

Cedars Frostbite Half Marathon

Feb. 6, 2016

Cedars of Lebanon State Park, TN

Frostbite Running Club

543 Finishers. Lynda de Paulis, Race Director

| Place | Bib | First | Last Name | Age | Home Town (TN) | Ovl | Halfsplit | Time | Pac |
|-----------------------------------|-----|-----------|---------------|-----|----------------|-----|-----------|----------------|-------|
| Overall Winners | | | | | | | | | |
| | 431 | Joseph | Elsakr | 25 | Nashville | 1 | 36:52 | 1:12:44 | 5:33, |
| | 524 | Evan | Ferrell Adams | 23 | Nashville | 14 | 43:25 | 1:27:21 | 6:40, |
| Masters (40+) | | | | | | | | | |
| | 343 | Phil | Young | 53 | Murfreesboro | 10 | 41:49 | 1:24:10 | 6:25, |
| | 377 | Marie | Palko | 54 | Nashville | 58 | 47:57 | 1:38:07 | 7:29, |
| Grand Masters (50+) | | | | | | | | | |
| | 574 | Jeff | Matlock | 51 | Ashland City | 23 | 45:56 | 1:31:05 | 6:57, |
| | 362 | Theresa | Saupe | 53 | Murfreesboro | 70 | 51:43 | 1:40:50 | 7:42, |
| Senior Grand Masters (60+) | | | | | | | | | |
| | 409 | Gwin | Anderson | 62 | Dresden | 96 | 51:59 | 1:42:41 | 7:50, |
| | 30 | Amy | Shepherd | 60 | Watertown | 353 | 1:02:58 | 2:11:09 | 10:01 |
| Age Groups | | | | | | | | | |
| F 0-19 | | | | | | | | | |
| 1 | 339 | Hannah | Burnette | 19 | Mt. Juliet | 79 | 50:56 | 1:41:37 | 7:45, |
| 2 | 454 | Lydia | Warren | 17 | Lebanon | 97 | 51:10 | 1:42:59 | 7:52, |
| 3 | 398 | Elizabeth | Heckman | 14 | Brentwood | 142 | 53:47 | 1:47:24 | 8:12, |
| 4 | 399 | Katherine | Heckman | 14 | Brentwood | 175 | 54:40 | 1:51:00 | 8:28, |
| 5 | 459 | Kristin | Paddon | 17 | Mount Juliet | 246 | 57:44 | 1:57:25 | 8:58, |
| 6 | 45 | Melissa | Barrett | 16 | Smyrna | 338 | 1:03:28 | 2:09:18 | 9:52, |
| 7 | 522 | Kate | Carpenter | 18 | Nashville | 339 | 58:53 | 2:09:29 | 9:53, |
| 8 | 456 | Mallory | Gannon | 12 | Savannah | 354 | 1:02:26 | 2:11:18 | 10:01 |
| 9 | 204 | Sarah | Robinson | 18 | Columbia | 391 | 1:09:22 | 2:16:25 | 10:25 |
| 10 | 575 | Katelyn | Lepley | 16 | Cookeville | 430 | 1:10:05 | 2:24:17 | 11:01 |
| 11 | 490 | Isis | Carico | 15 | Murfreesboro | 504 | 1:16:24 | 2:47:35 | 12:48 |
| 12 | 36 | Jennifer | Betz | 16 | Lebanon | 520 | 1:25:51 | 2:55:45 | 13:25 |
| 13 | 467 | Madison | Newberry | 6 | Lebanon | 528 | 1:37:55 | 3:20:44 | 15:19 |
| F 20-24 | | | | | | | | | |
| 1 | 149 | Keaton | Gaffney | 22 | Mount Juliet | 104 | 51:28 | 1:43:36 | 7:55, |
| 2 | 265 | Elissa | Ledoux | 24 | Nashville | 107 | 53:08 | 1:44:06 | 7:57, |
| 3 | 210 | Tracey | Kenmuir | 22 | Knoxville | 255 | 57:42 | 1:58:37 | 9:03, |
| 4 | 412 | Katie | McDonald | 23 | Lebanon | 299 | 1:00:51 | 2:04:14 | 9:29, |
| 5 | 143 | Megan | Barrass | 24 | Greenbrier | 330 | 1:02:33 | 2:07:29 | 9:44, |

| | | | | | | | | | |
|----------------|-----|-----------------|------------|----|------------------------|-----|---------|----------------|-------|
| 6 | 566 | Hannah | Agee | 23 | | 346 | 1:05:43 | 2:10:31 | 9:58, |
| F 25-29 | | | | | | | | | |
| 1 | 300 | Kristen | Bednar | 28 | Nashville | 43 | 47:54 | 1:34:49 | 7:14, |
| 2 | 1 | Ellen | Carnes | 26 | Knoxville | 101 | 50:57 | 1:43:24 | 7:54, |
| 3 | 534 | Lizzy | Fuller | 27 | Nashville | 122 | 53:47 | 1:45:48 | 8:05, |
| 4 | 60 | Haleigh | Stafford | 25 | Hendersonville | 136 | 51:53 | 1:46:55 | 8:10, |
| 5 | 344 | Kimi | Dement | 28 | Nashville | 147 | 53:21 | 1:47:56 | 8:14, |
| 6 | 437 | Dorothy | Ackerman | 25 | Nashville | 205 | 54:19 | 1:53:29 | 8:40, |
| 7 | 531 | Melissa | Kline | 29 | La Vergne | 208 | 57:19 | 1:53:37 | 8:40, |
| 8 | 9 | Maggie | Gardner | 27 | Cincinnati, OH | 283 | 58:38 | 2:02:21 | 9:20, |
| 9 | 444 | Kathryn | Levoy | 29 | Rickman | 297 | 1:01:42 | 2:04:08 | 9:29, |
| 10 | 327 | Lillian | Juttukonda | 27 | Nashville | 310 | 1:02:36 | 2:05:25 | 9:34, |
| 11 | 549 | Jennie | Bain | 25 | | 336 | 1:04:22 | 2:09:09 | 9:52, |
| 12 | 335 | Kenzie | Dye | 26 | Old Hickory | 350 | 1:05:24 | 2:10:57 | 10:00 |
| 13 | 241 | Ashley | Goodman | 29 | Nashville | 386 | 1:03:39 | 2:16:00 | 10:23 |
| 14 | 462 | Scotti | Norman | 29 | Antioch | 389 | 1:07:18 | 2:16:11 | 10:24 |
| 15 | 382 | Maegan | Conner | 29 | Lebanon | 402 | 1:06:52 | 2:19:02 | 10:37 |
| 16 | 252 | Morgan | Winchester | 28 | Hermitage | 404 | 1:09:21 | 2:19:20 | 10:38 |
| 17 | 313 | Samie | Sebestik | 26 | Gallatin | 427 | 1:12:20 | 2:23:41 | 10:58 |
| 18 | 499 | Sarah | Spangler | 26 | Nashville | 491 | 1:16:13 | 2:43:38 | 12:29 |
| 19 | 98 | Janna | Riggs | 26 | Nashville | 517 | 1:26:57 | 2:55:23 | 13:23 |
| 20 | 120 | Denim | Strickland | 27 | Lynnwood, WA | 526 | 1:31:40 | 3:18:58 | 15:11 |
| 21 | 91 | Anell | Wright | 29 | Chattanooga | 541 | 2:00:10 | 4:15:57 | 19:32 |
| 22 | 495 | Krystal | Johnson | 29 | Lebanon | 542 | 2:04:58 | 4:16:29 | 19:35 |
| 23 | 487 | Diana | Campion | 29 | Portland | 543 | 2:04:57 | 4:16:30 | 19:35 |
| F 30-34 | | | | | | | | | |
| 1 | 346 | Lindsay | Cox | 33 | Smyrna | 52 | 47:13 | 1:36:56 | 7:24, |
| 2 | 110 | Nicoll | Burleson | 30 | Three Way | 56 | 47:58 | 1:38:00 | 7:29, |
| 3 | 291 | Julia | Mateskon | 31 | Madison, AL | 60 | 48:10 | 1:38:43 | 7:32, |
| 4 | 305 | Margaret | Jones | 32 | Brentwood | 73 | 46:59 | 1:41:18 | 7:44, |
| 5 | 605 | Maggie | Hallgren | 31 | Nashville | 74 | 51:59 | 1:41:19 | 7:44, |
| 6 | 288 | Jenifer | Baker | 32 | Madison | 75 | 52:00 | 1:41:20 | 7:44, |
| 7 | 405 | Christine | Blundred | 34 | Spring Hill | 88 | 50:17 | 1:42:15 | 7:48, |
| 8 | 600 | Kimberly | Morris | 32 | Murfreesboro | 105 | 52:18 | 1:43:44 | 7:55, |
| 9 | 5 | Alicia | Azimipour | 32 | Mt Juliet | 137 | 53:21 | 1:46:58 | 8:10, |
| 10 | 436 | Amy | Frederick | 30 | Clarksville | 139 | 51:56 | 1:47:07 | 8:11, |
| 11 | 505 | Jill | Neal | 31 | My Juliet | 140 | 54:30 | 1:47:07 | 8:11, |
| 12 | 535 | Lindsey | Layne | 33 | Bell Buckle | 145 | 51:50 | 1:47:49 | 8:14, |
| 13 | 243 | Daryl | Patton | 30 | Nashville | 151 | 54:07 | 1:48:14 | 8:16, |
| 14 | 150 | Kandice | Haynes | 33 | Nashville | 185 | 55:28 | 1:51:59 | 8:33, |
| 15 | 612 | Kau | Lantz | 32 | Hermitage | 191 | 57:17 | 1:52:25 | 8:35, |
| 16 | 56 | Jennifer | Berry | 31 | Nashville | 192 | 56:21 | 1:52:26 | 8:35, |
| 17 | 84 | Jasmin Leigh | Good | 30 | Owens Cross Rds, AL | 194 | 53:22 | 1:52:43 | 8:36, |
| 18 | 167 | Anne | Dageforde | 33 | Nashville | 198 | 57:31 | 1:53:05 | 8:38, |

