

Pump n Run 5K

May 19, 2012

Titusville FL

Results By SCEM&T - www.SCEventmgt.com - runsalot at cfl.rr.com

Race consists of a bench press and 5K run. For each rep, 30 seconds is subtracted.

Lifted weight is a percentage of body weight by age group (rounded up to nearest 5 lbs):

| Age | Male | Female |
|-------|------|--------|
| 15-18 | 85% | 55% |
| 19-39 | 100% | 70% |
| 40-49 | 90% | 60% |
| 50-59 | 80% | 50% |
| 60-69 | 70% | 40% |
| 70-79 | 60% | 30% |
| 80+ | 50% | 20% |

Female overall

| Place | Name | City | Bib | Age | AG Place | Actual Time | Bench Presses | Net Time |
|-------|-------------------|---------------|-----|-----|----------|-------------|---------------|----------|
| 1 | Angelika Grubel | | 28 | 41 | 1 40-44 | 22:16. | 16 | 14:16.0 |
| 2 | Rhianon Rowan | Daytona Beach | 14 | 22 | 1 20-24 | 23:22. | 15 | 15:52.2 |
| 3 | Elizabeth Bradin | | 37 | 30 | 1 30-34 | 24:04. | 14 | 17:04.1 |
| 4 | Christine Kennedy | Mims | 7 | 46 | 1 45-49 | 23:26. | 7 | 19:56.5 |
| 5 | Charlene Grew | Melbourne | 26 | 58 | 1 55-59 | 33:07. | 25 | 20:37.4 |
| 6 | Joanna McColl | | 39 | 32 | 2 30-34 | 21:18. | | 21:18.3 |
| 7 | Tiffany Gragg | Melbourne | 25 | 33 | 3 30-34 | 25:58. | 9 | 21:28.6 |
| 8 | Donna Crowe | Cocoa | 31 | 52 | 1 50-54 | 31:29. | 18 | 22:29.0 |
| 9 | Nancy Rowan | Daytona Beach | 34 | 53 | 2 50-54 | 27:54. | 0 | 27:54.6 |
| 10 | Ashley Webber | Titusville | 19 | 24 | 2 20-24 | 30:02. | | 30:02.0 |
| 11 | Michele Kerr | Titusville | 8 | 40 | 2 40-44 | 30:11. | | 30:11.5 |
| 12 | Anna Rodriguez | Deland | 13 | 54 | 3 50-54 | 33:11. | 3 | 31:41.5 |
| 13 | Debbie Hutchinson | Mims | 5 | 54 | 4 50-54 | 32:23. | | 32:23.7 |
| 14 | Sandy Hammer | Titusville | 4 | 30 | 4 30-34 | 35:20. | | 35:20.1 |
| 15 | Louise Detorres | Titusville | 1 | 59 | 2 55-59 | 36:13. | | 36:13.5 |
| 16 | Laura Anne Pray | Titusville | 40 | 29 | 1 25-29 | 36:35. | | 36:35.2 |
| 17 | Sara Milam | Titusville | 11 | 35 | 1 35-39 | 37:33. | | 37:33.6 |
| 18 | Misty Merchant | Mims | 9 | 33 | 5 30-34 | 37:49. | | 37:49.0 |
| 19 | Michele Johnson | Titusville | 6 | 43 | 3 40-44 | 42:59. | | 42:59.5 |
| 20 | Kelly Summers | Titusville | 17 | 51 | 5 50-54 | 46:43. | | 46:43.6 |
| 21 | Sonya Merritt | Cocoa | 10 | 46 | 2 45-49 | 46:43. | | 46:43.7 |

Male overall

| | | | | | | | | |
|---|-----------------|--|----|----|---------|--------|----|--------|
| 1 | Geraldo Matinez | | 30 | 21 | 1 20-24 | 23:10. | 30 | 8:10.3 |
|---|-----------------|--|----|----|---------|--------|----|--------|

