

LAFR Champions Race Detail 2024 as of 12/15

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Rank	MEN			AVG
1	Carlos Vizcarra			
	Boston Marathon	2:49:18	88.59	
	M2B Half	1:19:09	86.27	
	Holiday Half	1:24:27	81.56	
	Friendship 30K	2:08:14	81.25	
	PS Pride 5K	18:09	81.14	
	Turkey Friday 5K	18:26	79.89	
	<i>Miles 4 Migraine 5K</i>	18:27	79.82	
	<i>Bimbo 5K</i>	18:35	79.25	
	<i>LB Pride 5K</i>	18:28	79.11	
	<i>LAFR Pride 10K</i>	37:39	78.91	
	<i>Redlands Half</i>	1:26:37	78.83	
	<i>Catalina 10K</i>	39:02	76.76	
	<i>SRLA Strength 10K</i>	39:25	76.02	
	<i>SRLA Endurance 15K</i>	64:43	74.61	
	<i>GP Trail Relay</i>	35:29	73.93	
			498.70	83.12
2	Satoshi Ono			
	Big Bear Half	1:16:57	88.74	
	LB Full	3:13:35	77.47	
	LA Marathon	3:12:27	77.25	
	Rose Bowl Half	1:29:50	75.35	
	Carlsbad 5K	19:49	73.14	
	SaMo Classic 6 Mile	40:07	71.47	
	<i>GP Trail Relay</i>	40:29	64.26	
	<i>Ventura Half</i>	1:27:24	77.45	
	<i>Holiday Half</i>	1:30:50	75.18	
	<i>Surf City Half</i>	1:33:55	72.07	
			463.42	77.24
3	Mark Johnson			
	Santa Clarita Full	3:21:24	79.31	
	Holiday Half	1:31:43	79.28	
	LB Pride 10K	40:41	77.61	
	LAFR Pride 10K	41:21	76.36	
	LAFR Pride 5K	20:26	75.71	
	GP Trail Relay	38:52	71.69	
	<i>Pas Trail 10.4</i>	1:26:31	66.11	
			459.96	76.66
4	Mitchell Miller			
	M2B Full	2:46:44	80.26	
	Malibu Half	1:17:16	78.84	
	Rose Bowl Half	1:21:18	74.93	
	SaMo Classic 6 Mile	34:21	74.12	
	LAFR Pride 5K	17:41	72.67	
	Sabino 7.4	46:00	69.12	
	<i>Catalina 10K</i>	38:42	68.22	
	<i>GP Trail Relay</i>	36:09	64.35	
			449.94	74.99
5	Jeremy Yoder			
	Light Tunnel Full	3:02:21	76.88	
	Giving Thx 5K	19:26	70.68	
	Doggie 5K Humans	19:28	70.03	
	Alien Half	1:33:40	68.13	
	LAFR Pride 10K	41:11	67.58	

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	Catalina Half	1:45:24	60.55	
	<i>Nov Doggie Humans 5K</i>	20:20	67.55	
	<i>LAFR Pride 5K</i>	20:47	66.09	
	<i>RDR Turkey 5K</i>	20:15	67.83	
			413.85	68.98
6	Kyle Schmitz			
	LB Half	1:27:39	71.20	
	Seekonk 5K	19:11	70.03	
	LAFR Pride 10K	40:29	67.19	
	Friendship 30K	2:21:25	66.94	
	LAFR Pride 5K	20:07	66.78	
	LA Marathon	3:27:21	65.73	
	<i>Rose Bowl Half</i>	1:36:04	64.58	
	<i>GP Trail Relay</i>	37:50	63.52	
	<i>Chesebro Half</i>	1:39:45	62.56	
			407.87	67.98
7	Bill Austin			
	MCTA 5K	22:42	74.43	
	LB Pride 5K	23:14	72.72	
	LAFR Pride 10K	48:31	71.49	
	Leap Day 2.67	21:40	65.90	
	GP Trail Relay	52:20	58.42	
	Pas Trail 5.1	43:23	64.54	
	<i>Spring Dash 5K</i>	26:15	63.77	
	<i>LAFR Pride 5K</i>	27:31	61.40	
	<i>RDR Turkey 5K</i>	25:20	66.69	
	<i>Giving Thx 5K</i>	26:10	64.57	
			407.50	67.92
8	Martin Leung			
	Rose Bowl Half	1:33:49	65.78	
	LA Marathon	2:58:06	76.12	
	LB Pride 10K	38:02	70.67	
	CIM Full	4:21:47	52.05	
	Will Rogers 10K	39:33	67.96	
	Pride Valley 5K	17:43	74.73	
			407.31	67.89
9	Vikash Reddy			
	Cascade Exp Full	3:08:32	73.76	
	Giving Thx 5K	19:02	71.63	
	Menudo 5K	20:20	67.05	
	LB Pride 10K	43:17	63.30	
	GP Trail Relay	42:22	57.14	
	Catalina Half	1:51:47	56.63	
	<i>Doggie 5K Pups</i>	25:38	52.79	
	<i>Nov Doggie Pups 5K</i>	27:58	48.75	
	<i>RDR Turkey 5K</i>	20:54	65.23	
			389.51	64.92
10	Mark Planas			
	SD Pride 5K	20:01	67.11	
	Palm Desert Half	1:33:57	66.02	
	SF Giants Half	1:37:09	64.24	
	PS Pride 5K	21:14	63.27	
	LB Pride 10K	43:04	63.16	
	LAFR Pride 10K	44:02	61.78	
	<i>LA Marathon</i>	3:54:28	58.12	

