

2008 LAVAMAN TRIATHLON  
04/06/2008  
WAIKALOA, HI

Timing by Accu-split Timing Co.\\ info @accu-split.com

COMPLETE OVERALL RESULTS -- 2007

TRAN	RUN			CITY		ST	AGE	S	plc	SWIM	100	TRAN	BIKE	
mph	NAME	time	plc	time	pace	TIME	==	==	=	time	yds	time	plc	time
=====														
1	3 James Cotter					Austin	TX	26	M	4	20:57	1:19	1:02	3
57:33	25.9	0:23	1	35:03	5:40	1:54:56								
2	1 Tim Marr					Honolulu	HI	29	M	3	20:56	1:19	0:52	4
57:43	25.8	0:27	7	38:00	6:08	1:57:56								
3	525 Luis De La Torre					Kailua Kona	HI	40	M	11	22:39	1:25	1:19	5
59:16	25.1	0:33	2	36:12	5:51	1:59:58								
4	466 John Flanagan					Mililani	HI	33	M	1	18:58	1:12	1:38	12
1:02:11	23.9	0:44	9	38:28	6:13	2:01:57								
5	5 Eric Harr					Fairfax	CA	37	M	16	23:15	1:28	1:16	7
1:00:15	24.7	0:34	5	37:40	6:05	2:02:59								
6	2 Bree Wee					Kailua-Kona	HI	29	F	5	21:35	1:21	0:57	
10	38:48	6:16	2:04:51											
7	690 Micheal Ingardia					San Jose	CA	38	M	2	20:49	1:19	1:06	17
1:02:56	23.6	0:37	15	40:08	6:29	2:05:34								
8	421 Tai Blechta					Honolulu	HI	29	M	12	23:00	1:27	1:00	15
1:02:49	23.7	0:38	11	39:32	6:23	2:06:57								
9	562 Mike Ferreira					Kaneohe	HI	44	M	33	26:09	1:39	1:07	11
1:02:09	23.9	0:36	4	37:32	6:04	2:07:30								
10	435 Dylan Rist					Cumming	GA	30	M	6	22:02	1:23	1:44	19
1:03:36	23.4	0:33	13	39:42	6:25	2:07:36								
11	10 Tyler Stewart					Novato	CA	30	F	54	27:11	1:42	1:18	8
1:01:32	24.2	0:26	6	37:58	6:08	2:08:23								
12	506 Aaron Wallen					Honolulu	HI	37	M	32	26:00	1:38	1:26	10
1:02:09	23.9	0:39	12	39:42	6:25	2:09:53								
13	493 Penn Henderson					Kailua-Kona	HI	36	M	64	27:37	1:44	1:35	6
59:42	24.9	0:48	16	40:15	6:30	2:09:55								
14	394 Cody Bergfalk					Kailua-Kona	HI	26	M	28	25:30	1:36	1:32	9
1:02:08	23.9	0:30	19	40:53	6:36	2:10:31								
15	478 Matt Dixon					San Francisco	CA	34	M	10	22:27	1:25	1:41	16
1:02:51	23.7	0:38	37	43:48	7:04	2:11:23								
16	641 Kevin Moats					Atlanta	GA	54	M	30	25:38	1:37	1:31	13
1:02:29	23.8	0:55	28	42:06	6:48	2:12:37								
17	7 Jessica Kirkwood							25	F					
2:12:45														
18	432 Eric Kollai					Honolulu	HI	30	M	20	24:32	1:32	1:56	21
1:04:52	22.9	0:33	20	41:11	6:39	2:13:01								
19	393 Luke Tarbi					Honolulu	HI	25	M	119	29:14	1:50	1:37	23
1:05:36	22.7	0:41	8	38:07	6:09	2:15:13								
20	591 Edwin Herd					Kailua-Kona	HI	47	M	41	26:41	1:41	1:55	14
1:02:43	23.7	0:55	35	43:23	7:00	2:15:37								
21	531 Dwayne Loyek					Sylvan Lake	AB	40	M	95	28:38	1:48	1:51	18
1:03:20	23.5	0:51	22	41:39	6:43	2:16:15								
22	548 Glenn Stephens					San Diego	CA	42	M	37	26:30	1:40	2:03	27
1:06:11	22.5	0:40	24	41:47	6:45	2:17:08								
23	492 Peter Fenton					San Francisco	CA	36	M	82	28:24	1:47	2:16	20
1:03:44	23.3	1:17	26	41:58	6:47	2:17:36								
24	600 Thad Calciolari					Ka'upulehu-Kona	HI	48	M	23	25:05	1:35	1:35	28
1:06:13	22.5	0:45	40	44:19	7:09	2:17:56								
25	224 Shonny Vanlandingham					Captain Cook	HI	39	F	66	27:39	1:44	1:36	34
1:07:00	22.2	1:08	18	40:38	6:34	2:17:59								
26	6 Jolene Wilkinson					Layton	UT	35	F	22	24:53	1:34	1:11	44
1:08:47	21.6	0:36	34	43:11	6:58	2:18:36								
27	532 Akira Tanaka					Hilo	HI	40	M	89	28:30	1:47	1:48	24
1:05:47	22.6	0:47	25	41:53	6:46	2:18:43								
28	8 Janet Neilsen					Victoria, Bc		24	F	14	23:08	1:27	0:55	85
1:11:56	20.7	0:26	30	42:51	6:55	2:19:15								
29	561 Sergio Borges					San Diego	CA	44	M	27	25:29	1:36	1:27	35
