

Rick's Run

Single Lap Report - Overall

5.22 Miler / "Steeps" Grand Prix

Race Date
October 10, 2021

<u>Pos.</u>	<u>Name</u>	<u>Bib No</u>	<u>Gend / Age</u>	<u>Lap Time</u>	<u>Lap</u>	<u>Pace</u>	<u>Distance</u>	<u>Time Back</u>
1	Michael Hohli	2790	M 28	41:01.0	1	7:51/M	5.22000	
2	Stefan Begerad	2887	M 35	42:17.2	1	8:06/M	5.22000	1:16.2
3	Shane Miller	2963	M 38	42:29.9	1	8:08/M	5.22000	1:28.9
4	Will Marquiss	2885	M 52	43:08.4	1	8:16/M	5.22000	2:07.4
5	J Jabara	2914	M 58	43:29.2	1	8:20/M	5.22000	2:28.2
6	Cheryl Scholl	2964	F 49	44:03.8	1	8:26/M	5.22000	3:02.8
7	Mark Leahy	2878	M 51	45:04.6	1	8:38/M	5.22000	4:03.6
8	Paige Baierl	2962	F 25	45:27.4	1	8:42/M	5.22000	4:26.4
9	Michael Piotrowski	2973	M 28	46:15.0	1	8:52/M	5.22000	5:14.0
10	Catherine Scott	2912	F 37	47:13.2	1	9:03/M	5.22000	6:12.2
11	Jamie Wisz	2876	F 31	48:12.4	1	9:14/M	5.22000	7:11.5
12	Uriah Orland	2758	M 44	48:46.7	1	9:21/M	5.22000	7:45.7
13	Richard Marquiss	2869	M 47	49:38.1	1	9:31/M	5.22000	8:37.1
14	Chris Bailey	2811	M 47	49:38.5	1	9:31/M	5.22000	8:37.5
15	Jp Benante	2882	M 41	49:44.7	1	9:32/M	5.22000	8:43.7
16	Thomas Crayton	2731	M 58	49:53.9	1	9:34/M	5.22000	8:53.0
17	Steve Pulleng	2956	M 64	50:01.5	1	9:35/M	5.22000	9:00.5
18	Sarah Mikalauskas	2784	F 42	50:06.4	1	9:36/M	5.22000	9:05.4
19	Chris Guss	2955	M 52	50:07.9	1	9:36/M	5.22000	9:06.9
20	Christopher Staab	2732	M 46	50:11.8	1	9:37/M	5.22000	9:10.8
21	Dustin Gibbs	2843	M 32	50:47.1	1	9:44/M	5.22000	9:46.1
22	Van Holson	2845	M 20	51:02.0	1	9:47/M	5.22000	10:01.1
23	Sung Pak	2844	M 40	51:11.7	1	9:48/M	5.22000	10:10.7
24	Daniel Triman	2951	M 39	52:10.9	1	10:00/M	5.22000	11:09.9
25	Madeline Perez	2870	F 47	52:39.3	1	10:05/M	5.22000	11:38.3
26	Luke Gilday	2793	M 23	52:40.2	1	10:05/M	5.22000	11:39.2
27	Gustavo Olmo	2871	M 33	53:07.2	1	10:11/M	5.22000	12:06.2
28	Jennifer Mullen	2761	F 34	53:42.9	1	10:17/M	5.22000	12:41.9
29	Chris Toft	2969	M 37	54:05.3	1	10:22/M	5.22000	13:04.3
30	John Fitz	2747	M 47	54:11.1	1	10:23/M	5.22000	13:10.1
31	Tim O'Keefe	2905	M 68	54:32.6	1	10:27/M	5.22000	13:31.6
32	Matt Palm	2835	M 44	54:59.1	1	10:32/M	5.22000	13:58.1
33	Lacey MacKintosh	2864	F 37	55:19.1	1	10:36/M	5.22000	14:18.1
34	John Dubicki	2911	M 42	55:58.6	1	10:43/M	5.22000	14:57.6
35	Jeremy Lynch	2806	M 39	56:11.8	1	10:46/M	5.22000	15:10.8
36	Stephan Dobson	2794	M 60	56:32.6	1	10:50/M	5.22000	15:31.6
37	Becca Andersen	2825	F 25	56:43.3	1	10:52/M	5.22000	15:42.3
38	Linda Boring	2808	F 57	57:45.0	1	11:04/M	5.22000	16:44.0
39	Jason Lawrence	2728	M 44	58:42.9	1	11:15/M	5.22000	17:41.9
40	Seth Neal	2799	M 21	59:45.5	1	11:27/M	5.22000	18:44.5
41	Jim Hennigan	2831	M 46	1:00:07.2	1	11:31/M	5.22000	19:06.2
42	Randall Gesell	2841	M 66	1:00:09.5	1	11:31/M	5.22000	19:08.5
43	Hannah Orland	2954	F 22	1:00:22.0	1	11:34/M	5.22000	19:21.0
44	Chris Beers-Arthur	2725	M 53	1:00:23.5	1	11:34/M	5.22000	19:22.5
45	Craig Capella	2722	M 54	1:00:24.0	1	11:34/M	5.22000	19:23.0
46	Sararose Lynch	2903	F 39	1:00:28.2	1	11:35/M	5.22000	19:27.2

