

Dam Fast 5K-Lake Oroville

Percentage of Improvement

May - August 2010

Division	Name	City	Bib #	Starting Pace	Goal pace	5/6/2009	Pace	6/3/2009	Pace	May-June % improvement	7/1/2009	Pace	May-July %	8/5/2009	Pace	May-Aug %	Division Place
walker	Mary Rudolph	Oroville CA	279	50 min	40 min (J)	47:41	15:23/M			100.00%			1			1	
walker	Pam Hall	Paradise CA	121		1 hour			52:39	16:59/M	#DIV/0!			#DIV/0!			#DIV/0!	
walker	Kathi Wright	Paradise CA	122	1 hour				52:39	16:59/M	#DIV/0!			#DIV/0!			#DIV/0!	
walker										#DIV/0!			#DIV/0!			#DIV/0!	
walker										#DIV/0!			#DIV/0!			#DIV/0!	
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walker										#DIV/0!			#DIV/0!			#DIV/0!	
walker										#DIV/0!			#DIV/0!			#DIV/0!	
beg U10	Kassie Moore	Paradise CA	274	15 min/mi	12 min/mi	38:22*	12:23/M			#REF!			#REF!			#REF!	
beg 10-14	Bailey Kassel	Oroville CA	295	12 min/mi	? (10.5 min/mi)	37:47	12:11/M	38:56	12:34/M	-3.04%			#REF!			#REF!	
beg 10-14										#DIV/0!			#DIV/0!			#DIV/0!	
beg 10-14										#DIV/0!			#DIV/0!			#DIV/0!	
beg	Amanda Bell-Corona	Chico CA	249	30 min	25 min	26:55	8:41/M	25:02	8:05/M	7.00%			100.00%			100.00%	
beg	Bill Harrington	Chico CA	124		40 min			34:14	11:03/M								
beg	Greg Baron	Paradise CA	136	1st time?	36 min			46:07	14:53/M								
beg	Lena Correa	Oroville CA	134		38 min			41:44	13:28/M								
beg	Linda Scott	Live Oak CA	120	33 min	27 min			32:42	10:33/M								
beg	Brad Sena	Oroville CA	282	29 min	22 min	26:42	8:37/M			100.00%			100.00%			100.00%	
beg	Cameron Sena	Oroville CA	281	30 min	25 min	27:32	8:53/M			100.00%			100.00%			100.00%	
beg	David Van Order	Paradise CA	270		7:00	23:34	7:36/M			100.00%			100.00%			100.00%	
beg	Debbie Novell	Oroville CA	294	13 min/mi	? (11 min/mi)	39:32	12:45/M	39:42	12:48/M	-0.42%			100.00%			100.00%	
beg	Donald Rioux	Chico CA	265	40+ min	30 min	40:29	13:04/M			100.00%			100.00%			100.00%	
beg	Gerardo Muniz	Paradise CA	269		28:00:00	20:00		29:33	9:32/M	0.00%			100.00%			100.00%	
beg	Hayden Kassel	Oroville CA	293	12 min/mi	11 min/mi	32:48	10:35/M			100.00%			100.00%			100.00%	
beg	Jessika Fattal	Oroville CA	296	?	?	32:24	10:27/M			100.00%			100.00%			100.00%	
beg	Kellie Gross	Biggs CA	284	31 min	28 min	32:39	10:32/M			100.00%			100.00%			100.00%	
beg	Mary Kaye Haughey	Chico CA	266	45 min	better	47:12	15:14/M	46:48	15:06/M	0.85%			100.00%			100.00%	
beg	Pam Hospers	Chico CA	276	12.5/mi	10.5/mi	40:56	13:12/M	42:27	13:42/M	-3.71%			100.00%			100.00%	
beg	Marygail Bender	Chico CA	123	43 min	38 min			42:27	13:42/M								
beg	Sarah Garcia	Chico CA	300	30 min	25 min	26:55	8:41/M	25:01	8:04/M	7.06%			100.00%			100.00%	
beg	Stacey Tonick	Oroville CA	271	35 min	30 min	35:55	11:35/M	37:22	12:03/M	-4.04%			100.00%			100.00%	
beg	Susan Bertis	Oroville CA	290			29:26	9:30/M	28:59	9:21/M	1.53%			100.00%			100.00%	
beg	William Inman	Carson City NV	264	12:31	11:45	36:22	11:44/M	38:03	12:16/M	-4.63%			100.00%			100.00%	
int	Amy Crane	Chico CA	287	30 min	26 min	28:02	9:03/M	29:49	9:37/M	-6.36%			100.00%			100.00%	
int	Brett Crane	Chico CA	286	28 min	26 min	27:29	8:52/M	28:46	9:17/M	-4.67%			100.00%			100.00%	
int	Carrisa Gokay	Willows CA	298	27 min	22 min	24:37	7:56/M			100.00%			100.00%			100.00%	
int	Elisha Novell	Oroville CA	292	8 min/mi	? (7 min/mi)	23:11	7:29/M	23:18	7:31/M	-0.50%			100.00%			100.00%	
int	Eric Eckhart	Chico CA	278	8min/mi	24 min	23:29	7:35/M			100.00%			100.00%			100.00%	
int	Holly Whittaker	Chico CA	140	12 min/mi	11 min/mi	33:10	10:42/M	32:15	10:24/M	2.76%			100.00%			100.00%	
int	James Tonick	Oroville CA	272	30 min	26 min	32:08	10:22/M	30:05	9:42/M	6.38%			100.00%			100.00%	
int	Jarold Stokes	Oroville CA	275	23 min	under 20	21:39	6:59/M	21:59	7:05/M	-1.54%			100.00%			100.00%	
int	Julie Simon	Oroville CA	280	30 min	28 min	29:10	9:25/M	29:31	9:31/M	-1.20%			100.00%			100.00%	
int	Kirsten Gobel	Willows CA	299	21-22 min	under 20 :)	22:07	7:08/M	21:41	7:00/M	1.96%			100.00%			100.00%	
int	Laurie Kee	Oroville CA	283	28 min	27 min	28:55	9:20/M	28:14	9:06/M	2.36%			100.00%			100.00%	
int	Lori Curtis	Gridley CA	277	30 min	27 min	31:53	10:17/M	31:12	10:04/M	2.14%			100.00%			1	
int	Louis Moore	Paradise CA	273	7 min	6.5 min	21:19	6:53/M	20:27	6:36/M	4.07%			100.00%			100.00%	
int	Rhonda Ferland	Oroville CA	289	36 min	?	31:16	10:05/M			100.00%			100.00%			100.00%	

