

Jammie Jog 5k 2023 0-10 (female)

Pos	Athlete	Race	Gender	Age	Bib#	Pace	Gun Time	Chip Time
1	Kennedy Parr	Jammie Jog 5k 2023	F	10	1760			
2	Rayne Parr	Jammie Jog 5k 2023	F	10	1761			

Jammie Jog 5k 2023 0-10 (male)

Pos	Athlete	Race	Gender	Age	Bib#	Pace	Gun Time	Chip Time
1	Hudson Jones	Jammie Jog 5k 2023	M	10	1675	4:19	0:21:35	0:21:35
2	Grayson Jones	Jammie Jog 5k 2023	M	8	1674	5:18	0:26:31	0:26:31
3	Levi Carpenter	Jammie Jog 5k 2023	M	8	1578	6:57	0:35:05	0:34:46
4	Everett Carpenter	Jammie Jog 5k 2023	M	6	1577	7:02	0:35:31	0:35:12
5	Bennett Lowther	Jammie Jog 5k 2023	M	8	1712	7:49	0:39:44	0:39:05
6	Carter Dotson	Jammie Jog 5k 2023	M	8	1607	8:07	0:40:36	0:40:36
7	Jacob Horvath	Jammie Jog 5k 2023	M	5	1665	10:34	0:53:22	0:52:52
8	James Horvath	Jammie Jog 5k 2023	M	3	1666	10:43	0:54:05	0:53:36
9	Whitaker Bates	Jammie Jog 5k 2023	M	5	1550	11:32	0:58:23	0:57:42
10	Renly Reiter	Jammie Jog 5k 2023	M	4	1783	12:16	1:02:01	1:01:24
11	Holden Heath	Jammie Jog 5k 2023	M	8	1654	12:19	1:02:35	1:01:39
12	Chad Martin	Jammie Jog 5k 2023	M	6	1631			
13	Ryan Gee	Jammie Jog 5k 2023	M	8	1634			

Jammie Jog 5k 2023 11-14 (female)

Pos	Athlete	Race	Gender	Age	Bib#	Pace	Gun Time	Chip Time
1	Amber Smith	Jammie Jog 5k 2023	F	14	1799	5:06	0:25:37	0:25:33
2	Carly Lennig	Jammie Jog 5k 2023	F	14	1704	5:29	0:28:08	0:27:25
3	Teaghan Torrey	Jammie Jog 5k 2023	F	12	1826	6:12	0:31:10	0:31:03
4	Avery Rankin	Jammie Jog 5k 2023	F	11	1780	6:15	0:31:25	0:31:16
5	Marlowe DiBella	Jammie Jog 5k 2023	F	14	1040	6:18	0:31:31	0:31:31
6	Lily Peevy	Jammie Jog 5k 2023	F	12	1762	6:31	0:33:00	0:32:36
7	Livy Bunch	Jammie Jog 5k 2023	F	13	1564	6:35	0:33:21	0:32:57
8	Katherine Lowther	Jammie Jog 5k 2023	F	13	1713	8:00	0:40:41	0:40:01
9	Ayla Carpenter	Jammie Jog 5k 2023	F	11	1576	8:25	0:42:29	0:42:09
10	Addison Dowling	Jammie Jog 5k 2023	F	12	1611	11:02	0:55:29	0:55:12
11	Hannah Heath	Jammie Jog 5k 2023	F	11	1652	12:41	1:04:21	1:03:27
12	Taryn Stanley	Jammie Jog 5k 2023	F	12	1810	13:20	1:07:12	1:06:43
13	Melanie Hirschman	Jammie Jog 5k 2023	F	12	1660	13:20	1:07:12	1:06:43
14	Annie Westbrook	Jammie Jog 5k 2023	F	14	1843			
15	Katherine Dyar	Jammie Jog 5k 2023	F	14	1618			
16	Sarah Guckert	Jammie Jog 5k 2023	F	12	1648			

Jammie Jog 5k 2023 11-14 (male)

Pos	Athlete	Race	Gender	Age	Bib#	Pace	Gun Time	Chip Time
1	Landen Settles	Jammie Jog 5k 2023	M	14	1794	3:55	0:19:38	0:19:38
2	JOSEPH LEE	Jammie Jog 5k 2023	M	12	1699	4:04	0:20:24	0:20:24
3	Corbin Dotson	Jammie Jog 5k 2023	M	12	1608	4:09	0:20:48	0:20:48
4	Dallin Curtis	Jammie Jog 5k 2023	M	14	1598	4:20	0:21:44	0:21:44
5	Zachary Sommers	Jammie Jog 5k 2023	M	14	1807	5:06	0:25:39	0:25:31
6	Max Sommers	Jammie Jog 5k 2023	M	11	1805	5:56	0:29:52	0:29:43

Jammie Jog 5k 2023 11-14 (male)

Pos	Athlete	Race	Gender	Age	Bib#	Pace	Gun Time	Chip Time
7	Dylan Mendes	Jammie Jog 5k 2023	M	11	1731	6:12	0:31:30	0:31:04
8	William Lowther	Jammie Jog 5k 2023	M	11	1715	8:19	0:42:17	0:41:37
9	Hendrix Kundla	Jammie Jog 5k 2023	M	12	1690	11:32	0:58:24	0:57:42
10	Eli Nash	Jammie Jog 5k 2023	M	14	1741			
11	Mitchell Carlton	Jammie Jog 5k 2023	M	13	1573			
12	Dylan Jackson	Jammie Jog 5k 2023	M	14	1672			
13	Sam Kirkpatrick	Jammie Jog 5k 2023	M	13	1686			

