

Spring Into Action

Overall Finish List

March 23, 2013

5k							
Place	Name	City	Bib No	Age	Age Place	Time	Total Pace
1	Meshe Gordon	Seattle	430	18	1 M 0-19	18:32.7	5:59/M
2	David Noble	Seattle	484	23	1 M 20-24	19:07.8	6:10/M
3	Brian Pinger	Ellensburg	156	32	1 M 30-34	19:12.8	6:12/M
4	Alex Eisner	Bainbridge Island	95	28	1 M 25-29	19:13.9	6:12/M
5	Karl Kunkle	Seattle	125	58	1 M 55-59	19:30.7	6:17/M
6	Christopher J Wolff	Spanaway	56	29	2 M 25-29	19:53.0	6:25/M
7	Barry Baker	SEATTLE	64	55	2 M 55-59	20:14.2	6:32/M
8	Evan Cone	snohomish	87	11	2 M 0-19	20:34.7	6:38/M
9	Leslie Jordan	Seattle	120	33	1 F 30-34	21:19.4	6:53/M
10	Owen Johnson	Seattle	118	48	1 M 45-49	22:20.4	7:12/M
11	Brian Simpson	Seattle	174	46	2 M 45-49	22:29.5	7:15/M
12	Tom Hill	Seattle	490	29	3 M 25-29	22:50.9	7:22/M
13	Benjamin Pinger	Everett	157	27	4 M 25-29	22:58.9	7:25/M
14	George Gullufsen	Seattle	103	60	1 M 60-64	23:02.9	7:26/M
15	Steve Berntsen	Lake Forest Park V	68	58	3 M 55-59	23:08.4	7:28/M
16	Ron Chew	Seattle	80	59	4 M 55-59	23:34.9	7:36/M
17	Susanna Hans	Dupont	110	34	2 F 30-34	23:41.0	7:38/M
18	Christopher Kingman	Seattle	123	36	1 M 35-39	23:51.3	7:42/M
19	Eileen Burns	Seattle	74	32	3 F 30-34	24:02.1	7:45/M
20	Sandra Harvie	Seattle	443	40	1 F 40-44	24:05.0	7:46/M
21	Jason Gabryshak	Seattle	434	34	2 M 30-34	24:06.8	7:46/M
22	Lynne Hakim	Seattle	106	44	2 F 40-44	24:29.3	7:54/M
23	Amy Newkirk	Seattle	149	27	1 F 25-29	24:50.4	8:01/M
24	Christopher Scott	Lacey	170	44	1 M 40-44	25:03.3	8:05/M
25	Jason Mitchell	Seattle	138	41	2 M 40-44	25:04.7	8:05/M
26	Christine Kerns	Lacey	122	36	1 F 35-39	25:06.5	8:06/M
27	Andrea Kunkle	Seattle	126	26	2 F 25-29	25:17.9	8:09/M
28	Francie Zant	Seattle	207	35	2 F 35-39	25:28.2	8:13/M
29	Matt Calcavecchia	Shoreline	76	36	2 M 35-39	25:29.7	8:13/M
30	Jeff Strand	Seattle	182	42	3 M 40-44	25:44.6	8:18/M
31	Jessica Allen	Seattle	57	28	3 F 25-29	26:00.4	8:23/M
32	Amy Fleckenstein	Seattle	98	37	3 F 35-39	26:11.1	8:27/M
33	Natalie Hakim	Seattle	107	11	1 F 0-19	26:21.0	8:30/M
34	Sarah Tran	Burien	191	22	1 F 20-24	26:51.7	8:40/M
35	Tara Simpson	Seattle	175	46	1 F 45-49	26:55.4	8:41/M
36	Glenn K Wolff	Gig Harbor	202	55	5 M 55-59	27:12.4	8:46/M
37	Jordan Lewis	Seattle	506	27	5 M 25-29	27:14.3	8:47/M
38	Mary Stocker	Lynnwood	181	53	1 F 50-54	27:18.5	8:48/M
39	Isabelle Yalowicki	Edmonds	205	18	2 F 0-19	27:27.1	8:51/M
40	Lori Bell	Edmonds	67	51	2 F 50-54	27:28.6	8:52/M
41	Kyla Leon	Seattle	130	36	4 F 35-39	27:30.0	8:52/M
42	Nikki Frazer	Seattle	101	29	4 F 25-29	28:29.7	9:11/M
43	Carlee Donnelly	Seattle	468	23	2 F 20-24	28:50.2	9:18/M
44	Jason Nix	Seattle	162	35	3 M 35-39	28:52.9	9:19/M
45	Heath Park	Mukilteo	154	39	5 F 35-39	28:56.8	9:20/M
46	James Hagemann	Seattle	105	26	5 F 25-29	28:58.9	9:21/M
47	Jennifer Hagemann	Seattle	104	25	6 F 25-29	29:00.1	9:21/M
48	Karin Hamaguchi	Maryville	109	18	3 F 0-19	29:09.8	9:24/M

