

Club Atlético PAFRA - Marca Pasos - Clayton

14 Junio 2015

Edición 5

Temperatura 78-86°F (25-30°C) Humedad Relativa 73%-89% Sensación Térmica 94-95°F (34-35°C) Sol

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	J	1	5277	Christopher De Witt	16	4:51	4:41	79	3:00	4:51
2	1	M	2	736	Nicolás Garcia Noval	47	5:11	4:44	78	3:13	5:11
3	1	G	3	897	Eduardo Hernández	50	5:32	4:56	75	3:26	5:32
4	2	G	5	5228	Luis Carlos Lopez R.	58	6:27	5:22	69	4:00	6:27
5	1	KF	4	205	Yenifer Castro	11	6:53	4:55	75	4:16	6:53
6	1	L	7	5070	Xavier Andre Romero	9	7:28	6:06	60	4:38	7:28
7	1	GF	6	702	Elizabeth Camacho	50	7:50	5:42	65	4:52	7:50
8	1	A	10	5285	Jose Gil	21	7:51	7:50	47	4:52	7:51
9	1	AF	8	5299	Yulissa Ramos	21	8:57	7:18	50	5:33	8:57
10	2	J	14	5653	Wilfred Campbell	15	9:56	9:28	39	6:10	9:56
11	2	L	12	5423	Gabriel Torres	8	10:14	8:22	44	6:21	10:14
12	2	AF	13	5596	Maria Betarte	26	10:46	8:47	42	6:41	10:46
13	1	LF	9	8	Jazmin Sealey	5	11:25	7:37	48	7:05	11:25
14	3	AF	16	5805	Jessica M. Castillo	23	12:07	9:54	37	7:32	12:07
15	2	A	17	5804	Joseph Perez	22	12:15	12:15	30	7:36	12:15
16	2	LF	11	5591	Natalie Santos	8	12:19	8:13	45	7:39	12:19
17	3	LF	15	5838	Elias Keyanna	8	14:25	9:37	38	8:57	14:25
18	4	AF	19	5848	Anores Rodriguez	20	17:30	14:17	26	10:52	17:30
19	1	VF	18	5832	Coralia Verbel	63	19:00	12:20	30	11:48	19:00
20	1	MF	20	5698	Maria E. Diaz	41	19:03	14:53	25	11:51	19:03
21	1	JF	21	5697	Maria G. Flores	15	19:07	14:54	24	11:52	19:07
22	1	S	25	5859	Jaime Ospina	36	24:30	24:14	15	15:13	24:30
23	5	AF	22	5849	Astrid Batista	20	26:22	21:32	17	16:23	26:22
24	6	AF	24	5837	Alanis Horta	20	27:56	22:49	16	17:21	27:56
25	2	MF	23	5833	Nitzia Mendoza	47	27:56	20:51	17	17:21	27:56
26	3	A	29	5850	Kennys Rios	20	28:30	28:30	13	17:42	28:30
27	7	AF	26	5851	Leonisia de Beckles	20	31:33	25:46	14	19:36	31:33
28	8	AF	27	5830	Yelenis Rivera	20	31:34	25:47	14	19:37	31:34
29	9	AF	28	5854	Yazmin Beckles	25	31:38	25:50	14	19:39	31:38
30	4	A	34	5839	Yeiko Guerra	20	34:08	34:08	10	21:13	34:08
31	3	MF	30	5833	Nitzia Mendoza	47	37:15	27:49	13	23:09	37:15
32	5	A	35	5856	Joshua Artunes	20	38:45	38:45	9	0:04	38:45
33	10	AF	32	5857	Melissa Castillo	20	38:52	31:45	11	0:09	38:52
34	1	SF	33	5853	Lilian Diaz	38	42:09	33:37	11	2:12	42:09
35	4	LF	31	5867	Abigail Herrera	8	46:12	30:51	12	4:42	46:12
36	11	AF	36	5863	Vilma Hernandez	20	46:53	38:19	9	5:08	46:53
37	6	A	43	5860	Davis Hernandez	20	47:10	47:10	7	5:19	47:10
38	12	AF	37	5864	Angeline Hernandez	20	47:21	38:41	9	5:25	47:21
39	13	AF	38	5865	Diane Salazar	20	47:51	39:05	9	5:44	47:51
40	14	AF	39	5862	Daira AVECILLA	20	48:08	39:20	9	5:55	48:08
41	15	AF	42	5858	Sara Ospina	20	52:04	42:32	8	8:21	52:04
42	5	LF	40	5870	Maria Milagros Abadia	6	59:39	39:51	9	13:04	59:39
43	6	LF	41	5869	Liz Bauche	8	59:44	39:54	9	13:07	59:44
44	3	L	44	5872	Miguel Escudero	2	67:10	54:55	6	17:44	67:10
45	16	AF	45	5873	Milagros Gimás	20	71:40	58:33	6	20:32	71:40

