

2017 Breath Deep 5K & 10K Runs

Age Group Results

Race Date
November 11, 2017

5K Run

Female Open Winners

| <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 | Megan Puntillo | | 44 | 6471 | 14 | 28:04.9 | 9:03/M |

Male Open Winners

| <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 | Thomas Shintaku | | 11 | 6493 | 1 | 22:52.2 | 7:23/M |

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Age Group Results

5K Run

Female 18 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 * | Kacey Tokunaga | | 12 | 6506 | 21 | 28:42.3 | 9:15/M |
| 2 * | Amelia Bowen | | 11 | 4037 | 42 | 30:31.2 | 9:51/M |
| 3 * | Maia Balderson | | 14 | 4030 | 103 | 37:43.6 | 12:10/M |
| 4 | Natalie Krichbaum | | 14 | 6420 | 125 | 40:05.2 | 12:56/M |
| 5 | Shah Sahene | | 12 | 6553 | 133 | 41:02.7 | 13:14/M |
| 6 | Sarah Fedo | | 12 | 4083 | 156 | 46:22.2 | 14:57/M |
| 7 | Mary Fedo | | 12 | 4084 | 167 | 52:01.3 | 16:47/M |

Male 18 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 * | Timmy Leson | | 10 | 6426 | 2 | 23:12.5 | 7:29/M |
| 2 * | Erwin De Paz | | 10 | 4066 | 3 | 23:46.2 | 7:40/M |
| 3 * | Sebastian Fournier | | 11 | 4095 | 4 | 24:44.6 | 7:59/M |
| 4 | Matthew Winkelhake | | 10 | 6532 | 5 | 24:56.8 | 8:03/M |
| 5 | Cole Douce | | 10 | 4074 | 8 | 26:07.5 | 8:25/M |
| 6 | Lucas Puntillo | | 10 | 6472 | 9 | 26:08.1 | 8:26/M |
| 7 | Jake Chapleau | | 9 | 4057 | 10 | 26:09.1 | 8:26/M |
| 8 | Max Walaszek | | 11 | 6521 | 11 | 26:28.7 | 8:32/M |
| 9 | Jack Daly | | 10 | 4063 | 12 | 27:30.2 | 8:52/M |
| 10 | Kyle Chapleau | | 13 | 4056 | 13 | 27:59.2 | 9:02/M |
| 11 | Finn Cascarino | | 10 | 4052 | 15 | 28:15.6 | 9:07/M |
| 12 | Matthew Bielski | | 11 | 4034 | 18 | 28:38.2 | 9:14/M |
| 13 | August Saame | | 10 | 6486 | 19 | 28:40.9 | 9:15/M |
| 14 | Kody Tokunaga | | 9 | 6507 | 23 | 28:43.1 | 9:16/M |
| 15 | Cael Walicki | | 9 | 6523 | 26 | 28:58.8 | 9:21/M |
| 16 | Nathan Morse | | 9 | 6456 | 29 | 29:12.6 | 9:25/M |
| 17 | Troy Daum | | 10 | 4065 | 32 | 29:57.2 | 9:40/M |
| 18 | Gavin Reyez | | 9 | 6480 | 33 | 30:05.4 | 9:42/M |
| 19 | Andres Quesada | | 11 | 6473 | 34 | 30:10.5 | 9:44/M |
| 20 | Giovani Vargas | | 9 | 6515 | 38 | 30:15.5 | 9:45/M |
| 21 | Hayden Roscoe | | 10 | 6483 | 39 | 30:29.4 | 9:50/M |
| 22 | Joseph Ruffolo | | 11 | 6484 | 40 | 30:29.4 | 9:50/M |
| 23 | Aidan Hansen | | 11 | 6401 | 41 | 30:30.8 | 9:50/M |
| 24 | William Bowen | | 9 | 4036 | 43 | 30:33.3 | 9:51/M |
| 25 | Jacob Bylsma | | 9 | 4046 | 45 | 30:35.3 | 9:52/M |
| 26 | Syd Carl | | 9 | 4049 | 46 | 30:35.7 | 9:52/M |
| 27 | Michael Zapien | | 11 | 6536 | 47 | 30:47.2 | 9:56/M |
| 28 | Aiden Bernau | | 10 | 4031 | 49 | 30:55.3 | 9:58/M |
| 29 | Sebastian Morales | | 10 | 6454 | 53 | 31:33.9 | 10:11/M |
| 30 | Ryan Drum | | 10 | 6549 | 57 | 31:57.2 | 10:18/M |

