

Family Fitness Day

Overall Finish List

September 21, 2013

5k							
Place	Name	City	Bib No	Age	Age Group Place	Total Time	Total Pace
1	Spencer Walsh	Seattle	168	30	1 M 30-34	16:25.6	5:18/M
2	Egor Trilisky	Seattle	205	32	2 M 30-34	18:38.9	6:01/M
3	Tanya Grossman	Casto Valley WA	64	40	1 F 40-44	19:32.1	6:18/M
4	Blake Pelton	Redmond	212	31	3 M 30-34	20:00.6	6:27/M
5	Brent Couvrette	Kenmore	240	25	1 M 25-29	20:30.2	6:37/M
6	David Couvrette	Kenmore	243	27	2 M 25-29	20:39.4	6:40/M
7	David Pokluda	Redmond	222	40	2 F 40-44	21:12.7	6:50/M
8	Mark Schlienzy	Kenmore	242	48	1 M 45-49	22:04.4	7:07/M
9	Marius Sutara	Redmond	224	40	1 M 40-44	24:19.3	7:51/M
10	Sarka Petrbokova	Redmond	223	40	3 F 40-44	25:58.2	8:23/M
11	Trang Le	Seattle	230	24	1 F 20-24	27:14.4	8:47/M
12	Katerina Pokludova	Redmond	221	38	1 F 35-39	27:24.8	8:50/M
13	Julia Geier	Mercer Island	232	55	1 F 55-59	27:29.2	8:52/M
14	Emma Grossman	Seattle WA	150	11	1 F 0-19	28:02.1	9:03/M
15	Erica Koscher	Seattle	215	28	1 F 25-29	28:29.0	9:11/M
16	Brenda Schultz	Seattle	210	42	4 F 40-44	28:43.9	9:16/M
17	Robert Schultz	Seattle WA	160	45	2 M 45-49	28:44.8	9:16/M
18	Delaney Rasmussen	Castro Valley WA	172	7	2 F 0-19	30:32.7	9:51/M
19	Linda Kelly	Seattle	219	62	1 F 60-64	30:45.8	9:55/M
20	Susannah Hale	Seattle	233	33	1 F 30-34	31:01.5	10:00/M
21	David Pan	Issaquah	209	40	2 M 40-44	32:16.2	10:25/M
22	Rachel Manor	Seattle	226	34	2 F 30-34	32:17.1	10:25/M
23	Hannah Cheney	Seattle	241	18	3 F 0-19	32:43.9	10:33/M
24	Steven Harvey	Seattle	214	40	3 M 40-44	33:09.9	10:42/M
25	Ethan Saur	Snohomish	235	12	1 M 0-19	33:13.6	10:43/M
26	Alexis Lowell	Seattle WA	169	41	5 F 40-44	34:29.7	11:07/M
27	Gretchen Cross	Seattle WA	170	39	2 F 35-39	34:32.2	11:08/M
28	Aiden Boatwright	Everett	237	6	2 M 0-19	35:20.1	11:24/M
29	Jason Boatwright	Everett	236	39	1 M 35-39	35:21.2	11:24/M
30	Te-hsiu Huang	Bothell	208	32	4 M 30-34	36:29.4	11:46/M
31	Miriam Valdovinos	Seattle	220	32	3 F 30-34	37:40.6	12:09/M
32	Karen Kazmierczak	Seattle	229	48	1 F 45-49	38:37.0	12:27/M
33	Gary Wright	Bremerton WA	70	75	1 M 75-79	39:01.1	12:35/M
34	John Anderson	#A8	228	40	4 M 40-44	40:02.2	12:55/M
35	Maria Rodriguez	Seattle	216	30	4 F 30-34	41:08.4	13:16/M
36	Cassie Condon	Seattle WA	162	38	3 F 35-39	41:53.1	13:31/M
37	Bardy Baker	Seattle WA	711	55	1 M 55-59	42:46.9	13:48/M
38	Kim Giannone		180	38	4 F 35-39	44:08.6	14:14/M
39	Sam Sulik	Everett	239	20	1 M 20-24	46:30.0	15:00/M
40	Laura Sulik	Everett	238	38	5 F 35-39	46:31.3	15:00/M
41	Charles Kauffman	Seattle	203	11	3 M 0-19	48:53.5	15:46/M
42	Mary Kauffman	Seattle	204	44	7 F 40-44	48:54.3	15:46/M
43	Costello Giannone		184	12	4 M 0-19	51:41.7	16:40/M
44	John Giannone		173	43	5 M 40-44	51:45.6	16:42/M
45	michael johnson	Bellevue WA	60	50	1 M 50-54	56:19.2	18:10/M
46	John Giannett	Seattle WA	67	47	3 M 45-49	56:35.8	18:15/M

