

Race Date
April 30, 2016

2016 Spirit Run 5K
Age Group Results

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	Leeann Wright		36	3076	12	21:14.6	6:51/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	Scott Klockow		38	1813	1	18:09.1	5:51/M

Female Masters Winner 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	Karen Spoor		45	1226	37	23:41.8	7:38/M

Male Masters Winner 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	Rick Fenno		59	2953	5	18:52.1	6:05/M

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Female 8 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 *	Ena Gilliana		8	2959	75	26:53.7	8:40/M

Male 8 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 *	Anderson Schlyer		7	3048	56	25:28.7	8:13/M

Female 9 to 10

<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 *	Fiorella Cespedes		10	2937	87	27:54.4	9:00/M
2 *	Lily Braming		9	2921	182	45:06.4	14:33/M
3 *	Maggie Kuka		9	2996	181	45:06.4	14:33/M

Male 9 to 10

<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 *	Hugo Fagen		10	2949	46	24:35.5	7:56/M
2 *	Brady Cavanaugh		10	2935	57	25:32.7	8:14/M
3 *	John Clements		10	2939	119	30:56.3	9:59/M

Female 11 to 12

<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 *	Grace Thomas		11	3065	38	23:42.9	7:39/M
2 *	Bridget Sherman		12	3053	92	28:04.8	9:03/M
3 *	Isabelle Sweet		12	3062	104	28:59.5	9:21/M
4	Amelia Benjamin		11	2912	105	28:59.9	9:21/M

Male 11 to 12

<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 *	Brady Byvoets		12	2929	42	24:22.9	7:52/M
2 *	Joel Bryant		12	2924	47	24:37.5	7:56/M
3 *	Jack Kuka		11	2995	61	26:00.4	8:23/M
4	Ian Cox		11	2941	65	26:20.3	8:30/M
5	Eli Gilliana		11	2958	127	31:58.9	10:19/M

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Female 13 to 14

<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 *	Ava Gilliana		13	2962	16	21:38.6	6:59/M
2 *	Nicole Brandy		13	1184	30	22:57.1	7:24/M
3 *	Gillian Rossmann		13	3036	55	25:27.1	8:13/M
4	Madison Rowley		13	3040	66	26:22.5	8:30/M
5	Lydia Bryant		14	2925	68	26:25.3	8:31/M
6	Natalia Prato		14	3031	86	27:50.9	8:59/M

Male 13 to 14

<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 *	Jake Tarnow		14	3063	6	19:14.1	6:12/M
2 *	Ryan Schlyer		13	3047	7	19:59.6	6:27/M
3 *	Jack Acton		14	2902	10	20:31.9	6:37/M
4	William Bogan		14	2120	13	21:26.1	6:55/M
5	Tommy Cavanaugh		14	2936	15	21:31.1	6:56/M
6	Kyle Hahn		14	2969	108	29:32.5	9:32/M
7	Drake Brandt		13	2922	109	29:33.2	9:32/M

Female 15 to 18

<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 *	Jordyn Boyer		15	2919	23	22:25.4	7:14/M
2 *	Ema Gilliana		16	2963	114	30:21.4	9:47/M
3 *	Carli Murkve		16	2206	139	34:15.1	11:03/M

Male 15 to 18

<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 *	Matthew Cavanaugh		15	2934	2	18:23.1	5:56/M
2 *	George A. Azar		16	2905	3	18:27.4	5:57/M
3 *	Matthew Graber		16	2965	9	20:09.1	6:30/M
4	Andrew Owyre		15	1497	19	22:08.6	7:08/M
5	Steven Mathew		16	3009	145	35:29.7	11:27/M

Female 19 to 24

<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 *	Audrey Halsey		19	2970	50	24:50.3	8:01/M

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Male 19 to 24

<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 *	Jordan Ramos		24	3032	18	21:56.2	7:05/M

Female 25 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 *	Tashia Mech		25	3012	78	27:19.9	8:49/M
2 *	Gail MacApagal		26	3002	146	35:59.8	11:36/M
3 *	Shannon Matuszny		27	3010	153	36:44.9	11:51/M
4	Carissa Torres		28	3068	158	37:47.7	12:11/M

