

2015 Free to Breathe 5k
Aug. 9th - 8:15am

Seaport Village / North Embarcadero
San Diego, Ca.

Top Male

Plc	Bib #	Name	Time	Pace	Ag	Gn	Dis	Team	City	ST
1	1048	Turlan Morlan	16:38.0	5:22	15	M	5K		Spokane	WA

Top Female

plc	Bib #	Name	Time	Pace	Ag	Gn	Dis	Team	City	ST
1	1243	Mina Nikanjam	21:10.3	6:50	34	F	5K		Los Angeles	CA

MEN

12U

Plc	Bib #	Name	Time	Pace	Ag	Gn	Dis	Team	City	ST
1	645	Dakota Daniels	26:06.5	8:25	12	M	5K	Brewer Crane & Rigging	Campo	CA
2	678	Evan Hughes	28:07.2	9:04	12	M	5K		Vista	CA
3	1270	Jason Shan	28:11.3	9:05	10	M	5K	Team Peregrine	Irvine	CA
4	644	Branson Daniels	37:14.2	12:01	8	M	5K	Brewer Crane & Rigging	Lakeside	CA

13-19

Plc	Bib #	Name	Time	Pace	Ag	Gn	Dis	Team	City	ST
1	1293	william Wegeng	17:49.0	5:45	18	M	5K		Castaic	CA
2	654	Noah Forougi	19:11.8	6:11	17	M	5K		Encinitas	CA
3	601	Adrian Ahl	20:46.6	6:42	17	M	5K		San Diego	CA
4	1251	Janson Pederson	21:16.1	6:52	16	M	5K		Port Angeles	WA
5	622	Thomas Cano	24:41.1	7:58	14	M	5K	Millennium Health	El Cajon	CA

20-29

Plc	Bib #	Name	Time	Pace	Ag	Gn	Dis	Team	City	ST
1	1002	Austin Peeples	18:06.4	5:50	24	M	5K	Big River Running Company	St Louis	MO
2	690	Danny Laserna	20:36.8	6:39	26	M	5K	Millennium Health	san diego	CA
3	1327	John Winterolte	20:50.2	6:43	29	M	5K		San Diego	CA
4	635	Kevin Cohen	21:05.9	6:48	28	M	5K	Millennium Health	San Diego	CA
5	1289	Matt Vecchio	21:35.2	6:58	28	M	5K		San Diego	CA
6	667	David Gonzalez	22:00.0	7:06	22	M	5K	The Dream Team	chula vista	CA
7	1149	Joseph Rishe	22:00.3	7:06	29	M	5K			
8	626	SAM CARLSON	22:18.0	7:12	22	M	5K	Millennium Health	SAN DEIGO	CA
9	657	sean foster	24:12.3	7:48	29	M	5K	Millennium Health	san diego	CA
10	1282	Sean Toenjes	25:46.6	8:19	26	M	5K		Washington	DC
11	1063	Matt Hokky	27:52.0	8:59	20	M	5K		Columbus	OH
12	1300	Alex Yanez	30:30.6	9:50	28	M	5K	Brewer Crane & Rigging	Lakeside	CA
13	664	Brent Garcia	30:30.8	9:50	26	M	5K	Brewer Crane & Rigging	Lakeside	CA
14	1236	Jared Mejeur	31:50.4	10:16	28	M	5K		San Diego	CA
15	1328	Meg Schroth	34:31.2	11:08	29	M	5K		San Diego	CA
16	625	Nicholas Carey	34:55.3	11:16	29	M	5K	Team IreI&	Encinitas	CA
17	602	Roberto Armani	38:14.6	12:20	29	M	5K		Tustin	CA
18	607	David Babel	40:15.2	12:59	26	M	5K	4 C's & Friends	El Cajon	CA

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19 1247 DANIKEN ORENDAIN 48:36.3 15:41 28 M 5K Millennium Health SAN DIEGO CA

