

5K Wave 1,5K Wave 2,5K Wave 3,5K Wave 4 0-24 (male)

Pos	Athlete	Team	Race	Gender	Age	Bib#	Pace	Gun Time	Chip Time
1	Jackson Gilliland	UC14	5K Wave 1	M	24	150	16:49	1:24:09	1:24:09
2	Luke Albitz	GCST	5K Wave 2	M	21	173	21:19	1:46:36	1:46:36

5K Wave 1,5K Wave 2,5K Wave 3,5K Wave 4 25-29 (female)

Pos	Athlete	Team	Race	Gender	Age	Bib#	Pace	Gun Time	Chip Time
1	Macarena Martin Mayor	SPM	5K Wave 1	F	27	158	16:34	1:22:53	1:22:53
2	Courtney Swickert	UC14	5K Wave 1	F	27	135	23:10	1:55:50	1:55:50

5K Wave 1,5K Wave 2,5K Wave 3,5K Wave 4 25-29 (male)

Pos	Athlete	Team	Race	Gender	Age	Bib#	Pace	Gun Time	Chip Time
1	Blake Woodrow	SFTL	5K Wave 1	M	29	101	13:35	1:07:57	1:07:57
2	Devin Neil	MARY	5K Wave 2	M	27	215	17:23	1:26:56	1:26:56

5K Wave 1,5K Wave 2,5K Wave 3,5K Wave 4 30-34 (female)

Pos	Athlete	Team	Race	Gender	Age	Bib#	Pace	Gun Time	Chip Time
1	Rachel Reynolds	NEM	5K Wave 1	F	34	127	17:41	1:28:26	1:28:26
2	Jade McKiernan	MELB	5K Wave 2	F	32	216a	18:39	1:33:18	1:33:18
3	Madison Cotten	PPAM	5K Wave 4	F	30	329	21:09	1:45:47	1:45:46

5K Wave 1,5K Wave 2,5K Wave 3,5K Wave 4 30-34 (male)

Pos	Athlete	Team	Race	Gender	Age	Bib#	Pace	Gun Time	Chip Time
1	Patrick Reyes	NEM	5K Wave 1	M	31	110	14:52	1:14:24	1:14:24
2	Dan Glaser-Garbrick	DAS	5K Wave 1	M	34	107	15:03	1:15:19	1:15:19

5K Wave 1,5K Wave 2,5K Wave 3,5K Wave 4 35-39 (female)

Pos	Athlete	Team	Race	Gender	Age	Bib#	Pace	Gun Time	Chip Time
1	Claire Thomas	NEM	5K Wave 1	F	39	111a	14:55	1:14:35	1:14:35
2	Joanna Dagenais	MELB	5K Wave 2	F	38	177	18:27	1:32:15	1:32:15
3	Meaghan Suhich	SFTL	5K Wave 3	F	36	249a	19:37	1:38:07	1:38:07

5K Wave 1,5K Wave 2,5K Wave 3,5K Wave 4 35-39 (male)

Pos	Athlete	Team	Race	Gender	Age	Bib#	Pace	Gun Time	Chip Time
1	Cameron Chambers	SPM	5K Wave 1	M	35	147a	13:40	1:08:23	1:08:23
2	Michel Heijnen	NCMS	5K Wave 1	M	38	105	14:49	1:14:08	1:14:08
3	Matthew Edde	UC14	5K Wave 1	M	36	161a	16:14	1:21:12	1:21:12
4	David Marcus	UC14	5K Wave 2	M	36	194	20:46	1:43:52	1:43:52

5K Wave 1,5K Wave 2,5K Wave 3,5K Wave 4 40-44 (female)

