

2010 Run for a Safe Haven 5K Timed

Age Group Results

November 06, 2010

Results By Capital Road Race Management

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Women: [0-0](#) [1-12](#) [13-15](#) [16-18](#) [19-29](#) [30-39](#) [40-49](#) [50-59](#) [60-69](#) [70-79](#) [80-99](#)

Female no age given

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Chip Time</u>	<u>Gun Time</u>	<u>Pace</u>
1	Christina Danez		50	0	43	24:55.0	25:09.0	8:02/M

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Female 12 and under

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Chip Time</u>	<u>Gun Time</u>	<u>Pace</u>
1	Guzman Lilianna	West Sacramento CA	137	12	150	31:39.0	31:53.0	10:13/M
2	Rylie Lautrup	Folsom CA	127	11	250	39:37.0	39:56.0	12:47/M

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Female 13 to 15

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Chip Time</u>	<u>Gun Time</u>	<u>Pace</u>
1	Cora Crandall	Tulare CA	351	14	26	22:49.0	22:53.0	7:22/M
2	Brittany Joe	Sacramento CA	106	14	207	34:50.0	34:50.0	11:14/M
3	Marcyia Henderson	West Sacramento CA	358	13	246	39:06.0	39:18.0	12:37/M
4	Makaela Matsuura	Sacramento CA	160	15	286	49:53.0	50:10.0	16:05/M

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Female 16 to 18

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Chip Time</u>	<u>Gun Time</u>	<u>Pace</u>
1	Keirsten Gwilt	Roseville CA	84	17	41	25:02.0	25:04.0	8:05/M
2	Kacie Louie	Sacramento CA	141	16	124	30:35.0	30:35.0	9:52/M
3	Victoria Patterson	Sacramento CA	182	18	137	30:56.0	31:07.0	9:59/M
4	Ciara Prince	Orangevale CA	190	17	266	43:31.0	44:01.0	14:02/M

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Female 19 to 29

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Chip Time</u>	<u>Gun Time</u>	<u>Pace</u>
1	Madison Houk Houk	Carmicheal CA	92	20	18	21:07.0	21:07.0	6:49/M
2	Michell Duncan	Rocklin CA	282	28	20	21:24.0	21:24.0	6:54/M
3	Andrea Cortez	Elk Grove CA	46	25	46	25:04.0	25:13.0	8:05/M
4	Felicia Ames	Sacramento CA	364	25	52	25:21.0	25:36.0	8:11/M
5	Victoria Satow	Sacramento CA	208	19	60	25:54.0	26:30.0	8:21/M
6	Cassie Joiner	Sacramento CA	110	22	65	26:53.0	26:58.0	8:40/M
7	Gina Cruz	Sacramento CA	48	24	68	27:11.0	27:17.0	8:46/M
8	Melanie Hui	Davis CA	97	24	70	26:45.0	27:19.0	8:38/M
9	Meredith Carey		384	20	73	26:46.0	27:25.0	8:38/M
10	Audrey Fong	Sacramento CA	72	29	78	27:02.0	27:39.0	8:43/M
11	Janet Kim	Davis CA	117	27	80	27:32.0	27:41.0	8:53/M
12	Katelyn Crowley	Sacramento CA	355	24	83	27:43.0	27:53.0	8:56/M
13	Heather Marohnic	Folsom CA	155	22	84	27:58.0	27:58.0	9:01/M
14	Leslie Ang	Davis CA	8	26	85	27:51.0	28:01.0	8:59/M