49	Louise Popelka	Redmond	158	44	3 F 40-44	29:15.6	9:26/M
50	Marc Beitchman	Seattle	66	31	3 M 30-34	29:35.6	9:33/M
51	Deborah Robinson	Bellevue	167	48	2 F 45-49	29:44.6	9:35/M
52	Candyce Sexton	Tacoma	172	27	7 F 25-29	30:03.6	9:42/M
53	Megan Moran	Silverdale	143	28	8 F 25-29	30:09.1	9:44/M
54	Vidya Vasu-Devan	Seattle	195	29	9 F 25-29	30:25.4	9:49/M
55	Greg Lacombe	Renton	518	99	1 M 70-99	30:26.9	9:49/M
56	Ryan Mathews	Renton	513	99	2 M 70-99	30:29.2	9:50/M
57	Lenda Nguyenn	Seattle	151	21	3 F 20-24	30:32.0	9:51/M
58	Alexandra Denby	Seattle	93	26	10 F 25-29	30:40.1	9:54/M
59	Mark Nowakowski	Shoreline	152	43	4 M 40-44	31:08.9	10:03/M
60	Janel Schermerhorn	Seattle	169	39	6 F 35-39	31:21.5	10:07/M
61	Jake Pulve	Everett	160	17	3 M 0-19	31:30.6	10:10/M
62	Christian Woods	Seattle	203	34	4 M 30-34	31:32.0	10:10/M
63	Rita Lang	Kirkland	485	39	7 F 35-39	31:43.8	10:14/M
64	Christine Lee	Seattle	129	40	4 F 40-44	31:47.7	10:15/M
65	Hiroko Hamaguchi	Maryville	108	41	5 F 40-44	31:52.4	10:17/M
66	Athol Whitten	Seattle	201	30	5 M 30-34	32:10.2	10:23/M
67	Simone Stuckey	Seattle	184	30	4 F 30-34	32:11.7	10:23/M
68	Ashley Wilkerson	Seatac	488	28	11 F 25-29	32:15.3	10:24/M
69	Natasha Van Damme	Kenmore	194	15	4 F 0-19	32:34.4	10:30/M
70	Debbie Clauson	Kenmore	85	16	5 F 0-19	32:35.5	10:31/M
71	Vicky Nguyen	Auburn	150	32	5 F 30-34	32:39.7	10:32/M
72	Leanne Andrepont	Seattle	60	44	6 F 40-44	33:01.2	10:39/M
73	Kristin Distelhorst	Seattle	94	66	1 F 65-69	33:07.6	10:41/M
74	Jason Sexton	Tacoma	171	32	6 M 30-34	33:21.5	10:45/M
75	Kimberly Lu	Seattle	134	39	8 F 35-39	33:27.5	10:47/M
76	Deborah Stephenson	Seattle	180	61	1 F 60-64	33:32.5	10:49/M
77	Carol Kennedy	Seattle	496	73	1 F 70-99	33:36.8	10:50/M
78	Todd Burklin	Seattle	73	37	4 M 35-39	33:43.0	10:53/M
79	Greg Martinez	Seattle	137	43	5 M 40-44	33:49.9	10:55/M
80	Shea Koger	Everett	446	8	6 F 0-19	34:28.4	11:07/M
81	JoseLuis Baeza	Auburn	62	35	5 M 35-39	34:40.0	11:11/M
82	John Anderson	Kirkland	59	40	6 M 40-44	34:52.2	11:15/M
83	Mariel Ilardi	Seattle	113	29	12 F 25-29	34:55.3	11:16/M
84	Erin Culbertson	Seattle	91	29	13 F 25-29	34:56.8	11:16/M
85	Laurie Wagner	Auburn	196	50	3 F 50-54	34:58.3	11:17/M
86	Steven Harvey	Seattle WA	115	40	7 M 40-44	35:01.1	11:18/M
87	Grant Taylor	Lynnwood	190	36	6 M 35-39	35:35.3	11:29/M
88	Richard Carson	Auburn	78	24	2 M 20-24	36:13.9	11:41/M
89	Conni Bentley	Auburn	163	52	4 F 50-54	36:16.1	11:42/M
90	JEREMIAH PANGILINAN	Seattle	153	42	8 M 40-44	37:27.5	12:05/M
91	Lisa Iwuoha	Seattle	114	27	14 F 25-29	37:38.4	12:08/M
92	Ming Tanaka	Renton	187	39	8 F 35-39	37:56.9	12:14/M
93	Anne Bradley	Lake Forest Park V	71	53	5 F 50-54	38:18.5	12:21/M
94	Gary Wright	Bremerton	204	74	3 M 70-99	38:53.2	12:33/M
95	Jen Davis	Everett	92	26	15 F 25-29	39:33.1	12:45/M
96	Stefanie Campbell	Issaquah	77	39	9 F 35-39	39:34.0	12:46/M
97	Courtney Baker	Newcastle	63	31	6 F 30-34	39:34.9	12:46/M
98	Leslie Coyotl	Redmond	89	19	7 F 0-19	40:46.1	13:09/M
99	Steve Lynch	Puyallup	135	57	6 M 55-59	41:08.5	13:16/M
100	Janice Lynch	Puyallup	136	57	1 F 55-59	41:10.5	13:17/M
101	Mary Flowers	Seattle	99	59	2 F 55-59	42:14.5	13:37/M
102	Laura Heddal	Bothell	111	38	10 F 35-39	42:33.9	13:44/M
103	Krystal Snyder	Renton	178	26	16 F 25-29	43:01.5	13:53/M

