

Club Atlético PAFRA - Marca Pasos - Clayton

9 Agosto 2015

Edición 4

Temperatura 79°F (26°C) Humedad Relativa 92%-98% Sensación Térmica 81-103°F (27-39°C) Nublado

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

PUESTO					PASO						
ABS	CAT	HCP	NO.	NOMBRE	EDAD	TIEMPO	AGE GRADED	INDICE	/KM	/MILLA	
1	1	A	2	737	Nicolás Garcia Garcia	21	4:37	4:36	80	2:52	4:37
2	1	J	1	5277	Christopher De Witt	16	4:42	4:32	81	2:55	4:42
3	1	S	6	5884	Anel Grimaldo	33	5:03	5:03	73	3:08	5:03
4	1	M	4	736	Nicolás Garcia Noval	47	5:08	4:41	79	3:11	5:08
5	2	J	8	3888	Tomás Castro Jr.	15	5:36	5:20	69	3:28	5:36
6	3	J	10	3071	Ramesh Quintana	19	6:04	6:02	61	3:46	6:04
7	1	G	7	5228	Luis Carlos Lopez R.	58	6:18	5:15	70	3:54	6:18
8	1	K	11	1906	Ismael De Witt	13	6:41	6:09	60	4:09	6:41
9	1	KF	5	205	Yenifer Castro	11	6:44	4:49	77	4:11	6:44
10	1	LF	3	5122	Maria Fernanda Verbel	8	6:54	4:36	80	4:17	6:54
11	1	GF	9	702	Elizabeth Camacho	50	7:44	5:38	65	4:48	7:44
12	1	L	12	5070	Xavier Andre Romero	9	8:01	6:34	56	4:59	8:01
13	2	A	19	6112	Juan Bravo Jr.	25	8:59	8:58	41	5:34	8:59
14	1	AF	14	5299	Yulissa Ramos	22	9:09	7:29	49	5:41	9:09
15	4	J	20	6113	Andres Bravo	19	9:21	9:16	40	5:48	9:21
16	2	L	16	6117	Ian Howell	8	9:52	8:04	46	6:07	9:52
17	1	JF	17	5451	Claudia Alvarado	18	9:56	8:00	46	6:10	9:56
18	2	AF	18	3813	Doris Flores	27	10:34	8:37	43	6:34	10:34
19	2	LF	13	8	Jazmin Sealey	5	10:56	7:18	50	6:47	10:56
20	3	LF	15	6060	Yzabel Cue	9	11:22	7:35	49	7:03	11:22
21	3	L	24	5423	Gabriel Torres	8	12:22	10:06	36	7:41	12:22
22	1	SF	25	6069	Nairobi Barrios	33	13:09	10:45	34	8:10	13:09
23	4	LF	21	5921	Alexandra Diaz	5	13:49	9:13	40	8:35	13:49
24	5	LF	22	6089	Eileen Cedeno	5	13:56	9:18	40	8:39	13:56
25	3	A	27	3495	Vidal Santana	28	13:56	13:56	26	8:39	13:56
26	6	LF	23	6116	Valentina Howell	6	14:12	9:29	39	8:49	14:12
27	2	M	28	5930	Carlos Cruz	42	14:46	14:00	26	9:10	14:46
28	2	G	29	6111	Juan Bravo Sr.	50	15:28	13:48	26	9:36	15:28
29	2	GF	26	6110	Blanca Bravo	50	15:34	11:21	32	9:40	15:33
30	2	SF	30	6090	Eyra Santana	31	17:45	14:30	25	11:02	17:45
31	4	L	31	6120	David Gonzalez	4	19:12	15:41	23	11:55	19:12
32	5	L	32	6119	Leonardo Gonzalez	9	19:15	15:45	23	11:58	19:15
33	3	SF	33	6069	Nairobi Barrios	33	33:12	27:07	13	20:38	9:12
34	4	SF	34	6072	Dallani Castillo	32	44:59	36:45	10	3:57	20:59
35	1	V	35	1123	Roberto Rodríguez Díaz	62	45:04	36:12	10	4:00	21:04

