

**2023 MIRACLE MILE FOR LUNG CANCER
TAMALPAIS AQUATIC MASTERS
WOMEN**

Age Group	Overall	First Name	Last Name	Age(As of 3/18/2023)	USMS Club	Time Swum	<i>* Converted from meters</i>
Place	Place						
Women 25-29 Laurin Weisenthal, 25, 2009, MVM, 17:57.07							
1	16	Katherine	Claman	26	TAM	0:26:13.65	
Women 30-34 Nadine Day, 33, 2004, IM, 18:22.43							
1	4	Beth	McBride	33	MEMO	0:21:59.05	
2	47	Janell	Hanf	34	GOOG	0:39:35.00	
Women 35-39 Suzanne Heim, 38, 1997, TERA, 18:14.66							
1	24	Harshitha	Ram Gopal	35	GOOG	0:29:00.00	
Women 40-44 Tesla Profumo, 40, 2018, CRUZ, 19:14.38							
1	18	Jez	Lee	42	MEMO	0:27:12.13	
2	27	Adi	Wise	44	TAM	0:29:32.73	
3	51	Monica	Macdonald	43	TAM	0:45:54.04	
Women 45-49 Suzanne Heim-Bowen, 45, 2004, WCM, 18:06.78							
1	7	Lanie	King	46	TAM	0:22:30.47	*
2	14	Christina	Davis	48	IFM	0:25:54.32	
3	22	Anne Marie	ODell	47	SMAC	0:28:22.43	
Women 50-54 Laura Val, 53, 2005, TAM, 19:01.00							
1	1	Shannon	Wolford	50	TAM	0:20:45.60	
2	8	Emma	Garforth	54	DAM	0:22:48.00	
3	15	Holly	Steffes	54	WISC	0:26:03.00	
4	17	Andreea	Nicolescu	51	TAM	0:26:52.00	
5	49	Elise	Sambrano	53	TAM	0:41:00.00	
Women 55-59 Laura Val, 58, 2010, TAM, 18:47.10							
1	2	Charlotte	Brynn	56	NEM	0:21:19.72	*
2	3	Catheryne	DiPrete	59	TAM	0:21:48.04	
3	5	Lynn	Sondag	55	TAM	0:22:00.02	
4	6	Jane	Russell	59	DAM	0:22:03.99	*
5	10	Jennifer	Phalen	58	DAM	0:24:11.64	*
6	11	Elizabeth	Musser	59	TAM	0:24:31.85	
7	12	Kelley	Ryan-Warner	59	TAM	0:24:50.02	
8	35	Zheng	Jin	56	TAM	0:33:46.81	
9	42	Allison	LaField	59	AAMAH	0:37:04.00	
10	44	Katy	Shotton	59	GOOG	0:37:17.92	*
11	52	Maryann	Thompson	56	TAM	0:49:19.12	
Women 60-64 Laura Val, 61 2013, TAM, 19:44.06							
1	9	Martha	Joyce	63	TAM	0:23:06.14	
2	19	Jessica	Jakobi	64	TAM	0:27:29.35	
3	20	Andrea	Eneidi	63	TAM	0:27:50.00	
4	23	Cassandra	Coffee	61	TAM	0:28:46.18	
5	25	Kelly	Haechler	61	TAM	0:29:01.00	
6	28	Teresa	Focha	62	ALB	0:30:21.03	
7	29	Leah	Carroll	61	ALB	0:30:58.68	
8	31	Leslie	Bjelk	61	TAM	0:32:50.71	
9	34	Michelle	Lerman	64	TAM	0:33:28.12	

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		Women 65-69		Ellen Rockholm, 66, 2015, KMAN, 23:23.92			
1	13	Anne	Claman	65	TAM	0:24:53.96	
2	21	Paula	Yankauskas	68	NEM	0:27:52.26	*
3	30	Katy	Lantz	69	DAM	0:31:52.00	
4	33	Cynthia	Prosterman	69	TAM	0:33:19.83	
5	36	Jane	Hook	68	TAM	0:34:24.86	
6	37	Rita	Wolf	68	TCAM	0:35:32.10	
7	39	Kathy	Gill	69	DAM	0:35:59.00	
8	45	Nancy	Roddy	66	TCAM	0:37:30.78	
		Women 70-74		Nancy Ridout, 70, 2012, TAM, 26:43.90			
1	26	Kate	Latham	70	MVM	0:29:23.25	
2	40	Wendy	Scherwat Ducourneau	72	GRA	0:36:45.98	
3	50	Laurel	Ferrari	74	TAM	0:44:00.00	
		Women 75-79		Patricia Bond, 75, 2014 FMM 27:43.76			
1	41	Glenda	Carroll	79	TAM	0:36:55.10	
2	46	Lori	Viti	75	TAM	0:37:42.00	
3	48	Meredith	Pechoultres	79	TAM	0:40:57.78	
		Women 80-84		Patricia Bond, 80, 2018 SYSM, 30:12.20			
1	32	Leslie	Westergaard	80	DAM	0:33:00.05	
2	43	Nancy	Ridout	81	TAM	0:37:13.75	
		Women 85-90		Mary Alexander, 85, 2021 TAM, 35:20.28			
1	38	Mary	Alexandre	87	TAM	0:35:39.40	