

The Lavaman Sunset 5K presented by Bikeworks Beach & Sports

March 29, 2019 - Waikoloa, Hawaii

Official Results by: [JTL Timing Systems](#)

Overall Results - 5K

Plc	Name	Division	Residence	Time	Pace
1	Kyler Castro #161	15 - 19	Bettendorf, IA	:19:06	06:09
2	Ben Blackburn #534	30 - 39	Waikoloa, HI	:19:41	06:20
3	Todd Marohnic #528	50 - 59	Volcano, HI	:20:12	06:30
4	Daniel Folmar #183	40 - 49	Anchorage, AL	:20:17	06:32
5	Daniel Hartong #197	30 - 39	Hilo, HI	:20:28	06:36
6	Kevin Olsen #71	20 - 29	Hilo, HI	:20:48	06:42
7	Samuel Sachs #169	15 - 19	Tacoma, WA	:21:07	06:48
8	Christopher Walker #147	40 - 49	Anchorage, AK	:21:30	06:56
9	Tim Heaton #529	40 - 49	Kailua Kona, HI	:21:46	07:01
10	Olivia Hopkins #51	15 - 19	F Victoria, BC	:21:49	07:02
11	Alex Barlee #148	11 - 14	F Victoria, BC	:21:55	07:04
12	Steve Ouwinga #162	40 - 49	Gladstone, MI	:22:04	07:07
13	Arturo Oti #199	50 - 59	Reno, NV	:22:33	07:16
14	Mazzy Jackson #191	15 - 19	F Anchorage, AK	:22:38	07:18
15	Todd Jackson #192	40 - 49	Anchorage, AK	:22:38	07:18
16	Sean Neumann #99	15 - 19	San Ramon, CA	:22:40	07:18
17	Vicky Oxentenکو #19	30 - 39	F Eagle River, AK	:22:46	07:20
18	Luke Hobner #174	15 - 19	Qualicom Beach, BC	:22:59	07:24

19	Tim Robinson #159	50 - 59	Holualoa, HI	:23:07	07:27
20	Kimo Bandmann #93	11 - 14	Pahoa, HI	:23:12	07:29
21	Chris Poerstel #6	30 - 39	Kailua Kona, HI	:23:35	07:36
22	Bruce Allen #182	50 - 59	Big Sur, CA	:23:43	07:39
23	Masa Sato #35	40 - 49	Setagaya-Ku, 13	:23:47	07:40
24	Erin Gallagher #185	30 - 39	F East Orleans, MA	:23:52	07:41
25	Bruce Davison #531	70 - 79	Anchorage, AK	:23:57	07:43
26	Madison Wiltse #532	20 - 29	F Sisters, OR	:24:12	07:48
27	Quinn Rasmussen #533	20 - 29	Bend, OR	:24:17	07:50
28	Wynter Radey-Morgan #78	11 - 14	F Skagway, AK	:24:27	07:53
29	Tiffany Ravaglia #61	11 - 14	F Kamuela, HI	:24:28	07:53
30	Richele Frank #149	40 - 49	F Victoria, BC	:24:45	07:59
31	Jr Radzicki #138	40 - 49	Kailua Kona, HI	:24:48	08:00
32	Daniel Willman #33	40 - 49	Anchorage, AK	:24:52	08:01
33	Sarah Sachs #168	20 - 29	F Boston, MA	:25:02	08:04
34	Kendra Ignacio #101	40 - 49	F Honokaa, HI	:25:02	08:04
35	Cary Black #55	50 - 59	Navarre, FL	:25:13	08:08
36	Max Mccloskey #69	11 - 14	Kailua Kona, HI	:25:54	08:21
37	Kevin Hause #11	40 - 49	Honolulu, HI	:26:03	08:24
38	Lexi Cook #24	15 - 19	F Los Banos, CA	:26:18	08:29
39	Megan Mclaughlin #77	11 - 14	F Anchorage, AK	:26:33	08:33
40	Rick Gammie #200	50 - 59	Campbell River, BC	:26:44	08:37
41	Mike Donoho #92	40 - 49	Kamuela, HI	:26:55	08:40
42	Greg Eisler #181	40 - 49	Calgary, AB	:27:08	08:45
43	Greg Kutzbach #137	30 - 39	Seal Beach, CA	:27:14	08:47
44	Kirk Brewer #64	40 - 49	Holualoa, HI	:27:16	08:47
45	Zachary Ricketts #184	30 - 39	Anchorage, AK	:27:20	08:49
46	Kirsten Kempe #176	50 - 59	F Mountain View, CA	:27:33	08:53
47	Kyle Ignacio #100	11 - 14	Honokaa, HI	:27:57	09:00

