

# Sunrise & Shining Sea 5K

## Sunrise & Shining Sea 5K Top 3 M/F Overall Male Results

<u>Place</u>	<u>Bib</u>	<u>Name</u>	<u>Gender</u>	<u>Gender Place</u>	<u>Age</u>	<u>Age Place</u>	<u>City</u>	<u>State</u>	<u>Clock Time</u>	<u>Chip Time</u>	<u>Pace</u>
1	111	Michael Cacal	M	1: M	37	1: Top 3 M/F Overall			18:12.47	18:12.47	5:52
2	94	Luis Torres	M	2: M	25	2: Top 3 M/F Overall			20:32.64	20:32.64	6:37
3	150	Oliver Wells	M	3: M	27	3: Top 3 M/F Overall			20:50.51	20:50.51	6:43

## Sunrise & Shining Sea 5K Top 3 M/F Overall Female Results

<u>Place</u>	<u>Bib</u>	<u>Name</u>	<u>Gender</u>	<u>Gender Place</u>	<u>Age</u>	<u>Age Place</u>	<u>City</u>	<u>State</u>	<u>Clock Time</u>	<u>Chip Time</u>	<u>Pace</u>
1	151	Audrey Zwicker	F	1: F	15	1: Top 3 M/F Overall			23:25.19	23:25.19	7:32
2	146	Emma Lindsay	F	2: F	22	2: Top 3 M/F Overall			23:55.47	23:55.47	7:42
3	71	Eva Yang	F	3: F	21	3: Top 3 M/F Overall			23:57.38	23:57.38	7:43

## Sunrise & Shining Sea 5K Top 3 M/F Overall Non-Binary Results

<u>Place</u>	<u>Bib</u>	<u>Name</u>	<u>Gender</u>	<u>Gender Place</u>	<u>Age</u>	<u>Age Place</u>	<u>City</u>	<u>State</u>	<u>Clock Time</u>	<u>Chip Time</u>	<u>Pace</u>
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## Sunrise & Shining Sea 5K Female 1 - 9 Results

<u>Place</u>	<u>Bib</u>	<u>Name</u>	<u>Gender</u>	<u>Gender Place</u>	<u>Age</u>	<u>Age Place</u>	<u>City</u>	<u>State</u>	<u>Clock Time</u>	<u>Chip Time</u>	<u>Pace</u>
1	64	Cianna Monday	F	13: F	9	1: F01-09			27:53.41	27:53.41	8:59
2	79	Autumn	F	16: F	9	2:			28:40.99	28:40.99	9:14

<u>Place</u>	<u>Bib</u>	<u>Name</u>	<u>Gender</u>	<u>Gender Place</u>	<u>Age</u>	<u>Age Place</u>	<u>City</u>	<u>State</u>	<u>Clock Time</u>	<u>Chip Time</u>	<u>Pace</u>
		Martin				F01-09					
3	167	Madelyn Perkins	F	66: F	9	3: F01-09			38:48.50	38:48.50	12:29
4	190	Leilani Gamboa	F	80: F	5	4: F01-09			41:49.63	41:49.63	13:28
5	251	EILEE LETHIN	F	89: F	6	5: F01-09			49:56.57	49:56.57	16:05
6	252	OAKLYN LETHIN	F	91: F	5	6: F01-09			49:57.41	49:57.41	16:05
7	168	Annabel Perkins	F	96: F	7	7: F01-09			51:50.76	51:50.76	16:41

## Sunrise & Shining Sea 5K Female 10 - 15 Results

<u>Place</u>	<u>Bib</u>	<u>Name</u>	<u>Gender</u>	<u>Gender Place</u>	<u>Age</u>	<u>Age Place</u>	<u>City</u>	<u>State</u>	<u>Clock Time</u>	<u>Chip Time</u>	<u>Pace</u>
1	211	Madeleine Sibley	F	8: F	11	1: F10-15			25:57.49	25:57.49	8:21
2	234	AURORA SANDERS	F	11: F	11	2: F10-15			26:12.33	26:12.33	8:26
3	78	Annabelle Martin	F	20: F	11	3: F10-15			29:51.93	29:51.93	9:37
4	212	Brielle Sibley	F	32: F	10	4: F10-15			31:26.74	31:26.74	10:07
5	16	Juna Buijten	F	34: F	11	5: F10-15			32:06.18	32:06.18	10:20
6	106	Sophia Scrutchins	F	72: F	11	6: F10-15			40:24.50	40:24.50	13:00
7	89	Tiffany Turcotte	F	73: F	11	7: F10-15			40:24.82	40:24.82	13:00

