

Family Fitness Day

Overall Finish List

September 22, 2012

5k							
Place	Name	City	Bib No	Age	Age Group Place	Time	Pace
1	ben robinson	seattle WA	351	31	1 M 30-34	17:15.6	5:34/M
2	Brad Mott	Shoreline	492	44	1 M 40-44	18:08.1	5:51/M
3	kristin sauter	seattle WA	662	34	1 F 30-34	18:41.5	6:02/M
4	Garrett Reynolds	Seattle	202	24	1 M 20-24	18:56.7	6:06/M
5	Joshua Mule	Seattle	199	27	1 M 25-29	19:38.0	6:20/M
6	paul dompe	seattle WA	364	43	2 M 40-44	20:05.0	6:29/M
7	Catherine White	Seattle	470	36	1 F 35-39	20:28.2	6:36/M
8	emily robinson	seattle WA	350	29	1 F 25-29	21:33.3	6:57/M
9	Eli Wilson	SEATTLE	174	27	2 M 25-29	22:18.6	7:12/M
10	Jeffrey Palmer	Renton	493	44	3 M 40-44	22:30.8	7:15/M
11	David Coombs	Seattle	472	28	3 M 25-29	22:37.8	7:18/M
12	jensen mauseth	everett WA	508	33	2 M 30-34	23:01.8	7:25/M
13	jonathan suttles	ellensburg WA	344	52	1 M 50-54	23:06.0	7:27/M
14	Eileen Burns	Seattle	203	32	2 F 30-34	23:24.5	7:33/M
15	jonathan novack	covington WA	372	17	1 M 0-19	23:26.2	7:34/M
16	nancy suttle	ellensburg WA	418	54	1 F 50-54	23:28.1	7:34/M
17	Michael Parker	Kirkland	489	43	4 M 40-44	23:32.8	7:35/M
18	Christy Cherrier	Seattle	482	33	3 F 30-34	23:45.2	7:40/M
19	george weiss	bellevue WA	416	61	1 M 60-64	24:24.2	7:52/M
20	Anna McConnell	seattle WA	348	24	1 F 20-24	25:00.3	8:04/M
21	dottie faris	seattle	488	34	4 F 30-34	25:11.2	8:07/M
22	Jeff Liu	SEATTLE	500	36	1 M 35-39	25:15.7	8:09/M
23	Francie Zant	Seattle	466	34	5 F 30-34	25:36.4	8:15/M
24	henry anderson	shoreline WA	410	7	2 M 0-19	25:37.8	8:16/M
25	chris anderson	Shoreline WA	415	49	1 M 45-49	26:38.2	8:35/M
26	Paul Shuckerow	Camano Island	496	40	5 M 40-44	26:43.6	8:37/M
27	Jennifer OMeara	Kent	216	32	6 F 30-34	26:45.3	8:38/M
28	Jonathan Wolff	Kent	218	37	2 M 35-39	26:47.3	8:38/M
29	Meagan Walker	Seattle	465	48	1 F 45-49	26:59.3	8:42/M
30	Aimee Kelly	Olympia	495	31	3 M 30-34	27:15.1	8:47/M
31	Darci Dawson	Snoqualmie	477	38	2 F 35-39	27:16.6	8:48/M
32	Nycole Swearingen	Lynnwood	486	34	7 F 30-34	27:52.7	8:59/M
33	Wendy Yoker	Snoqualmie	476	40	1 F 40-44	28:05.6	9:04/M
34	michele rohaly	kent WA	384	41	2 F 40-44	28:31.0	9:12/M
35	Lori McGinty	Seattle	458	30	8 F 30-34	28:40.5	9:15/M
36	Emily Varcalli	SEATTLE	175	27	4 M 25-29	29:44.3	9:35/M
37	hillary mclavghin	seattle WA	284	41	3 F 40-44	29:51.7	9:38/M
38	Nicolas Brassard	Redmond	316	11	3 M 0-19	29:55.7	9:39/M
39	Nicolas Duchastel de M	Woodinville	236	40	6 M 40-44	30:17.3	9:46/M
40	Scott Kim	Issaquah	167	36	3 M 35-39	30:19.2	9:47/M
41	Judd Hall	Seattle	483	50	2 M 50-54	30:29.5	9:50/M
42	Marisa Baptiste	Seattle	494	25	2 F 25-29	30:33.1	9:51/M
43	Madan Jampani	Bothell	1933	32	4 M 30-34	30:36.7	9:52/M
44	zoe rohacy	kent WA	382	17	1 F 0-19	30:37.2	9:53/M
45	brent hoff	kent WA	399	44	7 M 40-44	30:58.2	9:59/M

