

# Avery Brewing Company 4K on the Fourth

## Female 4K Results

<u>Place</u>	<u>Bib</u>	<u>Name</u>	<u>Age</u>	<u>City</u>	<u>State</u>	<u>Clock Time</u>	<u>Chip Time</u>	<u>Pace</u>	<u>4K Entire Race Grade Time</u>	<u>4K Entire Race Age Grade</u>	<u>Gender</u>
1	24	Laura Bruess	62	Boulder	CO	17:38.34	17:34.78	7:04	13:42.54	84.85	F
2	83	Lin Lascelles	59	Bridport	DOR	17:28.18	17:25.01	7:00	14:05.14	82.58	F
3	51	Tina Gini Larter	55	Boulder	CO	17:01.11	16:57.04	6:49	14:22.94	80.87	F
4	144	Wendy White	62	Boulder	CO	18:33.98	18:28.49	7:26	14:25.78	80.61	F
5	148	Laura Zaubrecher	40	Boulder	CO	15:20.35	15:16.84	6:09	14:55.86	77.9	F
6	59	Leslie Hoffmann	57	Louisville	CO	18:07.47	17:58.56	7:14	14:57.92	77.72	F
7	33	Marcey Cote	52	Boulder	CO	17:11.13	17:05.31	6:53	15:01.51	77.41	F
8	52	Kimberly Goodell	43	Louisville	CO	15:45.68	15:43.34	6:20	15:03.03	77.28	F
9	99	Carolyn Morgenstern	60	Superior	CO	19:09.28	19:02.86	7:40	15:15.51	76.23	F
10	231	Lynn Hermanson	72	Boulder	CO	22:38.28	22:37.05	9:06	15:23.76	75.55	F
11	161	Cassi Bailey	68	Louisville	CO	21:42.99	21:31.57	8:40	15:36.72	74.5	F
12	90	Amanda McCracken	45	Boulder	CO	16:41.62	16:38.56	6:42	15:41.32	74.14	F
13	137	Sara TarBush	61	Louisville	CO	20:07.50	19:57.34	8:02	15:50.18	73.45	F
14	98	Erin Moran	59	Boulder	CO	19:49.81	19:41.90	7:56	15:59.34	72.75	F
15	45	Nan Elzinga	57	Louisville	CO	19:27.91	19:18.66	7:46	16:04.34	72.37	F
16	37	Carla Davis	56	boulder	CO	19:14.54	19:11.36	7:43	16:04.50	72.36	F
17	34	Ginger Cross	50	Louisville	CO	18:13.66	18:04.99	7:17	16:17.40	71.4	F
18	3	Gaelle Abecassis	50	Boulder	CO	18:15.02	18:08.96	7:18	16:18.61	71.31	F
19	199	Amie Durden	67	Boulder	CO	22:48.35	22:41.36	9:08	16:36.98	70	F
20	178	Diana Bruckner	78	Longmont	CO	27:26.01	27:16.67	10:58	17:03.48	68.19	F

