

Summer Fitness Day

Overall Finish List

August 10, 2013

5k

Place	Name	City	Bib No	Age	Age Group	Place	Total Time	Total Pace
1	Sage Duggal	SEATTLE	366	15	1 M 0-19		17:23.7	5:36/M
2	LiBan Dahir		39	17	2 M 0-19		17:51.9	5:45/M
3	Raffaele Aversa	New windsor	353	15	3 M 0-19		19:07.6	6:10/M
4	Tumbaga Winter		12	16	4 M 0-19		19:29.9	6:17/M
5	Augustin Kamdem	Seattle	334	32	1 M 30-34		20:08.7	6:30/M
6	Herbert Sitz	Seattle	369	50	1 M 50-54		20:16.2	6:32/M
7	Ethan Masterman	Seattle	358	32	2 M 30-34		20:40.3	6:40/M
8	Scott Graves	Woodinville	339	15	5 M 0-19		20:55.0	6:45/M
9	Adam Rule	Seattle	328	22	1 M 20-24		21:37.3	6:58/M
10	Genetti John		1	40	1 M 40-44		22:18.8	7:12/M
11	Sean Yeung	Kent	361	24	2 M 20-24		22:48.7	7:21/M
12	Marc Aversa		2	42	2 M 40-44		23:09.9	7:28/M
13	Emily Donnel		304	15	2 F 0-19		23:52.0	7:42/M
13	Isabel Callen	Edmonds	352	14	3 F 0-19		24:07.9	7:47/M
14	Monica Callen	Edmonds	351	40	1 F 40-44		24:39.5	7:57/M
15	Tim Graves	Woodinville	338	45	1 M 45-49		25:16.8	8:09/M
16	Jim Weber	Kirkland	329	64	1 M 60-64		25:32.4	8:14/M
17	Lewis Nerenberg	Kirkland	315	28	1 M 25-29		25:48.1	8:19/M
18	Jeremy Paley		354	30	3 M 30-34		25:49.1	8:20/M
19	Nell Gross	Seattle	335	29	1 F 25-29		26:16.9	8:28/M
20	Bill Richter	Seattle	341	67	1 M 65-69		26:26.1	8:32/M
21	Angela Glenn	Issaquah	340	27	2 F 25-29		26:56.4	8:41/M
22	Barrie Arliss	Seattle	364	34	1 F 30-34		27:36.9	8:54/M
23	Dominic Campese	Seattle	365	32	4 M 30-34		27:38.0	8:55/M
24	Mary Stocker	Lynnwood	317	53	1 F 50-54		27:54.1	9:00/M
25	Erin Sagedahl	Seattle	321	30	2 F 30-34		28:45.2	9:16/M
26	Jess Van Nostrand	Seattle	320	38	1 F 35-39		28:54.4	9:19/M
27	Sedona Duggal	SEATTLE	367	13	3 F 0-19		29:01.1	9:22/M
28	Rebecca Spithill	Seattle	331	56	1 F 55-59		29:47.6	9:36/M
29	Scott Kim	Sammamish	346	37	1 M 35-39		29:57.6	9:40/M
30	Theo Devos		52	49	2 M 45-49		30:37.6	9:53/M
31	Jessica Trammell	Shoreline	344	28	3 F 25-29		30:57.2	9:59/M
32	Steve Warhoe	Bainbridge Islan	302	52	1 M 50-54		30:58.3	9:59/M
33	Linda Kelly	Seattle	356	62	1 F 60-64		32:08.1	10:22/M
34	Dominic Bassett	Everett	368	28	2 M 25-29		32:40.7	10:32/M
35	Elizabeth Cornelius	Lake Forest Par	332	26	4 F 25-29		32:41.2	10:33/M
36	Amber Carey		349	30	3 F 30-34		32:41.8	10:33/M
37	Hilary Gaddis	Seattle	357	27	5 F 25-29		33:05.8	10:40/M
38	ELLIS PHILLIPS	SEATTLE	326	50	2 M 50-54		33:12.0	10:43/M
39	Bethany Osterman	Bothell	327	33	4 F 30-34		33:13.7	10:43/M
40	Steven Harvey	Seattle	360	40	3 M 40-44		33:32.7	10:49/M
41	Corazon Reyes		9	54	2 F 50-54		34:03.3	10:59/M
42	Lisa Iwuoha	Seattle	342	27	6 F 25-29		34:38.3	11:10/M
43	Kelly Kim	Sammamish	347	37	2 F 35-39		35:09.3	11:20/M
44	Christopher Knox	Seattle	337	27	3 M 25-29		35:15.4	11:22/M
45	Jane Cutter	Shoreline	322	49	1 F 45-49		36:48.0	11:52/M
46	Gail Berry	Highland	310	60	2 F 60-64		37:02.7	11:57/M
47	Kelly Richards	Sammamish	316	31	5 F 30-34		37:13.2	12:00/M

