

# 2018 LAFR Grand Prix Series Champions Race Standings FINAL

Detailed Standings Below, R = No. of Races

Rank	MEN	R	Score	AVG	Rank	MEN	R	Score	AVG
1	Mark Johnson	6	474.50	<b>79.08</b>	51	Albert Giang	2	97.23	<b>48.62</b>
2	Carlos Vizcarra	6	464.71	<b>77.45</b>	52	Richard Ramirez	2	96.20	<b>48.10</b>
3	Mike Kerkman	6	452.93	<b>75.49</b>	53	John Kawaharada	2	87.33	<b>43.67</b>
4	Bill Austin	6	436.94	<b>72.82</b>	54	Rex Boone	2	85.32	<b>42.66</b>
5	Richard Nelson	6	424.84	<b>70.81</b>	55	Richard West	2	84.70	<b>42.35</b>
6	Mario Mota	6	422.37	<b>70.40</b>	56	Ben Beneski	2	81.89	<b>40.95</b>
7	Angus Kennedy	6	417.83	<b>69.64</b>	57	Chris Tapper	2	72.43	<b>36.22</b>
8	Patrice Salome	6	411.98	<b>68.66</b>	58	Patrick Conner	2	68.81	<b>34.41</b>
9	Reg Willson	6	405.23	<b>67.54</b>	59	Samuel Richman	1	64.61	<b>64.61</b>
10	John McGuinness	6	392.26	<b>65.38</b>	60	Daisuke Hijikata	1	63.99	<b>63.99</b>
11	Eddie Flores	6	384.32	<b>64.05</b>	61	Mark DeAngelis	1	62.88	<b>62.88</b>
12	Rick Hetzel	6	360.48	<b>60.08</b>	62	Mick Caruso	1	62.76	<b>62.76</b>
13	Brian Dunbar	6	359.07	<b>59.85</b>	63	Patrick Owen	1	59.79	<b>59.79</b>
14	Deo Jaravata	6	344.40	<b>57.40</b>	64	Mike Heredia	1	58.31	<b>58.31</b>
15	Mike Carbuto	6	323.51	<b>53.92</b>	65	Jeff Masino	1	56.73	<b>56.73</b>
16	Richard Peng	6	323.00	<b>53.83</b>	66	Barry Hamaguchi	1	55.68	<b>55.68</b>
17	Raul Borja	6	306.04	<b>51.01</b>	67	Allan-Michael Brown	1	53.81	<b>53.81</b>
18	John Houser	6	249.30	<b>41.55</b>	68	Henry Jung	1	53.55	<b>53.55</b>
19	Martin Carlson	5	315.29	<b>63.06</b>	69	Mark Grumet	1	44.48	<b>44.48</b>
20	Paul Morrell	5	292.56	<b>58.51</b>	70	Chau Nguyen	1	41.41	<b>41.41</b>
21	David Gonzalez	5	279.79	<b>55.96</b>	71	Eric Fischer	1	38.18	<b>38.18</b>
22	Dan Vu	5	264.69	<b>52.94</b>	72	Carlos Carranza	1	36.70	<b>36.70</b>
23	David Grudzien	5	259.99	<b>52.00</b>	73	William Fang	1	36.55	<b>36.55</b>
24	Henri Faucher	5	256.86	<b>51.37</b>	74	Frank Knies	1	36.35	<b>36.35</b>
25	Jason Coleman	5	198.33	<b>39.67</b>	75	Danny O'Hara	1	36.27	<b>36.27</b>
26	Mike Smith	5	196.34	<b>39.27</b>					
27	Marcelino Goncalves	4	266.19	<b>66.55</b>	<b>Rank</b>	<b>WOMEN</b>	<b>R</b>	<b>Score</b>	<b>AVG</b>
28	Ryan Timmreck	4	257.20	<b>64.30</b>	1	Peachy Poso	6	350.15	<b>58.36</b>
29	Rob Chen	4	226.36	<b>56.59</b>	2	Margie Gonzales	6	332.20	<b>55.37</b>
30	Scott Whiteleather	4	208.89	<b>52.22</b>	3	Nicole Oeuvray	4	170.62	<b>42.66</b>
31	Gabriel Cooper	4	179.22	<b>44.81</b>	4	Allyne Winderman	3	205.43	<b>68.48</b>
32	Doug Jones	4	144.32	<b>36.08</b>	5	Jane Dods	3	166.66	<b>55.55</b>
33	Rick Allison	3	200.77	<b>66.92</b>	6	Lacey Howcroft	2	104.27	<b>52.14</b>
34	David Dassey	3	199.19	<b>66.40</b>	7	Rina Shiramizu	2	85.55	<b>42.78</b>
35	Bernie Tan	3	198.72	<b>66.24</b>	8	Yumi Afrento	1	39.68	<b>39.68</b>
36	Eric Eisenbrey	3	185.59	<b>61.86</b>					
37	Jonathan Toker	3	177.18	<b>59.06</b>	<b>Rank</b>	<b>RACEWALK</b>	<b>R</b>	<b>Score</b>	<b>AVG</b>
38	Jim Martinez	3	162.75	<b>54.25</b>	1	Deo Jaravata	6	376.76	<b>62.79</b>
39	John Miles	3	161.41	<b>53.80</b>	2	Bill Walsky	6	343.97	<b>57.33</b>
40	Alexander Bazley	3	160.20	<b>53.40</b>	3	Bill Winkelmann	6	333.69	<b>55.62</b>
41	Rudy Van Graan	3	157.84	<b>52.61</b>	4	Brian Eggert	2	102.62	<b>51.31</b>
42	Kevin Shiramizu	3	145.16	<b>48.39</b>	5	Connie Hammen	1	57.31	<b>57.31</b>
43	Bill Winkelmann	3	139.68	<b>46.56</b>	6	Yumi Afrento	1	56.75	<b>56.75</b>
44	John Heilman	3	135.56	<b>45.19</b>	7	Amy Ross	1	54.47	<b>54.47</b>
45	Mark Penn	2	143.17	<b>71.59</b>	8	Bill Austin	1	51.91	<b>51.91</b>
46	Bruce Bair	2	141.65	<b>70.83</b>	9	Nicole Oeuvray	1	50.66	<b>50.66</b>
47	Sean O'Brien	2	122.32	<b>61.16</b>	10	David Dassey	1	48.94	<b>48.94</b>
48	Zack Whitely	2	106.80	<b>53.40</b>	11	Neil Johnson	1	48.76	<b>48.76</b>
49	Tony Moraga	2	102.52	<b>51.26</b>	12	Gary Todd	1	44.45	<b>44.45</b>
50	John Butcher	2	102.40	<b>51.20</b>	13	Mike Carbuto	1	36.58	<b>36.58</b>