| | | | | | | | | | |
|----|-----|-----------|-----------|----|----------------|-----|---------|---------|-------|
| 19 | 488 | Tara | Carney | 31 | Nashville | 200 | 57:18 | 1:53:12 | 8:38, |
| 20 | 64 | Elizabeth | Peyton | 32 | Murfreesboro | 215 | 54:46 | 1:54:17 | 8:43, |
| 21 | 472 | Aileen | Teague | 31 | Nashville | 216 | 55:55 | 1:54:17 | 8:43, |
| 22 | 188 | Kristin | Bledsoe | 32 | Hermitage | 224 | 57:51 | 1:55:09 | 8:47, |
| 23 | 562 | Kasia | Szrenski | 33 | | 228 | 56:43 | 1:55:43 | 8:50, |
| 24 | 439 | Brandis | Blodgett | 31 | Nashville | 236 | 55:16 | 1:56:26 | 8:53, |
| 25 | 368 | Crystal | Malone | 33 | Antioch | 272 | 59:23 | 2:00:58 | 9:14, |
| 26 | 8 | Tirza | Costello | 33 | Cincinnati, OH | 276 | 58:36 | 2:01:09 | 9:15, |
| 27 | 517 | Lauren | Costley | 31 | Mount Juliet | 280 | 59:26 | 2:02:13 | 9:20, |
| 28 | 104 | Andrea | Oakley | 31 | Lebanon | 282 | 1:00:41 | 2:02:19 | 9:20, |
| 29 | 184 | Leslie | Harwell | 32 | Trenton | 290 | 1:00:47 | 2:03:32 | 9:26, |
| 30 | 501 | Dani | Miller | 32 | Watertown | 292 | 59:38 | 2:03:48 | 9:27, |
| 31 | 614 | Erin | Hedgecott | 32 | Cookeville | 298 | 1:01:42 | 2:04:08 | 9:29, |
| 32 | 516 | Leah | Womack | 32 | Tullahoma | 305 | 59:28 | 2:04:40 | 9:31, |
| 33 | 296 | Katherine | Cain | 32 | Nolensville | 309 | 1:02:39 | 2:05:23 | 9:34, |
| 34 | 219 | Hannah | Scott | 32 | Nashville | 318 | 1:03:20 | 2:05:45 | 9:36, |
| 35 | 349 | Buffy | Seaborn | 33 | Lebanon | 331 | 59:40 | 2:07:47 | 9:45, |
| 36 | 440 | Brittany | Orpurt | 30 | Mount Juliet | 337 | 1:04:22 | 2:09:10 | 9:52, |
| 37 | 175 | Meena | Khalili | 34 | Nashville | 358 | 1:03:25 | 2:11:57 | 10:04 |
| 38 | 518 | Crystal | Broach | 30 | Lebanon | 368 | 1:03:53 | 2:13:37 | 10:12 |
| 39 | 75 | Kati | Rafacz | 32 | Murfreesboro | 372 | 1:05:27 | 2:14:05 | 10:14 |
| 40 | 79 | Christine | Bailey | 32 | Murfreesboro | 373 | 1:05:28 | 2:14:06 | 10:14 |
| 41 | 370 | Jen | Rounds | 30 | Louisville, KY | 376 | 1:04:01 | 2:14:16 | 10:15 |
| 42 | 448 | Nena | Smith | 31 | Gallatin | 381 | 1:06:09 | 2:14:38 | 10:17 |
| 43 | 407 | Shala | Stephens | 30 | Mount Juliet | 412 | 1:09:58 | 2:21:00 | 10:46 |
| 44 | 432 | Krystin | Neely | 32 | Nolensville | 413 | 1:09:58 | 2:21:01 | 10:46 |
| 45 | 404 | Kristen | McKeever | 34 | Nashville | 419 | 1:12:48 | 2:22:11 | 10:51 |
| 46 | 307 | Shanna | Kohr | 33 | Watertown | 424 | 1:08:46 | 2:23:28 | 10:57 |
| 47 | 269 | Amy | Bowman | 33 | Mt Juliet | 436 | 1:14:20 | 2:25:07 | 11:05 |
| 48 | 271 | Sarah | Winn | 34 | La Vergne | 441 | 1:12:06 | 2:26:24 | 11:11 |
| 49 | 486 | Emily | Woodward | 31 | Knoxville | 443 | 1:12:38 | 2:26:42 | 11:12 |
| | | Jacquelyn | | | | | | | |
| 50 | 402 | n | Walters | 33 | Smyrna | 462 | 1:14:18 | 2:30:50 | 11:31 |
| 51 | 353 | Lisa | Jaskot | 31 | Gallatin | 463 | 1:12:20 | 2:30:52 | 11:31 |
| 52 | 273 | Amy | Boles | 34 | Murfreesboro | 473 | 1:12:06 | 2:35:58 | 11:54 |
| 53 | 281 | Katherine | Cantrell | 33 | Murfreesboro | 474 | 1:12:06 | 2:35:58 | 11:54 |
| 54 | 2 | Nadia | Levine | 30 | Murfreesboro | 489 | 1:18:24 | 2:42:59 | 12:26 |
| 55 | 466 | Barbara | Newberry | 33 | Lebanon | 527 | 1:37:54 | 3:20:43 | 15:19 |

F 35-39

| | | | | | | | | | |
|---|-----|----------|----------|----|---------------|-----|-------|---------|-------|
| 1 | 227 | Heather | Kralj | 37 | Franklin | 30 | 46:20 | 1:32:38 | 7:04, |
| 2 | 457 | Meg | Guy | 35 | Roan Mountain | 40 | 46:59 | 1:34:28 | 7:13, |
| 3 | 228 | Betsy | Sloan | 39 | Franklin | 46 | 48:37 | 1:35:21 | 7:17, |
| 4 | 595 | Katy | Lange | 37 | Franklin | 126 | 53:44 | 1:46:28 | 8:08, |
| 5 | 176 | Maegan | Stewart | 37 | Murfreesboro | 154 | 55:08 | 1:48:46 | 8:18, |
| 6 | 607 | Karen | Wooden | 39 | Springfield | 183 | 54:59 | 1:51:51 | 8:32, |
| 7 | 500 | Danielle | Gutting | 37 | Brentwood | 197 | 56:07 | 1:53:00 | 8:38, |
| 8 | 527 | Lee | Pampacos | 35 | Nashville | 217 | 57:43 | 1:54:20 | 8:44, |

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|----|-----|---------|-----------|----|--------------|-----|---------|----------------|-------|
| 9 | 224 | Tiffany | Bledsoe | 35 | Mount Juliet | 223 | 57:46 | 1:55:08 | 8:47, |
| 10 | 416 | Kelly | Kowalczyk | 38 | Tullahoma | 225 | 57:34 | 1:55:09 | 8:47, |
| 11 | 410 | Tami | Winston | 35 | Dresden | 245 | 57:37 | 1:57:16 | 8:57, |
| 12 | 152 | Sarah | Beckman | 38 | Murfreesboro | 249 | 55:53 | 1:57:45 | 8:59, |
| 13 | 182 | Hope | Link | 35 | Old Hickory | 253 | 57:51 | 1:58:06 | 9:01, |
| 14 | 301 | Lori | Smith | 38 | Murfreesboro | 254 | 59:22 | 1:58:32 | 9:03, |
| 15 | 222 | Sarah | Richards | 39 | Lebanon | 274 | 58:15 | 2:01:00 | 9:14, |
| 16 | 434 | Jill | Rider | 36 | Nashville | 362 | 1:06:57 | 2:12:42 | 10:08 |
| 17 | 23 | Leanne | Goodwin | 36 | Cookeville | 369 | 1:05:33 | 2:13:54 | 10:13 |
| 18 | 284 | Rachel | Eller | 37 | Cane Ridge | 395 | 1:12:21 | 2:16:42 | 10:26 |
| 19 | 479 | Melissa | Outten | 37 | Nashville | 396 | 1:06:35 | 2:17:04 | 10:28 |
| 20 | 206 | Moriah | Kimble | 38 | Clarksville | 397 | 1:07:49 | 2:17:22 | 10:29 |
| 21 | 389 | Kristy | Shumake | 39 | Martin | 399 | 1:07:52 | 2:18:12 | 10:33 |
| 22 | 502 | Amy | Young | 36 | Nashville | 401 | 1:05:28 | 2:18:52 | 10:36 |
| 23 | 129 | Suzi | Thigpen | 39 | Murfreesboro | 410 | 1:06:44 | 2:20:22 | 10:43 |
| 24 | 381 | Tracy | Roll | 36 | Nashville | 418 | 1:12:49 | 2:22:11 | 10:51 |
| 25 | 585 | Angie | Rixham | 38 | | 429 | 1:03:47 | 2:24:16 | 11:01 |
| 26 | 34 | Jessie | Clark | 39 | Smyrna | 454 | 1:14:11 | 2:29:50 | 11:26 |
| 27 | 181 | Heather | Jensen | 38 | Hermitage | 469 | 1:13:14 | 2:33:29 | 11:43 |
| 28 | 261 | Tara | Underwood | 38 | Brentwood | 480 | 1:19:08 | 2:37:55 | 12:03 |
| 29 | 240 | Jessica | Cannon | 35 | Murfreesboro | 484 | 1:19:49 | 2:39:47 | 12:12 |
| 30 | 337 | Erika | Langley | 37 | Lebanon | 497 | 1:16:20 | 2:45:04 | 12:36 |
| 31 | 278 | Sarah | Warner | 36 | Lebanon | 499 | 1:15:21 | 2:45:16 | 12:37 |
| 32 | 233 | Vanessa | Adams | 35 | Nolensville | 506 | 1:20:32 | 2:49:33 | 12:57 |
| 33 | 379 | Jane | Boxall | 35 | Nashville | 513 | 1:28:41 | 2:54:39 | 13:20 |
| 34 | 52 | Keevy | Hight | 37 | Lebanon | 521 | 1:25:50 | 2:55:55 | 13:26 |
| 35 | 255 | Amanda | Stuart | 38 | Mcminnville | 525 | 1:20:42 | 3:07:32 | 14:19 |

