

Club Atlético PAFRA - Marca Pasos - Clayton

10 Mayo 2015

Edición 3

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				NO.	NOMBRE	EDAD	TIEMPO	AGE GRADED	INDICE	PASO	
ABS	CAT	HCP	/KM							/MILLA	
1	1	A	3	737	Nicolás Garcia Garcia	21	4:52	4:51	76	3:01	4:52
2	1	J	2	5277	Christopher De Witt	16	4:57	4:47	77	3:04	4:57
3	1	M	1	736	Nicolás Garcia Noval	47	5:01	4:36	80	3:07	5:01
4	2	J	7	3888	Tomás Castro Jr.	15	5:38	5:22	69	3:30	5:38
5	1	G	5	897	Eduardo Hernández	50	5:43	5:06	72	3:33	5:43
6	2	M	6	378	Edgar Jaramillo	48	5:47	5:14	70	3:35	5:47
7	3	J	12	5653	Wilfred Campbell	15	6:18	6:00	61	3:54	6:18
8	2	G	8	5228	Luis Carlos Lopez R.	58	6:27	5:22	69	4:00	6:27
9	1	KF	4	205	Yenifer Castro	11	6:51	4:54	75	4:15	6:51
10	1	L	9	1190	Ricardo Alberto Pinzón Jr.	10	7:06	5:49	63	4:25	7:06
11	2	L	11	5637	Yissak De Witt	8	7:18	5:58	62	4:32	7:18
12	3	L	13	5070	Xavier Andre Romero	9	7:35	6:12	60	4:42	7:35
13	1	GF	10	702	Elizabeth Camacho	50	8:01	5:50	63	4:58	8:01
14	1	AF	15	5299	Yulissa Ramos	21	9:15	7:33	49	5:44	9:15
15	1	LF	14	8	Jazmin Sealey	5	10:37	7:05	52	6:35	10:37
16	4	L	16	5671	Javier Moran	6	10:37	8:40	42	6:35	10:37
17	5	L	17	5423	Gabriel Torres	8	11:09	9:07	40	6:55	11:09
18	6	L	18	5376	Carlos Alberto Burgos Chavez	10	12:24	10:08	36	7:42	12:24
19	1	K	19	5679	Armando Mendoza	12	12:33	11:18	32	7:47	12:33
20	7	L	20	5458	Bryan Sima	4	14:00	11:26	32	8:42	14:00
21	2	AF	21	5358	Marggie Arauz	27	14:01	11:27	32	8:42	14:01
22	1	MF	22	5645	Natali Menendez	45	18:18	13:52	26	11:22	18:18
23	2	LF	23	5686	Lucía Anell	10	42:35	28:26	13	2:27	18:35
24	1	S	26	5608	Javier Moreno Davenport	36	50:59	50:26	7	7:41	2:59
25	2	MF	24	5611	Silvia Velarde	44	51:02	38:59	9	7:43	3:02
26	1	SF	25	5612	Jennifer Terreros	38	51:14	40:51	9	7:50	3:14
27	8	L	27	5671	Javier Moran	6	85:53	70:13	5	5:22	13:53

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	J	1	5393	Miguel Martinez	19	12:00	11:54	68	3:43	6:00
2	1	SF	2	5669	Monica Rodriguez	37	23:33	18:54	42	7:19	11:46
3	1	S	8	4161	Temistocles Troya	39	23:40	22:56	35	7:21	11:50
4	1	AF	4	3472	Lorena Aguilar	22	25:38	20:56	38	7:57	12:49
5	2	SF	5	5673	Venice Ortega	32	25:57	21:12	38	8:03	12:58
6	3	SF	6	1946	Julieth Laguna	34	26:27	21:37	37	8:13	13:14
7	1	KF	3	2234	Maria Armuelles	12	26:49	19:44	41	8:20	13:24
8	1	JF	7	5685	Claudia Alvarado	17	27:03	21:37	37	8:24	13:32
9	2	J	11	3912	Christian González	17	27:03	26:28	30	8:24	13:32
10	4	SF	9	2940	Ivonne Torné	39	29:56	23:42	34	9:18	14:58
11	1	G	12	1531	Reynelda Rodriguez	54	31:48	27:28	29	9:52	15:54
12	2	KF	10	5421	Natalia Torres	12	33:37	24:44	32	10:26	16:48
13	5	SF	13	5534	Marleny Medina	34	33:40	27:31	29	10:28	16:50
14	1	MF	14	5411	Alba Esther D'Angelo	42	36:01	27:55	29	11:11	18:00
15	6	SF	15	5420	Emilce D'Angelo	39	36:01	28:31	28	11:11	18:00

