

Spring Into Action

Overall Finish List

March 22, 2014

5k

Place	Name	City	Bib No	Age	Age Place	Total Time	Total Pace
1	Lance Thompson		301	37	1 M 35-39	16:34	5:21/M
2	Patrick Noland	Seattle	118	24	1 M 20-24	18:58	6:07/M
3	Tobias McAvoy		303	37	2 M 35-39	19:27	6:16/M
4	Morgan Ekemo	Bellevue	314	30	1 F 30-34	19:35	6:19/M
5	Herbert Sitz	Seattle	149	50	1 M 50-54	21:14	6:51/M
6	Matt Stearns	Redmond	155	25	1 M 25-29	21:43	7:00/M
7	Dean Rogers	Bellevue	133	40	1 M 40-44	21:46	7:01/M
8	Blake Webster	Seattle	167	30	1 M 30-34	22:43	7:20/M
9	Chris Sturdivant	Mill Creek	157	25	2 M 25-29	23:07	7:27/M
10	John Giannett		358	48	1 M 45-49	23:17	7:31/M
11	Greg Barnes	Seattle	11	48	2 M 45-49	24:00	7:45/M
12	Shawn Craven	Seattle	37	35	3 M 35-39	24:22	7:52/M
13	Eric Donaldson	Seattle	45	58	1 M 55-59	24:25	7:53/M
14	Karim Elbourakkadi	Bothell	48	31	2 M 30-34	24:56	8:03/M
15	Barb Rush	Seattle	138	57	1 F 55-59	25:01	8:04/M
16	John Forrest	Seattle	53	44	2 M 40-44	25:11	8:07/M
17	Adam Debruler		401	34	3 M 30-34	25:20	8:10/M
18	Theresa Jurotich	Seattle	78	40	1 F 40-44	25:45	8:18/M
19	Oliver Page-Kuhr		323	12	1 M 0-19	25:47	8:19/M
20	Sara Schiavoni	Seattle	144	38	1 F 35-39	25:57	8:22/M
21	John McDermott	Seattle	107	49	3 M 45-49	26:00	8:23/M
	Lynn Carlson	Seattle	154	29	1 F 25-29	26:00	8:23/M
22	Jared Moore	Bellevue	535	48	4 M 45-49	26:02	8:24/M
23	Jeff Condron	Edmonds	32	31	4 M 30-34	26:03	8:24/M
24	Amanda Carter	Marysville	26	35	2 F 35-39	26:05	8:25/M
25	Stephanie Page		322	47	1 F 45-49	26:07	8:25/M
26	Kristen Hendrickson	Seattle	67	29	2 F 25-29	26:26	8:32/M
27	Wesley To	Snohomish	160	30	5 M 30-34	26:30	8:33/M
28	Jay Anderson	Seattle	6	25	3 M 25-29	26:31	8:33/M
29	Lauren Woo	Seattle	170	25	3 F 25-29	26:38	8:35/M
30	Beth Glynn	Newcastle	64	40	2 F 40-44	26:40	8:36/M
31	Kollen Glynn	Newcastle	63	40	3 M 40-44	26:41	8:36/M
32	Theresa Burchell	Seattle	17	27	4 F 25-29	26:42	8:37/M
33	Leila Moro	seattle	113	35	3 F 35-39	26:44	8:37/M
34	Paige Hoeffel	Seattle	69	23	1 F 20-24	26:57	8:42/M
35	Christy Estrada	Sesttle	49	29	5 F 25-29	27:23	8:50/M
36	Stacy Clark	Seattle	31	32	2 F 30-34	28:03	9:03/M
37	Paige Patrick	Seattle	121	37	4 F 35-39	28:08	9:05/M
38	Heather Nicholson	Seattle	117	43	3 F 40-44	28:38	9:14/M
39	Mary Stocker	Lynnwood	156	54	1 F 50-54	28:40	9:15/M
40	Griseld Villalobos	Maple Vallet	164	39	5 F 35-39	28:42	9:15/M
41	Lee-Lee Miao	Seattle	384	58	5 F 55-59	28:45	9:16/M
42	Lorrie Petersen		334	52	2 F 50-54	28:45	9:16/M
43	Kristina Bennard	Seattle	12	37	6 F 35-39	28:48	9:17/M
44	Katy Ryan		333	42	4 F 40-44	29:15	9:26/M
45	Lisa Froling	Tacoma	55	24	2 F 20-24	29:18	9:27/M

