

## Miles for Meso 5K Run/Walk 2017

Race Date  
July 04, 2017

Overall Finish List

<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Gend</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>
1	Eric Hamel	Enumclaw	223	19	M	1 16-19	16:31.3	5:20/M
2	Mason Fletcher	Puyallup	54	23	M	1 20-29	16:37.1	5:22/M
3	Alec Ritter	Enumclaw	227	18	M	2 16-19	16:44.3	5:24/M
4	Sam Lingwall	Enumclaw	226	16	M	3 16-19	18:28.5	5:57/M
5	Matt Brown	Auburn	27	34	M	1 30-39	19:27.6	6:16/M
6	Nick Paterno	Puyallup	138	30	M	2 30-39	19:59.2	6:27/M
7	Matthew Henson	Tacoma	82	15	M	1 11-15	20:02.9	6:28/M
8	Jameson Karmell	Federal Way	258	14	M	2 11-15	20:16.0	6:32/M
9	Colin Brannan	Puyallup	21	15	M	3 11-15	20:31.7	6:37/M
10	Scott MacLaren	Federal Way	110	14	M	4 11-15	21:03.9	6:47/M
11	Mario Vega Montero	Federal Way	209	45	M	1 40-49	21:09.5	6:49/M
12	Bethany Forward	Federal Way	253	16	F	1 16-19	21:17.1	6:52/M
13	Hoyt Hutchinson	Federal Way	267	46	M	2 40-49	21:20.5	6:53/M
14	Hans Dyhrman	Williston	42	40	M	3 40-49	21:51.0	7:03/M
15	Eduardo Garcia	Federal Way	65	22	M	2 20-29	21:53.3	7:04/M
16	Hansie Wong	Federal Way	270	36	F	1 30-39	22:22.3	7:13/M
17	Alyssa Murray	Auburn	255	15	F	1 11-15	22:37.1	7:18/M
18	Jared Norstrem	Puyallup	218	17	M	4 16-19	22:42.5	7:19/M
19	Randall Norstrem	Puyallup	217	51	M	1 50-59	22:43.7	7:20/M
20	Brian Mendia	Federal Way	123	39	M	3 30-39	22:51.4	7:22/M
21	Helena Ducusin	Federal Way	244	17	F	2 16-19	23:19.8	7:31/M
22	David Shull	Bellingham	168	52	M	2 50-59	23:29.9	7:35/M
23	Hailey cox	Des Moines	254	16	F	3 16-19	23:37.8	7:37/M
24	Rose Feliciano	Seattle	51	52	F	1 50-59	24:02.5	7:45/M
25	Craig Brannan	Puyallup	23	50	M	3 50-59	24:35.8	7:56/M
26	Jack MacLaren	Federal Way	107	12	M	5 11-15	25:04.5	8:05/M
27	Jared McKell	Federal Way	122	20	M	3 20-29	25:06.6	8:06/M
28	Mary Ellard-Ivey	Federal Way	46	52	F	2 50-59	25:26.5	8:12/M
29	Terry Arnhold	Federal Way	4	56	M	4 50-59	25:26.6	8:12/M
30	Catherine Chege	Auburn	29	42	F	1 40-49	25:28.4	8:13/M
31	Baker White	Locust Grove	193	17	M	5 16-19	25:35.1	8:15/M
32	Shanti Lambert	Kent	100	39	F	2 30-39	25:36.1	8:15/M
33	Laura MacLaren	Federal Way	109	46	F	2 40-49	25:36.9	8:15/M
34	Kristin Hawes	Seattle	248	44	F	3 40-49	25:52.5	8:21/M
35	Andrew Rygel	Federal Way	157	12	M	6 11-15	25:58.5	8:23/M
36	Justin Rygel	Federal Way	158	38	M	4 30-39	25:58.7	8:23/M
37	Robert Celski	Federal Way	277	61	M	1 60-69	26:23.4	8:31/M
38	Inyork Wong	Redondo Beach	271	38	M	5 30-39	26:37.2	8:35/M
39	Todd Fletcher	Puyallup	55	55	M	5 50-59	26:38.2	8:35/M
40	Dirk Vander Hulst	Tacoma	185	33	M	6 30-39	26:53.9	8:40/M
41	Natalie Vander Hulst	Tacoma	186	32	F	3 30-39	26:54.3	8:41/M
42	Rebecca Cook	Federal Way	33	35	F	4 30-39	27:13.6	8:47/M
43	Trisha Plucknett	Federal Way	149	26	F	1 20-29	27:27.3	8:51/M
44	Kyla Blair	Burien	15	29	F	2 20-29	27:32.3	8:53/M
45	Lindsay Debruler	Ravensdale	34	27	F	3 20-29	27:38.1	8:55/M
46	John Blair	Burien	14	30	M	7 30-39	27:39.4	8:55/M
47	Philip Dyck	Puyallup	274	58	M	6 50-59	27:40.8	8:55/M

