

2016 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	491.46	81.91	54	Angelo Murray	2	105.07	52.54
2	Carlos Vizcarra	6	485.23	80.87	55	Adrian Adams	2	98.36	49.18
3	Mike Kerkman	6	455.19	75.87	56	Steven Morchak	2	96.44	48.22
4	Richard Nelson	6	449.22	74.87	57	Rusty Millar	2	83.49	41.75
5	Bill Austin	6	442.62	73.77	58	Patrick Conner	2	72.38	36.19
6	David Dassey	6	430.90	71.82	59	Eric Alvarez	1	88.81	88.81
7	Rick Allison	6	420.98	70.16	60	Jim Sullivan	1	69.05	69.05
8	Angus Kennedy	6	417.94	69.66	61	Peter Lehrbaum	1	67.90	67.90
9	Mario Mota	6	414.10	69.02	62	Mark DeAngelis	1	67.72	67.72
10	Martin Carlson	6	407.37	67.90	63	Ted Wyder	1	65.14	65.14
11	Patrick Owen	6	406.94	67.82	64	Richard Korn	1	64.35	64.35
12	John McGuinness	6	389.10	64.85	65	Henry Jung	1	58.21	58.21
13	Darwin Marenco	6	368.19	61.37	66	Lui Sanchez	1	56.36	56.36
14	Deo Jaravata	6	363.61	60.60	67	Albert Giang	1	56.26	56.26
15	Bill Winkelmann	6	351.33	58.56	68	John Kawaharada	1	53.56	53.56
16	Mike Carbuto	6	343.67	57.28	69	Chris Ng	1	53.07	53.07
17	Richard Peng	6	330.14	55.02	70	Kent Hamilton	1	50.70	50.70
18	Brian Dunbar	6	329.59	54.93	71	Bob Riddle	1	50.39	50.39
19	Rudy Van Graan	6	327.17	54.53	72	Kevin Shiramizu	1	49.31	49.31
20	David Gonzalez	6	321.87	53.65	73	John Houser	1	42.42	42.42
21	Raul Borja	6	308.78	51.46	74	Adam Comeau	1	40.53	40.53
22	Jason Coleman	6	303.21	50.54	75	Anthony Chan	1	39.29	39.29
23	Doug Jones	6	244.95	40.83	76	Chris Tapper	1	39.08	39.08
24	Moises Medina	5	373.48	74.70	77	William Fang	1	38.34	38.34
25	Marcelino Goncalves	5	346.61	69.32	78	Robb Briggs	1	38.06	38.06
26	David Grudzien	5	293.54	58.71					
27	John Miles	5	288.66	57.73					
28	Duane Howard	4	278.46	69.62	Rank	WOMEN	R	Score	AVG
29	Bernie Tan	4	272.75	68.19	1	Erin Brinton	6	406.21	67.70
30	Bruce Bair	4	266.20	66.55	2	Maria Poso	6	392.29	65.38
31	Reg Willson	4	239.47	59.87	3	Margie Gonzales	6	304.91	50.82
32	Jonathan Toker	4	234.51	58.63	4	Nicole Oeuvray	6	253.23	42.21
33	Dan Vu	4	220.67	55.17	5	Allyne Winderman	4	285.92	71.48
34	Eddie Flores	4	219.01	54.75	6	Jane Dods	4	257.66	64.42
35	Alexander Bazley	4	197.61	49.40	7	Keeley Webster	3	108.40	36.13
36	Mike Smith	4	171.53	42.88	8	Karen Carey	2	111.29	55.65
37	Mike Heredia	3	213.40	71.13	9	Brandi Spence	2	84.78	42.39
38	Sean O'Brien	3	209.98	69.99	10	Yumi Afrento	2	79.77	39.89
39	Eric Fischer	3	185.76	61.92	11	Regina Robinson	2	64.87	32.44
40	Dan Graham	3	185.24	61.75					
41	Danny O'Hara	3	180.91	60.30	Rank	RACEWALK	R	Score	AVG
42	Barry Hamaguchi	3	178.78	59.59	1	Deo Jaravata	6	366.16	61.03
43	Jeff Lymburner	3	175.38	58.46	2	Bill Walsky	6	334.41	55.74
44	Rob Chen	3	172.42	57.47	3	Nicole Oeuvray	3	164.03	54.68
45	Mong Noiboonsook	3	163.10	54.37	4	Juan Moreno	2	120.87	60.44
46	Richard West	3	153.23	51.08	5	Tim Chung	2	74.43	37.22
47	Richard Ramirez	3	141.16	47.05	6	Jane Dods	1	83.92	83.92
48	Jojo Herrera	2	143.71	71.86	7	Erin Brinton	1	53.11	53.11
49	Carl Maravilla	2	135.35	67.68	8	Bill Austin	1	52.80	52.80
50	Piyush Prakash	2	129.35	64.68	9	Connie Hammen	1	51.69	51.69
51	Jim Martinez	2	116.78	58.39	10	Yumi Afrento	1	39.69	39.69
52	Juan Moreno	2	112.72	56.36	11	Anthony Chan	1	32.22	32.22
53	Rand Smith	2	109.66	54.83	12	William Fang	1	31.21	31.21

