

Race Date
September 21, 2024

2024 Brain Up 5K Run
Age Group Results

5K

Female Top 3 Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Lauren Spengler		3646	1	23:01.9	7:26/M
2	Daryn Cass		3400	2	24:05.8	7:46/M
3	Kristen Salkas		3631	3	24:35.8	7:56/M

Male Top 3 Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Samuel LeVon		3534	1	17:21.9	5:36/M
2	Matthew D'Arcy		3417	2	19:08.4	6:10/M
3	Alexander Yamini		3700	3	20:55.2	6:45/M

*Overall place within gender

2024 Brain Up 5K Run

Age Group Results

5K

Female

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Jigisha Thakkar		3660	4	24:38.9	7:57/M
2	Jessica Ahn		3351	5	25:17.9	8:10/M
3	Molly Guston		3709	6	25:34.4	8:15/M
4	Kashmira Grimm		3473	7	25:46.7	8:19/M
5	Jennifer Kells		3504	8	25:54.2	8:21/M
6	DeAnna Patterson		3593	9	26:36.1	8:35/M
7	Chad Bell		3367	10	27:18.7	8:49/M
8	Lily Ryan		3630	11	27:34.9	8:54/M
9	Kyle Stevens		3652	12	27:39.2	8:55/M
10	Allison Alons		3355	13	28:09.7	9:05/M
11	Amy Munday		3569	14	29:10.3	9:25/M
12	Andrea Romano		3620	15	29:12.4	9:25/M
13	Ash Zandstra		3704	16	29:19.9	9:28/M
14	Taylor Smith		3643	17	29:34.7	9:33/M
15	Rachel Handrich		3478	18	29:35.5	9:33/M
16	Susan G Davis		3419	19	29:47.7	9:37/M
17	Anne Laure Spessotto		3647	20	30:13.1	9:45/M
18	Laura Kate Waters		3677	21	30:15.9	9:46/M
19	Amelia Ball		3364	22	30:16.2	9:46/M
20	Sienna Yamini		3703	23	30:18.4	9:47/M
21	Jennifer Paukstis		3595	24	30:19.4	9:47/M
22	Kristen Lauing		3526	25	30:22.3	9:48/M
23	Nicki McNear		3556	26	30:36.9	9:53/M
24	Marilyn Flores		3446	27	30:40.7	9:54/M
25	Amy Dry		3711	28	30:41.1	9:54/M
26	Rachel Pellegrino		3599	29	30:43.4	9:55/M
27	Julia Maisel		3545	30	30:51.3	9:57/M
28	Abby MacKenzie		3543	31	31:02.4	10:01/M
29	Anaise Kaufman		3501	32	31:21.2	10:07/M
30	Shiau-Sing Ciecierska		3715	33	31:40.2	10:13/M
31	Ashley Edwards		3433	34	31:40.8	10:13/M
32	Caitlyn Mitchell		3564	35	31:41.4	10:13/M
33	Yolanda Maung		3552	36	31:51.4	10:17/M
34	Taylor Koch		3510	37	31:55.7	10:18/M
35	Amy Kudlov		3518	38	32:39.4	10:32/M
36	Lindsey Harrington		3479	39	32:47.1	10:35/M
37	Manon Penco-Campillo		3601	40	33:14.7	10:43/M
38	Karen Ono		3577	41	33:15.7	10:44/M
39	Annie Gosselin		3468	42	33:20.4	10:45/M
40	Dawn Moreno		3565	43	33:24.5	10:47/M
41	Patricia Fernandez		3443	44	33:31.6	10:49/M
42	Anna Serafini		3639	45	33:42.4	10:52/M