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	K	3	5412	Bryangeovany Chacon Santa	14	20:55	19:38	63	4:19	6:58
2	1	S	5	3344	Edwin Ibarra	37	21:27	21:04	59	4:26	7:08
3	2	K	6	5677	Cristian Sanchez	14	22:21	20:59	59	4:37	7:27
4	1	M	7	303	Alex Canto	46	22:45	20:58	59	4:42	7:35
5	3	K	11	3332	Luis Pimentel	14	23:22	21:56	57	4:50	7:47

6	2	S	13	5002	Jose Ruiz	33	23:27	23:27	53	4:51	7:49
7	1	A	14	5680	Carlos Villamonte	29	23:57	23:56	52	4:57	7:59
8	1	AF	2	5650	Sara Hernandez	29	23:57	19:34	64	4:57	7:59
9	1	G	8	3925	Edgar Vásquez	52	23:57	21:03	59	4:57	7:59
10	3	S	16	5286	Jose Alberto De Leon	31	24:40	24:40	50	5:06	8:13
11	1	LF	1	5122	Maria Fernanda Verbel	7	25:10	16:48	74	5:12	8:23
12	4	K	15	4193	Reinier Romero	14	25:14	23:42	52	5:13	8:24
13	2	A	23	5675	Carlos Ramirez	20	25:41	25:41	48	5:19	8:33
14	1	SF	4	5689	Dianney Reinoza	38	25:49	20:35	60	5:20	8:36
15	2	AF	10	5672	Beatrice Rodriguez	26	26:19	21:30	58	5:27	8:46
16	4	S	24	4056	Eder Joel Hernandez	33	26:34	26:33	47	5:30	8:51
17	1	V	9	5490	Luis Alonso Hernandez	63	26:40	21:12	59	5:31	8:53
18	3	A	26	3495	Vidal Santana	28	26:45	26:45	46	5:32	8:55
19	2	M	17	5115	Alexis Romero	46	26:49	24:42	50	5:33	8:56
20	5	S	27	5269	Cesar Valdes	35	26:51	26:45	46	5:33	8:57
21	6	S	29	3378	Ovidio Pinilla	33	27:14	27:14	45	5:38	9:04
22	4	A	31	5360	Valdano Aleman	26	27:49	27:49	44	5:45	9:16
23	2	SF	12	5662	Emily Sousa	31	28:21	23:09	54	5:52	9:27
24	7	S	36	3816	Joel López	34	29:12	29:12	42	6:03	9:44
25	5	A	37	5064	Alpen Bhakta	24	29:38	29:38	42	6:08	9:53
26	8	S	32	3362	Temistocles Troya	39	30:02	29:06	43	6:13	10:00
27	2	G	19	5479	Luis Morán	58	30:07	25:07	49	6:14	10:02
28	6	A	41	5454	Pedro Varela	27	30:08	30:08	41	6:14	10:02
29	7	A	42	5652	Carlos Carrero	20	30:23	30:23	41	6:17	10:07
30	1	J	38	4153	Alexis Atencio	17	30:27	29:47	42	6:18	10:09
31	3	SF	18	5661	Elennay Castillo	39	31:08	24:39	50	6:27	10:23
32	4	SF	20	5663	Oneil Diaz	31	31:14	25:31	49	6:28	10:24
33	3	G	28	3483	Rolando Gonzalez G.	54	31:22	27:06	46	6:29	10:27
34	8	A	45	3956	Moisés González	21	31:45	31:45	39	6:34	10:35
