

Club Atlético PAFRA - Marca Pasos - Clayton

8 Marzo 2015

Edición 6

Temperatura 78-80°F (25-26°C) Humedad Relativa 76-80% Sensación Térmica 81-83°F (27-28°C) Nublado

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	4:30	4:30	82	2:47	4:30
2	1	M	2	736	Nicolás Garcia Noval	45	4:52	4:31	82	3:01	4:52
3	1	J	5	5393	Miguel Martinez	19	5:14	5:11	71	3:15	5:14
4	2	J	7	3182	Ivan Barcenás	16	5:31	5:20	69	3:25	5:31
5	2	M	4	897	Eduardo Hernández	49	5:35	5:01	74	3:28	5:35
6	3	J	8	3071	Ramesh Quintana	19	5:43	5:40	65	3:33	5:43
7	3	M	6	378	Edgar Jaramillo	48	5:47	5:14	70	3:35	5:47
8	1	K	10	1906	Ismael De Witt	12	6:26	5:47	64	3:59	6:26
9	1	S	14	3293	Cesar Fabrega	38	6:39	6:29	57	4:07	6:39
10	1	KF	3	205	Yenifer Castro	11	6:48	4:52	76	4:13	6:48
11	2	A	15	5285	Jose Gil	21	7:19	7:18	50	4:32	7:19
12	1	AF	11	720	Caicares Mitre	21	7:29	6:06	60	4:39	7:29
13	1	L	13	5070	Xavier Andre Romero	9	7:44	6:19	58	4:48	7:44
14	1	GF	9	702	Elizabeth Camacho	50	7:49	5:42	65	4:51	7:49
15	1	LF	12	8	Jazmin Sealey	6	9:21	6:14	59	5:48	9:21
16	2	L	16	5423	Gabriel Torres	7	9:40	7:54	47	6:00	9:40
17	2	AF	17	5299	Yulissa Ramos	21	10:09	8:17	44	6:18	10:09
18	3	L	18	5458	Bryan Sima	4	11:24	9:19	39	7:05	11:24
19	2	K	19	5388	Diego Alonso Revuelta	14	12:51	12:04	30	7:59	12:51
20	4	L	20	5527	Javier Moran	6	42:15	34:32	10	2:15	18:15

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	K	2	3332	Luis Pimentel	14	17:12	16:09	50	5:20	8:36
2	1	M	3	5467	Genaro Villalaz	47	18:12	16:38	48	5:39	9:05
3	1	A	5	5482	Alpen Bhakta	23	19:04	19:04	42	5:55	9:32
4	1	SF	1	5403	Lisa Amstutz	36	19:36	15:50	51	6:05	9:48
5	1	AF	4	4	Laura Silvera	20	22:38	18:30	43	7:02	11:19
6	2	AF	7	2389	Karen Castillo	21	25:53	21:09	38	8:02	12:57
7	3	AF	8	3472	Lorena Aguilar	22	26:00	21:15	38	8:05	13:00
8	4	AF	9	909	Yolanda de Diva	21	27:00	22:03	36	8:23	13:30
9	5	AF	10	120	Yiniva Julio	21	27:15	22:15	36	8:28	13:37
10	1	JF	11	5518	Anacarolina Molés	16	29:07	23:00	35	9:02	14:33
11	2	JF	12	5517	Maria Esther Vigil	17	29:10	23:18	34	9:03	14:35
12	1	S	19	5282	Marlon Herrera	38	29:57	29:14	27	9:18	14:59
13	1	VF	6	5524	Arizla de Rangel	60	30:00	20:04	40	9:19	15:00
14	1	MF	15	5411	Alba Esther D'Angelo	42	31:27	24:22	33	9:46	15:43
15	1	KF	13	5421	Natalia Torres	12	31:38	23:17	34	9:49	15:49
16	1	G	17	1531	Reynelda Rodriguez	54	32:12	27:49	29	10:00	16:06
17	2	SF	16	5534	Marleny Medina	34	32:25	26:29	30	10:04	16:12
18	6	AF	18	5478	Diana Pinilla	27	33:58	27:45	29	10:33	16:59
19	1	GF	14	5494	Kella Basto	59	34:38	23:23	34	10:45	17:19
20	2	MF	20	2210	Melitzel Herrera	40	39:30	31:03	26	12:16	19:45
21	3	SF	22	5474	Katherine Herrera	37	39:34	31:46	25	12:17	19:47
22	2	GF	21	5520	Melida Montenegro	53	42:58	30:35	26	13:21	21:29