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

PUESTO					PASO						
ABS	CAT	HCP	NO.	NOMBRE	EDAD	TIEMPO	AGE GRADED	INDICE	/KM	/MILLA	
1	1	S	2	6095	Arnulfo Moran	37	15:17	15:01	54	4:44	7:38
2	1	K	1	4193	Reinier Romero	14	15:30	14:33	55	4:48	7:45
3	1	SF	3	5403	Lisa Amstutz	36	20:07	16:15	49	6:15	10:03
4	1	J	8	3346	Luis Arosemena	16	21:08	20:27	39	6:34	10:34
5	1	M	10	6064	Amador Goodridge	40	21:40	20:51	38	6:43	10:50
6	2	SF	4	2333	Marly Mavia	35	21:47	17:43	45	6:46	10:53
7	1	G	7	4	Juan Manuel Ghelman	51	21:49	19:19	42	6:46	10:54
8	1	JF	5	5517	Maria Esther Vigil	18	22:44	18:19	44	7:03	11:22
9	1	AF	9	6070	Montse Burillo	20	25:02	20:27	39	7:46	12:31
10	1	SV	6	120	Robert McIntosh	74	26:29	18:31	43	8:13	13:14
11	1	KF	12	5421	Natalia Torres	12	32:00	23:34	34	9:56	16:00
12	1	GF	11	6080	Yira Edith Perez	59	32:35	22:00	36	10:07	16:17
13	2	K	17	6081	Raynell N. Mendoza	13	32:51	30:16	26	10:12	16:25
14	1	MF	14	6109	Maria Rocia	41	33:54	26:28	30	10:32	16:57
15	2	JF	16	6108	Natalia Samor	17	33:58	27:08	29	10:33	16:59
16	2	M	18	1691	Thanaci Cho Bugaris	41	34:27	32:55	24	10:42	17:13
17	2	MF	15	5411	Alba Esther D'Angelo	42	34:47	26:58	30	10:48	17:23

18 3 MF 13 5112 Esther De Arosemena 48 34:55 25:53 31 10:51 17:27

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

PUESTO				PASO							
ABS	CAT	HCP	NO.	NOMBRE	EDAD	TIEMPO	AGE GRADED	INDICE	/KM	/MILLA	
1	1	J	4	6049	Amir Abad	19	20:45	20:36	60	4:18	6:55
2	1	M	1	303	Alex Canto	46	20:55	19:15	65	4:19	6:58
3	1	A	8	3956	Moisés González	21	23:07	23:07	54	4:47	7:42
4	1	S	9	3210	Tony Amstutz	35	23:30	23:24	53	4:52	7:50
5	1	G	5	3925	Edgar Vásquez	52	23:37	20:45	60	4:53	7:52
6	2	A	20	5934	David Yarmagomedon	25	24:59	24:59	50	5:10	8:19
7	2	M	10	5115	Alexis Romero	46	25:33	23:32	53	5:17	8:31
8	2	G	6	6075	Carlos Garcia	53	25:44	22:25	55	5:19	8:34
9	1	K	21	5925	Miguel Gonzalez	14	26:25	24:48	50	5:28	8:48
10	2	K	11	5007	Carson Amstutz	11	26:30	23:15	53	5:29	8:50
11	3	A	25	6084	Kevin Hall	21	27:02	27:02	46	5:36	9:00
12	2	S	26	4056	Eder Joel Hernandez	33	27:06	27:06	46	5:36	9:01
13	1	MF	2	5933	Wemdy Cue	47	27:07	20:15	61	5:37	9:02
14	4	A	27	5940	Jesus Veliz	20	27:10	27:10	46	5:37	9:03
15	5	A	28	6118	Frank Guelfi	21	27:53	27:53	44	5:46	9:17
16	3	G	23	1690	Edgar Acevedo	50	28:17	25:15	49	5:51	9:25
17	1	V	7	5490	Luis Alonso Hernandez	63	28:19	22:32	55	5:52	9:26
18	1	AF	12	5051	Maria Hernandez	26	28:27	23:14	53	5:53	9:29
19	6	A	32	6088	Eduardo Mordock	29	28:40	28:40	43	5:56	9:33
20	2	AF	13	6104	Walkiria D'Orcy	28	29:04	23:45	52	6:01	9:41
21	3	AF	14	5696	Erica Yamileth Vasquez	28	29:11	23:50	52	6:02	9:43
22	3	S	33	5577	Luis Hernández	34	29:19	29:18	42	6:04	9:46
23	4	AF	15	6091	Wendy Bolivar	24	29:25	24:02	52	6:05	9:48
24	5	AF	18	5941	Katleen Cardenas	27	29:34	24:09	51	6:07	9:51
25	1	SF	19	703	Linett Lombardo	35	29:45	24:12	51	6:09	9:55
26	4	G	24	3483	Rolando Gonzalez G.	54	29:49	25:46	48	6:10	9:56
27	2	V	16	1047	Sjef Van Eijs	63	29:53	23:46	52	6:11	9:57
28	7	A	39	6087	Danyelo Duartes	24	30:11	30:11	41	6:15	10:03
29	1	LF	3	5913	Karla Muñoz	10	30:30	20:22	61	6:19	10:09
30	4	S	34	6067	Victor M. Ibarra	39	30:38	29:41	42	6:20	10:12
31	2	MF	17	6068	Odilia Castillo	42	30:40	23:46	52	6:21	10:13
32	3	V	22	1623	Wayne Bremer	64	31:26	24:45	50	6:30	10:28
33	5	G	29	5935	Noel Antonio Gonzalez	53	32:09	28:01	44	6:39	10:43
34	8	A	44	5319	Kisan Bhaka	21	33:45	33:45	37	6:59	11:15
35	9	A	45	6066	Ameth Samudio Patino	28	34:00	34:00	36	7:02	11:20
36	10	A	46	6082	Blas Pino	21	34:05	34:05	36	7:03	11:21
37	5	S	48	5803	Luis Hernandez	34	35:35	35:35	35	7:22	11:51
38	4	V	35	3403	Luis Alberto Arosemena M.	60	35:52	29:23	42	7:25	11:57
39	1	JF	30	5336	Yeina Gutierrez	15	36:04	28:07	44	7:28	12:01
40	6	AF	36	6055	Mayhell Coronado	20	36:08	29:32	42	7:29	12:02
41	2	SF	37	5942	Cuadra Luz	37	36:21	29:11	42	7:31	12:07
42	2	JF	31	5057	Yosmar Gutierrez	15	36:30	28:27	44	7:33	12:09
43	6	G	43	5422	Asdrubal Torres	51	36:43	32:31	38	7:36	12:14
44	3	SF	40	6059	Nery Anaya	31	37:30	30:39	40	7:46	12:30
45	3	JF	41	5939	Maria Gonzalez	19	37:54	30:44	40	7:51	12:38
46	3	MF	38	909	Evy Ibarra	44	38:23	29:19	42	7:57	12:47
47	7	AF	42	6097	Yarelys Ramos	29	38:29	31:26	39	7:58	12:49
48	11	A	51	5056	Alexander Chang	25	38:45	38:45	32	8:01	12:55
49	8	AF	47	5579	Debora Prado	24	42:29	34:42	36	8:48	14:09
50	12	A	53	5701	Carlos Garzon	28	42:34	42:34	29	8:49	14:11
51	6	S	54	6077	Gabriel Roman	38	43:53	42:49	29	9:05	14:37
52	4	MF	49	6103	Sandy Ho	46	48:23	36:25	34	10:01	16:07
53	5	MF	50	6099	Elvia Munoz	47	50:28	37:41	33	10:27	16:49
54	4	SF	52	6098	Lissete Licona	30	50:35	41:19	30	10:28	16:51

