

Race Date
August 27, 2022

2022 Lake Del Valle Swim Saturday 5K

5K Overall - ALL Divisions

| <u>Overall</u> | <u>Name</u> | <u>Club Affiliatio</u> | <u>Bib No</u> | <u>Age</u> | <u>Gend</u> | <u>AG Place</u> | <u>Div</u> | <u>Time</u> | <u>Pace</u> |
|----------------|-----------------------|------------------------|---------------|------------|-------------|-----------------|------------|-------------|-------------|
| 1 | Chad La Tourette | TOC | 143 | 34 | M | 1 30-34 | US | 58:41 | 18:56/M |
| 2 | Heidi George | UC38 | 122 | 46 | F | 1 45-49 | US | 58:55 | 19:00/M |
| 3 | Barton Wells | UC38 | 184 | 55 | M | 1 55-59 | US | 59:31 | 19:12/M |
| 4 | Trevor Gillis | LAMV | 30 | 47 | M | 1 45-49 | US | 59:33 | 19:13/M |
| 5 | Catherine Breed | TOC | 6 | 29 | F | 1 25-29 | US | 1:00:44 | 19:35/M |
| 6 | Hannah Sakaluk | ARIZ | 58 | 25 | F | 2 25-29 | US | 1:01:15 | 19:45/M |
| 7 | Johnathan Dolan | UC33 | 107 | 20 | M | 1 18-24 | US | 1:01:15 | 19:45/M |
| 8 | Kieran Dolan | | 108 | 16 | M | 1 1-17 | WO | 1:02:21 | 20:07/M |
| 9 | Allison Arnold | TOC | 3 | 30 | F | 1 30-34 | US | 1:03:18 | 20:25/M |
| 10 | Jerome Frentsos | DCAC | 27 | 57 | M | 2 55-59 | US | 1:04:20 | 20:45/M |
| 11 | Jorge Angel | TVM | 73 | 55 | M | 3 55-59 | US | 1:04:21 | 20:45/M |
| 12 | Tyler Fidler | UC33 | 116 | 25 | M | 1 25-29 | US | 1:04:28 | 20:48/M |
| 13 | Danica Adams | UC33 | 1 | 23 | F | 1 18-24 | US | 1:04:29 | 20:48/M |
| 14 | Jack Calhoun | CRUZ | 11 | 33 | M | 2 30-34 | US | 1:04:30 | 20:48/M |
| 15 | Ariel Freiman | QSSSJ | 119 | 21 | M | 2 18-24 | US | 1:06:10 | 21:21/M |
| 16 | Tenaya Winter | | 190 | 17 | F | 1 1-17 | WO | 1:06:14 | 21:22/M |
| 17 | Todd Arris | TOC | 74 | 57 | M | 4 55-59 | US | 1:06:15 | 21:22/M |
| 18 | Kevin Scott | UC33 | 61 | 52 | M | 1 50-54 | US | 1:06:35 | 21:29/M |
| 19 | Andrew Ferguson | UC38 | 113 | 43 | M | 1 40-44 | US | 1:06:43 | 21:31/M |
| 20 | Rick Gould | STAN | 32 | 54 | M | 2 50-54 | US | 1:06:45 | 21:32/M |
| 21 | David Popko | ROSE | 52 | 45 | M | 2 45-49 | US | 1:07:22 | 21:44/M |
| 22 | Michael Lucero | GRA | 44 | 52 | M | 3 50-54 | US | 1:07:34 | 21:48/M |
| 23 | Tesla Profumo | CRUZ | 161 | 45 | F | 2 45-49 | US | 1:07:51 | 21:53/M |
| 24 | Kimberly Elsbach | DAM | 21 | 59 | F | 1 55-59 | US | 1:09:20 | 22:22/M |
| 25 | Curtis Brennan | WCM | 87 | 44 | M | 2 40-44 | US | 1:09:26 | 22:24/M |
