

Caleb's Corner 5K 2018

Age Group Results

5k Run

Race Date
October 13, 2018

Female Open Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Chip Time</u>	<u>Gun Time</u>	<u>Chip Diff</u>	<u>Pace</u>
1	Deniga Acker	Washington DC	895	39	1	22:57.4	22:59.2	0:01.7	7:23/M

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Female 14 to 19

Place	Name	City	Bib No	Age	Overall	-----Total-----		Chip	
						Chip Time	Gun Time	Diff	Pace
1	* Leslie Frimpong	LAUREL MD	896	19	21	34:20.2	34:21.9	0:01.6	11:02/M

Female 20 to 29

Place	Name	City	Bib No	Age	Overall	-----Total-----		Chip	
						Chip Time	Gun Time	Diff	Pace
1	* Doris Lartey	Silver Spring MD	930	21	24	39:11.8	39:13.6	0:01.7	12:36/M
2	* Rammy Frimpong	Burtonsville MD	935	26	25	39:13.5	39:13.5		12:37/M
3	* Adrienne Lockhart	Washington DC	924	23	30	43:48.2	43:50.2	0:01.9	14:05/M
4	Patricia Swayne	Lanham MD	427	29	31	43:56.5	44:01.9	0:05.4	14:08/M
5	Hannah Frimpong	Laurel MD	897	28	33	45:07.4	45:09.9	0:02.4	14:30/M
6	Beverly Frimpong	Severn MD	931	29	36	48:43.3	48:51.4	0:08.0	15:40/M
7	Priscilla Gaillard	District Heights MD	790	26	37	48:48.3	48:50.4	0:02.0	15:41/M

Female 30 to 39

Place	Name	City	Bib No	Age	Overall	-----Total-----		Chip	
						Chip Time	Gun Time	Diff	Pace
1	* Henrita Appiah	Columbia MD	777	35	4	25:58.7	26:00.1	0:01.3	8:21/M
2	* Doneka Clark	Waldorf MD	894	37	5	26:01.3	26:10.7	0:09.3	8:22/M
3	* Nneka Okoye	Washington DC	428	36	12	30:19.6	30:25.5	0:05.8	9:45/M
4	Nana Dagadu	Washington DC	899	33	23	35:37.0	35:42.4	0:05.3	11:27/M
5	Brittney Barnes	Frederick MD	320	38	27	41:14.6	41:24.6	0:10.0	13:15/M
6	Olu Sokan	Baltimore MD	380	34	32	44:26.8	44:27.8	0:01.0	14:17/M

Female 40 to 49

Place	Name	City	Bib No	Age	Overall	-----Total-----		Chip	
						Chip Time	Gun Time	Diff	Pace
1	* Patricia Abernathy-Clark	Bowie MD	892	48	6	27:26.8	27:28.3	0:01.4	8:49/M
2	* Erin Brindle	Washington DC	762	41	16	31:52.1	31:53.3	0:01.2	10:15/M
3	* Gaila Compton	Derwood MD	889	45	19	32:51.8	32:57.2	0:05.4	10:34/M
4	Monifa Thomas	LAUREL MD	893	43	34	45:18.5	45:22.9	0:04.3	14:34/M
5	Awo Tetteh-Bamfo	BOYDS MD	866	47	40	53:24.6	53:31.2	0:06.6	17:10/M
6	Jill Nolan	Laurel MD	781	41	41	53:24.8	53:31.0	0:06.1	17:10/M

Female 60 to 69

Place	Name	City	Bib No	Age	Overall	-----Total-----		Chip	
						Chip Time	Gun Time	Diff	Pace
1	* Barbara Swayne	Lanham MD	385	60	35	46:44.5	46:50.6	0:06.0	15:02/M

Female 70 and Over

Place	Name	City	Bib No	Age	Overall	-----Total-----		Chip	
						Chip Time	Gun Time	Diff	Pace
1	* SARAH KEMBLE	Columbia MD	914	80	39	49:10.9	49:19.8	0:08.8	15:49/M

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Male Open Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>-----Total-----</u>		<u>Chip</u>	<u>Pace</u>
						<u>Chip Time</u>	<u>Gun Time</u>	<u>Diff</u>	
1	Eric Owuor	WASHINGTON DC	863	45	2	25:03.4	25:11.5	0:08.1	8:03/M

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Male 13 and Under

Place	Name	City	Bib No	Age	Overall	-----Total-----		Chip	
						Chip Time	Gun Time	Diff	Pace
1	* Zacary Clark	Waldorf MD	853	12	13	31:08.1	31:16.8	0:08.7	10:01/M
2	* Miles Dagadu	Washington DC	469	5	22	35:37.0	35:42.1	0:05.0	11:27/M

Male 30 to 39

Place	Name	City	Bib No	Age	Overall	-----Total-----		Chip	
						Chip Time	Gun Time	Diff	Pace
1	* Daniel Agyekum	Upper Marlboro MD	932	36	8	29:02.7	29:02.7		9:20/M
2	* Matthew Faulknham	CHESAPEAK BCH MD	891	38	10	29:51.5	29:58.2	0:06.6	9:36/M
3	* Marvin Njorge		898	31	11	29:52.7	30:00.3	0:07.6	9:36/M
4	Bryan Hull	LAUREL MD	890	35	15	31:24.7	31:26.5	0:01.8	10:06/M
5	Agyeman Amprofi	Savage MD	760	34	17	32:49.8	32:54.2	0:04.3	10:33/M
6	BENJAMIN BOAMAH	Germantown MD	789	32	18	32:51.5	32:54.0	0:02.4	10:34/M
7	DJ Solo	Randallstownran MD	481	37	26	40:46.6	40:52.7	0:06.0	13:06/M
8	Jeremy Dadzie	Laurel MD	902	32	29	43:34.8	43:39.1	0:04.3	14:01/M
9	Philip Amponsah	Columbia MD	440	33	38	49:04.5	49:11.6	0:07.0	15:47/M

Male 40 to 49

Place	Name	City	Bib No	Age	Overall	-----Total-----		Chip	
						Chip Time	Gun Time	Diff	Pace
1	* Baraka Ondiek	Silver Spring MD	838	49	7	29:02.0	29:08.8	0:06.8	9:20/M
2	* Lawrence Odonkor	Bristow VA	433	40	9	29:20.1	29:20.8	0:00.7	9:26/M
3	* Michael Nsiah	Elkridge MD	430	44	14	31:20.7	31:21.0	0:00.3	10:05/M
4	Mark Frimpong	Woodbridge VA	761	46	28	43:05.3	43:07.4	0:02.1	13:51/M

Male 50 to 59

Place	Name	City	Bib No	Age	Overall	-----Total-----		Chip	
						Chip Time	Gun Time	Diff	Pace
1	* Chuck Fromm	Kensington MD	491	56	3	25:21.6	25:22.2	0:00.6	8:09/M

Male 60 to 69

Place	Name	City	Bib No	Age	Overall	-----Total-----		Chip	
						Chip Time	Gun Time	Diff	Pace
1	* Timothy Summers	Laurel MD	343	61	20	33:02.7	33:05.1	0:02.4	10:37/M