1:07:05	22.2	0:46	51	45:45	7:23	2:20:30								
30	201 Lori Deschamps					Anchorage	AK	38	F	77	28:07	1:46	1:33	45
1:08:57	21.6	0:46	23	41:45	6:44	2:21:07								
31	627 Lee Piche					Idyllwild	CA	51	M	97	28:43	1:48	1:42	29
1:06:24	22.4	0:47	38	43:50	7:05	2:21:25								
32	560 Randy Taniguchi					Honolulu	HI	43	M	68	27:42	1:44	1:40	47







154	657	William Runyon		Carlsbad	CA	57	M	131	29:56	1:53	3:05	176
1:17:38	19.2	1:42	196	55:23	8:56	2:47:42						
155	611	Mike Traynor		Dundas	49	M	230	32:56	2:04	2:08	191	
1:18:34	18.9	1:34	146	52:38	8:30	2:47:47						
156	673	Dane Decker		Kailua-Kona	HI	62	M	214	32:10	2:01	3:46	206
1:19:06	18.8	1:33	120	51:16	8:17	2:47:48						
157	398	Rob Brauchli		San Diego	CA	27	M	116	29:12	1:50	2:59	245
1:20:50	18.4	1:07	165	53:42	8:40	2:47:49						
158	589	Tim Taylor		Kailua-Kona	HI	46	M	99	28:48	1:48	2:44	186
1:18:16	19.0	1:21	220	56:48	9:10	2:47:53						
159	409	Nathan Papini		Lahaina	HI	27	M	141	30:18	1:54	3:57	227
1:20:00	18.6	2:51	113	50:50	8:12	2:47:54						
160	161	Jenny Beeler		Menlo Park	CA	34	F	261	33:56	2:08	3:15	237
1:20:32	18.5	1:48	83	48:35	7:51	2:48:03						
161	652	Micheal Hamilton		Keauhou	HI	57	M	382	37:22	2:21	3:05	86
1:12:04	20.6	1:36	174	54:04	8:44	2:48:09						
162	513	Duane Tamashiro		Honolulu	HI	38	M	321	35:25	2:13	1:48	134
1:15:18	19.8	1:09	185	54:38	8:49	2:48:16						
163	550	Stephen Christly		Grand Prairie	TX	43	M	121	29:19	1:50	1:59	116
1:14:04	20.1	1:30	312	1:02:09	10:02	2:48:59						
164	575	Jeryl Kolb		Seattle	WA	45	M	182	31:23	1:58	3:27	129
1:14:57	19.9	1:27	251	58:02	9:22	2:49:14						
165	319	Bobbi Reif-Acheson		Kailua-Kona	HI	50	F	56	27:18	1:43	2:14	318
1:24:01	17.7	0:52	189	54:53	8:52	2:49:16						
166	460	George Vraniak		Rio Rancho	NM	32	M	247	33:36	2:06	4:14	218
1:19:31	18.7	2:37	95	49:30	7:59	2:49:27						
167	613	James Wriighthouse		Kailua-Kona	HI	49	M	316	35:14	2:13	3:16	104
1:13:10	20.3	2:38	198	55:32	8:58	2:49:47						
168	584	Dave Fama		Danville	CA	46	M	281	34:18	2:09	4:24	124
1:14:47	19.9	3:37	149	52:44	8:31	2:49:48						
169	485	Alan Braynin		C	CA	35	M	226	32:50	2:04	3:12	232
1:20:12	18.6	1:44	135	51:53	8:22	2:49:48						
170	401	Scott Hanchar		Port Hueneme	CA	27	M	34	26:18	1:39	3:08	187
1:18:21	19.0	0:48	306	1:01:36	9:56	2:50:09						
171	335	Laurie Foster		Honolulu	HI	52	F	24	25:06	1:35	2:21	288
1:22:28	18.0	1:11	274	59:11	9:33	2:50:16						
172	638	Brad Baker		Laguna Niguel	CA	54	M	194	31:44	1:59	3:33	201
1:18:47	18.9	1:24	187	54:51	8:51	2:50:18						
173	293	Belinda Herd		Kailua-Kona	HI	47	F	314	35:11	2:12	2:16	172
1:17:26	19.2	1:13	178	54:18	8:46	2:50:21						
174	608	Martin Findeisen		Chicago	IL	49	M	257	33:51	2:07	2:54	154
1:16:18	19.5	1:48	200	55:39	8:59	2:50:29						
175	78	Bianca Brennan		Kamuela	HI	28	F	222	32:38	2:03	3:12	259
1:21:18	18.3	1:06	141	52:18	8:27	2:50:30						
176	61	Nichole Meier		Waikoloa	HI	26	F	288	34:25	2:10	2:47	219
1:19:32	18.7	0:35	155	53:18	8:36	2:50:34						
177	40	Mary Edmonds		Kailua-Kona	HI	25	F	205	32:01	2:01	2:24	225
1:19:53	18.6	1:17	193	55:10	8:54	2:50:43						
178	387	Christopher Herrera		Redondo Beach	CA	25	M	374	37:09	2:20	1:30	119
1:14:20	20.0	0:45	232	57:15	9:14	2:50:57						
179	646	Rick Rubio		Kailua-Kona	HI	55	M	189	31:31	1:59	2:24	208
1:19:12	18.8	1:39	211	56:20	9:06	2:51:04						
180	647	James Tuscany		Hilo	HI	55	M	43	26:52	1:41	2:17	326
1:24:22	17.6	1:43	209	56:14	9:05	2:51:26						