| | | | | | | | | | |
|----|--------------------|----------------|----|----|---|-------|--------|----|---------|
| 2 | Danny Legault | | 27 | 40 | 1 | 40-44 | 25:48. | 27 | 12:18.9 |
| 3 | Marshall Kemper | Cocoa | 24 | 29 | 1 | 25-29 | 26:05. | 24 | 14:05.2 |
| 4 | Rob Maxwell | | 29 | 46 | 1 | 45-49 | 22:01. | 15 | 14:31.7 |
| 5 | Jeff Boyd | Merritt Island | 32 | 41 | 2 | 40-44 | 28:22. | 21 | 17:52.5 |
| 6 | Matt Mahoney | Melbourne | 22 | 56 | 1 | 55-59 | 21:38. | 7 | 18:08.8 |
| 7 | Sean Quinn | Titusville | 23 | 23 | 2 | 20-24 | 24:01. | 10 | 19:01.2 |
| 8 | Bruce Sieck | Rockledge | 15 | 49 | 2 | 45-49 | 26:35. | 13 | 20:05.0 |
| 9 | Justin Fogg | | 2 | 39 | 1 | 35-39 | 30:43. | 20 | 20:43.1 |
| 10 | Giles Williams | Oviedo | 20 | 67 | 1 | 65-69 | 26:29. | 9 | 21:59.4 |
| 11 | Wade Gregory | Melbourne | 3 | 42 | 3 | 40-44 | 33:00. | 22 | 22:00.2 |
| 12 | Jonathan Summers | Titusville | 16 | 21 | 3 | 20-24 | 23:16. | | 23:16.3 |
| 13 | Sean Quinn | | 38 | 23 | 4 | 20-24 | 24:01. | 0 | 24:01.1 |
| 14 | Stephen Ciarrocchi | Melbourne | 35 | 45 | 3 | 45-49 | 26:03. | 0 | 26:03.0 |
| 15 | Josh Pray | Titusville | 41 | 31 | 1 | 30-34 | 26:09. | | 26:09.2 |
| 16 | Aaron Weber | Titusville | 18 | 25 | 2 | 25-29 | 30:02. | 6 | 27:02.2 |
| 17 | David Wofford | Titusville | 33 | 70 | 1 | 70-74 | 29:58. | 0 | 29:58.0 |
| 18 | J J Woolsey | | 21 | 47 | 4 | 45-49 | 33:08. | | 33:08.6 |

Age group results

Female 20 to 24

| Place | Name | City | Bib No | Age | Actual Time | Bench Presses | Net Time |
|-------|---------------|---------------|--------|-----|-------------|---------------|----------|
| 1 | Rhianon Rowan | Daytona Beach | 14 | 22 | 23:22. | 15 | 15:52.2 |
| 2 | Ashley Webber | Titusville | 19 | 24 | 30:02. | | 30:02.0 |

Female 25 to 29

| Place | Name | City | Bib No | Age | Actual Time | Bench Presses | Net Time |
|-------|-----------------|------------|--------|-----|-------------|---------------|----------|
| 1 | Laura Anne Pray | Titusville | 40 | 29 | 36:35. | | 36:35.2 |

Female 30 to 34

| Place | Name | City | Bib No | Age | Actual Time | Bench Presses | Net Time |
|-------|------------------|------------|--------|-----|-------------|---------------|----------|
| 1 | Elizabeth Bradin | | 37 | 30 | 24:04. | 14 | 17:04.1 |
| 2 | Joanna McColl | | 39 | 32 | 21:18. | | 21:18.3 |
| 3 | Tiffany Gragg | Melbourne | 25 | 33 | 25:58. | 9 | 21:28.6 |
| 4 | Sandy Hammer | Titusville | 4 | 30 | 35:20. | | 35:20.1 |
| 5 | Misty Merchant | Mims | 9 | 33 | 37:49. | | 37:49.0 |

Female 35 to 39

| Place | Name | City | Bib No | Age | Actual Time | Bench Presses | Net Time |
|-------|------------|------------|--------|-----|-------------|---------------|----------|
| 1 | Sara Milam | Titusville | 11 | 35 | 37:33. | | 37:33.6 |

Female 40 to 44

| Place Name | City | Bib No | Age | Actual Time | Bench Presses | Net Time |
|-------------------|------------|--------|-----|-------------|---------------|----------|
| 1 Angelika Grubel | | 28 | 41 | 22:16. | 16 | 14:16.0 |
| 2 Michele Kerr | Titusville | 8 | 40 | 30:11. | | 30:11.5 |
| 3 Michele Johnson | Titusville | 6 | 43 | 42:59. | | 42:59.5 |

Female 45 to 49

| Place Name | City | Bib No | Age | Actual Time | Bench Presses | Net Time |
|---------------------|-------|--------|-----|-------------|---------------|----------|
| 1 Christine Kennedy | Mims | 7 | 46 | 23:26. | 7 | 19:56.5 |
| 2 Sonya Merritt | Cocoa | 10 | 46 | 46:43. | | 46:43.7 |

