

Family Fitness Day  
Overall Finish List  
September 19, 2015

5k								
Place	Name	City	Bib No	Age	Age Group	Place	Total Time	Total Pace
1	Daniel Julian	Seattle	25	33	1 M 30-34		17:51	5:45/M
2	Karsten James	Bremerton	146	25	1 M 25-29		18:16	5:54/M
3	Brett Boldemann	Mercer Island	111	29	2 M 25-29		18:29	5:58/M
4	Janelle Abbott	SEATTLE	101	25	1 F 25-29		19:37	6:20/M
5	Paco Sinbad	Tacoma	179	31	2 M 30-34		19:58	6:26/M
6	Kelly Fullerton	Poulsbo	130	34	1 F 30-34		20:23	6:35/M
7	Robert Diaz	Seattle	124	49	1 M 45-49		20:51	6:44/M
8	Bridget Kruszka	Federal Way	150	24	1 F 20-24		20:57	6:45/M
9	john fogliani	Seattle	129	45	2 M 45-49		21:02	6:47/M
10	Josh Shoemaker	Seattle	178	33	3 M 30-34		21:26	6:55/M
11	Micah Humphrey	Seattle	82	34	4 M 30-34		21:29	6:56/M
12	Cameron Hartmann	Seattle	136	25	3 M 25-29		22:12	7:10/M
13	Sally Gianelli	Seattle	66	52	1 F 50-54		22:57	7:24/M
14	Jeffrey Newman	Snoqualmie	167	46	3 M 45-49		23:25	7:33/M
15	Brittany Petersen	Tacoma	172	33	2 F 30-34		23:32	7:35/M
16	Matt Schleede	Mercer Island	177	34	5 M 30-34		23:39	7:38/M
17	Jacob Humphrey	Seattle	143	36	1 M 35-39		23:43	7:39/M
18	Cindy Leung		155	24	2 F 20-24		24:14	7:49/M
19	Cindy Greenstein	Seattle	133	50	2 F 50-54		24:22	7:52/M
20	Ali Atri		106	26	4 M 25-29		24:24	7:52/M
21	Maryclare Griffin	Seattle	134	25	2 F 25-29		24:36	7:56/M
22	Shira Brewer		113	36	1 F 35-39		24:53	8:02/M
23	Kerric knowles	Seattle	149	25	5 M 25-29		25:05	8:05/M
24	Edmund Trangen	Seattle	186	26	6 M 25-29		25:16	8:09/M
25	Anton Pozhitkov	Seattle	174	11	1 M 0-19		25:35	8:15/M
26	Marco Muralles	Seattle	16	12	2 M 0-19		25:42	8:17/M
27	David Olsho	Poulsbo	170	64	1 M 60-64		25:44	8:18/M
28	Matthew Brewer		112	39	2 M 35-39		25:57	8:22/M
29	Cleo Melvin	Powell OH	600	13	1 F 0-19		26:02	8:24/M
30	Erin Romanuk	seattle	24	38	2 F 35-39		26:09	8:26/M
31	Janine Ipsen	Bellevue	145	65	1 F 65-69		26:34	8:34/M
32	Robert Macht	Seattle	158	60	2 M 60-64		26:42	8:37/M
33	Daveigh Collopy	Seattle	122	11	2 F 0-19		26:55	8:41/M
34	Kyle Rector	Seattle WA	591	29	3 F 25-29		27:09	8:45/M
35	Michael Bishop	SEATTLE WA	77	65	1 M 65-69		27:11	8:46/M
36	colt winkie		195	37	3 M 35-39		27:22	8:50/M
37	Allison Cox	Bellevue	123	31	3 F 30-34		0:27:30	8:52/M
38	Ricky Leung	Lynnwood	154	14	3 M 0-19		27:32	8:53/M
39	Cham Hang Yeung	kent	201	19	4 M 0-19		27:48	8:58/M
40	Ron Stuart	Seattle	6	45	4 M 45-49		28:02	9:03/M
41	Sarah Foster		538	36	3 F 35-39		28:27	9:11/M
42	Inwoo Lee	Bothell	152	24	1 M 20-24		28:30	9:12/M
43	Tracy Yeung	kent	200	21	3 F 20-24		28:32	9:12/M
44	Melissa Anderson	Shoreline	102	37	4 F 35-39		28:34	9:13/M
45	Lisa Macht	Seattle	157	54	3 F 50-54		28:36	9:14/M
46	Brandon Myers	Seattle WA	592	26	7 M 25-29		28:54	9:19/M
47	Lynne Werner	Seattle	193	64	1 F 60-64		29:02	9:22/M
48	Cade Stuart	Seattle	4	13	5 M 0-19		29:59	9:40/M