181	512	Jeffrey Strang		Kailua-Kona	HI	38	M	328	35:37	2:14	3:06	169
1:17:19	19.2	1:33	172	53:56	8:42	2:51:30						
182	416	Chris Moon		San Diego, Ca	CA	28	M	271	34:05	2:08	2:57	260
1:21:33	18.2	1:28	131	51:33	8:19	2:51:34						
183	686	David Moon		Berkeley	CA	67	M	308	34:54	2:11	2:23	130
1:15:04	19.8	1:40	240	57:35	9:18	2:51:34						
184	94	Lauren Skaggs		Dallas	TX	28	F	304	34:46	2:11	2:19	202
1:18:48	18.9	1:26	180	54:22	8:46	2:51:39						
185	490	Wilfredo Duran		Kailua-Kona	HI	36	M	362	36:56	2:19	2:56	209
1:19:12	18.8	1:43	114	50:55	8:13	2:51:40						
186	355	Linda Hallinger		Washington	VT	56	F	351	36:34	2:18	2:25	178
1:17:46	19.1	1:18	167	53:43	8:40	2:51:44						
187	388	Ian Hill		Edmonds	WA	25	M	233	33:01	2:04	3:05	251
1:21:06	18.3	1:19	160	53:35	8:39	2:52:04						
188	145	Sara Lawrence		Seattle	WA	32	F	130	29:54	1:53	2:43	332
1:24:45	17.6	1:16	166	53:43	8:40	2:52:20						
189	577	Douglas Leopold		Kailua-Kona	HI	45	M	496	41:33	2:36	3:09	91
1:12:18	20.6	2:28	153	52:59	8:33	2:52:25						
190	418	Timothy Stuckey		San Diego	CA	28	M	115	29:12	1:50	2:53	204
1:18:57	18.8	0:37	295	1:00:49	9:49	2:52:26						
191	250	Elizabeth Hooper		Anchorage	AK	42	F	417	38:23	2:24	2:15	210
1:19:14	18.8	1:15	125	51:23	8:18	2:52:28						
192	105	Kim Robinson		Anchorage	AK	29	F	359	36:49	2:19	2:22	230
1:20:08	18.6	1:15	137	51:55	8:23	2:52:28						
193	76	Astrid Anderson		Edmonds	WA	28	F	468	40:03	2:31	4:20	170
1:17:22	19.2	1:07	100	49:45	8:02	2:52:35						
194	338	Heidi Smith		Kamuela	HI	52	F	117	29:12	1:50	2:06	248









316	392	Rodney Palafox		Waikoloa	HI	25	M	140	30:15	1:54	2:32	319
1:24:01	17.7	2:22	402	1:07:47	10:56	3:06:57						
317	60	Stephanie Koenig		Waipahu	HI	26	F	201	31:54	2:00	1:35	281
1:22:09	18.1	0:24	455	1:10:58	11:27	3:06:58						
318	350	Reneau Kennedy		Honolulu	HI	54	F	428	38:38	2:25	2:31	200
1:18:47	18.9	1:17	370	1:05:53	10:38	3:07:04						
319	304	Karen Murray Boston		Waikoloa	HI	48	F	503	41:40	2:37	2:13	264
1:21:36	18.2	1:20	291	1:00:30	9:46	3:07:16						
320	379	Evan Meza		Hilo	HI	22	M	138	30:14	1:54	3:25	424
1:30:35	16.4	1:14	307	1:01:51	9:59	3:07:18						
321	551	Wesley Hall		Reno	NV	43	M	472	40:08	2:31	4:02	280
1:22:08	18.1	0:45	287	1:00:18	9:44	3:07:19						
322	131	Joy Ronstadt		Burbank	CA	31	F	278	34:08	2:08	2:25	199
1:18:43	18.9	2:10	444	1:10:00	11:18	3:07:24						
323	583	Bill Earley		San Diego	CA	46	M	301	34:44	2:11	3:18	316
1:23:46	17.8	1:33	336	1:04:15	10:22	3:07:34						
324	306	Lisa Week		Kailua Kona	HI	48	F	104	28:52	1:49	3:59	395
1:28:30	16.8	3:18	318	1:02:58	10:10	3:07:35						
325	312	Susan Von Herrmann		Piedmont	CA	49	F	415	38:03	2:23	3:54	351
1:26:10	17.3	1:58	239	57:32	9:17	3:07:35						
326	359	Jane McCleery		Eugene	OR	57	F	305	34:48	2:11	3:15	452
1:32:33	16.1	1:49	194	55:14	8:55	3:07:37						
327	25	Julie Krogh		San Jose	CA	23	F	172	31:08	1:57	2:52	384
1:28:06	16.9	3:28	313	1:02:10	10:02	3:07:42						
328	74	Trisha Patton		Kealahou	HI	27	F	224	32:47	2:03	3:05	322
1:24:07	17.7	2:15	364	1:05:40	10:36	3:07:52						
329	287	Julie Nordquist		Pleasanton	CA	46	F	309	35:01	2:12	4:15	390
1:28:18	16.9	1:46	261	58:36	9:28	3:07:54						
330	169	Heather Olt		North Hollywood	CA	34	F	83	28:28	1:47	4:09	431
1:31:04	16.3	1:13	319	1:03:03	10:11	3:07:55						
331	254	Cheryl Iseberg		Fircrest	WA	43	F	245	33:33	2:06	2:40	302
1:23:05	17.9	1:20	399	1:07:41	10:55	3:08:16						
332	642	William Greineisen		Volcano	HI	55	M	289	34:25	2:10	3:05	279
