

## 400 Fastest Pull For Sebastopol 2022 Results – FINAL (OFFICIAL)

AGE GROUP	PLACE	WOMEN (NO PADDLES)				
18-24		Record: Alice Ricci	2022	23	UC09	5:40.03
		First Name	Last Name	Age	Team	Time
	1	Alice	Ricci	23	UC09	5:40.03
25-29		Record: LillyBelle Deer	2018	25	DAM	4:39.00
		First Name	Last Name	Age	Team	Time
	1	Emily	Woo	27	MEMO	5:59.23
30-34		Record: Laura Condon	2019	33	MEMO	5:09.63
		First Name	Last Name	Age	Team	Time
<b>MEDAL: 2ND</b>	1	Beth	McBride	32	MEMO	5:28.82
	2	Chelsea	Segal	32	MEMO	5:48.00
	3	Jaclyn	Anne	33	UC09	7:16.99
35-39		Record: Elizabeth Flynn	2019	39	MEMO	5:35.34
		First Name	Last Name	Age	Team	Time
	1	Sarah	Perkins	38	CONN	8:41.16
	2	Sarah	King	39	CONN	10:10.93
40-44		Record: Carrie Hahnel	2022	44	MEMO	5:01.55
		First Name	Last Name	Age	Team	Time
<b>MEDAL: 1ST</b>	1	Carrie	Hahnel	44	MEMO	5:01.55
	2	U. Kalei	Achiu	44	MAM	6:55.51
	3	Qi	Han	44	MEMO	8:08.99
45-49		Record: Julie Dusliere	2021	49	UC50	5:05.43
		First Name	Last Name	Age	Team	Time
	1	Melanie	Belluomini	45	DAM	5:37.99
	2	Anne Marie	ODell	47	SMAC	6:45.43
50-54		Record: Grietje Reuter	2020	53	SACMA	5:09.28
		First Name	Last Name	Age	Team	Time
	1	Amy	Wolfe	52	PSM	6:00.00
55-59		Record: Grietje Reuter	2021	55	SACMA	5:08.30
		First Name	Last Name	Age	Team	Time
<b>MEDAL: 3RD</b>	1	Rebecca	Perry	58	MAM	5:28.99
	2	Michelle	Ferguson	55	ALB	5:43.31
	3	Clare	Burger	55	MEMO	5:51.98
	4	Becky	Nelson	58	TBAM	5:55.99
	5	Jennifer	Phalen	58	DAM	6:11.99

## 400 Fastest Pull For Sebastopol 2022 Results – FINAL (OFFICIAL)

	6	Jane	Hutzol	58	DKTA	6:42.99
<b>60-64</b>		<b>Record: Merrie Walts</b>	<b>2021</b>	<b>61</b>	<b>SRM</b>	<b>5:42.22</b>
		<b>First Name</b>	<b>Last Name</b>	<b>Age</b>	<b>Team</b>	<b>Time</b>
	<b>1</b>	<b>Linda</b>	<b>Miller</b>	<b>62</b>	<b>WSC</b>	<b>6:32.00</b>
	<b>2</b>	<b>Tracy</b>	<b>Heuer</b>	<b>64</b>	<b>UC38</b>	<b>6:44.99</b>
	<b>3</b>	<b>Leah</b>	<b>Carroll</b>	<b>61</b>	<b>ALB</b>	<b>6:45.50</b>
	4	Teresa	Focha	61	ALB	7:24.99
<b>65-69</b>		<b>Record: Janice Rea</b>	<b>2022</b>	<b>66</b>	<b>TCAM</b>	<b>5:53.76</b>
		<b>First Name</b>	<b>Last Name</b>	<b>Age</b>	<b>Team</b>	<b>Time</b>
	<b>1</b>	<b>Janice</b>	<b>Rea</b>	<b>66</b>	<b>TCAM</b>	<b>5:53.76</b>
	<b>2</b>	<b>Susan</b>	<b>Hansell-Smuck</b>	<b>66</b>	<b>VCM</b>	<b>5:53.99</b>
	<b>3</b>	<b>Linda</b>	<b>Hepworth</b>	<b>69</b>	<b>RHMS</b>	<b>6:04.21</b>
	4	Ann	Pederson	67	DKTA	6:26.76
	5	Julie	Johnson	65	MEMO	6:47.92
	6	Pamela	Ogden	65	MINN	7:12.19
	7	Molly	Singer	68	MEMO	7:14.99
	8	Nancy	Roddy	65	TCAM	8:12.50
<b>70-74</b>		<b>Record: Sally Dillon</b>	<b>2020</b>	<b>73</b>	<b>PSM</b>	<b>6:23.78</b>
		<b>First Name</b>	<b>Last Name</b>	<b>Age</b>	<b>Team</b>	<b>Time</b>
	<b>1</b>	<b>Sheryl</b>	<b>Parola</b>	<b>74</b>	<b>TCAM</b>	<b>6:52.71</b>
	<b>2</b>	<b>Barbara</b>	<b>Beery</b>	<b>71</b>	<b>ALB</b>	<b>7:10.10</b>
	<b>3</b>	<b>Annette</b>	<b>Coholan</b>	<b>74</b>	<b>RHMS</b>	<b>7:10.19</b>
	4	Jenny	Holland	72	ALB	7:19.32
	5	Sally	Dunn	70	TCAM	7:55.99
	6	Virginia	Anderegg	70	SMAC	8:09.00
<b>75-79</b>		<b>Record: Leslie Westergaard</b>	<b>2021</b>	<b>78</b>	<b>DAM</b>	<b>6:59.99</b>
		<b>First Name</b>	<b>Last Name</b>	<b>Age</b>	<b>Team</b>	<b>Time</b>
	<b>1</b>	<b>Leslie</b>	<b>Westergaard</b>	<b>79</b>	<b>DAM</b>	<b>7:26.99</b>
	<b>2</b>	<b>Bette</b>	<b>Axiak</b>	<b>77</b>	<b>TCAM</b>	<b>9:56.44</b>
<b>80-84</b>		<b>Record: Toni Wivell</b>	<b>2018</b>	<b>81</b>	<b>TCAM</b>	<b>9:27.71</b>
		<b>First Name</b>	<b>Last Name</b>	<b>Age</b>	<b>Team</b>	<b>Time</b>
<b>85-89</b>		<b>Record: No one, darn!</b>				
		<b>First Name</b>	<b>Last Name</b>	<b>Age</b>	<b>Team</b>	<b>Time</b>
<b>90-94</b>		<b>Record: No one, darn!</b>				
		<b>First Name</b>	<b>Last Name</b>	<b>Age</b>	<b>Team</b>	<b>Time</b>