46	Jessica Lawrence	Tacoma	92	24	3 F 20-24	29:19	9:27/M
47	Emily Malone		326	33	3 F 30-34	29:30	9:31/M
48	Amy Tat	Renton	158	21	4 F 20-24	29:34	9:32/M
49	Victor Hsieh	Renton	71	30	6 M 30-34	29:35	9:33/M
50	Elizabeth Walkup	Seattle	165	47	2 F 45-49	29:42	9:35/M
51	Soufiane Andaloussi	Bothell	3	32	7 M 30-34	29:43	9:35/M
52	sandra Burciaga	seattle	18	38	7 F 35-39	30:13	9:45/M
53	Stephanie St. Jean	Kirkland	154	38	8 F 35-39	30:24	9:48/M
54	Heather Jaynes	mountlake terrace	75	36	9 F 35-39	30:35	9:52/M
55	Beatrice Bagley		324	8	1 F 0-19	30:49	9:56/M
56	Linda Kelly	Seattle	82	62	1 F 60-64	31:01	10:00/M
57	Lee Backholm	Sammamish	8	26	4 M 25-29	31:03	10:01/M
58	Lauren McConkey	Sammamish	102	26	6 F 25-29	31:05	10:02/M
59	Jason McIntyre	Lake Tapps	109	39	4 M 35-39	31:09	10:03/M
60	Kit Cheung	Seattle	28	31	4 F 30-34	31:11	10:04/M
61	Chuck Couvrette	Woodinville	34	60	1 M 60-64	31:24	10:08/M
62	Crystal Purdy	Mill Creek	127	32	5 F 30-34	32:16	10:25/M
63	Riza Ryser	SEATTLE	139	39	10 F 35-39	32:18	10:25/M
64	Jennifer Ganchorre	SEATTLE	56	44	5 F 40-44	32:19	10:25/M
65	Andrew Cowan	Seattle	35	32	8 M 30-34	32:21	10:26/M
66	Sophea An	Tacoma	2	42	4 M 40-44	32:33	10:30/M
67	Blaine Ebert	Seattle	47	29	5 M 25-29	32:37	10:31/M
68	Becky Chen	Seattle	27	33	6 F 30-34	32:40	10:32/M
69	AngeLynna Mcconville	Federal way	104	13	2 F 0-19	32:41	10:33/M
70	Rosie Snodgrass	Seattle	151	39	11 F 35-39	32:44	10:34/M
71	Teresa Cabbage	Seattle	38	26	6 F 25-29	32:46	10:34/M
72	Martin Milyov	Seattle	111	32	10 M 30-34	32:46	10:34/M
73	Andy Snodgrass	Seattle	152	49	5 M 45-49	32:47	10:35/M
74	Donald Davis	Des Moines	41	54	2 M 50-54	33:08	10:41/M
75	Brandi Radanovich	Seattle	130	29	7 F 25-29	33:12	10:43/M
76	monica diaz	seattle	44	32	7 F 30-34	33:13	10:43/M
77	Calysta Buna	Seattle	16	30	8 F 30-34	33:15	10:44/M
78	Bob Benshoof	Seattle	13	48	6 M 45-49	33:16	10:44/M
79	Anna Pasternack	seattle	120	36	12 F 35-39	33:20	10:45/M
80	Rose Parker	Seattle	332	25	8 F 25-29	33:27	10:47/M
81	Matthew Maas	Lynnwood	96	36	5 M 35-39	34:02	10:59/M
82	Matt Purvis	Seattle	128	44	7 M 40-44	34:11	11:02/M
83	Steve Connolly	Snohomish	33	47	7 M 45-49	34:22	11:05/M
84	Simone Giaccio	Seattle	59	36	13 F 35-39	34:23	11:05/M
85	Kevin Morimoto	Renton	112	42	5 M 40-44	34:31	11:08/M
86	Kasey Sancewich	Snoqualmie	141	35	14 F 35-39	34:43	11:12/M
87	Charles Cutter	Seattle	376	36	6 M 35-39	35:07	11:20/M
88	Judy Rogers	Bellevue	134	40	6 F 40-44	35:24	11:25/M
89	Katie Moxley	Seattle	115	34	9 F 30-34	35:29	11:27/M
90	Ashley Warner	Seattle	166	27	9 F 25-29	35:32	11:28/M
91	Jeff King	Woodinville	83	46	8 M 45-49	35:34	11:28/M
92	Rainer Mahlmann	Woodinville	97	47	9 M 45-49	35:35	11:29/M
93	Kay Glade	Anacortes	60	63	2 F 60-64	35:35	11:29/M
94	Mark Simon	Kent	148	43	6 M 40-44	35:36	11:29/M
95	Christina Lamb	Everett	90	31	10 F 30-34	35:49	11:33/M
96	Irasema Ruiz	New Castle	137	40	7 F 40-44	36:04	11:38/M
97	yaffet christianson	seattle	30	38	15 F 35-39	36:05	11:38/M
98	Marie Phomvongkoth	Seattle	125	33	11 F 30-34	36:21	11:44/M
99	kyla malean	n. lakewood	98	32	12 F 30-34	37:11	12:00/M
100	brady malean	n. lakewood	99	37	7 M 35-39	37:12	12:00/M

