

OVERALL MALE 5K RESULTS - TOP 3

| Place | No. | C | NAME | City | St | Aa | S | FIVEK | Pace |
|-------|-----|---|-------------|------------|----|----|---|-------|------|
| 1. | 53 | | Joey Slate | MOUNT AIRY | NC | 44 | M | 19:40 | 6:20 |
| 2. | 66 | | Hugo Salas | PINNACLE | NC | 25 | M | 20:18 | 6:33 |
| 3. | 67 | | Ruben Salas | PINNACLE | NC | 50 | M | 21:59 | 7:05 |

MALE AGE GROUP RESULTS

2010 Heart and Sole 5K

Pilot Mountain, NC 05-8-2010 8:30am Sunny, 56 degrees.

Directed by: Marie Needham

Sponsored by: Pilot Mountain Woman's Club

MALE 5K AGE GROUP: 1 - 13

| Place | No. | C | NAME | City | St | Aa | S | FIVEK | Pace |
|-------|-----|---|--------------|----------------|----|----|---|-------|-------|
| 1. | 37 | | Alex Handv | MOUNT AIRY | NC | 11 | M | 29:28 | 9:29 |
| 2. | 62 | | Landon Smith | PILOT MOUNTAIN | NC | 7 | M | 32:18 | 10:24 |
| 3. | 82 | | Devin Jovce | MOUNT AIRY | NC | 6 | M | 37:43 | 12:09 |

MALE 5K AGE GROUP: 14 - 19

| Place | No. | C | NAME | City | St | Aa | S | FIVEK | Pace |
|-------|-----|---|----------------|----------------|----|----|---|-------|-------|
| 1. | 23 | | Jackson Wilson | PILOT MOUNTAIN | NC | 17 | M | 29:55 | 9:38 |
| 2. | 18 | | Brian Keith | PILOT MOUNTAIN | NC | 16 | M | 32:19 | 10:24 |
| 3. | 19 | | Thomas Keith | PILOT MOUNTAIN | NC | 19 | M | 32:19 | 10:25 |

MALE 5K AGE GROUP: 20 - 29

| Place | No. | C | NAME | City | St | Aa | S | FIVEK | Pace |
|-------|-----|---|-------------|----------------|----|----|---|-------|-------|
| 1. | 25 | | Austin Beck | PILOT MOUNTAIN | NC | 21 | M | 24:15 | 7:49 |
| 2. | 17 | | David Keith | PILOT MOUNTAIN | NC | 23 | M | 33:03 | 10:38 |

MALE 5K AGE GROUP: 30 - 39

| Place | No. | C | NAME | City | St | Aa | S | FIVEK | Pace |
|-------|-----|---|---------------|----------------|----|----|---|-------|------|
| 1. | 68 | | Kevin Badgett | LOWGAP | NC | 37 | M | 22:15 | 7:10 |
| 2. | 88 | | Frank Goulas | PILOT MOUNTAIN | NC | 30 | M | 30:13 | 9:44 |
| 3. | 71 | | Jason Kent | WINSTON SALEM | NC | 35 | M | 30:24 | 9:48 |

MALE 5K AGE GROUP: 40 - 49

| Place | No. | C | NAME | City | St | Aa | S | FIVEK | Pace |
|-------|-----|---|-------------|----------------|----|----|---|-------|------|
| 1. | 4 | | Mark Adams | PILOT MOUNTAIN | NC | 47 | M | 22:59 | 7:24 |
| 2. | 36 | | Randy Handv | MOUNT AIRY | NC | 47 | M | 25:02 | 8:04 |
| 3. | 74 | | Joe Duncan | WESTFIELD | NC | 45 | M | 27:30 | 8:51 |

MALE 5K AGE GROUP: 50 - 59

| Place | No. | C | NAME | City | St | Aa | S | FIVEK | Pace |
|-------|-----|---|-------------|----------------|----|----|---|-------|-------|
| 1. | 14 | | Randy Keith | PILOT MOUNTAIN | NC | 54 | M | 40:47 | 13:08 |

MALE 5K AGE GROUP: 60 - 69

| Place | No. | C | NAME | City | St | Aa | S | FIVEK | Pace |
|-------|-----|---|----------------|----------------|----|----|---|-------|------|
| 1. | 20 | | John McKenzie | PILOT MOUNTAIN | NC | 63 | M | 25:15 | 8:08 |
| 2. | 28 | | Ron Moorefield | PILOT MOUNTAIN | NC | 66 | M | 29:00 | 9:21 |

MALE 5K AGE GROUP: 70 - 99

| Place | No. | C | NAME | City | St | Aa | S | FIVEK | Pace |
|-------|-----|---|-------------|----------------|----|----|---|-------|-------|
| 1. | 3 | | Donald Ross | PILOT MOUNTAIN | NC | 82 | M | 46:44 | 15:03 |