| 26 | Federico Chialvo | UC38 | 94 | 39 | M | 1 35-39 | US | 1:09:35 | 22:27/M |
| 27 | Kostas Sarrigeorgidis | UC38 | 60 | 48 | M | 3 45-49 | US | 1:09:38 | 22:28/M |
| 28 | Chris Tainty | CRUZ | 64 | 62 | M | 1 60-64 | US | 1:09:39 | 22:28/M |
| 29 | Tom Nootbaar | WCM | 196 | 59 | M | 5 55-59 | US | 1:10:02 | 22:35/M |
| 30 | Laura Val | TAM | 183 | 71 | F | 1 70-74 | US | 1:10:23 | 22:42/M |
| 31 | Mike Carr | SRM | 12 | 62 | M | 2 60-64 | US | 1:10:30 | 22:45/M |
| 32 | Jeff Kennedy | BAC | 138 | 59 | M | 6 55-59 | US | 1:10:40 | 22:48/M |
| 33 | Lisa Ward | WCM | 68 | 58 | F | 2 55-59 | US | 1:10:47 | 22:50/M |
| 34 | Jane Esahak-Gage | ARIZ | 22 | 60 | F | 1 60-64 | US | 1:11:22 | 23:01/M |
| 35 | Lisa Hazen | LAMV | 35 | 58 | F | 3 55-59 | US | 1:11:39 | 23:07/M |
| 36 | Sarah Kletzer | CRUZ | 140 | 30 | F | 2 30-34 | US | 1:11:53 | 23:11/M |
| 37 | Sandy MacDonald | SMST | 46 | 67 | M | 1 65-69 | US | 1:11:53 | 23:11/M |
| 38 | Joel Wilson | CRUZ | 70 | 74 | M | 1 70-74 | US | 1:12:09 | 23:16/M |
| 39 | Rebecca Friedlander | SNM | 29 | 56 | F | 4 55-59 | US | 1:12:16 | 23:19/M |
| 40 | Fred Ferroggiaro | TOC | 194 | 69 | M | 2 65-69 | US | 1:12:19 | 23:20/M |
| 41 | Abby Bergman | MELO | 4 | 26 | F | 3 25-29 | US | 1:12:32 | 23:24/M |
| 42 | Ann Hight | TVM | 37 | 61 | F | 2 60-64 | US | 1:12:37 | 23:25/M |
| 43 | Stephanie Couch | MELO | 15 | 58 | F | 5 55-59 | US | 1:12:42 | 23:27/M |
| 44 | Daniel Rico | WCM | 55 | 26 | M | 2 25-29 | US | 1:13:30 | 23:43/M |
| 45 | Jimmy Dworkin | OEVT | 111 | 55 | M | 7 55-59 | WE | 1:13:47 | 23:48/M |
| 46 | Michael Notaro | MAM | 157 | 60 | M | 3 60-64 | US | 1:14:11 | 23:56/M |
| 47 | Carrie Hahnel | MEMO | 130 | 44 | F | 1 40-44 | US | 1:14:21 | 23:59/M |

Race Date
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|----------------|-------------------|------------------------|---------------|------------|-------------|-----------------|------------|-------------|-------------|
| 48 | Peter Guadagni | WCM | 127 | 67 | M | 3 65-69 | US | 1:14:24 | 24:00/M |
| 49 | Jayne Riley | HTUB | 56 | 59 | F | 6 55-59 | US | 1:14:30 | 24:02/M |
| 50 | Cynthia Hertzner | CRUZ | 36 | 53 | F | 1 50-54 | US | 1:14:35 | 24:04/M |
| 51 | Steve Cutting | MAM | 18 | 65 | M | 4 65-69 | US | 1:15:04 | 24:13/M |
| 52 | Amy Fischer | CLOV | 117 | 47 | F | 3 45-49 | US | 1:15:05 | 24:13/M |
| 53 | Linda Simons | GRA | 62 | 57 | F | 7 55-59 | US | 1:15:17 | 24:17/M |
