

2016 Free To Breathe 5K - San Diego

Position	Bib #	Name	FinishTime	Pace	Age	Gender	Division	City	State	Team Name
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5K TOP MALES OVERALL based on Chip Elapsed time

1	738	Bateman, Casey	16:16.5	5:15	25	M	5K	San Diego	CA	
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5K TOP FEMALES OVERALL based on Chip Elapsed time

1	247	duss, steffi	21:15.2	6:51	29	F	5K	walchwil	Switz	
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5K 1-12 - based on Chip Elapsed time

1	385	Gomez, Jessa	26:26.9	8:32	11	F	5K	san diego	CA	#Abuelitosday
2	721	Nikkel, Ruby	32:50.1	10:35	5	F	5K	Carlsbad	CA	Team Nikkel
3	205	Avalos, Estrella	35:31.3	11:27	12	F	5K	San Diego	CA	City Hghts Runners
4	708	VaieKunaite, Laura	36:57.9	11:55	6	F	5K	Vilneus	CA	
5	741	Li Su, Trisha	37:48.9	12:12	1	F	5K	Burbank	CA	
6	237	Cruz, Yulianna	41:18.0	13:19	12	F	5K	San Diego?	CA	CHghts Runners

5K 13-19 - based on Chip Elapsed time

1	603	Reynafarje, Natalie	26:08.5	8:26	19	F	5K	Chula Vista	CA	
2	485	Olea, Daniela	26:58.3	8:42	13	F	5K	San Diego?	CA	CHghts Runners
3	248	Elias, Kassandra	27:11.0	8:46	15	F	5K	San Diego ?	CA	CHghts Rnnrs CAPT
4	459	Mcgill, Miranda	30:06.5	9:43	16	F	5K	Chandler	AZ	
5	644	Williamson, Jordyn	33:22.7	10:46	17	F	5K	Snohomish	WA	Williamson
6	740	Buckner, Kristina	33:58.4	10:57	16	F	5K	Chula Vista	CA	Psalm 23
7	601	Ramos, Daisy	35:31.1	11:27	13	F	5K	San Diego?	CA	CHghts Runners
8	441	Klosterman, Abigail	36:14.6	11:41	18	F	5K	Gilbert	AZ	
9	432	Jackson, Katelyn	36:54.5	11:54	17	F	5K	Abingdon	VA	
10	394	Henry, Hannah	36:54.7	11:54	17	F	5K	Abingdon	VA	
11	391	Griffen, Callen	37:43.8	12:10	15	F	5K	La Jolla	CA	WCA
12	464	Metuh, Chidiogo	37:44.0	12:10	14	F	5K	La Jolla	CA	WCA
13	478	Nguyen, Tina	41:17.7	13:19	13	F	5K	San Diego	CA	CHghts Runners
14	711	Cohen, Skylar	46:28.5	14:59	19	F	5K	Toronto	TX	Wells Spring
15	609	Runyon, Sadie	55:56.2	18:03	15	F	5K	La Jolla	CA	WCA
16	447	Libby, Zoe	55:56.5	18:03	15	F	5K	La Jolla	CA	WCA
17	626	Stephens, Claire	57:44.9	18:37	15	F	5K	La Jolla	CA	WCA
18	209	Bacon, Cassandra	1:02:46.2	20:15	18	F	5K	Yucaiap	CA	Jodi's Purple Gang