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	J	1	3888	Tomás Castro Jr.	15	14:28	13:48	58	4:29	7:14
2	2	J	2	5808	Brayan Worrell	16	14:28	13:59	58	4:29	7:14
3	1	V	3	5103	Saul Noblesilla	62	21:36	17:21	46	6:42	10:48
4	1	AF	4	5523	Karen Moreno	23	22:59	18:46	43	7:08	11:29
5	1	SF	5	5666	Emilia Frewa	36	23:33	19:02	42	7:19	11:46
6	2	AF	6	5476	Ana Vasquez	22	23:38	19:19	42	7:20	11:49

7	1	JF	7	5517	Maria Esther Vigil	17	24:37	19:40	41	7:38	12:18
8	2	SF	9	5843	Alys Neto	35	26:12	21:19	38	8:08	13:05
9	3	AF	10	5844	Elizabeth Tapia Valero	23	26:12	21:24	37	8:08	13:05
10	2	JF	11	5589	María Santos	18	27:07	21:52	37	8:25	13:34
11	1	SV	8	120	Robert McIntosh	74	28:03	19:37	41	8:42	14:01
12	3	SF	12	5810	Tania Jetzabel Gutierrez	38	28:57	23:05	35	9:00	14:29
13	1	S	18	5811	Diego Botello	38	29:00	28:18	28	9:00	14:30
14	3	JF	14	5819	Ana Lia Vasquez	19	29:38	24:01	33	9:12	14:49
15	1	KF	13	5421	Natalia Torres	12	31:03	22:52	35	9:39	15:32
16	1	G	17	5546	Miguel Arango	52	31:14	27:26	29	9:42	15:37
17	4	SF	16	5420	Emilce D'Angelo	39	32:20	25:36	31	10:02	16:10
18	1	LF	15	5821	Gabriela Caskey Jaen	6	37:42	25:11	32	11:42	18:51
19	1	MF	19	5820	Madeline Huerta	46	37:50	28:28	28	11:45	18:55
20	2	MF	20	5822	Zuleika Jaen	46	37:51	28:29	28	11:45	18:55
21	1	M	23	5846	Ricardo De Hermoso	44	42:38	39:52	20	13:15	21:19
22	2	LF	21	5824	Emma Roach	4	44:57	30:01	27	13:58	22:28
23	2	S	24	2314	Alfredo Roach	39	44:58	43:34	18	13:58	22:29
24	5	SF	22	5823	Patricia Garcia	39	44:58	35:36	22	13:58	22:29
25	3	S	25	5845	Edgardo Luna	36	52:15	51:42	15	16:14	26:07