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<b>Rank</b>	<b>MEN</b>			<b>AVG</b>
<b>1</b>	<b>Mark Johnson</b>			
	Gay Games Full	3:08:42	80.67	
	Father's Day 15K	60:38	80.03	
	Big Bear Full	2:56:23	86.32	
	Gay Games 10K	39:17	77.13	
	Run Deo Run Half	1:31:36	75.33	
	Gay Games 5K Track	19:23	75.02	
	<i>Gay Games 3000 Steeple</i>	<i>13:43.57</i>	<i>69.31</i>	
	<i>Boston Full</i>	<i>3:14:03</i>	<i>78.45</i>	
	<i>GP Trail Relay 5.3</i>	<i>37:58</i>	<i>67.82</i>	
			<b>474.50</b>	<b>79.08</b>
<b>2</b>	<b>Carlos Vizcarra</b>			
	Gay Games 10K	36:45	78.46	
	Gay Games Full	2:53:46	83.25	
	Menudo 5K	16:47	84.71	
	LB Half	1:20:14	81.73	
	SRLA 10K	35:57	80.20	
	Holiday Half	1:56:20	56.36	
			<b>464.71</b>	<b>77.45</b>
<b>3</b>	<b>Mike Kerkman</b>			
	Happy Easter 15K	57:36	76.50	
	Gay Games Half	1:22:12	76.22	
	Mother's Day 10K	36:22	75.66	
	Beach Fun 5K	18:11	75.44	
	Gay Games 5K	18:09	75.02	
	Arroyo 3.4 Trail	20:08	74.09	
	<i>Gay Games 10K</i>	<i>37:17</i>	<i>73.80</i>	
	<i>Doggie Dash 5K</i>	<i>18:22</i>	<i>74.68</i>	
	<i>Tucson XC 5K</i>	<i>18:35</i>	<i>73.81</i>	
	<i>Catalina Half</i>	<i>1:38:41</i>	<i>63.87</i>	
	<i>GP Trail Relay 5.3</i>	<i>34:52</i>	<i>67.21</i>	
	<i>Bare Burro 5K</i>	<i>21:48</i>	<i>62.46</i>	
	<i>Fuji Mt 15K</i>	<i>1:57:51</i>	<i>37.39</i>	
			<b>452.93</b>	<b>75.49</b>

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<b>4</b>	<b>Bill Austin</b>			
	LB Pride 5K	21:10	76.06	
	Wrigley 5K	21:38	74.42	
	Aug: GG 1500	5:48.17	74.15	
	Happy Easter 15K	73:36	71.49	
	Gay Games 10K	46:35	71.06	
	Father's Day 15K	76:08	69.76	
	<i>Aug: GG 5K Track</i>	22:12	71.29	
	<i>Winter Fun 10K</i>	47:12	69.49	
	<i>Reaching 4 Cure Half</i>	1:48:38	68.96	
	<i>Aug: GG 100 Hurdles</i>	25:29	57.49	
	<i>Aug: GG 2000 Steeple</i>	12:17.29	54.16	
	<i>Holiday Fun 15K</i>	1:37:29	54.48	
	<i>Dolphin 15K</i>	1:19:17	66.87	
	<i>Athens Full</i>	4:47:53	57.96	
	<i>Val Day 5K</i>	36:24	43.86	
	<i>Doggie Dash 5K</i>	23:35	68.27	
	<i>NY Celebration 15K</i>	1:22:36	64.30	
	<i>Run Deo Run 5K</i>	24:02	66.44	
	<i>Reindeer 15K</i>	1:28:17	60.17	
	<i>LAFR Pride 10K</i>	52:44	62.77	
	<i>Beach Fun 10K</i>	50:25	65.65	
	<i>LAFR Pride 5K</i>	22:01	73.13	
	<i>Spring Dash 15K</i>	1:18:09	67.34	
	<i>Freedom 10K</i>	49:15	67.21	
	<i>Mother's Day 5K</i>	22:03	73.02	
	<i>Happy Easter 10K</i>	1:31:00	36.04	
	<i>Super Bowl 5K</i>	22:25	71.23	
	<i>Sun Sand &amp; Sea Half</i>	1:52:47	67.04	
	<i>Cinco 10K</i>	56:07	58.98	
	<i>Cinco 15K</i>	76:08	69.76	
	<i>Summer Breeze 15K</i>	80:49	65.72	
			<b>436.94</b>	<b>72.82</b>
<b>5</b>	<b>Richard Nelson</b>			
	Beach Fun 5K	23:42	73.70	
	Gay Games 10K	51:02	71.65	
	PS Pride 5K	24:40	71.69	
	Fun in the Sun 15K	1:24:05	69.85	
	Gay Games 1500 Track	6:51.12	69.24	
	Stars/Stripes 10K	53:13	68.71	
	<i>Mother's Day 10K</i>	53:25	68.46	
	<i>Gay Games 5K</i>	26:09	67.62	
	<i>A &amp; R 5K</i>	25:16	69.99	
	<i>Tidewater 10K</i>	54:04	67.63	
	<i>NY Celebration 10K</i>	56:25	64.82	
	<i>LB Pride 5K</i>	25:09	70.31	
	<i>Spring Dash 10K</i>	57:52	63.19	
	<i>LAFR Pride 5K</i>	26:29	66.77	
	<i>LAFR Pride 10K</i>	55:45	65.59	
	<i>Run Deo Run 5K</i>	27:32	63.44	
	<i>Victory 5K</i>	26:01	67.97	
			<b>424.84</b>	<b>70.81</b>

