

Family Fitness Day

Overall Finish List
September 20, 2014

5k Place	Name	City	Bib No	Age	Age Group	Place	Total Time	Total Pace
1	Karsten James	Shoreline	165	24	1 M 20-24		18:00	5:48/M
2	Sayaka Yoshinaga	Seattle	166	30	1 F 30-34		18:17	5:54/M
3	Justin Lancaster	Seattle	156	45	1 M 45-49		18:30	5:58/M
4	Pablo Cabrera	Seattle	159	37	1 M 35-39		18:59	6:07/M
5	Emma Jornlin	Seattle	149	23	1 F 20-24		19:39	6:20/M
6	Benjamin Jackson	Seattle	124	38	2 M 35-39		20:05	6:29/M
7	Susie Fagerholm	Shoreline	171	33	2 F 30-34		20:33	6:38/M
8	Janelle Lancaster	Seattle	155	41	1 F 40-44		20:49	6:43/M
9	Bryon Jansen	Renton	161	27	1 M 25-29		21:26	7:00/M
10	RYAN CANTALINI	NORTH BEND	251	16	1 M 0-19		22:02	7:06/M
11	Matt Saunders	Seattle	169	33	1 M 30-34		22:54	7:23/M
12	Maryclare Griffin	Seattle	177	24	2 F 20-24		23:01	7:25/M
13	Tristan Lockert	Seattle	181	10	2 M 0-19		23:15	7:30/M
14	Blake Webster	Seattle	182	30	2 M 30-34		23:32	7:35/M
15	Jeremy Parker	Seattle	117	38	3 M 35-39		23:42	7:39/M
16	Eric Chantelois	Seattle	146	50	1 M 50-54		23:49	7:41/M
17	Johnny Torchrn	MLT	118	53	2 M 50-54		25:18	8:10/M
18	Paul White	Bothell	138	53	3 M 50-54		25:59	8:23/M
19	Dara Lockert	Seattle	180	45	1 F 45-49		26:14	8:28/M
20	Tom Hill	Seattle	173	30	3 M 30-34		26:25	8:31/M
21	Celena Starks	Seattle	157	40	2 F 40-44		26:35	8:35/M
22	Adriana Luna	Bothell	185	35	1 F 35-39		26:58	8:42/M
23	Judy Rogers	Bellevue	178	41	3 F 40-44		27:16	8:48/M
24	Elin Kuffner	Seattle	126	36	2 F 35-39		27:53	9:00/M
25	Scott Kim	Sammamish	175	38	4 M 35-39		29:13	9:25/M
26	Ashley Starks	Bellingham	162	27	1 F 25-29		29:38	9:34/M
27	Peter Farnum	Seattle	154	67	1 M 65-69		29:41	9:35/M
28	Renny Richards	bellingham	153	64	1 F 60-64		29:43	9:35/M
29	Kathryn Blackley	Bellevue	141	24	3 F 20-24		30:22	9:48/M
30	Max Sommers	Seattle	111	9	3 M 0-19		30:26	9:49/M
31	Erik Siehl	Seattle	151	44	1 M 40-44		30:33	9:51/M
32	Melissa Bazala	Seattle	150	44	4 F 40-44		30:34	9:52/M
33	Amanda Taylor	Seattle	170	34	3 F 30-34		30:44	9:55/M
34	Jessica Timins Greenberg	Seattle	179	38	3 F 35-39		30:46	9:55/M
35	Peter VerHage	Seattle	176	38	5 M 35-39		30:56	9:59/M
36	Josh Kollar	Mukilteo	163	43	2 M 40-44		31:01	10:00/M
37	Sarah Shepherd	Kent	131	41	5 F 40-44		31:10	10:03/M
38	ADAM DAVIS	LYNNWOOD W	249	34	4 M 30-34		31:27	10:09/M
39	Mary Wallace	Seattle	158	37	4 F 35-39		31:31	10:10/M
40	Sonja Rosas	Seattle	137	21	4 F 20-24		31:34	10:11/M
41	Alex Brasch	Seattle	140	27	2 F 25-29		31:45	10:15/M
42	Mackie Stock	Seattle	186	30	4 F 30-34		31:54	10:17/M
43	Michael Locascio	Mill Creek	823	24	2 M 20-24		32:15	10:24/M
44	Olivia Aikala	Mill Creek	824	22	5 F 20-24		32:16	10:25/M
45	Beth Taylor	Lake Forest Park	183	54	1 F 50-54		33:15	10:44/M
46	Lindsey Dustin	Edmonds	167	30	5 F 30-34		33:16	10:44/M
47	Anita Yee	Redmond	129	36	5 F 35-39		33:27	10:47/M

