

Club Atlético PAFRA - Marca Pasos - Clayton

12 Abril 2015

Edición 2

Temperatura 85-86°F (29-30°C) Humedad Relativa 71 - 76% Sensación Térmica 81-94°F (27-34°C) Sol

Carrera de 1 Milla (1.6 km) - Marca Mundial, 3:43

PUESTO				NO.	NOMBRE	EDAD	TIEMPO	AGE GRADED	INDICE	PASO	
ABS	CAT	HCP	/KM							/MILLA	
1	1	A	1	737	Nicolás Garcia Garcia	21	4:39	4:39	80	2:53	4:39
2	1	J	3	5277	Christopher De Witt	16	4:56	4:46	78	3:03	4:56
3	1	M	2	736	Nicolás Garcia Noval	45	5:01	4:40	79	3:07	5:01
4	2	J	7	3888	Tomás Castro Jr.	15	5:29	5:13	71	3:24	5:29
5	2	M	5	378	Edgar Jaramillo	48	5:32	5:01	74	3:26	5:32
6	3	M	6	897	Eduardo Hernández	49	5:36	5:02	73	3:28	5:36
7	1	G	8	5228	Luis Carlos Lopez R.	58	6:27	5:22	69	4:00	6:27
8	1	KF	4	205	Yenifer Castro	11	6:55	4:57	75	4:17	6:55
9	3	J	13	731	Angel Garcia	19	7:22	7:18	50	4:34	7:22
10	1	L	11	5070	Xavier Andre Romero	9	7:41	6:16	59	4:46	7:41
11	1	MF	9	702	Elizabeth Camacho	49	7:43	5:40	65	4:47	7:43
12	1	LF	10	5562	Cristal Gómez	10	9:05	6:04	61	5:39	9:05
13	2	L	15	5423	Gabriel Torres	8	9:25	7:42	48	5:51	9:25
14	1	AF	16	5299	Yulissa Ramos	21	9:25	7:41	48	5:51	9:25
15	2	AF	17	5552	Estefany Rodriguez	20	9:25	7:41	48	5:51	9:25
16	2	LF	12	8	Jazmin Sealey	5	9:50	6:34	56	6:06	9:50
17	3	LF	14	5591	Natalie Santos	8	11:13	7:29	49	6:58	11:13
18	2	MF	18	5395	Sandra Santos	46	11:30	8:39	43	7:08	11:30
19	1	V	19	2344	Victor Coto	66	11:46	9:04	41	7:18	11:46

Carrera de 2 Millas (3.2 km) - Marca Mundial, 8:07

PUESTO				NO.	NOMBRE	EDAD	TIEMPO	AGE GRADED	INDICE	PASO	
ABS	CAT	HCP	/KM							/MILLA	
1	1	M	1	5467	Genaro Villalaz	47	18:34	16:59	47	5:46	9:17
2	1	AF	2	5478	Diana Pinilla	27	21:05	17:13	47	6:33	10:32
3	1	SF	3	703	Linett Lombardo	34	21:27	17:31	46	6:39	10:43
4	1	JF	4	5336	Yeina Gutierrez	15	24:10	18:50	43	7:30	12:05
5	2	JF	5	5057	Yosmar Gutierrez	15	24:12	18:52	43	7:31	12:05
6	2	AF	6	5579	Debora Prado	24	25:57	21:12	38	8:04	12:59
7	1	MF	7	2210	Melitzel Herrera	40	28:15	22:12	36	8:46	14:07
8	1	J	11	3912	Christian González	17	28:18	27:40	29	8:47	14:09
9	3	JF	8	5451	Claudia Alvarado	17	28:18	22:36	35	8:47	14:09
10	1	G	12	1531	Reynelda Rodríguez	54	31:53	27:33	29	9:54	15:56
11	3	AF	10	5596	Maria Betarte	26	32:00	26:08	31	9:56	16:00
12	1	KF	9	5421	Natalia Torres	12	33:57	24:59	32	10:33	16:58
13	2	SF	15	5572	Migdalia Nuñez	33	36:29	29:48	27	11:20	18:14
14	2	MF	13	5411	Alba Esther D'Angelo	42	36:30	28:18	28	11:20	18:15
15	3	SF	14	5420	Emilce D'Angelo	39	36:30	28:54	28	11:20	18:15

