

Race Date
August 20, 2022

LGOWS 5k & 10k
5k ovr LGOWS

<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Gend</u>	<u>AG Place</u>	<u>Div</u>	<u>Time</u>
1	James Pokornowski	Clarence NY	501	M	1: 25-29	10s	1:03:45.0
2	Sean Thomas	Catonsville MD	539	M	1: 35-39	5O	1:08:27.2
3	Matthew Nussbaum	Winchester MA	4628	M	1: 30-34	5O	1:10:45.0
4	Kimberly MacDonald	Clinton NY	4248	F	1: 18-24	5O	1:11:24.8
5	Vicki Taylor	Burlington VT	538	F	1: 35-39	10s	1:12:21.7
6	Stephen Baker	Poughkeepsie NY	334	M	1: 18-24	10s	1:15:13.0
7	Simon Woods	Pittsford NY	551	M	1: 50-54	10s	1:15:16.1
8	Raymond Dewire	Cropseyville NY	403	M	2: 35-39	10s	1:15:22.0
9	John Mosier	Gansevoort NY	4590	M	2: 25-29	5O	1:15:25.0
10	Jacqueline Fasano	New York NY	558	F	1: 30-34	5O	1:15:25.8
11	Dan Wall	Troy NY	543	M	1: 65-69	5O	1:17:03.0
12	Andrew Vogel	West Hartford CT	542	M	2: 30-34	5O	1:17:14.3
13	Leigh Schmitt	Millbrook NY	529	M	2: 50-54	10s	1:19:09.5
14	Emma Hansen	New York NY	4043	F	1: 40-44	10s	1:19:19.9
15	Amy Carow	Wellfleet MA	343	F	1: 60-64	10s	1:19:20.9
16	Sandra Honey	Greenwich CT	4074	F	2: 40-44	10s	1:19:21.8
17	Jeff Wetzel	Melbourne Beach FL	547	M	2: 65-69	10s	1:19:46.3
18	Tracy Miller	West Hartford CT	4503	F	2: 30-34	10s	1:20:31.4
19	Emilie Jacobs	Buffalo NY	4117	F	3: 30-34	10s	1:20:54.7
20	Sarah Ruppert	East Amherst NY	521	F	4: 30-34	10s	1:20:54.8
21	Kristen Miller	Ludlow VT	4535	F	1: 45-49	10s	1:22:19.8
22	Ted Rudel	Lake George NY	520	M	1: 55-59	5O	1:23:06.9
23	David Haggett	Salt Lake City UT	454	M	2: 55-59	10s	1:24:18.7
24	James Damron	New York NY	354	M	3: 50-54	10s	1:25:17.3
25	Tri Le	Cambridge MA	4244	M	3: 35-39	5O	1:25:19.6
26	Sally Dykstra	Melbourne Beach FL	440	F	2: 60-64	10s	1:25:30.1
27	Matthew Alpern	Latham NY	314	M	3: 55-59	10s	1:25:38.7
28	Jeff Rubin	Madison CT	519	M	4: 55-59	5O	1:25:39.9
29	Olivia Castro	Cambridge MA	344	F	1: 25-29	5O	1:25:40.2
30	Jaclyn Greening	Mickleton NJ	450	F	2: 18-24	5O	1:25:41.0
31	Robyn Schaffer	Baltimore MD	527	F	3: 60-64	10s	1:25:43.2
32	Ayla Yagan	Syracuse NY	554	F	2: 25-29	5O	1:27:37.3
33	Ben Hammond	Spencer MA	4010	M	1: 45-49	10s	1:27:56.6
34	Brianne Slover	Bristol VT	531	F	3: 40-44	5O	1:28:15.8
35	Sarah Anderson	East Hampton NY	329	F	1: 50-54	5O	1:29:30.1
36	Daniel Boyle	Fort Lauderdale FL	339	M	5: 55-59	10s	1:30:49.0
37	Mark Celani	Hamburg NY	345	M	4: 50-54	5O	1:32:26.5
38	Katrina Gleich		561	F	2: 35-39	5O	1:32:33.3
39	Sara Yagan	Syracuse NY	553	F	3: 25-29	5O	1:32:34.9
40	Andy Greene	Worcester MA	449	M	4: 35-39	10s	1:32:47.6
41	James O Shea	Guilderland NY	4636	M	1: 60-64	5O	1:33:02.3
42	Beth Albarelli-Lane	Westford VT	309	F	1: 55-59	5O	1:33:05.0
43	Elizabeth Woidt	Binghamton NY	550	F	5: 30-34	10s	1:33:56.8
44	Alexander Hoppe	Worcester MA	4078	M	1: 40-44	10s	1:33:57.2
45	James Feeney	Long Beach NY	443	M	6: 55-59	10s	1:33:58.7
46	Rich Bernstein	New York NY	557	M	1: 75-79	10s	1:34:25.8
47	Alan Weaver	Claverack NY	546	M	2: 60-64	10s	1:34:32.4

