

Race Date  
August 20, 2022

LGOWS 5k & 10k  
Overall Finish List

**10k USMS**

<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Gend</u>	<u>AG Place</u>	<u>Time</u>
1	Anton Janezich	Bethesda MD	143	M	1: 30-34	2:03:32.0
2	Cj Nuess	Larchmont NY	171	M	1: 35-39	2:06:40.7
3	Daniel Moran	Palmer MA	166	M	1: 40-44	2:14:15.8
4	Jerome Frentsos	Annapolis MD	129	M	1: 55-59	2:15:38.0
5	Stephen Rouch	Kingston PA	183	M	2: 40-44	2:17:49.4
6	Spencer Neff	Providence RI	169	M	2: 30-34	2:18:03.5
7	Ashley Honey	Greenwich CT	141	M	3: 40-44	2:21:31.3
8	Adam Walker	Catonsville MD	1703	M	3: 30-34	2:21:53.4
9	Albert Garcia	Barrington RI	132	M	1: 50-54	2:23:00.8
10	Kelly Craig	Valparaiso IN	120	F	1: 25-29	2:23:34.4
11	Matt Keller	Barrington IL	147	M	2: 50-54	2:27:33.2
12	Ryan Harrell	Mamaroneck NY	139	M	2: 35-39	2:27:58.6
13	Tommy Wolinski	Wallington NJ	1709	M	1: 25-29	2:28:32.7
14	David Spitzler	San Francisco CA	195	M	2: 55-59	2:28:36.8
15	Aaron Gabriel	Palatine IL	131	M	3: 55-59	2:28:56.9
16	Zachary McClain	Falls Village CT	160	M	4: 40-44	2:29:17.7
17	Michelle Stefandl	New York NY	197	F	2: 25-29	2:29:44.4
18	Russ Scherwitz	Buffalo NY	189	M	1: 45-49	2:30:56.4
19	Nancy Steadman Martin	Oceanport NJ	196	F	1: 65-69	2:31:20.8
20	Michael Laviani	Honeoye Falls NY	152	M	1: 18-24	2:31:32.4
21	Paul Reader	Barrington IL	177	M	2: 45-49	2:33:42.8
22	Paul King	Palatine IL	149	M	4: 55-59	2:33:43.2
23	Heidi Williams	Durham NC	1707	F	1: 50-54	2:33:53.4
24	Jeffrey Jotz	Garwood NJ	144	M	3: 50-54	2:34:59.6
25	Frank Ferraro	Odenton MD	127	M	4: 30-34	2:36:58.7
26	John Chambers	New York NY	119	M	1: 65-69	2:37:58.2
27	Emily Fogle	Brooklyn NY	128	F	1: 30-34	2:39:39.3
28	Julia Dunne	Milford CT	125	F	1: 35-39	2:39:58.1
29	Diego Lopez	Nutley NJ	156	M	5: 40-44	2:41:04.3
30	Gwyneth Maloy	New Haven CT	157	F	1: 18-24	2:41:35.9
31	Sheldon Katz	South Burlington VT	146	M	1: 60-64	2:41:47.4
32	Kevin Scanlan	Oakwood Hills IL	187	M	2: 65-69	2:41:52.6
33	Patrick McNelis	Buffalo NY	162	M	6: 40-44	2:42:01.9
34	Arthur Boyko	Poughkeepsie NY	112	M	5: 55-59	2:42:52.4
35	Steven Smith	Rochester NY	193	M	4: 50-54	2:43:01.3
36	Miranda Wingfield	Medford MA	1708	F	3: 25-29	2:44:11.1
37	Shirley Loftus-Charley	Afton VA	155	F	1: 70-74	2:44:47.0
38	Frederico Ziotto	New York NY	1711	M	6: 55-59	2:47:45.7
39	Leslie Hamilton	New York NY	138	F	2: 30-34	2:47:51.2
40	Eric Smith	Baldwinsville NY	192	M	5: 50-54	2:48:43.7
41	Christy Donley	Silver Spring MD	124	F	1: 45-49	2:48:49.2
42	Robert Webber	Fayetteville NY	1704	M	3: 65-69	2:50:05.2
43	Onesimo Demira III	Jersey City NJ	123	M	3: 45-49	2:51:37.1
44	Brian Ruark	Havertown PA	184	M	4: 45-49	2:52:49.4
45	Colleen Stranzl	New York NY	199	F	2: 35-39	2:53:02.6
46	Becky Goldszal	Havertown PA	135	F	2: 50-54	2:56:09.7
47	Denise Brown	Napoleon OH	115	F	1: 60-64	2:57:42.3