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<b>6</b>	<b>Mario Mota</b>			
	Mt. Charleston Full	3:29:28	73.32	
	Big Bear Full	3:33:49	72.47	
	Father's Day 5K	21:53	69.00	
	Gay Games 10K	44:47	68.81	
	Doggie Dash 5K	21:11	71.28	
	Gay Games Half	1:44:05	67.49	
	<i>LB Pride 10K</i>	46:00	66.99	
	<i>Gay Games 5K</i>	22:23	67.46	
	<i>San Diego Half</i>	1:44:45	66.45	
	<i>LAFR Pride 5K</i>	22:21	67.56	
	<i>LAFR Pride 10K</i>	48:50	63.11	
	<i>Rockin Summer Half</i>	1:51:58	62.74	
	<i>Run Deo Run 10K</i>	52:02	58.71	
			<b>422.37</b>	<b>70.40</b>
<b>7</b>	<b>Angus Kennedy</b>			
	Big Bear Full	3:20:42	76.52	
	Beach Fun 15K	70:35	69.34	
	LB Pride 5K	21:51	68.57	
	Gay Games Half	1:41:39	68.48	
	Gay Games 5K	22:09	67.64	
	Pas Trail 12K	57:40	67.28	
	<i>Gay Games 10K</i>	45:45	66.78	
	<i>Father's Day 10K</i>	45:54	66.56	
	<i>Reindeer 10K</i>	46:48	65.28	
	<i>Aug: GG 10K Track</i>	46:39	65.59	
	<i>Mother's Day 10K</i>	47:36	64.18	
	<i>Aug: GG 5K Track</i>	23:37	62.08	
	<i>Catalina Half</i>	2:04:17	56.02	
	<i>Pas Trail 10 Mile</i>	1:43:42	50.73	
	<i>Run Deo Run 10K</i>	51:13	59.65	
	<i>Happy Easter 10K</i>	49:08	62.18	
	<i>GP Trail Relay 5.3</i>	46:09	56.27	
	<i>Freedom 10K</i>	47:59	63.67	
	<i>Rockin Summer Half</i>	1:52:36	61.82	
			<b>417.83</b>	<b>69.64</b>
<b>8</b>	<b>Patrice Salome</b>			
	Big Bear Full	3:07:09	75.41	
	Pasadena Half	1:32:32	69.12	
	Carlsbad Half	1:34:23	67.77	
	LAFR Pride 5K	20:43	67.10	
	Doggie Dash 5K	20:57	66.83	
	LB Pride 10K	42:49	65.75	
	<i>LAFR Pride 10K</i>	44:07	63.81	
	<i>Palisades 10K</i>	43:47	64.79	
	<i>Boston Full</i>	3:42:33	63.40	
	<i>Catalina Half</i>	1:51:45	57.71	
	<i>Run Deo Run Half</i>	1:43:24	61.86	
			<b>411.98</b>	<b>68.66</b>

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<b>9</b>	<b>Reg Willson</b>			
	Will Rogers 5K	22:11	71.37	
	LAFR Pride 5K	22:45	69.60	
	Xmas 10K	48:36	66.87	
	Big Bear Full	4:07:43	66.09	
	Arroyo 3.4 Trail	26:38	64.77	
	Gay Games 10K	48:51	66.53	
	<i>Gay Games Half</i>	1:57:28	63.17	
	<i>GP Trail Relay 5.3</i>	48:08	57.31	
	<i>Doggie Dash 5K</i>	28:19	55.42	
	<i>Bare Burro 5K</i>	30:12	52.04	
	<i>Gay Games 5K</i>	23:50	66.43	
			<b>405.23</b>	<b>67.54</b>
<b>10</b>	<b>John McGuinness</b>			
	SD Pride 5K	20:34	68.56	
	LAFR Pride 5K	20:41	68.17	
	Mother's Day 15K	69:40	65.69	
	Pas Trail 12K	56:53	63.81	
	SF Pride 10K	44:52	63.74	
	LAFR Pride 10K	45:55	62.29	
	<i>Doggie Dash 5K</i>	21:16	66.30	
			<b>392.26</b>	<b>65.38</b>
<b>11</b>	<b>Eddie Flores</b>			
	Run Deo Run 5K	22:58	68.43	
	Happy Easter 15K	1:11:32	63.46	
	Mother's Day 10K	45:48	61.94	
	Gay Games 5K	22:02	63.54	
	Gay Games 10K	44:13	64.15	
	Beach Fun 15K	72:17	62.80	
	<i>GP Trail Relay 5.3</i>	43:57	54.95	
	<i>Catalina Half</i>	2:09:33	49.78	
	<i>Doggie Dash 5K</i>	24:45	56.57	
			<b>384.32</b>	<b>64.05</b>
<b>12</b>	<b>Rick Hetzel</b>			
	Wrigley 10 Mile	1:29:18	62.16	
	Happy Easter 10K	51:37	61.83	
	LAX Run Half	2:02:27	60.04	
	LB Pride 10K	53:59	59.65	
	LAFR Pride 5K	26:30	59.30	
	Burbank Turkey 5K	27:20	57.50	
	<i>LA Marathon</i>	4:40:16	57.33	
	<i>Athens Full</i>	5:07:58	52.66	
			<b>360.48</b>	<b>60.08</b>
<b>13</b>	<b>Brian Dunbar</b>			
	Gay Games Half	1:52:51	63.96	
	Gay Games 5K	24:54	62.05	
	Gay Games 10K	51:37	61.29	
	Run Deo Run Half	2:00:40	59.27	
	LAFR Pride 10K	55:50	56.66	
	Dodger 5K	27:40	55.84	
	<i>LA Marathon</i>	4:59:05	52.76	
	<i>Friendship 30K</i>	3:11:06	52.59	
	<i>Catalina 10K</i>	72:11	43.82	
	<i>Holiday Half</i>	2:18:30	52.11	
			<b>359.07</b>	<b>59.85</b>

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<b>14</b>	<b>Deo Jaravata</b>			
	Nanny Goat 56 Mile	12:00:00	59.48	
	Nike LA 10K	53:50	57.24	
	Gay Games 5K Track	26:46	55.22	
	Gay Games 10K	57:02	54.03	
	RnR Vegas Full	4:22:03	59.14	
	LB Full	4:21:22	59.29	
	<i>Gay Games Full</i>	4:52:32	52.97	
	<i>Boundiful 53 Mile</i>	12:00:00	55.33	
	<i>Paramount Full</i>	4:54:12	52.67	
	<i>RnR Half LA</i>	2:45:39	42.41	
	<i>Rocky Peak 50K</i>	8:28:22	38.74	
	<i>Dodger 5K</i>	31:16	48.29	
	<i>Laje Tahoe Full</i>	4:47:00	53.99	
	<i>CIM Full</i>	4:26:29	58.15	
	<i>Holiday Half</i>	2:04:22	56.48	
	<i>Cuba Marathon</i>	5:30:09	46.94	
	<i>Avalon 50 Mile</i>	11:22:40	53.50	
	<i>Run Deo Run Full</i>	5:08:35	49.76	
	<i>Ulo Ng Full</i>	5:20:00	48.42	
	<i>GP Trail 50K</i>	6:51:19	47.46	
	<i>Bulldog 50K</i>	6:59:23	46.97	
	<i>SD RnR Full</i>	5:32:16	46.64	
	<i>Leona Divide 50K</i>	7:33:50	43.02	
			<b>344.40</b>	<b>57.40</b>
<b>15</b>	<b>Mike Carbuto</b>			
	LB Pride 5K	28:10	59.11	
	LAFR Pride 10K	69:01	49.82	
	Gay Games 5K	29:00	57.41	
	Big Bear Full	5:51:35	49.36	
	Gay Games 10K	66:42	51.55	
	Gay Games Half	2:19:47	56.26	
	<i>New Years 5K</i>	29:48	55.87	
	<i>Run Deo Run 5K</i>	31:12	53.37	
	<i>Verdugo 10K</i>	1:27:48	39.16	
	<i>Doggie Dash 5K</i>	38:36	43.13	
	<i>LAFR Pride 5K</i>	29:02	57.35	
	<i>Pasadena 5K</i>	29:56	55.62	
	<i>Bare Burro 5K</i>	39:28	42.19	
			<b>323.51</b>	<b>53.92</b>
<b>16</b>	<b>Richard Peng</b>			
	SD Pride 5K	25:31	56.11	
	San Diego Half	1:57:11	55.95	
	Victory 10K	52:23	55.04	
	Chesebro Half	1:59:41	54.79	
	Reindeer 10K	56:18	51.63	
	GP Trail Relay 5.3	49:59	49.48	
	<i>Firecracker 10K</i>	57:17	50.33	
	<i>LAFR Pride 10K</i>	56:27	51.49	
	<i>Catalina Half</i>	2:19:13	47.49	
	<i>LAFR Pride 5K</i>	32:16	44.37	
	<i>Run Deo Run Half</i>	2:07:17	51.51	
			<b>323.00</b>	<b>53.83</b>