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47	Bill Yesnick	2788	M	54	1:00:32.0	1	11:36/M	5.22000	19:31.0
48	Christopher Hohl	2906	M	55	1:00:32.7	1	11:36/M	5.22000	19:31.7
49	Manuel Ramos	2770	M	54	1:00:37.6	1	11:37/M	5.22000	19:36.6
50	Rupert Bullard	2730	M	57	1:00:47.3	1	11:39/M	5.22000	19:46.3
51	Dale Thomas	2773	M	31	1:00:58.8	1	11:41/M	5.22000	19:57.8
52	Siobhan Leonardis	2849	F	39	1:01:05.8	1	11:42/M	5.22000	20:04.8
53	Jennifer McDaniel	2877	F	48	1:01:06.9	1	11:42/M	5.22000	20:05.9
54	Billy Clem	2735	M	52	1:01:25.7	1	11:46/M	5.22000	20:24.7
55	Bruce Tweedie	2776	M	59	1:01:44.2	1	11:50/M	5.22000	20:43.2
56	Sophie Geernaert	2797	F	18	1:01:59.8	1	11:53/M	5.22000	20:58.8
57	Tessla McGraw	2824	F	41	1:02:15.2	1	11:56/M	5.22000	21:14.2
58	Lindsey Weaver	2752	F	35	1:02:16.7	1	11:56/M	5.22000	21:15.7
59	Dwayne Baca	2757	M	45	1:02:17.0	1	11:56/M	5.22000	21:16.0
60	Jeremiah Miller	2805	M	45	1:02:17.2	1	11:56/M	5.22000	21:16.2
61	Jennifer Dabisch	2781	F	41	1:02:23.9	1	11:57/M	5.22000	21:22.9
62	Carey Ahr	2754	M	45	1:02:26.8	1	11:58/M	5.22000	21:25.8
63	Brian Pennington	2753	M	37	1:02:28.3	1	11:58/M	5.22000	21:27.3
64	Jenna Conley	2779	F	15	1:02:32.8	1	11:59/M	5.22000	21:31.8
65	Faith Jones	2909	F	27	1:02:33.7	1	11:59/M	5.22000	21:32.8
66	Kevin O'Grady	2838	M	31	1:02:39.3	1	12:00/M	5.22000	21:38.4
67	Kevin Sterling	2865	M	57	1:02:47.6	1	12:02/M	5.22000	21:46.6
68	Jim Treece	2783	M	52	1:02:54.7	1	12:03/M	5.22000	21:53.7
69	Rachel Gartner	2889	F	33	1:02:56.7	1	12:03/M	5.22000	21:55.7
70	Crista Wingett	2915	F	32	1:02:57.1	1	12:04/M	5.22000	21:56.1
71	Paul Encarnacion	2820	M	60	1:03:00.6	1	12:04/M	5.22000	21:59.6
72	Joshua Binder	2802	M	22	1:03:01.7	1	12:04/M	5.22000	22:00.7
73	Tony Mick	2792	M	43	1:04:09.1	1	12:17/M	5.22000	23:08.1
74	Don Frisby	2853	M	69	1:04:19.7	1	12:19/M	5.22000	23:18.7
75	Gilberto Corral Jr	2798	M	37	1:04:55.6	1	12:26/M	5.22000	23:54.6
76	Erica Priice	2804	F	41	1:05:00.4	1	12:27/M	5.22000	23:59.4
77	Bijan Izadi	2925	M	25	1:05:00.5	1	12:27/M	5.22000	23:59.5
78	Stacy Difranco	2743	F	42	1:05:25.3	1	12:32/M	5.22000	24:24.3
79	Ronald Robisch	2846	M	54	1:05:29.8	1	12:33/M	5.22000	24:28.8
80	Angela Huang	2834	F	36	1:05:37.1	1	12:34/M	5.22000	24:36.1
81	Kerry Shepherd	2786	F	54	1:05:54.0	1	12:37/M	5.22000	24:53.0
82	Kibby Powell	2755	F	52	1:05:54.2	1	12:38/M	5.22000	24:53.2
83	Chris Dutton	2815	M	38	1:05:55.0	1	12:38/M	5.22000	24:54.0
84	James Goetschius	2736	M	49	1:05:56.2	1	12:38/M	5.22000	24:55.3
85	Kirstin Shrom-Rhoads	2868	F	47	1:06:00.2	1	12:39/M	5.22000	24:59.2
86	Rachel Ridgway	2813	F	50	1:06:07.8	1	12:40/M	5.22000	25:06.8
87	Megan Putman	2737	F	39	1:06:15.3	1	12:42/M	5.22000	25:14.3
88	Adeline Ntam	2738	F	41	1:06:16.5	1	12:42/M	5.22000	25:15.5
89	Lisa Kopp	2742	F	50	1:06:16.5	1	12:42/M	5.22000	25:15.5
90	Laurel Catlett-King	2769	F	40	1:06:17.0	1	12:42/M	5.22000	25:16.0
91	Tina Wendel	2774	F	31	1:06:21.3	1	12:43/M	5.22000	25:20.3
92	Betsy Arthur	2851	F	44	1:06:23.0	1	12:43/M	5.22000	25:22.0
93	Diana Rand	2796	F	34	1:06:29.0	1	12:44/M	5.22000	25:28.0
94	Nuria Carrillo	2830	F	44	1:06:36.8	1	12:46/M	5.22000	25:35.8
95	Ainsley Cain	2819	F	33	1:06:44.6	1	12:47/M	5.22000	25:43.6