48 Donald Allan #164	40 - 49	Anchorage, AK	:28:09	09:04
49 Mike Mccloskey #67	40 - 49	Kailua Kona, HI	:28:29	09:11
50 Elisabeth Darling #535	30 - 39	F Ypsilanti, MI	:28:29	09:11
51 Taylor Darling #536	30 - 39	Ypsilanti, MI	:28:29	09:11
52 Keola Bandmann #94	40 - 49	Pahoa, HI	:28:36	09:13
53 Gladys Eggers #58	15 - 19	F Cheyenne, WY	:28:37	09:13
54 Desmond Acol #108	40 - 49	Kailua Kona, HI	:28:42	09:15
55 Donna Jones #187	60 - 69	F Kailua Kona, HI	:28:58	09:20
56 Tracie Brewer #63	40 - 49	F Holualoa, HI	:29:03	09:22
57 Nathan Sachs #167	15 - 19	Tacoma, WA	:29:04	09:22
58 Brian Buddell #109	50 - 59	Clayton, CA	:29:33	09:31
59 Doug Bullis04 #116	50 - 59	Cochranefina, AB	:30:10	09:43
60 Maryann Holloway #104	50 - 59	F Waikoloa, HI	:30:41	09:53
61 Kevin Gill #146	30 - 39	Soldotna, AK	:30:50	09:56
62 Toby Wiltse #82	50 - 59	Sisters, OR	:30:55	09:58
63 Wendy Seguine #39	30 - 39	F Whitefish, MT	:31:11	10:03
64 John Poetzel #188	50 - 59	Ocean View, HI	:31:32	10:10
65 Luke Cochlin #157	11 - 14	Vancouver, BC	:31:34	10:10
66 Natalie Wipp #42	11 - 14	F Waikoloa, HI	:31:36	10:11
67 Carmen Spencer #141	15 - 19	F Victoria, BC	:31:49	10:15
68 Graham Spencer #140	50 - 59	Victoria, BC	:31:49	10:15
69 Jill Waldron #134	50 - 59	F Bend, OR	:31:58	10:18
70 Walter Eggers #59	40 - 49	Cheyenne, WY	:32:00	10:19
71 Heather Heide #143	30 - 39	F Seattle, WA	:32:04	10:20
72 Jon Kunitake #1	70 - 79	Holualoa, HI	:32:14	10:23
73 Meg Sibley #20	40 - 49	F Kamuela, HI	:32:15	10:24
74 Marina Dreszach #156	50 - 59	F Vancouver, BC	:32:18	10:25
75 Rick Waldron #133	50 - 59	Bend, OR	:32:19	10:25
76 Gunnar Barlee #165	11 - 14	Victoria, BC	:32:20	10:25

