

## Sol Grinder 2021-Long Course Overall Results

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
1	IRA ARMAD	SEATTLE, WA	M: 1	MO-LC	24	05:45:52.95	04:29	13.4mph	MO-LC: 1
2	STUART AYLING	LAKE TAPPS, WA	M: 2	MO-LC	25	06:10:23.87	04:48	12.5mph	MO-LC: 2
3	ANGUS RATE	EDMONDS, WA	M: 3	MO-LC	43	06:12:35.60	04:50	12.4mph	MO-LC: 3
4	JOHN ESTEBAN	SEATTLE, WA	M: 6	MO-LC	32	06:25:20.35	05:00	12.0mph	MO-LC: 5
5	TRISTAN HEINICKE	SEATTLE, WA	M: 7	MO-LC	35	06:29:38.29	05:03	11.9mph	MO-LC: 6
6	KIRK CANFIELD	SNOHOMISH, WA	M: 8	MM-LC	5	06:33:15.90	05:06	11.7mph	MM-LC: 1
7	ROGER BURTON	BOTHELL, WA	M: 9	MM-LC	4	06:34:40.83	05:07	11.7mph	MM-LC: 3
8	TODD ANDERSON	SEQUIM, WA	M: 10	MM-LC	1	06:38:15.44	05:10	11.6mph	MM-LC: 4
9	RADOSLAV KLCO	BAINBRIDGE	M: 11	MM-LC	10	06:49:43.81	05:19	11.3mph	MM-LC: 5
10	JASON WILLIAMS	SAMMAMISH, WA	M: 12	MM-LC	21	06:57:29.59	05:25	11.1mph	MM-LC: 6
11	TROY HOPWOOD	NEWCASTLE, WA	M: 13	MM-LC	9	07:37:51.79	05:56	10.1mph	MM-LC: 7

## Sol Grinder 2021-Long Course Division Results

### Mens Open

Place	Bib #	Name	Time	Type	Hometown	Pace	Speed	Age
1	24	IRA ARMAD	05:45:52.95	MO-LC	Seattle, WA	4:30/M	13.4mph	38
2	25	STUART AYLING	06:10:23.87	MO-LC	Lake Tapps, WA	4:49/M	12.5mph	44
3	43	ANGUS RATE	06:12:35.60	MO-LC	Edmonds, WA	4:50/M	12.4mph	18
4	32	JOHN ESTEBAN	06:25:20.35	MO-LC	Seattle, WA	5:00/M	12.0mph	23
5	35	TRISTAN HEINICKE	06:29:38.29	MO-LC	Seattle, WA	5:04/M	11.9mph	22

### Mens Masters

Place	Bib #	Name	Time	Type	Hometown	Pace	Speed	Age
1	5	KIRK CANFIELD	06:33:15.90	MM-LC	Snohomish, WA	5:06/M	11.7mph	51
2	4	ROGER BURTON	06:34:40.83	MM-LC	Bothell, WA	5:08/M	11.7mph	49
3	1	TODD ANDERSON	06:38:15.44	MM-LC	SEQUIM, WA	5:10/M	11.6mph	58
4	10	RADOSLAV KLCO	06:49:43.81	MM-LC	Bainbridge Island, WA	5:19/M	11.3mph	49
5	21	JASON WILLIAMS	06:57:29.59	MM-LC	Sammamish, WA	5:25/M	11.1mph	46

6	9	TROY HOPWOOD	07:37:51.79	MM-LC	Newcastle, WA	5:57/M	10.1mph	51
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### Sol Grinder 2021-Medium Course Division Results

\*\* Signed up for Long Course, dropped to Medium Course mid-race, not eligibel for Awards