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	J	2	5277	Christopher De Witt	16	17:29	16:54	74	3:37	5:49
2	1	S	5	1779	Manuel Moreno	39	18:44	18:09	68	3:52	6:14
3	1	SF	3	3894	Wendy Sánchez	35	20:53	16:59	73	4:19	6:57
4	2	S	8	3344	Edwin Ibarra	36	21:03	20:49	60	4:21	7:00
5	3	S	11	5499	Ender Martinez	34	21:44	21:44	57	4:30	7:14
6	1	K	9	5412	Bryangeovany Chacon Santa	14	22:03	20:42	60	4:34	7:21
7	1	A	15	3956	Moisés González	21	22:07	22:07	56	4:34	7:22
8	1	M	10	5498	Jolan Castillo	41	22:14	21:14	58	4:36	7:24
9	2	A	16	5500	Olenky Daniel Rosales	23	22:18	22:18	56	4:37	7:26
10	4	S	18	3210	Tony Amstutz	35	22:49	22:43	55	4:43	7:36
11	3	A	20	5306	Manuel Otero	22	22:55	22:55	54	4:44	7:38

12	1	LF	1	3486	Shelley Love	5	23:03	15:24	81	4:46	7:41
13	1	L	6	5007	Carson Amstutz	10	23:07	18:54	66	4:47	7:42
14	5	S	22	5261	Estilio Torrespolo	35	23:33	23:27	53	4:52	7:51
15	2	M	19	3357	Richard Clarke	42	23:47	22:33	55	4:55	7:55
16	1	G	7	5228	Luis Carlos Lopez R.	58	23:57	19:59	62	4:57	7:59
17	4	A	29	5471	Horacio Muñoz	27	24:07	24:07	51	4:59	8:02
18	5	A	30	5413	Maikol Castillo	23	24:19	24:19	51	5:02	8:06
19	2	K	23	5495	Alessandro Anderson	14	24:45	23:14	53	5:07	8:15
20	2	J	26	5429	Ivan Otero	16	24:48	23:59	52	5:08	8:16
21	2	G	17	3925	Edgar Vásquez	51	24:51	22:00	56	5:08	8:17
22	3	K	27	4193	Reinier Romero	14	25:37	24:03	52	5:18	8:32
23	2	LF	4	5122	Maria Fernanda Verbel	7	25:41	17:09	72	5:19	8:33
24	3	M	31	5115	Alexis Romero	45	26:15	24:21	51	5:26	8:45
25	4	M	33	5492	Juancarlos Quiroga	44	26:27	24:43	50	5:28	8:49
26	1	V	12	5493	Otilia Ibarra	60	26:29	21:41	57	5:29	8:49
27	3	J	36	5529	Juan Gutierrez	18	26:38	26:16	47	5:31	8:52
28	6	A	39	5519	Javier Carranza	24	26:42	26:41	46	5:31	8:54
29	7	A	40	3428	Eduardo Mordock	28	27:11	27:11	46	5:37	9:03
30	2	V	13	5490	Luis Alonso Hernandez	63	27:19	21:44	57	5:39	9:06
31	6	S	42	4056	Eder Joel Hernandez	32	27:27	27:26	45	5:41	9:09
32	7	S	43	3509	Manuel Prado	33	27:30	27:30	45	5:42	9:10
33	1	AF	21	665	Yolanda Castillo	21	28:11	23:01	54	5:50	9:23
34	8	S	46	2950	Abdiel Sagel	33	28:38	28:37	43	5:55	9:32
35	1	MF	14	5134	Yurubi García	45	28:41	21:44	57	5:56	9:33
36	2	SF	24	5447	Betsy Beitia	36	28:44	23:13	53	5:57	9:34
37	9	S	48	3816	Joel López	34	29:08	29:08	42	6:02	9:43
38	2	AF	28	5263	Yuliana Caballero	27	29:12	23:52	52	6:03	9:44
39	8	A	49	5454	Pedro Varela	27	29:39	29:40	42	6:08	9:53
40	3	G	34	5479	Luis Moran	58	29:40	24:43	50	6:08	9:52