*Overall place within gender

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Age Group Results

5K

Female

Place	Name	City	Bib No	Overall*	Time	Pace
43	Hanna Dahlk		3416	46	33:59.7	10:58/M
44	Sarah Brehm		3375	47	34:04.2	10:59/M
45	Anna Ryan		3629	48	34:34.8	11:09/M
46	Angela Andolfi		3358	49	34:40.2	11:11/M
47	Lucinda Forsberg		3448	50	36:08.7	11:40/M
48	Madeline Buls		3382	51	36:16.2	11:42/M
49	Marianne Benedeil		3712	52	36:34.6	11:48/M
50	Priya Kumthekar		3519	53	36:37.4	11:49/M
51	Lucy Culig		3411	54	36:55.1	11:55/M
52	Hannah Lynch		3541	55	36:58.8	11:56/M
53	Marissa Wayne		3678	56	37:20.4	12:03/M
54	Maddy Diamond		3426	57	37:54.7	12:14/M
55	Annelise Oster		3580	58	37:54.7	12:14/M
56	Christy Kuems		3717	59	38:08.9	12:18/M
57	Hannah Gianetto		3466	60	38:45.2	12:30/M
58	Lauren Quisling		3615	61	38:45.4	12:30/M
59	Laurie Smigielski		3642	62	41:29.1	13:23/M
60	Lilly Farahnakian		3438	63	42:47.4	13:48/M
61	Liliana Martin		3550	64	42:47.6	13:48/M
62	Mackenzie Benedek		3370	65	43:16.2	13:57/M
63	Lynn Schmitt		3635	66	44:44.8	14:26/M
64	Crystal Villalobos		3674	67	44:46.4	14:27/M
65	Wendi Holleman		3486	68	45:01.8	14:32/M
66	Pooja Patel		3591	69	45:51.2	14:47/M
67	Rachel Lawrence		3530	70	46:24.7	14:58/M
68	Qianyi Pu		3614	71	49:07.4	15:51/M
69	Brianna Benedek		3369	72	49:10.3	15:52/M
70	Luisa Parente		3586	73	49:10.4	15:52/M
71	Laurel Black Rector		3372	74	52:33.9	16:57/M
72	Jill Van Riet		3669	75	54:02.9	17:26/M
73	Joanne Martires		3551	76	56:00.4	18:04/M
74	Samone Kinsey		3507	77	56:07.7	18:06/M
75	Kendra Meismer		3559	78	56:18.7	18:10/M
76	Eileen Cameron		3394	79	56:23.8	18:12/M
77	Janet Page		3583	80	56:37.7	18:16/M
78	Anne Winkler		3691	81	57:02.6	18:24/M
79	Nicole Gass		3460	82	58:25.1	18:51/M
80	Denise Kingston		3505	83	58:41.6	18:56/M
81	Ewa Gawenda		3461	84	1:00:06.1	19:23/M
82	Peggy Maisel		3546	85	1:02:37.4	20:12/M
83	Haley Dorsey		3429	86	1:02:55.7	20:18/M
84	Crystal Parrett		3587	87	1:02:58.8	20:19/M

*Overall place within gender

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Age Group Results

5K

Female

Place	Name	City	Bib No	Overall*	Time	Pace
85	Carrie Wolter		3696	88	1:05:14.1	21:03/M
86	Michele Wolter		3697	89	1:05:14.4	21:03/M
87	Rachel Hirsh		3484	90	1:06:02.1	21:18/M
88	Anna Ermolaeva		3437	91	1:06:30.5	21:27/M
89	Julie Pearlman		3596	92	1:06:34.2	21:28/M

Male

Place	Name	City	Bib No	Overall*	Time	Pace
1	Tony Winkler		3692	4	21:28.2	6:56/M
2	Zach Griffith		3472	5	21:28.4	6:56/M
3	Matthew Neehouse		3575	6	22:32.4	7:16/M
4	Jacob Braul		3714	7	22:35.2	7:17/M
5	Alex Hossfeld		3489	8	22:50.9	7:22/M
6	Robert Guircanu		3477	9	23:37.9	7:37/M
7	Rob Busby		3390	10	23:52.4	7:42/M
8	Joseph Frazzetta		3454	11	24:36.7	7:56/M
9	Matthew Miller		3561	12	24:44.4	7:59/M
10	Ryan Donk		3427	13	25:08.7	8:07/M
11	Josh Bultema		3384	14	25:18.4	8:10/M
12	Michael Lee		3532	15	25:24.7	8:12/M
13	Neal J. Wrobel		3708	16	25:38.9	8:16/M
14	Christian Kotila		3513	17	25:47.9	8:19/M
15	Keith Bultema		3385	18	25:50.2	8:20/M
16	Dane Van Benthuyzen		3668	19	25:54.7	8:22/M
17	John Tomala		3662	20	25:55.6	8:22/M
18	Dago Campos		3397	21	26:10.7	8:27/M
19	Callum Ross		3625	22	26:17.4	8:29/M
20	Michael Powers		3611	23	26:24.7	8:31/M
21	John Connolly		3408	24	26:41.9	8:37/M
22	Maxx Wayne		3679	25	27:02.9	8:44/M
23	Derek Wainwright		3675	26	27:03.5	8:44/M
24	Arnas Laurinaitis		3527	27	27:19.5	8:49/M
25	Paul Bryar		3378	28	27:24.8	8:51/M
26	Nick Fox		3450	29	27:24.9	8:51/M
27	Nathan Pecoraro		3598	30	27:25.9	8:51/M
28	Neil Vichare		3672	31	27:52.4	8:59/M
29	Ruchik Patel		3592	32	28:02.7	9:03/M
30	Brett Glaser		3467	33	28:08.6	9:05/M
31	Paul Kahlon		3499	34	28:12.9	9:06/M
32	Gianni Sansone		3633	35	28:14.9	9:07/M

