

90	Triet	Hoang	M	39		46.5%	0.0%	0.0%	0.0%	0.0%	46.5%					4:28:30			
91	Marc	Ybarsabal	M	27	BCRR	45.1%	0.0%	0.0%	0.0%	0.0%	45.1%					4:37:16			
92	Doyle	Black	M	37		44.8%	0.0%	0.0%	0.0%	0.0%	44.8%					4:39:01			
93	James	Sheridan	M	31		43.8%	0.0%	0.0%	0.0%	0.0%	43.8%					4:45:23			
94	Douglas	Hanson	M	35	USAF	41.3%	0.0%	41.3%	0.0%	0.0%	0.0%	2:23:21				5:02:41	5:02:24		
95	Ed	Perez	M	35		41.3%	0.0%	0.0%	0.0%	0.0%	41.3%					5:02:41			
96	Brook	McClain Jr.	M	28	BCRR	37.4%	0.0%	0.0%	0.0%	0.0%	37.4%					5:34:23			

90	Mike	Masse	M	48	TOR	60.4%	0.0%	0.0%	0.0%	0.0%	60.4%					3:46:56			
91	Paul	Finken	M	48	USAF	57.3%	0.0%	0.0%	0.0%	0.0%	57.3%					3:59:00			
92	Timothy	Budzik	M	49		55.3%	0.0%	0.0%	0.0%	0.0%	55.3%					4:10:09			
93	Tom	Chandler	M	49	BARC	54.9%	54.9%	0.0%	0.0%	0.0%	0.0%	1:31:03					4:11:47		
94	Eric	Zoerb	M	48	FLS	54.7%	0.0%	0.0%	0.0%	0.0%	54.7%					4:10:29			
95	Jeffrey	Tabourne	M	43	BCRR	54.1%	0.0%	0.0%	54.1%	0.0%	0.0%			2:19:22				4:02:21	
96	Thomas	Tyrrell	M	46		52.7%	0.0%	52.7%	0.0%	0.0%	0.0%		2:02:57				4:15:39		
97	Mark	Schultze	M	48	BARC	51.6%	0.0%	0.0%	51.6%	0.0%	0.0%			2:32:36					4:25:45
98	Richard	McQuaide	M	48	TWRC	51.2%	0.0%	0.0%	0.0%	0.0%	51.2%					4:27:26			
99	Roland	Rodriguez	M	40		50.0%	0.0%	0.0%	0.0%	0.0%	50.0%					4:15:58			
100	DEAN	SHAW	M	49	HMSA	48.8%	0.0%	0.0%	0.0%	0.0%	48.8%					4:43:16			
101	David	Herzfeld	M	44		48.7%	0.0%	0.0%	0.0%	0.0%	48.7%					4:31:44			
102	Brock	Gillman	M	42	USAF	48.5%	0.0%	0.0%	0.0%	0.0%	48.5%					4:28:25			
103	Benjamin	Mayer	M	42		48.4%	0.0%	0.0%	0.0%	0.0%	48.4%					4:28:53			
104	John	Sobchak	M	49		48.2%	0.0%	0.0%	0.0%	0.0%	48.2%					4:46:33			
105	David	Neal	M	44		45.0%	0.0%	0.0%	45.0%	0.0%	0.0%			2:49:03				4:54:02	
106	Chris	Peden	M	45	BARC	43.6%	0.0%	43.6%	0.0%	0.0%	0.0%	2:27:19					5:06:13		
107	Leonard	Topolski	M	48	BARC	43.3%	0.0%	0.0%	0.0%	0.0%	43.3%					5:16:02			
108	Mario	Garcia	M	48		42.9%	0.0%	0.0%	0.0%	42.9%	0.0%			3:42:06					5:19:14
109	Frank	Krekeler	M	41	TOR	42.1%	0.0%	0.0%	0.0%	0.0%	42.1%					5:09:09			
110	Grady	Harrison	M	49	RH	42.0%	0.0%	0.0%	0.0%	0.0%	42.0%					5:29:10			
111	Patrick	LeBlanc	M	40		41.9%	0.0%	41.9%	0.0%	0.0%	0.0%	2:27:06					5:05:15		
112	Anthony	Toh	M	41		41.4%	0.0%	0.0%	0.0%	0.0%	41.4%					5:11:32			
113	Bradford	Moore	M	41		41.3%	0.0%	0.0%	0.0%	0.0%	41.3%					5:12:27			