77	Matt Barlee #166	40 - 49	Victoria, BC	:32:23	10:26
78	Peyton Sperling #117	07 - 10	F Santa Barbara, CA	:32:32	10:29
79	Brian Sperling #120	40 - 49	Santa Barbara, CA	:32:34	10:30
80	Lindsay Boyd #87	30 - 39	F Seattle, WA	:32:38	10:31
81	Samantha Tacinelli #43	11 - 14	F Avon, CT	:33:05	10:40
82	Rosetta Pring #75	11 - 14	F Skagway, AK	:33:06	10:40
83	Jennifer Hubner #173	50 - 59	F Qualicum Beach, BC	:33:20	10:45
84	Ryrik Hubner #175	60 - 69	Qualicum Beach, BC	:33:21	10:45
85	Sawyer Laux #122	07 - 10	Kailua Kona, HI	:33:25	10:46
86	Barbara Anderson #52	60 - 69	F Kailua Kona, HI	:33:29	10:48
87	Eric Mumau #127	40 - 49	Kamuela, HI	:33:30	10:48
88	Holly Black #54	40 - 49	F Navarre, FL	:33:34	10:49
89	Kent Sato #34	11 - 14	Setagaya-Ku, 13	:33:39	10:51
90	Ronda Wiltse #83	50 - 59	F Sisters, OR	:33:54	10:56
91	Jo Oxentenko #18	40 - 49	F Eagle River, AK	:34:08	11:00
92	Alex Mccloskey #68	07 - 10	Kailua Kona, HI	:34:12	11:01
93	Alexis Stubbs #150	20 - 29	F Holualoa, HI	:34:12	11:01
94	Susan Passerotti #47	40 - 49	F Erie, PA	:34:13	11:02
95	Jessa Sperling #118	11 - 14	F Santa Barbara, CA	:34:15	11:02
96	Lesley Sperling #119	40 - 49	F Santa Barbara, CA	:34:23	11:05
97	Joshua Stuart #186	15 - 19	Kamuela, HI	:34:26	11:06
98	Julie Tacinelli #44	40 - 49	F Avon, CT	:34:28	11:07
99	Joanna Lusk #178	50 - 59	F Anchorage, AK	:34:30	11:07
100	Callum Robertson #171	15 - 19	Victoria, BR	:34:36	11:09
101	Patricia Wick #3	60 - 69	F Roseville, CA	:34:36	11:09
102	Blair Robertson #170	50 - 59	Victoria, BR	:34:38	11:10
103	Frederick Dickson #89	40 - 49	Kamuela, HI	:34:53	11:15
104	Alexandra Waldron #132	20 - 29	F Bend, OR	:35:16	11:22
105	Matt Smith #194	40 - 49	Kelowna, BC	:35:18	11:23

106	Victoria Hillwig #26	30 - 39	F Anchorage, AK	:35:19	11:23
107	Kathy Saugstad #128	60 - 69	F Kailua Kona, HI	:35:20	11:23
108	Susan Jacobson #25	50 - 59	F Waikoloa, HI	:35:25	11:25
109	Sylvester Onosco #190	50 - 59	Kailua Kona, HI	:35:43	11:31
110	Jim Kerver #28	70 - 79	Captain Cook, HI	:35:48	11:32
111	Kristina Sawaya #198	40 - 49	F Kailua Kona	:36:02	11:37
112	Meg Wilkerson #5	30 - 39	F Waikoloa, HI	:36:11	11:40
113	Aizen Saladino #527	1 - 6	Waikoloa, HI	:36:26	11:45
114	Merrin Dickson #88	20 - 29	F Kamuela, HI	:36:38	11:49
115	Abby McDonald #196	15 - 19	F Kelowna, BC	:36:38	11:49
116	Diane Logan #123	40 - 49	F Kailua Kona, HI	:36:59	11:55
117	Jeffrey Hitt #76	50 - 59	F Skagway, AK	:37:19	12:02
118	Michelle Dobler #105	50 - 59	F Calgary, AB	:37:31	12:06
119	Katie Wick #2	20 - 29	F Roseville, CA	:37:36	12:07
120	Mary Posey #172	50 - 59	F Mountain View, CA	:37:46	12:10
121	Dara Wipp #41	40 - 49	F Waikoloa, HI	:37:48	12:11
122	Nels Johnson #124	70 - 79	Kailua Kona, HI	:37:48	12:11
123	Serena Sweet #7	30 - 39	F Eagle River, AK	:38:24	12:23
124	Janet Huff #180	50 - 59	F Eagle River, AK	:38:36	12:27
125	Tracy Tedesco #107	50 - 59	F Gig Harbor, WA	:38:39	12:28
126	Jonah Kasameyer #45	1 - 6	Waikoloa, HI	:38:40	12:28
127	Alan Kasameyer #46	40 - 49	Waikoloa, HI	:38:40	12:28
128	Susan Doole #49	50 - 59	F San Diego, CA	:38:43	12:29
129	Maggie Allely #56	40 - 49	F Cheyenne, WY	:39:04	12:36
130	Makoto Inoue #139	50 - 59	Kailua Kona, HI	:39:27	12:43
131	Melissa Manley #195	40 - 49	F Kelowna, BC	:39:49	12:50
132	Andrew Tedesco #106	60 - 69	Gig Harbor, WA	:39:50	12:50
133	Robert Gibbens #160	50 - 59	Kula, HI	:40:01	12:54
134	Kendra Johnson #60	30 - 39	F Kealahou, HI	:40:19	13:00