15	Melissa Watkins	Davis CA	251	22	86	27:58.0	28:01.0	9:01/M
16	Elaine Yang	Sacramento CA	269	23	90	28:11.0	28:21.0	9:05/M
17	Andrea Donahue	West Sacramento CA	62	25	94	28:05.0	28:35.0	9:04/M
18	Kimberly Wong	Sacramento CA	262	27	105	28:51.0	29:27.0	9:18/M
19	Sarah Satow	Sacramento CA	207	26	107	28:56.0	29:31.0	9:20/M
20	Stephanie Hofer	Elk Grove CA	381	27	109	29:23.0	29:31.0	9:29/M
21	Mymy Nguyen	Antelope CA	174	24	111	29:32.0	29:35.0	9:32/M
22	Linna Peng	Davis CA	294	25	112	29:13.0	29:39.0	9:25/M
23	Amanda Russell	Davis CA	353	22	115	28:54.0	29:51.0	9:19/M
24	Kim Bui	Antelope CA	29	28	116	29:26.0	30:01.0	9:30/M
25	Genevieve Fahey	Davis CA	67	22	118	30:04.0	30:07.0	9:42/M
26	Vanessa Cajina	Sacramento CA	322	29	119	29:54.0	30:12.0	9:39/M
27	Diem Tran	Woodland CA	236	26	143	31:19.0	31:28.0	10:06/M
28	Audrey Dubin	Sacramento CA	370	24	144	31:12.0	31:28.0	10:04/M
29	Rita Saephanh	Folsom CA	203	23	148	31:26.0	31:41.0	10:08/M
30	Danielle Fong	Sacramento CA	73	23	165	32:11.0	32:28.0	10:23/M
31	Teresa Bui	Sacramento CA	279	24	166	32:27.0	32:29.0	10:28/M
32	Adrian Araba	Sacramento CA	369	21	167	32:26.0	32:30.0	10:28/M
33	Jennelene Chua	West Sacramento CA	41	29	168	32:33.0	32:42.0	10:30/M
34	Lynne Nakamura	Sacramento CA	169	26	170	32:11.0	32:47.0	10:23/M
35	Pang Her	Sacramento CA	281	21	176	32:39.0	33:10.0	10:32/M
36	Angie Acosta	Sacramento CA	285	27	183	33:19.0	33:25.0	10:45/M
37	Liesel Marie	West	302	27	184	33:19.0	33:26.0	10:45/M

	Formentera	Sacramento CA							
38	Christine Pham	Sacramento CA	185	28	201	33:35.0	34:30.0	10:50/M	
39	Anna Pham	Sacramenti CA	184	27	209	34:25.0	35:03.0	11:06/M	
40	Nikki Muranaka	Sacramento CA	166	27	212	34:39.0	35:16.0	11:11/M	
41	Beth Ward	Sacramento CA	248	26	216	35:18.0	35:32.0	11:23/M	
42	Stacy Her	Sacramento CA	304	25	219	35:49.0	36:06.0	11:33/M	
43	Cathy Saeteurn	Antelope CA	204	22	221	35:37.0	36:16.0	11:29/M	
44	Wency Luke	Vacaville CA	146	28	226	35:35.0	36:38.0	11:29/M	
45	Bianca Yanuarria	Sacramento CA	270	23	227	36:50.0	36:53.0	11:53/M	
46	Mai Lee Her	Sacramento CA	88	22	229	36:49.0	36:58.0	11:53/M	
47	Elizabeth Tom	Sacramento CA	230	26	231	36:45.0	37:02.0	11:51/M	
48	Amy Abulatta	Folsom CA	2	24	235	36:57.0	37:39.0	11:55/M	
49	Stephanie Babasa	Millbrae CA	334	21	236	37:50.0	37:54.0	12:12/M	
50	Suzan El-Ajou	Sacramento CA	64	25	239	37:32.0	38:13.0	12:06/M	
51	Harkirat Bains		386	22	244	38:16.0	38:54.0	12:21/M	
52	Anna Bostic	Portland OR	20	29	245	39:03.0	39:15.0	12:36/M	
53	Heather Dolk	Elk Grove CA	61	29	247	39:05.0	39:18.0	12:36/M	
54	Angela Ho	Davis CA	336	24	249	39:19.0	39:19.0	12:41/M	
55	Bea Ramey	Foslom CA	192	25	251	39:37.0	39:57.0	12:47/M	
56	Shelby Skelton	Sacramento CA	216	20	281	47:21.0	47:56.0	15:16/M	
57	Sharon Cam	Sacramento CA	321	27	287	49:56.0	50:11.0	16:06/M	
58	Vanessa Maldonado	Sacramento CA	148	23	290	52:24.0	53:01.0	16:54/M	
59	Mikaela Zimmerman	Sacramento CA	275	27	291	52:25.0	53:02.0	16:55/M	
60	Elizabeth Gomez	Sacramento, CA	82	27	294	53:28.0	54:05.0	17:15/M	
61	Heidi Van	Sacramento CA	243	21	302	59:01.0	59:42.0	19:02/M	