Male 25 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 *	Erik Jensen		25	2984	25	22:28.3	7:15/M
2 *	Daniel Mitchell		25	3015	32	23:03.1	7:26/M
3 *	Ryan Balko		29	2906	33	23:03.9	7:26/M
4	Adrian Harris		28	2974	58	25:39.9	8:16/M
5	Philip Santay		26	3044	60	25:58.8	8:23/M
6	Matt Langbehn		29	2999	71	26:44.3	8:37/M
7	John Maniatis		27	1496	183	45:46.2	14:46/M

Female 30 to 34

<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 *	Kimberley Burns		33	2928	29	22:53.9	7:23/M
2 *	Amanda Kohne		30	2991	43	24:26.6	7:53/M
3 *	Marialena Nagel		33	3022	70	26:42.3	8:37/M
4	Kristin Suriano		34	3060	93	28:05.2	9:04/M
5	Laura Gillins		30	2964	137	33:24.9	10:46/M
6	Amy Janik		31	2982	161	39:29.8	12:44/M

Male 30 to 34

<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 *	William Stalhandske		33	1042	17	21:38.8	6:59/M
2 *	Anthony Olivarez		33	2157	117	30:39.7	9:53/M
3 *	Chris Palese		33	3029	151	36:20.1	11:43/M

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Female 35 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 *	Sally Cespedes		35	1645	28	22:41.6	7:19/M
2 *	Dawn Fox		35	2088	51	24:55.4	8:02/M
3 *	Carri Ables		39	2901	95	28:10.3	9:05/M
4	Stephanie Crook		36	1228	110	29:36.1	9:33/M
5	Sarah Olivarez		35	2156	116	30:39.3	9:53/M
6	Vanessa Yeutter		35	3078	128	32:04.4	10:21/M
7	Telma Alfaro		35	2904	147	36:01.4	11:37/M
8	Erica Benavente		36	2910	159	37:47.9	12:11/M
9	Destinie Gallardo		37	2955	164	40:17.7	13:00/M
10	Rosalind Knight		39	2990	185	46:41.4	15:04/M
11	Renee Moreno		39	3019	191	48:07.8	15:31/M

Male 35 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 *	Ralph Nurse		39	1227	4	18:34.7	5:59/M
2 *	Travis Montgomery		36	3017	14	21:28.6	6:55/M
3 *	Joe Starkey		36	3056	40	23:55.3	7:43/M
4	Lamarr Reyna		36	3034	53	25:12.8	8:08/M
5	Mike Schumacher		38	3049	122	31:15.9	10:05/M
6	Dan Benjamin		38	2911	140	34:16.7	11:03/M

Female 40 to 44

<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 *	Dawn Vamos		44	2097	67	26:23.2	8:31/M
2 *	Jennifer Murphy		42	1671	79	27:20.9	8:49/M
3 *	Nevenka Schumacher		41	3050	89	27:58.5	9:01/M
4	Nicolette Huber		41	2980	106	29:04.3	9:23/M
5	Michelle Finch		41	2954	124	31:16.9	10:05/M
6	Carol Barton		43	2907	130	32:12.3	10:23/M
7	Paula George		43	2956	150	36:19.6	11:43/M
8	Megan Sweet		41	3061	152	36:20.1	11:43/M
9	Maricruz Rivera		43	3035	156	37:35.2	12:07/M
10	Maria Hernandez		42	2976	163	40:03.2	12:55/M
11	Pamela Rowley		40	3041	173	42:39.5	13:45/M

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5K Run

Male 40 to 44

<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 *	Shathishkumar		41	3033	8	20:00.4	6:27/M
2 *	Phil Barons		43	1521	26	22:33.2	7:16/M
3 *	Mario Ruiz		42	3042	48	24:46.6	7:59/M
4	Brian Huber		42	2979	54	25:17.7	8:09/M
5	James Masterson		44	3008	85	27:42.2	8:56/M

