

# 2025 Senior Games 5k Run / Walk

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division	Rank
1	GREGORY BRIDGES		M: 1	RUNNER	6	00:22:27.93	07:13	8.3mph	:	
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>	
			Lap 1	00:07:16.04		07:00		8.6mph	00:07:16.04	
			Lap 2	00:07:43.08		07:27		8.1mph	00:14:59.11	
			Finish	00:07:28.82		02:24		24.9mph	00:22:27.93	
2	TED POULOS		M: 2	RUNNER	2	00:26:54.69	08:39	6.9mph	Male 60 - 64:	1
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>	
			Lap 1	00:08:26.08		08:08		7.4mph	00:08:26.08	
			Lap 2	00:09:00.98		08:42		6.9mph	00:17:27.05	
			Finish	00:09:27.64		03:02		19.7mph	00:26:54.69	
3	GLENN WAYLAND		M: 3	RUNNER	7	00:28:11.35	09:04	6.6mph	Male 55 - 59:	1
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>	
			Lap 1	00:09:03.21		08:44		6.9mph	00:09:03.21	
			Lap 2	00:09:37.33		09:17		6.5mph	00:18:40.53	
			Finish	00:09:30.82		03:03		19.6mph	00:28:11.35	
4	RANDY PURYEAR		M: 4	RUNNER	3	00:28:42.57	09:14	6.5mph	Male 65 - 69:	1
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>	
			Lap 1	00:09:07.23		08:48		6.8mph	00:09:07.23	
			Lap 2	00:09:39.59		09:19		6.4mph	00:18:46.81	
			Finish	00:09:55.76		03:11		18.8mph	00:28:42.57	
5	DANIELLE HARDAWAY		F: 1	RUNNER	8	00:29:13.69	09:24	6.4mph	Female 55 - 59:	1
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>	
			Lap 1	00:09:09.59		08:50		6.8mph	00:09:09.59	
			Lap 2	00:09:52.27		09:31		6.3mph	00:19:01.86	
			Finish	00:10:11.84		03:16		18.3mph	00:29:13.69	
6	MICHAEL SOUTHWOOD		M: 5	RUNNER	4	00:30:20.31	09:45	6.1mph	Male 70 - 74:	1
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>	
			Lap 1	00:09:27.22		09:07		6.6mph	00:09:27.22	
			Lap 2	00:10:28.92		10:07		5.9mph	00:19:56.13	
			Finish	00:10:24.19		03:20		17.9mph	00:30:20.31	
7	BECCA PIZMOHT		F: 2	RUNNER	9	00:31:28.86	10:07	5.9mph	Female 55 - 59:	2
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>	
			Lap 1	00:09:34.89		09:14		6.5mph	00:09:34.89	
			Lap 2	00:10:44.08		10:21		5.8mph	00:20:18.96	
			Finish	00:11:09.90		03:35		16.7mph	00:31:28.86	
8	LYNNE KRITTER		F: 3	RUNNER	5	00:32:51.99	10:34	5.7mph	Female 65 - 69:	1
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>	
			Lap 1	00:10:38.96		10:16		5.8mph	00:10:38.96	
			Lap 2	00:11:09.83		10:46		5.6mph	00:21:48.79	
			Finish	00:11:03.20		03:33		16.9mph	00:32:51.99	
9	WILLIAM CHADIM		M: 6	RUNNER	1	00:40:20.30	12:59	4.6mph	Male 75 - 79:	1
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>	
			Lap 1	00:12:54.74		12:27		4.8mph	00:12:54.74	
			Lap 2	00:13:45.90		13:17		4.5mph	00:26:40.64	
			Finish	00:13:39.66		04:23		13.6mph	00:40:20.30	