114	PHILLIP	PATTERSON	M	42		40.9%	40.9%	0.0%	0.0%	0.0%	0.0%	1:55:27					5:18:05		
115	Tom	Helm	M	43	BCRR	40.3%	0.0%	0.0%	0.0%	0.0%	40.3%					5:28:44			
116	Victor	Kaiser	M	43	HS	37.1%	37.1%	0.0%	0.0%	0.0%	0.0%	2:08:14					5:53:25		
117	Arthur	Madrid	M	49	USAF	36.1%	0.0%	36.1%	0.0%	0.0%	0.0%		3:03:44					6:22:33	

89	Stephen	Smith	M	57	TWRC	70.3%	0.0%	0.0%	0.0%	0.0%	70.3%					3:31:35			
90	Jerry	Smith	M	58	HH	67.6%	0.0%	0.0%	0.0%	67.6%	0.0%			2:35:49					3:44:28
91	Stephen	Costello	M	56	ALRC	67.2%	0.0%	0.0%	0.0%	0.0%	67.2%					3:39:19			
92	John	McKenna, Jr.	M	53		67.0%	0.0%	0.0%	0.0%	0.0%	67.0%					3:33:56			
93	Mark	Coleman	M	51	TOR	66.6%	0.0%	0.0%	0.0%	0.0%	66.6%					3:31:14			
94	Gary	Horn	M	52		66.5%	0.0%	0.0%	0.0%	0.0%	66.5%					3:33:33			
95	Jeffrey	Nachenberg	M	50		65.2%	0.0%	0.0%	0.0%	0.0%	65.2%					3:35:45			
96	Steve	Shepard	M	54		64.5%	0.0%	0.0%	0.0%	0.0%	64.5%					3:44:05			
97	Steve	Lind	M	55		64.5%	0.0%	0.0%	0.0%	0.0%	64.5%					3:46:13			
98	Rob	Keene	M	53		64.4%	0.0%	0.0%	64.4%	0.0%	0.0%			2:07:28				3:42:21	
99	Luis	Salinas	M	57	HMSA	63.3%	0.0%	0.0%	0.0%	0.0%	63.3%					3:55:04			
100	Paul	Cooley	M	59	HMSA	63.1%	0.0%	0.0%	0.0%	0.0%	63.1%					4:00:21			
101	John	Moyer	M	52		62.9%	62.9%	0.0%	0.0%	0.0%	0.0%	1:21:28					3:45:43		
102	William	Schneider	M	57		62.5%	0.0%	0.0%	0.0%	0.0%	62.5%					3:58:09			
103	Garret	VandenBelt	M	53		62.0%	0.0%	0.0%	0.0%	0.0%	62.0%					3:51:17			
104	Richard	Rodriguez	M	54		61.6%	0.0%	0.0%	0.0%	0.0%	61.6%					3:54:53			
105	Wilfredo	Martinez	M	51	TTC	61.2%	61.2%	0.0%	0.0%	0.0%	0.0%	1:23:03					3:49:54		
106	Steve	Wisner	M	52	TTC	60.3%	0.0%	0.0%	0.0%	0.0%	60.3%					3:55:27			
107	Ronald	Cuenod Jr	M	51		59.9%	0.0%	0.0%	0.0%	0.0%	59.9%					3:54:58			
108	Don	Goodell	M	57		59.5%	0.0%	0.0%	0.0%	0.0%	59.5%					4:12:23			
109	Rick	Routzon	M	56		59.1%	0.0%	0.0%	0.0%	0.0%	59.1%					4:09:20			
110	Ernesto	Baca	M	54	HH	59.1%	0.0%	59.1%	0.0%	0.0%	0.0%	1:57:22					4:04:54		
111	Douglas	Sandvig	M	54		58.3%	0.0%	0.0%	58.3%	0.0%	0.0%			2:22:09				4:08:00	
112	Robert	Tysdal	M	54	TOR	57.7%	0.0%	0.0%	0.0%	0.0%	57.7%					4:10:48			
113	Joel	DuBois	M	51	BCRR	57.5%	0.0%	0.0%	0.0%	0.0%	57.5%					4:04:54			
114	Jose	Castaneda	M	55	HS	57.2%	57.2%	0.0%	0.0%	0.0%	0.0%	1:31:59					4:15:19		
