

Spring 2008 HARRA Runner of the Season

place	fname	lname	sex	age	cat	club	Best Percentage:						Time:						meters	
							3 of 6	xc	5mi	10k	8k	5k	LP	xc	5mi	10k	8k	5k	LP	
Women under 40																				
1	Peggy	Yetman	F	39		HS	244.9%	0.00%	81.79%	83.03%	0.00%	0.00%	80.10%		0:29:35	0:36:32				8,842.4
2	Anne	Ekern	F	39		HH	220.3%	73.92%	0.00%	72.16%	71.01%	74.25%	68.30%	0:25:53		0:42:02	0:33:55	0:19:56		7,576.1
3	Lou	Thrash	F	39		HS	196.4%	65.36%	64.32%	64.87%	64.72%	66.19%	63.09%	0:29:16	0:37:37	0:46:46	0:37:13	0:22:22		7,016.7
4	Veronica	Hoge	F	38		BARC	194.2%	0.00%	65.54%	57.20%	63.61%	0.00%	65.07%		0:36:55	0:53:02	0:37:52			7,229.2
5	Lisa	Foronda	F	38		ALRC	174.0%	0.00%	55.02%	58.08%	55.07%	59.72%	56.19%		0:43:59	0:52:14	0:43:44	0:24:47		6,274.4
6	Lara	Allen	F	39		BCRR	161.2%	0.00%	54.26%	45.51%	51.47%	54.54%	52.45%		0:44:36	1:06:39	0:46:48	0:27:08		5,870.5
7	Diana	Hirst	F	33		TOR	159.3%	0.00%	0.00%	79.32%	0.00%	80.03%	0.00%			0:38:15		0:18:30		
8	Autumn	Ray	F	28		FLS	155.9%	0.00%	0.00%	78.29%	77.65%	0.00%	0.00%			0:38:45	0:31:01			
9	Rachel	Glikin	F	31		HS	144.7%	70.31%	0.00%	0.00%	0.00%	74.37%	0.00%	0:27:13					0:19:54	
10	Gita	Kulkarni	F	32		HS	143.8%	0.00%	0.00%	70.25%	0.00%	73.52%	0.00%			0:43:11			0:20:08	
11	Stacy	Holden	F	31		ALRC	141.8%	0.00%	0.00%	0.00%	69.85%	0.00%	71.98%				0:34:29			7,971.2
12	Katie	Decker	F	39		BCRR	140.9%	47.36%	46.88%	37.94%	44.30%	46.61%	44.99%	0:40:24	0:51:37	1:19:57	0:54:22	0:31:45		5,063.3
13	shannon	shoelen	F	33		HS	140.2%	0.00%	70.15%	70.06%	0.00%	0.00%	0.00%		0:34:30		0:43:18			
14	Sara	Collazos	F	18		HMSA	139.1%	0.00%	0.00%	68.08%	0.00%	71.02%	0.00%				0:44:33		0:20:50	
15	Jen	Kim	F	35		HS	131.7%	48.91%	0.00%	40.33%	0.00%	42.48%	0.00%	0:39:07		1:15:13			0:34:50	
16	Erin	Foley	F	33		ALRC	130.6%	0.00%	0.00%	63.53%	0.00%	67.09%	0.00%			0:47:45			0:22:04	
17	Christina	Dalton	F	27		ALRC	129.5%	0.00%	0.00%	64.16%	65.33%	0.00%	0.00%			0:47:17	0:36:52			
18	Monica	Montoya-	F	37		BARC	111.7%	0.00%	0.00%	54.63%	0.00%	57.07%	0.00%			0:55:31			0:25:56	
19	Colleen	Cockrum	F	30			111.4%	0.00%	0.00%	55.03%	56.34%	0.00%	0.00%			0:55:07	0:42:45			
20	Nahir	Duarte	F	39		TTC	104.1%	53.28%	50.85%	0.00%	0.00%	0.00%	0.00%	0:35:55	0:47:35					
21	Sarika	Sahni	F	31			92.3%	0.00%	46.96%	45.33%	0.00%	0.00%	0.00%		0:51:32	1:06:55				
22	Jennifer	Jumonville	F	32			82.7%	0.00%	42.68%	40.01%	0.00%	0.00%	0.00%		0:56:42	1:15:49				
23	Dawn	Domaschk	F	27			82.6%	0.00%	0.00%	82.60%	0.00%	0.00%	0.00%			0:36:43				
24	Melissa	Hendersor	F	33		ALRC	79.2%	0.00%	0.00%	79.19%	0.00%	0.00%	0.00%			0:38:18				
25	Mandy	Luna	F	26		ALRC	73.9%	73.89%	0.00%	0.00%	0.00%	0.00%	0.00%	0:25:54						
26	Michelle	Friedman	F	24		TOR	73.4%	0.00%	0.00%	0.00%	73.36%	0.00%	0.00%				0:32:50			
27	Sarah	Husbands	F	32		ALRC	73.0%	0.00%	0.00%	0.00%	0.00%	73.00%	0.00%						0:20:16	
28	Catherine	Kruppa	F	34			72.7%	0.00%	0.00%	0.00%	72.72%	0.00%	0.00%				0:33:07			
29	Priscilla	Schneider	F	33		BCRR	70.3%	0.00%	0.00%	0.00%	0.00%	70.31%	0.00%						0:21:03	
30	Danielle	Ryan	F	31		ALRC	69.3%	0.00%	0.00%	69.31%	0.00%	0.00%	0.00%			0:43:46				
31	Debbie	Rathburn	F	32			68.5%	0.00%	0.00%	68.55%	0.00%	0.00%	0.00%			0:44:15				
32	Jenn	Sabin	F	37		BCRR	68.5%	0.00%	0.00%	68.46%	0.00%	0.00%	0.00%			0:44:18				
33	Cortney	Richa	F	33		HS	68.2%	0.00%	0.00%	68.21%	0.00%	0.00%	0.00%			0:44:28				
34	Kim	Chapman	F	37		USAF	66.6%	0.00%	0.00%	66.63%	0.00%	0.00%	0.00%			0:45:31				
35	Kelly	Humphries	F	29		MPRC	66.4%	0.00%	0.00%	66.38%	0.00%	0.00%	0.00%			0:45:42				
36	Cheryl	Hope	F	38			64.5%	0.00%	0.00%	64.54%	0.00%	0.00%	0.00%			0:47:00				
37	LaErica	Huff	F	27		TOR	63.3%	63.34%	0.00%	0.00%	0.00%	0.00%	0.00%	0:30:12						
38	Elaine	Griffin	F	34			61.5%	0.00%	0.00%	61.53%	0.00%	0.00%	0.00%			0:49:18				
39	Lauren	Paterson	F	25		HS	60.9%	60.95%	0.00%	0.00%	0.00%	0.00%	0.00%	0:31:23						
40	Laurie	Ropel	F	33		BCRR	60.9%	0.00%	60.91%	0.00%	0.00%	0.00%	0.00%		0:39:44					
41	Laura	Lukin	F	29			60.4%	0.00%	0.00%	60.45%	0.00%	0.00%	0.00%			0:50:11				
42	Jessica	Alexander	F	27		HS	60.1%	0.00%	60.12%	0.00%	0.00%	0.00%	0.00%		0:40:15					
43	Ruthie	Deveau	F	36			58.4%	0.00%	0.00%	58.43%	0.00%	0.00%	0.00%			0:51:55				
44	Amy	Jackson	F	31		KW	58.3%	0.00%	0.00%	58.31%	0.00%	0.00%	0.00%			0:52:01				
45	Lindsay	Buffum	F	23		BARC	57.2%	0.00%	0.00%	57.21%	0.00%	0.00%	0.00%			0:53:02				
46	Rachel	McNew	F	23			56.4%	0.00%	0.00%	0.00%	0.00%	0.00%	56.44%							6,301.3
47	Shane	Mansur	F	31			56.3%	0.00%	56.32%	0.00%	0.00%	0.00%	0.00%		0:37:53					
48	Serina	McEntire	F	31		BARC	55.7%	0.00%	55.70%	0.00%	0.00%	0.00%	0.00%		0:43:27					
49	Jaime	Keily	F	20			53.7%	0.00%	0.00%	53.72%	0.00%	0.00%	0.00%			0:56:28				
50	Carrie	Arnett	F	30		BCRR	53.4%	0.00%	0.00%	53.38%	0.00%	0.00%	0.00%			0:56:49				
51	Myrna	Vallejo	F	33		HS	53.4%	0.00%	0.00%	53.38%	0.00%	0.00%	0.00%			0:56:49				
52	Sydney	King	F	13		HS	53.4%	53.36%	0.00%	0.00%	0.00%	0.00%	0.00%	0:35:51						
53	Paige	Krekeler	F	37		TOR	52.6%	0.00%	0.00%	52.64%	0.00%	0.00%	0.00%			0:57:38				
54	Jennifer	Brown	F	31		TOR	52.6%	0.00%	0.00%	52.63%	0.00%	0.00%	0.00%			0:57:38				
55	Tinette	Yoder	F	32		HS	52.4%	0.00%	0.00%	52.40%	0.00%	0.00%	0.00%			0:57:53				
56	Julie	Garcia	F	35			52.2%	0.00%	0.00%	0.00%	0.00%	0.00%	52.24%							5,847.1
57	Emily	Sing	F	34			51.6%	0.00%	51.60%	0.00%	0.00%	0.00%	0.00%		0:46:54					
58	Rashmi	Saikia	F	34		KW	50.4%	0.00%	0.00%	0.00%	50.42%	0.00%	0.00%				0:47:46			
59	Kelly	Juhrden-	F	33		HS	49.2%	0.00%	0.00%	0.00%	49.22%	0.00%	0.00%				0:48:56			
60	Michelle	Ranum	F	39			48.1%	0.00%	48.06%	0.00%	0.00%	0.00%	0.00%		0:50:22					
61	Ally	Finken	F	14			47.7%	0.00%	0.00%	0.00%	0.00%	47.67%	0.00%						0:31:03	
62	Brooke	McKamy	F	37			47.4%	0.00%	0.00%	47.37%	0.00%	0.00%	0.00%			1:04:02				
63	Karen	Alejandre	F	28		BCRR	45.2%	0.00%	45.22%	0.00%	0.00%	0.00%	0.00%		0:53:31					
64	Michelle	Patton	F	35			43.3%	0.00%	0.00%	0.00%	0.00%	43.30%	0.00%						0:34:11	
65	Maryanne	Bohn	F	32			42.8%	0.00%	0.00%	0.00%	0.00%	0.00%	42.84%							4,831.4
66	Trish	Sullivan	F	38			41.9%	0.00%	41.91%	0.00%	0.00%	0.00%	0.00%		0:57:44					
67	Claudia	Hogue	F	33			41.5%	0.00%	0.00%	41.49%	0.00%	0.00%	0.00%			1:13:07				
68	Jacq	Kingeter	F	21			40.7%	0.00%	0.00%	0.00%	0.00%	0.00%	40.68%							4,597.8
69	Whitney	La Rocca	F	30		HS	40.3%	0.00%	0.00%	40										