5K 20-29 - based on Chip Elapsed time

1	646	Wollbrinck, Casey	21:19.2	6:53	25	F	5K	Encinitas	CA	
2	710	Kauk, Brianna	22:13.0	7:10	27	F	5K	Kingsburg	CA	
3	445	Van Rooyen, Michelle	22:17.6	7:11	26	F	5K	San Diego	CA	MishinMatters CAPT
4	380	Forker, Britton	23:41.3	7:38	20	F	5K	Lguna Ngl	CA	
5	213	Barlow, Veronica	26:45.4	8:38	29	F	5K	San Diego	CA	CCSD SMART Club
6	446	Leu, Heather	28:07.4	9:04	27	F	5K	Tustin	CA	Team Peregrine
7	481	Nocko, Leticia	31:38.3	10:12	29	F	5K	La Jolla	CA	
8	720	Quinn, Kailie	32:49.8	10:35	20	F	5K	Salt Lake City	UT	Team Nikkel
9	234	Cornwell, Michelle	34:02.0	10:59	26	F	5K	San Diego	CA	Four C's and Friends
10	631	Turney, Blythe	34:53.2	11:15	28	F	5K	C Pendltn	CA	
11	645	wilson, Brianne	36:41.9	11:50	24	F	5K	san diego	CA	
12	430	Hylton, Jacquelyn	38:12.8	12:19	29	F	5K	San Diego	CA	
13	473	Murray, Nae	38:15.6	12:20	28	F	5K	San Diego	CA	CCSD SMART Club
14	236	Cota, Xochitl	42:53.6	13:50	27	F	5K	San Diego	CA	#Abuelitosday
15	384	Gomez, Alice	42:53.9	13:50	26	F	5K	San Diego	CA	#Abuelitosday CAPT
16	245	Dows, Samantha	44:40.1	14:25	25	F	5K	Sprg Villy	CA	CCSD SMART Club
17	451	Lopez, Angelica	49:22.5	15:55	25	F	5K	Chula Vista	CA	
18	428	Humerick, Krista	58:22.9	18:50	29	F	5K	San Diego	CA	
19	718	Walsh, Molly	1:04:34.5	20:50	22	F	5K	Ramona	CA	

5K 30-39 - based on Chip Elapsed time

1	494	Quackenbush, Lea	22:36.1	7:17	33	F	5K	San Diego	CA	FBS CARES 4 BEV
2	212	Balquiedra, nyra	24:36.7	7:56	33	F	5K	Corona	CA	Team Merlyn
3	493	Prince, Kristin	25:59.1	8:23	30	F	5K	San Diego	CA	
4	463	Metheny, Cheslea	27:49.5	8:58	30	F	5K	Chula vista	CA	Team Mama Pam
5	716	Coleman, Vanessa	28:08.9	9:05	35	F	5K	San Diego	CA	
6	426	Huerta, Vilma	28:41.0	9:15	30	F	5K	Tustin	CA	Team Peregrine
7	377	Fernandez, Jennifer	28:55.4	9:20	38	F	5K	Carlsbad	CA	
8	492	Pratt, Erin	29:24.6	9:29	31	F	5K	San Diego	CA	
9	435	Kabir, Nicole	29:51.1	9:38	35	F	5K	Corona	CA	Team Merlyn
10	627	SUNICO, SARENA	31:16.2	10:05	38	F	5K	ESCONDIDO	CA	

Position	Bib #	Name	FinishTime	Pace	Age	Gender	Division	City	State	Team Name
11	220	Booth, Allie	31:46.3	10:15	30	F	5K	San Diego	CA	Millnm Hlth CAPT
12	611	Sack, Alieha	32:05.3	10:21	34	F	5K	Newfane	NY	
13	475	Nash, Amy	33:40.2	10:52	32	F	5K	Hampstead	NC	
14	241	Dodson, Karin	34:57.2	11:16	39	F	5K	La Mesa	CA	
15	399	Hopper, Jessica	38:01.3	12:16	37	F	5K	San Diego	CA	NASSCO
16	223	buckley, jena	38:03.7	12:16	32	F	5K	Lmn Grv	CA	CCSD SMART Club
17	722	Nikkel, Tiffany	38:27.9	12:24	39	F	5K	Carlsbad	CA	Team Nikkel
18	453	Lopez, Melanie	40:09.8	12:57	34	F	5K	San Diego	CA	
19	235	Corson, Jessica	43:52.7	14:09	30	F	5K	Chula Vista	CA	Team Mama Pam
20	468	Moodie, Maria	1:00:23.2	19:29	31	F	5K	Menlo Park	CA	Marlene's Wish
21	477	Nguyen, Cheryl	1:00:57.5	19:40	33	F	5K	San Diego	CA	
22	621	Smeraldi, Angela	1:02:38.1	20:12	31	F	5K	San Diego	CA	Team TimStrong
23	397	Honeycutt, Carrie Anne	1:02:50.8	20:16	31	F	5K	Lancaster	CA	Team Scott

