



2010 REC The Capitol 5K

Sunday, September 26, 2010
 Riverfront Park - Salem, Oregon
 5K (3.1 Miles)

5K Overall Results

Place	No.	Name	Ag	S	Div/Tot	Div	City	Time	Pace
1	38	Eric Jeffers	28	M	1/1	M2529	Salem	18:48	6:03
2	40	Steve Kollab	51	M	1/2	M5054		19:14	6:12
3	29	Jim Row	37	M	1/4	M3539		20:07	6:29
4	41	Chris Poole	15	M	1/1	M1519	Salem	20:09	6:29
5	39	Theresa Kollars	50	F	1/3	F5054		21:57	7:04
6	37	Jason Whitehurst	38	M	2/4	M3539	Brooks	22:06	7:07
7	42	Joe Urbina	57	M	1/2	M5559	Portland	22:18	7:11
8	6	Lindsey Evenson	28	F	1/4	F2529	Salem	22:20	7:12
9	5	Gillian Coy	21	F	1/2	F2024	Salem	23:11	7:28
10	26	Michael Revter	30	M	1/1	M3034		23:57	7:43
11	12	John McBride	39	M	3/4	M3539	Gresham	24:28	7:53
12	3	Susan Brainard	48	F	1/2	F4549	Salem	24:40	7:57
13	35	Tiffanie Bradley	28	F	2/4	F2529	Salem	24:43	7:58
14	18	Bryan Schaap	46	M	1/1	M4549	Salem	24:48	7:59
15	8	Bob Keefer	54	M	2/2	M5054	Springfield	24:53	8:01
16	36	Heather Halfman	14	F	1/1	F1114	Salem	25:06	8:05
17	21	Tana Watanabe	18	F	1/1	F1519	Federal way	25:09	8:06
18	33	Nikol Allison	36	F	1/2	F3539	Salem	26:35	8:34
19	28	Rochelle Parsch	31	F	1/2	F3034		26:44	8:37
20	11	Ann McBride	36	F	2/2	F3539	Gresham	27:14	8:46
21	2	David Blankenship	35	M	4/4	M3539	Eugene	28:08	9:04
22	24	Teri Wright	47	F	2/2	F4549	Salem	28:46	9:16
23	32	Erica Manzo	27	F	3/4	F2529		29:16	9:25
24	20	Linda Stroope	58	F	1/2	F5559	Salem	31:17	10:04
25	22	Allan wells	59	M	2/2	M5559	Aloha	32:00	10:18
26	13	Geoff McCausland	42	M	1/1	M4044	Salem	32:10	10:21
27	25	Ashley Zuniga	24	F	2/2	F2024	Keizer	32:12	10:22
28	1	Audrey Blankenship	29	F	4/4	F2529	Eugene	33:03	10:39
29	15	Terrence Pratt	63	M	1/1	M6064	Salem	33:15	10:42
30	17	Fenny Roberts	58	F	2/2	F5559	Salem	34:38	11:09
31	19	John Schoon	81	M	1/1	M8099	Rickreall	34:39	11:10
32	7	M.Teresa Gonzales	53	F	2/3	F5054	Newberg	37:10	11:58
33	10	Veronica Marquez	31	F	2/2	F3034	Salem	37:38	12:07
34	14	Cheryl Meyers	40	F	1/2	F4044	Salem	37:52	12:12
35	43	Kim To	41	F	2/2	F4044		39:48	12:49
36	44	Sharon Peerenboom	52	F	3/3	F5054	Salem	41:52	13:29
37	34	Bill Henry	75	M	1/1	M7579	Salem	50:05	16:08

5K Results By Age Group

FEMALE AGE GROUP: 11 TO 14										
	1	Heather Halfman	14	25:06	8:05					
MALE AGE GROUP: 15 TO 19										
	1	Chris Poole	15	20:09	6:29					
FEMALE AGE GROUP: 15 TO 19										
	1	Tana Watanabe	18	25:09	8:06					
FEMALE AGE GROUP: 20 TO 24										
	1	Gillian Coy	21	23:11	7:28	2	Ashley Zuniga	24	32:12	10:22
MALE AGE GROUP: 25 TO 29										
	1	Eric Jeffers	28	18:48	6:03					
FEMALE AGE GROUP: 25 TO 29										
	1	Lindsey Evenson	28	22:20	7:12	3	Erica Manzo	27	29:16	9:25
	2	Tiffanie Bradley	28	24:43	7:58	4	Audrey Blankenship	29	33:03	10:39
MALE AGE GROUP: 30 TO 34										
	1	Michael Revter	30	23:57	7:43					
FEMALE AGE GROUP: 30 TO 34										

1 Rochelle Parsch	31	26:44	8:37	2 Veronica Marquez	31	37:38	12:07
MALE AGE GROUP: 35 TO 39							
1 Jim Row	37	20:07	6:29	3 John McBride	39	24:28	7:53
2 Jason Whitehurst	38	22:06	7:07	4 David Blankenship	35	28:08	9:04
FEMALE AGE GROUP: 35 TO 39							
1 Nikol Allison	36	26:35	8:34	2 Ann McBride	36	27:14	8:46
MALE AGE GROUP: 40 TO 44							
1 Geoff McCausland	42	32:10	10:21				
FEMALE AGE GROUP: 40 TO 44							
1 Cheryl Meyers	40	37:52	12:12	2 Kim To	41	39:48	12:49
MALE AGE GROUP: 45 TO 49							
1 Bryan Schaap	46	24:48	7:59				
FEMALE AGE GROUP: 45 TO 49							
1 Susan Brainard	48	24:40	7:57	2 Teri Wright	47	28:46	9:16
MALE AGE GROUP: 50 TO 54							
1 Steve Kollab	51	19:14	6:12	2 Bob Keefer	54	24:53	8:01
FEMALE AGE GROUP: 50 TO 54							
1 Theresa Kollars	50	21:57	7:04	3 Sharon Peerenboom	52	41:52	13:29
2 M.Teresa Gonzales	53	37:10	11:58				
MALE AGE GROUP: 55 TO 59							
1 Joe Urbina	57	22:18	7:11	2 Allan wells	59	32:00	10:18
FEMALE AGE GROUP: 55 TO 59							
1 Linda Stroope	58	31:17	10:04	2 Fenny Roberts	58	34:38	11:09
MALE AGE GROUP: 60 TO 64							
1 Terrence Pratt	63	33:15	10:42				
MALE AGE GROUP: 75 TO 79							
1 Bill Henry	75	50:05	16:08				
MALE AGE GROUP: 80 TO 99							
1 John Schoon	81	34:39	11:10				