

XTERRA MARIN HEADLANDS XDURO  
Sausalito, California  
06/12/2010

\*\*\*\*\* 21K AWARDS LIST \*\*\*\*\*

\*\*\*\*\* MALE OVERALL 21K RUN RESULTS \*\*\*\*\*

Place	Bib	Name	S	USATF	City	St	Time	Pace
1	157	Evan Sparling	M	24	San Francisco	CA	1:47:43	8:16
2	117	Omar Parra	M	26	Stockton	CA	1:50:44	8:30
3	159	Jonathan Spitzer	M	35	San Francisco	CA	1:53:09	8:41

\*\*\*\*\* 21K Age Group Awards RUN AGE GROUP RESULTS \*\*\*\*\*

\*\*\*\*\* MALE 21K RUN AGE GROUP: 15 to 19 \*\*\*\*\*

Place	Bib	Name	S	USATF	City	St	Time	Pace
1	142	Nicholas Ros	M	17	Los Angeles	CA	3:31:08	16:11

\*\*\*\*\* MALE 21K RUN AGE GROUP: 20 to 24 \*\*\*\*\*

Place	Bib	Name	S	USATF	City	St	Time	Pace
1	157	Evan Sparling	M	24	San Francisco	CA	1:47:43	8:16
2	128	Mason Quist	M	23	West Point	UT	2:00:22	9:14
3	180	David Zevely	M	23	Stockton	CA	2:22:17	10:55
4	389	Matthew Hall	M	24	Logan	UT	2:29:10	11:26

\*\*\*\*\* MALE 21K RUN AGE GROUP: 25 to 29 \*\*\*\*\*

Place	Bib	Name	S	USATF	City	St	Time	Pace
1	117	Omar Parra	M	26	Stockton	CA	1:50:44	8:30
2	109	Justin Morejohn	M	29	Davis	CA	1:53:29	8:42
3	136	Sam Robinson	M	25	Berkeley	CA	1:55:41	8:52
4	89	Sean Kievning	M	26	Redondo Beach	CA	2:03:39	9:29
5	85	Jonas Jacobson	M	28	San Francisco	CA	2:05:13	9:36
6	171	Andy Tu	M	29	Los Angeles	CA	2:11:03	10:03
7	150	Nicholas Schiller	M	28	West Sacramento	CA	2:21:42	10:52
8	146	Sean Rudden	M	28	Larkspur	CA	2:21:42	10:52
9	29	Jerome Bragdon	M	29	San Francisco	CA	2:21:44	10:52
10	50	Nicholas Connolly	M	27	Reno	NV	2:41:31	12:23
11	121	Kyle Pennell	M	26	San Francisco	CA	2:42:11	12:26
12	91	Steve Kominsky	M	27	Medford	OR	2:47:02	12:49
13	19	Nicolas Barcelo	M	27	Sunnyvale	CA	2:47:18	12:50
14	82	Earl Hege	M	28	San Francisco	CA	3:00:37	13:51
15	165	David Thao	M	29	North Highlands	CA	3:47:17	17:26

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\*\*\*\*\* MALE 21K RUN AGE GROUP: 30 to 34 \*\*\*\*\*

Place	Bib	Name	S	USATF	City	St	Time	Pace
1	67	Alexander Gaber	M	30	San Francisco	CA	2:04:42	9:34
2	167	Seth Timen	M	32	San Francisco	CA	2:05:44	9:39
3	42	Ed Carter	M	34	San Francisco	CA	2:11:45	10:06
4	178	Jeremy Wilbur	M	32	Berkeley	CA	2:18:37	10:38
5	111	Ryan Mowbray	M	31	Pacifica	CA	2:21:47	10:52
6	168	Armando Torres	M	34	Richmond	CA	2:25:37	11:10
7	101	Zachary Martinez	M	30	Linden	CA	2:32:58	11:44
8	125	Gabriel Posner	M	30	San Francisco	CA	2:42:50	12:29
9	95	Nathan Lipscomb	M	34	Menlo Park	CA	2:44:42	12:38
10	75	Billy Gray	M	34	Fresno	CA	2:47:13	12:49
11	87	Gerardo Juarez	M	30	Santa Rosa	CA	2:49:13	12:59
12	51	Alastair Coomer	M	31	Oakland	CA	2:52:31	13:14
13	26	Colin Bjorklund	M	31	Sacramento	CA	2:58:09	13:40
14	12	Jose Alas	M	34	Santa Rosa	CA	3:10:28	14:36
15	152	David Sharp	M	31	San Francisco	CA	3:12:59	14:48