35	2	V	21	1623	Wayne Bremer	63	32:01	25:28	49	6:38	10:40
36	9	A	48	5670	Arturo Iturralde	25	33:12	33:12	37	6:52	11:04
37	1	MF	22	781	Gloria Bermudez	44	33:14	25:23	49	6:53	11:04
38	10	A	50	5621	Juan Carlos Quintero	22	33:53	33:52	36	7:01	11:17
39	9	S	49	5480	Luis Ruiz	38	33:55	33:07	37	7:01	11:18
40	3	AF	30	5659	Erica Yamilota Vasquez	28	34:02	27:49	45	7:03	11:21
41	1	KF	25	5676	Izaibelys Sanchez	14	34:25	26:25	47	7:08	11:28
42	3	M	46	5687	Uwe Anell	48	34:45	31:31	39	7:11	11:35
43	10	S	51	3317	Anibal Atencio	38	34:54	34:04	36	7:14	11:38
44	4	AF	33	5651	Natasha Pineda	26	35:23	28:55	43	7:20	11:47
45	5	SF	34	3242	Mirelys Cedeño	34	35:30	29:00	43	7:21	11:50
46	5	AF	39	5667	Ana Carolina Squitín	20	35:43	29:10	42	7:23	11:54
47	6	SF	40	5666	Emilia Frewa	36	36:30	29:31	42	7:33	12:10
48	2	MF	35	4196	Yesica Chavez	41	36:37	28:35	43	7:35	12:12
49	6	AF	43	5649	Gemma Morrone	20	36:42	29:59	41	7:36	12:14
50	11	A	57	5319	Kisan Bhaka	20	37:02	37:02	33	7:40	12:21
51	7	SF	44	3919	Fany Castillo	32	37:42	30:48	40	7:48	12:34
52	4	G	52	5422	Asdrubal Torres	51	38:44	34:18	36	8:01	12:54
53	5	K	58	5098	Sebastian D'Angelo	13	40:13	37:03	33	8:19	13:24
54	7	AF	47	5579	Debora Prado	24	40:16	32:54	38	8:20	13:25
55	2	J	63	5688	Juan Carlos Fernández	17	43:46	42:48	29	9:04	14:35
56	4	M	60	5687	Uwe Anell	48	44:38	40:30	30	9:15	14:53
57	5	M	61	5613	William Amaya	49	45:20	40:48	30	9:23	15:06
58	3	MF	53	5615	Yemira Forero	45	45:21	34:23	36	9:23	15:07
59	8	SF	59	5660	Yovanna Brown	37	47:10	37:52	33	9:46	15:43
60	4	MF	54	5656	Anayansi Jaen	48	47:20	35:04	35	9:48	15:46
61	5	MF	56	5658	Olga Rodriguez	43	47:20	36:25	34	9:48	15:46
62	6	MF	55	5674	Elvia Muñoz	46	47:20	35:37	35	9:48	15:46
63	6	K	68	5681	Rogelio Puerta	14	50:35	47:30	26	10:28	16:51
64	12	A	73	5683	Juan David Ayala	20	50:38	50:37	24	10:29	16:52
65	6	M	71	5606	Juan Manuel Vasquez	45	52:52	49:03	25	10:57	17:37
66	7	MF	62	5604	Tayra Pinzon	44	52:54	40:25	30	10:57	17:38
67	7	K	69	5682	Daniel Puerta	12	53:21	48:04	26	11:03	17:47

