

2016 Breath Deep 5K & 10K Runs

Age Group Results

5K Run

Female No Age Provided

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	unknown unknown		0	9140	82	39:37.2	12:47/M

No age provided

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Bo Stevenson		0	9137	75	37:08.5	11:59/M
2	Unknown Partic. 9154			9154	96	44:22.2	14:19/M
3	Nicky LoSasso		0	8958	106	45:54.5	14:48/M

Female 20 and Under

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Hannah Shrigley		12	9133	3	23:29.6	7:35/M
2	Megan Mitchell		14	8973	5	24:22.2	7:52/M
3	Natalie Rodriguez		17	9085	79	37:53.9	12:13/M
4	Katie Lanagan		16	8949	92	42:56.7	13:51/M
5	Angelina Nesti		16	8982	126	1:02:57.9	20:18/M
6	Julissa Mandzij		10	9156	130	1:14:33.3	24:03/M

Male 20 and Under

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Caleb Schopen		13	9091	1	21:54.3	7:04/M
2	Thomas Shintaku		10	9094	6	24:26.2	7:53/M
3	Timmy Leson		9	8951	7	24:52.3	8:01/M
4	Matthew Meehan		11	8970	8	25:44.9	8:18/M
5	Mason Cotter		9	7990	10	26:09.9	8:26/M
6	Kyle Grasse		9	8914	11	26:14.4	8:28/M
7	JoAnn Grasse		9	8915	12	26:15.2	8:28/M
8	Josh Kesten		11	9153	16	28:16.5	9:07/M
9	Michael Zapien		10	9124	18	28:50.2	9:18/M
10	Jacob VanWinkle		9	9118	19	28:53.6	9:19/M
11	Andres Quesada		10	9079	20	28:54.6	9:19/M
12	Matthew Bielski		10	7970	25	29:32.9	9:32/M
13	Jesse Forrest		9	8908	29	29:55.7	9:39/M
14	Adam Lasiewicki		11	8950	31	30:29.2	9:50/M
15	Erwin De Paz		9	7998	32	30:45.3	9:55/M
16	Saul Ramirez		10	9080	35	31:57.2	10:18/M
17	Matthew Cabrales		10	7979	37	32:07.9	10:22/M

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18	Nicholas (Niko) Dilles		10	8898	41	32:45.4	10:34/M
19	Luke Borho		10	8934	44	33:24.3	10:46/M
20	Diego Buenrostro		11	7977	49	33:37.8	10:51/M
21	Simon Suaso		12	9101	51	33:41.9	10:52/M
22	Finnegan Mason		9	8962	53	34:03.7	10:59/M
23	Charlie Atteberry		11	7966	55	34:25.1	11:06/M
24	Griffin gerdeman		9	8911	56	34:27.2	11:07/M
25	Zephan Crane		10	7992	57	34:27.9	11:07/M
26	Carter Roth		10	9087	59	34:31.6	11:08/M
27	Troy Daum		9	7997	61	35:14.7	11:22/M
28	Jack Stollfus		11	9099	64	35:40.4	11:30/M
29	Nathan Shue		11	9096	66	36:01.9	11:37/M
30	Jack Forrest		11	8907	67	36:02.7	11:37/M
31	Rocco Geritano		10	8913	68	36:12.7	11:41/M
32	Anvith Vanukuri		9	9116	69	36:16.5	11:42/M
33	Sora Hanaishi		10	8921	71	36:30.3	11:46/M
34	Connor Menke		10	8972	77	37:31.4	12:06/M
35	Xavior Perez		9	8998	81	37:55.8	12:14/M
36	Nicholas Myftari		9	8976	83	39:58.8	12:54/M
37	David Prado		9	9000	87	41:14.4	13:18/M
38	Ashish Kashyap		9	8941	88	41:19.7	13:20/M
39	Danny Rorke		11	9086	91	42:54.2	13:50/M
40	Zachary Ficskamp		10	9141	93	43:01.2	13:53/M
41	Matthew Meehan		11	8969	95	43:30.9	14:02/M
42	Bobby Perez		8	8997	97	44:22.2	14:19/M
43	Jordan Sullivan		9	9103	99	44:26.2	14:20/M
44	Jaydan Tolendano		9	9114	102	45:12.6	14:35/M
45	Thomas Lindholm		10	8952	103	45:13.9	14:35/M
46	Ethan Stasch		9	9098	108	45:57.5	14:49/M
47	Brennan Galvin		10	8909	111	46:09.9	14:53/M
48	Brian Cabungcal		9	7980	112	46:54.6	15:08/M
49	Joshua Jackson		9	8932	115	48:55.7	15:47/M
50	Matthew Pawlak		9	8996	117	49:34.9	15:59/M
51	Patrick Nacorda		9	8978	122	56:30.7	18:14/M

Female 21 to 40

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Melissa Oberg		36	8991	9	26:09.5	8:26/M
2	Megan Schellinger		32	9090	13	26:45.5	8:38/M
3	Patricia VanWinkle		35	9117	14	26:46.6	8:38/M

