TWILIGHT 5000 - DC #2**

Washington, DC  
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**WINDSORRUNNING**

**OFFICIAL MEET REPORT**  
 printed: 8/27/2022 9:30 AM

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

Pl	Name	Team	Time Note				
<b>Section 4 of 9</b>							
1	WALLACE, Callie	Unattached	19:47.90				
	46.80 (46.80)	1:38.32 (2:25.12)	1:38.77 (4:03.89)	1:35.63 (5:39.51)	1:39.56 (7:19.06)	1:37.42 (8:56.48)	
	1:36.70 (10:33.17)	1:36.44 (12:09.60)	1:33.65 (13:43.25)	1:36.23 (15:19.47)	1:36.73 (16:56.20)	1:31.47 (18:27.66)	
	1:20.24 (19:47.90)						
2	ROSS, Patrick	Unattached	19:48.73				
	45.43 (45.43)	1:37.52 (2:22.95)	1:39.98 (4:02.92)	1:35.00 (5:37.91)	1:37.64 (7:15.55)	1:39.32 (8:54.87)	
	1:37.23 (10:32.09)	1:35.56 (12:07.65)	1:34.75 (13:42.39)	1:36.65 (15:19.04)	1:35.39 (16:54.42)	1:32.12 (18:26.54)	
	1:22.20 (19:48.73)						
3	OHALLORAN, Damien	Unattached	19:49.75				
	47.81 (47.81)	1:37.54 (2:25.34)	1:37.80 (4:03.14)	1:35.84 (5:38.98)	1:37.64 (7:16.61)	1:38.51 (8:55.12)	
	1:37.68 (10:32.79)	1:35.59 (12:08.38)	1:34.47 (13:42.84)	1:36.09 (15:18.93)	1:34.72 (16:53.64)	1:33.06 (18:26.70)	
	1:23.06 (19:49.75)						
4	MCDUGALL, Shannon	Unattached	19:53.88				
	48.23 (48.23)	1:37.92 (2:26.14)	1:38.02 (4:04.15)	1:36.31 (5:40.46)	1:37.03 (7:17.48)	1:38.09 (8:55.57)	
	1:38.13 (10:33.70)	1:35.11 (12:08.80)	1:35.26 (13:44.06)	1:35.87 (15:19.93)	1:36.15 (16:56.08)	1:31.98 (18:28.06)	
	1:25.83 (19:53.88)						
5	MODY, Arjun	Unattached	19:55.01				
	47.96 (47.96)	1:37.78 (2:25.74)	1:37.82 (4:03.56)	1:36.11 (5:39.66)	1:38.01 (7:17.67)	1:37.45 (8:55.12)	
	1:37.42 (10:32.53)	1:35.58 (12:08.10)	1:35.15 (13:43.25)	1:36.23 (15:19.47)	1:36.45 (16:55.92)	1:33.05 (18:28.96)	
	1:26.05 (19:55.01)						
6	WANG, Chunxin	Unattached	19:58.87				
	47.26 (47.26)	1:38.72 (2:25.98)	1:36.16 (4:02.14)	1:34.72 (5:36.85)	1:36.03 (7:12.88)	1:37.92 (8:50.79)	
	1:34.82 (10:25.61)	1:37.51 (12:03.12)	1:38.72 (13:41.83)	1:37.03 (15:18.85)	1:36.73 (16:55.58)	1:36.34 (18:31.91)	
	1:26.96 (19:58.87)						
7	KLASEN, Matt	Unattached	20:00.43				
	47.44 (47.44)	1:38.14 (2:25.58)	1:38.99 (4:04.56)	1:34.98 (5:39.54)	1:37.37 (7:16.91)	1:37.79 (8:54.70)	
	1:38.24 (10:32.93)	1:35.33 (12:08.26)	1:34.43 (13:42.69)	3:12.54 (16:55.22)	1:37.19 (18:32.40)	1:28.03 (20:00.43)	
	1.41 (20:01.83)						
8	CRAIG, Ashley	Unattached	20:00.74				
	47.60 (47.60)	1:35.39 (2:22.99)	1:35.91 (3:58.90)	1:36.39 (5:35.29)	1:37.36 (7:12.64)	1:37.73 (8:50.37)	
	1:35.15 (10:25.51)	1:39.65 (12:05.16)	1:38.14 (13:43.30)	1:35.29 (15:18.58)	1:36.64 (16:55.22)	1:36.92 (18:32.13)	
	1:28.62 (20:00.74)						
9	PRIMEAU, Scott	Unattached	20:02.93				
	2:24.93 (2:24.93)	12:56.44 (15:21.37)	1:39.70 (17:01.06)	1:40.15 (18:41.21)	1:21.72 (20:02.93)	1.86 (20:04.78)	
	2:57.96 (23:02.74)	10.64 (23:13.38)					
10	RESSEL, Claire	Unattached	20:04.61				
	2:27.10 (2:27.10)	1:39.20 (4:06.29)	1:36.09 (5:42.38)	3:15.22 (8:57.60)	1:37.15 (10:34.75)	1:36.79 (12:11.54)	
	1:34.06 (13:45.59)	1:34.29 (15:19.88)	1:37.97 (16:57.84)	1:38.30 (18:36.13)	1:28.48 (20:04.61)	1.37 (20:05.97)	
11	BIER, Lydia	Unattached	20:05.71				
	47.44 (47.44)	1:37.54 (2:24.98)	1:36.20 (4:01.17)	1:34.77 (5:35.93)	1:37.47 (7:13.39)	1:37.93 (8:51.32)	
	1:35.35 (10:26.67)	1:37.62 (12:04.29)	1:38.23 (13:42.52)	1:36.85 (15:19.37)	1:38.04 (16:57.41)	1:37.53 (18:34.93)	
	1:30.78 (20:05.71)						
12	ROACH, Jessica	Unattached	20:09.90				
	48.54 (48.54)	1:39.11 (2:27.64)	1:37.25 (4:04.89)	1:35.41 (5:40.29)	1:37.58 (7:17.86)	1:38.01 (8:55.87)	
	1:37.49 (10:33.36)	1:34.90 (12:08.26)	1:37.92 (13:46.17)	1:37.70 (15:23.86)	1:39.47 (17:03.33)	1:38.95 (18:42.27)	



