

400 Kick For Time RESULTS 2017

<b>F</b>	<b>18-24</b>	<b>Record:</b>	<b>Arlyn Upshaw, UNAT 5:17.35 (2012)</b>
1	Emily	Klein	23 5:47.00
2	Kristina	Hendrick	22 6:34.00
3	Ryan	Springer-Carter	21 7:10.0
4	Nora	Laszlo	19 7:29.74
5	Celine	Neudorf	22 7:59.0

<b>M</b>	<b>18-24</b>	<b>Record:</b>	<b>Matthew Liedtke, SRM 5:36.00 (2012)</b>
1	John	Saunders	24 6:24.0

<b>F</b>	<b>25-29</b>	<b>Record:</b>	<b>Kate Dwelley, CRUZ 5:40.0 (2017)</b>
1	Kate	Dwelley	28 5:40.0
2	Lindsay	Gaudinier	28 5:46.66
3	Valerie	Thorp	26 5:51.0
4	Rainey	Graeven	28 6:10.0
5	Jennifer	Mohn	26 6:40.51
6	Anna	Graham	29 6:41.79
7	Sarah	Kletzer	25 6:42.0
8	Rivkah	Cohen	29 7:59.49

<b>M</b>	<b>25-29</b>	<b>Record:</b>	<b>Adam Ritter, CSMT 5:13.73 (2013)</b>
1	James	Lamb	25 5:15.0
2	Jack	Calhoun	28 5:22.0
3	Nolan	Slesnick	28 5:40.70
4	Tyson	Slesnick	29 6:39.00

<b>F</b>	<b>30-34</b>	<b>Record:</b>	<b>Mollie Grover, UMAC 5:42.07 (2015)</b>
1	Lindsey	Urbatchka	34 5:45.00
2	Laura	Condon	31 6:12.68
3	Lauren	Aepli	30 6:18.21
4	Edith	Hannigan	30 6:33.00
5	Rebecca	Conger	34 6:52.24
6	Lizzy	Miller	30 6:57.0
7	Sarah	Broker	30 6:59.0
8	Kate	Sheridan	32 7:09.07
9	Paige	Valle	32 7:19.55
10	Rachel	Cypher	32 7:42.0
11	Jennifer	Lo	30 7:55.28
12	Kimberly	Gasparovic	30 7:56.00
13	Koung	Chaiyasane	33 8:07.00
14	Sara	Lark	31 10:15.32

<b>M</b>	<b>30-34</b>	<b>Record:</b>	<b>Adam Ritter, CSMT 5:33.00 (2017)</b>
1	Adam	Ritter	33 5:33.00
2	Jimmy	Song	34 6:10.91
3	Jesse	Bausell	34 6:37.0

400 Kick For Time RESULTS 2017

<b>F</b>	<b>35-39</b>	<b>Record:</b>	<b>Kelly Williamson, TXLA 5:19.00 (2014)</b>
1	Sharessa	Gutierrez	37 6:23.18
2	Emily	Buskirk	37 6:33.08
3	Laura	Lawrence	37 6:34.46
4	Erin C	Moro	39 6:40.50
5	Meghan	Hardin	36 6:51.12
6	Beth	Flynn	38 7:02.58
7	Monica	Carney	35 7:05.0
8	Jackie	Chow	39 7:14.71
9	Rachel	Rivera	39 7:23.00
10	Maria	Stotts	35 7:49.03
11	Rachael	Fields	37 8:03.0
12	Kelly	Schley	38 8:03.36
13	Jennifer	Kesterson	39 8:43.29
14	Iris	Lapalme	37 8:56.37
15	Halina	Nowak	38 9:07.50
16	Sabrina	Herrera	38 10:17.16
17	Andrea	Thomas	37 10:33.55
18	Millie	Ramirez	36 10:39.19
19	Sabine	Klensch	37 12:47.49

<b>M</b>	<b>35-39</b>	<b>Record:</b>	<b>Blake Holden, UMAC 5:12.96 (2015)</b>
1	Stephen	Rouch	37 5:32.00
2	Matthew	Weber	38 6:21.83
3	Vlad	Kolb	35 8:38.27
4	Wayne	Byers	39 12:07.93

<b>F</b>	<b>40-44</b>	<b>Record:</b>	<b>Joy Halgren, 5:56.36 (2017)</b>
1	Joy	Halgren	41 5:56.36
2	Wendy	Peterson	43 6:09.34
3	Veronica	Flanagan	40 7:04.00
4	Bonnie	Tsui	40 7:04.32
5	Holly	Lickwala	41 7:05.34
6	Karen	Darling	42 7:07.81
7	Linda	Tangenberg	42 7:20.52
8	Sarah	Lindahl	41 7:27.05
9	Heather	Stewart	43 7:45.44
10	Shauna	Sadowski	40 8:17.43
11	Monica	Starr	43 8:29.59
12	Stacy	Readal	41 8:38.80
13	Marisa	Price	44 8:50.58
14	Jen	Valosek	42 9:23.30
15	Kelly	Gearhart	40 10:07.14
16	Jessica	Getz	44 10:19.31
17	Melissa	Reitano	42 10:36.88