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48	Kristina Saxena	New York NY	523	F	4: 40-44	10s	1:34:53.7
49	Margaret Rowley	Gloversville NY	518	F	2: 55-59	5O	1:35:19.1
50	Ann Faust	Haddam CT	442	F	4: 60-64	10s	1:35:34.1
51	Nicki Robibero	New Paltz NY	509	F	4: 25-29	5O	1:36:43.1
52	Sophie Mayhew	Mechanicville NY	4256	F	3: 18-24	5O	1:37:16.8
53	Sarah Groat	Kingston NY	452	F	6: 30-34	5O	1:37:35.0
54	Katie Barry	West Nyack NY	336	F	7: 30-34	5O	1:38:27.7
55	Kristen Koines	Marshfield MA	4235	F	2: 45-49	10s	1:38:27.7
56	Isabel Brennan	Norwich VT	560	F	4: 18-24	5O	1:38:30.2
57	Gail Dufault	Worcester MA	438	F	5: 60-64	10s	1:39:12.5
58	Ann Louise Onton	Shelton CT	4635	F	1: 75-79	10s	1:40:35.4
59	Marty Munson	New York NY	4593	F	3: 55-59	10s	1:41:27.4
60	John Kilcullen	Staten Island NY	4135	M	7: 55-59	5O	1:41:28.0
61	Jennifer Docherty	Maplewood NJ	417	F	2: 50-54	5O	1:41:41.7
62	Michael Robie	Schaumburg IL	514	M	3: 60-64	10s	1:41:48.6
63	Lisa Schmitt	Millbrook NY	528	F	3: 45-49	10s	1:42:29.7
64	Maor Schaal	Northborough MA	526	M	5: 50-54	10s	1:43:02.7
65	Howard Whitney	Worcester MA	548	M	4: 60-64	10s	1:44:08.6
66	Brigitta Gundersen	New York NY	453	F	3: 35-39	5O	1:44:32.2
67	Marie Cole	Wappingers Falls NY	347	F	6: 60-64	10s	1:44:33.8
68	John Irwin	Watertown NY	4110	M	2: 45-49	5O	1:44:54.4
69	Alessandro Graziano	Monroe Twp. NJ	448	M	8: 55-59	10s	1:46:39.7
70	Shlomit Schaal	Northborough MA	525	F	3: 50-54	10s	1:47:04.1
71	Erin Donahue	Brooklyn NY	436	F	4: 35-39	10s	1:47:34.8
72	Hannah Gordy	Nottingham MD	447	F	5: 25-29	5O	1:49:11.3
73	Tiffany Collins	Fairport NY	348	F	4: 50-54	10s	1:49:53.1
74	David Kisacky	Brooklyn NY	4208	M	5: 60-64	5O	1:50:12.2
75	Yuval Schaal	Northborough MA	524	F	6: 25-29	5O	1:50:34.7
76	James Ramseur	New York NY	503	M	3: 30-34	10s	1:50:48.9
77	Jason Abrahamsen	Bronx NY	301	M	2: 40-44	5O	1:53:37.2
78	Wade Corby	Oakville ON	351	M	9: 55-59	5O	1:53:46.6
79	Frank Brennan	Norwich VT	559	M	3: 65-69	10s	1:54:07.9
80	Mel Comerchero	Maplewood NJ	350	F	5: 40-44	5O	1:56:46.4
81	Jim Grimaldi	Higganum CT	451	M	1: 70-74	10s	1:57:47.2
82	Emily Duffy	Chester CT	439	F	5: 50-54	10s	1:57:49.9
83	Margaret Meehan	New York NY	4501	F	1: 65-69	10s	1:58:45.8
84	Mark Burns	South Glens Falls NY	341	M	10: 55-59	5O	1:58:49.3
85	Rachel Cohen	New York NY	346	F	6: 40-44	10s	1:59:11.4
86	Allison Wuertz	New York NY	552	F	5: 35-39	5O	1:59:24.1
87	Donald Alsen	Palatine IL	320	M	2: 70-74	10s	1:59:48.4
88	Joseph Burzynski	New York NY	342	M	6: 60-64	10s	1:59:52.4
89	Karen Miura	Hopewell Junction	4581	F	6: 50-54	5O	2:00:24.8
90	Madeline Collins	Brooklyn NY	349	F	8: 30-34	10s	2:03:18.4
91	James Dieter	Brooklyn NY	412	M	6: 50-54	10s	2:03:26.7
92	Katelyn Hughes	Bay Shore NY	4088	F	6: 35-39	5O	2:06:08.6
93	Karen Strobe	Schaghticoke NY	535	F	7: 50-54	5O	2:06:50.3
94	Fred Yang	Huntington Station	555	M	3: 45-49	10s	2:13:58.7

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95	Linda Horiuchi	New York NY	4079	F	8: 50-54	10s	2:16:50.5
96	Karen Tremaine	Stormville NY	541	F	7: 60-64	5O	2:19:18.8
97	Gail Stevancsecz	Brick NJ	534	F	2: 65-69	5O	2:19:40.5
98	Cindy Cotter	Buffalo NY	352	F	4: 55-59	10s	2:20:12.2
99	Virginia Touhey	Saratoga Springs NY	540	F	3: 65-69	10s	2:30:34.8
DNF	Allan Robinson	Dorchester Center	516	M	DQ: 55-59	10s	---
DNF	Greg O'Connor	Troy NY	4629	M	DQ: 35-39	5O	---