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95-99		Record: No one, darn!				
		First Name	Last Name	Age	Team	Time
<b>AGE GROUP</b>	<b>PLACE</b>	<b>MEN (NO PADDLES)</b>				
18-24		Record: Brendan Hurley	2018	24	TCAM	4:45.30
		First Name	Last Name	Age	Team	Time
25-29		Record: Michael Thomas	2020	27	MVM	4:23.63
		First Name	Last Name	Age	Team	Time
	1	Sam	Gleason	26	ALB	4:41.69
30-34		Record: Steven Frink	2019	34	RPM	4:24.00
		First Name	Last Name	Age	Team	Time
	1	Michael	Thomas	30	MVM	4:55.29
35-39		Record: Stephen Frink	2022	37	RPM	4:16.99
		First Name	Last Name	Age	Team	Time
<b>MEDAL: 1ST</b>	1	Stephen	Frink	37	RPM	4:16.99
	2	Jimmy	Song	39	MEMO	5:07.44
40-44		Record: Mike Callahan	2019	44	TCAM	4:33.27
		First Name	Last Name	Age	Team	Time
	1	Duncan	Carroll	41	MEMO	4:47.92
45-49		Record: Eric Wright	2022	49	CALGM	4:27.59
		First Name	Last Name	Age	Team	Time
<b>MEDAL: 2ND</b>	1	Eric	Wright	49	CALGM	4:27.59
<b>MEDAL: 3RD</b>	2	John	Dissinger	49	BTA	4:28.99
	3	Ahren	Lehnert	49	MEMO	4:56.82
	4	Erik	Bell	48	WSC	5:10.24
	5	Steven	Minnich	49	CCA	7:05.24
50-54		Record: Ted Krovetz	2019	52	DAM	4:24.59
		First Name	Last Name	Age	Team	Time
	1	Andy	Kroupa	53	LMSC	4:36.10
	2	William	Sustaita	53	WSC	6:02.10
	3	Sal	Mucino	52	WSC	6:06.00
	4	Dan	Clifford	52	MEMO	6:33.99
55-59		Record: Tim Keighley	2020	59	QSSSJ	4:37.00
		First Name	Last Name	Age	Team	Time
	1	Brendan	Hickey	56	LBG	4:44.19