#### Mens Open

Place	Bib #	Name	Time	Type	Hometown	Pace	Speed	Age
1	80	SAM PECKHAM	04:14:16.00	MO-MC	Poulsbo, WA	4:37/M	13.0mph	27
2	78	JEREMY KALMUS	04:28:37.23	MO-MC	Redmond, WA	4:53/M	12.3mph	32
3	36**	TODD HUNT**	04:58:44.74	MO-MC	Auburn, WA	5:26/M	11.0mph	33
4	30**	JUAN CAMILO ECHEVERRI**	05:00:28.73	MO-MC	Washington, DC	5:28/M	11.0mph	42
5	27**	ELLIOTT BRUEGGEMAN**	05:05:33.19	MO-MC	Seattle, WA	5:33/M	10.8mph	38
6	69	JOSHUA CORBIN	05:12:20.52	MO-MC	Silverdale, WA	5:41/M	10.6mph	41
7	41**	KYLE MORGAN**	05:18:08.58	MO-MC	Bellingham, WA	5:47/M	10.4mph	32
8	33**	NICK EVERIST**	05:20:49.53	MO-MC	Seattle, WA	5:50/M	10.3mph	39
9	74	CHRISTOPHER ELLIS	05:45:21.57	MO-MC	Coeur D Alene, ID	6:17/M	9.6mph	32
10	38**	JONATHAN KOPECKY**	05:47:54.36	MO-MC	Seattle, WA	6:20/M	9.5mph	38
11	70	JOSIAH CRUM	05:49:24.71	MO-MC	Seattle, WA	6:21/M	9.4mph	33
12	67	PETER BERG	05:53:16.43	MO-MC	Bainbridge Island, WA	6:25/M	9.3mph	38
13	76	CLIFF HALES	05:59:47.94	MO-MC	Port Angeles, WA	6:32/M	9.2mph	42
14	31**	AUSTIN ELLERBRUCH**	06:00:15.84	MO-MC	Tacoma, WA	6:33/M	9.2mph	25
15	39**	DAVID MCKINNON**	06:14:38.89	MO-MC	REDMOND, WA			
16	73	CHRIS EICHAR	08:24:22.52	MO-MC	Seattle, WA	9:10/M	6.5mph	27

#### Mens Masters

Place	Bib #	Name	Time	Type	Hometown	Pace	Speed	Age
1	11**	AARON LOCKE **	04:23:01.63	MM-MC	Federal Way, WA	4:47/M	12.5mph	50
2	18**	ALASDAIR TURNER**	04:23:35.80	MM-MC	Seattle, WA	4:48/M	12.5mph	48
3	59	PAUL LASTAYO	04:28:05.13	MM-MC	Eden, UT	4:52/M	12.3mph	59
4	61	RICK RAYMOND	04:38:29.45	MM-MC	Olalla, WA	5:04/M	11.8mph	60
5	58	BILLIE KREIN	04:39:12.00	MM-MC	Poulsbo, WA	5:05/M	11.8mph	62

6	124	PAPPY VANWINKLE	05:06:34.99	MM-MC	Buckley, WA	5:34/M	10.8mph	58
7	129	ERIK JOHNSON	05:09:07.84	MM-MC	Federal Way, WA	5:37/M	10.7mph	49
8	54	TODD DRY	05:10:02.15	MM-MC	Gig Harbor, WA	5:38/M	10.6mph	57
9	17**	THOMAS SUMTER**	05:15:25.67	MM-MC	Seattle, WA	5:44/M	10.5mph	51
10	51	GARY CALTON	05:29:42.30	MM-MC	Southern Pines, NC	6:00/M	10.0mph	62
11	60	DAN PETERSEN	05:30:22.97	MM-MC	Bainbridge Island, WA	6:00/M	10.0mph	52
12	65	KEN ZEIGLER	05:43:21.30	MM-MC	port Angeles, WA	6:15/M	9.6mph	66
13	53	JARED DESPAIN	05:44:46.90	MM-MC	Sequim, WA	6:16/M	9.6mph	49
14	50	JEFFREY CAIN	05:46:59.99	MM-MC	Poulsbo, WA	6:19/M	9.5mph	55
15	48	RYAN AKIYAMA	05:50:35.95	MM-MC	Olympia, WA	6:22/M	9.4mph	45
16	128	JOERG ZUEND	05:52:02.27	MM-MC	Port Angeles, WA	6:24/M	9.4mph	63
17	2**	VICTOR ARAYA**	05:59:12.53	MM-MC	Seattle, WA	6:32/M	9.2mph	50
18	13**	BRENT PEREZ**	06:00:07.80	MM-MC	Seattle, WA	6:33/M	9.2mph	53
19	64	STAN WATSON	06:09:42.20	MM-MC	Sequim, WA	6:43/M	8.9mph	61
20	63	GLENN STEHR	06:25:10.16	MM-MC	Port Angeles, WA	7:00/M	8.6mph	65
21	3**	JOHN BISSELL**	06:38:46.30	MM-MC	Indianola, WA	7:15/M	8.3mph	57

