

# Golden West River Run 5k

## Overall Male Runner

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	264	Jason Dudley	00:17:11.97		R		5:32/M	10.8mph	1	38	

## Overall Female Runner

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	250	Mickie Berry	00:25:52.67		R		8:20/M	7.2mph	15	50	

## Female 0 - 19

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	401	Alicia Fregoso	00:26:20.29		Runner		8:29/M	7.1mph	17	15	
2.	281	Cami Lim	00:28:18.61		R		9:07/M	6.6mph	30	15	
3.	370	Faye Lewis	00:29:12.41		R		9:24/M	6.4mph	38	15	
4.	245	Kaitlin Siebuhr	00:29:15.08		Runner		9:25/M	6.4mph	39	10	
5.	383	Mia Whitworth	00:31:34.46		R		10:10/M	5.9mph	48	10	
6.	384	Danielle Anders	00:31:34.84		R		10:10/M	5.9mph	49	10	
7.	350	Elizabeth Dejesus	00:32:53.56		R		10:35/M	5.7mph	57	17	
8.	358	Aubrey Gandola	00:34:55.72		R		11:14/M	5.3mph	66	17	
9.	373	Alma Mederos	00:35:52.99		R		11:33/M	5.2mph	73	16	
10.	353	Kansas Dukes	00:36:35.47		R		11:47/M	5.1mph	78	9	
11.	355	Lisa Fanopoulos	00:38:23.03		R		12:21/M	4.9mph	83	16	
12.	234	Nora Sadek	00:38:39.31		Runner		12:26/M	4.8mph	87	15	
13.	233	Magali Magana	00:38:39.47		Runner		12:26/M	4.8mph	88	15	
14.	375	Savahi Moreno	00:40:07.48		R		12:55/M	4.6mph	94	15	
15.	307	Bryanna Ruiz	00:40:36.37		R		13:04/M	4.6mph	96	14	
16.	238	Cynthia Reyes	00:41:10.09		Runner		13:15/M	4.5mph	100	15	
17.	354	Carolina Espinoza	00:42:31.15		R		13:41/M	4.4mph	104	15	
18.	378	Jacquie Rocha	00:42:31.54		R		13:41/M	4.4mph	105	17	
19.	371	Selena Macias	00:42:40.31		R		13:44/M	4.4mph	108	10	
20.	351	Kamila DeLeon	00:43:54.92		R		14:08/M	4.2mph	111	10	
21.	343	britney Bullock-Arnst	00:43:56.23		R		14:08/M	4.2mph	112	11	
22.	235	Zerina Villarreal	00:44:08.11		Runner		14:12/M	4.2mph	113	14	
23.	240	Morgan Garza	00:44:08.30		Runner		14:12/M	4.2mph	114	14	
24.	345	Stacy Castaneda	00:48:35.73		R		15:38/M	3.8mph	124	19	
25.	346	Michelle Castaneda	00:48:36.51		R		15:39/M	3.8mph	125	13	
26.	366	Haley Howard	00:50:10.21		R		16:09/M	3.7mph	129	16	
27.	386	Makenzee Steele	00:57:51.28		Runner		18:37/M	3.2mph	135	8	
28.	269	Valerie Flores	00:59:00.07		R		18:59/M	3.2mph	138	15	
29.	403	Shayla Summers	00:59:15.57		Runner		19:04/M	3.1mph	141	10	
30.	377	Alexis Ortiz	01:00:35.40		R		19:30/M	3.1mph	145	18	
31.	368	Haley Kennedy	01:00:35.85		R		19:30/M	3.1mph	146	18	
32.	236	Megan Gilispey	01:04:37.77		Runner		20:48/M	2.9mph	149	16	
33.	367	Kaylee Howell	01:04:42.48		R		20:49/M	2.9mph	150	16	
34.	319	Abigail Summers	01:06:25.88		R		21:23/M	2.8mph	151	14	

