

RaysRace5KOverall

%Full name%
 TIMING BY A RUNNER'S MIND
 Results online at www.sweattracker.com
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 LST
 **** 5K RESULTS ****

Place	No.	Name	Age	S	Time	Chip	Pace
1	101	Luke Winger	17	M	20:44	20:43	6:41
2	79	Julie Vieselmeyer	37	F	21:59	21:59	7:05
3	94	Charley Bowen	49	M	22:15	22:14	7:10
4	28	Nick Grant	33	M	22:32	22:30	7:15
5	15	Don Copper	41	M	22:56	22:50	7:21
6	92	Julie Takishima-Lac	42	F	22:59	22:51	7:22
7	7	Erin Ayala	31	F	23:10	23:08	7:27
8	86	Oscar Oo	40	M	23:40	23:38	7:37
9	136	Traci Sxhendell	35	F	23:41	23:41	7:38
10	54	Thomas Plante	58	M	23:52	23:46	7:39
11	49	Lauren Pierce	26	F	24:07	24:02	7:44
12	96	Jared Whitmire	27	M	24:06	24:04	7:45
13	39	Matt Malecki	40	M	24:22	24:09	7:47
14	100	Albert Tuskenis	55	M	24:25	24:13	7:48
15	73	Emily Wingate	24	F	24:23	24:17	7:49
16	107	Matt Solomon	43	M	24:33	24:26	7:52
17	31	Abbey Hughes	30	F	24:42	24:35	7:55
18	82	Steve Del Chiaro	48	M	24:45	24:40	7:57
19	27	Matthew Graham	35	M	25:30	25:13	8:07
20	56	Punam Rahman	31	F	25:20	25:19	8:09
21	48	Aleksandria Perez G	28	F	25:21	25:20	8:10
22	91	Diego Serrato	36	M	25:29	25:24	8:11
23	63	Rea Rostosky	27	F	25:28	25:25	8:11
24	84	Ann Landes	50	F	25:27	25:26	8:11
25	34	Mark Jacobsen	56	M	25:48	25:37	8:15
26	29	Kate Higgins Sibson	34	F	26:14	26:03	8:23
27	104	Daniel Jonas	32	M	26:27	26:08	8:25
28	70	Christine Vriesema	31	F	26:21	26:12	8:26
29	14	Tsz Lun Chu	30	M	26:25	26:14	8:27
30	69	Wilson To	23	M	26:24	26:21	8:29
31	81	Christina Nikitopou	45	F	26:23	26:22	8:30
32	19	Lisa De La Rue	35	F	26:43	26:27	8:31
33	103	Lily Ortega	31	F	26:47	26:30	8:32
34	22	Thomas Egan	22	M	26:57	26:55	8:40
35	134	Melissa Ertl	25	F	27:27	27:01	8:42
36	50	David Pilon	56	M	27:10	27:08	8:44
37	83	Marta Miranda	48	F	27:29	27:20	8:48

RaysRace5KOverall

38	93	Chria Baron	47	M	27:25	27:23	8:49
39	89	Sarka Dobiasova	39	F	27:45	27:36	8:53
40	75	Monica Roy	40	F	27:51	27:40	8:55
41	77	Richelle Concepcion	42	F	28:02	27:53	8:59
42	60	Rachel Rodgers	23	F	28:15	27:59	9:01
43	26	Rachel Fouladi	50	F	28:33	28:17	9:07
44	58	Abbie Rickard	29	F	28:51	28:42	9:15
45	10	Janet Cain	66	F	30:45	28:54	9:18
46	42	Kimberley Monden	39	F	29:09	29:00	9:21
47	33	Kia Jackson	36	F	29:08	29:00	9:21
48	53	Lori Plante	59	F	29:18	29:10	9:24
49	57	Stephanie Reid-Arnd	47	F	29:19	29:11	9:24
50	36	Yijung Kim	28	F	29:29	29:23	9:28