30-39

Plc	Bib #	Name	Time	Pace	Ag	Gn	Dis	Team	City	ST
1	1253	Daniel Pencak	19:46.2	6:23	35	M	5K	Millennium Health	Carlsbad	CA
2	1217	Scott Sparks	21:00.5	6:46	39	M	5K		Crown Point	IN
3	1092	Daniel Haders	21:35.7	6:58	36	M	5K		La Jolla	CA
4	646	Jesse Daniels	22:32.7	7:16	37	M	5K	Brewer Crane & Rigging	Campo	CA
5	695	Seung Lee	28:00.9	9:02	38	M	5K		SAN DIEGO	CA
6	677	David Hughes	28:07.8	9:04	38	M	5K		Vista	CA
7	684	Stephen Kauffman	28:15.6	9:07	39	M	5K	Team Peregrine	Tustin	CA
8	662	Ryan Gallagher	29:36.0	9:33	39	M	5K		Columbia	SC
9	605	John Atkins	30:11.4	9:44	38	M	5K	Brewer Crane & Rigging	Lakeside	CA
10	1216	Carlos Jr.	31:36.9	10:12	30	M	5K	AbuelitosDay	San Diego	CA
11	617	Gregory Campbell	31:45.4	10:15	30	M	5K		San Diego	CA
12	1266	Chris Sartori	31:55.2	10:18	31	M	5K		San Diego	CA
13	1257	Phil Popp	32:15.5	10:24	36	M	5K	Team Irel&	San Marcos	CA
14	1126	Joe Fulton	32:43.4	10:33	34	M	5K		Palmetto	FL
15	673	Daniel Hodge	33:29.3	10:48	38	M	5K	Brewer Crane & Rigging-CAPT	Santee	CA
16	1280	Alejandro Tanabe	33:46.8	10:54	39	M	5K	Patrick Huggins	Azusa	CA
17	643	Adam Daniels	37:13.0	12:00	35	M	5K	Brewer Crane & Rigging	Lakeside	CA
18	1279	Robert Stoops	38:17.1	12:21	36	M	5K		San Diego	CA
19	1329	Tony Dohrman	40:15.0	12:59	32	M	5K		St. Louis	MO
20	1330	James Walsh	40:15.6	12:59	30	M	5K		St. Louis	MO
21	1240	Patrick Munar	54:46.7	17:40	39	M	5K	Team Catoera-CAPT	Beaumont	CA

40-49

Plc	Bib #	Name	Time	Pace	Ag	Gn	Dis	Team	City	ST
1	1043	Christopher Morlan	17:26.4	5:37	48	M	5K		Spokane	WA
2	1125	Ivan Carlos	20:02.0	6:28	45	M	5K		San Diego	CA
3	1245	Cristopher O'Hern	21:26.1	6:55	41	M	5K		San Diego	CA
4	632	Lowell Clark	22:03.2	7:07	46	M	5K		Cincinnati	OH
5	1254	kirt pfaff	22:32.9	7:16	49	M	5K	Millennium Health	carlsbad	CA
6	1271	Joe Shan	24:32.8	7:55	42	M	5K	Team Peregrine	Tustin	CA
7	671	Larry Henkens	24:38.0	7:57	49	M	5K		Lakeside	CA
8	1260	Mark Priver	24:59.3	8:04	42	M	5K		San Diego	CA
9	1286	Rodney Tulao	26:34.8	8:34	42	M	5K		Chula Vista	CA
10	648	Matthew de Ferranti	27:54.5	9:00	41	M	5K		Arlington	VA
11	1379	Chad Zimmerman	28:08.7	9:05	42	M	5K		Villa Park	CA
12	1231	Paul Lytle	31:21.5	10:07	45	M	5K	Team Peregrine	Tustin	CA
13	689	Rob Lange	32:42.6	10:33	47	M	5K		Riverview	CA
14	1067	Duane Stott	32:56.5	10:37	48	M	5K		Lake Elsinore	CA
15	1237	Eric Mitchell	34:53.1	11:15	44	M	5K		San Diego	CA
16	611	Adrian Bataan	38:16.8	12:21	42	M	5K		Chula Vista	CA
17	1238	Carlos Moretta	39:50.0	12:51	44	M	5K		Colton	CA
18	619	Martin Campos	43:57.1	14:11	40	M	5K	LILIA'S LILY PADS	San Diego	CA
19	636	Eric Cooksey	49:46.1	16:03	45	M	5K	Team Peregrine	Tustin	CA