Jammie Jog 5k 2023 15-19 (female)

Pos	Athlete	Race	Gender	Age	Bib#	Pace	Gun Time	Chip Time
1	Natalia Vidal	Jammie Jog 5k 2023	F	19	1835	4:20	0:21:44	0:21:44
2	Lauren Peters	Jammie Jog 5k 2023	F	18	1766	4:39	0:23:23	0:23:17
3	Madelyn Tilson	Jammie Jog 5k 2023	F	18	1823	5:35	0:28:18	0:27:56
4	Jaden Epling	Jammie Jog 5k 2023	F	17	1621	6:29	0:32:41	0:32:28
5	Madison Northcutt	Jammie Jog 5k 2023	F	17	1747	6:29	0:32:41	0:32:28
6	Haley Barrett	Jammie Jog 5k 2023	F	16	1548	7:37	0:38:13	0:38:05
7	Jessica Veismanova	Jammie Jog 5k 2023	F	16	1832	8:49	0:44:26	0:44:07
8	Allyse Puckett	Jammie Jog 5k 2023	F	19	1777	8:52	0:44:53	0:44:24
9	Gabriela Olalde Sanchez	Jammie Jog 5k 2023	F	15	1752	10:28	0:53:11	0:52:21
10	Rylee Tucker	Jammie Jog 5k 2023	F	15	1828			
11	Regina Vazemiller	Jammie Jog 5k 2023	F	18	1831			
12	Maddie Ayres	Jammie Jog 5k 2023	F	15	1545			
13	Kaylee Caesar	Jammie Jog 5k 2023	F	15	1571			
14	Amelia Dyar	Jammie Jog 5k 2023	F	16	1616			
15	Sarah Hraga	Jammie Jog 5k 2023	F	15	1669			

Jammie Jog 5k 2023 15-19 (male)

Pos	Athlete	Race	Gender	Age	Bib#	Pace	Gun Time	Chip Time
1	Spencer Ansley	Jammie Jog 5k 2023	M	16	1538	3:55	0:19:41	0:19:37
2	Nate Grimshaw	Jammie Jog 5k 2023	M	15	1643	4:10	0:20:54	0:20:54
3	Merritt Gindlesperger	Jammie Jog 5k 2023	M	15	1637	4:23	0:21:59	0:21:59
4	Aaron Tilson	Jammie Jog 5k 2023	M	16	1821	4:30	0:22:54	0:22:33
5	Miles Wall	Jammie Jog 5k 2023	M	15	1837	4:45	0:23:58	0:23:49
6	Sebastain Mendez-Preitez	Jammie Jog 5k 2023	M	16	1164	4:52	0:24:25	0:24:21
7	Ryan Schoepfer	Jammie Jog 5k 2023	M	19	1793	4:53	0:24:29	0:24:26
8	Heath Bryson	Jammie Jog 5k 2023	M	15	1562	4:57	0:24:48	0:24:48
9	Jaylen Wynter	Jammie Jog 5k 2023	M	18	1856	4:57	0:24:57	0:24:49
10	Dylan Prezzano	Jammie Jog 5k 2023	M	15	1775	5:01	0:25:13	0:25:05
11	Colin Prezzano	Jammie Jog 5k 2023	M	15	1774	5:10	0:26:00	0:25:52
12	Mason Bodiford	Jammie Jog 5k 2023	M	16	1553	5:39	0:28:29	0:28:17
13	James Stagl	Jammie Jog 5k 2023	M	15	1808	6:05	0:30:33	0:30:25
14	Will Miller	Jammie Jog 5k 2023	M	16	1735	7:35	0:38:03	0:37:55
15	Holden Cammarata	Jammie Jog 5k 2023	M	16	1572			

Jammie Jog 5k 2023 20-24 (female)

Pos	Athlete	Race	Gender	Age	Bib#	Pace	Gun Time	Chip Time
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Jammie Jog 5k 2023 20-24 (female)

Pos	Athlete	Race	Gender	Age	Bib#	Pace	Gun Time	Chip Time
1	Abbey Kassam	Jammie Jog 5k 2023	F	21	1682	5:35	0:28:19	0:27:56
2	Alexa Hernandez	Jammie Jog 5k 2023	F	24	1023	6:03	0:30:25	0:30:16
3	Zorina Nagirny	Jammie Jog 5k 2023	F	23	1739	6:27	0:32:24	0:32:18
4	Megan Plantamura	Jammie Jog 5k 2023	F	21	1769	7:14	0:36:34	0:36:11
5	Stephanie Gaviria	Jammie Jog 5k 2023	F	21	1632	7:15	0:36:42	0:36:19
6	Juliana Wright	Jammie Jog 5k 2023	F	22	1855	12:48	1:04:49	1:04:01
7	Ana Caballero	Jammie Jog 5k 2023	F	22	1568	12:48	1:04:49	1:04:01
8	Emily Cronan	Jammie Jog 5k 2023	F	21	1593	13:00	1:07:04	1:05:01
9	Miya Park	Jammie Jog 5k 2023	F	22	1756			
10	Noelle Watson	Jammie Jog 5k 2023	F	23	1841			
11	Kylie Deering	Jammie Jog 5k 2023	F	23	1603			
12	Tanner Hicks	Jammie Jog 5k 2023	F	24	1657			