Pos	Athlete	Team	Race	Gender	Age	Bib#	Pace	Gun Time	Chip Time
1	Sandra Frimerman-Bergquist	PBM	5K Wave 1	F	42	160	15:44	1:18:44	1:18:44
2	Margy Cramer	ENSW	5K Wave 1	F	40	157	15:56	1:19:42	1:19:42
3	Stephanie Gibson	SPM	5K Wave 1	F	42	142	16:36	1:23:01	1:23:01
4	Amy Charley	TPIT	5K Wave 1	F	40	141a	16:47	1:23:58	1:23:58
5	Christina Hitchcock	SFTL	5K Wave 2	F	43	178	17:54	1:29:32	1:29:32
6	Sarah Swoch	SPM	5K Wave 2	F	40	175	18:27	1:32:19	1:32:19
7	Elizabeth Nymeyer	MINN	5K Wave 2	F	43	192	19:43	1:38:35	1:38:35
8	Jane Morris	MINN	5K Wave 3	F	44	235	20:08	1:40:43	1:40:43
9	Silver Bohn	SFTL	5K Wave 2	F	40	189a	20:20	1:41:44	1:41:44

5K Wave 1,5K Wave 2,5K Wave 3,5K Wave 4 40-44 (male)

Pos	Athlete	Team	Race	Gender	Age	Bib#	Pace	Gun Time	Chip Time
1	Stephen Kernion	SMS	5K Wave 1	M	43	129	15:37	1:18:05	1:18:05

5K Wave 1,5K Wave 2,5K Wave 3,5K Wave 4 40-44 (male)

Pos	Athlete	Team	Race	Gender	Age	Bib#	Pace	Gun Time	Chip Time
2	Robert Pedersen	IM	5K Wave 1	M	41	117	16:10	1:20:54	1:20:54
3	Jesse Morenus	SPM	5K Wave 1	M	43	154a	18:11	1:30:55	1:30:55
4	Brandon McBrier	BBARS	5K Wave 3	M	41	243	21:07	1:45:38	1:45:37

5K Wave 1,5K Wave 2,5K Wave 3,5K Wave 4 45-49 (female)

Pos	Athlete	Team	Race	Gender	Age	Bib#	Pace	Gun Time	Chip Time
1	Brooke Bennett	CAM	5K Wave 1	F	45	148	14:50	1:14:11	1:14:11
2	Rebecca Aten	SHARK	5K Wave 1	F	49	153a	16:15	1:21:18	1:21:18
3	Stacey Kiefer	OREG	5K Wave 2	F	47	169	16:31	1:22:39	1:22:39
4	Sonia Millan	HYDRO	5K Wave 3	F	49	282	19:50	1:39:14	1:39:14
5	Jenni Hoff	UC41	5K Wave 3	F	49	269a	21:15	1:46:16	1:46:16

5K Wave 1,5K Wave 2,5K Wave 3,5K Wave 4 45-49 (male)

Pos	Athlete	Team	Race	Gender	Age	Bib#	Pace	Gun Time	Chip Time
1	Thomas Dion	RMST	5K Wave 1	M	47	108	14:51	1:14:15	1:14:15
2	Matt O'Mara	UCLA	5K Wave 1	M	48	103a	15:36	1:18:03	1:18:03
3	Brian Hatlelid	CAM	5K Wave 1	M	48	146	15:44	1:18:42	1:18:42
4	B.J. Graham	MELB	5K Wave 1	M	49	116a	16:09	1:20:45	1:20:45
5	David Fine	UC05	5K Wave 1	M	49	149	16:32	1:22:40	1:22:40
6	Cody Rasmussen	DAS	5K Wave 2	M	48	168	16:39	1:23:19	1:23:19
7	Jeremy McIntyre	SWAG	5K Wave 2	M	45	167	17:36	1:28:04	1:28:04
8	Jimi Adams	COLM	5K Wave 1	M	49	144a	17:50	1:29:12	1:29:12
9	Alberto Vargas	UC06	5K Wave 2	M	47	221	20:07	1:40:35	1:40:35
10	Jacob Rickoll	SMS	5K Wave 4	M	45	328	21:42	1:48:32	1:48:31

5K Wave 1,5K Wave 2,5K Wave 3,5K Wave 4 50-54 (female)