104	Angi Crosby	Shoreline	90	41	7 F 40-44	43:02.7	13:53/M
105	William Lai	Bellevue	127	46	3 M 45-49	43:20.0	13:59/M
106	Winthrop Chan	Redmond	79	45	4 M 45-49	43:26.5	14:01/M
107	Natalie Erickson	Tacoma	97	27	17 F 25-29	43:41.0	14:05/M
108	Lauren Koger	Everett	458	11	8 F 0-19	44:22.1	14:19/M
109	George Cloy	Auburn	86	50	1 M 50-54	45:13.6	14:35/M
110	Liana Sherman	Auburn	173	24	4 F 20-24	45:16.0	14:36/M
111	Debora Tyler	Lacey	193	50	6 F 50-54	45:37.6	14:43/M
112	Erin Blaser	Vashon	69	26	18 F 25-29	46:09.9	14:53/M
113	Emmett Barnes	Seattle	65	9	4 M 0-19	46:16.3	14:55/M
114	CANDY STEFFEN	RENTON WA	179	58	3 F 55-59	47:48.3	15:25/M
115	Lena Pulve	Everett	159	17	9 F 0-19	48:12.4	15:33/M
116	Sherri Pulve	Everett	161	48	3 F 45-49	48:13.9	15:33/M
117	Pam Longston	Seattle	133	49	4 F 45-49	48:38.1	15:41/M
118	Emma Holton	Edmonds	112	19	10 F 0-19	48:42.1	15:43/M
119	Elizabeth Elnemr	Edmonds	96	18	11 F 0-19	48:43.6	15:43/M
120	Jacob Moody	Arlington	139	29	6 M 25-29	49:27.5	15:57/M
121	Thomas Moody	Arlington	141	6	5 M 0-19	50:03.6	16:09/M
122	Gary Moody	Arlington	140	65	1 M 65-69	50:45.5	16:22/M
123	DAVONTE PEREZ	Tacoma	155	12	6 M 0-19	53:31.3	17:16/M
124	GABRIEL MORRIS	Tacoma	145	12	7 M 0-19	53:32.4	17:16/M
125	Rachel Lillard	Arlington	132	31	7 F 30-34	53:47.7	17:21/M
126	Carleeh Mulholland	Arlington	146	31	8 F 30-34	53:49.9	17:22/M
127	Jarrod Robertson	Lynnwood	166	40	9 M 40-44	56:35.2	18:15/M
128	Carmelita Swain	Tacoma	55	37	11 F 35-39	56:37.3	18:16/M
129	KYLIERA SWAIN	Tacoma	186	5	12 F 0-19	56:42.3	18:17/M
130	Angelina Young	Tacoma	206	35	12 F 35-39	57:17.1	18:29/M
131	KEENAM SWAIN	Tacoma	185	32	7 M 30-34	57:22.3	18:30/M
132	Shondell Washington	Tacoma	199	29	7 M 25-29	57:25.4	18:31/M
133	ANGEL MORRIS	Tacoma	144	13	13 F 0-19	57:28.4	18:32/M
134	Meaghan Fleming	Seattle	510	31	9 F 30-34	57:51.7	18:40/M
135	Harry Gonzalez	Fox Island	102	49	5 M 45-49	58:14.7	18:47/M
136	Alisa Arthur	Fox Island	61	49	5 F 45-49	59:05.2	19:04/M
137	Lynn Kirkpatrick	Woodinville	124	56	4 F 55-59	59:28.6	19:11/M
138	Elsa Bouman	Lake forest park	70	58	5 F 55-59	59:33.5	19:13/M
139	Michael Johnson	Bellevue	116	39	7 M 35-39	1:01:08.9	19:43/M
140	Susan Smoots	Everett WA	177	43	8 F 40-44	1:02:00.3	20:00/M
141	teri spargur	Everett WA	34	51	7 F 50-54	1:02:01.8	20:00/M
142	CARMEN LEWIS	Tacoma	131	73	2 F 70-99	1:07:04.3	21:38/M

