

2019 LAFR Grand Prix Series Champions Race Standings FINAL

Detailed Standings Below, R = No. of Races

<u>Rank</u>	<u>MEN</u>	<u>R</u>	<u>Score</u>	<u>AVG</u>	<u>Rank</u>	<u>MEN</u>	<u>R</u>	<u>Score</u>	<u>AVG</u>
1	Carlos Vizcarra	6	505.13	84.19	59	Tommy Le	1	70.89	70.89
2	Mike Kerkman	6	459.29	76.55	60	Andrew Snyder	1	62.35	62.35
3	David Dassey	6	427.49	71.25	61	Daniel Formanek	1	61.27	61.27
4	Bill Austin	6	422.07	70.35	62	Carlos Fajardo	1	59.98	59.98
5	Blake Owens	6	375.36	62.56	63	Mike Heredia	1	59.50	59.50
6	Mario Mota	6	374.02	62.34	64	Barry Hamaguchi	1	59.24	59.24
7	Angus Kennedy	6	367.04	61.17	65	Ric Munoz	1	58.26	58.26
8	Solomon Leung	6	353.77	58.96	66	Piyush Prakash	1	57.88	57.88
9	John Miles	6	348.03	58.01	67	Johnny Mendez	1	56.10	56.10
10	Juan C Fernandez	6	337.42	56.24	68	Jeff Masino	1	54.08	54.08
11	Ken Lewis	6	332.04	55.34	69	Mickey Caruso	1	53.95	53.95
12	Deo Jaravata	6	324.77	54.13	70	Lui Sanchez	1	53.58	53.58
13	David Grudzien	6	313.45	52.24	71	Travis Rex	1	52.66	52.66
14	Paul Morrell	6	307.75	51.29	72	Kyle Stevenson	1	49.77	49.77
15	Mike Smith	6	261.06	43.51	73	Richard West	1	48.00	48.00
16	Martin Carlson	5	333.75	66.75	74	Joey Lan	1	47.45	47.45
17	Bernie Tan	5	326.86	65.37	75	Brian Dunbar	1	47.37	47.37
18	Richard Peng	5	270.50	54.10	76	Albert Giang	1	47.24	47.24
19	Jim Martinez	5	266.50	53.30	77	Jason Bautista	1	45.98	45.98
20	Jason Coleman	5	191.22	38.24	78	Rudy Van Graan	1	40.76	40.76
21	Patrice Salome	4	272.72	68.18	79	Patrick Conner	1	39.89	39.89
22	Eric Eisenbrey	4	254.43	63.61	80	Anthony Chan	1	38.84	38.84
23	Kevin Shiramizu	4	239.72	59.93					
24	Rick Hetzel	4	226.26	56.57					
25	Reg Willson	4	221.45	55.36	<u>Rank</u>	<u>WOMEN</u>	<u>R</u>	<u>Score</u>	<u>AVG</u>
26	Mark Swenson	4	193.81	48.45	1	Erin Brinton	6	393.83	65.64
27	Craig Coburn	4	175.76	43.94	2	Peachy Poso	6	363.91	60.65
28	Raul Borja	4	167.25	41.81	3	Margie Gonzales	6	278.83	46.47
29	Jeffrey Kalowes	4	151.50	37.88	4	Sarah Syed	4	238.78	59.70
30	Bruce Bair	3	206.12	68.71	5	Stephanie Stone	4	203.54	50.89
31	Marcelino Goncalves	3	202.51	67.50	6	Jane Dods	4	199.07	49.77
32	Dan Graham	3	199.82	66.61	7	Allyne Winderman	3	197.38	65.79
33	John McGuinness	3	198.07	66.02	8	Lori Abosch	3	173.98	57.99
34	Sean O'Brien	3	185.30	61.77	9	Gillian Hoagland	2	117.76	58.88
35	Dan Vu	3	164.58	54.86	10	Rina Shiramizu	2	99.37	49.69
36	Mike Carbutto	3	159.44	53.15	11	Kimberly Fairchild	2	98.99	49.50
37	Scott Whiteleather	3	142.38	47.46	12	Nicole Ouevray	2	86.80	43.40
38	Brian Soria	3	141.65	47.22	13	Elizabeth Navarrete	2	78.27	39.14
39	Noah Abraham	3	132.69	44.23	14	Yumi Afrento	2	72.47	36.24
40	John Houser	3	110.58	36.86	15	Rosie Jewell	1	58.62	58.62
41	Doug Jones	3	110.23	36.74	16	Lacey Howcroft	1	47.79	47.79
42	Mark Abraham	3	97.83	32.61	17	Vanessa Wegman	1	31.27	31.27
43	Richard Nelson	2	145.36	72.68					
44	Jeffery Lin	2	129.02	64.51	<u>Rank</u>	<u>RACEWALK</u>	<u>R</u>	<u>Score</u>	<u>AVG</u>
45	Jeremy Yoder	2	126.18	63.09	1	Deo Jaravata	6	376.73	62.79
46	Mark DeAngelis	2	125.96	62.98	2	Bill Walsky	6	313.65	52.28
47	Henry Jung	2	118.68	59.34	3	Bill Winkelmann	6	300.41	50.07
48	David Gonzalez	2	115.74	57.87	4	John Kawaharada	3	101.68	33.89
49	Alex Grosko	2	112.05	56.03	5	Brian Eggert	2	91.67	45.84
50	Eddie Flores	2	101.46	50.73	6	Amy Ross	1	52.75	52.75
51	Bob Berman	2	99.80	49.90	7	Lee Lightfoot	1	48.55	48.55
52	Alexander Bazley	2	97.63	48.82	8	Kevin Norte	1	46.54	46.54
53	John Heilman	2	96.73	48.37	9	Don Norte	1	46.53	46.53
54	Arnab Mukherjee	2	87.12	43.56	10	Keeley Webster	1	44.19	44.19
55	Trent Rodriguez	2	84.81	42.41	11	Cat White	1	43.40	43.40
56	Christopher Tapper	2	76.83	38.42	12	Tim Chung	1	41.54	41.54
57	Benji Abraham	2	55.97	27.99	13	Geoff Buck	1	41.19	41.19
58	Mark Johnson	1	76.63	76.63	14	Jason Lee	1	29.20	29.20