Pos	Athlete	Team	Race	Gender	Age	Bib#	Pace	Gun Time	Chip Time
1	Alison Hayden	SPM	5K Wave 1	F	54	152a	15:32	1:17:44	1:17:44
2	Melissa Varlas	SHARK	5K Wave 1	F	52	156	16:22	1:21:53	1:21:53
3	Suzanne Dearworth	SPM	5K Wave 2	F	53	218	17:00	1:25:04	1:25:04
4	Jenny Krause	SHARK	5K Wave 2	F	51	220	17:34	1:27:53	1:27:53
5	Kristen Gross	SLAM	5K Wave 1	F	51	139	18:12	1:31:03	1:31:03
6	Tara Mack	NEM	5K Wave 2	F	53	190	19:03	1:35:18	1:35:18
7	Michelle Sanders	UC50	5K Wave 4	F	54	294	22:15	1:51:18	1:51:18
8	Dana Holbrook	SKY	5K Wave 4	F	52	305a	23:22	1:56:54	1:56:54

5K Wave 1,5K Wave 2,5K Wave 3,5K Wave 4 50-54 (male)

Pos	Athlete	Team	Race	Gender	Age	Bib#	Pace	Gun Time	Chip Time
1	Michael Dieckmann		5K Wave 2	M	54	171a	14:52	1:14:23	1:14:23
2	Ramses Rodriguez	SHARK	5K Wave 1	M	53	109	15:12	1:16:00	1:16:00
3	Thomas Richard	MELB	5K Wave 2	M	51	212	18:02	1:30:13	1:30:13
4	Nathan Dean	SPM	5K Wave 2	M	50	222a	18:48	1:34:04	1:34:04
5	Boone Brewer	MELB	5K Wave 1	M	52	115	20:00	1:40:01	1:40:01
6	Robin Kiefer	OREG	5K Wave 3	M	54	254a	20:50	1:44:12	1:44:12
7	Erik Bell	WSC	5K Wave 3	M	51	270a	21:08	1:45:40	1:45:40
8	Thomas Nguyen	SFTL	5K Wave 4	M	54	297	22:57	1:54:50	1:54:49

5K Wave 1,5K Wave 2,5K Wave 3,5K Wave 4 55-59 (female)

Pos	Athlete	Team	Race	Gender	Age	Bib#	Pace	Gun Time	Chip Time
1	Carrie Stolar	MINN	5K Wave 1	F	58	130	16:26	1:22:14	1:22:14
2	Marilyn Hall	GAJA	5K Wave 2	F	56	193a	16:48	1:24:01	1:24:01
3	Ginger Tompkins	GCST	5K Wave 2	F	57	217	17:32	1:27:42	1:27:42
4	Karen Westerman	SPM	5K Wave 2	F	58	206	17:55	1:29:38	1:29:38
5	Emily Watts	UC09	5K Wave 2	F	58	191a	18:15	1:31:19	1:31:19

5K Wave 1,5K Wave 2,5K Wave 3,5K Wave 4 55-59 (female)

Pos	Athlete	Team	Race	Gender	Age	Bib#	Pace	Gun Time	Chip Time
6	Kirsten Pursell	SDSM	5K Wave 2	F	58	186	20:15	1:41:19	1:41:19
7	Sharon Long	NCMS	5K Wave 3	F	55	226a	20:21	1:41:48	1:41:48
8	Claudia Goldschmidt	SHARK	5K Wave 2	F	58	202a	20:33	1:42:45	1:42:45

5K Wave 1,5K Wave 2,5K Wave 3,5K Wave 4 55-59 (male)