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48	Nathaniel Jose Vega	Montero Federal Way	208	10	M	1 1-10	27:53.2	9:00/M
49	Finnley O'Brien	Bonney Lake	133	11	F	2 11-15	27:57.5	9:01/M
50	Margaret Shull	Bellingham	170	50	F	3 50-59	28:01.3	9:02/M
51	K.C. MacLaren	Federal Way	108	50	M	7 50-59	28:24.1	9:10/M
52	Ralph Frederick	Federal Way	60	43	M	4 40-49	28:39.6	9:15/M
53	Cade Perkins	Maple Valley	141	12	M	7 11-15	28:40.3	9:15/M
54	Jake Fey	Tacoma	52	68	M	2 60-69	28:47.5	9:17/M
55	Austin De Leon	Federal Way	266	13	M	8 11-15	29:04.1	9:23/M
56	Alexandra Boyle	Reisterstown	214	23	F	4 20-29	29:07.6	9:24/M
57	Kara Dodenhoff	Minneapolis	213	24	F	5 20-29	29:08.5	9:24/M
58	Robert Condotta	Auburn	262	54	M	8 50-59	29:38.9	9:34/M
59	Diane Lefcort	Spokane	247	47	F	4 40-49	29:42.9	9:35/M
60	Connie Brannan	Puyallup	22	49	F	5 40-49	29:50.2	9:37/M
61	Aiden Warren	Kent	263	13	M	9 11-15	30:03.8	9:42/M
62	Julie Mullins	Federal Way	128	35	F	5 30-39	30:08.5	9:43/M
63	Bill Mullins	Federal Way	127	71	M	1 70-99	30:14.3	9:45/M
64	Aaron Hutchinson	Federal Way	268	12	M	10 11-15	30:45.6	9:55/M
65	Nicole Fredericks	Tacoma	63	32	F	6 30-39	30:51.3	9:57/M
66	Katelyn Mistofsky	Federal Way	124	12	F	3 11-15	30:52.2	9:57/M
67	Sarah Petosa	Federal Way	145	25	F	6 20-29	30:55.3	9:58/M
68	Shila MacDonald	Tacoma	106	47	F	6 40-49	31:29.6	10:09/M
69	Christine Zimmerman	Federal Way	222	52	F	4 50-59	31:44.2	10:14/M
70	Linwood Robinson	Federal Way	155	47	M	5 40-49	31:56.6	10:18/M
71	Donovan Heavener	Puyallup	269	47	M	6 40-49	32:14.9	10:24/M
72	Laurie Kesgard	Auburn	92	47	F	7 40-49	32:17.8	10:25/M
73	Grayson Perkins	Maple Valley	142	9	M	2 1-10	32:20.9	10:26/M
74	Mary Jane Zeiger	Puyallup	265	63	F	1 60-69	32:31.1	10:29/M
75	Trish Drew	Pacific	35	48	F	8 40-49	32:39.8	10:32/M
76	Dean Stainbrook	Rainier	172	54	M	9 50-59	32:41.1	10:33/M
77	Tessa Higgins	Auburn	84	33	F	7 30-39	32:50.0	10:35/M
78	Kirstie Higgins	Black Diamond	83	63	F	2 60-69	33:21.5	10:45/M
79	Todd Early	Tacoma	43	44	M	7 40-49	33:23.3	10:46/M
80	Tricia Early	Tacoma	44	51	F	5 50-59	33:24.8	10:46/M
81	Stella Parke	Federal Way	135	62	F	3 60-69	33:25.7	10:47/M
82	Mark Terry	Federal Way	178	57	M	10 50-59	33:58.4	10:57/M
83	Ladonna Martindale	Auburn	113	53	F	6 50-59	34:09.0	11:01/M
84	Terry Plucknett	Cornelius	148	32	M	8 30-39	34:33.3	11:09/M
85	Mingshun Liu	Federal Way	104	71	M	2 70-99	34:34.1	11:09/M
86	Kyla Paterno	Puyallup	137	32	F	8 30-39	34:47.9	11:13/M
87	Maribel Harrell	Federal Way	78	46	F	9 40-49	35:05.6	11:19/M
88	Sue Stipe		261	79	F	1 70-99	35:09.3	11:20/M
89	Maryann Slafka	Mckeesport	171	62	F	4 60-69	35:24.2	11:25/M
90	Jim Traynor	Federal Way	180	67	M	3 60-69	35:52.4	11:34/M
91	Bridget Oconnor	Federal Way	134	49	F	10 40-49	36:01.9	11:37/M
92	Andrea Velasquez	Puyallup	188	31	F	9 30-39	36:17.6	11:42/M
93	Julie Marten	Puyallup	112	53	F	7 50-59	36:38.8	11:49/M
94	Tanner De Leon	Federal Way	264	11	M	11 11-15	36:44.0	11:51/M

