

# 2023 Knobstone Trail Runs 10K

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
1	COREY LONG		M: 1	RUNNER	127	00:49:43.01	08:00	7.5mph	Overall Male Runner: 1
2	ADAM SMITH		M: 2	RUNNER	135	00:53:40.53	08:38	6.9mph	Overall Male Runner: 2
3	KRIS YING		M: 3	RUNNER	41	00:55:22.91	08:54	6.7mph	Overall Male Runner: 3
4	VINCENT BEYER		M: 4	RUNNER	100	01:06:49.80	10:45	5.6mph	Overall Male Runner: 4
5	HENRY SCHMITT		M: 5	RUNNER	818	01:06:59.85	10:46	5.6mph	Overall Male Runner: 1
6	JOHN FREIJE		M: 6	RUNNER	143	01:07:24.18	10:50	5.5mph	Overall Male Runner: 6
7	KRISTEN FREIJE		F: 1	RUNNER	142	01:07:24.47	10:50	5.5mph	Overall Female Runner: 1
8	MICHELLE RHOADS		F: 2	RUNNER	140	01:13:06.17	11:45	5.1mph	Overall Female Runner: 2
9	MEGAN RHOADS		F: 3	RUNNER	141	01:13:07.37	11:46	5.1mph	Overall Female Runner: 3
10	CHRISTINA LONG		F: 4	RUNNER	126	01:13:12.18	11:46	5.1mph	Overall Female Runner: 4
11	TESSA BRENNAN		F: 5	RUNNER	105	01:13:24.81	11:48	5.1mph	Overall Female Runner: 5
12	JENNIFER UTLEY		F: 6	RUNNER	146	01:19:55.63	12:51	4.7mph	Overall Female Runner: 6
13	KATA TEUTON		F: 7	RUNNER	136	01:22:09.25	13:13	4.5mph	Overall Female Runner: 7
14	PATRICK BLACKSTONE		M: 7	RUNNER	102	01:22:15.70	13:14	4.5mph	Overall Male Runner: 7
15	SHUAIXIANG ZHANG		M: 8	RUNNER	139	01:22:17.47	13:14	4.5mph	Overall Male Runner: 8
16	LUKE KWIATKOWSKI		M: 9	RUNNER	124	01:22:19.12	13:14	4.5mph	Overall Male Runner: 9
17	MICHELLE YING		F: 8	RUNNER	40	01:22:32.82	13:17	4.5mph	Overall Female Runner: 8
18	WENDY JOHNSON		F: 9	RUNNER	120	01:22:35.01	13:17	4.5mph	Overall Female Runner: 9
19	JILL LEES		F: 10	RUNNER	125	01:22:47.80	13:19	4.5mph	Overall Female Runner: 10
20	LORI GODDARD		F: 11	RUNNER	115	01:23:04.52	13:22	4.5mph	Overall Female Runner: 11
21	JOSIE UTLEY		F: 12	RUNNER	138	01:23:47.19	13:29	4.4mph	Overall Female Runner: 12
22	NICOLE ISAACS		F: 13	RUNNER	119	01:23:48.07	13:29	4.4mph	Overall Female Runner: 13
23	DAVE HARNED		M: 10	RUNNER	144	01:29:50.28	14:27	4.1mph	Overall Male Runner: 10
24	AMANDA MCGANN		F: 14	RUNNER	129	01:29:53.01	14:27	4.1mph	Overall Female Runner: 14
25	LAURA TWEEDIE		F: 15	RUNNER	137	01:29:53.25	14:27	4.1mph	Overall Female Runner: 15
26	BRENDA GUTMANN		F: 16	RUNNER	116	01:37:03.53	15:37	3.8mph	Overall Female Runner: 16
27	ALICIA HENSLEY		F: 17	RUNNER	117	01:37:04.12	15:37	3.8mph	Overall Female Runner: 17
28	JOHN KONEN		M: 11	RUNNER	123	01:37:04.24	15:37	3.8mph	Overall Male Runner: 11
29	CHARLES FRANZ		M: 12	RUNNER	145	01:37:37.93	15:42	3.8mph	Overall Male Runner: 12
30	BRANDI IRELAND		F: 18	RUNNER	118	02:11:40.74	21:11	2.8mph	Overall Female Runner: 18
31	ANGELA CHOATE		F: 19	RUNNER	106	02:27:39.22	23:45	2.5mph	Overall Female Runner: 19
32	JENNIFER SLOWN		F: 20	RUNNER	134	02:37:31.11	25:21	2.4mph	Overall Female Runner: 20