115	Tim	Brooking	M	54	BARC	56.9%	56.9%	0.0%	0.0%	0.0%	0.0%	1:31:35					4:14:00		
116	Michael	Bayer	M	54	ALRC	54.3%	0.0%	0.0%	0.0%	0.0%	54.3%					4:26:25			
117	Peter	Birckhead	M	54	BCRR	54.1%	0.0%	0.0%	0.0%	0.0%	54.1%					4:29:40			
118	Jesse	Berrospe	M	55		53.9%	0.0%	53.9%	0.0%	0.0%	0.0%	2:09:38					4:30:38		
119	Jimmy	Jircik	M	56	RH	53.5%	0.0%	0.0%	0.0%	0.0%	53.5%					4:37:51			
120	wes	monteith	M	58	BCRR	53.1%	0.0%	0.0%	0.0%	0.0%	53.1%					4:43:04			
121	Basil	Housewright,	M	52	FLS	52.1%	0.0%	52.1%	0.0%	0.0%	0.0%	2:10:42					4:32:28		
122	Gary	Johnson	M	55	BARC	48.8%	0.0%	0.0%	0.0%	0.0%	48.8%					4:59:15			
123	Brian	Binash	M	55	HS	48.1%	0.0%	0.0%	0.0%	0.0%	48.1%					5:03:38			
124	J.R.	Wacasey	M	50	BCRR	47.5%	0.0%	0.0%	0.0%	0.0%	47.5%					4:53:44			
125	Virgil	Enos	M	55	BARC	46.9%	0.0%	0.0%	0.0%	0.0%	46.9%					5:11:10			
126	Dave	Adkins	M	52	TTC	46.4%	0.0%	46.4%	0.0%	0.0%	0.0%	2:07:34					4:29:06		
127	Dave	Gwyn	M	57	TTC	46.2%	0.0%	46.2%	0.0%	0.0%	0.0%	2:34:05					5:21:59		
128	Chris	Rampacek	M	57	PTI	43.3%	0.0%	0.0%	0.0%	0.0%	43.3%					5:47:10			
129	John	Phillips	M	59	BCRR	42.4%	0.0%	0.0%	0.0%	0.0%	42.4%					5:57:19			

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

Final Standings

Men 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	30k
1	Rich	Siemens	M	69	ALRC	250.2%	83.4%	0.0%	81.9%	84.9%	77.2%	1:11:50		1:56:50	2:17:05	3:37:42	3:21:27		3:25:04	3:17:59
2	Kenneth	Ruane	M	68	TTC	248.4%	82.7%	60.2%	81.1%	83.6%	82.1%	1:11:45	2:11:21	1:56:46	2:17:43	3:22:29	3:21:02	4:36:04	3:24:52	3:18:52
3	Ben	Harvie	M	63	TTC	240.4%	81.4%	81.6%	0.0%	0.0%	77.4%	1:08:52	1:31:24			3:23:48	3:12:02	3:11:29		
4	Roger	Boak	M	61	TTC	231.4%	79.4%	76.1%	76.0%	0.0%	0.0%	1:09:19	1:36:14	1:56:26			3:13:01	3:21:23	3:23:41	
5	Don	Brenner	M	70	BCRR	231.1%	79.8%	75.1%	0.0%	76.2%	72.1%	1:15:55	1:47:29		2:34:18	3:55:38	3:32:56	3:46:08	3:42:58	
6	Ty	Schmalz	M	61	ALRC	226.9%	74.3%	74.9%	74.0%	77.6%	0.0%	1:14:40	1:38:35	1:59:31	2:19:35		3:28:07	3:26:25	3:29:06	3:21:16
7	Jim	Braden	M	74	TWRC	226.0%	0.0%	75.2%	0.0%	75.1%	75.7%		1:52:56	2:44:39	3:56:04		3:57:31		3:57:59	
8	ruben	coryat	M	70	HS	217.3%	73.2%	0.0%	73.4%	70.8%	0.0%	1:22:45		2:11:51	2:46:07		3:52:06		3:51:33	4:00:02
9	Jim	Peiffer	M	66	HS	212.1%	0.0%	66.9%	69.8%	70.0%	72.3%		1:55:58	2:13:02	2:41:08	3:45:11		4:03:29	3:53:13	3:52:34