48	Nicholas Kennedy	Seattle	187	12	4 M 0-19	33:56	10:57/M
49	Laura Hill	Seattle	174	30	6 F 30-34	34:54	11:15/M
50	Mike Cantalini		257	51	4 M 50-54	35:28	11:26/M
51	Casey Sommers	Seattle	108	40	6 F 40-44	35:36	11:29/M
52	mike colvin	dallas TX	226	62	1 M 60-64	35:57	11:36/M
53	Michelle Navaja	Everett	134	37	6 F 35-39	36:54	11:54/M
54	Lucy Masui	Bothell	172	42	7 F 40-44	36:56	11:55/M
55	Erica Almeda	Bothell	143	40	8 F 40-44	37:00	11:56/M
56	Sundeep Meda	bothell	135	30	5 M 30-34	37:12	12:00/M
57	Jacky Lo	Bellevue	144	37	6 M 35-39	38:34	12:26/M
58	Ernesto Almeda	Bothell	145	40	3 M 40-44	38:35	12:27/M
59	Raj Shah	Seattle	142	43	4 M 40-44	39:35	12:46/M
60	Gary Wright	Seattle	116	76	1 M 75-79	39:56	12:53/M
61	Anthony Davis	Edmonds	128	13	5 M 0-19	40:46	13:09/M
62	Jennifer Davis	Edmonds	127	38	7 F 35-39	40:51	13:11/M
63	Diana Mikesell	Lynnwood	184	51	2 F 50-54	41:09	13:16/M
64	Ingrid Lin		228	99	1 M 80-99	41:25	13:22/M
65	Claudia Holm	Seattle	168	64	2 F 60-64	41:31	13:24/M
66	PAM CANTALINI	NORTH BEND \	253	48	2 F 45-49	42:12	13:37/M
67	Jered Aasheim	Bellevue	109	37	7 M 35-39	44:06	14:14/M
68	Hannah Aasheim	Bellevue	112	10	1 F 0-19	44:06	14:14/M
69	Barbara Kollar	Mukilteo	164	42	9 F 40-44	44:12	14:15/M
70	shalini pachineela	bothell	136	25	3 F 25-29	44:30	14:21/M
71	Darmita Ju	Seattle	125	38	8 F 35-39	45:56	14:49/M
72	Celeste Mullholland	Tacoma	114	5	2 F 0-19	56:09	18:07/M
73	Cennady Mullholland	Tacoma	113	9	3 F 0-19	56:10	18:07/M
74	Wilson Ashley		232	27	4 F 25-29	1:03:35	20:31/M
75	Alek Zhang	Seattle	120	21	3 M 20-24	1:15:03	24:13/M
76	Jessie Anderson	Mount Vernon W	999	33	7 F 30-34	1:25:35	27:36/M
77	Lund Elisa		1000	28	5 F 25-29	1:32:21	29:47/M