Spring 2008 HARRA Runner of the Season Standings

Place	fname	Iname	sex	age	cat	club	Best Percentage:						Time:					meters	
							3 of 6	xc	5mi	10k	8k	5k	LP	xc	5mi	10k	8k	5k	LP
Women 40-49																			
1	Helen	Grant	F	45	M	HS	240.1%	80.14%	0.00%	79.35%	77.45%	80.63%	75.00%	0:25:32		0:41:15	0:33:33	0:19:48	7,842.2
2	Heide	Mairs	F	47	M	TTC	237.5%	0.00%	79.26%	78.05%	78.04%	80.15%	0.00%		0:33:40	0:42:50	0:34:01	0:20:21	
3	Jody	Berry-	F	47	M	HS	234.8%	78.81%	76.97%	77.14%	0.00%	78.88%	0.00%	0:26:45	0:34:40	0:43:21		0:20:41	
4	Alison	Stewart	F	49	M	HS	232.6%	75.80%	76.64%	76.29%	73.70%	79.69%	75.02%	0:28:09	0:35:40	0:44:54	0:36:54	0:20:59	7,375.5
5	lisa	tilton-	F	41	M	ALRC	230.0%	0.00%	75.77%	75.55%	0.00%	78.63%	0.00%		0:33:20	0:41:52		0:19:38	
6	Anna	Helm	F	42	M	BCRR	228.0%	72.07%	75.89%	75.37%	73.85%	76.73%	73.96%	0:27:54	0:33:31	0:42:18	0:34:17	0:20:16	7,798.3
7	Suzy	Seeley	F	49	M	ALRC	225.9%	0.00%	0.00%	77.14%	74.83%	0.00%	73.91%		0:43:52	0:35:54		7,269.8	
8	Jackie	Connelly	F	44	M	HS	218.9%	0.00%	0.00%	72.70%	0.00%	75.16%	71.02%		0:44:35		0:20:52	7,375.5	
9	Melissa	Hurta	F	45	M	ALRC	218.3%	71.81%	0.00%	0.00%	71.92%	74.58%	0.00%	0:28:29		0:36:08	0:21:25		
10	Gloria	Favuzza	F	46	M		216.8%	0.00%	0.00%	74.91%	70.87%	0.00%	71.02%		0:44:10	0:37:04		7,235.6	
11	Kathy	Roldan	F	42	M		210.6%	0.00%	69.88%	69.84%	68.29%	70.87%	0.00%		0:36:24	0:45:39	0:37:04	0:21:56	
12	Janet	Beck	F	42	M	HS	208.4%	70.22%	69.11%	69.05%	0.00%	0.00%	0.00%	0:28:26	0:36:48	0:46:10			
13	Marie	Hutchinson	F	49	M	ALRC	205.3%	0.00%	67.71%	0.00%	68.04%	69.58%	0.00%		0:40:22		0:39:59	0:24:02	
14	Annie	Hadow	F	43	M	ALRC	204.4%	66.87%	68.67%	68.00%	66.27%	67.74%	64.66%	0:30:19	0:37:20	0:47:15	0:38:30	0:23:09	6,794.8
15	Laurie	King	F	42	M	HMSA	198.0%	0.00%	66.70%	64.10%	64.53%	66.80%	62.66%		0:38:08	0:49:44	0:39:14	0:23:17	6,643.3
16	Catherine	Fulford	F	49	M	BARC	192.7%	63.52%	64.76%	61.53%	61.69%	64.37%	61.35%	0:34:01	0:42:12	0:55:40	0:44:06	0:25:58	6,073.3
17	rene	miles	F	44	M	ALRC	192.5%	0.00%	0.00%	63.68%	62.83%	65.95%	0.00%			0:50:54	0:40:59	0:23:59	
18	Rosemarie	Schmandt	F	46	M	BCRR	161.1%	49.87%	50.47%	49.65%	52.87%	55.20%	53.06%	0:41:24	0:51:45	1:06:38	0:49:41	0:29:14	5,460.5
19	June	Vidrine	F	42	M	HS	155.6%	0.00%	50.74%	51.00%	0.00%	53.84%	0.00%		0:50:08	1:02:31		0:28:53	
20	Lori	Laxen-	F	41	M	BCRR	154.2%	0.00%	0.00%	50.10%	50.30%	53.82%	0.00%			1:03:08	0:49:56	0:28:41	
21	Bonnie Jo	Barron	F	46	M	BCRR	149.1%	0.00%	0.00%	74.55%	74.60%	0.00%	0.00%			0:44:23	0:35:13		
22	Claire	Greenberg	F	45	M	BCRR	138.9%	0.00%	69.53%	69.42%	0.00%	0.00%	0.00%		0:37:34	0:47:09			
23	Patti	Muck	F	49	M	FLS	138.4%	0.00%	0.00%	68.78%	69.60%	0.00%	0.00%			0:49:48	0:39:05		
24	Audrey	Christians	F	47	M	FLS	134.0%	67.85%	0.00%	0.00%	66.10%	0.00%	0.00%	0:30:44			0:39:44		
25	Joan	O'Connor	F	48	M	HS	117.1%	0.00%	0.00%	57.95%	0.00%	59.16%	0.00%			0:58:23		0:27:55	
26	Becky	Spaulding	F	45	M	BCRR	105.3%	0.00%	52.39%	52.95%	0.00%	0.00%	0.00%		0:49:51	1:01:49			
27	Colleen	Jones	F	46	M	USAF	105.1%	0.00%	52.13%	52.97%	0.00%	0.00%	0.00%		0:50:37	1:02:27			
28	Andrea	Chan	F	43	M	HS	103.8%	0.00%	0.00%	51.52%	0.00%	52.30%	0.00%			1:01:53		0:29:59	
29	Maria	Thompson	F	47	M	HS	103.7%	0.00%	0.00%	0.00%	49.10%	54.60%	0.00%				0:54:04	0:29:53	
30	Donna	Fink	F	40	M		99.2%	0.00%	49.48%	49.76%	0.00%	0.00%	0.00%		0:48:54	1:00:57			
31	Mary	Patterson	F	46	M	TTC	96.5%	0.00%	51.86%	44.61%	0.00%	0.00%	0.00%		0:50:22	1:13:22			
32	Lidia	Gutierrez	F	47	M	TWRC	94.9%	0.00%	47.89%	46.96%	0.00%	0.00%	0.00%		0:55:43	1:11:11			
33	rose	rhoton	F	44	M	ALRC	74.5%	0.00%	0.00%	0.00%	0.00%	74.55%	0.00%					0:21:13	
34	Pamela	Snapp	F	47	M	USAF	71.0%	0.00%	0.00%	70.95%	0.00%	0.00%	0.00%			0:47:07			
35	Deb	Clifford	F	47	M	TTC	70.4%	0.00%	0.00%	70.41%	0.00%	0.00%	0.00%			0:47:29			
36	Lynette	Pebernat	F	48	M		67.4%	0.00%	0.00%	32.73%	34.71%	0.00%	0.00%			1:43:23	1:17:24		
37	Jennie	Moroney	F	41	M		64.2%	0.00%	0.00%	0.00%	0.00%	0.00%	64.24%					6,854.9	
38	Kristi	Henness	F	40	M		63.8%	0.00%	0.00%	0.00%	0.00%	0.00%	63.75%					6,849.7	
39	Susan	Leone	F	49	M	BCRR	61.0%	0.00%	0.00%	0.00%	0.00%	0.00%	61.03%					6,042.8	
40	Elaine	Mak	F	45	M		60.7%	0.00%	0.00%	60.65%	0.00%	0.00%	0.00%			0:53:58			
41	Kimberly	Runge	F	49	M	BARC	59.5%	0.00%	0.00%	59.52%	0.00%	0.00%	0.00%			0:57:33			
42	Hillary	Gerhart	F	47	M	HS	59.5%	0.00%	0.00%	0.00%	0.00%	59.49%	0.00%					0:27:26	
43	Mary Beth	Miller	F	46	M	USAF	59.2%	0.00%	0.00%	0.00%	0.00%	59.19%	0.00%					0:27:15	
44	Jo Ann	Canich	F	48	M		58.2%	0.00%	0.00%	58.25%	0.00%	0.00%	0.00%			0:58:05			
45	Michelle	Wolpert	F	45	M	BCRR	55.8%	55.82%	0.00%	0.00%	0.00%	0.00%	0.00%	0:36:59					
46	Sarah	Mohamme	F	48	M		55.7%	0.00%	0.00%	55.67%	0.00%	0.00%	0.00%			1:00:04			
47	Lana	Moody	F	42	M	BCRR	55.1%	0.00%	55.10%	0.00%	0.00%	0.00%	0.00%		0:46:09				
48	Tammy	Blackburn	F	46	M	BCRR	55.0%	0.00%	0.00%	54.95%	0.00%	0.00%	0.00%			1:00:12			
49	Stacy	Warren	F	42	M	HH	54.3%	0.00%	0.00%	0.00%	0.00%	0.00%	54.33%					5,788.8	
50	Michelle	Crossley	F	46	M	GALL	54.0%	0.00%	53.96%	0.00%	0.00%	0.00%	0.00%		0:48:53				
51	Gloria	Broumand	F	42	M		53.7%	0.00%	0.00%	0.00%	0.00%	0.00%	53.69%					5,722.4	
52	Kelley	Kerlick	F	41	M		53.3%	0.00%	0.00%	0.00%	0.00%	0.00%	53.32%					5,726.4	
53	Lisa	Martin	F	49	M	HS	50.7%	0.00%	0.00%	0.00%	0.00%	50.73%	0.00%				0:32:57		
54	Alaina	Smith	F	43	M	BCRR	50.6%	0.00%	0.00%	50.62%	0.00%	0.00%	0.00%			1:03:29			
55	LISA	COLEY	F	45	M	RH	49.3%	0.00%	0.00%	49.27%	0.00%	0.00%	0.00%			1:06:26			
56	Beverly	Walsh	F	42	M	IFR	49.1%	0.00%	0.00%	49.07%	0.00%	0.00%	0.00%			1:04:59			
57	Theresa	Bueno-	F	40	M	RH	47.2%	0.00%	0.00%	47.23%	0.00%	0.00%	0.00%			1:06:31			
58	Magda	Swisher	F	46	M		45.3%	0.00%	45.33%	0.00%	0.00%	0.00%	0.00%		0:57:37				
59	Sarah	Clark	F	41	M		45.2%	0.00%	0.00%	45.23%	0.00%	0.00%	0.00%			1:09:56			
60	Susan	Sample	F	44	M	BCRR	45.1%	0.00%	0.00%	0.00%	45.06%	0.00%	0.00%				0:57:09		
61	Betty	Potteiger	F	47	M		43.9%	0.00%	0.00%	0.00%	0.00%	43.95%	0.00%				0:37:08		
62	Pony	Peterson	F	42	M	HS	42.4%	0.00%	0.00%	42.36%	0.00%	0.00%	0.00%			1:15:16			
63	Rosa	Alzate	F	41	M	HS	42.1%	0.00%	0.00%	42.08%	0.00%	0.00%	0.00%			1:15:10			
64	Andrea	Galvan	F	47	M	HS	40.4%	0.00%	0.00%	40.42%	0.00%	0.00%	0.00%			1:22:42			
65	Julie	Campbell	F	49	M	USAF	36.1%	0.00%	0.00%	36.15%	0.00%	0.00%	0.00%			1:34:45			
66	Rene'	Reynolds	F	41	M	TOR	33.4%	0.00%	0.00%	33.39%	0.00%	0.00%	0.00%			1:34:45			
67	Elisa	Sharp	F	42	M		30.3%	0.00%	0.00%	0.00%	0.00%	0.00%	30.32%					3,319.4	
68	Ana	Thornton	F	41	M		30.2%	0.00%	0.00%	0.00%	0.00%	0.00%	30.24%					3,334.6	

