

2013 Pancake 5K - 7/28/2013
16 Annual OCTC Pancake Breakfast 5K
Fairview Park, Costa Mesa
Rankings

Event 1 Mixed 5k Run RR

Name	Age	Team	Avg Mile	Finals	Points
12 & Under Results - Women 5000 Run					
1 #740 Kamps, Avery	W7	Unat	9:11.5	28:33.20	
2 #773 Fedele, Sabrina	W11	Unat	9:12.0	28:34.98	
3 #708 Sybert, Kya	W9	Vista	9:18.8	28:56.00	
4 #761 Bello, Metzy	W9	Unat	10:17.7	31:58.97	
13-16 Results - Women 5000 Run					
1 #678 Pearson, Gabby	W14	Costa Mesa	7:35.9	23:36.30	
2 #685 Rios, Viri	W15	Costa Mesa	7:37.4	23:41.06	
3 #687 Rosales, Adriana	W13	Beaumont	8:05.8	25:09.17	
4 #637 Gonzales, Maria	W14	Costa Mesa	8:17.8	25:46.56	
5 #782 Diaz, Lesley	W16	Unat	8:29.1	26:21.54	
6 #728 Alcalá, Kim	W13	Unat	9:35.1	29:46.61	
17-19 Results - Women 5000 Run					
1 #767 Nishisaka, Kylie	W17	Unat	6:10.5	19:11.11	
2 #623 Digiovanni, Sarah	W18	Huntington Beach	6:26.0	19:59.04	
3 #619 Childs, Alexandra	W18	Rockford	6:52.7	21:22.20	
4 #618 Chapin, Mariah	W18	Costa Mesa	7:04.3	21:58.11	
5 #719 Vazquez, Daysi	W17	Costa Mesa	7:23.5	22:57.81	
6 #640 Gutierrez, Jocelyn	W17	Costa Mesa	7:24.8	23:01.67	
7 #747 Palacios, Brisa	W17	Unat	9:55.1	30:48.77	
8 #746 Waters, Sheri	W18	Unat	14:40.1	45:34.36	
20-24 Results - Women 5000 Run					
1 #791 Rodriguez, Eunice	W23	Unat	6:39.1	20:39.88	
2 #759 Morales, Blanca	W22	Unat	7:41.1	23:52.45	
3 #616 Chapin, Cori	W22	Costa Mesa	8:57.8	27:50.62	
4 #713 Tomasek, Annie	W21	Costa Mesa	9:01.1	28:00.93	
5 #710 Sylvester, Ahvee	W22	Riverside	9:03.6	28:08.73	
6 #774 Dominguez, Jessica	W21	Unat	9:20.6	29:01.45	
7 #769 Light, Christine	W21	Unat	9:33.9	29:42.96	
8 #670 Nunez, Talhia	W23	Santa Ana	9:34.1	29:43.41	
9 #748 Famoso, Jeanette	W23	Unat	13:09.2	40:51.67	
25-29 Results - Women 5000 Run					
1 #742 Kochen, Stefani	W29	Unat	8:18.7	25:49.19	
2 #659 McCarter, Leslie	W27	Tustin	8:55.8	27:44.58	
3 #635 Friscia, Jessica	W29	Mount Royal	9:36.4	29:50.65	
4 #757 Dewilde, Jessica	W27	Unat	9:37.1	29:52.78	
5 #657 Malaihollo, Gloria	W27	Santa Ana	10:13.7	31:46.58	
6 #654 LunA, Alicia	W25	Harrisville	10:15.5	31:52.24	
7 #706 Swift, M'Lissa	W26	Claremont	10:27.6	32:29.75	
8 #749 Flores, Paulette	W29	Unat	12:32.4	38:57.57	
9 #642 Haverkamp, Sydney	W26	Pasadena	12:51.6	39:56.98	
10 #690 Saeed, Kathereen	W27	San Bernardino	13:00.7	40:25.50	
11 #658 Mazza, Jessica	W29	costa mesa	13:22.5	41:33.05	
12 #661 Montooth, Tracie	W27	Newport Beach	17:13.9	53:32.13	
30-34 Results - Women 5000 Run					
1 #611 Burkhalter, Lizzy	W34	Costa Mesa	8:21.1	25:56.64	
2 #702 Soiseth, Kristin	W32	Pasadena	9:04.4	28:11.17	
3 #797 Palomol, Maria	W30	Unat	9:55.2	30:49.05	