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Rank	MEN			AVG
1	Carlos Vizcarra			
	Berlin Full	2:48:24	86.60	
	Boston Marathon	2:50:42	84.74	
	Venice Xmas 5K	16:56	84.55	
	PS Pride 5K	17:05	83.80	
	M2B Half	1:18:19	83.73	
	LaceUp Half	1:20:55	81.71	
	<i>SRLA Beach 10Kish/5.95</i>	34:15	81.22	
	<i>SoCal River Half</i>	1:23:13	78.80	
	<i>LAFR 10K</i>	36:50	78.28	
	<i>LB Pride 5K</i>	18:15	77.90	
	<i>Buenos Aires 15K</i>	61:15	75.95	
	<i>Friendship 18 Mile</i>	2:07:50	75.53	
	<i>GP Trail Relay 5.3</i>	33:48	72.58	
	<i>Run Deo Run Half</i>	1:33:09	70.39	
	<i>Holiday Half</i>	1:41:13	65.32	
			505.13	84.19
2	Mike Kerkman			
	Menudo 5K	16:51	81.40	
	Beach Blast 5K	17:10	80.39	
	Fukuoka Half	1:20:32	78.27	
	LB Half	1:21:48	77.60	
	Arroyo 3.4 Trail	20:29	73.39	
	GP Trail Relay 5.3	34:35	68.24	
	<i>LAFR 5K</i>	17:41	77.57	
	<i>Trails for Whales 5K</i>	17:45	77.28	
	<i>Thansksgiving XC Classic 5K</i>	18:46	73.09	
	<i>HI Freedom 10K</i>	38:46	71.50	
	<i>Catalina Half</i>	1:39:40	63.68	
	<i>Bare Burro 5K</i>	22:00	62.35	
	<i>SaMo Classic 5K</i>	17:35	78.48	
	<i>LB Pride 5K</i>	17:35	78.01	
	<i>PS Pride 5K</i>	17:44	77.82	
			459.29	76.55
3	David Dassey			
	Drumstick 10K	49:16	72.60	
	LB Pride 10K	48:47	72.57	
	LAFR 5K	23:55	71.50	
	Op Jack Full	4:14:28	71.03	
	Carlsbad Half	1:55:59	69.91	
	Jack and Jill Full	4:15:58	69.88	
	<i>LAFR 10K</i>	52:36	67.30	
	<i>Run Deo Run 10K</i>	54:18	65.19	
	<i>Dublin Full</i>	4:47:30	62.87	
	<i>Bare Burro 5K</i>	30:12	56.62	
			427.49	71.25

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4	Bill Austin			
	La Palma 5K	21:53	74.18	
	LAFR 5K	22:39	71.67	
	Stars and Stripes 15K	1:15:03	71.44	
	Beach Blast 15K	1:18:03	68.70	
	Red White Blue 10K	48:42	68.62	
	Summer Dash HB 10K	49:32	67.46	
	<i>Run Deo Run 5K</i>	25:01	64.36	
	<i>Beach Fun 15K</i>	1:23:16	63.79	
	<i>Mother's Day 5K</i>	25:42	63.16	
	<i>Doggie 5K</i>	25:46	63.00	
	<i>Holiday Fun 5K</i>	25:53	62.72	
	<i>LB Half</i>	2:02:45	62.20	
	<i>Fathers Day 5K</i>	26:12	61.96	
	<i>Cinco de Mayo 15K</i>	1:39:21	53.97	
	<i>PS Pride 5K</i>	22:45	71.36	
	<i>Wrigley 5K</i>	23:29	69.13	
			422.07	70.35
5	Blake Owens			
	Doggie 5K	19:04	68.09	
	LAFR 5K	19:16	67.39	
	Pasadena Trail 12K	52:15	65.05	
	Catalina 10K	44:14	60.40	
	GP Trail Relay 5.3	38:16	59.19	
	Pas Trail 10 Mile	1:23:38	55.24	
			375.36	62.56
6	Mario Mota			
	Doggie 5K	21:30	70.78	
	PS Pride 5K	21:54	69.48	
	LB Pride 10K	47:33	65.37	
	Mother's Day 10K	49:58	62.21	
	San Diego Half	2:11:31	53.41	
	LB Half	2:14:18	52.77	
	<i>LAFR 10K</i>	51:30	60.36	
			374.02	62.34
7	Angus Kennedy			
	LB Pride 5K	22:34	66.91	
	Beach Blast 10K	46:19	66.53	
	LB Half	1:47:02	65.63	
	GP Trail Relay 5.3	44:29	58.86	
	Pas Trail 10 Mile	1:36:39	54.92	
	Bare Burro 5K	27:52	54.19	
	<i>Catalina Half</i>	2:13:57	52.44	
			367.04	61.17
8	Solomon Leung			
	La Palma 10K	41:30	64.38	
	LAFR 5K	20:25	63.67	
	LAFR 10K	44:53	59.52	
	Lean Horse 100	23:24:02	59.13	
	Catalina Half	1:48:50	56.32	
	Antelope Canyon 100	27:16:00	50.75	
	<i>Miami 100</i>	27:26:00	50.44	
	<i>Shawnee Hills 100</i>	29:12:38	47.38	
	<i>Bryce Canyon 100</i>	34:14:59	40.40	
	<i>Hellbender 100</i>	34:26:18	40.18	
			353.77	58.96