101	Yael Solum	Seattle	153	51	3 F 50-54	37:32	12:06/M
102	Patricia Forrest	Seattle	52	38	16 F 35-39	37:33	12:07/M
103	Taira Rink	MOUNTLAKE TERRA	132	42	8 F 40-44	37:40	12:09/M
104	Rachel Gross	Seattle	65	58	2 F 55-59	37:51	12:13/M
105	April Craft	Lake Stevens	36	31	13 F 30-34	38:01	12:16/M
106	Frances Smith	Kent	150	34	14 F 30-34	38:02	12:16/M
107	Kelsey Barbero	seattle	9	25	10 F 25-29	38:09	12:18/M
108	Cheryl Schuman	Arlington	145	48	3 F 45-49	38:38	12:28/M
109	Hong Tran	Federal Way	161	39	17 F 35-39	38:43	12:29/M
110	Hoang Tran	Pacific	162	52	3 M 50-54	38:44	12:30/M
111	Sandra Michener	Seattle	110	72	1 F 70-74	38:45	12:30/M
112	Lani Mcconville	Federal way	106	8	3 F 0-19	38:47	12:31/M
113	Jim Mcconville	Federal way	103	52	4 M 50-54	38:49	12:31/M
114	Tami White	Marysville	168	44	9 F 40-44	39:03	12:36/M
115	Gary Wright	Bremerton	171	75	1 M 75-79	39:32	12:45/M
116	Erin Loe	renton	94	33	15 F 30-34	41:02	13:14/M
117	Andy Loe	renton	93	33	9 M 30-34	41:05	13:15/M
118	Lauri Richards	Kent	131	43	10 F 40-44	41:06	13:15/M
119	Kat Adinolfi	Everett	1	27	11 F 25-29	41:07	13:16/M
120	Chris Lucurell	Everett	95	49	4 F 45-49	41:08	13:16/M
121	Shea Koger	Kirkland	86	9	4 F 0-19	41:27	13:22/M
122	Julie Mass		373	35	18 F 35-39	41:46	13:28/M
123	Jana Koh	Seattle	87	28	12 F 25-29	41:48	13:29/M
124	Alyce Gatlin	Seattle	58	46	5 F 45-49	41:50	13:30/M
125	Barbara Kollar	Mukilteo	88	42	11 F 40-44	41:54	13:31/M
126	Karen Haynes		347	49	6 F 45-49	42:45	13:47/M
127	Melissa Falleroni	Seattle	51	29	13 F 25-29	42:55	13:51/M
128	Sophoeun Seng	Tacoma	146	26	6 M 25-29	43:32	14:03/M
129	Saroeun Oeun	Tacoma	119	25	14 F 25-29	43:33	14:03/M
130	Lauren Koger	Kirkland	85	12	5 F 0-19	43:52	14:09/M
131	Dany Ann	Lakewood	7	35	19 F 35-39	43:59	14:11/M
132	laura shepard	Seattle	147	46	7 F 45-49	44:03	14:13/M
133	sangeetha govindarajan	Bellevue	543	26	15 F 25-29	44:35	14:23/M
134	lakshmi saranath	REDMOND	531	35	20 F 35-39	44:37	14:24/M
135	Emmett Barnes	Seattle	10	10	2 M 0-19	46:13	14:55/M
136	Constance McBarron	Seattle	101	31	16 F 30-34	46:40	15:03/M
137	Catherine Evans	Seattle	50	31	17 F 30-34	46:42	15:04/M
138	Janice Saewong	Shoreline	140	30	18 F 30-34	46:56	15:08/M
139	Nia Mcconville	Federal way	105	8	6 F 0-19	47:02	15:10/M
140	Allan Chan		346	60	2 M 60-64	47:20	15:16/M
141	Josepha Rood	Seattle	135	46	8 F 45-49	48:59	15:48/M
142	Marianne Pettijohn	Seattle	124	51	4 F 50-54	49:01	15:49/M
143	Nancy Anderson	Seattle	4	59	3 F 55-59	50:27	16:16/M
144	Jennifer Iverson	Seattle	380	47	9 F 45-49	51:32	16:37/M
145	Jill Camp	Seattle	24	47	10 F 45-49	51:41	16:40/M
146	Lisa McNalley		307	33	19 F 30-34	52:09	16:49/M
147	Melissa Hoogendoorn		305	34	20 F 30-34	52:10	16:50/M
148	Charles Kauffman	Seattle	81	11	3 M 0-19	52:20	16:53/M
149	Mary Kauffman	Seattle	80	44	12 F 40-44	52:23	16:54/M
150	Lynn Lamb	Everett	89	54	5 F 50-54	53:04	17:07/M
151	Matt Foster	Bothell WA	54	44	8 M 40-44	53:13	17:10/M
152	Elizabeth Garrison	Woodinville	57	42	13 F 40-44	53:15	17:11/M
153	Jorge Calugas	Shoreline	23	36	8 M 35-39	55:35	17:56/M
154	Ada Calugas	Shoreline	22	30	21 F 30-34	55:36	17:56/M
155	bill horner	edmonds	553	72	1 M 70-74	56:15	18:09/M