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Male 18 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> |
|--------------|--------------------------|-------------|------------|---------------|----------------|-------------|-------------|
| 31 | Damian Garcia | | 10 | 4097 | 58 | 31:59.7 | 10:19/M |
| 32 | Benjamin Fields | | 9 | 4086 | 59 | 32:01.1 | 10:20/M |
| 33 | Moises Andrade | | 9 | 4029 | 61 | 32:03.2 | 10:20/M |
| 34 | Trevor Detloff | | 10 | 4070 | 62 | 32:06.4 | 10:21/M |
| 35 | Connor Menke | | 11 | 6446 | 63 | 32:16.8 | 10:25/M |
| 36 | Victor Osorio | | 9 | 6462 | 64 | 32:45.5 | 10:34/M |
| 37 | Mason Knudtson | | 10 | 6417 | 67 | 32:55.3 | 10:37/M |
| 38 | Nathan Flores | | 11 | 4094 | 68 | 33:08.3 | 10:41/M |
| 39 | Evan Dieter | | 10 | 4071 | 74 | 34:16.2 | 11:03/M |
| 40 | Anvith Vanukuri | | 10 | 6513 | 75 | 34:28.2 | 11:07/M |
| 41 | Leo Buenrostro | | 15 | 4042 | 77 | 34:51.1 | 11:15/M |
| 42 | Diego Buenrostro | | 12 | 4040 | 78 | 34:53.6 | 11:15/M |
| 43 | Joey Cecchin | | 10 | 4055 | 79 | 34:58.7 | 11:17/M |
| 44 | Jakub Podgorni | | 10 | 6541 | 80 | 34:59.5 | 11:17/M |
| 45 | Saul Ramirez | | 11 | 6476 | 82 | 35:10.1 | 11:21/M |
| 46 | Robert Procyk | | 10 | 6470 | 84 | 35:36.4 | 11:29/M |
| 47 | Dillon Essegian | | 9 | 4077 | 86 | 36:07.8 | 11:39/M |
| 48 | Ethan Stash | | 10 | 6552 | 88 | 36:22.5 | 11:44/M |
| 49 | Marco Mitrinovic | | 10 | 6450 | 92 | 37:00.3 | 11:56/M |
| 50 | Dragoslav Mitrinovic | | 10 | 6449 | 93 | 37:01.6 | 11:56/M |
| 51 | Efren Viliarreal Colon | | 9 | 6518 | 98 | 37:13.7 | 12:00/M |
| 52 | Alexis Carrillo | | 10 | 4050 | 99 | 37:13.7 | 12:00/M |
| 53 | Eduardo Viliarreal Colon | | 17 | 6517 | 100 | 37:15.7 | 12:01/M |
| 54 | Zephan Crane | | 11 | 4059 | 105 | 37:47.2 | 12:11/M |
| 55 | Dylan Pierce | | 11 | 6466 | 106 | 37:48.1 | 12:12/M |
| 56 | Everett McCreary | | 11 | 6442 | 107 | 37:48.5 | 12:12/M |
| 57 | Dayrl Daniels | | 11 | 6557 | 109 | 38:00.5 | 12:15/M |
| 58 | Braden Wegener | | 9 | 6527 | 112 | 38:29.6 | 12:25/M |
| 59 | Brady Wolfberg | | 9 | 6534 | 113 | 38:29.8 | 12:25/M |
| 60 | Uzair Mohammed | | 9 | 6452 | 114 | 38:30.5 | 12:25/M |
| 61 | Simon Delgado | | 9 | 4068 | 115 | 38:35.7 | 12:27/M |
| 62 | Eric Ericson | | 9 | 4076 | 116 | 38:36.3 | 12:27/M |
| 63 | Joe McNeice | | 10 | 6445 | 122 | 39:39.3 | 12:47/M |
| 64 | Quinn Higgins | | 13 | 6403 | 123 | 39:40.6 | 12:48/M |
| 65 | Alex Hochman | | 10 | 6404 | 124 | 39:41.8 | 12:48/M |
| 66 | Adam Sowa | | 9 | 6498 | 126 | 40:11.6 | 12:58/M |
| 67 | Collin Krichbaum | | 7 | 6421 | 128 | 40:17.1 | 13:00/M |
| 68 | Taso Savvakis | | 9 | 6488 | 130 | 40:28.9 | 13:03/M |
| 69 | Carlos Martinez | | 10 | 6438 | 131 | 40:29.5 | 13:04/M |
| 70 | Dustin Kwil | | 9 | 6423 | 136 | 42:22.8 | 13:40/M |
| 71 | Desmond McCarthy | | 9 | 6440 | 139 | 42:30.2 | 13:43/M |
| 72 | Malik Harvey | | 9 | 6550 | 141 | 43:12.9 | 13:56/M |

