

## 2013 Breathe Deep 5K

Race Date

November 09, 2013

Overall Finish List**5K Run**

<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Gend</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>
1	Eric Hritsuk		478	34	M	1 Top	19:39.7	6:20/M
2	Elizabeth Waterstraat		510	38	F	1 Top	19:53.0	6:25/M
3	Kyle Bell		534	12	M	1 1-18	20:39.8	6:40/M
4	richard sciortino		506	48	M	1 41-50	20:50.9	6:43/M
5	Nick Bucciarelli		457	33	M	1 31-40	21:02.5	6:47/M
6	David Grim		518	55	M	1 51-99	21:13.8	6:51/M
7	Ashley Dziedzic		532	28	F	1 19-30	21:46.0	7:01/M
8	Noel Hermosillo		476	27	M	1 19-30	22:37.4	7:18/M
9	Jeff Wagner		533	46	M	2 41-50	22:48.8	7:21/M
10	Mike Nolan		531	26	M	2 19-30	23:41.6	7:38/M
11	Jay Thierauf		509	32	M	2 31-40	24:48.9	8:00/M
12	Grant Bell		535	47	M	3 41-50	24:49.4	8:00/M
13	Guillermo Cabrales		458	30	M	3 19-30	25:50.8	8:20/M
14	Michael Hatt		475	36	M	3 31-40	26:33.9	8:34/M
15	Brian Reger		502	36	M	4 31-40	26:34.8	8:34/M
16	Marion Rudnick		503	47	F	1 41-50	26:49.9	8:39/M
17	Mark Wilnewic		512	55	M	2 51-99	27:14.8	8:47/M
18	Adam Burkhert		524	29	M	4 19-30	27:35.6	8:54/M
19	Elliot Engelsen		470	24	M	5 19-30	29:03.3	9:22/M
20	Todd Matthews		491	34	M	5 31-40	29:49.8	9:37/M
21	michelle matthews		490	41	F	2 41-50	30:06.4	9:43/M
22	CATHERINE FAVILLA		471	40	F	1 31-40	30:08.1	9:43/M
23	Stephanie Reifenrath		529	43	F	3 41-50	31:11.3	10:04/M
24	Michelle Amosson		451	33	F	2 31-40	31:24.8	10:08/M
25	Nikki Dolvig		468	37	F	3 31-40	31:25.5	10:08/M
26	Kristina Phipps		499	36	F	4 31-40	31:33.7	10:11/M
27	Stawimira Spasou		528	33	F	5 31-40	31:45.6	10:15/M
28	Tony Keas		482	43	M	4 41-50	31:49.4	10:16/M
29	Joanne Kalchbrenner		481	50	F	4 41-50	31:59.4	10:19/M
30	Cynthia Mares		488	31	F	6 31-40	32:08.6	10:22/M
31	Lauren Maloney		486	24	F	2 19-30	32:10.3	10:23/M
32	Sharri Ptak		530	40	F	7 31-40	32:24.9	10:27/M
33	Amy Belich		453	42	F	5 41-50	32:33.7	10:30/M
34	Michele Nechtow		495	32	F	8 31-40	32:50.3	10:35/M
35	Jillian DiFronzo		466	29	F	3 19-30	33:08.4	10:41/M
36	Susan Larrick		541	37	F	9 31-40	33:52.4	10:55/M
37	Frances Scher		505	35	F	10 31-40	33:52.6	10:55/M
38	Kelly Megyese		493	46	F	6 41-50	33:52.8	10:55/M
39	Steve Pogni		543	0	M	1 0-0	34:00.8	10:58/M
40	Jennifer Solms		507	34	F	11 31-40	34:00.9	10:58/M
41	Abby Fauro		527	32	F	12 31-40	34:14.5	11:03/M
42	Rachel Scheck		504	28	F	4 19-30	34:33.2	11:09/M
43	Kelly Monaghan		494	36	F	13 31-40	34:41.5	11:11/M
44	Julie Papenbrok		498	34	F	14 31-40	35:11.8	11:21/M
45	Brittany Manka		542	28	F	5 19-30	35:45.7	11:32/M
46	Lori Nolan		496	29	F	6 19-30	36:07.8	11:39/M
47	Jac kie Lobono		513	48	F	7 41-50	36:39.4	11:49/M

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## Overall Finish List

### 5K Run

<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Gend</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>
48	Kathryn Bartels		452	36	F	15 31-40	37:09.3	11:59/M
49	Karina Medina		492	36	F	16 31-40	37:52.6	12:13/M
50	Brooke Heldermon		539	12	F	1 1-18	37:59.2	12:15/M
51	Frank Dambrosio		463	37	M	6 31-40	38:22.2	12:23/M
52	Judy King		514	46	F	8 41-50	42:18.7	13:39/M
53	Ignatius Varghese		523	26	M	6 19-30	45:37.1	14:43/M
54	Marilyn Varghese		522	34	F	17 31-40	45:40.7	14:44/M
55	Lucy Pabst		544	42	F	9 41-50	56:51.4	18:20/M
56	Kelly DeCanio		465	31	F	18 31-40	57:11.4	18:27/M
57	Ryan Maloney		487	33	F	19 31-40	1:00:39.0	19:34/M
58	Stephanie Dambrosio		464	36	F	20 31-40	1:00:39.4	19:34/M
59	Katherine Ast		545	42	F	10 41-50	1:05:24.1	21:06/M

## 2013 Breathe Deep 5K

Race Date  
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Overall Finish List**10K Run**

<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Gend</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>
1	Adam Haftl		473	24	M	1 Top	41:21.7	6:40/M
2	David Johnston		480	40	M	1 31-40	43:30.4	7:01/M
3	David Kingman		483	45	M	1 41-50	44:18.5	7:09/M
4	Nick Ham		516	50	M	2 41-50	46:38.8	7:31/M
5	Jennifer Leskis		485	38	F	1 Top	47:37.6	7:41/M
6	Matthew Papenbrok		497	31	M	2 31-40	47:51.7	7:43/M
7	Ken Ratajczyk		501	53	M	1 51-99	48:22.2	7:48/M
8	Brian Feezy		526	31	M	3 31-40	48:46.4	7:52/M
9	Candice Bingen		454	26	F	1 19-30	51:53.6	8:22/M
10	Elise Jennings		520	33	F	1 31-40	52:49.5	8:31/M
11	Bret Popper		500	47	M	3 41-50	53:30.9	8:38/M
12	Joel Carrera		460	34	M	4 31-40	53:32.0	8:38/M
13	Mark Cloud		461	48	M	4 41-50	59:37.4	9:37/M
14	Amy Cunningham		462	41	F	1 41-50	1:00:25.3	9:45/M
15	Stefanie DeBrock		521	26	F	2 19-30	1:01:26.0	9:55/M
16	Ralene Hall		474	29	F	3 19-30	1:01:26.4	9:55/M
17	Vanessa Peca		525	31	F	2 31-40	1:02:26.2	10:04/M
18	Linda Erickson		517	54	F	1 51-99	1:05:48.4	10:37/M
19	Lou Governale		472	70	M	2 51-99	1:12:12.0	11:39/M
20	Michelle Mason		489	27	F	4 19-30	1:25:10.9	13:44/M
21	John Boyd		456	69	M	3 51-99	1:34:46.3	30:34/M
22	Katie Hanahan		515	27	F	5 19-30	1:40:26.4	16:12/M