10k

Place	Name	City	Bib No	Age	Age Group Place	Total Time	Total Pace
1	Erich Fiedler	Seattle	830	31	1 M 30-34	35:19	5:42/M
2	Erick Aguayo	Burien	730	24	1 M 20-24	40:48	6:35/M
3	NICK SPADA	SEATTLE WA	727	25	1 M 25-29	42:15	6:49/M
4	Quinn Yackulic	Mercer island	829	22	2 M 20-24	42:16	6:49/M
5	Becky Fiedler	Seattle	831	28	1 F 25-29	43:41	7:03/M
6	Kevin Goodsell	Seattle	836	35	1 M 35-39	47:13	7:37/M
7	Neill Harrison	Seattle	834	34	2 M 30-34	47:37	7:41/M
8	Erin Brasch	Seattle	826	28	2 M 25-29	48:09	7:46/M
9	Corrie Yackulic	Mercer island	828	57	1 F 55-59	48:09	7:46/M
10	Thomas Chan	Mercer Island	837	29	3 M 25-29	48:32	7:50/M
11	george gullufsen	seattle	835	62	1 M 60-64	49:53	8:03/M
12	Brenda Cram	Seattle	808	48	1 F 45-49	52:41	8:30/M
13	Terri Francis Chino	Tacoma	801	27	2 F 25-29	53:32	8:38/M
14	Edmond Ryan	Maple Valley	822	44	1 M 40-44	54:02	8:43/M
15	Casey Neuman	Shoreline	806	33	3 M 30-34	55:22	8:56/M
16	Maggie Trask	Seattle	818	36	1 F 35-39	55:50	9:00/M
17	Lauree Crane	Seattle	833	25	3 F 25-29	58:46	9:29/M
18	Jessica Creighton	seattle	839	33	1 F 30-34	58:51	9:30/M
19	Shanti Lambert	Kent	812	36	2 F 35-39	1:01:01	9:50/M
20	Stan Chraminski	Seattle	821	66	1 M 65-69	1:01:13	9:52/M
21	Lisolet Avila	Kirkland	827	31	2 F 30-34	1:02:01	10:00/M
22	Meghan Schneider	Seattle	838	29	4 F 25-29	1:04:14	10:22/M

23	Sachin Shashidhar	bothell	819	27	4 M 25-29	1:06:04	10:39/M
24	Carol Kennedy	Seattle	840	74	1 F 70-74	1:06:21	10:42/M
25	Valerie Cady	DuPont	811	24	1 F 20-24	1:07:20	10:52/M
26	Wade Cady	DuPont	810	27	5 M 25-29	1:07:26	10:53/M
27	Thomas Truong	Seattle	814	22	3 M 20-24	1:07:41	10:55/M
28	Chanh Truong	Seattle	825	12	1 M 0-19	1:07:50	10:56/M
29	Hieu Nguyen	Seattle	817	33	4 M 30-34	1:07:54	10:57/M
30	Theo Truong	Seattle	815	24	4 M 20-24	1:09:39	11:14/M
31	Hanh Nguyen	Seattle	816	27	5 F 25-29	1:09:41	11:14/M
32	Anura Shah	Seattle	832	34	3 F 30-34	1:13:33	11:52/M
33	Megan Le	Seattle	975	34	5 F 30-34	1:14:16	12:12/M
34	Smrithi Shashidhara	bothell	820	30	4 F 30-34	1:18:00	12:35/M
35	Kim Callahan	Seattle	804	31	5 F 30-34	1:26:51	14:00/M
36	Carleeh Mullholland	Tacoma	966	33	6 F 30-34	1:36:45	15:36/M