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Female 30 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib</u> <u>No</u>	<u>Age</u>	<u>Overall</u>	<u>Chip</u> <u>Time</u>	<u>Gun</u> <u>Time</u>	<u>Pace</u>
1	Makiko Yamashita	Sacramento CA	365	36	21	21:52.0	21:53.0	7:03/M
2	Elizabeth Rodgers	Sacramento CA	197	32	39	24:47.0	24:48.0	8:00/M
3	Monica Dillon	Sacramento CA	57	36	47	25:12.0	25:15.0	8:08/M
4	Janice Tulawan	Sacramento CA	240	39	61	26:29.0	26:32.0	8:33/M
5	Kathy Thurston	Elverta CA	333	36	62	26:38.0	26:39.0	8:35/M
6	Danielle Martin	Sacramento CA	315	31	79	27:34.0	27:40.0	8:54/M
7	Cambria Schneider	Elk Grove CA	371	33	81	27:33.0	27:41.0	8:53/M
8	Blythe Mao	Elk Grove CA	150	39	91	27:57.0	28:31.0	9:01/M
9	Melissa Masing	Sacramento CA	157	34	92	28:24.0	28:31.0	9:10/M
10	Andrea Ryan	Roseville CA	201	38	96	28:32.0	28:43.0	9:12/M
11	Chris Castagna	Sacramento CA	313	34	104	29:13.0	29:20.0	9:25/M
12	Denise Halstead	Rocklin CA	86	37	110	29:26.0	29:34.0	9:30/M
13	Angela Lai	Sacramento CA	125	33	117	29:43.0	30:03.0	9:35/M
14	Dana Peters	Sacramento CA	357	34	125	30:35.0	30:37.0	9:52/M
15	Jennifer Baldwin	Sacramento CA	12	34	126	30:29.0	30:38.0	9:50/M
16	Tara Stout	Roseville CA	220	38	127	30:36.0	30:38.0	9:52/M
17	Amy Jones	Sacramento CA	111	35	128	30:31.0	30:40.0	9:51/M
18	Lana Foon	Granite Bay CA	76	37	130	30:12.0	30:48.0	9:45/M
19	Kim Wong	Sacramento CA	261	30	132	30:32.0	30:51.0	9:51/M

20	Tanya Harbison	Granite Bay CA	375	34	136	31:00.0	31:05.0	10:00/M
21	Stephanie Carroll	Citrus Heights CA	350	33	138	31:00.0	31:09.0	10:00/M
22	Nicole Difuntorum	Sacramento CA	368	33	141	31:12.0	31:17.0	10:04/M
23	Jeanne Villalona	Folsom CA	244	38	147	31:28.0	31:41.0	10:09/M
24	Mariscal Raquel	Sacramento CA	194	36	151	31:38.0	31:53.0	10:12/M
25	Kristin Masaki	Sacramento CA	156	31	152	31:56.0	31:56.0	10:18/M
26	Jenny Henderson	Sacramento CA	284	38	155	31:54.0	32:03.0	10:17/M
27	Sonia Fernandes	Sacramento CA	71	35	159	31:44.0	32:15.0	10:14/M
28	Julia Oberg	Folsom CA	177	36	161	32:09.0	32:23.0	10:22/M
29	Michelle Garibay	Sacramento CA	286	32	174	32:51.0	32:57.0	10:36/M
30	Latika Sharma	Sacramento CA	209	31	177	32:48.0	33:13.0	10:35/M
31	Natalie Johnston	Sacramento CA	109	30	178	32:48.0	33:13.0	10:35/M
32	Amy Inderkum	Sacramento CA	103	34	180	33:10.0	33:18.0	10:42/M
33	Jessica Lee	Sacramento CA	287	38	191	33:33.0	33:39.0	10:49/M
34	Michelle Opalenik	Pine Grove CA	179	39	196	33:55.0	34:16.0	10:56/M
35	Suzie Espinoza	Sacramento CA	66	37	215	35:10.0	35:27.0	11:21/M
36	Felisa Turner	Folsom CA	241	34	217	35:11.0	35:32.0	11:21/M
37	Mary Hsu	Elk Grove CA	95	37	224	36:11.0	36:23.0	11:40/M
38	Bonnie Pahule	Sacramento CA	324	32	225	36:10.0	36:32.0	11:40/M
39	Amy Park	Sacramento CA	181	34	232	36:56.0	37:14.0	11:55/M
40	Sarah Lee	Sacramento CA	135	30	233	37:14.0	37:32.0	12:01/M
41	Marie Silveira	Sacramento CA	214	30	237	37:01.0	38:02.0	11:56/M
42	Thuong Le	Sacramento CA	131	33	255	40:53.0	41:30.0	13:11/M