### Womens Open

Place	Bib #	Name	Time	Type	Hometown	Pace	Speed	Age
1	113	BETH DRAEGER	05:02:48.88	WO-MC	Issaquah, WA	5:30/M	10.9mph	29
2	88	HANNAH VERNON	06:48:09.74	WO-MC	Leavenworth, WA	7:25/M	8.1mph	30
3	87	ALICE VERNON	07:20:32.92	WO-MC	Leavenworth, WA	8:01/M	7.5mph	61
4	82	LEAH HARPER	09:22:25.62	WO-MC	Quilcene, WA	10:14/M	5.9mph	38

## Sol Grinder 2021-Medium Course Overall Results

\*\* Signed up for Long Course, dropped to Medium Course mid-race, not eligibel for Awards

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
1	SAM PECKHAM	POULSBO, WA	M: 1	MO-MC	80	04:14:16.00	04:37	13.0mph	MO-MC: 1
2	AARON LOCKE**	FEDERAL WAY, WA	M: 2	MM-MC	11	04:23:01.63	04:46	12.5mph	MM-MC: 1
3	ALASDAIR TURNER**	SEATTLE, WA	M: 3	MM-MC	18	04:23:35.80	04:47	12.5mph	MM-MC: 2
4	PAUL LASTAYO	EDEN, UT	M: 4	MM-MC	59	04:28:05.13	04:52	12.3mph	MM-MC: 3
5	JEREMY KALMUS	REDMOND, WA	M: 5	MO-MC	78	04:28:37.23	04:53	12.3mph	MO-MC: 2
6	RICK RAYMOND	OLALLA, WA	M: 6	MM-MC	61	04:38:29.45	05:03	11.8mph	MM-MC: 4