41	3	AF	32	5123	Eileen Rangel	24	29:42	24:16	51	6:09	9:54
42	4	J	54	5496	Balron Sanchez	19	31:18	31:03	40	6:29	10:26
43	10	S	55	5480	Luis Ruiz	38	31:30	30:45	40	6:31	10:30
44	2	MF	25	5497	Zodelva Quintana	48	31:33	23:22	53	6:32	10:31
45	11	S	56	5487	Luis Antonio Rodriguez	39	31:38	30:40	40	6:33	10:32
46	5	J	57	3974	Rogelio Ng Jr.	16	31:41	30:38	40	6:33	10:33
47	9	A	61	5279	Edwin Portillo	21	31:57	31:56	39	6:37	10:39
48	12	S	62	3503	Hector Sánchez	34	32:00	32:00	39	6:37	10:40
49	5	M	50	3975	Rogelio Ng	48	32:08	29:09	42	6:39	10:43
50	4	AF	37	5515	Diana Achurra	29	32:12	26:18	47	6:40	10:44
51	6	M	58	5514	Oscar González	41	32:14	30:47	40	6:40	10:44
52	7	M	59	5481	Edwin Castillo	40	32:24	31:11	40	6:42	10:48
53	5	AF	41	5476	Ana Vasquez	22	33:00	26:57	46	6:50	11:00
54	3	SF	44	2951	Evelyn Hidalgo	32	33:53	27:41	45	7:01	11:17
55	3	MF	38	5434	Silvia Cedeño	41	34:00	26:32	47	7:02	11:20
56	4	MF	35	781	Gloria Betty Bermudez	44	34:07	26:03	48	7:04	11:22
57	6	AF	45	5296	Elvira Angulo	29	34:23	28:05	44	7:07	11:27
58	13	S	67	5425	Leonardo Jara Leon	35	35:07	35:00	35	7:16	11:42
59	14	S	68	5452	Luis Verastegui	34	35:45	35:45	35	7:24	11:55
60	4	G	64	5422	Asdrubal Torres	50	36:02	32:11	38	7:28	12:00
61	7	AF	51	5523	Karen Moreno	23	36:25	29:45	42	7:32	12:08
62	8	M	69	2092	Edwin Diaz	42	36:54	35:01	35	7:38	12:18
63	9	M	66	5535	Robinson De Leon	46	37:21	34:24	36	7:44	12:27
64	5	MF	52	3705	Ivis Hidalgo	41	37:23	29:10	42	7:44	12:27
65	4	SF	60	5489	Mariela Rolon	33	37:39	30:46	40	7:48	12:33
66	10	M	70	5308	Jose Bernardo Quintero	45	37:45	35:02	35	7:49	12:35
67	6	MF	47	3533	Nitzeyra De Leon	45	38:14	28:59	43	7:55	12:44
68	10	A	72	5533	Cesar Cedeño	29	38:21	38:21	32	7:56	12:47
69	7	MF	53	3958	Erlly González	45	38:24	29:07	42	7:57	12:48
70	5	SF	63	5433	Dagmar Bonilla	37	39:08	31:25	39	8:06	13:02
71	6	SF	71	5516	Karen Castillo	33	45:30	37:10	33	9:25	15:09
72	8	MF	65	5307	Yadira Moreno Cedeno	48	45:38	33:49	37	9:27	15:13
73	11	A	78	5533	Cesar Cedeño	29	49:29	49:29	25	10:15	16:29
74	9	MF	74	5272	Alyna Arauz	41	51:39	40:19	31	10:42	17:13
75	10	MF	73	5288	Madeline Huerta	46	51:43	38:55	32	10:42	17:14
76	11	MF	75	5274	Gisela Rojas	44	51:50	39:35	31	10:44	17:16
77	8	AF	76	5521	Aggi Torres	24	54:19	44:22	28	11:15	18:06
78	15	S	79	5525	Judith Musa	38	54:23	53:04	23	11:15	18:07
79	3	V	77	5493	Otilia Ibarra	60	55:58	45:51	27	11:35	18:39
80	6	J	80	5530	Jossue Molina	15	58:32	55:52	22	12:07	19:30