Pos	Athlete	Team	Race	Gender	Age	Bib#	Pace	Gun Time	Chip Time
1	Kurt Dickson	GRA	5K Wave 1	M	58	106a	14:40	1:13:23	1:13:23
2	Aaron Schneider	SMS	5K Wave 1	M	55	112	15:03	1:15:19	1:15:19
3	Kevin Scott	HSAC	5K Wave 2	M	55	180	15:21	1:16:49	1:16:49
4	Andy Kroupa	LMSC	5K Wave 2	M	56	179	17:07	1:25:39	1:25:39
5	Ronald Kemp	RMRM	5K Wave 3	M	59	230a	17:20	1:26:40	1:26:40
6	Mark Celani	NICK	5K Wave 3	M	57	286	18:49	1:34:06	1:34:06
7	James Feeney	METR	5K Wave 4	M	59	325	21:25	1:47:05	1:47:05
8	William Greenwood	SHARK	5K Wave 3	M	57	284	21:42	1:48:30	1:48:30

5K Wave 1,5K Wave 2,5K Wave 3,5K Wave 4 60-64 (female)

Pos	Athlete	Team	Race	Gender	Age	Bib#	Pace	Gun Time	Chip Time
1	Kimberly Elsbach	GFDM	5K Wave 1	F	62	120a	15:44	1:18:44	1:18:44
2	Laurie Hug	1776	5K Wave 1	F	60	126	16:05	1:20:26	1:20:26
3	Hillary Hansen		5K Wave 1	F	63	159	16:12	1:21:01	1:21:01
4	Susie Shuck	INDY	5K Wave 1	F	60	133	16:29	1:22:27	1:22:27
5	Jo-Ann Elo	SHARK	5K Wave 2	F	64	199a	18:11	1:30:58	1:30:58
6	Julie Verwijst	WISC	5K Wave 2	F	64	223	18:39	1:33:18	1:33:18

5K Wave 1,5K Wave 2,5K Wave 3,5K Wave 4 60-64 (male)

Pos	Athlete	Team	Race	Gender	Age	Bib#	Pace	Gun Time	Chip Time
1	Ricardo Valdivia	PBM	5K Wave 1	M	61	104	14:16	1:11:21	1:11:21
2	David Shackley	SHACK	5K Wave 2	M	63	163	16:44	1:23:44	1:23:44
3	Timothy Waid	MOVY	5K Wave 2	M	63	197	17:48	1:29:03	1:29:03
4	John Moore	NCMS	5K Wave 1	M	63	118	18:42	1:33:30	1:33:30
5	Jeffrey Tremblay	SHARK	5K Wave 4	M	64	330	18:52	1:34:23	1:34:23
6	Mike Waid	BDO	5K Wave 2	M	60	196	19:00	1:35:04	1:35:04
7	Dave Ebersole	UC14	5K Wave 3	M	61	288	19:02	1:35:14	1:35:14
8	Michael OConnor	UC04	5K Wave 3	M	61	283	19:34	1:37:53	1:37:53
9	Vadim Ezhkov		5K Wave 2	M	60	219	19:38	1:38:10	1:38:10
10	Matthew Murphy	GCST	5K Wave 2	M	63	201	20:06	1:40:32	1:40:32
11	Robert Laseter	SPBA	5K Wave 3	M	64	289a	21:20	1:46:41	1:46:41

5K Wave 1,5K Wave 2,5K Wave 3,5K Wave 4 65-69 (female)

Pos	Athlete	Team	Race	Gender	Age	Bib#	Pace	Gun Time	Chip Time
1	Karen Einsidler	SHARK	5K Wave 1	F	69	143	17:40	1:28:24	1:28:24
2	Zena Courtney	MELB	5K Wave 1	F	66	140a	17:46	1:28:52	1:28:52
3	Patricia Rohner	NCMS	5K Wave 2	F	66	174	19:21	1:36:46	1:36:46
4	Margot Wheeler	PBM	5K Wave 2	F	66	207	19:24	1:37:01	1:37:01
5	Susan Tokayer	SPM	5K Wave 3	F	65	233	21:49	1:49:06	1:49:06
6	Priscilla Copple	IM	5K Wave 3	F	68	285a	22:04	1:50:23	1:50:23

5K Wave 1,5K Wave 2,5K Wave 3,5K Wave 4 65-69 (male)