F 40-44

| | | | | | | | | | |
|----|-----|-----------|--------------|----|------------------|-----|---------|----------------|-------|
| 1 | 331 | Amy | Klotz | 44 | Nolensville | 78 | 50:49 | 1:41:30 | 7:45, |
| 2 | 155 | Christy | Groves | 43 | Murfreesboro | 116 | 51:12 | 1:44:49 | 8:00, |
| 3 | 593 | Linda | Lamott | 43 | Lebanon | 118 | 54:01 | 1:45:12 | 8:02, |
| 4 | 478 | Anna | Hemnes | 42 | Nashville | 123 | 54:03 | 1:46:12 | 8:06, |
| 5 | 199 | Eve | Boger | 43 | Franklin | 179 | 57:27 | 1:51:20 | 8:30, |
| 6 | 320 | Teresa | Steel | 44 | Smyrna | 220 | 58:16 | 1:54:45 | 8:46, |
| 7 | 621 | Wendy | Gurley | 41 | Smyrna | 227 | 56:40 | 1:55:42 | 8:50, |
| 8 | 304 | Dee | Reynolds | 44 | Lebanon | 240 | 58:15 | 1:56:42 | 8:55, |
| 9 | 178 | Genevieve | Celentano | 44 | Murfreesboro | 243 | 56:12 | 1:57:06 | 8:56, |
| 10 | 480 | Kellie | Givens | 40 | Nashville | 250 | 58:16 | 1:57:51 | 9:00, |
| 11 | 345 | Kathryn | Daley | 44 | Lebanon | 251 | 57:09 | 1:57:53 | 9:00, |
| 12 | 302 | Kristi | Ankrom | 40 | Murfreesboro | 257 | 59:22 | 1:58:41 | 9:04, |
| 13 | 47 | Cynthia | Clark | 44 | Nashville | 291 | 1:01:38 | 2:03:39 | 9:26, |
| 14 | 237 | Alicia | Grothe | 40 | Nolensville | 341 | 1:03:40 | 2:09:46 | 9:54, |
| 15 | 209 | Elleana | Lowe | 43 | Russellville, KY | 344 | 1:05:10 | 2:10:13 | 9:56, |
| 16 | 615 | Nicole | Buckenmeyer | 43 | Mt.Juliet | 348 | 1:00:02 | 2:10:52 | 9:59, |
| 17 | 148 | Laurel | Hengstenberg | 43 | Spring Hill | 365 | 1:05:56 | 2:13:12 | 10:10 |
| 18 | 194 | Jenny | Reynolds | 43 | Tullahoma | 385 | 1:09:33 | 2:15:50 | 10:22 |

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|-----------|-----|----------|--------------|----|----------------|-----|---------|----------------|-------|
| 19 | 203 | Michelle | Robinson | 44 | Columbia | 390 | 1:09:22 | 2:16:25 | 10:25 |
| 20 | 623 | Joanne | Ring | 43 | Columbia | 398 | 1:07:07 | 2:17:36 | 10:30 |
| 21 | 351 | Jodie | G'Fellers | 42 | Cookeville | 432 | 1:11:46 | 2:24:59 | 11:04 |
| 22 | 215 | Angela | Burnside | 40 | Hendersonville | 434 | 1:12:06 | 2:25:04 | 11:04 |
| 23 | 146 | Michelle | Rowland | 44 | Lebanon | 442 | 1:12:10 | 2:26:31 | 11:11 |
| 24 | 138 | Karin | Wizer | 44 | Hermitage | 446 | 1:11:32 | 2:27:31 | 11:16 |
| 25 | 355 | Jolene | Melton | 42 | Lebanon | 447 | 1:13:07 | 2:28:25 | 11:20 |
| 26 | 311 | Meg | Braun | 43 | Nashville | 460 | 1:13:05 | 2:30:42 | 11:30 |
| 27 | 172 | Janey | Richardville | 43 | Nashville | 470 | 1:13:14 | 2:33:30 | 11:43 |
| 28 | 207 | Erin | Trudden | 43 | Clarksville | 485 | 1:15:00 | 2:40:37 | 12:16 |
| 29 | 340 | Leah | Cannon | 40 | Nashville | 486 | 1:18:38 | 2:41:36 | 12:20 |
| 30 | 214 | Deanna | Alexandee | 41 | White House | 492 | 1:16:41 | 2:44:02 | 12:31 |
| 31 | 553 | Kay | Williams | 44 | | 512 | 1:25:42 | 2:54:17 | 13:18 |
| 32 | 35 | Dolores | Betz | 42 | Lebanon | 522 | 1:25:51 | 2:56:11 | 13:27 |
| 33 | 24 | Nikki | Parram | 41 | Nashville | 531 | 1:43:05 | 3:27:46 | 15:52 |
| 34 | 235 | Kiran | Aradhyula | 42 | Brentwood | 533 | 1:44:54 | 3:33:05 | 16:16 |

F 45-49

| | | | | | | | | | |
|-----------|-----|-----------|------------|----|----------------|-----|---------|----------------|-------|
| 1 | 570 | Merekith | Smith | 45 | | 61 | 49:45 | 1:38:58 | 7:33 |
| 2 | 485 | Susan | Bruce | 45 | Nolensville | 80 | 50:50 | 1:41:37 | 7:45 |
| 3 | 594 | Donna | Clements | 45 | | 125 | 53:44 | 1:46:28 | 8:08 |
| 4 | 561 | Jennifer | McClellan | 45 | Hermitage | 131 | 53:46 | 1:46:47 | 8:09 |
| 5 | 46 | Elizabeth | Dean | 49 | Springfield | 146 | 53:31 | 1:47:55 | 8:14 |
| 6 | 596 | Dede | Sparkman | 48 | Springfield | 176 | 55:00 | 1:51:13 | 8:29 |
| 7 | 200 | Kay | O'Connell | 49 | Franklin | 178 | 57:27 | 1:51:19 | 8:30 |
| 8 | 503 | Lisa | Singer | 49 | Nashville | 222 | 56:35 | 1:55:06 | 8:47 |
| 9 | 552 | Jennifer | Massey | 45 | | 229 | 56:44 | 1:55:48 | 8:50 |
| 10 | 321 | Lisa | Hoke | 46 | Smyrna | 248 | 59:07 | 1:57:36 | 8:59 |
| 11 | 360 | Laura | Goodwin | 45 | Hermitage | 286 | 1:01:25 | 2:03:17 | 9:25 |
| 12 | 361 | Laura Lee | Gassie | 48 | Old Hickory | 287 | 1:01:26 | 2:03:18 | 9:25 |
| 13 | 578 | Vicki | Victory | 46 | Nolensville | 308 | 1:02:39 | 2:05:21 | 9:34 |
| 14 | 338 | Ginger | Roelle | 45 | Franklin | 313 | 1:01:38 | 2:05:31 | 9:35 |
| 15 | 571 | Jen | Whitley | 49 | Murfreesboro | 319 | 1:01:33 | 2:05:59 | 9:37 |
| 16 | 477 | Anna | Kammerer | 45 | Old Hickory | 329 | 1:02:26 | 2:07:26 | 9:44 |
| 17 | 332 | Tracy | Bullard | 47 | Lebanon | 332 | 1:03:20 | 2:08:05 | 9:47 |
| 18 | 115 | Yolanda | Wurtzel | 47 | Lebanon | 359 | 1:02:50 | 2:12:01 | 10:05 |
| 19 | 162 | Kim | Heyning | 45 | Columbia | 367 | 1:05:25 | 2:13:29 | 10:11 |
| 20 | 461 | Sarah | Paddon | 47 | Mount Juliet | 371 | 1:07:01 | 2:13:56 | 10:13 |
| 21 | 342 | Tammy | Panter | 47 | Mcminnville | 387 | 1:07:52 | 2:16:01 | 10:23 |
| 22 | 581 | Tammy | Jones | 47 | Old Hickory | 388 | 1:06:08 | 2:16:05 | 10:23 |
| 23 | 232 | Deborah | Piotrowski | 49 | Christiana | 394 | 1:09:56 | 2:16:41 | 10:26 |
| 24 | 86 | Stacy | Windrow | 49 | Smyrna | 411 | 1:09:58 | 2:21:00 | 10:46 |
| 25 | 192 | Donna | Pittman | 45 | Clarksville | 417 | 1:08:33 | 2:22:00 | 10:50 |
| 26 | 455 | Debbie | Gannon | 48 | Savannah | 433 | 1:04:42 | 2:25:03 | 11:04 |
| 27 | 7 | Laurie | Ponticos | 47 | Cincinnati, OH | 439 | 1:11:10 | 2:25:25 | 11:06 |
| 28 | 11 | Kristine | Griesbach | 47 | Nashville | 440 | | 2:25:26 | 11:06 |
| 29 | 579 | Babara | Weller | 48 | McMinnville | 456 | 1:12:59 | 2:30:09 | 11:28 |
| 30 | 540 | Carolyn | Murphy | 45 | Murfreesboro | 467 | 1:14:59 | 2:32:56 | 11:40 |