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	<i>Rose Bowl Half</i>	1:39:52	62.12	
			385.58	64.26
11	John Miles			
	PS Pride 5K	24:07	65.81	
	Shoreline 5K	24:35	64.56	
	Skunk Cabbage Half	1:54:59	64.44	
	LB Pride 10K	52:02	61.79	
	Leap Day 2.67	21:21	62.88	
	LAFR Pride 10K	51:37	62.29	
	<i>Parkrun 5K Oxford</i>	25:35	62.04	
	<i>LAFR Pride 5K</i>	25:57	60.64	
	<i>GP Trail Relay</i>	49:04	57.81	
	<i>Pas Trail 10.4</i>	1:45:21	55.30	
	<i>Catalina Half</i>	2:15:21	55.26	
	<i>Danby 23K Trail</i>	2:58:14	46.02	
	<i>SOB 50K</i>	8:44:13	39.89	
	<i>Nov Doggie Humans 5K</i>	24:45	64.13	
			381.77	63.63
12	Angus Kennedy			
	Leap Day 2.67	21:14	62.69	
	Pas Trail 5.1	42:29	61.22	
	GP Trail Relay	48:29	57.98	
	Spring Dash 5K	23:27	66.53	
	LB Pride 5K	23:32	66.30	
	Catalina 10K	55:31	57.39	
	<i>Finish 5K</i>	24:33	63.55	
			372.11	62.02
13	Norbert Hetzel			
	Finish Half	2:25:06	53.60	
	LB Pride 5K	29:28	55.79	
	Wrigley 10 Mile	1:38:57	59.26	
	LAFR Pride 10K	1:00:09	56.01	
	GP Trail Relay	60:35	49.04	
	B.I.R.R 5K	29:38	55.48	
			329.18	54.86
14	Bill Winkelmann			
	MCTA 5K	35:20	50.64	
	Spring Dash 10K	1:14:10	48.71	
	LAFR Pride 5K	37:28	47.13	
	Catalina 10K	77:10	46.81	
	Leap Day 5.34	66:33	46.42	
	GP Trail Relay	68:40	46.39	
	<i>RDR Turkey 5K</i>	38:24	46.59	
	<i>Pas Trail 5.1</i>	63:53	46.10	
	<i>LB Pride 10K</i>	76:30	47.22	
	<i>Giving Thx 10K</i>	76:32	47.20	
			286.10	47.68
15	Mike Smith			
	Bimbo 5K	31:26	47.23	
	SRLA Strength 10K	68:00	44.44	
	Friendship 30K	4:02:03	43.80	
	SRLA Endurance 15K	1:53:02	43.09	
	Rose Bowl Half	2:45:54	41.52	
	Holiday Half	2:48:07	41.34	
	<i>LA Marathon</i>	7:08:41	35.61	

