

2024 LAFR Trail Master Race Detail as of 12/15

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Rank				AVG
1	Jeremy Yoder			
	Doggie 5K Humans	19:28	135.03	
	RDR Turkey 5K	20:15	132.83	
	Nov Doggie Humans 5K	20:20	132.55	
	Tunnel Light Full	3:02:21	121.88	
	Catalina Half	1:45:24	105.55	
	<i>LAFR Pride 10K</i>	<i>41:11</i>	<i>107.58</i>	
	<i>LAFR Pride 5K</i>	<i>20:47</i>	<i>106.09</i>	
			627.84	125.57
2	Gillian Wilkerson-Villasenor			
	Nov Doggie Humans 5K	23:06	129.04	
	Spacerock 15K	1:40:42	116.02	
	Ahmanson 12K	1:11:36	105.64	
	Valley Crest Half	2:10:28	96.22	
	RDR Turkey 5K	23:21	93.35	
	<i>Pas Trail 10.4</i>	<i>1:47:37</i>	<i>80.09</i>	
	<i>Catalina Half</i>	<i>2:17:51</i>	<i>79.81</i>	
	<i>Verdugo Trail 10K</i>	<i>1:06:52</i>	<i>74.80</i>	
	<i>GP Trail Relay 5.5</i>	<i>52:23</i>	<i>65.47</i>	
			540.27	108.05
3	John Miles			
	Nov Doggie Humans 5K	24:45	104.13	
	LAFR Pride 10K	51:37	102.29	
	Pas Trail 10.4	1:45:21	100.30	
	Catalina Half	2:15:21	100.26	
	SOB 50K	8:44:13	99.89	
	<i>Danby 23K Trail</i>	<i>2:58:14</i>	<i>91.02</i>	
	<i>LAFR Pride 5K</i>	<i>25:57</i>	<i>85.64</i>	
	<i>GP Trail Relay 5.5</i>	<i>49:04</i>	<i>72.81</i>	
			506.87	101.37
4	Vikash Reddy			
	RDR Turkey 5K	20:54	130.23	
	Cascade Exp Full	3:08:33	118.76	
	Doggie 5K Pups	25:38	92.79	
	Catalina Half	1:51:47	86.63	
	Nov Doggie Pups 5K	27:58	73.75	
	<i>GP Trail Relay 5.5</i>	<i>42:22</i>	<i>72.14</i>	
			502.16	100.43
5	Peachy Poso			
	Avalon 50 Mile	11:42:56	112.68	
	Doggie 5K Humans	28:20	98.82	
	Pas Trail 10.4	2:09:31	83.00	
	GP Trails 50K	6:46:15	103.34	
	Leona 50K	9:32:21	87.86	
			485.70	97.14
4 RACES				
6	Axier Uzkudun Gonzalez			
	Finish Half	1:38:36	131.10	
	LAFR Pride 5K	20:57	112.03	
	LAFR Pride 10K	41:12	114.63	
	GP Trail Relay 5.5	43:23	77.56	
			435.32	108.83

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7	Mark Johnson			
	Pas Trail 10.4	1:26:31	111.11	
	LAFR Pride 5K	20:26	115.71	
	LAFR Pride 10K	41:21	116.36	
	GP Trail Relay 5.5	38:52	86.69	
			429.87	107.47
8	Bruce Bair			
	Doggie 5K Humans	20:12	106.58	
	Pas Trail 10.4	1:27:49	110.12	
	LAFR Pride 5K	22:44	108.05	
	GP Trail Relay 5.5	44:10	78.09	
			402.84	100.71
9	Kyle Schmitz			
	LAFR Pride 5K	20:07	96.78	
	LAFR Pride 10K	40:29	122.19	
	GP Trail Relay 5.5	37:50	78.52	
	Chesebro Half	1:39:45	82.56	
			380.05	95.01
10	Angus Kennedy			
	Pas Trail 5.1	42:29	91.22	
	Finish 5K	24:33	93.55	
	GP Trail Relay 5.5	48:29	72.98	
	Catalina 10K	55:31	87.39	
			345.14	86.29
11	Treven Ho			
	LAFR Pride 10K	51:59	103.40	
	GP Trail Relay 5.5	53:24	69.40	
	Catalina Half	2:34:13	78.92	
	Finish the Run Half	2:18:04	89.26	
			340.98	85.24
12	Deo Jaravata			
	Brunei 42K	14:44:10	53.15	
	GP Trails Full	6:45:39	75.12	
	Nov GP Trails Full	6:51:32	99.55	
	RDR Turkey 5K	66:18	72.45	
			300.27	75.07
13	Al Cortez			
	Doggie 5K Pups	30:55	72.25	
	LAFR Pride 10K	51:37	83.05	
	GP Trail Relay 5.5	54:24	63.63	
	Catalina Half	2:25:51	77.23	
			296.16	74.04
14	Ken Lewis			
	Leona 50K	9:53:49	85.55	
	LAFR Pride 5K	28:55	80.37	
	LAFR Pride 10K	59:52	94.70	
	Mt Baldy 7 Mile	2:28:53	29.97	
			290.59	72.65

