

2014 Free to Breathe 5k (3.15miles)
Age group results (08/16/2014)

Seaport Village / San Diego
North Embarcadero Marina

Male 12U in division 5K

Place	Bib #	Name	Finish	Age	Gen	City	Team Name
1	205	Nicholas Griesi	30:55.2	9	M	San Diego	
2	99	Evan Hughes	33:57.2	11	M	Vista	Team Hughes
3	182	Andrew Urner	34:02.2	7	M	Los Angeles	Wickware Clan
4	173	Jason Shan	34:38.0	9	M	Irvine	Team Peregrine
5	130	Jayden Love	51:15.9	8	M	Los Angeles	Gram's Fight

Male 13-19 in division 5k

Place	Bib #	Name	Finish	Age	Gen	City	Team Name
1	1	Erik Armes	16:08.3	17	M	Coronado	
2	41	Andrew Chavira	22:21.8	16	M	San Diego	#AbuelitosDay
3	49	Mario Costello	27:14.6	19	M	San Diego	Nat. Personal Training Inst.
4	21	Michael Basa	35:36.9	16	M	San Diego	

Male 20-29 in division 5k

Place	Bib #	Name	Finish	Age	Gen	City	Team Name
1	111	Tyler Kneeskern	19:02.1	25	M	San Diego	Nat. Personal Training Inst.
2	75	Dakota Fliptin	21:08.3	29	M	San Diego	Nat. Personal Training Inst.
3	154	Jan Pacho	23:14.2	27	M	national city	Team Kohl's Eastlake
4	203	James Cramer	23:44.8	24	M	San Diego	NPTI
5	33	Greg Campbell	26:16.8	29	M	San Diego	PD 5K Team
6	18	Myron Bang	27:25.3	25	M	San Diego	
7	82	Michael Gentry	27:28.2	27	M	San Diego	Team TimStrong
8	183	Carlos Vasquez	30:56.3	28	M	Chula Vista	Team Kohl's Eastlake
9	148	Hiep Nguyen	36:59.8	29	M	orange	Team Peregrine
10	35	Nicholas Carey	37:41.4	25	M	Encinitas	Team TimStrong
11	176	Earl Simon	38:27.2	22	M	San Diego	
12	209	Carlos Gomez	41:25.1	29	M	San Diego	#AbuelitosDay
13	225	Micheal Yap	41:39.5	28	M	San Diego	
14	162	Jhandelver Quito	41:43.8	25	M	chula vista	
15	159	John Polovick	47:03.0	27	M	Indio	#AbuelitosDay

Male 30-39 in division 5k

Place	Bib #	Name	Finish	Age	Gen	City	Team Name
1	178	Michael Soto	18:44.6	31	M	Alhambra	
2	60	Timothy Dock	19:49.7	38	M	La Mesa	
3	114	Alan Kwok	21:45.9	35	M	San Diego	
4	180	Dustin Stanton	23:58.4	34	M	San Diego	BD Biosciences - San Diego
5	218	Mathew Kuhnan	24:20.0	39	M	Muskego	
6	186	Carlos Walther-Meade	27:01.5	36	M	La Jolla	
7	109	Stephen Kauffman	27:16.5	38	M	Tustin	Team Peregrine
8	184	Juan Vera	27:18.0	38	M	san leandro	