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## Male 0 - 19

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	225	Eric Toslano	00:21:20.03		Runner		6:52/M	8.7mph	3	11	
2.	385	Edwin Bermudez	00:22:55.88		Runner		7:23/M	8.1mph	4	14	
3.	255	Cayden Brunson	00:25:00.69		R		8:03/M	7.5mph	8	15	
4.	222	Jacob Wallace	00:25:18.82		Runner		8:09/M	7.4mph	11	10	
5.	248	Ben Paregien	00:25:20.27		Runner		8:09/M	7.4mph	12	15	
6.	231	Juan Valenzuela	00:25:43.57		Runner		8:17/M	7.2mph	14	16	
7.	241	Isaac Rodriguez	00:26:55.13		Runner		8:40/M	6.9mph	23	14	
8.	335	Joshua Vang	00:27:25.63		R		8:49/M	6.8mph	27	17	
9.	304	Elijah Rodriguez	00:27:27.08		R		8:50/M	6.8mph	28	19	
10.	232	Jouquin Cortez Rodriguez	00:28:45.08		Runner		9:15/M	6.5mph	33	17	
11.	251	Wyatt Bible	00:28:51.36		R		9:17/M	6.5mph	35	16	
12.	363	Anders Hagen	00:30:10.39		R		9:43/M	6.2mph	41	12	
13.	226	Martin Martinez	00:30:54.04		Runner		9:57/M	6.0mph	44	10	
14.	348	Josh Corvera	00:31:27.51		R		10:07/M	5.9mph	45	9	
15.	246	Vicente Prieto	00:31:28.39		Runner		10:08/M	5.9mph	46	10	
16.	398	Adrian Rosales	00:32:25.79		Runner		10:26/M	5.8mph	54	15	
17.	380	Joseph Saelee	00:33:40.51		R		10:50/M	5.5mph	58	15	
18.	305	Cort Rowley	00:34:14.91		R		11:01/M	5.4mph	61	18	
19.	253	Carter Brunson	00:35:13.08		R		11:20/M	5.3mph	69	12	
20.	227	Tristan Garza	00:35:52.25		Runner		11:33/M	5.2mph	72	17	
21.	221	Joaquin Carranza	00:36:18.39		Runner		11:41/M	5.1mph	76	10	
22.	254	Colton Brunson	00:38:29.68		R		12:23/M	4.8mph	86	17	
23.	330	jude grijalva	00:38:47.23		R		12:29/M	4.8mph	89	17	
24.	230	Ivan Granondos	00:38:52.79		Runner		12:31/M	4.8mph	90	18	
25.	361	Elijah Hagen	00:40:38.31		R		13:05/M	4.6mph	98	8	
26.	387	Israel Medona	00:41:30.21		Runner		13:21/M	4.5mph	102	16	
27.	360	Ian Whitworth	00:42:36.45		R		13:43/M	4.4mph	106	15	
28.	381	Jeremiah Topete	00:44:24.94		R		14:17/M	4.2mph	117	10	
29.	372	Josue Magana	00:50:05.56		R		16:07/M	3.7mph	128	16	
30.	278	Keegan Hunt	00:51:35.93		R		16:36/M	3.6mph	131	18	
31.	364	Wyatt Hartman	01:02:59.22		R		20:16/M	3.0mph	147	15	
32.	365	Matthew Hartman	01:02:59.42		R		20:16/M	3.0mph	148	15	
33.	374	Alan Moreno	01:06:27.12		R		21:23/M	2.8mph	152	15	

## Female 20 - 29

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	328	Anne Welker	00:36:05.79		R		11:37/M	5.2mph	75	26	
2.	294	Virginia Moreno	00:36:51.91		R		11:52/M	5.1mph	79	28	
3.	256	Jesse Callahan	00:38:26.40		R		12:22/M	4.9mph	84	28	
4.	224	Clarissa Bucey	00:42:36.90		Runner		13:43/M	4.4mph	107	24	
5.	271	Katherine Franco	00:50:34.87		R		16:17/M	3.7mph	130	27	
6.	316	Kerry Smith	00:51:37.19		R		16:37/M	3.6mph	132	20	

