

# RWCSL 2009 - June 29th 5K

NAME	AGE	200m	11	10	9	8	7	6	5	4	3	2	1	Finish	Place
Nancy Sido	W55	1:05	3:41	6:21	9:03	11:44	14:26	17:08	19:50	22:34	25:20	28:05	30:51	33:29	1 <sup>st</sup>
Jamie Kootz	Open	.55	3:15	5:43	8:18	10:59	13:30	16:04	18:41	21:18	23:56	26:33	29:08	31:35	1 <sup>st</sup>
Andy Bourey	M65	.56	3:33	6:17	9:06	12:05	15:06	18:01	20:54	23:56	26:56	29:52	32:48	35:44	1 <sup>st</sup>
Bob Nicholls	M70	1:20	4:01	6:43	9:27	12:12	14:56	17:41	20:25	23:12	25:57	28:42	31:26	34:03	1 <sup>st</sup>
Lorraine Ramonczuk	W55	1:15	4:05	6:51	9:40	12:28	15:21	18:17	21:14	24:15	27:20	30:21	33:24	36:27	2 <sup>nd</sup>
Maurine Lia	W75	1:?	4:16	7:07	10:01	12:57	15:51	18:50	21:47	24:48	27:49	?	33:56	36:51	1 <sup>st</sup>
John Henry	M55	1:22	4:48	7:15	10:18	13:22	16:23	19:24	22:31	25:35	28:41	30:51	31:56	34:46	1 <sup>st</sup>
Donna Singer	W60	1:40	5:03	8:30	11:57	15:23	18:53	22:25	25:54	29:21	32:50	36:17	39:40	43:04	2 <sup>nd</sup>
Alison Bourey	W60	1:34	4:48	8:08	11:26	14:50	18:29	21:31	24:52	28:10	31:33	34:56	38:20	41:35	1 <sup>st</sup>
Sue Turner	W65	1:52	5:36	9:15	12:52	16:28	19:57	21:56	23:36	27:14	30:41	34: 19	37:54	45:04	1 <sup>st</sup>
Lee Hoffman	M70	X	5:09	8:31	11:02	15:14	18:34	X	25:17	28:37	31:54	34:14	38:53	40:46	1st