

**ALL-TIME LIST FOR THE TIME TRIAL COURSE****CENTRAL PARK - 1.62 MILES****1984 - 2014****BOYS**

Jesus Covarrubias (2013)	8:01
Mikey Nguyen (2008)	8:23
Justin Tucker (2011)	8:23
Aaron Spanner (2010)	8:27
Karl Skucha (2001)	8:29
Richard Johnson (1989)	8:32
David Woodruff (1996)	8:33
Zahid Anjum (2014)	8:40
Nathan Sandford (2010)	8:48
Ross Pfeifer (2012)	8:48
Yonatan Ghebremicael (2013)	8:48
Nathaniel Matteson (2012)	8:49
David Aubuchon (2001)	8:50
Jacob Burke (2010)	8:50
Ankur Patel (2012)	8:52
Jordan Kassem (2012)	8:52
Jim Ngo (2007)	8:59
Pablo Tejera (2006)	9:01
Daniel Tejera (2007)	9:02
Joseph Aubuchon (1996)	9:03
Oscar Sanchez (2006)	9:03
Paul Albe (1997)	9:04
Suraj Jagota (2012)	9:04
John Zowin (1986)	9:05
Andrew Cheng (2012)	9:05
Brandon Holguin (2014)	9:06
Ethan Powell (1994)	9:07
David Rios (2007)	9:07
John Cannon (2014)	9:08
Daniel Martinez (2005)	9:09
Hakeem O'Neal (2010)	9:09
Tuka Gafari (1986)	9:12
Peter Isaid (2010)	9:12
Josh Jacquez (1995)	9:14
Linsey Fan (1990)	9:15

**GIRLS**

Lalida Maokhamphiou (2011)	9:41
Kinsie Prokopakis (2012)	10:20
Peiley Lau (2007)	10:26
Debbie Wolfe (1986)	10:31
Daniella Alvarado (2013)	10:34
Nikki Navarro (1986)	10:35
Dong, Joy (2014)	10:36
Michelle Watts (2008)	10:38
Jennifer Lien (2004)	10:44
Vietchi Rodriguez (2001)	10:47
Seriah Alexander (2014)	10:49
Hayley Yount (2014)	10:53
Tiffany Tang (2001)	10:58
Katie Winegarden (2005)	11:00
Barani Win (1992)	11:01
Marisa Kwiatkowski (2011)	11:04
Brittani Garrison (2014)	11:12
Sherry Hom (1992)	11:13
Vaheeshta Mehrshahi (2014)	11:15
Karen Smallwood (1988)	11:16
Kayleigh Burke (2012)	11:16
Johanna Harrison (2013)	11:16
Susie Warner (2014)	11:16
Ashley Wong (2014)	11:18
Anna Tran (2005)	11:19
Bella German (1991)	11:22
Jordyn McCarley (2010)	11:24
Amy Matteson (2012)	11:26
Ariana Gonzales (2011)	11:27
Claire Palmer (1990)	11:28
Kirsten Lorentzen (1986)	11:32
Julie Van Zant (1986)	11:32
Ashley Yount (2013)	11:33
Melanie Tieu (2014)	11:35
Angie Balakshin (1991)	11:40

Kale Major (1997)	9:15	Veronica Lai (2005)	11:40
Greg Braggin (2007)	9:15	Jasmine Pham (2010)	11:43
Alp Mimaroglu (2006)	9:17	Victoria Moorwood (2010)	11:43
David Garza (2010)	9:18	Kristin Oswald (2011)	11:46
Chris Doan (2010)	9:20	Hanh Huynh (2006)	11:48
Randy Kornegay (1992)	9:22	Agnes Lau (2004)	11:49
Joe Puentes (1997)	9:23	Maria Gonzalez (2006)	11:53
Daniel Huynh (2009)	9:23	Patty Chin (1996)	11:54
Jagjit Bains (1993)	9:29	Karen Strach (1996)	11:54
Tim Morgan (1996)	9:29	Christine Nguyen (2008)	11:55
Mark Cesar (2012)	9:30	Anita Chiang (2010)	11:55
Carlos Robles (2006)	9:31	Kristina Bowman (2011)	11:56
Miles Freeman (2012)	9:31	Vivian Lai (2004)	11:59
Jim O'Brien (1986)	9:32	Oyuky Villa (2010)	11:59
Hamzah Yusuf (2013)	9:32	Emily Misenhimer (1992)	12:00
Leland Au (2008)	9:33	Tiffany Nguyen (2008)	12:01
Heath Brackett (1987)	9:34	Jenny Hodor (1991)	12:02
Mike Hegglund (1992)	9:34	Riana Parvez (2008)	12:03
Matt Lagunas (1988)	9:36	Stephanie Hayos (2006)	12:04
Phil Okong (1993)	9:36	Paige Jones (2013)	12:04
Sujal Saraiya (1990)	9:37	Brianne Gates (2011)	12:05
Alex Quach (2006)	9:37	Heidi Slater (2005)	12:07
Kyle Phan (2013)	9:37	Miriam Hernandez (1993)	12:08
Shawn Ranck (2008)	9:39	Mariela Pena (1991)	12:12
Drew Pfeifer (2014)	9:39	Mona Patel (2005)	12:22
Patrick Au (2004)	9:40	Marsha Aguas (2009)	12:22
Eddie Remillard (1985)	9:41	Karina Goodwin (2012)	12:22
Orvin Rojas (2010)	9:41	Antarpreet Dhariwal (2012)	12:31
Austin Kasses (2011)	9:41	Kristen Buchterkilchen (2012)	12:33
David Cesar (2008)	9:42	Michelle Browne (1996)	12:36
Peter Tran (2011)	9:43	Monica Villa (2006)	12:38
John Mack (1987)	9:45	Sabrina Barnhill (1996)	12:40
Jason Huang Ooi (2013)	9:45	Terumi Satake (2007)	12:42
Andrew Miller (2005)	9:46	Kira Prokopakis (2008)	12:43
Nathan Edwards (1996)	9:47	Desiree Gutierrez (1988)	12:45
Jacob Otonari (2012)	9:47	Evette Morrison (1994)	12:46
Mohmud Osman (1996)	9:48	Laura Smallwood (1996)	12:47
Paul Mellentine (1997)	9:50	Rebecca Bjorke (2005)	12:49
James Sinkovic (2002)	9:52	Julie Ray (2007)	12:49
Khoa Vo (2002)	9:52	Serena Jacquez (1994)	12:51
Satinder Chatha (2001)	9:53	Erica Miller (2009)	12:51
Miycoe Call (2009)	9:54	Alicia Yee (2012)	12:54
Pramod Gadde (2006)	9:55	Grace Chua (2013)	12:54
Collin Robinson (1994)	9:56	Valerie Vigil (2013)	12:56
Brian Kornegay (1994)	9:57	Tammy Malmstrom (2001)	12:58
Doug Moak (1991)	9:59	Kyra Corcoran (2014)	13:00

Jacob Hull (2002)	10:00	Jenni Jespersen (1994)	13:01
Jeff Sipes (1985)	10:01	Jacey Nguyen (2010)	13:01
Josh Johnson (1990)	10:04	Andrea Anderson (2007)	13:06
Jaime Sandoval (2009)	10:04	Sallye Hall (1997)	13:07
Kevin Quach (2005)	10:07	Kalin Estep (2009)	13:07
Aaron South (2008)	10:07	Julie Winkleman (1988)	13:13
Zach Gyugyi (2010)	10:08	Amy Van Zant (1987)	13:14
Omar Khan (2010)	10:08	Raquel Baker (1988)	13:17
Steve Bachman (1985)	10:09	Jacqueline Kwan (2001)	13:18
Terry Wong (2002)	10:10	Kim Whitford (2001)	13:19
Sina Farahvashi (2012)	10:10	Gia Petrone (1988)	13:22
Josh Lee (2009)	10:12	Leesa Kreiter (1986)	13:25
Ian Woodward (1988)	10:13	Alexandra Martell (2002)	13:26
Jeff Friedman (1997)	10:14	Estela Luna (2012)	13:27
Thomas Jensen (2012)	10:14	Carolyn Tracy (1993)	13:33
Alex Kasses (2011)	10:17	Jin Hee Kim (2009)	13:33
Pedro Delbillar (1989)	10:18	Hannah Nguyen (2010)	13:34
Andy Nguyen (1994)	10:20	Barbara Clifton (1989)	13:35
Steven Kawula (2009)	10:20	Ayumi Gothberg (2012)	13:36
Shalin Shah (2013)	10:22	Abby Callahan (1989)	13:41
Sean Maschue (1988)	10:24	Harbeer Bains (1994)	13:42
Ken Cicinelli (1984)	10:25	Jeanine Smallwood (1991)	13:46
Yevgeny Medalle (2012)	10:25	Alexis Huynh (1993)	13:48
David Nguyen (1994)	10:27	Akeia Neptune (2012)	13:50
Jeff Monroe (1986)	10:28	Karen Dodge (1987)	13:52
Ron Fairchild (1989)	10:28	Katie Starnes (2011)	13:55
Chris Nguyen (2005)	10:29	Ana Ruth Hernandez (2006)	13:56
Chris Shans (1996)	10:30	Laura Martinez (2012)	14:02
Jude Pinto (2007)	10:30	Maddy Nguyen (2013)	14:02
Inhyuk Cho (2014)	10:30	Amanda Keller (2010)	14:03
Brandon Perez (2012)	10:32	Shelly Freitas (1984)	14:06
Arjun Ray (2012)	10:32	An Nguyen (1994)	14:06
Shannen Edwin (2013)	10:32	Sarah Kim (2012)	14:07
John Yee (2013)	10:32	Jessica Craig (1996)	14:09
Sergio Venegas (2002)	10:33	Elizabeth Tran (2012)	14:11
Mike Smith (1986)	10:35	Havana Coleman (2011)	14:15
Albert Russell (2002)	10:36	Ashlee Velilla (2012)	14:16
Steve Ojeda (2009)	10:37	Rachael Hammer (1996)	14:20
Kevin Brown (2008)	10:38	Tina Ortega (1987)	14:21
Richard Nguyen (2012)	10:39	LaShauna Powers (1995)	14:36
Ed Roldan (1989)	10:40	Heidi Zwicky (1992)	14:37
Alex Kassem (2012)	10:41	Felicia Hyde (2012)	14:46
Andre Castillo (2011)	10:42	Nancy Tran (2012)	14:47
Nathan Tran (2011)	10:42	Cierra Sing (2002)	14:49
Andy Lazaro (1992)	10:43	Bethany Springs (2011)	14:53
Jason Tong (2012)	10:43	Amanda Brown (1995)	14:55