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|----------------|-----|-----------|----------------|----|-------------------|-----|---------|----------------|-------|
| 31 | 396 | Amy | Conditt | 45 | Brentwood | 507 | 1:24:07 | 2:51:45 | 13:07 |
| 32 | 77 | Dawn | Sumner | 48 | Franklin | 529 | 1:37:33 | 3:24:02 | 15:35 |
| 33 | 546 | Yolanda | Ruffin | 47 | Beaumont, CA | 532 | 1:43:02 | 3:27:46 | 15:52 |
| F 50-54 | | | | | | | | | |
| 1 | 14 | Jane | Carlisle | 52 | Springfield | 150 | 53:37 | 1:48:08 | 8:15 |
| 2 | 298 | Leslie | Ezell | 53 | Franklin | 203 | 57:45 | 1:53:21 | 8:39 |
| 3 | 29 | Dolores | Lucas | 50 | Fairview | 206 | 56:05 | 1:53:30 | 8:40 |
| 4 | 15 | Melissa | Hunter | 53 | Clarksville | 241 | 58:20 | 1:56:59 | 8:56 |
| 5 | 20 | Pamela | Hobson | 54 | Nashville | 327 | 1:02:01 | 2:07:12 | 9:43 |
| 6 | 38 | Vicki | Schmidt | 54 | Nashville | 328 | 1:02:01 | 2:07:13 | 9:43 |
| 7 | 509 | Jan | Adams | 50 | Mount Juliet | 352 | 1:05:26 | 2:11:04 | 10:00 |
| 8 | 3 | Julia | Hallum | 51 | Alexandria | 405 | 1:11:37 | 2:19:27 | 10:39 |
| 9 | 474 | Sheryl | Dusek | 52 | Nashville | 421 | 1:10:02 | 2:22:35 | 10:53 |
| 10 | 324 | Rhonda | Dennison | 53 | Cookeville | 425 | 1:11:45 | 2:23:34 | 10:58 |
| 11 | 427 | Lori | Johnson | 51 | Gallatin | 428 | 1:11:38 | 2:24:02 | 11:00 |
| 12 | 465 | Katy | Bradley | 50 | My Juliey | 448 | 1:13:07 | 2:28:25 | 11:20 |
| 13 | 31 | Carrie | Graf | 50 | Smyrna | 453 | 1:14:12 | 2:29:48 | 11:26 |
| 14 | 220 | Kellie | Tishma | 53 | Smyrna | 457 | 1:13:14 | 2:30:12 | 11:28 |
| 15 | 541 | Christine | Dieters | 54 | Murfreesboro | 458 | 1:15:04 | 2:30:25 | 11:29 |
| 16 | 387 | Lee Ellen | Trenner | 54 | Goodlettsville | 471 | 1:17:21 | 2:34:07 | 11:46 |
| 17 | 414 | Chris | Katterheinrich | 51 | Huntsville, AL | 476 | 1:15:49 | 2:36:52 | 11:58 |
| 18 | 314 | Angela | Toppins | 50 | Hendersonville | 493 | 1:19:52 | 2:44:33 | 12:34 |
| 19 | 318 | Shelley | Cloutier | 53 | Watertown | 494 | 1:19:54 | 2:44:33 | 12:34 |
| 20 | 244 | Gloria | Wright Cook | 50 | Hendersonville | 495 | 1:16:12 | 2:44:36 | 12:34 |
| 21 | 547 | Calla | Naish | 50 | Murfreesboro | 514 | 1:20:47 | 2:55:00 | 13:22 |
| 22 | 418 | Meg | Hargett | 52 | Jackson | | 1:42:06 | 3:26:53 | |
| 23 | 208 | Tracy | Zelenak | 54 | Murfreesboro | 534 | 1:40:46 | 3:35:03 | 16:25 |
| 24 | 69 | Cheryl | Sampsell | 51 | Gainesville, FL | 536 | 1:52:51 | 3:44:44 | 17:09 |
| 25 | 68 | Terri | Chapman | 50 | Fort Lauderdale | 537 | 1:53:00 | 3:44:52 | 17:10 |
| 26 | 476 | Joanne | Fee | 50 | Murfreesboro | 539 | 1:52:03 | 4:01:43 | 18:27 |
| 27 | 438 | Pam | Brown | 54 | Nashville | 540 | 2:04:05 | 4:15:09 | 19:29 |
| F 55-59 | | | | | | | | | |
| 1 | 514 | Mary | Khim | 59 | Thompsons Station | 133 | 53:05 | 1:46:52 | 8:09 |
| 2 | 319 | Iris | Lockhart | 55 | Pleasant View | 149 | 53:30 | 1:48:04 | 8:15 |
| 3 | 557 | Vickie | Spickard | 58 | Nashville | 242 | 58:09 | 1:57:01 | 8:56 |
| 4 | 40 | Lynn | Patterson | 57 | Martin | 281 | 1:01:43 | 2:02:16 | 9:20 |
| 5 | 183 | Cristina | Black | 59 | Mount Juliet | 314 | 1:02:26 | 2:05:42 | 9:36 |
| 6 | 21 | Renee | Parsons | 55 | Smyrna | 326 | 1:03:06 | 2:06:59 | 9:42 |
| 7 | 179 | Lynne | Neeley | 59 | Nashville | 384 | 1:06:12 | 2:15:50 | 10:22 |
| 8 | 180 | Catherine | McCloskey | 55 | Brentwood | 420 | 1:09:36 | 2:22:34 | 10:53 |
| 9 | 544 | Sandy | Brewer | 57 | Wartrace | 426 | 1:11:24 | 2:23:37 | 10:58 |
| 10 | 248 | Diana | lafrate | 58 | Nashville | 490 | 1:18:24 | 2:43:28 | 12:29 |
| 11 | 425 | Carol | Cook | 57 | Jackson | 530 | 1:42:37 | 3:27:29 | 15:50 |
| 12 | 4 | Diane | Taylor | 59 | Nashville | 535 | 1:43:16 | 3:37:34 | 16:36 |

| | | | | | | | | | |
|----------------|-----|-----------|-----------|----|----------------|-----|---------|----------------|-------|
| F 60-64 | | | | | | | | | |
| 1 | 25 | Patricia | Cole | 64 | Goodlettsville | 383 | 1:06:37 | 2:15:21 | 10:20 |
| F 65-69 | | | | | | | | | |
| 1 | 253 | Betty | Salyers | 66 | Hendersonville | 363 | 1:05:21 | 2:12:55 | 10:09 |
| 2 | 576 | Erin | McGuire | 65 | Fayetteville | 431 | 1:10:52 | 2:24:26 | 11:02 |
| 3 | 315 | Doris | Brown | 67 | Cookeville | 523 | 1:29:09 | 2:58:46 | 13:39 |
| F 70-74 | | | | | | | | | |
| 1 | 470 | Janet | Jernigan | 71 | Bradyville | 414 | 1:08:33 | 2:21:43 | 10:49 |
| M 0-19 | | | | | | | | | |
| 1 | 250 | Diego | Zuazua | 14 | Nolensville | 3 | 38:24 | 1:15:13 | 5:45, |
| 2 | 90 | Michael | Maier | 18 | Murfreesboro | 8 | 40:10 | 1:21:09 | 6:12, |
| 3 | 51 | Donovan | Davis | 18 | Gleason | 12 | 44:21 | 1:26:18 | 6:35, |
| 4 | 357 | Takashi | Terauchi | 17 | Murfreesboro | 16 | 44:03 | 1:28:17 | 6:44, |
| 5 | 277 | Daniel | Wich | 16 | Murfreesboro | 27 | 46:52 | 1:32:23 | 7:03, |
| 6 | 542 | Eric | Goodwin | 17 | Murfreesboro | 31 | 46:52 | 1:32:49 | 7:05, |
| 7 | 374 | Bryan | Fee | 16 | Murfreesboro | 44 | 46:54 | 1:34:51 | 7:14, |
| 8 | 572 | Titus | Williams | 16 | | 53 | 47:39 | 1:37:30 | 7:27, |
| 9 | 604 | Andrew | Touk | 19 | | 72 | 53:42 | 1:41:06 | 7:43, |
| 10 | 238 | Joshua | Brown | 17 | Gallatin | 109 | 49:21 | 1:44:10 | 7:57, |
| 11 | 380 | Andrew | Fuqua | 17 | Mount Juliet | 127 | 54:27 | 1:46:30 | 8:08, |
| 12 | 555 | Krishna | Patel | 12 | | 167 | 54:04 | 1:50:30 | 8:26, |
| 13 | 156 | Jesse | Groves | 16 | Murfreesboro | 218 | 51:12 | 1:54:27 | 8:44, |
| 14 | 401 | Seth | Vinson | 16 | Murfreesboro | 256 | 57:25 | 1:58:38 | 9:03, |
| 15 | 358 | Wataru | Tamura | 17 | Murfreesboro | 301 | 59:18 | 2:04:21 | 9:30, |
| 16 | 460 | David | Paddon | 12 | Mount Juliet | 370 | 1:07:02 | 2:13:56 | 10:13 |
| 17 | 249 | Alejandro | Zuazua | 12 | Nolensville | 451 | 1:08:28 | 2:29:20 | 11:24 |
| 18 | 147 | Camren | Warner | 16 | Murfreesboro | 511 | 1:12:41 | 2:54:15 | 13:18 |
| 19 | 53 | Jimmie | Edwards | 11 | Lebanon | 519 | 1:25:50 | 2:55:37 | 13:24 |
| M 20-24 | | | | | | | | | |
| 1 | 545 | Garang | Madut | 20 | Lebanon | 4 | 38:23 | 1:15:44 | 5:47, |
| 2 | 565 | Eric | Nelius | 20 | Tullahoma | 6 | 38:30 | 1:17:52 | 5:57, |
| 3 | 582 | Spenser | Cole | 23 | Hendersonville | 7 | 38:44 | 1:18:52 | 6:01, |
| 4 | 28 | Kevin | Barrett | 20 | Smyrna | 9 | 41:41 | 1:24:03 | 6:25, |
| 5 | 567 | Spencer | Rearick | 20 | Westmoreland | 65 | 46:32 | 1:39:48 | 7:37, |
| 6 | 190 | Stephen | Wuest | 24 | Cincinnati, OH | 99 | 51:28 | 1:43:12 | 7:53, |
| 7 | 264 | Daniel | Tribble | 22 | Lebanon | 110 | 52:16 | 1:44:10 | 7:57, |
| 8 | 168 | Austin | Barlow | 24 | Hermitage | 403 | 1:09:20 | 2:19:19 | 10:38 |
| 9 | 112 | Seth | Harbison | 24 | Hermitage | 475 | 1:13:56 | 2:36:25 | 11:56 |
| M 25-29 | | | | | | | | | |
| 1 | 306 | Hunter | Hall | 27 | Nashville | 2 | 37:47 | 1:15:00 | 5:44, |
| 2 | 359 | Logan | Broadbent | 28 | Cleveland, OH | 5 | 38:30 | 1:17:32 | 5:55, |
| 3 | 519 | Bryce | Young | 25 | Missoula, MT | 11 | 40:44 | 1:24:57 | 6:29, |
| 4 | 530 | Evan | Fortune | 26 | Mount Juliet | 26 | 45:00 | 1:32:11 | 7:02, |