7	BILLIE KREIN	POULSBO, WA	M: 7	MM-MC	58	04:39:12.00	05:04	11.8mph	MM-MC: 5
8	TODD HUNT**	AUBURN, WA	M: 8	MO-MC	36	04:58:44.74	05:25	11.0mph	MO-MC: 3
9	JUAN CAMILO ECHEVERRI**	WASHINGTON, DC	M: 9	MO-MC	30	05:00:28.73	05:27	11.0mph	MO-MC: 4
10	BETH DRAEGER	ISSAQUAH, WA	F: 1	WO-MC	113	05:02:48.88	05:30	10.9mph	WO-MC: 1
11	ELLIOTT BRUEGGEMAN**	SEATTLE, WA	M: 10	MO-MC	27	05:05:33.19	05:33	10.8mph	MO-MC: 5
12	PAPPY VANWINKLE	BUCKLEY, WA	M: 11	MM-MC	124	05:06:34.99	05:34	10.8mph	MM-MC: 6
13	CLAIRE LAW	SEATTLE, WA	F: 2	MO-MC	47	05:07:34.73	05:35	10.7mph	:
14	ERIK JOHNSON	FEDERAL WAY, WA	M: 12	MM-MC	129	05:09:07.84	05:37	10.7mph	MM-MC: 7
15	TODD DRY	GIG HARBOR, WA	M: 13	MM-MC	54	05:10:02.15	05:38	10.6mph	MM-MC: 8
16	JOSHUA CORBIN	SILVERDALE, WA	M: 14	MO-MC	69	05:12:20.52	05:40	10.6mph	MO-MC: 6
17	THOMAS SUMTER**	SEATTLE, WA	M: 15	MM-MC	17	05:15:25.67	05:44	10.5mph	MM-MC: 9
18	KYLE MORGAN**	BELLINGHAM, WA	M: 16	MO-MC	41	05:18:08.58	05:47	10.4mph	MO-MC: 7
19	NICK EVERIST**	SEATTLE, WA	M: 17	MO-MC	33	05:20:49.53	05:49	10.3mph	MO-MC: 8
20	GARY CALTON	SOUTHERN PINES, NC	M: 18	MM-MC	51	05:29:42.30	05:59	10.0mph	MM-MC: 10
21	DAN PETERSEN	BAINBRIDGE ISLAND, WA	M: 19	MM-MC	60	05:30:22.97	06:00	10.0mph	MM-MC: 11
22	KEN ZEIGLER	PORT ANGELES, WA	M: 20	MM-MC	65	05:43:21.30	06:14	9.6mph	MM-MC: 12
23	JARED DESPAIN	SEQUIM, WA	M: 21	MM-MC	53	05:44:46.90	06:16	9.6mph	MM-MC: 13
24	CHRISTOPHER ELLIS	COEUR D ALENE, ID	M: 22	MO-MC	74	05:45:21.57	06:16	9.6mph	MO-MC: 9
25	JEFFREY CAIN	POULSBO, WA	M: 23	MM-MC	50	05:46:59.99	06:18	9.5mph	MM-MC: 14
26	JONATHAN KOPECKY**	SEATTLE, WA	M: 24	MO-MC	38	05:47:54.36	06:19	9.5mph	MO-MC: 10
27	JOSIAH CRUM	SEATTLE, WA	M: 25	MO-MC	70	05:49:24.71	06:21	9.4mph	MO-MC: 11
28	RYAN AKIYAMA	OLYMPIA, WA	M: 26	MM-MC	48	05:50:35.95	06:22	9.4mph	MM-MC: 15
29	JOERG ZUEND	PORT ANGELES, WA	M: 28	MM-MC	128	05:52:02.27	06:24	9.4mph	MM-MC: 16
30	PETER BERG	BAINBRIDGE ISLAND, WA	M: 29	MO-MC	67	05:53:16.43	06:25	9.3mph	MO-MC: 12
31	VICTOR ARAYA**	SEATTLE, WA	M: 30	MM-MC	2	05:59:12.53	06:31	9.2mph	MM-MC: 17
32	CLIFF HALES	PORT ANGELES, WA	M: 31	MO-MC	76	05:59:47.94	06:32	9.2mph	MO-MC: 13
33	BRENT PEREZ**	SEATTLE, WA	M: 32	MM-MC	13	06:00:07.80	06:32	9.2mph	MM-MC: 18
34	AUSTIN ELLERBRUCH**	TACOMA, WA	M: 33	MO-MC	31	06:00:15.84	06:33	9.2mph	MO-MC: 14
35	STAN WATSON	SEQUIM, WA	M: 34	MM-MC	64	06:09:42.20	06:43	8.9mph	MM-MC: 19
36	DAVID MCKINNON**	REDMOND, WA	M: 4	MO-MC	39	06:14:38.89			
37	GLENN STEHR	PORT ANGELES, WA	M: 35	MM-MC	63	06:25:10.16	07:00	8.6mph	MM-MC: 20
38	JOHN BISSELL**	INDIANOLA, WA	M: 38	MM-MC	3	06:38:46.30	07:15	8.3mph	MM-MC: 21
39	HANNAH VERNON	LEAVENWORTH, WA	F: 4	WO-MC	88	06:48:09.74	07:25	8.1mph	WO-MC: 2
40	ALICE VERNON	LEAVENWORTH, WA	F: 5	WO-MC	87	07:20:32.92	08:00	7.5mph	WO-MC: 3
41	CHRIS EICHAR	SEATTLE, WA	M: 44	MO-MC	73	08:24:22.52	09:10	6.5mph	MO-MC: 15
42	LEAH HARPER	QUILCENE, WA	F: 9	WO-MC	82	09:22:25.62	10:13	5.9mph	WO-MC: 4

