

Empire Runners Independence Day Weekend Challenge – July 3 thru July 5 2020

<u>Last Name</u>	<u>First Name</u>	<u>Division</u>	<u>Distance</u>	<u>Time</u>
Al-Ghanim	Margie	F 60-69	7.01 Miles	1:15:30
			4.08	45:25
			21.01	4:14:45
Braden	Bert	M 50-59	7.0 Miles	1:20:30
			4.0	37:36
			2.0	16:41
Barnum	Larry	M 70-79	2 x 200M	30.13, 30.37
			1 x 400M	68.51
Cusworth	Bill	M 50-59	7.3 Miles	1:09:57
			4.0	54:04
Dippel	Bob	M 50-59	7.02 Miles	1:05:15
			4.03	34:19
			2.02	14:11
Drechsler	Krista	F 30-39	7.11 Miles	48:50
			4.09	28:59
			20.0	2:42:16
Ettlin	Joy	F 30-39	7.0 Miles	1:20:00
			4.01	44:02
			2.25	22:32
Gardina	Chris	M 30-39	7.0 Miles	58:00
			4.0	26:00
			2.0	13:37
Goodwin	Cathy	F 60-69	8.13 Miles	1:18:20
			4.0	Finished
			2.0	Finished
Goodwin	Dave	M 60-69	7.0 Miles	Finished
			4.0	Finished
			2.0	Finished
Guzman	Andrea	F 30-39	7.55 Miles	1:16:11

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Hanlon	Kerry	F 40-49	7.0 Miles	1:13
			4.0	34:32
			20.0	3:44:17
Hilbert	Lisa	F 50-59	7.09 Miles	1:21:25
			5.0 Miles	54:17
			2.06	19:54
Isabeau	Lisa	F 60-69	7.0 Miles	1:15:00
			4.0	47:01
			2.0	21:36
Jakel	Sara	F 40-49	7.0 Miles	1:23:50
			4.0 Miles	Finished
			2.0 Miles	20:00
James	Teresa	F 50-59	7.83 Miles	Finished
			6.54	Finished
			2.17	Finished
Jay	Tee	F	7.25 Miles	1:28.04
Karbousky	Dan	M 30-39	7.0 Miles	58:00
			4.0	28:30
			2.0	13:37
Kelly	Kathy	F 60-69	7.16 Miles	2:34:38
			4.05	1:04
			20.0	Bicycle
Kissick	Karen	F 60-69	7.0 Miles	Finished
			4.0	Finished
			2.0	Finished
Main	Shelli	F 50-59	7.0 Miles	1:12:16
			4.0	36:38
			2.0	16:34

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Main	Rob	M 60-69	7.0 Miles	56:21
			4.0	30:57
			2.0	13:35
Meredith	Tori	F 60-69	7.49 Miles	Finished
			4.16	Finished
			20.04	Bicycle
Moberly	Mike	M 40-49	7.0 Miles	54:22
			4.0	31:48
			20.0	2:44:06
Nakata	Cynthia	F 50-59	7.0 Miles	1:10:56
			4.0	38:08
			2.0	20:00
Narath	Tanya	F 50-59	7.0 Miles	1:12:15
			4.0	42:23
			2.0	21:59
Noche	Joy	F	7.0 Miles	1:22:00
Noel	Kristen	F 40-49	7.0 Miles	Finished
			4.0	Finished
			2.0	Finished
O'Donnell	Anne	F 60-69	7.0 Miles	1:21:30
			4.0	46:15
			2.0	21:12
Park	David	M 30-39	7.0 Miles	1:04:41
			4.0	40:32
			2.0	16:06
Park	Trista	F 30-39	7.0 Miles	1:06:37
			4.0	36:59
			2.0	18:38

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Pedersen	Margaret	F 20-29	7.0 Miles	1:15:21
			4.0	42:57
			20.0	3:56:19
Penna	Phil	M 70-79	2.0 Miles	Finished
Peterson	Dale	M 60-69	7.0 Miles	1:03.01
			4.0	32:35
			20.0	3:26:31
Rogers	Bob	M 60-69	7.0 Miles	Finished
			4.0 Miles	Finished
			2.0 Miles	Finished
Salz	Nuvit	F 50-59	7.0 Miles	1:06:00
			4.0 Miles	40:22
			20.0	3:45:44
Stevenson	Star	M 40-49	2.0 Miles	13:51
Stovall	Robin	F 60-69	7.0 Miles	Finished
			4.0	Finished
			2.0	Finished
Thomsen	Hanne	F 13 & Under	7.0 Miles	Finished
			4.0	33:28
			2.0	16:52
Thomsen	Niels	M 50-59	7.0 Miles	Finished
			4.0	33:28
			2.0	16:52
Torbert	Glen	M 40-49	7.01 Miles	1:08:00
			4.0	34:40
			2.0	16:00
Walls	Kim	F 50-59	7.08 Miles	1:52:00
			4.02	1:04.00
			2.04	35:00

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Wiley	Lon	M 70-79	7.0 Miles	59:45
			4.0	30:40
			2.0	13:23
Zanetti	Brad	M 60-69	7.00 Miles	57:56
			4.01	29:49
			2.00	14:30