Carrera de 3 Millas (4.8 km) - Marca Mundial, 12:31

PUESTO				NO.	NOMBRE	EDAD	TIEMPO	AGE GRADED	INDICE	PASO	
ABS	CAT	HCP	/KM							/MILLA	
1	1	S	2	1779	Manuel Moreno	39	18:42	18:07	69	3:52	6:14
2	1	K	5	5412	Bryangeovany Chacon Santa	14	20:25	19:10	65	4:13	6:48
3	1	M	6	5555	Miguel Romero	44	20:41	19:20	64	4:17	6:53
4	1	A	9	5543	Samuel Monroy	25	21:17	21:17	58	4:24	7:05
5	2	S	7	3344	Edwin Ibarra	36	21:27	21:13	59	4:26	7:08
6	1	SF	3	5557	Rosmary Escalante	34	22:04	18:02	69	4:34	7:21
7	3	S	10	3210	Tony Amstutz	35	22:19	22:15	56	4:37	7:26
8	2	SF	4	5595	Leslie Von Chong	35	22:30	18:19	68	4:39	7:30
9	2	A	18	5598	Carlos Villamonte	29	24:08	24:08	51	5:00	8:02
10	2	M	16	303	Alex Canto	45	24:37	22:50	54	5:05	8:12
11	2	K	14	3535	Diego Braddick	12	25:00	22:32	55	5:10	8:20
12	4	S	20	3509	Manuel Prado	33	25:18	25:18	49	5:14	8:26
13	3	K	11	5007	Carson Amstutz	11	25:21	22:14	56	5:15	8:27