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9	121	Brian Lilhanand	27:31.7	37	M	San Diego	BD Biosciences - San Diego
10	42	Stephen Chua	28:24.0	32	M	orange	Team Peregrine
11	32	Scott Camara	29:57.1	31	M	Tustin	Team Peregrine
12	62	Adam Driscoll	30:12.3	33	M	San Diego	
13	161	Phil Popp	30:23.9	35	M	San Marcos	Team Ireland
14	66	Caesar Escobarf	30:56.3	39	M	Sunnyvale	
15	85	Gerardo Gomez	31:57.0	32	M	National city	Roberto il Guerriero
16	147	Patrick Munar	32:25.8	35	M	Cherry Valley	Team Merlyn
17	98	David Hughes	33:11.8	37	M	Vista	Team Hughes
18	100	Ryan Ishikawa	35:45.0	32	M	orange	Team Peregrine
19	44	Travis Clark	35:49.2	30	M	San Diego	Nat. Personal Training Inst.
20	23	Jeff Bernardo	36:07.3	37	M	Chula Vista	
21	63	Jeremy Dutson	39:10.5	34	M	San Diego	BD Biosciences - San Diego
22	214	Joseph Spidk	39:40.8	39	M	San Diego	
23	77	Joseph Ford	40:35.4	36	M	Cortland	
24	131	Tyrone Love	42:17.8	30	M	Los Angeles	Gram's Fight
25	193	Aida Pinones	44:07.7	30	M	San Diego	Tyrones Team
26	40	Yohan Chang	46:44.5	30	M	orange	Team Peregrine
27	157	Tony Phakasoum	53:15.9	30	M	San Diego	
28	28	Tyrone Brown	00:17.0	36	M	San Diego	Its Mental Music - Imm

Male 40-49 in division 5k

Place	Bib #	Name	Finish	Age	Gen	City	Team Name
1	2	Stephen Armes	20:01.4	44	M	Coronado	
2	52	Bryan Curley	21:00.0	45	M	Gilbert	
3	215	Damion Cormier	21:12.0	46	M	Spring Valley	NPTI
4	223	Andrew Pavelchen	23:00.2	49	M	Poway	
5	19	Andrew Basa	23:38.5	42	M	San Diego	
6	202	Micheal Mack	24:03.1	48	M	San Diego	
7	216	Bernardo Bustamante	27:34.5	45	M	San Diego	NPTI
8	138	Jamie Mazza	27:41.2	42	M	Encinitas	
9	8	Bulent Alemdar	30:14.0	44	M	Carlsbad	Team Mugus
10	212	Andrew Kelly	33:19.4	48	M	Chicago	
11	210	Chris Urner	34:01.8	44	M	Los Angeles	
12	48	Eric Cooksey	37:01.5	44	M	Tustin	Team Peregrine
13	65	santiago enriquez jr	39:25.1	45	M	La Puente	
14	165	Daniel Roth	40:16.7	49	M	Hunt Bch	
15	27	Anthony Brown	43:27.4	45	M	RS Margarita	Team Peregrine

Male 50-59 in division 5k

Place	Bib #	Name	Finish	Age	Gen	City	Team Name
1	3	Marshall Varano	20:08.9	52	M	san diego	
2	195	Micheal Jaurhs	25:37.9	56	M	Solana Beach	timstrong
3	217	Barry Lehmer	29:46.7	59	M	Carlsbad	
4	110	Steven King	31:48.5	50	M	Tustin	Team Peregrine
5	88	Jorge Gomez	31:59.8	58	M	San Diego	Roberto il Guerriero
6	191	Jesse Zapata	32:20.9	52	M	Tustin	Team Peregrine

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7	55	Barry Davis	33:37.7	55	M	Chula Vista
8	15	Dan Austin	50:41.6	55	M	San Diego

Male 60-69 in division 5k

Place	Bib #	Name	Finish	Age	Gen	City	Team Name
1	211	Gil Gonzalez	24:50.0	61	M	San Diego	
2	97	Ric Hovda	31:42.7	66	M	San Diego	Nat. Personal Training Inst.
3	219	Andrew Sussman	40:24.8	63	M	San Diego	Marlene's Wish

Male 70+ in division 5k

Place	Bib #	Name	Finish	Age	Gen	City	Team Name
1	125	David Long	39:00.0	76	M	San Diego	

Female 12U in division 5k

Place	Bib #	Name	Finish	Age	Gen	City	Team Name
1	106	Emily Jensen	31:36.7	12	F	San Diego	Team Julia Gruca
2	87	Jessa Gomez	41:24.2	9	F	san diego	#AbuelitosDay

