

Summer Fitness Day  
Overall Finish List  
August 15, 2015

5k								
Place	Name	City	Bib No	Age	Age Group	Place	Total Time	Total Pace
1	Thomas Mikkelson		187	17	1 M 0-19		17:07	5:31/M
2	Brian Hauck		195	34	1 M 30-34		18:56	6:06/M
3	John Serrano	Seattle	39	16	2 M 0-19		19:57	6:26/M
4	Brian Clawson	Seattle	30	24	1 M 20-24		20:47	6:42/M
5	Lena Schaefer		206	13	1 F 0-19		20:56	6:45/M
6	john fogliani	bothell	61	45	1 M 45-49		21:29	6:56/M
7	Mackenzie Ryan	Mill Creek	18	15	2 F 0-19		21:45	7:01/M
8	Emma Starko	Oroville	55	20	1 F 20-24		22:13	7:10/M
9	Mike Starko	Oroville	53	51	1 M 50-54		22:14	7:10/M
10	Jeremy Parker	Seattle	23	39	1 M 35-39		22:54	7:23/M
11	Alan Melling		201	60	1 M 60-64		23:13	7:29/M
12	Jun Masunaga	Mountlake Terrace	42	15	3 M 0-19		23:31	7:35/M
13	Nikki Vaughan	Seattle	5	27	1 F 25-29		23:32	7:35/M
14	Neill Harrison		210	35	2 M 35-39		23:37	7:37/M
15	Lena Schaefer		190	13	3 F 0-19		23:48	7:41/M
16	Andrew Hil	Seattle	32	25	1 M 25-29		23:49	7:41/M
17	Tom Hill	Seattle	70	31	2 M 30-34		24:03	7:45/M
18	Ann Stover	Seattle	44	48	1 F 45-49		24:34	7:55/M
19	Chris Sherry	Seattle	27	26	2 M 25-29		24:58	8:03/M
20	Christoph Schaefer		191	46	2 M 45-49		25:14	8:08/M
21	John Czerwein		223	40	1 M 40-44		26:44	8:37/M
22	Mio Masunaga	Mountlake Terrace	43	8	4 F 0-19		27:14	8:47/M
23	Melanie Lewis	Seattle	12	43	1 F 40-44		27:34	8:54/M
24	Ashley Vaovasa	Auburn	22	12	5 F 0-19		27:57	9:01/M
25	James Ryan	Mill Creek	19	44	2 M 40-44		28:03	9:03/M
26	Bill Richter	Seattle	62	70	1 M 70-74		28:06	9:04/M
27	Misaki Masunaga	Mountlake Terrace	41	44	2 F 40-44		28:07	9:04/M
28	Whitney Spicher	Everett	2	29	2 F 25-29		28:09	9:05/M
29	Juan Marron	New York	17	22	2 M 20-24		28:15	9:07/M
30	Lizanne Venneri		194	99	1 F 80-99		28:29	9:11/M
31	David Anderson	Mountlake Terrace	40	45	3 M 45-49		28:40	9:15/M
32	Valerie Green	Seattle	20	43	3 F 40-44		28:41	9:15/M
33	Kathy Starko	Oroville	54	50	1 F 50-54		29:03	9:22/M
34	Maria Starko	Oroville	57	18	6 F 0-19		29:03	9:22/M
35	Zach Starko	Oroville	56	20	3 M 20-24		29:04	9:23/M
36	Brian Michalowski	Seattle	15	42	3 M 40-44		30:06	9:43/M
37	Megan Goodenkauf	SEATTLE	26	31	1 F 30-34		31:10	10:03/M
38	George Aronoff	Seattle	69	46	4 M 45-49		31:25	10:08/M
39	Emily Proud	Seattle	76	27	3 F 25-29		32:13	10:24/M
40	Katherine Braun	Seattle	29	44	4 F 40-44		32:34	10:30/M
41	Melissa Czernein		219	35	1 F 35-39		34:26	11:06/M
42	Jason Smith	Seattle	28	43	4 M 40-44		34:37	11:10/M
43	Phoebe Simpson	Seattle	9	8	7 F 0-19		34:45	11:13/M
44	Molly Gasperini	Seattle	31	25	4 F 25-29		35:44	11:32/M
45	Angela Villavicencio	Seattle	3	24	2 F 20-24		36:14	11:41/M
46	Laura Hill	Seattle	71	31	2 F 30-34		37:07	11:58/M
47	Shakira Kelly	Sammamish	14	39	2 F 35-39		37:24	12:04/M
48	Paul Gordon	Seattle	74	60	2 M 60-64		37:47	12:11/M