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	2	Kevin	Keating	59	SMAC	4:49.56
	3	Rick	Rangel	57	MOVY	5:24.25
	4	Thomas	Costantino	55	WSC	6:05.45
	5	Howard	Lee	58	STAN	6:49.99
<b>60-64</b>		<b>Record: Mark Medei</b>	<b>2021</b>	<b>61</b>	<b>YCFM</b>	<b>4:40.97</b>
		<b>First Name</b>	<b>Last Name</b>	<b>Age</b>	<b>Team</b>	<b>Time</b>
	1	Stephen	Washburn	64	ALB	5:07.99
	2	Eric	Hektner	64	SMAC	5:50.46
	3	Seth	Schapiro	62	ALB	6:04.99
	4	John	Culp	63	ALB	6:19.00
	5	Joe	Schwall	63	SMAC	7:16.98
<b>65-69</b>		<b>Record: Matthew Gass</b>	<b>2022</b>	<b>65</b>	<b>TCAM</b>	<b>4:56.99</b>
		<b>First Name</b>	<b>Last Name</b>	<b>Age</b>	<b>Team</b>	<b>Time</b>
	1	Matthew	Gass	65	TCAM	4:56.99
	2	Bob	Anderson	67	MELO	5:29.99
	3	Jeffrey	Citron	67	MEMO	6:06.18
	4	Steven	Terusaki	69	ALB	6:48.76
<b>70-74</b>		<b>Record: John Stafford</b>	<b>2021</b>	<b>74</b>	<b>JMMS</b>	<b>5:14.25</b>
		<b>First Name</b>	<b>Last Name</b>	<b>Age</b>	<b>Team</b>	<b>Time</b>
	1	Alan	Bernard	73	TAM	5:26.82
	2	Stephen	Small	70	MEMO	5:28.99
	3	Bob	Upshaw	73	WCM	5:40.99
	4	Robert	Jones	71	1776	6:01.00
	5	Stephen	Knauss	73	TBAM	6:21.48
	6	David	Benjamin	73	MEMO	6:28.61
		<b>Record: John Stafford</b>	<b>2022</b>	<b>75</b>	<b>JMMS</b>	<b>5:15.13</b>
<b>75-79</b>		<b>First Name</b>	<b>Last Name</b>	<b>Age</b>	<b>Team</b>	<b>Time</b>
	1	John	Stafford	75	JMMS	5:15.13
	2	James	Budde	77	HIMA	5:48.99
	3	Robert	Alsbaugh	75	PSCM	6:26.99
<b>80-84</b>		<b>Record: Will Gosnold</b>	<b>2022</b>	<b>82</b>	<b>DKTA</b>	<b>6:01.72</b>
		<b>First Name</b>	<b>Last Name</b>	<b>Age</b>	<b>Team</b>	<b>Time</b>
	1	Will	Gosnold	82	DKTA	6:01.72
<b>85-89</b>		<b>Record: David Radcliff</b>	<b>2021</b>	<b>87</b>	<b>OREG</b>	<b>6:46.99</b>
		<b>First Name</b>	<b>Last Name</b>	<b>Age</b>	<b>Team</b>	<b>Time</b>

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90-94		Record: No one, darn!				
		First Name	Last Name	Age	Team	Time
95-99		Record: Albert Edgerton	2022	97	UC38	14:14.07
		First Name	Last Name	Age	Team	Time
	1	Albert	Edgerton	97	UC38	14:14.07
<b>AGE GROUP</b>	<b>PLACE</b>	<b>WOMEN (PADDLES)</b>				
18-24		Record: Vivian Crow	2019	22	DAM	4:39.00
		First Name	Last Name	Age	Team	Time
25-29		Record: Sarah Kletzer	2021	29	CRUZ	4:46.12
		First Name	Last Name	Age	Team	Time
30-34		Record: Amanda Bratberg	2018	33	FGMS	5:46.00
		First Name	Last Name	Age	Team	Time
	1	Jaclyn	Anne	33	UC09	6:41.99
35-39		Record: Lindsey Urbatchka	2020	36	MMAC	4:38.00
		First Name	Last Name	Age	Team	Time
	1	Sarah	Perkins	38	CONN	8:12.27
	2	Sarah	King	39	CONN	10:25.50
40-44		Record: Helene Nehrebecki	2021	41	DAM	4:58.99
		First Name	Last Name	Age	Team	Time
	1	Donita	Flecker	40	SMAC	6:06.99
45-49		Record: Julie Dussliere	2021	49	UC50	4:47.24
		First Name	Last Name	Age	Team	Time
	1	Melanie	Belluomini	45	DAM	5:17.99
	2	Carrie	Pankhurst	48	DHM	6:25.99
50-54		Record: Casey Slater	2022	54	TCAM	4:36.99
		First Name	Last Name	Age	Team	Time
<b>MEDAL: 1ST</b>	1	Casey	Slater	51	TCAM	4:36.99
<b>MEDAL: 2ND</b>	2	Julie	Dussliere	50	SFTL	4:38.45
	3	Karin	Wegner	50	TRB	5:09.89
	4	Amy	Wolfe	52	PSM	5:45.60
55-59		Record: Elizabeth Watkins	2022	57	OREG	5:00.99
		First Name	Last Name	Age	Team	Time
<b>MEDAL: 3RD</b>	1	Elizabeth	Watkins	57	OREG	5:00.99

