

Dam Fast 5K Lake Oroville Style #3 Improvement Report

First Name	Last Name	City	Division	June	pace1	July	pace2	percent1	August	pace3	percent2
Brian	Edge	Oroville	5K Advanced	19:21	6:15/M						
Justin	Garcia	Oroville	5K Advanced						19:11	6:11/M	
Andrew	Gertz	Chico	5K Advanced	21:04	6:48/M						
Bob	Hastings	Oroville	5K Advanced						25:21	8:11/M	
Zachary	Josiassen	Chico	5K Advanced	29:05	9:23/M						
Nancy	Lee	Yuba City	5K Advanced			31:58	10:19/M		33:47	10:54/M	-5.68%
Gary	Lotspeich	Oroville	5K Advanced	25:06	8:06/M						
Louis	Moore	Paradise	5K Advanced	21:47	7:02/M				21:31	6:56/M	1.24%
Jarold	Stokes	Oroville	5K Advanced			20:58	6:46/M		22:01	7:06/M	-4.96%
Jessica	Asby	Marysville	5K Beginner			32:28	10:28/M		33:48	10:54/M	-4.12%
Lara	Banks Newens	Oroville	5K Beginner						41:47	13:29/M	
Susan	Bertis	Oroville	5K Beginner	29:57	9:40/M						
Jasmine	Bradley	Chico	5K Beginner			54:05	17:27/M		52:14	16:51/M	3.42%
Allison	Bubier	Oroville	5K Beginner	41:37	13:25/M	46:36	15:02/M	-11.97%	41:37	13:25/M	0.00%
Lesley	Bubier	Oroville	5K Beginner			46:39	15:03/M				
Crystal	Chalk	Berry Creek	5K Beginner						45:16	14:36/M	
Kristen	Cook	Oroville	5K Beginner						43:00	13:52/M	
Lena	Correa	Oroville	5K Beginner			54:03	17:26/M		52:14	16:51/M	3.36%
Nicole	Davis	Chico	5K Beginner	27:27	8:51/M						
Denise	Deangelo	Oroville	5K Beginner	45:30	14:41/M	43:25	14:00/M	4.58%	46:57	15:09/M	-3.20%
Amber	Englund	Oroville	5K Beginner	37:21	12:03/M				38:10	12:19/M	-2.18%
Susanne	Harvey	Oroville	5K Beginner			34:01	10:58/M				
Margie	Hensley	Oroville	5K Beginner	30:31	9:51/M	28:43	9:16/M	5.89%			
Bj	Jansen	Gridley	5K Beginner			28:41	9:15/M		27:55	9:00/M	2.66%
Janis	Jansen	Gridley	5K Beginner			41:59	13:33/M		32:26	10:28/M	22.75%
Alison	Jones	Gridley	5K Beginner			35:59	11:36/M		35:28	11:26/M	1.45%
Darla	Knudsen	Oroville	5K Beginner			43:01	13:53/M		45:35	14:42/M	-5.98%
Tiffany	Lanser	Paradise	5K Beginner	41:28	13:23/M	39:51	12:51/M	3.89%	41:16	13:19/M	0.49%
Nikole	Lanzinger	Oroville	5K Beginner			41:04	13:15/M				
Delania	Lee	Paradise	5K Beginner	41:33	13:24/M						
Gloria	Lopez	Oroville	5K Beginner			43:36	14:04/M				
Briana	McCullough	Oroville	5K Beginner			31:33	10:11/M		30:48	9:56/M	2.37%
Sherry	Melendez	Live Oak	5K Beginner						42:49	13:49/M	
Jennifer	Passaglia	Yuba City	5K Beginner			38:57	12:34/M				
Danielle	Penne	Chico	5K Beginner	35:30	11:27/M						
Diane	Penne	Chico	5K Beginner	40:16	12:59/M						
Elizabeth	Pope	Oroville	5K Beginner	35:58	11:36/M				35:06	11:19/M	2.43%
Patti	Reeson	Oroville	5K Beginner	33:03	10:40/M						
Colton	Rogers	Oroville	5K Beginner			29:22	9:28/M		29:50	9:37/M	-1.60%
Crystal	Silence	Oroville	5K Beginner						53:41	17:19/M	
Tim	Silver-Gibson	Oroville	5K Beginner			21:36	6:58/M				
Cindy	Smith	Berry Creek	5K Beginner						52:52	17:03/M	
Kristine	Theveos	Oroville	5K Beginner	35:57	11:36/M	32:53	10:36/M	8.53%	36:04	11:38/M	-0.30%
Nikolas	Theveos	Oroville	5K Beginner						31:36	10:12/M	
Andrea	Thompson	Oroville	5K Beginner	41:32	13:24/M	32:45	10:34/M	21.14%	32:31	10:29/M	21.71%
David	Thornton	Chico	5K Beginner	29:18	9:27/M						
Dylan	Thornton	Chico	5K Beginner	31:48	10:15/M						
Holly	Whittaker	Chico	5K Beginner			38:08	12:18/M				
Isa	Wilburn	Gridley	5K Beginner			33:40	10:52/M		32:58	10:38/M	2.07%
Brycen	Williams	Oroville	5K Beginner			28:47	9:17/M		29:30	9:31/M	-2.48%