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<b>17</b>	<b>Raul Borja</b>			
	Firecracker 10K	54:48	50.97	
	Pasadena Half	2:02:28	51.85	
	Run Deo Run Half	2:00:03	52.87	
	Friendship 30K	3:01:14	49.22	
	LA Marathon	4:45:01	49.13	
	LAFR Pride 10K	53:43	52.00	
			<b>306.04</b>	<b>51.01</b>
<b>18</b>	<b>John Houser</b>			
	LAFR Pride 5K	30:59	42.82	
	New Years 5K	31:04	42.70	
	LB Pride 10K	64:23	41.88	
	Run To Remember 10K	62:49	42.93	
	Big Bear Half	2:28:55	41.50	
	Run Deo Run Half	2:44:25	37.47	
	<i>Pasadena Half</i>	2:52:38	35.69	
	<i>Hwd Sign Trail 12K</i>	1:37:58	34.98	
	<i>Firecracker 10K</i>	68:46	39.21	
	<i>GP 8K</i>	1:14:19	28.89	
	<i>Carrera 5K</i>	34:22	38.60	
	<i>Luau 5K</i>	32:29	40.84	
	<i>Global Energy 10K</i>	1:10:44	38.12	
	<i>Doggie Dash 5K</i>	31:28	42.16	
	<i>Turkey 10K</i>	1:11:23	37.92	
	<i>Reindeer 5K</i>	34:03	39.16	
	<i>LA Marathon</i>	6:31:31	34.72	
	<i>New Years 10K</i>	1:14:26	36.23	
			<b>249.30</b>	<b>41.55</b>
<b>5 Races</b>				
<b>19</b>	<b>Martin Carlson</b>			
	Surf City Half	1:49:29	66.53	
	Griffith Park 5K	22:49	68.30	
	Boston Full	5:02:08	53.68	
	LAFR Pride 5K	23:48	66.04	
	LAFR Pride 10K	53:01	60.74	
	<i>Doggie Dash 5K</i>	24:26	64.32	
			<b>315.29</b>	<b>63.06</b>
<b>20</b>	<b>Paul Morrell</b>			
	LAFR Pride 10K	54:08	60.04	
	Reindeer 15K	1:30:05	58.41	
	Gay Games 5K	28:06	56.35	
	SF Pride 10K	55:00	59.09	
	Gay Games Half	2:06:28	58.67	
	<i>Gay Games 10K</i>	55:15	58.82	
			<b>292.56</b>	<b>58.51</b>
<b>21</b>	<b>David Gonzalez</b>			
	LAFR Pride 5K	25:14	53.57	
	Walnut 5K	26:14	51.52	
	Big Bear Half	1:38:18	63.40	
	Wine Country Half	1:51:07	56.08	
	Santa Rosa 10K	49:32	55.22	
	<i>Holiday Half</i>	1:57:58	52.83	
			<b>279.79</b>	<b>55.96</b>

## LAFR Champions Race Detail 2018 FINAL

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<b>22</b>	<b>Dan Vu</b>			
	PS Pride 5K	24:27	56.85	
	LAFR Pride 10K	52:59	53.13	
	Catalina Half	2:19:59	45.70	
	Gay Games 5K	25:08	55.31	
	Gay Games 10K	52:25	53.70	
	<i>SD Pride 5K</i>	25:15	55.05	
			<b>264.69</b>	<b>52.94</b>
<b>23</b>	<b>David Grudzien</b>			
	Chicago 5K	27:53	57.26	
	Run Run Rudolph Half #1	2:09:06	58.57	
	Atlanta Santa Speedo 1 Mile	8:12	56.75	
	Invesco QQQ Thanksgiving Half	2:17:55	54.35	
	Bare Burro 5K	48:18	33.06	
	<i>Mother's Day Half</i>	2:30:57	49.63	
	<i>Proud To Run Chicago 10K</i>	1:00:36	54.13	
	<i>Freeze for Food 5K</i>	28:13	56.59	
	<i>Pettit Indoor Half</i>	2:13:35	56.08	
	<i>ATC Resolution 5K</i>	28:32	55.96	
	<i>Chicago Mardi Gras 10K</i>	62:24	52.56	
	<i>Spring Break Half</i>	2:19:33	53.69	
	<i>River Rat Half</i>	2:20:59	53.14	
	<i>Average Joe 5K</i>	29:15	54.59	
	<i>ONU Indoor Half</i>	2:23:52	52.07	
	<i>Atl City 11K</i>	1:10:25	51.48	
	<i>NYC Half</i>	2:25:57	51.33	
	<i>BB&amp;T Half</i>	2:29:09	50.23	
	<i>Phoenix Pride Half</i>	2:36:45	47.80	
	<i>South Shore Half</i>	2:40:37	46.64	
	<i>Chicago Polar Dash Half</i>	2:40:52	46.57	
	<i>Atl City Half</i>	2:41:16	46.45	
	<i>MM Aloha Half Day 1</i>	2:45:42	45.21	
	<i>Freeze for Food 10K</i>	1:14:48	43.85	
	<i>MM Aloha Half Day 3</i>	2:59:10	41.81	
	<i>MM Aloha Half Day 2</i>	3:01:28	41.29	
	<i>MM Aloha Half Day 4</i>	3:07:41	39.92	
	<i>Dolphin 5K</i>	50:22	31.70	
	<i>MM Aloha 5K Day 1</i>	51:04	31.27	
	<i>MM Aloha 10K Day 2</i>	1:51:21	29.46	
	<i>Pittsburgh Half Marathon</i>	2:29:51	49.99	
	<i>Kings &amp; Queens Half Marathon</i>	2:24:49	51.73	
	<i>Greenfield Park 5K</i>	30:22	52.58	
	<i>Probability Ann Arbor Half Marathon</i>	2:24:56	51.69	
	<i>Gold Star Run For Honor 10K</i>	1:06:15	49.51	
	<i>Boston's Run to Remember Half</i>	2:21:46	52.85	
	<i>Heartland Series (Day 1) Half</i>	2:25:56	51.33	
	<i>Heartland Deries (Day 1) 10K</i>	1:24:34	38.79	
	<i>Bear Lake Trifecta (Day 2) Half</i>	2:46:13	45.08	
	<i>Bear Lake Trifecta (Day 2) Half</i>	2:45:28	45.28	
	<i>Bear Lake Trifecta (Day 3) Half</i>	3:09:30	39.53	
	<i>XC Trail Minooka Park 5K</i>	36:44	43.47	
	<i>Superun 5K</i>	28:58	55.12	
	<i>Froemming Park 5K</i>	29:42	53.76	
	<i>Sturgis Falls Half Marathon</i>	2:16:01	55.08	
	<i>Heroes In Recovery 6K</i>	40:07	48.15	
	<i>AJC Peach Tree Road Race 10K</i>	1:02:28	52.51	
	<i>Prairie Series (Day 1) Half Marathon</i>	2:36:04	48.01	
	<i>Prairie Series (Day 2) Half Marathon</i>	2:50:13	44.02	