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

PUESTO				PASO							
ABS	CAT	HCP	NO.	NOMBRE	EDAD	TIEMPO	AGE GRADED	INDICE	/KM	/MILLA	
1	1	G	1	5355	Fidel Castro	53	33:24	29:07	76	4:09	6:41

2	1	M	3	3170	Omar Santana	49	36:23	32:44	67	4:31	7:16
3	2	G	5	2378	Eduardo Hernández	50	37:39	33:38	65	4:40	7:32
4	1	MF	2	5257	Mary Carmen Matos	45	39:20	29:49	74	4:53	7:52
5	1	V	4	5103	Saul Noblesilla	62	40:37	32:37	67	5:02	8:07
6	1	A	9	5680	Carlos Villamonte	29	41:39	41:39	53	5:10	8:19
7	2	V	6	520	Rodrigo D'Angelo	67	46:38	35:33	62	5:47	9:19
8	2	M	10	2241	Juan De La Rosa	42	46:43	44:19	49	5:48	9:20
9	2	A	12	5064	Alpen Bhakta	24	47:10	47:10	46	5:51	9:26
10	1	SF	7	2358	Fanny Sánchez	38	49:14	39:15	56	6:07	9:50
11	1	S	13	6094	Christian Castillo	37	49:17	48:26	45	6:07	9:51
12	2	SF	8	5871	Ana Toribio Batista	37	50:30	40:33	54	6:16	10:06
13	3	G	11	5054	Sergio Gonzalez	51	50:34	44:47	49	6:17	10:06
14	2	S	14	2359	Rodrigo Nuñez	39	50:38	49:04	45	6:17	10:07
15	3	S	15	6096	David Cardama	37	51:40	50:47	43	6:25	10:20
16	4	G	16	3939	Felipe Campos	54	61:53	53:28	41	7:41	12:22