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## Male 20 - 29

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	394	Efrain Rios	00:23:42.43		Runner		7:38/M	7.9mph	5	20	
2.	336	Sam Vang	00:24:44.62		R		7:58/M	7.5mph	6	26	
3.	327	Gilbert Prieto	00:25:38.11		R		8:15/M	7.3mph	13	25	
4.	338	Marciel Angulo	00:33:53.99		Runner		10:54/M	5.5mph	60	23	
5.	313	Kevin Skaff	00:39:42.71		R		12:47/M	4.7mph	92	28	
6.	293	Max Migdal	00:49:57.16		R		16:05/M	3.7mph	127	27	

## Female 30 - 39

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	291	Traci Mattos	00:26:30.28		R		8:32/M	7.0mph	18	32	
2.	296	Jessika Neufeld	00:27:19.51		R		8:48/M	6.8mph	25	37	
3.	274	Courtney Hendrickson	00:29:11.72		R		9:24/M	6.4mph	37	32	
4.	262	Yvonne Contreras	00:31:52.57		R		10:15/M	5.8mph	50	31	
5.	290	Lindsay Mathews	00:31:53.19		R		10:16/M	5.8mph	51	31	
6.	299	Adrienne Poochigian	00:32:52.08		R		10:35/M	5.7mph	56	32	
7.	308	Crystal Salazar	00:33:44.55		R		10:51/M	5.5mph	59	34	
8.	155	JoAnna Cremers	00:34:34.51		R		11:08/M	5.4mph	63	32	
9.	275	Katrina Hofmans	00:34:53.31		R		11:14/M	5.3mph	65	33	
10.	239	Whitney McFarland	00:35:10.43		Runner		11:19/M	5.3mph	68	31	
11.	320	Leah Turner	00:35:56.47		R		11:34/M	5.2mph	74	32	
12.	302	Joanna Quiñones	00:39:14.09		R		12:38/M	4.8mph	91	36	
13.	390	Julieanna Sosa	00:40:11.97		Runner		12:56/M	4.6mph	95	31	
14.	282	mary linares	00:43:43.39		R		14:04/M	4.3mph	109	35	
15.	311	Norma Sandoval	00:46:49.17		R		15:04/M	4.0mph	120	36	
16.	292	Laura Medina	00:46:49.61		R		15:04/M	4.0mph	121	34	
17.	286	Selina Lynn	00:46:57.47		R		15:07/M	4.0mph	123	31	
18.	321	Beatrice Vicencio	00:48:37.26		R		15:39/M	3.8mph	126	35	
19.	252	Katie Brown	00:53:06.69		R		17:05/M	3.5mph	134	30	
20.	270	Vicky Flores	00:59:05.96		R		19:01/M	3.2mph	139	39	
21.	181	Elizabeth Nunez	00:59:56.21		R		19:17/M	3.1mph	143	39	

## Male 30 - 39

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	393	Efrain Rios Sr.	00:26:38.96		Runner		8:34/M	7.0mph	19	38	
2.	392	Jose Tamayo	00:26:40.79		Runner		8:35/M	7.0mph	20	37	
3.	391	Anthony Molano	00:27:13.61		Runner		8:46/M	6.8mph	24	33	
4.	301	Rolando Quiñones	00:30:23.17		R		9:47/M	6.1mph	42	35	
5.	300	Brian Poochigian	00:30:43.08		R		9:53/M	6.1mph	43	36	
6.	310	Jaime Salazar	00:31:32.43		R		10:09/M	5.9mph	47	33	
7.	399	Alonso Rosales	00:32:25.60		Runner		10:26/M	5.8mph	53	39	
8.	273	Keith Harp	00:34:16.08		R		11:02/M	5.4mph	62	30	