135 Terry Huff #179	60 - 69	Eagle River, AK	:40:23	13:01
136 Parker Smithson #537	11 - 14	Waikoloa, HI	:40:29	13:03
137 John Smithson #538	50 - 59	Waikoloa, HI	:40:31	13:04
138 Erica Waldron #131	15 - 19	F Bend, OR	:40:38	13:06
139 Chris Hause #12	40 - 49	F Honolulu, HI	:41:14	13:18
140 Crystal Davis #86	30 - 39	F Anchorage, AK	:41:16	13:18
141 Ramona Estrada #85	40 - 49	F Kealahou, HI	:41:20	13:20
142 Don Eovino #136	70 - 79	Honolulu, HI	:41:34	13:24
143 Martha Bili #530	40 - 49	F Waikoloa, HI	:42:11	13:36
144 Noelle Quijano #145	40 - 49	F Kamuela, HI	:42:26	13:41
145 Spencer Laux #121	07 - 10	Kailua Kona, HI	:42:48	13:48
146 Zaylen Miyasaki #524	07 - 10	F Honokaa, HI	:43:05	13:53
147 David Alioto #66	60 - 69	Waikoloa, HI	:43:40	14:05
148 Renate Weinhold #50	70 - 79	F Waikoloa, HI	:44:02	14:12
149 Michelle Gautier #62	40 - 49	F Waikoloa, HI	:44:23	14:19
150 April Johnson #158	40 - 49	F Holualoa, HI	:44:40	14:24
151 Eldridge Naboa #21	40 - 49	Naalehu, HI	:44:48	14:27
152 Mark Takizawa #98	50 - 59	Hillsboro, OR	:44:55	14:29
153 Tracy Johnson #73	40 - 49	F Conroe, TX	:45:30	14:40
154 Linda Saelee #8	30 - 39	F Memphis, TN	:46:04	14:51
155 Pamela Schuur #129	50 - 59	F Waikoloa, HI	:47:30	15:19
156 Jillian Tierney #130	20 - 29	F Fullerton, CA	:47:47	15:24
157 Maiki Cofer #189	40 - 49	F Ocean View, HI	:47:55	15:27
158 Aimee Donoho #90	50 - 59	F Kamuela, HI	:48:16	15:34
159 Matthew Takizawa #95	07 - 10	Hillsboro, OR	:49:01	15:48
160 Alexis Takizawa #96	07 - 10	F Hillsboro, OR	:49:03	15:49
161 Shannon Takizawa #97	40 - 49	F Hillsboro, OR	:49:14	15:52
162 Tricia Radey #79	40 - 49	F Skagway, AK	:49:30	15:58
163 Thao Tran #155	40 - 49	F Dublin, CA	:49:46	16:03

164	Tien Tran #154	40 - 49	Dublin, CA	:49:46	16:03
165	Mary Saarloos #27	70 - 79	F Delta Junction, AK	:50:12	16:11
166	Melissa Swinson #30	40 - 49	F Keauhou, HI	:50:41	16:20
167	Todd Swinson #29	40 - 49	Keauhou, HI	:50:42	16:21
168	Hien Nguyen #153	40 - 49	F Dublin, CA	:51:44	16:41
169	Michele Tanaka #193	40 - 49	F Kamuela, HI	:52:09	16:49
170	Cheryl Suda #135	60 - 69	F Honolulu, HI	:52:19	16:52
171	Brooke Warn #111	20 - 29	F Waikoloa, HI	:53:21	17:12
172	Lisa Mezger #115	50 - 59	F Waikoloa, HI	:53:22	17:12
173	Mishele Broad #114	40 - 49	F Waikoloa, HI	:53:24	17:13
174	Linda Gross #113	70 - 79	F Waikoloa, HI	:53:25	17:13
175	Savannah Hammer #112	20 - 29	F Waikoloa, HI	:53:26	17:14
176	Debby Culbertson #65	60 - 69	F Waikoloa, HI	:54:05	17:26
177	Deborah Jensen #540	60 - 69	F Danville, CA	:54:06	17:27
178	Eric Jensen #539	60 - 69	Danville, CA	:54:06	17:27
179	Debbie Young #23	50 - 59	F Los Banos, CA	:55:05	17:46
180	Rachael Jorge #22	30 - 39	F Los Banos, CA	:55:06	17:46
181	Patricia Natoli #81	50 - 59	F Arlington, VA	:55:16	17:49
182	David Natoli #80	50 - 59	Arlington, VA	:55:16	17:49
183	Reagan Chan #152	40 - 49	Dublin, CA	:57:13	18:27
184	Kimberly Sauer #10	30 - 39	F Brighton, CO	:57:32	18:33
185	Amy Christopher #40	50 - 59	F Anchorage, AK	:57:33	18:33
186	Sandey Mangan #125	60 - 69	F Kailua Kona, HI	:59:32	19:12
187	Gregg Mangan #126	60 - 69	Kailua Kona, HI	:59:34	19:12
188	Janice English #15	50 - 59	F Kamuela, HI	:59:47	19:17
189	Judy Tappy #14	70 - 79	F Fort Collins, CO	1:01:47	19:55
190	Jayce Tappy #13	20 - 29	Fort Collins, CO	1:01:48	19:56
191	Barbara Higa #142	60 - 69	F Kealahou, HI	1:03:36	20:30
192	Nona Nishina #110	60 - 69	F Kealahou, HI	1:03:38	20:31