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5K Run

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| <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> |
|--------------|------------------|-------------|------------|---------------|----------------|-------------|-------------|
| 73 | Zachary Wild | | 10 | 6529 | 143 | 43:18.2 | 13:58/M |
| 74 | Mateo Jacoby | | 10 | 6409 | 144 | 43:18.6 | 13:58/M |
| 75 | Kevin Fedo | | 9 | 4082 | 148 | 44:15.3 | 14:16/M |
| 76 | Damien Flores | | 9 | 4093 | 150 | 44:22.8 | 14:19/M |
| 77 | Jack Stollfus | | 12 | 6500 | 151 | 44:24.3 | 14:19/M |
| 78 | Jaydan Tolendano | | 10 | 6508 | 152 | 44:44.2 | 14:26/M |
| 79 | Duke Walsh | | 10 | 6524 | 153 | 44:56.5 | 14:30/M |
| 80 | Fletcher Collins | | 10 | 4058 | 154 | 44:59.7 | 14:31/M |
| 81 | Caden Weniger | | 9 | 6528 | 158 | 47:08.1 | 15:12/M |
| 82 | Colin Waniger | | 14 | 6544 | 159 | 47:09.5 | 15:13/M |
| 83 | Keshar Shah | | 10 | 6554 | 160 | 47:39.8 | 15:22/M |
| 84 | Ethan Polinghorn | | 10 | 6468 | 161 | 48:00.5 | 15:29/M |
| 85 | Spencer Stone | | 11 | 6501 | 162 | 48:01.6 | 15:29/M |
| 86 | Johan Daniel | | 10 | 4064 | 164 | 50:45.5 | 16:22/M |
| 87 | Carlos Mercadal | | 11 | 6556 | 170 | 52:15.3 | 16:51/M |
| 88 | Tyreon Steele | | 9 | 6558 | 171 | 52:16.2 | 16:52/M |

Female 19 to 29

| <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 * | Rachel Tapper | | 22 | 6537 | 24 | 28:47.5 | 9:17/M |
| 2 * | Karolina Walaszek | | 27 | 6520 | 27 | 28:59.7 | 9:21/M |
| 3 * | Sara Dalan | | 23 | 4061 | 28 | 29:12.2 | 9:25/M |
| 4 | Maria Flores | | 26 | 4091 | 52 | 31:27.1 | 10:09/M |
| 5 | Nicole Vazquez | | 22 | 6516 | 54 | 31:34.5 | 10:11/M |
| 6 | Kristy Salerno | | 24 | 6487 | 71 | 33:16.5 | 10:44/M |
| 7 | Rachel Spenn | | 27 | 6499 | 81 | 35:02.1 | 11:18/M |
| 8 | Jessica Huenecke | | 25 | 6405 | 101 | 37:32.1 | 12:06/M |

Male 19 to 29

| <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 * | Frank Orphan | | 23 | 6461 | 36 | 30:13.4 | 9:45/M |
| 2 * | Sigifredo Molina | | 21 | 6453 | 37 | 30:15.3 | 9:45/M |
| 3 * | Matt Burke | | 29 | 4043 | 50 | 31:17.7 | 10:05/M |
| 4 | Wesley McKinney | | 29 | 6444 | 132 | 40:31.5 | 13:04/M |