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96	Heidi Novak	2821	F	47	1:07:23.0	1	12:55/M	5.22000	26:22.0
97	Matthew Stefanon	2855	M	13	1:07:30.6	1	12:56/M	5.22000	26:29.6
98	Brenda Dorman	2826	F	53	1:07:32.3	1	12:56/M	5.22000	26:31.3
99	Dee Gager	2746	F	57	1:07:37.2	1	12:57/M	5.22000	26:36.3
100	Randall Ivall	2756	M	54	1:07:38.1	1	12:57/M	5.22000	26:37.1
101	Risa Clem	2907	F	46	1:07:45.1	1	12:59/M	5.22000	26:44.1
102	Jeff Jones	2913	M	74	1:08:03.2	1	13:02/M	5.22000	27:02.2
103	James Loveland	2803	M	50	1:08:23.4	1	13:06/M	5.22000	27:22.4
104	Emily Hodeen	2908	F	32	1:09:31.9	1	13:19/M	5.22000	28:30.9
105	Buddy Weber	2807	M	57	1:09:34.5	1	13:20/M	5.22000	28:33.5
106	Kelly Schultz	2840	F	37	1:09:51.6	1	13:23/M	5.22000	28:50.6
107	Michele Newton	2782	F	49	1:09:59.8	1	13:25/M	5.22000	28:58.9
108	Emily Bremer-Thomas	2772	F	31	1:10:14.2	1	13:27/M	5.22000	29:13.2
109	Robert Perry	2816	M	58	1:10:48.1	1	13:34/M	5.22000	29:47.1
110	Tyra Cornish	2780	F	26	1:11:17.8	1	13:40/M	5.22000	30:16.8
111	Sonja Leroy	2904	F	55	1:11:22.2	1	13:40/M	5.22000	30:21.2
112	Eric Eller	2777	M	53	1:11:36.9	1	13:43/M	5.22000	30:35.9
113	Mike Ogrady	2789	M	68	1:11:38.9	1	13:44/M	5.22000	30:37.9
114	Mark Peyton	2785	M	48	1:11:42.1	1	13:44/M	5.22000	30:41.1
115	Jessica Fitzwater	2874	F	37	1:11:42.3	1	13:44/M	5.22000	30:41.4
116	Lisa Blackwell-Brown	2968	F	46	1:11:42.4	1	13:44/M	5.22000	30:41.4
117	Wendy Conley	2778	F	52	1:11:44.7	1	13:45/M	5.22000	30:43.7
118	William Grubb	2744	M	63	1:11:50.9	1	13:46/M	5.22000	30:49.9
119	Zainab Abdullah	2795	F	36	1:12:19.5	1	13:51/M	5.22000	31:18.5
120	Jeffrey Byard	2848	M	48	1:12:54.6	1	13:58/M	5.22000	31:53.6
121	Amy Byard	2850	F	46	1:12:55.0	1	13:58/M	5.22000	31:54.0
122	Richard Potter	2886	M	75	1:13:06.6	1	14:00/M	5.22000	32:05.6
123	Katherine Moreland	2741	F	32	1:13:10.3	1	14:01/M	5.22000	32:09.3
124	Rich Hixon	2787	M	53	1:13:10.3	1	14:01/M	5.22000	32:09.3
125	Bruce Sadler	2733	M	65	1:13:27.3	1	14:04/M	5.22000	32:26.3
126	Maxine Locklear - Thomas	2833	F	54	1:13:28.9	1	14:05/M	5.22000	32:27.9
127	Michelle Carlin	2910	F	45	1:13:32.1	1	14:05/M	5.22000	32:31.1
128	Carmen Bermudez	2771	F	42	1:13:37.5	1	14:06/M	5.22000	32:36.5
129	Gregory Dubicki	2726	M	34	1:13:37.9	1	14:06/M	5.22000	32:36.9
130	Heidi Hade	2938	F	45	1:14:27.8	1	14:16/M	5.22000	33:26.8
131	Gail R Jones	2827	F	61	1:14:43.2	1	14:19/M	5.22000	33:42.2
132	Leah Kauffman	2829	F	52	1:14:43.6	1	14:19/M	5.22000	33:42.6
133	Barbara Meely	2957	F	51	1:15:02.0	1	14:22/M	5.22000	34:01.1
134	Krista Crider	2842	F	28	1:15:06.7	1	14:23/M	5.22000	34:05.7
135	Brenda Jacobs	2748	F	56	1:15:20.1	1	14:26/M	5.22000	34:19.1
136	Susan Errickson	2817	F	57	1:15:20.6	1	14:26/M	5.22000	34:19.6
137	Jonathan Nunez	2854	M	40	1:15:39.1	1	14:30/M	5.22000	34:38.1
138	Debra Capella	2724	F	34	1:15:48.1	1	14:31/M	5.22000	34:47.1
139	Jenny Hartman	2751	F	58	1:15:49.0	1	14:31/M	5.22000	34:48.0
140	Nikki Martin	2839	F	48	1:15:51.2	1	14:32/M	5.22000	34:50.2
141	Susan Summers	2745	F	30	1:15:52.6	1	14:32/M	5.22000	34:51.6
142	Michelle Mitchell	2880	F	63	1:15:59.2	1	14:33/M	5.22000	34:58.2
143	Leah Perry	2764	F	58	1:16:25.5	1	14:38/M	5.22000	35:24.5
144	Elizabeth McKee	2891	F	32	1:16:33.5	1	14:40/M	5.22000	35:32.5

