







## LAFR Age Group Detail FINAL 2013

Rank	M4549		
<b>1</b>	<b>Mark Johnson</b>		
	Big Sur Half	1:45:07	160
	LB Pride 10K	38:59	150
	Montana 8 Mile	1:09:22	140
	SRLA 18	1:59:20	135
	Holiday Half	1:23:28	135
	LAFR 10K	39:32	125
	PS Pride 5K	18:41	125
	Burbank Turkey 10K	39:42	125
	LA Marathon	2:56:53	120
	Victory 10K	38:54	115
	LB Half	1:27:21	120
	Mountains2Beach	1:24:46	110
			<b>845</b>
<b>2</b>	<b>Angus Kennedy</b>		
	Montana 6.95 Miler	58:48	150
	Big Sur 5 Mi	47:37	140
	Coastal 10K	43:27	125
	Catalina Eco 10K	46:05	125
	New Year's Half	1:40:31	120
	Ventura Half	1:36:48	120
	SRLA 18	2:22:44	110
	CityFarm 10K	43:43	115
	Burbank Turkey 10K	44:23	100
	Mountains2Beach	1:36:39	100
	PS Pride 5K	20:51	90
			<b>780</b>
<b>3</b>	<b>Deo Jaravata</b>		
	Op Jack Full	4:15:57	135
	LAFR 10K	47:58	110
	LB Full	4:14:39	110
	New Year's Half	1:53:54	100
	SRLA 18	2:28:55	100
	LAFR Ultra	1:20:57	100
	Ventura Full	4:10:19	100
	Catalina Eco Full	5:31:55	100
	Holiday Half	1:48:52	100
	LA Marathon	5:20:01	80
	LAFR 5K	32:59	60
			<b>655</b>
<b>4</b>	<b>Eric Alvarez</b>		
	LA Marathon	2:57:48	130
	Victory 10K	34:36	150
	Mountains2Beach	1:15:47	155
	CityFarm 5K	17:34	125
			<b>560</b>
<b>5</b>	<b>Bruce Bair</b>		
	Firecracker 10K	42:39	125
	PS Pride 5K	19:50	100
	Topanga 15K	1:24:41	90
			<b>315</b>

Rank	M4549 continued		
<b>6</b>	<b>Rex Boone</b>		
	Buzz Half	2:12:53	145
	Firecracker 10K	59:14	90
			<b>235</b>
<b>7</b>	<b>Mark DeAngelis</b>		
	LAFR 5K	21:07	135
	PS Pride 5K	21:21	70
			<b>205</b>
<b>8</b>	<b>Christopher Tapper</b>		
	LB Pride 5K	36:22	100
	LAFR 5K	46:08	50
	PS Pride 5K	45:12	20
			<b>170</b>
<b>9</b>	<b>Henry Jung</b>		
	LAFR 5K	24:52	100
	PS Pride 5K	25:07	50
			<b>150</b>
<b>10</b>	<b>Juan Moreno</b>		
	LA Marathon	5:28:46	70
	PS Pride 5K	24:45	60
			<b>130</b>
	<b>Jeff Masino</b>		
	SF Full	4:06:25	130
			<b>130</b>
	<b>Rich Crook</b>		
	Bare Burro 5K	32:56	130
			<b>130</b>
<b>13</b>	<b>Jon Wasser</b>		
	LA Marathon	4:10:23	90
	PS Pride 5K	26:59	30
			<b>120</b>
<b>14</b>	<b>Terry Finestein</b>		
	LAFR 5K	22:19	90
			<b>90</b>
	<b>Marco Castro-Bojorquez</b>		
	LB Pride 10K	53:38	90
			<b>90</b>
	<b>Gardner Delano</b>		
	CityFarm 10K	56:38	90
			<b>90</b>
<b>17</b>	<b>Augie Robles</b>		
	LAFR 5K	24:42	80
			<b>80</b>
	<b>Seth Diamond</b>		
	LAFR 10K	60:26	80
			<b>80</b>
<b>19</b>	<b>Drew Brabb</b>		
	PS Pride 5K	25:43	50
			<b>50</b>