32	Nicole Erickson	Seattle	758	23	3 F 20-24	1:05:10.2	10:31/M
33	Christiane Weber	Lake Forest Par	784	31	5 F 30-34	1:06:09.8	10:40/M
34	Nancy Burnham	Auburn	751	46	3 F 45-49	1:06:41.8	10:45/M
35	Jay Burnham	Auburn	752	45	3 M 45-49	1:06:43.2	10:46/M
36	Allison Burnham	Auburn	750	17	1 F 0-19	1:06:44.4	10:46/M
37	Emily Weaver	Seattle	974	22	4 F 20-24	1:08:22.7	11:02/M
38	Aya Nelson	Bellevue	759	31	6 F 30-34	1:09:12.9	11:10/M
39	Shaun Stoddard	Seattle	747	30	3 M 30-34	1:09:15.6	11:10/M
40	sheila bernstein	kirkland	746	40	2 F 40-44	1:09:16.8	11:10/M
41	Sarah Stoddard	Seattle	748	29	2 F 25-29	1:10:28.2	11:22/M
42	Rebecca Hall	Redmond	762	29	3 F 25-29	1:10:42.8	11:24/M
43	Stephanie Lennon	Seattle	765	27	4 F 25-29	1:13:43.7	11:53/M
44	Gretchen Tapp	Auburn WA	618	52	1 F 50-54	1:15:35.5	12:11/M
45	Michelle Tidwell	Shoreline	785	44	3 F 40-44	1:18:36.5	12:41/M
46	Mary lane	seattle	766	66	1 F 65-69	1:20:40.3	13:01/M
47	kerry mchugh	seattle	767	32	7 F 30-34	1:20:41.9	13:01/M
48	Joanna Wrede	Seattle	772	36	3 F 35-39	1:25:51.2	13:51/M
49	Jason Wrede	Seattle	773	38	2 M 35-39	1:25:52.5	13:51/M
50	COLLEEN UPTON	Kirkland	760	56	1 F 55-59	1:25:59.7	13:52/M
51	Monica Eddy		646	59	2 F 55-59	1:29:59.1	14:31/M
52	Nermina Jendruh	Renton	741	55	3 F 55-59	1:35:18.5	15:22/M
53	Hillary Adler	Olympia	771	21	5 F 20-24	1:50:48.9	17:52/M
54	Nancy Anderson	Seattle	764	59	4 F 55-59	1:50:50.6	17:53/M

15k

Place	Name	City	Bib No	Age	Age Group Place	Total Time	Total Pace
1	Mike Frantz	Renton	987	31	1 M 30-34	1:01:24.9	6:36/M
2	Michael Donklaw		937	33	2 M 30-34	1:02:48.9	6:45/M
3	Ben Matous	Golden	984	22	1 M 20-24	1:09:57.3	7:31/M
4	Lindsay Donikian	Seattle	982	31	1 F 30-34	1:10:46.9	7:37/M
5	Lindsay Canning	Seattle	972	35	1 F 35-39	1:12:56.8	7:51/M
6	Ilene Ruhoy	Seattle	708	38	2 F 35-39	1:13:19.5	7:53/M
7	Owen Johnson		950	59	1 M 55-59	1:14:18.7	7:59/M
8	Ryan Compton	Lynnwood	983	27	1 M 25-29	1:15:27.5	8:07/M
9	Nicholas Gavin	Seattle	979	24	2 M 20-24	1:17:48.8	8:22/M
10	Juliana Chen	Bellevue	986	31	2 F 30-34	1:20:22.4	8:38/M
11	Michele Landschulz	Seattle	980	37	3 F 35-39	1:24:12.0	9:03/M
12	Shelby Upton	Kirkland	978	23	3 F 20-24	1:32:01.0	9:54/M
13	Michelle Grome	Edmonds	973	23	1 F 20-24	1:34:21.0	10:09/M
14	Charise Addicks	Seattle	970	37	4 F 35-39	1:34:22	10:09/M
15	Jonathan Cornelius	Everett	976	33	3 M 30-34	1:35:07.6	10:14/M
16	Anja Speckhardt	Issaquah	975	21	2 F 20-24	1:35:24.9	10:15/M
17	Daniel Fletcher	Sammamish	969	28	2 M 25-29	1:37:23.3	10:28/M
18	Mykkah Herner	Edmonds	981	39	1 M 35-39	1:48:28.1	11:40/M