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	<b><i>Grudzien continued</i></b>			
	<i>Prairie Series (Day 3) Half Marathon</i>	3:04:46	40.55	
	<i>Grant Park 5K</i>	31:30	50.69	
	<i>Storm The Bastille 5K</i>	31:20	50.96	
	<i>Big Sky State Games Half Marathon</i>	2:30:34	49.76	
	<i>Big Sky Half Marathon</i>	2:41:27	46.40	
	<i>Idaho Falls Half Marathon</i>	2:33:35	48.78	
	<i>BTN Big 10K</i>	1:01:35	53.26	
	<i>Madison Mini Half Marathon</i>	2:26:54	51.00	
	<i>Michigan 13.Wine Half Marathon</i>	2:44:39	45.50	
	<i>Juneau Park 5K</i>	28:40	55.70	
	<i>Strider Half</i>	2:31:45	49.37	
	<i>Rainbow Half</i>	3:01:57	41.17	
	<i>NewBo Run Half</i>	2:23:12	52.32	
	<i>Talinn 5K</i>	29:55	53.37	
	<i>Talinn 10K</i>	1:14:08	44.24	
	<i>Talinn Half</i>	2:46:43	44.94	
	<i>Stockholm Half</i>	3:23:15	36.86	
	<i>Brewer's Mini Half</i>	2:59:08	41.82	
	<i>YMCA Stone Bridge Half Marathon</i>	2:19:53	53.56	
	<i>Whiskeydaddle Half Marathon</i>	2:21:32	52.93	
	<i>Zachariah's Acres Trail Half</i>	2:26:10	51.25	
	<i>Race 13.1 Nashville Half Marathon</i>	2:37:30	47.57	
	<i>Elizabethtown Half Marathon</i>	3:14:09	38.59	
	<i>Run 4-Life 5K</i>	30:56	51.62	
	<i>Soldier's Half Marathon</i>	2:26:48	51.03	
	<i>Magic City Half Marathon</i>	2:41:31	46.39	
	<i>Seattle Ghost Half Marathon</i>	2:42:25	46.13	
	<i>Amica Seattle Half Marathon</i>	2:29:36	50.07	
	<i>Strider Indoor Pettit 10K</i>	1:10:46	46.77	
	<i>Barb's 5K</i>	29:43	54.18	
	<i>Strider 10 Miler</i>	1:43:01	55.41	
	<i>Jeff Galloway 13.1 Half Marathon</i>	2:21:13	53.55	
	<i>Run Run Rudolph Half #2</i>	2:30:27	50.26	
			<b>259.99</b>	<b>52.00</b>
<b>24</b>	<b>Henri Faucher</b>			
	<i>LB Pride 5K</i>	27:32	57.08	
	<i>LAFR Pride 5K</i>	28:07	55.90	
	<i>Big Bear Half</i>	2:40:11	46.33	
	<i>Run Deo Run 10K</i>	63:29	50.72	
	<i>Firecracker 10K</i>	68:46	46.83	
	<i>Gay Games 5K</i>	31:48	49.79	
	<i>Gay Games 10K</i>	70:43	45.96	
	<i>Pasadena 5K</i>	29:10	53.89	
	<i>New Years 5K</i>	29:48	52.74	
			<b>256.86</b>	<b>51.37</b>
<b>25</b>	<b>Jason Coleman</b>			
	<i>Boston 5K</i>	33:39	41.31	
	<i>Boston Full</i>	6:08:19	38.31	
	<i>LAFR Pride 5K</i>	34:07	40.74	
	<i>NY Celebration 10K</i>	1:09:21	40.90	
	<i>Queenstown Full</i>	6:33:24	37.07	
	<i>Chicago 5K</i>	41:28	34.53	
			<b>198.33</b>	<b>39.67</b>

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<b>26</b>	<b>Mike Smith</b>			
	LA Marathon	6:31:16	37.28	
	Pasadena Half	2:31:35	35.69	
	Super Bowl 5K	34:01	42.09	
	Friendship 30K	3:53:54	39.40	
	Holiday Half	2:37:50	41.88	
			<b>196.34</b>	<b>39.27</b>
<b>4 Races</b>				
<b>27</b>	<b>Marcelino Goncalves</b>			
	Boston Full	3:24:09	72.66	
	LAFR Pride 5K	21:46	66.77	
	LAFR Pride 10K	46:34	63.46	
	Doggie Dash 5K	23:07	63.30	
			<b>266.19</b>	<b>66.55</b>
<b>28</b>	<b>Ryan Timmreck</b>			
	Bare Burro 5K	26:42	54.00	
	Gay Games 5K	21:13	67.95	
	Gay Games 10K	42:52	68.35	
	Gay Games Half	1:39:40	66.90	
			<b>257.20</b>	<b>64.30</b>
<b>29</b>	<b>Rob Chen</b>			
	LAFR Pride 10K	51:08	54.20	
	Gay Games 10K	48:19	57.36	
	Gay Games Half	1:46:34	59.15	
	PS Pride 5K	24:48	55.65	
			<b>226.36</b>	<b>56.59</b>
<b>30</b>	<b>Scott Whiteleather</b>			
	LAFR Pride 10K	62:46	51.78	
	Gay Games 5K	29:40	53.37	
	Gay Games 10K	63:46	50.97	
	Gay Games Half	2:20:36	52.77	
			<b>208.89</b>	<b>52.22</b>
<b>31</b>	<b>Gabriel Cooper</b>			
	Gay Games Half	2:27:03	41.69	
	Big Bear Half	2:08:06	47.86	
	Doggie Dash 5K	30:56	42.08	
	Reindeer 15K	1:30:17	47.59	
	<i>Truckee Half</i>	<i>3:06:08</i>	<i>36.79</i>	
			<b>179.22</b>	<b>44.81</b>
<b>32</b>	<b>Doug Jones</b>			
	SD Pride 5K	45:45	34.90	
	LAFR Pride 10K	1:30:56	36.07	
	SF Pride 10K	1:29:53	36.49	
	Doggie Dash 5K	43:41	36.86	
	<i>Reindeer 10K</i>	<i>1:39:46</i>	<i>33.18</i>	
			<b>144.32</b>	<b>36.08</b>
<b>3 Races</b>				
<b>33</b>	<b>Rick Allison</b>			
	Run Deo Run 10K	46:38	66.08	
	LB Pride 5K	21:25	70.51	
	LAFR Pride 10K	48:01	64.18	
			<b>200.77</b>	<b>66.92</b>
<b>34</b>	<b>David Dassey</b>			
	Gay Games 10K	56:55	61.58	
	Reindeer Half	1:55:47	70.02	
	Burbank Turkey 5K	25:18	67.59	
			<b>199.19</b>	<b>66.40</b>

