

Honolulu Triathlon
 Sunday, 17 May 2009 7:00 a.m. Start
 Island of Oahu
 1.5K Run, 20K Bike, 5K Run

***** SPRINT AWARDS LIST *****

***** Male OVERALL RESULTS *****

Place	Name	Rank	Run1	Pace	T1	Rank	Bike	MPH	T2	Rank	Run	Pace	Time	Penalty
1	JOSEPH CHRISTENSEN	1	9:57	6:38	0:59	20	35:19:00	21.2	0:52	3	21:14	6:51	1:08:20	
2	WILLIAM MANGHAM	6	10:13	6:49	1:32	22	35:33:00	21.1	1:35	1	19:32	6:18	1:08:23	
3	JONATHAN NAKASONE	2	10:04	6:43	1:10	14	34:24:00	21.8	1:06	4	22:12	7:10	1:08:54	

***** Female OVERALL RESULTS *****

Place	Name	Rank	Run1	Pace	T1	Rank	Bike	MPH	T2	Rank	Run	Pace	Time	Penalty
1	KAREN WANG	1	12:01	8:01	1:48	6	37:56:00	19.8	1:32	8	28:05:00	9:04	1:21:20	
2	LESLIE CANO	2	12:31	8:21	1:49	23	42:40:00	17.6	1:18	1	24:41:00	7:58	1:22:58	
3	JILL CASEY	8	13:42	9:08	1:12	11	39:20:00	19.1	1:16	5	27:54:00	9:00	1:23:22	

FEMALE INDIVIDUAL AGE GROUP: 15 - 19

Place	Name	Rank	Run1	Pace	T1	Rank	Bike	MPH	T2	Rank	Run	Pace	Time	Penalty
1	SASHA HIGGINS	1	14:45	9:50	1:38	1	39:42:00	18.9	1:24	1	32:27:00	10:28	1:29:54	

MALE INDIVIDUAL AGE GROUP: 15 - 19

Place	Name	Rank	Run1	Pace	T1	Rank	Bike	MPH	T2	Rank	Run	Pace	Time	Penalty
1	RYAN LAU	1	10:18	6:52	1:20	2	36:08:00	20.8	1:11	1	20:53	6:44	1:09:49	
2	KYLE NAKATSUKA	2	10:25	6:57	1:08	1	34:43:00	21.6	1:05	2	22:38	7:18	1:09:57	

FEMALE INDIVIDUAL AGE GROUP: 20 - 24

Place	Name	Rank	Run1	Pace	T1	Rank	Bike	MPH	T2	Rank	Run	Pace	Time	Penalty
1	MARISA BEDROSIAN	1	13:14	8:49	1:38	5	45:00:00	16.7	1:34	2	28:04:00	9:04	1:29:28	
2	LIZ BEAL	3	14:43	9:49	1:38	4	42:49:00	17.5	1:38	3	29:49:00	9:37	1:30:35	
3	LIZ BURYK	2	13:16	8:51	1:18	6	48:19:00	15.5	0:59	1	27:07:00	8:45	1:30:58	
4	ERIN JOHNSON	5	16:04	10:43	1:54	3	40:52:00	18.4	2:14	5	35:31:00	11:28	1:36:33	
5	MAIYA MARSHALL	6	18:06	12:04	3:32	2	33:45:00	22.2	2:37	6	42:06:00	13:35	1:40:04	
6	TENNEILLE PITTELLI	7	22:16	14:51	2:10	1	28:59:00	25.9	3:14	7	47:33:00	15:21	1:44:10	
7	ELYSE MORETTI	4	16:02	10:42	1:46	7	1:07:27	11.1	2:14	4	33:52:00	10:56	2:01:19	

MALE INDIVIDUAL AGE GROUP: 20 - 24

Place	Name	Rank	Run1	Pace	T1	Rank	Bike	MPH	T2	Rank	Run	Pace	Time	Penalty
1	DAVID LEBARON	1	10:11	6:47	1:06	2	37:06:00	20.2	0:52	1	22:42	7:20	1:11:56	
2	JOE GIBSON	2	12:32	8:21	1:28	1	25:16:00	29.7	1:15	2	49:05:00	15:50	1:29:34	

FEMALE INDIVIDUAL AGE GROUP: 25 - 29

Place	Name	Rank	Run1	Pace	T1	Rank	Bike	MPH	T2	Rank	Run	Pace	Time	Penalty
1	TERESA LUKOWICZ	3	13:37	9:05	1:43	4	44:18:00	16.9	1:21	2	27:54:00	9:00	1:28:52	
2	EILEEN MARCEAU	1	13:07	8:45	2:28	3	43:32:00	17.2	1:56	3	28:23:00	9:10	1:29:24	
3	HIROKO YOSHISAKI	6	14:46	9:51	2:34	7	45:32:00	16.5	1:19	1	25:40:00	8:17	1:29:50	
4	JULIE SITTIG	5	14:43	9:49	1:39	1	42:51:00	17.5	1:35	5	31:06:00	10:02	1:31:52	
5	KRISTIN SPEAR	2	13:34	9:03	2:12	5	44:34:00	16.8	1:42	4	31:00:00	10:00	1:33:00	
6	GINA YONAMINE	7	15:20	10:13	1:51	2	43:08:00	17.4	1:55	6	32:22:00	10:27	1:34:34	
7	YUKARI YAMA	4	14:12	9:28	2:51	8	51:42:00	14.5	1:35	7	33:57:00	10:57	1:44:15	
8	CARA NEWMAN	10	18:20	12:13	2:39	6	44:37:00	16.8	2:10	10	43:16:00	13:58	1:51:00	
9	AI WATANABE	9	15:57	10:38	2:30	9	53:37:00	14	2:28	8	40:18:00	13:00	1:54:49	
10	RIEKO WATANABE	8	15:34	10:23	2:51	10	53:39:00	14	2:28	9	40:19:00	13:01	1:54:49	
11	KRISTI SEIFERT	12	19:31	13:01	3:14	11	57:03:00	13.1	3:03	11	48:00:00	15:29	2:10:48	
12	JENNIFER BARON	11	19:07	12:45	2:53	12	58:21:00	12.9	2:55	12	56:29:00	18:14	2:19:43	

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MALE INDIVIDUAL AGE GROUP: 25 - 29

