

Sunset Egg Nog-N-Jog 5k Run

Sunset Egg Nog-N-Jog 5k Run

Age Group Results

December 05, 2009

Results by Zoomers Running Club

Female Overall Winners

| <u>Place</u> | <u>Name</u> | <u>City</u> | <u>Bib No</u> | <u>Age</u> | <u>Overall</u> | <u>Total Time</u> | <u>Pace</u> |
|--------------|--------------------|-------------|---------------|------------|----------------|-------------------|-------------|
| 1 | Christine Woodward | | 92 | 31 | 7 | 22:22.1 | 7:13/M |

Male Overall Winners

| <u>Place</u> | <u>Name</u> | <u>City</u> | <u>Bib No</u> | <u>Age</u> | <u>Overall</u> | <u>Total Time</u> | <u>Pace</u> |
|--------------|-----------------|-------------|---------------|------------|----------------|-------------------|-------------|
| 1 | Guy Scheiwiller | | 122 | 42 | 1 | 17:25.6 | 5:37/M |

Female 9 to 19

| <u>Place</u> | <u>Name</u> | <u>City</u> | <u>Bib No</u> | <u>Age</u> | <u>Overall</u> | <u>Total Time</u> | <u>Pace</u> |
|--------------|---------------------|-------------|---------------|------------|----------------|-------------------|-------------|
| 1 | Dani Young | | 93 | 13 | 17 | 23:12.8 | 7:29/M |
| 2 | Julia Dieffenwierth | | 97 | 13 | 81 | 34:25.6 | 11:06/M |
| 3 | Kimberly Peter | | 75 | 17 | 94 | 36:18.9 | 11:43/M |
| 4 | Heather Simmons | | 81 | 17 | 102 | 42:48.8 | 13:48/M |
| 5 | Rachel Dickson | | 25 | 9 | 103 | 44:27.1 | 14:20/M |
| 6 | Christina Hladky | | 50 | 15 | 108 | 47:34.5 | 15:21/M |

Male 9 to 19

| <u>Place</u> | <u>Name</u> | <u>City</u> | <u>Bib No</u> | <u>Age</u> | <u>Overall</u> | <u>Total Time</u> | <u>Pace</u> |
|--------------|-----------------|-------------|---------------|------------|----------------|-------------------|-------------|
| 1 | John Adamson | | 129 | 17 | 2 | 18:14.4 | 5:53/M |
| 2 | Danny Duncan | | 128 | 17 | 3 | 19:41.9 | 6:21/M |
| 3 | Jessie Fortin | | 123 | 16 | 8 | 22:25.3 | 7:14/M |
| 4 | Andrew Crull | | 19 | 19 | 12 | 22:35.2 | 7:17/M |
| 5 | Jonathan Albino | | 2 | 16 | 16 | 23:12.1 | 7:29/M |
| 6 | Azul Diaz | | 24 | 13 | 21 | 23:40.5 | 7:38/M |
| 7 | Albert Werden | | 88 | 10 | 23 | 24:25.5 | 7:53/M |
| 8 | Austin Tracy | | 85 | 11 | 28 | 25:44.6 | 8:18/M |
| 9 | William Menard | | 106 | 9 | 52 | 29:41.5 | 9:35/M |
| 10 | Todd Park | | 73 | 10 | 57 | 29:54.9 | 9:39/M |
| 11 | Dakota Johnson | | 107 | 11 | 59 | 29:58.9 | 9:40/M |

Female 20 to 29

| <u>Place</u> | <u>Name</u> | <u>City</u> | <u>Bib No</u> | <u>Age</u> | <u>Overall</u> | <u>Total Time</u> | <u>Pace</u> |
|--------------|-----------------|-------------|---------------|------------|----------------|-------------------|-------------|
| 1 | Melissa Francis | | 37 | 29 | 47 | 28:04.4 | 9:03/M |
| 2 | Caroline Kipp | | 57 | 23 | 63 | 30:31.7 | 9:51/M |
| 3 | Janelle Faiman | | 113 | 26 | 68 | 30:57.7 | 9:59/M |
| 4 | Rebecca Guzman | | 46 | 24 | 71 | 31:12.5 | 10:04/M |
| 5 | Maria Avendano | | 6 | 29 | 79 | 33:41.7 | 10:52/M |
| 6 | Anne Dempsey | | 22 | 23 | 84 | 34:56.0 | 11:16/M |
| 7 | Jessie Kenney | | 56 | 25 | 105 | 46:58.9 | 15:09/M |

