

**23rd Annual No Frills Racing Series**

Race No. 4: February 27, 2016

Weather: 50\*, sunny, lt. breeze

<u>MEN</u>	Age	Factor	Act. Time	Pace	Adj. Time	Points	Act. Finish
1 Paul Braunschweiler	64	0.7846	33:37.3	6:43.5	26:22.8	10	9
2 Todd Nott	51	0.8787	30:53.4	6:10.7	27:08.6	9	5
3 Roy White	52	0.8714	32:58.5	6:35.7	28:44.1	8	8
4 Nathan Swenson	28	1	28:48.2	5:45.6	28:48.2	7	1
5 Charles Smith	41	0.951	30:27.2	6:05.4	28:57.7	6	4
6 Joe Coil	25	1	29:29.1	5:53.8	29:29.1	5	2
7 Adam Little	33	0.9944	29:48.5	5:57.7	29:38.5	4	3
8 Andrew Tracey	55	0.8497	35:03.5	7:00.7	29:47.3	3	13
9 Clete Roth	62	0.7991	38:40.6	7:44.1	30:54.4	2	20
10 Carl Gladitsch	29	1	33:50.1	6:46.0	33:50.1	1	10
11 Bill McLochlin	66	0.7701	44:12.0	8:50.4	34:02.3		28
12 Brad Peterson	43	0.9365	37:18.6	7:27.7	34:56.4		18
13 Nel Pineda	41	0.951	37:04.9	7:25.0	35:15.9		17
14 William Eads	50	0.8859	40:01.4	8:00.3	35:27.4		22
15 Tim Ertz	30	0.9996	36:55.1	7:23.0	36:54.2		16
16 Barry Milnes	51	0.8787	42:08.3	8:25.7	37:01.6		25
17 Ken Juhl	67	0.7629	51:05.5	10:13.1	38:58.7		39
18 Michael Mass	11	0.8696	44:57.2	8:59.4	39:05.5		30
19 Ron Waymire	51	0.8787	47:53.9	9:34.8	42:05.3		35
20 Doug Deden	46	0.9148	46:36.3	9:19.3	42:38.1		34
21 David Hedman	52	0.8714	51:07.7	10:13.5	44:33.2		40
22 Ray Hahn	33	0.9944	45:45.2	9:09.0	45:29.8		31

<u>WOMEN</u>			Act. Time	Pace	Adj. Time	Points	Act. Finish
1 Jen Freeman	34	0.9956	32:03.5	6:24.7	31:55.0	10	6
2 Abby Knight-Einspahr	32	0.999	32:20.9	6:28.2	32:19.0	9	7
3 Anne Medeiros	72	0.6622	49:01.5	9:48.3	32:27.9	8	36
4 Celia Bravard	22	1	34:15.0	6:51.0	34:15.0	7	11
5 Kayla Fenske	24	1	34:21.8	6:52.4	34:21.8	6	12
6 Mariana Phipps	71	0.6724	52:01.5	10:24.3	34:58.9	5	42
7 Barbara Swenson	27	1	36:06.8	7:13.4	36:06.8	4	14
8 Lorraine Whitaker	72	0.6622	55:36.2	11:07.2	36:49.2	3	45
9 Gisele Jones	29	1	36:51.2	7:22.2	36:51.2	2	15
10 Megan Little	32	0.999	37:38.8	7:31.8	37:36.5	1	19
11 Virginia Marquard	64	0.7442	51:12.3	10:14.5	38:06.4		41
12 Jennifer Wilson	51	0.8775	44:18.9	8:51.8	38:53.2		29
13 Claudia Cortes	19	0.9973	39:16.4	7:51.3	39:10.0		21
14 Alyson Grotheer	29	1	40:16.2	8:03.2	40:16.2		23
15 Deb Deppe	33	0.9976	41:59.4	8:23.9	41:53.4		24
16 Valeria Shaw	30	1	42:31.1	8:30.2	42:31.1		26
17 Jena Coil	24	1	42:50.2	8:34.0	42:50.2		27
18 Rita Sanders	57	0.816	54:00.4	10:48.1	44:04.2		44
19 Amelia Fiser	41	0.966	46:10.1	9:14.0	44:35.9		32
20 Jodie Sherman	38	0.9821	46:10.4	9:14.1	45:20.8		33
21 Jamie Berglund	38	0.9821	49:36.8	9:55.4	48:43.5		37
22 Hannah Mass	10	0.8413	59:01.2	11:48.2	49:39.2		47
23 Barb Waymire	65	0.734	1:08:14.8	13:39.0	50:05.6		49
24 Stephanie Jeannette	30	1	51:04.4	10:12.9	51:04.4		38
25 Amy Waller	38	0.9821	52:51.0	10:34.2	51:54.2		43
26 Katelyn Mass	14	0.9271	57:06.9	11:25.4	52:57.1		46
27 Desiree Spencer	36	0.99	59:20.3	11:52.1	58:44.7		48

**Special 5K\***

1 Jennifer Baxter	44	55:21.0
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\*Jennifer traveled here from Florida as she is running a road race in every state.