15k

Place	Name	City	Bib No	Age	Age Group	Place	Total Time	Total Pace
1	ALEX ROCKHILL	SEATTLE WA	998	19	1 M 0-19		51:21	5:31/M
2	PATRICK MCAVLITTLE		997	30	1 M 30-34		52:30	5:39/M
3	Jane Fast	Seattle	982	20	1 F 20-24		1:02:28	6:43/M
4	Joseph Zagrodnik	Seattle	984	28	1 M 25-29		1:04:25	6:56/M
5	CHARLES LOZNER	SEATTLE WA	995	38	1 M 35-39		1:05:29	7:02/M
6	REECE LUMSDEN	SHORELINE W.	996	39	2 M 35-39		1:06:58	7:12/M
7	Alan Melling	Everett	992	59	1 M 55-59		1:12:20	7:47/M
8	ROGER FUJITA	SEATTLE WA	994	45	2 M 45-49		1:15:01	8:02/M
9	Jim Leckband	Seattle	968	52	1 M 50-54		1:20:20	8:38/M
10	kelly grissom	seattle	977	40	1 F 40-44		1:22:43	8:54/M
11	dawn burke	DALLAS TX	993	54	1 F 50-54		1:23:03	8:56/M
12	Erin Langner	Seattle	972	31	2 F 30-34		1:24:24	9:05/M
13	Donald Stanford	Lexington	979	63	1 M 60-64		1:27:09	9:22/M
14	Alyce LeBlanc	Port Orchard	990	63	1 F 60-64		1:28:46	9:33/M
15	Norma Smith-Stanford	Lexington	980	61	2 F 60-64		1:29:24	9:37/M
16	Andrew Freeman	Shoreline	969	60	2 M 60-64		1:29:43	9:39/M
17	Jennifer Fix	Redmond	970	37	1 F 35-39		1:30:02	9:41/M
18	Kristin Davis	Lynnwood	989	29	1 F 25-29		1:35:03	10:13/M
19	Rachel Garcia	Seattle	978	35	2 F 35-39		1:35:25	10:16/M
20	Cara Brinton	Port Orchard	991	29	2 F 25-29		1:35:27	10:16/M
21	Kendall Paine	Seattle	981	26	3 F 25-29		1:35:28	10:16/M
22	Cate DeJulio	Seattle	986	30	3 F 30-34		1:41:22	10:54/M
23	Adeline Prince	Olympia	965	37	3 F 35-39		1:48:03	11:37/M
24	april pennington	seattle	973	48	1 F 45-49		1:50:04	11:50/M
25	Jane Cutter	Shoreline	976	51	2 F 50-54		2:08:16	13:48/M

Duathlon

Place	Name	City	Bib No	Age	Age Group	Place	Total Time	Total Pace
1	Joseph Swain	Seattle	1202	30	1 M 30-34		53:37	4:06/M
2	Christopher Kennedy	Seattle	1213	39	1 M 35-39		56:57	4:21/M
3	Jimison Turpin	Redmond	1201	42	1 M 40-44		57:55	4:25/M
4	Aaron Oldre		1221	29	1 M 25-29		1:00:51	4:39/M
5	joe warren		1214	39	2 M 35-39		1:02:11	4:45/M
6	Chris Bledsoe		1217	44	2 M 40-44		1:04:40	4:56/M
7	John Bledsoe		1218	48	1 M 45-49		1:04:41	4:56/M
8	Robert Stock	Seattle	1212	32	2 M 30-34		1:06:06	5:03/M
9	Jon Belvin	Seattle	1209	23	1 M 20-24		1:09:06	5:16/M
10	Kira Cha	Seattle	1197	27	1 F 25-29		1:10:32	5:23/M

11	DIANE TORRE	SEATTLE WA	1019	50	1 F 50-54	1:11:56	5:29/M
12	Randall Eng	Bellevue	1208	47	2 M 45-49	1:14:56	5:45/M
13	Wendy Hansen		1227	48	1 F 45-49	1:16:30	5:50/M
14	Guy Bucasas	Des Moines	1200	50	1 M 50-54	1:17:30	5:55/M
15	Kris Allen	Sammamish	1194	46	2 F 45-49	1:18:57	6:02/M
16	Lucas Rucks	Brown's Point	1199	35	3 M 35-39	1:21:50	6:15/M
17	Tejas Rane	Maple Grove	1198	27	2 F 25-29	1:22:49	6:15/M
18	Anthony Edwards	Snoqualmie	1203	44	4 M 40-44	1:23:01	6:15/M
19	Matthew Ogard	Suquamish	1204	24	2 M 20-24	1:24:19	6:26/M
20	Christian Ogard	Shoreline	1210	25	2 M 25-29	1:24:20	6:26/M
21	William Hughes	Lynnwood	1211	43	3 M 40-44	1:25:26	6:31/M
22	Anthea Lew		1226	41	1 F 40-44	1:36:04	7:20/M
23	Deborah Lambert	Woodinville	1207	53	2 F 50-54	1:36:34	7:22/M
24	Karla McKee		1224	39	1 F 35-39	1:38:12	7:30/M