<b>M</b>	<b>40-44</b>	<b>Record:</b>	<b>Yan Cardineau, SRM 5:21.00 (2012)</b>
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400 Kick For Time RESULTS 2017

1	Mark	Spenner	41 5:56.22
2	Niclas	Ohman	43 5:56.99
3	Ahren	Lehnert	44 7:37.70
4	Dan	Gottheiner	40 7:56.33

**F 45-49 Record: Kathy Gallagher, ARIZ 5:55.51 (2012)**

1	Amy	Radovan	49 6:58.0
2	Jenifer	Noga	47 7:03.00
3	DetraC	Cleven	49 7:06.34
4	Heather	Lugassy	47 7:15.00
5	Tracy	Wells	45 7:17.00
6	Jean	Spencer	47 7:18.37
7	Paula	Pardy	49 7:25.00
8	Sasha	Keller	47 7:28.28
9	Kimberly	Lau	49 7:29.0
10	Vicki	Shu	49 7:36.63
11	Cyndy	Hertzner	48 7:50.0
12	Anna	Giske	48 8:17.56
13	Lessly	Field	49 8:25.77
14	Alicia	Choury	45 8:32.00
15	Jennifer	Bannin	46 8:43.34
16	Patricia	Knowles	46 8:30.0
17	Michelle	Ignoffo	48 9:00.0
18	Krista	Newberry	45 9:07.00
19	Sara	Marcellino	46 9:54.25
20	Virgen	Del Rio	49 11:16.59

**M 45-49 Record: Chris Stevenson, VMST 4:52.16 (2012)**

1	Arundel	Burrell	46 6:51.81
2	David	Olson	47 7:43.13
3	Marc	Digby	47 7:53.99
4	Yuri	Zhovnirovsky	47 8:15.12
5	Minh	Ngo	46 8:25.89
6	Rohan	Mahy	47 10:01.0
7	Ben	Turman	47 13:01.96

**F 50-54 Record: Courtney Zena, BWAQ 5:54.83 (2013)**

1	Jody	Bergstrom	54 6:27.01
2	Kelly	Oliner	50 6:46.04
3	Robyn	Berry	53 6:56.74
4	Jane	Russell	54 7:26.34
5	Loralie	Langman	50 7:34.46
6	Marta	Bechhoefer	50 7:40.0
7	Jennifer	Phalen	53 7:50.97
8	Vicky	Lane	53 8:04.00
9	Becky	Voight	52 8:30.00
10	Joan	Crow	53 8:33.00

400 Kick For Time RESULTS 2017

11	Darci	Scanlin	51 9:08.96
12	Melanie	Bowden	54 9:30.00
13	Johanna	Hoite	51 9:54.12
14	Heather	Melck	50 10:34.00
15	Christine	Frohlich	53 16:42.54

**M 50-54 Record: Mike Shaffer, VCM 5:18.26 (2016)**

1	Patrick	Brundage	50 5:39.80
2	Mike	Varozza	50 5:40.57
3	Mark	Schactman	51 6:25.00
4	Mike	Birrell	53 7:18.20
5	Markus	Boedtker	53 7:22.30
6	David	Lopez	51 7:42.63
7	Jeff	Foster	51 7:45.86
8	Seth	Parker	50 8:12.00
9	Jonathan	Jensen	52 8:33.16

**F 55-59 Record: Suzanne Heim-Bowen, WCM 5:46.70 (2017)**

1	Suzanne	Heim-Bowen	59 5:46.70
2	Bonnie	Bilich	59 6:09.29
3	Martha	Joyce	57 6:44.80
4	Karin	Stokes	57 7:17.50
5	Nancy	Speer	55 7:26.51
6	Julie	Verwijst	56 7:35.83
7	Elyse	Rudner	56 7:38.66
8	Kimberley	Krause	55 7:55.15
9	Mary	Kahn	58 7:55.73
10	Louise	Rafkin	59 8:43.93
11	Emily	Shepard	55 8:52.57
12	Susan	Obrien	56 9:11.09
13	Kelly	Woodard	57 9:17.83
14	Leah	Carroll	56 9:18.00
15	Margaret	Haskins	59 10:05.84
16	Catherine	Taylor	55 10:21.26
17	Lisa	Travaglini	56 13:22.02
18	Leah	Carroll	56 21:39.00

**M 55-59 Record: Doug Portelance, PSM 5:35.31 (2013)**

1	Kris	Calvin	56 5:43.19
2	Dave	DeCosse	56 5:44.0
3	Christopher	Tainty	57 6:10.0
4	Laurence	Fry	57 6:15.50
5	Joseph	Benacci	55 6:25.00
6	Scott	Reuss	56 6:40.50
7	Kirby	Burkholder	56 6:46.92
8	Craig	Coombs	57 7:04.41
9	Matthew	Yuen	58 7:17.91