14	3	A	30	5599	Gabriel Arango	27	25:37	25:37	48	5:18	8:32
15	1	LF	1	5122	Maria Fernanda Verbel	7	25:40	17:08	73	5:19	8:33
16	3	M	17	5115	Alexis Romero	45	25:41	23:50	52	5:19	8:33
17	4	A	31	3956	Moisés González	21	25:49	25:49	48	5:21	8:36
18	1	J	21	5584	Iván Otero	16	26:12	25:20	49	5:25	8:44
19	5	A	33	5056	Alexander Chang	24	26:25	26:25	47	5:28	8:48
20	2	J	34	5571	Enrique Castro	17	26:42	26:06	47	5:31	8:54
21	5	S	37	5585	Jean Carlos Vergara	32	27:10	27:10	46	5:37	9:03
22	1	V	12	5493	Otilio Ibarra	60	27:17	22:21	56	5:39	9:05
23	6	S	42	4056	Eder Joel Hernandez	33	27:48	27:48	45	5:45	9:16
24	2	V	13	5490	Luis Alonso Hernandez	63	27:55	22:12	56	5:47	9:18
25	6	A	44	5519	Javier Carranza	25	28:17	28:17	44	5:51	9:25
26	4	K	38	4193	Reinier Romero	14	28:23	26:40	46	5:53	9:28
27	5	K	39	3536	Derek Braddick	14	28:52	27:06	46	5:58	9:37
28	7	S	50	3816	Joel López	34	28:57	28:56	43	5:59	9:39
29	7	A	51	5064	Alpen Bhakta	24	29:00	29:00	43	6:00	9:40
30	8	A	52	5454	Pedro Varela	27	29:07	29:07	42	6:02	9:42
31	1	G	19	5479	Luis Morán	58	29:45	24:49	50	6:09	9:55
32	9	A	53	3339	Jose Doens	27	30:21	30:21	41	6:17	10:07
33	1	GF	8	5556	Lourdes M. Pérez	56	30:23	21:05	59	6:17	10:07
34	3	SF	22	1155	Vivian Martínez	31	31:07	25:26	49	6:26	10:22
35	1	AF	23	5558	Rosa Ortega	20	31:12	25:29	49	6:27	10:24
36	8	S	56	5574	Hugo Gutierrez	30	31:12	31:12	40	6:27	10:24
37	2	AF	24	5581	Sandra Nuñez	28	31:14	25:31	49	6:28	10:24
38	4	SF	32	2944	Kenia Ortega	34	31:42	25:54	48	6:34	10:34
39	5	SF	25	5594	Melina Lopez	38	31:49	25:23	49	6:35	10:36
40	6	SF	35	2944	Kenia Ortega	34	32:17	26:23	47	6:41	10:45
41	1	MF	26	5434	Silvia Cedeño	41	32:36	25:26	49	6:45	10:52
42	2	MF	27	781	Gloria Bermudez	43	33:04	25:26	49	6:51	11:01
43	7	SF	36	2572	Doriana Hun	39	33:10	26:16	47	6:52	11:03
44	4	M	57	5588	Felipe Dominguez	43	33:32	31:35	39	6:57	11:10
45	1	JF	40	5567	Dalia Rojas	17	33:35	26:49	46	6:57	11:11
46	2	LF	15	5590	Emily Santos	9	33:38	22:28	55	6:58	11:12
47	3	MF	28	5497	Zodelva Quintana	48	33:51	25:05	49	7:00	11:17
48	3	AF	45	5592	Dulce Marconi	27	34:10	27:55	44	7:04	11:23
49	10	A	63	5319	Kisan Bhaka	20	34:17	34:17	36	7:06	11:25
50	4	MF	41	4196	Yesica Chavez	41	34:20	26:48	46	7:06	11:26
51	11	A	64	5319	Kisan Bhaka	20	34:27	34:27	36	7:08	11:29
52	4	AF	46	5296	Elvira Angulo	29	34:30	28:11	44	7:08	11:30
53	8	SF	47	5554	Massiel Macias	35	34:51	28:22	44	7:13	11:37
54	9	S	66	5577	Luis Hernández	34	35:07	35:07	35	7:16	11:42
55	5	MF	43	5586	Damayanti Cedeño V.	42	35:44	27:41	45	7:24	11:54
56	12	A	67	5587	Joel Rivera	25	35:51	35:51	34	7:25	11:57
57	2	G	61	5422	Asdrubal Torres	50	36:00	32:09	38	7:27	12:00
58	6	MF	48	5586	Damayanti Cedeño V.	42	36:09	28:01	44	7:29	12:03
59	3	V	54	3403	Luis Alberto Arosemena M.	60	37:16	30:32	41	7:43	12:25
60	7	MF	49	3533	Nitzeyra De Leon	45	37:22	28:20	44	7:44	12:27
61	8	MF	55	5548	Maristela De Lima	43	38:45	29:49	41	8:01	12:55
62	2	JF	58	5549	Janina Acevedo	19	38:45	31:26	39	8:01	12:55
63	5	AF	59	3815	Karina López	21	39:05	31:55	39	8:05	13:01
64	3	JF	62	5589	María Santos	18	40:23	32:34	38	8:22	13:28
65	9	SF	65	5433	Dagmar Bonilla	37	42:09	33:51	36	8:44	14:03
66	9	MF	60	5583	Yadira Moreno	48	42:25	31:26	39	8:47	14:08
67	1	SVF	29	3397	Judy Collins	76	45:14	25:07	49	9:22	15:04
68	3	G	69	5546	Miguel Arango	52	49:34	43:33	28	10:16	16:31
69	10	MF	68	5547	Kleany Nascimento	44	49:34	37:51	33	10:16	16:31
70	6	AF	70	5561	Alolndra Gómez	22	52:53	43:12	28	10:57	17:37
71	7	AF	71	5563	Cecyl Gómez	20	52:55	43:14	28	10:57	17:38
72	13	A	73	5582	Luis Montenegro	21	59:13	59:13	21	12:16	19:44
73	8	AF	72	5580	Catherine Armour	26	59:31	48:38	25	12:20	19:50

Carrera de 5 Millas (8.0 km) - Marca Mundial, 22:09

PASO

ABS	CAT	HCP	NO.	NOMBRE	EDAD	TIEMPO	AGE GRADED	INDICE	/KM	/MILLA	
1	1	J	2	5393	Miguel Martinez	19	32:49	32:34	68	4:04	6:33
2	1	G	1	5355	Fidel Castro	52	33:22	29:19	75	4:08	6:40
3	1	MF	3	1411	Maurylin Blanco	42	45:14	35:03	63	5:37	9:02
4	1	V	4	520	Rodrigo D'Angelo	67	46:16	35:16	62	5:45	9:15
5	1	A	7	3428	Eduardo Mordock	28	47:05	47:05	47	5:51	9:25
6	1	S	8	2970	Domingo Wong	32	47:22	47:22	46	5:53	9:28
7	2	S	9	4050	Joel Martinez	30	47:53	47:53	46	5:57	9:34
8	2	G	6	3483	Rolando Gonzalez G.	54	51:08	44:12	50	6:21	10:13
9	1	GF	5	5105	Gloria Guerra	50	53:19	38:54	56	6:37	10:39
10	3	S	10	5600	Cristian Medina	39	55:53	54:09	40	6:56	11:10

