

VIG SCRIMMAGE XX – 8/30/22

1 MILE RUN

(no teams this year – individual competition only)

(~77°, sunny and calm)

PLACE	NAME	TIME	NOTES
1	Mike Kaiser (40)	4:45.50	men's winner!
2	Jesse Zentz (46)	4:56.95	
3	Michael French (44)	5:00.35	
4	Michael Bradt* (26)	5:15.03	
5	Erik Makus (45)	5:21.83	
6	Ryan McLane (39)	5:43.24	
7	Ryan Davies* (29)	5:51.20	
8	Patrick Judge (52)	5:56.86	
9	Terry Chaney (61)	5:58	
10	Lauren Kuntz* (36)	6:12.17	women's winner!
11	Eric Meyer (41)	6:14.72	
12	Steven Zimmerman (39)	6:23.33	
13	Regan Bold (30)	6:28.78	Lewistown, MT
14	Alex Bold (30)	6:30.08	Lewistown, MT
15	Zach Drake (43)	6:31.29	
16	Brian Dekiep (49)	6:31.72	
17	Matt Johnson* (40)	6:37.75	
18	Emily Thiessen (44)	6:38.13	
19	Rhonda Payne* (43)	6:43.68	
20	Paul Koch (54)	6:44	solo mile in Colorado Springs, MT
21	Kyle Strode (58)	6:52.00	treadmill mile at 1% incline
22	David Curd (67)	7:03.00	
23	Kristin Young (26)	7:23	solo mile in Corvallis, OR
24	Emily Geery* (44)	7:29.88	
25	Ben Quiñones (64)	7:37.21	
26	Karen Alley (42)	7:38.83	
27	Everett Dekiep (13)	7:39.42	
28	Bryan Franz* (52)	7:39.88	
29	Cody Custis (40)	7:42	solo mile in Hamilton, MT
30	Jeff Thomas (62)	8:07.04	
31	Lila Thomas (58)	8:07.30	
32	Rebecca Shaw Quiñones (58)	8:49.99	
33	Dave Roberts (72)	9:08.02	
KEY:			
non-bolded = Heat 1			
bolded = Heat 2			
bolded purple = other / virtual			
! = Vig Scrimmage Record			
* = lifetime personal best			