

2009 Dam Fast 5K % Improvement

*A negative percentage indicates a decrease in time since May and therefore an improvement. Negative is Good!

Division	Bib #	First Name	Last Name	City	5/6/2009	6/3/2009	May-June %	7/1/2009	May-July %	8/5/2009	May-Aug %	Dvision Place
walker	37	Inge	Farrar	Oroville	0:48:56	0:51:29	5.21%				-100.00%	
walker	38	James	Farrar	Oroville	0:48:52	0:47:23	-3.04%				-100.00%	
walker	139	Michaela	Farrar	Oroville	0:48:51	0:45:05	-7.71%				-100.00%	
walker	173	Marygail	Bender	Chico	0:51:28	0:50:50	-1.23%	0:50:28	-1.94%		-1.94%	2
walker	206	Hardeep	Singh	Oroville	0:48:47						-100.00%	
walker	291	Carmela	Porcella	Dayton	0:59:20	0:59:14	-0.17%				-100.00%	
walker	290	William	Inman	Carson Cit	0:59:21	0:48:31	-18.25%	0:40:34	-31.65%	0:34:45	-41.45%	1
walker	155	Patsy	Hunter	Oroville	0:48:50	0:51:30	5.46%			0:50:32	3.48%	3
walker	218	Nancy	Horton	Oroville		0:50:06				0:55:48	NQ	
beg U10	208	Colton	Scheer	Oroville	0:33:59	0:37:38	10.74%			0:34:02	0.15%	
beg 10-14	209	Jessika	Fatal	Oroville	0:37:29	0:36:37	-2.31%				-100.00%	
beg 10-14	210	Bailey	Kassel	Oroville	0:37:29	0:36:38	-2.27%				-100.00%	
beg 10-14	221	Amanda	Delaby	Oroville		0:32:52		0:40:20	22.72%		-100.00%	
beg	213	Gilbert	Mojica	Chico	0:28:55			0:30:26	5.24%		-100.00%	
beg	225	Ryan	Mitchell	Oroville		0:22:08					-100.00%	
beg	233	Josalyn	Hunter	Oroville		0:41:45					-100.00%	
beg	235	Sarah	Trenholme	Paradise				0:35:55			-100.00%	
beg	239	Piper	Walker	Paradise				0:40:51			-100.00%	
beg	240	Hunter	Medford	Oroville				0:44:37			-100.00%	
beg	244	Peter	Gibson	Oroville				0:27:26			-100.00%	
beg	294	Lena	Correa	Oroville	0:36:10	0:34:56	-3.41%	0:31:59	-11.57%		-11.57%	1
beg	296	Cherlene	Griffith	Durham	0:34:21	0:32:21	-5.82%				-100.00%	
beg	238	Matt	Delaby	Oroville				0:44:40		0:40:07	-10.19%	NQ
beg	220	Richard	Delaby	Oroville		0:30:29		0:50:12	64.68%	0:27:46	-8.91%	2
beg	241	Julie	Simon	Oroville				0:33:29		0:31:07	-7.07%	NQ
beg	215	Scott	Bowden	Live Oak	0:25:53	0:24:19	-6.05%	0:25:41	-0.77%	0:24:36	-4.96%	3
beg	298	Francisco	Barriga	Corning	0:25:01	0:23:58	-4.20%	0:24:21	-2.66%	0:24:03	-3.86%	4
beg	219	Lisa	Delaby	Oroville		0:34:25		0:38:02	10.51%	0:36:00	4.60%	5
beg	211	Debbie	Novell	Oroville	0:38:29	0:38:14	-0.65%	0:42:50	11.30%	0:40:48	6.02%	6
beg	234	Hayden	Kassel	Oroville		0:37:24				0:39:45	6.28%	NQ
beg	243	Brenden	Novell	Oroville								
int	35	Julie	Finn	Oroville	0:21:17						-100.00%	
int	140	Holly	Whittaker	Chico	0:28:48	0:29:18	1.74%	0:33:19	15.68%		-100.00%	
int	152	Mary	Finn	Oroville	0:21:16						-100.00%	
int	203	Tracie	Hannick	Chico	0:27:55	0:27:27	-1.67%	0:31:10	11.64%		-100.00%	
int	204	Lori	Cayo	Oroville	0:31:50	0:30:33	-4.03%				-100.00%	
int	212	Margaret	Bomberg	Chico	0:43:39						-100.00%	
int	230	Brent	Farris	Chico		0:21:07					-100.00%	
int	231	Michael	Farris	Chico		0:21:03					-100.00%	

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int	232	Brian	EGGE	Oroville		0:41:45					-100.00%	
int	236	Steven	Hoover	Chico				0:27:59			-100.00%	
int	237	Patrick	Hoover	Chico				0:25:47			-100.00%	
int	242	Susie	Fattal	Oroville				0:31:17			-100.00%	
int	245	David	Sieperda	Chico				0:23:25			-100.00%	
int	246	Jamie	Dahlberg	Chico				0:26:26			-100.00%	
int	247	David	Dahlberg	Chico				0:26:27			-100.00%	
int	299	Wendi	Engasser	Oroville	0:28:19						-100.00%	
int	68	Miles	Kirramont	Oroville	0:21:12	0:21:28	1.26%				-100.00%	
int	300	Laurie	Kee	Oroville	0:34:03	0:31:28	-7.59%	0:32:14	-5.34%	0:28:19	-16.84%	1
int	216	Steven	Trenholme	Paradise		0:28:12		0:26:42	-5.32%	0:25:43	-8.81%	2
int	248	Mike	McDonald	San Jose				0:29:53		0:27:21	-8.48%	NQ
int	222	Lori	Curtis	Gridley		0:33:04		0:34:35	4.59%	0:30:33	-7.61%	3
int	226	Brian	Hastings	Oroville		0:28:57				0:26:55	-7.02%	NQ
int	223	Louis	Moore	Paradise		0:23:00		0:22:34	-1.88%	0:21:47	-5.29%	4
int	293	Tyler	West	Paradise	0:24:29	0:23:14	-5.11%	0:22:39	-7.49%	0:23:23	-4.49%	5
int	207	Stephen	Scheer	Oroville	0:24:50	0:24:29	-1.41%	0:25:27	2.48%	0:23:47	-4.23%	6
int	214	Jennifer	Mojica	Chico	0:28:35			0:32:22	13.24%	0:28:45	0.58%	7
int	228	Andrea	McDonald	San Jose		0:26:54		0:28:37	6.38%	0:27:08	0.87%	8
int	297	Royce	Raker	Corning	0:22:36	0:23:31	4.06%			0:23:30	3.98%	9
int	58	Larry	Compton	Gridley	0:23:23	0:23:21	-0.14%	0:24:47	5.99%	0:24:30	4.78%	10
int	292	Hugh Alex	Campbell	Chico	0:22:25	0:22:02	-1.71%	0:22:39	1.04%	0:24:05	7.43%	11
adv	217	David	Van Order	Paradise		0:22:09		0:23:25	5.72%	0:23:06	4.29%	1
adv	224	Kyle	Fales	Durham		0:18:41		0:21:14	13.65%	0:20:43	10.88%	2
adv	227	Bob	Hastings	Oroville		0:28:58				0:26:56	-7.02%	NQ
adv	295	Gary	Lotspeich	Oroville	0:23:38						-100.00%	