*Overall place within gender

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Age Group Results

5K

Male

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
33	Eli Penate		3600	36	28:19.8	9:08/M
34	Andrew Makauskas		3547	37	28:21.6	9:09/M
35	Bakhtiar Yamini		3702	38	28:39.9	9:15/M
36	Matthew Bultema		3386	39	28:55.1	9:20/M
37	Ryan Bultema		3387	40	29:07.4	9:24/M
38	Juan Flores Gonzalez		3710	41	29:12.6	9:25/M
39	Kevin Sievers		3641	42	29:15.4	9:26/M
40	Lorenzo Muñoz		3568	43	29:18.7	9:27/M
41	Paul Laurinaitis		3529	44	29:24.2	9:29/M
42	Remigijus Vainius		3716	45	29:25.6	9:30/M
43	Konnor DePasquale		3425	46	29:30.9	9:31/M
44	Michael Frank		3451	48	29:45.4	9:36/M
45	Samuel Pastor		3590	49	29:57.4	9:40/M
46	Robert Frank		3452	50	30:10.6	9:44/M
47	Anthony Kam		3500	51	30:35.9	9:52/M
48	Gintaras Laurinaitis		3528	52	30:47.2	9:56/M
49	Kevin Romero		3621	53	30:53.4	9:58/M
50	Sean Grimm		3474	54	31:42.4	10:14/M
51	Mehron Beheshti		3366	55	31:44.2	10:14/M
52	Michael Came		3392	56	31:53.9	10:17/M
53	Andy Chusid		3403	57	32:27.4	10:28/M
54	Tushya Mehta		3558	58	33:01.4	10:39/M
55	B Yamini		3701	59	33:02.4	10:40/M
56	Pedro Ayala		3362	60	33:06.6	10:41/M
57	Jose Orozco		3578	61	33:09.2	10:42/M
58	Tom Meisner		3560	62	33:09.6	10:42/M
59	Joseph Serrone		3640	63	33:27.3	10:48/M
60	Colin Breeze		3374	64	34:28.4	11:07/M
61	William Rundall		3627	65	34:33.7	11:09/M
62	Nicolas Vassiliev		3670	66	34:36.2	11:10/M
63	Zachary Uram		3667	67	35:00.2	11:17/M
64	Douglas Anderson		3707	68	35:00.6	11:18/M
65	John Tsiang		3666	69	35:07.4	11:20/M
66	Thomas Hood		3488	70	36:07.4	11:39/M
67	Harmon Bramlett		3373	71	36:35.6	11:48/M
68	Sahil Bhasin		3371	72	36:37.2	11:49/M
69	Paul Arnold		3361	73	36:45.3	11:51/M
70	Chris Zhang		3706	74	36:58.4	11:56/M
71	Joel Zandstra		3705	75	37:04.4	11:58/M
72	Carlo Rallo		3616	76	37:20.1	12:03/M
73	Diego Luy		3540	77	38:08.2	12:18/M
74	Kyle Kremer		3516	78	38:15.9	12:21/M

*Overall place within gender

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Age Group Results

5K

Race Date
September 21, 2024

Male

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
75	Patrick Holahan		3485	79	38:34.8	12:27/M
76	Garrett Calhoun		3391	80	39:49.1	12:51/M
77	Sean Pocsto		3720	81	41:47.9	13:29/M
78	Jonathan Bultema		3383	82	41:51.2	13:30/M
79	Daniel Parrish		3589	83	41:53.4	13:31/M
80	Larry Beneden		3713	84	43:17.9	13:58/M
81	Scott Larson		3525	85	44:56.7	14:30/M
82	Adam Currier		3412	86	46:46.2	15:05/M
83	Robin Buerki		3381	87	48:24.2	15:37/M
84	Trent Ford		3447	88	49:20.2	15:55/M
85	Mike Burke		3388	89	52:27.3	16:55/M
86	EDWARD PEREZ		3602	90	53:27.1	17:15/M
87	Scott Lutz		3539	91	54:34.1	17:36/M
88	Samuel Hinton		3483	92	56:09.9	18:07/M
89	Brian Cameron		3393	93	56:39.6	18:17/M
90	Giovanni Ortega		3579	94	56:56.3	18:22/M
91	William Winkler		3693	95	57:02.7	18:24/M
92	Eric Currier		3413	96	57:19.4	18:29/M
93	Carter Dorsey		3428	97	1:01:47.2	19:56/M
94	Harry Maisel		3544	98	1:02:32.5	20:10/M
95	John Parrett		3588	99	1:02:57.5	20:19/M
96	Matt Stelmasek		3651	100	1:03:53.4	20:37/M
97	Will Schwarting		3638	101	1:05:14.1	21:03/M
98	Brad Wolter		3695	102	1:05:26.6	21:07/M
99	Jason Lademan		3520	103	1:06:02.1	21:18/M
100	Anthony Pick		3608	104	1:07:04.5	21:38/M
101	John Conkin		3407	105	1:08:28.7	22:05/M

Non Binary

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Michael Azzarello		3363	47	29:40.9	9:35/M

*Overall place within gender