1:22:06	18.1	1:16	406	1:07:54	10:58	3:08:45						
333	274	Cecilia Leorna		Kailua Kona	HI	45	F	393	37:40	2:22	4:40	406
1:29:16	16.7	3:01	181	54:26	8:47	3:09:00						
334	468	Mark Manasse		San Diego	CA	33	M	519	42:54	2:41	3:06	328
1:24:28	17.6	1:16	233	57:19	9:15	3:09:01						
335	93	Jihane Rossy		Rosemere	QC	28	F	296	34:40	2:10	4:37	405
1:29:15	16.7	2:34	250	57:58	9:21	3:09:01						
336	90	Ashley Palmer		Encinitas	CA	28	F	298	34:42	2:11	2:57	370
1:27:11	17.1	1:06	324	1:03:21	10:13	3:09:15						
337	607	Dan Rogers		Anchorage	AK	48	M	490	41:09	2:35	3:12	128
1:14:56	19.9	2:14	401	1:07:46	10:56	3:09:16						
338	426	Sam Slaton		Denton	TX	29	M	265	33:57	2:08	2:15	306
1:23:14	17.9	2:05	404	1:07:52	10:57	3:09:21						
339	612	Donald Woolley		Eugene	OR	49	M	354	36:43	2:18	3:32	349
1:26:06	17.3	1:44	305	1:01:30	9:56	3:09:34						
340	452	Andrew Walsh		Kamuela	HI	31	M	228	32:54	2:04	5:06	270
1:21:49	18.2	3:48	372	1:06:03	10:40	3:09:37						
341	29	Cindy Tamae		Montebello	CA	23	F	156	30:35	1:55	3:12	434
1:31:28	16.3	1:20	321	1:03:15	10:13	3:09:49						
342	67	Karen Delisle		Seattle	WA	27	F	273	34:06	2:08	1:56	483
1:34:29	15.7	0:47	269	58:59	9:31	3:10:15						
343	655	Ron Kelly		Poway	CA	57	M	315	35:13	2:13	2:49	269
1:21:45	18.2	1:46	429	1:09:05	11:09	3:10:35						
344	687	Dick Smith		Hanalei	HI	67	M	282	34:20	2:09	4:08	291
1:22:37	18.0	2:46	387	1:06:49	10:47	3:10:38						
345	96	Theresa Wear		San Diego	CA	28	F	126	29:29	1:51	2:26	455
1:32:36	16.1	0:52	357	1:05:18	10:32	3:10:39						
346	663	Richard McDowell		Holualoa	HI	59	M	431	38:46	2:26	3:32	422
1:30:20	16.5	1:39	214	56:29	9:07	3:10:43						
347	216	Jennifer Lucas		Kirkland	WA	39	F	487	40:58	2:34	4:04	286
1:22:26	18.1	2:31	296	1:00:50	9:49	3:10:47						
348	237	Christy Barney		Campbell	CA	41	F	481	40:34	2:33	4:08	197
1:18:39	18.9	1:54	367	1:05:48	10:37	3:11:01						
349	604	Robert Patterson		Hilo	HI	48	M	461	39:54	2:30	7:04	274
1:21:57	18.2	6:10	203	56:04	9:03	3:11:08						
350	670	Ted Spitaleri		Kailua-Kona	HI	61	M	292	34:30	2:10	4:25	309
1:23:21	17.9	2:14	391	1:06:56	10:48	3:11:24						
351	680	Bob Smith		Kailua Kona	HI	64	M	69	27:47	1:45	6:11	342
1:25:34	17.4	3:40	414	1:08:14	11:01	3:11:24						
352	688	James McDiarmid		Mililani	HI	71	M	442	39:25	2:28	2:16	297
1:22:46	18.0	2:47	340	1:04:28	10:24	3:11:41						
353	173	Jennifer Feaver		Coto De Caza	CA	35	F	402	37:49	2:22	2:31	324
1:24:11	17.7	1:24	373	1:06:05	10:40	3:11:58						
354	363	Karen O'Riordan		Marietta	GA	58	F	409	37:56	2:23	2:51	303
1:23:05	17.9	1:06	395	1:07:09	10:50	3:12:05						
355	171	Heather Calkins		Kailua-Kona	HI	35	F	542	43:56	2:45	3:30	354
1:26:23	17.2	1:33	221	56:48	9:10	3:12:09						
356	166	Marissa Maaske		Honolulu	HI	34	F	363	36:56	2:19	2:36	301



397	54	Julie Cella			Seattle, Wa	WA	26	F	358	36:47	2:18	3:21	378
1:27:38	17.0	1:26	436	1:09:22	11:12 3:18:31								
398	640	Will Lohneiss			Escondido	CA	54	M	173	31:11	1:57	3:13	331
1:24:41	17.6	1:42	517	1:17:55	12:35 3:18:40								
399	301	Tammy Cusick			Coronado	CA	48	F	342	36:02	2:16	4:11	419
1:30:12	16.5	1:54	393	1:07:07	10:50 3:19:24								
400	17	Teal Westbrook			Roseburg	OR	21	F	242	33:27	2:06	4:35	282
1:22:12	18.1	14:25	351	1:05:04	10:30 3:19:41								
401	278	Rebekah Reid			Kilauea	HI	45	F	373	37:06	2:20	3:34	437
1:31:40	16.2	2:22	353	1:05:04	10:30 3:19:44								
402	182	Nicole Fiset			Seattle	WA	36	F	575	48:15	3:01	2:18	272
1:21:54	18.2	1:11	378	1:06:23	10:43 3:20:00								