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Rank	MEN			AVG
6 Races				
1	Mark Johnson			
	Boston Full	3:00:53	84.05	
	M2B Full	2:56:31	86.13	
	Santa Rosa Half	1:27:50	79.36	
	Revel Half	1:24:53	82.12	
	Oktoberfest 15K	62:49	77.54	
	Reindeer 15K	59:13	82.26	
			491.46	81.91
2	Carlos Vizcarra			
	Samo Xmas 5K	17:50	78.29	
	M2B Full	2:42:45	87.96	
	PS Pride 5K	18:19	76.22	
	LAFR 10K	37:48	76.30	
	SD Half	1:20:45	81.50	
	London Full	2:48:29	84.96	
	<i>Catalina Eco Full</i>	3:25:42	70.18	
	<i>SoCal 18 Mile</i>	2:10:05	70.53	
	<i>Holiday Half</i>	1:27:42	75.64	
	<i>Reindeer 5K</i>	18:40	74.79	
	<i>Main Street 10K</i>	41:10	70.59	
			485.23	80.87
3	Mike Kerkman			
	LA Marathon	3:06:13	74.09	
	Reindeer Half	1:23:05	76.76	
	Run Deo Run 10K	36:32	76.07	
	Jet to Jetty 10K	37:20	74.44	
	Wrigley 5K	17:16	78.47	
	Whales Trails 5K	17:43	75.36	
	<i>Bare Burro 5K</i>	21:36	61.81	
	<i>Catalina Eco 14.1</i>	1:50:56	62.03	
	<i>GP Trail 5.7</i>	40:37	62.92	
			455.19	75.87
4	Richard Nelson			
	Turkey Trot 5K	23:22	74.58	
	LB Pride 5K	23:24	74.48	
	Holiday Fun 15K	1:16:12	76.57	
	R/W/B 15K	1:18:06	74.70	
	Reindeer Half	1:50:52	75.68	
	Monster Dash Half	1:54:37	73.21	
	<i>Wrigley 10K</i>	50:10	72.31	
	<i>Firecracker 5K</i>	24:19	70.93	
	<i>HomeRun 10K</i>	51:24	70.57	
	<i>Victory 10K</i>	52:24	69.23	
	<i>Giving Thanks 10K</i>	50:12	72.26	
	<i>Bunny Dash 15K</i>	1:18:49	74.03	
	<i>PS Pride 5K</i>	23:26	74.37	
	<i>Doggie Dash 5K</i>	24:42	70.56	
	<i>Summer Showdown Half</i>	2:02:33	68.47	
			449.22	74.87

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5	Bill Austin			
	Wrigley 5K	20:36	77.19	
	Mother's Day 10K	44:39	74.12	
	Coaster 10K	44:27	73.81	
	Cypress 5K	20:52	76.20	
	RAD 10 Mile	1:21:19	70.38	
	Revel Half	1:47:23	70.92	
	<i>Summer Showdown Half</i>	1:51:38	68.22	
	<i>GP Half</i>	1:52:28	67.08	
	<i>LA Marathon</i>	4:54:42	56.07	
	<i>Oktoberfest 5K</i>	23:13	68.49	
	<i>Summer Breeze 5K</i>	21:05	75.42	
	<i>Reindeer 5K</i>	25:31	62.31	
	<i>Turkey Trek Half</i>	1:54:30	66.51	
	<i>Turkey Dash Half</i>	2:02:32	62.15	
	<i>Giving Thanks Half</i>	2:07:31	59.71	
	<i>Doggie Dash 5K</i>	23:56	66.44	
	<i>Holiday Fun 5K</i>	25:25	62.56	
	<i>Shane's 5K</i>	23:26	67.85	
	<i>New Year's Eve 5K</i>	22:12	71.62	
	<i>LB Pride 10K</i>	47:02	70.37	
	<i>Santa Rosa Full</i>	4:13:04	65.92	
	<i>Father's Day 5K</i>	21:58	72.38	
	<i>Run Deo Run 10K</i>	47:11	69.53	
	<i>Beach Dash Half</i>	1:57:50	64.63	
	<i>Happy Holidays 5K</i>	21:14	74.88	
	<i>Holly Jolly 5K</i>	22:21	71.14	
	<i>Natasha Watley 5K</i>	23:18	68.24	
	<i>Hands On 5K</i>	23:14	68.44	
	<i>Homeless 5K</i>	23:18	68.24	
	<i>Tiger Run 5K</i>	21:49	72.88	
	<i>Super Bowl 5K</i>	23:12	67.94	
	<i>LAFR 10K</i>	50:17	65.82	
	<i>Bunny Dash 10K</i>	51:17	63.97	
			442.62	73.77
6	David Dassey			
	Run Deo Run 25K	2:29:51	67.82	
	Op. Jack Full	4:06:48	72.56	
	M2B Full	3:56:10	75.03	
	LAFR 5K	24:41	67.95	
	Ventura 5K	22:42	73.89	
	LB Pride 10K	47:24	73.65	
	<i>Santa Rosa Full</i>	4:56:37	59.74	
	<i>LAFR 10K</i>	52:17	66.77	
	<i>Queenstown Full</i>	4:30:48	66.12	
	<i>KC Full</i>	4:18:29	68.55	
	<i>Boston Full</i>	4:04:30	72.48	
	<i>Des Moines Full</i>	4:38:36	63.60	
			430.90	71.82

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7	Rick Allison			
	Reindeer 15K	69:56	71.43	
	Revel Half	1:40:14	71.36	
	LB Pride 5K	21:04	70.58	
	Doggie Dash 5K	21:21	70.21	
	Ventura Half	1:42:55	69.50	
	River Run 10K	45:57	67.90	
	<i>Father's Day 10K</i>	47:36	65.02	
	<i>Downtown Turkey 5.6</i>	41:43	67.01	
	<i>New Year's Eve 5K</i>	21:43	69.02	
	<i>Op. Jack Full</i>	5:00:39	51.95	
	<i>Heroes 6K</i>	29:24	61.42	
	<i>LAFR 25K</i>	2:32:38	55.53	
			420.98	70.16
8	Angus Kennedy			
	Revel Half	1:37:12	72.33	
	Monster Dash 15K	68:30	71.70	
	GP Half	1:41:16	69.43	
	Doggie Dash 5K	21:34	68.38	
	Reindeer 15K	71:51	68.36	
	Mother's Day 10K	45:19	67.74	
	<i>Shane's 10K</i>	45:45	67.10	
	<i>Oktoberfest 15K</i>	73:28	66.85	
	<i>M2B Half</i>	1:42:57	68.29	
	<i>LB Pride 10K</i>	46:30	66.01	
	<i>Catalina Eco 14.1</i>	2:26:03	51.96	
	<i>Wrigley 5K</i>	23:32	62.67	
	<i>Wrigley 10K</i>	46:37	65.85	
	<i>Santa Rosa Half</i>	1:49:37	64.13	
	<i>Father's Day 10K</i>	47:23	64.78	
	<i>GP Trail Half</i>	1:56:44	60.23	
			417.94	69.66
9	Mario Mota			
	Op. Jack Half	1:45:35	67.16	
	Doggie Dash 5K	21:49	68.15	
	Summer Sizzle Half	1:44:59	67.54	
	Reindeer 15K	69:31	71.25	
	Summer Breeze 10K	44:49	69.05	
	Monster Dash 15K	69:49	70.95	
	<i>LAFR 5K</i>	24:36	60.44	
	<i>Giving Thanks 15K</i>	72:08	68.67	
	<i>NYC Full</i>	3:51:00	67.01	
	<i>Holiday Fun Half</i>	1:46:55	66.32	
	<i>Mother's Day 5K</i>	22:32	65.98	
	<i>Catalina 14.1</i>	3:23:00	37.72	
	<i>LAFR 10K</i>	52:11	59.31	
	<i>Father's Day 5K</i>	22:57	64.79	
	<i>Shane's 5K</i>	23:36	63.00	
			414.10	69.02
10	Martin Carlson			
	Revel Full	3:36:27	74.90	
	Surf City Half	1:45:34	69.56	
	Doggie Dash 5K	22:58	67.48	
	Expo 10K	48:46	66.14	
	GP Half	1:52:19	65.38	
	LAFR 5K	24:15	63.91	
	<i>LAFR 10K</i>	51:12	63.00	
			407.37	67.90

