

Bob & Ron's 5K

Age Group Results

January 07, 2024

Results By Race Management Systems, Inc.

Men: [Top Finishers](#) [5- 9](#) [10-14](#) [15-19](#) [20-24](#) [25-29](#) [30-34](#) [35-39](#) [40-44](#) [45-49](#) [50-54](#) [55-59](#) [60-64](#) [65-69](#) [70-74](#) [75-79](#) [80-84](#) [85-98](#)

Women: [Top Finishers](#) [5- 9](#) [10-14](#) [15-19](#) [20-24](#) [25-29](#) [30-34](#) [35-39](#) [40-44](#) [45-49](#) [50-54](#) [55-59](#) [60-64](#) [65-69](#) [70-74](#) [75-79](#) [80-84](#)

5K

[Top](#)

Female Open Winners

Place	Name	City	Bib No	Age	Overall	Total Time	Pace
1	BONNY SUSKI	KAILUA HI	709	28	12	18:59.2	6:07/M
2	MISSY BARR		686	45	25	21:56.8	7:05/M
3	SELMA HOPSTOCK		408	30	26	21:58.1	7:05/M

[Top](#)

Female 5 to 9

Place	Name	City	Bib No	Age	Overall	Total Time	Pace
1	MARIANA ZEPEDA	HONOLULU HI	580	9	81	28:22.8	9:09/M
2	RACHEL DAILEY		720	8	158	1:01:24.9	19:49/M

[Top](#)

Female 10 to 14

Place	Name	City	Bib No	Age	Overall	Total Time	Pace
1	KAITLYN MARR		615	10	46	23:39.7	7:38/M
2	SARAH DAILEY		721	12	137	45:23.3	14:39/M
3	KELSEY TOM		627	11	141	47:53.0	15:27/M
4	LEILANI RATCHAWORAPONG	HONOLULU HI	572	10	145	49:08.8	15:51/M

[Top](#)

Female 15 to 19

Place	Name	City	Bib No	Age	Overall	Total Time	Pace
1	QUINN GILMAN		577	18	67	26:53.3	8:40/M
2	KEARA OKUTSU		619	15	94	30:21.2	9:48/M

3 HOPE ROSENBUSH 605 18 95 30:29.6 9:50/M

[Top](#)

Female 20 to 24

Place Name	City	Bib No	Age	Overall	Total Time	Pace
1 DOROTHY BOUDETT		620	24	59	25:49.1	8:20/M
2 LAURA MOOTE	BOISE ID	457	23	83	28:30.4	9:12/M
3 ANDIE JONES		424	24	91	29:38.5	9:34/M
4 KAMAKANAMAKAMAE PANKIWSKA	HALEIWA HI	613	23	111	33:29.6	10:48/M

[Top](#)

Female 25 to 29

Place Name	City	Bib No	Age	Overall	Total Time	Pace
1 SARAH FRANKLIN		586	27	30	22:12.8	7:10/M

[Top](#)

Female 30 to 34

Place Name	City	Bib No	Age	Overall	Total Time	Pace
1 JANET FINLAYSON	Ewa Beach HI	645	34	55	24:57.4	8:03/M
2 ANGELICA PERREIRA		642	30	104	32:51.5	10:36/M
3 MARISA KUGA		725	30	109	32:58.9	10:38/M
4 PATRICE MORITA		592	31	110	32:59.2	10:38/M
5 REBECCA KELCEY		703	34	119	35:29.9	11:27/M
6 LILY VAN		591	32	140	46:56.4	15:09/M

[Top](#)

Female 35 to 39

Place Name	City	Bib No	Age	Overall	Total Time	Pace
1 KATHERINE POMPEANI	HONOLULU HAWAII	646	35	41	23:14.6	7:30/M
2 SARAH FISHSTROM	HONOLULU HI	651	37	62	26:17.7	8:29/M
3 SHARON CHI	HONOLULU HI	630	35	75	27:23.2	8:50/M
4 LEANNE MIYASAKI		687	37	92	29:45.3	9:36/M
5 DANIELLE RAMOS	HONOLULU HI	698	35	135	44:18.0	14:17/M