HARRA Runner of the Season - Fall 2009 (2-1-2010)

Final Standings

Women 50+

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	30k	
1	Nancy	Prejean	F	64	TTC	253.3%	86.4%	85.9%	81.0%	0.0%	0.0%	1:19:36	1:48:33	2:17:49			3:46:34	3:48:03	4:01:43		
2	Donna	Sterns	F	56	HH	249.4%	81.9%	82.9%	80.7%	83.8%	82.8%	1:14:57	1:40:08	2:03:11	2:23:58	3:29:18	3:31:35	3:29:06	3:34:51	3:26:53	
3	Suzanne	Day	F	52	HH	242.0%	80.9%	80.3%	0.0%	80.9%	79.6%	1:12:02	1:37:58		2:21:15	3:26:03	3:22:57	3:24:25		3:22:54	
4	Alice	Keelin	F	60	TTC	237.3%	77.7%	80.0%	79.7%	0.0%	0.0%	1:23:29	1:49:49	2:11:58			3:56:11	3:49:36	3:50:25		
5	Elizabeth	Ahrens	F	63	HS	237.3%	77.3%	79.4%	80.6%	76.6%	0.0%	1:27:44	1:55:33	2:16:28	2:54:18		4:09:11	4:02:19	3:58:56	4:11:19	
6	Carole	Uttech	F	54	ALRC	235.5%	78.7%	77.1%	77.6%	0.0%	79.2%	1:14:57	1:43:26	2:04:39		3:32:55	3:31:17	3:35:51	3:37:23		
7	Julie	Rutledge	F	55	HS	234.0%	0.0%	75.9%	78.0%	80.2%	0.0%		1:47:54	2:05:39	2:28:20			3:45:17	3:39:09	3:33:09	
8	Suzy	Seeley	F	50	ALRC	232.6%	0.0%	76.7%	76.5%	77.1%	78.7%		1:39:54	1:59:55	2:24:20	3:23:03		3:28:24	3:29:01	3:27:18	
9	Yong	Collins	F	54	HS	226.0%	73.9%	0.0%	74.5%	77.2%	74.3%	1:20:55		2:09:50	2:34:05	3:49:54	3:48:11		3:46:23	3:41:25	
10	Alison	Stewart	F	51	HS	225.8%	0.0%	77.0%	0.0%	75.2%	73.7%		1:40:50		2:30:03	3:39:51		3:30:21		3:35:32	
11	Miriam	Terc	F	51	HS	217.5%	0.0%	0.0%	73.9%	73.2%	70.4%				2:05:43	2:33:59	3:50:09		3:39:07	3:41:11	
12	Jitka	Newald	F	51	BARC	214.2%	72.7%	72.3%	68.6%	69.3%	0.0%	1:19:10	1:47:24	2:15:25	2:44:53		3:42:57	3:44:03	3:56:02	3:56:51	
13	Donna	Goode	F	59	CLFC	202.1%	64.0%	66.3%	68.2%	0.0%	67.6%	1:38:31	2:10:35	2:31:56		4:27:33	4:38:22	4:32:52	4:25:08		
14	Judy	Loy	F	71	HS	199.6%	0.0%	65.1%	66.5%	0.0%	68.1%		2:40:36	3:08:33		5:30:24		5:45:35	5:38:25		
15	Kathleen	Mahon	F	55	BCRR	199.4%	65.1%	0.0%	64.7%	69.5%	63.6%	1:31:47		2:31:25	2:51:06	4:28:47	4:18:49		4:24:03	4:05:52	
16	Gloria	Mahoney	F	59	BCRR	197.0%	64.1%	0.0%	64.2%	68.3%	64.4%	1:39:51		2:41:24	3:04:08	4:40:38	4:42:14		4:41:39	4:24:43	
17	Maureen	Mayes	F	64	HS	196.6%	0.0%	64.0%	63.2%	0.0%	69.4%		2:25:41	2:56:33		4:42:14		5:06:03	5:09:39		
18	Nancy	Wangen	F	52	HMSA	196.6%	0.0%	66.3%	63.9%	0.0%	66.4%		1:58:37	2:27:26		4:10:29		4:07:31	4:17:00		
19	BEVERLY	HANDY	F	50	BCRR	194.9%	66.3%	63.7%	60.8%	64.9%	0.0%	1:25:38	2:00:22	2:30:49	2:51:30		4:01:04	4:11:06	4:22:50	4:06:19	
20	Catherine	Fulford	F	50	BARC	194.4%	0.0%	66.0%	64.6%	63.2%	0.0%		1:56:11	2:22:02	2:54:28			4:02:22	4:07:32	4:10:34	
21	Susan	Lorms	F	62	ALRC	192.6%	65.5%	62.8%	0.0%	0.0%	64.3%	1:41:57	2:23:55			4:54:29	4:49:05	5:01:22			
22	Trudy	Regnier	F	52	TWRC	189.5%	0.0%	62.0%	0.0%	63.6%	63.9%		2:06:50		2:59:37	4:16:46		4:24:40		4:18:01	
23	April	Murphy	F	50	BCRR	187.6%	0.0%	65.8%	62.8%	0.0%	59.0%		1:56:33	2:26:10		4:30:54		4:03:08	4:14:44		
24	Kathryn	Vidal	F	58	BCRR	186.1%	62.7%	62.4%	61.0%	0.0%	59.5%	1:40:39	2:16:42	2:47:24		4:59:40	4:44:24	4:45:36	4:52:04		
25	Maria	Camacho	F	54	TTC	177.6%	0.0%	60.5%	58.2%	57.5%	58.9%		2:13:27	2:46:02	3:24:13	4:46:14		4:38:36	4:49:30	4:53:25	
26	Nancy	Woods	F	52	BARC	175.6%	60.8%	0.0%	58.1%	56.7%	0.0%	1:35:51		2:42:02	3:21:22		4:30:03		4:42:29	4:49:15	
27	christie	lammers	F	52	TTC	169.8%	0.0%	85.5%	0.0%	0.0%	84.4%		1:32:02			3:17:07		3:12:03			
28	Martha	Myers	F	61	BARC	165.6%	54.0%	55.9%	55.7%	0.0%	0.0%	2:00:05	2:37:07	3:11:26		2:33:51	3:50:15	5:39:44	5:28:29	5:34:27	
29	Gerie	Wood	F	61	HH	165.2%	0.0%	0.0%	0.0%	84.2%	81.0%					2:33:51	3:50:15			3:41:22	
30	ruth	mescall	F	54		157.7%	52.0%	52.5%	0.0%	53.2%	0.0%	1:54:55	2:33:52		3:40:42		5:24:03	5:21:14		5:17:06	
31	Debbie	Hooper	F	50	FBF	148.9%	0.0%	50.3%	49.4%	47.7%	49.2%		2:32:22	3:05:41	3:56:24	5:29:14		5:17:51	5:23:36	5:39:35	