46	Simon Duchastel de M	Woodinville	250	12	4 M 0-19	31:09.2	10:03/M
47	kari mauseth	everett WA	509	34	9 F 30-34	31:21.4	10:07/M
48	Julie James	Kirkland	490	43	4 F 40-44	31:28.8	10:09/M
49	Judy Vann	Seattle	499	52	2 F 50-54	31:33.5	10:11/M
50	Anders Pohlmann	seattle	498	10	5 M 0-19	31:35.0	10:11/M
51	Sarah Pohlmann	seattle	497	40	5 F 40-44	31:44.8	10:14/M
52	Linda Lockwood	Seattle	455	66	1 F 65-69	32:03.5	10:20/M
53	Nancy Anderson	Seattle	462	49	2 F 45-49	32:24.7	10:27/M
54	Carolynn Estes	Lynnwood	452	35	3 F 35-39	33:51.7	10:55/M
55	Carissa Ham	Mercer Island	475	18	2 F 0-19	33:56.0	10:57/M
56	Iris Zhou	Seattle	480	12	3 F 0-19	34:32.4	11:08/M
57	Steven Harvey	Seattle WA	354	39	4 M 35-39	34:42.9	11:12/M
58	Ethan Saur	Snohomish	474	11	6 M 0-19	34:44.9	11:12/M
59	Kevin Saur	Snohomish	405	37	5 M 35-39	34:45.9	11:13/M
60	Emily Wood	Seattle	224	28	3 F 25-29	35:04.4	11:19/M
61	Lynne Tan	seattle	459	31	10 F 30-34	35:31.2	11:27/M
62	Kelly Kim	Issaquah	169	35	4 F 35-39	35:37.0	11:29/M
63	Lynn Wunder	North Bend	469	44	6 F 40-44	35:38.3	11:30/M
64	Qing Wng	Seattle	481	40	7 F 40-44	35:55.7	11:35/M
65	Emmett Barnes	Seattle	446	9	7 M 0-19	36:58.7	11:55/M
66	Laura Heddal	Bothell	478	37	5 F 35-39	37:17.1	12:02/M
67	Omar Barnes	Seattle	445	12	8 M 0-19	37:21.2	12:03/M
68	Nancy Zant	Seattle	464	66	2 F 65-69	37:42.9	12:10/M
69	Rachel Cirricione	Seattle	450	30	11 F 30-34	38:10.3	12:19/M
70	Clarice Thaete	Seatac	177	57	1 F 55-59	38:25.1	12:24/M
71	John Anderson	Kirkland	491	39	6 F 35-39	38:36.6	12:27/M
72	Laura Foster	Shoreline	453	25	4 F 25-29	38:44.9	12:30/M
73	gary Wright	Bremerton	447	74	1 M 70-99	39:17.1	12:40/M
74	Patrice Brassard	Redmond	286	42	8 M 40-44	39:57.2	12:53/M
75	judy kolik	bellevue WA	403	69	3 F 65-69	40:19.5	13:00/M
76	Marianne Brassard	Redmond	317	7	4 F 0-19	42:33.5	13:44/M
77	Sylvia Field	Seattle	451	29	5 F 25-29	43:31.8	14:02/M
78	Daryl Thaete	Seatac	176	64	2 M 60-64	43:49.6	14:08/M
79	Beatrice Duchastel de M	Woodinville	251	11	5 F 0-19	46:35.7	15:02/M
80	Emilie Drouin	Redmond	318	39	7 F 35-39	48:32.6	15:39/M
81	Susan Smots	Everett	473	42	8 F 40-44	49:44.9	16:03/M
82	Pamela Pogue	Seattle	484	48	3 F 45-49	52:24.4	16:54/M
83	Kristina Voros	Seattle	468	42	9 F 40-44	53:57.7	17:24/M
84	Ann Hoover	Federal Way	324	65	4 F 65-69	58:16.6	18:48/M
85	Kristopher Gutierrez	Seattle	254	36	6 M 35-39	1:12:16.7	23:19/M
86	August Heddal	Bothell	479	10	6 F 0-19	1:20:15.5	25:53/M

