

## LAFR Pride Run 2023 Ultra Pride Results Male, Age Group Results below

\*AG - NEW Course Age Group Record

\*OA - NEW Overall Course Record

OA	First Name	Last Name	5K	10K	TOTAL	AG	AG P		Age	Bib
1	<b>Mitchell</b>	<b>Miller *OA *AG</b>	0:17:46	0:37:32	0:55:18	20-29	1	M	26	173/4
2	<b>Michael</b>	<b>Bea *AG</b>	0:19:31	0:41:00	1:00:31	30-39	1	M	35	147/8
3	<b>Eric</b>	<b>Otero *AG</b>	0:20:03	0:40:57	1:01:00	40-49	1	M	41	177/8
4	<b>Eric</b>	<b>Akin *AG</b>	0:20:53	0:41:25	1:02:18	50-59	1	M	56	141/2
5	Vikash	Reddy	0:20:46	0:42:01	1:02:47	30-39	2	M	39	179/80
6	Bruce	Bair	0:21:41	0:42:22	1:04:03	50-59	2	M	56	102/3
7	Axier	Uzkudun Gonzalez	0:21:54	0:44:05	1:05:59	50-59	3	M	53	183/4
8	Khoi	Nguyen	0:22:27	0:44:51	1:07:18	20-29	2	M	25	175/6
9	Orlando	Alfaro	0:22:30	0:48:32	1:11:02	20-29	3	M	29	145/6
10	Juan Carlos	Fernandez	0:24:40	0:50:07	1:14:47	50-59	4	M	52	163/4
11	Denis	Desmond	0:24:56	0:51:32	1:16:28	40-49	2	M	49	159/60
12	Scott	Graham	0:26:44	0:51:40	1:18:24	50-59	5	M	58	165/6
13	David	Dassey	0:27:18	0:55:06	1:22:24	70-79	1	M	72	155/6
14	Martin	Carlson	0:27:09	0:55:24	1:22:33	60-69	1	M	63	149/50
15	Philip	Castillo	0:27:43	0:55:21	1:23:04	40-49	3	M	46	151/2
16	Elio	Chavez, Jr.	0:33:00	1:05:30	1:38:30	50-59	6	M	55	153/4
17	Kenneth	Lewis	0:30:51	1:09:06	1:39:57	60-69	2	M	60	167/8
18	Rene	Maldonado	0:46:12	0:55:49	1:42:01	40-49	4	M	46	169/70
19	Kyle	Alexander	0:33:58	1:15:28	1:49:26	30-39	3	M	33	143/4

## LAFR Pride Run 2023 Ultra Pride Results Female, Age Group Results below

\*AG - NEW Course Age Group Record

\*OA - NEW Overall Course Record

OA	First Name	Last Name	5K	10K	Total	AG	AG P		Age	Bib
1	<b>Alexis</b>	<b>Kling *AG</b>	0:22:07	0:45:25	1:07:32	30-39	1	F	38	129/30
2	<b>Lindsey</b>	<b>Ruggles *AG</b>	0:22:29	0:46:00	1:08:29	20-29	1	F	26	145/6
3	Gillian	Wilkerson-Villasenor	0:23:49	0:47:08	1:10:57	30-39	2	F	33	149/50
4	<b>Meili</b>	<b>Mathuren *AG</b>	0:25:56	0:52:11	1:18:07	40-49	1	F	48	131/2
5	<b>Rosa</b>	<b>Melendez *AG</b>	0:26:20	0:51:48	1:18:08	50-59	1	F	51	135/6
6	Jill	Paget	0:25:13	0:53:39	1:18:52	40-49	2	F	45	141/2
7	<b>Alexandrah</b>	<b>Naranjo *AG</b>	0:26:30	0:57:38	1:24:08	19-Under	1	F	17	139/40
8	Lauri	McCallister-Vining	0:28:49	0:56:06	1:24:55	30-39	3	F	36	133/4
9	Peachy	Poso	0:28:07	0:56:53	1:25:00	50-59	2	F	51	143/4
10	Tamara	Spencer	0:33:56	1:11:34	1:45:30	40-49	3	F	47	147/8
11	Deborah	Glupczynski	0:35:08	1:11:35	1:46:43	50-59	3	F	52	125/6
12	Arlene	Willis	0:29:56	1:25:30	1:55:26	50-59	4	F	55	151/2
13	Orly	Hakimi	0:43:39	1:18:44	2:02:23	40-49	4	F	46	127/8