49	Miriam Gordon	Seattle	73	30	3 F 30-34	37:48	12:12/M
50	Emily Yamron		152	17	8 F 0-19	38:47	12:31/M
51	Kate Landry	Lynnwood	52	23	3 F 20-24	40:14	12:59/M
52	Alisha oden	seattle	51	22	4 F 20-24	40:15	12:59/M
53	Maya Nagy		193	7	9 F 0-19	40:43	13:08/M
54	Danuta Sitarczyk		192	45	2 F 45-49	40:45	13:09/M
55	Ben Milgrom	Seattle	13	50	2 M 50-54	41:12	13:17/M
56	Nicolas Pollock	Seattle	64	6	4 M 0-19	43:02	13:53/M
57	Chris Pollock	Seattle	63	35	3 M 35-39	43:03	13:53/M
58	Emily Austin		226	45	3 F 45-49	46:35	15:02/M
59	Gary Wright	Bremerton	11	77	1 M 75-79	46:53	15:07/M
60	Ken Matney	Seattle	10	61	3 M 60-64	48:07	15:31/M
61	Cordelia von Nicolai	Seattle	60	37	3 F 35-39	50:08	16:10/M
62	Darmita Ju	Seattle	36	38	4 F 35-39	51:16	16:32/M
63	Eric Brittain	Seattle	58	45	5 M 45-49	54:22	17:32/M
64	Dorcas Spencer	Tukwila	38	56	1 F 55-59	54:28	17:34/M
65	Sarah Spencer	tukwila	37	59	2 F 55-59	54:36	17:37/M
66	Jemma Simpson	Seattle	8	10	10 F 0-19	56:35	18:15/M
67	Rene Donnelly	Seattle	47	38	4 M 35-39	1:00:08	19:24/M
68	Evalani Tuato	Seattle	48	37	5 F 35-39	1:00:21	19:28/M
69	Alex Tuato	Seattle	50	7	5 M 0-19	1:00:22	19:28/M
70	Abby Degi	Seattle	46	35	6 F 35-39	1:00:53	19:38/M
71	Norma Kageyama	Seattle	45	62	1 F 60-64	1:00:57	19:40/M
72	Timothy Robertson	Lake Forest Park	21	34	3 M 30-34	1:06:06	21:19/M
73	Joanie Matney	Ellensburg	7	70	1 F 70-74	1:06:17	21:23/M
74	James Stephenson	Salt Lake City	75	29	3 M 25-29	1:07:50	21:53/M

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Place	Name	City	Bib No	Age	Age Group	Place	Total Time	Total Pace
1	Brian Hanak		740	30	1 M 30-34		35:57	5:48/M
2	Andrew Christianson	Shoreline	437	18	1 M 0-19		36:09	5:50/M
3	Nate Defelice		715	33	2 M 30-34		36:51	5:57/M
4	Schuyler Schuster	Tacoma	402	32	3 M 30-34		39:48	6:25/M
5	Anderson Summers	Seattle	433	24	1 M 20-24		43:42	7:03/M
6	Bill Pech	Bellingham	435	65	1 M 65-69		46:34	7:31/M
7	John McDermott	SEATTLE	407	50	1 M 50-54		49:22	7:58/M
8	James Floyd	Seattle	428	34	4 M 30-34		50:43	8:11/M
9	Joseph Chekanoff	Westerville	416	21	2 M 20-24		52:24	8:27/M
10	Ellyn Lee	Seattle	426	40	1 F 40-44		54:53	8:51/M
11	Lee Glidewell	Seattle	419	37	1 M 35-39		54:56	8:52/M
12	Trefan Archibald	Seattle	429	32	5 M 30-34		54:58	8:52/M
13	Rafael Lamarca	Marysville	431	60	1 M 60-64		55:07	8:53/M
14	Evan Ong	Seattle	427	41	1 M 40-44		57:04	9:12/M
15	Lauren Imbrock	Seattle	432	26	1 F 25-29		57:16	9:14/M
16	Ben Gordon	Seattle	413	32	6 M 30-34		58:20	9:25/M
17	Eve Shapiro	Seattle	440	63	1 F 60-64		58:21	9:25/M
18	Katie Sullivan		733	41	2 F 40-44		1:00:49	9:49/M
19	Lauree Crane	Seattle	434	26	2 F 25-29		1:01:13	9:52/M
20	savitka Swaminathan		731	33	1 F 30-34		1:01:17	9:53/M
21	Allie Dawson	Seattle	436	28	3 F 25-29		1:03:15	10:12/M
22	Joseph Costanzo	Mukilteo	417	45	1 M 45-49		1:04:36	10:25/M
23	Alexander Costanzo	Mukilteo	418	15	2 M 0-19		1:04:38	10:25/M
24	kasey howard	centralia	414	26	1 M 25-29		1:09:09	11:09/M
25	brittany charneski	centralia	415	26	4 F 25-29		1:09:10	11:09/M
26	Bre Magill	Salt Lake City	442	26	5 F 25-29		1:12:56	11:46/M