## Sunrise & Shining Sea 5K Female 16 - 19 Results

<u>Place</u>	<u>Bib</u>	<u>Name</u>	<u>Gender</u>	<u>Gender Place</u>	<u>Age</u>	<u>Age Place</u>	<u>City</u>	<u>State</u>	<u>Clock Time</u>	<u>Chip Time</u>	<u>Pace</u>
1	2	Taylor Serikawa	F	36: F	17	1: F16-19			32:28.17	32:28.17	10:27
2	62	Mia Monday	F	40: F	16	2: F16-19			32:51.29	32:51.29	10:34

## Sunrise & Shining Sea 5K Female 20 - 29 Results

<u>Place</u>	<u>Bib</u>	<u>Name</u>	<u>Gender</u>	<u>Gender Place</u>	<u>Age</u>	<u>Age Place</u>	<u>City</u>	<u>State</u>	<u>Clock Time</u>	<u>Chip Time</u>	<u>Pace</u>
1	125	Sonia	F	4: F	25	1:			24:11.33	24:11.33	7:47

<u>Place</u>	<u>Bib</u>	<u>Name</u>	<u>Gender</u>	<u>Gender Place</u>	<u>Age</u>	<u>Age Place</u>	<u>City</u>	<u>State</u>	<u>Clock Time</u>	<u>Chip Time</u>	<u>Pace</u>
		Richman				F20-29					
2	7	Kristen Dang	F	7: F	27	2: F20-29			25:32.99	25:32.99	8:13
3	22	Farrah Lin	F	9: F	20	3: F20-29			26:03.39	26:03.39	8:23
4	229	JENNA MUNSON	F	10: F	23	4: F20-29			26:10.39	26:10.39	8:25
5	144	Caroline Marrone	F	12: F	22	5: F20-29			27:04.76	27:04.76	8:43
6	44	Alianis Ayala-Reyes	F	14: F	21	6: F20-29			27:55.50	27:55.50	8:59
7	241	HANNAH MECHLER	F	18: F	26	7: F20-29			29:28.97	29:28.97	9:29
8	246	SALLIE JANE MANTEROLA	F	19: F	25	8: F20-29			29:41.69	29:41.69	9:33
9	133	Laura May	F	22: F	24	9: F20-29			30:15.22	30:15.22	9:44
10	222	Allie Schriever	F	27: F	25	10: F20-29			30:44.41	30:44.41	9:54
11	34	Rebecca Sanchez	F	29: F	25	11: F20-29			31:11.83	31:11.83	10:02
12	35	Kayanah Brown	F	30: F	21	12: F20-29			31:13.71	31:13.71	10:03
13	194	Ruth van Wingerden	F	31: F	22	13: F20-29			31:21.98	31:21.98	10:06
14	57	Clarissa Strawn	F	35: F	27	14: F20-29			32:15.91	32:15.91	10:23
15	45	Emily Falcon	F	38: F	21	15: F20-29			32:42.58	32:42.58	10:32
16	143	Jocelyn Garcia	F	42: F	24	16: F20-29			33:16.28	33:16.28	10:43
17	145	Caroline Carter	F	45: F	22	17: F20-29			34:11.60	34:11.60	11:00
18	178	Sarabeth Cahoon	F	48: F	21	18: F20-29			34:30.31	34:30.31	11:06
19	147	Morgan Seidel	F	54: F	26	19: F20-29			36:16.13	36:16.13	11:40
20	123	Rylee Smith	F	67: F	21	20: F20-29			38:52.38	38:52.38	12:31
21	41	Jasmine Shackelford	F	69: F	25	21: F20-29			39:26.61	39:26.61	12:42
22	97	Hannah Crowley	F	82: F	22	22: F20-29			42:27.35	42:27.35	13:40
23	54	Kayla	F	84: F	24	23:			44:25.90	44:25.90	14:18

<u>Place</u>	<u>Bib</u>	<u>Name</u>	<u>Gender</u>	<u>Gender</u> <u>Place</u>	<u>Age</u>	<u>Age</u> <u>Place</u>	<u>City</u>	<u>State</u>	<u>Clock</u> <u>Time</u>	<u>Chip</u> <u>Time</u>	<u>Pace</u>
		Quinteros				F20-29					