2017 Breath Deep 5K & 10K Runs

Age Group Results

5K Run

Female 30 to 39

| <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 | * Brooke McGrath | | 33 | 6443 | 31 | 29:20.5 | 9:28/M |
| 2 | * Amanda Raz | | 31 | 6477 | 35 | 30:12.5 | 9:45/M |
| 3 | * Norma Olguin | | 38 | 6459 | 51 | 31:23.1 | 10:07/M |
| 4 | Megan Schellinger | | 33 | 6489 | 65 | 32:48.6 | 10:35/M |
| 5 | Lisa Stash | | 39 | 6551 | 89 | 36:23.8 | 11:44/M |
| 6 | Beata Podgorni | | 39 | 6542 | 90 | 36:43.5 | 11:51/M |
| 7 | Amy Detloff | | 38 | 4069 | 97 | 37:09.2 | 11:59/M |
| 8 | Gosia Telichowska | | 38 | 6503 | 104 | 37:45.9 | 12:11/M |
| 9 | Mandy Alverio | | 37 | 4026 | 108 | 37:56.2 | 12:14/M |
| 10 | Kelly McCreary | | 39 | 6441 | 110 | 38:01.8 | 12:16/M |
| 11 | Emily Crane | | 35 | 4060 | 120 | 39:00.4 | 12:35/M |
| 12 | Sarah Cannon | | 32 | 4047 | 155 | 45:06.8 | 14:33/M |
| 13 | Michele Langford | | 32 | 6425 | 173 | 52:32.4 | 16:57/M |
| 14 | Christy Jones | | 33 | 6411 | 175 | 1:01:37.3 | 19:53/M |
| 15 | Alicia Dodson | | 38 | 6555 | 177 | 1:09:54.3 | 22:33/M |

Male 30 to 39

| <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 | * LUKE CARL | | 30 | 4048 | 17 | 28:35.5 | 9:13/M |
| 2 | * Tom Meyers | | 37 | 6447 | 25 | 28:57.2 | 9:20/M |
| 3 | * Steve Flores | | 30 | 4092 | 55 | 31:56.2 | 10:18/M |
| 4 | Ryan Daly | | 38 | 4062 | 73 | 33:59.9 | 10:58/M |
| 5 | Gavin Brown | | 30 | 4039 | 94 | 37:04.3 | 11:57/M |
| 6 | Wasiq Mohammed | | 39 | 6451 | 119 | 38:45.6 | 12:30/M |
| 7 | Bart Sowa | | 39 | 6497 | 127 | 40:12.5 | 12:58/M |

Female 40 to 49

| <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 | * Hilary Winkelhake | | 43 | 6531 | 20 | 28:41.5 | 9:15/M |
| 2 | * Tamiko Saame | | 44 | 6485 | 22 | 28:42.5 | 9:15/M |
| 3 | * Naoko Shintaku | | 45 | 6492 | 30 | 29:13.7 | 9:25/M |
| 4 | Lisa Drum | | 41 | 6548 | 56 | 31:57.2 | 10:18/M |
| 5 | Stephanie Fields | | 41 | 4085 | 60 | 32:02.4 | 10:20/M |
| 6 | Mika Tokunaga | | 44 | 6505 | 66 | 32:54.4 | 10:37/M |
| 7 | Laura Miller | | 49 | 6448 | 69 | 33:12.3 | 10:43/M |
| 8 | Michelle Bernau | | 48 | 4032 | 70 | 33:15.5 | 10:44/M |
| 9 | Kerry Burns | | 45 | 4044 | 72 | 33:34.1 | 10:50/M |
| 10 | Bozena Serafin | | 48 | 6490 | 85 | 35:37.3 | 11:29/M |