## LAFR Age Group Detail FINAL 2013

Rank	M5054			Rank	M5054 continued		
1	Reg Willson			10	Patrick Owen		
	SRLA 18	2:20:11	135		Mountains2Beach	3:38:22	120
	Will Rogers 5K	20:14	125				120
	Jet to Jetty 10K	42:13	125		Phil Scanlon		
	Big Sur Half	2:10:15	125		Mountains2Beach	1:56:22	120
	LB Half	1:34:34	120				120
	Catalina Eco Full	4:49:44	110				
			740				
2	Mong Noiboonsook			Rank	M5559		
	Montana 17.1	3:19:00	135	1	Bill Austin		
	Wrigley 5K	25:51	125		RAD 10 Mile	1:22:52	155
	LAFR 5K	23:03	120		Jet to Jetty 5K	20:10	145
	Bare Burro 5K	29:45	110		Burbank Turkey 10K	44:03	145
	LAFR Ultra	1:13:16	110		LB Pride 5K	21:20	125
	Verdugos 10K	63:27	100		Wrigley 5K	20:48	125
	Wrigley 10K	49:36	100		LAFR 5K	21:05	125
	Big Sur Full	5:44:42	100		PS Pride 5K	20:31	125
	LB Half	1:51:48	100		Firecracker 5K	24:58	110
	LB Pride 10K	49:47	95				820
	LAFR 10K	50:13	100		Dan Graham		
			700		Mountains2Beach	1:43:35	155
3	Brian Dunbar				Bookends 5K	22:53	145
	LA Marathon	4:16:29	130		Victory 10K	47:50	135
	PS Pride 5K	24:08	130		LAFR 5K	23:14	135
	Palisades Turkey 5K	24:50	110		CityFarm 10K	48:47	125
	Holiday Half	2:12:43	110		Tiger 5K	23:38	125
	SRLA 18	2:42:18	100		Holiday Half	1:53:27	120
	LAFR Ultra	1:22:22	100				820
	LAFR 5K	27:20	90	3	Doug Jones		
	LAFR 10K	55:02	90		LA Marathon	5:56:09	140
	LB Pride 10K	52:23	80		New Year's Half	3:05:21	120
			680		RAD 10 Mile	2:28:38	120
4	Sean O'Brien				Ventura Half	2:52:45	110
	Ray Miller 50 Mile	9:11:46	135		LB Half	2:57:03	110
	Big Sur Full	3:50:12	160		Jet to Jetty 10K	1:17:38	100
	Catalina Eco Full	3:55:00	135		LAFR 5K	41:17	60
			430		PS Pride 5K	39:41	90
5	Carl Maravilla						700
	Bare Burro 5K	25:15	115	4	David Grudzien		
	LB Pride 10K	39:55	125		Hwd Half	2:12:55	120
	LAFR 5K	19:33	125		Mountains2Beach	2:14:21	110
			365		Op Jack Half	2:25:23	135
6	Mike Kezsely						365
	LB Pride 10K	50:24	90	5	Geoff Buck		
	Will Rogers 10K	49:39	90		LAFR 5K	34:26	100
	LAFR 10K	48:13	115		Holiday Half	3:03:37	100
			295				200
7	Paul Morrell			6	Jim Martinez		
	SF Half	1:49:58	130		Firecracker 5K	27:53	100
			130		LAFR 5K	29:06	90
	Rudolph van Graan						190
	Hwd Half	2:08:12	130	7	Neil Johnson		
			130		PS Pride 5K	38:15	100
9	Jeff Lymburner						100
	Bare Burro 5K	24:55	125	8	Paul Wendell		
			125		LAFR 5K	34:50	90
			125				90

## LAFR Age Group Detail FINAL 2013

Rank	M60+		
<b>1</b>	<b>Andrew Wissmiller</b>		
	LB Half	1:37:29	155
	Ventura Half	1:41:36	145
	Downtown Turkey 10K	42:33	145
	Chesebro Half	1:48:35	135
	Pasadena Half	1:47:15	135
	Montana 17.1	2:57:58	135
	Bandit 30K	4:09:46	125
	Verdugos 10K	60:12	125
	LB Pride 10K	46:25	125
	RAD 10K	45:31	125
	LAFR 5K	21:09	125
	LAFR 10K	45:50	125
	LAFR Ultra	1:06:59	125
			<b>850</b>
<b>2</b>	<b>Richard Nelson</b>		
	Bookends 10K	45:08	150
	RAD 10 Mile	1:24:50	145
	RnR Half LA	1:48:47	135
	Victory 5K	21:30	125
	Will Rogers 5K	21:21	125
	Jet to Jetty 10K	47:07	125
	PS Pride 5K	23:28	125
	LAFR 5K	21:15	115
	LAFR 10K	47:22	115
	LAFR Ultra	1:08:37	115
			<b>805</b>
<b>3</b>	<b>David Dassey</b>		
	CityFarm 10K	45:07	145
	Mountains2Beach	3:46:32	140
	Buzz Full	4:31:53	135
	Op Jack Half	1:43:19	135
	LA Marathon	4:29:54	120
	Montana 8 Miler	1:25:51	115
	LB Pride 10K	47:23	115
	Turkey New Orleans 5 Mile	36:09	115
	Ventura Full	3:53:13	110
	LAFR 5K	22:12	105
	LAFR 10K	47:48	105
	LAFR Ultra	1:10:00	105
			<b>790</b>