## Sunrise & Shining Sea 5K Female 30 - 39 Results

<u>Place</u>	<u>Bib</u>	<u>Name</u>	<u>Gender</u>	<u>Gender</u> <u>Place</u>	<u>Age</u>	<u>Age</u> <u>Place</u>	<u>City</u>	<u>State</u>	<u>Clock</u> <u>Time</u>	<u>Chip</u> <u>Time</u>	<u>Pace</u>
1	52	Alexandria Hertz	F	5: F	33	1: F30-39			24:25.86	24:25.86	7:52
2	39	Crystal Waterfield	F	6: F	30	2: F30-39			24:30.77	24:30.77	7:53
3	198	Andressa Johnson	F	15: F	36	3: F30-39			28:24.71	28:24.71	9:09
4	239	ALEX GAFF	F	17: F	30	4: F30-39			29:15.90	29:15.90	9:25
5	135	Chrystal Sanchez	F	21: F	32	5: F30-39			30:04.94	30:04.94	9:41
6	202	Sydney Hollis	F	24: F	34	6: F30-39			30:25.14	30:25.14	9:47
7	21	Marie Davantes	F	25: F	36	7: F30-39			30:37.91	30:37.91	9:52
8	235	JESSICA SANDERS	F	26: F	35	8: F30-39			30:42.56	30:42.56	9:53
9	24	Christine Gibbons	F	43: F	38	9: F30-39			33:51.43	33:51.43	10:54
10	36	Jennifer Davis	F	47: F	31	10: F30-39			34:23.35	34:23.35	11:04
11	56	Tiana Santos	F	51: F	33	11: F30-39			35:11.61	35:11.61	11:20
12	136	Shannon Boone	F	52: F	39	12: F30-39			35:24.46	35:24.46	11:24
13	93	Brianna Coleman	F	53: F	34	13: F30-39			36:06.20	36:06.20	11:37
14	101	Kelly LaHote	F	55: F	31	14: F30-39			36:26.46	36:26.46	11:44
15	5	Katie Jones	F	56: F	30	15: F30-39			36:48.68	36:48.68	11:51
16	196	Lenci Sever	F	59: F	38	16: F30-39			37:00.11	37:00.11	11:55
17	33	Krysta Pena	F	63: F	38	17: F30-39			38:02.58	38:02.58	12:15
18	155	Markelle Ochoa	F	70: F	35	18: F30-39			40:18.45	40:18.45	12:58
19	139	Christina Hinchliffe	F	71: F	39	19: F30-39			40:22.90	40:22.90	13:00
20	10	Casey	F	76: F	37	20:			41:34.12	41:34.12	13:23

<u>Place</u>	<u>Bib</u>	<u>Name</u>	<u>Gender</u>	<u>Gender Place</u>	<u>Age</u>	<u>Age Place</u>	<u>City</u>	<u>State</u>	<u>Clock Time</u>	<u>Chip Time</u>	<u>Pace</u>
		Ulric				F30-39					
21	69	Stefanie Montano	F	77: F	33	21: F30-39			41:37.89	41:37.89	13:24
22	232	NICOLE FIASCO	F	78: F	36	22: F30-39			41:38.35	41:38.35	13:24
23	231	ERICA MAY	F	79: F	37	23: F30-39			41:39.70	41:39.70	13:25
24	206	Maria Harman	F	81: F	31	24: F30-39			42:13.44	42:13.44	13:35
25	83	Leonela Gamboa	F	83: F	35	25: F30-39			43:04.10	43:04.10	13:52
26	215	Nitchilen Wellman	F	94: F	37	26: F30-39			51:32.74	51:32.74	16:35
27	166	Megan Spieles	F	95: F	38	27: F30-39			51:49.66	51:49.66	16:41
28	153	Sara Yurow	F	97: F	30	28: F30-39			52:00.70	52:00.70	16:44
29	248	JULIE MOROZ	F	99: F	38	29: F30-39			52:11.71	52:11.71	16:48

## Sunrise & Shining Sea 5K Female 40 - 49 Results

<u>Place</u>	<u>Bib</u>	<u>Name</u>	<u>Gender</u>	<u>Gender Place</u>	<u>Age</u>	<u>Age Place</u>	<u>City</u>	<u>State</u>	<u>Clock Time</u>	<u>Chip Time</u>	<u>Pace</u>
1	19	Miranda Montoya	F	23: F	47	1: F40-49			30:16.85	30:16.85	9:45
2	228	YULIA OGAI	F	33: F	47	2: F40-49			31:51.80	31:51.80	10:15
3	188	Jenny Cha- Brady	F	37: F	46	3: F40-49			32:37.14	32:37.14	10:30
4	95	Mary Dillon	F	39: F	40	4: F40-49			32:46.85	32:46.85	10:33
5	180	Wakako Rigg	F	44: F	48	5: F40-49			33:52.88	33:52.88	10:54
6	238	JENNIFER DAVIS	F	46: F	49	6: F40-49			34:21.36	34:21.36	11:03
7	65	Stephanie Jacobson	F	50: F	45	7: F40-49			34:57.48	34:57.48	11:15
8	6	Randi Duffee	F	57: F	43	8: F40-49			36:49.75	36:49.75	11:51
9	91	Hillary Sibley	F	58: F	44	9: F40-49			36:56.00	36:56.00	11:53
10	158	Rosalinda Guadarrama	F	60: F	42	10: F40-49			37:13.45	37:13.45	11:59
11	253	BRENDA	F	61: F	44	11:			37:37.83	37:37.83	12:07

