



2023 WPFG Individual 5K Results



WORLD
POLICE & FIRE
GAMES

Place	Number	Name	Country	Div	Overall Time	Div Place	Div Total	Sex Place	Sex Total	KM pace	Mile pace
1	5145	Joshua BURGESS	United Kingdom	Men 30+	0:16:38	1	3	1	45	3:20	5:22
2	5133	Andrzej SZPUNAR	Poland	Men 45+	0:17:05	1	5	2	45	3:25	5:30
3	5124	david MARTINEZ MASEDA	Spain	Men 40+	0:18:14	1	5	3	45	3:39	5:52
4	5146	Porter MARSH	United States of Ame	Men 30+	0:18:15	2	3	4	45	3:39	5:53
5	5128	agustin HERRERA BARRIOS	Mexico	Men 45+	0:18:29	2	5	5	45	3:42	5:57
6	5097	Hok Yan Jonn LAI	Hong Kong SAR China	Men 50+	0:19:00	1	8	6	45	3:48	6:07
7	5119	HUGO JOSEIR SOUZA E SILVA	Brazil	Men 35+	0:19:21	1	4	7	45	3:53	6:14
8	5147	Fernando MOURA	Brazil	Men 30+	0:19:21	3	3	8	45	3:53	6:14
9	5126	MANUEL TORNERO ARAGO	Spain	Men 40+	0:20:07	2	5	9	45	4:02	6:29
10	5125	Jan SCHULZ	Germany	Men 40+	0:20:09	3	5	10	45	4:02	6:29
11	5123	WONG MAN YIP	Hong Kong SAR China	Men 40+	0:20:09	4	5	11	45	4:02	6:30
12	5122	Rodel BUSTAMANTE	Philippines	Men 40+	0:21:11	5	5	12	45	4:15	6:49
13	5093	Shivani HUDDA	India	Women 18+	0:21:29	1	2	1	29	4:18	6:55
14	5018	Jarmila SOBECKA HALIROVA	Czech Republic	Women 45+	0:21:36	1	8	2	29	4:20	6:57
15	5019	Josilene SOUSA SANTOS	Brazil	Women 45+	0:22:16	2	8	3	29	4:28	7:10
16	5141	Kaleb LAWTON	United States of Ame	Men 18+	0:22:25	1	2	13	45	4:29	7:13
17	5105	PLAS ERIC	Belgium	Men 55+	0:22:28	1	7	14	45	4:30	7:14
18	5007	Carmen BUENO PUERTAS	Spain	Women 40+	0:22:37	1	4	4	29	4:32	7:17
19	5101	Richard ALARY	Canada	Men 55+	0:22:43	2	7	15	45	4:33	7:19
20	5135	Stephane DURAN LOZANO	Belgium	Men 50+	0:22:48	2	8	16	45	4:34	7:21
21	5130	JORGE RIBEIRO	Portugal	Men 45+	0:22:58	3	5	17	45	4:36	7:24
22	5054	Samsunder RAJARATHINAM		Men 45+	0:23:06	4	5	18	45	4:38	7:26
23	5059	Cameron SCHAFEUR	Canada	Men 35+	0:23:15	2	4	19	45	4:39	7:29
24	5109	CARLOS GARCIA GOMEZ	Spain	Men 60+	0:23:22	1	2	20	45	4:41	7:32
25	5129	RODRIGO BICH MOREIRA	Brazil	Men 45+	0:23:53	5	5	21	45	4:47	7:41
26	5012	Almudena SUAREZ	Spain	Women 40+	0:24:05	2	4	5	29	4:49	7:45
27	5070	Velusamy KRISHNAMURTHY	India	Men 50+	0:24:09	3	8	22	45	4:50	7:47
28	5009	Geiziana DOS SANTOS SILVA	Brazil	Women 40+	0:24:26	3	4	6	29	4:54	7:52
29	5005	Taiana DE ANDRADE PEREIRA	Brazil	Women 35+	0:24:29	1	3	7	29	4:54	7:53
30	5050	Simon Pedro DE LUCAS RAMOS	Spain	Men 55+	0:24:37	3	7	23	45	4:56	7:56
31	5136	Jan HESSLINK	United States of Ame	Men 50+	0:24:41	4	8	24	45	4:57	7:57
32	5057	Yolanda DOMINGUEZ MARQUEZ	Spain	Women 45+	0:24:42	3	8	8	29	4:57	7:57
33	5044	Peppino MESSINA	USA	Women 45+	0:24:43	4	8	9	29	4:57	7:58
34	5150	Tyler DELARONDE	Canada	Men 35+	0:24:48	3	4	25	45	4:58	7:59
35	5016	NEUSA REJANE PINHEIRO DE CARVALHO	Brazil	Women 45+	0:24:52	5	8	10	29	4:59	8:01
36	5099	Allan PELLETIER	Canada	Men 50+	0:25:02	5	8	26	45	5:01	8:04
37	5090	TUANE DE ALMEIDA REIS	Brazil	Women 35+	0:25:09	2	3	11	29	5:02	8:06
38	5004	TZU LO	Taiwan	Women 30+	0:25:19	1	4	12	29	5:04	8:09
39	5103	WALFRIDO COELHO JUNIOR	Brazil	Men 55+	0:25:51	4	7	27	45	5:11	8:20
40	5112	Hal CARLSON	United States of Ame	Men 70+	0:26:06	1	2	28	45	5:14	8:24
41	5026	Eithne SCULLY	Ireland	Women 55+	0:26:11	1	2	13	29	5:15	8:26