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<b>35</b>	<b>Bernie Tan</b>			
	Boston Full	3:52:37	64.88	
	GP Trail Relay 5.3	44:12	57.81	
	Big Bear Full	3:18:30	76.03	
			<b>198.72</b>	<b>66.24</b>
<b>36</b>	<b>Eric Eisenbrey</b>			
	Reindeer 5K	20:44	65.68	
	Doggie Dash 5K	21:33	63.19	
	Catalina 10K	48:31	56.72	
	<i>LAFR Pride 5K</i>	<i>21:36</i>	<i>63.04</i>	
			<b>185.59</b>	<b>61.86</b>
<b>37</b>	<b>Jonathan Toker</b>			
	SOB Marathon	3:51:45	60.89	
	Bulldog 25K	1:50:08	70.30	
	Inferno Half	2:20:14	45.99	
			<b>177.18</b>	<b>59.06</b>
<b>38</b>	<b>Jim Martinez</b>			
	Mother's Day 5K	28:41	57.58	
	Catalina 10K	71:39	47.99	
	Aut2Run 5K	28:53	57.18	
	<i>Run Deo Run 5K</i>	<i>30:01</i>	<i>55.02</i>	
	<i>PS Pride 5K</i>	<i>29:26</i>	<i>56.57</i>	
	<i>Doggie Dash 5K</i>	<i>29:46</i>	<i>55.94</i>	
	<i>LAFR Pride 5K</i>	<i>29:50</i>	<i>55.36</i>	
			<b>162.75</b>	<b>54.25</b>
<b>39</b>	<b>John Miles</b>			
	LAFR Pride 5K	28:54	53.46	
	LAFR Pride 10K	62:53	49.01	
	Doggie Dash 5K	25:49	58.94	
			<b>161.41</b>	<b>53.80</b>
<b>40</b>	<b>Alexander Bazley</b>			
	Run Deo Run 10K	51:55	51.78	
	Pas Trail 6K	33:38	47.27	
	Big Bear Half	1:40:30	61.15	
			<b>160.20</b>	<b>53.40</b>
<b>41</b>	<b>Rudy Van Graan</b>			
	LAFR Pride 5K	28:39	53.93	
	LAFR Pride 10K	63:22	49.92	
	Doggie Dash 5K	28:37	53.99	
			<b>157.84</b>	<b>52.61</b>
<b>42</b>	<b>Kevin Shiramizu</b>			
	Gay Games 5K	41:19	34.41	
	Gay Games 10K	49:36	58.13	
	Catalina 10K	54:48	52.62	
			<b>145.16</b>	<b>48.39</b>
<b>43</b>	<b>Bill Winkelmann</b>			
	Gay Games 5K	42:01	39.63	
	Gay Games 2000 Steeple	13:57.44	52.01	
	Rockin Summer 15K	1:54:56	48.04	
			<b>139.68</b>	<b>46.56</b>
<b>44</b>	<b>John Heilman</b>			
	LAFR Pride 5K	34:06	46.82	
	LAFR Pride 10K	1:18:30	41.78	
	Gay Games Half	2:41:02	46.96	
			<b>135.56</b>	<b>45.19</b>

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<b>2 Races</b>				
<b>45</b>	<b>Mark Penn</b>			
	Gay Games 5K	22:08	72.74	
	Gay Games Full	3:56:54	70.43	
			<b>143.17</b>	<b>71.59</b>
<b>46</b>	<b>Bruce Bair</b>			
	LB Pride 10K	43:05	70.33	
	LAFR Pride 10K	42:29	71.32	
			<b>141.65</b>	<b>70.83</b>
<b>47</b>	<b>Sean O'Brien</b>			
	SOB 50 Mile	11:03:59	56.51	
	Doggie Dash 5K	23:18	65.81	
			<b>122.32</b>	<b>61.16</b>
<b>48</b>	<b>Zack Whitley</b>			
	Bare Burro 5K	28:34	47.32	
	Gay Games 10K	45:59	59.48	
			<b>106.80</b>	<b>53.40</b>
<b>49</b>	<b>Tony Moraga</b>			
	Reindeer 15K	1:24:31	51.19	
	Truckee Half	2:13:21	51.33	
			<b>102.52</b>	<b>51.26</b>
<b>50</b>	<b>John Butcher</b>			
	LA Marathon	5:57:38	50.02	
	Gay Games Half	2:36:23	52.38	
			<b>102.40</b>	<b>51.20</b>
<b>51</b>	<b>Albert Giang</b>			
	LAFR Pride 5K	26:09	52.77	
	Catalina 10K	62:50	44.46	
			<b>97.23</b>	<b>48.62</b>
<b>52</b>	<b>Richard Ramirez</b>			
	LA Marathon	5:33:52	45.60	
	Mother's Day 10K	59:53	50.60	
			<b>96.20</b>	<b>48.10</b>
<b>53</b>	<b>John Kawaharada</b>			
	Run Deo Run 10K	56:04	53.12	
	Doggie Dash 5K	43:07	34.21	
			<b>87.33</b>	<b>43.67</b>
<b>54</b>	<b>Rex Boone</b>			
	Firecracker 10K	72:18	41.91	
	Big Bear Half	2:40:22	43.41	
			<b>85.32</b>	<b>42.66</b>
<b>55</b>	<b>Richard West</b>			
	Doggie Dash 5K	45:16	38.59	
	Catalina 10K	88:24	46.11	
			<b>84.70</b>	<b>42.35</b>
<b>56</b>	<b>Ben Beneski</b>			
	Xterra Boney Mtn 21K	2:19:42	44.91	
	SOB 50K	8:01:20	36.98	
			<b>81.89</b>	<b>40.95</b>
<b>57</b>	<b>Christopher Tapper</b>			
	Bare Burro 5K	44:01	33.78	
	LB Pride 10K	1:18:24	38.65	
			<b>72.43</b>	<b>36.22</b>
<b>58</b>	<b>Patrick Conner</b>			
	LB Pride 5K	49:32	26.92	
	LAFR Pride 10K	64:37	41.89	
			<b>68.81</b>	<b>34.41</b>