32	Rhonda	Emerson	F	52	BCRR	147.4%	74.3%	0.0%	0.0%	0.0%	73.1%	1:18:23				3:44:36	3:40:50				
33	susan	waldau	F	63		147.0%	0.0%	74.6%	72.3%	0.0%	0.0%		2:03:01	2:31:59				4:17:59	4:26:06		
34	Lorna	Mangus	F	53	BCRR	141.4%	0.0%	69.8%	0.0%	0.0%	71.6%		1:54:12			3:52:09		3:58:19			
35	Sandy	Parker	F	58	HS	136.8%	0.0%	71.3%	0.0%	0.0%	65.5%				4:32:10		4:06:35				
36	Julie	Ward	F	54	KW	131.5%	65.8%	65.7%	0.0%	0.0%	0.0%	1:30:51	2:02:55				4:16:11	4:16:37			
37	Valerie	Belcher	F	50	HS	127.9%	0.0%	53.8%	74.0%	0.0%	0.0%		2:22:21	2:03:55				4:56:57	3:35:58		
38	Mari	Glamser	F	50	BCRR	124.0%	0.0%	0.0%	0.0%	60.4%	63.6%					3:04:22	4:11:27			4:24:48	
39	Loretta	Bunt	F	65		116.0%	0.0%	0.0%	57.3%	58.7%	0.0%			3:17:56	3:54:47				5:47:52	5:39:43	
40	June	Harris	F	53	BCRR	115.2%	59.2%	0.0%	0.0%	0.0%	56.0%	1:39:40				4:56:47	4:40:57				
41	Margaret	Montgomery	F	68	BARC	114.2%	57.7%	56.5%	0.0%	0.0%	0.0%	2:07:01	2:55:52				6:05:58	6:13:34			
42	Annabella	Green	F	54		109.0%	0.0%	0.0%	57.3%	0.0%	51.7%			2:48:41		5:26:06			4:54:08		
43	Lynn	Palmer	F	55	CLFC	108.9%	55.7%	53.2%	0.0%	0.0%	0.0%	1:48:41	2:33:52				5:06:40	5:21:16			
44	Cris	Richardson	F	51	BARC	108.1%	57.3%	50.8%	0.0%	0.0%	0.0%	1:40:18	2:32:54				4:42:28	5:18:58			
45	Janet	Sutton	F	54	BCRR	101.9%	49.8%	52.1%	0.0%	0.0%	0.0%	2:00:06	2:35:02				5:38:40	5:23:40			
46	Ronda	Stockton	F	51	BARC	101.3%	0.0%	50.5%	0.0%	0.0%	50.8%		2:33:42			5:19:04		5:20:38			
47	Bette	Lehberg	F	56	USAF	99.6%	0.0%	51.3%	0.0%	0.0%	48.3%		2:41:51			5:58:43		5:37:58			
48	Gloria	Hinton	F	55	CLFC	99.2%	51.0%	0.0%	0.0%	48.3%	0.0%	1:58:52			4:06:19		5:35:24			5:53:57	
49	Teri	O'Donnell	F	53	BCRR	84.2%	0.0%	41.9%	42.3%	0.0%	0.0%		3:10:03	3:45:41				6:36:36	6:33:27		
50	Karen	Bowler	F	60	HS	81.0%	0.0%	0.0%	81.0%	0.0%	0.0%			2:09:45				3:46:31			
51	Ann	Wacker	F	51	BARC	75.2%	0.0%	75.2%	0.0%	0.0%	0.0%		1:43:12				3:35:17				
52	Cyndie	Keene	F	52		74.5%	0.0%	0.0%	74.5%	0.0%	0.0%			2:06:27				3:40:25			
53	Alice	Jenney	F	53	FLS	73.4%	0.0%	0.0%	0.0%	0.0%	73.4%					3:46:40					
54	Carol	Schmidt	F	50	BCRR	68.7%	0.0%	0.0%	0.0%	0.0%	68.7%					3:52:43					
55	Sally	Sims	F	65	KW	68.3%	0.0%	0.0%	0.0%	0.0%	68.3%					4:57:14					
56	Jane	Corboy	F	51	BCRR	65.1%	0.0%	65.1%	0.0%	0.0%	0.0%		1:59:15					4:08:46			
57	Irene	Binash	F	52	HS	64.8%	0.0%	0.0%	0.0%	0.0%	64.8%					4:13:13					
58	Cheryl	Keenan	F	56		63.0%	0.0%	0.0%	0.0%	0.0%	63.0%					4:39:04					
59	Janice	Trimmer	F	61		61.2%	0.0%	0.0%	0.0%	0.0%	61.2%					5:04:25					
60	Cindy	Sosa	F	55	HH	60.2%	0.0%	0.0%	0.0%	0.0%	60.2%					4:44:01					
61	NINA	JANNETTI	F	53	FLS	59.5%	0.0%	0.0%	0.0%	0.0%	59.5%					4:39:39					
62	Bonnie	Egbert	F	57	RH	59.4%	0.0%	0.0%	0.0%	0.0%	59.4%					4:55:36					
63	Kathryn	Crowder	F	56	USAF	57.8%	0.0%	57.8%	0.0%	0.0%	0.0%		2:23:33				4:59:45				
64	Deborah	Touchy	F	51	BCRR	57.1%	57.1%	0.0%	0.0%	0.0%	0.0%	1:41:58					4:47:17				
65	Barbara	Rowe	F	55	BCRR	56.2%	0.0%	0.0%	0.0%	0.0%	56.2%					5:03:55					
66	Dena	Sokolow	F	53	BCRR	56.0%	0.0%	0.0%	0.0%	0.0%	56.0%					4:56:55					
67	Deana	Tysdal	F	57	TOR	55.7%	0.0%	0.0%	0.0%	0.0%	55.7%					5:15:39					
68	Mary	Sandoval	F	57	TOR	55.5%	55.5%	0.0%	0.0%	0.0%	0.0%	1:52:11					5:16:44				
69	Ruth	Ruffino	F	58	RH	55.4%	0.0%	0.0%	0.0%	0.0%	55.4%					5:21:44					
70	Thi	Nguyen	F	52		55.1%	0.0%	55.1%	0.0%	0.0%	0.0%		2:22:46				4:57:54				
71	Irma	Conran	F	56	BCRR	54.1%	54.1%	0.0%	0.0%	0.0%	0.0%	1:53:26					5:20:13				
72	K	Moriarty	F	55	USAF	53.8%	0.0%	0.0%	53.8%	0.0%	0.0%			3:02:15				5:17:51			
73	Chris	Webb	F	57		52.2%	52.2%	0.0%	0.0%	0.0%	0.0%	1:59:18					5:36:53				
74	Jovita	Lopez Smith</																			