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

PI	Name	Team	Time	Note
	1:27.63 (20:09.90)			
	48.54 (48.54)	3:15.97 (4:04.51)	1:35.44 (5:39.94)	1:37.11 (7:17.05)
	1:35.56 (12:09.05)	1:34.89 (13:43.94)	1:38.61 (15:22.54)	1:39.25 (17:01.78)
	1:40.11 (18:41.88)			1:28.40 (20:10.28)
	1.48 (20:11.75)			
14	HOWELL, Katy	Unattached	20:27.89	
	49.14 (49.14)	1:38.57 (2:27.70)	1:39.45 (4:07.15)	1:35.67 (5:42.82)
	1:39.54 (10:41.75)	1:39.78 (12:21.52)	1:37.40 (13:58.92)	1:39.45 (15:38.36)
	1:39.93 (17:18.29)			1:39.08 (18:57.36)
	1:30.53 (20:27.89)			
15	BALLESTEROS, Steven	Unattached	20:29.13	
	50.70 (50.70)	1:35.96 (2:26.66)	1:40.57 (4:07.23)	1:34.58 (5:41.80)
	1:38.70 (10:41.32)	1:43.07 (12:24.39)	1:41.53 (14:05.92)	1:39.32 (15:45.23)
	1:36.94 (17:22.17)			1:41.83 (19:03.99)
	1:25.15 (20:29.13)			
16	SRIKONGYOS, Nina	Unattached	20:32.88	
	45.72 (45.72)	1:39.01 (2:24.73)	1:38.20 (4:02.92)	1:36.23 (5:39.15)
	1:36.93 (10:32.50)	1:39.73 (12:12.22)	1:39.54 (13:51.76)	1:40.74 (15:32.50)
	1:42.82 (17:15.32)			1:43.64 (18:58.96)
	1:33.93 (20:32.88)			
17	CONANT, Cindy	Unattached	20:37.01	
	49.28 (49.28)	1:37.15 (2:26.43)	1:39.23 (4:05.65)	1:36.78 (5:42.43)
	1:38.72 (12:14.60)	1:39.92 (13:54.51)	1:40.32 (15:34.83)	1:41.70 (17:16.53)
	1:42.19 (18:58.71)			1:38.20 (20:36.90)
	.11 (20:37.01)			
18	SNYDER, Sharon	Unattached	20:44.01	
	51.42 (51.42)	1:37.86 (2:29.27)	1:36.57 (4:05.84)	1:36.16 (5:41.99)
	1:38.49 (10:36.45)	1:41.21 (12:17.66)	1:42.45 (14:00.10)	1:42.12 (15:42.22)
	1:42.03 (17:24.24)			1:41.56 (19:05.80)
	1:38.21 (20:44.01)			
19	MSALL, Matilda	Unattached	20:45.35	
	46.09 (46.09)	1:40.01 (2:26.10)	1:36.20 (4:02.29)	1:34.66 (5:36.95)
	1:37.98 (10:32.06)	1:43.98 (12:16.04)	1:47.92 (14:03.95)	1:44.81 (15:48.75)
	1:43.00 (17:31.74)			1:45.23 (19:16.97)
	1:28.38 (20:45.35)			
20	HOGUE-MORGENSTERN, Jessie	Unattached	20:52.37	
	51.54 (51.54)	1:37.08 (2:28.62)	1:38.41 (4:07.03)	1:36.31 (5:43.33)
	1:41.11 (10:43.84)	1:42.39 (12:26.22)	1:42.76 (14:08.98)	1:43.14 (15:52.11)
	1:42.90 (17:35.01)			1:43.67 (19:18.67)
	1:33.70 (20:52.37)			
21	GAVLINSKI, Jeff	Unattached	20:53.28	
	48.79 (48.79)	1:38.11 (2:26.89)	1:38.96 (4:05.84)	1:35.58 (5:41.41)
	1:37.81 (10:36.00)	1:41.20 (12:17.19)	1:41.73 (13:58.92)	1:43.70 (15:42.61)
	1:44.00 (17:26.60)			1:45.26 (19:11.86)
	1:41.42 (20:53.28)			
22	DUCHESNE, Casey	Unattached	21:01.34	
	51.36 (51.36)	1:37.55 (2:28.90)	1:38.28 (4:07.18)	1:36.38 (5:43.55)
	1:41.48 (10:44.39)	1:43.25 (12:27.63)	1:43.22 (14:10.84)	1:43.92 (15:54.75)
	1:43.53 (17:38.27)			1:43.62 (19:21.89)
	1:39.46 (21:01.34)			
23	ROGOTZKE, Matthew	Unattached	21:08.34	
	48.79 (48.79)	1:38.92 (2:27.70)	1:38.53 (4:06.23)	1:35.19 (5:41.41)
	1:38.21 (10:34.26)	1:40.01 (12:14.27)	1:44.48 (13:58.75)	1:47.76 (15:46.50)
	1:47.87 (17:34.37)			1:50.25 (19:24.61)
	1:43.74 (21:08.34)			
24	BROWN, Lauren	Unattached	21:10.66	
	48.54 (48.54)	1:38.12 (2:26.66)	1:38.79 (4:05.45)	1:35.83 (5:41.27)
	1:37.58 (7:18.84)			1:40.90 (8:59.74)

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

PI	Name	Team	Time	Note		
	1:42.62 (10:42.35)	1:45.76 (12:28.11)	1:45.00 (14:13.10)	1:45.42 (15:58.51)	1:46.56 (17:45.07)	1:46.45 (19:31.51)
	1:39.15 (21:10.66)					
	21:33.16 (21:33.16)					
26	WOOLLEY, Ryan	Unattached			21:33.40	
	47.10 (47.10)	1:38.40 (2:25.49)	1:37.68 (4:03.17)	1:34.95 (5:38.12)	1:38.36 (7:16.47)	1:38.14 (8:54.60)
	1:40.62 (10:35.22)	1:47.18 (12:22.39)	1:49.28 (14:11.66)	1:57.05 (16:08.71)	1:54.45 (18:03.15)	1:51.39 (19:54.54)
	1:38.87 (21:33.40)					
27	MARTIN, Greta	Unattached			21:44.78	
	46.56 (46.56)	1:39.27 (2:25.82)	1:37.88 (4:03.70)	1:36.02 (5:39.71)	1:38.40 (7:18.11)	1:38.54 (8:56.65)
	1:44.05 (10:40.70)	1:48.01 (12:28.70)	1:49.96 (14:18.66)	1:54.29 (16:12.95)	1:53.42 (18:06.36)	1:47.00 (19:53.35)
	1:51.44 (21:44.78)					
28	WILSON, Graham	Unattached			22:01.03	
	45.64 (45.64)	1:37.60 (2:23.24)	1:38.49 (4:01.73)	1:36.19 (5:37.91)	1:38.48 (7:16.39)	1:45.79 (9:02.17)
	1:52.93 (10:55.10)	2:02.80 (12:57.90)	1:54.57 (14:52.47)	1:48.82 (16:41.28)	1:49.74 (18:31.02)	1:54.30 (20:25.32)
	1:35.71 (22:01.03)					
29	WILSON, Max	Unattached			22:02.38	
	2:26.66 (2:26.66)	1:37.50 (4:04.15)	1:36.47 (5:40.62)	1:38.23 (7:18.84)	1:42.87 (9:01.71)	1:49.88 (10:51.59)
	2:10.08 (13:01.67)	1:52.18 (14:53.84)	1:47.73 (16:41.56)	1:51.81 (18:33.37)	1:52.39 (20:25.75)	1:09 (20:26.84)
	1:35.54 (22:02.38)					
30	KARLIN, Elan	Unattached			22:54.17	
	49.35 (49.35)	1:37.31 (2:26.66)	1:38.65 (4:05.31)	1:36.69 (5:41.99)	1:40.51 (7:22.50)	1:41.20 (9:03.69)
	1:50.42 (10:54.10)	2:05.27 (12:59.37)	2:03.18 (15:02.54)	2:02.32 (17:04.86)	2:01.21 (19:06.06)	1:59.05 (21:05.11)
	1:49.06 (22:54.17)					
	ALITZ, Emma	Unattached			DNF	
	FRANKLIN, NICHOLAS	Unattached			DNF	
	FINN, Kyle	Unattached			DNF	
<b>Section 5 of 9</b>						
1	OZEKI, Liz	Unattached			18:35.91	
	48.73 (48.73)	1:31.29 (2:20.01)	1:31.79 (3:51.80)	1:30.12 (5:21.92)	1:30.59 (6:52.51)	1:29.54 (8:22.04)
	1:30.50 (9:52.54)	1:29.91 (11:22.44)	1:30.42 (12:52.86)	1:27.80 (14:20.65)	1:29.50 (15:50.15)	1:30.09 (17:20.24)
	1:15.68 (18:35.91)					
2	CHARLES, Ericka	Unattached			18:47.70	
	6:53.48 (6:53.48)	1:30.99 (8:24.47)	1:31.83 (9:56.29)	1:33.06 (11:29.34)	1:32.51 (13:01.85)	1:35.28 (14:37.13)
	1:32.40 (16:09.53)	1:30.87 (17:40.40)	1:07.30 (18:47.70)			
3	DELISSER, Jordan	Unattached			18:52.65	
	49.28 (49.28)	1:31.32 (2:20.59)	1:31.64 (3:52.22)	1:32.20 (5:24.42)	1:30.99 (6:55.41)	1:30.92 (8:26.32)
	1:32.48 (9:58.80)	1:33.14 (11:31.94)	1:32.20 (13:04.14)	1:33.12 (14:37.26)	1:33.31 (16:10.56)	1:30.02 (17:40.57)
	1:12.08 (18:52.65)					
4	BANKS, Joshua	Unattached			18:57.10	
	2:18.52 (2:18.52)	1:28.99 (3:47.51)	1:33.40 (5:20.91)	1:31.40 (6:52.31)	1:32.84 (8:25.14)	1:30.97 (9:56.10)
	1:34.65 (11:30.75)	1:34.11 (13:04.86)	1:33.06 (14:37.91)	1:32.03 (16:09.94)	1:32.33 (17:42.26)	1:14.84 (18:57.10)
	3.92 (19:01.02)					
5	PURDIN, Matthew	Unattached			19:00.35	
	48.52 (48.52)	1:31.09 (2:19.61)	1:31.88 (3:51.49)	1:32.11 (5:23.59)	1:31.01 (6:54.60)	1:29.96 (8:24.56)
	1:32.37 (9:56.93)	1:32.61 (11:29.53)	1:33.56 (13:03.09)	1:32.83 (14:35.91)	1:32.59 (16:08.50)	1:32.64 (17:41.14)
	1:19.21 (19:00.35)					