156	Alan Klein	Enumclaw WA	84	67	1 M 65-69	57:05	18:25/M
157	Rita Chan		342	50	6 F 50-54	57:17	18:29/M
158	Donald Chan	Lynnwood	624	27	7 M 25-29	57:28	18:32/M
159	Bernard Glaze	Maple Valley	61	65	2 M 65-69	57:29	18:33/M
160	Alice Glaze	Maple Valley	62	66	1 F 65-69	57:30	18:33/M
161	Donnacha Chan	Seattle	612	27	16 F 25-29	57:34	18:34/M
162	Lisa Martino	Seattle	100	43	14 F 40-44	57:50	18:39/M
163	Andrea Moro	seattle	114	35	9 M 35-39	58:05	18:44/M
164	Shirley Peacock	Preston	123	58	4 F 55-59	58:06	18:45/M
165	Roy Peacock	Preston	122	56	2 M 55-59	58:07	18:45/M
166	Anne Stoltz	Seattle	370	53	7 F 50-54	58:10	18:46/M
167	Virginia Chitwood		357	77	1 F 75-79	58:29	18:52/M
168	Shanon Turnbaugh	Seattle	163	34	22 F 30-34	1:12:50	23:30/M
169	LeHang Huynh	Seattle	74	54	8 F 50-54	1:26:26	27:53/M
170	David Huynh	Seattle	73	29	8 M 25-29	1:26:27	27:53/M
171	Michele Humbert	Seattle	72	44	15 F 40-44	1:41:05	32:36/M
172	Joan Tierney	Seattle	159	64	3 F 60-64	1:45:43	34:06/M

Team

Place	Team Name	City	Team Time
1	The Dream Chase	Tacoma	0:58:37
2	R&J	SEATTLE	1:04:37
3	Sleep deprived	Seattle	1:05:31
4	presto	n. lakewood	1:14:23
5	Perrin's First	Everett	1:22:15