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3 RACES				
15	Solomon Leung			
	Wawayanda 50K	5:49:21	124.36	
	Rock the Ridge 50 Mile	8:34:51	117.65	
	Run4Kids 100 Mile	27:40:58	115.13	
	<i>Vermont 100 Mile</i>	29:09:18	112.60	
	<i>Massanutten 100 Mile</i>	29:11:46	112.53	
	<i>Run Kanawha 50K</i>	6:29:41	79.25	
	<i>Gunpowder 50K</i>	6:29:46	79.24	
	<i>Holcomb Trail 33 Mile</i>	8:04:20	79.23	
			357.14	119.05
16	Carlos Vizcarra			
	LAFR Pride 10K	37:39	133.91	
	GP Trail Relay 5.5	35:29	88.93	
	Catalina 10K	39:02	131.76	
			354.60	118.20
17	Louisa Hill			
	LAFR Pride 5K	23:32	93.20	
	LAFR Pride 10K	47:15	119.05	
	Nov GP Trails 50K	5:31:12	132.16	
			344.41	114.80
18	Mitchell Miller			
	LAFR Pride 5K	17:41	137.67	
	GP Trail Relay 5.5	36:09	79.35	
	Catalina 10K	38:42	123.22	
			340.24	113.41
19	Bill Austin			
	LAFR Pride 10K	48:31	111.49	
	RDR Turkey 5K	25:20	106.69	
	LAFR Pride 5K	27:31	101.40	
	<i>Pas Trail 5.1</i>	43:23	94.54	
	<i>GP Trail Relay 5.5</i>	52:20	73.42	
			319.58	106.53
20	Steve Gerschultz			
	Avalon 50 Mile	11:44:33	111.05	
	Leona 50K	12:02:07	79.51	
	GP Trails 50K	6:03:10	108.68	
			299.24	99.75
21	Viktor Toth			
	Avalon 50 Mile	10:08:15	124.26	
	GP Trail Relay 5.5	44:59	73.32	
	Catalina Half	2:06:19	99.53	
			297.11	99.04
22	David Dassey			
	RDR Turkey 5K	28:50	103.94	
	LAFR Pride 10K	58:13	103.59	
	LAFR Pride 5K	29:21	86.85	
	<i>GP Trail Relay 5.5</i>	54:58	74.42	
			294.38	98.13

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23	Jim Martinez			
	RDR Turkey 5K	30:38	97.64	
	Doggie 5K Humans	31:10	95.95	
	LAFR Pride 5K	32:30	93.66	
	<i>Finish 5K</i>	30:55	86.40	
	<i>Nov Doggie Humans 5K</i>	31:21	86.32	
	<i>Pas Trail 6K</i>	39:03	84.64	
			287.25	95.75
24	John McGuinness			
	Nov Doggie Pups 5K	24:58	98.51	
	Doggie 5K Pups	24:09	90.49	
	RDR Turkey 5K	25:41	87.34	
	GP Trail Relay 5.5	50:39	66.79	
			276.34	92.11
25	Martin Carlson			
	LAFR Pride 10K	57:54	98.19	
	Doggie 5K Pups	27:25	84.43	
	LAFR Pride 5K	28:31	82.65	
	<i>GP Trail Relay 5.5</i>	53:29	70.55	
			265.27	88.42
26	Donna Martin			
	LAFR Pride 10K	1:03:28	105.65	
	GP Trail Relay 5.5	60:25	75.69	
	Resolution Half	3:24:08	82.29	
			263.63	87.88
27	Richard Peng			
	LAFR Pride 10K	55:35	79.37	
	Catalina Half	2:42:08	72.86	
	RDR Turkey 5K	28:24	92.27	
			244.50	81.50
28	Joey Lan			
	Doggie 5K Humans	22:42	88.74	
	Nov Doggie Humans 5K	25:01	83.70	
	Catalina 10K	51:23	67.94	
			240.38	80.13
29	Bill Winkelmann			
	RDR Turkey 5K	38:24	86.59	
	Catalina 10K	77:10	76.81	
	Pas Trail 5.1	63:53	76.10	
	<i>LAFR Pride 5K</i>	37:28	72.13	
	<i>GP Trail Relay 5.5</i>	68:40	61.39	
			239.50	79.83
30	Raul Navarro			
	LAFR Pride 5K	21:17	92.65	
	LAFR Pride 10K	44:39	75.54	
	GP Trail Relay 5.5	42:13	71.54	
			239.73	79.91
31	Aaron Trieu			
	RDR Turkey 5K	23:13	89.61	
	Redtail Ridge 30K	3:20:54	88.48	
	Stinson Bch Half	2:59:05	55.64	
			233.73	77.91