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

Pl	Name	Team	Time	Note
6	MERHIGE, Peter	Unattached	19:00.70	
	48.05 (48.05)	1:31.57 (2:19.61)	3:04.75 (5:24.36)	1:31.27 (6:55.62)
	3:04.06 (9:59.68)	1:32.17 (11:31.84)		
	1:34.33 (13:06.17)	1:35.01 (14:41.18)	1:33.09 (16:14.26)	1:30.91 (17:45.17)
			1:15.54 (19:00.70)	3.86 (19:04.56)
7	JOHANEK, Sarah	Unattached	19:05.75	
	47.12 (47.12)	1:31.94 (2:19.06)	1:32.43 (3:51.49)	1:31.51 (5:23.00)
	1:28.83 (6:51.82)	1:29.90 (8:21.72)		
	1:30.56 (9:52.27)	1:29.67 (11:21.94)	1:32.44 (12:54.37)	1:34.89 (14:29.26)
			1:35.20 (16:04.45)	1:35.25 (17:39.70)
	1:26.06 (19:05.75)			
8	MILLS, Hywel	Unattached	19:05.90	
	47.97 (47.97)	1:32.42 (2:20.38)	1:31.85 (3:52.22)	1:31.95 (5:24.17)
	1:30.64 (6:54.81)	1:31.36 (8:26.17)		
	1:32.86 (9:59.02)	1:32.15 (11:31.17)	1:34.64 (13:05.81)	1:34.83 (14:40.63)
			1:35.04 (16:15.67)	1:33.61 (17:49.27)
	1:16.63 (19:05.90)			
9	WILSON, Bailey	Unattached	19:09.20	
	47.64 (47.64)	1:31.77 (2:19.40)	1:31.64 (3:51.04)	1:32.25 (5:23.28)
	1:30.58 (6:53.86)	1:31.28 (8:25.14)		
	1:32.08 (9:57.21)	1:32.61 (11:29.81)	1:33.80 (13:03.61)	1:33.15 (14:36.76)
			1:33.00 (16:09.75)	1:33.94 (17:43.68)
	1:25.53 (19:09.20)			
10	MCKENZIE, David	Unattached	19:09.49	
	48.58 (48.58)	1:31.62 (2:20.19)	1:31.82 (3:52.01)	1:31.95 (5:23.95)
	1:30.32 (6:54.27)	1:31.71 (8:25.98)		
	1:31.83 (9:57.80)	1:32.56 (11:30.36)	1:33.78 (13:04.14)	1:33.00 (14:37.13)
			1:33.65 (16:10.78)	1:34.11 (17:44.89)
	1:24.61 (19:09.49)			
11	CARRILLO, Kylee	Unattached	19:12.53	
	47.47 (47.47)	1:32.15 (2:19.61)	1:31.98 (3:51.58)	1:32.64 (5:24.22)
	1:30.06 (6:54.27)	1:31.34 (8:25.61)		
	1:32.20 (9:57.80)	1:33.09 (11:30.89)	1:33.13 (13:04.01)	1:34.92 (14:38.93)
			1:35.08 (16:14.00)	1:34.87 (17:48.87)
	1:23.67 (19:12.53)			
12	AHERN, Daniel	Unattached	19:13.65	
	48.73 (48.73)	1:31.95 (2:20.68)	1:31.55 (3:52.22)	1:32.34 (5:24.56)
	1:31.38 (6:55.94)	1:31.42 (8:27.36)		
	1:31.81 (9:59.16)	1:32.83 (11:31.98)	1:33.83 (13:05.81)	4:41.83 (17:47.63)
			1:26.02 (19:13.65)	3.63 (19:17.28)
13	MCMILLAN, Nicholas	Unattached	19:16.21	
	47.76 (47.76)	1:31.93 (2:19.68)	1:30.92 (3:50.60)	1:32.90 (5:23.50)
	1:30.16 (6:53.65)	1:31.10 (8:24.75)		
	1:32.19 (9:56.93)	1:35.69 (11:32.61)	1:37.13 (13:09.73)	1:37.97 (14:47.69)
			1:35.36 (16:23.04)	1:33.94 (17:56.98)
	1:19.24 (19:16.21)			
14	KIND, Jonah	Unattached	19:19.41	
	49.09 (49.09)	3:02.97 (3:52.05)	3:01.81 (6:53.86)	3:02.95 (9:56.80)
	1:34.09 (11:30.89)	1:34.16 (13:05.04)		
	1:34.56 (14:39.60)	1:36.33 (16:15.92)	1:37.30 (17:53.21)	1:26.20 (19:19.41)
				4.65 (19:24.06)
15	BLAKE, Nicholas	Unattached	19:31.62	
	49.28 (49.28)	1:32.81 (2:22.08)	1:31.62 (3:53.69)	1:32.14 (5:25.83)
	1:32.90 (6:58.72)	1:35.53 (8:34.24)		
	1:34.25 (10:08.49)	1:36.97 (11:45.45)	1:40.03 (13:25.48)	1:37.61 (15:03.08)
			1:35.78 (16:38.85)	1:33.72 (18:12.57)
	1:19.05 (19:31.62)			
16	LIU, Yingqi	Unattached	19:39.92	
	50.21 (50.21)	1:34.60 (2:24.81)	1:34.78 (3:59.58)	1:34.87 (5:34.45)
	1:33.19 (7:07.64)	1:34.23 (8:41.87)		
	1:35.93 (10:17.80)	1:38.36 (11:56.15)	1:36.81 (13:32.96)	1:39.43 (15:12.39)
			1:36.70 (16:49.08)	1:32.61 (18:21.69)
	1:18.24 (19:39.92)			
17	KUMER, Emma	Unattached	19:46.18	
	2:20.19 (2:20.19)	1:31.82 (3:52.01)	1:32.78 (5:24.78)	1:30.68 (6:55.45)
	1:37.88 (8:33.32)	1:39.07 (10:12.39)		
	1:38.97 (11:51.35)	1:39.66 (13:31.01)	1:39.50 (15:10.50)	1:38.54 (16:49.04)
			1:38.39 (18:27.42)	1:18.76 (19:46.18)
	3.86 (19:50.04)			
18	GEREN, Sarah	Unattached	19:48.75	
	49.28 (49.28)	1:34.08 (2:23.36)	1:32.33 (3:55.68)	1:36.26 (5:31.94)
	1:33.05 (7:04.99)	1:36.11 (8:41.09)		

**TRACKSMITH TWILIGHT 5000 - DC #2**

Washington, DC  
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**MEET OFFICIALS**

