



Fall Flash Results
Mt. View Park, Moscow, ID
5 October 2013



HALF MILE KIDS RUN

Place	Bib #	Name	Gender	Age	Time
1	65	Dominique Kaucic	F	12	3:00
2	68	Nathaniel Plotner	M	9	3:02
3	88	Meilani Rodgers	F	7	3:21
4	57	Elle Benson	F	9	3:22
5	63	Veronica Kaucic	F	11	3:32
6	64	Marion Kaucic	F	9	3:49
7	78	Codi Thomas	F	7	5:40
8	81	Avery Calabretta	F	3	8:56
9	86	Rio Brecher	M	3	9:09

10K RACE OVERALL

Place	Bib	First	Last	Gender	Age	Town	Time	Pace
1	73	Dan	Froelich	M	29	Pullman	38:43	06:15
2	1	David	Wilder	M	42	Moscow	42:12	06:48
3	2	Elaine	Stanton	F	25	Moscow	42:24	06:50
4	17	Steve	Krone	M	59	Moscow	42:32	06:52
5	83	Ben	James	M	33	Moscow	42:35	06:52
6	20	Camille	Stevens-Rumann	F	27	Moscow	43:55	07:05
7	66	Arthur	Olive	M	26	Somerville, MA	44:46	07:13
8	42	David	Buehler	M	46	Moscow	46:55	07:34
9	15	Katherine	Morrison	F	29	Moscow	46:58	07:35
10	79	Jenny	Liou	F	30	Moscow	48:12	07:46
11	84	Erin	James	F	32	Moscow	48:13	07:47
12	41	Julia	Piaskowski	F	34	Moscow	48:24	07:48
13	55	Stephan	Flores	M	56	Moscow	50:01	08:04
14	80	Jennifer	Ladino	F	38	Moscow	50:23	08:08
15	54	Jamal	Lyksett	M	31	Moscow	50:27	08:08
16	76	Anna	Breigenzer	F	22	Pullman	50:30	08:09
17	59	Becky	Griswold	F	37	Moscow	50:55	08:13
18	47	Ben	Calabretta	M	35	Moscow	51:03	08:14
19	43	Joel	Bifford	M	34	Moscow	51:12	08:15
20	75	Dennis	Geist	M	55	Moscow	52:04	08:24
21	22	Josh	Clark	M	36	Moscow	53:12	08:35
22	62	Anthony	Gandin	M	32	Moscow	56:57	09:11
23	61	?	Barbero	M	30	Moscow	57:00	09:12
24	44	Samantha	Knittle	F	22	Moscow	57:01	09:12



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25	71	Natalia	Muto	F	31	Moscow	58:03	09:22
26	30	Heidi	Pagles	F	36	Pullman	1:00:43	09:48
27	35	Eli	Ellison	M	20	Moscow	1:02:58	10:09
28	4	Mercia	Anderson	F	46	Troy	1:03:13	10:12
29	21	Karen	Trebitz	F	47	Pullman	1:03:38	10:16
30	52	Sheila	Heyns	F	41	Moscow	1:03:45	10:17
31	19	Denise	Carl	F	35	Moscow	1:03:47	10:17
32	32	Liz	Bryant	M	35	Moscow	1:04:12	10:21
33	33	Joyce	Heaton	F	38	Moscow	1:04:13	10:21
34	85	Carolyn	Shoemaker	F	?		1:06:04	10:39
35	34	David	Jones	M	59	Garfield	1:10:09	11:19
36	31	Sandra	Albers	F	49	Pullman	1:10:55	11:26
37	16	Andrea	Radabaugh	F	29	Craigmont	1:12:53	11:45
38	45	Dina	Frei	F	42	Ferdinand	1:12:55	11:46
39	60	Julie	Barbero	F	28	Moscow	1:13:36	11:52
40	5	Denise	Keeton	F	41	Pullman	1:19:35	12:50

10K WOMEN'S OPEN (under 40)

