

PAUSATF 3K Championships, South Lake Tahoe, CA, August 16, 2015

First Name	Last Name	Age	Sex (M/W)	Team	USATF Pacific Association?	Time	Place by speed	Age Graded %	Place by Age Graded %	Sea Level Equivalent		
										Time	Age Grade	A.G. Place
Tammy	Stevenson	45	W	Wasatch	no	17:35.8	W1	71.16%	6	17:05.6	73.26%	7
Karen	Stoyanowski	60	W	Sierra	yes	17:47.8	W2	80.76%	1	17:17.1	83.15%	1
Joanne	Figone	62	W	Marin	yes	19:31.7	W3	75.26%	3	18:56.7	77.58%	3
Nicolle	Goldman	56	W	Sierra	yes	19:48.9	W4	69.59%	9	19:13.1	71.75%	10
Susan	Mears	60	W	PRO	yes	20:12.5	W5	71.12%	7	19:35.7	73.35%	6
Paula	Mendell	65	W	Sierra	yes	20:35.2	W6	74.00%	4	19:57.4	76.33%	4
Steven	Berry	16	M	Lone Peak	no	15:37.6	M1	71.73%	5	15:12.2	73.72%	5
Alex	Price	33	M	PRO	yes	15:39.0	M2	68.01%	11	15:13.6	69.91%	11
Mark	Green	59	M	Pegasus	yes	16:19.1	M3	80.03%	2	15:52.0	82.31%	2
Marc	Kaiser	29	M	PRO	yes	17:45.8	M4	59.32%	14	17:15.2	61.07%	14
Paul	DeMeester	55	M	Marin	yes	17:55.3	M5	70.21%	8	17:24.3	72.29%	8
Doug	Smith	52	M	Unattached	yes	18:54.8	M6	64.80%	12	18:21.3	66.77%	12
Joe	Berendt	59	M	Sierra	yes	20:17.5	M7	64.36%	13	19:40.5	66.38%	13
Bill	Penner	68	M	PRO	yes	20:39.8	M8	69.56%	10	20:01.8	71.75%	9
Garland	Murphy	67	M	Marin	yes	25:28.8	M9	55.76%	15	24:38.0	57.68%	15

Team Results: Team score is the average of the top 3 age grade percentages (sea level equivalent age grades are used for grand prix scoring).

Team	Average Top 3	Points	Top 3 Places
Sierra	77.08%	10	1st, 4th, and 10th
PRO	71.67%	8	6th, 9th, and 11th
Marin	69.18%	7	3rd, 8th, and 15th

It was a sunny, warm day. The women's race was held at 9:30 AM, at about 65°F; and the men's race was at 10:20 AM, at about 70°F. The south tahoe middle school track is at an altitude of 6280 feet. See age grade calculator spreadsheet at www.pausatf.org for sea level equivalent calculation details. Both races were clean, with no DQ's, although Robyn Stevens entered but did not finish the women's race.

Judges: Ajay Padgaonkar (chief judge), Beth Price, Jon Price, Mark Green (women's race only), and Susan Mears (men's race only)
 And numerous other volunteers - recorder, starter, timers, runners, lap counters, water table, ... without whom this race would not have been possible.
 Race organized and hosted by Pacific Racewalkers Organizaition. Many thanks to Anthony of South Lake Tahoe for hosting the race at his home track!

Team Name Glossary:

Aggies = Asics Aggies Running Club
 Lone Peak = Lone Peak Track Club (Utah)
 Marin = Marin Race Walkers
 Mission = Mission Valley Track and Field Club
 Pegasus = Pegasus Athletic Club
 PRO = Pacific Racewalkers Organization
 Sierra = Sierra Race Walkers
 Wasatch = Wasatch Walkers (Utah)
 Wolfpack = Wolfpack Running Club