68	9	SF	65	5605	Lizia Lu	34	53:37	43:48	28	11:06	17:52
69	1	JF	64	5618	Valeria Bazan	16	53:40	42:24	29	11:07	17:53
70	10	SF	66	5641	Daribel De Gracia	37	57:37	46:15	27	11:56	19:12
71	2	JF	70	5616	Ana Gabriela Amaya	17	59:38	47:38	26	12:21	19:52
72	5	G	76	5609	Ignasio Hernandez	51	60:06	53:14	23	12:27	20:02
73	8	MF	67	5602	Lusveida Gonzalez V.	47	60:07	44:54	27	12:27	20:02
74	11	SF	72	5668	Deborah Reinoso	35	60:07	48:56	25	12:27	20:02
75	13	A	77	5624	Juan Alvarado H.	27	61:19	61:19	20	12:42	20:26
76	8	AF	74	5623	Carolina Moreno S.	25	61:23	50:09	24	12:43	20:27
77	9	AF	75	5625	Ana Sofia Guerrero P.	20	61:30	50:14	24	12:44	20:30

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	A	1	5599	Gabriel Arango	27	25:25	25:25	87	3:09	5:05
2	1	M	2	5601	Luis Picerno	40	27:10	26:08	84	3:22	5:26
3	1	G	3	5355	Fidel Castro	52	33:01	29:01	76	4:06	6:36
4	2	A	7	3494	Guillermo Santana	21	37:51	37:51	58	4:42	7:34
5	2	M	8	5657	Arturo Vargas	42	43:45	41:31	53	5:26	8:45
6	1	MF	4	3395	Andrea Pineda Pitty	44	44:32	34:01	65	5:32	8:54
7	3	M	10	2922	Reynaldo Abadi	44	45:13	42:16	52	5:37	9:02
8	1	V	5	520	Rodrigo D'Angelo	67	47:06	35:54	61	5:51	9:25
9	3	A	12	5627	Jorge Luis Soto	20	48:00	48:00	46	5:57	9:36
10	2	MF	6	1411	Maurylin Blanco	42	48:00	37:12	59	5:58	9:36
11	1	S	13	901	Ludek Pinzon	39	50:36	49:02	45	6:17	10:07
12	1	SF	9	5634	Paula Barbero	31	51:06	41:44	53	6:21	10:13
13	2	SF	11	2818	Liss Castillo	32	51:21	41:57	52	6:22	10:16
14	1	AF	14	5642	Marielena Agrazal	22	76:46	62:43	35	9:32	15:21

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	S	2	5665	Franklin Castillo	30	36:53	36:53	71	3:49	6:08
2	1	M	1	3075	Fernando Revuelta	48	36:54	33:29	78	3:49	6:09
3	2	S	3	1779	Manuel Moreno	39	38:54	37:43	69	4:01	6:29
4	3	S	7	5648	Milton Icaza	30	40:12	40:12	65	4:09	6:42
5	2	M	4	249	Atsuhiko Nakano	43	40:22	38:01	69	4:10	6:43
6	4	S	8	5553	Rodrigo Caro	36	40:53	40:27	65	4:14	6:48
7	1	A	10	4041	Miguel Gonzalez	28	42:06	42:06	62	4:21	7:00
8	3	M	5	913	José Gilmer Alvarez	48	42:54	38:55	67	4:26	7:09
9	5	S	14	1679	Alberto Henríquez	30	45:30	45:30	58	4:42	7:35
10	2	A	17	5633	Davos Moya	29	45:39	45:39	57	4:43	7:36
11	6	S	15	3521	Jose Arturo Pitty	37	46:05	45:17	58	4:46	7:40
12	4	M	11	646	Raul Ramirez	49	48:22	43:32	60	5:00	8:03
13	7	S	27	5678	Jonathan Lay	32	48:23	48:22	54	5:00	8:03
14	8	S	28	1174	Elier Pinilla	34	48:29	48:29	54	5:01	8:04
15	9	S	22	5097	Anibal Cardenas	39	48:43	47:12	55	5:02	8:07
16	1	V	6	5103	Saul Noblesilla	62	49:01	39:23	66	5:04	8:10
17	3	A	31	1520	Daren Doubek	27	49:45	49:45	53	5:09	8:17
18	5	M	16	151	José Alvarez	48	49:51	45:13	58	5:09	8:18
19	6	M	23	4155	Francisco Rodríguez	43	50:12	47:16	55	5:11	8:22
20	10	S	29	5320	Jose Munoz	39	50:24	48:51	54	5:13	8:24
21	1	G	12	894	Rodolfo Moreno	55	50:30	43:16	60	5:13	8:25
22	4	A	33	5526	Edwin Oviedo	26	51:27	51:27	51	5:19	8:34
23	11	S	35	1412	Rolando Lay	33	52:30	52:30	50	5:26	8:45
24	12	S	36	5564	Carlos Colpas	37	52:40	51:46	50	5:27	8:46
25	2	G	18	5643	Glenn Simon	54	53:00	45:49	57	5:29	8:50
26	7	M	32	5472	Aurelio Martinez	45	53:07	49:18	53	5:30	8:51
27	1	SF	13	5664	Yaira Rodriguez	30	53:37	43:48	60	5:33	8:56
28	8	M	34	2241	Juan De La Rosa	41	53:43	51:19	51	5:33	8:57
29	3	G	19	697	Lorenzo Moreno	55	53:50	46:08	57	5:34	8:58
30	13	S	38	5632	Carlos Perez	39	54:44	53:02	49	5:40	9:07
31	14	S	39	5654	Jose Isaac Morales	39	55:00	53:18	49	5:41	9:09
32	4	G	24	5655	Carlos Guillermo Martans	54	55:00	47:31	55	5:41	9:09
33	5	G	25	5643	Glenn Simon	54	55:13	47:43	55	5:43	9:12
34	15	S	42	5684	Ofilio Reyes	34	55:30	55:30	47	5:44	9:15
35	9	M	40	5636	Carlos Lopez Freitas	41	56:05	53:35	49	5:48	9:20
36	6	G	30	5646	Nobuhizo Haraguchi	56	56:32	48:02	54	5:51	9:25