<u>Place</u>	<u>Bib</u>	<u>Name</u>	<u>Gender</u>	<u>Gender Place</u>	<u>Age</u>	<u>Age Place</u>	<u>City</u>	<u>State</u>	<u>Clock Time</u>	<u>Chip Time</u>	<u>Pace</u>
		HUNTSINGER				F40-49					
12	77	Lindsey Martin	F	62: F	40	12: F40-49			37:47.36	37:47.36	12:10
13	128	Erin Sapinoso	F	64: F	42	13: F40-49			38:27.62	38:27.62	12:23
14	210	Nagako Turcotte	F	74: F	44	14: F40-49			40:31.37	40:31.37	13:03
15	67	Leanne Anguiano	F	75: F	47	15: F40-49			40:47.46	40:47.46	13:08
16	72	Avi Gonzalez	F	100: F	40	16: F40-49			53:36.59	53:36.59	17:15

## Sunrise & Shining Sea 5K Female 50 - 59 Results

<u>Place</u>	<u>Bib</u>	<u>Name</u>	<u>Gender</u>	<u>Gender Place</u>	<u>Age</u>	<u>Age Place</u>	<u>City</u>	<u>State</u>	<u>Clock Time</u>	<u>Chip Time</u>	<u>Pace</u>
1	244	HEATHER BARNHILL	F	28: F	50	1: F50-59			30:51.18	30:51.18	9:56
2	176	Adele Adams	F	41: F	51	2: F50-59			32:56.63	32:56.63	10:36
3	47	Ale Labra	F	49: F	54	3: F50-59			34:55.68	34:55.68	11:15
4	42	Melissa Koger	F	65: F	52	4: F50-59			38:32.83	38:32.83	12:24
5	105	Nancy Morris	F	68: F	57	5: F50-59			39:14.82	39:14.82	12:38
6	110	Evelyn Eaves	F	87: F	55	6: F50-59			47:52.72	47:52.72	15:25
7	250	SHELLY BENDYKOLSKI	F	90: F	50	7: F50-59			49:56.80	49:56.80	16:05
8	28	Leah Koonce- Fleming	F	93: F	50	8: F50-59			51:10.48	51:10.48	16:28

## Sunrise & Shining Sea 5K Female 60 - 69 Results

<u>Place</u>	<u>Bib</u>	<u>Name</u>	<u>Gender</u>	<u>Gender Place</u>	<u>Age</u>	<u>Age Place</u>	<u>City</u>	<u>State</u>	<u>Clock Time</u>	<u>Chip Time</u>	<u>Pace</u>
1	51	Marsha Miyata	F	86: F	61	1: F60-69			46:00.18	46:00.18	14:48
2	152	Nancy Schubert Yurow	F	88: F	66	2: F60-69			48:29.44	48:29.44	15:36
3	90	Barbara Sovich	F	98: F	69	3: F60-69			52:01.68	52:01.68	16:45

## Sunrise & Shining Sea 5K Female 70 - 79 Results

<u>Place</u>	<u>Bib</u>	<u>Name</u>	<u>Gender</u>	<u>Gender</u> <u>Place</u>	<u>Age</u>	<u>Age</u> <u>Place</u>	<u>City</u>	<u>State</u>	<u>Clock</u> <u>Time</u>	<u>Chip</u> <u>Time</u>	<u>Pace</u>
1	227	JANIS SCHAFFER	F	85: F	70	1: F70-79			45:48.43	45:48.43	14:45
2	81	Vicki Lepick	F	92: F	70	2: F70-79			51:08.20	51:08.20	16:28
3	75	Elaine Abraham	F	101: F	71	3: F70-79			58:18.28	58:18.28	18:46

## Sunrise & Shining Sea 5K Female 80 - 99 Results

<u>Place</u>	<u>Bib</u>	<u>Name</u>	<u>Gender</u>	<u>Gender</u> <u>Place</u>	<u>Age</u>	<u>Age</u> <u>Place</u>	<u>City</u>	<u>State</u>	<u>Clock</u> <u>Time</u>	<u>Chip</u> <u>Time</u>	<u>Pace</u>
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## Sunrise & Shining Sea 5K Male 1 - 9 Results