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Place	Name	City	Bib No	Age	Age Group Plac	Total Time	Total Pace
1	Thomas Duhon	Seattle	556	36	1 M 35-39	40:58	6:36/M
2	Jessica Sewell	Bothell	519	32	1 F 30-34	41:00	6:37/M
3	Blake Gruger	Shoreline	527	28	1 M 25-29	47:22	7:38/M
4	Mike Gornowicz	Seattle	501	25	2 M 25-29	48:01	7:45/M
5	Simon GLATIGNY	Seattle	555	31	1 M 30-34	48:39	7:51/M
6	Brittany Petersen	Seattle	569	31	7 F 30-34	49:10	7:56/M
7	Ryan Petersen	Seattle	567	33	2 M 30-34	49:38	8:00/M
8	David Rosenbaum	Seattle	547	64	1 M 60-64	50:46	8:11/M
9	jeremy elliott	Seattle	890	48	1 M 45-49	52:16	8:26/M
10	Izi Behar	Seattle	568	50	1 M 50-54	52:18	8:26/M
11	Kaila Najar	Seattle	558	24	1 F 20-24	53:09	8:34/M
12	Lee Sutton	Everett	536	47	1 F 45-49	53:11	8:35/M
13	Jake Steedman	Puyallup	505	23	1 M 20-24	53:45	8:40/M
14	Jordan Steedman	Puyallup	506	24	2 M 20-24	53:46	8:40/M
15	Selene Lummin	Seattle	513	27	1 F 25-29	56:01	9:02/M
16	Linda Nichols	Anacortes	562	51	1 F 50-54	56:16	9:05/M
17	Alex VanderMoere	Seattle	502	24	2 F 20-24	56:27	9:06/M
18	Hee Yon Sohng	Seattle	539	31	2 F 30-34	56:47	9:10/M
19	Stacy Amrine		605	44	1 F 40-44	56:55	9:11/M
20	Allison Cox	Bellevue	566	29	2 F 25-29	57:16	9:14/M
21	Rigoberto Valle	Seattle	510	24	3 M 20-24	58:01	9:21/M
22	Natalia Gimson	Olympia	524	21	3 F 20-24	58:20	9:25/M
23	Nola Olsen	Everett	533	51	2 F 50-54	58:47	9:29/M
24	Eric Trotter	seattle	551	39	2 M 35-39	58:48	9:29/M
25	Adam Blunar-Oviatt	Seattle	537	32	3 M 30-34	59:00	9:31/M

26	Kristinn Cairns	Shoreline	526	29	3 F 25-29	59:18	9:34/M
27	Elizabeth Cornelius	Lake forest park	542	27	4 F 25-29	59:29	9:36/M
28	Tina Powers	seattle	550	39	1 F 35-39	59:39	9:37/M
29	Louise Popelka	Redmond	529	45	2 F 45-49	1:00:13	9:43/M
30	Emily Chen		609	23	4 F 20-24	1:00:39	9:47/M
31	Brian Uphoff	Seattle	503	32	4 M 30-34	1:01:10	9:52/M
32	Victoria Uphoff	Seattle	504	31	3 F 30-34	1:01:11	9:52/M
33	Jessica Creighton	Seattle	548	33	4 F 30-34	1:01:39	9:57/M
34	Jessie Anderson	Mount Vernon	549	33	5 F 30-34	1:01:41	9:57/M
35	Adriana Lemus	Seattle	509	25	8 F 25-29	1:02:11	10:02/M
36	Angie Woodstock	Kent	570	40	2 F 40-44	1:03:27	10:14/M
37	Kari Wertheimer	Bellevue	534	38	2 F 35-39	1:03:33	10:15/M
38	Heidi Eilers	Seattle	557	40	3 F 40-44	1:03:57	10:19/M
39	Josh Kollar	Mukilteo	559	42	1 M 40-44	1:04:26	10:24/M
40	Denise Simon	Seattle	634	37	3 F 35-39	1:05:34	10:35/M
41	Monique Blosser	Seattle	545	23	5 F 20-24	1:05:37	10:35/M
42	Jason Blosser	Seattle	546	26	3 M 25-29	1:05:38	10:35/M
43	Mary Brown	Seattle	565	50	3 F 50-54	1:05:48	10:37/M
44	DEBORAH STEPHENSON	SEATTLE	561	62	1 F 60-64	1:06:52	10:47/M
45	Ann Morris	750 N 143rd Street Un	515	32	6 F 30-34	1:07:24	10:52/M
46	Hanna David	750 N 143rd Street Un	516	25	5 F 25-29	1:09:03	11:08/M
47	Nicole Simon	Seattle	637	41	4 F 40-44	1:09:36	11:14/M
48	Angie Wang	Seattle	517	26	6 F 25-29	1:11:47	11:35/M
49	Cassy Girvan	Seattle	518	25	7 F 25-29	1:11:54	11:36/M
50	Andrea Tegtmeyer	Bothell	520	32	8 F 30-34	1:12:33	11:42/M
51	chris horner	edmonds	552	58	1 F 55-59	1:14:57	12:05/M
52	Holly Snapp	Kirkland	856	32	9 F 30-34	1:15:17	12:09/M
53	Bonny Benton	Beaverton	564	56	2 F 55-59	1:20:33	13:00/M
54	Patricia Myrdal	Stanwood	563	55	3 F 55-59	1:20:36	13:00/M
55	Ruth Schlottmann	Federal way	507	33	10 F 30-34	1:23:53	13:32/M
56	Deirdre Leonard	Tacoma	528	33	11 F 30-34	1:26:37	13:58/M
57	Megan Holt	seattle	538	42	5 F 40-44	1:34:29	15:14/M
58	Lynda Muir	Federal way	508	36	4 F 35-39	1:45:24	17:00/M
59	Sharon Moreland	Federal Way	514	43	6 F 40-44	1:45:26	17:00/M