Jammie Jog 5k 2023 20-24 (male)

Pos	Athlete	Race	Gender	Age	Bib#	Pace	Gun Time	Chip Time
1	Will Auslander	Jammie Jog 5k 2023	M	22	1543	3:58	0:19:56	0:19:54
2	Bryan Arriaga	Jammie Jog 5k 2023	M	20	1540	5:52	0:29:21	0:29:21
3	Jamil Kassam	Jammie Jog 5k 2023	M	23	1683	8:25	0:42:47	0:42:09
4	Caleb Judson	Jammie Jog 5k 2023	M	23	1681	8:52	0:44:54	0:44:23
5	Xzavier Reiter	Jammie Jog 5k 2023	M	22	1784	12:17	1:02:01	1:01:25
6	Kellen Watson	Jammie Jog 5k 2023	M	23	1840			

Jammie Jog 5k 2023 25-29 (female)

Pos	Athlete	Race	Gender	Age	Bib#	Pace	Gun Time	Chip Time
1	Natalie Kniola	Jammie Jog 5k 2023	F	29	1111	5:52	0:29:35	0:29:24
2	Alexandria Pierce	Jammie Jog 5k 2023	F	27	1767	5:57	0:30:01	0:29:47
3	Mariah Lutz	Jammie Jog 5k 2023	F	25	1717	6:49	0:34:39	0:34:05
4	Brittni Hodge	Jammie Jog 5k 2023	F	26	1661	7:02	0:35:50	0:35:13
5	Jessica Zardoya	Jammie Jog 5k 2023	F	27	1858	7:34	0:38:24	0:37:52
6	Julia Ngo	Jammie Jog 5k 2023	F	28	1745	7:38	0:38:29	0:38:14
7	Vanesa Veismanova	Jammie Jog 5k 2023	F	27	1833	8:20	0:42:03	0:41:43
8	Stacey Banegas	Jammie Jog 5k 2023	F	28	1547	8:26	0:42:50	0:42:11
9	Elizabeth Russell	Jammie Jog 5k 2023	F	29	1788	10:14	0:51:43	0:51:11
10	Emily Fancher	Jammie Jog 5k 2023	F	29	1624	10:18	0:52:25	0:51:33
11	Sae Buck Lim Won	Jammie Jog 5k 2023	F	29	1711	10:37	0:54:02	0:53:09
12	Laura-Grace Stewart	Jammie Jog 5k 2023	F	29	1812			
13	Laura Dunn	Jammie Jog 5k 2023	F	28	1615			
14	Morgan Holtz	Jammie Jog 5k 2023	F	29	1663			

Jammie Jog 5k 2023 25-29 (male)

Pos	Athlete	Race	Gender	Age	Bib#	Pace	Gun Time	Chip Time
1	Alex Pozos	Jammie Jog 5k 2023	M	26	1773	3:44	0:18:41	0:18:40
2	Kwamivi Dodji Noukou	Jammie Jog 5k 2023	M	26	1748	3:44	0:18:41	0:18:41
3	Jacob Pierce	Jammie Jog 5k 2023	M	29	1768	5:04	0:25:37	0:25:24
4	Andrew Tacto	Jammie Jog 5k 2023	M	27	1058	5:26	0:27:19	0:27:12
5	Matthew Yarbrough	Jammie Jog 5k 2023	M	29	1857	5:40	0:28:28	0:28:22

Jammie Jog 5k 2023 25-29 (male)

Pos	Athlete	Race	Gender	Age	Bib#	Pace	Gun Time	Chip Time
6	John Foshee	Jammie Jog 5k 2023	M	25	1628	5:57	0:29:54	0:29:48
7	Christopher Marquez	Jammie Jog 5k 2023	M	29	1722	6:11	0:31:13	0:30:58
8	Delfino Perez	Jammie Jog 5k 2023	M	27	1022	8:08	0:40:47	0:40:43
9	JOSHUA DUNN	Jammie Jog 5k 2023	M	29	1614			

Jammie Jog 5k 2023 30-34 (female)

