

Race Date
November 09, 2019

2019 Geaux Run Cajun Cup 10K & 1 Mile

Age Group Results

10K Participants

Female Overall Winners

Place			-----5K Split -----					----- 10K -----			Total	
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Age</u>	<u>Bib No</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Pace</u>
1	1	Michelle Parks	35	910	1	17:40.8	5:42	1	17:52.1	5:46	35:32.9	5:44/M
2	2	Courtney Broussard	23	254	2	19:20.2	6:14	2	20:23.1	6:35	39:43.4	6:24/M
3	3	Amy Rose Talbot-Koenck	28	1107	3	20:29.4	6:37	3	20:54.3	6:45	41:23.8	6:41/M

Female Masters Winners

Place			-----5K Split -----					----- 10K -----			Total	
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Age</u>	<u>Bib No</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Pace</u>
1	7	Sadie Shamsie	53	1045	1	22:06.9	7:08	1	22:16.4	7:11	44:23.3	7:10/M

Female Grand Masters Winners

Place			-----5K Split -----					----- 10K -----			Total	
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Age</u>	<u>Bib No</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Pace</u>
1	18	Laurie Goff	53	544	1	23:57.4	7:44	1	23:10.0	7:28	47:07.5	7:36/M

Female Senior Grand Master Winners

Place			-----5K Split -----					----- 10K -----			Total	
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Age</u>	<u>Bib No</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Pace</u>
1	82	Mitzi Eastin	64	446	1	27:48.0	8:58	1	26:22.8	8:31	54:10.8	8:44/M

*Overall place within gender

Race Date
November 09, 2019

2019 Geaux Run Cajun Cup 10K & 1 Mile

Age Group Results

10K Participants

Female 1 to 9

Place	Place		Age	Bib No	-----5K Split -----			----- 10K -----			Total	
	Overall	Name			Rnk	Time	Pace	Rnk	Time	Pace	Time	Pace
1	156	Maddy Campbell	9	303	1	29:40.5	9:34	1	29:14.0	9:26	58:54.5	9:30/M
2	438	Juliette Dupont	8	438	2	32:01.9	10:20	2	42:50.0	13:49	1:14:51.9	12:05/M

Female 10 to 14

Place	Place		Age	Bib No	-----5K Split -----			----- 10K -----			Total	
	Overall	Name			Rnk	Time	Pace	Rnk	Time	Pace	Time	Pace
1	48	Ariel Brasseaux	10	234	1	25:55.7	8:22	1	25:28.7	8:13	51:24.5	8:18/M
2	70	Abby Kate Mendoza	11	834	2	26:23.1	8:31	2	27:18.3	8:49	53:41.4	8:40/M
3	169	Eliot Schoolmaster	13	1029	3	30:58.9	10:00	3	28:30.8	9:12	59:29.7	9:36/M
4	280	Erin Burnum	14	281	4	31:33.4	10:11	5	33:31.3	10:49	1:05:04.8	10:30/M
5	357	Charlotte Ewing	14	452	5	36:05.2	11:38	4	33:30.3	10:48	1:09:35.6	11:13/M
6	437	Carson Romero	12	1004	6	37:28.0	12:05	6	37:22.5	12:03	1:14:50.6	12:04/M

Female 15 to 19

Place	Place		Age	Bib No	-----5K Split -----			----- 10K -----			Total	
	Overall	Name			Rnk	Time	Pace	Rnk	Time	Pace	Time	Pace
1	116	Margaret Shuffler	16	1050	1	29:12.1	9:25	1	27:30.5	8:52	56:42.7	9:09/M
2	356	Taylor Hickey	15	1251	3	36:10.9	11:40	2	33:24.0	10:46	1:09:34.9	11:13/M
3	397	Kaye Leigh Lavergne	15	746	2	34:01.1	10:58	3	37:30.0	12:06	1:11:31.1	11:32/M
4	492	Mia Formby	17	480	4	41:43.3	13:28	4	42:03.7	13:34	1:23:47.0	13:31/M

Female 20 to 24

Place	Place		Age	Bib No	-----5K Split -----			----- 10K -----			Total	
	Overall	Name			Rnk	Time	Pace	Rnk	Time	Pace	Time	Pace
1	5	Lindsay Lagarde	23	707	1	21:28.5	6:56	1	22:20.5	7:12	43:49.0	7:04/M
2	26	Brenae Bergeron	20	182	3	25:02.7	8:05	2	23:39.2	7:38	48:42.0	7:51/M
3	36	Avery Bostick	22	214	4	25:12.5	8:08	4	25:17.0	8:09	50:29.5	8:09/M
4	41	Madeline Gautreaux	20	523	2	24:39.8	7:57	5	26:07.2	8:26	50:47.0	8:11/M
5	42	Macy Miller	24	843	5	25:53.8	8:21	3	25:07.8	8:06	51:01.6	8:14/M
6	63	Mallory Runner	21	1015	6	26:37.1	8:35	7	26:40.3	8:36	53:17.4	8:36/M
7	79	Kitana Navarre	24	884	7	27:28.3	8:52	6	26:34.5	8:34	54:02.9	8:43/M
8	113	Nicole Moss	24	874	9	28:22.2	9:09	9	28:08.5	9:05	56:30.8	9:07/M
9	114	Olivia Ohlstein	23	901	8	28:21.8	9:09	10	28:09.0	9:05	56:30.8	9:07/M
10	123	Micaela Dautat	23	371	10	28:33.5	9:13	11	28:50.2	9:18	57:23.8	9:15/M
11	137	Sarah Wilder	23	1197	13	30:31.3	9:51	8	27:25.9	8:51	57:57.2	9:21/M
12	176	Morgan Angelle	24	126	11	29:47.2	9:37	14	30:03.7	9:42	59:50.9	9:39/M

*Overall place within gender

2019 Geaux Run Cajun Cup 10K & 1 Mile

Age Group Results

Race Date
November 09, 2019

10K Participants

Female 20 to 24

Place	Place		Age	Bib No	-----5K Split -----			----- 10K -----			Total	
	Overall	Name			Rnk	Time	Pace	Rnk	Time	Pace	Time	Pace
13	193	Kali Darby	24	366	12	29:56.9	9:40	16	31:15.8	10:05	1:01:12.7	9:52/M
14	209	Rebecca Hebert	23	618	14	30:41.8	9:54	15	31:15.5	10:05	1:01:57.3	10:00/M
15	210	Rebecca Foley	24	466	18	31:58.4	10:19	13	30:00.2	9:41	1:01:58.6	10:00/M
16	213	Monica Gamboa	22	503	19	32:35.5	10:31	12	29:47.3	9:37	1:02:22.8	10:04/M
17	228	Jamie Villagomez	20	1172	15	30:59.6	10:00	18	31:47.9	10:15	1:02:47.5	10:08/M
18	239	Nicole Fitzgerald	20	1245	16	31:26.1	10:08	17	31:39.7	10:13	1:03:05.9	10:11/M
19	246	Morgan Dennis	24	392	17	31:27.6	10:09	19	32:06.6	10:21	1:03:34.2	10:15/M
20	343	Kennedy Broussard	23	262	21	33:56.8	10:57	20	34:46.4	11:13	1:08:43.2	11:05/M
21	368	Maci Quebedeaux	21	954	20	33:46.4	10:54	22	36:16.6	11:42	1:10:03.0	11:18/M
22	395	Jessica Mendez	24	833	23	36:03.9	11:38	21	35:26.1	11:26	1:11:30.1	11:32/M
23	412	Shannon Robertson	22	988	22	35:10.9	11:21	23	37:40.7	12:09	1:12:51.6	11:45/M
24	456	Kylie Faul	24	458	24	37:22.4	12:03	24	39:49.5	12:51	1:17:12.0	12:27/M
25	520	Leah Williams	22	1200	25	43:34.3	14:03	25	49:25.7	15:57	1:33:00.1	15:00/M

Female 25 to 29

Place	Place		Age	Bib No	-----5K Split -----			----- 10K -----			Total	
	Overall	Name			Rnk	Time	Pace	Rnk	Time	Pace	Time	Pace
1	4	Leah Kaisler	25	680	1	21:31.6	6:57	1	21:21.9	6:54	42:53.5	6:55/M
2	12	Maggie Allemond	29	116	2	22:19.7	7:12	2	23:11.7	7:29	45:31.4	7:21/M
3	24	Gretchen Leger	28	760	3	24:15.8	7:50	3	24:22.3	7:52	48:38.1	7:51/M
4	33	Marci Hargroder/saboe	28	593	4	24:39.3	7:57	4	25:14.0	8:08	49:53.3	8:03/M
5	53	Shelbi King	26	696	6	26:30.5	8:33	5	25:34.1	8:15	52:04.6	8:24/M
6	61	Lauren Shepherd	29	1048	5	26:27.4	8:32	6	26:30.6	8:33	52:58.1	8:33/M
7	72	Lauren Trahan	28	1252	7	26:48.0	8:39	7	26:58.9	8:42	53:46.9	8:40/M
8	81	Rachel Roussel	27	1009	9	26:55.8	8:41	8	27:13.3	8:47	54:09.1	8:44/M
9	87	Randi Duhon	28	429	8	26:51.7	8:40	9	27:36.4	8:54	54:28.1	8:47/M
10	94	Candice Norman	27	892	11	27:30.8	8:53	10	27:39.7	8:55	55:10.6	8:54/M
11	95	Adelle Meche	27	828	10	27:28.7	8:52	12	27:48.8	8:58	55:17.6	8:55/M
12	107	Lyna Soileau	27	1071	12	27:48.5	8:58	13	28:32.0	9:12	56:20.6	9:05/M
13	119	Brittany Thousand	28	1135	16	29:20.8	9:28	11	27:40.2	8:56	57:01.1	9:12/M
14	125	Mia Redd	25	964	13	27:49.8	8:59	17	29:36.6	9:33	57:26.5	9:16/M
15	127	Brinkley Lopez	29	783	15	28:13.7	9:06	14	29:18.6	9:27	57:32.4	9:17/M
16	131	Tamara Goodyear	28	552	14	28:09.4	9:05	15	29:33.5	9:32	57:42.9	9:19/M
17	158	Chasity Potier	25	941	17	29:24.1	9:29	16	29:34.3	9:32	58:58.4	9:31/M
18	181	Katherine Hogue	28	636	22	30:29.1	9:50	18	29:56.1	9:39	1:00:25.3	9:45/M
19	182	Lyndsey Hargrove	29	594	19	30:03.7	9:42	21	30:25.5	9:49	1:00:29.2	9:45/M
20	188	Stacy Calhoun	28	291	20	30:20.1	9:47	22	30:33.1	9:51	1:00:53.2	9:49/M
21	191	Cortnie Lae	28	706	25	30:57.6	9:59	20	30:12.8	9:45	1:01:10.5	9:52/M
22	192	Mia Guidry	29	573	18	29:26.2	9:30	25	31:44.3	10:14	1:01:10.6	9:52/M

*Overall place within gender

Age Group Results**10K Participants**

Female 25 to 29

Place	Place		Age	Bib No	-----5K Split -----			----- 10K -----			Total	
	Overall	Name			Rnk	Time	Pace	Rnk	Time	Pace	Time	Pace
23	200	Kacie Wright	27	1216	21	30:24.4	9:49	23	31:12.6	10:04	1:01:37.1	9:56/M
24	221	Katie Langlinais	28	734	29	32:38.4	10:32	19	30:00.7	9:41	1:02:39.2	10:06/M
25	234	Rachel Bahr	26	1234	24	30:44.4	9:55	28	32:11.6	10:23	1:02:56.1	10:09/M
26	241	Danielle Dupuis	26	440	23	30:40.5	9:54	29	32:27.7	10:28	1:03:08.2	10:11/M
27	253	Sadie Fontenot	29	474	31	32:50.8	10:36	24	31:13.0	10:04	1:04:03.8	10:20/M
28	271	Catherine Molnar	28	854	32	32:54.4	10:37	26	31:48.3	10:16	1:04:42.7	10:26/M
29	285	Katrena King	29	695	34	32:59.3	10:39	27	32:11.3	10:23	1:05:10.6	10:31/M
30	291	Hollie Montet	29	856	33	32:58.9	10:38	30	32:28.8	10:29	1:05:27.7	10:34/M
31	292	Allison Talley	26	1108	30	32:40.9	10:33	31	32:47.1	10:35	1:05:28.1	10:34/M
32	298	Aimee Couvillon	26	348	28	32:38.3	10:32	34	33:23.4	10:46	1:06:01.7	10:39/M
33	307	Christina Stutes	26	1100	35	33:31.8	10:49	33	32:57.0	10:38	1:06:28.9	10:43/M
34	318	Natalie Frederick	29	486	27	32:34.2	10:30	38	34:37.4	11:10	1:07:11.7	10:50/M
35	321	Maggie Bihm	29	190	26	31:46.9	10:15	42	35:30.2	11:27	1:07:17.1	10:51/M
36	323	Katelyn Howard	27	643	36	33:48.7	10:54	35	33:33.1	10:49	1:07:21.9	10:52/M
37	327	Anna Lannes	26	736	40	34:45.6	11:13	32	32:55.8	10:37	1:07:41.4	10:55/M
38	338	Katie Leleaux	26	767	38	34:25.6	11:06	36	33:52.4	10:56	1:08:18.1	11:01/M
39	341	Katie Debailon	28	381	37	33:53.8	10:56	37	34:36.8	11:10	1:08:30.6	11:03/M
40	373	Ashley Pierret	28	926	39	34:35.7	11:10	43	35:41.8	11:31	1:10:17.5	11:20/M
41	383	Jennifer Raines	29	958	41	35:47.4	11:33	40	35:13.0	11:22	1:11:00.5	11:27/M
42	392	Emily Musso	26	878	43	36:27.6	11:46	39	34:53.5	11:15	1:11:21.1	11:31/M
43	396	Alexandra Leonards	26	774	42	36:05.8	11:39	41	35:24.4	11:25	1:11:30.2	11:32/M
44	417	Taylor Till	27	1136	45	36:40.2	11:50	44	36:45.9	11:52	1:13:26.2	11:51/M
45	432	Sara Jones	26	672	46	37:19.3	12:02	45	36:56.9	11:55	1:14:16.2	11:59/M
46	435	Erica Louviere	27	787	47	37:28.1	12:05	46	37:09.3	11:59	1:14:37.4	12:02/M
47	442	Brittany Dartez	25	367	44	36:31.5	11:47	47	38:46.6	12:31	1:15:18.1	12:09/M
48	468	Emily Latiolais	28	742	48	38:26.9	12:24	48	41:36.6	13:25	1:20:03.5	12:55/M
49	487	Jayme Landry	26	724	49	40:27.5	13:03	49	42:04.3	13:34	1:22:31.9	13:19/M
50	497	Molly Daigle	25	363	51	41:55.3	13:31	50	43:30.9	14:02	1:25:26.2	13:47/M
51	498	Claire Peltier	27	918	50	41:53.5	13:31	51	43:33.9	14:03	1:25:27.4	13:47/M
52	512	Lauren Descant	25	394	53	44:13.0	14:16	53	44:50.5	14:28	1:29:03.6	14:22/M
53	513	Mary Pommier	28	937	54	44:56.2	14:30	52	44:13.0	14:16	1:29:09.2	14:23/M
54	516	Kate Garza	25	512	52	43:56.9	14:11	54	48:08.8	15:32	1:32:05.8	14:51/M
55	528	Lauren Wisecarver	29	1208	55	48:09.6	15:32	55	48:27.0	15:38	1:36:36.6	15:35/M
56	531	Laci Arnaud	28	136	56	48:31.9	15:39	56	48:44.0	15:43	1:37:15.9	15:41/M

Female 30 to 34

Place	Place		Age	Bib No	-----5K Split -----			----- 10K -----			Total	
	Overall	Name			Rnk	Time	Pace	Rnk	Time	Pace	Time	Pace
1	8	Kelly Juneau	33	679	1	22:11.9	7:10	1	22:16.7	7:11	44:28.7	7:10/M