400 Kick For Time RESULTS 2017

10	Brian	Reeve	55 7:55.00
11	David	Breitenbucher	55 9:47.35
12	Jim	Cramer	57 10:37.82

**F 60-64 Record: Charlotte Davis, PSM 6:39.31 (2013)**

1	Susan	Helmrich	62 6:56.21
2	Jeanna	Summers	64 6:58.00
3	Pamela	Rogers	60 7:10.00
4	Anne	Galliher	60 7:17.59
5	Joanne	Wainwright	62 8:09.11
6	Wendy	Bernal	64 8:36.0
7	Suzanne	Carrillo	61 8:36.00
8	Pam	Ogden	61 8:40.48
9	Deanna	Johnson	61 8:56:04
10	Kathy	Gill	63 8:58.00
11	Paula	Pendergast	63 8:59.88
12	Linda	Locklin	64 9:00.0
13	Susan	Coale	64 9:15.0
14	Susan	Haufler	60 9:35.18
15	Jeri	Jensen	62 9:44.0
16	Cindy	Geise	63 9:52.0
17	Katy	Lantz	64 9:52.58
18	Fehunnisa	Moore	61 10:00.0
19	Kate	Meher	60 10:18.46
20	Yuko	Hook	62 11:31.0
21	Pam	Chang	62 13:20.14
22	Candy	Habich	61 13:59.00
23	Janet	Mack	60 14:45.99

**M 60-64 Record: Michael McCombs, 5:38.78 (2017)**

1	Michael	McCombs	61 5:38.78
2	James	Ritter	61 5:45.77
3	Kent	Ford	64 5:57.53
4	Edward	Wheeler	63 6:29.00
5	Gary	Swenor	63 7:13.10
6	Rob	Schmidt	64 7:34.02
7	Duane	Grassell	60 7:39.06
8	Matthew	Gass	60 7:41.71
9	Peter	Tsugawa	60 8:36.41
10	Howard	Craddock	64 8:53.49
11	Paul	Burdick	62 9:30.0
12	James	Moore	62 9:35.0
13	Steve	Terusaki	64 9:38.00
14	Paul	Lockwood	64 10:00.0
DQ	Will	Bauer	62 DQ
DQ	David	Bauer	62 DQ

400 Kick For Time RESULTS 2017

<b>F</b>	<b>65-69</b>	<b>Record:</b>	<b>Daniela Barnea, STAN 6:52.85 (2013)</b>
1	Christine	King	65 9:14.0
2	Deborah	Benson	65 9:52.0
3	Martha	Buthman	65 10:12.58
4	Teddy	Stockwell	69 10:29.36
5	Marcella	Laddon	67 11:16.0
6	Valerie	Armento	66 12:08.00
7	Donna	Bennett	68 13:42.17
8	Sandi	Peters	68 17:16.00

<b>M</b>	<b>65-69</b>	<b>Record:</b>	<b>Alek Shestakov, OAK 6:12.50 (2016)</b>
1	Peder	Dahlberg	68 6:16.90
2	Bob	Bruce	69 7:17.81
3	Stephen	Small	65 7:26.18
4	Bob	Durell	66 7:53.67
5	Joel	Wilson	69 7:55.0
6	Rob	Firmin	69 8:05.10
7	David	Benjamin	68 8:25.16
8	James	Gloystein	66 9:17.42
9	Roger	Beardmore	66 9:20.00
10	Gary	Johnson	66 9:44.02
11	William	Wheeler	67 10:04.00
12	Gregory	Stoner	65 10:46.00

<b>F</b>	<b>70-74</b>	<b>Record:</b>	<b>Daniela Barnea, STAN 6:58.30 (2014)</b>
1	Daniela	Barnea	73 7:22.80
2	Dana	Brown	70 8:14.23
3	Barbara	Larsen	70 8:54.18
4	Judy	Armstrong	70 10:12.07
5	Cynthia	Needham	70 10:53.84
6	Alida	Canale	72 11:44.0
7	Adrienne	Becker	71 12:09.46
8	Lois	Jacobs	74 13:29.31
9	Leslie	Westergaard	74 14:21.43

<b>M</b>	<b>70-74</b>	<b>Record:</b>	<b>Hugh Wilder, 6:39.80 (2017)</b>
1	Hugh	Wilder	70 6:39.80
2	Jim	Becker	72 8:32.04
3	Jon	Mahanna	70 9:43.66
4	Roy	Weldon	71 10:14.10
5	Jim	Matney	70 10:20.05
6	Robert	Owens	71 10:59.30
7	Randy	Chapin	72 11:18.0
8	Carl	Cook	70 13:40.77

400 Kick For Time RESULTS 2017

<b>F</b>	<b>75-79</b>	<b>Record:</b>	<b>Nancy Ridout, TAM 9:12.94 (2017)</b>
1	Nancy	Ridout	76 9:12.94
<b>M</b>	<b>75-79</b>	<b>Record:</b>	<b>Richard Todd, 7:14.52 (2017)</b>
1	Richard	Todd	75 7:14.52
<b>F</b>	<b>80-84</b>	<b>Record:</b>	<b>Ann Hirsch, WCM 10:27.31 (2013)</b>
1	Eulah	Varty	83 13:31.53
<b>M</b>	<b>80-84</b>	<b>Record:</b>	<b>Jack Fleming, USF 9:18.28 (2015)</b>
	no entries		