

2011 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%
192	Mary Barrett	Y	57	F	Palmer	AK	35:07	85.45
17	Mary Marsolais	Y	74	F	Eagle River	AK	47:16	82.42
29	elaine tibbetts	Y	58	F	Anchorage	AK	38:55	78.16
41	Teresa Hull	Y	74	F	Anchorage	AK	51:35	75.53
69	Judy Pickett	Y	47	F	Cameron Park	AK	35:13	75.21
189	JANET TUNE	Y	51	F	ANCH	AK	38:53	71.39
2	Catherine Mormile	Y	57	F	Palmer	AK	42:37	70.41
53	cynthia decker	Y	52	F	anchorage	AK	39:58	70.32
196	Mary Flanigin	Y	61	F	Anchorage	AK	45:37	69.55
50	Gayne Turner	Y	50	F	Talkeetna	AK	39:42	69.08
68	Liisa Morrison	Y	49	F	Anchorage	AK	39:33	68.50
31	shelly matherne	Y	44	F	Anchorage	AK	37:38	68.40
10	Mary Ann Chisholm	Y	55	F	Anchorage	AK	43:38	66.96
60	Jean Bokman	Y	52	F	Anchorage	AK	44:34	63.06
49	Jean Funatake	Y	60	F	Anchorage	AK	50:20	62.13
11	Diane Frank	Y	65	F	Anchorage	AK	54:54	61.31
64	Catherine Prokopowi	Y	54	F	Inver Grove Hei	MN	47:56	60.16
20	Linda Kidd	Y	50	F	Palmer	AK	45:58	59.65
47	Tracy Cascio	Y	48	F	Danville	CA	45:10	59.27
190	Merilyn Swanson	Y	81	F	Anchorage	AK	1:16:31	58.31
32	Carol Waters	Y	64	F	Anchorage	AK	57:10	57.99
3100	Jonda Lutz	Y	51	F	Palmer	AK	48:57	56.71
30	Marsha Crockett	Y	55	F	Anchorage	AK	52:03	56.14
22	Barbara Smith	Y	62	F	wasilla	AK	58:47	54.76
39	Sarah Scanlan	Y	59	F	Anchorage	AK	56:25	54.67
35	Carol Russell	Y	68	F	Anchorage	AK	1:05:37	53.73
65	Issa Otten	Y	45	F	Anchorage	AK	50:49	51.10
21	Sheila Reilly	Y	45	F	Anchorage	AK	51:09	50.77
33	Hazel Ballinger	Y	70	F	Anchorage	AK	1:11:57	50.59
56	Patricia Anderson	Y	63	F	Anchorage	AK	1:05:41	49.72
12	Melissa Erhard	Y	35	F	Palmer	AK	49:54	48.97
6	Sheri Cole	Y	50	F	Anchorage	AK	56:21	48.66
48	Celia Koelsch	Y	50	F	Anchorage	AK	57:25	47.75
54	Anne Kessler	Y	63	F	Anchorage	AK	1:09:50	46.76
18	Lorraine Krueger	Y	56	F	Eagle River	AK	1:03:49	46.39
37	Diane Buls	Y	53	F	Anchorage	AK	1:01:43	46.13
61	Annie Blanks	Y	60	F	Anchorage	AK	1:10:41	44.24
27	Memry Dahl	Y	48	F	Anchorage	AK	1:00:47	44.04
15	Carol Petersen	Y	60	F	Anchorage	AK	1:11:02	44.02
51	Marilyn Pettit	Y	65	F	Anchorage	AK	1:16:31	43.99
23	Jane Meacham	Y	68	F	Anchorage	AK	1:20:22	43.86
63	Margie Urban	Y	53	F	Eagle River	AK	1:04:55	43.86
42	Jayne Crupi	Y	52	F	Anchorage	AK	1:05:48	42.70
28	Jackie Ohlson	Y	63	F	Anchorage	AK	1:16:31	42.68
195	Susan Long	Y	52	F	Anchorage	AK	1:06:56	41.99
34	Amy Guyer	Y	41	F	eaggle river	AK	1:01:50	40.70
197	Alicia Miles	Y	52	F	Anchorage	AK	1:10:17	39.99
3	Joanne Collins	Y	63	F	wasilla	AK	1:22:33	39.55
101	Debby Carlson	Y	57	F	Anchorage	AK	1:18:10	38.38
36	Sarah Sheshunoff	Y	62	F	La Jolla	CA	1:25:13	37.77

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No.	Name	Su	Age	S	City	St	Time	Age%
24	Franny Junge	Y	68	F	Anchorage	AK	1:33:35	37.67
45	Anna Maria Knutson	Y	45	F	Wasilla	AK	1:09:27	37.39
46	Connie Struempf	Y	58	F	Anchorage	AK	1:21:50	37.17
193	Sally Spieker	Y	55	F	Anchorage	AK	1:19:21	36.82
199	Toni Stevens	Y	59	F	Anchorage	AK	1:26:30	35.65
186	Lauren Larsen	Y	47	F	Anchorage	AK	1:15:03	35.29
58	Dawn Hansen	Y	50	F	Anchorage	AK	1:18:01	35.15
38	Lynn HARTZ	Y	59	F	Anchorage	AK	1:29:00	34.65
9	Kathleen Hickey	Y	50	F	Eagle River	AK	1:22:29	33.24
5	Rebecca Graham	Y	45	F	Palmer	AK	1:23:00	31.29
4	Kimberly Buskirk	Y	40	F	Anchorage	AK	1:20:00	31.25
44	Linda Rice-Weaver	Y	55	F	Anchorage	AK	1:38:35	29.64
57	Jackie Oberg	Y	55	F	Anchorage	AK	1:39:46	29.29
19	Lynelle Kukowski	Y	43	F	Anchorage	AK	2:15:24	18.86