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48	Michael Gemelli	Rutherford NJ	133	M	6: 50-54	2:57:56.7
49	Amanda Brody	Naugatuck CT	114	F	4: 25-29	2:58:47.9
50	Carlos Martin Gutierrez	Hoboken NJ	159	M	7: 50-54	2:58:53.8
51	Ben Frazier Taylor	Saratoga Springs NY	1702	M	7: 40-44	3:01:22.2
52	Suzanne Anziano	Killingworth CT	103	F	3: 50-54	3:04:39.7
53	Erica Flickinger	Phoenixville PA	1713	F	1: 40-44	3:05:01.0
54	Grace Shimkus	Neptune NJ	191	F	2: 18-24	3:06:01.1
55	Andras Pataki	Little Falls NJ	173	M	5: 45-49	3:06:18.1
56	Alison Headley	South Orange NJ	140	F	2: 45-49	3:07:04.3
57	Stevie Smith	Clarence Center NY	194	F	3: 30-34	3:08:05.7
58	Margaret Bolster	Westport NY	110	F	4: 50-54	3:09:10.6
59	Traci McNeil	Riva MD	161	F	3: 45-49	3:10:36.9
60	Erik Deighan	Morton PA	121	M	8: 40-44	3:10:51.0
61	Steven Gruenwald	Faribault MN	137	M	2: 60-64	3:11:12.3
62	Laura Beth Lincoln	Rochester NY	154	F	3: 35-39	3:11:47.2
63	Chris Zeoli	Middlebury VT	1710	M	3: 60-64	3:11:57.0
64	Tim Rindfleisch	Boston MA	181	M	3: 35-39	3:13:44.8
65	Mike Delaney	North Ferrisburgh VT	122	M	4: 65-69	3:18:08.3
66	Juan Poveda Romero	Cary NC	176	M	2: 25-29	3:18:23.7
67	Joseph Wells	Vergennes VT	1706	M	4: 35-39	3:18:35.8
68	David Shapiro	Buffalo NY	190	M	7: 55-59	3:20:27.5
69	Gregory Gomez	Newtonville MA	136	M	4: 60-64	3:20:56.0
70	Pedro Moreno	Jersey City NJ	167	M	8: 55-59	3:22:51.8
71	Ellis Merschoff	Pasadena MD	164	M	1: 70-74	3:23:55.8
72	Hope Mao Oehler	Elkridge MD	172	F	1: 55-59	3:25:08.3
73	Aaron Kelson	Eveleth MN	148	M	5: 60-64	3:26:04.5
74	Deborah Gilgore	Bethesda MD	134	F	2: 60-64	3:29:34.2
75	Kathy Zunner	Middleport NY	1712	F	4: 35-39	3:30:04.9
76	Diana Brodeur	Fort Worth TX	113	F	4: 45-49	3:32:42.0
77	Mary Stella	Kingston PA	198	F	5: 45-49	3:34:33.6
78	Sarah Taft	Utica NY	1701	F	5: 50-54	3:37:41.6
79	Dwayne Schalles	North Charleston SC	188	M	9: 55-59	3:38:59.2
80	Marc Mansour	Boston MA	158	M	10: 55-59	3:42:17.5
81	Rachael Angelini	Rensselaer NY	102	F	2: 55-59	3:43:18.9
82	Greg Nelson	Germantown MD	170	M	6: 60-64	3:44:39.4
83	Lisa Turner	Perrysville OH	1714	F	2: 65-69	3:45:32.1
84	Adam Pieczonka	Naples FL	175	M	5: 35-39	3:46:34.2
85	William Blumentals	Needham MA	109	M	8: 50-54	3:48:44.4
86	Robert Rhoades	Midlothian VA	180	M	9: 40-44	3:49:39.1
87	Jacek Juda	East Rutherford NJ	145	M	3: 25-29	3:53:09.1
88	Lori Carena	Brooklyn NY	107	F	3: 65-69	3:53:18.7
89	Marina Sadikoska	Bloomingtondale NJ	185	F	6: 50-54	3:55:51.3
90	Megan Perrotta	Long Branch NJ	174	F	2: 40-44	3:57:26.7
91	Susan Bowman	New York NY	111	F	4: 65-69	4:03:40.0
92	Kim Kunzler	New York NY	150	F	5: 25-29	4:15:00.9