

Summer Spirit Run

Overall Finish List

July 13, 2013

5k

Place	Name	City	Bib No	Age	Age Group	Place	Total Time	Total Pace
1	Robert Hayes		145	26	1 M 25-29		16:58.3	5:28/M
2	John Ehni	Shoreline	29	17	1 M 0-19		19:06.4	6:10/M
3	Brooke Kingma		97	16	1 F 0-19		19:12.3	6:12/M
4	Brian Carruthers	Lake Stevens	18	28	2 M 25-29		20:20.1	6:34/M
5	Keegan Murphy		480	31	1 M 30-34		20:47.5	6:42/M
6	Lee Fritz	Renton	36	34	2 M 30-34		21:00.0	6:46/M
7	scott freymond	bellingham	35	32	3 M 30-34		21:35.3	6:58/M
8	Kat Haldeman	Mountlake Terrace	47	17	2 F 0-19		21:59.4	7:05/M
9	Mareike Kusch	Seattle	63	19	3 F 0-19		22:26.3	7:14/M
10	John Giannetti		450	47	1 M 45-49		22:32.8	7:16/M
11	Tom Hill	Seattle	48	29	3 M 25-29		23:03.5	7:26/M
12	Kaitlin Buckingham	Seattle	17	26	1 F 25-29		23:51.3	7:42/M
13	Matthew Mulder		370	43	1 M 40-44		24:01.1	7:45/M
14	Val Haldeman	Mountlake Terrace	45	45	1 F 45-49		24:01.6	7:45/M
15	Anika Bull		360	14	4 F 0-19		24:22.6	7:52/M
16	Ben Peters	Seattle	161	26	4 M 25-29		24:29.6	7:54/M
17	joaquim marques	Pullman	68	32	4 M 30-34		25:03.8	8:05/M
18	Sean Haldeman	Mountlake Terrace	46	19	2 M 0-19		25:19.4	8:10/M
19	Tim Larson	Bothell	65	35	1 M 35-39		25:38.9	8:16/M
20	Robert Martin	Seattle	69	60	1 M 60-64		25:47.6	8:19/M
21	Kevin Taniguchi	Seattle	178	45	2 M 45-49		26:00.2	8:23/M
22	Elizabeth Tutmarc	Seattle	181	33	1 F 30-34		26:06.6	8:25/M
23	Sabine Datum	Seattle	25	40	1 F 40-44		26:17.0	8:29/M
24	Jon Hoekstra	Seattle	49	43	2 M 40-44		26:18.6	8:29/M
25	Jen Steele	Seattle	174	43	2 F 40-44		26:18.9	8:29/M
26	Mary Stocker	Lynnwood	175	53	1 F 50-54		26:28.4	8:32/M
27	Stan Chia	Seattle	19	32	5 M 30-34		26:30.3	8:33/M
28	Theresa Haldeman	Mountlake Terrace	44	21	1 F 20-24		26:48.1	8:39/M
29	Darron Sullivan	Bothell	176	31	6 M 30-34		26:50.1	8:39/M
30	Kristin Timm	Everett	179	47	2 F 45-49		26:55.3	8:41/M
31	Bill Richter	Seattle	165	67	1 M 65-69		27:06.4	8:45/M
32	Alex Korahais	Seattle	62	39	2 M 35-39		27:09.8	8:45/M
33	Christina Salvatore	Seattle	167	25	2 F 25-29		27:11.4	8:46/M
34	Amy Fleckenstein	Seattle	32	37	1 F 35-39		27:12.8	8:46/M
35	Kirstin Berntsen	Renton	13	25	3 F 25-29		27:21.4	8:49/M
36	John Bartol	Kenmore	10	43	3 M 40-44		27:23.6	8:50/M
37	Nate Korahais	Seattle	61	10	3 M 0-19		27:44.3	8:57/M
38	Jennifer Beck	Everett	11	22	2 F 20-24		28:02.1	9:03/M
39	Helen Gebrenegus	Federal way	847	48	4 F 45-49		28:03.5	9:03/M
40	Danielle Fine	Seattle	30	37	2 F 35-39		28:04.7	9:03/M
41	Tomas Narvaja	Seattle	155	20	1 M 20-24		28:17.9	9:07/M
42	Melissa DiGioia	Bothell	27	36	3 F 35-39		28:20.8	9:08/M
43	Kristina Bowman	Lynnwood	16	32	2 F 30-34		28:49.0	9:18/M
44	Paul Andrepont	Seattle	6	43	4 M 40-44		29:52.5	9:38/M
45	Sarah Rowe	Seattle	166	31	3 F 30-34		30:05.2	9:42/M
46	Aurora Blancaflor	Everett	15	23	3 F 20-24		30:15.2	9:45/M
47	Alexandra Denby		440	26	4 F 25-29		30:23.5	9:48/M
48	Karley Young	Marysville	186	19	5 F 0-19		30:34.5	9:52/M