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9	John Miles			
	Forks XV 15K	1:18:31	63.45	
	LAFR 5K	24:36	61.86	
	LAFR 10K	50:40	61.35	
	LB Pride 10K	50:54	61.07	
	Catalina Half	2:10:27	54.83	
	Bare Burro 5K	33:28	45.47	
	<i>Firecracker 10K</i>	50:54	61.07	
	<i>Run Deo Run 10K</i>	53:50	57.74	
			348.03	58.01
10	Juan Carlos Fernandez			
	Pasadena Half	1:44:58	63.53	
	Doggie 5K	23:10	62.73	
	Run 2 Remember Half	1:52:37	59.21	
	LA Full	4:13:23	58.05	
	M2B Full	4:13:37	57.99	
	Husky 5K	40:09	35.91	
	<i>Surf City Full</i>	4:31:19	54.21	
	<i>OC Full</i>	4:38:54	52.73	
			337.42	56.24
11	Ken Lewis			
	LAFR 5K	23:02	67.08	
	LAFR 10K	49:44	63.61	
	Western States 100 Mile	29:01:46	56.11	
	Bare Burro 5K	29:45	51.54	
	AC 100	31:37:54	51.49	
	Javelina 50K	7:59:29	42.21	
	<i>Mt. Baldy Run to Top 7.1</i>	2:06:59	30.07	
	<i>LB Pride 10K</i>	50:08	63.10	
	<i>Run Deo Run 10K</i>	53:05	59.09	
			332.04	55.34
12	Deo Jaravata			
	New Orleans Full	4:19:02	59.82	
	Pasadena Half	2:05:52	55.81	
	Rock the Bay Full	4:40:34	55.73	
	Avalon 50 Mile	11:06:42	55.27	
	Boundiful Trail 52 Miles	12:00:00	54.43	
	Leona Divide 50K	7:34:39	43.71	
	<i>Dodgers 5K</i>	29:24	51.76	
	<i>San Diego RnR Full</i>	5:05:25	51.19	
	<i>Surfers Point Full</i>	5:06:54	50.94	
	<i>Costa Rica Full</i>	5:15:00	49.63	
	<i>Run Deo Run Full</i>	5:14:35	49.23	
	<i>LB Full</i>	5:21:52	48.57	
	<i>Khmer Empire Full</i>	5:36:00	46.53	
	<i>Sisyphus Trail 47 Miles</i>	12:00:00	46.02	
	<i>Banff Full</i>	5:41:47	45.75	
	<i>Milo Full</i>	5:44:00	45.45	
	<i>Op Jack Full</i>	5:44:56	45.33	
	<i>Rocky Peak 50K</i>	8:01:44	41.26	
	<i>Bat Cave Full</i>	7:42:00	33.84	
	<i>Vegas RnR Full</i>	4:47:43	54.34	
	<i>OC Full</i>	4:54:37	53.06	
			324.77	54.13