Spring 2008 HARRA Runner of the Season

Place	fname	lname	sex	age	cat	club	Best Percentage:					Time:					meters				
							3 of 6	xc	5mi	10k	8k	5k	LP	xc	5mi	10k	8k	5k	LP		
Men under 40																					
1	luis	armenteros	M	35		HH	254.9%	86.23%	85.80%	82.88%	0.00%	0.00%	82.63%	0:19:26	0:24:52	0:32:24				10,244.7	
2	jose	lara	M	32		TOR	246.3%	0.00%	82.06%	81.62%	77.09%	82.61%	0.00%		0:26:00	0:32:54	0:27:30	0:15:37			
3	Brett	Riley	M	36		HS	242.4%	0.00%	80.83%	80.06%	0.00%	81.52%	77.31%		0:26:24	0:33:32		0:15:49	9,617.3		
4	Cornelio	Garibay	M	39		ALRC	237.9%	81.18%	78.38%	78.36%	77.06%	0.00%	75.94%	0:20:39	0:27:13	0:34:16	0:27:31			9,456.0	
5	JOE	OVIEDO	M	32		TOR	234.6%	77.84%	77.94%	0.00%	74.78%	78.79%	0.00%	0:21:32	0:27:22		0:28:21	0:16:22			
6	Thomas	King Jr	M	39		HS	231.0%	77.27%	76.75%	77.03%	0.00%	0.00%	0.00%	0:21:42	0:27:48	0:34:52					
7	Geoffrey	Streit	M	28		KW	230.9%	78.37%	74.92%	74.74%	71.61%	77.63%	0.00%	0:21:23	0:28:29	0:35:55	0:29:36	0:16:37			
8	SCOTT	GRISCHOW	M	32		HS	225.1%	75.36%	75.20%	0.00%	74.50%	0.00%	0.00%	0:22:15	0:28:22		0:28:27				
9	Stephen	Milford	M	22		BARC	218.9%	73.98%	73.48%	0.00%	0.00%	71.47%	0.00%	0:22:40	0:29:02			0:18:03			
10	Andrew	Keller	M	32		HS	218.5%	0.00%	71.99%	73.10%	71.19%	73.42%	0.00%		0:29:38	0:36:44	0:29:47	0:17:34			
11	Andrew	Sharensen	M	37			214.8%	72.23%	71.78%	70.74%	0.00%	0.00%	0.00%	0:23:12	0:29:43	0:37:57					
12	Stephen	Mayor	M	34		HH	213.3%	71.15%	71.33%	70.87%	69.20%	70.27%	67.53%	0:23:33	0:29:55	0:37:53	0:30:38	0:18:22	8,462.9		
13	Jeff	Eisele	M	37		TOR	213.2%	71.47%	71.40%	46.61%	70.35%	0.00%	0.00%	0:23:27	0:29:53	0:57:36	0:30:08				
14	Brian	King	M	28		HS	212.4%	0.00%	72.52%	69.14%	0.00%	70.79%	0.00%		0:29:25	0:38:50		0:18:13			
15	Simon	Brabo	M	32		BCRR	207.0%	69.59%	68.61%	68.81%	62.54%	0.00%	0.00%	0:24:05	0:31:06	0:39:01	0:33:54				
16	Jon	Grant	M	38			195.6%	66.37%	65.67%	63.52%	0.00%	0.00%	0.00%	0:25:15	0:32:29	0:42:16					
17	Mark	Schuck	M	30			179.2%	0.00%	61.03%	59.83%	58.35%	0.00%	0.00%		0:34:57	0:44:53	0:36:20				
18	Omar	Sesay	M	34		HS	176.9%	0.00%	0.00%	59.42%	0.00%	61.84%	55.61%			0:45:11		0:20:52	7,043.6		
19	Frank	Bilotti	M	39			175.7%	0.00%	57.60%	57.95%	0.00%	60.14%	0.00%		0:37:02		0:46:20	0:21:27			
20	Ramiro	Alvarado	M	35		ALRC	163.0%	83.59%	79.42%	0.00%	0.00%	0.00%	0.00%	0:20:03	0:26:52						
21	Alex	Moore	M	24			162.3%	79.36%	0.00%	82.97%	0.00%	0.00%	0.00%	0:21:07		0:32:22					
22	Rudy	Rocha	M	38		BARC	161.1%	0.00%	80.67%	80.41%	0.00%	0.00%	0.00%		0:26:27	0:33:23					
23	John	Yoder	M	37		HS	154.8%	0.00%	0.00%	77.86%	0.00%	0.00%	76.91%			0:34:29			9,570.9		
24	Michael	Tognarelli	M	36		HS	145.4%	0.00%	0.00%	73.88%	71.48%	0.00%	0.00%			0:36:20	0:29:39				
25	Neil	Morrisette	M	35		IFR	129.5%	0.00%	64.84%	64.70%	0.00%	0.00%	0.00%		0:32:54	0:41:30					
26	justo	Medrano	M	26		TOR	127.1%	61.84%	65.26%	0.00%	0.00%	0.00%	0.00%	0:27:06	0:32:41						
27	Steve	Bezner	M	36		HS	124.2%	0.00%	62.38%	61.82%	0.00%	0.00%	0.00%		0:34:12	0:43:26					
28	Jonathan	Bennett	M	33		TOR	118.9%	0.00%	0.00%	56.00%	62.93%	0.00%	0.00%			0:47:57	0:33:41				
29	Leno	Rios	M	37		TOR	118.0%	0.00%	0.00%	46.59%	0.00%	71.38%	0.00%			0:57:38		0:18:04			
30	Justin	Bertschi	M	27			113.1%	59.29%	53.79%	0.00%	0.00%	0.00%	0.00%	0:28:16	0:39:40			0:23:04			
31	David	Sutherland	M	33		USAF	111.4%	0.00%	55.44%	0.00%	0.00%	55.95%	0.00%		0:38:29						
32	Chris	Boylan	M	33		HS	104.1%	68.43%	0.00%	35.71%	0.00%	0.00%	0.00%	0:24:30		1:15:12					
33	clayton	smith	M	32		BCRR	94.4%	0.00%	0.00%	40.29%	0.00%	54.16%	0.00%			1:06:39		0:23:49			
34	Randall	Pugh	M	37			93.8%	0.00%	0.00%	47.90%	45.94%	0.00%	0.00%			0:56:03	0:46:09				
35	J.P.	Machemehl	M	23		FLS	84.3%	0.00%	84.30%	0.00%	0.00%	0.00%	0.00%		0:25:18						
36	Richard	Brown	M	39		BCRR	82.0%	0.00%	0.00%	40.96%	41.02%	0.00%	0.00%			1:05:33	0:51:41				
37	Drew	Prisner	M	36		ALRC	81.0%	0.00%	0.00%	0.00%	0.00%	80.98%	0.00%					0:15:56			
38	Ray	Martinez	M	34		TOR	78.5%	0.00%	78.48%	0.00%	0.00%	0.00%	0.00%		0:27:11						
39	Clint	Sherrouse	M	24		TOR	77.4%	77.36%	0.00%	0.00%	0.00%	0.00%	0.00%	0:21:40							
40	William	Blancett	M	32		HS	76.6%	0.00%	0.00%	0.00%	0.00%	76.57%	0.00%					0:16:51			
41	Joseph	Routt	M	28		TOR	74.9%	0.00%	0.00%	74.86%	0.00%	0.00%	0.00%			0:35:52					
42	Ross	Grant	M	16		HS	72.2%	72.23%	0.00%	0.00%	0.00%	0.00%	0.00%	0:23:12							
43	Peter	Prescott	M	36		HS	71.8%	0.00%	0.00%	0.00%	71.75%	0.00%	0.00%				0:29:33				
44	Alejandro	Solorzano	M	32		TOR	71.2%	0.00%	0.00%	0.00%	71.24%	0.00%	0.00%				0:29:46				
45	Bill	Gamer	M	108			70.1%	0.00%	70.11%	0.00%	0.00%	0.00%	0.00%		0:37:11						
46	Michael	Konvicka	M	31			69.9%	0.00%	0.00%	0.00%	69.94%	0.00%	0.00%				0:30:19				
47	Jeremy	Rowe	M	34		FLS	67.7%	0.00%	67.72%	0.00%	0.00%	0.00%	0.00%		0:31:30						
48	Jason	Reed	M	36		FLS	67.0%	0.00%	0.00%	0.00%	66.99%	0.00%	0.00%				0:31:39				
49	Adam	Mooney	M	36		HS	66.6%	0.00%	0.00%	0.00%	66.56%	0.00%	0.00%				0:31:51				
50	Lent	Rhodes	M	39			63.6%	0.00%	0.00%	63.63%	0.00%	0.00%	0.00%			0:42:12					
51	Tom	Stilwell	M	39		BCRR	63.0%	0.00%	0.00%	62.98%	0.00%	0.00%	0.00%			0:42:38					
52	Ryan	Dimarco	M	17		TOR	62.0%	0.00%	0.00%	0.00%	62.00%	0.00%	0.00%				0:34:12				
53	Anthony	Lopez	M	13			61.5%	0.00%	0.00%	0.00%	0.00%	61.53%	0.00%					0:20:58			
54	Sheilendra	Mehta	M	37			61.0%	0.00%	0.00%	61.03%	0.00%	0.00%	0.00%			0:44:00					
55	jeremiah	anderson	M	30			60.1%	0.00%	0.00%	0.00%	60.13%	0.00%	0.00%				0:35:15				
56	jesus	vallejo	M	37		HS	60.1%	0.00%	0.00%	60.05%	0.00%	0.00%	0.00%			0:44:43					
57	Jordan	Sterns	M	13		HH	60.0%	0.00%	0.00%	0.00%	0.00%	59.96%	0.00%					0:21:31			
58	Gerardo	Lopez, Jr.	M	20			59.9%	0.00%	0.00%	0.00%	0.00%	59.86%	0.00%					0:21:33			
59	amir	salem	M	32			58.9%	0.00%	0.00%	58.92%	0.00%	0.00%	0.00%			0:45:34					
60	Dave	Lee	M	39			58.1%	0.00%	0.00%	58.13%	0.00%	0.00%	0.00%			0:46:12					
61	Patrick	Mannen	M	33		BARC	57.2%	0.00%	0.00%	57.19%	0.00%	0.00%	0.00%			0:53:02					
62	Daniel	Gates	M	30		HS	56.7%	0.00%	0.00%	56.72%	0.00%	0.00%	0.00%			0:47:20					
63	Neeraj	Rohilla	M	25		BCRR	55.7%	0.00%	0.00%	55.71%	0.00%	0.00%	0.00%			0:48:12					
64	Keith	Beeman	M	33		BCRR	55.6%	0.00%	0.00%	55.60%	0.00%	0.00%	0.00%			0:48:17					
65	JOSE	MEDINA	M	36		KW	55.4%	0.00%	0.00%	55.40%	0.00%	0.00%	0.00%			0:48:28					
66	Bryant	Spencer	M	26			55.0%	0.00%	54.99%	0.00%	0.00%	0.00%	0.00%		0:38:48						
67	Gilbert	Legaspi	M	37		ALRC	54.7%	0.00%	0.00%	0.00%	0.00%	54.68%	0								

