

Race Date
August 13, 2016

2016 Cougar Series August

Overall Finish List

3.12 Miles

<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Gend</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>
1	Matthew Hong	Bellevue	373	39	M	1 Top Fin	20:50.6	6:41/M
2	Derek Engard	Snoqualmie WA	745	40	M	2 Top Fin	21:55.3	7:01/M
3	Andrew Leonard	Bellevue WA	760	41	M	3 Top Fin	22:14.6	7:08/M
4	Christopher Robertson	Renton WA	775	35	M	1 30-39	22:39.8	7:16/M
5	Ella McKillop	Issaquah WA	762	14	F	1 Top Fin	25:30.2	8:10/M
6	Mike Frederick	Bellevue WA	748	59	M	1 50-59	27:41.3	8:52/M
7	Marc Luesebrink	Bellevue WA	761	46	M	1 40-49	28:29.5	9:08/M
8	Brian Russell	Issaquah WA	780	42	M	2 40-49	29:23.8	9:25/M
9	Russ Harry	Issaquah WA	754	52	M	2 50-59	29:37.3	9:30/M
10	Jennifer Henis	New York City NY	755	33	F	2 Top Fin	29:58.8	9:36/M
11	Willis McNabb	Carbonado WA	766	45	M	3 40-49	30:06.4	9:39/M
12	Lindsey Purdy	Snohomish WA	774	29	F	3 Top Fin	30:31.5	9:47/M
13	Barbara Hulit	Medina WA	756	49	F	1 40-49	30:41.9	9:50/M
14	Bruce Rolf	Kirkland	546	58	M	3 50-59	30:44.3	9:51/M
15	Antje Russell	Issaquah WA	779	41	F	2 40-49	30:52.3	9:54/M
16	Cassandra Jansen-Olliges	Everett WA	757	33	F	1 30-39	31:22.3	10:03/M
17	Lisa Hamblin	Issaquah WA	753	48	F	3 40-49	31:28.8	10:05/M
18	Jeff Hamblin	Issaquah WA	752	39	M	2 30-39	31:30.5	10:06/M
19	Rheanna Summers	Issaquah WA	782	28	F	1 20-29	31:38.6	10:08/M
20	Christopher Rossi	Bellevue WA	778	27	M	1 20-29	31:40.7	10:09/M
21	Andrea Rossi	Bellevue WA	777	28	F	2 20-29	31:52.5	10:13/M
22	Trish Port	Kirkland	613	46	F	4 40-49	31:58.5	10:15/M
23	Pete Hendrickson	Bellevue	622	56	M	4 50-59	31:59.1	10:15/M
24	Jillian Sands	Jacksonville Beach	781	21	F	3 20-29	32:45.5	10:30/M
25	Brian Flippin	Kirkland WA	747	34	M	3 30-39	32:47.9	10:30/M
26	Michelle Rodgers	Renton WA	776	34	F	2 30-39	33:03.4	10:36/M
27	Joel Muetting	Seattle WA	770	37	M	4 30-39	34:06.5	10:56/M
28	Maxine Estrada	McKinney TX	746	25	F	4 20-29	34:17.2	10:59/M
29	Antonia Armstrong	Renton	360	43	F	5 40-49	35:07.8	11:15/M
30	Patricia Kostecka	Tacoma WA	759	33	F	3 30-39	35:14.8	11:18/M
31	Rachel Baker	Redmond WA	742	18	F	1 15-19	37:38.2	12:04/M
32	River McNabb	Carbonado WA	765	19	M	1 15-19	37:40.4	12:04/M
33	Logan McNabb	Carbonado WA	764	13	M	1 1-14	37:42.5	12:05/M
34	Tammy Nye	Redmond WA	772	55	F	1 50-59	37:51.6	12:08/M
35	Elizabeth Mitchell	Seattle WA	768	49	F	6 40-49	41:29.7	13:18/M
36	Evan Mitchell Barnhardt	Seattle WA	769	7	M	2 1-14	41:29.7	13:18/M
37	Philip Cash	Seattle WA	743	53	M	5 50-59	41:33.5	13:19/M
38	Princess Ventanilla	Hayward CA	783	27	F	5 20-29	43:33.7	13:58/M
39	Jennifer Grabaskas	Kirkland	456	33	F	4 30-39	46:24.8	14:52/M
40	Ella Lamp	Renton	635	12	F	1 1-14	49:50.6	15:58/M
41	David Lamp	Renton	637	43	M	4 40-49	49:51.6	15:59/M
42	Edith Hadler	Newcastle WA	750	48	F	7 40-49	52:59.1	16:59/M
43	Audrey Hadler	Newcastle WA	749	8	F	2 1-14	52:59.5	16:59/M
44	Karl Hadler	Newcastle WA	751	45	M	5 40-49	53:01.2	17:00/M
45	Amy Chirillo	Renton WA	744	58	F	2 50-59	58:14.4	18:40/M
46	Lydia Huss	Seattle	596	5	F	3 1-14	1:01:41.1	19:46/M
47	Kris Norgaard	Bellevue WA	771	48	F	8 40-49	1:11:52.4	23:02/M