42	5104 Gustavo DALTON	Brazil	Men 55+	0:26:13	5	7	29	45	5:15	8:27
43	5074 Larissa RODRIGUES COQUEIRO	Brazil	Women 30+	0:26:42	2	4	14	29	5:21	8:36
44	5110 Gilbert LACHANCE	Canada	Men 65+	0:26:49	1	2	30	45	5:22	8:38
45	5058 Simon Pedro DE LUCAS RAMOS	Spain	Men 55+	0:27:21	6	7	31	45	5:29	8:48
46	5098 Ferrer Espin PEDRO ESTEBAN	Spain	Men 50+	0:27:27	6	8	32	45	5:30	8:51
47	5120 Nitin MALIK	India	Men 35+	0:27:40	4	4	33	45	5:32	8:55
48	5010 Neus GALTERAN RODRIGUEZ	Spain	Women 40+	0:27:49	4	4	15	29	5:34	8:57
49	5052 Ana Paula PIRES MACHADO	Brazil	Women 30+	0:27:50	3	4	16	29	5:34	8:58
50	5061 Brett WARREN	Canada	Men 18+	0:28:01	2	2	34	45	5:37	9:01
51	5051 JAKEANE MEDEIROS MASCARENHAS	Brazil	Women 45+	0:28:10	6	8	17	29	5:38	9:04
52	5118 Gareth DEEG	Australia	Mens 40+ Clydesdale	0:28:23	1	3	35	45	5:41	9:08
53	5056 Tashina STEFFAN	Germany	Women 35+	0:28:28	3	3	18	29	5:42	9:10
54	5003 Tinna HALLDORSOTTIR	Iceland	Women 30+	0:28:56	4	4	19	29	5:48	9:19
55	5027 Adrienne WALSH	United States of Ame	Women 55+	0:29:28	2	2	20	29	5:54	9:29
56	5117 Jordan STARR	Canada	Mens 18+ Clydesdale	0:29:37	1	1	36	45	5:56	9:32
57	5002 Maria RIKHAROSDOTTIR	Iceland	Women 18+	0:30:13	2	2	21	29	6:03	9:44
58	5077 Kevin MCPARLAND	Canada	Mens 40+ Clydesdale	0:30:40	2	3	37	45	6:08	9:53
59	5111 Miguel Angel TICOM	Brazil	Men 60+	0:30:42	2	2	38	45	6:09	9:53
60	5113 BERNARD LACHANCE	Canada	Men 70+	0:30:43	2	2	39	45	6:09	9:53
61	5014 Jeeny DE LA TORRE RUELAS	Mexico	Women 45+	0:30:54	7	8	22	29	6:11	9:57
62	5075 Daniel GAEBLER	Germany	Mens 40+ Clydesdale	0:31:42	3	3	40	45	6:21	10:13
63	5021 Janis KELLY	Canada	Women 50+	0:32:13	1	3	23	29	6:27	10:23
64	5102 Tibor BALDAUF	Canada	Men 55+	0:32:25	7	7	41	45	6:29	10:26
65	5020 Aida VILLALONGO	United States of Ame	Women 45+	0:33:07	8	8	24	29	6:38	10:40
66	5024 Kim O'BRIEN	Canada	Women 50+	0:33:12	2	3	25	29	6:39	10:41
67	5022 Laura LEDREW	Canada	Women 50+	0:33:14	3	3	26	29	6:39	10:42
68	5030 Michelle SIEMENS	Canada	Womens 35+ Athena	0:35:25	1	3	27	29	7:05	11:24
69	5100 Christian SCHMIDT	Canada	Men 50+	0:36:30	7	8	42	45	7:18	11:45
70	5028 Maria Caress ARNEJO	Philippines	Womens 35+ Athena	0:37:31	2	3	28	29	7:31	12:05
71	5053 Timothy MOREAU	USA	Men 50+	0:38:02	8	8	43	45	7:37	12:15
72	5029 Katharina DIECKOW	Germany	Womens 35+ Athena	0:39:07	3	3	29	29	7:50	12:36
73	5115 Thomas MARCHI	United Kingdom	Men 80+	0:41:12	1	1	44	45	8:15	13:16
74	5055 Sharon LEVY	Israel	Men 65+	0:58:45	2	2	45	45	11:45	18:55