43	Anna Lopez	Elk Grove CA	330	38	256	41:24.0	41:31.0	13:21/M
44	Michelle Adversalo	Elk Grove CA	4	32	257	41:27.0	41:39.0	13:22/M
45	Chelsea Kelley	Sacramento CA	114	32	262	42:55.0	43:22.0	13:51/M
46	Marisol Avina	Sacramento CA	10	31	263	42:54.0	43:22.0	13:50/M
47	Ashley Rice	El Dorado Hills CA	195	38	268	43:48.0	44:08.0	14:08/M
48	Melanie Gutierrez	Sacramento CA	325	35	271	44:17.0	44:19.0	14:17/M
49	Sonja Wilson	Rio Linda CA	258	31	273	44:39.0	44:44.0	14:24/M
50	Melissa Scolari		397	30	276	46:01.0	46:29.0	14:51/M
51	Sally Do	Sacramento CA	58	33	288	51:29.0	51:33.0	16:36/M
52	Melanie Brewer	Antelope CA	23	31	293	53:39.0	53:50.0	17:18/M
53	Malinda Nguyen		400	31	299	58:50.0	58:50.0	18:59/M
54	Nicole Yee	Elk Grove CA	272	35	307	1:01:21.0	1:02:29.0	19:47/M

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Female 40 to 49								
<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Chip Time</u>	<u>Gun Time</u>	<u>Pace</u>
1	Erika Woolson	Sacramento CA	354	42	35	24:06.0	24:16.0	7:46/M
2	Heather McMillin	Rocklin CA	347	47	53	25:41.0	25:42.0	8:17/M
3	Melissa Asher	Sacramento CA	352	40	64	26:46.0	26:50.0	8:38/M
4	Robin Imagire	Sacramento CA	101	44	66	26:58.0	27:07.0	8:42/M
5	Lisa Obrien	Folsom CA	178	45	77	27:20.0	27:32.0	8:49/M
6	Shanna Kloberdanz	Sacramento CA	120	42	82	27:44.0	27:53.0	8:57/M
7	Audrey Haug	Elk Grove CA	87	43	97	28:28.0	28:44.0	9:11/M
8	Catherine	Folsom CA	218	46	98	28:38.0	28:51.0	9:14/M

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9	Naomi Gilbert	Rancho Cordova CA	383	40	103	29:10.0	29:19.0	9:25/M
10	Jean Hobler		385	40	106	28:57.0	29:30.0	9:20/M
11	Stacy Hull	Elk Grove CA	98	47	120	30:07.0	30:13.0	9:43/M
12	Vicki Brown	Sacramento CA	28	44	129	30:38.0	30:46.0	9:53/M
13	Maggie Phung	Sacramento CA	378	44	135	30:35.0	31:03.0	9:52/M
14	Toni Wilcox	Squaw Lake MN	254	49	140	31:09.0	31:16.0	10:03/M
15	Sarah Loui-Fong	Sacramento CA	138	47	145	31:24.0	31:30.0	10:08/M
16	Nikki Desantis	Sacramento CA	380	41	153	31:56.0	32:01.0	10:18/M
17	Roxane Lassen	Elk Grove CA	289	44	158	31:35.0	32:08.0	10:11/M
18	Kristen Venditelli		310	43	173	32:18.0	32:54.0	10:25/M
19	Nou Theo	Sacramento CA	379	40	185	32:59.0	33:26.0	10:38/M
20	Debra Chan-Stroud	Sacramento CA	38	49	193	33:36.0	33:44.0	10:50/M
21	Regina Chung	Elk Grove CA	42	42	197	33:44.0	34:24.0	10:53/M
22	Kelly Gallagher	Antelope CA	79	46	243	38:46.0	38:48.0	12:30/M
23	Stacie Lautrup	Folsom CA	128	40	252	39:40.0	39:59.0	12:48/M
24	Debbie Mathis	Citrus Heights CA	158	45	253	40:48.0	40:52.0	13:10/M
25	Katie Jones	Sacramento CA	112	40	264	43:19.0	43:38.0	13:58/M
26	Tammy Prince	Orangevale CA	191	41	267	43:33.0	44:02.0	14:03/M
27	Sophia Kim	Elk Grove CA	119	43	283	48:50.0	49:18.0	15:45/M
28	Lea Dibble	Sacramento CA	55	44	289	52:05.0	52:10.0	16:48/M
29	Irene Camerino	Elk Grove CA	31	41	292	53:23.0	53:35.0	17:13/M
30	Arlene Barton	Sacramento CA	341	42	296	58:00.0	58:15.0	18:43/M