15k

Place	Name	City	Bib No	Age	Age Group Plac	Total Time	Total Pace
1	Andy Lewis	Seattle	887	39	1 M 35-39	1:07:18	7:14/M
2	Nathan Brown	Seattle	888	31	1 M 30-34	1:11:06	7:39/M
3	John Degel		972	56	1 M 55-59	1:12:10	7:46/M
4	Tristan Flanzer	Seattle	886	29	1 M 25-29	1:17:59	8:23/M
5	Elissa Flanzer	Seattle	885	29	1 F 25-29	1:18:00	8:23/M
6	Laura Todd	Seattle	884	42	1 F 40-44	1:23:38	9:00/M
7	Rafael Esparza		870	30	2 M 30-34	1:26:12	9:16/M
8	Erica Koscher	Seattle	892	29	2 F 25-29	1:28:44	9:32/M
9	Paul Weideman	Kenmore	893	37	2 M 35-39	1:28:45	9:33/M
10	John Anderson	Auburn	891	55	2 M 55-59	1:30:09	9:42/M
11	Jeff Koger	Kirkland	899	46	1 M 45-49	1:38:26	10:35/M
12	Carolyn Gross	Seattle	900	48	1 F 45-49	1:39:59	10:45/M
13	noreen terada	Emeryville	896	50	1 F 50-54	1:40:08	10:46/M
14	Jill Klinge	Bellevue	894	47	2 F 45-49	1:43:58	11:11/M
15	Meredith Slota	Seattle	898	34	1 F 30-34	1:44:57	11:17/M
16	Rebekah Allen	Seattle	895	34	2 F 30-34	1:45:01	11:18/M
17	Jane McGehee		970	47	3 F 45-49	1:49:17	11:45/M

18	Jane Seibel		971	48	4 F 45-49	1:49:19	11:45/M
19	Joyce Bamberger	Seattle	871	61	1 F 60-64	1:49:50	11:49/M
20	Ann Cleveland	San Francisco	897	54	2 F 50-54	1:50:45	11:55/M

