

Workman Warrior 5K

WORKMAN WARRIORS 5K

August 4, 2012

Wickham Park, Melbourne, Florida

Race Management: Running Zone

www.runningzone.com

Questions: info@runningzone.com

OVERALL MALE CHAMPION

Place	O'All No.	Name	Age	City	St	Time	Pace
1	1	1818 Shane Strenfert	40	Viera	FL	18:59.6	6:07
2	2	1851 Sean Black	44	Melbourne	FL	21:02.5	6:47
3	3	1752 Art Anderson	53	Melbourne	FL	21:07.1	6:48

MALE MASTERS CHAMPION

Place	O'All No.	Name	Age	City	St	Time	Pace
1	5	1828 Chris Reesh	43	Palm Bay	FL	22:11.4	7:09

AGE-GROUP RESULTS

MALE AGE GROUP: 01 - 08

Place	O'All No.	Name	Age	City	St	Time	Pace
1	46	1804 Braden Krupp	11	Cocoa	FL	28:06.0	9:03
2	108	1823 Brayden Green	10	Melbourne	FL	38:39.1	12:27
3	141	1794 Bailey Workman	10	Melbourne	FL	58:20.1	18:47

MALE AGE GROUP: 09 - 11

Place	O'All No.	Name	Age	City	St	Time	Pace
1	15	1833 Matt Diloreto	14	Jefferson	MA	24:34.0	7:55
2	40	1839 Joseph Tierney	12	West Melbourne	FL	27:42.9	8:56
3	74	1770 Ieuan Nation	14	Oviedo	FL	31:59.2	10:18
4	83	1738 Matthew Jankowski	12	Melbourne	FL	33:38.8	10:50
5	118	1721 Dolan Hart	13	Melbourne	FL	41:48.0	13:28
6	143	1853 Alex Bowers	12	Satellite Beach	FL	1:16:32.6	24:39

MALE AGE GROUP: 12 - 14

Place	O'All No.	Name	Age	City	St	Time	Pace
1	42	1763 Harley Griffin	16	Melbourne	FL	27:51.3	8:58

MALE AGE GROUP: 15 - 19

Place	O'All No.	Name	Age	City	St	Time	Pace
1	29	1811 Matt McDougal	23	Melbourne	FL	26:39.4	8:35
2	54	1871 Mason Verbridge	24	Satellite Beach	FL	29:03.5	9:22

MALE AGE GROUP: 20 - 24

Place	O'All No.	Name	Age	City	St	Time	Pace
1	4	1787 Andy Dutra	27	Melbourne	FL	21:09.8	6:49
2	8	1766 Chris St. Jean	27	Melbourne	FL	23:04.4	7:26
3	11	1759 Shane Turner	25	Merritt Island	FL	23:45.4	7:39
4	44	1865 Chris Foster	29	Melbourne	FL	27:54.8	9:00
5	52	1859 Eulan Middlebrooks	25	Melbourne	FL	28:43.3	9:15

MALE AGE GROUP: 25 - 29

Place	O'All No.	Name	Age	City	St	Time	Pace
1	14	1813 Mike Acosta	34	Cocoa	FL	24:06.2	7:46
2	22	1728 Benjamin Kenney	30	St.Cloud	FL	25:36.4	8:15
3	24	1756 Brian Lelievre	30	Palm Bay	FL	26:14.6	8:27
4	48	1730 Nate Willbur	30	Ft Pierce	FL	28:14.1	9:06

MALE AGE GROUP: 30 - 34

Place	O'All No.	Name	Age	City	St	Time	Pace
1	14	1813 Mike Acosta	34	Cocoa	FL	24:06.2	7:46
2	22	1728 Benjamin Kenney	30	St.Cloud	FL	25:36.4	8:15
3	24	1756 Brian Lelievre	30	Palm Bay	FL	26:14.6	8:27
4	48	1730 Nate Willbur	30	Ft Pierce	FL	28:14.1	9:06