403	622	Clifford Goo			Waipahu	HI	51	M	361	36:53	2:19	2:54	363
1:26:48	17.1	1:28	467	1:12:15	11:40 3:20:16								
404	348	Lotus Golden			Kailua-Kona	HI	54	F	253	33:50	2:07	3:24	337
1:25:17	17.4	2:56	495	1:14:54	12:05 3:20:19								
405	210	Colleen Shanahan			Seattle	WA	38	F	525	43:06	2:42	2:14	479
1:34:10	15.8	0:53	292	1:00:34	9:47 3:20:56								
406	108	Set Thach			Puyallup	WA	29	F	562	45:44	2:52	2:07	290
1:22:33	18.0	1:16	437	1:09:23	11:12 3:21:01								
407	234	Ann Lareau			Seattle	WA	40	F	210	32:07	2:01	2:50	347
1:26:00	17.3	0:47	531	1:19:44	12:52 3:21:27								
408	143	Natsuko Hightower			Kailua Kona	HI	32	F	567	46:32	2:55	3:07	403
1:29:01	16.7	1:00	310	1:01:59	10:00 3:21:37								
409	189	Tamara Barnard			Campbell	CA	37	F	561	45:42	2:52	4:52	344
1:25:37	17.4	1:35	332	1:03:56	10:19 3:21:39								
410	415	Kyle Lampe			Seattle	WA	28	M	375	37:09	2:20	4:03	352
1:26:17	17.2	1:51	469	1:12:32	11:42 3:21:51								
411	370	Ruth Lockett			Kaneohe	HI	62	F	408	37:55	2:23	2:29	372
1:27:18	17.0	1:34	472	1:12:47	11:45 3:22:02								
412	354	Carol Elwyn-Weaver			Kailua-Kona	HI	55	F	552	44:53	2:49	5:38	371
1:27:16	17.1	3:05	300	1:01:15	9:53 3:22:06								
413	469	Todd Morgan			Daly City	CA	33	M	164	30:51	1:56	3:35	304
1:23:06	17.9	1:32	553	1:23:06	13:25 3:22:08								
414	199	Deborah Cernich			Anchorage	AK	38	F	347	36:21	2:17	2:20	329
1:24:35	17.6	1:23	513	1:17:34	12:31 3:22:11								
415	32	Elleny Christopoulos			Los Angeles	CA	24	F	439	39:17	2:28	2:52	472
1:33:34	15.9	1:03	366	1:05:48	10:37 3:22:32								
416	507	Frank Hubach			Dallas	TX	38	M	262	33:56	2:08	4:02	497
1:35:10	15.6	2:42	383	1:06:45	10:46 3:22:33								
417	99	Laura Breiten			San Jose	CA	29	F	403	37:49	2:22	2:44	439
1:31:42	16.2	1:06	439	1:09:26	11:12 3:22:44								
418	650	Lyle Ryan			Everett	WA	56	M	473	40:11	2:31	4:10	425
1:30:35	16.4	2:22	361	1:05:29	10:34 3:22:45								
419	95	Pamela Sursely			Waikoloa	HI	28	F	429	38:41	2:26	3:19	446
1:32:07	16.2	1:15	409	1:08:02	10:59 3:23:22								
420	546	Patrick O'Connor			Temple City	CA	42	M	458	39:50	2:30	3:40	360
1:26:46	17.1	1:51	460	1:11:26	11:32 3:23:29								
421	18	Kamalu Hawelu			Kailua-Kona	HI	22	F	209	32:06	2:01	5:54	426
1:30:38	16.4	1:48	477	1:13:17	11:50 3:23:41								
422	117	Kelli Warner			Seattle	WA	30	F	398	37:46	2:22	3:03	524
1:37:27	15.3	1:47	334	1:04:11	10:22 3:24:12								
423	662	James Davey			Kailua Kona	HI	59	M	520	42:56	2:41	6:45	383
1:27:59	16.9	1:17	358	1:05:19	10:32 3:24:13								
424	473	Erich Purcell			Kealahou	HI	33	M	122	29:22	1:51	5:36	361
1:26:46	17.1	2:46	533	1:19:53	12:53 3:24:20								
425	268	Darcy Pauken			Santa Clarita	CA	44	F	218	32:19	2:02	3:27	325
1:24:15	17.7	1:36	550	1:22:50	13:22 3:24:25								
426	82	Sandra Cunha			La Jolla	CA	28	F	451	39:45	2:30	2:17	476
1:33:52	15.9	1:46	386	1:06:49	10:47 3:24:27								
427	128	Erica Pfeiffer			Seattle	WA	31	F	526	43:11	2:42	2:54	433
1:31:16	16.3	1:44	360	1:05:25	10:33 3:24:28								
428	147	Brittany Sage			Dallas	TX	32	F	536	43:36	2:44	3:46	375
1:27:29	17.0	3:49	369	1:05:52	10:38 3:24:30								
429	410	Louie Provost			Los Angeles	CA	27	M	376	37:10	2:20	2:52	411
1:29:38	16.6	1:09	486	1:13:53	11:55 3:24:40								
430	633	Hal Westbrook			Roseburg	OR	52	M	593	50:06	3:08	4:07	239
1:20:37	18.5	4:49	352	1:05:04	10:30 3:24:41								
431	282	Tamara Bonfante			Morgan Hill	CA	46	F	427	38:38	2:25	3:43	460