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145	Denise Tousignaut	2832	F	56	1:17:22.7	1	14:49/M	5.22000	36:21.7
146	Rachel Rosenblatt	2734	F	52	1:17:42.9	1	14:53/M	5.22000	36:41.9
147	Peter Stropole, Sr	2812	M	79	1:17:44.6	1	14:54/M	5.22000	36:43.6
148	Kellen Sizemore	2775	F	36	1:18:23.9	1	15:01/M	5.22000	37:22.9
149	Marjorie Fioravante	2801	F	50	1:18:24.2	1	15:01/M	5.22000	37:23.2
150	Anne Shubert	2762	F	53	1:18:30.1	1	15:02/M	5.22000	37:29.1
151	Caree Vander Linden	2972	F	57	1:18:35.1	1	15:03/M	5.22000	37:34.1
152	Karin Rodrick	2760	F	57	1:19:11.0	1	15:10/M	5.22000	38:10.0
153	Alex Novak	2822	M	53	1:19:16.9	1	15:11/M	5.22000	38:15.9
154	Cari James	2749	F	47	1:19:23.4	1	15:13/M	5.22000	38:22.4
155	Kevin Ruppel	2837	M	57	1:19:46.7	1	15:17/M	5.22000	38:45.7
156	Heather Roberts	2810	F	42	1:19:47.8	1	15:17/M	5.22000	38:46.8
157	Stephanie Dubicki	2814	F	42	1:19:51.3	1	15:18/M	5.22000	38:50.3
158	Andrew Steinfeld	2768	M	59	1:20:46.5	1	15:28/M	5.22000	39:45.5
159	Meghan Norris	2971	F	37	1:21:46.8	1	15:40/M	5.22000	40:45.8
160	Raysa Rosario	2965	F	36	1:22:07.9	1	15:44/M	5.22000	41:06.9
161	John Leehang	2858	M	52	1:23:15.1	1	15:57/M	5.22000	42:14.1
162	Mark Lawrence	2800	M	63	1:23:20.9	1	15:58/M	5.22000	42:19.9
163	George Ladue	2729	M	64	1:23:39.9	1	16:02/M	5.22000	42:39.0
164	Adelina Welch	2723	F	63	1:24:26.8	1	16:11/M	5.22000	43:25.8
165	Maureen Rohrs	2727	F	65	1:24:31.6	1	16:12/M	5.22000	43:30.7
166	Ali Berry	2859	F	40	1:24:42.4	1	16:14/M	5.22000	43:41.4
167	Amanda Nunez	2856	F	48	1:26:20.4	1	16:32/M	5.22000	45:19.4
168	Maile Beers-Arthur	2901	F	55	1:28:04.0	1	16:52/M	5.22000	47:03.0
169	Fred Schumacher	2884	M	74	1:31:28.0	1	17:31/M	5.22000	50:27.0
170	Lora Richardson	2952	F	52	1:32:04.0	1	17:38/M	5.22000	51:03.0
171	Melissa Garcia	2828	F	51	1:32:14.7	1	17:40/M	5.22000	51:13.7
172	Bessie Lawton	2739	F	55	1:34:01.8	1	18:01/M	5.22000	53:00.9
173	Telly Encarnacion	2740	F	58	1:34:01.9	1	18:01/M	5.22000	53:00.9
174	Heather Orland	2823	F	48	1:34:24.3	1	18:05/M	5.22000	53:23.3