10	James	Thurmond	M	63		204.8%	0.0%	69.3%	66.8%	68.6%	64.9%		1:48:39	2:14:52	2:39:29	4:03:02		3:47:40	3:56:08	3:49:58
11	Fred	Steves	M	68	BCRR	203.7%	67.5%	65.5%	65.9%	68.8%	67.4%	1:27:54	2:00:47	2:23:44	2:47:20	4:06:42	4:06:18	4:13:52	4:12:09	4:01:38
12	David	Rushing	M	62	HS	199.7%	0.0%	68.1%	65.3%	66.3%	60.2%		1:49:29	2:16:43	2:43:29	4:19:37		3:49:22	3:59:16	3:55:43
13	Kenneth	Dague	M	63		196.2%	0.0%	66.2%	61.3%	68.8%	0.0%		1:53:50	2:27:05	2:39:11			3:58:31	4:17:29	3:49:32
14	Douglas	Carlisle	M	68	BCRR	190.6%	62.1%	61.6%	63.5%	65.1%	56.9%	1:35:35	2:08:23	2:29:17	2:56:54	4:52:10	4:27:49	4:29:50	4:21:53	4:15:26
15	gary	wood	M	67	BCRR	188.0%	0.0%	65.2%	64.2%	0.0%	58.6%		2:00:07	2:26:02		4:43:52		4:12:18	4:16:08	
16	Robert	Hoekman	M	68	TTC	187.3%	66.1%	64.4%	0.0%	56.8%	54.2%	1:29:42	2:02:53		3:22:45	5:06:33	4:11:20	4:18:16	4:52:46	
17	Robert	Huzinec	M	68	TWRC	185.1%	0.0%	58.2%	62.8%	64.1%	0.0%		2:15:57	2:30:48	2:59:37			4:45:44	4:24:33	4:19:22
18	Jesse	Smalls	M	63	TTC	182.7%	0.0%	60.6%	61.8%	60.2%	0.0%		2:04:13	2:25:46	3:01:51			4:20:17	4:15:11	4:22:13
19	Lawrence	DeSpain	M	64	FLS	180.2%	62.9%	59.7%	57.5%	57.3%	46.7%	1:30:46	2:07:17	2:38:12	3:12:53	5:41:20	4:13:31	4:26:54	4:37:06	4:38:13
20	Jack	Lippincott	M	63	TTC	180.2%	62.0%	58.1%	58.5%	59.6%	52.5%	1:31:11	2:09:37	2:34:06	3:03:31	5:00:35	4:14:28	4:31:36	4:29:46	4:24:37
21	Ken	MacFarlane	M	64	USAF	170.1%	0.0%	58.4%	56.8%	0.0%	54.9%		2:10:14	2:40:21		4:50:13		4:33:05	4:40:50	
22	Dave	Stadnick	M	61	HS	169.7%	59.0%	57.3%	52.9%	53.5%	52.7%	1:34:05	2:09:02	2:47:03	3:20:44	4:53:49	4:22:15	4:30:11	4:52:14	4:49:19
23	Thomas	McCay	M	66	BCRR	160.3%	52.3%	51.7%	0.0%	56.3%	51.1%	1:51:17	2:29:59		3:20:12	5:18:41	5:11:21	5:14:54	4:48:57	
24	Evan	Groutage	M	60	HMSA	152.2%	54.1%	52.6%	45.5%	0.0%	0.0%	1:41:37	2:19:10	3:12:31			4:43:01	4:51:14	5:36:43	
25	Ronald	Longtin	M	63	TWRC	150.3%	52.0%	49.5%	48.8%	0.0%	0.0%	1:48:46	2:32:04	3:04:53			5:03:32	5:18:38	5:23:41	
26	Joe	Barry	M	63	USAF	147.4%	0.0%	0.0%	0.0%	74.7%	72.6%				2:26:27	3:37:16			3:31:10	
27	Alfonso	Wongvalle	M	60	RH	146.9%	0.0%	50.2%	45.4%	51.3%	42.6%		2:25:55	3:13:05	3:27:06	5:59:39		5:05:21	5:37:42	4:58:26
28	Edwin	Thompson	M	60	HMSA	138.0%	0.0%	49.3%	0.0%	45.3%	43.4%		2:28:25		3:54:49	5:52:57		5:10:35		5:38:23