193 Rosemary Salmo #32	30 - 39	F Honokaa, HI	1:05:51	21:14
194 Ethel Saladino #31	40 - 49	F Waikoloa, HI	1:06:17	21:22
195 Aysia Miyasaki #525	07 - 10	F Honokaa, HI	1:06:37	21:29
196 Kenny Miyasaki #526	30 - 39	Honokaa, HI	1:06:41	21:30
197 Bill Spangrud #163	90 & Over	Kamuela, HI	1:07:55	21:54

The Lavaman Sunset 5K presented by Bikeworks Beach & Sports

March 29, 2019 - Waikoloa, Hawaii

Official Results by: [JTL Timing Systems](#)

Men's Division Results - 5K

Plc	Name	Residence	Time	Pace
Overall Male				
=====				
1	Kyler Castro	Bettendorf, IA	:19:06	06:09
2	Ben Blackburn	Waikoloa, HI	:19:41	06:20
1 - 6 Male				
=====				
1	Aizen Saladino	Waikoloa, HI	:36:26	11:45
2	Jonah Kasameyer	Waikoloa, HI	:38:40	12:28
07 - 10 Male				

=====

1 Sawyer Laux	Kailua Kona, HI	:33:25	10:46
2 Alex Mccloskey	Kailua Kona, HI	:34:12	11:01
3 Spencer Laux	Kailua Kona, HI	:42:48	13:48
4 Matthew Takizawa	Hillsboro, OR	:49:01	15:48

11 - 14 Male

=====

1 Kimo Bandmann	Pahoa, HI	:23:12	07:29
2 Max Mccloskey	Kailua Kona, HI	:25:54	08:21
3 Kyle Ignacio	Honokaa, HI	:27:57	09:00
4 Luke Cochlin	Vancouver, BC	:31:34	10:10
5 Gunnar Barlee	Victoria, BC	:32:20	10:25
6 Kent Sato	Setagaya-Ku, 13	:33:39	10:51
7 Parker Smithson	Waikoloa, HI	:40:29	13:03

15 - 19 Male

=====

1 Samuel Sachs	Tacoma, WA	:21:07	06:48
2 Sean Neumann	San Ramon, CA	:22:40	07:18
3 Luke Hobner	Qualicom Beach, BC	:22:59	07:24
4 Nathan Sachs	Tacoma, WA	:29:04	09:22
5 Joshua Stuart	Kamuela, HI	:34:26	11:06
6 Callum Robertson	Victoria, BR	:34:36	11:09

20 - 29 Male

=====

1	Kevin Olsen	Hilo, HI	:20:48	06:42
2	Quinn Rasmussen	Bend, OR	:24:17	07:50
3	Jayce Tappy	Fort Collins, CO	1:01:48	19:56

30 - 39 Male

=====

1	Daniel Hartong	Hilo, HI	:20:28	06:36
2	Chris Poerstel	Kailua Kona, HI	:23:35	07:36
3	Greg Kutzbach	Seal Beach, CA	:27:14	08:47
4	Zachary Ricketts	Anchorage, AK	:27:20	08:49
5	Taylor Darling	Ypsilanti, MI	:28:29	09:11
6	Kevin Gill	Soldotna, AK	:30:50	09:56
7	Kenny Miyasaki	Honokaa, HI	1:06:41	21:30

