

HARRA Runner of the Season - Fall 2008 (1-27-2009)
 Women 60+

Place	First Name	Last Name	Sex	Age	Club	Best	Percentages:					Times:					Marathon Predictor from:		
						3 of 5	10mi	Half-M	25k	30k	Mar	10mi	Half-M	25k	30k	Mar	10mi	Half-M	25k
1	Nancy	Prejean	F	63	TWRC	263.9%	84.76%	89.43%	89.74%	0.00%	0.00%	1:19:58	1:42:39	2:02:32			3:47:07	3:35:16	3:34:31
2	Judy	Loy	F	70	HS	202.1%	0.00%	68.17%	66.91%	0.00%	67.02%		2:30:42	3:04:01			5:28:16	5:22:45	5:28:51
3	Elizabeth	Ahrens	F	62	HS	199.1%	0.00%	71.93%	0.00%	69.24%	57.90%		2:05:43		3:09:55	5:27:02		4:23:15	
4	Nancy	Crane	F	66	HMSA	148.4%	72.68%	75.75%	0.00%	0.00%	0.00%	1:36:08	2:06:58				4:34:15	4:27:58	
5	Margaret	Montgomery	F	67	BARC	114.7%	57.51%	57.17%	0.00%	0.00%	0.00%	2:05:19	2:50:59				5:59:47	6:01:54	
6	Sally	Sims	F	65	KW	67.2%	0.00%	0.00%	0.00%	0.00%	67.18%				4:56:41				
7	Maureen	Mayes	F	63	HS	54.3%	54.35%	0.00%	0.00%	0.00%	0.00%	2:02:53					5:48:26		
8	Martha	Myers	F	60	BARC	52.9%	0.00%	52.95%	0.00%	0.00%	0.00%		2:43:28					5:41:34	
9	Karen Anne	Riede	F	61		50.9%	0.00%	50.89%	0.00%	0.00%	0.00%		2:55:04					6:06:15	
10	Lynda	Kelley	F	64	USAF	43.6%	0.00%	43.57%	0.00%	0.00%	0.00%		3:02:56					6:21:45	

90	Grady	Harrison	M	48	RH	50.0%	0.00%	0.00%	0.00%	0.00%	50.03%					4:33:50		
91	James	Wright	M	42	HS	49.4%	0.00%	0.00%	0.00%	0.00%	49.39%					4:23:30		
92	Benjamin	Mayer	M	41		48.0%	0.00%	0.00%	0.00%	0.00%	48.01%					4:28:51		
93	Edward	Albrecht	M	41	BCRR	47.7%	0.00%	0.00%	0.00%	0.00%	47.69%					4:30:37		
94	Frank	Krekeler	M	41	TOR	47.4%	0.00%	0.00%	0.00%	0.00%	47.44%					4:32:05		
95	Joseph	Essoh	M	46	CLFC	47.2%	0.00%	0.00%	0.00%	0.00%	47.16%					4:45:28		
96	Bradford	Moore	M	40		47.0%	0.00%	0.00%	0.00%	0.00%	47.05%					4:32:04		
97	Brock	Gillman	M	41	USAF	46.8%	0.00%	0.00%	0.00%	0.00%	46.76%					4:36:02		
98	Greg	Alvarez	M	40	TWRC	46.5%	0.00%	46.48%	0.00%	0.00%	0.00%		2:12:43				4:35:24	
99	Stuart	Muirhead	M	43	BCRR	46.4%	0.00%	0.00%	0.00%	0.00%	46.40%					4:42:51		
100	Robert	Moser	M	48		45.2%	0.00%	0.00%	0.00%	0.00%	45.16%					5:03:23		
101	David	Work	M	46	RH	44.5%	0.00%	0.00%	0.00%	0.00%	44.53%					5:02:19		
102	Leonard	Topolski	M	47	BARC	42.8%	0.00%	0.00%	0.00%	0.00%	42.81%					5:17:14		
103	Thomas	Stallings	M	47	RH	42.8%	0.00%	0.00%	0.00%	0.00%	42.77%					4:59:16		
104	Mario	Rios	M	45	HS	41.1%	0.00%	0.00%	0.00%	0.00%	41.14%					5:24:28		