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95	Vanessa Chesley	Seattle	250	11	F	4 11-15	37:02.1	11:57/M
96	David Sutterfield	Lehi	175	53	M	11 50-59	37:03.5	11:57/M
97	Sara Sutterfield	Kent	176	30	F	10 30-39	37:04.5	11:57/M
98	Donna Whisler	Federal Way	192	59	F	8 50-59	37:35.4	12:07/M
99	Denise Merdich	Federal Way	216	55	F	9 50-59	37:57.4	12:15/M
100	Kimberly Nordmark	Tacoma	275	54	F	10 50-59	37:59.8	12:15/M
101	Andy Hanscom	Auburn	235	69	M	4 60-69	38:00.6	12:15/M
102	Harrison Chesley	Seattle	252	14	M	12 11-15	38:10.3	12:19/M
103	John Greves	Vancouver	74	70	M	3 70-99	38:15.2	12:20/M
104	Bryan Klingele	Bonney Lake	97	45	M	8 40-49	38:22.9	12:23/M
105	Luann Regalado	Federal Way	152	36	F	11 30-39	38:30.9	12:25/M
106	Anna Lapella	Federal Way	101	17	F	4 16-19	38:51.2	12:32/M
107	Servando Plascencia	Federal Way	147	32	M	9 30-39	38:57.0	12:34/M
108	Brad Beaupain	Auburn	9	47	M	9 40-49	39:05.8	12:36/M
109	Elijah Readwin		240	14	M	13 11-15	39:29.2	12:44/M
110	Robyn Readwin	Gig Harbor	238	39	F	12 30-39	39:31.2	12:45/M
111	Suzy Eberle	Federal Way	45	51	F	11 50-59	39:51.3	12:51/M
112	Christina Caillier	Federal Way	28	37	F	13 30-39	40:28.2	13:03/M
113	Andrew Akers	Federal Way	1	28	M	4 20-29	40:28.6	13:03/M
114	Susan Hanscom	Auburn	77	61	F	5 60-69	41:12.4	13:17/M
115	Genie Frederick	Federal Way	59	13	F	5 11-15	41:24.8	13:21/M
116	Oohiamso Blaise	Federal Way	276	46	M	10 40-49	41:42.2	13:27/M
117	Alissa Frederick	Federal Way	58	43	F	11 40-49	41:42.5	13:27/M
118	Cindi Wilkes	Sammamish	196	52	F	12 50-59	41:43.6	13:27/M
119	Owen Draper	Seattle	241	13	M	14 11-15	41:46.7	13:28/M
120	Talsot Chesley	Seattle	251	4	M	3 1-10	41:50.9	13:30/M
121	Madeline Peters	Graham	144	0	F	1 0-0	42:00.3	13:33/M
122	Namieka Salabie	Auburn	221	36	F	14 30-39	42:11.9	13:36/M
123	Jill Schnabel	Puyallup	159	57	F	13 50-59	42:15.3	13:38/M
124	Glenn Draper	Seattle	242	52	M	12 50-59	42:23.9	13:40/M
125	Eric Chesley	Seattle	249	50	M	13 50-59	42:24.4	13:41/M
126	Evan Readwin	Gig Harbor	239	13	M	15 11-15	42:24.5	13:41/M
127	Ray Readwin	Gig Harbor	237	40	M	11 40-49	42:25.7	13:41/M
128	Catherine Lundy	Kent	105	68	F	6 60-69	42:47.4	13:48/M
129	Alvah Bittner	Kent	13	75	M	4 70-99	42:57.8	13:51/M
130	Brooke Drumm	Fife	36	31	F	15 30-39	43:07.3	13:55/M
131	Terri Vallala	Milton	183	54	F	14 50-59	43:09.6	13:55/M
132	Arthur Lapella	Federal Way	102	65	M	5 60-69	43:11.6	13:56/M
133	Sherry Van Mondfrans	Federal Way	184	38	F	16 30-39	43:15.4	13:57/M
134	Christine Gibbons		215	49	F	12 40-49	43:25.0	14:00/M
135	Steven Payne	Federal Way	139	51	M	14 50-59	43:38.3	14:05/M
136	Pamela Norberg	Federal Way	132	34	F	17 30-39	46:00.5	14:50/M
137	Laura Gorgen	Federal Way	73	22	F	7 20-29	47:07.0	15:12/M
138	Greg Gorgen	Federal Way	71	62	M	6 60-69	47:08.1	15:12/M
139	Nicole Dyhrman	Williston	41	37	F	18 30-39	47:21.6	15:16/M
140	Sadie Dyhrman	Williston	236	6	F	1 1-10	47:21.8	15:16/M
141	Bette Hays	Fox Island	80	72	F	2 70-99	47:28.1	15:19/M