27	Lindsey Allais	Seattle	438	23	1 F 20-24	1:13:37	11:52/M
28	Melissa Merrigan	Tacoma	439	23	2 F 20-24	1:13:39	11:53/M
29	Steven Brittain	Seattle	421	9	3 M 0-19	1:15:45	12:13/M
30	Jennifer Griffiths	Seattle	420	43	3 F 40-44	1:15:48	12:14/M
31	Doug Chapman	Seattle	424	40	2 M 40-44	1:16:26	12:20/M
32	Emily Chapman	Seattle	425	40	4 F 40-44	1:17:24	12:29/M
33	Amanda McLuskie	Sammamish	412	54	1 F 50-54	1:24:27	13:37/M
34	Geoff Fitch	Kirkland	422	56	1 M 55-59	1:25:50	13:51/M
35	Manjiri Kharkar	Redmond	411	38	1 F 35-39	1:33:39	15:06/M

15k

Place	Name	City	Bib No	Age	Age Group	Place	Total Time	Total Pace
1	Reed Atkin	Mercer Island	919	34	1 M 30-34		1:03:50	6:52/M
2	Chris Befumo	Seattle	920	45	1 M 45-49		1:13:47	7:56/M
3	Geoff Potter	Seattle	912	42	1 M 40-44		1:15:31	8:07/M
4	Kristen Schriver	Seattle	918	49	1 F 45-49		1:23:32	8:59/M
5	Josh Hammar	Seattle	926	31	2 M 30-34		1:25:56	9:14/M
6	Gordon Schryer	Seattle	977	45	2 M 45-49		1:26:52	9:20/M
7	Cassie Dunn	Olympia	914	22	1 F 20-24		1:33:33	10:04/M
8	Jennifer kurtz	seattle	921	43	1 F 40-44		1:36:39	10:24/M
9	Lauren Suarez		902	29	1 F 25-29		1:46:11	11:25/M
10	David Nelson	Newcastle	923	40	2 M 40-44		1:49:19	11:45/M
11	Embry Owen	Seattle	925	24	2 F 20-24		1:53:30	12:12/M

Half

Place	Name	City	Bib No	Age	Age Group	Place	Total Time	Total Pace
1	Floyd Summers		1259	19	1 M 0-19		1:29:10	6:48/M
2	Christopher Alexander		1257	39	1 M 35-39		1:31:26	6:59/M
3	Landon Bennett	Seattle	942	24	1 M 20-24		1:34:05	7:11/M
4	Robert Nielsen	seattle	956	28	1 M 25-29		1:34:44	7:14/M
5	Christopher Steen	Seattle	971	37	2 M 35-39		1:35:47	7:19/M
6	Jennifer Winkler	Seattle	935	39	1 F 35-39		1:36:05	7:20/M
7	Benjamin Johnson	Seattle	982	30	1 M 30-34		1:38:31	7:31/M
8	Scott Elderkin	Seattle	955	47	1 M 45-49		1:39:22	7:35/M
9	Heidi Tichy	Gold Bar	975	32	1 F 30-34		1:39:30	7:36/M
10	Kinsey Hedeem	Seattle	940	23	1 F 20-24		1:40:30	7:40/M
11	Anastasia Robinson	Pittsburgh	958	37	2 F 35-39		1:42:36	7:50/M
12	Kelly Maroney	Tucson	953	20	2 F 20-24		1:48:53	8:19/M
13	Mel Oshiro		1254	54	1 M 50-54		1:49:15	8:20/M
14	Mariana Perez	Seattle	991	23	3 F 20-24		1:49:45	8:23/M
15	Stephanie Walters	Seattle	948	29	1 F 25-29		1:50:10	8:25/M
16	Tyler Barnhart	Carnation	965	29	2 M 25-29		1:50:31	8:26/M
17	Natalie Kelley	Duvall	960	19	1 F 0-19		1:51:15	8:30/M
18	Katherine Pullen	Seattle	969	46	1 F 45-49		1:56:58	8:56/M
19	Lindsay Pino	Seattle	997	28	2 F 25-29		1:57:03	8:56/M
20	Daniel Cabrera		1258	36	3 M 35-39		1:57:06	8:56/M
21	Wolf Sorg	Seattle	957	41	1 M 40-44		1:57:21	8:57/M
22	Erin Blanton	New York	927	39	3 F 35-39		1:58:10	9:01/M
23	lee wilner	Everett	933	56	1 M 55-59		1:58:38	9:03/M
24	Sandra Harvie	Seattle	937	42	1 F 40-44		1:58:46	9:04/M
25	Charlie Powers	Pittsburgh	959	38	4 M 35-39		1:59:21	9:07/M
26	Laura Hallak	Hoquiam	961	42	2 F 40-44		2:00:37	9:12/M
27	Lorinda Hagstrom	Seattle	954	44	3 F 40-44		2:01:33	9:17/M