5K 40-49 - based on Chip Elapsed time

1	243	Dorfler, Christine	27:05.8	8:44	41	F	5K	Glen Rock	NJ	
2	641	Williamson, Cami	27:54.2	9:00	44	F	5K	Snohomish	WA	Williamson CAPT
3	728	Miller, Angie	30:12.1	9:45	45	F	5K	Harrisburg	PA	
4	230	Chang, Connie	30:22.8	9:48	44	F	5K	Tustin	CA	Team Peregrine
5	707	Sproba, Robin	30:56.8	9:59	48	F	5K	Willis	TX	
6	613	Shaffer, Jennifer	31:59.6	10:19	48	F	5K	San Diego	CA	
7	226	Campos, Rosina	32:24.1	10:27	40	F	5K	San Diego	CA	LILIA'S LILYPAD CPT
8	431	Jackson, Karen	33:51.3	10:55	46	F	5K	Abingdon	VA	
9	484	Nolan-Olson, Rebecca	36:16.7	11:42	43	F	5K	Encinitas	CA	
10	482	Nolan, Jenna	36:16.8	11:42	43	F	5K	Cardiff	CA	
11	647	Yuceturk, Emel	38:25.7	12:24	42	F	5K	San Diego	CA	
12	617	Shan, Leslie	38:39.4	12:28	41	F	5K	Irvine	CA	Team Peregrine
13	605	Rezmovitch, Elana	41:05.7	13:15	42	F	5K	La Jolla	CA	Team Cheryl CAPT
14	232	Clark, Angela	44:29.8	14:21	46	F	5K	San Diego	CA	
15	495	Quiambao, Editha	45:11.7	14:35	47	F	5K	San Diego	CA	Four C's and Friends
16	202	Aldana, Rebecca	47:26.3	15:18	45	F	5K	Riverside	CA	Mwilliams CAPT
17	622	Smith, Angela	48:02.6	15:30	41	F	5K	Chandler	AZ	
18	729	VanWinkel, Toni	49:42.3	16:02	49	F	5K	Minden	NV	

5K 50-59 - based on Chip Elapsed time

1	221	Bordelon, Suzanne	28:57.4	9:20	54	F	5K	El Cajon	CA	
2	730	Easley, Ginger	30:00.1	9:41	51	F	5K	Genoa	NV	
3	228	Carter, Kris	30:57.6	9:59	52	F	5K	Wildomar	CA	
4	731	Feister, Linda	31:48.6	10:15	59	F	5K	Cadillac	MI	
5	455	mann, susan	33:49.6	10:55	54	F	5K	San Diego	CA	Team Sharp
6	476	Nettles, Terri	33:54.6	10:56	56	F	5K	Soldotna	AK	
7	436	Kapltz, Sylvia	35:54.3	11:35	54	F	5K	SAN DIEGO	CA	CCSD SMART Club
8	466	Mills, Tenise	35:57.0	11:36	51	F	5K	San Diego	CA	NASSCO
9	715	McCarthy, Linda	36:50.9	11:53	55	F	5K	San Diego	CA	
10	479	Nichols, Sherry	41:15.1	13:18	55	F	5K	El Cajon	CA	
11	625	Spicer, Lynn	41:16.6	13:19	58	F	5K	El Cajon	CA	
12	632	Valerio, April	41:17.1	13:19	54	F	5K	San Diego	CA	CCSD SMART Club
13	383	Goggins, Janie	55:06.5	17:46	52	F	5K	San Diego	CA	Team Scott
14	480	Niemeyer, Linda	1:02:39.6	20:13	55	F	5K	El Cajon	CA	Jodi's Purple Gang