## Sol Grinder 2021-Short Course Division Results

### Mens Open

Place	Bib #	Name	Time	Type	Hometown	Pace	Speed	Age
1	126	TROY TREACCAR	02:37:08.81	MO-SC	Port Angeles, WA	4:29/M	13.4mph	39
2	108	ADAM SAEGBARTH	03:02:24.14	MO-SC	seattle, WA	5:13/M	11.5mph	38
3	103	DAVID KENTON	03:10:53.03	MO-SC	Port Angeles, WA	5:27/M	11.0mph	39
4	107	JORDAN RICKARD	03:16:34.76	MO-SC	Maple Valley, WA	5:37/M	10.7mph	39
5	99	JAKE CHAMBERS	03:25:16.67	MO-SC	Gig Harbor, WA	5:52/M	10.2mph	38
6	105	ETHAN MARTIN	03:37:07.66	MO-SC	Kirkland, WA	6:12/M	9.7mph	24
7	125	DAVID MONDELLO	03:46:38.83	MO-SC	Hansville, WA	6:29/M	9.3mph	32
8	79	EDDER MAZATE	03:50:04.50	MO-SC	Black diamond, WA	6:34/M	9.1mph	26
9	100	CODY HEYN	03:51:56.91	MO-SC	North Bend, WA	6:38/M	9.1mph	44
10	110	JOSHUA TURNER	04:03:31.90	MO-SC	Gig Harbor, WA	6:57/M	8.6mph	32
11	102	ALEXANDER KASSAN	04:58:32.58	MO-SC	Bremerton, WA	8:32/M	7.0mph	28
12	104	FORD KERR	05:10:38.87	MO-SC	Seattle, WA	8:53/M	6.8mph	36

### Mens Masters

Place	Bib #	Name	Time	Type	Hometown	Pace	Speed	Age
1	93	MICHAEL GOSCINIAK	03:24:37.00	MM-SC	Ruston, WA	5:51/M	10.3mph	49
2	90	BRIAN ABRAMS	03:47:47.59	MM-SC	Auburn, WA	6:30/M	9.2mph	63
3	92	GREG GIZINSKI	03:48:40.94	MM-SC	seattle, WA	6:32/M	9.2mph	53
4	96	VICTOR RAMOS	04:03:09.78	MM-SC	Auburn, WA	6:57/M	8.6mph	53
5	94	RAY HENDERSON	04:11:09.83	MM-SC	Oakville, WA	7:11/M	8.4mph	50
6	95	ROB KASSAN	05:12:22.60	MM-SC	Westlake village, CA	8:55/M	6.7mph	60

### Womens Open

Place	Bib #	Name	Time	Type	Hometown	Pace	Speed	Age
1	112	KRISTEN AGREN	04:14:47.34	WO-SC	Kirkland, WA	7:17/M	8.2mph	52
2	121	SCARLETT SAEGBARTH	04:24:31.06	WO-SC	Seattle, WA	7:33/M	7.9mph	29
3	117	LINDA LASTAYO	05:10:04.46	WO-SC	Eden, UT	8:52/M	6.8mph	57
4	118	AMY OSTWALD	05:10:20.43	WO-SC	Elma, WA	8:52/M	6.8mph	58
5	127	LESLIE BARBER	05:32:09.45	WO-SC	Sammamish, WA	9:29/M	6.3mph	52