Place	Name	Rank	Run1	Pace	T1	Rank	Bike	MPH	T2	Rank	Run	Pace	Time	Penalty
1	MARK TAKAMURA	4	11:35	7:44	1:16	2	33:46:00	22.2	1:14	1	23:35	7:37	1:11:25	
2	TIM POROSKY	9	12:25	8:17	1:39	6	36:59:00	20.3	1:15	2	24:17:00	7:50	1:16:33	
3	DAVE JENSEN	10	12:48	8:32	1:19	3	33:49:00	22.2	1:38	10	28:02:00	9:03	1:17:35	
4	VINCENT NGUYEN	5	11:38	7:46	1:51	5	36:58:00	20.3	1:31	7	26:24:00	8:31	1:18:20	
5	MARK PENA	7	12:11	8:08	1:26	8	39:09:00	19.2	1:05	3	24:42:00	7:58	1:18:30	
6	MAX SANDOVAL	6	11:58	7:59	1:42	7	38:07:00	19.7	1:27	5	25:41:00	8:17	1:18:54	
7	ERIC STEIDLE	8	12:14	8:10	1:30	9	39:25:00	19	1:32	8	27:26:00	8:51	1:22:06	
8	WATANABE FUJIO	3	11:02	7:21	1:39	15	43:15:00	17.3	1:33	6	25:46:00	8:19	1:23:12	
9	CHRISTOPHER GUARINO	1	10:05	6:43	1:35	4	35:02:00	21.4	1:07	15	37:24:00	12:04	1:25:11	
10	LIONEL CABRAL	13	13:39	9:06	1:53	10	40:09:00	18.7	3:26	9	27:40:00	8:56	1:26:46	
11	JUSTIN BARNES	11	12:50	8:33	2:09	16	45:43:00	16.4	2:00	4	25:13:00	8:09	1:27:53	
12	RANDAH MATSUNO	14	14:14	9:29	1:25	14	42:24:00	17.7	1:15	11	29:01:00	9:22	1:28:16	
13	MARK BERGER	2	10:50	7:13	1:27	1	33:12:00	22.6	1:19	17	41:48:00	13:29	1:28:33	
14	JOHN SHARKEY	12	13:15	8:50	1:16	13	41:32:00	18.1	1:35	12	32:16:00	10:25	1:29:52	
15	RHONEE ROJAS	15	14:36	9:44	1:20	12	41:17:00	18.2	1:30	13	33:09:00	10:42	1:31:51	
16	MARK RAU	16	15:23	10:15	1:17	11	40:35:00	18.5	1:18	14	34:25:00	11:07	1:32:55	
17	BRETT LEMAHIEU	17	17:18	11:32	2:33	17	53:11:00	14.1	1:45	16	40:41:00	13:08	1:55:26	

FEMALE INDIVIDUAL AGE GROUP: 30 - 34

Place	Name	Rank	Run1	Pace	T1	Rank	Bike	MPH	T2	Rank	Run	Pace	Time	Penalty
1	LYDIA MERTYRIS	7	16:48	11:12	1:46	1	40:01:00	18.7	1:36	5	35:46:00	11:33	1:35:54	
2	MELISSA FERNANDEZ	1	14:55	9:57	1:45	3	44:26:00	16.9	1:44	1	34:21:00	11:05	1:37:08	
3	TRICIA KAVLE	4	16:20	10:53	2:01	4	45:43:00	16.4	1:32	8	37:08:00	11:59	1:42:42	
4	SAVANNAH ESTES	2	16:01	10:41	2:00	7	47:27:00	15.8	2:06	4	35:33:00	11:28	1:43:04	
5	VALARIE BROOKHART	3	16:02	10:41	1:58	8	47:28:00	15.8	2:08	3	35:30:00	11:28	1:43:04	
6	JAMIE ORSI	6	16:39	11:06	1:31	6	47:19:00	15.9	1:21	7	36:21:00	11:44	1:43:09	
7	ROBIN WIELINS	5	16:33	11:02	3:48	2	43:50:00	17.1	3:16	6	36:08:00	11:40	1:43:34	
8	DANETTE SHIPE	8	17:07	11:25	3:08	9	52:53:00	14.2	3:34	2	35:10:00	11:21	1:51:50	
9	LANA YOSHIMURA	9	21:35	14:24	1:25	5	47:01:00	16	2:38	9	47:39:00	15:23	2:00:16	
10	CHRISTINA MULLER	10	26:30:00	17:40	2:25	10	56:01:00	13.4	3:04	10	52:56:00	17:05	2:20:54	

MALE INDIVIDUAL AGE GROUP: 30 - 34

Place	Name	Rank	Run1	Pace	T1	Rank	Bike	MPH	T2	Rank	Run	Pace	Time	Penalty
1	IKAIKA GILMAN	3	14:09	9:26	1:19	1	37:20:00	20.1	1:49	1	28:22:00	9:09	1:22:57	
2	BRAD MITCHELL	1	13:36	9:04	1:55	4	38:49:00	19.3	1:34	2	28:38:00	9:14	1:24:29	
3	JOSHUA OGUMA	2	14:01	9:21	1:28	3	38:38:00	19.4	1:26	3	30:01:00	9:41	1:25:33	
4	REGINALD PADILLA	4	14:29	9:40	1:55	2	37:55:00	19.8	1:53	4	33:18:00	10:45	1:29:29	
5	BRANDON DELA CRUZ	5	18:51	12:34	3:16	5	50:49:00	14.8	3:04	5	49:03:00	15:50	2:05:01	

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FEMALE INDIVIDUAL AGE GROUP: 35 - 39

Place	Name	Rank	Run1	Pace	T1	Rank	Bike	MPH	T2	Rank	Run	Pace	Time	Penalty
1	MICHELLE WEST	1	14:20	9:34	2:05	4	38:56:00	19.3	2:07	1	27:52:00	9:00	1:25:19	
2	JENNIFER WAITE	5	15:51	10:34	2:22	3	38:22:00	19.5	2:29	3	31:24:00	10:08	1:30:26	
3	ERI OKAWA	8	16:09	10:46	1:55	8	43:00:00	17.4	2:13	2	28:10:00	9:05	1:31:26	
4	BETH ZUBOWICZ	4	15:49	10:33	2:23	6	42:12:00	17.8	2:07	4	31:41:00	10:14	1:34:11	
5	GABI JAKOBS	2	14:45	9:50	1:46	5	41:20:00	18.1	1:26	8	35:16:00	11:23	1:34:30	
6	LYNNETTE JOHNSON	6	15:59	10:40	1:57	7	42:27:00	17.7	2:01	7	34:11:00	11:02	1:36:33	
7	SUZANNE AGASI	9	16:14	10:49	1:59	9	43:49:00	17.1	2:19	6	32:50:00	10:36	1:37:08	
8	SHANNON MURPHY	7	16:08	10:46	2:38	1	36:33:00	20.5	3:08	11	43:10:00	13:56	1:41:36	
9	REBEKAH LAMBERT	12	19:28	12:59	2:01	12	49:01:00	15.3	2:17	5	32:08:00	10:22	1:44:53	
10	SUSANA JIMINEZ-GIBBS	10	18:54	12:36	2:16	10	44:36:00	16.8	1:54	9	38:11:00	12:19	1:45:47	
11	ANGELA TARANTO	3	15:12	10:08	1:21	2	38:09:00	19.7	1:09	14	56:55:00	18:22	1:52:44	
12	CHRISTINE CAPULONG	11	18:56	12:37	3:18	15	52:08:00	14.4	2:34	10	42:56:00	13:51	1:59:49	
13	LETICIA VARGAS	13	20:36	13:44	2:23	14	51:18:00	14.6	2:38	12	46:41:00	15:04	2:03:33	
14	DEBBIE MARTENS	14	21:57	14:38	1:54	13	50:42:00	14.8	1:45	13	47:17:00	15:16	2:03:33	
15	NANCY DEGEETER	15	24:22:00	16:15	3:22	11	46:51:00	16	3:52	15	59:05:00	19:04	2:17:31	

