

CASA Super Hero 5K

Age Group Results

Race Date
August 16, 2013

Female 17 and under

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Callie Metzger		12	4811	2	21:00.9	6:46/M
2	Erica Romo		13	4776	52	37:04.2	11:57/M
3	Tatum Bumgardner		8	4820	58	37:22.7	12:03/M
4	Elizabeth Wenzel		13	4795	62	40:19.9	13:00/M
5	Madelline Gonzalez		10	4733	68	43:42.6	14:06/M
6	Abigail1 Wright		10	4799	79	48:12.7	15:33/M
7	Allison Back		17	4706	84	51:00.4	16:27/M
8	Ashley Gourley		11	4736	105	54:14.6	17:30/M
9	Cristina Romo		11	4777	106	54:14.9	17:30/M
10	Sarah Lee-Lopez		16	4761	117	57:48.5	18:39/M

Male 17 and under

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Dennis Rucker		15	4801	1	19:49.2	6:24/M
2	Nicholas Boyd		9	4809	9	25:14.5	8:08/M
3	Austin Harris		16	4740	38	33:59.6	10:58/M
4	Dominic Lanie		13	4760	47	36:44.2	11:51/M
5	Austin Lanie		13	4758	50	37:03.2	11:57/M
6	Rafael Mendoza		10	4764	55	37:17.5	12:02/M
7	keegan anderson		8	4703	57	37:20.7	12:03/M
8	Jaiden Kalsow		6	4828	110	56:27.9	18:13/M
9	Sam Chlebek		16	4720	116	57:48.2	18:39/M

Female 18 and over

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Amie Dworecki		40	4802	7	23:46.8	7:40/M
2	Blair Milo		30	4840	10	25:14.7	8:08/M
3	Sonja Lancioni		47	4757	14	27:22.2	8:50/M
4	Sarah Johnson		23	4746	16	27:58.5	9:01/M
5	Nicole Badiger		24	4829	18	28:22.3	9:09/M
6	Shannon Hannon		31	4804	19	28:42.5	9:15/M
7	Karen Vinson		45	4826	22	29:44.2	9:35/M
8	Shawn Kim		54	4823	23	30:00.5	9:41/M
9	Lisa Sharp		47	4779	24	30:25.7	9:49/M
10	Kim Klein		31	4753	27	31:29.2	10:09/M
11	Deanna Emmons		42	4729	29	33:00.6	10:39/M
12	Teri Detering		39	4726	30	33:00.6	10:39/M
13	Megan Sullivan		27	4785	32	33:03.4	10:40/M
14	Meagan Thomburg		29	4812	34	33:10.7	10:42/M

CASA Super Hero 5K

Age Group ResultsRace Date

August 16, 2013

Female 18 and over

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
15	Melissa Humphrey		47	4744	35	33:12.3	10:43/M
16	Ginger Kautz		36	4750	36	33:14.3	10:43/M
17	Shauna Zalvada		30	4833	37	33:54.9	10:56/M
18	Jen Boardman		44	4714	39	34:15.6	11:03/M
19	Michelle Boardman		32	4713	40	34:15.8	11:03/M
20	Gabrielle Ginther		29	4732	41	34:38.7	11:10/M
21	Esther Stiles		41	4783	43	35:29.9	11:27/M
22	Tammy Kukla		50	4821	44	35:37.2	11:29/M
23	Laura Niemiec		31	4765	45	36:19.2	11:43/M
24	Brandi Kajer		32	4748	46	36:41.9	11:50/M
25	Mary Ann Bishel		58	4710	48	36:48.7	11:52/M
26	Colette Wright		30	4652	49	36:53.9	11:54/M
27	Shiloh Banning		23	4708	54	37:15.2	12:01/M
28	Jamie Dunham		37	4834	56	37:18.1	12:02/M
29	Jennifer Bumgardner		40	4716	59	37:44.2	12:10/M
30	Jennifer Pauls		42	4768	60	38:44.2	12:30/M
31	Christel Bublitz		47	4715	63	41:03.5	13:15/M
32	Shawntel Westphal		43	4797	64	41:03.7	13:15/M
33	Susan Chlebek		54	4719	69	44:17.4	14:17/M
34	annette williams		44	4798	70	44:19.6	14:18/M
35	Julia Pawlicke		40	4769	71	44:32.2	14:22/M
36	Heather Taylor		23	4788	72	44:51.9	14:28/M
37	Alex Bucher		26	4827	73	45:48.2	14:46/M
38	Elizabeth Black		22	4816	74	45:48.2	14:46/M
39	Kathryne Penninga		29	4822	75	47:29.9	15:19/M
40	Lisa Comingove		42	4819	76	47:29.9	15:19/M
41	Kimberly Keever		28	4752	77	47:59.4	15:29/M
42	Lisa Denger		33	4813	80	48:13.9	15:33/M
43	Trishia Hogue		33	4742	81	49:12.3	15:52/M
44	Anita Ross		35	4807	85	51:02.7	16:28/M
45	Jessica Granger		35	4805	86	51:04.5	16:28/M
46	Marissa Fouse		24	4830	87	51:36.1	16:39/M
47	Krista Howe		24	4743	88	51:36.9	16:39/M
48	Meagan Grybow		24	4738	89	51:37.2	16:39/M
49	Crystal Ramirez		37	4773	90	51:42.4	16:41/M
50	Melinda Pickens		46	4770	91	51:43.9	16:41/M
51	Vesna Tanaskoski		36	4787	92	51:44.5	16:41/M
52	Ellen Dwyer		61	4727	93	52:43.1	17:00/M
53	Brandi Lewis		35	4762	94	52:47.3	17:02/M
54	Jennifer Tomal		19	4791	96	52:48.5	17:02/M
55	Niccole Anderson Schelling		37	4704	97	53:15.5	17:11/M
56	Elise Nothstine		41	4766	98	53:15.7	17:11/M
57	Kelly Russell		50	4778	99	53:41.5	17:19/M