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11	Patrick Owen			
	Holiday Fun 15K	73:01	71.41	
	Holiday Half	1:48:23	68.99	
	Reindeer 15K	75:34	69.03	
	Boston Full	4:00:07	67.52	
	PS Pride 5K	23:59	65.17	
	Monster Dash 10K	50:11	64.82	
	<i>Burbank Turkey 10K</i>	50:14	64.76	
	<i>New Year's Eve 15K</i>	77:48	67.04	
	<i>Giving Thanks 15K</i>	77:06	67.65	
			406.94	67.82
12	John McGuinness			
	LA Marathon	3:13:28	73.99	
	LB Pride 10K	44:47	64.40	
	PS Pride 5K	22:50	60.68	
	LAFR 5K	22:08	62.60	
	Run Deo Run 25K	2:08:31	64.33	
	Northwest 10K	46:03	63.10	
			389.10	64.85
13	Darwin Marenco			
	San Diego Half	1:35:53	64.85	
	LAFR 5K	20:56	61.92	
	LAFR 25K	2:28:31	50.18	
	OC Half	1:33:11	66.73	
	LB Pride 5K	19:48	65.47	
	Reindeer 15K	73:15	59.04	
			368.19	61.37
14	Deo Jaravata			
	Beyond Limits 50K	5:24:17	60.46	
	RnR San Antonio Full	4:00:07	64.46	
	Finish the Ride Half	2:02:20	57.96	
	LB Full	4:11:58	61.44	
	Holiday Half	1:55:31	61.38	
	Run Deo Run 50K	5:59:32	57.91	
	<i>Tacoma Full</i>	4:28:50	57.57	
	<i>US Vets 5K</i>	39:20	50.04	
	<i>Summer Sensation 10K</i>	1:22:42	48.77	
	<i>NYC Full</i>	4:48:51	53.59	
	<i>Camarillo Full</i>	4:17:25	59.60	
	<i>SRLA 5K</i>	29:43	50.03	
	<i>Ventura Full</i>	4:12:37	61.27	
	<i>Summer of Fun 10K</i>	1:23:59	48.03	
	<i>Laguna Full</i>	5:04:44	50.80	
	<i>Main Street 10K</i>	61:34	50.27	
	<i>RnR Vegas Full</i>	4:32:50	56.74	
	<i>Bermuda Full</i>	4:29:05	57.01	
	<i>SD RnR Full</i>	4:32:47	56.75	
	<i>Paramount Ranch Trail Full</i>	4:41:19	55.02	
	<i>Avalon 50 Mile</i>	10:41:17	55.99	
	<i>SF Full</i>	5:01:56	51.27	
	<i>Op. Jack Full</i>	4:51:19	53.13	
	<i>Panama City Full</i>	4:44:44	54.36	
	<i>Catalina Eco Full</i>	5:29:53	46.93	
	<i>GP Trail Full</i>	4:50:28	52.81	
	<i>Calico 50K</i>	6:12:00	52.23	
	<i>SOB 50K</i>	7:42:25	42.02	
			363.61	60.60

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15	Bill Winkelmann			
	GP Half	2:08:40	61.46	
	LB Half	2:10:06	60.78	
	Super Bowl 5K	28:58	56.86	
	Holiday Fun 5K	28:18	58.73	
	Mother's Day 10K	60:18	56.85	
	LB Pride 10K	60:31	56.65	
	<i>Firecracker 5K</i>	30:31	53.97	
	<i>Father's Day 10K</i>	62:07	55.19	
	<i>Shane's 5K</i>	29:42	55.46	
	<i>Doggie Dash 5K</i>	29:08	56.54	
	<i>Santa Rosa Half</i>	2:11:15	60.25	
	<i>Summer Showdown Half</i>	2:16:04	58.12	
	<i>Bunny Dash 10K</i>	62:22	54.97	
	<i>Cypress 10K</i>	61:09	56.06	
	LAFR 10K	65:25	52.41	
	LAFR 5K	31:34	52.18	
			351.33	58.56
16	Mike Carbuto			
	Shane's 5K	27:32	59.82	
	PS Pride 5K	27:20	60.26	
	LB Pride 10K	59:30	57.62	
	LB Half	2:22:24	55.53	
	SoCal 18 Mile	3:21:16	55.01	
	Reindeer 10K	61:51	55.43	
	<i>LAFR 10K</i>	63:15	54.20	
	<i>New Year's Eve 5K</i>	28:44	57.32	
	<i>Santa Rosa Full</i>	5:23:39	53.64	
	<i>LAFR 5K</i>	28:22	58.06	
	<i>Doggie Dash 5K</i>	29:08	56.54	
	<i>M2B Full</i>	5:38:35	51.27	
	<i>LA Marathon</i>	5:54:07	49.03	
	<i>GP Half</i>	2:34:23	51.24	
			343.67	57.28
17	Richard Peng			
	Firecracker 10K	51:59	55.90	
	Reindeer 15K	84:40	55.26	
	LB Pride 10K	54:40	53.57	
	Chesebro Half	2:05:06	53.03	
	Santa Rosa Half	1:52:37	59.39	
	LAFR 5K	26:33	52.99	
	<i>Run Deo Run 25K</i>	2:52:14	48.39	
	<i>LAFR 10K</i>	55:53	52.40	
	<i>Catalina Eco 14.1</i>	2:38:18	45.60	
	<i>Victory 10K</i>	55:31	52.34	
			330.14	55.02
18	Brian Dunbar			
	SoCal 18 Mile	2:49:02	59.63	
	LAFR 5K	28:21	53.75	
	PS Pride 5K	28:41	53.13	
	Holiday Half	1:56:39	62.40	
	LA Marathon	4:46:02	55.11	
	Main Street 10K	69:36	45.57	
			329.59	54.93