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			261.42	43.57
16	Deo Jaravata			
	GP Trail Full	6:45:39	40.12	
	Nov GP Trails Full	6:51:32	39.55	
	RDR Turkey 5K	66:18	32.45	
	Big Bear Half	1:51:09	66.66	
	Luneta 63K	10:18:04	44.85	
	Brunei 42K	14:44:10	18.15	
	<i>Paris Full</i>	5:25:37	49.98	
	<i>London Full</i>	5:27:01	49.76	
	<i>Manila Full</i>	4:50:03	55.58	
			241.78	40.30
5 RACES				
17	Scott Chaney			
	GP Trail Relay	35:23	74.77	
	Turket Trot LA 10K	36:11	83.52	
	Berlin Full	2:46:25	91.73	
	Occi 5K	17:16	85.97	
	OC Full	2:57:19	85.32	
	<i>Awesome 80s 10K</i>	36:04	83.79	
	<i>Ft. Lauderdale Half</i>	1:23:12	82.79	
	<i>Carlsbad 5K</i>	17:53	82.35	
			421.31	84.26
18	Bernie Tan			
	Toronto Full	3:21:32	78.53	
	PS Pride 5K	21:00	73.06	
	LB Pride 10K	44:57	69.62	
	PS Health 10K	47:02	66.54	
	Wine Country Half	1:54:27	62.95	
	<i>Portland Half</i>	2:09:26	55.66	
	<i>Back Country 20 Mile</i>	4:16:48	46.18	
			350.70	70.14
19	David Dassey			
	Wrigley 5K	27:03	67.10	
	LB Pride 10K	55:41	66.49	
	RDR Turkey 5K	28:50	63.94	
	LAFR Pride 10K	58:13	63.59	
	GP Trail Relay	54:58	59.42	
	<i>LAFR Pride 5K</i>	29:21	61.85	
			320.54	64.11
20	Scott Swiontek			
	M2B Full	3:20:36	69.32	
	LB Pride 10K	46:34	59.29	
	GP Trail Relay	41:56	58.19	
	Catalina Half	2:01:09	52.25	
	NYC Full	3:32:00	65.59	
			304.64	60.93
21	Aaron Trieu			
	RDR Turkey 5K	23:13	59.61	
	Oakland 5K	23:06	59.91	
	Oakland Half	1:41:23	62.95	
	Livermore Half	1:44:37	61.01	
	Alameda 10 Mile	1:19:15	60.87	
	<i>Brooklyn Half</i>	1:45:28	60.51	
	<i>Berkeley 10K</i>	46:57	59.75	

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	<i>Napa 5K</i>	23:08	59.37		
	<i>SF Pride 10K</i>	48:34	57.30		
	<i>Estes Half</i>	1:57:15	54.43		
	<i>Redtail Trail 30K</i>	3:20:54	48.48		
	<i>Stinson Bch Trail Half</i>	2:59:05	35.64		
			304.35	60.87	
22	Steve Gerschultz				
	Avalon 50 Mile	11:44:33	56.05		
	Leona 50K	12:02:07	29.51		
	GP Trail 50K	6:03:10	58.68		
	Berlin Full	3:53:53	70.93		
	Toronto Full	3:48:57	72.46		
	<i>Anchorage Full</i>	4:05:51	67.47		
			287.63	57.53	
23	Charlie Heaton-Lee				
	Firecracker 10K	54:17	52.51		
	Toronto Half	1:52:46	61.66		
	Tucson Half	1:46:38	61.87		
	LA Marathon	5:14:29	45.69		
	PS Pride 5K	22:02	64.26		
			285.99	57.20	
24	Albert Giang				
	Leap Day 2.67	23:11	52.12		
	M2B Half	1:55:38	57.54		
	LB Pride 10K	54:21	53.31		
	GP Trail Relay	50:33	50.63		
	PS Pride 5K	24:06	59.20		
			272.80	54.56	
25	Dan Vu				
	LB Pride 10K	53:11	54.94		
	LAFR Pride 10K	53:49	54.29		
	SD Pride 5K	25:08	57.21		
	PS Pride 5K	25:02	57.44		
	Catalina Half	2:37:34	42.59		
			266.47	53.29	
26	Al Cortez				
	Doggie 5K Pups	30:55	47.25		
	LB Pride 10K	54:33	54.93		
	LAFR Pride 10K	51:37	58.05		
	GP Trail Relay	54:24	48.63		
	Catalina Half	2:25:51	47.23		
			256.09	51.22	
4 RACES					
27	Axier Uz Gonzalez				
	Finish Half	1:38:36	71.10		
	LAFR Pride 5K	20:57	72.03		
	LAFR Pride 10K	41:12	74.63		
	GP Trail Relay	43:23	62.56		
			280.32	70.08	
28	Bruce Bair				
	Doggie 5K Humans	20:12	76.58		
	Pas Trail 10.4	1:27:49	65.12		
	LAFR Pride 5K	22:44	68.05		
	GP Trail Relay	44:10	63.09		
			272.84	68.21	