Female 13-19 in division 5k

Place	Bib #	Name	Finish	Age	Gen	City	Team Name
1	80	Hanna Garritson	28:07.8	18	F	Chula Vista	Team Kohl's Eastlake
2	167	Celine Santos	28:21.7	15	F	Azusa	

Female 20-29 in division 5k

Place	Bib #	Name	Finish	Age	Gen	City	Team Name
1	142	Courtney McGowan	23:50.0	27	F	San Diego	
2	136	Sara Martin	24:04.0	24	F	Sacramento	
3	158	Christine Poletto	25:56.6	24	F	San Diego	
4	201	Hieu Bui	26:24.4	27	F	San Diego	NPTI
5	26	Allie Bostron	27:25.7	22	F	San Diego	
6	59	MEGAN DEMERS	27:34.1	25	F	SAN DIEGO	
7	86	Jessa Gomez	30:13.3	24	F	Chino	#AbuelitosDay
8	57	Cindy De La Rosa	30:23.7	25	F	San Diego	
9	81	Boni Geng	31:34.2	27	F	San Diego	Team TimStrong
10	207	Allison Cappabianca	31:54.2	27	F	San Diego	Julia Gruca
11	94	Brittany Hamilton	31:54.4	28	F	San Diego	Team Julia Gruca
12	149	Rachael O'Banion	32:03.3	28	F	Anaheim	Team Julia Gruca
13	36	Taylor Carr	32:18.6	22	F	San Diego	Nat. Personal Training Inst.
14	56	Caela Day	32:59.7	27	F	San Diego	
15	179	Marissa Stafford	37:30.4	27	F	Poway	
16	34	Cynthia Carey	37:40.7	28	F	Encinitas	Team Ireland
17	69	Megan Evans	38:20.8	24	F	San Diego	
18	188	Candace Wilson	39:09.9	28	F	San Diego	BD Biosciences - San Diego
19	168	Michelle Santos	39:13.4	29	F	Azusa	
20	222	Courtney Soule	39:25.9	23	F	San Diego	
21	221	Valerie Clements	39:26.2	26	F	San Diego	
22	115	alison labuton	41:40.2	24	F	san diego	

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23	67	Vanessa Espineli	41:40.3	27	F	san diego	
24	68	Nashchely Espinoza	43:40.5	27	F	Indio	#AbuelitosDay
25	31	Eloiza Camacho	44:02.4	29	F	orange	Team Peregrine
26	12	Angela Asencion	47:24.3	28	F	R Cucamonga	Team Ebeng
27	129	Jeanette Lopez	50:14.1	27	F	Chula Vista	#AbuelitosDay
28	181	sabrina stoffle	51:53.0	29	F	Los Angeles	Gram's Fight
29	119	Myquyen Le	53:16.4	29	F	San Diego	
30	64	briann emery	02:40.0	24	F	la mesa	DMH
31	163	Collene Roe	11:04.5	23	F	Santa Ana	Team Lucy