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

ABS	CAT	HCP	NO.	NOMBRE	EDAD	TIEMPO	AGE GRADED	INDICE	PASO		
									/KM	/MILLA	
1	1	A	4	5102	Samuel Aguirre	21	38:49	38:49	67	4:01	6:28
2	1	S	5	6031	Franklin Castillo	30	38:50	38:50	67	4:01	6:28
3	1	M	1	6101	Juan Romero	48	39:27	35:47	73	4:05	6:34
4	2	M	2	249	Atsuhiko Nakano	43	39:36	37:17	70	4:06	6:36
5	3	M	3	6073	Eduardo Arias	43	40:25	38:04	69	4:11	6:44
6	2	A	8	5695	Malron Pineda	22	41:42	41:42	63	4:19	6:57
7	4	M	6	5346	Alvaro Vassell	42	41:46	39:38	66	4:19	6:57
8	2	S	11	5320	Jose Munoz	39	46:06	44:40	59	4:46	7:41
9	3	S	14	1679	Alberto Henríquez	30	46:09	46:09	57	4:46	7:41
10	3	A	17	3494	Guillermo Santana	21	47:47	47:47	55	4:57	7:58
11	4	S	18	5553	Rodrigo Caro	36	48:02	47:32	55	4:58	8:00
12	5	S	22	1174	Elier Pinilla	34	48:06	48:06	54	4:58	8:01
13	1	G	9	5541	Vladimir Bolaños	53	48:32	42:18	62	5:01	8:05
14	5	M	19	5264	Jorge Luis Algandona	42	49:52	47:18	55	5:09	8:18
15	4	A	31	4105	Miguel Lasso	21	51:15	51:15	51	5:18	8:32
16	6	S	32	6033	Matias Gallardo	36	51:23	50:51	51	5:19	8:34
17	2	G	12	5643	Glenn Simon	54	51:28	44:28	59	5:19	8:34
18	7	S	33	6061	Carlos Gonzalez	32	51:42	51:42	51	5:21	8:37
19	8	S	37	5633	Davos Moya	30	51:51	51:51	50	5:22	8:38
20	6	M	28	1809	Tomás Gómez	41	53:00	50:39	52	5:29	8:50
21	7	M	23	3241	Carlos Samaniego	48	53:14	48:17	54	5:30	8:52
22	3	G	15	697	Lorenzo Moreno	55	53:39	45:59	57	5:33	8:56
23	9	S	39	3509	Manuel Prado	33	54:35	54:35	48	5:39	9:05
24	8	M	34	3352	Rolando Armuelles	44	55:07	51:32	51	5:42	9:11
25	1	AF	13	6078	Brenda Caballero	20	55:15	45:08	58	5:43	9:12
26	9	M	38	6121	Leonardo Gonzalez Morel	43	56:19	53:02	49	5:50	9:23
27	4	G	20	5156	Angel Garrido	57	56:34	47:37	55	5:51	9:25
28	5	A	43	3952	Luis de la Rosa	26	56:42	56:42	46	5:52	9:27
29	6	A	44	6105	Miguel Caldentey	20	56:54	56:54	46	5:53	9:29
30	7	A	45	5943	Pedro Varela	20	57:07	57:07	46	5:55	9:31
31	10	M	40	6114	Javier Liebana	41	57:15	54:43	48	5:55	9:32
32	11	M	41	5267	Frederick Parrilla	41	57:24	54:51	48	5:56	9:34
33	8	A	46	77	Daniel McLaughlin	23	57:35	57:35	45	5:57	9:35
34	1	MF	10	6030	Iris Regalado	47	58:06	43:23	60	6:01	9:41
35	12	M	42	901	Ludek Pinzon	40	58:20	56:08	47	6:02	9:43
36	2	MF	16	272	Sonia Tejada	42	58:54	45:39	57	6:06	9:49
37	1	SF	24	6057	Cecilia Morales	34	59:09	48:20	54	6:07	9:51
38	1	V	25	5493	Otilio Ibarra	60	59:22	48:38	54	6:08	9:53
39	5	G	29	58	Jorge Lombardo	56	59:34	50:36	52	6:10	9:55
40	6	G	30	465	Lisimaco Cordoba	57	59:38	50:12	52	6:10	9:56
41	9	A	47	2968	Jeansuira Saira	22	59:42	59:42	44	6:11	9:57
42	2	AF	26	6086	Monica Pasquier	28	59:49	48:52	54	6:11	9:58
43	1	GF	7	226	Arlene Rodriguez	58	60:00	40:54	64	6:13	10:00
44	10	A	49	3714	Ernesto Gall	29	61:45	61:45	42	6:23	10:17
45	2	SF	35	6032	Yaira Rodriguez	30	62:58	51:26	51	6:31	10:29
46	3	MF	27	6053	Diana Renteria	45	63:40	48:17	54	6:35	10:36
47	4	MF	21	5781	Gaby Sanchez	48	64:06	47:31	55	6:38	10:41
48	13	M	50	6062	Roberto Rodriguez	41	65:08	62:14	42	6:44	10:51
49	5	MF	36	6115	Vielka Sanjur	43	66:12	50:56	51	6:51	11:01
50	7	G	48	1031	Martin Rodriguez	51	67:31	59:49	44	6:59	11:15