49	Christiane Pein		91	44	3 F 40-44	30:36.6	9:52/M
50	tanya davis	everett	26	35	4 F 35-39	30:39.3	9:53/M
51	Marisa Gruhn	Mountlake Terrace	41	30	4 F 30-34	31:03.7	10:01/M
52	George Aronoff	seattle	7	44	5 M 40-44	31:21.2	10:07/M
53	Jenny Anderberg	Lynnwood	4	33	5 F 30-34	31:35.3	10:11/M
54	Michelle O'Connor	Everett	157	40	4 F 40-44	31:38.5	10:12/M
55	Timothy Sutt	Arlington	856	35	3 M 35-39	31:42.1	10:14/M
56	Leanne Andrepont	Seattle	5	44	5 F 40-44	31:49.7	10:16/M
57	Oliver Corea	Burnaby	22	32	7 M 30-34	31:53.9	10:17/M
58	camila obniski	Seattle	156	32	6 F 30-34	31:54.9	10:17/M
59	Dana Corea	Burnaby	21	30	7 F 30-34	31:56.9	10:18/M
60	Jillian Cyrus	Goldendale	23	35	5 F 35-39	31:57.9	10:18/M
61	Robson Dossa	Goldendale	28	28	5 M 25-29	31:58.8	10:19/M
62	Kristin Anderson	Seattle	956	42	6 F 40-44	32:36.6	10:31/M
63	Margaret McAdams	Mill Creek	71	35	6 F 35-39	33:28.4	10:48/M
64	Rebecca McAdams	Mill Creek	72	32	8 F 30-34	33:29.2	10:48/M
65	Britt Rynearson		136	35	7 F 35-39	33:29.5	10:48/M
66	Michelle Wahlin	Seattle	183	28	5 F 25-29	33:53.8	10:56/M
67	Kathleen Pape	Seattle	158	50	2 F 50-54	33:56.2	10:57/M
68	Laura Sullivan	Bothell	177	29	6 F 25-29	34:00.3	10:58/M
69	Cristen Hoffman	Kenmore	50	44	7 F 40-44	36:14.5	11:41/M
70	Kim Adelaar	Seattle	3	44	8 F 40-44	36:15.3	11:42/M
71	Sadie Fine	Seattle	31	34	9 F 30-34	39:18.7	12:41/M
72	Nicole McRae Mesch	Shoreline	148	35	8 F 35-39	39:19.8	12:41/M
73	Karen Kazmierczak	Seattle	58	48	3 F 45-49	39:59.1	12:54/M
74	Ethan Hoffman		81	15	4 M 0-19	40:46.1	13:09/M
75	Cainen Mulholland	Arlington	153	11	5 M 0-19	41:03.2	13:15/M
76	Robert Hoffman	Kenmore	51	50	1 M 50-54	41:14.1	13:18/M
77	Donna Daem	Bellevue	24	59	1 F 55-59	41:21.4	13:20/M
78	Misti Grimm	Arlington	40	32	10 F 30-34	41:30.9	13:23/M
79	Carlia Mulholland	Arlington	151	32	11 F 30-34	41:50.3	13:30/M
80	Cennady Mulholland	Arlington	154	10	6 M 0-19	41:51.3	13:30/M
81	Elizabeth James	Seattle	53	33	12 F 30-34	46:08.5	14:53/M
82	Deborah Tyler	Colorado Springs	182	50	3 F 50-54	50:56.5	16:26/M
83	George Cloy	Colorado Springs	20	50	2 M 50-54	50:57.8	16:26/M
84	Scott Radetski	Poulsbo	163	40	6 M 40-44	51:03.6	16:28/M
85	Kristi Jo Radetski	Poulsbo	164	40	9 F 40-44	52:47.8	17:02/M
86	Marschel Paul	Seattle	159	45	5 F 45-49	52:59.9	17:05/M
87	Margaret Sutro		123		6 F 0-19	53:01.2	17:06/M
88	Penelope Mabie	Seattle	66	57	2 F 55-59	53:14.0	17:10/M
89	Maureen Jenner	Tacoma	54	50	4 F 50-54	53:17.1	17:11/M
90	Spencer Fornicari	federal way	33	34	9 M 30-34	54:49.8	17:41/M
91	Lily Gebrenegus	federal way	38	34	14 F 30-34	54:51.6	17:42/M
92	michael johnson	Bellevue	55	52	3 M 50-54	56:01.6	18:04/M
93	Tibe Assebu	federal way	8	64	1 F 60-64	56:14.2	18:08/M
94	Sefi Gebrenegus	Federal way	37	45	7 F 45-49	56:15.6	18:09/M
95	Jen Freymond	Seattle	34	35	9 F 35-39	1:01:51.3	19:57/M
96	Micah Shelton		152	35	4 M 35-39	1:01:54.0	19:58/M
97	Sam Meier	Seattle	149	21	2 M 20-24	1:02:13.8	20:04/M
98	Jon Meier		453	54	4 M 50-54	1:02:15.5	20:05/M
99	Alisa Betz	Seattle	14	35	10 F 35-39	1:05:20.8	21:05/M
100	Randy Simon	Seattle	171	47	6 F 45-49	1:05:20.9	21:05/M
101	Elizabeth Zorn	Seattle	187	30	13 F 30-34	1:05:21.9	21:05/M
102	Cy Mulholland	Arlington	898	32	8 M 30-34	1:06:11.7	21:21/M