Rank	M60+ continued		
<b>4</b>	<b>Mike Carbuto</b>		
	Bookends 5K	25:39	135
	CityFarm 10K	52:10	135
	LA RnR Half	2:03:27	130
	Bare Burro 5K	36:53	125
	Holiday Half	2:07:07	120
	PS Pride 5K	24:22	120
	Op Jack Half	2:06:36	110
	Catalina Eco Full	6:22:14	120
	Topanga 15K	1:44:49	110
	Pasadena Half	2:30:10	100
	LB Full	5:04:05	100
	Will Rogers 10K	60:09	100
	LAFR 10K	56:10	95
	Firecracker 5K	37:52	90
	LB Pride 10K	59:02	80
			<b>765</b>
<b>5</b>	<b>Bill Walsky</b>		
	LA Marathon	6:27:37	130
	Wrigley 10K	1:34:31	130
	RAD 10 Mile	2:29:47	130
	SF Half	3:10:18	120
	Mountains2Beach	3:20:24	110
	Jet to Jetty 10K	1:15:52	110
	Ventura Half	3:12:58	100
	Op Jack Half	3:33:48	100
	Burbank Turkey 5K	46:33	80
	Firecracker 10K	82:12	80
	LAFR 5K	37:34	70
			<b>730</b>
<b>6</b>	<b>Bill Winkelmann</b>		
	Firecracker 5K	28:32	110
	LB Pride 10K	57:16	105
	Jet to Jetty 5K	28:08	100
	PS Pride 5K	27:32	90
	Burbank Turkey 5K	27:58	90
			<b>495</b>
<b>7</b>	<b>Eric Fischer</b>		
	Tiger 5K	28:24	110
			<b>110</b>
<b>8</b>	<b>Rusty Millar</b>		
	CityFarm 5K	37:35	105
			<b>105</b>
<b>9</b>	<b>Mark Grumet</b>		
	LAFR 5K	30:35	95
			<b>95</b>
<b>10</b>	<b>Brian Eggert</b>		
	PS Pride 5K	41:33	90
			<b>90</b>
<b>11</b>	<b>Dale Beldin</b>		
	LAFR 5K	43:40	60
			<b>60</b>

LAFR Age Group Detail FINAL 2013

Rank	F3039		
1	Jennifer Rouan		
	LAFR 5K	25:53	110
	LAFR 10K	59:20	110
	LAFR Ultra	1:25:13	110
			<b>330</b>

Rank	F4049		
1	Regina Robinson		
	Coastal 5K	43:54	110
	Bandit 6K	1:48:10	110
	LA Marathon 5K	1:18:44	110
	Hwd 10K	1:30:16	100
	Victory 5K	42:05	100
	LB Half	3:43:15	120
			<b>650</b>

2	Cat White		
	Firecracker 10K	1:45:30	90
	Mountains2Beach	2:48:07	140
	LAFR 5K	31:57	100
	LAFR 10K	70:37	120
	LAFR Ultra	1:42:34	100
			<b>550</b>

3	Melissa Coleman		
	LAFR 5K	25:51	115
	LAFR 10K	53:46	135
	LAFR Ultra	1:19:37	115
	SF Half	2:06:36	110
			<b>475</b>

4	Donna Balinkski		
	Firecracker 10K	1:45:30	100
	Verdugos 10K	1:47:53	100
	LB Pride 5K	41:47	125
	Mountains2Beach	3:16:07	130
			<b>455</b>

5	Marilyn Jackson		
	Bandit 6K	1:48:10	110
	LA Marathon 5K	1:18:44	110
	Hwd 10K	1:29:36	110
	Victory 5K	41:40	110
			<b>440</b>

	Lee Miller		
	Pasadena 10K	1:16:46	130
	LAFR 5K	32:51	110
	LAFR 10K	77:12	110
	LAFR Ultra	1:50:03	90
			<b>440</b>

7	Yumi Afrento		
	Jet to Jetty 5K	41:46	130
	CityFarm 5K	40:52	130
			<b>260</b>

Rank	F4044 continued		
8	Tanya Haney		
	Every Child 5K	27:28	135
	Tiger 10K	1:04:37	110
			<b>245</b>

9	Keeley Webster		
	Firecracker 10K	1:45:30	100
	Mountains2Beach	3:31:12	100
			<b>200</b>

10	Kristi Twilley		
	PS Pride 5K	32:43	125
			<b>125</b>

11	Merle Brill		
	LAFR 5K	33:13	100
			<b>100</b>

Rank	F5059		
1	Margie Gonzales		
	LB Pride 5K	35:59	125
	LAFR 5K	37:05	125
	New Year's Half	3:09:35	120
	Chesebro Half	3:09:03	120
	Ventura Half	2:53:45	120
	LB Half	2:58:22	120
	Firecracker 5K	37:36	110
	Victory 5K	37:09	110
	Firecracker 10K	1:26:15	100
			<b>730</b>

Rank	F60+		
1	Pat Bates		
	Victory 5K	37:55	120
	LAFR 5K	37:42	135
			<b>255</b>

2	Amy Ross		
	LAFR 5K	31:59	125
			<b>125</b>

3	Sue Roth		
	Victory 5K	53:58	105
			<b>105</b>

	Connie Hammen		
	LAFR 5K	46:39	105
			<b>105</b>