49	Alexandra Novotny	Seattle	168	41	1 F 40-44	30:32	9:51/M
50	Michael Smith	Seattle	180	48	5 M 45-49	30:35	9:52/M
51	Allison Arrigoni	Seattle	105	25	4 F 25-29	31:13	10:04/M
52	Ken Hagen	Seattle	135	28	8 M 25-29	31:17	10:05/M
53	Linnea Smolentzov	Seattle	181	30	3 F 30-34	31:19	10:06/M
54	Max Aquino	Seattle	104	32	6 M 30-34	31:28	10:09/M
55	Wesley McGiboney		163	29	9 M 25-29	31:54	10:17/M
56	Man Leung	Seattle WA	33	54	1 M 50-54	31:56	10:18/M
57	Emily Gussin	Seattle	464	28	5 F 25-29	32:04	10:21/M
58	Debra Gussin	Seattle	465	53	4 F 50-54	32:04	10:21/M
59	Rodney Choy	Seattle	1	72	1 M 70-74	32:10	10:23/M
60	Stephanie Moore	Renton	166	30	4 F 30-34	32:53	10:36/M
61	Chiu/David Chu		121	47	6 M 45-49	33:02	10:39/M
62	Andrew Birchall		81	34	7 M 30-34	33:21	10:45/M
63	Rebecca Aquino	Shoreline	103	24	4 F 20-24	33:40	10:52/M
64	Christine Pozhitkov	Seattle	175	48	1 F 45-49	34:15	11:03/M
65	David Garton	Mercer Island WA	35	11	6 M 0-19	34:16	11:03/M
66	Sarah Garton	Mercer Island WA	65	6	3 F 0-19	34:22	11:05/M
67	Rachel gARTON	mercier island WA	34	8	4 F 0-19	35:05	11:19/M
68	Rachel Garton	Mercer Island WA	59	43	2 F 40-44	35:07	11:20/M
69	Chi Fai Yeung	Mercer Island	199	52	2 M 50-54	35:33	11:28/M
70	Evan Mauro	Seattle	160	26	10 M 25-29	35:38	11:30/M
71	Emily Kane		270	38	5 F 35-39	36:47	11:52/M
72	Isabel Kane		85	8	5 F 0-19	36:49	11:53/M
73	James Viengham	Mercer Island	190	23	5 F 20-24	36:59	11:56/M
74	marguerite Humphrey		83	64	2 F 60-64	38:16	12:21/M
75	Ashley Britt	Portland	115	24	6 F 20-24	38:23	12:23/M
76	anne mauro	Seattle	161	35	6 F 35-39	38:25	12:24/M
77	Jennifer Carlson	Tacoma	117	57	1 F 55-59	39:22	12:42/M
78	David Hong		138	38	4 M 35-39	39:45	12:49/M
79	Denetria Hong		139	8	6 F 0-19	39:46	12:50/M
80	Ekow Bedu-Amisshah	Seattle	109	31	8 M 30-34	39:51	12:51/M
81	Ben Bishop	Issaquah WA	110	28	11 M 25-29	39:52	12:52/M
82	Lisa Nguyen	Seattle WA	598	20	7 F 20-24	39:59	12:54/M
83	Winnie Yeung	Seattle WA	596	19	7 F 0-19	40:07	12:56/M
84	Daniela Wagner	Everett	191	43	3 F 40-44	41:16	13:19/M
85	Karan Loalza		86	30	5 F 30-34	42:36	13:45/M
86	Amanda Lindsey	Seattle	156	28	6 F 25-29	44:01	14:12/M
87	Ryan Emerson	Seattle	127	28	12 M 25-29	44:03	14:13/M
88	Trisha Tinsley	Seattle	185	43	4 F 40-44	45:30	14:41/M
89	Phoebe Yeung	Seattle	198	23	8 F 20-24	45:38	14:43/M
90	Keith Hudson	Lynnwood	141	40	1 M 40-44	45:52	14:48/M
91	Daisa Hudson	Edmonds	140	17	8 F 0-19	45:54	14:48/M
92	Morgan Brewer	Seattle WA	78	15	9 F 0-19	46:14	14:55/M
93	Jocelyne Winterling	Federal Way	196	41	5 F 40-44	47:27	15:18/M
94	Jennifer Girou	Seattle	131	42	6 F 40-44	47:29	15:19/M
95	Julie Bridges	Snoqualmie	114	39	7 F 35-39	47:33	15:20/M
96	Melissa Hudson	Edmonds	142	39	8 F 35-39	47:37	15:22/M
97	Ashley Welch	Seattle	192	25	7 F 25-29	48:04	15:30/M
98	Karen Charnell	Everett	119	66	2 F 65-69	49:36	16:00/M
99	Susan Birkenbuel	Everett WA	533	65	3 F 65-69	49:38	16:01/M
100	Darmita Ju	Seattle	147	39	9 F 35-39	50:02	16:08/M
101	Ana-Maria Standolariu		80	28	8 F 25-29	50:07	16:10/M
102	Marioara Standolariu		79		10 F 0-19	50:08	16:10/M
103	Toni Bennett	Seattle	67	36	10 F 35-39	51:52	16:44/M