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<b>1 Race</b>				
<b>59</b>	<b>Samuel Richman</b>			
	LAFR Pride 10K	41:21	64.61	
			<b>64.61</b>	<b>64.61</b>
<b>60</b>	<b>Daisuke Hijikata</b>			
	Gay Games Half	1:37:55	63.99	
			<b>63.99</b>	<b>63.99</b>
<b>61</b>	<b>Mark DeAngelis</b>			
	PS Pride 5K	24:12	62.88	
			<b>62.88</b>	<b>62.88</b>
<b>62</b>	<b>Mick Caruso</b>			
	LAFR Pride 5K	24:26	62.76	
			<b>62.76</b>	<b>62.76</b>
<b>63</b>	<b>Patrick Owen</b>			
	Doggie Dash 5K	26:29	59.79	
			<b>59.79</b>	<b>59.79</b>
<b>64</b>	<b>Mike Heredia</b>			
	Bare Burro 5K	22:52	58.31	
			<b>58.31</b>	<b>58.31</b>
<b>65</b>	<b>Jeff Masino</b>			
	Run Deo Run 10K	53:51	56.73	
			<b>56.73</b>	<b>56.73</b>
<b>66</b>	<b>Barry Hamaguchi</b>			
	Santa Rosa 10K	49:07	55.68	
			<b>55.68</b>	<b>55.68</b>
<b>67</b>	<b>Allan-Michael Brown</b>			
	LA Marathon	4:11:21	53.81	
			<b>53.81</b>	<b>53.81</b>
<b>68</b>	<b>Henry Jung</b>			
	PS Pride 5K	28:25	53.55	
			<b>53.55</b>	<b>53.55</b>
<b>69</b>	<b>Mark Grumet</b>			
	LAFR Pride 5K	37:26	44.48	
			<b>44.48</b>	<b>44.48</b>
<b>70</b>	<b>Chau Nguyen</b>			
	PS Pride 5K	35:37	41.41	
			<b>41.41</b>	<b>41.41</b>
<b>71</b>	<b>Eric Fischer</b>			
	Doggie Dash 5K	45:16	38.18	
			<b>38.18</b>	<b>38.18</b>
<b>72</b>	<b>Carlos Carranza</b>			
	LAFR Pride 5K	42:06	36.70	
			<b>36.70</b>	<b>36.70</b>
<b>73</b>	<b>William Fang</b>			
	Doggie Dash 5K	38:02	36.55	
			<b>36.55</b>	<b>36.55</b>
<b>74</b>	<b>Frank Knies</b>			
	Doggie Dash 5K	45:48	36.35	
			<b>36.35</b>	<b>36.35</b>
<b>75</b>	<b>Danny O'Hara</b>			
	SOB Marathon	6:42:09	36.27	
			<b>36.27</b>	<b>36.27</b>

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Rank	WOMEN			AVG
<b>1</b>	<b>Maria Poso</b>			
	Boston Full	4:25:33	60.82	
	LA Marathon	4:03:04	66.44	
	Avalon 50 Mile	10:50:18	58.62	
	RnR LA Half	2:11:51	56.44	
	Bulldog 50K	6:47:31	50.07	
	Rio Del Lago 100	28:21:00	57.76	
	<i>Paramount 50K</i>	6:30:46	52.22	
	<i>SOB 50 Mile</i>	13:00:56	48.82	
	<i>Run to Remember Half</i>	2:15:11	55.04	
	<i>Mt. Hood Full</i>	3:53:02	69.30	
	<i>LA Big 5K</i>	38:04	41.64	
	<i>San Lorenzo 50K</i>	7:20:20	46.35	
	<i>Bryce Canyon 50K</i>	9:31:00	35.74	
			<b>350.15</b>	<b>58.36</b>
<b>2</b>	<b>Margie Gonzales</b>			
	Aug: GG 100	20.67	67.98	
	Aug: GG 200	49.28	59.71	
	Aug: GG 400	2:05:10	52.08	
	Big Bear Half	3:01:23	51.54	
	Cinco 5K	38:18	50.87	
	Mother's Day 5K	38:57	50.02	
	<i>Gay Games 10K</i>	83:34	49.18	
	<i>Turkey 5K</i>	43:39	44.64	
	<i>Spring Dash 5K</i>	39:28	49.37	
	<i>Gay Games Half</i>	3:10:57	48.96	
	<i>SD RnR Half</i>	3:17:07	47.43	
	<i>Run to Remember Half</i>	3:18:18	47.15	
	<i>Gay Games 5K</i>	41:55	46.48	
	<i>Reindeer 5K</i>	44:23	43.90	
	<i>LB Half</i>	3:26:14	45.33	
	<i>Happy Easter 5K</i>	42:22	45.99	
	<i>LAFR Pride 5K</i>	40:30	48.11	
	<i>SD Pride 5K</i>	42:01	46.37	
	<i>Father's Day 5K</i>	40:03	48.65	
	<i>Dolphin 5K</i>	43:03	45.26	
			<b>332.20</b>	<b>55.37</b>
<b>4 Races</b>				
<b>3</b>	<b>Nicole Oouvray</b>			
	Father's Day 5K	42:32	43.06	
	SD RnR Half	3:40:13	39.62	
	Big Bear Half	3:13:51	45.61	
	SD Pride 5K	43:16	42.33	
	<i>Mother's Day 5K</i>	44:11	41.46	
	<i>LB Half</i>	3:39:08	40.34	
			<b>170.62</b>	<b>42.66</b>