## Sol Grinder 2021-Short Course Overall Results

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
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1	TROY TREACCAR	PORT ANGELES, WA	M: 1	MO-SC	126	02:37:08.81	04:29	13.4mph	MO-SC: 1
2	ADAM SAEGBARTH	SEATTLE, WA	M: 2	MO-SC	108	03:02:24.14	05:12	11.5mph	MO-SC: 2
3	DAVID KENTON	PORT ANGELES, WA	M: 3	MO-SC	103	03:10:53.03	05:27	11.0mph	MO-SC: 3
4	JORDAN RICKARD	MAPLE VALLEY, WA	M: 4	MO-SC	107	03:16:34.76	05:36	10.7mph	MO-SC: 4
5	MICHAEL GOSCINIAK	RUSTON, WA	M: 5	MM-SC	93	03:24:37.00	05:50	10.3mph	MM-SC: 1
6	JAKE CHAMBERS	GIG HARBOR, WA	M: 6	MO-SC	99	03:25:16.67	05:51	10.2mph	MO-SC: 5
7	ETHAN MARTIN	KIRKLAND, WA	M: 8	MO-SC	105	03:37:07.66	06:12	9.7mph	MO-SC: 6
8	DAVID MONDELLO	HANSVILLE, WA	M: 9	MO-SC	125	03:46:38.83	06:28	9.3mph	MO-SC: 7
9	BRIAN ABRAMS	AUBURN, WA	M: 10	MM-SC	90	03:47:47.59	06:30	9.2mph	MM-SC: 2
10	GREG GIZINSKI	SEATTLE, WA	M: 11	MM-SC	92	03:48:40.94	06:32	9.2mph	MM-SC: 3
11	EDDER MAZATE	BLACK DIAMOND, WA	M: 12	MO-SC	79	03:50:04.50	06:34	9.1mph	MO-SC: 8
12	CODY HEYN	NORTH BEND, WA	M: 13	MO-SC	100	03:51:56.91	06:37	9.1mph	MO-SC: 9
13	VICTOR RAMOS	AUBURN, WA	M: 14	MM-SC	96	04:03:09.78	06:56	8.6mph	MM-SC: 4
14	JOSHUA TURNER	GIG HARBOR, WA	M: 15	MO-SC	110	04:03:31.90	06:57	8.6mph	MO-SC: 10
15	RAY HENDERSON	OAKVILLE, WA	M: 16	MM-SC	94	04:11:09.83	07:10	8.4mph	MM-SC: 5
16	KRISTEN AGREN	KIRKLAND, WA	F: 2	WO-SC	112	04:14:47.34	07:16	8.2mph	WO-SC: 1
17	SCARLETT SAEGBARTH	SEATTLE, WA	F: 3	WO-SC	121	04:24:31.06	07:33	7.9mph	WO-SC: 2
18	ALEXANDER KASSAN	BREMERTON, WA	M: 20	MO-SC	102	04:58:32.58	08:31	7.0mph	MO-SC: 11
19	LINDA LASTAYO	EDEN, UT	F: 8	WO-SC	117	05:10:04.46	08:51	6.8mph	WO-SC: 3
20	AMY OSTWALD	ELMA, WA	F: 9	WO-SC	118	05:10:20.43	08:52	6.8mph	WO-SC: 4
21	FORD KERR	SEATTLE, WA	M: 25	MO-SC	104	05:10:38.87	08:52	6.8mph	MO-SC: 12
22	ROB KASSAN	WESTLAKE VI, WA	M: 27	MM-SC	95	05:12:22.60	08:55	6.7mph	MM-SC: 6
23	LESLIE BARBER	SAMMAMISH, WA	F: 10	WO-SC	127	05:32:09.45	09:29	6.3mph	WO-SC: 5