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int	Scott Bowden	Live Oak CA	291	8 min/mi	7 min/mi	24:38	7:57/M	23:20	7:32/M	5.28%			100.00%			100.00%
int	Stephen Scheer	Oroville CA	285	8:00	8:00 (?)	24:43	7:58/M	23:29	7:35/M	4.99%			100.00%			100.00%
int	Susie Fattal	Oroville CA	297	?	?	28:26	9:10/M			100.00%			100.00%			100.00%
int	Tracie Hannick	Chico CA	288	27-28-29	25 min	27:41	8:56/M	27:43	8:56/M	-0.12%			100.00%			100.00%
int	David Sieperda	Durham CA	135	8:00/mi	6:00/mi			25:14	8:08/M	#DIV/0!			#DIV/0!			#DIV/0!
int	Dino Correa	Oroville CA	126	10min/mi	8:45/mi			29:53	9:38/M	#DIV/0!			#DIV/0!			#DIV/0!
int	Jerry Scott	Live Oak CA	119	29 min	25 min			29:10	9:25/M	#DIV/0!			#DIV/0!			#DIV/0!
int	Tyler West	Chico CA	137	24min	19 min			21:21	6:53/M	#DIV/0!			#DIV/0!			#DIV/0!
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adv	Brian Egge	Oroville CA	267	19:00	18:00	18:52	6:05/M						#REF!			#REF!
adv	Gary Lotspeich	Oroville CA	268	23:00	22:00	23:19	7:31/M	23:41	7:38/M	-1.57%			100.00%			100.00%
adv										100.00%			100.00%			100.00%
adv										#DIV/0!			#DIV/0!			#DIV/0!