*Overall place within gender

Age Group Results**10K Participants**

Female 30 to 34

Place	Place		Age	Bib No	-----5K Split -----			----- 10K -----			Total	
	Overall	Name			Rnk	Time	Pace	Rnk	Time	Pace	Time	Pace
2	11	Elizabeth Blum	34	201	2	22:30.0	7:16	2	22:57.2	7:24	45:27.3	7:20/M
3	14	Anna Terrell	32	1119	4	23:19.1	7:31	3	23:22.0	7:32	46:41.1	7:32/M
4	19	Ashley Gatte	33	515	3	22:54.3	7:23	5	24:14.1	7:49	47:08.4	7:36/M
5	22	Mallory Barnes	30	156	5	24:11.9	7:48	4	23:49.8	7:41	48:01.8	7:45/M
6	29	Miranda Blanchet	30	197	7	24:36.9	7:56	6	24:36.7	7:56	49:13.7	7:56/M
7	31	Jennifer Blanchard	32	195	6	24:17.0	7:50	10	25:12.7	8:08	49:29.8	7:59/M
8	37	Ciji Garcia	33	506	8	25:25.3	8:12	9	25:09.5	8:07	50:34.8	8:09/M
9	39	Jennifer Lagrange	34	709	9	25:57.2	8:22	7	24:46.9	8:00	50:44.2	8:11/M
10	43	Sara Diliberto	30	403	11	26:07.5	8:26	8	24:57.2	8:03	51:04.7	8:14/M
11	56	Breanna Alexandrenko	33	112	10	26:03.7	8:24	11	26:15.3	8:28	52:19.0	8:26/M
12	71	Hailey Moon	34	861	12	26:48.7	8:39	12	26:57.0	8:42	53:45.7	8:40/M
13	105	Lindsey Falgout	32	456	20	28:51.0	9:18	13	27:15.2	8:48	56:06.3	9:03/M
14	110	Paige Babineaux	34	144	13	27:20.9	8:49	22	29:05.3	9:23	56:26.2	9:06/M
15	111	Casey Fontenot	30	469	16	28:04.5	9:03	14	28:24.1	9:10	56:28.7	9:07/M
16	112	Michelle Wolf	31	1211	14	27:49.8	8:59	18	28:40.0	9:15	56:29.8	9:07/M
17	118	Lacey Viator	31	1161	15	27:53.7	9:00	21	29:01.5	9:22	56:55.3	9:11/M
18	121	Myra Guidry	31	574	19	28:50.0	9:18	16	28:25.9	9:10	57:16.0	9:14/M
19	122	Vanessa Leon	34	772	17	28:27.7	9:11	20	28:52.3	9:19	57:20.1	9:15/M
20	126	Katherine Desormeaux	31	397	21	29:02.2	9:22	15	28:24.4	9:10	57:26.7	9:16/M
21	142	Sarah Hooks	32	638	22	29:29.8	9:31	17	28:33.3	9:13	58:03.2	9:22/M
22	152	Laci Guidry	33	1278	18	28:49.8	9:18	28	29:45.8	9:36	58:35.7	9:27/M
23	157	Madeline Kovacs	30	700	25	29:49.2	9:37	23	29:06.9	9:24	58:56.2	9:30/M
24	161	Amiee Morvant	34	873	23	29:30.5	9:31	25	29:34.9	9:33	59:05.5	9:32/M
25	170	Shannon Thomas	34	1131	26	29:51.8	9:38	27	29:40.0	9:34	59:31.8	9:36/M
26	171	Kathryn Fenstermaker	33	461	30	30:43.7	9:55	19	28:51.8	9:19	59:35.5	9:37/M
27	179	Amanda Morris	31	867	31	30:46.7	9:56	24	29:23.8	9:29	1:00:10.5	9:42/M
28	189	Emily Hodges	34	632	28	30:39.8	9:53	30	30:23.9	9:48	1:01:03.7	9:51/M
29	198	Casey Giglio	32	534	24	29:47.8	9:37	35	31:43.5	10:14	1:01:31.3	9:55/M
30	203	Brittney Babineaux	30	142	32	31:06.8	10:02	32	30:33.5	9:51	1:01:40.4	9:57/M
31	205	Jacy Lemaire	34	769	35	31:32.7	10:11	29	30:12.5	9:45	1:01:45.3	9:58/M
32	208	Nicole White	31	1196	38	32:21.8	10:26	26	29:35.3	9:33	1:01:57.1	10:00/M
33	218	Colette Ellender	31	447	27	30:24.8	9:49	39	32:08.1	10:22	1:02:33.0	10:05/M
34	230	Kelsi Andrepont	34	124	37	32:18.8	10:25	31	30:29.8	9:50	1:02:48.6	10:08/M
35	237	Beverly Burgin	32	278	33	31:19.1	10:06	34	31:41.4	10:13	1:03:00.6	10:10/M
36	247	Brittany Bearb	31	165	36	31:49.8	10:16	36	31:46.8	10:15	1:03:36.6	10:16/M
37	261	Mackenzie Hartnett	32	599	39	32:31.3	10:29	38	31:48.9	10:16	1:04:20.2	10:23/M
38	263	Courtney Fuhrer	32	494				80	1:04:24.1	10:23	1:04:24.1	10:23/M
39	272	Sarah Hillman	31	628	29	30:40.3	9:54	46	34:02.7	10:59	1:04:43.1	10:26/M
40	278	Heather Mequet	30	839	47	33:40.0	10:52	33	31:15.7	10:05	1:04:55.7	10:28/M
41	283	Jenna Harris	34	596	45	33:21.8	10:46	37	31:46.9	10:15	1:05:08.8	10:30/M
42	288	Ivori Campbell	34	300	34	31:29.9	10:10	45	33:43.0	10:53	1:05:12.9	10:31/M

*Overall place within gender

Age Group Results**10K Participants**

Female 30 to 34

Place	Place		Age	Bib No	-----5K Split -----			----- 10K -----			Total	
	Overall	Name			Rnk	Time	Pace	Rnk	Time	Pace	Time	Pace
43	289	Camille Breaux	34	237	42	32:52.7	10:36	40	32:30.3	10:29	1:05:23.0	10:33/M
44	293	Paige Jordan	31	674	40	32:40.2	10:32	42	32:48.1	10:35	1:05:28.3	10:34/M
45	301	Alison Moon	30	860	44	33:17.3	10:44	43	32:59.6	10:39	1:06:17.0	10:41/M
46	315	Erin Alleman	31	115	41	32:52.4	10:36	47	34:08.0	11:01	1:07:00.4	10:48/M
47	317	Whitney Denison	32	391	50	34:19.8	11:04	41	32:45.4	10:34	1:07:05.3	10:49/M
48	324	Jennifer Peloquin	33	917	43	32:54.1	10:37	49	34:30.8	11:08	1:07:25.0	10:52/M
49	337	Rachel Smith	34	1067	51	34:43.2	11:12	44	33:34.3	10:50	1:08:17.5	11:01/M
50	339	Katie McBain	33	817	48	33:55.1	10:56	48	34:30.2	11:08	1:08:25.3	11:02/M
51	346	Lacey Trahan	34	1143	46	33:33.0	10:49	52	35:11.4	11:21	1:08:44.4	11:05/M
52	364	Lizzie Lyles	33	792	53	34:49.8	11:14	51	35:11.1	11:21	1:10:01.0	11:18/M
53	365	Kimmie Cormier	34	343	52	34:47.2	11:13	53	35:14.6	11:22	1:10:01.8	11:18/M
54	366	Chelsea Jordan	30	673	49	34:11.5	11:02	55	35:50.5	11:34	1:10:02.1	11:18/M
55	381	Kathryn Varino	33	1158	55	35:46.6	11:32	50	35:10.8	11:21	1:10:57.4	11:27/M
56	390	Karli Duke	31	431	54	35:07.6	11:20	56	36:06.7	11:39	1:11:14.3	11:29/M
57	407	Catherine Boudreaux	34	216	59	37:00.9	11:56	54	35:15.6	11:22	1:12:16.5	11:39/M
58	428	Melinda Castagnos	32	1248	56	36:12.7	11:41	59	37:43.1	12:10	1:13:55.8	11:55/M
59	431	Jamie Stephenson	34	1095	57	36:50.2	11:53	58	37:24.8	12:04	1:14:15.0	11:59/M
60	445	Anna Blossom	30	200	58	36:55.6	11:55	60	38:30.7	12:25	1:15:26.4	12:10/M
61	448	Maggie Powell	30	942	60	37:17.0	12:02	61	39:32.5	12:45	1:16:49.6	12:23/M
62	462	Carin Smith	33	1062	61	38:47.7	12:31	63	40:22.2	13:01	1:19:09.9	12:46/M
63	471	Jessica Allain	31	114	65	39:26.3	12:43	64	41:13.0	13:18	1:20:39.3	13:01/M
64	472	Cherise Gautreaux	31	522	62	38:53.2	12:33	66	41:48.6	13:29	1:20:41.8	13:01/M
65	474	Leigh Guidry	32	571	73	43:42.7	14:06	57	37:12.3	12:00	1:20:55.0	13:03/M
66	475	Christina Smith	34	1063	63	38:56.3	12:34	67	41:59.6	13:33	1:20:55.9	13:03/M
67	477	Heather Lajack	32	711	64	39:11.8	12:39	65	41:44.5	13:28	1:20:56.4	13:03/M
68	478	Amber Dugas	34	422	67	40:49.4	13:10	62	40:13.8	12:59	1:21:03.3	13:04/M
69	490	Amanda Romero	31	1003	66	40:49.1	13:10	68	42:41.0	13:46	1:23:30.2	13:28/M
70	496	Amelia Harb	32	590	70	42:36.3	13:45	69	42:48.3	13:48	1:25:24.7	13:47/M
71	507	Michelle Thomas	34	1130	68	42:11.9	13:37	72	45:47.0	14:46	1:27:59.0	14:11/M
72	508	Grace Gallaspy	34	500	69	42:32.0	13:43	74	45:47.1	14:46	1:28:19.1	14:15/M
73	509	Kerri Broussard	33	263	72	43:12.1	13:56	71	45:35.0	14:42	1:28:47.2	14:19/M
74	511	Sadie French	34	489	71	42:46.8	13:48	75	46:09.0	14:53	1:28:55.8	14:21/M
75	514	Meagan Callais	34	292	74	43:59.1	14:11	73	45:47.0	14:46	1:29:46.1	14:29/M
76	515	Tshy Cross	33	355	76	45:53.0	14:48	70	44:05.3	14:13	1:29:58.3	14:31/M
77	523	Angelic Landry	30	721	75	45:40.9	14:44	77	48:23.9	15:37	1:34:04.9	15:10/M
78	525	Dani Leonards	33	775	78	47:52.5	15:27	76	47:43.9	15:24	1:35:36.5	15:25/M
79	537	Theresa Lagneaux	31	708	77	45:57.9	14:50	79	53:29.6	17:15	1:39:27.5	16:03/M
80	539	Allison Gallaspy	32	499	79	50:19.3	16:14	78	52:03.9	16:48	1:42:23.2	16:31/M

*Overall place within gender

Age Group Results**10K Participants**

Female 35 to 39

Place	Place		Age	Bib No	-----5K Split -----			----- 10K -----			Total	
	Overall	Name			Rnk	Time	Pace	Rnk	Time	Pace	Time	Pace
1	6	Jess Russo	37	1018	2	22:21.0	7:13	1	21:42.3	7:00	44:03.3	7:06/M
2	9	Julie Raza	35	963	1	22:06.9	7:08	2	22:27.0	7:15	44:34.0	7:11/M
3	15	Kallie Landry	37	727	5	24:00.9	7:45	3	22:55.7	7:24	46:56.7	7:34/M
4	17	Lynsey Braniff	37	233	4	23:55.8	7:43	4	23:11.3	7:29	47:07.1	7:36/M
5	20	Jandy Tyl	37	1151	3	23:50.2	7:41	5	23:40.9	7:38	47:31.2	7:40/M
6	27	Nicole Aucoin	35	141	6	24:14.2	7:49	8	24:38.3	7:57	48:52.5	7:53/M
7	28	Molly Bolde	38	206	7	24:52.5	8:01	6	24:01.2	7:45	48:53.7	7:53/M
8	35	Crystal Isbell	36	656	8	25:08.4	8:07	12	25:17.2	8:09	50:25.6	8:08/M
9	40	Robin Hebert	39	620	9	25:11.6	8:08	13	25:34.6	8:15	50:46.3	8:11/M
10	44	Kristen Wilson	37	1206	10	25:21.1	8:11	15	25:50.4	8:20	51:11.6	8:15/M
11	45	Katherine Roy	38	1010	12	25:35.2	8:15	14	25:37.2	8:16	51:12.5	8:16/M
12	46	Kayla Rochon	36	995	14	26:09.1	8:26	10	25:07.4	8:06	51:16.5	8:16/M
13	49	Dusty Harrison	36	597	17	26:51.9	8:40	9	24:45.4	7:59	51:37.3	8:20/M
14	50	Laina Simon	35	1053	15	26:24.6	8:31	11	25:14.3	8:08	51:38.9	8:20/M
15	51	Jen Viator	36	1160	20	27:08.7	8:45	7	24:37.8	7:57	51:46.6	8:21/M
16	52	Mandi Simoneaux	37	1057	13	25:58.5	8:23	16	25:55.2	8:22	51:53.7	8:22/M
17	58	Renee Langlinais	35	735	11	25:34.4	8:15	23	26:56.3	8:41	52:30.7	8:28/M
18	65	Ashley Hebert	38	606	18	26:56.1	8:41	19	26:34.7	8:34	53:30.8	8:38/M
19	73	Trisha Ancelet	38	123	16	26:42.4	8:37	24	27:06.0	8:45	53:48.4	8:41/M
20	74	Stefanie Chapman	37	316	19	27:01.7	8:43	22	26:50.3	8:39	53:52.1	8:41/M
21	78	Tonya McKnight	39	826	21	27:12.9	8:47	21	26:44.8	8:38	53:57.8	8:42/M
22	80	Katharine Bleecher	38	198	22	27:33.1	8:53	18	26:32.9	8:34	54:06.0	8:44/M
23	89	Michelle Thibodeaux	38	1126	28	28:10.4	9:05	17	26:26.1	8:32	54:36.6	8:48/M
24	93	Melissa Vidrine	39	1169	32	28:30.1	9:12	20	26:38.0	8:35	55:08.1	8:54/M
25	96	Sarina Lapeyrouse	36	738	27	28:05.0	9:04	25	27:12.9	8:47	55:17.9	8:55/M
26	97	Lacy Luke	38	791	26	27:59.1	9:02	27	27:31.2	8:53	55:30.3	8:57/M
27	100	Cassie Templet	36	1117	25	27:58.6	9:01	29	27:53.6	9:00	55:52.2	9:01/M
28	102	Melanie Rodrigue	36	998	23	27:49.3	8:58	31	28:07.3	9:04	55:56.6	9:01/M
29	104	Lynsey Talbot	37	1106	29	28:12.0	9:06	28	27:52.0	8:59	56:04.0	9:03/M
30	108	Sarah Carriere	38	305	31	28:18.9	9:08	30	28:05.3	9:04	56:24.2	9:06/M
31	115	Allison Bonin	38	209	33	28:33.8	9:13	32	28:08.0	9:05	56:41.9	9:09/M
32	120	Kristina Siracusa	35	1059	36	28:57.2	9:20	33	28:12.4	9:06	57:09.6	9:13/M
33	124	Christina Butler	36	284	34	28:44.4	9:16	36	28:41.1	9:15	57:25.5	9:16/M
34	129	Tarra Kull	37	702	47	30:11.1	9:44	26	27:25.6	8:51	57:36.7	9:18/M
35	130	Mary Richard	38	981	30	28:18.2	9:08	40	29:20.9	9:28	57:39.1	9:18/M
36	132	Pammy Pry	37	952	37	29:12.0	9:25	34	28:31.7	9:12	57:43.8	9:19/M
37	139	Tara Henderson	38	623	24	27:52.9	9:00	44	30:06.0	9:43	57:59.0	9:21/M
38	141	Loni Shaw	36	1046	35	28:49.2	9:18	39	29:12.0	9:25	58:01.3	9:22/M
39	150	Yvonne Ochoa	37	899	43	29:41.7	9:35	35	28:39.3	9:15	58:21.0	9:25/M
40	154	Catherine Brooks	39	245	38	29:18.2	9:27	41	29:28.9	9:31	58:47.1	9:29/M
41	160	Cassie Bidstrup	39	188	46	30:07.8	9:43	37	28:55.5	9:20	59:03.3	9:32/M

*Overall place within gender

2019 Geaux Run Cajun Cup 10K & 1 Mile

Age Group Results

Race Date
November 09, 2019

10K Participants

Female 35 to 39

Place	Place		Age	Bib No	-----5K Split -----			----- 10K -----			Total	
	Overall	Name			Rnk	Time	Pace	Rnk	Time	Pace	Time	Pace
42	163	Brooke Campbell	37	299	40	29:37.5	9:33	42	29:31.8	9:32	59:09.3	9:32/M
43	168	Monti Domingue	36	410	50	30:29.8	9:50	38	28:59.1	9:21	59:29.0	9:36/M
44	172	Stephanie Legnon	37	763	39	29:35.2	9:33	43	30:01.5	9:41	59:36.8	9:37/M
45	177	Katie Rogers	36	1000	41	29:38.0	9:34	45	30:19.0	9:47	59:57.0	9:40/M
46	178	Amanda Pry	36	951	42	29:41.3	9:35	46	30:20.2	9:47	1:00:01.6	9:41/M
47	194	Erin McManus	35	827	48	30:13.3	9:45	49	31:10.5	10:03	1:01:23.8	9:54/M
48	196	Kathryn Brown	38	272	45	30:05.5	9:42	53	31:21.7	10:07	1:01:27.3	9:55/M
49	201	April Broussard	38	250	49	30:20.4	9:47	52	31:19.6	10:06	1:01:40.1	9:57/M
50	207	Jamie Duval	36	442	53	30:55.7	9:59	48	30:59.7	10:00	1:01:55.4	9:59/M
51	215	Courtney Johnson	35	1247	55	31:08.7	10:03	50	31:15.5	10:05	1:02:24.3	10:04/M
52	235	Shantell Dugas	35	425	52	30:55.5	9:59	59	32:02.0	10:20	1:02:57.6	10:09/M
53	245	Ashleigh Landry	35	722	51	30:41.5	9:54	66	32:47.5	10:35	1:03:29.1	10:14/M
54	258	Anne Brennan	39	241	59	32:24.9	10:27	57	31:48.6	10:16	1:04:13.6	10:22/M
55	259	Megan Grover	38	563	61	32:31.5	10:30	56	31:47.7	10:15	1:04:19.3	10:22/M
56	260	Tiffani Gomez	39	545	57	31:58.9	10:19	65	32:20.6	10:26	1:04:19.6	10:23/M
57	265	Danielle Bourque	36	227	70	33:11.9	10:43	54	31:25.6	10:08	1:04:37.5	10:25/M
58	267	De Newman	36	887	62	32:33.5	10:30	61	32:05.0	10:21	1:04:38.5	10:26/M
59	270	Elise Boutin	37	229	44	29:50.1	9:37	78	34:50.1	11:14	1:04:40.3	10:26/M
60	273	Abby Trahan	36	1141	67	33:05.0	10:40	55	31:40.6	10:13	1:04:45.7	10:27/M
61	275	Tonya Borill	39	1250	72	33:32.3	10:49	51	31:15.7	10:05	1:04:48.0	10:27/M
62	281	Annette Bodin	39	203	64	32:55.4	10:37	62	32:11.3	10:23	1:05:06.7	10:30/M
63	284	Natasha Brown	37	274	65	32:56.4	10:38	63	32:13.1	10:24	1:05:09.6	10:31/M
64	287	Nah Senpeng	39	1044				112	1:05:11.3	10:31	1:05:11.3	10:31/M
65	290	Alisha Templet	37	1116	58	32:14.3	10:24	68	33:12.3	10:43	1:05:26.6	10:33/M
66	296	Devon Smith	37	1064	86	35:06.4	11:19	47	30:51.9	9:57	1:05:58.3	10:38/M
67	299	Haley Norris	39	894	77	34:07.5	11:01	58	31:57.1	10:18	1:06:04.6	10:39/M
68	303	Courtney Stakes	35	1084	63	32:37.2	10:31	74	33:42.8	10:53	1:06:20.1	10:42/M
69	304	Celeste Barrett	37	159	68	33:05.7	10:41	69	33:17.4	10:44	1:06:23.1	10:42/M
70	305	Michele Harman	35	595	66	33:04.5	10:40	71	33:20.5	10:45	1:06:25.0	10:43/M
71	308	Erin Lassalle	37	739	73	33:34.5	10:50	67	32:54.5	10:37	1:06:29.1	10:43/M
72	310	Gretchen Daniel	39	364	60	32:29.6	10:29	76	34:15.1	11:03	1:06:44.8	10:46/M
73	311	Amanda Morton	35	871	71	33:28.2	10:48	70	33:17.6	10:44	1:06:45.9	10:46/M
74	314	Katy Richard	39	979	82	34:42.3	11:12	64	32:17.6	10:25	1:07:00.0	10:48/M
75	319	Holly Cure	36	359	74	33:44.2	10:53	72	33:27.7	10:48	1:07:11.9	10:50/M
76	328	Chrissie Albert	39	107	75	33:50.9	10:55	75	33:57.6	10:57	1:07:48.5	10:56/M
77	332	Annie Whetsell	36	1194	56	31:55.3	10:18	84	36:06.4	11:39	1:08:01.8	10:58/M
78	336	Stephanie Gaudet	35	517	80	34:33.4	11:09	73	33:40.9	10:52	1:08:14.4	11:00/M
79	353	Abby Aucoin	39	140	83	34:45.7	11:13	77	34:16.0	11:03	1:09:01.8	11:08/M
80	358	Mele Gonzales	37	549	78	34:17.4	11:04	81	35:25.9	11:26	1:09:43.4	11:15/M
81	362	Jamie Guzzardo	38	585	69	33:06.0	10:41	88	36:43.6	11:51	1:09:49.6	11:16/M
82	369	Kelein Barrow	37	160	79	34:28.4	11:07	82	35:40.8	11:31	1:10:09.3	11:19/M