Carrera de 6 Millas (9.7 km) - Marca Mundial, 44:26

ABS	CAT	HCP	NO.	NOMBRE	EDAD	TIEMPO	AGE GRADED	INDICE	/KM	/MILLA	
1	1	M	2	3075	Fernando Revuelta	48	37:04	33:37	78	3:50	6:10
2	1	S	4	2579	Carlos Ayala	38	37:08	36:15	72	3:50	6:11
3	2	S	7	5553	Rodrigo Caro	36	40:05	39:39	66	4:09	6:40
4	1	AF	1	1848	Nicole Ospina	28	40:07	32:46	80	4:09	6:41
5	1	G	3	344	Victor Liod	54	40:09	34:42	76	4:09	6:41
6	3	S	8	1679	Alberto Henríquez	30	40:34	40:34	65	4:12	6:45
7	1	A	13	1780	Angel Magallon	24	41:24	41:24	63	4:17	6:54
8	4	S	14	5542	Rafael Devesa	30	41:51	41:51	63	4:20	6:58
9	2	M	6	5401	Jose Sanchez	46	42:22	39:01	67	4:23	7:03
10	3	M	9	5551	Jorge Simons	43	42:45	40:15	65	4:25	7:07
11	2	A	17	4041	Miguel Gonzalez	28	42:49	42:49	61	4:26	7:08
12	4	M	10	5151	Victor Cahtillo	46	43:32	40:06	65	4:30	7:15
13	3	A	22	5298	Toms Terrado	29	44:19	44:19	59	4:35	7:23
14	5	M	15	5457	Ernesto Bal	42	44:20	42:03	62	4:35	7:23
15	5	S	23	128	Abraham Salas	30	44:42	44:42	59	4:37	7:27
16	6	M	19	5126	Anel Saenz	42	45:51	43:29	60	4:44	7:38
17	7	M	20	5264	Jorge Luis Algandona	42	46:19	43:56	60	4:47	7:43
18	1	SF	5	2846	Carmen Villareal	31	46:54	38:19	68	4:51	7:49
19	4	A	32	3493	Martin Paddy	29	47:30	47:30	55	4:55	7:55
20	2	G	12	1569	Rodolfo Moreno	54	47:32	41:05	64	4:55	7:55
21	6	S	33	5576	Julio Gómez	32	47:38	47:37	55	4:56	7:56
22	3	G	18	5570	Raúl Castro	50	48:01	42:53	61	4:58	8:00
23	7	S	36	5578	Juancarlos Oliveros	32	48:02	48:02	54	4:58	8:00
24	4	G	16	5541	Vladimir Bolaños	52	48:07	42:16	62	4:59	8:01
25	8	S	37	1174	Elier Pinilla	34	48:22	48:22	54	5:00	8:03
26	8	M	28	646	Raul Ramirez	48	50:37	45:54	57	5:14	8:26
27	9	M	30	5472	Aurelio Martinez	45	50:37	46:58	56	5:14	8:26
28	9	S	43	5097	Anibal Cardenas	39	51:30	49:55	52	5:20	8:35
29	10	S	44	1006	Ariel Donato	39	51:39	50:04	52	5:21	8:36
30	11	S	47	5320	Jose Munoz	39	53:04	51:25	51	5:29	8:50
31	1	MF	11	2483	Olga Gallego	45	53:05	40:15	65	5:29	8:50
32	5	G	24	3135	Philippe Formal	58	53:24	44:34	59	5:31	8:54
33	12	S	53	5564	Carlos Colpas	37	53:47	52:52	49	5:34	8:58
34	5	A	59	2518	Rafael Nicholas	22	53:52	53:52	48	5:34	8:58
35	10	M	45	5588	Felipe Dominguez	43	53:52	50:43	52	5:34	8:58
36	6	A	60	3495	Vidal Santana	28	54:13	54:13	48	5:36	9:02
37	2	SF	21	5315	Vanessa Calvino	39	54:44	43:20	60	5:40	9:07
38	11	M	50	5390	Manuel Montecer	43	55:07	51:54	50	5:42	9:11
39	6	G	29	5477	José Calvo	59	55:14	45:40	57	5:43	9:12
40	13	S	63	939	Erick Hernandez	32	55:19	55:19	47	5:43	9:13
41	12	M	54	2241	Juan De La Rosa	41	55:22	52:54	49	5:44	9:13
42	13	M	51	4155	Francisco Rodríguez	43	55:53	52:38	50	5:47	9:19
43	7	G	38	697	Lorenzo Moreno	54	56:25	48:46	54	5:50	9:24
44	8	G	39	58	Jorge Lombardo	55	56:59	48:50	54	5:54	9:29
45	14	S	64	5327	Alexander Fernandez	38	57:13	55:50	47	5:55	9:32
46	9	G	41	3436	Aristides Cueto	55	57:27	49:14	53	5:57	9:34
47	15	S	65	5485	Ramon Jose Chiari Lopez	39	57:46	56:00	47	5:59	9:37
48	10	G	34	5234	Pedr Martinez R.	59	57:47	47:47	55	5:59	9:38
49	2	MF	26	272	Sonia Tejada	41	58:00	45:16	58	6:00	9:40
50	14	M	61	5539	John Achurra	45	58:08	53:58	48	6:01	9:41
51	7	A	67	5569	Plinio Maure	29	58:20	58:20	45	6:02	9:43
52	1	V	27	3097	Jorge Fidel Perea V.	68	59:53	45:08	58	6:12	9:59
53	16	S	68	5486	Angel Dominguez	39	59:58	58:07	45	6:12	9:59
54	2	V	31	665	Victor Coto	65	60:09	46:53	56	6:13	10:01