MALE INDIVIDUAL AGE GROUP: 35 - 39

Place	Name	Rank	Run1	Pace	T1	Rank	Bike	MPH	T2	Rank	Run	Pace	Time	Penalty
1	SHAWN WUSSOW	1	11:52	7:55	2:10	2	36:11:00	20.7	2:01	1	24:02:00	7:46	1:16:14	
2	NATHAN HEDDEN	2	12:22	8:15	1:59	1	34:16:00	21.9	2:01	2	26:44:00	8:38	1:17:20	
3	JAMIE KLUBE	3	12:39	8:26	1:40	3	36:23:00	20.6	1:38	3	27:52:00	9:00	1:20:12	
4	EIJI YOSHIZAKI	5	13:31	9:01	2:40	5	37:53:00	19.8	2:40	6	29:03:00	9:22	1:27:45	2:00
5	HIROKAZU MIYAMORI	7	14:41	9:47	3:00	6	39:57:00	18.8	2:30	4	28:04:00	9:04	1:28:11	
6	CEDRIC CAAGBAY	9	16:55	11:17	2:13	4	37:28:00	20	2:07	8	31:26:00	10:09	1:30:07	
7	STEVE SMORE	6	13:59	9:19	1:58	9	44:35:00	16.8	1:59	5	28:48:00	9:18	1:31:17	
8	DIRK NOWACK	8	14:49	9:53	1:20	8	42:41:00	17.6	1:15	9	33:20:00	10:45	1:33:23	
9	KEIICHI TAJIMA	4	13:13	8:49	2:22	11	50:21:00	14.9	1:31	7	31:00:00	10:00	1:38:25	
10	JON YOSHINAGA	10	17:58	11:59	1:33	7	40:34:00	18.5	1:23	10	43:18:00	13:58	1:44:43	
11	MATTHEW COKE	11	19:04	12:43	3:26	10	50:17:00	14.9	3:50	11	45:48:00	14:47	2:02:23	

FEMALE INDIVIDUAL AGE GROUP: 40 - 44

Place	Name	Rank	Run1	Pace	T1	Rank	Bike	MPH	T2	Rank	Run	Pace	Time	Penalty
1	REBECCA REILLY	2	14:42	9:48	1:38	1	35:52:00	20.9	1:45	4	36:01:00	11:37	1:29:57	
2	MELISSA ZUPNER	1	14:06	9:24	2:15	2	41:11:00	18.2	1:40	1	31:58:00	10:19	1:31:08	
3	MARGARET WORRALL	4	16:26	10:57	2:06	6	49:42:00	15.1	1:26	2	32:17:00	10:25	1:41:56	
4	DIANA SUZUKI	5	16:31	11:01	2:19	3	44:51:00	16.7	3:30	3	35:32:00	11:28	1:42:41	
5	ALAINA VALITE	3	15:48	10:32	2:43	4	45:02:00	16.7	2:43	5	36:56:00	11:55	1:43:09	
6	KATHERINE GOMEZ	6	17:48	11:52	2:51	5	49:00:00	15.3	1:47	6	37:58:00	12:15	1:49:22	
7	SUSAN FREECE	7	19:28	12:59	2:13	7	57:15:00	13.1	1:38	7	39:50:00	12:51	2:00:22	
8	JOANNE DESMOND	8	23:45	15:50	1:52	8	1:00:02	12.5	1:43	8	58:29:00	18:52	2:25:49	

MALE INDIVIDUAL AGE GROUP: 40 - 44

Place	Name	Rank	Run1	Pace	T1	Rank	Bike	MPH	T2	Rank	Run	Pace	Time	Penalty
1	RODOLFO VALITE	3	12:57	8:38	1:33	2	36:52:00	20.3	1:28	2	27:48:00	8:58	1:20:35	
2	ALEX HO	2	12:55	8:37	2:14	1	33:33:00	22.4	2:11	5	31:33:00	10:11	1:22:23	
3	AKIHIRO HIEI	5	14:46	9:51	4:19	6	40:41:00	18.4	1:53	1	26:42:00	8:37	1:28:19	
4	KAZUO SAKURADA	1	10:39	7:06	1:50	3	36:54:00	20.3	1:15	8	38:03:00	12:17	1:28:39	
5	KEITH COGDILL	7	15:25	10:17	2:20	5	40:40:00	18.4	1:47	3	28:43:00	9:16	1:28:53	
6	DEVIN FUKUNAGA	6	15:15	10:10	1:18	4	37:58:00	19.8	1:18	6	35:50:00	11:34	1:31:39	
7	DONN TAKAKI	4	14:17	9:31	2:13	8	44:00:00	17	2:14	4	29:46:00	9:37	1:32:28	
8	WAYLAND KWOCK	8	19:12	12:48	2:24	7	40:54:00	18.3	1:42	7	37:32:00	12:07	1:41:42	

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FEMALE INDIVIDUAL AGE GROUP: 45 - 49

Place	Name	Rank	Run1	Pace	T1	Rank	Bike	MPH	T2	Rank	Run	Pace	Time	Penalty
1	JUDI BRUSETT	4	16:09	10:46	1:51	2	39:10:00	19.1	1:39	1	33:10:00	10:42	1:31:56	
2	CASANDRA DOWNEY	1	15:19	10:13	1:44	4	39:39:00	18.9	1:49	4	35:46:00	11:33	1:34:14	
3	LORELIE VILLARETE	2	15:36	10:24	2:26	3	39:30:00	19	2:15	3	35:20:00	11:24	1:35:04	
4	BARBARA BLACKBURN	3	16:08	10:45	2:45	1	36:28:00	20.6	3:07	7	43:11:00	13:56	1:41:36	
5	TERRI TYMN	6	16:57	11:18	2:29	6	49:17:00	15.2	2:42	5	37:04:00	11:58	1:48:27	
6	KRISTA JOHNSON	5	16:12	10:48	2:10	7	56:38:00	13.2	1:43	2	33:45:00	10:54	1:50:25	
7	GAIL SLAWSON	7	20:39	13:46	2:16	5	49:02:00	15.3	1:59	6	43:00:00	13:52	1:56:54	
8	IRIS TERASHIMA	8	26:31:00	17:41	2:15	8	56:49:00	13.2	2:24	8	52:56:00	17:05	2:20:54	