2017 Breath Deep 5K & 10K Runs

Age Group Results

5K Run

Female 40 to 49

| <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> |
|--------------|------------------|-------------|------------|---------------|----------------|-------------|-------------|
| 11 | Rebecca Essegian | | 42 | 4078 | 87 | 36:09.7 | 11:40/M |
| 12 | Michelle Bylsma | | 42 | 4045 | 91 | 36:46.5 | 11:52/M |
| 13 | Megan Weber | | 41 | 6525 | 137 | 42:23.8 | 13:40/M |
| 14 | Kelli Yaussy | | 48 | 6535 | 140 | 43:12.7 | 13:56/M |
| 15 | Maria Lozano | | 41 | 6431 | 147 | 44:14.3 | 14:16/M |
| 16 | Gail Fedo | | 41 | 4080 | 163 | 48:25.3 | 15:37/M |
| 17 | Lisa Cecchin | | 41 | 4054 | 166 | 51:22.8 | 16:34/M |
| 18 | Linda Khalil | | 44 | 6414 | 169 | 52:14.5 | 16:51/M |
| 19 | Janelle Morse | | 49 | 6455 | 174 | 55:27.7 | 17:53/M |
| 20 | Kristen McCarthy | | 44 | 6439 | 176 | 1:01:51.7 | 19:57/M |

Male 40 to 49

| <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 * | Kevin Fischer | | 42 | 4089 | 6 | 24:57.2 | 8:03/M |
| 2 * | Ernesto Reyez | | 43 | 6479 | 16 | 28:27.5 | 9:11/M |
| 3 * | Travis Bowen | | 43 | 4035 | 44 | 30:33.4 | 9:51/M |
| 4 | Srinivasa Vanukuri | | 41 | 6512 | 76 | 34:31.9 | 11:08/M |
| 5 | Eric Knudtson | | 41 | 6416 | 96 | 37:04.8 | 11:57/M |
| 6 | Craig Roscoe | | 42 | 6482 | 102 | 37:39.3 | 12:09/M |
| 7 | Tom Pierce | | 48 | 6465 | 111 | 38:03.3 | 12:16/M |
| 8 | Eric Ericson | | 45 | 4075 | 117 | 38:43.5 | 12:29/M |
| 9 | Scott Richer | | 48 | 6481 | 121 | 39:38.5 | 12:47/M |
| 10 | Jason Cascarino | | 44 | 4053 | 129 | 40:26.8 | 13:03/M |
| 11 | Phil Wegener | | 45 | 6526 | 134 | 42:11.5 | 13:36/M |
| 12 | Adam Wolfberg | | 43 | 6533 | 135 | 42:11.7 | 13:36/M |
| 13 | Isidro Buenrostro | | 42 | 4041 | 149 | 44:16.3 | 14:17/M |
| 14 | Daniel Koshy | | 46 | 6418 | 165 | 50:59.4 | 16:27/M |

Female 50 to 59

| <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 * | Joan Huenecke | | 57 | 6407 | 138 | 42:26.7 | 13:41/M |
| 2 * | Diana Maggio-Gumushian | | 50 | 6436 | 142 | 43:17.5 | 13:58/M |

Male 50 to 59

| <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 * | Mario Affinati | | 54 | 6559 | 7 | 25:33.4 | 8:15/M |

2017 Breath Deep 5K & 10K Runs

Age Group Results

5K Run

Male 50 to 59

| <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> |
|--------------|-------------------|-------------|------------|---------------|----------------|-------------|-------------|
| 2 * | Arthur Huenecke | | 57 | 6406 | 48 | 30:52.8 | 9:57/M |
| 3 * | Rich Essegian | | 57 | 4079 | 83 | 35:10.3 | 11:21/M |
| 4 | Guillermo Delgado | | 52 | 4067 | 118 | 38:44.5 | 12:30/M |
| 5 | James Jacoby | | 55 | 6408 | 145 | 43:24.2 | 14:00/M |
| 6 | John Wild | | 52 | 6543 | 146 | 43:25.2 | 14:00/M |
| 7 | Mark Fedo | | 57 | 4081 | 157 | 46:22.7 | 14:57/M |
| 8 | Jeff Bernau | | 52 | 4033 | 172 | 52:25.6 | 16:55/M |

Female 60 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 * | Donna Gdowski | | 61 | 4098 | 168 | 52:14.5 | 16:51/M |

Male 60 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 * | Russell Brown | | 64 | 4038 | 95 | 37:04.3 | 11:57/M |