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32	Norbert Hetzel				
	Finish Half	2:25:06	88.60		
	LAFR Pride 10K	1:00:09	81.01		
	GP Trail Relay 5.5	60:35	64.04		
			233.65	77.88	
33	Mike Carbuto				
	Doggie 5K Pups	41:52	67.17		
	Catalina Half	4:42:39	69.21		
	Nov Doggie Pups 5K	47:44	76.61		
			212.99	71.00	
34	Jonathan Whitfield				
	LAFR Pride 10K	1:04:07	72.54		
	GP Trail Relay 5.5	59:12	60.45		
	Catalina Half	2:54:15	70.24		
			203.23	67.74	
2 RACES					
35	Yuri Clingerman				
	Catalina 10K	57:44	99.27		
	Finish the Run Half	2:10:37	104.31		
			203.58	101.79	
36	Jonathan Toker				
	LAFR Pride 5K	38:15	62.89		
	Catalina Half	1:32:29	133.20		
			196.09	98.04	
37	Bernie Tan				
	Wine Country Half	1:54:27	97.95		
	Back Country Rise 20 Mile	4:16:48	86.18		
			184.13	92.07	
38	Andrew Cunningham				
	Nov Doggie Humans 5K	23:38	90.37		
	RDR Turkey 5K	23:22	91.06		
			181.43	90.72	
39	Sumalee Sangsurasak				
	LAFR Pride 10K	55:57	104.57		
	GP Trail Relay 5.5	53:05	74.96		
			179.53	89.77	
40	Eric Eisenbrey				
	LAFR Pride 5K	24:08	83.22		
	Nov Doggie Pups 5K	25:36	94.88		
			178.10	89.05	
41	Michael Carter				
	LAFR Pride 10K	48:21	88.60		
	Nov Doggie Pups 5K	25:57	88.63		
			177.23	88.62	
42	Esther Woods				
	LAFR Pride 10K	1:00:06	98.37		
	GP Trail Relay 5.5	57:19	78.10		
			176.47	88.24	
43	Derek Mai				
	LAFR Pride 5K	20:55	103.30		
	GP Trail Relay 5.5	43:20	69.75		
			173.05	86.53	

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44	Kevin Shiramizu				
	LAFR Pride 5K	24:13	90.32		
	Catalina 10K	49:58	79.97		
			170.29	85.15	
45	Sean O'Brien				
	Catalina 10K	54:06	90.54		
	Nov Doggie Pups 5K	29:51	78.63		
			169.17	84.59	
46	Dan Vu				
	LAFR Pride 10K	53:49	94.29		
	Catalina Half	2:37:34	72.59		
			166.88	83.44	
47	Amy Ross				
	Doggie 5K Humans	55:45	88.28		
	LAFR Pride 5K	52:29	76.83		
			165.11	82.56	
48	Denise Beatty				
	GP Trail Relay 5.5	62:58	71.67		
	Catalina 10K	67:32	90.02		
			161.69	80.85	
49	Margie Gonzales				
	Doggie 5K Humans	55:44	78.30		
	Finish 5K	50:29	83.32		
			161.62	80.81	
50	Scott Swiontek				
	GP Trail Relay 5.5	41:56	73.19		
	Catalina Half	2:01:09	82.25		
			155.44	77.72	
51	Cat White				
	Doggie 5K Humans	55:50	71.07		
	LAFR Pride 5K	42:34	78.88		
			149.95	74.98	
52	Jeff Neinstein				
	LAFR Pride 10K	54:16	73.18		
	GP Trail Relay 5.5	53:47	66.81		
			139.99	70.00	
53	Reg Willson				
	Doggie 5K Pups	35:11	71.73		
	Nov Doggie Pups 5K	39:50	66.65		
			138.38	69.19	
54	Keeley Webster				
	Doggie 5K Humans	55:50	71.86		
	LAFR Pride 5K	1:05:11	60.87		
			132.73	66.37	
55	Andrew Robertson				
	GP Trail Relay 5.5	36:20	79.27		
	Mt Baldy 7 Mile	1:34:10	36.93		
			116.20	58.10	