Female 50 to 54

| Place Name | City | Bib No | Age | Actual Time | Bench Presses | Net Time |
|---------------------|---------------|--------|-----|-------------|---------------|----------|
| 1 Donna Crowe | Cocoa | 31 | 52 | 31:29. | 18 | 22:29.0 |
| 2 Nancy Rowan | Daytona Beach | 34 | 53 | 27:54. | 0 | 27:54.6 |
| 3 Anna Rodriguez | Deland | 13 | 54 | 33:11. | 3 | 31:41.5 |
| 4 Debbie Hutchinson | Mims | 5 | 54 | 32:23. | | 32:23.7 |
| 5 Kelly Summers | Titusville | 17 | 51 | 46:43. | | 46:43.6 |

Female 55 to 59

| Place Name | City | Bib No | Age | Actual Time | Bench Presses | Net Time |
|-------------------|------------|--------|-----|-------------|---------------|----------|
| 1 Charlene Grew | Melbourne | 26 | 58 | 33:07. | 25 | 20:37.4 |
| 2 Louise Detorres | Titusville | 1 | 59 | 36:13. | | 36:13.5 |

Male 20 to 24

| Place Name | City | Bib No | Age | Actual Time | Bench Presses | Net Time |
|--------------------|------------|--------|-----|-------------|---------------|----------|
| 1 Geraldo Matinez | | 30 | 21 | 23:10. | 30 | 8:10.3 |
| 2 Sean Quinn | Titusville | 23 | 23 | 24:01. | 10 | 19:01.2 |
| 3 Jonathan Summers | Titusville | 16 | 21 | 23:16. | | 23:16.3 |
| 4 Sean Quinn | | 38 | 23 | 24:01. | 0 | 24:01.1 |

Male 25 to 29

| Place Name | City | Bib No | Age | Actual Time | Bench Presses | Net Time |
|-------------------|------------|--------|-----|-------------|---------------|----------|
| 1 Marshall Kemper | Cocoa | 24 | 29 | 26:05. | 24 | 14:05.2 |
| 2 Aaron Weber | Titusville | 18 | 25 | 30:02. | 6 | 27:02.2 |

Male 30 to 34

| Place Name | City | Bib No | Age | Actual Time | Bench Presses | Net Time |
|-------------|------------|--------|-----|-------------|---------------|----------|
| 1 Josh Pray | Titusville | 41 | 31 | 26:09. | | 26:09.2 |

Male 35 to 39

| Place Name | City | Bib No | Age | Actual Time | Bench Presses | Net Time |
|---------------|------|--------|-----|-------------|---------------|----------|
| 1 Justin Fogg | | 2 | 39 | 30:43. | 20 | 20:43.1 |

Male 40 to 44

| Place Name | City | Bib No | Age | Actual Time | Bench Presses | Net Time |
|-----------------|----------------|--------|-----|-------------|---------------|----------|
| 1 Danny Legault | | 27 | 40 | 25:48. | 27 | 12:18.9 |
| 2 Jeff Boyd | Merritt Island | 32 | 41 | 28:22. | 21 | 17:52.5 |
| 3 Wade Gregory | Melbourne | 3 | 42 | 33:00. | 22 | 22:00.2 |

Male 45 to 49

| Place Name | City | Bib No | Age | Actual Time | Bench Presses | Net Time |
|----------------------|-----------|--------|-----|-------------|---------------|----------|
| 1 Rob Maxwell | | 29 | 46 | 22:01. | 15 | 14:31.7 |
| 2 Bruce Sieck | Rockledge | 15 | 49 | 26:35. | 13 | 20:05.0 |
| 3 Stephen Ciarrocchi | Melbourne | 35 | 45 | 26:03. | 0 | 26:03.0 |
| 4 J J Woolsey | | 21 | 47 | 33:08. | | 33:08.6 |

Male 55 to 59

| Place Name | City | Bib No | Age | Actual Time | Bench Presses | Net Time |
|----------------|-----------|--------|-----|-------------|---------------|----------|
| 1 Matt Mahoney | Melbourne | 22 | 56 | 21:38. | 7 | 18:08.8 |

Male 65 to 69

| Place Name | City | Bib No | Age | Actual Time | Bench Presses | Net Time |
|------------------|--------|--------|-----|-------------|---------------|----------|
| 1 Giles Williams | Oviedo | 20 | 67 | 26:29. | 9 | 21:59.4 |

Male 70 to 74

| Place Name | City | Bib No | Age | Actual Time | Bench Presses | Net Time |
|-----------------|------------|--------|-----|-------------|---------------|----------|
| 1 David Wofford | Titusville | 33 | 70 | 29:58. | 0 | 29:58.0 |