2023 WPFG Individual 10K Results



WORLD
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GAMES

Place	Number	Name	Country	Div	Overall Time	Div Place	Div Total	Sex Place	Sex Total	KM pace	Mile pace
1	1027	Sher SINGH	India	Men 30+	0:32:42	1	11	1	69	3:17	5:16
2	5140	Rajesh KUMAR	India	Men 18+	0:33:12	1	11	2	69	3:20	5:21
3	1030	SurajPal -	India	Men 18+	0:33:59	2	11	3	69	3:24	5:29
4	1034	Ramdev -	India	Men 18+	0:35:03	3	11	4	69	3:31	5:39
5	1147	Joan TORRES CORTÃOS	Spain	Men 30+	0:35:25	2	11	5	69	3:33	5:42
6	1107	GERALDO PEREIRA DA SILVA FIL	Brazil	Men 40+	0:36:32	1	14	6	69	3:40	5:53
7	1104	Ruben MORENO CANTANO	Spain	Men 40+	0:37:48	2	14	7	69	3:47	6:05
8	1137	SYU SHAOWEI	Taiwan	Men 18+	0:38:03	4	11	8	69	3:49	6:08
9	1106	Vincenzo PEPE	Italy	Men 40+	0:38:07	3	14	9	69	3:49	6:09
10	1132	SHUN SHING LAI	Hong Kong SAR China	Men 18+	0:38:14	5	11	10	69	3:50	6:10
11	1131	ROMUALDO LIMA DE MEDEIROS	Brazil	Men 40+	0:38:16	4	14	11	69	3:50	6:10
12	1135	Sergio PALACIO TOMAS	Spain	Men 18+	0:38:24	6	11	12	69	3:51	6:11
13	1020	YU YU HIM	Hong Kong SAR China	Men 30+	0:38:24	3	11	13	69	3:51	6:11
14	1001	Chatru -	India	Women 18+	0:38:26	1	6	1	31	3:51	6:11
15	1032	Meenu -	India	Women 18+	0:38:31	2	6	2	31	3:52	6:12
16	1149	YI HSUN HU	Taiwan	Men 18+	0:38:50	7	11	14	69	3:53	6:15
17	1144	Simon MULDER	Belgium	Men 30+	0:38:56	4	11	15	69	3:54	6:16
18	1115	ZAIRO SILVA	Brazil	Men 45+	0:39:14	1	8	16	69	3:56	6:19
19	1134	Francisco Ja MAYOR HERCE	Spain	Men 18+	0:39:28	8	11	17	69	3:57	6:21
20	1096	Fabian MAGNEE	Belgium	Men 50+	0:39:35	1	8	18	69	3:58	6:23
21	5062	Radha CHAUDHARY	India	Women 18+	0:39:36	3	6	3	31	3:58	6:23
22	1143	YI-HSIANG LIN	Taiwan	Men 30+	0:40:00	5	11	19	69	4:00	6:27
23	1031	Angel JAMES	India	Women 18+	0:40:32	4	6	4	31	4:04	6:32
24	1097	Adam YURKIW	Canada	Men 50+	0:41:11	2	8	20	69	4:08	6:38
25	1035	Dhinesh R	India	Men 18+	0:41:23	9	11	21	69	4:09	6:40
26	1119	Miguelito CARRANZA	Philippines	Men 35+	0:41:42	1	5	22	69	4:11	6:43
27	1118	NG YIU KEUNG WILSON	Hong Kong SAR China	Men 30+	0:41:52	6	11	23	69	4:12	6:45
28	1039	Omar VARGENS	Brazil	Men 40+	0:42:17	5	14	24	69	4:14	6:49
29	1103	Marcio MATOS	Brazil	Men 40+	0:42:17	6	14	25	69	4:14	6:49
30	1130	Mariusz KANIA	Poland	Men 40+	0:42:57	7	14	26	69	4:18	6:55
31	1111	YIP SANG CHAN	Hong Kong SAR China	Men 45+	0:43:24	2	8	27	69	4:21	7:00
32	1117	YING WAI MAU CHING	Hong Kong SAR China	Men 50+	0:44:23	3	8	28	69	4:27	7:09
33	1037	Souza FABIO	Brazil	Men 45+	0:45:08	3	8	29	69	4:31	7:16
34	5148	Pavel NOVAK	Czech Republic	Men 30+	0:45:18	7	11	30	69	4:32	7:18
35	1040	JORGE RIBEIRO	Portugal	Men 45+	0:45:34	4	8	31	69	4:34	7:20
36	1029	Melquiades ESQUIERDO	Philippines	Men 45+	0:45:38	5	8	32	69	4:34	7:21
37	1141	Ben HARDER	Canada	Men 30+	0:45:42	8	11	33	69	4:35	7:22
38	1123	GEORGIOS EXARCHOS	Greece	Men 35+	0:46:02	2	5	34	69	4:37	7:25