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13	David Grudzien		
	Shamrock Shuffle "THE MILE"	8:18	62.43
	Run Through History 5K	28:33	56.39
	Milwaukee Turkey Trot 5K	30:48	52.27
	Shamrock Shuffle 8K	50:34	52.01
	Schaumburg Turkey Trot Half	2:40:14	47.19
	Last Call Half	2:55:13	43.16
	<i>Milwaukee Half</i>	2:15:01	56.01
	<i>Revel Mt. Charleston Half</i>	2:18:30	54.60
	<i>Pettit Indoor (#1) Half</i>	2:19:42	54.13
	<i>Brew City Half</i>	2:22:51	52.93
	<i>Whiskeydaddle "The Shot" 5K</i>	30:29	52.82
	<i>BTN Big 5K</i>	30:38	52.56
	<i>Run in New Year 5K</i>	30:59	52.39
	<i>Polar Dash Half</i>	2:26:35	51.59
	<i>Camp Wanna... Half</i>	2:26:52	51.49
	<i>Beer Garden - Lake Park 5K</i>	31:28	51.17
	<i>Atlanta Pride 5K</i>	31:29	51.14
	<i>MM Gulf Coast (Day 3) Half</i>	2:29:22	50.62
	<i>Indianapolis Monumental half</i>	2:30:21	50.30
	<i>Indy 500 Mini Festival Half</i>	2:31:01	50.07
	<i>Martha's Vineyard Half</i>	2:32:04	49.73
	<i>Revel Big Cottonwood half</i>	2:32:55	49.46
	<i>LOL Amazing Half</i>	2:33:16	49.34
	<i>Manhattanite half</i>	2:33:57	49.12
	<i>Proud To Run - Rainbow Half</i>	2:34:29	48.95
	<i>Sioux Falls half</i>	2:35:43	48.56
	<i>MM Gulf Coast (Day 1) Half</i>	2:36:44	48.25
	<i>ONU Polar Bear Indoor Half</i>	2:36:50	48.22
	<i>Northside Hospital half</i>	2:36:51	48.21
	<i>HartFest Half</i>	2:37:15	48.09
	<i>Go! St. Louis Half</i>	2:37:28	48.02
	<i>Peachtree Road Race 10K</i>	1:08:59	47.98
	<i>Run Into Summer Half</i>	2:38:58	47.57
	<i>Running With The Cows Half</i>	2:39:47	47.32
	<i>Great Western Half</i>	2:40:28	47.12
	<i>IMT Des Moines half</i>	2:42:35	46.52
	<i>MM Prairie Series (Day 2) half</i>	2:43:16	46.32
	<i>NYCRUNS Falling Leaves half</i>	2:44:14	46.04
	<i>Strider half</i>	2:44:19	46.02
	<i>Madison Half</i>	2:44:30	45.97
	<i>MM Prairie Series (Day 4) half</i>	2:45:31	45.69
	<i>Vegas Nights/Days Morn Half</i>	2:45:44	45.62
	<i>MM Prairie Series (Day 7) half</i>	2:45:48	45.61
	<i>Tyranena Beer Run half</i>	2:46:26	45.43
	<i>Xmas in July half</i>	2:48:01	45.00
	<i>MM Prairie Series (Day 1) half</i>	2:48:40	44.84
	<i>MM Alaska Series (Day 4) Half</i>	2:48:43	44.81
	<i>Rock N Roll Las Vegas half</i>	2:49:13	44.69
	<i>Quad Cities half</i>	2:50:00	44.48
	<i>Ooh La La Chocolate half</i>	2:51:19	44.14
	<i>Zydeco Half</i>	2:55:21	43.12
	<i>MM Gulf Coast (Day 2) Half</i>	2:55:44	43.03
	<i>Midnight Run 5K</i>	50:59	42.82
	<i>Rockin' Santa half</i>	2:56:43	42.79
	<i>MM Gulf Coast (Day 4) Half</i>	2:58:15	42.42
	<i>MM Alaska Series (Day 1) Half</i>	2:58:25	42.38
	<i>MM Alaska Series (Day 3) Half</i>	2:58:27	42.38

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	<i>MM Prairie Series (Day 5) half</i>	3:01:23	41.69	
	<i>MM Gulf Coast (Day 5) Half</i>	3:03:22	41.23	
	<i>MM Xtra Loony half</i>	3:03:48	41.14	
	<i>MM Alaska Series (Day 2) Half</i>	3:04:22	41.01	
	<i>Burn Your Half Off (Day 2) Half</i>	3:05:56	40.67	
	<i>Burn Your Half Off (Day 1) Half</i>	3:08:17	40.16	
	<i>Rockin' Brews half</i>	3:09:06	39.98	
	<i>MM Prairie Series (Day 6) half</i>	3:09:43	39.86	
	<i>Cheyenne half</i>	3:10:58	39.60	
	<i>Brewers Mini half</i>	3:18:35	38.08	
	<i>Resolution 5K</i>	42:43	38.00	
	<i>MM Prairie Series (Day 3) half</i>	3:20:15	37.76	
	<i>Winter Night TR Half</i>	3:28:38	36.25	
	<i>Bare Burro 5K</i>	44:57	35.82	
	<i>Whiskeydaddle "The Bottle" half</i>	3:39:19	34.48	
	<i>Vegas Nights/Days Eve Half</i>	3:45:46	33.50	
	<i>MM Alaska Series (Day 3) 5K</i>	49:53	32.28	
	<i>Summer TR 1/4 Marathon 6.55</i>	1:56:07	30.13	
	<i>MM Alaska Series (Day 1) 10K</i>	1:54:19	28.95	
	<i>Backyard Classic 8 HR 23 miles</i>	8:00:00	24.13	
			313.45	52.24
14	Paul Morrell			
	Artichoke Half	2:11:19	57.05	
	Palo Alto 10K	57:58	56.58	
	LAFR 10K	57:59	56.57	
	LAFR 5K	29:31	54.09	
	Christie Clinic 5K	32:01	49.87	
	Falmouth 7 Mile	1:56:10	33.59	
			307.75	51.29
15	Mike Smith			
	LA Marathon	6:48:20	36.03	
	Drumstick 5K	30:25	47.40	
	Doggie 5K	31:13	46.18	
	Friendship 18 Mile	4:05:48	39.93	
	SRLA Beach 10Kish/5.95	59:37	47.05	
	Holiday Half	2:29:57	44.47	
	<i>Dodgers 5K</i>	33:16	43.34	
	<i>SRLA Summer 5K</i>	31:02	46.46	
			261.06	43.51

