

Race Date
November 13, 2016

Miami Shores 5K
Age Group Results

5K Run

Male Overall Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1	Tristan Cravello		17	136	1	17:25.7	5:37/M	
2	Felipe Villamizar		44	224	2	19:07.4	6:10/M	1:41.7

Female Overall Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1	Caryn Lubetsky		45	246	9	21:19.2	6:53/M	
2	Estella Dunham		12	142	12	22:10.2	7:09/M	0:50.9

Male Master Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1	Luis Comulada		40	301	4	19:55.1	6:25/M	
2	Vermet Moreau		46	319	6	20:48.5	6:43/M	0:53.4

Female Master Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1	Soraya Strouse		52	211	21	23:55.4	7:43/M	
2	Margaret Rivero		53	286	29	25:20.1	8:10/M	1:24.7

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Miami Shores 5K
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5K Run

Male 10 and Under

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1	Hudson Koczwara		9	165	16	22:29.9	7:15/M	
2	Brady Lubetsky		8	249	24	24:08.7	7:47/M	1:38.8
3	Graysen Wiltzius		5	228	35	26:01.5	8:24/M	3:31.5
4	Martin Seals		10	279	36	26:05.3	8:25/M	3:35.4
5	Joshua Markowitz		9	177	39	26:13.1	8:27/M	3:43.2
6	Lucas Gynell		8	250	49	26:44.6	8:37/M	4:14.6
7	Simon Villamizar		10	225	53	26:48.2	8:39/M	4:18.3
8	Filip Larnholt		9	256	61	27:33.2	8:53/M	5:03.3
9	Michael Traband		9	216	96	32:12.2	10:23/M	9:42.3
10	Nick Perikles		10	236	100	32:49.5	10:35/M	10:19.6
11	Leo Montero		8	264	106	33:27.8	10:47/M	10:57.9
12	Merritt Lubetsky		10	248	108	33:34.1	10:50/M	11:04.2
13	Justin Bridges		10	116	136	37:41.5	12:09/M	15:11.5

Female 10 and Under

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1	Sienna Coia		10	131	47	26:40.5	8:36/M	
2	Carly Barr		8	111	102	33:13.8	10:43/M	6:33.3
3	Sadie Dunham		8	143	115	34:07.3	11:00/M	7:26.8
4	Sora Pallot		9	195	117	34:13.6	11:02/M	7:33.0
5	Isabella Agurcia		10	104	120	34:54.5	11:15/M	8:14.0
6	Mariam Osman		10	189	129	36:10.2	11:40/M	9:29.6
7	Olivia Compo		9	289	132	36:51.5	11:53/M	10:11.0
8	Sophia Mora		5	239	141	39:17.8	12:40/M	12:37.3
9	Liat Lazar		9	169	144	41:11.9	13:17/M	14:31.4
10	Anna Kline		10	161	147	41:45.3	13:28/M	15:04.8
11	Madeleine Baker		10	109	150	42:37.9	13:45/M	15:57.3
12	Camila Thomas		9	213	151	42:37.9	13:45/M	15:57.4
13	Lia Broder		10	120	154	43:42.4	14:06/M	17:01.8
14	Grace Bridges		8	115	171	51:39.3	16:40/M	24:58.8

Male 11 to 13

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1	Andrew Weaver		13	226	11	21:56.5	7:05/M	
2	Keenan McLaughlin		12	180	15	22:17.2	7:11/M	0:20.6
3	Mason Koczwara		11	166	22	24:00.9	7:45/M	2:04.4
4	Davis Lubetsky		12	247	23	24:07.7	7:47/M	2:11.1
5	Hugo Larnholt		11	254	26	24:23.2	7:52/M	2:26.6

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5K Run

Male 11 to 13

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
6	Carlo Crousillad		11	317	27	24:54.1	8:02/M	2:57.5
7	Logan Traband		11	215	52	26:47.4	8:38/M	4:50.9

Female 11 to 13

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1	Ebba Larnholt		13	255	40	26:13.8	8:27/M	
2	Nabila Osman		11	190	67	27:57.4	9:01/M	1:43.6
3	Elizabeth Abel		13	101	116	34:10.2	11:01/M	7:56.3
4	Danni Sinclair		11	231	124	35:14.0	11:22/M	9:00.1
5	Patricia Lesperance		11	307	126	35:51.1	11:34/M	9:37.3