# Golden West River Run 5k

## Female 40 - 49

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	324	Alison DeGross	00:26:50.50		R		8:38/M	6.9mph	21	42	
2.	312	Dianna Silveira	00:28:28.30		R		9:10/M	6.5mph	32	43	
3.	268	Heather Finney	00:29:46.88		R		9:35/M	6.3mph	40	41	
4.	359	Heidi Gandola	00:34:57.20		R		11:15/M	5.3mph	67	47	
5.	303	Andrea Robles	00:36:52.10		R		11:52/M	5.1mph	80	40	
6.	326	Gloria Mariscal	00:38:21.70		R		12:21/M	4.9mph	82	41	
7.	306	Cristina Ruiz	00:40:36.56		R		13:04/M	4.6mph	97	41	
8.	243	Kim Price	00:43:52.33		Runner		14:07/M	4.2mph	110	48	
9.	332	Tami Shirer	00:44:39.45		R		14:22/M	4.2mph	118	44	
10.	277	Stephanie Hunt	00:51:55.19		R		16:43/M	3.6mph	133	46	
11.	318	Sarah Summers	00:59:12.36		R		19:03/M	3.1mph	140	43	

## Male 40 - 49

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	362	Jeff Hagen	00:21:10.92		R		6:49/M	8.8mph	2	43	
2.	337	Jose Fregoso	00:25:00.63		Runner		8:03/M	7.5mph	7	45	
3.	325	Doug DeGross	00:25:11.80		R		8:06/M	7.4mph	10	44	
4.	344	Frank Carranza	00:26:12.94		R		8:26/M	7.1mph	16	44	
5.	289	Bruce Martin	00:28:27.88		R		9:09/M	6.6mph	31	47	
6.	287	David Magana	00:32:17.43		R		10:23/M	5.8mph	52	40	
7.	229	John Carranza	00:36:26.25		Runner		11:44/M	5.1mph	77	43	
8.	295	Mike Morin	00:41:03.67		R		13:13/M	4.5mph	99	48	

## Female 50 - 59

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	317	Maria Sosa	00:32:37.19		R		10:30/M	5.7mph	55	51	
2.	342	Rosa Argueta	00:38:28.64		R		12:23/M	4.8mph	85	53	
3.	314	Judy Skaff	00:39:43.94		R		12:47/M	4.7mph	93	59	
4.	247	Silvia Duval	00:41:11.03		Runner		13:15/M	4.5mph	101	50	
5.	376	Michele Noell	00:46:15.09		R		14:53/M	4.0mph	119	52	
6.	285	Christine Lynn	00:46:56.84		R		15:06/M	4.0mph	122	54	
7.	356	Lisa Fanopoulos	00:58:26.27		R		18:48/M	3.2mph	137	52	

## Male 50 - 59

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	288	Agustin Magana	00:26:53.21		R		8:39/M	6.9mph	22	54	
2.	279	Terrence Keller	00:28:54.96		R		9:18/M	6.5mph	36	58	
3.	283	Rob Loer	00:44:10.12		R		14:13/M	4.2mph	115	50	

## Female 60 - 100

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	404	Colleen Berry	00:38:03.08		Runner		12:15/M	4.9mph	81	60	
2.	280	Deborah Kinoshita	00:41:45.88		R		13:26/M	4.5mph	103	63	
3.	272	Janice Geide	00:44:13.96		R		14:14/M	4.2mph	116	70	
4.	333	mary steele	00:57:53.28		R		18:38/M	3.2mph	136	65	

# Golden West River Run 5k

5. 329 Susan Brown 00:59:45.94 R 19:14/M 3.1mph 142 62

## Male 60 - 100

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	284	Allan Lombardi	00:25:03.98		R		8:04/M	7.4mph	9	61	
2.	315	Mike Skaff	00:27:22.27		R		8:49/M	6.8mph	26	60	
3.	322	Walt Whelan	00:27:42.33		R		8:55/M	6.7mph	29	61	
4.	267	Jose Espinoza	00:28:45.23		R		9:15/M	6.5mph	34	62	
5.	323	Jim Barnes	00:34:37.86		R		11:09/M	5.4mph	64	68	
6.	298	Timothy O'Neal	00:35:15.06		R		11:21/M	5.3mph	70	68	
7.	341	Orlando Argueta	00:35:27.88		R		11:25/M	5.3mph	71	63	
8.	334	Fred Steele	00:59:59.99		R		19:18/M	3.1mph	144	65	