Pos	Athlete	Race	Gender	Age	Bib#	Pace	Gun Time	Chip Time
1	Eden Pollock	Jammie Jog 5k 2023	F	34	1772	5:33	0:28:02	0:27:45
2	Alyssa Mangum	Jammie Jog 5k 2023	F	33	1719	5:38	0:28:35	0:28:12
3	KENDALL LEMING	Jammie Jog 5k 2023	F	32	1703	5:39	0:28:22	0:28:19
4	Heather Romero	Jammie Jog 5k 2023	F	34	1787	6:48	0:34:18	0:34:01
5	fabiola martinez	Jammie Jog 5k 2023	F	33	1726	6:57	0:35:34	0:34:48
6	Arriel Herk	Jammie Jog 5k 2023	F	32	1655	6:58	0:35:11	0:34:54
7	Morgan Alvarez	Jammie Jog 5k 2023	F	32	1535	7:09	0:36:11	0:35:49
8	Brittany Galloway	Jammie Jog 5k 2023	F	34	1630	7:16	0:36:43	0:36:22
9	Milanne Carpenter	Jammie Jog 5k 2023	F	32	1580	7:55	0:39:58	0:39:36
10	Tiffany Ramirez	Jammie Jog 5k 2023	F	32	1779	8:21	0:42:00	0:41:45
11	Keelie Collins	Jammie Jog 5k 2023	F	30	1586	9:47	0:51:12	0:48:55
12	Courtney Penaranda	Jammie Jog 5k 2023	F	32	1763	10:18	0:52:25	0:51:32
13	Stephanie Marquez	Jammie Jog 5k 2023	F	30	1723	10:33	0:53:04	0:52:47
14	Christi Solsberry	Jammie Jog 5k 2023	F	34	1804	10:44	0:54:17	0:53:43
15	Olivia Waldrip	Jammie Jog 5k 2023	F	32	1836	10:55	0:54:57	0:54:38
16	Carey Whipple	Jammie Jog 5k 2023	F	34	1845	11:29	0:58:04	0:57:29
17	Maria Hirschman	Jammie Jog 5k 2023	F	34	1659	13:20	1:07:12	1:06:43
18	Gryffen Andrews	Jammie Jog 5k 2023	F	31	1536			

Jammie Jog 5k 2023 30-34 (male)

Pos	Athlete	Race	Gender	Age	Bib#	Pace	Gun Time	Chip Time
1	Andrew Kneeburg	Jammie Jog 5k 2023	M	34	1688	5:04	0:25:45	0:25:20
2	isaias martinez	Jammie Jog 5k 2023	M	32	1727	6:57	0:35:35	0:34:48
3	David Penaranda	Jammie Jog 5k 2023	M	32	1764	7:02	0:35:51	0:35:13
4	Peter Lee	Jammie Jog 5k 2023	M	33	1700	10:38	0:54:02	0:53:10
5	Daniel Stewart	Jammie Jog 5k 2023	M	32	1811			
6	Denis Blazevic	Jammie Jog 5k 2023	M	30	1551			

Jammie Jog 5k 2023 35-39 (female)

Pos	Athlete	Race	Gender	Age	Bib#	Pace	Gun Time	Chip Time
1	Nicole Painter	Jammie Jog 5k 2023	F	38	1753	4:45	0:23:49	0:23:47
2	Traci Torrey	Jammie Jog 5k 2023	F	39	1827	6:13	0:31:12	0:31:05
3	Jen Rankin	Jammie Jog 5k 2023	F	37	1781	6:31	0:32:48	0:32:39
4	Emmanuella Leveille	Jammie Jog 5k 2023	F	39	1708	7:50	0:39:13	0:39:10
5	Rebecca Rhoades	Jammie Jog 5k 2023	F	39	1785	7:55	0:39:47	0:39:36
6	Jamie Burg	Jammie Jog 5k 2023	F	36	1565	8:07	0:40:41	0:40:37
7	Kori Mendes	Jammie Jog 5k 2023	F	37	1732	8:38	0:43:39	0:43:14
8	Anna Brown	Jammie Jog 5k 2023	F	39	1559	9:23	0:47:34	0:46:56
9	Angela Kneeburg	Jammie Jog 5k 2023	F	38	1689	10:19	0:52:06	0:51:38

Jammie Jog 5k 2023 35-39 (female)

Pos	Athlete	Race	Gender	Age	Bib#	Pace	Gun Time	Chip Time
10	Andrea VanMeter	Jammie Jog 5k 2023	F	35	1829	11:09	0:56:47	0:55:45
11	Natalie Chapman	Jammie Jog 5k 2023	F	35	1582	11:32	0:58:25	0:57:44
12	Heather Heath	Jammie Jog 5k 2023	F	39	1653	12:39	1:04:12	1:03:16
13	Teri Polan	Jammie Jog 5k 2023	F	38	1771			
14	Megan Flanigan	Jammie Jog 5k 2023	F	35	1626			
15	Lisa Gee	Jammie Jog 5k 2023	F	36	1633			
16	Esther Guckert	Jammie Jog 5k 2023	F	36	1646			
17	Candice Hillman	Jammie Jog 5k 2023	F	39	1658			

Jammie Jog 5k 2023 35-39 (male)

Pos	Athlete	Race	Gender	Age	Bib#	Pace	Gun Time	Chip Time
1	Wesley Cronic	Jammie Jog 5k 2023	M	35	1596	3:55	0:19:40	0:19:37
2	Shamus Jones	Jammie Jog 5k 2023	M	35	1678	4:45	0:23:56	0:23:45
3	Patrick Brown	Jammie Jog 5k 2023	M	36	1560	5:04	0:25:47	0:25:23
4	Kevin Gibson	Jammie Jog 5k 2023	M	35	1636	5:32	0:27:56	0:27:42
5	Jonathan Aparicio	Jammie Jog 5k 2023	M	36	1539	5:53	0:29:45	0:29:29
6	James Leveille	Jammie Jog 5k 2023	M	38	1709	5:58	0:29:55	0:29:52
7	Matthew Carpenter	Jammie Jog 5k 2023	M	36	1579	7:02	0:35:34	0:35:14
8	Carlos Flores	Jammie Jog 5k 2023	M	36	1627	10:33	0:53:04	0:52:48
9	Arian Bates	Jammie Jog 5k 2023	M	37	1549	11:33	0:58:26	0:57:45
10	Kurtis Williams	Jammie Jog 5k 2023	M	35	1850			
11	Michael Anefils	Jammie Jog 5k 2023	M	36	1537			