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50-59

Plc	Bib #	Name	Time	Pace	Ag	Gn	Dis	Team	City	ST
1	621	Brad Cano	24:48.5	8:00	58	M	5K	Millennium Health	El Cajon	CA
2	1292	Bryan Weaver	31:15.2	10:05	58	M	5K	Brewer Crane & Rigging	Lakeside	CA
3	687	Steven King	31:21.3	10:07	51	M	5K	Team Peregrine	Tustin	CA
4	1077	Jeff Anderson	32:25.9	10:27	53	M	5K		San Diego	CA
5	629	Jose Chavez	33:12.1	10:43	51	M	5K		San Diego	CA
6	647	Barry Davis	39:19.1	12:41	56	M	5K	Team Coldwell Banker-CAPT	Chula Vista	CA

60-69

Plc	Bib #	Name	Time	Pace	Ag	Gn	Dis	Team	City	ST
1	1210	Gil Gonzalez	24:02.3	7:45	62	M	5K		San Diego	CA
2	1213	Andrew Sussman	52:55.6	17:04	63	M	5K	Marlene's Wish	San Diego	CA

70+

Plc	Bib #	Name	Time	Pace	Ag	Gn	Dis	Team	City	ST
1	1259	David Priver	31:29.5	10:09	71	M	5K		San Diego	CA
2	700	David Long	37:18.9	12:02	78	M	5K		San Diego	CA

FEM

12U

Plc	Bib #	Name	Time	Pace	Ag	Gn	Dis	Team	City	ST
1	1109	Ariana McAvoy	22:19.8	7:12	9	F	5K		Carlsbad	CA
2	1127	Jessa Gomez	31:26.7	10:08	10	F	5K	AbuelitosDay	San Diego	CA

13-19

Plc	Bib #	Name	Time	Pace	Ag	Gn	Dis	Team	City	ST
1	1250	Annika Pederson	23:09.1	7:28	18	F	5K		Port Angeles	WA
2	1083	Natalie Anderson	27:02.0	8:43	15	F	5K		San Diego	CA
3	1283	Kelsi Tomlinson	31:57.1	10:18	14	F	5K	Brewer Crane & Rigging	Lakeside	CA
4	1284	Kieli Tomlinson	37:03.2	11:57	16	F	5K	Brewer Crane & Rigging	Lakeside	CA
5	1378	Emily Zhong	46:12.0	14:54	18	F	5K	Team Peregrine	Tustin	CA
6	618	Jasmine Campos	55:19.1	17:51	19	F	5K	LILIA'S LILY PADS	San Diego	CA

20-29

Plc	Bib #	Name	Time	Pace	Ag	Gn	Dis	Team	City	ST
1	1139	Jenneh Bockari	22:26.5	7:14	29	F	5K		Los Angeles	CA
2	1255	Christine Poletto	22:50.9	7:22	25	F	5K	Millennium Health	San Diego	CA
3	649	Emelie Deans	23:46.8	7:40	21	F	5K		San Diego	CA
4	660	Jasmine Fryrear	25:22.5	8:11	22	F	5K		San Diego	CA
5	1244	Anna Noucas	25:46.9	8:19	26	F	5K		Washington	DC
6	1285	Alicia Trigeiro	25:57.1	8:22	27	F	5K	Millennium Health	San Diego	CA
7	668	Codi Greene	26:15.4	8:28	28	F	5K	Team Peregrine	Tustin	CA
8	1239	Bree Muhlig	26:22.6	8:30	26	F	5K	Millennium Health-CAPT	San Diego	CA