40 - 49 Male

=====

1	Daniel Folmar	Anchorage, AL	:20:17	06:32
2	Christopher Walker	Anchorage, AK	:21:30	06:56
3	Tim Heaton	Kailua Kona, HI	:21:46	07:01
4	Steve Ouwinga	Gladstone, MI	:22:04	07:07
5	Todd Jackson	Anchorage, AK	:22:38	07:18
6	Masa Sato	Setagaya-Ku, 13	:23:47	07:40
7	Jr Radzicki	Kailua Kona, HI	:24:48	08:00
8	Daniel Willman	Anchorage, AK	:24:52	08:01
9	Kevin Hause	Honolulu, HI	:26:03	08:24

10	Mike Donoho	Kamuela, HI	:26:55	08:40
11	Greg Eisler	Calgary, AB	:27:08	08:45
12	Kirk Brewer	Holualoa, HI	:27:16	08:47
13	Donald Allan	Anchorage, AK	:28:09	09:04
14	Mike Mccloskey	Kailua Kona, HI	:28:29	09:11
15	Keola Bandmann	Pahoa, HI	:28:36	09:13
16	Desmond Acol	Kailua Kona, HI	:28:42	09:15
17	Walter Eggers	Cheyenne, WY	:32:00	10:19
18	Matt Barlee	Victoria, BC	:32:23	10:26
19	Brian Sperling	Santa Barbara, CA	:32:34	10:30
20	Eric Mumau	Kamuela, HI	:33:30	10:48
21	Frederick Dickson	Kamuela, HI	:34:53	11:15
22	Matt Smith	Kelowna, BC	:35:18	11:23
23	Alan Kasameyer	Waikoloa, HI	:38:40	12:28
24	Eldridge Naboa	Naalehu, HI	:44:48	14:27
25	Tien Tran	Dublin, CA	:49:46	16:03
26	Todd Swinson	Keauhou, HI	:50:42	16:21
27	Reagan Chan	Dublin, CA	:57:13	18:27

50 - 59 Male

=====

1	Todd Marohnic	Volcano, HI	:20:12	06:30
2	Arturo Oti	Reno, NV	:22:33	07:16
3	Tim Robinson	Holualoa, HI	:23:07	07:27
4	Bruce Allen	Big Sur, CA	:23:43	07:39
5	Cary Black	Navarre, FL	:25:13	08:08
6	Rick Gammie	Campbell River, BC	:26:44	08:37
7	Brian Buddell	Clayton, CA	:29:33	09:31

8	Doug Bullis04	Cochranefina, AB	:30:10	09:43
9	Toby Wiltse	Sisters, OR	:30:55	09:58
10	John Poetzel	Ocean View, HI	:31:32	10:10
11	Graham Spencer	Victoria, BC	:31:49	10:15
12	Rick Waldron	Bend, OR	:32:19	10:25
13	Blair Robertson	Victoria, BR	:34:38	11:10
14	Sylvester Onosco	Kailua Kona, HI	:35:43	11:31
15	Makoto Inoue	Kailua Kona, HI	:39:27	12:43
16	Robert Gibbens	Kula, HI	:40:01	12:54
17	John Smithson	Waikoloa, HI	:40:31	13:04
18	Mark Takizawa	Hillsboro, OR	:44:55	14:29
19	David Natoli	Arlington, VA	:55:16	17:49

60 - 69 Male

=====

1	Ryrik Hubner	Qualicum Beach, BC	:33:21	10:45
2	Andrew Tedesco	Gig Harbor, WA	:39:50	12:50
3	Terry Huff	Eagle River, AK	:40:23	13:01
4	David Alioto	Waikoloa, HI	:43:40	14:05
5	Eric Jensen	Danville, CA	:54:06	17:27
6	Gregg Mangan	Kailua Kona, HI	:59:34	19:12

70 - 79 Male

=====

1	Bruce Davison	Anchorage, AK	:23:57	07:43
2	Jon Kunitake	Holualoa, HI	:32:14	10:23
3	Jim Kerver	Captain Cook, HI	:35:48	11:32