Ali Mohammed (2012)	10:43	Angie Malmstrom (2001)	15:01
Robel Tesfai (2014)	10:43	Jessica Brill (1994)	15:02
Eric Anderson (1990)	10:44	Vanessa Bautista (1995)	15:02
Jonathan Stanley (1991)	10:44	Cathy Carroll (1993)	15:05
Peter Scolero (2012)	10:44	Karen Smith (1984)	15:08
Wilson Balmores (2007)	10:45	Patty Doane (1984)	15:10
Milton Tang (2010)	10:45	Jar Lin Sung (1993)	15:25
Kevin Kung (2013)	10:45	Noelle Oguri (2006)	15:29
Jonathan Greenfield (2010)	10:45	Ciza Malik (1992)	15:35
Mike Nguyen (2002)	10:46	Sudheep Bal (1993)	15:37
James Caudill (2012)	10:46	Amy Penstein (1996)	15:39
Kevin Le (2012)	10:47	Maria Pham (2005)	15:42
Judge Singh (2005)	10:48	Cristina Renteria (1995)	15:48
Carlos Rojo (2010)	10:48	Alicia Lam (2005)	15:52
Kasuke Yamada (2012)	10:48	Karina Moreira-Ruiz (2011)	15:54
Tri Do (1997)	10:50	Yuko Nomura (1992)	16:06
Andrew Lam (2012)	10:50	Sue Saporta (1987)	16:09
Marty Greenia (2001)	10:51	Norane Mir (1996)	16:20
J.C. Nguyen (1990)	10:53	Navjeet Kaur (2002)	16:55
Ryuichi Haguro (2009)	10:55	Stephanie Ancheta (2005)	17:17
Yuta Taguchi (2012)	10:54	Christina Hoang (2005)	17:18
Sam Shemwell (2010)	10:55	Riana Piazza (2005)	17:24
Turaab Rangwala (2011)	10:56	Shanna Brown (1991)	17:35
Sean Pfeifer (2010)	10:57	Leesha Chatman (1995)	17:56
Josh Lam (1997)	10:59	Shanise Brown (1995)	18:05
Christian Quach (2011)	11:00	Annie Tat (2002)	19:27
Ryan Vosper (2011)	11:00	Malinda Sok (2002)	19:36
Brian Nguyen (2011)	11:00	Sylvia Oh (2010)	20:09
Tam Nguyen (1997)	11:01		
Ming Xu (2002)	11:02		
Gordon Lau (2010)	11:02		
Jared Lee (2011)	11:02		
Victor Pribyl (2012)	11:02		
Michael Thai (2008)	11:05		
Cid Leiva (1987)	11:06		
Paul Sandford (2014)	11:06		
Sedi Win (1994)	11:07		
Tri Tran (2011)	11:07		
David Chou (1994)	11:08		
Scott Knirck (2006)	11:08		
Yushi Canastra (2009)	11:09		
Levi Santoyo (2011)	11:10		
Yevgeny Medale (2010)	11:11		
Loren Vorreiter (1984)	11:13		
Joseph Chong (2008)	11:14		
Eduardo Fragoso (2012)	11:14		

Khanh Ly (1996)	11:16
Adam Jones (2010)	11:16
Patrick Pham (2012)	11:16
Michael Nguyen #1 (2006)	11:17
Bill Schinsky (1985)	11:18
Stephen Gyugyi (2006)	11:18
Glenard Sulicipan (2010)	11:18
Lester Valentino (2010)	11:18
Paul Tran (2009)	11:19
Sid Nguyen (2010)	11:19
Anthony Otonari (2012)	11:21
Duc Uy Quang-D (1997)	11:24
Phong Nguyen (2010)	11:24
David Emmert (2002)	11:25
Yasu Nishimoto (2006)	11:25
Richard Goodman (2010)	11:27
Jeremy Brill (1992)	11:33
Phuong Luu (1994)	11:33
Alex Yee (2010)	11:33
Mike Hoang (2002)	11:34
Shaun Ino (2011)	11:35
Francisco Tovar (2011)	11:40
Edward Hyun (2012)	11:40
Victor Chien (2012)	11:42
Peter Lorentzen (1987)	11:43
Justin O'Brien (1997)	11:47
Tom Lee (2005)	11:47
Thomas Wolk (2005)	11:52
Lenus Chow (2010)	11:54
Francisco Gonzales (2012)	11:55
Gabriel Wilkes (1993)	11:57
Thomas Parish (2009)	11:58
Alister Twombly (2011)	12:01
Kevin Diep (2009)	12:02
Alex Esposito (2009)	12:03
Wesley Nguyen (2001)	12:04
Khoa Nguyen (2007)	12:04
David Loya (2011)	12:07
Paul Dybdahl (1984)	12:09
Dao Tran (2005)	12:09
Jonathan Montgomery (2012)	12:09
Wesley Hsiao (2011)	12:10
Babu Singh (2001)	12:17
Mark Eroles (2007)	12:28
Derek Modin (2005)	12:29
Billy Rodrigues (1993)	12:30

Phuc Tran (2002)	12:32
Connor Hamm (2010)	12:32
Robbie Runk (1994)	12:33
Jose Moreira (2002)	12:34
Pranav Naragan (2011)	12:34
Damian Deleal (2011)	12:35
Jim Chou (1997)	12:36
Kevin Pham (2010)	12:36
Kenny Ohata (2011)	12:47
Richard Pham (1997)	12:50
Rachanon Wajanakunakorn(2011)	12:50
Niral Patel (2006)	12:52
Usama Khan (2011)	12:54
Luke Buchterkilchen (2013)	12:56
Jeremiah Eubank (2005)	12:57
Dan T Pham (1997)	12:58
Alan Lim (1996)	12:59
Kenny Nguyen (2012)	13:01
Bao Le (1992)	13:03
Brian Gothberg (2006)	13:08
Johnny Nguyen (2005)	13:09
Upkar Singh (2010)	13:09
Michael Nacinopa (2010)	13:10
Andrew Knaack (2006)	13:11
David Lim (2011)	13:11
Bhavin Patel (2005)	13:13
Sufyan Abassi (2011)	13:13
Daniel Steffas (2005)	13:14
Joey Rivera (1995)	13:19
Reuben Ballantyne	13:20
Alan Do (2009)	13:21
Ryan Fairchild (1997)	13:22
Alex Chuyanab (2011)	13:23
Jose Estrella (2001)	13:30
Jonathan De Mers (2001)	13:31
Shiv Bogana (2011)	13:31
Mitchell Mclintock (2012)	13:34
Remington Wong (2005)	13:35
Le Lee Nguyen (2006)	13:39
Adrian Ventura (2005)	13:40
Brian K Nguyen (2012)	13:47
Sun Ho Yu (2012)	13:54
Anthony Esposito (2002)	14:02
Henderson Wong (2011)	14:06
Hyeong Choi (2011)	14:19
Hanyong Cho (2005)	14:21

Ryan Chou (2005)	14:28
Nick Desotel (1995)	14:31
Will Liu (2002)	14:35
John Phung (2006)	14:45
Chris Gan (2006)	14:46
Ali Karbassi (2002)	14:49
Jonathan Ramon (2005)	15:11
Chamel Aspiras (1996)	15:16
Salome Garcia (2002)	15:32
Max Jo (2006)	15:38
Ritesh Paspulati (2002)	15:48
Aristotle Marcos (1994)	16:01
Mason Williams (2002)	16:09
Andrew Nguyen (2005)	16:44
Robert Hoang (2005)	17:11
Tuan Do (1997)	18:52
Thuan Vo (2002)	20:03
Dat Le (2002)	20:23

8:30 = 5:15 pace	10:56 = 6:45 pace	13:46 = 8:30 pace
8:55 = 5:30 pace	11:20 = 7:00 pace	14:11 = 8:45 pace
9:19 = 5:45 pace	11:45 = 7:15 pace	14:35 = 9:00 pace
9:43 = 6:00 pace	12:09 = 7:30 pace	14:59 = 9:15 pace
10:07 = 6:15 pace	12:33 = 7:45 pace	15:23 = 9:30 pace
10:32 = 6:30 pace	12:58 = 8:00 pace	15:48 = 9:45 pace
	13:22 = 8:15 pace	16:12 = 10:00 pace