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	AF	1	405	Yira Rodríguez	21	28:23	23:11	95	3:31	5:40
2	1	G	2	5355	Fidel Castro	52	32:47	28:49	76	4:04	6:33
3	1	V	3	1134	Gil Balbuena	66	39:30	30:27	72	4:54	7:54
4	1	A	7	5526	Edwin Oviedo	26	533	42:01	52	5:13	8:24
5	2	V	4	520	Rodrigo D'Angelo	67	46:02	35:06	63	5:43	9:12
6	1	MF	5	1411	Maurilyn Blanco	42	46:07	35:45	61	5:44	9:13
7	1	S	9	2970	Domingo Wong	32	48:10	48:10	45	5:59	9:38
8	2	A	10	901	Alexander Alvarez	21	48:50	48:50	45	6:04	9:46
9	2	MF	6	5466	Leida Galvan Niño	44	49:27	37:46	58	6:08	9:53
10	1	M	8	5265	Juan Abreu	49	53:21	48:01	46	6:37	10:40

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	M	2	3075	Fernando Revuelta	48	37:00	33:34	78	3:50	6:10
2	1	S	6	2579	Carlos Ayala	38	37:42	36:47	71	3:54	6:17
3	2	M	4	249	Atsuhiko Nakano	42	37:53	35:57	73	3:55	6:19
4	1	A	13	1780	Angel Magallon	23	39:53	39:52	66	4:07	6:38
5	2	A	14	344	Eliseo Aguilar	21	39:57	39:57	66	4:08	6:39
6	2	S	15	3504	Alberto D. Henríquez	31	40:35	40:35	65	4:12	6:45
7	3	M	8	3831	Roland Pablo Dominguez	44	40:37	37:58	69	4:12	6:46
8	4	M	9	3170	Omar Santana	48	42:02	38:08	69	4:21	7:00
9	3	A	19	4041	Miguel Gonzalez	28	42:19	42:19	62	4:22	7:03
10	1	G	5	3053	Máximo Ballesteros	56	42:24	36:01	73	4:23	7:04
11	4	A	21	3104	Julio Garrido	24	43:17	43:17	60	4:29	7:13
12	2	G	10	2193	Marcos Dawkins	53	43:23	37:49	69	4:29	7:14
13	5	M	16	5473	Julio Romero	42	43:51	41:36	63	4:32	7:18
14	6	M	17	2971	José Decerega	44	44:15	41:23	63	4:35	7:22
15	7	M	20	5428	Javier Decerega	41	44:31	42:33	62	4:36	7:25
16	1	MF	1	1213	Noriko Osada	47	44:38	33:20	79	4:37	7:26
17	1	AF	7	646	Liz Ranger	21	45:42	37:20	70	4:44	7:37
18	5	A	26	5528	Daniel Ramos	20	46:29	46:29	56	4:48	7:44
19	8	M	24	5264	Jorge Luis Algandona	42	46:36	44:12	59	4:49	7:46
20	2	AF	11	151	Tamare Rozenbaum	21	46:49	38:14	68	4:50	7:48
21	1	SF	12	5483	Ana Gallardo	36	47:25	38:20	68	4:54	7:54
22	3	S	28	3521	Jose Arturo Pitty	37	47:59	47:09	55	4:58	7:59
23	4	S	31	1174	Elier Pinilla	34	48:15	48:15	54	4:59	8:02
24	9	M	25	4155	Francisco Rodríguez	42	48:16	45:48	57	5:00	8:02
25	6	A	34	5531	Cesar Moreno	22	49:38	49:37	53	5:08	8:16
26	5	S	35	5269	Cesar Valdes	35	49:39	49:28	53	5:08	8:16
27	6	S	32	5097	Anibal Cardenas	39	49:47	48:15	54	5:09	8:17