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Female 50 to 59

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib</u> <u>No</u>	<u>Age</u>	<u>Overall</u>	<u>Chip</u> <u>Time</u>	<u>Gun</u> <u>Time</u>	<u>Pace</u>
1	Desiree Wilson	Sacramento CA	257	55	25	22:40.0	22:40.0	7:19/M
2	Debbi Kanner	Sacramento CA	362	57	34	24:09.0	24:13.0	7:47/M
3	Patricia Carozzi	Fair Oaks CA	37	50	50	25:24.0	25:28.0	8:12/M
4	Paula Howe	Placerville CA	94	53	72	27:15.0	27:23.0	8:47/M
5	Cherie Fiscus		391	51	76	27:14.0	27:29.0	8:47/M
6	Tami Louie	Sacramento CA	142	53	113	29:47.0	29:48.0	9:36/M
7	Charito Galli	Sacramento CA	323	51	114	29:21.0	29:50.0	9:28/M
8	Cindy Nicolaysen	Rocklin CA	299	53	139	30:49.0	31:15.0	9:56/M
9	Kathy Morgan	Sacramento CA	165	53	154	31:58.0	32:02.0	10:19/M
10	Karen Goodman	Carmichael CA	83	51	164	32:09.0	32:27.0	10:22/M
11	Linda Rominger	Napa CA	372	50	192	33:22.0	33:41.0	10:46/M
12	Grace Cheng	Davis CA	39	50	198	34:13.0	34:26.0	11:02/M
13	Valerie Nera	Sacramento CA	171	59	199	34:09.0	34:29.0	11:01/M
14	Patti Lewkowitz	Sacramento CA	136	56	204	34:45.0	34:46.0	11:13/M
15	Debbie Storz	Woodland CA	219	51	205	34:32.0	34:46.0	11:08/M
16	Lesli Faulk	Sacramento CA	69	53	223	36:17.0	36:23.0	11:42/M
17	Lorie Shelley		395	51	242	38:00.0	38:27.0	12:15/M
18	Cameron McLeod	Fair Oaks CA	346	57	248	39:06.0	39:19.0	12:37/M
19	gayle eggleston		394	58	258	41:13.0	41:50.0	13:18/M
20	Carol Mason	Sacramento CA	309	53	259	41:35.0	42:24.0	13:25/M
21	Terri Snook	Clarksburg	217	56	261	42:58.0	42:59.0	13:52/M

		CA							
22	Lani Allman	Rancho Cordova CA	6	51	270	43:34.0	44:16.0	14:03/M	
23	Chris Tom-Albertson	Sacramento CA	232	57	274	44:36.0	44:47.0	14:23/M	
24	Carmen McLellan	Elk Grove CA	161	55	305	1:00:32.0	1:01:11.0	19:32/M	
25	Janice Joe	Sacramento CA	107	59	308	1:02:09.0	1:03:16.0	20:03/M	

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Female 60 to 69

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Chip Time</u>	<u>Gun Time</u>	<u>Pace</u>
1	Kathryn Doi	Sacramento CA	59	61	203	34:30.0	34:44.0	11:08/M
2	Barbara Davy	Rancho Cordova CA	52	65	218	35:50.0	36:00.0	11:34/M
3	Barbara Cross	Elk Grove CA	312	62	260	41:36.0	42:25.0	13:25/M
4	Kathryn Cloninger	Portland OR	44	62	265	43:31.0	43:43.0	14:02/M
5	Karen Crick	Granite Bay CA	47	65	275	44:42.0	44:53.0	14:25/M
6	Sai-Ling Mao Soo Hoo	Sacramento CA	152	62	277	46:26.0	46:44.0	14:59/M
7	Theresa Ihara	Elk Grove CA	100	63	282	48:53.0	49:10.0	15:46/M
8	Suk Lui	Sacramento CA	144	60	301	58:56.0	59:40.0	19:01/M
9	Linda Ramirez	Sacramento CA	193	63	303	1:00:32.0	1:00:40.0	19:32/M

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Female 80 and over

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Chip Time</u>	<u>Gun Time</u>	<u>Pace</u>
1	Helen Tom	Sacramento CA	231	81	309	1:17:35.0	1:18:48.0	25:02/M

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Male no age given

<u>Place Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age Overall</u>	<u>Chip Time</u>	<u>Gun Time</u>	<u>Pace</u>
1 Jack Trugna		399	298	58:50.0	58:50.0	18:59/M

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Male 12 and under

<u>Place Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age Overall</u>	<u>Chip Time</u>	<u>Gun Time</u>	<u>Pace</u>
1 Jonathan Joe	Sacramento CA	108	11 36	24:24.0	24:24.0	7:52/M
2 Jordan Shimosaka	Folsom CA	212	5 210	35:04.0	35:07.0	11:19/M
3 Chad Breslin	Sacramento CA	342	6 285	49:41.0	49:55.0	16:02/M