## 1984

### BOYS

Ken Cicinelli	3:27-6:54-10:25
Loren Vorreiter	3:33-7:19-11:13
Tuka Gafari	3:44-7:45-11:56
Paul Dybdahl	3:30-7:40-12:09
Mike Freitas	3:32-7:45-DNF
Kyle Bruce	3:30 DNF

### GIRLS

Debbie Wolfe	3:38- 7:28-11:14
Tricia Eubank	4:37- 9:14-13:23
Julie VanZant	4:37- 9:14-13:47
Shelly Freitas	4:54- 9:44-14:06
Karen Smith	4:54-10:02-15:08
Patty Doane	4:54-10:03-15:10

## 1985

### BOYS

John Zowin	3:04-6:09- 9:23
Eddie Remillard	3:02-6:18- 9:41
Jeff Sipes	3:18-6:48-10:01
Steve Bachman	3:15-6:44-10:09
Jim O'Brien	3:20-6:56-10:16

### GIRLS

Debbie Wolfe	3:35- 7:38-11:34
Nikki Navarro	3:56- 8:05-12:07
Kirsten Lorentzen	4:07- 8:26-12:41
Julie VanZant	4:09- 8:32-12:52
Melinda Abel	4:12- 8:29-DNF

Tuka Gafari 3:13-6:55-10:40  
 Bill Schinski 3:25-7:20-11:18

## 1986

### BOYS

John Zowin 2:55-6:05- 9:05  
Tuka Gafari 2:56-6:06- 9:12  
 Jim O'Brien 3:07-6:28- 9:32  
 Matt Lagunas 3:13-6:37-10:00  
 Jon Mack 3:24-6:55-10:02  
 Jeff Monroe 3:24-7:04-10:28  
 Steve Bachman 3:24-7:04-10:31  
 Mike Smith 3:24-7:04-10:35  
 Peter Lorentzen 4:03-8:40-12:59

### GIRLS

Debbie Wolfe 3:24- 7:00-10:31  
Nikki Navarro 3:24- 7:04-10:35  
 Kirsten Lorentzen 3:45- 7:41-11:32  
 Julie VanZant 3:45- 7:41-11:32  
 Amy VanZant 4:08- 8:43-13:20  
 Leesa Kreiter 4:08- 8:50-13:25

## 1987

### BOYS

Heath Brackett 3:18-6:34- 9:34  
Jon Mack 3:18-6:35- 9:45  
 Cid Leiva 3:32-7:24-11:06  
 Peter Lorentzen 3:48-7:58-11:43  
 Neil Clark DNF

### GIRLS

Nikki Navarro 3:32- 7:29-11:07  
Amy VanZant 4:05- 8:43-13:14  
 Karen Smallwood 4:26- 9:07-13:32  
 Karen Dodge 4:26- 9:07-13:52  
 Tina Ortega 4:35- 9:40-14:21  
 Raquel Baker 5:25-11:02-16:01  
 Sue Saporta 5:25-11:02-16:09  
 Ines Cerin 5:22-11:14-DNF

## 1988

### BOYS

Richard Johnson 2:55-5:52- 8:50  
 Matt Lagunas 2:56-6:12- 9:36  
 Linsey Fan 3:16-6:38- 9:46  
Ian Woodward 3:16-6:46-10:13  
 Sean Maschue 3:16-6:46-10:24

### GIRLS

Karen Smallwood 3:40- 7:26-11:16  
 Bella German 3:49- 7:49-11:49  
 Claire Palmer 3:53- 8:23-12:36  
Jenny Hodor 4:00- 8:32-12:43  
 Desiree Gutierruz 4:02- 8:36-12:45  
 Julie Winkleman 4:03- 8:38-13:13  
 Raquel Baker 4:05- 8:38-13:17  
 Gia Petrone 4:05- 8:44-13:22  
 Amy VanZant 4:02- 8:44-13:24

## 1989

**BOYS**

<u>Richard Johnson</u>	<u>2:44-5:40- 8:32</u>
Linsey Fan	2:58-6:08- 9:17
Sujal Sariaya	3:02-6:28-10:02
Pedro Delbillar	3:07-6:45-10:18
Ron Fairchild	3:14-6:51-10:28
Ed Roldan	3:18-7:00-10:40
Josh Johnson	3:29-7:28-11:06
Tom Orr	3:29-7:32-11:15
Alfredo Santos	3:29-7:34-11:21
Alex Tacey	3:29-8:52-13:06

**1990****BOYS**

Linsey Fan	3:07-6:15- 9:15
Sujal Sariaya	3:08-6:19- 9:37
Josh Johnson	3:18-6:48-10:04
Eric Anderson	3:31-7:15-10:44
J.C. Nguyen	3:34-7:19-10:53
Randy Kornegay	3:51-7:50-11:26

**1991****BOYS**

Doug Moak	3:16-6:40- 9:59
<u>Randy Kornegay</u>	<u>3:28-7:05-10:17</u>
Jonathon Stanley	3:28-7:05-10:44
Brian Kornegay	5:11-0:31-15:41
Mike Deitchman	DNF

**1992****BOYS**

Randy Kornegay	3:14-6:29- 9:22
Mike Hegglund	3:14-6:29- 9:34
Andy Lazaro	3:17-6:46-10:43
Jeremy Brill	3:37-7:37-11:33
<u>Brian Kornegay</u>	<u>3:41-7:45-11:34</u>

**GIRLS**

<u>Claire Palmer</u>	<u>3:29- 7:35-11:28</u>
Jenny Hodor	4:07- 8:27-12:48
Jenny Grace	4:18- 9:00-13:30
Barbara Clifton	4:16- 9:02-13:35
Sherry Hom	4:18- 9:05-13:36
Abby Callahan	4:18- 9:09-13:41
Amy VanZant	4:15- 9:07-13:56
Jeanine Smallwood	4:18- 9:25-14:42

**GIRLS**

Claire Palmer	3:46- 7:52-11:44
Bella German	3:46- 7:52-11:44
Sherry Hom	3:56- 8:05-12:05
Jenny Hodor	4:01- 8:30-13:02
Emily Misenhimer	4:01- 8:30-13:02

**GIRLS**

Bella German	3:27- 7:32-11:22
<u>Angie Balakshin</u>	<u>3:39- 7:41-11:40</u>
Sherry Hom	3:44- 7:48-12:01
Jenny Hodor	3:42- 7:47-12:02
Emily Misenhimer	4:06- 8:14-12:12
Mariela Pena	4:15- 8:27-12:12
Miriam Hernandez	3:58- 8:16-12:36
Jeanine Smallwood	4:14- 8:54-13:46
Shanna Brown	5:20- 1:16-17:35

**GIRLS**

Barani Win	3:41- 7:25-11:01
Sherry Hom	3:39- 7:26-11:13
Emily Misenhimer	4:00- 8:17-12:00
Heidi Zwicky	4:40- 9:47-14:37
<u>Ciza Zwicky</u>	<u>4:39- 9:47-15:35</u>

Jonathan Stanley	4:07-8:22-11:58
Ethan Powell	4:24-8:52-12:48
Bao Le	3:55-8:59-13:03

Yuko Nomura	4:43-10:32-16:06
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**1993****BOYS**

Jagjit Bains	3:25-6:40- 9:29
Randy Kornegay	3:25-6:40- 9:34
Mike Hegglund	9:35
Phil Okong	9:36
Ethan Powell	9:41
Brian Kornegay	3:32-7:12 10:41
Andy Nguyen	11:07
Gabriel Wilkes	11:57
Jonathan Stanley	12:15
Billy Rodrigues	3:37-8:04-12:30
Sedi Win	DNF
David Nguyen	DNF

**GIRLS**

Barani Win	11:57
Emily Misenhimer	12:00
Miriam Hernandez	12:08
Patty Chin	4:18- 8:49-13:13
Carolyn Tracy	13:33
Alexis Huynh	4:24- 9:17-13:48
Cathy Carroll	15:05
Jar Lin Sung	15:25
Jessica Brill	15:25
Sudheep Bal	15:37

**1994****BOYS**

Ethan Powell	3:03-6:06- 9:07
Collin Robinson	3:12-6:38- 9:56
Brian Kornegay	3:09-6:38- 9:57
Andy Nguyen	3:13-6:43-10:20
David Nguyen	3:16-6:59-10:27
David Woodruff	3:29-7:10-10:27.1
Sedi Win	3:26-7:25-11:07
David Chou	3:37-7:24-11:08
Paul Albe	3:43-7:45-11:22
Phuong Luu	3:32-7:37-11:33
Robbie Runk	4:12-8:29-12:33
Billy Rodrigues	3:01-9:20-12:54
<u>Chris Shans</u>	<u>3:47-8:16-12:57</u>
Joey Rivera	4:35-9:20-14:33
Aristotle Marcos	3:39-8:54-16:01
Khanh Ly	4:12-9:20-16:12

**GIRLS**

Barani Win	3:47- 7:45-11:33
Evette Morrison	4:25- 8:46-12:46
Serena Jacquez	4:24- 8:39-12:51
Jenni Jespersion	4:29- 8:46-13:01
Harbeer Bains	4:32- 9:18-13:42
An Nguyen	4:29- 9:12-14:06
Aldenelli Gomez	4:52- 9:46-14:40
Jessica Brill	4:53-10:00-15:02
Alexis Huynh	4:53- 9:45-15:11
Cristina Renteria	4:52-10:49-19:05

