

# True Double

Race Date

May 12, 2018

## 5k Double 2018

| <u>Place</u> | <u>Name / Race</u>             | <u>City / State</u> | <u>Age</u> | <u>Age Group</u> |               | <u>Time</u>      | <u>Place*</u> |
|--------------|--------------------------------|---------------------|------------|------------------|---------------|------------------|---------------|
| 1            | Dustin Defeo                   | Kitty Hawk NC       | 32         | 30-34            | Series Total: | <b>50:56.4</b>   | <b>41</b>     |
|              | Nags Head Woods 5k Double 2018 |                     |            |                  |               | 25:23.6          | 1 *           |
|              | Nags Head Woods 5k 2018        |                     |            |                  |               | 25:32.8          | 40 *          |
| 2            | John Gragg                     | Portsmouth VA       | 46         | 45-49            | Series Total: | <b>52:23.9</b>   | <b>54</b>     |
|              | Nags Head Woods 5k Double 2018 |                     |            |                  |               | 25:51.0          | 2 *           |
|              | Nags Head Woods 5k 2018        |                     |            |                  |               | 26:32.8          | 52 *          |
| 3            | Valerie Kurlander              | Middletown NY       | 39         | 35-39            | Series Total: | <b>56:02.9</b>   | <b>77</b>     |
|              | Nags Head Woods 5k Double 2018 |                     |            |                  |               | 27:35.2          | 3 *           |
|              | Nags Head Woods 5k 2018        |                     |            |                  |               | 28:27.7          | 74 *          |
| 4            | Carol Grantz                   | Portsmouth VA       | 52         | 50-54            | Series Total: | <b>58:48.6</b>   | <b>84</b>     |
|              | Nags Head Woods 5k Double 2018 |                     |            |                  |               | 29:56.0          | 7 *           |
|              | Nags Head Woods 5k 2018        |                     |            |                  |               | 28:52.5          | 77 *          |
| 5            | Melissa Mattingly              | Kitty Hawk NC       | 36         | 35-39            | Series Total: | <b>57:36.1</b>   | <b>88</b>     |
|              | Nags Head Woods 5k Double 2018 |                     |            |                  |               | 27:50.5          | 5 *           |
|              | Nags Head Woods 5k 2018        |                     |            |                  |               | 29:45.6          | 83 *          |
| 6            | Dennis Floyd                   | Chesapeake VA       | 42         | 40-44            | Series Total: | <b>59:24.0</b>   | <b>104</b>    |
|              | Nags Head Woods 5k Double 2018 |                     |            |                  |               | 28:44.2          | 6 *           |
|              | Nags Head Woods 5k 2018        |                     |            |                  |               | 30:39.8          | 98 *          |
| 7            | Tony Arnone                    | Gloucester VA       | 38         | 35-39            | Series Total: | <b>1:00:52.0</b> | <b>110</b>    |
|              | Nags Head Woods 5k Double 2018 |                     |            |                  |               | 30:01.9          | 8 *           |
|              | Nags Head Woods 5k 2018        |                     |            |                  |               | 30:50.1          | 102 *         |
| 8            | Laura Morrison                 | Springfield VA      | 54         | 50-54            | Series Total: | <b>1:07:15.3</b> | <b>135</b>    |
|              | Nags Head Woods 5k Double 2018 |                     |            |                  |               | 34:29.5          | 10 *          |
|              | Nags Head Woods 5k 2018        |                     |            |                  |               | 32:45.8          | 125 *         |
| 9            | Steve Amarillo                 | Newport News VA     | 55         | 55-59            | Series Total: | <b>1:03:19.9</b> | <b>140</b>    |
|              | Nags Head Woods 5k Double 2018 |                     |            |                  |               | 27:46.4          | 4 *           |
|              | Nags Head Woods 5k 2018        |                     |            |                  |               | 35:33.4          | 136 *         |
| 10           | Mary Gibbs                     | Poquoson VA         | 59         | 55-59            | Series Total: | <b>1:11:10.1</b> | <b>148</b>    |
|              | Nags Head Woods 5k Double 2018 |                     |            |                  |               | 35:35.0          | 11 *          |
|              | Nags Head Woods 5k 2018        |                     |            |                  |               | 35:35.1          | 137 *         |
| 11           | Tom Wilkes                     | Richmond VA         | 57         | 55-59            | Series Total: | <b>1:11:42.9</b> | <b>150</b>    |
|              | Nags Head Woods 5k Double 2018 |                     |            |                  |               | 36:00.4          | 12 *          |
|              | Nags Head Woods 5k 2018        |                     |            |                  |               | 35:42.5          | 138 *         |
| 12           | John Carroll                   | Virginia Beach VA   | 47         | 45-49            | Series Total: | <b>1:10:18.1</b> | <b>163</b>    |
|              | Nags Head Woods 5k Double 2018 |                     |            |                  |               | 32:43.4          | 9 *           |
|              | Nags Head Woods 5k 2018        |                     |            |                  |               | 37:34.7          | 154 *         |

\*Overall Place