**Meet Director:**  
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**Timing:**  
 Windsor Running, LLC

**WINDSORRUNNING**

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

PI	Name	Team	Time	Note
	1:24.51 (19:48.75)			
	19:59.25 (19:59.25)			
20	SWANSON, Frances	Unattached	19:59.73	
	50.67 (50.67)	1:35.18 (2:25.84)	1:34.26 (4:00.10)	1:34.73 (5:34.82)
	1:35.39 (10:17.60)	1:38.06 (11:55.65)	1:37.20 (13:32.85)	1:38.18 (15:11.03)
	1:40.07 (16:51.10)	1:39.87 (18:30.97)		
	1:28.76 (19:59.73)			
21	TATEISHI, Caitlyn	Unattached	20:01.49	
	51.98 (51.98)	1:33.71 (2:25.68)	1:34.12 (3:59.80)	1:34.81 (5:34.61)
	1:36.12 (10:19.41)	3:16.06 (13:35.46)	1:40.62 (15:16.08)	1:39.31 (16:55.38)
	1:37.17 (18:32.55)	1:28.95 (20:01.49)		
	3.86 (20:05.35)			
22	BEARDSLEY, Adam	Unattached	20:10.80	
	48.19 (48.19)	1:31.05 (2:19.23)	1:32.01 (3:51.24)	1:32.53 (5:23.77)
	1:38.82 (10:05.50)	1:40.06 (11:45.56)	1:40.12 (13:25.68)	1:43.32 (15:09.00)
	1:43.70 (16:52.69)	1:41.72 (18:34.41)		
	1:36.40 (20:10.80)			
23	KELLEY, Jocelyn	Unattached	20:15.11	
	48.73 (48.73)	1:32.24 (2:20.97)	1:31.61 (3:52.57)	1:32.36 (5:24.92)
	1:35.31 (10:03.82)	1:40.93 (11:44.75)	1:40.37 (13:25.12)	1:43.61 (15:08.72)
	1:47.04 (16:55.76)	1:46.80 (18:42.55)		
	1:32.57 (20:15.11)			
24	JOLLY, Christopher	Unattached	20:18.71	
	50.67 (50.67)	1:35.02 (2:25.68)	1:34.42 (4:00.10)	1:33.48 (5:33.58)
	1:36.86 (10:21.31)	1:41.06 (12:02.37)	1:41.66 (13:44.02)	1:39.15 (15:23.17)
	1:42.84 (17:06.00)	1:41.55 (18:47.55)		
	1:31.16 (20:18.71)			
25	MARVICK, Alex	Unattached	20:26.62	
	49.28 (49.28)	1:32.08 (2:21.36)	1:31.82 (3:53.18)	1:32.14 (5:25.31)
	1:41.32 (10:16.30)	1:47.10 (12:03.40)	1:44.86 (13:48.25)	1:47.29 (15:35.54)
	1:48.51 (17:24.05)	1:39.12 (19:03.16)		
	1:23.46 (20:26.62)			
26	BRUKALO, Breanna	Unattached	20:35.47	
	51.00 (51.00)	1:36.18 (2:27.18)	1:32.92 (4:00.10)	1:35.78 (5:35.87)
	1:39.57 (10:23.36)	1:39.42 (12:02.77)	1:43.89 (13:46.66)	1:45.34 (15:31.99)
	1:45.04 (17:17.03)	1:45.71 (19:02.74)		
	1:32.73 (20:35.47)			
	DIBLASI, Mary	Unattached	DNF	
<b>Section 6 of 9</b>				
	HETZEL, Peter	Unattached	17:47.64	
	45.85 (45.85)	1:26.60 (2:12.44)	1:23.80 (3:36.24)	1:23.63 (4:59.87)
	1:25.45 (9:14.01)	1:25.83 (10:39.83)	1:27.41 (12:07.23)	1:27.73 (13:34.96)
	1:30.19 (15:05.15)	1:29.09 (16:34.23)		
	1:13.42 (17:47.64)			
1	BLOOM, Benjamin	Unattached	17:18.23	
	45.74 (45.74)	1:27.38 (2:13.11)	1:23.67 (3:36.78)	2:47.80 (6:24.58)
	1:24.45 (10:37.27)	1:23.69 (12:00.95)	1:24.91 (13:25.86)	1:24.98 (14:50.84)
	1:22.70 (16:13.54)	1:04.70 (17:18.23)		
2	WILLIAMSON, Taylor	Unattached	17:22.64	
	45.18 (45.18)	1:27.18 (2:12.35)	1:23.17 (3:35.52)	1:24.12 (4:59.63)
	1:25.17 (9:12.42)	1:24.50 (10:36.91)	1:23.10 (12:00.00)	1:23.72 (13:23.72)
	1:23.66 (14:47.37)	1:24.19 (16:11.55)		
	1:11.10 (17:22.64)			
3	MINTER, Elijah	Unattached	17:24.14	
	47.15 (47.15)	1:27.07 (2:14.21)	1:24.17 (3:38.38)	1:23.59 (5:01.96)
	1:24.51 (6:26.47)	1:24.52 (7:50.98)		

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

PI	Name	Team	Time	Note		
	1:23.33 (9:14.31)	1:25.33 (10:39.63)	1:22.85 (12:02.47)	1:23.20 (13:25.67)	1:22.78 (14:48.45)	1:23.77 (16:12.21)
	1:11.94 (17:24.14)					
	45.57 (45.57)	1:27.40 (2:12.96)	1:23.64 (3:36.60)	1:24.07 (5:00.66)	1:23.74 (6:24.39)	1:24.03 (7:48.42)
	1:24.61 (9:13.02)	1:24.70 (10:37.72)	1:24.19 (12:01.91)	1:23.02 (13:24.92)	1:23.16 (14:48.07)	1:24.17 (16:12.24)
	1:19.79 (17:32.03)					
5	POLITE, Adam	Unattached				17:48.85
	48.19 (48.19)	1:26.94 (2:15.13)	1:23.89 (3:39.02)	1:24.24 (5:03.26)	1:24.95 (6:28.20)	1:25.13 (7:53.32)
	1:26.81 (9:20.13)	1:27.50 (10:47.63)	1:28.30 (12:15.92)	1:28.72 (13:44.63)	1:26.48 (15:11.11)	1:23.86 (16:34.97)
	1:13.89 (17:48.85)					
6	YOUNG, CJ	Unattached				17:51.91
	45.74 (45.74)	1:26.91 (2:12.65)	1:23.63 (3:36.27)	1:24.30 (5:00.57)	1:23.08 (6:23.64)	1:24.16 (7:47.79)
	1:24.38 (9:12.17)	1:24.89 (10:37.05)	1:25.27 (12:02.31)	1:28.64 (13:30.95)	1:30.76 (15:01.71)	1:30.26 (16:31.97)
	1:19.94 (17:51.91)					
7	KRONEMER, Sharif	Unattached				17:54.24
	47.90 (47.90)	1:27.49 (2:15.38)	1:23.64 (3:39.02)	1:23.41 (5:02.43)	1:24.05 (6:26.47)	1:26.39 (7:52.86)
	1:26.53 (9:19.38)	1:28.25 (10:47.63)	1:29.23 (12:16.86)	1:28.59 (13:45.45)	1:27.97 (15:13.41)	1:25.94 (16:39.34)
	1:14.91 (17:54.24)					
8	KNEPLEY, JOSHUA	Unattached				17:58.19
	47.78 (47.78)	1:27.75 (2:15.52)	1:24.57 (3:40.08)	1:25.15 (5:05.22)	1:23.64 (6:28.86)	1:25.84 (7:54.70)
	1:25.39 (9:20.09)	1:27.14 (10:47.22)	1:27.78 (12:15.00)	1:27.58 (13:42.57)	1:29.23 (15:11.80)	1:26.58 (16:38.37)
	1:19.82 (17:58.19)					
9	LEFKOF, Drew	Unattached				18:01.23
	45.98 (45.98)	1:26.98 (2:12.96)	1:23.99 (3:36.94)	1:23.13 (5:00.07)	1:24.86 (6:24.92)	1:25.19 (7:50.11)
	1:24.20 (9:14.31)	1:24.98 (10:39.29)	1:25.59 (12:04.88)	1:25.81 (13:30.68)	1:32.00 (15:02.68)	1:31.34 (16:34.02)
	1:27.22 (18:01.23)					
10	WYNN, Jeremy	Unattached				18:01.57
	49.07 (49.07)	1:27.02 (2:16.08)	1:26.51 (3:42.59)	1:25.73 (5:08.32)	1:26.19 (6:34.50)	1:29.11 (8:03.60)
	1:29.62 (9:33.22)	1:29.70 (11:02.92)	1:27.39 (12:30.31)	1:25.14 (13:55.44)	1:27.01 (15:22.45)	1:24.31 (16:46.76)
	1:14.81 (18:01.57)					
11	HO, Jason	Unattached				18:04.65
	47.98 (47.98)	1:27.41 (2:15.38)	1:23.36 (3:38.74)	1:26.62 (5:05.35)	1:26.97 (6:32.31)	1:29.05 (8:01.35)
	1:27.76 (9:29.11)	1:29.12 (10:58.23)	1:29.53 (12:27.76)	1:28.25 (13:56.01)	1:26.97 (15:22.97)	1:27.73 (16:50.70)
	1:13.96 (18:04.65)					
12	RAMASAMY, Samson	Unattached				18:05.43
	49.98 (49.98)	1:26.26 (2:16.24)	1:24.28 (3:40.51)	1:25.62 (5:06.13)	1:24.59 (6:30.72)	1:26.91 (7:57.62)
	1:26.66 (9:24.27)	1:28.80 (10:53.06)	1:28.92 (12:21.98)	1:29.91 (13:51.88)	1:30.62 (15:22.50)	1:28.66 (16:51.15)
	1:14.28 (18:05.43)					
13	CHANDEL, Abhimanyu	Unattached				18:08.13
	45.85 (45.85)	1:27.32 (2:13.16)	1:23.96 (3:37.11)	1:23.85 (5:00.96)	1:24.78 (6:25.74)	1:25.41 (7:51.14)
	1:26.62 (9:17.76)	1:29.03 (10:46.78)	1:28.77 (12:15.54)	1:29.41 (13:44.95)	1:30.05 (15:14.99)	1:32.50 (16:47.48)
	1:20.65 (18:08.13)					
14	HANSEN, Dira	Unattached				18:08.87
	47.15 (47.15)	1:27.07 (2:14.21)	1:23.91 (3:38.11)	1:24.32 (5:02.43)	1:24.25 (6:26.67)	1:25.23 (7:51.90)
	1:26.87 (9:18.77)	1:29.36 (10:48.13)	1:30.50 (12:18.62)	1:30.09 (13:48.71)	1:32.42 (15:21.13)	1:31.34 (16:52.46)
	1:16.41 (18:08.87)					
15	SMITH, Gaither	Unattached				18:13.57
	48.29 (48.29)	1:27.63 (2:15.91)	1:25.99 (3:41.89)	1:27.02 (5:08.91)	1:25.77 (6:34.67)	1:27.69 (8:02.35)