Half

Place	Name	City	Bib No	Age	Age Group Place	Total Time	Total Pace
1	Natty Plunkett	Seattle	852	23	1 F 20-24	1:25:03.0	6:30/M
2	Matthew McCleary	Seattle	863	29	1 M 25-29	1:34:41.1	7:14/M
3	Rebecca Mann	Seattle	840	30	1 F 30-34	1:35:35.3	7:18/M
4	Thomas Miller		879	17	1 M 0-19	1:37:30.2	7:27/M
5	Luis Alvarado	Seattle	823	23	1 M 20-24	1:38:31.2	7:31/M

6	Samuel Louie	Seattle	845	43	1 M 40-44	1:38:49.9	7:33/M
7	Emily Brain	Seattle	828	30	2 F 30-34	1:38:52.3	7:33/M
8	Melissa Lee-Klubberud	Seattle	862	34	3 F 30-34	1:41:28.6	7:45/M
9	Justin Bethel	Seattle	819	18	2 M 0-19	1:42:49.5	7:51/M
10	Lucas Heart		884	35	1 M 35-39	1:42:50.2	7:51/M
11	Taylor Salisbury	Blaine	841	22	2 F 20-24	1:43:37.1	7:55/M
12	Michael Ellis	Seattle	864	23	2 M 20-24	1:44:01.6	7:56/M
13	Hansoo Kim	Arlington	820	41	2 M 40-44	1:44:03.9	7:57/M
14	Adam Bowling	Middlesboro	869	31	1 M 30-34	1:44:11.6	7:57/M
15	Becky Bowling	Middlesboro	870	30	2 M 30-34	1:44:15.3	7:57/M
16	Gregor Boehmer	Paderborn	851	45	1 M 45-49	1:44:18.1	7:58/M
17	Scott Kennard	Seattle	873	60	1 M 60-64	1:46:42.7	8:09/M
18	Brooke Lawson	Seattle	865	36	1 F 35-39	1:48:54.2	8:19/M
19	Rhys Lawson	Seattle	866	36	2 M 35-39	1:48:57.9	8:19/M
20	Maureen McNally	Centralia	849	26	1 F 25-29	1:50:36.2	8:27/M
21	Megan Jones	Seattle	813	25	2 F 25-29	1:50:46.4	8:27/M
22	Marc Schuh	Stanwood	854	41	3 M 40-44	1:51:58.2	8:33/M
23	Audrey Phillips	Woodinville	808	19	1 F 0-19	1:51:59.5	8:33/M
24	Brett Freeman	Woodinville	837	36	3 M 35-39	1:55:31	8:49/M
25	Jason Ekholm	Seattle	829	28	2 M 25-29	1:55:31.6	8:49/M
26	Tasha Hensdill		877	27	3 F 25-29	1:56:11.5	8:52/M
27	Adrienne Folsom	Seattle	868	27	4 F 25-29	1:56:35.7	8:54/M
28	Miyuki Hasegawa	Seattle	844	36	2 F 35-39	1:56:40.0	8:54/M
29	Andy Bemby	Seattle	806	36	4 M 35-39	1:56:46.6	8:55/M
30	Mel Oshiro	Mukilteo	861	52	1 M 50-54	1:57:14.0	8:57/M
31	Byron Schermerhorn	Seattle	831	37	5 M 35-39	2:00:02.9	9:10/M
32	Alexander Cao	Seattle	830	28	3 M 25-29	2:01:04.5	9:15/M
33	Ubaldo Loiero	Woodinville	811	36	5 M 35-39	2:02:22.7	9:20/M
34	Rina Hahn	Seattle	802	32	4 F 30-34	2:03:06.6	9:24/M
35	T. Caleb Munro		880	32	3 M 30-34	2:03:07.4	9:24/M
36	Deborah Baliko	Seattle	822	31	5 F 30-34	2:03:56.1	9:28/M
37	Bailee Martin	Seattle	867	33	6 F 30-34	2:04:01.1	9:28/M
38	Tejas Manchandia	Seattle	818	27	4 M 25-29	2:04:54.9	9:32/M
39	Emma Ferguson	Seattle	816	32	7 F 30-34	2:05:07.7	9:33/M
40	Tamryn Kobayashi	Mercer Island	842	38	3 F 35-39	2:05:27.9	9:35/M
41	Balaji Nageswaran	ISSAQUAH	858	39	6 M 35-39	2:06:02.7	9:37/M
42	Kimberly Grome	Edmonds	825	19	2 F 0-19	2:06:59.4	9:42/M
43	Jeff Trammell	Shoreline	859	40	4 M 40-44	2:07:16.2	9:43/M
44	April Zepeda	Edmonds	848	46	1 F 45-49	2:07:19.8	9:43/M
45	Brian King		881	46	2 M 45-49	2:07:23.5	9:43/M
46	Anne-Marie Talmadge		875	25	5 F 25-29	2:07:47.5	9:45/M
47	Michael Kern		882	26	5 M 25-29	2:07:57.8	9:46/M
48	Hannah deVos	Pullman	804	21	3 F 20-24	2:08:20.7	9:48/M
49	Mason Schlenkpr		876	25	6 M 25-29	2:09:40.8	9:54/M
50	John Anderson	Auburn	809	54	2 M 50-54	2:10:41.8	9:59/M
51	Savannah Coe	Auburn	810	20	4 F 20-24	2:10:43.2	9:59/M
52	Jenna Stark	Seattle	821	22	5 F 20-24	2:12:25.2	10:06/M
53	Zdenko Jendruh	Renton	801	55	1 M 55-59	2:12:39.5	10:08/M
54	Leila Braun	Seattle	834	19	3 F 0-19	2:16:51.0	10:27/M
55	Allison Cole	Seattle	857	37	4 F 35-39	2:18:37.9	10:35/M
56	Hilary Kunnanz	WOODINVILLE	874	25	6 F 25-29	2:19:38.3	10:40/M
57	Stacey Schuh	Stanwood	853	40	1 F 40-44	2:20:28.5	10:43/M
58	Erin Roman	Camano Is	856	36	5 F 35-39	2:20:29.6	10:43/M
59	Mary Crawford	Renton	833	33	8 F 30-34	2:21:10.2	10:47/M
60	Kristine Hamilton	Portland	826	26	7 F 25-29	2:22:04.1	10:51/M