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DQ	Pam Peseux	Laurel MD	773	53	F	DQ 50-59	48:12.6	15:27/M

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14.5 Miles

<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Gend</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>
1	Uli Steidl	Seattle	455	44	M	1 Top Fin	1:48:45.4	7:30/M
2	Brett Winegar	Kirkland WA	883	36	M	2 Top Fin	1:49:12.7	7:32/M
3	Andrew Baker	Seattle	632	25	M	3 Top Fin	1:55:15.9	7:57/M
4	Alex Kimura	Portland	396	25	M	1 20-29	1:56:15.7	8:01/M
5	Eddie Stricker	Seattle	647	32	M	1 30-39	2:00:49.7	8:20/M
6	Adam Braddock	Mukilteo	495	44	M	1 40-49	2:05:27.4	8:39/M
7	Eric Griffiths	Seattle WA	817	33	M	2 30-39	2:06:34.5	8:44/M
8	Caroline Austin	Seattle	598	25	F	1 Top Fin	2:06:46.7	8:45/M
9	Christopher Auld	Seattle	565	26	M	2 20-29	2:08:01.5	8:50/M
10	Mark Franks	North Bend	589	54	M	1 50-59	2:08:43.2	8:53/M
11	Heidi Stricker	Seattle	644	26	F	2 Top Fin	2:12:27.7	9:08/M
12	Paula Havu	Issaquah WA	820	35	F	3 Top Fin	2:13:27.3	9:12/M
13	Jesse Kostecka	Tacoma WA	832	33	M	3 30-39	2:15:31.3	9:21/M
14	Kristi Houk	Pot Orchard	449	32	F	1 30-39	2:19:31.8	9:37/M
15	Ashley Gateless	Seattle WA	810	31	F	2 30-39	2:19:48.3	9:38/M
16	Aaron Zedonis	Seattle WA	885	41	M	2 40-49	2:21:02.7	9:44/M
17	Joey Chirillo	Renton WA	798	25	M	3 20-29	2:22:21.0	9:49/M
18	Jim Mansen	Seattle WA	836	45	M	3 40-49	2:22:31.2	9:50/M
19	Jo Markham	Olympia WA	837	30	F	3 30-39	2:23:30.3	9:54/M
20	Mona Deprey	Seattle WA	801	50	F	1 50-59	2:23:33.8	9:54/M
21	Kevin Davis	Seattle WA	799	29	M	4 20-29	2:24:22.8	9:57/M