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19	Rudy Van Graan			
	Op. Jack Half	2:12:11	55.56	
	Revel Full	4:43:53	56.05	
	Santa Rosa Full	4:54:45	53.98	
	SF Pride 10K	59:40	53.16	
	Hollywood Half	2:05:21	58.07	
	New Year's Eve 5K	30:31	50.35	
	<i>Leona Divide 30K</i>	4:17:37	42.91	
	<i>GP Trail Half</i>	2:26:01	49.85	
			327.17	54.53
20	David Gonzalez			
	LA Marathon	4:20:24	52.77	
	Firecracker 5K	22:36	58.32	
	LB Pride 5K	37:26	35.42	
	Holiday Half	1:47:42	58.44	
	Agoura 10K	47:35	57.65	
	SB Half	1:46:12	59.27	
	<i>LB Half</i>	1:48:18	58.12	
	<i>Ventura Half</i>	1:48:03	58.25	
	<i>Revel Half</i>	1:53:49	55.30	
	<i>Napa to Sonoma Half</i>	1:48:23	58.08	
			321.87	53.65
21	Raul Borja			
	SoCal 18 Mile	2:42:43	55.04	
	LAFR 25K	2:46:08	46.19	
	Javelina Jundred 100 Mile	27:00:07	52.51	
	Holiday Half	2:05:39	51.56	
	SF Full	4:14:33	54.86	
	Run Deo Run 25K	2:46:02	48.62	
	<i>LA Marathon</i>	7:47:13	29.89	
	<i>Leona Divide 50K</i>	7:18:51	40.30	
			308.78	51.46
22	Jason Coleman			
	Op. Jack 5K	25:55	53.06	
	Homeless 5K	26:38	51.64	
	Boston Full	4:42:53	49.78	
	New Year's Eve 15K	91:55	49.72	
	SF Half	2:11:57	49.09	
	Surf City 10 Mile	1:37:51	49.92	
	<i>RAD 10 Mile</i>	1:39:37	49.02	
	<i>Boston 5K</i>	27:57	48.83	
	<i>LB Pride 10K</i>	58:43	48.38	
	<i>Father's Day 5K</i>	26:38	51.25	
	<i>Pacific Half</i>	2:15:49	47.69	
	<i>M2B Full</i>	5:00:58	46.78	
	<i>Doggie Dash 5K</i>	32:50	41.57	
	<i>Reindeer 5K</i>	41:17	33.31	
	<i>LAFR 5K</i>	28:36	47.72	
	<i>Firecracker 5K</i>	29:05	46.93	
	<i>Run Deo Run 10K</i>	63:53	44.47	
	<i>Best Buddies 5K</i>	29:41	45.98	
	<i>Winter 7 Day 4 5K</i>	32:30	42.32	
	<i>Winter 7 Day 5 5K</i>	31:16	43.99	
	<i>Seasons Greetings 5K</i>	30:06	45.69	
	<i>Yuletide 5K</i>	36:24	37.78	
	<i>COR 5K</i>	29:58	45.89	
	<i>Cruise Marina 5K</i>	28:51	47.31	
	<i>Happy Holidays 5K</i>	32:34	42.23	

LAFR Champions Race Detail 2016

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	Jason continued			
	<i>Rock Oceanfront 5K</i>	28:29	47.92	
	<i>Dr. Strange 10K</i>	1:34:43	29.99	
	<i>Avengers Half</i>	2:34:10	42.02	
	<i>NYC Full</i>	6:23:22	36.73	
	<i>Rock Marina 5K</i>	30:30	44.75	
	<i>Rock Coast 5K</i>	31:33	43.26	
	<i>Disneyland 5K</i>	37:11	36.71	
	<i>Car 5K</i>	48:17	28.27	
	<i>Disneyland 10K</i>	1:21:57	34.67	
	<i>Disneyland Half</i>	3:06:54	34.66	
	<i>Shane's 5K</i>	29:41	45.98	
	<i>LB Half</i>	2:28:03	43.75	
	<i>GP Half</i>	2:28:45	43.54	
	<i>Oktoberfest 15K</i>	1:42:23	44.29	
	<i>Summer Sizzle 10K</i>	1:12:01	39.45	
	<i>Santa Rosa Full</i>	5:30:18	42.63	
	<i>R/W/B Half</i>	2:30:14	43.11	
	<i>OC Full</i>	5:37:35	41.71	
	<i>LA Marathon</i>	5:41:05	41.28	
	<i>LAFR 10K</i>	1:15:28	37.65	
	<i>Bare Burro 5K</i>	41:25	32.96	
	<i>Star Wars 10K</i>	1:14:40	38.05	
	<i>Hollywood Half</i>	2:34:50	41.83	
	<i>St. Pat's 10K</i>	69:24	40.94	
	<i>Mother's Day 10K Van</i>	62:18	45.60	
	<i>Star Wars Half</i>	2:45:48	39.07	
	<i>Surf City Half</i>	2:47:34	38.66	
	<i>Disney Half</i>	3:02:46	35.44	
	<i>Casaway Cay 5K #1</i>	39:36	35.36	
	<i>Disney Full</i>	6:42:15	35.00	
	<i>Disney 10K</i>	1:21:42	34.77	
	<i>Disney 5K</i>	41:57	32.54	
	<i>Castaway Cay 5K #2</i>	52:44	25.88	
			303.21	50.54
23	Doug Jones			
	<i>LA Marathon</i>	6:12:58	44.31	
	<i>LB Pride 10K</i>	89:55	36.49	
	<i>PS Pride 5K</i>	40:53	38.89	
	<i>LAFR 5K</i>	40:55	38.52	
	<i>Run Deo Run 25K</i>	4:05:39	45.08	
	<i>Northwest 10K</i>	1:18:45	41.66	
			244.95	40.83