61	Lynnel Jones	Shoreline	847	41	2 F 40-44	2:24:28.8	11:02/M
62	Mark Cliggett	Seattle	871	51	3 M 50-54	2:24:58.0	11:04/M
63	Lisa Dietrich	Seattle	872	54	1 F 50-54	2:24:58.4	11:04/M
64	Brian Fink	covington	805	33	4 M 30-34	2:31:02.3	11:32/M
65	Ursula English	Seattle	846	48	2 F 45-49	2:31:04.8	11:32/M
66	Jenifer Lyman	Everett	843	42	3 F 40-44	2:31:50.0	11:35/M
67	Ben Rider	Seattle	883	31	6 M 30-34	2:34:33.3	11:48/M
68	Jinyoung Englund	Alexandria	836	29	8 F 25-29	2:35:48.3	11:54/M
69	William Hughes	Lynnwood	855	42	5 M 40-44	2:42:20.5	12:24/M
70	Brandon Grose	Centralia	850	26	7 M 25-29	2:42:42.6	12:25/M
71	Elizabeth Riddington		878	42	4 F 40-44	2:44:51.8	12:35/M
72	Emma Lukosky	redmond	814	16	4 F 0-19	2:47:32.8	12:47/M
73	Melissa Hayes	Seattle	824	33	9 F 30-34	2:49:59.2	12:59/M
74	Michael Hood	Seattle	860	68	1 M 65-69	2:58:37.1	13:38/M
75	Michael Hood	Seattle	860	68	35 M 0-99	2:58:37.1	13:38/M