MALE INDIVIDUAL AGE GROUP: 45 - 49

Place	Name	Rank	Run1	Pace	T1	Rank	Bike	MPH	T2	Rank	Run	Pace	Time	Penalty
1	ELMER MANUEL	1	10:11	6:48	1:32	2	34:19:00	21.9	1:43	1	23:01	7:26	1:10:44	
2	JAMES FRAIJO	2	11:38	7:46	1:53	4	34:54:00	21.5	1:53	2	25:29:00	8:14	1:15:46	
3	MASA KOIZUMI	4	12:28	8:19	1:52	5	35:48:00	20.9	1:46	3	26:07:00	8:26	1:17:59	
4	ROY MATSUMOTO	6	13:23	8:56	1:52	10	39:03:00	19.2	2:14	4	26:57:00	8:42	1:23:27	
5	CARL VILLARETE	5	12:35	8:24	2:01	6	36:13:00	20.7	2:02	6	30:56:00	9:59	1:23:46	
6	JOHN LUNNING	10	15:02	10:01	2:17	3	34:50:00	21.5	1:50	7	31:06:00	10:02	1:25:04	
7	ANDY ANCHETA	8	14:12	9:28	2:52	7	37:04:00	20.2	1:24	8	33:11:00	10:43	1:28:41	
8	ALAN KATO	9	14:25	9:37	2:01	9	37:58:00	19.8	2:05	9	33:47:00	10:54	1:30:14	
9	ERNIE ENDAYA	7	14:11	9:28	2:02	1	21:02	35.7	2:09	13	54:07:00	17:28	1:33:29	
10	ROBERT CAMELLO	3	12:12	8:08	2:27	12	50:56:00	14.7	2:16	5	27:03:00	8:44	1:34:52	
11	ANDREW LANNING	11	15:43	10:29	2:21	8	37:21:00	20.1	2:55	10	39:26:00	12:44	1:37:44	
12	GERALD MARTENS	13	20:10	13:27	2:08	11	46:00:00	16.3	2:09	12	42:42:00	13:47	1:53:08	
13	EDWARD LEMAHIEU	12	17:18	11:32	2:33	13	53:11:00	14.1	1:44	11	40:42:00	13:08	1:55:27	

FEMALE INDIVIDUAL AGE GROUP: 50 - 54

Place	Name	Rank	Run1	Pace	T1	Rank	Bike	MPH	T2	Rank	Run	Pace	Time	Penalty
1	YVETTE FLYNN	1	14:00	9:20	1:40	2	43:21:00	17.3	1:33	1	29:06:00	9:24	1:29:38	
2	MYRIAM HAFELE	2	14:32	9:42	2:36	3	44:09:00	17	1:32	2	33:54:00	10:56	1:36:41	
3	GINA MCANULTY	4	19:44	13:10	3:42	1	43:06:00	17.4	2:51	4	48:27:00	15:38	1:57:47	
4	SUSAN KYLE	3	19:29	13:00	2:56	5	51:24:00	14.6	3:23	3	42:53:00	13:50	2:00:03	
5	ADRINA PHIPPS	5	22:52	15:15	4:16	4	50:30:00	14.9	4:26	5	53:16:00	17:11	2:15:17	

MALE INDIVIDUAL AGE GROUP: 50 - 54

Place	Name	Rank	Run1	Pace	T1	Rank	Bike	MPH	T2	Rank	Run	Pace	Time	Penalty
1	COLIN CHINN	1	10:52	7:15	1:03	4	33:42:00	22.3	1:00	1	22:48	7:22	1:09:24	
2	JOEL VANN	2	11:13	7:29	1:01	3	33:03:00	22.7	1:04	2	23:43	7:39	1:10:01	
3	RICHARD VARLEY	4	12:05	8:04	1:19	1	32:15:00	23.3	1:25	4	25:03:00	8:05	1:12:05	
4	JUNITO CLEMENTE	6	12:30	8:20	1:41	2	32:58:00	22.8	1:36	6	26:33:00	8:34	1:15:16	
5	BUD RAINSBERGER	3	12:00	8:00	1:42	7	36:31:00	20.5	1:40	3	24:03:00	7:46	1:15:55	
6	RON HELLER	7	13:08	8:46	1:25	6	35:32:00	21.1	1:14	5	25:07:00	8:07	1:16:24	
7	BOB VEGA	9	15:24	10:16	2:53	8	41:25:00	18.1	2:37	7	33:56:00	10:57	1:36:13	
8	RAY BORN	8	15:19	10:13	2:03	9	43:44:00	17.1	1:37	8	37:30:00	12:06	1:40:11	
9	STEVE TORKILDSON	5	12:12	8:08	1:38	5	34:40:00	21.6	1:26					

FEMALE INDIVIDUAL AGE GROUP: 55 - 59

Place	Name	Rank	Run1	Pace	T1	Rank	Bike	MPH	T2	Rank	Run	Pace	Time	Penalty
1	CHARMAINE CANITE	1	16:04	10:43	1:44	2	40:57:00	18.3	1:31	1	32:37:00	10:32	1:32:51	
2	CAROLYN HALL	2	17:09	11:26	1:53	1	39:45:00	18.9	2:26	2	38:09:00	12:19	1:39:20	
3	NANCY HOPKINS	3	26:29:00	17:39	2:34	3	56:56:00	13.2	2:01	3	52:56:00	17:05	2:20:55	

Honolulu Triathlon
 Sunday, 17 May 2009 7:00 a.m. Start
 Island of Oahu
 1.5K Run, 20K Bike, 5K Run

***** SPRINT AWARDS LIST *****

MALE INDIVIDUAL AGE GROUP: 55 - 59

Place	Name	Rank	Run1	Pace	T1	Rank	Bike	MPH	T2	Rank	Run	Pace	Time	Penalty
1	THOMAS CUMMINGS	1	11:55	7:57	1:37	1	32:53:00	22.8	1:22	1	23:54	7:43	1:11:40	
2	MICHAEL LORNE	2	12:20	8:13	1:14	2	37:41:00	19.9	1:17	2	25:38:00	8:16	1:18:08	
3	ADRIAN LAU	4	15:03	10:02	1:25	4	40:31:00	18.5	1:17	4	29:51:00	9:38	1:28:05	
4	CLIFFORD HONG	3	14:06	9:24	3:37	3	39:56:00	18.8	3:14	3	29:10:00	9:25	1:30:02	

MALE INDIVIDUAL AGE GROUP: 60 - 64

Place	Name	Rank	Run1	Pace	T1	Rank	Bike	MPH	T2	Rank	Run	Pace	Time	Penalty
1	YASUHIKO MIYAHARA	2	15:10	10:07	1:59	1	39:49:00	18.8	2:12	1	35:02:00	11:18	1:34:10	
2	JOE WILLIAMS	1	14:33	9:42	2:03	3	44:30:00	16.9	1:20	2	35:10:00	11:21	1:37:34	
3	PAUL GOODRICH	3	15:27	10:18	1:37	2	40:41:00	18.4	1:55					

FEMALE INDIVIDUAL AGE GROUP: 60 - 64

Place	Name	Rank	Run1	Pace	T1	Rank	Bike	MPH	T2	Rank	Run	Pace	Time	Penalty
1	RINA WESTCOTT	1	19:05	12:44	2:53	1	46:27:00	16.1	3:09	1	45:05:00	14:33	1:56:38	

MALE INDIVIDUAL AGE GROUP: 65 - 69

Place	Name	Rank	Run1	Pace	T1	Rank	Bike	MPH	T2	Rank	Run	Pace	Time	Penalty
1	DAN WALKER	1	16:25	10:57	2:47	1	36:49:00	20.4	2:39	1	30:48:00	9:56	1:29:26	