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Place	Name	City	Bib No	Age	Age Place	Time	Total Pace
1	Saul Stenbak	Seattle	883	39	1 M 35-39	39:50.3	6:25/M
2	Tobias McEvoy	Seattle	694	36	2 M 35-39	40:37.6	6:33/M
3	Michael Wasserman	Seattle	784	34	1 M 30-34	40:40.1	6:34/M
4	John Dickson	Bellevue	677	59	1 M 55-59	43:05.0	6:57/M
5	Louisa Hays	Seattle	712	29	1 F 25-29	43:24.5	7:00/M
6	Patrick McKay	Seatte	695	45	1 M 45-49	43:33.6	7:01/M
7	amye hadley	seattle	881	35	1 F 35-39	43:47.8	7:04/M
8	Berndt Bittlingmaier	Tacoma	672	35	3 M 35-39	45:02.8	7:16/M
9	Amanda Slater	Snohomish	885	26	2 F 25-29	45:23.3	7:19/M
10	Santiago Lopez	Seattle	691	39	4 M 35-39	45:37.3	7:21/M
11	Theodore Saloutos	Bainbridge	869	99	1 M 70-99	47:16.3	7:37/M
12	Kristina Kelley	Shoreline	685	38	2 F 35-39	47:57.8	7:44/M