1:33:02	16.0	1:29	407	1:07:55	10:58 3:24:44								
432	38	Deborah Chang			Newark	CA	25	F	405	37:50	2:22	3:28	451
1:32:32	16.1	0:58	445	1:10:01	11:18 3:24:47								
433	351	Yolande Luyendyk			Kailua-Kona	HI	54	F	336	35:48	2:15	2:33	369
1:27:10	17.1	1:13	524	1:18:44	12:42 3:25:27								
434	284	Becca Flora			Bellevue	WA	46	F	397	37:46	2:22	3:05	413
1:29:51	16.6	1:32	478	1:13:18	11:50 3:25:30								
435	15	Jessica Goodoni			Kapaau	HI	18	F	215	32:14	2:01	3:33	530
1:38:21	15.1	1:01	451	1:10:38	11:24 3:25:46								
436	658	Steven Schulz			Lahaina	HI	57	M	381	37:18	2:20	5:09	473
1:33:39	15.9	3:00	384	1:06:46	10:47 3:25:51								
437	51	Jaquelyn Yu			Mountain View	CA	25	F	410	37:58	2:23	4:00	447



478	644	John Quinn		Far Hills	NJ	55	M	504	41:40	2:37	3:29	505
1:35:44	15.5	2:48	442	1:09:47	11:16	3:33:26						
479	162	Audrey Chen		San Marino	CA	34	F	581	48:50	3:04	3:23	399
1:28:40	16.8	2:46	452	1:10:39	11:24	3:34:18						
480	178	Eriko Sakata		Setagaya-Ku, To		35	F	378	37:12	2:20	7:18	540
1:39:15	15.0	2:53	405	1:07:52	10:57	3:34:28						
481	157	Ryli Richardson		Boyd	TX	33	F	596	50:19	3:09	2:57	494
1:34:56	15.7	1:11	355	1:05:08	10:31	3:34:29						
482	45	Marleny Ramirez		Garland	TX	25	F	597	50:20	3:09	3:04	428
1:30:46	16.4	2:17	419	1:08:32	11:04	3:34:56						
483	58	Cassandra Joseph		San Diego	CA	26	F	341	36:01	2:16	3:07	551
1:40:17	14.8	0:47	493	1:14:46	12:04	3:34:56						
484	322	Jeani Becker		Vista	CA	51	F	537	43:39	2:44	2:40	463
1:33:14	16.0	1:57	484	1:13:35	11:53	3:35:03						
485	86	Lisa Hayden		Chicago	IL	28	F	484	40:49	2:34	7:45	590
1:45:29	14.1	3:20	247	57:48	9:20	3:35:08						
486	299	Laurie Bruns		Lafayette	CA	48	F	502	41:39	2:37	4:58	489
1:34:48	15.7	2:15	465	1:11:57	11:37	3:35:34						
487	87	Elizabeth Hoogs		Seattle	WA	28	F	494	41:25	2:36	3:07	512
1:36:23	15.4	1:18	479	1:13:26	11:51	3:35:36						
488	461	Nelson Yang		San Diego	CA	32	M	377	37:11	2:20	2:41	456
1:32:42	16.1	1:05	545	1:22:07	13:15	3:35:45						
489	63	Melissa Sprecher		Honolulu	HI	26	F	400	37:47	2:22	4:20	453
1:32:33	16.1	1:25	535	1:20:12	12:56	3:36:15						
490	107	Angie Senoraske		Honolulu	HI	29	F	457	39:50	2:30	3:22	493
1:34:55	15.7	0:58	511	1:17:14	12:28	3:36:17						
491	269	Lisa Perry		Chula Vista	CA	44	F	606	51:52	3:15	2:39	436
1:31:37	16.2	1:27	424	1:08:47	11:06	3:36:19						
492	341	Lynn Reedy		Pleasanton	CA	53	F	513	42:40	2:40	9:38	513
1:36:29	15.4	3:50	329	1:03:51	10:18	3:36:26						
493	357	Penny Kelley		San Jose	CA	57	F	564	46:01	2:53	4:23	507
1:35:56	15.5	1:41	421	1:08:37	11:04	3:36:36						
494	542	John Erway Ii		Frisco	TX	42	M	446	39:38	2:29	6:05	517
1:36:41	15.4	2:36	462	1:11:45	11:35	3:36:43						
495	77	Dominique Bianco		Los Angeles	CA	28	F	584	48:55	3:04	2:44	503
1:35:19	15.6	1:16	428	1:08:56	11:08	3:37:08						
496	208	Angela Marshall		San Jose	CA	38	F	483	40:44	2:33	5:54	496
1:35:04	15.7	2:25	476	1:13:17	11:50	3:37:21						
497	368	Betsy Solis		Kailua-Kona	HI	61	F	551	44:53	2:49	3:39	438
1:31:40	16.2	4:53	471	1:12:40	11:44	3:37:43						
498	240	Michelle Frank		Bellevue	WA	41	F	534	43:34	2:44	3:45	588
1:45:11	14.1	2:01	325	1:03:34	10:16	3:38:03						
499	681	Michael Chittick		Woodinville	WA	65	M	437	39:10	2:27	5:30	457
1:32:49	16.0	2:27	522	1:18:24	12:39	3:38:19						
500	209	Rachel Schey		San Francisco	CA	38	F	594	50:15	3:09	4:27	468
1:33:28	15.9	2:38	425	1:08:50	11:07	3:39:36						
501	572	Brad Burnham		Anthem	AZ	45	M	527	43:15	2:43	4:43	467