*Overall place within gender

Race Date
November 09, 2019

2019 Geaux Run Cajun Cup 10K & 1 Mile

Age Group Results

10K Participants

Female 35 to 39

Place	Place		Age	Bib No	-----5K Split -----			----- 10K -----			Total	
	Overall	Name			Rnk	Time	Pace	Rnk	Time	Pace	Time	Pace
83	370	Aimee Billeaud	37	191	76	33:57.1	10:57	85	36:12.7	11:41	1:10:09.9	11:19/M
84	372	Caroline Jones	37	1253	85	34:58.2	11:17	80	35:19.2	11:24	1:10:17.5	11:20/M
85	377	Emily Broussard	35	256	100	38:23.3	12:23	60	32:03.8	10:21	1:10:27.1	11:22/M
86	402	Holly Hebert	36	609	81	34:39.5	11:11	89	37:15.2	12:01	1:11:54.7	11:36/M
87	403	Emily Walker	38	1179	93	36:20.7	11:43	83	35:45.3	11:32	1:12:06.1	11:38/M
88	406	Heather Louvierre	37	789	96	37:02.1	11:57	79	35:14.2	11:22	1:12:16.4	11:39/M
89	408	Danielle Boudreaux	39	217	89	35:10.1	11:21	90	37:15.3	12:01	1:12:25.5	11:41/M
90	409	Trisha Cole	39	329	91	35:58.7	11:36	87	36:38.0	11:49	1:12:36.7	11:43/M
91	411	Jen Arceneaux	39	132	87	35:09.7	11:21	93	37:41.4	12:09	1:12:51.2	11:45/M
92	415	Lindsey Greer	35	559	88	35:09.9	11:21	94	37:51.3	12:13	1:13:01.3	11:47/M
93	416	Shelly Gauthier	35	521	84	34:53.6	11:15	95	38:08.5	12:18	1:13:02.1	11:47/M
94	421	Jessi Gilbert	39	535	92	36:15.2	11:42	91	37:18.1	12:02	1:13:33.4	11:52/M
95	427	Kathleen Leneck	38	771	94	36:33.3	11:48	92	37:20.6	12:03	1:13:54.0	11:55/M
96	429	Brittany Emerson	37	449	54	31:06.8	10:02	100	42:54.1	13:50	1:14:00.9	11:56/M
97	443	Tracie Steinmetz	36	1091	101	38:46.9	12:31	86	36:34.4	11:48	1:15:21.4	12:09/M
98	444	Latisha Gentry	38	528	95	36:42.3	11:50	96	38:41.9	12:29	1:15:24.2	12:10/M
99	449	Andrea Marze	38	808	98	37:45.2	12:11	97	39:08.8	12:38	1:16:54.1	12:24/M
100	464	Sarah Bolding	38	208	90	35:52.4	11:34	102	43:35.2	14:04	1:19:27.7	12:49/M
101	473	Sarah Fruge	36	493	103	39:34.1	12:46	98	41:20.3	13:20	1:20:54.5	13:03/M
102	479	Kari Walker	36	1265	99	38:13.9	12:20	101	42:58.9	13:52	1:21:12.9	13:06/M
103	481	Kathryn Richards	38	983	102	38:47.0	12:31	99	42:30.5	13:43	1:21:17.6	13:07/M
104	482	Leigh Hemperley	36	622	97	37:27.7	12:05	103	44:17.9	14:17	1:21:45.6	13:11/M
105	501	Jennifer Trapp	37	1145	104	41:14.9	13:18	104	44:54.2	14:29	1:26:09.2	13:54/M
106	527	Katie Lightfoot	39	779	106	50:34.2	16:19	105	45:57.7	14:50	1:36:32.0	15:34/M
107	529	Katherine Judice	35	677	107	50:35.3	16:19	108	46:07.9	14:53	1:36:43.2	15:36/M
108	530	Kamie Stutes	37	1102	108	50:36.5	16:20	107	46:07.3	14:53	1:36:43.8	15:36/M
109	538	Christina Victor	36	1163	105	46:03.6	14:51	111	55:04.1	17:46	1:41:07.8	16:19/M
110	543	Kristy Johnston	36	666	111	58:07.4	18:45	106	46:01.6	14:51	1:44:09.1	16:48/M
111	544	Kim Marks	39	799	110	52:30.7	16:56	109	53:58.6	17:25	1:46:29.3	17:11/M
112	545	Lacey Marks	36	800	109	52:22.9	16:54	110	54:08.0	17:28	1:46:31.0	17:11/M

Female 40 to 44

Place	Place		Age	Bib No	-----5K Split -----			----- 10K -----			Total	
	Overall	Name			Rnk	Time	Pace	Rnk	Time	Pace	Time	Pace
1	10	Jamie Scott	43	1036	1	22:56.1	7:24	1	22:10.7	7:09	45:06.8	7:17/M
2	13	Tori Champagne	43	1273	2	23:40.7	7:38	2	22:22.5	7:13	46:03.3	7:26/M
3	16	Rhonda Branch	41	232	3	23:47.7	7:41	3	23:16.6	7:31	47:04.3	7:36/M
4	23	Jolaine McCluer	43	821	5	24:06.7	7:47	5	24:28.5	7:54	48:35.2	7:50/M
5	25	Michelle Rome	44	1002	4	24:01.0	7:45	6	24:38.0	7:57	48:39.1	7:51/M

*Overall place within gender

Age Group Results**10K Participants**

Female 40 to 44

Place	Place		Age	Bib No	-----5K Split -----			----- 10K -----			Total	
	Overall	Name			Rnk	Time	Pace	Rnk	Time	Pace	Time	Pace
6	30	Andrea Rantz	40	961	6	25:02.7	8:05	4	24:21.5	7:51	49:24.2	7:58/M
7	38	Wendy Schmit	40	1027	8	25:45.8	8:19	7	24:50.0	8:01	50:35.9	8:10/M
8	47	Leah Formby	42	479	7	25:42.1	8:17	8	25:35.6	8:15	51:17.8	8:16/M
9	54	Sandra Burnell	41	280	9	26:15.5	8:28	10	25:49.2	8:20	52:04.8	8:24/M
10	57	Amanda Breaux	42	235	10	26:31.4	8:33	9	25:48.4	8:19	52:19.9	8:26/M
11	60	Sondra Morrow	44	870	13	26:42.2	8:37	11	26:05.8	8:25	52:48.1	8:31/M
12	64	Jeanette Runner	43	1014	11	26:36.9	8:35	12	26:49.2	8:39	53:26.1	8:37/M
13	68	Skylar Fontenot	43	475	12	26:40.0	8:36	14	26:57.9	8:42	53:38.0	8:39/M
14	69	Sheri Alldredge	42	1241	14	26:42.9	8:37	13	26:55.8	8:41	53:38.8	8:39/M
15	83	Claire Bailey	42	149	15	26:48.8	8:39	15	27:23.7	8:50	54:12.5	8:45/M
16	90	Olivia Regard	44	969	16	27:11.9	8:46	16	27:25.7	8:51	54:37.7	8:49/M
17	101	Christy Cart	43	309	17	28:07.6	9:04	18	27:46.4	8:58	55:54.1	9:01/M
18	106	Jillian Jones	41	671	18	28:36.7	9:14	17	27:39.1	8:55	56:15.8	9:04/M
19	128	Tabitha Schwarz	41	1034	24	29:12.1	9:25	19	28:22.2	9:09	57:34.3	9:17/M
20	133	Mandy Martin	43	804	19	28:39.7	9:15	32	29:04.9	9:23	57:44.6	9:19/M
21	134	Candace Bain	44	151	22	29:08.0	9:24	24	28:40.5	9:15	57:48.6	9:19/M
22	135	Chastity Bernard	44	186	23	29:09.2	9:24	23	28:39.5	9:15	57:48.8	9:19/M
23	138	Brandi Badeaux	44	146	20	28:56.0	9:20	30	29:02.5	9:22	57:58.5	9:21/M
24	143	Paula Thompson	44	1134	30	29:40.7	9:34	20	28:24.2	9:10	58:05.0	9:22/M
25	144	Stephanie Mensman	42	838	21	29:07.6	9:24	29	28:58.3	9:21	58:05.9	9:22/M
26	146	Ashley Latiolais	40	741	26	29:16.7	9:27	27	28:53.2	9:19	58:10.0	9:23/M
27	147	Melana Power	44	943	28	29:28.6	9:31	25	28:47.6	9:17	58:16.2	9:24/M
28	151	Jj Rabb	41	957	29	29:31.3	9:31	26	28:52.9	9:19	58:24.2	9:25/M
29	153	Molly Beach	40	164	27	29:22.6	9:29	33	29:21.1	9:28	58:43.8	9:28/M
30	162	Shaun Soileau	43	1072	31	29:43.0	9:35	34	29:25.8	9:30	59:08.9	9:32/M
31	164	Holli Brou	41	246	38	30:41.3	9:54	22	28:29.0	9:11	59:10.3	9:33/M
32	165	Heidi Leblanc	41	750	39	30:42.3	9:54	21	28:28.2	9:11	59:10.6	9:33/M
33	166	Stacey Simon	44	1055	35	30:08.2	9:43	31	29:03.0	9:22	59:11.2	9:33/M
34	167	Maria Lahaye Menard	43	832	25	29:12.6	9:25	37	30:15.7	9:46	59:28.4	9:36/M
35	173	Kim Dooley	44	414	41	30:45.2	9:55	28	28:54.2	9:19	59:39.4	9:37/M
36	174	Marnie Hoyt	42	646	33	30:03.5	9:42	35	29:39.3	9:34	59:42.9	9:38/M
37	180	Heidi Roma	42	1001	34	30:04.1	9:42	38	30:16.0	9:46	1:00:20.1	9:44/M
38	187	Marlene Mistrot	41	851	32	29:53.6	9:39	40	30:49.0	9:56	1:00:42.7	9:48/M
39	190	Robin Pham	41	924	40	30:43.6	9:55	39	30:25.9	9:49	1:01:09.6	9:52/M
40	211	Melissa Waters	44	1187	37	30:40.5	9:54	41	31:19.1	10:06	1:01:59.7	10:00/M
41	214	Julie Bryson	44	1236	47	32:08.4	10:22	36	30:14.5	9:45	1:02:22.9	10:04/M
42	219	Lyne Mitchell	44	853	43	31:01.4	10:00	43	31:34.1	10:11	1:02:35.5	10:06/M
43	220	Christy Bird	41	192	36	30:28.6	9:50	47	32:09.5	10:22	1:02:38.1	10:06/M
44	248	Jamie Trahan	43	1142	45	31:50.5	10:16	45	31:46.2	10:15	1:03:36.7	10:16/M
45	250	Mia Cutrera	42	360	42	30:59.3	10:00	48	32:39.1	10:32	1:03:38.4	10:16/M
46	252	Keli Touchet	44	1137	51	32:33.4	10:30	42	31:21.3	10:07	1:03:54.7	10:19/M

*Overall place within gender

2019 Geaux Run Cajun Cup 10K & 1 Mile

Age Group Results

10K Participants

Female 40 to 44

Place	Place		Age	Bib No	-----5K Split -----			----- 10K -----			Total	
	Overall	Name			Rnk	Time	Pace	Rnk	Time	Pace	Time	Pace
47	255	Denise Kidder	44	692	49	32:20.8	10:26	44	31:44.2	10:14	1:04:05.0	10:20/M
48	256	Annette Zerangue	41	1223	44	31:14.5	10:05	49	32:55.4	10:37	1:04:10.0	10:21/M
49	274	Shawn Leach	43	747	54	32:57.5	10:38	46	31:50.1	10:16	1:04:47.6	10:27/M
50	295	Anri Artigue	40	139	50	32:21.3	10:26	52	33:34.0	10:50	1:05:55.3	10:38/M
51	297	Ramey Badeaux	43	147	46	32:04.0	10:21	53	33:56.7	10:57	1:06:00.8	10:39/M
52	302	Rachel Marquet	40	802	53	32:51.3	10:36	51	33:26.0	10:47	1:06:17.3	10:42/M
53	306	Courtney Gerald Elkins	43	529	48	32:10.7	10:23	56	34:17.0	11:04	1:06:27.7	10:43/M
54	316	Allyson Richard	41	973	59	33:51.1	10:55	50	33:12.0	10:43	1:07:03.1	10:49/M
55	320	Tasha Cieslak	42	1285	56	33:05.0	10:40	55	34:07.4	11:00	1:07:12.4	10:50/M
56	325	Charisa Bernard	42	185	57	33:33.3	10:49	54	33:57.4	10:57	1:07:30.8	10:53/M
57	340	Sarah Dupont	42	439	58	33:44.5	10:53	58	34:42.8	11:12	1:08:27.3	11:02/M
58	344	Summer Marullo	43	807	60	33:54.0	10:56	59	34:49.7	11:14	1:08:43.7	11:05/M
59	351	Sharon Oyao	40	908	52	32:49.1	10:35	68	36:06.5	11:39	1:08:55.6	11:07/M
60	360	Devin Soeseno	40	1068	62	34:43.1	11:12	62	35:03.0	11:18	1:09:46.2	11:15/M
61	363	Amy Cavanaugh	43	315	55	33:03.9	10:40	70	36:54.8	11:54	1:09:58.8	11:17/M
62	374	Misty Lecompte	42	1259	61	34:42.2	11:12	63	35:39.7	11:30	1:10:21.9	11:21/M
63	382	Kim Hebert	44	1268	63	35:06.7	11:20	65	35:51.3	11:34	1:10:58.1	11:27/M
64	385	Marsha Thibodeaux	42	1125	66	36:05.5	11:39	61	34:59.4	11:17	1:11:04.9	11:28/M
65	387	Pauline Johnston	44	667	64	35:25.6	11:26	64	35:40.4	11:30	1:11:06.0	11:28/M
66	394	Jessica Bourgeois	40	224	72	37:00.7	11:56	57	34:28.8	11:07	1:11:29.5	11:32/M
67	399	Traci Faison	42	453	65	35:42.3	11:31	66	35:55.3	11:35	1:11:37.6	11:33/M
68	401	Jessica Keltner	41	689	71	36:52.8	11:54	60	34:50.0	11:14	1:11:42.9	11:34/M
69	404	Ashley Clark	40	325	67	36:10.7	11:40	67	35:55.5	11:35	1:12:06.2	11:38/M
70	414	Amy Begnaud	43	169	70	36:47.5	11:52	69	36:12.1	11:41	1:12:59.6	11:46/M
71	422	Charisse Douget	41	416	69	36:43.6	11:51	71	37:00.3	11:56	1:13:44.0	11:54/M
72	423	Heather Foster	40	481	68	36:36.5	11:49	72	37:08.5	11:59	1:13:45.0	11:54/M
73	439	Amy Word	40	1215	73	37:00.9	11:56	77	38:06.3	12:18	1:15:07.2	12:07/M
74	440	Traci Credeur	44	354	76	38:02.9	12:16	73	37:09.5	11:59	1:15:12.4	12:08/M
75	453	Kimberly Vincent	40	1174	74	37:38.2	12:08	79	39:28.3	12:44	1:17:06.5	12:26/M
76	454	Christy Lejeune	42	764	79	39:04.6	12:36	75	38:05.0	12:17	1:17:09.7	12:27/M
77	455	Colette Navarre	42	883	80	39:04.7	12:36	76	38:05.1	12:17	1:17:09.9	12:27/M
78	457	Alice Tate	40	1111	82	39:29.5	12:44	74	37:45.1	12:11	1:17:14.7	12:28/M
79	458	Willie Marinella	40	797	81	39:20.5	12:41	78	38:17.0	12:21	1:17:37.6	12:31/M
80	460	Michelle Hoffman	43	633	77	38:12.4	12:20	80	40:08.0	12:57	1:18:20.5	12:38/M
81	463	Callie Schouest	43	1030	75	37:53.2	12:13	81	41:30.8	13:24	1:19:24.1	12:48/M
82	469	Nathalie Leroux	43	776	78	38:21.6	12:22	83	41:54.2	13:31	1:20:15.8	12:57/M
83	484	Katie Geiger	40	526	83	39:31.4	12:45	84	42:27.7	13:42	1:21:59.1	13:13/M
84	489	Jennifer Guidry	42	569	84	39:55.3	12:53	86	42:58.0	13:52	1:22:53.3	13:22/M
85	491	Nicole Arabie	42	128	85	41:08.6	13:16	85	42:37.8	13:45	1:23:46.4	13:31/M
86	499	Renee Childs	43	319	86	41:18.6	13:20	87	44:35.3	14:23	1:25:53.9	13:51/M
87	504	Louise Pastor	42	911	87	45:41.6	14:44	82	41:33.6	13:24	1:27:15.3	14:04/M

