

2013 FLOW
Women's Results

0.6 Mile Swim

NOTE: Times in excess of 60 minutes will show only minutes:seconds.tenths

Overall

Bib	First Name	Last Name	Age	M/F	City	State	Distance	Time	Place
110	Terri	McCracken	43	F	San Francisco	CA	0.6 mile	30.58	1
103	Kathie	Keber	65	F	Davis	CA	0.6 mile	33.11	2
104	Stephenie	Liu	41	F	West Sacramento	CA	0.6 mile	33.39	3
105	Stephanie	Lopez	42	F	Sacramento	CA	0.6 mile	36.56	4
101	Natalya	Blatova	30	F	El Dorado Hills	CA	0.6 mile	38.13	5
102	Joyce	Dela Cruz	46	F	ROCKLIN	CA	0.6 mile	40.28	6
106	Sue	Moertz	63	F	Davis	CA	0.6 mile	44.35	7

30-39 Age Group

Bib	First Name	Last Name	Age	M/F	City	State	Distance	Time	Place
101	Natalya	Blatova	30	F	El Dorado Hills	CA	0.6 mile	38.13	1

40-49 Age Group

Bib	First Name	Last Name	Age	M/F	City	State	Distance	Time	Place
110	Terri	McCracken	43	F	San Francisco	CA	0.6 mile	30.58	1
104	Stephenie	Liu	41	F	West Sacramento	CA	0.6 mile	33.39	2
105	Stephanie	Lopez	42	F	Sacramento	CA	0.6 mile	36.56	3
102	Joyce	Dela Cruz	46	F	ROCKLIN	CA	0.6 mile	40.28	4

60-69 Age Group

Bib	First Name	Last Name	Age	M/F	City	State	Distance	Time	Place
103	Kathie	Keber	65	F	Davis	CA	0.6 mile	33.11	1
106	Sue	Moertz	63	F	Davis	CA	0.6 mile	44.35	2

1.2 Mile Swim

NOTE: Times in excess of 60 minutes will show only minutes:seconds.tenths

Overall

Bib	First Name	Last Name	Age	M/F	City	State	Distance	Time	Place
262	Elise	Winter	40	F	Penryn	CA	1.2 mile	31:22.2	1
232	Joyce	Leary	37	F	Sacramento	CA	1.2 mile	33:11.8	2
259	Alexi	Ueltzen	27	F	Oakland	CA	1.2 mile	33:34.7	3
203	Nye	Avilla	15	F	wilton	CA	1.2 mile	33:48.0	4
249	Jamie	Schellenberg	32	F	Pleasanton	CA	1.2 mile	34:58.2	5
239	Gwen	Owens	47	F	Sacramento	CA	1.2 mile	35:11.9	6
212	Janet	Cahill	46	F	Folsom	CA	1.2 mile	37:03.1	7
279	Myranda	Love	17	F	Sacramento	CA	1.2 mile	37:27.3	8
274	Dana	Jones	48	F	Sacramento	CA	1.2 mile	37:36.2	9