13	tony miely	durango	699	40	1 F 40-44	48:16.4	7:47/M
14	Harley Lang	Kirkland	715	39	5 M 35-39	48:36.9	7:50/M
15	Kelsey Quam	Seattle	770	26	3 F 25-29	48:41.1	7:51/M
16	Dennis Lussier	Seattle	692	30	2 M 30-34	49:22.6	7:58/M
17	Richard von Hagel	Seattle	783	46	2 M 45-49	49:32.3	7:59/M
18	Julie Sewald	Mill Creek	780	38	3 F 35-39	49:53.9	8:03/M
19	Erin Brasch	Seattle	673	26	1 M 25-29	50:58.5	8:13/M
20	Edmond Ryan	Everett	778	43	1 M 40-44	51:17.8	8:16/M
21	Brian Russell	Issaquah	777	39	6 M 35-39	52:00.2	8:23/M
22	Antje Russell	Issaquah	776	38	4 F 35-39	52:01.8	8:23/M
23	Anastasia Duarte	SHORELINE	680	45	1 F 45-49	52:24.7	8:27/M
24	Vanessa Apodaca	Austin	886	26	4 F 25-29	52:41.0	8:30/M
25	Gretchen Tapp	Auburn	713	51	1 F 50-54	53:29.7	8:38/M
26	Cary Kesselring	Bellevue WA	687	52	1 M 50-54	54:14.0	8:45/M
27	Keith Kerkof	Seattle	686	43	2 M 40-44	54:21.6	8:46/M
28	Lee-Lee Miao	Seattle	697	57	1 F 55-59	55:04.4	8:53/M
29	Erin Jameson	University Place	711	31	1 F 30-34	55:12.9	8:54/M
30	Bridget Mason	Tacoma	693	30	2 F 30-34	56:53.4	9:10/M
31	James Weber	Kirkland WA	785	64	1 M 60-64	57:01.9	9:12/M
32	Leah Krautter	Kirkland	688	31	3 F 30-34	57:41.4	9:18/M
33	Lynda Petersen	Seattle	768	31	4 F 30-34	59:19.6	9:34/M
34	Ryan Petersen	Seattle	769	32	3 M 30-34	59:21.3	9:34/M
35	YOHELIA CABAMOTA	SEATTLE	674	28	5 F 25-29	59:22.6	9:35/M
36	Karrie Diaz	Seattle	676	36	5 F 35-39	1:00:35.8	9:46/M
37	Rachel Oppenheim	Seattle	765	35	6 F 35-39	1:01:26.8	9:55/M
38	Scott Radetski	Poulsbo	702	45	3 M 45-49	1:01:39.8	9:57/M
39	Ray Metz	Everett	714	39	7 M 35-39	1:01:45.6	9:58/M
40	Kari Vander Stoep	Seattle	882	39	7 F 35-39	1:02:10.0	10:02/M
41	Kristin Anderson	Seattle	669	42	2 F 40-44	1:02:14.4	10:02/M
42	Susannah Hale	Seattle WA	733	33	5 F 30-34	1:02:41.0	10:07/M
43	Mallory O'Brien	Seattle	764	26	6 F 25-29	1:02:58.4	10:09/M
44	tina miely	durango	698	40	3 F 40-44	1:03:09.0	10:11/M
45	Jamie Solak	Silverdale	782	25	7 F 25-29	1:03:33.5	10:15/M
46	Ben Rock	Enumclaw	774	23	1 M 20-24	1:04:02.1	10:20/M
47	Autumn Hathaway	Enumclaw	684	22	1 F 20-24	1:04:06.5	10:20/M
48	Becky Beard	Seattle	671	33	6 F 30-34	1:04:31.8	10:24/M
49	Sandra Farahani	Bellevue	682	65	1 F 65-69	1:09:18.6	11:11/M
50	Alana Willhite	Seattle	679	29	8 F 25-29	1:10:25.6	11:21/M
51	Patricia Pedersen	Issaquah	766	42	4 F 40-44	1:13:45.5	11:54/M
52	JoEllen LaPlant	Seattle	689	54	2 F 50-54	1:13:48.4	11:54/M
53	Kristen Freeman	Silverdale	683	24	2 F 20-24	1:14:13.1	11:58/M
54	Catharine Hanson	Bothell	880	26	9 F 25-29	1:14:48.0	12:04/M
55	Chris McKulka	Sammamish	696	40	3 M 40-44	1:23:53.4	13:32/M
56	Carol Mastenronic	Seattle	871	55	2 F 55-59	1:37:56.9	15:48/M
57	Eileen Herman	Edmonds	913	55	3 F 55-59	1:38:20.8	15:52/M
58	Kimberly Pena	Seattle	706	27	10 F 25-29	1:52:51.5	18:12/M
59	Kathy Ribail	Seattle	772	55	4 F 55-59	1:52:53.1	18:12/M
15k							
Place	Name	City	Bib No	Age	Age Place	Time	Total Pace
1	David Flowers	Seattle	930	56	1 M 55-59	1:06:20.6	7:08/M
2	Joe Cooper	Seattle	919	32	1 M 30-34	1:08:41.3	7:23/M
3	Arya Farahani	Bellevue	907	30	2 M 30-34	1:09:24.3	7:28/M
4	Nathan Kincaid	Colorado Springs	917	27	1 M 25-29	1:09:39.5	7:29/M