<u>Place</u>	<u>Bib</u>	<u>Name</u>	<u>Gender</u>	<u>Gender</u> <u>Place</u>	<u>Age</u>	<u>Age</u> <u>Place</u>	<u>City</u>	<u>State</u>	<u>Clock</u> <u>Time</u>	<u>Chip</u> <u>Time</u>	<u>Pace</u>
1	132	Kenshin Wilson	M	40: M	7	1: M01-09			27:25.49	27:25.49	8:50
2	233	LINCOLN SANDERS	M	63: M	8	2: M01-09			30:42.90	30:42.90	9:53
3	17	Theo Buijten	M	71: M	9	3: M01-09			32:04.80	32:04.80	10:20
4	162	Colin Hasegawa McOuat	M	83: M	8	4: M01-09			34:41.19	34:41.19	11:10
5	213	Luke Sibley	M	92: M	7	5: M01-09			36:51.97	36:51.97	11:52
6	208	Jack Eckert	M	94: M	7	6: M01-09			37:31.65	37:31.65	12:05

## Sunrise & Shining Sea 5K Male 10 - 15 Results

<u>Place</u>	<u>Bib</u>	<u>Name</u>	<u>Gender</u>	<u>Gender</u> <u>Place</u>	<u>Age</u>	<u>Age</u> <u>Place</u>	<u>City</u>	<u>State</u>	<u>Clock</u> <u>Time</u>	<u>Chip</u> <u>Time</u>	<u>Pace</u>
1	230	JAMES LARUE	M	15: M	15	1: M10-15			22:58.66	22:58.66	7:24
2	187	Isaac Erman	M	17: M	14	2: M10-15			23:13.64	23:13.64	7:29
3	63	Braeden Monday	M	31: M	14	3: M10-15			25:33.90	25:33.90	8:14
4	185	Ethan Smith	M	53: M	11	4: M10-15			29:03.64	29:03.64	9:21
5	161	Matthew	M	57: M	12	5:			29:42.30	29:42.30	9:34

<u>Place</u>	<u>Bib</u>	<u>Name</u>	<u>Gender</u>	<u>Gender Place</u>	<u>Age</u>	<u>Age Place</u>	<u>City</u>	<u>State</u>	<u>Clock Time</u>	<u>Chip Time</u>	<u>Pace</u>
		Guadarrama				M10-15					
6	26	Jacob Jones	M	70: M	11	6: M10-15			32:04.70	32:04.70	10:20
7	140	Josiah Hinchliffe	M	78: M	13	7: M10-15			33:30.83	33:30.83	10:47
8	100	Mark Belko	M	100: M	10	8: M10-15			39:51.23	39:51.23	12:50
9	85	Miguel Gamboa	M	105: M	10	9: M10-15			44:11.54	44:11.54	14:13

## Sunrise & Shining Sea 5K Male 16 - 19 Results

<u>Place</u>	<u>Bib</u>	<u>Name</u>	<u>Gender</u>	<u>Gender Place</u>	<u>Age</u>	<u>Age Place</u>	<u>City</u>	<u>State</u>	<u>Clock Time</u>	<u>Chip Time</u>	<u>Pace</u>
1	109	Nicolas Eaves	M	5: M	16	1: M16-19			21:33.21	21:33.21	6:56
2	59	Jesus Figueroa	M	7: M	19	2: M16-19			21:50.13	21:50.13	7:02
3	87	Nathaniel Jackson	M	20: M	19	3: M16-19			23:40.98	23:40.98	7:37
4	120	Mavrick Perry	M	29: M	17	4: M16-19			25:28.93	25:28.93	8:12
5	160	Mario Guadarrama jr	M	37: M	19	5: M16-19			26:48.89	26:48.89	8:38

## Sunrise & Shining Sea 5K Male 20 - 29 Results

<u>Place</u>	<u>Bib</u>	<u>Name</u>	<u>Gender</u>	<u>Gender Place</u>	<u>Age</u>	<u>Age Place</u>	<u>City</u>	<u>State</u>	<u>Clock Time</u>	<u>Chip Time</u>	<u>Pace</u>
1	201	Yahshua Mejia	M	6: M	23	1: M20-29			21:45.50	21:45.50	7:00
2	60	Anthony Johnson	M	9: M	25	2: M20-29			22:01.97	22:01.97	7:06
3	163	Nickolas Ruiz	M	10: M	20	3: M20-29			22:18.59	22:18.59	7:11
4	80	Paul Ruiz	M	11: M	24	4: M20-29			22:18.72	22:18.72	7:11
5	204	Jacob Perry	M	22: M	29	5: M20-29			24:21.47	24:21.47	7:50
6	31	Kahlil-Alaye Gunn	M	23: M	27	6: M20-29			24:55.97	24:55.97	8:02
7	104	Joshua Edwards	M	24: M	28	7: M20-29			25:10.45	25:10.45	8:06
8	174	Alonso	M	26: M	26	8:			25:15.32	25:15.32	8:08