*Overall place within gender

Age Group Results**10K Participants**

Female 40 to 44

Place			-----5K Split -----					----- 10K -----			Total	
Place	Overall	Name	Age	Bib No	Rnk	Time	Pace	Rnk	Time	Pace	Time	Pace
88	540	Shelley Collins	42	331	88	46:34.4	15:01	89	57:13.5	18:28	1:43:47.9	16:45/M
89	541	Michele Sarradet	44	1023	89	46:35.0	15:02	90	57:15.0	18:28	1:43:50.0	16:45/M
90	542	Elizabeth Ducharme	43	420	90	58:05.6	18:44	88	45:59.5	14:50	1:44:05.2	16:47/M

Female 45 to 49

Place			-----5K Split -----					----- 10K -----			Total	
Place	Overall	Name	Age	Bib No	Rnk	Time	Pace	Rnk	Time	Pace	Time	Pace
1	21	Olivia Girouard	47	539	1	24:04.9	7:46	1	23:48.0	7:41	47:52.9	7:43/M
2	32	Patricia Massey	49	810	2	24:46.8	8:00	2	25:01.9	8:04	49:48.7	8:02/M
3	67	Janice Simon	47	96				68	53:37.1	8:39	53:37.1	8:39/M
4	75	Laina Fredieu	47	487	7	27:26.2	8:51	4	26:26.6	8:32	53:52.9	8:41/M
5	84	Misty Walters	47	1183	3	26:56.0	8:41	9	27:19.8	8:49	54:15.9	8:45/M
6	85	Dawn Reed	48	966	5	27:17.4	8:48	7	27:06.3	8:45	54:23.7	8:46/M
7	86	Maria Mendoza	48	837	4	27:07.6	8:45	8	27:18.7	8:49	54:26.4	8:47/M
8	91	Kristin Keeter	45	683	12	29:19.8	9:28	3	25:30.4	8:14	54:50.2	8:51/M
9	92	Angela Thibodeaux	47	1123	6	27:23.6	8:50	10	27:28.4	8:52	54:52.0	8:51/M
10	98	Michelle Blanchard	45	196	9	28:35.4	9:13	6	27:05.1	8:44	55:40.5	8:59/M
11	99	Angela Louviere	48	786	11	29:10.8	9:25	5	26:30.7	8:33	55:41.5	8:59/M
12	103	Becky Benoit	47	175	8	27:48.2	8:58	11	28:08.6	9:05	55:56.9	9:01/M
13	136	Crystal Gaubert	45	516	10	28:59.2	9:21	12	28:53.8	9:19	57:53.0	9:20/M
14	159	Stefanie Prothro	46	950	13	29:35.7	9:33	14	29:23.3	9:29	58:59.0	9:31/M
15	175	Monica Trahan	48	1144	20	30:44.9	9:55	13	29:01.7	9:22	59:46.6	9:38/M
16	183	Dawn Deare	49	377	15	30:10.9	9:44	17	30:21.0	9:47	1:00:32.0	9:46/M
17	184	Missy Foster	46	482	16	30:17.7	9:46	16	30:18.7	9:47	1:00:36.4	9:47/M
18	185	Renee Nugier	48	896	14	29:56.8	9:40	19	30:40.7	9:54	1:00:37.5	9:47/M
19	195	Amy Cother	47	346	18	30:42.8	9:54	20	30:41.3	9:54	1:01:24.1	9:54/M
20	199	Suzanne Brevelle	48	242	19	30:44.4	9:55	21	30:50.5	9:57	1:01:35.0	9:56/M
21	202	Tamara Lindner	47	780	30	31:53.9	10:17	15	29:46.3	9:36	1:01:40.3	9:57/M
22	204	Corie Wells	45	1191	17	30:29.4	9:50	25	31:15.3	10:05	1:01:44.8	9:58/M
23	212	Cindy Ardoin	48	133	21	30:48.3	9:56	26	31:26.0	10:08	1:02:14.3	10:02/M
24	223	Rachelle Odom	47	900	31	32:08.8	10:22	18	30:34.5	9:52	1:02:43.3	10:07/M
25	224	Deedee McCoy	47	823	25	31:36.3	10:12	24	31:08.7	10:03	1:02:45.0	10:07/M
26	226	Jara Ahrabi	48	104	26	31:38.2	10:12	23	31:08.1	10:03	1:02:46.4	10:07/M
27	233	Nicole Morrow	47	868	22	31:02.5	10:01	33	31:53.3	10:17	1:02:55.9	10:09/M
28	240	Mary Quoyeser	49	956	23	31:18.9	10:06	32	31:48.9	10:16	1:03:07.9	10:11/M
29	243	Ann Broussard	46	249	27	31:44.4	10:14	27	31:32.3	10:10	1:03:16.8	10:12/M
30	244	Heidi Matherne	48	811	28	31:44.7	10:14	28	31:39.4	10:13	1:03:24.1	10:14/M
31	257	Dawn Benoit	47	176	32	32:24.5	10:27	31	31:48.3	10:16	1:04:12.9	10:21/M
32	266	Monica Broussard	45	267	34	32:50.1	10:36	29	31:48.0	10:16	1:04:38.2	10:26/M

*Overall place within gender

Age Group Results**10K Participants**

Female 45 to 49

Place	Place		Age	Bib No	-----5K Split -----			----- 10K -----			Total	
	Overall	Name			Rnk	Time	Pace	Rnk	Time	Pace	Time	Pace
33	276	Melissa Greissing	45	1229	33	32:41.6	10:33	35	32:08.6	10:22	1:04:50.2	10:27/M
34	277	Michelle Fontenot	45	473	36	33:06.1	10:41	30	31:48.0	10:16	1:04:54.2	10:28/M
35	279	Meredith Robicheaux	45	991	35	33:00.6	10:39	34	32:02.3	10:20	1:05:02.9	10:30/M
36	282	Sharon Onken	46	907	40	34:15.4	11:03	22	30:51.4	9:57	1:05:06.8	10:30/M
37	286	Amy Campbell	48	298	29	31:51.8	10:17	37	33:19.4	10:45	1:05:11.3	10:31/M
38	309	Sylvia Sonnier	46	1077	41	34:15.9	11:03	36	32:25.2	10:27	1:06:41.2	10:45/M
39	312	Tiffanie Bulliard	45	277	24	31:35.9	10:12	46	35:17.4	11:23	1:06:53.3	10:47/M
40	329	Danielle Picard	46	925	38	33:35.8	10:50	41	34:17.0	11:04	1:07:52.9	10:57/M
41	330	Alison Landry	48	720	37	33:16.8	10:44	44	34:38.0	11:10	1:07:54.8	10:57/M
42	331	Emilie Boudreaux	46	218	39	34:07.8	11:01	40	33:52.0	10:56	1:07:59.9	10:58/M
43	334	Jamie Barras	45	157	44	34:32.0	11:08	38	33:34.9	10:50	1:08:06.9	10:59/M
44	345	Shannon Norse	49	895	46	35:08.6	11:20	39	33:35.5	10:50	1:08:44.1	11:05/M
45	349	Robin Arsement	47	138	42	34:27.6	11:07	43	34:20.1	11:05	1:08:47.7	11:06/M
46	352	Nicole Howard	45	644	45	34:44.6	11:12	42	34:17.0	11:04	1:09:01.7	11:08/M
47	355	Shantelle Scott	47	1037	43	34:27.8	11:07	45	34:49.3	11:14	1:09:17.1	11:11/M
48	384	Kimberly Menard	49	831	47	35:13.7	11:22	48	35:50.6	11:34	1:11:04.3	11:28/M
49	418	Phyllis Dennis	49	393	50	36:09.5	11:40	51	37:17.5	12:02	1:13:27.0	11:51/M
50	420	Dana Altamirano	45	121	48	36:01.1	11:37	52	37:30.0	12:06	1:13:31.2	11:51/M
51	426	Tiffany Gonzales	45	550	53	38:09.5	12:19	47	35:39.6	11:30	1:13:49.1	11:54/M
52	434	Rachel Alexander	48	1257	52	37:25.3	12:04	49	37:00.1	11:56	1:14:25.5	12:00/M
53	436	Maureen Gorman	49	553	51	36:35.5	11:48	53	38:08.3	12:18	1:14:43.9	12:03/M
54	446	Penny Bailey	47	150	55	38:47.9	12:31	50	37:06.8	11:58	1:15:54.7	12:15/M
55	447	Wendy Comeaux	49	336	49	36:02.5	11:38	54	40:08.6	12:57	1:16:11.1	12:17/M
56	465	Angela Guillory	46	581	54	38:29.7	12:25	57	41:15.6	13:19	1:19:45.3	12:52/M
57	466	Connie Breaux	49	238	56	38:51.6	12:32	56	41:02.0	13:14	1:19:53.7	12:53/M
58	467	Michelle Benson	48	180	57	39:01.9	12:35	55	41:01.1	13:14	1:20:03.0	12:55/M
59	493	Desiree Jackson	48	658	59	41:17.0	13:19	58	43:04.9	13:54	1:24:21.9	13:36/M
60	494	Pamela Broussard	46	268	58	41:15.5	13:19	59	43:24.8	14:00	1:24:40.4	13:39/M
61	502	Amy Fremin	46	488	61	42:29.8	13:43	60	43:56.1	14:10	1:26:26.0	13:56/M
62	503	Tammy Waters	48	1284	60	41:26.2	13:22	62	45:16.6	14:36	1:26:42.8	13:59/M
63	506	Tammy Broussard	48	270	62	43:14.4	13:57	61	44:35.0	14:23	1:27:49.4	14:10/M
64	517	Melanie Lebouef	49	756	64	45:53.6	14:48	63	46:42.3	15:04	1:32:36.0	14:56/M
65	518	Naomi Mire	45	850	63	44:05.8	14:14	64	48:30.5	15:39	1:32:36.3	14:56/M
66	532	Kristena Kelley	49	686	66	48:00.6	15:29	65	49:50.6	16:05	1:37:51.2	15:47/M
67	534	Christine Willis	46	1202	65	45:54.0	14:48	67	51:57.3	16:46	1:37:51.3	15:47/M
68	536	Jamie Touns	47	1138	67	48:36.9	15:41	66	50:21.5	16:15	1:38:58.5	15:58/M
69	546	Carrie Chastant	47	317	68	50:55.8	16:26	70	55:43.8	17:59	1:46:39.6	17:12/M
70	549	Stacey Vernon	46	1159	69	58:07.6	18:45	69	54:15.6	17:30	1:52:23.3	18:08/M

*Overall place within gender

Age Group Results**10K Participants**

Female 50 to 54

Place	Place		Age	Bib No	-----5K Split -----			----- 10K -----			Total	
	Overall	Name			Rnk	Time	Pace	Rnk	Time	Pace	Time	Pace
1	62	Angela Sellers	52	1040	2	26:34.4	8:34	2	26:40.6	8:36	53:15.0	8:35/M
2	66	Charlotte Beard	54	166	3	26:56.2	8:41	1	26:38.8	8:36	53:35.1	8:39/M
3	76	Susan Craig	50	351	1	26:23.1	8:31	6	27:33.5	8:53	53:56.7	8:42/M
4	77	Dawn Rippas	53	986	5	27:16.1	8:48	3	26:41.2	8:37	53:57.3	8:42/M
5	88	Rachael Duhon	51	428	4	27:15.9	8:48	4	27:15.9	8:48	54:31.9	8:48/M
6	117	Sarah Gedney	51	525	7	29:14.0	9:26	5	27:30.4	8:52	56:44.5	9:09/M
7	140	Monique Nelms	53	886	8	29:19.8	9:28	8	28:39.3	9:15	57:59.2	9:21/M
8	145	Brooke Jackson	50	657	6	28:51.8	9:19	10	29:16.2	9:27	58:08.1	9:23/M
9	148	Karen Sanson	50	1022	9	29:42.4	9:35	7	28:35.4	9:13	58:17.9	9:24/M
10	155	Mitzi Lalande	54	713	10	29:48.0	9:37	9	29:01.9	9:22	58:50.0	9:29/M
11	186	Candace Funderburk	50	496	11	30:13.7	9:45	13	30:24.7	9:49	1:00:38.4	9:47/M
12	206	Karin Gill	54	536	12	30:55.9	9:59	14	30:59.4	10:00	1:01:55.4	9:59/M
13	222	Kristi Ikerd	51	653	14	31:29.6	10:10	16	31:13.5	10:04	1:02:43.1	10:07/M
14	227	Naomi Friedberg	51	490	15	31:38.2	10:12	15	31:08.3	10:03	1:02:46.5	10:08/M
15	231	Hoan Ung	53	1153	22	33:33.8	10:50	11	29:16.4	9:27	1:02:50.3	10:08/M
16	232	Uyen Chu	52	322	21	33:33.7	10:50	12	29:17.4	9:27	1:02:51.2	10:08/M
17	238	Julie Fitzgerald	50	1244	13	31:22.1	10:07	17	31:42.7	10:14	1:03:04.8	10:10/M
18	249	Cinnamon Broussard	51	252	16	31:42.9	10:14	20	31:55.0	10:18	1:03:38.0	10:16/M
19	268	Elizabeth Morgan	54	865	17	31:52.5	10:17	22	32:46.7	10:34	1:04:39.3	10:26/M
20	269	Simmie Soileau	50	1073	18	32:52.1	10:36	19	31:47.8	10:15	1:04:39.9	10:26/M
21	294	Annette Kelsch	53	688	20	33:14.5	10:43	21	32:16.8	10:25	1:05:31.3	10:34/M
22	313	Lori Haiko	51	587	19	33:00.1	10:39	24	33:53.5	10:56	1:06:53.6	10:47/M
23	322	Stephanie Reis	50	971	33	35:30.4	11:27	18	31:47.4	10:15	1:07:17.8	10:51/M
24	326	Mary Ethridge-Venable	52	450	23	33:38.3	10:51	26	33:56.8	10:57	1:07:35.2	10:54/M
25	335	Jeri Onken	53	906	26	34:15.5	11:03	25	33:56.8	10:57	1:08:12.3	11:00/M
26	347	Wendy Mouton	50	876	25	34:10.6	11:02	27	34:35.0	11:09	1:08:45.7	11:05/M
27	350	Cathy Almeida	53	118	30	35:11.9	11:21	23	33:40.1	10:52	1:08:52.1	11:06/M
28	359	Angela Hebert	52	605	29	35:08.0	11:20	28	34:37.9	11:10	1:09:46.0	11:15/M
29	361	Lisa Colligan	53	330	28	35:04.0	11:19	29	34:43.0	11:12	1:09:47.0	11:15/M
30	367	Sophia Quebedeaux	54	955	24	33:46.8	10:54	34	36:15.7	11:42	1:10:02.6	11:18/M
31	375	Leslie Prejean	50	945	27	34:25.3	11:06	33	35:59.5	11:37	1:10:24.8	11:21/M
32	386	Ann Sibille	54	1051	32	35:15.3	11:22	31	35:49.6	11:33	1:11:04.9	11:28/M
33	389	Kim Hebert	54	614	31	35:12.4	11:21	32	35:54.5	11:35	1:11:06.9	11:28/M
34	393	Michelle Musso	53	879	36	36:28.5	11:46	30	34:53.1	11:15	1:11:21.6	11:31/M
35	410	Leslie Soileau	51	1070	34	35:56.5	11:36	35	36:52.2	11:54	1:12:48.8	11:45/M
36	413	Renee Delahoussaye	52	386	35	36:05.0	11:38	36	36:53.1	11:54	1:12:58.2	11:46/M
37	450	Leslie Breaux	50	240	38	38:05.3	12:17	37	38:50.4	12:32	1:16:55.8	12:24/M
38	459	Bonnie Tharp	54	1120	37	37:45.8	12:11	39	40:21.1	13:01	1:18:07.0	12:36/M
39	470	Carol Riente	53	984	39	39:57.7	12:53	38	40:20.4	13:01	1:20:18.2	12:57/M
40	486	Colleen Perkins	54	919	40	40:22.5	13:01	40	41:57.2	13:32	1:22:19.7	13:17/M
41	510	Karen Batiste	53	163	42	43:58.4	14:11	41	44:50.8	14:28	1:28:49.2	14:20/M

*Overall place within gender

Age Group Results**10K Participants**

Female 50 to 54

Place	Place		Age	Bib No	-----5K Split -----			----- 10K -----			Total	
	Overall	Name			Rnk	Time	Pace	Rnk	Time	Pace	Time	Pace
42	521	Michelle Monte	52	855	41	43:34.8	14:03	45	49:34.8	16:00	1:33:09.7	15:02/M
43	522	Nancy Musacchia	52	877	43	45:47.9	14:46	42	48:11.5	15:33	1:33:59.4	15:10/M
44	524	Julie Castille	54	314	44	45:57.7	14:50	43	48:14.9	15:34	1:34:12.6	15:12/M
45	526	Paula Guidry	51	575	45	47:13.8	15:14	44	48:27.4	15:38	1:35:41.2	15:26/M
46	533	Mary Towry	52	1140	46	47:59.3	15:29	46	49:51.9	16:05	1:37:51.2	15:47/M
47	535	Tami Castex	51	311	47	48:34.5	15:40	47	50:22.5	16:15	1:38:57.1	15:58/M
48	547	Leslie Fontenot	54	471	48	55:01.4	17:45	48	53:08.3	17:08	1:48:09.7	17:27/M
49	548	Lisa Ducharme	51	421	49	55:08.5	17:47	49	53:45.6	17:21	1:48:54.2	17:34/M