10k

Place	Name	City	Bib No	Age	Age Group Place	Time	Total Pace
1	peter vosshall	bainbridge WA	1971	42	1 M 40-44	38:44.9	6:15/M
2	Curtis Names	Seattle	1960	43	2 M 40-44	39:17.1	6:20/M
3	ken hamm	shoreline WA	1973	54	1 M 50-54	39:19.4	6:20/M
4	Michael Wasserman	Seattle	1958	34	1 M 30-34	40:19.5	6:30/M
5	andy brassington	seattle WA	1976	55	1 M 55-59	40:28.3	6:32/M
6	Sean Bulthaup	Tacoma	1967	32	2 M 30-34	40:38.2	6:33/M
7	Michael Donikian	Seattle	1970	32	3 M 30-34	40:41.1	6:34/M

8	Adrienne Salzwedel	Seattle	1942	28	1 F 25-29	42:33.5	6:52/M
9	Joseph Brown	Seattle	1957	49	1 M 45-49	43:49.6	7:04/M
10	Alicia Bentley	Auburn	1972	18	1 F 0-19	44:03.7	7:06/M
11	Greg Barnes	Seattle	1931	47	2 M 45-49	46:35.7	7:31/M
12	george gullufsen	seattle	1962	59	2 M 55-59	48:32.6	7:50/M
13	Lindsay Oliveira	Seattle	1964	31	1 F 30-34	48:48.7	7:52/M
14	Mike Oliveira	Seattle	1965	36	1 M 35-39	49:44.9	8:01/M
15	aseem cheema	issaquah WA	1975	31	4 M 30-34	50:44.2	8:11/M
16	Brenda Cram	Seattle	1941	46	1 F 45-49	50:52.3	8:12/M
17	Edmond Ryan	Everett	1938	42	3 M 40-44	51:03.7	8:14/M
18	Catherine Novenario	Bothell	1969	15	2 F 0-19	52:24.4	8:27/M
19	ben dorantes	seattle WA	1977	42	4 M 40-44	52:37.7	8:29/M
20	Larissa Absher	Newcastle	1953	22	1 F 20-24	52:53.6	8:32/M
21	Anastasia Duarte	Shoreline	1963	45	2 F 45-49	53:57.7	8:42/M
22	Spencer Neher	Kenmore	1936	13	1 M 0-19	55:57.9	9:01/M
23	Christa Bennett	Seattle	1939	29	2 F 25-29	56:18.3	9:05/M
24	Shang Tian	Des Moines	1943	28	1 M 25-29	56:32.4	9:07/M
25	Rosemary Baker	Seattle	1934	29	3 F 25-29	56:50.5	9:10/M
26	Christina Gallion	Newcastle	1954	23	2 F 20-24	57:02.1	9:12/M
27	Chelsey Meek-Beck	Bellevue	1959	23	3 F 20-24	57:33.4	9:17/M
28	Steve DiBernardo	Shoreline	1955	59	3 M 55-59	57:47.8	9:19/M
29	Carlos Sayles	Sammamish	1951	42	5 M 40-44	58:16.6	9:24/M
30	Michael Bennett	Seattle	1940	34	5 M 30-34	58:18.5	9:24/M
31	Elizabeth Walkup	Seattle	1930	45	3 F 45-49	1:01:19.0	9:53/M
32	Bob Novak	Bainbridge Isla	1952	63	1 M 60-64	1:02:27.2	10:04/M
33	Noelle Higgins	Seattle	1966	41	1 F 40-44	1:03:02.4	10:10/M
34	navi chetma	issaquah WA	1974	27	4 F 25-29	1:03:16.2	10:12/M
35	Christine Novenario	Bothell	1968	39	2 F 35-39	1:08:51.0	11:06/M
36	Stanley Chraminski	Seattle	1950	64	2 M 60-64	1:12:24.6	11:41/M
37	Christopher Lubanga	Everett	1961	26	2 M 25-29	1:14:50.8	12:04/M
38	Conni Bentley	Auburn	1947	51	1 F 50-54	1:18:20.5	12:38/M