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29	Mark DeAngelis			
	Patriots 5 Mile	36:50	69.79	
	Tram Challenge 6K	50:52	37.39	
	PS Pride 5K	22:28	70.65	
	LB Pride 5K	22:35	69.68	
	<i>SD Pride 5K</i>	22:53	69.36	
	<i>PS Health 5K</i>	23:17	67.59	
	<i>Milanovich 5K</i>	24:06	65.30	
	<i>La Canada 5K</i>	26:04	60.89	
			247.51	61.88
30	Martin Carlson			
	Doggie 5K Pups	27:25	59.43	
	LAFR Pride 5K	28:31	57.65	
	LAFR Pride 10K	57:54	58.19	
	GP Trail Relay	53:29	55.55	
			230.82	57.71
31	Joey Lan			
	Doggie 5K Humans	22:42	58.74	
	LB Pride 5K	23:05	57.77	
	PS Pride 5K	23:02	58.32	
	Catalina 10K	51:23	52.94	
	<i>Nov Doggie Humans 5K</i>	25:01	53.70	
			227.77	56.94
32	Brian Dunbar			
	LB Pride 10K	58:50	56.19	
	LAFR Pride 10K	58:56	56.09	
	SD Pride 5K	27:35	58.56	
	PS Pride 5K	28:58	55.76	
			226.60	56.65
33	Henry Jung			
	Patriots 5 Mile	46:35	55.18	
	Tram Challenge 6K	54:13	35.08	
	SD Pride 5K	25:54	61.28	
	LB Pride 5K	26:14	59.99	
	<i>PS Pride 5K</i>	27:26	57.86	
	<i>La Canada 5K</i>	28:23	55.92	
	<i>Milanovich 5K</i>	36:02	43.67	
			211.53	52.88
34	Richard Peng			
	LB Pride 10K	56:35	53.41	
	LAFR Pride 10K	55:35	54.37	
	Catalina Half	2:42:08	42.86	
	RDR Turkey 5K	28:24	52.27	
			202.91	50.73
35	David Grudzien			
	Chattahoochee 5K	32:25	51.64	
	Space Coast Half	2:54:27	45.95	
	ATL Jingle Bell 5K	34:54	48.41	
	Polar Opposite 10K	71:57	48.21	
	<i>Phoenix 10K</i>	74:35	46.05	
			194.21	48.55
36	Jonathan Whitfield			
	LB Pride 10K	61:03	49.93	
	LAFR Pride 10K	1:04:07	47.54	
	GP Trail Relay	59:12	45.45	

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	Catalina Half	2:54:15	40.24		
			183.16	45.79	
37	Ken Lewis				
	Leona 50K	9:53:49	35.55		
	LAFR Pride 5K	28:55	55.37		
	LAFR Pride 10K	59:52	54.70		
	Mt Baldy 7 Mile	2:28:53	24.97		
			170.59	42.65	
38	Jason Coleman				
	LB Half	2:35:52	43.06		
	Reindeer 10K	1:14:25	39.59		
	Summertime Half	2:55:57	38.47		
	Disney Land Half	3:42:32	30.16		
	<i>Disney Land 10K</i>	1:33:38	29.62		
	<i>Disney World 10K</i>	1:42:39	28.46		
	<i>Disney Spring 10K</i>	1:48:16	27.21		
	<i>Disney World 7.1</i>	2:00:50	27.85		
			151.28	37.82	
3 RACES					
39	Alastair Heptonstall				
	GP Trail Relay	38:41	65.10		
	Boston Full	2:53:24	82.89		
	Berlin Full	2:43:05	88.12		
			236.11	78.70	
40	Matt Movahhed				
	Firecracker 10K	37:49	71.48		
	OC Half	1:22:47	74.94		
	Derby Day 5K	18:30	72.30		
			218.72	72.91	
41	Mike Kerkman				
	Firecracker 5K	20:51	67.39		
	Sabino 7.4	49:09	69.76		
	Menudo 5K	18:36	75.54		
			212.69	70.90	
42	Scott Sugino				
	CIM Full	3:43:32	67.68		
	La Canada Turkey 5K	25:34	57.60		
	M2B Full	3:41:23	67.75		
			193.03	64.34	
43	Patrick Owen				
	Triple Crown 5K	27:18	60.22		
	Triple Crown 10K	55:32	60.67		
	Triple Crown 15K	1:23:13	65.39		
	<i>K Derby Half</i>	2:12:59	58.49		
			186.28	62.09	
44	Michael Carter				
	LB Pride 10K	48:05	63.95		
	LAFR Pride 10K	48:21	63.60		
	Nov Doggie Pups 5K	25:57	58.63		
			186.18	62.06	
45	Kevin Shiramizu				
	Leap Day 2.67	19:16	64.71		
	LAFR Pride 5K	24:13	60.32		
	Catalina 10K	49:58	59.97		
			185.00	61.67	

