

**2023 Meadow Mountain Skimo
Results**

Expert Women 20-39

Pos	Bib#	Athlete	City	Country	Race	Gender	Age	Lap 1	Lap 2	Total Time
1	142	Megan Cooke	Boulder	CO	Expert	F	30	0:18:55	0:39:54	1:00:48

Expert Men 20-39

Pos	Bib#	Athlete	City	Country	Race	Gender	Age	Lap 1	Lap 2	Total Time
1	111	Samuel Holmb	Boulder	CO	Expert	M	34	0:22:48	0:43:40	1:05:19
2	125	Christopher Ba	Eagle	CO	Expert	M	34	0:17:48	0:37:44	1:06:34
3	131	Kris Ochs	Avon	CO	Expert	M	34	0:21:11	0:43:26	1:08:46
4	116	Max Krueger	Edwards	CO	Expert	M	28	0:27:05	0:52:13	1:17:38
5	145	Geofrey Ochs	Vail	CO	Expert	M	31	0:25:37	0:53:06	1:19:23
6	146	Benjamin Smitl	Fairbank	AK	Expert	M	38	0:26:38	0:57:00	1:31:02
7	143	Aashish Kabra	Glenwoo	CO	Expert	M	36	0:28:26	1:00:12	1:31:25
8	122	Nicholas Medic	Golden	CO	Expert	M	39	0:39:54	1:19:28	1:57:03

Expert Women 40-59

Pos	Bib#	Athlete	City	Country	Race	Gender	Age	Lap 1	Lap 2	Total Time
1	144	Amy Babcock	Colo Spg	CO	Expert	F	45	0:34:28	1:07:00	1:40:33

Expert Men 40-59

Pos	Bib#	Athlete	City	Country	Race	Gender	Age	Lap 1	Lap 2	Total Time
1	137	Christian Mons	Golden	CO	Expert	M	42	0:18:31	0:39:29	1:00:44
2	139	Fritz Howard	Leadville	CO	Expert	M	54	0:19:38	0:40:46	1:01:52
3	133	Jeremy Rietma	Eagle	CO	Expert	M	40	0:28:16	0:46:26	1:06:23
4	141	Dan Timm	Vail Norc	CO	Expert	M	58	0:22:56	0:47:28	1:11:41
5	130	David Weismar	Edwards	CO	Expert	M	47	0:27:14	0:52:30	1:19:31

Expert Women 60+

Pos	Bib#	Athlete	City	Country	Race	Gender	Age	Lap 1	Lap 2	Total Time
1	105	Ellen Miller	Vail	CO	Expert	F	63	0:29:06	1:02:28	1:36:10

Expert Men 60+

Pos	Bib#	Athlete	City	Country	Race	Gender	Age	Lap 1	Lap 2	Total Time
1	136	Mike Kloser	Vail	CO	Expert	M	63	0:17:15	0:36:04	0:55:38
2	138	Dan Nielsen	Eagle	CO	Expert	M	61	0:22:17	0:44:05	1:06:32
3	109	Dawes Wilson	Vail	CO	Expert	M	69	0:22:34	0:50:02	1:16:20
4	112	Tim McParlan	Edwards	CO	Expert	M	72	0:29:32	0:57:09	1:31:22

Intermediate Men 19 & Under

Pos	Bib#	Athlete	City	Country	Race	Gender	Age	Lap 1	Total Time
1	135	Will Brunner	Avon	CO	Intermediate	M	16	0:19:11	0:40:53
2	126	Cody Worrell	Vail	CO	Intermediate	M	15	0:22:26	0:45:28

Intermediate Women 20-39

Pos	Bib#	Athlete	City	Country	Race	Gender	Age	Lap 1	Total Time
1	140	Emi Bauer	Carbond	CO	Intermediate	F	23	0:23:25	0:48:41

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2	103	Lauren Noll	Avon	CO	Intermediate	F	31	0:29:21	0:59:03
3	110	Savannah Shifr	Edwards	CO	Intermediate	F	30	0:31:55	1:04:37
4	114	Lauren Holmbe	Boulder	CO	Intermediate	F	33	0:32:27	1:05:28

Intermediate Men 20-39

Pos	Bib#	Athlete	City	Country	Race	Gender	Age	Lap 1	Total Time
1	128	Clifford Lester	Boulder	CO	Intermediate	M	26	0:26:03	0:49:23
2	147	Kyle Alsup	Silvertho	CO	Intermediate	M	33	0:25:55	0:52:20

Intermediate Women 40-59

Pos	Bib#	Athlete	City	Country	Race	Gender	Age	Lap 1	Total Time
1	113	Nancy Mires	Eagle	CO	Intermediate	F	53	0:28:49	1:01:34
2	120	Heidi Brunner	Beaver C	CO	Intermediate	F	46	0:26:24	1:04:10
3	127	Monica LaCroix	Dillon	CO	Intermediate	F	53	0:45:06	1:37:50

Intermediate Men 40-59

Pos	Bib#	Athlete	City	Country	Race	Gender	Age	Lap 1	Total Time
1	117	Jeff Leahy	Carbond	CO	Intermediate	M	58	0:23:08	0:46:34
2	148	Kavi Sachar	Vail	CO	Intermediate	M	56	0:28:36	0:58:06

Intermediate Men 60+

Pos	Bib#	Athlete	City	Country	Race	Gender	Age	Lap 1	Total Time
1	115	Tom Solawetz	Gypsum	CO	Intermediate	M	67	0:26:24	0:55:34
2	118	MICHAEL NOW	Littleton	CO	Intermediate	M	64	0:26:53	0:58:04
3	104	Paul Gotthelf	Vail	CO	Intermediate	M	70	0:28:37	1:02:03

Beginner Women 20-39

Pos	Bib#	Athlete	City	Country	Race	Gender	Age	Time
1	134	Kayla Girard	Avon	CO	Beginner	F	28	0:49:17

Beginner Men 20-39

Pos	Bib#	Athlete	City	Country	Race	Gender	Age	Time
1	129	Josh Bowens-R	Avon	CO	Beginner	M	37	0:31:19
2	123	Ryan Davis	Englewo	CO	Beginner	M	27	0:37:21

Beginner Women 40-59

Pos	Bib#	Athlete	City	Country	Race	Gender	Age	Time
1	119	Kristina Sapper	Avon	CO	Beginner	F	52	0:42:41