Female 55 to 59

Place	Place		Age	Bib No	-----5K Split -----			----- 10K -----			Total	
	Overall	Name			Rnk	Time	Pace	Rnk	Time	Pace	Time	Pace
1	34	Pamela Thibodeaux	58	1128	1	24:51.9	8:01	1	25:24.1	8:12	50:16.0	8:06/M
2	55	Jennifer Castille	59	313	2	25:50.4	8:20	3	26:24.2	8:31	52:14.7	8:26/M
3	59	Lisa Bell	57	171	3	26:35.1	8:35	2	25:56.8	8:22	52:31.9	8:28/M
4	149	Jamie Milke	59	841	4	29:22.7	9:29	4	28:55.5	9:20	58:18.3	9:24/M
5	216	Tina McKissick	56	825	6	31:03.2	10:01	8	31:21.9	10:07	1:02:25.2	10:04/M
6	217	Sherry Wright	56	1217	7	31:04.2	10:01	7	31:21.3	10:07	1:02:25.5	10:04/M
7	225	Andria Thibodeaux	55	1122	8	31:37.9	10:12	5	31:07.5	10:02	1:02:45.4	10:07/M
8	251	Sheryl Russo	55	1227	5	30:59.6	10:00	10	32:38.9	10:32	1:03:38.5	10:16/M
9	262	Roxanne Cole	57	328	9	33:11.5	10:42	6	31:12.4	10:04	1:04:24.0	10:23/M
10	300	Angie Lippman	58	1295	11	34:00.3	10:58	9	32:16.4	10:25	1:06:16.7	10:41/M
11	333	Pam Steinsiek	58	1092	10	33:56.2	10:57	11	34:09.5	11:01	1:08:05.7	10:59/M
12	342	Carol Carroll	59	306	12	34:14.5	11:03	12	34:27.3	11:07	1:08:41.8	11:05/M
13	371	Ria Hebert	59	619	13	34:26.3	11:07	16	35:47.2	11:33	1:10:13.6	11:20/M
14	378	Tina Haydel	56	600	19	35:51.7	11:34	13	34:46.9	11:13	1:10:38.6	11:24/M
15	380	Angela Concienne	55	337	17	35:12.6	11:22	15	35:44.1	11:32	1:10:56.8	11:27/M
16	391	Sonya Moore	59	862	18	35:42.2	11:31	14	35:36.8	11:29	1:11:19.0	11:30/M
17	398	Jeanette Baudoin	55	1239	14	34:29.3	11:08	17	37:05.4	11:58	1:11:34.8	11:33/M
18	405	Denise Faulk	56	1232	16	34:38.2	11:10	20	37:28.8	12:05	1:12:07.1	11:38/M
19	419	Katie Lalande	57	712	15	34:32.0	11:08	21	38:58.4	12:34	1:13:30.4	11:51/M
20	430	Barbara Barnes	57	154	20	36:53.5	11:54	18	37:16.5	12:01	1:14:10.0	11:58/M
21	433	Lisa Broussard	56	265	21	37:01.7	11:57	19	37:17.2	12:02	1:14:18.9	11:59/M
22	480	Cyndi Vidrine	57	1164	23	40:05.8	12:56	23	41:09.6	13:17	1:21:15.5	13:06/M
23	483	Georgia Noel	58	891	25	42:11.3	13:37	22	39:42.6	12:49	1:21:54.0	13:13/M
24	485	Laura Roy	58	1011	22	39:13.2	12:39	24	42:52.4	13:50	1:22:05.7	13:14/M
25	500	Deborah Blakeney	58	194	24	41:46.9	13:29	25	44:10.5	14:15	1:25:57.4	13:52/M
26	519	Lynn Stephenson	57	1096	26	44:15.9	14:17	26	48:20.6	15:36	1:32:36.5	14:56/M

*Overall place within gender

Race Date
November 09, 2019

2019 Geaux Run Cajun Cup 10K & 1 Mile

Age Group Results

10K Participants

Female 60 to 64

Place	Place		Age	Bib No	-----5K Split -----			----- 10K -----			Total	
	Overall	Name			Rnk	Time	Pace	Rnk	Time	Pace	Time	Pace
1	109	Susie Holloway	60	1272	1	28:36.9	9:14	1	27:48.6	8:58	56:25.5	9:06/M
2	197	Donna Weinstein	60	1189	3	30:40.4	9:54	2	30:48.5	9:56	1:01:28.9	9:55/M
3	236	Vicki Hargroder	63	592	4	31:04.7	10:02	3	31:53.2	10:17	1:02:57.9	10:09/M
4	242	Fran Gibson	62	532	2	30:16.0	9:46	5	32:59.8	10:39	1:03:15.8	10:12/M
5	264	Claire Delaune	60	387	5	32:08.8	10:22	4	32:27.3	10:28	1:04:36.2	10:25/M
6	348	Vicki Holleman	64	637	6	33:13.0	10:43	9	35:33.6	11:28	1:08:46.7	11:06/M
7	354	Lana Schlegel	61	1024	7	34:29.4	11:08	6	34:36.2	11:10	1:09:05.7	11:09/M
8	379	Kathy Sanders	61	1230	9	35:53.3	11:35	7	34:56.6	11:16	1:10:49.9	11:25/M
9	388	Naomie Plaisance	63	930	8	35:29.4	11:27	10	35:36.8	11:29	1:11:06.3	11:28/M
10	400	Linda Earles	60	444	11	36:07.3	11:39	8	35:33.2	11:28	1:11:40.5	11:34/M
11	424	Ellen Deaton	62	378	10	36:01.9	11:37	12	37:45.0	12:11	1:13:46.9	11:54/M
12	441	Bonnie Camos	62	295	12	37:23.3	12:04	13	37:50.7	12:12	1:15:14.0	12:08/M
13	451	Kimberly Hebert	62	615	13	37:51.0	12:13	14	39:11.7	12:39	1:17:02.7	12:26/M
14	452	Mona Richard	62	982	14	39:40.7	12:48	11	37:22.2	12:03	1:17:03.0	12:26/M
15	495	Karen Kemp	63	690	15	42:20.5	13:40	15	42:21.9	13:40	1:24:42.4	13:40/M

Female 65 to 69

Place	Place		Age	Bib No	-----5K Split -----			----- 10K -----			Total	
	Overall	Name			Rnk	Time	Pace	Rnk	Time	Pace	Time	Pace
1	229	Cecile Broussard	65	251	1	31:39.2	10:13	1	31:08.4	10:03	1:02:47.6	10:08/M
2	254	Debra Crowe	65	356	2	32:22.6	10:27	2	31:41.8	10:13	1:04:04.5	10:20/M
3	376	Ann Pollingue	69	936	3	35:04.3	11:19	3	35:22.6	11:25	1:10:26.9	11:22/M
4	425	Kathi Bourgeois	65	225	4	35:51.5	11:34	4	37:56.3	12:14	1:13:47.9	11:54/M
5	476	Gwendolyn Tabor	66	1105	5	39:53.8	12:52	5	41:02.4	13:14	1:20:56.3	13:03/M
6	488	Mary Mire	69	849	6	40:16.4	13:00	6	42:21.2	13:40	1:22:37.7	13:20/M

Female 70 to 74

Place	Place		Age	Bib No	-----5K Split -----			----- 10K -----			Total	
	Overall	Name			Rnk	Time	Pace	Rnk	Time	Pace	Time	Pace
1	461	Suzanne Cieslak	71	324	1	37:50.4	12:12	1	41:19.4	13:20	1:19:09.8	12:46/M
2	505	Stephanie Day	70	374	2	43:22.2	13:59	2	43:59.7	14:12	1:27:22.0	14:05/M

*Overall place within gender

Race Date
November 09, 2019

2019 Geaux Run Cajun Cup 10K & 1 Mile

Age Group Results

10K Participants

Male Overall Winners

<u>Place</u>	<u>Place</u>		<u>Age</u>	<u>Bib No</u>	<u>-----5K Split -----</u>			<u>----- 10K -----</u>			<u>Total</u>	
	<u>Overall</u>	<u>Name</u>			<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Pace</u>
1	1	Aaron Albert	23	106	1	15:12.9	4:55	1	15:22.9	4:58	30:35.9	4:56/M
2	2	Tyler Mayforth	34	814	3	16:26.7	5:18	2	16:04.2	5:11	32:31.0	5:15/M
3	3	Alex Hebert	26	604	2	16:07.3	5:12	3	16:37.6	5:22	32:45.0	5:17/M

Male Masters Winners

<u>Place</u>	<u>Place</u>		<u>Age</u>	<u>Bib No</u>	<u>-----5K Split -----</u>			<u>----- 10K -----</u>			<u>Total</u>	
	<u>Overall</u>	<u>Name</u>			<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Pace</u>
1	6	John Hitter	41	631	1	17:38.5	5:41	1	17:00.5	5:29	34:39.1	5:35/M

Male Grand Masters Winners

<u>Place</u>	<u>Place</u>		<u>Age</u>	<u>Bib No</u>	<u>-----5K Split -----</u>			<u>----- 10K -----</u>			<u>Total</u>	
	<u>Overall</u>	<u>Name</u>			<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Pace</u>
1	12	Dan Vollmer	51	1178	1	18:49.0	6:04	1	18:59.0	6:07	37:48.0	6:06/M

Male Senior Grand Master Winners

<u>Place</u>	<u>Place</u>		<u>Age</u>	<u>Bib No</u>	<u>-----5K Split -----</u>			<u>----- 10K -----</u>			<u>Total</u>	
	<u>Overall</u>	<u>Name</u>			<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Pace</u>
1	22	Joe Melanson	64	829	1	20:29.8	6:37	1	20:31.5	6:37	41:01.3	6:37/M

*Overall place within gender

Age Group Results**10K Participants****Men 10 to 14**

Place			Age	Bib No	-----5K Split -----			----- 10K -----			Total	
Place	Overall	Name			Rnk	Time	Pace	Rnk	Time	Pace	Time	Pace
1	53	Oliver Garber	12	505	1	23:29.7	7:35	1	21:24.5	6:54	44:54.2	7:15/M
2	158	Aden Gauthier	10	519	2	25:53.5	8:21	2	25:28.7	8:13	51:22.3	8:17/M
3	184	Chase Gamberi	10	502	3	26:52.8	8:40	3	26:29.6	8:33	53:22.4	8:37/M
4	271	Cole Arceneaux	11	130	4	29:49.6	9:37	4	28:21.4	9:09	58:11.0	9:23/M
5	287	Benett Dupont	11	437	5	30:42.1	9:54	5	28:42.6	9:16	59:24.8	9:35/M
6	368	Christian Bulliard	14	276	6	31:39.9	10:13	6	35:14.0	11:22	1:06:54.0	10:47/M

Men 15 to 19

Place			Age	Bib No	-----5K Split -----			----- 10K -----			Total	
Place	Overall	Name			Rnk	Time	Pace	Rnk	Time	Pace	Time	Pace
1	24	Bailey Tassin	15	1109	3	20:57.8	6:46	1	20:21.0	6:34	41:18.8	6:40/M
2	30	Steele Russell	19	1016	4	21:00.2	6:47	2	21:05.6	6:48	42:05.8	6:47/M
3	33	Colt Dooley	18	413	2	20:50.8	6:44	3	21:28.5	6:56	42:19.3	6:50/M
4	35	Carlos Femmer	18	1301	1	20:37.9	6:39	5	22:12.5	7:10	42:50.4	6:55/M
5	46	Bennett Bodin	15	204	6	22:15.6	7:11	4	21:49.4	7:02	44:05.0	7:07/M
6	54	Nicholas Huber	17	647	7	22:42.3	7:19	6	22:19.8	7:12	45:02.2	7:16/M
7	68	Tonatiuh Gonzalez	16	551	5	22:13.4	7:10	7	23:30.6	7:35	45:44.0	7:23/M
8	108	Jacob Wilson	15	1204	8	23:22.8	7:33	8	24:51.7	8:01	48:14.5	7:47/M
9	130	Ethan Comeaux	16	333	9	23:34.8	7:36	9	25:52.1	8:21	49:27.0	7:59/M
10	290	Austin Guidry	19	564	10	31:09.6	10:03	10	28:20.9	9:09	59:30.5	9:36/M
11	390	Luke Jackson	15	659	11	32:21.9	10:26	12	37:07.4	11:59	1:09:29.3	11:12/M
12	402	Case Altamirano	17	120	12	35:58.3	11:36	11	36:52.8	11:54	1:12:51.1	11:45/M
13	415	Lex Schouest	15	1031	13	36:26.8	11:45	13	38:46.0	12:30	1:15:12.9	12:08/M

Men 20 to 24

Place			Age	Bib No	-----5K Split -----			----- 10K -----			Total	
Place	Overall	Name			Rnk	Time	Pace	Rnk	Time	Pace	Time	Pace
1	4	Brett Olivier	24	903	1	16:33.9	5:21	1	17:28.5	5:38	34:02.5	5:29/M
2	5	Regan Lemaire	22	1228	2	16:56.8	5:28	2	17:35.6	5:41	34:32.5	5:34/M
3	9	Hunter Keller	23	685	3	18:15.1	5:53	3	18:14.9	5:53	36:30.1	5:53/M
4	15	Landon Leblanc	24	751	4	19:41.2	6:21	4	19:47.7	6:23	39:29.0	6:22/M
5	34	Charles Creamer	20	701	7	22:07.6	7:08	5	20:38.6	6:40	42:46.2	6:54/M
6	38	Noah Deshotel	21	395	6	22:06.8	7:08	6	20:56.4	6:45	43:03.3	6:57/M
7	59	Dante Hebert	23	608	5	22:05.9	7:08	9	23:16.7	7:31	45:22.7	7:19/M
8	65	Patrick Stegall	22	1290	9	23:51.8	7:42	7	21:47.2	7:02	45:39.0	7:22/M
9	69	Ivan Cortez	22	345	8	23:22.5	7:32	8	22:25.4	7:14	45:48.0	7:23/M
10	114	Matthew Domas	22	405	10	24:57.4	8:03	10	23:30.6	7:35	48:28.0	7:49/M
11	117	Tyler Domingue	23	412	11	25:05.3	8:06	11	23:39.2	7:38	48:44.5	7:52/M

*Overall place within gender

Age Group Results**10K Participants****Men 20 to 24**

Place			-----5K Split -----					----- 10K -----			Total	
Place	Overall	Name	Age	Bib No	Rnk	Time	Pace	Rnk	Time	Pace	Time	Pace
12	156	Matthew Sellers	22	1042	17	27:18.2	8:48	12	23:55.6	7:43	51:13.8	8:16/M
13	160	Hunter Johnson	24	664	12	25:26.5	8:12	13	26:02.1	8:24	51:28.6	8:18/M
14	170	Collin Leblanc	22	749	13	25:33.0	8:15	15	26:56.7	8:42	52:29.8	8:28/M
15	181	Jonathan Johnson	23	665	14	26:49.5	8:39	14	26:18.4	8:29	53:07.9	8:34/M
16	196	Chase Sibille	20	1052	15	26:53.8	8:41	16	27:08.7	8:45	54:02.5	8:43/M
17	260	Isaiah Decuir	21	383	16	26:55.4	8:41	19	30:24.1	9:48	57:19.5	9:15/M
18	291	Joshua Villagomez	23	1246	19	30:28.6	9:50	17	29:01.8	9:22	59:30.5	9:36/M
19	311	Jonah Broussard	22	261	20	31:23.5	10:08	18	29:14.0	9:26	1:00:37.5	9:47/M
20	339	Joshua Levis	20	1233	18	28:04.0	9:03	20	34:18.7	11:04	1:02:22.7	10:04/M
21	403	Gabe Griffard	23	560	21	36:44.9	11:51	21	36:32.1	11:47	1:13:17.0	11:49/M
22	437	Logan Albert	23	1262	22	39:20.6	12:41	22	43:15.4	13:57	1:22:36.1	13:19/M

Men 25 to 29

Place			-----5K Split -----					----- 10K -----			Total	
Place	Overall	Name	Age	Bib No	Rnk	Time	Pace	Rnk	Time	Pace	Time	Pace
1	17	Jonathan Gardner	25	508	1	20:14.5	6:32	2	19:45.0	6:22	39:59.5	6:27/M
2	18	Connor Whelan	25	1193	2	20:33.1	6:38	1	19:42.2	6:21	40:15.4	6:30/M
3	39	Mason Mayeaux	25	1249	3	21:02.9	6:47	5	22:15.3	7:11	43:18.2	6:59/M
4	40	Seth Gary	27	511	5	21:56.4	7:05	3	21:28.0	6:55	43:24.4	7:00/M
5	45	Lenox Brown	29	273	6	22:04.0	7:07	4	21:59.0	7:06	44:03.1	7:06/M
6	49	Michael Latiolais	28	743	7	22:05.6	7:08	6	22:20.5	7:12	44:26.2	7:10/M
7	51	David Chargois	26	1277	4	21:40.0	6:59	12	23:07.3	7:28	44:47.3	7:13/M
8	64	Grant Wooley	26	1214	9	22:55.3	7:24	9	22:41.9	7:19	45:37.3	7:22/M
9	75	Micheal Viola	26	1176	8	22:22.6	7:13	15	23:45.0	7:40	46:07.7	7:26/M
10	76	John Broussard	27	260	10	23:19.8	7:32	10	22:54.5	7:23	46:14.3	7:27/M
11	77	Phillip Smith	28	1066	13	23:55.8	7:43	7	22:22.5	7:13	46:18.3	7:28/M
12	84	Derek Robichaux	29	989	11	23:46.0	7:40	11	23:00.7	7:25	46:46.8	7:33/M
13	87	Reed Rudasill	25	1012	16	24:37.3	7:57	8	22:32.5	7:16	47:09.8	7:36/M
14	96	Christopher Handy	26	589	14	24:09.8	7:48	13	23:22.6	7:32	47:32.4	7:40/M
15	102	Jason Howard	28	642	12	23:54.8	7:43	16	24:01.1	7:45	47:55.9	7:44/M
16	118	Chase Franks	28	483	17	25:13.1	8:08	14	23:38.9	7:38	48:52.1	7:53/M
17	126	Aaron Olivier	28	902	15	24:37.0	7:56	18	24:41.8	7:58	49:18.9	7:57/M
18	149	Casey Bright	29	243	20	26:03.4	8:24	17	24:31.9	7:55	50:35.3	8:10/M
19	173	Emerel Lopez Ruiz	25	785	18	25:24.8	8:12	22	27:11.9	8:46	52:36.7	8:29/M
20	176	Thomas Frederick	29	1240	24	27:17.6	8:48	19	25:25.5	8:12	52:43.1	8:30/M
21	193	Tyler Latiolais	27	744	28	28:00.2	9:02	20	25:54.4	8:21	53:54.7	8:42/M
22	194	Travis Richard	28	1270	22	27:00.7	8:43	21	26:54.5	8:41	53:55.3	8:42/M
23	202	Jesse Hebert	25	610	19	26:00.1	8:23	25	28:13.7	9:06	54:13.8	8:45/M
24	218	Anthony Witherspoon	28	1209	21	26:25.0	8:31	27	28:32.8	9:13	54:57.9	8:52/M

