


November 6, 2009 – view the pdf at 100% for best focus

[DML Finals at Mammoth](#)







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Nov 5, 2009

[Deena Kastor](#)

Deena Kastor handed out the medals at the DML Finals in Mammoth. She lives and trains in Mammoth California.

Deena won the bronze medal in the 2004 Athens Olympic Marathon.

She holds the American record in the Marathon 2:19:36 set at the 2006 London Marathon
Her pace per mile was 5 min and 20 seconds for the 26.2 mile race.

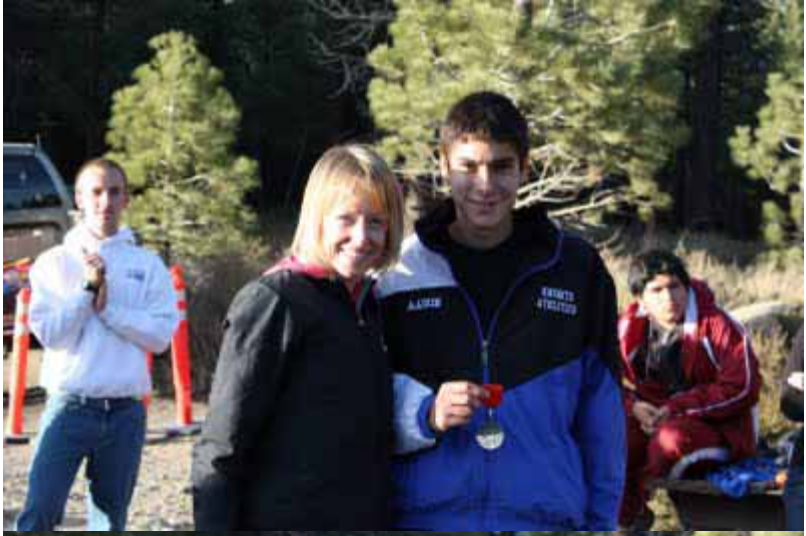
Deena holds the American record for the Half Marathon 1:07:34 set in Berlin 2006

Her 5K PR is 14:51

In high school she won 3 California state cross country titles.

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[Desert Christian Boys Finish 1,2,3,4,7 to take DML Finals at Mammoth](#)





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