Jammie Jog 5k 2023 40-44 (female)

Pos	Athlete	Race	Gender	Age	Bib#	Pace	Gun Time	Chip Time
1	Rebekah Acree	Jammie Jog 5k 2023	F	44	1533	5:45	0:28:57	0:28:46
2	Courtney Ayres	Jammie Jog 5k 2023	F	42	1544	6:47	0:34:08	0:33:57
3	Mindy Watkins	Jammie Jog 5k 2023	F	41	1838	6:48	0:34:17	0:34:00
4	Ray Bancham	Jammie Jog 5k 2023	F	43	1170	6:52	0:34:24	0:34:20
5	Tori Woodall	Jammie Jog 5k 2023	F	43	1852	7:15	0:36:40	0:36:19
6	Stefani Mitchell	Jammie Jog 5k 2023	F	43	1737	8:54	0:44:49	0:44:33
7	Maura Workman	Jammie Jog 5k 2023	F	42	1853	8:57	0:45:15	0:44:48
8	Kimberly Collins	Jammie Jog 5k 2023	F	43	1587	9:47	0:51:12	0:48:56
9	Samara Lowther	Jammie Jog 5k 2023	F	41	1714	10:00	0:50:48	0:50:04
10	Senada King	Jammie Jog 5k 2023	F	42	1685	10:19	0:52:06	0:51:39
11	Jennifer Horvath	Jammie Jog 5k 2023	F	40	1667	10:35	0:53:25	0:52:56
12	Rebecca Guthrie	Jammie Jog 5k 2023	F	43	1649	12:24	1:02:59	1:02:04
13	Courtney Stanley	Jammie Jog 5k 2023	F	41	1809	13:20	1:07:12	1:06:43
14	Shannon O'Bier	Jammie Jog 5k 2023	F	44	1750			
15	Tiffany Rasinski	Jammie Jog 5k 2023	F	41	1782			
16	Tonya Aldridge	Jammie Jog 5k 2023	F	41	1534			
17	Danica Boykin	Jammie Jog 5k 2023	F	42	1557			
18	Kelly Gorham	Jammie Jog 5k 2023	F	43	1639			
19	Ngoc Guckert	Jammie Jog 5k 2023	F	41	1647			
20	Casie Jenkins	Jammie Jog 5k 2023	F	41	1673			
21	Loni Jones	Jammie Jog 5k 2023	F	42	1676			

Jammie Jog 5k 2023 40-44 (male)

Pos	Athlete	Race	Gender	Age	Bib#	Pace	Gun Time	Chip Time
1	Ryan Jones	Jammie Jog 5k 2023	M	40	1677	4:00	0:20:02	0:20:02
2	Jason Shaffer	Jammie Jog 5k 2023	M	40	1796	4:39	0:23:23	0:23:16
3	Chris Marshall	Jammie Jog 5k 2023	M	44	1724	4:50	0:24:23	0:24:12
4	Arnold Gomez	Jammie Jog 5k 2023	M	40	1638	5:36	0:28:19	0:28:04
5	Leonard Millsaps	Jammie Jog 5k 2023	M	43	1736	5:49	0:29:08	0:29:08
6	Timothy Workman	Jammie Jog 5k 2023	M	43	1854	7:56	0:40:09	0:39:43
7	Tanner Tedeschi	Jammie Jog 5k 2023	M	40	1816	8:23	0:41:58	0:41:58
8	Mark Polan	Jammie Jog 5k 2023	M	40	1770			
9	Allan Guckert	Jammie Jog 5k 2023	M	41	1645			

Jammie Jog 5k 2023 45-49 (female)

Pos	Athlete	Race	Gender	Age	Bib#	Pace	Gun Time	Chip Time
1	Nicole Lennig	Jammie Jog 5k 2023	F	47	1705	5:50	0:29:54	0:29:10
2	Patricia Toms	Jammie Jog 5k 2023	F	49	1825	5:50	0:29:13	0:29:11
3	Rebecca Cooksey	Jammie Jog 5k 2023	F	49	1589	5:58	0:29:58	0:29:53
4	Anita Cole	Jammie Jog 5k 2023	F	49	1585	6:14	0:31:20	0:31:12
5	Julie Caesar	Jammie Jog 5k 2023	F	46	1570	6:47	0:34:07	0:33:56
6	Amy Rehn	Jammie Jog 5k 2023	F	48	1065	6:49	0:34:13	0:34:05
7	Rebecca Gardner	Jammie Jog 5k 2023	F	48	1725	7:00	0:35:02	0:35:00
8	Brenda Celis	Jammie Jog 5k 2023	F	45	1581	7:09	0:36:05	0:35:49
9	Susan Colavecchio	Jammie Jog 5k 2023	F	47	1584	7:33	0:37:58	0:37:49
10	Jessica Cudd	Jammie Jog 5k 2023	F	47	1597	8:19	0:41:44	0:41:35
11	Wendy Artman	Jammie Jog 5k 2023	F	45	1541	8:30	0:42:52	0:42:34
12	April Miller	Jammie Jog 5k 2023	F	46	1734	8:30	0:42:52	0:42:34
13	Caroline Lee	Jammie Jog 5k 2023	F	46	1697	9:12	0:46:33	0:46:02
14	Davia Lester	Jammie Jog 5k 2023	F	49	1706	9:23	0:47:33	0:46:56
15	Heather Lester	Jammie Jog 5k 2023	F	46	1707	9:52	0:50:04	0:49:20
16	Tricia Estave	Jammie Jog 5k 2023	F	47	1622	9:52	0:50:04	0:49:21
17	Jennifer Butler	Jammie Jog 5k 2023	F	47	1567	10:21	0:52:12	0:51:49
18	Erika Sanchez	Jammie Jog 5k 2023	F	49	1790	10:28	0:53:10	0:52:21
19	Noel Kitchen	Jammie Jog 5k 2023	F	48	1687	10:44	0:54:17	0:53:42
20	Amber Wickham	Jammie Jog 5k 2023	F	45	1848	11:09	0:56:47	0:55:46
21	Kristy Park	Jammie Jog 5k 2023	F	48	1755			
22	Casey Parr	Jammie Jog 5k 2023	F	46	1759			
23	Katie Roberts	Jammie Jog 5k 2023	F	47	1786			
24	Jennifer Thornton	Jammie Jog 5k 2023	F	48	1820			
25	Kelly Dyar	Jammie Jog 5k 2023	F	46	1619			
26	Vanessa Lausier	Jammie Jog 5k 2023	F	47	1694			