242	natasha	paterson	30	F	carmichael	CA	1.2 mile	38:06.9	10
273	Eileen	Newhall	50	F	Carmichael	CA	1.2 mile	38:35.6	11
277	Susan	Alexander	41	F	Grass Valley	CA	1.2 mile	39:18.9	12
272	Sarah	Lyssand	25	F	Fair Oaks	CA	1.2 mile	40:09.4	13
351	Jennifer	Serpa	46	F	Elk Grove	CA	1.2 mile	40:16.9	14
216	Cathy	Crosthwaite	49	F	Loomis	CA	1.2 mile	40:20.8	15
207	Katherine	Bandy	31	F	Sacramento	CA	1.2 mile	40:21.0	16
251	Ashley	Selzer	30	F	El Dorado Hills	CA	1.2 mile	40:21.5	17
206	Stacey	Ball	37	F	West Sacramento	CA	1.2 mile	40:40.2	18
111	Dana	Haldeman	38	F	Auburn	CA	1.2 mile	40:56.8	19
255	Kimberly	Swift	30	F	West Sacramento	CA	1.2 mile	41:26.1	20
271	Mary Ann	Shuller	32	F	Folsom	CA	1.2 mile	41:32.6	21
244	Jill	Race	46	F	Roseville	CA	1.2 mile	41:41.1	22
215	Michaela	Cornell	38	F	Auburn	CA	1.2 mile	42:59.4	23
281	Kristi	Scobie	41	F	Pleasanton	CA	1.2 mile	43:06.7	24
252	Natalie	Silvia	34	F	Roseville	CA	1.2 mile	43:07.5	25
261	Connie	Wilson	64	F	Meadow Vista	CA	1.2 mile	43:14.7	26
237	Julie	Murdaugh	35	F	Citrus Heights	CA	1.2 mile	43:16.4	27
278	Becca	Drunbor	41	F	Sacramento		1.2 mile	43:20.4	28
208	Lauren	Bayha	33	F	Carmichael	CA	1.2 mile	43:57.3	29
257	Tayma	Ueltzen	22	F	Fair Oaks	CA	1.2 mile	44:08.2	30
236	Leyne	Milstein	46	F	Sacramento	CA	1.2 mile	44:14.3	31
214	Tiffany	Colasanti	32	F	Sacramento	CA	1.2 mile	44:46.6	32
223	Pam	Goodley	55	F	Sacramento	CA	1.2 mile	45:07.6	33
230	Rosie	Kracher	46	F	Orangevale	CA	1.2 Mile	45:08.9	34
108	jessica	wickwire	43	F	rocklin	CA	1.2 mile	45:44.6	35
349	Elizabeth	Hunt	26	F	Roseville	CA	1.2 mile	46:56.2	36
248	Kelly	Scanlan	53	F	Foresthill	CA	1.2 mile	47:11.7	37
229	Nicole	Kelley	37	F	Loomis	CA	1.2 mile	47:38.6	38
234	Francesca	Marsh	50	F	Dixon	CA	1.2 mile	48:37.9	39
201	Hillary	Albrecht	51	F	Newcastle	CA	1.2 mile	51:30.7	40
245	Rosie	Reyes	41	F	Gold River	CA	1.2 mile	54:08.9	41
243	Patricia	Quinn	67	F	Davis	CA	1.2 mile	54:59.7	42
217	Kerrie	Dixon	44	F	Rancho Cordova	CA	1.2 mile	55:54.1	43
224	Carolyn	Hanley	54	F	Sacramento	CA	1.2 mile	55:56.8	44
253	Mary	Stires	59	F	Modesto	CA	1.2 mile	57:21.1	45
233	June	Lucena	50	F	Placerville	CA	1.2 mile	57:51.0	46
303	Karen	Bonnett	56	F	West Sacramento	CA	1.2 Mile	58:01.2	47
225	Elizabeth	Hansen	42	F	West Sacramento	CA	1.2 mile	59:29.4	48
247	MICHELLE	ROSENBERG	46	F	Roseville	CA	1.2 mile	01:50.7	49
209	Viki	Benbow	64	F	El Dorado Hills	CA	1.2 mile	10:54.4	50

Under 19 Age Group

Bib	First Name	Last Name	Age	M/F	City	State	Distance	Time	Place
203	Nye	Avilla	15	F	wilton	CA	1.2 mile	33:48.0	1
279	Myranda	Love	17	F	Sacramento	CA	1.2 mile	37:27.3	2

19-29 Age Group

Bib	First Name	Last Name	Age	M/F	City	State	Distance	Time	Place
259	Alexi	Ueltzen	27	F	Oakland	CA	1.2 mile	33:34.7	1
272	Sarah	Lyssand	25	F	Fair Oaks	CA	1.2 mile	40:09.4	2
257	Tayma	Ueltzen	22	F	Fair Oaks	CA	1.2 mile	44:08.2	3
349	Elizabeth	Hunt	26	F	Roseville	CA	1.2 mile	46:56.2	4