| | | | | | | | | | |
|-----------|-----|----------|-------------|----|----------------|-----|---------|----------------|-------|
| 5 | 403 | Robert | Moore | 29 | Huntsville, AL | 28 | 44:59 | 1:32:24 | 7:03, |
| 6 | 363 | Michael | Bolt | 28 | Hendersonville | 33 | 47:52 | 1:33:48 | 7:10, |
| 7 | 364 | Wade | Wonderlin | 28 | Nashville | 34 | 47:52 | 1:33:48 | 7:10, |
| 8 | 336 | John | Horner | 27 | Murfreesboro | 42 | 46:07 | 1:34:41 | 7:14, |
| 9 | 157 | Richard | Dell'Isola | 27 | Nashville | 63 | 49:28 | 1:39:23 | 7:35, |
| 10 | 538 | Adam | Lightman | 28 | Nashville | 83 | 53:46 | 1:41:49 | 7:46, |
| 11 | 365 | Daniel | Kelly | 26 | Nashville | 84 | 50:58 | 1:41:54 | 7:47, |
| 12 | 568 | Taylor | Davidson | 28 | | 89 | 52:13 | 1:42:21 | 7:49, |
| 13 | 536 | Michael | Knowles | 25 | Nashville | 108 | 53:45 | 1:44:08 | 7:57, |
| 14 | 613 | Will | Methvin | 28 | Nashville | 114 | 50:18 | 1:44:36 | 7:59, |
| 15 | 449 | Brandon | Henthorn | 28 | Murfreesboro | 121 | 47:28 | 1:45:29 | 8:03, |
| 16 | 121 | Luke | Terwilliger | 26 | Nashville | 153 | 52:49 | 1:48:34 | 8:17, |
| 17 | 529 | Anthony | McCauliff | 27 | Nashville | 174 | 51:30 | 1:50:52 | 8:28, |
| 18 | 122 | Jay | Staler | 27 | Nashville | 184 | 58:29 | 1:51:54 | 8:33, |
| 19 | 608 | Matthew | Hansche | 28 | Nashville | 186 | 53:51 | 1:52:06 | 8:33, |
| 20 | 376 | David | Cox | 29 | Franklin | 211 | 55:36 | 1:53:53 | 8:42, |
| 21 | 617 | Peter | Young | 26 | Missoula, MT | 221 | 55:57 | 1:54:51 | 8:46, |
| 22 | 216 | Luke | Burris | 25 | Nashville | 239 | 56:20 | 1:56:42 | 8:55, |
| 23 | 326 | Meher | Juttukonda | 25 | Nashville | 304 | 1:02:36 | 2:04:23 | 9:30, |
| 24 | 413 | Benjamin | Morse | 29 | Nashville | 306 | 53:13 | 2:04:55 | 9:32, |
| 25 | 141 | Ryan | Snow | 27 | Mount Juliet | 378 | 1:00:58 | 2:14:24 | 10:16 |

M 30-39

| | | | | | | | | | |
|-----------|-----|------------|------------|----|----------------|-----|---------|----------------|-------|
| 1 | 48 | Andrew | Wisniewski | 33 | Cane Ridge | 18 | 44:21 | 1:28:39 | 6:46, |
| 2 | 290 | Matt | Myles | 30 | Nashville | 21 | 44:13 | 1:30:27 | 6:54, |
| 3 | 497 | John | Ramsay | 32 | Nashville | 22 | 45:48 | 1:30:48 | 6:56, |
| 4 | 406 | Alex | Mincey | 31 | Nashville | 29 | 46:13 | 1:32:24 | 7:03, |
| 5 | 592 | Jason | McVey | 34 | Mcminnville | 35 | 46:56 | 1:33:54 | 7:10, |
| 6 | 421 | Matthew | Drewes | 34 | Nashville | 50 | 46:57 | 1:36:07 | 7:20, |
| 7 | 372 | Kristopher | Hatchell | 32 | Hermitage | 54 | 48:35 | 1:37:40 | 7:27, |
| 8 | 350 | Marc | Hughes | 34 | Nolensville | 76 | 51:23 | 1:41:20 | 7:44, |
| 9 | 96 | Ryan | Korstange | 34 | Murfreesboro | 95 | 51:25 | 1:42:40 | 7:50, |
| 10 | 61 | Case | Cantrell | 33 | Murfreesboro | 119 | 51:54 | 1:45:14 | 8:02, |
| 11 | 573 | Nathan | Johnson | 31 | Murfreesboro | 163 | 56:04 | 1:49:52 | 8:23, |
| 12 | 294 | Ben | Bledsoe | 33 | Hermitage | 196 | 55:45 | 1:52:55 | 8:37, |
| 13 | 245 | Anthony | Ohrey | 33 | Henderson | 234 | 56:28 | 1:56:21 | 8:53, |
| 14 | 159 | Chris | Thigpen | 31 | Blue Ridge, GA | 238 | 1:00:41 | 1:56:40 | 8:54, |
| 15 | 105 | Blake | Oakley | 30 | Lebanon | 262 | 1:00:42 | 1:59:09 | 9:06, |
| 16 | 446 | Keenan | Coleman | 32 | New Johnsonv. | 273 | 56:16 | 2:00:58 | 9:14, |
| 17 | 330 | John | McGee | 34 | Hermitage | 307 | 58:56 | 2:04:58 | 9:32, |
| 18 | 196 | Tavis | Gibson | 32 | Clarksville | 315 | 1:03:17 | 2:05:44 | 9:36, |
| 19 | 197 | Bruce | Kilby | 33 | Clarksville | 316 | 1:03:17 | 2:05:44 | 9:36, |
| 20 | 498 | Matthew | Hulse | 31 | Nashville | 324 | 1:00:02 | 2:06:34 | 9:40, |
| 21 | 373 | Chase | Gruber | 31 | Nashville | 347 | 1:00:43 | 2:10:47 | 9:59, |
| 22 | 93 | Robert | Chatham | 34 | Franklin | 374 | 1:03:38 | 2:14:09 | 10:14 |
| 23 | 317 | Hal | Parker | 32 | Chattanooga | 375 | 1:05:42 | 2:14:14 | 10:15 |
| 24 | 114 | Davey | Jordan | 34 | Franklin | 380 | 1:03:40 | 2:14:38 | 10:17 |
| 25 | 610 | John | Pyle | 31 | Nashville | 416 | 1:06:31 | 2:21:45 | 10:49 |