[Top](#)

Female 40 to 44

Place Name	City	Bib No	Age	Overall	Total Time	Pace
1 TAMMY BAUTISTA	HONOLULU HI	676	44	54	24:55.3	8:02/M
2 BEX PORTER	KAILUA HI	593	40	69	26:55.7	8:41/M
3 ZOYA VORONOVICH		622	41	74	27:20.1	8:49/M
4 TRISHA CHING	HONOLULU HI	690	44	87	28:53.8	9:19/M
5 SARA HAACK	Honolulu HI	611	41	101	32:15.6	10:24/M

6	LINDSAY HUNTER		664	41	106	32:53.7	10:37/M
7	SHERRI MACKENZIE		617	40	113	33:56.7	10:57/M
8	JENNY SATTERBERG		652	44	129	39:16.7	12:40/M
9	SELINA TOM		626	43	142	48:12.1	15:33/M
10	CIARA KWOCK	HONOLULU HI	473	43	144	48:57.8	15:48/M

[Top](#)

Female 45 to 49

Place	Name	City	Bib No	Age	Overall	Total Time	Pace
1	BROOKE NASSER	KAPOLEI HI	668	45	37	23:04.0	7:26/M
2	CARRIE CAETON	HONOLULU HI	568	49	65	26:35.3	8:35/M
3	CAMMIE WRIGHT	HONOLULU HI	623	45	71	27:01.0	8:43/M
4	HOLLY PIPPIN		713	45	85	28:40.4	9:15/M
5	LANA YU-LI MCGARRY		636	48	96	30:42.7	9:54/M
6	JENNIFER DAVIS		705	49	107	32:55.2	10:37/M
7	TRACI MASAKI TESORO		621	45	124	36:34.0	11:48/M
8	MAJA TEOHAREVIC		564	47	128	39:16.4	12:40/M

[Top](#)

Female 50 to 54

Place	Name	City	Bib No	Age	Overall	Total Time	Pace
1	TONYA GREEN		400	54	116	34:26.4	11:07/M
2	AUDREY RAMOS		388	54	120	35:50.6	11:34/M
3	SUMMER TERUYA		602	53	123	36:18.3	11:43/M
4	VANESSA AGSALDA-ROSENBUSH		606	52	131	40:16.8	13:00/M
5	LYNDA SNIFFEN		604	54	133	42:55.6	13:51/M
6	MARIA RODRIGUEZ		609	52	154	56:19.5	18:10/M
7	NATHELIA DAVENPORT DAYES		395	54	157	1:00:41.8	19:35/M

[Top](#)

Female 55 to 59

Place	Name	City	Bib No	Age	Overall	Total Time	Pace
1	KELLI LYAU	HONOLULU HI	632	56	39	23:11.3	7:29/M
2	EMI AKUTSU	HONOLULU HI	695	56	68	26:53.6	8:41/M
3	JEANINE NAKAKURA	AIEA HI	684	59	72	27:05.1	8:44/M
4	LORRIE LUYTIES	SAN DIEGO CALIFORNIA	579	56	77	27:36.4	8:54/M
5	MICHELLE SEIDEL	HONOLULU HI	533	56	112	33:47.7	10:54/M
6	CECILIA BROWN	KAILUA HI	562	55	149	52:16.0	16:52/M

[Top](#)

Female 60 to 64

Place	Name	City	Bib No	Age	Overall	Total Time	Pace
-------	------	------	--------	-----	---------	------------	------