Male 20 to 29

| <u>Place</u> | <u>Name</u> | <u>City</u> | <u>Bib No</u> | <u>Age</u> | <u>Overall</u> | <u>Total Time</u> | <u>Pace</u> |
|--------------|-------------------|-------------|---------------|------------|----------------|-------------------|-------------|
| 1 | Michael Poole | | 77 | 27 | 18 | 23:22.5 | 7:32/M |
| 2 | Andrew Colantiono | | 17 | 20 | 20 | 23:30.0 | 7:35/M |
| 3 | Jonathan Deiches | | 21 | 23 | 85 | 34:56.9 | 11:16/M |
| 4 | Derrill Geller | | 42 | 24 | 106 | 47:09.1 | 15:13/M |

Female 30 to 39

| <u>Place</u> | <u>Name</u> | <u>City</u> | <u>Bib No</u> | <u>Age</u> | <u>Overall</u> | <u>Total Time</u> | <u>Pace</u> |
|--------------|------------------------|-------------|---------------|------------|----------------|-------------------|-------------|
| 1 | Georgina Frost | | 39 | 32 | 9 | 22:27.4 | 7:15/M |
| 2 | Christina Zalud | | 94 | 33 | 31 | 26:06.6 | 8:25/M |
| 3 | Melinda Mudge | | 71 | 39 | 32 | 26:11.0 | 8:27/M |
| 4 | SHELLEY LAPEAN | | 127 | 35 | 34 | 26:23.6 | 8:31/M |
| 5 | Nicole Wolfe | | 91 | 30 | 35 | 26:28.9 | 8:32/M |
| 6 | Jen Martin | | 63 | 39 | 37 | 26:38.9 | 8:35/M |
| 7 | Stacey Hafeli | | 48 | 35 | 39 | 26:42.9 | 8:37/M |
| 8 | Colleen Geistert | | 110 | 38 | 41 | 27:17.6 | 8:48/M |
| 9 | Lori Doughty | | 27 | 39 | 43 | 27:41.3 | 8:56/M |
| 10 | Megan Witt | | 90 | 34 | 44 | 27:44.1 | 8:57/M |
| 11 | Kathleen Harvey | | 112 | 38 | 56 | 29:47.4 | 9:36/M |
| 12 | Chris Myers | | 111 | 39 | 58 | 29:57.8 | 9:40/M |
| 13 | Erin Detert | | 23 | 33 | 65 | 30:41.2 | 9:54/M |
| 14 | Nicole Fenech | | 32 | 37 | 67 | 30:45.9 | 9:55/M |
| 15 | Cynthia Chamberlain | | 15 | 33 | 69 | 31:01.8 | 10:00/M |
| 16 | Heather Sprague | | 82 | 34 | 72 | 31:15.1 | 10:05/M |
| 17 | Heather Masden | | 64 | 36 | 74 | 31:46.4 | 10:15/M |
| 18 | Debbie Kotti | | 60 | 38 | 75 | 32:47.6 | 10:35/M |
| 19 | Tami Brown | | 9 | 36 | 83 | 34:29.4 | 11:07/M |
| 20 | Theresa Benedict | | 125 | 37 | 86 | 35:08.5 | 11:20/M |
| 21 | Karen Edson | | 31 | 30 | 87 | 35:09.5 | 11:20/M |
| 22 | mileidys Garcia-barbon | | 41 | 32 | 88 | 35:10.4 | 11:21/M |
| 23 | Belinda Brandafino | | 7 | 38 | 89 | 35:21.0 | 11:24/M |