5	Bobbie Howard	Kirkland WA	939	45	1 F 45-49	1:10:30.4	7:35/M
6	Ken Kriekenbeck	Seatac	884	53	1 M 50-54	1:10:39.6	7:36/M
7	Charlie Hughes	Edmonds	934	58	2 M 55-59	1:12:56.0	7:51/M
8	David Thomas	Seattle	940	32	3 M 30-34	1:13:00.1	7:51/M
9	Grant Hatten	Edmonds	911	37	1 M 35-39	1:19:07.6	8:30/M
10	Krystal Turney	Bellevue	928	42	1 F 40-44	1:19:40.9	8:34/M
11	Eric Letsche	Snoqualmie WA	920	40	1 M 40-44	1:19:52.1	8:35/M
12	Kristin Kyrka	Seattle	924	30	1 F 30-34	1:19:58.6	8:36/M
13	Vaughn Schermerhorn	Seattle	931	36	2 M 35-39	1:21:44.2	8:47/M
14	Stan Hamaguchi	Maryville	923	51	2 M 50-54	1:24:58.5	9:08/M
15	Ilana Calvert	Kent	904	35	1 F 35-39	1:25:53.0	9:14/M
16	Rosemary Baker	Seattle	908	30	2 F 30-34	1:25:57.0	9:15/M
17	Macgregor Manwiller	Seattle	935	20	1 M 20-24	1:27:14.0	9:23/M
18	Kathleen Devlin	Shoreline	905	37	2 F 35-39	1:27:15.3	9:23/M
19	Lori Huskey	Seattle	910	32	3 F 30-34	1:28:27.2	9:31/M
20	Stacey Gibson	Seattle	927	26	1 F 25-29	1:30:50.8	9:46/M
21	Jaclyn Buchanan	Tacoma	916	25	2 F 25-29	1:30:52.2	9:46/M
22	Thomas Tubbesing	Kirkland	921	61	1 M 60-64	1:33:23.5	10:02/M
23	Elizabeth Walkup	Seattle	929	46	2 F 45-49	1:33:26.5	10:03/M
24	Paul Weidmaman		937	36	3 M 35-39	1:34:52.8	10:12/M
25	Erica Koscher	Seattle	925	28	3 F 25-29	1:34:54.4	10:12/M
26	Paul Inghram	Seattle	932	42	2 M 40-44	1:38:59.6	10:39/M
27	Johanna Garcia	Seattle	912	32	4 F 30-34	1:39:18.1	10:41/M
28	Amanda Heyano	SEattle	914	32	5 F 30-34	1:39:19.4	10:41/M
29	Shari Stewart	Kirkland	922	44	2 F 40-44	1:39:40.1	10:43/M
30	Angie Montani	Bellevue	918	35	3 F 35-39	1:39:48.1	10:44/M
31	Noel Roman	La Mirada	901	32	6 F 30-34	1:41:06.1	10:52/M
32	Nancy Shuttleworth	Seattle	902	34	7 F 30-34	1:41:07.8	10:52/M
33	Dave Bever	Seattle	933	56	3 M 55-59	1:46:33.7	11:27/M
34	Courtney Klop	Seattle	915	23	1 F 20-24	1:47:31.9	11:34/M
35	Bethany Cline	Seattle	906	25	4 F 25-29	1:48:19.3	11:39/M