*Overall place within gender

Age Group Results**10K Participants****Men 25 to 29**

Place			-----5K Split -----					----- 10K -----			Total	
Place	Overall	Name	Age	Bib No	Rnk	Time	Pace	Rnk	Time	Pace	Time	Pace
25	228	Lance Robichaux	26	990	25	27:34.9	8:54	23	28:02.5	9:03	55:37.4	8:58/M
26	230	Nicholas Sellers	25	1043	23	27:10.2	8:46	26	28:31.8	9:12	55:42.0	8:59/M
27	238	Anthony Buteau	26	282	27	27:50.9	8:59	28	28:44.8	9:16	56:35.8	9:08/M
28	244	Josh Mayeux	29	813	29	28:46.9	9:17	24	28:07.3	9:04	56:54.3	9:11/M
29	261	Tim Redd	27	965	26	27:48.8	8:58	31	29:39.5	9:34	57:28.3	9:16/M
30	269	Forrest Hise	28	630	30	28:59.5	9:21	29	29:10.1	9:25	58:09.6	9:23/M
31	320	Nicolaus Simon	29	1054	32	31:40.5	10:13	30	29:22.8	9:29	1:01:03.3	9:51/M
32	348	Dylan Derouen	25	1280	31	30:31.9	9:51	33	32:55.1	10:37	1:03:27.1	10:14/M
33	376	Zack Daigle	27	1271	35	35:16.9	11:23	32	32:19.0	10:25	1:07:35.9	10:54/M
34	383	Erik Roddie	28	996	34	34:25.8	11:06	34	33:52.6	10:56	1:08:18.4	11:01/M
35	398	Seth Landry	29	732	33	33:58.4	10:58	36	37:42.9	12:10	1:11:41.3	11:34/M
36	406	Sebastian Hoffpauir	27	634	36	36:41.0	11:50	35	36:45.4	11:51	1:13:26.4	11:51/M
37	433	Thomas Ledbetter	28	758	37	39:38.3	12:47	37	40:44.8	13:09	1:20:23.2	12:58/M
38	439	Brett Pefferkorn	29	916	39	43:29.6	14:02	38	42:52.2	13:50	1:26:21.9	13:56/M
39	441	Anthony Porras	29	939	38	43:10.4	13:56	39	45:20.7	14:38	1:28:31.1	14:17/M

Men 30 to 34

Place			-----5K Split -----					----- 10K -----			Total	
Place	Overall	Name	Age	Bib No	Rnk	Time	Pace	Rnk	Time	Pace	Time	Pace
1	11	Joshua Falgout	33	455	1	18:34.9	6:00	1	19:09.6	6:11	37:44.5	6:05/M
2	21	Josh Bennett	33	174	2	20:33.5	6:38	3	20:20.8	6:34	40:54.3	6:36/M
3	25	Derrick Thibodeaux	34	1238	3	20:35.3	6:39	4	20:49.9	6:43	41:25.2	6:41/M
4	29	Eric Ellender	31	448	4	21:03.5	6:48	5	20:59.2	6:46	42:02.7	6:47/M
5	31	Ross Calais	30	289	6	22:05.4	7:08	2	20:07.8	6:30	42:13.3	6:49/M
6	36	Matthew Vigueira	31	1170	5	21:28.8	6:56	6	21:22.5	6:54	42:51.4	6:55/M
7	55	Brian Williams	34	1198	7	22:29.8	7:15	8	22:32.6	7:16	45:02.4	7:16/M
8	66	Bryce Kennedy	30	1269	10	23:36.0	7:37	7	22:07.1	7:08	45:43.2	7:22/M
9	83	Johnny Horton	34	640	8	22:56.4	7:24	9	23:47.4	7:40	46:43.8	7:32/M
10	95	Rodney Lasseigne Jr	31	740	9	23:28.8	7:34	10	24:02.9	7:45	47:31.7	7:40/M
11	106	Matt Lahr	31	710	11	24:02.9	7:45	11	24:06.3	7:47	48:09.3	7:46/M
12	124	Wil Finley	31	463	12	24:36.3	7:56	16	24:36.8	7:56	49:13.2	7:56/M
13	128	Bryce Castille	30	312	14	25:15.4	8:09	12	24:08.2	7:47	49:23.7	7:58/M
14	138	Michael Harrower	34	598	15	25:27.3	8:13	14	24:22.2	7:52	49:49.6	8:02/M
15	140	Daniel Molaison	31	1283	13	24:38.6	7:57	17	25:13.0	8:08	49:51.6	8:03/M
16	142	Kevin Judice	30	678	16	25:35.0	8:15	15	24:26.2	7:53	50:01.3	8:04/M
17	145	Lance Kelehan	33	684	17	26:00.7	8:23	13	24:15.1	7:49	50:15.8	8:06/M
18	163	Chris Bordes	30	213	19	26:25.4	8:31	18	25:20.4	8:10	51:45.9	8:21/M
19	169	Cody Myers	34	1254	22	26:41.1	8:37	19	25:43.7	8:18	52:24.8	8:27/M
20	182	Greg Stanonis	33	1085	18	26:24.4	8:31	26	26:48.1	8:39	53:12.5	8:35/M

*Overall place within gender

Age Group Results**10K Participants**

Men 30 to 34

Place			-----5K Split -----					----- 10K -----			Total	
Place	Overall	Name	Age	Bib No	Rnk	Time	Pace	Rnk	Time	Pace	Time	Pace
21	183	Eric Williams	31	1199	20	26:33.9	8:34	24	26:43.4	8:37	53:17.4	8:36/M
22	190	Brett Heil	30	621	21	26:34.3	8:34	28	27:10.9	8:46	53:45.3	8:40/M
23	198	Adam Christrup	34	321	27	27:49.1	8:58	21	26:16.6	8:29	54:05.7	8:44/M
24	201	David Comeaux	34	332	24	27:25.7	8:51	25	26:47.7	8:39	54:13.5	8:45/M
25	210	Brooks Dartez	34	368	25	27:29.9	8:52	27	27:07.9	8:45	54:37.9	8:49/M
26	213	Corey Broussard	30	253	34	28:50.0	9:18	20	26:00.2	8:23	54:50.3	8:51/M
27	215	Rodger Green	30	558	26	27:31.6	8:53	29	27:21.7	8:50	54:53.3	8:51/M
28	216	Jessie Patin	33	912	32	28:25.7	9:10	22	26:28.1	8:32	54:53.9	8:51/M
29	223	Matt Thibeaux	32	1121	33	28:37.8	9:14	23	26:41.0	8:36	55:18.9	8:55/M
30	241	David Lejeune, Jr	34	1243	23	26:57.8	8:42	41	29:52.4	9:38	56:50.3	9:10/M
31	242	Josh Saboe	31	1021	30	28:15.8	9:07	34	28:34.6	9:13	56:50.5	9:10/M
32	249	Matthew Desormeaux	32	398	36	29:04.0	9:23	31	28:00.8	9:02	57:04.8	9:12/M
33	254	Tony Cobarrubia	33	326	31	28:18.1	9:08	37	28:51.3	9:19	57:09.5	9:13/M
34	262	Matt Lopez	33	784	29	28:12.8	9:06	39	29:18.9	9:27	57:31.7	9:17/M
35	266	Jesse Lee	31	759	28	27:59.1	9:02	42	29:54.4	9:39	57:53.6	9:20/M
36	268	Thomas Hooks	33	639	38	29:28.1	9:30	35	28:35.9	9:14	58:04.0	9:22/M
37	275	Justin Bordelon	34	211	44	31:04.0	10:01	30	27:22.5	8:50	58:26.6	9:26/M
38	276	Huy Nguyen	30	888	39	30:03.9	9:42	33	28:27.8	9:11	58:31.7	9:26/M
39	286	Bailey Kidd	33	1291	45	31:12.5	10:04	32	28:11.3	9:06	59:23.8	9:35/M
40	295	Lawrence Sims	33	1058	35	28:56.4	9:20	45	30:40.2	9:54	59:36.6	9:37/M
41	296	Scott Hayes	33	601	42	30:45.1	9:55	38	29:01.2	9:22	59:46.3	9:38/M
42	298	Tracy Gautreaux	34	524	37	29:26.2	9:30	43	30:23.6	9:48	59:49.9	9:39/M
43	300	Simon Morton	34	872	46	31:12.8	10:04	36	28:43.7	9:16	59:56.6	9:40/M
44	316	Cody Lantier	31	737	41	30:14.8	9:45	44	30:34.9	9:52	1:00:49.8	9:49/M
45	319	Kyle Smith	33	1065	47	31:22.6	10:07	40	29:38.3	9:34	1:01:01.0	9:50/M
46	334	Benjamin Prem	34	948	43	30:49.4	9:57	47	31:03.3	10:01	1:01:52.8	9:59/M
47	337	Logan Locicero	31	781	40	30:10.0	9:44	49	32:03.7	10:21	1:02:13.7	10:02/M
48	349	Lance Frederick	31	485	50	32:35.5	10:31	46	30:56.0	9:59	1:03:31.5	10:15/M
49	353	Paul Jordan	32	675	52	32:48.0	10:35	48	31:37.5	10:12	1:04:25.5	10:23/M
50	359	Matthew Vincent	30	1175	51	32:44.6	10:34	50	32:30.9	10:29	1:05:15.5	10:32/M
51	365	David Zenon	31	1222	48	31:40.6	10:13	52	34:29.2	11:08	1:06:09.9	10:40/M
52	372	Christopher Craton	33	353	49	32:12.3	10:23	53	35:03.0	11:18	1:07:15.3	10:51/M
53	380	Jonathan Gillespie	31	537	53	33:59.9	10:58	51	33:58.5	10:58	1:07:58.5	10:58/M
54	409	Jonathan Landry	30	726	54	37:13.5	12:01	54	36:41.2	11:50	1:13:54.8	11:55/M
55	425	Amado Aguayo	33	103	56	40:08.7	12:57	55	38:30.6	12:25	1:18:39.4	12:41/M
56	443	Collin Cortez	31	344	55	39:43.6	12:49	57	49:48.0	16:04	1:29:31.7	14:26/M
57	444	Trey Thornhill	31	1296	57	44:56.6	14:30	56	45:27.3	14:40	1:30:24.0	14:35/M

*Overall place within gender

Age Group Results**10K Participants**

Men 35 to 39

Place	Place		Age	Bib No	-----5K Split -----			----- 10K -----			Total	
	Overall	Name			Rnk	Time	Pace	Rnk	Time	Pace	Time	Pace
1	13	Bailey Bobbitt	35	202	1	19:22.6	6:15	1	19:32.3	6:18	38:55.0	6:17/M
2	14	Christopher Zumbek	36	1225	2	19:23.8	6:15	2	19:42.2	6:21	39:06.1	6:18/M
3	16	Marc Comeaux	38	334	3	19:41.0	6:21	3	20:12.0	6:31	39:53.0	6:26/M
4	27	Charles McAdon	37	1298	4	20:33.8	6:38	5	21:08.7	6:49	41:42.6	6:44/M
5	28	Sushant Shekher	35	1047	5	20:58.9	6:46	4	21:00.8	6:47	41:59.8	6:46/M
6	41	John Paul Wells	35	1192	6	21:26.8	6:55	7	22:02.2	7:07	43:29.1	7:01/M
7	47	Christopher Steinmetz	36	1090	7	22:23.8	7:13	6	21:48.0	7:02	44:11.9	7:08/M
8	70	Joseph Walker	35	1180	8	22:47.4	7:21	12	23:02.2	7:26	45:49.7	7:24/M
9	73	Jeff Gonsoulin	39	546	12	23:20.2	7:32	9	22:34.4	7:17	45:54.6	7:24/M
10	79	Elliot Myers	38	881	13	23:21.0	7:32	11	22:59.2	7:25	46:20.2	7:28/M
11	81	Corey Trim	39	1147	19	24:08.9	7:47	8	22:26.2	7:14	46:35.1	7:31/M
12	82	Ricky Calais	39	288	16	23:40.8	7:38	10	22:58.4	7:25	46:39.2	7:31/M
13	85	John Carroll	37	1300	9	22:59.9	7:25	18	23:57.0	7:44	46:57.0	7:34/M
14	86	Randy Bolde	38	207	11	23:12.9	7:29	17	23:46.7	7:40	46:59.6	7:35/M
15	88	Kevin Rainey	37	959	15	23:24.7	7:33	16	23:45.2	7:40	47:09.9	7:36/M
16	92	Josh Thibodeaux	35	1124	10	23:02.6	7:26	20	24:21.1	7:51	47:23.8	7:39/M
17	93	Dustin Rogers	35	999	18	23:58.3	7:44	13	23:25.9	7:34	47:24.3	7:39/M
18	99	Fermin Dugas	37	424	14	23:24.2	7:33	21	24:22.8	7:52	47:47.0	7:42/M
19	100	Eugene Broussard	35	257	21	24:17.7	7:50	14	23:30.5	7:35	47:48.2	7:43/M
20	101	Derek Alexandrenko	36	113	17	23:54.1	7:43	19	23:58.9	7:44	47:53.1	7:43/M
21	103	Thomas David	35	372	20	24:15.7	7:50	15	23:41.7	7:39	47:57.5	7:44/M
22	129	Jed Huval	37	652	22	24:24.0	7:52	23	25:01.8	8:04	49:25.8	7:58/M
23	132	Israel Guidry	36	568	23	24:24.4	7:52	24	25:09.8	8:07	49:34.2	8:00/M
24	139	Bruce Perrin	36	922	24	24:38.9	7:57	25	25:10.9	8:07	49:49.9	8:02/M
25	141	Loren Klein	38	697	27	25:02.7	8:05	22	24:57.5	8:03	50:00.3	8:04/M
26	144	Brian Fontenot	35	467	26	24:54.5	8:02	27	25:20.9	8:11	50:15.4	8:06/M
27	151	John Bergeron	38	183	29	25:22.3	8:11	26	25:16.8	8:09	50:39.1	8:10/M
28	152	Bogart Marcial	36	796	25	24:43.2	7:58	31	26:12.2	8:27	50:55.4	8:13/M
29	172	Charles Richard	36	974	28	25:15.7	8:09	35	27:14.7	8:47	52:30.5	8:28/M
30	188	Eric Boudreaux	37	219	30	26:47.6	8:39	33	26:50.0	8:39	53:37.6	8:39/M
31	191	Matt Guidry	36	572	33	27:58.3	9:01	29	25:47.0	8:19	53:45.3	8:40/M
32	195	Scott Landry	37	730	32	27:38.2	8:55	32	26:19.8	8:30	53:58.0	8:42/M
33	200	Michael Hogan	38	635	37	28:11.5	9:06	30	26:01.3	8:24	54:12.8	8:45/M
34	204	John Declouet	38	382	39	28:39.3	9:15	28	25:42.9	8:18	54:22.3	8:46/M
35	209	Kip Faulk	37	459	31	27:12.1	8:46	38	27:24.8	8:51	54:36.9	8:49/M
36	226	Jeff Dunn	39	433	35	28:07.0	9:04	36	27:20.9	8:49	55:28.0	8:57/M
37	229	Garrett McClelland	35	820	34	28:05.8	9:04	40	27:35.1	8:54	55:40.9	8:59/M
38	231	Chad Cother	39	347	36	28:08.0	9:05	39	27:34.4	8:54	55:42.5	8:59/M
39	233	Matthew Rongey	35	1007	38	28:28.6	9:11	37	27:23.9	8:50	55:52.5	9:01/M
40	246	Ross Sonnier	36	1076	40	28:47.0	9:17	45	28:10.4	9:05	56:57.5	9:11/M
41	248	Stephen Hearren	35	603	41	29:01.7	9:22	43	28:02.1	9:03	57:03.9	9:12/M

*Overall place within gender

Age Group Results**10K Participants****Men 35 to 39**

Place	Place		Age	Bib No	-----5K Split -----			----- 10K -----			Total	
	Overall	Name			Rnk	Time	Pace	Rnk	Time	Pace	Time	Pace
42	255	Jesse Boudoin	35	1261	46	30:03.8	9:42	34	27:06.3	8:45	57:10.2	9:13/M
43	274	Demanzo Skinner	35	1060	42	29:09.7	9:24	46	29:09.8	9:24	58:19.6	9:24/M
44	282	Joseph Trapp	37	1146	43	29:19.4	9:28	49	29:56.4	9:39	59:15.8	9:34/M
45	297	Sean Walker	37	1235	53	31:58.6	10:19	42	27:49.5	8:59	59:48.1	9:39/M
46	306	David Normand	39	1267	45	29:32.7	9:32	52	30:49.1	9:56	1:00:21.9	9:44/M
47	309	Micah Breaux	39	1297	57	32:49.3	10:35	41	27:43.7	8:57	1:00:33.0	9:46/M
48	312	Patrick Whetsell	38	1195	56	32:31.4	10:30	44	28:09.0	9:05	1:00:40.5	9:47/M
49	313	Jason Hadley	36	586	44	29:29.0	9:31	54	31:12.1	10:04	1:00:41.2	9:47/M
50	321	Omeed Yazdi	35	1219	52	31:48.6	10:16	47	29:18.4	9:27	1:01:07.1	9:51/M
51	325	Tuyen La	37	704	51	31:45.0	10:15	48	29:45.4	9:36	1:01:30.4	9:55/M
52	326	Jude Godeaux	39	542	48	30:32.7	9:51	53	30:59.3	10:00	1:01:32.1	9:56/M
53	327	Luke Sonnier	39	1074	49	30:48.0	9:56	51	30:48.0	9:56	1:01:36.0	9:56/M
54	331	Scott Reese	36	968	50	31:33.0	10:11	50	30:13.3	9:45	1:01:46.3	9:58/M
55	346	Jon Pry	39	1274	47	30:04.6	9:42	56	33:16.3	10:44	1:03:20.9	10:13/M
56	355	Jeremy Willingham	37	1201	58	33:11.6	10:42	55	31:24.6	10:08	1:04:36.3	10:25/M
57	375	Justin Rodrigue	37	997	54	32:26.2	10:28	58	34:58.3	11:17	1:07:24.6	10:52/M
58	379	Douglas Gauthier	39	520	55	32:30.5	10:29	59	35:15.2	11:22	1:07:45.7	10:56/M
59	387	Brandon Chitty	38	320	60	34:53.7	11:15	57	34:19.9	11:04	1:09:13.6	11:10/M
60	401	Matthew Abney	37	102	59	34:43.8	11:12	61	37:49.6	12:12	1:12:33.4	11:42/M
61	404	Steven Musumeche	39	880	62	37:42.6	12:10	60	35:36.6	11:29	1:13:19.3	11:50/M
62	426	Matthew Bleecher	38	199	63	39:03.7	12:36	62	39:38.9	12:47	1:18:42.6	12:42/M
63	427	Jon Downs	37	418	64	39:05.3	12:37	63	39:38.9	12:47	1:18:44.3	12:42/M
64	428	Kyle Libersat	37	778	61	37:14.6	12:01	64	42:07.6	13:35	1:19:22.2	12:48/M
65	446	Cedric Brown	39	271	65	45:17.3	14:37	65	48:15.7	15:34	1:33:33.0	15:05/M
66	450	Shane Montet	35	857	66	50:53.8	16:25	67	57:28.0	18:32	1:48:21.8	17:29/M
67	453	Paul Miller Jr	35	1282	67	55:18.7	17:51	66	55:49.8	18:01	1:51:08.5	17:56/M