Female 45 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 *	Nicole Rossmann		46	3037	49	24:47.4	8:00/M
2 *	Penny Schlyer		47	3046	62	26:01.4	8:24/M
3 *	Karen Vinson		48	3072	80	27:32.9	8:53/M
4	Shelley Bryant		45	2926	82	27:36.1	8:54/M
5	Lori Gilliana		48	2961	97	28:18.8	9:08/M
6	Karen Marlatt		49	3007	112	29:43.3	9:35/M
7	Beth Boyer		48	2918	121	31:09.8	10:03/M
8	Dee Dee Brogan		47	1318	126	31:44.7	10:14/M
9	Stephanie Braming		46	2920	129	32:12.1	10:23/M
10	Donna Kristek		45	2993	144	35:29.7	11:27/M
11	Lisa Letsinger		49	3001	149	36:14.6	11:41/M
12	Joann Munro		47	3021	155	37:10.7	11:59/M
13	Kim Benner		46	2913	157	37:36.4	12:08/M
14	Tina Tolson		46	3067	162	40:00.5	12:54/M
15	Teresa Weiler		46	3073	169	41:19.7	13:20/M

Male 45 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 *	Alan Jones		45	2986	11	21:05.5	6:48/M
2 *	Nils Dietz		46	2946	20	22:16.3	7:11/M
3 *	Matt Hanlon		46	2181	31	23:00.4	7:25/M
4	Robert Alt		48	1670	34	23:04.6	7:26/M
5	Jack Brogan		48	2202	36	23:37.6	7:37/M
6	Tim Kulesa		49	2997	41	24:21.4	7:51/M
7	Eric Yeutter		46	3077	44	24:30.1	7:54/M
8	Steve Rowley		46	3039	69	26:34.6	8:34/M
9	Allan Brandy		47	1764	72	26:48.6	8:39/M
10	Juan Casas		46	2195	83	27:37.8	8:55/M
11	John Breckenridge		47	2923	88	27:56.9	9:01/M
12	Karl Bauer		49	2908	91	28:03.4	9:03/M

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Male 45 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>
13	Phil Page		47	3028	113	30:05.9	9:42/M
14	Jason Gilliana		45	2960	115	30:23.9	9:48/M
15	Edward Caccavale		46	2930	136	33:17.4	10:44/M
16	Jerome Weiler		46	3074	170	41:21.7	13:20/M
17	Sasa Sekuloski		45	3051	190	48:07.5	15:31/M
18	John Mario		48	3005	195	54:07.2	17:27/M

Female 50 to 54

<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	* Carol Douglas		52	2947	64	26:11.4	8:27/M
2	* Cariann Turner		51	3070	74	26:49.8	8:39/M
3	* Barb Hamner		51	2971	94	28:05.9	9:04/M
4	Sherri Mitchell		51	3016	96	28:12.6	9:06/M
5	Jayne Willis		52	2044	103	28:57.6	9:20/M
6	Lisa Mech		50	3011	132	32:51.8	10:36/M
7	Kimberly Trikich		54	3069	133	33:00.6	10:39/M
8	Nanice Wagenblast		51	2957	192	48:23.4	15:36/M
9	Erin Shinabarger		51	3054	196	55:29.7	17:54/M

Male 50 to 54

<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	* David Lindahl		50	2149	21	22:20.4	7:12/M
2	* Dave Gaughan Sr		53	1879	22	22:24.1	7:14/M
3	* Craig Miller		53	3014	24	22:26.7	7:14/M
4	David Wort		54	3075	27	22:33.6	7:16/M
5	Joseph Kristek		54	2994	102	28:50.3	9:18/M
6	Fred Benner		50	2914	142	34:18.3	11:04/M
7	Michael Willis		51	2061	143	35:24.6	11:25/M
8	Michael Molon		54	1493	184	45:47.2	14:46/M

Female 55 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	* Elaine Hendricks		59	2975	52	25:12.2	8:08/M
2	* Cecilia Bernal		59	2915	84	27:40.6	8:55/M
3	* Mary Miller		56	3013	98	28:22.7	9:09/M
4	Lissa Yogan		56	3079	111	29:36.7	9:33/M

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Female 55 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>
5	Billie Childress		59	2938	131	32:14.1	10:24/M
6	Lory Adams		57	2903	165	40:25.9	13:02/M
7	Mary Cooper		56	2940	166	40:38.2	13:06/M
8	Laura Ryan		58	1831	167	40:38.4	13:06/M
9	Cindy Hall		58	2117	168	40:59.6	13:13/M
10	Susan Sendejas		58	3052	172	42:36.8	13:45/M