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21	66	Rachel Joseph	42	Austin	TX	17:44.72	17:42.02	7:07	17:03.83	68.17	F
22	336	Ellen Rich	68	Longmont	CO	23:56.08	23:52.00	9:36	17:12.39	67.6	F
23	62	Linda Hudson	59	Longmont	CO	21:24.37	21:15.98	8:33	17:15.58	67.39	F
24	354	Diana Shannon	67	Boulder	CO	23:58.77	23:57.62	9:38	17:28.28	66.58	F
25	6	Sue Alschuler	61	Arvada	CO	22:17.54	22:04.00	8:53	17:32.51	66.31	F
26	32	Lauren Costantini	53	Boulder	CO	20:22.24	20:14.73	8:09	17:36.62	66.05	F
27	53	Bridget Harper	49	Scottsdale	AZ	19:37.76	19:32.42	7:52	17:43.98	65.59	F
28	114	Beth Risdon	56	Longmont	CO	21:17.03	21:05.69	8:29	17:46.83	65.42	F
29	93	Jamie Mieras	46	Louisville	CO	19:05.69	18:58.05	7:38	17:47.09	65.4	F
30	187	Elizabeth Conner	70	Golden	CO	25:25.91	25:14.59	10:09	17:47.37	65.38	F
31	314	MyLinda O'Quinn	53	Erie	CO	20:41.96	20:41.20	8:19	17:53.67	65	F
32	370	Carol Stephens	62	Thornton	CO	23:04.81	22:51.71	9:12	17:56.27	64.84	F
33	313	Diana Norcross	63	Boulder	CO	23:34.60	23:30.43	9:27	18:05.56	64.29	F
34	264	Jana Kruger	60	Boulder	CO	22:48.91	22:43.45	9:09	18:10.47	64	F
35	335	Lisa Reeves	60	Boulder	CO	22:50.02	22:32.64	9:04	18:11.35	63.95	F
36	96	Laura Moffett	53	Erie	CO	21:03.68	20:50.75	8:23	18:12.45	63.88	F
37	71	Tiffany Kasanicky	46	Longmont	CO	19:36.31	19:28.58	7:50	18:15.61	63.7	F
38	268	Stephanie Kurland	55	Boulder	CO	21:41.98	21:23.99	8:37	18:20.30	63.43	F
39	248	Kathryn Kaliski	68	Boulder	CO	26:18.06	26:10.11	10:32	18:54.46	61.52	F
40	353	Julie Seydel	56	Louisville	CO	22:45.06	22:35.36	9:05	19:00.37	61.2	F
41	120	Michele Scanlon	58	Lafayette	CO	23:18.93	23:05.30	9:17	19:01.52	61.14	F
42	179	Bev Buchler	75	Boulder	CO	29:23.06	29:11.95	11:45	19:07.57	60.82	F
43	173	Tami Brna	56	Arvada	CO	22:54.81	22:42.56	9:08	19:08.51	60.77	F
44	243	Frances Johnson	49	Englewood	CO	21:18.39	21:08.34	8:30	19:14.89	60.43	F
45	393	Katharine Willet	64	Bouldero	CO	25:33.94	25:19.00	10:11	19:22.26	60.05	F

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46	143	Ute Vandenberghe	55	Boulder	CO	22:57.25	22:53.90	9:13	19:23.91	59.96	F
47	325	TRACY PERONARD	58	Littleton	CO	23:46.94	23:37.17	9:30	19:24.38	59.94	F
48	100	Erika Morreale	45	Louisville	CO	20:46.69	20:36.64	8:18	19:31.63	59.57	F
49	355	Monica Sheets	57	Louisville	CO	23:41.85	23:25.06	9:25	19:34.02	59.45	F
50	303	Suzanne Metzger	57	Boulder	CO	23:42.68	23:41.98	9:32	19:34.70	59.41	F
51	152	Betty Aga	70	Louisville	CO	28:01.06	27:36.91	11:07	19:35.90	59.35	F
52	398	LAURA WINKIEL	58	Boulder	CO	24:12.38	24:06.68	9:42	19:45.14	58.89	F
53	396	Shawna Wilson	51	Brighton	CO	22:34.37	22:28.74	9:03	19:57.26	58.29	F
54	251	Haeyoung Kim	47	Boulder	CO	21:38.96	21:35.86	8:41	19:58.29	58.24	F
55	193	Amy DePasquale	55	Boulder	CO	23:46.62	23:30.05	9:27	20:05.63	57.89	F
56	210	Olivia Foulkrod	45	Boulder	CO	21:25.76	21:16.41	8:34	20:08.35	57.76	F
57	125	Laura Shultz	41	Lafayette	CO	21:03.77	20:54.12	8:25	20:23.07	57.06	F
58	322	Laura Patterson	43	Broomfield	CO	21:35.46	21:25.52	8:37	20:37.03	56.42	F
59	167	Amy Baxter	55	Longmont	CO	24:24.85	23:52.24	9:36	20:37.94	56.38	F
60	360	Kathy Silverstein	54	Longmont	CO	24:11.38	23:48.62	9:35	20:40.64	56.25	F
61	16	Bri Bettcher	42	Louisville	CO	21:32.11	21:23.38	8:36	20:42.49	56.17	F
62	109	Shawna Pitts	44	Avondale Estates	GA	22:12.49	22:08.31	8:54	21:02.66	55.27	F
63	209	Teresa Foley	42	Boulder	CO	21:54.06	21:32.12	8:40	21:03.60	55.23	F
64	219	Erika Gleva	49	Loveland	CO	23:24.03	23:20.65	9:24	21:08.40	55.02	F
65	384	Kelly Van Riper	53	Longmont	CO	24:27.38	23:55.80	9:38	21:08.55	55.02	F
66	257	Mary Klingbeil	52	Longmont	CO	24:27.93	23:55.47	9:38	21:23.41	54.38	F
67	307	Ellen Moeller	50	Boulder	CO	24:15.70	24:03.26	9:41	21:40.95	53.65	F
68	324	Kathleen Pegion	48	Boulder	CO	23:54.90	23:49.81	9:35	21:50.20	53.27	F
69	136	Libby Sullivan	55	Minneapolis	MN	26:16.78	26:04.01	10:29	22:12.53	52.37	F