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5 Races				
16	Martin Carlson			
	Firecracker 10K	46:39	69.02	
	OC Full	4:00:46	68.00	
	LAFR 5K	23:25	67.62	
	LAFR 10K	49:34	65.57	
	Will Rogers 10K	51:09	63.54	
	<i>Doggie 5K</i>	25:14	62.75	
			333.75	66.75
17	Bernie Tan			
	Run Deo Run Half	1:47:12	64.37	
	LA Marathon	3:40:02	69.19	
	PS Pride 5K	22:21	66.52	
	Portland Half	1:45:55	65.15	
	Mt Hood Full	4:07:01	61.63	
			326.86	65.37
18	Richard Peng			
	LAFR 5K	24:26	58.21	
	LB Pride 10K	52:28	55.84	
	Victory 10K	53:49	54.01	
	Chesebro Half	2:08:24	51.49	
	Run Deo Run Half	2:09:47	50.95	
	<i>Catalina Half</i>	2:14:48	49.47	
	<i>Firecracker 10K</i>	64:21	45.17	
	<i>LAFR 10K</i>	55:42	52.60	
			270.50	54.10
19	Jim Martinez			
	LB Pride 5K	29:05	57.25	
	Doggie 5K	29:33	56.85	
	LA Marathon Half	2:27:50	53.20	
	Catalina 10K	67:00	51.82	
	Pas Trail 5 Mile	57:52	47.38	
	<i>LA Kings 5K</i>	29:59	56.03	
	<i>Aut to Run 5K</i>	30:03	55.41	
	<i>LAFR 5K</i>	30:04	55.38	
	<i>Run Deo Run 5K</i>	31:11	53.39	
			266.50	53.30
20	Jason Coleman			
	Rock the Marina Half	2:32:09	42.39	
	Sunrise Half	2:41:10	40.02	
	London Full	6:02:37	39.24	
	LA Marathon	6:25:37	36.89	
	LAFR 5K	42:50	32.68	
	<i>Winter Fun 15K</i>	1:55:52	39.18	
	<i>Sun sand and sea half</i>	2:47:49	38.43	
	<i>Universal 5K</i>	42:02	33.31	
	<i>Best Buddies 5K</i>	46:05	30.38	
			191.22	38.24

LAFR Champions Race Detail 2019 FINAL

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4 Races				
21	Patrice Salome			
	LAFR 5K	21:05	66.40	
	Big Bear Half	1:27:11	74.59	
	New Year's 5K	20:52	67.09	
	New Year's 10K	43:53	64.64	
			272.72	68.18
22	Eric Eisenbrey			
	Boy with Boot 5K	20:18	67.57	
	Doggie 5K	20:33	66.75	
	LB Pride 10K	42:31	64.72	
	Pas Trail 5 Mile	39:52	55.39	
	<i>Bare Burro 5K</i>	26:04	52.24	
			254.43	63.61
23	Kevin Shiramizu			
	Catalina 10K	47:48	60.81	
	HI Freedom Run 5K	23:26	60.67	
	Thanksgiving XC Classic 5K	23:45	60.28	
	LAFR 10K	49:45	57.96	
	<i>LB Pride 5K</i>	38:04	37.35	
	<i>Trails 4 Whales 5K</i>	38:09	37.27	
			239.72	59.93
24	Rick Hetzel			
	Cypress 5K	26:17	60.24	
	La Palma 5K	27:26	57.72	
	Carlsbad Half	2:08:02	57.42	
	Milwaukee Full	5:21:47	50.88	
	<i>PS Pride 5K</i>	28:02	56.48	
	<i>LAFR 5K</i>	28:38	55.30	
	<i>Drumstick 5K</i>	28:54	54.79	
			226.26	56.57
25	Reg Willson			
	Bare Burro 5K	30:32	51.86	
	Doggie 5K	30:56	51.62	
	GP Trail Relay 5.3	50:18	55.33	
	Arroyo 3.4 Trail	28:01	62.64	
			221.45	55.36
26	Mark Swenson			
	Fun in the Sun Half	2:19:23	48.66	
	Baltimore Full	5:08:07	48.55	
	Maine Full	5:08:45	48.46	
	Beach Blast Half	2:20:51	48.14	
	<i>Martha's Vineyard Full</i>	5:14:18	47.19	
	<i>Indianapolis Full</i>	5:21:58	46.48	
	<i>Happy Easter Half</i>	2:27:30	45.58	
	<i>Honolulu Full</i>	7:31:28	33.14	
			193.81	48.45
27	Craig Coburn			
	Maine Half	2:29:58	47.69	
	Honolulu 10K	1:49:58	28.52	
	Fun in the Sun 15K	1:41:57	49.30	
	Beach Blast 15K	1:40:01	50.25	
			175.76	43.94

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28	Raul Borja				
	Firecracker 10K	62:42	44.90		
	LA Marathon	6:58:29	33.72		
	Dodgers 5K	30:38	45.70		
	Lululemon 10K	66:05	42.93		
			167.25	41.81	
29	Jeffrey Kalowes				
	LB Pride 5K	67:58	45.73		
	LAFR 5K	37:39	40.42		
	LAFR 10K	81:59	37.91		
	Verdugo 10K	1:53:17	27.44		
	<i>Doggie 5K</i>	39:21	38.67		
			151.50	37.88	
3 Races					
30	Bruce Bair				
	Run Deo Run 10K	44:05	69.30		
	Catalina Half	1:52:05	62.67		
	Houston Half	1:33:53	74.15		
			206.12	68.71	
31	Marcelino Goncalves				
	LA Marathon	3:23:00	73.70		
	LAFR 5K	22:18	65.62		
	LAFR 10K	47:08	63.19		
			202.51	67.50	
32	Dan Graham				
	PS Pride 5K	26:11	63.08		
	Mt Hood Half	1:51:33	69.81		
	Portland Half	1:56:21	66.93		
	<i>SF Half</i>	1:59:58	64.91		
			199.82	66.61	
33	John McGuinness				
	LAFR 5K	21:51	65.06		
	LAFR 10K	47:18	60.96		
	M2B Full	3:20:45	72.05		
			198.07	66.02	
34	Sean O'Brien				
	SOB 50K	6:09:37	54.75		
	Doggie 5K	22:44	67.96		
	Catalina Half	1:55:18	62.59		
			185.30	61.77	
35	Dan Vu				
	LAFR 5K	23:47	58.86		
	PS Pride 5K	24:10	57.93		
	Catalina Half	2:14:57	47.79		
			164.58	54.86	
36	Mike Carbuto				
	Homeboy 5K	27:19	61.50		
	LB Pride 5K	30:25	59.11		
	Verdugo 10K	1:29:24	38.83		
	<i>PS Pride 5K</i>	28:45	58.43		
	<i>LAFR 5K</i>	30:24	55.26		
	<i>Bare Burro 5K</i>	39:38	42.39		
	<i>Doggie 5K</i>	42:59	39.08		
			159.44	53.15	