Duathlon

Place	Name	City	Bib No	Age	Age Group Plac	Total Time	Total Pace
1	Andrew McAllister	Kirkland	928	38	1 M 35-39	51:40	3:57/M
2	Rob Goldberg		772	51	1 M 50-54	51:57	3:58/M
3	Clinton Seal	Everett	905	32	1 M 30-34	54:09	4:08/M
4	Ken Nogeire	Seattle	952	37	2 M 35-39	56:50	4:20/M
5	Vaughn Schermerhorn	Seattle	955	37	3 M 35-39	59:11	4:31/M
6	Nathan Affolter	Seattle	963	24	1 M 20-24	59:27	4:32/M
7	Robert Watson	Seattle	943	24	2 M 20-24	1:00:07	4:35/M
8	Brett Milner-Feltis	Seattle	926	46	1 F 45-49	1:01:09	4:40/M
9	brandon tutmarc	bellevue	958	29	1 M 25-29	1:03:35	4:51/M
10	Trina Whitaker	Seattle	925	40	1 F 40-44	1:04:28	4:55/M
11	Theresa Nogeire	Seattle	959	34	1 F 30-34	1:05:21	4:59/M
12	Ty Moore	Bellevue	736	49	1 M 45-49	1:05:54	5:02/M
13	Jenine Hutsell	Seattle	932	30	2 F 30-34	1:05:59	5:02/M
14	Dan Neal	Kirkland	937	39	4 M 35-39	1:07:17	5:08/M
15	Lucas Rucks	Brown's Point	948	35	5 M 35-39	1:07:43	5:10/M
16	Clare Henry		960	52	1 F 50-54	1:08:27	5:14/M
17	Megan Nogeire	Seattle	951	31	3 F 30-34	1:09:04	5:16/M
18	Heather Sharp	Port Angeles	957	38	1 F 35-39	1:09:36	5:19/M
19	Stephanie Supko	Port Angeles	956	35	2 F 35-39	1:09:36	5:19/M
20	Jessa Van Dyk	Kenmore	946	34	4 F 30-34	1:10:20	5:22/M
21	Amanda Lawrie-Hall	Redmond	940	37	3 F 35-39	1:11:20	5:27/M
22	Amy Newkirk		961	28	1 F 25-29	1:11:30	5:27/M
23	Jennifer Nuckols	Seattle	933	33	5 F 30-34	1:12:40	5:33/M
24	Participant Unknown		962	99	1 M 80-99	1:14:28	5:41/M
25	Marisa Miller	Snohomish	903	26	2 F 25-29	1:15:30	5:46/M
26	Daniel Miller	Snohomish	904	29	2 M 25-29	1:15:31	5:46/M
27	Merrilee Thompson	Kirkland	949	28	3 F 25-29	1:16:30	5:50/M
28	Darren Tymchyshyn	Suite 2003	944	39	6 M 35-39	1:16:48	5:52/M
29	Thu-An Nguyen		783	32	6 F 30-34	1:16:59	5:53/M
30	Kalena Sanchez	Seattle	915	31	7 F 30-34	1:17:01	5:53/M
31	Gabrielle Salazar	Port Orchard	923	30	8 F 30-34	1:17:27	5:55/M
32	Julie Tergliafera	Seattle	954	29	4 F 25-29	1:17:29	5:55/M
33	Dustin Armstrong	Maple Valley	945	36	7 M 35-39	1:17:58	5:57/M
34	Reid Havens	Redmond	953	28	3 M 25-29	1:19:05	6:02/M
35	Shivani Pahwa	Kirkland	935	31	9 F 30-34	1:21:10	6:12/M
36	Sumit Pahwa	Kirkland	936	31	2 M 30-34	1:21:16	6:12/M
37	Matthew Ogard	Suquamish	938	24	3 M 20-24	1:21:46	6:15/M
38	RENEE RUBIN	CARNATION	941	44	2 F 40-44	1:22:15	6:17/M
39	Drew Thompson	Kirkland	950	29	4 M 25-29	1:22:39	6:19/M
40	Nikelle Rosier	shoreline	906	46	2 F 45-49	1:22:43	6:19/M
41	Bobbi Hodgson	Edmonds	924	40	3 F 40-44	1:22:44	6:19/M
42	Daljit Gill	bremerton	912	30	10 F 30-34	1:25:00	6:29/M
43	Nancy Skopp	bremerton	909	49	3 F 45-49	1:27:53	6:43/M
44	Cherie Jones	Seattle	922	38	4 F 35-39	1:28:29	6:45/M
45	Donald Hardgrove	bremerton	908	30	11 F 30-34	1:28:37	6:46/M
46	Amy Lefotu	Everett	902	30	12 F 30-34	1:30:32	6:55/M
47	Christine McIntire	Edmonds	901	28	5 F 25-29	1:30:37	6:55/M
48	Rex Miller	Lynnwood	927	41	1 M 40-44	1:30:54	6:56/M

49	Leigh Wilkinson	Seattle	920	34	3 M 30-34	1:35:18	7:16/M
50	Laura Velazquez Neal	Seattle	921	25	6 F 25-29	1:35:19	7:17/M
51	William Hughes	Lynnwood	942	42	2 M 40-44	1:42:18	7:49/M
52	Juan Tovar	bremerton	911	43	3 M 40-44	1:44:37	7:59/M
53	Jordan Tovar	bremerton	910	8	1 M 0-19	1:44:39	7:59/M
54	Sarah Patt	Fife	917	32	13 F 30-34	2:01:44	9:18/M
55	Patricia Wolfrom	Fife	918	60	1 F 60-64	2:02:09	9:19/M