**1995****BOYS****GIRLS**

David Woodruff	2:58-5:58- 8:54
Josh Jacquez	3:02-6:08- 9:14
Paul Albe	6:43-10:00
Nathan Edwards	6:44-10:00
Chris Shans	11:31
Joseph Aubuchon	11:31
Jeff Friedman	11:56
Pat Shans	12:34
Joey Rivera	13:19
Khanh Ly	13:30
Alan Lim	13:35
Nick Desotel	14:31

Jessica Craig	14:27
LaShauna Powers	14:36
Amanda Brown	14:55
Vanessa Bautista	15:02
Cristina Renteria	15:48
Leesha Chatman	17:56
Shanise Brown	18:05

## 1996

### BOYS

David Woodruff	2:51-5:45- 8:33
Joseph Aubuchon	2:57-6:00- 9:03
Paul Albe	2:52-6:03- 9:13
Ethan Powell	3:11-6:20- 9:25*
Tim Morgan	2:56-6:13- 9:29
Nathan Edwards	3:12-6:34- 9:47
Mohmud Osman	2:53-6:26- 9:48
Joe Puentes	3:13-6:46- 9:49
Collin Robinson	3:07-6:56-10:29
Kale Major	3:37-7:15-10:29.1
Chris Shans	3:19-7:04-10:30
Jeff Friedman	3:36-7:16-11:03
Khanh Ly	3:27-7:15-11:16
Robbie Runk	3:55-8:19-12:41
Alan Lim	4:00-8:30-12:59
Duc Uy Quang	4:05-8:35-13:21
Chamel Aspiras	4:05-8:40-15:16

### GIRLS

Patty Chin	3:38- 7:49-11:54
Karen Strach	3:38- 7:51-11:54
Michelle Browne	4:13- 8:35-12:36
Sabrina Barnhill	3:56- 8:26-12:40
Laura Smallwood	4:08- 8:34-12:47
Jessica Craig	4:24- 9:27-14:09
Rachael Hammer	4:41- 9:38-14:20
Amy Penstein	4:40-10:18-15:39
Norane Mir	4:44-10:43-16:20

## 1997

### BOYS

Paul Albe	2:49- 5:54- 9:04
Kale Major	3:00- 6:17- 9:15
Joseph Aubuchon	2:56- 6:11- 9:18
Joe Puentes	3:01- 6:17- 9:23
Tim Morgan	2:59- 6:16- 9:32
Paul Mellentine	3:10- 6:34- 9:50
<u>Jeff Friedman</u>	<u>3:09- 6:31-10:14</u>

### GIRLS

Sallye Hall	4:07-8:42-13:07
Jessica Craig	4:23-9:24-14:10

Tri Do	3:36- 7:19-10:50
Josh Lam	3:25- 7:13-10:59
Tam Nguyen	3:37- 7:24-11:01
Duc Uy Quang	3:38- 7:26-11:24
Justin O'Brien	3:48- 7:57-11:47
Jim Chou	3:44- 7:56-12:36
Richard Pham	4:08- 8:33-12:50
Dan T Pham	3:57- 8:25-12:58
Ryan Fairchild	4:05- 8:44-13:22
Tuan Do	5:35-12:16-18:52
Brian Remmel	3:47- 7:52-DNF
Richard Lam	4:51-11:45-DNF
Peter Le	4:57-12:00-DNF

**12/13/99**

Bhupinder Brar	2:51-5:53- 9:00
<u>Karl Skucha</u>	<u>3:02-6:08- 9:22</u>
Baldev Singh	2:57-6:22- 9:37

**2001****BOYS**

Karl Skucha	2:44-5:33- 8:29
Joseph Aubuchon	2:49-5:47- 8:41
David Aubuchon	2:52-5:52- 8:50
Satinder Chatha	3:04-6:26- 9:53
Jacob Hull	3:29-6:51-10:08
James Sinkovic	3:04-6:44-10:19
Marty Greenia	3:15-6:51-10:51
Wesley Nguyen	3:42-7:38-12:04
Babu Singh	3:29-7:40-12:17
Xiu Ming Xu	3:44-7:41-12:36
Jose Estrella	3:31-8:12-13:30
Jonathan De Mers	3:40-8:12-13:31
Mike Varela	2:52-5:52-DNF
Alex Leung	3:30-DNF

**GIRLS**

Vietchi Rodriguez	3:29-7:09-10:47
Tiffany Tang	3:29-7:09-10:58
Tammy Malmstrom	3:50-8:18-12:58
Agnes Zau	4:06-8:33-13:02
Jacqueline Kwan	4:14-8:51-13:18
Kim Whitford	4:12-8:51-13:19
Vivian Lai	4:12-9:12-14:20
Angie Malmstrom	4:12-9:21-15:01

**2002****BOYS**

Joseph Aubuchon	2:49- 5:42- 8:27 *
David Aubuchon	2:57- 6:01- 9:05
James Sinkovic	3:17- 6:40- 9:52

**GIRLS**

Jennifer Lien	3:44- 7:49-11:45
Agnes Zau	3:44- 7:49-11:49
Vivian Lai	3:44- 7:59-12:40

Khoa Vo	3:17- 6:33- 9:52
Jacob Hull	3:25- 6:48-10:00
Terry Wong	3:26- 6:52-10:10
Todd Hayes	3:17- 6:34-10:27 **
Sergio Venegas	3:35- 7:16-10:33
<u>Albert Russell</u>	<u>3:19- 6:55-10:36</u>
Mike Nguyen	3:14- 6:57-10:46
Ming Xu	3:27- 7:12-11:02
David Emmert	3:37- 7:30-11:25
Michael Hoang	3:19- 7:15-11:34
Patrick Au	3:43- 7:47-11:51
Wesley Nguyen	3:51- 8:07-12:07
Phuc Tran	3:52- 8:21-12:32
<u>Jose Moreira</u>	<u>3:49- 8:22-12:34</u>
Anthony Esposito	3:55- 8:53-14:02
Will Liu	4:19- 9:31-14:35
Ali Karbassi	4:47- 9:49-14:49
Salome Garcia	4:16- 9:41-15:32
Ritesh Paspulati	4:47-10:10-15:48
Mason Williams	4:42-10:24-16:09
Adrian Ventura	5:51-12:43-17:37
Thuan Vo	7:58-14:38-20:03
Dat Le	6:41-14:33-20:23

\* Alumni  
\*\* Coach

### 11/15/04

#### BOYS

Patrick Au	3:07- 6:26- 9:40
Pablo Tejera	3:21- 7:03-10:40

### 9/6/05

#### BOYS

Daniel Martinez	3-00- 6:11- 9:09
Andrew Miller	3:10- 6:28- 9:46
Pablo Tejera	3:12- 6:28- 9:46
Alp Mimaroglu	3:12- 6:28- 9:54
David Rios	3:12- 6:30-10:07
Kevin Quach	3:18- 6:46-10:07
Pramod Gadde	3:22- 6:46-10:10

Alexandra Martell	4:17- 8:57-13:26
Tammy Malmstrom	3:55- 8:57-14:09
Anna Tran	4:36- 9:55-14:47
Cierra Sing	4:45- 9:56-14:49
Navjeet Kaur	5:06-10:01-16:55
<u>Annie Tat</u>	<u>5:49-12:45-19:27</u>
Malinda Sok	7:56-14:34-19:36

#### GIRLS

Jennifer Lien	3:25- 7:04-10:44
Peiley Lau	3:38- 7:45-11:34
Vivian Lai	3:45- 7:59-11:59
Veronica Lai	3:57- 8:14-12:22
Katie Winegarden	4:09-DNF

#### GIRLS

Peiley Lau	3:35- 7:29-10:57
Katie Winegarden	3:35- 7:29-11:00
Jennifer Lien	3:38- 7:46-11:48
Heidi Slater	3:59- 8:18-12:07
Veronica Lai	3:59- 8:18-12:15
Anna Tran	3:53- 8:10-12:25
Rebecca BJORKE	3:59- 8:29-12:49

Greg Braggin	3:22- 6:56-10:25
Chris Nguyen	3:28- 6:57-10:29
Daniel Tejera	3:40- 7:13-10:39
Judge Singh	3:22- 6:56-10:48
Oscar Sanchez	3:40- 7:27-11:04
Aaron South	3:41- 7:39-11:30
Tom Lee	3:32- 7:30-11:47
<u>Thomas Wolk</u>	<u>3:30- 7:37-11:52</u>
Dao Tran	3:56- 8:09-12:09
David Cesar	4:15- 8:22-12:18
Derek Modin	4:01- 8:19-12:29
Yasu Nishimoto	4:15- 8:26-12:46
Jeremiah Eubank	4:21- 8:56-12:57
Johnny Nguyen	4:09- 8:31-13:09
Jude Pinto	4:31- 8:58-13:09
Bhavin Patel	3:44- 8:19-13:13
Daniel Steffas	4:26- 9:06-13:14
Michael Nguyen (07)	4:10- 8:43-13:32
<u>Remington Wong</u>	<u>4:31- 9:24-13:35</u>
Jim Ngo	4:38- 9:15-13:37
Adrian Ventura	3:44- 8:22-13:40
Hanyong Cho	4:11- 8:41-14:21
Ryan Chou	3:51- 8:22-14:28
Wilson Balmores	4:38- 9:25-14:28
Jonathan Ramon	4:29- 9:25-15:11
Andrew Nguyen	4:26-10:03-16:44
Robert Hoang	4:31-10:22-17:11