29	Tosone	Harbin	M	61	TTC	137.7%	68.8%	0.0%	0.0%	69.0%	0.0%	1:20:43			2:35:37		3:44:59		3:44:17	
30	Freddy	Queen	M	60	BCRR	126.1%	0.0%	63.9%	0.0%	0.0%	62.2%		1:54:35			4:08:50		3:59:47		
31	Michael	Mangan	M	68	BCRR	125.8%	66.5%	0.0%	59.3%	0.0%	0.0%	1:29:11		2:39:55			4:09:53		4:40:34	
32	John	Norris	M	62		124.7%	0.0%	62.5%	62.2%	0.0%	0.0%		1:59:19	2:23:30				4:09:58	4:11:08	
33	Allen	Webb	M	60		101.6%	46.1%	0.0%	0.0%	0.0%	55.5%	1:59:18				4:36:09	5:32:16			
34	Loren	Neufeld	M	60	HS	95.9%	50.0%	0.0%	45.9%	0.0%	0.0%	1:49:54		3:10:53			5:06:05		5:33:51	
35	Edward	Chisholm	M	60		90.0%	0.0%	45.6%	44.4%	0.0%	0.0%		2:40:29	3:17:17				5:35:50	5:45:03	
36	Lenord	Burns	M	62	BARRA	73.6%	0.0%	0.0%	0.0%	0.0%	73.6%					3:34:17				
37	Rich	Vega	M	63	TTC	71.2%	0.0%	0.0%	71.2%	0.0%	0.0%			2:06:37					3:41:41	
38	Larry	Lindeen	M	68	BCRR	68.2%	0.0%	0.0%	0.0%	0.0%	68.2%					4:06:16				
39	chris	adams	M	63	HS	67.7%	0.0%	0.0%	0.0%	0.0%	67.7%					3:53:10				
40	Thomas	Woltz, Sr.	M	62	HS	66.2%	0.0%	66.2%	0.0%	0.0%	0.0%		1:52:36					3:55:54		
41	Nelson	Harbison	M	70	BCRR	62.8%	0.0%	0.0%	0.0%	0.0%	62.8%					4:30:29				
42	John	Rogers	M	60		61.8%	0.0%	61.8%	0.0%	0.0%	0.0%		1:58:24					4:07:46		
43	Phillip	Hodges	M	65		58.4%	0.0%	0.0%	0.0%	0.0%	58.4%					4:35:46				
44	John	Fredrickson	M	71	BCRR	55.7%	0.0%	0.0%	0.0%	0.0%	55.7%					5:08:25				
45	James	Carlson	M	62	TTC	55.6%	0.0%	0.0%	0.0%	0.0%	55.6%					4:41:09				
46	R. Don	Ruggles	M	65	FLS	55.5%	0.0%	0.0%	0.0%	0.0%	55.5%					4:50:23				
47	Boris	Balic	M	73	BARC	55.1%	0.0%	0.0%	0.0%	0.0%	55.1%					5:20:00				
48	Will	Hrachovy	M	60	HS	54.2%	0.0%	0.0%	0.0%	0.0%	54.2%					4:45:17				
49	Gabriel	Iara	M	67	ALRC	53.3%	0.0%	0.0%	0.0%	0.0%	53.3%					5:08:36				
50	STEVE	BOONE	M	60	BCRR	53.3%	0.0%	0.0%	0.0%	0.0%	53.3%					4:47:31				
51	Alan	Anderson	M	64	HS	51.8%	0.0%	51.8%	0.0%	0.0%	0.0%		2:26:54					5:08:02		
52	Daniel	Jason	M	63	BCRR	51.7%	0.0%	0.0%	0.0%	0.0%	51.7%					5:05:06				
53	Tim	Bowler	M	61	HS	51.4%	51.4%	0.0%	0.0%	0.0%	0.0%	1:47:57					5:00:54			
54	Jim	Bishop	M	62		49.4%	0.0%	49.4%	0.0%	0.0%	0.0%		2:30:58					5:16:16		
55	Arlen	Isham	M	65		49.0%	0.0%	0.0%	0.0%	0.0%	49.0%					5:28:49				
56	Tom	McClurkin	M	60	HS	46.8%	0.0%	46.8%	0.0%	0.0%	0.0%		2:36:23					5:27:16		
57	Bruce	Heiberg	M	60		45.9%	0.0%	0.0%	0.0%	0.0%	45.9%					5:33:30				