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37	Scott Whiteleather			
	PS Pride 5K	32:15	49.51	
	Surf City Half	2:36:44	47.80	
	OC Half	2:46:14	45.07	
	<i>LB Half</i>	2:48:26	44.48	
			142.38	47.46
38	Brian Soria			
	Carrera de los Muertos 5K	30:03	44.98	
	Turkey Trot LA 5K	27:17	49.54	
	SaMo Xmas 10K	58:02	47.13	
			141.65	47.22
39	Noah Abraham			
	LAFR 10K	76:28	46.23	
	Best Buddies 5K	35:51	45.37	
	Universal 5K	41:47	41.09	
			132.69	44.23
40	John Houser			
	LAFR 5K	31:48	41.93	
	LB Pride 5K	32:13	41.39	
	Hwd Sign 6K Trail	58:56	27.26	
	<i>GP 5K</i>	32:34	40.94	
	<i>SaMo Classic 5K</i>	32:55	40.51	
	<i>Renegade Santa 5K</i>	33:23	39.94	
	<i>Derby Day 5K</i>	34:01	39.20	
	<i>Space Race 5K</i>	35:48	37.24	
	<i>Run the City 5K</i>	36:04	36.97	
	<i>Global Energy 5K</i>	36:12	36.83	
	<i>LA Marathon 5K</i>	36:35	36.45	
	<i>Firecracker 5K</i>	37:12	35.84	
			110.58	36.86
41	Doug Jones			
	LB Pride 10K	1:30:43	36.49	
	LAFR 10K	94:20	35.09	
	M2B Half	3:15:40	38.65	
			110.23	36.74
42	Mark Abraham			
	LAFR 10K	76:29	35.98	
	Best Buddies 5K	35:49	38.02	
	Universal 5K	57:09	23.83	
			97.83	32.61

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2 Races				
43	Richard Nelson			
	PS Pride 5K	24:14	73.93	
	Ind Day 5K	25:05	71.43	
	<i>Doggie 5K</i>	26:23	67.91	
	<i>LAFR 5K</i>	26:51	66.73	
			145.36	72.68
44	Jeffery Lin			
	Doggie 5K	19:07	68.00	
	GP Trail Relay 5.3	37:07	61.02	
			129.02	64.51
45	Jeremy Yoder			
	LAFR 10K	43:32	62.48	
	Ocean Breeze Half	1:37:23	63.70	
			126.18	63.09
46	Mark DeAngelis			
	LAFR 5K	23:54	63.67	
	PS Pride 5K	24:37	62.29	
			125.96	62.98
47	Henry Jung			
	LAFR 5K	26:08	58.23	
	PS Pride 5K	25:22	60.45	
			118.68	59.34
48	David Gonzalez			
	Firecracker 10K	47:18	57.82	
	Santa Barbara Half	1:48:10	57.92	
			115.74	57.87
49	Alex Grosko			
	Run Deo Run Half	2:09:58	52.17	
	LB Full	4:12:02	59.88	
			112.05	56.03
50	Eddie Flores			
	Doggie 5K	28:50	48.90	
	Catalina 10K	54:25	52.56	
			101.46	50.73
51	Bob Berman			
	LAFR 5K	31:23	52.15	
	LAFR 10K	70:48	47.65	
			99.80	49.90
52	Alexander Bazley			
	Happy Easter 15K	1:21:40	52.97	
	LB Half	2:17:59	44.66	
			97.63	48.82
53	John Heilman			
	LA Marathon Half	2:36:00	48.47	
	Happy Easter Half	2:36:41	48.26	
	<i>Op Jack Half</i>	2:39:39	47.83	
			96.73	48.37
54	Arnab Mukherjee			
	Traiblazer 10K	61:06	44.00	
	San Jose RnR 10K	62:21	43.12	
			87.12	43.56
55	Trent Rodriguez			
	Drumstick 10K	59:29	44.91	
	Monster Dash Half	2:33:39	39.90	
			84.81	42.41

