Elmhurst Report on the Lakefront 10 on April 10, 2022

We had 8 official finishers at the Lakefront 10 miler. Our veteran men won again to remain in 1st place on the circuit led by Doug Pearson, Marc Woodcock and Carlos Viramontes. They also took 3rd in masters men. Our senior men took 2nd at the race to hold 3rd on the circuit. They were led by Edward Straka, Bob Richards and Bob Sievert. Tina Helm and Ninfa Queyquep took 3rd in the veterans women category for the race.

Top 3 in Age Group
2nd Bob Richards M70-74
3rd Tina Helm F50-54
3rd Doug Pearson M50-54
3rd Bob Sievert M70-74

Lakefront 10 6th at race
Combined 6th on circuit

First Name	Last Name	Age	Sex	Hours	Min	Sec	tsec	Graded
Doug	Pearson	54	M	1	7	50	4070	751.6
Marc	Woodcock	59	M	1	14	25	4465	717.1
Tina	Helm	54	F	1	25	16	5116	691.2
Bob	Richards	73	M	1	32	10	5530	669.6
Carlos	Viramontes	57	M	1	18	21	4701	668.6
Team Average								699.6
Others								
Edward	Straka	65	M	1	27	40	5260	644.7
Bob	Sievert	73	M	1	35	49	5749	644.1
Ninfa	Queyquep	52	F	1	40	16	6016	573.5

Lakefront 10 6th at race
Open Men 4th on circuit

First Name	Last Name	Age	Sex	Hours	Min	Sec	tsec
Doug	Pearson	54	M	1	7	50	4070
Marc	Woodcock	59	M	1	14	25	4465
Carlos	Viramontes	57	M	1	18	21	4701
Edward	Straka	65	M	1	27	40	5260
Bob	Richards	73	M	1	32	10	5530
Team Average				1	20	5.2	4805.2
Others							
Bob	Sievert	73	M	1	35	49	5749

Lakefront 10 6th at race
Open Women 6th on circuit

First Name	Last Name	Age	Sex	Hours	Min	Sec	tsec
Tina	Helm	54	F	1	25	16	5116
Ninfa	Queyquep	52	F	1	40	16	6016
Runner 3							11223
Runner 4							11223

Runner 5							11223
Team Average				2	29	20.38	8960.4

Lakefront 10 3rd at race
Masters Men 3rd on circuit

First Name	Last Name	Age	Sex	Hours	Min	Sec	tsec
Doug	Pearson	54	M	1	7	50	4070
Marc	Woodcock	59	M	1	14	25	4465
Carlos	Viramontes	57	M	1	18	21	4701
Team Average				1	13	32	4412
Others							
Edward	Straka	65	M	1	27	40	5260
Bob	Richards	73	M	1	32	10	5530
Bob	Sievert	73	M	1	35	49	5749

Lakefront 10 1st at race
Veteran Men 1st on circuit

First Name	Last Name	Age	Sex	Hours	Min	Sec	tsec
Doug	Pearson	54	M	1	7	50	4070
Marc	Woodcock	59	M	1	14	25	4465
Carlos	Viramontes	57	M	1	18	21	4701
Team Average				1	13	32	4412
Others							
Edward	Straka	65	M	1	27	40	5260
Bob	Richards	73	M	1	32	10	5530
Bob	Sievert	73	M	1	35	49	5749

Lakefront 10 2nd at race
Senior Men 3rd on circuit

First Name	Last Name	Age	Sex	Hours	Min	Sec	tsec
Edward	Straka	65	M	1	27	40	5260
Bob	Richards	73	M	1	32	10	5530
Bob	Sievert	73	M	1	35	49	5749
Team Average				1	31	53	5513

Lakefront 10 6th at race
Masters Women 7th on circuit

First Name	Last Name	Age	Sex	Hours	Min	Sec	tsec
Tina	Helm	54	F	1	25	16	5116
Ninfa	Queyquep	52	F	1	40	16	6016
Runner 3							11223
Team Average				2	4	11.77	7451.8

Lakefront 10 4th at race
Veteran Women 3rd on circuit

First Name	Last Name	Age	Sex	Hours	Min	Sec	tsec
Tina	Helm	54	F	1	25	16	5116
Ninfa	Queyquep	52	F	1	40	16	6016

Runner 3							11223
Team Average				2	4	11.77	7451.8