37	1	J	43	1768	Joel Nieto Dominguez	18	56:53	56:07	47	5:53	9:28
38	10	M	41	3352	Rolando Armuelles	44	57:34	53:49	49	5:57	9:35
39	16	S	47	2970	Domingo Wong	32	58:00	58:00	45	6:00	9:40
40	2	J	46	3489	Nestor Del Rosario	16	58:45	56:49	46	6:05	9:47
41	1	MF	20	272	Sonia Tejada	42	59:01	45:45	57	6:06	9:50
42	11	M	44	5638	Jorge Laurencena	43	59:25	55:58	47	6:09	9:54
43	1	GF	9	226	Arlene Rodriguez	58	59:39	40:40	64	6:10	9:56
44	17	S	48	5485	Ramon Jose Chiari Lopez	39	59:45	57:54	45	6:11	9:57
45	5	A	52	5056	Alexander Chang	25	60:22	60:22	43	6:15	10:03
46	2	MF	21	5305	Aracely Rangel	44	60:47	46:26	56	6:17	10:07
47	18	S	53	3509	Manuel Prado	33	61:07	61:07	43	6:19	10:11
48	2	V	26	665	Victor Coto	66	61:17	47:15	55	6:20	10:13
49	7	G	45	5054	Sergio Gonzalez	51	62:58	55:46	47	6:31	10:29
50	6	A	56	5566	Carlos Dumas	22	63:53	63:52	41	6:37	10:38
51	8	G	49	1690	Edgar Acevedo	50	65:17	58:19	45	6:45	10:53
52	12	M	55	5486	Angel Dominguez	41	65:29	62:34	42	6:46	10:54
53	13	M	57	5267	Frederick Parilla	41	66:45	63:46	41	6:54	11:07
54	3	MF	37	5640	Dalia Dominguez	42	67:46	52:32	50	7:01	11:17
55	9	G	51	5639	Carlos Tomlinson	52	67:50	59:37	44	7:01	11:18
56	10	G	50	5644	Gonzalo Menendez	55	68:02	58:19	45	7:02	11:20
57	2	SF	54	5631	Yasmin Rodriguez	35	74:36	60:44	43	7:43	12:26
58	14	M	58	2092	Edwin Diaz	42	75:23	71:30	36	7:48	12:33
59	11	G	59	886	Gilberto Robles	52	86:23	75:54	34	8:56	14:23