30-39 Age Group

Bib	First Name	Last Name	Age	M/F	City	State	Distance	Time	Place
232	Joyce	Leary	37	F	Sacramento	CA	1.2 mile	33:11.8	1
249	Jamie	Schellenberg	32	F	Pleasanton	CA	1.2 mile	34:58.2	2
242	natasha	paterson	30	F	carmichael	CA	1.2 mile	38:06.9	3
207	Katherine	Bandy	31	F	Sacramento	CA	1.2 mile	40:21.0	4
251	Ashley	Selzer	30	F	El Dorado Hills	CA	1.2 mile	40:21.5	5
206	Stacey	Ball	37	F	West Sacramento	CA	1.2 mile	40:40.2	6
111	Dana	Haldeman	38	F	Auburn	CA	1.2 mile	40:56.8	7
255	Kimberly	Swift	30	F	West Sacramento	CA	1.2 mile	41:26.1	8
271	Mary Ann	Shuller	32	F	Folsom	CA	1.2 mile	41:32.6	9
215	Michaela	Cornell	38	F	Auburn	CA	1.2 mile	42:59.4	10
252	Natalie	Silvia	34	F	Roseville	CA	1.2 mile	43:07.5	11
237	Julie	Murdaugh	35	F	Citrus Heights	CA	1.2 mile	43:16.4	12
208	Lauren	Bayha	33	F	Carmichael	CA	1.2 mile	43:57.3	13
214	Tiffany	Colasanti	32	F	Sacramento	CA	1.2 mile	44:46.6	14
229	Nicole	Kelley	37	F	Loomis	CA	1.2 mile	47:38.6	15

40-49 Age Group

Bib	First Name	Last Name	Age	M/F	City	State	Distance	Time	Place
262	Elise	Winter	40	F	Penryn	CA	1.2 mile	31:22.2	1
239	Gwen	Owens	47	F	Sacramento	CA	1.2 mile	35:11.9	2
212	Janet	Cahill	46	F	Folsom	CA	1.2 mile	37:03.1	3
274	Dana	Jones	48	F	Sacramento	CA	1.2 mile	37:36.2	4
277	Susan	Alexander	41	F	Grass Valley	CA	1.2 mile	39:18.9	5
351	Jennifer	Serpa	46	F	Elk Grove	CA	1.2 mile	40:16.9	6
216	Cathy	Crosthwaite	49	F	Loomis	CA	1.2 mile	40:20.8	7
244	Jill	Race	46	F	Roseville	CA	1.2 mile	41:41.1	8
281	Kristi	Scobie	41	F	Pleasanton	CA	1.2 mile	43:06.7	9
278	Becca	Drunbor	41	F	Sacramento	CA	1.2 mile	43:20.4	10
236	Leyne	Milstein	46	F	Sacramento	CA	1.2 mile	44:14.3	11
230	Rosie	Kracher	46	F	Orangevale	CA	1.2 Mile	45:08.9	12
108	jessica	wickwire	43	F	rocklin	CA	1.2 mile	45:44.6	13
245	Rosie	Reyes	41	F	Gold River	CA	1.2 mile	54:08.9	14
217	Kerrie	Dixon	44	F	Rancho Cordova	CA	1.2 mile	55:54.1	15
225	Elizabeth	Hansen	42	F	West Sacramento	CA	1.2 mile	59:29.4	16
247	MICHELLE	ROSENBERG	46	F	Roseville	CA	1.2 mile	01:50.7	17

50-59 Age Group

Bib	First Name	Last Name	Age	M/F	City	State	Distance	Time	Place
273	Eileen	Newhall	50	F	Carmichael	CA	1.2 mile	38:35.6	1
223	Pam	Goodley	55	F	Sacramento	CA	1.2 mile	45:07.6	2
248	Kelly	Scanlan	53	F	Foresthill	CA	1.2 mile	47:11.7	3
234	Francesca	Marsh	50	F	Dixon	CA	1.2 mile	48:37.9	4
201	Hillary	Albrecht	51	F	Newcastle	CA	1.2 mile	51:30.7	5
224	Carolyn	Hanley	54	F	Sacramento	CA	1.2 mile	55:56.8	6
253	Mary	Stires	59	F	Modesto	CA	1.2 mile	57:21.1	7
233	June	Lucena	50	F	Placerville	CA	1.2 mile	57:51.0	8
303	Karen	Bonnett	56	F	West Sacramento	CA	1.2 Mile	58:01.2	9

60+ Age Group

Bib	First Name	Last Name	Age	M/F	City	State	Distance	Time	Place
261	Connie	Wilson	64	F	Meadow Vista	CA	1.2 mile	43:14.7	1
243	Patricia	Quinn	67	F	Davis	CA	1.2 mile	54:59.7	2
209	Viki	Benbow	64	F	El Dorado Hills	CA	1.2 mile	10:54.4	3