5	63	1856	Robert Bruckart	30	Melbourne	FL	30:28.6	9:49
6	99	1841	Nicholas Suthard	32	Rockledge	FL	36:23.3	11:43
MALE AGE GROUP: 35 - 39								
Place	O'All No.	Name	Age	City	St	Time	Pace	
====	====	====	====	====	====	====	====	====
1	7	1782	Seth Greene	35	Charlotte	NC	22:30.3	7:15
2	9	1836	John Orth	37	Melbourne	FL	23:13.5	7:29
3	10	1736	Thomas Pownall	39	Malabar	FL	23:22.8	7:32
4	13	1864	Chuck Hannold	35	Melbourne	FL	24:05.3	7:46
5	20	1793	Ritch Workman	39	Melbourne	FL	25:23.6	8:11
6	23	1834	Dennis Boudreaux	37	Rockledge	FL	25:59.4	8:22
7	25	1751	Jason Heddings	39	Indialantic	FL	26:26.3	8:31
8	38	1803	James Krupp	37	Cocoa	FL	27:36.4	8:54
9	50	1703	Les Dunne	36	Palm Bay	FL	28:27.8	9:10
10	75	1779	Gary Baker	36	Melbourne	FL	32:02.4	10:19
11	92	1732	Georges El-Gharib	37	Jacksonville	FL	35:04.7	11:18
MALE AGE GROUP: 40 - 44								
Place	O'All No.	Name	Age	City	St	Time	Pace	
====	====	====	====	====	====	====	====	====
1	16	1872	Jesse Kabaservice	41	Melbourne	FL	24:52.2	8:01
2	17	1775	Mike Nutting	44	Rockledge	FL	24:53.3	8:01
3	19	1780	Paul Metz	42	Melbourne	FL	25:17.5	8:09
4	26	1812	Scott Wilmont	42	Viera	FL	26:31.0	8:33
5	37	1754	Tom Wright	42	Melbourne	FL	27:27.6	8:51
6	57	1829	Shane Wylie	40	Merritt Island	FL	29:38.8	9:33
7	70	1726	Frank Hickson	41	Palm Bay	FL	31:26.1	10:08
8	81	1825	Chris Green	42	Melbourne	FL	33:16.0	10:43
MALE AGE GROUP: 45 - 49								
Place	O'All No.	Name	Age	City	St	Time	Pace	
====	====	====	====	====	====	====	====	====
1	12	1717	Scott Guttinger	49	Indialantic	FL	23:52.0	7:41
2	35	1850	Ray Stone	47	Melbourne	FL	27:16.6	8:47
3	36	1847	Arthur Hughes	47	Satellite Beach	FL	27:20.8	8:49
4	58	1832	Tony Diloreto	48	Jefferson	MA	29:40.0	9:33
5	88	1852	Chris Bowers	46	Satellite Beach	FL	34:37.3	11:09
6	98	1731	Christopher Howard	49	Jacksonville	FL	36:18.7	11:42
7	107	1705	Scott Muessig	48	Severna Park	MD	37:39.9	12:08
MALE AGE GROUP: 50 - 54								
Place	O'All No.	Name	Age	City	St	Time	Pace	
====	====	====	====	====	====	====	====	====
1	28	1849	Carl Davison	54	Melbourne	FL	26:36.9	8:34
2	33	1816	Bob Rall	54	Merritt Island	FL	27:08.2	8:45
3	41	1867	Frank Fortino	53	Satellite Beach	FL	27:51.0	8:58
4	60	1808	Chris Hawkins	50	Merritt Island	FL	29:57.2	9:39
5	65	1760	Mark Probert	52	Merritt Island	FL	30:41.4	9:53
6	68	1769	Gary Nation	51	Oviedo	FL	31:12.1	10:03
7	102	1706	Robert Beatty	52	West Melbourne	FL	36:42.8	11:50
8	104	1771	Ken Flieder	54	Cocoa	FL	36:53.2	11:53
9	114	1768	Wallace Brandon	51	Palm Bay	FL	40:45.0	13:07
10	116	1743	Rick McEvers	54	Melbourne	FL	41:08.2	13:15
11	132	1789	Alan Frisher	50	Melbourne	FL	52:39.9	16:58
MALE AGE GROUP: 55 - 59								
Place	O'All No.	Name	Age	City	St	Time	Pace	
====	====	====	====	====	====	====	====	====
1	6	1862	Matt Mahoney	56	Melbourne	FL	22:25.8	7:14
2	51	1767	Alan King	58	Melbourne	FL	28:42.4	9:15
3	55	1735	Adrian Elliott	55	Viera	FL	29:09.1	9:23
4	77	1840	Joe Deen	55	Sharpes	FL	32:18.8	10:25
5	79	1765	Randy Dalrymple	59	Indialantic	FL	32:39.9	10:31
6	96	1801	Dave Thomas	55	Rockledge	FL	36:01.5	11:36
MALE AGE GROUP: 60 - 64								
Place	O'All No.	Name	Age	City	St	Time	Pace	
====	====	====	====	====	====	====	====	====
1	86	1869	Jim Schroeder	64	Indialantic	FL	34:20.3	11:04
2	121	1783	Duff Sprawls	63	Merritt Island	FL	46:36.0	15:00
3	129	1857	Robert Bruckart	60	Melbourne	FL	49:27.3	15:56
MALE AGE GROUP: 65 - 69								