55	3	SF	48	2818	Liss Castillo	32	63:14	51:39	51	6:32	10:32
56	17	S	71	5550	Augusto Mendez	32	63:17	63:17	41	6:33	10:32
57	3	MF	40	5575	Anabel Lay	45	63:23	48:03	54	6:33	10:33
58	4	MF	42	5305	Aracely Rangel	44	64:26	49:13	53	6:40	10:44
59	1	GF	25	226	Arlene Rodriguez	57	64:42	44:30	59	6:42	10:47
60	18	S	72	5545	Carlos Riesen	38	65:15	63:42	41	6:45	10:52
61	4	SF	55	5544	Rosmary Rodriguez	36	65:23	52:51	49	6:46	10:53
62	5	SF	52	5268	Jennifer Vasquez	38	65:30	52:14	50	6:47	10:55
63	5	MF	49	5356	Blanca Morales	41	65:31	51:08	51	6:47	10:55
64	6	SF	56	5402	Karla Rodriguez	32	65:31	53:31	49	6:47	10:55
65	19	S	73	3197	Luis Sanabria	38	65:48	64:14	41	6:49	10:58
66	6	MF	46	5540	Damaris Santos	45	66:12	50:11	52	6:51	11:01
67	7	SF	57	5446	Agieda Vasquez	36	66:28	53:43	49	6:53	11:04
68	8	A	74	5566	Carlos Dumas	21	66:39	66:39	39	6:54	11:06
69	2	GF	35	1444	Eyra Rosa Lopez Santamaria	52	66:49	47:58	55	6:55	11:08
70	8	SF	62	5559	Alessandra Mezquita	31	66:49	54:36	48	6:55	11:08
71	11	G	69	5054	Sergio Gonzalez	51	67:30	59:48	44	6:59	11:15
72	20	S	75	5578	Juancarlos Oliveros	32	67:58	67:58	38	7:02	11:19
73	7	MF	58	5342	Argelia Vega	41	68:50	53:44	49	7:07	11:28
74	8	MF	66	5560	Lily Santos	40	71:13	55:59	47	7:22	11:52
75	9	SF	70	5565	Itzel Gonzalez	30	72:45	59:27	44	7:32	12:07
76	15	M	76	2092	Edwin Diaz	42	73:08	69:22	38	7:34	12:11
77	12	G	77	886	Gilberto Robles	51	77:26	68:35	38	8:01	12:54