Men 40 to 44

Place	Place		Age	Bib No	-----5K Split -----			----- 10K -----			Total	
	Overall	Name			Rnk	Time	Pace	Rnk	Time	Pace	Time	Pace
1	10	Andrew Perrin	44	921	1	18:49.6	6:04	1	18:47.5	6:04	37:37.1	6:04/M
2	23	Brian Rando	40	960	2	20:39.4	6:40	2	20:28.3	6:36	41:07.8	6:38/M
3	44	Scott Callegari	42	294	3	21:53.6	7:04	3	22:00.9	7:06	43:54.5	7:05/M
4	61	Jason Simoneaux	42	1056	5	22:27.8	7:15	4	22:59.5	7:25	45:27.4	7:20/M
5	67	Stephen Sheppert	43	1049	4	22:09.7	7:09	8	23:34.2	7:36	45:43.9	7:23/M
6	94	Hernan Cobo	43	327	6	23:49.5	7:41	9	23:40.5	7:38	47:30.1	7:40/M
7	98	Brad Breaux	40	236	11	24:34.4	7:56	7	23:12.1	7:29	47:46.5	7:42/M
8	107	James Brou	41	247	9	24:15.2	7:49	11	23:55.6	7:43	48:10.8	7:46/M
9	111	Stephen Copeland	44	340	8	24:12.7	7:49	12	24:09.5	7:48	48:22.3	7:48/M

*Overall place within gender

Age Group Results**10K Participants**

Men 40 to 44

Place	Place		Age	Bib No	-----5K Split -----			----- 10K -----			Total	
	Overall	Name			Rnk	Time	Pace	Rnk	Time	Pace	Time	Pace
10	112	Bj Tassin	41	1110	10	24:15.5	7:50	13	24:10.3	7:48	48:25.8	7:49/M
11	113	Damon Patterson	43	913	14	25:16.4	8:09	6	23:09.7	7:28	48:26.2	7:49/M
12	119	George Boudreaux	40	1292	22	25:53.5	8:21	5	23:01.9	7:26	48:55.4	7:53/M
13	123	Preston Blair	40	193	12	24:38.7	7:57	15	24:34.3	7:56	49:13.0	7:56/M
14	125	Justin Bacque	40	145	20	25:28.1	8:13	10	23:47.8	7:41	49:15.9	7:57/M
15	131	Michael Borill	40	1255	13	24:41.1	7:58	16	24:47.1	8:00	49:28.3	7:59/M
16	135	Dustin Duval	41	441	15	25:16.6	8:09	14	24:25.0	7:53	49:41.6	8:01/M
17	143	Michael Garber	43	504	16	25:16.9	8:09	18	24:54.1	8:02	50:11.1	8:06/M
18	147	Matthew Tyl	40	1152	7	23:54.8	7:43	25	26:27.9	8:32	50:22.7	8:08/M
19	148	Jay Cunningham	41	358	21	25:37.9	8:16	17	24:51.8	8:01	50:29.7	8:09/M
20	150	Billy Pritchard	40	949	19	25:27.8	8:13	20	25:08.0	8:06	50:35.8	8:10/M
21	161	Reese Comeaux	41	335	18	25:21.9	8:11	24	26:21.1	8:30	51:43.0	8:20/M
22	166	Jeremy Steward	43	1098	17	25:19.6	8:10	27	26:46.1	8:38	52:05.8	8:24/M
23	167	Dennis Dupont	43	1242	23	26:01.2	8:24	21	26:05.5	8:25	52:06.8	8:24/M
24	171	Russell Poe	43	933	24	26:24.1	8:31	22	26:05.6	8:25	52:29.8	8:28/M
25	174	Steven Thibodeaux	40	1129	27	27:42.8	8:56	19	24:55.1	8:02	52:38.0	8:29/M
26	178	Nick Grove	40	562	25	26:40.4	8:36	23	26:09.9	8:26	52:50.3	8:31/M
27	225	Jeremy Guy	42	584	26	27:15.7	8:48	34	28:04.9	9:04	55:20.6	8:56/M
28	232	Vashaun Rodgers	41	1275	31	29:08.7	9:24	26	26:40.0	8:36	55:48.8	9:00/M
29	235	Travis Faison	44	454	30	28:58.0	9:21	28	27:05.5	8:44	56:03.6	9:03/M
30	236	Andrew Schwarz	43	1033	29	28:45.1	9:17	29	27:28.6	8:52	56:13.8	9:04/M
31	239	Stefan Schmidt	41	1025	28	28:30.6	9:12	35	28:05.9	9:04	56:36.5	9:08/M
32	243	Damien Danzie	41	365	32	29:09.4	9:24	31	27:42.1	8:56	56:51.6	9:10/M
33	247	Wilbert Mason	42	809	33	29:11.1	9:25	32	27:48.4	8:58	56:59.6	9:12/M
34	270	Casey Arceneaux	40	129	37	29:49.2	9:37	36	28:21.7	9:09	58:11.0	9:23/M
35	277	Danny Jones	40	669	36	29:48.2	9:37	40	29:01.5	9:22	58:49.8	9:29/M
36	278	John Campbell	42	301	34	29:38.5	9:34	41	29:18.5	9:27	58:57.1	9:31/M
37	285	Jimmy Supple	40	1104	47	31:42.6	10:14	30	27:41.0	8:56	59:23.6	9:35/M
38	289	Graison Morgan	43	866	43	30:46.0	9:56	38	28:42.6	9:16	59:28.7	9:36/M
39	293	Shawn Montgomery	43	859	49	31:43.9	10:14	33	27:49.7	8:59	59:33.6	9:36/M
40	294	Stephen Marshall	41	803	42	30:33.4	9:51	39	29:00.7	9:22	59:34.1	9:36/M
41	299	Michael Zaunbrecher	42	1220	44	31:15.9	10:05	37	28:36.4	9:14	59:52.3	9:39/M
42	301	Robert Deville	44	400	35	29:39.0	9:34	42	30:17.6	9:46	59:56.6	9:40/M
43	317	Kristopher Anthony	42	127	38	29:49.3	9:37	43	31:02.0	10:01	1:00:51.3	9:49/M
44	329	Yogi Barras	42	158	41	30:32.7	9:51	44	31:12.9	10:04	1:01:45.6	9:58/M
45	341	Joshua Deville	40	399	40	30:30.9	9:51	46	32:29.5	10:29	1:03:00.5	10:10/M
46	345	Scott Foreman	41	478	39	30:17.5	9:46	48	33:02.6	10:40	1:03:20.1	10:13/M
47	351	Rhett Sabadie	40	1020	48	31:42.9	10:14	45	32:02.8	10:20	1:03:45.7	10:17/M
48	356	David Milligan	40	846	46	31:26.0	10:08	50	33:13.3	10:43	1:04:39.4	10:26/M
49	363	Andrew Lam	40	715	50	32:37.6	10:31	47	32:59.9	10:39	1:05:37.5	10:35/M
50	366	Brandin Cantu	42	304	51	32:40.2	10:32	51	33:35.4	10:50	1:06:15.6	10:41/M

*Overall place within gender

Age Group Results**10K Participants****Men 40 to 44**

Place	Place		Age	Bib No	-----5K Split -----			----- 10K -----			Total	
	Overall	Name			Rnk	Time	Pace	Rnk	Time	Pace	Time	Pace
51	371	Charles Ilonya	40	654				63	1:07:15.2	10:51	1:07:15.2	10:51/M
52	373	Colby Albarado	44	105	45	31:24.0	10:08	56	35:56.3	11:36	1:07:20.3	10:52/M
53	374	Jamie Broussard	44	258	52	33:27.2	10:47	53	33:54.3	10:56	1:07:21.5	10:52/M
54	377	Rob Payne	44	915	56	34:24.9	11:06	49	33:12.3	10:43	1:07:37.2	10:54/M
55	378	Ko Kennedy	43	1293	53	33:49.3	10:55	52	33:53.3	10:56	1:07:42.6	10:55/M
56	385	Jason Goetzmann	44	543	55	34:07.2	11:00	54	34:52.6	11:15	1:08:59.8	11:08/M
57	389	Mark Richard	41	980	54	33:56.4	10:57	55	35:22.7	11:25	1:09:19.1	11:11/M
58	414	Shane Romero	43	1006	59	37:28.2	12:05	58	37:22.3	12:03	1:14:50.6	12:04/M
59	416	Martin Vidrine	43	1168	57	36:43.3	11:51	59	38:38.8	12:28	1:15:22.1	12:09/M
60	419	Robin Bonin	40	210	60	39:00.2	12:35	57	36:54.7	11:54	1:15:55.0	12:15/M
61	421	Jeromy Landry	40	725	58	37:03.8	11:57	60	40:08.4	12:57	1:17:12.2	12:27/M
62	432	Dre Calais	42	287	61	39:23.6	12:42	61	40:43.0	13:08	1:20:06.7	12:55/M
63	440	Matthew Cieslak	41	1286	62	42:47.9	13:48	62	44:56.5	14:30	1:27:44.5	14:09/M

Men 45 to 49

Place	Place		Age	Bib No	-----5K Split -----			----- 10K -----			Total	
	Overall	Name			Rnk	Time	Pace	Rnk	Time	Pace	Time	Pace
1	7	Chris Lapoint	46	1287	1	17:40.0	5:42	1	18:01.6	5:49	35:41.7	5:45/M
2	8	Jeffrey Zickus	45	1224	2	17:58.8	5:48	2	18:22.5	5:56	36:21.3	5:52/M
3	26	Todd Lambert	49	716	3	20:38.4	6:39	4	20:57.6	6:46	41:36.0	6:43/M
4	32	John Robideaux	48	992	4	21:34.7	6:58	3	20:44.0	6:41	42:18.8	6:49/M
5	58	Trey Copeland	47	341	5	22:57.3	7:24	6	22:21.5	7:13	45:18.8	7:19/M
6	60	Troy Arabie	49	1289	7	23:24.0	7:33	5	22:02.2	7:07	45:26.2	7:20/M
7	91	John Buck	47	275	6	23:07.3	7:28	9	24:05.9	7:46	47:13.2	7:37/M
8	105	Jaime Mendoza	46	836	10	24:34.1	7:56	7	23:26.6	7:34	48:00.7	7:45/M
9	120	Geoffrey Mire	46	847	8	23:57.0	7:44	14	25:06.4	8:06	49:03.4	7:55/M
10	122	Philip Landreneau	46	719	9	24:32.0	7:55	11	24:39.4	7:57	49:11.5	7:56/M
11	127	Ray Leach	46	1231	11	24:43.5	7:59	10	24:36.3	7:56	49:19.8	7:57/M
12	137	Chris Vallot	45	1258	12	24:55.0	8:02	12	24:53.1	8:02	49:48.1	8:02/M
13	146	Steven Bodin	48	205	14	25:15.4	8:09	13	25:06.2	8:06	50:21.6	8:07/M
14	155	Kevin Sellers	49	1041	19	27:21.2	8:49	8	23:52.4	7:42	51:13.6	8:16/M
15	159	Tommy Miller	45	845	15	26:07.3	8:26	15	25:18.5	8:10	51:25.8	8:18/M
16	164	Thomas Jarnagin	49	1281	13	25:12.8	8:08	18	26:35.6	8:35	51:48.4	8:21/M
17	197	Colin Burnam	47	279	23	27:53.5	9:00	17	26:10.2	8:27	54:03.8	8:43/M
18	203	Mark Broussard	49	266	26	28:12.7	9:06	16	26:01.8	8:24	54:14.6	8:45/M
19	205	Derrion Polk	47	935	16	26:44.6	8:38	24	27:43.8	8:57	54:28.4	8:47/M
20	207	Sean Borders	46	212	17	26:59.9	8:43	23	27:31.8	8:53	54:31.7	8:48/M
21	211	Kevin Hargrave	49	591	25	27:55.0	9:00	19	26:43.9	8:37	54:38.9	8:49/M
22	214	Brent (masta B) Leblanc	47	748	22	27:52.8	9:00	20	27:00.1	8:43	54:53.0	8:51/M

*Overall place within gender

Age Group Results**10K Participants**

Men 45 to 49

Place			-----5K Split -----					----- 10K -----			Total	
Place	Overall	Name	Age	Bib No	Rnk	Time	Pace	Rnk	Time	Pace	Time	Pace
23	222	Reese Fuller	46	495	24	27:54.6	9:00	21	27:22.0	8:50	55:16.7	8:55/M
24	234	Jason Benoit	49	177	21	27:48.8	8:58	27	28:13.6	9:06	56:02.5	9:02/M
25	237	Shane Lockett	49	782	18	27:11.8	8:46	32	29:07.1	9:24	56:18.9	9:05/M
26	250	Lonny Landry	47	728	31	29:01.2	9:22	25	28:03.6	9:03	57:04.9	9:12/M
27	252	Jerome Domingue	47	408	20	27:41.0	8:56	33	29:27.4	9:30	57:08.4	9:13/M
28	256	Marcus Marullo	48	806	34	29:49.8	9:37	22	27:25.4	8:51	57:15.2	9:14/M
29	259	Michael Jennings Jr	46	663	28	28:43.2	9:16	28	28:32.5	9:12	57:15.7	9:14/M
30	264	Kyle St Cyr	46	1082	27	28:42.9	9:16	31	29:00.2	9:21	57:43.1	9:19/M
31	265	Brad Aldridge	45	108	29	28:47.7	9:17	30	28:57.5	9:20	57:45.2	9:19/M
32	267	Cory Lalonde	47	714	35	29:50.6	9:38	26	28:09.4	9:05	58:00.0	9:21/M
33	284	Timothy Maynard	45	816	30	28:52.0	9:19	35	30:29.5	9:50	59:21.6	9:34/M
34	292	Donald Schoolmaster	46	1028	37	30:57.7	9:59	29	28:33.7	9:13	59:31.4	9:36/M
35	305	Craig Boyd	49	231	33	29:36.7	9:33	38	30:42.1	9:54	1:00:18.8	9:44/M
36	307	Elvin Grogan	46	1279	32	29:22.5	9:29	40	31:00.4	10:00	1:00:22.9	9:44/M
37	315	Keith Reed	46	967	36	30:12.7	9:45	37	30:35.7	9:52	1:00:48.5	9:48/M
38	335	Jason Ray	47	962	38	31:21.8	10:07	36	30:34.5	9:52	1:01:56.4	9:59/M
39	336	Brady Domingue	45	407	42	32:31.3	10:29	34	29:35.2	9:33	1:02:06.6	10:01/M
40	338	John Dayries	49	375	40	31:32.5	10:10	39	30:50.0	9:57	1:02:22.6	10:04/M
41	347	Dennis Guidry	48	566	39	31:30.3	10:10	42	31:56.2	10:18	1:03:26.6	10:14/M
42	357	Danny Devillier	46	401	43	32:49.0	10:35	43	32:12.7	10:23	1:05:01.8	10:29/M
43	364	Scott Huber	49	648	41	32:22.3	10:27	44	33:15.5	10:44	1:05:37.9	10:35/M
44	370	Ray Urdaz	47	1154	46	35:28.6	11:27	41	31:46.2	10:15	1:07:14.9	10:51/M
45	384	Tony Bourgeois	49	226	44	34:21.2	11:05	45	34:31.9	11:08	1:08:53.2	11:07/M
46	386	Clint Daigle	45	361	45	34:25.3	11:06	46	34:44.9	11:13	1:09:10.3	11:09/M
47	397	Sean Skinner	48	1061	47	36:02.6	11:38	47	35:36.5	11:29	1:11:39.1	11:33/M
48	420	Rocky Pitre	49	929	48	37:03.8	11:57	49	39:13.7	12:39	1:16:17.5	12:18/M
49	429	Hulan Vidrine	45	1165	49	38:17.0	12:21	50	41:27.0	13:22	1:19:44.0	12:52/M
50	430	Laine Conques	47	339	50	43:33.3	14:03	48	36:12.0	11:41	1:19:45.4	12:52/M
51	448	Ed Arceneaux	47	131	51	47:15.8	15:15	51	48:24.4	15:37	1:35:40.3	15:26/M
52	449	Kevin Gaspard	47	514	52	50:56.1	16:26	53	55:44.2	17:59	1:46:40.3	17:12/M
53	452	Jay Florsheim	49	465	53	55:24.4	17:52	52	55:43.5	17:59	1:51:08.0	17:55/M

Men 50 to 54

Place			-----5K Split -----					----- 10K -----			Total	
Place	Overall	Name	Age	Bib No	Rnk	Time	Pace	Rnk	Time	Pace	Time	Pace
1	19	Jason Gossen	51	1263	1	20:03.9	6:28	1	20:21.9	6:34	40:25.8	6:31/M
2	42	Tim Barry	52	161	2	21:57.4	7:05	2	21:39.0	6:59	43:36.4	7:02/M
3	56	George Gisclair	52	541	6	22:49.6	7:22	3	22:13.8	7:10	45:03.4	7:16/M
4	57	Kirk Guilbeau	52	579	3	22:20.3	7:12	4	22:50.1	7:22	45:10.5	7:17/M