104	Jonas Ruttenberg	Lake Forest Park WA	72	10	7 M 0-19	55:01	17:45/M
105	Nicole Ruttenberg	Lake Forest Park WA	68	42	7 F 40-44	55:02	17:45/M
106	Gary Wright	Bremerton	197	77	1 M 75-79	55:04	17:46/M
107	caroline winkie	Everett	194	32	6 F 30-34	58:44	18:57/M
108	Emily Avery	Auburn	107	29	9 F 25-29	58:46	18:57/M
109	Eric Brittain	seattle	116	45	7 M 45-49	1:03:32	20:30/M
110	Susan Smoots	Auburn	182	44	8 F 40-44	1:06:29	21:27/M
111	Teri Spargur	Seattle	183	55	2 F 55-59	1:06:31	21:27/M
112	Meiyee Leung	Lynnwood	153	52	5 F 50-54	1:06:38	21:30/M
113	Wan Chi Chan	Seattle	118	58	3 F 55-59	1:06:40	21:30/M
114	Sharon Knowlton		84	57	4 F 55-59	1:07:59	21:56/M

#### 10k

Place	Name	City	Bib No	Age	Age Group	Place	Total Time	Total Pace
1	Jesus Baez		497	31	1 M 30-34		39:57	6:27/M
2	Eric Romanuk	Seattle	403	37	1 M 35-39		45:14	7:18/M
3	Tony Splaver	Renton WA	401	45	1 M 45-49		49:12	7:56/M
4	Celia MacPhail	Olympia	478	24	1 F 20-24		49:45	8:01/M
5	Lee Glidewell	Seattle	466	37	2 M 35-39		0:51:14	8:16/M
6	John Paul Roberts	Seattle	483	29	1 M 25-29		54:46	8:50/M
7	Sarah Wu	Kenmore	472	29	1 F 25-29		55:43	8:59/M
8	Christopher Martinez	Seattle	448	41	1 M 40-44		59:01	9:31/M
9	Wayne Bishop	Puyallup	463	43	2 M 40-44		1:02:24	10:04/M
10	Emily Meoz	Seattle	447	28	2 F 25-29		1:02:36	10:06/M
11	Sarah Zee	Kirkland	468	32	1 F 30-34		1:04:32	10:25/M
12	Lindsay Fjeran	Seattle	444	25	3 F 25-29		1:05:15	10:31/M
13	Lyndsay Miles	Seattle	446	35	1 F 35-39		1:05:56	10:38/M
14	sheila tashiro	mountlake terrace	443	46	1 F 45-49		1:06:06	10:40/M
15	Breeana Roe	Sammamish	480	33	2 F 30-34		1:06:59	10:48/M
16	Prasad Wali	Kent	457	38	3 M 35-39		1:08:07	10:59/M
17	Clay Smith	Kent	456	50	1 M 50-54		1:08:30	11:03/M
18	Gwen LeBlanc	Shoreline	404	34	3 F 30-34		1:08:58	11:07/M
19	Elizabeth Arjun	Seattle	405	40	1 F 40-44		1:08:59	11:08/M
20	Christina Anderson	Seattle	449	34	4 F 30-34		1:11:24	11:31/M
21	Kara Maphosa	Edmonds	450	37	2 F 35-39		1:11:26	11:31/M
22	Melany Grout	Seattle	455	35	3 F 35-39		1:12:29	11:41/M
23	Veronica Borgonov		477	39	4 F 35-39		1:12:29	11:41/M
24	Scott Sammons	Kirkland	469	39	4 M 35-39		1:13:35	11:52/M
25	Zach Welch	Kirkland	467	25	2 M 25-29		1:13:54	11:55/M
26	Hilary Lyons	Bothell	451	29	4 F 25-29		1:15:40	12:12/M
27	Christina Polis	Sammamish	481	24	2 F 20-24		1:15:41	12:12/M
28	Steven Brittain	Seattle	474	9	1 M 0-19		1:16:25	12:20/M
29	Jennifer Griffiths	Kent	473	44	2 F 40-44		1:16:28	12:20/M
30	Dylan Dorow	Seattle	482	34	2 M 30-34		1:17:28	12:30/M
31	Jake Ruttenberg	Bothell	452	43	3 M 40-44		1:27:14	14:04/M
32	Sowmyashree Ramesh Kumar	Seattle	453	28	5 F 25-29		1:27:15	14:04/M
33	Cat Homan	KIRKLAND	445	23	3 F 20-24		1:30:39	14:37/M
34	Zdenko Jendruh	Seattle	788	57	1 F 55-59		1:32:08	14:52/M
35	Jelena Jurkovic	Seattle	475	59	2 F 55-59		2:00:29	19:26/M

