

Empire Open 23

Results Women

Pl.	Bib	Name	Age	Club	Pace	GunTime
Women						
Female						
1.	699	Meeks, Gillian	24	SRA Elite - 465	5:52	20:00
2.	804	Gantes, Megan	28	Strawberry Canyon TC - 384	6:09	20:57
3.	772	Thurber, Sabrina	24	Impala Racing Team - 115	6:09	20:57
4.	700	Evans, Natasha	22	SRA Elite - 465	6:10	21:01
5.	163	Alvarado, Amanda	26	SRA Elite - 465	6:18	21:27
6.	754	Guzman, Anna	33	Wolfpack Running Club- 119	6:23	21:45
7.	753	Regulski, Kayla	33	Wolfpack Running Club- 119	6:24	21:48
8.	776	Gress, Elizabeth	39	Pamakids - 134	6:39	22:40
9.	773	Payne, Shannon	37	SRA Elite - 465	6:42	22:48
10.	692	Prothro, Celeste	44	Impala Racing Team - 115	6:46	23:01
11.	738	Wankowicz, Stephanie	32	West Valley Track Club - 110	6:46	23:03
12.	675	Barrett, Alyson	44	West Valley Track Club - 110	6:47	23:05
13.	750	Gottlieb, Liz	48	Impala Racing Team - 115	6:50	23:17
14.	739	Morris, Meghan	42	Impala Racing Team - 115	6:50	23:18
15.	157	Tavares, Erica	34	Impala Racing Team - 115	6:53	23:26
16.	749	Zeng, Lindy	27	West Valley Track Club - 110	6:55	23:34
17.	785	Armenta, Marianne	38	Pamakids - 134	7:07	24:12
18.	720	Kaspar, Erin	43	Empire Runners Club - 143	7:08	24:17
19.	755	Kato, Sara	29	West Valley Track Club - 110	7:11	24:26
20.	779	Forney, Elizabeth	31	Wolfpack Running Club- 119	7:11	24:27
21.	662	Nichols, Heddie	41	Excelsior Running Club - 113	7:16	24:44
22.	721	Kimura, Allie	30	Wolfpack Running Club- 119	7:16	24:45
23.	783	O'Shea, Shana	45	Pamakids - 134	7:17	24:49
24.	151	Macias, Victoria	34	Impala Racing Team - 115	7:21	25:01
25.	702	Renteria, Lisa	45	Wolfpack Running Club- 119	7:23	25:09
26.	737	La Sala, Michelle	42	West Valley Track Club - 110	7:24	25:13
27.	154	Shore, Patti	57	Impala Racing Team - 115	7:28	25:27
28.	162	Dusseau, Shawnessy	41	West Valley Track Club - 110	7:30	25:32
29.	670	Kegley, Allison	45	Tamalpa Runners - 100	7:31	25:37
30.	736	St. Laurent, Robyn	33	Impala Racing Team - 115	7:41	26:10
31.	694	McCaffrey, Hope	32	Impala Racing Team - 115	7:41	26:10
32.	656	Barchas, Denise	46	SFRC	7:53	26:51
33.	774	Hazel, Ashley	45	Pamakids - 134	7:58	27:06
34.	757	Bennet, Maddie	27	West Valley Track Club - 110	8:06	27:34
35.	169	Longworth, Angie	56	Impala Racing Team - 115	8:23	28:33
36.	668	Summers, Carolyn	56	Golden Valley Harriers - 135	8:27	28:48
37.	782	Kurtz, Anna	42	Pamakids - 134	8:37	29:20
38.	722	Young, Ramona	58	Santa Cruz Track Club - 137	8:47	29:54
39.	667	Briones, Maria	67	Lake Merritt Joggers and Striders - 142	8:49	30:01
40.	153	Light, Anne-Elise	35	Empire Runners Club - 143	8:54	30:19
41.	671	Cramer, Debra	66	Lake Merritt Joggers and Striders - 142	8:57	30:27
42.	148	Rowland, Jo Anne	75	Impala Racing Team - 115	9:00	30:40

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43.	155	Rodriguez, Dalila	52	West Valley Joggers & Striders - 117	9:02	30:45
44.	752	Suzuki, Irene	60	Impala Racing Team - 115	9:11	31:14
45.	778	Lauer, Karen	31	UNATTACHED - 1	9:27	32:10
46.	777	Dilillo Knock, Roz	30	UNATTACHED - 1	9:27	32:10
47.	687	Ross, Susan	64	Impala Racing Team - 115	9:33	32:29
48.	158	Isabeau, Lisa Titus	64	Empire Runners Club - 143	9:34	32:35
49.	688	Gilbert, Sharlet	72	Lake Merritt Joggers and Striders - 142	9:39	32:51
50.	695	Bryan, Mary	62	Impala Racing Team - 115	9:49	33:24
51.	696	Koller, Kerry	64	Impala Racing Team - 115	9:57	33:53
52.	780	Nguyen, Megan	61	Pamakids - 134	10:01	34:05
53.	784	Vazquez, Lily	10	Pamakids - 134	10:37	36:07
54.	697	Wood, Hazel	72	Tamalpa Runners - 100	10:41	36:21
55.	758	Preisig, Carol	70	Tamalpa Runners - 100	10:41	36:22
56.	756	Deal Lacey, Laura	48	UNATTACHED - 1	11:28	39:00
57.	698	Dillon, Bridie	78	Tamalpa Runners - 100	12:31	42:34
58.	781	Chicas, Berta	45	Pamakids - 134	14:12	48:21