

June 21, 2008, AFFCAF Pump & Run Results (Overall Open)

Name	Team name/Affiliation	Race #	Age	Division	Bench Press
Lucas Homen		466		50 M50-59 P&R Open	155
George Totonchy	Pumping and Running All Night Long	428		30 M<39 P&R Open	135
Jeff Langford	Team Langford	413		40 M40-49 P&R Open	135
Lorenzo Leyva		465		32 M<39 P&R Open	135
Larry Killen	Whammy	432		45 M40-49 P&R Open	175
Cameron Reynolds	Whammy	443		27 M<39 P&R Open	145
Frank Schnekenburger		418		48 M40-49 P&R Open	145
Chris Hanson	Team Hanson	467		48 M40-49 P&R Open	140
Bill Amadon		409		55 M50-59 P&R Open	160
Ryan Hanson	Team Hanson	468		20 M<39 P&R Open	160
Steven Langford	Team Langford	414		15 M <39 P&R Open	120
Ryan Lawrence	Albany Fire Department	455		35 M<39 P&R Open	170
Jay Peterson	Pumping and Running All Night Long	422		29 M<39 P&R Open	150
John Miller	Courthouse Athletic Club	429		50 M50-59 P&R Open	145
Keith Kisselman		421		32 M<39 P&R Open	155
Jade Roybal	Whammy	444		27 M<39 P&R Open	145
Tony Langford	Team Langford	457		15 M<39 P&R Open	115
Lenore Hata		420		51 F50-59 P&R Open	75
Justen Maron	Courthouse Athletic Club	430		27 M<39 P&R Open	180
Aaron Reed	Pumping and Running All Night Long	446		29 M<39 P&R Open	145
Curt Wilson	Albany Fire Department	462		25 M<39 P&R Open	190
Toto Vo	Pumping and Running All Night Long	426		33 M<39 P&R Open	115
Kevin Vining	Albany Fire Department	453		25 M<39 P&R Open	140
Doris Aponte		434		54 F50-59 P&R Open	70
Travis Townsend		423		33 M<39 P&R Open	115
Lon Lemkau	Albany Fire Department	459		32 M<39 P&R Open	190
Jon Booth	Albany Fire Department	463		30 M<39 P&R Open	165
Matt Rudolph	Courthouse Athletic Club	431		27 M<39 P&R Open	180
Tim Fiez		436		45 M40-49 P&R Open	190
Michael Trabue	Albany Fire Department	452		52 M50-59 P&R Open	160
Nate Haines	Fitness over 50	439		27 M<39 P&R Open	175
Brady Hallock	Albany Fire Department	460		23 M<39 P&R Open	150
Jason Wallis	Fitness over 50	438		38 M<39 P&R Open	150
Amy Brown	Team Hanson	469		28 F<39 P&R Open	95
Sarah Gutbrod	Fitness over 50	412		35 F <39 P&R Open	90
Brooke Parker	Pumping and Running All Night Long	427		29 F<39 P&R Open	100
Ken Crouse		433		60 M60-69 P&R Open	130

# reps	5k time	5k (adjusted time)	Division	Place
50	23:48	-1:12		1
48	20:26	4:26		1
34	20:05	5:55		1
38	22:32	9:52		2
32	23:20	10:00		2
34	22:00	10:40		3
20	19:01	10:41		4
34	22:49	11:29		5
23	23:08	11:38		2
28	21:00	11:40		4
31	22:20	12:00		5
33	23:13	12:13		6
37	25:06	12:46		7
17	22:04	13:34		3
25	22:26	14:06		8
22	22:45	15:25		9
21	23:01	16:01		10
22	27:10	16:10		1
19	22:52	16:32		11
30	26:51	16:51		12
22	24:21	17:01		13
18	23:20	17:20		14
23	25:07	17:27		15
20	27:34	17:34		2
8	20:27	17:47		16
29	27:33	17:53		17
16	23:14	17:54		18
22	25:46	18:26		19
11	23:28	18:53		6
12	25:12	19:12		4
20	26:19	19:39		20
17	27:32	21:52		21
11	25:42	22:02		22
5	24:00	22:20		1
0	24:21	24:21		2
0	25:48	25:48		3
24	46:56	32:56		1