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Male 13 to 15

<u>Place Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age Overall</u>	<u>Chip Time</u>	<u>Gun Time</u>	<u>Pace</u>
1 Corey Louie	Sacramento CA	140	13 74	27:25.0	27:26.0	8:51/M
2 ryan tarnasky		300	13 87	27:54.0	28:04.0	9:00/M
3 Bill Poppler	Elk Grove CA	187	14 156	31:49.0	32:05.0	10:16/M
4 Nicholas Le	Sacramento CA	382	13 182	33:15.0	33:19.0	10:44/M
5 Peter Rogers	Elk Grove CA	200	14 297	58:19.0	58:19.0	18:49/M

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Male 16 to 18

<u>Place Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age Overall</u>	<u>Chip Time</u>	<u>Gun Time</u>	<u>Pace</u>
1 John-Paul Le	Antelope CA	130	18 44	25:07.0	25:10.0	8:06/M
2 James Le	Antelope CA	129	16 48	25:16.0	25:20.0	8:09/M

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Male 19 to 29

<u>Place Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age Overall</u>	<u>Chip Time</u>	<u>Gun Time</u>	<u>Pace</u>
1 Robert	Citrus	33	20 2	17:16.0	17:17.0	5:34/M

	Campagnone	Heights CA							
2	Joey Campagnone	Citrus Heights CA	32	26	13	20:48.0	20:49.0	6:43/M	
3	Darrell Tianco	Sacramento CA	227	27	15	20:49.0	20:57.0	6:43/M	
4	Christopher Carlson	Sacramento CA	35	22	16	20:48.0	21:00.0	6:43/M	
5	Sean Inaba	Sacramento CA	102	27	24	21:31.0	22:11.0	6:56/M	
6	Andrew-Brian Nguyen	Elk Grove CA	172	25	27	22:51.0	22:54.0	7:22/M	
7	Lorenzo Duran	Sacramento CA	63	29	31	24:02.0	24:05.0	7:45/M	
8	Huy Ly	Sacramento CA	329	22	32	24:04.0	24:08.0	7:46/M	
9	Mohamed Ahmad	Folsom CA	5	27	40	24:17.0	24:59.0	7:50/M	
10	Allen Lee	Vacaville CA	132	21	51	25:32.0	25:33.0	8:14/M	
11	Kyle O'Brien	Folsom CA	306	26	56	25:34.0	25:48.0	8:15/M	
12	Justin Carvalho	Sacramento CA	363	27	57	25:36.0	25:51.0	8:15/M	
13	Zachary Buldu	Folsom CA	335	20	67	27:09.0	27:13.0	8:45/M	
14	Thomas Degrace	Folsom CA	305	23	71	27:08.0	27:20.0	8:45/M	
15	Darren Sunahara	Sacramento CA	222	27	88	27:25.0	28:05.0	8:51/M	
16	Robbie Taketa	San Francisco CA	225	27	95	28:00.0	28:40.0	9:02/M	
17	Tejvir Grewal	West Sacramento CA	314	28	99	28:39.0	28:57.0	9:15/M	
18	Rey Nedoy		398	24	100	29:00.0	29:00.0	9:21/M	
19	Matthew Nakao	Sacramento CA	170	28	108	28:56.0	29:31.0	9:20/M	
20	James Ashby	Granite Bay CA	373	25	163	32:01.0	32:26.0	10:20/M	
21	Alex Kwan		122	21	179	33:00.0	33:14.0	10:39/M	
22	San Saephan	Sacramento CA	303	28	188	33:17.0	33:34.0	10:44/M	
23	Micael Pham	Sacramento CA	186	24	208	34:24.0	35:02.0	11:06/M	
24	Ryan	Sacramento	267	27	213	34:40.0	35:19.0	11:11/M	

	Yamamoto	CA						
25	Lor Tou	Folsom CA	123	28	214	35:05.0	35:26.0	11:19/M
26	John Datiles	Sacramento CA	51	25	228	36:50.0	36:53.0	11:53/M
27	Devin Ma	Sacramento CA	147	29	238	38:05.0	38:05.0	12:17/M
28	Dijon Walker		387	27	240	37:32.0	38:14.0	12:06/M
29	Jonathan Tran	Sacramento CA	318	25	254	40:31.0	40:55.0	13:04/M
30	Derrick Tse	Temple City CA	238	26	269	43:52.0	44:09.0	14:09/M
31	Jonathan Mendick	Carmichael CA	163	25	278	47:17.0	47:18.0	15:15/M
32	Vincent Tumino	Sacramento CA	298	20	280	47:21.0	47:56.0	15:16/M