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	2	Rebecca	Perry	58	MAM	5:02.99
	3	Robin	Bulman	57	SRM	5:03.99
	4	Dee	Davis	56	ENSW	5:06.37
	5	Jennifer	Phalen	58	DAM	5:38.99
	6	Becky	Nelson	58	TBAM	5:50.99
	7	Jane	Hutzol	58	DKTA	6:09.21
	8	Patricia	Bryant	57	DAM	7:19.00
<b>60-64</b>		<b>Record: Olivia Moore</b>	<b>2021</b>	<b>62</b>	<b>WCM</b>	<b>5:06.99</b>
		<b>First Name</b>	<b>Last Name</b>	<b>Age</b>	<b>Team</b>	<b>Time</b>
	1	Aida	Patterson	61	KM	5:35.03
	2	Linda	Miller	62	WSC	6:06.00
	3	Leah	Carroll	61	ALB	6:46.88
	4	Teresa	Focha	61	ALB	7:02.99
<b>65-69</b>		<b>Record: Phyllis Quinn</b>	<b>2022</b>	<b>67</b>	<b>TOC</b>	<b>6:06.99</b>
		<b>First Name</b>	<b>Last Name</b>	<b>Age</b>	<b>Team</b>	<b>Time</b>
	1	Phyllis	Quinn	67	TOC	6:06.99
	2	Katy	Lantz	69	DAM	6:22.00
	3	Deanna	Johnson	66	DAM	6:34.00
	4	Susan	Campbell	67	TCAM	6:41.00
<b>70-74</b>		<b>Record: Joanne Menard</b>	<b>2020</b>	<b>72</b>	<b>MMAC</b>	<b>5:18.87</b>
		<b>First Name</b>	<b>Last Name</b>	<b>Age</b>	<b>Team</b>	<b>Time</b>
<b>75-79</b>		<b>Record: Leslie Westergaard</b>	<b>2022</b>	<b>79</b>	<b>DAM</b>	<b>6:16.99</b>
		<b>First Name</b>	<b>Last Name</b>	<b>Age</b>	<b>Team</b>	<b>Time</b>
	1	Leslie	Westergaard	79	DAM	6:16.99
<b>80-84</b>		<b>Record: No one, darn!</b>				
		<b>First Name</b>	<b>Last Name</b>	<b>Age</b>	<b>Team</b>	<b>Time</b>
<b>85-89</b>		<b>Record: No one, darn!</b>				
		<b>First Name</b>	<b>Last Name</b>	<b>Age</b>	<b>Team</b>	<b>Time</b>
<b>90-94</b>		<b>Record: No one, darn!</b>				
		<b>First Name</b>	<b>Last Name</b>	<b>Age</b>	<b>Team</b>	<b>Time</b>
<b>95-99</b>		<b>Record: No one, darn!</b>				
		<b>First Name</b>	<b>Last Name</b>	<b>Age</b>	<b>Team</b>	<b>Time</b>

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AGE GROUP	PLACE	MEN (PADDLES)				
18-24		Record: No one, darn!		Age	Team	Time
		First Name	Last Name			
25-29		Record: Casey Woudenberg	2018	25	UC41	3:44.37
		First Name	Last Name	Age	Team	Time
30-34		Record: Pavel Aleabov	2022	33	LCNM	4:21.51
		First Name	Last Name	Age	Team	Time
	1	Pavel	Aleabov	33	LCNM	4:21.51
	2	Alexander	Rossbach	32	ALB	4:27.99
35-39		Record: Andy Nonaka	2019	39	WCM	3:53.18
		First Name	Last Name	Age	Team	Time
40-44		Record: Andy Nonaka	2020	40	WCM	3:56.01
		First Name	Last Name	Age	Team	Time
45-49		Record: Michael Kruse	2020	48	TOC	4:15.00
		First Name	Last Name	Age	Team	Time
<b>MEDAL: 2ND</b>	1	Eric	Wright	49	CALGM	4:17.68
<b>MEDAL: 3RD*</b>	2	John	Dissinger	49	BTA	4:20.99
	3	Erik	Bell	48	WSC	4:52.00
	4	Joseph	Berglund	48	SMAC	5:07.17
	5	Steven	Minnich	49	CCA	6:25.10
50-54		Record: Dan Wegner	2022	51	UC33	4:14.99
		First Name	Last Name	Age	Team	Time
<b>MEDAL: 1ST</b>	1	Dan	Wegner	51	UC33	4:14.99
	2	Eric	Friedman	52	ALB	5:15.52
	3	Sal	Mucino	52	WSC	5:56.29
	4	William	Sustaita	53	WSC	6:19.00
55-59		Record: David Boatwright	2020	58	WCM	4:03.05
		First Name	Last Name	Age	Team	Time
<b>MEDAL: 3RD*</b>	1	Rick	Hamilton	55	MAM	4:20.99
	2	Paul	Mcllroy	57	TCAM	4:34.79
	3	Brendan	Hickey	56	LBG	4:35.68
	4	Rick	Rangel	57	MOVY	5:04.12
	5	Thomas	Costantino	55	WSC	6:00.00
	6	Howard	Lee	58	STAN	6:39.99