<u>Place</u>	<u>Bib</u>	<u>Name</u>	<u>Gender</u>	<u>Gender Place</u>	<u>Age</u>	<u>Age Place</u>	<u>City</u>	<u>State</u>	<u>Clock Time</u>	<u>Chip Time</u>	<u>Pace</u>
		Galvan				M20-29					
9	53	Kailiahi Jorg	M	33: M	24	9: M20-29			25:52.61	25:52.61	8:20
10	88	Damon Taylor	M	35: M	27	10: M20-29			26:04.20	26:04.20	8:23
11	216	Charlie Lopez	M	38: M	23	11: M20-29			27:17.21	27:17.21	8:47
12	156	Emanuel Lassalle	M	41: M	28	12: M20-29			27:34.10	27:34.10	8:52
13	197	Trent Boone	M	48: M	26	13: M20-29			28:27.15	28:27.15	9:09
14	49	Logan Porter	M	49: M	22	14: M20-29			28:38.70	28:38.70	9:13
15	245	PEYTON PRESNAL	M	52: M	25	15: M20-29			29:02.84	29:02.84	9:21
16	8	William Bain	M	55: M	27	16: M20-29			29:05.31	29:05.31	9:22
17	242	RICK WIEGAND	M	56: M	27	17: M20-29			29:28.65	29:28.65	9:29
18	134	Greg Costello	M	59: M	23	18: M20-29			30:14.87	30:14.87	9:44
19	86	Hunter Tactaquin	M	60: M	25	19: M20-29			30:15.92	30:15.92	9:44
20	203	Joshua Pontius	M	62: M	27	20: M20-29			30:25.21	30:25.21	9:47
21	224	William Lawlor	M	64: M	24	21: M20-29			30:43.65	30:43.65	9:53
22	46	Brent Rukavina	M	67: M	23	22: M20-29			31:15.60	31:15.60	10:04
23	195	Trace Engelhardt	M	69: M	23	23: M20-29			31:21.77	31:21.77	10:06
24	254	CURTIS WOODS	M	77: M	27	24: M20-29			32:48.84	32:48.84	10:34
25	217	Ephraim Opara	M	87: M	29	25: M20-29			35:59.29	35:59.29	11:35
26	124	Dwayne Metts	M	98: M	23	26: M20-29			38:52.34	38:52.34	12:31
27	205	Dane Harman	M	103: M	27	27: M20-29			42:13.92	42:13.92	13:36
28	98	Sabastian Dorsett	M	104: M	23	28: M20-29			42:27.83	42:27.83	13:40
29	219	Brooks Caban	M	106: M	29	29: M20-29			44:40.35	44:40.35	14:23
30	218	Bryanna Leonguerrero	M	107: M	29	30: M20-29			44:41.47	44:41.47	14:23