LAFR Champions Race Detail 2016

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5 Races				
24	Moises Medina			
	GP Half	1:26:02	79.02	
	Santa Rosa Full	3:09:24	78.20	
	M2B Full	3:03:26	80.74	
	LAFR 5K	21:02	67.93	
	LAFR 10K	44:00	67.59	
	<i>Boston Full</i>	3:12:01	77.13	
			373.48	74.70
25	Marcelino Goncalves			
	LA Marathon	3:17:29	75.00	
	LAFR 5K	21:51	65.40	
	LAFR 10K	45:17	65.68	
	Run Deo Run 25K	2:10:02	65.71	
	Boston Full	3:17:57	74.82	
			346.61	69.32
27	David Grudzien			
	Peachtree Corners 5K	22:42	70.05	
	Bare Burro 5K	37:20	42.22	
	Jeff Galloway 13.1	2:01:38	62.61	
	Space Coast Half	2:06:14	59.77	
	ATC 10 Mile	1:36:18	58.89	
	<i>Thanksgiving Half</i>	2:10:24	57.86	
	<i>13.1 Nashville</i>	2:06:32	59.63	
	<i>ATC Heart & Soles 5K</i>	26:30	59.48	
	<i>Ft. Lauderdale 5K</i>	26:18	59.93	
	<i>ATC Rise Up 5K</i>	26:35	59.29	
	<i>Magic City Half</i>	2:07:23	59.23	
	<i>Insane 5K</i>	41:40	38.16	
	<i>Mt. Dora Half</i>	2:13:08	57.20	
	<i>Dash to the Finish 5K</i>	26:39	59.15	
	<i>13.1 Baltimore</i>	2:09:19	58.88	
	<i>Barbs 5K</i>	46:18	34.34	
	<i>Celebrate Freedom 5K</i>	27:11	57.99	
	<i>VA Blue & Grey Half</i>	2:14:20	56.69	
	<i>Flashlight 5K</i>	45:34	34.89	
	<i>ATC Resolution 4 Mile</i>	36:24	56.56	
	<i>Hot Chocolate 15K</i>	1:33:20	56.39	
	<i>Rock Lenora 5K</i>	28:11	55.93	
	<i>Suwanee Half</i>	2:15:32	55.67	
	<i>Ft. Lauderdale Half</i>	2:16:06	55.44	
	<i>Mississippi Blues Half</i>	2:17:25	54.90	
	<i>Cupcake 15K</i>	1:35:59	54.82	
	<i>NYC Full</i>	5:01:43	54.77	
	<i>Freeze Your Half Off</i>	2:18:48	54.36	
	<i>Elizabethtown Half</i>	2:19:06	54.24	
	<i>First Light Half</i>	2:19:27	54.11	
	<i>Big Beach Half</i>	2:22:07	53.09	
	<i>Humana 5K</i>	29:44	53.01	
	<i>Soldier's Half</i>	2:22:43	52.87	
	<i>Gwinnett 10K</i>	62:38	52.38	
	<i>MM Southwest Half</i>	2:24:05	52.36	
	<i>Augusta U Half</i>	2:26:54	51.37	
	<i>Riverboat Day 6 Half</i>	2:27:06	51.29	
	<i>Raleigh Half</i>	2:30:04	50.27	
	<i>ATC Decatur 4-Mile</i>	41:04	50.14	
	<i>April Showers Half</i>	2:30:32	50.12	
	<i>ATL Pride 5K</i>	31:28	50.09	

LAFR Champions Race Detail 2016

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		Grudzien continued		
		<i>ATC Tailgate 5K</i>	31:35	49.91
		<i>Scottsboro Half</i>	2:32:19	49.54
		<i>South Haven Half</i>	2:34:30	48.84
		<i>Peachtree 10K</i>	1:08:27	47.93
		<i>Appalachian Half</i>	2:41:16	46.83
		<i>RussVegas Half</i>	2:41:20	46.77
		<i>Burn Your Half Off</i>	2:44:40	45.82
		<i>Rock the Lake 10K</i>	1:11:40	45.78
		<i>OK City Half</i>	2:55:40	42.95
		<i>August Run Half</i>	2:56:42	42.70
		<i>Hollywood Half</i>	2:57:32	42.49
		<i>Navy Air Force Half</i>	3:00:33	41.79
		<i>Casa Superhero 5K</i>	42:25	37.16
		<i>Gaspee 5K</i>	43:40	36.10
		<i>New South Trail Half</i>	3:37:40	34.66
		<i>Cobb County 5K</i>	48:58	32.19
				293.54
				58.71
26	John Miles			
		Run Deo Run 10K	54:18	56.99
		Father's Day Half	2:08:18	55.26
		Revel Half	2:00:39	59.28
		LB Pride 10K	54:16	57.03
		Santa Rosa Full	4:19:53	60.10
		<i>SF Pride 10K</i>	56:11	55.08
				288.66
				57.73
	4 Races			
28	Duane Howard			
		Run Deo Run 10K	40:10	68.29
		Santa Rosa Full	3:09:37	72.53
		Doggie Dash 5K	18:44	70.78
		Downtown Turkey 5.6	36:59	66.86
				278.46
				69.62
29	Bernie Tan			
		Run Deo Run 25K	2:24:08	60.29
		PS Pride 5K	21:55	66.22
		Revel Full	3:22:24	74.46
		SD RnR Full	3:29:58	71.78
		<i>Boston Full</i>	3:46:41	66.48
				272.75
				68.19
30	Bruce Bair			
		Bandit 15K	1:32:24	52.72
		Run Deo Run 25K	2:14:48	65.02
		LAFR 10K	44:33	68.36
		Revel Half	1:27:46	80.10
				266.20
				66.55
31	Reg Willson			
		Firecracker 10K	45:54	70.27
		Run Deo Run 25K	2:33:09	66.36
		Doggie Dash 5K	31:15	50.01
		Catalina Eco 14.1	2:32:52	52.83
				239.47
				59.87
32	Jonathan Toker			
		Sierre-Zinal 31.6K	3:13:59	53.92
		Glacier 3000 26K	2:46:59	50.99
		Skatas Ryggar 21K	1:45:30	61.58
		Malibu Creek 22K	1:40:18	68.02
				234.51
				58.63