Male 30 to 39

| <u>Place</u> | <u>Name</u> | <u>City</u> | <u>Bib No</u> | <u>Age</u> | <u>Overall</u> | <u>Total Time</u> | <u>Pace</u> |
|--------------|------------------|-------------|---------------|------------|----------------|-------------------|-------------|
| 1 | Joel Zalud | | 95 | 34 | 4 | 21:27.5 | 6:55/M |
| 2 | Thomas Frost | | 38 | 31 | 5 | 21:54.4 | 7:04/M |
| 3 | Scott Bills | | 119 | 36 | 13 | 22:41.1 | 7:19/M |
| 4 | Christopher Maze | | 102 | 31 | 14 | 22:43.4 | 7:20/M |
| 5 | Joseph Garbade | | 40 | 36 | 19 | 23:27.6 | 7:34/M |
| 6 | Juan Avendano | | 5 | 38 | 30 | 25:58.7 | 8:23/M |
| 7 | Kent Masden | | 65 | 36 | 48 | 28:08.7 | 9:05/M |
| 8 | Jamie McWhorter | | 69 | 38 | 76 | 32:49.8 | 10:35/M |

Female 40 to 49

| <u>Place</u> | <u>Name</u> | <u>City</u> | <u>Bib No</u> | <u>Age</u> | <u>Overall</u> | <u>Total Time</u> | <u>Pace</u> |
|--------------|---------------------|-------------|---------------|------------|----------------|-------------------|-------------|
| 1 | Jacqueline Fortin | | 124 | 44 | 22 | 23:52.5 | 7:42/M |
| 2 | Lisa Vaughn | | 86 | 46 | 25 | 24:42.1 | 7:58/M |
| 3 | Devon Oppenheimer | | 72 | 42 | 29 | 25:47.6 | 8:19/M |
| 4 | Beth Waskom | | 87 | 44 | 33 | 26:18.8 | 8:29/M |
| 5 | Julie Chartier | | 16 | 46 | 45 | 27:46.1 | 8:57/M |
| 6 | Alison Burke | | 10 | 47 | 49 | 28:12.7 | 9:06/M |
| 7 | Julie Kuehl | | 61 | 48 | 55 | 29:46.4 | 9:36/M |
| 8 | jackie obendorf | | 121 | 42 | 60 | 30:09.2 | 9:44/M |
| 9 | Jacki Kleppinger | | 58 | 48 | 73 | 31:24.3 | 10:08/M |
| 10 | Yulinar Sproat | | 83 | 47 | 78 | 33:12.0 | 10:43/M |
| 11 | Mary Ann McNatt | | 108 | 46 | 82 | 34:27.1 | 11:07/M |
| 12 | Candyce Cohen | | 104 | 48 | 91 | 35:27.4 | 11:26/M |
| 13 | Nancy Clarke | | 117 | 40 | 92 | 35:37.3 | 11:29/M |
| 14 | Michelle Guy | | 45 | 41 | 93 | 35:38.8 | 11:30/M |
| 15 | Kerri Dieffenwierth | | 120 | 45 | 97 | 37:08.2 | 11:59/M |
| 16 | Kelly Carney | | 12 | 43 | 98 | 37:48.4 | 12:12/M |
| 17 | Carmen Hladky | | 51 | 46 | 101 | 42:41.8 | 13:46/M |
| 18 | Tara Kenney | | 54 | 46 | 107 | 47:33.2 | 15:20/M |

Male 40 to 49

| <u>Place</u> | <u>Name</u> | <u>City</u> | <u>Bib No</u> | <u>Age</u> | <u>Overall</u> | <u>Total Time</u> | <u>Pace</u> |
|--------------|--------------------|-------------|---------------|------------|----------------|-------------------|-------------|
| 1 | Tom Lynch | | 126 | 43 | 11 | 22:30.9 | 7:15/M |
| 2 | Terry Deshaies | | 114 | 46 | 15 | 23:01.3 | 7:25/M |
| 3 | Albert Werden | | 89 | 43 | 24 | 24:36.9 | 7:56/M |
| 4 | Carlos Albino | | 3 | 46 | 36 | 26:34.1 | 8:34/M |
| 5 | Vince Hafeli | | 47 | 47 | 42 | 27:30.1 | 8:52/M |
| 6 | George Chamberlain | | 14 | 45 | 70 | 31:02.5 | 10:01/M |
| 7 | Pat Ryan | | 116 | 44 | 77 | 32:58.0 | 10:38/M |
| 8 | Robert Dickson | | 26 | 48 | 104 | 44:29.7 | 14:21/M |

