

LAFR Champions Race Detail 2024 as of 3/29

*shaded races are non-GP, races in italics do not count towards your score, see rules for race qualification.

Rank	MEN			AVG	Rank	WOMEN			AVG
1	Solomon Leung				1	Erin Brinton			
	Run4Kids 100 Mile	27:40:58	80.88			Spring Equinox Half	1:41:30	71.46	
			80.88	80.88				71.46	71.46
2	Greg Ziencina				2	Emily Cox			
	LA Marathon	3:18:24	80.51			Resolution 5K	27:02	65.24	
			80.51	80.51		Surf City Half	2:21:53	58.14	
3	Carlos Vizcarra					LA Marathon	5:26:52	54.97	
	Friendship 30K	2:08:14	81.25					178.35	59.45
	Redlands Half	1:26:37	78.83		3	April Selvage			
			160.08	80.04		LA Marathon	4:21:52	59.39	
4	Michael Bea							59.39	59.39
	Rose Bowl Half	1:22:45	74.03		4	Peachy Poso			
	Surf City Half	1:19:25	77.13			Avalon 50 Mile	11:42:56	57.68	
			151.16	75.58		Doggie 5K Humans	28:20	58.82	
5	Mitchell Miller					Pas Trail 10.4	2:09:31	48.00	
	Rose Bowl Half	1:21:18	74.93			GP Trail 50K	6:46:15	53.34	
			74.93	74.93				217.84	54.46
6	Matt Movahhed				5	Gillian W-Villasenor			
	Firecracker 10K	37:49	71.48			Pas Trail 10.4	1:47:37	50.09	
			71.48	71.48				50.09	50.09
7	Martin Leung				6	Franziska Reff			
	Rose Bowl Half	1:33:49	65.78			Rose Bowl Half	2:52:21	40.87	
	LA Marathon	2:58:06	76.12					40.87	40.87
			141.90	70.95	7	Lisa Zajkowski			
8	Bruce Bair					LA Marathon	7:47:18	34.30	
	Doggie 5K Humans	20:12	76.58					34.30	34.30
	Pas Trail 10.4	1:27:49	65.12						
			141.70	70.85					
9	Jeremy Yoder				Rank	WALKER			AVG
	Doggie 5K Humans	19:28	70.03		1	Deo Jaravata			
			70.03	70.03		LA Marathon	6:00:48	64.81	
10	Mark DeAngelis					LA Big 5K	37:32	57.33	
	PS Health 5K	23:17	67.59					122.14	61.07
			67.59	67.59	2	Margie Gonzales			
						Doggie 5K Humans	55:44	48.30	
11	Mike Kerkman							48.30	48.30
	Firecracker 5K	20:51	67.39		3	Amy Ross			
			67.39	67.39		Doggie 5K Humans	55:45	48.28	
12	Bernie Tan							48.28	48.28
	PS Health 10K	47:02	66.54		4	Keeley Webster			
			66.54	66.54		Doggie 5K Humans	55:50	41.86	
13	Mark Johnson							41.86	41.86
	Pas Trail 10.4	1:26:31	66.11		5	Cat White			
			66.11	66.11		Doggie 5K Humans	55:50	41.07	
14	Kyle Schmitz							41.07	41.07
	Rose Bowl Half	1:36:04	64.58						
	LA Marathon	3:27:21	65.73						
	Friendship 30K	2:21:25	66.94						
			197.24	65.75					
15	Bill Austin								
	Leap Day 2.67	21:40	65.90						
	Pas Trail 5.1	43:23	64.54						
			130.44	65.22					

