

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

Name	Race #	Age	Division	Bench Press	# reps	5k time	5k (adjusted time)
Jeremy Sanchez	419	32	M <39 P&R Rec	120	46	21:16	5:56
Nick Sanchez	417	42	M40-49 P&R Rec	120	39	23:28	7:13
Joel Turner	447	31	M<39 P&R Rec	130	25	18:57	10:19
Jim Naylor	415	57	M50-59 P&R Rec	110	21	23:35	13:05
Jason Tacchini	445	22	M<39 P&R Rec	125	21	21:27	14:27
James Tagumasi	416	35	M <39 P&R Rec	105	32	26:18	15:38
Trish Irwin	451	40	F40-49 P&R Rec	65	15	22:41	16:26
Kristin Anderson	435	35	F<39 P&R Rec	60	32	28:14	17:34
Michelle Schoning	458	39	F<39 P&R Rec	75	29	28:41	19:01
Dan Shanklin	437	42	M40-49 P&R Rec	145	27	31:30	20:15
David MacKenzie	425	46	M40-49 P&R Rec	145	13	26:11	20:46
Bettina Schempf	456	43	F40-49 P&R Rec	60	16	27:46	21:06
Kari Shanklin	410	41	F40-49 P&R Rec	80	14	27:23	21:33
Fay Reeser	424	44	F40-49 P&R Rec	80	16	32:40	26:00
Oscar Gutbrod	411	67	M60-69 P&R Rec	105	2	37:16	36:06