15k

Place	Name	City	Bib No	Age	Age Group Place	Time	Total Pace
1	kelly murphy	seattle WA	960	35	1 M 35-39	59:09.0	6:22/M
2	chris kulik	bellevue WA	957	34	1 M 30-34	1:01:46.4	6:38/M
3	Michael Brisbois	Sammamish	914	48	1 M 45-49	1:06:32.6	7:09/M
4	karen pleas	wenatchee WA	959	32	1 F 30-34	1:12:06.7	7:45/M
5	Zane Kelly	Olympia	918	32	2 M 30-34	1:13:20.4	7:53/M
6	Mel Oshiro	Mukilteo WA	921	51	1 M 50-54	1:20:15.5	8:38/M
7	Cherisa Bell	Tonasket	919	30	2 F 30-34	1:20:47.0	8:41/M
8	Jorge Caballero	Everett	917	28	1 M 25-29	1:22:18.0	8:51/M
9	Gretchen Tapp	Auburn	920	51	1 F 50-54	1:28:51.4	9:33/M
10	Charles Coombs	Marysville	923	51	2 M 50-54	1:31:17.3	9:49/M
11	Jen Fein	Seattle	915	29	1 F 25-29	2:56:32.9	18:59/M

Team

Place	Name	Team Name	Bib No	Age	Age Group Place	Time	Total Pace
1	Jason Mitchell	Hiro's Heroes	325	40	1 M 40-44	24:24.2	7:52/M
2	Neil Ozzie	Kong-ik-Ozzie's	341	29	1 M 25-29	28:40.5	9:15/M
3	Evelyn Kong	Kong-ik-Ozzie's	343	25	1 F 25-29	30:19.2	9:47/M

4	Kimberly Lu	Hiro's Heroes	327	38	1 F 35-39	32:24.7	10:27/M
Team Place							
1	Hiro's Heroes	0:56:49					
2	Kong-ik-Ozzie's	0:59:00					
Duathlon							
Place	Name	City	Bib No	Age	Age Group Place	Time	
1	edgardo balansay	seattle WA	10	33	1 M 30-34	57:00.6	
2	Nick Bond	Seattle	45	58	1 M 55-59	57:40.6	
3	Noel Clayton	Seattle	36	36	1 M 35-39	58:27.3	
4	Nicholas Kennedy	Seattle	51	10	1 M 0-19	1:02:32.5	
5	Courtney Allshouse	Seattle	47	37	1 F 35-39	1:04:04.8	
6	Ted Coulson	Seattle	28	64	1 M 60-64	1:05:04.7	
7	Russell Crew	Bainbridge Isla	44	34	2 M 30-34	1:06:33.7	
8	Laurie Ames	Kenmore	38	43	1 F 40-44	1:10:43.0	
9	MJ kelly	seattle WA	9	42	2 F 40-44	1:11:01.2	
10	Jeanne Coulson	Seattle	27	61	1 F 60-64	1:11:38.5	
11	Nick McHugh	Seattle	33	9	2 M 0-19	1:12:39.5	
12	Ryan Mansisidor	Seattle	42	9	3 M 0-19	1:14:54.8	
13	Janel Schermerhorn	Seattle	43	38	2 F 35-39	1:16:23.0	
14	Christine McHugh	Seattle	32	42	3 F 40-44	1:16:46.2	
15	Liz Clayton	Seattle	35	28	1 F 25-29	1:17:28.7	
16	Jerad Heddal	Bothell	39	36	2 M 35-39	1:18:49.6	
17	Keidi Niemann	Port Angeles	46	30	1 F 30-34	1:20:17.6	
18	Patrece Mansisidor	Seattle	41	40	4 F 40-44	1:22:09.9	
19	Kristin Davis	Lynnwood	48	27	2 F 25-29	1:23:34.8	
20	Ram Tanguturi	La Grande	30	70	1 M 70-99	2:02:82.1	
21	Dawn Knight	La Grande	31	54	1 F 50-54	2:02:82.9	
22	Alan Klein	Enumclaw	34	66	1 M 65-69	2:05:32.9	
Leg 1							
Place	Name	City	Bib No	Age	Age Group Place	Time	
1	edgardo balansay	seattle WA	10	33	1 M 30-34	16:49.7	
2	Noel Clayton	Seattle	36	36	1 M 35-39	17:44.9	
3	Ted Coulson	Seattle	28	64	1 M 60-64	20:11.8	
4	Nick Bond	Seattle	45	58	1 M 55-59	20:23.4	
5	Keidi Niemann	Port Angeles	46	30	1 F 30-34	21:02.9	
6	Courtney Allshouse	Seattle	47	37	1 F 35-39	21:11.1	
7	Liz Clayton	Seattle	35	28	1 F 25-29	23:34.3	
8	Nick McHugh	Seattle	33	9	1 M 0-19	24:08.3	
9	Ryan Mansisidor	Seattle	42	9	2 M 0-19	24:10.9	
10	Russell Crew	Bainbridge Isla	44	34	2 M 30-34	24:33.0	
11	Laurie Ames	Kenmore	38	43	1 F 40-44	25:17.4	
12	Jerad Heddal	Bothell	39	36	2 M 35-39	25:23.0	
13	MJ kelly	seattle WA	9	42	2 F 40-44	25:35.5	
14	Christine McHugh	Seattle	32	42	3 F 40-44	26:39.3	
15	Patrece Mansisidor	Seattle	41	40	4 F 40-44	26:40.7	
16	Carol Kennedy	Seattle	49	72	1 F 70-99	26:42.9	
17	Janel Schermerhorn	Seattle	43	38	2 F 35-39	27:08.6	