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70	221	Kim Gritzmaker	49	Littleton	CO	24:44.19	24:34.92	9:53	22:20.81	52.05	F
71	192	Debra Deininger	54	Longmont	CO	26:08.89	26:02.10	10:28	22:21.08	52.04	F
72	345	Hisako Schibli	44	Boulder	CO	23:41.53	23:39.73	9:31	22:27.04	51.81	F
73	317	Penelope O'Donnell	74	Golden	CO	34:02.72	33:36.94	13:31	22:29.42	51.72	F
74	293	Hilary Maybee	62	Louisville	CO	29:23.67	28:59.31	11:40	22:50.72	50.91	F
75	56	Courtney Hepner	45	Lafayette	CO	24:18.85	24:07.70	9:42	22:51.02	50.9	F
76	244	Shelley Johnson	47	Longmont	CO	24:50.27	24:43.61	9:57	22:54.77	50.76	F
77	198	Lark Dunham	55	Boulder	CO	27:09.32	26:56.99	10:51	22:56.93	50.68	F
78	217	Bertha Garcia	46	Castle Rock	CO	25:43.25	25:36.89	10:18	23:57.38	48.55	F
79	301	Coleen McGrath	54	Poway	CA	28:08.91	27:32.52	11:05	24:03.68	48.34	F
80	299	Stacey McFadin	46	Las Vegas	NV	26:05.12	26:02.18	10:29	24:17.75	47.88	F
81	229	April Harrison	52	Medford	OR	27:50.30	27:33.39	11:05	24:20.34	47.79	F
82	277	Melissa Lehman	40	Longmont	CO	25:01.89	24:51.14	10:00	24:21.94	47.74	F
83	218	Pat Gleason	70	Broomfield	CO	35:12.66	35:04.02	14:07	24:37.80	47.23	F
84	386	Kristen Wagner	47	Boulder	CO	27:20.94	26:48.46	10:47	25:13.76	46.1	F
85	285	Celia Mahoney	55	Louisville	CO	29:52.31	29:40.19	11:56	25:14.68	46.08	F
86	361	VERONICA SKOGEN	50	Golden	CO	28:26.97	28:21.17	11:24	25:25.51	45.75	F
87	346	Stacey Schmidt	47	Longmont	CO	27:45.42	27:07.14	10:55	25:36.35	45.43	F
88	279	Amy Lehman	53	Longmont	CO	30:30.63	30:01.59	12:05	26:22.58	44.1	F
89	359	Maureen Sileo	58	Erie	CO	32:34.41	32:19.51	13:00	26:34.79	43.76	F
90	176	Erica Brown	43	Littleton	CO	27:50.40	27:18.43	10:59	26:35.06	43.75	F
91	331	Carmen Ramirez	53	Longmont	CO	30:50.67	30:41.90	12:21	26:39.90	43.62	F
92	372	Johnna Stilson	42	Saint Petersburg	FL	27:52.46	27:38.50	11:07	26:48.23	43.4	F
93	227	Kelly Harr	45	Boulder	CO	28:50.59	28:43.13	11:33	27:06.40	42.91	F