Jammie Jog 5k 2023 45-49 (male)

Pos	Athlete	Race	Gender	Age	Bib#	Pace	Gun Time	Chip Time
1	Kevin Westbrook	Jammie Jog 5k 2023	M	46	1844	5:02	0:25:18	0:25:13
2	Reginald Peoples	Jammie Jog 5k 2023	M	45	1765	5:11	0:26:03	0:25:57
3	Christopher Tilson	Jammie Jog 5k 2023	M	49	1822	5:24	0:27:36	0:27:04
4	Robert Booker	Jammie Jog 5k 2023	M	48	1555	6:16	0:31:43	0:31:20
5	Carl Acree	Jammie Jog 5k 2023	M	45	1532	6:26	0:32:25	0:32:13
6	Matthew Horvath	Jammie Jog 5k 2023	M	45	1668	10:34	0:53:23	0:52:51

Jammie Jog 5k 2023 45-49 (male)

Pos	Athlete	Race	Gender	Age	Bib#	Pace	Gun Time	Chip Time
7	David Scarborough	Jammie Jog 5k 2023	M	48	1792			
8	Chris Dyar	Jammie Jog 5k 2023	M	48	1617			
9	Will Gee	Jammie Jog 5k 2023	M	46	1635			

Jammie Jog 5k 2023 50-54 (female)

Pos	Athlete	Race	Gender	Age	Bib#	Pace	Gun Time	Chip Time
1	Heather Smith	Jammie Jog 5k 2023	F	50	1802	5:43	0:28:39	0:28:36
2	Julie Bryson	Jammie Jog 5k 2023	F	52	1563	6:01	0:30:12	0:30:06
3	Amy Whitlock	Jammie Jog 5k 2023	F	50	1847	6:09	0:30:55	0:30:47
4	Julie Marijanich	Jammie Jog 5k 2023	F	51	1721	6:24	0:32:11	0:32:00
5	Carol Ledbetter	Jammie Jog 5k 2023	F	54	1696	6:37	0:33:13	0:33:08
6	C. Judy Sherman	Jammie Jog 5k 2023	F	52	1798	7:09	0:36:11	0:35:49
7	Elizabeth Friese	Jammie Jog 5k 2023	F	50	1629	8:54	0:44:52	0:44:34
8	Gina Hyman-Lloyd	Jammie Jog 5k 2023	F	52	1670	9:23	0:47:33	0:46:56
9	Jamie Vick	Jammie Jog 5k 2023	F	50	1834	9:23	0:47:19	0:46:57
10	Heather Douglass	Jammie Jog 5k 2023	F	52	1609	9:26	0:47:56	0:47:10
11	Taylor Sommers	Jammie Jog 5k 2023	F	50	1806	10:10	0:51:48	0:50:54
12	Angela Duncan	Jammie Jog 5k 2023	F	54	1612	10:19	0:51:50	0:51:35
13	Michele Duncan	Jammie Jog 5k 2023	F	51	1613	10:19	0:51:50	0:51:35
14	Jenli Djasli	Jammie Jog 5k 2023	F	53	1605	10:22	0:52:26	0:51:52
15	Marcy Dean	Jammie Jog 5k 2023	F	51	1602	11:06	0:56:08	0:55:32
16	Traci Cronan	Jammie Jog 5k 2023	F	50	1594	13:00	1:07:05	1:05:03
17	Amy Nash	Jammie Jog 5k 2023	F	51	1740			
18	Christy Pannell	Jammie Jog 5k 2023	F	52	1754			
19	Kim Wilkerson	Jammie Jog 5k 2023	F	54	1849			
20	Rosamaria Cabrera	Jammie Jog 5k 2023	F	53	1569			
21	Traci Cronan	Jammie Jog 5k 2023	F	50	1595			
22	Gaby Falco	Jammie Jog 5k 2023	F	54	1623			
23	Cindy Finck	Jammie Jog 5k 2023	F	53	1625			
24	Shannon Lambert	Jammie Jog 5k 2023	F	54	1693			