10k

Place	Name	City	Bib No	Age	Age Group	Place	Total Time	Total Pace
1	Jonathan Bussiere	Seattle	857	30	1 M 30-34		38:18.0	6:11/M
2	Mike Frantz	Renton	888	30	2 M 30-34		38:42.3	6:15/M
3	Noelle McDonald	Seattle	860	47	1 F 45-49		41:26.1	6:41/M
4	Michael Wasserman	Seattle	890	34	3 M 30-34		41:31.9	6:42/M
5	Elliott Barrere	Seattle	865	35	1 M 35-39		43:08.6	6:57/M
6	brandon tutmarc	bellevue	876	29	1 M 25-29		45:34.4	7:21/M
7	Ben Walters	Seattle	891	34	4 M 30-34		46:11.9	7:27/M
8	Steve Berntsen	Lake Forest Park WA	878	58	1 M 55-59		46:40.2	7:32/M
9	sara humphreys	Pullman	855	28	1 F 25-29		47:14.8	7:37/M
10	Carri Heitz	Seattle	867	31	1 F 30-34		49:13.0	7:56/M
11	Jennifer King	Seattle	883	41	1 F 40-44		49:40.0	8:01/M
12	George Gullufsen	Seattle	837	60	1 M 60-64		50:49.2	8:12/M
13	Wolfgang Kusch	Seattle	875	51	1 M 50-54		51:46.0	8:21/M
14	Nick Nowicki		810	37	2 M 35-39		52:16.3	8:26/M
15	Trish Keaton	Seattle	880	47	2 F 45-49		53:11.4	8:35/M
16	Alexis Mugele	Seattle	897	35	3 M 35-39		55:03.9	8:53/M
17	Cary Kesselring	Bellevue WA	884	52	2 M 50-54		55:36.6	8:58/M
18	Heike Jaeger	Lynnwood	868	22	1 F 20-24		58:37.4	9:27/M
19	Linda Nichols		896	51	1 F 50-54		58:37.9	9:27/M
20	Brandon Dean	edmonds	869	21	1 M 20-24		58:38.2	9:27/M
21	Blake Schluter	Mount Vernon	871	23	2 M 20-24		58:38.6	9:27/M
22	Zarina Parpia	Seattle WA	882	32	2 F 30-34		58:45.5	9:29/M
23	EmilyRose Frasca	Seattle	845	31	3 F 30-34		1:01:08.0	9:52/M
24	Hilary Kunnanz	WOODINVILLE	842	25	2 F 25-29		1:01:24.4	9:54/M
25	Tamara Schluter	Mount Vernon	870	25	3 F 25-29		1:01:43.0	9:57/M
26	Amanda Ruksznis	Snohomish	849	26	4 F 25-29		1:02:07.0	10:01/M
27	Karissa Barnes	Snohomish	850	27	5 F 25-29		1:03:01.2	10:10/M
28	holly sawyer	SEattle	838	39	1 F 35-39		1:03:15.9	10:12/M
29	Abigail Caldwell	Seattle	881	29	6 F 25-29		1:03:31.5	10:15/M
30	Matt Oppenheimer	Seattle	863	31	5 M 30-34		1:03:39.4	10:16/M
31	Emily Patton	Seattle	862	30	4 F 30-34		1:03:40.5	10:16/M
32	Andrea Fowler	Bellevue	854	43	2 F 40-44		1:03:54.0	10:18/M
33	Sam Landstrom	Monroe	879	39	4 M 35-39		1:04:17.4	10:22/M
34	Ben Rider	Seattle	894	31	6 M 30-34		1:04:22.9	10:23/M
35	Mike Betz	Seattle	887	35	5 M 35-39		1:04:47.2	10:27/M
36	Jane Sinyagina	Redmond	877	33	5 F 30-34		1:04:53.0	10:28/M
37	Holly McElroy	Seattle	872	35	2 F 35-39		1:05:01.8	10:29/M
38	Nathan Wilkinson	Seattle	866	10	1 M 0-19		1:05:25.1	10:33/M
39	Ann Bodden	Seattle	859	34	6 F 30-34		1:05:32.0	10:34/M
40	Carol Kennedy	Seattle	892	73	1 F 70-74		1:06:34.5	10:44/M
41	Corey VanStratt	Seattle	852	32	7 F 30-34		1:07:58.6	10:58/M
42	Angela Corwin	Seattle	874	24	2 F 20-24		1:09:33.1	11:13/M
43	Rachel Corwin	Seattle	873	28	7 F 25-29		1:09:34.1	11:13/M
44	Kari DeGraff	Seattle	889	31	8 F 30-34		1:10:26.7	11:22/M
45	Stefan Adelaar	Seattle	843	43	1 M 40-44		1:11:01.3	11:27/M
46	Marjan Badiiei	Seattle	839	44	3 F 40-44		1:12:15.5	11:39/M
47	Megan Gilshire	Seattle	851	29	8 F 25-29		1:13:02.2	11:47/M
48	Leili Pournasseh	bellevue	841	33	11 F 30-34		1:13:11.6	11:48/M
49	Patrick McDonald	Seattle	861	56	2 M 55-59		1:13:12.4	11:48/M
50	Nicole Omalley	Seattle	858	34	9 F 30-34		1:14:04.5	11:57/M
51	Kelly Rider	Seattle	893	30	10 F 30-34		1:15:00.8	12:06/M
52	Nermina Jendruh	Renton	895	55	1 F 55-59		1:32:46.0	14:58/M