## LAFR Pride Run 2023 Ultra Pride Age Group Results Male

\*AG - NEW Course Age Group Record

\*OA - NEW Overall Course Record

AG P	First Name	Last Name	5K	10K	TOTAL	AG	OA		Age	Bib
20-29 Male										
1	<b>Mitchell</b>	<b>Miller *OA *AG</b>	0:17:46	0:37:32	0:55:18	20-29	1	M	26	173/4
2	Khoi	Nguyen	0:22:27	0:44:51	1:07:18	20-29	8	M	25	175/6
3	Orlando	Alfaro	0:22:30	0:48:32	1:11:02	20-29	9	M	29	145/6
30-39 Male										
1	<b>Michael</b>	<b>Bea *AG</b>	0:19:31	0:41:00	1:00:31	30-39	2	M	35	147/8
2	Vikash	Reddy	0:20:46	0:42:01	1:02:47	30-39	5	M	39	179/80
3	Kyle	Alexander	0:33:58	1:15:28	1:49:26	30-39	19	M	33	143/4
40-49 Male										
1	<b>Eric</b>	<b>Otero *AG</b>	0:20:03	0:40:57	1:01:00	40-49	3	M	41	177/8
2	Denis	Desmond	0:24:56	0:51:32	1:16:28	40-49	11	M	49	159/60
3	Philip	Castillo	0:27:43	0:55:21	1:23:04	40-49	15	M	46	151/2
4	Rene	Maldonado	0:46:12	0:55:49	1:42:01	40-49	18	M	46	169/70
50-59 Male										
1	<b>Eric</b>	<b>Akin *AG</b>	0:20:53	0:41:25	1:02:18	50-59	4	M	56	141/2
2	Bruce	Bair	0:21:41	0:42:22	1:04:03	50-59	6	M	56	102/3
3	Axier	Uzkudun Gonzalez	0:21:54	0:44:05	1:05:59	50-59	7	M	53	183/4
4	Juan Carlos	Fernandez	0:24:40	0:50:07	1:14:47	50-59	10	M	52	163/4
5	Scott	Graham	0:26:44	0:51:40	1:18:24	50-59	12	M	58	165/6
6	Elio	Chavez, Jr.	0:33:00	1:05:30	1:38:30	50-59	16	M	55	153/4
60-69 Male										
1	Martin	Carlson	0:27:09	0:55:24	1:22:33	60-69	14	M	63	149/50
2	Kenneth	Lewis	0:30:51	1:09:06	1:39:57	60-69	17	M	60	167/8
70-79 Male										
1	David	Dassey	0:27:18	0:55:06	1:22:24	70-79	13	M	72	155/6

## LAFR Pride Run 2023 Ultra Pride Age Group Results Female

\*AG - NEW Course Age Group Record

\*OA - NEW Overall Course Record

AG P	First Name	Last Name	5K	10K	Total	AG	OA		Age	Bib
<b>19-Under Female</b>										
1	<b>Alexandrah</b>	<b>Naranjo *AG</b>	0:26:30	0:57:38	1:24:08	19-Under	1	F	17	139/40
<b>20-29 Female</b>										
1	<b>Lindsey</b>	<b>Ruggles *AG</b>	0:22:29	0:46:00	1:08:29	20-29	1	F	26	145/6
<b>30-39 Female</b>										
1	<b>Alexis</b>	<b>Kling *AG</b>	0:22:07	0:45:25	1:07:32	30-39	1	F	38	129/30
2	Gillian	Wilkerson-Villasenor	0:23:49	0:47:08	1:10:57	30-39	3	F	33	149/50
3	Lauri	McCallister-Vining	0:28:49	0:56:06	1:24:55	30-39	8	F	36	133/4
<b>40-49 Female</b>										
1	<b>Meili</b>	<b>Mathuren *AG</b>	0:25:56	0:52:11	1:18:07	40-49	4	F	48	131/2
2	Jill	Paget	0:25:13	0:53:39	1:18:52	40-49	6	F	45	141/2
3	Tamara	Spencer	0:33:56	1:11:34	1:45:30	40-49	10	F	47	147/8
4	Orly	Hakimi	0:43:39	1:18:44	2:02:23	40-49	13	F	46	127/8
<b>50-59 Female</b>										
1	<b>Rosa</b>	<b>Melendez *AG</b>	0:26:20	0:51:48	1:18:08	50-59	5	F	51	135/6
2	Peachy	Poso	0:28:07	0:56:53	1:25:00	50-59	9	F	51	143/4
3	Deborah	Glupczynski	0:35:08	1:11:35	1:46:43	50-59	11	F	52	125/6
4	Arlene	Willis	0:29:56	1:25:30	1:55:26	50-59	12	F	55	151/2