22	Mark Henderson	Woodinville WA	822	53	M	2 50-59	2:29:04.2	10:17/M
23	Chad Meis	Seattle WA	848	28	M	5 20-29	2:29:14.5	10:18/M
24	Stephanie Grimm	Seattle WA	818	29	F	1 20-29	2:29:31.5	10:19/M
25	Jeanine Stewart	Seattle	520	32	F	4 30-39	2:30:03.4	10:21/M
26	Michael Brisbois	Sammamish WA	794	52	M	3 50-59	2:30:14.2	10:22/M
27	Ryan Stueber	Auburn WA	877	35	M	4 30-39	2:31:37.4	10:27/M
28	Lisa Pietz	Renton WA	859	33	F	5 30-39	2:32:06.5	10:29/M
29	Stephen Heindel	Kirkland WA	821	29	M	6 20-29	2:34:13.6	10:38/M
30	Andy Wolverton	Edmonds WA	884	27	M	7 20-29	2:34:32.5	10:39/M
31	Nick Swan	Kent	399	31	M	5 30-39	2:35:33.5	10:44/M
32	Kevin Rio	Seattle	586	29	M	8 20-29	2:36:16.9	10:47/M
33	Mike Burgoyne	Renton WA	795	37	M	6 30-39	2:36:48.5	10:49/M
34	Josh Nicholson	Mercer Island WA	856	40	M	4 40-49	2:37:16.9	10:51/M
35	Rachel Bellinghausen	Omaha NE	788	40	F	1 40-49	2:39:16.5	10:59/M
36	Benjamin Glatstein	Seattle WA	816	36	M	7 30-39	2:39:29.5	11:00/M
37	Yvette Stepp	Seattle WA	874	51	F	2 50-59	2:39:33.6	11:00/M
38	Tim Snavelly	Jblm WA	872	41	M	5 40-49	2:40:20.3	11:03/M
39	Luis Padilla	Bellevue	607	45	M	6 40-49	2:40:42.1	11:05/M
40	Micah Subar	Seattle	550	27	M	9 20-29	2:41:11.4	11:07/M
41	Catherine Howard	Washington DC	824	39	F	6 30-39	2:41:57.3	11:10/M
42	Elizabeth Weeks	Seattle WA	881	29	F	2 20-29	2:42:23.3	11:12/M
43	Carl Schmidt	Issaquah	544	45	M	7 40-49	2:45:35.5	11:25/M
44	Paul Litwin	Seattle WA	833	58	M	4 50-59	2:46:14.1	11:28/M
45	Peter Litwin	Seattle WA	834	52	M	5 50-59	2:47:06.6	11:31/M
46	Chad Berg	Carnation WA	789	52	M	6 50-59	2:48:55.1	11:39/M
47	Peter Murray	Seattle WA	854	33	M	8 30-39	2:49:14.1	11:40/M