105	James	Scheffer	M	42		40.9%	0.00%	0.00%	0.00%	0.00%	40.95%					5:17:48		
106	Thomas	Zvonek	M	44	FBF	40.3%	0.00%	0.00%	0.00%	0.00%	40.34%					5:28:05		
107	Rodney	Thorin	M	41	HS	39.6%	0.00%	0.00%	0.00%	0.00%	39.57%					5:26:08		
108	John	Shepperd	M	47	TTC	39.3%	0.00%	0.00%	0.00%	0.00%	39.35%					5:45:11		
109	Anthony	Toh	M	40		39.1%	0.00%	0.00%	0.00%	0.00%	39.07%					5:27:37		
110	Jon	Walk	M	42	TWRC	38.9%	0.00%	0.00%	0.00%	0.00%	38.89%					5:34:37		
111	Joe	Sellers	M	45	BCRR	38.4%	0.00%	0.00%	0.00%	0.00%	38.41%					5:47:30		

90	Steve	Shepard	M	53		63.8%	0.00%	0.00%	0.00%	0.00%	63.78%						3:44:41		
91	John	Simpson	M	54		62.2%	0.00%	0.00%	0.00%	0.00%	62.24%						3:52:22		
92	Paul	Cooley	M	58	HMSA	62.2%	0.00%	0.00%	0.00%	0.00%	62.19%						4:01:32		
93	William	Schneider	M	56		61.2%	0.00%	0.00%	0.00%	0.00%	61.22%						4:00:44		
94	Garret	VandenBelt	M	52		61.0%	0.00%	0.00%	0.00%	0.00%	60.97%						3:52:55		
95	Luis	Salinas	M	56		59.7%	0.00%	0.00%	0.00%	0.00%	59.72%						4:13:59		
96	Mark	Coleman	M	50	TOR	58.9%	0.00%	0.00%	0.00%	0.00%	58.88%						3:56:53		
97	Julian	Rodriguez	M	56	USAF	58.6%	0.00%	0.00%	0.00%	0.00%	58.61%						4:11:27		
98	Nicolas	Meza	M	57	TOR	58.2%	0.00%	0.00%	0.00%	0.00%	58.17%						4:15:47		
99	JOEL	DUBOIS	M	50	HS	57.3%	0.00%	0.00%	0.00%	0.00%	57.28%						4:03:28		
100	Tony	Allison	M	53	TWRC	57.3%	0.00%	0.00%	0.00%	0.00%	57.25%						4:10:18		
101	Peter	Birckhead	M	54	BCRR	57.1%	0.00%	0.00%	0.00%	0.00%	57.15%						4:13:05		
102	Gary	Horn	M	51		56.7%	0.00%	0.00%	0.00%	0.00%	56.72%						4:08:06		
103	Will	Hrachovy	M	60	HS	56.4%	0.00%	0.00%	0.00%	0.00%	56.40%						4:31:37		
104	Brian	Binash	M	54	HS	56.3%	0.00%	0.00%	0.00%	0.00%	56.31%						4:16:50		
105	thomas	radosevich	M	55	BCRR	56.2%	0.00%	0.00%	0.00%	0.00%	56.19%						4:19:50		
106	STEVE	BOONE	M	59	BCRR	55.5%	0.00%	0.00%	0.00%	0.00%	55.50%						4:33:15		
107	Michael	Bayer	M	53	ALRC	54.4%	0.00%	0.00%	0.00%	0.00%	54.43%						4:23:16		
108	Gary	Van Kuiken	M	51	TWRC	53.8%	0.00%	0.00%	0.00%	0.00%	53.80%						4:21:34		
109	Hobert	Plunkett	M	56		53.4%	0.00%	53.43%	0.00%	0.00%	0.00%		2:12:04					4:35:50	
110	Don	Goodell	M	57		52.2%	0.00%	0.00%	0.00%	0.00%	52.16%						4:45:16		
111	Clark	Hudgens	M	54	USAF	51.6%	0.00%	51.63%	0.00%	0.00%	0.00%		2:13:05					4:37:32	
112	wes	monteith	M	57	BCRR	51.3%	0.00%	0.00%	0.00%	0.00%	51.30%						4:50:02		
113	Thomas	Arnold	M	56	FBF	51.1%	0.00%	0.00%	0.00%	0.00%	51.13%						4:48:15		