Female 30-39 in division 5k

Place	Bib #	Name	Finish	Age	Gen	City	Team Name
1	197	Venus Garcia	23:18.7	30	F	San Diego	
2	17	Nyra Balquiedra	26:02.7	32	F	Fontana	Team Merlyn
3	71	Melissa Everard	26:15.5	35	F	San Diego	
4	79	REBECCA GARCIA	27:05.0	31	F	SYLMAR	Team Julia Gruca
5	126	Meredith Long	27:51.0	31	F	San Diego	Team TimStrong
6	155	Hilda Pastoriza	27:57.4	35	F	Long Beach	Team Peregrine
7	113	Jessica Kuhnau	28:29.0	39	F	Muskego	
8	208	Vanessa Colehan	29:05.7	33	F	San Diego	#AbuelitosDay
9	45	Amelia Cline	29:18.3	31	F	Tustin	Team Peregrine
10	204	Nicole Griesi	30:24.1	33	F	San Diego	
11	160	Michelle Popp	30:24.4	31	F	San Marcos	Team Ireland
12	120	Betsy Licon	30:57.6	36	F	Chula Vista	Team Kohl's Eastlake
13	199	Angela Long	31:59.1	34	F	Escondido	
14	7	Kristen Albair	32:04.8	36	F	San Diego	Team TimStrong
15	72	Lulu Fernando	32:23.5	35	F	National City	
16	189	Jasinda Wosser	32:48.3	36	F	Carlsbad	
17	5	AnnaMarie Abrams	32:56.4	31	F	arcadia	
18	153	Jacquelyn Owens	33:42.8	35	F	Chula Vista	
19	29	Kristina Buckner	33:59.4	34	F	La Jolla	1 team 1 Fight!!
20	169	Jessica Sartori	36:00.0	31	F	San Diego	
21	10	Janilyn Arsenio	36:09.6	32	F	San Diego	
22	61	Karen Downey	36:49.1	37	F	Cortland	
23	107	Holly Jones	38:00.7	33	F	Campbell	Team Peregrine
24	166	Alieha Sack	38:01.1	32	F	Newfane	
25	192	Emily Zelaya	38:28.4	37	F	National City	
26	90	Raylyn Grund	38:39.9	34	F	San Diego	
27	24	Rosie Berumen	39:28.5	32	F	Garden Grove	
28	9	Remya Aravind	40:22.6	34	F	San Diego	
29	89	Violet Gonzalez	47:02.9	30	F	Cathedral City	#AbuelitosDay
30	13	Annalyn Asencion	47:25.0	30	F	R Cucamonga	Team Ebeng
31	128	Araceli Lopez	50:13.6	32	F	Chula Vista	#AbuelitosDay
32	156	Sheila Pemberton	52:06.6	35	F	La Mesa	
33	144	Keri Moore	52:08.4	35	F		
34	108	Nicole Kabir	59:05.3	32	F	Corona	Team Merlyn

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Female 40-44 in division 5k

Place	Bib #	Name	Finish	Age	Gen	City	Team Name
1	4	Karla Armes	27:20.0	44	F	Coronado	
2	92	Eve Guianan	29:09.4	48	F	Chula Vista	Team Kohl's Eastlake
3	39	Connie Chang	29:11.4	42	F	Tustin	Team Peregrine
4	53	Meredith Curley	30:06.1	44	F	Gilbert	
5	6	Jocelyn Abuyen	32:49.8	40	F	Spring Valley	
6	22	jennifer Benitez-Bartels	32:50.5	40	F	chula vista	
7	37	Lisa Caudle	33:34.0	44	F	Carlsbad	Team Ireland
8	175	Joanne Shinozaki	34:58.8	44	F	San Diego	
9	123	Susan Lockbaum	36:17.4	45	F	San Diego	
10	20	Maria Basa	37:50.5	41	F	San Diego	
11	213	Bronwyn Kelly	40:28.4	40	F	Chicago	

Female 50-59 in division 5k

Place	Bib #	Name	Finish	Age	Gen	City	Team Name
1	198	Cecilia Buckner	23:59.3	53	F	Bonita	1 team 1 Fight!!
2	206	Carina Deans	24:54.6	52	F	San Diego	
3	84	Holly Given	30:43.8	57	F	La Jolla	
4	141	Susan McCrackin	33:00.0	50	F	Santee	
5	152	Kellie Owen	44:03.6	54	F	la mesa	PD 5K Team

Female 60-69 in division 5k

Place	Bib #	Name	Finish	Age	Gen	City	Team Name
1	11	Edna Arthurs	30:07.0	67	F	Bellingham	
2	220	Vicki Sussman	36:28.6	60	F	San Diego	Marlene's Wish
3	70	Jeanne Everard	43:05.2	62	F	Waukesha	

Female 70+ in division 5k

Place	Bib #	Name	Finish	Age	Gen	City	Team Name
1	46	Pat Coffey	50:30.4	76	F	San Diego	Marlene's Wish