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PI	Name	Team	Time	Note
	1:19.88 (18:13.57)			
	46.93 (46.93)	1:27.82 (2:14.74)	1:23.64 (3:38.38)	1:23.94 (5:02.32)
	1:28.14 (9:22.18)	1:29.09 (10:51.27)	1:30.48 (12:21.75)	3:01.02 (15:22.77)
	1.96 (18:17.62)			1:24.69 (6:27.00)
				1:27.05 (7:54.04)
17	LEAPE, Charlotte	Unattached		18:15.91
	49.07 (49.07)	1:26.69 (2:15.75)	1:24.92 (3:40.67)	1:26.28 (5:06.94)
	1:28.89 (9:30.99)	1:29.84 (11:00.83)	1:30.84 (12:31.67)	1:28.20 (13:59.86)
	1:18.67 (18:15.91)			1:27.34 (6:34.28)
				1:27.83 (8:02.10)
18	KNOTTS, Rihana	Unattached		18:18.44
	48.49 (48.49)	1:28.29 (2:16.77)	1:26.96 (3:43.73)	1:25.70 (5:09.43)
	1:28.58 (9:35.49)	1:28.61 (11:04.09)	1:28.39 (12:32.48)	1:28.22 (14:00.69)
	1:20.52 (18:18.44)			1:29.59 (6:39.01)
				1:27.91 (8:06.91)
19	HARDIN, Bradford	Unattached		18:19.61
	48.86 (48.86)	1:27.85 (2:16.70)	1:27.17 (3:43.87)	1:25.34 (5:09.21)
	1:28.59 (9:34.89)	1:29.20 (11:04.09)	1:28.78 (12:32.87)	1:28.44 (14:01.30)
	1:19.98 (18:19.61)			1:29.42 (6:38.62)
				1:27.69 (8:06.31)
20	UNTERKOEFLER, Emma	Unattached		18:21.51
	48.92 (48.92)	1:28.16 (2:17.07)	1:25.92 (3:42.99)	1:25.81 (5:08.80)
	1:29.67 (9:35.00)	1:29.03 (11:04.03)	1:26.31 (12:30.34)	1:27.28 (13:57.61)
	1:22.75 (18:21.51)			1:29.98 (6:38.78)
				1:26.56 (8:05.34)
21	DAVIDSON, Libby	Unattached		18:30.28
	49.13 (49.13)	1:28.34 (2:17.47)	1:26.37 (3:43.84)	1:26.61 (5:10.44)
	1:28.92 (9:35.49)	1:29.69 (11:05.17)	1:31.67 (12:36.84)	1:30.87 (14:07.71)
	1:23.12 (18:30.28)			1:29.09 (6:39.53)
				1:27.05 (8:06.57)
22	CANFIELD, Jeremy	Unattached		18:34.62
	49.62 (49.62)	1:29.02 (2:18.64)	1:29.26 (3:47.90)	1:29.00 (5:16.89)
	1:30.20 (11:14.71)	1:30.89 (12:45.60)	1:31.75 (14:17.34)	1:32.34 (15:49.68)
				2:44.95 (18:34.62)
				3.07 (18:37.69)
23	RYAN, Luke	Unattached		18:34.66
	45.57 (45.57)	1:28.24 (2:13.80)	1:23.57 (3:37.36)	1:25.79 (5:03.15)
	1:30.92 (9:28.91)	1:30.83 (10:59.73)	1:32.78 (12:32.51)	1:32.33 (14:04.83)
	1:19.01 (18:34.66)			1:25.06 (6:28.20)
				1:29.80 (7:58.00)
24	HUDAK, John	Unattached		18:36.41
	48.49 (48.49)	1:27.60 (2:16.08)	1:24.98 (3:41.06)	1:25.84 (5:06.90)
	1:29.47 (9:32.04)	1:28.11 (11:00.14)	1:33.34 (12:33.48)	1:31.62 (14:05.10)
	1:23.81 (18:36.41)			1:27.61 (6:34.50)
				1:28.08 (8:02.57)
25	MILLER, Michelle	Unattached		18:37.11
	()	()	3:39.889 ()	1:26.10 (5:05.99)
	1:28.89 (9:30.46)	1:30.86 (11:01.31)	3:01.84 (14:03.14)	1:33.61 (15:36.75)
				1:28.52 (6:34.50)
				1:27.08 (8:01.57)
26	HILL, Samuel	Unattached		18:38.57
	47.62 (47.62)	1:27.33 (2:14.94)	1:23.96 (3:38.89)	1:26.02 (5:04.91)
	1:28.23 (9:28.11)	1:29.92 (10:58.03)	1:31.05 (12:29.07)	1:31.28 (14:00.35)
	1:26.49 (18:38.57)			1:27.52 (6:32.42)
				1:27.47 (7:59.89)
27	O'KANE, Alexandra	Unattached		18:42.43
	49.29 (49.29)	1:28.98 (2:18.26)	1:29.76 (3:48.02)	1:29.16 (5:17.17)
	1:29.06 (9:44.95)	1:30.00 (11:14.95)	1:30.62 (12:45.57)	1:30.77 (14:16.33)
				1:28.19 (6:45.36)
				1:30.55 (8:15.90)
				1:30.97 (15:47.29)
				1:29.78 (17:17.07)

**TRACKSMITH TWILIGHT 5000 - DC #2**

Washington, DC  
 Cardozo High School  
 Host: Trials of Miles  
 Friday, August 26, 2022