Male 55 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 *	Ez Delprado		59	2944	45	24:34.6	7:55/M
2 *	Randy Warren		55	2165	59	25:54.3	8:21/M
3 *	Nick Dvorscail		59	2238	73	26:49.6	8:39/M
4	John Saltanovitz		55	3043	76	27:03.5	8:44/M
5	Brian Vinson		58	3071	100	28:38.3	9:14/M
6	John Pinkowski		59	3030	107	29:15.2	9:26/M
7	Wayne Carr		58	2933	125	31:20.6	10:06/M
8	Jac Cooper		59	1855	193	49:03.3	15:49/M

Female 60 to 64

<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 *	Deb Schiesser		60	1148	77	27:10.1	8:46/M
2 *	Kathleen Kolodziej		61	2254	90	28:00.1	9:02/M
3 *	Debbie Fenno		60	2952	118	30:54.2	9:58/M
4	Leslie Buff		63	2927	148	36:13.4	11:41/M
5	Ruth Bonacci-Klaeser		60	2124	154	37:00.7	11:56/M
6	Kathy Olson		62	3026	174	42:41.3	13:46/M
7	Danette Lashbrook		61	3000	186	47:12.7	15:14/M
8	Susan Shockley		63	1802	187	47:12.7	15:14/M
9	Morningsun Kelly		62	2987	188	47:42.3	15:23/M

Male 60 to 64

<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 *	George Nietert		63	3025	35	23:33.6	7:36/M
2 *	Whitewolf Kelly		64	2988	81	27:34.5	8:54/M
3 *	Michael Grochowski		62	1870	101	28:44.6	9:16/M
4	Mike Sulkowski		64	3059	120	31:05.5	10:02/M

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Male 60 to 64

<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>
5	Jesse Bernal		64	2916	123	31:16.1	10:05/M
6	Roberto Sarli		62	3045	134	33:08.4	10:41/M

Female 65 to 69

<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 *	Jean Jannasch		69	2983	63	26:07.1	8:25/M
2 *	Barbara Graham		65	2966	175	42:41.9	13:46/M

Male 65 to 69

<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 *	Roger Steffen		65	3057	39	23:51.1	7:42/M
2 *	Dennis Rotz		68	3038	135	33:10.6	10:42/M
3 *	Jack Kashak		68	2096	160	38:54.6	12:33/M
4	Allan Nalbor		68	3023	176	43:03.4	13:53/M
5	Ulrike Zambori		67	3080	178	43:38.9	14:05/M

Female 70 to 74

<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 *	Jean Tolchinsky		70	3066	138	33:57.1	10:57/M
2 *	Phyllis Hansen		73	2972	180	44:57.4	14:30/M
3 *	Beverly Calligan		74	2931	189	48:01.9	15:29/M

Male 70 to 74

<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 *	Norm Eikman		71	2981	99	28:34.4	9:13/M
2 *	Michael Moskalick		71	3020	171	42:01.1	13:33/M
3 *	Winston Steiniche		73	3058	177	43:08.1	13:55/M
4	David Hinshaw		71	2977	194	54:02.2	17:26/M
5	Bob Hooper		74	2978	197	56:22.4	18:11/M

Female 75 to 79

<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>
	* No Finishers					0:00.0	

Race Date
April 30, 2016

2016 Spirit Run 5K
Age Group Results

5K Run

Male 75 to 79

<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 *	Robert Edwards		75	2948	141	34:18.1	11:04/M
2 *	Marvin Jordan		78	2080	198	1:01:26.5	19:49/M

Female 80 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>
*	No Finishers					0:00.0	

Male 80 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 *	Tom Magill		87	3003	179	44:23.8	14:19/M

Race Date
April 30, 2016

2016 Spirit Run 5K
Age Group Results
Clydesdale / Athena

Athena

<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 Grott		39	2967	4	39:13.3	12:39/M

Clydesdale

<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	Douglas Hahn		50	2968	1	34:48.9	11:14/M
2	Chris Boyer		48	2917	2	37:04.1	11:57/M
3	Greg Farrall		46	2950	3	38:20.1	12:22/M
4	Dewayne Newson		49	3024	5	43:21.9	13:59/M
5	John Cunningham		58	2942	6	49:03.7	15:49/M