Place	O'All No.	Name	Age City	St Time	Pace
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MALE AGE GROUP: 70 - 74					
Place	O'All No.	Name	Age City	St Time	Pace
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MALE AGE GROUP: 75 - 99					
Place	O'All No.	Name	Age City	St Time	Pace
=====					
1	127	1750 Donald Nygaard	79 Orlando	FL 48:53.5	15:45

OVERALL FEMALE CHAMPION

Place	O'All No.	Name	Age City	St Time	Pace
=====					
1	18	1762 Laura Golitko	28 Cambridge	MA 25:08.8	8:06
2	21	1729 April Collins	30 St.Cloud	FL 25:42.7	8:17
3	26	1749 Yahira Zeigler	29 Melbourne	FL 26:36.0	8:34

FEMALE MASTERS CHAMPION

Place	O'All No.	Name	Age City	St Time	Pace
=====					
1	30	1814 Charlotte McClure	40 Rockledge	FL 26:55.7	8:41

AGE-GROUP RESULTS

FEMALE AGE GROUP: 01 - 08

Place	O'All No.	Name	Age City	St Time	Pace
=====					
1	122	1785 Isabella Johns	06 Merritt Island	FL 46:36.4	15:01
2	138	1795 Sofia Workman	06 Melbourne	FL 58:00.2	18:41
3	142	1854 Bella Bowers	07 Satellite Beach	FL 59:32.1	19:10

FEMALE AGE GROUP: 09 - 11

Place	O'All No.	Name	Age City	St Time	Pace
=====					
1	80	1781 Anna Metz	10 Melbourne	FL 32:48.1	10:34
2	120	1866 Sara Hehn	10 Melbourne	FL 44:50.5	14:26
3	137	1845 Jillian Friedman	11 St. Louis	MO 57:45.0	18:36

FEMALE AGE GROUP: 12 - 14

Place	O'All No.	Name	Age City	St Time	Pace
=====					
1	123	1824 Hayley Green	12 Melbourne	FL 47:12.5	15:12
2	136	1855 Rebecca Bowes	14 Satellite Beach	FL 57:44.6	18:36