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14.5 Miles

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48	Wesley McCain	Portland OR	839	38	M	9 30-39	2:50:50.9	11:47/M
49	Adam Siltala	Clatskanie	475	22	M	10 20-29	2:50:51.7	11:47/M
50	Sharvil Shah	Seattle WA	864	27	M	11 20-29	2:51:16.7	11:49/M
51	Ellen Bayer	Tacoma WA	787	37	F	7 30-39	2:52:42.6	11:55/M
52	Dusanka Poljak	Redmond, Wa WA	860	37	F	8 30-39	2:54:01.8	12:00/M
53	Sonya Elder	Bellevue WA	805	43	F	2 40-49	2:54:40.5	12:03/M
54	Virginia Reinert	Seattle WA	863	26	F	3 20-29	2:55:10.8	12:05/M
55	Yousef Arefi	Seattle WA	785	34	M	10 30-39	2:55:46.1	12:07/M
56	Sam Stead	Gig Harbor WA	873	35	M	11 30-39	2:57:43.1	12:15/M
57	John Barnhardt	Seattle WA	786	47	M	8 40-49	2:58:51.6	12:20/M
58	Adam McGinnis	Bedford PA	843	26	M	12 20-29	2:58:55.9	12:20/M
59	Anna Edwards	Seattle WA	804	27	F	4 20-29	2:59:38.5	12:23/M
60	Glen Mangiantini	Bellevue	523	58	M	7 50-59	2:59:45.9	12:24/M
61	Zach Ferdana	Seattle WA	806	46	M	9 40-49	3:01:30.4	12:31/M
62	Daniel Okely	Bellevue	534	32	M	12 30-39	3:04:16.9	12:42/M
63	Christof Dreyer	Seattle	554	49	M	10 40-49	3:05:29.1	12:48/M
64	Stephen Mats Mats	Seattle WA	838	48	M	11 40-49	3:08:54.2	13:02/M
65	Andrea Frederick	Seattle WA	808	28	F	5 20-29	3:09:33.9	13:04/M
66	Steve Tilford	Renton WA	878	58	M	8 50-59	3:10:18.9	13:07/M
67	Wilfried Boutillier	Seattle WA	793	41	M	12 40-49	3:11:51.1	13:14/M
68	Cora Sack	Seattle WA	862	32	F	9 30-39	3:12:45.2	13:18/M
69	Samantha Byrnes	Seattle WA	797	28	F	6 20-29	3:13:15.8	13:20/M
70	Karen Hefan	Lk. Forrest Park	459	45	F	3 40-49	3:15:30.7	13:29/M
71	Michael Sterling	Milton WA	875	37	M	13 30-39	3:17:51.2	13:39/M
72	Yelena Bykova	Everett WA	796	25	F	7 20-29	3:20:58.7	13:52/M
73	Glenn Gaither	Shelton WA	809	54	M	9 50-59	3:21:23.3	13:53/M
74	Siri Angeles	Seattle WA	784	34	F	10 30-39	3:34:17.5	14:47/M
75	Jennifer Husman	Lake Stevens WA	826	43	F	4 40-49	3:35:49.2	14:53/M
76	Michelle Degrazio	Langley BC	800	43	F	5 40-49	3:37:33.5	15:00/M
77	Cara Hudson	Langley BC	825	38	F	11 30-39	3:37:37.5	15:00/M
78	Robert Gialloreto	Victoria BC	815	52	M	10 50-59	3:38:49.2	15:05/M
79	Lynn Siltala	JBLM	482	20	F	8 20-29	3:39:16.7	15:07/M
80	Michael Nicholls	Coon Rapids	458	39	M	14 30-39	3:39:51.1	15:10/M
81	Wesley Foote	Maple Valley WA	905	54	M	11 50-59	3:40:29.1	15:12/M
82	Christopher Ramsborg	Seattle WA	861	42	M	13 40-49	3:40:49.7	15:14/M
83	Pete Hanning	Seattle WA	819	47	M	14 40-49	3:42:24.2	15:20/M
84	Michela Berg	Bothell WA	790	27	F	9 20-29	3:58:02.6	16:25/M
85	Andria Kerkof	Seattle WA	830	47	F	6 40-49	4:06:55.8	17:02/M
86	Megan Meekins	Seattle WA	847	33	F	12 30-39	4:08:29.5	17:08/M
87	Vickie Black-Vigue	Tacoma WA	791	49	F	7 40-49	4:12:14.5	17:24/M
88	Staci Geiselman	Graham WA	812	49	F	8 40-49	4:12:14.7	17:24/M
89	Chris Simmons	Seattle WA	866	43	M	15 40-49	4:16:43.6	17:42/M
90	Pat MacDonald	Newcastle	621	64	M	1 60-69	4:18:29.8	17:50/M
91	Anume Orukari	Bellevue	608	34	F	13 30-39	4:25:08.8	18:17/M
92	Michelle McClendon	Puyallup WA	842	31	F	14 30-39	4:37:33.3	19:08/M
93	Alberto Navarro	Bellevue WA	855	59	M	12 50-59	4:42:23.4	19:28/M
DQ	Jenny Easterberg	Seattle	600	33	F	DQ 30-39	4:23:00.8	18:08/M