Place	Bib	First	Last	Gender	Age	Town	Time	Pace
1	2	Elaine	Stanton	F	25	Moscow	42:24	06:50
2	20	Camille	Stevens-Rumann	F	27	Moscow	43:55	07:05
3	15	Katherine	Morrison	F	29	Moscow	46:58	07:35
4	79	Jenny	Liou	F	30	Moscow	48:12	07:46
5	84	Erin	James	F	32	Moscow	48:13	07:47
6	41	Julia	Piaskowski	F	34	Moscow	48:24	07:48
7	80	Jennifer	Ladino	F	38	Moscow	50:23	08:08
8	76	Anna	Breigenzer	F	22	Pullman	50:30	08:09
9	59	Becky	Griswold	F	37	Moscow	50:55	08:13
10	44	Samantha	Knittle	F	22	Moscow	57:01	09:12
11	71	Natalia	Muto	F	31	Moscow	58:03	09:22
12	30	Heidi	Pagles	F	36	Pullman	1:00:43	09:48
13	19	Denise	Carl	F	35	Moscow	1:03:47	10:17
14	33	Joyce	Heaton	F	38	Moscow	1:04:13	10:21
15	85	Carolyn	Shoemaker	F	?		1:06:04	10:39
16	16	Andrea	Radabaugh	F	29	Craigmont	1:12:53	11:45
17	60	Julie	Barbero	F	28	Moscow	1:13:36	11:52



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10K WOMEN'S MASTERS (40+)

Place	Bib	First	Last	Gender	Age	Town	Time	Pace
1	4	Mercia	Anderson	F	46	Troy	1:03:13	10:12
2	21	Karen	Trebitz	F	47	Pullman	1:03:38	10:16
3	52	Sheila	Heyns	F	41	Moscow	1:03:45	10:17
4	31	Sandra	Albers	F	49	Pullman	1:10:55	11:26
5	45	Dina	Frei	F	42	Ferdinand	1:12:55	11:46
6	5	Denise	Keeton	F	41	Pullman	1:19:35	12:50

10K MEN'S OPEN (under 40)

Place	Bib	First	Last	Gender	Age	Town	Time	Pace
1	73	Dan	Froelich	M	29	Pullman	38:43	06:15
5	83	Ben	James	M	33	Moscow	42:35	06:52
7	66	Arthur	Olive	M	26	Somerville, MA	44:46	07:13
15	54	Jamal	Lyksett	M	31	Moscow	50:27	08:08
18	47	Ben	Calabretta	M	35	Moscow	51:03	08:14
19	43	Joel	Bifford	M	34	Moscow	51:12	08:15
21	22	Josh	Clark	M	36	Moscow	53:12	08:35
22	62	Anthony	Gandin	M	32	Moscow	56:57	09:11
23	61	?	Barbero	M	30	Moscow	57:00	09:12
27	35	Eli	Ellison	M	20	Moscow	1:02:58	10:09
32	32	Liz	Bryant	M	35	Moscow	1:04:12	10:21

10K MEN'S MASTERS (40+)

Place	Bib	First	Last	Gender	Age	Town	Time	Pace
2	1	David	Wilder	M	42	Moscow	42:12	06:48
4	17	Steve	Krone	M	59	Moscow	42:32	06:52
8	42	David	Buehler	M	46	Moscow	46:55	07:34
13	55	Stephan	Flores	M	56	Moscow	50:01	08:04
20	75	Dennis	Geist	M	55	Moscow	52:04	08:24
35	34	David	Jones	M	59	Garfield	1:10:09	11:19