**11/7/05****BOYS**

Greg Braggin	3:21- 6:49-10:07
Mikey Nguyen	3:19- 6:59-10:46

**9/4/06****BOYS**

Pablo Tejera	3:12-6:13- 9:01
Oscar Sanchez	3:12-6:13- 9:03

Maria Gonzalez	3:59- 8:42-13:23
Mona Patel	3:59- 8:42-13:25
Monica Villa	4:26- 9:19-14:07
Maria Pham	4:26- 9:48-15:42
Alicia Lam	4:26- 9:48-15:52
Stephanie Ancheta	4:44-10:30-17:17
Christina Hoang	4:26-10:27-17:18
<u>Riana Piazza</u>	<u>4:24-10:22-17:24</u>

**GIRLS**

Peiley Lau	3:31- 7:18-10:59
Anna Tran	3:35- 7:26-11:19
Veronica Lai	3:38- 7:51-11:40
Jennifer Lien	3:21- 7:04-DNF
<u>Maria Gonzalez</u>	<u>3:40- 7:42-11:56-16:16-20:19</u>
Mona Patel	3:42- 7:55-12:22-16:46-21:02
Rebecca Bjorke	3:54- DNF

**GIRLS**

Peiley Lau	3:32- 7:16-10:55
Monica Villa	4:04- 8:25-12:38

Daniel Tejera	3:12-6:13- 9:03.1	Julie Ray	4:25- 8:54-13:10
Alp Mimaroglu	3:12-6:16- 9:17	Ana Ruth Hernandez	4:22- 9:07-13:56
David Rios	3:05-6:15- 9:31*	Noelle Oguri	4:41-10:00-15:29
Greg Braggin	3:13-6:27- 9:41		
Leland Au	3:36-7:10-10:45		
Jim Ngo	3:44-7:44-11:38		
Jude Pinto	3:44-7:44-11:38.1		
Thomas Wolk	3:54-8:16-12:11		
Jaime Sandoval	4:58-9:54-14:14		

\* Came late and ran by himself.

## 9/5/06

### BOYS

Daniel Martinez	3:05- 6:17- 9:21 (1)
Carlos Robles	2:56- 6:14- 9:31 (3)
Mikey Nguyen	2:56- 6:14- 9:33 (3)
<u>Alex Quach</u>	<u>3:07- 6:20- 9:37 (1)</u>
Pramod Gadde	3:09- 6:27- 9:55 (1)
Aaron South	3:08- 6:32-10:08 (1)
David Cesar	3:18- 6:53-10:21 (1)
Scott Knirck	3:30- 7:18-11:08 (1)
Michael Nguyen	3:26- 7:31-11:17 (2)
Stephen Gyugyi	3:37- 7:31-11:18 (2)
Shawn Racnk	3:43- 7:37-11:20 (1)
Yasu Nishimoto	3:37- 7:37-11:25 (2)
Wilson Balmores	3:53- 8:47-12:35 (3)
Niral Patel	3:58- 8:25-12:52 (2)
Brian Gothberg	4:15- 8:39-13:08 (2)
Daniel Huynh	4:15- 8:39-13:08 (2)
Andrew Knaack	4:19- 8:47-13:11 (3)
Le Lee Nguyen	3:57- 8:47-13:39 (3)
John Phung	3:55- 9:41-14:45 (3)
Chris Gan	4:19- 9:41-14:46 (3)
Max Jo	3:53-10:18-15:38 (3)
Mark Ercoles	4:17-10:36-15:55 (3)
Tyler Nguyen	4:36-11:20-DNF (3)

### GIRLS

Hanh Huynh	3:45- 7:50-11:48 (3)
Maria Gonzalez	3:34- 7:37-11:53 (2)
Stephanie Hayos	3:37- 8:01-12:04 (2)
<u>Katie Winegarden</u>	<u>3:45- 7:55-12:12 (3)</u>
Veronica Lai	3:57- 8:16-12:21 (3)
Riana Parvez	4:15- 8:39-12:51 (2)
Mariana Valadez	3:56- DNF (2)
Rheanna Piazza	4:45- DNF (2)

## COMBINED 9/4 & 9/5 TIMES

### BOYS

Pablo Tejera	3:12- 6:13- 9:01
Oscar Sanchez	3:12- 6:13- 9:03
Daniel Tejera	3:12- 6:13- 9:03.1

### GIRLS

Peiley Lau	3:32- 7:16-10:55
Hanh Huynh	3:45- 7:50-11:48
Maria Gonzalez	3:34- 7:37-11:53

Alp Mimaroglu	3:12- 6:16- 9:17
Daniel Martinez	3:05- 6:17- 9:21
David Rios	3:05- 6:15- 9:31
Carlos Robles	2:56- 6:14- 9:31
Mikey Nguyen	2:56- 6:14- 9:33
Alex Quach	3:07- 6:20- 9:37
Greg Braggin	3:13- 6:27- 9:41
Pramod Gadde	3:09- 6:27- 9:55
Aaron South	3:08- 6:32-10:08
David Cesar	3:18- 6:53-10:21
Leland Au	3:36- 7:10-10:45
<u>Scott Knirck</u>	<u>3:30- 7:18-11:08</u>
Michael Nguyen	3:26- 7:31-11:17
Stephen Gyugyi	3:37- 7:31-11:18
Shawn Ranck	3:43- 7:37-11:20
Yasu Nishimoto	3:37- 7:37-11:25
Jim Ngo	3:44- 7:44-11:38
Jude Pinto	3:44- 7:44-11:38.1
Thomas Wolk	3:54- 8:16-12:11
Wilson Balmores	3:53- 8:47-12:35
Niral Patel	3:58- 8:25-12:52
Brian Gothberg	4:15- 8:39-13:08
Daniel Huynh	4:15- 8:39-13:08
Andrew Knaack	4:19- 8:47-13:11
Le Lee Nguyen	3:57- 8:47-13:39
<u>Jaime Sandoval</u>	<u>4:58- 9:54-14:14</u>
John Phung	3:55- 9:41-14:45
Chris Gan	4:19- 9:41-14:46
Max Jo	3:53-10:18-15:38
Mark Eroles	4:17-10:36-15:55
Tyler Nguyen	4:36-11:20-DNF

**9/3/06****BOYS**

<u>David Rios</u>	<u>3:04-6:12- 9:08</u>
Jim Ngo	3:04-6:12- 9:08
Greg Braggin	3:04-6:15- 9:31
Daniel Tejera	3:08-6:30- 9:41
Oscar Sanchez	3:04-6:16- 9:52
Jude Pinto	3:16-6:54-10:30
Stephen Gyugyi	3:39-7:31-11:27
Khoa Nguyen	4:10-8:15-12:04
Mark Eroles	3:46-8:16-12:28

Stephanie Hayos	3:37- 8:01-12:04
Katie Winegarden	3:45- 7:55-12:12
Veronica Lai	3:57- 8:16-12:21
Monica Villa	4:04- 8:25-12:38
Riana Parvez	4:15- 8:39-12:51
Julie Ray	4:25- 8:54-13:10
Ana Ruth Hernandez	4:22- 9:07-13:56
Noelle Oguri	4:41-10:00-15:29
Mariana Valadez	3:56- DNF
Rheanna Piazza	4:45- DNF

**GIRLS**

<u>Peiley Lau</u>	<u>3:39-7:31-11:27</u>
Riana Parvez	4:35-9:11-13:12
Terumi Satake	4:35-9:11-13:12
Julie Ray	4:35-9:11-13:12

Zach Gyugyi

4:20-8:46-13:12

**7/10/07****BOYS**

David Rios	3:11-6:25- 9:31
Greg Braggin	3:11-6:27- 9:42
Jim Ngo	3:11-6:28- 9:42
David Cesar	3:22-6:56-10:22
Wilson Balmores	3:57-8:31-12:46

**GIRLS**

Riana Parvez	4:24-9:10-13:33
Terumi Satake	4:24-9:10-13:33
Veronica Lai	4:35-9:39-14:24
Noelle Oguri	4:35-9:39-14:34
Ali Pincus	5:00
Marina Lomax	5:00

**7/19/07****BOYS**

<u>David Rios</u>	<u>3:10-6:22- 9:27</u>
Greg Braggin	3:10-6:22- 9:36
Jim Ngo	3:10-6:27- 9:40
Josh Lee	4:21-8:59-13:59

**GIRLS**

<u>Peiley Lau</u>	<u>3:32-7:22-11:07</u>
Julie Ray	4:21-8:49-12:49
Riana Parvez	4:21-8:49-12:53
Terumi Satake	4:21-8:49-12:58
Veronica Lai	4:18-8:57-13:21
Monica Villa	4:24-9:06-13:38
Noelle Oguri	4:24-9:11-14:08
Ali Pincus	4:39

**7/31/07****BOYS**

David Rios	3:09- 6:19- 9:23
Jim Ngo	3:09- 6:20- 9:23
Greg Braggin	3:09- 6:22- 9:34
<u>Matt Kriege</u>	<u>3:29- 7:15-10:49</u>
Jude Pinto	3:41- 7:26-11:02
David Cesar	3:41- 7:31-11:12
Josh Lee	5:13-10:50-15:39

**GIRLS**

Peiley Lau	3:30- 7:22-10:47
Julie Ray	4:22- 8:50-13:02
Riana Parvez	4:22- 8:50-13:03
<u>Terumi Satake</u>	<u>4:22- 8:50-13:03</u>
Mary Kriege	4:22- 9:12-13:58
Noelle Oguri	4:36-10:05
Veronica Lai	4:32
Katie Husmann	4:32