Spring 2008 HARRA Runner of the Season

Place	fname	lname	sex	age	cat	club	Best Percentage:						Time:						meters	
							3 of 6	xc	5mi	10k	8k	5k	LP	xc	5mi	10k	8k	5k	LP	
Men 40-49																				
1	Joe	flores	M	48	M	HH	263.7%	0.00%	88.92%	0.00%	85.98%	88.80%	0.00%		0:26:47		0:27:44	0:16:21		
2	Gerardo	Mora	M	41	M	HMSA	247.0%	80.49%	82.07%	81.54%	81.21%	83.42%	79.39%	0:22:12	0:27:43	0:35:06	0:27:50	0:16:29	9,281.7	
3	Tuan	Nguyen	M	46	M	HMSA	244.8%	82.08%	81.26%	0.00%	0.00%	81.46%	77.67%	0:22:37	0:29:05			0:17:32	8,768.9	
4	Matthew	Nicol	M	45	M	BCRR	241.3%	80.62%	80.26%	79.32%	77.98%	80.39%	0.00%	0:22:41	0:29:13	0:37:13	0:29:53	0:17:39		
5	Kevin	Regis	M	48	M	TOR	239.9%	79.39%	79.47%	79.75%	76.45%	80.72%	0.00%	0:23:45	0:30:12	0:37:53	0:31:12	0:17:59		
6	John	Hill	M	40	M	HS	239.0%	0.00%	0.00%	80.77%	77.49%	80.71%	0.00%			0:35:11	0:28:57	0:16:55		
7	Sim	Cuevas	M	48	M	TOR	237.5%	0.00%	0.00%	77.64%	79.03%	81.17%	77.32%			0:57:39	0:30:11	0:17:53	8,604.3	
8	Christoph	Bittinger	M	40	M	BARC	236.7%	0.00%	81.11%	0.00%	0.00%	79.22%	76.39%		0:27:49			0:17:14	9,014.0	
9	Robert	Walters	M	47	M	BCRR	235.2%	78.03%	78.42%	78.72%	0.00%	77.63%	72.65%	0:23:59	0:30:22	0:38:04		0:18:33	8,174.2	
10	Mark	Conran	M	48	M	BCRR	234.1%	80.29%	0.00%	77.64%	76.21%	0.00%	0.00%	0:23:29		0:38:55	0:31:18			
11	John	Ackerman	M	45	M	TOR	231.7%	75.29%	0.00%	77.65%	0.00%	78.80%	0.00%	0:24:28		0:38:01		0:18:00		
12	Lance	Collins	M	45	M	HS	230.6%	0.00%	0.00%	75.33%	76.00%	79.28%	0.00%			0:39:11	0:30:39	0:17:53		
13	Doug	Schroeder	M	40	M	HS	226.9%	76.07%	0.00%	74.42%	0.00%	76.43%	72.03%	0:23:19		0:38:11		0:17:51	8,527.2	
14	Steve	Schroeder	M	42	M	HS	226.0%	0.00%	76.08%	70.75%	72.83%	77.14%	72.27%		0:30:07	0:40:45	0:31:16	0:17:57	8,433.9	
15	Scott	Wonderly	M	41	M	BCRR	222.8%	71.93%	73.45%	73.95%	72.64%	75.36%	70.08%	0:24:51	0:30:58	0:38:42	0:31:07	0:18:15	8,251.3	
16	Robert	Brown	M	49	M	BCRR	222.3%	73.83%	74.34%	74.16%	0.00%	69.30%	72.65%	0:25:45	0:32:33	0:41:03	0:41:03	0:21:07	8,053.5	
17	John	Wiehe	M	44	M		219.7%	0.00%	0.00%	72.63%	72.17%	74.95%	71.61%			0:40:19	0:32:02	0:18:46	8,242.8	
18	Jamie	Johnson	M	41	M		216.8%	0.00%	71.01%	71.29%	72.01%	73.52%	0.00%		0:32:02	0:40:08	0:31:23	0:18:42		
19	Predrag	Bojovic	M	45	M	HS	213.4%	0.00%	73.92%	0.00%	70.63%	0.00%	68.87%		0:31:43		0:32:59	0:18:42	7,887.6	
20	Gerardo	Lopez	M	43	M		211.5%	0.00%	69.55%	69.85%	72.13%	69.45%	0.00%		0:33:11	0:41:37	0:31:49	0:20:07		
21	Eric	Stotzer	M	40	M	BCRR	209.3%	70.28%	72.38%	0.00%	66.64%	0.00%	0.00%	0:25:15	0:31:11		0:33:40			
22	Shon	Moynihan	M	42	M		208.0%	0.00%	69.55%	68.25%	0.00%	70.23%	0.00%		0:32:57	0:42:15		0:19:43		
23	Roger	Redding	M	49	M	BARC	201.4%	65.41%	67.35%	67.36%	63.12%	66.67%	0.00%	0:27:58	0:35:56	0:45:12	0:38:06	0:21:57		
24	michael	moran	M	47	M	BCRR	191.8%	0.00%	0.00%	64.14%	62.87%	64.82%	0.00%			0:46:43	0:37:39	0:22:13		
25	Tim	McGuirk	M	45	M	BCRR	185.5%	62.34%	0.00%	0.00%	0.00%	63.20%	59.93%	0:29:33				0:22:26	6,913.7	
26	Christophe	Harris	M	49	M	BCRR	176.8%	0.00%	62.44%	0.00%	56.56%	0.00%	57.78%		0:38:45		0:42:31		6,485.1	
27	Terry	Garrett	M	44	M	BCRR	175.7%	0.00%	87.33%	0.00%	0.00%	88.32%	0.00%		0:26:38			0:15:56		
28	Jon	Butler	M	45	M		174.1%	0.00%	87.88%	86.18%	0.00%	0.00%	0.00%		0:26:41	0:34:15				
29	David	Street	M	49	M	BARC	169.1%	55.85%	56.19%	57.11%	0.00%	0.00%	0.00%	0:34:03	0:43:04	0:53:19				
30	Mark	Gonzales	M	43	M	HS	163.6%	0.00%	55.87%	53.99%	0.00%	0.00%	53.74%		0:41:19	0:53:50			6,326.9	
31	Steven	King	M	44	M	HH	163.5%	82.68%	80.79%	0.00%	0.00%	0.00%	0.00%	0:22:07	0:28:48					
32	William	Henderson	M	45	M	BCRR	155.4%	0.00%	0.00%	0.00%	76.66%	78.75%	0.00%				0:30:24	0:18:01		
33	Francisco	Garza	M	42	M	TOR	151.9%	0.00%	0.00%	77.20%	74.75%	0.00%	0.00%			0:37:21	0:30:27			
34	Jacob	Tonge	M	45	M	BCRR	144.8%	0.00%	0.00%	66.90%	0.00%	77.89%	0.00%			0:44:07		0:18:13		
35	Walt	Yarrow	M	40	M	FLS	144.4%	0.00%	70.78%	0.00%	0.00%	73.60%	0.00%		0:31:53			0:18:33		
36	Michael	Root	M	45	M	BARC	142.9%	0.00%	71.30%	71.56%	0.00%	0.00%	0.00%		0:32:53	0:41:15				
37	Jose	Reyes	M	41	M	TOR	142.0%	0.00%	0.00%	0.00%	69.57%	72.48%	0.00%				0:32:29	0:18:58		
38	JOEL	CHAPA	M	46	M		136.1%	0.00%	68.76%	67.38%	0.00%	0.00%	0.00%		0:34:22	0:44:08				
39	Steven	Flatter	M	47	M	BCRR	126.6%	0.00%	0.00%	0.00%	0.00%	63.87%	62.74%					0:22:33	7,114.3	
40	Randy	Williams	M	48	M		119.6%	60.56%	0.00%	0.00%	59.07%	0.00%	0.00%	0:31:08			0:40:23			
41	Jeff	Sharp	M	49	M	HS	118.1%	0.00%	59.92%	0.00%	58.19%	0.00%	0.00%		0:40:03		0:41:20			
42	Dean	Quinn	M	48	M		116.4%	0.00%	56.84%	0.00%	0.00%	59.54%	0.00%		0:42:13			0:24:11		
43	Robert	Mayer	M	42	M	BCRR	116.2%	0.00%	58.76%	0.00%	57.46%	0.00%	0.00%		0:38:43		0:39:37			
44	Dunbar	Chambers III	M	49	M		111.9%	0.00%	0.00%	0.00%	54.21%	57.69%	0.00%				0:44:22	0:25:22		
45	Mike	Marczak	M	48	M	BCRR	110.3%	0.00%	0.00%	72.11%	0.00%	38.23%	0.00%			0:41:54		0:37:58		
46	sean	wade	M	42	M	KW	90.6%	0.00%	0.00%	90.55%	0.00%	0.00%	0.00%			0:31:51				
47	Wilmer	Bustillos	M	43	M	TOR	83.7%	0.00%	0.00%	0.00%	0.00%	0.00%	83.70%					9,620.7		
48	Adam	Jackson	M	44	M	TOR	80.9%	80.91%	0.00%	0.00%	0.00%	0.00%	0.00%	0:22:36						
49	Richard	Peoples Jr.	M	48	M	ALRC	80.5%	0.00%	0.00%	80.55%	0.00%	0.00%	0.00%			0:37:31				
50	Mike	Crowley	M	43	M	BCRR	80.3%	0.00%	0.00%	0.00%	0.00%	80.26%	0.00%					0:17:24		
51	Agapito	Gaytan	M	47	M	TOR	79.4%	79.37%	0.00%	0.00%	0.00%	0.00%	0.00%	0:23:24						
52	Kurt	Pepper	M	48	M	FLS	77.9%	0.00%	0.00%	77.89%	0.00%	0.00%	0.00%			0:38:48				
53	Thorleif	Egeli	M	44	M	HS	74.8%	0.00%	0.00%	74.79%	0.00%	0.00%	0.00%			0:39:09				
54	Brett	Hervat	M	41	M	ALRC	74.4%	74.45%	0.00%	0.00%	0.00%	0.00%	0.00%	0:24:00						
55	Daniel	Hu	M	47	M	BARC	69.2%	0.00%	0.00%	69.21%	0.00%	0.00%	0.00%			0:43:18				
56	Carlos	Alzate	M	46	M	HS	69.0%	0.00%	0.00%	69.05%	0.00%	0.00%	0.00%			0:43:04				
57	Joe	Landry	M	46	M	BCRR	68.9%	0.00%	0.00%	68.94%	0.00%	0.00%	0.00%			0:43:08				
58	James	Kelley	M	44	M		67.4%	0.00%	0.00%	67.41%	0.00%	0.00%	0.00%			0:43:26				
59	Gary	Huseman	M	48	M		67.2%	67.22%	0.00%	0.00%	0.00%	0.00%	0.00%	0:28:03						
60	Mark	Russell	M	47	M		66.2%	66.17%	0.00%	0.00%	0.00%	0.00%	0.00%	0:28:17						
61	Scott	Peregoy	M	49	M		65.8%	0.00%	0.00%	65.76%	0.00%	0.00%	0.00%			0:46:18				
62	Paul	Finken	M	46	M	USAF	63.1%	0.00%	0.00%	0.00%	0.00%	63.14%	0.00%					0:22:37		
63	Les	Peters	M	47	M		62.9%	0.00%	0.00%	62.92%	0.00%	0.00%	0.00%			0:47:38				
64	Kelly	McClendon	M	48	M		61.7%	0.00%	0.00%	61.71%	0.00%	0.00%	0.00%			0:54:50				
65	Evan	Guy	M	44	M	TWRC	61.3%	0.00%	0.00%	61.30%	0.00%	0.00%	0.00%			0:47:46				