| 54 | Greg Lendahl | QSSSJ | 147 | 53 | M | 4 50-54 | US | 1:15:26 | 24:20/M |
| 55 | Eric Kinney | MELO | 139 | 53 | M | 5 50-54 | US | 1:15:48 | 24:27/M |
| 56 | Dan Kirkland | OREG | 42 | 74 | M | 2 70-74 | US | 1:16:26 | 24:39/M |
| 57 | Brian Berger | UC38 | 81 | 26 | M | 3 25-29 | US | 1:16:47 | 24:46/M |
| 58 | Eric Hatch | SNM | 34 | 48 | M | 4 45-49 | US | 1:17:23 | 24:58/M |
| 59 | Cindy Clements | NBA | 99 | 61 | F | 3 60-64 | US | 1:18:21 | 25:16/M |
| 60 | Laura Lawrence | WCM | 195 | 42 | F | 2 40-44 | US | 1:18:42 | 25:23/M |
| 61 | Helene Nehrebecki | DAM | 48 | 42 | F | 3 40-44 | US | 1:18:44 | 25:24/M |
| 62 | William Gardner | AAM | 120 | 58 | M | 8 55-59 | US | 1:18:57 | 25:28/M |
| 63 | Alyssa Barkley | OEVT | 77 | 35 | F | 1 35-39 | OE | 1:18:59 | 25:29/M |
| 64 | Jane Russell | DAM | 57 | 59 | F | 8 55-59 | US | 1:19:10 | 25:32/M |
| 65 | Brad Schindler | MEMO | 169 | 50 | M | 6 50-54 | US | 1:19:12 | 25:33/M |
| 66 | John Goode | MVM | 123 | 55 | M | 9 55-59 | US | 1:19:16 | 25:34/M |
| 67 | John Jeha | SERC | 39 | 64 | M | 4 60-64 | US | 1:20:26 | 25:57/M |
| 68 | Keith Chun | UC38 | 98 | 49 | M | 5 45-49 | US | 1:20:36 | 26:00/M |
| 69 | Chris Jones | OEVT | 136 | 67 | M | 5 65-69 | WE | 1:20:46 | 26:03/M |
| 70 | Richard Walter | UC38 | 198 | 59 | M | 10 55-59 | US | 1:20:52 | 26:05/M |
| 71 | David Schirmer | PSM | 170 | 66 | M | 6 65-69 | US | 1:20:57 | 26:07/M |
| 72 | David Law | MAM | 43 | 37 | M | 2 35-39 | US | 1:21:04 | 26:09/M |
| 73 | Michelle Ferguson | ALB | 24 | 55 | F | 9 55-59 | US | 1:21:30 | 26:17/M |
| 74 | Bob Bruce | OREG | 8 | 74 | M | 3 70-74 | US | 1:21:32 | 26:18/M |
| 75 | Bob Anderson | MELO | 2 | 67 | M | 7 65-69 | US | 1:21:35 | 26:19/M |
| 76 | Ivo Delmis | NBA | 104 | 49 | M | 6 45-49 | US | 1:22:05 | 26:29/M |
| 77 | Sarah Groskopf | HTUB | 33 | 42 | F | 4 40-44 | US | 1:22:07 | 26:29/M |
| 78 | Beccah Rothschild | MAM | 167 | 49 | F | 4 45-49 | US | 1:22:10 | 26:30/M |
| 79 | Edward Rudloff | TOC | 168 | 75 | M | 1 75-79 | US | 1:22:25 | 26:35/M |
| 80 | Robert Hennessy | TVM | 132 | 59 | M | 11 55-59 | US | 1:22:28 | 26:36/M |
| 81 | Joseph Berglund | SMAC | 82 | 48 | M | 7 45-49 | US | 1:22:36 | 26:39/M |
| 82 | Ed Deng | FREM | 105 | 59 | M | 12 55-59 | US | 1:22:51 | 26:44/M |
| 83 | Helena Murray | TEME | 155 | 27 | F | 4 25-29 | US | 1:23:08 | 26:49/M |