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142	Janice Nelsen	Puyallup	129	73	F	3 70-99	47:29.8	15:19/M
143	Michele Walker	Maple Valley	191	44	F	13 40-49	47:36.4	15:21/M
144	Diana Beaupain	Auburn	8	50	F	15 50-59	47:55.4	15:27/M
145	Kay Coogan	Graham	31	65	F	7 60-69	48:19.0	15:35/M
146	Archie Blakely	Tacoma	16	71	M	5 70-99	48:19.2	15:35/M
147	Robert Riddle	Federal Way	153	70	M	6 70-99	48:42.7	15:43/M
148	Bill Niemi	Tacoma	130	60	M	7 60-69	49:06.9	15:50/M
149	Alex Shkerich	Issaquah	230	59	M	15 50-59	49:06.9	15:50/M
150	Cindy Niemi	Tacoma	131	52	F	16 50-59	49:07.1	15:51/M
151	Scott Evans	Des Moines	50	51	M	16 50-59	49:07.5	15:51/M
152	Xinli Arnhold	Federal Way	5	9	F	2 1-10	49:07.8	15:51/M
153	Charlyn Arnhold	Federal Way	3	46	F	14 40-49	49:09.8	15:51/M
154	Robert Reed	Tacoma	150	75	M	7 70-99	49:10.7	15:52/M
155	Greg Sherles	Federal Way	165	51	M	17 50-59	49:13.2	15:53/M
156	Natalie Aguilar	Seattle	224	11	F	6 11-15	49:26.4	15:57/M
157	Naomi Aguilar	Seattle	225	8	F	3 1-10	49:27.5	15:57/M
158	Belinda Paterno	Puyallup	136	30	F	19 30-39	49:32.3	15:59/M
159	Larry Hays	Fox Island	81	72	M	8 70-99	49:34.3	15:59/M
160	Carol Hopkins	Puyallup	85	43	F	15 40-49	49:34.5	15:59/M
161	Christopher Zenn	Federal Way	207	38	M	10 30-39	49:41.1	16:02/M
162	Dawn Mottershead	Federal Way	126	34	F	20 30-39	50:04.0	16:09/M
163	Carrie Yang	Federal Way	199	40	F	16 40-49	50:38.7	16:20/M
164	Laura Ducolon	Fife	39	38	F	21 30-39	50:54.7	16:25/M
165	Cheryl Stuberg	Federal Way	174	64	F	8 60-69	51:06.4	16:29/M
166	Rich Coogan	Graham	32	55	M	18 50-59	51:16.7	16:32/M
167	Michael Schnabel	Puyallup	160	68	M	8 60-69	51:20.3	16:34/M
168	Rachael Makings	Federal Way	111	34	F	22 30-39	51:49.0	16:43/M
169	Mary Clingan	Federal Way	30	71	F	4 70-99	52:21.2	16:53/M
170	Lucas Sherles	Federal Way	166	14	M	16 11-15	52:56.2	17:05/M
171	Andrew Hautamaki	Federal Way	246	15	M	17 11-15	52:57.4	17:05/M
172	Catie Brannan	Puyallup	20	17	F	5 16-19	52:58.0	17:05/M
173	Angela Perkins	Maple Valley	140	45	F	17 40-49	52:58.1	17:05/M
174	Roger Perkins	Maple Valley	143	50	M	19 50-59	52:58.7	17:05/M
175	James Ghiglione	Burien	260	70	M	9 70-99	53:01.3	17:06/M
176	Anna Sherles	Federal Way	164	15	F	7 11-15	53:04.7	17:07/M
177	Sharlet Best	Federal Way	234	47	F	18 40-49	53:13.9	17:10/M
178	Myrna Mistofsky	Federal Way	125	32	F	23 30-39	53:14.2	17:10/M
179	Ashley Searles	Puyallup	162	17	F	6 16-19	53:27.9	17:15/M
180	Mackenzie Searles	Puyallup	167	14	F	8 11-15	53:29.1	17:15/M
181	Paula Barry	Federal Way	272	44	F	19 40-49	53:32.1	17:16/M
182	Connie McCrossin	Federal Way	117	62	F	9 60-69	53:40.2	17:19/M
183	Shirley McArdle	Federal Way	116	74	F	5 70-99	53:53.2	17:23/M
184	Randall Kindsfater	Seattle	95	52	M	20 50-59	53:57.6	17:24/M
185	Taylor Kindsfater	Tacoma	96	19	F	7 16-19	54:00.2	17:25/M
186	Kelley Kindsfater	Tacoma	94	55	F	17 50-59	54:01.8	17:25/M
187	Sara Johnson	Kent	89	45	F	20 40-49	54:18.9	17:31/M
188	Madeline White	Locust Grove	195	21	F	8 20-29	54:21.2	17:32/M