175	Jarrett Rickerds	2958	M	23	1:36:44.8	1	18:32/M	5.22000	55:43.8
176	Ann Rickerds	2860	F	51	1:36:45.2	1	18:32/M	5.22000	55:44.2
177	Jennifer Ahn	2970	F	43	1:38:04.4	1	18:47/M	5.22000	57:03.5
178	Heather Gleason	2974	F	40	1:38:05.6	1	18:47/M	5.22000	57:04.6
179	Jennifer Loftis	2975	F	43	1:38:06.5	1	18:48/M	5.22000	57:05.5
180	Tina Cole	2759	F	51	1:39:52.0	1	19:08/M	5.22000	58:51.0
181	Lancey Cowan	2879	F	51	1:41:13.7	1	19:24/M	5.22000	1:00:12.7
182	Tanya Press	2960	F	40	1:41:14.5	1	19:24/M	5.22000	1:00:13.5
183	Arleen Matelock	2836	F	63	1:41:49.7	1	19:30/M	5.22000	1:00:48.7
184	Sharon McElroy	2883	F	56	1:42:16.2	1	19:36/M	5.22000	1:01:15.2
185	Julie Cruickshank	2890	F	51	1:43:10.4	1	19:46/M	5.22000	1:02:09.4
186	Kerry Fatz	2893	M	56	1:43:10.6	1	19:46/M	5.22000	1:02:09.7
187	Robert Kelley	2791	M	52	1:43:42.2	1	19:52/M	5.22000	1:02:41.2
188	Crystal Tressler	2818	F	43	1:43:43.8	1	19:52/M	5.22000	1:02:42.8
189	Derek Butler	2967	M	42	1:46:54.0	1	20:29/M	5.22000	1:05:53.1
190	Gage Butler	2888	M	7	1:46:54.4	1	20:29/M	5.22000	1:05:53.4
191	Jennifer Williams	2765	F	58	1:56:47.3	1	22:22/M	5.22000	1:15:46.3
192	Mike Zehnacker	2766	M	67	1:56:47.7	1	22:22/M	5.22000	1:15:46.7
193	Rachel Williams	2863	F	23	1:56:48.5	1	22:23/M	5.22000	1:15:47.5

Rick's Run

Single Lap Report - Overall

Race Date

October 10, 2021

5.22 Miler / "Steeps" Grand Prix

194	Michael Stefanon	2763	M	52	2:01:57.0	1	23:22/M	5.22000	1:20:56.0
195	Michele Stefanon	2867	F	50	2:02:19.2	1	23:26/M	5.22000	1:21:18.2
196	Amber Hurst	2857	F	34	2:02:23.7	1	23:27/M	5.22000	1:21:22.7
197	Peter Dare	2902	M	75	2:02:49.0	1	23:32/M	5.22000	1:21:48.0
198	Michelle Edwards	2872	F	52	2:18:44.1	1	26:35/M	5.22000	1:37:43.1
199	Todd Edwards	2873	M	50	2:18:46.1	1	26:35/M	5.22000	1:37:45.1
200	James Wolfe	2861	M	60	2:28:42.4	1	28:29/M	5.22000	1:47:41.4
201	Susan Wolfe	2959	F	61	2:43:52.8	1	31:24/M	5.22000	2:02:51.8
202	Brenda Sauerwald	2862	F	59	2:43:57.0	1	31:24/M	5.22000	2:02:56.0