**8/7/07****BOYS**

David Rios	3:09-6:11- 9:07
Greg Braggin	3:09-6:18- 9:24
David Cesar	3:25-6:53-10:17
Jude Pinto	3:25-7:01-10:34
Jim Ngo	3:23-7:01-10:51

**GIRLS**

Peiley Lau	3:42-7:48-11:52
Veronica Lai	4:08-8:31-12:36
Riana Parvez	4:10-8:41-12:42
Terumi Satake	4:10-8:41-12:42
Mary Kriege	4:15-8:44-12:44

Matt Kriege	3:27-7:27-11:21
<u>Josh Lee</u>	<u>4:15-9:23-14:14</u>
Daniel Tejera	3:09-6:11
Pablo Tejera	3:09-6:11
Pramod Gadde	3:09-6:12
Dean Sobczak	4:35-9:28

**9/3/07****BOYS**

<u>David Rios</u>	<u>3:04-6:12- 9:08</u>
Jim Ngo	3:04-6:12- 9:08
Greg Braggin	3:04-6:15- 9:31
Daniel Tejera	3:08-6:30- 9:41
Oscar Sanchez	3:04-6:16- 9:52
Jude Pinto	3:16-6:54-10:30
Stephen Gyugyi	3:39-7:31-11:24
Khoa Ngueyn	4:10-8:15-12:04
Mark Eroles	3:46-8:16-12:28
Zach Gyugyi	4:20-8:46-13:12
Kevin Brown	4:10-8:42

**10/5/07****BOYS**

Oscar Sanchez	3:02-6:09- 9:10
Greg Braggin	3:02-6:09- 9:15
Daniel Tejera	3:08-6:30- 9:25
Leland Au	3:33-7:00-10:19
Wilson Balmores	3:33-7:13-10:45

**11/13/07****BOYS**

Jim Ngo	2:55-6:02-8:59
Daniel Tejera	2:51-5:58-9:02
Greg Braggin	3:04-6:12-9:17

**7/9/08****BOYS**

Jim Ngo	2:55-6:06- 9:12
David Rios	3:27-6:45- 9:50
David Cesar	3:11-6:36- 9:51 PR

**GIRLS**

<u>Peiley Lau</u>	<u>3:39-7:31-11:27</u>
Riana Parvez	4:35-9:11-13:12
Terumi Satake	4:35-9:11-13:12
Julie Ray	4:35-9:11-13:12
Lydia Tejera	4:25-9:46
Elena Ornelas	4:16
Christine Nguyen	4:29
Catherine Nguyen	4:35

**GIRLS**

Peiley Lau	3:32-7:02-10:26
Michelle Watts	4:01-8:21-12:27
Andrea Anderson	4:00-8:42-13:06

**GIRLS**

Peiley Lau	3:30-7:15-11:29
Julie Ray	3:46

**GIRLS**

Riana Parvez	3:58
Julie Ray	4:35

Leland Au	3:32-6:54-10:30
Chris Doan	3:17
Ralph Bourey	3:18
Daniel Huynh	3:32
Paul Tran	4:16

**7/31/08****BOYS**

Jim Ngo	3:07-6:13- 9:15
David Rios	3:07-8:20- 9:26
Mikey Nguyen	3:07-6:30-10:08
Jude Pinto	3:32-7:12-10:32
Shawn Ranck	3:18-6:56-10:37 PR
David Cesar	3:32-7:12-10:51
Stephen Gyugyi	3:39-7:35-11:20
Zachary Gyugyi	3:51-7:50-11:37 PR
Sid Nguyen	4:06-8:23-12:10
Josh Lee	4:06-8:22-12:13 PR
Mark Eroles	3:50-8:10-12:26 PR
Ralph Bourey	3:40-8:05-12:43
Miycoe Call	4:32-9:30

**GIRLS**

Riana Parvez	4:23-8:46-12:54
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**9/1/08****BOYS**

Jim Ngo	3:02-6:15- 9:19
Leland Au	3:04-6:17- 9:33 PR*
David Cesar	3:06-6:22- 9:42 PR
Kevin Brown	3:09-6:52-10:38
Daniel Huynh	3:17-7:06-10:57 PR
Zach Gyugyi	3:34-7:33-11:05 PR*
Michael Thai	3:15-7:14-11:05
Stephen Gyugyi	3:36-7:33-11:36
Kenyon Kubo	3:11-6:47
* Family	PR

**GIRLS**

Michelle Watts	3:48-7:50-11:56 PR
Riana Parvez	3:57-8:04-12:03 PR
Kira Prokopakis	3:57-8:24-12:43
Julie Ray	3:57-8:24-13:07
Marsha Aguas	3:57-8:35-13:20

**9/29/08****BOYS**

Shawn Ranck	9:39
Aaron South	10:07

**11/9/08**

**BOYS**

Mikey Nguyen 2:53-5:59-9:07

**GIRLS**

Michelle Watts 3:20-6:56-10:38

These were not all-out runs as Mikey and Michelle still had to run 2 x 1-lappers after this run.

**11/18/08****BOYS**

Mikey Nguyen 2:52-5:47- 8:36 PR  
 David Garza 2:59-6:32-10:10  
 Joseph Chong 3:35-7:25-11:14  
 Sid Nguyen 3:43-7:33-11:21 PR

**GIRLS**

Christine Nguyen 3:58-8:02-11:55  
 Tiffany Nguyen 3:58-8:04-12:01

Mikey broke his PR by 31 seconds, Sid broke his PR by 49 seconds. This is the first time that the others had run a 3-lapper.

**12/4/08****BOYS**

Mikey Nguyen 2:46.4-5:36.0-8:23.1

**7/30/09****BOYS**

Daniel Huynh 3:46-7:08-10:25 PR  
 David Garza 3:46-7:10-10:35  
 Nathan Sandford 3:54-7:43-11:01  
 Josh Lee 3:54-7:43-11:03 PR  
 Zach Gyugyi 3:55-7:55-11:43

**8/6/09****BOYS**

Daniel Huynh 3:23-6:45- 9:58 PR  
 David Garza 3:24-6:56-10:23  
 Jacob Burke 3:30-7:06-10:24  
 Josh Lee 3:45-7:36-11:08

**8/31/09****BOYS**

Daniel Huynh 3:05-6:15- 9:23 PR  
 Aaron Spanner 3:05-6:19- 9:23  
 Chris Doan 3:05-6:24- 9:38  
 Jacob Burke 3:05-6:22- 9:38 PR  
 Miycoe Call 3:05-6:19- 9:54  
 David Garza 3:07-6:37-10:00 PR  
 Jaime Sandoval 3:15-6:50-10:04 PR

**GIRLS**

Lalida Maokhamphiou 3:33-7:07-10:43  
 Tiffany Nguyen 4:12-8:21-12:08  
 Marsha Aguas 4:15-8:29-12:22 PR  
 Oyuky Villa 4:07-8:29-12:23  
 Christine Nguyen 4:15-8:29-12:38  
 Anita Chiang 4:18-8:39-12:46  
 Erica Miller 4:01-8:25-12:51

Nathan Sandford	3:22-6:54-10:07	PR	Kalin Estep	4:18-8:44-13:07
Josh Lee	3:20-6:51-10:12	PR	Jin Hee Kim	4:20-8:56-13:33
Steven Kawula	3:17-6:53-10:20			
Steve Ojeda	3:33-7:07-10:37			
Zach Gyugyi	3:17-7:07-10:47	PR		
Ryuichi Haguro	3:51-7:23-10:55			
Orvin Rojas	3:51-7:31-11:00			
Ross Pfeifer	3:20-7:33-11:15			
Paul Tran	3:38-7:28-11:19			
Nathaniel Matteson	3:50-7:44-11:32			
Alex Kasses	3:50-7:44-11:45			

David Rios	3:42-6:21-	9:23
Omar Khan	3:45-7:53-11:08	
Yushi Canastra	3:43-7:30-11:09	
Sid Nguyen	3:25-7:25-11:39	
Alex Yee	3:43-7:50-11:50	
Thomas Parish	4:10-8:25-11:58	
Kevin Diep	4:05-8:13-12:02	
Alex Esposito	4:15-8:13-12:03	
Lester Valentino	3:45-7:55-12:05	
Gordon Lau	4:10-8:25-12:36	
Allan Do	4:29-9:04-13:21	
Connor Hamm	4:29-9:04-13:21	

**7/9/10****BOYS**

Aaron Spanner	2:57-6:07-	9:10	PR
Jacob Burke	3:16-6:41-10:00		

**7/22/10****BOYS**

Justin Tucker	2:58-6:05-	9:07	
Aaron Spanner	2:55-6:07-	9:09	PR
Nathan Sandford	3:05-6:19-	9:26	PR
Jacob Burke	3:04-6:19-	9:27	PR

**8/3/10****BOYS**

Justin Tucker	2:57-3:04-	8:51	PR
Nathan Sandford	2:59-3:12-	9:09	PR
David Garza	2:57-3:04-	9:18	PR