**MEET OFFICIALS**

**Meet Director:**  
 Dave Alfonso  
**Timing:**  
 Windsor Running, LLC

**WINDSORRUNNING**

**OFFICIAL MEET REPORT**  
 printed: 8/27/2022 9:30 AM

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

PI	Name	Team	Time	Note
	1:25.36 (18:42.43)			
	48.72 (48.72)	1:27.47 (2:16.19)	1:24.48 (3:40.67)	1:25.87 (5:06.54)
	3:02.49 (11:03.89)	1:33.06 (12:36.95)	1:32.48 (14:09.42)	1:35.58 (15:45.00)
29	KRZYSTOFIK, Joseph	Unattached	18:44.99	
	49.94 (49.94)	1:27.20 (2:17.14)	1:24.07 (3:41.20)	1:26.13 (5:07.33)
	1:30.37 (9:32.22)	1:32.23 (11:04.45)	1:30.66 (12:35.10)	1:34.70 (14:09.80)
	1:34.86 (15:44.65)		1:34.22 (17:18.86)	
	1:26.14 (18:44.99)			
30	CHEN, Willis	Unattached	18:45.81	
	49.98 (49.98)	1:29.04 (2:19.02)	1:29.46 (3:48.48)	1:28.95 (5:17.42)
	1:31.98 (9:48.08)	1:31.51 (11:19.59)	1:32.17 (12:51.75)	1:31.09 (14:22.84)
	1:30.36 (15:53.20)		1:30.25 (17:23.44)	
	1:22.38 (18:45.81)			
31	COOGAN, Ben	Unattached	18:52.14	
	47.15 (47.15)	1:27.42 (2:14.57)	1:24.77 (3:39.33)	1:28.01 (5:07.33)
	1:32.12 (9:37.43)	1:31.47 (11:08.89)	1:34.17 (12:43.05)	1:34.36 (14:17.41)
	1:33.25 (15:50.65)		1:33.25 (15:50.65)	
	1:24.24 (18:52.14)		1:37.26 (17:27.91)	
32	NAFF, Michael	Unattached	18:53.31	
	50.05 (50.05)	1:27.10 (2:17.14)	1:27.39 (3:44.52)	1:28.14 (5:12.66)
	1:31.14 (9:44.69)	1:31.41 (11:16.09)	1:31.78 (12:47.87)	1:32.73 (14:20.59)
	1:33.28 (15:53.87)		1:32.56 (17:26.42)	
	1:26.89 (18:53.31)			
33	WYATT, Andrew	Unattached	18:56.46	
	46.22 (46.22)	1:28.13 (2:14.35)	1:24.63 (3:38.97)	1:25.49 (5:04.46)
	1:28.41 (9:32.38)	1:34.62 (11:07.00)	1:32.42 (12:39.41)	1:33.61 (14:13.02)
	1:37.09 (15:50.10)		1:35.06 (17:25.16)	
	1:31.31 (18:56.46)			
34	TURNER, Graham	Unattached	19:11.92	
	50.39 (50.39)	1:27.47 (2:17.85)	1:26.64 (3:44.49)	1:28.30 (5:12.78)
	1:32.97 (9:47.75)	1:35.37 (11:23.12)	1:36.98 (13:00.10)	1:36.64 (14:36.73)
	1:38.01 (16:14.74)		1:36.33 (17:51.06)	
	1:20.86 (19:11.92)			
35	GRUBER, Elliott	Unattached	19:15.69	
	()	2:16.233 ()	1:26.73 (3:42.96)	1:30.34 (5:13.30)
	1:35.03 (9:53.53)	1:34.87 (11:28.40)	1:35.82 (13:04.22)	1:37.44 (14:41.65)
	1:33.53 (16:15.18)		1:34.94 (17:50.11)	
	1:25.59 (19:15.69)			
36	BUTLER, Jarrhett	Unattached	19:38.63	
	()	2:19.451 ()	1:29.59 (3:49.04)	1:29.33 (5:18.36)
	9:52.30 (18:17.32)	1:21.31 (19:38.63)		1:31.59 (6:49.95)
				1:35.08 (8:25.02)
37	GISAGARA, Bertin	Unattached	20:21.13	
	48.12 (48.12)	1:27.41 (2:15.52)	1:24.53 (3:40.05)	1:27.63 (5:07.68)
	1:46.32 (10:09.15)	1:47.40 (11:56.55)	1:43.12 (13:39.67)	1:45.50 (15:25.16)
	1:46.42 (17:11.57)		1:41.67 (18:53.24)	
	1:27.89 (20:21.13)			
	CORSI, Jake	Unattached	DNF	
<b>Section 7 of 9</b>				
1	PULISIC, Thomas	Unattached	17:02.70	
	38.30 (38.30)	1:23.47 (2:01.77)	1:21.16 (3:22.92)	1:19.61 (4:42.52)
	1:22.28 (8:47.47)	1:23.30 (10:10.76)	1:23.97 (11:34.72)	1:24.14 (12:58.86)
	1:21.61 (14:20.47)		1:22.33 (15:42.79)	
	1:19.92 (17:02.70)			
2	THOMAS, Benn	Unattached	17:08.15	
	38.16 (38.16)	1:23.31 (2:01.47)	1:21.45 (3:22.92)	1:20.91 (4:43.82)
			1:21.66 (6:05.47)	1:21.97 (7:27.44)

**TRACKSMITH TWILIGHT 5000 - DC #2**

Washington, DC  
 Cardozo High School  
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**MEET OFFICIALS**

**Meet Director:**  
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**Timing:**  
 Windsor Running, LLC

**WINDSORRUNNING**

**OFFICIAL MEET REPORT**  
 printed: 8/27/2022 9:30 AM

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

PI	Name	Team	Time	Note		
	1:21.89 (8:49.33)	1:23.30 (10:12.62)	1:24.77 (11:37.38)	1:24.58 (13:01.95)	1:24.05 (14:26.00)	1:24.06 (15:50.05)
	1:18.11 (17:08.15)					
	39.21 (39.21)	1:22.94 (2:02.14)	1:20.47 (3:22.60)	1:19.66 (4:42.26)	1:21.00 (6:03.25)	1:21.63 (7:24.88)
	1:22.48 (8:47.36)	1:23.27 (10:10.62)	1:23.84 (11:34.46)	1:26.05 (13:00.50)	1:23.81 (14:24.31)	1:23.88 (15:48.19)
	1:22.53 (17:10.71)					
4	HAYES, Owen	Unattached				17:16.81
	38.65 (38.65)	1:23.94 (2:02.58)	1:21.70 (3:24.28)	1:19.92 (4:44.19)	1:21.52 (6:05.71)	1:23.35 (7:29.05)
	1:23.52 (8:52.56)	1:24.06 (10:16.62)	1:26.48 (11:43.10)	1:28.56 (13:11.65)	1:27.66 (14:39.30)	1:23.26 (16:02.56)
	1:14.26 (17:16.81)					
5	WURZBACHER, Michael	Unattached				17:20.53
	42.74 (42.74)	1:22.42 (2:05.16)	1:22.47 (3:27.62)	1:22.94 (4:50.55)	1:23.86 (6:14.41)	1:23.67 (7:38.08)
	1:23.30 (9:01.37)	1:23.39 (10:24.76)	1:26.17 (11:50.92)	1:23.53 (13:14.45)	1:24.33 (14:38.77)	1:24.18 (16:02.95)
	1:17.59 (17:20.53)					
6	PARKER, James	Unattached				17:21.65
	39.13 (39.13)	1:24.28 (2:03.41)	1:18.95 (3:22.36)	1:23.83 (4:46.18)	1:20.33 (6:06.50)	1:25.63 (7:32.12)
	1:24.45 (8:56.57)	1:24.86 (10:21.43)	1:28.03 (11:49.45)	1:24.61 (13:14.06)	1:26.95 (14:41.01)	1:25.99 (16:07.00)
	1:14.66 (17:21.65)					
7	VIGER, Rachel	Unattached				17:24.99
	41.69 (41.69)	1:22.12 (2:03.81)	1:22.59 (3:26.40)	1:21.16 (4:47.55)	1:23.27 (6:10.82)	1:24.66 (7:35.47)
	1:24.09 (8:59.56)	1:24.61 (10:24.16)	1:24.83 (11:48.99)	1:25.08 (13:14.06)	1:25.67 (14:39.73)	1:23.96 (16:03.68)
	1:21.31 (17:24.99)					
8	RESNICK, David	Unattached				17:27.98
	41.09 (41.09)	1:22.10 (2:03.19)	1:21.72 (3:24.90)	1:20.97 (4:45.87)	1:22.22 (6:08.08)	1:21.88 (7:29.95)
	1:22.53 (8:52.48)	1:24.33 (10:16.80)	1:24.45 (11:41.25)	1:28.39 (13:09.64)	1:30.09 (14:39.73)	1:26.88 (16:06.61)
	1:21.38 (17:27.98)					
9	RACHDI, Hicham	Unattached				17:38.38
	41.15 (41.15)	1:22.87 (2:04.02)	1:20.69 (3:24.70)	1:22.00 (4:46.69)	1:22.53 (6:09.22)	1:21.58 (7:30.80)
	1:23.45 (8:54.25)	1:25.84 (10:20.08)	1:27.11 (11:47.19)	1:26.97 (13:14.15)	1:25.95 (14:40.10)	1:28.35 (16:08.45)
	1:29.93 (17:38.38)					
10	BARRISS, Griffin	Unattached				17:39.03
	41.90 (41.90)	1:20.68 (2:02.58)	1:22.70 (3:25.28)	1:22.41 (4:47.68)	1:21.14 (6:08.82)	1:26.42 (7:35.23)
	1:25.38 (9:00.60)	1:24.11 (10:24.71)	1:29.72 (11:54.42)	1:29.31 (13:23.73)	1:30.38 (14:54.11)	1:25.81 (16:19.92)
	1:19.12 (17:39.03)					
11	LEMON, Luther	Unattached				17:39.84
	41.90 (41.90)	1:22.18 (2:04.08)	1:21.81 (3:25.89)	1:21.91 (4:47.79)	1:23.77 (6:11.55)	1:24.81 (7:36.36)
	1:24.47 (9:00.82)	1:26.83 (10:27.65)	1:26.56 (11:54.20)	1:26.75 (13:20.95)	1:27.88 (14:48.83)	1:27.77 (16:16.59)
	1:23.26 (17:39.84)					
12	PENDERGAST, Ross	Unattached				17:46.44
	41.33 (41.33)	1:22.42 (2:03.75)	1:20.20 (3:23.95)	1:22.56 (4:46.51)	1:21.52 (6:08.02)	1:23.22 (7:31.23)
	1:25.44 (8:56.67)	1:27.12 (10:23.79)	1:26.80 (11:50.58)	1:30.87 (13:21.45)	1:29.77 (14:51.22)	1:30.69 (16:21.90)
	1:24.55 (17:46.44)					
13	JUNG, Tristan	Unattached				18:02.02
	38.38 (38.38)	1:24.20 (2:02.58)	1:20.97 (3:23.54)	1:22.11 (4:45.65)	1:22.47 (6:08.11)	1:22.30 (7:30.41)
	1:27.01 (8:57.42)	1:28.92 (10:26.33)	1:29.26 (11:55.59)	1:35.48 (13:31.07)	1:32.82 (15:03.88)	1:36.83 (16:40.71)
	1:21.32 (18:02.02)					
14	CONNELLY, Matthew	Unattached				18:02.37
	40.15 (40.15)	1:22.56 (2:02.70)	1:21.80 (3:24.49)	1:21.85 (4:46.34)	1:23.59 (6:09.92)	1:23.75 (7:33.67)