10k							
Place	Name	City	Bib No	Age	Age Group Place	Total Time	Total Pace
1	Jonnie Dunne	Astoria WA	720	25	1 M 25-29	34:35.2	5:35/M
2	Daniel Mazini	Seattle	655	35	1 M 35-39	35:25.4	5:43/M
3	Kevin Saur	Snohomish	683	38	2 M 35-39	35:54.1	5:47/M
4	Jamie Miller	Seattle WA	710	35	3 M 35-39	39:08.2	6:19/M
5	Samson Cain	WA	719	26	2 M 25-29	40:12.7	6:29/M
6	Karl Kunkle	Seattle WA	712	59	1 M 55-59	41:27.1	6:41/M
7	Eric Bertelsen		723	45	1 M 45-49	44:44.9	7:13/M
8	Danielle Arceo	Edmonds	658	41	1 F 40-44	45:42.3	7:23/M
9	Alan Kidney	Seattle	678	39	4 M 35-39	45:44.6	7:23/M
10	Erica Thielke	Seattle	682	42	2 F 40-44	46:00.8	7:25/M
11	Ian Kell	Seattle	681	36	5 M 35-39	46:11.8	7:27/M
12	Ali Hufane	Lynnwood	667	51	1 M 50-54	46:15.2	7:28/M
13	Peter McKay	Seattle	685	52	2 M 50-54	46:40.3	7:32/M
14	Ron Chew	Seattle	651	60	1 M 60-64	47:12.6	7:37/M
15	Ian Munar	Seattle WA	714	39	6 M 35-39	47:26.4	7:39/M
16	Chau Brodnan	Seattle	688	34	1 F 30-34	48:21.7	7:48/M
17	Craig Hadley	Seattle WA	721	39	7 M 35-39	48:41.2	7:51/M
18	RICHARD GOAD	NEW YORK	670	55	2 M 55-59	49:28.3	7:59/M
19	George Gullufsen	Seattle	650	60	2 M 60-64	50:02.6	8:04/M
20	Heder Rendon	Lake Stevens WA	709	30	1 M 30-34	50:08.9	8:05/M
21	Kevin Grossman	Seattle WA	716	42	1 M 40-44	50:33.0	8:09/M
22	Nick Nowicki	Seattle WA	718	37	8 M 35-39	50:39.0	8:10/M
23	Michael Hsu	Seattle	689	59	3 M 55-59	52:53.5	8:32/M
24	David Le	Seattle	672	35	9 M 35-39	53:12.1	8:35/M
25	Megan Le	Seattle	671	33	2 F 30-34	53:21.3	8:36/M
26	Raluca Tataru	Kirkland	686	33	3 F 30-34	53:31.0	8:38/M
27	rafael esparza	marysville	687	29	3 M 25-29	54:09.6	8:44/M
28	Amanda Heep	Seattle WA	717	36	1 F 35-39	55:08.8	8:54/M
29	Lauren Opstad	Seattle	668	27	1 F 25-29	55:39.3	8:59/M
30	John Jardine	Seattle WA	715	69	1 M 65-69	56:10.2	9:04/M
31	Sarah Lanter	Seattle	652	23	1 F 20-24	57:57.1	9:21/M
32	Baylee O'Camb	SEATTLE	653	21	2 F 20-24	57:58.4	9:21/M
33	David Dzivak	Tacoma	984	65	2 M 65-69	59:31.3	9:36/M
34	Melany Grout	Seattle	661	33	4 F 30-34	1:01:31.3	9:55/M
35	Courtney Clark	Woodinville	660	23	3 F 20-24	1:02:59.1	10:10/M
36	Khanh Ho	Seattle	684	23	4 F 20-24	1:04:09.4	10:21/M
37	Stephanie Gilbert	Seattle	679	41	3 F 40-44	1:04:15.8	10:22/M
38	Danielle Clark	Seattle	680	40	4 F 40-44	1:04:21.0	10:23/M
39	paula stokes	seattle	674	43	5 F 40-44	1:05:10.6	10:31/M
40	dena rigby	seattle	673	40	6 F 40-44	1:05:11.3	10:31/M
41	Amanda Kell	Seattle	677	36	2 F 35-39	1:05:14.4	10:31/M
42	Noelle Higgins	Seattle WA	713	42	6 F 40-44	1:05:44.4	10:36/M
43	Amy MacFadyen	Seattle WA	722	42	7 F 40-44	1:08:07.1	10:59/M
44	Martha Sherman	Duvall	676	51	1 F 50-54	1:08:30.8	11:03/M
45	Noah Poe	Bothell WA	803	35	10 M 35-39	1:08:50.1	11:06/M
46	Aleksey Sinyagin	Redmond	669	37	11 M 35-39	1:08:54.3	11:07/M
47	Jeff Sherman	Duvall	675	50	3 M 50-54	1:10:16.0	11:20/M
48	Mary Bohmke	Edmonds	982	56	1 F 55-59	1:17:53.2	12:34/M
49	Theresa Vichich-Weber	Belfair	994	45	1 F 45-49	1:23:26.2	13:15/M
15k							