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Place	No.	Name	Age	S	Time	Chip	Pace
51	37	Jason Lewis	47	M	29:54	29:27	9:29
52	85	Randy Bressler	47	M	29:50	29:37	9:32
53	88	Bronwyn Neeser	31	F	30:01	29:56	9:38
54	2	Rosemary Adam-Terem	67	F	30:09	30:02	9:40
55	87	Erika Brink	26	F	30:15	30:10	9:43
56	6	Julie Arseneau	43	F	30:28	30:16	9:45
57	67	Maggie Syme	38	F	30:46	30:39	9:52
58	135	Laura Goldstein	34	F	30:42	30:39	9:52
59	47	John Peggau	60	M	31:31	31:24	10:07
60	44	Chris Mulchay	38	M	32:02	31:48	10:15
61	11	Kelly Caver	33	F	32:04	31:54	10:17
62	108	Ole Tunold	60	M	32:17	31:58	10:18
63	30	Helen Hsu	44	F	33:03	32:52	10:35
64	62	Sherry Rostosky	59	F	33:18	32:56	10:36
65	61	Jacci Rodgers	61	F	34:00	33:43	10:52
66	90	Bruce Liese	62	M	34:06	33:55	10:55
67	76	Tina Simmons	34	F	34:07	33:59	10:57
68	41	Mariya Mirzoyan	33	F	34:19	34:13	11:01
69	72	Sarah Wiederkehr	55	F	35:05	34:51	11:13

RaysRace5KOverall

70	45 Kathie Nunley	59 F	36:55	36:43	11:49
71	99 Amy Girimonti	39 F	37:17	36:57	11:54
72	1 Julie Adams	64 F	38:07	38:04	12:16
73	68 Sarah Thoman	24 F	38:50	38:40	12:27
74	46 Casie Peet	26 F	38:55	38:44	12:28
75	71 Sandra Wartski	51 F	38:53	38:49	12:30
76	4 Tim Anderson	66 M	39:34	39:19	12:40
77	5 Nancy Anderson	50 F	39:36	39:20	12:40
78	65 Jason Sibson	32 M	39:37	39:22	12:41
79	32 Kelly Hutchins	37 F	40:04	39:55	12:51
80	40 Jeanne Mannino	54 F	41:52	41:30	13:22
81	35 Erica Johnson	47 F	41:56	41:31	13:22
82	8 Kier Bison	49 F	41:59	41:48	13:28
83	64 Jennifer Schlueter	42 F	43:01	42:42	13:45
84	13 Emilie(Lei Cellucc	59 F	45:52	45:38	14:42
85	12 Tony Cellucci	67 M	45:52	45:39	14:42
86	314 David Herzberg	54 M	48:33	48:15	15:32
87	78 Jennifer Hsia	36 F	49:49	49:37	15:58
88	20 Diane Dowlin	65 F	50:32	50:12	16:10
89	21 Bill Dowlin	71 M	50:32	50:13	16:10



RaysRace5kAG

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***** 5K AWARDS LIST *****

**** FEMALE OVERALL RESULTS ****

1	79	Julie Vieselmeyer	37	21:59	21:59
2	92	Julie Takishima-Lac	42	22:59	22:51
3	7	Erin Ayala	31	23:10	23:08

**** MALE OVERALL RESULTS ****

1	101	Luke Wininger	17	20:44	20:43
2	94	Charley Bowen	49	22:15	22:14
3	28	Nick Grant	33	22:32	22:30

AGE-GROUP RESULTS
%Full name%
TIMING BY A RUNNER'S MIND
Results online at www.sweattracker.com

MALE AGE GROUP: 1 - 14

FEMALE AGE GROUP: 1 - 14

MALE AGE GROUP: 15 - 19

FEMALE AGE GROUP: 15 - 19

MALE AGE GROUP: 20 - 24

1	30	69 Wilson To	23	26:24	26:21 5
2	34	22 Thomas Egan	22	26:57	26:55 5

FEMALE AGE GROUP: 20 - 24

1	15	73 Emily Wingate	24	24:23	24:17 5
2	42	60 Rachel Rodgers	23	28:15	27:59 5
3	73	68 Sarah Thoman	24	38:50	38:40 5

MALE AGE GROUP: 25 - 29

1	12	96 Jared Whitmire	27	24:06	24:04 5
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FEMALE AGE GROUP: 25 - 29

1	11	49 Lauren Pierce	26	24:07	24:02 5
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RaysRace5kAG

2	21	48 Aleksandria Perez G	28	25:21	25:20	5
3	23	63 Rea Rostosky	27	25:28	25:25	5

MALE AGE GROUP: 30 - 34

1	27	104 Daniel Jonas	32	26:27	26:08	5
2	29	14 Tsz Lun Chu	30	26:25	26:14	5
3	78	65 Jason Sibson	32	39:37	39:22	5



FEMALE AGE GROUP: 30 - 34

1	17	31 Abbey Hughes	30	24:42	24:35	5
2	20	56 Punam Rahman	31	25:20	25:19	5
3	26	29 Kate Higgins Sibson	34	26:14	26:03	5