5K 60-69 - based on Chip Elapsed time

1	628	Sussman, Vicki	34:57.0	11:16	62	F	5K	san diego	CA	Marlene's Wish
2	734	Staumber, Kathe	55:47.9	17:59	67	F	5K	San Diego	CA	
3	606	Riley, Michelle	1:00:14.1	19:26	62	F	5K	Perris	CA	Matte Williams
4	442	LaRue, Joyce	1:00:28.4	19:30	64	F	5K	San Diego	CA	Marlene's Wish

5K 70+ - based on Chip Elapsed time

1	233	Coffey, Pat	50:40.7	16:21	78	F	5K	San Diego	CA	Marlene's Wish
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5K 1-12 - based on Chip Elapsed time

1	717	Coleman, Laurenz	23:27.5	7:34	12	M	5K	San Diego	CA	Abuelitos Day
2	1292	Shan, Jason	26:33.0	8:34	11	M	5K	Tustin	CA	Team Peregrine
3	723	Nikkel, Quinn	38:27.2	12:24	6	M	5K	Carlsbad	CA	Team Nikkel
4	470	Morgan, Javier	54:24.8	17:33	12	M	5K	La Jolla	CA	WCA

5K 13-19 - based on Chip Elapsed time

1	640	Wegeng, William	17:04.9	5:30	19	M	5K	Castaic	CA	
2	635	Vargas, Jonathan	18:31.6	5:58	14	M	5K	San Diego	CA	CHghts Runners
3	719	Hart, Joey	18:34.0	5:59	15	M	5K	San Diego	CA	
4	705	Debish, Ryan	18:45.8	6:03	15	M	5K	San Diego	CA	

Position	Bib #	Name	FinishTime	Pace	Age	Gender	Division	City	State	Team Name
5	648	Zhu, Yunheng	22:38.1	7:18	19	M	5K	San Diego	CA	
6	602	Renteria, David	25:46.7	8:19	13	M	5K	San Diego?	CA	CHghts Runners
7	488	Perez, Fernando	26:49.2	8:39	13	M	5K	San Diego?	CA	CHghts Runners
8	398	Hooker, Cole	33:22.0	10:46	16	M	5K	Snohomish	WA	Williamson
9	642	Williamson, James	33:23.6	10:46	14	M	5K	Snohomish	WA	Williamson
10	218	Blumenfeld, Avi	35:40.2	11:30	16	M	5K	la jolla	CA	Team Cheryl
11	733	McGill, Noah	36:13.1	11:41	16	M	5K	Chandler	AZ	
12	460	Mcgill, Nicholas	36:55.6	11:55	16	M	5K	Chandler	AZ	
13	216	Black, Jeremy	37:48.0	12:12	13	M	5K	La Jolla	CA	WCA

5K 20-29 - based on Chip Elapsed time

1	633	Lesmeister, Matt	20:52.9	6:44	28	M	5K	San Diego	CA	MishinMatters
2	448	Lim, Kenneth	21:46.4	7:01	27	M	5K	San Diego	CA	NASSCO
3	456	Mariano, Daniel	22:08.1	7:08	20	M	5K	San Diego	CA	
4	713	Jacobson, Ryan	22:16.1	7:11	26	M	5K	San Diego	CA	
5	739	Martinez, Luis	22:35.4	7:17	27	M	5K	Lemon Grove	CA	Abuelitos Day
6	454	Lyons-Quirk, Darin	23:17.3	7:31	29	M	5K	Fallbrook	CA	Team TimStrong
7	736	Gonzalez, David	23:33.3	7:36	23	M	5K	Chula vista	CA	Psalms23
8	624	Sorenson, Zachary	24:15.9	7:49	29	M	5K	San Diego	CA	Km's Cntrl Prk Crw
9	217	Blackwell, Benjamin	26:37.3	8:35	25	M	5K	Tustin	CA	Team Peregrine
10	701	Porter, Terrance	26:42.2	8:37	29	M	5K	San Diego	CA	
11	638	Wakefield, Camren	44:39.3	14:24	26	M	5K	Last vegas	NV	CCSD SMART Club