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Male 30 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Chip Time</u>	<u>Gun Time</u>	<u>Pace</u>
1	Jason Boots	Austin TX	360	34	1	17:04.0	17:04.0	5:30/M
2	Brian Miller	El Dorado Hills CA	283	33	3	17:55.0	17:56.0	5:47/M
3	Neil Gullickson	Sacramento CA	340	37	4	18:40.0	18:40.0	6:01/M
4	Brian McKinney	Woodland CA	332	39	10	20:08.0	20:08.0	6:30/M
5	Scott Clark	Sacramento CA	366	37	12	20:39.0	20:41.0	6:40/M
6	Dan Baxter	West Sacramento CA	293	36	14	20:51.0	20:53.0	6:44/M
7	Erwin Sabio	Davis CA	202	32	17	20:59.0	21:03.0	6:46/M
8	Darren Yee	West Sacramento CA	271	33	19	21:16.0	21:18.0	6:52/M
9	Jason Mica	Rancho Cordova CA	288	38	22	22:10.0	22:11.0	7:09/M
10	Randy Hsieh	Elk Grove CA	96	38	28	23:13.0	23:15.0	7:29/M
11	Wil Mar	Sacramento CA	153	35	29	23:22.0	23:29.0	7:32/M
12	Michael	Granite Bay	376	33	30	23:33.0	23:38.0	7:36/M

	Harbison	CA							
13	Shawn Swilley	Citrus Heights CA	223	30	45	24:10.0	25:10.0	7:48/M	
14	Antonio Marites	Sacramento CA	308	39	49	25:22.0	25:26.0	8:11/M	
15	Mohinder Singh	Elk Grove CA	292	30	58	25:39.0	25:57.0	8:16/M	
16	Chris Lee	Sacramento CA	133	30	59	26:06.0	26:14.0	8:25/M	
17	Matt Baldwin	Sacramento CA	13	30	63	26:30.0	26:40.0	8:33/M	
18	Jared Ropelato		388	31	69	27:00.0	27:19.0	8:43/M	
19	Andrew Lai	Sacramento CA	124	31	75	27:20.0	27:28.0	8:49/M	
20	Konrad Von Schoech	Sacramento CA	245	37	89	28:06.0	28:10.0	9:04/M	
21	Chris De Young	Sacramento CA	53	30	121	29:43.0	30:25.0	9:35/M	
22	Andy Nguyen	Roseville CA	173	38	131	30:11.0	30:48.0	9:44/M	
23	Samir Basic	Antelope CA	16	30	149	31:24.0	31:50.0	10:08/M	
24	Armando Avila	Lockeford CA	9	38	162	32:20.0	32:25.0	10:26/M	
25	Bill Huynh	West Sacramento CA	99	33	189	33:35.0	33:37.0	10:50/M	
26	Pawel Pachnowski	San Jose CA	367	38	190	33:10.0	33:38.0	10:42/M	
27	Juan Alvarado	Sacramento CA	7	34	194	33:41.0	33:46.0	10:52/M	
28	Faramarz Tehrani	Sacramento CA	226	30	202	33:36.0	34:30.0	10:50/M	
29	Mark Willson	El Dorado Hills CA	256	39	222	36:13.0	36:20.0	11:41/M	
30	Lee-John Fernandes	Sacramento CA	70	34	230	36:27.0	36:58.0	11:45/M	
31	Kaihung Yam	Sacramento CA	266	34	234	36:45.0	37:38.0	11:51/M	
32	Kevin Wong	Sacramento CA	260	34	241	38:03.0	38:25.0	12:16/M	
33	John Breslin	Sacramento CA	344	35	284	49:36.0	49:53.0	16:00/M	
34	Bennett	Sacramento	213	30	295	43:33.0	54:52.0	14:03/M	

	Shuler	CA						
35	Karl Lui	Sacramento CA	143	36	300	58:43.0	59:24.0	18:56/M
36	Ken Le		390	38	306	1:01:33.0	1:02:19.0	19:51/M