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56	Christopher Tapper				
	Bare Burro 5K	41:41	35.95		
	LB Pride 10K	1:14:44	40.88		
			76.83	38.42	
57	Benji Abraham				
	LAFR 10K	1:42:51	29.87		
	Universal 5K	57:10	26.10		
			55.97	27.99	
1 Race					
58	Mark Johnson				
	LB Pride 10K	39:52	76.63		
			76.63	76.63	
59	Tommy Le				
	LB Half	1:32:30	70.89		
			70.89	70.89	
60	Andrew Snyder				
	Firecracker 10K	43:07	62.35		
			62.35	62.35	
61	Daniel Formanek				
	LAFR 5K	23:22	61.27		
			61.27	61.27	
62	Carlos Fajardo				
	GP Trail Relay 5.3	38:04	59.98		
			59.98	59.98	
63	Mike Heredia				
	Bare Burro 5K	22:33	59.50		
			59.50	59.50	
64	Barry Hamaguchi				
	Firecracker 10K	46:10	59.24		
			59.24	59.24	
65	Ric Munoz				
	Nanny Goat 100 Mile	29:17:59	58.26		
			58.26	58.26	
66	Piyush Prakash				
	Chesebro Half	1:46:28	57.88		
			57.88	57.88	
67	Johnny Mendez				
	LAFR 5K	28:42	56.10		
			56.10	56.10	
68	Jeff Masino				
	Run Deo Run 10K	56:59	54.08		
			54.08	54.08	
69	Mickey Caruso				
	Joshua Tree Half	2:15:01	53.95		
			53.95	53.95	
70	Lui Sanchez				
	LAFR 5K	29:20	53.58		
			53.58	53.58	
71	Travis Rex				
	LA Marathon	4:16:52	52.66		
			52.66	52.66	
72	Kyle Stevenson				
	Catalina Half	2:13:58	49.77		
			49.77	49.77	
73	Richard West				
	Catalina 10K	1:16:11	48.00		

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				48.00	48.00
74	Joey Lan				
	Firecracker 10K	56:29	47.45		
				47.45	47.45
75	Brian Dunbar				
	LAFR 5K	32:54	47.37		
				47.37	47.37
76	Albert Giang				
	Catalina 10K	59:35	47.24		
				47.24	47.24
77	Jason Bautista				
	SRLA Summer 5K	29:37	45.98		
				45.98	45.98
78	Rudy Van Graan				
	Leona Divide 30K	4:33:06	40.76		
				40.76	40.76
79	Patrick Conner				
	Run Deo Run 10K	68:11	39.89		
				39.89	39.89
80	Anthony Chan				
	LAFR 5K	37:07	38.84		
				38.84	38.84

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Rank	WOMEN			AVG
1	Erin Brinton			
	Holiday Fun 15K	69:13	70.14	
	New Year 15K	70:23	68.97	
	Giving Thanks 10K	46:10	65.99	
	Turkey 10K HBCH	46:10	65.99	
	Ocean Breeze 5K	22:43	65.30	
	Doggie 5K	25:46	57.44	
			393.83	65.64
2	Peachy Poso			
	LA Marathon	4:13:47	64.34	
	NYC Full	4:24:03	61.84	
	Firecracker 10K	53:14	61.55	
	Avalon 50 Mile	10:41:41	60.01	
	LAFR 5K	27:05	59.08	
	Mt Hwd 12K Trail	1:12:39	57.09	
	<i>Leona Divide 100K</i>	15:12:28	56.69	
	<i>LAFR 10K</i>	58:42	56.39	
	<i>Griffith Park Trail 50K</i>	6:08:40	55.35	
	<i>Run Deo Run Full</i>	4:52:15	55.26	
	<i>Calico 50k</i>	6:26:56	52.74	
	<i>Kodiak 100</i>	35:15:19	46.96	
	<i>Ray Miller 50K</i>	7:33:45	45.47	
	<i>Badwater Salton Sea</i>	27:06:25	44.99	
	<i>Firecracker 5K</i>	37:43	42.02	
	<i>Tunnel Light Full</i>	4:33:16	59.75	
			363.91	60.65
3	Margie Gonzales			
	Big Bear Half	3:00:36	52.52	
	Giving Thanks 5K	41:55	47.08	
	Turkey 5K 11/24	42:17	46.67	
	LB Half	3:44:50	42.19	
	Monster Dash 10K	1:32:19	45.17	
	Ocean Breeze 10K	1:32:15	45.20	
	<i>Holiday Fun 5K</i>	43:23	45.49	
	<i>Reindeer 5K</i>	43:29	45.38	
	<i>Turkey 5K 12/1</i>	43:39	45.21	
	<i>Mother's Day 5K</i>	44:08	44.71	
	<i>Doggie 5K</i>	44:48	44.05	
	<i>Vday 5K</i>	45:02	43.82	
	<i>LAFR 5K</i>	45:12	43.66	
	<i>Rockin Sham 5k</i>	46:59	42.00	
			278.83	46.47

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4 Races				
4	Sarah Syed			
	Pas Trail 10 Mile	1:34:23	56.16	
	LAFR 5K	22:53	65.62	
	LAFR 10K	52:56	58.38	
	GP Trail Relay 5.3	44:40	58.62	
			238.78	59.70
5	Stephanie Stone			
	LAFR 10K	75:59	51.17	
	Doggie 5K	34:37	54.21	
	LA Marathon	7:25:23	43.46	
	Veterans 5K	33:53	54.70	
			203.54	50.89
6	Jane Dods			
	Elephant 5K	56:27	46.41	
	Butte to Butte 4 Mile	1:05:18	53.42	
	OR Womens 5K	49:24	53.04	
	Scandia Run 4 Mile	1:15:30	46.20	
	<i>Bark in the Park 5K</i>	50:18	52.09	
	<i>Couples Classic 5K</i>	51:07	51.26	
	<i>Father's Day 5K</i>	51:46	50.61	
	<i>Run to Stay Warm 5K</i>	51:48	50.58	
	<i>My Breast Friends 5K</i>	52:17	50.11	
	<i>Run with the Cops 5K</i>	52:26	49.97	
	<i>Save the Bee 5K</i>	52:40	49.75	
	<i>Miles on Memorial 5K</i>	52:46	49.65	
	<i>Mother's Day 5K</i>	52:53	49.54	
	<i>Walk like MADD 5K</i>	53:29	48.99	
	<i>Race for the Ace 5K</i>	54:07	48.41	
	<i>OTC #4 5K</i>	54:14	48.31	
	<i>Lucky Clover 5K</i>	54:16	48.28	
	<i>Monster Mash 5K</i>	55:32	47.18	
	<i>Truffle Shuffle 2 Mile</i>	42:57	43.67	
	<i>Eugene Peace 5K</i>	1:10:35	37.12	
			199.07	49.77
3 Races				
7	Allyne Winderman			
	LAFR 5K	31:22	64.61	
	LAFR 10K	67:34	63.54	
	Cinco de Mayo 15K	1:39:22	69.23	
			197.38	65.79
8	Lori Abosch			
	Victory 1 Mile	7:41	70.13	
	Santa Clarita Half	2:25:08	54.30	
	Lake Balboa Half	2:39:02	49.55	
	<i>Happy Village 10K</i>	71:35	48.45	
			173.98	57.99