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94	298	Crystal McDowell	40	Arvada	CO	28:13.39	27:56.59	11:15	27:28.34	42.34	F
95	196	Michelle Donze	53	Arvada	CO	31:52.40	31:41.30	12:45	27:33.27	42.21	F
96	224	Kim Hamilton	60	Boulder	CO	34:57.06	34:55.01	14:03	27:50.51	41.78	F
97	239	Karen Houston	79	Poway	CA	45:37.56	45:00.66	18:07	27:55.38	41.66	F
98	295	Jennifer Maybee	46	Boulder	CO	30:37.52	30:11.42	12:09	28:31.46	40.78	F
99	189	Kelly Crawl	54	Berthoud	CO	34:32.11	34:12.18	13:46	29:31.24	39.4	F
100	401	Sarah Woods	40	Erie	CO	30:45.02	30:26.89	12:15	29:55.94	38.86	F
101	343	Mollie Saxon	49	Longmont	CO	33:48.62	33:18.98	13:24	30:32.65	38.08	F
102	399	Jennifer Winslow	51	Lafayette	CO	34:56.83	34:40.56	13:57	30:53.59	37.65	F
103	215	Wendy Frick	64	Longmont	CO	41:16.74	40:51.22	16:26	31:16.62	37.19	F
104	203	Patti Elkin	60	Franklin	NC	40:23.66	39:53.93	16:03	32:10.68	36.15	F
105	333	Marsha Ray	70	Lafayette	CO	46:41.11	46:12.68	18:36	32:39.37	35.62	F
106	254	Kathy Kiyota	64	Santa Rosa	CA	43:33.18	42:59.89	17:18	33:00.00	35.25	F
107	392	Alyson White	49	Boulder	CO	36:46.55	36:22.57	14:38	33:13.39	35.01	F
108	242	Jennifer Johnson	45	Ridgefield	WA	35:37.33	35:10.39	14:09	33:28.66	34.74	F
109	186	Chris Clearday	56	Boulder	CO	40:23.42	39:57.72	16:05	33:44.52	34.47	F
110	364	Laura Spalding	53	Longmont	CO	39:08.52	38:33.66	15:31	33:50.29	34.37	F
111	347	Amy Schneider	57	Lone Tree	CO	41:40.74	41:13.87	16:35	34:24.86	33.8	F
112	258	Lisa Knight	54	Longmont	CO	41:59.38	41:42.20	16:47	35:53.56	32.41	F
113	374	Jeanne Stratton	58	Franklin	NC	44:18.95	43:44.00	17:36	36:09.70	32.17	F
114	177	Lauren Brown	46	Thornton	CO	39:23.72	38:52.74	15:39	36:41.56	31.7	F
115	397	Shannon Wilson	40	Thornton	CO	40:21.42	39:51.19	16:02	39:17.01	29.61	F
116	211	Anastasia Francis	41	Boulder	CO	40:55.47	40:40.18	16:22	39:36.40	29.37	F
117	180	Sara Buck-Lalonde	42	Morrison	CO	41:40.92	41:14.72	16:36	40:04.88	29.02	F

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1	46	Hakan Eriksson	61	Malung		14:10.79	14:08.45	5:41	11:23.54	89.32	M
2	38	Flavio De Simone	52	Boulder	CO	14:17.27	14:14.32	5:44	12:22.53	82.23	M
3	141	Peter Valentyik	54	Boulder	CO	14:36.07	14:33.22	5:51	12:26.60	81.78	M
4	67	Ryan Joseph	43	Boulder	CO	13:37.53	13:36.64	5:29	12:39.39	80.4	M
5	64	James Johnson	54	Boulder	CO	14:55.54	14:52.76	5:59	12:43.19	80	M
6	84	Martin Lascelles	68	Bridport	DOR	16:57.33	16:53.24	6:48	12:47.40	79.56	M
7	48	Murat Erkocevic	58	Longmont	CO	15:31.31	15:29.33	6:14	12:47.71	79.53	M
8	61	Kyle Hubbart	66	Broomfield	CO	16:40.26	16:35.52	6:41	12:48.77	79.42	M
9	95	Paul Moeller	54	Boulder	CO	15:05.46	15:00.71	6:02	12:51.65	79.12	M
10	2	Jeff Abbott	41	Lyons	CO	14:15.79	14:13.72	5:43	13:26.87	75.67	M
11	102	Rory Murtagh	60	Boulder	CO	16:38.37	16:09.88	6:30	13:29.07	75.46	M
12	17	Gary Bilek	60	Broomfield	CO	16:43.93	16:38.57	6:42	13:33.58	75.05	M
13	74	Bruce Kirschner	69	Louisville	CO	18:12.31	18:07.76	7:18	13:35.36	74.88	M
14	146	VAHID YOUSEFZADEH	53	Lafayette	CO	15:49.27	15:43.47	6:20	13:35.60	74.86	M
15	119	Rich Sandoval	69	Boulder	CO	18:22.57	18:18.91	7:22	13:43.02	74.18	M
16	86	Andrew Manning	58	Longmont	CO	16:41.66	16:35.54	6:41	13:45.70	73.94	M
17	116	Gerald Romero	51	Colorado Springs	CO	15:47.71	15:45.48	6:20	13:47.47	73.79	M
18	42	Steven Dunbar	53	Lafayette	CO	16:11.82	16:06.82	6:29	13:54.97	73.12	M
19	14	Fred Beavers	66	Longmont	CO	18:33.45	18:26.05	7:25	14:15.76	71.35	M
20	131	Bobby Stuckey	53			16:38.89	16:32.35	6:39	14:18.23	71.14	M
21	5	Greg AlQatami	59	Boulder	CO	17:41.91	17:30.63	7:03	14:27.97	70.34	M