| 84 | Dale Dolan | KMAN | 106 | 51 | M | 7 50-54 | US | 1:23:53 | 27:04/M |
| 85 | Drew Sanders | WCM | 59 | 52 | M | 8 50-54 | US | 1:24:02 | 27:06/M |
| 86 | Dana MacAbales | CALGM | 45 | 31 | F | 3 30-34 | US | 1:25:13 | 27:29/M |
| 87 | Louise Rafkin | MEMO | 162 | 64 | F | 4 60-64 | US | 1:25:29 | 27:35/M |
| 88 | Phyllis Quinn | TOC | 53 | 67 | F | 1 65-69 | US | 1:25:39 | 27:38/M |
| 89 | Susan Helmrich | LNRS | 131 | 67 | F | 2 65-69 | US | 1:25:41 | 27:38/M |
| 90 | Harriet Tzou | TEME | 182 | 37 | F | 2 35-39 | US | 1:25:52 | 27:42/M |
| 91 | Devon Heron | OEVT | 133 | 55 | M | 13 55-59 | OE | 1:26:01 | 27:45/M |
| 92 | Marta Bechhoefer | CRUZ | 79 | 55 | F | 10 55-59 | US | 1:26:35 | 27:56/M |
| 93 | Drake Southern | | 297 | 22 | M | 3 18-24 | OE | 1:27:12 | 28:08/M |
| 94 | Linda Hora | OEVT | 134 | 58 | F | 11 55-59 | OE | 1:27:43 | 28:18/M |

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August 27, 2022

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|----------------|--------------------|------------------------|---------------|------------|-------------|-----------------|------------|-------------|-------------|
| 95 | Henry Bates | CRUZ | 78 | 56 | M | 14 55-59 | US | 1:28:49 | 28:39/M |
| 96 | David Stewart | VACA | 176 | 64 | M | 5 60-64 | US | 1:29:02 | 28:43/M |
| 97 | Laurie Lewis | BAC | 148 | 61 | F | 5 60-64 | US | 1:29:09 | 28:45/M |
| 98 | Judy Bracken | SRVM | 85 | 65 | F | 3 65-69 | US | 1:29:58 | 29:01/M |
| 99 | Greg Laudenslager | RHMS | 146 | 61 | M | 6 60-64 | US | 1:30:04 | 29:03/M |
| 100 | Kathleen Cowling | UC38 | 16 | 51 | F | 2 50-54 | US | 1:30:17 | 29:07/M |
| 101 | Meredith West | SMM | 186 | 38 | F | 3 35-39 | US | 1:30:30 | 29:12/M |
| 102 | Richard Burns | TAM | 89 | 79 | M | 2 75-79 | US | 1:30:55 | 29:20/M |
| 103 | Michele Santilhano | MELO | 197 | 52 | F | 3 50-54 | US | 1:30:56 | 29:20/M |
| 104 | Douglas Crowder | QSSSJ | 100 | 37 | M | 3 35-39 | US | 1:31:04 | 29:23/M |
| 105 | Maria Teresa Frias | GRA | 28 | 50 | F | 4 50-54 | US | 1:31:05 | 29:23/M |
| 106 | Fiona Duncan | GRA | 20 | 48 | F | 5 45-49 | OE | 1:32:07 | 29:43/M |
| 107 | James Budde | HIMA | 10 | 77 | M | 3 75-79 | US | 1:32:35 | 29:52/M |
| 108 | Kelly Nix | UC38 | 156 | 59 | F | 12 55-59 | US | 1:33:01 | 30:00/M |
| 109 | Jessie Hickel | | 296 | 64 | F | 6 60-64 | US | 1:33:07 | 30:02/M |