FEMALE AGE GROUP: 15 - 19

Place	O'All No.	Name	Age City	St Time	Pace
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1	78	1820 Morgan Howard	15 Satellite Beach	FL 32:26.6	10:27
2	106	1843 Brenna Thomson	17 Palm Bay	FL 37:13.8	11:59
3	125	1722 Loryn Houck	15 Melbourne	FL 48:23.6	15:35

FEMALE AGE GROUP: 20 - 24

Place	O'All No.	Name	Age City	St Time	Pace
=====					
1	31	1791 Kristin Ouellette	22 Satellite Beach	FL 26:57.6	8:41
2	32	1817 Heather Akram	21 Melbourne	FL 27:00.3	8:42
3	94	1792 Kelly McGovern	24 Oviedo	FL 35:54.5	11:34
4	135	1837 Samatha Lucas	23 Melbourne	FL 57:35.8	18:33
5	139	1797 Romi Rubio	24 Melbourne	FL 58:15.6	18:46

FEMALE AGE GROUP: 25 - 29

Place	O'All No.	Name	Age City	St Time	Pace
=====					
1	45	1712 Megan Miller	28 Cocoa	FL 28:05.1	9:03
2	56	1748 Alisha Fairman	27 Melbourne	FL 29:13.8	9:25
3	64	1718 Casey O'Brien	27 Cocoa	FL 30:40.1	9:53
4	69	1761 Kara Downs	25 Orlando	FL 31:15.9	10:04
5	71	1720 Kate Schindler	28 Titusville	FL 31:46.1	10:14
6	97	1713 Stephanie Johnson	28 Cocoa	FL 36:12.1	11:40
7	134	1777 Stephanie Whitney	25 Palm Bay	FL 54:53.7	17:41

FEMALE AGE GROUP: 30 - 34

Place	O'All No.	Name	Age City	St Time	Pace
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1	47	1702 Rene Dunne	31 Palm Bay	FL 28:11.1	9:05

2	67	1861	Tami Glover	32	Rockledge	FL	30:51.6	9:56
3	82	1805	Ragan Krupp	32	Cocoa	FL	33:18.5	10:44
4	91	1863	Juana Velie	33	Satellite Beach	FL	34:55.2	11:15
5	128	1842	Teresasa Murray	32	Rockledge	FL	48:57.0	15:46
6	131	1746	Birtina Clayburn	32	Rockledge	FL	52:10.4	16:48

FEMALE AGE GROUP: 35 - 39

Place	O'All No.	Name	Age	City	St	Time	Pace	
1	49	1822	Melissa Isenman	38	Melbourne	FL	28:24.2	9:09
2	53	1826	Cynthia Green	38	Melbourne	FL	28:47.8	9:17
3	76	1844	Heidi Friedman	35	St. Louis	MO	32:17.0	10:24
4	89	1858	Colleen Middlebrooks	35	Melbourne	FL	34:37.6	11:09
5	95	1716	Amanda Bloxham	37	Melbourne	FL	35:54.9	11:34

FEMALE AGE GROUP: 40 - 44

Place	O'All No.	Name	Age	City	St	Time	Pace	
1	34	1815	Gina Rall	41	Merritt Island	FL	27:16.1	8:47
2	66	1711	Lisa Dempsy	44	Omaha	NE	30:47.2	9:55
3	84	1742	Christina Vinson	41	Indialantic	FL	33:53.3	10:55
4	90	1827	Wendy Palmisano	41	Indialantic	FL	34:38.4	11:09
5	93	1821	Kerry Howard	41	Satellite Beach	FL	35:24.6	11:24
6	101	1737	Anne Campione	44	Melbourne	FL	36:41.4	11:49
7	105	1714	Joey White	41	Palm Bay	FL	37:13.5	11:59
8	109	1835	Laura Kurtz	44	Melbourne	FL	38:39.5	12:27
9	110	1810	Kira Juranek	42	Cocoa	FL	38:47.3	12:30
10	111	1776	Nancy Raymundo	41	Satellite Beach	FL	39:12.4	12:38
11	117	1744	Jennifer Mitchell	43	Palm Bay	FL	41:34.7	13:23
12	133	1778	Tracie Woods	40	Melbourne	FL	54:53.7	17:41