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46	Chad Pratt			
	SR Games 10K	53:58	60.13	
	JP Blecksmith 5K	25:41	61.80	
	YMCA Fiesta 5K	25:46	61.60	
	<i>SR Games 5K</i>	26:16	60.43	
	<i>La Canada Turkey 5K</i>	27:12	58.35	
			183.53	61.18
47	Andrew Cunningham			
	Nov Doggie Humans 5K	23:38	60.37	
	PS Pride 5K	23:07	61.72	
	RDR Turkey 5K	23:22	61.06	
			183.15	61.05
48	Raul Navarro			
	LAFR Pride 5K	21:17	62.65	
	LAFR Pride 10K	44:39	60.54	
	GP Trail Relay	42:13	56.54	
			179.73	59.91
49	Daniel Walkup			
	LAFR Pride 10K	51:08	59.61	
	El Segundo 10K	51:44	58.92	
	LA Marathon	4:48:53	56.80	
	<i>Wrigley 10K</i>	53:32	56.94	
			175.33	58.44
50	Jim Martinez			
	PS Pride 5K	28:50	61.24	
	RDR Turkey 5K	30:38	57.64	
	Pas Trail 6K	39:03	54.64	
	<i>Finish 5K</i>	30:55	56.40	
	<i>Nov Doggie Humans 5K</i>	31:21	56.32	
	<i>Doggie 5K Humans</i>	31:10	55.95	
	<i>LB Pride 5K</i>	31:52	54.72	
	<i>LAFR Pride 5K</i>	32:30	53.66	
			173.52	57.84
51	Viktor Toth			
	Avalon 50 Mile	10:08:15	59.26	
	GP Trail Relay	44:59	58.32	
	Catalina Half	2:06:19	54.53	
			172.10	57.37
52	John McGuinness			
	Doggie 5K Pups	24:09	60.49	
	Nov Doggie Pups 5K	24:58	58.51	
	GP Trail Relay	50:39	51.79	
	<i>RDR Turkey 5K</i>	25:41	57.34	
			170.79	56.93
53	Eric Eisenbrey			
	LB Pride 10K	49:54	56.67	
	LAFR Pride 5K	24:08	58.22	
	Nov Doggie Pups 5K	25:36	54.88	
			169.77	56.59
54	Solomon Leung			
	Rock the Ridge 50 Mile	8:34:51	62.65	
	Coastal DE Full	4:11:45	53.31	
	Lake Mead Full	4:20:56	51.44	
	<i>Run4Kids 100 Mile</i>	27:40:58	50.13	
	<i>Wawayanda 50K</i>	5:49:21	49.36	

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	<i>Vermont 100 Mile</i>	29:09:18	47.60	
	<i>Massanutten 100 Mile</i>	29:11:46	47.53	
	<i>Kanawha 50K</i>	6:29:41	44.25	
	<i>Gunpowder 50K</i>	6:29:46	44.24	
	<i>Holcomb Trail 33 Mile</i>	8:04:20	44.23	
			167.40	55.80
55	Brennen Hernandez			
	M2B Full	4:20:03	53.47	
	GP Trail Relay	45:57	50.82	
	Two Cities Full	3:49:17	58.53	
			162.82	54.27
2 RACES				
56	Greg Ziencina			
	LA Marathon	3:18:24	80.51	
	Boston Marathon	3:40:28	72.45	
			152.96	76.48
57	Michael Bea			
	Rose Bowl Half	1:22:45	74.03	
	Surf City Half	1:19:25	77.13	
			151.16	75.58
58	Mario Mota			
	LB Pride 10K	47:18	67.97	
	Paris Full	4:20:30	62.47	
			130.44	65.22
59	Adon Ramos			
	GP Trail Relay	38:39	60.19	
	LB Half	1:32:48	65.65	
			125.84	62.92
60	Theo Tacail			
	Catalina 10K	44:26	59.76	
	Spooky 10K	41:27	64.06	
			123.82	61.91
61	Rono Velasquez			
	Bimbo 10K	51:20	59.38	
	SR Games 10K	51:36	59.07	
			118.45	59.23
62	Derek Mai			
	LAFR Pride 5K	20:55	63.30	
	GP Trail Relay	43:20	54.75	
			118.05	59.03
63	Barry Hamaguchi			
	Firecracker 10K	46:42	60.07	
	PS Pride 5K	24:34	56.76	
			116.83	58.42
64	Sean O'Brien			
	Nov Doggie Pups 5K	29:51	53.63	
	Catalina 10K	54:06	60.54	
			114.17	57.09
65	Jonathan Toker			
	LAFR Pride 5K	38:15	37.89	
	Catalina Half	1:32:29	73.20	
			111.09	55.54
66	Jeff Neinstein			
	LAFR Pride 10K	54:16	58.18	
	GP Trail Relay	53:47	51.81	