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33	Dan Vu				
		LB Pride 10K	50:13	56.57	
		LAFR 10K	51:53	54.76	
		PS Pride 5K	24:30	55.71	
		Reindeer 15K	85:12	53.63	
				220.67	55.17
34	Eddie Flores				
		Jet to Jetty 5K	22:14	61.86	
		Doggie Dash 5K	22:34	60.94	
		Doggie Dash 5K	39:04	35.20	
		Reindeer Half	1:47:01	61.01	
				219.01	54.75
35	Alexander Bazley				
		Run to Remember 10K	53:42	50.39	
		Spring Break 15K	1:29:54	48.20	
		Summer Dash 15K	1:28:50	48.77	
		Summer Sizzle Half	2:03:45	50.25	
				197.61	49.40
36	Mike Smith				
		LA Marathon	7:23:49	32.80	
		Holiday Half	2:17:14	48.73	
		Doggie Dash 5K	30:33	46.05	
		Main Street 10K	66:38	43.95	
				171.53	42.88
3 Races					
37	Mike Heredia				
		Boston Full	3:08:08	73.04	
		LAFR 5K	19:26	67.46	
		Doggie Dash 5K	17:59	72.90	
				213.40	71.13
38	Sean O'Brien				
		SOB 50 Mile	9:43:07	63.26	
		LA Marathon	3:21:12	78.34	
		Doggie Dash 5K	22:06	68.38	
				209.98	69.99
39	Eric Fischer				
		LAFR 5K	28:41	59.02	
		Doggie Dash 5K	29:42	57.53	
		Catalina Eco 10K	51:23	69.21	
				185.76	61.92
40	Dan Graham				
		Boston 5K	24:57	64.86	
		Doggie Dash 5K	28:05	57.62	
		PS Pride 5K	25:47	62.76	
				185.24	61.75
41	Danny O'Hara				
		Run Deo Run 25K	2:16:08	61.73	
		Boston Full	3:36:21	67.29	
		Lost Boys 50 Mile	10:56:42	51.89	
				180.91	60.30
42	Barry Hamaguchi				
		LA Marathon	4:07:05	55.62	
		LB Pride 10K	45:03	61.26	
		LB Half	1:41:42	61.90	
				178.78	59.59

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43	Jeff Lymburner			
	Bare Burro 5K	25:35	60.58	
	Doggie Dash 5K	21:59	71.09	
	Imogene pass 17.1	3:46:34	43.71	
			175.38	58.46
44	Rob Chen			
	LB Pride 10K	49:04	57.05	
	LB Half	1:42:29	62.22	
	Reindeer 15K	84:40	53.15	
			172.42	57.47
45	Mong Noiboonsook			
	LB Pride 5K	26:19	57.91	
	LAFR 5K	26:58	56.51	
	M2B Full	5:26:53	48.68	
	<i>Bare Burro 5K</i>	<i>41:45</i>	<i>36.50</i>	
			163.10	54.37
46	Richard West			
	LAFR 5K	31:11	54.79	
	Doggie Dash 5K	56:35	43.21	
	Catalina Eco 10K	64:32	55.23	
			153.23	51.08
47	Richard Ramirez			
	Descanso 10K	1:01:05	49.85	
	Hollywood Half	2:29:15	46.70	
	Star Wars Half	2:36:15	44.61	
	<i>Star Wars 5K</i>	<i>34:50</i>	<i>42.00</i>	
	<i>Star Wars 10K</i>	<i>1:14:46</i>	<i>40.73</i>	
			141.16	47.05
<u>2 Races</u>				
48	Jojo Herrera			
	Sporting Life 10K	38:55	71.93	
	Tacoma Full	3:13:11	71.78	
			143.71	71.86
49	Carl Maravilla			
	LB Pride 10K	47:46	67.53	
	LAFR 5K	22:51	67.82	
			135.35	67.68
50	Piyush Prakash			
	LA Marathon	3:32:34	64.65	
	Chesebro Half	1:39:20	64.70	
			129.35	64.68
51	Jim Martinez			
	Reindeer 5K	28:00	58.82	
	Mother's Day 5K	28:10	57.96	
	<i>LB Pride 5K</i>	<i>28:42</i>	<i>56.88</i>	
	<i>Run Deo Run 5K</i>	<i>29:07</i>	<i>56.07</i>	
	<i>Doggie Dash 5K</i>	<i>29:08</i>	<i>56.54</i>	
	<i>LAFR 5K</i>	<i>30:00</i>	<i>54.42</i>	
	<i>Firecracker 5K</i>	<i>31:45</i>	<i>51.42</i>	
			116.78	58.39
52	Juan Moreno			
	LB Pride 5K	25:48	57.63	
	SoCal Half	2:08:42	55.09	
			112.72	56.36
53	Rand Smith			
	LAFR 5K	28:21	56.09	
	LAFR 10K	61:47	53.57	
			109.66	54.83