4 Nels Johnson	Kailua Kona, HI	:37:48	12:11
5 Don Eovino	Honolulu, HI	:41:34	13:24

90 & Over Male

=====

1 Bill Spangrud	Kamuela, HI	1:07:55	21:54
-----------------	-------------	---------	-------

The Lavaman Sunset 5K presented by Bikeworks Beach & Sports

March 29, 2019 - Waikoloa, Hawaii

Official Results by: [JTL Timing Systems](#)

Women's Division Results - 5K

Plc Name	Residence	Time	Pace
----------	-----------	------	------

Overall Female

=====

1 Olivia Hopkins	Victoria, BC	:21:49	07:02
2 Alex Barlee	Victoria, BC	:21:55	07:04

07 - 10 Female

=====

1 Peyton Sperling	Santa Barbara, CA	:32:32	10:29
2 Zaylen Miyasaki	Honokaa, HI	:43:05	13:53

3 Alexis Takizawa	Hillsboro, OR	:49:03	15:49
4 Aysia Miyasaki	Honokaa, HI	1:06:37	21:29

11 - 14 Female

=====

1 Wynter Radey-Morgan	Skagway, AK	:24:27	07:53
2 Tiffany Ravaglia	Kamuela, HI	:24:28	07:53
3 Megan Mclaughlin	Anchorage, AK	:26:33	08:33
4 Natalie Wipp	Waikoloa, HI	:31:36	10:11
5 Samantha Tacinelli	Avon, CT	:33:05	10:40
6 Rosetta Pring	Skagway, AK	:33:06	10:40
7 Jessa Sperling	Santa Barbara, CA	:34:15	11:02

15 - 19 Female

=====

1 Mazzy Jackson	Anchorage, AK	:22:38	07:18
2 Lexi Cook	Los Banos, CA	:26:18	08:29
3 Gladys Eggers	Cheyenne, WY	:28:37	09:13
4 Carmen Spencer	Victoria, BC	:31:49	10:15
5 Abby McDonald	Kelowna, BC	:36:38	11:49
6 Erica Waldron	Bend, OR	:40:38	13:06

20 - 29 Female

=====

1 Madison Wiltse	Sisters, OR	:24:12	07:48
2 Sarah Sachs	Boston, MA	:25:02	08:04

3	Alexis Stubbs	Holualoa, HI	:34:12	11:01
4	Alexandra Waldron	Bend, OR	:35:16	11:22
5	Merrin Dickson	Kamuela, HI	:36:38	11:49
6	Katie Wick	Roseville, CA	:37:36	12:07
7	Jillian Tierney	Fullerton, CA	:47:47	15:24
8	Brooke Warn	Waikoloa, HI	:53:21	17:12
9	Savannah Hammer	Waikoloa, HI	:53:26	17:14

30 - 39 Female

=====

1	Vicky Oxentenko	Eagle River, AK	:22:46	07:20
2	Erin Gallagher	East Orleans, MA	:23:52	07:41
3	Elisabeth Darling	Ypsilanti, MI	:28:29	09:11
4	Wendy Seguine	Whitefish, MT	:31:11	10:03
5	Heather Heide	Seattle, WA	:32:04	10:20
6	Lindsay Boyd	Seattle, WA	:32:38	10:31
7	Victoria Hillwig	Anchorage, AK	:35:19	11:23
8	Meg Wilkerson	Waikoloa, HI	:36:11	11:40
9	Serena Sweet	Eagle River, AK	:38:24	12:23
10	Kendra Johnson	Kealahou, HI	:40:19	13:00
11	Crystal Davis	Anchorage, AK	:41:16	13:18
12	Linda Saelee	Memphis, TN	:46:04	14:51
13	Rachael Jorge	Los Banos, CA	:55:06	17:46
14	Kimberly Sauer	Brighton, CO	:57:32	18:33
15	Rosemary Salmo	Honokaa, HI	1:05:51	21:14