28	Brian Simpson	Seattle	999	48	2 M 45-49	2:02:25	9:21/M
29	Sarah Chicoine	Seattle	944	25	3 F 25-29	2:03:06	9:24/M
30	Nate Hirsch	Lynnwood	976	31	2 M 30-34	2:03:17	9:25/M
31	Patrick Lopez		1256	20	2 M 20-24	2:04:54	9:32/M
32	Heather Herron-Libson	Brooklyn	962	52	1 F 50-54	2:05:41	9:36/M
33	Lisa Hope	puyallup	936	55	1 F 55-59	2:07:00	9:42/M
34	Haley Ballast	Normandy Park	938	35	4 F 35-39	2:08:50	9:50/M
35	Anthony Campagna	Long Island City	972	29	3 M 25-29	2:08:51	9:50/M
36	Melissa Berlinski	Long Island City	973	27	4 F 25-29	2:08:53	9:50/M
37	Jo-Ann Questad	Seattle	984	52	2 F 50-54	2:14:14	10:15/M
38	Ron Austin		1262	48	3 M 45-49	2:15:10	10:19/M
39	Mindy Lu		1260	31	2 F 30-34	2:16:44	10:26/M
40	Tara Simpson	Seattle	1000	48	2 F 45-49	2:18:56	10:36/M
41	Evonne Lai	Medina	983	41	4 F 40-44	2:22:10	10:51/M
42	Dan Henrickson	Los Angeles	947	61	1 M 60-64	2:25:14	11:05/M
43	Courtney Liebi	Seattle	943	38	5 F 35-39	2:25:16	11:05/M
44	Hannah Pliner	Seattle	998	25	5 F 25-29	2:26:38	11:12/M
45	Amy Nordstrom	Bainbridge Island	968	40	5 F 40-44	2:26:52	11:13/M
46	Johanna Newman	Lynden	931	18	2 F 0-19	2:28:09	11:19/M
47	Kyla Mayberry	Lynden	930	22	4 F 20-24	2:28:09	11:19/M
48	Elizabeth Wilhelm	Seattle	941	23	5 F 20-24	2:30:35	11:30/M
49	Michael Magill	Salt Lake City	985	63	2 M 60-64	2:35:06	11:50/M
50	Matthew Magill	Salt Lake City	986	26	4 M 25-29	2:35:07	11:50/M
51	Tyler Christensen	Salt Lake City	987	35	5 M 35-39	2:35:08	11:51/M
52	Karen Suarez		1255	29	1 F 60-64	2:35:41	11:54/M
53	Satoru Isohata	Seattle	949	48	4 M 45-49	2:39:20	12:10/M
54	Melonie Blakely		1261	43	6 F 40-44	2:41:36	12:20/M
55	Maria Abbatantuono	Arlington Heights	946	49	3 F 45-49	2:45:14	12:37/M
56	Jeff Testa	Arlington Heights	945	52	2 M 50-54	2:45:16	12:37/M
57	Yanhong Fan	Mississauga	996	37	6 F 35-39	2:56:19	13:28/M
58	Don Clark	Bothell	967	50	3 M 50-54	3:18:49	15:11/M

