

2010 Run for Women Survivor Age Graded

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2010 Alaska Run for Women
5 Miles
Anchorage, Alaska
Timing and Results by Up and Running Event Mgmt.

*** SURVIVOR RESULTS GRADED BY AGE****

To use age-grading, we produce an "Age-Graded Performance Factor."
This factor is obtained by dividing a runner's time into the time standard
for the age and gender of the runner. The meaning of a performance
percentage as given by World Association of Veteran Athletes (WAVA):
100% = Approximate World-Record Level
Over 90% = World Class
Over 80% = National Class
Over 70% = Regional Class
Over 60% = Local Class

No.	Name	Su	Age	S	City	St	Time	Age%
185	Mary Barrett	Y	56	F	Palmer	AK	34:52	84.91
18	Lesley Yamauchi	Y	57	F	Anchorage	AK	37:06	80.89
74	Mary Marsolais	Y	73	F	Eagle River	AK	47:41	80.29
49	arlene gerety	Y	69	F	anchorage	AK	45:49	78.19
114	Teresa Hull	Y	73	F	Anchorage	AK	50:55	75.20
359	Janet Tune	Y	50	F	Anchorage	AK	36:54	74.31
256	Dyanne Brown	Y	62	F	Anchorage	AK	44:29	72.36
162	Jean Funatake	Y	59	F	Anchorage	AK	43:38	70.69
53	Mary Flanigin	Y	60	F	Anchorage	AK	45:39	68.51
16	mary ann chisholm	Y	54	F	anchorage	AK	43:28	66.35
145	BETH BOLING	Y	43	F	soldotna	AK	38:37	66.15
254	Liisa Morrison	Y	48	F	Anchorage	AK	41:14	64.94
94	cynthia decker	Y	51	F	anchorage	AK	43:00	64.54
353	Teresa Arnold	Y	46	F	wasilla	AK	41:18	63.48
196	Sally Brownsberger	Y	77	F	Anchorage	AK	1:07:02	61.34
26	shelly matherne	Y	43	F	Anchorage	AK	42:22	60.28
356	Becky Crandall	Y	59	F	Anchorage	AK	52:00	59.30
172	Jean Bokman	Y	51	F	Anchorage	AK	48:06	57.70
335	Marsha Crockett	Y	54	F	Anchorage	AK	50:57	56.60
142	Deeta Lonergan	Y	61	F	Anchorage	AK	56:37	56.02
2	Charlene Bortz	Y	48	F	Anchorage	AK	48:01	55.75
392	Patti Donley	Y	61	F	Anchorage	AK	57:00	55.66
153	Lynne' Doran	Y	39	F	Girdwood	AK	44:55	55.38
176	Catherine Mormile	Y	56	F	Palmer	AK	53:54	54.93
69	Sarah Scanlan	Y	58	F	Anchorage	AK	56:03	54.27
112	Memry Dahl	Y	47	F	Anchorage	AK	48:57	54.11
65	Kimberly Buskirk	Y	39	F	Anchorage	AK	46:58	52.96
11	Sheila Reilly	Y	44	F	Anchorage	AK	48:44	52.81
107	Hazel Ballinger	Y	69	F	Alaska	AK	1:10:28	50.83
262	Vanessa Coleman	Y	32	F	Anchorage	AK	48:23	50.13
28	carol waters	Y	63	F	Anchorage	AK	1:05:46	49.66
93	Lorraine Krueger	Y	55	F	Chugiak	AK	1:00:38	48.19
14	Valerie Rettmann	Y	58	F	wasilla	AK	1:05:22	46.53
382	Patricia Anderson	Y	62	F	Anchorage	AK	1:09:48	46.11
33	Carol Petersen	Y	59	F	Anchorage	AK	1:07:20	45.80
238	Marge Poland	Y	60	F	Eagle River	AK	1:08:49	45.44
133	Marilyn Pettit	Y	64	F	Anchorage	AK	1:13:22	45.19
134	Diane Buls	Y	52	F	Anchorage	AK	1:03:22	44.35
148	Jackie Ohlson	Y	62	F	Anchorage	AK	1:13:25	43.84
279	Lori Pedersen	Y	48	F	Anchorage	AK	1:01:11	43.76
393	Janice McMullen	Y	51	F	Eagle River	AK	1:04:19	43.15
80	marty cashen	Y	67	F	anchorage	AK	1:20:35	43.07
7084	Shirley Mauldin	Y	82	F	Eagle River	AK	1:48:25	42.23
40	Lin Hinderman	Y	63	F	Girdwood	AK	1:18:38	41.53
140	LaVonne Rhyneer	Y	67	F	Anchorage	AK	1:24:01	41.31
387	Susan Long	Y	51	F	Anchorage	AK	1:07:52	40.89
373	Terri Dennett	Y	53	F	Anchorage	AK	1:10:02	40.65
64	Frederique Berenger	Y	42	F	Anchorage	AK	1:03:03	40.19
61	Diane Frank	Y	64	F	Anchorage	AK	1:23:10	39.87

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No.	Name	Su	Age	S	City	St	Time	Age%
103	Jayne Crupi	Y	51	F	Anchorage	AK	1:11:23	38.88
37	Sondra Porter	Y	63	F	Trapper Creek	AK	1:27:23	37.37
263	Terry Saldana	Y	59	F	Anchorage	AK	1:23:26	36.96
371	Dawn Hansen	Y	49	F	Anchorage	AK	1:14:36	36.31
399	Anna Maria Knutson	Y	44	F	Wasilla	AK	1:11:01	36.24
391	Gloria Lavallo	Y	67	F	anchorage	AK	1:35:53	36.19
60	Joanne Collins	Y	62	F	wasilla	AK	1:29:04	36.14
17	Penny Ressler	Y	56	F	Wasilla	AK	1:23:42	35.37
3	Rebecca Graham	Y	44	F	Palmer	AK	1:14:21	34.62
92	Lorna-Jean Souza	Y	55	F	Anchorage	AK	1:28:16	33.10
229	Toni Stevens	Y	58	F	Anchorage	AK	1:34:01	32.36
8	Gail Hoekman	Y	56	F	Sterling	AK	1:32:31	32.00
178	Maryann Leenstra	Y	53	F	Tempe	AZ	1:33:16	30.52
194	Gail Charles	Y	52	F	Anchorage	AK	1:32:38	30.34
67	Erin McKay	Y	46	F	Anchorage	AK	1:29:22	29.34
130	Melissa Chaney	Y	45	F	Anchorage	AK	1:35:11	27.28
71	Margaret Anibas	Y	57	F	Anchorage	AK	1:52:59	26.56
66	Patricia Shands	Y	55	F	Anchorage	AK	1:56:46	25.02
4	Laurie Foldenauer	Y	45	F	Palmer	AK	1:46:55	24.29
89	Lynelle Kukowski	Y	42	F	Anchorage	AK	1:55:24	21.95
255	April Pietzyk	Y	34	F	Eagle River	AK	1:59:54	20.32

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