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	S	2	3344	Edwin Ibarra	37	21:07	20:45	60	4:22	7:02
2	1	A	10	5813	Rafael Pinate	27	23:12	23:11	53	4:48	7:44
3	2	S	11	5391	Eduardo Ordenes	33	23:30	23:30	53	4:52	7:50
4	1	G	3	3925	Edgar Vásquez	52	24:00	21:06	59	4:58	8:00
5	1	M	9	5115	Alexis Romero	46	24:45	22:47	54	5:07	8:15
6	1	LF	1	5122	Maria Fernanda Verbel	7	24:59	16:41	75	5:10	8:19
7	2	A	16	5700	Jonathan Caballero	24	25:25	25:25	49	5:15	8:28
8	3	A	19	5413	Maikol Castillo	23	25:34	25:34	48	5:18	8:31
9	1	AF	5	538	Jennifer Roberts	27	26:49	21:55	57	5:33	8:56
10	1	K	17	4193	Reinier Romero	14	26:59	25:20	49	5:35	8:59
11	4	A	25	3495	Vidal Santana	28	27:03	27:03	46	5:36	9:01
12	1	SF	6	5313	Elizabeth Sanchez	36	27:10	21:57	57	5:37	9:03
13	5	A	28	5815	Enrique Lopez	20	27:19	27:18	45	5:39	9:06
14	2	G	12	5006	Otilio Ibarra	55	27:23	23:28	53	5:40	9:07
15	1	V	4	520	Rodrigo D'Angelo	67	27:38	21:04	59	5:43	9:13
16	3	S	29	5836	Hugo Gutierrez	30	27:39	27:39	45	5:43	9:13
17	4	S	31	3816	Joel López	34	27:53	27:53	44	5:46	9:17
18	2	V	7	5490	Luis Alonso Hernandez	63	28:10	22:24	55	5:50	9:23
19	6	A	35	5814	George Zapata	26	28:59	28:59	43	6:00	9:39
20	2	SF	13	5634	Paula Barbero	31	29:04	23:45	52	6:01	9:41
21	2	M	21	5467	Genaro Villalaz	47	29:08	26:38	47	6:02	9:43
22	5	S	38	5802	Eder Hernandez	33	29:18	29:18	42	6:04	9:46
23	3	SF	14	3343	Rosa Gutiérrez	31	29:55	24:26	51	6:11	9:58
24	3	M	32	5812	Jean Gonzalez	42	29:57	28:24	44	6:12	9:59
25	7	A	40	5816	Juan Cedeño	23	30:33	30:33	40	6:19	10:11
26	3	G	18	5693	Ricardo Landero	59	30:47	25:27	49	6:22	10:15
27	8	A	41	5064	Alpen Bhakta	24	30:52	30:52	40	6:23	10:17
28	1	GF	8	416	Argelis Zurita	50	30:56	22:34	55	6:24	10:18
29	3	V	15	1047	Sjef Van Eijs	63	31:00	24:39	50	6:25	10:20
30	4	G	20	5479	Luis Morán	58	31:06	25:56	48	6:26	10:22
31	5	G	33	5827	Iván Rodriguez	53	32:07	27:59	44	6:39	10:42
32	2	AF	22	5696	Erica Yamileth Vasquez	28	32:16	26:22	47	6:41	10:45
33	3	AF	23	5051	María Hernandez	25	32:20	26:24	47	6:41	10:46
34	4	V	26	1623	Wayne Bremer	63	33:31	26:40	46	6:56	11:10
35	4	SF	30	5312	Clariss Barroso	30	33:32	27:24	45	6:57	11:10
36	6	S	46	5803	Luis Hernandez	34	34:49	34:49	35	7:12	11:36
37	5	SF	36	5835	Karina Lopez	32	34:59	28:34	43	7:14	11:39
38	7	S	47	5840	Elvis Santana	31	35:06	35:06	35	7:16	11:42
39	1	MF	24	5834	Graciela Bonini	48	35:28	26:17	47	7:20	11:49