1	KEIKO SHINOZUKA	HONOLULU HI	672	62	88	28:58.5	9:21/M
2	JEANNIE WOKASCH		707	61	99	31:51.2	10:17/M
3	RHONDA BLACK	HONOLULU HI	656	63	103	32:44.6	10:34/M
4	KELLY J. MARTENS	AIEA HI	659	61	122	35:55.2	11:35/M
5	MIRIAM HA	HONOLULU HI	671	64	125	37:27.7	12:05/M
6	SANDRA CAPELLO	Mililani HI	595	64	126	37:53.9	12:14/M

[Top](#)

Female 65 to 69

Place	Name	City	Bib No	Age	Overall	Total Time	Pace
1	ANNIE MARSHALL	HONOLULU HI	581	68	93	29:53.2	9:38/M
2	KAREN NAKAGAWA	WAIPAHU HI	573	65	98	31:12.7	10:04/M
3	CONNIE COMISO	HONOLULU HI	655	67	117	35:00.5	11:18/M
4	BETH BLACKBURN	MILILANI HI	584	65	121	35:51.6	11:34/M
5	JUDY KRIER	CHUGIAK AK	722	67	132	41:36.9	13:25/M
6	JOAN CRISOSTOMO		600	69	150	53:12.1	17:10/M
7	CYNTHIA CHRISTENSEN	COLORADO SPRINGS CO	566	65	152	55:39.5	17:57/M

[Top](#)

Female 70 to 74

Place	Name	City	Bib No	Age	Overall	Total Time	Pace
1	GLADYS BENSON		719	72	159	1:01:26.1	19:49/M

[Top](#)

Female 75 to 79

Place	Name	City	Bib No	Age	Overall	Total Time	Pace
1	KAREN LOOMIS	MILILANI HI	610	75	138	45:41.7	14:44/M

[Top](#)

Female 80 to 84

Place	Name	City	Bib No	Age	Overall	Total Time	Pace
1	JOY SCHOENECKER	HONOLULU HI	677	84	143	48:56.4	15:47/M

[Top](#)

Male Open Winners

Place	Name	City	Bib No	Age	Overall	Total Time	Pace
1	MARIO ALUIZO		585	16	1	17:04.8	5:31/M
2	KEVIN ENRIQUES	HONOLULU HI	667	35	2	17:10.7	5:32/M
3	JOSHUA SAPPINGTON	HONOLULU HI	517	28	3	17:11.8	5:33/M

[Top](#)

Male 5 to 9

Place Name	City	Bib No	Age	Overall	Total Time	Pace
1 ANTHONY M. LAGLIA		634	8	114	34:07.2	11:00/M
2 CONNOR TOM		628	9	134	43:59.3	14:11/M

[Top](#)

Male 10 to 14

Place Name	City	Bib No	Age	Overall	Total Time	Pace
1 MAIKA ELDREDGE	KAILUA HI	570	14	33	22:40.6	7:19/M
2 KOEN SEIDEL	HONOLULU HI	532	12	35	22:59.1	7:25/M
3 PARKER MARR		616	12	40	23:12.2	7:29/M
4 LUKE HAYES		661	13	57	25:36.7	8:16/M
5 KEKOA RATCHAWORAPONG	HONOLULU HI	679	14	146	49:54.4	16:06/M

[Top](#)

Men 15 to 19

Place Name	City	Bib No	Age	Overall	Total Time	Pace
1 OWEN HAYES		662	17	6	17:25.4	5:37/M
2 NICO CHO		648	15	22	21:22.9	6:54/M
3 JOSS OKUTSU		618	18	36	23:02.4	7:26/M
4 DANIEL LIND		420	15	51	24:27.1	7:53/M

[Top](#)

Men 20 to 24

Place Name	City	Bib No	Age	Overall	Total Time	Pace
1 SEAN LINDELL		711	22	20	20:48.8	6:43/M
2 JAMES LINDELL		712	21	24	21:45.3	7:01/M
3 KEANI WENGER		647	21	82	28:27.7	9:11/M
4 TYLER MOOTE		435	23	102	32:25.7	10:28/M