*Overall place within gender

Age Group Results**10K Participants**

Men 50 to 54

Place	Place		Age	Bib No	-----5K Split -----			----- 10K -----			Total	
	Overall	Name			Rnk	Time	Pace	Rnk	Time	Pace	Time	Pace
5	63	Paul Ardoin	52	134	5	22:40.7	7:19	5	22:52.0	7:23	45:32.8	7:21/M
6	74	Sonny Bellard	52	173	7	22:50.4	7:22	7	23:16.3	7:30	46:06.7	7:26/M
7	78	Trevor Casper	54	1264	4	22:25.8	7:14	9	23:53.5	7:42	46:19.4	7:28/M
8	89	James Yarbrough	51	1218	10	24:15.9	7:50	6	22:55.0	7:24	47:11.0	7:37/M
9	109	Cade Babineaux	50	143	11	24:25.3	7:53	10	23:55.1	7:43	48:20.5	7:48/M
10	115	Jeffery Broussard	52	259	9	24:09.1	7:47	12	24:21.2	7:51	48:30.4	7:49/M
11	116	Daniel Schmit	51	1026	13	25:22.7	8:11	8	23:17.0	7:31	48:39.8	7:51/M
12	121	Scott Ardoin	52	1288	8	24:08.9	7:47	13	24:56.4	8:03	49:05.4	7:55/M
13	133	Arturo Magidin	50	793	12	24:35.3	7:56	14	25:04.2	8:05	49:39.6	8:01/M
14	153	Scott Russo	54	1019	16	26:45.2	8:38	11	24:20.0	7:51	51:05.3	8:14/M
15	157	Joey Leger	53	762	14	25:56.4	8:22	15	25:19.0	8:10	51:15.4	8:16/M
16	162	Marcus Fontenot	50	472	15	25:59.4	8:23	16	25:45.0	8:18	51:44.5	8:21/M
17	186	Chad Chiasson	52	318	18	27:21.0	8:49	18	26:14.7	8:28	53:35.8	8:39/M
18	206	Danny Bedel	51	168	23	28:14.2	9:07	19	26:15.0	8:28	54:29.2	8:47/M
19	208	Kenny Guidry	51	570	21	27:58.1	9:01	20	26:36.9	8:35	54:35.1	8:48/M
20	212	Mark Bajat	50	152	17	27:16.0	8:48	22	27:27.5	8:51	54:43.6	8:50/M
21	217	Daniel Schwarzenbach	52	1035	22	27:58.1	9:01	21	26:59.0	8:42	54:57.2	8:52/M
22	219	Bryan Boudreaux	53	215	25	28:53.2	9:19	17	26:11.2	8:27	55:04.5	8:53/M
23	220	Tim Domingue	52	411	19	27:23.1	8:50	25	27:46.7	8:58	55:09.8	8:54/M
24	227	Robert Morrow	51	869	20	27:35.0	8:54	26	27:53.5	9:00	55:28.6	8:57/M
25	240	Jamie Leger	50	761	28	29:00.7	9:22	23	27:37.6	8:55	56:38.4	9:08/M
26	253	Jason Turner	52	1149				43	57:08.7	9:13	57:08.7	9:13/M
27	257	Andrew Robinson	50	993	24	28:35.4	9:13	27	28:39.8	9:15	57:15.2	9:14/M
28	258	Mark Bounds	54	221	29	29:32.3	9:32	24	27:42.9	8:56	57:15.2	9:14/M
29	263	Teddy Deshotels	54	396	26	29:00.3	9:21	28	28:42.3	9:16	57:42.7	9:19/M
30	273	Bill Nice	54	889	27	29:00.6	9:21	29	29:17.6	9:27	58:18.2	9:24/M
31	280	Brian McCarley	51	818	30	29:32.8	9:32	30	29:26.5	9:30	58:59.3	9:31/M
32	308	Jeff Mouton	51	875	32	29:57.0	9:40	31	30:30.8	9:51	1:00:27.8	9:45/M
33	333	Andrew Dwyer	52	443	31	29:39.2	9:34	32	32:13.2	10:24	1:01:52.5	9:59/M
34	350	Todd Ardoin	53	135	33	30:59.6	10:00	33	32:43.1	10:33	1:03:42.8	10:17/M
35	360	David Duplessis	52	436	34	32:09.0	10:22	34	33:12.0	10:43	1:05:21.1	10:32/M
36	382	Steele Russell	51	1017	37	34:43.3	11:12	35	33:31.0	10:49	1:08:14.4	11:00/M
37	391	Ivan Farnsworth	53	457	35	34:24.8	11:06	36	35:53.6	11:35	1:10:18.5	11:20/M
38	392	Lane Prejean	53	944	36	34:25.2	11:06	37	35:59.4	11:37	1:10:24.6	11:21/M
39	399	Donald Menard	53	830				44	1:11:43.3	11:34	1:11:43.3	11:34/M
40	400	Troy Kibodeaux	51	1226	38	35:08.1	11:20	38	36:36.9	11:49	1:11:45.0	11:34/M
41	408	Ivan Landry	51	723	40	37:10.5	12:00	39	36:44.1	11:51	1:13:54.6	11:55/M
42	411	Greg Stansbury	52	1086	39	36:33.0	11:47	40	37:51.4	12:13	1:14:24.4	12:00/M
43	435	Kyle Soileau	52	1069	41	39:07.2	12:37	41	42:20.7	13:40	1:21:27.9	13:08/M
44	447	Shannon Landry	50	733	42	45:37.8	14:43	42	48:26.9	15:38	1:34:04.7	15:10/M

*Overall place within gender

Age Group Results**10K Participants**

Men 55 to 59

Place	Place		Age	Bib No	-----5K Split -----			----- 10K -----			Total	
	Overall	Name			Rnk	Time	Pace	Rnk	Time	Pace	Time	Pace
1	20	Keith Delhomme	55	390	1	20:27.9	6:36	1	20:12.8	6:31	40:40.8	6:34/M
2	37	Stephen Oneil	59	905	2	21:33.1	6:57	2	21:24.3	6:54	42:57.4	6:56/M
3	50	Benton Wilson	55	1203	3	22:04.9	7:07	4	22:21.3	7:13	44:26.2	7:10/M
4	52	Lorenz Leblanc	57	752	4	22:24.7	7:14	5	22:27.9	7:15	44:52.7	7:14/M
5	62	Chris Van Way	57	1157	5	22:46.5	7:21	6	22:46.0	7:21	45:32.6	7:21/M
6	71	Craig Thompson	55	1133	8	23:34.6	7:36	3	22:15.2	7:11	45:49.9	7:24/M
7	80	Russell Caffery	58	286	6	23:22.9	7:33	7	23:12.2	7:29	46:35.1	7:31/M
8	90	Harold Myers	58	882	7	23:28.0	7:34	9	23:43.4	7:39	47:11.5	7:37/M
9	104	Robert McKinney	55	824	9	24:32.5	7:55	8	23:25.8	7:34	47:58.4	7:44/M
10	154	Jay Angelle	55	125	10	25:28.5	8:13	11	25:41.7	8:17	51:10.2	8:15/M
11	168	Todd Prejean	57	947	14	26:40.5	8:36	10	25:33.5	8:15	52:14.1	8:26/M
12	185	Tony Guilbeau	56	580	13	26:31.1	8:33	12	26:53.7	8:41	53:24.8	8:37/M
13	187	Ronald Girouard	56	540	11	25:59.8	8:23	14	27:36.4	8:54	53:36.3	8:39/M
14	189	Rickey Carroll Sr.	59	307	12	26:23.1	8:31	13	27:16.1	8:48	53:39.3	8:39/M
15	279	Wayne Hernandez	55	625	15	28:17.9	9:08	18	30:39.3	9:53	58:57.3	9:31/M
16	281	John Breaux	59	239	16	29:10.7	9:25	16	29:52.2	9:38	59:02.9	9:31/M
17	304	Lynn Campbell	59	302	21	31:05.7	10:02	15	29:05.0	9:23	1:00:10.7	9:42/M
18	310	Adonis Himel	58	629	18	30:15.9	9:46	17	30:18.5	9:47	1:00:34.4	9:46/M
19	314	Mark Lalande	59	703	17	30:05.2	9:42	19	30:41.7	9:54	1:00:46.9	9:48/M
20	330	Richard Perkins	56	920	19	30:47.8	9:56	21	30:58.4	9:59	1:01:46.2	9:58/M
21	332	Ricky Guidry	56	576	22	31:09.1	10:03	20	30:42.8	9:54	1:01:52.0	9:59/M
22	340	Lamont Domingue	58	409	20	30:49.9	9:57	23	31:40.8	10:13	1:02:30.7	10:05/M
23	342	Alexis Sovinsky	59	1080	23	31:30.5	10:10	22	31:30.0	10:10	1:03:00.5	10:10/M
24	352	Richard Domas	59	406	24	31:34.4	10:11	24	32:47.1	10:35	1:04:21.6	10:23/M
25	362	Mitch Boudreaux	55	220	25	31:54.9	10:18	25	33:39.4	10:51	1:05:34.3	10:35/M
26	381	Jay Concienne	56	338	27	33:51.1	10:55	26	34:20.7	11:05	1:08:11.9	11:00/M
27	388	Todd Fuselier	58	497	26	33:32.9	10:49	27	35:40.9	11:31	1:09:13.8	11:10/M
28	412	Shawn Rudasill	58	1013	29	37:28.6	12:05	28	37:01.6	11:57	1:14:30.2	12:01/M
29	417	Dennis Almeida	56	119	28	37:09.1	11:59	29	38:17.6	12:21	1:15:26.8	12:10/M
30	422	Mateo Garza	55	513	30	37:38.1	12:08	32	39:40.7	12:48	1:17:18.9	12:28/M
31	424	Michael Walz	58	1185	31	39:09.7	12:38	30	39:03.5	12:36	1:18:13.2	12:37/M
32	434	Troy Sorbet	58	1079	32	41:22.4	13:21	31	39:29.5	12:44	1:20:51.9	13:03/M
33	445	Patrick Stephenson	58	1097	33	44:05.1	14:13	33	48:31.6	15:39	1:32:36.7	14:56/M

Men 60 to 64

Place	Place		Age	Bib No	-----5K Split -----			----- 10K -----			Total	
	Overall	Name			Rnk	Time	Pace	Rnk	Time	Pace	Time	Pace
1	48	Stanley Manuel	62	794	1	22:58.2	7:25	1	21:25.4	6:55	44:23.7	7:10/M
2	97	John Hebert	63	611	2	24:12.8	7:49	2	23:20.0	7:32	47:32.9	7:40/M

*Overall place within gender

Age Group Results**10K Participants****Men 60 to 64**

Place	Place		Age	Bib No	-----5K Split -----			----- 10K -----			Total	
	Overall	Name			Rnk	Time	Pace	Rnk	Time	Pace	Time	Pace
3	110	David Sorbet	61	1078	3	24:26.8	7:53	3	23:55.0	7:43	48:21.8	7:48/M
4	134	Kurt Jagneaux	60	661	5	25:16.4	8:09	4	24:25.0	7:53	49:41.4	8:01/M
5	136	James Pierret	64	927	4	25:04.3	8:05	5	24:42.4	7:58	49:46.8	8:02/M
6	165	Jerry Arceneaux	63	1256	7	26:25.6	8:32	6	25:39.3	8:17	52:04.9	8:24/M
7	177	Bill Morgan	60	864	8	27:04.3	8:44	7	25:39.7	8:17	52:44.0	8:30/M
8	180	Kenneth Spiller	61	1081	6	26:21.4	8:30	8	26:41.6	8:37	53:03.0	8:33/M
9	221	Paul Walters	64	1184	10	27:49.9	8:59	10	27:25.0	8:51	55:14.9	8:55/M
10	224	Jose Villagomez	63	1173	11	28:03.8	9:03	9	27:16.5	8:48	55:20.4	8:56/M
11	245	David Lejeune	61	765	9	27:46.6	8:58	13	29:10.0	9:25	56:56.7	9:11/M
12	251	Bob Schuler	64	1032	13	29:10.8	9:25	11	27:54.7	9:00	57:05.6	9:13/M
13	272	Mark Touns	60	1139	14	30:02.9	9:42	12	28:14.0	9:06	58:16.9	9:24/M
14	303	Timothy Poe	60	934	12	28:42.4	9:16	16	31:19.2	10:06	1:00:01.7	9:41/M
15	323	Blaise Camp	60	297	17	30:28.2	9:50	14	30:56.3	9:59	1:01:24.6	9:54/M
16	324	Rod Wimberley	60	1207	16	30:23.3	9:48	15	31:02.5	10:01	1:01:25.8	9:54/M
17	328	Mike Gillespie	61	538	15	30:15.5	9:46	17	31:25.7	10:08	1:01:41.2	9:57/M
18	354	Richard Delaune	61	388	18	32:06.5	10:21	19	32:29.0	10:29	1:04:35.5	10:25/M
19	361	Kim Broussard	60	264	19	33:13.0	10:43	18	32:18.6	10:25	1:05:31.7	10:34/M
20	367	John Viguerie	63	1171	20	33:42.5	10:52	20	32:33.7	10:30	1:06:16.3	10:41/M
21	405	Walter Camos	62	296	21	34:43.8	11:12	22	38:36.4	12:27	1:13:20.2	11:50/M
22	413	Joseph Diliberto	62	402	22	37:56.6	12:14	21	36:41.2	11:50	1:14:37.8	12:02/M
23	423	Rick Nunez	61	898	24	38:01.3	12:16	23	39:35.5	12:46	1:17:36.8	12:31/M
24	436	Brad Barnes	62	155	23	37:59.1	12:15	26	44:22.1	14:19	1:22:21.2	13:17/M
25	438	Joe Mitchell	61	852	25	43:18.8	13:58	24	41:51.8	13:30	1:25:10.6	13:44/M
26	442	Don Lachney	63	705	26	45:53.2	14:48	25	42:44.6	13:47	1:28:37.9	14:18/M
27	451	Brian E Ducharme	62	419	27	54:59.8	17:44	27	53:53.8	17:23	1:48:53.7	17:34/M

Men 65 to 69

Place	Place		Age	Bib No	-----5K Split -----			----- 10K -----			Total	
	Overall	Name			Rnk	Time	Pace	Rnk	Time	Pace	Time	Pace
1	43	Michael Alexander	66	110	1	22:21.8	7:13	1	21:31.8	6:57	43:53.6	7:05/M
2	72	Manuel Ocampo	66	909	2	22:47.2	7:21	2	23:03.6	7:26	45:50.9	7:24/M
3	175	Joseph Ralph Roberson	66	987	3	26:01.3	8:24	5	26:38.2	8:36	52:39.6	8:30/M
4	179	Louis Nix	65	890	4	26:03.4	8:24	6	26:55.6	8:41	52:59.0	8:33/M
5	192	Steven Domangue	65	404	5	27:44.9	8:57	3	26:03.0	8:24	53:47.9	8:41/M
6	199	Ashton Eastin	65	445	6	27:46.6	8:58	4	26:23.7	8:31	54:10.3	8:44/M
7	283	James King	65	694	8	28:54.5	9:20	10	30:25.5	9:49	59:20.0	9:34/M
8	288	Jerry Richard	69	978	7	28:28.9	9:11	12	30:57.7	9:59	59:26.6	9:35/M
9	302	Carl Miller	65	842	9	29:39.7	9:34	9	30:21.2	9:48	1:00:01.0	9:41/M
10	318	David Jenkins	65	662	10	31:05.9	10:02	8	29:52.8	9:38	1:00:58.7	9:50/M

*Overall place within gender

Race Date
November 09, 2019

2019 Geaux Run Cajun Cup 10K & 1 Mile

Age Group Results

10K Participants

Men 65 to 69

<u>Place</u>	<u>Place</u>		<u>Age</u>	<u>Bib No</u>	<u>-----5K Split -----</u>			<u>----- 10K -----</u>			<u>Total</u>	
	<u>Overall</u>	<u>Name</u>			<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Pace</u>
11	322	John Stutes	68	1101	11	32:05.8	10:21	7	29:16.5	9:27	1:01:22.3	9:54/M
12	344	Lane Tuten	66	1150	12	32:19.5	10:26	11	30:53.9	9:58	1:03:13.4	10:12/M
13	369	Kerry Behrens	65	170	13	33:50.0	10:55	13	33:19.4	10:45	1:07:09.5	10:50/M
14	393	Michael Inman	67	655	14	33:55.6	10:57	14	36:36.3	11:48	1:10:31.9	11:23/M
15	407	Emmanuel Witherspoon	69	1210	16	36:52.5	11:54	15	36:50.4	11:53	1:13:43.0	11:53/M
16	418	Carlton Benton	67	181	15	35:35.0	11:29	16	40:03.0	12:55	1:15:38.0	12:12/M

Male 70 to 74

<u>Place</u>	<u>Place</u>		<u>Age</u>	<u>Bib No</u>	<u>-----5K Split -----</u>			<u>----- 10K -----</u>			<u>Total</u>	
	<u>Overall</u>	<u>Name</u>			<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Pace</u>
1 *	343	Patrick Leonard	74	773	1	31:30.0	10:10	1	31:40.3	10:13	1:03:10.4	10:11/M
2 *	358	Louis Maraist	75	795	2	33:03.6	10:40	2	32:00.8	10:20	1:05:04.4	10:30/M
3 *	394	Daniel Bourgeois	72	223	5	35:43.0	11:31	3	35:15.8	11:23	1:10:58.8	11:27/M
4	395	Lewis Deaton	70	379	4	34:54.9	11:16	4	36:10.4	11:40	1:11:05.4	11:28/M
5	396	Mike Keating	72	681	3	33:26.2	10:47	6	37:39.4	12:09	1:11:05.6	11:28/M
6	410	Michael Cieslak	71	323	6	37:48.8	12:12	5	36:23.5	11:44	1:14:12.4	11:58/M
7	431	Thomas Miller	72	844	7	38:57.4	12:34	7	41:06.2	13:16	1:20:03.7	12:55/M

*Overall place within gender