

2010 Aberdeen Christian 4K race

| Place | gender | Time | Pace per mile |
|----------------|--------|----------|------------------------------------|
| 1. Kory Witter | M | 16:38.71 | 6:41.80 min/ mile (4:09.70 min/km) |
| 2. Julie Jones | F | 17:30.34 | 7:02 min/ mile (4:22.6 min/km) |
| 3. Ted T. | M | 19:31.67 | 7:51.4 min/mile (4:52.9 min/km) |
| 4. Lyndsey | F | 22:26.54 | 9:01.8 min/mile (5:36.6 min/km) |
| 5. Kyle Witter | M | 24:38.98 | 9:55.0 min/ mile (6:09.7 min/km) |
| 6. Beth | F | 25:35.86 | 10:17.9 min/ mile(6:24.0 min/ km) |

Overall Winners

Male

Kory Witter M 16:38.71 6:41.80 min/ mile (4:09.70 min/km)

Female

Julie Jones F 17:30.34 7:02 min/ mile (4:22.6 min/km)