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5K FUN RUN OVERALL

Place	Bib	First	Last	Gender	Age	Town	Time	Pace
1	69	Rob	Church	M	40	Moscow	24:27	07:53
2	50	J.D.	Wulfhorst	M	45	Moscow	24:44	07:59
3	51	Dalton	Conway	M	12	Moscow	24:57	08:03
4	67	Josh	Church	M	11	Moscow	25:42	08:17
5	74	Courtney	Conway	M	50	Moscow	25:56	08:22
6	82	Shelly	Ruspakka	F	30	Moscow	26:35	08:35
7	56	Freddie	Rodgers	M	11	Moscow	27:38	08:55
8	53	Chris	Carlson	M	15	Pullman	27:48	08:58
9	27	Anna-Maria	Shannon	F	47	Pullman	28:21	09:09
10	10	Samantha	Gilson	F	21	Newman Lake, WA	28:41	09:15
11	38	Alisa	Jones	F	21	Garfield	30:20	09:47
12	70	Courtney	Cochley	F	31	Moscow	30:59	10:00
13	24	Andrea	Plotner	F	43	Moscow	32:36	10:31
14	25	Brian	Plotner	M	13	Moscow	32:37	10:31
15	28	Garren	Shannon	M	51	Pullman	32:42	10:33
16	11	Amy	Whipple	F	28	Pullman	34:45	11:13
17	3	Lynne	Beck	F	60	Clarkston	35:06	11:19
18	8	Kayla	Thomas	F	34	Pullman	38:38	12:28
19	26	Karin	Vercamer	F	51	Pullman	39:23	12:42
20	77	Cris	Puckett	F	47	Clarkston	42:38	13:45
21	58	Cretia	Bunney	F	47	Moscow	44:04	14:13
22	39	Kelcie	Heppner	F	?	Moscow	53:00	17:06
23	40	Samantha-Jo	Comstock	F	?	Moscow	53:00	17:06
24	37	Kristen	Jones	F	29	Moscow	53:48	17:21
25	48	Melissa	Stoker	F	39	Pullman	54:15	17:30
26	49	Sarah	Mortensen	F	36	Pullman	54:15	17:30
27	36	Jackie	Maximillian	F	43	Moscow	1:30:30	29:12



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5K WOMEN'S

Place	Bib	First	Last	Gender	Age	Town	Time	Pace
1	82	Shelly	Ruspakka	F	30	Moscow	26:35	08:35
2	27	Anna-Maria	Shannon	F	47	Pullman	28:21	09:09
3	10	Samantha	Gilson	F	21	Newman Lake, WA	28:41	09:15
4	38	Alisa	Jones	F	21	Garfield	30:20	09:47
5	70	Courtney	Cochley	F	31	Moscow	30:59	10:00
6	24	Andrea	Plotner	F	43	Moscow	32:36	10:31
7	11	Amy	Whipple	F	28	Pullman	34:45	11:13
8	3	Lynne	Beck	F	60	Clarkston	35:06	11:19
9	8	Kayla	Thomas	F	34	Pullman	38:38	12:28
10	26	Karin	Vercamer	F	51	Pullman	39:23	12:42
11	77	Cris	Puckett	F	47	Clarkston	42:38	13:45
12	58	Cretia	Bunney	F	47	Moscow	44:04	14:13
13	39	Kelcie	Heppner	F		Moscow	53:00	17:06
14	40	Samantha-Jo	Comstock	F		Moscow	53:00	17:06
15	37	Kristen	Jones	F	29	Moscow	53:48	17:21
16	48	Melissa	Stoker	F	39	Pullman	54:15	17:30
17	49	Sarah	Mortensen	F	36	Pullman	54:15	17:30
18	36	Jackie	Maximillian	F	43	Moscow	1:30:30	29:12

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Place	Bib	First	Last	Gender	Age	Town	Time	Pace
1	69	Rob	Church	M	40	Moscow	24:27	07:53
2	50	J.D.	Wulfhorst	M	45	Moscow	24:44	07:59
3	51	Dalton	Conway	M	12	Moscow	24:57	08:03
4	67	Josh	Church	M	11	Moscow	25:42	08:17
5	74	Courtney	Conway	M	50	Moscow	25:56	08:22
6	56	Freddie	Rodgers	M	11	Moscow	27:38	08:55
7	53	Chris	Carlson	M	15	Pullman	27:48	08:58
8	25	Brian	Plotner	M	13	Moscow	32:37	10:31
9	28	Garren	Shannon	M	51	Pullman	32:42	10:33