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189	Kim Zeiger	Puyallup	206	61	F	10 60-69	54:22.0	17:32/M
190	Erin White	Locust Grove	194	47	F	21 40-49	54:32.1	17:35/M
191	Emily Steinke	Locust Grove	233	42	F	22 40-49	54:32.7	17:35/M
192	Mila Tsai	Kent	229	11	F	9 11-15	54:34.4	17:36/M
193	Ketterra Johnson	Kent	88	12	F	10 11-15	54:34.8	17:36/M
194	Elisabeth Fletcher	Puyallup	53	55	F	18 50-59	54:36.7	17:37/M
195	Neil McIntosh	Federal Way	119	57	M	21 50-59	54:53.8	17:42/M
196	Rylee McIntosh	Federal Way	120	12	F	11 11-15	54:55.3	17:43/M
197	Cindy McIntosh	Federal Way	118	45	F	23 40-49	54:56.3	17:43/M
198	Kristi Evans	Des Moines	49	52	F	19 50-59	55:33.7	17:55/M
199	Melissa Shkerich	Issaquah	231	57	F	20 50-59	55:34.1	17:55/M
200	Kelly Evans	Federal Way	48	48	F	24 40-49	55:34.1	17:55/M
201	William Booth	Seatac	17	62	M	9 60-69	55:40.4	17:57/M
202	Kathy Varney	Federal Way	187	64	F	11 60-69	56:09.9	18:07/M
203	Mary Ann Traynor	Federal Way	182	65	F	12 60-69	56:10.7	18:07/M
204	Jane Berntson	Federal Way	11	60	F	13 60-69	56:18.5	18:10/M
205	Kathy Kearney	Seattle	91	56	F	21 50-59	57:01.7	18:24/M
206	Bonnie Komar	Des Moines	212	74	F	6 70-99	57:04.7	18:25/M
207	Lynsen Moroz	Tacoma	211	21	F	9 20-29	57:05.7	18:25/M
208	John Moroz	Tacoma	210	67	M	10 60-69	57:06.1	18:25/M
209	Jon Fredericks	Tacoma	62	36	M	11 30-39	57:37.7	18:35/M
210	Evan Fredericks	Tacoma	61	8	M	4 1-10	57:37.7	18:35/M
211	Isiak Gore	Federal Way	68	6	M	5 1-10	57:38.8	18:35/M
212	Kim Walker	Federal Way	190	56	F	22 50-59	57:39.7	18:36/M
213	Kay Pitts-Walton	Federal Way	146	56	F	23 50-59	57:39.9	18:36/M
214	Marianna Gore	Federal Way	69	10	F	4 1-10	57:40.7	18:36/M
215	Jill Gorgen	Federal Way	72	55	F	24 50-59	58:23.2	18:50/M
216	Bradley Gorgen	Federal Way	70	25	M	5 20-29	58:24.7	18:50/M
217	Catherine Ghiglione	Burien	259	70	F	7 70-99	58:26.5	18:51/M