Athina INDIVIDUAL AGE GROUP: 1 - 99

Place	Name	Rank	Run1	Pace	T1	Rank	Bike	MPH	T2	Rank	Run	Pace	Time	Penalty
1	LYDIA MERTYRIS	3	16:48	5:25	1:46	4	40:01:00	37.5	1:36	2	35:46:00	5:47	1:35:54	
2	SHANNON MURPHY	2	16:08	5:13	2:38	3	36:33:00	41	3:08	3	43:10:00	6:58	1:41:36	
3	BARBARA BLACKBURN	1	16:08	5:12	2:45	2	36:28:00	41.1	3:07	4	43:11:00	6:58	1:41:36	

F-Mil INDIVIDUAL AGE GROUP: 1 - 99

Place	Name	Rank	Run1	Pace	T1	Rank	Bike	MPH	T2	Rank	Run	Pace	Time	Penalty
1	REBECCA REILLY	1	14:42	4:45	1:38	1	35:52:00	41.8	1:45	3	36:01:00	5:49	1:29:57	
2	LYNNETTE JOHNSON	2	15:59	5:10	1:57	2	42:27:00	35.3	2:01	1	34:11:00	5:31	1:36:33	
3	SAVANNAH ESTES	3	16:01	5:10	2:00	3	47:27:00	31.6	2:06	2	35:33:00	5:44	1:43:04	

M-Mil INDIVIDUAL AGE GROUP: 1 - 99

Place	Name	Rank	Run1	Pace	T1	Rank	Bike	MPH	T2	Rank	Run	Pace	Time	Penalty
1	SHAWN WUSSOW	3	11:52	3:50	2:10	2	36:11:00	41.5	2:01	1	24:02:00	3:53	1:16:14	
2	VINCENT NGUYEN	2	11:38	3:46	1:51	3	36:58:00	40.6	1:31	2	26:24:00	4:16	1:18:20	
3	CHRISTOPHER GUARINO	1	10:05	3:15	1:35	1	35:02:00	42.8	1:07	3	37:24:00	6:02	1:25:11	

Honolulu Triathlon
Sunday, 18 May 2008 6:00 a.m. Start
Island of Oahu
1.5K Run, 20K Bike, 5K Run

Place	No.	Name	Div	Div	Rank	Run1	Pace	TRANS	Rank	Bike	MPH	TRANS	Rank	Run	Pace	Time	Penalty
1	182	JOSEPH CHRISTENSEN	1	M*****	1	9:57	6:38	0:59	22	35:19	21.2	0:52	3	21:14	6:51	1:08:20	
2	204	WILLIAM MANGHAM	2	M*****	6	10:13	6:49	1:32	24	35:33	21.1	1:35	1	19:32	6:18	1:08:23	
3	175	JONATHAN NAKASONE	3	M*****	2	10:04	6:43	1:10	16	34:24	21.8	1:06	4	22:12	7:10	1:08:54	
4	114	COLIN CHINN	1	M50-54	11	10:52	7:15	1:03	10	33:42	22.3	1:00	7	22:48	7:22	1:09:24	
5	184	RYAN LAU	1	M15-19	7	10:18	6:52	1:20	27	36:08	20.8	1:11	2	20:53	6:44	1:09:49	
6	183	KYLE NAKATSUKA	2	M15-19	8	10:25	6:57	1:08	18	34:43	21.6	1:05	5	22:38	7:18	1:09:57	
7	117	JOEL VANN	2	M50-54	13	11:13	7:29	1:01	7	33:03	22.7	1:04	10	23:43	7:39	1:10:01	
8	122	ELMER MANUEL	1	M45-49	5	10:11	6:48	1:32	15	34:19	21.9	1:43	8	23:01	7:26	1:10:44	
9	178	MARK TAKAMURA	1	M25-29	14	11:35	7:44	1:16	12	33:46	22.2	1:14	9	23:35	7:37	1:11:25	
10	106	THOMAS CUMMINGS	1	M55-59	18	11:55	7:57	1:37	5	32:53	22.8	1:22	11	23:54	7:43	1:11:40	
11	180	DAVID LEBARON	1	M20-24	4	10:11	6:47	1:06	41	37:06	20.2	0:52	6	22:42	7:20	1:11:56	
12	109	RICHARD VARLEY	3	M50-54	22	12:05	8:04	1:19	4	32:15	23.3	1:25	17	25:03	8:05	1:12:05	
13	116	JUNITO CLEMENTE	4	M50-54	31	12:30	8:20	1:41	6	32:58	22.8	1:36	27	26:33	8:34	1:15:16	
14	128	JAMES FRAIJO	2	M45-49	15	11:38	7:46	1:53	20	34:54	21.5	1:53	20	25:29	8:14	1:15:46	
15	193	BUD RAINSBERGER	5	M50-54	20	12:00	8:00	1:42	33	36:31	20.5	1:40	13	24:03	7:46	1:15:55	
16	148	SHAWN WUSSOW	1	M-MIL	17	11:52	7:55	2:10	28	36:11	20.7	2:01	12	24:02	7:46	1:16:14	
17	107	RON HELLER	6	M50-54	41	13:08	8:46	1:25	23	35:32	21.1	1:14	18	25:07	8:07	1:16:24	
18	176	TIM POROSKY	2	M25-29	29	12:25	8:17	1:39	39	36:59	20.3	1:15	14	24:17	7:50	1:16:33	
19	147	NATHAN HEDDEN	1	M35-39	28	12:22	8:15	1:59	14	34:16	21.9	2:01	29	26:44	8:38	1:17:20	
20	215	DAVE JENSEN	3	M25-29	36	12:48	8:32	1:19	13	33:49	22.2	1:38	41	28:02	9:03	1:17:35	
21	203	MASA KOIZUMI	3	M45-49	30	12:28	8:19	1:52	25	35:48	20.9	1:46	25	26:07	8:26	1:17:59	
22	105	MICHAEL LORNE	2	M55-59	27	12:20	8:13	1:14	45	37:41	19.9	1:17	21	25:38	8:16	1:18:08	
23	165	VINCENT NGUYEN	2	M-MIL	16	11:38	7:46	1:51	38	36:58	20.3	1:31	26	26:24	8:31	1:18:20	
24	216	MARK PENA	4	M25-29	23	12:11	8:08	1:26	58	39:09	19.2	1:05	16	24:42	7:58	1:18:30	
25	164	MAX SANDOVAL	5	M25-29	19	11:58	7:59	1:42	51	38:07	19.7	1:27	23	25:41	8:17	1:18:54	
26	213	JAMIE KLUBE	2	M35-39	35	12:39	8:26	1:40	31	36:23	20.6	1:38	37	27:52	9:00	1:20:12	
27	131	RODOLFO VALITE	1	M40-44	39	12:57	8:38	1:33	36	36:52	20.3	1:28	36	27:48	8:58	1:20:35	
28	202	KAREN WANG	1	F*****	21	12:01	8:01	1:48	48	37:56	19.8	1:32	44	28:05	9:04	1:21:20	
29	169	ERIC STEIDLE	6	M25-29	26	12:14	8:10	1:30	61	39:25	19.0	1:32	33	27:26	8:51	1:22:06	
30	132	ALEX HO	2	M40-44	38	12:55	8:37	2:14	9	33:33	22.4	2:11	67	31:33	10:11	1:22:23	
31	186	TAKEO YOKOSE			53	13:50	9:13	2:11	30	36:19	20.7	2:47	34	27:26	8:51	1:22:31	
32	157	IKAIKA GILMAN	1	M30-34	59	14:09	9:26	1:19	42	37:20	20.1	1:49	46	28:22	9:09	1:22:57	
33	210	LESLIE CANO	2	F*****	32	12:31	8:21	1:49	88	42:40	17.6	1:18	15	24:41	7:58	1:22:58	
34	207	WATANABE FUJIO	7	M25-29	12	11:02	7:21	1:39	95	43:15	17.3	1:33	24	25:46	8:19	1:23:12	
35	191	JILL CASEY	3	F*****	52	13:42	9:08	1:12	60	39:20	19.1	1:16	39	27:54	9:00	1:23:22	
36	118	ROY MATSUMOTO	4	M45-49	46	13:23	8:56	1:52	57	39:03	19.2	2:14	30	26:57	8:42	1:23:27	
37	123	CARL VILLARETE	5	M45-49	34	12:35	8:24	2:01	29	36:13	20.7	2:02	60	30:56	9:59	1:23:46	
38	159	BRAD MITCHELL	2	M30-34	49	13:36	9:04	1:55	55	38:49	19.3	1:34	48	28:38	9:14	1:24:29	