28	3	G	18	3135	Philippe Formal	58	50:12	41:53	63	5:11	8:22
29	1	J	39	1768	Joel Nieto Dominguez	18	50:38	49:58	52	5:14	8:26
30	7	S	43	1412	Rolando Lay	33	51:27	51:27	51	5:19	8:34
31	1	K	29	5536	Robinson De Leon	13	51:32	47:30	55	5:20	8:35
32	7	A	45	5522	Roberto Garza	24	51:57	51:57	50	5:22	8:39
33	8	S	46	5424	Randall Marin	35	52:13	52:01	50	5:24	8:42
34	10	M	36	5472	Aurelio Martinez	45	52:51	49:03	53	5:28	8:48
35	11	M	33	3241	Carlos Samaniego	48	53:35	48:36	54	5:33	8:55
36	12	M	40	5390	Manuel Montecer	43	53:53	50:44	52	5:34	8:58
37	1	VF	3	5339	Lourdes Ugarte	64	54:27	35:01	75	5:38	9:04
38	13	M	47	2241	Juan De La Rosa	41	55:05	52:37	50	5:42	9:10
39	9	S	49	5475	Andres Montie Mancha	37	55:50	54:52	48	5:47	9:18
40	10	S	50	5320	Jose Munoz	38	55:52	54:31	48	5:47	9:18
41	2	MF	22	272	Sonia Tejada	42	56:06	43:28	60	5:48	9:21
42	4	G	27	5477	Jose Calvo	59	56:25	46:39	56	5:50	9:24
43	14	M	48	3352	Rolando Armuelles	44	56:57	53:14	49	5:53	9:29
44	3	MF	23	5305	Aracely Rangel	44	57:00	43:33	60	5:54	9:30
45	11	S	54	5488	Marcelo Ber	33	57:02	57:02	46	5:54	9:30
46	12	S	55	2359	Rodrigo Nuñez	38	58:00	56:36	46	6:00	9:40
47	8	A	57	3339	Jose Doens	26	58:02	58:02	45	6:00	9:40
48	3	AF	30	697	Maicevy Goicochea	21	58:08	47:30	55	6:01	9:41
49	15	M	53	5486	Angel Dominguez	41	58:27	55:50	47	6:03	9:44
50	4	AF	37	2792	Liliane Yi	25	60:01	49:02	53	6:13	10:00
51	5	G	44	3436	Aristides Cueto	55	60:15	51:38	51	6:14	10:02
52	13	S	58	5485	Ramon Jose Chiari Lopez	39	60:55	59:03	44	6:18	10:09
53	5	AF	41	5484	Blanca Ines Varela Gonzalez	20	61:08	49:57	52	6:20	10:11
54	14	S	60	1919	Christian Castillo	37	61:25	60:22	43	6:21	10:14
55	2	SF	42	2358	Fanny Sánchez	38	62:46	50:03	52	6:30	10:27
56	4	MF	38	1167	Iris Vanessa González	43	64:30	49:37	53	6:40	10:45

57	6	G	59	1690	Edgar Acevedo	50	66:02	58:59	44	6:50	11:00
58	16	M	61	5267	Frederick Parilla	41	66:40	63:42	41	6:54	11:06
59	15	S	62	5532	Daniel Pitti	34	67:28	67:28	39	6:59	11:14
60	3	SF	56	1576	Larissa López	31	69:18	56:37	46	7:10	11:33
61	5	MF	51	5342	Argelia Vega	41	69:25	54:11	48	7:11	11:34
62	6	MF	52	5343	Dharma De la Iglesia	41	69:31	54:16	48	7:12	11:35
63	16	S	63	5537	Juan Vargas	30	74:14	74:14	35	7:41	12:22
64	9	A	64	5538	Carlos Vargas	26	78:29	78:29	33	8:07	13:04
65	7	G	65	5054	Sergio Gonzalez	51	98:14	87:01	30	10:10	16:22