40 - 49 Female

=====

1	Richele Frank	Victoria, BC	:24:45	07:59
2	Kendra Ignacio	Honokaa, HI	:25:02	08:04
3	Tracie Brewer	Holualoa, HI	:29:03	09:22
4	Meg Sibley	Kamuela, HI	:32:15	10:24
5	Holly Black	Navarre, FL	:33:34	10:49
6	Jo Oxentenko	Eagle River, AK	:34:08	11:00
7	Susan Passerotti	Erie, PA	:34:13	11:02
8	Lesley Sperling	Santa Barbara, CA	:34:23	11:05
9	Julie Tacinelli	Avon, CT	:34:28	11:07
10	Kristina Sawaya	Kailua Kona	:36:02	11:37
11	Diane Logan	Kailua Kona, HI	:36:59	11:55
12	Dara Wipp	Waikoloa, HI	:37:48	12:11
13	Maggie Allely	Cheyenne, WY	:39:04	12:36
14	Melissa Manley	Kelowna, BC	:39:49	12:50
15	Chris Hause	Honolulu, HI	:41:14	13:18
16	Ramona Estrada	Kealahou, HI	:41:20	13:20
17	Martha Bili	Waikoloa, HI	:42:11	13:36
18	Noelle Quijano	Kamuela, HI	:42:26	13:41
19	Michelle Gautier	Waikoloa, HI	:44:23	14:19
20	April Johnson	Holualoa, HI	:44:40	14:24
21	Tracy Johnson	Conroe, TX	:45:30	14:40
22	Maiki Cofer	Ocean View, HI	:47:55	15:27
23	Shannon Takizawa	Hillsboro, OR	:49:14	15:52
24	Tricia Radey	Skagway, AK	:49:30	15:58
25	Thao Tran	Dublin, CA	:49:46	16:03
26	Melissa Swinson	Keauhou, HI	:50:41	16:20
27	Hien Nguyen	Dublin, CA	:51:44	16:41
28	Michele Tanaka	Kamuela, HI	:52:09	16:49

29	Mishele Broad	Waikoloa, HI	:53:24	17:13
30	Ethel Saladino	Waikoloa, HI	1:06:17	21:22

50 - 59 Female

=====

1	Kirsten Kempe	Mountain View, CA	:27:33	08:53
2	Maryann Holloway	Waikoloa, HI	:30:41	09:53
3	Jill Waldron	Bend, OR	:31:58	10:18
4	Marina Dreszach	Vancouver, BC	:32:18	10:25
5	Jennifer Hubner	Qualicom Beach, BC	:33:20	10:45
6	Ronda Wiltse	Sisters, OR	:33:54	10:56
7	Joanna Lusk	Anchorage, AK	:34:30	11:07
8	Susan Jacobson	Waikoloa, HI	:35:25	11:25
9	Jeffrey Hitt	Skagway, AK	:37:19	12:02
10	Michelle Dobler	Calgary, AB	:37:31	12:06
11	Mary Posey	Mountain View, CA	:37:46	12:10
12	Janet Huff	Eagle River, AK	:38:36	12:27
13	Tracy Tedesco	Gig Harbor, WA	:38:39	12:28
14	Susan Doole	San Diego, CA	:38:43	12:29
15	Pamela Schuur	Waikoloa, HI	:47:30	15:19
16	Aimee Donoho	Kamuela, HI	:48:16	15:34
17	Lisa Mezger	Waikoloa, HI	:53:22	17:12
18	Debbie Young	Los Banos, CA	:55:05	17:46
19	Patricia Natoli	Arlington, VA	:55:16	17:49
20	Amy Christopher	Anchorage, AK	:57:33	18:33
21	Janice English	Kamuela, HI	:59:47	19:17

60 - 69 Female

=====

1	Donna Jones	Kailua Kona, HI	:28:58	09:20
2	Barbara Anderson	Kailua Kona, HI	:33:29	10:48
3	Patricia Wick	Roseville, CA	:34:36	11:09
4	Kathy Saugstad	Kailua Kona, HI	:35:20	11:23
5	Cheryl Suda	Honolulu, HI	:52:19	16:52
6	Debby Culbertson	Waikoloa, HI	:54:05	17:26
7	Deborah Jensen	Danville, CA	:54:06	17:27
8	Sandey Mangan	Kailua Kona, HI	:59:32	19:12
9	Barbara Higa	Kealakekua, HI	1:03:36	20:30
10	Nona Nishina	Kealakekua, HI	1:03:38	20:31

70 - 79 Female

=====

1	Renate Weinhold	Waikoloa, HI	:44:02	14:12
2	Mary Saarloos	Delta Junction, AK	:50:12	16:11
3	Linda Gross	Waikoloa, HI	:53:25	17:13
4	Judy Tappy	Fort Collins, CO	1:01:47	19:55