Honolulu Triathlon
Sunday, 18 May 2008 6:00 a.m. Start
Island of Oahu
1.5K Run, 20K Bike, 5K Run

Place	No.	Name	Div	Div	Rank	Run1	Pace	TRANS	Rank	Bike	MPH	TRANS	Rank	Run	Pace	Time	Penalty
39	121	JOHN LUNNING	6	M45-49	81	15:02	10:01	2:17	19	34:50	21.5	1:50	64	31:06	10:02	1:25:04	
40	171	CHRISTOPHER GUARINO	3	M-MIL	3	10:05	6:43	1:35	21	35:02	21.4	1:07	109	37:24	12:04	1:25:11	
41	56	MICHELLE WEST	1	F35-39	65	14:20	9:34	2:05	56	38:56	19.3	2:07	38	27:52	9:00	1:25:19	
42	156	JOSHUA OGUMA	3	M30-34	56	14:01	9:21	1:28	54	38:38	19.4	1:26	58	30:01	9:41	1:25:33	
43	163	LIONEL CABRAL	8	M25-29	51	13:39	9:06	1:53	70	40:09	18.7	3:26	35	27:40	8:56	1:26:46	
44	143	EIJI YOSHIZAKI	3	M35-39	47	13:31	9:01	2:40	46	37:53	19.8	2:40	52	29:03	9:22	1:27:45	2:00
45	217	JUSTIN BARNES	9	M25-29	37	12:50	8:33	2:09	114	45:43	16.4	2:00	19	25:13	8:09	1:27:53	
46	104	ADRIAN LAU	3	M55-59	82	15:03	10:02	1:25	71	40:31	18.5	1:17	57	29:51	9:38	1:28:05	
47	146	HIROKAZU MIYAMORI	4	M35-39	71	14:41	9:47	3:00	68	39:57	18.8	2:30	43	28:04	9:04	1:28:11	
48	177	RANDAHL MATSUNO	10	M25-29	63	14:14	9:29	1:25	86	42:24	17.7	1:15	51	29:01	9:22	1:28:16	
49	133	AKIHIRO HIEI	3	M40-44	77	14:46	9:51	4:19	75	40:41	18.4	1:53	28	26:42	8:37	1:28:19	
50	166	MARK BERGER	11	M25-29	10	10:50	7:13	1:27	8	33:12	22.6	1:19	122	41:48	13:29	1:28:33	
51	134	KAZUO SAKURADA	4	M40-44	9	10:39	7:06	1:50	37	36:54	20.3	1:15	113	38:03	12:17	1:28:39	
52	126	ANDY ANCHETA	7	M45-49	62	14:12	9:28	2:52	40	37:04	20.2	1:24	79	33:11	10:43	1:28:41	
53	76	TERESA LUKOWICZ	1	F25-29	50	13:37	9:05	1:43	103	44:18	16.9	1:21	40	27:54	9:00	1:28:52	
54	135	KEITH COGDILL	5	M40-44	91	15:25	10:17	2:20	74	40:40	18.4	1:47	49	28:43	9:16	1:28:53	
55	86	EILEEN MARCEAU	2	F25-29	40	13:07	8:45	2:28	97	43:32	17.2	1:56	47	28:23	9:10	1:29:24	
56	99	DAN WALKER	1	M65-69	113	16:25	10:57	2:47	35	36:49	20.4	2:39	59	30:48	9:56	1:29:26	
57	94	MARISA BEDROSIAN	1	F20-24	43	13:14	8:49	1:38	111	45:00	16.7	1:34	42	28:04	9:04	1:29:28	
58	158	REGINALD PADILLA	4	M30-34	67	14:29	9:40	1:55	47	37:55	19.8	1:53	80	33:18	10:45	1:29:29	
59	181	JOE GIBSON	2	M20-24	33	12:32	8:21	1:28	2	25:16	29.7	1:15	141	49:05	15:50	1:29:34	
60	17	YVETTE FLYNN	1	F50-54	55	14:00	9:20	1:40	96	43:21	17.3	1:33	53	29:06	9:24	1:29:38	
61	208	HIROKO YOSHISAKI	3	F25-29	78	14:46	9:51	2:34	113	45:32	16.5	1:19	22	25:40	8:17	1:29:50	
62	218	JOHN SHARKEY	12	M25-29	44	13:15	8:50	1:16	84	41:32	18.1	1:35	71	32:16	10:25	1:29:52	
63	97	SASHA HIGGINS	1	F15-19	75	14:45	9:50	1:38	64	39:42	18.9	1:24	74	32:27	10:28	1:29:54	
64	43	REBECCA REILLY	1	F-MIL	72	14:42	9:48	1:38	26	35:52	20.9	1:45	103	36:01	11:37	1:29:57	
65	103	CLIFFORD HONG	4	M55-59	58	14:06	9:24	3:37	67	39:56	18.8	3:14	54	29:10	9:25	1:30:02	
66	152	CEDRIC CAAGBAY	5	M35-39	119	16:55	11:17	2:13	44	37:28	20.0	2:07	66	31:26	10:09	1:30:07	
67	130	ALAN KATO	8	M45-49	66	14:25	9:37	2:01	50	37:58	19.8	2:05	83	33:47	10:54	1:30:14	
68	49	JENNIFER WAITE	2	F35-39	98	15:51	10:34	2:22	53	38:22	19.5	2:29	65	31:24	10:08	1:30:26	
69	93	LIZ BEAL	2	F20-24	73	14:43	9:49	1:38	90	42:49	17.5	1:38	56	29:49	9:37	1:30:35	
70	91	LIZ BURYK	3	F20-24	45	13:16	8:51	1:18	123	48:19	15.5	0:59	32	27:07	8:45	1:30:58	
71	212	MELISSA ZUPNER	1	F40-44	57	14:06	9:24	2:15	80	41:11	18.2	1:40	69	31:58	10:19	1:31:08	
72	142	STEVE SMORE	6	M35-39	54	13:59	9:19	1:58	107	44:35	16.8	1:59	50	28:48	9:18	1:31:17	
73	57	ERI OKAWA	3	F35-39	109	16:09	10:46	1:55	92	43:00	17.4	2:13	45	28:10	9:05	1:31:26	
74	136	DEVIN FUKUNAGA	6	M40-44	85	15:15	10:10	1:18	49	37:58	19.8	1:18	102	35:50	11:34	1:31:39	
75	168	RHONEE ROJAS	13	M25-29	70	14:36	9:44	1:20	81	41:17	18.2	1:30	77	33:09	10:42	1:31:51	
76	84	JULIE SITTIG	4	F25-29	74	14:43	9:49	1:39	91	42:51	17.5	1:35	63	31:06	10:02	1:31:52	