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22	28	Rich Castro	75	Boulder	CO	21:14.51	21:02.21	8:28	14:35.19	69.76	M
23	124	Richard Shanks	58	Boulder	CO	17:46.26	17:40.11	7:07	14:38.95	69.46	M
24	108	Zachary Pitts	47	Avondale Estates	GA	16:27.91	16:23.89	6:36	14:50.12	68.59	M
25	149	Zach Zeldner	45			16:13.41	16:06.77	6:29	14:50.62	68.55	M
26	91	Kevin McGouldrick	47	Boulder	CO	16:35.87	16:32.29	6:39	14:57.29	68.04	M
27	43	Benji Durden	71	Boulder	CO	20:41.79	20:29.83	8:15	15:05.13	67.46	M
28	73	Michael Keilman	55	Boulder	CO	17:50.96	17:43.14	7:08	15:05.22	67.45	M
29	77	Matthew Knight	57	Longmont	CO	18:11.36	18:02.68	7:16	15:07.25	67.3	M
30	9	James Arthurs	40	Arvada	CO	15:57.72	15:54.57	6:24	15:09.64	67.12	M
31	50	Charles Garabedian	41	Boulder	CO	16:09.54	16:05.11	6:28	15:14.11	66.79	M
32	31	Kevin Cooper	63	Boulder	CO	19:21.22	19:12.90	7:44	15:16.76	66.6	M
33	10	Robert Baggiani	46	Aurora	CO	16:54.98	16:48.10	6:46	15:21.58	66.25	M
34	44	Patrick Edwards	68	BoulderBoulder	CO	20:29.83	20:16.65	8:10	15:27.70	65.81	M
35	65	Eric Jones	45	Boulder	CO	16:59.70	16:50.56	6:47	15:32.97	65.44	M
36	15	Jon Bettcher	43	Louisville	CO	16:49.20	16:40.91	6:43	15:37.44	65.13	M
37	311	Larry Moss	71	Boulder	CO	21:27.46	21:23.55	8:36	15:38.41	65.06	M
38	130	Brad Street	57	Boulder	CO	18:51.37	18:46.48	7:33	15:40.51	64.92	M
39	1	Brent Abbott	40	Boulder	CO	16:30.27	16:24.54	6:36	15:40.56	64.91	M
40	105	Rob ODea	50	Boulder	CO	18:09.49	18:03.14	7:16	15:58.86	63.68	M
41	323	Raymond Pearce	70	Longmont	CO	21:46.12	21:25.69	8:37	16:03.90	63.34	M
42	49	Rob Fagan	53	Lafayette	CO	18:51.70	18:42.43	7:32	16:12.34	62.79	M
43	104	Alastair Norcross	62	Boulder	CO	20:30.95	20:20.57	8:11	16:20.39	62.28	M
44	75	David Klingbeil	56	Longmont	CO	19:39.37	19:33.74	7:52	16:28.64	61.76	M
45	272	Doug Laufer	70	palmer lake	CO	22:35.58	22:25.42	9:01	16:40.40	61.03	M