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4	#795 Vu, Trisha	W32 Unat	10:07.5	31:27.44
5	#784 Soltz, Darra	W30 Unat	13:04.2	40:36.26
6	#788 Ramirez, Daisy	W33 Unat	16:29.9	51:15.48
35-39 Results - Women 5000 Run				
1	#602 Appell, Christine	W35 Huntington Beach	6:02.9	18:47.46
2	#780 Padron, Arriana	W35 Unat	8:00.7	24:53.45
3	#668 Nelson, Tyree	W35 Costa Mesa	8:09.0	25:19.02
4	#763 Torres, Jolene	W36 Unat	8:26.6	26:13.80
5	#662 Moody, Rachel	W38 Costa Mesa	11:59.1	37:14.13
6	#785 Vivar, Luz	W36 Unat	12:11.0	37:51.14
7	#676 Parks, Carolyn	W39 Orange	12:21.8	38:24.64
8	#717 Uman, Roseanna	W38 Fountain Valley	13:08.7	40:50.39
9	#711 Szekeresh, Elizabet	W37 Huntington Beach	16:12.5	50:21.15
10	#755 Vivar, Jessica	W36 Unat	16:26.9	51:06.05
11	#695 Schechter, Anna	W36 Fountain Valley	18:58.0	58:55.40
40-44 Results - Women 5000 Run				
1	#666 Morris, Laura	W44 Costa Mesa	7:09.5	22:14.12
2	#620 Church, Caroline	W43 Newoort Beach	7:48.6	24:15.87
3	#617 Chapin, Gina	W41 Costa Mesa	8:01.2	24:54.74
4	#606 bien, melissa	W40 la quinta	8:41.4	26:59.64
5	#680 Pearson, Kim	W43 Costa Mesa	9:26.5	29:20.01
6	#634 Fraijo, Sandra	W42 Brea	16:03.8	49:54.15
7	#727 Zellmer, Leigh	W42 Trabuco Canyon	16:11.6	50:18.42
45-49 Results - Women 5000 Run				
1	#794 Fritzsche, Jenny	W48 Unat	7:03.0	21:54.02
2	#730 Sohoni, Teresa	W46 Unat	7:08.5	22:11.01
3	#744 Duvan, Raquel	W46 Unat	7:35.8	23:36.04
4	#790 Montiel, Mary	W45 Unat	7:50.8	24:22.65
5	#766 Nishisaka, Aileen	W49 Unat	9:12.8	28:37.49
6	#770 Brust, Starleen	W46 Unat	9:17.8	28:52.77
7	#716 Turner, Nadine	W49 Newport Coast	9:32.4	29:38.25
8	#768 Light, Mette	W46 Unat	9:33.8	29:42.67
9	#655 Luna, Rita	W48 Harrisville	12:39.1	39:18.22
10	#628 Esgalhado, Eugenia	W48 Newport Beach	16:30.0	51:15.70
50-54 Results - Women 5000 Run				
1	#734 Shargay, Cathy	W54 Unat	8:35.0	26:40.03
2	#626 Dustin, Sherry	W52 Orange	9:13.2	28:38.50
3	#608 Boehmer, Malee	W52 Ontario	9:14.4	28:42.17
4	#701 Sherman, Susan	W50 Costa Mesa	10:00.0	31:03.86
5	#714 Tomasek, Rosemary	W52 Costa Mesa	10:42.5	33:16.17
6	#705 Swift, Luchie	W50 Palmdale	10:57.8	34:03.63
7	#641 Hao, Melanie	W51 Costa Mesa	12:04.0	37:29.22
8	#613 Castro, Coral	W53 Newport Beach	12:56.6	40:12.53
9	#752 Holmes, Alix	W54 Unat	15:22.5	47:45.94
10	#693 Saxton, Madonna	W54 Irvine	16:38.8	51:42.86
55-59 Results - Women 5000 Run				
1	#799 Oliver, Joan	W55 Unat	9:46.5	30:22.14
2	#631 Fain, Heidi	W56 Huntington beach	9:52.4	30:40.26
3	#660 McKenna, Karen	W57 Costa Mesa	10:26.3	32:25.67
4	#646 Jackson, Yvonne	W55 Garden Grove	17:33.4	54:32.64