Honolulu Triathlon
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1.5K Run, 20K Bike, 5K Run

Place	No.	Name	Div	Div	Rank	Run1	Pace	TRANS	Rank	Bike	MPH	TRANS	Rank	Run	Pace	Time	Penalty
77	22	JUDI BRUSETT	1	F45-49	108	16:09	10:46	1:51	59	39:10	19.1	1:39	78	33:10	10:42	1:31:56	
78	139	DONN TAKAKI	7	M40-44	64	14:17	9:31	2:13	101	44:00	17.0	2:14	55	29:46	9:37	1:32:28	
79	14	CHARMAINE CANITE	1	F55-59	104	16:04	10:43	1:44	79	40:57	18.3	1:31	75	32:37	10:32	1:32:51	
80	174	MARK RAU	14	M25-29	89	15:23	10:15	1:17	73	40:35	18.5	1:18	90	34:25	11:07	1:32:55	
81	81	KRISTIN SPEAR	5	F25-29	48	13:34	9:03	2:12	106	44:34	16.8	1:42	62	31:00	10:00	1:33:00	
82	144	DIRK NOWACK	7	M35-39	79	14:49	9:53	1:20	89	42:41	17.6	1:15	81	33:20	10:45	1:33:23	
83	125	ERNIE ENDAYA	9	M45-49	60	14:11	9:28	2:02	1	21:02	35.7	2:09	146	54:07	17:28	1:33:29	
84	102	YASUHIKO MIYAHARA	1	M60-64	83	15:10	10:07	1:59	66	39:49	18.8	2:12	91	35:02	11:18	1:34:10	
85	53	BETH ZUBOWICZ	4	F35-39	97	15:49	10:33	2:23	85	42:12	17.8	2:07	68	31:41	10:14	1:34:11	
86	26	CASANDRA DOWNEY	2	F45-49	86	15:19	10:13	1:44	63	39:39	18.9	1:49	101	35:46	11:33	1:34:14	
87	214	GABI JAKOBS	5	F35-39	76	14:45	9:50	1:46	82	41:20	18.1	1:26	94	35:16	11:23	1:34:30	
88	77	GINA YONAMINE	6	F25-29	88	15:20	10:13	1:51	94	43:08	17.4	1:55	73	32:22	10:27	1:34:34	
89	124	ROBERT CAMELLO	10	M45-49	24	12:12	8:08	2:27	134	50:56	14.7	2:16	31	27:03	8:44	1:34:52	
90	30	LORELIE VILLARETE	3	F45-49	94	15:36	10:24	2:26	62	39:30	19.0	2:15	95	35:20	11:24	1:35:04	
91	62	LYDIA MERTYRIS	1	Athena	118	16:48	11:12	1:46	69	40:01	18.7	1:36	100	35:46	11:33	1:35:54	
92	115	BOB VEGA	7	M50-54	90	15:24	10:16	2:53	83	41:25	18.1	2:37	86	33:56	10:57	1:36:13	
93	201	ERIN JOHNSON	4	F20-24	105	16:04	10:43	1:54	77	40:52	18.4	2:14	97	35:31	11:28	1:36:33	
94	219	LYNNETTE JOHNSON	2	F-MIL	100	15:59	10:40	1:57	87	42:27	17.7	2:01	88	34:11	11:02	1:36:33	
95	15	MYRIAM HAFELE	2	F50-54	68	14:32	9:42	2:36	102	44:09	17.0	1:32	85	33:54	10:56	1:36:41	
96	192	SUZANNE AGASI	6	F35-39	111	16:14	10:49	1:59	99	43:49	17.1	2:19	76	32:50	10:36	1:37:08	
97	69	MELISSA FERNANDEZ	1	F30-34	80	14:55	9:57	1:45	104	44:26	16.9	1:44	89	34:21	11:05	1:37:08	
98	100	JOE WILLIAMS	2	M60-64	69	14:33	9:42	2:03	105	44:30	16.9	1:20	92	35:10	11:21	1:37:34	
99	205	ANDREW LANNING	11	M45-49	95	15:43	10:29	2:21	43	37:21	20.1	2:55	116	39:26	12:44	1:37:44	
100	145	KEIICHI TAJIMA	8	M35-39	42	13:13	8:49	2:22	130	50:21	14.9	1:31	61	31:00	10:00	1:38:25	
101	200	CAROLYN HALL	2	F55-59	122	17:09	11:26	1:53	65	39:45	18.9	2:26	114	38:09	12:19	1:39:20	
102	11	MAIYA MARSHALL	5	F20-24	127	18:06	12:04	3:32	11	33:45	22.2	2:37	123	42:06	13:35	1:40:04	
103	112	RAY BORN	8	M50-54	87	15:19	10:13	2:03	98	43:44	17.1	1:37	110	37:30	12:06	1:40:11	
104	55	SHANNON MURPHY	2	Athena	107	16:08	10:46	2:38	34	36:33	20.5	3:08	128	43:10	13:56	1:41:36	
105	27	BARBARA BLACKBURN	3	Athena	106	16:08	10:45	2:45	32	36:28	20.6	3:07	129	43:11	13:56	1:41:36	
106	137	WAYLAND KWOCK	8	M40-44	135	19:12	12:48	2:24	78	40:54	18.3	1:42	111	37:32	12:07	1:41:42	
107	37	MARGARET WORRALL	2	F40-44	114	16:26	10:57	2:06	128	49:42	15.1	1:26	72	32:17	10:25	1:41:56	
108	42	DIANA SUZUKI	3	F40-44	115	16:31	11:01	2:19	110	44:51	16.7	3:30	98	35:32	11:28	1:42:41	
109	75	TRICIA KAVLE	2	F30-34	112	16:20	10:53	2:01	115	45:43	16.4	1:32	108	37:08	11:59	1:42:42	
110	67	SAVANNAH ESTES	3	F-MIL	101	16:01	10:41	2:00	121	47:27	15.8	2:06	99	35:33	11:28	1:43:04	
111	68	VALARIE BROOKHART	3	F30-34	102	16:02	10:41	1:58	122	47:28	15.8	2:08	96	35:30	11:28	1:43:04	
112	41	ALAINA VALITE	4	F40-44	96	15:48	10:32	2:43	112	45:02	16.7	2:43	106	36:56	11:55	1:43:09	
113	71	JAMIE ORSI	4	F30-34	117	16:39	11:06	1:31	120	47:19	15.9	1:21	105	36:21	11:44	1:43:09	
114	61	ROBIN WIELINS	5	F30-34	116	16:33	11:02	3:48	100	43:50	17.1	3:16	104	36:08	11:40	1:43:34	