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9	1098	Keli Garrett	26:27.8	8:32	29	F	5K	Team TimStrong	San Diego	CA
10	683	Joanne Kauffman	28:13.6	9:06	29	F	5K	Team Peregrine	Irvine	CA
11	614	Allie Booth	28:22.8	9:09	29	F	5K	Millennium Health	San Diego	CA
12	1173	Marisela Alvarez	30:10.1	9:44	28	F	5K		Dallas	TX
13	694	Ashley Lee	30:19.4	9:47	29	F	5K		Santee	CA
14	1294	JAMIE WHITAKER	30:19.4	9:47	25	F	5K		CORONADO	CA
15	1274	Noel Shaw	30:24.5	9:48	24	F	5K		San Diego	CA
16	1235	Ana Martinez	30:49.4	9:56	23	F	5K	Team Peregrine	Tustin	CA
17	637	Michelle Cornwell	32:34.4	10:30	25	F	5K	4 C's & Friends	San Diego	CA
18	1281	Laurinda Thi	34:03.8	10:59	22	F	5K		San Diego	CA
19	1258	Cortney Porter	34:52.2	11:15	28	F	5K		San Diego	CA
20	624	Cynthia Carey	34:55.4	11:16	29	F	5K	Team Irel&	Encinitas	CA
21	1086	Diana Peck	36:11.3	11:40	26	F	5K		Ellicott City	MD
22	1212	Jessie Begen	39:36.4	12:46	24	F	5K		Lake Forest	CA
23	608	Kristen Babel	40:15.5	12:59	27	F	5K	4 C's & Friends-CAPT	El Cajon	CA
24	666	Alice Gomez	42:51.7	13:49	25	F	5K	#Abuelitosday-CAPT	San diego	CA
25	696	Katie Lewis	43:11.6	13:56	29	F	5K		San Diego	CA

30-39

Plc	Bib #	Name	Time	Pace	Ag	Gn	Dis	Team	City	ST
1	606	Marci Atkins	25:46.2	8:19	35	F	5K	Brewer Crane & Rigging	Lakeside	CA
2	674	Patricia Hodge	26:38.3	8:35	36	F	5K	Brewer Crane & Rigging	Santee	CA
3	1215	Vanessa Coleman	27:22.9	8:50	34	F	5K	AbuelitosDay	San Diego	CA
4	1102	Kelli Wise	27:42.6	8:56	30	F	5K	Team TimStrong	San Diego	CA
5	653	Meggan Ford	28:48.7	9:17	32	F	5K		Alexandria	VA
6	642	Susy Cunich	29:14.1	9:26	39	F	5K		San Diego	CA
7	1241	April Napier	29:20.5	9:28	32	F	5K		San Clemente	CA
8	613	Jennifer Berkery	31:38.8	10:12	36	F	5K		San Diego	CA
9	686	Heather Kerner	31:52.3	10:17	35	F	5K		San Diego	CA
10	1267	Jessica Sartori	31:55.6	10:18	32	F	5K		San Diego	CA
11	1209	Betsy Licon	32:14.6	10:24	37	F	5K		Chula Vista	CA
12	1256	Michelle Popp	32:18.0	10:25	31	F	5K	Team Irel&-CAPT	San Marcos	CA
13	616	Kristina Buckner	33:00.8	10:39	35	F	5K	The Dream Team-CAPT	La Jolla	CA
14	630	Sarah Chavez	33:12.2	10:43	38	F	5K		San Diego	CA
15	1299	Kristi Woolery	33:34.9	10:50	30	F	5K		San Diego	CA
16	1229	Jazmine Lumanlan	33:35.1	10:50	37	F	5K		San Diego	CA
17	676	Irene Huggins	33:46.9	10:54	33	F	5K	Patrick Huggins-CAPT	Atascadero	CA
18	682	Erin Kanuha	34:22.5	11:05	38	F	5K		San Diego	CA
19	1248	Charlene Ortiguerra	34:40.4	11:11	35	F	5K		San Diego	CA
20	1090	Tamira McClure	36:11.4	11:40	37	F	5K		Baltimore	MD
21	609	Michelle Baello	38:16.3	12:21	30	F	5K		Tustin	CA
22	1262	Kristina Remick	38:18.3	12:21	36	F	5K		San Diego	CA
23	692	Tama Laury	39:27.2	12:44	39	F	5K		Saint louis	MO
24	697	Lucy Lewis	43:10.2	13:55	31	F	5K		Loma Linda	CA
25	655	Kristina Foss	49:16.1	15:54	35	F	5K	Aunt Flowers-CAPT	Carlsbad	CA
26	656	Meagan Foss	49:20.9	15:55	31	F	5K	Aunt Flowers	Carlsbad	CA
27	1249	Hilda Pastoriza	49:46.9	16:03	36	F	5K	Team Peregrine	Long Beach	CA