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46	256	Dale Kiyota	64	Fort Lupton	CO	21:19.64	21:16.28	8:33	16:41.33	60.97	M
47	142	Francois Vandenberghe	58	Boulder	CO	20:20.00	20:11.01	8:07	16:45.69	60.71	M
48	18	Michael Birdsong	60	Boulder	CO	20:41.81	20:30.38	8:15	16:46.35	60.67	M
49	240	Hampton Islan	73	Boulder	CO	23:46.53	23:45.59	9:34	16:51.39	60.37	M
50	88	Drew Martin	54	Boulder	CO	19:59.02	19:51.53	7:59	17:01.82	59.75	M
51	127	Robert Spell	61	Denver	CO	21:19.27	21:07.91	8:30	17:07.79	59.4	M
52	135	Mike Sullivan	56	Minneapolis	MN	20:29.38	20:17.34	8:10	17:10.56	59.25	M
53	247	Robert Kaliski	62	Boulder	CO	21:43.92	21:38.87	8:43	17:18.51	58.79	M
54	171	Matt Briggs	40	Wheat Ridge	CO	18:21.50	18:20.85	7:23	17:26.21	58.36	M
55	103	John Nadeau	53	Scottsdale	AZ	20:22.14	20:14.97	8:09	17:30.05	58.15	M
56	342	Glenn Saxon	51	Longmont	CO	20:05.67	19:57.13	8:02	17:32.70	58	M
57	373	Steve Stovall	82	Thornton	CO	30:11.54	30:07.38	12:07	17:48.29	57.15	M
58	20	Aron Bradford	47	Boulder	CO	19:59.19	19:53.19	8:00	18:00.48	56.51	M
59	329	Robert Pyle	60			22:21.17	22:16.23	8:58	18:06.87	56.18	M
60	238	Robert Holt	71	BroomfieldBroomfield	CO	24:55.55	24:49.47	9:59	18:10.09	56.01	M
61	263	Kraig Kruger	63	Boulder	CO	23:01.35	22:56.25	9:14	18:10.55	55.99	M
62	385	Scott VonBrutt	49	Erie	CO	20:31.24	20:28.40	8:14	18:12.19	55.9	M
63	230	Don Hayes	91	Boulder	CO	43:09.07	42:47.37	17:13	18:12.20	55.9	M
64	128	Doug Stevens	47	Boulder	CO	20:17.31	20:09.39	8:07	18:16.81	55.67	M
65	350	Kevin Severson	55	Boulder	CO	21:39.48	21:21.55	8:36	18:18.38	55.59	M
66	310	Eugenio Montejo	52	Castle Rock	CO	21:09.72	21:04.53	8:29	18:19.78	55.52	M
67	200	Michael Dwyer	52	Boulder	CO	21:11.00	21:06.80	8:30	18:20.89	55.46	M
68	153	Tommie Alcorn	59	NORTHGLENN	CO	22:46.78	22:33.36	9:05	18:37.16	54.65	M
69	188	Pete Covert	52	Boulder	CO	21:36.37	21:03.89	8:29	18:42.86	54.38	M



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70	270	Sacha Lalonde	44	Morrison	CO	20:23.29	20:05.10	8:05	18:47.78	54.14	M
71	365	Joe Spalding	56	Longmont	CO	22:27.03	21:53.90	8:49	18:49.18	54.07	M
72	206	Patrick Farren	65	Scituate	MA	24:21.04	23:53.47	9:37	18:53.10	53.88	M
73	259	Michael Koertje	56	Louisville	CO	22:32.36	22:18.31	8:58	18:53.65	53.86	M
74	287	Eric Manning	42	Boulder	CO	20:30.28	20:22.25	8:12	19:11.37	53.03	M
75	250	Steven Keane	53	Boulder	CO	22:48.23	22:33.02	9:04	19:35.56	51.94	M
76	290	Hugh Markfield	49	Boulder	CO	22:13.83	21:52.95	8:48	19:43.20	51.6	M
77	362	JAMES SKOGEN	53	Golden	CO	22:59.81	22:52.27	9:12	19:45.51	51.5	M
78	348	Billy Schneider	65	Lone Tree	CO	25:35.29	25:16.58	10:10	19:50.68	51.28	M
79	358	Michael Sileo	58	Erie	CO	24:29.10	24:13.40	9:45	20:11.03	50.42	M
80	318	Jerry O'Donnell	77	Golden	CO	30:43.69	30:31.11	12:17	20:20.45	50.03	M
81	246	David Joseph	75	Boulder	CO	29:40.75	29:17.24	11:47	20:22.82	49.93	M
82	278	Donald Lehman	73	Arvada	CO	28:51.63	28:40.63	11:32	20:27.71	49.73	M
83	276	Dale Lehman	59	Loveland	CO	25:02.21	24:52.00	10:00	20:27.85	49.73	M
84	383	Bobby Umstead	54	Boulder	CO	24:14.26	23:53.82	9:37	20:39.34	49.26	M
85	222	Dale Haas	69	Louisville	CO	28:13.90	28:08.06	11:19	21:04.43	48.29	M
86	245	Stephen Jones	52	Longmont	CO	24:25.78	23:54.89	9:37	21:09.60	48.09	M
87	302	Jeff Mehle	58	Westminster	CO	25:49.16	25:37.76	10:19	21:17.03	47.81	M
88	288	Scott Manning	42	Boulder	CO	22:57.79	22:51.17	9:12	21:29.42	47.35	M
89	296	Roy McCormick	57	Ridgefield	WA	25:51.29	25:22.59	10:13	21:29.60	47.34	M
90	69	Sam Kasanicky	46	Longmont	CO	23:53.47	23:45.82	9:34	21:41.56	46.91	M
91	274	Ken Lee	57	Broomfield	CO	26:38.99	26:02.83	10:29	22:09.25	45.93	M
92	162	David Bartsch	75	Louisville	CO	32:17.65	31:55.53	12:51	22:10.56	45.89	M
93	330	Tom Rafferty	76	Boulder	CO	33:08.91	32:49.01	13:12	22:21.70	45.51	M
94	252	James Kirby	40	Boulder	CO	23:39.51	23:17.75	9:22	22:28.26	45.28	M