40	9	A	48	5319	Kisan Bhaka	20	35:45	35:45	35	7:24	11:55
41	2	MF	27	5809	Maria Carla Fuentes	49	36:40	26:58	46	7:35	12:13
42	4	M	49	5829	Juan Carlos Concepcion	40	36:40	35:18	35	7:35	12:13
43	3	MF	37	5548	Maristela De Lima	43	37:04	28:31	43	7:40	12:21
44	4	MF	34	5547	Kleany Nascimento	44	37:07	28:21	44	7:41	12:22
45	6	G	44	5422	Asdrubal Torres	51	37:17	33:02	37	7:43	12:25
46	6	SF	42	5699	Jovalys Barrios	32	37:38	30:44	40	7:47	12:32
47	5	MF	39	2134	Marianela Dollander	43	38:58	29:58	41	8:04	12:59
48	2	K	54	5098	Sebastian D'Angelo	13	41:46	38:30	32	8:39	13:55
49	4	AF	45	2542	Angela Reyes	28	42:23	34:37	36	8:46	14:07
50	6	MF	43	5656	Anayansi Jaen	48	42:27	31:27	39	8:47	14:09
51	7	MF	50	5674	Elvia Muñoz	46	47:28	35:43	35	9:50	15:49
52	8	MF	51	5658	Olga Rodriguez	43	47:29	36:32	34	9:50	15:49
53	9	MF	53	5817	Mileydaitzel Stucel	41	47:34	37:07	33	9:51	15:51
54	10	A	58	5841	Timothy Smith	20	48:55	48:55	25	10:08	16:18
55	2	GF	52	5806	Aixa Samaniego	50	49:07	35:51	34	10:10	16:22
56	5	AF	56	5801	Lara Diaz	27	49:08	40:09	31	10:10	16:23
57	10	MF	55	5818	Gloria Ortega	43	50:21	38:44	32	10:25	16:47
58	6	AF	57	5842	Juliette Smith	20	50:25	41:12	30	10:26	16:48
59	7	SF	59	5871	Ana Toribio Batista	37	69:27	55:45	22	14:23	23:09

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

ABS	CAT	HCP	NO.	NOMBRE	EDAD	TIEMPO	AGE GRADED	INDICE	PASO		
									/KM	/MILLA	
1	1	A	3	5598	Carlos Villamonte	29	29:07	29:07	76	3:37	5:49
2	1	G	4	5355	Fidel Castro	52	33:10	29:09	75	4:07	6:38
3	1	LF	1	5590	Emily Santos	9	36:54	24:39	89	4:35	7:23
4	2	LF	2	5396	Emily Santos	9	37:34	25:05	88	4:40	7:30
5	2	A	5	3494	Guillermo Santana	21	37:55	37:55	58	4:42	7:35
6	3	A	6	5598	Carlos Villamonte	29	40:35	40:35	54	5:02	8:07
7	4	A	8	5633	Davos Moya	29	43:02	43:02	51	5:21	8:36
8	2	G	7	465	Lisimaco Cordoba	56	48:54	41:33	53	6:04	9:47
9	1	S	13	3197	Luis Sanabria	38	52:51	51:34	42	6:34	10:34
10	1	SF	9	5447	Betsy Beitia	36	53:38	43:22	51	6:40	10:43
11	1	MF	10	3708	Sulena Cortéz	44	58:08	44:25	49	7:13	11:37
12	2	MF	11	781	Gloria Bermudez	44	58:09	44:25	49	7:13	11:37
13	3	MF	12	5137	Nitzeida Zarate	40	60:15	47:22	46	7:29	12:03
14	3	G	15	3939	Felipe Campos	54	68:23	59:05	37	8:30	13:40
15	1	V	14	5826	Gustavo Rodriguez	62	69:44	56:01	39	8:40	13:56

