

11/28/09 California State Div. II Championships – 5k Course
40's – 50's – overcast sky

| | <u>Athlete</u> | | <u>5k</u> | <u>1m</u> | <u>2m</u> | <u>3m</u> | <u>Overall</u> | <u>Sierra Dif</u> |
|----|------------------|----|-----------|-----------|-----------|-----------|-------------------|-------------------|
| 1. | Anthony Castro | 11 | 15:32 | 4:54 | 5:09 | 4:58 | 13 th | - 0:49 |
| 2. | Kelly Hernandez | 11 | 16:02 | 4:54 | 5:24 | 5:13 | 36 th | - 0:20 |
| 3. | Austin Mendoza | 10 | 16:03 | 5:01 | 5:20 | 5:10 | 38 th | - 0:29 |
| 4. | Shin Yamamura | 11 | 16:15 | 5:07 | 5:19 | 5:17 | 60 th | - 0:27 |
| 5. | Austin Goodheart | 12 | 16:17 | 4:59 | 5:31 | 5:15 | 65 th | - 0:01 |
| 6. | Neill Netzeband | 12 | 16:49 | 5:08 | 5:34 | 5:34 | 121 st | + 0:09 |
| 7. | Nick Orozco | 11 | 17:51 | 5:19 | 6:05 | 6:02 | 180 th | + 0:11 |
| 8. | Lauren Justus | 11 | 19:18 | 5:53 | 6:27 | 6:18 | 67 th | + 0:03 |