| 110 | Colleen Darling | WCM | 19 | 48 | F | 6 45-49 | US | 1:33:19 | 30:06/M |
| 111 | Sally Guthrie | DAM | 129 | 72 | F | 2 70-74 | US | 1:33:44 | 30:14/M |
| 112 | Dan Winterrowd | MEMO | 191 | 72 | M | 4 70-74 | US | 1:34:03 | 30:20/M |
| 113 | Kelly Woodard | ECAM | 192 | 62 | F | 7 60-64 | US | 1:35:08 | 30:41/M |
| 114 | Jennifer Phalen | DAM | 49 | 58 | F | 13 55-59 | US | 1:35:39 | 30:51/M |
| 115 | Dan Tuchler | LGSR | 181 | 65 | M | 8 65-69 | US | 1:36:13 | 31:02/M |
| 116 | Harlan Pinto | MELO | 51 | 65 | M | 9 65-69 | US | 1:38:18 | 31:43/M |
| 117 | Ghislaine Maze | RPM | 151 | 48 | F | 7 45-49 | US | 1:38:26 | 31:45/M |
| 118 | Todd Remington | UC38 | 165 | 59 | M | 15 55-59 | US | 1:38:46 | 31:52/M |
| 119 | Bianca Taylor | CSTS | 179 | 32 | F | 4 30-34 | US | 1:40:13 | 32:20/M |
| 120 | Michael Reilly | QSSSJ | 164 | 40 | M | 3 40-44 | US | 1:41:03 | 32:36/M |
| 121 | Yue Shen Gu | WCM | 126 | 29 | M | 4 25-29 | US | 1:41:34 | 32:46/M |
| 122 | Jack Guedj | FREM | 128 | 63 | M | 7 60-64 | US | 1:41:35 | 32:46/M |
| 123 | Patricia Koning | UC38 | 142 | 52 | F | 5 50-54 | US | 1:44:00 | 33:33/M |
| 124 | Karen Wells | LGM | 185 | 66 | F | 4 65-69 | US | 1:44:45 | 33:47/M |
| 125 | Lisa Soule | UC38 | 63 | 49 | F | 8 45-49 | US | 1:45:53 | 34:09/M |
| 126 | Mark Caufield | | 298 | 54 | M | 9 50-54 | US | 1:46:59 | 34:31/M |
| 127 | Bob Ferraro | OAM | 115 | 61 | M | 8 60-64 | US | 1:47:23 | 34:38/M |
| 128 | Meeti Sudame | TEME | 177 | 35 | F | 4 35-39 | US | 1:47:26 | 34:39/M |
| 129 | Riccardo Notini | MAM | 158 | 67 | M | 10 65-69 | US | 1:53:08 | 36:30/M |
| 130 | Gretchen Fermer | QSSSJ | 114 | 49 | F | 9 45-49 | US | 1:54:24 | 36:54/M |
| 131 | Gail Gordon | TEME | 124 | 64 | F | 8 60-64 | US | 1:55:00 | 37:06/M |
| 132 | Hadar Aviram | UC38 | 76 | 48 | F | 10 45-49 | US | 1:55:24 | 37:14/M |
| 133 | Ariel Parrish | USF | 159 | 47 | F | 11 45-49 | US | 1:58:19 | 38:10/M |
| 134 | Teresa Focha | ALB | 26 | 61 | F | 9 60-64 | US | 2:03:01 | 39:41/M |
| 135 | Moez Cherif | LGM | 93 | 56 | M | 16 55-59 | US | 2:06:35 | 40:50/M |
| 136 | Leah Carroll | ALB | 13 | 61 | F | 10 60-64 | US | 2:09:18 | 41:43/M |
| 137 | Gabriella Giordano | TOC | 31 | 25 | F | 5 25-29 | US | 2:09:19 | 41:43/M |
| 138 | John Wetherell | UC38 | 187 | 53 | M | 10 50-54 | US | 2:12:55 | 42:53/M |
| 139 | Abby Carranza | CRUZ | 90 | 65 | F | 5 65-69 | US | 2:17:24 | 44:19/M |