[Top](#)

Men 25 to 29

Place Name	City	Bib No	Age	Overall	Total Time	Pace
1 ANDREW FEESER		433	26	31	22:21.0	7:13/M
2 RAUL LEDEZMA		480	26	52	24:43.5	7:59/M
3 KASTEN BROWN		596	28	84	28:32.1	9:12/M

[Top](#)

Men 30 to 34

Place Name	City	Bib No	Age	Overall	Total Time	Pace
1 SEAN EDELMAN		717	33	4	17:13.0	5:33/M
2 IAN WONG	HONOLULU HI	658	30	9	18:41.8	6:02/M
3 BRANDON BRITT	HONOLULU HI	563	32	10	18:42.9	6:02/M

4	ANDY WINEMILLER		431	30	16	20:23.7	6:35/M
5	SEAN HEALY	MARTINEZ CA	589	34	17	20:27.4	6:36/M
6	KAI CLARK	WAIPAHU HI	696	30	27	22:05.4	7:08/M
7	ISIDRO RAMOS	HONOLULU HI	666	32	44	23:28.0	7:34/M
8	JAMES ZAKEN	HONOLULU HI	571	31	49	23:53.9	7:43/M
9	BRICE MCCONNELL		561	30	64	26:32.0	8:34/M
10	JONATHAN WHITLATCH	MILILANI HI	625	33	90	29:05.0	9:23/M
11	WADE SMITH		724	31	100	31:57.3	10:18/M
12	KEIJI SUZUKI	HONOLULU HI	673	31	156	56:54.5	18:21/M

[Top](#)

Men 35 to 39

Place	Name	City	Bib No	Age	Overall	Total Time	Pace
1	MICHAEL CACAL	Honolulu HI	715	37	5	17:18.3	5:35/M
2	TODD ROBBINS		716	37	8	18:34.0	5:59/M
3	TONY MONTANA	CAMAS WA	411	35	14	19:01.4	6:08/M
4	CHRISTOPHER SALAS	HONOLULU HI	633	36	15	19:03.8	6:09/M
5	YUSUKE KOBAYASHI		654	35	23	21:23.8	6:54/M
6	KEVIN KNIGHT	MILILANI HI	597	38	56	25:19.0	8:10/M
7	JESSE GUNNELS	HONOLULU HI	653	39	60	25:59.1	8:23/M
8	ARIES CARINO		714	36	79	27:47.6	8:58/M
9	COLIN HUSTED		663	35	105	32:53.2	10:37/M

[Top](#)

Men 40 to 44

Place	Name	City	Bib No	Age	Overall	Total Time	Pace
1	ANDREW VOGEL	HONOLULU HI	718	40	7	17:53.5	5:46/M
2	MATT WITKO	KAILUA HI	594	42	11	18:53.1	6:06/M
3	DAVID PANTHER	HONOLULU HI	689	43	18	20:30.8	6:37/M
4	CHRIS MARVIN		407	44	48	23:51.3	7:42/M
5	TERRY SHIN	HONOLULU HI	688	41	53	24:45.0	7:59/M
6	BRADLEE SAKO		660	40	108	32:57.5	10:38/M
7	ANTHONY LAGLIA	KAILUA HI	635	42	115	34:07.8	11:01/M
8	PENG ONGART RATCHAWORAPONG	HONOLULU HI	680	44	147	50:01.9	16:08/M

[Top](#)

Men 45 to 49

Place	Name	City	Bib No	Age	Overall	Total Time	Pace
1	GEOFFREY RINEHART		723	48	21	20:55.2	6:45/M
2	PETER SIGOUIN	HONOLULU HI	669	45	29	22:11.5	7:10/M
3	JESSE TOM		629	45	42	23:20.5	7:32/M

4	CHRISTOPHER KWOCK	HONOLULU HI	565	47	80	28:02.1	9:03/M
5	TOM O'MALLEY	HONOLULU HI	640	48	136	44:25.8	14:20/M

[Top](#)