\*\*\*\*\* MALE 21K RUN AGE GROUP: 35 to 39 \*\*\*\*\*

Place	Bib	Name	S	USATF	City	St	Time	Pace
1	159	Jonathan Spitzer	M	35	San Francisco	CA	1:53:09	8:41
2	52	Michael Cottini	M	35	Sausalito	CA	2:16:01	10:26
3	20	Ryan Bartling	M	37	Sausalito	CA	2:18:38	10:38
4	137	Scott Robinson	M	35	Huntington Beach	CA	2:20:29	10:46
5	92	George Kovacs	M	38	Woodland Hills	CA	2:23:08	10:59
6	108	Jon-Paul Momsen	M	36	Belvedere	CA	2:25:01	11:07
7	132	Mark Ravaglia	M	39	Kamuela	HI	2:28:20	11:23
8	138	Erwin Rodrillo	M	35	Tracy	CA	2:33:22	11:46
9	66	Joshua Froerer	M	37	San Mateo	CA	2:33:30	11:46
10	148	Thomas Russell	M	37	Larkspur	CA	2:34:30	11:51
11	78	Joel Hagedorn	M	37	Oakland	CA	2:36:33	12:00
12	44	Richard Chairez	M	38	Ridgecrest	CA	2:39:04	12:12
13	185	Matt Miuton	M	36	Concord	CA	2:42:11	12:26
14	181	Joe Fast	M	38	Highlands Ranch	CA	2:43:30	12:32
15	182	Matt Carpenter	M	38	Carmichael	CA	2:49:14	12:59
16	104	Greg Melville	M	35	Oakland	CA	3:03:41	14:05
17	32	John Brill	M	36	Menlo Park	CA	3:26:47	15:51
18	143	Allan Ros	M	37	Los Angeles	CA	3:31:38	16:14

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\*\*\*\*\* MALE 21K RUN AGE GROUP: 40 to 44 \*\*\*\*\*

Place	Bib	Name	S	USATF	City	St	Time	Pace
1	27	Richard Blanco	M	42	San Francisco	CA	2:03:53	9:30
2	97	Dan Luscher	M	44	San Francisco	CA	2:13:05	10:12
3	17	Ricardo Balazs	M	42	San Francisco	CA	2:14:31	10:19
4	377	Joe Harkin	M	40			2:25:49	11:11
5	154	Andrew Solomon	M	42	San Francisco	CA	2:26:09	11:12
6	189	Joseph Bootier	M	42	Santa Rosa	CA	2:27:08	11:17
7	16	Christopher Baker	M	43	San Francisco	CA	2:30:40	11:33
8	40	Shawne Camp	M	43	Redwood City	CA	2:32:34	11:42
9	30	Daniel Braun	M	43	San Francisco	CA	2:33:13	11:45
10	80	Jeffrey Hatchell	M	43	Oakland	CA	2:35:23	11:55
11	140	Sean Roland	M	41	San Francisco	CA	2:43:33	12:32
12	77	Dave Gynn	M	40	San Francisco	CA	2:46:12	12:45
13	47	Alexander Chin	M	43	Rancho Palos Verde	CA	3:03:31	14:04
14	23	Gary Bellig	M	40	Danville	CA	3:04:57	14:11
15	76	Timothy Grover	M	40	Tracy	CA	3:26:45	15:51

\*\*\*\*\* MALE 21K RUN AGE GROUP: 45 to 49 \*\*\*\*\*

Place	Bib	Name	S	USATF	City	St	Time	Pace
1	106	Brian Moffett	M	49	Petaluma	CA	2:24:02	11:03
2	35	Brian Burbank	M	46	Novato	CA	2:24:45	11:06
3	55	Rodney Curry	M	45	Oakland	CA	2:27:54	11:21
4	36	Roland Burgmann	M	47	Berkeley	CA	2:33:59	11:48
5	102	Gregory McCabe	M	45	Novato	CA	2:38:01	12:07
6	183	Christopher Caen	M	45	Greebrae	CA	2:47:06	12:49
7	59	John Eggert	M	46	Castro Valley	CA	2:51:04	13:07
8	151	Derek Schwarz	M	49	San Francisco	CA	2:55:31	13:28
9	58	Michael Dowd	M	45	Torrance	CA	2:59:58	13:48
10	187	Ron Hawkins	M	49	Antioch	CA	3:08:30	14:27
11	11	Jose Acevedo	M	48	Cloverdale	CA	3:56:28	18:08
12	379	George Carvalho	M	47	Alameda	CA	3:57:13	18:11

\*\*\*\*\* MALE 21K RUN AGE GROUP: 50 to 54 \*\*\*\*\*

Place	Bib	Name	S	USATF	City	St	Time	Pace
1	156	Pete Soucy	M	54	Redwood City	CA	2:21:05	10:49
2	93	Dave Lampert	M	53	Novato	CA	2:49:44	13:01
3	160	Dale Stapler	M	53	Alpharetta	GA	2:50:34	13:05
4	115	Brian Paladini	M	53	Roseville	CA	3:06:45	14:19
5	129	Rick Raines	M	53	Thomaston	GA	3:37:06	16:39

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\*\*\*\*\* MALE 21K RUN AGE GROUP: 55 to 59 \*\*\*\*\*

Place	Bib	Name	S	USATF	City	St	Time	Pace
1	184	JD McKenna	M	57	Colorado Springs	CO	2:46:24	12:46
2	81	David Hay	M	58	San Francisco	CA	3:14:38	14:55

\*\*\*\*\* MALE 21K RUN AGE GROUP: 60 to 64 \*\*\*\*\*

Place	Bib	Name	S	USATF	City	St	Time	Pace
1	74	Ricardo Gonzalez	M	60	San Jose	CA	2:57:18	13:36