1:33:27	15.9	2:08	504	1:16:08	12:17	3:39:38						
502	81	Natalie Calderon		Santa Clara	CA	28	F	350	36:33	2:18	3:30	459
1:32:58	16.0	1:53	561	1:24:47	13:41	3:39:38						
503	109	Rebekah Dyer		Woods Cross	UT	30	F	510	42:21	2:39	4:38	499
1:35:13	15.6	3:24	488	1:14:07	11:58	3:39:41						
504	620	Kevin Cavanagh		Kamuela	HI	51	M	407	37:52	2:22	4:15	440
1:31:45	16.2	3:29	549	1:22:46	13:21	3:40:06						
505	343	Debra Stangland		Seattle	WA	53	F	406	37:51	2:22	3:22	606
1:47:28	13.8	2:44	427	1:08:52	11:07	3:40:14						
506	35	Tricia Montgomery		Dallas	TX	24	F	199	31:52	2:00	3:04	486
1:34:44	15.7	1:24	584	1:29:14	14:24	3:40:16						
507	477	Darrell Davila		Fort Worth	TX	34	M	571	47:46	3:00	3:44	509
1:36:02	15.5	2:01	454	1:10:54	11:26	3:40:24						
508	154	Mary Lattores		Sherman Oaks	CA	33	F	557	45:18	2:50	5:04	469
1:33:31	15.9	1:53	491	1:14:41	12:03	3:40:25						
509	399	Jeff Dietry		Kailua-Kona	HI	27	M	471	40:05	2:31	4:39	604
1:47:10	13.9	1:05	397	1:07:32	10:54	3:40:29						
510	203	Monica Hobbs		Newark	TX	38	F	497	41:34	2:36	3:10	542
1:39:16	15.0	2:08	496	1:15:11	12:08	3:41:17						
511	424	Rob Neff		Seattle	WA	29	M	543	43:58	2:45	7:42	501
1:35:15	15.6	8:14	375	1:06:16	10:42	3:41:22						
512	130	Lisa Rocchetti		Los Angeles	CA	31	F	369	37:04	2:19	4:10	585
1:44:52	14.2	1:59	480	1:13:26	11:51	3:41:29						
513	242	Nanette Nanjo-Jones		Pacifica	CA	41	F	506	41:58	2:38	4:48	454
1:32:34	16.1	2:29	532	1:19:47	12:53	3:41:33						
514	55	Cindy Genest		Kirkland	WA	26	F	613	53:13	3:20	3:07	346
1:25:51	17.3	1:23	519	1:18:09	12:37	3:41:41						
515	200	Heidi Congistre		Santa Clara	CA	38	F	469	40:04	2:31	7:20	520
1:36:57	15.3	4:10	482	1:13:30	11:52	3:41:59						
516	146	Wendy Lucero		San Diego	CA	32	F	449	39:44	2:29	5:06	466
1:33:22	15.9	2:26	538	1:21:26	13:08	3:42:02						
517	59	Emilka Kielanska		Seattle	WA	26	F	539	43:49	2:45	5:29	531
1:38:26	15.1	1:02	483	1:13:35	11:52	3:42:19						
518	62	Kathryn Rodriguez		Seattle	WA	26	F	478	40:30	2:32	4:35	464



559	353	Jean Symons			Belmont	CA	54	F	607	52:01	3:16	2:51	514
1:36:37	15.4	2:32	539	1:21:29	13:09 3:55:29								
560	519	David Ritenour			Mountain View	CA	39	M	565	46:24	2:54	4:33	518
1:36:49	15.4	3:23	564	1:25:09	13:44 3:56:17								
561	23	Maura Donlan			San Diego	CA	23	F	586	49:03	3:04	3:48	554
1:41:23	14.7	3:19	527	1:19:16	12:47 3:56:48								
562	230	Stephanie Gruszynski			San Francisco	CA	40	F	474	40:18	2:32	2:52	333
1:25:03	17.5	2:33	621	1:46:13	17:08 3:56:58								
563	331	Diane Robertson			Chatham	NJ	51	F	467	40:02	2:31	3:48	477
1:33:54	15.8	3:19	606	1:36:14	15:32 3:57:14								
564	232	Kristen Johanson			Edmonds	WA	40	F	390	37:37	2:22	5:33	615
1:49:36	13.6	3:26	548	1:22:44	13:21 3:58:54								
565	106	Maria Salazar			Dallas	TX	29	F	553	44:57	2:49	2:53	533
1:38:35	15.1	2:11	589	1:30:24	14:35 3:58:58								
566	364	Joyce Duker			Seattle	WA	59	F	501	41:37	2:37	3:38	544
1:39:38	14.9	1:59	596	1:32:58	15:00 3:59:49								
567	252	Allyson Nevil			Encino	CA	42	F	441	39:21	2:28	5:53	529
1:38:08	15.2	3:52	595	1:32:43	14:58 3:59:56								
568	134	Jodi Watson			San Diego	CA	31	F	585	48:58	3:04	3:23	618
1:50:50	13.4	1:18	506	1:16:17	12:19 4:00:45								
569	262	Denise Hazlick			Seattle	WA	44	F	532	43:34	2:44	6:50	537
1:39:04	15.0	5:11	574	1:26:42	13:59 4:01:18								
570	183	Katherine Griffin			Los Angeles	CA	36	F	499	41:36	2:36	5:18	538
1:39:04	15.0	2:15	597	1:33:10	15:02 4:01:21								