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28	620	Rosina Campos	55:20.3	17:51	39	F	5K	LILIA'S LILY PADS-CAPT	San Diego	CA
29	1263	zarina rios	58:34.2	18:54	35	F	5K		chula vista	CA
30	1269	Jessica Schwenk	58:43.4	18:56	35	F	5K		San Diego	CA
31	658	Shannon Frick	1:12:59.8	23:33	30	F	5K	Team TimStrong	Goleta	CA

40-49

Plc	Bib #	Name	Time	Pace	Ag	Gn	Dis	Team	City	ST
1	659	Jamie Fryrear	25:30.2	8:14	46	F	5K		San Diego	CA
2	661	Amy Gallagher	26:40.7	8:36	40	F	5K		Columbia	SC
3	610	Carolyn Balagot-Abes	27:25.7	8:51	42	F	5K	Team Peregrine	Tustin	CA
4	628	Connie Chang	28:12.3	9:06	43	F	5K	Team Peregrine	Tustin	CA
5	1380	Margaret Zimmerman	30:30.6	9:50	42	F	5K		Villa Park	CA
6	672	Rebecca Hernandez	30:57.2	9:59	40	F	5K	KeepOnTruckin-CAPT	Victorville	CA
7	1122	Jeannine McAvoy	32:45.4	10:34	46	F	5K		Carlsbad	CA
8	669	Eve Guinan	32:53.1	10:36	49	F	5K		Alpine	CA
9	1246	Karen O'Hern	33:02.9	10:39	40	F	5K		San Diego	CA
10	1032	Anita Knowles	34:03.0	10:59	47	F	5K		San Diego	CA
11	1226	Marylou Lopez-Lira	35:15.7	11:22	44	F	5K	Millennium Health	Imp Bch	CA
12	1265	Elizabeth Ryzewicz	37:06.8	11:58	40	F	5K		Laramie	WY
13	639	Laura Cosse	38:26.8	12:24	46	F	5K	Millennium Health	Temecula	CA
14	699	Susan Lockbaum	41:33.6	13:24	47	F	5K		San Diego	CA
15	1261	Editha Quiambao	43:50.3	14:08	46	F	5K	4 C's & Friends	San Diego	CA

50-59

Plc	Bib #	Name	Time	Pace	Ag	Gn	Dis	Team	City	ST
1	1091	Cecilia Buckner	24:42.0	7:58	54	F	5K	The Dream Team	Chula Vista	CA
2	640	Sue Cox	26:20.2	8:30	54	F	5K		San Diego	CA
3	1056	Barbara Morlan	31:45.1	10:15	52	F	5K		Bishampton	UK
4	675	Karen Houpt	34:23.1	11:05	52	F	5K		San Diego	CA
5	1276	linda slobodnik	34:33.8	11:09	52	F	5K		san diego	CA
6	691	Lisa Laury	39:26.8	12:43	59	F	5K		Saint louis	MO
7	612	VICKIE BECK	40:56.8	13:12	54	F	5K		CHULA VISTA	CA
8	1268	Pam Scholefield	41:26.7	13:22	55	F	5K	Brewer Crane & Rigging	Lakeside	CA
9	1275	Maria Skalski	1:00:18.2	19:27	55	F	5K	4 C's & Friends	San Diego	CA

60-69

Plc	Bib #	Name	Time	Pace	Ag	Gn	Dis	Team	City	ST
1	1326	Michelle Winternolte	34:30.0	11:08	60	F	5K		San Diego	CA
2	1214	Vivki Sussman	34:39.7	11:11	61	F	5K	Marlene's Wish	San Diego	CA
3	1331	Cathy Perry	37:04.0	11:57	66	F	5K		San Diego	CA

70+

Plc	Bib #	Name	Time	Pace	Ag	Gn	Dis	Team	City	ST
1	634	Pat Coffey	49:29.7	15:58	77	F	5K	Marlene's Wish	San Diego	CA