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			109.99	55.00
67	David Gonzalez			
	Firecracker 5K	26:37	51.99	
	Derby Day 5K	26:55	51.41	
	<i>PS Pride 5K</i>	27:49	50.13	
	<i>LA Big 5K</i>	27:44	49.90	
			103.40	51.70
68	Andrew Robertson			
	GP Trail Relay	36:20	64.27	
	Mt Baldy 7 Mile	1:34:10	31.93	
			96.20	48.10
69	Reg Willson			
	Doggie 5K Pups	35:11	46.73	
	Nov Doggie Pups 5K	39:50	41.65	
			88.38	44.19
1 RACE				
70	Brendan Crill			
	Occi 5K	18:56	77.78	
			77.78	77.78
71	Andrew Gonzalez			
	Menudo 5K	20:17	76.92	
			76.92	76.92
72	Evan Bornstein			
	SD Pride 5K	16:54	76.85	
			76.85	76.85
73	Andrew Snyder			
	Seattle Pride 8K	33:44	64.28	
			64.28	64.28
74	Trevor Tivenan			
	LA Marathon	3:33:15	62.83	
			62.83	62.83
75	Eddie Flores			
	PS Pride 5K	23:34	61.50	
			61.50	61.50
76	Duane Howard			
	Nov Doggie Humans 5K	23:30	59.33	
			59.33	59.33
77	Lui Sanchez			
	LAFR Pride 5K	27:42	58.83	
			58.83	58.83
78	Jeff Maloy			
	SD Pride 5K	22:31	57.99	
			57.99	57.99
79	Sheehan Parker			
	Redlands 5K	22:23	57.41	
			57.41	57.41
80	Francis Felix			
	LA Marathon	3:56:20	56.63	
			56.63	56.63
81	Wadley			
	Catalina Half	1:58:41	55.14	
			55.14	55.14
82	Allen-Michael Brown			
	Catalina 10K	48:59	54.61	
			54.61	54.61

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83	Oscar De La Rocha			
	Catalina 10K	50:00	52.80	
			52.80	52.80
84	Wasiq Mohammed			
	LAFR Pride 5K	25:13	50.96	
			50.96	50.96
85	Jack Adams			
	St. Paul 6K	32:02	49.82	
			49.82	49.82
86	Kyle Stevenson			
	PS Pride 5K	29:52	49.70	
			49.70	49.70
87	Michael Janovici			
	Big Bear Half	2:19:11	48.22	
			48.22	48.22
88	William Fang			
	Nov Doggie Pups 5K	29:51	48.17	
			48.17	48.17
89	Gabriel Cooper			
	Doggie 5K Pups	27:43	47.11	
			47.11	47.11
90	Cruise Berry			
	GP Trail Relay	50:35	46.45	
			46.45	46.45
91	Scott Whiteleather			
	PS Pride 5K	36:53	44.98	
			44.98	44.98
92	Mike Carbuto			
	Doggie 5K Pups	41:52	42.17	
			42.17	42.17
93	Brad Reichard			
	GP Trail Relay	64:57	41.79	
			41.79	41.79
94	Leonard Hyman			
	Rose Bowl Half	2:33:02	41.52	
			41.52	41.52
95	Marcio Heaton-Lee			
	Firecracker 10K	1:24:12	33.32	
			33.32	33.32
Rank	WOMEN			AVG
1	Leticia Rodriguez			
	Chicago Full	4:29:17	73.67	
	LA Marathon	4:34:06	72.38	
	LB Half	2:07:28	71.02	
	Rose Bowl Half	2:08:09	70.64	
	Chicago 5K	28:48	66.66	
	SaMo Classic 5K	28:54	66.43	
	<i>Disney Half</i>	2:09:47	70.23	
	<i>SB Wine Half</i>	2:09:49	70.22	
	<i>RnR SD Half</i>	2:10:58	69.60	
	<i>Boston Marathon</i>	4:52:04	67.93	
	<i>Conquer Bridge 5.3</i>	51:46	64.58	
	<i>Verdugo Trail 10K</i>	1:22:14	47.99	
	<i>Derby Day 5K</i>	53:25	35.94	

