

2019 No Ego 5K Run

Age Group Results

5K

Race Date
February 16, 2019

Male Overall Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	ADAM BURUM		21	3722	1	22:52.0	7:23/M

Female Overall Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	LAURA RECHTFERTIG		49	261	4	27:15.6	8:47/M

2019 No Ego 5K Run

Age Group Results

5K

Female No Age Provided

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Candido Mendez		0	3725	29	36:28.4	11:46/M
2	Dante Ponezanelli		0	3726	61	48:49.6	15:45/M

Male 15 and Under

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	JAKE RECHTFERTIG		14	263	3	26:16.8	8:28/M
2	JACK REYNOLDS		12	270	8	29:17.4	9:27/M
3	SAMUEL RECHTFERTIG		12	264	9	29:28.4	9:30/M
4	DANIEL GOODWIN		13	1176	35	38:46.8	12:30/M
5	SAMUEL WESTPFAHL		13	386	36	39:04.9	12:36/M
6	SAMUEL RECHTFERTIG		8	265	39	40:06.8	12:56/M

Female 15 and Under

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	LEILANI PRECIADO		12	259	6	28:16.6	9:07/M
2	KATHERINE WHORTON		7	388	57	47:57.4	15:28/M

Male 16 to 19

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Brandon Sowell		16	3729	79	55:05.2	17:46/M

Female 16 to 19

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	SOPHIE ZOOK		17	391	37	39:33.2	12:45/M
2	GILDA TCHAO		18	295	42	40:56.5	13:12/M
3	ZIPPORAH VENSON		18	300	46	41:33.1	13:24/M
4	Brianna Sowell		16	3730	54	47:02.5	15:10/M
5	TALIA CHACHKES		18	684	58	48:05.0	15:31/M

Male 20 to 29

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	ALEX ALVAREZ		26	317	65	50:33.0	16:18/M

2019 No Ego 5K Run

Age Group Results

5K

Race Date
February 16, 2019

Female 20 to 29

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	CHRISTINE GUILLERMAN		25	3727	22	33:18.8	10:45/M
2	REBECCA OLIVER		28	1191	24	35:28.4	11:26/M
3	MARIA GARCIA		22	1169	40	40:40.9	13:07/M
4	MARIE ELIZABETH		26	390	64	49:23.9	15:56/M
5	COURTNEY SOTO		29	287	70	52:47.3	17:02/M
6	HANNAH KALK		24	1184	78	54:52.1	17:42/M

Male 30 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	JAMES VELEZ		34	299	10	29:42.7	9:35/M
2	CJ MENDES		35	1189	16	32:13.9	10:24/M
3	RYAN RENFROW		37	267	21	33:06.7	10:41/M
4	ERIC MCDERMID		35	1186	49	42:08.6	13:35/M
5	DANTE PONZANELLI		33	1196	62	48:50.3	15:45/M
6	TAYLOR WADE		31	382	77	54:52.0	17:42/M
7	DAVID JOHNSTON		37	1182	80	55:39.1	17:57/M

Female 30 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	STACI RODRIGUEZ		35	277	19	32:47.8	10:35/M
2	MARIA RODRIGUEZ	New Orleans LA	37	276	20	33:03.6	10:40/M
3	PRIYANKA FERNANDES		34	679	30	37:09.9	11:59/M
4	PATRICIA PONZANELLI		37	1197	32	37:47.9	12:11/M
5	NICKI SALATHE		39	280	43	40:57.9	13:13/M
6	MARY ANNA RILEY		33	273	45	41:22.0	13:21/M
7	MEGAN MCDERMID		33	1187	50	42:09.7	13:36/M
8	GINA ROWE		37	279	52	45:06.0	14:33/M
9	JENNIFER GLADE		35	3724	69	52:13.5	16:51/M
10	NICOLE BUSH		32	318	74	54:50.5	17:41/M
11	MELISSA WADE		30	381	75	54:51.9	17:42/M
12	LAUREN KRIENKE		33	1185	76	54:51.9	17:42/M

Male 40 to 49

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	BRENT RECHTFERTIG		46	262	2	26:14.2	8:28/M
2	JEFF STEVENS		40	291	5	28:10.0	9:05/M

2019 No Ego 5K Run

Age Group Results

5K

Race Date
February 16, 2019

Male 40 to 49

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
3	PHILIP TALARCEK		44	294	14	31:19.8	10:06/M
4	SHAWN WAGNER		47	383	27	35:43.6	11:31/M
5	BEHZAD REGIMAND		44	266	28	36:22.5	11:44/M
6	PABLO GARCIA		49	1171	41	40:54.1	13:12/M
7	DAVE MCWHORTER	Austin TX	48	1188	48	41:40.7	13:26/M
8	Robert Sowell		45	3731	73	54:43.9	17:39/M

Female 40 to 49

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	KERI GOLD		40	1172	15	31:20.1	10:06/M
2	ALICIA REYNOLDS		42	268	17	32:36.1	10:31/M
3	JEANETTE STEVENS		48	292	34	38:39.2	12:28/M
4	CAMILA PINHEIRO		43	1195	38	39:43.0	12:49/M
5	KATHY PRICE		47	260	44	41:07.3	13:16/M
6	KRIS TRAIN		49	296	47	41:38.6	13:26/M
7	JILL JENNINGS		48	1180	51	44:30.3	14:21/M
8	T. RHYMER		41	271	53	46:54.1	15:08/M
9	DARCIE WESTPFAHL		43	385	56	47:41.8	15:23/M
10	CAROLINE ALDINGER		43	310	59	48:45.1	15:44/M
11	KELLIE MONTERIO		49	3723	66	50:35.8	16:19/M
12	SOMER WALKER		43	384	68	51:42.4	16:41/M
13	CATHERINE FORD		42	1166	71	52:47.8	17:02/M
14	LAURIE SUTTON		48	293	81	1:01:28.5	19:50/M
15	SUSAN GARCIA		48	1170	82	1:01:29.5	19:50/M
16	KAren Sowell		49	3728	84	1:03:47.4	20:35/M

Male 50 to 59

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	RICH SPAINHOUR		50	288	11	30:28.0	9:50/M
2	PETER RODRIGUEZ		51	278	18	32:47.8	10:35/M
3	KELLY REYNOLDS		56	269	55	47:05.3	15:11/M

Female 50 to 59

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	STACEY BAIN		54	315	13	30:39.1	9:53/M
2	MARIA VELEZ		54	298	23	34:27.0	11:07/M

2019 No Ego 5K Run

Age Group Results

5K

Female 50 to 59

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
3	TRACY RODRIGUEZ		54	275	26	35:38.3	11:30/M
4	TERESA ETHELTON		59	680	31	37:46.1	12:11/M
5	SUZANNE SHANGREAU		51	283	60	48:47.2	15:44/M
6	PAULA FREEMAN		53	1167	63	49:07.3	15:51/M
7	DIANE CARR		52	685	83	1:01:31.0	19:51/M

Male 60 to 69

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	CAYETANO VELEZ		66	297	7	28:32.2	9:12/M
2	EDWARD OSWALD		66	1192	25	35:31.5	11:27/M
3	KEITH BYRD		60	686	67	50:58.0	16:26/M

Female 60 to 69

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	CYNTHIA RODEN		63	274	12	30:34.4	9:52/M

Male 70 and Over

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	MIKE GADELL		71	1168	33	38:19.5	12:22/M

Female 70 and Over

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	MONIKA SANDOVAL		73	281	72	54:39.2	17:38/M