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1 RACE				
56	Theo Tacail			
	Catalina 10K	44:26	114.76	
			114.76	114.76
57	Brian Dunbar			
	LAFR Pride 10K	58:56	96.09	
			96.09	96.09
58	Mark Planas			
	LAFR Pride 10K	44:02	91.78	
			91.78	91.78
59	Wadley			
	Catalina Half	1:58:41	90.14	
			90.14	90.14
60	Duane Howard			
	Nov Doggie Humans 5K	23:30	89.33	
			89.33	89.33
61	Scott Chaney			
	GP Trail Relay 5.5	35:23	89.27	
			89.27	89.27
62	Emily Cox			
	Resolution 5K	27:02	85.24	
			85.24	85.24
63	Allen-Michael Brown			
	Catalina 10K	48:59	84.61	
			84.61	84.61
	Daniel Walkup			
	LAFR Pride 10K	51:08	84.61	
			84.61	84.61
64	Lui Sanchez			
	LAFR Pride 5K	27:42	83.83	
			83.83	83.83
65	Oscar De La Rocha			
	Catalina 10K	50:00	82.80	
			82.80	82.80
66	Doug Jones			
	RDR Turkey 5K	57:37	80.64	
			80.64	80.64
67	Alastair Heptonstall			
	GP Trail Relay	38:41	80.10	
			80.10	80.10
68	Satoshi Ono			
	GP Trail Relay 5.5	40:29	79.26	
			79.26	79.26
69	Erin Brinton			
	GP Trail Relay 5.5	42:08	78.92	
			78.92	78.92
70	Don Bing			
	Catalina 10K	2:02:47	77.81	
			77.81	77.81
71	Nicole Luque			
	GP Trail Relay 5.5	45:34	77.52	
			77.52	77.52

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72	Evie Bonic				
	LAFR Pride 10K	1:54:06	76.29		
			76.29	76.29	
73	Wasiq Mohammed				
	LAFR Pride 5K	25:13	75.96		
			75.96	75.96	
74	Adon Ramos				
	GP Trail Relay 5.5	38:39	75.19		
			75.19	75.19	
75	William Fang				
	Nov Doggie Pups 5K	29:51	73.17		
			73.17	73.17	
76	Erica Pitcavage				
	GP Trail Relay 5.5	45:53	72.78		
			72.78	72.78	
77	Gabriel Cooper				
	Doggie 5K Pups	27:43	72.11		
			72.11	72.11	
78	Nicole Oeuvray				
	LAFR Pride 5K	58:17	69.18		
			69.18	69.18	
79	Alice Hulac-Morentin				
	LAFR Pride 5K	1:05:10	67.63		
			67.63	67.63	
80	Adik Nersesian				
	GP Trail Relay 5.5	54:34	65.91		
			65.91	65.91	
81	Brennen Hernandez				
	GP Trail Relay 5.5	45:57	65.82		
			65.82	65.82	
82	Albert Giang				
	GP Trail Relay 5.5	50:33	65.63		
			65.63	65.63	
83	Michelle Hulac-Morentin				
	LAFR Pride 5K	1:05:10	64.18		
			64.18	64.18	
84	Cruise Berry				
	GP Trail Relay 5.5	50:35	61.45		
			61.45	61.45	
85	Brad Reichard				
	GP Trail Relay 5.5	64:57	56.79		
			56.79	56.79	
86	Leticia Rodriguez				
	Verdugo Trail 10K	1:22:14	52.99		
			52.99	52.99	
87	Laura Howe				
	Mt Baldy 7 Mile	2:26:18	33.35		
			33.35	33.35	