Male 14 to 16

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1	John Marshall		15	179	74	29:04.7	9:23/M	

Female 14 to 16

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1	Anna Rogers		16	200	76	29:15.9	9:26/M	
2	Catherine Padilla		15	193	82	30:38.2	9:53/M	1:22.3
3	Madeline Cannata		14	122	99	32:44.6	10:34/M	3:28.7

Male 20 to 24

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1	Samson Barreau		20	294	5	20:04.6	6:28/M	
2	Raymond Lindo		24	175	55	26:53.4	8:40/M	6:48.7

Female 20 to 24

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1	Shaylin Castillo		21	125	89	31:39.9	10:13/M	
2	Shaniece Williams		24	227	111	33:52.2	10:55/M	2:12.2
3	Adriana Garcia		23	149	152	43:08.3	13:55/M	11:28.3

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5K Run

Male 25 to 29

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1	Heider Gonzalez		29	244	48	26:41.4	8:36/M	
2	Christian Witte		28	229	135	37:11.5	12:00/M	10:30.0

Female 25 to 29

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1	Karla Gudino		26	156	25	24:16.6	7:50/M	
2	Courtney Lenner		29	172	56	26:55.2	8:41/M	2:38.5
3	Catie Farrington		28	147	157	44:14.3	14:16/M	19:57.6
4	Laura Kline		28	162	167	49:01.9	15:49/M	24:45.3

Male 30 to 34

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1	Corey Welch		33	303	7	20:56.2	6:45/M	
2	Izhak Musli		31	187	50	26:45.2	8:38/M	5:48.9
3	Brian Goldberg		32	285	131	36:44.1	11:51/M	15:47.8
4	Fernando Garcia		31	313	188	56:32.1	18:14/M	35:35.8
5	Robert Travieso		32	299	190	56:33.4	18:15/M	35:37.2
6	Tim Williams		33	304	191	56:34.2	18:15/M	35:37.9

Female 30 to 34

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1	Bianca Saltz		30	205	34	25:55.6	8:22/M	
2	Adva Levy		30	173	51	26:45.7	8:38/M	0:50.1
3	Belen Bajares		30	268	87	31:34.4	10:11/M	5:38.8
4	Vanessa Whaite		32	261	88	31:37.9	10:12/M	5:42.3
5	Alicia Greyner		30	297	98	32:21.2	10:26/M	6:25.5
6	Anabella Murillo		34	260	128	35:56.3	11:35/M	10:00.6
7	Meredith Gray		32	241	140	39:17.8	12:40/M	13:22.1
8	Stephanie Fichera		33	240	142	39:18.2	12:41/M	13:22.5
9	Cassie Farrington		32	146	159	45:07.8	14:33/M	19:12.2
10	Leonor Rosario		32	203	173	52:58.2	17:05/M	27:02.6
11	Anna Milaeva		32	274	175	53:04.4	17:07/M	27:08.7
12	Jessica Hodgman		34	232	184	55:59.8	18:04/M	30:04.1
13	Tara Travieso		32	298	189	56:32.7	18:14/M	30:37.0

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Miami Shores 5K
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5K Run

Male 35 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1	Gregory Henry		36	296	3	19:38.6	6:20/M	
2	Paul Connors		38	245	8	21:15.9	6:51/M	1:37.3
3	Nick Ostrowski		36	191	20	23:41.1	7:38/M	4:02.4
4	Alberto Cortinas		35	133	33	25:51.6	8:20/M	6:13.0
5	Gistav Schmidt		36	293	37	26:08.7	8:26/M	6:30.1
6	Alex Gomez		37	153	41	26:14.7	8:28/M	6:36.0
7	Pierre Philisaire		37	308	46	26:40.3	8:36/M	7:01.6
8	David Ocampo		37	230	78	30:03.6	9:42/M	10:24.9
9	Sebastian Cannata		35	123	85	31:32.1	10:10/M	11:53.4
10	Luciano Rossi		38	204	109	33:43.9	10:53/M	14:05.2
11	Jesus Acosta		36	259	125	35:19.7	11:24/M	15:41.0