18	Kristin Davis	Lynnwood	48	27	2 F 25-29	28:05.0	
19	Ram Tanguturi	La Grande	30	70	1 M 70-99	47:37.9	
20	Alan Klein	Enumclaw	34	66	1 M 65-69	52:12.6	
	Leg 2						
Place	Name	City	Bib No	Age	Age Group Place	Time	
1	edgardo balansay	seattle WA	10	33	1 M 30-34	0:35:42	
2	Nick Bond	Seattle	45	58	1 M 55-59	0:36:39	
3	Noel Clayton	Seattle	36	36	1 M 35-39	0:35:09	
4	Christopher Kennedy	Seattle	50	37	2 M 35-39	0:38:57	
5	Courtney Allshouse	Seattle	47	37	1 F 35-39	0:39:33	
6	Ted Coulson	Seattle	28	64	1 M 60-64	0:40:03	
7	Russell Crew	Bainbridge Isla	44	34	2 M 30-34	0:38:56	
8	MJ kelly	seattle WA	9	42	1 F 40-44	0:42:15	
9	Laurie Ames	Kenmore	38	43	2 F 40-44	0:42:17	
10	Jeanne Coulson	Seattle	27	61	1 F 60-64	0:41:58	
11	Nick McHugh	Seattle	33	9	1 M 0-19	0:44:10	
12	Janel Schermerhorn	Seattle	43	38	2 F 35-39	0:45:20	
13	Christine McHugh	Seattle	32	42	3 F 40-44	0:46:53	
14	Liz Clayton	Seattle	35	28	1 F 25-29	0:46:33	
15	Ryan Mansisidor	Seattle	42	9	2 M 0-19	0:46:50	
16	Jerad Heddal	Bothell	39	36	3 M 35-39	0:47:27	
17	Keidi Niemann	Port Angeles	46	30	1 F 30-34	0:49:12	
18	Patrece Mansisidor	Seattle	41	40	4 F 40-44	0:49:20	
19	Kristin Davis	Lynnwood	48	27	2 F 25-29	0:30:52	
20	Alan Klein	Enumclaw	34	66	1 M 65-69	1:03:49	
21	Dawn Knight	La Grande	31	54	1 F 50-54	1:57:04	