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60-64 Results - Women 5000 Run				
1	#753 Hall-Curl, Sherri	W61 Unat	7:22.1	22:53.39
2	#724 Winkler, Pamela	W60 Costa Mesa	16:42.1	51:53.39
65-69 Results - Women 5000 Run				
1	#722 Welgan, Jane	W66 Laguna Beach	9:20.7	29:01.85
2	#673 O'Connell, Joanne	W67 Irvine	15:52.4	49:18.93
3	#607 Blackwell, Judy	W69 Lake forest	16:02.3	49:49.57
70+ Results - Women 5000 Run				
1	#776 Bailey, Jerralee	W71 Unat	14:45.1	45:49.62
12 & Under Results - Men 5000 Run				
1	#772 Wardrop, Aden	M9 Unat	9:17.0	28:50.30
13-16 Results - Men 5000 Run				
1	#603 Avelar, Andres	M15 Costa Mesa	6:09.9	19:09.01
2	#732 Espindola, Alberto	M16 Unat	6:26.3	20:00.10
3	#679 Pearson, Justin	M14 Costa Mesa	6:46.2	21:01.97
4	#703 Soto, Brandon	M14 Costa Mesa	7:05.4	22:01.62
5	#731 Sohoni, Jordan	M13 Unat	7:33.4	23:28.46
6	#771 Gener, Augie	M15 Unat	7:37.6	23:41.68
7	#638 Gonzalez, Israel	M14 Costa Mesa	8:19.3	25:51.23
17-19 Results - Men 5000 Run				
1	#787 Thomas, Matt	M18 Unat	7:19.3	22:44.57
20-24 Results - Men 5000 Run				
1	#775 Orozco, Fernando	M22 Unat	6:02.5	18:46.04
25-29 Results - Men 5000 Run				
1	#683 Ramirez, Mariano	M27 Santa Ana, CA	6:04.3	18:51.55
2	#698 schneider, branden	M29 costa mesa	8:43.5	27:06.44
3	#779 Pedroza, Alphonso	M28 Unat	10:50.1	33:39.76
4	#750 Pedroza, Steve	M27 Unat	10:52.4	33:46.84
5	#736 McDonald, Brock	M25 Unat	11:06.9	34:31.91
6	#651 Kennedy, Ryan	M29 Los Angeles	13:24.5	41:39.31
7	#604 Barbian, Angie	M28 Culver City	14:31.8	45:08.55
30-34 Results - Men 5000 Run				
1	#725 Wise, Michael	M30 Anaheim	6:43.3	20:53.02
2	#622 Di Stefano, Stephen	M32 Mount Royal	7:14.2	22:28.92
3	#704 Suburu, Eric	M31 Tustin	7:44.4	24:02.56
4	#789 Vivar, Arturo	M33 Unat	7:59.5	24:49.54
5	#760 Anderson, Grant	M31 Unat	8:13.8	25:34.10
6	#796 Quatman, Kyle	M34 Unat	8:53.9	27:38.48
7	#684 Ramirez, Shawn	M34 Santa Ana	9:21.1	29:03.12
35-39 Results - Men 5000 Run				
1	#709 Sybert, Trevor	M36 Vista	5:44.0	17:48.74
2	#723 Wilson, Dwight	M38 Costa Mesa	6:07.3	19:01.04
3	#718 Van Berckelaer, Ada	M35 Costa Mesa	6:11.2	19:13.03
4	#652 Lane, Steve	M39 Costa Mesa	6:49.2	21:11.20
5	#786 Peterson, Karl	M36 Unat	6:50.5	21:15.37
6	#756 Vivar, Heriberto	M37 Unat	7:59.8	24:50.58
7	#798 Krogh, Peter	M36 Unat	8:50.6	27:28.48
8	#762 Oyozoo, Manual	M37 Unat	10:20.6	32:07.92
9	#621 D., Than	M37 Lake Forest	10:34.1	32:50.02
10	#610 Burkhalter, Drew	M35 Costa Mesa	11:59.2	37:14.43