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			420.80	70.13
2	Erin Brinton			
	Jingle Bell 5K	21:01	71.64	
	Spring Equinox Half	1:41:30	71.46	
	Turkey Friday 10K	44:13	69.43	
	Summer Solstice 10K	44:02	69.36	
	Ocean Breeze 5K	21:39	69.22	
	LB Half	1:40:30	69.37	
	<i>GP Trail Relay</i>	42:08	63.92	
			420.48	70.08
3	Sumalee Sangsurasak			
	LAFR Pride 10K	55:57	64.57	
	LA Marathon	4:55:41	60.76	
	Rose Bowl Half	2:10:49	62.28	
	GP Trail Relay	53:05	59.96	
	Bimbo 10K	55:10	65.48	
	Samo Classic 6 Mile	56:09	62.04	
			375.09	62.52
4	Treven Ho			
	Chicago Full	3:51:07	70.17	
	SF Half	1:56:32	64.74	
	LAFR Pride 10K	51:59	63.40	
	Firecracker 10K	58:43	56.13	
	GP Trail Relay	53:24	54.40	
	Finish the Run Half	2:18:04	54.26	
	<i>Catalina Half</i>	2:34:13	48.92	
			363.10	60.52
5	Peachy Poso			
	Toronto Full	4:26:21	64.02	
	Berlin Full	4:41:49	60.49	
	Doggie 5K Humans	28:20	58.82	
	Avalon 50 Mile	11:42:56	57.68	
	GP Trail 50K	6:46:15	53.34	
	Pas Trail 10.4	2:09:31	48.00	
	<i>Leona 50K</i>	9:32:21	37.86	
	<i>Anchorage Full</i>	4:43:44	60.08	
			342.35	57.06
6	Gillian Wilkerson-Villasenor			
	Nov Doggie Humans 5K	23:06	64.04	
	RDR Turkey 5K	23:21	63.35	
	Valley Crest Half	2:10:28	52.27	
	Ahmanson Trail 12K	1:11:36	50.64	
	GP Trail Relay	52:23	50.47	
	Pas Trail 10.4	1:47:37	50.09	
	<i>Catalina Half</i>	2:17:51	49.81	
	<i>Spacerock 15K Trail</i>	1:40:42	47.94	
	<i>Verdugo Trail 10K</i>	1:06:52	44.80	
			330.86	55.14
5 RACES				
7	Yuri Clingerman			
	Roseville 10K	51:20	77.90	
	Firecracker 10K	50:59	77.41	
	Rose Bowl Half	1:57:08	77.29	
	SaMo Xmas 5K	25:11	77.21	
	Finish the Run Half	2:10:37	69.31	