#### 15k

Place	Name	City	Bib No	Age	Age Group	Place	Total Time	Total Pace
1	Patrick Moore	n/a	781	31	1 M 30-34		56:44	6:06/M
2	REECE LUMSDEN	SHORELINE WA	785	40	1 M 40-44		1:04:15	6:55/M
3	Jay Grubb	Seattle WA	786	54	1 M 50-54		1:10:10	7:33/M

4	kash wimer	Seattle	784	37	1 M 35-39	1:15:57	8:10/M
5	Aaron Renner	Renton	780	34	2 M 30-34	1:16:52	8:16/M
6	Bruce Greenstein	Seattle WA	787	47	1 M 45-49	1:19:00	8:30/M
7	Benjamin Meoz	Seattle	775	34	3 M 30-34	1:19:35	8:33/M
8	Alexandra Hartwick	Bellevue	777	28	1 F 25-29	1:35:36	10:17/M
9	Kaira Kingston	Seattle	778	28	2 F 25-29	1:35:37	10:17/M
10	David Dugdale	Seattle	782	60	1 M 60-64	1:41:36	10:55/M

#### Duathlon

Place	Name	City	Bib No	Age	Age Group	Place	Total Time	Total Pace
1	Robinson Howell	Seattle WA	922	56	1 M 55-59		52:44	4:02/M
2	Joseph Swain	Seattle	921	31	1 M 30-34		53:50	4:07/M
3	Nikki Vaughan	Carnation WA	928	27	1 F 25-29		1:00:16	4:36/M
4	Seth Solbrack	Seattle	902	30	2 M 30-34		1:01:48	4:43/M
5	Sean Day	Bellevue WA	924	48	1 M 45-49		1:02:22	4:46/M
6	Brenda Bednar	Seattle	923	33	1 F 30-34		1:02:47	4:48/M
7	Gary Kneeland	Seattle	916	30	3 M 30-34		1:04:38	4:56/M
8	Joe Norris	Shoreline	926	55	2 M 55-59		1:05:11	4:59/M
9	Thomas Owen	Seattle	903	47	2 M 45-49		1:06:03	5:03/M
10	Dave Marshall	Mill Creek	919	55	3 M 55-59		1:06:41	5:05/M
11	Kira James		909	44	1 F 40-44		1:06:47	5:06/M
12	Sariah Toronto	kent	918	43	2 F 40-44		1:06:52	5:06/M
13	Ian Hirons	bothell	904	17	1 M 0-19		1:08:48	5:15/M
14	Lucas Rucks	Brown's Point	908	36	1 M 35-39		1:09:33	5:19/M
15	Gretchen Tapp	Auburn	913	53	1 F 50-54		1:09:51	5:20/M
16	Timothy Savage	Mlt	917	30	4 M 30-34		1:14:17	5:40/M
17	Melanie Lewis	Seattle	910	43	3 F 40-44		1:15:50	5:47/M
18	Whitney Spicher	Everett	925	29	2 F 25-29		1:21:58	6:15/M
19	Pauine Bartle		911	43	4 F 40-44		1:24:26	6:27/M
20	Micah McCauley		920	39	2 M 35-39		1:26:39	6:37/M
21	Conni Bentley		912	54	2 F 50-54		1:29:08	6:48/M
22	Rex Miller	Lynnwood	929	42	1 M 40-44		1:30:06	6:53/M
23	Monica Eddy	Seattle	914	62	1 F 60-64		1:46:40	8:09/M
24	Cynthia Ward	Seattle	915	39	1 F 35-39		1:46:42	8:09/M
25	Laura Reed	Marysville	906	47	1 F 45-49		2:04:17	9:29/M
26	Peter Draper	seattle	905	50	1 M 50-54		2:04:27	9:30/M
27	Miranda Draper	Everett	907	13	1 F 0-19		2:04:30	9:30/M