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54	Angelo Murray				
	Doggie Dash 5K	23:14	55.52		
	Doggie Dash 5K	26:02	49.55		
			105.07	52.54	
55	Adrian Adams				
	LAFR 5K	25:05	51.63		
	LAFR 10K	57:41	46.73		
			98.36	49.18	
56	Steven Morchak				
	Run Deo Run 5K	31:57	48.09		
	Holiday Fun 5K	32:03	48.35		
	<i>LB Pride 5K</i>	<i>33:07</i>	<i>46.80</i>		
			96.44	48.22	
57	Rusty Millar				
	Mother's Day 5K	40:08	42.18		
	Doggie Dash 5K	40:59	41.31		
	<i>Father's Day 5K</i>	<i>42:43</i>	<i>39.63</i>		
			83.49	41.75	
58	Patrick Conner				
	LAFR 5K	30:42	42.70		
	Bandit 15K	2:26:23	29.68		
			72.38	36.19	
1 Race					
59	Eric Alvarez				
	Boston Full	2:49:41	88.81		
			88.81	88.81	
60	Jim Sullivan				
	Doggie Dash 5K	20:04	69.05		
			69.05	69.05	
61	Peter Lehrbaum				
	PS Pride 5K	23:01	67.90		
			67.90	67.90	
62	Mark DeAngelis				
	PS Pride 5K	22:08	67.72		
			67.72	67.72	
63	Ted Wyder				
	SF Full	3:41:35	65.14		
			65.14	65.14	
64	Richard Korn				
	Agoura 10K	46:31	64.35		
			64.35	64.35	
65	Henry Jung				
	PS Pride 5K	25:45	58.21		
			58.21	58.21	
66	Lui Sanchez				
	LA Big 5K	27:16	56.36		
			56.36	56.36	
67	Albert Giang				
	M2B Half	1:54:14	56.26		
			56.26	56.26	
68	John Kawaharada				
	LAFR 25K	2:34:13	53.56		
			53.56	53.56	
69	Chris Ng				
	Doggie Dash 5K	27:34	53.07		
			53.07	53.07	

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70	Kent Hamilton				
	Bare Burro 5K	28:11	50.70		
			50.70	50.70	
71	Bob Riddle				
	LAFR 5K	31:17	50.39		
			50.39	50.39	
72	Kevin Shiramizu				
	LAFR 5K	28:06	49.31		
			49.31	49.31	
73	John Houser				
	LAFR 5K	30:46	42.42		
			42.42	42.42	
74	Adam Comeau				
	Doggie Dash 5K	34:27	40.53		
			40.53	40.53	
75	Anthony Chan				
	LB Pride 5K	35:32	39.29		
			39.29	39.29	
76	Chris Tapper				
	LB Pride 10K	77:56	39.08		
			39.08	39.08	
77	William Fang				
	LB Pride 5K	35:36	38.34		
			38.34	38.34	
78	Robb Briggs				
	Bare Burro 5K	37:50	38.06		
			38.06	38.06	

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Rank	WOMEN			AVG
6 Races				
1	Erin Brinton			
	Pool Party 5K	22:37	65.46	
	Doggie Dash 5K	22:17	66.49	
	Reindeer Half	1:39:28	69.57	
	Monster Dash 15K	68:52	70.52	
	Giving Thanks 10K	45:07	67.31	
	Shane's 10K	45:23	66.86	
	<i>Father's Day 5K</i>	22:57	64.51	
	<i>Catalina Eco 14.1</i>	2:18:29	53.90	
	<i>LB Pride 5K</i>	22:55	64.60	
			406.21	67.70
2	Maria Poso			
	M2B Full	3:50:12	71.31	
	Surf City Full	3:55:17	68.95	
	Firecracker 5K	23:15	67.15	
	Firecracker 10K	50:53	62.89	
	Avalon 50 Mile	10:26:20	61.75	
	OC Half	1:51:01	60.24	
	<i>LA Marathon</i>	4:38:24	65.68	
	<i>Cuyamaca 100K</i>	16:37:27	52.13	
	<i>GP Trail Full</i>	4:38:24	58.27	
	<i>Run to Remember Half</i>	2:37:10	46.40	
			392.29	65.38
3	Margie Gonzales			
	Outstanding 5K	36:44	53.58	
	Revel Half	3:01:26	50.66	
	Op. Jack 5K	38:52	50.64	
	R/W/B 10K	1:21:48	49.31	
	RAD 10 Mile	2:21:03	49.18	
	Dolphin 10K	1:18:16	51.54	
	<i>Run to Remember Half</i>	3:04:41	49.07	
	<i>Spring Equinox 10K</i>	1:18:26	51.43	
	<i>Winter's End 5K</i>	36:50	53.43	
	<i>Race 4 the Rescues 5K</i>	41:05	47.90	
	<i>Rockin the Coast 5K</i>	38:50	50.68	
	<i>Summer Sizzle 5K</i>	39:44	49.53	
	<i>Beach Blast 5K</i>	37:04	53.10	
	<i>Summer Breeze 5K</i>	40:09	49.02	
	<i>Turkey Dash Half</i>	3:12:03	47.86	
	<i>Reindeer 5K</i>	40:05	49.10	
	<i>Hands On 5K</i>	39:29	49.85	
	<i>Giving Thanks Half</i>	3:25:16	44.78	
	<i>Shane's 5K</i>	40:22	48.76	
	<i>New Year's Eve 5K</i>	38:53	50.62	
	<i>Holiday Fun 5K</i>	40:44	48.32	
	<i>Doggie Dash 5K</i>	40:06	49.08	
	<i>Oktoberfest 15K</i>	2:18:58	46.42	
	<i>LB Half</i>	3:22:35	45.37	
	<i>Summer Showdown 5K</i>	41:40	47.23	
	<i>Father's Day 5K</i>	41:28	47.46	
	<i>Kick Off New Year 5K</i>	37:17	52.03	
	<i>Homeless 5K</i>	39:58	49.24	
	<i>Happy Holidays 5K</i>	41:04	47.92	
	<i>Tiger Run 5K</i>	40:20	48.80	
	<i>Natasha Watley 5K</i>	39:21	50.01	