Spring 2008 HARRA Runner of the Season

Place	fname	lname	sex	age	cat	club	Best		Percentage:					Time:					meters		
							3 of 6	xc	5mi	10k	8k	5k	LP	xc	5mi	10k	8k	5k	LP		
Men 50+																					
1	Ino	Cantu	M	74	V	FLS	259.2%	85.93%	87.04%	86.22%	0.00%	0.00%	0.00%	0.28:10	0:35:24	0:44:59					
2	Miguel	Lopez	M	56	V	TOR	254.7%	84.91%	85.00%	84.81%	83.28%	84.14%	0.00%	0:23:43	0:30:09	0:38:01	0:30:35	0:18:25			
3	Ted	Traynor	M	58	V	HS	251.4%	87.07%	0.00%	0.00%	81.15%	83.22%	80.11%	0:23:31			0:31:55	0:18:57	8,231.5		
4	Richard	Fredrich	M	50	V	TTC	249.7%	81.82%	83.24%	83.56%	81.57%	82.94%	80.68%	0:23:25	0:29:18	0:36:45	0:29:43	0:17:47	8,822.3		
5	Kenneth	Ruane	M	66	V		249.2%	0.00%	82.82%	82.81%	0.00%	83.60%	0.00%		0:33:49	0:42:33		0:20:15			
6	alfred	denbleyker	M	58	V	HS	248.8%	83.38%	82.61%	82.77%	0.00%	0.00%	0.00%	0:24:22	0:31:18	0:39:18					
7	Jamal	Jamalyaria	M	56	V	TOR	248.6%	84.02%	82.80%	81.60%	79.80%	81.82%	0.00%	0:23:46	0:30:58	0:39:31	0:31:55	0:18:57			
8	Larry	Tidwell	M	52	V	HMSA	246.6%	0.00%	81.20%	82.45%	80.83%	82.99%	0.00%		0:30:16	0:37:50	0:30:29	0:18:03			
9	Rich	Siemens	M	68	V	ALRC	245.8%	0.00%	82.90%	82.31%	80.55%	79.78%	0.00%		0:34:24	0:43:37	0:35:12	0:21:37			
10	Dale	Lee	M	52	V	TTC	241.6%	0.00%	80.02%	81.47%	0.00%	80.12%	77.87%		0:30:58	0:38:56			8,402.2		
11	Roger	Boak	M	59	V	TTC	240.0%	80.40%	79.36%	0.00%	78.87%	80.20%	75.76%	0:25:42	0:33:08		0:33:08	0:19:50	7,744.1		
12	Jay	Hendrickson	M	54	V	BCRR	237.6%	0.00%	78.23%	78.89%	0.00%	80.47%	74.05%		0:32:13	0:40:12		0:18:56	7,889.8		
13	mark	Girouard	M	52	V	TTC	236.3%	79.23%	78.19%	78.92%	76.42%	77.57%	0.00%	0:24:35	0:31:42	0:39:32	0:32:14	0:19:19			
14	Ken	Yanowski	M	52	V	TTC	233.2%	0.00%	77.21%	76.68%	75.46%	79.26%	0.00%		0:32:06	0:40:41	0:32:39	0:18:54			
15	Jack	Lippincott	M	61	V	TTC	232.7%	78.21%	77.17%	76.45%	75.45%	77.35%	72.40%	0:26:53	0:34:41	0:44:04	0:35:15	0:20:55	7,296.0		
16	Victor	Aguirre	M	56	V	TOR	232.7%	76.68%	0.00%	77.32%	74.57%	78.65%	0.00%	0:26:16		0:41:43	0:34:09	0:19:42			
17	Chris	Buchanan	M	70	V	BCRR	229.7%	0.00%	75.08%	75.16%	0.00%	79.48%	0.00%		0:38:49	0:48:49		0:22:11			
18	Rich	Vega	M	61	V	TTC	229.2%	0.00%	75.28%	76.83%	75.78%	76.55%	73.83%		0:35:34	0:43:51	0:35:06	0:21:08	7,432.0		
19	Jeff	Gilbert	M	60	V	BARC	228.5%	0.00%	76.60%	76.04%	73.97%	75.83%	72.34%		0:34:37	0:43:54	0:35:37	0:21:09	7,351.8		
20	Richard	Verm	M	54	V	BCRR	227.8%	77.40%	73.97%	74.34%	71.72%	76.03%	71.84%	0:25:35	0:34:04	0:42:40	0:34:56	0:20:02	7,666.7		
21	Mark	Fraser	M	51	V	BCRR	227.4%	75.78%	76.02%	75.62%	73.92%	75.29%	72.85%	0:25:29	0:32:20	0:40:56	0:33:03	0:19:45	7,952.3		
22	John	Polisini	M	54	V	ALRC	225.2%	76.51%	72.78%	71.60%	70.87%	75.88%	0.00%	0:25:52	0:34:38	0:44:18	0:35:21	0:20:05			
23	thomas	radosevich	M	55	V	BCRR	223.2%	71.60%	74.47%	74.08%	71.20%	74.62%	0.00%	0:27:39	0:33:50	0:42:49	0:35:28	0:20:36			
24	gary	wood	M	66	V	BCRR	222.5%	74.18%	74.33%	0.00%	72.63%	74.00%	71.66%	0:29:39	0:37:40		0:38:18	0:22:53	6,923.2		
25	Thomas	woltz, Sr.	M	61	V	HS	220.8%	66.88%	75.17%	72.65%	0.00%	72.93%	0.00%	0:31:10	0:35:16	0:45:57		0:22:11			
26	David	Chester	M	62	V	HH	218.2%	0.00%	71.87%	73.15%	71.00%	73.23%	0.00%		0:37:34	0:46:27	0:37:48	0:22:17			
27	chris	adams	M	61	V	HS	217.6%	0.00%	69.27%	73.73%	0.00%	74.55%	0.00%		0:38:38	0:45:41		0:21:42			
28	Gabriel	Lara	M	66	V	ALRC	210.9%	0.00%	0.00%	69.94%	69.47%	71.47%	0.00%			0:49:56	0:40:02	0:23:42			
29	Harry	Horne	M	70	V	KW	210.2%	0.00%	69.95%	69.30%	67.76%	70.91%	0.00%		0:41:40	0:52:56	0:42:45	0:24:52			
30	Fred	Steves	M	66	V	BCRR	209.7%	0.00%	70.48%	69.33%	0.00%	69.90%	65.28%		0:39:44	0:50:49		0:24:13	6,338.3		
31	Steve	Wisner	M	50	V	TTC	209.6%	0.00%	68.73%	70.14%	65.43%	70.70%	0.00%		0:35:29	0:43:46	0:37:02	0:20:52			
32	Ronnie	Schreiber	M	58	V	BARC	209.4%	69.28%	70.45%	69.67%	66.02%	68.98%	61.66%	0:29:19	0:37:00	0:46:42	0:39:14	0:22:51	6,427.0		
33	Don	Brenner	M	68	V	BCRR	207.6%	0.00%	68.59%	0.00%	0.00%	71.32%	67.68%		0:41:34			0:24:11	6,445.9		
34	Jim	Peiffer	M	65	V	HS	206.9%	68.51%	0.00%	69.95%	68.40%	0.00%	0.00%	0:31:32		0:49:28	0:40:18				
35	Bruce	Mansur	M	54	V	BCRR	204.0%	73.79%	70.15%	0.00%	60.07%	0.00%	0.00%	0:26:50	0:35:55		0:41:42				