Female 35 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1	Dana Vignale		39	222	58	26:57.1	8:42/M	
2	Florcita Mía		36	184	110	33:44.2	10:53/M	6:47.1
3	Raizy Dalfin		37	252	114	33:55.3	10:56/M	6:58.1
4	Erin Swick		35	292	118	34:16.4	11:03/M	7:19.3
5	Ana Maria Medina		39	181	121	34:55.2	11:16/M	7:58.1
6	Tahirah Tyrell		36	219	133	37:04.5	11:57/M	10:07.4
7	Yoko Takarada		38	243	134	37:05.7	11:58/M	10:08.6
8	Crista Stefanick		36	209	156	44:14.1	14:16/M	17:17.0
9	Lauren Cortinas		36	134	161	45:42.1	14:45/M	18:45.0
10	Courtney Green		36	155	168	49:40.5	16:01/M	22:43.3

Male 40 to 44

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1	Carlos Raurell		40	198	43	26:16.5	8:28/M	
2	Gustavo Castro		40	126	44	26:29.3	8:33/M	0:12.8
3	Peter Larnholt		44	253	60	27:33.1	8:53/M	1:16.6
4	Tomas Vignale		43	223	77	29:36.1	9:33/M	3:19.6
5	Bib Fortune		44	290	84	31:17.5	10:05/M	5:01.0
6	Fred Koczwarra		44	164	143	39:20.8	12:41/M	13:04.2
7	Jeffrey Broder		44	119	155	43:43.1	14:06/M	17:26.6

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Miami Shores 5K
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5K Run

Female 40 to 44

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1	Buffy Koczwara		43	315	59	26:58.7	8:42/M	
2	Maria Alcaide		44	106	64	27:50.9	8:59/M	0:52.1
3	Anastasia Espinosa		42	302	71	28:43.4	9:16/M	1:44.6
4	Alexandra Lund		40	282	81	30:34.2	9:52/M	3:35.5
5	Deirdre Dunham		41	141	91	31:50.2	10:16/M	4:51.5
6	Lucila Gioja-Pitarello		40	152	93	31:57.4	10:18/M	4:58.7
7	Stephanie Traband		43	217	94	32:10.9	10:23/M	5:12.2
8	Tarah Timothee		41	214	97	32:15.2	10:24/M	5:16.4
9	Chana Gottlieb		42	251	101	33:09.7	10:42/M	6:10.9
10	Christine Crousillad		41	316	104	33:14.7	10:43/M	6:15.9
11	Debbie Montero		42	265	107	33:33.3	10:49/M	6:34.6
12	Melanie Orell		42	237	112	33:53.4	10:56/M	6:54.6
13	Nadja Compo		44	288	130	36:16.4	11:42/M	9:17.6
14	Deborah Barbooth		43	110	146	41:15.9	13:18/M	14:17.1
15	Hollie Altman		44	107	160	45:07.9	14:33/M	18:09.2
16	Katherine Bridges		44	117	183	55:19.5	17:51/M	28:20.7

Male 45 to 49

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1	Nicolas Benenati		45	277	10	21:33.5	6:57/M	
2	Christian Dunham		45	140	17	22:36.8	7:17/M	1:03.3
3	Todd Meiklejohn		49	183	28	25:17.4	8:09/M	3:43.8
4	Bradley Morris		48	186	30	25:23.4	8:11/M	3:49.8
5	Russell Kline		45	163	31	25:23.6	8:11/M	3:50.1
6	Fernando Pitarello		46	196	42	26:15.9	8:28/M	4:42.3
7	Bryon Thomas		48	212	73	29:01.6	9:22/M	7:28.1
8	William Pacheco		49	192	83	30:54.4	9:58/M	9:20.9
9	Shawn Orell		45	238	113	33:54.5	10:56/M	12:21.0
10	Carlos Altieri		49	262	127	35:53.2	11:35/M	14:19.7
11	David Baker		45	108	148	42:15.4	13:38/M	20:41.8
12	Mark Bridges		45	118	149	42:32.6	13:43/M	20:59.0

Female 45 to 49

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1	Cindy Ley-Sepe		45	273	45	26:39.1	8:36/M	
2	Lisa Allen		47	342	54	26:52.9	8:40/M	0:13.7
3	Nadine Davey-Rogers		49	137	65	27:50.9	8:59/M	1:11.7
4	Belen Navarro Rull		45	188	68	28:08.7	9:05/M	1:29.5