Duathlon Split 1

Place	Name	Bib No	Age	Leg 1 (2.5 mile run)
1	Andrew McAllister	928	38	17:14
2	Robert Watson	943	24	17:48
3	brandon tutmarc	958	29	18:22
4	Rob Goldberg	772	51	18:57
5	Clinton Seal	905	32	19:31
6	Ken Nogeire	952	37	19:35
7	Brett Milner-Feltis	926	46	19:55
8	Trina Whitaker	925	40	21:08
9	Vaughn Schermerhorn	955	37	21:40
10	Ty Moore	736	49	22:14
11	Darren Tymchyshyn	944	39	22:18
12	Jenine Hutsell	932	30	22:38
13	Theresa Nogeire	959	34	22:53
14	Lucas Rucks	948	35	23:15
15	Nathan Affolter	963	24	23:27
16	Dan Neal	937	39	23:48
17	Kalena Sanchez	915	31	23:51
18	Heather Sharp	957	38	24:00
19	Stephanie Supko	956	35	24:04
20	William Hughes	942	42	24:07
21	Amanda Lawrie-Hall	940	37	24:14
22	Reid Havens	953	28	24:23
23	Amy Newkirk	961	28	24:35
24	Jessa Van Dyk	946	34	24:41
25	Clare Henry	960	52	24:49
26	Gabrielle Salazar	923	30	25:37
27	Julie Tergliafera	954	29	26:02
28	Marisa Miller	903	26	26:21
29	Daniel Miller	904	29	26:22
30	Participant 962	962	99	26:26
31	RENEE RUBIN	941	44	26:38
32	Drew Thompson	950	29	27:22
33	Merrilee Thompson	949	28	27:25
34	Thu-An Nguyen	783	32	27:32
35	Jennifer Nuckols	933	33	27:42
36	Matthew Ogard	938	24	27:56
37	Nikelle Rosier	906	46	28:04
38	Bobbi Hodgson	924	40	28:08
39	Sumit Pahwa	936	31	29:03
40	Jordan Tovar	910	8	29:38
41	Juan Tovar	911	43	29:39
42	Daljit Gill	912	30	29:41
43	Dustin Armstrong	945	36	30:18

44	Nancy Skopp	909	49	30:58
45	Shivani Pahwa	935	31	31:05
46	Donald Hardgrove	908	30	31:14
47	Rex Miller	927	41	31:52
48	Leigh Wilkinson	920	34	32:02
49	Laura Velazquez Neal	921	25	32:04
50	Christine McIntire	901	28	33:34
51	Amy Lefotu	902	30	33:41
52	Cherie Jones	922	38	33:47
53	Sarah Patt	917	32	43:13
54	Patricia Wolfrom	918	60	43:15
55	Louis Wolfrom	919	61	43:17

Duathlon Split 2

Place	Name	Bib No	Time back from bike (leg 1 + leg 2)
1	Rob Goldberg	772	00:48:24
2	Andrew McAllister	928	00:48:27
3	Clinton Seal	905	00:50:24
4	Ken Nogeire	952	00:53:23
5	Vaughn Schermerhorn	955	00:55:17
6	Robert Watson	943	00:56:37
7	Nathan Affolter	963	00:57:21
8	Brett Milner-Feltis	926	00:57:27
9	Trina Whitaker	925	00:59:54
10	brandon tutmarc	958	1:00:01
11	Theresa Nogeire	959	1:01:12
12	Jenine Hutsell	932	1:01:37
13	Ty Moore	736	1:01:38
14	Lucas Rucks	948	1:03:33
15	Dan Neal	937	1:03:36
16	Heather Sharp	957	1:04:37
17	Stephanie Supko	956	1:04:38
18	Megan Nogeire	951	1:05:07
19	Jessa Van Dyk	946	1:05:59
20	Amy Newkirk	961	1:07:08
21	Amanda Lawrie-Hall	940	1:07:11
22	Reid Havens	953	1:08:09
23	Jennifer Nuckols	933	1:08:34
24	Participant 962	962	1:09:47
25	Kalena Sanchez	915	1:10:16
26	Marisa Miller	903	1:10:58
27	Daniel Miller	904	1:10:59
28	Thu-An Nguyen	783	1:12:05
29	Merrilee Thompson	949	1:12:13
30	Dustin Armstrong	945	1:12:41
31	Darren Tymchyshyn	944	1:12:58
32	Julie Tergliafera	954	1:13:08
33	Sumit Pahwa	936	1:16:04
34	Shivani Pahwa	935	1:16:06
35	Matthew Ogard	938	1:16:17
36	RENEE RUBIN	941	1:16:30
37	Nikelle Rosier	906	1:16:53
38	Bobbi Hodgson	924	1:17:00

39	Drew Thompson	950	1:17:02
40	Daljit Gill	912	1:19:03
41	Cherie Jones	922	1:21:58
42	Nancy Skopp	909	1:22:10
43	Christine McIntire	901	1:24:18
44	Amy Lefotu	902	1:24:19
45	Donald Hardgrove	908	1:24:20
46	Rex Miller	927	1:24:39
47	Leigh Wilkinson	920	1:31:01
48	Laura Velazquez Neal	921	1:31:02
49	William Hughes	942	1:38:12
50	Jordan Tovar	910	1:39:59
51	Juan Tovar	911	1:40:02
52	Sarah Patt	917	1:52:25
53	Patricia Wolfrom	918	1:51:52
54	Louis Wolfrom	919	1:51:57