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11 #677 Parks, Richard	M39 Orange	12:32.4	38:57.34
40-44 Results - Men 5000 Run			
1 #689 Rosario, Chris	M41 Cerritos	6:17.7	19:33.34
2 #639 Griffin, David	M44 Fullerton	7:25.3	23:03.49
3 #764 Nguyen, Todd	M44 Unat	8:12.6	25:30.46
4 #754 Lutwen, Gary	M44 Unat	8:45.3	27:11.85
5 #739 Kamds, Rod	M42 Unat	9:05.8	28:15.74
6 #792 Nguyen, Tuong	M40 Unat	9:52.1	30:39.39
7 #726 Zellmer, Eric	M41 Trabuco Canyon	15:52.5	49:19.19
8 #633 Fraijo, Matt	M42 brea	16:11.2	50:17.17
45-49 Results - Men 5000 Run			
1 #692 Santoyo, Enrique	M46 Santa Ana, CA	5:50.8	18:09.90
2 #688 Rosales, Danny	M45 Beaumont	6:06.0	18:56.99
3 #741 Wardrop, Lare	M48 Unat	6:26.1	19:59.30
4 #667 Morris, Mike	M47 Corona	6:48.8	21:09.90
5 #605 bien, christopher	M45 la quinta	7:08.1	22:09.83
6 #778 Hanssen, Greg	M46 Unat	8:19.2	25:50.80
7 #783 Stevenson, Sean	M46 Unat	11:25.3	35:28.88
50-54 Results - Men 5000 Run			
1 #737 Crosson, Jeff	M52 Unat	6:11.8	19:15.03
2 #686 Robles, Trinidad	M50 Orange	6:15.2	19:25.69
3 #733 Atterholt, Ken	M53 Unat	6:23.3	19:50.74
4 #781 Barajas, Fernando	M50 Unat	7:25.5	23:04.13
5 #669 Nilsson, Michael	M53 Newport Beach	8:08.0	25:15.88
6 #738 Miyamoto, Eric	M52 Unat	8:14.9	25:37.52
7 #681 Pearson, Mike	M52 Costa Mesa	8:29.5	26:22.87
8 #751 Holmes, Steve	M53 Unat	8:59.8	27:57.03
9 #671 Nunez, Victor	M51 santa Ana	9:35.0	29:46.26
10 #664 Moreno, Steve	M52 Costa Mesa	10:47.2	33:30.75
11 #745 Truillo, Gus	M50 Unat	16:26.8	51:05.85
55-59 Results - Men 5000 Run			
1 #699 Schwartz, Michael	M55 Lake Forest	7:09.3	22:13.55
2 #721 Weber, Karl	M58 Costa Mesa	7:21.5	22:51.69
3 #665 Morley, Jim	M55 Costa Mesa	7:38.9	23:45.47
4 #629 Essen, Rich	M59 Costa Mesa	7:49.2	24:17.66
5 #682 Perkins, Jonathan	M59 Garden Grove	9:34.3	29:44.22
6 #694 Saxton, Wayne	M55 Irvine	10:20.6	32:08.12
7 #609 Boehmer, Tom	M55 Ontario	10:45.5	33:25.24
8 #707 Swift, Rick	M55 Palmdale	10:52.7	33:47.66
9 #672 O'Connell, Brian	M59 Irvine	11:59.5	37:15.21
10 #645 Jackson, Brent	M56 Garden Grove	17:33.2	54:32.12
60-64 Results - Men 5000 Run			
1 #743 Lassegard, Steve	M61 Unat	7:03.9	21:56.96
2 #735 Noer, Rick	M62 Unat	9:16.6	28:49.17
3 #793 Bloch, Steve	M64 Unat	9:18.0	28:53.36
4 #729 Porter, Bob	M61 Unat	9:20.5	29:01.15
5 #643 Herrera, Raul	M62 Orange	9:39.6	30:00.63
6 #758 Butler, Bill	M61 Unat	10:57.9	34:04.01
65-69 Results - Men 5000 Run			
1 #691 Sanchez, Wil	M65 Costa Mesa	7:54.4	24:33.86



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2	#712 Szekeresh, Robert	M66 Huntington Beach	7:57.1	24:42.17
70+ Results - Men 5000 Run				
1	#765 Norton, Bob	M75 Unat	9:03.2	28:07.65
2	#644 Hurlburt, Dave	M75 Costa Mesa	10:03.6	31:15.09
3	#624 Dilday, Tom	M74 Huntington Beach	10:15.4	31:51.99
4	#777 Bailey, Andrew	M74 Unat	12:15.5	38:05.11