114	Tom	Doneker	M	55	HS	49.7%	0.00%	49.75%	0.00%	0.00%	0.00%		2:20:35					4:53:30	
115	Tim	Coughlin	M	52		48.2%	0.00%	0.00%	0.00%	0.00%	48.22%						4:54:29		
116	Virgil	Enos	M	54	BARC	45.6%	0.00%	0.00%	0.00%	0.00%	45.64%						5:16:52		
117	Bruce	Heiberg	M	59	IFR	42.2%	0.00%	0.00%	0.00%	0.00%	42.22%						5:59:12		
118	Omer	Womack	M	59	USAF	36.7%	36.66%	0.00%	0.00%	0.00%	0.00%		2:28:41					6:53:43	
119	lawrence	hanson	M	50	KW	35.0%	0.00%	35.03%	0.00%	0.00%	0.00%		3:09:29						6:34:31

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						3 of 5	10mi	Half-M	25k	30k	Mar	10mi	Half-M	25k	30k	Mar	10mi	Half-M	25k
1	Ben	Harvie	M	62	TTC	251.0%	81.36%	0.00%	83.86%	82.92%	84.24%	1:08:13		1:46:28	2:10:41	3:05:29	3:10:09		3:06:19
2	Rich	Siemens	M	68	ALRC	248.7%	84.34%	78.93%	80.74%	83.65%	79.27%	1:10:21	1:40:13	1:57:22	2:17:38	3:29:44	3:17:07	3:30:38	3:25:54
3	Kenneth	Ruane	M	67		242.1%	80.39%	81.47%	0.00%	0.00%	80.22%	1:13:05	1:36:08			3:25:04	3:24:38	3:21:55	
4	Ty	Schmalz	M	61	ALRC	231.8%	76.21%	75.84%	77.09%	78.13%	76.57%	1:12:09	1:36:31	1:53:37	2:17:23	3:22:03	3:21:00	3:21:59	3:18:43
5	Jim	Braden	M	73	TWRC	218.8%	0.00%	0.00%	77.77%	76.91%	64.07%			2:08:59	2:38:28	4:34:57			3:46:31
6	Don	Brenner	M	69	BCRR	209.2%	72.26%	72.12%	0.00%	64.85%	59.39%	1:22:55	1:50:49		2:59:25	4:42:55	3:52:32	3:53:00	
7	Daniel	Jason	M	62	BCRR	202.2%	0.00%	69.74%	66.29%	66.13%	61.06%		1:46:57	2:14:41	2:43:52	4:15:54		3:44:03	3:55:42
8	Bill	Buffum	M	64	BARC	201.4%	0.00%	68.52%	67.24%	65.68%	0.00%		1:49:55	2:14:04	2:48:17			3:50:19	3:54:42
9	Fred	Steves	M	67	BCRR	198.7%	65.33%	64.67%	65.69%	66.66%	66.38%	1:29:56	2:01:06	2:22:47	2:50:56	4:07:48	4:11:49	4:14:22	4:10:26
10	Dave	Ford	M	61		198.6%	65.80%	66.08%	66.74%	63.54%	0.00%	1:24:21	1:51:49	2:12:30	2:48:55		3:55:07	3:54:08	3:51:47
11	James	Thurmond	M	62		194.8%	0.00%	0.00%	68.16%	65.98%	60.64%			2:11:00	2:44:14	4:17:40			3:49:15
12	Michael	Mangan	M	67	BCRR	187.8%	62.37%	64.48%	60.96%	60.70%	0.00%	1:34:12	2:01:28	2:33:53	3:07:43		4:23:46	4:15:08	4:29:52
13	Douglas	Carlisle	M	67	BCRR	187.1%	59.53%	62.45%	65.07%	0.00%	55.21%	1:38:41	2:05:25	2:24:09		4:57:57	4:36:19	4:23:26	4:12:48
14	Robert	Hoekman	M	67	TTC	182.8%	0.00%	63.98%	63.91%	0.00%	54.94%		2:02:24	2:26:47		4:59:25		4:17:06	4:17:23
15	Dave	Stadnick	M	60	HS	182.8%	61.96%	0.00%	61.64%	59.23%	53.42%	1:28:46		2:22:05	2:59:29	4:46:44	4:07:14		4:08:30