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5K Run

Female 45 to 49

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
5	Anap Altieri		48	263	75	29:15.4	9:26/M	2:36.3
6	Maralys Valdes		46	221	90	31:40.6	10:13/M	5:01.5
7	Alejandro Johnson Thomas		45	159	103	33:14.3	10:43/M	6:35.1
8	Jennifer Barr		47	112	105	33:17.6	10:44/M	6:38.4
9	Kathleen Sales		49	281	122	34:56.2	11:16/M	8:17.1
10	Denira Borrero		47	113	123	35:05.6	11:19/M	8:26.5
11	Angela Jackson		47	300	145	41:13.2	13:18/M	14:34.1
12	Kelly Moore		49	310	163	47:31.3	15:20/M	20:52.1
13	Kelley Brill		49	267	164	47:31.7	15:20/M	20:52.6
14	Katja Haunschild		46	275	174	53:04.1	17:07/M	26:25.0
15	Danell Van Orden		45	276	176	53:04.5	17:07/M	26:25.4
16	Brooke Pallot		47	194	185	56:00.3	18:04/M	29:21.1

Male 50 to 54

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1	Bob Lesperance		53	306	13	22:11.4	7:09/M	
2	Jasper Bell		50	295	18	22:55.8	7:24/M	0:44.3
3	Jon Kawachika		52	284	32	25:40.9	8:17/M	3:29.5
4	Rocco Riggio		51	291	72	28:46.5	9:17/M	6:35.1
5	Danny Mizrachi		53	341	80	30:31.7	9:51/M	8:20.3
6	Niel McGuinness		53	258	138	39:05.7	12:36/M	16:54.3
7	John Bolton		53	257	139	39:05.8	12:36/M	16:54.3
8	John Moore		51	309	165	47:32.1	15:20/M	25:20.7
9	John Perikles		53	235	178	54:10.1	17:28/M	31:58.7
10	Norbert Seals		50	280	181	55:18.4	17:50/M	33:07.0

Female 50 to 54

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1	Vivian Claussen		50	129	38	26:10.3	8:26/M	
2	Karen Smith-Gulaskey		53	207	66	27:56.5	9:01/M	1:46.2
3	Silvia Clarke		53	128	79	30:23.1	9:48/M	4:12.7
4	Lovanne Allen		52	314	86	31:32.5	10:10/M	5:22.1
5	Jane Spinney		52	208	137	38:30.2	12:25/M	12:19.8
6	Marie Perikles		50	234	179	54:10.4	17:28/M	28:00.1
7	Sandra Seals		50	278	182	55:19.2	17:51/M	29:08.9
8	Ines Doti-Pels		52	139	186	56:00.6	18:04/M	29:50.2

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Miami Shores 5K
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5K Run

Male 55 to 59

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1	Keith Ball		56	270	14	22:15.1	7:11/M	
2	Cory Gittner		57	272	57	26:55.8	8:41/M	4:40.6
3	Chuck Strouse		57	210	62	27:38.7	8:55/M	5:23.5
4	William Griffith		59	318	92	31:56.5	10:18/M	9:41.3
5	Freddy Daza		56	283	95	32:12.2	10:23/M	9:57.0
6	Bob Bourne		57	320	170	50:08.9	16:10/M	27:53.7
7	Edward Brill		55	266	177	53:17.2	17:11/M	31:02.0

Female 55 to 59

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1	Lisette Reid		55	199	69	28:14.3	9:06/M	
2	Lourdes Cravello		55	135	70	28:27.4	9:11/M	0:13.1
3	Nan Markowitz		57	178	180	54:16.5	17:30/M	26:02.1

Male 60 to 64

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1	Alex Agurcia		62	103	19	23:35.1	7:36/M	
2	Freddy Rosario		64	202	172	52:57.6	17:05/M	29:22.5

Female 60 to 64

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1	Cindy Farrington		62	148	158	44:15.2	14:16/M	
2	Alice Burch		64	121	162	46:16.5	14:55/M	2:01.2
3	Magaly Chang		64	127	187	56:30.1	18:14/M	12:14.8

Male 65 to 69

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1	Juan Oliveras		65	287	63	27:40.7	8:55/M	
2	Dan Brady		68	114	153	43:12.4	13:56/M	15:31.7

Female 65 to 69

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1	Noreen Morelli		66	185	119	34:18.1	11:04/M	

Race Date
November 13, 2016

Miami Shores 5K
Age Group Results

5K Run

Male 70 and over

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1	Michael Devaney Sr.		74	138	166	48:06.8	15:31/M	

Female 70 and Over

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1	Barbara Markowitz		84	176	169	49:50.4	16:05/M	