Split 1
2.6 mile
run

Place	Name	City	Bib No	Age	Total Time
1	Joseph Swain	Seattle	1202	30	18:40
2	Christopher Kennedy	Seattle	1213	39	19:15
3	joe warren		1214	39	19:32
4	Aaron Oldre		1221	29	19:39
5	Jimison Turpin	Redmond	1201	42	19:46
6	Jon Belvin	Seattle	1209	23	21:51
7	Chris Bledsoe		1217	44	23:40
8	John Bledsoe		1218	48	23:50
9	Robert Stock	Seattle	1212	32	24:01
10	Kira Cha	Seattle	1197	27	24:10
11	Tejas Rane	Maple Grove	1198	27	24:24
12	Lucas Rucks	Brown's Point	1199	35	24:31
13	DIANE TORRE	SEATTLE WA	1019	50	25:03
14	Wendy Hansen		1227	48	25:34
15	Guy Bucasas	Des Moines	1200	50	26:11
16	William Hughes	Lynnwood	1211	43	26:19
17	Matthew Ogard	Suquamish	1204	24	26:45
18	Christian Ogard	Shoreline	1210	25	26:49
19	Kris Allen	Sammamish	1194	46	26:58
20	Randall Eng	Bellevue	1208	47	27:06
21	Anthea Lew		1226	41	30:24
22	Karla McKee		1224	39	30:54
23	Joshua Kennedy	Everett	1205	29	33:46
24	Deborah Lambert	Woodinville	1207	53	36:32
25	Anthony Edwards	Snoqualmie	1203	44	41:03

split 2
2.6 mile
run + 10
mile bike

1	Joseph Swain	Seattle	1202	30	49:49
2	Jimison Turpin	Redmond	1201	42	53:38
3	Christopher Kennedy	Seattle	1213	39	53:59
4	Aaron Oldre		1221	29	56:52
5	joe warren		1214	39	58:01

6	John Bledsoe		1218	48	1:00:02
7	Chris Bledsoe		1217	44	1:00:53
8	Robert Stock	Seattle	1212	32	1:01:39
9	Jon Belvin	Seattle	1209	23	1:05:38
10	Kira Cha	Seattle	1197	27	1:06:39
11	DIANE TORRE	SEATTLE WA	1019	50	1:07:33
12	Wendy Hansen		1227	48	1:11:46
13	Guy Bucasas	Des Moines	1200	50	1:12:27
14	Randall Eng	Bellevue	1208	47	1:12:41
15	Kris Allen	Sammamish	1194	46	1:13:00
16	Lucas Rucks	Brown's Point	1199	35	1:16:52
17	Tejas Rane	Maple Grove	1198	27	1:18:35
18	Matthew Ogard	Suquamish	1204	24	1:19:47
19	Christian Ogard	Shoreline	1210	25	1:19:57
20	William Hughes	Lynnwood	1211	43	1:20:50
21	Deborah Lambert	Woodinville	1207	53	1:29:51
22	Anthea Lew		1226	41	1:30:09
23	Anthony Edwards	Snoqualmie	1203	44	1:31:29
24	Karla McKee		1224	39	1:32:20

Team 5k

1	Max Sommers	Seattle	30:26	9:49/M	Sommers	
	Casey Sommers	Seattle	35:36	11:29/M	Sommers	
2	Jered Aasheim	Bellevue	44:06	14:14/M	Bibbledy Bobble	
	Hannah Aasheim	Bellevue	44:06	14:14/M	Bibbledy Bobble	

Team Time

1:06:02
1:28:12