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<b>60-64</b>		<b>Record: Tim Keighley</b>	<b>2021</b>	<b>60</b>	<b>QSSJ</b>	<b>4:25.20</b>
		<b>First Name</b>	<b>Last Name</b>	<b>Age</b>	<b>Team</b>	<b>Time</b>
<b>65-69</b>		<b>Record: Sandy Mac Donald</b>	<b>2021</b>	<b>66</b>	<b>UC38</b>	<b>4:25.99</b>
		<b>First Name</b>	<b>Last Name</b>	<b>Age</b>	<b>Team</b>	<b>Time</b>
	<b>1</b>	<b>Matthew</b>	<b>Gass</b>	<b>65</b>	<b>TCAM</b>	<b>4:44.24</b>
	<b>2</b>	<b>Francisco</b>	<b>Canales</b>	<b>65</b>	<b>SRM</b>	<b>4:46.00</b>
	<b>3</b>	<b>Bob</b>	<b>Anderson</b>	<b>67</b>	<b>MELO</b>	<b>5:46.99</b>
<b>70-74</b>		<b>Record: Bob Upshaw</b>	<b>2022</b>	<b>73</b>	<b>WCM</b>	<b>5:15.99</b>
		<b>First Name</b>	<b>Last Name</b>	<b>Age</b>	<b>Team</b>	<b>Time</b>
	<b>1</b>	<b>Bob</b>	<b>Upshaw</b>	<b>73</b>	<b>WCM</b>	<b>5:15.99</b>
	<b>2</b>	<b>Stephen</b>	<b>Small</b>	<b>70</b>	<b>MEMO</b>	<b>5:18.99</b>
	<b>3</b>	<b>Rick</b>	<b>Trachok</b>	<b>70</b>	<b>SNM</b>	<b>5:27.00</b>
	<b>3</b>	<b>Robert</b>	<b>Jones</b>	<b>71</b>	<b>1776</b>	<b>5:27.00</b>
	<b>4</b>	<b>Stephen</b>	<b>Knauss</b>	<b>73</b>	<b>TBAM</b>	<b>5:55.34</b>
<b>75-79</b>		<b>Record: James Budde</b>	<b>2022</b>	<b>78</b>	<b>HIMA</b>	<b>5:18.99</b>
		<b>First Name</b>	<b>Last Name</b>	<b>Age</b>	<b>Team</b>	<b>Time</b>
	<b>1</b>	<b>James</b>	<b>Budde</b>	<b>77</b>	<b>HIMA</b>	<b>5:18.99</b>
<b>80-84</b>		<b>Record: Joseph Walker</b>	<b>2022</b>	<b>80</b>	<b>SNM</b>	<b>5:21.96</b>
		<b>First Name</b>	<b>Last Name</b>	<b>Age</b>	<b>Team</b>	<b>Time</b>
	<b>1</b>	<b>Joseph</b>	<b>Walker</b>	<b>80</b>	<b>SNM</b>	<b>5:21.96</b>
<b>85-89</b>		<b>Record: John Sulzbach</b>	<b>2020</b>	<b>86</b>	<b>MELO</b>	<b>7:23.00</b>
		<b>First Name</b>	<b>Last Name</b>	<b>Age</b>	<b>Team</b>	<b>Time</b>
<b>90-94</b>		<b>Record: No one, darn!</b>				
		<b>First Name</b>	<b>Last Name</b>	<b>Age</b>	<b>Team</b>	<b>Time</b>
<b>95-99</b>		<b>Record: No one, darn!</b>				
		<b>First Name</b>	<b>Last Name</b>	<b>Age</b>	<b>Team</b>	<b>Time</b>