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Rick	Wulbern	Oroville	5K Beginner	32:08	10:22/M							
Fernando	Acosta	Gridley	5K Intermediate			20:08	6:30/M					
Amanda Jo	Bell-Corona	Chico	5K Intermediate	25:15	8:09/M	26:04	8:25/M	-3.23%	28:37	9:14/M	-13.35%	
Kristine	Belser	Oroville	5K Intermediate			41:55	13:31/M					
Scott	Bowden	Live Oak	5K Intermediate	23:40	7:38/M	22:59	7:25/M	2.87%	22:58	7:25/M	2.94%	
Melissa	Brault	Oroville	5K Intermediate			32:42	10:33/M		33:22	10:46/M	-2.03%	
William	Coots	Oroville	5K Intermediate			35:16	11:23/M		34:18	11:04/M	2.74%	
Dino	Correa	Oroville	5K Intermediate	24:20	7:51/M	30:15	9:45/M	-24.31%	24:16	7:50/M	0.28%	
Lori	Curtis	Gridley	5K Intermediate	29:15	9:26/M	29:08	9:24/M	0.40%	31:54	10:17/M	-9.08%	
Jayson	Denman	Chico	5K Intermediate	23:06	7:27/M	23:18	7:31/M	-0.87%	23:13	7:29/M	-0.51%	
Ben	Draper	Oroville	5K Intermediate	21:58	7:05/M	21:13	6:51/M	3.45%	21:13	6:51/M	3.45%	
Sarah	Garcia	Chico	5K Intermediate	25:15	8:09/M	26:05	8:25/M	-3.29%	28:37	9:14/M	-13.35%	
Pete Jeffrey	Gibson	Oroville	5K Intermediate			26:49	8:39/M					
Brian	Hastings	Oroville	5K Intermediate						25:20	8:10/M		
Laurie	Kee	Oroville	5K Intermediate	30:24	9:48/M	29:05	9:23/M	4.34%	29:56	9:39/M	1.52%	
Tammy	Kirby	Palermo	5K Intermediate						32:11	10:23/M		
Pamela	Parkhouse	Oroville	5K Intermediate	36:58	11:55/M				37:52	12:13/M	-2.43%	
Shannon	Penne	Chico	5K Intermediate	29:50	9:37/M							
Stephen	Scheer	Oroville	5K Intermediate	24:55	8:02/M				24:16	7:50/M	2.63%	
George	Siler	Paradise	5K Intermediate			23:02	7:26/M					
Julie	Simon	Oroville	5K Intermediate	31:34	10:11/M	31:53	10:17/M	-1.01%	34:04	10:59/M	-7.90%	
Christian	St Pierre	Paradise	5K Intermediate	24:03	7:45/M	24:11	7:48/M	-0.56%				
Kerrick	Swangler	Paradise	5K Intermediate	19:38	6:20/M	19:23	6:15/M	1.29%				
Amber	Vaimaona	Oroville	5K Intermediate			31:33	10:11/M		37:41	12:09/M	-19.44%	
Ellen	Van Gilder	Oroville	5K Intermediate			36:26	11:45/M		40:39	13:07/M	-11.58%	
Dustin	Zunino	Gridley	5K Intermediate	18:43	6:02/M	19:48	6:23/M	-5.79%				