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Female 21 to 40

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4	Elena Couto		29	7991	21	29:01.4	9:22/M
5	Molly Norwood		33	8990	22	29:22.9	9:28/M
6	Brooke McGrath		32	8965	23	29:23.2	9:29/M
7	Lilli Melamen		35	9151	24	29:31.9	9:31/M
8	Hannah Orr		21	8994	27	29:42.9	9:35/M
9	Nicole Kesten		36	9150	34	31:23.0	10:07/M
10	Jessica Huenecke		24	8929	43	33:16.9	10:44/M
11	Nicole Lacy		23	8947	45	33:25.9	10:47/M
12	Andra Grosse		31	8918	46	33:27.4	10:47/M
13	Deocelina Chavez		24	7986	48	33:29.8	10:48/M
14	Heather Mason		37	8963	54	34:04.4	10:59/M
15	Amanda Raz		30	9081	62	35:22.2	11:25/M
16	Mary Woods		38	9121	74	37:06.7	11:58/M
17	Jamie Morgan		35	8974	76	37:09.7	11:59/M
18	Katie Meinke		22	8971	86	40:49.4	13:10/M
19	Brenda Ortiz		34	8995	100	44:28.1	14:21/M
20	Anna Robinson		25	9084	101	45:06.2	14:33/M
21	Kandace Thomas		24	9113	105	45:49.4	14:47/M
22	Sara Dalan		22	7996	107	45:54.9	14:48/M
23	Sarah Cannon		31	7982	109	45:57.7	14:49/M
24	Lisa Stasch		38	9097	110	45:58.8	14:50/M
25	Christy Jones		32	8937	114	47:46.8	15:25/M
26	Lea Nacorda		38	8979	123	56:52.9	18:21/M
27	Jen Donahoo		33	8900	129	1:09:55.6	22:33/M

Male 21 to 40

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Jason Eckhart		26	8901	2	23:18.1	7:31/M
2	Anousone Bounket		24	7975	17	28:28.1	9:11/M
3	Winder Holeman		38	8927	28	29:55.1	9:39/M
4	Isidro Buenrosbro		40	9142	50	33:41.7	10:52/M
5	Jason Tommer		36	9115	65	35:45.7	11:32/M
6	Jacob Joseph		22	8938	80	37:55.5	12:14/M
7	Charles Tannehill		21	9110	89	41:36.1	13:25/M
8	Masao Hanaishi		40	8922	90	41:46.5	13:28/M
9	Mark Thomas		39	9112	98	44:25.8	14:20/M
10	Matt Rutledge		36	9089	128	1:09:52.4	22:32/M

2016 Breath Deep 5K & 10K Runs

Age Group Results

5K Run

Female 41 and Over

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Kim Shrigley		45	9134	15	27:15.5	8:47/M
2	Naoko Shintaku		44	9095	26	29:33.3	9:32/M
3	Tracie Harberts		46	8923	30	30:29.2	9:50/M
4	Catherine Dilles		44	8899	40	32:45.2	10:34/M
5	Iorri gerdeman		48	8910	58	34:31.6	11:08/M
6	Joy Roth		42	9088	60	34:33.2	11:09/M
7	Dina Stollfus		45	9131	63	35:40.2	11:30/M
8	Diana Geritano		43	8912	72	36:33.6	11:47/M
9	Laurie McLaughlin		53	8967	85	40:25.2	13:02/M
10	Vicki Flaskamp		48	8906	94	43:02.6	13:53/M
11	Sue Zapien		52	9122	118	51:19.8	16:33/M
12	Greta Guzman		44	8919	120	51:49.2	16:43/M
13	Mary Beth Raz		59	9082	124	59:56.7	19:20/M
14	Eileen Szubert		49	9109	125	1:00:01.6	19:22/M

Male 41 and Over

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	chris mcdonnell		50	8964	4	23:57.2	7:44/M
2	Arthur Huenecke		56	8928	33	30:59.5	10:00/M
3	Peter Schopen		47	9092	36	32:06.9	10:21/M
4	David McNaney		46	8968	38	32:10.8	10:23/M
5	Mike Fiascone		41	8904	39	32:31.9	10:29/M
6	bob Heldermon		51	8924	42	32:55.7	10:37/M
7	brian lacy		55	8948	47	33:28.1	10:48/M
8	jose suaso		45	9102	52	33:41.9	10:52/M
9	Daniel Sullivan		65	9104	70	36:26.2	11:45/M
10	Jason Borho		42	7974	73	36:39.1	11:49/M
11	Shane Crawford		53	7993	78	37:33.8	12:07/M
12	Gani Myftari		50	8977	84	40:07.2	12:56/M
13	Valorie Green		72	8916	104	45:41.9	14:44/M
14	Silverio Cabungcal		50	7981	113	46:57.9	15:09/M
15	Ken Jackson		43	8933	116	48:55.9	15:47/M
16	Bill Lindholm		46	8953	119	51:45.8	16:42/M
17	Brian Zapien		48	9123	121	53:32.8	17:16/M
18	Patricia Nesti		53	8980	127	1:03:00.5	20:19/M