Female 50 to 59

| <u>Place</u> | <u>Name</u> | <u>City</u> | <u>Bib No</u> | <u>Age</u> | <u>Overall</u> | <u>Total Time</u> | <u>Pace</u> |
|--------------|----------------|-------------|---------------|------------|----------------|-------------------|-------------|
| 1 | Lori Rich | | 79 | 52 | 61 | 30:20.0 | 9:47/M |
| 2 | Dorothy Meier | | 70 | 59 | 62 | 30:30.8 | 9:50/M |
| 3 | Lori Anderson | | 4 | 52 | 64 | 30:37.6 | 9:53/M |
| 4 | Vicki Brunette | | 118 | 50 | 80 | 34:00.2 | 10:58/M |
| 5 | Martha Dyer | | 30 | 57 | 109 | 49:22.3 | 15:55/M |

Male 50 to 59

| <u>Place</u> | <u>Name</u> | <u>City</u> | <u>Bib No</u> | <u>Age</u> | <u>Overall</u> | <u>Total Time</u> | <u>Pace</u> |
|--------------|-----------------|-------------|---------------|------------|----------------|-------------------|-------------|
| 1 | Charles Johnson | | 101 | 59 | 6 | 22:07.2 | 7:08/M |
| 2 | Peter Gold | | 43 | 59 | 10 | 22:29.8 | 7:15/M |
| 3 | Bob Witte | | 115 | 51 | 26 | 24:48.2 | 8:00/M |
| 4 | Mike Gray | | 44 | 58 | 27 | 25:28.6 | 8:13/M |
| 5 | Michael Burke | | 11 | 50 | 50 | 28:13.7 | 9:06/M |
| 6 | William Menard | | 105 | 58 | 53 | 29:42.5 | 9:35/M |

Female 60 to 69

| <u>Place</u> | <u>Name</u> | <u>City</u> | <u>Bib No</u> | <u>Age</u> | <u>Overall</u> | <u>Total Time</u> | <u>Pace</u> |
|--------------|-----------------|-------------|---------------|------------|----------------|-------------------|-------------|
| 1 | Nancy Downs | | 28 | 62 | 38 | 26:41.9 | 8:36/M |
| 2 | Barbara McNulty | | 66 | 60 | 40 | 27:00.7 | 8:43/M |
| 3 | Lucille Rich | | 78 | 60 | 51 | 28:14.6 | 9:06/M |
| 4 | Beth Branson | | 8 | 68 | 66 | 30:44.2 | 9:55/M |
| 5 | Margaret Parks | | 74 | 67 | 99 | 39:13.0 | 12:39/M |

Male 60 to 69

| <u>Place</u> | <u>Name</u> | <u>City</u> | <u>Bib No</u> | <u>Age</u> | <u>Overall</u> | <u>Total Time</u> | <u>Pace</u> |
|--------------|-------------|-------------|---------------|------------|----------------|-------------------|-------------|
| 1 | Keith Dyer | | 29 | 60 | 95 | 36:36.3 | 11:48/M |

Male 70 to 79

| <u>Place</u> | <u>Name</u> | <u>City</u> | <u>Bib No</u> | <u>Age</u> | <u>Overall</u> | <u>Total Time</u> | <u>Pace</u> |
|--------------|----------------|-------------|---------------|------------|----------------|-------------------|-------------|
| 1 | Roy Francis | | 36 | 75 | 46 | 27:52.4 | 8:59/M |
| 2 | Peter Abrahams | | 1 | 71 | 54 | 29:45.5 | 9:36/M |
| 3 | Peter Hurley | | 52 | 75 | 90 | 35:26.6 | 11:26/M |
| 4 | Peter Zazzali | | 96 | 71 | 96 | 36:38.8 | 11:49/M |

Male 80 and over

| <u>Place</u> | <u>Name</u> | <u>City</u> | <u>Bib No</u> | <u>Age</u> | <u>Overall</u> | <u>Total Time</u> | <u>Pace</u> |
|--------------|-------------|-------------|---------------|------------|----------------|-------------------|-------------|
| 1 | Alan Koepf | | 59 | 81 | 100 | 41:00.3 | 13:14/M |