**9/3/10**

**BOYS**

Justin Tucker 2:46-5:39- 8:25 PR \*\*  
 Aaron Spanner 2:47-5:40- 8:27 PR \*\*  
 Nathan Sandford 2:48-5:51- 8:48 PR \*\*  
 Jacob Burke 2:49-5:58- 8:50 PR \*\*  
 Hakeem O'Neal 2:49-6:08- 9:09 \*\*  
 Peter Isaid 2:49-6:10- 9:12 \*\*  
 Ross Pfeifer 2:58-6:24- 9:15 PR \*\*  
 David Garza 2:47-6:10- 9:21 \*\*\*\*  
 David Garza 2:49-6:13- 9:34 \*\*  
 Orvin Rojas 3:03-6:34- 9:41 PR \*\*  
 Mark Cesar 3:13-6:39- 9:53 \*\*  
 Andrew Cheng 3:17-6:54- 9:58 \*\*  
 Peter Tran 3:13-6:28- 9:58 \*\*\*  
 Zach Gyugy 3:13-6:37-10:08 PR \*\*\*  
 Omar Khan 3:13-6:46-10:08 \*\*\*\*  
 Jason Huang Ooi 3:07-6:42-10:11 \*\*  
 Miycoe Call 3:24-7:01-10:35 \*\*  
 Suraj Jagota 3:27-7:12-10:48 \*\*\*\*  
 Alex Kasses 3:31-7:12-10:51 PR \*\*\*\*  
 Brandon Perez 3:27-7:13-10:54 \*\*  
 Sam Shemwell 3:27-7:13-10:55 \*\* \* = Ran in 1st heat  
 Nathaniel Matteson 3:35-7:24-10:55 PR \*\*\*\* = Ran in 2nd heat  
 Sean Pfeifer 3:35-7:18-10:57 \*\*\*\* \*\*\* = Ran in 3rd heat  
 Gordon Lau 3:23-7:14-11:02 PR \*\*\*\* = Ran in 4th heat  
 Yevgeny Medale 3:34-7:32-11:11 \*\*\*\*\* \*\*\*\*\* = Ran in 5th heat  
 Glenard Sulicipan 3:46-7:48-11:18 \*\*  
 Lester Valentino 3:32-7:26-11:18 PR \*\*\*\*  
 Sid Nguyen 3:23-7:18-11:19 PR \*\*\*\*\*  
 Phong Nguyen 3:24-7:12-11:24 \*\*\*\*\*  
 Richard Goodman 3:34-7:31-11:27 \*\*\*\*\*  
 Christian Quach 3:40-7:40-11:27 \*\*\*\*\*  
 Alex Yee 3:45-7:52-11:33 \*\*\*\*  
 Turaab Rangwala 3:34-7:41-11:37 \*\*\*\*\*  
 Yuta Taguchi 3:46-7:52-11:42 \*\*\*\*  
 Lenus Chow 3:31-7:39-11:54 \*\*\*\*\*  
 Francisco Tovar 3:28-7:30-12:18 \*\*\*\*\*  
 Jason Tong 3:44-8:16-12:27 \*\*\*\*\*  
 Connor Hamm 3:45-8:16-12:32 PR \*\*\*\*\*  
 Kevin Pham 3:54-8:19-12:36 \*\*\*\*\*  
 Upkar Singh 3:46-8:19-13:09 \*\*\*\*  
 Shaun Ino 3:57-8:24-13:09 \*\*\*\*\*  
 Wesley Hsiao 3:53-8:36-13:18 \*\*\*\*\*  
 David Loya 4:11-9:04-14:02 \*\*\*\*\*  
 Sufyan Abassi 4:20-9:20-14:12 \*\*\*\*\*

**GIRLS**

Lalida Maokhamphou 3:41- 7:18-10:39 PR \*\*\*  
 Kinsie Prokopakis 3:41- 7:20-11:03 \*\*\*  
 Kayleigh Burke 3:48- 7:43-11:23 \*\*\*  
 Jordyn McCarley 3:47- 7:44-11:24 \*\*\*  
 Marisa Kwiatkowski 3:55- 7:47-11:26 \*\*\*  
 Jasmine Pham 3:48- 7:46-11:43 \*\*\*  
 Victoria Moorwood 3:55- 7:50-11:43 \*\*\*  
 Anita Chiang 3:58- 7:56-11:55 PR \*\*\*  
 Oyuky Villa 3:58- 8:02-11:59 PR \*\*\*  
 Ariana Gonzales 3:58- 8:02-12:07 \*\*\*  
 Tiffany Nguyen 4:17- 8:43-12:53 \*\*\*  
 Antarpreet Dhariwal 4:12- 8:47-13:01 \*\*\*  
 Jacey Nguyen 4:10- 8:47-13:01 \*\*\*  
 Hannah Nguyen 3:58- 8:35-13:34 \*\*\*  
 Amanda Keller 4:21- 9:13-14:03 \*\*\*  
 Laura Martinez 4:26- 9:45-15:17 \*\*\*  
 Havana Coleman 4:32-10:18-15:49 \*\*\*  
 Sylvia Oh 4:36-10:54-20:09 \*\*\*

**Alumni**

Chris Nguyen	3:09-6:41-10:04	****
Joseph Aubuchon	3:45-7:27-10:48	*
David Cesar	3:45-7:27-10:48	*
Jim Ngo	3:45-7:27-10:59	*
Stephen Gyugy	3:45-7:27-11:26	*
Matt Kriege	4:02-8:07-12:06	*
Becki Kriege	4:07-8:13-12:25	*
Wilson Balmores	4:07-9:08-15:28	*

**9/6/10****BOYS**

Jonathan Greenfield	10:45
Milton Tang	10:45
Carlos Rojo	10:48
Adam Jones	11:16
Paul Tran	11:59
Michael Nacinopa	13:10

**11/22/10****BOYS**

Chris Doan	3:06-6:17- 9:20	PR
David Garza	2:54-6:07- 9:25	
Suraj Jagota	3:06-6:38- 9:49.1	PR

**GIRLS**

Lalida Maokhamphou	3:19-6:41- 9:49	PR
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**9/2/11****Alumni Race (8).**

David Garza	2:51-6:17- 9:51	
Becki Kriege	3:11-6:31- 9:54	PR
Bob Pickens	3:09-6:31- 9:55	
Zach Gyugy	3:09-6:31-10:08	PR
Jude Pinto	3:09-6:42-10:20	PR
Jim Ngo	3:06-6:48-11:04	
Stephen Gyugy	3:18-7:34-11:50	
Wilson Balmores	4:15-9:51-15:38	

**Group #3 Race (14).**

Nathaniel Matteson	3:13- 6:42- 9:58	PR
Alex Kasses	3:30- 6:54-10:17	PR
Andre Castillo	3:38- 7:22-10:42	
Nathan Tran	3:24- 7:07-10:42	
Yuta Taguchi	3:38- 7:24-10:56	PR
Turaab Rangwala	3:38- 7:27-10:56	PR
Jonathan Greenfield	3:38- 7:27-11:00	
Christian Quach	3:38- 7:27-11:00	PR
Jared Lee	3:38- 7:22-11:02	
Tri Tran	3:38- 7:31-11:07	
Levi Santoyo	3:38- ? -11:10	
Glenard Sulicipan	3:38- 7:33-11:19	
David Loya	3:52- 8	
Wesley Hsiao	3:48- 8:03-12:10	PR

**Group #1 Race (16).**

Justin Tucker	2:51-5:43- 8:23	PR
Jesus Covarrubias	2:51-5:43- 8:26	
Aaron Spanner	2:51-5:43- 8:38	
Nathan Sandford	2:54-6:01- 8:57	
Ross Pfeifer	2:54-6:01- 9:01	PR
Suraj Jagota	2:59-6:07- 9:12	PR

**Group #4 Race (8).**

Ankur Patel	2:59-6:07- 9:13
Jordan Kassem	3:02-6:17- 9:25
Andrew Cheng	? -6:17- 9:26 PR
Chris Doan	2:59-6:13- 9:37
Mark Cesar	3:02-6:23- 9:38
Yonatan Ghebremicael	? -6:26- 9:40
Austin Kasses	3:17-6:30- 9:41
Orvin Rojas	3:17-6:30- 9:41 PR
Peter Tran	3:02-6:24- 9:43 PR
Jason Huang	? -6:30- 9:52 PR

Ryan Vosper	3:34- 7:24-11:00
Francisco Tovar	3:34- 7:42-11:40 PR
Richard Nguyen	3:51- 7:52-12:01
Alister Twombly	3:36- 7:52-12:01
Alex Chuyanab	4:06- 8:41-13:23
Henderson Wong	4:38- 9:36-14:06
Peter Scolero	4:25- 9:13-14:07
Hyeong Choi	4:25- 9:13-14:19

**Group #2 Race (16).**

Lalida Maokhamphiou	3:19- 6:41- 9:59
Kinsie Prokopakis	3:38- 7:24-10:57 PR *
Marisa Kwiatkowski	3:33- 7:27-11:04 PR
Ariana Gonzales	3:41- 7:39-11:27 PR
Johanna Harrison	3:47- 7:46-11:30
Kristin Oswald	3:47- 7:52-11:46
Kristina Bowman	3:47- 8:00-11:56
Jasmine Pham	3:47- 7:52-12:02
Brianne Gates	3:47- 7:52-12:05
Melanie Tieu	4:08- 8:36-12:54
Katie Starnes	13:55
Laura Martinez	4:33- 9:27-14:10 PR
Havana Coleman	4:33- 9:27-14:15 PR
Ashlee Velilla	4:45- 9:53-14:40
Bethany Springs	4:42- 9:58-14:53
Karina Moreira-Ruiz	4:45-10:11-15:54

\* Ran this course yesterday.