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95	197	Sean Dunham	49	Superior	CO	26:39.89	26:22.67	10:37	23:39.21	43.02	M
96	387	David Walters	72	Louisville	CO	33:08.30	32:47.87	13:12	23:50.16	42.69	M
97	185	Daniel Clarkson	43	Las Vegas	NV	26:05.39	26:02.22	10:29	24:14.08	41.99	M
98	294	Mark Maybee	61	Boulder	CO	30:37.26	30:10.68	12:09	24:36.10	41.36	M
99	112	Richard Quiroz	48	Scottsdale	AZ	27:43.06	27:34.79	11:06	24:46.84	41.06	M
100	356	Jason Shivo	44	Erie	CO	27:33.86	26:56.02	10:50	25:24.73	40.04	M
101	228	Blair Harrison	49	Medford	OR	28:41.28	28:24.19	11:26	25:26.89	39.99	M
102	154	Ryan Allen	45	Boulder	CO	28:29.90	28:23.71	11:25	26:04.48	39.03	M
103	233	Rob Hinerman	53	Lafayette	CO	30:34.17	30:19.00	12:12	26:15.90	38.74	M
104	195	Scott Donze	56	Arvada	CO	31:52.83	31:41.57	12:45	26:43.48	38.08	M
105	352	Rick Seydel	67	Louisville	CO	35:54.52	35:36.27	14:19	27:20.88	37.21	M
106	201	Barry Eakins	58	Boulder	CO	34:12.06	33:52.49	13:38	28:11.59	36.09	M
107	394	Christopher Williams	45	Thornton	CO	31:21.86	30:50.58	12:25	28:41.81	35.46	M
108	369	Randy Stephens	67	Thornton	CO	37:43.03	37:02.57	14:54	28:43.53	35.42	M
109	395	Ronald Williams	79	Boulder	CO	45:51.51	45:16.93	18:13	29:06.74	34.95	M
110	157	Matthew Anderson	40	Longmont	CO	30:43.05	30:25.27	12:14	29:10.54	34.88	M
111	172	John Briggs	66	Boulder	CO	40:24.07	39:58.83	16:05	31:03.07	32.77	M
112	391	Shaun White	51	Boulder	CO	36:46.26	36:22.36	14:38	32:06.35	31.7	M
113	202	Dub Elkin	71	Franklin	NC	44:18.35	43:47.82	17:37	32:17.64	31.51	M
114	273	Dennis Lawson Sr	66	Aurora	CO	42:28.60	41:49.78	16:50	32:38.78	31.17	M
115	183	John Chamberlain	64	Longmont	CO	41:55.06	41:21.21	16:38	32:48.07	31.02	M
116	339	Brett Ryals	50	Englewood	CO	37:30.84	37:22.46	15:02	33:00.96	30.82	M
117	255	Carl Kiyota	66	Santa Rosa	CA	43:33.45	43:00.38	17:18	33:28.62	30.4	M
118	155	Nick Allen	41	Boulder	CO	35:31.22	35:25.32	14:15	33:29.39	30.39	M

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119	375	Rob Stratton	59	Franklin	NC	42:20.19	41:46.66	16:49	34:36.26	29.41	M
120	300	Ron McGrath	55	Boulder	CO	45:38.03	44:59.12	18:06	38:34.31	26.38	M
121	212	Nick Francis	40	Boulder	CO	40:55.35	40:39.76	16:22	38:52.10	26.18	M