

Dam Fast 5K #4 Chico Style
Improvement Report

First Name	Last Name	City	Div	July	pace1	August	pace2	percent1	September	pace3	percent2	October	pace4	percent3
Chris	Devine	Chico	5K A	19:27	6:16/M									
Darlene	Henderson	Corning	5K A	32:09	10:22/M									
Louis	Moore	Paradise	5K A	21:54	7:04/M				21:21	6:53/M	2.54%	22:01	7:06/M	-0.49%
Marygail	Bender	Chico	5k B	53:02	17:06/M	49:52	16:05/M	5.96%	50:43	16:22/M	4.36%			
Vanessa	Colima	Chico	5k B			37:51	12:13/M							
Shawn	Crossley	Chico	5k B	28:01	9:02/M	27:49	8:58/M	0.69%				27:16	8:48/M	2.67%
Coreen	Deleon-Martinez	Orland	5k B	40:35	13:05/M									
Matthew	Garcia	Chico	5k B			27:59	9:02/M							
Lucy	Hernandez	Orland	5k B	40:31	13:04/M									
Beth	Hohberg	Chico	5k B	34:47	11:13/M	31:03	10:01/M	10.75%				32:18	10:25/M	7.15%
Ed	Hohberg	Chico	5k B	32:20	10:26/M	31:03	10:01/M	3.98%				30:08	9:43/M	6.81%
Joshua	Hohberg	Chico	5k B	32:07	10:22/M									
Michael	McHaney	Chico	5k B	32:22	10:26/M	31:20	10:06/M	3.19%	30:38	9:53/M	5.35%	28:52	9:19/M	10.80%
Kyle	Meyer	Chico	5k B	47:53	15:27/M	41:32	13:24/M	13.27%						
Sarah	Meyer	Chico	5k B	52:15	16:51/M									
Vanessa	Molina	Chico	5k B			30:22	9:48/M							
Kelly	O'Rourke	Marysville	5k B	48:19	15:35/M									
Wendy	Porter	Chico	5k B			47:59	15:29/M							
Dawn	Robinson	Chico	5k B	48:58	15:48/M	43:03	13:53/M	12.10%						
Lisa	Shaw	Paradise	5k B			33:09	10:42/M		31:34	10:11/M	4.76%			
Holly	Whittaker	Chico	5k B			36:13	11:41/M							
Cynthia	Zamora	Chico	5k B			37:52	12:13/M							
Maribel	Zapien	Chico	5k B			49:41	16:02/M							
Glen	Abdelnoor	Chico	5K I	28:33	9:13/M									
Amanda	Bell-Corona	Chico	5K I			27:22	8:50/M		26:34	8:34/M	2.92%	25:58	8:23/M	5.09%
Amanda	Bowen	Chico	5K I	31:20	10:06/M							29:45	9:36/M	5.04%
Katherine	Chapin	Chico	5K I	26:01	8:24/M	25:44	8:18/M	1.06%	24:14	7:49/M	6.85%			
Deborah	Cross	Marysville	5K I			28:32	9:12/M							
Greg	Davis	Gridley	5K I	27:53	9:00/M	21:25	6:55/M	23.20%						
Tony	Delfino	Chico	5K I			25:38	8:16/M							
Jayson	Denman	Chico	5K I	21:05	6:48/M	21:54	7:04/M	-3.91%						
Shannon	Devine	Chico	5K I	25:53	8:21/M				24:13	7:49/M	6.46%			
Jason	Donnell	Chico	5K I	21:30	6:56/M	21:28	6:55/M	0.16%	20:55	6:45/M	2.69%	20:48	6:43/M	3.24%
Erin	Edwards	Chico	5K I			30:55	9:58/M		31:48	10:15/M	-2.85%	29:40	9:34/M	4.05%
Sarah	Garcia	Chico	5K I			27:21	8:49/M		26:33	8:34/M	2.92%	25:57	8:22/M	5.10%
James	Hanna	Chico	5K I	30:50	9:57/M	30:34	9:52/M	0.87%				27:39	8:55/M	10.33%
Trevor	Irwin	Gridley	5K I			23:00	7:25/M							

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Aaron	Lord	Chico	5K I	24:15	7:49/M	23:48	7:41/M	1.83%	23:36	7:37/M	2.67%	23:02	7:26/M	5.03%
Rebecca	Miller	Chico	5K I	33:57	10:57/M	30:56	9:59/M	8.88%	31:49	10:16/M	6.29%	29:40	9:34/M	12.62%
James	Monninger	Durham	5K I	21:45	7:01/M	21:18	6:52/M	2.09%	21:27	6:55/M	1.39%	21:41	7:00/M	0.31%
Gordon	Smith	Chico	5K I			23:40	7:38/M		23:30	7:35/M	0.71%	22:53	7:23/M	3.30%
Tao	Stadler	Chico	5K I	27:47	8:58/M									
Ulises	Tellechea	Chico	5K I			20:08	6:30/M		19:25	6:16/M	3.55%			
David	Van Order	Paradise	5K I	25:44	8:18/M									
Helen	Wheeler	Chico	5K I	28:43	9:16/M	28:20	9:08/M	1.35%				27:54	9:00/M	2.84%
Tracie	Hannick		5K I									27:32	8:53/M	
Brenda	MacIel	Chico	5K W			49:40	16:01/M							
Nicole	Meyer	Chico	5K W	51:55	16:45/M	49:57	16:07/M	3.79%						