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<b>3 Races</b>				
<b>4</b>	<b>Allyne Winderman</b>			
	Happy Easter Half	2:15:58	70.79	
	LAFR Pride 5K	31:13	64.07	
	Holiday Fun 15K	1:37:29	70.57	
			<b>205.43</b>	<b>68.48</b>
<b>5</b>	<b>Jane Dods</b>			
	Butte to Butte 4 Mile	60:03	56.67	
	Lucky Clover 5K	46:13	55.36	
	Love Liberates 5K	46:50	54.63	
	<i>Sandia Run 5K</i>	47:14	54.16	
	<i>Taco Tuesday Twilight 5K</i>	49:13	51.98	
	<i>Miles for Melanoma 5K</i>	49:29	51.70	
	<i>Taco Tuesday 5K</i>	49:50	51.34	
	<i>Silvan Ridge 5K</i>	52:31	48.71	
			<b>166.66</b>	<b>55.55</b>
<b>2 Races</b>				
<b>6</b>	<b>Lacey Howcroft</b>			
	Spring Dash 5K	28:04	52.61	
	Summer Dash 5K	28:35	51.66	
	<i>Run Deo Run 5K</i>	31:18	47.18	
	<i>NY Celebration 5K</i>	30:00	49.22	
	<i>Doggie Dash 5K</i>	29:35	49.92	
			<b>104.27</b>	<b>52.14</b>
<b>7</b>	<b>Rina Shiramizu</b>			
	Gay Games 5K	41:19	48.69	
	Doggie Dash 5K	52:19	36.86	
			<b>85.55</b>	<b>42.78</b>
<b>1 Race</b>				
<b>8</b>	<b>Yumi Afrento</b>			
	Spring Dash 5K	43:03	39.68	
			<b>39.68</b>	<b>39.68</b>

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Rank	WALKER			AVG
<b>1</b>	<b>Deo Jaravata</b>			
	Orange Curtain 50K	6:50:16	66.10	
	USATF 15K	1:47:08	64.58	
	LA Marathon	5:48:02	62.49	
	Gay Games 5K Track RW	34:08	61.63	
	Claremont 1500M	9:55	61.14	
	Claremont 5000M	34:35	60.82	
	<i>Friendship 18 Miles</i>	<i>3:51:08</i>	<i>59.60</i>	
	<i>Gay Games 5K</i>	<i>36:42</i>	<i>57.32</i>	
	<i>MayFest 5K</i>	<i>36:00</i>	<i>58.43</i>	
	<i>Pasadena Half</i>	<i>2:54:14</i>	<i>56.10</i>	
			<b>376.76</b>	<b>62.79</b>
<b>2</b>	<b>Bill Walsky</b>			
	Reaching 4 Cure Half	3:12:12	58.67	
	LAX Run Half	3:13:06	58.40	
	OC Half	3:15:44	57.61	
	Surf City Half	3:18:14	56.89	
	Texas Half	3:18:30	56.82	
	LB Pride 5K	43:29	55.58	
	<i>Gay Games 10K</i>	<i>90:58</i>	<i>55.22</i>	
	<i>Spring Dash 5K</i>	<i>44:08</i>	<i>54.76</i>	
	<i>Happy Easter 5K</i>	<i>44:29</i>	<i>54.33</i>	
	<i>Doggie Dash 5K</i>	<i>43:45</i>	<i>54.17</i>	
	<i>Athens 10K</i>	<i>1:33:11</i>	<i>53.90</i>	
	<i>Winter Fun 5K</i>	<i>45:11</i>	<i>53.49</i>	
	<i>Burbank Turkey 5K</i>	<i>44:10</i>	<i>53.66</i>	
	<i>Stars/Stripes 10K</i>	<i>1:38:00</i>	<i>51.25</i>	
	<i>Reindeer 5K</i>	<i>50:04</i>	<i>47.34</i>	
	<i>LB Half</i>	<i>3:23:00</i>	<i>52.80</i>	
	<i>LAFR Pride 5K</i>	<i>55:11</i>	<i>43.80</i>	
	<i>Father's Day 10K</i>	<i>1:45:51</i>	<i>46.89</i>	
	<i>Gay Games 5K</i>	<i>51:30</i>	<i>47.48</i>	
	<i>Gay Games Half</i>	<i>3:23:43</i>	<i>54.12</i>	
	<i>Run Deo Run 10K</i>	<i>1:34:20</i>	<i>52.62</i>	
	<i>Wrigley 5K</i>	<i>55:01</i>	<i>43.93</i>	
	<i>Mother's Day 5K</i>	<i>54:22</i>	<i>44.46</i>	
	<i>Val Day 5K</i>	<i>46:25</i>	<i>52.07</i>	
			<b>343.97</b>	<b>57.33</b>
<b>3</b>	<b>Bill Winkelmann</b>			
	Summer Breeze 15K	2:15:51	57.08	
	Reindeer 15K	2:11:40	57.13	
	Gay Games 10K	86:24	56.16	
	Athens 10K	1:28:51	55.23	
	Stars/Stripes 10K	1:29:26	54.26	
	Holiday Fun 10K	1:31:10	53.83	
	<i>LAFR Pride 5K</i>	<i>45:06</i>	<i>52.40</i>	
	<i>Winter Fun 5K</i>	<i>45:11</i>	<i>52.30</i>	
	<i>Val Day 5K</i>	<i>46:23</i>	<i>50.95</i>	
	<i>NY Celebration 10K</i>	<i>1:29:11</i>	<i>52.14</i>	
	<i>Father's Day 10K</i>	<i>1:37:31</i>	<i>49.76</i>	
	<i>LB Pride 5K</i>	<i>52:25</i>	<i>45.08</i>	
			<b>333.69</b>	<b>55.62</b>



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<b>2 Races</b>				
<b>4</b>	<b>Brian Eggert</b>			
	LB Pride 5K	49:30	50.60	
	LAFR Pride 5K	48:09	52.02	
			<b>102.62</b>	<b>51.31</b>
<b>1 Race</b>				
<b>5</b>	<b>Connie Hammen</b>			
	LAFR Pride 5K	51:31	57.31	
			<b>57.31</b>	<b>57.31</b>
<b>6</b>	<b>Yumi Afrento</b>			
	PS Pride 5K	46:00	56.75	
			<b>56.75</b>	<b>56.75</b>
<b>7</b>	<b>Amy Ross</b>			
	LAFR Pride 5K	48:15	54.47	
			<b>54.47</b>	<b>54.47</b>
<b>8</b>	<b>Bill Austin</b>			
	Gay Games Half	3:23:43	51.91	
			<b>51.91</b>	<b>51.91</b>
<b>9</b>	<b>Nicole Oeuvray</b>			
	LAFR Pride 5K	48:14	50.66	
			<b>50.66</b>	<b>50.66</b>
<b>10</b>	<b>David Dassey</b>			
	LAFR Pride 5K	49:23	48.94	
			<b>48.94</b>	<b>48.94</b>
<b>11</b>	<b>Neil Johnson</b>			
	PS Pride 5K	45:48	48.76	
			<b>48.76</b>	<b>48.76</b>
<b>12</b>	<b>Gary Todd</b>			
	Gay Games 5K	51:30	44.45	
			<b>44.45</b>	<b>44.45</b>
<b>13</b>	<b>Mike Carbuto</b>			
	Palisades 5K	1:04:36	36.58	
			<b>36.58</b>	<b>36.58</b>