

Race Date  
August 20, 2016

2016 Golden Gate DU  
Overall Results

Place	Name	DU										Female			Total Time					
		Bib	Age	3.13M		T1		22.0M		T2		3.1M								
				Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Rate	Rnk	Time	Pace	Rnk	Time	Pace		
1	Elva Guttormsen	82	43	2	23:09.3	7:24	3	1:41.1		2	1:21:14.1	16.2					2	20:04.3	6:28	2:06:08.8
2	Heather Johnson	88	45	1	22:26.9	7:10	4	1:51.0		1	1:19:04.3	16.7					3	22:59.2	7:25	2:06:21.4
3	Leslee Guardino	81	49	3	23:52.6	7:38	1	1:35.2		3	1:21:29.8	16.2					6	27:21.9	8:49	2:14:19.5
4	Patricia Dechow	73	52	4	24:01.6	7:40	5	1:51.7		5	1:25:27.8	15.4					4	24:46.2	7:59	2:16:07.3
5	TERI ABRAHAMZON	67	60	5	25:04.6	8:01	2	1:40.7		4	1:24:50.7	15.6					5	26:09.6	8:26	2:17:45.6
6	Annie Tittiger	97	28	6	29:58.2	9:34	6	3:36.4		6	1:46:09.7	12.4					7	35:12.9	11:21	2:54:57.2
7	Janet Tittiger	98	55	7	36:36.4	11:42	7	4:20.9		7	2:02:49.7	10.7	1	1:55.1			1	17:48.4	5:45	3:03:30.5
8	Maki Honda	86	29														8	3:45:13.7	7:59	3:45:13.7

2016 Golden Gate DU

Overall Results

DU															Male			
Place	Name	Bib	Age	3.13M		T1		22.0M			T2		3.1M		Total Time			
				Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Rate	Rnk	Time		Pace		
1	Alex Tellez	301	32	1	19:06.8	6:06	6	1:29.1	3	1:04:31.5	20.5			1	18:16.9	5:54	1:43:24.3	
2	RICHARD SLOAN	96	52	2	19:10.9	6:07	7	1:29.9	2	1:04:27.3	20.5			2	20:45.1	6:42	1:45:53.2	
3	Andrew Zeller	305	21	4	20:08.9	6:26	5	1:27.3	4	1:04:49.6	20.4			3	21:19.6	6:53	1:47:45.4	
4	Harold Reimer	95	57	5	21:07.3	6:45	3	1:21.8	1	1:03:13.5	20.9			6	22:49.5	7:22	1:48:32.1	
5	Fabrice PICOT	94	41	3	19:43.2	6:18	9	1:32.8	7	1:09:03.0	19.1			4	22:11.2	7:09	1:52:30.2	
6	Dean Woerner	304	53	8	22:03.4	7:03	11	1:41.1	5	1:05:51.2	20.0			7	23:03.3	7:26	1:52:39.0	
7	Jeff Morrow	89	57	9	22:23.0	7:09	4	1:25.6	6	1:07:51.9	19.5			5	22:17.6	7:11	1:53:58.1	
8	Mark Giblin	306	54	6	21:13.3	6:47	10	1:35.3	8	1:14:23.8	17.7			12	25:16.1	8:09	2:02:28.5	
9	Carl Guardino	80	55	11	23:07.6	7:23	2	1:21.6	10	1:19:59.8	16.5			11	24:57.3	8:03	2:09:26.3	
10	Mark Guttormsen	83	44	10	22:57.8	7:20	16	2:00.5	13	1:21:07.7	16.3			13	25:51.8	8:20	2:11:57.8	
11	Wolf Hillesheim	84	71	17	25:18.0	8:05	1	1:16.6	9	1:18:15.9	16.9			17	27:28.6	8:52	2:12:19.1	
12	Dylan Horn	87	37	15	24:53.9	7:57	20	2:08.8	15	1:21:55.5	16.1			10	24:40.7	7:57	2:13:38.9	
13	Jason Neufeld	91	35	12	23:57.4	7:39	23	2:56.3	17	1:23:59.9	15.7			8	23:09.8	7:28	2:14:03.4	
14	Adam Cleary	70	38	13	23:57.6	7:39	22	2:55.1	18	1:24:00.5	15.7			9	23:30.5	7:35	2:14:23.7	
15	MATT WOERMAN	99	32	14	24:05.6	7:42	13	1:49.2	16	1:22:36.2	16.0			14	26:10.8	8:26	2:14:41.8	
16	Daniel Bruce	69	37	19	25:37.4	8:11	19	2:07.8	11	1:20:37.6	16.4			15	26:51.7	8:40	2:15:14.5	
17	Kellen Duke	76	30	7	21:52.9	6:59	17	2:04.4	21	1:26:17.0	15.3			16	27:08.7	8:45	2:17:23.0	
18	Russell Frisk	77	38	18	25:20.3	8:06	8	1:30.0	12	1:20:43.9	16.4			24	31:42.7	10:14	2:19:16.9	
19	Mayo Suyat	307	50	20	26:11.0	8:22	25	3:17.4	14	1:21:41.1	16.2			22	30:47.6	9:56	2:21:57.1	
20	Tom Parker	93	71	23	27:11.7	8:41	14	1:52.8	20	1:25:38.3	15.4			19	28:05.3	9:04	2:22:48.1	
21	Thomas Dean	72	50	16	25:08.0	8:02	15	1:59.8	23	1:30:45.3	14.5			18	27:35.7	8:54	2:25:28.8	
22	Robert Gee	78	55	22	26:46.5	8:33	12	1:47.8	22	1:29:19.8	14.8			21	29:20.4	9:28	2:27:14.5	
23	Rob Dixon	75	44	21	26:11.3	8:22	26	3:24.8	24	1:36:35.8	13.7			23	31:00.5	10:00	2:37:12.4	
24	Donald Blanchard	68	46	24	29:43.9	9:30	18	2:07.7	26	1:43:10.3	12.8			25	33:54.3	10:56	2:48:56.2	
25	Richie Nakano	243	37	27	1:00:48.9	19:25	21	2:18.7	19	1:25:31.3	15.4			20	28:41.1	9:15	2:57:20.0	
26	Carl Clement	71	30	26	35:28.8	11:20	27	5:52.2	25	1:40:51.0	13.1			27	45:37.8	14:43	3:07:49.8	
27	Kento Honda	85	29	25	31:42.8	10:08	24	3:11.0	27	2:28:43.5	8.88	1	0:42.2	26	40:53.7	13:11	3:45:13.2	