M 35-39

| | | | | | | | | | |
|----|-----|----------|-------------|----|----------------|-----|---------|----------------|--------|
| 1 | 528 | Joseph | Kafka | 37 | Boise, ID | 24 | 43:20 | 1:31:11 | 6:58, |
| 2 | 242 | Peter | Kleuser | 38 | Nashville | 38 | 46:59 | 1:34:18 | 7:12, |
| 3 | 587 | Jason | Long | 37 | Readyville | 41 | 47:50 | 1:34:35 | 7:13, |
| 4 | 428 | Alfredo | Cardenas | 37 | Hermitage | 45 | 46:53 | 1:35:15 | 7:16, |
| 5 | 588 | Jeremy | Kaiding | 39 | Shelbyville | 55 | 47:01 | 1:37:47 | 7:28, |
| 6 | 417 | Andrew | Dollar | 36 | Hendersonville | 57 | 51:22 | 1:38:02 | 7:29, |
| 7 | 429 | Derrick | Rice | 36 | Greenbrier | 66 | 52:20 | 1:39:59 | 7:38, |
| 8 | 408 | Matt | Golenor | 38 | Brentwood | 67 | 50:19 | 1:40:03 | 7:38, |
| 9 | 475 | Lucas | Carl | 35 | Greenbrier | 77 | 50:41 | 1:41:28 | 7:45, |
| 10 | 211 | Dan | Follmer | 39 | Mount Juliet | 92 | 50:17 | 1:42:28 | 7:49, |
| 11 | 17 | Brian | Bearden | 39 | Fort Payne, AL | 93 | 51:52 | 1:42:33 | 7:50, |
| 12 | 590 | Blake | Bivens | 35 | Nolensville | 128 | 52:40 | 1:46:37 | 8:08, |
| 13 | 442 | Matthew | Milam | 37 | Nashville | 141 | 52:19 | 1:47:12 | 8:11, |
| 14 | 597 | Chad | Burgess | 38 | Murfreesboro | 155 | 54:49 | 1:48:49 | 8:18, |
| 15 | 445 | Jerry | Lawless | 39 | Goodlettsville | 158 | 54:49 | 1:49:07 | 8:20, |
| 16 | 268 | Brad | Frazier | 37 | Smyrna | 164 | 52:46 | 1:49:54 | 8:23, |
| 17 | 6 | Michael | Bolen | 36 | Mt Juliet | 169 | 54:41 | 1:50:37 | 8:27, |
| 18 | 559 | Adam | Featherston | 35 | Hendersonville | 172 | 54:10 | 1:50:47 | 8:27, |
| 19 | 354 | John | Shafer | 36 | Brentwood | 173 | 51:33 | 1:50:49 | 8:28, |
| 20 | 513 | Kevin | Dean | 37 | Springfield | 182 | 55:02 | 1:51:51 | 8:32, |
| 21 | 139 | Jacob | Armstrong | 35 | Mt. Juliet | 195 | 55:29 | 1:52:51 | 8:37, |
| 22 | 491 | Nicholas | Abruzzo | 36 | Nashville | 199 | 57:31 | 1:53:05 | 8:38, |
| 23 | 153 | Joshua | Furnier | 35 | Nolensville | 201 | 55:50 | 1:53:20 | 8:39, |
| 24 | 468 | Preston | Porter | 38 | Murfreesboro | 212 | 52:37 | 1:54:00 | 8:42, |
| 25 | 225 | Josh | Bledsoe | 36 | Mount Juliet | 230 | 57:53 | 1:55:56 | 8:51, |
| 26 | 126 | Ahmad | Alammuri | 37 | Nashville | 244 | 53:55 | 1:57:16 | 8:57, |
| 27 | 251 | Andy | Dyer | 38 | Gallatin | 265 | 57:39 | 1:59:18 | 9:06, |
| 28 | 236 | Khريس | Downey | 37 | Murfreesboro | 268 | 1:02:00 | 2:00:20 | 9:11, |
| 29 | 609 | Brian | Brockman | 38 | Nashville | 295 | 59:18 | 2:04:06 | 9:28, |
| 30 | 193 | Brandon | Kettle | 39 | Clarksville | 317 | 1:03:18 | 2:05:45 | 9:36, |
| 31 | 420 | Carlos | Taylor | 37 | Chattanooga | 322 | 1:02:41 | 2:06:32 | 9:40, |
| 32 | 247 | David | Elliott | 39 | Cookeville | 345 | 1:01:52 | 2:10:27 | 9:57, |
| 33 | 611 | Larry | Sikuka | 38 | Clarksville | 361 | 1:00:33 | 2:12:18 | 10:06, |
| 34 | 316 | Damon | Reiss | 38 | Lebanon | 393 | 1:09:10 | 2:16:40 | 10:26, |
| 35 | 128 | Ben | Thigpen | 36 | Murfreesboro | 409 | 1:06:42 | 2:20:19 | 10:43, |
| 36 | 550 | Temo | Ledezma | 39 | Lavergne | 445 | 1:10:39 | 2:27:29 | 11:15, |
| 37 | 226 | Whit | Turnbow | 37 | Murfreesboro | 455 | 1:10:33 | 2:30:03 | 11:27, |
| 38 | 285 | Alfred | Eller | 38 | Cane Ridge | 459 | 1:13:19 | 2:30:30 | 11:29, |
| 39 | 185 | Sam | Harwell | 35 | Trenton | 466 | 1:10:06 | 2:31:43 | 11:35, |
| 40 | 280 | Jimmy | Stitt | 37 | Nolensville | 481 | 1:19:08 | 2:37:56 | 12:03, |
| 41 | 397 | Jason | Bringhurst | 35 | Lebanon | 496 | 1:14:47 | 2:44:42 | 12:34, |
| 42 | 154 | Andrew | Shuff | 36 | Gallatin | 502 | 1:18:10 | 2:47:19 | 12:46, |
| 43 | 564 | Jason | Kilby | 37 | Grimsley | 516 | 1:29:10 | 2:55:09 | 13:22, |

M 40-44

| | | | | | | | | | |
|---|-----|--------|--------|----|-------------|----|-------|----------------|-------|
| 1 | 580 | Joseph | Relyea | 43 | Nolensville | 13 | 44:58 | 1:26:58 | 6:38, |
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|----|-----|----------|-----------|----|--------------|-----|---------|----------------|--------|
| 2 | 325 | Stephen | Hagan | 44 | Nashville | 17 | 44:24 | 1:28:36 | 6:46, |
| 3 | 266 | Alex | Short | 43 | Franklin | 20 | 44:10 | 1:29:37 | 6:50, |
| 4 | 584 | Jeff | Moshinsky | 43 | Mount Juliet | 25 | 46:23 | 1:31:13 | 6:58, |
| 5 | 124 | Brian | Elrod | 42 | Woodbury | 47 | 47:38 | 1:35:31 | 7:17, |
| 6 | 481 | Jacob | Schwarz | 43 | Nashville | 48 | 48:34 | 1:35:47 | 7:19, |
| 7 | 510 | Omar | Hobeika | 43 | Nashville | 68 | 49:59 | 1:40:07 | 7:39, |
| 8 | 161 | Adam | Kittrell | 42 | Nashville | 71 | 51:17 | 1:40:52 | 7:42, |
| 9 | 577 | Travis | Milsaps | 44 | | 90 | 51:25 | 1:42:22 | 7:49, |
| 10 | 308 | Keith | Martin | 43 | Murfreesboro | 94 | 51:13 | 1:42:37 | 7:50, |
| 11 | 393 | David | Bechler | 43 | Livingston | 102 | 52:55 | 1:43:26 | 7:54, |
| 12 | 136 | Mark | Youngman | 41 | Mount Juliet | 117 | 51:57 | 1:44:54 | 8:00, |
| 13 | 16 | Andrew | Brown | 43 | Franklin | 130 | 51:06 | 1:46:44 | 8:09, |
| 14 | 341 | Chris | Panter | 43 | Mcminnville | 157 | 54:31 | 1:48:53 | 8:19, |
| 15 | 334 | Joel | McCauley | 41 | Smyrna | 160 | 55:05 | 1:49:32 | 8:22, |
| 16 | 591 | Doug | Koonce | 42 | Shelbyville | 161 | 52:27 | 1:49:45 | 8:23, |
| 17 | 202 | Jim | Robinson | 43 | Columbia | 166 | 53:19 | 1:50:25 | 8:26, |
| 18 | 173 | Chip | Brown | 42 | White House | 188 | 58:08 | 1:52:15 | 8:34, |
| 19 | 367 | Andy | Hyde | 41 | Smyrna | 207 | 52:47 | 1:53:31 | 8:40, |
| 20 | 533 | Kevin | Davenport | 42 | Mount Juliet | 226 | 53:39 | 1:55:38 | 8:50, |
| 21 | 520 | Derek | Huggett | 43 | Nolensville | 232 | 1:00:43 | 1:56:10 | 8:52, |
| 22 | 78 | Kris | Delk | 40 | Jamestown | 233 | 57:01 | 1:56:19 | 8:53, |
| 23 | 507 | Chad | Crawley | 42 | Murfreesboro | 264 | 56:06 | 1:59:10 | 9:06, |
| 24 | 87 | Travis | Nowell | 42 | Hixson | 266 | 59:10 | 1:59:34 | 9:08, |
| 25 | 526 | Daniel | Saurers | 40 | Franklin | 267 | 1:00:34 | 2:00:17 | 9:11, |
| 26 | 142 | Bart | Miller | 44 | Murfreesboro | 271 | 1:00:18 | 2:00:52 | 9:14, |
| 27 | 198 | Geoffrey | Little | 40 | Nashville | 288 | 1:01:12 | 2:03:21 | 9:25, |
| 28 | 76 | Marc | Swain | 44 | Thomsons Sta | 289 | 1:02:47 | 2:03:27 | 9:25, |
| 29 | 286 | Darby | Futrell | 43 | Benton, KY | 293 | 59:04 | 2:04:05 | 9:28, |
| 30 | 560 | Norton | Arrant | 41 | Arrington | 294 | 59:49 | 2:04:06 | 9:28, |
| 31 | 221 | Richard | Rouse | 44 | Mt Juliet | 311 | 1:03:16 | 2:05:26 | 9:35, |
| 32 | 102 | Andrew | Latham | 42 | Murfreesboro | 323 | 58:45 | 2:06:33 | 9:40, |
| 33 | 563 | Scott | Chapman | 42 | Franklin | 325 | 55:02 | 2:06:43 | 9:40, |
| 34 | 515 | Eddie | Gonzalez | 40 | Smyrna | 334 | 1:04:40 | 2:08:25 | 9:48, |
| 35 | 239 | David | Victory | 43 | Nolensville | 340 | 1:03:40 | 2:09:45 | 9:54, |
| 36 | 213 | Jeremy | Strayer | 43 | Murfreesboro | 355 | 1:03:36 | 2:11:21 | 10:02, |
| 37 | 107 | Mike | Green | 43 | Bradyville | 406 | 1:08:14 | 2:19:54 | 10:41, |
| 38 | 187 | Keith | Heim | 40 | Mt. Juliet | 464 | 1:11:09 | 2:30:53 | 11:31, |
| 39 | 262 | Daniel | Underwood | 42 | Brentwood | 478 | 1:19:06 | 2:37:54 | 12:03, |
| 40 | 234 | Al | Frazier | 43 | Dickson | 482 | 1:15:42 | 2:39:42 | 12:11, |
| 41 | 195 | Brian | Reynolds | 41 | Tullahoma | 498 | 1:17:30 | 2:45:13 | 12:37, |