5K 30-39 - based on Chip Elapsed time

1	491	Pratt, Chris	18:54.6	6:06	33	M	5K	San Diego	CA	
2	429	Huninghake, Cade	19:52.7	6:25	31	M	5K	San Diego	CA	MishinMatters
3	709	Kauk, Cameron	21:39.7	6:59	35	M	5K	Kingsburg	CA	
4	438	Kazemi, Ranin	25:57.8	8:22	39	M	5K	San Diego	CA	CCSD SMART Club
5	703	Vasay, Darwin	26:01.7	8:24	31	M	5K	San Diego	CA	Mama Pam
6	389	Gravador, Brandon	26:05.9	8:25	31	M	5K	San Diego	CA	NASSCO
7	388	Gravador, Benjamin	28:36.2	9:14	36	M	5K	San Diego	CA	NASSCO
8	487	Palmer, Jeff	29:28.6	9:30	37	M	5K	Phnx Vlle	PA	
9	612	Salcido, Andres Salcido	30:39.2	9:53	32	M	5K	Yuma	AZ	
10	462	McNeal, Ronald	31:53.8	10:17	31	M	5K	San Diego	CA	Tm Mama Pam CAPT
11	210	Badua, Reginald	31:55.7	10:18	33	M	5K	Chula vista	CA	Team Mama Pam
12	208	Bach, Minh	32:01.5	10:20	33	M	5K	San Diego	CA	
13	457	Mariano, Genesis	33:33.0	10:49	34	M	5K	San Diego	CA	Team Mama Pam
14	704	Nierva, Lea	41:19.0	13:20	35	M	5K	San Diego	CA	NASSCO
15	618	Sheldon, Greg	44:39.8	14:24	38	M	5K	Yrba Lnda	CA	Life's a Beach
16	393	Hamilton, Joseph	58:14.6	18:47	39	M	5K	Santee	CA	TmMargHamilton CPT
17	467	Moodie, Justin	1:00:28.8	19:30	33	M	5K	Menlo Park	CA	Mariene's Wish

5K 40-49 - based on Chip Elapsed time

1	724	Nikkel, Charlie	20:24.9	6:35	43	M	5K	Carlsbad	CA	Team Nikkel
2	465	Miller, Karl	22:14.1	7:10	40	M	5K	Lynchburg	VA	
3	706	Sproba, Michael	22:19.6	7:12	48	M	5K	Willis	TX	
4	242	Dorfler, Brian	23:18.9	7:31	41	M	5K	Glen Rock	NJ	
5	616	Shan, Joe	23:44.1	7:39	43	M	5K	Tustin	CA	Team Peregrine
6	239	Davidson, Jeffery	24:41.8	7:58	41	M	5K	San Marcos	CA	
7	378	Figuroa, Juan	25:28.5	8:13	42	M	5K	Chula Vista	CA	NASSCO
8	219	blumenfeld, shimon	25:31.0	8:14	47	M	5K	la jolla	CA	Team Cheryl
9	732	Spidle, Joseph	26:25.3	8:31	41	M	5K	San Diego	CA	
10	474	Nacamu, Davis	28:20.0	9:08	45	M	5K	Chula Vista	CA	
11	437	Kazemi, Rabin	28:30.1	9:12	42	M	5K	Laguna Hills	CA	CCSD SMART Club
12	490	Ponce, Art	29:16.4	9:26	42	M	5K	Escondido	CA	
13	215	Bermudez, Hugo	31:37.0	10:12	46	M	5K	Chula Vista	CA	NASSCO
14	225	Campos, Martin	32:25.0	10:27	41	M	5K	San Diego	CA	LILIA'S LILY PADS
15	623	Smith, William	33:37.1	10:51	40	M	5K	Chandler	CA	
16	614	Shamblen, Doug	36:45.9	11:51	46	M	5K	San Diego	CA	NASSCO
17	604	Rezmovitch, Abraham	41:37.7	13:25	42	M	5K	La Jolla	CA	Team Cheryl
18	486	Palencia, Vincent	42:34.4	13:44	47	M	5K	San Diego	CA	NASSCO
19	375	Escalante, David	54:06.8	17:27	49	M	5K	San Diego	CA	NASSCO
20	201	Acosta, Efren	54:07.2	17:27	41	M	5K	Chula Vista	CA	NASSCO
21	643	Williamson, Jimmy	56:00.4	18:04	44	M	5K	Snohomish	WA	Williamson
22	386	Gomez, Junester	1:02:38.7	20:12	40	M	5K	Ntrl Cty	CA	Team TimStrong