Men 50 to 54

Place	Name	City	Bib No	Age	Overall	Total Time	Pace
1	PETER-MICHAEL SEIDEL	HONOLULU HI	545	50	32	22:27.7	7:15/M
2	MICHAEL CHO		649	52	66	26:51.9	8:40/M
3	MAIJU KUTTY	KANEOHE HI	682	51	89	28:59.0	9:21/M
4	JAMES FALLS		643	51	97	31:00.9	10:00/M
5	KOLLIN HOLMGREN		527	53	148	52:16.0	16:52/M

[Top](#)

Men 55 to 59

Place	Name	City	Bib No	Age	Overall	Total Time	Pace
1	JONATHAN LYAU	HONOLULU HI	631	59	13	18:59.7	6:08/M
2	STAN ROTH	HONOLULU HI	506	59	28	22:09.0	7:09/M
3	ERIC GILMAN	HONOLULU HAWAII	578	55	38	23:10.5	7:29/M
4	ANTHONY SILVA	HONOLULU HI	524	56	47	23:46.9	7:40/M
5	JOSEPH RODRIGUEZ		608	55	155	56:20.1	18:10/M

[Top](#)

Men 60 to 64

Place	Name	City	Bib No	Age	Overall	Total Time	Pace
1	KEN LINDELL		710	61	19	20:35.4	6:39/M
2	CRAIG KNOHL	HALEIWA HI	685	64	34	22:42.1	7:19/M
3	JOHNNY LANDEZA	Aiea HI	650	60	43	23:27.3	7:34/M
4	TED LEON	HONOLULU HI	601	61	58	25:44.4	8:18/M
5	BRIAN OYA	Honolulu HI	657	63	78	27:43.5	8:57/M
6	TOM VANAIRSDALE	EWA BEACH HI	670	63	151	54:57.9	17:44/M

[Top](#)

Men 65 to 69

Place	Name	City	Bib No	Age	Overall	Total Time	Pace
1	ROD HUDDLESTON	HONOLULU HI	706	65	45	23:39.0	7:38/M
2	DOUG TONOKAWA	KAILUA HAWAII	603	65	61	26:10.8	8:27/M
3	COSWIN SAITO	HONOLULU HI	500	66	70	26:57.9	8:42/M
4	JOE LATURNAU	HONOLULU HI	674	67	73	27:16.0	8:48/M
5	MARK SHORTER	HONOLULU HI	569	67	86	28:53.1	9:19/M
6	LOU CHRISTENSEN	KAPOLEI HI	567	67	153	55:39.6	17:57/M

[Top](#)

Men 70 to 74

Place	Name	City	Bib No	Age	Overall	Total Time	Pace
1	JOHN WAT	HONOLULU HI	708	71	50	24:05.0	7:46/M
2	MICHAEL GEORGI	HONOLULU HI	702	71	76	27:31.2	8:53/M

[Top](#)

Men 75 to 79

Place	Name	City	Bib No	Age	Overall	Total Time	Pace
1	RONALD PATE		574	77	63	26:31.1	8:33/M
2	ARTHUR FUJII	HONOLULU HI	590	75	130	39:35.7	12:46/M

[Top](#)

Men 80 to 84

Place	Name	City	Bib No	Age	Overall	Total Time	Pace
1	HARRY RICHARDSON	INCLINE VILLAGE NV	599	82	118	35:28.7	11:27/M
2	KENNETH TAYLOR		614	81	139	45:42.6	14:45/M

[Top](#)

Male 85 and over

Place	Name	City	Bib No	Age	Overall	Total Time	Pace
1	WILLIAM H CUNNINGHAM	Kaneohe HI	583	90	127	38:06.8	12:18/M
2	JOHN SIMMONDS		704	88	160	1:20:25.7	25:57/M
