



Palouse Road Runners

2012 Fall Flash 10k Results

Bib #	First	Last	Sex	Age	Category	Time	Overall Place	Category Place	Mile Pace
11	Alan	Talhelm	M	30	Open Men	37:23	1	1	6:01
22	Michael	Joseph	M	24	Open Men	37:58	2	2	6:07
17	Graham	Vanterschelden	M	24	Open Men	38:16	3	3	6:10
29	Scott	McMurtrey	M	35	Open Men	39:25	4	4	6:21
21	Dan	Froelich	M	28	Open Men	39:58	5	5	6:26
15	Tyler	Anderson	M	43	Masters Men	40:43	6	1	6:34
19	David	Wilder	M	41	Masters Men	42:24	7	2	6:50
30	Kyla	Beredzen	F	22	Open Women	42:40	8	1	6:53
31	Chris	Navals	M	34	Open Men	45:26	9	6	7:19
32	Liza	Mitchell	F	26	Open Women	45:56	10	2	7:24
33	Cat	Weichman	F	25	Open Women	45:58	11	3	7:25
24	Jan	Boll	M	50	Masters Men	49:46	12	3	8:01
23	Liz	Martin	F	37	Open Women	49:47	13	4	8:01
8	J.D.	Wulfhorst	M	44	Masters Men	49:49	14	4	8:02
25	Erin	James	F	31	Open Women	50:14	15	5	8:06
35	Jodie	Nicotra	F	39	Open Women	50:22	16	6	8:07
26	Jenn	Ladino	F	37	Open Women	50:33	17	7	8:09
9	Rachelle	Ausman	F	21	Open Women	50:42	18	8	8:10
10	Yusen	Lin	M	27	Open Men	50:42	19	7	8:10
36	Troy	Magney	M	25	Open Men	52:02	20	8	8:23
7	Jim	Ekins	M	42	Masters Men	52:46	21	5	8:30
28	Becky	Rittenburg	F	25	Open Women	52:54	22	9	8:32
27	Sara	Galbraith	F	23	Open Women	52:54	23	10	8:32
12	Andrea	Lyons	F	34	Open Women	54:06	24	11	8:43
1	Kathryn	Holden	F	24	Open Women	55:15	25	12	8:54
4	Cat	Harner	F	29	Open Women	56:11	26	13	9:03



Palouse Road Runners

2012 Fall Flash 10k Results

2	Samantha	Child	F	25	Open Women	57:00	27	14	9:11
20	Nicole	Froelich	F	26	Open Women	1:01:06	28	15	9:51
34	Melanie Angela	Neuilly	F	35	Open Women	1:01:09	29	16	9:51
5	Xiaoya	Cheng	F	59	Masters Women	1:05:56	30	1	10:38
6	Tim	Gardner	M	25	Open Men	1:06:16	31	9	10:41
3	Emily	Gardner	F	25	Open Women	1:06:16	32	17	10:41
13	Denise	Carl	F	34	Open Women	1:06:47	33	18	10:46
14	Sheila	Heyns	F	40	Masters Women	1:06:47	34	2	10:46
16	Dallisa	Johnson	F	29	Open Women	1:08:10	35	19	10:59
18	Alison	Weighley	F	29	Open Women	1:08:10	36	20	10:59

Top Finishers by Category:

Open Men:

1. Alan Talhelm 37:23
2. Michael Joseph 37:58
3. Graham Vanterschelden 38:16

Masters Men:

1. Tyler Anderson 40:43
2. David Wilder 42:24
3. Jan Boll 49:46

Open Women:

1. Kyla Beredzen 42:40
2. Liza Mitchell 45:56
3. Cat Weichman 45:58

Masters Women:

1. Xiaoya Cheng 1:05:56
2. Sheila Heyns 1:06:47