Team

Place	Name	City	Bib No	Age	Time	Total Pace	Team Name
1	Kendal Sasso	Seattle	50	30	25:41.2	8:17/M	Ragnar Ladies
2	Courtney Strand	Seattle	45	37	0:25:41	8:17/M	Ragnar Ladies
3	Joy Hsu	Redmond	48	37	34:31.2	11:08/M	Shaolong
4	Betsy Swart	Seattle	49	46	36:05.9	11:38/M	Pas Trop Vite
5	Frank Swart	Seattle	44	54	36:07.7	11:39/M	Pas Trop Vite
6	Maribel Coyotl	Redmond	43	26	0:37:44	11:39/M	Shaolong
7	Katelan Head	Federal Way	46	26	38:50.2	12:32/M	Team Joel
8	Melinda Head	Federal Way	41	59	38:51.3	12:32/M	Team Joel
9	Lauren Dandridge	Seattle	42	22	40:07.7	12:56/M	C10H12N2O
10	Morgan Tuff	Seattle	47	22	40:08.8	12:57/M	C10H12N2O

Team Place	Team Name	Team Time
1	Ragnar Ladies	0:51:22
2	Pas Trop Vite	1:12:14
3	Shaolong	1:12:16
4	Team Joel	1:17:41
5	C10H12N2O	1:20:16

Duathlon							
Place	Name	City	Bib No	Age	Age Place	Time	Total Pace
1	John Duquette	Shoreline	37	35	1 M 35-39	48:45.1	3:43/M
2	Clinton Seal	Everett	35	31	1 M 30-34	54:32.5	4:10/M
3	seth o'harra	seattle	32	24	1 M 20-24	55:11.3	4:13/M
4	Christopher Kennedy	Seattle	38	38	2 M 35-39	1:00:01.1	4:35/M
5	Ryan Bundy	Seattle	16	35	3 M 35-39	1:03:57.0	4:53/M
6	jody wallis	bothell	31	38	4 M 35-39	1:04:00.5	4:53/M
7	John McDermott	Seattle	36	48	1 M 45-49	1:05:16.9	4:59/M
8	Trina Whitaker	Seattle	27	39	1 F 35-39	1:06:58.3	5:07/M
9	Joshua Lang	Seattle	30	38	5 M 35-39	1:12:34.8	5:32/M
10	Corey Cocker	Seattle	28	26	1 M 25-29	1:13:52.0	5:38/M
11	Ghee-hee Yang	Seattle	29	20	1 F 20-24	1:13:58.8	5:39/M
12	Jerad Heddal	Bothell	33	36	6 M 35-39	1:15:06.6	5:44/M
13	Edna Cross	Tacoma	34	52	1 F 50-55	1:23:18	5:50/M
Run Leg 1							
	Name	City	Bib No	Age	Time		
1	John Duquette	Shoreline	37	35	15:37:00		
2	seth o'harra	seattle	32	24	17:03:00		
3	Clinton Seal	Everett	35	31	18:23:00		
4	Trina Whitaker	Seattle	27	39	19:58:00		
5	Christopher Kennedy	Seattle	38	38	20:51:00		
6	John McDermott	Seattle	36	48	21:07:00		
7	Ryan Bundy	Seattle	16	35	22:05:00		
8	jody wallis	bothell	31	38	22:15:00		
9	Joshua Lang	Seattle	30	38	22:51:00		
10	Jerad Heddal	Bothell	33	36	23:45:00		
11	Ghee-hee Yang	Seattle	29	20	24:46:00		
12	Edna Cross	Tacoma	34	52	25:48:00		
13	Corey Cocker	Seattle	28	26	28:37:00		
Bike Leg							
	Name	City	Bib No	Age	Time		
1	John Duquette	Shoreline	37	35	30:25:00		
2	Clinton Seal	Everett	35	31	33:07:00		
3	seth o'harra	seattle	32	24	35:11:00		
4	Christopher Kennedy	Seattle	38	38	36:00:00		
5	jody wallis	bothell	31	38	38:31:00		
6	Ryan Bundy	Seattle	16	35	38:39:00		
7	Corey Cocker	Seattle	28	26	39:41:00		
8	John McDermott	Seattle	36	48	40:33:00		
9	Trina Whitaker	Seattle	27	39	43:21:00		
10	Ghee-hee Yang	Seattle	29	20	45:11:00		
11	Joshua Lang	Seattle	30	38	45:50:00		
12	Jerad Heddal	Bothell	33	36	47:14:00		
13	Edna Cross	Tacoma	34	52	52:35:00		