39	1140 Kalem HAMMERMUELLER	Canada	Men 30+	0:46:03	9	11	35	69	4:37	7:25
40	1110 Luc BARNABE	Canada	Men 45+	0:46:15	6	8	36	69	4:38	7:27
41	1004 Natalia BRITTO ROCHA	Brazil	Women 30+	0:46:38	1	6	5	31	4:40	7:31
42	1133 Lucas-Consta MATHIES	Germany	Men 18+	0:46:53	10	11	37	69	4:42	7:33
43	1138 Finn Ole BLOCK	Germany	Men 30+	0:47:17	10	11	38	69	4:44	7:37
44	1093 Andrew LANE	Australia	Men 50+	0:47:28	4	8	39	69	4:45	7:39
45	1121 Ricardo Jorg CERDEIRA DAVID	Portugal	Men 35+	0:47:38	3	5	40	69	4:46	7:40
46	1012 Genevieve RICHARD	Canada	Women 40+	0:48:03	1	2	6	31	4:49	7:44
47	1014 PAULA DINI	Brazil	Women 45+	0:48:24	1	5	7	31	4:51	7:48
48	1098 Wade DAVIS	Australia	Men 55+	0:48:43	1	4	41	69	4:53	7:51
49	1142 Kevin LAVALLEE	Canada	Men 30+	0:48:50	11	11	42	69	4:53	7:52
50	1092 Marco HENKEL	Germany	Men 50+	0:49:05	5	8	43	69	4:55	7:54
51	1028 SAREETA SHARMA	India	Women 30+	0:49:07	2	6	8	31	4:55	7:55
52	1015 Gleise FONSECA BOTELHO	Brazil	Women 45+	0:49:22	2	5	9	31	4:57	7:57
53	1081 Paul Francis MURPHY	Ireland	Men 75+	0:49:37	1	2	44	69	4:58	8:00
54	1009 Lysanne LAPOINTE	Canada	Women 35+	0:50:06	1	4	10	31	5:01	8:04
55	1094 Frédéric LEMIRE	Belgium	Men 50+	0:50:07	6	8	45	69	5:01	8:04
56	1116 Darryl Scott THORVALDSON	Canada	Men 45+	0:50:30	7	8	46	69	5:03	8:08
57	1108 Ryan RUOTSALAINEN	Canada	Men 40+	0:50:35	8	14	47	69	5:04	8:09
58	1100 Marco August TICOM	Brazil	Men 55+	0:50:56	2	4	48	69	5:06	8:12
59	1026 RODRIGO DA CUNHA SANTOS	Brazil	Men 35+	0:50:57	4	5	49	69	5:06	8:12
60	1109 Kyle SAMETZ	Canada	Men 40+	0:51:41	9	14	50	69	5:10	8:19
61	1010 Tula Andreli LOPES DA COSTA	Brazil	Women 35+	0:51:44	2	4	11	31	5:11	8:20
62	1005 Hiu Yee CHENG	Hong Kong SAR China	Women 30+	0:51:56	3	6	12	31	5:12	8:22
63	1105 Marcos PATRICIO MACEDO	Brazil	Men 40+	0:52:12	10	14	51	69	5:14	8:24
64	1127 Joseph GALVAN	United States of Ame	Men 40+	0:52:22	11	14	52	69	5:15	8:26
65	1017 Jessica WELKER	United States of Ame	Women 45+	0:52:33	3	5	13	31	5:16	8:28
66	1025 ALDO VIEIRA MASCARENHAS	Brazil	Men 55+	0:53:05	3	4	53	69	5:19	8:33
67	1043 PEDRO HENRIQ ARAUJO DIAS	Brazil	Men 18+	0:54:15	11	11	54	69	5:26	8:44
68	1003 Ileana-Denis STIRBULESCU	Romania	Women 18+	0:54:26	5	6	14	31	5:27	8:46
69	1016 YAT TING SUZ FOO	Hong Kong SAR China	Women 45+	0:54:30	4	5	15	31	5:27	8:47
70	1006 CHAN HEI KAN HEILY	Hong Kong SAR China	Women 30+	0:55:10	4	6	16	31	5:31	8:53
71	1011 Chloe PUTRIC	Australia	Women 35+	0:55:45	3	4	17	31	5:35	8:59
72	1036 Amir ATAWNA	Israel	Men 45+	0:56:06	8	8	55	69	5:37	9:02
73	1013 Biljana SAMETZ	Canada	Women 40+	0:56:42	2	2	18	31	5:41	9:08
74	1018 joanne KEEPING	Canada	Women 55+	0:57:00	1	4	19	31	5:42	9:11
75	1002 Samantha The CHALUPA	United States of Ame	Women 18+	0:58:12	6	6	20	31	5:50	9:22
76	1090 LEE CHUNG WAH	Hong Kong SAR China	Men 50+	0:58:40	7	8	56	69	5:52	9:27
77	1019 Denia LIRA	Brazil	Women 55+	0:58:49	2	4	21	31	5:53	9:28
78	1008 Catherine Mi HUDON-DUFRESNE	Canada	Women 35+	0:59:03	4	4	22	31	5:55	9:31
79	1007 ALINE VENTURELLI FERREIRA	Brazil	Women 30+	0:59:28	5	6	23	31	5:57	9:35
80	1021 GLENDA VANHORN	United States of Ame	Women 55+	0:59:42	3	4	24	31	5:59	9:37