**11/17/11****BOYS**

Jesus Covarrubias	2:49-5:47-8:29
Suraj Jagota	2:59-6:13-9:18

**8/31/12****Alumni Race (3).**

David Garza	3:04-6:09- 9:12
David Rios	3:04-6:11- 9:12
Becki Kriege	3:30-7:08- 9:12

**Group #1 Race (16).**

Ross Pfeifer	2:50- ? - 8:48
Nathaniel Matteson	2:51- ? - 8:49

**Group #5 Race (14).**

Shannen Edwin	3:32- 7:22-10:58
Brian Nguyen	3:49- 7:31-11:00
Shaun Ino	3:49- 7:44-11:35 PR
Eduardo Fragosso	3:49- 8:08-12:24
Pranav Naragan	3:55- 8:23-12:34
Damian Deleal	4:00- 8:34-12:35
Kenny Ohata	4:08- 8:42-12:47
Edward Hyun	4:08- 8:48-12:50
Rachanon Wajanakunakorn	4:19- 8:47-12:50
Usama Khan	4:19- 8:48-12:54
David Lim	4:12- 8:49-13:11
Sufyan Abbasi	4:17- 8:58-13:13 PR
Reuben Ballantine	4:19- 8:52-13:20
Shiv Bogana	? - 8:49-13:31

**GIRLS**

Lalida Maokhamphiou	3:17-6:28-9:41 PR
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**Group #3 Race (25).**

Drew Pfeifer	3:12-6:34- 9:57
Sina Farahvashi	3:18-6:45-10:10
Orvin Rojas	3:12-6:35-10:14
Thomas Jensen	3:19-6:46-10:14
Brandon Perez	3:32-7:13-10:32
Arjun Ray	3:29-7:10-10:32
Richard Nguyen	3:32-7:14-10:39

Jordan Kassem	2:52- ? - 8:52
Ankur Patel	2:50- ? - 8:52
Nathan Sandford	2:50- ? - 8:58
Suraj Jagota	2:49- 5:55- 9:04
Andrew Cheng	2:53- ? - 9:05
Yonatan Ghebremicael	2:50- ? - 9:09
John Cannon	2:56- ? - 9:13
Mark Cesar	2:55- ? - 9:30
Miles Freeman	3:00- ? - 9:31
Jake Otonari	3:10- ? - 9:47
Austin Kasses	3:16- ? -10:03
Jason Huang Ooi	3:12- 6:36-10:04
Kinsie Prokopakis	3:18- 6:49-10:20
Glenard Sulicipan	3:20- 7:26-11:34

**Group #2 Race (21)**

Kayleigh Burke	3:38-7:32-11:16
Daniela Alvarado	3:43-7:36-11:23
Amy Matteson	3:46-7:42-11:26

Johanna Harrison	3:43-7:42-11:26
Jasmine Pham	3:43-7:49-11:58
Melanie Tieu	3:48-7:56-12:02
Kristin Oswald	8:21-12:12
Karina Goodwin	8:30-12:22
Antarpreet Dhariwal	8:28-12:31
Kristen Buchterkilchen	4:15-8:35-12:33
Alicia Yee	4:32-8:52-12:54
Estela Luna	4:26-9:02-13:27
Ayumi Gothberg	9:17-13:36
Akeia Neptune	9:21-13:50
Laura Martinez	9:23-14:02
Sarah Kim	14:07
Elizabeth Tran	9:23-14:11
Ashlee Velilla	14:16
Brittani Garrison	9:58-14:25
Felicia Hyde	9:42-14:46
Nancy Tran	9:42-14:47

**9/3/13****Group #1 Race (22)**

Jesus Covarrubias	2:36-5:22- 8:01.1
Zahid Anjum	2:56-5:55- 8:46
Yonatan Ghebremicael	2:49-5:55- 8:48
Andrew Cheng	2:55-5:56- 9:05

Alex Kassem	3:31-7:16-10:41
Ali Mohammed	3:30-7:09-10:43
Kevin Le	3:39-7:26-10:47
Andrew Lam	3:29-7:26-10:50
Shannen Edwin	3:28-7:13-11:00
Victor Pribyl	3:26-7:13-11:02
Jared Lee	3:32-7:23-11:09
Zahid Anjum	3:43-7:35-11:09
Eduardo Fragoso	3:40-7:31-11:14
Patrick Pham	3:41-7:31-11:16
Sean Pfeifer	3:45-7:33-11:17
Anthony Otonari	4:007:56-11:21
Kyle Phan	3:45-7:47-11:44
Phong Nguyen	4:12-8:21-12:18
Kenny Nguyen	4:07-8:28-13:01

Ishankumar Patel	4:08-8:47-13:04
Mitchell Mclintock	4:11-8:53-13:34
Brian T Nguyen	4:11-8:57-13:47

**Group #4 Race (14)**

Yevgeny Medalle	3:17-6:54-10:25
Jason Tong	3:21-7:09-10:43
Peter Scolaro	3:37-7:20-10:44
James Caudill	3:33-7:19-10:46
Kosuke Yamada	3:42-7:22-10:48
Hamzah Yusuf	3:42-7:25-10:51
Yuta Taguchi	3:36-7:22-10:54
Ryan Vosper	3:37-7:29-11:10
Edward Hyun	3:46-7:47-11:40
Sam Park	3:47-7:53-11:40
Francisco Gonzalez	3:47-7:58-11:55
Jonathan Montgomery	3:48-8:01-12:09
Luke Buchterkilchen	4:14-9:01-13:50
Sun Ho Yu	4:18-9:05-13:54

**Group #2 Race (11)**

Daniella Alvarado	3:31-7:04-10:34
Johanna Harrison	3:37-7:32-11:16
Brittani Garrison	3:44-7:38-11:22
Amy Matteson	3:37-7:36-11:33

Jordan Kassem	2:49-6:01- 9:23
Hamzah Yusuf	3:06-6:22- 9:32
Suraj Jagota	2:59-6:20- 9:34
Kyle Phan	3:06-6:18- 9:37
Jason Huang	3:05-6:27- 9:45
John Cannon	2:59-6:19- 9:50
Austin Kasses	3:07-6:33- 9:54
Drew Pfeifer	3:04-6:27- 9:54

Jake Otonari	3:20-6:46-10:08
Sina Farahvashi	3:20-6:47-10:15
Thomas Jensen	3:21-6:46-10:17
Shalin Shah	3:21-6:52-10:22
Miles Freeman	3:24-7:00-10:24
Shannen Edwin	3:06-6:42-10:32
Robel Tesfai	3:27-7:04-10:47
Anthony Otonari	3:35-7:31-11:21
Yuta Taguchi	3:36-7:34-11:31
Jared Lee	3:36-7:44-11:58

**Group #3 Race (5)**

John Yee	3:05-6:52-10:32
Kevin Kung	3:15-7:08-10:45
Arjun Ray	3:23-7:16-10:59
Victor Chien	3:28-7:29-11:42
Luke Buchterkilchen	4:00-8:27-12:56

**9/3/14****Boys Race (8)**

Zahid Anjum	2:51-5:47- 8:40
John Cannon	2:53-6:00- 9:08
Drew Pfeiffer	3:05-6:22- 9:39
Miles Freeman	3:05-6:23- 9:46
Kyle Phan	3:09-6:35-10:10
Inhyuk Cho	3:03-6:35-10:30
Robel Tesfai	3:13-6:53-10:43
Paul Sandford	3:23-7:14-11:06

**11/10/14**

Ashley Yount	3:44-7:38-11:33
Susie Warner	3:56-8:09-11:43
Paige Jones	3:45-7:38-12:04
Ashley Wong	3:43-8:08-12:51
Grace Chua	3:57-8:25-12:54
Valerie Vigil	3:58-8:24-12:56
Maddy Nguyen	3:58-8:39-14:02

**Alumni Race (10)**

Justin Tucker (class of 2013)	2:51-5:53- 8:59
Aaron Spanner (class of 2012)	2:51-6:04- 9:20
David Garza (class of 2011)	2:51-6:14-10:00
Becki Kriege (class of 1984)	3:20-6:45-10:12
Hole Nguyen (class of 2005)	3:11-7:02-10:58
Jude Pinto (class of 2009)	3:34-7:24-11:00
Stephen Gyugy (class of 2009)	3:28-7:35-11:38
Jim Ngo (class of 2009)	3:34-7:24-11:44
Bob Pickens (class of 1978)	3:54-7:49-11:44
Vivian Lai (class of 2005)	4:09-8:50-13:24

**Girls Race (12)**

Joy Dong	3:21-6:55-10:36
Brittani Garrison	3:32-7:29-11:12
Vaheeshta Mehrshahi	3:35-7:32-11:15
Susie Warner	3:36-7:41-11:16
Ashley Wong	3:32-7:29-11:18
Hayley Yount	3:45-7:46-11:34
Melanie Tieu	3:36-7:35-11:35
Seriah Alexander	3:45-7:44-11:48
Ashley Yount	3:54-8:27-12:53
Kyra Corcoran	4:12-8:37-13:00
Amy Matteson	4:08-8:49-13:30
Valerie Vigil	4:19-9:30-15:01

**Boys (3)**

Zahid Anjum	2:55-5:54-8:48
Brandon Holguin	2:55-6:00-9:06
John Cannon	2:56-6:05-9:21

**Girls (3)**

Seriah Alexander	3:25-7:08-10:49
Hayley Yount	3:26-7:11-10:53
Brittani Garrison	3:26-7:18-11:11