Place	Name	City	Bib No	Age	Age Group Place	Total Time	Total Pace
1	Cornelius Van Niel	Seattle	976	45	1 M 45-49	1:02:51.8	6:45/M
2	Melissa Bosenberg	Seattle WA	903	37	1 F 35-39	1:14:54.3	8:03/M
3	Bharathwaj Palvannan	Seattle	983	25	1 M 25-29	1:15:21.9	8:06/M
4	Elizabeth Linnell	Lynnwood	996	53	1 F 50-54	1:19:54.8	8:35/M
5	Raghuprasad Sidharthan	Seattle	988	29	2 M 25-29	1:20:13.4	8:38/M
6	Stacie Buck	Fredericksburg	975	30	1 F 30-34	1:21:01.3	8:43/M
7	Katie Newman	Seattle	986	31	2 F 30-34	1:21:40.9	8:47/M
8	Paige Denison	Duvall	993	49	1 F 45-49	1:23:34.0	8:59/M
9	ESPERANZA DELPOZO	BELLEVUE	990	31	3 F 30-34	1:23:34.2	8:59/M
10	Christopher Barker	Seattle WA	909	47	2 M 45-49	1:24:42.7	9:06/M
11	Andrea Wood	Seattle	980	28	1 F 25-29	1:25:04.1	9:09/M
12	Gretchen Tapp	Auburn WA	995	52	2 F 50-54	1:28:21.2	9:30/M
13	Riene Simpson	Mill Creek	978	55	1 F 55-59	1:33:09.1	10:01/M
14	Megan Wood	Seattle	992	28	2 F 25-29	1:36:10.1	10:20/M
15	Jane Sinyagina	Redmond	985	33	4 F 30-34	1:37:47.2	10:31/M
16	Manish Agrawal	Bellevue	979	30	1 M 30-34	1:41:02.5	10:52/M
17	Sunga Rose	Seattle	997	45	2 F 45-49	1:43:37.7	11:08/M