81	1091	Martin DESBIENS COTE	Canada	Men 50+	0:59:51	8	8	57	69	6:00	9:38
82	1122	LIN CHUNG SING	Hong Kong SAR China	Men 35+	1:00:02	5	5	58	69	6:01	9:40
83	1129	Mark JOHNAS	Canada	Men 40+	1:00:15	12	14	59	69	6:02	9:42
84	1079	Thomas WOODLEY	United States of Ame	Men 65+	1:00:17	1	1	60	69	6:02	9:42
85	1102	kevin LOFTUS	United Kingdom	Men 60+	1:00:59	1	3	61	69	6:06	9:49
86	1041	Allison WORONIUK	Canada	Women 30+	1:01:32	6	6	25	31	6:10	9:55
87	1080	Paul JENKINS	United Kingdom	Men 75+	1:01:57	2	2	62	69	6:12	9:59
88	1042	Tiffany THOMAS	United States of Ame	Womens 35+ Athena	1:05:26	1	2	26	31	6:33	10:32
89	1044	EDNA APARECI SILVEIRA	Brazil	Women 45+	1:05:40	5	5	27	31	6:34	10:34
90	1099	MARCO GARRITANO	Brazil	Men 55+	1:06:16	4	4	63	69	6:38	10:40
91	1038	Jacqueline REID	United Kingdom	Women 55+	1:06:18	4	4	28	31	6:38	10:41
92	1101	Pierre Marc KEISLER	Australia	Men 60+	1:06:39	2	3	64	69	6:40	10:44
93	1083	Brent PELLETT	Canada	Mens 40+ Clydesdale	1:06:48	1	2	65	69	6:41	10:45
94	1033	ANGELA KIKUGAWA	United Kingdom	Women 60+	1:09:38	1	2	29	31	6:58	11:13
95	1024	Nathalie CUVELE	Canada	Womens 35+ Athena	1:10:05	2	2	30	31	7:01	11:17
96	1126	Daniel GAINARD	Canada	Men 40+	1:10:27	13	14	66	69	7:03	11:21
97	1077	Werner ZABEL	Germany	Men 60+	1:21:28	3	3	67	69	8:09	13:07
98	1082	Shane BUDNICK	Canada	Mens 40+ Clydesdale	1:22:38	2	2	68	69	8:16	13:18
99	1023	Lesley Chris YEARLEY	United Kingdom	Women 60+	1:23:16	2	2	31	31	8:20	13:25
100	5060	Chung Man LEUNG	Hong Kong SAR China	Men 40+	1:41:05	14	14	69	69	10:07	16:17