F 45-49

| | | | | | | | | | |
|---|-----|---------|-----------|----|--------------|----|-------|----------------|-------|
| 1 | 201 | William | Carey | 46 | Murfreesboro | 15 | 43:22 | 1:27:27 | 6:41, |
| 2 | 554 | Kevin | Hooker | 47 | | 19 | 45:02 | 1:28:56 | 6:47, |
| 3 | 329 | Scott | Alexander | 48 | Nolensville | 32 | 46:49 | 1:33:23 | 7:08, |
| 4 | 50 | Randy | Davis | 47 | Gleason | 36 | 47:39 | 1:34:02 | 7:11, |
| 5 | 447 | Roger | Brady | 48 | Murfreesboro | 37 | 47:02 | 1:34:03 | 7:11, |
| 6 | 13 | Jason | Sublette | 47 | Chapel Hill | 51 | 47:43 | 1:36:43 | 7:23, |

| | | | | | | | | | |
|----|-----|---------|-----------|----|----------------|-----|---------|----------------|-------|
| 7 | 458 | Brian | Lawhern | 45 | Roan Mountain | 64 | 48:56 | 1:39:34 | 7:36, |
| 8 | 504 | Joe | Singer | 47 | Nashville | 82 | 50:09 | 1:41:49 | 7:46, |
| 9 | 71 | Jerry | Lovell | 46 | Hendersonville | 85 | 51:49 | 1:42:03 | 7:47, |
| 10 | 603 | Mike | Mullins | 45 | | 86 | 51:08 | 1:42:08 | 7:48, |
| 11 | 27 | Chris | Barrett | 45 | Smyrna | 87 | 50:22 | 1:42:12 | 7:48, |
| 12 | 218 | Brian | Turner | 45 | Murfreesboro | 106 | 52:55 | 1:43:57 | 7:56, |
| 13 | 430 | Kevin | Frost | 46 | Baxter | 111 | 52:16 | 1:44:21 | 7:58, |
| 14 | 133 | Kent | Marohl | 49 | Clarksville | 112 | 52:16 | 1:44:27 | 7:58, |
| 15 | 558 | Brian | Murray | 49 | Hermitage | 124 | 53:04 | 1:46:13 | 8:06, |
| 16 | 137 | Paul | Witkowski | 45 | Clarksville | 132 | 52:15 | 1:46:50 | 8:09, |
| 17 | 471 | Scott | Sandel | 47 | Gallatin | 134 | 55:17 | 1:46:53 | 8:10, |
| 18 | 616 | Aaron | Foster | 47 | Lebanon | 144 | 53:44 | 1:47:42 | 8:13, |
| 19 | 356 | Tony | Dedman | 49 | Lebanon | 159 | 55:29 | 1:49:13 | 8:20, |
| 20 | 385 | Jeff | Salyers | 47 | Hermitage | 162 | 55:29 | 1:49:50 | 8:23, |
| 21 | 569 | Greg | Walker | 49 | Nashville | 165 | 54:59 | 1:49:58 | 8:24, |
| 22 | 620 | Jason | Welch | 45 | Lafayette | 171 | 55:04 | 1:50:38 | 8:27, |
| 23 | 189 | Michael | Grigsby | 48 | Gallatin | 187 | 57:46 | 1:52:10 | 8:34, |
| 24 | 217 | Kevin | Brown | 48 | Gallatin | 189 | 57:40 | 1:52:20 | 8:35, |
| 25 | 532 | Michael | Waller | 47 | Mount Juliet | 231 | 54:07 | 1:56:09 | 8:52, |
| 26 | 388 | Bob | Shumake | 49 | Martin | 235 | 58:27 | 1:56:23 | 8:53, |
| 27 | 599 | Ben | Leonard | 45 | Pleasant Shade | 237 | 57:47 | 1:56:29 | 8:54, |
| 28 | 164 | Doug | Blackmon | 46 | Murfreesboro | 269 | 58:46 | 2:00:34 | 9:12, |
| 29 | 158 | Ravi | Aradhyula | 47 | Brentwood | 278 | 59:39 | 2:01:42 | 9:17, |
| 30 | 469 | Patrick | Meldrim | 49 | Nashville | 284 | 57:51 | 2:02:33 | 9:21, |
| 31 | 589 | Sergio | Ramirez | 46 | Gallatin | 320 | 58:27 | 2:06:07 | 9:38, |
| 32 | 297 | Michael | Felix | 48 | Franklin | 357 | 1:02:32 | 2:11:52 | 10:04 |
| 33 | 88 | Ron | Bailey | 47 | Soddy Daisy | 360 | 1:05:03 | 2:12:13 | 10:06 |
| 34 | 171 | Rick | Potter | 47 | Hendersonville | 382 | 1:04:16 | 2:14:51 | 10:18 |
| 35 | 391 | Paul | Arnette | 49 | Christiana | 407 | 1:07:15 | 2:20:13 | 10:42 |
| 36 | 246 | Jeff | Recker | 49 | Nashville | 472 | 1:09:39 | 2:35:40 | 11:53 |
| 37 | 369 | Burt | Empson | 49 | Hendersonville | 488 | 1:16:13 | 2:42:50 | 12:26 |
| 38 | 231 | Marty | Purdom | 46 | Murfreesboro | 505 | 1:19:49 | 2:49:13 | 12:55 |

M 50-54

| | | | | | | | | | |
|----|-----|---------|-----------|----|----------------|-----|-------|----------------|-------|
| 1 | 548 | David | Hatler | 54 | Dresden | 39 | 47:21 | 1:34:19 | 7:12, |
| 2 | 386 | David | Trenner | 51 | Goodlettsville | 49 | 47:35 | 1:35:57 | 7:19, |
| 3 | 464 | Jeff | Brown | 51 | Lebanon | 59 | 49:03 | 1:38:41 | 7:32, |
| 4 | 293 | Brad | Pigue | 54 | Madison | 62 | 49:43 | 1:39:17 | 7:35, |
| 5 | 543 | Tommy | Kell | 53 | Rock Island | 98 | 50:10 | 1:43:01 | 7:52, |
| 6 | 618 | Phillip | Loe | 54 | | 113 | 51:59 | 1:44:33 | 7:59, |
| 7 | 347 | Jeff | Williams | 50 | Smyrna | 129 | 53:00 | 1:46:38 | 8:08, |
| 8 | 140 | Thomas | Rouse Jr | 53 | Clarksville | 135 | 52:11 | 1:46:54 | 8:10, |
| 9 | 508 | Mark | Adams | 53 | Mount Juliet | 138 | 56:21 | 1:47:02 | 8:10, |
| 10 | 539 | Butch | Whitworth | 51 | Murfreesboro | 143 | 53:55 | 1:47:41 | 8:13, |
| 11 | 525 | Dan | Cox | 53 | Franklin | 156 | 54:11 | 1:48:50 | 8:18, |
| 12 | 160 | Van | Irwin | 51 | Spring Hill | 177 | 57:32 | 1:51:15 | 8:30, |
| 13 | 295 | Charles | Morris | 51 | Lebanon | 193 | 55:35 | 1:52:29 | 8:35, |
| 14 | 10 | Paul | Putnam | 52 | Hermitage | 209 | 56:25 | 1:53:44 | 8:41, |

| | | | | | | | | | |
|-----------|-----|---------|----------|----|------------------|-----|---------|----------------|-------|
| 15 | 523 | Samuel | Orr | 50 | Lebanon | 252 | 57:09 | 1:57:54 | 9:00, |
| 16 | 586 | Tim | Lloyd | 52 | Smyrna | 260 | 58:18 | 1:59:00 | 9:05, |
| 17 | 598 | Chris | Ferrell | 50 | Brush Creek | 275 | 58:50 | 2:01:00 | 9:14, |
| 18 | 494 | Eddie | Richards | 52 | Antioch | 300 | 59:42 | 2:04:16 | 9:29, |
| 19 | 85 | Bill | White | 53 | Nashville | 321 | 1:03:46 | 2:06:17 | 9:38, |
| 20 | 493 | Billy | Crips | 54 | Mtjuliet | 333 | 1:01:56 | 2:08:19 | 9:48, |
| 21 | 378 | Thomas | Palko | 54 | Nashville | 342 | 1:02:53 | 2:10:04 | 9:56, |
| 22 | 422 | Wade | Anderson | 54 | Readyville | 343 | 1:05:28 | 2:10:10 | 9:56, |
| 23 | 59 | Towhid | Alam | 54 | Antioch | 356 | 1:04:46 | 2:11:42 | 10:03 |
| 24 | 619 | Nathan | Baker | 52 | Sparta | 379 | 1:01:08 | 2:14:31 | 10:16 |
| 25 | 394 | Mike | Greeson | 51 | Murfreesboro | 408 | 1:07:14 | 2:20:13 | 10:42 |
| 26 | 267 | Troy | Layne | 53 | Pelham | 422 | 1:10:15 | 2:22:55 | 10:55 |
| 27 | 424 | Randall | Smitn | 54 | Old Hickory | 435 | 1:08:03 | 2:25:04 | 11:04 |
| 28 | 371 | Kenny | Lewis | 51 | Christiana | 437 | 1:10:59 | 2:25:15 | 11:05 |
| 29 | 174 | Brian | Wood | 51 | Mount Juliet | 450 | 1:10:43 | 2:28:54 | 11:22 |
| 30 | 622 | John | Nunley | 52 | Mcminnville | 452 | 1:13:15 | 2:29:44 | 11:26 |
| 31 | 463 | Kevin | Bass | 54 | Mt Juliet | 468 | 1:12:03 | 2:33:00 | 11:41 |
| 32 | 435 | Stuart | Garber | 50 | Nashville | 477 | 1:14:49 | 2:37:40 | 12:02 |
| 33 | 260 | Kerry | Risley | 53 | Nashville | 483 | 1:15:43 | 2:39:43 | 12:12 |
| 34 | 223 | Paul | Clark | 52 | Indianapolis, IN | 509 | 1:21:33 | 2:52:35 | 13:10 |