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	<i>Margie continued</i>			
	<i>Finish the Ride 5K</i>	39:55	49.30	
	<i>Child Obesity 5K</i>	43:14	45.52	
	<i>Santa Clarita Half</i>	3:14:32	47.25	
	<i>Beach Dash Half</i>	3:11:09	48.09	
	<i>LA RnR Half</i>	3:21:43	45.57	
	<i>Spring Break 5K</i>	38:32	51.07	
	<i>Summer Dash 5K</i>	41:05	47.90	
	<i>Beach Dash 10K</i>	1:21:00	49.80	
	<i>Valentine's 10K</i>	1:21:50	49.29	
	<i>Shamrock 10K</i>	1:22:10	49.09	
	<i>SD RnR Half</i>	3:09:47	48.44	
	<i>Seaside Half</i>	3:07:57	48.91	
	<i>Awesome 10K</i>	1:24:01	48.01	
	<i>Lake Balboa Half</i>	3:15:35	47.00	
			304.91	50.82
4	Nicole Oeuvray			
	Doggie Dash 5K	42:29	43.79	
	Reindeer 5K	43:04	43.19	
	Revel Half	3:23:14	42.76	
	Summer Sensation 10K	1:30:18	41.65	
	Santa Clarita Half	3:31:57	40.99	
	R/W/B 10K	1:32:00	40.88	
	<i>Summer of Fun 10K</i>	1:33:18	40.31	
	<i>US Vets 5K</i>	45:05	40.70	
	<i>Race 4 the Rescues 5K</i>	43:06	43.16	
	<i>Shane's 5K</i>	42:55	42.76	
			253.26	42.21
	<u>4 Races</u>			
5	Allyne Winderman			
	Vancouver Full	5:11:03	69.48	
	Luau 5K	27:33	73.57	
	LAFR 5K	28:58	69.97	
	Op.Jack Full	5:01:09	72.90	
			285.92	71.48
6	Jane Dods			
	Firecracker 5K	43:16	61.61	
	Truffle Shuffle 2 Mile	25:12	68.05	
	Winter Predictor 6K	50:08	64.25	
	Sheldon HS 5K	41:49	63.75	
	<i>Couples Classic 5K</i>	42:23	62.90	
	<i>Solstice 5K</i>	42:32	62.67	
	<i>Recycle 5K</i>	42:34	62.62	
	<i>Coburg 5K</i>	42:40	62.48	
	<i>Lowell 5K</i>	43:00	61.99	
	<i>Butte to Butte 5K</i>	43:11	61.73	
	<i>First Run 5K</i>	43:16	61.61	
	<i>Monster Mash 5K</i>	43:55	60.70	
	<i>Bark in the Park 5K</i>	43:56	60.68	
	<i>Dash n Dine 5K</i>	43:57	60.65	
	<i>Hollywood 10K</i>	1:31:15	59.87	
	<i>Cascade 10K</i>	1:31:16	59.86	
			257.66	64.42

LAFR Champions Race Detail 2016

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3 Races				
7	Keeley Webster			
	Mt. Charleston Half	3:11:00	39.60	
	LAFR 10K	1:32:54	35.73	
	UCLA 5K	48:58	33.07	
			108.40	36.13
2 Races				
8	Karen Carey			
	Bunny Dash 5K	27:26	56.10	
	Mother's Day 5K	27:53	55.19	
	<i>Winter Blast 5K</i>	28:05	54.80	
	<i>Victory 5K</i>	28:27	54.09	
	<i>LAFR 5K</i>	29:56	51.41	
	<i>Father's Day 5K</i>	32:37	47.18	
			111.29	55.65

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9	Brandi Spence			
	LAFR 5K	35:45	42.53	
	Father's Day 5K	35:59	42.25	
	<i>Doggie Dash 5K</i>	39:20	39.89	
			84.78	42.39
10	Yumi Afrento			
	Run Deo Run 5K	41:25	40.98	
	PS Pride 5K	44:19	38.79	
			79.77	39.89
11	Regina Robinson			
	LB Half	4:02:15	31.56	
	Surf City 5K	49:09	33.31	
			64.87	32.44
Rank	WALKER			AVG
6 Races				
1	Deo Jaravata			
	LA Marathon	5:32:07	64.00	
	New Year's Half	2:59:59	53.43	
	Orange Curtain 50K	6:59:06	63.75	
	Claremont 5000	33:57	60.91	
	Claremont 1500	9:45	61.12	
	Wellington Full	5:40:15	62.95	
			366.16	61.03
2	Bill Walsky			
	Ventura Half	3:11:08	58.33	
	LB Half	3:16:34	56.71	
	Santa Rosa Half	3:20:59	55.46	
	SF Half	3:23:40	54.74	
	Coaster 5K	43:15	54.64	
	OC Half	3:22:09	54.53	
	<i>Surf City Half</i>	3:23:53	54.06	
	<i>Cypress 5K</i>	44:25	53.80	
	<i>KC Half</i>	3:41:42	50.28	
	<i>Des Moines Half</i>	3:29:35	53.19	
	<i>Beat the Blerch Half</i>	3:33:40	52.17	
	<i>Wrigley 5K</i>	45:50	51.56	
	<i>Mother's Day 5K</i>	46:19	51.02	
	<i>LAFR 5K</i>	57:47	40.90	
			334.41	55.74
3 Races				
3	Nicole Oeuvray			
	Hollywood Half	3:39:30	53.41	
	Summer Sizzle 15K	2:31:05	53.54	
	LB Half	3:28:01	57.08	
			164.03	54.68
2 Races				
4	Juan Moreno			
	SoCal Half	2:32:54	63.41	
	PS Pride 5K	35:48	57.46	
			120.87	60.44
5	Tim Chung			
	LAFR 5K	55:20	37.69	
	Doggie Dash 5K	57:15	36.74	
			74.43	37.22

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<i>1 Race</i>				
6	Jane Dods			
	Eugene Half	3:27:58	83.92	
			83.92	83.92
7	Erin Brinton			
	Descanso 5K	37:15	53.11	
			53.11	53.11
8	Bill Austin			
	LB Half	3:16:30	52.80	
			52.80	52.80
9	Connie Hammen			
	LAFR 5K	55:21	51.69	
			51.69	51.69
10	Yumi Afrento			
	Doggie Dash 5K	57:16	39.69	
			39.69	39.69
11	Anthony Chan			
	LAFR 5K	60:35	32.22	
			32.22	32.22
12	William Fang			
	LAFR 5K	60:35	31.21	
			31.21	31.21