16	Jack	Lippincott	M	62	TTC	179.4%	65.84%	0.00%	64.30%	0.00%	49.28%	1:25:06		2:18:51		5:17:03	3:57:18		4:03:00
17	Paul	Roche	M	60		158.8%	52.56%	54.05%	52.18%	47.55%	0.00%	1:44:39	2:15:26	2:47:51	3:43:32		4:51:28	4:43:25	4:53:34
18	Roger	Boak	M	60	TTC	152.5%	0.00%	0.00%	78.18%	0.00%	74.35%			1:52:02		3:26:01			3:15:57
19	orville	kremmer	M	76	ALRC	145.0%	72.26%	0.00%	72.72%	0.00%	0.00%	1:31:23		2:24:36			4:15:29		4:13:53
20	chris	adams	M	62	HS	141.0%	0.00%	74.58%	0.00%	0.00%	66.40%		1:39:04			3:55:19		3:27:26	
21	Myron	Dianiska	M	63	USAF	127.7%	0.00%	44.38%	43.04%	40.28%	0.00%		2:49:43	3:29:28	4:31:42			5:55:37	6:06:42
22	Jim	Peiffer	M	65	HS	122.8%	0.00%	0.00%	59.20%	0.00%	63.58%			2:35:19		4:13:24			4:32:07
23	Bruce	Kyckelhahn	M	63		112.3%	0.00%	54.64%	57.70%	0.00%	0.00%		2:17:50	2:36:15				4:48:49	4:33:32
24	David	Rushing	M	61	HS	108.6%	0.00%	0.00%	0.00%	58.17%	50.41%				3:04:31	5:06:53			
25	Tim	Bowler	M	60	HS	107.7%	52.96%	54.70%	0.00%	0.00%	0.00%	1:43:51	2:13:49				4:49:14	4:40:02	
26	Dan	Dick	M	60	TTC	106.6%	0.00%	0.00%	0.00%	54.48%	52.14%				3:15:07	4:53:46			
27	Lenord	Burns	M	62	BARRA	77.4%	0.00%	0.00%	0.00%	0.00%	77.40%					3:21:52			
28	Rich	Vega	M	62	TTC	72.3%	72.35%	0.00%	0.00%	0.00%	0.00%	1:17:27					3:35:58		
29	Gerard	Beaudoin	M	61	KW	71.7%	71.66%	0.00%	0.00%	0.00%	0.00%	1:17:27					3:35:53		
30	Joe	Barry	M	62	USAF	70.6%	0.00%	0.00%	0.00%	0.00%	70.59%					3:41:20			
31	Larry	Lindeen	M	68	BCRR	67.8%	0.00%	0.00%	0.00%	0.00%	67.82%					4:05:08			
32	Thomas	Woltz, Sr.	M	61	HS	65.9%	0.00%	65.87%	0.00%	0.00%	0.00%		1:52:10					3:54:52	
33	Barry	Chambers	M	64	HS	63.7%	0.00%	0.00%	63.74%	0.00%	0.00%			2:22:49					4:10:08
34	James	Carlson	M	61	TTC	57.5%	0.00%	0.00%	0.00%	0.00%	57.52%					4:28:56			
35	Phillip	Hodges	M	64		56.6%	0.00%	0.00%	0.00%	0.00%	56.58%					4:41:48			
36	Craig	Toenniges	M	60		55.5%	0.00%	0.00%	0.00%	0.00%	55.49%					4:36:02			
37	James	Taylor	M	65		54.4%	0.00%	0.00%	0.00%	0.00%	54.35%					4:56:24			
38	Tony	Alvarado	M	64		53.1%	0.00%	0.00%	0.00%	0.00%	53.06%					5:00:29			
39	John	Fredrickson	M	70	BCRR	52.3%	0.00%	0.00%	0.00%	0.00%	52.32%					5:24:42			
40	Arlen	Isham	M	64		48.6%	0.00%	0.00%	0.00%	0.00%	48.65%					5:27:44			
41	Suresh	Shah	M	64	HS	46.1%	0.00%	0.00%	0.00%	0.00%	46.06%					5:46:08			
42	Alan	Anderson	M	63	HS	41.3%	0.00%	41.26%	0.00%	0.00%	0.00%		3:02:33					6:22:31	