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Washington, DC  
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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
	1:26.54 (18:02.37)			
	43.51 (43.51)	1:28.40 (2:11.90)	1:27.51 (3:39.41)	1:29.06 (5:08.47)
	1:27.92 (9:34.47)	1:28.05 (11:02.51)	1:28.36 (12:30.87)	1:29.56 (14:00.42)
	1:30.23 (15:30.64)	1:29.20 (16:59.84)		
	1:27.87 (18:27.71)			
16	MURGUIA, Ryan	Unattached	18:36.73	
	42.22 (42.22)	1:22.26 (2:04.47)	1:21.81 (3:26.28)	1:21.41 (4:47.68)
	1:28.53 (9:05.37)	1:29.64 (10:35.00)	1:32.09 (12:07.09)	1:32.41 (13:39.49)
	1:30.40 (15:09.88)	1:33.00 (16:42.88)		
	1:53.85 (18:36.73)			
17	LOWERY, Jermaine	Unattached	18:55.60	
	42.80 (42.80)	1:22.15 (2:04.95)	1:22.67 (3:27.62)	1:21.81 (4:49.43)
	1:32.81 (9:15.40)	1:34.39 (10:49.78)	1:34.04 (12:23.82)	1:36.15 (13:59.97)
	1:36.38 (15:36.35)	1:43.89 (17:20.23)		
	1:35.38 (18:55.60)			
18	TOTH, Kristof	Unattached	19:22.86	
	43.11 (43.11)	1:28.20 (2:11.31)	1:29.07 (3:40.38)	1:28.64 (5:09.02)
	1:33.22 (9:41.62)	1:34.14 (11:15.76)	1:36.89 (12:52.64)	1:37.56 (14:30.20)
	1:43.30 (16:13.50)	1:40.06 (17:53.55)		
	1:29.32 (19:22.86)			
19	SPENCER, Adrian	Unattached	19:40.43	
	42.22 (42.22)	1:21.86 (2:04.08)	1:21.20 (3:25.28)	1:19.60 (4:44.87)
	1:28.44 (9:01.32)	1:30.47 (10:31.79)	1:27.61 (11:59.39)	1:35.67 (13:35.05)
	2:54.97 (16:30.02)	1:43.40 (18:13.42)		
	1:27.02 (19:40.43)			
20	O'DONNELL, Raymond	Unattached	19:41.61	
	42.22 (42.22)	1:22.94 (2:05.16)	1:24.01 (3:29.17)	1:24.84 (4:54.01)
	1:27.94 (9:15.12)	1:28.14 (10:43.25)	1:29.14 (12:12.39)	1:28.84 (13:41.22)
	2:54.30 (16:35.52)	1:23.44 (17:58.95)		
	1:42.66 (19:41.61)			
	CLARK, Jonah	Unattached	DNF	
	LIU, Jicheng	Unattached	DNF	
<b>Section 8 of 9</b>				
1	KRICKOVIC, Tyler	Unattached	15:56.04	
	42.79 (42.79)	1:16.70 (1:59.49)	1:15.58 (3:15.06)	1:16.55 (4:31.61)
	1:18.89 (8:24.60)	1:18.27 (9:42.86)	1:19.74 (11:02.60)	1:17.96 (12:20.55)
	1:18.02 (13:38.56)	2:17.48 (15:56.04)		
2	CRAIG, Michael	Unattached	16:03.93	
	42.54 (42.54)	1:14.98 (1:57.52)	1:17.05 (3:14.57)	1:16.83 (4:31.39)
	1:18.44 (8:24.49)	1:17.53 (9:42.02)	1:17.00 (10:59.02)	1:17.06 (12:16.08)
	1:18.39 (13:34.47)	1:18.24 (14:52.70)		
	1:11.23 (16:03.93)			
3	EHRGOTT, Kevin	Unattached	16:08.12	
	42.90 (42.90)	1:16.76 (1:59.66)	1:16.96 (3:16.61)	1:19.28 (4:35.89)
	1:20.19 (8:32.65)	1:19.09 (9:51.74)	1:18.60 (11:10.33)	1:19.52 (12:29.84)
	1:17.19 (13:47.03)	1:16.86 (15:03.88)		
	1:04.24 (16:08.12)			
4	PUTNAM, Jason	Unattached	16:12.46	
	1:59.66 (1:59.66)	2:31.86 (4:31.52)	1:15.72 (5:47.23)	1:17.70 (7:04.93)
	1:18.36 (10:59.99)	1:16.64 (12:16.62)	1:21.64 (13:38.26)	1:21.47 (14:59.73)
	1:12.73 (16:12.46)			
5	HUGHES, Tim	Unattached	16:17.91	
	44.12 (44.12)	1:16.18 (2:00.30)	1:16.49 (3:16.78)	1:19.11 (4:35.89)
	1:19.75 (8:33.80)	1:18.14 (9:51.94)	1:20.78 (11:12.72)	1:20.44 (12:33.15)
	1:19.75 (13:52.90)	1:18.19 (15:11.08)		
	1:06.83 (16:17.91)			