MALE AGE GROUP: 35 - 39

1	19	27 Matthew Graham	35	25:30	25:13	5
2	22	91 Diego Serrato	36	25:29	25:24	5
3	60	44 Chris Mulchay	38	32:02	31:48	5

FEMALE AGE GROUP: 35 - 39

1	9	136 Traci Sxhendell	35	23:41	23:41	5
2	32	19 Lisa De La Rue	35	26:43	26:27	5
3	39	89 Sarka Dobiasova	39	27:45	27:36	5

MALE AGE GROUP: 40 - 44

1	5	15 Don Copper	41	22:56	22:50	5
2	8	86 Oscar Oo	40	23:40	23:38	5
3	13	39 Matt Malecki	40	24:22	24:09	5

FEMALE AGE GROUP: 40 - 44

1	40	75 Monica Roy	40	27:51	27:40	5
2	41	77 Richelle Concepcion	42	28:02	27:53	5
3	56	6 Julie Arseneau	43	30:28	30:16	5

MALE AGE GROUP: 45 - 49

1	18	82 Steve Del Chiaro	48	24:45	24:40	5
2	38	93 Chria Baron	47	27:25	27:23	5
3	51	37 Jason Lewis	47	29:54	29:27	5

FEMALE AGE GROUP: 45 - 49

1	31	81 Christina Nikitopou	45	26:23	26:22	5
2	37	83 Marta Miranda	48	27:29	27:20	5
3	49	57 Stephanie Reid-Arnd	47	29:19	29:11	5

MALE AGE GROUP: 50 - 54

1	86	314 David Herzberg	54	48:33	48:15	5
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FEMALE AGE GROUP: 50 - 54

RaysRace5kAG

1	24	84 Ann Landes	50	25:27	25:26	5
2	43	26 Rachel Fouladi	50	28:33	28:17	5
3	75	71 Sandra Wartski	51	38:53	38:49	5

MALE AGE GROUP: 55 - 59

1	10	54 Thomas Plante	58	23:52	23:46	5
2	14	100 Albert Tuskenis	55	24:25	24:13	5
3	25	34 Mark Jacobsen	56	25:48	25:37	5

FEMALE AGE GROUP: 55 - 59

1	48	53 Lori Plante	59	29:18	29:10	5
2	64	62 Sherry Rostosky	59	33:18	32:56	5
3	69	72 Sarah Wiederkehr	55	35:05	34:51	5

MALE AGE GROUP: 60 - 64

1	59	47 John Peggau	60	31:31	31:24	5
2	62	108 Ole Tunold	60	32:17	31:58	5
3	66	90 Bruce Liese	62	34:06	33:55	5

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FEMALE AGE GROUP: 60 - 64

1	65	61 Jacci Rodgers	61	34:00	33:43	5
2	72	1 Julie Adams	64	38:07	38:04	5

MALE AGE GROUP: 65 - 69

1	76	4 Tim Anderson	66	39:34	39:19	5
2	85	12 Tony Cellucci	67	45:52	45:39	5

FEMALE AGE GROUP: 65 - 69

1	45	10 Janet Cain	66	30:45	28:54	5
2	54	2 Rosemary Adam-Terem	67	30:09	30:02	5
3	88	20 Diane Dowlin	65	50:32	50:12	5

MALE AGE GROUP: 70 - 99

1	89	21 Bill Dowlin	71	50:32	50:13	5
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FEMALE AGE GROUP: 70 - 99

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RaysRaceWalkoverall

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**** 10K RESULTS ****

Place	No.	Name	Age	S	EZE Time	Chip	Pace
=====	=====	=====	=====	=====	=====	=====	=====
1	311	Todd Schlueter	43	M	43:01	42:42	6:53
2	305	Fritz Laemmerzahl	56	M	45:51	45:45	7:22
3	300	Catherine Dempsey	56	F	45:50	45:46	7:22
4	310	Naomi Rodgers	21	F	47:30	47:12	7:36
5	309	Joe Rodgers	65	M	47:36	47:19	7:37
6	303	Sy Gross	82	M	49:40	49:16	7:56
7	362	Megan McComas	24	F	50:48	50:23	8:07
8	363	Justin Shrieves	27	M	50:47	50:23	8:07
9	308	Elle Riggle	55	F	51:00	50:36	8:09
10	312	Esther Stavrou	57	F	50:55	50:50	8:11