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	2	737	Nicolás Garcia Garcia	21	35:07	35:07	75	3:38	5:51
2	1	S	4	2579	Carlos Ayala	38	36:37	35:44	73	3:47	6:06
3	1	M	1	3075	Fernando Revuelta	48	36:47	33:22	79	3:48	6:07
4	2	S	7	1779	Manuel Moreno	39	38:30	37:19	70	3:59	6:25
5	2	M	8	249	Atsuhiko Nakano	43	39:42	37:23	70	4:06	6:37
6	3	M	6	5301	Philippe Millet	47	40:32	37:04	71	4:12	6:45
7	1	AF	5	3813	Doris Flores	27	44:07	36:03	73	4:34	7:21
8	4	M	10	3663	José Alvarez	48	44:17	40:11	65	4:35	7:23
9	1	G	9	3053	Máximo Ballesteros	56	44:59	38:12	69	4:39	7:29
10	3	S	19	5553	Rodrigo Caro	36	46:38	46:09	57	4:49	7:46
11	2	G	11	1569	Rodolfo Moreno	55	46:43	40:02	65	4:50	7:47
12	2	A	22	5695	Malron Pineda	22	47:00	47:00	56	4:52	7:50
13	5	M	15	5264	Jorge Luis Algandona	42	47:07	44:41	59	4:52	7:51
14	1	MF	3	1213	Noriko Osada	47	47:12	35:14	74	4:53	7:52
15	4	S	28	1174	Elier Pinilla	34	48:23	48:23	54	5:00	8:03
16	5	S	23	5097	Anibal Cardenas	39	49:17	47:46	55	5:06	8:13
17	3	A	31	5367	Martin Paddy	29	50:20	50:20	52	5:12	8:23
18	6	M	20	5807	Hanoch Barlevi	48	50:45	46:02	57	5:15	8:27
19	7	M	24	5472	Aurelio Martinez	45	51:40	47:58	55	5:21	8:36
20	3	G	13	164	Vasco Gernado	58	52:24	43:44	60	5:25	8:44
21	8	M	33	5636	Carlos Lopez Freitas	41	53:38	51:14	51	5:33	8:56
22	9	M	30	151	José Alvarez	48	53:53	48:52	53	5:34	8:58
23	4	A	34	3777	David Cedeño	28	54:02	54:02	48	5:35	9:00
24	1	V	12	3097	Jorge Fidel Perea V.	68	54:39	41:12	64	5:39	9:06

25	4	G	25	149	Luigi López	54	54:53	47:25	55	5:41	9:08
26	6	S	36	5488	Marcelo Ber	33	55:12	55:12	47	5:43	9:12
27	10	M	35	1809	Tomás Gómez	41	56:53	54:22	48	5:53	9:29
28	7	S	37	5545	Carlos Riesen	38	57:08	55:46	47	5:55	9:31
29	1	SF	16	5692	María Teresa Lasso	39	57:15	45:20	58	5:55	9:32
30	2	MF	17	272	Sonia Tejada	42	57:44	44:44	58	5:58	9:37
31	8	S	39	5825	Horacio Meza	34	58:09	58:09	45	6:01	9:41
32	2	SF	26	5694	Diana Hernandez	36	58:17	47:07	55	6:02	9:43
33	2	V	27	664	Ramiro Cano	61	58:40	47:36	55	6:04	9:46
34	3	MF	18	5305	Aracely Rangel	44	59:21	45:20	58	6:08	9:53
35	5	G	32	5156	Angel Garrido	57	59:23	50:00	52	6:09	9:54
36	3	V	21	665	Victor Coto	66	59:29	45:50	57	6:09	9:54
37	9	S	40	901	Ludek Pinzon	39	60:30	58:38	45	6:16	10:05
38	3	SF	29	5661	Elenay Castillo	39	60:40	48:03	54	6:17	10:06
39	5	A	43	5454	Pedro Varela	27	60:44	60:44	43	6:17	10:07
40	6	G	38	5054	Sergio Gonzalez	51	63:14	56:01	47	6:32	10:32
41	11	M	44	5267	Frederick Parilla	41	63:45	60:54	43	6:36	10:37
42	12	M	41	1787	Felipe Rangel	45	63:47	59:12	44	6:36	10:38
43	1	GF	14	226	Arlene Rodriguez	58	64:27	43:56	60	6:40	10:44
44	13	M	42	5114	Pablo Aguilar	46	64:31	59:26	44	6:41	10:45
45	7	G	45	1690	Edgar Acevedo	50	67:11	60:00	43	6:57	11:11
46	14	M	46	5265	Juan Abreu	49	69:47	62:49	42	7:13	11:38
47	15	M	47	5828	Manuel Antonio Vasquez	48	85:54	77:55	33	8:53	14:19