FEMALE AGE GROUP: 45 - 49

Place	O'All No.	Name	Age	City	St	Time	Pace	
1	43	1708	Beverly Dogoda	48	Rockledge	FL	27:52.1	8:59
2	59	1719	Jo Connell	48	Titusville	FL	29:53.3	9:38
3	62	1838	Andrea Lucas	46	Melbourne	FL	30:16.5	9:45
4	73	1753	Lori Rattay	48	Palm Bay	FL	31:51.8	10:16
5	100	1739	Angela Greene	49	Rockledge	FL	36:25.0	11:44
6	112	1733	Annette Howard	46	Jacksonville	FL	39:31.8	12:44

FEMALE AGE GROUP: 50 - 54

Place	O'All No.	Name	Age	City	St	Time	Pace	
1	39	1774	Laurie Paul	50	Melbourne	FL	27:37.5	8:54
2	61	1807	Janice Hawkins	50	Merritt Island	FL	30:10.5	9:43
3	87	1704	Tena Hochard	51	Palm Bay	FL	34:23.8	11:05
4	103	1802	Karen Sanchez	53	Rockledge	FL	36:52.0	11:52
5	113	1723	Jill Caudle	52	Satellite Beach	FL	40:29.1	13:02
6	119	1860	Sherrri Shamet	52	Palm Bay	FL	42:44.3	13:46

FEMALE AGE GROUP: 55 - 59

Place	O'All No.	Name	Age	City	St	Time	Pace	
1	72	1806	Rosanne Bessenaire	56	Melbourne	FL	31:51.8	10:16
2	130	1745	Karen Damaso	57	Viera	FL	52:10.2	16:48

FEMALE AGE GROUP: 60 - 64

Place	O'All No.	Name	Age	City	St	Time	Pace	
1	115	1846	Trudy Hughes	63	Satellite Beach	FL	40:54.9	13:11
2	126	1868	Sarah Schroeder	62	Indialantic	FL	48:35.5	15:39

FEMALE AGE GROUP: 65 - 69

Place	O'All No.	Name	Age	City	St	Time	Pace	
1	85	1707	Mary Ramba	65	Cocoa	FL	34:08.6	11:00
2	124	1786	Angela Staab	69	Satellite Beach	FL	47:51.7	15:25
3	140	1796	Lynda Workman	65	Melbourne	FL	58:15.6	18:46

FEMALE AGE GROUP: 70 - 74

Place	O'All No.	Name	Age	City	St	Time	Pace	
1	85	1707	Mary Ramba	65	Cocoa	FL	34:08.6	11:00
2	124	1786	Angela Staab	69	Satellite Beach	FL	47:51.7	15:25
3	140	1796	Lynda Workman	65	Melbourne	FL	58:15.6	18:46

FEMALE AGE GROUP: 75 - 99

Place	O'All No.	Name	Age	City	St	Time	Pace
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 1  144  1848 Barbara Bowers      77 Satellite Beach      FL 1:17:19.8 24:54
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WORKMAN WARRIORS 5K
August 4, 2012
Wickham Park, Melbourne, Florida
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TEAM RESULTS

1. Team Black Sheep
19:00 24:07 26:31 26:40 26:56 27:01 27:09 27:17 = 3:24:41
Shane Strenfert, Mike Acosta, Scott Wilmont, Matt McDougal, Charlotte McClure, Heather Akram, Bob Rall, Gina Rall
2. Trinity Fitness
27:21 32:17 34:38 34:39 40:55 57:45 57:45 59:33 = 5:44:53
Arthur Hughes, Heidi Friedman, Chris Bowers, Wendy Palmisano, Trudy Hughes, Rebecca Bowes, Jillian Friedman, Bella Bowers