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

Pl	Name	Team	Time	Note
6	LEE, Connor	Unattached	16:18.93	
	45.61 (45.61)	1:17.62 (2:03.22)	1:19.21 (3:22.42)	1:20.45 (4:42.87)
	2:37.86 (7:20.73)	1:19.88 (8:40.60)		
	1:18.20 (9:58.80)	1:19.11 (11:17.90)	1:17.85 (12:35.75)	1:19.06 (13:54.80)
	2:24.13 (16:18.93)	2.86 (16:21.79)		
7	BARRA, David	Unattached	16:19.36	
	43.80 (43.80)	1:16.97 (2:00.77)	1:20.19 (3:20.95)	1:19.28 (4:40.23)
	1:18.67 (5:58.90)	1:20.56 (7:19.46)		
	1:19.17 (8:38.63)	1:19.30 (9:57.92)	1:19.66 (11:17.58)	1:20.11 (12:37.68)
	1:21.09 (13:58.77)	1:16.44 (15:15.21)		
	1:04.16 (16:19.36)			
8	RYBA, Thomas	Unattached	16:19.37	
	43.35 (43.35)	1:15.61 (1:58.95)	1:15.74 (3:14.69)	1:16.99 (4:31.67)
	1:15.14 (5:46.81)	1:18.24 (7:05.04)		
	1:19.17 (8:24.21)	1:18.22 (9:42.43)	1:19.38 (11:01.80)	1:21.88 (12:23.67)
	1:23.70 (13:47.37)	1:21.64 (15:09.01)		
	1:10.37 (16:19.37)			
9	KING, Sophia	Unattached	16:20.52	
	44.79 (44.79)	1:16.67 (2:01.45)	1:17.87 (3:19.31)	1:18.75 (4:38.06)
	1:18.71 (5:56.76)	1:20.42 (7:17.18)		
	1:20.10 (8:37.27)	1:19.17 (9:56.44)	1:18.86 (11:15.30)	1:18.89 (12:34.18)
	1:20.16 (13:54.34)	1:17.71 (15:12.04)		
	1:08.49 (16:20.52)			
10	CARTER, Patrick	Unattached	16:23.56	
	43.07 (43.07)	1:15.78 (1:58.85)	1:17.77 (3:16.61)	1:18.52 (4:35.12)
	1:19.24 (5:54.36)	1:19.70 (7:14.06)		
	1:18.72 (8:32.77)	1:18.56 (9:51.33)	1:17.06 (11:08.39)	1:24.44 (12:32.82)
	1:19.67 (13:52.49)	1:18.13 (15:10.62)		
	1:12.95 (16:23.56)			
11	HAYDAY, Elena	Unattached	16:24.62	
	44.54 (44.54)	1:16.91 (2:01.45)	1:19.97 (3:21.42)	1:19.55 (4:40.97)
	1:18.53 (5:59.49)	1:19.42 (7:18.91)		
	1:18.89 (8:37.80)	1:19.52 (9:57.31)	1:18.67 (11:15.98)	1:18.99 (12:34.96)
	1:20.45 (13:55.41)	1:17.55 (15:12.96)		
	1:11.67 (16:24.62)			
12	BERGER, Levi	Unattached	16:27.39	
	43.56 (43.56)	1:16.50 (2:00.06)	1:15.43 (3:15.49)	1:16.64 (4:32.12)
	1:16.17 (5:48.29)	1:16.99 (7:05.28)		
	1:19.02 (8:24.29)	1:18.91 (9:43.19)	1:18.52 (11:01.70)	1:20.60 (12:22.30)
	1:24.44 (13:46.73)	1:21.78 (15:08.51)		
	1:18.89 (16:27.39)			
13	CAPPS, Christopher	Unattached	16:30.99	
	45.11 (45.11)	1:16.58 (2:01.69)	1:18.40 (3:20.08)	1:18.97 (4:39.04)
	1:17.17 (5:56.21)	1:15.33 (7:11.54)		
	1:20.25 (8:31.79)	1:18.64 (9:50.43)	1:21.27 (11:11.69)	1:18.77 (12:30.45)
	1:24.36 (13:54.80)	1:19.33 (15:14.13)		
	1:16.86 (16:30.99)			
14	BELF, Audrey	Unattached	17:40.97	
	44.79 (44.79)	1:15.31 (2:00.09)	1:17.18 (3:17.27)	1:19.22 (4:36.48)
	1:19.45 (5:55.93)	1:22.39 (7:18.32)		
	1:27.47 (8:45.78)	1:28.47 (10:14.25)	1:31.44 (11:45.68)	1:32.00 (13:17.67)
	1:31.26 (14:48.93)	1:29.69 (16:18.61)		
	1:22.36 (17:40.97)			
15	ST. CLAIR, Price	Unattached	17:50.54	
	45.65 (45.65)	1:16.00 (2:01.64)	1:17.77 (3:19.41)	1:19.24 (4:38.64)
	1:21.89 (6:00.53)	1:26.98 (7:27.51)		
	1:29.50 (8:57.00)	1:28.00 (10:24.99)	1:31.55 (11:56.54)	1:32.76 (13:29.30)
	1:33.48 (15:02.77)	1:31.31 (16:34.07)		
	1:16.47 (17:50.54)			
	LEAHY, Sean	Unattached	DNF	
	PETERSON, Alex	Unattached	DNF	
<b>Section 9 of 9</b>				
1	GILL, Timothy	Unattached	14:28.46	
	39.57 (39.57)	1:08.02 (1:47.58)	1:10.60 (2:58.17)	1:11.35 (4:09.52)
	1:12.21 (5:21.72)	1:10.03 (6:31.75)		
	1:10.64 (7:42.39)	1:09.53 (8:51.92)	1:09.64 (10:01.56)	1:09.86 (11:11.42)
	1:09.96 (12:21.37)	1:07.05 (13:28.42)		
	1:00.05 (14:28.46)			

**TRACKSMITH TWILIGHT 5000 - DC #2**

Washington, DC  
 Cardozo High School  
 Host: Trials of Miles  
 Friday, August 26, 2022

**MEET OFFICIALS**

**Meet Director:**  
 Dave Alfonso  
**Timing:**  
 Windsor Running, LLC

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

printed: 8/27/2022 9:30 AM

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

Pl	Name	Team	Time	Note
2	PETERSON, Luke	Unattached	14:29.85	
	39.72 (39.72)	1:07.75 (1:47.47)	1:10.39 (2:57.86)	1:12.60 (4:10.45)
	1:09.91 (7:41.12)	1:09.82 (8:50.93)	1:10.55 (10:01.48)	1:10.05 (11:11.53)
	1:00.71 (14:29.85)	1:09.72 (12:21.24)	1:07.91 (13:29.15)	
3	LOMONG, Peter	Unattached	14:37.17	
	39.07 (39.07)	1:07.54 (1:46.61)	1:10.60 (2:57.21)	1:12.21 (4:09.41)
	1:07.88 (7:39.62)	1:08.49 (8:48.11)	1:13.17 (10:01.28)	1:12.36 (11:13.64)
	1:03.82 (14:37.17)	1:09.38 (12:23.01)	1:10.35 (13:33.35)	
4	LOMONG, Alex	Unattached	14:46.21	
	39.32 (39.32)	1:08.26 (1:47.58)	1:10.71 (2:58.28)	1:12.49 (4:10.77)
	1:10.00 (7:42.28)	1:09.96 (8:52.23)	1:09.99 (10:02.21)	1:11.69 (11:13.90)
	1:04.69 (14:46.21)	1:13.30 (12:27.20)	1:14.33 (13:41.52)	
5	DORSEY, David	Unattached	14:49.92	
	39.07 (39.07)	1:08.11 (1:47.17)	1:10.80 (2:57.97)	1:12.94 (4:10.91)
	1:10.71 (7:42.76)	1:11.11 (8:53.87)	1:12.58 (10:06.45)	1:12.52 (11:18.96)
	1:05.53 (14:49.92)	1:13.03 (12:31.99)	1:12.41 (13:44.40)	
6	BEAMER, Matthew	Unattached	14:58.60	
	40.14 (40.14)	1:05.83 (1:45.97)	1:12.07 (2:58.03)	1:12.22 (4:10.25)
	1:10.83 (7:42.15)	1:11.17 (8:53.32)	1:11.38 (10:04.70)	1:12.02 (11:16.71)
	1:12.27 (14:58.60)	1:14.63 (12:31.34)	1:15.00 (13:46.33)	
7	SZUHAI, Ben	Unattached	15:10.51	
	39.37 (39.37)	1:07.81 (1:47.17)	1:10.39 (2:57.56)	1:12.47 (4:10.03)
	1:10.66 (7:42.15)	1:11.63 (8:53.78)	1:15.22 (10:08.99)	1:17.03 (11:26.02)
	1:08.22 (15:10.51)	1:18.10 (12:44.11)	1:18.19 (14:02.30)	
8	HANLEY, Patrick	Unattached	15:32.82	
	40.39 (40.39)	1:09.08 (1:49.47)	1:10.86 (3:00.33)	1:12.11 (4:12.44)
	1:11.55 (7:47.31)	1:11.89 (8:59.20)	1:14.39 (10:13.59)	1:17.30 (11:30.88)
	1:18.99 (15:32.82)	1:20.67 (12:51.55)	1:22.30 (14:13.84)	
9	RIOS, Ivan	Unattached	15:47.96	
	42.78 (42.78)	1:15.81 (1:58.58)	1:11.96 (3:10.53)	1:14.38 (4:24.90)
	1:15.13 (8:12.30)	1:15.85 (9:28.14)	1:15.88 (10:44.02)	1:19.59 (12:03.61)
	1:07.05 (15:47.96)	1:19.22 (13:22.82)	1:18.10 (14:40.91)	
10	BAN, Charlie	Unattached	15:53.68	
	42.28 (42.28)	1:14.59 (1:56.86)	1:11.88 (3:08.73)	1:14.35 (4:23.08)
	1:16.49 (8:11.02)	1:16.35 (9:27.36)	1:18.30 (10:45.66)	1:20.52 (12:06.17)
	1:11.67 (15:53.68)	1:16.42 (13:22.59)	1:19.42 (14:42.01)	
11	FOREMAN, Nick	Unattached	15:57.21	
	42.11 (42.11)	1:14.99 (1:57.09)	1:12.27 (3:09.36)	1:14.22 (4:23.58)
	1:15.36 (8:11.44)	1:16.53 (9:27.97)	1:16.89 (10:44.86)	1:17.47 (12:02.33)
	1:16.47 (15:57.21)	1:18.14 (13:20.46)	1:20.28 (14:40.74)	
12	LEAHY, Ryan	Unattached	16:07.17	
	42.61 (42.61)	1:14.94 (1:57.55)	1:11.92 (3:09.47)	1:14.81 (4:24.28)
	1:15.78 (8:12.27)	1:16.30 (9:28.57)	1:17.10 (10:45.66)	1:20.28 (12:05.94)
	1:19.73 (16:07.17)	1:20.84 (13:26.78)	1:20.67 (14:47.44)	
	BUSCAGLIA, Ryan	Unattached	DNF	