

Dam Fast 5K Chico Style #2
Improvement Report

First Name	Last Name	City	Division	July	pace1	August	pace2	percent1
Chris	Devine	Chico	5K Advanced	19:27	6:16/M			
Darlene	Henderson	Corning	5K Advanced	32:09	10:22/M			
Louis	Moore	Paradise	5K Advanced	21:54	7:04/M			
Marygail	Bender	Chico	5K Beginner	53:02	17:06/M	49:52	16:05/M	5.96%
Vanessa	Colima	Chico	5K Beginner			37:51	12:13/M	
Shawn	Crossley	Chico	5K Beginner	28:01	9:02/M	27:49	8:58/M	0.69%
Coreen	Deleon-Martinez	Orland	5K Beginner	40:35	13:05/M			
Matthew	Garcia	Chico	5K Beginner			27:59	9:02/M	
Lucy	Hernandez	Orland	5K Beginner	40:31	13:04/M			
Beth	Hohberg	Chico	5K Beginner	34:47	11:13/M	31:03	10:01/M	10.75%
Ed	Hohberg	Chico	5K Beginner	32:20	10:26/M	31:03	10:01/M	3.98%
Joshua	Hohberg	Chico	5K Beginner	32:07	10:22/M			
Michael	McHaney	Chico	5K Beginner	32:22	10:26/M	31:20	10:06/M	3.19%
Kyle	Meyer	Chico	5K Beginner	47:53	15:27/M	41:32	13:24/M	13.27%
Sarah	Meyer	Chico	5K Beginner	52:15	16:51/M			
Vanessa	Molina	Chico	5K Beginner			30:22	9:48/M	
Kelly	O'Rourke	Marysville	5K Beginner	48:19	15:35/M			
Wendy	Porter	Chico	5K Beginner			47:59	15:29/M	
Dawn	Robinson	Chico	5K Beginner	48:58	15:48/M	43:03	13:53/M	12.10%
Lisa	Shaw	Paradise	5K Beginner			33:09	10:42/M	
Holly	Whittaker	Chico	5K Beginner			36:13	11:41/M	
Cinthia	Zamora	Chico	5K Beginner			37:52	12:13/M	
Maribel	Zapien	Chico	5K Beginner			49:41	16:02/M	
Glen	Abdelnoor	Chico	5K Intermediate	28:33	9:13/M			
Amanda	Bell-Corona	Chico	5K Intermediate			27:22	8:50/M	
Amanda	Bowen	Chico	5K Intermediate	31:20	10:06/M			
Katherine	Chapin	Chico	5K Intermediate	26:01	8:24/M	25:44	8:18/M	1.06%
Deborah	Cross	Marysville	5K Intermediate			28:32	9:12/M	
Greg	Davis	Gridley	5K Intermediate	27:53	9:00/M	21:25	6:55/M	23.20%
Tony	Delfino	Chico	5K Intermediate			25:38	8:16/M	
Jayson	Denman	Chico	5K Intermediate	21:05	6:48/M	21:54	7:04/M	-3.91%
Shannon	Devine	Chico	5K Intermediate	25:53	8:21/M			
Jason	Donnell	Chico	5K Intermediate	21:30	6:56/M	21:28	6:55/M	0.16%
Erin	Edwards	Chico	5K Intermediate			30:55	9:58/M	
Sarah	Garcia	Chico	5K Intermediate			27:21	8:49/M	
James	Hanna	Chico	5K Intermediate	30:50	9:57/M	30:34	9:52/M	0.87%
Trevor	Irwin	Gridley	5K Intermediate			23:00	7:25/M	
Aaron	Lord	Chico	5K Intermediate	24:15	7:49/M	23:48	7:41/M	1.83%
Rebecca	Miller	Chico	5K Intermediate	33:57	10:57/M	30:56	9:59/M	8.88%
James	Monninger	Durham	5K Intermediate	21:45	7:01/M	21:18	6:52/M	2.09%
Gordon	Smith	Chico	5K Intermediate			23:40	7:38/M	
Tao	Stadler	Chico	5K Intermediate	27:47	8:58/M			

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Ulises	Tellechea	Chico	5K Intermediate			20:08	6:30/M	
David	Van Order	Paradise	5K Intermediate	25:44	8:18/M			
Helen	Wheeler	Chico	5K Intermediate	28:43	9:16/M	28:20	9:08/M	1.35%
Brenda	Maciel	Chico	5K Walker			49:40	16:01/M	
Nicole	Meyer	Chico	5K Walker	51:55	16:45/M	49:57	16:07/M	3.79%