

2016 No Frills Kickoff 5K 2-Jan-16 25* - 5th St. gravel road course
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<u>MEN</u>	Age	Factor	Act. Time	Pace	Adj. Time	Act. Finish
1 Todd Nott	51	0.8676	19:12.2	6:10.8	16:39.6	3
2 Justin Thorstad	21	0.9961	17:52.8	5:45.3	17:48.6	1
3 Christian Young	18	0.967	18:44.3	6:01.9	18:07.2	2
4 Ron Lampe	53	0.8536	21:17.9	6:51.3	18:10.8	6
5 Bob Hiser	51	0.8676	21:00.0	6:45.5	18:13.2	5
6 Andrew Tracey	54	0.8465	22:47.5	7:20.1	19:17.6	8
7 Robert Russell	21	0.9961	20:33.6	6:37.0	20:28.8	4
8 Bob Garcia	60	0.8043	26:04.7	8:23.6	20:58.5	14
9 Nel Pineda	40	0.9451	22:27.7	7:13.8	21:13.7	7
10 Drager Nygaard	11	0.8434	25:14.0	8:07.3	21:16.9	12
11 Mark Nygaard	47	0.8958	23:55.5	7:42.0	21:25.9	10
12 Brian Buresh	43	0.924	23:13.2	7:28.4	21:27.3	9
13 Terry Hack	49	0.8817	26:47.3	8:37.3	23:37.2	16
14 Greg Boettger	46	0.9028	27:25.4	8:49.6	24:45.5	19
15 John Lukes	32	0.9922	26:37.1	8:34.0	26:24.6	15
16 Alex Hack	14	0.9091	35:44.0	11:30.1	32:29.1	28
17 Ricky Pruitt	31	0.9989	32:59.2	10:37.0	32:57.0	26
18 Tim Hack	52	0.8606	39:34.0	12:44.1	34:03.1	30

<u>WOMEN</u>	Age	Factor	Act. Time	Pace	Adj. Time	Act. Finish
1 Anne Medeiros	72	0.643	32:28.7	06:29.7	20:53.0	25
2 Angee Nott	40	0.9678	24:10.9	04:50.2	23:24.2	11
3 Emily Schmidt	15	0.955	25:51.7	05:10.3	24:41.9	13
4 Rita Sanders	57	0.8065	32:28.3	06:29.7	26:11.3	24
5 Michelle Brown	36	0.987	27:09.8	05:26.0	26:48.6	17
6 Melissa Wood	43	0.9479	28:24.4	05:40.9	26:55.6	21
7 Sherry Grout	32	0.9976	27:24.5	05:28.9	27:20.6	18
8 Jenny Logsdon	26	1	27:30.8	05:30.2	27:30.8	20
9 Jordan Thorstad	15	0.955	29:58.4	05:59.7	28:37.5	22
10 Hena Ybay	19	0.9961	30:16.2	06:03.2	30:09.1	23
11 Teresa Cherko	62	0.752	40:25.6	08:05.1	30:24.1	31
12 Stephanie Jeannette	30	0.9997	34:14.3	06:50.9	34:13.7	27
13 Kendra Taylor	18	0.9893	36:27.8	07:17.6	36:04.4	29
14 Vanessa Urbach	28	1	40:26.6	08:05.3	40:26.6	32