2.4 Mile Swim

NOTE: Times in excess of 60 minutes will show only minutes:seconds.tenths

Overall

Bib	First Name	Last Name	Age	M/F	City	State	Distance	Time	Place
339	Jordan	Vermette	15	F	Davis	CA	2.4 mile	02:31.8	1
341	Lindabeth	Schmucker	57	F	Davis	CA	2.4 mile	08:44.7	2
318	Elizabeth	Levin	48	F	Elk Grove	CA	2.4 Mile	08:51.8	3
332	Alexandra	Stanczyk	27	F	Chicago	IL	2.4 mile	09:40.5	4
340	Michelle	Weigand	43	F	Roseville	CA	2.4 mile	13:36.5	5
304	Kelly	Capell	30	F	Roseville	CA	2.4 mile	13:42.2	6
302	Janet	Beegle	46	F	San Jose	CA	2.4 mile	14:01.0	7
320	Brenda	Lusk	30	F	Sacramento	CA	2.4 Mile	15:09.3	8
326	laura	schweitzer	43	F	folsom	CA	2.4 mile	18:33.5	9
329	Lorena	Sims	32	F			2.4 Mile	24:00.7	10
331	Karen	Smith	64	F	Sacramento	CA	2.4 mile	27:15.2	11
307	Diane	Davis	62	F	Davis	cA	2.4 Mile	28:16.6	12
328	Traci	Seto	44	F	Wilton	CA	2.4 Mile	35:21.6	13
345	Cyndy	McCormick	41	F	Clarksburg	CA	2.4 mile	35:52.0	14
301	Gay	Bawanan	39	F	Sacramento	CA	2.4 mile	40:09.5	15
336	Tamara	Sutton	36	F	el dorado hills	CA	2.4 mile	42:25.8	16
309	Patricia	Decker	48	F	Sacramento	CA	2.4 mile	46:39.7	17

Under 19 Age Group

Bib	First Name	Last Name	Age	M/F	City	State	Distance	Time	Place
339	Jordan	Vermette	15	F	Davis	CA	2.4 mile	02:31.8	1

20-29 Age Group

Bib	First Name	Last Name	Age	M/F	City	State	Distance	Time	Place
332	Alexandra	Stanczyk	27	F	Chicago	IL	2.4 mile	09:40.5	1

30-39 Age Group

Bib	First Name	Last Name	Age	M/F	City	State	Distance	Time	Place
304	Kelly	Capell	30	F	Roseville	CA	2.4 mile	13:42.2	1
320	Brenda	Lusk	30	F	Sacramento	CA	2.4 Mile	15:09.3	2
329	Lorena	Sims	32	F			2.4 Mile	24:00.7	3
301	Gay	Bawanan	39	F	Sacramento	CA	2.4 mile	40:09.5	4
336	Tamara	Sutton	36	F	el dorado hills	CA	2.4 mile	42:25.8	5

40-49 Age Group

Bib	First Name	Last Name	Age	M/F	City	State	Distance	Time	Place
318	Elizabeth	Levin	48	F	Elk Grove	CA	2.4 Mile	08:51.8	1
340	Michelle	Weigand	43	F	Roseville	CA	2.4 mile	13:36.5	2
302	Janet	Beegle	46	F	San Jose	CA	2.4 mile	14:01.0	3
326	laura	schweitzer	43	F	folsom	CA	2.4 mile	18:33.5	4
328	Traci	Seto	44	F	Wilton	CA	2.4 Mile	35:21.6	5
345	Cyndy	McCormick	41	F	Clarksburg	CA	2.4 mile	35:52.0	6
309	Patricia	Decker	48	F	Sacramento	CA	2.4 mile	46:39.7	7

50-59 Age Group

Bib	First Name	Last Name	Age	M/F	City	State	Distance	Time	Place
341	Lindabeth	Schmucker	57	F	Davis	CA	2.4 mile	08:44.7	1

60+ Age Group

Bib	First Name	Last Name	Age	M/F	City	State	Distance	Time	Place
331	Karen	Smith	64	F	Sacramento	CA	2.4 mile	27:15.2	1
307	Diane	Davis	62	F	Davis	cA	2.4 Mile	28:16.6	2