M 55-59

| | | | | | | | | | |
|-----------|-----|---------|-----------|----|----------------|-----|---------|----------------|-------|
| 1 | 43 | James | Zahn | 55 | McMinnville | 69 | 49:10 | 1:40:22 | 7:40, |
| 2 | 33 | Jimmy | Fryer | 56 | Mt Juliet | 81 | 51:21 | 1:41:43 | 7:46, |
| 3 | 383 | Erik | Stephan | 56 | Murfreesboro | 100 | 51:53 | 1:43:22 | 7:53, |
| 4 | 496 | Dan | Norem | 56 | Franklin | 103 | 51:58 | 1:43:27 | 7:54, |
| 5 | 511 | Grant | Glassford | 55 | Nashville | 148 | 52:20 | 1:48:03 | 8:15, |
| 6 | 272 | Chris | Thompson | 58 | Nashville | 168 | 55:12 | 1:50:36 | 8:27, |
| 7 | 426 | Edward | Russell | 57 | Lebanon | 170 | 55:12 | 1:50:37 | 8:27, |
| 8 | 270 | Andy | Parrish | 56 | Hermitage | 181 | 55:11 | 1:51:50 | 8:32, |
| 9 | 451 | Allen | Burriss | 57 | Mitchell | 210 | 54:37 | 1:53:45 | 8:41, |
| 10 | 352 | Bill | Dyer | 58 | Murfreesboro | 214 | 57:37 | 1:54:14 | 8:43, |
| 11 | 606 | John | Mitchell | 57 | Nashville | 261 | 57:03 | 1:59:06 | 9:05, |
| 12 | 299 | Dwight | Bond | 56 | Smyrna | 270 | 57:44 | 2:00:45 | 9:13, |
| 13 | 163 | Anthony | Shelly | 58 | Smyrna | 279 | 59:32 | 2:02:08 | 9:19, |
| 14 | 41 | George | Boxley | 59 | Estill Springs | 349 | 1:06:49 | 2:10:57 | 10:00 |
| 15 | 537 | Kevin | Monahan | 59 | Franklin | 364 | 1:02:48 | 2:12:58 | 10:09 |
| 16 | 484 | Eddie | Anderson | 55 | Munford | 366 | 1:04:30 | 2:13:25 | 10:11 |
| 17 | 55 | Daniel | Erickson | 55 | Old Hickory | 392 | 1:05:50 | 2:16:30 | 10:25 |
| 18 | 452 | Roger | Haywood | 58 | Smyrna | 400 | 1:02:04 | 2:18:50 | 10:36 |
| 19 | 556 | Marty | Spurlock | 57 | Nashville | 461 | 1:08:52 | 2:30:47 | 11:31 |
| 20 | 259 | Kenneth | Moore | 55 | Nolensville | 479 | 1:19:07 | 2:37:55 | 12:03 |
| 21 | 65 | Bob | Jared | 59 | Gladeville | 487 | 1:11:50 | 2:42:11 | 12:23 |
| 22 | 275 | Rick | Sears | 55 | Brentwood | 501 | 1:20:46 | 2:46:23 | 12:42 |
| 23 | 135 | Randy | Riggs | 59 | Ashland City | 518 | 1:26:57 | 2:55:25 | 13:23 |
| 24 | 44 | Glenn | Eddington | 59 | Nashville | 538 | 1:52:59 | 3:48:52 | 17:28 |

M 60-64

| | | | | | | | | | |
|----|-----|---------|-----------|----|------------------|-----|---------|----------------|-------|
| 1 | 205 | Steve | Rundberg | 60 | Nashville | 115 | 52:38 | 1:44:48 | 8:00, |
| 2 | 392 | Terry | Wonderlin | 60 | Franklin | 120 | 51:33 | 1:45:23 | 8:03, |
| 3 | 37 | Richard | Jonardi | 61 | Franklin | 152 | 53:43 | 1:48:31 | 8:17, |
| 4 | 375 | Guy | Giles | 64 | Knoxville | 190 | 56:37 | 1:52:22 | 8:35, |
| 5 | 108 | Roy | Tamez | 62 | Brentwood, | 202 | 57:47 | 1:53:21 | 8:39, |
| 6 | 482 | Rich | Hallworth | 60 | Nashville | 213 | 56:40 | 1:54:08 | 8:43, |
| 7 | 323 | Norm | Robinson | 60 | Nashville | 258 | 1:00:16 | 1:58:45 | 9:04, |
| 8 | 81 | Steve | Blume | 60 | Brentwood | 263 | 58:02 | 1:59:10 | 9:06, |
| 9 | 12 | Timothy | Wilt | 62 | Chapel Hill | 285 | 1:01:13 | 2:02:50 | 9:23, |
| 10 | 423 | Paul | Vondohlen | 63 | Bon Aqua | 296 | 1:01:54 | 2:04:07 | 9:28, |
| 11 | 411 | Bryan | Harmon | 64 | Columbia | 312 | 1:03:39 | 2:05:26 | 9:35, |
| 12 | 433 | John | Spencer | 61 | Dickson | 351 | 1:02:39 | 2:10:59 | 10:00 |
| 13 | 26 | Randall | Cole | 62 | Goodlettsville | 449 | 1:15:40 | 2:28:29 | 11:20 |
| 14 | 127 | Mike | Rambo | 62 | Hopkinsville, KY | 465 | 1:10:35 | 2:31:36 | 11:34 |
| 15 | 132 | Jay | Swafford | 61 | Springfield | 500 | 1:20:43 | 2:46:17 | 12:42 |
| 16 | 489 | Rick | Murray | 60 | Hendersonville | 503 | 1:14:17 | 2:47:28 | 12:47 |
| 17 | 165 | John | Bryant | 62 | Clarksville | 510 | 1:17:34 | 2:54:12 | 13:18 |
| 18 | 131 | Mike | Mullins | 64 | Louisville, KY | | 1:30:58 | 3:04:22 | |

M 65-69

| | | | | | | | | | |
|---|-----|---------|------------|----|---------------|-----|---------|----------------|-------|
| 1 | 119 | Donald | Crask | 68 | Owensboro, KY | 204 | 55:29 | 1:53:24 | 8:39, |
| 2 | 39 | Les | MacDiarmid | 69 | Martin | 259 | 1:01:12 | 1:58:52 | 9:04, |
| 3 | 415 | William | Bilbrey | 66 | Dickson | 377 | 1:05:49 | 2:14:19 | 10:15 |
| 4 | 400 | Jim | Hillerich | 66 | Dawson Sp, KY | 415 | 1:07:49 | 2:21:44 | 10:49 |
| 5 | 348 | George | Garden | 66 | Franklin | 423 | 1:08:36 | 2:23:19 | 10:56 |
| 6 | 583 | Gerald | Goodwin | 65 | Cookeville | 438 | 1:09:03 | 2:25:22 | 11:06 |
| 7 | 130 | William | Bryce | 65 | Mount Juliet | 302 | 1:30:58 | 3:04:22 | |

M 70-74

| | | | | | | | | | |
|---|-----|--------|-----------|----|-------------|-----|---------|----------------|-------|
| 1 | 49 | Sergio | Bianchini | 74 | Chattanooga | 180 | 53:56 | 1:51:33 | 8:31, |
| 2 | 551 | J.C. | Kelley | 71 | Baxter | 219 | 55:08 | 1:54:27 | 8:44, |
| 3 | 366 | Cyrus | Rhode Jr | 72 | Spencer | 277 | 59:51 | 2:01:23 | 9:16, |
| 4 | 42 | Bob | Pierce | 71 | Readyville | 515 | 1:20:48 | 2:55:01 | 13:22 |
| 5 | 256 | David | Lifferth | 73 | | | 1:48:40 | 3:52:33 | |

M 75+

| | | | | | | | | | |
|---|-----|--------|-----------|----|-----------|-----|---------|----------------|-------|
| 1 | 19 | Dennis | Christian | 77 | Nashville | 247 | 56:45 | 1:57:27 | 8:58, |
| 2 | 18 | Gary | Anderson | 75 | Lebanon | 335 | 1:05:22 | 2:08:30 | 9:49, |
| 3 | 512 | David | Holder | 75 | Fairview | 524 | 1:23:16 | 3:04:17 | 14:04 |

Timing by Melissa Miller, A Matter of Timing