Honolulu Triathlon
Sunday, 18 May 2008 6:00 a.m. Start
Island of Oahu
1.5K Run, 20K Bike, 5K Run

Place	No.	Name	Div	Div	Rank	Run1	Pace	TRANS	Rank	Bike	MPH	TRANS	Rank	Run	Pace	Time	Penalty
115	92	TENNEILLE PITTELLI	4	Athena	146	22:16	14:51	2:10	3	28:59	25.9	3:14	136	47:33	15:21	1:44:10	
116	79	YUKARI YAMA	7	F25-29	61	14:12	9:28	2:51	137	51:42	14.5	1:35	87	33:57	10:57	1:44:15	
117	141	JON YOSHINAGA	9	M35-39	126	17:58	11:59	1:33	72	40:34	18.5	1:23	131	43:18	13:58	1:44:43	
118	48	REBEKAH LAMBERT	5	Athena	136	19:28	12:59	2:01	125	49:01	15.3	2:17	70	32:08	10:22	1:44:53	
119	47	SUSANA JIMINEZ-GIBBS	7	F35-39	130	18:54	12:36	2:16	108	44:36	16.8	1:54	115	38:11	12:19	1:45:47	
120	21	TERRI TYMN	4	F45-49	120	16:57	11:18	2:29	127	49:17	15.2	2:42	107	37:04	11:58	1:48:27	
121	33	KATHERINE GOMEZ	5	F40-44	125	17:48	11:52	2:51	124	49:00	15.3	1:47	112	37:58	12:15	1:49:22	
122	19	KRISTA JOHNSON	5	F45-49	110	16:12	10:48	2:10	145	56:38	13.2	1:43	82	33:45	10:54	1:50:25	
123	209	CARA NEWMAN	8	F25-29	128	18:20	12:13	2:39	109	44:37	16.8	2:10	130	43:16	13:58	1:51:00	
124	70	DANETTE SHIPE	6	F30-34	121	17:07	11:25	3:08	139	52:53	14.2	3:34	93	35:10	11:21	1:51:50	
125	46	ANGELA TARANTO	8	F35-39	84	15:12	10:08	1:21	52	38:09	19.7	1:09	148	56:55	18:22	1:52:44	
126	119	GERALD MARTENS	12	M45-49	141	20:10	13:27	2:08	116	46:00	16.3	2:09	124	42:42	13:47	1:53:08	
127	89	AI WATANABE	9	F25-29	99	15:57	10:38	2:30	142	53:37	14.0	2:28	118	40:18	13:00	1:54:49	
128	78	RIEKO WATANABE	10	F25-29	93	15:34	10:23	2:51	143	53:39	14.0	2:28	119	40:19	13:01	1:54:49	
129	179	BRETT LEMAHIEU	15	M25-29	123	17:18	11:32	2:33	140	53:11	14.1	1:45	120	40:41	13:08	1:55:26	
130	127	EDWARD LEMAHIEU	13	M45-49	124	17:18	11:32	2:33	141	53:11	14.1	1:44	121	40:42	13:08	1:55:27	
131	190	RINA WESTCOTT	1	F60-64	133	19:05	12:44	2:53	117	46:27	16.1	3:09	132	45:05	14:33	1:56:38	
132	29	GAIL SLAWSON	6	F45-49	143	20:39	13:46	2:16	126	49:02	15.3	1:59	127	43:00	13:52	1:56:54	
133	194	GINA MCANULTY	3	F50-54	140	19:44	13:10	3:42	93	43:06	17.4	2:51	139	48:27	15:38	1:57:47	
134	59	CHRISTINE CAPULONG	9	F35-39	131	18:56	12:37	3:18	138	52:08	14.4	2:34	126	42:56	13:51	1:59:49	
135	16	SUSAN KYLE	4	F50-54	138	19:29	13:00	2:56	136	51:24	14.6	3:23	125	42:53	13:50	2:00:03	
136	63	LANA YOSHIMURA	7	F30-34	144	21:35	14:24	1:25	119	47:01	16.0	2:38	137	47:39	15:23	2:00:16	
137	32	SUSAN FREECE	6	F40-44	137	19:28	12:59	2:13	149	57:15	13.1	1:38	117	39:50	12:51	2:00:22	
138	90	ELYSE MORETTI	6	F20-24	103	16:02	10:42	1:46	152	1:07:27	11.1	2:14	84	33:52	10:56	2:01:19	
139	151	MATTHEW COKE	10	M35-39	132	19:04	12:43	3:26	129	50:17	14.9	3:50	133	45:48	14:47	2:02:23	
140	50	LETICIA VARGAS	10	F35-39	142	20:36	13:44	2:23	135	51:18	14.6	2:38	134	46:41	15:04	2:03:33	
141	45	DEBBIE MARTENS	11	F35-39	145	21:57	14:38	1:54	132	50:42	14.8	1:45	135	47:17	15:16	2:03:33	
142	161	BRANDON DELA CRUZ	5	M30-34	129	18:51	12:34	3:16	133	50:49	14.8	3:04	140	49:03	15:50	2:05:01	
143	80	KRISTI SEIFERT	11	F25-29	139	19:31	13:01	3:14	148	57:03	13.1	3:03	138	48:00	15:29	2:10:48	
144	211	ADRINA PHIPPS	5	F50-54	147	22:52	15:15	4:16	131	50:30	14.9	4:26	145	53:16	17:11	2:15:17	
145	51	NANCY DEGEETER	12	F35-39	149	24:22	16:15	3:22	118	46:51	16.0	3:52	150	59:05	19:04	2:17:31	
146	87	JENNIFER BARON	12	F25-29	134	19:07	12:45	2:53	150	58:21	12.9	2:55	147	56:29	18:14	2:19:43	
147	74	CHRISTINA MULLER	8	F30-34	151	26:30	17:40	2:25	144	56:01	13.4	3:04	143	52:56	17:05	2:20:54	
148	24	IRIS TERASHIMA	7	F45-49	152	26:31	17:41	2:15	146	56:49	13.2	2:24	142	52:56	17:05	2:20:54	
149	13	NANCY HOPKINS	3	F55-59	150	26:29	17:39	2:34	147	56:56	13.2	2:01	144	52:56	17:05	2:20:55	
150	36	JOANNE DESMOND	7	F40-44	148	23:45	15:50	1:52	151	1:00:02	12.5	1:43	149	58:29	18:52	2:25:49	
151	110	STEVE TORKILDSON	9	M50-54	25	12:12	8:08	1:38	17	34:40	21.6	1:26					
152	101	PAUL GOODRICH	3	M60-64	92	15:27	10:18	1:37	76	40:41	18.4	1:55					