36	Steve	Shepard	M	53	V	HS	203.5%	67.12%	66.79%	69.62%	0.00%	0.00%	0.00%	0:29:01	0:37:06	0:46:19					
37	Mike	Mangan	M	66	V	BCRR	197.4%	66.03%	66.81%	0.00%	61.44%	0.00%	64.52%	0:33:19	0:41:55		0:45:16		6,267.0		
38	Andrew	Cox	M	53	V	HS	191.8%	65.49%	63.80%	62.46%	0.00%	0.00%	0.00%	0:29:45	0:38:51	0:50:21					
39	Andy	Stewart	M	50	V	FLS	188.5%	64.23%	61.22%	0.00%	0.00%	63.05%	0.00%	0:29:50	0:39:50			0:23:24			
40	Nicholas	Terry	M	53	V		179.5%	0.00%	0.00%	60.57%	56.94%	61.97%	0.00%			0:51:56	0:43:37	0:24:24			
41	John	Phillips	M	58	V	BCRR	170.9%	57.31%	0.00%	0.00%	53.67%	59.87%	52.50%	0:35:44			0:48:16	0:26:20	5,513.6		
42	Ben	Harvie	M	61	V	TTC	170.6%	0.00%	85.39%	85.19%	0.00%	0.00%	0.00%		0:31:21	0:39:32					
43	Lenord	Burns	M	61	V	BARRA	155.9%	0.00%	0.00%	78.40%	0.00%	77.55%	0.00%			0:42:58		0:20:52			
44	Rainer	Potthast	M	54	V	HS	153.6%	0.00%	0.00%	76.59%	0.00%	77.00%	0.00%			0:41:25		0:19:47			
45	ruben	coryat	M	69	V	HS	149.9%	0.00%	74.36%	0.00%	0.00%	75.59%	0.00%		0:38:21			0:23:04			
46	orville	kremmer	M	75	V	ALRC	148.7%	0.00%	0.00%	74.54%	0.00%	74.15%	0.00%			0:52:54		0:25:33			
47	Juergen	Mueller	M	56	V	RH	147.5%	0.00%	73.79%	73.69%	0.00%	0.00%	0.00%		0:34:44	0:43:46					
48	Marshall	Penwright	M	52	V	HS	146.6%	0.00%	0.00%	72.93%	0.00%	73.68%	0.00%			0:42:26		0:20:20			
49	Wilhelmus	Burgers	M	58	V	BCRR	146.1%	0.00%	0.00%	0.00%	0.00%	74.25%	71.88%					0:21:14	7,428.6		
50	John	Duncan	M	55	V	BCRR	144.1%	0.00%	72.26%	71.86%	0.00%	0.00%	0.00%		0:35:10	0:44:31					
51	Bill	Buffum	M	63	V	BARC	141.9%	0.00%	77.24%	64.64%	0.00%	0.00%	0.00%		0:35:16	0:53:02					
52	Freddy	Queen	M	59	V	BCRR	133.9%	0.00%	0.00%	66.38%	0.00%	67.50%	0.00%			0:49:52		0:23:33			
53	Kevin	Ward	M	55	V	KW	132.2%	0.00%	0.00%	67.50%	64.67%	0.00%	0.00%			0:47:23	0:39:03				
54	Robert	Swanson	M	50	V	BCRR	130.8%	0.00%	64.83%	65.98%	0.00%	0.00%	0.00%		0:37:37	0:46:32					
55	Patrick	Flaherty	M	50	V	BCRR	127.1%	0.00%	0.00%	65.42%	0.00%	0.00%	61.65%			0:46:55		6,841.8			
56	Joe	Carey	M	52	V	BARC	125.4%	0.00%	66.55%	58.85%	0.00%	0.00%	0.00%		0:37:14	0:53:01					
57	James	Taylor	M	64	V		120.4%	0.00%	0.00%	63.75%	56.62%	0.00%	0.00%			0:54:16	0:48:15				
58	Tim	Bowler	M	59	V	HS	116.0%	0.00%	59.13%	0.00%	56.91%	0.00%	0.00%		0:44:29	0:45:55					
59	Alan	Anderson	M	62	V	HS	100.2%	0.00%	52.17%	0.00%	48.05%	0.00%	0.00%		0:51:45	0:55:51					
60	Larry	Cullen	M	65	V	BCRR	99.6%	0.00%	0.00%	46.48%	0.00%	53.10%	0.00%			1:14:26		0:31:35			
61	Daniel	Rider	M	52	V		83.8%	0.00%	41.78%	0.00%	0.00%	42.02%	0.00%		0:59:19			0:35:40			
62	Ramiro	Ramirez	M	55	V	TOR	80.0%	0.00%	80.05%	0.00%	0.00%	0.00%	0.00%		0:31:45						
63	James																				

90	Tom	Doneker	M	54	V	HS	55.8%	0.00%	0.00%	0.00%	0.00%	55.83%	0.00%					0:27:17
91	Phillip	Smith	M	72	V	BCRR	54.7%	0.00%	0.00%	0.00%	0.00%	54.73%	0.00%					0:33:02
92	William	Hayes	M	56	V	BCRR	54.2%	0.00%	0.00%	54.18%	0.00%	0.00%	0.00%				0:59:31	
93	John	Roberts	M	50	V		53.0%	0.00%	0.00%	52.97%	0.00%	0.00%	0.00%				0:57:57	
94	Michael	Cavalier	M	63	V		52.6%	0.00%	0.00%	0.00%	0.00%	52.65%	0.00%					0:31:17
95	Virgil	Enos	M	54	V	BARC	51.0%	0.00%	0.00%	51.05%	0.00%	0.00%	0.00%				1:01:37	
96	Michael	Barnes	M	52	V	USAF	47.4%	0.00%	0.00%	0.00%	47.41%	0.00%	0.00%				0:51:58	
97	Willie	Swisher	M	54	V		46.6%	0.00%	46.62%	0.00%	0.00%	0.00%	0.00%				0:54:03	
98	John	Foster	M	50	V	BCRR	46.5%	0.00%	0.00%	0.00%	0.00%	46.53%	0.00%					0:31:42
99	Nathaniel	Collins	M	71	V		46.0%	0.00%	0.00%	46.04%	0.00%	0.00%	0.00%				1:20:39	
100	Robert	Rucker	M	65	V	USAF	44.5%	0.00%	0.00%	0.00%	0.00%	44.50%	0.00%					0:37:41
101	Lee	Greb	M	54	V	HS	42.2%	0.00%	0.00%	42.18%	0.00%	0.00%	0.00%				1:15:11	
102	Kenneth	Einhorn	M	63	V	HS	38.1%	0.00%	0.00%	38.06%	0.00%	0.00%	0.00%				1:29:18	
103	German	Collazos	M	50	V	HMSA	34.2%	0.00%	0.00%	34.18%	0.00%	0.00%	0.00%				1:29:05	
104	Stephen	Gardner	M	56	V	BCRR	33.6%	0.00%	0.00%	33.64%	0.00%	0.00%	0.00%				1:35:53	
105	Doug	Campbell	M	52	V	USAF	32.9%	0.00%	0.00%	32.93%	0.00%	0.00%	0.00%				1:34:44	
106	Robert	Tysdal	M	52	V		32.9%	0.00%	0.00%	32.93%	0.00%	0.00%	0.00%				1:34:45	