Duathlon

Place	Name	City	Bib No	Age	Age Group Place	Total Time	Total Pace
1	Brandon Asahara	Spanaway	840	16	1 M 0-19	43:22.3	3:19/M
2	Rob Goldberg	Seattle	898	50	1 M 50-54	50:10.9	3:50/M
3	Karl Meller	Kenmore WA	807	33	1 M 30-34	53:14.0	4:04/M
4	Gary Cummins	Renton	897	51	2 M 50-54	54:05.6	4:08/M
5	Nick Bond	Seattle	896	59	1 M 55-59	58:39.4	4:29/M
6	Chris Porter	Port Orchard	828	25	1 M 25-29	1:01:34.4	4:42/M
7	Corey Schafer	Bainbridge WA	850	30	2 M 30-34	1:02:34.5	4:47/M
8	Kyle Cryder	Port Orchard	895	25	2 M 25-29	1:03:01.5	4:49/M
9	Emma Bohmke	Seattle	888	24	1 F 20-24	1:03:08.4	4:49/M
10	Matt McDonald	Renton	886	38	1 M 35-39	1:06:02.3	5:02/M
11	Theresa Agoo	Renton	845	39	1 F 35-39	1:09:11.7	5:17/M
12	Russell Crew	Bainbridge Island	887	35	2 M 35-39	1:12:05.5	5:30/M
13	Ian Hirons	Federal Way	812	15	2 M 0-19	1:15:48.4	5:47/M
14	Angela Agoo	Bellevue	885	41	1 F 40-44	1:16:31.0	5:50/M
15	Melissa Porter	Port Orchard	825	27	1 F 25-29	1:21:54.7	6:15/M
16	Dan Gullickson	Hoquiam	829	53	3 M 50-54	1:31:46.4	7:00/M
17	Laurie Wagner	Auburn	801	50	1 F 50-54	1:32:16.4	7:03/M
18	Cindy Cryder	Port Orchard	890	50	2 F 50-54	1:34:37.3	7:13/M
19	Declan Weber	Seattle	892	6	3 M 0-19	1:34:39.9	7:14/M
20	Chris Weber	Seattle	894	42	1 M 40-44	1:34:43.0	7:14/M
21	Jolee Fairfield	Auburn	802	47	1 F 45-49	1:35:03.7	7:15/M
22	Jillian Cryder	Port Orchard	899	14	1 F 0-19	1:37:55.7	7:28/M
23	alan klein	enumclaw	889	67	1 M 65-69	2:04:54.4	9:32/M

Place	Name	Leg 1	leg 2	leg 3	Time
1	Brandon Asahara	0:16:08	0:24:07	0:03:07	0:43:22
2	Rob Goldberg	0:17:15	0:29:27	0:03:29	0:50:11
3	Karl Meller	0:17:32	0:32:33	0:03:09	0:53:14
4	Gary Cummins	0:18:56	0:31:52	0:03:18	0:54:06
5	Nick Bond	0:21:15	0:33:49	0:03:35	0:58:39
6	Chris Porter	0:19:09	0:38:53	0:03:32	1:01:34
7	Corey Schafer	0:25:28	0:35:25	0:01:41	1:02:35
8	Kyle Cryder	0:24:42	0:36:15	0:02:04	1:03:01

9	Emma Bohmke	0:20:07	0:41:12	0:01:49	1:03:08		
10	Matt McDonald	0:21:28	0:40:07	0:04:27	1:06:02		
11	Theresa Agoo	0:22:24	0:41:45	0:05:03	1:09:12		
12	Russell Crew	0:29:29	0:37:48	0:04:48	1:12:05		
13	Ian Hirons	0:19:07	0:52:37	0:04:04	1:15:48		
14	Angela Agoo	0:23:50	0:47:31	0:05:10	1:16:31		
15	Melissa Porter	0:31:09	0:45:18	0:05:28	1:21:55		
16	Dan Gullickson	0:33:36	0:51:21	0:06:49	1:31:46		
17	Laurie Wagner	0:33:30	0:53:56	0:04:50	1:32:16		
18	Cindy Cryder	0:37:55	0:49:41	0:07:01	1:34:37		
19	Declan Weber	0:28:24	1:02:08	0:04:08	1:34:40		
20	Chris Weber	0:28:27	1:02:07	0:04:09	1:34:43		
21	Jolee Fairfield	0:33:26	0:55:06	0:06:32	1:35:04		
22	Jillian Cryder	0:37:01	0:55:20	0:05:35	1:37:56		
23	alan klein	0:48:10	1:05:52	0:10:52	2:04:54		