# Sunrise & Shining Sea 5K Male 30 - 39 Results

<u>Place</u>	<u>Bib</u>	<u>Name</u>	<u>Gender</u>	<u>Gender Place</u>	<u>Age</u>	<u>Age Place</u>	<u>City</u>	<u>State</u>	<u>Clock Time</u>	<u>Chip Time</u>	<u>Pace</u>
1	164	Paul Valadez	M	4: M	32	1: M30-39			20:58.90	20:58.90	6:45
2	40	David Waterfield	M	14: M	31	2: M30-39			22:55.91	22:55.91	7:23
3	1	Kevin Touw	M	18: M	33	3: M30-39			23:14.41	23:14.41	7:29
4	66	Robert Golde	M	19: M	31	4: M30-39			23:25.90	23:25.90	7:33
5	154	Abisai Ochoa	M	34: M	30	5: M30-39			25:55.82	25:55.82	8:21
6	236	JOSHUA SANDERS	M	36: M	35	6: M30-39			26:12.45	26:12.45	8:26
7	130	Carlo Stearns	M	39: M	39	7: M30-39			27:17.76	27:17.76	8:47
8	115	Tyler Ashton	M	42: M	31	8: M30-39			27:40.94	27:40.94	8:55
9	141	Eric Davis	M	44: M	32	9: M30-39			27:49.72	27:49.72	8:57
10	117	Guillermo Fargas	M	50: M	39	10: M30-39			28:39.99	28:39.99	9:14
11	199	David Johnson	M	66: M	33	11: M30-39			31:10.29	31:10.29	10:02
12	55	Fructuoso Santos	M	68: M	33	12: M30-39			31:18.21	31:18.21	10:05
13	129	Michael Kozono	M	73: M	39	13: M30-39			32:29.53	32:29.53	10:27
14	58	Jared Strawn	M	74: M	34	14: M30-39			32:33.16	32:33.16	10:29
15	237	JAMES COSBY	M	80: M	34	15: M30-39			34:09.90	34:09.90	11:00
16	92	Kyle Coleman	M	88: M	32	16: M30-39			36:07.14	36:07.14	11:38
17	243	ALEXANDER LAHOTE	M	89: M	32	17: M30-39			36:27.45	36:27.45	11:44
18	207	Joseph Eckert	M	93: M	38	18: M30-39			37:31.18	37:31.18	12:05
19	32	Julio Pena	M	95: M	39	19: M30-39			38:02.59	38:02.59	12:15
20	116	Scott Perkins	M	97: M	38	20: M30-39			38:48.35	38:48.35	12:29
21	99	Jeffrey Belko	M	99: M	37	21: M30-39			39:50.87	39:50.87	12:50
22	84	Miguel	M	102: M	38	22:			41:48.82	41:48.82	13:28

<u>Place</u>	<u>Bib</u>	<u>Name</u>	<u>Gender</u>	<u>Gender Place</u>	<u>Age</u>	<u>Age Place</u>	<u>City</u>	<u>State</u>	<u>Clock Time</u>	<u>Chip Time</u>	<u>Pace</u>
		Gamboa				M30-39					
23	249	MACKLEN LETHIN	M	108: M	34	23: M30-39			49:57.55	49:57.55	16:05
24	214	James Wellman	M	111: M	38	24: M30-39			51:35.45	51:35.45	16:36
25	247	MIKE MOROZ	M	112: M	36	25: M30-39			52:12.17	52:12.17	16:48
26	73	James Abraham	M	113: M	37	26: M30-39			53:37.50	53:37.50	17:16
27	192	Jason Holyoak	M	114: M	37	27: M30-39			55:18.32	55:18.32	17:48

## Sunrise & Shining Sea 5K Male 40 - 49 Results

<u>Place</u>	<u>Bib</u>	<u>Name</u>	<u>Gender</u>	<u>Gender Place</u>	<u>Age</u>	<u>Age Place</u>	<u>City</u>	<u>State</u>	<u>Clock Time</u>	<u>Chip Time</u>	<u>Pace</u>
1	149	Nathan Jacobson	M	8: M	45	1: M40-49			21:51.17	21:51.17	7:02
2	76	Scott Martin	M	13: M	43	2: M40-49			22:28.94	22:28.94	7:14
3	186	Dan Erman	M	16: M	42	3: M40-49			23:13.30	23:13.30	7:28
4	225	Adam Church	M	21: M	48	4: M40-49			24:01.60	24:01.60	7:44
5	9	Scott Krasko	M	25: M	40	5: M40-49			25:13.47	25:13.47	8:07
6	157	Andrew Littlejohn	M	27: M	44	6: M40-49			25:15.87	25:15.87	8:08
7	179	Brandon Rigg	M	30: M	42	7: M40-49			25:31.58	25:31.58	8:13
8	177	David Kurneta	M	32: M	46	8: M40-49			25:44.46	25:44.46	8:17
9	159	Mario Guadarrama	M	43: M	43	9: M40-49			27:45.10	27:45.10	8:56
10	61	Robert Monday	M	45: M	43	10: M40-49			27:53.76	27:53.76	8:59
11	184	Kevin Smith	M	54: M	40	11: M40-49			29:03.90	29:03.90	9:21
12	127	Josef Aquino	M	58: M	40	12: M40-49			30:02.44	30:02.44	9:40
13	112	John Toews	M	61: M	41	13: M40-49			30:19.76	30:19.76	9:46
14	15	Thomas Buijten	M	72: M	43	14: M40-49			32:08.50	32:08.50	10:21
15	189	John Brady	M	75: M	47	15:			32:37.28	32:37.28	10:30