571	164	Rosario Juarez			Santa Monica	CA	34	F	615	54:05	3:23	6:02	566
1:42:30	14.5	4:08	492	1:14:41	12:03 4:01:25								
572	302	Theresa Lanowitz			Kamuela	HI	48	F	529	43:22	2:43	4:43	506
1:35:51	15.5	1:46	605	1:35:50	15:28 4:01:30								
573	21	Mary Maurer			Los Angeles	CA	22	F	518	42:52	2:41	3:03	613
1:48:33	13.7	2:12	563	1:24:57	13:42 4:01:36								
574	83	Erika Galloway			Lake Oswego	OR	28	F	598	50:27	3:10	6:48	572
1:43:14	14.4	4:53	507	1:16:19	12:19 4:01:40								
575	349	Susan Hasty			Seattle	WA	54	F	599	50:27	3:10	6:48	574
1:43:15	14.4	4:52	508	1:16:20	12:19 4:01:40								
576	305	Karen Promer			Sunnyvale	CA	48	F	331	35:46	2:15	9:17	555
1:41:39	14.6	4:56	588	1:30:19	14:34 4:01:56								
577	406	Jhimy Lovo Najarro			Camp Pendelton	CA	27	M	635	1:36:46	6:03	2:18	374
1:27:20	17.0	0:50	192	55:03	8:53 4:02:15								
578	220	Mihaela Popescu-Stanes			San Jose	CA	39	F	618	54:51	3:26	4:34	614
1:49:33	13.6	2:45	450	1:10:37	11:24 4:02:19								
579	221	Kelli Rivers			San Jose	CA	39	F	617	54:38	3:25	5:00	435
1:31:35	16.2	4:04	576	1:27:36	14:08 4:02:51								
580	365	Jackie Yukawa			Pasadena	CA	59	F	535	43:35	2:44	2:20	543
1:39:30	15.0	1:27	607	1:36:37	15:35 4:03:27								
581	48	Kate Strand			San Jose	CA	25	F	128	29:33	1:51	4:45	619
1:51:51	13.3	2:16	602	1:35:09	15:21 4:03:32								
582	71	Jill Klemann			San Diego	CA	27	F	460	39:51	2:30	2:24	624
1:54:22	13.0	0:50	569	1:26:10	13:54 4:03:36								
583	37	Deborah Shing			San Jose	CA	24	F	337	35:51	2:15	4:42	625
1:54:30	13.0	1:07	579	1:28:27	14:16 4:04:33								
584	263	Victoria Kaempf			San Carlos	CA	44	F	485	40:51	2:34	5:45	587
1:44:59	14.2	2:58	590	1:30:50	14:39 4:05:20								
585	590	Michael Bryson			San Marcos	CA	47	M	492	41:15	2:35	6:01	508
1:35:59	15.5	4:11	613	1:38:06	15:50 4:05:30								
586	247	Sandra Wataoka			Honolulu	HI	41	F	355	36:44	2:18	5:06	557
1:41:41	14.6	2:44	615	1:40:00	16:08 4:06:13								
587	522	Paiwei Wei			Manhattan Bch.	CA	39	M	574	48:07	3:01	4:21	475
1:33:49	15.9	2:50	611	1:37:08	15:40 4:06:13								
588	88	Joanna Kauffman			Honolulu	HI	28	F	566	46:25	2:55	10:55	592
1:45:48	14.1	6:56	509	1:16:44	12:23 4:06:46								
589	661	Richard Wright			Palo Alto	CA	58	M	448	39:42	2:29	7:34	548
1:39:53	14.9	5:03	600	1:34:58	15:19 4:07:08								
590	563	David Gomes			Culver City	CA	44	M	601	51:13	3:13	5:21	558
1:41:50	14.6	3:32	565	1:25:17	13:46 4:07:11								
591	326	Penny Hale			Ramona	CA	51	F	625	58:53	3:41	4:51	573
1:43:15	14.4	1:46	523	1:18:40	12:42 4:07:22								
592	298	Holly Thomas			San Diego	CA	47	F	538	43:47	2:45	5:48	527
1:37:56	15.2	3:12	610	1:37:08	15:40 4:07:48								
593	366	Carol Koenig			Redwood Estates	CA	60	F	590	49:25	3:06	4:06	571
1:43:11	14.4	2:22	585	1:29:20	14:25 4:08:21								
594	184	Kendra Jones			Seattle	WA	36	F	512	42:35	2:40	8:21	603
1:47:08	13.9	2:35	577	1:27:54	14:11 4:08:31								
595	217	Heather Modlmeier			Lakeside	CA	39	F	592	49:58	3:08	5:01	602
1:47:04	13.9	3:11	557	1:24:00	13:33 4:09:12								
596	202	Pailing Ho			Cupertino	CA	38	F	600	50:34	3:10	4:50	595
1:45:54	14.1	2:03	582	1:28:53	14:21 4:12:12								
597	249	Audrey Duffy			Pacoima	CA	42	F	573	48:05	3:01	7:08	545
1:39:41	14.9	3:49	599	1:33:59	15:10 4:12:41								
598	153	Suzie Estrada			Whitter	CA	33	F	616	54:33	3:25	5:36	564
1:42:13	14.6	4:24	571	1:26:13	13:55 4:12:56								
599	296	Ginny Ramsey			Pacifica	CA	47	F	352	36:42	2:18	5:59	616