Pos	Athlete	Team	Race	Gender	Age	Bib#	Pace	Gun Time	Chip Time
1	Guy Davis	LOCOM	5K Wave 2	M	66	185	15:42	1:18:34	1:18:34
2	Greg Sanchez	NCMS	5K Wave 1	M	68	128a	16:05	1:20:25	1:20:25
3	Mark Johnston	BSMT	5K Wave 1	M	65	134a	16:05	1:20:29	1:20:29
4	Bill Brackett	SHARK	5K Wave 1	M	67	312	16:19	1:21:39	1:21:39
5	Thomas Schwartz	SHARK	5K Wave 2	M	65	224	18:24	1:32:02	1:32:02

5K Wave 1,5K Wave 2,5K Wave 3,5K Wave 4 65-69 (male)

Pos	Athlete	Team	Race	Gender	Age	Bib#	Pace	Gun Time	Chip Time
6	Kevin Drake	NWAM	5K Wave 2	M	69	213a	18:50	1:34:10	1:34:10
7	Bruce Lander	UC02	5K Wave 3	M	66	287a	20:09	1:40:48	1:40:48
8	Michael Johnson	UC14	5K Wave 2	M	66	203	20:20	1:41:44	1:41:44
9	Greg Waid	MOVY	5K Wave 2	M	65	198	20:38	1:43:12	1:43:12
10	Jeff Thibodeau	NEM	5K Wave 3	M	69	238	23:09	1:55:49	1:55:49
11	Keith Roberts	CAM	5K Wave 4	M	65	331	23:44	1:58:44	1:58:44
12	Jose Renato Pontes	LMSC	5K Wave 3	M	68	274a	25:30	2:07:33	2:07:33

5K Wave 1,5K Wave 2,5K Wave 3,5K Wave 4 70-74 (female)

Pos	Athlete	Team	Race	Gender	Age	Bib#	Pace	Gun Time	Chip Time
1	Nancy Steadman Martin	GSM	5K Wave 1	F	71	136a	16:55	1:24:37	1:24:37
2	Shirley Loftus-Charley	CM-Y	5K Wave 2	F	74	188	18:56	1:34:43	1:34:43
3	Catherine Rust	PBM	5K Wave 3	F	72	239	21:19	1:46:38	1:46:37
4	Nancy Nevid	SHARK	5K Wave 3	F	70	257	23:39	1:58:15	1:58:15
5	Laurie Tanimura	IM	5K Wave 3	F	73	259	25:10	2:05:51	2:05:51
6	Roxanne Balducci	4SHM	5K Wave 4	F	70	327	25:13	2:06:06	2:06:06

5K Wave 1,5K Wave 2,5K Wave 3,5K Wave 4 70-74 (male)

Pos	Athlete	Team	Race	Gender	Age	Bib#	Pace	Gun Time	Chip Time
1	John Chambers	AGUA	5K Wave 1	M	70	119	17:22	1:26:54	1:26:54
2	Kern Davis	SPM	5K Wave 1	M	71	137	17:28	1:27:23	1:27:23
3	Craig Franz	NEM	5K Wave 2	M	72	172	19:10	1:35:50	1:35:50
4	Michael Hollway	GCST	5K Wave 3	M	73	245a	20:55	1:44:38	1:44:38

5K Wave 1,5K Wave 2,5K Wave 3,5K Wave 4 75-79 (female)

Pos	Athlete	Team	Race	Gender	Age	Bib#	Pace	Gun Time	Chip Time
1	Joanne Menard	MMAC	5K Wave 3	F	77	258a	22:59	1:54:59	1:54:59

5K Wave 1,5K Wave 2,5K Wave 3,5K Wave 4 75-79 (male)

Pos	Athlete	Team	Race	Gender	Age	Bib#	Pace	Gun Time	Chip Time
1	Rick Walker	SHARK	5K Wave 2	M	75	165	18:09	1:30:49	1:30:49
2	Ellis Merschhoff	UC09	5K Wave 3	M	75	263	23:33	1:57:45	1:57:45