218	Nicole Ducolon	Fife	40	35	F	24 30-39	58:34.0	18:54/M
219	Hans Zeiger	Puyallup	204	32	M	12 30-39	58:49.9	18:58/M
220	Erin Zeiger	Puyallup	203	42	F	25 40-49	58:50.0	18:59/M
221	Robert Hopkins	Puyallup	87	43	M	12 40-49	59:03.4	19:03/M
222	Christina Searles	Puyallup	161	39	F	25 30-39	59:04.4	19:03/M
223	Madison Searles	Puyallup	163	14	F	12 11-15	59:04.4	19:03/M
224	Bailey Searles	Federal Way	273	8	F	5 1-10	59:05.8	19:04/M
225	Sarah Hartman	Federal Way	79	17	F	8 16-19	59:22.4	19:09/M
226	Kylee Krause	Federal Way	98	21	F	10 20-29	59:22.8	19:09/M
227	Sarah Asay	Federal Way	6	35	F	26 30-39	59:28.2	19:11/M
228	Trevor Asay	Federal Way	7	36	M	13 30-39	59:28.2	19:11/M
229	Christe Breyfogle	Tacoma	24	57	F	25 50-59	59:38.1	19:14/M
230	Trevor Drumm	Fife	38	33	M	14 30-39	59:56.5	19:20/M
231	Richard Drumm	Chesterfield	245	63	M	11 60-69	59:57.3	19:20/M
232	Carole Kellerman	Federal Way	232	73	F	8 70-99	1:00:11.6	19:25/M
233	Celina Williams	Tacoma	197	44	F	26 40-49	1:02:15.0	20:05/M
234	Sarah Genzler	Puyallup	220	76	F	9 70-99	1:03:16.8	20:25/M
235	Naoma Zanetti	Federal Way	200	66	F	14 60-69	1:03:20.7	20:26/M

# Miles for Meso 5K Run/Walk 2017

Race Date  
July 04, 2017

## Overall Finish List

<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Gen</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>
236	kari Costanza	Federal Way	257	54	F	26 50-59	1:07:02.3	21:37/M
237	Harriet Shull	Federal Way	169	85	F	10 70-99	1:07:16.2	21:42/M
238	Tom Costanza	Federal Way	256	57	M	22 50-59	1:07:16.8	21:42/M
239	Mark Freitas	Federal Way	64	69	M	12 60-69	1:08:38.6	22:08/M
240	Emmy Beuhler	Federal Way	12	59	F	27 50-59	1:08:43.7	22:10/M
241	Unknown Partic. 228		228		M	1 0-0	9:47:59.8	** :40/M
242	David McArdle	Federal Way	115	78	M	10 70-99	9:48:51.3	** :57/M
243	James-Dee Regalado	Federal Way	151	39	M	15 30-39	9:51:57.8	** :57/M