Jammie Jog 5k 2023 50-54 (male)

Pos	Athlete	Race	Gender	Age	Bib#	Pace	Gun Time	Chip Time
1	Lewis Cooksey	Jammie Jog 5k 2023	M	52	1588	4:16	0:21:22	0:21:20
2	Greg Smith	Jammie Jog 5k 2023	M	50	1801	4:27	0:22:18	0:22:15
3	Derek Curtis	Jammie Jog 5k 2023	M	51	1599	4:43	0:23:36	0:23:36
4	Raul Puentes	Jammie Jog 5k 2023	M	51	1778	4:48	0:24:09	0:24:00
5	John Colavecchio	Jammie Jog 5k 2023	M	54	1583	6:03	0:30:27	0:30:17
6	David Marijanich	Jammie Jog 5k 2023	M	54	1720	7:38	0:38:23	0:38:12
7	James Vick	Jammie Jog 5k 2023	M	52	1860	9:18	0:46:56	0:46:31
8	Jay Boyd	Jammie Jog 5k 2023	M	50	1556			
9	Shane Green	Jammie Jog 5k 2023	M	54	1641			
10	Joseph Horne	Jammie Jog 5k 2023	M	53	1664			

Jammie Jog 5k 2023 55-59 (female)

Pos	Athlete	Race	Gender	Age	Bib#	Pace	Gun Time	Chip Time
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Jammie Jog 5k 2023 55-59 (female)

Pos	Athlete	Race	Gender	Age	Bib#	Pace	Gun Time	Chip Time
1	Brigette Hall	Jammie Jog 5k 2023	F	59	1650	6:23	0:32:02	0:31:56
2	Tonya Hayes	Jammie Jog 5k 2023	F	55	1651	6:25	0:32:11	0:32:05
3	Karla Hernandez Mesa	Jammie Jog 5k 2023	F	56	1656	8:06	0:40:41	0:40:34
4	Teresa Varnadore	Jammie Jog 5k 2023	F	58	1830	9:02	0:45:41	0:45:11
5	Cheryl Craycraft	Jammie Jog 5k 2023	F	55	1591	9:52	0:50:05	0:49:22
6	Shanon Lutz	Jammie Jog 5k 2023	F	55	1716	9:58	0:50:27	0:49:52
7	Fanli Thongsouk	Jammie Jog 5k 2023	F	57	1818	10:22	0:52:24	0:51:51
8	Darlene Nerden	Jammie Jog 5k 2023	F	57	1744	10:40	0:54:06	0:53:24
9	Debbie Mason	Jammie Jog 5k 2023	F	57	1728	11:14	0:57:00	0:56:11
10	Missy Magee	Jammie Jog 5k 2023	F	56	1718			
11	Roxanne Seymour	Jammie Jog 5k 2023	F	59	1795			
12	Tammy Strauch	Jammie Jog 5k 2023	F	58	1813			
13	Cindy Watson	Jammie Jog 5k 2023	F	59	1839			
14	Dianne Dohm	Jammie Jog 5k 2023	F	55	1606			
15	Betsy Grissett	Jammie Jog 5k 2023	F	59	1644			

Jammie Jog 5k 2023 55-59 (male)

Pos	Athlete	Race	Gender	Age	Bib#	Pace	Gun Time	Chip Time
1	David Levine	Jammie Jog 5k 2023	M	55	1710	5:18	0:26:34	0:26:32
2	Marshall Nash	Jammie Jog 5k 2023	M	59	1742	6:36	0:33:22	0:33:01
3	James Lambert	Jammie Jog 5k 2023	M	56	1692	6:58	0:35:31	0:34:53
4	Hanseung Lee	Jammie Jog 5k 2023	M	59	1698	8:58	0:45:44	0:44:52
5	David Cordon	Jammie Jog 5k 2023	M	59	1590	8:58	0:44:58	0:44:53
6	Ray Davis	Jammie Jog 5k 2023	M	57	1601	9:02	0:45:41	0:45:11
7	Steve Thongsouk	Jammie Jog 5k 2023	M	58	1819	10:22	0:52:25	0:51:52
8	Juan Olalde	Jammie Jog 5k 2023	M	56	1751	10:28	0:53:10	0:52:20
9	Tim Nash	Jammie Jog 5k 2023	M	55	1743			
10	Kevin Carnahan	Jammie Jog 5k 2023	M	59	1575			
11	Parrish Douglass	Jammie Jog 5k 2023	M	56	1610			
12	Marshall Leathers	Jammie Jog 5k 2023	M	59	1695			

Jammie Jog 5k 2023 60-64 (female)