5K 50-59 - based on Chip Elapsed time

1	634	VARANO, Marshall	19:38.4	6:20	52	M	5K	San Diego	CA	
2	471	Mori, Tomoki	21:28.6	6:55	53	M	5K	Kodak-shi	Japan	
3	390	Greenfield, Charles	22:51.4	7:22	57	M	5K	Poway	CA	
4	434	Jacobs, Michael	24:38.3	7:57	58	M	5K	Solna Bch	CA	Team TimStrong
5	433	Jackson, Rodney	28:46.4	9:17	50	M	5K	Abingdon	VA	

Position	Bib #	Name	FinishTime	Pace	Age	Gender	Division	City	State	Team Name
6	229	Carter, Tom	29:47.3	9:36	56	M	5K	Wildomar	CA	
7	727	Yampolsky, Brian	29:58.9	9:40	58	M	5K	Phoenix	AZ	
8	381	Forker, Gerry	30:03.2	9:42	54	M	5K	Lguna Ngl	CA	
9	379	Fischer, John	32:31.1	10:29	53	M	5K	Bonita	CA	BD Biosciences
10	440	King, Steven	32:36.2	10:31	52	M	5K	Tustin	CA	Team Peregrine
11	714	McCarthy, John	36:50.3	11:53	56	M	5K	San Diego	CA	
12	214	Benjamin, William	40:20.9	13:01	55	M	5K	San Diego	CA	NASSCO
13	240	Davis, Barry	41:22.2	13:21	57	M	5K	Chula Vista	CA	Tm Super Fan CAPT
14	452	Lopez, Frank	41:59.1	13:33	58	M	5K	Chula Vista	CA	NASSCO
15	224	Calara, Subero	42:33.9	13:44	54	M	5K	Chula Vista	CA	NASSCO
16	227	Carson, Dale	49:10.3	15:52	57	M	5K	Murrieta	CA	#teamcarsons
17	395	Hernandez, Martin	56:02.7	18:05	52	M	5K	San Diego	CA	NASSCO

5K 60-69 - based on Chip Elapsed time

1	735	Rehberg, Jeff	22:18.3	7:12	63	M	5K	San Diego	CA	
2	702	Quirk, John	22:46.1	7:21	65	M	5K	Fallbrook	CA	Tim Strong
3	244	Dorfler, John	28:32.4	9:12	69	M	5K	Mount Joy	PA	
4	396	Hewitt, Michael	36:10.3	11:40	60	M	5K	Tucson	AZ	Tm Resilience CAPT
5	443	LaRue, William	1:00:21.3	19:28	65	M	5K	San Diego	CA	Mariene's Wish

5K 70+ - based on Chip Elapsed time

1	392	grun, michel	24:31.1	7:55	70	M	5K	paris	France	
2	382	Frost, Gary	30:44.7	9:55	75	M	5K	Solna Bch	CA	Team Resilience
3	450	Long, David	37:59.7	12:15	79	M	5K	San Diego	CA	
4	712	Cohen, Mark	46:32.5	15:01	99	M	5K	Toronto	TX	Wells Spring