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2 Races				
9	Gillian Hoagland			
	LAFR 5K	25:50	57.16	
	Doggie 5K	24:22	60.60	
			117.76	58.88
10	Rina Shiramizu			
	LB Pride 5K	38:03	50.68	
	Trails 4 Whales 5K	38:08	48.69	
			99.37	49.69
11	Kimberly Fairchild			
	SOB 25 Mile	5:31:24	49.83	
	Ahmanson 18K Trail	2:17:45	49.16	
			98.99	49.50
12	Nicole Oeuvray			
	Turkey 5K 11/24	42:17	43.69	
	Reindeer 5K	43:32	43.11	
	<i>Ocean Breeze 5K</i>	44:34	42.11	
	<i>Doggie 5K</i>	46:05	40.72	
	<i>LAFR 5K</i>	46:01	40.28	
	<i>Mother's Day 5K</i>	48:07	38.52	
			86.80	43.40
13	Elizabeth Navarrete			
	LB Pride 5K	38:21	38.50	
	LAFR 5K	37:08	39.77	
			78.27	39.14
14	Yumi Afrento			
	Run Deo Run 5K	48:18	35.37	
	Holiday Fun 5K	47:05	37.10	
			72.47	36.24
1 Race				
15	Rosie Jewell			
	LAFR 10K	51:45	58.62	
			58.62	58.62
16	Lacey Howcroft			
	Run Deo Run 5K	30:54	47.79	
			47.79	47.79
17	Vanessa Wegman			
	Drumstick 5K	49:28	31.27	
			31.27	31.27

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Rank	WALKER			AVG
1	Deo Jaravata			
	Orange Curtain 50K	6:47:33	68.62	
	USATF 15K	1:48:40	63.12	
	LA Marathon	5:42:49	65.86	
	Holiday Half	2:45:43	58.77	
	USATF 10K	1:14:00	57.25	
	Friendship 18 Miles	3:51:32	63.11	
			376.73	62.79
2	Bill Walsky			
	Lost Dutchman half	3:13:54	55.28	
	Surf City half	3:26:32	51.90	
	La Palma 5K	46:18	51.84	
	Holiday Fun 5K	46:23	51.74	
	cypress 5K	46:02	51.48	
	Encinitas half	3:28:31	51.41	
	<i>LB Half</i>	3:32:34	50.82	
	<i>Flying Pig half</i>	3:33:03	50.32	
	<i>Indy Mini 500 half</i>	3:35:06	49.83	
	<i>Wrigley 5K</i>	48:06	49.27	
	<i>stars and stripes 5K</i>	49:31	47.86	
	<i>LAFR 5K</i>	51:32	47.45	
	<i>LB Pride 5K</i>	50:53	46.58	
			313.65	52.28
3	Bill Winkelmann			
	Wrigley 5K	44:03	52.52	
	Fathers Day 10K	1:32:10	50.45	
	LAFR 5K	46:10	50.11	
	NYFR 5 Mile	1:15:01	49.99	
	Drumstick 5K	49:01	48.96	
	PS Pride 5K	47:49	48.38	
	<i>Mother's Day 10K</i>	1:37:10	47.86	
	<i>Stars & Stripes 10K</i>	1:37:26	47.72	
	<i>LB Pride 5K</i>	50:56	45.42	
			300.41	50.07
3 Races				
4	John Kawaharada			
	Run Deo Run 5K	50:00	41.90	
	LAFR 5K	57:07	36.77	
	Doggie 5K	64:36	23.01	
			101.68	33.89
2 Races				
5	Brian Eggert			
	LB Pride 5K	53:00	46.48	
	LAFR 5K	56:07	45.19	
			91.67	45.84

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1 Race				
6	Amy Ross			
		LAFR 5K	50:29	52.75
				52.75
7	Lee Lightfoot			
		PS Pride 5K	54:27	48.55
				48.55
8	Kevin Norte			
		LAFR 5K	46:50	46.54
				46.54
9	Don Norte			
		LAFR 5K	46:51	46.53
				46.53
10	Keeley Webster			
		LAFR 5K	50:30	44.19
				44.19
11	Cat White			
		LAFR 5K	50:31	43.40
				43.40
12	Tim Chung			
		LAFR 5K	51:32	41.54
				41.54
13	Geoff Buck			
		SRLA Summer 5K	55:31	41.19
				41.19
14	Jason Lee			
		LAFR 5K	63:00	29.20
				29.20