<u>Place</u>	<u>Bib</u>	<u>Name</u>	<u>Gender</u>	<u>Gender</u> <u>Place</u>	<u>Age</u>	<u>Age</u> <u>Place</u>	<u>City</u>	<u>State</u>	<u>Clock</u> <u>Time</u>	<u>Chip</u> <u>Time</u>	<u>Pace</u>
						M40-49					
16	96	Kevin Dillon	M	76: M	43	16: M40-49			32:47.91	32:47.91	10:33
17	25	Arshad Jones	M	79: M	41	17: M40-49			33:54.64	33:54.64	10:55
18	148	Jason Boone	M	85: M	46	18: M40-49			35:25.28	35:25.28	11:24
19	131	Jeffery Wilson	M	86: M	40	19: M40-49			35:53.33	35:53.33	11:33
20	11	Lucifer Ulric	M	101: M	41	20: M40-49			41:34.34	41:34.34	13:23

## Sunrise & Shining Sea 5K Male 50 - 59 Results

<u>Place</u>	<u>Bib</u>	<u>Name</u>	<u>Gender</u>	<u>Gender</u> <u>Place</u>	<u>Age</u>	<u>Age</u> <u>Place</u>	<u>City</u>	<u>State</u>	<u>Clock</u> <u>Time</u>	<u>Chip</u> <u>Time</u>	<u>Pace</u>
1	209	David Arenas	M	12: M	52	1: M50-59			22:23.10	22:23.10	7:12
2	103	Lorne Parker	M	47: M	59	2: M50-59			28:13.53	28:13.53	9:05
3	175	John Adams	M	65: M	50	3: M50-59			31:09.43	31:09.43	10:02
4	108	Bennie Eaves	M	81: M	54	4: M50-59			34:21.23	34:21.23	11:03
5	70	SHIN KOBATAKE	M	82: M	56	5: M50-59			34:23.10	34:23.10	11:04
6	48	Eric noyes	M	84: M	50	6: M50-59			34:56.26	34:56.26	11:15
7	18	andrew montoya	M	90: M	57	7: M50-59			36:30.15	36:30.15	11:45
8	43	Brenden Portolese	M	96: M	52	8: M50-59			38:33.95	38:33.95	12:25
9	27	Hugh Fleming	M	109: M	56	9: M50-59			50:41.75	50:41.75	16:19

## Sunrise & Shining Sea 5K Male 60 - 69 Results

<u>Place</u>	<u>Bib</u>	<u>Name</u>	<u>Gender</u>	<u>Gender</u> <u>Place</u>	<u>Age</u>	<u>Age</u> <u>Place</u>	<u>City</u>	<u>State</u>	<u>Clock</u> <u>Time</u>	<u>Chip</u> <u>Time</u>	<u>Pace</u>
1	23	EDWIN WHITE	M	28: M	65	1: M60-69			25:28.36	25:28.36	8:12
2	226	DARYL SCHAFFER	M	46: M	60	2: M60-69			28:00.49	28:00.49	9:01
3	68	Valdemar Vasquez	M	51: M	63	3: M60-69			28:39.99	28:39.99	9:14

<u>Place</u>	<u>Bib</u>	<u>Name</u>	<u>Gender</u>	<u>Gender</u> <u>Place</u>	<u>Age</u>	<u>Age</u> <u>Place</u>	<u>City</u>	<u>State</u>	<u>Clock</u> <u>Time</u>	<u>Chip</u> <u>Time</u>	<u>Pace</u>
4	50	John Tamagawa	M	91: M	62	4: M60-69			36:41.81	36:41.81	11:49
5	169	David Spieles	M	115: M	68	5: M60-69			56:47.61	56:47.61	18:17
6	74	David Abraham	M	116: M	69	6: M60-69			58:18.82	58:18.82	18:46

## Sunrise & Shining Sea 5K Male 70 - 79 Results

<u>Place</u>	<u>Bib</u>	<u>Name</u>	<u>Gender</u>	<u>Gender</u> <u>Place</u>	<u>Age</u>	<u>Age</u> <u>Place</u>	<u>City</u>	<u>State</u>	<u>Clock</u> <u>Time</u>	<u>Chip</u> <u>Time</u>	<u>Pace</u>
1	82	Mark Lepick	M	110: M	74	1: M70-79			51:07.92	51:07.92	16:27

## Sunrise & Shining Sea 5K Male 80 - 99 Results

<u>Place</u>	<u>Bib</u>	<u>Name</u>	<u>Gender</u>	<u>Gender</u> <u>Place</u>	<u>Age</u>	<u>Age</u> <u>Place</u>	<u>City</u>	<u>State</u>	<u>Clock</u> <u>Time</u>	<u>Chip</u> <u>Time</u>	<u>Pace</u>
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