CASA Super Hero 5K

Age Group Results

Race Date

August 16, 2013

Female 18 and over

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
58	Janice Parson		60	4767	100	53:44.3	17:20/M
59	Barb Mason		70	4763	101	53:44.4	17:20/M
60	Deborah Sherman		50	4780	102	53:49.4	17:22/M
61	Lorraine Tighe		51	4790	104	54:12.3	17:29/M
62	Gail Johnson		50	4747	107	54:19.9	17:31/M
63	Selena Cope		29	4721	109	54:29.6	17:35/M
64	Alisha Puckett		32	4817	111	56:28.3	18:13/M
65	Jamie Kalsow		28	4825	113	56:39.3	18:16/M
66	Dana Presley		29	4771	114	56:58.9	18:23/M
67	teresa crowley		29	4723	115	57:35.8	18:35/M

Male 18 and over

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Martin Conner		49	4835	3	22:27.7	7:15/M
2	Mike Lancioni		47	4756	4	22:31.4	7:16/M
3	Tony Tomal		51	4792	5	22:32.7	7:16/M
4	Mike Granger		41	4806	6	23:17.2	7:31/M
5	Rick Soria		41	4782	8	24:11.7	7:48/M
6	Mick Lantis		56	4815	11	25:27.2	8:13/M
7	Bob Henning		56	4741	12	27:10.5	8:46/M
8	Wayne Carr		55	4717	13	27:10.5	8:46/M
9	Adam Hannon		33	4803	15	27:29.4	8:52/M
10	Garrett Kautz		22	4749	17	27:58.8	9:01/M
11	Carl Uhlemann		56	4793	20	29:24.2	9:29/M
12	John Kim		55	4824	21	29:26.2	9:30/M
13	Kim Sauers		59	4814	25	30:57.8	9:59/M
14	Ron Schoff		60	4808	26	31:06.9	10:02/M
15	Joe Blastick		33	4712	28	32:17.7	10:25/M
16	Matt Sullivan		27	4784	31	33:03.2	10:40/M
17	Dave Thornburg		59	4789	33	33:06.1	10:41/M
18	Scott Fech		46	4731	42	34:59.8	11:17/M
19	Dennis Lanie		47	4759	51	37:03.4	11:57/M
20	Jeremy Banning		25	4707	53	37:14.8	12:01/M
21	Matthew Wenzel		45	4796	61	40:18.7	13:00/M
22	John Boyd		46	4810	65	43:00.3	13:52/M
23	Marc Klein		31	4754	66	43:21.3	13:59/M
24	Brian Blastick		27	4711	67	43:23.6	14:00/M
25	Erik Keever		29	4751	78	47:59.9	15:29/M
26	Drew Welch		22	4831	82	50:55.7	16:25/M
27	Krista Grybow		25	4739	83	50:55.9	16:25/M
28	Kyle Jeffers		20	4745	95	52:47.7	17:02/M

CASA Super Hero 5K

Age Group Results

Race Date

August 16, 2013

Male 18 and over

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
29	Simon Borden		28	4832	103	54:06.1	17:27/M
30	Joe Cope		30	4722	108	54:20.1	17:32/M
31	Tom Puckett		32	4818	112	56:35.4	18:15/M