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Male 40 to 49								
<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Chip Time</u>	<u>Gun Time</u>	<u>Pace</u>
1	John Nichols	El Dorado Hills CA	176	45	5	18:55.0	18:56.0	6:06/M
2	Peter Williams	Sacramento CA	255	42	6	19:22.0	19:24.0	6:15/M
3	Rick Santos	Rancho Cordova CA	206	46	7	19:27.0	19:27.0	6:16/M
4	P.h. Naffah	Peoria AZ	359	40	8	19:35.0	19:36.0	6:19/M
5	Greg Mandler	Elk Grove CA	149	47	9	19:48.0	19:48.0	6:23/M
6	Carlos Jora	Sacramento CA	563	43	11	20:33.0	20:33.0	6:38/M
7	Daniel Nutley	El Dorado Hills CA	331	44	23	22:07.0	22:11.0	7:08/M
8	Danielo Dolar	Elk Grove CA	60	42	101	28:55.0	29:02.0	9:20/M
9	Paul Boyd	San Jose CA	374	43	102	28:47.0	29:14.0	9:17/M
10	Tim Jones	Sacramento CA	113	49	146	31:26.0	31:34.0	10:08/M
11	Jim Lassen	Elk Grove CA	290	47	157	31:33.0	32:07.0	10:11/M
12	Andrew Devey	Folsom CA	295	43	160	31:51.0	32:16.0	10:16/M
13	Gary Kikumoto	Sacramento CA	116	47	169	32:24.0	32:45.0	10:27/M
14	Christopher Cabaldon	West Sacramento CA	361	44	175	32:53.0	33:00.0	10:36/M
15	Ryan Cuin	Sacramento CA	377	45	186	33:25.0	33:33.0	10:47/M
16	James Stroud	Sacramento CA	221	49	195	34:06.0	34:15.0	11:00/M
17	Diane Shimosaka	Folsom CA	211	48	211	35:04.0	35:07.0	11:19/M

18	Tim Yee	Elk Grove CA	273	40	304	59:59.0	1:01:07.0	19:21/M
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Male 50 to 59

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Chip Time</u>	<u>Gun Time</u>	<u>Pace</u>
1	Craig Yamane	Sacramento CA	268	55	37	24:29.0	24:30.0	7:54/M
2	Gary Fiscus		392	53	38	24:33.0	24:37.0	7:55/M
3	Tony Capasso	El Dorado Hills CA	34	59	42	25:00.0	25:07.0	8:04/M
4	Tom Hale	Elk Grove CA	85	59	54	25:40.0	25:45.0	8:17/M
5	John Wilcox	Tampa FL	253	50	55	25:40.0	25:46.0	8:17/M
6	Sterling Grover	El Dorado CA	296	51	93	28:08.0	28:34.0	9:05/M
7	Brian Louie	Sacramento CA	139	50	123	30:07.0	30:35.0	9:43/M
8	Dan Tokutumi	Loomis CA	349	58	133	30:49.0	30:53.0	9:56/M
9	Donald Tarnasky	Sacramento CA	301	54	134	30:49.0	30:59.0	9:56/M
10	Stephen Benetti	Elk Grove CA	17	52	142	31:04.0	31:20.0	10:01/M
11	Tim Shelley		396	58	172	32:24.0	32:51.0	10:27/M
12	Joseph Gilmette	Rancho Cordova CA	81	52	181	32:44.0	33:18.0	10:34/M
13	Weyland Fat	Antelope CA	68	56	200	34:10.0	34:30.0	11:01/M
14	Hosam Abullatta	Folsom CA	3	56	272	43:56.0	44:44.0	14:10/M
15	William Yee	Sacramento CA	274	52	279	47:27.0	47:43.0	15:18/M

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Male 60 to 69

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>Chip Time</u>	<u>Gun Time</u>	<u>Pace</u>
1	Michael Derrick	Sacramento CA	54	63	33	24:05.0	24:13.0	7:46/M
2	Gary Matsumoto	Sacramento CA	159	60	122	30:25.0	30:30.0	9:49/M
3	Tom Bhe	Folsom CA	356	60	171	32:37.0	32:50.0	10:31/M

4	Bill Howe	Sacramento CA	93	63	220	35:43.0	36:15.0	11:31/M
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Male 70 to 79

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib</u> <u>No</u>	<u>Age</u>	<u>Overall</u>	<u>Chip</u> <u>Time</u>	<u>Gun</u> <u>Time</u>	<u>Pace</u>
1	Jim Margolis	Sacramento CA	154	71	206	34:37.0	34:47.0	11:10/M

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Male 80 and over

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib</u> <u>No</u>	<u>Age</u>	<u>Overall</u>	<u>Chip</u> <u>Time</u>	<u>Gun</u> <u>Time</u>	<u>Pace</u>
1	Edgar Brichta	Sacramento CA	24	80	187	33:26.0	33:34.0	10:47/M