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	<i>SR Games 10K</i>	52:58	74.51	
	<i>Bimbo 10K</i>	54:25	72.52	
	<i>Catalina 10K</i>	57:44	69.27	
			379.12	75.82
8	Denise Beatty			
	Run to Feed Hungry 10K	58:37	70.10	
	<i>Bimbo 10K</i>	58:12	69.65	
	Rose Bowl Half	2:16:03	68.44	
	<i>SF Half</i>	2:22:29	65.80	
	GP Trail Relay	62:58	56.67	
	<i>Catalina 10K</i>	67:32	60.02	
	<i>SR Games 10K</i>	58:56	68.78	
			330.66	66.13
9	Donna Martin			
	LAFR Pride 10K	1:03:28	65.65	
	SaMo Xmas 10K	66:22	62.78	
	GP Trail Relay	60:25	60.69	
	Resolution Half	3:24:08	47.29	
	Malibu Moves Half	3:40:01	43.87	
	<i>Bimbo 10K</i>	1:16:28	54.49	
	<i>Drumstick 10K</i>	1:21:14	51.29	
			280.28	56.06
4 RACES				
10	Adik Nersesian			
	Chicago Full	4:14:44	60.54	
	GP Trail Relay	54:34	50.91	
	LA Marathon	4:18:37	54.21	
	SaMo Classic 5K	24:49	62.18	
			227.84	56.96
3 RACES				
11	Louisa Hill			
	LAFR Pride 5K	23:32	63.20	
	LAFR Pride 10K	47:15	64.05	
	Nov GP Trails 50K	5:31:12	57.16	
			184.41	61.47
12	Emily Cox			
	Resolution 5K	27:02	65.24	
	Surf City Half	2:21:53	58.14	
	LA Marathon	5:26:52	54.97	
			178.35	59.45
2 RACES				
13	Amy Zheng			
	CIM Marathon	3:36:17	77.84	
	Boston Marathon	3:49:00	72.59	
			150.43	75.22
14	Esther Woods			
	LAFR Pride 10K	1:00:06	68.37	
	GP Trail Relay	57:19	63.10	
			131.47	65.74
15	April Selvage			
	LA Marathon	4:21:52	59.39	
	Boston Marathon	4:15:52	60.79	
			120.18	60.09
16	Erica Pitcavage			
	Rose Bowl Half	1:51:58	60.91	

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	GP Trail Relay	45:53	57.78	
			118.69	59.35
1 RACE				
17	Nicole Luque			
	GP Trail Relay	45:34	62.52	
			62.52	62.52
18	Kim Nguyen			
	LA Turkey 10K	62:02	52.10	
			52.10	52.10
19	Venetia			
	SF 5K	46:20	43.07	
			43.07	43.07
20	Franziska Reff			
	Rose Bowl Half	2:52:21	40.87	
			40.87	40.87
21	Lisa Zajkowski			
	LA Marathon	7:47:18	34.30	
			34.30	34.30
22	Laura Howe			
	Mt Baldy 7 Mile	2:26:18	28.35	
			28.35	28.35
Rank	WALKER			AVG
1	Deo Jaravata			
	LA Marathon	6:00:48	64.81	
	LA Big 5K	37:32	57.33	
	Bimbo 5K	48:29	44.38	
	Athens Full	5:41:10	68.54	
	Humboldt Full	5:40:24	68.70	
	SRLA Strength 10K	1:22:37	52.89	
			356.65	59.44
2	Margie Gonzales			
	Doggie 5K Humans	55:44	48.30	
	Finish 5K	50:29	53.32	
	Chesebro 10K	1:45:04	53.93	
	LB Pride 5K	48:50	55.12	
	Summer Dash 5K	48:12	55.84	
	Ind Day 5K	47:37	56.53	
			323.04	53.84
3	Mike Carbuto			
	Nov Doggie Pups 5K	47:44	51.61	
	PS Pride 5K	48:05	51.23	
	Catalina Half	4:42:39	39.21	
			142.05	47.35
4	Amy Ross			
	Doggie 5K Humans	55:45	48.28	
	LAFR Pride 5K	52:29	51.83	
			100.11	50.06
5	Cat White			
	Doggie 5K Humans	55:50	41.07	
	LAFR Pride 5K	42:34	53.88	
			94.95	47.48
6	Keeley Webster			
	Doggie 5K Humans	55:50	41.86	
	LAFR Pride 5K	1:05:11	35.87	

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			77.73	38.87
7	Don Bing			
	Catalina 10K	2:02:47	47.81	
			47.81	47.81
8	Evie Bonic			
	LAFR Pride 10K	1:54:06	46.29	
			46.29	46.29
9	Nicole Oeuvray			
	LAFR Pride 5K	58:17	44.18	
			44.18	44.18
10	Christopher Tapper			
	PS Pride 5K	49:33	43.12	
			43.12	43.12
11	Tim Chung			
	LB Pride 5K	50:35	42.67	
			42.67	42.67
12	Alice Hulac-Morentin			
	LAFR Pride 5K	1:05:10	42.63	
			42.63	42.63
13	Brad Miyasato			
	PS Pride 5K	56:46	41.75	
			41.75	41.75
14	Erin Brinton			
	LB Pride 5K	48:58	41.32	
			41.32	41.32
15	Doug Jones			
	RDR Turkey 5K	57:37	40.64	
			40.64	40.64
16	Michelle Hulac-Morentin			
	LAFR Pride 5K	1:05:10	39.18	
			39.18	39.18
17	Marcio Heaton-Lee			
	PS Pride 5K	56:45	35.15	
			35.15	35.15