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26.2 Miles

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1	Zachary Allen Szablewski	Tanasket	385	26	M	1 Top Fin	3:52:36.5	8:53/M
2	Eric Brill	Kent WA	890	27	M	2 Top Fin	3:52:40.0	8:53/M
3	Arthur Martineau	Renton WA	920	48	M	3 Top Fin	4:28:06.4	10:14/M
4	Kayla Campasino	Lakewood WA	892	28	F	1 Top Fin	4:40:40.1	10:43/M
5	Dale Peterson	Snoqualmie WA	926	44	M	1 40-49	4:45:34.6	10:54/M
6	Jake Logar	Kent WA	918	26	M	1 20-29	4:46:35.5	10:56/M
7	Shelaine Dolce	Renton WA	900	35	F	2 Top Fin	4:46:44.9	10:57/M
8	Tyler Mitchell	Bothell WA	921	31	M	1 30-39	4:50:49.5	11:06/M
9	Adam Krett	Snoqualmie WA	917	43	M	2 40-49	4:59:27.6	11:26/M
10	Peter Dempster	Seattle WA	899	33	M	2 30-39	5:03:32.9	11:35/M
11	Iliana Sach	Bellevue WA	927	38	F	3 Top Fin	5:06:09.9	11:41/M
12	Ricardo Hoffman	Seattle WA	914	34	M	3 30-39	5:06:57.1	11:43/M
13	Alan Duncan	Liverpool GBR	902	63	M	1 60-69	5:09:39.4	11:49/M
14	Todd Thorpe	Woodinville WA	932	36	M	4 30-39	5:21:21.9	12:16/M
15	James Fetterley	Seattle WA	807	29	M	2 20-29	5:23:40.4	12:21/M
16	Stephan Daniels	Renton	492	33	M	5 30-39	5:25:58.1	12:26/M
17	Tomoko Ueno	Ueda INTERNATIO	933	32	F	1 30-39	5:28:22.3	12:32/M
18	Alex Bond	Seattle WA	886	29	M	3 20-29	5:29:36.6	12:35/M
19	Alexis Harper	Moses Lake	395	19	F	1 15-19	5:29:45.7	12:35/M
20	Kelly Clark	Colbert WA	896	49	F	1 40-49	5:30:24.2	12:37/M
21	Mike Flood	Issaquah	489	40	M	3 40-49	5:39:49.7	12:58/M
22	Milo Oostergo	Issaquah WA	924	34	M	6 30-39	5:42:23.9	13:04/M
23	Dan Myers	Tukwila WA	923	46	M	4 40-49	5:48:42.0	13:19/M
24	Christy Hammond	Sumner WA	908	40	F	2 40-49	5:59:09.4	13:42/M
25	Douglas Whitfield	Seattle WA	936	50	M	1 50-59	5:59:30.1	13:43/M
26	Kelli Hansen	Chugiak AK	910	15	F	2 15-19	6:06:57.9	14:00/M
27	Thomas Owen	Puyallup WA	925	47	M	5 40-49	6:09:24.6	14:06/M
28	Karl Hansen	Lakewood AK	909	44	M	6 40-49	6:11:24.6	14:11/M
29	Jolyn Su	Newcastle	466	39	F	2 30-39	6:32:55.6	15:00/M
30	Robert Eichelsdoerfer	Bothell WA	904	55	M	2 50-59	6:34:36.0	15:04/M
31	Damien Catala	Issaquah WA	894	35	M	7 30-39	6:46:12.2	15:30/M
32	Christy Shelton	Seattle WA	928	45	F	3 40-49	6:48:31.0	15:36/M
33	Heather Ziel	Seattle WA	938	42	F	4 40-49	7:07:07.0	16:18/M
34	Sarah Compton	Olympia WA	898	41	F	5 40-49	7:07:55.0	16:20/M
35	Sage Taber	Camano Island WA	930	21	F	1 20-29	7:08:46.0	16:22/M