53	Lillian Nguyen	Seattle	853	38	3 F 35-39	1:38:53.9	15:57/M
54	Kristie Dimak	Kirkland	846	43	4 F 40-44	1:54:29.4	18:28/M
55	Angela Hwangpo	Seattle	951	23	3 F 20-24	1:56:04.8	18:43/M
56	Adrienne McGruder	Lynnwood	952	58	2 F 55-59	2:06:01.0	20:20/M

15k

Place	Name	City	Bib No	Age	Age Group	Place	Total Time	Total Pace
1	Amos Chong	Newcastle	958	42	1 M 40-44		1:13:16.7	7:53/M
2	Christopher Kennedy	Seattle	965	38	1 M 35-39		1:13:56.6	7:57/M
3	Dan Napelee	Seattle	962	30	1 M 30-34		1:14:20.7	8:00/M
4	Xing Fang	Seattle	953	25	1 M 25-29		1:15:47.7	8:09/M
5	Scott Leibrand	Everett	960	33	2 M 30-34		1:15:58.7	8:10/M
6	Leah Lewis	Woodinville	959	43	1 F 40-44		1:20:47.5	8:41/M
7	Ryan Wahlin	Seattle	961	32	3 M 30-34		1:23:15.5	8:57/M
8	Carmen Koda	Seattle	957	32	1 F 30-34		1:24:17.0	9:04/M
9	Karisa Rice	seattle	954	30	2 F 30-34		1:24:33.3	9:05/M
10	Shelby Upton	Kirkland	949	22	1 F 20-24		1:32:52.4	9:59/M
11	Jason Dickson	Seattle	964	35	2 M 35-39		1:38:09.6	10:33/M
12	Anne Forsyth	Seattle	955	30	3 F 30-34		1:39:50.8	10:44/M
13	William Clugston	Auburn	963	58	1 M 55-59		1:48:06.2	11:37/M

Team 5k

Place	Name	Bib No	Age	Total Time	Total Pace	Team Name
1	RoseMarie Works	468	28	39:44.0	12:49/M	Wombats
2	Jeffrey Miller	463	26	39:45.8	12:49/M	Wombats
				<u>1:19:30</u>		