Pos	Athlete	Race	Gender	Age	Bib#	Pace	Gun Time	Chip Time
1	Connie Brand	Jammie Jog 5k 2023	F	64	1558	5:21	0:26:53	0:26:45
2	Sharon Morales	Jammie Jog 5k 2023	F	61	1738	6:52	0:34:28	0:34:22
3	Leigh ann Lacey	Jammie Jog 5k 2023	F	61	1691	8:38	0:43:22	0:43:14
4	Kathy Terry	Jammie Jog 5k 2023	F	60	1817	8:44	0:45:24	0:43:44
5	Lori Brown	Jammie Jog 5k 2023	F	64	1561	9:13	0:46:27	0:46:08
6	JUDY BAILEY	Jammie Jog 5k 2023	F	61	1546	10:21	0:52:12	0:51:48
7	Barbara Ingram	Jammie Jog 5k 2023	F	64	1671	10:23	0:52:39	0:51:56
8	Soo Lee	Jammie Jog 5k 2023	F	60	1701	10:38	0:54:03	0:53:10
9	Joy Bolt	Jammie Jog 5k 2023	F	60	1554	11:06	0:56:08	0:55:32
10	Terrie Sandman	Jammie Jog 5k 2023	F	62	1791			
11	Becky White	Jammie Jog 5k 2023	F	63	1846			
12	Kathy Carnahan	Jammie Jog 5k 2023	F	60	1574			

Jammie Jog 5k 2023 60-64 (male)

1	Richard Smith	Jammie Jog 5k 2023	M	60	1803	4:39	0:23:18	0:23:16
2	Javier Elizalde	Jammie Jog 5k 2023	M	60	1620	6:33	0:33:02	0:32:47
3	Bob Tinkle	Jammie Jog 5k 2023	M	62	1824	9:30	0:48:10	0:47:31

Jammie Jog 5k 2023 65-69 (female)

Pos	Athlete	Race	Gender	Age	Bib#	Pace	Gun Time	Chip Time
1	Susan Tanner	Jammie Jog 5k 2023	F	65	1815	5:43	0:28:41	0:28:37
2	Marcia Parker	Jammie Jog 5k 2023	F	68	1758	8:15	0:41:40	0:41:15
3	Susan Burg	Jammie Jog 5k 2023	F	65	1566	8:22	0:41:57	0:41:54
4	Nancy Wilson	Jammie Jog 5k 2023	F	67	1851	10:56	0:55:28	0:54:43
5	Sandy Jordan	Jammie Jog 5k 2023	F	65	1680	10:56	0:55:28	0:54:43
6	Josie Holleman	Jammie Jog 5k 2023	F	65	1662	11:14	0:57:03	0:56:13
7	Karen O'Bier	Jammie Jog 5k 2023	F	69	1749			
8	Coleen Smith	Jammie Jog 5k 2023	F	66	1800			
9	Meredith Demcak	Jammie Jog 5k 2023	F	65	1604			
10	MaryLynn Gowen	Jammie Jog 5k 2023	F	65	1640			

Jammie Jog 5k 2023 65-69 (male)

Pos	Athlete	Race	Gender	Age	Bib#	Pace	Gun Time	Chip Time
1	Marvin Atherton	Jammie Jog 5k 2023	M	67	1542	6:53	0:35:00	0:34:29

Jammie Jog 5k 2023 70-74 (female)

Pos	Athlete	Race	Gender	Age	Bib#	Pace	Gun Time	Chip Time
1	Sherrie Kennedy	Jammie Jog 5k 2023	F	70	1684	6:42	0:33:38	0:33:32
2	Kristie Shaffer	Jammie Jog 5k 2023	F	71	1797	7:22	0:37:00	0:36:52
3	Debra Davis	Jammie Jog 5k 2023	F	71	1600	9:18	0:46:41	0:46:31
4	Barbara Puckett	Jammie Jog 5k 2023	F	74	1776	9:35	0:48:23	0:47:59
5	Brenda Stultz	Jammie Jog 5k 2023	F	72	1814	10:39	0:53:30	0:53:17
6	Sandra Nissen	Jammie Jog 5k 2023	F	70	1746	11:06	0:56:09	0:55:33
7	Michele Gregory	Jammie Jog 5k 2023	F	70	1642			

Jammie Jog 5k 2023 70-74 (male)

Pos	Athlete	Race	Gender	Age	Bib#	Pace	Gun Time	Chip Time
1	Alan McCollum	Jammie Jog 5k 2023	M	70	1729	5:27	0:27:24	0:27:18
2	Tom Wendle	Jammie Jog 5k 2023	M	70	1842	7:05	0:35:38	0:35:28
3	Terry Park	Jammie Jog 5k 2023	M	70	1757	7:40	0:38:49	0:38:23
4	Dennis Ruth	Jammie Jog 5k 2023	M	71	1789	10:42	0:53:58	0:53:30
5	Ralph Jordan	Jammie Jog 5k 2023	M	73	1679	12:17	1:02:12	1:01:27

Jammie Jog 5k 2023 75- (female)

Pos	Athlete	Race	Gender	Age	Bib#	Pace	Gun Time	Chip Time
1	Judy Craycraft	Jammie Jog 5k 2023	F	79	1592	11:12	0:56:44	0:56:02

Jammie Jog 5k 2023 75- (male)

Pos	Athlete	Race	Gender	Age	Bib#	Pace	Gun Time	Chip Time
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Jammie Jog 5k 2023 75- (male)

Pos	Athlete	Race	Gender	Age	Bib#	Pace	Gun Time	Chip Time
1	Rick Blue	Jammie Jog 5k 2023	M	77	1552	7:26	0:37:33	0:37:12
2	Jim Merritt	Jammie Jog 5k 2023	M	76	1733	8:24	0:42:43	0:42:01
3	Lewis McDonald	Jammie Jog 5k 2023	M	77	1730	13:51	1:10:09	1:09:19
4	William Lee	Jammie Jog 5k 2023	M	75	1702			